



NATIONAL MASTERS NEWS



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

91st Issue

March, 1986

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Mortenson, Cooper Best Tenneco Masters

Forty-two-year-old Bruce Mortenson's top masters time of 2:23:40 in the 14th Annual Houston-Tenneco Marathon in Houston, Texas, on January 19 would have earned him first overall honors by nine minutes in 1972, when the event originated. Forty-seven-year-old Sharon Cooper's first woman masters clocking of 3:10:57 this year would have taken the overall women's race by over two hours.

But times have changed and become a lot faster, probably because the Tenneco offers a whopping \$150,000 in development funds, plus \$150,000 insurance policies to each overall winner.

Unfortunately, none of it for masters runners. However, they ran anyway and made up over 30% of the 3974 entrants, 2641 of whom finished the race. Robert Abbott, M45, was the second master (2:31:43), and John Dugdale, 51, won the M50 division with 2:48:02.

Rita Faltisek, 41, finished second to Cooper in 3:12:00. Donna Wright, 50, beat the W50 entrants with 3:22:25.

Clyde Villemez, 74, of Port Arthur, Texas, the only runner to compete in all 14 races, finished second in the M70+ division with 4:49:05. Bob Fletcher, 53, an instrument engineer from Houston, finished his 100th marathon, in the 220th spot.

Overall winners, Paul Cummings (2:11:31) of Utah

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Sandra Kiddy, 49, at Western Hemisphere Marathon. Sandra holds the Women's American Record (not just age-group) for 100 Miles of 15:12:54, set in the Talahassee Ultra Distance 100 Mile Classic. She was first over-age-40 woman in the Long Beach Marathon February 2 in 3:04:25.

photo by Richard Lee Slotkin

Smith, Walters Win Paramount 10K

Tracy Smith and Harolene Walters were the first male and female masters, respectively, in the Paramount 10K Special "World Masters" Division race in Paramount, Calif. on January 25.

Smith's time of 31:24 led the second M40 finisher, Tom Burns, by one minute, which was almost the same margin that separated Walters' 37:09 from W40 runner-up, Molly Thayer.

Entrants in the "World Masters" race had to meet qualifying standards for each division, which aroused enough interest to draw many of the best masters roadrunners in Southern California and beyond.

Nine runners in the age 40-44 bracket ran 34:00 or better. Gaylon Jorgensen turned in the best age-graded time of the day with a brilliant 34:07 to win the M55-59 division. His time is only 18 seconds off Alex Ratelle's U.S. M55 record.

John Brennand outkicked Andre Tocco by 15 seconds, 34:15 to 34:30, for an impressive win in the 50-54 contest. Jim O'Neil's 35:44 easily took M60 honors, and George Cohen edged Charles McClung by 8 seconds in 35:12 for the M45 title.

Besides Walters and Thayer, other national class masters women showed up, among them Gina Faust, TAC's W45 long distance runner of the year, who, as the only qualifier in her division, rolled to a solid 38:52 victory.

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Lincoln Hosts 10th Annual Track Meet

by DON SHOWEN

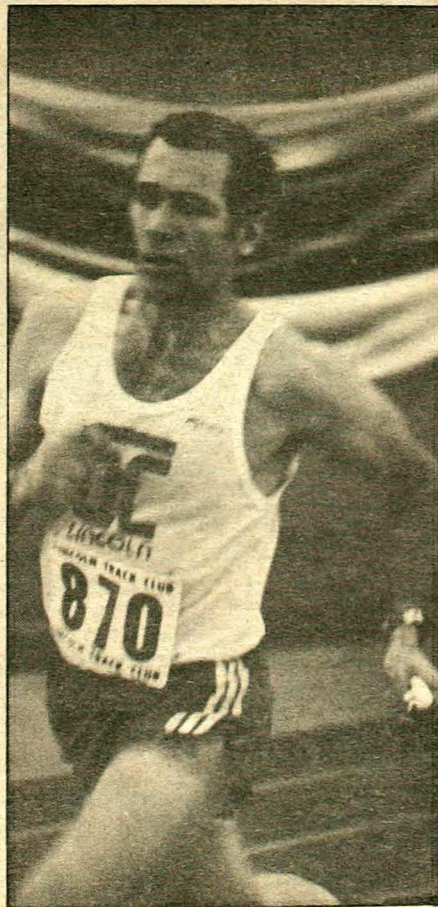
LINCOLN, Nebraska — Although the weather was suitable for an outdoor meet on January 11th, the George Knight Fieldhouse was the site of the Lincoln Track Club's 10th annual indoor masters meet. The competition ranged from world champion class to the first-time entrant, and everyone found some competition.

In the field events, Max Goldsmith, 62, set a new meet record of 14-9 1/4 in the long jump, while Jerry Donley, 55, went 12-5 for a new age-group record and also best overall pole vaulter. In the shot put, Earl Ventura, 55, and Tom Wesselowski, 51, captured meet records of 37-5 and 48-9 1/4.

The high jump saw John C. Brown, 56, of Gladstone, Mo, establish a pending World M55 indoor record of 5-7 1/4 (1.71m).

In the 60 HH, Robert Hahn, 34, of Tyler, Texas, outdistanced all the masters with a 7.9. In the 60y dash, Hahn won his age group in 6.7, but he was edged in a combined heat by first

Continued on page 5



Bob Elwood, 50, who ran the mile in 5:04.8 and 880 in 2:20.1 in the Lincoln TC Indoor Championships in Lincoln, Nebraska, January 11.

photo by Susan Bradley

Masters Meet in Philadelphia

by PETE TAYLOR

HAVERFORD, PA, January 9. Philadelphia's Department of Recreation moved its annual Indoor Track Carnival from the Philadelphia Civic Center to the western suburb of Haverford (about 9-10 miles away) and masters athletes responded by turning in some fine performances tonight. The meet was held at Haverford College's Alumni Fieldhouse, which features a 225-meter "Versaturf" track.

National indoor long jump champ Bill Clark tuned up for Baton Rouge by soaring 18'1" in M50. Bill also took the 55m hurdles in 8.56 and was second in the 55 meter dash. Jim Dickerson, M35, had the longest jump of the night (18'10 1/2"), while Bob Detweiler's 10'0" effort in M70 was notable. Anna Mapps, W35, soared 15'5"

Bob Stanford's 300-meter time of 38.6 in M40 tied Arthur Wright, M35, for the fastest mark in that event. Picture-perfect Jim Manno belied his years by recording a time of 46.6 in

Continued on page 5

World Games Pledges Reach \$96,655

A total of \$96,655 has been pledged to help support the 1989 World Veterans Games if they are awarded to the United States. "That's close to our goal of \$100,000," said an enthusiastic David Pain, Chairman of TAC's Masters Site-Selection Committee.

The pledges have come from 206 people. Not counting the two major commitments of \$50,000 by Otto Essig and \$25,000 by John Poppell, the average pledge is \$106.15.

Fifty-six people pledged their support during the past month, including \$500 from Jerry Donley, Jim Hershberger, and the North Jersey Masters Track Club; and \$1000 from A.J. Puglizevich.

If the Games are held in the U.S., it would mean over 5000

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OLDER RUNNERS SLIGHTED

I sympathize with Eugene Keller's distress about older runners being ignored (January NMN). I, too, have experienced the age discrimination which is too evident in masters competition.

I agree the rule (mandating five-year age-groups to age 90+ in all TAC National and Regional Masters Championships) should be changed, but to make it more inclusive, not less. It should be extended to include all TAC-sanctioned masters events. This is the secret of success of masters competition. We have a duty to make continuation of their physical activity an attractive choice for older runners. We don't do that when we put them in a no-win position by cutting off age-group competition at 50+, 60+, 70+, or 80+.

To those of us who have been active in masters competition for nearly 20 years, we find it discouraging to now be denied the opportunity to be recognized in our age group as being the best in that event, in that race, on that day. Yet this opportunity is denied in 90% of the masters events.

Until we require that race and meet directors *must* include all age groups if

they wish TAC sanction, then we will fail to smoke these older runners out of the woods, and we will lose our present competitors as they reach this age of discrimination. I shall shortly submit a suggested rule change which would correct this continued injustice.

I am amused that the 1986 TAC National Masters Indoor T&F Championships in Baton Rouge chose to ignore or were ignorant of the rules in that their entry form did not include the 85-89 or 90+ age groups. I also note they excluded the 70+ and 80+ runners from the relay events, despite the fact we had 80+ relay entries in the World Games in Rome and the outdoor nationals in Indianapolis.

I welcome with open arms the advent of (95-year-old) Newton Barrett. There are more like him that can be drawn out of the woods if we can make it attractive for them.

Paul Spangler

San Luis Obispo, California

BUD LIGHT PENNSYLVANIA MEET

We wish to commend Scott Thornsley and his capable staff for the excellent Bud Light Indoor Meet — held

to benefit mentally retarded children/adults — at Carlisle, Pa. on January 5.

It was a pleasant experience and the hospitality shown to competitors was outstanding. The officials were professional and the facilities outstanding.

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

If you live on the East Coast and want to participate in an efficiently run meet, attend next year's Bud Light Masters Indoor meet.

This year, Scott Thornsley and his crew of able workers put on a truly enjoyable meet. The events were run *on time*. The officials were knowledgeable and there were enough of them to handle all events.

Jeff Wotry
Woodbridge, Virginia

800-METER RELAY

In recent years, there has been a definite lack of interest by masters competitors in running a 1600-meter relay, which is usually scheduled as the last event of a meet. The reason is obvious: most athletes are just too tired

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Brown U. Meet in Rhode Island Hosts 160

The Brown University Masters Indoor Meet drew 160 men and women age 30-and-over athletes, who broke 49 meet records and tied 6 others on January 12 in Providence, R.I. The New York Pioneer Club M40-49 4X200m relay squad of Ed Small, Dick Rizzo, Glen Shane, and Bob Johnson ran 1:38.2, a national age-group indoor record.

In addition to the records, the meet had some good races. Vern Mattson took the M65 55m in 8.0. Roger Pierce outkicked Johnson in the M45 300, 37.5 to 37.8. Jack Boitano, M50, posted a mile walk time of 7:37.9.

New Hampshire's Boo Morcom,

M60, and Canada's Ian Hume, M70, were large-margin winners in the jumps and pole vault.

Susan Redfield, W45, contributed four of the meet records, in the 55 mh (11.8); 55m (8.9); 300 (51.5) and 500 (1:36.9). P. MacHewitt, W40, had two meet records, in the 500 (1:32.9) and 800 (2:42.4).

The event was sponsored by the Rhode Island T&F Foundation and directed by Neil Steinberg. □

Midwest Masters Hold Indoor T&F Meet

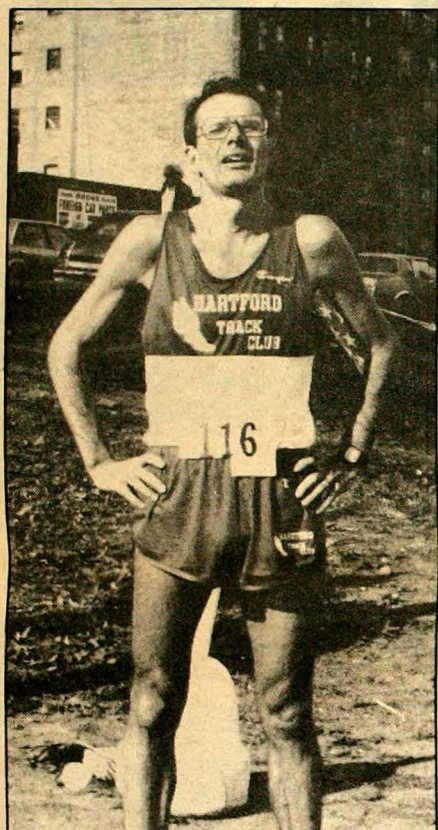
Sprinters and distance runners provided spectator interest in the Midwest Masters Indoor T&F Championships at the Westwood Sports Center in Sterling, Ill., on January 18.

Harry Brown, M55, had two of the better division-winning times, in the 60y (7.23) and 300y (38.29). Another M55, Tom Hinkes, recorded the meet's best time in the 60yH with 9.56. The 60y dash featured a rarity at any meet, an M90+ division contestant, Newton Barrett, 95, who ran 17.90.

In the M50 high jump, Richard Richardson, who led the American M50 sweep in that event in the Rome World Games last June, was defeated by Floyd Smith, 5-9 to 5-2. Carl Klehm, M45, was the day's best thrower in the shot (41-9) and the weight (39-10).

Ernie Hammond collected a chestful of medals in the M55 division.

In what may have been the most exciting race of the meet, Emma Scott, W35, edged Audrey Middletown, W30, in the 2-mile racewalk by a slim margin-28:38.82 to 28:39.24. □



Dick Ashley, 44, 2nd M40, 54:37, National Masters 15K X-C, Bronx, N.Y., November 17. photo by Walt Westerholm



Charlotte, N.C., Jan. 4, 1986 — William Scheid, 40, of Sutherland, Va., finished 23rd in the Charlotte Observer Marathon and won the \$200 masters first-place award. His time of 2:44:21.0 didn't challenge the masters record of 2:35:02.0 set in 1985 by Saul DePofi of Sharpville, Pa. Photo: The Charlotte Observer

Charlotte Observer Marathon Goes to Scheid and Collins

William Scheid, 40, of Sutherland, Va., running in perfect marathon weather (overcast, 40°) led the masters field to the finish of the Charlotte Observer Marathon in Charlotte, N.C., on January 4, in 2:44:21. Marcia Collins, 41, of Rockaway, N.J., won the women's masters crown in 3:25:41, a W40-49 course record.

In the 10K side event, Jeff Galloway, 40, of Marietta, Ga., a veteran of U.S. road and oval racing, was the masters winner in 31:58, while Liz Ervin, 43, of Princeton, W. Va., defeated the women's masters contingent with 41:38.

John Hosner, 60, of Blacksburg, Va., set an M60-and-over course record of 37:01, erasing Robert Boal's 41:34 in 1977. Hosner ran 35:09 in May, 1985, in Norfolk, Va., for a pending U.S. record. Francie Larrieu-Smith, 33, of Buda, Texas, added \$1000 for a women's course record 32:28 to her \$2000 first-place money. The top three men and women masters in both races received \$200, \$100, and \$50.

The Charlotte Observer, a Knight-Ridder newspaper, sponsored the event, which was directed by Gary Church. □

Three Olympians at Gilligan Pentathlon

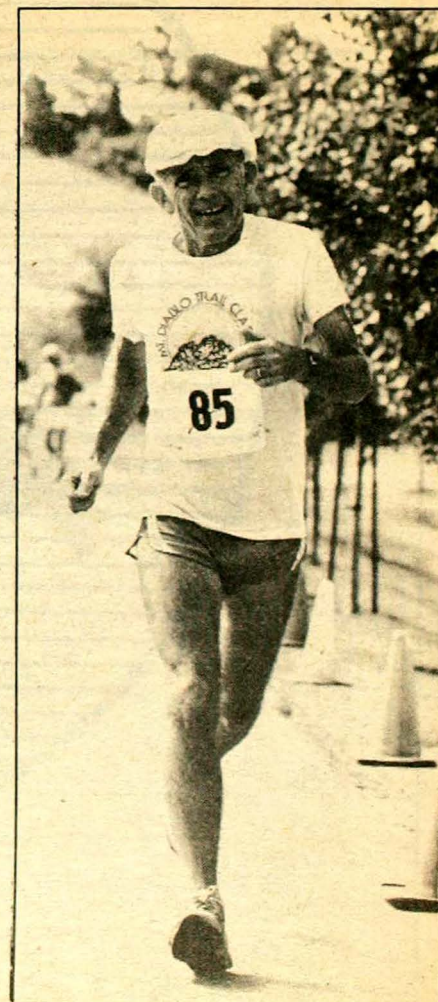
by PHIL PARTRIDGE

There was no scarcity of talent at the Bill Gilligan Memorial Weight Pentathlon at Atlantic High School, Delray Beach, Florida on February 9.

Al Oerter, 4-time Olympic Gold Medalist, with four throws over 200 feet topped the existing age record for 49 by 32 feet, then gave a coaching clinic to 30 eager students, ages 19 through 76.

Bob Richards of Waco, Texas, two time Olympic Pole Vault Champion, three time U.S. Decathlon Champion, took first in the Weight Pentathlon with 4067 points.

Boo Morcom, Olympic Pole Vault champion and U. S. Masters Decathlon Champion, joined Bob Stone of California, Elmer Shaw and Bud Brown of Syracuse, Walter Jenkins of Victoria R. C., Ham Morningstar of Owosso, Michigan and Don Reid of Charlottesville, Virginia, who came long distances to honor the memory of Bill Gilligan. □



Mannie Clinick, 63, of Livermore, Calif., finishing the 13.1 mile Lake Chabot Trail Run in 2:04:04. photo by Gene Cohn

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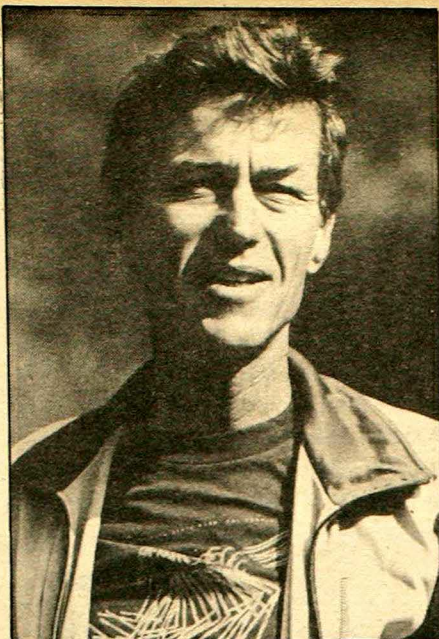
Philadelphia Masters Meet

Continued from page 1

M65. In the 1500-meter walk, Bill Norton, M30, was the quickest of all, in 6:42.0, with Charles Cooper following in 7:26.4. Ex-Olympian Bob Mimm, M60, had the third fastest time, 7:36.8.

In the 500 meters, Marc Anderson, M35, ran a very quick 1:12.3, while age-group rival Greg Ogle's 1:15.5 was a nice effort for someone returning to track after a 15-year hiatus. Tom O'Hara ran 1:15.8 in M40, Jim Hodge, 1:16.7 in M45, and Jim Manno, 1:30.8 in M65.

Jim Sutton, M50, ran 4:31.7 in the 1500 meters, while walker Don Johnson, who later took 9:14.2 to heel-and-toe the distance, began an unusual double by running a 5:33.2 in M65. □



John Brennand, 50, 1st Master, and 12th overall in the Lasse Viren 20K, finishing in 1:11:51.
Photo by Richard Lee Slotkin

Lincoln Hosts 10th Annual Meet

Continued from Page 1

place Clifton Jackson, 37, and second Fred Booker, 36, both at 6.6.

The 2-mile, M45-and-over race saw Wally Brawner, 46, Burch David, 48, and Jim Culver, 50, run a steady pace until about one lap to go. Then Jim broke out for a 10:58.3 win with Wally at 10:58.6, and Burch at 10:59.8.

Keim, McGrath Win Masters Titles In Brian's Run 10K

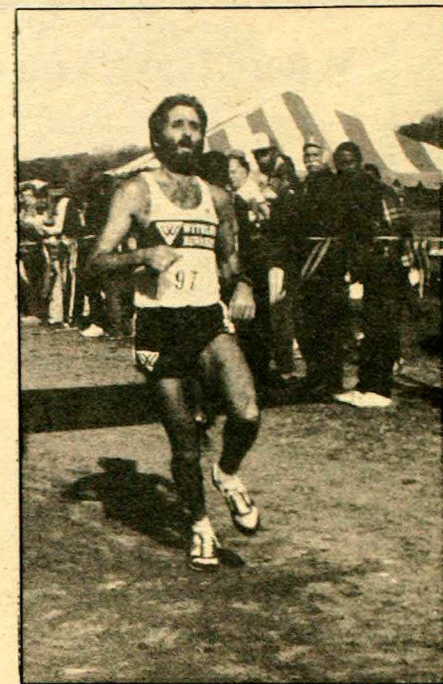
George Keim, 42, defeated the masters field in Brian's Run 10K in West Chester, Pa., on December 8, with an M40-and-over course record 31:58, finishing twelfth of 1645 male finishers. Patty McGrath, 41, won the W40-and-over race with 41:03 among the 427 female finishers.

Masters divisions winners included Victor Zwolak, 47, 33:29; Hubert Morgan, 63, 39:37; and Susanne Patton, 50, 42:31.

The race, directed by Larry Brandon, was run in clear, 45° conditions. □

The women's 2-mile race featured Doris Lewis, 30, and Karen Bestul, 43. Both surpassed the old meet record with 12:00.3 and 12:06.6 respectively.

Bob Elwood, 50, was the fastest halfmiler, running 2:20.1, winning his heat, and besting all age groups. Bob also won his mile age group race at 5:04.8, second over all to Don Welsh, 42, at 4:55.8. □



Ted Haiman, 42, 2nd in the National Masters X-C 15K, NYC, November 17, first M40, 54:14.
Photo by Walt Westerholm

Smith, Walters Win Paramount 10K

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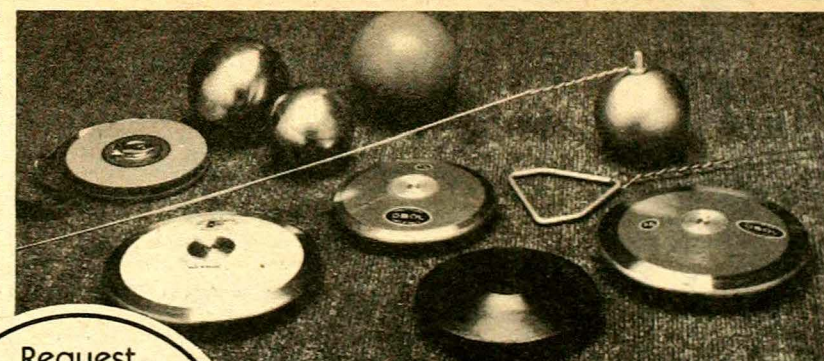
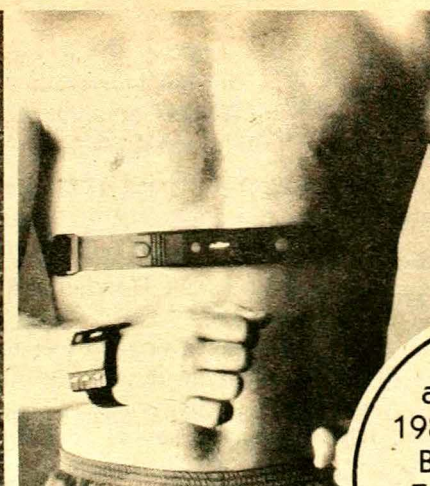
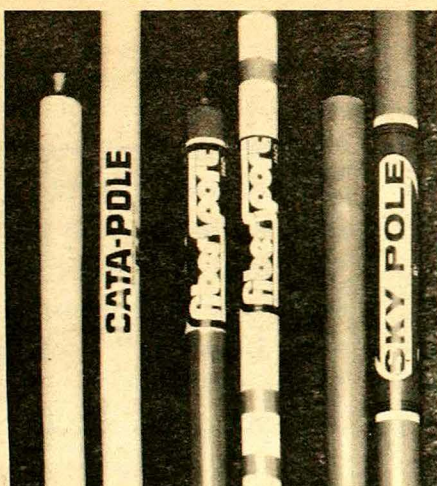
Vicki Bigelow captured W50 laurels in 39:18, while Helen Dick, TAC's W60 LDR-standout in '85, notched a fast 42:43. Bess James, a winner of five gold medals at last year's World Veteran Games in Rome, took the W75 title in 64:33.

In the regular 10K race, Catarino Gonzalez, in 34:28, and Shiela

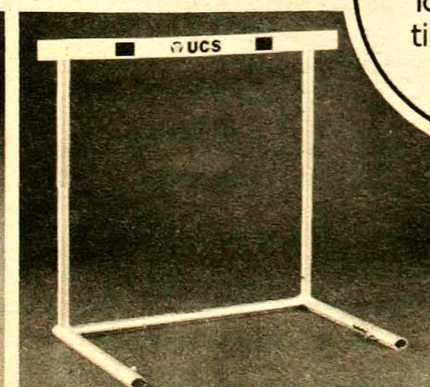
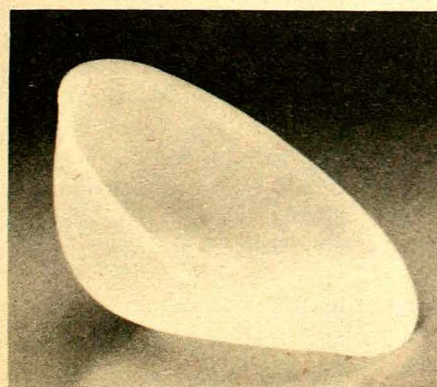
Hasham, in 41:23, were the first 40-and-over finishers.

Since originating the race two years ago, Oscar Rosales has charged no entry fee for the "World Masters" event. However, he's considering an entry fee in the future to help pay for money prizes and is interested in ideas in this vein. He can be reached at 15734 Paramount Blvd., Paramount, CA 90723. □

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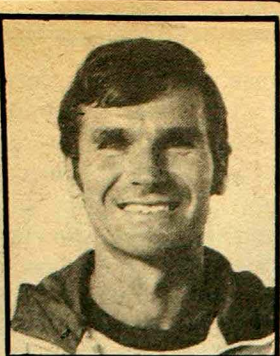


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THE GUN LAP

by MIKE TYMN

Where Have You Gone, Jack Foster?

Old marathon champions never retire. They just run off into the sunset. More and more of them, it seems, are looking forward to joining the masters ranks.

Before the 1985 Honolulu Marathon on December 11, I decided to find out what routes the former winners had taken since their victories. Ten men

"I thought I could run faster than 2:30, but 40 miles a week just isn't enough for that kind of time."

—Jeff Galloway, 40

had won the past 12 races. Hawaii's Duncan Macdonald had won it three times (1973-76-80). Seven of the ten have been Olympians. Ironically, two

of the non-Olympians, Dave Gordon (1982) and Dean Matthews (1979) had had the two fastest times (Irbramin Hussein of Kenya ran 2:12:08 in 1985 to shatter Gordon's race record of 2:15:30).

Gordon, Matthews, and 1984 winner Jorge Gonzales of Puerto Rico are still very prominent on the national and world scenes. The other seven have faded from it to varying degrees. Therefore, I contacted those seven to see what they were doing and how their attitudes about running and racing had changed.

Macdonald, a 1976 Olympian at 5,000 meters and a former American record holder (13:19.4) at that

distance, returned to his native Hawaii two years ago after spending a number of years in the Palo Alto, Calif. area while attending medical school at Stanford University.

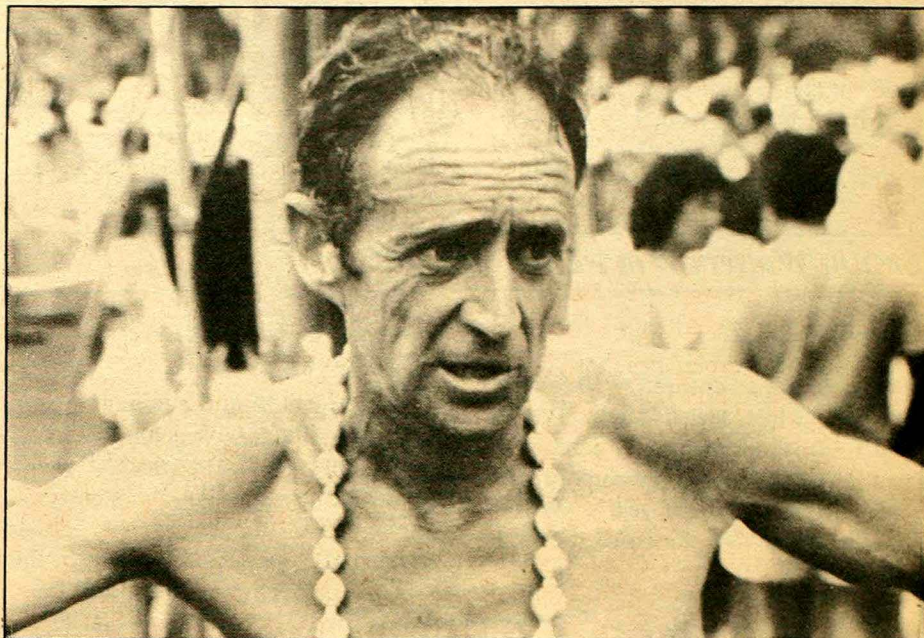
Now a family man with a career in medicine, Macdonald, 37, has been winning strictly local road races in Hawaii since returning. He has recent times of 30:12 for 10K and 46:16 for 15K on 30-40 miles a week of training. However, lacking the time and vitality necessary for world-class competition, Macdonald does not expect to return to anything close to his old form.

"But I can't see myself all of a sud-

miles a week just isn't enough for that kind of time."

Jack Foster won the 1975 Honolulu Marathon when he was 43 years old, clocking 2:17:24. The following year, he made his second Olympic appearance in the marathon. Foster, a New Zealand government clerk, is generally considered the best over-40 distance runner in the history of the sport. No masters marathon has yet threatened the 2:11:19 he turned in when he was 41.

Foster ran a 2:20:28 marathon shortly after his 50th birthday in 1982, but has not raced much since. He had been



Jack Foster

photo by Mike Tymn

den deciding I'm not going to stay fit," Macdonald said. "I'll continue to run the local races as training exercises and try to enjoy my running. I'll probably go back to training for the mile and eventually get into masters miling."

Macdonald clocked 3:58.4 for the mile in 1971 while an undergraduate at Stanford. He feels he should be able to go under 4:10 as a masters.

Jeff Galloway, winner of the second Honolulu Marathon (1974), also has cut back in his training and racing.

"The year I won Honolulu, Rudy Dressendorfer (an exercise physiologist) asked what I expected to do in running the rest of my life," Galloway said by phone from his Marietta, Ga. home. "I told him I don't think I'll ever drop below 100 miles a week. Well, I was wrong. Two factors have entered the picture, a family and a business. They have taken a lot of time and enjoyment out of my running and must come before running. As a result, I don't have that singlemindedness of purpose any more."

Galloway, who turned 40 last year, makes a living in running-related enterprises. He owns a running attire operation, writes articles and books about running, and gives lectures around the country on running. In the Twin Cities Marathon last October, he recorded a 2:31.

"I thought I could run faster than 2:30, but I should have realized that 40

invited to run in the Twin Cities Marathon last year, but was unable to mount the charge.

