150th Issue February, 1991 \$2.

# Campbell, Filutze Win USRA 8K



Barbara Filutze, 44, storms across the finish line to win the Sorbothane/USRA 8K in Naples, Fla., with a 29:22. Photo by Mark Crepeau

# Campbell, Grayson Capture Circuit Titles

by JAMES O'BRIEN

NAPLES, Fla., January 12 — John Campbell called it the Olympics of masters running. Bill Rodgers observed that this championship was the race that really counted. By everyone's definition, the third annual Sorbothane/USRA Masters Circuit Grand Championship was the pinnacle of the over-40 road racing season. In testimony, Frank Shorter, Ryszard Marczak, Ken Sparks, Barbara Filutze, Nancy Grayson, Bob Schlau and a host of other world class masters joined Campbell to go head-to-head and decide who is the hottest of the hot.

But this championship event is not solely for the elite. In addition to the main event, it boasted an open 8K and a 5K Healthwalk. Over 400 participants gave the day's proceedings an air of festivity that is unique to this event. From age 9 (Kelli White from Bonita Springs Fla.,) to age 89 (Warren Daniel of Sanibel Island, Fla.), the

Sorbothane/USRA Grand Championship has come to epitomize the true spirit of road racing — competition for all.

Once the featured event of the day, the 8K Masters Grand Championships, got underway, however, John Camp-

Continued on page 14

# Judson Zooms to Record in Rocket City Marathon

by JIM OAKS

Most lawyers take their cases to court. Kenneth Judson, a 40-year-old attorney from Pittsburgh, Pa., took his case to the streets of Huntsville, Ala. on December 8, in the 14th WZYP Rocket City Marathon.

The verdict — a 2:17:01 first-placeoverall finish and a time that bettered by nine seconds Mike Manley's recognized American masters marathon record, set in 1983 in the Houston Tenneco Marathon.

(Editor's note: In the 1984 Twin Cities Marathon, Barry Brown, then 40, ran 2:15:15, which stood as the U.S. masters marathon record until 1989, when TAC ruled the old Twin Cities course did not meet the new standard for records.)

The women's masters race was won by Webb City, Mo., sensation Jane Hutchison, who seems to get better each year. At age 44, Hutchison ran a PR 2:45:35, overtaking Barbara Filutze of Erie, Pa., in the last mile to finish third female overall.

Judson was joined by defending Rocket City champ Bob Schlau of Columbia S.C.; and last year's secondplace finisher, Ken Sparks of Chagrin Falls, Ohio; along with five-time Rocket City master winner Don Coffman of Frankfort, Ky.

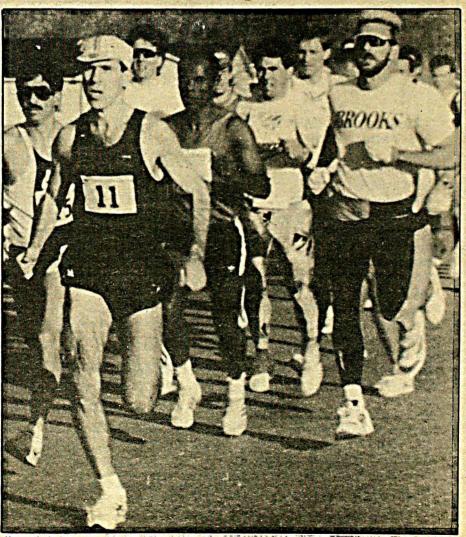
The female field included 1988 master winner Hutchison, Filutze, and the South's current best female master, Nancy Grayson from Columbia, S.C.

These runners were attracted to Huntsville by the outstanding reputation for the hospitality and recognition extended masters for the past 14 years, by the \$1000 masters winner's prize, and perhaps for the \$500 course record bonus offered to the masters winner.

From the start, Judson made it clear that he was going to make a serious effort to be among the top open runners as he matched strides with the lead pack.

Shortly after the four-mile mark, 24-year-old Jerry Lawson attempted a break from the pack with a 4:57 mile.

Continued on page 5



Kenneth Judson (11), 40, from Pittsburgh, Pa., was first overall in the Rocket City Marathon with a U.S. masters record of 2:17:01.

Photo by Jim Uaks

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Creative Art: Eugene Paasinen, Herb Parsons

Editor and Publisher: Al Sheahen Senior Editor: Jerry Wojcik Managing Editor: Jack Hudock Circulation Manager: Katie Williams Advertising Manager: Al Sheahen Production Manager: Herman A. Neufeld Production: American Publishing Co. Track & Field Records: Pete Mundle Long Distance Records: TACSTATS Racewalking Records: Bev LaVeck Track & Field Rankings: Jerry Wojcik Contributing Editors: Hal Higdon, Dr. John Pagliano, Mike Tymn

Correspondents: John Boyle (FL), Alex Coffin (NC), Mike Davis (IN), Bob Fine (FL), Dick Green (IL), Carl Hammen (RI), Hal Higdon (IN), Dick Lacey (FL), Bob and Carol Langenbach (WA), Gary Miller (CA), Phil Mulkey (GA), Tim Murphy (TX), Paul Murray (NY), Jim Oaks (AL), David Pain (CA), Phil Partridge (FL), Phil Raschker (GA). Dean Reinke (FL). Bob Stone (CA). Pete Taylor (PA), Danny Thiel (LA), Scott Thornsley (PA), Mike Tymn (HI), John White (OH), Ken Young (AZ), David Zinman (NY).

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ographers: Alex Coffin (NC), Gene Cohn (CA), Mike Davis (IN), Vic Sailer (NY), Richard Lee Slotkin (CA), Gretchen Snyder (CA), Tesh Teshima (HI), Jerry Wojcik (CA), David Zinman (NY).

Secretary:

Marilyn Mitchell

330 E. 46 St. #4C

(212) 697-8216

Treasurer:

P.O. Box 2372

Van Nuys, CA 91404 (818) 785-1895

Venice, CA 90291

(213) 823-8804

Rankings:

Jerry Woicik

P.O. Box 2372

Van Nuys, CA 91404 (818) 785-1895

Pete Mundle 4017 Via Marina #C-301

Al Sheahen

Records:

New York, NY 10017

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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

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#### Charlotte Observer Races Draw 6000

by JERRY WOJCIK

The Charlotte Observer Marathon and 10K attracted some of the best masters runners in the country to North Carolina on January 5, where they performed up to expectations, a few under less than favorable circumstances

Ryszard Marczak, 45, survived three days of travel from his native Poland to take the masters first in the marathon with a fifth overall 2:23:02. Marczak's performance earned him \$2750, which included a \$500 bonus for breaking Bob Schlau's masters course record of 2:24:46. Schlau, 43, of Charleston, S.C., settled for second in 2:29:16, worth \$1065.

Marczak, after the race, said he was pleased with his performance. "I felt good out there. For the first half of the race, there were about six of us. But the course is very difficult."

The top masters money earner of the day was Nancy Grayson, 40, of Columbia, S.C., seventh woman overall with a masters win in 2:55:31, worth \$2815, which also included \$500 for a masters course record and \$65 for first Carolinian in her age group. Judy Greer, 44, of Orlando, Fla., who, like Schlau, lost the record (2:57:09), finished second in 2:56:53 for the \$1000 prize.

Bruce Robinson (40, 2:31:11, \$250) of Manasquan, N.J., and Linda Banning (42, 3:02:28, \$285) of Charleston, S.C., were masters third-place runners.

Open winners were Ric Sayre, 37, Ashland, Ore., in 2:16:21, and Lisa Presedo, 25, Baton Rouge, La., in 2:43:53.

In the 10K, John Campbell, soon to be 52, who had made the long flight from New Zealand just two days before, kicked home smoothly in 30:09 to win the masters title by 100 yards over Domingo Tibaduiza. Campbell, one second off the course record, collected \$2250, and Tibaduiza, 41, of Reno, Nev., won \$1000.

After the race, Campbell discussed his performance, "... right now, my motivation is at an all-time low. It's personal reasons and it's just good to get away and run again. It was a lot easier than I expected. I didn't even wake up until quarter past seven. I took it rather easy."

In the women's race, Priscilla Welch, 46, of Boulder, Colo., after

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taking a few weeks off to recover from inhaling silver and gold paint spray fumes while decorating a Christmas tree, won \$2250, with a masters first and fourth overall 34:38, which broke her own course record of 35:06. "It was a good go out for me," said Welch. "It was my first race of the season, and I didn't really know where I was."

Laurie Binder, 43, of Oakland, Calif., took second place, worth \$1000, with a 35:33. Both runners felt that the unusually cold temperatures

(40° at the start) bothered them.

Wilson Waigwa (41, 30:35, \$250) of El Paso, Texas, and Nancy Oshier (42, 36:36, \$250) of Rush, N.Y., rounded out the top three masters.

Winners overall were Brian Diemer, 29, Kentwood, Mich., with a 29:02, and Francie Larrieu-Smith, 38, Dallas, Texas, in 34:18.

The races, which began at the Charlotte Observer building and finished inside the Charlotte Convention Center, drew more than 6000 starters.

#### Five Years Ago February, 1986

Don Coffman, 42, Captures
 3rd Straight Rocket City
 Marathon Masters Title in

2:27:42

Otto Essig Pledges \$25,000

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Eandra Kiddy, 49, Sets
 U.S. Women's 100-Mile
 Record in 15:12:54



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#### 1990 AWARDS

In reading the article on the 1990 LDR Award winners (NMN, Jan.), I was startled to find that M70 award recipient, Nate White, had "won four national masters championships," including the 5K. Actually, Nate was third in that race behind Max Quakenbos (21:58) and me (22:11) — as you reported in your March edition. I know the misinformation didn't come from Nate White whose honesty is unquestioned.

When making these awards, the LDR Committee should realize that not every masters athlete can afford to travel to compete in national championships. The true criteria for best runner should be the recorded times on TAC-certified courses wherever located.

On that basis, Eddie Lewin deserved the M70 award because of his superior times. He was clearly the best M70 long distance runner in 1990.

> Phil Jones Glendale, California

I have a real problem with the Masters T&F Committee members who are supposed to be knowledgeable about T&F performances.

I want my name withdrawn from the M50 category as co-winner for the following reasons:

1) My name was not on the ballot mailed to the 50 voters. So no one had

the opportunity to vote for or against my nomination.

2) I was told the voting results were based on the TAC Nationals — which I bypassed this year.

3) I never threw 205 ft. as listed in the award selection. That is obviously a bogus mark.

I did have the following marks: 211-7 (Spring Games, Santa Ana, Calif.); 210-2 (Fresno Relays); 208-2 (So. Calif. Striders Meet, Long Beach); and 200-11 (Western Regionals, San Diego).

I hope that my best performance of 1990 will be noted and listed as an age-52 record.

Larry Stuart El Toro, California

I know Larry Almberg, M40, is a marvelous performer and I congratulate him on his "Outstanding Performance" awards. But I'm wondering if the former award wasn't influenced unduly by the latter. That mile run is hard to ignore, but in the total picture of achievements for the year it is simply "another record." I'm not belittling the magnitude of the performance, only indicating that is precisely the reason we have the Outstanding Performance of the Year award.

If we considered the entire season from beginning to end with emphasis on the major meets, we would find Larry with two National gold medals and a world record.

A very similar case could be made for Ken Sparks, M45, in the same events. Ken got three golds and three world records. Both runners' key event was the "best of the meet" in the Outdoor Nationals.

Stan Whitley, M40, won three golds, had the "best of the meet" performances in two, and was considerably superior in performance percentage.

But perhaps the greatest logical challenge would have to come from John Alexander, M70, who won eight golds, with three ARs and one WR.

We need a firm, objective system for awards that cannot be swayed and influenced by dramatic pictures and exciting stories. It's time the steady performers' accomplishments were rewarded as much as those with single, terrific performances.

Phil Mulkey Atlanta, Georgia

I have a problem with the criteria and the process used for selecting the Administrator of the Year for 1990. According to the January issue of NMN, Ms. Kousky was chosen for her "outstanding work as a co-director of the 1989 World Championships and her first-year leadership as head of the Masters Track & Field Program."

What this means is that TAC presents an award based on a single achievement — one meet and one year of service. Compared to the selection process used to determine the other "outstanding" awards, I find this inconsistent and unfair.

Where were people like Dick Green on the 1990 ballot? Green's credentials include several years of running successful meets — both large and small. Why do you think he was awarded next year's Nationals?

Next year, allow all masters competitors a chance to participate in the year-end selection process with a personalized ballot. Not everyone can afford to travel to the TAC Convention to vote.

In anticipation of these changes, I nominate Dick Green for Outstanding Administrator in 1991.

Jack R. Twet
Beaver Dam, Wisconsin

(There were three nominees for the Administrator Awards: Kousky, Green and Jerry Wojcik, Rankings Coordinator. Kousky received a majority of the votes on the first ballot. — Ed).

#### AGE-GRADING POPULAR

I initiated efforts to start agegrading with the 1991 Houston-Tenneco Marathon, but was unsuccessful. We then worked to initiate a high-visibility, age-graded project into the Marathon Warm-up Series, which consists of the 5th largest U.S. 20K, 3rd largest 25K, and largest 30K.

I'm happy to report we succeeded and I have yet to hear other than favorable comments on age-grading. It remains to be seen what will evolve for the 1991-92 race season, but it appears age-grading will grow in the Houston area, as some key local LDR officials have informally made very positive comments.

Does NMN have plans to begin periodically publishing a summary list of masters prize-money races and agegraded races?

My wife, Gwen, developed a Lotus 1-2-3 template for computer handling of age-grading. At present, we have to input all the masters data instead of taking it from the race entry and finishline program directly. It might be of interest if NMN would do a short article on various efficient methods of doing age-grading by computer. With interest increasing in Houston, I hope we can develop a means to combine age-grading with the rest of the race-computer program to avoid duplicate data input.

We thank NMN for its excellent work and reporting.

Howard Kunz Houston, Texas

(Thank you for your efforts. NMN plans to do an updated article on agegrading in the March issue. — Ed.)

#### SCHEDULE COMPLAINT

I noticed that the pentathlon and high jump are scheduled for the first day of the Nationals this year. That means that while the pentathlon long jumpers, javelin throwers, discus throwers, and 200m and 1500m men will be able to compete in their events twice, the high jumpers won't even get to compete once.

Why can't the high jump be held on the fourth day when there is only one other event?

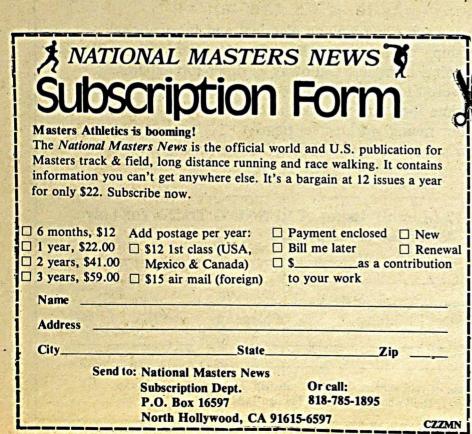
> Bob Morcom Wilmot Flat, New Hampshire

#### DIVIDE SECTIONS FAIRLY

I compared the recent census figures to the sectional breakdowns to see if the areas of the country were divided fairly with regard to club recruiting. What a surprise! With a total population of 249,632,692, here is the way it works out:

East (62,644,541) 25%; Midwest (47,654,358) 19%; West (39,088,224) 15.6%; Southeast (38,634,367) 15.4%; Mid-America (26,551,592) 10.6%; Southwest (23,884,462) 9.5%; Northwest (10,565,237) 4.2%.

I hope the people in charge of the sectional division of the U.S. will |Continued on page 21



Don Gammie, 60, Centerville, ohio, betters the M60 + course record by over 20 minutes with a 2:48:09, only 13 seconds off the U.S. single-age record, Rocket City Marathon, Huntsville, Ala., December 9 Photo by Jim Oaks

# Judson Zooms to Record in Rocket City Marathon Continued from page 1

Judson was the only other runner to respond to the younger man's surge, and when Lawson made a pit stop, Judson took the lead and held it through nine miles.

Lawson overtook Judson by mile ten and built a 22-second lead over the next four miles. But another pit stop by Lawson gave the lead back to Judson before mile 15.

"I guess I am most proud of the fact that when presented with the chance to lead that second time, I didn't back off." Judson said. "This was the first time I have ever had an opportunity to win a race of this magnitude. It's a very special feeling to know that I made the most of that opportunity."

Judson had run almost equally well here in 1988 (2:17:55) when he finished second by only 29 seconds. This year, from the 15-mile mark, the lawyer made a very strong closing argument for the win, and none of the younger runners seriously challenged him the rest of the way.

Judson's Olympic Trial qualifying time of 2:17:01 was also a masters course record, bettering Englishman Ron Hill's 2:19:37 set in 1978 when Hill was 40.

"My plan was to run competitively," said Judson. "I was committed to running with the lead pack. I figured if I did that, then the sub 2:20 (Olympic Trials qualifying time) would take care of itself. At the start I had no idea I'd win. I just wanted to run my race as hard as I could."

Judson's pay check was sweetened by the \$500 masters course record bonus. The open-winner (\$1500) money added to his masters money (\$1000) gave him a total of \$3000 for the superb effort.

Equally exciting as Judson's American masters record performance was the race for the female master title.

Hutchison and Filutze were among

the top five open female runners from the start, and stayed within 10 to 15 seconds of each other for 20 miles of the race. They were often bunched within a five-second interval.

"I knew the masters competition would be tough with Barbara in the race," Hutchison said. "My plan for the race was to break 2:45 (the qualifying time for the women's 1992 Olympic Trials race), and if that was also good enough to win the masters or overall title, I would just be even more happy."

Continued on page 12



Top male and female masters at the 14th WZPY Rocket City Marathon in Huntsville, Ala., Decembe 9. Front, left to right: Jane Hutchison, Barbara Filutze, Carolyn Spillman, Nancy Parker, and Andrea Pease. Back: Kenneth Judson, Bob Schlau, Ken Sparks, Don Coffman, Craig Storey, and George



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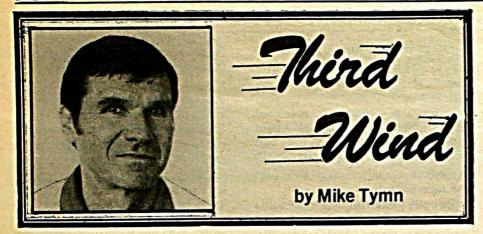
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7 hen our race times fall short of our goals or expectations, we begin to search for reasons. We explore all of the factors that go into performance. Did I put in enough miles in my training? Was enough of it quality work? Did I taper properly before the race? Was I at my optimum body weight? Had I been eating properly? Was I mentally focused? Could it have been the hills, or the wind, or the warm weather? Perhaps I was overtrained? Maybe my biorhythms were down?

ATHLETES WHO ENTER A NEW DIVISION THIS MONTH, FEB. 1991

There are so many variables associated with race performance that it's often difficult to pinpoint the reason(s) for disappointing efforts. Around 40, give or take five years, another factor enters the picture: ag-

#### Blamed It All On Aging

Initially, many of us dismiss the possibility that Father Time will take his toll. I was one such person. During my early 40s, I came to believe that I could go on forever without paying him a cent. But during my late 40s and early 50s I went to the other extreme: I blamed aging for all my losses. It became my crutch, my excuse for not doing as well as I thought I should have. I often complained that the toll was too high.

Now, though, I have come to realize

ATHLETES WHO ENTER A NEW DIVISION
ATHLETE (RESIDENCE)
PAMELA CALVERT (MANCHESTER, MD)
ANGELLA HEARN (GBR-NEW YORK CITY, NY)
SINCLAIR KALKHOF (BALA CYNWYD, PA)
EDITH KOKERNOT (HOUSTON, TX)
DOROTHY MARTIN (TUSCON, AZ)
LORI MAYNARD (REDWOOD CITY, CA)
FLORENCE REARDON (OREGON, OH)
SHIELA SMITH (LOS ANGELES, CA)
MYRNA SORENSON (ORANGE, CA)
NANCY TIGHE (NEW YORK CITY, NY)
RUTH UPDEGROVE (HONOLULU)
ALGENE WILLIAMS (PARK FOREST, IL)
ANNIE BELLANGER (FRA)
DOROTHY BROWNE (AUS)
MARGUERITA GIROUARD (FRA)
ANGELLA HEARN (GBR-NEW YORK CITY, NY)
ALICE OLSON (NZ)
INGRID SCHATTNER (WG)
JEAN THEW (AUS)
BEATRICE WALDNIS (SUI)
MATHIAS BERGSETH (NOR)
FRED BEST (WESTFIELD NJ)
TONY BLUE (AUSTRALIA)
DON BRADLEY (ENCINITOS, CA)
PHILLIP CLARKE (VAN NUYS, CA)
DENNIS COVENEY (CAN)
ROBERT CROUCH (SAN CLEMENTE, CA)
HENRY DAVENPORT (CHARLES TOWN, WVA)
DENIS DEVALLANCE (AUSTRALIA)
CHARLES DILLON (CAN)
EARL ELLIS (SEATTLE, WA)
JACK ERICKSON (GRAND PRARIE, TX)
BRIAN FREEMAN (SAN DIEGO, CALIF)
FRANK HARRISON (CA)

WA)
DE PRARIE TX)
DIEGO, CALIF)

(S.AFR) MAR, CA) LOS ALTOS, CA)

that the truth is somewhere in between. There is a toll to pay, but not quite as much as I had come to believe two years ago.

It was at age 46 that I began to really struggle in my efforts to keep pace with my old self. I had run a 31:38 for 10K at age 41 and a 32:28 at 45. But at 46 I couldn't break 331/2 minutes. There was a slight resurgence to 33:52 shortly after my 50th birthday, but an injury followed. I ran for fitness only for the better part of a year before returning to racing. My times then took a real nosedive — I seemed to stall for over a year right around 36:30.

I looked for reasons for my rapid decline, and I concluded that Father Time was making me pay dearly for all those years of hard training.

I had succumbed to negative think-

ing and never expected to see the other side of 36 minutes again, much less 35. But last year, at age 53, I got back down to 34:40 for 10K.

#### Consistency and Momentum

The factors I had overlooked in my examination of all variables affecting my performance are consistency and momentum. It's the "use-it-or-lose-it" dictum applied to higher levels of fitness. Throughout my late 30s and early 40s, I pretty much raced yearround. I backed off the intensity now and then, but I was able to maintain a very strong base condition throughout the year. I never shifted below second gear. When it was time to prepare for a big race, I would shift into high gear for eight weeks of intense training.

#### Stronger Base Condition

But in my late 40s, as the times slowed and the motivation waned, I became more of a seasonal competitor. I was content to do nothing more than easy fitness running for seven or eight months of the year. I'd then attempt to get back into racing shape by shifting from low gear to high gear, completely bypassing second gear. In effect, I was trying to go from a relatively weak base to intense training without sufficiently building up to the hard training.

My resurgence last year was a result of maintaining a stronger base condition, and then shifting into second gear for several months before moving into high gear in my training. Consistency (in quality training) and momentum made the difference.

A college-aged runner might be able to get away with what I was doing between ages 46 and 52 because the strength of youth is slow to dissipate. But as we grow older, I think it is clear that we need to work harder at maintaining that basic strength.

#### Maintaining Speed

It is equally clear to me that we have to really work at maintaining speed as we age. During my early 40s, I could go out for my first hard quarter-mile interval session after a long layoff and start out with a 65-second lap. My lack of conditioning would show up in not being able to maintain that speed in subsequent quarters, as I'd fall off to 68s and 69s. When I could average 65-66 for 16 repeats, I knew my endurance was catching up with my speed.

Now, however, my first quarter after a long layoff is my slowest one, about 82 seconds. I am then able to continue at 80-81 seconds for 12 quarters. After two months of regular interval sessions last year, I was able to average 75-77 seconds per quarter.

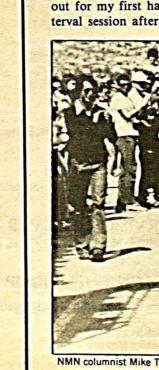
Thus, a dozen years ago, my heavyduty training was aimed at developing endurance to go along with whatever natural speed I had, but now the objective of my serious training is to retrieve lost speed. The building of endurance is secondary. Of course, there's no way to really tell how much of that lost speed would still be with me had I continued to do quality training and to race year-round.

#### Mind vs. Body

As the time for shifting gears to more intense training approaches, I'm not sure I want to train as hard as I did last year. I still have the desire to race and to race well, but that desire isn't always there when it comes time to put myself through a tough workout. Sometimes it's the body that rebels; other times it's the mind that says no. Often the mind gets its signals from the aching body.

Moreover, there's a certain amount of recklessness and abandonment that must accompany the desire if one is to run at his potential. That's what seems to be missing most with me. If that is a concession to age, so be it. I prefer to think of it as wisdom that comes with age.  $\square$ 

A note to readers: I'd appreciate receiving your thoughts and experiences in this area of aging and training for a future column on this subject. Please share your ideas with me. Write to me at: 1524 Uluhao St., Kailua, HI 96734.



NMN columnist Mike Tymn, shown here, at age 43, winning the 1980 Nike National Championship for masters in San Diego, Calif., says he's now about three minutes slower than he was then. How much of that is due to aging, he's uncertain.

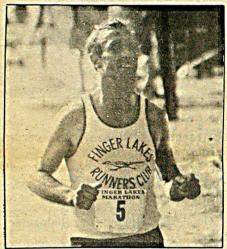
# Keenan Wins Hangover Half

by PAUL MURRAY

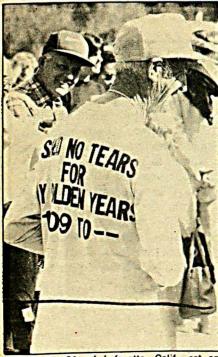
Forty-year-old Dale Keenan of Selkirk, N.Y., welcomed the New Year with a decisive victory in the Hudson Mohawk Road Runners Club's Hangover Half Marathon held January 1. Keenan paced the 206 finishers in this annual holiday event with a 1:11:15, finishing nearly five-and-ahalf minutes ahead of Rick Stark, his closest challenger at 1:16:34.

Judy Swasey paced the 40-49 women in 1:46:14, just 35 seconds in front of Christine McKnight. Sue Engel was third in 1:50:05.

John Pelton of West Rupert, Vt., won the M50-59 division with a 1:23:15, followed by Robert Steciuk (1:26:29) and Wade Stockman (1:27:14). The M60s saw some tough competition with Bob Gauvreau (1:29:22) outlasting Ed Doucette (1:29:56). Regina Tumidajewicz of



Rich Congdon, 45, of Ithaca, N.Y., finishes his 21st consecutive Finger Lakes Marathon, Ithaca, N.Y., in 3:11:20. Photo by Peter Rath



Mel Shine, 81, of Lafayette, Calif., set an M80-84 course record (1:58:28) in the Humboldt Redwoods Half-Marathon, Weott, Calif. Ewar Gordillo (45, 1:10:11), Reno, Nev., and Shirley Matson (49, 1:20:55), Moraga, Calif., were masters firsts.

Photo by Pampiano/Times-Standard

Amsterdam, N.Y. was the lone W60-69 finisher in 2:14:30.

Ed Gresens (16:12) was the top M40-49 in the adjunct 3-mile Sober Up Run with Andrea Lurie (24:26) taking the W40-49 honors. In the 50-59 bracket Lowell Montgomery (21:38) and Marge Rajczewski (24:47) were victorious.

The race's best performance came in the 60-69 group as Bob Hennig, 65, sprinted to a 20:43 and Nancy Gerstenberger turned in a 22:48 for the distaff side. Bill Shrader represented the 70-year-olds with a respectable 33:42 showing.



David Lawyer, formerly of NY Masters, now residing in Santa Barbara, Calif, winning the M70 100 (14.67), Trojan Invitational, Los Angeles. Photo by Jerry Wojcik

# TAC Midwest Sectional Master Indoor Track & Field Championships

Date: Sunday, March 10, 1991 **Place: Westwood Sports Center** West LeFevre Rd., Sterling, IL

FACILITY: 200 meter Tarton Track and Runways, % spikes 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 1990. Registration forms available at meet site.

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

ENTRY FEE: Entities past marked by 3.5.90: \$5.00 1st Event, \$10,00 2 or more events, and \$10,00 Relay. Alter 3.5.90: \$7.00 1st Event, \$14.00 2 or more events, and \$10.00 Relay. Registration and mumber pick-up open 10 s.m. the day of the ment of

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

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

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

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

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

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

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

MOTELS: Meet Headquarters - Damada Inn, Flock Fálla, II, 1-000-228-2920 Singla: \$35.00, Doubla: \$40.00, 3 parson: \$45.00, 4 parson: \$50.00 (Maximum 4 paople per room) Identify yourself with the Midwest Sactional Masters Track and Field Champlouships.

ORDER OF EVENIS:

RUNNING EVEHIS - 12:00 HOON 60 Mater Hundles 3000 Mater Dun 3000 Meter Dusi 400 Meter Dash 1500 Meter Race Walk 60 Meter Dash 800 Meter Rus 200 Meter Dash 3000 Meter Race Walk 1500 Mater Rus 4x400 Meter Relay

FIELD EVENIS - 11:00 A.M. Long Jump 35# Weight 56#, 98#, and 300# Weight Throw

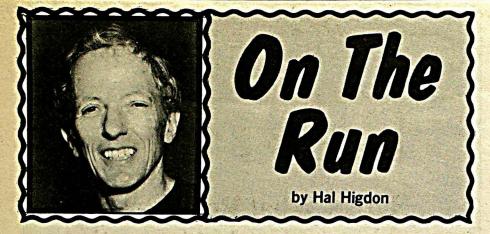
Send completed and signed entry and check psychile to Dick Green, P.O. Box 6147, Flocklord, IL 61125, Phores 815/332 4743

Slale Zip Code \_\_\_\_ Phone #\_\_\_ Amount Enclosed\_

Athletes Release: In consideration of your acceptance of my entry, I do hereby for myself, my lieks, and executors, waive, release and forever discharge any and all chains for damagns which I may have, or which may hereafter accrue against the Masters Athletic Committee, the West.

Sports Complex, any and all meet officials, volunteers or anyone associated with conducting the Midwest Sectional Masters Track & Field Meet.

\_ Alhlele's Signature\_



#### Legging It Up

n a crisp, winter morning, I rose early while staying at a hotel near Arlington Park, a horse racing track northwest of Chicago, and went for a slow run on the bike paths of nearby Busse Woods. As I encountered other joggers, walkers and cyclists, I greeted them with a nod or brief hello.

Two of the joggers apparently recognized me. I heard one say to the other after I passed: "What's he doing out here?"

I was not there to bet on the horses, since the track was closed for the season. Actually, I was on my way home from a track meet in Madison, Wisconsin. I had stopped with my wife Rose to attend a wedding reception at the Arlington Park Hilton, which usually caters to horse fans. As to what I was doing in that particular forest preserve early on a Sunday morning, it was some base training preliminary to

speedwork later that spring. But I might have told the pair: "I'm legging myself up."

That's an expression used by horse people. Ed Benham, a retired jockey from Ocean City, Maryland, who has set nearly 100 American track and road records, taught it to me.

Horses move pretty quickly, so what's good enough for a horse is good enough for me. While legging it up, I was moving at a pace so slow as to bore even most beginners. During a 90-minute run near the race track that morning, I covered nine or ten miles.

That's barely a 10:00 mile pace. Run that slow in most 10K races, and you'll finish in the bottom 10 percent of the field. Benham runs decidedly faster when he races.

Yet Ed and I know that those slow miles near the horse track would result in fast finishes later during the year. Certainly my performance in Madison indicated I needed a good shot of speed. In the 1500 meters, the top two runners left me after one lap. I paced the rest of the field for five more laps. Then three runners swept past me on the last circuit.

The logical training response would seem to be to run sprints to improve my finishing kick. You can't run fast unless you train fast, goes one adage. This suggests some lung-searing sessions of 400-meter interval sprints on the track. Perhaps that would improve my speed.

It would, done at the right time of the year, but another adage says that you can't run fast unless you first train slow. Ron Gunn, track coach at Southwestern Michigan College, phrases it another way: "You can't shoot a cannot out of a canoe." The cannon's recoil, of course, would pitch both cannon and person firing it into the water. You need a bigger boat. A battleship offers a better base for firing cannons. And runners who expect to go fast in competition also need a better base than what they can obtain on speedwork alone.

They need to leg it up. Thus those slow miles in the woods near Arlington Park were designed to prepare me to run fast.

Ed Benham knows that preparation is the key. He rode his first race as a jockey at Culver City, California, at age 14. Two years later, he scored his first victory. Benham rode competitively until 1940, then worked as an outrider and equipment handler until he retired in 1976.

Soon afterwards, Benham started to run with his two sons and achieved instant success as an age-group competitor. "I trained myself just like I trained the horses," says Benham.

That meant starting slow. Or as Benham describes the base training he used to give horses, "you leg them up." For six to eight weeks, the horses gallop very slowly. Finally, Benham would throw in a little speed, "breezing them," as they say at the track. He'd run the horses first one-eighth mile, then one-quarter mile, until they worked up to five-eighths fast.

If the horses seemed tired, he'd back off on the hard training and walk them around the shed for an hour one or two days until they recovered their pep. "One way you could tell if a race horse was overtrained," says Benham, "was that the horse wouldn't finish his feed."

So, when Benham turned to running at the age of 71, he approached his new



Ed Benham

sport similarly. "Nobody told me how to run," he says, "so I trained myself just like I used to train horses. I legged myself up first. Once I got in shape, then I stretched out."

Good advice for anybody, human or horse. □

Hal Higdon, author of "The Masters Running Guide," currently is working on another book to teach runners how to run fast.

# Race Ohio's Oldest Marathon Road Race

# **First Annual Half Marathon**

April 7, 1991 12 noon

# The 24th Annual Athens Marathon

\$150 \$75 \$50 \$25

• Male/Female/Master Overall • Age Group Awards
• Long Sleeve T-Shirts To All • Beautiful Winding
Rural Course • Silver bowls and additional awards
will also be given in specific age groups • Laural
crowns flown from Athens, Greece, will be awarded
to the overall winners in both the men's and
women's marathon • Post Race Refreshments.

#### **First Annual Half Marathon**

· Awards · Same Start & Course

Saturday Night Pre-Race Carbo Dinner 5K Fun Run



#### Marathon & Half Marathon Entry Fee: \$12.00

Before Mar. 31, 1991 \$15.00 Race Day

☐ Yes Lam interes	ted in the 24th Annual Athens I	Marathon or half
	e send me more information.	Marathorror Hall
Name	Property of the second property of the second	
Address		se ante de la company de la co
City	State	Zip
Mail To: Tom Antle, 1	1933 St. Rt. 550, Athens, Ohio	45701.

#### World Indoor Mark May Fall This Month

Rod Dixon, Ken Popejoy, Dave Stewart, Larry Almberg and other top masters runners will try to break Stewart's world indoor masters mile mark of 4:15.47 in three masters miles this month: the Millrose Games in New York on the 1st, the Mobil One Meet in Fairfax, Va. on the 3rd, and the Vitalis Meadowlands Meet in New Jersey on the 8th.

Popejoy, who won the M35 1500 and the 1990 Nationals in Indianapolis in 4:00, just turned 40 and ran a 4:18 mile in open competition at the Sunkist T&F meet in Los Angeles on January 18.

NMN's David Zinman will report on all the action nextmonth.

# How LDR Rankings Are Compiled

According to Linda Honikman of TACSTATS, the annual LDR rankings are compiled using information submitted by meet directors from across the country. TACSTATS only accepts results from races run on TACcertified courses.

If you feel your race director may not have submitted your results to TACSTATS, you can send Linda a list of your best times and she will contact the race director for verification. TACSTATS will also let you know which races were not TAC-certified.

LDR rankings for 1990 are scheduled to be published in June, 1991. The latest you can submit marks for consideration is March, 1991.

TACSTATS will accept marks for inclusion in its All-Time Rankings at any point in the year. If the mark is a record, you will have to include the correct form.

For more information, you can call (805) 683-5868 or you can mail a list of your best times to: TACSTATS, 915 Randolph Ave., Santa Barbara, CA 93111.

# Scott, Walters Top Performers In Vegas

by JERRY WOJCIK

Mike Scott, 47, of Corona, Calif., M45 winner in 1:14:20, had a masters best age-graded performance of 88.8% in the 24th Las Vegas Lite (13.1 mile) Mini Marathon in Las Vegas, Nev., on December 15. Second M45 Tom Curry, 49, of Las Vegas, followed with a close 88.1% for his 1:14:53. Bill Strachan, 40, of Tempe, Ariz., was the third best performer with an 87.7% for his 1:11:51 M40 first.

Harolene Walters, 48, of Mission Viejo, Calif., was the top masters woman with an 85.3% 1:27:31.

Gordon Christie (29, 1:04:31), Santa Barbara, Calif., and Olga Appell (27, 1:11:20), Albuquerque, N.M., were the open winners.

The event drew 700-plus entries and had a record 606 finishers, not including 9 four-person teams in a special relay race. Bill Callanan was race director.

#### Japanese Invade Hawaii — Again!

With nearly 9000 of the record 13,260 entrants in the 1990 Honolulu Marathon on December 9 from Japan, eight of the ten male age-groups over 40 were won by Japanese runners.

Akio Negashi, 40, finished 15th overall with a time of 2:34:46 to capture the 40-44 division, beating out Gary Ranney, 40, of Honolulu (2:37:25) and former Olympic marathon champion Frank Shorter, 43, of Boulder, Co. (2:40:20). Gerry Lindgren, 43, another former Olympian, was sixth (2:51:43).

Times were slowed by strong winds and some rain. Simon Robert Naali of Tanzania was the overall winner in 2:17:29, well off his 2:11:47 victory in 1989. However, women's winner Carla Beurskens of the Netherlands, at 2:33:34, was not that far off her race record of 2:31:01, set in 1986 under much more favorable conditions.

Beurskens, who will turn 40 on February 10,1992, said that the conditions were the worst she had experienced in her record five Honolulu Marathon victories. "The weather was much different this year," she commented, referring to the wind, rain, and humidity.

The first female masters finisher was Natascha Costello, 42, of Australia. She finished 16th among the ladies at 3:07:57.

Minoru Muramoto, 49, won the

W45 division in 3:11:26. Muramoto, who held the 40+ record at 2:48:00 (1982) until it was broken by Priscilla Welch of England in 1988 with a 2:43:20, was running in her eighth Honolulu Marathon and winning her eighth age-division title. However, it was the first time she had not broken three hours.

