NATIONAL MASTERS NEWS

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

126th Issue

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 overage-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-



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

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 fourtime 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.

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

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National Masters News

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

February, 1989

126th Issue

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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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Mid-America: None

-LONG DISTANCE RUNNING -

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National Masters News

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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 I conduct 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, headquarter 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 Head-quarters, 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.

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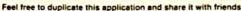
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page 3

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ANNUALLY: LAST WEEKEND OF FEBRUARY - FIRST WEEKEND OF MARCH

at any cost.

abuse.

MASTERS AND DRUGS

(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

Quoting the American super-heavy-

weight masters champion in drug-free

powerlifting: "A steroid user is not a

strong person. He is bombing out of

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

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

everything. It is nice, but the competi-

tion, the camaraderie, traveling to dif-

ferent places, meeting interesting peo-

ple, seeing old acquaintances at home

and abroad, and staying healthy are

competition with your fellow masters.

The masters program, especially the

often-neglected throwing community,

needs people like you, not only as a

So, Carl, stick around and enjoy the

For the rest of us, winning is not

lying about their ages.

what's important.

the greatest meet of all - his life."

After reading Speaker's Corner

National Masters News

February, 1989

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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-yearsold.



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 suppor-

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 ap-

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

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.

WRITE

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

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

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-

* NATIONAL MASTERS NEWS oscription Form

Masters Athletics is booming!

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

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State of the second	Pasadena CA 91107			

CAPS I'd like to pass on my feelings and

Athletic Performance System (CAPS) offered by Hansen & Frank of San Francisco.

since last spring when I saw the ad in NMN. I'm a year-round, middle-ofthe-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.

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 And despite inadequate attire (stupid

ticularly the COQ 10 nutrient, is enabling me to continue to lead my active, 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.

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, par-

ticularly of the "pills that promise

longer sustained peak performance"

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 ex-

and "greatly increased endurance."

Maumee, Ohio

opinion on the controversial Coenzyme

I've been taking the pills regularly

With CAPS, my training for a previous marathon training periods. me) in a cold rain, my time was just a minute off my PR.

Lynne Adkins

tive of her running.

peared and Kathy had to deal with it.

perimenting, I have found what helps

Along with lots of rest, moderate exercise, and a high-carbo, relatively lowfat diet, I also take vitamins, estrogen, progesterone, and a nutrient supplement (probably one to which Higdon referred), COQ 10. This program, par-

healthy life.

me to feel my best.

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.

February, 1989	National Masters News			
MACTEDC MIDIMES				
MASTERS MIDWEST TRACK & FIELD CHAMPIONSHIPS Huntington, West Virginia				
Saturda	ay July 8 and Sunday July 9, 1989			
Marehall University to a trans	de West TI- Event Division			
lenes with eight(8) lanes. All runways and take-off areas are tartan, except javelin area is grass	re (1112) Transform Round			
ELIGIBILITY Competition is open to all	1:00pm 1500H 30-00-			
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.	Cone early for a 2 be ante 2:00pm SOOOM Halk 20 mg			
DIVISIONS	Dancing - 327.50 per person. 3:00pm 100m 30-80 Final			
Individual events (same for man and vomen): 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 much be measured.	For Reservations & Info., Call; 4:00pm 1600H Relay 30-80 Final In WV Outside WV Charleston Area 5:00pm 3000H Steeplechase 30-80(H) Final			
the same club.				
ENTRIES All entrise must be postmarked byJUNE 10, 1989. There will be no refunds or changing of several byJUNE 10, 1989. There	Radiscon Hotal I huntington a			
received. Note: Late official of events after your entry is	1001 Third Avenue - Downtown			
1989 at double the regular entry on a space available basis.	Huntington, West Virginia 25701 G0-80+W 30-49 W H0-80+H 30-39 H (304) 525-1001			
Athletes must limit suggest	30-39 M 50-59 M			
ENTRy man a second of here up Avaiting athletes.	- 30-39 Ш 60-80+ м 11:00am 45-49 М 50-80+Ш 50-69 м			
First Event \$7.00 \$14.00 Next Events \$5.00 per event \$10.00	12:00pm 30-39 W 30-39 M 50-59 W			
PACKET PICK-UP Redisson Hotel on Eriday at 1001 bas	00-49 H			
Radisson Hotel on Friday at 1001 3rd Avenue, Huntington, Marshall University track on Saturday morning.	and the second se			
RULES AND STANDARDS. As set forth by TAC Masters	2:00pm 50-59 H 60-80+H			
Will be metric weights.	3:00pm 40-44 H 50-80+H			
ATHLETE CHECK-IN Running event athletes must check in one event prior to their own event. Field event athlete in one event prior to	SUNDAY_TRACK EVENTS			
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.	Time Event Division Round 9:30am 10,000H 30-80+ Final			
TRIALS	PIEDITIONT FIRLINES Time Event Division Round			
Will be run in age groups in the dashs and 110M hurdles that have more than eight (8) entries. Ages groups having less	0.551-1-1			
to, shories reporting will be run as scheduled final.	providing all rules and '			
Will be run in sections against time. Note: Age groups may be combined into one race.	restrictions are net. Uffer 35. discount standard round 2:00pm 110H High Hurdles 30-80+ Semi-Final			
AMARDS	discount traveling from 50000 50000 30-80+ Finns			
Plaques will be given to top three (3) in each division in each event including all relay team members.				
TIMING	5 NOpm 3200 ke;y 30-60+ Finel			
Acco-Track	ENTRY FORM			
FURTHER INFORMATION Contact Donald McWhorter (614)867 3337 or write Rt. 3 Box 180, Chesapeake, OH 45619 - Send Self-Addrossed Stamped Envelope	NAME BIRTHDATE AGE ON 7/9/89 M F			
TRANSPORTATION Pledmont Airlines official carrier 5% off	ADDRESS CITY STATE ZIP			
regular fare & 35% off full coach fare. Ph. 1-800-334-8644 REFER TO GOLD FILE NO. 643002.	PHONE 1963 TAC. YOUR CLUB			
Avis Car Renter - \$16 per day Ph. (304) 529-4061	EVENTS ENTERED			
the second s	BEST MARK 87-89			
	OTHER RELAY TEAM MEMBERS			
Contain OStaan	INDIVIDUAL FEES RELAY FEESS Sub Total			
SUPERAMERICA	T-SHIRT Size Extra T-Shirts(7.00ee)TOTAL AMOUNT MAKE CHECKS PAYABLE TU: WEST VIRGINIA TAC MASTERS			
SATURDAY FIELD EVENTS (All field events will have Six (6) trials except high jump and pole vault	MAIL TO: WEST VIRGINIA TAC MASTERS, RT 3 BOX 180 CHESAPEAKE, OH 45619			
Time High Jump Discus Shot-Put Pole Vault	ATHLETE'S RELEASE: In consideration for your acceptance of my entry. 1 do			
9:00am 30-34 H 35-39 H 50-59 H 45-49 H 30-49 W 60-80 W 50-80 W 60-80 H	handle is kelence; 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 withdrawl form competition, and will do so if directed. ATHLETE'S SIGNATURE DATE LODGING: Marshall University dorm room - must call in reservations by June 16, 1989. Phone (304) 696-3125 Me Linda Bowen. Radisson Hotel Phone (304) 525 1001 1001 3rd Avenue, Huntington, West Virginia 25701

Time I	High Jump	Discus	Shot-Put	Pole Vault
A A PROPERTY OF A	urau agus	Discus	Shot-Fut	Fold Gall
9:00am	30-34 M 30-49 W	35-39 M 60-80 W	50-69 M 50-80 W	45-49 M 60-80 M
10:00am	and so the pr	50-59 W	35-39 M 30-49 W	
11:00em	35-39 M 50-80 W	45-49 M 40-49 W	30-34 M	40-44 H 50-59 H
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1:00pm	40- 44 H	30-34 M		35-39M
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3:00pm	45-49 M	40-44 M 60-80+ M		30-34 M
4:30pm	50-54 M	ister -		
5:00pm	55-80+ W		45-49 M	

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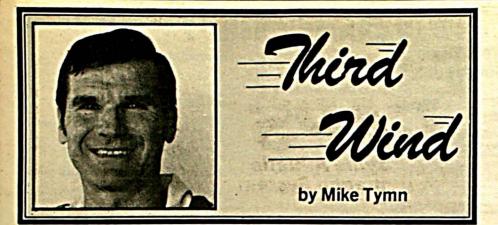
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Note: This meet is not the official TAC Midwest Masters Sectional (Regional) Championships. The Midwest Sectionals will be held on July 15-16 at York High in Elmhurst, Ill.

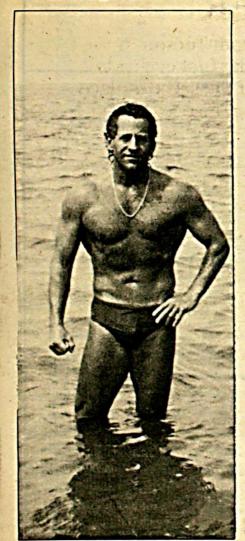


Ageless Athletes

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 sportsspecific 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-



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

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

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 donation) and Gary Byrne (\$100 donation) for their generous contributions. Thanks also to:

Malcolm Pirie Marshall Head William Carmen John Shaw Michael Macdermot Dennis Selby Ray Stewart Gordon Powell

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.

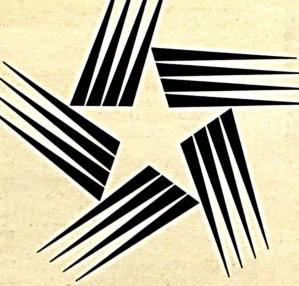
Like the other masters athletes featured in the book, sprinter John Gregg has psychologically compensated for any physical decline by heightened discipline and motivation. But diversification, as well as a philosophical perspective referred to as the "90 percent rule," have especially helped him maintain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

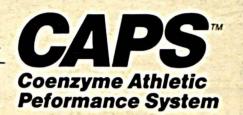
A 9.4 and 20.8 sprinter in his college days, Gregg has branched out into bike racing, triathlons, and weight training. His theory is that a person with a reasonable degree of talent and ability and a willingness to work hard can get to be about 90 percent of the very best in a wide range of areas in 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-yearold 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!"

page 7





SCOTT MOLINA WINS 1988 IRONMAN TRIATHLON!

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

JOHNNY G WINS 1988 RACE ACROSS AMERICA OPEN WEST QUALIFIER

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

INTRODUCING XOBALINE, A NEW WINNER

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

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



David Oropeza

By STEVE LEWALLEN

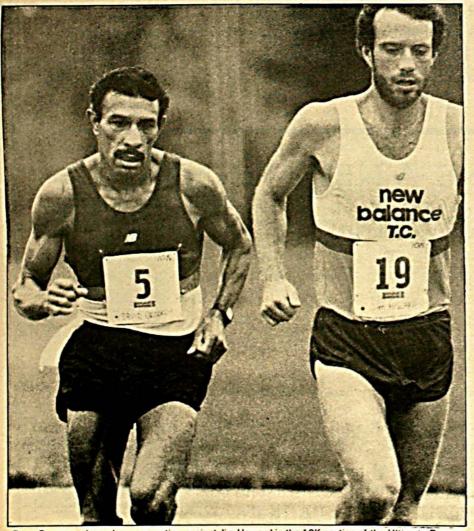
Dedication. Commitment. Hard work. These three concepts are not unfamiliar to most masters runners, but their meanings seem to enlarge and expand when applied to David Oropeza, 43, of Phoenix, Ariz. A husband, father of three, and full-time member of the Phoenix Fire Department, he still finds time to 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.

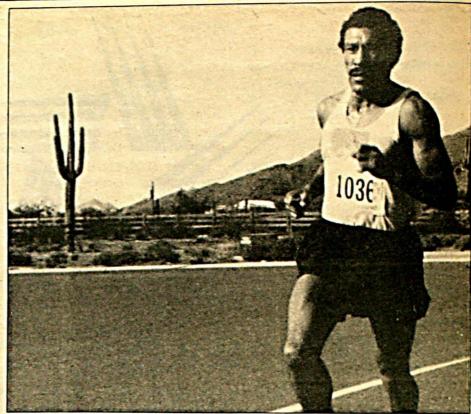
Elements of Oropeza's training emphasize his straight-forward approach to racing, an approach that has kept him remarkably healthy (he suffered his first injury only last year, preventing him from defending his Ultimate Runner title). He has no coach, preferring to train alone, follows no special diet, 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



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



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, wining 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.

Daily Trainin	ng Schedule for Marathons — David Oropeza
Monday	10 miles in morning and 5 miles in afternoon.
Tuesday	7 miles in morning and 10x400 in spikes at a 68-70
	pace with 200m rests.
Wednesday	Same as Monday.
Thursday	Same as Monday.
Friday	12x400 at a 68-70 second pace with 200m rests.
Saturday	Rest.
Sunday	Long 15-mile run on trails.
	Daily Training Schedule
for	Track and Field – David Oropeza
and the second se	114 miles Daily analysis a total second

Daily warm-up: 11/2 miles. Daily cooldown: 1 mile (no stretching). All track workouts in spikes. No weight training. Monday 8x200 with a 28-29-second pace with 200m rests. Tuesday 10x400 at a 65 second pace with 200m rests. Wednesday Rest. Thursday 600m for time, plus 2 miles of 100m sprints. Friday 12x200 at a 27.5-28.5-second pace with 200m rests. Saturday 10x300 at a 45-second pace. Sunday Rest.

February, 1989

M30 Dav Dav Dav

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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 bigtime 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.

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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.

Darrold 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).

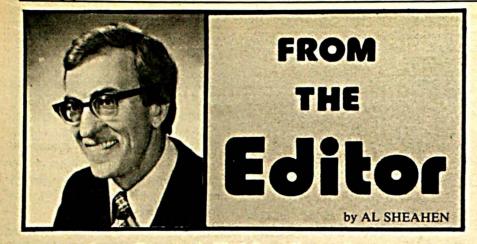
The same WAVA factors will be used for the decathlon in the VIII World Games in Eugene this summer.

Midwestern Sectional Masters Indoor Track & Field Championships

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

FACILITY:	200 meter Tarton Track and Runways, ¼ " spik own towel.	es max. allowed. Showers and dressing facilities available. Bring your		
ELIGIBILITY:	Competition open to all men and women 30 and over. All competitors must be registered with the Athletic Congress for 1989. Registration froms 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 Even	nt, \$10.00 2 or more events, and \$10.00 Relay. After 3-13-89: \$7.00 1st		
	at the meet site.	ay. Registration and number pick-up open 10 a.m. the day of the meet		
	As set forth by WAVA and adopted by Tac Ma			
EQUIPMENT:	Starting blocks and implements for weight th	nrow shall be furnished. Bring your own shot.		
	As announced at 1st call.	With the transformer and the second of the		
TRIALS:	Will be run in age groups in the 60 meter hurd that have more than 6 entries.	les and 60 meter dash, starting with oldest women to youngest men		
	had a set of a	60 meter dash, all others will be in sections against time if needed.		
AWARD:	Medals to the 1st three in each division in eac	ch event. Limit of three. Over three may be purchased for \$3.00 each.		
RECORDS:	Verification of records and forms by contact American standards.	ing meet director, Dick Green. World and National records and all		
MOTELS:	Meet Headquarters - Ramada Inn 1-800-228-2 Single: \$35.00, Double: \$40.00, 3 person: \$45.1 Identify yourself with the Midwestern Section	828 00, 4 person: \$50.00 (Maximum 4 people per room) nal Masters Track and Field Championshipe		
ORDER OF EVENTS:	RUNNING EVENTS-12:00 NOON	FIELD EVENTS-11:30 A.M.		
and an and the second	60 Meter Hurdles	Long Jump		
	3000 Meter Run 400 Meter Dash	Shot Put Pole Vault		
	1500 Meter Race Walk	Triple Jump		
*	60 Meter Dash	High Jump		
	800 Meter Run 200 Meter Dash	25# Weight 35# Weight		
	3000 Meter Race Walk	56#, 98#, and 300# Weight Throw		
	1500 Meter Run 4X400 Meter Relay	and the second second second second second second		
	try and check payable to Dick Green, P.O. Box 6147, Ro	cklord 51125		
Send completed and signed an				
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any and all claims for dam Complex, any and all meet	officials, volunteers or anyone associated with o	for myself, my heirs, and executors, waive, release and forever discharge accrue against the Masters Athletic Committee, the Westwood Sports conducting the Midwestern Sectional Masters Track & Field Meet.		
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National Masters News



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

b) 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 x .9435 = 11.42. That's his "agegraded 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 x 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 x 60 + 18 = 2718 seconds). Convert 34:25 to seconds (34 x 60 + 25 = 2065 seconds). Divide 2065 by 2718 = 76.0 %.

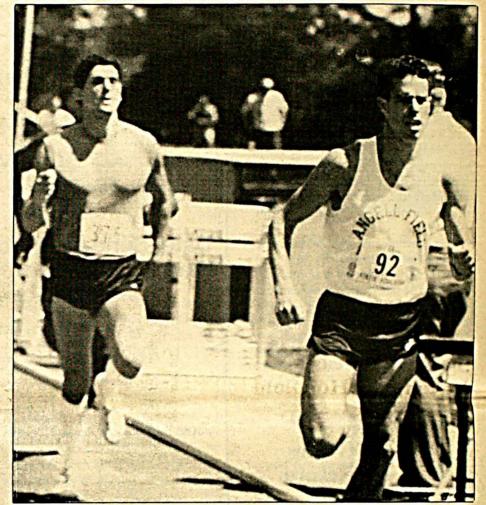
Example 4: A 46-year-old man runs 400 meters in 58.12. The 400m standard for M45 is 48.98. Divide 48.98 by 58.12 = 84.3 %. To pick an outstanding athlete among the four examples, select the one with the best performance percentage. In this case, it's the 40-year-old sprinter (example #1) with a 86.3 % performance.

GRADE LEVELS:

% + = World Class % + = National Class % + = Regional Class % + = 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.

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

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.

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 $(31-9\frac{3}{4})$.

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.

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February, 1989

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 tinished.



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 (2:4 52).

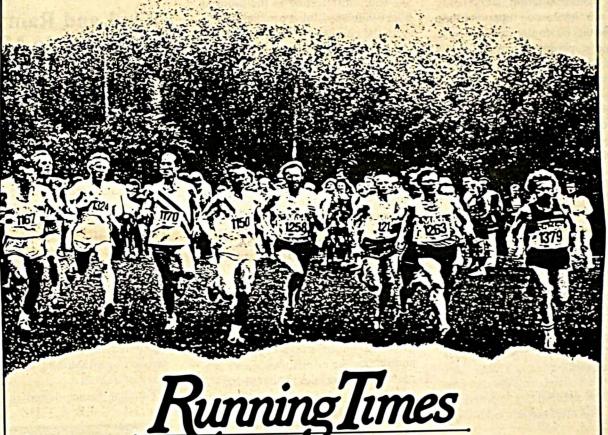
Gale Force Winds Club Stages First Meet in Mississippi

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 - 5:10first 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 (44-11/2). 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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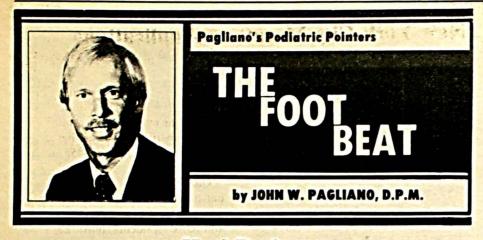
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National Masters News

February, 1989



Heel Bruises

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?

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 endoginous 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 inflammed 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 shortacting 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 accomodative 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.)



The winning masters team at the California International Marathon, Sacramento, December 4, were, from left: Gail LaDage Scott (2:46), Joan Ullyot (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 & 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).

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 agegraded 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 agegraded 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).



Minn., October 22. Mortenson ran 2:59:36 for

Phot by Scott Schneider

the 31 miles.



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.

gist, said.

marathon."

"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 anesthesiolo-

at this point in my life I can't be com-

petitive against the caliber of runners

they'll have here for the marathon. But

I can use it as a very good training ef-

fort. 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

It's a rare runner who has the right

combination of speed, strength, and

endurance to be successful at both mil-

ing and marathoning. With a 2:12:50

marathon at Boston in 1983 to go

along with his sub-4 miling at Stan-

ford, 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, Mac-

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 secondplace 13:29.6 in the Olympic Trials that

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

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

of gold-medal winner Lasse Viren. Two weeks later, in Stockholm,

In his attempts to make the '76

donald ran a 2:02 half.

year.

"I'm realistic enough to know that

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.

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-

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." 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.

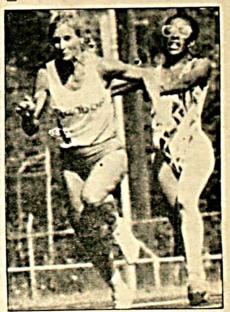
Qualifying times are not necessary, but an applicant must be 18 years of age or older race day to be accepted, and U.S. residents must have 1989 TAC registration cards.

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.

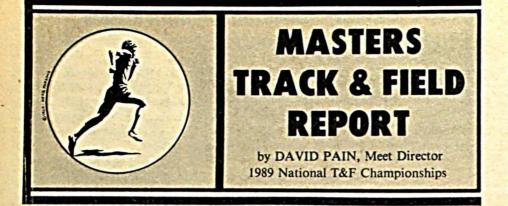
How would a 40-year-old Duncan Macdonald fare against that 18-yearold Duncan Macdonald who set the Hawaii-prep mile record back in 1967? "That's a good question," Macdonald replied, seeming a bit amused at the comparison. "The 'me' of then would go out in 58 or 59 (seconds for the first quarter) and 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 headto-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.



Entry Form For Nationals Available

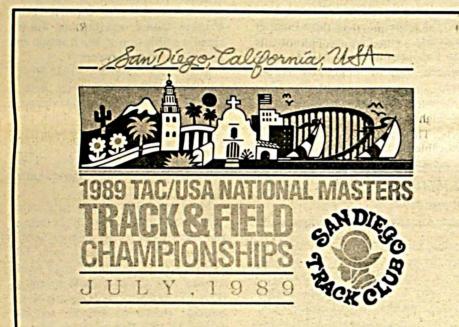
The eight-page entry form for the 1989 U.S. TAC National Masters Track & Field Championships is now available.

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.



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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.





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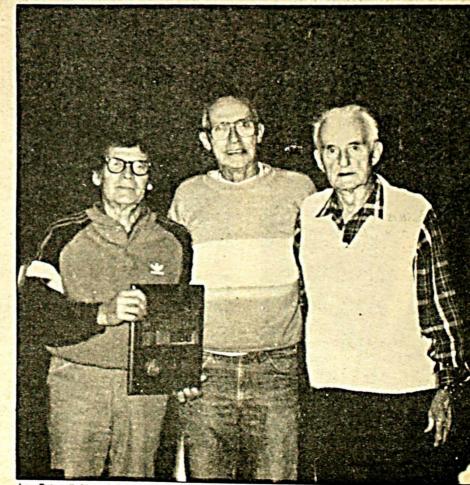
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Dolores Albertini, 51, of Maryville, Mo., clocks 32:19 to win the W50-54 division of the ICI/USRA 8K, January 14 in Naples, Fla. Photo by Sailer, Ltd.



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

February, 1989

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 (27-51/2), 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 "allyou-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 I) 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 incease 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 prevelant 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 Synop*sis, 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 Saunderstown, Rhode Island

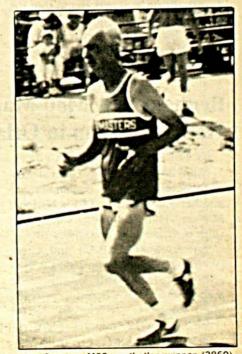
KUDOS

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

John 'Spike' Harshbarger Wamego, Kansas

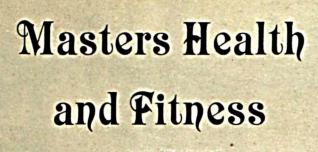
We both enjoy the NMN a great deal. You folks do a good job! Earl and Marilla Salisbury San Diego, California

■ 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 penthation winner (3869), Western Regionals, Los Angeles. Photo by Jerry Wojcik

National Masters News



by RAY STEWART

50 + Runners Association — A Seniors Race with A Purpose

n Saturday, March 19,1989, an important race for seniors, ages fifty-andover, 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 fiftyand-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.

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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-lifty 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

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). 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 agegraded 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

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

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 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-Crounty 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 agegroup.

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).

(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.

February, 1989

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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 alltime 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 Gabriele 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-permile pace. The oldest athlete in the race was Warren Daniell, 87, of Naples, who checked in at 1:19:49.

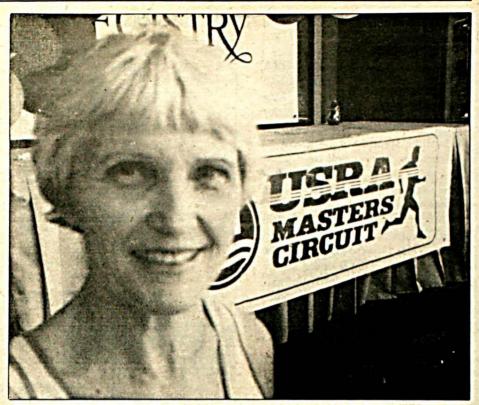
The 50-59 and 60 + races went to Delores Albertini (32:20) and Anne Trigg (38:38), although the overall Circuit titles went to Susie Klutz and Mary Norckauer, respectively.

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 AI Sheahen

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-rade 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.

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len	40-49:			NOS	en: 40-49:	
1.	Bob Schlau, SC (41) \$	3500	71/7	. 1.	Jane Hutchison, MO (41)3500	
2.	Bill Rodgers, MA (40)	2500	62.5/6	2.	Nancy Oshier, NY (40) 1000	
3.	Mike Hurd, ENG (40)	1500	53/6	3.		44/5
4.	Steve Lester, UT (45)	750	51/7	4.		41/6
5.	Wes Wessley, GA (40)	650	48/7	5.	Friscilla Welch 100	40/4
6.	Web Loudat, NM (41)	550	30/4	6.	Gabrielle Andersen (43)	39/5
7.	Dave Stewart	400	22/3	7.	Laurie Binder, CA (40)	35/4
8.		300	19/3	8.	Christine Tattersall	30/6
9.	Robert Nelson	200	18/3	9.	Anne Mansfield, NC	25/3
	Barry Brown, FL	100	17/2	10.	Jauna Stavolone	19/2
	Don Coffman, KY (45)	100	17/2		And Section And a	1. 1.
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		\$750	73/7	1.		41/5
1.	Bill Olrich, KY (50)	250	66/7	2.		39/4
2.		100	48/6	3.	Gina Faust	20/2
3.	Jim Larsen, FL (52)	100		4.	Joyce Hodges, CA (50)	19/3
4.	John Dugdele, CT		28.5/3	4.		19/2
5.	Jim Blount	-	25/3	5.	Marcia Ann Woodring, KY	18/2
6.	Norm Creen		19/2	3.		18/2
7.	Dick Ruzicka		18/3			18/2
8.	Ymel Yoder		17/2	5.	Judy Kirchoffer	16/2
9.			15/1			15/1
9.	Philip Watson		15/1	7.	Patricia Bond, MO	15/1
9.	Jack Gough		15/3	7.	Elizabeth Klein	15/2
	The state of the set			7.	Marjorie Peterson	15/2
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				8.	Marion Kowalski	14/4
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1.	Jim O'Neil, CA (63)	\$500	70/7	1.		35.5/5
2.	John Hossner	100	17/2	2.	Imy Ernst	
3.	Edmond Vuolo		15/1	3.	Loretta Shehan	10/2
4.	Jerry Morrison, MO		13.5/1	4.	Edith Farias, NY	19/2
4.	Gene Guilburt		13.5/1	5.	Carol Peebles, WI	16/2
5.	Logan McGinness, MO	27	12/1	6.		15/1
5.	Ton Gribbons		12/2	6.	Esther Cox	15/1
6.	Augusta Rivera		10.5/1	7.	Ann Hobson	14/2
7.			10/1	8.	Jean Benear, OK	13.5/1
7.	Ceorge Sheehan, NJ		10/2	9.	Margaret Wright, SC	10/1
7.			10/1	9.	Charlotte Williams, MI	10/1
7.			10/1	9.	Marie Betts	10/1
7.			10/1	9.	Mabel Verge	10/1
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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:

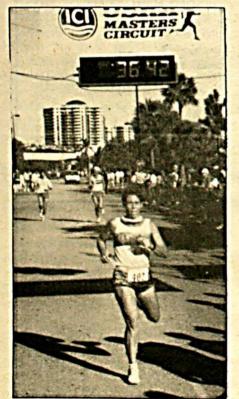
1) A page-one photo in the Naples Daily News of Rodgers breaking the tape in his 24:05 win.

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.

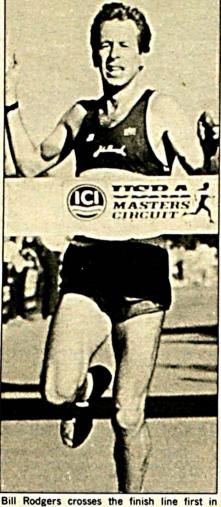
4) Sports page-one stories the two days before the race.

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

No X ALLINS



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 grumblings 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 Clarskburg, 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-Kersee), 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 nationalclass 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."

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Overheard at the ICI/USRA 8K Championships

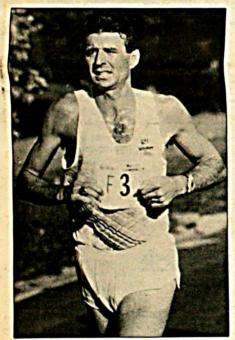
"In 1988, I had business problems which slowed me down. Or maybe it was old age. This year, I want to lower my times. I'm running the Los Angeles and Boston Marathons, and hope to break Barry Brown's American masters record of 2:15:15." — Bill Rodgers

"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

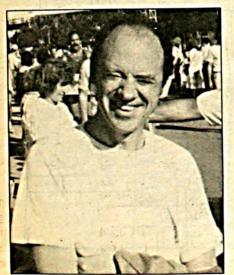
"There's been no high-school four-minute miler since Marty Liquori in 1967 because now runners don't focus on track training. They do road racing, all season long. We did interval training 20 years ago. Today, they don't do enough intense speed workouts. In 1967, we focused on a track season through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



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 Sheahen

"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

QC. 25.0

page 13

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

14th Race on ICI/USRA Circuit

Judy Greer Tops All Entrants in Charlotte Prize Money

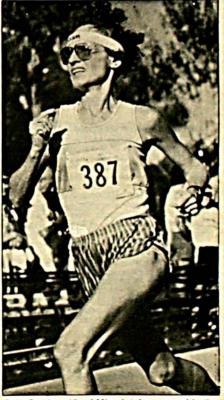
CHARLOTTE, N.C. — A 42-yearold Florida woman who said she "came for the money" got exactly what she wanted January 7 in the Charlotte Observer Marathon, winning the women's marathon masters division, establishing a new masters record, and finishing fifth overall among women.

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.

Dan a fil fil

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



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.



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.

National Masters News

February, 1989

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

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

- 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 grassitex surface.
- graster 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
- 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.
- 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 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

the price of the manufacture of the	Early	Regular	Late
	Registration	Registration	Registration
	(prior to 4/15)	(3/16-3/23)	(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
		1	

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

ADDITIONAL DETAILS AIRPORT TRANSPORTATION

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.

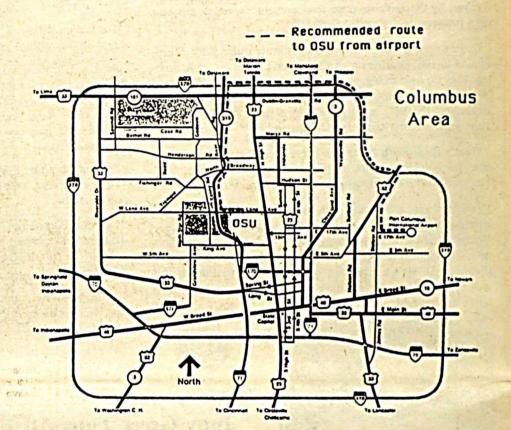
HOSPITALITY SUITE

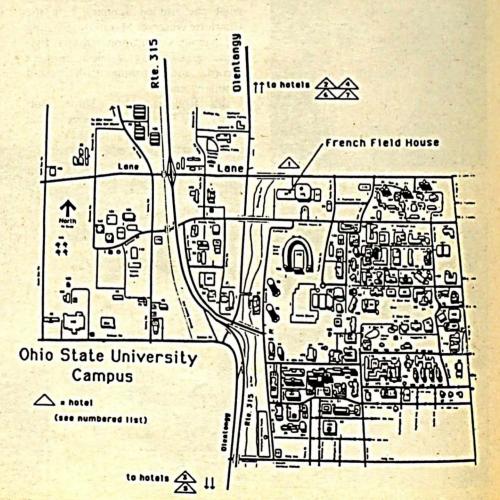
You may pick up your meet packet and enjoy a snack and beverage at the Holiday Inn-on-the-Lane starting Friday afternoon at 2:00 P.M. Look for the "Masters Track" registration table in the lobby.

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.





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or Track and Field Championships ay, March 31 - April 2, 1989 ate University, Columbus, Ohio

1-800-621-1429

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.