"The old body just wasn't responding to the extra training load I was doing," Foster wrote in a letter. "Sure, I was running well enough, but anything much more than an hour and I went flat. I ran a 10K in 31:50 and thought

"I still have the same desire, but as you get older you find you have to push harder and you end up with injuries." — Kevin Ryan, 37

I'd be fine if I just did some longer runs, but I wasn't recovering well enough so lost heart and gave the whole idea of marathons away."

Foster decided to take a year off from his job and tour New Zealand by bike with his wife.

Jeff Wells, the other non-Olympian among the ten past winners, was a divinity student when he won the 1977 Honolulu Marathon. Today, he is a pastor of a small church in Roseburg, Ore., married, and a father. After being out of action in 1984 because of Achilles tendon surgery, Wells, 32, returned to competition early last year, winning the Auckland, New Zealand marathon with a 2:16, then clocking

Continued on page 7

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The Gun Lap

Continued from page 6

2:14 in Rotterdam, and 2:18 at Twin Cities.

"I was hoping for a good bit better at Rotterdam and Twin Cities," Wells said by phone. "During the last couple of years, I've lowered my mileage from about 110 (a week) to 85. That's probably part of my problem. I think 85 is too little for me. And I've been doing less intense work on the track."

"My job as a pastor places certain demands upon me and takes a lot of emotional energy. Since Twin Cities, I've just been running how I feel and figure if I get motivated to train hard again I'll do it and if I don't I won't. I think the motivation will come back."

Like Galloway and Wells, Don Kardong, winner of the 1978 Honolulu Marathon, has found that job and family responsibilities conflict with training and racing. He also ran Twin Cities, clocking just 2:35.

"I know from experience that I can't run a good marathon unless I get my mileage way high, and I really don't have time to do that," said Kardong, recently turned 37.

"My plan now is that I won't run another competitive marathon until I turn 40 and maybe find a little more time in my schedule."

Kardong operates a running store in Spokane, Wash., writes articles for running magazines, acts as a racing consultant for Nike, and coordinates the professional running circuit.

"I can run pretty well at everything but the marathon on 80 miles a week, so I'll continue to run the shorter races," he said.

Like Macdonald, a former Stanford teammate and fellow Olympian, Kardong looks forward to getting back on the track when he enters the masters arena.

Jon Anderson, the 1981 Honolulu Marathon winner, seems to be the least active of the former champions, except perhaps for Foster. At the time I talked to him, he was running three days a week, strictly for fitness.

"From 1978 through 1984, I had no break at all," said Anderson, the editor and publisher of a lumber trade journal, from his Eugene, Ore. home.

"I was healthy and running well. I variety of things have kept me from training and racing this year. I guess that was time to back away and I feel comfortable with that. It's not that I don't want to compete again. I know I do."

Anderson, 36, considers 1984 his

best overall year even though he was an Olympian in 1972 and won the Boston Marathon the following year.

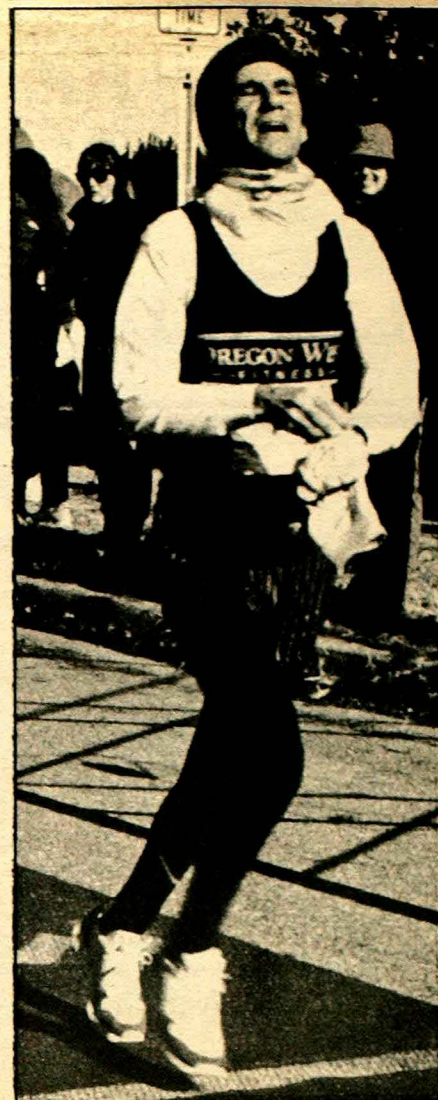
"I was forced to stay away after surgery in 1977," he said. "When I came back, there was fire there. I was hungry again. That's one of the reasons I feel comfortable now. You need to be somewhat hungry to go through that daily routine."

Kevin Ryan, the 1983 winner, finished the 1985 New York City Marathon in 71st place with a 2:28:10, but said from his home outside Boston that it was mostly a training run. He was just getting over injuries that afflicted him most of the year.

"I still have the same desire, but as you get older you find you have to push a little harder and you end up with injuries," said Ryan, a 37-year-old native of New Zealand and two-time Olympian. "The leg turnover hasn't been what it used to be, but maybe it'll come around."

Ryan, too, is looking forward to masters competition.

Although most of the former Honolulu Marathon champions have seen better days, none of them plans to completely retire from the sport. All of them, it seems, expect to run until they have one foot in the grave... and maybe then some. □



Rocket City Marathon 1985: Ken Prior 40, takes M45 win and 5th master.

Photo by Jim Oaks

INDOOR EASTERN REGIONAL TRACK AND FIELD CHAMPIONSHIP

Sunday, March 23, 1986

Eligibility: The competition is open to all men and women over the age of thirty (30) who are registered with the Athlete's Congress (TAC)

Age Divisions: 0A (30-34); 0B (35-39); 1A (40-44); 1B (45-49); 2A (50-54); 2B (55-59); 3A (60-64); 3B (65-69); 4A (70-74); 4B (75-79); 5A (80+)

Entries: All entries must be postmarked no later than MONDAY, MARCH 17, 1986

Entry Fee: \$7.00 first event [includes new TAC insurance coverage]
5.00 each additional event
16.00 per relay team

*No refunds or switching of events after you have entered.

SCHEDULE OF EVENTS

Event #	Event	Time	Order
1	55 m HH(T)	10:30 AM	younger to older - men then women
2	55 m (T)		younger to older - men then women
	55 m H.H.(F)		
	55 m (F)		
3	1500 m	1:00 PM	younger to older - men then women
4	500 m		
5	3000 m walk		
6	800 m		
7	300 m		
8	3000 m		
9	4 X 800 m		
10	4 X 400 m		
11	Shot Put (Women) T & F	10:30 AM	5A, 4B, 4A, 3B, 3A, 2B, 2A, 1B, 1A, 0B, 0A
12	Pole Vault (Men)	11:00 AM	All age groups
13	Weight Throw (M)	12:00 PM	2A, 2B, 3A, 3B, 4A, 4B, 5A, 0A, 0B, 1A, 1B
13a	Weight Throw (M)	follows event 13	0A, 0B, 1A, 1B
14	Shot Put (Men) T & F	12:30 PM	0A, 0B, 1A, 1B
14a	Shot Put (Men)	follows event 14	2A, 2B, 3A, 3B, 4A, 4B, 5A
15	Long Jump Trials (M&W)	12:00-1:45 PM	All age groups - must have 3 trial jumps by 1:45
15a	Long Jump Finals (M&W)	1:45-2:45 PM	Top 4 qualifiers in each division
16	High Jump (M&W)	2:00 PM	All age groups - 2 jumping areas
17	Triple Jump Trials (M&W)	3:00-4:00 PM	All age groups - must have 3 trial jumps by 4:00
	Triple Jump Finals (M&W)	4:00-5:00 PM	Top 4 qualifiers in each division
Relays:			
	4 X 400	(30-39 M & W); (40 + W); (40-49 M); (50 + M)	
	4 X 800	(30-39 M & W); (40-49 M); (50 + M)	
Meet Site Facilities:			
	Wall to wall TARTAN floor, six lane 200 meter track. Shot put on plywood. Weight is thrown outside on concrete circle.		

Dressing Facilities: Lockerroom and shower facilities are available for both men and women. Bring your own lock and towel.

STANDARDS FOR HURDLES:WEIGHTS					STANDARDS FOR HURDLES:WEIGHTS				
	DIV. 0	DIV. 1	DIV. 2	DIV. 3	DIV. 4,5	DIV. 0	DIV. 1	DIV. 2,3,4,5	
Hurdles	39"	39"	36"	33"	30"	33"	30"	30"	
Shot Put	7.26K(16)	7.26K(16)	6.0K(13.4)	5.0K(12)	4.0(8.8)	4.0(8.8)	4.0(8.8)	3.0K(6.6)	
Weight Throws	35 lb.	35 lb.	35 lb.	25 lb.	25 lb.				

Directions: From Philadelphia area - I-95 south to Exit # 1N to Rt. 896
From New York - NJ Turnpike, Memorial Bridge, I-95 south to Exit # 1N to Rt. 896 -- the field house is located 1 mile on Rt. 896 north.
From Baltimore/Washington - I-95 north to Exit # 1N to Rt. 896

Further Information: Contact Larry Pratt at (302) 737-1927 after 7 p.m.
(302) 834-8938 9 a.m. - 3 p.m.
(302) 451-8846 Field House Phone

OFFICIAL ENTRY

NAME	EVENT	RECENT BEST MARK
(Last) First (M.I.)	(1)	
ADDRESS	(2)	
CITY STATE ZIP	(3)	
TAC # PHONE ()	(4)	
SEX M F BIRTHDATE	DIVISION	
INDIVIDUAL FEE \$ RELAY FEE \$	TOTAL \$	

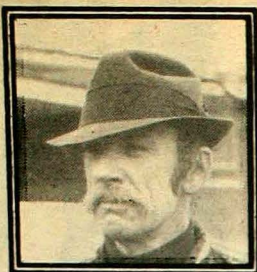
PAYABLE TO: LARRY PRATT
DELAWARE FIELD HOUSE
UNIVERSITY OF DELAWARE
NEWARK, DE 19716



ATHLETE'S RELEASE

In consideration of your acceptance of my entry, I do hereby, for myself, my heirs, and executors, waive, release and forever discharge any and all claims for damages which I may have, or which may hereafter accrue against The Masters Athletic Committee, The Athletics Congress, The Amateur Athletics Union, The Philadelphia Masters Track & Field Association, The University of Delaware, all other meet sponsors or their officer or agents, for any and all damages which may be suffered by me. I certify that my level of training is such that I am prepared to compete.

Date: _____ Athlete's Signature: _____



On Approaching Every Problem With an OPEN MOUTH

by W. MacDONALD MILLER

Not In This Life

I couldn't wait for the Super Bowl business to end because I've always hated the Bears — and the Rams, even worse. Remember, Super Fan, the Rams were the Cleveland Rams before they left Ohio.

Back then, I was a kid in Santa Monica. It was the Los Angeles Dons, man — with Crazy Legs and all that gang. Fate dealt me the Chicago Cardinals to root for. By the time I got to Chicago, they had gone to St. Louis. Speaking of towns, will someone please tell me where the hell Orlando, Woolridge is?

Recall, I had said it was a waste of time getting all knocked out over guys who make a million for being athletes and probably aren't very fit. Always talking about doing something in 4.5. Now what the hell kind of a race, I ask you, can you run in 4.5? To the best of my knowledge, 4.5 is the distance between the 3A-4A high hurdles. Forget that, they all have pot guts, gigantic buns and Star-Wars looking knee braces. What do they expect? Remember how it hurt when you dove off the couch, missed your sister and landed on that cheap carpet in what your folks called the "kids room?" Bad for the knees, pal — same difference.

Anyway, the whole Super Bowl routine seemed a little much. Actually, I do like the cute little twist the TV people are using in televising the college games. At halftime, they show these

fantastic academic facilities at the two schools involved in the game. I mean, you name it, they got it: engineering, heart transplants, moon shots, theater and dance, computers by the thousands. If the guys on the football teams ever used these facilities, they don't appear to have used them very long because the latest report out of the University of Minnesota indicates roughly 18% of the athletes graduate.

I screamed bloody murder and demanded they take a fraction of the money spent on the Super Bowl and use it on real sport. Then you'd see a real fitness boom in this country. You'd also see us wipe out the Russians in the Olympics. All it takes is money. Once our curling and polo teams got through with those bastards, they'd be begging for mercy.

How about gymnastics? I watched a college meet on cable and I couldn't believe what I saw. Everybody was named Goldberg or Cohen or Levy. Is that really where we've been hiding our best brains?

I'm kidding, what I'm really talking about is televising track, field and road racing to gain some exposure. If you think championship bowling is



Marcia Collins, 41, of Rockaway, N.J., finished 219th in the Charlotte Observer Marathon, Charlotte, N.C. Jan. 4, 1986 and won first place among masters women, earning \$200. Her time of 3:25:41.0 broke the women's masters record of 3:26:23.0 set in 1985 by Barbara Daye of Boone, N.C.

Photo The Charlotte Observer

brehtaking (mostly strikes and spares), can't you just hear the announcer at the Oshkosh Marathon: "Yes, folks, some of these runners are really moving."

It will never work. If we're going to make a go with televising masters running, walking, sleeping, jumping and throwing, we're going to have to capitalize on the many interesting personalities in the masters movement. Close up and personal, as ABC said during the '84 Olympics.

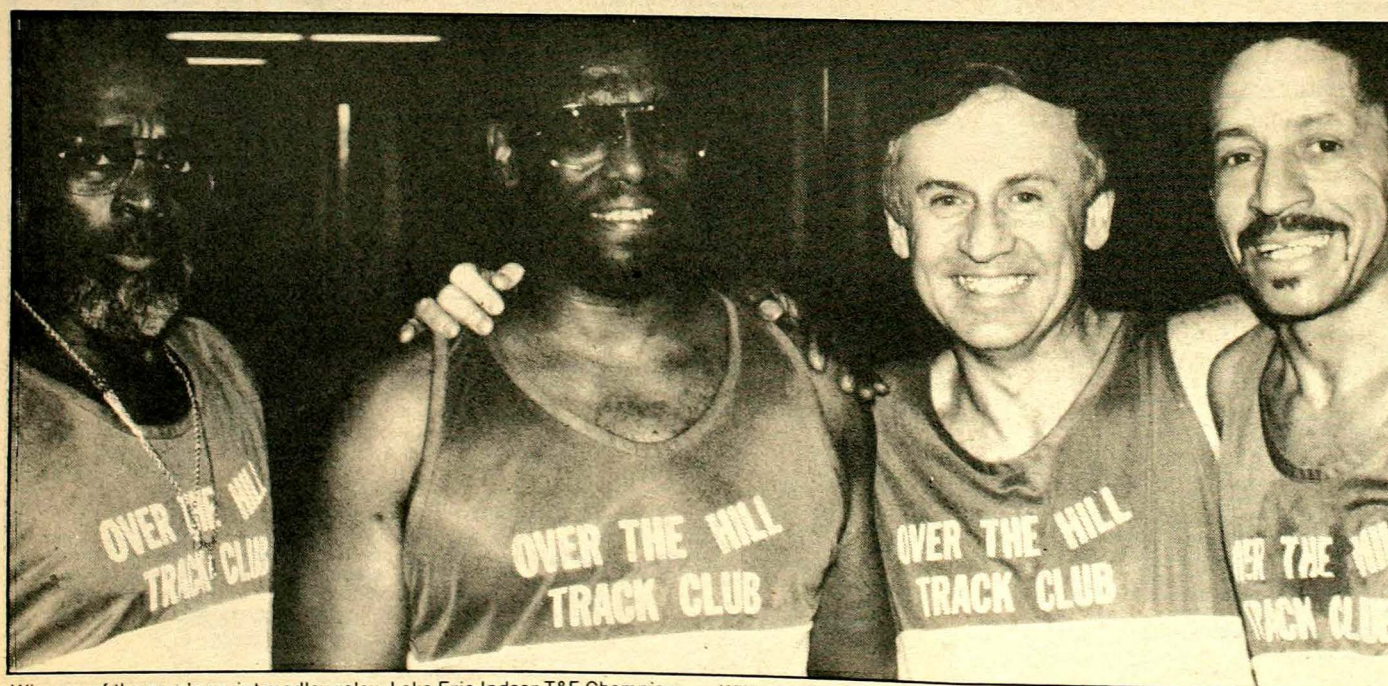
Sure, there are problems. Let's face it. Listening to some old bag bragging about how she ran from Akron to Toledo is bad enough without getting personal. It's got nothing to do with road racing. Keep it light and entertaining, the "That's Incredible" approach.

It just seems like all these other sports get so much exposure and a lot of wonderful people whose only sin is being in love with themselves get shit on.

Who cares if Martina has beaten Andrea Yaeger all 400 times they've played? Who could possibly laugh at another joke about Bob Hope's nose at a celebrity golf tournament? Who knows what cocaine costs in the NBA? They'll all be out in time for the playoffs anyway. If you're really interested in stock car racing or college basketball or Jimmy the Greek or ESPN — you're sick, see your podiatrist.

Better yet, send some money to Dave Pain and we'll have the World Games in the country where they really belong. After all, what are the other choices? New Zealand or California. Forget it.

While you're at it, forget about television and exposure and who deserves what; it's for others. What the masters program needs is you. You're beautiful. □



Winners of the men's sprint medley relay, Lake Erie Indoor T&F Championships, Cleveland, Ohio, January 4, are (left to right) Tom Ragland, Paul

Williams, Ralph Scola and Grover Coats.

photo by James White



Continued from page 2

after competing in their individual events to run a 400-meter leg on a relay at the end of the day. And yet meet directors continue to schedule the event, with fewer and fewer clubs entering teams each year.

To encourage clubs and athletes to participate in relay team competition, I suggest that meet directors consider scheduling an 800-meter relay instead of a 1600-meter relay at the close of competition. Relays are a fun part of a meet and encourage competition between clubs, as well as building team spirit.

Bill Adler
Los Angeles

RULES FAVOR ELITISTS

After reading the summary of the TAC Convention (January NMN) it is becoming regrettably apparent that the masters movement is being influenced by a small group of people who are determined to have things their own way — regardless of the consequences or the wishes of the athletes involved.

Those few have turned the TAC Masters into an organization concerned primarily with the elite athlete and for attaining "their way" by changing the rules, etc. The masters movement for the participating athlete is terminal-ly ill and it's time to look elsewhere.

First, the throwers were hurt by changing the weights around. Then the hurdlers were hurt by increasing the heights. Now the sprinters have been devastated by drastically altering the sprinting rules.

I will never run under this unjust, unnecessary "no false start" rule; and I suggest that other athletes do likewise. Fortunately, there are other, non-TAC meets to compete in: all-comers, age-group, etc. TAC has little or no control over anything but a TAC sponsored/sanctioned meet and meet directors can use any rules they deem appropriate.

Recently, I read the article about the 95-year-old man running. Wonderful, but if he happens to "false start," are they going to kick him out of the race? How stupid can we get?

To kick anyone, who has spent up to 3-5 days of their life and \$500-\$1000 of their own money, out of a race for such a minor violation is beyond my comprehension of fairness.

It is, regrettably, time to consider "leaving." The masters movement (like the Road Runners) never really needed an outside organization, such as TAC, in the first place; and certainly doesn't need what is happening to it now.

William Nottingham
Satellite Beach, Florida

(The "no false start" rule was adopted by a vote of 19-1 at the convention. The 20 voting delegates represented virtually every area of the nation. — Ed.)

WEIGHT EVENTS

I agree with Carl Wallin's letter (December) that there should be flights and warm ups in the throwing events, especially at the Nationals. I, too, would like the 16# shot, 16# hammer and 2K discus thrown at least up to age 59. I work hard to keep up my strength and form and don't want to "step down" to lighter implements.

Robert Mead
East Arlington, Vermont

ATHLETE-OF-THE-YEAR AWARDS

I was disappointed that Jose Ubarri was not voted best TAC M60 track athlete-of-the-year. He won four gold medals in the World Games in Rome in the 100 (12.60), 200 (26.19), long jump (5.35m) and 4 x 100 relay.

Gilberto Gonzalez-Julia
San Juan, Puerto Rico

(Ubarri's achievements are impressive. The Awards Committee chose Rudy Valentine because of his four M60 wins in the TAC National Masters Championships in the 100, 200, 400 and 400H, his American M60 400H record 66.01, and his near-400-record 59.40. — Ed.)

GERMAN VETS

The World Veterans Games in Rome showed there is a strong veterans athletics movement in Germany, but we still have a long way to go. It would help if we had a periodical written for veterans as is your excellent National Masters News. Your report on Rome told more about our German participants than all the sports papers in our own country.

Hans Bitter
Herzogenaurach, West Germany

KUDOS

The National Masters News is such a marvelous and worthwhile publication for anyone interested in track, field or distance running. I find particular interest in the age-group rankings and the five-year age-group records. It is intriguing to compare one's time with the others. The growing interest in the U.S. hosting the 1989 WAVA Games will gain momentum with your articles. Already, some of my friends who recently subscribed to NMN are getting excited about it. Keep up the splendid work.

Eugene Keller
Cincinnati, Ohio

"THE YEAR'S MOST ELECTRIFYING FINISH."

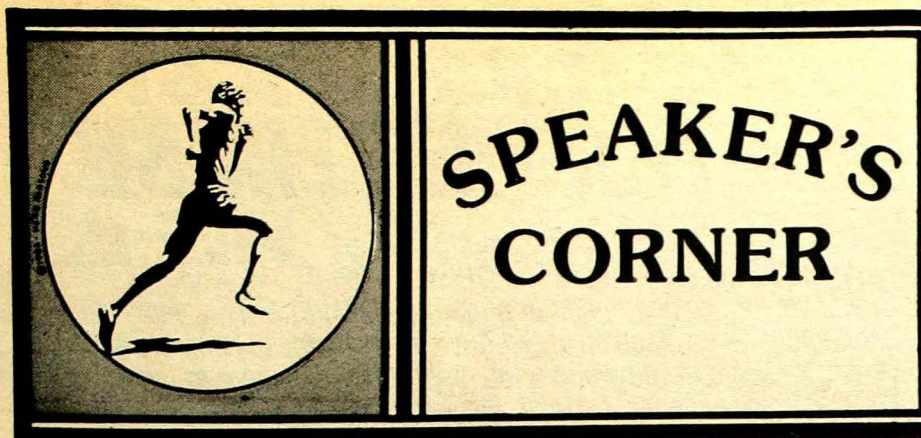
That's what *The Runner* called the 1985 Freihofer's Run for Women/TAC 10km National Championship, which ended in a history-making tie. This year, the excitement takes place on May 17. It's your chance to compete against some of the world's top masters — and share in the \$5,000 prize money. Or take part in our 5km non-championship race on the same day.

For your entry form, simply visit your local Athletic Attic or Athlete's Foot store, or write: Freihofer's/TAC 10km Championship, c/o George Regan, 382 Broadway, Room 7, Albany, New York 12207.



Freihofer's
Run for Women





Aging and Athletic Performance

by Michael Tymn, "Aging and Athletic Performance," *Sports Encyclopedia North America*, John D. Windhausen, ed., Vol. 1 (1985). Copyright — 1985 by Academic International Press. Reprinted with the permission of the publisher.

Aging involves both gains and losses for the athlete. Through childhood and adolescence, there is steady gain. The prime years for athletics are from 18 to 35, although the peak years are generally 24-32. While physical decline may begin to set in at around 25, the slight loss over the next 5-10 years is usually more than offset by adaptation to the sport, and by competitive experience. It's not until about 35 that the physical loss becomes discernible.

For example, world-class swimmers are most often found in the 18-22 range. But, this does not necessarily mean that a swimmer cannot reach greater heights in the mid or late 20's, or even in the early 30's. In truly amateur sports, such as swimming, the opportunity is seldom present for the individual to continue competing beyond the college years. The many hours of training required to achieve world-class level interfere with career pursuits and personal relationships. Moreover, once the athlete has excelled and achieved certain goals, the incentive to continue is insufficient to overcome the obstacles.

Professional sports and quasi-professional sports, such as world-class distance running, provide a better yardstick by which to measure the effects of aging since the incentive is present. However, even here, many non-physical factors enter the picture to make the measurement difficult. The fact that the average major league baseball batting champion from 1950 to 1982 is 29 years old does not mean that ballplayers are stronger and quicker at 29 than at 18 or 22. Experience, including the sharpening of technical skills and the development of confidence, is unquestionably a factor which delays the peak years of ballplayers.

Ten Fastest Marathoners

The ten fastest marathon runners in the world during 1983 averaged 30 years of age, the range being from 26 to 36. The oldest, Carlos Lopes of Portugal, went on in 1984 to become the oldest Olympic marathon winner. Yet, it would be improper to conclude that 30 year olds have greater basic aerobic (endurance) capacity than 20 year olds. Distance running is a sport which requires five to ten years of adaptation in order to achieve maximum performance. This means molding of the musculo-skeletal, the respiratory, and

cardiovascular systems through training to the demands of the sport. Adaptation also explains why a person who takes up distance running or another sport of this nature at age 50 or 60 might continue to improve his or her times for several years before noticing a decline. For most middle-aged athletes who have not been active in their sport, the gains from learning and adaptation run well ahead of the losses to aging in the initial stages of development.

The nature of the sport is important in considering the effects of aging on the athlete. In some sports, notably gymnastics, athletes have peaked even before attaining full physical maturity. Who can forget the little 14-year-old Nadia Comaneci of Romania and her perfect scores at the 1976 Olympic Games? But we do not know if a 22-year-old Nadia Comaneci, given the proper motivation and opportunity, could have done as well or better at the Los Angeles Olympics.

The Zola Budd Phenomenon

There are such phenomena in other sports. Zola Budd of South Africa was a top-ranked female middle-distance runner in 1983 at the age of 17, some eight to ten years younger than most other leading women middle-distance runners. And Naim Suleimanov of Bulgaria astounded weightlifting followers in 1983 and 1984 with world records at ages 15 and 16. Like distance running, weightlifting usually requires a lengthy adaptive period. Barring motivational problems, there is no reason to doubt that their performances could continue to improve. However, lack of motivation — "burnout," as it is sometimes called — is as much a factor in athletic performance as is the physical aspect of aging. Once having achieved at the highest level for several years, many athletes begin to lose interest and desire.



Ted Rademaker, 60, California, en route to new M60 American Record of 16.05 for the 100-meter hurdles in the National Masters T&F Championships, Indianapolis.

Photo by Gretchen Snyder

At the other side of the age spectrum, there are many men and women who have excelled in their 40's, 50's, and even 60's. Here again, though, the nature of the sport must be considered. The successful senior athlete or sports-person is more likely to be found in relatively sedentary sports, such as golf, bowling, archery, and yachting. While these sports are demanding in specific ways, they call more for certain kinds of control or finesse than for the anaerobic (strength) ability or aerobic (endurance) capacity required for sports in which athletes generally retire at around age 35.

Research in Aging

Research in aging has been carried on for many years, but there is still much to be learned, especially with regard to its effect on athletic performance. The studies indicate that there are definite changes affecting the bones, heart, muscles, lungs, and other body functions which begin in the third decade of life and have a significant bearing on one's vitality in sports and athletics.

Overall, work capacity declines by 30 percent between the ages of 30 and 70. This is paralleled by a decline in muscular strength and muscle mass by 25-30 percent between the ages of 30 and 70. The skeletal system loses bone at different rates depending upon sex and individual factors. What is not entirely clear from all these studies is how much of the decline is due to disuse. Some current research suggests that as much as 50 percent of the decline frequently attributed to physiological aging can be forestalled by a vigorous fitness program.

Until the early 1970's, there were very few middle-aged and senior men or women engaged in vigorous sports or fitness programs. Consequently, there was little for researchers to study. The fitness boom, which began in the

late 60's and mushroomed in the mid-70's, is providing researchers with a much greater field of study, but it will be a number of years before more conclusive findings are made.

Masters Competition

Much of the current research focus is on age-class or "masters" track & field competition. One athlete who provides some measure of the decline in running speed is Thane Baker, who captured the silver medal in the 200 meter dash at the 1952 Olympic Games and then won a gold (sprint relay), silver (100 meters) and bronze (200 meters) at the 1956 Olympic Games. His best times in those years were 10.2 seconds for 100 meters and 20.6 for 200 meters. Upon turning 40 in 1971, Baker took up masters track and recorded a world masters record of 10.7 for 100 meters the following year. The synthetic track on which he achieved the 10.7 probably gave him two-tenths of a second over the old cinder and clay tracks on which he competed in the 50's. Thus he slowed seven percent between his mid-20's and age 41. At the age of 50, Baker recorded world age records of 11.3 for 100 meters and 23.4 for 200 meters, representing a slowing of between eleven and fourteen percent over a 25 year period. Of course, there is the possibility that Baker's decline was hastened by his period of relative inactivity during his 30's. One cannot be sure that all other factors, i.e., motivation, nature and intensity of training, etc., remained the same.

In the marathon, New Zealand's Jack Foster recorded a time of 2 hours, 11 minutes, 18 seconds at the age of 41. That has stood as the over-40 record since 1973 and compares well with the current world best of 2:07:12 by Carlos Lopes. That performance was Foster's personal best. Peaking at this age might be explained by the fact that

Continued on page 12



Shirley Matson

Shirley Matson loves to run. She discovered this at the age of 40, when she began to run at the encouragement of friends. "I always did well," she says, "and was motivated to see what my ultimate potential might be."

It turned out to be considerable. Since then, she's set about 20 American age records, holds the W40 American record for the half-marathon (1:19:54), and has received many honors, including being named number one U.S. master for W40 in 1984 by The Athletics Congress and Running Times magazine. In 1984 she qualified for the women's Olympic marathon trials with 2:50:03.

Her 45th birthday was on November 7, 1985, and she immediately set four new age-group records: the 10K (35:32) on a point-to-point course, 10K (36:11) on a loop course, 8K (28:47) and half-marathon (1:20:25).

Most of her training consists of long runs on level roads near her home in Solana Beach, California. Once a week she trains on hills. Her average weekly mileage is about 50-70 miles (including racing). Her shortest run is four miles; her longest is 12-14. Training pace varies between 6:30-8:00. Since beginning training, her workouts haven't changed much; "I just run them at a quicker pace," she says.

She does no track work at all. "I like to race frequently and consider that my speed work. Otherwise I experience knee problems."

She races about twice a month, from the 5K to the half-marathon. Occasionally she'll run a marathon, a 20K or 25K.

Other training includes swimming (three days a week for a half hour), walking (about 4 miles a day), and moderate calisthenics (four days a week). In the summer she sometimes

does a little biking, but has to be careful of her knees.

Before and after a workout she does about five minutes of mild stretching. If she's racing, she warms up by jogging about two miles easy, walks around a little, and does a few strides. Cool-down consists of walking 1-2 miles after training, or jogging 1-2 miles after racing.

