



NATIONAL MASTERS NEWS



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

92nd Issue

April, 1986

\$1.95

National Indoor Meet Draws 450

Six Cities File Bids For World Games

Six cities have filed formal bids with the U.S. Masters Site-Selection Committee to host the VIII World Veterans Games in 1989.

When the March 15 deadline for submitting written bids had passed, four West Coast and two East Coast cities had entered the contest to represent the United States in its bid to hold the biennial event for the first time ever.

Candidates are: San Jose, California; Eugene, Oregon; Miami; Raleigh-Durham, North Carolina; Los Angeles and San Diego.

David Pain, Chairman of the Committee, was pleased with the number of bids. "It shows outstanding interest in the poten-

Continued on page 21



These three Texas speedsters each broke a meet record in the 300-yard dash at the National Masters Indoor T&F Championships in Baton Rouge, La., February 22-23. Left-to-right: Roy Turner, M45, of Richardson, 33.98; Bill Collins, M35, of Houston, 31.14; and Thane Baker, M50, of Dallas, 34.54.

Photo from Tim Murphy

46 Meet Records Set in Baton Rouge

Over 450 track and field athletes, age 30 and over, headed South for the 1986 edition of the U.S. TAC National Masters Indoor T&F Championships in Baton Rouge, Louisiana on February 22-23.

And most were glad they did.

It turned out to be one of the best indoor masters meets ever held anywhere, with 46 new meet records being set.

"Superb," "excellent" and "very well run" were the reports from those who journeyed to the LSU Fieldhouse on the Louisiana State University campus.

"Sam Seemes (LSU Coach) and Danny Thiel (TAC Southwest Regional Masters T&F Chairman) should be congratulated for a showcase event," said Bob Boal, TAC Masters Long Distance Running Chairman, who competed in the meet.

The Championships had originally been scheduled for March, then cancelled, and then rescheduled for February. The event looked like it had plenty of ready-made excuses if it

Continued on page 15

Faxon, Nolan Top Colonial Masters

Lew Faxon maintained his hold on the M45 division with a 1:13:14 victory, which, this year, also gave him the masters title in the Anheuser-Busch Colonial Half-Marathon in Williamsburg, Va., on February 23.

With Faxon ahead by over two minutes, Jack Sornberger, M40; Ben Dyer, M40; and Ed Brinkley, M45; waged a battle for the second masters place, with Sornberger in 1:15:33 coming out ahead by two seconds over Dyer and three seconds over Brinkley.

Becky Nolan, W40, like Faxon, finished far in front in the women's masters race, winning in 1:13:39. The closest contest in the women's races came in the race for second in the W45 division between Sherry Kendall (2:00:00) and Patricia Doherty (2:00:14), after Karin Stronach took first by two minutes (1:38:12).

Dixon Hemphill won the M60 division with 1:36:20, and Ed Benham the M70+ in 1:40:15, which would have been good enough for third in the M55 division. □

More Than 500 To Compete in Florida Meet

Athletes from Puerto Rico, Brazil, Colombia, Sri Lanka, England, Holland, Canada, and the United States will converge on Lake Worth, Florida, April 26-27, for the Florida Masters Track and Field Championships. Many of those competing are world champions, record holders and Olympians.

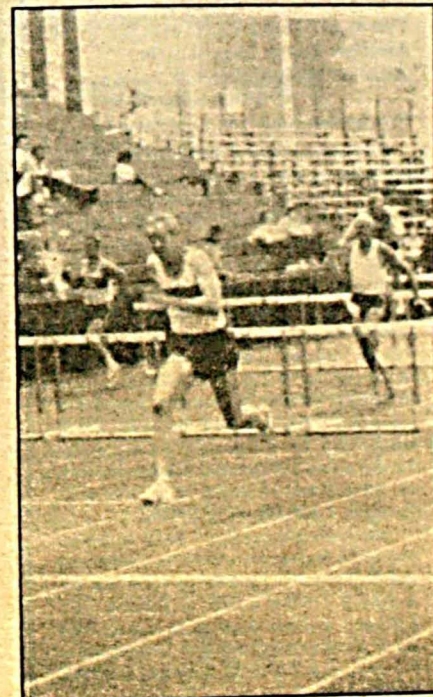
Expected to be in attendance are Al Oerter, Bob Richards, Boo Morcom, Gilberto Gonzalez, Nate Robinson, Arling Pircher, plus many others.