Hoderately Priced Hotels Near OSU

1)	Holiday Inn-on-the-Lane	1-614-294-4848
	Located across the street from French Fieldhouse. A limited are available. Two hotel vans provide airport service for hote \$42/\$50	number of rooms 1 guests.
21	Cross Country Inn 3246 Olentanny Birms Boad #20 (417	

2)	Cross Country In	n, 3246 Olentangy	River Road,	\$29/\$37	1-800-621-1429

3) Cross Country Inn, 1445 Olentangy River Road, \$29/\$37

41 Knights Inn, S.R. 315 at N. Broadway, \$28.50/\$36.50 1-800-722-7220

Olantangy Inn, 1299 Olentangy River Road, \$29/\$34 1-614-294-5211 (call collect for reservations)

PRELIMINARY MEET SCHEDULE 6:00 P.M. Friday, 3/31/89 SP 65-9 Men 7:00 P.M.

Triple Jump all Women High Jump 70 + over Men Pole Vault 60-69 Men 8:30 P.M. TJ 70 + over Men 9:30 P.M. TJ 65-9 Men

Saturday, 4/1/89 8:00 A.M. LJ 35-9 men 9:00 A.M. LJ 40-4 Men HJ 55-9 Men PV 70 + up Men 60 m Dash (all run) 10:00 A.M. SP 30-4 Men 11:00 A.M. SP 35-9 Men LJ 50 + up Women HJ 50-4 Men PV 30-4 Men 12:00 Noon SP 40-4 Men Wt 60-4 Men 12:30 P.M. 1500 m Run (Women first, oldest to youngest) 1:00 P.M. SP 50-54 Men Wt 65-9 Men LJ 70+ over Men HJ 45-9 Men 2:00 P.M. SP 55-9 Men Wt 30-4 Men LJ 30-49 Women PV 35-9 Men 2:30 P.M. 60 m Finals (as needed) 3:00 P.M. SP 45-9 Men Wt all Women LJ 50-4 Men HJ 40-4 Men 400 m Run 4:00 P.M. Wt 35-9 Men PV 55-9 Men 5:00 P.M. SP 60-4 Men 1.1 45-9 Men HJ 30-4 Men 60 m Hurdles (prelims and finals)

7:00 P.M. LJ 60-4 Men 7:30 P.M. 3000 m Walk 8:00 P.M. LJ 65-9 Men 9:00 P.M. LJ 30-4 Men 9:30 P.M 4 x 800 Relay Sunday, 4/2/89 8:00 A.M. LJ 55-9 Men HJ 30 + up Women PV 50-4 Men 3000 m Run (Women 1st) 9:00 A.M.

Wt 70 + up Men 9:30 A.M. TJ 45-9 Men HJ 60-4 Men 10:00 A.M.

SP 30-49 Women Wt 45-9 Men 11:00 A.M. SP 50 + up Women Wt 40-4 Men

TJ 30-4 Men TJ 35-9 Men PV 45-9 Men 11:30 A.M.

HI 65-9 Men 200 m Dash (all run) 12:00 Noon

SP 70-9 Men Wt 50-4 Men

12:30 P.M. TJ 50-4 Men

1:00 P.M. Wt 55-9 Men

1:30 P.M. SP 80 + up Men

HJ 35-9 Men 2:00 P.M.

TJ 55-9 Men PV 40-4 Men 2:15 P.M.

800 m Run (Women 1st) 3:00 P.M. TJ 60-4 Men

4:00 P.M. TJ 40-4 Men

4:15 P.M. 200 m Finals (as needed)

5:00 P.M.

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 Chio -800-282-3626 outside Chio \$45 flat rate per room 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 velking distance. Note: Hotels 2 through 7 are 1 to 2 miles from the fieldhouse.

1989

Date

"Airport Shuttle" "Airport Shuttle" 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 beggage carousel \$4. 1-800-443-3519

are usually available at Port Columbus. Cab fare is \$12-\$15 to OSU. Budget Car Rental

et Car Rantal Special rates are available for Masters athletas. Choose the program you want. Flat rate of \$32.99 per day, unlimited milesge, 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.

Budget

1989 TAC Masters Indoor Championships Meet Entry Form

Please fill out completely, and return Jim Pearce, 2449 Southway Drive, Column leave your name, address and phone num	ous, OH 43221, per.	to: or call (614) 481-7	745, and
Make checks payable to: "1989 Masters :	Indoor Meet"	and the second	and believer
	the second of	_ Age Sex	The second
Address	and the set of the	_ Phone	and a second
City	State	Zipcode	-LACEBREN
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1st Event 2nd Event	3rd Event_	4th Even	The state of the
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If you desire a Masters Championships note your size and include \$8.00 per s	T-shirt, hirtS	rx	xxr
Relay Entry: 4 x 400 m 4 x 8 Relay Team Members			
Early Registration: \$9.00 1st ever Regular Registration: \$10.00 1st ever Late Registration (after March 23 in M \$12.00 each addition	Meet Director's Mal event.	hands): \$18.00 1s	st event,
s + s _ + s	+ = \$	The state of the second	Section 2 and
\$+ \$+ \$ Individual Relay fees T-shi Entry Fees	C. These Bas		
All entries must be accompanied by fee payable to: "1989 Masters Indoor Meet	es or they will ". No phone en	not be accepted. A tries will be accept	take check ted.
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DECG TESTING MOTICS Athletes the participate in this competition TOC rules and DF Rule 144. Athletes found positi De disgualified from this event, and will lose all over-the-counter medications contained heated the detained by calling USOC Botline at 1-600-213-	igibility for future	annetitiene free man	tertion and

Athlete's Signature

National Masters News



Important World Championships Dates

by TOM JORDAN and BARBARA KOUSKY

7 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.

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

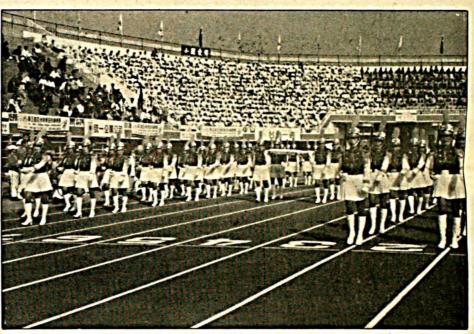
February, 1989

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 extravanganza 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 9.57/31-43/4) and wins in the 100 (15.21) and high jump (1.20/3-111/4) was the outstanding athlete of the meet.

The previous M75 long jump record

of 4.28/141/2 set in 1983 was held by Gulab Singh of India. The former M75 triple jump record of 9.52/31-23/4 belonged to Finland's Heikke 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.

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WORLD VETERANS' CHAMPIONSHIPS 1989	CH 1989	A CONTRACTOR
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GET READY for EUGEN

Get your official "in training For ... Issuins in enter shore or long-sleeve styles. Start your preparations for the World Veterans' Championships with these handsome white Ts, w colorful running Eagle mascot or official WVC emblem. with 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.

eplica of the orld 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

Visa/Mastercard, Use the order form below. Allow 6-9 weeks for delivery

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backs and will go well on uniforms, jackets, hats, and warm-ups.

These superb pins are \$500, plus \$200 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 Vice/Master and Lise the order form



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 CrossCountry 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.

Beport from Britain

MARTIN DUFF (of Athletics Weekly)

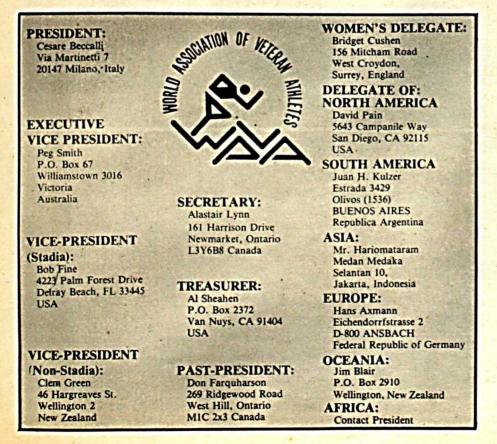
Maurice Benn of Woodford Green, 1968 Olympic 1500 runner, won the Veterans AC Cross-Country in his home town, November 19, in 22:19 from Tim Palethorpe, 49, of Havering (22:30).

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.

第五届亞洲常青田 は ASIAN VETERAN ATHLETIC 自身大管 NMA GENERAL ASSEMBLY ME

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



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.

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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 ang 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 of-fered \$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 secondplace 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.

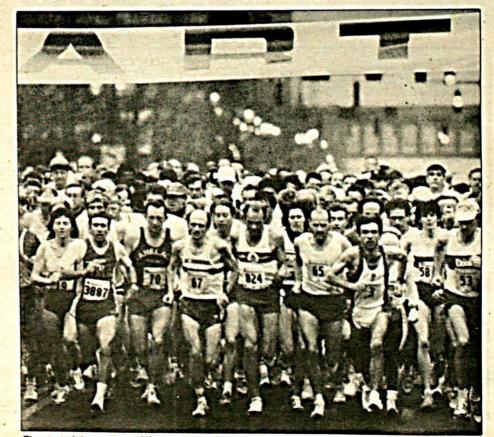
With Rodgers running ahead of the pack in the masters men's 10K, the fight was for second. "On the last hill, I got a 20-yard lead over Bob (Schlau) to hang onto second," said Englishman Hurd, who arrived from the United Kingdom two days before the race and ran because it was the final stop on the ICI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

National Masters News

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 NYRRC Computer 8K, Central Park, NYC, October 30. Following the pattern, Marilyn Greeley, 44, finished 19th among the

25:5

third

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.

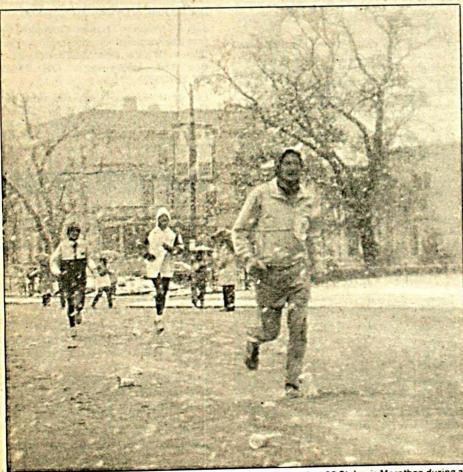
MIDWEST

• 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



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



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 NYRRC 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.



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

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.

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, Timber Ln., Fairport, NY 14450. 716/425-3116.

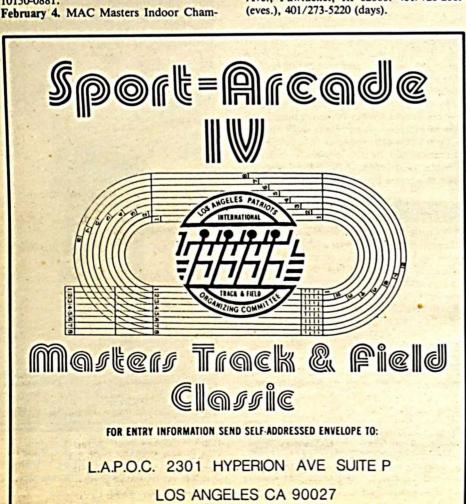
February 12, 26. Philadelphia Masters Development Meets, Haverford College, Haverford, Pa. Peter Taylor, 3120 Schoolhouse Ln., (J-A9), Philadelphia, PA 19144.

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



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, Car-nival 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 Af-fairs, 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, Thomas-ville, 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 & Recr., 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, 122-631/2 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.

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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, Albuquereque, 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, Lanakshire, 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.



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.

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 lox 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. NYRRC, 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 Recr., #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.

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 10

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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 Bocrie, 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,

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 MALLET (ROCKVILLE, MD)	2-23-34	55-59
NANCY MIESZCAK (HOUSTON, TX)	2- 1-49	40-44
FTHELBEDT DETEDC (WA)	2-27-49	40-44
GRETCHEN SNYDED (BEDKELEY CA)	2- 8-34	55-59
GRETCHEN SNYDER (BERKELEY, CA) DOROTHY STOTSENBURG (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	
ULLA JANSSON (SWE)	2- 3-24	45-49
LILLI KALMBACH (WG)	2-18-39	65-69
ERIKA ROST (WG)	2-15-44	50-54
ISABEL SAUMIER(CAN)	2- 7-14	45-49
	2- 4-34	75-79
LILLIAN THOMAS (AUS)	2-17-39	55-59
DOOD INCOMPANY IN THE	and the second	50-54
ALVIS ANDEWS (CA)	2-20-39	50-54
DETE BEAMED (VATINA UT)	2-10-34	55-59
DHILTD BRADY (DENTED CO)	2-22-14	75-79
ROSE WESTERHOLT (WG) ALVIS ANDREWS (CA) PETE BEAMER (KAILUA, HI) PHILIP BRADY (DENVER, CO) MATT BROWN (EDISON, NJ) HECTOR CISNEROS (AUSTIN, TX) LEWIS COLLIER (NASHVILLE, TENN) PIERRE COLNARD (FRANCE) PAUL HOBE (ALLIANCE, OHIO) ERNST KORTE (WG) ALBERT LASCH (WG) GEORGE MATHE (S.AFR)	2-10-34	55-59
HECTOP CIEVEDOS (AUCTIN MY)	2-25-34	55-59
LEWIS COLLED (NACHUTLER MENN)	2-28-34	55-59
DIFPER COLVEDANCE	2- 2-24	65-69
PILL HOPE (ALLINGE OUTO)	2-18-29	60-64
FRUE HODE (ALLIANCE, UNIO)	2- 4- 4	85-89
ALBERT LACOU(NC)	2-13- 4	85-89
CEORCE WARUE (C.) ED)	2 6-14	75-79
JAMES MCDONAGH (BRONX, NY)	2-11-39	50-54
UAMES ACCONAGE (DRUNA, NI)	2-14-24	65-69
RUSSELL MEYERS (PENSACOLA, FL)	2-25- 4	85-89
IRV MONDSCHEIN (HAVERTOWN, PA)	2- 7-24	65-69
FRANK MURPHY (VAN NUYS, CALIF)	214	75-79
HAROLD PARSONS (CAN)	2- 1-19	70-74
FRITZ PHILIPPS (WG)	2- 2- 9	80-84
NAT PISCIOTTA (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 SWEENY (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

Coffman and Hutchison Win in Rocket City Marathon.

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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

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 2¹/₂ 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 Lacye, 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 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.

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 is division at the Rocky Mountain Games, Boulder, September 3-4.

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National Masters News

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 M30-34 1 Rickey Williams 2 Audwin Mosby 3 Robbie Short 13.65 14.40 14.41 14.5 14.56 14.58 14.6d 14.9 15.2 15.25

15.26 15.3 15.3 15.31 15.4 15.4d 15.43

15.5d 15.5

15.9 16.1d

16.13

16.2d 16.3d 16.8d 16.8d

16.9 17.0 17.38

17.4d 17.43 17.5d 18.3d 18.6 19.2d 19.2d 20.3 21.6d 22.2d

14.24 14.25 14.40

15.1

15.24 15.3 15.56

15.7d

15.80 16.1

16.7 16.2 16.5 16.62 16.63 16.7d 16.8 16.8

16.99

17.25 17.48 17.5 18.0

19.64 19.65 19.8d 19.9d

20.0d 20.13

5d

15.22

4 Mike Simmons

5 Albert Miller 6 Ellis Liddell 7 Tony Ciccone 8 Ken Repeta 9 David Goeta 10 Jim Ween 11 R Wells 12 Mark Williamson 12 Glen Conley 14 R Zahn 15 Joe Kraus 15 Mike Bailey 17 Kevin Speaks 18 K Smith 18 W Smith 20 Ray Henry 21 Ken Satterfield 22 Jeff Watry 23 Rod Atherton 24 Dave Hoover 25 Bill Lawson 26 Jeff Bilderbeck 26 David Beshears 28 Eugene Cacciatore 29 Mark Monti 30 Gary Nickash 31 A Hecker 31 A Hecker 32 Gary Zasimovich 33 T Tiernon 34 Bill Keller 35 James Cole 36 Jeff Clingan 36 Mike McGinnis 36 Mike McGinnis 38 Roberto Vives 39 JOhn Arbogast 40 Don Bell M25-39 1 Colin Williams 2 Ed Eberhart 3 Nate Robinson 4 John Green 5 Delario Robinson 6 Stan Druckrey 7 Davud Saleem 8 Richard Finnie 9 Mark Salzman 10 Horace Hudson

11 Richard Katus 12 John Hall 13 Ed Baskauskas 14 Marv Thompson 15 John Long 16 Paul Katauskas 17 Gary Sarrell 18 G Schmidt 18 Robert Buhl 20 Eric Brown 21 John Hall 22 Bob Green 23 Russell Acea 24 Ivan Black 25 Paul Garron 26 Bob Myers 27 Rich Christoph 28 Mike Davis 29 Charles Strode 30 R Watson M40-44 1 Stan Druckrey 2 Ken Brinker

14.66 14.99 15.4 15.44 15.68 15.8 3 Scott Tyler 4 P Murphy 5 Mike Kelly 6 Fred Johnston 7 Sheridon Groves 15.83 8 Cornelius McCornu 9 Rex Harvey 10 M Thompson ck16.1 16.63 10 A Indepson 11 James Hollister 12 Pat Walker 13 R Well 14 Reg Sharley 15 Ross Jensen 16 John Johnston 16 Bill Busby 18 Johnie Meisner 19 Ralph Scola 20 Mike Milove 16.7 17.09 17.14 17.2 17.4d 17.4d 17.55 18.3 18.5 21 Walt Davis Jr 22 Tom Rausher 23 Johnson Dwing 23 Dennis Stempel 19.61 19.8d 20.1d 20.1d 20.1d 23 Jim Rose 20.2 20.33 21.0 21.58 26 Charles Varnet 27 Bill Sevilla 28 Ron Barker 29 Non Harker 29 Mike Holzgang 30 Jan Decker 31 Scott Somers 32 A Lockwood 33 George Cliette 21.8d 21.9d 22.0 22.8d

1	5 Tom Cronan	17.1d
1	5 Steve Rogers 7 George LaBelle	17.1
1	8 D Ellis 9 Henry Hopkins	17.5 17.9d
	10 James Cawley	18.2d
11	11 Jeff Loubet 12 Brian Arnspiger	18.41
Ì	13 Rich Kay	18.70 18.9
-	14 Eugene Zastwarny 15 Mike Valle	19.2 20.4d
	16 Dan Ayers	20.9d
	17 John O'Neil 18 John James	22.0 24.2d
1	19 Eugene Kaye	24.6
1	M50-54 1 Chuck Miller	13.80
	2 Alvin Henry	14.54
	3 R D Lance 4 Gary Miller	14.67 15.4d
	4 Ed Oleata 6 R Hickman	15.40
l	7 Leon Trout	16.5
	8 Jack Gilmore 9 J Head	16.8d
	10 Jerry Stanners	17.17
	11 Hector Cisneros 12 Jim Peterson	17.80
	13 Don Worrall	18.35
	14 Woody Grover 15 S Richmond	18.76
	16 John Carr 17 Robert Smith	19.11 19.2
	18 James Bradley	19.4 19.7
-	19 Ray Boyd 20 Hal Mayhew	20.0
	21 Harcld Herrington	20.68
	22 Bob Hansen 23 J Mayer	20.9
	24 Chuck Coutts 25 Marvin Stewart	22.3
	26 Richard Mickelson	23.1
	27 Larry Hamblen 28 Ritch White	23.18
	29 George Taylor 30 Ray Fitzhugh	23.9 24.17
	30 Ray Fitzhugh 31 John Cosgrove 32 Don Kasprzak	24.2 27.6
	Stel. N.Y. David	91.12F
	M55-59 1 Phil Mulkey	14.58
E	2 Dave Jackson	14.66
	3 Larry Pratt 4 Joe Murphy	15.67
2	5 D McFetters 6 Alan Maxwell	17.19
	7 Dave Douglass 8 Loren Swanson	18.30
	9 Dick Richardson	19.7 20.67
	10 Darrold Skartvudt 11 Ted Swanson	21.1
	12 Richard Hauge	22.24 23.76
2	14 George Taylor	25.1d
	M60-64	
	1 Jack Greenwood	15.39
	2 Buck Bradbury 3 Denver Smith	15.60
	4 Bob Higginbotham 5 Bill Townsend	17.6
	6 Richard Nordquist 7 Manny Herscher	18.32
	8 Frec Hirsimaki	19.3
	9 Walsh 9 Ted Ensslin	20.1 20.1d
	11 Dumpl Madan	21 02
	12 Bob Richards 13 Bill Downey	21.7
1	14 Jock Jocov	21.89
	15 Don Grey 16 Loren Noyes	23.0d 24.9
	M65-60	
4	M65-69 1 Bob Hunt	17.66
	2 Burl Gist 3 Ed Lukens	17.95 18.5 19.2
	4 Andrew Thompson 5 Roy Womack	19.2 19.63
	6 Walker Pierson 7 George Simon	19.87
1	8 Frank Bowles	20.5
	9 Mel Buschman 10 Bill Carmen	21.06
	11 The Kannall	21 74
	12 Richard Cavicchi 13 A U Ricciardi	21.75 21.78
-	13 A U Ricciamii 14 Boo Morcom	21.78 22.8d
	N70-74	
	M70-74 1 Al Guidet	14.19
	2 Herb Miller 3 Dan Bulkley	14.55
	4 Chia-Tsung Pao 5 Wilbur Ott	17.4
	6 Ham Morningstar 7 Don Hull	21.5d 21.86
		41.00