Keizo Yamada, another frequent Honolulu marathon age-division winner, won in the M60-category with a 3:06:50. Yamada, 63, is a former winner of the 1953 Boston Marathon and represented Japan in the 1952 Olympic Games.

Stan Gryzik of San Francisco clocked 2:42:07 and took home the M55

Race officials cautioned that all results are unofficial until a review of videotapes of the race is completed.

# Ten Years Ago

February, 1981

- 2400 from 44 Nations Compete in IV World Veterans Championships in Christchurch, New Zealand
- Antonio Villanueva Sets
   10K M40-WR of 30:34.2
- Joan Ullyot Establishes
   New W40 WR for 25K in
   1:46:20

# Read The Reviews

# Here's What Readers Say About THE MASTERS RUNNING GUIDE

—Hal Higdon has written a concise, readable running fitness book for people over 40. He combines his experiences with the latest sports medicine research on over 40 athletes. The book accomplishes exactly what Mr. Higdon set out to do — to explain how to get in shape and perform for what he says are the best years of your life.

-Kathy Jaggers, Charleston (SC) Running Club

-This book is filled with information including chapters on: Minimizing Injury, Secrets of the Masters, Maintaining Mobility, Diet, Improving With Age, and Training Smart. I recommend this book for those of us "transitioning" into the "improving with age" category. (Great gift idea too.)

-Joyce Rankin, Reston (VA) Runners

-I wish I had read the book ten years ago. (I wish it had existed ten years ago.)

- Gordon Pitz, River to River (IL) Runners

—The book describes masters sports and discusses the safety of intensive competition for older athletes... It's tough to read the first chapter and not get an urge to slip on a pair of shoes and go for a run.

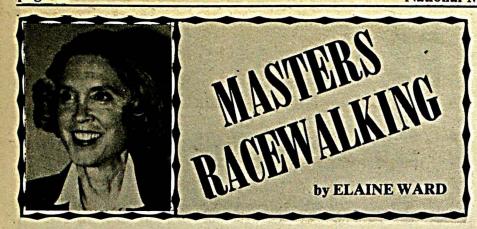
—Mike Davis, Indianapolis News

"I generally stay away from endorsing books, but this one is worth making an exception for."

-Jim Ferstle, St. Paul Pioneer-Press

Buying this book may be the best move you make during the 1991 season

Yes! I want to work, THE MAS	o order copies of FERS RUNNING GUIDE. F	f Hal Higdon's new Please send to:
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Address		
City	State	<b>Z</b> ip
	s mailing charges) to:	n Nuve CA 01404



## Long Distance Walker, Jill Latham

ill has participated in 13 marathons (best 4:37:50), one 100K (13:10:28), two 50 milers (10:37:16 & 12:21:34), two 50K's (5:52:21 & (5:43:26), one 40K (4:39:51), and many 20K's. At age 54, she continues to make PRs and enjoys saying, "The older I get, the faster I get!"

#### What is your favorite distance?

The 50K is my favorite race because it is the most challenging. Marathons have become easy for me, but a 50K is in a different league.

# How does your strategy for a 50K race differ from your marathon strategy?

In a marathon I get into a set pace for the first 15 miles. At the 15-mile point, I feel really warmed up and am into the race. A beginner might think, "Gosh, I'm feeling great. I'm ready to speed all the rest of the way." But you have to caution yourself not to overdo.

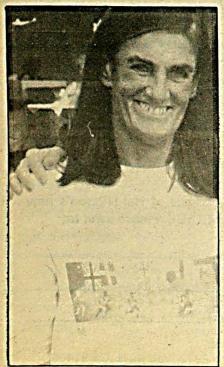
#### But you do go faster?

It's a new cycle and a new speed, but I'm still careful. At 20 miles you can bolt home if you have held yourself in. If you haven't, the last 6 miles will be your slowest.

#### How about your strategy for a 50K?

The 50K is a difficult race because after you walk 26 miles, you feel it is enough. It's time to be finished, but there's another five miles to go. You have to dig down and get tough to persevere.

I work my 50K strategy out a month



Jill Latham

# Interview: Viisha Sedlak

by ELAINE WARD

Viisha Sedlak, 42, has been an inspiration to women of all ages for many years, and this year was no exception. Viisha not only finished seventh in the Women's 10K at the TAC/USA Track & Field Championships held in Southern California this past June, she set an American 5K record in 24:38 and an American 10K record in 49:15.

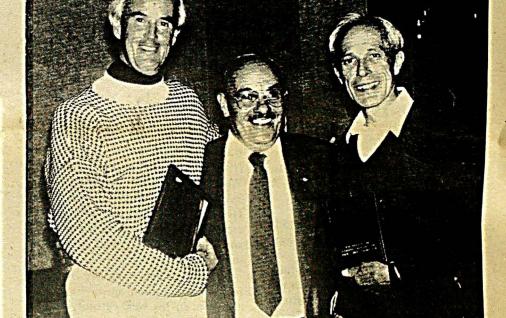
When I recently asked what her 1991 goals were, Viisha offered the following:

"1991 will be a strength year and I'll add speed training in 1992. I am now training for the Olympic Trials in 1992. I want to be in the Trials, and I want to have a good race. I will probably go to Finland for the World Veterans Games this summer, and I want to do well there, too. However, I am only going to train for strength this year even if it

causes me to have slower times at the TAC Nationals and in Finland.

"Strength training means training very hard both numerically, more workouts as well as higher quality workouts, and tightening up on my nutrition and supplementation. The cleaner I am internally, the more consistent my training, and the better I race.

"I went on a similar program before the Olympic Trials in 1988 for six weeks. No chemicals, no artificial foods, and two to three workouts a day. I had a fabulous race at the '88 Trials so I feel if I could do that in six weeks, just imagine what could I do if I work through 1991 and 1992. As I mentioned, it will probably compromise my performance a bit as I will probably be somewhat overtrained. But this is what I plan to do, tapering off in 1992."



World-famous racewalking coach Frank Alongi (center) presents the M55 awards to Jack Bray (left, 2nd, 50:58) and Max Green (1st, 50:03) at the Alongi Memorial 10K Racewalk in Dearborn, Mich.

# Jill Latham's Marathon Diet

right to the finish.

or two before the race, but it never

happens the way I planned. How I

walk always seems to be related to how

I feel the particular morning of the

One thing that seems to hold true is

that I have become a pacer though I

never wear a wrist watch. I often pace

men because there are not too many

women in long distance. I will hitch up

with a man who is just behind me, but

going my speed. I am really being

pushed, and this is the way I like it

race. Every time it is different.

The first part of the week before a marathon, I eat a lot of vitamin C vegetables and foods high in iron. I like to eat beets, the fresh ones, not canned. Do not overcook them, and be sure to drink the juice. I eat raisins and sardines which are very high in iron. Get the sardines in the oil and put them on whole wheat toast or nut bread. All week I eat and drink a lot of fruit and fruit juices, not the acid ones, but grape, blueberry, strawberry and papaya.

The second part of the week, I cut out the vegetables in favor of pasta, but not the flour pasta. I use black beans and black rice. I learned to do this from the Mexicans in Vera Cruz. All through Mexico and Central America, the top runners live on dark brown rice, almost black rice, and black beans because the protein is extremely high — higher than most pastas. If you are going to eat pasta, be sure it is whole wheat pasta.

On a regular basis, I eat some red meat now. I have a special butcher who knows I want very lean meat. I feel women, especially, need some meat if they are doing long distance. We need the extra protein and iron.

H.B.N

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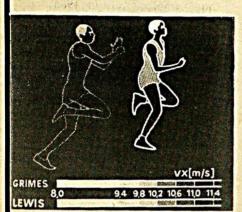
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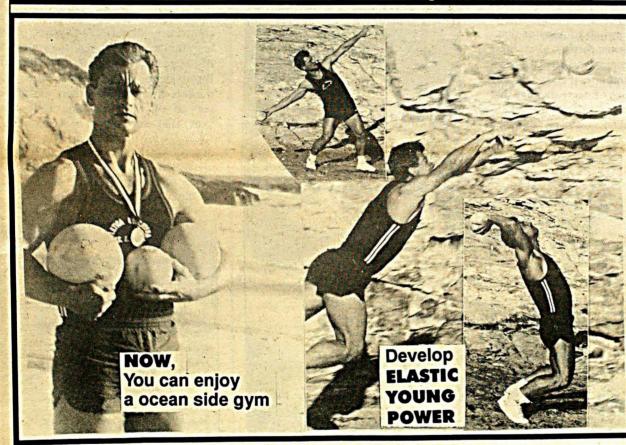
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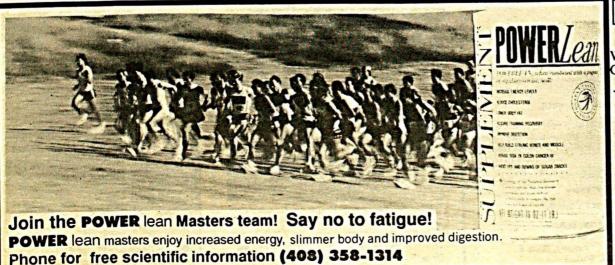
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# THE FOOT BEAT

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

#### Peripheral Neuropathy

I am a 48-year-old runner. Lately, I've been experiencing what seems to be a problem with the blood circulation in my feet. It always happens about midway to three quarters through my run. The toes on both of my feet begin to tingle, then hurt. What's causing this problem, and what can I do to stop the pain so I can continue to run?

It sounds to me as though you're experiencing a disorder known as peripheral neuropathy. This is a fairly common condition in which the nerves of the foot become irritated and cause a tingling-burning sensation that's most often centered in the toes of the feet. It has nothing to do with poor blood circulation.

Most likely, the cause is improperlyfitted running shoes. Shoes that are too narrow in the toe box can place an abnormal amount of pressure on the nerves which results in the tingling sensation you described. In severe cases, the toes will even become numb.

Another cause might be running on hard surfaces. This type of exercise traumatizes the nerve endings in the foot and produces a similar reaction.

In other cases, certain anatomical abnormalities may be at fault. To rule out this possibility, you should consult a sports podiatrist for a thorough examination and diagnosis.

Often a change to a shoe with a wider width — especially in the toe box area — solves the problem. Make sure the shoe is well-cushioned and has an

extra layer of cushioning in the forefront. If you've been running on hard surfaces, switch to grass or dirt.

If the condition persists after these changes, I'd recommend seeing a neurologist to determine if there is any physical evidence of nerve damage that may be causing your discomfort.

(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 Achiles question, write to Dr. John Pagliano, The Foot Beat, NMN, Box 2372, Van Nuys, CA 91404.)



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# Judson Zooms to Record in Rocket City Marathon

Continued from page 5

With one mile to go, Filutze still led the masters contest with a 2:38:46, and Hutchison was eight seconds back.

In that last mile, Hutchison overtook Filutze for her masters win as both runners went well under Bobbi Rothman's masters course record (2:49:39) and finished in 2:45:35 and 2:45:57, good enough for third and fourth female overall. Hutchison's performance was also an American women's age-44 record, previously held by Harolene Walters (2:47:33).

Hutchison also picked up a rather nice pay check of \$2000 for her effort. That included first master (\$1000), masters course record (\$500), and third female overall (\$500). Filutze received \$500 for 2nd master and another \$250 for fourth female.

Male masters money also went to Bob Schlau, (\$500, 2nd, 2:29:32); Ken Sparks (\$250, 3rd, 2:30:27); Don Coff-



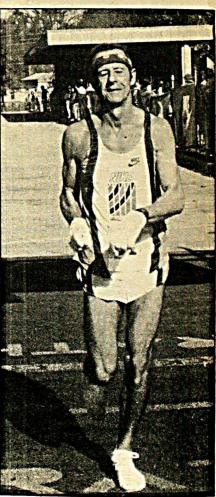
Twenty-two years ago, at age 49, Don McNelly of Rochester, N.Y., ran his first marathon. McNelly, now 70, completed his 276th in the WZPY Rocket City Marathon, Huntsville, Ala., December 9, in 4:36:23, adding the state of Alabama to his list in trying to complete a marathon in each state. Photo by Jim Oaks

man (\$250, 4th, 2:33:13); Craig Storey of Calgary, Canada, (\$250 5th, 2:38:38); and George Whitley of Marietta, Ga. (\$250, 6th, 2:38:56).

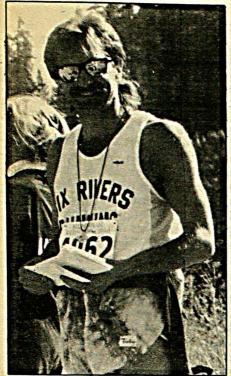
Female master's money winners were Carolyn Spillman of Decatur, Ga. (\$250, 3rd, 3:14:42); Nancy Parker, 54, of Dunwoddy, Ga. (\$250, 4th, 3:15:15); Andrea Pease of Marietta, Ga. (\$250, 5th, 3:17:26); and Wen-Shi Yu, 56, of Kew Gardens, N.Y. (\$250, 6th, 3:22:49). Yu's time of 3:22:49 broke the W55 course record by more than 15 minutes, in this, her 138th marathon. Don Gammie, 60, of Centerville, Ohio, ran 2:48:09, an M60 course record by over 20 minutes.

Twenty-one years ago, at age 49, Don McNelly of Rochester, N.Y., ran his first marathon. McNeely, now 70, completed his 276th at Huntsville in a time of 4:36:23 and looked strong enough to run many more. He added the state of Alabama to his list as he attempts to complete a marathon in each state.

There are five runners who have completed all of the Rocket City marathons, and next year the youngest of the group, 39-year-old Ray Giles of Birmingham, Ala., moves into the masters division. The others who have run all 14, after finishing again this year, are Dean Godwin of Aiken, S.C., Gary Elkins of Gadsden, Ala., Larry Boots of Birmingham, Ala., and James Foreman of Huntsville. Foreman, the oldest of the group at age 56, has run all the marathons as a master.

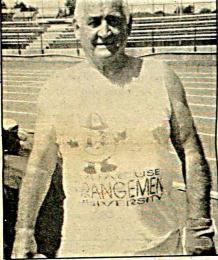


Alton Migues, 50, Pensacola, Fla., takes M50 title in 2:42:22 in the Rocket City Marathon. Photo by Jim Oaks



Tim Martin, 42, of Arcata, Calif., president of the Six Rivers Running Club, was second master (2:48:47), Humboldt Redwoods Marathon, Weott, Calif.

Photo by Honsal/SRRC



Walt Slovenski, M65 hammer thrower, of Lewiston, Me., TAC/USA National Masters Championships, Indianapolis.

Photo by Jerry Wojcik

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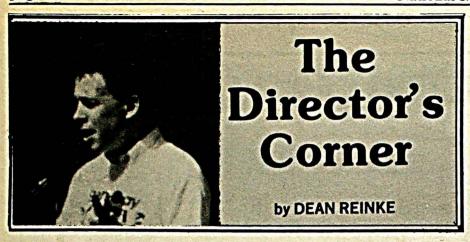


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#### Third Time's the Charm

ith three solid years behind it, the Sorbothane/USRA Masters Circuit is in good health and looking to expand its domestic boundaries internationally in the next few years. Representing 23 states and four foreign countries, the Sorbothane/USRA National Championship in Naples was truly "National" in size. While a few names were missing, competition was keen among all 5-year age-groups with 7 of the 14 championships going down to the wire.

Among the most exciting was John Hosner and Dick Benson's battle in the 65-69 division that saw Hosner grab a narrow 20-second victory. Defending 70-and-over men's champion, Nate White of New York, succumbed to the heat and humidity and finished 4th in what he termed one of the strongest 70+ fields ever assembled. New York's Bill Fortune continued his winning ways as the circuit's only defending champion from a year ago.

In just three years the USRA Grand Prix Circuit has awarded \$50,000 in prize money while individual events combined have distributed \$500,000. Races all over the country are increasing their masters prize purses, alloting more housing and travel to masters, and giving the 40+ runners the long-overdue recognition they deserve. Essentially, the Sorbothane/USRA Masters Circuit is a lobby for masters running.

We have several goals we wish to accomplish in our fourth year. We would like to distribute more prize money, enhance travel assistance and expand

to a more geographically-balanced schedule in the U.S. and also abroad. While 39-year-olds entering the 40+ ranks continues to be a highlight of the younger divisions, that same enthusiasm is shared by a 69-year-old Bill Tribou turning 70 or a Hal Higdon turning 60. In fact, we were inspired in Naples to give a special "85-89" agedivision award to 89-year-old Warren Daniel of Sanibel Island. Warren competed in the inaugural championship in 1989, but sat out last year due to prostate cancer. He is back this year and has officially signed up as our first registrant for the 1992 edition.

Reflecting on our third year, we certainly don't want to forget our debt of gratitude to Bill Adams and ICI for their two-year commitment which helped launch the Circuit. Bill was on hand at Naples and proudly wore #1. Representing our future was Spectrum Sports President Mike Silvestro of Sorbothane. They have allowed us to continue to expand and we look forward to a bright future. Of course, we can't say enough about the Naples community. Once again it opened its doors widely to the event and treated it, media-wise, like the Super Bowl. We congratulate each and every masters runner who participated in the circuit and promise you an even more exciting year in 1991.



#### CIRCUIT HAPPENINGS

Special welcome to Indiana's Gary Roemesser to the masters ranks with his 5th-place showing in Charlotte. The former Indiana Central runner has a wide range and will make a big impact in '91... Look for Frank Shorter on the Circuit even more in '91. Sponsor deals with Alamo, Sorbothane and Clairol will put him at an even higher level of visibility... Bob Schlau did an endorsement for the Washington State Potato Commission at the Charlotte Observer Marathon Weekend in January... While many doomsayers will look toward events like the New Bedford Half-Marathon and others that are losing sponsors in '91, Dean Reinke & Associates is among the firms that are bullish on the coming year with continued support for its USRA Masters Circuit, Charlotte Observer Marathon and others... The Charlotte Observer 10K, by the way, is bidding for the Masters 10K Championships for 1992 to go along with its TAC/USA Men's 10K National Championships. It has also bid for the Women's 10K for '92. It's long-range objective is to host the Olympic Marathon.

If there is a runner with more frequent flyer miles than John Campbell, I haven't met him. Campbell ran 23 races in 1990 and is anticipating even more in the coming year. He is prepping for the Los Angeles, London and New York Marathons. Look for Bill Rodgers and Frank Shorter at the six events in the Alamo Series in 1991... A special welcome to Dan Dwyer, new to masters ranks this past December and congratulations on his 4th place finish in Naples... A big welcome also to Doug Bell of Greely, Colo., coach at Northern Colorado University and owner of Bell's Running Store. Despite having no collegiate experience, Doug finished in 5th place at Naples.

It was supposed to be a head-to-head competition for the M45 championship in Naples, but Barry Brown was a no-show.

Continued on page 15

# Masters Age-Graded Tables

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#### Campbell, Grayson Capture Circuit Titles

Continued from page 1

bell, New Zealand's 41-year-old wonder, seemed intent on leaving his rivals many yards behind. From the gun, he surged powerfully to the front of an intimidating field, and never allowed anyone to pass.

Marczak, the 45-year-old Pole who won the masters division at the Charlotte Observer Marathon a week earlier, tried to hang close for the opening mile. So torrid was the pace, however, (4:35 at one mile, 9:25 at two, 14:10 at three and 19:00 at four) that after a little more than half a mile, he accepted the inevitable, allowing Campbell to forge masterfully onward to his first USRA Grand Championship title and an unblemished record on the Circuit.

"I went out there and I gave it all I'd got," asserted Campbell after his 24:06 victory. "The last two miles were a little tough. I was hoping that Bill (Rodgers) wasn't going to come up behind me. I looked back and Billy was a little way back, so I was able to slow down a little. But I was never over-

confident. I take all of my races very seriously."

Rodgers, too, evidently treated this race with considerable respect, working his way past Marczak at the oneand-a-half mile mark, and then working hard to recoup the advantage that Campbell had gained. That task was too formidable even for so fearsome a road racer as Boston Billy, however, and with 14 seconds still between them at three miles, the inaugural winner of this race was forced to settle for second position, ultimately 26 seconds in arrears. Marczak held on for third position in 24:50, 20 seconds up on newlyemerging masters force, Dan Dwyer of Englewood, Colo.

Although Campbell dominated the men's race, most of the thrills came from the women: namely Nancy Grayson of Columbia, S.C., and Barbara Filutze of Erie, Pa. Although nursing a painful ankle, the 44-year-old Filutze jumped into an early lead. But Grayson slid to the front within the first mile (5:38) and attempted to run away from her determined pursuer. Grayson's valiant effort proved

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## The Director's Corner Continued from page 14

Ken Sparks, who ran a 4:13 mile and 2:29 marathon in '90, won the circuit going away... Despite a slight stress fracture, Barb Filutze overcame Nancy Grayson in the last mile for her victory at the individual championship in Naples. Grayson, however, won the Sorbothane/USRA Masters Circuit Grand Prix Championship and the \$1,500 first prize... Talk in Naples was of John Walker's entry into the masters division in time for next year's championship in early January.

Congratulations to four of the Sorbothane/USRA Masters Circuit events that were recently acclaimed among the top 50 events in the U.S. These include the Charlotte Observer 10K, Rocket City Marathon, Asbury Park 10K and the Crim Road Race.

The popular Red Lobster Run is set for March 9th in Orlando. Athletes' coordinator Lorraine Evans reports that the masters field is shaping up strong again with a \$10,000 prize purse... Canadian Dave Stewart has had a nightmare injury year but a recent 15:24 5K effort shows he's back and raring to go. His first U.S. race in '91 will be the Red Lobster ... Former Michigan State All-American Ken Popejoy will make his indoor mile debut at Milrose in New York City. Look for him to make an immediate impact on the boards... Gary Fanelli writes from Hawaii that he is now 40. He is still wild and crazy but his recent 25:13 8K shows that he's also serious about

Eyebrows were raised when Harold Tinsley reported in a recent press release that Ken Judson's 2:17 in Huntsville was a new American Record. Many asked what happened to Barry Brown's 2:15? Under the new TAC record guidelines, Judson's effort is the official one... While Judson was winning the men's race in Huntsville,

Jane Hutchison was capturing the women's title over Barb Filutze... The first race on the 1991 Sorbothane/USRA Masters Circuit will be the Nissan Shamrock 8K on March 16th in Virginia Beach, followed by the Myrtle Beach Classic on the 23rd. Approximately 25 races will be on the Circuit in 1991.



Ken Sparks, 45, of Chagrin Falls, Ohio, seen here finishing the Rocket City Marathon in 2:30:27, won the M45-49 title on the 1990 Sorbothane/USRA Masters Circuit.

Photo by Jim Oaks

## Sorbothane Cup Age-Graded Rankings

The Sorborthane Cup Age-Graded Rankings, a new addition this year to the ICI/USRA Masters Circuit, compares the performances of older and younger runners and selects the best performances in the race among all age groups. The standards are generally based on the potential world records for each age group and have been compiled by the World Association of Veteran Athletes (WAVA).

Overall lien		Overall Momens	
John Campbell John Campbell Harren Utes Wilson Maigna John Campbell Jim O'Neal John Campbell Horman Green John Campbell Domingo Tibadulza	41 Utica 97 70 Chicago Classic 97 41 Avvida Morid Class 99 41 SuperPlace 99 52 Crim 9 41 Abbury Park 99 58 Abbury Park 99 41 Charlotte Observer 9	Laurie Binder 1007 Iris Black 1009 Gavrielle Andersen 1008 Mancy Omhier	45 Charlotte Observer .96 44 Tandes River .92 44 Asbury Fark .91 43 Charlotte Observer .91 42 Cris .91 47 Tandes River .90 48 Asbarock .90 48 Abbury Park .90 44 Rocket City Harathon .90 44 Rocket City Harathon .90 45 Rocket City Harathon .90

#### Campbell, Grayson Capture Circuit Titles

Continued from page 14

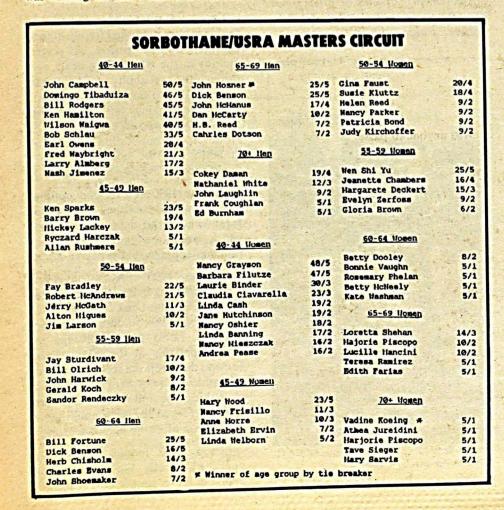
fruitless, however, as Filutze bided her time before surging into the lead for good with little more than one mile remaining. She reached the finish line in 29:22 — a full 16-second advantage over Grayson. Forty-five-year-old Mary Wood from Montrose, Colo., closed out the top three with an impressive clocking of 30:08.

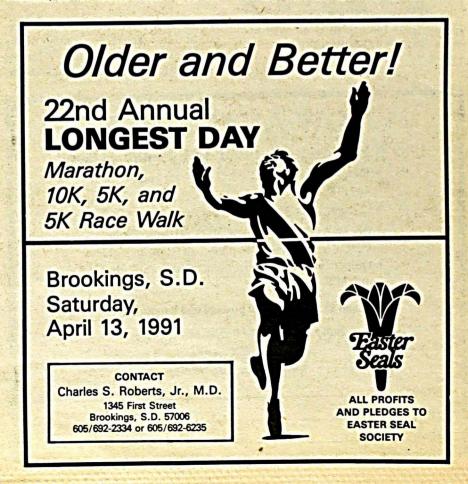
With seven of 14 Grand Prix Circuit titles being decided on the outcome of this event alone, competition was intense in virtually every age-division. The following were the overall Circuit winners in each age division: Men, 40-44: John Campbell, New Zealand; 45-49: Ken Sparks, Chagrin Falls, Ohio; 50-54: Fay Bradley, Washington, D.C.; 55-59: Jay Sturdevant, Waterbury, Ct.; 60-64: Bill Fortune, Pearl River, N.Y.; 65-69: John Hosner, Blacksburg, Va.; 70 and over: Cokey Daman, Virginia Beach, Va.; Women, 40-44: Nancy Grayson; 45-49:

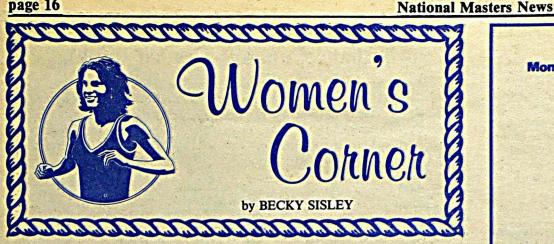
Mary Wood, Montrose, Colo.; 50-54: Gina Faust, Woodland Hills, Calif.; 55-59: Wen-Shi Yu, Brooklyn, N.Y.; 60-64: Betty Dooley, Ala.; 65-69: Loretta Sheehan, West Seneca, N.Y.; 70 and over: Vadine Koenig, Hamilton, Ohio.

Campbell and Grayson, though, may have been the most gratified competitors of the day — their Grand Prix victories earned them \$2500 and \$1500 respectively.

As the Sorbothane/USRA Master Circuit begins its fourth year, it intends to expand beyond its current 23 events, reaching more and more masters. In January, 1992, the Grand Prix Circuit Championship Final will take place once again. Campbell, Rodgers, Shorter and a multitude of other racing powerhouses have all said that they will be back, more intent on winning than ever. The clash will be a classic — as befits road racing's true masters.







#### Training With Christel Miller

This month's feature has been prepared by Christel Miller, masters T&F Outstanding Multi-event Athlete of 1990. Christel is 56 and has competed since she was 17. She began participating in multi-event competition five years ago and has set W55 WRs in both the national indoor and outdoor pentathlon and heptathlon.

have been an assistant track and field coach at Occidental College in Los Angeles for nine years. I am very fortunate to have an ideal training situation - plenty of warm weather, a fantastic facility, and the availability of coaches whenever I need them.

I am also lucky to be able to choose the times I want to workout, and to have a training partner like Shirley

Kinsey, who keeps me focused by reminding me that we came to train, not to socialize.

For years. I have trained in my own unique style, which is very different from what I expect of my college athletes.

I know I don't do enough running or long jumping — and it usually shows in my performance — but time and energy are big factors. There are just so many hours in a day, and you have to be selective how you use them.

Before I begin my training routine, I sometimes feel tired — or hungry. Usually, both. After the first 100m jog, I feel like I'm already done for the day.

There are times when I really have to force myself to go on, and need to talk myself into continuing with the ses-

And then there are days when fatigue and hunger are just a thing of the past, and I run beautifully - almost effortlessly. At these moments, train-



in the JT (95-8); TJ (26-644); LJ (12-944); HJ (4-23/4); and SH (15.25).

Photo by Bob Watanabe

# Dally Training Schedule - Christel Miller

Monday

Jog two laps; stretch for 10 min. (static), dynamic

stretches - leg speeds - 30m.

Shake ups; knee highs - lift at hips; kick heels to butt;

bounding.

80-100m striders on track, two times (about 17 sec.)

walk back.

Hurdle drills; over 4-5 hurdles at 7m spacing: minimum side drills (mostly over the hurdle), some practice starts over first hurdle; move the 2nd, 3rd hurdles in 1 ft. to work on a 3-step rhythm (you can

do the same with 4 steps, etc.)

High jump; maximum 10 jumps; start at 3' 101."

Javelin (optional); maximum 20 min. Shot Put (optional); maximum 20 min.

Finish workout with a quick 200m

Same warm-up as Monday; four striders at 100m; long jump approaches (five times); a throwing event for 20

min. followed by a quick 200m.

Wednesday Rest

Thursday

Tuesday

Warm up

Hurdle workout; 4-6 hurdles; race pace; moved-in

hurdles (3 times).

Friday

Weight room; upper body (not enough to detail) Throwing javelin, full approach; about 15 throws, for

Saturday

Warm up; striders; high jump.

Running workout; 2 x 150 or 2 x 200; 2 x 100; Weight

room; lower body.

Sunday

Throwing: javelin, shot put (about 20 min.).

ing is a joy.

I generally don't warm down after a workout because I am either too exhausted or have run out of time. I usually don't train on Fridays before a competition, and I like to limit my training time to approximately 11/2

Basically, even though I know I cannot set PRs any longer, my goal is to train hard enough to maintain my performances at their current levels.

All comments, articles or other input should be sent to Becky Sisley, 310 E. 48th St., Eugene, OR 97405.



For several years, the track and field rankings were published (rarely in their entirety) over a period of several months in the NMN. Two years ago, through the availability of TAC funds, we were able to publish in book form all of the rankings with deeper lists than ever appeared in NMN. However, the publication of rankings in NMN and the book had been a duplication of expense and effort.

For the 1990 season, the outdoor rankings will be published only in book form with a target date of mid-March, which would be earlier than many rankings appeared in the past in NMN.

At the 1990 TAC Convention masters meeting in Seattle, I suggested that the rankings book for 1991 would contain both the outdoor and indoor rankings, rather than publishing the latter separately in the NMN. Feedback on that proposal seems to indicate that athletes do not want to wait a year or so for the indoor rankings and would prefer to see them published in NMN soon after the indoor season.

Eleven 1990 indoor events were published in NMN. We hope to do that many, or more, for the 1991 season.



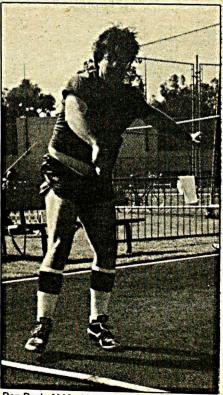
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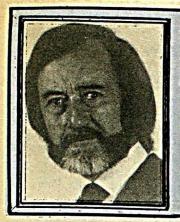
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Ron Rook, M40, 42.00 in the javelin, SCA/TAC Championships, Los Angeles

Photo by Jerry Wojcik



# International Scene

by OWEN FLAHERTY

# A Third Choice For President

ecently, the administration of WAVA has been characterized by divisiveness and dissension. It is not my intention to pass judgment or to apportion blame. Indeed, I shall not make any comment other than to say that both the discord itself and the ensuing publicity must be abhorrent to all who love veteran athletics.

This sad and regrettable chapter in WAVA's history must be followed by a chapter of unity and achievement. I believe that I can offer WAVA the initiative, the experience and the strength to lead the WAVA Council in writing

NOTE: National Masters News is making available equal space to candidates competing for office at the WAVA General Assembly next July in Turku, Finland. This article is by Owen Flaherty, candidate for President.

that new chapter. At Turku, therefore, I shall be a candidate for the Presidency of WAVA.

On this page you will read my Curriculum Vitae (see box). It clearly shows the breadth of experience that I would bring to the office of President—yet, there is much that it does not

say. For example, it does not say that, during almost seven years as Secretary of WAVA, I effected several important changes in the way that WAVA was administered.

When I became Secretary, it was still WAVA's practice to allocate the World Championships without written contract. I succeeded in convincing the Council that a written contract between WAVA and the organizers would safeguard WAVA's interests and would minimize the risk of serious disagreement. That success gave me the additional tasks of drawing up the contracts for the Rome, Melbourne and Eugene Championships.

Similarly, I took the first steps toward the production of a WAVA Handbook. It was my initiative that led to the biennial issue of that publication.

I then turned my attention to the Constitution. WAVA's first Constitution had served its purpose. It was a basic document which was probably in-

tended only for the early years. Again on my own initiative, I drafted a new, detailed Constitution together with detailed By-Laws. With Council approval, they were tabled at the Rome meeting of the General Assembly which endorsed them with a substantial majority.

Next, I addressed a particular financial problem. Some organizations were not affiliating in even-numbered years but were affiliating again in odd-numbered years in order to compete in World Championships and be represented in the General Assembly. WAVA was losing affiliation income. I proposed that WAVA should adopt an

unconventional two-year accounting period and that the affiliation fee for the two-year period should be payable in two equal annual installments. Payment for both years would become unavoidable. That proposal was readily adopted.

The administration of WAVA was substantially improved by these and other initiatives which I took. In particular, the Constitution and By-Laws, the contract with the World Championship organizers, and the two-year accounting period are three of the four major elements of WAVA's administration today. The fourth, of course, is WAVA's relationship with

Continued on page 18

# **Program for Progress**

The greatest challenges now confronting WAVA are -

- Extending WAVA's influence throughout the world
- Consolidating WAVA's relationship with IAAF

Let me put before you a detailed program by which WAVA could meet those two challenges successfully. This program would have the added benefit of enhancing the status of many, perhaps all, of the independent veteran organizations are affiliated with WAVA.

This program consists of two specific proposals. Their full implementation could take as little as one year — it should certainly take less than two years. I would want to set the program in motion immediately following the elections at Turku. It would thus be possible for me to report on the results to the 1993 meeting of the General Assembly.

As President of WAVA, I would want to take the initiative of approaching IAAF with the following requests:

- That IAAF should write to its members in countries where there is no organization affiliated with WAVA;
- That IAAF should strongly urge each of them to affiliate with WAVA without delay:
- That IAAF should explain to each that, if it was not affiliated with WAVA by 30 June 1992, it would automatically become a member of a Continental Veterans Group (CVG);
  - That IAAF should not levy any fee for membership of a CVG;
- That IAAF should affiliate each of the six CVGs to WAVA at the basic affiliation fee of US \$100 per two-year term;
- That each CVG would therefore be entitled to one vote in the General Assembly:
- That WAVA's contact with each CVG would be through IAAF's Continental Representative unless WAVA was notified otherwise.

(This is a pragmatic approach to the fact that many IAAF members are either too small to be interested in affiliating with WAVA or are deterred from affiliating for economic reasons. If this proposal is implemented, each country which has an IAAF member will have an organization affiliated with WAVA. Either directly as an independent veteran organization or IAAF member, or indirectly through a CVG member. In the space of one year, WAVA's sphere of influence would be expanded dramatically.)

• That IAAF should write to those of its members in countries where there are independent veteran organizations affiliated to WAVA and should strongly urge each of those IAAF members to do one of the following:

(a) Recognize a Committee, nominated by the WAVA affiliate, as an autonomous Veterans Committee of the national governing body, but only if so requested by the WAVA affiliate. (The WAVA affiliate would, of course, nominate its own officers and activists. Details such as the size of the Committee, its finances, etc., would be for prior discussion between the national governing body and the WAVA affiliate).

(b) Formally recognize the WAVA affiliate as an independent body with national responsibility for veteran athletics, but only if so requested by the WAVA affiliate, and to make available to the WAVA affiliate every reasonable assistance and support in discharging that responsibility. (The WAVA affiliate's status would be enhanced by either course, but there would be no change unless it was requested by the WAVA affiliate.)

At Turku, I shall be available to discuss this program at the meetings of the Regional Associations.

I have had informal discussions with IAAF secretariat about this program.

It has been confirmed that, if I submit these requests formally as President of WAVA, IAAF will respond favorably.

—Owen Flaherty

# Curriculum Vitae — Owen Flaherty

- Born 1931 in the United States of Scottish parents; the family returned to Scotland in 1933.
- Began athletics competition (sprints) in 1949; began cross-counand road-running in 1964. Have competed at distances from 100M to 10 miles.
- During military service, trained as a fighter pilot.
- More than twenty years administrative experience in United Kingdom government service.
- Competed in veteran athletics since 1971 at club, national and international levels in road, cross-country and track events.
- Scottish M45 100m Champion, 1978.
- Secretary of Scottish Veteran Harriers Club, October 1979 October 1981. Staged first Scottish Veteran Track and Field Chamionships; organized Scottish Veteran Marathon Championships and Scottish Veteran Cross-Country Championships.
- Elected Secretary of WAVA in 1981; re-elected in 1983 and 1985. stablished strong lines of communication with the WAVA affiliates and with the organizing committees of the WAVA Championships.
- Member of IAAF Veterans Committee, 1984 87.
- Profession: Investment Consultant.
- Recreations: Flying, Chess.



5 Months To Go

# Countdown to Turku

#### Tour to Soviet Union is On — Maybe

The post-World Championships tour to the Soviet Union is on, according to Helen Pain, director of the San Diego-based Sports Travel International. Pain recently flew to Moscow to meet with Vadim Marshev, head of the Soviet Veterans Association, to work out details.

"We're planning on taking a group on the train from Turku to Leningrad with the returning Soviet athletes," Pain said. "We'll spend two days in Leningrad and then board a train to Moscow."

Marshev will arrange group tours of Moscow. Athletes can then participate in the Soviet National Veterans Track and Field Championships at the Olympic Stadium on August 2-4.