Favorite training shoes are the Nike Vortex; for racing she uses Nike racing flats Terra TC.

Ordinarily her training routine before a race doesn't change. For an important race, however, she does a hard workout about four days before the race, then tapers off and takes 1-2 days rest before the race day.

Prior to the race she doesn't go on any special diet. She continues with her usual vegetarian diet — one high in complex carbohydrates and including whole grains, vegetables, fruits and nuts.

She's been remarkably injury-free. Her only serious injury was a six-month bout with patella tendonitis in 1983. "I tried all kinds of therapy and then eventually did nothing but rest. That is always the best therapy, but it takes a long time and coming back is no fun."

She runs first thing in the morning. "I'm lucky," she says. "I'm able to adjust my schedule to my own desires, and I take advantage of it!"

Other activities include dancing, reading, taking leisurely strolls on the beach or in the mountains. She also acts in little theatre groups.

Shirley has no intention of resting on



Shirley Matson

her laurels. Her goals are "to set as many age group 45-49 records as possible, to be competitive at every age-group level, and to be the best I can."

And last but not least, "to continue to enjoy running and traveling and meeting more wonderful runners." □

—Gretchen Snyder

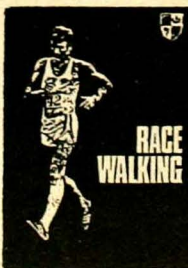
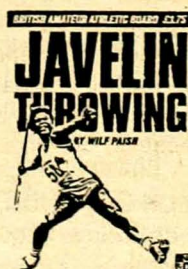
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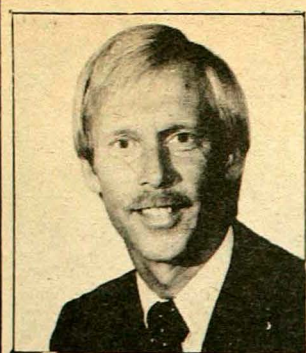
WIMSEY HOUSE, P.O. BOX 33182, GRANADA HILLS, CA 91344

DAILY TRAINING SCHEDULE — SHIRLEY MATSON

Monday	8-10 miles	Roads, fairly level; 7:00 pace
Tuesday	8-10 miles	Roads, fairly level; 7:00 pace
Wednesday	12-14 miles	Hilly 6:30-7:00 pace
Thursday	8 miles	Roads, level 7:30-8:00 pace
Friday	4 miles	Roads 7:30 pace
Saturday	4 miles	Roads, flat 7:30 pace
Sunday	race	

* Before an important race she does a hard workout about 4 days before the race, then tapers off and takes 1-2 days rest before race day.

Training also includes ½ hour of swimming 3 days a week; walking 4 miles a day, and calisthenics 4 days a week.



Pagliano's Podiatric Pointers

THE FOOT BEAT

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

Q I am a 45-year-old male long distance runner and have been running competitively for about 10 years. A few months ago I developed pain on the outside of my right knee. My running friends tell me it is a 'band syndrome'. It is getting pretty sore. Can you tell me a little bit about my injury?

A The "iliotibial band syndrome" is one of the more common running injuries among long distance runners and usually occurs in males between the ages of 30-39. It is more predominant in the right knee and occurs in those runners who have been running more than 5 years.

The iliotibial band is a thickened strip of fibrous tissue that extends from the hip joint to the outside of the knee. When the knee bends, the iliotibial band is pulled to the front, and when the knee straightens, it is pulled back. Squatting, climbing stairs or excessive running causes friction in this area. It is thought that a thickened, fluid-filled cavity (bursa) forms on the outside of the knee, due to friction.

Pain can become quite severe with repeated exercise. The area does not swell appreciably, but there is a lack of motion and it becomes difficult for the athlete to bend the knee or straighten the leg during running. We found that pain could be elicited by palpating the outer portion of the knee.

The majority of those with iliotibial band syndrome ran at least 20-40 miles

weekly. Most could run with the pain but the addition of more mileage, speed or hills increased the pain. It should be noted that most of these patients had made a significant change in their running schedule prior to the injury. They had increased mileage or speed, and a few had changed from a soft surface to concrete roads. No specific brand of shoes was predominant, but some had been wearing worn out shoes.

Our major emphasis in treatment was to reduce the distance run and reduce speed. In other words, rest is usually indicated. Conservative treatment such as icing the area after runs and the application of moist compresses proved successful. Anti-inflammatories and local steroid injections were also tried with some success.

No single treatment appeared better

than another. The use of a neoprene knee sleeve helped many of the runners. There is a surgical technique in which the iliotibial band is split and excess tissue is removed. We did not use this treatment in any of the runners seen.

Further treatment can include the use of a biomechanical foot orthosis which has been used with some good response. The idea is to reduce shock to the knee area and to lessen the aggravating effect of any misalignment that may be present in the foot and leg.

The long term prognosis for iliotibial band syndrome is good, although the healing time is rather long. The duration of a chronic condition can be as long as 9 months. Some patients did suffer recurrent symptoms.

For those who suspect iliotibial band syndrome, it is essential that a complete and accurate diagnosis be made as soon as possible. Rest and reduced mileage is a must. IF the condition can be diagnosed and treated at an early stage, it can be eliminated in a rather short period of time. □

(Dr. Pagliano is a runner and a podiatrist in Long Beach, California. He is a member of the American College of Sports Medicine. If you have a foot, ankle or achilles question, write to Dr. John Pagliano, The Foot Beat, NMN, Box 2372, Van Nuys, CA 91404.)



Eighty-four years young Arling Pitcher in a winning vault in the Lake Erie Indoor T&F Championships, Cleveland, Ohio, January 4.

Photo by James White

Speaker's Corner

Continued from page 10

Foster did not take up distance running until he was 32. Therefore, there was an adaptation period that followed over the next nine years. It is very possible that Foster would have run several minutes faster at age 30 had he taken up running at an earlier age. Foster represented New Zealand in the 1972 and 1976 Olympic Games, the latter at age 44. In 1982, he established the current over-50 marathon record of 2:20:28, showing a decline of about one minute a year in the 26.2 mile race.

Clive Davies

Clive Davies, a naturalized American from Wales, holds the current 65-69 marathon record at 2:42:49. Since Davies did not take up running until age 57, it is impossible to say how much he has declined. The 2:42:49 at age 66, however, is some 34 minutes slower than Lopes' world best and represents a one-minute per year loss from age 32, thereby corresponding to Foster's experience.

Another interesting study is Harold Chapson of Hawaii. In his college days, he was a 4:30 miler. After college, he was a 4:30 miler. After college, he continued to lead an active life but did not run. He took up the sport again in 1973 at age 71 and clocked 5:54.0 in the mile, becoming the first person 70 or over to officially break six minutes. He lowered his time to 5:51.7 at age 73, but then slowed to 6:15 at age 78. Shortly after his 80th birthday, Chapson ran 1500 meters in 5:54.5, roughly the equivalent of a 6:30 mile.

Al Oerter, four-time Olympic gold

medal winner in the discus (1956-60-64-68), achieved his best official throw of 227 feet, 11 inches while attempting to make the 1980 Olympic team. He was then 43 years old. This was significantly longer than his best gold medal toss of 212-6 at Mexico City when he was 32. It would not be correct, though, to assume that Oerter was stronger and faster at 43 than he was at 32. He credited much of his improvement to changes in technique.

Athletes in other sports have performed at the top level well into their 40's, notably Archie Moore in boxing. Gordie Howe in ice hockey, George Blanda in football, Satchell Paige, Carl Yastrzemski, Phil Niekro and others in baseball, but in all cases it was clear that they were well beyond their peak years. The professional athlete who survives into his forties is usually a former superstar who has become just average.

In summary, it is evident that the prime years of sports and athletics are between 18 and 35 and the peak years most often between 24 and 32. A physical decline begins about age 25, but usually does not become discernible until the mid-30's. Initially, this decline is more than offset by gains in experience and adaptation. While the decline becomes more evident after 35, there is still much to be learned in this area. It seems clear that men and women are capable of much more vigorous participation in the middle of advanced years than has been recognized just ten or twenty years ago. □

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PROFILE

Polly Clarke

BORN: July 17, 1910, Omaha, Nebraska

SCHOOLS: North High, Omaha; Grinnell College, Iowa, (Phi Beta Kappa); Drake University

FAMILY: married to John Clarke, two children, two grandchildren

OCCUPATION: retired kindergarten teacher

HT./ WT.: 5-2, 95 pounds

CURRENT RESIDENCE: Estes Park, Colorado

COMPETITIVE HIGHLIGHTS: 1985 TAC Masters Athlete of Year; 16.04 for 100 meters, 1978; 16.2 world-record (70-74), 1981; 17.08 world-record (75-79), 1985; 34.2 world-record (70-74), 1981; 36.5 world-record (75-79), 1985; 1:23.2 for 400 meters, 1977; 1:29.7 world-record (75-79), 1985; 3:29.97 for 800 meters (1982); 3:49.8 world-record (75-79), 1985.

How Did You Get Started Running?

"After reading Dr. (Kenneth) Cooper's first book on Aerobics, I started to jump rope. That was the fall of 1968 when I was 58. The following spring, I tried to jog but could only go a short ways without stopping. I kept trying, but it was a long time before I could go around the block in our neighborhood, about a quarter of a mile. I was then 59."

When Did You Begin Competing?

"My first race was in Stockholm at the Olympic Stadium in August 1972. John was a member of the first masters tour going to Europe. Nothing was planned for women, but they finally agreed to a 1500-meter race if we could get enough women to run. I agreed to run only so the others could have their chance. I was 62 then and the oldest of the six in the field. I came in fourth with an 8:10. The 40-year-old just ahead of me was really struggling but finally beat me in. Afterward she told me she couldn't let someone 20 years older beat her. About a week later at Goteborg, I got to run again and improved my time to 7:49.3. I guess that is when the running bug bit me."

Which Do You Consider Your Best Event?

"Based on my times, the 100. The shorter, the better."

Please Describe Your Typical Training Routine.

"Track season is the only time I go to the track. Otherwise, I run in my neighborhood on gravel or blacktop, usually going up or downhill; there are a few level spots in Estes. A typical track workout will involve a one mile jog to the track, then stride 900 meters, walk a lap, run nearly 800 meters all out, walk a lap, practice starts, run 150 meters fairly hard, walk a lap, and then finish off with 300 meters fairly hard."

Is Running Your Only Sport Or

Fitness Activity?

"I'm a great lover of the outdoors. Living where I could run relatively free from congestion and traffic has been a big factor in my continuing to run."

"My first love, though, is really not running, but cross-country skiing. I also like to ride a bike, swim, and ice skate. After meeting Bob Anderson several years ago and receiving a copy of his book, "Stretching," I have followed his suggestions for runners quite faithfully. I believe this has been a big factor in my not having any injuries of any consequence. I also do 100 pulls on a rowing machine at least once a week."

What Do You Consider Your Greatest Achievement In Sports?

"Becoming a world-class masters sprinter when I had no background in track and didn't even jog until I was 58. This has been the surprise of my life. I have won every race I have ever run competing with women in my five-year age bracket."

How About Outside Of Sports?

"My greatest achievement outside of sports is to have lived to age 75 feeling happy and content. The most important aspect of living is our relationship with others. I have achieved at least reasonable success as wife, mother, grandmother, friend and teacher. Our world would be a much better place if all followed Jesus' command to 'Love one another.'"

Which Quality, Attribute, Or Characteristic Do You Feel Has Been The Key To Your Success As A Competitor?

"I must have had some natural ability. I'm competitive and willing to work hard. But the big factor was John. I knew nothing about training. He had run since he was in high school and had been very successful. He taught me, encouraged me, understood my problems and helped me overcome them. He has never been jealous of my success, but



Polly Clarke

always proud of me. I owe everything to him."

Your Recent Times Show A Slight Decline In Speed. Do You Feel Any Different Than When You Ran That 16.04 100 Back in 1978?

"I'm still strong, have lots of energy and my general health is excellent. However, I'm experiencing a little arthritis and thickening of tendon sheaths."

"My memory is not what it used to be. Like many oldsters, I can recall the names from 50 years ago better than the names of someone I met last week."

How Else Have You Kept Occupied Since Retiring From Your Job As A School Teacher?

"My church and related activities have always been important to me. In 1984, I finished 50 hours of training to be ordained a Stephen Minister in the Community Church of the Rockies."

"Learning to snorkel in the lagoon at Bora Bora last year was a terrific thrill."

What's Ahead In The Way Of Competition?

"Hopefully, I'll go to the Nationals. John and I have been to Melbourne, so I don't know if we'll go back there. It'll be a temptation when the time comes. □

—Mike Tymn

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MASTERS TRACK & FIELD REPORT

by JERRY ALAN DONLEY

Chairman, TAC Masters Track & Field Committee

1986

Masters athletics is off to a good start in 1986. After the flurry of the convention, things are settling down, and I feel we have most everything in place for 1986. We need to be planning ahead for the coming year, and trying to get things in good order for 1987.

We have ended up with a few conflicts, particularly with our indoor championship. These conflicts are not anyone's fault, as local meets were scheduled before we had to reschedule the National meet from March to February. I'm sure all meets will be hurt to some degree by the conflict, but, hopefully, all meets will be strong in attendance and competition.

The earlier that we can begin scheduling the National championships, the easier it will be for everybody to plan around them, and build the meets in proper sequence, leading to the National meet. If you are interested in hosting a National championship, contacts need to be made as soon as possible with Ron Salvio for the indoor scheduling and Bruce Springbett for the outdoor scheduling. They will coordinate the scheduling with Max Goldsmith, who is in charge of site selection. Their addresses and phone numbers are listed in the Masters News, so it is easy to get in touch with them.

Since this seems to be a slow time, let me pass on some thoughts about a personal experience.

On January 26, 1986, I completely embarrassed myself, and anybody watching, with my vaulting at a meet at the University of Colorado in Boulder. I took my opening vaults at my starting height, and one, two, three, I was out. Everything had been building towards that meet in fairly good order. I was in good condition, I had been vaulting quite regularly in practice, which is unusual, and I simply bombed. Whether it was too much adrenalin, too much energy, lack of concentration, lack of motivation, I don't know, but it was awful! It all happened so fast, I had little time to think about what the problems were, what was going wrong, or how I could correct whatever the problems were.

The result, and my inability to correct the problems, did get me to thinking about coaches — and, although I was glad I didn't have one there to

whom I had to explain my efforts, it would have been nice to have had coaching help at that time.

I realized coaches must really have a tough time trying to help, encourage, teach, and evaluate those whom they coach, whether youth, open, or Masters competitors. Everyone has a different personality, and it has to be extremely frustrating to try to work with those who excel in practice, and who do poorly in a meet; those who do poorly in practice, but excel in competition; those who concentrate to the exclusion of everything; those who have an attention span of only an instant; those who are driven to overwork and perfection; and those who feel getting to the track or training room is the major part of the workout.

I once thought I wanted to be a coach. After consideration, I didn't become one, probably to everyone's benefit. But to those of you who did, and who have stuck it out and provided help, motivation and direction for all of the rest of us, in all our frailties and personalities, insecurities, instabilities, and in our talents, I'd like to express my appreciation and thanks, and hope that you are strong enough and devoted enough that you will continue on with your efforts as the unsung heroes of athletics in helping all of us who really do need your help. □



Bernice Holland, W55 shot put champion at the Lake Erie Indoor Track and Field Championships, January 4, 1986, Cleveland, Ohio.
Photo by James White

For 1986 the Lincoln Marathon has been singled out by "Running Times" magazine as one of a few events which "...are very good bets for some terrific running experiences in the coming year".

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CLUBS

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

NEW ENGLAND

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

EAST

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

N.Y. Masters Sports Club
77 Prospect Place
New York, NY 11217

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

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

Elkins Park Road Runners
7900 Old York Rd.
Elkins Park, PA 19117

West Pennsylvania TC
1245 Alamae Rd.
Washington, PA 15301

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

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

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

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

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

Central Park TC
1172 Park Ave.
New York, NY 10028

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

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

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

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

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

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



SOUTHEAST

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

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

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

Huntsville TC
8811 Edgehill Dr.
Huntsville, AL 35802

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

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

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

Charlottesville TC
311 Westminster Rd.
Charlottesville, Va 22901

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

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

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

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

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

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

MIDWEST

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

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

Legend Harriers
Roger Toothman
6543 Beecher Rd.
Granville OH 43023

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

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

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

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

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

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

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

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

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

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

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

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

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

MID-AMERICA

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

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

Lincoln TC
2900 John Ave.
Lincoln, NE 68502

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

Prairie Striders
Box 267
Brookings, SD 57006

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

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

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

SOUTHWEST

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

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

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

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

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

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

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

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

Oklahoma City Running Club
P.O. Box 18113
Oklahoma City, OK 73154
405/751-6073

WEST

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

Hawaii Masters Track Club
Jack Karbens, President
3138 Waialae Ave. #1003
Honolulu, HI 96816

Corona Del Mar TC
19103 S. Andmark Ave.
Carson, CA 90746

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

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

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

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

Culver City Athletic Club
c/o Phil Clarke
15232 Burtin St.
Van Nuys, CA 91402
318/780-0381

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

USA West Track Club
Skip Stolley
15425 Sherman Way No. 220
Van Nuys CA 91406
818/787-4377

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

Southern California Striders
Mike Castaneda
5975 E. Avenida La Vida
Anaheim, CA 92807
714/974-6199

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

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

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

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

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

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

Empire Runners
4700 Fougler Dr.
Santa Rosa, CA 95405

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

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

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

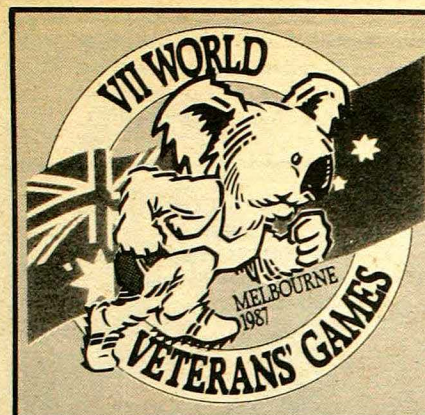
NORTHWEST

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

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

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

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



20 Months To Go

Countdown to Melbourne

Proposed Schedule Announced

by RAY CALLAGHAN, Competition Director of the VII World Veterans Games

This report contains the proposed procedures to be used for the VII World Veterans Games, to be held in Melbourne from Saturday, November 28 through Sunday, December 6, 1987. Critical comment should be expressed prior to August, 1986.

Time Period

Seven days are allotted for competition, one day for the WAVA General Assembly meeting, and one day for rest.

Opening Ceremony

There will be no opening ceremony, but there will be a simple, 60-minute welcoming ceremony involving the march on of athletes by age group, a few speeches, and a march off.

Schedule

I was asked to draw the schedule to allow for variety for spectators and for prime time TV on Sunday afternoon, Nov. 29th, and Saturday afternoon, Dec. 5. I gave consideration to a suggestion for a 6-day program. This would be feasible by moving the marathon to the morning of day 6, and dropping the relays. I believe both moves would detract from the Games.

Programming Principles

From 1500M down, heat winners and the next two fastest will qualify for the next round. This means events requiring more than six heats (more than 48 entries on an 8-lane track) will have semifinals.

Events longer than 1500M requiring divisions will be seeded on the basis of submitted times, with the fastest runners in the last race. The 5K, 10K and 5K walk will have listed fields to a maximum of 45. With a normal dropout of 25% to 30%, this will mean actual fields of up to 35. The steeplechase will have a listed field of 30 competitors (about 21 starters).

In the field events, the competitors will be formed into five groups to enable us to have fairly equal numbers competing in each event, each day: 1) M40, W60, W55; 2) M45, W45, W65+; 3) M50, W40, W35; 4) M55, M70, M75+; 5) M60, M65, W50, W50.

The most suitable number to have in a division seems to be: long and triple jump—minimum 12, with 16-20 optional; throwing events—8 to 12. All field events will be held in daylight.

Closing Date

We expect to close entries 90 days prior to the Games — about August 28, 1987.

Continued on page 17



Long jump action at Stadium Marmi at the V World Veterans Games in Rome.

5000 Expected in Australia

"There is no doubt that our expectations of 5000 competitors is not unrealistic," says Peg Smith, Executive Director of the VII World Veterans Games in Melbourne next year.

"We are working towards a high rate of awareness from the general public about the Games. By next year, we expect the whole community to be involved in a very hospitable and welcoming way," Smith reports.

On these pages are a report by Ray Callaghan, Meet Director of the Games, and a proposed schedule of events. If you have any comments, send them to NMN, P.O. Box 2372, Van Nuys, CA 91404. We'll publish some, and see that all letters are sent to the World Games organizers in Australia. □

PROPOSED SCHEDULE -- VII WORLD VETERANS GAMES -- 1987

THIS PROGRAM IS BASED ON THE ROME ATTENDANCE FIGURES (4,330)

TRACK ONE

TRACK TWO

FIRST DAY - SATURDAY NOV 28TH

TIME	EVENT	AGE GROUPS	ALLOW HEATS	TIME	EVENT	AGE GROUPS	ALLOW HEAT
11.07	SP/HURD HEATS	ALL	1.33 31	1.48	1500M HEATS	W35-59	.14 2
12.40	100M HEATS	M40-64	2.54 58	2.02	800M HEATS	M40-79	2.16 34
3.34	100M HEATS	M65-79	.44 11	4.18	400M HEATS	W35-59	1.12 18
4.18	100M S-FIN	M40-64	1.34 24	5.30	10KMS	M40 DIV 3	.50 1
5.52	200M HEATS	M80+W60+	.08 2	6.20	10KMS	M40 DIV 2	.50 1
6.00	10KMS	M70	1.00 1	7.10	10KMS	M40 DIV 1	.50 1
7.00	10KMS	M55 DIV 2	.55 1	8.00	10KMS	M65/60-	1.00 1
7.55	10KMS	M55 DIV 1	.55 1	9.00	10KMS	M60 DIV 1	1.00 1
8.50	10KMS	M75+	1.10 1	10.00	FINISH		

ROAD WALKS ON SAT AND/OR SUNDAY DEPENDING ON THE COURSE

SECOND DAY - SUNDAY NOV 29TH

TIME	EVENT	AGE GROUPS	ALLOW HEATS	TIME	EVENT	AGE GROUPS	ALLOW HEAT
12.00	SP/HURD FINALS	ALL	1.35 19	5.00	10KMS	M45 DIV 3	.50 1
1.35	800M FINALS	M80+W60+	.18 3	5.50	10KMS	M45 DIV 2	.50 1
1.53	400M FINALS	W35-59	.25 5	6.40	10KMS	M45 DIV 1	.50 1
2.18	WELCOME		1.00	7.30	10KMS	M50 DIV 3	.50 1
3.18	100M FINALS	M40-M79	.40 8	8.20	10KMS	M50 DIV 2	.50 1
3.58	200M FINALS	M80+W60+	.30 6	9.10	10KMS	M50 DIV 1	.50 1
4.28	800M FINALS	M40-M79	.48 8	10.00	FINISH		
5.16	1500M FINALS	W35-59	.40 5				
5.56	200M HEATS	M40-79	2.54 58				
8.50	10KMS	W50+	1.10 1				
9.00	10KMS	W35/40/45	1.00 1				

LAY DAY - MONDAY NOV 30TH

THIRD DAY - TUESDAY DEC 1ST

TIME	EVENT	AGE GROUPS	ALLOW HEATS	TIME	EVENT	AGE GROUPS	ALLOW HEAT
11.42	3/400M H/HEATS	ALL	1.36 24	5.30	5KM	M50 DIV 3	.25 1
1.18	100M S-FIN	W35-59	1.16 19	5.55	5KM	M50 DIV 2	.25 1
2.34	200M S-FIN	M40-79	1.36 24	6.20	5KM	M50 DIV 1	.25 1
4.10	100M FINALS	W35-59	.25 5	6.45	5KM	M45 DIV 3	.25 1
4.35	200M FINALS	M40-79	.40 8	7.10	5KM	M45 DIV 2	.25 1
5.15	5KM	M40 DIV 3	.25 1	7.35	5KM	M45 DIV 1	.25 1
5.40	5KM	M40 DIV 2	.25 1	8.00	5KM	M55 DIV 2	.30 1
6.05	5KM	M40 DIV 1	.25 1	8.30	5KM	M55 DIV 1	.30 1
6.30	5KM	M65/70	.30 1	9.00	5KM	M60 DIV 2	.30 1
7.00	5KM	M70 DIV 1	.30 1	9.30	5KM	M60 DIV 1	.30 1
7.30	5KM	M75+W65+	.30 1	10.00	FINISH		
8.00	5KM	W50/55/60	.30 1				
8.30	5KM	W45	.30 1				
9.00	5KM	W35	.30 1				
9.30	5KM	W40	.30 1				

WAVA GENERAL ASSEMBLY - WEDNESDAY DEC 2ND

DAY FOUR - THURSDAY DEC 3RD

TIME	EVENT	AGE GROUPS	ALLOW HEATS	TIME	EVENT	AGE GROUPS	ALLOW HEATS
8.00	PENTATHLON	M40 A	4.45	8.00	PENTATHLON	M55	4.45
9.15	PENTATHLON	M40 B	4.45	9.15	PENTATHLON	M60	4.45
9.30	3/400M HURDLES FINALS			10.30	PENTATHLON	M65/70	4.45
10.30	PENTATHLON	M45 A	4.45	11.45	PENTATHLON	W35/40	4.45
11.45	PENTATHLON	M45 B	4.45	1.00	PENTATHLON	W45/50	4.45
1.00	PENTATHLON	M50 A	4.45	2.15	PENTATHLON	W55+W75+	4.45
2.15	PENTATHLON	M50 B	4.45	7.00	FINISH		

Continued on page 17

Continued from page 16

CROSS COUNTRY - ROYAL PARK

8.00 ALL WOMEN /M35+ (154)

9.10 M50/55/60 (190)

10.10 M40/45 (171)

RECOMMEND THE NUMBER BEST IN A DIVISION FOR THE COURSE TO BE NOMINATED

UP TO SIX DIVISIONS MAY BE RUN IF COURSE REQUIRES IT.

DAY FIVE - FRIDAY DEC 4TH

TIME	EVENT	AGE GROUPS	ALLOW	HEATS	#	TIME	EVENT	AGE GROUPS	ALLOW	HEATS	#
12.47	100M HEATS	M80+W60+	.16	4	#						
1.03	200M HEATS	M35-59	.36	12	#						
1.39	400M HEATS	M40-79	2.42	54	#	2.22	800M HEATS	M35-59	.48	12	
4.21	200M S-FIN	M35-59	1.04	16	#	3.10	1500M HEATS	M40-79	3.00	27	
5.25	400M HEATS	M80+W60+	.08	2	#	6.10	5KM WALK	M40	.35	1	
5.33	400M S-FIN	M40-79	1.32	23	#	6.45	5KM WALK	M45 DIV 2	.40	1	
7.05	5KM WALK	M65	.40	1	#	7.25	5KM WALK	M45 DIV 1	.35	1	
7.45	5KM WALK	M70+	.45	1	#	8.00	5KM WALK	M50	.40	1	
8.30	5KM WALK	M35/40/45	.45	1	#	8.40	5KM WALK	M55	.40	1	
9.15	5KM WALK	M50+	.45	1	#	9.20	5KM WALK	M60	.40	1	
10.00	FINISH				#	10.00	FINISH				#

DAY SIX - SATURDAY DEC 5TH

TIME	EVENT	AGE GROUPS	ALLOW	HEATS	#	TIME	EVENT	AGE GROUPS	ALLOW	HEATS	#
12.30	2KM STEEPLE	M60+	.15	1	#						
12.45	3KM STEEPLE	M55	.15	1	#						
1.00	3KM STEEPLE	M50	.15	1	#						
1.15	3KM STEEPLE	M45	.15	1	#						
1.30	3KM STEEPLE	M40	.15	1	#						
1.45	1500M FINALS	M40-79	1.25	10	#						
	1500M FINALS	M80+W60+			#						
3.10	100M FINALS	M80+W60+	.30	6	#						
3.40	800M FINALS	M35-59	.30	5	#						
4.10	400M FINALS	M40-79	.48	8	#						
4.58	400M FINALS	M80+W60+	.24	4	#						
5.22	200M FINALS	M35-59	.25	5	#						
5.47	4X100M RELAYS	M40-69	1.00?		#						
6.47	FINISH				#						

DAY SEVEN - SUNDAY DEC 6TH

6.00AM THE MARATHON - START AND FINISH AT OLYMPIC PARK

?????? 4X100M RELAYS M70+ M35 M45 M55 M65+ (IN 10 YEAR AGE GROUPS)

?????? 4X400M RELAYS M35 M45 M55 M65+ M40 M50 M60 M70+

GAMES CLOSE

Countdown to Melbourne

Continued from page 16

Competition Areas

The intent is to hold all T&F competition at the Olympic Park Complex. There are two tracks, side by side. The marathon will start and finish at the complex. The cross-country has been moved to within walking distance of Melbourne U.

The No. 2 track will have a warmup track built on it in time for the Games. Nearly \$2 million has been allotted for this purpose by the Government.

The No. 1 track has a rekotan surface and an eight-lane track with an 11-lane sprint track. All field events will be held here.

We have a standby track, less than four miles away, to help us cope with possible emergencies. A fourth track has been booked to give us the option of another track for the pentathlon. A warmup grass track, right across from the complex, will be available.

Presentations

For most events, medallions will be awarded within five minutes after the event.

Announcing

All announcing will be in English.

Check-In

Competitors will be able to check in up to one hour before the event, or possibly 24 hours before, which would help the announcers, officials and results crew. People who are late checking in may still compete if they have a good reason and if there's an empty lane. We're still working on this.

Results

Results will be available within minutes. A daily result sheet will be printed. A results book will be available within a month after the Games.