M45-49 1 Theo Viltz 2 Walt Butler 3 Larry Sallinger

S Tyler

14.87 15.5 16.05 16.51 17.1d 17.1 17.4 17.5

13.80 14.54 14.67 15.4d 15.4d

15.49 16.5 16.8d 17.15 17.17

17.8d 18.1 18.35 18.7d 18.76 19.11 19.2 19.4 19.7 20.0

20.68 20.9 21.70 22.3 22.94

23.1 23.18

14.58 14.66 15.67 16.01 17.19 18.2 18.30 19.46 19.7 20.67

20.67 21.1 22.24 23.76

15.39

16.6 17.6 17.98 18.32 19.0 19.3

20.1 20.1d

21.03

21.72 21.89 23.0d

17.66 17.95 18.5 19.2

19.63 19.87 20.5 20.84

21.74 21.75 21.78

14.19 14.55 15.16 17.4 19.03 21.5d 21.86

101 30	
M75-79	S CHARLEN
1 Bert Morrow	16.28
2 Claude Hills	16.81
3 David Marcus 4 Harry Yu	19.66 20.3
W30-34	1
1 Pam Page 2 Lorna Boothe	13.34 13.92
3 Robin Hutton	16.25
4 Donna Smith	20.00
W35-39 none ranked	
W40-44	
1 Phil Raschker	12.04
2 A Steekelenburg 3 Kathy Pierce	13.7
4 Cassandra Clark	
A HAR AND A	
W45-49 1 Barbara Stewart	17.1
2 Ann Carter	18.03
W50-54 1 Christel Miller	14.9h
2 Rachel Lyga	17.07
1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	
W55-59 none ranked	
	a start and
W60-64 1 Pat Peterson	
1 Pat Peterson	19.7
Pole Vault - 19	88
The second s	201.13
M30-34 1 Steve Hardison	15-6
B Halverson	15-6
3 Pete McGinnis	15-4 15-3
4 Rich Baggett 5 M Hogan	15-3
Rick Rogers	15-0
Wilson Soohoo	15-0
8 Ken Ellis 9 Tim Werner	14-8 ¹ / ₂ 14-6
Jim Fountain	14-6
11 Don Severn	14-0
Charles Barnard	14-0
Mike McGinnis	14-0 13-11+d
14 Dave Beshears 15 Bill Lawson	- 13-5-d
16 Albert Miller Al Sandoval	13-0
Keith Petranek	13-0
Coy Akers	13-0
20 Jim Fazio	1. T. A
21 Jerry Ott Ted Pollette	12-6 12-6
Rick Suiter	12-6
Kevin Hill	12-6
25 Mike Bailey Ted Tiernan	12-5+d 12-5+d
27 G Echols	12-0
Eugene Cacciatore Jeff Bilderbeck	12-0 12-0d
Jerr Bilderbeck	12-00
30 Brian Haley	
30 Brian Haley	11-11 3/4
30 Brian Haley 31 Lee Webb	11-11 3/4 11-6 ¹ d
30 Brian Haley 31 Lee Webb 32 Bill Keller 33 Scott Hall	11-11 3/4 11-61d 11-1d 11-10
30 Brian Haley 31 Lee Webb 32 Bill Keller 33 Scott Hall Bill Wood	11-11 3/4 11-612d 11-12d 11-0 11-0
30 Brian Haley 31 Lee Webb 32 Bill Keller 33 Scott Hall Bill Wood Kirk Dickie Steve Ray	11-11 3/4 11-6 ¹ / ₂ d 11- ¹ / ₄ d 11-0 11-0 11-0 11-0 11-0
30 Brian Haley 31 Lee Webb 32 Bill Keller 33 Scott Hall Bill Wood Kirk Dickie Steve Ray 37 Jeff Watry	11-11 3/4 11-6 ¹ / ₂ d 11- ¹ / ₄ d 11-0 11-0 11-0 11-0 11-0 10-10d
30 Brian Haley 31 Lee Webb 32 Bill Keller 33 Scott Hall Bill Wood Kirk Dickie Steve Ray 37 Jeff Watry 38 J Deansell	11-11 3/4 11-61d 11-12d 11-0 11-0 11-0 11-0 11-0 10-10d 10-6
30 Brian Haley 31 Lee Webb 32 Bill Keller 33 Scott Hall Bill Wood Kirk Dickie Steve Ray 37 Jeff Watry	11-11 3/4 11-6 ¹ / ₂ d 11- ¹ / ₄ d 11-0 11-0 11-0 11-0 11-0 10-10d
30 Brian Haley 31 Lee Webb 32 Bill Keller 33 Scott Hall Bill Wood Kirk Dickie Steve Ray 37 Jeff Watry 38 J Deansell Brad Hall Mike Sayers 41 Dave Johnson	11-11 3/4 11-6½d 11-½d 11-0 11-0 11-0 11-0 10-10d 10-6 10-6
30 Brian Haley 31 Lee Webb 32 Bill Keller 33 Scott Hall Bill Wood Kirk Dickie Steve Ray 37 Jeff Watry 38 J Deansell Brad Hall Mike Sayers 41 Dave Johnson Greg Dyess	11-11 3/4 11-61d 11-1d 11-0 11-0 11-0 10-10d 10-6 10-6 10-6 10-0 10-0
30 Brian Haley 31 Lee Webb 32 Bill Keller 33 Scott Hall Bill Wood Kirk Dickie Steve Ray 37 Jeff Watry 38 J Deansell Brad Hall Mike Sayers 41 Dave Johnson Greg Dyess Don Brax	11-11 3/4 11-61d 11-1d 11-0 11-0 11-0 11-0 10-10d 10-6 10-6 10-6 10-0 10-0 10-0
30 Brian Haley 31 Lee Webb 32 Bill Keller 33 Scott Hall Bill Wood Kirk Dickie Steve Ray 37 Jeff Watry 38 J Deansell Brad Hall Mike Sayers 41 Dave Johnson Greg Dyess Don Brax Dennis Deshaw	11-11 3/4 11-61d 11-1d 11-0 11-0 11-0 10-10d 10-6 10-6 10-6 10-0 10-0
 30 Brian Haley 31 Lee Webb 32 Bill Keller 33 Scott Hall 33 Bill Wood Kirk Dickie Steve Ray 37 Jeff Watry 38 J Deansell Brad Hall Mike Sayers 41 Dave Johnson Greg Dyess Don Brax Dennis Deshaw 45 Bill Langdor 46 John Arbogast 	$\begin{array}{c} 11-11 3/4 \\ 11-6\frac{1}{2}d \\ 11-\frac{1}{2}d \\ 11-\frac{1}{2}d \\ 11-0 \\ 11-0 \\ 11-0 \\ 10-10d \\ 10-6 \\ 10-6 \\ 10-6 \\ 10-6 \\ 10-0 \\ 10-0 \\ 10-0 \\ 10-0 \\ 9-6 \\ 9-5\frac{1}{2} \end{array}$
 30 Brian Haley 31 Lee Webb 32 Bill Keller 33 Scott Hall Bill Wood Kirk Dickie Steve Ray 37 Jeff Watry 38 J Deansell Brad Hall Mike Sayers 41 Dave Johnson Greg Dyess Don Brax Dennis Deshaw 45 Bill Langdor 46 John Arbogast 47 Bob Olson 	$\begin{array}{c} 11-11 3/4 \\ 11-6\frac{1}{2}d \\ 11-\frac{1}{2}d \\ 11-0 \\ 11-0 \\ 11-0 \\ 10-10d \\ 10-6 \\ 10-6 \\ 10-6 \\ 10-6 \\ 10-0 \\ 10-0 \\ 10-0 \\ 10-0 \\ 10-0 \\ 9-5\frac{1}{2} \\ 8-6 \end{array}$
 30 Brian Haley 31 Lee Webb 32 Bill Keller 33 Scott Hall 33 Bill Wood Kirk Dickie Steve Ray 37 Jeff Watry 38 J Deansell Brad Hall Mike Sayers 41 Dave Johnson Greg Dyess Don Brax Dennis Deshaw 45 Bill Langdor 46 John Arbogast 	$\begin{array}{c} 11-11 3/4 \\ 11-6\frac{1}{2}d \\ 11-\frac{1}{2}d \\ 11-\frac{1}{2}d \\ 11-0 \\ 11-0 \\ 11-0 \\ 10-10d \\ 10-6 \\ 10-6 \\ 10-6 \\ 10-6 \\ 10-0 \\ 10-0 \\ 10-0 \\ 10-0 \\ 9-6 \\ 9-5\frac{1}{2} \end{array}$
 30 Brian Haley 31 Lee Webb 32 Bill Keller 33 Scott Hall Bill Wood Kirk Dickie 37 Jeff Watry 38 J Deansell Brad Hall Mike Sayers 41 Dave Johnson Greg Dyess Don Brax Dennis Deshaw 45 Bill Langdor 46 John Arbogast 47 Bob Olson 48 Dave Smith 	$\begin{array}{c} 11-11 3/4 \\ 11-6\frac{1}{2}d \\ 11-\frac{1}{2}d \\ 11-0 \\ 11-0 \\ 11-0 \\ 10-10d \\ 10-6 \\ 10-6 \\ 10-6 \\ 10-6 \\ 10-0 \\ 10-0 \\ 10-0 \\ 10-0 \\ 10-0 \\ 9-5\frac{1}{2} \\ 8-6 \end{array}$
30 Brian Haley 31 Lee Webb 32 Bill Keller 33 Scott Hall Bill Wood Kirk Dickie Steve Ray 37 Jeff Watry 38 J Deansell Brad Hall Mike Sayers 41 Dave Johnson Greg Dyess Don Brax Dennis Deshaw 45 Bill Langdor 46 John Arbogast 47 Bob Olson 48 Dave Smith <u>M15-39</u> 1 Tom Wilson	$\begin{array}{c} 11-11 3/4 \\ 11-6\frac{1}{2}d \\ 11-\frac{1}{2}d \\ 11-\frac{1}{2}d \\ 11-0 \\ 11-0 \\ 11-0 \\ 10-10d \\ 10-6 \\ 10-6 \\ 10-6 \\ 10-6 \\ 10-0 \\ 10-0 \\ 10-0 \\ 10-0 \\ 9-5\frac{1}{2} \\ 8-6 \\ 8-6 \\ 8-6 \end{array}$
30 Brian Haley 31 Lee Webb 32 Bill Keller 33 Scott Hall Bill Wood Kirk Dickie Steve Ray 37 Jeff Watry 38 J Deansell Brad Hall Mike Sayers 41 Dave Johnson Greg Dyess Don Brax Dennis Deshaw 45 Bill Langdor 46 John Arbogast 47 Bob Olson 48 Dave Smith <u>M35-39</u> 1 Tom Wilson 2 Bob Pullard	$\begin{array}{c} 11-11 & 3/4 \\ 11-6\frac{1}{2}d \\ 11-\frac{1}{2}d \\ 11-0 \\ 11-0 \\ 11-0 \\ 10-10d \\ 10-6 \\ 10-6 \\ 10-6 \\ 10-6 \\ 10-0 \\ 10-0 \\ 10-0 \\ 10-0 \\ 10-0 \\ 10-0 \\ 10-0 \\ 10-0 \\ 10-0 \\ 10-0 \\ 10-5\frac{1}{2} \\ 8-6 \\ 8-6 \\ 8-6 \end{array}$
 30 Brian Haley 31 Lee Webb 32 Bill Keller 33 Scott Hall Bill Wood Kirk Dickie Steve Ray 37 Jeff Watry 38 J Deansell Brad Hall Mike Sayers 41 Dave Johnson Greg Dyess Don Brax Dennis Deshaw 45 Bill Langdor 46 John Arbogast 47 Bob Olson 48 Dave Smith M35-39 1 Tom Wilson 2 Bob Pullard 3 Charles Strode 	$\begin{array}{c} 11-11 & 3/4 \\ 11-6 \\ 11-2 \\ 11-2 \\ 11-2 \\ 11-0 \\ 11-0 \\ 11-0 \\ 10-10 \\ 10-10 \\ 10-6 \\ 10-6 \\ 10-6 \\ 10-6 \\ 10-6 \\ 10-0 \\ 10-0 \\ 10-0 \\ 10-0 \\ 10-0 \\ 10-0 \\ 10-0 \\ 10-0 \\ 10-5 \\ 8-6 \\ 8-6 \\ 8-6 \\ 8-6 \end{array}$
30 Brian Haley 31 Lee Webb 32 Bill Keller 33 Scott Hall Bill Wood Kirk Dickie Steve Ray 37 Jeff Watry 38 J Deansell Brad Hall Mike Sayers 41 Dave Johnson Greg Dyess Don Brax Dennis Deshaw 45 Bill Langdor 46 John Arbogast 47 Bob Olson 48 Dave Smith <u>M15-39</u> 1 Tom Wilson 2 Bob Pullard 3 Charles Strode 4 Dave Hardison 5 Rich Christoph	$\begin{array}{c} 11-11 & 3/4 \\ 11-6\frac{1}{2}d \\ 11-\frac{1}{2}d \\ 11-\frac{1}{2}d \\ 11-0 \\ 11-0 \\ 11-0 \\ 10-10d \\ 10-6 \\ 10-6 \\ 10-6 \\ 10-6 \\ 10-6 \\ 10-0 \\ 10-0 \\ 10-0 \\ 10-0 \\ 10-0 \\ 10-0 \\ 10-6 \\ 10-5\frac{1}{2} \\ 8-6 \\ 8-6 \\ 8-6 \\ 15-5 \\ 3/4 \\ 15-3 \\ 15-0 \\ 14-6 \end{array}$
 30 Brian Haley 31 Lee Webb 32 Bill Keller 33 Scott Hall Bill Wood Kirk Dickie Steve Ray 37 Jeff Watry 38 J Deansell Brad Hall Mike Sayers 41 Dave Johnson Greg Dyess Don Brax Dennis Deshaw 45 Bill Langdor 46 John Arbogast 47 Bob Olson 48 Dave Smith MJ5-39 1 Tom Wilson 2 Bob Pullard 3 Charles Strode 4 Dave Hardison 5 Rich Christoph 6 Jerry Bock 	$\begin{array}{c} 11-11 & 3/4 \\ 11-6 \\ 11-6 \\ 11-2 \\ 11-2 \\ 11-0 \\ 11-0 \\ 11-0 \\ 10-10 \\ 10-10 \\ 10-10 \\ 10-6 \\ 10-6 \\ 10-6 \\ 10-6 \\ 10-0 \\$
 30 Brian Haley 31 Lee Webb 32 Bill Keller 33 Scott Hall 33 Bill Wood Kirk Dickie Steve Ray 37 Jeff Watry 38 J Deansell Brad Hall Mike Sayers 41 Dave Johnson Greg Dyess Don Brax Dennis Deshaw 45 Bill Langdor 46 John Arbogast 47 Bob Olson 48 Dave Smith M35-39 1 Tom Wilson 2 Bob Pullard 3 Charles Strode 4 Dave Hardison 5 Rich Christoph 6 Jerry Bock Don Knott 	$\begin{array}{c} 11-11 & 3/4 \\ 11-6 \frac{1}{2} d \\ 11-\frac{1}{2} d \\ 11-\frac{1}{2} d \\ 11-0 \\ 11-0 \\ 11-0 \\ 10-10 \\ 10-10 \\ 10-6 \\ 10$
 30 Brian Haley 31 Lee Webb 32 Bill Keller 33 Scott Hall Bill Wood Kirk Dickie Steve Ray 37 Jeff Watry 38 J Deansell Brad Hall Mike Sayers 41 Dave Johnson Greg Dyess Don Brax Dennis Deshaw 45 Bill Langdor 46 John Arbogast 47 Bob Olson 48 Dave Smith MJ5-39 1 Tom Wilson 2 Bob Pullard 3 Charles Strode 4 Dave Hardison 5 Rich Christoph 6 Jerry Bock 	$\begin{array}{c} 11-11 & 3/4 \\ 11-6 \\ 11-6 \\ 11-2 \\ 11-2 \\ 11-2 \\ 11-2 \\ 11-0 \\ 11-0 \\ 11-0 \\ 10-10 \\ 10-10 \\ 10-10 \\ 10-10 \\ 10-0 $
 30 Brian Haley 31 Lee Webb 32 Bill Keller 33 Scott Hall Bill Wood Kirk Dickie Steve Ray 37 Jeff Watry 38 J Deansell Brad Hall Mike Sayers 41 Dave Johnson Greg Dyess Don Brax Dennis Deshaw 45 Bill Langdor 46 John Arbogast 47 Bob Olson 48 Dave Smith MJ5-39 1 Tom Wilson 2 Bob Pullard 3 Charles Strode 4 Dave Hardison 5 Rich Christoph 6 Jerry Bock Don Knott Stu Jones 9 Ken Roblee 10 Mike Monahan 	$\begin{array}{c} 11-11 & 3/4 \\ 11-6 \\ 11-2 \\ 11-2 \\ 11-2 \\ 11-2 \\ 11-0 \\ 11-0 \\ 11-0 \\ 10-10 \\ 10-10 \\ 10-6 \\ 10-6 \\ 10-6 \\ 10-6 \\ 10-6 \\ 10-6 \\ 10-6 \\ 10-0 \\ $
 30 Brian Haley 31 Lee Webb 32 Bill Keller 33 Scott Hall Bill Wood Kirk Dickie Steve Ray 37 Jeff Watry 38 J Deansell Brad Hall Mike Sayers 41 Dave Johnson Greg Dyess Don Brax Dennis Deshaw 45 Bill Langdor 46 John Arbogast 47 Bob Olson 48 Dave Smith MJ5-39 1 Tom Wilson 2 Bob Pullard 3 Charles Strode 4 Dave Hardison 5 Rich Christoph 6 Jerry Bock Don Knott Stu Jones 9 Ken Roblee 10 Mike Monahan Greç Hull 	$\begin{array}{c} 11-11 & 3/4 \\ 11-6 \\ 11-6 \\ 11-2 \\ 11-2 \\ 11-0 \\ 11-0 \\ 11-0 \\ 10-10 \\ 10-10 \\ 10-10 \\ 10-6 \\ 10-6 \\ 10-6 \\ 10-6 \\ 10-6 \\ 10-6 \\ 10-6 \\ 10-0 \\$
 30 Brian Haley 31 Lee Webb 32 Bill Keller 33 Scott Hall 31 Bill Wood Kirk Dickie Steve Ray 37 Jeff Watry 38 J Deansell Brad Hall Mike Sayers 41 Dave Johnson Greg Dyess Don Brax Dennis Deshaw 45 Bill Langdor 46 John Arbogast 47 Bob Olson 48 Dave Smith M35-39 1 Tom Wilson 2 Bob Pullard 3 Charles Strode 4 Dave Hardison 5 Rich Christoph 6 Jerry Bock Don Knott Stu Jones 9 Ken Roblee 10 Mike Monahan Greç Hull 12 Sam Prentice 	$\begin{array}{c} 11-11 \ 3/4 \\ 11-6 \\ 11-2 \\ 11-2 \\ 11-2 \\ 11-0 \\ 11-0 \\ 11-0 \\ 11-0 \\ 10-10 \\ 10-10 \\ 10-6 \\ 10-0 \\ $
 30 Brian Haley 31 Lee Webb 32 Bill Keller 33 Scott Hall Bill Wood Kirk Dickie Steve Ray 37 Jeff Watry 38 J Deansell Brad Hall Mike Sayers 41 Dave Johnson Greg Dyess Don Brax Dennis Deshaw 45 Bill Langdor 46 John Arbogast 47 Bob Olson 48 Dave Smith M35-39 1 Tom Wilson 2 Bob Pullard 3 Charles Strode 4 Dave Hardison 5 Rich Christoph 6 Jerry Bock Don Knott Stu Jones 9 Ken Roblee 10 Mike Monahan Greç Hull 12 Sam Prentice John Hoogoshian Paul Katauskas 	$\begin{array}{c} 11-11 & 3/4 \\ 11-6 \\ 11-6 \\ 11-2 \\ 11-2 \\ 11-0 \\ 11-0 \\ 11-0 \\ 10-10 \\ 10-10 \\ 10-10 \\ 10-6 \\ 10-6 \\ 10-6 \\ 10-6 \\ 10-6 \\ 10-6 \\ 10-0 \\$
 30 Brian Haley 31 Lee Webb 32 Bill Keller 33 Scott Hall 31 Bill Wood Kirk Dickie Steve Ray 37 Jeff Watry 38 J Deansell Brad Hall Mike Sayers 41 Dave Johnson Greg Dyess Don Brax Dennis Deshaw 45 Bill Langdor 46 John Arbogast 47 Bob Olson 48 Dave Smith M35-39 1 Tom Wilson 2 Bob Pullard 3 Charles Strode 4 Dave Hardison 5 Rich Christoph 6 Jerry Hock Don Knott Stu Jones 9 Ken Roblee 10 Mike Monahan Greç Hull 12 Sam Prentice John Hoogoshian Paul Katauskas 15 Mike Salzman 	$\begin{array}{c} 11-11 \ 3/4 \\ 11-6 \\ 11-2 \\ 11-2 \\ 11-2 \\ 11-2 \\ 11-0 \\ 11-0 \\ 11-0 \\ 10-1 \\ 10-1 \\ 10-6 \\ 10-6 \\ 10-6 \\ 10-6 \\ 10-6 \\ 10-6 \\ 10-0 \\ 10$
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 30 Brian Haley 31 Lee Webb 32 Bill Keller 33 Scott Hall Bill Wood Kirk Dickie Steve Ray 37 Jeff Watry 38 J Deansell Brad Hall Mike Sayers 41 Dave Johnson Greg Dyess Don Brax Dennis Deshaw 45 Bill Langdor 46 John Arbogast 47 Bob Olson 48 Dave Smith M35-39 1 Tom Wilson 2 Bob Pullard 3 Charles Strode 4 Dave Hardison 5 Rich Christoph 6 Jerry Hock Don Knott Stu Jones 9 Ken Roblee 10 Mike Monahan Greç Hull 12 Sam Prentice John Hoogoshian Paul Katauskas 15 Mike Salzman 16 Mike Caskey 	$\begin{array}{c} 11-11 & 3/4 \\ 11-6 \\ 11-6 \\ 11-2 \\ 11-2 \\ 11-2 \\ 11-2 \\ 11-2 \\ 11-0 \\ 11-0 \\ 11-0 \\ 10-1 \\ 10-1 \\ 10-1 \\ 10-1 \\ 10-1 \\ 10-0 \\ 10$
 30 Brian Haley 31 Lee Webb 32 Bill Keller 33 Scott Hall Bill Wood Kirk Dickie Steve Ray 37 Jeff Watry 38 J Deansell Brad Hall Mike Sayers 41 Dave Johnson Greg Dyess Don Brax Dennis Deshaw 45 Bill Langdor 46 John Arbogast 47 Bob Olson 48 Dave Smith M35-39 1 Tom Wilson 2 Bob Pullard 3 Charles Strode 4 Dave Hardison 5 Rich Christoph 6 Jerry Bock Don Knott Stu Jones 9 Ken Roblee 10 Mike Monahan Greç Hull 12 Sam Prentice John Hoogoshian Paul Katauskas 15 Mike Salzman 16 Mike Caskey Bert Serrano Johnny Dye 19 S Morris 	$\begin{array}{c} 11-11 & 3/4 \\ 11-6 \\ 11-6 \\ 11-2 \\ 11-2 \\ 11-0 \\ 11-0 \\ 11-0 \\ 11-0 \\ 10-10 \\ 10-10 \\ 10-6 \\ 10-6 \\ 10-6 \\ 10-6 \\ 10-6 \\ 10-6 \\ 10-6 \\ 10-0 \\ $
 30 Brian Haley 31 Lee Webb 32 Bill Keller 33 Scott Hall Bill Wood Kirk Dickie Steve Ray 37 Jeff Watry 38 J Deansell Brad Hall Mike Sayers 41 Dave Johnson Greg Dyess Don Brax Dennis Deshaw 45 Bill Langdor 46 John Arbogast 47 Bob Olson 48 Dave Smith M35-39 1 Tom Wilson 2 Bob Pullard 3 Charles Strode 4 Dave Hardison 5 Rich Christoph 6 Jerry Bock Don Knott Stu Jones 9 Ken Roblee 10 Mike Monahan Greç Hull 12 Sam Prentice John Hoogoshian Paul Katauskas 15 Mike Salzman 16 Mike Caskey Bert Serrano Johnny Dye 19 S Morris Bob Green 	$\begin{array}{c} 11-11 & 3/4 \\ 11-6 \\ 11-6 \\ 11-2 \\ 11-2 \\ 11-2 \\ 11-2 \\ 11-0 \\ 11-0 \\ 11-0 \\ 10-1 \\ 10-1 \\ 10-1 \\ 10-6 \\ 10-6 \\ 10-6 \\ 10-6 \\ 10-0 \\ 10$
 30 Brian Haley 31 Lee Webb 32 Bill Keller 33 Scott Hall Bill Wood Kirk Dickie 34 Steve Ray 37 Jeff Watry 38 J Deansell Brad Hall Mike Sayers 41 Dave Johnson Greg Dyess Don Brax Dennis Deshaw 45 Bill Langdor 46 John Arbogast 47 Bob Olson 48 Dave Smith M35-39 1 Tom Wilson 2 Bob Pullard 3 Charles Strode 4 Dave Hardison 5 Rich Christoph 6 Jerry Hock Don Knott Stu Jones 9 Ken Roblee 10 Mike Monahan Gree Hull 12 Sam Prentice John Hoogoshian Paul Katauskas 15 Mike Caskey Bert Serrano Johnny Dye 19 S Morris Bob Green Nathan Taylor 	$\begin{array}{c} 11-11 & 3/4 \\ 11-6 \\ 11-6 \\ 11-2 \\ 11-2 \\ 11-2 \\ 11-2 \\ 11-0 \\ 11-0 \\ 11-0 \\ 10-1 \\ 10-1 \\ 10-1 \\ 10-1 \\ 10-0 \\ 10$
 30 Brian Haley 31 Lee Webb 32 Bill Keller 33 Scott Hall Bill Wood Kirk Dickie 34 Steve Ray 37 Jeff Watry 38 J Deansell Brad Hall Mike Sayers 41 Dave Johnson Greg Dyess Don Brax Dennis Deshaw 45 Bill Langdor 46 John Arbogast 47 Bob Olson 48 Dave Smith M15cn 2 Bob Pullard 3 Charles Strode 4 Dave Hardison 5 Rich Christoph 6 Jerry Bock Don Knott Stu Jones 9 Ken Roblee 10 Mike Monahan Greç Hull 12 Sam Prentice John Hoogoshian Paul Katauskas 15 Mike Salzman 16 Mike Caskey Bert Serrano Johnny Dye 19 S Morris Bob Green Nathan Taylor 22 Gary Sarrell 	$\begin{array}{c} 11-11 \ 3/4 \\ 11-6 \\ 11-6 \\ 11-2 \\ 11-2 \\ 11-2 \\ 11-2 \\ 11-2 \\ 11-2 \\ 11-2 \\ 11-2 \\ 11-2 \\ 11-0 \\ 11-0 \\ 10-0 \\ 10-1 \\ 10-1 \\ 10-1 \\ 10-1 \\ 10-0 \\ 10$
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k, T&F Ranking	gs Chai
25 Jim Gayda	10-0
Breeton Asbill R Watson	10-0
G Hewes Jr 30 Gordon Robertson 31 Ron Salvio	10-0 9-0 8-10
M40-44	the second and
1 Res. Harvey 2 Tom Rauscher	14-13d 14-3
3 Mike Mikos 4 Bruce Hotalong 5 Bob Neutzling	14-0 13-8 13-6
Warren Wilke 7 Mike Morris	13-6 13-5 3/4
8 M Kilpelainen 9 Bill Busby	13-5 1 13-1 1
10 Charlie Polhamus Bob Weisner	13-0 13-0
12 Richard Ying 13 Dennis Stempel	12-3/4 12-0d
Elmer Brewer Joe Tighe	12-0
R Werne Richard Stepp	12-0 12-0
Rick Nelson Joe Miyoshi	12-0
20 Tom Sills Bob Bly	11-6 11-6
22 Jan Decker Jim Evanson	11-0
J Rose 25 Merle Norberg	11-0
Bill Willis Ralph Fusco R Taft	10-6
29 Johnston Bring 30 Scott Somers	10-6 10-2d 9-10d
31 Don Butler	9-6
R Schell 33 Harold Sansbury	9-6 9-0
34 Mike Holzgang Allen Ray	8-6 8-6
M45-49 1 Bruce Hotalong	13-0
2 Mardon Connelly Wally Sokolowski 4 Larry Holmes	12-11 3/4
5 Henry Hookins	12-6 12-1±d 12-0
6 Gary Lemen Jeff Tindall 8 Ed Zuran	12-0 11-6
9 Jeff Loubet 10 R Hotchkiss	11-3
Jim Evanson	11-0
12 Jun Hasty	10-11 3/4
12 Jim Hasty 13 David Baumsteiger 14 Bill Eubanks	10-6
13 David Baumsteiger 14 Bill Eubanks 15 Richard Ayers 16 Armold Harting	10-6 10-0 9-8d
13 David Baumsteiger 14 Bill Eubanks 15 Richard Ayers 16 Arnold Harting 17 Thomas Cronan	10-6 10-0 9-8d 9-6 1 9- 1 d 9-0
13 David Baumsteiger 14 Bill Eubanks 15 Richard Ayers 16 Arnold Harting 17 Thomas Cronan 18 Gary Isham 19 Dave Schussler 20 Dave Dreifuerst	10-6 10-0 9-8d
13 David Baumsteiger 14 Bill Eubanks 15 Richard Ayers 16 Arnold Harting 17 Thomas Cronan 18 Gary Isham 19 Dave Schussler 20 Dave Dreifuerst M50-54	10-6 10-0 9-8d 9-6 1 9-1d 9-0 8-2 8-0 12-11 3/4
13 David Baumsteiger 14 Bill Eubanks 15 Richard Ayers 16 Arnold Harting 17 Thomas Cronan 18 Gary Isham 19 Dave Schussler 20 Dave Dreifuerst <u>MSO-54</u> 1 Gary Miller 2 Tom Woodring 3 Henry Davenport	10-6 10-0 9-8d 9-6 9-4d 9-0 8-2 8-0 12-11 3/4 12-6
13 David Baumsteiger 14 Bill Eubanks 15 Richard Ayers 16 Arnold Harting 17 Thomas Croman 18 Gary Isham 19 Dave Schussler 20 Dave Dreifuerst <u>M50-54</u> 1 Gary Miller 2 Tom Woodring 3 Henry Davenport Ed Oleata Gerard Dumas	10-6 10-0 9-8d 9-4d 9-0 8-2 8-0 12-11 3/4 12-6 11-0 11-0
13 David Baumsteiger 14 Bill Eubanks 15 Richard Ayers 16 Arnold Harting 17 Thomas Cronan 18 Gary Isham 19 Dave Schussler 20 Dave Dreifuerst <u>MSO-54</u> 1 Gary Miller 2 Tom Woodring 3 Henry Davenport Ed Oleata	10-6 10-0 9-8d 9-6 1 9-1d 9-0 8-2 8-0 12-11 3/4 12-6 11-0 11-0
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2 Dave Brown 3 Jim Johnson	9-6 9-0
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1 Pete Farmer 2 Nike Deller 3 Pat Healy 4 Gary Kelmenson 5 Daniels 6 Norm Bower 7 Paul Corrigan 8 Dennis McCave 9 John McCree 10 Dick Bloomfield 11 Don Reed Ron Cone 13 13 Ray Beamer 14 Paul Brown 15 Ron Salvio 16 Dale Danver M40-44	166-0 159-8 151-1 145-0 142-10 139-8 139-7 131-0 109-1 108-7 108-7 108-7 108-7 108-7 102-2 92-1w 161-9 159-6w
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1 Pete Farmer 2 Nike Deller 3 Pat Healy 4 Gary Kelmenson 5 Ed Daniels 6 Norm Bower 7 Paul Corrigan 8 Dennis McCave 9 John McCree 10 Dick Bloomfield 11 Don Reed Ron Cone 13 13 Ray Beamer 14 Paul Brown 15 Ron Salvio 16 Dale Danver M40-44 1 1 Bob Mead 3 Phil Martinez 4 Mike Grisko	166-0 159-8 151-1 145-0 142-10 139-8 139-7 131-0 109-1 108-7 108-7 108-7 108-7 108-7 102-2 92-1w 161-9 159-6w 139-11 138-2 135-5
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1 Pete Farmer 2 Nike Deller 3 Pat Healy 4 Gary Kelmenson 5 Daniels 6 Norm Bower 7 Paul Corrigan 8 Dennis McCave 9 John McCree 10 Dick Bloomfield 11 Don Reed Ron Cone 13 Ray Beamer 14 Paul Brown 15 Ron Salvio 16 Dale Danver M40-44 1 1 Ed Hill 2 Bob Mead 3 Phil Martinez 4 Mike Grisko 5 T Weilhozkiy 6 Al Neville 7 Norm Bower 8 Jim Pearce	166-0 159-8 151-1 145-0 142-10 139-8 139-7 131-0 109-1 108-7 108-7 108-7 108-7 108-7 102-2 92-1w 161-9 159-6w 139-11 138-2 135-5 134-10 133-4
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3 Gordon Bobell	148-2
5 Julian Nunez Aran	145-6 a141-2
5 Julian Nunez Aran 6 Jim Hart	135-0
7 Jerry England	131-11 124-10
8 John White CA 9 Phil Scudieri	121-5
10 Oscar Jensen	120-9
11 Tom Wesselowski	120-0
12 Frank Miller	119-9
13 Allan Brown 14 Vern Spencer	116-4 115-3
15 Dennis Rietz 16 John Mueller	112-4
16 John Mueller 17 Jim Rothrock	111-6 110-7
18 Jeff Wenig	106-7
19 Dick Mann	102-5
20 Kurt Krastin	100-7
21 Bud Atwood	89-0 86-10w
22 Tom Jackson 23 Meemo Maasik	82-10w
M55-59	Frank Street
1 Cliff Blair	193-11
2 Martin Engel	143-3 138-10
3 Len Olsen 4 Jerry England	137-11
5 Dave Douglass 6 Luis Velee	134-2
6 Luis Velee	125-9
7 Mike Devlin 8 Wendell Palmer	125-6 117-5
9 Martin Kintish	113-2
10 Pay Carstensen	112-10w
11 James Rothrock	110-1
12 Tom Henderson 13 Bill Brackney	104-2 101-0
14 Zamir Bavel	97-3
15 Jerry Wojcik 16 Phil Mulkey	93-0
16 Phil Mulkey	91-9
M60-64	H 4
1 Levi Mozhaev	136-10
2 Awin Phillip 3 W Walmroth	136-2 134-1
4 Don Reid	131-3
4 Don Reid 5 Bill Bangert	125-1
6 Richard Bergenba 7 Herb Canto	
8 Phil Brusca	122-1 119-0
9 Jack Stein	104-1
10 Jack Morrill	102-1
11 Don Henry 12 R Hassman	100-1
13 Ward Church	86-0 84-6
13 Ward Church 14 Loren Noyas	76-5
15 Norb Weckstein 16 Scott Herman	75-0 63-4
17 A Rocha	62-8
18 Gene Polk	61-3
19 Manny Herscher 20 Emson Grimm	55-10w 45-9
M65-69	
1 Dan Aldrich	129-4
2 Jim Minah	127-3
3 Armando Ricciardi 4 W McIntyre	124-4 121-4
5 Bill Bangert	119-10
6 Grey Battick	114-10
7. Bob Stone 8 Tom De Vaughn	107-3 103-1
9 Seymour Lampert	100-6
10 Ray Rupelli	94-6
11 Fritz Hoferer	87-0
12 Ralph Williams 13 Bernard Brown	84-5 75-6
14 Ed Sorkin	74-0
15 Dale Buysse	71-5
16 Art Knapp	67-7
M70-74 1 Tom McDermott	150-8
2 Dan Aldrich	140-10
3 Elmer Shaw	135-11
4 Stan Laski 5 Nat Heard	124-4 121-6
6 Nolan Fowler	117-8
7 Jim York 8 Joe Sanz	109-0
9 Bob Detweiler	98-5 97-10
Don Hull	97-10
11 Ham Morningstar	91-10
12 Manuel White	84-5
13 Chas Hirshey 14 Jack Pardee	78-4 78-1
15 W MacMurray	76-11
16 Fred Praeger	72-0
17 Gordon Taylor	69-11
Continued o	n Page 32

Continued on Page 32

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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 M35 M40	.9850 .9645 .9435	.9839 .9577 .9307	.9829 .9509 .9179	.9850 .9575 .9285	.9894 .9619 .9327	.9900 .9625 .9333	.9950 .9691 .9397	1.0000 .9724 .9430		
M45 M50	.9217	.9028 .8738	.8839	.8985	.9026	.9031	.9093 .8774	.9125		
M55 M60 M65	.8740 .8470 .8170	.8434 .8113 .7771	.8128 .7756 .7372	.8312 .7915 .7505	.8350 .7951 .7539	.8355 .7956 .7544	.8412 .8011 .7596	.8441 .8038 .7622		
M70 M75	.7832	.7403	.6975	.7083	.7115	.7119	.7168	.7192		
M80 M85 M90	.7015	.6576 .6110 .5611	.6138 .5696 .5247	.6222 .5785 .5345	.6250 .5811 .5369	.6254 .5814 .5372	.6297 .5854 .5409	.6318 .5874 .5427		
WOC	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000		
W30 W35 W40	.9835 .9610 .9379	.9823 .9535 .9238	.9812 .9460 .9097	.9835 .9532 .9213	.9883 .9581 .9260	.9890 .9587 .9266	.9945 .9660 .9337	1.0000 .9696 .9373		
W45	.9139	.8931	.8723	.8883	.8929	.8934	.9002	.9037		
W50 W55 W60 W65	.8889 .8614 .8317 .7987	.8612 .8277 .7924 .7548	.8338 .7941 .7532 .7109	.8537 .8143 .7706 .7255	.8580 .8185 .7746 .7293	.8585 .8190 .7752 .7298	.8651 .8253 .7812 .7355	.8684 .8285 .7842 .7384		
W70 W75 W80	.7615 .7194 .6717	.7143 .6707 .6234	.6672 .6220 .5752	.6791 .6320 .5844	.6826 .6352 .5875	.6831 .6357 .5879	.6885	.6911 .6433 .5950		
W85 W90	.6177	.5721	.5260	.5363	.5392	.5395	.5439	.5461 .4970	SILVER SILVER	

1.01	G DIST	NCE DI	DITNC	Sing 22 State	N. A.	RACE	WALKIN	IG
	GE FAC			at the		AGE FAC	TORS -	1989
2130			State State	and the second		1500-		in a second
29	5K-25K	30K	MARATHON	1 and the second	100 100	2-MILE	5K-8K	10K-50K
oc	1.0000	1.0000	1.0000	the second second		and read	at the state of the	S. CONTE
Apres & Sec.	State of State of State	ALL THE OWNER	Contemport.	State of the	oc	1.0000	1.0000	1.0000
MBS	.9724	.9742	.9859	A Martine	M30	.9958	.9979	1.0000
M40	.9430	.9446	.9560	2447- 25 11-	M35	.9681	.9735	.9789
M45	.9125	.9141	.9251		M40	.9440	.9492	.9545
M50	.8804	. 8820	.8926		M45	.9177	.9228	.9279
M55	.8441	.8456	.8558		MSO	.8892	.8941	.8991
M60	.8038	.8053	.8150		M55	.8585	.8633	.8681
M65	.7622	.7636	.7728		M60	.8257	.8303	.8349
10 MD 11	Contraction of the	and a start of	and the second of			.7908	.8303	. 7995
M70	.7192	.7205	.7292		M65	. /908	. /951	. 1995
M75	.6757	.6769	.6851	a martine a lit	M70	.7535	.7577	.7619
M80	.6318	.6330	.6406	Alter and a second	M75	.7142	.7181	.7221
M85	.5874	.5885	. 5955	and the second	M80	.6726	.6763	.6801
M90	.5427	.5437	.5503		M85	.6289	.6324	.6359
		AL PORT	and the second second		M90	.5830	.5862	.5895
WOC	1.0000	1.0000	1.0000			Ste Pro		and hand bet
W35	.9696	.9716	.9845		WOC	1.0000	1.0000	1.0000
W40	.9373	.9391	.9516		₩30	.9954	.9977	1.0000
W45	.9037	.9055	.9176		W35	.9649	.9708	.9768
	S Contractory	i postral			W40	.9384	.9442	.9500
W50	.8684	.8702	.8819		W45	.9095	.9151	.9207
W55	.8285	.8302	.8414		843	.9093	.9151	.9207
W60	.7842	.7858	.7965		W50	.8781	.8835	.8890
W65	.7384	.7400	.7501		W55	.8443	.8496	.8549
W70	.6911	.6925	.7021		W60	.8083	.8133	.8184
¥75	.6433	.6446	.6536		W65	.7699	.7747	.7795
W80	.5950	.5963	.6047		¥70	7700	7774	7201
W85	.5461	.5473	.5550	mar and a start of		.7288	.7334	.7381
W90	.4970	.4981	.5053		W75	.6856	.6899	.6943
				and the second	W80	.6399	-6440	.6481
			and the second states		W85	.5918	. 5956	.5995



			Sugar S			SHOT	DISCUS	HAMMER	JAVELIN
	EJ	PV	L	TJ	1. 194	164	2kg	160	800g
oc	1.000	1.000	1.000	1.000	oc	1.000	1.000	1.000	1.00
M30	1.021	1.025	1.021	1.022	M30	1.012	1.001	1.012	1.06
M35	1.066	1.075	1.072	1.074	M35	1.066	1.054	1.066	1.13
M40	1.116	1.135	1.132	1.135	M40	1.125	1.110	1.125	1.20
M45	1:172	1.205	1.201	1.205	M45	1.190	1.180		1.11
MSO	1.235	1.285	1.279	1.285	1.1.1.1	6kg	1.5kg	6kg	
M55	1.305	1.375	1.367	1.376	M50 M55	1.145	1.125	1.190	1.37
M60 M65	1.382	1.475	1.465	1.476 1.588	CON	CARD CO	A State of the	A PROPAGE OF	
	- Magnating	Abring		and the second s		5kg	lkg	5kg	600g
M70	1.557	1.710	1.694	1.712	M60 M65	1.235	1.120	1.280	1.52
M75 M80	1.655	1.855	1.826	1.849	HOJ	Dese pr	1.130	The second	
M85	1.872	2.225	2.147	2.184		4kg	1	4kg	1.01
M90	1.991	2.460	2.318	2.363	M70 M75	1.370	1.370	1.420	1.85
				1. 1. 1.	MBO	1.770	1.760	1.920	2.36
	and man	1.	i saint		M85	2.050	2.020	2.290	2.69
					M90	2.390	2.340	2.790	3.10
	HJ	PV	IJ	TJ			1.	SP-15	
1100					unc	4kg 1.000	1kg 1.000	4kg 1.000	600g 1.000
WOC	1.000	1.000	1.000	1.000	WOC	and south ?			and the second
W30	1.026	1.031	1.023	1.024	W30	1.040	1.001	1.040	1.090
W35 W40	1.082	1.094	1.079	1.081	W35 W40	1.080	1.065	1.080	1.200
W45	1.145	1.169	1.145	1.148	W45	1.270	1.210		1.465
a superior				1.225	The same				
W50 W55	1 295	1.356	1.307	1.313	¥50	3kg 1.230	1.310	3kg 1,270	400g
W60	1 477	1.469	1.404	1.414	W55	1.360	1.430		1.670
W65	1.582	1.731	1.631	1.647	W60	1.510	1.570		1.870
W70	1.696			(False) and	W65	1.680	1.730	and the second second	2.100
W75	1.819	1.887	1.763	1.783	W70	1.870	1.910	1.960	2.360
W80	1.950	2.281	2.067	2.099	W75	2.080	ALL		2.650
W85	2.090	2.531	2.262	2.302	W80	2.310	2.330		2.970
W90	2.239	2.825	2.450	2.500	W85	2.660	2.570	2.810	3.320
				- 4	W90	2.930	2.830	3.100	3.800

	7-522	P. Maria		-		
		HURDLE	S AND	STEEPLECHAS	SE AGE P	ACTORS - 1989
	1108	100H	801	4008	300E	3000sc 2000sc
	1.067	/42"	1.10	914	/36"	State State State of State
OC	1.0000	1. 1. 1. 15		1.0000		1.0000
	.991m	/39"				
M30	.9923			.9812	1.374	.9841
M35	.9714			.9464	1.326	.9577
M40	.9401			.9098	1.275	.9256
M45	.9002			.8696	1.219	8863
	.914	/36"		.840	m/33"	and the third for me
M50	.8681	.9583			1.184	.8406
MSS	.8159	.9008		.8025	1.127	.7911
	. 840m	/33"		.762	=/30"	
M60	.7832			.7684	1.082	1.1441
M65	.7355	.8118		.7169	1.012	1.0590
1	A set.	. 762	/30"		The second second	the state of the
M70	. 7042	.7776	.9877	.6580	.9324	.9739
M75	Tax. I		.9267	.6066	.8647	.8914
M80	at with		.8675	.5555	.7988	.8126
M85	. The second		.8072	.5038	.7334	and a state of the state
190			.7517	.4505	.6672	the sound in a second second second
	1.1.1.	1008	BOH	400E	300E	A CONTRACTOR
	a here	. 840m		C. Martin C. C. Start	E-P- Longer	
WOC	and the	.0000	33.	1.0000	=/30"	e american a series
	aster of					1.0000
W30 W35		.9792		.9738	1.373	.9939
#35		.9496		.9358	1.318	.9471
1.12	生物和	.762		and the second second	Real Ad	and the state of the second
W40 W45		.9169 1		.8957	1.258	.8926
W45	The second	.8725 1		.8517	1.204	.8386
¥55	A ANTIN		.057		1.133	.7860
The state					1.069	.7333
W60 W65			.960		1.003	.6817
W05	aspena-		.907	· and a street	.936	.6320
W75			.851	1 4 14	. 867	.5841
				and the second	.797	.5369
W80 W85			.728	- total and at	.726	
¥90	the second		.661		.653	Mar Harris and State
			.591	and the state of the	.578	and the second of