Pain cautioned, however, that with the current instability in the world from the Soviet Union to the Middle East — details have not yet been worked out.

"We hope to have something firmed up by mid-February," she said.

For those not wishing to go to the Soviet Union, the popular annual Veterans meet in Baden, Switzerland, on August 2-3 extends an invitation to all veterans. Baden is 15 miles outside of Zurich and within a few hours of the Jungfrau and the Matterhorn.

One week prior to the World Games, on July 12-14, a Pregames meet will be held in Kuusankoski, Finland — about 100 miles from Turku or Helsinki. (See schedule for details.)

Only five months remain before the start of the IX WAVA World Veterans Athletics Championships. The biennial event will he beld in Turku, Finland, from July 18-28. More than 5000 participants from over 60 nations are ex-

pected to attend.

The competition will be held in fiveyear age groups beginning at age 40 for men and age 35 for women. There are no qualifying standards to enter the event. The only requirement is to be at least the minimum age.

The tentative competition schedule will again be printed, along with the entry form, in the March issue of NMN. The entry deadline is April 15. Complete entry forms and schedule info are currently available from any of the seven U.S. travel agents hosting tours to the event (see ads in this and previous issues).

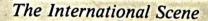
The U.S. dollar has stopped its freefall against the European currencies — even gaining a bit against the Finmark in the past 60 days. If the rising trend continues, that will mean

lower food costs for most visitors in Turku. If the downward trend resumes, tourists can always dine at McDonald's-type eateries, where the prices are moderate and the food is adequate.

A World Veterans Weight Pentathlon Championship will be held on Monday, July 29 in the city of Naantali, Finland — 12 miles west or Turku.

The jury is still out on whether or not there will be drug testing. One proposal is to test for drugs on an experimental basis. Under this plan, no one would be disqualified and the results would be analyzed for future

We hope to have a final decision on this matter in time for next month's special World Championships Preview edition. □



Continued from page 17

IAAF and I have dealt with that in my "Program for Progress" (see box). But enough of initiative — let us look now at experience.

I have competed extensively in sprints, in road races and in cross-country events. My veteran competition experience has covered club, National, Regional and World Championship levels. I have organized National Veteran Track and Field Championships, National Veteran Cross-Country Championships and National Veteran Marathon Championships. I served for two years as Secretary of the Scottish Veteran Harriers with ultimate responsibility for all veteran athletics in Scotland. For almost seven years I served as Secretary of WAVA.

Earlier I referred to "the initiative, the experience and the strength" required by the President. We have looked at initiative and experience. What of strength? The President's strength is derived from three sources. Those sources are (i) the Constitution, (ii) the decisions of the General Assembly, and (iii) the decisions of the Council. If the President fails to understand that, then he believes that he has dictatorial

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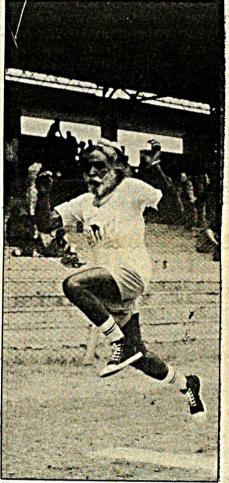
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M75 triple jumper, XII Indian National Veterans Athletic Championships, Hyderabad.

Photo from V. Suryanarayana

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Shopping malls are no longer a U.S. phenomenon, as evidenced by the Hansa Shopping Center in Turku, Finland, site of this year's IX WAVA World Veterans Athletics Championships. Photo by Teuvo Kanerva



#### Report from Britain

By ALASTAIR AITKEN of Athletics Today, and MARTIN DUFF of Athletics Weekly

Zina Marchant, 40, confirmed her continuing good form with a solid overall women's victory in the Portsmouth 5 Mile, Hampshire, December 2, for her second win in a row. Her 27:22 placed well ahead of Christine Benning, 35, who ran 28:09. New veteran Mike Rideout, 40, led the masters home with a 24:50, but Nick Rose (38 years and 11 months) was the overall winner with a 23:26. Rose will be an exciting veteran prospect for 1992 and could well make a return to the U.S. road running scene and will seriously challenge John Campbell's times.

Paula Fudge is off to a good start in

with a fast 34:25 10K at Cranleigh, Surrey, January 1. The main feature of her run was a fast second 5K of 16:28. This followed a solid 57:22 victory in the Tadworth, Surrey, 10 Mile, December 30. At Cranleigh, Peter Standing, 40, smashed the masters record over this none-too-easy course with a 31:10, ahead of Ray Church, 40, 31:37.

Earlier, Standing had been headed by Keith Penny, 40, in the 91/4 mile Hogs Back Hill Race in Guildford, Surrey, 47:36 to 47:44, where they were third and fourth out of a 2000-strong field.

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The International Scene

Continued from page 18

powers and he will come to grief. On the other hand, if he does understand it, he should be able to use both his initiative and experience to the lasting benefit of WAVA.

In my "Program for Progress," I have set out detailed and constructive proposals to benefit veteran athletics at both international and national levels. Those proposals would also strengthen the rapport between WAVA and IAAF. These are clearly important objectives but, as President, I would also have firmly in mind a third objective. The way forward must include healing WAVA's self-inflicted wounds and ending the divisiveness of the recent past. My third objective, therefore, would be to unify WAVA behind a strong Presidency and an efficient Council.

#### COMING NEXT MONTH

- World Championships Preview
- Turku Entry Form and Competition Schedule
- Soviet Tour Details
- Travel and Housing Info

# WAVA

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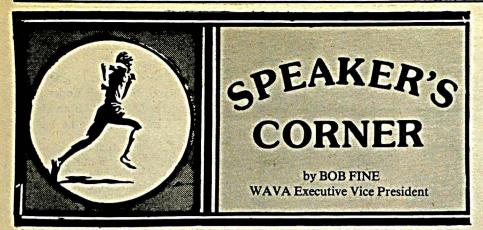
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#### WAVA Election Heating Up

he election for the Presidency of WAVA is heating up. Some comments for clarification are indicated to the three letters published in the January edition of the National Masters News.

Sylvester Stein states that "we want an entirely new slate of candidates; some non Anglo-American should be put up; and long-serving members of the council should be replaced with fresh blood."

Regardless of whether one supports Cesare Becalli or Alastair Lynn, both candidates should be commended for their dedication and concern. At their own expense, both went to the Asian and the South American Championships, seeking a non-paying position that engenders more criticism than applause.

A "public squabble" is what a democratically run election is all about. I know of no quota system within WAVA for those who run for a WAVA office. It is hoped that our officers will be selected, based on ability, not on their national origin. The WAVA Council has seen a change in ten of the fourteen Council seats since Rome. The fact is that there has been a steady influx of new blood. Long serving members of the Council have experience and a knowledge of past

events that are invaluable. The present Council has a good balance in its membership.

D. MacBeath inquires as to when Beccalli was appointed as the official spokesman for the IAAF. Beccalli has served on the IAAF Veterans Committee since its inception. He has been more involved in the negotiations with the IAAF and has had more discussions with the IAAF leadership than anyone else in WAVA. While I served on the IAAF Veterans Committee, it was made clear that the IAAF did not wish to administer the Veterans' Championships, but would do so if agreements could not be reached. The IAAF has not pushed this point, but as a practical matter, what else could they do if agreements are not reached? MacBeath also wanted to know how Cesare knew that the vote was not unanimous. The final result, per prior agreement, has not been published. However, most of the Council members indicated, on a voluntary basis, how they voted.

Don Farquharson notes that the in-

tegration of WAVA with the IAAF was never the ultimate objective. That position is difficult to understand, since WAVA and the IAAF, from the first, agreed that all WAVA National Governing Bodies (NGB) should become (if they were not already) affiliated with the IAAF NGB. No matter what adjective is used, the fact is this would certainly constitute an integration of the two groups.

There are legitimate and serious differences between the two candidates. These differences will have a direct effect on the negotiations taking place and the ultimate status of WAVA.

The primary concern of WAVA, when the IAAF first approached, was to guarantee the continued existence of WAVA as the administrative body for Veterans' Athletics. There was never any question among the WAVA leadership that the IAAF was the more powerful organization and that many of the key WAVA affiliates were also part of the IAAF. If the IAAF set up its own Championships, WAVA would be split, as the WAVA NGBs who were already a part of the IAAF NGB would have to go with the IAAF.

Alastair takes the position that WAVA is a partner with the IAAF. That implies that WAVA and the IAAF are equal. If equals can't agree, then negotiations cease and the stronger body will ultimately prevail.

Cesare takes the position that WAVA is not the equal of the IAAF. That requires more subtlety in negotia-

I believe that Cesare's approach is the realistic one. Cesare has shown himself to be effective in promoting WAVA's interests. The IAAF Assembly, in Barcelona, voted that WAVA would administer the Veterans' program, thus addressing the main concern of WAVA. To change leadership, based on the unrealistic position that WAVA and the IAAF are equals, will not furuther the negotiations. To take the position that WAVA will not permit drug testing in Turku, when WAVA has already endorsed the concept of drug testing and has welcomed the designation by the IAAF that Turku is both a WAVA and IAAF Championship, is not practical since the IAAF rules require drug testing for all World Championships. When a motion was made, and almost passed, that WAVA would not accept any money from the IAAF, even if no limitations were placed on its use, this was insulting to the IAAF.

What we have represented in this election is one candidate who has shown a lack of flexibility in negotiating with the IAAF, and another who has shown that his approach has been successful.

## WAVA to Hold Separate Road Racing Championships

BY JACQUES SERRUYS, WAVA Vice President, Non-Stadia Committee

On June 5, 1990, in Turku, Finland. the WAVA Council voted to organize WAVA World Veterans Road Racing Championships in even-numbered years, separate from the biennial Track and Field Championships, which are held in odd years. The vote was eight

yes, one no, and one abstention.

On July 3, 1990, in Budapest, the



Jacques Serruys

WAVA European Veterans General Assembly voted, 46-5, to follow the same path.

In the WAVA World Track & Field Championships, the marathon, road walk and cross country remain. The WAVA Road Racing Championships will consist of 10K and 25K.

The first LDR Championship will be held in 1992. We have already received bids from Yugoslavia, Spain, France, and England to host the event. The presentations of the bids will take place in Turku in July, 1991.

With this decision, WAVA has fulfilled the promises made when WIGAL and WAVA were united into one world veterans organization. At the same time, the road race participants now have more choice.

In Europe, the second European Veterans Road Race and Racewalk Championships will take place on October 5-6, 1991 in Venice, Italy, with the 10K, 25K, 20K walk (women, and 30K walk (men).

The organizers of the well known "Venice Marathon" guarantee a perfect organization and are expecting 2500 participants. We hope that other regions will follow Europe's example and organize odd-year Regional Championships. I urge everyone to stimulate and publicize road racing opportunities for veterans through the world.

#### PRESIDENT:

Cesare Beccalli P.O. Box 76 37010 Assenza di Brenzone (Vr) Italy

#### EXECUTIVE VICE PRESIDENT:

Bob Fine 4223 Palm Forest Drive Delray Beach, FL 33445

#### VICE-PRESIDENT (Stadia):

Bill Taylor 17 Poplar Farm Close Milton-under-Wychwood Oxford, OX7-6LX

#### **VICE PRESIDENT** (Non-Stadia):

Jacques Serruys Postbox 7 B8000, Brugge, Belgium

#### WOMEN'S DELEGATE:

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#### DELEGATE OF: **NORTH AMERICA**

David Pain 5643 Campanile Way San Diego, CA 92115 USA

#### **SOUTH AMERICA**

Jose Figueras Floor 2 of 15 Montevideo Uruguay

#### ASIA:

SECRETARY:

Alastair Lynn

161 Harrison Drive vmarket, Ontario

L3Y6B8 Canada

TREASURER:

P.O. Box 2372

Van Nuys, CA 91404

PAST-PRESIDENT:

269 Ridgewood Road West Hill, Ontario

Don Farquharson

M1C 2x3 Canada

Al Sheahen

Hari Chandra #24-12 Block 44, Marine Crescent, Singapore

#### EUROPE:

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

#### OCEANIA:

43 Emslie Road Pinehaven, Upper Hutt New Zealand AFRICA:

Contact President

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Write On Continued from page 4

reevaluate the sections based on the new population figures. I'd also like to suggest that numbers be assigned to the sections instead of geographical locations.

Tim Murphy Irving, Texas

#### TOO FEW AGE DIVISIONS

New England is still in the Dark Ages with respect to age-group competition. For example, the Christmas Run 10K For The Animals (1200 entered) in Newport, R.I., on December 9, had 40-49, 50-59, 60-80, and 81 + divisions! Why bother?

It's a social event, not a race.

Carl Hammen

Carl Hammen Saunderstown, Rhode Island

#### WAVA DOESN'T NEED IAAF

I have been reading with amusement
— and a bit of sadness — the "cat
fight" that is going on between WAVA's
president Cesare Beccalli and its
former president Don Farquharson
and others too numerous to mention.

Many years ago I spoke out against the bureaucracy that was taking over the Veterans T&F program, and warned that the original intent of WAVA to promote competition and fun for the Veteran athlete— would be lost.

At that time, I questioned what WAVA could do for us except act as a liaison between various Veterans organizations around the world and help find a place for the World Games

every two years. WAVA has done this job very well.

What WAVA doesn't need is to associate with the IAAF! Why in the world would we even think of adding more bureaucracy to our organization by succumbing to the iron thumb of the IAAF? What can they do for us that we haven't already done for ourselves? Do we need to have our hands tied by people that don't even participate in our program?

May I ask Cesare Beccalli what event he participates in? I believe Beccalli is dead-wrong when he tries to blackmail us by implying that the IAAF will put on their own Masters Championships if we don't tie in with them. I'm sure they have other — more important bureaucratic things to worry about.

We — the competitors — should determine our own destiny, not the WAVA president. He is only our representative and holds his office at our pleasure.

If Beccalli doubts this, I suggest he poll the rank-and-file. Ask them if they favor WAVA coming under the control of the IAAF? Then tabulate the results, publish them — and do what the majority wants.

We are still a free society where the majority rules. We do not want — or need — an autocratic leadership.

Alfred V. Guidet California City, California

# HERE'S WHAT PEOPLE ARE SAYING ABOUT RUNNING RESEARCH NEWS:

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#### **BECCALLI REPLIES**

I am not answering the letters from Don Farquharson, D. MacBeath and Sylvester Stein because it would be too long and would only elicit further replies and polemics.

It is time to stop all this.

Just to clarify one point: I never intended to threaten anyone, either at a personal level nor on behalf of the IAAF.

Simply, I'm probably more directly experienced than some others in understanding what can be accepted by the IAAF and what the future could be

if we keep a flexible, respectful policy.

The current situation worries me. Therefore, I feel an obligation to explain my fears to the Council and our affiliates.

One of my fears is that the IAAF might no longer recognize our Championships; that is not a childish reaction. On the contrary, it is a childish reaction not to think so.

The IAAF Constitution does not permit it to recognize any Championships whatsoever if athletes are not submitted to drug testing. This reality

Continued on page 22

#### **CUMULATIVE PRIZE MONEY EARNINGS MASTERS 12/15/90**

SACREDAY.	RNK	NAME	ST/NAT	CUN PRIZE	RNK	NAME	ST/NAT	CUM PRIZE
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1286.7	7 Wai	gwa, Wilson	KEN/TX	\$9,425	7	Roden, Anne	GBR	\$8,500
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all a phase	9 Nov	arro, Artemio	HEX	\$6,500	9	Hutchison, Jane	HO TO	\$6,025
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SEQ.280	11 Ju	Ison, Ken	PA	\$3,500		Ciavarella, Claudia	KT	\$5,250
200	12 Cu	sty, John	CO	\$3,075		Greer, Judy	FL	\$5,100
7-25m		berg, Larry	WA	\$2,900		Lynn, Laura	CAN	84,100
		rks,Ken	DH	\$2,700	14	MacHarg, Karen Vahlensieck, Christa	FL	\$3,850
	Section of the second	ens,Earl	GA	\$2,700		Mendonca, Elenora	HA	\$2,550
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and Calour		gram, Larry	CO	\$1,500		Yu, Wen-Shi	NY	\$1,600
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		arson, Jim	FL	\$1,300	- 25	Banning, Linda	SC	\$1,350
- mary	25 Do	yle, Robby	RI	\$1,300	26	Lilburn, Adrian	FL	\$1,350
-	27 Br	own, Barry	FL	\$1,250 -	27	Wood, Hary	CO	\$1,350
	27 Ni	cholson, Carl	AL	\$1,250	28	Osantowski, Odette	CA	\$1,250
	29 Ne	ri, J. Socorro	MEX	\$1,200	29	Cosh,Linda	CO	\$1,225
	30 Kr	uckey, Rob	CAN	\$1,150	30	Kozak, Erna	CAN	\$1,200
l	31 C	erroll, Tom	MA	\$1,050	31	Faust, Gina	CA	\$1,100
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ı		racy, James	CA	\$900		Lunn, Laura	CAN	\$850
ı		aird,Peter	TX	\$700		Bovio, Nina	IK	1750
ı		essely, Ves	GA	\$875		? Fegley,Vicki § Kreuz,Janice	N/A OH	1750 1750
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ı		uckert, Steve	ND	\$725		McIntyre, Kathy	NY	\$600
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١	20 1	nompson tenaries	UII	7/00				7000

THE COMPETITIVE ROAD RACER P.O. BOX 1765 BROOKLINE, MA 02146

# MASTERS SCENE

#### NATIONAL

- · Want to throw your weight around? The Clydesdale Running Association, a national organization which boasts 600 members, has been instrumental in encouraging meet directors to include awards based on age and weight factors, using the WAVA age-factors. For example, in the Night Tracks 5K, Tulsa, September there were five male weight divisions: 170-184, 185-199, 200-214, 215-229, and 230+. The winners of each weight division were determined by multiplying their actual finish times by the WAVA age-factor. (A 30-yearold's time was multiplied by a factor of 1, while a 45-year-old's time was multiplied by 0.9125.) Top age-graded performer among the five weight groups was Lenny Emanualson, 46, of Tulsa, who, at 204 pounds, ran an age-factored 17:10 (18:57). The association publishes a quarterly newsletter, which lists races offering weight divisions: Clydesdale RA, 1809 Gold Mine Rd., Brookeville, MD 20833. 301/774-2493.
- For those who need a change of pace, the IV World Masters Swimming Championships will be held in Indianapolis in 1992. Masters swimming begins at age 25. Parry O'Brien, Olympic shot putter and masters record holder in the SP and DT, competes in masters swimming, which he says is easier on the knees than throwing. The I World Masters Swimming Championships were held in Tokyo in '86, the II in '88 in Australia, and the III in Rio de Janiero in '90, which drew some 2600 swimmers from 56 countries, with most coming from Japan.
- The recession and perceived declining interest in track & field have caused the cancellation of two prestigious U.S. open indoor meets: the Los Angeles Times meet on February 14 and the Knights of Columbus meet in Cleveland on February 16. They were two of only 11 IAAF Grand Prix meets. However, the New York Millrose Games found a new sponsor Snickers to replace Panasonic.

#### EAST

- First masters in the Syosset Sprint 5K, Long Island, NY, November 17, were 45-49 division winners Ted Haiman (16:37) and Maddy Harmeling (19:21), in the Half Hollow Hills Long Island 5 Mile Championships, November 25, Haiman (27:13) conceded the M40+ title to Ryszard Marczak (M45, 24:51), while Harmeling (31:49) placed second in the W40+ race to Mary Ryan (W40, 31:22). In the NYRRC Winter Series 10 Mile, Central Park, NYC, December 8, Haiman, 47, reclaimed a masters win with a 55:51. Christine Hearn Greening (44, 64:12) was first W40+ and ninth overall.
- Edward Berube (41, 33:52) and Paula Wirta (40, 43:00) bounded to masters firsts in the Christmas 10K For The Animals, Newport, RI, December 9. Joe Fernandez, 62, ran a 36:47 to win the M60-80 division race.
- Douglas MacGregor (51, 34:18), Lebanon, NH, and Bunny Brauns (43, 44:04), Gilford, NH, ran to 40 + firsts in the Fred Hackett 10K, West Concord, NH, November 4.
- Zofia Turosz, 52, Hartford, CT, was first woman overall in 40:57 in the Joe Vailonis 10K, Hartford, December 9. Adeline Kearney, 65, Canton, CT, had the best masters performance with a 49:38.
- Bob Schlau, 43, placed 21st of 664 m/finishers and first M40 + with a 22:17 in the NYRRC Four Mile Holiday Run, Central Park, December 16. Sam Skinner (48, 22:32) and Norbert Sander (48, 22:39) followed closely. Bill Fortune, 62, won the M60 race by five minutes with a 24:15. Mary Ryan, 44, took the seventh spot of 457 w/finishers and the W40 + first with a 24:57. Toshiko d'Elia, 60, won the W60 contest by nine minutes with a 29:16. In the MAC 30K Championships, Central Park, on the same morning, Hector Vargas (43, 1:50:57) and Susan Hale (43, 2:21:29) were masters leaders. Dr. Daniel Hamner, 50, won the M50 race in 2:00:53.

## SOUTHEAST

reported in the December issue.

• Bill Adams, 50, Plantation, FL, finished first overall in 18:30 in the Broward Senior Games 5K RR, Hollywood, FL, in December.

 Maury Dean, 48, of Patchogue, NY, should have been credited with a masters third-place 35:38 in the Great Cow Harbor 10K results,

• Dr. Alfred F. Morris, 48, Norfolk, VA, director of the health and fitness program at the Armed Forces Staff College, has been honored with the Dept. of Defense's Commander's Award for Civilian Service. Morris, a former Marine Corps captain and author of a physical fitness book, has also been selected as one of two American sports medicine scientists to head a medical team at the Barcelona Olympics in '92. Morris, a marathoner, has had to confine his masters involvement, because of exercise-induced asthma, to heading up the Tidewater Striders in the Norfolk area.

#### MID AMERICA

•Glen Frick, 52, Juneau, AK, hastened to an M40+ first with a 2:45:09 in the 19th annual St. Louis Marathon, November 18. Linda Thompson, 41, Davenport, IA, took W40+ honors with a 3:25:36 in her first marathon. Dick Lake, 55, St. Louis, maintained his streak as the only person to complete all 19 marathons.

#### **SOUTH WEST**

- Terry Ziegler, 40, who in the mid-70s won the Dallas White Rock Marathon, was first M40 + in it, December 2, with a 2:40:19. Wen-Shi Yu, W55, of NYC was top W40 + in 3:18:06.
- Dr. Pat Hambrick, 41, of New Orleans, took the overall title in the 84th Jackson Day 9K, in 28:48. Yvonne Lee, W40, of Zachary, LA, was W40 + winner with a 35:50. Lawrence Shiver (35:35) and Frances Ard (39:42) were Grandmaster winners.

#### WEST

 Don Murray, 58, of Santa Barbara, Calif., is starring in Sons and Daughters on CBS-TV, Fridays at 10 p.m. Murray runs the 400 and 800 in masters meets. He starred opposite Marilyn Monroe in the movie Bus Stop in 1956, and has since appeared in dozens of movies. He recently starred in the play "The Best Man" in Los Angeles.



Bill Bigelow, 80, on his way to 20.1 in the 80mH, Club West Meet, Santa Barbara, Calif. Photo by Shirley Dietderich

- Gary Fanelli, M40, who represented American Samoa in the 1988 Olympic marathon, turned in a fast 14:48 at the Jack in the Box 5K run in Honolulu in November.
- The first masters and sub-masters dual meet between the West Valley TC and Northern California Seniors TC is scheduled for March 31 at Los Gatos H.S. No pre-registration, entry fee, or event limit. Scoring will be in five-year age groups (10 for relays) in points of 5, 3, and 1; Accutrac timing. Running and field events start at 11:00 a.m.
- Peter Stern, 45, had an overall best agefactored time of 1:20:25 (actual time 1:28:07) in the Mission Bay 25K, San Diego, November 17. Top W40 + performer was Mary Storey, 66, with a 1:26:02 (2:10:59).

#### INTERNATIONAL

• The Colombia Federation of Masters Athletes drew over 700 participants to its biannual national t&f championships in Cali in October. Its next meet will be held in May in Medellin:

## TAC MASTERS TRACK & FIELD COMMITTEE BUDGET

	A CONTRACTOR OF THE PARTY.	1990	1990	1991
		Budget	Expense	Budget
1.	Chairman	\$4400	\$4211.27	\$4800
2.	Outdoor Coordinator	1200	1200.00	1200
	Indoor Coordinator	500	500.00	800
	Multi-Events Coordinator	600	900.00	1700
5.	Sectional Coordinators:	A TEMPORAL		
	a. East	200	300.00	900
	b. Southeast	200	300.00	900
	c. Midwest	200	300.00	900
	d. Mid-America	200	.00	900
	e. Southwest	200	300.00	900
P. OV54	f. West	200	300.00	900
2142	g. Northwest	200	300.00	900
6.	Rankings Coordinator	1500	1500.00	1800
	Records Coordinators:			The Busha St
	a. Indoor	300	300.00	<b>1</b> — 2500
0	b. Outdoor	2400	2400.00	
	Secretary	400	636.03	600
	Women's Coordinator	300	400.00	400
	Treasurer	400	496.27	600
12	Racewalking Coordinator Awards Coordinator	300	100.00	300
	WAVA Fee	500 150	406.43	500
MENT SAID	Miscellaneous	150	150.00	150
	Board of Directors Meeting		.00	1050
	Team Manager	0	.00	500
			75000	1800
	Totals	\$15,000	\$15,000.00	\$25,000

Write On Continued from page 21

cannot be modified by our personal opinions or wishes, and not even by any of the IAAF Council members.

The proposals I have made are based upon my knowledge of the IAAF structure. I believe those suggestions are correct. The next General Assembly will decide. But to say that my proposals are threats, as some have done, is wrong and very dangerous for our Association.

Cesare Beccalli President, WAVA

#### **KUDOS**

Andy Sythe and his crew did an excellent job running the 20th Winter Decathlon-Heptathlon held Dec. 8-9 in Long Beach, Calif. All of the officials were thorough and helpful — especial-

ly with the older masters.

It was truly a meet based on achievement — and concern — for all of the athletes.

A.U. Ricciardi Reno, Nevada

I'd like to commend your publication which I always find very interesting. It makes me feel part of the masters running scene.

> Sol Muchnik Huntington Stadium, New York

■ 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.

Track otherwis exception women of generally additions

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# schedule

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



# TRACK & FIELD NATIONAL

February 16. TAC/USA National Masters Indoor Pentathlon Championships, National Institute For Fitness and Sports, Indianapolis, Ind. Suzanne Hopkins, 833 N. Center Rd., Plainfield, IN 46168. 317/839-7736.

March 23-24. TAC/USA National Masters Indoor Championships, National Sports Center, Blaine, Minn. (near Minneapolis). Dixon Farmer, National Sports Center, 1700 105th NE, Blaine, MN 55434.

June 22-23. TAC/USA National Masters Decathlon/Heptathlon Championships, Univ. of Nebraska, Lincoln, Neb. Ross Greathouse, 2826 South 25, Lincoln, NE 68502. 402/423-3864 or 475-7712.

June 28-July 3. U.S. National Senior Sports Classic Senior Olympics, Syracuse, N.Y. USNSSO, So. Outer Forty Rd., Ste. N360, Chesterfield, MO 63017. 314/878-4900.

July 4-7. 24th TAC/USA National Masters Championships, North Central College, Naperville, Ill., (Near Chicago). Dick Green, P.O. Box 6147, Rockford, IL 61125, 815/332-4743.

#### **EAST**

Connecticut, Delaware, Massachusetts, Maryland, Maine, New Hampshire, New Jersey, New York, Pennsylvania, Rhode Island, Virginia, Vermont.

February 3. Philadelphia Masters Indoor Development Meet & Middle Distance Triathlon (mile, 400, 800), Kutztown U., Pa. Peter Taylor, 3120 School House Lane (JA-9), Philadelphia, PA 19144. 215/842-3807.

February 9 & 23. Philadelphia Masters Development Meets, St. Joseph's U., Philadalphia. See February 3.

February 10, March 3. Greater Rochester TC All-Comers Meets, U. of Rochester Fieldhouse, N.Y. Rick Guido, 6 Timber Lane, Fairport, NY 14450. 716/425-3116(h); 359-5257(w). February 17. MAC Indoor Championships,

West Point, N.Y. Open & Masters. MAC office — 212/227-0071.

February 24. New Jersey TAC Masters Indoor Championships. 10:30 a.m. Fairleigh Dickinson, U., Hackensack. North Jersey Masters, P.O. Box 56, Ridgewood, NJ 07450.

March 9. Philadelphia Masters Indoor Invitational, Haverford College, Pa. Peter Taylor, 3120 School House Lane (JA-9), Philadelphia, PA 19144. 215/842-3807.

March 17. TAC Eastern Sectional Indoor Championships, U. of Delaware, Newark. Larry Pratt, 110 South Dillwyn Rd., Newark, DE 19711. 302/737-1927.

April 26-27. Penn Relays, Philadelphia. 4x100, 4x400 relays, masters long jump (elite only). All events M&W, 40+. Peter Taylor, 3120 School House Ln., JA9,

Philadelphia, PA 19144. 215/842-3807.

June 2. New Jersey Masters/Submasters Championships, Monmouth College, West Long Branch. Separate awards for out-ofstate entrants. Sanford Kalb, 22 Addison Rd., Howell, NY 07731. 908/363-5426.

June 16. TAC Eastern Sectional Championships, Millersville University. SASE only. Scott Thornsley, 18 Colgate Dr., Camp Hill, PA 17011-7624. 717/737-2385. Entry form in May NMN.

June 21-22. Adirondack/TAC Meet, New York State U. - Albany. Roberts Vives, 57 Brenden Ct., Clifton Park, NY 12065. 518/442-3064.

June 30. Garden State AC Masters Championships, Randolph, N.J. Morton Hahn, 19 Bedminster Rd., Randolph, NJ 07869. 201/625-1764.

July 13. Boston Masters Meet/NEAC Championships, Dedham, Mass. Fred Treseler, 79 Manet Rd., Chestnut Hill, MA 02167, 617/964-7802.

August 11. Keystone State Games, Allentown, Pa. Pa. residents only. Trey Jackson, 21 Chestnut St., Lebanon, PA 17042. 717/273-3511.

September 1. Potomoc Valley Games, Washington, D.C. Sal Corrallo, 3466 Roberts Ln., Arlington, VA 22207. 703/243-1290.

# SOUTHEAST Alabama, Florida, Georgia, N. Carolina, S. Carolina, Tennessee.

March 9. Nashville TC Open & Masters Indoor Meet, Tennessee State U. Gentry Center Complex, Nashville. R. Brady, 2709 Linmar Ave., No. 5, Nashville, TN 37215. 615/383-6733.

April 20. Florida Circuit Meet, Lake Worth. SASE to Bob Fine, Florida AC, 4223 Palm Forest Dr. North, Delray Beach, FL 33445. 407/499-3370.

April 27. Florida Circuit Meet, Naples. SASE to Rudy Vlaardingerbroek, Florida AC, 10311 Windsor Way, Naples, FL 33942, 813/597-6870.

May 3-5. Southeastern U.S. Masters Meet, 20K RW, & 10K, Raleigh, N.C. Ray Fulghum or Dale Smith, c/o Raleigh Parks & Recr., P.O. Box 590, Raleigh, NC 27602. 919/831-6640.

May 4. Florida Circuit Meet, Jacksonville. SASE to Lamar Strother, Jacksonville TC, 1511 So. McDuff Ave., Jacksonville, FL 32205. 904/388-7860.

May 11. Florida Circuit Meet, Tampa Bay. SASE to Ed Wells Jr., West Florida "Y", 2315 Eastwood Dr., Clearwater, FL 34625. 813/799-0829.

May 18. Florida TAC Masters Championships, Orlando. Awards to non-residents. SASE to Bob Fine, Palm Forest Dr. North, Delray Beach, FL 33445. 407/499-3370.

May 25. Birmingham Track Classic, Samford U., Birmingham, Ala. Gordon Seifert, 1514 Ridge Rd., Birmingham AL 35209. 205/879-8031.

June 1. Tennessee Sportsfest Regional Meet, Tennessee Prep School & Vanderbilt U., Nashville. State residents only. R. Brady, 2709 Linmar Ave., No. 5, Nashville, TN 37215. 615/383-6733.

June 8. Florida Circuit Meet, Miami. SASE to Jesse Holt, Miami NW Express TC, 1310 NW 90th St., Miami, FL 33147. 305/836-2409.

June 8. Atlanta TC Masters Meet, Emory U., Atlanta, Ga. Atlanta TC, 3097 E. Shadowlawn Ave., Atlanta, GA 30305. 404/231-9064.

June 8-9. 16th Annual Northeast Classic, Miami-Dade College, Miami. Jesse Holt, 1310 N.W. 90th St., Miami, FL 33147. 305/836-2409.

June 15. Nashville TC Open & Masters Meet, Tennessee Prep School, Nashville. R. Brady, 2709 Linmar Ave., No. 5, Nashville, TN 37215. 615/383-6733.

June 21-23. Tennessee Sportsfest, U. of Tenn.-Knoxville. Doug Mooney, 13003 Pear Leaf Circle, Knoxville, TN 37922. 615/675-0260.

June 22. Southeastern Masters Classic, Greenville, S.C. Dick Bloomfield, 103 Crestwood Dr., Greer, SC 29651. 803/879-7839.

#### **MIDWEST**

Illinois, Indiana, Kentucky, Michigan, Ohio, Wisconsin, West Virginia.

April 27. North Coast Relays, Mayfield, Ohio. Jim Barret, 3801 Shannon Rd., Cleveland Heights, OH 44188. 216/932-0049.

May 26. Ohio TAC Pentathlon/Triathlon Championships, Wolfpack Pentathlon Meet, Upper Arlington H.S., Columbus. John White, 4865 Arthur Pl., Columbus, OH 43220. 614/459-2547.

June 1. Athlete's Foot Masters Meet, Augustana College, Rock Island, Ill. Pete Stopoulos, 1029 16th Ave., East Moline, IL 61244. 309/755-2655.

June 15. Indy Senior Classic, Indiana U.-Purdue U. in Indianapolis (IUPUI) Stadium. Annie Chester, 1426 W. 29th St., Indianapolis, IN 46208. 317/924-7059.

June 22. Cleveland Track Classic, Wickliffe H.S. Jeff Gerson, 4173 Wilmington Rd., South Euclid, OH 44121. 216/382-2656.

August 10-11. Midwest Masters Meet, Marshall U., Huntington, W. Va. David Stooke, 119 Cheyenne Train, Ona, WV 25545. 304/736-8474.

#### MID-AMERICA

Arkansas, Colorado, Iowa, Kansas, Minnesota, Missouri, N. Dakota, Nebraska, Oklahoma, S. Dakota.

April 28. Lincoln TC Open & Masters Meet, Lincoln, Nebr. LTC, Gary Bredehoft, 4037 N. 20th St., Lincoln, NE 68521. 402/435-7061.

June 30. TAC Mid-America Sectional Masters Championships, Nebraska Wesleyan U., Lincoln, Nebr. Gary Bredehoft, 4037 N. 20th, Lincoln, NE 68521. 402/435-7061.

#### SOUTHWEST Louisiana, Mississippi, Texas.

March 2. 2nd Annual Lubbock Christian U. Masters Indoor Meet, Lubbock, Texas. Sub-masters/masters walking/running events only. Steve Ireland, 3309 94th St., Lubbock, TX 79423. 806/702-7430.

June 1. Southwestern/TAC Championships, SMU, Dallas, Texas. John Pritchett, Mountain View College, 4849 W. Illinois, Dallas, TX 75211.

June 15. Hill Country Classic, Mason, Texas. Lee Graham, Mason, TX 76856. 915/347-5921.

June 22. 11th Annual Texas Masters Championships, U. of Texas-Arlington. Joe Murphy, 4703 W. Lovers Ln., Dallas, TX 75209. 214/357-5613(0); 363-1419(r).

#### ON TAP FOR FEBRUARY

#### TRACK AND FIELD

TAC's National Masters Indoor Pentathlon Championships are set for Indianapolis on the 16th.

The Philadelphia Masters host indoor meets on the 3rd (featuring a middle-distance triathlon), 9th, and 23rd. The MAC Indoor Championships will be held at West Point on the 17th, followed by the New Jersey TAC Masters Indoor Championships at Fairleigh Dickinson University on the 24th.

Outdoor meets are confined to California, in Bakersfield on the 9th, and Santa Ana on the 23rd.

#### LONG DISTANCE RUNNING

The National Masters 5K Championships in Deland, Fla., on the 3rd should draw large numbers of Southeasterners and escapees from the frozen North. As usual, runners in the nation's warmer climates have the best of it this month. On the 2nd, they can gamble on the Las Vegas Marathon in Nevada or the Alamo Heart 10K in Fort Lauderdale. California races dominate on the 3rd, with halfmarathons in Rancho Santa Fe and Davis, and a marathon in Lakewood; while Arizonians have the Runner's Den 10K in Phoenix.

The Gasparilla 15K, which boasts one of the most colorful, sought-after T-shirts in Runningdom, is scheduled for the 9th in Tampa; the Pomoco Half-Marathon goes off on the 10th in Hampton, Va.

The rest of the month is essentially a Florida scene, with the Edison Festival of Light 5K, Fort Myers, 16th; Space Coast Marathon (Florida's oldest), Melbourne, 17th; Blue Angel Marathon, Pensacola, and Strawberry 10K, Plant City, 23rd; and Palm Beach Half-Marathon, 24th.

The Colonial Half-Marathon, one of Virginia's oldest races, returns to Williamsburg on the 24th. □

# WES I Arizona, California, Hawaii, Nevada, New Mexico, Utah.

February 1 & 8. Fullerton All-Comers, Fullerton College, Calif. Jim Kiefer, 714/992-7383.

February 2. Mt. SAC All-comers Meet, Mt. SAC College, Calif. Don Ruh, 714/594-5611, x4841.

February 2 & 16. San Diego All-Comers San Diego St. U, Calif. Rhan Sheffield, 619/564-5514.

February 9. CSUB/Bakersfield California Continued on page 24

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Meet. Roger Craig, 805/662-2347. February 9. CSUN All-Comers, Cal State Northridge, Calif. Don Strametz. 818/885-3608.

February 9. Cal Poly All-Comers, Cal Poly Pomona, Calif. Gayle Watkins, 714/869-2828.