"This is probably the best masters track meet to ever be held in the state of Florida" boasts meet director Joe Valdes, "but it is only the beginning for Florida, which is trying to become the number one state in track and field."

There is still time to enter this event. Applications will be accepted with the late fee up to 24 hours before the competition. The results will appear in the June issue of National Masters News. □



Dennis Duffy, of Fresno, Calif., M40 winner of the 600y (1:18.57) in the U.S. TAC National Masters Indoor Championships, Baton Rouge, La., February 23. Photo by Robert Downing



Jack Greenwood, 60, of Denver, easily wins the age 60-64 60-yard hurdles in a M60 meet record 8.54 at the U.S. TAC Indoor Masters T&F Championships in Baton Rouge, La. on February 22. Photo by Dan Thiel

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NATIONAL INDOOR MEET

The 1986 TAC National Indoor Masters Track and Field Championships was a very well run undertaking by the LSU track administration.

The events were run fairly close to the printed schedule, and all the officials were most cordial when questions arose. Coach Sam Seemes was always available when needed. Watching him handle one irate runner and not lose his poise was something to behold.

For a most enjoyable weekend, I want to thank all those involved in hosting the meet.

Charles Wimberley
Kenner, Louisiana

As a Canadian visitor and participant at the U.S. National Indoor Meet in Baton Rouge, I was impressed and pleased with the organization of the meet. The hotel accommodation and facilities were excellent. There were delays in the long and triple jumps because LSU has only one jumping area. But the officials made sure each jumper had time to properly compete, and did a fantastic job under difficult conditions.

The competition was keen and the large number of records reflect the high quality of the performances.

Jim Mathers
London, Ontario

ATHLETE-OF-THE-YEAR AWARDS

I read the selections for 1985 age-group track & field awards (January NMN) and was shocked not to see the name of Clifford Pauling in the 50-year-old category.

I have enclosed a summary of Cliff's 1985 accomplishments, which shows: 50 first places in events from 55 yards to 10K, 13 second places, 3 thirds and 3 "out-of-the-moneys."

I don't know what can be done about this oversight but certainly Cliff is deserving of special recognition.

Edward Coplon
New York City

I received an anonymous letter from an NMN reader asking why TAC's Masters LDR Committee didn't give a special award to Ralph Paffenbarger, Fred Nagelschmidt and Paul Reese, all over age 60, who "ran amazing times" at the Western States 100-mile run.

All judgment calls open the door to controversy. Perhaps we attempt too much when we leave a specific, measurable performance and attempt to select a combination of performances.

I'd like to appoint the letter's author to the 1986 LDR Awards Committee. Will the author please identify himself/herself?

Robert S. Boal, Chairman
TAC Masters LDR Committee
Wake Forest, North Carolina

NO FALSE START RULE REVISITED

I am disappointed in your response to William Nottingham's letter (Feb. NMN) in which Nottingham makes the good point that masters spend considerable money to compete and ought not to be held to the "no false start" rule. He claims, too, that the masters movement is "being influenced by a small group of people determined to have things their own way". Your only editorial "refutation" is that the "no false start" rule was voted in, 19 to 1. That certainly is no reply to Mr. Nottingham's complaint about the rule.