Rehearsal

We will conduct a full scale, one day rehearsal at Olympic Park on Sunday,

Continued on page 19

PROPOSED WORLD GAMES FIELD PROGRAM - 9/12/85

DAY ONE - SATURDAY 28TH NOVEMBER

LJ			TJ			HJ			PV			SP			JAV			DISC			HAM		
GROUP	ALLOW	DIVS	GROUP	ALLOW	DIVS	GROUP	ALLOW	DIVS	GROUP	ALLOW	DIVS	GROUP	ALLOW	DIVS	GROUP	ALLOW	DIVS	GROUP	ALLOW	DIVS	GROUP	ALLOW	DIVS
M60	3.5	2	M40	3.5	2	M45	4		M50	5		M70	3.5	2	M65	3.5	2	M60	2	1			
M65	3.5	2				M45	2					M75+	2.5	1	M50	2	1	M55	2	1			
M50	2.0	1				M65+	2					M55	3.5	2	M60	3.5	2	M40	5	3	M45	5	1

DAY TWO - SUNDAY 29TH NOVEMBER

LJ			TJ			HJ			PV			SP			JAV			DISC			HAM		
GROUP	ALLOW	DIVS	GROUP	ALLOW	DIVS	GROUP	ALLOW	GROUP	ALLOW	GROUP	ALLOW	DIVS	GROUP	ALLOW	DIVS	GROUP	ALLOW	DIVS	GROUP	ALLOW	DIVS		
M40	5	3	M45	3.5	2	M50	4	M55	3.5	M65	3.5	2	M60	2	1	M45	2	1					
M60	1	1				M40	3	M65+	4	M50	2	1	M55	2	1	M65+	2	1					
M55	1	1				M35	2			M60	3.5	2	M40	5	3	M45	5	3	M50	3.5	2		

DAY THREE - TUESDAY 1ST DECEMBER

LJ			TJ			HJ			PV			SP			JAV			DISC			HAM		
GROUP	ALLOW	DIVS	GROUP	ALLOW	DIVS	GROUP	ALLOW	DIVS	GROUP	ALLOW	DIVS	GROUP	ALLOW	DIVS	GROUP	ALLOW	DIVS	GROUP	ALLOW	DIVS	GROUP	ALLOW	DIVS
M45	5	3	M50	3.5	2	M55	4.0		M60	3.5		M60	2	1	M45	2	1	M40	3.5	2	M70	3.5	2
M45	2	1				M70	3.0					M55	2	1	M65+	2	1	M35	2	1	M75+	2.5	1
M65+	1.5	1				M75+	2.0					M40	5	3	M45	5	3	M50	3.5	2	M55	3.5	2

DAY FIVE - FRIDAY 4TH DECEMBER

LJ	TJ			HJ			PV			SF			JAV			DISC			HAM		
GROUP	ALLOW	DIVS	GROUP	ALLOW	DIVS	GROUP	ALLOW	GROUP	ALLOW	GROUP	ALLOW	DIVS	GROUP	ALLOW	DIVS	GROUP	ALLOW	DIVS	GROUP	ALLOW	DIVS
M50	5	3	M55	2	1	M60	4.0	M40	5	M45	2	1	M40	3.5	2	M70	3.5	2	M65	3.5	2
M40	2	1	M70	2	1	M65	2.0			M65+	2	1	M35	2	1	M75+	2.5	1			
M35	2	1	M75+	2	1	M50	2.0			M45	5	3	M50	3.5	2	M55	3.5	2	M60	3.5	2

DAY SIX - SUNDAY 5TH DECEMBER

LJ			TJ			HJ			PV			SP			JAV			DISC			HAM		
GROUP	ALLOW	DIVS	GROUP	ALLOW	DIVS	GROUP	ALLOW	DIVS	GROUP	ALLOW	DIVS	GROUP	ALLOW	DIVS	GROUP	ALLOW	DIVS	GROUP	ALLOW	DIVS	GROUP	ALLOW	DIVS
M55	3.5	2	M60	2	1	M40	5.0		M45	5		M40	3.5	2	M70	3.5	2	M65	3.5	2			
M70	2.5	1	M65	2	1	M60	1.0					M35	2	1	M75+	2.5	1	M50	2	1			
M75+	2.5	1				M55	1.0					M50	3.5	2	M55	3.5	2	M60	3.5	2	M40	5	3

THIS PROGRAM IS BASED ON THE PREPOSITION THAT AGE GROUPS WITH MORE THAN 20 ENTRIES MAY BE DIVIDED INTO GRADED GROUPS. WHERE ONLY ONE COMPETITION AREA IS AVAILABLE, THE BEST PERFORMED GROUP WOULD COMPETE LAST, AND THE GROUPS WOULD BE PRE-FORMED IN THE PROGRAM BOOKLET. AND THE FINALISTS WOULD TAKE THEIR FINAL TRIALS IMMEDIATELY THE LAST DIVISION COMPLETED THEIR TRIALS.

WHERE THERE ARE TWO OR THREE COMPETITION AREAS AVAILABLE, THEN THE GROUPS WOULD BE FORMED ON THE DAY AND WOULD COMPETE ON THE AREAS AT THE SAME TIME AS EACH OTHER. THE FINALISTS WOULD THEN COME TO ONE AREA AND COMPLETE THEIR FINAL TRIALS.

The International Scene

by OWEN FLAHERTY, Secretary, World Association of Veteran Athletes

It is five years since I became Secretary, and they have been five satisfying years during which WAVA has continued to mature and grow in stature.

IAAF

In May, 1984, the International Amateur Athletic Federation proposed discussions with WAVA, which would lead to IAAF recognizing WAVA as the sole body responsible for administering and regulating international veterans athletics. At the same time, IAAF invited WAVA to provide two-thirds of the members of the new IAAF Veterans Committee. I felt this initiative by IAAF was a compliment to WAVA, and that WAVA should respond accordingly.

In Rome, the General Assembly gave the WAVA Executive authority to continue the discussions and to enter into an agreement with IAAF, subject to ratification by the General Assembly in Melbourne in December, 1987. Since then, the negotiations between IAAF and WAVA have continued and the

drafting of the agreement is well under-way.

IGAL

Another significant development took place in Rome. Agreement was reached between WAVA and IGAL whereby both bodies would jointly sanction the road-race events in 1987 (Israel) and 1988 (Korea) which originally had been sanctioned only by IGAL. Thereafter, IGAL will cease to function independently but will be incorporated into WAVA. Mention must be made of the helpful role of John Holt, General Secretary of IAAF, and Hans Skaset, President of the IAAF Veterans Committee, in the amicable discussions which led to this agreement.

By-Laws

A day later, another milestone in the

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

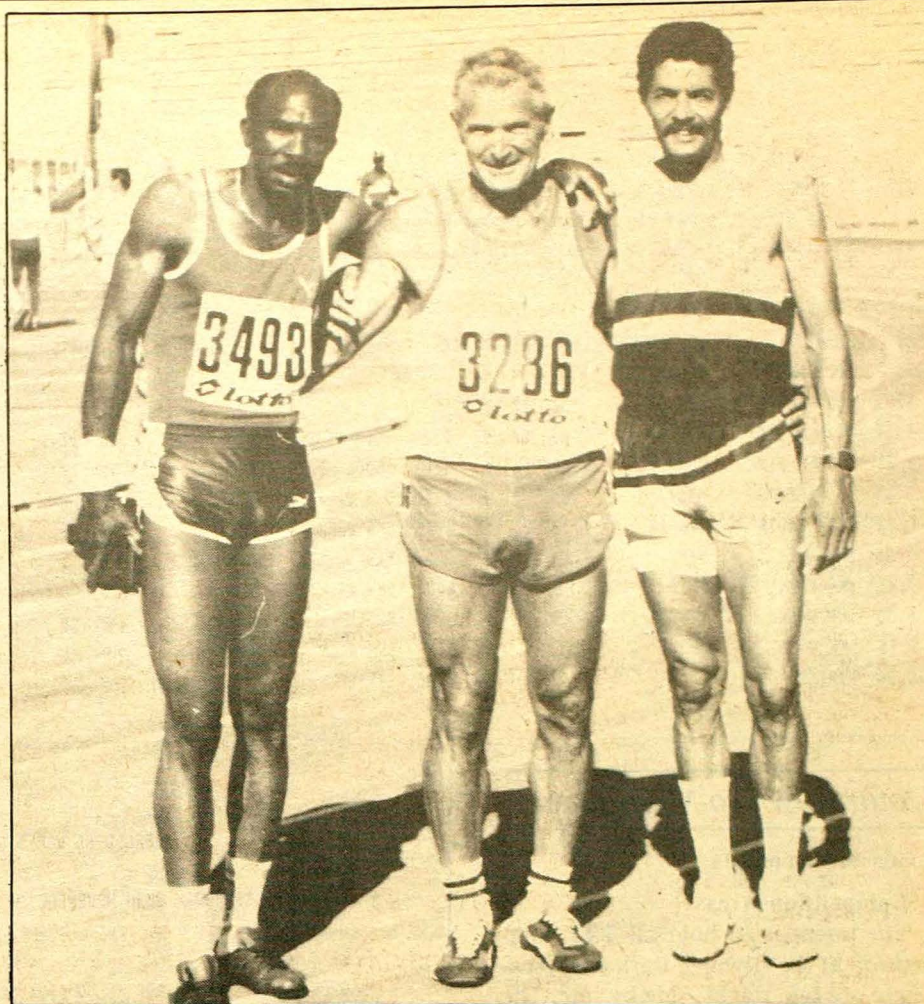
HURDLES

AGE	WOMEN					MEN				
	Race Distance	Hurdle Height	To 1st Hurdle	Between Hurdles	To Finish	Race Distance	Hurdle Height	To 1st Hurdle	Between Hurdles	To Finish
35-39	100m	.840m 33"	13.00m 42'8 1/2"	8.5m 27'10 1/2"	10.5m 34'5"					
40-49	80m	.762m 30"	12.00m 39'4"	8.0m 26'3"	12.00m 39'4"	110m	.991m 39"	13.72m 45'	9.14m 30'	14.02m 46'
50-59	80m	.762m 30"	12.00m 39'4"	8.0m 26'3"	12.00m 39'4"	110m	.914m 36"	13.72m 45'	9.14m 30'	14.02m 46'
60-69	-	-	-	-	-	100m	.840m 33"	13.00m 42'8 1/2"	8.50m 27'10 1/2"	10.50m 34'5"
70 plus	-	-	-	-	-	30m	.762m 30"	12.00m 39'4"	8.00m 26'3"	12.00m 39'4"
35-39	400m	.762m 30"	45.00m 147'7 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"					
40-49	400m	.762m 30"	45.00m 147'7 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"	400m	.914m 36"	45.00m 147'7 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"
50-59	300m	.762m 30"	50.00m 164'0 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"	400m	.840m 33"	45.00m 147'7 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"
60-69	-	-	-	-	-	300m	.762m 30"	50.00m 164'0 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"
70 plus	-	-	-	-	-	-	-	-	-	-

Steeplechase distance for age-groups M60 and M65 shall be 2000m; there is no steeplechase for age-groups M70 and above.

IMPLEMENTS

AGE	SHOT PUT	DISCUS	HAMMER	JAVELIN
WOMEN				
35-49	4.00K	1.00K	-	600 gms.
50 plus	3.00K	1.00K	-	400 gms.
MEN				
40-49	7.26K (16lbs.)	2.00K	7.26K (16lbs.)	800 gms.
50-59	6.00K	1.50K	6.00K	800 gms.
60-69	5.00K	1.00K	5.00K	600 gms.
70 plus	4.00K	1.00K	4.00K	600 gms.



M50 Sprinters Ron Taylor of Great Britain (left), Nick Newton of the USA (right), and one of their Italian hosts (center) at World Veterans Games in Rome last year.

history of WAVA was reached when the General Assembly approved the new Constitution and By-Laws.

Growth of Veterans Athletics

In Rome, over 4000 competitors took part — the largest World Veterans Championships to date. They were proof that veteran athletics is not only firmly established, but is still developing strongly.

Eastern-bloc

At the IAAF European Congress in Oslo last October, I met with delegations from countries with whom WAVA had no previous communication — USSR, German Democratic Republic, Poland, Bulgaria,

Czechoslovakia and Tanzania. To each of these delegations I gave an outline of WAVA's history and an application form for WAVA membership. I shall soon follow up in the hope that a number of eastern bloc countries will apply for membership.

Africa

There have lately been significant developments in veterans athletics in Africa. First, WAVA received news that there was a move to organize veteran athletics in Ghana. Then there was an approach from Nigeria. Finally, I received a letter from Botswana expressing interest in WAVA. As with the eastern bloc countries, I shall be

Continued on page 27

New WAVA Specs Announced

The official new WAVA hurdles and implement specifications have just been received from Owen Flaherty, Secretary of the World Association of Veteran Athletes, and are printed on this page.

Note these changes from 1985:

1) The Hammer for men 70+ has been changed from 5K to 4K, to be consistent with the shot put.

2) Women 50+ and men 60+ will run 300-meter hurdles, rather than 400. Note, also, that the 300H event will begin at the 1500m starting line, and will use hurdles #4 thru #10 of the 400H event. That means only seven hurdles, instead of the eight run by U.S. high schoolers, and it means the distance to the first hurdle will be 50

meters, not 45 as in the 400 event. (The advantage of this is the hurdles will not have to be moved five meters back to accommodate the 300-meter race, as they would be if the high school lines were used.)

3) The M50 high-hurdle spacings, while unchanged from 1985, are not the same as were run in Rome. (The Rome organizers did not follow the WAVA spacings in the M50 highs), WAVA has reaffirmed the 30-foot spacings for this event for the 1987 Games in Melbourne.

The U.S. TAC Masters Track & Field Committee has voted to use WAVA specs in all TAC National and Regional Masters T&F Championships. □

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Countdown to Melbourne Continued from page 17

December 7, 1986, which coincides with the WAVA inspection visit.

Competition Numbers

Numbers will be light weight plastic paper type material. For age identification, the age group number will be displayed in the top left or right corner. Age group color coding will be used, along

with a numbering system. (1000 = M40, etc.) Women's numbers will be preceded by an F.

Pentathlon

Australia made a motion to WAVA that the pentathlon events be changed for women. WAVA rejected the motion, but I hope they will reconsider before the Games. □

ENTRIES AND ACTUAL COMPETITORS IN RONE															FIRST COLUMN = ENTRIES SECOND COLUMN = ACTUAL PARTICIPANTS										
	100M	200M	400M	800M	1500M	5KM	10KM	SP/HURD	L/HURD	STPLE	S/WALK	L/WALK													
M40	94	62	106	54	74	43	86	50	88	53	103	63	135	89	26	18	25	15	32	27	29	27	29	27	M40
M45	97	63	98	67	74	52	84	49	70	40	127	86	146	105	29	19	33	18	33	16	50	42	55	46	M45
M50	95	72	103	72	77	45	63	39	60	36	90	61	99	77	30	17	38	23	25	17	38	31	43	32	M50
M55	60	40	66	42	60	39	53	42	75	42	95	66	80	58	17	14	23	11	20	16	34	28	37	26	M55
M60	63	49	57	35	53	35	42	34	47	24	57	41	56	44	28	23	28	19	17	10	35	30	32	23	M60
M65	42	26	48	26	33	20	30	21	30	19	34	26	30	21	10	7	9	7	4	2	25	21	26	19	M65
M70	31	25	31	18	31	19	29	22	31	20	42	32	34	17	17	11	10	9	9	7	22	19	15	13	M70
M75	17	13	15	9	13	5	9	8	17	9	13	9	18	12	5	3	1	0	1	1	11	8	9	4	M75
M80	10	8	6	4	5	1	2	1	2	1	4	3	4	1	2	3	1	1	1	0	2	2	2	1	M80
M85	4	2	3	2	1	1	1	1	1	1	2	1	1	1	0	0	0	0	0	0	4	3	3	2	M85
M90	2	2	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	1	1	0	0	M90
	515	362	534	329	421	260	399	267	421	245	567	390	603	425	164	115	168	103	142	96	251	212	251	193	

	100M	200M	400M	800M	1500M	5KM	10KM	SP/HURD	L/HURD	STPLE	S/WALK	L/WALK													
W35	29	21:	26	18:	16	8:	15	6:	14	7:	25	15:	17	10:	10	8:	:	:	:	:	8	8:	6	7	W35
W40	31	28:	31	19:	29	17:	24	15:	25	13:	27	22:	18	17:	20	12:	:	:	:	:	16	14:	13	13	W40
W45	30	20:	29	20:	22	15:	18	16:	17	12:	32	20:	22	13:	10	5:	:	:	:	:	11	11:	13	8	W45
W50	27	24:	24	17:	26	17:	15	10:	16	11:	12	8:	8	6:	10	7:	:	:	:	:	6	5:	4	4	W50
W55	21	18:	16	15:	14	9:	8	4:	12	8:	17	15:	13	13:	6	6:	:	:	:	:	10	6:	8	5	W55
W60	14	8:	11	8:	12	4:	1	7:	8	6:	10	8:	5	4:	1	1:	:	:	:	:	5	3:	4	3	W60
W65	5	4:	3	3:	4	2:	3	2:	3	2:	2	2:	1	2:	0	0:	:	:	:	:	5	4:	6	2	W65
W70	6	6:	6	6:	5	4:	4	4:	4	3:	4	4:	3	3:	0	0:	:	:	:	:	6	6:	6	6	W70
W75	4	2:	4	4:	2	2:	4	2:	2	1:	3	2:	1	1:	0	0:	:	:	:	:	1	1:	1	1	W75
W80	1	1:	1	1:	0	0:	0	0:	0	0:	0	0:	0	0:	0	0:	:	:	:	:	0	0:	0	0	W80
	168	132	151	111	132	78	92	66	101	63	132	96	88	69	57	39	0	0	0	0	68	58	61	49	

TOTALS ALL

683 494 685 440 553 338 491 333 522 308 699 486 691 494 221 154 168 103 142 96 319 270 312 242

PERCENTAGE OF ACTUAL PARTICIPANTS AGAINST OFFICIAL ENTRIES

	100M	200M	400M	800M	1500M	5KM	10KM	SP/HURD	L/HURD	STPLE	S/WALK	L/WALK													
	72	64	61	68	59	70	71	70	61	68	85	78													
	:	:	:	:	:	:	:	:	:	:	:	:													
	LJ	TJ	HJ	PV	SP	DISC	JAV	HAM	PENT		C/C	MARA													
M40	52	31:	32	21:	27	17:	28	17:	36	24:	52	36:	38	20:	24	17:	49	31:			70	51:	319	201	M40
M45	57	26:	28	19:	22	14:	16	12:	40	26:	49	23:	26	14:	21	14:	63	41:			101	63:	320	207	M45
M50	56	31:	27	13:	25	16:	19	14:	37	27:	35	28:	40	29:	25	18:	55	36:			73	52:	202	128	M50
M55	46	32:	18	13:	30	21:	12	9:	27	19:	36	25:	24	14:	20	11:	33	20:			72	54:	91	59	M55
M60	37	29:	21	15:	27	20:	14	12:	28	19:	31	26:	17	11:	23	20:	30	18:			45	34:	54	39	M60
M65	38	17:	18	12:	18	11:	8	8:	32	27:	36	26:	26	22:	19	14:	14	4:			25	16:	21	14	M65
M70	26	12:	18	15:	18	12:	7	5:	29	20:	23	17:	20	16:	19	13:	12	6:			22	15:	20	15	M70
M75	19	9:	8	5:	6	6:	5	3:	14	14:	14	11:	16	12:	8	5:	9	7:			10	6:	6	2	M75
M80	6	3:	3	3:	6	5:	2	2:	8	8:	7	4:	4	3:	2	2:	3	1:			2	3:	0	1	M80
M85	2	0:	1	0:	0	0:	0	0:	2	2:	2	1:	2	0:	1	1:	0	0:			1	1:	0	0	M85
M90	0	0:	0	0:	0	0:	0	0:	1	1:	0	0:	0	0:	0	0:	0	0:			0	0:	0	0	M90
	339	190:	174	116:	179	122:	111	62:	254	187:	285	206:	215	141:	162	115:	268	164:			421	295:	1033	666	

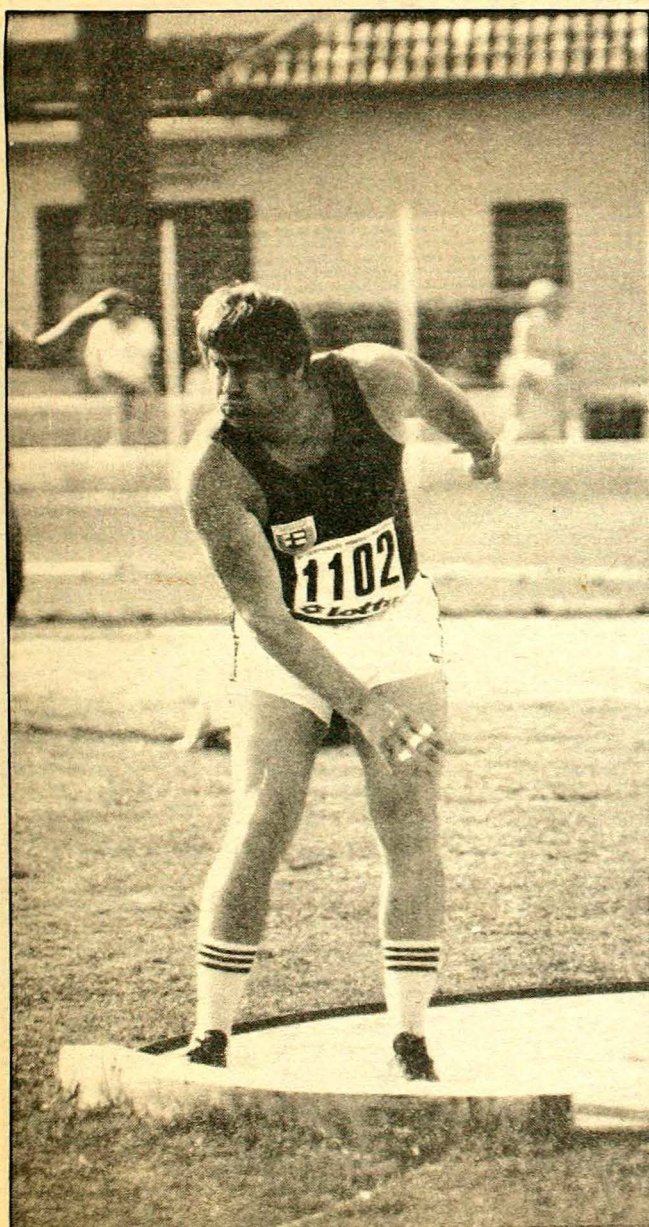
	LJ :	TJ :	HJ :	PV :	SP :	DISC :	JAV :	HAM :	PENT :		C/C :	MARA	
W35	13 13:	:	8 8:	:	13 10:	9 7:	8 8:	2:	8 7:		16 9:	15 9	W35
W40	18 13:	:	18 14:	:	31 26:	20 16:	15 16:	3:	17 14:		23 20:	19 14	W40
W45	17 14:	:	10 7:	:	20 11:	10 7:	10 7:	0:	8 8:		26 15:	19 12	W45
W50	20 13:	:	13 10:	:	21 23:	25 20:	15 12:	1:	13 7:		6 4:	11 6	W50
W55	15 7:	:	11 9:	:	22 19:	14 10:	14 13:	1:	7 6:		10 7:	6 4	W55
W60	7 5:	:	4 4:	:	11 10:	10 8:	8 5:	0:	3 3:		6 4:	2 1	W60
W65	4 4:	:	5 5:	:	9 8:	5 4:	6 5:	0:	0 0:		4 3:	2 2	W65
W70	2 2:	:	1 1:	:	4 4:	5 4:	5 4:	0:	0 0:		3 3:	1 0	W70
W75	1 1:	:	1 0:	:	2 2:	2 2:	2 2:	0:	0 0:		0 0:	1 1	W75
W80	0 0:	:	0 0:	:	0 0:	0 0:	0 0:	0:	0 0:		0 0:	0 0	W80
	97 72:	0 0:	71 58:	0 0:	133 113:	100 80:	83 72:	0 7:	56 45:		94 65	76 49	
TOTALS ALL :	:	:	:	:	:	:	:	:	:		:	:	

TOTALS ALL

436 262 174 116 250 180 111 82 387 300 385 266 298 213 162 122 324 209 515 360 1109 715

PERCENTAGE OF ACTUAL COMPETITORS AGAINST OFFICIAL ENTRIES

	100M	200M	400M	800M	1500M	5KM	10KM	SP/HURD	L/HURD	STPLE	S/WALK	L/WALK												
	60	67	72	74	78	74	71	75	65												70	64		



Action in the Shot Put at the VI World Veterans Games in Rome last summer.

North American Report by BOB FINE, North American Representative of WAVA

I have not received any bids to hold the 1986 North American Track & Field Championships.

I have made contact with a local running club, The Palm Beach Track and Field Club, located near my new home on the Florida Gold Coast between

Fort Lauderdale and West Palm Beach. Unless I receive a bid within the next month, the Palm Beach Track and Field Club is prepared to sponsor the meet in September. I will serve on the Games Committee and may act as the Meet Director.

The club will be sponsoring a full scale track meet April 26th and 27th. They will be receiving financial support from the City of West Palm Beach. Since September is "off-season," we will work on obtaining reduced housing rates. Just about all of the tracks in Southern Florida are rubberized asphalt. You can run with 1/4 inch spikes but it is not necessary.

I have not had any response from the South Americans regarding the Pan-American Championships to be held in Colombia this August. If and when I hear anything, I will advise.

I'll be attending the I.A.A.F. Veterans' Committee meeting March 22nd in Switzerland. If there is any item that you wish me to bring up, please advise.

My home address is: 4223 Palm Forest Drive, Delray Beach, Florida 33445; phone number 305-499-3370. □



Volunteers Needed for Study Group to Improve WAVA Revenue

Bob Fine, North American Delegate to the World Association of Veteran Athletes (WAVA) has appointed Shirley Dietderich of California and John Woods of Maine to a Committee which will study means of improving WAVA's sources of revenue. Following the World Games in New Zealand, WAVA's shortage of funds placed it in a difficult position during negotiations with the government of Puerto Rico. With the desire that this should never happen again, several steps were taken including the "WAVA fee" paid by all participants in Rome. However, more can, and logically should, be done. John and Shirley are considering a "Supporter of WAVA" seal for commercial enterprises that might desire it, a means of giving recognition (pins, patches, listing of names, etc), sale of pins & patches, and other ideas. Shirley and John are seeking volunteers to join the Committee and/or brainstorm with them. Please send your ideas to John Woods, Neil's Point Rd., Box 80 Harpswell, Maine 04079. □

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Essig, Otto
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King, Stan
Koch, Edward R.
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Krawitz, Edwin

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Legett, M. P., M.D.
Leonard, Brad
Lightfoot, Milo W.
Littlejohn, Robert E.
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MacMinn, Fraser
McClain, Leroy
McClellan, John H.
McFadden, Win

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Morris, A.
Mulliken, Robert and Lois
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Napier, Ken
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Nilsen, Rudolf
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Oliver, Angelo
O'Neil, Jim
Orsini, Joseph
Osborn, Ralph

Patsalis, Tom
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Perry, Harry N.
Popowich, John
Poppell, John
Puckett, Jim
Puglizevich, A. J.

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Reid, Michael T.
Reily, Bob
Riede, Hans-Peter
Robinson, Will
Roemer, Bob
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Schneider, Louis
Shrader, David Dillon
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Sponseller, Jay N.
Springbett, Bruce
Srawlowski, Elizabeth
Stepp, Richard
Stolpe, Richard
Stone, R.K.
Stotsenberg, Ed
Studenmund, Woody

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Thiel, Daniel
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Waltzer, Ross E., D.D.S.
Ward, James R.
Wassam, Ted
Whelan, John
White, Nathaniel and Evelyn
Williams, Ruth
Wilson, Connie
Wint, Bruce L.
Woods, John P.
Wooley, Robert

Bold type indicates pledge of \$500 or more.

MASTERS GLOSSARY OF TERMS

T&F: Track and Field

LDR: Long distance running

RW: Race walking

Athletics: The sports of track & field, long distance running and race walking.

Masters: Men and women age 40 or over.

Sub-masters: Men and women age 30-39.

Veterans: The international term for "masters," with the exception that "veterans" also include women age 35-39. (The term "veterans" is also unofficially used in some LDR races to define runners age 50-59 or 40-49.)

Seniors: A word of many meanings: 1) A TAC competitor age 20 or over; 2) Unofficially used in some LDR events to define runners age 60 over; 3) Sometimes unofficially used by the media and others as a substitute for "masters."

AR: American record

WR: World record

PR: Personal record

The Athletics Congress (TAC): The "national governing body" (NGB) for athletics in the USA. TAC is the exclusive U.S. member of the IAAF. TAC's home office is in Indianapolis, with district (local) offices throughout the nation. TAC is composed of various committees, including the Masters T&F and Masters LDR committees. The committees meet each December at the TAC Convention.

International Amateur Athletic Federation (IAAF): The international governing body for athletics.

World Association of Veteran Athletes (WAVA): The official international veterans governing body for athletics. WAVA stages a World Veterans Games every odd-numbered year for men 40+ and women age 35+.

IGAL: An official international veterans LDR organization. IGAL holds an annual World Veterans Distance Running Championship (10K & 25K in odd-numbered years; 10K & Marathon in even-numbered years.)

Age-groups: Masters and sub-masters competition is divided into 5- or 10-year age group categories for both men and women (30-34, 35-39, 40-44, etc.). Your date of birth (not year of birth) determines your age.

Masters competition: Every event from the 100-yard dash to the pole vault to the marathon is available. Medals are generally awarded to the first three places in each men's and women's age group. While everyone does his or her best, participation and friendship are the heart of the program. Masters help each other with advice, training tips and health suggestions. Many combine their vacations with trips to regional, national and international competitions.

Local masters T&F: All Masters T&F meets feature competition for anyone age 30 or over. Masters meets are generally directed by a single individual or club. Some local meets are "sanctioned" by TAC; some are not.

Local masters LDR: Local LDR races are generally open to all ages, with masters awards for each 10-year age group.

TAC Regional and National Masters T&F Championships: The TAC Masters T&F Committee sponsors and supervises annual national and regional indoor and outdoor masters and sub-masters T&F Championships.

TAC National Masters LDR Championships: The TAC Masters LDR Committee sponsors and supervises several national LDR championships (10K, 15K, etc.) each year, as well as a few Regional LDR championships.

TAC Membership: It is not necessary for a participant to become a member of TAC (\$6 per year) to compete in sanctioned or non-sanctioned masters events, or in international competition. It is not necessary for a foreign competitor to become a TAC member to compete in TAC events. (A TAC member is automatically insured against injury while competing in, or traveling

to, a TAC-sanctioned competition.)

Eligibility: There are no other requirements needed to enter masters athletics competition, except to be at least the minimum age. (One should also be reasonably fit.) An athlete may generally compete in a younger age group if he or she so chooses, but one may never compete in an older age group. The masters program operates on the honor system. Lying about one's age violates the spirit and purpose of the masters program and is not tolerated. Violators risk banishment from TAC masters competition for a period of two years.

Standards: There are no entry or award standards in TAC Masters competition.

World Veterans Games: There are no requirements needed to compete in the biennial World Veterans Games, except to be at least age 40 (men) or age 35 (women). "Travel permits" are not needed. No one is banned because of occupation, race, religion, national origin or any other reason.

Uniforms: Some masters athletes compete in their club uniform; some in simple T-shirt and shorts. In the World Games, each participant competes as an individual, not as a representative of any nation. Thus national uniforms are entirely optional.