February 9, 16, 23. Golden Bear All-Comers, Edwards Field, UC-Berkeley. Erv Hunt, UCB, 415/642-3158; 642-1649.

February 16-March 3. Arizona Senior Olympics, Phoenix, 55+. ASO, Irene Stillwell, 1202 N. 3rd St., Phoenix, AZ 85004. 602/495-5490.

February 23. 15th Annual Orange Masters Spring Meet, Rancho Santiago College, Santa Ana, Calif. \$10 per athlete, enter up to 4 events. RSC T&F, 17th at Bristol, Santa Ana, CA 92706. 714/564-6900.

March 9. L.A. Relays Meet, Cal-State-Los

Angeles. Open & Masters. Relays only. John Turek, 213/343-3095.

March 31. West Valley TC & Northern California Seniors TC Dual Meet, Los Gatos H.S. Masters/sub-masters. No entry fees or event limit. No pre-registration. 11:00 a.m.

April 13. Striders Meet, Cal State-Long Beach, Calif. Hugh Cobb, 2963 Galena Simi Valley, CA 93065. 805/527-5471.

May 25. Dan Aldrich Memorial/Anteaters Masters Meet, U of Calif.—Irvine. David A. Lewis, 505 Begonia Ave., Corona del Mar, CA 92625. 714/673-2025.

June 8. Pacific Association/TAC Championships, Los Gatos, Calif. Willie Har-matz, P.O. Box 1328, Los Gatos, CA 95030. 408/354-5660.

June 15. Southern Pacific Association/TAC Championships, Occidental College, Los Angeles. C. Miller, 1740 Grandview Ave., Glendale, CA 91201. 818/843-2139.

June 22-23. TAC Western Sectional Masters Championships, Cerritos College, Norwalk, Calif. Marv Thompson, 2301 Hyperion Ave., No. P, Los Angeles, CA 90027. 213/666-7341.

June 30. Trojan Masters Meet, USC, Los Angeles. Bob Strobel, 2017 Vestal Ave., 3, Los Angeles, CA 90026. 213/666-4964(h); 977-7492(w).

September 22. Sri Chinmoy Masters Meet, UC-Irvine, Calif. 50+. Bigalita Egger, 1921 S. Sherbourne Dr., Los Angeles, CA 90034. 213/855-4143(o).

October 5. Club West Masters Meet, Santa Barbara Community College, Calif. Club West, P.O. Box 1059, Goleta, CA 93117. Lloyd Albright, 805/682-9540.

October 22-25. World Senior Games, St. George, Utah. 50+. T&F/Road Races: 5K (10/23), 5K RW (10/24), 10K (10/25). Sylvia Wunderli, 1604 Walker Center, Salt Lake City, UT 84111. 801/583-6231.

#### **NORTHWEST**

Alaska, Idaho, Montana, Oregon, Washington, Wyoming.

February 2. Eugene Indoor Masters Meet, Lane County Fairgrounds, Eugene, Ore. Oregon TC Masters, 503/687-8787.

June 1. Senior Sports Festival, Seattle.

Diana Hovland, 100 Dexter Ave. No., Seattle, WA 98109. 206/684-4951.

June 2. The Juniors/Masters Classic (formerly Scholastic/Masters Meet), Portland, Oregon. Mike Monahan, P.O. Box 842, Gresham, OR 97080. 503/667-1145.

June 22. Hayward Classic Masters Championships, Eugene, Ore. Les Castle, 720 East 20th Ave., Eugene, OR 97405. 503/344-9809(h); 484-9809(w). July 20. Volcano Classic VIII, St. Helens,

Ore. Emil Torquato, 28 Sunset Pl., St. Helens, OR 97051. 503/397-4102.

August 9-10. Montana Masters Meet, Montana St. U. — Bozeman. Mike Carignan, Box 5132, MSU-Bozeman, MT 59717-5132.

#### INTERNATIONAL

February 11-22. Norfolk Island (Australia) Veterans Games. Multi-sports. Ian Anderson, World Traders, P.O. Box 158, Nor-folk Island 2899, Australia. Fax: 672-3-3106.

March 7-9. Indoor Veterans Games, Budapest, Hungary. Extertours, 1086 Budapest, Ulloi ut 14, Budapest, Hungary. Fax: (36-1) 133-0325. Phone: (36-1) 133-114).

March 23-24. Soviet Union Indoor Veterans Championships, Moscow. Vadim Marshev, 10813 Moscow Center, Proezd Ceroba 4, Moscow, Soviet Union. Fax: 095-939-0877.

March 29-April 1. Australian Veterans Championships, Canberra. The Secretary, ACT VAC, P.O. Box 157, Kippax ACT 2615. Australia.

July 12-14. Pregames to IX WAVA World Veterans Championships, Kuusankoski, Finland. Pregames, Pl 101, SF 45701 Kuusankoski, Finland. Fax: 358-51-44496.

(See ad in January issue).

July 18-28. IX WAVA World Veterans Athletics Championships, Turku, Finland. (M40+, W35+). Pirkko Martin, Urheilupuisto, SF 20810, Turku, Finland. Telephone: 358-21-503526. Fax: 358-21-503106.

August 2-3. Soviet Union Veterans Championships, Moscow. Vadim Marshev, 10813 Moscow Center, Proezd Ceroba 4, Moscow, Soviet Union. Fax: 095-939-0877. August 3-4. Veterans meet, Baden, Switzerland (15 miles from Zurich). Jurg Saxer, Nouackerstrasse 10, CH-5400, Ennetbaden, Switzerland. Fax: 1 840 00 25.

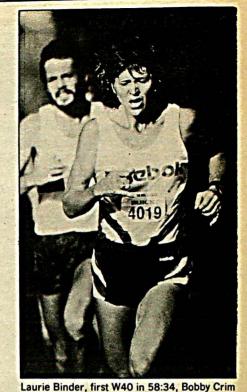
#### **LONG DISTANCE** RUNNING NATIONAL

Feb 3. TAC/USA National Masters 5K, Deland, Fla. John Boyle, P.O. Box 1824, Deland, FL 32721. 904/736-0002. (Entry form in Jan. issue, p. 12).

April 7. TAC/USA National Masters 50 Mile Championships, Columbus, Ohio. John White, 4865 Arthur Place, Columbus, OH 43220. 614/459-2547.

May 29-June 2. RRCA Annual Convention, Kansas City, Mo. Mike Berry, Executive Director, 6512 Platte Hills Rd., Parkville, MO 64152. 816/741-7551; 746-1414.

September 28-29. TAC/USA National Masters 24-Hour Championships,



10 Mile, Flint, Mich., was named outstanding W40 runner-of-the-year by TAC

Photo by Victah Sailer/Agence Shot

100 Tablets \$ 9.95 250 Tablets \$17.95

500 Tablets \$27.95

These masters chose STIM-O-STAM for enhanced performance.

"With regular use of STIM-O-STAM supplements I notice increased endurance in workouts and races. Also, I recover faster and have less muscle soreness."

Don Wright, 45 Mobile, AL 8K: 26:10 10K: 32.25 Half Mar: 1:11:18

"Discovering STIM-O-STAM has changed my training radically. I no longer fear muscle soreness after a strenuous workout. I have more energy and am looking forward to setting PR's in all distances I run. I have regained my enthusiasm at 64. Everything promised for this product has proven more than true." Margie Withrow, 64

U.S. Masters, 1989 Outdoor 1500 7th: 7:03:07

"I have personally used this product and find it essential to my effective training. I began supplying STIM-O-STAM to my athletes this spring and have some very positive results." Danny Thiel, 41

100M: 11.1 200M: 22.2 400M' 50.9

"STIM-O-STAM allows me to run further, faster, more often with less pain, in spite of increased mileage. No other product I encountered can make that claim. What more can be said? Roy Earl, 40

# STIM-O-STAM the proven phosphate fuel. .

is now available in both tablets and a new, delicious honey-nut flavored sports bar, power-packed to improve your running.

> For information or ordering CALL **TOLL FREE 1-800-562-7514**

Available at: GNC and other fine health stores, sporting goods, and running shops.

Calories: 230 Protein: 11g Carbohydrates: 46g
Fat less than: 2g Sugg. Retail \$1,69 ea.

Portland, Ore. Phil Edmunds, P.O. Box 591, Wilsonville, OR 97070. 503/682-1315. October 6. TAC/USA National Masters Marathon Championships, Minneapolis, Minn. Bruce Mortenson, 15301 Highland Place, Minnetonka, MN 55345.

October 26. TAC/USA National Masters 10K Cross-Country Championships, Louisville, Ky. Bob Ullrich, P.O. Box 6667, Louisville, KY 40206. 502/459-6820.

October 26. TAC/USA National Masters 100K Championships, Duluth, Minn. Bill Wenmark, 18665 Rutledge Rd., Deephaven, MN 55391. 612/593-9014. Fax: 612/593-9809.

November 2. TAC/USA National Masters 15K Championships, Tulsa, Okla. Contact TBA. Awarded conditionally pending approval of Oklahoma TAC Association.

November 3. TAC/USA National Masters 5K Cross-Country Championships, Columbus, Ohio. John White, 4865 Arthur Place, Columbus, OH 43220. 614/459-2547.

November 17. TAC/USA National Masters 25K Championships, San Diego, Calif. Contact TBA. Awarded conditionally pending approval of San Diego-Imperial TAC Association.

November 30. TAC/USA National Masters 8K Cross-Country Championships, Franklin Park, Boston, Mass. Kirk Ran-dall, 71 Bromfield St., Newburyport, MA 01950. 508/465-9677.

December 8. TAC/USA National Masters 5K Championships, New Orleans, La. Contact TBA.

**EAST** 

Connecticut, Delaware, Massachusetts, Maryland, Maine, New Hampshire, New Jersey, New York, Pennsylvania, Rhode Island, Virginia, Vermont.

February 17. NYRRC Snowflake 4-Miler, Central Park, NYC. NYRRC, 9 E. 89th St., New York, NY 10128. 212/860-4455.

February 24. NYRRE Sheraton Centre Bagel Run, Central Park, NYC. NYRRC, 9 E. 89th St., New York, NY 10128. 212/860-4455.

March 2. Alamo Alumni Run, Washington, D.C. RRCA, 629 S. Washington St., Alexandria, VA 22314. 703/836-0558.

March 17. New Bedford/Bank of Boston Half-Marathon, New Bedford, Mass. El Talbot/Jim Ryan, 1657 Acushnet Ave.,

Continued on page 25

Continued from page 24

New Bedford, MA 02740. 508/999-5005. April 7. Northern Telecom Cherry Blossom 10 Mile, Washington, D.C. Entry limited to 5500 by lottery conducted December 1-31. Cherry Blossom, P.O. Box 884, Middletown, MD 21769. 301/371-5583.

April 7. MDA-Boston Milk Run 10K, Boston, Mass. DMSE, 430 C Salem St., Medford, MA 02155. 617/396-3001.

April 15. 95th Boston Marathon, Boston, Mass. Qualifying times: M35-3:15; M40-3:20; M45-3:25; M50-3:30; M55-3:35; M60-3:40; M65-3:45; M70+-3:50; W35-3:45; W40-3:50; W45-3:55; W50-4:00; W55-4:05; W60-4:10; W65-4:15; W70+-4:20. SASE to: Boston AA, P.O. Box 1991, Hopkinton, MA 01748. 508/435-6905; FAX 508/435-6590.

# SOUTHEAST Alabama, Florida, Georgia, N. Carolina, S. Carolina, Tennessee.

February 2. Alamo Heart Run 10K, Ft. Lauderdale, Fla. Masters money. American Heart Assn., P.O. Box 14213, Ft. Lauderdale, FL 33302, 305/764-7900.

February 9. Gasparilla Distance Classic 15K/5K, Tampa, Fla. Jeanette Parke, Race Director, P.O. Box 1881, Tampa, FL 33601, 813/229-7866.

February 9. Carolina Marathon & 10K, Columbia, S.C. Highlighting M40 + 10K. SASE: Carolina Marathon, P.O. Box 5092, Columbia, S.C., 29250.

February 9. Heart and Sole 5K, Panama City, Fla. Masters money. American Heart Association, P.O. Drawer 390, Panama City, FL 32402. 904/769-3070.

February 10. Pomoco Group/Hampton Coliseum Half-Marathon, Hampton, Va. Masters money. Hampton RR, City of Hampton Planning Dept., 22 Lincoln St., Hampton, VA 23669, 804/727-6140.

February 16. Edison Festival of Light 5K Classic, Fort Myers, Fla. SASE to Editon Festival 5K, Fort Myers TC, P.O. Box 06131, Fort Myers, FL 33906. 813/278-4786.

February 17. 20th Annual Space Coast Marathon/Half-Marathon, Melbourne, Fla. Florida's oldest marathon. Bill Dillard, Race Director, 1480 Meadowbrook Rd. NE, Palm Bay, FL 32905. 407/724-2510. February 23. Blue Angel Marathon/5K, Pensacola, Fla. Morale, Welfare & Recr. Dept., Naval Air Stn., Bldg. 632, Radford Blvd., Pensacola, FL 32508-5000. 904/452-3922.

February 23. Strawberry 10K/5K, Plant City, Fla. Tampa Bay RC, P.O. Box 290372, Tampa, FL 33687. 813/935-7718.

February 24. Colonial Half-Marathon, Williamsburg, Va. Bonita Bates, William and Mary Hall, P.O. Box 399, Williamsburg, VA 23187. 804/221-3362.

February 24. Palm Beach Runners Half-Marathon, Palm Beach County, Fla. Jim Cook, PB Runners, Box 8205, W. Palm Beach, FL 33407. 407/689-2648.

March 2. 9th Annual Red Lobster 10K, Orlando, Fla. Track Shack, 1322 N. Mills Ave., Orlando, FL 32803. 407/898-1313.

March 2. Viking Classic 5K/10K, Rome, Ga. Jim Dugger, c/o Viking Classic, 575 Berry College, Mt. Berry, GA 30149-0575. 404/232-5374, x2260.

March 9. Jacksonville River Run 15K, Jacksonville, Fla. Florida's largest single race. River Run 15K, 3853 Baymeadows Rd., Jacksonville, FL 32217.

March 9. Carnaval Miami At Bayfront 8K, Miami, Fla. Rafael Licea, Kiwanis Club of Little Havana, 1312 SW 27th Ave., Miami, FL 33145. 305/644-8888

March 10. Happy Valley Half-Marathon, Chattanooga, Tenn. 2:00 p.m. start. Frank Machuga, 520 Lookout St., Chattanooga, TN 37403. 605/756-3480. March 16. Nissan Shamrock Marathon, Virginia Beach, Va. Alos masters 8K & money. Jerry Bocrie, 2308 Maple St., Virginia Beach, VA 23451. 804/481-5090. March 17. St. Patrick's Day 10K/5K, Tampa, Fla. Brandon RA, P.O. Box 1564, Brandon, FL 33509-1564. Jack Stanley, 813/684-0385.

March 23. Azalea Trail 10K, Mobile, Ala. Gerald Tomlinson, P.O. Box 6427, Mobile, AL 36660. 205/473-RACE.

#### MID-AMERICA

Arkansas, Colorado, Iowa, Kansas, Minnesota, Missouri, N. Dakota, Nebraska, Oklahoma, S. Dakota.

February 3. Winter Carnival Half-Marathon, St. Paul, Minn. Winter Carnival, c/o North Central Tower, No. 600, St. Paul, MN 55101. 612/297-6953.

#### SOUTHWEST Louisiana, Mississippi, Texas.

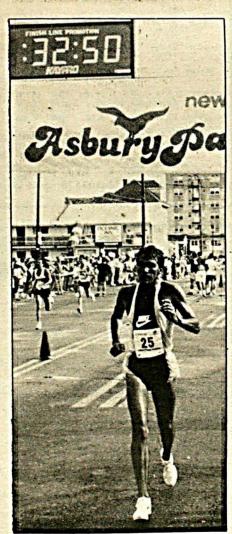
February 17. River City 10 Mile, Austin, Texas. Masters money. John Ferguson, 3219 Oak Alley, Austin, TX 78745. 512/452-9391.

February 17. River City 10 Miler, Austin, Texas. Masters money 1st two places m & w. John Ferguson, 3219 Oak Alley, Austin, TX 78745.

February 23. Fort Worth Cowtown Marathon/10K, Fort Worth, Texas. Cowtown Marathon, Box 567, Ft. Worth, TX 76101. 817/735-2033.

March 23. Azalea Trail 10K, Tyler, Texas. Mike Hines, Mother Frances Hosp., 800 E. Dawson St., Tyler, TX 75701. 213/531-4331.

April 7. Austin American-Statesman Capitol 10,000, Austin, Texas. Renet Presas, P.O. Box 670, Austin, TX 78767. 512/455-3596.



Barry Brown of Florida was named outstanding M45 runner of the year by TAC's Masters LDR Committee. Here he runs 32:50 in the Asbury Park 10K.

Photo by Keith Quarles

# WEST Arizona, California, Hawaii, New Mexico,

February. Legg Lake Runs, South El Monte, Calif. A. Martinez, 213/949-0394. February 2. Las Vegas Marathon & Team Relay, Las Vegas, Nev. SASE to: Al Boka, Race Director, Box 81262, Las Vegas, NV 89180.

February 3. San Dieguito Half-Marathon, Rancho Santa Fe, Calif. Kathy Loper, 7801 Mission Center Dr., Ste. 200, San Diego, CA 92108, 619/298-7400.

February 3. McDonald's/Lakewood Half-Marathon, Lakewood, Calif. Tom Lederer, Box 158, Lakewood, CA 90714. 213/866-9771.

February 3. Davis Stampede Half-Marathon, Davis, Calif. A Change of Pace, 221 G St., Ste. 205, Davis, CA 95616. 916/757-6017.

February 3. Runner's Den 10K, Phoenix, Ariz. Rob Wallack, 6505 N. 16th, Phoenix, AZ 85016. 602/277-4333.

February 16. Great American Adventure 2.8 Mile/4.8 Mile X-Country, Huntington Beach, Calif. SASE to: Finish Line Inter., 7646 Connie Dr., Huntington Beach, CA 92648. 714/841-5417.

February 18. Great Aloha 8.2 Mile, Honolulu. American Express Travel Service, 2222 Kalakaua Ave., 8th Floor R.T., Honolulu, HI 96815. 808/921-6300.

March 2. Sue Krenn 15K/San Diego-Imperial TAC Championships, San Diego, Calif. Hal & Sharon Goforth, 2419 Boyington Pl., El Cajon, CA 92020. 619/460-3110.

March 2. Bidwell Classic Half-Marathon, Chico, Calif. David Welch, 258 Centennial Ave., Chico, CA 95928. 916/342-9214.

March 3. Los Angeles Marathon, Los Angeles. L.A. Marathon, 11110 W. Ohio Ave., Ste. 100, Los Angeles, CA 90025. 213/444-5544.

March 10. Napa Valley Marathon, Calistoga, Calif. Steve Zanetell, 1325 Imola Ave. West, Napa, CA 94559. 707/255-2609.

March 16. Lake Powell Marathon/10K, Page, Ariz. P.O. Box 3148, Page, AZ 86040. 602/645-5770.

March 17. Mobil Tom Sullivan 10K, Torrance, Calif. Louise Davis, 8 Dobbin Ln., Rolling Hills Estates, CA 90274. 213/377-1166.

March 24. 8th Annual Fifty-Plus 8K, Stanford, Calif. M&W 50+.50+ Runner, P.O. Box D, Stanford, CA 94309. 415/723-9790.

#### **INTERNATIONAL**

February 24. 10K Mashramani Run. Secretary, Guyana Masters Athletic Association, P.O. Box 10870, Georgetown, Guyana, South America.

March 10. British Veterans Cross-Country Championships, Ampthill Park, Bedfordshire. David Rose, 42 Woodstock Rd., Bedford MK40 4JY. (0234) 56570.

April 21. ADT London Marathon, London, England. Marathon Tours, Inc., 108 Main St., Boston, Ma 02129, 800/783-0024.

In Mass., 617/242-7845.

July 18-28. IX WAVA World Veterans
Athletics Championships, Turku,
Finland. (M40+, W35+). Pirkko Martin,
Urheilupuisto, SF-20810, Turku, Finland.
Phone: 358-21-503526. Fax: 358-21-503106.

#### RACE WALKING

#### NATIONAL

March 17. TAC/USA National Masters 50K Championships, Long Beach, Calif. Elaine Ward, 1000 San Pasqual No. 35, Pasadena, CA 91106. 818/577-2264.

March 23. TAC/USA National Masters 3000 Indoor Championships, Blaine, Minn. Dixon Farmer, P.O. Box 34444, Blaine,

#### 1991 LDR Schedule

The dates and locations of 1991 TAC/USA National Masters Long Distance Running Championships are listed in the Schedule section.

The championships are awarded each year at TAC's Convention by the Masters LDR Committee, which now has authority to award championships at any road distance from one mile or longer.

"Traditional distances of 10K, 20K, half-marathon, and 30K have not yet been awarded for 1991," reported Charles DesJardins, Masters LDR Chairman.

The Masters LDR Executive Committee will meet on March 23-24 in Blaine, Minn. (site of this year's National Masters Indoor T&F Championships), and will consider any bids for 1991 at that time. Anyone interested in placing a bid should contact Des-Jardins (address on page 2).

MN 55434. 612/785-5600.

May 5. TAC/USA National Masters Women's 20K Championships, Raleigh, N.C. Alvia Gaskill, 5221-I Penrith Dr., Durham, N.C. 27713. 919/544-1669.

May 12. TAC/USA National Masters 15K Championships, Portland, Ore. Jim Bean, 4658 Fuhrer St. NE, Salem OR 93705. 503/393-1972.

July 5. TAC/USA National Masters 5000 Track Championships, Naperville, Ill. Dick Green, P.O. Box 6147, Rockford, IL 61125. 815/332-4743.

July 7. TAC/USA National Masters 20K Championships, Naperville, Ill. Dick Green, P.O. Box 6147, Rockford, IL 61126. 815/332-4743.

July 13. TAC/USA National Masters 10K Championships, Niagara Falls, N.Y. David Lawrence, 94 Harding Ave., Kenmore, NY 14217. 716/875-6361.

September 15. TAC/USA National Masters 40K Championships, Lincroft, N.J. Elliott Denman, 28 N. Locust Ave., West Long Branch, NJ 07754. 201/222-9213.

September 21. TAC/USA National Masters 5K Championships, Raleigh, N.C. Woody Hayes, P.O. Box 590, Raleigh, NC 27602.

#### MIDWEST Illinois, Indiana, Kentucky, Michigan, Ohio, Wisconsin, West Virginia.

April 14. Mideast TAC Regional Championships, Jack Mortland M20K/W10K, Whetstone Park, Columbus, Ohio. John White, 4865 Arthur Pl., Columbus, OH 43220. 614/459-2547.

September 28-29. Casimiro Alongi Invitational Racewalks, Dearborn, Mich. Frank Alongi, 26530 Woodshire, Dearborn Heights, MI 48127. 313/277-6060.

October 20. TAC/USA National Masters Women's One-Hour Championships, Cambridge, Mass. Philip McGaw, 158 Blue Hill Ave., Milton, MA 02174. 617/698-1806. October 27. Ohio TAC 20/50K Championships, Whetstone Park, Columbus. John White, 4865 Arthur Pl., Columbus, OH

43220. 614/459-2547.

# RECIPIENTS OF CERTIFICATES AS ALL-AMERICANS FOR ACHIEVING U.S. STANDARDS OF EXCELLENCE

M35-39 Dave Nickels	1500	4:10.27	8-5-90	M65-70 Tim Murphy	100M 200M	12.98 27.97	6-9-90 6-9-90	W35-39 Nancy A. Kellum	100M 200M 400M	13.5 27.7 64.7	9-1-90 9-1-90 9-1-90
M40-44 John D. Roehr .	Shot Put	13.16M	2-17-90	Mieczyslaw Pisz Hugh Hackett	200M Long Jump Pentathlon 200M	31.3 13-7 3479 pts. 32.2	7-14-90 6-23-90 9-1-90 9-1-90	W45-49 Roslyn Katz W50-54	Shot Put	7.78m	7-15-90
Jack Brocksmith Charles Dudley	400 800 100 200	58.0 2:12.9 12.16 25.1 47' 4"	7-21-90 8-8-90 6-30-90 6-30-90 6-9-90		80H Javelin Discus 100M Shot Put	16.27 111-11 118-4 15.0 34-14	7-7-90 9-1-90 9-1-90 9-22-90 7-14-90	Ecris M. Williams	10K 1500	41:48 5:46	5-29-90 9-1-90
James Hart	Shot Put Shot Put Discus Hammer	47' 9" 149' 10" 129' 10"	8-1-90 4-28-90 4-28-90	Chas Mercurio Dan Geer M80-84	Triple Jump	29-0° 23:28	2-21-90 9-19-90	Sumiye Leonard	800M	3:17.7	7-23-89
M55-59 Richard Ruth	100	12.94	10-5-90	Charles Espy Donald Ernst M85-89	Steeple 200M	14:22 38.8	8-2-90	Josephine Sulliva	Triple Jump Long Jump	39.47 6.55m 3.33m	3-1-90 3-1-90 3-1-90 3-1-90
M60-64 Loren Swanson	Long Jump 100H	16' 1" 18.3	6-23-90 12-27-90	Herb Anderson	Discus Javelin Long Jump Triple Jump	52' 8" 63' 11" 6' 104" 17' 74"	7-1-90 7-1-90 7-1-90 7-1-90	W70-74 Imogene Watkins	High Jump  5K Racewalk	.92m 35:54	9-1-90

						STATE OF BE	EN						
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	90-9
Mile	7:12	7:24	7:36	7:49	8:04	8:21	8:41	9:18	9:42	10:30	11:48	12:36	14:0
3000	13:59	14:23	14:46	15:12		16:12	16:54	18:00	19:00	20:30	23:00	24:36	27:1
2Mile	15:04	15:30	15:54	16:24	16:54	17:30		19:24	20:27	22:06	24:48	26:30	29:2
5000	23:36	24:13	24:48	25:33	26:24	27:18	28:24	30:24	31:54	34:33	38:42	41:24	45:5
10K	48:08	49:10	50:27	51:54	53:33	55:26	59:06	63:21	66:30	70:09	78:36	84:06	93:1
15K	1:12	1:14	1:16	1:19	1:23	1:27	1:31	1:35	1:40	1:47	1:58	2:10	2:2
20K	1:38	1:40	1:43	1:47	1:52	1:57	2:02	2:09	2:17	2:27	2:40	2:55	3:1
						WO	MEN						
Mile	8:00	8:15	8:30	8:45	9:03	9:42	10:18	11:30	12:09	12:54	13:48	15:21	16:4
3000	15:30	16:00	16:30	17:00	17:33	18:48	20:06	22:12	23:33	25:00	26:48	29:48	32:3
Mile	16:44	17:15	17:46	18:18	18:54	20:12	21:36	24:00	25:21	26:54	28:54	32:09	35:0
5000	26:13	26:56	27:42	28:33	29:36	31:33	33:48	37:30	39:36	42:06	45:09	50:18	55:1
10K	53:25	54:41	56:12	58:00	63:12	65:48	70:33	76:06	82:42	87:54	94:12	1:41	1:5
15K	1:24	1:26	1:29	1:32	1:35	1:39	1:46	1:55	2:04	2:13	2:22	2:33	2:4
20K	1:54	1:57	2:01	2:05	2:09	2:14	2:23	2:34	2:47	3:00	3:13	3:38	3:4

	U.S. MASTERS STANDARDS OF EXCELLENCE											
	FOR MEN											
Event	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85-89
100	11.0	11.33	11.67	12.0 25.1	12.5	13.0	13.5	14.0	15.0 32.4	16.5 35.8	18.0	20.0
400 800	51.0	52.5 2:04	54.0 2:08	56.0 2:13	58.5 2:19	61.5	65.0 2:37	70.0	76.5 3:06	84.5	94.0	105.0
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	4:35	4:42	4:53	5:07 17:30	5:25 18:24	5:49	6:14	6:51	7:38	8:42	10:13
10000	32:11	32:35	33:30	34:45	36:15	38:10	40:30	44:15	48:30	54:30	61 15	68:30
110H 100H	15.3	16.4	17.75	18.75	18.0	19.0	20.0	21.3				
80H 400H	57.6	59.7	62.0	64.4	67.2	70.6			18.0	21.0	25.0	30.0
300H			Series .		48.0	51.0	55.0	60.0	66.5	74.5	84.0	95.0
3K-SC 2K-SC	10:00	10:20	10:55	11:40	12:30	13:20	9:30	10:30	12:00	14:00	16:30	19:30
HJ	1.94	1.85	1.76 5-94	1.68 5-6	1.59	1.50	1.41	1.32	1.23	1.13	1:02	.92
PV	4.40	4.15	3.90	3.60	3.30	4-11 3.05	4-75	2.55	2.30	3-8	3-4 1.80	3-1
75000	14-5½		12-91	11-94	10-10	10-0	9-24	8-41	7-61/2	6-81/2	5-11	4-11
u	6.55	6.20	5.85 19-21	5.45 17-10½	5.10 16-9	4.75	4.40	4.00	3.65 11-114	3.35	3.00 9-10	2.65 8-84
ŢJ	13.35	12.65 41-6	11.90 39-5	11.15	10.40	9.65 31-8	8.90 29-23	8.20	7.50	6.80	6.10	5.50
Shot	15.20	14.10	13.00	12.00	12.40	11.20	12.00	26-11	24-7½ 10.00	8.80	7.65	6.50
Name	49-10-	Total Control	42-8	39-41	40-84	36-9	39-412	35-51	33-0	28-10-		21-4
Discus	44.80 147-0		40.60	38.00 124-8	40.00	36.40 119-5	40.00	36.80 120-9	31.60 103-8	26.40 86-7	21.40 70-2½	16.20 53-2
Hammer	47.24 155-0	44.20 145-0	41.14	38.10 125-0	38.40 126-0	36.00	36.00 118-1	33.00 108-3	29.00 95-2	25.00 82-0	22.50 73-10	18.00 60-0
Jav	62.00	57.00	52.60	48.00	43.00	38.50	40.00	35.00	29.00	24.00	FE' /FSF 22	15.00
95#U-	203-5	187-0	170-7	157-6	141-1	9.00	131-3	114-10	95-2	78-9	62-4	49-2
25#Wt.					an Levi		11.00	10.00	9.00	8.00	7.00	6.00
56 Wt.	September 1917	9.00	8.50 0 2600	8.00 2.600	2600	2600	2600	2600	3.50	3.00	2.50	2.00
Dec	550	0 525	0 5250	5250	5250	5250	5250	5250	5250	5250	5250	
notes	2) Sho	ort hurd	les: 30-	49: 39";	50-59	: 36";	60-69:	33"; 70	rsion fo +: 30".	r hand i	ine	
	3) Lor 4) Sho	t put:	es: 30- 30-	49: 36";	50-59 k (16#)	: 33"; ; 50-59	60+: 30 : 6k;	60-69: 5		4k.		
	6) Has	mer:	30-	49: 2kg;	k (16#)	50-59	60+:	1.0kg. 60-69: 5	k; 70+:	4k.\		
2.54	7) Jav 8) Net	ric hei	ghts and	59: 800g	es are	the stan	dard; fo	eet and	inches 1	lated fo	r conve	nience.
	9) Pe	n/Dec	: 30-	39 IA	ir pte	3.; 40	+ WAV	A fac	torin	g (ner	WAV	A) -

#### U.S. MASTERS STANDARDS OF EXCELLENCE FOR WOMEN Event 30-34 35-39 40-44 45-49 50-54 55-59 60-64 65-69 70-74 75-79 80-84 18.8 20.0 21.2 40.0 43.5 47.0 90.0 96.5 103.3 14.6 30.3 67.5 2:40 15.0 31.4 15.6 32.5 13.8 65.5 2:35 3:19 4:09 5:58 6:20 6:26 6:49 7:23 7:46 8:04 8:47 8:52 9:48 9:39 10:45 5:10 5:19 5:29 5:40 5:58 6:20 5:34 5:44 5:35 6:07 6:26 6:49 19:45 20:30 21:20 22:16 23:12 24:16 41:00 42:40 44:40 47:00 49:30 52:00 6:48 7:19 1500 26:08 28:08 56:00 60:00 32:21 76:00 10000 17.2 18.2 15.0 15.8 84.4 88.8 16.5 17.6 18.7 20.2 22.2 25.0 28.0 75.5 79.9 66.0 72.0 79.0 87.0 300H 1.27 1.19 1.12 1.07 1.02 .97 4-2 3-11 3-8 3-64 3-44 3-24 3-01/5 2-11 2-9 5.00 4.60 4.25 3.90 3.55 16-5 15-1 13-11½ 12-9½ 11-8 3.20 2.85 9-44 2.60 8-64 10.00 9.20 8.60 7.80 7.18 32-10 30-24 28-24 25-74 23-7 6.40 5.70 4.20 5.20 4.70 21-0 18-8% 17-1 10.30 9.30 8.40 7.70 33-9½ 30-6½ 27-7 25-3½ 7.95 7.20 26-1 23-7½ 6.50 21-4 5.80 5.25 19-0% 17-3 Jav 39.50 33.50 27.50 21.50 25.00 19.00 18.00 16.00 15.00 14.00 13.50 129-7 109-11 93-6 70-64 82-0 62-4 59-1 52-6 49-2 45-11 44-4 129-7 109-11 93-6 70-61 82-0 30.0 27.8 26.0 98-5 91-2 85-4 24.0 78-9 22.0 72-2 20.0 65-8 18.0 16.0 59-1 52-6 49-2 45-11 44-4 35.0 32.5 30.0 25.0 23.0 22.0 20.0 18.0 131-3 114-10 98-5 82-0 75-6 72-2 65-8 59-1 14.0 12.0 9.0-45-11 39-5 29-7 20 Mrt. 10.00 9.00 8.00 7.00 6.00 5.00 4.00 3.50 3.25 3.00 2.75 notes: 1) 100 standards are for automatic time; use standard conversion for hand time. 2) Short hurdles: 30-39: 33"; 40+: 30" 3) Shot put: 30-49: 4k; 40+: 3k. 4) Jávelin: 30-49: 600gm; 50+: 400gm. 5) Hámmer: 30-49: 4k; 40+: 3k. 6) Metric heights and distances are the standard; feet and inches listed for convenience.

ALL-AMER	ICAN CERTIFICA	TE/PATCH
NAME	AG	E-GROUP
ADDRESS	S	EX: M F
CITY	STATE	ZIP
MEET	DATE OF MEE	T
MEET SITE		
EVENT:	MARK:	
HURDLE HEIGHT	WEIGHT OF I	MPLEMENT
CERTIFICATE	□ PATCH	□ PATCH TAG
If you have bettered the standard	of excellence, please send \$10 for	or a certificate, \$10 for patch.

APPLICATION FOR AN

If you have bettered the standard of excellence, please send \$10 for a certificate, \$10 for patch, or \$15 for both a certificate and a patch. (A patch tag, showing event and year, is an extra \$5 each.) Send to: All-American, National Masters News, P.O. Box 2372, Van Nuys, CA 91404. (Enclose copy of results, or note in which issue they appeared.) A 3-color, 8" by 10" certificate — suitable for framing — and/or a 3-color, 3" x 4" patch will be mailed to you within two weeks. (Allow six weeks for patches with tags.)