FIELD EVENT AGE-FACTORS - 1989

Please see page 8 for instructions on how to use these tables

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MASTERS AGE-GRADED TABLES

ACE

DIV. HJ

1	TRACK STANDARDS - 1989								
ACE		ada	1 13 10						
DIV.	100	200	400	800	1500	MILE	3000	5000	ACZ 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		19 Starter	357 -		
M35	10.21	20.49	45.53	1:46.24	3:31.70 3:37.76	3:48.37	7:34.3	12:57	M30
N40	10.44	21.08	47.16	1:49.56	3:44.57	3:54.90 4:02.24	7:46.4	13:19	135
M45	10.69	21.73	48.98	1:53.22	3:52.06	4:10.35	8:01.0	13:44	N40
MSO	10.96	Arrester		Service Barry	to starting the		8:17.1	14:12	145 M45
		22.45	51.00	1:57.34	4:00.51	4:19.46	8:35.2	14:43	MSO
M55 M60	11.27	23.26	53.26	2:02.39	4:10.85	4:30.60	8:57.3	15:21	HS5
M65	12.06	24.18 25.24	55.81	2:08.53	4:23.44	4:44.18	9:24.2	16:07	160
1 Logonalia	State State of the	Neight Harts	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	N70
M75	13.22	28.00	65.95	2:32.86	5:13.38		11:11.2	19:10	H75
M80	14.04	29.84	70.53	2:43.50	5:35.14	6:01.51	11:57.8	20:30	N80
M85	15.10	32.11	76.00	2:55.85	6:00.45	6:28.87		22:02	M85
M90	16.49	34.97	82.50	3:10.33	6:30.13	7:00.87	13:55.6	24:32	190
	1 2 2	the second	Set and	and a second					
1. Carl	and the	and the	all set	The status		444. M	1.4.1.1.1		
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
₩40	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	16.92	1150
W55	12.51	26.07	60.23	2:18.67	4:44.06	5:06.42		16:33 17:20	W50
W60	12.96	27.23	63.50	2:26.53	5:00.15	5:23.73		18:19	W55 W60
W65	13.50	28.59	67.28	2:35.64	5:18.80	5:43.88		19:27	W65
₩70	14.16	THE REAL PROPERTY	Toright and the	No. of State	La Storage Level		State - March		
W75	14.16 14.98	30.21 32.18	71.69	2:46.28	5:40.61	6:07.38		20:47	₩70
W80	16.05	34.62	83.15	2:58.67 3:13.22	6:06.03	6:34.78		22:20	W75
W85	17.45	37.72	90.83	3:13.22	6:35.74 7:11.19	7:06.88		24:49	W80
W90	19.35	41.72	100.23	3:50.55	7:53.91	7:45.17 8:31.22		26:18	W85
	1212			3.31.44	7:33.91	0:31.22	10:33.5	28:54	W90

-	HURDLES AND	STEEPL	ECHASE ST	ANDARDS	- 1989		
ACE	110H 100H	80E	4008	300E	3000SC	2000SC	ACE DIV.
DIV.	1.067=/42"		.914	36"		A start base	and the local de
OC	12.90		47.02	33.60	8:05.0	ere. Er	oc
	.991m/39"	Sec. Styl	.914	/36"			1
M30	13.00	and the second	47.92	34.23	8:12.8		130
M35	13.28	1	49.68	35.47	8:26.4 8:44.0	CARA	1135 1140
M40	13.71	1254	51.68	36.88	9:07.2	at la	N45
M45	14.33	1 2 2 4	And the state of the state	and the state of the state of the			1000
141	.914m/36"		.8403.	/33" 39.70	9:37.0	1.16 9 3	MSO
MSO	14.86 13.46 15.81 14.32	19 1 1 1	58.59	41.72	10:13.1		105
M55		1.1.1.1.1	and the second sec				
	.840m/33" 16.47 14.92		.762m	43.46	a larra lar	7:03.9	160
M60 M65	17.54 15.89	- Sec. 34	65.59	46.46		7:38.0	M65
HUJ			.762	/30"			
N70	.762m/ 18.32 16.59	13.06	71.46	50.43		8:18.0	
175	10.32 10.37	13.92	77.51	54.38		9:04.1	H75
M80		14.87	84.65	58.86		9:56.8	180 185
M85	the second second	15.96	93.33	64.11			100
M90		17.16	104.37	10.41			Start 1
		N. Straight	a share is	and the state		and see a	part .
	1008	801	4008	300E		2000SC	
Stort .	ALL CARE ALL CARE		. 762	1	1. 1. 1. 1. 1. 1. 1. 1. 1. 1. 1. 1. 1. 1		
WOC	.840m/ 12.25	9.68	52.94	37.77		6:00.0	WOC
A STATIST	The state of the law strips		Carl States	38.57		6:02.2	¥30
W30	12.51	and the	54.36	40.16	- State	6:20.1	
	Car data in the second		NAMES OF A DESCRIPTION OF A DESCRIPTIONO	Street Variation			
¥40	.762m/ 13.36	10.56	.762	42.07		6:43.3	¥40
W45	14.04	11.10	62.16	43.98		7:09.3	
W50		11.58	and the second second	46.71		7:38.0	
W55		12.12		49.53		8:10.9	
¥60		12.76		52.78		8:48.1	a more than the second
W65		13.51	Capital.	56.58		9:29.6	
W70		14.40	the state	61.06		10:16.3	
W75		15.48	all and the	66.43		11.10.0	5
W80		16.82		72.97	1. 1. 1. 1. 1. 1. 1.		
W85	Frank Section -	18.52		81.12 91.54			
W90		20.74		91.54			

DIV.	ED.	PV	L	TJ	ACE	SHOT	DISCUS	HAMMER	JAVELIN
oc	2.42	6.03	8.79	17.97	DIV.	164	2kg	164	800g
M30	2.37	5.88	8.61	17.58	OC	20.40	69.50	76.85	90.42
M35	2.27	5.61	8.20	16.73	H30	20.16	69.43		85.30
M40	2.17	5.31	7.76	15.83	H30	19.14	65.94	75.94 72.09	80.02
M45	2.06	5.00	7.32	14.91	M40	18.13	62.61	68.31	75.35
		A MARY AND	Cardin (a)	No. of Concession, and	H45	17.14	58.90	64.58	71.20
MSO	1.96	4.69	6.87	13.98	Con Siller	130783	1111120	Cold	11.20
M55	1.85	4.39	6.43	13.06	S. S. S. S. S.	6kg	1.5kg	6kg	
M60 M65	1.75	4.09	6.00	12.17	20 M50	17.82	61.78	64.58	66.00
COM		and and a	1 513-5tay	The start	M55	16.72	57.92	60.51	58.71
M70	1.55	3.53	5.19	10.50	A. Caller	5kg	lkg	Skg	600g
M75	1.46	3.25	4.81	9.72	The second se	16.52	62.05	60.04	59.48
M80	1.37	2.98	4.46	.8.99	M65	15.00	56.50	54.50	54.14
M85		2.71	4.09	8.23	S. S. Street	4kg		4kg	
M90	1.22	2.45	3.79	7.60	M70	14.89	50.73	54.12	48.88
		- F. S	62.00	de tras	and the second se	13.16		47.15	43.47
			the state		M80	11.53	39.49	40.03	38.31
		and a lot	TITAL	march	M85	9.95	34.41	33.56	33.61
			1.2254		M90	8.54	29.70	27.54	29.17
					M90	8.54	29.70	27.54	29.17
	ħJ	PV		IJ	M90	8.54 SHOT			29.17 JAVELIN
WOC	HJ 2.09				M90	SHOT	DISCUS	HAPDER	JAVELIN
	2.09	PV 3.63	LJ 7.45	14.90		SHOT 4kg	DISCUS	HAMMER 4kg	JAVELIN 600g
W30	2.09	PV 3.63 3.52	LJ 7.45 7.28	14.90 14.55	WOC	SHOT 4kg 19.58	DISCUS lkg 66.00	HAMMER 4kg 60.00	JAVELIN 600g 66.12
W30 W35	2.09 2.04 1.93	PV 3.63 3.52 3.32	LJ 7.45 7.28 6.90	14.90 14.55 13.78	WOC W30	SHOT 4kg 19.58 18.83	DISCUS 1kg 66.00 65.93	HAMMER 4kg 60.00 57.69	JAVELIN 600g 66.12 60.66
W30 W35 W40	2.09 2.04 1.93 1.83	PV 3.63 3.52 3.32 3.11	LJ 7.45 7.28 6.90 6.51	14.90 14.55 13.78 12.98	WOC W30 W35	SHOT 4kg 19.58 18.83 18.13	DISCUS 1kg 66.00 65.93 61.97	HAMMER 4kg 60.00 57.69 55.56	JAVELIN 600g 66.12 60.66 55.10
W30 W35 W40 W45	2.09 2.04 1.93 1.83 1.72	PV 3.63 3.52 3.32 3.11 2.89	LJ 7.45 7.28 6.90 6.51 6.10	14.90 14.55 13.78 12.98 12.16	WOC W30 W35 W40	SHOT 4kg 19.58 18.83 18.13 16.81	DISCUS 1kg 66.00 65.93 61.97 58.30	HAMMER 4kg 60.00 57.69 55.56 51.50	JAVELIN 600g 66.12 60.66 55.10 50.09
W30 W35 W40 W45 W50	2.09 2.04 1.93 1.83 1.72 1.61	PV 3.63 3.52 3.32 3.11 2.89 2.68	LJ 7.45 7.28 6.90 6.51 6.10 5.70	14.90 14.55 13.78 12.98 12.16 11.35	WOC W30 W35	SHOT 4kg 19.58 18.83 18.13 16.81 15.42	DISCUS 1kg 66.00 65.93 61.97 58.30	HAMMER 4kg 60.00 57.69 55.56 51.50 47.24	JAVELIN 600g 66.12 60.66 55.10 50.09 45.13
W30 W35 W40 W45 W50 W55	2.09 2.04 1.93 1.83 1.72 1.61 1.51	PV 3.63 3.52 3.31 2.89 2.68 2.47	LJ 7.45 7.28 6.90 6.51 6.10 5.70 5.31	14.90 14.55 13.78 12.98 12.16 11.35 10.54	WOC W30 W35 W40 W45	SHOT 4kg 19.58 18.83 18.13 16.81 15.42 3kg	DISCUS 1kg 66.00 65.93 61.97 58.30 54.55	HAMMER 4kg 60.00 57.69 55.56 51.50 47.24 3kg	JAVELIN 600g 66.12 60.66 55.10 50.09 45.13 400g
W30 W35 W40 W45 W50 W55 W60	2.09 2.04 1.93 1.83 1.72 1.61 1.51 1.42	PV 3.63 3.52 3.11 2.89 2.68 2.47 2.35	LJ 7.45 7.28 6.90 6.51 6.10 5.70 5.31 4.93	14.90 14.55 13.78 12.98 12.16 11.35 10.54 9.78	WOC W30 W35 W40 W45	SHOT 4kg 19.58 18.83 16.81 15.42 3kg 15.92	DISCUS 1kg 66.00 65.93 61.97 58.30 54.55 50.38	HAMMER 4kg 60.00 57.69 55.56 51.50 47.24 3kg 47.24	JAVELIN 600g 66.12 60.66 55.10 50.09 45.13 400g 44.08
W30 W35 W40 W45 W50 W55 W60 W65	2.09 2.04 1.93 1.83 1.72 1.61 1.51 1.42 1.32	PV 3.63 3.52 3.32 3.11 2.89 2.68 2.47 2.35 2.10	LJ 7.45 7.28 6.90 6.51 6.10 5.70 5.31 4.93 4.57	14.90 14.55 13.78 12.98 12.16 11.35 10.54 9.78 9.05	WOC W30 W45 W40 W45 W50 W55	SHOT 4kg 19.58 18.83 18.13 16.81 15.42 3kg 15.92 14.40	DISCUS 1kg 66.00 65.93 61.97 58.30 54.55 50.38 46.15	HAMMER 4kg 60.00 57.69 55.56 51.50 47.24 3kg 47.24 42.55	JAVELIN 600g 66.12 60.66 55.10 50.09 45.13 400g 44.08 39.59
W30 W35 W40 W45 W50 W55 W60 W65 W70	2.09 2.04 1.93 1.83 1.72 1.61 1.51 1.42 1.32 1.23	PV 3.63 3.52 3.11 2.89 2.68 2.47 2.35 2.10 1.92	LJ 7.45 7.28 6.90 6.51 6.10 5.70 5.31 4.93 4.57 4.23	14.90 14.55 13.78 12.98 12.16 11.35 10.54 9.78 9.05 8.36	WOC W30 W35 W40 W45	SHOT 4kg 19.58 18.83 16.81 15.42 3kg 15.92	DISCUS 1kg 66.00 65.93 61.97 58.30 54.55 50.38 46.15 42.04	HAMMER 4kg 60.00 57.69 55.56 51.50 67.24 3kg 47.24 42.55 38.22	JAVELIN 600g 66.12 60.66 55.10 50.09 45.13 400g 44.08 39.59 35.36
W30 W35 W40 W45 W50 W55 W60 W65 W70 W70	2.09 2.04 1.93 1.83 1.72 1.61 1.51 1.42 1.32 1.23 1.15	PV 3.63 3.52 3.32 3.11 2.89 2.68 2.47 2.35 2.10 1.92 1.75	LJ 7.45 7.28 6.90 6.51 6.10 5.70 5.70 5.71 4.93 4.57 4.23 3.90	14.90 14.55 13.78 12.98 12.16 11.35 10.54 9.78 9.05 8.36 7.70	WOC W30 W35 W40 W45 W50 W55 W60 W65	SHOT 4kg 19.58 18.83 18.13 16.81 15.42 3kg 15.92 14.40 12.97 11.65	DISCUS 1kg 66.00 65.93 61.97 58.30 54.55 50.38 46.15 42.04 38.15	HAMMER 4kg 60.00 57.69 55.56 51.50 47.24 3kg 47.24 42.55 38.22 34.29	JAVELIN 600g 66.12 60.66 55.10 50.09 45.13 400g 44.08 39.59 35.36 31.49
W30 W35 W40 W45 W50 W55 W60 W65 W70	2.09 2.04 1.93 1.83 1.72 1.61 1.51 1.42 1.32 1.23	PV 3.63 3.52 3.11 2.89 2.68 2.47 2.35 2.10 1.92	LJ 7.45 7.28 6.90 6.51 6.10 5.70 5.31 4.93 4.57 4.23 3.90 3.60	14.90 14.55 13.78 12.98 12.16 11.35 10.54 9.78 9.05 8.36	WOC W30 W35 W40 W45 W50 W55 W60	SHOT 4kg 19.58 18.83 16.81 15.42 3kg 15.92 14.40 12.97 11.65 10.47	DISCUS 1kg 66.00 65.93 61.97 58.30 54.55 50.38 46.15 42.04 38.15 34.55	HAMMER 4kg 60.00 57.69 55.56 51.50 47.24 3kg 47.24 42.55 38.22 34.29 30.61	JAVELIN 600g 66.12 60.66 55.10 50.09 45.13 400g 44.08 39.59 35.36 31.49 28.02
W30 W35 W40 W45 W50 W55 W60 W65 W70 W70 W75 W80	2.09 2.04 1.93 1.83 1.72 1.61 1.51 1.42 1.32 1.23 1.15 1.07	PV 3.63 3.52 3.32 3.11 2.89 2.68 2.47 2.35 2.10 1.92 1.75 1.59	LJ 7.45 7.28 6.90 6.51 6.10 5.70 5.70 5.71 4.93 4.57 4.23 3.90	14.90 14.55 13.78 12.98 12.16 11.35 10.54 9.05 8.36 7.70 7.10	WOC W30 W35 W40 W45 W50 W55 W60 W55 W60 W55	SHOT 4kg 19.58 18.83 18.13 16.81 15.42 3kg 15.92 14.40 12.97 11.65	DISCUS 1kg 66.00 65.93 61.97 58.30 54.55 50.38 46.15 42.04 38.15 34.55 31.28	HAMMER 4kg 60.00 57.69 55.56 51.50 47.24 3kg 47.24 42.55 38.22 34.29 30.61 27.40	JAVELIN 600g 66.12 60.66 55.10 50.09 45.13 400g 44.08 39.59 35.36 31.49 28.02 24.95
W30 W35 W40 W45 W50 W55 W60 W65 W70 W75 W70 W75 W80 W85	2.09 2.04 1.93 1.83 1.72 1.61 1.51 1.42 1.32 1.23 1.15 1.07 1.00	PV 3.63 3.52 3.32 3.11 2.89 2.68 2.47 2.35 2.10 1.92 1.75 1.59 1.43	LJ 7.45 7.28 6.90 6.51 6.10 5.70 5.31 4.93 4.57 4.23 3.90 3.60 3.29	14.90 14.55 13.78 12.98 12.16 11.35 10.54 9.05 8.36 7.70 7.10 6.47	WOC W30 W35 W40 W45 W50 W55 W60 W55 W70 W75 W80 W85	SHOT 4kg 19.58 18.83 16.81 15.42 3kg 15.92 14.40 12.97 11.65 10.47 9.41 8.48 7.36	DISCUS 1kg 66.00 65.93 61.97 58.30 54.55 50.38 46.15 42.04 38.15 34.55 31.28 28.33 25.68	HAMMER 4kg 60.00 57.69 55.56 51.50 47.24 3kg 47.24 42.55 38.22 34.29 30.61 27.40 24.59 21.35	JAVELIN 600g 66.12 60.66 55.10 50.09 45.13 400g 44.08 39.59 35.36 31.49 28.02 24.95 22.26 19.92
W30 W35 W40 W45 W50 W55 W60 W65 W70 W75 W70 W75 W80 W85	2.09 2.04 1.93 1.83 1.72 1.61 1.51 1.42 1.32 1.23 1.15 1.07 1.00	PV 3.63 3.52 3.32 3.11 2.89 2.68 2.47 2.35 2.10 1.92 1.75 1.59 1.43	LJ 7.45 7.28 6.90 6.51 6.10 5.70 5.31 4.93 4.57 4.23 3.90 3.60 3.29	14.90 14.55 13.78 12.98 12.16 11.35 10.54 9.05 8.36 7.70 7.10 6.47	WOC W30 W35 W40 W45 W50 W55 W60 W55 W60 W55 W75 W75 W80	SHOT 4kg 19.58 18.83 18.13 16.81 15.42 3kg 15.92 14.40 12.97 11.65 10.47 9.41 8.48	DISCUS 1kg 66.00 65.93 61.97 58.30 54.55 50.38 46.15 42.04 38.15 34.55 31.28 28.33 25.68	HAMMER 4kg 60.00 57.69 55.56 51.50 47.24 3kg 47.24 42.55 38.22 34.29 30.61 27.40 24.59	JAVELIN 600g 66.12 60.66 55.10 50.09 45.13 400g 44.08 39.59 35.36 31.49 28.02 24.95 22.26

FIELD EVENT STANDARDS - 1989

PV LJ TJ

Continued on next page

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Name Address State. Zip. City

MASTERS AGE-GRADED TABLES

Conti	inued from	previous pa	age		PACE	WATETN	C STAN	DARDS -	1989	a state	HE ST		1.10
AG	E		and the second	a section of	MICE	WALKIN	G SIAN	DARDS -	1909			1.2.4	AGE
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M35 M40				12:24		31:26 32:14	39:20 40:20	59:15 1:00:46	1:20:22 1:22:25	2:02:35 2:05:43	2:46:31 2:50:46	3:42:42 3:48:24	M35 M40
M45				13:05	20:26	33:10	41:29	1:02:30	1:24:47	2:09:19	2:55:40	3:54:56	H45
MSO	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	MSO
MSS			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 M65			13:29	14:32	22:42 23:42	36:51 38:29	46:07 48:09	1:09:28	1:34:13 1:38:24	2:23:44 2:30:56	3:15:14 3:23:53	4:21:07 4:32:40	M60 M65
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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 M90	8:27.2 9:07.1		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
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¥40 ¥45	6:29.3	6:46.9	13:10 13:35	14:11 14:39	22:09 22:52	36:12 37:07	44:58 46:25	1:07:46 1:09:56	1:31:55 1:34:50	2:20:13 2:24:40	3:10:32 3:16:35	4:14:44	W40 W45
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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
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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
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M45	14:12	23:21	29:30	45:1		1:01:24	1:05:07	1:17:58	1:34:34	2:14:24	H45
M50	14:43	24:12 25:14	30:34	46:5			1:07:29	1:20:49	1:38:01	2:19:17	M50
M60	16:07	26:29	33:29	51:2		1:06:23 1:09:43	1:10:23	1:24:17 1:28:31	1:42:14 1:47:21	2:25:17 2:32:33	M55 M60
M65	16:59	27:56	35:18	54:0		1:13:31	1:17:57	1:33:21	1:53:13		M65
H70	18:00	29:36	37:25	57:2		1:17:55	1:22:37	1:38:56	1:59:59	2:50:30	M70
M75	19:10	31:31	39:50	1:01:0		1:22:56	1:27:56	1:45:18	2:07:43	3:01:29	M75
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W40	15:20	25:14	31:53	48:5		1:06:22	1:10:22	1:24:16	1:42:12	2:25:01	₩40
W45	15:54	26:10	33:04	50:4	3 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	52:4			1:15:57	1:30:57	1:50:17	2:36:29	W50
W55	17:20	28:33	36:04	55:1			1:19:36	1:35:20	1:55:36	2:44:01	W55
W60 W65	18:19 19:27	30:09 32:02	38:06 40:28	58:2			1:24:06 1:29:19	1:40:43 1:46:58	2:02:08 2:09:41	2:53:15 3:03:59	W60 W65
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W80	24:49	39:45	50:13	1:17:0			1:50:50	2:12:44	2:41:18	3:48:13	W80
W85		43:18	54:43	1:23:5			2:00:46	2:24:37	2:55:44	4:08:39	W85
W90	28:54	47:15	60:08	1:32:1	1 1:39:22	2:05:09	2:12:42	2:38:55	3:13:06	4:33:06	W90
1. 27											

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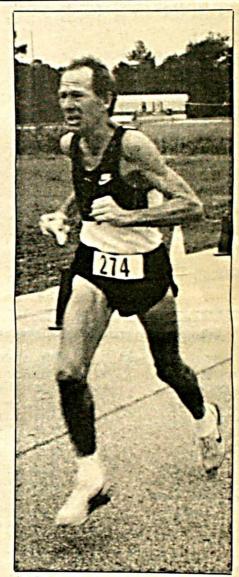
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			1.4.5
M75-79		W30-34	
1 Jim York	105-2	1 Sheila Carpenter	94-0
2 Art Vesco	93-9	2 Linn Dunton	88-5
3 Bob Hunter	89-10	W35-39	
4 Al Skonberg	79-6	1 Joan Stratton	128-7w
5 Dan Pierotti	78-10	2 Barbara Butler	81-3
6 Leon Joslin	75-2	a series and a series of the	
7 Ed Bost	74-1	<u>w40-44</u>	85-10
8 C E Hirshey	73-10	1 Brenda Bloomfield	
9 Joe McCluskey	73-8	2 Laurie Rothrock	62-5
10 Gordon Powell	72-5	3 Kathy Pierce	58-6w
10 Gordon Powell		W45-49	
11 Jack Wood	70-11	1 Barbara Stewart	71-9
12 Gene Hanson	66-8	Laurie Rothrock	57-2
13 Igor Storojeff	51-1	Laurie Rounock	
14 Phil Partridge	46-10	w50-54	
George Knox	46-10	1 Mildred Toman	69-1
		2 June Meyer	63-7
<u>M80-84</u>		3 Dortha Swanson	62-11
1 Bob Ulsh	82-9	4 Rachel Lyga	58-1
2 Burt DeGroot	56-0	Carlos Marrie & Stand & Read Street Street	
3 Frank Walters	38-6	<u>W55-59</u>	
M85-89		1 Sally Polk	93-10
1 Everett Hosack	58-2	W60-64	
2 Buell Crane	53-3	1 Bernice Holland	69-8
z buen Gane	33-3	i bernice normale	in the start

Hammer Rankings



Jim Blount, 59, won his division (62:54) in the Thanksgiving Day 10-Miler, DeLand, Florida. Photo from John Boyle

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WORLD VETERANS' CHAMPIONSHIPS. Stay at site of Eugene Experience Running Vacations. Hosted by Mike Manley and Cathie Twomey. Sorority house near campus and downtown Eugene. Eugene Experience, PO Box 5306, Eugene, OR 97405. (503) 344-5659.

•SPORT WALLET WATCH for runners, \$5. Mini-Mart imports, Box 710984-X, Houston, Texas 77271-0984

National Masters News

RECIPIENTS OF CERTIFICATES AS ALL-AMERICANS FOR ACHIEVING U.S. STANDARDS OF EXCELLENCE ALL-AMERICAN ACHIEVERS FOR DECEMBER, 1988

M30 David Beshears David Beshears David Beshears Paul Falgout M35 Patrick Caldon E. Richard Hoebeke M40 Neil Silver Thomas Taft Dennis Tancredi M45 Ken Winters Ken Winters Ken Winters Steve Rogers Steve Rogers Steve Rogers Steve Rogers Steve Rogers Dennis Tancredi Robert Harvey M50 Norman Mosley Norman Mosley James A. Hart John Cosgrove John Cosgrove

		205 - E
and the second se	Decathlon Pole vault Pentathlon 1500 meters	5625 pts 14' 2807 pts 4:10.02
e	400 meters 5K	51.95 15:40
	200 meters Triple Jump 400 I.H.	24.00 39'95" 62.45
	High Jump Long Jump Triple Jump Shot Put Long Jump High Hurdles Pentathlon Discus 800 meters	41'64" 17'54" 17.1 2628 pts. 133'6" 206.0
	Shot Put 100 meters 200 meters Discus 3000 S/C 800 meters	43'65" 12.0 25.2 152'5" 11:36 2:15

M60

pts.

pts.

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.

U.S. MASTERS ALL AMERICAN STANDARDS OF EXCELLENCE FOR MASTERS RACE WALKERS

1	Mile	JK	2-mile	SK	108	201		Mile	38	2-mile	SK	108	- 20K
N40	7:29.8	14:30	15:40	24:30	51:00	1:45	¥40	8:55.4	17:20	18:40	29:00	1.00	2.04
	7:42.8						W45	9:12.4	17:53	19:17	31:00	1:04	2:12
	8:25.1						W50 1	0:30.2	20:24	21:59	31:00	1:08	2:20
	8:43.1						W55 1	0:55.4	21:13	22:51	35:00	1.12	2.28
.460	9:19.9	18:07	19:32	30:30	63:00	2:10	W60 1	1:45.0	22:49	24:35	38:00	1:18	2:40
	9:44.7						W65 1	2:20.2	23:59	25:50	41.00	1.74	2.52
	10:25.4						W70 1	3:28.5	26:10	28:12	44.00	1.30	3.04
H75	10:59.9	21:20	23:00	36:00	74:00	2:32	W75 14	4:19.5	27:49	29:58	47:00	1:36	1:16
	11:40.7						W80 15	5:20.7	29:48	32:08	50:00	1:42	3:28
M85	12:29.3	24:15	26:08	40:00	82:00	2:48	W85 16	: 35.7	32:13	34:44	53:00	1:48	3:40

U.S. MASTERS STANDARDS OF EXCELLENCE FOR MEN

A DATE		A State			ru	DK IVIE	IN			1.19	24	200
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
Mile 5000	4:31 15:30	4:35	4:42	4:53 16:44	5:07 17:30	5:25 18:24	5:49 19:36	6:14 21:08	6:51 23:30	7:38 26:00	8:42	10:10
10000	32:11	32:35	33:30	34:45	36:15	38:10	40:30	44:15	48:30	54:30	29:00 61:15	32:30 68:30
(論):()-日件						50110	10150		101.50	54150		00150
110H 100H	15.3	16.4	17.75	18.75	18.0	19.0	20.0	21.3				
80H			19.5.6		10.0	19.0	20.0	11.5	18.0	21.0	25.0	30.0
400H	57.6	59.7	62.0	64.4								
300H		1.2.1			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						S
2K-SC			200	1.			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
See out	6-412	6-3/4	5-92	5-6	5-25	4-11	4-75	4-4	4-12	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
the second	14-54	13-74	12-95	11-91	10-10	10-0	9-2%	8-44	7-61	6-812	5-11	4-11
L	6.55	6.20	5.85	5.45	5.10	4.75	4.40	4.00	3.65	3.35	3.00	2.65
del tratan 1	21-6	20-4%	19-25	17-10 ¹ 5		15-7	14-5%	13-15	11-115	11-0	9-10	8-84
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
a group	43-91	41-6	39-5	36-7	34-15	31-8	29-25	26-11	24-75	22-4	20-1	18-5
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
100	49-10-2		42-8	39-45	40-84	36-9	39-45	35-54	33-0	28-10-2		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	70-24	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
1000	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		57.00	52.00	48.00	43.00	38.50	40.00	35.00	29.00	24.00	19.00	15.00
1	203-5	187-0	170-7	157-6	141-1	126-4	141-1	114-10	95-2	78-9	62-4	49-2
35/Wt.	15.00	14.00	13.00	12.00	10.00	9.00						A sale in
25 Wt.							11.00	10.00	9.00	8.00	7.00	6.00
56 Wt.	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	I andard	-	r autom	ttć th	e; use	standard	convers	ton for	hand th		22
	2) Short	t hurdles	30-49	: 39";	50-59:	36"; 6	0-69: 33	"; 70+:	30".			Ser. 1
大学	31 Long	hurdles	. 10-49	: 36":	50-59:	33": 60	0+: 30".	-69: 5k;				3
the a	4) Shot 5) Disc	put:	. 30-49	. 24.0.	50-59:	1. Skg:	60+: 1.	Okg.				and the
A Participation	6) Hamme	er:	30-49	: 7.26k	(16/);	50-59:	6k; 60	-69: 5k;	70+: 4	ik.		122 6
Sec. 1	7) Jave	lin:	30-59	: 800g;	60+: 4	oog.	rd: fee	t and in	ches 11	ted for	convent	ence.
1.1.1.1.1	9) Dec/	Pentathl	on: 30-59	: IAAF	points:	60+: I	n Hune	points (old WAVA	.).		See.
Construction of the second				and the second s								



19:18



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

					ru	RWU	DIALE				- Contain	A start and
	Event	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84
	100 200 400 800	13.8 28.0 63.5 2:32	14.2 29.2 65.5 2:35	14.6 30.3 67.5 2:40	15.0 31.4 69.5 2:46	15.6 32.5 71.5 2:54	16.2 34.0 73.5 3:05	16.9 35.7 78.5 3:19	17.8 37.5 83.7 3:36	18.8 40.0 90.0 3:56	20.0 43.5 96.5 4:09	21.2 47.0 103.3 4:35
No. No. No.	1500 Mile 5000 10000	5:10 5:34 19:45 41:00	5:19 5:44 20:30 42:40	5:29 5:55 21:20 44:40	5:40 6:07 22:16 47:00	5:58 6:26 23:12 49:30	6:20 6:49 24:16 52:00	6:48 7:19 26:08 56:00	7:23 7:46 28:08 60:00	8:04 8:47 30:08 66:00	8:52 9:39 32:21 76:00	9:48 10:45 34:26 86:00
	100H 80H 400H 300H	17.2 75.5	18.2 79.9	15.0 84.4	15.8 88.8	16.5	17.6	18.7	20.2	22.2	25.0	28.0
	HJ	1.42 4-8	1.35 4-5%	1.27 4-2	1.19 3-11	1.12 3-8	1.07 3-6%	1.02 3-4%	.97 3-24	.92 3-05	.89 2-11	.84 2-9
12	J	5.00	4.60	4.25 13-114	3.90 12-95	3.55	3.20	2.85	2.60	2.35	2.10 6-11	2.00
	TJ	10.00 29-75	9.20 28-3	8.60 26-8	7.80 25-05	7.18 23-5%	6.40 22-8	5.70 20-5%	5.20 18-10	4.70 16-5	4.20	3.80 13-15
	Shot	10.30 33-9½	9.30 30-64	8.40 27-7	7.70 25-34	7.95 26-1	7.20 23-75	6.50 21-4	5.80 19-0%	5.25 17-3	4.70	4.25 13-11%
	Jav	39.50 129-7	33.50 109-11		21.50 70-6½	25.00 82-0	19.00 62-4	18.00 59-1	16.00 52-6	15.00 49-2	14.00 45-11	13.50 44-4
	Discus	30.0 98-5	27.8 91-2	26.0 85-4	24.0 78-9	22.0	20.0	18.0 59-1	16.0 52-6	15.0 49-2	14.0	13.5 44-4
	Hammer	40.0 131-3	35.0 114-10	30.0 98-5	25.0 82-0	23.0 75-6	22.0 72-2	20.0	18.0 59-1	14.0	12.0 39-5	9.0 29-7
	20 Wt.	10.00	9.00	8.00	7.00	6.00	5.00	4.00	3.50	3.25	3.00	2.75
	notes:	 2) Short 3) Short 4) Jáve 5) Hamme 6) Metri 	rt hurd t put: elin:' mer: ric heig	les: 30- 30- 30- 30- 30- ghts and	-39: 33" -49: 4k; -49: 600 -49: 4k;	'; 40+: 40+: 'gm; 50 40+:	30" 3k. H: 400) 3k.					ed
		IOP	convent	lence.	and the second		R. R. S.	1.100	and the second second	1	A STATE OF THE OWNER	THE REAL PROPERTY.