Sponsorship: Masters events are sometimes supported by local or national sponsors. There is no single national sponsor at the moment.

Senior Olympics: A program unrelated to the TAC Masters program. Open to age 25+ or 55+ depending on the area, and featuring athletics, swimming, softball, etc.

Masters Clubs: Most areas have local running clubs, some of which cater to the masters performer. See the club listings in this issue.

Age Records: An annual book of masters age records for each T&F event is available for \$5 from NMN, PO BOX 2372, Van Nuys CA 91404; and for each LDR event for \$9.95 from NRDC, PO Box 42888, Tucson AZ 85733.

Rankings: An annual book of masters rankings by event and age-group, is available for \$9.95 (LDR) from NRDC, above.

Implements: Lighter implement weights are used in the older age-groups.

Hurdles: The height of the hurdles is lowered for older age-groups.

Rule Books: The IAAF Rule Book (\$10), the IAAF Men's Scoring Tables (\$5), the IAAF Women's Scoring Tables (\$5), and the TAC Rule Book (\$6) are available from TAC, Box 120, Indianapolis IN 46204.

WAVA Standards: WAVA multi-event scoring tables are available from Ian Hume, RR-1, Melbourne, Quebec, Canada (please enclose postage).

Weight Tables: Age-group factoring tables are available for \$1 from Phil Partridge, 337 S.W. 14th Ave., Boynton Beach FL 33435.

IA, IB, etc. Codes which refer to various age-groups, as follows: OA-30-34; OB-35-39; IA-40-44; IB-45-49; 2A-50-54; 2B-55-59; 3A-60-64; 3B-65-69; 4A-70-74; 4B-75-79; 5A-80-84.

Road Runners Club of America (RRCA): An organization of over 400 clubs throughout America which promotes long distance running.

National Masters News (NMN): The bible of the Masters athletics program. NMN is an official publication of TAC and WAVA. Each month, it delivers 24 to 40 pages of results, schedules, entry blanks, age records, rankings, photos, articles, training tips and all the inside scoops and information that affect the world of masters athletics competition. NMN welcomes contributions from its readers—results, schedule info, photos, letters and opinions. It is not mandatory to subscribe to NMN, but it is recommended to keep up on all the masters action. A one-year subscription (12 issues) is \$18.75 (2nd class), \$26.75 (1st class), or \$43.75 (overseas). Send to NMN, PO Box 5185, Pasadena, CA 91107.

ATHLETES WHO ENTER A NEW DIVISION THIS MONTH MAR 1986

ATHLETE (RESIDENCE)	BIRTHDATE	AGE GROUP
JACLYN CASELLI (SAN JOSE, CA)	3-28-21	65-69
GERRY DAVIDSON (FALLBROOK, CA)	3-12-21	65-69
DODIE FILLER (ROLLING HILLS, CA)	3- -31	55-59
SUSAN HAMMEN (US)	3-15-36	50-54
BETTY HITE (NORTH WEBSTER, IN)	3-25-46	40-44
PENNY KAISER (US)	3-29-41	45-49
MARILYN OSGOOD KNIGHT (EUGENE, OR)	3-25-41	45-49
MAGDALENA KUEHNE (TAJUNGA, CA)	3-20-31	55-59
RITA TOMASSINI (AVONDALE EST., GA)	3-16-21	65-69
JOYCE VARNEY (HONOLULU, HI)	3-21-26	60-64
LYDIA BACKES (WG)	3-27-26	60-64
RENATE MEDER (WG)	3-15-41	45-49
CHRISTA STOLZE (WG)	3- 1-31	55-59
VACLAV BARTL (SWE)	3- 5-26	60-64
CLIFTON BERTRAND (TRINIDAD-BRONX, NY)	3- 2-36	50-54
JACOB BISHIN (LOS ANGELES, CA)	3-19-01	80 +
JEFF BLOOMFIELD (WACO, TX)	3-31-16	70-74
CLIFF BOULD (AUSTRALIA)	3-12-16	70-74
MELVIN BUSHMAN (E. LANSING, MICH)	3- 9-21	65-69
WALT BUTLER (ALTADENA, CA)	3-21-41	45-49
RAYMOND COLE (SAN DIEGO)	3-24-31	55-59
JOHN CULL (VENICE, CA)	3-23-31	55-59
JIM DAVIS (OR)	3- 2-36	50-54
OTTO ESSIG (WESTFIELD, MASS)	3- 8-06	80 +
PAUL EVANS (CANOGA PARK, CA)	3- 7-26	60-64
JIM FORSHEE (ANN ARBOR, MICH)	3-31-26	60-64
PETER GOIC (YUG)	3-23-96	80 +
NORMAN HANSEN (SEATTLE, WASH)	3-27-21	65-69
TED HATLEN (S. BARBARA, CA)	3-16-11	75-79
RANDALL HOFFMAN (KALAMAZOO, MI)	3- 4-41	45-49
BOB HUMPHREYS (VAN NUYS, CALIF)	3-30-36	50-54
GUY HUSSON (FRA)	3- 2-31	55-59
KAUKO JOUPPILA (FINLAND)	3- 3-21	65-69
HELMUT KLAFKJ (WG)	3-15-26	60-64
DON LONGENECKER (SILVER CITY, NM)	3-25-16	70-74
KLAUS MAINKA (WG)	3-12-36	50-54
PHILIP PARTRIDGE (NYC, NY)	3-29-11	75-79
DON PIEROTTI (CA)	3-21-11	75-79
LUCIEN RAULT (FRANCE)	3-30-36	50-54
REG ROLLASON (CAN)	3-20-16	70-74
HERMANN STRAUSS (WG)	3- 6-31	55-59
ED WHITLOCK (CAN)	3- 6-31	55-59

World Games Pledges Reach \$96,655

Continued from page 1

veteran athletes from over 60 nations would compete for the first time on U.S. soil in a World Veterans Track & Field Championships.

A list of all pledgees is published in these pages, along with a pledge form which may be clip-

ped and sent to Pain with a pledge. No money is to be sent now, but only if and when the U.S. is awarded the 1989 Games. (That voting will be held in December, 1987.) Meanwhile, cities around the nation are working to prepare bids which must be submitted to the Site-Selection Committee by March 15, 1986. □

Dear David:

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

I pledge:

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

Name _____

Address _____

City _____ State _____ Zip _____

Mail to:

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

MASTERS SCENE

NATIONAL

• The National Track and Field Hall of Fame in Indianapolis is now open to the public. Located in the Hoosier Dome, next to TAC's headquarters, the Hall contains displays that cover the history of American track and field. It opened in 1974 in Charleston, W. Va, and relocated to Indianapolis in 1983. There are 114 members of the Hall of Fame. The oldest is the late William Curtis, a pioneer of the sport, who was born in 1837. The youngest is the late Steve Prefontaine, who was born in 1951 and died in a car accident in 1975. Among the 114 who have competed as masters are Willie Davenport, Parry O'Brien, Bill Toomey, Bob Richards, Harold Connolly, Lee Evans, Fortune Gordien, Jim Hines, Payton Jordan and Al Oerter.

• Gregg Atzert is a writer/PR specialist who enjoys helping club newsletter editors improve their productions. For \$1 and a sample copy of your publication, he'll send a copy of his "helpful hints" plus individual suggestions. Send to: 821 Elkins Ave., Elkins Park, PA 19117.

• Mike Castaneda, So. California Striders president, has received an invitation from Carlos Britos, president of the Mexican Masters, to an international meet in Mexico, May 3-4. Castaneda has extended the invitation to all masters who wish to travel there to compete. On previous trips in '76 and '78, the U.S. contingent was well-received, with single U.S. athletes housed in the '68 Olympic Games Village and meals provided at no cost by the Mexican Olympic Committee. Contact Castaneda at 5975 E. Avenida La Vida, Anaheim, CA. 92807.

• Copies of this coming year's TAC/USA Outdoor Athletics Calendar are available at \$3 each from TAC Book Order Dept., P.O. Box 120, Indianapolis, IN 46206.

NEW ENGLAND

• Carl Wallin, 44, Lebanon, NH, broke his own world indoor M40 shot record of 53 1/4 with 53-4 1/2 at Dartmouth College, January 4.



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• Barbara Pike, Liberty AC, was a 3-second winner in 5:24.7 over Linda Upton, Boston AA, in the masters women's mile, Greater Boston TC Invitational at Harvard, January 26, while Gus Foley prevailed over Dave Walsh, 4:38.7 to 4:42.0, in the masters men's go-around.

• The 9th Annual Craftsbury Running Camps in Vermont is offering a masters session, September 7-13, for \$270, to be led by Kirk Randall. Craftsbury Running Camps, P.O. Box 31, Craftsbury Common, VT 05827. 802/586-2514.

EAST

• Charles Elkins, 42, and Jack Culkin, 40, grabbed 15th (1:13:33) and 16th (1:14:13) places of 516 m/finishers in the NYRR 20K, Central Park, NYC, January 26. Top W40+ was Harriet Oster, 43, 6th (1:25:27) of 66 w/finishers. Mid-30's temperatures plus moderate rain took its toll: 654 started and 371 finished.

• Ed Benham added the age-78 20-mile record to his collection with 2:47:00 over a tough course in the District of Columbia RRC 20 & 10 Mile, Greenbelt, MD, December 28. Benham holds all of the M75-79 age-group records except for the 50 miler, which he plans to run April 6 in the TAC National Championships in Columbus, Ohio. If successful, he will become the 1st person to ever hold all age-group records for one age group from 5K up.

• Ramon Ruiz, 46, twisted to a masters win with 40:15 in the NYRR's Figure-8 7-Mile Reversible, Central Park, NYC, February 2. Laurie Baker, 42, stayed on course to take the W40+ race in 47:45. Janet Nelson, 50, won the W50-59 division by 12 seconds from Samara Balfour, 50, with 52:38.

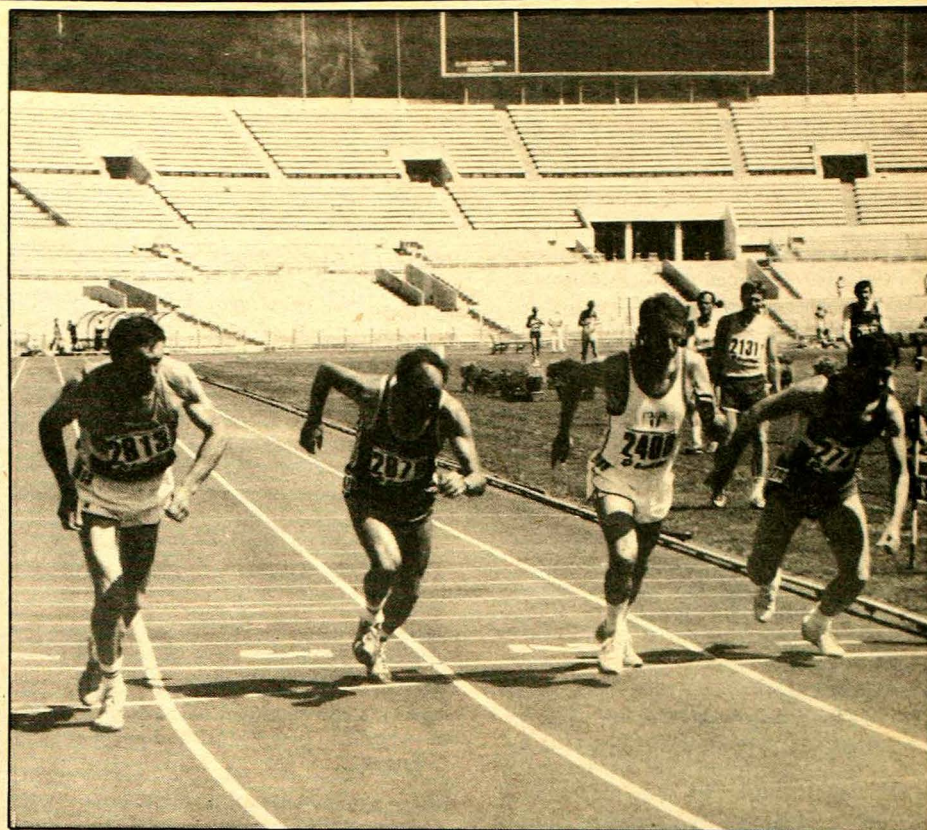
• Ted Haiman, 42, continued his winning ways in the winters races in Central Park, NYC, with an M40 1st, 16th-overall (1478 m/finishers) 26:17 in the Manufacturers Hanover 8K, Central Park, January 5. Maddy Harmeling, 40, was also like money in the bank with a W40 1st, 3rd-overall 29:27 (662 w/finishers). Ken Jones, 55, won his division with 29:37.

• Laurie Baker, 42, blew through the NYRR North Wind 6 Mile, Central Park, NYC, January 11, in 40:07 for 1st W40+ and 8th woman (317 w/finishers). James Gaul, 43, whizzed to a 1st M40+ and 26th (731 m/finishers) with 33:53. Ken Jones, 55, had a no-contest 35:55 M55 win. Toshiko d'Elia, 56, won the W50-59 race handily with 42:00.

• The NYRR Frostbite 10 Miler, Central Park, a week later, was practically a replay of the 6 Mile, only longer, with Baker, 1st W40+ (1:10:05); Gaul, 1st M40+ (58:55); and d'Elia, W50-59 winner (1:11:03).

• Judy Pickert, 42, Brewster, NY, probably the top W40+ x-country runner in the U.S. in '85, helped the 3-woman Athletic Shoe Factory team to an open win with a 20:37 first leg in the Taconic RRC X-country Relays, Peekskill, NY, December 8. The Taconic RRC "B" quartet of H. Neeson (19:23); D. Caffrey (19:38); W. Kaye (18:31); and J. Culkin (18:13) won the men's masters team title. Culkin, recently 40, had the fastest leg of the M40+ runners.

• Poland's Ryuszard Marczak, who turned 40 six days before the Baltimore Sun Marathon in December, wisely opted for the 3rd-place open \$500 prize, leaving the M40-49 win to England's Ron Hill, 47, who is not short on fame or fortune. Marczak finished in 2:22:58, and Hill in an 11th place 2:29:35. Cindy Dalrymple,



Action at the Olympic Stadium in Rome at last year's World Veterans Championships.

43, Arlington, VA, crossed the finish in 3:11:53 for 1st W40+ and 8th w/overall. Marczak's Polish running mate, Zdzislaw Smit, 28, picked up \$2500 for 1st (2:17:47). George Keim, 42, Waynesboro, PA, and Carol Lasseter, 43, Dumfries, VA, were masters victors in the adjunct 10K, with 32:19 and 38:44.

SOUTHEAST

• Lulu Mancini, W60 winner, had the lowest time (25:23) of all W40+ in the "Sandy Claws" Beach Run 5K, Sarasota, FL, December 21. Richard Quevillon, M40, toured the Siesta Key course in 17:06 for 1st M40+. Paul Fitzgibbons won the M65+ race with 22:43.

• Vernon Mattson of Weston, MA, broke Harry Koppel's world M65 age-group 100y mark of 12.1 with a blazing 11.32 in the Golden Age Games (55+), Sanford, FL, November 9. Ruth Manger of Memphis, TN, tied the national W60 age-group HJ record of 3-4.

• Roy Cosme, 44, claimed the masters win with 2:44:06 in the Orange Bowl Marathon IX, Miami, FL, January 11. Bonnie Foster, 40, hastened to W40+ honors with 3:23:25. Eighty-two-year-old Ben Mostow, the eldest entrant, took awhile, 6 hours plus, but did the whole thing.

• The meet's outstanding performer, Buzz Porter, 49, Daytona Beach, FL, won 7 events, highlighted by the day's best time in the 110H (16.16) and a 17-7 LJ in the Central Florida Masters T&F Championships, Gainesville, January 12. Michigan's Bill Stewart cruised to an easy 4:13.36 1500, and Gordon Powell, 76, Holly Hill, FL, cranked out an 85.0 400.

• Jim Blount, 56, Winter Park, FL, copped the M50+ title in the 13.1 miler with 1:23:52 in the DeLeon Springs Half-marathon/5K, DeLeon Springs, FL, January 19. Dot Mitchell turned in a W40+ win in 1:58.19.

• Britain's Priscilla Welch, in an open all-comers track meet, at the U. of Tampa, FL, January 25, ran the 5000 in 16:13.8, bettering the listed world W40 record of 16:57.4 by Judy Fox in '81, and the pending mark of 16:44.3 by Gabriele Andersen in '85.

MIDWEST

• Lou Wagner, 40, of Ohio, was hot in the Turkey Trot 10K, Detroit, MI, November 28, leading the men's masters with 33:11. Carol

Dieck chalked up 44:12 to win the W40+ contest. Melba Hatch, 57, was next W40+ across the line in 44:25. After a false start, over 2800 runners were miraculously stopped and regrouped for the restart. The event press release reads: "The countenance of race director Jeanne Bocci at the first turn is given credit for the stop." Bocci is a record-holding masters race walker. Of the 2837 finishers, 558 were masters men.

SOUTH WEST

• Jim Molone, 41, surged to a 4:46.4 win over Bob Ashton, 46, (4:49.4), last year's winner, and Luke Ashley, 40, (4:52.4), in the Masters Mile in the Dallas Times-Herald Invita-

Continued on page 23

1. DISPLAY ADVERTISING RATES

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

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8. CLOSING DATES

The 10th of month before date of issue.

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Continued from page 22

tional Indoor Meet, Dallas Reunion Arena, February 2. In an amazingly close, one-lap masters handicap race, which saw the winner decided in the fast five yards, **Joe Murphy**, 55, with 19.80, sprinted to an exciting win over **Mary Luker**, 44, (20.06), and **Dr. Fred White**, 73, (20.15), and the scratch man **Roy Turner**, 46, (20.15). All four have collected a wheelbarrow full of top place medals in recent national and world masters competition. **Max Goldsmith**, the race's handicapper, deserves a medal of his own for charting a close race while dealing with male and female performance plus a 29-year age range.

• **Gordon Albury**, 57, Los Alamos, NM, pounded the boards for a fast 26.8 220y in the Corporate Cup Indoor Meet in Tingley Coliseum, Albuquerque, NM, February 2. **Richard Woodruff**, representing Albuquerque Public Schools, won the M40-49 mile with 4:46:14. His teammate **Web Loudat**, 39, former All-American trackster from the U. of New Mexico, won the M30-39 race with a fine 4:24:38. **Moir Robertson**, 46, running for the UNM club, in his 1st time on a track in 25 years, won the 60y in 8.51.

WEST

• **Jim O'Neil**, 60, San Diego, CA, broke Virginian **John Hosner's** national M60 age-group



John Nyser, 59, Pittsburg, Calif., finishing 13.1 mile Lake Chabot Trail Run in 1:55:19.

Photo by Gene Cohn

DEADLINE

NMN is written by masters athletes for masters athletes. We need and welcome your reports of meets, races, schedules, photos, comments, etc. Deadline for editorial material and advertising is the 10th of the month before date of issue. Send to *National Masters News*, P.O. Box 2372, Van Nuys, CA 91404.

10-mile time of 58:55, set in March '85, with a hot 57:47 in The California 10, Stockton, January 19. **Sal Vasquez** of Alameda, CA, ramblod to a 51:00 plus change, which should beat Pennsylvanian **Herb Lorenz's** 53:07, of March '85, for a new M45 age-group AR.

• **Leon Coleman** zoomed to a 6.68 "Legends Sprint" victory in the 60y in the Sunkist Indoor Meet, L.A. Sports Arena, January 17. **Ken Dennis** (6.71) and **Tom Smith** (6.84) were 2nd and 3rd. Starts were staggered for the older fellows, which included **Tony Castro** and California Senator **Alan Cranston**.

• Festooned in all manner of garb and gear, a mass of 20,000 runners thundered through the Southern California city of Redondo Beach in the Super Bowl Sunday 10K VIII, January 26, in probably the nation's 2nd largest 10K, exceeded only by the Peachtree in Atlanta. The event makes running purists shudder but sounds and looks like great fun and can't be any more inane or dopier than its namesake, which, this year, turned out to be about as entertaining as waiting in line at the post office, even for less demented Bears' fans. However, **Dan Murray** was able to maintain his sense of purpose amid the hoopla and won the M40-49 division in a solid 31:54, while **Andre Tocco** took the M50-59 competition with 34:58. **Rita Gilmore** was the W40-49 winner in 40:48, and **Marjorie Gilmore** turned in a W50-59 win with 44:32. **Hans Albrecht** served as race director for the 8th year.

• Arizonian **Barbara Meadows** of Tucson, despite a remarkable '85 season, has gone relatively unnoticed by masters running buffs. This past year, Meadows, at 55, turned in a 41:25 in the New Times Phoenix 10K; 1:09:51 in the Monty Montgomery 10 Mile; 33:41 in the Tucson 8K Turkey Trot; 1:09:42 for a one hour/10 mile track event; and an outstanding 71:03 400 in the Arizona AC Championships in October. Observers think that with proper equipment and support, she is capable of going under 70.0 in the 400 and below 31.0 in the 200 and 41:00 in the 10K, so besides a little recognition, she is also seeking possible sponsorship.

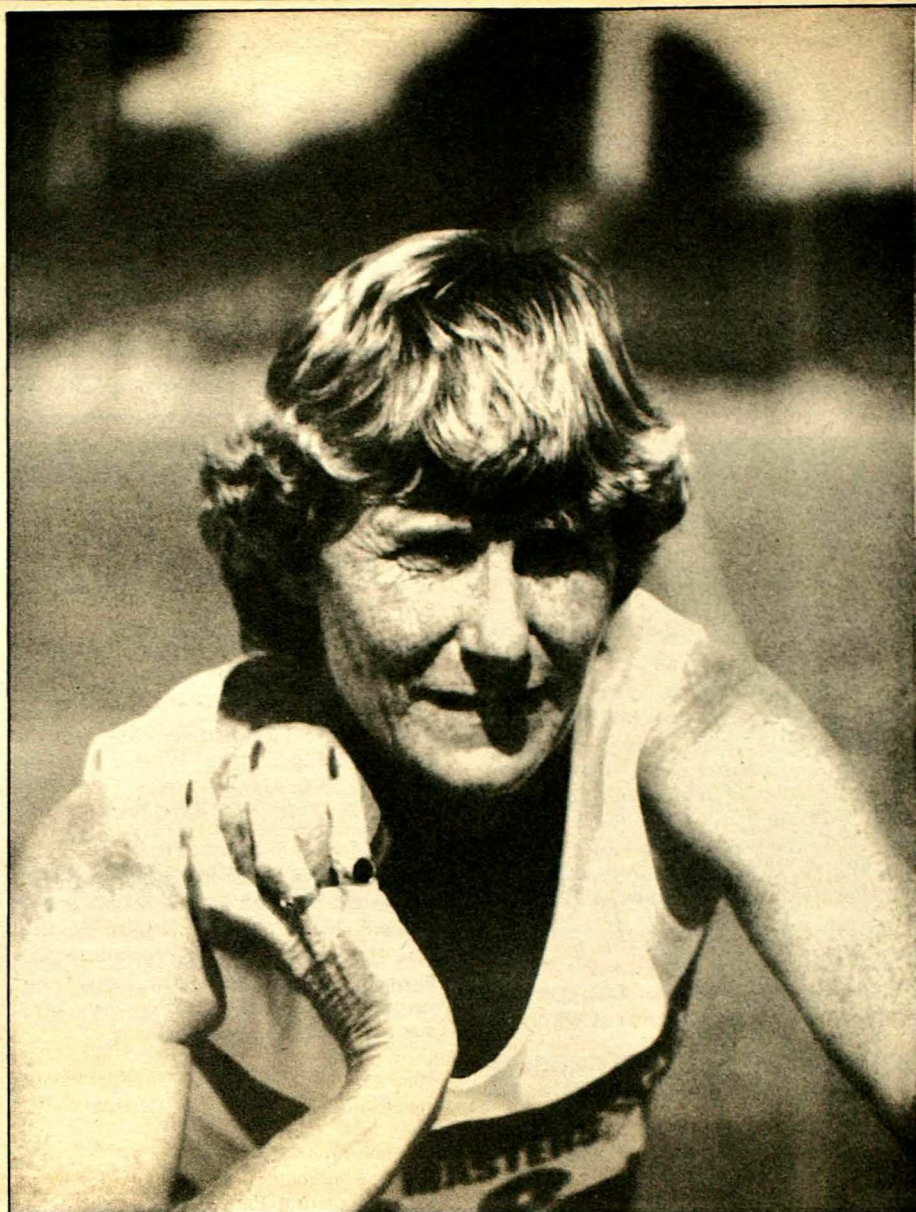
• Californians **Larry Ingram**, 41, who is on world record pace for the greatest number of races run by a masters, and **Sandra Kiddy**, 49, ultra-distance ace, who set a national women's open record 15:12:54 for the 100 mile in December, were masters champs in the Long Beach Marathon, Long Beach, CA, February 2. The inveterate Ingram finished with a good 10th 2:33:51, and Kiddy in a 4th-woman 3:04:25. Next W40+ was **Diane Eastman**, 43, at 3:11:12. **Jim Knerr**, 51, ran 2:43:27 to take the M50 contest from Sandra's husband, **Fred**, 52, by 2+ minutes. **Deborah Heaton**, 37, placed 2nd woman with 2:56:57. **Bette Anderson**, whose age is given as 82 in the results, ran 5:28:37. **Joe Carlson** was race director.

• NMN columnist **Mike Tynn**, M45, reports a recent 34:39 10K, despite being 10 pounds overweight and having done little in the 3 months preceding January 1, when he kicked off a new program that includes two important discoveries, which, Tynn claims, have resulted in renewed vigor and which he will reveal in a future column.

• **Sal Vasquez**, 45, edged **Joachim Bechtle**, M40, by two seconds, 1:12:23 to 1:12:25, as each captured division titles in the NIKE San Francisco Half Marathon December 8. As reported in January's NMN, **Shirley Matson** set a new U.S. W45 record of 1:20:26. The first three masters men and women received cash prizes in the PA/TAC championship event.

• **Ozzie Dawkins**, 57, who suffered a heart attack at a Puerto Rico Meet in November (January NMN) returned to his job as an anesthesiologist at Martin Luther King Hospital in Los Angeles last month. He's doing some walking and "occasional jogging" and generally coming along well.

• Attendance at this year's edition of the College of the Desert Meet, Palm Desert, Calif., on January 19, was slightly down from last year,



Beginning her try at the shot is California's Christel Miller, W50, about to unleash a 30'5 1/2 heave for a bronze medal at the TAC National Masters T&F Championships in Indianapolis, August 23-25.

Photo by Bob Watanabe

but the level of performance did not suffer. **Doug Smith**, 46, ran a spectacular 7.1 60m (on a grass surface) and a solid 300 in 38.8. **Burl Gist**, 65, flew over the 60yH in 6.5. **M. Saafir**, 34, soared over the high-jump bar at 6-4. **Mike Norris**, 41, was the highest pole vaulter of the day with 11-9. **Ed Dahms**, 51, hit 46 1/2 in the shot and 138-10 with the javelin. **Mike Castaneda**, 66, pumped the shot 44-0, and **Dan Aldrich** hurled the discus 151-3. Oregonian **Ross Carter**, 71, threw the shot 43-3 1/2 and discus 126-9. **Janet Wilson**, 32, topped all women throwers in the shot with 33-11 and discus, 143-0. **Christel Miller**, 50, threw the javelin 101-5.

• **David Oropeza**, 40, Phoenix, AZ, and **Rose Gardner**, 46, Tacoma, WA, were the masters to bet on in the Las Vegas Marathon, Las Vegas, NV, February 1. Oropeza set a masters course record of 2:27:57, and Gardner led all W40+ to the finish in 3:04:57.

• With the arrival of the "new" javelin on the college and open scenes, masters javelinists might be able to pick up bargains on "old" javelins from institutions that have them on hand. Southern Californians who might want to wheel and deal for unused and used spears can contact Cal State Northridge track coach **Charlie Dimarco** to see what's available: 818/845-7147; 956-1803.

• **Jim Gallup's** M50 winning 1:10:38 sewed up the M40+ 1st place in the Hawaii RRCA 20K Championships, Honolulu, February 2. Near-master **Judy Huber**, 39, registered a 1st w/overall and state record 1:20:15.

• **Dan Aldrich**, 65, in the Occidental College Weight Pentathlon, L.A., January 5, scored 2104 points using the open implements, despite rain-filled and soaked throwing areas,

with the '85 and '62 tables. **Mike Deller**, 37, totalled 3488, bolstered by a 160-10 HT and 166-0 JT.

• **Gary Miller**, the only masters participant, upped the age-48 decathlon mark to 5430 ('62 tables) on Super Bowl weekend in the Cal State U.-L.A. Decathlon. His marks featured a 19-11 LJ and a 55.1 400.

INTERNATIONAL

• **Lillian Millen**, a racewalker, has been awarded the Avon Trophy for what was judged to be the most outstanding performance by a British vet in 1985. She won two gold medals in Rome, including a W40 WR 25:23 5K walk.

• Since the World Veterans Games in Rome last June, the U.S. dollar has fallen over 20% against the Italian lira. So a pizza that cost \$3 in June now costs \$3.75. A hotel room that went for \$40 is now \$50. A gelato (ice cream cone) that was a steal at \$1, is now \$1.25.

Need Back Issues?

Most back issues of the *National Masters News* are available for \$1.50 each, plus 50¢ postage and handling for each order.

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schedule

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

TRACK & FIELD NATIONAL

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

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

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

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

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

NEW ENGLAND

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

EAST

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

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

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

March 23. 14th Annual Eastern Regional Indoor Masters Championships, University of Delaware, Newark, Delaware. Larry Pratt, 111 S. Dillwyn Rd., Newark DE 19711. Entry form on page 7.

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

June 14. 5th Annual Waltham Masters & Submasters Invitational Meet, MIT, Cambridge, Mass. Suzette Hall, 125 White St., Belmont MA 02178. 617/484-5972.

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

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

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

SOUTHEAST

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

March 9. Gold Coast Weight Pentathlon, Delray Beach, Fla. Phil Partridge, 337 S.W. 14th Ave., Boynton Beach FL 33435.

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

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

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

June 7. TAC Southeast Regional Masters Championships and National Club Championships, Atlanta, Lila Brasher, Atlanta TC, 3097 E. Shadowlawn Ave., NE, Atlanta GA 30305. 404/231-9064.

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

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

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

MIDWEST

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

April 26. North Coast Relays, Mayfield, Ohio. Jim Barrett, 3801 Shannon Road, Cleveland Heights OH 44118. 216/932-0049.