# TRACK & FIELD RESULTS

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

Joe Hemler (56) Bill Graf (42)

#### EAST

#### Hanover All-Comers Hanover, NH, December 8

Shot Put 4k	
Tom Jennings 49	36-3
Ken Withee 78	28-31
Bob Sparks 72	26-41
George Ratcliffe 76	26-0
Shot Put 12#	
Leo Hamill 47	26-61
Shot Put 16#	E STATE
Jurgen Niffke 47	31-81
Keith Ploof 35	30-51
Long Jump	
George Ratcliff 76	8-1
Robert Sparks 72	7-3
100 1 年 7 年 100 1 年 1 年 1 日 1 日 1 日 1 日 1 日 1 日 1 日 1 日	

#### Finger Lakes RC Meet Ithaca, NY; December 9

Jasper Royal 40	7.12
Ray Panek 40	7.48
Irene Thompson 36	7.76
Irene Thompson 36 Kathy Pierce 43	8.13
Bob Smullens 54	9.43
400m	
Reinhold Wotawa 41	63.31
Rick Cleary 34	64.17
Ken Packman 39	65.28
Kathy Pierce 43	65.97
Irene Thompson 36	68.43
Colbert-MauboussinW	
	76.38
Diane Sherrer 39 Dan Fravil III 44	86.19
Bob Smullens 54	91.37
800m	91.37
Terry Habecker 43	2:04.3
Mike Fogle 35	2:19.8
P Wotove 41	2:19.8
R Wotawa 41 Bob Congdon 45	2:29.0
Jon Estabrook 37	2:34.3
Pay Panek AO	2:34.5
Ray Panek 40 Tony Farrand 55	
Tony Farrand 55 Sally Rusby 54	2:51.9
1500m	3.09.9
Terry Habecker 43	4:36.1
R Wotawa 41	4:39.9
Herb Enoman 45	4:40.7
Herb Engman 45 Mike Fogle 35	4:54.2
Ken Florance 36	4:57.9
Don Farley 57	5:00.4
Bob Congdon 45	5:05.9
John Whitman 36	
Jon Estabrook 37	5:09.9
John McMurroy 49	5:11.1
John McMurray 48	5:18.8
Paul Aucoin 45	5:27.2
Diane Sherrer 39	5:39.4
Tony Farrand 55	5:42.3
George Gavras 64	5:52.2
Dan Mittler 50 Sally Rusby 53	6:04.0
	6:20.8
3000m	0.00.0
Bill Mullarney 32	9:08.0
Ken Mann 30	9:42.0
Rick Cleary 34	10:02.0
Truck Rossiter 41	10:10.3
Mike Fogle 35	10:15.5
Nancy Oshier 41 Ken Florence 36 Don Farley 57	10:20.5
Ken Florence 36	10:21.3
Don Farley 57	10:36.3
Jim Carman 38	10:43.6
Rich Bernstein 36	11:03
Jon Estabrook 37	11:03
R Wotawa 41	11:13.3
Jim Zollweg 30	11:47
Chuck Collins 56	11:50
Tom Rishel 49	11:56
Dan Mittler 50	12:13
Dorothy Sholeen 45	15:46

# Dan Mittler 50 12:13 Dorothy Sholeen 45 15:46 John Sholeen 45 18:24 Philadelphia Masters Meet Haverford, PA

December 16	
55m hurdles	
Doug Mason (31)	8.6
John Paul Jones (40)	8.6
Tom Delany (62)	9.7
Dave Martin (55)	10.0
Bob Fuhrman (49)	11.4
Walker Pierson (67)	12.1
<b>沙岛</b> 斯特·西班牙斯斯	
55m dash	
Joseph Johnson (46)	6.9
Rick Jeffers (32)	7.1
Jeff Blatt (45)	7.2
Jim O'Hara (51)	7.4
Karl Castor (39)	7.4
Rab Hagin (46)	7.4
Dhamiri Abayomi (50)	7.5
Dawson Pratt (54)	7.5
Tim Dickens (43)	7.5

Jim Shea (42)	7.
Phil Felton (41)	
THE PERCON (41)	7.
Tom Delany (62) John Paul Jones (40)	8.
John Paul Jones (40)	8.
Tim Under (51)	
Jim Hodge (51)	8.
Ed Matthews (70)	8.
Dave Martin (55)	29
Dave Martin (55)	8.
Oscar Harris (66)	8.
Oscar Harris (66) Mary Ellen Malloy (W33)	- 8.
that's Effect Marrioy (M33)	. 0.
Walker Pierson (67) Bonnie Hauck (W34)	8.
Bonnie Hauck (W34)	8.
Manne De Malte (62)	
Moose De Malto (63)	9.
Fred Wimmer (56) W.J. Palese (46) Gloria Jenkins (W53)	9.
W.T Paleco (46)	9.
W.U. Falese (40)	
Gloria Jenkins (W53)	9.
Bob Detweiler (77)	13.
DOD DECHETTEL (11)	13.
200m dash	
The same of the sa	100
Rick Jeffers (32)	24.
Joseph Johnson (46)	25.
Besepti Bolaison (40)	
ken Bauersteld (35)	25.
Joseph Johnson (46) Ken Bauersfeld (35) Dhamiri Abayomi (50)	26.
Dayman Dreath (54)	20.
Dawson Pratt (54) Phil Felton (41)	26.
Phil Felton (41)	26.
Jim O'Hara (51) Rab Hagin (46)	26.
Dala Washington	20.
Rab Hagin (46)	26.0 27.2 27.2 28.3
Larry Simmons (47)	27.
Joe Hemler (56)	27
oce Heinter (30)	21.
Mark Gershon (37)	28.
Jack Mroz (34)	28.
	20.
Bob Fuhrman (49)	28.
Tim Shea (42)	29.
Dim Silea (42)	25.
	29-
offill house (21)	
Joel Dubow (47)	29.
Jim Hodge (51) Joel Dubow (47)	30.
Walker Pierson (67)	30.
Walker Pierson (67) Ed Matthews (70)	30.
Walker Pierson (67) Ed Matthews (70)	30. 30. 31.
Walker Pierson (67) Ed Matthews (70)	30. 30. 31.
Walker Pierson (67) Ed Matthews (70) Oscar Harris (66) Bonnie Hauck (W34)	30. 30. 31.
Walker Pierson (67) Ed Matthews (70) Oscar Harris (66) Bonnie Hauck (W34)	30. 30. 31.
Walker Pierson (67) Ed Matthews (70) Oscar Harris (66) Bonnie Hauck (W34) Karen Tyson (W33)	30. 30. 31. 31. 31.
Walker Pierson (67) Ed Matthews (70) Oscar Harris (66) Bonnie Hauck (W34)	30. 30. 31.
Walker Pierson (67) Ed Matthews (70) Oscar Harris (66) Bonnie Hauck (W34) Karen Tyson (W33)	30. 30. 31. 31. 31.
Walker Pierson (67) Ed Matthews (70) Oscar Harris (66) Bonnie Hauck (W34) Karen Tyson (W33)	30. 30. 31. 31. 31.
Walker Pierson (67) Ed Matthews (70) Oscar Harris (66) Bonnie Hauck (W34) Karen Tyson (W33)	30. 30. 31. 31. 31.
Walker Pierson (67) Ed Matthews (70) Oscar Harris (66) Bonnie Hauck (W34) Karen Tyson (W33)	30. 30. 31. 31. 31.
Walker Pierson (67) Ed Matthews (70) Oscar Harris (66) Bonnie Hauck (W34) Karen Tyson (W33)	30. 30. 31. 31. 31.
Walker Pierson (67) Ed Matthews (70) Oscar Harris (66) Bonnie Hauck (W34) Karen Tyson (W33)	30. 30. 31. 31. 31.
Walker Pierson (67) Ed Matthews (70) Oscar Harris (66) Bonnie Hauck (W34) Karen Tyson (W33)	30. 30. 31. 31. 31.
Walker Pierson (67) Ed Matthews (70) Oscar Harris (66) Bonnie Hauck (W34) Karen Tyson (W33)	30. 30. 31. 31. 31.
Walker Pierson (67) Ed Matthews (70) Oscar Harris (66) Bonnie Hauck (W34) Karen Tyson (W33)	30. 30. 31. 31. 31.
Walker Pierson (67) Ed Matthews (70) Oscar Harris (66) Bonnie Hauck (W34) Karen Tyson (W33) Moose DeMalto (63)	30. 30. 31. 31. 31.
Walker Pierson (67) Ed Matthews (70) Oscar Harris (66) Bonnie Hauck (W34) Karen Tyson (W33) Moose DeMalto (63)	30. 30. 31. 31. 31.
Walker Pierson (67) Ed Matthews (70) Oscar Harris (66) Bonnie Hauck (W34) Karen Tyson (W33) Moose DeMalto (63)	30. 30. 31. 31. 33. 33. 34.
Walker Pierson (67) Ed Matthews (70) Oscar Harris (66) Bonnie Hauck (W34) Karen Tyson (W33) Moose DeMalto (63)  400m dash Erick Rucker (31)	30. 30. 31. 31. 33. 33. 34.
Walker Pierson (67) Ed Matthews (70) Oscar Harris (66) Bonnie Hauck (W34) Karen Tyson (W33) Moose DeMalto (63)  400m dash Erick Rucker (31)	30. 30. 31. 31. 31. 33. 34.
Walker Pierson (67) Ed Matthews (70) Oscar Harris (66) Bonnie Hauck (W34) Karen Tyson (W33) Moose DeMalto (63)  400m dash Erick Rucker (31)	30. 30. 31. 31. 31. 33. 34.
Walker Pierson (67) Ed Matthews (70) Oscar Harris (66) Bonnie Hauck (W34) Karen Tyson (W33) Moose DeMalto (63)  400m dash Erick Rucker (31) Tim Dickens (43) Karl Castor (39)	30. 31. 31. 31. 33. 34. 56. 56. 56.
Walker Pierson (67) Ed Matthews (70) Oscar Harris (66) Bonnie Hauck (W34) Karen Tyson (W33) Moose DeMalto (63)  400m dash Erick Rucker (31) Tim Dickens (43) Karl Castor (39) Ken Bauersfeld (35)	30. 30. 31. 31. 33. 34. 56. 56. 57.
Walker Pierson (67) Ed Matthews (70) Oscar Harris (66) Bonnie Hauck (W34) Karen Tyson (W33) Moose DeMalto (63)  400m dash Erick Rucker (31) Tim Dickens (43) Karl Castor (39) Ken Bauersfeld (35) Phil Felton (41)	30. 31. 31. 31. 33. 34. 56. 55. 57.
Walker Pierson (67) Ed Matthews (70) Oscar Harris (66) Bonnie Hauck (W34) Karen Tyson (W33) Moose DeMalto (63)  400m dash Erick Rucker (31) Tim Dickens (43) Karl Castor (39) Ken Bauersfeld (35) Phil Felton (41)	30. 31. 31. 31. 33. 34. 56. 55. 57.
Walker Pierson (67) Ed Matthews (70) Oscar Harris (66) Bonnie Hauck (W34) Karen Tyson (W33) Moose DeMalto (63)  400m dash Erick Rucker (31) Tim Dickens (43) Karl Castor (39) Ken Bauersfeld (35) Phil Felton (41)	30. 31. 31. 31. 33. 34. 56. 55. 57.
Walker Pierson (67) Ed Matthews (70) Oscar Harris (66) Bonnie Hauck (W34) Karen Tyson (W33) Moose DeMalto (63)  400m dash Erick Rucker (31) Tim Dickens (43) Karl Castor (39) Ken Bauersfeld (35) Phil Felton (41)	30. 31. 31. 31. 33. 34. 56. 55. 57.
Walker Pierson (67) Ed Matthews (70) Oscar Harris (66) Bonnie Hauck (W34) Karen Tyson (W33) Moose DeMalto (63)  400m dash Erick Rucker (31) Tim Dickens (43) Karl Castor (39) Ken Bauersfeld (35) Phil Felton (41)	30. 31. 31. 31. 33. 34. 56. 55. 57.
Walker Pierson (67) Ed Matthews (70) Oscar Harris (66) Bonnie Hauck (W34) Karen Tyson (W33) Moose DeMalto (63)  400m dash Erick Rucker (31) Tim Dickens (43) Karl Castor (39) Ken Bauersfeld (35) Phil Felton (41)	30. 31. 31. 31. 33. 34. 56. 55. 57.
Walker Pierson (67) Ed Matthews (70) Oscar Harris (66) Bonnie Hauck (W34) Karen Tyson (W33) Moose DeMalto (63)  Erick Rucker (31) Tim Dickens (43) Karl Castor (39) Ken Bauersfeld (35) Phil Felton (41) Gary Tompkins (40) Gary Gordon (44) Larry Simmons (47) John Paul Jones (40) 1	30. 30. 31. 31. 33. 34. 56. 556. 57. 657. 600.
Walker Pierson (67) Ed Matthews (70) Oscar Harris (66) Bonnie Hauck (W34) Karen Tyson (W33) Moose DeMalto (63)  400m dash Erick Rucker (31) Tim Dickens (43) Karl Castor (39) Ken Bauersfeld (35) Phil Felton (41) Gary Tompkins (40) Gary Gordon (44) Larry Simmons (47) John Paul Jones (40) Dawson Pratt (54)	30. 30. 31. 31. 33. 34. 56. 56. 57. 58. 59. 600. 600.
Walker Pierson (67) Ed Matthews (70) Oscar Harris (66) Bonnie Hauck (W34) Karen Tyson (W33) Moose DeMalto (63)  400m dash Erick Rucker (31) Tim Dickens (43) Karl Castor (39) Ken Bauersfeld (35) Phil Felton (41) Gary Tompkins (40) Gary Gordon (44) Larry Simmons (47) John Paul Jones (40) Dawson Pratt (54)	30. 30. 31. 31. 33. 34. 56. 56. 57. 58. 59. 600. 600.
Walker Pierson (67) Ed Matthews (70) Oscar Harris (66) Bonnie Hauck (W34) Karen Tyson (W33) Moose DeMalto (63)  400m dash Erick Rucker (31) Tim Dickens (43) Karl Castor (39) Ken Bauersfeld (35) Phil Felton (41) Gary Tompkins (40) Gary Gordon (44) Larry Simmons (47) John Paul Jones (40) Dawson Pratt (54)	30. 30. 31. 31. 33. 34. 56. 56. 57. 58. 59. 600. 600.
Walker Pierson (67) Ed Matthews (70) Oscar Harris (66) Bonnie Hauck (W34) Karen Tyson (W33) Moose DeMalto (63)  Erick Rucker (31) Tim Dickens (43) Karl Castor (39) Ken Bauersfeld (35) Phil Felton (41) Gary Tompkins (40) Gary Gordon (44) Larry Simmons (47) John Paul Jones (40) 1 Dawson Pratt (54) 1 Jim Hodge (51) 1 Bob Fuhrman (49) 1	30. 30. 31. 31. 33. 34. 56. 57. 58. 59. 00. 00. 01. 03.
Walker Pierson (67) Ed Matthews (70) Oscar Harris (66) Bonnie Hauck (W34) Karen Tyson (W33) Moose DeMalto (63)  Erick Rucker (31) Tim Dickens (43) Karl Castor (39) Ken Bauersfeld (35) Phil Felton (41) Gary Tompkins (40) Gary Gordon (44) Larry Simmons (47) John Paul Jones (40) 1 Dawson Pratt (54) 1 Jim Hodge (51) 1 Bob Fuhrman (49) 1	30. 30. 31. 31. 33. 34. 56. 57. 58. 59. 00. 00. 01. 03.
Walker Pierson (67) Ed Matthews (70) Oscar Harris (66) Bonnie Hauck (W34) Karen Tyson (W33) Moose DeMalto (63)  Erick Rucker (31) Tim Dickens (43) Karl Castor (39) Ken Bauersfeld (35) Phil Felton (41) Gary Tompkins (40) Gary Gordon (44) Larry Simmons (47) John Paul Jones (40) 1 Dawson Pratt (54) 1 Jim Hodge (51) 1 Bob Fuhrman (49) 1	30. 30. 31. 31. 33. 34. 56. 56. 57. 58. 59. 600. 600.
Walker Pierson (67) Ed Matthews (70) Oscar Harris (66) Bonnie Hauck (W34) Karen Tyson (W33) Moose DeMalto (63)  A00m dash Erick Rucker (31) Tim Dickens (43) Karl Castor (39) Ken Bauersfeld (35) Phil Felton (41) Gary Tompkins (40) Gary Gordon (44) Larry Simmons (47) John Paul Jones (40) John Paul Jones (40) Jim Hodge (51) Bob Fuhrman (49) Moose DeMalto (63) 1	30. 30. 31. 31. 33. 34. 56. 57. 58. 59. 00. 00. 01. 03.
Walker Pierson (67) Ed Matthews (70) Oscar Harris (66) Bonnie Hauck (W34) Karen Tyson (W33) Moose DeMalto (63)  Erick Rucker (31) Tim Dickens (43) Karl Castor (39) Ken Bauersfeld (35) Phil Felton (41) Gary Tompkins (40) Gary Gordon (44) Larry Simmons (47) John Paul Jones (40) 1 Dawson Pratt (54) 1 Jim Hodge (51) 1 Bob Fuhrman (49) 1	30. 30. 31. 31. 33. 34. 56. 57. 58. 59. 00. 00. 01. 03.

# 800m run Gary Tompkins (40) 2:10.1 Sam Huckel (49) 2:16.8 Karl Castor (39) 2:17.2 Rich Myers (45) 2:18.7 Fred Dedrick (42) 2:18.8 Jerry McPadden (49) 2:21.2 George Sanders (44) 2:22.6 Greg Hanson (36) 2:23.4 Gerry Mayerhofer (32) 2:28.4 Larry Hart (39) 2:29.3 Mary Ellen Malloy W33 2:30.5 Clark McNeight (39) 2:51.0 Moose DeMalto (63) 3:07.6

	1 mile run	
	Fred Dedrick (42)	4:54.6
	Sam Huckel (49)	4:55.2
	Rich Myers (45)	4:58.7
4	Rob Weiner (43)	5:00.4
	Jack Mroz (34)	5:02.3
	Bob Richey (41)	5:02.6
	Bob Harmon (39)	5:13.8
	Michael Owens (44)	5:14.7
	Russell Floyd (39)	5:16.4
	Tony DeSabato (42)	5:17.4
Á	George Sanders (44)	5:19.7
	Larry Hart (39)	5:35.5
	Joel Dubow (47)	5:39.2
	Martin Harms (53)	5:41.3
	Larry Balick (36)	5:43.8
	Samuel Miller (44)	6:03.4
	Karen Tyson (W33)	6:04.8
	Clark McNeight (39)	6:19.4
	W.J. Palese (46)	6:25.6
Ì	Richard Bloom (61)	6:32.3

.U. Palese (40)	0:23.0
ichard Bloom (61)	6:32.3
loria Jenkins (W53)	6:33.2
<b>对对外。30% 00% 10%</b>	
mile walk	
om Zdrojewski (50)	8:13.9
essica Krow (W39)	9:27.2
d Gawinski (63)	9:35.6
ay McKeeman (65)	19:14.9
eane Rabada (W40)	10:44.2
	Contract of the last

THE REAL PROPERTY AND ADDRESS OF THE PARTY O	THE RESERVE TO
3000m run	
Don Wisniewski (38)	10:09.1
Russ Patton (35)	10:16.7
Rob Weiner (43)	10:21.4
Bob Harmon (39)	10:28.7
Bob Richey (41)	10:47.8
Jerry McFadden (49)	10:57.5
Tony DeSabato (42)	11:01.4
Martin Harms (53)	11:20.6
Larry Balick (36)	11:31.9
George Sanders (44)	11:46.6
Tim Dickens (43)	11:55.0
Samuel Miller (44)	12:08.7
Russell Floyd (39)	12:41.9
Clark McNeight (39)	12:59.9
Richard Bloom (61)	13:22.0
The survey of the last of the	THE REAL PROPERTY.
pole vault	
Jeff Blatt (45)	10' 0'
Dave Martin (55)	9' 0'

Dave Martin (55)	9. 0
Ron Salvio (42)	7' 0"
Claude Hills (78)	5' 6"
Mike Jennetta (36)	n.h.
。 10 14 在10 10 10 代的 10 10 10 10 10 10 10 10 10 10 10 10 10	
high jump	
Bill Hanson (43)	5'44"
Ed Laurelli (40)	4'10"
Jeff Blatt (45)	4' 8"
Tom Delany (62)	4' 7"
Jerry Sullivan (50)	4' 4"
Bill Graf (42)	4' 4"
Claude Hills (78)	3 6"
Bob Detweiler (77)	3' 2"
long jump	7.35

long jump	
Bill Hanson (43)	5.39m
Tom Delany (62)	4.62m
Mark Gershon (37)	4.58m
Jim Shea (42)	4.32m
Ed Matthews (70)	4.07m
Russell Floyd (39)	3.80m
Bob Detweiler (77)	1.71m
House the second	
triple jump	474
Bill Hanson (43)	10.74m
Mark Gershon (37)	10.19m
Dave Martin (55)	9.37m

Bob Detweiler (77)	4.18m
shotput (TAC weights)	
Paul Morrone (48)	12.19m
Jim Craig (32)	11.43m
Bill Hanson (43)	9.63m
Jerry Sullivan (50)	9.40m
Al Jankola (66)	9.17m
Bill Graf (42)	8.71m
Pob Potenilor (77)	0 62

#### SOUTHEAST

Denny Ziemba (43) Fred Wimmer (56)

# DeLand All-Comers DeLand, FL: November 24

50y	
W35 Debbie Moen	8.22
220y	
W35 Debbie Moen	47.69
W33 Debble Hoell	47.09
5000m	
M30 Francisco Vazque	217:5h
M45 Phil Little	18:55
W35 Debbie Moen	27:69
W40 Judy Geisler	28:08
W65 Elaine Geyer	31:59
Long Jump	
M75 Charles Hirshey	5-8
Shot Put	
M75 Chas Hirshey	30-51
Discus	Marin.
M70 Roy McCoy	114-8
M75 Chas Hirshey	67-3
Call of the last of the last	DISTRICT OF
and the contract of the contra	

#### MID AMERICA

#### TAC Meet Lincoln, NE; January 5

60y		
M30	Larry Marrow	6.9
M35	James Hilliard	6.6
M40	Clifton Jackson	7.0
M45	Tom Bassett	6.8
M50	T Shelton Jr	7.2
M55	Glen Brazee	8.2
M70	John Davison	8.2
M75	Harold Massie	12.5
W40	Sandy Maryott	9.6
300	2	1000 8
M30	L Marrow	35.3
M35	J Hilliard	35.0
M40	Leon Harden	36.9
M45	Tom Bassett	35.3
M50	T Shelton Jr	37.7

W35 Linda Peniska	62.0
W40 Sandy Maryott	58.4
440y	- This
M35 Hector Sanchez	63.7
M50 Marvin Winters	64.7
M70 Clarence Osborn	1:45.0
M75 H Massie	2:33.0
880y	
M30 Earlen Brown	2:56.1
M35 Jerry Hoerscher	2:25.0
M40 Phil Dorff	2:19.5
M45 Ken Katzer	2:52.7
M50 Ross Greathouse	2:30.9
M55 Bob Elwood	2:27.9
M70 Clarence Osborn	3:46.5
M75 H Massie	4:54.9
Mile	
M30 Dale Nielsen	5:01.8
M35 Jerry Hoerscher	
M40 Rico Kotrous	5:23.6

47.9 77.6

M70 J Davison M75 H Massie

M45	Ken Katzer	5:44.2
M50	Helmut Bassert	5:38.9
M55	Jim Culver	5:34.0
M70	C Osborn	7:45.5
M75	Harold Massie	9:38.8
	Little of the state of the state of	Branch Branch
Two	Mile	<b>第一位</b>
M30	Dale Nielsen	10:38.8
M35	Jerry Hoerscher	11:09.5
M40	Rico Kotrous	11:35.1
M45	Ken Katzer	12:18.0
M55	Jim Culver	12:02.2
M70	Clarence Osborn	16:09.0
Man	Challe Canada	12.25 0

M55 Jim Culver	12:02
M70 Clarence Osborn	16:09
W30 Shelly Strait	13:35
W40 Debbi Winters	14:13
60yH	
M35 Mike Maryott	8.8
M40 Rex Harvey	8.2
M50 Lee Appleby	10.0
W40 Sandy Maryott	9.6
Pentathlon	
M35 Mike Maryott	2605
M40 Rex Harvey	3019

### M40 Rex Harve M45 Rex Sears M50 Al Maxey 1727 1438

#### Fiesta Bowl Masters Mile Tempe, AZ; December 31

WEST

1	Bill Strachan	40	4:45	.22
2	Jon Wickstrom	41	4:49	.23
3	Mark Mahl	42	4:56	.33
4	Bill Salazar	44	4:58	.90
5	Cliff Bedell	52	5:03	.68
6	Eric Owers	50	5:07	.13
7	Gordon Foster	51	5:11	.50
	Andy Forman			

#### INTERNATIONAL

#### Columbia Masters Federation Championships, Cali, Colombia October, 5

october, 5	
100m	
M30 Jorge Ramos	11.05
M35 Edgar Cuevas	11.37
M40 Sergio Altahona	11.95
M45 Wenceslao Ferrin	11.79
M50 Hector Salazar	12.53
M55 Jorge Cabrales	12.77
M60 Eduardo Escobar	14.01
M65 J Valdeblanquez	14.39
M70 Julio Munera M75 Jorge Camacho	14.69
M75 Jorge Camacho	18.45
M80 Alberto Ferlin	20.35
W30 Yolanda Moreno	13.45
W35 Nubia Mena	14.61
W40 Maria Sanjuan	14.88
W45 Adiela Raigoza	14.91
W55 Maria Espinosa	17.61
W60 Maria Londono	16.22
W65 Maria Ana Pinto	17.55.
W70 Rosa Gallego	22.61
W75 Maria Izquierdo	21.69
200m	
M30 Luis Miranda	23.70
M35 Hernando Cabrera	23.88
	24.34
M40 Sergio Altahona M45 Miguel Corvacho	24.34
M50 Jairo Velez	25.31
	25.60
	26.23
M60 Alain Rodriguez M65 J Valdeblanquez	30.05
	30.29
M70 Julio Munera	33.02
M75 Jorge Camacho	39.63
W30 Yolanda Moreno	28.43
W35 Nubia Mena W40 Rosaura Rincon W45 Adiela Raigoza	28.53
W40 Rosaura Rincon	31.40
W45 Adiela Raigoza	31.19
W50 Oliva Salinas	35.97
W55 Maria Espinosa	38.58
W60 Maria Londono	
W65 Emilia DeFontan	38.41
W70 Rosa Gallego	55.20
W75 Maria Izquierdo	48.54
W80 Judith Forero	51.02
400m	50.10
M30 Critobal Ovalle	50.19
M35 Jose Rudas	54.91 53.56
M40 Jairo Duque M45 Oscar Uribe	55.30
	56.38
M50 Jairo Velez	59.82
M55 Jorge Builes M60 Hernando Sierra	65.48
M65 Luis Castro	69.56
M70 Pedro Castillo	:41.56
M75 Jorge Camacho	91.37
	65.71
W30 Yolanda Moreno W35 Yolanda Velez	69.88
W40 Rosaura Rincon	71.99
	We red and

Marie S	<b>发生的一种的现在分词</b>	Medical Parties
W45	Adiela Raigoza	69.84
	J Arboleda	89.79
W55	Rosana Monsalve	89.57
W60	Maria Londono	79.77
	Emilia DeFontan	91.07
	Rosa Gallego	2:09.10

W/U Kosa Gallego	2.09.10
THE THE BUILDING	Service Con
800m	PER DES
M30 Cristobal Valle	1.54 14
M35 Rafael Moreno	2:06.36
M40 Octavio Ramirez	
M45 Oscar Uribe	2:06.07
M50 Luis Luna	2:16.07
M55 Hernando Medina	
M60 Harold Valverde	
M65 Carlos Guerrero	2:44.03
M70 J Garcia	3:18.82
W30 Yolanda Moreno	2:38.23
W35 Maria Zapata	
W40 Josefina Talero	2:44.15
W45 Adiela Raigoza	2:51.67
W50 Maria Jaramillo	
W55 Rosana Monsalve	
W60 Cecilia Penilla	
W65 Maria Suarez	3:40.91
W70 Rosa Gallego	4:54.63
1500m	
M30 Jose Bautista	4:03
M35 M Rodriguez M40 Luis Espitia	4:08
M40 Luis Espitia	4:25
M45 Nestor Endo	4:21
M50 Luis Luna	4:38.31
M55 Moises Velasque	z5:08.18
M60 Rafael Granados	
M65 Carlos Guerrero	
M70 J Garcia	6:47.56
W30 Clara Gordillo	
W35 Maria Zapata	5:41.66
W40 Josefina Talero	
W45 Maria Gomez	5:58.51
W50 Maria Jaramillo	
W55 C Fajardo	7:04.27

W60 Cecilia Penillas	6:45.29
W65 Maria Suarez	7:03.95
5000m	
M30 Jose Bautista	15:25
M35 Javier Lopez	15:48
M40 Mario Vidal	16:09
M45 Nestor Endo	17:05
M50 Luis Luna	17:22.4
M55 M Velasquez	19:04.4
M60 Rafael Granados	20:40.0
M70 J Garcia	25:18.1
M75 Pedro Hurtado	28:24.8
W30 Maria Castano	20:52.1
W35 Alba Gonzalez	20:22.3
W40 Josefina Talero	
W45 Maria Gomez	23:37.1
W50 Maria Jaramillo	
W55 C Fajardo	26:14.2
W60 Maria Forero	26:45.8

# Don Pierotti Memorial Weight Pentathlon Delray Beach, FL; December 29

Age	Name	Shot	Diso	Jav	Hamm	WtThr	Score
81	G. Powell	7.42	24.18	17.90	18.30	6.75	
70	20. 传说中国结集公司	635	697	566	516.5	647.5	3062
79	P. Partridge	4.15	15.44 365.5	12.20	13.12	6.22	1827
77	I. Storojeff	5.35	17.47	18.13	12.73	4.23	
	0 111-11	371	396	487.5	281.5	310	1846
77	C. Hirshey	8.05	19.86	15.60	535.5	5.06 391.5	2410
72	T. MoDermott	11.80	34.25	17.45	41.36	11.77	
71	R. Rupelli	838	766	377.5	882.5	913	3777
	N. Rupelli	776.5	628	403.5	597.5	563	2968
67	J. Stein	8.58	35.81	32.51	30.78	10.26	
66	D. Reid	569.5	695.5	695	690 34.69	670	3320
	D. 11011	816.5	728	595.5	753.5	677	3590
61	R. Cooper	9.77	45.78	35.92	29.77 588.5	10.32	Carlotte and
58	P. Carstensen	576	801 28.23	614.5	34.28	569.5	3180
	And the state of the state of	690	507.5	549.5	708	718	3173
56	Anne Cirulnik	8.57	21.00	15.60	18.84	428.5	2450
53	J. Nunez Sr	9.50	29.51	23.85	34.14	9.18	2470
		531.5	481	333.5	725	572.5	2643
50	B. McKenna	11.55	39.91 663	28.70	37.68 678	10.72	3020
50	B. Burkle	10.45	30.41	30.02	26.88	6.89	3020
	D VI - W - V	566	472.5	419.5	481	374	2313
43	R. Vlaadingerbk	741	35.76	46.60	36.74	11.34	3282
41	R. Silva	10.21	30.56	29.68	38.23	9.01	
39	D. Danver	551.5	506 34.89	341	680.5	9.81	2519
27	D. Danver	647.5	584	518	557	479	2785
31	V. St Hair	12.02	33.75	26.02	30.98	11.90	
25	T. Dziepak	9.47	539 32.57	31.90	506 48.18	600.5	2504
	3. W - 1. 1. 11	454	515.5	326	777.5	693	2766
17	J. Nunez Jr	9.26	37.77	24.14	34.95	10.58	2271
		441.5	619.5	218	574.5	521	2374

All WAVA Stand. except Nunez Sr. 16# Ham Cirulnik 16# Wt. Scored by IAAF Tables, 1985; Hammer 1962 & Age Factor Scor Age Records Powell 25# Wt. 6.75m MoDermott 4X Ham 41.36m 22' 12" 135' 8"

Continued on next page

Continued from previous page	de la	And the last	ministrates of	a Commente	V.75	A TOWN	Car will be					
		Lo				on/Heptat	hlon					
DECATHLON			Long I	Beach,	CA; Dece	mber 8-9						
Sub-Masters: 30-39	100m	LJ.	SP	HJ	400m	110mHH	DI	PY	JT	1500m	Total	PL
David Bryant (34)	13.3	4.46	6.98	1.3	1:20.3	23.7	18.52	1.80	22.38	7:45.7		1st
Masters: 40-49						2,111				D. Tra		7.70
Dennis Stempel (47)	13.1	5.10	9.64	1.55	64.3	20.3	29.30	3.20	43.44	6:20.3	3823	181
Scott Somers (43)	13.5	4.29	8.26	1.45	1:10.0	23.3	27.38	2.80	36.28	6:07.2	2942	2nd
Marcel Yves La Croix (40), Moscow TC	14.5	3.60	6.87	1.17	65.5	DNF	21.70	2.20	25.84	5:18.7	2253	3rd
Mesters: 50-59			(16#)			(42")	(2K)		(800gm)			
*Darrold Skartvedt (59), U. of Wash. TC	14.0	4.69	8.42*	1.45	1:16.9	24.4*	27.32*	2.20	26.14*	DNF	2313	1st
Masters: 60-69												
Boo Morcom (69)	14.7	4.33	8.84	1.35	1:12.5	20.6	32.42	3.00	24.66	7:11.3	2669	1st
Masters: 70-79											** + 3 m	
Dr. A.U. Ricciardi (71), Pacific Coast TC	16.1	3.62	9.44	1.12	1:37.6	17.0	32.68	2.20	29.18	9:28.3	2387	1st /
Ham Morningstar (73)	15.9	3.37	9.75	1.3	1:39.7	19.2	31.72	2.00	27.88	9:23.2	2213	2nd
Masters: 80-89							4.72		250 200	Fre A.C.		
Stan Thompson (80), Hawaii Masters TC	24.2	2.06	5.37	.98	2:29.2	DNF	12.98	1.60	11.46	DNF	553	1st
				100							- 1 S	
Decathlon (Age-Graded)									N / 200	A Section	500, 85	
Boo Morcom (69)	100m	7.22	SP 12.98	HJ 2.07	400m	110mHH	DI	PY	ग्र	1500m		PL
Dennis Stempel (47)	11.7	6.27	11.73	1.85	51.2 56.0	15.9 17.9	43.41 35.52	5.05	44.53 56.58	5:10.6 5:38.7	7202 5797	1 st
Ham Morningstar (73)	12.1	5.84	14.36	2.09	67.1	18.3	46.77	3.95	55.27	6:26.2	5598	2nd 3rd
Dr. A.U. Ricciardi (71), Pacific Coast TC	12.5	6.22	13.24	1.76	68.2	16.6	45.87	3.82	55.22	6:26.2	5382	4th
Di. A.C. Micciardi (77), 7 Zonio Codat 10		and the state of	(16#)	1.70	00.2	(42")	(2K)	3.02	(800gm)	0.39.7	3302	ALL PORTS
*Darrold Skartvedt (59), U. of Wash. TC	12.0	6.44	13.31*	1.98	60.3	19.0	34.51	3.19	49.01	DNF	5101*	5th
Scott Somers (43)	12.6	5.09	9.60	1.66	62.8	21.4	31.49	3.29	44.94	5:35.9	4226	6th
Marcel Yves La Croix (40), Moscow TC	13.7	4.07	7.72	1.30	60.2	DNF	24.08	2.49	31.00	4:57.3	3017	7th
Stan Thompson (80), Hawaii Masters TC	17.0	5.84	9.50	1.72	91.6	DNF	22.84	3.24	27.04	DNF	2245	8th
David Bryant (34)	12.9	4.73	7.36	1.37	76.9	23.2	19.32	1.91	24.97	7:30.6	2173	9th

Scoring: Above marks are converted and scoring is based on the Masters Age-Graded Table using Single-Age Factors.

Conditions: Hand-timing, no wind information. 85 degrees and sunny both days, light breeze.

Standard IAAF implements were used.