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DATE OF MEET:	HURDLE HEIGHT
American, National Masters News, P.	excellence, please send \$10.00 and this form to: All .0. Box 2372, Van Nuys, CA 91404. (Enclose copy of appeared.) A 3-color, 8½ x 11 certificate, suitable for

framing, will be mailed to you within two weeks.

page 34 National Masters News High Jump M55 Karl Kauterman Norm Mosley Lauretta Biogio 4-2 **TRACK & FIELD RESULTS** 4-0 3-8 5-0 4-6 4-4 James Gillcrest M60 Please send masters meet results to NATIONAL MASTERS Fred Hirsimaki Sam Griffith M65 Bill Gentry Vern Matson 4-5 NEWS, PO BOX 2372 VAN NUYS CA 91404. If possible. please type single space with minimum of white space. M70 Ham Morningstar Joe Broadbent 4-2 Harry Brown M75 Gil Gonzalez 3-10 3-6 M40 Mike Valle M80 Byron Fike 7.68 14-11 EAST Larry Jones M50 Pay Carstense M60 Jack Doorlay 10.13 Albert Epp William Maine M85 Conrad Boas Joe Hall 14-5 14-1 12-91 Leslie Thomas nha sen Leila Neubauer Bernie Kleinschr Potomac Valley Games 3-0 9.00 -10 10-2 Alexandria, VA, September 4 M70 Don Hull W60 Patricia Phalon 8.76 Charles Hirshey Jean Campbell Carla Convery 6-3 9-91 Mary Holland 2-8 Timmie Reid 9.66 Duluth, MN W65 Mary Holland Carla Convery 8.62 W60 100m Jeff Waldo 10.6 W70 Vivian Nelson Raymond Day Roman Bentley M40 Greg Marshall 12.1 13.4 11.7 Long Jump M55 Joe Mitchell 6-91 Mora Arnold 9.66 Joe Mitchell 12-11 William Mondell 12-9 Bill Gentry 12-3 Fred Hirsimaki 14-6 W70 Mary Bowermaster Linka Seda W75 Ellen Julius 8.62 Triple Jump M30 M St Clair Jr 14.53 37-10 12.52 George Schonber 12.9 M40 M Valle 30-0 M60 Fred Hirsimal Sam Griffith M50 Larry Colbert Mark Richards M60 Slen Drumond 12.2 14.8 14.3 15.2 14.8 Larry Jones M50 Pay Carstensen M60 J Doorlay 29-10 13-95 10-85 13-35 29-10 24-71 100y M55 Norm Mosley Nelson Spangler M65 Vernon Mattson M70 Don Hull Ken Elliott Joe Mitchell Tom Morris C Clippard John Davidson Bob Hewitt M70 Don Hull C E Hirshey 12.39 21-M70 Don Hull 14-10 11-5 3/ 12.81 Don Ernst 18.1 M60 W40 Kathy Pierce W50 Patricia Willis W60 Jean Campbell Carla Convery 13.4 Joe Broadbent Gil Gonzalez 11-3 Shot Put M30 Joe Vilella 43-1 32-8 35-1 35-1 31-7 30-4 32-9 M75 12-4 Sam Griffith 12.89 Les Thomas Joe Hall Jeff Watry M40 Mike Valle Jai Singh M50 Ned Curran M65 Vern Matson 16.5 12.49 M McWilliams Art Holland 19.5 13.00 M80 Byron Fike W70 Vivian'Nelson 21.4 14.88 41 William Maine 8-200m M30 Jeff Waldo 13.48 M70 Lon Hull M85 Ev Hosack 8-7 Jay Sponseller Nate Heard 21.9 M60 Robert Hewitt 7-51 5-101 13.64 Conrad Boas Don Henry William Waugh M70 Charles Hirshey 30-71 28-71 31-1 Al Walton Russell Floyd 22.4 14.28 Alfred Kamm Nate Heard M75 Gil Gonzalez Les Thomas Mehmet Tamer M80 Byrcn Fike 13.62 W65 Mary Holland Leila Neubauer 8-9 7-71 14.39 15.65 15.03 19.59 M40 Greg Marshall Grady Dale Jr M50 Larry Colbert 24.9 26.3 24.7 27.2 Don Hull 30-10-M Holbert 6-111 26-91 Wm Garthune W75 Ellen Julius 4-4 Jesse Johnson Al Epp William Maine Larry Suid M60 John Martin Newlie Hewson Discus M30 Joe Vilella 29.5 28.92 29.7 M85 Conrad Boas Everett Hosack Alfred Kamm 126-1 101-6 17.32 Jeff Watry M40 Mike Valle nta 24.69 108-10 M70 Don Hull 31.7 Jai Singh M50 Ned Curran 85-5 75-6 116-9 W65 Carla Convery Don Ernst 18.22 W40 Kathy Pierce W50 Pat Willis 28.2 Mora Arnold Arlene Bremer 19.28 22.24 M60 Robert Hewitt 97-10 96-5 92-11 Wm Waugh W60 Jean Campbell Mary Bowermaster 38.9 Don He nry W75 Ellen Julius W70 Vivian Nelson 51.9 25.97 M70 Don Hull 400m M30 Sam Howell Charles Hirshey 75-8 52.8 220y M55 N Mosley Gonzalo Combas Joe Mitchell M60 John Davidson Sam Madia W40 Kathy Pierce W50 Sharon Good W60 Carla Convery 90-8 25.41 28.84 28.96 29.34 Al Walton Russell Floyd 53.3 43-9 37-1 55.2 M40 John Haubert 60.6 Bob Lerosen 62.0 Hammer M40 Mike Valle Mike Valle 67.1 114-8 105-7 59-7 76-9 92-1 31.13 M50 Larry Colbert Jesse Johnson 55.1 M40 Mike Valle M50 Pay Carsten Ned Curran M60 Don Henry M70 Don Hull C E Hirshey George Buchert 35.13 62.0 71.1 69.9 Shot Put M55 Karl Kauterma Joe Mitchell W Mondell M65 Vern Matson 30.35 Larry Suid M60 John Martin Newlie Hewson W50 Pat Willis 42-21 39-11 36-11 43-61 M McWilliams 32.05 William Thomas 32.49 M70 Jay Sponseller Don Hull 30.67 80.0 1:42.4 73-10 M60 Don Reid 43-6 Fred Hirsimaki 38-1 800m M30 Steve Bell Javelin M30 Rick Scott-Johnson159-3 Nate Heard 33.66 Sam Griffith Art Holland 36-11 35-11 31-11 2:11.0 M75 Gil Gonzalez 32.64 Celio Young M40 George Schomber Larry Jones M50 Mark Richards Ned Curran Leslie Thomas Mehmet Trainer 35.74 M65 2:16.0 82-3 81-6 92-11 M40 Robert Weiner 2:16.6 Garold Page John Haubert 2:23.8 Vern Mattson 28-5 Ann Edgington 54.78 Randall Washburn M70 Tom McDermott Nate Heard 2.36 1 40-5 90-9 W65 Carla Convery 1:02.69 M50 Jim Bradley Willard Dameron M60 Don Henry M70 Charles Hirshey 2:30.9 68-5 Arlene Brem 1:06.66 39-9 49-6 34-10 Ham Morningstar 37-0 2:46.2 W75 E Julius 1:14.20 Pat Willis Caroline Richards Sharon Good M60 N Hewson 3:08.2 M75 Ernest Dennison 33-5 3/4 43.64 35.34 Condon Powell 32-1 Coardon Powell 32-1 Charles Hirshey 32-4 Robert Nelson 24-1 William Maine 24-1 Byron Fike 23-9 M80 Conrad Boas Roy Englert W30 Keg Good W50 Pat Willis 3:22.1 2:44.5 3:59.7 32-11 33-3 30-6 M85 Byron Fike Al Epp William Maine 24-11 24-11 50.50 M80 W60 Carla Convery 43-5 1:06.81 1500m M30 Dennis Coleman 4:21.4 5000m Walk M30 James Wass 23-91 21-61 M40 Robert Weiner Danvers Long Bob Kerr 4:36.2 4:41.2 5:15.2 M85 EV Hosack 25:36 440y M55 Norm Mosley Conrad Boas 19-5 Stephen Baca 26:20 1:03.76 Alfred Kamm 24:23 27:42 M40 Alan Price M60 N Hewson W50 Pat Willis G Combas 1:18.72 Ned Stone Scott Bently W55 Anne Witt 6:09.8 23-4 22-71 Bill Gentry 1:27:87 8:17.8 Alice Rogers M60 John Davidson Sam Madia M65 William Thomas Cecil Shearhart 30:34 1-13-55 5000m M30 Dennis Coleman W60 Jimmie Reid 20-M50 Andrew Briggs 29:00 Harriett Boyd M Holbert 22-101 W65 15:55 Jack Ozment 30:04 Jack Ozment Ken Thompson Joel Holman John Trach Ed Seeger Wayne Dexter Mil Wood 1:21:45 30:33 30:50 34:48 32:42 Bill Delano 17:42 21-5 21-4 1:45.45 B Kleinschmidt J J Wind 17:46 Hal Bremer 1:54.38 M40 Randall Washburn 21-9¹/₂ 14-5 13-10 W70 Ellen Brown Linka Seda M60 M70 Jay Sponseller Don Hull 1:08.69 John Elliott 19:17 Jahn Elliott 19:31 Larry Dickerson 19:55 Willard Dameron 21:06 M50 W75 Ellen Julius 37:30 Chuck Whitney 1:27.49 38:41 31:47 35:50 W30 Pauline Stickels 31:47 Valerie Kendrick 35:50 W40 Rachel Thompson 39:10 J Woodward-Hastings39:54 M75 Gil Gonzalez Frank Luff 25:00 1:20.64 22:40 1:32.44 W50 Betty Dameron . Mehmet Tanner Discus M55 Karl Kauterman Les Thomas 98-10 High Hurdles M30 Mark Williamson M60 J Gillcrest 125-1 Sam Griffith Don Reid M65 Roy McCoy Art Holland 116-7 15.3 W50 Joan Troy M80 Byron Fike 35:10 35:57 1:29.24 Jeff Watry 16.3 2:08.64 3:06.71 1:48.81 1:41.02 Pat Willis Al Epp William Maine 100-5 300mH M50 Jim Bradley M85 Conrad Boas W/O Pepper Davis Ann Edgington 84-0 SOUTHEAST 46.4 Garold Page M70 Ham Morningstar Nate Heard Don Hull M75 Gil Gonzalez 81-1 High Jump M30 Mark Williamson 2:01.56 **Golden Age Games** 6-6 3/4 W65 Arlene Bremer 3:18.31 92-5 Sanford, FL: October 25 W75 Ellen Julius Jeff Watry 6-2 3:16.81 90-2 Gene Hoffman M40 Mike Valle M50 Mark Richards 4-8 92-0 November 10 Ernest Dennison 85-0 Mile M60 Richard Okrepki 50y M55 Norman Mosley Gonzalo Combas Joe Mitchell M60 S Griffith Gordon Powell Joe Nitsch 82-0 6.22 6.49 6.69 4-0 7:02.64 M80 M60 Jack Doorlay 66-8 M65 Bart Ross 3-7 2-7 3-3 3-0 6:34.63 M70 Don Hull Charles Hirshey W60 Jean Campbell Byron Fike William Maine 64-7 7:35.74 8:19.61 8:46.39 C Shearhart 59-4 55-2 M70 Pas Romagna James Tasciotti M75 Igor Storojeff Reggie Golden 6.44 M85 Ev Hosack 6.50 6.70 6.73 Charles Clippard Conrad Boas Alfred Kamm John Davidson M65 Blair McFarlane W70 Vivian Nelson 47-9 10:03.18 38-2 Pole Vault M30 Jeff Watry 10:06.03 W55 Ann Witt 50-0 44-5 M80 Byron Fike Marlen McWilliams 6.77 Alice Rogers W60 Jimmie Reid W65 Harriett Boyd 10-0 Al Epp William Maine Vern Matson 6.95 M60 Jack Doorlay 11:28.77 7.06 49-9 M70 Don Hull 15:11.57 Jay Sponseller Nat Heard Long Jump M30 Mel St. Clair Jr 19-7 W60 Pepper Davis W65 Mora Arnold 51-6 7:49.25 B Kleinschmidt 50-5 7.45 12:39.41 46-3 32-8 M Holbert Jeff Watry Raymond Day W70 Susan Tasciotti W75 Ellen Julius 18-9 M75 Gil Gonzalez 7.27 12:19.28 W75 Ellen Julius 17-6-Leslie Thomas 7.42 14:48.31

	February, 1989
	ight Pentathlon
	FL; December 28
at age 78 set six Wor	Arnolds Ticmanis of Canada, who Id Age Records in the throwing
events at this meet in	1983.
	Disc Jav Hamm Wt Th Score
630.5	29.37 36.28 28.08 9.72 2504 476 474.5 479 444
668	33.65 31.18 32.72 11.48 3107 656.5 460 644 670.5
50 Karl Klehm 12.58	656.5 460 644 670.5 36.37 24.40 39.52 11.07 2967 612.5 351 671 669
65 Jacob Stein 9.26	11. 11 11.96 12.26 9.10 1508
69 Ray Rupelli 11.73	645 645 725 7725 (3152) 34. 41 23.05 27.88 8.56 3162 721.5 534 576 562 (3101) 31.60 30.85 28.00 8.32 3355
71 Ham Morningstar 10.42	31.41 23.05 27.88 8.56 3162 721.5 534 576 562 (3101) 31.60 30.85 28.00 8.32 3355 643 772.5 606.5 579 (3416)
72 Stan Laski B.U.	22.48 20.22 33.56 7.49 277h
51.8	462.5 508 736 519.5 (3061) 19.43 19.43 15.58 4.25 1871
368	422.5 540.5 340.5 192
268	17.68 10.54 14.29 6.32 2007 399.5 240 333.5 498 (2224)
	27.27 16.20 22.09 6.76 3082 762.5 507 591 595 (2705)
The state for the company of	Last year's scores in parentheses
	the state of the state of the state of the state of the
All Standard implements exce Rupelli 44	
MIDWEST	SOUTHWEST
Wisconsin Masters Meet Madison; January 8	Gale Force Winds Masters Meet, Gulfport, MS;
60y	December 3
M30 TanRewolinski 6.8	50y M30 S White 6.57
M35 Dave Hockbarth 7.1 M40 Stan Druckery 6.7	M35 L Hammond nta M40 P Jones 6.19
M45 Jim Lee 7.1	M50 H Carpenter 6.58
M55 Ron Sergenian 8.0	W30 S Rvan 7.02
M60+Mel Buschman 8.5 W60+Carol Peebles 11.2	100m
60LH	M30 S White 12.91 M35 J Owen 12.29
M30 Robert Zahn 7.3	. M40 J Rose 12.68
M35 Mike Davis 8.7 M40 Stan Druckery 7.3	M45 J Dunn 11.97 M50 J Fuselier 16.06
M50 Ken McFerren 11.2	4 MOU+B Nelson 23.8/
M60+Don Walsh nta	W30 S Ryan 14.86 400m
220y M30 T Rewolinski 24.4	M35 L Hammond 55.31 M40 J Randall 66.0
M35 Greg Foster 27.1	M45 M Boudreaux 57.83
M40 S Druckery 23.3 M45 J Lee 26.7	
M50 T Pliner 28.6 M55 R Sergenian 30.2	M35 E Wheeler 2:27.1
W60+C Peebles 45.8	MAS L Williams 2:33.9
440y	M55 J Fuselier 2:40.7 2 Mile
M30 Peter Jones 56.5 M35 Jerry Feldhausen 57.3	M35 R Mantooth 10:13.2
MAD C Druckory 52 2	M40 J Randall 12:38.7 M45 B Matheny 11:33.0
M45 Mike Brazier 60.6 M50 T Pliner 63.2	
M50 T Pliner 63.2 M60+Winston Olson 1:26.0 W60+C Peebles 1:39.3	Pole Vault
880y	M35 G Hewes 10-0 M40 J Rose 11-0
M30 Marty Matzinger 2:03.5	Long Jump
M35 J Feldhausen 2:08.9 M40 Stan Mathes 2:09.1	M30 S White 15-4 M40 C Collins 12-7
M40 Stan Mathes 2:09.1 M55 Bob Urdiales 2:30.2 M60+Glen Weeks 2:43.0	M40 C Collins 12-7 M45 R Leslie 11-11
W30 Sheree Robertson 2:27.9	M55 J Lyons 13-4 Shotput
W50 Beth Lampe -3:19.9 W60+C Peebles 4:04.0	Shotput N30 S White 24-31 M35 B Waterbury 44-11 M40 J Rose 36-1
Distant Carton Provide And And	
M30 Don Long 5:06.1	M45 J Dunn 31-8 M50 R Werby 30-1 M60+B Nelson 24-9½ W30 S Ryan 25-2 Discus 25-2
M35 Bruce Fischer 4:34.3 M40 Ken Potter 5:14.8	M60+B Nelson 24-91
M45 M Brazier 5:20.2	W30 S Ryan 25-2 Discus
M60+W Olson 6:50.5 W30 Rose Thomson 5:12.9	M35 B Waterbury 138-6
W40 Veronica Wallner 9:20.9	M45 R Leslie 56-11
Two Mile	M55 Bob Waterbury 83-3
M30 Joe Hanson 8:57.3 M35 Clyde Moser 10:04.2	Javelin
M40 John Miller 11:52.1	M35 B Waterbury 137-4 M40 R Schell 165-7
M45 Karl Gutknecht 12:27.8 M60+G Weeks 11:56.1	M45 R Leslie 94-8
High Jump	M55 J Lyons 93-9
M30 Bruce Hunter 5-0	WEST
M40 Roger Rogers 5-21 M50 K McFerren 3-6	Northern California Senior
M55 Francis Gleichauf 3-9 M60+Bill Wambach 4-101	Games, Berkeley;
Pole Vault	September 17
M30 Gary Filbaugh 11-6	M80+Steve Gruber 29.70
M35 John Anderson 14-0	M75 Wilfred Bigelow 20.40
Long Jump M35 R House 17-11	Jim Warren 14 60
M40 Roger Bagneski 16-1	Jim Johnson 14.75
	M55 Bruce Springhett 12 20
M50 Pete Stopoulos 17-3 M50 F Gleichauf 13-5 M60+B Wambach 13-3	Marion Sanchez 12.40
E Disconstruction of the second second	W65 Molly Monhiet 19.20
Shot Put M35 Patrick Burns 45-5 3/4	Diana Smith 20.80
M40 Rich Woosencraft 38-7 3/4	med act of Mederizani 21.20
M50 Carl Klehm 40-11 M55 F Gleichauf 28-41	W55 Marj Moore 16.78
M60+Mel Buschman 31-9 3/4	Jessie McElroy 17.68
and the state of the	I Continued on next page

Continued from previous page

200m M70 Eill Fairbanks M65 Jim Warren J Jones M60 J Perch 33.20 30.89 38.40 34.14 M55 B Springbett E Mehmedbasich 26.63 28.95 35.26 Herb Severans W65 Diana Smith Marj Moore Florence Stage W55 36 84 49.25 400m M70 Bill Fairbanks 1114.57 Pete Ganahl 1:16:2 George Lewis M65 Els Tuinzing M60 Don Ahorn 1:21.97 1:20.27 Rich Czaparata 1:21.68 M55 Marion Sanchez 59.40 B Springbett 1:07.15 E Mehmedbasich 1:07.17 800m M70 P Ganahl 3:00.80 Gil Fairbanks 3:07.26 M65 Don Wilgus 3:10.50 Carl Weiterman 3:58.12 M60 Dennis Egley 2:55.64 Rich Czaparata 3:08.53 M55 John Gregson 2:49.56 Ed Mooney 2:51.90 Ed Mooney 2:51.90 Larry Fulkington3:04.50 5000m M70 Val Atencio 24:22.38 Tertius Chandler26:17.30 M65 Walt Eugenio 22:26.78 Don Wilgus 23:05.58 Carl Weiterman 29:21.44 M60 Alan Bellon 19:58.74 20:21.42 23:14.98 20:01.19 20:16.51 Dennis Egley Don Ahorn M55 John Greason Jim Jacobs Ed Mooney 20:22.20 High Jump M75 Wilfred Bigelow 3-8 M70 P Ganahl 4-2 4-2 3-6 3-10 3-4 5-4 M65 Jim Johnson Rich Hustance M60 Jerry Silsdorf Vic Crosetti M55 Marion Sanchez Herb Severans 3-6 Long Jump M75 W Bigelow 9-7 M70 Rudy Zoellner M65 Jim Johnson 8-3 14-3 M60 Jim Warren Bill Toaspern W65 Ruth Talley W55 Marge Moore 12-10 12-5 6-6 9-0 Shot Put Shot Put M80+A J Puglizevich 26-6 M75 Jim York 35-11 M75 Bob Stone 31-11 M65 BOD Stone Bill Toaspern Sherman Silver M60 Jerry Silsdorf M55 Ted Wassam 28-4 32-1 38-10 Herb Severans 28-5 W75 Berta Gray 16-5 Discus M80+A J.Puglizevich M75 Jim York 57-0 88-7 M70 Hy Booth Hal Cronknite Oiva Nurmela 103-9 98-9 80-10 M65 Bob Stone 106-4 51-0 72-10 S Silver M60 J Silsdorf 108-9 75-0 52-0 36-9 M55 Ted Wassam W Kolankowski Herb Severans Berta Gray W65 Ruth Talley 44-11 W60 Shirley Dietderich Betty Nebenzal 66-11 35-6 Javelin M80+A J Puglizevich 61-10 84-4 66-7 131-5 M70 Dick Mack Hy Booth M65 Boyd Porch Rich Hustance 88-9 70-7 Dick Bennett 45-2 97-10 48-1 34-11 M60 Jerry Silsdorf M55 Ed Manougian Herb Severans W75 Berta Gray W65 Ruth Talley W60 S Dietderich 29-11 73-10

INTERNAT	
5th Asian Veterar Championsh	nips
Tainan, Tawain; Dec 100m	cember 3-5
W35 Akamine Fumiko	JPN 13.48
Yueh-Siang Ou Yang-Ing	ROC 13.60 ROC 13.96
W40 Cheng Yueh-Tzu	ROC 13.87
Fujikawa Chikak Lynda King • W45	JPN 14.24 SIN 14.82
	SIN 13.75 SLK 14.02
Kuratsu Midori W50	JPN 14.51
Yamamoto Midori Nakamura Kimoko	JPN 14.23 JPN 14.61
Sigar Leentie	INA 15.13
Adachi Setsuko Matulessy Tineke	JPN 15.13 INA 15.74
Harahap Tineke	INA 16.16
Cheng Hsieh Kuei Oguma Ryoko Lamech Rose	ROC 19.14 JPN 19.26 IND 19.34
M40 Kaihara Kozabu	and the second
Tanaka Osamu Abdul Rahman	JPN 11.30 JPN 11.65 SIN 11.78
M45 Shiomitsu Katsuma	
P Y Oroh K Chacko	INA 12.14 IND 12.30
M50 Lo Chin-Kuei	ROC 12.26
Kawakami Akio Huang Yuan-Teh	JPN 12.33 ROC 12.44
Mori Kiyoshi	JPN 12.73
Someda Tadatoshi Masuda Hitoshi	JPN 12.94 JPN 13.07
M60 Yamazaki Hideya	JPN 13.06 JPN 13.06
Ishiguro Akio Komazaki Minoru M65	JPN 13.54
Nozaki Gewfuku Siahidiman Rosl	JPN 13.88 INA 14.06
Kusumoto Gorota M70	JPN 14.29
T Shigehiko Morita Moboku	JPN 14.26 JPN 14.30
Sato Saburo	JPN 14.70
Morita Mazumi Tateishi Yuichi Okada Yasaburo	JPN 15.21 JPN 15.31 JPN 15.53
M80 Jan Nangi	INA 16.28
Hosokawa Kunio Hirai Kozo	JPN 17.81 JPN 19.44
200m	and the second
W35 A Fumiko	JPN 28.01
Mehta Prochy H Che Kim Hua	IND 28.20 SIN 28.69
W40 C Yuen-Tzu	ROC 28.77
Fujikawa Chikak - Mahariyah	JPN 29.92 INA 31.57
W45 G Barnabas	State -
Kuratsu Midori	SIN 28.64 SLK 29.04 JPN 30.63
W50	State State
Yamamota Midori Restuningrum Di	
Nakamura Kimiko <u>W55</u>	JPN 30.38
Adachi Setsuko Matulessy Tineke	INA 35.05
Lin Li-Chein W60	ROC 36.77
Cheng Hsien Kuei Wang Yueh Ern	ROC 41.05 ROC 46.40
W65 Liang Chen Tien	ROC 45.66
Yang Huang Chi M40	ROC 48.01
Kaihara Kozabu Chew Chin Rong	JPN 22.96 ROC 23.84
Ko Mine Mao	ROC 24.04

Long Beach Winter Decathlon/Heptathlon December 10-11

Masters' Divisions	100	IJ	SP HJ	400	110H	DT PV	JT 1500 T	otal Place	e -
Lee Webb (30), Mission Val.	12.0	6.17					58.92 4:52.1		
John Arbogast (31), Trojan M.	13.4	4.84					20.42 6:07.1		30-39
David Bruant (32), unat.	13.0	4.37						2142 3rd.	
	12.2	5.52					44.66 5:59.5		
	13.2	4.69	8.70 1.4	0 64.8	22.1				40-49
	15.7	4.14	13.38 1.4	0 80.1					60-69
Jock Jocoy (62), San Diego SA	13.9	4.21	9.68 1.3	0 70.9		26.58 2.28		5482 2nd	
Dr. A.U. Riccardi, Tahoe-Reno			9.20 1.2	0 96.4	22.5	35.36 2.13	27.86 9:16.9		60-69
Donald Grey (61), TidewaterWA			9.50 1.1	0 84.1	23.0	23.28 2.44	28.38 6:31.3	4315 4th	
Ham Morningstar (71), Michigan			9.66 1.1	0 DNF	DNP	32.66 NH	24.60 DNF	2960 1st	70-79
Hal Wallace (60), Corona dM.	15.2	3.90	12.46 1.3	0 81.4	WD		1		Se weller
and the second sec			7.88 1.	50 73.4	23.6	26.40 2.40	35.16 7:52.4	2561 8th	A Ser 1
Andy Bulfer, unat . Phoenix			10.30 1.	90 54.3	WD				200
George Wright, Saddleback C.			9.20 1.	70 57.9	WD				18.3
Darrold Skartvedt, unat. 57 Andy Bulfer, unat., Phoenix	13.8	4.77	10.30 1.	50 73.4 90 54.3 70 57.9	WD	26.40 2.40	35.16 7:52.4	2561 Stn	. Tub

NOTE: All masters' athletes used implements specified for their respective age groups and were scored using the most recent WAVA age factors.

National Masters News

National Ma	asters News
	with the second s
M45 C Kizhakkettakka IND 24.66 Silva Robert SLK 25.24 Yeh San-Fu ROC 25.28	M40 Katsumura HiroyaJPN 2:10.64 Peter Govind MAL 2:11.16 Hwang Chao MIng ROC 2:15.71
M50 Huang Yuan-Teh ROC 24.90 Kawakami Akio JPN 25.14	M45 Cheng Tio Hung ROC 2:24.78
Lo Chin Kuei ROC 25.64 M55	Huang Yung-Yu ROC 2:26.54 Fukuda Koichi JPN 2:32.53 M50
Kuo Wen-Fan ROC 26.44 Assegaf Husein INA 26.58 Mori Kiyoshi JPN 26.65	Okawa Masaaki JPN 2:16.12 Huang Cheng-HsiuROC 2:28.72 Higashikabira JPN 2:30.19
M60 Ishiguro Akio JPN 27.15	M55 Fernando Denzil SLK 2:21.52 Someda TadatoshiJPN 2:22.00
komazaki Hideya JPN 27.24 Komazaki Minoru JPN 27.91 M65	Midorikawa ShichJPN 2:22.81 M60 Nagano Minao JPN 2:36.12
Nozaki Genfuku JPN 28.29 Juan Yu-Ju ROC 28.81 Kusumoto Gorota JPN 29.73	Oikawa Hitoshi JPN 2:39.39 Ishida Masakazu JPN 2:40.51 M65
M70 Watanabe Gentar JPN 30.19 Yabe Takeshi JPN 30.76 Wakama Shunkei JPN 34.04	Uenobe Yoshio JPN 2:36.52 Yang Chin Fa ROC 2:44.39 Hsu Hsin-Chin ROC 2:59.41
M75 Tateishi Yuichi JPN 31.93 Okada Yasaburo JPN 33.54	M70 Miura Takuro JPN 2:56.35 Yamada Fumitaka JPN 2:58.26
Kasama Ichiji JPN 34.44 M80 Sado Tokutaro - JPN 35.71	Lim Bong Yong KOR 3:04.34
Hosokawa Kunio JPN 40.84 Hirai Kozo JPN 65.87	Tsunematsu TakasJPN 3:18.24 Tau Tadashi JPN 3:22.74 Yang Chin Hsieh ROC 4:00.18
400m W35	1500m
Chev Kim Hua, H SIN 1:04.59 Mehta Prochy IND 1:06.32 Wang Chun Mei ROC 1:12.18	W35 Kimmomahon SIN 4:57.26 Ho Hsiu-Feng ROC 5:59.81
W40 Fujikawa Chikak JPN 1:05.68	Tsai Ah-Mei ROC 6:42.49 W40
Aritonang MargarINA 1:14.40 Vijayapersami IND 1:18.13 W45 Barnabas Glory SIN 1:08.85	Fujikawa Chikak JPN 5:42.57 Padmaja Bhargav IND 6:07.99 Fernando SLK 6:26.73 W45
Rajapakshe NandaSLK 1:12.88 Diwakara PremilaSLK 1:17.70 W50	Yang Man-Mei ROC 5:20.58 Chen, Yang ROC 7:31.77 W50
Satchithananda SLK 1:12.47 Chao Chin Chu ROC 1:18.23 Lee Huei Hsing ROC 1:23.82	Satchithanand M SLK 6:08.87 Chang Hsiu-Yeh ROC 6:10.29 W55
W65 Yang Huang Chi ROC 2:00.31 KIm Young Yeo KOR 2:26.87	Adachi Setsuko JPN 6:06.57 Lai Ma Tsai-Lin ROC 6:33.43 W60
M40 Ko Ming Mao ROC 53.64 T Kunhi Mohammed IND 54.35	Hoetapea Emmy INA 7:47.50 Chow Chiu Ah TuaROC 7:48.00 Tsai Wu Hsiu YinROC 7:48.89
Chen Chin Rong ROC 54.42 M45 Pan Muo-Sheng ROC 56.78	M40 Ikeda Kazuo JPN 4:11.53 Kim, Kwon Ki KOR 4:36.16
C Kizhakkettakka IND 58.12 Tadakuma Ryosuk JPN 59.96 MSO Wang Kuei Ling ROC 57.59	Peter Govind MAL 4:38.20 M45 Kuo Tsai Li ROC 4:49.10 Saito Akira JPN 4:52.33
Benny Israel JosepIND 57.88 Konoike Kiyoshi JPN 58.11 M55	Cheng Tio-Hung ROC 4:57.30 M50 Okawa K Masaaki JPN 4:37.44
Someda Tadatoshi JPN 59.25 Chandra Hari SIN 59.31 Fernando Denzil SLK 59.98	Huang Cheng-HsiuROC 4:54.94 Higashikabira S JPN 5:00.64 <u>M60</u> Horiuchi KatsumiJPN 5:02.87
M60 Yamazaki Hideya JPN 1:03.50 Nagano Minao JPN 1:05.11	Nagano Minao. JPN 5:04.97 Oikawa Hitoshi JPN 5:09.50 M65
Komazaki Minoru JPN 1:06.70 <u>M65</u> Uenobe Yoshio JPN 1:04.97 Juan Yu Ju ROC 1:06.14	Ueyama Takashi JPN 5:05.56 Kobayashi YukimiJPN 5:14.50 Uenobe Yoshio JPN 5:21.34
Ueyama Takashi JPN 1:09.98 M70 Watanabe Gentar JPN 1:08.57	M70 Miura Takuro JPN 5:56.12 Lim Bong Yong KOR 5:57.92
Yamada Fumitaka JPN 1:10.41 Hosokawa MasayasJPN 1:10.64 M75	Yamada Fumitaka JPN 6:08.01 <u>M75</u> Tsunematsu TakasJPN 6:40,77
Tau Tadashi JPN 1:15.27 Nagata YoshiyukiJPN 1:15.34 Hu Wei-Yi ROC 1:30.66	Tau Tadashi JPN 6:48.72 Nagata YoshiyukiJPN 7:09.25
800m W35	5000m W35
Kimmemahon SIN 2:26.87 Chew Kim Hua SIN 2:45.19 wang Chun Mei ROC 3:00.78	Ho Hsiu-Feng ROC 23:01.3 Jang Yong Hwa KOR 24:56.2 Tsai Ah Mei ROC 25:34.5 W40
W40 Fujikawa Chikak JPN 2:48.02 Padmaja Bhargav IND 2:59.62 Fernando SLK 3:06.18	Mary Szokolyai SIN 22:32.6 Aquino Olivia PHI 25:10.7 Ahn Myong Hee KOR 31:53.2
W50 Satchithananda SLK 3:08.51 Seethalakshmi IND 3:26.94	W45 Jo J∈ong Boon KOR 23:01.2 Yang Man-Mei ROC 23:22.0
W55 Adachi Setsuko JPN 2:57.95 Lai Ma Tsai-Lin ROC 3:18.22	Ko Yueh-Chih ROC 24:22.1 <u>W50</u> Satchithananda MSLK 24:57.7 Seethakalshmi IND 26:21.5
Sharadamma MulluIND 3:24.46	W55 Lai Ma Tsai-Lin ROC 24:18.5 Kang Young Hee KOR 31:43.7
Extension Contractor	W60 Ko Jeong Sook KOR 28:26.0
T 1500 Total Place .35 58.92 4:52.1 6219 1st 30-39 .74 20.42 6:07.1 2558 2nd 30-39 .13 25.58 7:09.4 2142 3rd 30-39 .50 44.66 5:59.5 6125 1st 40-49	Tsai Wu Hsiu ROC 28:58.0 Chou Chiu Ah TuaROC 31:48.1 M40 Ikeda Kazuo JPN 15:29.6
.30 44.06 5137.3 6123 1at 40-49 .90 35.06 6108.4 4170 2nd 40-49 .74 36.18 910.6 5619 1at 60-69 .28 29.44 619.9 5482 2nd 60-69 .13 27.86 916.9 4316 3rd 60-69	Kim Kwon Ki KOR 16:50.3 M Amin INA 18:12.1
141 28.38 6:31.3 4315 4th 60-69 H 24.60 DNF 2960 1st 70-79 2.40 35.16 7:52.4 2561 8th	M45 Kuo Tsai-Lin ROC 17:51.5 Lin Chen-Hsin ROC 18:13.2 M A Balasubra IND 18:18.1
The American State	M50 Kim Je Kun KOR 18:22.3 Park Bong Tae KOR 18:59.3
ive age groups and were scored	Wu Tien-Fu ROC 19:14.4