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

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

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

July 26. Super Dad Weight Pentathlon, honoring Harold Parsons. Hope College, Holland, Mich. P. Partridge, 2060 W. 32nd St., Holland MI 49423.

MID-AMERICA

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

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

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

SOUTH WEST

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

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

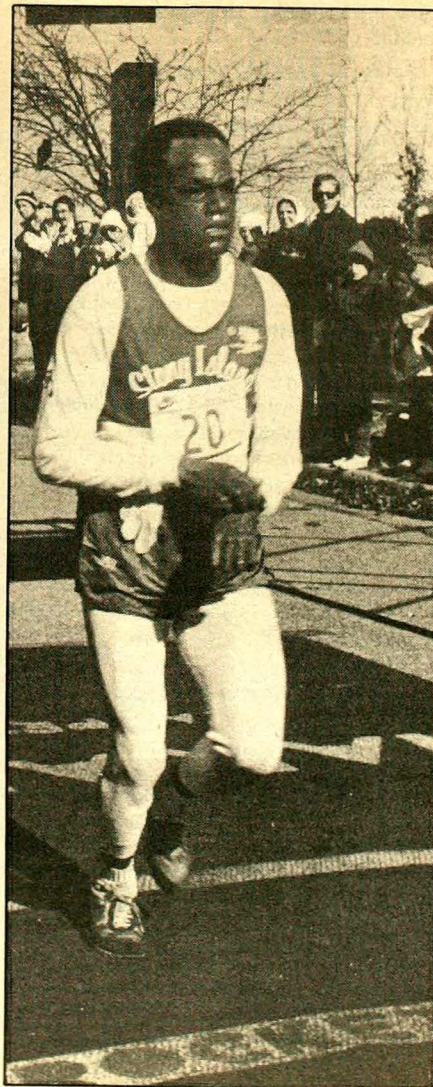
May 31. TAC Southern Association Meet, New Orleans. Danny Thiel, 1459 Verna St., New Orleans LA 70119. 504/486-8066.

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

June 28. TAC Southwest Regional Masters Championships, Rice University, Houston. Ray Stanfield, Rice U. Dept. of Athletics, P.O. Box 1892, Houston TX 77251. 713/527-4077.

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

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



Rocket City Marathon 1985. Ernie Billups, 48, finishes as 6th master, in 2:39:22.

Photo by Jim Oaks.

WEST

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

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

April 20. All American Throws Meet, Cal State Northridge, Northridge, Calif. All ages. 12 noon. Frank Reilly, 8307 Joan Lane, Canoga Park CA 91304. 818/716-7280.

April 20. Mt. Sac Relays Masters Events, Walnut, Calif. Don Ruh, Mt. Sac College, Walnut, Calif. 91789. 714/594-5611.

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

May 10. Southern California Striders Meet of Champions, Golden West College, Huntington Beach, Calif. Lloyd Higgins, 818/969-9327, or Hugh Cobb 805/527-5471.

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

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

May 31-June 1. West Coast Decathlon, Cal State Northridge, Northridge, Calif. All Ages. Frank Reilly, 8307 Joan Lane, Canoga Park, CA 91304. 818/716-7280.

June 7. Southern California Open & Masters Meet, Point Loma Nazarene College, San Diego, Calif. Joe Horn, 1147 Agate St., San Diego CA 92109. 619/488-8885.

June 14. All-American Track Club Meet, Cal State Northridge, Northridge, Calif. 1 p.m. Frank Reilly, 8307 Joan Lane, Canoga Park, CA 91304. 818/716-7280.

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

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

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

August 23. 1st Annual National Masters News Age-Handicapping Meet, Birmingham High, Van Nuys, Calif., 4 p.m. NMN, PO Box 2372, Van Nuys CA 91404.

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

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

NORTHWEST

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

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

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

INTERNATIONAL

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

May 3-4. Mexico Masters Meet, Mexico City. Mike Castaneda, 5975 E. Avenida La Vida, Anaheim CA 92807. 714/974-6499.

Continued on page 25

Continued from page 24

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

August 16. 7th International Veterans Athletics Meet, Baden (near Zurich), Switzerland. M33+, W30+. LC vom Stein Baden, P.O. Box, CH-5400 Baden, Switzerland.

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

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

LONG DISTANCE RUNNING NATIONAL

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

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

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

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

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

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

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

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

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

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

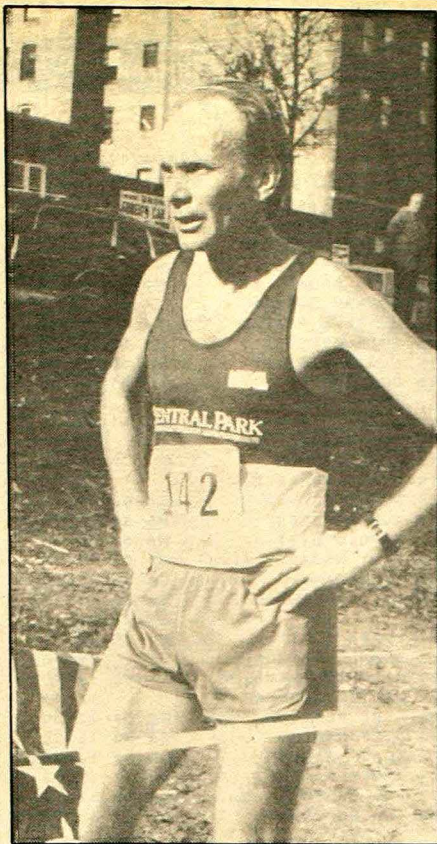
October 12. U.S. TAC National Masters 20K Championships, Long Island, NY. Jack Dowling, 25-47 Beech St., East Meadow NY 11554.

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

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

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

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



Fritz Mueller, 49, 3rd M45, National Masters 15K X-C, Bronx, N.Y., 55:45.

Photo by Walt Westerholm

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

NEW ENGLAND

April 13. 5th Annual MDA-Boston Milk Run 10K, Boston, Mass. MDA-Boston Milk Run, P.O. Box 139, Needham MA 02192.

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

May 18. RRCA National 10K Championships, Portland, Maine. Bob Jolicoeur, Beacon Lane - Two Lights, Cape Elizabeth ME 04107.

EAST

March 23. Price Chopperthon 30K, Albany, N.Y. \$1000 to masters (Also RRCA National 30K Championships.) Price Chopperthon 1986, P.O. Box 12304, Albany NY 12212. 518/372-6582.

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

May 4. Pittsburgh Marathon, Pittsburgh, Pa. Pittsburgh Marathon, 640 Chatham Center Two, Pittsburgh PA 155219.

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

May 31. 15th Annual L'eggs Mini Marathon 10K, Central Park, NYC. NYRRC, International Running Center, 9 E. 89th St., New York NY 10128. 212/836-7125.

SOUTHEAST

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

March 16. Masters Only 4 Mile, Deland, Fla. John Boyle, P.O. Box 1824, Deland FL 32721. 904/736-0002.

April 5. Crescent City Classic 10K, New Orleans, La. Mac De Vaughn, 6744 Fleur de Lis, New Orleans LA 70124. 504/488-3916.

May 24. Elby's Distance Run 20K, Wheeling, W.Va. Elby's 20K, P.O. Box 1046, Wheeling WV 26003. 304/233-5000.

MIDWEST

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

April 13. Wolfpack 5 & 20 Mile Races, Columbus, Ohio. See April 6.

May 10. Old Kent River Run 25K, Grand Rapids, Mich. Scott Ferris, Old Kent Building, 1 Vandenburg Center, Grand Rapids MI 49503.

May 18. Revco-Cleveland Marathon & 10K, Cleveland, Ohio. Reno Starnoni, P.O. Box 46604, Bedford OH 44146.

May 24. Ohio TAC Open & Masters 5 Mile Championships, Hyde Park, Cincinnati, Ohio. Mike Helton, 2634 Atlantic Ave., Apt. No. 1, Cincinnati OH 45209. 513/731-5112.

May 25. Ohio TAC Open & Masters One Hour Track Championships, Columbus, Ohio. John White, 4865 Arthur Pl., Columbus OH 43220. 614/459-2547 (h); 424-7011 (w).

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

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

MID-AMERICA

April 19. YMCA Midwest Masters 2 & 5 Mile Classic, Boystown, Nebr. M&W 35+ Nancy McCormick, 5124 Cuming, Omaha NE 68132. 402/558-2079.

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

May 26. Bolder Boulder 10K, Boulder, Colo. John Peterson, Bank of Boulder, 3033 Iris, Boulder CO 80301. 303/444-7223.

June 21. Grandma's Marathon, Duluth, Minn. Grandma's Marathon, P.O. Box 6234, Duluth MN 55806. 218/727-0947.

WEST

March 1. American Continental Homes 10K, Phoenix, Ariz. Fred Moore, P.O. Box 16850, Phoenix AZ 85011.

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

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

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

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

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

April 12. Fastest Masters 10K, Mission Bay, San Diego, Calif. Tom Morrow, 5132 Canterbury Dr., San Diego CA 92116. 619/477-4447.

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

May 18. Bay to Breakers 7.5 Miles, San Francisco, Calif. Terri Robbins, San Francisco Examiner, 110 5th St., San Francisco CA 94103.

ON TAP FOR MARCH

TRACK & FIELD

Indoor meets in Philadelphia and Virginia kick off the month's activity on the 1st. New Jersey and Ohio TAC Masters Championships are set for the 8th and 9th, while the West Penn meet takes place on the 16th.

The Eastern Regionals will be held for the first time ever in Delaware on the 23rd. Outdoors, Los Angeles hosts a meet on the 29th, while the Australian Veterans Championships in Adelaide occupy four days of the Easter weekend.

LONG DISTANCE RUNNING

Major open races this month include the Continental Homes 10K in Phoenix on the 1st, the Azalea Trail 10K in Mobile on the 8th, the 1st annual Los Angeles Marathon on the 9th, the Price Chopperthon 30K from Schenectady to Albany on the 23rd, and the Tropicana Las Vegas Easter Runs on Easter weekend. A four-mile masters-only run will be held on the 16th in Deland, Florida. □

NORTHWEST

May 4. Lilac Bloomsday 12K, Spokane, Wash. Sylvia Quinn, P.O. Box 1511, Spokane WA 99210. 509/838-1579.

November 1. 10th Annual Canada vs. USA Masters 10K Cross-country Challenge, Sunset Park, Seattle. Bob Langenbach, 4261 S. 18th St., Seattle WA 98188. 206/433-8868.

INTERNATIONAL

April 6. 1st International Open Veterans Marathon, from Marathon to Athens, Greece. John Psiakis, 9 Praxitelous, Paleon Phaliron, Athens, Greece. Tel. 9835877. TLX 219844.

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

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

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

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

1984 U.S. MASTERS TRACK & FIELD RANKINGS

(Coordinated by Haig Bohigian, T&F Rankings Chairman)

1984 100 Meters - Compiled by Larry Steinrauf

Men 100 meters, age 30

RANK	NAME	HOME	AGE	TIME
1	EUGENE DRIVER	CA	34	10.49
2	MARION MCCOY	CA	34	10.50
3	WARREN SPIKES	CA	33	10.70
4	JOSEPH SINCERE			10.70
5	TOM LESTER	TX	30	10.70
6	WILLARD THOMPSON	TX	31	10.77
7	HARRINGTON JACKSON			10.80
8	DWAYNE TAGGART	CA	30	10.81
9	ARMAND GIBSON	GA	32	10.81
10	STEVE FOSTER	GA	33	10.81
11	MORRIS BLUEFORD	MO	31	10.83
12	GLENN JOHNSON	CA	34	10.89
13	H. EVANS			10.90
14	ALFONZO WALTON	VA	33	10.90
15	DAVIS			10.97
16	STEVE HYDE	NE		11.00
17	AKIN LEWIS	CA	30	11.04
18	JOHN MAYS	OR	33	11.07
19	RUSSEL AUSTIN	TX	33	11.08
20	RALPH TILLEY			11.10
21	RON MURPHY			11.10
22	DALLIS GAINES	IN		11.12
23	WAYNE ROBERTS			11.19
24	JEFFERY HUGHES	VA	34	11.19
25	TOM REWALINSKI			11.20
26	BILL SMITH	LA	33	11.22
27	ALBERT SHORTS	CA		11.23
28	NEIL STEINBERG	RI	30	11.26
29	MIKE BLACK	CA	31	11.30
30	MICHAEL ANDREWS	OH		11.32
31	VONRAY JOHNSON			11.34
32	KEITH WITHERSPOON		31	11.38
33	THOMPSON			11.39
34	RICKY NEWTON	CO	31	11.39
35	LEROY GALLAWAY	PA	31	11.40
36	MICHAEL TREXIER		31	11.40
37	BOB BECK			11.40
38	LEMUEL TALLEY		33	11.40
39	BOB ZAHN			11.42
40	ORIN RICHBERG			11.46
41	GARY SCHULER		34	11.48
42	ROBERT BURNETT		33	11.49
43	T. ALLEN			11.50
44	ROGER TRUJILLO		33	11.50
45	DAWUD SALEEM		34	11.50
46	JIM DEMPSEY			11.50
47	GARRY CRAWFORD	MD	32	11.51
48	ENYO DEWITT			11.55
49	MARTIN LEFEVRE		31	11.60
50	BOB BETHKE			11.60

Men 100 meters, age 35

RANK	NAME	HOME	AGE	TIME
1	STAN WHITELY	CA	38	10.60
2	J. B. HAGGERTY	TX	35	10.67
3	ROBERT MITCHELL	TX	36	10.69
4	EDDIE HART	CA	35	10.70
5	CLARENCE RAY	MI	39	10.80
6	JIM HINES	CA	37	10.90
7	LEON LINCOLN	OR	39	11.01
8	CLIFTON JACKSON	MO	35	11.02
9	FRED BOOKER	NB	35	11.07
10	JAMES WILSON	PA	35	11.08
11	DON PARISH			11.10
12	GREG MARSHALL	CA	36	11.10
13	HILLARD SUMNER			11.10
14	ED JONES	TX	39	11.20
15	WILLIAM OVBRY	NY	36	11.20
16	DAN THIEL	LA	35	11.29
17	STANLEY HAWKINS		35	11.30
18	PAUL DURGAN		39	11.35
19	TOM ALLEN	CA	36	11.40
20	RUFUS MORRIS	CA	39	11.40
21	RON BEADLE	CA	35	11.40
22	STEVE CAMINITI		35	11.40
23	THOMAS MALIK	SC	35	11.48
24	GERALD FITZGERALD		37	11.50
25	GERALD WAULFFALK	MI	35	11.54
26	TED POTTS		36	11.56
27	JAMES VICK	TX	38	11.57
28	BERNARD TURNER	CA	36	11.60
29	MARVIN THOMPSON	CA	35	11.60
30	JIM HOLLISTER		39	11.60
31	M. GIST			11.60
32	REX HARVEY	IA	38	11.60
33	MIKE WILLIS			11.62
34	PHILLIPS			11.67
35	EARLIE THOMAS	CO	38	11.67
36	T. BREWER	GA		11.70
37	DAVE SIMONS	CO	38	11.70
38	T. WOUGH			11.70
39	RICHARD MURCHISON	TX		11.73
40	WILSON LADAY	TX	39	11.77
41	JOHN HARTFIELD	TX		11.79
42	ROBERT OVERTON		37	11.80
43	BARNES	AL		11.81
44	NICK SALUPO		37	11.82
45	LARRY LETTIERI	CA	36	11.83
46	RAYMOND COLOMBO	WA	35	11.83
47	ALBERT SILVERMAN		35	11.89
48	WES DICKINSON		35	11.90
49	LLOYD HATHCOCK			11.90
50	RALPH MARINELLO			11.94

Men 100 meters, age 40

RANK	NAME	HOME	AGE	TIME
1	WALT BUTLER	CA	43	10.30
2	JERRY BYRD		42	11.03
3	ROBERT STEEL	MO		11.07
4	BRENDON WILSON		44	11.10
5	SCOTT TYLER	CN		11.10
6	MICHAEL ANDREWS			11.13
7	BOB WILLIAMS	NJ	44	11.20
8	TOM RANDOLPH	NJ	44	11.27
9	DAN FITZSIMMONS	CA	40	11.30
10	LEE SMITH	TX		11.30
11	PAUL EDENS	OR	43	11.40
12	ROY TURNER	TX	44	11.41
13	DENNIS BUSS			11.42
14	GARY OLIPHANT	KS	43	11.47
15	DOUG SMITH	CA	44	11.50
16	VAUGHN BELL	FL	43	11.50
17	LEWIS SMITH	CA	44	11.50
18	HAROLD MORIOKA	CN	40	11.51
19	T. UTLEY	GA		11.59
20	JAMES HURD	TX		11.59
21	BILL ALSTON	CA	40	11.60
22	JAMES BARTON	PA	43	11.60
23	BOB MCINTYRE	CA		0.00
24	ROMAIN	CA	42	11.60
25	DUNN			11.62
26	HANS GORDON	TX	42	11.63
27	JAMES PUCKETT	OR	44	11.64
28	STEVEN ROBBINS			11.67
29	SAM ROBINSON	CA	40	11.67
30	DENNIS DUFFY	CA	41	11.70
31	BILL KNOCKE	CA	44	11.70
32	PAT MITCHELL	TX	41	11.70
33	MELVIN BARNWELL	NY		11.70
34	RHAMI ABAYOMI	NJ	44	11.70
35	WILLIE ROBERSON	CA	41	11.70
36	FRED NIEDERMEYER	CA	44	11.70
37	PAUL WILLIAMS			11.79
38	JIM BANTUM	PA	43	11.80
39	JOHN WHELAN	MA		11.80
40	TONY CRADDOCK	CA	41	11.81
41	WASHINGTON			11.83
42	RONALD MATTILA	WA		11.90
43	TOM VAN VOORHIS	MN	43	11.91
44	GRIDER	AL		11.92
45	ROBERT SIMMONS	CA		11.92
46	BOB SIMPSON		42	11.96
47	HOBERT TAYLOR		42	12.00
48	THORNTON SHELTON	NE		12.00
49	BOB HOLMES	PA	41	12.05
50	GROVER COATS			12.09

Men 100 meters, age 45

RANK	NAME	HOME	AGE	TIME
1	GIL LATORRE	CA	47	11.40
2	CHARLES ELION	NJ	45	11.40
3	DOUG SMITH	CA	45	11.48
4	MARTYN ADAMSON		45	11.60
5	PAUL DORSEY		45	11.60
6	BOB MILLER	WA	47	11.62
7	DALE LANCE	TX	46	11.66
8	LEWIS SMITH	CA	45	11.70
9	J. RIVAS			11.70
10	PAUL WILLIAMS		49	11.72
11	RICK DEERE	NY	46	11.77
12	MEL BARNWELL	NY	45	11.80
13	LARRY WILSON	PA	46	11.90
14	JOHN WEST	TX		11.90
15	S. WHITE	PA	48	11.90
16	DEE DEWITT	CA	45	12.00
17	HACKER			12.00
18	LARRY COLBERT	MD	47	12.00
19	BOOKER WASHINGTON		46	12.00
20	ROBERT MUSSELLE	CN	46	12.01
21	GARY MILLER	CA	46	12.10
22	ED OLEATA	CA	47	12.10
23	RICK RIZZO	NY	47	12.10
24	KENNY DENNIS	CA	45	12.15
25	BOB MCGLASHAN	TX		12.19
26	RAOUL BOGUILLE			12.20
27	ERNE MCCOMBS	PA	47	12.20
28	LONNIE WATSON			12.20
29	ERWIN MITCHELL		45	12.20
30	JOE HOFFMAN	OR	48	12.20
31	BOB MORGAN			12.20
32	GROVER COATES	OH	46	12.24
33	DON KIRKPATRICK	NM	46	12.26
34	ROGER TSUDA	CA	48	12.30
35	DON WORRALL			12.40
36	ARENEAUX			12.41
37	PETE STOPOULOS	IL		12.41
38	CLIFFORD PAULING	NY	49	12.42
39	FRANCIS HOUSTON		45	12.43
40	RICHARD BOTHEMER			12.43
41	RALPH SUMMERLIN	AL	49	12.44
42	BUTCH KINCAID	KY	45	12.50
43	BILL SIMMONS	CA	45	12.50
44	HAIG BOHIGIAN	NY	47	12.50
45	LEROY MCCLAIN		45	12.55
46	STAN DERRY			12.60
47	WILLIAM WHITE			12.70
48	MARSHALL JONES	NY	45	12.71
49	JIM LIPSKI	IL	46	12.74
50	DICK GLASCOV		45	12.78

Men 100 meters, age 50

RANK	NAME	HOME	AGE	TIME
1	THANE BAKER	TX	52	11.25
2	BRUCE SPRINGBETT	CA	51	11.50
3	GEORGE HORTON	CAN50		11.60
4	NICK NEWTON	CA	50	11.70
5	MATT BROWN	NJ	50	11.76
6	EDWARD SUTTON	PA	52	11.85
7	CHARLIE PRATT	NJ		11.90
8	PHIL PRESBER	CA	50	11.90
9	LLOYD RIDDICK	NJ	50	11.90
10	OCIE BOYER	TX	51	11.90
11	JOSH CULBREATH	PA	51	11.98
12	TOM GRIMES			12.10
13	R. MCPHERSON			12.10
14	MIKE LARRABEE			12.30
15	WOODY GROVER	CA	50	12.30
16	RUDY ENDERS	MD	52	12.34
17	HAROLD HITT	WA	51	12.35
18	TONY NASARALLA	CA	52	12.39
19	DICK MARLIN	CA	53	12.40
20	WILL ROBINSON	CA	53	12.40
21	LARRY PRATT	NJ	52	12.40
22	DONALD BENTON	CA		12.40
23	CLIFFORD PAULING	NY	50	12.40
24	WALTER TURNER			12.43
25	EARL VENTURA	NE	54	12.50
26	DICK HANSEN	CA	52	12.50
27	FRANK BAROUS	MA	52	12.50
28	JAMES BARRETT	OH	51	12.58
29	BOB RADFORD	CA	52	12.60
30	TOM BROOKS	NY	51	12.60
31	LEON TROUT	NJ	50	12.60
32	TED VICK	CA	54	12.60
33	TROY BANKS			12.61
34	BAGGETT	GA		12.64
35	HARTE			12.66
36	J. POPPELL	AL	52	12.68
37	STANLEY DERRY		50	12.70
38	PHIL SCHLEGEL	CA	54	12.70
39	HARRY BROWN	IL	54	12.71
40	JIM PARKS	CA	50	12.78
41	HECTOR CISNEROS	TX	50	12.80
42	JIM LINDSEY			12.88
43	ART AFREMOR	OR	52	12.98
44	JOE MURPHY	TX	54	13.06
45	TOM MCCORMACK	NY		13.10
46	RANDAL LINDSAY			13.10
47	BOB MCKINNEY	TX		13.10
48	NORMAL WELLS	TX		13.10
49	HAROLD CRESO	AZ	50	13.18
50	STAN GILES	NE		13.20

Men 100 meters, age 55

RANK	NAME	HOME	AGE	TIME
1	VERNON REGIER	CA	57	12.20
2	ED SCHULER	FL	56	12.25
3	RICHARD HANSEN			12.39
4	HUEL WASHINGTON	CA	56	12.39
5	JACK GREENWOOD	KS	58	12.40
6	ROBERT WATANABE	CA	58	12.40
7	GORDON ALBURY	NM	55	12.53
8	GENE HART	CA	56	12.60
9	ALAN COHEN	NY	55	12.60
10	BERNIE STEVENS	CA	55	12.64
11	BILL DAPRANO	GA	57	12.68
12	OSWALD DAWKINS	CA	56	12.72
13	THOMAS BROOKS	MY	55	12.80
14	ROCKY MCPHERSON			12.82
15	TED VICK	CA	55	12.83
16	VERNON LEWIS			12.86
17	BILL JORDAN	OH	58	12.87
18	ED MANOUGIAN		55	12.90
19	LOUIS SMITH	MA	55	12.93
20	GORDON SEIFERT	AL	58	13.00
21	ALAN COHEN	NY	55	13.00
22	BOB ROEMER	CA	59	13.00
23	AL BRENDA	CA	55	13.00
24	JOCK JOCOY	CA	58	13.01
25	BILL COLE	VA	55	13.02
26	BOB SIEBEN	CA	58	13.03
27	VAN TURNER	TX		13.09
28	RUSH JACOBS	MI	59	13.10
29	DEE ROY	TX	55	13.11
30	HENRICH LUNDH	OR	56	13.17
31	HAL ROBINSON	OH		13.19
32	H J FISCHER	CO	55	13.19
33	SHERIDAN HOLLAND		55	13.20
34	TED RADENACHER			13.20
35	D CARRETTA			13.20
36	BOB REILY	TX		13.22
37	CHESTER STUDDARD	TX	59	13.26
38	DON HALL	FL	58	13.30
39	FRANK ANDERSON	OR	56	13.40
40	STEVE PECK	CA	59	13.40
41	CHARLIE POWERS	CA	57	13.40
42	CHUCK OLSON	MN	58	13.44
43	JAMES HOLLIDAY	TX		13.50
44	BUCK BRADSHY		57	13.56
45	RICHARD NORDQUIST	OR	58	13.58
46	WILBUR MOORE			13.58
47	JOE SIGNOR			13.59
48	RICHARD TURNER		55	13.68
49	ROY WIGGINTON			13.70
50	DAVID FRAITAG	CA	55	13.72

Continued from previous page

Men 100 meters, age 70				
RANK	NAME	HOME	AGE	TIME
1	HARRY KOPPEL	CA	71	13.76
2	TONY CASTRO	CA	74	14.20
3	GILBERTO GONZALES	PR	71	14.20
4	RAYMOND			14.21
5	JOHN SATTI	CA	70	14.30
6	STRANGE			14.76
7	FRED WHITE		71	14.80
8	BERT MORROW			15.00
9	CLAUD HILLS	PA	72	15.00
10	SAM HOOVER			15.00
11	OMER HIX	TX		15.06
12	MIL O LIGHTFOOT			15.16
13	ERMO KULMAR		70	15.17
14	H. SCHUMACKER	WA	74	15.40
15	B. THOMAS		73	15.80
16	EDWARD BEST	TX		15.84
17	J. BYERS		70	16.50
18	DON MAWRER			16.60
19	ALAN CRANSTON	CA	70	16.70
20	JOHN MAY	KS	72	16.79
21	C. KOGL		73	17.50
22	A. VESCO			18.10
23	DONALD ERNST		74	18.60
24	DON ERSKINE	MI	72	18.72
25	RALPH BIRCHARD		70	19.14
26	BOB DETWEILER	PA	70	19.70
27	HENRY DORFF			20.00
28	JOHN DICK	WI	72	22.40
29	J. BRADY			23.40

Men 100 meters, age 75				
RANK	NAME	HOME	AGE	TIME
1	KEN CARNINE	CA	76	15.57
2	MANFRED D'ELIA	NJ	76	15.80
3	BYRON FIKE	OH	76	15.82
4	WIN MCFADDEN	CA	79	17.10
5	SING LUM	CA	79	17.10
6	JOHN RUST		76	17.30
7	DON ERNST		75	17.50
8	PAUL MCDOWELL	TX	75	17.50
9	FRANK FURNISS	IN	77	17.54
10	A. PUGLIZEVICH	CA	76	17.67
11	FRANK CAMPBELL			17.90
12	EDWARD MARTIN		79	18.70
13	ALBERT EPP		79	19.40
14	LEWIS THORNE		79	19.82

Men 100 meters, age 80				
RANK	NAME	HOME	AGE	TIME
1	JOSIAH PACKARD	CA	80	15.00
2	RUSSELL MEYERS	FL	80	16.42
3	ARLING PITCHER	IN	82	16.69
4	SING LUM	CA	80	16.74
5	HERBERT ANDERSON	CO	82	17.26
6	HOMER VAN GELDER	CA	80	18.05
7	BUELL CRANE		83	19.16
8	WILLARD BENTON	CA	80	19.80
9	EVERETT MOSACK	OH	82	20.16
10	FRED KEISER	PA	84	21.30

Women 100 meters, age 30				
RANK	NAME	HOME	AGE	TIME
1	BARBARA FERRELL EDMONSON			12.80
2	ROSEY OGLETREE	OH		12.80
3	MARTHA WATSON			13.10
4	SUSAN MILLER	OR	31	13.22
5	LEAH DAUPHINEE			13.40
6	GAIL MILLER			13.44
7	LOU BLOXOM			13.60
8	DIANE LONG			13.69
9	JANET MOON			13.70
10	MARGRETTE DUNCAN		31	13.80
11	KATHY LAQUALE			13.90
12	PAT DYE	PA	34	13.96
13	EVELYN HOBBS	NY		14.41
14	JOLENE ANDREWS			14.49
15	KATHY BLUEFORD			14.73
16	LEE TRENCH			14.76
17	LU GECEWITZ			15.09
18	MARIA MAGANA	CA	34	15.10
19	PATTY ELLIS	PA	30	15.10
20	SANDRA SCHUMACHER			16.26

Women 100 meters, age 35				
RANK	NAME	HOME	AGE	TIME
1	PHIL RASCHKER	GA	35	12.14
2	JOYCE KLEIN		35	13.00
3	CHESTINE BARNES	CA	37	13.06
4	JOFFRION	AL		13.78
5	JENNIFER PINTO	NY	36	13.80
6	DEBBIE SPENCER	TX	36	14.10
7	MARILYN WHITE	CA	39	14.16
8	KARLA KALASZ	WA	39	14.76
9	SHARON CHANCELLOR			15.30
10	SONDRA SCHUMACHER			15.60

11	J. MELTON			15.63
12	VICTORY GOLDEN	CO	39	15.67
13	T. OSTTHOFF	AL		15.74
14	MARY LOU NICOLETTI		35	15.85
15	BARBARA SMITH			16.30
16	ROSEMARY AVERY	MD	38	16.50
17	WANDA HERDA			16.71
18	GAIL HADSEN		36	18.00

Women 100 meters, age 40				
RANK	NAME	HOME	AGE	TIME
1	CARMEN BROWN		41	13.20
2	MARY LUKER	TX	42	13.20
3	CHERRIE SHERRARD	CA	44	13.40
4	JEANNE CARTER	CA	44	13.90
5	SANDY PASHKIN	NY	43	14.30
6	EVELYN HOBBS			15.09
7	LINDA TICKNOR	WA	43	15.17
8	JANET SHERMAN	OR	40	15.32
9	BARBARA KEVLES			15.40
10	MYRNA ADAMS	NY	42	15.41

11	PATRICIA ROWE	NY		15.50
12	JUDY FOSTER	OR	41	15.73
13	WENDY SMITH	OR	44	15.78
14	BIRMINGHAM			15.96
15	LINDA OWENS	CO	42	15.97
16	MARTIN	AL		16.07
17	CORA PARRY	MY		16.60
18	AUDREY BOYLE			17.71
19	DEBOLT			17.82