The late to the the productive before the productive of the produc	Water Street or Street Street Street Street	222 1900
· 阿斯里里公司	Take the same and the same	
10,000m	W30 Patricia Gaviria	
M30 Marino Guevara 32:20	W35 Nubia Mena	3.73
M35 Javier Lopez 33:08 M40 Mario Vidal 34:33	W40 Maria SanJuan	3.60
M40 Mario Vidal 34:33	W45 Evelia Mondragon	3.86
1142 Hermes Dianico 33.34	W50 Etelvina Pacheco	3.34
M50 H Barreneche 36:00	W55 Julia Bello W60 Maria Melo W65 Maria Ana Pinto	2.48
M55 Moises Velasquez39:35	WOU Maria Melo	2.77
M60 R Granados 44:11 M65 Carlos Guerrero 46:29	W80 Judith Forero	1.75
M70 J Garcia 52:36	woo Judith Forero	1.75
M75 Pedro Hurtado 60:29	为是"就从一位"的是"是一位"。	
W30 Maria Castano 43:50	Triple Jump	
W35 Alba Gonzalez 41:55	M30 Jaime Herrera	13.45
W40 Maria Silva 45:51	M35 Jose Rudas	10.40
W45 Maria Gomez 51:33	M40 Raul Paez	11.24
W50 Maria Jaramillo 53:26	M45 Carlos Gomez	9.79
W60 Maria Forero 54:09	M50 Henry Prado	10.58
	M55 Jose Zuluaga	9.04
Short Hurdles	M60 Eduardo Escobar	7.58
M30 Jaime Herrera 16.14	M65 Victor Daza	7.80
M35 Haroldo Vega 19.47	M70 Rafael Cotes	8.34
M40 Jose Gomez 21.81	W30 Mariela Varco	7.26
M45 Wenceslao Ferrin 17.80	W40 Maria SanJuan	7.36
M50 Pedro Medina 19.42	W45 Evelia Mondragon	7.36
M45 Wenceslao Ferrin 17.80 M50 Pedro Medina 19.42 M55 Jose Zuluaga 21.72 M60 Alain Rodriguez 19.28 M65 Otoniel Ortega 21.59 W30 Mariela Varco 22.63	and the second second	
M60 Alain Rodriguez 19.28	<b>各以由企业的总统的成功</b> 。	100
M65 Otoniel Ortega 21.59	Shot Put	
	M30 Hernan Ocoro	11.38
W45 Evelia Mondragon 16.93	M35 Jose Orozco	12.41
Long Hurdles	M40 Guillermo Roca	10.95
M30 Cristobal Ovalle 57.67	M45 Wenceslao Ferrin	9.85
M30 Cristobal Ovalle 57.67 M35 Marino Segura 65.95	M50 Francisco Hoyos	9.55
M40 Jose Gomez 72.09	M55 Jose Moreno	8.65
M45 Carlos Garavito 70.42	M60 Eduardo Escobar M65 G Martinez	8.48
M50 Eduardo Arias 68.80	M70 Agustin Ovalle	7.55
M60 Alain Rodriguez 54.66	M75 Pedro Villanueva	
M65 Otoniel Ortega 57.47	MOO Alberta Farita	8.07
Secondary and	M80 Alberto Ferlin W30 Clara Gordillo	6.60 9.09
Steeplechase M30 Rodolfo Diaz 10:38.3	W30 Clara Gordillo W35 Dora Vasquez W40 Maria Ruiz	11.19
	WAO Maria Ruiz	7.63
	W45 Blanca Rodriguez	
M40 Jesus Ocoro 11:25.7 M45 Pedro Casallas 11:35.4	W50 Maria Avohi	8.85
M50 Pedro Dominguez 11:54.1	W45 Blanca Rodriguez W50 Maria Ayobi W55 Ines Vasquez	7.06
A STATE OF THE PERSON NAMED OF THE PERSON NAME	W60 Amelia Gonzalez	7.21
High Jump	W65 Maria Ana Pinto	
M30 A Rivadeneira 1.75	W70 Belen Vanegas	3.88
M35 Rodrigo Collazos 1.75	W75 Maria Morla	3.38
M40 Raul Paez 1.65	W80 Judith Forero	3.71
M45 W Ferrin 1.55	<b>经过程的企业的图象技术的是</b>	
M50 Hector Salazar 1.40	Discus	
M55 Jose Zuluaga 1.50 M65 J Valdeblanquez 1.12		35.42
	M35 Jose Orozco	
W30 Nancy Avendano 1.08	M40 Mario Sotomayor	
W50 Luz Machado .88	M45 Jose Puerta	
The state of the season of the	M50 Jesus Puello	31.02
Pole Vault	M55 Jose Moreno	29.66
M30 Antar Martinez 3.02	M60 Ricardo Tobar	
M35 Alvaro Arias 2.92	M65 Gabriel Martinez	26.60
M40 Raul Paez 3.02	M70 Julio Munera	25.42
M50 Cesar Quintero 2.72	M75 Torcuato Mileo	21.78
Long Jump	M80 Dario Cuervo	16.26
M30 A Rivadeneira 5.46	W30 Clara Gordillo	27.28
M35 Neftali Ibarra 5.12	W35 Dora Vasquez	30.18
M40 Raul Paez 5.42	W40 Marina Ramirez	20.00
M45 Augusto Marin 4.70	W45 B Rodriguez	23.74
M50 Hector Salazar 5.05	W50 Maria Ayobi	20.88
M55 Ricardo Marin 3.57	W55 Maria Espinosa	16.68
M60 Hernando Sierra 3.69	W60 Maria Bonilla	14.90
M65 J Valdeblanquez 3.27	W65 Mary Garcia	18.70
M70 Rafael Cotes 3.68	W70 Belen Vanegas W75 Maria Izquierdo	11.85
M75 Jorge Camacho 2.36	L #13 maria izquierdo	11.80
Company of the September 1997		

W35 Nubia Mena	3.73
W40 Maria SanJuan	3.60 3.86
W45 Evelia Mondragon W50 Etelvina Pacheco W55 Julia Bello W60 Maria Melo W65 Maria Ana Pinto	3.34
W55 Julia Bello	2.48
W60 Maria Melo	2.77
W65 Maria Ana Pinto	2.77 2.90 1.75
W80 Judith Forero	1.75
Triple Jump	
Triple Jump M30 Jaime Herrera M35 Jose Rudas M40 Raul Paez M45 Carlos Gomez M50 Henry Prado M55 Jose Zuluaga M60 Eduardo Escobar M65 Victor Daza M70 Rafael Cotes W30 Mariela Varco W40 Maria SanJuan W45 Evelia Mondragon	13.45
M35 Jose Rudas	10.40
M40 Raul Paez	11.24
M50 Henry Prado	9.79 10.58
M55 Jose Zuluaga	9 04
M60 Eduardo Escobar	7.58
M65 Victor Daza	7.80
W30 Mariela Verce	8.34 8.44
W40 Maria SanJuan	7.36
W45 Evelia Mondragon	7.36 7.36
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M65 G Martinez	7.55
M70 Agustin Ovalle	7.55 7.14 8.07
M75 Pedro Villanueva	8.07
W30 Clara Cordilla	6.60 9.09 11.19
W35 Dora Vasquez	11.19
W40 Maria Ruiz	7.63
W45 Blanca Rodriguez	7.63 8.30
WSO Maria Ayobi	8.85
W60 Amelia Gonzalez	7.06 7.21
W65 Maria Ana Pinto	7.58
W70 Belen Vanegas	3.88
M50 Francisco Hoyos M50 Jose Moreno M60 Eduardo Escobar M65 G Martinez M70 Agustin Ovalle M75 Pedro Villanueva M80 Alberto Ferlin W30 Clara Gordillo W35 Dora Vasquez W40 Maria Ruiz W45 Blanca Rodriguez W50 Maria Ayobi W55 Ines Vasquez W60 Amelia Gonzalez W60 Amelia Gonzalez W60 M60 M60 M60 M60 M70 Belen Vanegas W75 M60 Judith Forero	3.38 3.71
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M30 Luis Gomez M35 Jose Orozco	
M35 Jose Orozco M40 Mario Sotomayor M45 Jose Puerta M50 Jesus Puello M55 Jose Moreno M60 Ricardo Tobar M65 Gabriel Martinez M70 Julio Munera M75 Torcuato Mileo M80 Dario Cuervo	34.30
MSO Jesus Puello	28.68
M55 Jose Moreno	29.66
M60 Ricardo Tobar	27.16
M65 Gabriel Martinez	26.60
M75 Torcuato Mileo M80 Dario Cuervo W30 Clara Gordillo W35 Dora Vasquez W40 Marina Ramirez W45 B Rodriguez	25.42 21.78
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W30 Clara Gordillo	27.28
W35 Dora Vasquez	30.18
W40 Marina Ramirez W45 B Rodriguez	20.00 23.74
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M35 Elio Posada   19.0	0028084420204
M45 Jose Puerta     28.3       M50 Francisco Hoyos     38.0       M55 Jose Moreno     28.1       M60 Luis Barbosa     26.6       M65 Luis Correal     26.6       M60 Ricardo Galarza     20.7       M75 Torcuato Mileo     26.7       M80 Ricardo Collazos     16.4       W30 Evelina Cotas     19.1       W35 Dora Vasquez     20.8       W40 Enith Toro     18.8       W55 Ines Mesa     17.0       W60 Maria Ramirez     15.1       W65 Maria Cifuentes     13.2       W75 Maria Izquierdo     12.0       Javelin     36.3       M30 Antar Martinez     56.3       M35 Luis Calero     35.5       M40 Mario Sotomayor     55.4       M55 Pedro Rodriguez     21.6       M60 Ricardo Tobar     25.9       M65 Gabriel Martinez     25.2       M65 Gabriel Martinez     25.2       M65 Gabriel Martinez     25.2       M67 Rafael Cotes     29.8	028084420204
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M30 Antar Martinez     56.3       M35 Luis Calero     35.5       M40 Mario Sotomayor     55.4       M45 Noel Loret     34.0       M50 Jesus Puello     35.5       M55 Pedro Rodriguez     21.6       M60 Ricardo Tobar     25.9       M65 Gabriel Martinez     25.2       M70 Rafael Cotes     29.8	3
M30 Antar Martinez     56.3       M35 Luis Calero     35.5       M40 Mario Sotomayor     55.4       M45 Noel Loret     34.0       M50 Jesus Puello     35.5       M55 Pedro Rodriguez     21.6       M60 Ricardo Tobar     25.9       M65 Gabriel Martinez     25.2       M70 Rafael Cotes     29.8	100
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M80 Alberto Ferlin 14.7 W45 Blanca Rodriguez 26.0 W50 Ema Alvear 26.7	
W50 Ema Alvear 26.7	
W55 Maria Espinosa 19.3	
W60 Amelia Gonzalez 22.8	
W65 Mary Garcia 22.6	2
W70 Belen Vanegas 10.9	
W70 Belen Vanegas 10.9 W75 Maria Mora 6.7	8
W80 Judith Forero 5.1	8
Half-Marathon	8 0 6
M30 Marco Varon 47:47.	8 0 6
M35 Gustavo Pinzon 48:03	8 0 6 4
M40 Mario Vidal 49:59	8 0 6 4
M45 Hermes Blanco 52:47	8 0 6 4
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	34.72		Jaime Isaacs	61:07
	19.04		Rafael Granados	
	37.90		Pedro Neira	89:09
			Pedro Hurtado	86:03
	28.30		Maria Castano	64:11
	38.02		Alba Gonzalez	64:26
	28.18		Maria Silva	70:37
	26.60		Maria Cardona	82:02
	26.68 20.74		Om RW	82:02
	26.74		Oliver Zamora	23.36 54
	16.42		Antonio Orrego	
	19.10	MAO	Jairo Joven	25:30.83
			Ernesto Alfaro	22:30.63
	20.82		Felix Sambrano	
V40 Enith Toro	18.80			
	19.34		Angel Rosero	
50 Blanca Penaloza	14.50			32:01.17
	17.00			36:37.52
	15.10		Luis Masmela	
	13.22		Esperanz Acosta	
75 Maria Izquierdo	12.04		Martha Gomez	30:31.30
50. 思想的 医视性 医阴道	1		Judith Riano	32:58.60
Javelin	Service of the servic	W45	Anais Jaque	34:55.20
130 Antar Martinez	56.36	W50	Luz Montes	38:36.90
135 Luis Calero	35.52	W55	Maria Toquica	36:28.73
140 Mario Sotomayor	55.44	W60	Rosa Correa	35:39.90
	34.00		E Moreno	36:49.05
450 Jesus Puello	35.58	W70	Julia Urrea	41:46.05
	21.60	10K	DLI	
	25.94		E Acosta	1:09:09
	25.20			1:05:13
	29.84		Martha Gomez	
	21.82		Judith Riano	1:09:38
	14.70			1:18:34
	26.06		Luz Montes	1:18:31
	26.70		Maria Toquica	
	19.37		Rosa Correa	1:11:08
	22.82	W65	E Moreno	1:14:08
	22.68	20K	DU	
	10.90		Oliver Zamora	1:12:24
	6.76		Antonio Urrego	
				1:07:58
W80 Judith Forero	5.14		Jairo Joven	1:12:31
Half-Marathon			Ernesto Alfaro	1:05:00
M30 Marco Varon 47			Francisco Varga	
	:03		Luis Chavez	
	:59		Juan Quinayas	
M45 Hermes Blanco 52	:47	M70	Pedro Castillo	1:34:48
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#### NATIONAL

Sorbothane USRA Masters Circuit Grand Championships 8K, Naples, FL; January 12 Complete results on page 31

M40	10
John Campbell	24:06
Bill Rodgers	24:32
Ryszard Marczak	24:50
Dan Dwyer	25:10
Doug Bell	25:19

Barbara Filutze Mary Wood



Richmond Newspapers Marathon, Richmond, VA; October 21

	The state of the same of the s	
	rall .	
	mes Coleman 33	2:35:31
	bina Galiamova 26	2:42:50
M40	Bill Roach	2:53:38
	Timothy Heath	2:54:15
	Steve Ferguson	3:00:36
M45	Ben Dyer	2:45:48
	Don Rich	2:56:48
	John Loughran	3:04:00
M50	Dick Peacock	3:09:38
	Bernie Davis	3:25:53
1953	Gale Harvey	3:31:11
M55	Alvin Marcy	3:15:37
	Jim Schoonard	3:22:13
	Don Martin	3:29:18
MOU	Al Becken	3:20:26
	Don McCarten	4:11:24
M65	Randolph Smith	4:13:51
	John Bays	4:43:15
W40	Hiroko Smith	3:39:05
10-	Patricia Swartz	3:39:15
	Sally Carter	3:39:53
W45	Sharon Giese	3:35:03
LIFO	Joan Mulvhill	3:50:28
MOO	Celeste Fondaco	3:47:57
	Judy Carter	4:42:48
W55	Alice Wilson	4:50:27

# Fred J. Hackett Autumn 10K West Concord, NH;

November 4	
Overal1	
Scott Clark 24	30:56
Nancy Corsaro 31	36:44
M40 Chip Morgan	35:41
Lawson Noyes 48	36:14
Ken Traum	37:06
M50 Doug MacGregor	34:18
George Bisson	38:06
Bill Radzelovage	38:29
M60 Robert Shelton	43:18
Tom Connelly	45:09
John Chandler	45:24
W40 Bunny Brauns	44:04
Mary Bart 48	45:10
Noel Bodwell	45:42
W50 Barbara Quirk	49:51
Beverly Smith	51:10
W60 Cora Welcome	61:37
ALL ADEL OF THE PARTY OF THE PA	A 10 36

# Syosset Sprint 5K Long Island, NY; November 17

Ouerall	
Overall	
Martin Ryan	14:47
Esther Harris	17:27
M40 Jim Walsh	17:18
M45 Ted Haiman	16:37
M50 Lance Hugelmeyer	17:01
M55 Witold Bialokur	17:50
M60 Colin Harris	19:58
M65 John McManus	19:21
M70 Leo Karmin	23:09
W40 Jacquie Gow	20:06
W45 Maddy Harmeling	19:21
W50 Marion Stanjones	19:50
W55 Ruth Sturgess	27:50
W65 Doris Pritchard	36:18
W70 Althea Wetherbee	28:07

# Great Neck UCF 5 Mile Long Island, NY; November 18

Overall	
Todd Sinclair	24:41
Barbara Brewer	28:51
M40 Robert Watson	29:39
M45 David Schechter	33:06
M50 Hilton Goring	30:34
M55 Leon Arrango	32:12
M60 John Corrigan	33:34
M65 Sidney Butensky	42:13
M70+Leo Karmin	38:59
W40 Eileen Hession	40:16
W45 Lillie Smith	37:57
	39:39
W50 Penny Pinsley	
W55 Sally Schuckman	43:08
UGO Daga Arrara	68.00

#### Half Hollow Hills Long Island 5 Mile Championships, Long Island, NY; November 25

Overall	TERRITOR .
Chris Fox	23:24
Michelle Bush-Cuke	27:19
M40 Bob Giambalvo	25:48
Anthony Grier	26:33
Alan Oman	26:37
M45 Ryszard Marczak	24:51
Ted Haiman	27:13
Tony Venesina	28:13
M50 Lance Hugelmeyer	28:48
Joe Cordero	30:00
John Boyle	30:33
M55 John Conner	30:10
Rich Murphy	30:19
Mel Gough	31:25
M60 Colin Harris	32:40
Mike Reidy	33:11
George Marr M65 Art Brown	35:33
Peter Dioro	34:57
Maurice Post	42:50
M70+Leo Karmin	38:01
Bill Benson	41:53
Mel Freidl	42:31
W40 Mary Ryan	31:22
Cynthia Bermudez	33:31
Joanne Gallo	33:59
W45 Maddy Harmeling	31:49
Laura Schay	34:16
Rosemary Riccardi	36:12
W50 Marion Stanjones	32:54
Linda Acker Penny Pinsley	36:55
W55 Wen-Shi Yu	36:36
Fayette Leung	47:35
Joan Heidenreich	48:38
W65 Sallie Festa	45:17
W70+Althea Wetherbee	45:41

# NYRRC Winter Series 10 Mile Central Park, NYC;

December 8		
	rall seed and the seed of the	
	chael Keohane 25	50:38
Anı	nemarie Letko 21	55:36
M40	Bob Moritz	57:15
	Hector Vargas	57:54
	Bob Hermesch	57:58
M45	Ted Haiman	55:51
	Norbert Sander	58:09
MEO	Tom Moore	62:53
пои	Manfred Konrad	60:19
	Sidney Howard	60:30
MEE	Alan Fairbrother	61:35
MOO	Witold Bialokur	63:01
	Ted Rogers	64:39
MED	Cliff Gerenz Ken Jones	64:47
HOU		67:13
	Hector Pacheco Don Dixon	67:32
MEE		67:52
102	John Corrigan	69:24
	George Thompson Stan Edelman	70:08
M70	Andrew Neidnig	78:11
11/0	Charles Feldman	81:14
	Walter Moritz	88:32
WAO	C Hearn Grenning	98:07
	Sylvie Kimche	64:12
	Ann Davies	66:55
W45	Lina Connors	68:03
-	Carol Johnston	69:13
	Melanie Mulvihill	73:34
W50	Lucinda Clark	
	PattyLee Parmalee	70:13 72:30
	Edith Jones	74:13
W55		70:48
,,,,		
	Kate Knight-Perry	
MAN	Melva Murray	92:41
#30	Janine Maltas	85:04
30	Aslaug Tomas	89:05
	Finishers: 692m;	2/9W

Continued on next page

# Continued from previous page Bill Reilly 10K West Long Branch, NJ; December 9

	The second secon	The second second second
M40	Harold Nolan	32:56
	(first overall)	
	Charles Wechsler	38:15
M50	Bill Loughran	38:27
M60	Ralph Aquino	42:20
	Fred Ely	46:39
		- 10

# Joe Vailonis 10K Hartford, CT; December 9

Ove	rall	
	orge Kominos 34	33:58
Zoi	fia Turosz 52	40:56
M40	John Britain	37:24
A 18	Ralph Morelli	37:32
4.55	Joe Sinicrope	38:17
M50	Russ Burton	43:20
	Carl Hardrick	44:53
M60	Bill Tribou 69	46:01
	Larry Larkin	47:50
	Charles Robbins	49:05
	Janit Romayko	47:06
	Diane Stuart	55:28
	Adeline Kearney65	49:38
W70	Mary Haines 76	69:42

#### Christmas 10K Run For The Animals Newport, RI; December 9

Overall -	PE
John Allen 24	31:37
AnnMarie Marino 28	35:44
M40 Edward Berube	33:52
Al Campbell 45	35:35
Kevin McCarthy	35:57
M50 Eddie Fromm	37:05
Fred Zuleger	40:09
Robert Paux	40:13
Bob Ravenell 59	40:28
M60 Joe Fernandez	36:47
Harry Elgar	39:49
Jack Hudson	41:47
Herbert Waters	42:01
Carl Hammen 67	44:34
W40 Paula Wirta	43:00
Marty Post	44:42
Elaine Stoeckle	45:11
Diane Rodney 47	46:00
W50 Mary McCauley 58	49:02
W60 Emily Burke	nta
Phyllis Brooks	nta
1200 entered	1 10 10
from C Hammen	No. of Section

# MAC 30K Championships Central Park, NYC; December 16

Overall	
Carlos Roa 37	1:39:49
E De Oliveira 25	1:59:20
M40 Hector Vargas	1:50:57
M45 Hector Rivera	2:04:17
M50 Dan Hamner MD	2:00:53
M55 Hans Hartmann	2:08:46
M60 Don Dixon	2:09:16
M65 William Coyne	2:31:17
M70 Andrew Neidnig	2:39:32
W40 Susan Hale	2:21:39
W45 Rosemary Riccard	12:27:09
W50 Wen-Shi Yu 56	2:28:35
W60 Aslaug Tomas	3:03:01
W70 Althea Wetherbe	
Finishers: 271m/64w	
	The state of the s

#### NYRRC Four Mile Holiday Run, Central Park, NYC; December 16

December 10	
Overall Overall	the mark
Mohamed Idris 29	19:58
Paige Pattillo 28	22:56
M40 Bob Schlau	22:17
Tom Mahon	23:08
Ahmed Mead	23:17
M45 Sam Skinner	22:32
Norbert Sander	22:39
Tom Moore	24:03
M50 Bill Kaye	23:13
Victor Cruz	23:33
Bill Loughran M55 Alex Kasten	24:38
M55 Alex Kasten	24:12
Cliff Gerenz	24:59
Bob Kohn	26:25
M60 Bill Fortune	24:15
Albert Puma	29:22
Les Buckland	30:45
M65 John McManus	25:58
George Thompson	26:26
Tom Gibbons	31:40
Racewalkers	
1 Gary Null 45 2 Nick Bdera 42	30:31
2 Nick Bdera 42	30:59
W40 Mary Ryan	24:57
J Harrigan Cheryl Ralya	25:50 26:12
W45 Marilyn Greeley	26:12
Carol Johnston	26:56
Laurie Baker	27:50
W50 Edith Jones	28:20
K N Nitschelm	28:32
PattyLee Parmalee	
W55 Thelma Wilson	31:48
K Knight-Perry	32:36
Esther Marcus	32:39
	- Contract

Company of the Compan	
W60 Toshiko d'Elia	29:16
D Finkelstein	38:50
Queenie Thompson6	739:14
W70 Mayme Bdera 75	57:31
Racewalkers	1
1 Elton Richardson52	40:49
3 Carol Zimmer 60	
Finishers: 664m/457w	
Weather: 41°, 79%h, w	9mph
The same of the sa	

# Hangover Half-Marathon

Mohawk RRC, NY	
M40-49	
Dale Keenan	1:11:15
Rick Stark	1:16:34
Ron Bagnoli	1:22:12
M50-59	
John Pelton	1:23:15
Robert Stecuk	1:26:29
Wade Stockman	1:27:14
M60-69 Bob Gavreau	
Ed Doucette	1:29:22
Pat Fitzgerald	1:33:24
Market water 14	13312
W40-49	
Judy Swasey	1:46:14
Chris McKnight	1:46:49
Sue Engel	1:50:05
W60-69	
R. Tumidajewicz	2:14:30

#### Sober Up Run (3 Miles) Mohawk RRC, NY; January 1

M40-49 Ed Gresens	16:20
Jim Fiore	17:37
David Schroeder	17:53
M50-59	
Lowell Montgomery	21:38
Bob Goyer	23:00 25:27
R. COLE	23127
M60-69	
Bob Hennig Wim Westman	20:43
O. Gerstenberger	22:38
M70+	
Bill Shrader	33:42
W40-49	
Andrea Lurie	24:26
Sharon Boehlke Terry Ketterer	24:43
W50-59	
M. Rajczewski Joan Montgomery	24:47
Janet Aldous	30:48
W60-69	
N. Gerstenberger	22:48
Barb Hennig	, 28:50
	32

#### **SOUTHEAST**

# Thanksgiving 10 Miler & 3 Mile Cross-Country DeLand, FL; November 22

Linear see a real search	
10 Mile	
Overall	
	53:33
Marie Mazzula 29	
M40 Ron Chase	58:35
Bob Wetsel	59:22 61:32
Mike Payne M45 Ron Hough	61:32
Phil Little	62:37
John Bryant	64:07
M50 Dick Perrin	59:02
Bob Brockway	64:56
Dave Young	69:44
M55 Phil Wisniewski	66:50
Harley Hoffman	75:05
M65 Bart Ross	69:58
Gene Watson	76:46
M70 Cecil Shearhart	90:20
W40 Pat Bedelschies	78:01
Susan Sides	82:42
Rose Tillery	85:17
W45 Bonny Wulff	81:00
Maryann Reeves	86:17
Ruth Turse	88:43
3 Mile Cross-Country	/
Male Masters	
	19:38
	23:19 27:03
	27:19
	32:55
Female Masters	32.33
	27:50
2 Shirley Cashion 47	
3 Elaine Geyer 69	33:04

#### First Tennessee Memphis Marathon December 2

	The second second second second	
M40	Stephen Sipes	2:38:1
	Carl Nicholson	2:38:4
	Harvey Anderson	2:39:3
18.33	Frank Dearth	2:46:3
	John LaFrance	2:55:2
	Dallas McGee	2:56:10
M45	Terry Connell	2:59:0
	Scott Glasgow	3:12:20
1071	Przemo Kranz	3:13:19
	Michael Wittlich	3:17:59
1	Jerry Jones	3:18:2
August.	Henry Ateman	3:20:0
M50	W J M Cody	3:05:20
	Chas Bressler	3:07:50
2-50	Kurt Truax	3:09:24
M55	Ethan Busby	3:20:29
3	Gerald Holbrook	3:33:0
1460	James Jones	3:39:10
MOU	Jerry Johncock	3:12:0
	Charles Boston Will Webb	3:29:43
M65	Ben Moore Jr	4:07:46
1103	Richard Sloan	3:59:3
373	James Brewer 72	4:27:49
	The state of the s	MANUFACTURE OF THE PARTY OF THE
W40	Ellen Murphy	3:07:10
	Mary Preisel	3:14:5
SP TE	Ellie Smith	3:25:1
W45	C V Stockdale	3:12:5
	Barb Hollobon	4:11:5
100	Anne Tesch	4:35:0

# 14th Rocket City Marathon Huntsville, AL; December 8

Huntsville, AL; D	ecember 8
Overal1	是 解 "
Kenneth Judson	40 2:17:01
(U.S. masters r	
Cheryl Boessow	30 2:44:10
M40	
1 Ken Judson 2 Bob Schlau	PA 2:17:01
3 Storey Craio	CAN 2:38:38
4 George Whitle 5 F Waybright 6 Noga Gwain	WV 2:39:18
5 F Waybright 6 Noga Gwain 7 Key Dewaine	WV 2:40:39
9 Mike Crouse	AL 2:42:18
	kMI 2:46:32
11 Phil Rader	AL 2:48:39
12 Rich Davis	OH 2:49:25 AL 2:49:49
IA C Nicholson	AT 2.50.04
15 Tom Bogue 16 Lee Fidler 17 Mark Stogsdill 18 Scott Wilson	LA 2:51:15
17 Mark Stoogdill	GA 2:54:04
TO OCOCC WITIOUT	GA 2:56:57
19 R Harrison	AL 2:57:48
20 Mike Kozel M45	TN 2:57:52
1 Ken Sparks	OH 2:30:27
2 Don Coffman 3 Tom Dooley	KY 2:33:13
3 Tom Dooley	GA 2:40:27
4 K Booker 5 Jim Wisener	TN 2:46:34
6 Ken Brewer	AL 2:50:18
4 R Booker 5 Jim Wisener 6 Ken Brewer 7 Gary Cochrane 8 Steve Shepher 9 Jack Hasson	GA 2:50:48
8 Steve Shepher 9 Jack Hasson	dIL 2:53:26
10 M Williams	GA 2:57:14
	TN 3:04:23
12 Miles Barbar	FI 2.05.02
13 Glenn Leach	KY 3:07:08
14 Richard Sells	GA 3:07:19 MI 3:07:54
15 R Harrington 16 Larry Ziegler 17 Carl Ellis	IN 3:08:02
17 Carl Ellis	GA 3:15:10
18 David Wachtel 19 Ben Fox	KY 3:16:58 AL 3:16:50
20 Joe Register	FL 3:16:52
M50	A701 (M. 1) 1 1 1 2 2
1 Alton Migues	FL 2:41:22
2 Dick Ruzicka 3 Ken Prior	FL 2:48:36 OH 2:48:45
4 Jerry McGath	MS 2:48:46
5 E Geisendaffe	rMD 2:51:04
6 O Thompson 7 Gaylon Dodson	AL 2:54:17
	MI 3:01:31
9 James Teague	AL 3:01:32
10 Joe Beams	AL 3:08:21
11 Phil Parker	AL 3:08:58
12 Fred Dyer 13 John Norris	GA 3:11:14 IN 3:11:56
14 Roy Fisher	IN 3:11:56 TN 3:14:27
15 Tommy Owens	GA 3:14:49
M55	TN 2.56.06
1 Gerald Koch 2 Doug Rowlatt	TN 2:56:26 CAN 3:00:54
3 Chas Feaux	AL 3:07:22
4 Ray Mattle	AL 3:10:59
5 Walter Blair	OH 3:14:43
6 Don Presley	GA 3:15:01
7 Ed Debona 8 Bobby Tidwell	AL 3:24:14
M60+	

MOO+
1 Don Gammie OH 2:48:09
2 Dan McCarty MS 3:28:08
3 Gresh Downs AL 3:32:02
4 Herb Stuart TN 3:33:54
5 Bill Johnson MS 3:37:38
6 Eugene Barker KY 3:47:42

	W40	105
		:35
	1 Jane HutchisonMO 2:44 2 Barb Filutze PA 2:44 3 C Spillman GA 3:14 4 Andrea Pease GA 3:17 5 Faye Sanders AL 3:32 6 B McBrayer GA 3:30 7 S Philpot TN 3:38 8 Linda Cole GA 3:44 W45	:37
į.	3 C Spillman GA 3:14	:42
	4 Andrea Pease GA 3:17	:26
	5 Faye Sanders AL 3:32	:58
	6 B McBrayer GA 3:30	1:32
1	7 S Philpot TN 3:38	3:12
	8 Linda Cole GA 3:44	:12
-	W45	
	1 G Reinersten FL 3:42 2 Helen Phelps TN 3:44 3 Julia Mills AL 3:45 4 L Williams VA 3:50 5 Linda Welborn AL 3:51 6 Pat Roselli MI 3:54	:19
12	2 Helen Phelps TN 3:44	:14
	3 Julia Mills AL 3:49	1:49
ì.	4 L Williams VA 3:50	1:04
	6 Pot Possili MT 3:50	:4/
	W50	1:39
ì		.15
	1 Nancy Parker GA 3:15 2 Helen Reed TN 3:53 3 Dot Richter AL 4:01	1.08
	3 Dot Richter AL 4:01	:46
	W55	
10.00	1 Wen-Shi Yu NY 3:08	3:30
	1 Wen-Shi Yu NY 3:08 2 Evelyn ZerfossTN 3:57	1:15
1	3 M A Woodring TN 4:03	3:44
	W60+	
	1 Betty Dooley AL 4:46 2 F Gooszen MS 4:48	:38
	2 F Gooszen MS 4:48	3:28
	The art Mountainers of the state of the contract and the	ASSAULT N
There	Charlotte Observer Marat	hon
	Charlotte, NC	25-20
1	January 5	
Support		1540 -
2.70	Open Ric Sayre 2:10 Liza Presado 2:4	b:21
100	Liza Presado 2:4	3:53
No.	M40-44	7
100 211	The second secon	
1760	5 Ryssard Marczak, Bydgoszcz PL 18 Bob Schlau, Charleston SC 11 Bruce Robinson, Manasguan NJ 12 Evan Cook, Cambridge Ont CA 21 Michael P Burr, Bestey OH 21 Doug Hood, Charlotte 22 Rick Thompson, Virginia Beach VA	23:02
(Heart)	11 Bruce Robinson, Manasguan NJ	31:11
	12 Evan Cook, Cambridge Ont CA	40:57
	23 Doug Hood, Charlotte	42:12
9	24 Kick Thompson, Virginia Beach VA	42.20
74	26 Fred Steier, Virginia Beach VA	40 M 44 M 51 G 51 G
400	29 David Nieman, Boone	44.4
3	51 Ed Neiles, Albany NY	EST-M
	SI Roger Roark, Statesville	
	68 Dan McLaughlin, Brevard	56:57
	73 Tom Nowel, Newton Falls OH	2:50:51
r.	76 Bill Harker, Mount Croghaw SC	1:00:06
	84 Wayne Beaver, Morgantown IN	01:31
	73 Gary Hoetler, Alayaion KY	
	103 Douglas Young, Forest VA	1:04:19
	103 Douglas Young, Forest VA	1:04:19 1:06:13 1:07:48
1	103 Douglas Young, Forest VA	1:04:19 1:06:13 1:07:48 1:09:09 1:09:31
A STATE OF THE STA	103 Douglas Young, Forest VA 115 Jerry Tomko, Maylield Village OH 127 Paul E Steele, VA 125 Pal Hagan, Chaltanooga TN 126 James Shelton, White Sulphur Sp WV 136 Tom Thompson, High Point	1:04:19 1:06:13 1:07:48 1:09:09 1:09:31 1:09:32 1:11:06
A	03 Douglas Young, Forest VA. 115 Jerry Tomko, Mayfield Village OH. 127 Pau E Steele, Va Beach VA. 127 Pai Hagan, Chaltanoopa 1 N. 126 James Shelton, White Sulphur Sp WV. 136 Tom Thompson, High Point 143 John Fisher II, Raleigh. 146 George Catlon, Silateville.	1:04:19 1:06:13 1:07:48 1:09:09 1:09:31 1:09:32 1:11:06 1:12:19 1:14:37
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201 Phillip I aunt Palaigh	730 Sherman Hager, Mallhews. 761 Thomas Yazvac, Charlotte. 771 Ray Wilson, Charlotte.	4:55:1
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337 Bruce Humman, Prorence SC		
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347 Michael Cox, F1 Mile SC	DD TU DB 208 Harold Dis, Granile City IL. 279 Jim Woodring, Kingsport TN. 354 Peter Trink, Oshawa, Ondario CN. 426 Toby Transou, Charlotte. 427 Albert Moore, Lilburt GW. 428 Richard O Mines, 440urg WV. 509 Joe Green, Salisbury. 509 Joe Green, Salisbury	3-20-1
356 Kobert A Moody, North Myrtle SC	279 Jim Woodsing Kingsport TN	1.20
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364 Michael Lenney, Charlotte	124 Toby Transport Charlette	3.49.6
366 Randy Travis, Union SC	426 TODY Transou, Charlotte	3:46
368 Wayne Miller, Cary	432 Albert Moore, Lilburn GA	3.52.4
370 Richard Shank, Charlotte3:41:59	466 Kichard O Mines, 44burg WV	3:54:3
377 Bob Gross, Charlotte	309 Joe Green, Salisbury	4.00%
383 Robert Ring, Harrisonburg VA	394 Robert Chant, SI Peters MO	.4:14:1
386 Buddy Hyman, Charlotte3:43:53	618 Kay Murphy, Kannapolis.	4:18:2
391 Dwight Ross, Bumpass VA	675 Gerald Lawson, Durham	4:20:0
399 Art Driscoll, Duncan SC	695 William Nave, Kingsport TN	4.38
415 Rocky Beatly, Charlotte 3:48:00	710 Lu Pham, Cary	AQ:
421 Zack Osborne, Greensboro 3:48:38	Market Control of the	
435 Ralph Bennett, Salisbury		
436 Stephen Merritt, Ashland VA		
437 Norm Sherwood, Lenoir 3:50:13	CO TO CA	
438 Steven Reed, Cary 3:50:34	00 10 04	
23   23   24   25   25   26   26   26   26   26   26	60 TO 64 201 Bill Middleton, Charlotte 429 Walter Cation, Tipp City OH. 430 Roy Eider, Baltimore MD. 430 Dick Good, Greenbell MD. 649 Donald Buller, Baltimore MD. 688 Willis Moses, Waverly OH. 706 James Soesbee, Candler 736 Thomas Craven, Wilmington.	3:27:3
444 Tony Esposito, Charlotte 3-51-49	429 Walter Calon, Tipp City OH.	3:49:0
446 Craig Hunevoutt Charlotte - 3:51:55	430 Roy Elder, Baltimore MD	3:49:1
A47 Charlie Luchsinger Ir Westerville OH 3:51:55	434 Dick Good, Greenbell MD	3:49:5
AM Chuck Hendrickson Chanin SC 3:51:59	609 Donald Butler, Baltimore MD.	4:16:2
449 Dick McCay Pack Hill SC 3:52:04	ARR Willis Moses, Waverly OH	4:35:4
453 Larry Seitlin Charlotte 3-57-03	706 James Soesbee, Candler	4:42:4
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470 Robert Barin, Charlotte	JOY E B LIOYD, WANTEL COVE	4.4.2
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306 John F Timerlake, Cross Lanes WV 3:39:35	70 TO 74	
514 Craig Flansburg, Tega Cay SC	70 TO 74 64 George Cunningham, Lexington VA	200
377 Carlos File, Cedar Bluff VA	646 George Cunningham, Lexington VA	4:75:0
523 Nicholas Caste, Charlotte4:01:56	741 Arnold Hechl, Greensboro	.5:01:4
528 W. E. Cox, Shelby		
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535 Shellon Caulder, Clinton	WAUPHIA MISTERS	
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542 Stuart Smith, Darlington SC	BOSTON THE THE PARTY OF THE PAR	
543 Condon E Payne, Seymour TN	7 Nancy Grayson, Columbia SC	2:55:3
544 Duane Larson, Harrisburg4:06:03	9 Judy Greer, Orlando FL	2.45
545 Kenneth Wong, Tucker GA	12 Linda Banning, Charleston SC	1-07-7
563 Richard Gardner, Lancaster SC	14 Mary Preisel, Signal Mountain TN	3-09-3
564 Darell Davis, Richland SC4:08:45	15 Francis Leik Lansing All	3-14-4
The state of the s	16 Carol Johnston New York NY	3-15-0
	17 Sally Engler Greenshore	3.13.0
45 TO 49	and the Mark El Min CC	3.10.0
17 Don Rich Machanicsulla VA 2-49-25	28 LIDDY MEETY, FT MUE SC.	1317
M William Vooler Cheraneska City MD 2:52:20	30 Mary Carbon, Charlone	2312
45 TO 49 37 Don Rich, Mechanicsville VA	31 Nancy Sigmon, Frouman	1.32
81 lerry Nottoner Challer 3-01-20	M Caral Claub Page NV	3.47.5
89 George Willmann Pandolph M 1 2-02-12	M Nancy Gatton Statesville	241
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103 James Patterson Charlette	er Lyn Bourer, Sansbury	4.707
12) Tai Conjunts Columbia CC	ay maureen Edwards, Lexington	4:26:0
121 Fel Juyimoro, Columbia Sc	7/ Margy Becker, Dubuque IA	4:31:17
13) THE POLY SC. J. 10:33	IV Paula Clowers, Durnam	C. 40:47
S Timothy P McCermott, Baltimore MD. 25431     Jerry Noftsser, Sheby     George Willmann, Randolph NJ. 302:17     George Willmann, Randolph NJ. 302:17     Harmy Baywel, Balth SC. 304:49     Robert Knowles, Springfled MA. 305:17     Stechen Hard Grash, Haleton P A. 305:27     Stechen Hard Grash, Haleton P A. 305:27     Tal Sugimoto, Columbia SC. 308:58     Will Hurst, Clover SC. 1:0-53     SWill Hurst, Clover SC. 1:0-53     Id William Fornoff, Jarrettsville MD. 1:12:10	IND SHEFOR PTAGE, ASNEVIRE	4:47:11
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145 Fred McCurnin, Mason City IA	3:12:35
148 Phillip Nissen, Columbia MD.	3:12:4
151 Chris David, Southern Pines.	_ 3:13:16
169 Franklin Willis,	3:16:01
171 Rai Seelaram, Morganion	3:16:11
180 Daniel Miller, Richmond VA	1:17:04
185 Michael Smith, Mogadore OH	3-17-34
224 Gene Phelos, Maryville TN	3:23:05
234 James Sinclair, Albemarle	3:24:20
236 William Carter, Cary	3:24:22
249 Ken Lewis, Charlotte	3:25:53
260 Charles Basler, Knoxville TN	3:27:33
270 William Simpson, Danville VA	3:28 47
277 Dale Kubacki, Flowery Branch GA	
288 Terrifi McGee, Blountville TN	3:31:46
291 Edward Martin Charlotte	3:31:57
298 Larry Sigmon, Troulman	3:33:18
299 Edward Hurst, Winston-Salem	3:33:24
308 Tommy K Beaver, Salisbury	3:35:05
318 Ted Frazer, Charlotte	3:34:01
320 David Theule, Ada MI	3:34:35
321 Phil Baker, Morganton	3:36:36
327 Wayne Agee, Concord	_3:37:10
330 Hoyt Denion, Kingsport TN	3:37:27
350 Terry Peters, Spotsylvania VA	3:39:19
353 Herman Forbes, Burlington	_3:39:31
357 Carl Beltz, Emmaus PA	_3:40:19
365 Tom Edwards, Mooresville	_3:41:20
367 Ted Brooke, Stone Mountain GA	_3:41:43
371 Eugene C Ochsenreiter, Asheville	
388 Gordon Whitman, Southern Pines	_3:43:55
396 Ed Barry, Beihleham PA	_ 3:45:16
397 Jim Reinhardl, Rock Hill SC.	3:45:18
408 E Keith Tester, Greensboro	3:47:25
409 Harry Smedts, Keerbergen Belg	3:47:26
409 Harry Smedts, Keerbergen Belg 414 Tom Sprouse, Wise VA	_3:47:54
424 Raymond T Johnson, Alexandria VA	3:49:50
431 Roger W Hackell, Charlotte	3:49:25
433 Joe Jenkins, Stone Mountain GA	_3:47:44
40 Mickey Grant, Roanoke VA	_3:51:32
445 Ken Burrows, Charlotte	_3:51:50
458 Billy Hill, Ellenboro	7:23:33
462 Curt Hollifield,	3:54:07
483 Dick Brown, Matthews	3:56:38
466 Don Risser, Indianapolis IN	3:57:01
490 Dan Roberdeau, Canton OH	2:57:49
4% Fred McWane, Lynchburg VA	3:50:31
508 Jack Plymale,	3.57.56
516 Ned Gregory, Lancaster SC	_484.57
531 James Armbrust, Salisbury	4:03:50
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31 James Armbrust, Sallsbury	4:03:50
536 Harrison Gudger, Asheville	4:04:26
540 Michael Markwith, Richmond VA.	4-05-24
550 John Buchert, Charlotte	4-06-34
554 Charles H Briscoe, Favetleville	4:07:29
557 Jack Hammond, Lancaster SC	4:07:49
SI Paul Thurmond, Greensboro	4:11:30
599 Larry Edwards, Mooresville	4144
	4154
605 Les Givens, Charlotte	
606 Don Mager, Charlotte	4:15:49
608 Gerry Smith, Asheville	4:16:07
619 Jim Ingram, Concord	4:18:48
626 Tom Purdy, Kernersville	4:20:30
629 Noel Bowling, Elkview WV	4:21:25
438 Don Robart, Cuyahoga Falls OH	4:23:43
648 Wunky Johnson, Charlotte	4:25:46
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50 TO 54	
SB Charles Teseniar, Clarks Hill SC	55:3
63 James Adam Jr., North Augusta SC	55:5
129 Julian Schreibeins, Charlotte	.09.4
162 Glenn Collins, Bridgeville DE	14:4
149 Cary Walker N Wilherborn	
168 Gary Walker, N Wilkesboro	10.0
11 Don Tarasiewicz, Belletontaine OH	-20-5
211 Don Tarasiewicz, Bellefontaine OH	22.2
191 Robert Gusmini, Somerville MA. 272 Earl Rushin, Columbia SC. 233 Allen Montpomery, Columbia SC. 233 Allen Montpomery, Columbia SC. 253 Allen Montpomery, Seleministic Sc. 255 Bobby Grifflin, Malthews. 259 Dick Burchelt, Denver 260 Jim Hetlenhaus, Lake Wylle SC. 271 Floyd Davis, Gibsonville 272 Alfred E Koehn, Oakville, Onl. CN. 203 Ted Curlis, Charlotte 210 Sam Simono, Charlotte 210 Sam Simono, Charlotte 213 George Malone, Portsmouth OH.	23.3
230 Allen Montgomery, Columbia SC	23:5
745 Donald Wood, Winston-Salem	24.5
257 BODDY Griffin, Mailnews	27.0
247 Jim Heltenhaus Lake Wylie SC	20.1
27) Floyd Davis Gibsonville	29.7
282 Alfred E Koehn, Oakville, Onl. CN.	30.5
305 Ted Curlis, Charlotte	3:34:2
310 Sam Simono, Charlotte	3:35:1
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346 Mac Lindsey Asheville	1 10
375 James Lackey, Hiddenite	3 42
381 Tom Connolly, Asheville	3:43:0
385 Bill Bailey, Asheville	3:43:4
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444 Robert Tucker, Concord	3:56.4
507 Murray Scripture Greenville SC	3.57.2
511 John Goziack Burtleston	1.00-1
577 Lee Lindley Newayon MI	1-02-4
517 John Goziack, Burlington. 527 Lee Lindley, Newsyo M. 529 Warren Pills, Ballimore MD. 551 Josiah Bunling, Lawrenceville NJ. 610 Glenn Gunter, Charlotte. 614 Thomas P Johnson, Greensboro	1-03-1
561 Josiah Bunting, Lawrenceville NJ	1:08:0
601 Glenn Gunter, Charlotte	1:15:0
614 Thomas P Johnson, Greensboro	1:17:4
622 Jeff Cole, Shreveport LA	1:19:2
641 Jim Loggins, Greensboro	24.1
172 Larry Eincher Madison	74.7
673 Fd Barrelo Maggie Valley	77.0
672 Larry Fincher, Madison	37.1
681 Lee H Falberg, Charlotte	34:1
681 Lee H Falberg, Charlotte	34:4
687 Ernesi Alldredge, Highland Park IL	:35:2
Mayne Laws, Troutman	:41:1
599 Wayne Laws, Troutman	43
725 Youngdani Kim, Cape Elizabeth ME	21.7
730 Sherman Hager, Malthews	10.4
771 Ray Wilson, Charlotte	14.5