Contraction of the second		page 55
PAR ANTIGE ME	M55	M70
aJPN 2:10.64	Midorikawa ShichJPN 17:11.9	Miura Takuro JPN 1.29
MAL 2:11.16	Miyakawa TadashiJPN 18:23.9	Liu Chang-Chuan ROC 1.29
ROC 2:15.71	Munikuttiappa A IND 18:49.8	Shirai Chogoro JPN 1.20
Strate Contraction	M60	<u>M75</u>
ROC 2:24.78	Horiuchi KatsumiJPN 18:37.0	Morita Mazumi JPN 1.20
ROC 2:26.54	Yamada Junichi JPN 19:17.1	Takahashi Toyoji JPN 1.15
JPN 2:32.53	Nagano Minao JPN 19:21.8	Ho Feng-Yin ROC 1.05
	<u>M65</u>	Pole Vault
JPN 2:16.12	Ueyama Takashi JPN 18:49.7	M50
uROC 2:28.72	Yan; Chin-Fa ROC 19:18.8	Ito Koichi JPN 3.00
JPN 2:30.19	Kobayashi YukimiJPN 19:28.0	Thomas Kappan KappIND 2.60
SLK 2:21.52	M70 Chen Chuan ROC 23:05.0	Badrin Mohn Jai MAL 2.00 Long Jump
1JPN 2:22.00	Chen Chuan ROC 23:05.0 Lim Bong Yong KOR 23:30.0	W40
ChJPN 2:22.81	Wirosuharto INA 23:37.8	Cheng Yueh-Tzu ROC 4.61
IDFN 2.22.01	#11050 ET (0) 104 25.57.0	Lynda King SIN 4.02
JPN 2:36.12	10.000-	Fujikawa Chikak JPN 3.93
JPN 2:39.39	10,000m W40	W45
JPN 2:40.51	Aquino Olivia PHI 52:28.9	Kuratsu Midori JPN 4.40
and share	Yoon Boo Soon KOR 62:57.2	Ko Yueh-Chih ROC 4.26
JPN 2:36.52	M40	Rajapakshe Nanda SLK 4.15
ROC 2:44.39	Kim Kwon Ki KOR 36:16.5	<u>W50</u>
ROC 2:59.41	Cyrus IND 37:39.5	Sigar Leenjie INA 4.11
and a matter	Hwang Ho Shang ROC 38:19.7	Yamamoto Midori JPN 3.82
JPN 2:56.35	<u>M45</u>	Restuningrum Di INA 3.63
JPN 2:58.26	Kuo Tsai-Li ROC 36:35.3	M55 Adachi Setsuko JPN 3.88
KOR 3:04.34	Saito Akira JPN 36:41.2	Matulessy Tineke INA 3.63
	Lin Chen-Hsin ROC 37:31.9	Yokoi Kazuyo JPN 3.56
SJPN 3:18.24	M50	W60
JPN 3:22.74	Kim Je Eun KOR 38:03.8	Liao Chen Ruei Yu ROC 2.45
ROC 4:00.18	Won Jong Dae KOR 40:20.1 Wu Tien-Fu ROC 41:05.0	Hu Yii ROC 2.17
Station of Last	M55 KOC 41:05.0	Ho chen Ai ROC 2.14
的复数的 建制度	Miyakawa TadashiJPN 37:19.4	<u>₩70</u>
- Tarinali	Park Pan Soo KOR 39:15.0	Nakashima Tama JPN 2.54
SIN 4:57.26	Lee Wen-An ROC 40:36.1	Huang Wang Hsiuo ROC 1.67
ROC 5:59.81	M60	Chen Yang Chin ROC 1.51
ROC 6:42.49	Noriuchi Katsumi JPN 40:04.6	M40
1. 1. 1. 1. 2. 1. 1. 2. 1. 1. 1. 2. 1. 1. 1. 1. 1. 1. 1. 1. 1. 1. 1. 1. 1.	Yamada Junichi JPN 40:33.8	Yoshito Imahashi JPN 6.22
k JPN 5:42.57	Ishida Masakazu JPN 40:48.1	Chen Chung Tien ROC 5.71 Fernando Emmanu SLK 5.58
V IND 6.07.99	<u>M65</u>	Fernando Emmanu SLK 5.58 M45
SLK 6:26.73	Kobayashi YukimiJPN 40:53.9	Chen Lung-Sheng ROC 5.39
Part and some	Lin Deng-Ho ROC 44:07.7	Dissanayake San SLK 5.29
ROC 5:20.58	Lee Dukkyn KOR 45:01.0	Silva Robert SLK 5.11
ROC 7:31.77	Miura Takuro JPN 47:41.6	M50
C.00 07		Chen Tsuri-Li ROC 5.89
1 SLK 6:08.87	Lim Bong Yong KOR 47:48.0 Hung Tu-Fu ROC 48:24.5	Tajima Kiyoshi JPN 5.76
ROC 6:10.29	M75	Tanaka Hajime JPN 5.16
JPN 6:06.57	Hwang Da-Hsiang ROC 56:11.4	<u>M55</u>
ROC 6:33.43	Tsu-Yu ROC 58:38.8	Otani Toshio JPN 5.23 Masuda Hitoshi JPN 5.07
State of the state	and the second second second	Masuda Hitoshi JPN 5.07 Wang Yin-Sheng ROC 4.96
INA 7:47.50	High Hurdles	M60
aROC 7:48.00	M40 Cher Tsung Pin ROC 15.22	Yama Moto Noboru JPN 4.91
inROC 7:48.89	Kunhi Mohammed IND 16.91	Ishii Kazushi JPN 4.72
JPN 4:11.53	Miyabe Fuminori JPN 16.96	Kobayashi Michi JPN 4.63
KOR 4:36.16	<u>M45</u>	M65 Tanaka Juji JPN 4.76
MAL 4:38.20	Tadakuma Ryosuk JPN 20.21	Siahidiman Rosli INA 4.31
	Lee Chang Ho ROC 21.04 M50	Chang Chao-Chen ROC 4.07
ROC 4:49.10 JPN 4:52.33	Ito Koichi JPN 18.51	<u>M70</u>
ROC 4:57.30	Konoike Kiyoshi JPN 18.71	Miura Takuro JPN 4.40
The state of the second	Mohammed ArefiddinINA 19.64	Tsunose Satoshi JPN 4.23
JPN 4:37.44	A CALENDARY STREET, SALES	Hosokawa Masayasu JPN 3.98
LUROC 4:54.94	Intermediate Hurdles	MOTILA MAZUMI JPN 4.70
5 JPN 5:00.64	M40 T Kurhi MohammeIND 59.39 Chen Tsung Pin ROC 60.70	(Age-group WR)
1.JPN 5:02.87	Sarong Thomas INA 61.14	Tateishi Yuichi JPN 3.84
JPN 5:02.87	M45	Kasama Ichiji JPN 3.75
JPN 5:09.50	Hsiao Bor-Hsiung ROC 68.04	<u>M80</u>
511 5.05.50	Ou Heic-Hsiung ROC 73.49	Hosckawa Kunio JPN 3.24
JPN 5:05.56	Jose Lin Sideng PHI 91.00	Okazaki Masami JPN 3.16
1JPN 5:14.50	<u>M50</u>	Triple Jump
JPN 5:21.34	Konoike Kiyoshi JPN 64.88	<u>W35</u>
States and states	Mochamad ArifeddinINA 71.10	P Sasikala IND 8.90
JPN 5:56.12	Liu Wen-Chin ROC 75.00	Radha IND 8.39
KOR 5:57.92	Annal Contraction of the second	W45 Rajanaksho Nanda STK 8 41
JPN 6:08.01	High Jump	Rajapakshe Nanda SLK 8.41 Yamaguchi Tokik JPN 7.10
	W35	Yamaguchi Tokik JPN 7.10 W50
SJPN 6:40.77	Supanee PoongkanonTHA 1.45 Sasikala IND 1.25	Asano Shun Ko JPN 6.38
JPN 6:48.72	Lin Chun-Yu ROC 1.20	Satchithananda M SLK 6.12
.09.25	W45	Drospathy IND 4.90
Contraction of the	Ko Yueh-Chih ROC 1.30	W55
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M80 Ratu Jan Mangi IN. Okazaki Masami JPI. Chiu Ah-Liu ROU Discus W40 Sulandari Tumi INV. Hsu Jiven-Dai ROU Lin Chih-Feng ROU W45 Suhardi Wijayanti INV. Karundeng Ma INV. Nakasuji Michiko JPI	C 7.64 A 8.54 A 7.59 C 4.50 Uff C 25.44 C 25.44 C 25.24 C 25.32 L C 24.98 C 23.98 C 23.98	Edmund Fitzgerak tramarathon (TAC Na 100K Championshi Duluth, MN October 22 XXX Rec Ciark 36,CA Charle Trayer 34,PA Denathen Dellar 32,PA
M80 Ratu Jan Mangi IN. Okazaki Masami JPI Chiu Ah-Liu ROU Discus W40 Sulandari Tumi INI Hsu Jiven-Dai ROU Lin Chih-Feng ROU W45 Suhardi Wijayanti INI Karundeng Ma INI Nakasuji Michiko JPI W50	C 7.64 A 8.54 A 7.59 C 4.50 UH 25.44 C 25.44 C 25.24 A 25.32 A 23.96 A 23.96	Edmund Fitzgerak tramarathon (TAC Na 100K Championshi Duluth, MN October 22 XOK Res Clark 36:CA Charles Trays: 34:PA Joanathan DeHart 29:PA Al Zeller 41, MI Rob Peizman, 27
M80 Ratu Jan Mangi IN Okazaki Masami JP Chiu Ah-Liu ROU Discus W40 Sulandari Tumi IN Hsu Jiven-Dai ROU Lin Chih-Feng ROU W45 Suhardi Wijayanti INU Karundeng Ma IN Nakasuji Michiko JP W50 Twana Etsuko JP	C 7.64 A 8.54 A 7.59 C 4.50 UH A 25.44 C 25.44 C 25.24 A 25.32 A 23.96 A 23.08 N 22.58 7 7	Edmund Fitzgerak tramarathon (TAC Na 100K Championshi Duluth, MN October 22 XXX Ree Ciark-36.CA Charle Trayer 34.PA Joanathan DeHart, 29.PA A Izeller, 41.MI Rob Peizman, 27 Harry Sloan, 40 Richard Mukr, 30, WI
M80 Ratu Jan Mangi IN. Okazaki Masami JPP. Chiu Ah-Liu ROU Discus W40 Sulandari Tumi INV. Hsu Jiven-Dai ROU Lin Chih-Feng ROU W45 Suhardi Wijayanti INV. Karundeng Ma INV. Nakasuji Michiko JPP W50 Twana Etsuko JPP. Sipil Emmy INV.	C 7.64 A 8.54 N 7.59 C 4.50 UH 25.44 2 5.24 10 A 25.32 A 25.32 A 23.96 N 23.08 N 22.58 N 19.34	Edmund Fitzgerak tramarathon (TAC Na 100K Championshi Duluth, MN October 22 XOK Rae Clark 36.CA Charlie Trayer 34.PA Joanatha DeHar, 29.PA AJ Zeller, 41.MI Rob Peitzman, 27 Harry Stoar, 40 Richard Mubr, 30,WI Tim Brown, 49
M80 Ratu Jan Mangi IN. Okazaki Masami JPP. Chiu Ah-Liu ROU Discus W40 Sulandari Tumi INU Hsu Jiven-Dai ROU Lin Chih-Feng ROU W45 Suhardi Wijayanti INU Karundeng Ma INU Nakasuji Michiko JPP W50 Iwana Etsuko JP Shinjo Tomoko JP Sipil Emmy INU W55	C 7.64 A 8.54 Y 7.59 C 4.50 UH 25.44 25.24 10 A 25.32 V 23.96 N 23.96 N 22.58 A 19.34 A 23.16	Edmund Fitzgerak tramarathon (TAC Na 100K Championshi Duluth, MN October 22 XXK Rae Ciark 36:CA Charlie Trayer 34 PA Joanathan DeHart 29:PA Al Zelier 41.MI Rob Peizman, 27 Harry Sloan, 40 Richard Muhr, 30, WI Tim Brown, 49 Sherry Popowski, 37 Richard Le Tourneu, 40
M80 Ratu Jan Mangi IN. Okazaki Masami JPP. Chiu Ah-Liu ROU Discus W40 Sulandari Tumi INU Hsu Jiven-Dai ROU Lin Chih-Feng ROU W45 Suhardi Wijayanti INU Karundeng Ma INU Nakasuji Michiko JPP W50 Jwana Etsuko JPP Sipil Emmy INU W55 Sinurat Hilde INU Nurmini Nurmini INU	A 25.44 2 25.44 2 25.44 2 25.24 A 22.44 2 25.24 A 22.396 A 23.96 A 23.08 A 23.16 10 A 23.16 10 A 20.30 12	Edmund Fitzgerak tramarathon (TAC Na 100K Championshi Duluth, MN October 22 XXX Rae Ciark.36.CA Charle Tayer.34.PA Joanahan DeHar.29.PA Al Zeiler.41.MI Rob Peizman.27 Harry Sloan.40 Richard Mukr.30.WI Tim Brown.49 Sherry Popowski_37 Richard LeTourneau.40 Ron Crawford.41,ID Bob Lange.43
M80 Ratu Jan Mangi IN. Okazaki Masami JPI Chiu Ah-Liu ROU Discus W40 Sulandari Tumi INU Hsu Jiven-Dai ROU Lin Chih-Feng ROU W45 Suhardi Wijayanti INU Karundeng Ma INU Nakasuji Michiko JPI Shinjo Tomoko JPI Sinurat Hilde INU Nurmini Nurmini INU Lo Wu Su-Hsia ROU	C 7.64 A 8.54 A 7.59 C 4.50 UH A 25.44 C 25.44 C 25.44 C 25.24 A 25.32 A 23.96 N 23.96 A 19.34 A 23.16 II 11 A 20.30 C 19.24	Edmund Fitzgerak tramarathon (TAC Na 100K Championshi Duluth, MN October 22 00K Re Clark 36.CA Charle Trayer 34.PA Joanathan DeHart 29.PA Al Zeller 41.MI Rob Peitzman 27 Harry Stoan 40 Richard Mukr 30.WI Tim Brown 49 Sherty Popowski 37 Richard LaTourneau 40 Ron Crawford 41,ID Bob Lange 43 Steve Davis 37 Bob Savig 39
M80 Ratu Jan Mangi IN Okazaki Masami JP Chiu Ah-Liu ROU Discus W40 Sulandari Tumi INV Hsu Jiven-Dai ROU Lin Chih-Feng ROU W45 Suhardi Wijayanti INV Karundeng Ma INV Nakasuji Michiko JP W50 Iwana Etsuko JP Sipil Emmy IN W55 Sinurat Hilde IN Nurmini Nurmini IN Lo Wu Su-Hsia RO W60 Tsao Huang Chin RO	C 7.64 A 8.54 A 7.59 C 4.50 UH 25.44 C 25.44 C 25.44 C 25.24 A 25.32 A 24.98 X 23.96 A 22.58 A 19.34 A 23.16 II 11 A 20.30 C 19.24 IS 15 C 16.52	Edmund Fitzgerak tramarathon (TAC Na 100K Championshi Duluth, MN October 22 XOK Rae Ciark 36:CA Charle Tayer 34 PA Joanathan DeHart 29:PA Al Zeiler 41.MI Rob Peizman 27 Harry Sloan 40 Richard Muhr 30, WI Tim Brown 49 Sherry Poporski 37 Richard La Tourneau 40 Ron Crawford 41,D Bob Lange 43 Steve Davis 37 Bob Stavig 39 David Hiadysh 41,ONT
M80 Ratu Jan Mangi IN. Okazaki Masami JPI Chiu Ah-Liu ROU Discus W40 Sulandari Tumi IN. Hsu Jiven-Dai ROU Lin Chih-Peng ROU W45 Suhardi Wijayanti IN. Karundeng Ma IN. Nakasuji Michiko JPI Ninjo Tomoko JPI Sipil Emmy IN. W55 Sinurat Hilde IN. Nurmini Nurmini IN. Lo Wu Su-Hsia RO W60 Tsao Huang Chin RO Yoshida Mitsuko JP	C 7.64 A 8.54 A 7.59 C 4.50 Ut A 25.44 C 25.24 A 22.32 A 24.98 C 23.96 A 23.96 A 23.96 A 23.96 A 23.96 A 23.98 C 4.50 C 4	Edmund Fitzgerak tramarathon (TAC Na 100K Championshi Duluth, MN October 22 XOK Res Clark.36.CA Charle Tayer.34.PA Joanahan DeHar.29.PA Al Zeller.41, MI Rob Peizman,27 Harry Sloan.40 Richard Muhr.30, WI Tim Brown.49 Sherry Popowski_37 Richard LeTourneau,40 Ron Crawford.41, ID Bob Lange.43 Steve Davis,37 Bob Stavig.39 David Hladysh.41, ONT Robert Brokke.37
M80 Ratu Jan Mangi IN. Okazaki Masami JPI Chiu Ah-Liu ROU Discus W40 Sulandari Tumi IN. Hsu Jiven-Dai ROU Lin Chih-Peng ROU W45 Suhardi Wijayanti IN. Karundeng Ma IN. Nakasuji Michiko JPI Ninjo Tomoko JPI Sipil Emmy IN. W55 Sinurat Hilde IN. Nurmini Nurmini IN. Lo Wu Su-Hsia RO W60 Tsao Huang Chin RO Yoshida Mitsuko JP	C 7.64 A 8.54 Y 7.59 C 4.50 UH 25.44 C 25.44 C 25.24 A 25.32 A 23.96 N 23.96 N 23.96 A 19.34 A 20.30 C 19.24 N 13.06 N 16.38 T 17.08 N 16.38 T 15.08	Edmund Fitzgerak tramarathon (TAC Na 100K Championshi Duluth, MN October 22 00K Rec Ciark.36.CA Charle Trayer.34.PA Joanathan DeHar.29.PA Al Zeller.41, MI Rob Peizman.27 Harry Sloan.40 Richard Mukr.30, WI Tim Brown.49 Sherty.Popowski.37 Richard Aubur.30, WI Tim Brown.49 Sherty.Popowski.37 Richard LoTourneau.40 Ron Crawford.41, ID Bob Lange.43 Steve Davis.37 Bob Stavig.39 David Hladysh.41, ONT Robert Brokke.37 Mischell Rossman.32 Keith Kehn.36 John Hacken.40
M80 Ratu Jan Mangi IN. Okazaki Masami JPP. Chiu Ah-Liu ROU Discus W40 Sulandari Tumi IN. Hsu Jiven-Dai ROU Lin Chih-Feng ROU W45 Suhardi Wijayanti IN. Karundeng Ma IN. Nakasuji Michiko JPP W50 Iwana Etsuko JP. Sinjo Tomoko JP. Sipil Emmy IN. W55 Sinurat Hilde IN. Lo Wu Su-Hsia RO W60 Tsao Huang Chin RO Yoshida Mitsuko JP. Chen Huang Huan RO W65 Tsujii Isuzu JF	C 7.64 A 8.54 A 7.59 C 4.50 UH 25.44 C 25.44 C 25.44 C 25.24 A 25.32 N 23.96 N 23.96 A 25.88 N 23.08 N 23.08 N 23.08 N 23.08 N 23.08 N 23.08 N 216 N 19.24 N 16.38 N 17.08 N 22.86	Edmund Fitzgerak tramarathon (TAC Na 100K Championshi Duluth, MN October 22 00K Rec Ciark.36.CA Charle Trayer.34.PA Joanathan DeHar.29.PA Al Zeller.41, MI Rob Peizman.27 Harry Sloan.40 Richard Muhr.30, WI Tim Brown.49 Sherty.Popowski.37 Richard Aubur.30, WI Tim Brown.49 Sherty.Popowski.37 Richard LeTourneau.40 Ron Crawford.41, ID Bob Lange.43 Steve Davis.37 Bob Stavig.39 David Hladysh.41, ONT Robert Broike.37 Mitchell Rossman.32 Keith Kehn.36 John Hacken.40 Mac Horng.54
M80 Ratu Jan Mangi IN Okazaki Masami JP Chiu Ah-Liu ROU Discus W40 Sulandari Tumi IN Hsu Jiven-Dai ROU Lin Chih-Feng ROU Win Chih-Feng ROU Subardi Wijayanti INU Karundeng Ma INU Nakasuji Michiko JP W50 Iwana Etsuko JP Shinjo Tomoko JP Sipil Bmmy INU W55 Sinurat Hilde IN Nurmini Nurmini IN Lo Wu Su-Hsia ROU W60 Tsao Huang Chin Yoshida Mitsuko JP Chen Huang Huan ROU W65 Tsujii Isuzu JP Lin Su Erh ROU	C 7.64 A 8.54 Y 7.59 C 4.50 Uff A 25.44 C 25.44 C 25.24 A 23.98 X 23.98 X 23.98 A 23.16 10 A 23.16 10 A 23.16 10 A 23.16 10 C 19.24 I S 22.68 N 22.58 I C 15.28 I I I I I I I I I I I I I	Edmund Fitzgerak tramarathon (TAC Na 100K Championshi Duluth, MN October 22 00K Rec Ciark.36.CA Charle Trayer.34.PA Joanathan DeHar.29.PA Al Zeller.41, MI Rob Peizman.27 Harry Sloan.40 Richard Muhr.30, WI Tim Brown.49 Sherty.Popowski.37 Richard Aubur.30, WI Tim Brown.49 Sherty.Popowski.37 Richard LeTourneau.40 Ron Crawford.41, ID Bob Lange.43 Steve Davis.37 Bob Stavig.39 David Hladysh.41, ONT Robert Broike.37 Mitchell Rossman.32 Keith Kehn.36 John Hacken.40 Mac Horng.54
M80 Ratu Jan Mangi IN. Okazaki Masami JPP. Chiu Ah-Liu ROU Discus W40 Sulandari Tumi INU Hsu Jiven-Dai ROU Lin Chih-Feng ROU W45 Suhardi Wijayanti INU Karundeng Ma INU Nakasuji Michiko JPP M50 Iwana Etsuko JPP Sipil Emmy INU W55 Sinurat Hilde INU Nurmini Nurmini INU Lo Wu Su-Hsia ROU W60 Tsao Huang Chin ROU Yoshida Mitsuko JPU Chen Huang Huan ROU W65 Tsujii Isuzu JPU Lin Su Erh ROU M45	C 7.64 A 8.54 Y 7.59 C 4.50 Ut A 25.44 C 25.44 C 25.24 A 23.96 X 23.96 X 23.96 X 23.98 X 23.96 X 23.98 A 23.16 A 24.30 X 22.58 A 19.34 R 23.36 K 12.58 X 12.58	Edmund Fitzgerak tramarathon (TAC Na 100K Championshi Duluth, MN October 22 XOK Ras Ciark_36.CA Charlie Trayer_34,PA Joanathan DeHar_29,PA Al ZelierA1.MI Rob Peitzman_27 Harry Sloan,40 Richard Muhr_30,WI Tim Brown.49 Sherry Pepowski_37 Richard La Tourneau,40 Ron Crawford.41,ID Bob Lange.43 Steve Davis.37 Bob Stavig.39 David Hiadysh.41,ONT Robert Brokke.37 Mitchell Rosoms.32 Keith Kebn.36 John Hacket.40 Mat Horm_54 U.S. 50-54 Record Bruce Shepped.36 Carmel Vinbel.40 Steve Davisd.33
M80 Ratu Jan Mangi IN Okazaki Masami JP Chiu Ah-Liu ROU Discus W40 Sulandari Tumi IN Hsu Jiven-Dai ROU Lin Chih-Feng ROU W50 Suhardi Wijayanti INU Karundeng Ma IN Nakasuji Michiko JP W50 Iwana Etsuko JP Shinjo Tomoko JP Sinurat Hilde IN Nurmini Nurmini IN Lo W Su-Hsia RO W60 Tsao Huang Chin RO Yoshida Mitsuko JP W65 Tsujii Isuzu JP Lin Su Erh RO M65 Tsujii Isuzu JP Lin Su Erh RO M45 Lin Chen-Hung RO	C 7.64 A 8.54 A 7.59 C 4.50 Ut A 25.44 C 25.44 C 25.24 A 23.96 A 23.96 A 23.96 A 23.96 A 23.96 A 23.96 A 23.96 A 23.96 A 23.96 A 23.96 C 19.24 C 16.52 C 15.08 C 17.26 C 15.36 C 23.22 C 25.22 C 25.25 C 25.22 C 25.25	Edmund Fitzgerak tramarathon (TAC Na 100K Championshi Duluth, MN October 22 00K Rea Clark 36.CA Charle Trayer 34.PA Joanathan Detlar 1,29.PA Al Zeller 41, MI Rob Peitzman, 27 Harry Stoar, 40 Richard Muhr 30, WI Tim Brown, 49 Sherty Popowski, 37 Richard Muhr 30, WI Tim Brown, 49 Sherty Popowski, 37 Richard La Tourneau, 40 Ron Crawford 41, ID Bob Savig, 39 David Hladysh, 41, ONT Robert Brokke, 37 Mitchell Rostman, 32 Keith Kehn, 36 John Hacket, 40 Mac Homa, 54 U.S. 50-54 Record Bruce Shepperd, 36 Carmel Vrabel, 40 Steven Bysted, 33 Mary Bysted, 33 Mary Bysted, 33 Mary Bysted, 33 Mary Bysted, 33
M80 Ratu Jan Mangi IN Okazaki Masami JFP Chiu Ah-Liu ROU Discus W40 Sulandari Tumi INV Hsu Jiven-Dai ROU Lin Chih-Feng ROU W5 Suhardi Wijayanti INV Karundeng Ma INV Nakasuji Michiko JP W50 Iwana Etsuko JP Shinjo Tomoko JP Sipil Bmmy IN W55 Sinurat Hilde IN Nurmini Nurmini IN Lo Wu Su-Hsia RO W60 Tsao Huang Chin RO Yoshida Mitsuko JP Chen Huang Huan RO W65 Tsujii Isuzu JF Lin Su Erh RO M45 Lin Chen-Hung RO Lin Nan Hsiung RO	C 7.64 A 8.54 Y 7.59 C 4.50 Ut A 25.44 C 25.44 C 25.32 A 24.98 Z 3.96 X 23.96 X 23.96 X 23.96 X 23.98 X 23.96 X 23.95 X 23.55 X 25.55 X 25.55	Edmund Fitzgerak tramarathon (TAC Na 100K Championshi Duluth, MN October 22 00K Re Ciark 36.CA Charle Trayer 34.PA Joanathan DeHar 129.PA Al Zeller 41.MI Rob Peitzman 27 Harry Stoan 40 Richard Muhr 30.WI Tim Brown 49 Sherty Popowski 37 Richard Muhr 30.WI Tim Brown 49 Sherty Popowski 37 Richard Muhr 30.WI Tim Brown 49 Sherty Popowski 37 Richard LeTourneau 40 Bob Lange 43 Steve Davis 37 Mischell Rossmen 32 Keith Kehn 36 John Hacket 40 Mischell Rossmen 32 Keith Kehn 36 John Hacket 40 Mischell Yabel 40 Steven Bystedt 33 Marg Bystedt 33 Marg Bystedt 35 David Frank 42 William Bigelow, 46 Eugene Curnow, 46
M80 Ratu Jan Mangi IN. Okazaki Masami JPP. Chiu Ah-Liu ROU Discus W40 Sulandari Tumi IN. Hsu Jiven-Dai ROU Lin Chih-Feng ROU W45 Suhardi Wijayanti IN. Karundeng Ma IN. Nakasuji Michiko JPP M50 Iwana Etsuko JPP. Sipil Emmy IN. W55 Sinurat Hilde IN. Nurmini Nurmini IN. Lo Wu Su-Hsia RO W60 Tsao Huang Chin RO Yoshida Mitsuko JP. Chen Huang Huan RO W65 Tsujii Isuzu JP. Lin Su Erh RO M45 Lin Chen-Hung RO Lin Nan Hsiung RO Orlando Pereira SU M50	C 7.64 A 8.54 A 7.59 C 4.50 Ut A 25.44 C 25.44 C 25.24 A 23.96 A 23.96 C 19.24 C 16.52 C 15.36 C 15.36 C 35.22 C 28.58 C 27.62 C 28.59 C 28.59 C 27.62 C 28.59 C 28.59 C 27.62 C 27.62	Edmund Fitzgerak tramarathon (TAC Na 100K Championshi Duluth, MN October 22 XOK Rec Ciark 36.CA Charle Triyer 34,PA Joanathan DeHar 29,PA Al Zeller 41, MI Rob Peitzman, 27 Harry Sloan, 40 Richard Muhr, 30, WI Tim Brown, 49 Sherry Popowski 37 Richard La Tourseau, 40 Richard La Nathan, 24 Steve Davis, 37 Bob Stavig, 39 David Hiadysh, 41, ONT Robert Brokke, 37 Mitchell Rosama, 24 U.S. 50–54 Record Bruce Shepperd, 36 Carmel Yrabel, 40 Steve Davisd, 35 David Frank, 42 William Bytosed, 35 David Frank, 42 William Biglow, 46 Eugene Curnow, 44 Bob Frawiey, 32
M80 Ratu Jan Mangi IN Okazaki Masami JP Chiu Ah-Liu ROU Discus W40 Sulandari Tumi IN Hsu Jiven-Dai ROU Lin Chih-Feng ROU Wana Etsuko JP Shinjo Tomoko JP Sipil Brmy IN W55 Sinurat Hilde IN Nurmini Nurmini IN Lo Wu Su-Hsia ROU W60 Tsao Huang Chin ROU Yoshida Mitsuko JP Lin Su Erh ROU Lin Su Erh ROU W65 Tsujii Isuzu JP Lin Su Erh ROU Lin Nan Hsung ROU M45 Lin Chen-Hung ROU Lin Nan Hsung ROU M50 Fukuhara Kenyu JF	C 7.64 A 8.54 N 7.59 C 4.50 U 25.44 C 25.44 C 25.44 C 25.32 L 24.98 Z 23.96 N 22.58 N 22.58 N 23.16 L 11 A 29.34 B 20.06 C 19.24 D 14 C 16.52 IA 13.16 IA 14.3 C 15.08 IB 20 C 15.08 IA 23.36 C 23.26 C 25.22 C 25.22 C 25.8	Edmund Fitzgerak tramarathon (TAC Na 100K Championshi Duluth, MN October 22 XOK Res Ciark_36.CA Charles Trayer,34,PA Joanathan DeHar,29,PA Al Zelier,41,MI Rob Peizman,27 Harry Slowa,40 Richard Muhr,30,WI Tim Brown,49 Sherry Popowski_37 Richard La Tourneau,40 Ron Crawford,41,ID Bob Lange,43 Steve Davis,37 Bob Stavig,39 David Hadyth,41,0NT Robert Brokke,37 Mitchell Record Bruce Shepperd,36 Carmel Vrabel,40 Steven Byted,13 David Harket,40 Mar Horm,34 U.S. 50-54 Record Bruce Shepperd,36 Carmel Vrabel,40 Steven Byted,13 David Frabel,40 Steven Byted,13 David Frabel,40 Steven Byted,13 David Frabel,40 Steven Byted,13 David Frabel,40 Steven Byted,13 David Frabel,40 Eugen Curnow,44 Bob Frawkey,32 Edwn Korks,50
M80 Ratu Jan Mangi IN Okazaki Masami JPP Chiu Ah-Liu ROU Discus W40 Sulandari Tumi INV Hsu Jiven-Dai ROU Lin Chih-Feng ROU W45 Suhardi Wijayanti INV Karundeng Ma INV Nakasuji Michiko JPP W50 Iwana Etsuko JPP Shinjo Tomoko JPP Sipil Emmy INV W55 Sinurat Hilde IN Nurmini Nurmini IN Lo Wu Su-Hsia W60 Tsao Huang Chin RO Yoshida Mitsuko JP Chen Huang Huan RO W65 Tsujii Isuzu JP Lin Chen-Hung RO Lin Chen-Hung RO M45 Lin Chen-Hung RO M50 Fukuhara Kenyu JF Nakao Akiyoshi JF Nakao Akiyoshi JF Nakao Akiyoshi JF	C 7.64 A 8.54 N 7.59 C 4.50 U 25.44 C 25.44 C 25.44 C 25.44 C 25.24 A 25.32 N 23.96 N 23.08 N 22.58 7 7 A 29.316 N 23.08 N 22.58 7 19.24 14 11 C 16.52 N 15.08 N 22.86 C 17.26 N 23.68 C 25.22 C 25.58 K 27.62 N 40.56 N 31	Edmund Fitzgerak tramarathon (TAC Na 100K Championshi Duluth, MN October 22 XOK Re Ciark 36.CA Charlie Trayer 34.PA Joanathan DeHar, 29.PA Al Zeller, 41.MI Rob Peitzman, 27 Harry Sloan, 40 Richard Multr, 30, WI Tim Brown, 49 Sherty Popowski, 37 Richard Multr, 30, WI Tim Brown, 49 Sherty Popowski, 37 Richard Le Tourneeu, 40 Ron Crawford, 41, D Bob Lange, 43 Surve Davis, 37 Bob Stavig, 39 David Hladysh, 41, ONT Robert Brokke, 37 Mitchell Rossman, 32 Keinh Kehn, 36 John Hacket, 40 Mae Horng, 54 U.S. 50–54 Record Bruce Sherpard, 36 Carmel Vinbel, 40 Sueve Bysted, 33 David Frank, 42 William Bigelow, 46 Eugene Cumow, 44 Bob Frawley, 32 Edwan Kortuspher, 37
M80 Ratu Jan Mangi IN Okazaki Masami JP Chiu Ah-Liu ROU Discus W40 Sulandari Tumi IN Hsu Jiven-Dai ROU Lin Chih-Feng ROU Win Chih-Feng ROU Warundeng Ma IN Nakasuji Michiko JP W50 Iwana Etsuko JP Shinjo Tomoko JP Sinurat Hilde IN Nurmini Nurmini IN Lo Wu Su-Hsia ROU W60 Tsao Huang Chin ROU Yoshida Mitsuko JP Chen Lee Ah Suan ROU M45 Lin Chen-Hung ROU Lin Nan Hsiung ROU Orlando Pereira SI M50 Fukuhara Kenyu JF Nakao Akiyoshi JF T Chiang-Ying ROU	C 7.64 A 8.54 A 7.59 C 4.50 Ut A 25.44 C 25.44 C 25.24 A 23.96 A 23.96 C 19.24 A 19.34 C 16.52 C 19.24 B 16.52 C 15.08 C 17.26 C 17.26 C 17.26 C 15.36 C 25.22 C 28.58 C 27.62 C 27.62	Edmund Fitzgerak tramarathon (TAC Na 100K Championshi Duluth, MN October 22 XOK Reclark.36.CA Charlie Trayer.34.PA Joanathan DeHar.29.PA Al Zeller.41.MI Rob Peitzman.27 Harry Sloar.40 Richard Mulr.30,WI Tim Brown.49 Sherry.Popowski37 Richard Mulr.30,WI Tim Brown.49 Sherry.Popowski37 Richard Mulr.30,WI Tim Brown.49 Sherry.Popowski37 Richard LeTourneau.40 Bob Lange.43 Steve Davis.37 Bob Savig.39 David Hladysh.41.0NT Robert Brokke.37 Mitchell Rossman.32 Keith Kehn.36 John Hacket.40 Mar Homt.34 U.S. 50-54 Record Bruce Shepperd.36 Carmel Yinbel.40 Steven Bystedt.33 Mary Bystedt.35 David Frank.42 William Bigelow.46 Eugene Curnow.44 Bob Frawkey.32 Edwin Kortas.50 Eugene Steiner.37 Mary.Setter.29 Robert Dupy.37 Detbie Rich.36
M80 Ratu Jan Mangi IN Okazaki Masami JPP Chiu Ah-Liu ROU Discus W40 Sulandari Tumi INV Hsu Jiven-Dai ROU Lin Chih-Feng ROU W45 Suhardi Wijayanti INV Karundeng Ma INV Nakasuji Michiko JP W50 Iwana Etsuko JPP Shinjo Tomoko JPP Sipil Bmmy IN W55 Sinurat Hilde IN Nurmini Nurmini IN Lo Wu Su-Hsia RO W60 Tsao Huang Chin RO Yoshida Mitsuko JP Chen Huang Huan RO W65 Tsujii Isuzu JF Lin Chen-Huang Huan RO W65 Tsujii Isuzu JF Lin Chen-Huang RO M45 Lin Chen-Hung RO M50 Pukuhara Kenyu JF Nakao Akiyoshi JF T Chiang-Ying RO M55 Chen Jong Huei KO	C 7.64 A 8.54 A 7.59 C 4.50 Uff A 25.44 C 25.44 C 25.44 C 25.24 A 22.96 A 23.08 A 23.08 A 23.08 A 23.08 A 23.08 A 23.16 III. A 20.30 C 19.24 III. C 16.52 III. C 15.08 III. C 15.08 III. C 28.58 C 35.22 C 35.22	Edmund Fitzgerak tramarathon (TAC Na 100K Championshi Duluth, MN October 22 XOK RecTart 36.CA Charle Triyer 34.PA Joanathan DeHart 29.PA Joanathan DeHart 29.PA Richard La Tourneau 40 Richard Muhr 30.WI Bob Lange 43 Steve Davis 37 Bob Stavis 1.37 Micheil Rossman, 24 U.S. 50–54 Record Bruce Shepard 36 Carmel Vrabel 40 Sieven Bystadt 33 David Frank 42 William Bigelow, 46 Eugene Curnow, 48 Bob Frawieg 32 Edwin Korkas, 50 Eugene Stener, 34 JA Grant Christopher, 37 Mac Youber, 37 Robert Dupey, 37 Debte Rich, 36 Rober Thorbus, 59
M80 Ratu Jan Mangi IN Okazaki Masami JPP Chiu Ah-Liu ROU Discus W40 Sulandari Tumi INV Hsu Jiven-Dai ROU Lin Chih-Feng ROU W45 Suhardi Wijayanti INV Karundeng Ma INV Nakasuji Michiko JPP M50 Iwana Etsuko JPP Sipil Emmy INV W55 Sinurat Hilde INV Nurmini Nurmini INV Lo Wu Su-Hsia W60 Tsujii Isuzu JP Lin Su Erh RO M65 Tsujii Isuzu JP Lin Chen-Hung RO M45 Lin Chen-Hung RO M45 Lin Chen-Hung RO M45 Lin Chen-Hung RO M45 Lin Chen-Hung RO Nakao Akiyoshi JF T Chiang-Ying RO M55 Chen Jong Huei RO R S Misra Rama ShaDN Lee Lien Huei RO	C 7.64 A 8.54 A 7.59 C 7.59 C 4.50 M 25.44 C 25.44 C 25.44 C 25.44 C 25.44 C 25.32 M 23.08 N 22.58 N 23.08 N 22.58 N 23.16 M 19.34 9 4.20.30 C 19.24 14 16 N 16.38 N 12.36 20 20 C 15.36 22 24 C 28.58 K 27.62 N 40.56 30 33 C 31.56 35 35 D 30.28 30.28 30	Edmund Fitzgerak tramarathon (TAC Na 100K Championshi Duluth, MN October 22 XOK Res Ciark J&GCA Charlie Triyer J&PA Jonathan DeHar 29, PA Jonathan DeHar 29, PA Richard La Toursen 40 Richard Muhr. 30, WI Tim Brown 49 Sherry Popowski J7 Richard La Toursen 40 Richard La Star Steve Davis, J7 Bob Stavig, J9 David Hiadysh, 41, ONT Robert Brokke, J7 Mischell Rosama, J2 Keith Kehu, J&G John Hacket, 40 John Hacket, 40 Jone Brues Hopperd, J& Gamel Yrabel, 40 Steven Bysted, J3 David Frank, 42 William Bysted, J3 David Frank, 42 William Bysted, J3 Mary Bysted, J3 David Frank, 42 William Bysted, J3 Mary Bysted, J3 Robert Dupey, 37 Debot Rich, J4 Robert Rout, 51 Robert Rout, 5