Women 100 meters, age 45				
RANK	NAME	HOME	AGE	TIME
1	CHERRIE SHERRARD	CA	45	13.20
2	ESSIE KEA	OH	46	14.30
3	DORIS KNIGHT			14.40
4	MARILYN FITZGERALD	NJ	49	14.60
5	N. PETERSON			16.70
6	KENT			16.95
7	ANNE CIRULMICK	NY	49	17.00
8	AUDREY BOYLE			17.20
9	WANDSCHNIDER			18.91
10	MARYANN RUST		47	19.00
11	JOAN GIBSON	OH	46	19.05
12	HOWELL			20.01

Women 100 meters, age 50				
RANK	NAME	HOME	AGE	TIME
1	IRENE OBERA	CA	50	13.10
2	JOANN MCMAHAN	TX		13.99
3	GRETCHEN SNYDER	CA	50	14.40
4	MAGDALENE KUEHNE	CA	53	15.60
5	ANN MORRIS			15.70
6	SALLY GOODHUE	MA	50	15.80
7	SHIRLEY KINSEY	CA	54	16.02
8	ALICE LEICHT	CA	52	16.07
9	GLORIA LIPTON			17.10
10	ELIZABETH SZAWLOWSKIMA		51	17.60
11	RUTH CARRIER		53	17.69
12	PAT MCGEE			18.70
13	GLENDA WILLIAMS			19.75
14	LOIS CALLAWAY		53	19.85
15	MARY CHERRY			20.40
16	HARRIS			20.88
17	SOUTH			21.21
18	PHYLLIS BRICKER			21.89
19	ELLIE BROWN			22.39

Women 100 meters, age 55				
RANK	NAME	HOME	AGE	TIME
1	FLORENCE REARDON	OH	58	16.24
2	SHIRLEY DIETDERICH	CA	57	16.60
3	JEAN WEAVER	CO	56	17.14
4	DOROTHY ANDERSON	OR	55	17.31
5	DOTTIE GRAY	MO	58	17.60
6	SHELLY ANDERSON	CO	55	17.64
7	PATRICIA MCGEE			18.10
8	P. TAYLOR		55	18.40
9	ANGIE TRANHAM	TX		18.40
10	JO TOBER	MD	56	20.30
11	FLORENCE STAGE		55	21.00
12	CAROLYN PEET			21.65
13	B. BENKERT		55	23.10

Women 100 meters, age 60				
RANK	NAME	HOME	AGE	TIME
1	EDNA LEIBY	HI	61	17.82
2	THELMA RUBIN	CA	62	18.20
3	MOLLY MONHEIT		61	18.60
4	THELMA RUBIN	CA	63	18.67
5	MARTHA FAIRBANK	NC	62	18.76
6	DIANA SMITH	CA	61	19.10
7	GERRY DAVIDSON	CA	63	19.12
8	ELLIE KIGN			19.16
9	POLLY BAILEY		61	19.30
10	ANITA JACKSON			19.50
11	DOROTHY MURPHEY	TX		19.73
12	MCRAY			20.88
13	MARJORIE HUNT	CA	64	22.15
14	MARY HOLBERT	MO		22.35
15	L. HARTMANN		61	23.30
16	WINIFRED CONLEY			23.70

Women 100 meters, age 65				
RANK	NAME	HOME	AGE	TIME
1	JOSEPHINE KOLDA	CA	66	16.30
2	MARY BOWERMASTER	OH	67	16.48
3	HELEN STEPHENS	MO	66	16.80
4	LUCILLE MONROE		69	17.30
5	ETHEL MAYLAND			18.00
6	MARGARET BILLS		67	18.70
7	MIDGE BURKHEAD		65	19.50
8	MARJORIE HUNT	CA	65	20.95
9	EDNA LAFLIN	AZ	66	21.16
10	B. JOSLIN			23.40
11	YUKI HARRIS	TX		24.43

Women 100 meters, age 70				
RANK	NAME	HOME	AGE	TIME
1	POLLY CLARKE	CO	74	16.55
2	MARIE UEBEL		72	17.50
3	VIVIAN NELSON	PA	71	19.72
4	MARY PARSONS	TX	71	19.90
5	WILMA HISE		70	21.30
6	EDITH MENDYKA	CA	73	22.50
7	MARY GORHAM			26.40
8	MARY HOUSER			28.70
9	BERYL SIRINGER			29.27

Women 100 meters, age 75				
RANK	NAME	HOME	AGE	TIME
1	MARILLA SALISBURY	CA	76	28.42
2	JEAN BECKER		75	33.70
3	MINNIE PARKER	TX		36.67

Next Month: 1984 rankings for High Jump & 1500 Meters

Mortenson, Cooper

Continued from page 1

and Veronique Marot (2:31:33) of England earned \$25,000 each. Submaster Christa Vahlensieck, 36, West Germany, added \$5000 to her development fund for her fourth woman overall 2:35:42. Laurie Binder, 38, Oakland, Calif., ran 2:48:59, worth \$700. □

The International Scene

Continued from page 18

pursuing these contacts and making it clear to each that an application for membership in WAVA would be welcome.

Handbook

In early 1985, WAVA issued its first Handbook which included a history of WAVA by President Don Farquharson, the Constitution and By-Laws, etc. This publication owed much to the efforts of the Women's Representative on the WAVA Executive, Bridget Cushen, who collated the material and arranged printing in several languages. The revised Handbook should be available about mid-1986.

May 1986 be a year of happiness and peace for you. □

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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.

NEW ENGLAND

Dartmouth Relays Hanover, N.H.; January 10

55m		
M30 D Thiel	6.6	
R Cardinal	6.8	
F Museik	dnf	
M40 R Pierce	6.6	
R Weaver	7.0	
J Dunn	7.1	
M60 C Paul	7.7	
A Oliver	8.2	
W40 M Pires-Ferreira	8.1	
R Sutta	8.4	
G Henning	8.9	

55mH		
W Busby 41	9.4	
B Morcom 64	10.4	

400m		
M30+R Cardinal 39	52.6	
D Thiel 36	52.9	
D Dodge 35	53.9	
J Dunn 42	59.1	
T Jennings 44	59.1	
D Herrington 36	59.2	
W30+M Pires-Ferreira	1:06.9	
L Jennings	1:10.6	
P MacHewitt	1:11.2	
J Riegel	dnf	

1500m		
M30+F Kolb 32	4:12.9	
T Simpson 45	4:16.8	
C La Fauri 30	4:18.0	
J Farrell 33	4:24.8	
W Bratter 43	4:24.9	
W Weldon 41	4:25.5	
W30+C Ball 31	5:00.3	
B Pike 44	5:00.4	
L Upton 42	5:06.4	
M Reed 42	5:08.0	
A Hatch 42	5:32.8	
G Henning 42	5:58.6	

3000m		
M30+B Butterworth	8:39.2	
B Clifford	8:40.2	
F Kolb	8:42.0	
A Devereaux	9:18.1	
R Currier	9:31.1	
L Martin	9:37.8	
W30+M Piwowarczyk	10:34.3	
M Reed	11:30.6	
A Hatch	11:43.2	
B Pike	11:44.0	

High Jump		
M30+C Polakowski	6-0	
J Kavanaugh	5-4	
C Kraemer	4-11	
B Morcom	4-10	

Pole Vault		
M30+B Morcom 64	11-7	
B Busby 41	11-6	
C Kraemer 55	9-0	

Long Jump		
M30+S Hennigan 30	6.08	
C Polakowski 30	5.50	
W Busby 41	5.17	
B Morcom 64	4.79	
C Leverone 53	4.54	
J Rothrock 52	4.39	
W30+G Henning 42	3.95	
J Riegle	3.91	

Triple Jump		
M30+C Polakowski 30	40-1	
T Simpson 45	35-11½	

Shot Put		
M30 J Dupuis	50-9½	
J Kavanaugh	42-0	
E Daniels	36-8½	
M40 B Mead	45-6½	
A Neville	38-4	
R Foregger	37-9½	
M50 J Rothrock	42-9½	
C Kraemer	33-4½	
H G Attwood	29-9½	

35# Weight		
M30 J Kavanaugh	47-7	
J Dupuis	41-9	
E Daniels	38-1	
M40 B Mead	52-5	
A Neville	38-5	
M50 J Rothrock	38-4	
C Leverone	34-5	

Brown U. Masters Indoor Meet Providence, R.I.; January 12

55mH		
M30 N Taylor	8.6	
C Polakowski	9.2	
M35 S Mackowitz	*9.0	
S Hackett	11.6	
M40 J Ackroyd	9.7	
W Busby	10.4	
M60 B Morcom	10.1	
J Pierson	10.8	
J Dogrly	12.1	
W45 S Redfield	*11.8	

55m		
M30 M Steinberg	6.7	
T Spann	6.9	
K Castro	7.3	
M35 T Smith	6.9	
D Larson	7.1	
M Augeri	7.3	
M40 R Johnson	6.7	
R Pierce	6.7	
R Ciccone	8.2	
M45 R Weaver	7.1	
J Whelan	7.3	
G Giragosian	7.6	
M50 J Rothrock	8.0	
P Fernero	8.0	
M55 A Viveiros	8.6	
M60 J Pierson	8.2	
D Knapp	8.4	
M65 V Mattson	8.0	
S Sorlien	8.3	
A Oliver	8.8	
M70 J McCluskey	*10.6	
R Detweiler	11.3	
W30 M Fonseca	*7.8	
W45 S Redfield	*8.9	
C Parry	9.7	
W65 C Harris	*10.7	

300m		
M30 N Steinberg	*37.8	
K Castro	41.6	
M35 D Larson	38.7	
G Smith	39.9	
S Hackett	42.2	
M40 R Pierce	*37.5	
R Johnson	37.8	
R Ricker	40.0	
M45 E Small	*38.8	
R Rizzo	39.3	
D Hurley	43.7	
M50 L Patz	46.9	
M55 P Isenberg	47.5	
M60 J Pierson	nta	
W30 M Fonseca	*45.8	
W45 S Redfield	*51.5	
C Parry	62.5	

500m		
M30 J Hudson	1:10.0	
M35 R Jackson	*1:09.6	
G Smith	1:12.4	
M40 R Ficker	*1:13.3	
M45 G Shane	1:11.7	
E Small	1:12.0	
R Rizzo	1:12.9	
M50 L Patz	1:25.3	
M55 P Isenberg	1:30.3	
J Nyhan	1:31.7	
W40 P MacHewitt	*1:32.9	
L Rothrock	1:57.7	
W45 S Redfield	*1:36.9	
D Herlihy	1:42.9	

800m		
M30 J Hudson	2:04.4	
M35 R Jackson	*2:05.1	
M40 B Weldon	2:13.8	
J Verdier	2:19.1	
R Ficker	2:31.9	
M45 P Kennedy	*2:27.1	
M50 J Keaf	2:34.5	
M55 A Meardon	2:41.4	
J Nyhan	2:43.9	
M60 L Smith	*2:58.8	
W30 S Hall	2:42.1	
W40 P MacHewitt	*2:42.4	
W45 D Herlihy	3:02.7	

One Mile (new event)		
M30 R Hintermeister	4:29.2	
R Ferrari	4:42.8	
G Thurston	4:50.1	
M35 J Dolan	5:12.4	
M40 K Skelly	4:43.2	
R Wooley	4:43.4	
B Weldon	4:51.8	
M45 R Clarke	5:00.0	
R Lowe	5:14.9	
M50 J Keats	5:28.4	
M55 M Allen	5:59.2	
A Meardon	6:01.9	
M60 L Smith	6:40.0	
W30 S Hall	5:59.3	
W40 C Crafts	6:06.9	
W45 M Yannetti	6:16.8	

One Mile Racewalk (new event)		
M35 B Savillonis	7:07.7	
G Patrick	7:50.8	
G Davis	8:58.6	
M50 J Boitano	7:37.9	
M55 H Drumm	10:16.6	
M60 J Gray	8:54.6	
A Drapeau	10:10.9	
M65 R Mulliken	10:02.7	
M80+J Hand	18:03.2	
W40 E Hewitt	9:30.9	
L Rothrock	10:40.1	
W55 E Drapeau	11:53.3	
N Delaney	13:17.5	
W65 L Mulliken	12:52.3	
W70 B Ballou	12:42.5	
M Gorham	13:18.9	

3000m		
M30 H Blonder	9:13.3	
J Hird	9:21.6	
S Sarikas	9:37.7	
M35 S Melhado	9:32.2	
J Light	9:51.1	
M40 K Skelly	9:12.0	
R Wooley	9:31.1	
E McGilvery	9:32.0	
M45 R Clarke	10:06.7	
R Lowe	10:39.8	
M60 C Hammen	*11:31.9	
J Gray	12:38.8	
M70 A Ballou	13:26.3	

4x200m Relay		
NY Pioneer Club	1:38.2	
(Small, Rizzo, Shane, Johnson)		
Long Jump		
M30 N Taylor	#20-4½	
C Polakowski	19-5½	
K Cronan	18-5	
M35 S Mackowitz	#17-6	
D Boardman	15-8½	
S Hackett	15-5	
M40 J Brady	15-4½	
M45 D Hurley	*14-3	
M50 J Rothrock	15-3½	
P Carstensen	15-2	
C Leverone	14-10½	
M55 A Viveiros	*14-½	
M60 B Morcom	*16-4½	
J Doorlay	12-10	
M65 V Mattson	*14-9	
S Sorlien	13-11½	
M70 I Hume	*14-5	
R Detweiler	8-11½	
W45 C Parry	*9-8	

High Jump		
M30 E Quigley	*6-0	
C Pokowski	6-0	
N Taylor	5-8	
M35 D Boardman	#5-4	
T Smith	5-2	
E Cronan	5-2	
M40 J Brady	*5-0	
T Fenessey	4-4	
W Busby	4-4	
M50 J Rothrock	#4-8	
H Perry	4-8	
C Leverone	4-6	
M55 C Kraemer	#4-8	
W Garrahan	4-6	
W Jackson	4-4	
M60 B Morcom	*4-8	
L Smith	4-0	
M65 V Mattson	*3-10	
M70 I Hume	4-4	
R Detweiler	3-6	

Pole Vault		
M30 Hall	*13-0	
Taylor	12-0	
Carey	9-0	
M35 Peterson	#12-6	
Trott	10-0	
M55 Kraemer	*9-0	
M60 B Morcom	11-0	
J Doorlay	8-6	
Smith	6-0	
M65 V Mattson	*6-0	
M70 I Hume	8-0	

Triple Jump		
M30 N Taylor	41-3 3/4	
C Polakowski	37-11½	
K Cronan	37-6½	
M35 S Mackowitz	*35-9	
S Hackett	26-10½	
M40 R Ficker	*33-6½	
J Ackroyd	33-5 3/4	
M65 V Mattson	*29-10 3/4	
R Sorlien	27-11½	
M70 I Hume	*29-10	
R Detweiler	18-3	

Shot Put		
M30 N Taylor	31-9	
M35 S Hackett	29-0	
M40 A Neville	37-4½	
J Ackroyd	34-½	
R Gourley	28-10	
M45 R Schinse	28-11	
M50 J Edwards	*42-4½	
J Rothrock	41-3	
P Carstensen	31-5	
M55 W Garrahan	*37-10	
W Jackson	32-10½	
C Kraemer	32-½	
M60 J Pierson	*38-9½	
B Morcom	37-10½	
G Battick	36-11½	
M65 T McDermott	*41-1½	
V Mattson	26-8 3/4	
M70 I Hume	34-½	
R Detweiler	27-1	
T McCusky	26-8½	
W30 Monowski	22-6½	
W35 LeBlanc	*21-5½	
W45 C Parry	*16-0	
W70 M Gorham	*13-2½	

35# Weight Throw		
M35 M Grisko	*52-3½	
S Hackett	27-1	
M40 A Neville	*39-½	
J Ackroyd	36-11	
R Gourley	35-10	
M45 R Schinse	25-9	
M50 J Edwards	*37-4½	
P Carstensen	36-½	
J Rothrock	34-2½	
G Battick	35-1½	
D Knapp	21-6	
M65 T McDermott	*39-7	
M70 B Detweiler	*29-6½	
I Hume	28-5 3/4	
T McClusky	25-8	
*MR #ties MR		

Greater Boston TC Invitational Harvard U.; Mass. January 26

Masters Men's Mile		
Gus Foley	4:38.7	
Dave Walsh	4:42.0	
Earl McGilvery	4:47.1	
George Conefrey	4:49.5	
Isaiah Shalom	4:52.1	
Robert Clarke	4:57.0	
Masters Women's Mile		
Barbara Pike	5:24.7	
Linda Upton	5:27.9	
Carrie Parsi	5:41	
Patt MacHewitt	5:49.2	
Sally Davis	5:51.3	
Andrea Hatch	5:55.9	

EAST City of Philadelphia Indoor Track Carnival Masters Track & Field Meet Haverford, PA January 9, 1986

55 meters		
M30 Alfonso Walton	0:06.79	
Clifton Smith	0:07.28	
Andrew Fairfax	0:07.86	
M35 Bob Beale	0:06.46	
Arthur Wright	0:06.46	
Asar Stepak	0:08.19	
W35 Anna Mapps	0:08.46	
M40 Bob Stanford	0:07.27	
Shareef Daaliya	0:07.48	
Charley Carey	0:08.11	
M45 Ernie McCombs	0:07.31	
Jim Bantum	0:07.47	
Jim Hodge	0:07.59	
M50 John Snell	0:07.5	
William Clark	0:07.56	
Lawrence Pratt	0:07.6	
M60 Oscar Harris	0:08.57	
M65 Dave Hall	0:09.07	
M75 Manfred D'Elia	0:10.02	

55m hurdles		
M30 Clifton Smith	0:08.53	
M35 Ron Salvio	0:10.64	
M40 Bob Ayton	0:09.32	
William Clark	0:08.56	
Lawrence Pratt	0:08.57	
M45 George Taylor	0:11.24	
J. Walker Pierson	0:10.64	
M60 George Braceland	0:11.68	
Claude Hills	0:11.73	

300 meters		
330	Andrew Fairfax	0:46.6
335	Arthur Wright	0:38.6
	Robert Beale	0:39.6
	Taylor Tunstall	0:40.9
335	Anna Mapps	0:50.6
340	Robert Stanford	0:38.6
	Tom O'Hora	0:40.6
	Jim Gross	0:41.8
345	Jim Hodge	0:41.6
	Ernie McCombs	0:41.4
	Jim Bantum	0:42.2
355	Earl Sumners	0:45.0
	Billy Mullin	0:48.9
360	J. Walker Pierson	0:49.6
	Oscar Harris	0:50.9
365	Jim Manno	0:46.6
375	Manfred D'Elia	0:57.6

Continued from previous page

M60 W Thomas	nta
J Davison	rta
M65 M Quackenbos	1:15.39
C Whitney	1:16.95
D Fortier	1:20.64
M70 E Bost	1:24.91
W Ott	1:44.85
J Ecklund	1:39.69
M75 R Lacey	1:27.23
M80 K Boas	1:47.32
W55 A Rush	1:38.72
W60 K Thomson	1:55.40
M Holbert	2:18.58
M Arnold	2:40.01
W65 O Homery	2:18.43
A Sunny	2:27.16
M Wilson	2:39.23
W70 E Julius	3:29.03
W80 M Morro	3:29.10
Long Jump	
M55 B Ackerman	14-9
R Armstrong	14-6 1/2
T Tuck	12-7
M60 T Kennell	13-5
T Murphy	12-0
C Clippard	11-11
M65 V Mattson	13-5
D Hull	11-6
L Aiello	10-6
M70 W Ott	9-8
G Casey	9-3
M75 O Graf	11-1
J Hall	9-2
J Karp	6-4
M80 K Boas	7-3
A Pitcher	7-2
W60 K Thomson	7-10
H Boyd	7-8 1/2
M Holbert	7-2
W65 O Homery	6-4
A Sunny	5-4 1/2
C Karp	5-0
W70 V Nelson	7-5
E Julius	4-10
High Jump	
M55 B Gentry	4-8
R Armstrong	4-4
T Tuck	4-2
M60 B Tober	4-6
T Murphy	4-0
T Kennell	4-0
M65 D Hull	3-10
V Mattson	3-10
J Broadbent	3-8
M70 H Brown	4-0
G Casey	3-8
M75 R Lacey	4-0
J Hall	3-6
J Karp	3-4
M80 A Pitcher	3-4
W55 J Tober	2-10
W60 R Manger	3-4
H Boyd	3-0
M Holbert	2-10
W65 C Karp	2-8
W70 V Nelson	3-0
Shot Put	
M55 W Carter	41-8
D Hennings	37-3
H Carlen	35-3
M60 J McCabe	42-6
M Manger	38-8
J Pierson	33-5
M65 N Heard	40-2
D Hull	33-4
B Miller	32-7
M70 G Casey	32-5
H Brown	32-1
E Bost	30-8
M75 J Hall	38-0
T Slonim	23-8
A Brosz	22-9
M80 K Boas	22-1
A Pitcher	20-3
W60 H Boyd	23-6
M Holbert	19-2
B Kleinschmidt	19-0
W65 O Homery	17-9
C Karp	15-1
M Wilson	13-6
W70 E Brown	20-2
L Sandman	16-10
E Julius	rna
Discus	
M55 W Carter	111-3
B Ackerman	99-10
H Carlin	84-6
M60 J McCabe	112-7
M Manger	107-11
C Clippard	95-10
M65 R McCoy	100-6
N Heard	100-5
D Hull	93-5
M70 G Casey	84-11
H Brown	80-6
M75 J Hall	95-11
T Slonim	67-8
J Nitsch	67-0
M80 A Pitcher	54-7
K Boas	48-9
W60 H Boyd	56-9
B Kleinschmidt	53-6
R Manger	49-4
W65 O Homery	38-2
A Sunny	32-3
C Karp	30-4
W70 E Brown	41-7
L Sandman	35-1
E Julius	31-4

Central Florida Masters
T&F Championships
Gainesville; January 12

50m	
M35 K Westfall	6.50
F Bonnacorso	7.62
M40 S Alexander	6.03
J Parra	7.20
M45 B Porter	6.80
D Dreifuerst	6.81
R Wilson	7.36
M50 H Nottingham	7.04
M65 B Gentry	6.98
M55 D Hull	7.62
M75 G Powell	9.50
W30 D Burke	8.30
W40 M Tod	8.00
100m	
M30 A Hart	12.26
M35 R Walker	12.25
K Westfall	12.51
M40 S Alexander	12.20
J Parra	13.40
M45 B Porter	13.01
J Carlos	13.23
F Romack	13.34
M50 J Pippin	13.8
H Nottingham	14.9
M55 B Gentry	12.6
G Bartenfeld	12.87
M60 D Hall	14.8
P Munden	15.06
M65 D Hull	13.9
M75 G Powell	17.2
W30 M Peters	14.9
W40 M Tod	16.4
200	
M30 A Hart	25.75
T Harville	nta
M35 R Walker	25.6
K Westfall	25.9
F Bonnacorso	26.7
M40 J Parra	29.17
M45 B Porter	26.8
J Carlos	27.9
F Romack	28.5
M65 D Hull	30.3
M75 G Powell	37.2
W40 M Tod	37.2
400	
M30 A Hart	56.68
T Gordon	62.58
A Undeen	nta
M35 F Bonnacorso	59.6
M40 B Stewart	56.6
M45 F Romack	60.11
J Carlos	61.9
R Wilson	62.8
M55 G Bartenfeld	62.8
M65 D Hull	76.15
M75 G Powell	85.21
W35 N Packard	1:42.3
W45 V Undeen	1:31.12
800	
M30 T Gordon	2:38.9
M35 B Kritzer	2:15.3
M45 F Romack	2:18
M50 G Brigham	2:41
M75 G Powell	4:06
1500	
M30 T Harville	5:30.25
M35 B Kritzer	4:24.58
D Black	5:15.32
M40 B Stewart	4:13.36
M45 F Romack	4:41.38
M Galvez	5:09
M50 R Fine	5:28.76
J Pippin	6:27
M60 P Munden	6:00.4
W50 U Gamble	7:08.46
5000	
M30 T Harville	24:46
M35 D Black	20:34
M40 G King	16:31
M45 F Romack	18:17
M Galvez	20:35
110H	
M45 B Porter	16.16
D Dreifuerst	18.67
M55 B Gentry	19.19
M65 D Hull	26.89
W30 M Peters	21.72
4x100m Relay	
Florida TC	54.5
Florida TC Masters	56.47
4x400m Relay	
Florida TC	nta
Florida TC Masters	nta
Long Jump	
M35 F Bonnacorso	16-3
M40 S Alexander	17-7
J Parra	14-6
M45 B Porter	17-7
R Wilson	15-1
M50 H Nottingham	14-7
M55 B Gentry	14-4
G Bartenfeld	10-11
M65 D Hull	8-5
M75 G Powell	8-5
High Jump	
M30 A Hart	5-4
M45 B Porter	5-0
M50 H Nottingham	4-0
M55 B Gentry	4-8

M65 D Hull	4-0
M75 G Powell	3-3
W30 M Deters	5-0
W40 M Tod	3-9
Shot	
M30 A Hart	40-3 1/2
M35 F Bonnacorso	33-11
M40 S Alexander	35-7 1/2
J Parra	30-6 1/2
M45 B Porter	33-2
M55 G Bartenfeld	28-10 1/2
B Gentry	26-8
M60 J Gamble	40-10
M65 D Hull	31-6 1/2

M75 G Powell	32-3 1/2
W40 M Tod	24-6
Liscus	
M30 A Hart	93-3
M35 F Bonnacorso	78-6
M40 J Parra	112-10
M45 B Porter	103-1
M55 G Bartenfeld	76-9
M60 J Gamble	124-0
D Hall	92-9
M65 D Hull	91-3
M75 G Powell	31-3
W30 N Packard	58-11
M Deters	54-2
W40 M Tod	60-7

60vH	
M50 R Lindsey	10.02
M55 T Hinkes	9.56
E Hammond	12.12
2 Mile RW	
M30 G Getzelman	18:24.41
M55 E Hammond	24:11.29
M75 B Grant	29:01
W30 A Middleton	28:39.24
W35 E Scott	28:38.82

High Jump	
M35 C Jackson	5-4
M40 N Prussman	5-6
R Bagneski	4-10
M50 F Smith	5-9
R Richardson	5-2
B Kemp	4-4
M55 B Edwards	4-8
E Hammond	4-2

Pole Vault	
M30 F Pebranek	10-6
M50 B Kemp	---
M55 T Hinkes	10-6
E Hammond	7-6

Long Jump	
M30 R Harsbro	17-5
M35 C Jackson	18-3 1/2
W Ewing	17-1
R Steder	15-11
M40 R Bagneski	17-6
N Prussman	15-9 1/2
M50 R Richardson	15-2
M55 B Edwards	12-6
E Hammond	11-1
M45 P Stopoulos	17-6

Triple Jump	
M30 R Harsbro	30-1
M35 W Ewing	34-3 1/2
M40 R Bagneski	34-8 1/2
M45 P Stopoulos	31-9 1/2
M50 A E Batiarita	27-10 1/2
M55 E Hammond	24-5

Shot Put	
M40 J Hess	39-11
N Prussman	31-3
M45 C Klehm	41-9
M50 B Kemp	37-2
R Richardson	34-2
F Smith	33-2
M55 B Edwards	31-3
E Hammond	24-9 1/2
M75 B Grant	30-7
W45 C Smith	19-3

Weight Throw	
M45 C Klehm	39-10
M50 B Kemp	22-0
M75 B Grant	12-2

MID-AMERICA

10th Lincoln TC
Masters Indoor Championships
Lincoln, Nebr.; January 11

60 HH	
M30 Robert Hahn	7.9
Mike Wallace	10.0
Tom Felton	10.4

M35 Harry McDonald	8.4
Rex Harvey	8.6
M40 Ken Winters	8.7
Tom Thorne Jr.	8.7
Ross Jensen	8.9

M45 Charley Miller	8.6
Al Maxey Sr.	10.1
M50 Bob Kemp	12.1
M55 Earl Ventura	9.2
Jerry Reiserer	9.3

M65 Tom Thorne Sr.	15.1
60	
M30 Robert Hahn	6.7
M35 Clifton Jackson	6.6
Fred Booker	6.6
David Lee	7.0
Bear Thorne	9.2

M40 Tom Bassett	6.8
Ross Jensen	7.0
Gene Hoskovic	7.2
Skuli Garmundsson	7.5
Gene Smith	7.9

M45 Gary Oliphant	6.9
Thornton Shelton	7.0
Scotty Hargrove	7.1
Joe Beckham	7.4
Jim Muxen	7.6
Bob Hoover	7.9

M50 Larry Fuerst	7.4
Stan Giles	7.4
Glen Brazee	8.0
M55 Earl Ventura	7.1
M60 Max Goldsmith	7.8
M65 Clarence Osborn	9.9

300	
M30 Robert Hahn	37.2
M35 David Lee	35.8
M40 Tom Bassett	35.0
Gene Hoskovic	36.9
Ross Jensen	38.0
Frosty Chapman	41.1

M45 Thornton Shelton	36.9
Gary Oliphant	38.0
Howard Weiser	38.5
Jim Muxen	40.2
Ross Greathouse	41.2
Bob Hoover	46.2

M50 Larry Fuerst	38.7
M55 Bill Butterworth	51.7
M60 Max Goldsmith	43.0
M65 Clarence Osborn	53.8

600 (Pentathlon)

Heat 1	
Rex Harvey	1:23.9
Mike Wallace	1:26.2
Ken Winters	1:42.7
Harry McDonald	1:43.6

Heat 2	
Tom Felton	1:26.9
Charley Miller	1:39.6
Al Maxey Sr.	1:42.3
Jerry Reiserer	1:56.6
Tom Thorne Sr.	2:28.2

440	
M35 Clifton Jackson	60.0
M40 Frosty Chapman	1:05.6
M45 Thornton Shelton	1:01.4
Wally Brawner	1:01.7
Howard Weiser	1:02.7
Ross Greathouse	1:03.5

M50 Ed Alexander	1:02.9
Stan Giles	1:06.5

M60 Max Goldsmith	1:12.8
M65 Clarence Osborn	1:27.4

880	
M30 Lou Soukup	2:37.4
M35 Don Showen	2:20.8

M40 Ken Katzer	2:20.8
M45 Burch David	2:25.6
Wally Brawner	2:36.3
George Lee	2:43.4
Howard Weiser	2:59.9