55 TO 59	
208 Harold Dix, Granite City IL	3:20:2
279 Jim Woodring, Kingsport TN	3:30:2
354 Peter Tink, Oshawa, Ontario CN	3:39:3
426 Toby Transou, Charlotte	3:48:5
452 Albert Moore, Lilburn GA	3:52:4
468 Richard O Mines, 44burg WV	3:54:3
509 Joe Green, Salisbury	4.00-0
594 Robert Chant, St Pelers MO	4:14:1
18 Ray Murphy, Kannapolis	4:18:2
625 Gerald Lawson, Durham	4:20:0
695 William Nave, Kingsport TN	431
10 Lu Pham, Cary	104

60 TO 64	
261 Bill Middleton, Charlotte	3:27:35
429 Watter Calon, Tipp City OH	3:49:09
430 Roy Elder, Baltimore MD	3:49:19
434 Dick Good, Greenbell MD	3-49-52
609 Donald Butler, Baltimore MD	4:16:24
688 Willis Moses, Waverly OH	4:35:45
706 James Soesbee, Candler	4.42.45
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65 TO 69		4
427 Franklin G Mas		
709 E B Lloyd, Wall	nut Cove	4:472

7 Nancy Grayson, Columbia SC	2:55:31
9 Judy Greer, Orlando FL	
12 Linda Banning, Charleston SC	3:02:20
14 Mary Preisel, Signal Mountain TN	3 09 31
15 Francis Leik, Lansing MI	3:14:42
16 Carol Johnston, New York NY	3:15:06
17 Sally Foster, Greensborg	3:18:40
28 Libby Neety, FI Mill SC	2-31-31
30 Mary Carbott, Charlotte	3-31-53
31 Nancy Sigmon, Troutman	3:32:13
37 Belsy Reese, Charlotte	3.39-39
48 Carol Slavik, Reno NV	3:47:32
49 Nancy Gatton, Statesville.	3:48:11
43 Kathleen Browne, Charlotte	4:04:11
68 Peggy Lint, Ft Mill SC	4:07:20
81 Lyn Bouller, Salisbury	4:20:27
89 Maureen Edwards, Lexington	4:26:05
97 Margy Becker, Dubuque IA	4:31:12
102 Paula Clowers, Durham	4:40:47
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45 TO 49	
50 Angela Calarineau, Oxon Hill MD	20%
60 Deborah Bramlage, Cincinnati OH	_3:5P:25
64 Shirley McLaughlin, Brevard	_4:05:27
66 Linda Sprouse, Wise VA	4:06:02
75 Louantha Williams, Fairtax VA	4:14:39
87 Jerilyn Collins, Tallahassee FL	47473
93 Becky Arthur, Charlotte	4.29.41
103 Linda Rinker, Columbus OH	4:42:02
111 Gay Cooke, Morganion	_ 5:03:21
117 Rebecca Gordon, Charlotte	_5:10:06 _5:10:29
118 Virginia Burgh, Charlotte	
50 TO 54	
55 Heather Yeowell, Chapel Hill.	356-07
92 Geri Smith, Statesville	4:28:42
101 Nancy Sorensen, Charlotte	4:30:41
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55 TO 59	The same of
91 Maryanne Woodring, Kingsport TN	4:28:30
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60 TO 64	
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#### Charlotte Observer 10K Charlotte, NC January 5

M40-44

1 John Campbell, New Zealand	0.30.09
7 Domingo Tibaduiza, Reno NV	0:30:28
J Wilson Waigwa, El Paso TX	0.30.35
4 Bill Rodgers, Sherborne MA.	0-30-39 0-31-16 0-32-11
5 Gary Romesser, Indianapolis IN	0:31:16
6 Ken Hamilton, Maple, Ontario CN.	0-32:11
/ Earl Owens, Atlanta GA	
1 I hom Suddelh, Richmond VA	0-32-57 0-33-30 0-33-52
9 Thomas Morris, Pilol VA	0 11 10
10 Ignacio Jimenez, Jackson TN	0-11 52
11 Bill Demaria Raleigh	0.34.09
12 Frank Shorter, Boulder CO	0-14-22
13 Oliver Marshall, Hillon Head Isl SC	0 14 46
14 Craig Dean, Libertyville II	0-34-72 0-34-60 0-34-55
15 Phil Peterson, Greenville	0-35-03 0-35-10
16 Dave Wight, Concord	0 35 10
17 Don Lucy, Lynchburg VA	0.35 17 0.35 23 0.35 29 0.35 31
18 Tim Cosgrave, Hendersonville	0.75.27
19 Randy Goins, Cleveland TN	0-15-29
20 Gary Adkins, Salem VA	0 35 31
22 Mick Slewart, Radford VA	D 14 17
24 Cliff Depass, Lilbonia GA	0:36:29
25 William Pierce, Greenville SC	0:36:29 0:36:36 0:36:43 0:36:52
27 Randy Mendal, Charlotte	0 14-41
29 John Tucker, Lexington VA	0 14-52
31 Tom Trent, Durham	0 37:11
33 Sandy Welherhold, Winston Salem	0-17-19
34 John Cossick, Montrose CO	0 37 19
36 Dale Austin, Charlotte	0 37 19 0 37 19 0 37 25
37 George Rolling, Shelby	0 37 44
39 David Rose, Burnsville	0 37 44 0 37 57
43 Bobby Isaacs, Monroe	0 38 06
44 George Getty, Greenville SC	9.38 12
46 Jerry Cade, Burnsville	0.30 IS
48 Jerry Solley, Gastonia	0.38 20
51 Gary Wilpong, Indian Tr.	0.30.39
Se Dean Bronks, Newtonw	0:38:51
or Richard Kuhn, Charlotte	. B.38.55
42 Pob Williams, Monroe	.0 38:56
45 David Daugherly Charlelle	0.38.37
66 Don Player, Blythewood SC	0 79 09
70 Ira McCain, Charlotte	0 39-53
71 Tom Stevens, Seneca SC	0.39 54
72 Bruce Travis, Denver.	0 39 53 0 39 54 0 39 54
74 Charles Vinson, Lincolnton	. 0 39 59
75 Richard Moon, Charlottesville VA	0 37 59
77 Mac Kie Johnson, Conover	0.40.00
78 Jim Reimler, Charlotte	0:40:00
77 William Lezan, Sherrill NY	.0.10.02
W Michael Ambrose, Charlotte	0 40 03
Il Hai Siern, Troutvine VA	0 40 06
62 Michael Triplett, Lenoir	0.40 06
83 Daie Sarleant, Charlotte	.0:40:12
91 Deseis Collies Charlette	.0 40 18
91 Claus Barbares Cinterville	- V 40 37
93 Chie Missishethern Charlette	0.40 13
94 Tony Pay Boons	0.40 35
99 Randy Whill Charlotte	0.40.13
100 Frank Filis Ir Gastonia	0.40.42
101 Bob Maslandrea, Charlotte	0 40 44
102 Don Whelchel, Charlotte	0-40-45
103 Tom Ayers, Asheborg	0.40 45
104 Don Carmichael, Gastonia	0 40 50
105 Wes Martin, Rock Hill SC	0 40 52
106 Ed Stroup, Charlotte	0-40-54
107 John Medeiros, Hartsville SC	0 40 54
108 Bill Forster, Concord	0 40 57
110 Baxler Starness, Waxhaw	041:00
III Buich Holl, Monroe	0 41 04
113 Warren Steele, Columbia SC	0.41.00
114 Lewis Isaac, Asheville	041.16
11) James Rich, Asheboro	0 41.20
Tie David Percy, Lancaster SC	0:41:20
11/ George Meury, Sumier SC	041.55
119 les Dress le Lean-Mille	0 41 73
120 Kee Carden Durbary	V 41:74
122 Pursel Guranus Committee	V.41.76
121 Dave Lemonds Charlette	41.77
125 Pohert Royce Charlette	0.41:33
124 Eddie Marshall King	
127 Jim Daniels Charlotte	041.37
129 Robert Taylor Charlotte	0.41.41
131 Steve Walker, Dryden VA	0 41-61
134 Howard Grubbs, Winston-Salern	0-47 m
13/ George McGinness, Charlotte	0 41:37 0 41:37 0 41:41 0 41:51 0 42:00 0 42:00 0 42:00 0 42:00 0 42:00 0 42:01 0 42:13 0 42:13
138 Randolph Goers, Charlotte	0:42 02
139 Mark Julian, Columbia SC.	0.42.04
142 Bill Paulsen, Charlotte	0 42 13
143 Joseph Brant, Charlotte	0-42-13
145 Daniel Forrest, Rock Hip SC	
146 Pele Gaskell, Chapel Hill	0:42:24
168 David Taylor, Charlotte	0-42:26
130 Robert Cranford, Hendersonville	D: 42:29
131 Chuck Bradley, Lincolnion	0 42 31 0 42 31
152 frank Teller, Charlotte	7.47.31
1 John Campbell, New Zealand. 2 Dominion Fläaduris, Reno NV J 2 Wilson Walpwa, El Paso I X. 8 Bill Rodgers, Sher borne MA. 5 Gerv Romeser, Indianaeogis IN. 6 Bill Rodgers, Sher borne MA. 1 Hom Studdell, Richmond VA. 1 Bill Demarla, Raleigh. 1 Er rank Shorler, Boulder CO. 2 Oliver Marshal, Hillion Head Isl SC. 1 Craip Dean, Liberlyville. 1 Frank Shorler, Boulder CO. 2 Oliver Marshal, Hillion Head Isl SC. 1 Frank Shorler, Boulder CO. 2 Oliver Marshal, Hillion Head Isl SC. 1 Ton Lucy, Lynchburg VA. 2 I Ton Lucy, Lynchburg VA. 2 I Ton Studdell, Concord. 2 Ton Lucy, Lynchburg VA. 2 I Tim Cosprove, Hender snoville. 2 Randy Geins, Selevin VA. 2 Cill Denast, Liberlyville. 2 Gerry Adsins, Salem VA. 2 Cill Denast, Liberlyville. 2 William Pierce, Greenville. 2 John Lucker, Lexington VA. 2 I John Steven Holl, Winston Salem. 3 Jander Welberhold, Winston Salem. 3 John Cossick, Monirose CO. 3 Dale Auslin, Charlotte. 4 Bothy Stanses, Monroe. 4 Bothy Stanses, Monroe. 5 Bothy Stanses, Monroe. 6 Daniel Williams, Monroe. 6 Daniel Williams, Monroe. 6 Daniel Williams, Monroe. 7 Brichar Geo. Burnsville. 8 Jerry Code, Burnsville. 8 Jerry Code, Burnsville. 8 Daniel Williams, Monroe. 9 John Revers, Bernels SC. 9 Brids Williams, Monroe. 9 John Revers, Bernels SC. 9 Brids Williams, Monroe. 9 John Revers, Bernels SC. 9 Brids Williams, Monroe. 9 John Revers, Bernels SC. 9 Brids Williams, Monroe. 9 John Revers, Bernels SC. 9 Brids Williams, Monroe. 9 John Revers, Bernels SC. 9 Brids Williams, Monroe. 9 John Revers, Brithewood SC. 10 In McCall School, Charlotte. 10 Lander School, Charlotte. 11 John Stevens, Seneca SC. 17 Bruce I Tavis, Derner Ill. 18 Dennis School, Charlotte. 19 Dennis School, C	0.47:33
Tan Dar O Sharner, Malinews	0.42.47
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45 TO 49	
21 David Henry Possole VA	A.35.46

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page 30	
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Continued from previous  34 Ron Foster, Greensboro.  35 Ion O Neal, Charlotle  35 Ion O Neal, Charlotle  35 Ion Blackwell, Salisbury  39 Indry Blackwell, Salisbury  39 Indry Blackwell, Salisbury  39 Indry Blackwell, Salisbury  39 Indry Blackwell, Salisbury  30 Ione Blackwell, Salisbury  30 Ione Blackwell, Salisbury  30 Ione Blackwell, Salisbury  31 Days Clut Last, Rock Hill SC  31 Jack Lux as, Rockingham  31 Days Clark, Erwin T N.  31 Days Clark, Erwin T N.  31 Lymn Benson, Ballenine SC  30 Robert Sheels, N Withesboro  30 Ione Blackwell, Salisbury  30 Ione Shour, Charlotle  31 Don Putham, Hartsville SC  32 Ione Ruther Ione, Shethy  33 Ione Blackwell, Shethy  34 Ione Breine, Charlotle  35 Rober Green Jr., Charlotle  37 Rober Green Jr., Charlotle	1000 1000
157 Tony Blackwell, Salisbury 159 Huling Bressler, Charlotte	
160 Bob Beach, Charlotte	00 50 00 00 00
173 Jack Lucas, Rockingham 173 Doug Clark, Erwin 1 N	0405
180 Robert Sheets, N Witkesboro	- 000
185 Arnold Floyd, Hartsville SC	04254 04254 04306 04307 04307 04373 04373 04345
177 Wayne Rutherlord, Shelby 200 Filis Fisher, Gastonia	0035 0035 0036
704 Jim Devine, Charlotte 223 Rich Oppel, Charlotte 226 George Max, Hickory	044 19
22/ Ralph Greene Jr., Charlotte	_ 0440
50 TO 54	
49 Frank Hannah, Shefby 54 Richard Walson, Boone	
85 Adrian Craven, Greenvilla 87 Jerry Harris, Durham	0.37-01 0.40-17 0.40-25
96 Alex Coffin, Chartoffe	04037 04158
149 Robert Ferrier, Charlotte	-04234
175 Richard Auslin, Charlotte	0 36 57 0 38 43 0 37 61 0 40 17 0 40 17 0 40 15 0 40 17 0 41 58 0 41 58 0 41 19 0 4
261 Charles Buckner, Morpanion	0.45-06 0.45-11
255 Larry Hartley, Forest City	- 0 45 17 - 0 45 19 - 0 45 21 - 0 45 27 - 0 45 27 - 0 45 27
257 Walter Pharr, Morganton 259 Bill P Smith, Stanley 278 Don Riopet, Charlotte	_045 <i>h</i>
282 Robert Montgomery, Durham	046-01 046-13
295 Terry Tollelson, Durham	04601 -04613 -04616 -04616 -04677 -04674
321 Angus McBryde Jr., Charlotte	_ 0.46-19 _ 0.46-19 _ 0.46-58
33) Gary Smith, Charlotte 34   Franklin McSwain, Charlotte 36   Robert N. Joseph Charlotte	_ 047:05 _ 047:15
50 TO 54 30 Ed Ledford, Charlesion SC. 47 Frank Hannah, Sheby. 54 Richard Walson, Boone. 63 I Keith Weaver, Wood off SC. 63 Advian Craven, Greenville. 75 Advian Craven, Greenville. 76 Advian Craven, Greenville. 77 Advian Craven, Greenville. 78 Advian Craven, Greenville. 78 Robert Ferrier, Charlotte. 78 Robert Ferrier, Charlotte. 77 Ribry Cooper, Morth Augusta SC. 78 Guenter Full, Harrisburg. 78 Cooper, Morth Augusta SC. 78 Guenter Full, Harrisburg. 79 Cornel of Marchael St. 79 Gerald Tilley, Apez. 79 Ken Asmonth, Moltey NY. 79 Larry Harrier, Forest Chy. 79 Bill P Smith, Stanley. 79 Don Riopel, Charlotte. 79 Molter Smith, Stanley. 79 Don Riopel, Charlotte. 79 Month St. 70 Month St. 70 Month St. 70 Month St. 71 Month St. 71 Month St. 72 Month St. 73 Month St. 74 Month St. 75 Morth St. 76 Month St. 77 Month St. 78 Month St. 79 Month St. 79 Month St. 79 Month St. 70 Month St. 70 Month St. 70 Month St. 71 Month St. 71 Month St. 72 Month St. 73 Month St. 74 Month St. 75 Month St. 76 Month St. 77 Month St. 77 Month St. 78 Month St. 78 Month Month St. 78 Month Month Month St. 79 Month St. 79 Month Month Month St. 70 Month Month Month St. 70 Month Month Month Month Month Month 70 Month Month Month Month 71 Month Month 72 Month Month 73 Month Month 74 Month 75 Month	- 0.46.24 - 0.46.49 - 0.46.58 - 0.47.05 - 0.47.24 - 0.47.24 - 0.47.40
55 TO 59	
40 Charles W Rose, Charlotte. 57 Douglas Rowlatt, Montreal, Quebec C	0-37-58 N 0-30-50
274 E fioti Giffen, Charlotte	04440
262 Bobby Wiles, Danville VA	_0.45:30 _0.45:01
304 John Ansel, Waxhaw	0.46.25
55 T 0 59 40 Charles W Rose, Charlotte. 53 Douglas Rowfolf, Montreal, Quebec Clarific Harris, Charlotte. 54 Eliotic Cliffren, Charlotte. 55 Eliotic Cliffren, Charlotte. 56 Eliotic Cliffren, Charlotte. 56 Eliotic Cliffren, Charlotte. 56 Eliotic Cliffren, Charlotte. 57 Jack Murry, Charlotte. 57 Jack Murry, Charlotte. 58 Jack Murry, Charlotte. 58 I Zean Jernison, Charlotte. 58 Cliffen Afface, Winston Salern. 58 Robert Cole, Stonewood WV. 50 Lack Mond, Charlottel Eliot.	_04758 _04758
393 Jack Wrod, Chesterfield SC	- 0 40 15
409 11 Nelson Burrell, Rock HIII SC	- 1 4 15 - 0 4 15 - 0 4 17 - 0 4 21 - 0 4 21 - 0 4 25 - 0 4 70 - 0 4 75
416 Eddie Boyd, Bluefield WV	_0 40 25 _0 47 00
373 Jack Wrod, Chesterfield SC 468 Luckett Davis, Rock Hill SC 479 II Netton Burrell, Rock Hill SC 412 UP Parts, Safsbury 412 UP Parts, Safsbury 413 Charles Robinson, Charlotte 416 Eddie Bord, Bhartledd WV 448 Hugh Rameey, Columbia SC 459 Gripps Dickson, Charlotte 415 Bob Mason, Charlotte 415 Bob Mason, Charlotte 415 Bob Mason, Charlotte	_0 # 15 _0 # 34 _0 # 54 _0 50 44
80 TO 84	
130 John Shoemaker, Hickory	04147
222 Dick Griffith, Asheville 477 Richard Morgan, Lumberion	
557 Jack Broadwell, Charlotte 612 Dick Martin, Salisbury	0.67.56 
623 Bill Jones, Martinsville VA	05770 05740 05740 05740
717 Ed Wannarnaker, Charlotte 729 Bob Cadwell, Sarasola FL	055.46 055.59
BD TO 64  130 John Shocmaker, Hickory Ill Kemeth Helms, Charlotle 214 Charles Evens, Rosboro 220 Dick of selfish, Asheville 677 Richard Alvirson, Lumbarlon 535 BB Holden, Charlotle 535 BB Holden, Charlotle 610 Dick Mar Im, Salsbury 610 Dick Clara, Charlotle 717 Boo Cadwell, Sar asola FL 717 Hourick Wison, Charlotle 717 Hourick Wison, Charlotle 718 Rockwell Wison, Charlotle 719 Hard Malhemy, Kannacotin 719 Rockwell Poisson, Charlotle 719 Rockwell Poisson, Charlotle 719 Tem Turner, Charlotle	0 53 42 0 53 08 0 55 15 0 55 46 0 55 59 0 57 57 0 59 01
AE TO CO	_0.9.11
85 TO 89 76 Dick Benson, Fitzperald GA. 178 Dixon Hemohill Fairfax Sla VA.	0 0000 0 0 10 0 0 55
76 Dick Benson, Fitzperald GA. 178 Dixon Hemphill, Fairfax Sta VA. 179 Charles Dotson, Linke Junahuska. 240 Ged Stroombeek, Madison OH. 464 Rex Willard, Charlotte	
471 George Rasch, Munsler IN.	04718

771 Maurice Wilson, Charlotte	0 50 01
782 Rockwell Poisson, Charlotte 795 Tom Turner, Charlotte	-0.59.01
65 TO 69	
76 Dick Benson, Fitzgerald GA	0 40 00
198 Charles Dolson, Lake Junahuska 240 Gled Stroombeek, Madison OH	0055
464 Rex Willard, Charlotte	0.47.18
471 George Rasch, Munsler IN 571 Bruce Hudson, Hickory	- 0-51:30
585 Arthur Joechim, Canfield OH	051:57
715 Bill Johnson, Charlotte	055.40
717 Charles Queitsch, Mauldin SC 791 Jim Fowler, Sallsbury	05543
834 Paul Furgalch, Charlotte	1.01:14
70 10 74	
309 Nathaniel While, Favetteville NY_ 624 Vince Rak, Wickliffe OH	0.52 43
774 James Trent, Durham.	05/31
75 TO 99	F1500
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owsky, Michael Loake	desa
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#### WOMEN'S 10K

MASTERS	
4 Priscilla Welch, Boulder CO	03438
11 Laurle Binder, Oakland CA	_0:35:33
15 Nancy Oshier, Rush NY.	_0.36.36
18 Jane Hulchison, Webb City MO	-03707
19 Mary Wood, Montrose CO	037:29
25 Claudia Clavarella, Johnson City TN.	
the contract of the second	A 144 A
17 Peggy Schup, Charlotte	_0.41:61
61 Patricia Tavares, Garden City SC	-04513
87 Whit Perrin, Affanta GA	-045 20
84 Helen Gardner, Abingdon VA	-0.45.25
91 Phyllis Burke, Harrisburg.	_ 0.45:4
107 Mary Muhibaler, Carney PI NJ	_0.46.30
129 Kathi Hanley, Worthington OH	_04/57
129 Date Tugwell, Charlotte	_e ij:17
134 Brenda Carpenter, Gastonia	_t0:13
139 Crandall Bowles, Charlotte	_047:0
142 Debbie Leigh, Greenville SC.	_0.47:49
144 Melissa McLeod, Winston Salem	-04.0
151 Linda Simmons, Charlotte	-0.49.07
159 Marion Galliher, Mooresville	
165 Mar Byn Ashley, Rockingham	_0.427
167 Margaret Seymour, Columbia SC	_0.4.15
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	TO FE
1/3 Barb King, Charlotte 1/4 Jo Lucy, Lynchburg VA. 1/5 Jovce Kogers, Abemerite 2/8 Carohn Means, Charlotte 2/9 Susan Roborts, Charlotte 2/1 Susan Heary, Charlotte 1/1 Susan Heary, Charlotte 1/1 Kuren Hall, Charlotte 1/2 Kuren Hall, Charlotte 1/2 Susanna Horner, Gailbersburg MD. 1/2 Doille Sifford, Charlotte 1/2 Bunnet Leake, Newton 1/3 Bunnet German, Sumfer SC. 1/4 Carol Dovce, Greensboro. 1/4 Paque Bachman, Charlotte 1/2 Feggy Meels, Charlotte 1/2 Feggy Meels, Charlotte 1/2 Feggy Meels, Charlotte 1/4 Done Johnson, Corover	-00V
174 Jo Lucy, Lynchburg VA.	_040
208 Carolyn Means, Charlotte	_0.07.53
209 Susan Roberts, Charlotte	-6454
212 Karen Hall, Charlotte	_0.50-06
221 Revonda Haas, Hickory	05023
239 Dottle Sifford, Charlotte	- 0 50 29 - 0 51 10 - 0 51 17 - 0 51 17 - 0 52 12 - 0 52 20 - 0 52 47 - 0 52 53 - 0 53 67 - 0 53 11 - 0 53 11 - 0 53 11 - 0 53 17 - 0 53 19 - 0 54 66
251 Bunov Gorman, Sumler SC	051:17
264 Carol Joyce, Greensboro.	-057-12
766 Paula Bachman, Charlotte	05770
288 Margaret Barker, Charlotte	- 623.23
301 Donna Callion, Shelby	10120
305 Linda Williams, Hickory	-05313
332 Sidney Lockaby, Charlotte	05759
335 Teena Davani, Blowing Rock	-05106
34 Katherine Hood, Charlotte	05406 -05409 -05417 -05423
283 Margaret Barker, Charlotte 277 Dons Johnson, Conorer 301 Donna Callion, Sheby 305 Linda Williams, Hickory 308 Bryn Anderson, Charlotte 313 Sidney Lockaby, Charlotte 3137 Sidney Lockaby, Charlotte 3137 Rosamond McCean, Charlotte 314 Rasher len Hoor, Charlotte 314 Rasher len Hoor, Charlotte 315 Susan Phon, Decibur GA	_0.54:23
39 Elizabeth Ervin, Chapmanville WV	041.07
51 Anna Moore, Cary	-017:07
110 Jane Johnson, Charlotte	_0437
185 Gina Bolton, Charlotte	_0.07.07
196 Patricia Guthrie, Charlotte	0.47.73
45 TO 49  37 Elizabeth Ervin, Chaomanville WV. 31 Anna Moore, Carv. 80 Diane De Echeandis, Richmond VA. 110 Jane Johnson, Charlotte. 185 Gina Bolton, Charlotte. 187 Paulaio Gross, Laike Wyfe SC. 184 Pairicia Gurthe, Charlotte. 275 Abarrdsovin Riddle, Charlotte. 275 Abarrdsovin Riddle, Charlotte. 277 Amarrdsovin Riddle, Charlotte. 278 Jane Webb. Rur al Hall. 279 Jane Webb. Rur al Hall. 270 Elizabeth Long, Boone. 214 Kallevin McGarry, Charlotte. 215 Marrin, Cale Burnsville. 216 Marrin, Cade Burnsville. 217 Pair Parts, Stalleville. 218 Pair Johnson, Gibbornille. 219 Judy Herison, Charlotte. 217 Paire Ran, San Frencisco CA. 277 Page Kitzer, Greenville. 277 Jose Homas, Charlotte.	-644
275 Marydavis Riddle, Charlotte	_050 45
237 Cynthia Shear, Carthage	0-51:08
277 Helen Faris, Charlotte	_0.52.41
295 Elizabeth Long, Boone	0575
314 Kalhryn McGarry, Charlotte	-05725
334 Dee Gowen, Charlotte	-05105
356 Marityn Cade, Burnsylle	-6833
359 Pat Johnson, Gibsonville	-054.00
361 Judy Nerison, Charlotte	- 0:54:44 0:55:77
392 Page Kizer, Greenville	- 63155 - 63155
361 Judy Herison, Charlotte 379 Susan Allen, San Francisco CA. 379 Page Kizer, Greenville. 371 Joyce Thomas, Charlotte. 411 Maurie Rott, Charlotte.	-63333
PA TÀ PA	THE P
50 TO 54	
63 Susie Kluttz, Winston-Salem	04351
20 1U 24 2 Lis Villadsen, Charlollesville VA 6) Susie Khultz, Winston-Salem 247 Nancy Duckworth, Weaverville 247 Judith Kucholfer, Waukesha WI. 300 Jane McBryde, Charlolte 316 Peggy M Mosley, Bruno WV 341 Margrid Krugegr, Durham.	0 40 16. 0 41-51 0 51-13 0 51-24 0 53-20 0 53-20 0 54-12 0 56-34 0 59-41
300 Jane McBryde, Charlotte	0.53.07
316 Peggy M Mosley, Bruno WV	0.53:28
414 Lou Jean Asmuth, Holley NY	0 % 34
\$34 Linda Brown, Charlotte	-0.59:43
4% Dana Cadwell, Charlotte	10758
55 TO 59	
261 leanette Chambers Arnold MD	052-11
28. Jeanelle Chambers, Arnold MD. 273 Mary Purvis, Charlolle. 473 Mary ann Warren, Asheville. 488 Beth Carrin. Boone. 502 Anila Doss, Mallory WV. 518 Marihm Griffith, Asheville. 530 Sally Dillon, Charlolle. 543 Jean Manary, Painrsylle DH. 617 Jean Evans, Rorboro.	052-11 052-50 057-10 057-01
425 Maryann Warren, Asheville	057-10
502 Anila Doss, Mallory WV	
518 Marilyn Griffith, Asheville	101:12 101:38 104:53 109:37
584 Jean Manary, Painesville OH	10453
61/ Jean Evans, Roxboro.	1:07:37

#### MIDWEST

#### Columbus Marathon Columbus, OH; November 11

	THE REST WAS A STATE OF THE SAME OF THE SA	
M40	Ken Judson	2:24:10
A STATE OF	Dan Soucoup	2:34:28
	Duane Spitz	2:35:32
M45	Ken Sparks	2:29:12
Sar no	Jim Lupton	2:43:34
	David Sheridan	2:44:20
M50	Hans Bungartz	2:39:30
Page 1	Vic Bell	2:50:41
	Dave Monteith	2:52:50
M55	George Tinti	2:50:05
10000	Jack Cagot	2:56:25
	Jim Lacey	3:01:38
M60	Mike Sullivan	2:54:29
DEL:	Don Robins	3:23:10
	Jordan Bisceglia	
M65	Joe Powers	3:13:54
	A J Womersley	3:48:53
	Don Sill	3:55:16
M70-	Jacobsen	4:01:33
	Gene Keller 76	4:02:49
	Harry Kindower	4:23:00
W40	Laura Lynn	2:54:31
	Nina Bovio	3:01:44
	Kristina Riddle	
W45	Karen Bestul	3:08:00
	Judy Tolliver Gania Rode	3:22:25
WSO	Louise Malovic	3:31:14 3:32:22
#30	Jeanne Ulrich	3:52:22
WSS	Mary Hansford	4:13:03
	Marge Ferris	4:13:03
W60	Whayong Semer	3:32:42
THE REAL PROPERTY.	Jean Dilworth	4:06:39
0.00	ocum Dilworth	4.00.39

#### MID-AMERICA

#### Jenks Half-Marathon Jenks, OK December 10

OVERALL		
Phil Kirk Rebecca Gibron	23 35	1.08:38 1.28:31
M 40-45 Richard Sinner Don Short Jay Kirby	44 44 40	1.18:37 1.24:41 1.26:17
M 50-54 Jim McFadden Joe Haeggquist Henry Hawkins	51 50 51	1.21:10 1.26:58 1.29:01
M 55-59 Bob Adkins Jerry Tiller Ed Adams	56 55 56	1.34:03 1.40:21 1.40:21

M LONG WALL	60-64 Calvin Ellis Whit Mauzy Harold McDonald	64	1.33:47 1.43:02 1.51:50
M	65-69 Jim Smith Bob Lake		1.34:29 1.56:58
F Fallware	40-44 Vicky Fegaly Jean McDaniel Pat Case	41	1.32:01 1.34:58 1.38:34
F	45-49 Linda Brown Claire Vasicek Janice Nicklas		
Foreste	50-54 Nellie Brewer Joanne Wann	52 53	2.06:11 2.32:44
F	55-59 Barbara Vernon	56	2.21:44

# St. Louis Marathon

St. Louis, MO;		
November 18	Santiach .	
Overal1		
Wayne Jewett 31	2:28:49	
Anita Lutz 24	2:51:34	
M40 Steve Hendley	2:46:06	
Bob O'Connell	2:47:03	
Steve Swinson	2:48:31	
Frank Houdek	2:48:54	
Bill Jackson	2:51:38	
M45 Gary Cooper	2:54:15	
David Anderson	2:57:47	
Mike Sproston	2:58:06	
Juan Avalos	3:02:39	
John Rogucki	3:03:04	
M50 Glenn Frick	2:45:09	
Ronn Baker	2:57:53	
Don Dickmeyer	2:59:48	
M55 Walt Wozniak	3:06:45	
Vernon Bradshaw		
Bob Holmberg	3:12:41	
- M60+L Patterson 75	4:50:48	
W40 Linda Thompson	3:25:36	
Lolle Boettcher	3:31:30	
Suzanne Jones	3:41:12	
W45 Polly Peacock	3:30:27	
Carole Keil	3:37:21	
W50 Joy Gilbert	3:40:00	
Carolyn Putnam	4:10:05	
W55 Sue Fray King W60+Sr Madonna Buder	4:02:17	
"SOUTE AND ONLY DUCE	13.39:34	

#### SOUTH WEST

## White Rock Marathon

Dallas, TX; Novem	ber 3
Wo T	
M40 Terry Ziegler	2:40:19
J Montes de Oca	
Junior Lee M45 J C Sanford	2:43:46
Geronimo Teran	2:48:56
Joe Salinas	2:49:29
M50 Larry Worth	
Dick Young	2:45:52
Robert Glazier	2:52:01
M55 Melvin Weinberg	2:56:15
Dale Urbain	2:57:00
Robert Fletcher	3:00:00
M60 Norm Alsobrook	3:03:07
Othon Vazquez	3:11:56
Bill Hoffman	3:13:00
M70+Edward Burnham	4:11:11
Herschel McCord.	
W40 Yoko Kumakura	3:23:13
Ingrid Cofield Judith Lopez	3:24:26
Judith Lopez	3:27:13
W45 M de la Puerta	3:37:13
Mary Fletcher	3:37:50
Sherry Daniel W50 Emily McAdams	3:45:08 3:26:31
Mary Kennard	3:28:54
Mary Ann Miller	3:41:21
W55 Wen-Shi Yu	3:18:06
Mary Ann Cotten	4:07:06
Vera Kelso	4:19:28
W60 Jan Richards	4:16:23
Spring the Law and Co. (Sec.)	HELD TO
THE SAME TO A LOCATION AND ADDRESS OF THE PARTY OF THE PA	MINISTER ST

# 84th Jackson Day 9K New Orleans, LA; January 6

THE RESERVE THE PROPERTY OF THE PARTY OF THE	
Overal1	
Dr. Pat Hambrick 41	28:48
Carol McLatchie	32:36
Masters	
Don Wright	30:48
Yvonne Lee	35:50
Grandmasters	
Lawrence Shiver	35:35
Frances Ard	39:42
M40 Mike Diorka	31:20
M45 Joey Provenzano	33:28
M50 Frank Fradella	35:57
M55 Larry Fuselier	36:21
M60 J C Fuselier	40:33
M65+Bill Sweet	49:00
W40 Kathleen Magbee	40:30
W45 Glenda Daugherty	43:38
W50 Jody Gates	47:20
W55 M McConnell	60:37
W60+Doris Schmidt	67:14
No. of Concession, Name and Advanced to the Concession of the Conc	

	WAY	A Age-grad	ed Sc	oring	Age
Rank	Name	(MALE)	Age	Reg.	Graded
1	Jim Sr	ni th	68	1.34:29	1.09:35
2	Jim Mo	Fadden	51	1.21:10	1.10:54
3	Richan	rd Sinner	44	1.18:37	1.12:14
4	Calvir	Ellis	60	1.33:47	1.15:23
5	Joe Ha	eggwuist	50	1.26:58	1.16:34
6	Whit A	lauzy	64	1.43:02	1.17:05
7	Don Sh	nort	44	1.24:41	1.17:48
Rank	Name	(FEMALE)	Age	Reg.	Graded
1	Vicky	Fegaly	42	1.32:01	1.25:02
2	Linda		49	1.40:43	1.28:13
3	Jeann	eMcDaniel	41	1.34:58	1.28:23
4	Pat Ca	ise	43	1.38:34	1.30:26
5	Nellie	Brewer	52	2.06:11	1.47:38
6	Janice	Nicklas	48	2.03:21	1.48:56
7	Claire	Vasicek	45	2.01:11	1.49:31