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M80 Ratu Jan Mangi IN Okazaki Masami JPP Chiu Ah-Liu ROU Discus W40 Sulandari Tumi INV Hsu Jiven-Dai ROU Lin Chih-Feng ROU W45 Suhardi Wijayanti INV Karundeng Ma INV Nakasuji Michiko JPP W50 Iwana Etsuko JPP Shinjo Tomoko JPP Shinjo Tomoko JPP Sipil Emmy INV W55 Sinurat Hilde IN Nurmini Nurmini IN Lo Wu Su-Hsia RO W60 Tsao Huang Chin RO Yoshida Mitsuko JP Chen Lee Ah Suan RO W65 Tsujii Isuzu JP Lin Chen-Hung RO Lin Chen-Hung RO Lin Chen-Hung RO M50 Fukuhara Kenyu JF Nakao Akiyoshi JE T Chiang-Ying RO M55 Chen Jong Huei RO R S Misra Rama ShaDh Lee Lien Huei RO M60 Hwang Chi-Shih RO Kuo Chi-Chiu RO </th <td>C 7.64 A 8.54 A 7.59 C 4.50 Ut A 25.44 C 25.44 C 25.24 A 23.96 A 23.96 C 19.24 A 19.34 C 16.52 C 19.24 A 19.34 C 16.52 C 15.08 C 35.22 C 28.58 C 27.62 C 35.22 C 28.58 C 35.22 C 35.22 C 35.22 C 35.22 C 35.22 C 35.60 C 32.12 C 35.21 C 35.60 C 35.21 C 35.60 C 35.21 C 35.60 C 35.21 C 35.60 C 35.21 C 35.60 C 35.21 C 35.60 C 35.60 C 35.21 C 35.60 C 35.60</td> <td>Edmund Fitzgerak tramarathon (TAC Na 100K Championshi Duluth, MN October 22 XX Rae Ciark 36.CA Charlie Trayer 34.PA Joanathan DeHar, 29.PA Al Zeller, 41.MI Rob Peitzman, 27 Harry Sloan, 40 Richard Muhr, 30,WI Tim Brown, 49 Sherty Popowski, 37 Richard Muhr, 30,WI Tim Brown, 49 Sherty Popowski, 37 Richard Le Tourneau, 40 Ron Crawford, 41,D Bob Lange, 43 Surve Davis, 37 Bob Stavig, 39 David Hladysh, 41,ONT Robert Browskie, 37 Mitchell Rossman, 32 Keith Kehn, 36 John Hacker, 40 Mae Horng, 54 Record Frank, 42 William Bigelow, 46 Eugens Cumow, 44 Bob Frawley, 32 Edwan Kortas, 50 Eugens Euner, 34 John Frank, 42 William Bigelow, 46 Eugens Cumow, 44 Bob Frawley, 32 Edwan Kortas, 50 Eugens Euner, 34 JA Grand Chrosopher, 37 Mary Syubert, 29 Robert Dupey, 37 Detbile Rich, 36 Robert Thorbus, 59 Dennis Reed, 49 Paul Cradit, 51 George Fuk, 49</td>	C 7.64 A 8.54 A 7.59 C 4.50 Ut A 25.44 C 25.44 C 25.24 A 23.96 A 23.96 C 19.24 A 19.34 C 16.52 C 19.24 A 19.34 C 16.52 C 15.08 C 35.22 C 28.58 C 27.62 C 35.22 C 28.58 C 35.22 C 35.22 C 35.22 C 35.22 C 35.22 C 35.60 C 32.12 C 35.21 C 35.60 C 35.21 C 35.60 C 35.21 C 35.60 C 35.21 C 35.60 C 35.21 C 35.60 C 35.21 C 35.60 C 35.60 C 35.21 C 35.60 C 35.60	Edmund Fitzgerak tramarathon (TAC Na 100K Championshi Duluth, MN October 22 XX Rae Ciark 36.CA Charlie Trayer 34.PA Joanathan DeHar, 29.PA Al Zeller, 41.MI Rob Peitzman, 27 Harry Sloan, 40 Richard Muhr, 30,WI Tim Brown, 49 Sherty Popowski, 37 Richard Muhr, 30,WI Tim Brown, 49 Sherty Popowski, 37 Richard Le Tourneau, 40 Ron Crawford, 41,D Bob Lange, 43 Surve Davis, 37 Bob Stavig, 39 David Hladysh, 41,ONT Robert Browskie, 37 Mitchell Rossman, 32 Keith Kehn, 36 John Hacker, 40 Mae Horng, 54 Record Frank, 42 William Bigelow, 46 Eugens Cumow, 44 Bob Frawley, 32 Edwan Kortas, 50 Eugens Euner, 34 John Frank, 42 William Bigelow, 46 Eugens Cumow, 44 Bob Frawley, 32 Edwan Kortas, 50 Eugens Euner, 34 JA Grand Chrosopher, 37 Mary Syubert, 29 Robert Dupey, 37 Detbile Rich, 36 Robert Thorbus, 59 Dennis Reed, 49 Paul Cradit, 51 George Fuk, 49
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M45 Greg King David Compton	- 1	:14:31
Ron Larned M50 Don Ardell Joe Burgasser	1	:22:54
Bob Paklaian M55 Norman Green	1	:18:03
Jim Blount David Long	1	:22:14
M60 Myron Meyer Richard Benson	1	:27:20
Fred Jennings M65 Bart Ross	1	:42:47
Roger Ellsbury Ted Wendt M70 Jim Ward	1	:40:54
M70 Jim Ward Dick Fortier Harold Tucker	1	:54:2 :59:3 :05:5
M75 Bill Brobston Dick Donahue	1	:49:5
M80 Ed Benham	1	:40:3
W40 Linda Boyd Lorita Raguso W45 Lorraine Evans	1	:31:32
Donna Hiatt Carol Schneider	1	:39:5
W50 Pat Dixon Sandy Depenbroc	k 1	:44:14
Marilyn Nelson W55 Juanette Imhoof	2	:00:11
Carolyn Hoffman Rose Hoge	1	:55:2
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w55	Ann Pat Jan Lynn Sue Max D. Sus M. Linn S. Linn Car C. M. Car C. M. Cat Ann Eve	Tay Boy Rhoo Ber Will Albe ie K Pete da B Barr ol R Hutc Deck by S e Tr Jen	lor d de lson nier liam rtin lutt rson righ eto ober hins ert mith igg ning	FL FL FL FL FL FL FL FL FL FL FL FL FL F	46 47 45 49 51 51 51 51 50 52 154 1 50 55 55 64 64	38:2 40:2 42:1 43:2 43:5 846:4 32:1 35:4 37:4 44:1 48:0 48:0 50:4 35:1 59:1 38:3 39:1	27 20 44 23 51 49 12 48 10 002 47 119 14 31 20	
w55	Ann Pat Jan Lynn Sue Max D. Sus M. Lind S. Lind S. Lind Car C. H. Cat Ann Eve M.	Tay Boyn Rhoone O Berr Will Albee Vill Albee Barr Ol R Hutc Deck Hutc Deck Se Tr Jen Norcc	lor d de lson nier liam rtin lutt rson righ eto ober hins ert mith igg ning kaue	FL FL FL FL FL FL FL FL FL FL FL FL FL F	46 47 45 49 51 51 51 50 52 L54 55 55 55 64 64 64	38:2 40:2 42:1 43:2 43:5 846:4 32:1 35:4 37:4 44:1 48:0 48:0 50:4 35:1 59:1 38:3 39:2 43:2	27 20 4 33 51 51 51 51 51 51 51 51 51 51 51 51 51	
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W55 W60	Ann Pat Jan Lynn Sue Max D. Sus Linn S. Linn C. C. M. Cat Ann Eve M. I Nan Ann Lulu	Tay Boy Rhoo Berr Wil Albe ie K Pete Barr Ol R Barr Ol R Hutc Deck hy S e Tr Jen Norc cy B e Hoo u Ma	lor d d lson nier liam rtin lutt rson righ eto ober hins ert mith igg ning kaue ewar bson ncin	FL FL FL FL FL FL FL FL FL FL FL FL FL F	46 47 47 45 51 51 51 51 50 52 154 150 55 55 64 64 64 63 64 65	38:2 40:2 42:1 43:2 42:1 43:2 43:5 846:4 32:1 35:4 37:4 44:1 48:0 48:0 50:4 50:4 55:4 35:1 38:3 39: 43:1 43:2 43:2 44:1 43:2 44:1 43:2 44:1 44:1 44:1 44:1 44:1 44:1 44:1 44	27 20 4 3 3 1 9 4 2 8 9 4 7 19 4 7 19 14 31 20 9 4 7 19 14 31 20 9 447 19 14 31 20 8 47 19 14 31 19 14 19 119 1	
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W55 W60	Ann Pat Jan Lynn Sue Max D. Sus Linn S. Linn C. C. M. Cat Ann Eve M. I Nan Ann Lulu	Tay Boy Rhoo Berr Wil Albe ie K Pete Barr Ol R Barr Ol R Hutc Deck hy S e Tr Jen Norc cy B e Hoo u Ma	lor d d lson nier liam rtin lutt rson righ eto ober hins ert mith igg ning kaue ewar bson ncin	FL FL FL FL FL FL FL FL FL FL FL FL FL F	46 47 47 45 51 51 51 51 50 52 154 150 55 55 64 64 64 63 64 65	38:2 40:2 42:1 43:2 42:1 43:2 43:5 846:4 32:1 35:4 37:4 44:1 48:0 48:0 50:4 50:4 55:4 35:1 38:3 39: 43:1 43:2 43:2 44:1 43:2 44:1 43:2 44:1 44:1 44:1 44:1 44:1 44:1 44:1 44	27 20 4 3 3 1 9 4 2 8 9 4 7 19 4 7 19 14 31 20 9 4 7 19 14 31 20 9 447 19 14 31 20 8 47 19 14 31 19 14 19 119 1	
W55 W60	Ann Pat Jan Lynn Sue Max D. Sus Linn S. Linn C. C. M. Cat Ann Eve M. I Nan Ann Lulu	Tay Boy Rhoo Berr Wil Albe ie K Pete Barr Ol R Barr Ol R Hutc Deck hy S e Tr Jen Norc cy B e Hoo u Ma	lor d d lson nier liam rtin lutt rson righ eto ober hins ert mith igg ning kaue ewar bson ncin	FL FL FL FL FL FL FL FL FL FL FL FL FL F	46 47 47 45 51 51 51 51 50 52 154 150 55 55 64 64 64 63 64 65	38:2 40:2 42:1 43:2 42:1 43:2 43:5 846:4 32:1 35:4 37:4 44:1 48:0 48:0 50:4 50:4 55:4 35:1 38:3 39: 43:1 43:2 43:2 44:1 43:2 44:1 43:2 44:1 44:1 44:1 44:1 44:1 44:1 44:1 44	27 20 4 3 3 1 9 4 2 8 9 4 7 19 4 7 19 14 31 20 9 4 7 19 14 31 20 9 447 19 14 31 20 8 47 19 14 31 19 14 19 119 1	
W55 W60	Ann Pat Jan Lynn Sue Max D. Sus Linn S. Linn C. C. M. Cat Ann Eve M. I Nan Ann Lulu	Tay Boy Rhoo Berr Wil Albe ie K Pete Barr Ol R Barr Ol R Hutc Deck hy S e Tr Jen Norc cy B e Hoo u Ma	lor d d lson nier liam rtin lutt rson righ eto ober hins ert mith igg ning kaue ewar bson ncin	FL FL FL FL FL FL FL FL FL FL FL FL FL F	46 47 47 45 51 51 51 51 50 52 154 150 55 55 64 64 64 63 64 65	38:2 40:2 42:1 43:2 42:1 43:2 43:5 846:4 32:1 35:4 37:4 44:1 48:0 48:0 50:4 50:4 55:4 35:1 38:3 39: 43:1 43:2 43:2 44:1 43:2 44:1 43:2 44:1 44:1 44:1 44:1 44:1 44:1 44:1 44	27 20 4 3 3 1 9 4 2 8 9 4 7 19 4 7 19 14 31 20 9 4 7 19 14 31 20 9 447 19 14 31 20 8 47 19 14 31 19 14 19 119 1	
W55 W60	Ann Pat Jan Lynn Sue Max D. Sus Linn S. Linn C. C. M. Cat Ann Eve M. I Nan Ann Lulu	Tay Boy Rhoo Berr Wil Albe ie K Pete Barr Ol R Barr Ol R Hutc Deck hy S e Tr Jen Norc cy B e Hoo u Ma	lor d d lson nier liam rtin lutt rson righ eto ober hins ert mith igg ning kaue ewar bson ncin	FL FL FL FL FL FL FL FL FL FL FL FL FL F	46 47 47 45 51 51 51 51 50 52 154 150 55 55 64 64 64 63 64 65	38:2 40:2 42:1 43:2 42:1 43:2 43:5 846:4 32:1 35:4 37:4 44:1 48:0 48:0 50:4 50:4 55:4 35:1 38:3 39: 43:1 43:2 43:2 44:1 43:2 44:1 43:2 44:1 44:1 44:1 44:1 44:1 44:1 44:1 44	27 20 4 3 3 1 9 4 2 8 9 4 7 19 4 7 19 14 31 20 9 4 7 19 14 31 20 9 447 19 14 31 20 8 47 19 14 31 19 14 19 119 1	
W55 W60	Ann Pat Jan Lynn Sue Max D. Sus Linn S. Linn C. C. M. Cat Ann Eve M. I Nan Ann Lulu	Tay Boy Rhoo Berr Wil Albe ie K Pete Barr Ol R Barr Deck hy S e Tr Jen Norc cy B e Hoo u Ma	lor d d e llson nier rtin liam rtin lutt rson ober hinss ent bson nici mith igg wave bson nst	FL F	46 47 47 45 51 51 51 51 50 52 154 150 55 55 64 64 64 63 64 65	38:2 40:2 42:1 43:2 42:1 43:2 43:5 846:4 32:1 35:4 37:4 44:1 48:0 48:0 50:4 50:4 55:4 35:1 38:3 39: 43:1 43:2 43:2 44:1 43:2 44:1 43:2 44:1 44:1 44:1 44:1 44:1 44:1 44:1 44	27 20 4 3 3 1 9 4 2 8 9 4 7 19 4 7 19 14 31 20 9 4 7 19 14 31 20 9 447 19 14 31 20 8 47 19 14 31 19 14 19 119 1	
W55 W60	Ann Pat Jan Lynn Sue Max D. Sus Linn S. Linn C. C. M. Cat Ann Eve M. I Nan Ann Lulu	Tay Boy Rhoo Berr Wil Albe ie K Pete Barr Ol R Barr Deck hy S e Tr Jen Norc cy B e Hoo u Ma	lor d d e llson nier rtin liam rtin lutt rson ober hinss ent bson nici mith igg wave bson nst	FL FL FL FL FL FL FL FL FL FL FL FL FL F	46 47 47 45 51 51 51 51 50 52 154 150 55 55 64 64 64 63 64 65	38:2 40:2 42:1 43:2 42:1 43:2 43:5 846:4 32:1 35:4 37:4 44:1 48:0 48:0 50:4 50:4 55:4 35:1 38:3 39: 43:1 43:2 43:2 44:1 43:2 44:1 43:2 44:1 44:1 44:1 44:1 44:1 44:1 44:1 44	27 20 4 3 3 1 9 4 2 8 9 4 7 19 4 7 19 14 31 20 9 4 7 19 14 31 20 9 447 19 14 31 20 8 47 19 14 31 19 14 19 119 1	
W55 W60 W65	Ann Pat Jan Lynn Sue Max D. Sus M. S. Lin S. Lin S. Lin Car C. M. Car Car M. I Nan Eve M. I Nan Eve Max	Tay Boy Boy Rhoone O Berr Will Albe ie K Pete Barr Ol R Hutc Deck by S e Tr Norc cy B e Ho Norc cy B e Ho Norc cy B e Ho Norc cy B Comp	lor d d lson nier tin liam rtin lutt rson hins eto ober mith igg ning kaue ever bson nst	FL FL FL FL I MOON FL I NC GA I FL FL NY FL I FL FL ST Rur	446 447 45 51 51 51 50 55 55 55 55 55 55 55 55 55 55 55 55	38:2 40:2 42:1 43:2 43:3 35:4 35:4 37:4 44:1 44:1 44:1 44:1 35:4 35:4 35:4 35:4 38:2 38:2 38:2 38:2 59:1 38:2 43:1 43:1 43:2 43:1 55:4	27 27 20 4 4 3 19 12 18 12 19 12 18 18 19 12 19 12 18 18 19 12 18 18 19 12 18 18 19 18 18 19 18 18 19 18 18 19 18 18 19 18 18 19 18 18 19 18 18 19 18 18 19 18 18 18 19 18 18 18 19 18 18 19 18 18 18 19 18 18 18 18 19 18 18 18 19 18 18 18 18 18 18 18 18 18 18	
w55 w60 w65	Ann Pat Jan Lynn Sue Max D. Sus Max Cat Cat Cat Cat Ann Eve M. I Nan Ann Iuli Imy	Tay Boy, Rhoome O. Berriwill Albe Barriol R. Hutch Deck by Se Tr Norccy Bo u Ma Ear	lor d d lson nier tin liam rtin lutt rson hins eto ober mith igg ning kaue ever bson nst	FL FL FL FL I MOON FL I NC GA I FL FL NY FL I FL FL ST Rur	446 447 45 51 51 51 50 55 55 55 55 55 55 55 55 55 55 55 55	38:2 40:2 42:1 43:2 42:1 43:2 43:5 846:4 32:1 35:4 37:4 44:1 48:0 48:0 50:4 50:4 55:4 35:1 38:3 39: 43:1 43:2 43:2 44:1 43:2 44:1 43:2 44:1 44:1 44:1 44:1 44:1 44:1 44:1 44	27 27 20 4 4 3 19 12 18 12 19 12 18 18 19 12 19 12 18 18 19 12 18 18 19 12 18 18 19 18 18 19 18 18 19 18 18 19 18 18 19 18 18 19 18 18 19 18 18 19 18 18 19 18 18 18 19 18 18 18 19 18 18 19 18 18 18 19 18 18 18 18 19 18 18 18 19 18 18 18 18 18 18 18 18 18 18	
W55 W60 W65	Ann Pat Jan Lyns Sue Max D. Sus Lin S. Car C. M. Car Car Car Car Car Car N. D. Sus H. I I I I I I I I I I I I I I I I I I	Tay Boy Boy Rho ne O Berr Will Albe ie K Pete Barr Ol R Hutc Deck hy S e Tr Jen Norc Cy B e Ho Norc Cy B e Ho Pete Pete Pete Pete Pete Peter Pet	lor d d lison nier rtin liam rtin liam rtin liam righ eto ober eto ober hins kaue evar bson ncin st	FL FL FL FL FL SON FL FL FL SON FL FL FL FL FL FL FL FL FL FL FL FL FL	446 447 45 51 51 51 50 55 55 55 55 55 55 55 55 55 55 55 55	38:2 40:2 43:5 43:2 43:2 43:5 43:1 35:4 37:4 44:1 44:1 44:1 44:1 44:1 44:1 44:1 4	27 10 14 31 19 12 18 10 19 14 10 19 14 10 10 10 10 10 10 10 10 10 10	
W55 W60 W65	Ann Pat Jan Lynn Sue Max D. Sus M. Car C. M. Car Car Car Ann Eve M. Nan Ann Lult Imy	Tay Boyn Boyn Rhome O. Berr Will Albee ie K Pete Barr Se Tr Jen Norc Comp Part In St	lor d d lson nier rtin liam rtin lutt rson ober hins ert mith igg ningg ever kaue ever bson nst	FL FL FL FL FL FL FL FL FL FL FL FL FL F	446 447 45 51 51 51 50 55 55 55 55 55 55 55 55 55 55 55 55	38:2 40:2 42:1 43:2 43:5 846:4 37:4 44:1 35:4 37:4 44:1 35:1 38: 39:1 38: 39:1 38: 39:1 38: 43:4 44:1 38: 44:1 38: 55:4 43:4 43:4 44:1 23:5 44:1 44:1 44:1 44:1 44:1 44:1 44:1 44	27 27 20 43 31 43 43 19 12 48 10 10 10 10 10 10 10 10 10 10	
W55 W60 W65 W65	Ann Pat Jan Lyns Sue Max D. Sus M. S. Lin S. Lin S. Lin Car C. M. Cat Ann Eve M. I Nan Eve M. I Nan Eve M. Sus Car Tan Cat Car Car Car Car Car Car Car Car Car Car	Tay Boy Boy Rhome O Berr Will Albe ie K Pete B Barr Norc Comp Part In St Comp Part In St Comp Part	lor d d lson nier tin liam rtin lutt rson hins eto ober mith igg ning kaue ever bson nst	FL FL FL FL FL FL SON FL FL SON FL ST Rur C; C	446 447 45 51 51 51 50 55 55 55 55 55 55 55 55 55 55 55 55	38:2 40:2 43:5 43:2 43:2 43:5 43:1 35:4 37:4 44:1 44:1 44:1 44:1 44:1 44:1 44:1 4	27 27 20 43 31 9 19 19 19 19 19 19 19 19 19	
W55 W60 W65 W65	Ann Pat Jan Lynn Sue Max D. Sus M. Car C. M. Car Car Car Car Car Car Car Car Car Car	Tay Boy Boy Rho ne O Berr Will Albe ie K Pete Barr ol R Hutc Deck by S e Tr Jen Norc cy B e Ho Norc Comp Hart for St Ovin A Ho Hart S Ho Ho Hart S Ho Ho Hart S Ho Ho Ho Hart S Ho Ho Ho Ho Ho Ho Ho Ho Ho Ho Ho Ho Ho	lor d d lson nier rtin liam rtin lutt rson ober hins eto ober hins kaue evar bson ncin nst	FL FL FL FL FL FL FL FL FL FL FL FL FL F	446 447 45 51 51 51 50 55 55 55 55 55 55 55 55 55 55 55 55	38:2 40:2 42:1 43:2 43:3 53:4 35:4 35:4 35:4 35:4 35:4 35:4	27 20 4 3 3 4 9 19 12 19 12 19 12 19 12 19 12 19 12 19 12 19 12 19 12 19 12 19 12 19 12 19 12 10 10 10 10 10 10 10 10 10 10	
455 460 465 465 465	Ann Pat Jan Lynn Sue Max D. Sus M. Car C. M. Car Car Car Ann Eve M. Nan Ann Lulu Imy Contrai Eral ierar Polo D Tee G G G G	Tay Boyn Boyn Rhome O. Berr Will Albe ie K. Pete Barr ol R. Hutco Se Tr Jen Barr Ol R. Hutco Se Tr Jen Barr Ol R. Comp Parl In Strowina d Ha S	lor d d lison nier rtin liam rtin lutt rson ober hins ert boo ning ever kaue ever boo nst CA Skay iman iesk ert kau for boo kau for boo for boo for boo for boo for boo for boo for boo for boo for for boo for for boo for for for boo for for for for for for for for for f	FL FL FL FL FL FL FL FL FL FL FL FL FL F	446 47 45 49 51 51 51 55 55 55 55 55 55 55 55 64 64 63 64 63 64 65 55 55 55 64 64 64 55 55 55 64 64 63 64 7 8 8 8 8 8 8 8 8 8 8 8 8 9 8 9 9 9 9 9	38:2 40:2 42:1 43:2 43:5 33:4 37:4 43:3 35:4 37:4 44:1 35:4 37:4 44:1 33:4 33:4 33:4 33:4 43:3 39:3 39:3 39:3	27 27 20 4 4 3 19 12 18 10 20 9 12 18 10 20 9 12 18 10 20 9 12 18 10 20 9 12 18 10 20 19 12 18 10 20 19 10 20 10 10 10 10 10 10 10 10 10 1	
455 460 465 465 465	Ann Pat Jan Lyns Sue Max D. Sus Max Car Car Car Car Car Car Car Car Car Car	Tay Boy Boy Rhome O Berr Will Albe ie K Pete B Barr Ol R Hutc Deck hy S e Tr Jen Norc Coy B e Ho Norc Cy B e Ho Norc Coy B Parl I n St Cov M Hart I I S Comp Parl I S S Comp I Parl I S S S S S S S S S S S S S S S S S S	lor dd liam rtin liam rtin lutt rson righ eto ober eto ober hins kaue evar bson nost	FL FL FL FL FL FL FL FL FL FL FL FL FL F	446 447 45 49 51 51 51 50 52 55 55 55 55 64 64 63 64 65 65 8 8 8 8 8 8 8 8 8 8 8 8 8 8 8 8 8	38:2 40:2 43:5 43:2 43:1 43:2 43:5 43:1 35:4 37:4 44:1 44:1 44:1 44:1 44:1 44:1 44:1 4	27 27 20 4 33 19 24 33 19 24 30 19 24 31 20 27 20 4 31 9 24 31 8 24 24 31 9 24 24 31 5 24 24 31 5 24 24 24 24 24 24 24 24 24 24	
w55 w60 w65 w65 w65	Ann Pat Jan Lyns Sue Max D. Sus Max Car Car Car Car Car Car Car Car Car Car	Tay Boyde Boyde Rhowne O. Berr Will Albee ie K Hutco Se Tro Jen Norccy Be Hutco Se Tro Jen Norccy Be Hutco Se Tro Jen Norccy Be Ear Comp Hatco H	lor d d lson nier rtin liam rtin lutt rson ober hins eto ober hins eto ober hins eto ober hins eto bson nici mith igg skaue evar bson nist	FL FL FL FL FL FL FL FL FL FL FL FL FL F	446 447 45 49 51 51 51 55 55 55 55 55 55 55 55 55 55	38:2 40:2 42:1 43:2 43:2 43:5 44:1 35:4 37:4 44:1 35:4 37:4 44:1 35:1 43:3 59:1 38: 39:1 38: 39:1 38:3 39:1 43:4 44:1 38:5 43:4 44:1 48:4 44:1 48:4 44:1 35:4 35:4 43:5 44:1 48:4 44:1 23:5 44:1 48:4 44:1 35:4 35:4 35:4 35:4 43:5 4 44:1 35:4 35:4 35:4 35:4 35:4 35:4 35:4 35:4	27 27 20 43 31 19 28 18 20 19 28 18 20 19 28 18 20 19 28 18 20 19 28 18 20 19 28 18 20 19 28 18 20 19 28 18 28 19 28 18 28 19 28 18 28 19 28 18 18 28 18 18 28 18 18 18 18 18 18 18 18 18 1	
w55 w60 w65 w65 w65	Ann Pat Jan Lynn Sue Max D. Sus Max Cat Cat Cat Cat Cat Cat Cat Cat Cat Cat	Tay Boy, Boy, Rhoone O. Berry Will Albee Mill Albee Mill Albee Barrol R Pete Barrol R Pete Barrol R Hutc Deck by S se Tr Jen Norccy Bo u Ma Ear Comp. Parl Comp. Parl Comp. Parl Comp. Deck Mill Comp. Parl Comp.	lor d de lson nier tinn rtin lutt rson with iss eto ober tins eto ober tiss eto tiss tiss tiss tiss tiss tiss tiss ti	FL FL FL FL FL FL FL FL FL FL FL FL FL F	446 447 45 51 51 51 50 52 154 64 64 63 65 65 8 8 Koctob	38:2 40:2 42:1 44:2 43:2 43:5 33:4 37:4 43:2 35:4 37:4 44:1 48:0 50: 35:1 39:2 39:2 43:2 39:2 43:2 39:2 43:2 39:2 43:2 39:2 43:2 39:2 43:2 39:2 43:2 39:2 43:2 39:2 43:2 39:2 44:1 39:2 44:1 39:2 44:1 39:2 44:1 35:4 45:2 35:4 55:4 55:4 55:4 55:4 55:4 55:4 55:4	27 20 43 31 51 19 48 00 20 19 48 00 20 19 28 44 9 14 13 18 23 18 24 13 18 11	
w55 w60 w65 w65 w65	Ann Pat Jan Lyns Sus Max D. Sus Max Car Car Car Car Car Car Car Car Car Car	Tay Boy Boy Rhoome O Berr Will Albe ie K Pete Barr ol R Hutc Deck by S e Tr Norc cy Be e Ho Norc cy Be e Ho Norc cy Be e Ho Norc cy Be e Ho Norc cy Be Parl I n stto da Ha Earr	lor d d lson nier rtin liam rtin lutt rson ober hins eto ober hins eto ober hins eto ober hins eto bson nici mith igg skaue evar bson nist	FL FL FL FL FL FL FL FL FL FL FL FL FL F	446 447 45 49 51 51 50 55 55 55 55 55 55 55 55 55 55 55 55	38:2 40:2 42:1 43:2 43:3 35:4 37:4 44:1 44:1 44:1 44:1 44:1 44:1 44:1 4	27 27 20 4 33 19 24 31 20 9 47 19 43 10 20 9 47 19 43 10 20 9 47 19 43 10 20 9 47 19 43 10 20 9 47 10 40 10 10 10 10 10 10 10 10 10 1	
W55 W60 W65 W65 Cer <u>Ove</u> Ki T H40 M50 M60	Ann Pat Jan Lyns Sue Max D. Sus M. Car Car Car Car Car Car Car Car Car Car	Tay Boy Boy Rho ne 0. Berr Wil Albe ie K Pete Barr ol R Hutco y Se Tr Jen Norc cy B e Ho Norc cy B e Ho Norc Comp Hart I n St Comp Hart I n St Comp I n St St St St St St St St St St St St St S	lor dd de llson nier rtin lliam rtin lliam rtin lliam rtin lliam rtin lliam rtin lliam rtin liam rtin liam righ eto ober hins this eto ober hins this eto ober hins this eto ober hins this eto ober hins this eto ober hins this eto ober hins this eto ober hins this eto ober hins this his this his this his this his his his his his his his his his	FL FL FL FL FL FL FL FL FL FL FL FL FL F	446 447 45 49 51 51 50 55 55 55 55 55 55 55 55 55 55 64 64 63 65 7 8 8 8 8 8 8 8 8 8 8 8 8 8 8 8 8 8 8	38:2 40:2 42:1 43:2 43:2 43:3 5:4 37:4 44:1 35:4 37:4 44:1 35:4 37:4 44:1 38: 39:1 38: 39:1 38: 39:1 38:3 39:1 43:4 44:1 38:4 55:4 43:4 44:1 48:4 44:1 48:4 59:1 38:5 43:4 43:5 43:4 44:1 23:4 43:5 44:1 48:4 44:1 38:5 44:1 48:4 59:1 38:5 43:5 44:1 48:4 48:4 59:1 38:5 44:1 48:4 48:4 59:1 38:5 44:1 48:4 44:1 2 38:5 4 37:4 44:1 2 38:5 4 37:4 44:1 2 38:5 4 37:4 44:1 38:5 4 39:1 38:5 4 39:1 38:5 4 39:1 38:5 4 39:1 38:5 4 39:1 38:5 4 39:1 38:5 4 39:1 38:5 4 39:1 38:5 4 39:1 38:5 4 39:1 38:5 4 39:1 38:5 4 39:1 38:5 4 39:1 38:5 4 39:1 38:5 4 39:1 38:5 4 39:1 39:1 4 39:1 39:1 39:1 39:1 4 39:1 4 39:1 4 39:1 4 39:1 4 39:1 39:1 39:1 39:1 39:1 39:1 39:1 39:1	77 700 433 141 143 143 144 144 144 144 144 144	
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November 5		Racewalkers	G. Brun
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	30:12	Garden City Turkey Trot 5 Mile Long Island, NY; November 24	Elaine
M60+Bill Squire W35 Joan Leggett	37:37 35:09	Overall	Charlot Cheryl
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Queens, NYC; Novemb	er 13	W40 Nancy Dimeo 35:38	W50 Zofia T Wen-Shi
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M50 C. Des Jardins Nelson Oertel Mike Bennett			
	1:12:57	M50 Joe Burgasser	34:55
Mike Bennett	1:14:18	Richard Poole	37:22
M60 Dixon Hemphill	1:16:59	Joseph Singer	37:30
Bill Osburn	1:15:43	M55 Arthur Bigelow Jim Higgins	40:02 40:29
W30 B. Creed	1:07:43	David Branch	41:15
L. Rosenbusch	1:22:50	M60 Wesley Reuter Joel Matos	42:49
Susan Jones	1:29:00	Mike Hendrick	49:20
W40 Nadia Wasserman Dotty Esher	1:26:17	M65 Ronald Storm	44:29
Joan Schindel		Dan Biele	46:03
Braden Field 20-M	100	Bill Granby	46:50
Overall:	lier	W40 Karen MacHarg Judy Greer	36:27 37:15
	1:58:15	Jane Millspaugh	37:51
C. Ventura-Merkel	2:14:50	Betty Boppart	40:41
M40 Jim Porterfield	2:08:20	Sharon Beal W45 Sally Snyder	40:51 42:07
	2:13:16	Mimi Oliveira	43:09
	2:14:36 2:08:41	Linda Sparrow	44:14
	2:21:10	W50 Marie Fonz	54:08
Al Marcy	2:23:34	N. Mazzapantane Beverly Arnold	54:58
M60 Walt Washburn	2:35:50	WSS Jude Batgatti	48:57
W30 C. Ventura-Merkel		Bobby Ross Marian Sneider	58:29
	2:37:56 2:38:22	W60+Mirian Gordon	1:13:40 56:08
	2:30:49		
Judy Flannery	2:49:27	Tampa Bay Air For	ce
A. Catarineau	3:08:38	Marathon, Tampa, Fi	
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in the	The second	Overall:	
	and the	Carlos Talbott	2:35:54
	These .	Carla McDermott	3:14:0
AND AND CONTRACTOR	- Kard	M40 Ron Norris	2:49:40
SOUTHEA	ST	Ted Baca	2:54:0
		Robert Irvin William Myers	2:59:03
Turkey Ten Mik		H45 Robert Treanis	3:05:02
Mobile, AL; Novemb	er 15	Dennis Trosky	3:16:5
Overall		Fred Logan	3:25:12
Mike Plumb Helen Rogers	55:45 62:39	M50 Billy Wagner Tom Radzikowski	3:03:02
M35 Ronnie Bowen	62:19	Roy Boggs	3:25:17
M40 Don Wright	57:23	M55 Don Bates	3:58:4
M45 Leon Mattics M50 Marion Matchett	62:39 66:00	John Biernes Pierce Ferriter	4:05:3
M55 Charles Stinnett	68:22	M60+John Price	3:14:5
M60 Jim Mitchell	75:55	W40 Glenda Tyroff	3:39:0
M65 S P Hudson M70 Earl Wert	87:25	Esther Gay	3:34:0
W35 Chris Aufderheide		Mary Rutherton Bonnie Gaffin	3:44:0
W40 Marian Loftin	79:08	W45 M. Thompson	4:35:0
W45 Betty Dance 1 W50 Mary Watson	1:23:43	Nadmi Pingley	4:14:0
W55 Helen Dethloff	1:40:32	SK	APR I
W60 Daphne Dvorak	1:48:00	Overall:	
Thanksgiving Run 10	Miler	Bobby Adkins	16:0
Florida Masters 10		Molly Jackson	18:1
Championships	a start and	M40 Dick Jackson	17:1
DeLand, FL	Sister	John Oescher	
November 24			
November 24		Tom Sullivan Jones Hess	18:5
Overall:	52:59	Tom Sullivan Jones Hess M45 Mike Barber	18:5 19:3 18:1
	52:59 62:15	Tom Sullivan Jones Hess M45 Mike Barber Jim Ferrigink	18:5 19:3 18:1 18:1
Overall: Ray Renner Janet Canfield M35 Bruce Lampman	62:15 60:49	Tom Sullivan Jones Hess M45 Mike Barber Jim Ferrigink Robert Young M50 Jim Jones	18:5 19:3 18:1 18:1 19:4 18:0
Overall: Ray Renner Janet Canfield M35 Bruce Lampman Mike Payne	62:15 60:49 63:16	Tom Sullivan Jones Hess M45 Mike Barber Jim Ferrigink Robert Young M50 Jim Jones Pete Knight	18:5 19:3 18:1 18:1 19:4 18:0 20:24
Overall: Ray Renner Janet Canfield M35 Bruce Lampman	62:15 60:49	Tom Sullivan Jones Hess M45 Mike Barber Jim Ferrigink Robert Young M50 Jim Jones Pete Knight Gary Tenbrock	18:51 19:33 18:11 18:12 19:40 18:01 20:24 23:25
Overall: Ray Renner Janet Canfield M35 Bruce Lampman Mike Payne Steven Considine M40 John Bryant Dan Mcloughlin	62:15 60:49 63:16 63:36 61:20 61:52	Tom Sullivan Jones Hess M45 Mike Barber Jim Ferrigink Robert Young M50 Jim Jones Pete Knight	18:5 19:3 18:1 18:1 19:40 18:0 20:24 23:25 20:12
Overall: Ray Renner Janet Canfield M35 Bruce Lampman Mike Payne Steven Considine M40 John Bryant Dan Mcloughlin Tom Houldsworth	62:15 60:49 63:16 63:36 61:20 61:52 63:37	Tom Sullivan Jones Hess M45 Mike Barber Jim Ferrigink Robert Young M50 Jim Jones Pete Knight Gary Tenbrock M55 Dave Theall Al O'Hanion Neil Harvey	18:55 19:33 18:11 18:12 19:40 18:01 20:24 23:25 20:12 20:47 23:11
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Overall: Ray Renner Janet Canfield M35 Bruce Lampman Mike Payne Steven Considine M40 John Bryant Dan Mcloughlin Tom Houldsworth Pat Johnson Richard Steirner M45 Louis Buttacavoli	62:15 60:49 63:16 61:20 61:52 63:37 69:40 71:34 64:17	Tom Sullivan Jones Hess M45 Mike Barber Jim Ferrigink Robert Young M50 Jim Jones Pete Knight Gary Tenbrock M55 Dave Theall Al O'Hanion Neil Harvey M60 John Hickey Emery Jewell Peanuts McAnally	18:5 19:3 18:1 19:4 18:0 20:24 23:29 20:1 20:4 23:1 21:48 23:03 24:44
Overall: Ray Renner Janet Canfield M35 Bruce Lampman Mike Payne Steven Considine M40 John Bryant Dan Mcloughlin Tom Mouldsworth Pat Johnson Richard Steirner M45 Louis Buttacavoli Robert Daley	62:15 60:49 63:16 63:36 61:20 61:52 63:37 69:40 71:34 64:17 64:51	Tom Sullivan Jones Hess M45 Mike Barber Jim Ferrigink Robert Young M50 Jim Jones Pete Knight Gary Tenbrock M55 Dave Theall Al O'Hanion Neil Harvey M60 John Hickey Emery Jewell Peanuts McAnally M65+Jack Rice	18:5 19:3 18:1 18:1 19:4 18:0 20:2 20:2 20:2 20:1 20:4 20:4 23:1 21:48 23:0 24:44 21:39
Overall: Ray Renner Janet Canfield M35 Bruce Lampman Mike Payne Steven Considine M40 John Bryant Dan Mcloughlin Tom Houldsworth Pat Johnson Richard Steirner M45 Louis Buttacavoli Robert Daley Mike Sheffey	62:15 60:49 63:16 61:20 61:52 63:37 69:40 71:34 64:17	Tom Sullivan Jones Hess M45 Mike Barber Jim Ferrigink Robert Young M50 Jim Jones Pete Knight Gary Tenbrock M55 Dave Theall Al O'Hanion Neil Harvey M60 John Hickey Emery Jewell Peanuts McAmally M65+Jack Rice William Neely	18:5 19:3 18:1 18:1 19:4 18:0 20:22 20:12 20:44 23:10 24:44 23:00 24:44 21:35 23:00
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37:22 37:30	Huntsville, AL; December 10
40:02 40:29	Overall:
41:15 42:49.	Craig Thompson 2:17:25 Cheryl Boessow 2:48:56
47:15 49:20	M40 Don Rowland 2:36:06 Wes Wessely 2:36:30
44:29 46:03	Bill Walker 2:36:44
46:50	Tracy Peugh 2:37:52 Bill Fanning 2:41:28
36:27 37:15	M45 Don Coffman 2:30:56 Jim Wisener 2:46:38
37:51 40:41	Marlin Gober 2:51:46 M50 Mel Williams 2:37:02
40:51 42:07	Gerald Koch 2:49:59 Orbin Thompson 2:52:39
43:09	M55 Malcolm Gillis 3:00:16
44:14 54:08	John Mihalczo 3:16:35 Samuel Johnson 3:17:11
54:58 56:48	M60 Joe Killeen 3:21:36 Ray Westgate 3:29:37
48:57 58:29	Harvey Stewart 3:47:20
:13:40 56:08	W35 Nancy Grayson 3:00:57 Yong Yancura 3:16:17
50.00	Vicki Hughes 3:29:53 Linda Baker 3:33:37
e ida,	Helen Haseltine 3:35:35 W40 Jane Hutchison 2:53:34
KUA,	Carolyn Spillman 3:12:10 Anne Wright 3:30:23
	Ellie Smith 3:31:32 Barb Scrogham 3:38:00
2:35:54	W45 Harolene Walters 3:07:16
2:49:40	Martie Ulmer 3:36:52 Avis Allen 3:49:14
2:54:07	W50 Nancy Parker 3:16:36 Maryanne Wehrum 3:21:05
3:03:40	Evelyn Zerfoss 3:46:24 W55 Maryanne Woodring 3:38:26
3:16:52	Wendy England 3:42:25 Maryjo Green 4:25:24
3:03:02	W60 Betty Dooley 4:56:46
3:25:17	THE ALL AND TOTAL AND A DESCRIPTION
3:58:43	Charlotte Observer Marathon Charlotte, N.C.
4:06:51 3:14:51	January 7
3:39:00	Overall: Tom Stevens 2:19:00.9
3:44:03	Beth Howell 2:53:30.8
4:35:00	M40 Fred Waybright 2:34:56.8 Tim Heath 2:42:29.0
4:14:00	Toby Skinner 2:45:11.0 George Rolling 2:45:52.7
	Gary Jenkins 2:47:30.1 M45 R. Zimmerman 2:35:02.0
	1
16:03	Joe Carr 2:43:34.5 J. Noftsger 2:51:31.0
16:03 18:12 17:16	J. Noftsger 2:51:31.0 D. Vandenbroek 2:57:49.9 Bob Land 2:59:49.1
18:12	J. Noftsger 2:51:31.0 D. Vandenbroek 2:57:49.9 Bob Land 2:59:49.1 M50 Bernie Davies 2:53:20.6 Bruce Halburt 2:58:15.5
18:12 17:16 18:26 18:51 19:32	J. Noftsger 2:51:31.0 D. Vandenbroek 2:57:49.9 Bob Land 2:59:49.1 M50 Bernie Davies 2:53:20.6 Bruce Halburt 2:58:15.5 Loyd Hoke 3:01:06.9 Gary Walker 3:11:00.2
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Wolfpack Fall Classic 5K