M50 Bob Elwood	2:20.1
Dale Young	2:41.8

M55 Forrest Doling	2:53.9
M65 Clarence Osborn	3:20.9

1 Mile	
M30 Jerry Bushnell	5:25.7
Lou Soukup	5:30.8

M35 Don Showen	5:17.2
Juan Rodriguez	7:05.4

M40 Don Welsh	4:55.8
Ken Katzer	5:09.4

M45 Burch David	5:18.9
George Lee	5:45.0
M50 Bob Elwood	5:04.8
Jim Calver	5:08.4
Ed Alexander	5:17.2
Dale Young	5:45.6
Gene Hart	5:48.5

M65 Clarence Osborn	6:58.8
W40 Jayne Snyder	7:28.1

2 Mile	
M30 Thomas Powers	10:36.8
Bob Gies	10:46.9
Lou Soukup	11:30.5

M40 Ken Katzer	10:57.9
Gordon Woodward Sr.	11:23.6

Continued from previous page

M40 Ken Winters	36-9 1/2
M45 Tim Wesselowski	45-6
Al Maxey Sr.	38-1 1/2
Joe Beckham	36-11
Jim Johnson	35-6
Chuck Miller	34-2
M50 Tom Wesselowski	48-9 1/4
Glen Brazee	39-2 3/4
Bob Kemp	38-7 1/4
M55 Earl Ventura	37-5
Bill Butterworth	32-8
Jerry Reiserer	31-3 1/4
M65 Tom Thorne Sr.	25-9 1/2
M70 Phillip Henn	27-8 1/2
Long Jump	
M30 Mike Wallace	16-5
M35 Rex Harvey	18-9 3/4
Harry McDonald	14-11 1/2
M40 Gene Hoskovac	16-11 1/4
Ken Winters	16-9 1/2
Gene Smith	14-11 3/4
M45 Gary Oliphant	18-4 1/2
Charley Miller	17-1/2
Scotty Hargrove	16-9
Bob Hoover	14-7
Al Maxey Sr.	14-4
M50 Glen Brazee	16-3
Stan Giles	13-11 3/4
Keith Heckman	12-9
Bob Kemp	9-7 1/2
M55 Earl Ventura	17-3/4
Jerry Reiserer	15-3 1/4
M60 Max Goldsmith	14-9 1/4
M65 Tom Thorne	9-7 1/4
Pole Vault	
M30 Mike Wallace	7-5 1/4
M35 Harry McDonald	9-11
M40 Tom Thorne Jr.	10-5
M50 Keith Heckman	8-5
M55 Jerry Donley	12-5
Jerry Reiserer	8-5
Bill Butterworth	7-5
High Jump	
M30 David Venema	4-10
Tom Felton	4-6
Mike Wallace	4-6
M35 Rex Harvey	5-7
Clifton Jackson	5-4
Harry McDonald	4-8
M40 Ken Winters	5-9
Tom Thorne Jr.	5-2
Skuli Gudmundsson	4-10
M45 Charley Miller	5-0
Al Maxey Sr.	4-10
Wally Brawner	4-8
Scotty Hargrove	4-6
Bob Hoover	4-6
Joe Beckham	4-4
M50 Ed Alexander	4-8
Bob Kemp	4-6
M55 John C. Brown	5-7 1/2
(meet record, world record pending)	
Earl Ventura	4-8
Jerry Reiserer	4-6
M65 Tom Thorne Sr.	3-6
Pentathlon	
M30 Mike Wallace	2622
Tom Felton	2451
M35 Rex Harvey	3190
Harry McDonald	2366
M40 Ken Winters	2802
M45 Charley Miller	2601
Al Maxey Sr.	2184
M50 Bob Kemp	1082
M55 Jerry Reiserer	1795
M65 Tom Thorne Sr.	293

Developmental Indoor Meet
Cape Girardeau, Mo.;
January 11-12

60y	
46 D Buss	7.10
51 J Ware	7.53
52 C Stinson	8.57
59 R Hewitt	8.16
60 C Davison	8.11
60 J Luttrell	8.90
68 C Christy	8.94
69 W Ragland	9.20
72 W Parker	10.07
84 A Pitcher	10.22
300y	
46 D Buss	36.0
51 J Ware	38.9
52 C Stinson	44.8
60 J Luttrell	47.0
69 W Ragland	49.5
84 A Pitcher	60.2
600y	
52 C Stinson	1:19.0
56 T Waltrip	1:20.0
60 C Davison	1:14.3
64 T Baggett	1:43.0
880y	
44 T Porter	2:44
51 J Ware	2:51
60 C Davison	3:10
60 B Schnurbusch	3:27
64 T Baggett	3:35
1 Mile	
34 E Williams	5:59
35 B Slicer	6:02
46 D Miles	6:35
60 C Davison	6:40
60 B Schnurbusch	7:19
64 T Baggett	7:30
2 Mile	
35 T Sutton	10:20
44 T Porter	12:40
46 D Miles	14:01
56 R Ferrari	12:05
56 T Waltrip	12:41
60 B Schnurbusch	16:03
61 T Waldrup	13:15
64 T Baggett	16:27
High Jump	
35 B Slicer	4-6 1/2
51 J Ware	4-8
52 C Stinson	4-6 1/4
69 W Ragland	4-6 1/4
84 A Pitcher	3-6
Long Jump	
46 D Buss	16-8
51 J Ware	14-11
52 C Stinson	12-10
59 R Hewitt	11-9
60 C Davison	13-1
60 B Schnurbusch	7-11
68 C Christy	12-4 1/2
Standing Long Jump	
34 E Williams	7-4 3/4
44 T Porter	7-10 1/4
46 D Buss	8-4 1/2
52 C Stinson	7-3 1/2
58 P Brusca	7-11
60 C Clippard	7-10 1/2
60 C Davison	7-1
64 B Schnurbusch	5-10 1/2
68 T Baggett	5-10 1/4
68 C Christy	6-11
84 A Pitcher	5-11
Shot Put	
44 T Porter	28-4
58 P Brusca	44-1
59 R Hewitt	31-10
60 B Schnurbusch	32-1
64 T Baggett	33-6 1/2
72 W Parker	35-5 1/2
Lawrence TC Indoor Meet	
Lawrence, Kans.; January 26	
60y	
M30 C Jackson	6.4
M Quinn	7.8
S Shaw	8.0
M40 Jensen	7.1
J Davies	7.2
Sherman	7.3
M45 G Oliphant	6.8
T Shelton	7.1
G Smith	7.4
M50 S Giles	7.5
C Newman	7.5
E Neufeld	7.8
M55 J Reiserer	7.6
J Reichart	7.8
M60 J Haeefe	7.9
E Haeefe	8.5
440y	
M30 D Cash	1:06.3
M35 C Jackson	57.0
B Paul	60.5
M40 B Sherman	1:00.2
B Foster	1:03.4

M45 T Shelton	58.6
L Stevinson	59.1
G Albright	1:08.4
M50 S Giles	1:05.4
E Neufeld	1:07.2
M55 J Reiserer	1:06.7
M60 E Haeefe	1:16.0
880y	
M30 Ray	1:59.7
Brandon	2:04.1
M35 Wilkins	2:13.1
B Paul	2:15.6
D Showen	2:28.9
M40 K Katzer	2:30.9
M45 Brauner	2:17.6
L Stevenson	2:20.4
Greathouse	2:29.7
M55 F Doling	2:45.1
1 Mile	
M30 B Christenson	4:38.3
Gies	5:03.7
M35 T Wilkins	4:46.3
G Hartman	4:52.9
D Showen	5:05.6
M40 Welsh	4:46.7
K Katzer	5:05.7
B Foster	5:46.0
M45 W Brawner	5:02.7
B David	5:05.2
R Greathouse	5:30.2
M50 J Culver	5:11.5
M Miller	5:18.5
B Brands	5:24.2
M55 F Doling	6:34.5
2 Mile	
M30 B Christensen	9:49.2
C Brandon	9:50.7
B Paul	10:46.4
M40 K Katzer	11:14.0
D Edmons	16:11
High Jump	
M30 D Cash	5-0
M40 T Thorn	5-2
J Davis	4-10
B Foster	4-8
Pole Vault	
M35 D Knapps	14-0
M40 J Jeffries	10-6
T Thorn	10-6
M50 Schoeder	8-6
M55 J Reiserer	9-6
B Butterworth	9-0
M60 J Haeefe	8-0
Long Jump	
M30 S Ray	19-3 1/4
M35 C Jackson	20-3 1/4
D Knapp	17-1
M40 J Davies	17-3
T Thorn	16-2
B Foster	13-7 1/2
M45 G Oliphant	17-4 1/2
G Smith	14-9 1/2
M50 C Newman	16-9 1/2
S Giles	12-1 1/2
M55 J Reiserer	14-10
B Butterworth	13-4
J Reichart	12-4
M60 J Haeefe	14-4 1/2
Shot Put	
M30 D Cash	36-6
E Alexander	35-3 1/2
M40 Rogers	41-7 1/2
B Foster	24-5
M45 Tim Wesselowski	38-1 1/2
M50 Tom Wesselowski	48-2
M55 J Reichart	38-1 1/2
Bauel	32-1
J Reiserer	30-1
Naperer	38-5 1/2

WEST

Palm Desert -
College of the Desert
Jan. 19

60 YD DASH - WOMEN

34 L. Simmons	8.8
41 S. Radzinski	9.27
50 C. Miller (CDM)	8.9
50 L. Paysinger	11.8
56 S. Kinsey (CDM)	10.4

60 YD DASH - MEN

76 J. Caruso	9.76
67 A. Guidet (CDM)	8.81
66 C. Mercurio (CDM)	8.86
64 T. Patsalis (CDM)	8.05
63 C. McCabe	9.49
60 W. Ambrose (CDM)	8.67
60 C. Harte (LAVAC)	8.1
55 W. Robinson (CDM)	8.2
53 B. Adler (LAVAC)	9.0
52 N. Newton (LAVAC)	7.52
51 R. Slagow	8.0
50 R. Fitzhugh (CDM)	8.2
46 D. Smith (CDM)	7.1
31 Salazar	8.07

SHOT PUT - Women

50 Chris Miller (CDM)	29'6"
32 Hilary White	21'5"
75 Edith Mendyka (CDM)	26'4"

50 Lee Paysinger	27'5 1/2
32 Janet Wilson	33'11"
34 Linda Simmons	30'0"

Men

71 R. Carter	43'3 1/2
70 Chuck McMahon	31'10"
67 D. Aldrich (CDM)	41'2 1/2
66 M. Castaneda (Str.)	44'0"
62 Bill Bangert	43'1 1/2
54 Dick Kennerly	31'2"
54 Dave Douglas	35'5"
51 Bob Paysinger	36'1 1/2
51 Ed Dahms	46'1"
47 John White	33'9 1/2
33 Steve Cox	40'11"

JAVELIN - Men

70 Chuck McMahon	98'5"
77 B. MacConaghy	84'5"
37 Ron Rook	126'1"
48 G. Bane	123'8"
50 R. Fitzhugh	119'9"
51 Ed Dahms	138'10"
33 S. Cox	162'11"

Women

75 Edith Mendyka	64'1"
50 Chris Miller	101'5"

60 YD HH

65 B. Gist (CDM)	6.5
64 T. Patsalis (CDM)	9.6
63 C. McFate	11.4
53 B. Adler	10.49
50 J. Stanners	10.0
50 R. Fitzhugh (CDM)	10.37
33 S. Cox	9.26
34 M. Saafir	8.45
31 U. Sbeaks	9.20

600 Meter

40 D. Spicer	1.48
31 J. Reed	1.32
55 W. Robinson (CDM)	1.45
60 G. Harte (LAVAC)	1.54.7
66 D. Lewis (CDM)	2.02

TRIPLE JUMP

56 Shirley Kinsey (CDM)	21'6"
76 Joe Caruso	24'2"
70 Elmer Siegel	32'7"
66 Chuck Mercurio (CDM)	26'7"
64 Tom Patsalis (CDM)	31'7 1/2
50 J. Stanners (LAVAC)	32'8"

POLE VAULT

77 B. MacConaghy (CDM)	7'6"
74 C. Johnston (TM)	9'6"
70 E. Siegel (TM)	8'0"
69 J. Vernon (TM)	9'0"
65 R. Biesemeyer (TM)	9'0"
63 Dave Brown (CDM)	9'0"
54 Dave Douglass (SCS)	9'0"
50 Jerry Stanners (LAV)	10'3"
50 R. Fitzhugh (CDM)	8'0"
48 Gary Bane (CDM)	10'9"
48 Gary Miller (CDM)	9'0"
41 Mike Morris	11'9"

HIGH JUMP - Men

13 Gunnar Miller	4'6"
63 Chuck McFate	4'2"
50 Jerry Stanners (LAV)	5'
69 J. Vernon (TMT)	4'2"
54 D. Douglass	4'8"
70 E. Siegel (TMT)	3'8"
74 C. Johnston (TMT)	3'10"
48 G. Bane	5'
52 Nick Newton	5'2"
34 M. H. Saafir	6'4"
50 R. Fitzhugh	5'
56 Ed Austin	5'
65 B. Gist	4'6"

3,000 METER RUN

18 Doug Miller	11:10
65 Earl Rippee	12:44
16 Ernesto Rendon	10:56
66 Dave Lewis (CDM)	13:29

300 Meter

46 Doug Smith (CDM)	38.75
52 N. Newton (LAVAC)	41.65
31 J. Reed	41.6
60 W. Ambrose (CDM)	48.16
67 A. Guidet (CDM)	51.7
40 D. Spicer	46.8
74 C. Johnston (T.M.)	60.2
60 G. Harte (LAVAC)	44.48
55 W. Robinson (CMD)	43.19
41 S. Radzinski	53.3

LONG JUMP

56 Shirley Kinsey (CDM)	11'2 1/2
41 Susan Roszinski	9'8"
50 Lee Paysinger	7'2 1/2
76 Joe Caruso	12'
50 J. Stanners	16'8"
50 R. Fitzhugh (CDM)	15'10"

HAMMER

54 Dave Douglas	123'5"
70 Chuck McMahon	79'5"
62 Bill Bangert	113'11"
47 J. White	104'10"

DISCUS - Women

32 J. F. Wilson	143'0"
56 Shirley Kinsey	81'4"
32 Hilary White	58'0"
75 Edith Mendyka	58'1"

70 Chuck McMahon	86'8 1/2
71 Ross Carter	126'9"
47 John White	102'5"
62 B. Baugert	129'5"
50 J. Stanners	93'8"
54 D. Douglass	101'9 1/2
32 M. Castaneda	134'5"
51 Ed Dahms	124'0"
54 D. Kennerly	113'8"
67 D. Aldrich	151'3"
33 S. Cox	103'8"

LONG
DISTANCE
RESULTS

Please send masters
race results to: National
Masters News, P.O. Box
2372, Van Nuys, CA
91404. Please include
date, distance and city.

EAST

Brian's Run 10K
W. Chester, Pa.; December 8

Overall

	J Sinclair	28 29:18
	J Bowers	22 34:26
M35	P Cameron	35 33:16
	E Kelly	35 34:48
	K Underwood	38 35:00
M40	G Keim	42 31:58
	R Myers	40 34:10
	T Smith	40 35:39
M45	V Zwolak	47 33:29
	G Pilotti	45 38:43
	D Allebach	45 38:44
M50	B Hyser	50 35:27
	D Larson	51 38:09
	R Becker	52 38:19
M55	P Nutt	55 38:33
	C Carrier	57 40:21
	C Mackey	58 42:37
M60	H Morgan	63 39:37
	R Johnson	61 41:58
	J Mulligan	60 47:27
M65	M Forbes	65 59:43
	E Habbersett	69 61:41
	N Wheeler	69 64:13
M70+G	Piasecki	74 62:59
W35	L Mills	36 39:30
	J Hampton	39 41:48
	V Mitchell	36 42:52
W40	P McGrath	41 41:03
	L Toretzsky	41 42:06
	C Lelli	43 43:50
W45	J Johnson	45 48:23
	J Leety	47 49:06
	B Moccia	47 50:00
W50	S Patton	50 42:31
	P Minnek	54 48:27
	S Whyte	50 58:05
W55	B Ackerman	56 48:40
	L Cephus	56 54:38
	A Goff	58 58:54
W60	M Pavlin	60 55:32
	G McCarthy	61 56:13
W65	B Yencharis	65 56:39

Continued from previous page

M45 R Ruiz	46 1:14:44
P Kellner	47 1:18:11
J Frein	46 1:21:16
M50 R Murphy	51 1:20:31
J Sturdevant	54 1:20:49
L Stern	51 1:22:45
M55 P Kiell	55 1:28:33
M Bennett	55 1:29:45
G Wodicka	56 1:31:26
M60 J McManus	62 1:30:02
G Thompson	60 1:31:50
S Edelman	61 1:31:52
M70+W Brobston	73 1:43:14
W40 H Oster	43 1:25:27
M Mulvihill	42 1:33:43
W45 A Thornhill	45 1:29:23
E Jones	46 1:40:13
L Sherman	49 1:46:10
W50 S Medaglia	50 1:38:56
E Autorino	56 1:52:05
S Uchitelle	51 1:58:08

NYRR Figure 8 7-Mile Reversible Central Park, NYC; February 2

Overall-	
J Kempton	27 35:46
M Bakoulis	24 41:01
M40 J Lugo	43 41:08
J Valentin	44 41:25
H Perez	40 41:45
M45 R Ruiz	46 40:15
M Andreachi	45 42:06
N Dobry	46 45:03
M50 E Seiff	52 43:38
L Stern	51 43:59
L Arango	51 44:28
M55 K Jones	55 42:28
J Stoltzfus	59 46:57
M Bennett	55 47:17
M60 G Sheehan	67 47:44
W Coyne	64 48:56
S Edelman	61 49:58
M70 C Feldman	70 56:30
RW--Men	
R Valiente	55 1:10:46
R Green	45 1:11:26
F Nastasi	43 1:16:05
W40 L Baker	42 47:45
N Texidor	42 50:43
I Berger	41 53:05
W45 E Jones	46 52:51
R Landegger	45 55:13
L Sherman	49 57:05
W50 J Nelson	50 52:38
S Balfour	50 52:50
E Marcus	50 56:13
W60 J Neulinger	61 1:10:23
W70+M Bdera	70 1:15:53
RW--Women	
D Kelley	50 1:07:52
J Blake	44 1:11:44
S Cashman	42 1:12:37

SOUTHEAST

"Sandy Claws" Beach Run 5K Sarasota, Fla.; December 21

Overall	
D Boston	16:04
B Matthews	18:33
M40 R Quevillon	17:06
D Putnam	19:20
A Carlan	19:33
M45 J Jaffe	20:20
R Zucknick	22:24
W Cooper	23:01
M50 D Fritz	20:45
L Foster	22:17
L Guilfoyle	22:31
M55 R Wunderlich	20:53
C Stelman	23:42
D Marshall	26:31
M60 C Hammen	20:09
M Shumate	21:28
H Kleinman	22:40
M65+P Fitzgibbons	22:43
E Wildermuth	30:00
M Landau	31:55
W40 A Paradiso	25:53
J Shenk	26:37
T Shaw	29:11
W45 M J Zucknick	25:32
J Foster	26:05
P Jackson	26:10
W50 J Askea	37:12
W60 L Mancini	25:23

Charlotte Observer 10K/ Marathon Charlotte, N.C.; January 4

--10K--	
Overall	
J Cooper	26 28:54
F Larrieu-Smith	33 32:28
M35 E Owens	36 31:42
M Stewart	39 32:20
T Comerford	36 34:57
M40 J Galloway	40 31:58
P Monahan	41 32:13
W Vaughn	40 32:55

M45 A Craven	49 35:22
B Friend	45 36:52
R Freier	45 38:38
M50 B Voight	51 37:07
J Gilmore	51 38:15
C Harris	51 39:04
M55 B Ballenger	55 42:11
E Morton	59 43:30
C Evans	56 44:00
M60 J Hosner	60 37:01
B Hudson	61 47:17
R Willard	64 47:28
M65 J Trent	65 53:43
F Steadman	68 56:47
D Brennen	65 1:00:49
M70+G Williams	72 1:01:25
H Williams	70 1:02:40
W35 P Schug	37 38:44
L Neely	37 42:36
A Williams	39 42:41
W40 L Ervin	43 41:38
H Vetter	44 42:56
N Lowden	43 43:35
W45 N Duckworth	46 50:34
B Lakey	47 51:15
R Elderkin	46 52:37
W50 B Dameron	50 46:09
L Donovan	50 56:32
I Carlsen	54 57:10
W55 B Richardson	59 57:18
B Lineberry	58 59:18
F Motley	58 1:00:55
W60 O Moody	60 1:03:22
J Thomas	61 1:18:02

--Marathon--	
Overall	
G Walker	24 2:22:05
B Dillinger	30 2:48:14
M35 T Morris	36 2:32:33
L Frederick	36 2:35:27
G Rolling	38 2:39:53
M40 W Scheid	40 2:44:21
J Nofstger	42 2:47:46
B Claytor	44 2:56:15
M45 T Vargo	45 3:01:00
K Turpin	45 3:06:07
J Bunting	46 3:08:41
M50 J Ansell	50 3:13:24
T Tranon	52 3:16:14
F Sides	54 3:18:13
M55 A Becken	57 3:00:35
W Fulbright	59 3:40:46
B Middleton	55 3:40:54
M60 E Lloyd	62 4:06:46
R Reid	60 5:13:21
M65 G E Cunningham	66 4:01:17
H Keller	66 4:01:37
A Hecht	65 4:46:42
W35 A Mansfield	36 3:07:52
B Moon	39 3:25:16
C Kerst	36 3:25:32
W40 M Collins	41 3:25:41
P Smith-Hite	41 3:35:13
O Cohen	42 3:55:56
W45 S Balfour	49 3:41:20
N Sorensen	45 4:24:32
W50 E Johnson	52 4:53:56

Orange Bowl Marathon IX Miami, Fla.; January 11

Overall	
B Bobes	33 2:21:26
S Silsby	28 2:53:19
M35 A Miller	37 2:38:25
B Huebner	38 2:41:25
E Wright	35 2:42:59
M40 R Cosme	44 2:44:06
H Rodriguez	41 2:45:18
D Jett	40 2:48:46
M45 D O'Flannery	45 2:54:24
F Pesce	45 2:55:32
A Scheinholz	46 3:04:37
M50 B Spratt	52 2:53:37
D Magyari	50 3:10:19
J Lacey	51 3:12:59
M55 J Siegel	57 3:26:13
W Fortune	57 3:28:35
R Wirth	55 3:33:16
M60 M Anderson	61 3:57:18
R Michaud	64 4:25:15
W Herman	60 4:49:28
M65 P Peppler	65 4:08:30
J Menkran	68 4:18:50
D McNelly	65 4:30:51
M70+B Mostow	85 6:00:4
W35 K Cesaro	39 3:14:03
D Normand	36 3:30:28
S Northfisher	38 3:49:40
W40 G Morales	40 3:31:17
E Eliot	42 3:37:44
L Sparrow	44 3:38:42
W45 B Foster	45 3:23:25
J Van Kleec	49 3:38:09
D Friedland	46 3:47:30
W50 L Parsons	51 4:11:40
J Lanciault	51 6:00:4
W55 T Bleemer	56 5:09:23

Deland Springs Half-Marathon/5K Deland Springs, Fla.; January 19

--5K--	
Overall Masters	
P Weishaar	17:20
C Gover	25:00

M35 R Smith	16:27
M40 M Sheffey	18:38
M45 D Ardel	17:31
M50 H Harrison	20:13
M55 V Massey	23:00
M60 L Sampson	27:04
M70+E Root	37:54
W35 W Roberts	23:37
W40 M Young	25:17
W45 C Thomas	29:02

--Half-Marathon--

Overall Masters	
J Blount	1:23:52
D Mitchell	1:58:19
M35 C Harms	1:17:13
M40 J Bryant	1:25:08
M45 J Gergley	1:35:14
M50 D Tannery	1:41:19
M55 H Hoffman	1:34:27
M60+S Maxwell	1:44:28
W35 J Nahonik	1:57:14
W40 J Miller	2:07:07
W45 P Sullivan	2:05:39

MIDWEST

Turkey Trot 10K Detroit, Mich.; November 28

Overall	
E Stuber	30:27
C Sly	36:15
M40 L Wagner	33:41
L McCutcheon	35:07
R West	37:25
M45 J O'Neill	34:08
B Paklaian	34:10
K Makowski	35:58
M50 K Prichard	37:48
A Ketelhut	38:12
J Campbell	38:17
M55 J Kolmetz	38:57
R Ronney	43:39
J Hoskins	43:43
M60 L Milgram	46:32
J Parker	46:46
E Moreno	48:21
M65 B Foster	49:32
W Bishop	57:25
H Tobias	59:31
W40 C Dieck	44:12
P Collins	44:50
S Allum	46:41
W45 P Potenga	47:05
G Grogan	50:15
M Waterstone	51:44
W50 J Septembere	48:00
C Swanson	49:26
T Ferice	54:57
W55 M Hatch	44:25
M Perron	68:06
E Neill	69:30
W60 A Lovat	55:58
W65+B Stacy	78:10

SOUTHWEST

Houston-Tenneco Marathon Houston, Texas; January 19

Overall	
P Cummings	2:11:31
V Marot	2:31:33
M35 O Dahl	35 2:19:04
M Cocker	37 2:31:27
J Tope	35 2:39:33
M40 B Mortenson	42 2:23:40
C Crowley	42 2:32:44
R Gray	40 2:32:51
M45 R Abbott	45 2:31:43
F Guerra Jr	46 2:50:14
M Bonham	45 2:51:30
M50 J Dugdale	51 2:48:02
S Idrogo	50 2:52:07
U Slocumb	51 2:53:25
M55 M Johnson	56 2:59:41
H Haenisegger	56 3:15:14
R Ellis	55 3:21:14
M60 W Washburn	63 3:18:13
B Williams	60 3:33:55
G Smith	60 3:39:18
M65 C Ogilvie	68 3:23:22
G Askew	65 3:32:17
D Granger	68 3:53:21
M70+P Katsuro	70 4:09:32
C Villemez	74 4:49:05
A Juhola	70 4:55:16
W35 C Vahlensieck	36 2:35:42
L Binder	38 2:48:59
C Kendrick	37 3:06:18
W40 R Faltisek	41 3:12:00
M O'Loughlin	40 3:21:55
S Cooper	47 3:10:57
S McRainey	46 3:41:24
M Stahl	48 3:43:49
W50 D Wright	50 3:22:25
L Marks	50 3:25:34
J Hamlyn	52 4:07:05
W55 M Trenckmann	56 3:50:21
J McConnell	56 4:03:49

WEST

Nike-San Francisco Half Marathon December 8

40-44	Time
1. Joachin Bechtle	1:12:25
2. Bill Clark	1:13:20
3. Doug Butt	1:14:41
4. Jim Gibbons	1:15:19
5. Robert Gormley	1:16:24

45-49	Time
1. Sal Vasquez	1:12:23
2. Tim Rostegge	1:14:58
3. Bill Cantanese	1:17:34
4. Steve Lyons	1:18:16
5. Siegfried Matter	1:22:17

50-59	Time
1. Santiago Ojeda	1:25:19
2. Geoff Bardsley	1:26:52
3. Don Lucero	1:28:23
4. Paul Ligda	1:28:36
5. John Gregson	1:28:48

60-69	Time
1. Karl Bollinger	1:32:43
2. John Gilkey	1:32:48
3. Robert De Chene	1:39:13
4. James Cox	1:46:41
5. Mannie Clinick	1:46:53

70 & over	Time
1. Abe Wasserman	1:56:41

Racewalkers	Time
1. Mario Excobedo	1:49:29

40-44	Time
1. Karen Lanterman	1:27:32
2. Susan Horr	1:33:41
3. Christine Cohen	1:33:43
4. Carolyn Thompson	1:34:22
5. Jane McClure	1:35:16

45-49	Time
1. Shirley Matson	1:20:26
2. Birthe Kirsch	1:36:47
3. Margaret Cook	1:41:33
4. Margaret Ghatge	1:42:47
5. Diane Terry	1:45:10

50-59	Time
1. Janet Buckendahl	1:30:42
2. Roberta Ratcliff	1:46:41
3. Jeanie Kayser-Joni	1:47:02
4. Margaret Houston	1:47:09
5. Bernice Carter	1:57:56

60-69	Time
1. Mary Storey	1:45:19
2. Jaclyn Caselli	1:48:12
3. Mary Ellen Lentz	2:12:22
4. Judy Golding	2:12:44
5. Annabel Marsh	2:15:10

Racewalkers	Time
1. Aileen Sullivan	2:09:22

Wheelchairs	Time
1. Helen Atwell	2:13:44

Redondo Beach Super Bowl Sunday 10K Redondo Beach, Calif.; January 26

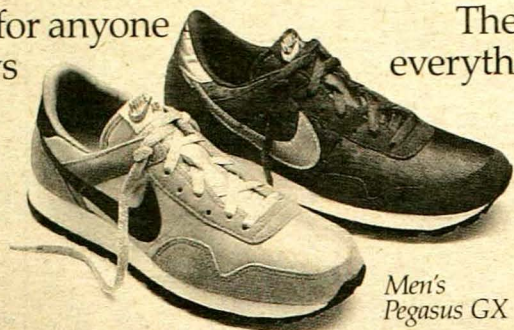
Overall	
Steve Ortiz	29:48
Susan Berenda	33:03
M30-39	
Carey Simmons	30:13
Ron Gee	30:17
Keith Witthauer	32:01
M40-49	
Dan Murray	31:54
Don Rothman	33:24
Stanley Dutton	33:50
M50-59	
A Tocco	34:58
John Donaho	37:05
Lester Trujillo	37:13
W30-39	
Dianna Tracy	38:46
T Goodreau	39:31
A Lynam	41:08
W40-49	
Rita Gilmore	40:48
Linda Kerra	42:47
Kathryn Owen	43:58
W50-59	
Marjorie Gilmore	44:32
Wilma Madden	45:43
Atsuko Fujimoto	45:56

Paramount "World Masters" 10K Special Divisions Paramount California January 25

QT=Qualifying time
M40-44 (QT-34:00)

Tracy Smith	31:24
Tom Burns	32:22
John Loeschhorn	32:33
Steve Close	33:07
Marshall Matye	33:12
Gary Novak	3

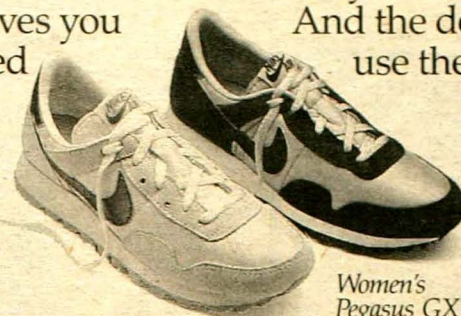
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