#### WEST

# Humboldt Redwoods Marathon/Half-Marathon Weott, CA; October 21

Weott, CA; Octob	er 21
Marathon	4.75
Overall	
James Washington	2:33:15
Darlene Wallach	3:10:54
M40 Howard Labrie	2:38:55
M45 Bill Gardner	2:55:43
M50 Ellsworth Pence	
M55 Anthony Castagn	
M75 Thomas Cullen	6:18:36
W40 Karen Kelley-Da	
W45 Barbara Miller	3:45:11
W50 Marge Dunlap	3:28:47
W65 Helen Klein	4:21:42
Half-Marathon	
Overall	
Brian Presson	1:05:36
R Tibaduiza-Carden	al:18:07
M40 James Press	1:10:48
M45 Ewar Gordillo	1:10:11
M50 Tim Rostege	1:15:36
M55 George Herd	1:19:39
M60 Orlo Keniston	1:24:29
M65 Howard Powers	1:48:13
M70 John Holoubek	1:40:01
M75 Bill Van Fleet	2:14:14
M80 Mel Shine	1:58:28
W40 Nelly Wright	1:23:17
W45 Shirley Matson	1:20:55
W50 Barbara Miller W55 Marty Maricle	1:27:04
W60 Joan Wilson	3:19:17
	3.27.17

# Davis Turkey Trot Davis, CA; November 17

5K	
Overall .	
Jeff Atkinson 27	14:02
Linda Somers 29	16:52
M40 Mark Graves	15:28
M45 Ewar Gordillo	15:23
M50 Sal Vasquez	15:52
M55 George Herd	17:45
M60 Ross Smith	18:11
M65 Rex Dietderich	22:42
M70+Lyman Glenny	24:19
W40 Linda Mantynen	18:02
W45 Marijke Valencia	21:06
W50 Elba Kreis	26:02
W55 Myra Rhodes	23:02
W60 Midge Porter	28:05
W65 Ellen VanArdenne	35:14
10K	
Overall .	
Overall Randy Acceta 27	30:55
Overall Randy Acceta 27 Christine Iwahashi35	36:43
Overall Randy Acceta 27 Christine Iwahashi35 M40 Don Murdoch	36:43 35:42
Overall Randy Acceta 27 Christine Iwahashi35 M40 Don Murdoch M45 Doug Butt	36:43 35:42 34:36
Overall Randy Acceta 27 Christine Iwahashi35 M40 Don Murdoch M45 Doug Butt M50 T Yamazaki	36:43 35:42 34:36 35:19
Overall Randy Acceta 27 Christine Ivahashi35 M40 Don Murdoch M45 Doug Butt M50 T Yamazaki M55 Michael McGie	36:43 35:42 34:36
Overall Randy Acceta 27 Christine Iwahashi35 M40 Don Murdoch M45 Doug Butt M50 T Yamazaki M55 Michael McGie W60 Ray Helm	36:43 35:42 34:36 35:19
Overall Randy Acceta 27 Christine Iwahashi35 M40 Don Murdoch M45 Doug Butt M50 T Yamazaki M55 Michael McGie W60 Ray Helm M65 Jim Eymann	36:43 35:42 34:36 35:19 38:02
Overall Randy Acceta 27 Christine Iwahashi35 M40 Don Murdoch M45 Doug Butt M50 T Yamazaki M55 Michael McGie W60 Ray Helm M65 Jim Eymann M70+ Paul Camerer	36:43 35:42 34:36 35:19 38:02 46:57 52:44 53:31
Overall Randy Acceta 27 Christine Iwahashi35 M40 Don Murdoch M45 Doug Butt M50 T Yamazaki M55 Michael McGie W60 Ray Helm M65 Jim Eymann M70+ Paul Camerer W40 Cinci Calvin	36:43 35:42 34:36 35:19 38:02 46:57 52:44 53:31 41:00
Overall Randy Acceta 27 Christine Iwahashi35 M40 Don Murdoch M45 Doug Butt M50 T Yamazaki M55 Michael McGie W60 Ray Helm M65 Jim Eymann M70+ Paul Camerer W40 Cinci Calvin W45 Patty Redkey	36:43 35:42 34:36 35:19 38:02 46:57 52:44 53:31 41:00 44:53
Overall Randy Acceta 27 Christine Ivahashi35 M40 Don Murdoch M45 Doug Butt M50 T Yamazaki M55 Michael McGie W60 Ray Helm M65 Jim Eymann M70+ Paul Camerer W40 Cinci Calvin W45 Patty Redkey W50 Khartoon Tudhope	36:43 35:42 34:36 35:19 38:02 46:57 52:44 53:31 41:00 44:53 47:11
Overall Randy Acceta 27 Christine Iwahashi35 M40 Don Murdoch M45 Doug Butt M50 T Yamazaki M55 Michael McGie W60 Ray Helm M65 Jim Eymann M70+ Paul Camerer W40 Cinci Calvin W45 Patty Redkey W50 Khartoon Tudhope W55 Leona Nenow	36:43 35:42 34:36 35:19 38:02 46:57 52:44 53:31 41:00 44:53 47:11 50:36
Overall Randy Acceta 27 Christine Ivahashi35 M40 Don Murdoch M45 Doug Butt M50 T Yamazaki M55 Michael McGie W60 Ray Helm M65 Jim Eymann M70+ Paul Camerer W40 Cinci Calvin W45 Patty Redkey W50 Khartoon Tudhope	36:43 35:42 34:36 35:19 38:02 46:57 52:44 53:31 41:00 44:53 47:11

#### San Diego TC Mission Bay 25K San Diego, CA; November 17

Overall	S. S
Peter Swai 28	1:23:53
Nancy Riedel 27	1:34:54
M40 Jan Kafka	1:37:17
M45 Peter Stern	1:28:07
M50 Hans Dieben	1:42:01
M55 Eric Piper	1:38:40
M60 Bill Prichard	2:09:13
M65 Luis Ojeda	2:03:36
M70 Wayne Zook	2:04:21
Racewalkers	
1 Dale Sutton 51	2:36:07
3 R Hendrickson 62	2:54:53
W40 Cindy Cohagen	1:55:26
W45 Ursula Rains	2:03:54
W50 Dixie Madsen	2:16:02
W55 Caroline Murray	1:59:58
W65 Mary Storey	2:10:59

#### Balboa Bookie 5K San Diego, CA; December 1

Overal	1	
James	Sheremeta 26	15:57
Oonag	h Bruni 34	19:11
M40 Ro	n Wells	17:11
M45 Pe	ter Stern	17:30
M50 Ha	ns Dieben	18:40
M55 Wa	rren Osborn	20:26
M60 Ma	rsh Haraden	20:49
M65 Gr	aham Murray	23:14
M70 Do	n Dilworth	24:01
W40 Ke	rry Tabler	21:05
W45 Ka	thy Loper	21:25
W50 Ta	mi Graf	23:18
W55 Ca	roline Murray	22:41
W60 Ge	rry Sullivan	34:12
W65 Ma	ry Storey	24:40
-		



#### Honolulu Marathon

December 9	M55
Overal1	
Simon R Naali24TAN 2:17:29	M60
C Beurskens 38 NET 2:33:34	1100
M40	A THE REAL PROPERTY.
1 Akio Negishi JAP 2:34:46	M70-
2 Gary Ranney HI 2:37:25	W40
3 Frank ShorterCO 2:40:20	- 440
4 B N Olofsson SWE 2:44:46	
5 F Okumura JAP 2:49:59	W45
6 G P Lindgren HI 2:51:43	W43
7 G M BlackburnWA 2:53:46	
8 T Ono JAP 2:56:11	
	W50
9 Chris VisscheNET 2:56:58	
10 N Yamanaka JAP 2:57:35	W60
M45	100
1 Mike Piper NZE 2:46:32	
2 Tom Iredale WA 2:48:36	
3 Bjorn VideforSWE 2:53:13	
4 H Ishida JAP 2:54:58	
5 Ron Kirk CA 2:56:18	
6 H Inomata JAP 2:56:33	
7 Harry Davis AUS 2:57:39	
8 Karl Idland GRL 2:57:49	
9 Bob Grant CAN 2:57:49	2000
, DOD GLANC CAN 2:3/:49	400000

9	Bob Grant	CAN	2:57:4	•9
10	Warren Finke	OR	2:58:1	11
450			No.	de.
1	K Nagata	JAP	2:51:4	17
	P K Sprinbori			
	H Shinohara			
	Tatsuo Hirata			
	Gunter Baier			
	Victor Heyler			
7	A Amakasu	TAD	2.50.6	-
à	Rolf Steneral	CLIP	2:50:	"
	A J Rivas			
	Kazuo Aoki	JAP	3:02:1	2
155	The second second second			

9	A J Rivas	HI	2:59:24
10	Kazuo Aoki		3:02:12
M5	5 miles and a second		State of the last
1	Stan Gryzik	CA	2:42:07
2	T Takahashi	JAP	2:45:14
	C E Ellsworth		
	Andre Tocco		3:04:47
5	Mike Goldman		
	Ian Robinson		
7	T Kuchiura	JAP	3:14:07
8	T Kimura	JAP	3:14:36
9	Tadao Chiba	JAP	3:16:49
	Guy Piotelat		
M60			3120140

460			
1	Keizo Yamada	JAP	3:06:50
2	Edouard Salvi	FRA	3:09:49
	T Shimazaki		
4	K Watanabe	JAP	3:16:20
5	M Kouchi	JAP	3:21:16
6	Hal Sullivan	CA	3:21:52
7	Bill Galbrech	MN	3:26:36
8	K Godek	HT	3.29.40

M70		
1 H Onuma	TAD	3:39:35
2 Jean Laffon	FDA	3.45.27
3 R Meyer-Wilm	eGER	4.06.08
4 Eddie Lewin	CA	4:12:10
5 M Morikawa	HI	4:13:29
6 M Sherman	HI	4:24:48
M75		THE REAL
1 U V		

M75	Oliet Mail	пт	4:24:48
2 P	Kuriki G Knoch Benedetti	GER	4:22:07 4:34:16 4:38:46

W40		
1 N Costello	AUS	3:07:57
2 Marcia Winger	CAN	3:10:45
3 Diane Ridgway	HI	3:14:55
4 T Maeda	JAP	3:16:19
5 Akemi Shimizu	JAP	3:22:33
6 M Takahashi	JAP	3:22:36
W45		
	JAP	3:11:26
2 Claire Bowker	AUS	3:28:00
3 H Suzuki	JAP	3:29:18
4 Joan Boltz	AUS	3:31:49
	WA	3:45:05
W50	N.E	
1 Elaine Atwell	AUS	3:30:50
2 Lou Klitzkie	CUAN	(3:31:12
3 Mae Palm		
WSS	Chit	
1 M Gantenbein	THY	3-33-01
2 M Shimazaki		
3 Erika Krueger	CED	3.45.27
W60	GER	3.43.21
	IAP	3:46:58
2 K Yasunaga	TAP	3.54.15
3 B K Zampareli	HT	4:22:50
W65		A Secretarian
	HI	5:41:14
2 Sugi Namiki		
3 Annabel Marsh		
W70	·Un	The state of the s
1 M H Lee	нт	4:53:42
2 Judy Golding		
		5:54:23
J I AKIYOSHI	JAI	3.34.23
The state of the s		land to be be a few or be

# Las Vegas Lite 13.1 Mile Mini Marathon Las Vegas, NV; November 15

Overall	
Gordon Christie 29	1:04:31
Olga Appell 27	1:11:20
M40 Bill Strachan	1:11:51
Mike Bernstein	1:14:34
Tony Gerardi	1:15:47
M45 Mike Scott	1:14:20
Tom Curry	1:14:53
Donnie Lawrenso	
M50 Neal Chappell	1:19:59
Ed Hagerman	1:20:41
Jim Way	1:23:21
M55 B Locatelli	1:30:36
Fred Wall	1:35:41
Leslie Gaal	1:38:21
M60 Ruben Vigil	1:28:18
John Cahill	1:31:47
Ed Mighell	1:32:00
M70+Mat Corona 78	2:06:03
W40 Jan Robinson	1:29:55
Amy Fredericks	1:35:02
Robin Logston	1:39:16
W45 Harolene Walter	
Jeanette Rusk	1:49:13
Mickey Cruz	1:49:48
W50 Karen Keith	1:49:08
Genie Salerno	1:57:00



# Portsmouth 5 Mile Hampshire, GB; December 2

	A STILL W
Overal1	
Nick Rose 38	23:26
Zina Marchant 40	27:22
M40 Mike Rideout	24:50
Bill Beardsmore	25:19
Ken Griffiths	25:20
M45 Martin Duff	25:24
M50 Bryan Orman	27:41
M60 John Bishop	34:48
W35 Christine Benning	28:09
W40 Z Marchant	27:22
W45 Pam Lucas	36:23
W50 Judy Rowntree 58	36:43
W60 Hester Wickes	48:08

# Cranleigh 10K Surrey, GB; January 1

ESSENTE STATE SALES	1.000
Overal1	
Larry Mangleshot 30	30:27
Paula Fudge 38	34:25
M40 Peter Standing	31:10
Ray Church	31:37
Ian Emery	32:47
M45 Martin Duff	33:26
Graham Taylor	33:39
Alan Watson	33:55
M50 Tecwyn Davies	33:05
M55 Richard Gould	36:36
M60 John Chandler	37:27
M65 Frank Bailey	44:06
M70 Jack Horner	
W35 P Fudge	52:31
Sally Young	36:07
Christian B	36:07
Christine Benning	36:29
W40 Hilary Alder	38:20
W45 Christine Hyde	42:23
W60 Eileen Quinton	46:50

# THIRD ANNUAL SORBOTHANE/USRA MASTERS CIRCUIT NATIONAL MASTERS GRAND CHAMPIONSHIP Elght Kilometer Road Race

NAPLES, FLA. JAN 12, 1991 9:00 A.H. Weather: Sunny, 80 degrees

PLACE	DIV		AGE	s	TOWN		CLUB	TIME	PACE
ELEPE	***	PARKETERKTPRAKERAR			PAKUNA	NY	2717777401	0:24:06	4:51
ş	1	JOHN CAMPBELL BILL RODGERS			SHERBORN	HA		0:24:32	4:56
3	1	RYCZARD MARCZAK			BYD60SZCZ	PO		0:24:50	5:00
4	3	DAN DWYER	40	H	ENGLEWOOD	CO		0:25:10	5:04
5	4	DOUG BELL			GREELY	CO		0:25:19	5:06
6	DESCRIPTION OF THE PERSON NAMED IN				LAKELAND	FL		0:25:30	5:08
7		LARRY OLSEN		7.5	HILLIS	HA		0:26:06	5:15
8	ACCRECATE A	FRANK SHORTER			BOULDER	CO		0:26:28	5:19
9	CONTRACT OF STREET	BOB SCHLAU KEN SPARKS			CHARLESTON	SC		0:26:37	5:21
10		JEFF HLINKA			CHAGRIN FALLS	OH		0:26:51	5:24
12	23(0)	BILL SUHNER			BRECKSVILLE NEWPORT BEACH	OH		0:27:42	5:34
13	MALE DE	BARBARA FILUTZE			ERIE BEACH	CA		0:20:04	5:39
14		SANDOR RENDECZKY			SARASOTA	PA		0:29:22	5:54
15	A	NANCY GRAYSON			COLUMBIA	FL	100年次海底	0:29:29	5:56
16	81	The second secon			MONTROSE	CO		0:29:38	5:58
17	1				CLEARWATER	FL		0:30:08	6:04
18	11	JAMES HUNTINGTON			NAPLES	FL		0:30:19	6:07
17	12	GARY DECKER			NAPLES	FL		0:30:26	6:09
20	1	BILL FORTUNE			PEARL RIVER	NY		0:30:37	6:10
21	5	BILL ADAHS			PLANTATION	FL		0:30:39	6:10
55		JOHN COSSICK	42	H				0:30:41	6:10
23		ARTHUR SCHEINHOLZ	THE PERSON NAMED IN		NAPLES	FL		0:30:47	6:12
24		BILL AGRESTA	51		SAGINAW	HI		0:30:52	6:13
25		DAN HAHNER			NEWYORK	NY		0:31:09	6:16
26		Product of the second of the s			ORLANDO	FL	1	0:31:16	6:17
28	1	JOHN HOSNER	47	0.00	WASHINGTON	DC		0:31:19	6:18
29	V	PAUL WILSON			BLACKSBURG SARASOTA	VA		0:32:15	6:29
30		DICK BENSON			FITZGERALD	FL		0:32:29	6132
31		PERRY SILBERHAN			NAPLES	FL		0:32:35	6:38
32		BOB BORGLUND			HARWICK PORT	HA		0:32:59	6:38
33	3				GREENBURG	PA		0:33:01	6:39
34	14	STAN CRUITT			PEAFETOWN	NC		0:33:11	6:41
35	15	DANA CROSBY			FT. HYERS	FL		0:33:13	6:41
36	. 2	NANCY FRISILLO			NEW HARTFORD	NY		0:33:26	6:44
37	6	RAY DECHERT			NAPLES	FL		0:33:46	6:48
38	3	CAROL KLITZKE	43	F	OSSEO	HN		0:34:00	6:50
39		FRANIC BURGESS			HADISON	WI		0:34:12	6:53
40	AND REAL PROPERTY.	The state of the s			BURNSVILLE	HN		0:34:19	6:54
41	3	The state of the s	0.007		CASSELBERRY	FL		0:34:20	6:54
42	100000	The second secon			PINE BEACH	NJ	Part of the last	0:34:21	6:55
43	ALESO VA	PEG HILLER			BONITA SPRINGS	FL	ALL PREMIEWS	0:34:27	6:56
45		A PARTY OF THE PAR			CORTER	FL	· 下点。	0:34:32	6:57
46		ROBERT DENNISON			NAPLES	FL		0:34:37	6:58
47					NAPLES	FL	The second second	0:34:52	7:01
48		THOMAS BUCKLEY			NAPLES	FL		0:34:57	7:02
49	1000	HYRON MEYER			N. FT. HYERS	FL		0:35:37	7:10
50	19	RUSSELL ROTH			NAPLES	FL		0:35:57	7:14
1000000		The second of the second of		50	Control of the same			Laboratoria Control	ADM BOOK S

#### PRESERVE PRESERVE PROPERTY FEMALE RESULTS RESERVES REPRESERVES RESERVES REPRESERVES

#### THIRD ANNUAL SORBOTHANE/USRA HASTERS CIRCUIT NATIONAL MASTERS GRAND CHAMPIONSHIP EIGHT KILOMETER ROAD RACE NAPLES, FLA. JAN 12, 1991 9:00 A.H. Weather: Sunny, 80 degrees

PLACE	DYII	NAME	Acc	70(6)		CLUD	TTHE	PACE
PERR		MALLE		TOWN .		CLUB	TIME	
1	1	BARBARA FILUTZE	44	ERIE	PA		0:29:22	5:54
2	2	NANCY GRAYSUN MARY WOOD	40	COLUMBIA	100		0:04.18	5:59
3	1	MARY WOOD NANCY FRISILLO CAROL KLITZKE	45	HONTROSE	CO		0:30:08	
4	2	NANCY FRISILLO	48	NEW HARTFORD	NY		0:33:26	6:44
6		DEC MILLED					0:34:00	Marine State of the State of th
7		PEG MILLER BARBARA SPANNAUS	-	CORTER	FL		0:34:32	No.
8	1	HARGARETE DECKERT	43	TALLAHASSEE	HN		0:36:38	
9	3	JUDIE KEAN	48	LEHIGH	FL		0:36:39	
10		PAIRICIA BOND	52	LEWISBURG	WV		0:37:13	
11				ROANOKE	VA		0:37:58	ALC: NO PERSONS ASSESSMENT
12	4			PLANTATION	FL		0:30:17	TORSE TO TO DESCRIPTION
13	5	JAN ROHDE		FT. HYERS	FL		0:39:54	CONTRACTOR OF THE PARTY OF
14	6	ANN TAYLOR		NAPLES	FL		0:40:45	
15			4R	BELVIDERE	IL		0:40:52	
16		JUDY KIRCHOFFER	53	WAUKESHA	WI		0:40:59	No. of the last of
17		JANET ARNOT	43	LABELLE	FL		0:41:04	
18	8	PHYLLIS SISKEL		SARASOTA	FL		0:41:28	
19		JEANETTE CHAMBERS		The second secon	HC		0:41:38	AND THE PERSON NAMED IN
20	8	JOAN CANFIELD		NAPLES	FL		0:42:02	
21	3	ROSEGNYLE HARDY	56	FRANKFORT	KY		0:42:18	5000
55	9	GAIL BEILEY	42	HIAHI	FL		0:42:33	
23	,	ROSE RIEGELMAN	48	MARCO ISLAND	FL		0:44:15	
24		CAROLE TROUP	55	CAPE CORAL	FL	1	0:45:31	7:09
25		RANDI ZWICKER	44	NAPLES	FL	THE PERSON NAMED IN	0:45:43	9:12
26	10	CHARLEEN WISEMAN	48	NAPLES	FL		0:46:08	9:17
27	11	JUDY LAYION	44	NAPLES	FL		0:46:21	
28	13	JUDY LAYTON HARILYN ZOOK ANN ASRELL LULU HANCINI	53	PORT CHARLOTTE	FL		0:46:51	
30		ANN ASPELL	43	NAPLES	FL		0:46:51	
31	12	SHARON PORTER	67	SARASOTA NAPLES	and the second	A THE TANK	0:47:41	
32		JIHHIE SLOAN			FL	4	0:47:43	Annual Control of the
33		CAROLYN ROBERTS	57	FRANKFORT	KY		0:48:38	9:47
34		HARY HACAVOY		CLARK	FL		0:49:07	
35		VADINE KOENIG		HAMILTON	OH		0:50:13	
36	Contract of the Contract of th	LINDA BRIGHT		NAPLES	FL		0:50:22	
37		AUDREY SHITH .		NAPLES	FL		0:51:40	
38				PIQUA	DH		0:54:37	A COLUMN
39	2			NEWINGTON	CT		0:55:36	
40	14			ELLICOTT CITY	HO		0:57:39	
41			73	PALH HARBOR	FL		0:57:53	The second secon
42	11			VENICE	FL		0:57:57	
43		BONNIE VAUGHAN		NAPLES	FL		0:59:22	11:57
44				FT. HYERS	FL		1:00:23	12:09
45		SHIRLEY DIXON		VENICE	FL		1:04:08	12:54
46	200	SHARON MILLER		NAPLES	FL		1:04:40	
47		CHARLUITE BOKER		W. PALH BEACH			1:07:48	
-		FONCIFFE SC HALLE	67	NAPLES	FL	The state of the s	1:08:39	13:49

HALE AGE-GROUP RESULTS
THIRD ANNUAL SORBOTHAME/USRA HASTERS CIRCUIT
NATIONAL MASTERS GRAND CHAMPIONSHIP
EIGHT KILOMETER ROAD RACE
NAPLES, FLA. JAM 12, 1991 9:00 A.M. Weather's Sunny, 80 degrees

HULF	AGE GROUP:	10 - 11	
		45 411500001	
2	2 BILL RODGERS 4 DAN DUYER 5 DOUG BELL	43 SHERHURN	MA 012413
3	S DOUG BELL	40 ENGLEWOOD	CO 0:25:10
E 186	The state of the s	40 OMEELY	CO 0:23:11
HOLE.	ARE GROUP:	45 - 49	
	3 RYCZARO MARCZAK	45 BYD60SZCZ	PO 0:24:50
CONTRACTOR AND	10 KLN SPARKS	45 CHAGRIN FALLS	OH 0:26:51
3	27 COLEMAN HICKS	47 WASHINGTON	DC 0:31:11
HOL.F	MOE GROUPE	50 - 54	
March 1 - Sept.	17 JIM LARSON	SA CI FARMATER	EL 0.30.10
7	21 BILL ADAMS	SO PLANTATION	FL 0:30:39
3	23 ARTHUR SCHEINHOLZ	SI MAPLES	FL 0:30:47
			A STATE OF THE STA
FINLE	VOE BEORDE	55 - 59	
	14 SANDOR RENDECZKY	35 SARASOTA	TL 0:29:79
	31 PERRY SIL RERMAN	50 NAPLES	FL 0:32:57
	33 ALBERT KUHNER	56 GREENBURG	PA 0:33:01
HALT.	AGE GROUP:	60 - 64	
	20 BILL FORTUNE	62 PEARL RIVER	NY 0:30:37
2	26 JIM BLOUNT		FL 0:31:16
3 n	32 BOB BORGLUND	62 HARVICK PORT	HA 0132159
The state of	OGE GROUPE		
. ?	28 JOHN HOSNER	66 BLACKSBURG	VA 0:32:15
	30 DICK BENSON	65 FIIZGERALD	GA 0:32:35
	20 JOHN HOSNER 90 DICK BENSON 41 BART ROSS	68 CASSELBERRY	FL 0:34:20
HALE	AGE GROUP:	70 AND OVE	
<b>经验证</b> 4 被配	63 MAX QUACKENBOS	73 STUART	FL 0:37:19
2	MA M. CURET DAMAN	72 VA. REACH	VA 0137:29
1	67 GORDON JOHNSON	72 DUNDEE	FL 0:37:33
1000	The residence of the second		The state of the last

FEMALE AGE-GROUP RESULTS
THIRD ANNUAL SORBOTHANEZUSRA MASTERS CIRCUIT
MATIONAL MASTERS GRAND CHAMPIONSHIP
ETGHT KILOMETER ROAD RACE

	FLA. JAN 12, 1991 91		
FEHA	F AGE GROU	P: 40 - 44	
THE RESERVE	15 MANCY GRAYSON	40 COLUMBIA	SC 0:29:38
2	38 CAROL KLITZKE	43 OSSED	HN 0:34:00
3	38 CAROL KLITZKE 44 PEG HILLER	41 CORTER	FL 0:34:32
FEMA	LE AGE GROU	P: 45 - 49	TANK I
100000 10000	16 HARY WOOD	45 HONTROSE	CO 0:30:00
7-4	36 NANCY FRISILLO	40 NEW HARTEDRO	WY 0:33:24
3 ,	16 MARY WOOD 36 NANCY FRISILLO 62 JUDIE KEAN	45 LEHIGH	FL 0:37:13
FEHO	I AGI. GROU	P: 50 - 54	
	69 PATRICIA BOND	52 LEWISBURG	WV 0137144
Charles & March	93 THINY KIDGHOFFED	E2 HAHRECHA	
3 3	133 HARILYN ZOOK	53 PORT CHARLOTTE	FL 0:46:51
	I C AGE GROU		
<b>建筑是1</b> 金融	57 MARGARETE DECKERT	S7 TALI. AHASSEE	FL 0136139
2 345	100 JEANETTE CHAMBERS	55 ARNOLD	MC 0:41:38
3	100 JEANETTE CHAMPERS 108 ROSEGAYLE HARDY	56 FRANKFORT	KY 0:42:18
FFHA	LE NGE GROU	P: 60 - 64	

	166	BONNIE VAUGHAN	60	NAPLES	FL 0:59:2
TIM	AL.E	AGE GROUP		65 - 69	tea la Minara
1.		LULU HANCINI		SARASOTA	FL 0:47:4
?	150	DOTTIE GOATER	66	PIQUA	DH 0:54:3
3	167	PAT WOLFSLEIL	67	FT. HYERS	FL 1:00:2

3	167	PAT WOLFSLEIL		FT. HYERS	FL 1:00:23
EHO	IL.F	AGE GROUP		70 AND	OVER
1	150	VADINE KOFNIG	70	HAMILTON	OH 0:50:13
?	161	MARY HAINES	76	NEWINGTON	C1 0:55:36
3	164	HELEN RELTER	73	PALH HARBOR	FL 0:57:53

Name

DISPLAY ADVERTISING RATES Examples: Width Height Back Page 600° Full Page 460 380 1/4 Page 61/2" 10" 13 1/4 Page 180 615" 1/8 Page 120 614" 2. FREQUENCY DISCOUNTS (1-year period) 6 to 12 insertions . . 3. COMMISSIONS: Agency commission of 15% allowed to recognized agencies.

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TAC National Masters Indoor Track & Field Championships

Saturday & Sunday, March 23 - 24



MEET SITE: The National Sports Center is located at 1700 - 105th Av. N.E. Blaine, Minnesota, 55434. Blaine is 20 minutes north of downtown Minneapolis, and about 50 minutes north of the Minneapolis/St. Paul International airport. FACILITY: 200 meters, 6 lanes on the turns, and 8 additional straight lanes for sprints and hurdles. Sika Bram, polyurethane rubber surface, covers entire arena. 1/8° pyramid spikes in all events other than the vertical jumps where 3/8° are issible. Nine locker rooms and showers, along with a training room will be available. Two horizontal jump pits, wooden throwing platforms and Olympic style

equipment and pits available KLIGIBILITY: Competition is open to all men and women (no qualifying standards) age 30 and over. Competition is in five-year age groups from 30 on up.
ALL COMPETITORS MUST BE REGISTERED WITH THE ATHLETICS CONGRESS (TAC) FOR 1991. TAC registration will be available at meet site if

RULES: Open track & field rules of the Athletics Congress and adaptations for TAC Masters will apply. Fully automatic timing will be used. The Games Committee reserves the right to utilize a time clock in field event competition.

ENTRY DEADLINES: Early registration must be postmarked by Friday, March 1. Late registration must be postmarked by Friday, March 15. Entries must be sent

Jack Moran, TAC Master's Meet Registrar; 5429 Wooddale Av.; Minneapolis, MN 55424 INDIVIDUAL ENTRY FRES:

Registration postmarked prior to 3/1

\$9.00 1ST EVENT \$6.00 each additional event

LATE REGISTRATION postmarked prior to 3/15

\$12.00 IST EVENT \$8.00 each additional event

REGISTRATION after 3/15

\$35.00 1st EVENT \$15.00 each additional event

- ENTRIES CLOSE 4:00 PM MARCH 21 -

RELAY ENTRY FEES: \$35.00 payable on the day of competition. Checks may be made payable to the National Sports Center.

CHECK IN AND PACKET PICK UP: Plaza level - National Sports Center Friday, March 22; 2:00 - 10:00 PM

Saturday, March 23 & Sunday, March 24; after 7:00 AM

Be prepared to show proof of age and a current TAC card during check in. EVENT CHECK IN: On the track beginning at 7:00 AM Saturday. Supply your vn implements and poles. THE NATIONAL SPORTS CENTER WILL NOT SUPPLY IMPLEMENTS OR EQUIPMENT.

TRACK EVENT TRIALS: Trials will be run in age groups starting with oldest nen to youngest men. Age groups in the 55M dash and 55M hurdles having eight or less reporting for the trials will run at the scheduled final time, 200 M dash (six or less). The 400 M dash and longer, will be timed finals run in sections starting with oldest women to youngest men.

RELAYS: All relay team members must be members of the same association, or

club. Runners may move down from their age group:
4x400M Men & Women 30-39; Women 40+; Men 40-49; Men 50-59; Men 60+
4x800M Men & Women 30-39; Women 40+; Men 40-49; Men 50-59; Men 60+ REGISTRATION:

4x400M Relay Registration

12:00 - 2:00 PM Saturday only - at Relay Desk in Arena

4x800M Relay Registration: 12:00 - 2:00 PM Sunday only - at Relay Desk in Arena

Hotel | Motel

#### 1991 TAC NATIONAL MASTERS INDOOR TRACK & FIELD CHAMPIONSHIPS

		Field I	events			Field E	vents			Track Events	Track Ev	ents
and the second	9	Saturday,	March 23		Sunday, March 24			Saturday, March 23	Sunday, March 24			
PO	LE VAI	olt .	HIGH	JUMP	POI	LE VAULT	WEI	III TH	ROW	S M Triab	55 Hurdle Pie	The same of the same
H 40-49		8-00 AM 10-00 AM	NA-N	MA 00:8	W 30+ M 70+	9:00 AM 10:00 AM	MAW 30-		9:00 AM	1500 M Final All M & W 11:00 AM	All M & W	MA OCS
M 20-54 M 25-53 M 40-44		1200 PM 200 PM 430 PM	M 22-25 M 22-25	11:50 AM 1:00 PM 2:50 PM	W30+	GH JUMP	M 50-59 M 60-69 M 70+	RingA	11:00 AM 11:00 AM	IS M Plant	800 M Finals	11:50 AM
M CO.		8:00 PM	¥ 65-74 ¥ 75+	4:00 PM 6:30 PM		IOT PUT	₩ 30+	RingA	1:00 PM	400 M Final All M & W 2:25 PM	3000 Run Fin	el 1:15 PM
THE RESIDENCE OF THE PARTY OF T	ONG JU		CHO	T PUT	W 50+	9:00 AM	TRI M 75+	PLEJU	MP 8:00 AM	3000 M Walk Final	200 M Final	915 PM
W 50+ W 30-49		8:00 AM 10:00 AM	M 20-20	BOO AM	W 30-49	10-90 AM	M 65-74		10:00 AM	4 x 800 Relay Final	4 x 400 Relay	THE PERSON
M 70+ M 60-44	Pit A	1:30 PM	M 40-49 M 50-54	10:00 AM 12:00 PM			M 60-64 M 50-69	PILA	12:00 PM 1:30 PM	All M & W & 6:00 PM	Almaw	eu Pu
M 62-53 M	Pit A	1:30 PM 3:00 PM	M 55-59 M 60-44	2:00 PM 4:50 PM		E-1-1	W 30+	Pit B	1:30 PM 2:30 PM	All M & W 7:30 PM		
M 45-49	Pit A	3:00 PM	X 66+	8:00 PM			M 40-49	PitA	3:00 PM			
M 40-44 M 30-34	Pit B Pit A	8:00 PM 8:30 PM				Pit A = Interior Pit B = Exterior	. T.				This is a schedule to combined age races	- Management
M 35-39	Pit B	7:00 PM		A X BOX								

TIME/EVENT SCHEDULE: Subject to change. Final schedule will be available Friday

TIME/EVENT SCHEDULE: Subject to change. Final schedule will be available friendly evening, March 22 at the Athlete Reception.

ATHLETE/OFFICIALS ERCEPTION: Priday evening at the National Sports Center in the areas. Renew friendships in the informal atmosphere of an Athlete's Expo and display booths.

LOCAL GROUND TRANSPORTATION: We will have vanishouse available to move athletom Minneapolis's. Paul International Airport to the National Sports Center or designated hotels. Costs are being determined. See below "HOUSING".

AWARDS: National championship medals to the top three in each division in each event,

including all relay team members. National championship patters.

sponsored by SURMART Travel Plazas of Houston, Teans.

HOUSING: Athletes Only — Available at the National sports Center dormitory for \$25.00 per day. Includes three meals daily. Four athletes per room. Athletes & Families — Choose from smoog 14 north metro hotels (brochure enclosed) that are within 10 miles of the National Sorts Center. Double rates range from \$27.00 - \$130.00 at these hotels. In order to qualify for ground transportation from lodging site to National Sports Center, you must stay in the designated Meet hotels (Budgetal, Holiday Inn, Daya Inn).

Accomodations	Number of Roems	Major Credit Card	Restaurant	Restaurant Nearby	Swimming Pool	Cocktail Lounge	Kitchenettes or Su	Pets Accepted	PAX Machine	Barrier Pres	Room Rates Double Occupancy
BUDGETEL INN 6415 James Circle North Brooklyn Center, MN 55430 (612) 561-8400	99	•	Antigones .		10000000000000000000000000000000000000		No. of Contract of	はいる	- 中国		\$38-40
DAYS INN - Mpls. No. 1501 Freeway Boulevard Brooklyn Center, MN 55430 (612) 566-4140	214		California and				<b>陈程"陈物为</b> 的	•	の年の一の神事		\$49-68
HOLIDAY INN - Mpls. No. 2200 Freeway Boulevard Brooklyn Center, MN 55430-1777 (612) 566-8000	176		温水で高速率で	意味度を			STATE OF THE PARTY.		を変える。	を使うない	\$59-85
BEST WESTERN NORTHWEST INN (612) 546-8655 / 1-800-343-1737	214	STATE OF STA	Talasto.		・福祉	•	· 1000	•	- Printer		849-79
BEST WESTERN SKYWOOD INN (612) 571-9440	100	- ASS	To on the last				1		-	A 15.15	845-60
BROOKDALE MOTEL (612) 561-5650	5		Service of the servic		神神の変		STATE STATE	•	等 海 美		327-38
BUDGET HOST MOTEL (612) 533-6455 / 1-800-288-8148	27				をおり		STATE OF	•		•	830-48
DN ON THE PARM (612) 569-6330	n		なながら	- W. T. S.	Section 1		TO SERVICE			・説を	\$70-130
BUNLINER MOTEL (612) 571-0420 1-800-782-3960, est. 40	14		Wal-state	STATE OF THE PARTY	のおりか		No. of Lot	•	1	Shin.	\$32-45

ENTRY FORM Lest name	Mail with check payab	le to NATIONAL SPORTS	CENTER to TAC Masters,	5429 Wooddale, Edina, MN 55434. Sex Birth date
			March	23 M/F Mo/Day/Year
Street address (include aparts	ment number and/or o/o)		Events entered	T-shirts (\$9) Size (men's S.M.L.XL.XXL)
	+ p 2 4 x 1 7 15 g			
City and state				Zip/postal code
福 5 年 4 年 5 元 4				
1991 TAC number	<b>在物质的证明</b> ,在1	Area code Telephone		
		$\mathbf{m}$	Important: Athlete and P	ablicity Release / Drug Testing Notice — OVER
Events entered (1)	(2)	(3)	(4)	(5)
Best merk 89-90	Character and Ch			
Athlete's signature				Date

ATHLETE AND PUBLICITY RELEASE: In consideration of your acceptance of my entry, I do hereby for myself, my heirs and executors, waive, release, and forever discharge any and all claims for damages which I may have or which may hereafter accrue against the Athletics Congress, all other meet sponsors, officials, or their officers or agents for any damages or injury suffered by me. I certify that my level of training is such that I am prepared to compete and recognise the right of any duty authorised member of the medical staff to require my withdraws from competition, and will do so if directed. I hereby grant my parmission the use of Sime, videntance and abstractance for some confliction and histograms for memory and make a publish to which I may be a sidentance and abstractance for some competition.