Trompack Tan Oracono a	
Overall:	1111
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

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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 Doehlman 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
	41:56
Judy Kier	41:50

W50 Carol Byrne	40:31	-
Marilyn Agnew	40:39 42:39	1
Pat Kelly W55 Billy Stacy	35:46	1
Norma Schweller	47:55	0
1608 finishers; from I	Laubach	G
Seagate Ultramarat	hon	M
(50 Miles); Toledo, C	Dhio	J
November 26	Cat Hand	M
Overall:		J
Glen Miller	6:23:24	G
Sally Middleton	8:31:36	R
M40 John Giovengo	7:08:10	R
Frederick Davis	7:38:49	M
Garry Day M45 Larry Anderson	8:40:26 7:23:25	B
M55 Chuck Bundy	8:03:05	м
M60 Mort Krakow	9:18:31	H
Seagate Ultramarat	hon	W
(60K)	500 12	CL
Overall:	Designal)	L
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National Masters News Westfield Walkers 5K Racewalk, Westfield, Indiana; December 10 Overall: Stan Brown 29:01 Gail Johnson 28:08 M31-40 Jerry Cromer Michael Owens 35:29 36:20 M41-50 Jerry Conner Glenn Hunnsucker 38:12 40:55 M51-60 Ray Everson Ray Thomas Al Pike 32:50 33.09 34:19 M61-70 Bob Gardewing 35:30 M71-80 Hugh Yeomans 35:40 W31-40 Cathy Blevins 37:41 40:24 Leann Pope Lynda Kaiser W41-50 Mary Allen Ruth Everson 35:36 35:49 Sharon Conwell 51-60 Carolin Peet 36:39 40:02 Pat Boyd Nancy Featherstone W61-70 Ernestine Yoomans 35:44 37:42 firiam Bales Vic Tanny Indoor Marathon Toledo, Ohio December 11 verall: Slenn Miller 2:46:07 ouise Miklovic 3:41:53 40 Mike Burke 3:20:21 Jim Wahl 3:43:50 Mike Moilanen 45 Russ Hudson 3:46:16 3:12:40 3:18:52 Larry Anderson John Wagoner 150 Dave Payette 3:27:45 3:36:56 3:50:11 Tom Falvey 3:54:51 Andy Lovy N35 Patricia Phillips 3:41:63 N45 Sharon Miller 5:01:57 Madeline Lovy 7:29:43 Santa's Fun Run - 4 miles Mt. Clemens, Michigan December 24 verall: at Johnson 20:50 athy Kubick 23:55 23:51 25:44 28:23 31:35 140 Larry Wibright 150 Herb Seegert 160 Don Meyers 170 Joe Thornburg W40 Myong Butler W50 Bobbi Beagle 45:00 42:00 Metro-Macomb Runners Annual New Year's Eve 5K Mt. Clemens, MI December 31

Const. Minners John Jules Maggy Lidar 10:59 40-49 Years Andy Chochol Tom Marshall Currell Fattie Ron Brunt Greg Franczak 19:06 19:53 20:40 20:53 23: 3 · 3.4.5. 50-59 Years 20:43 21:21 1. Herb Seegert 2. Jim Hastings 3. Jim McManus -. Lowell Spiess 5. Lou Falmieri 21:35 60-69 Years 1. Don Meyers 21:07 70+ Years 1. Feter Bolos 26:45 Annual New Year's Day 4 Mile Mt. Clemens, MI January 1 eral' Winners Claf Meier Maggy Zidar 28:07 40-49 Years 1. George Cmelle 2. Ron Brunt 3. Roger Johnson 4. Ramon DelBoston 5. Terry Collins 26:33 26:59 29:47 29:43 30:39

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50-59 Years	M6	Lloyd Your		3:28:17	
1. Gene Reck 25 2. John Kolmetz 25	11 42	John Burto Ken Robins		3:33:18	B
3. Herb Seegert 26	20	Robert Var Nestor Vel		4:20:11	
	45	John Engel	retson	4:57:5	3
60-69 Years	H70	Joe Schmid Cyril Amin	in -	5:08:3	9
1. Fred Gurol 30	: 30	Clayton Me Werner Pau		4:37:04	
7C+ Years		Glenn Ditt Bernie Zin	ton	4:50:5	
	:10	Joseph Abl		nta	Ĭ
Ci Ma Chata 40 Ma	W3	5 Sally Bren Linda Sch		2:58:5	
Show Me State 48 Hr. Run/Walk, Cape Girardeau		Linda Wood Marcia St	4	3:06:0	8
Missouri, January 2, 1989		Dianne Le	blanc	3:11:0	1
Overall: Mil M. Sprengelmeyer(42) 169		Darlene Ku Sherry Po		3:11:0 3:13:0	
	.01	Margie Al		3:16:5	
Nace Magner(32) 150	.11	Connie Roi O Laurie Bi		3:19:0	
Gene Steiner(54) 143 Rod Ourada(63) 137		Mary Wood	der her	2:50:2	3
And the part - manufacture	10	Francine C. Hildes	son	2:58:5 3:01:0	
and		Jane Laus . Cherie Gr		3:05:1 3:08:4	
	1	Barbara S Brigitte			
6		Jane Mill	spaugh	3:13:1	2
	W 3 44		McFarla		6
	No.	Joan Niem Joan Mcnar		3:30:5	
	1	Kathie Pe Edna Bay		3:35:3	5
		J. La Kou		3:40:3	1
	34	Loretta H Jane Stac	h	3:42:5	
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The second s	W5	0 Denise Al		3:12:2	7
Twin Cities Marathon Minneapolis, St. Paul	See and	B. Gehring		3:15:0	1
October 2		Cinger Wil Phyllis Ka		3:31:3	
Overall: Danny Boltz 2:14	.10	Alison An Doris Urba		3:43:11 3:47:1	
Ria Van Ladeghem 2:28		Nan Higgi	ns	3:51:0	9
M40 Kjell-Erik Stahl 2:19 Athol Barton 2:22	. 52	Delores C Jan Gillu		3:54:5	6
Josef Machelek 2:25	5:29	5 Toshiko Do Ruth Ander		3:23:12 3:43:54	
Bruce Mortenson 2:25 Dick Ruhland 2:32	2:00	H. Whiteh		3:57:58	
John Emmons 2:33 Gerry Byrne 2:33		Jan Lloyd		4:44:43	3
Bill Jackson 2:38	1:41	Barbara Bu Maisie Cro	a to a state of the state of th	4:46:12 4:56:42	
J.C. Hoffman 2:39		Phyllis Po Grace Rick		4:58:44	
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Robert Nelson 2:32 Chuck Frawley 2:34	:22 46	Jeannine J Betty Hale	ulson	5:55:00	2
Jim Cooke 2:37 Bud Mixon 2:46		Jerry mare			-
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Dale Urbain 2:50 Myron Anderson 2:53		-	15	1	
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George Savanick 2:56	:51	Minneapo	ber 2	aui	
Kirk Davies 2:57	:08 Ove	rall:	184		
M55 Norman Green 2:33 Al Schuster 2:52	:06 Nan	Hebl cy Ankeny	19 - 2 - 2	15:2	
Jim Smedema 2:53 Greg Prom 3:00	:30	Gregg Whal		17:4	9
Jim Schleisman 3:03 Robert Dolphin 3:06	:50	Ted Beeman Tom Tinkha		18:4	2
Robert Baron 3:10 Don Moreland 3:12	:51 M50	Hal Higdon Skip Burke		17:0	
Norman Horns 3:15	:23	Bill Frase Charles Br	r	20:5	2
Gary Derfance 3:16 M60 Alex Ratelle 2:55	140	Cosmo Mocc		22:5	4
Max Jones 3:01 Pete Petracek 3:15		Max Jones Ann Day		24:5	
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John Moran 3:19 Oscar Pederson 3:28	:25 W50	Vickie Rei Marcy Caho	v	nta 23:5	
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Bill Bromley 3:37 Robert Turner 3:49	:50 W70	Baith Gree	Law or	1	
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Bill Bromley 3:37 Robert Turner 3:49 Masters Age-Graded Award Kjell Erik Stahl,42* Norm Green, 56 Athol Barton, 40 Gunter Mielke, 45 Laurie Binder, 41*	s:50 W70 s Time 2:19:59 2:33:22 2:22:52 2:27:19 2:44:57	Target Dij 2:22:43 - 2:33:47 - 2:22:43 - 2:26:21 - 2:43:55 -	ference -2:44 -0:25 +0:09 +0:58 +1:02	\$6,000 \$3,000 \$2,500	
Bill Bromley 3:37 Robert Turner 3:49 Masters Age-Graded Award Kjell Erik Stahl,42* Norm Green, 56 Athol Barton, 40 Gunter Mielke, 45 Laurie Binder, 41* Michael Heffernan, 48 Josef Machalak	Image: style="text-align: center;">W70 B Time 2:19:59 2:33:22 2:22:52 2:27:19 2:44:57 2:28:09 2:25:29 29	Target Dij 2:22:43 - 2:23:47 - 2:22:43 - 2:26:21 - 2:43:55 - 2:26:21 -	fference -2:44 -0:25 +0:09 +0:58 +1:02 +1:48	\$6,000 \$3,000	
Bill Bromley 3:37 Robert Turner 3:49 Masters Age-Graded Award Kjell Erik Stahl,42* Norm Green, 56 Athol Barton, 40 Gunter Mielke, 45 Laurie Binder, 41* Michael Heffernan, 48 Josef Machalak Bruce Mortenson, 44 Margaret Miller, 62	SO W70 B Time 2:19:59 2:33:22 2:22:52 2:27:19 2:44:57 2:28:09	Target Dij 2:22:43 2:33:47 2:22:43 2:26:21 2:43:55 2:26:21 2:22:43 2:22:43	ference -2:44 -0:25 +0:09 +0:58 +1:02 +1:48 +2:46 +3:02	\$6,000 \$3,000 \$2,500 \$2,000 \$1,750 \$1,500	
Bill Bromley 3:37 Robert Turner 3:49 <u>Masters Age-Graded Award</u> Kjell Erik Stahl,42* Norm Green, 56 Athol Barton, 40 Gunter Mielke, 45 Laurie Binder, 41* Michael Heffernan, 48 Josef Machalak Bruce Mortenson, 44 Margaret Miller, 62 Ardel Boes, 51	Image: Solution of the system Im	Target Dij 2:22:43 2:33:47 2:22:43 2:43:55 2:43:55 2:26:21 2:22:43 2:22:43 3:31:35 2:29:36	ference -2:44 -0:25 +0:09 +0:58 +1:02 +1:48 +1:48 +2:46 +3:02 +4:03 +4:37	\$6,000 \$3,000 \$2,500 \$2,000 \$1,750 \$1,500 \$1,250 \$1,000	The state of the s
Bill Bromley 3:37 Robert Turner 3:49 Masters Age-Graded Award Kjell Erik Stahl,42* Norm Green, 56 Athol Barton, 40 Gunter Mielke, 45 Laurie Binder, 41* Michael Heffernan, 48 Josef Machalak Bruce Mortenson, 44 Margaret Miller, 62 Ardel Boes, 51 Robert Nelson, 48 Mary Wood, 43	1:50 W70 a Time 2:19:59 2:33:22 2:22:52 2:22:52 2:27:19 2:44:57 2:25:29 2:25:45 3:35:38 2:34:13 2:32:26 2:50:23	Target Dij 2:22:43 2:33:47 2:22:43 2:26:21 2:26:21 2:26:21 2:22:43 2:22:43 2:22:43 3:31:35 2:29:36 2:26:21 2:2	fference -2:44 -0:25 +0:09 +0:58 +1:02 +1:48 +2:46 +3:02 +4:03 +4:37 +4:05 +6:28	\$6,000 \$3,000 \$2,500 \$2,000 \$1,750 \$1,500 \$1,250 \$1,000 \$750 \$650	
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February, 1989

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in the	rebruary	, 1989	
3:28:17	Prime Health 10	(· · · · · ·	
3:30:04	Kansas City, MO; Octo	ber 31	
4:20:13	Overall: Mark Junkermann	29:08	
4:36:06 4:57:53	Janis Kecker	33:09	
5:08:35	M40 Dennis Stewart	33:31	
4:16:39 4:37:04	Van Rose Michael Chaffee	33:46 34:10	
4:45:49	Greg Hartman	34:56	
4:50:54 5:01:00	Thomas LaFontaine M45 Gary Cooper	35:14 35:55	
nta	Don Welsh	36:17	
2:58:55	Joe Schrag Wally Brawner	36:20 36:26	
2:59:16 3:06:08	Ron MacQuarrie	37:17	
3:09:09	Alvin Tinsley Richard Wooton	37:19 37:23	
3:11:01 3:11:08	M50 Bill Brands	36:26	
3:13:09	Mel Yoder Donald Lewis	36:56 37:44	
3:16:50	John Bird	38:22	
3:18:23 3:19:05	Joe Bessenbacher M55 Jim Buckley	40:13 39:06	
2:44:57	Gerald Witten	40:34	
2:50:23 2:58:52	John O'Donnell Fred Clark	41:28 42:41	
3:01:07	Howard Ziegenhorn	43:49	
3:05:13 3:08:48	M60 Jerry Morrison Dewey McMickle	39:16 43:07	
3:11:27	Bob Mccallister	44:55	
in3:11:45 3:13:12	Warren Lugenbeel	46:45	
3:18:17	Frank Creason M70 Luman Parrott	48:39	
nd3:29:26 3:30:56	W35 Susann Pierce	38:38	
3:31:50	Marcia Dowling	40:22	
3:35:35 3:38:13	Anita Olshanski Dee Boeck	41:35 42:33	
3:40:31	Sarah Harding	44:42	
3:42:59 3:49:53	W40 Mary Teiken Jeannie VanWinkle	43:49 44:32	
3:52:25	Sharon Coleman	44:35	
3:54:00 3:12:27	Dianne Pointer Susan Kilbride	44:43 45:03	
3:15:05	W45 Marilyn Potter	45:31	
3:28:11	Noreen Hendley Betty Newton	47:43 51:08	
3:31:36 3:41:49	Rebecca Heidlage	51:50	
3:43:18	Jane Monk W50 Dolores Albertini	52:29 40:42	
3:47:13 3:51:09	Patricia Bond	46:06	
3:54:59	Wanda Pruetting Janice Talge	52:58 53:34	
3:56:46 3:23:12	Jean Buchanan	54:35	
3:43:54	W55 Ann Williams Eileen Monteil	48:30 1:00:09	
3:57:58 4:39:46	Trudy Nepstad	1:03:10	
4:44:43		1:06:26	
4:56:42	Prime Health Marat	hon	
4:56:42 4:58:46	Prime Health Marat	hon	
4:56:42 4:58:46 5:15:34 3:35:38	Overall:		
4:56:42 4:58:46 5:15:34 3:35:38 4:12:25	<u>Overall:</u> Demetrio Cabanillas	2:21:26 2:52:14	
4:56:42 4:58:46 5:15:34 3:35:38	Overall: Demetrio Cabanillas Annette Craighead	2:21:26	
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4:56:42 4:58:46 5:15:34 3:35:38 4:12:25 5:55:00	Overall: Demetric Cabanillas Annette Craighead M40 Frank Bolbecker Larry Davison Ron Rutledge Mark Lidman C.S. Cranswick Steve Fuller	2:21:26 2:52:14 2:53:10 2:59:21 3:05:18 3:09:58	
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White Rock Marathon Dallas, TX; December 4				
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Martha Ashley	2:46:30			
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	M55 William Ball
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November 6	Hiroaki Kimino

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Gene Ball	17:46
M50 Leo Marquez	19:46
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Tony Chapman	20:33
M60 Wallace Cole	25:35
Arthur Dowd	27:34
Gene Welch	27:52
M70+Paul Gilbert	31:32 35:40
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