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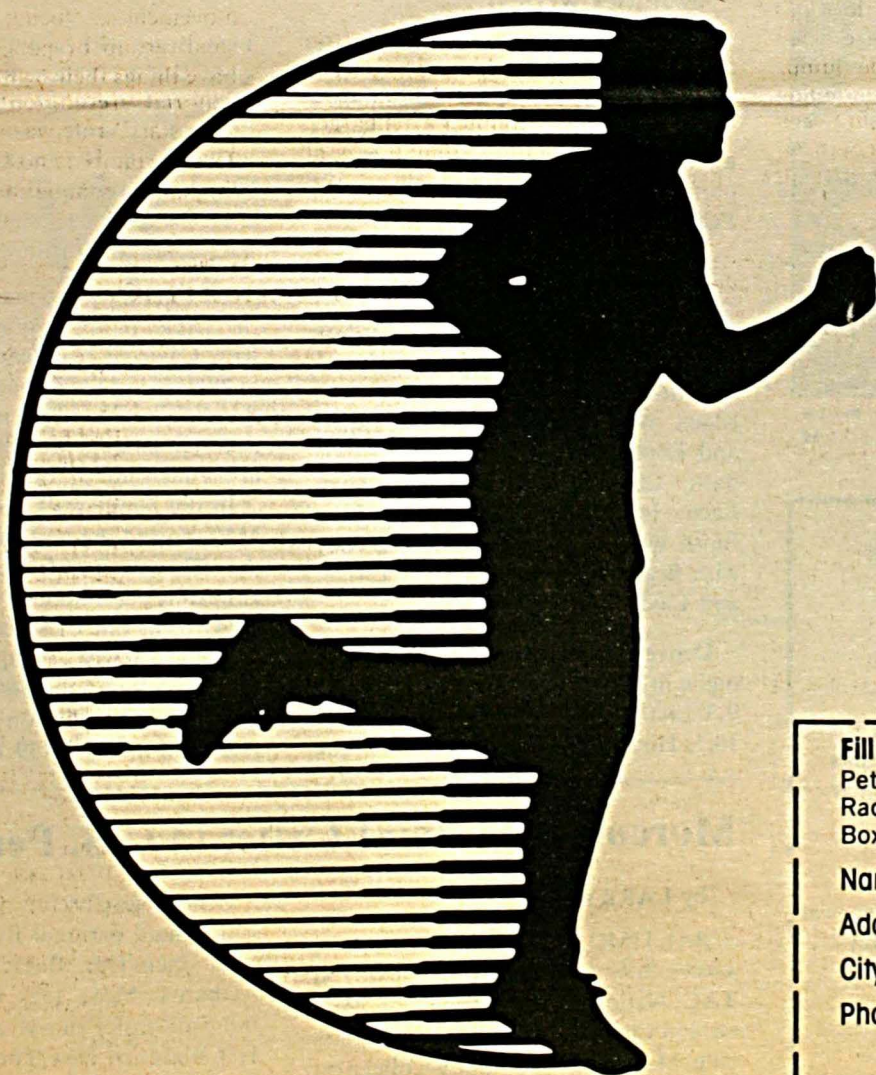
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9th Orange Meet Kicks Off Outdoor Season in California

Showing fine form in a pre-season meet, entrants duelled for firsts in the ten-year age-group 9th Annual City of Orange Spring Games in Orange, Calif., on February 22.

Warren Spikes outleaned Eugene Driver in the M30 100m for the win, both timed in 11.13, while Driver won the 200 by 3/100s in 22.51. Theo Viltz took the M40 60H in a day's best time of 8.24, while Larry Salinger, meet director, nipped Cornelius McCormick for second by 4/100s in 8.51.

The 300H produced a day's best 43.41 by Bill Knocke, M40, and a 46.10 by Frank Reilly, who is better known as one of the top submaster weightmen in the country.

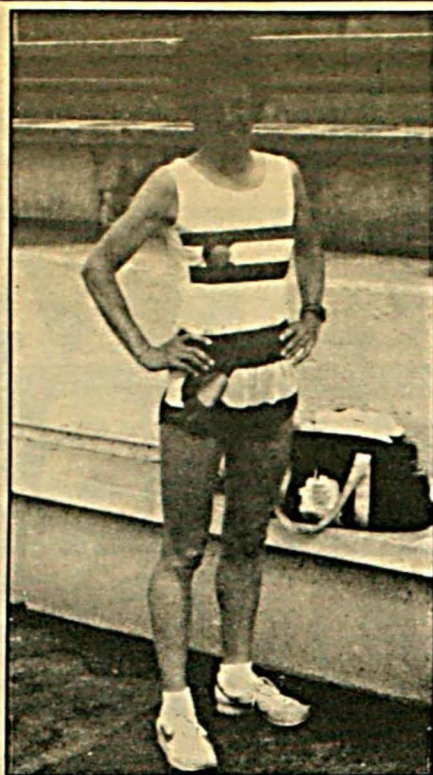
Michael Saafir, on fewer misses, wrestled the M30 high jump from Charlie Rader at 6-6. Roger Tsuda won the M50 long jump with an impressive 17-10.

Decathlete McCormick heaved the shot 46-3 to take the M40 contest. Recent M50 Bob Frahm threw the 12-pounder 40-2 to win his division.

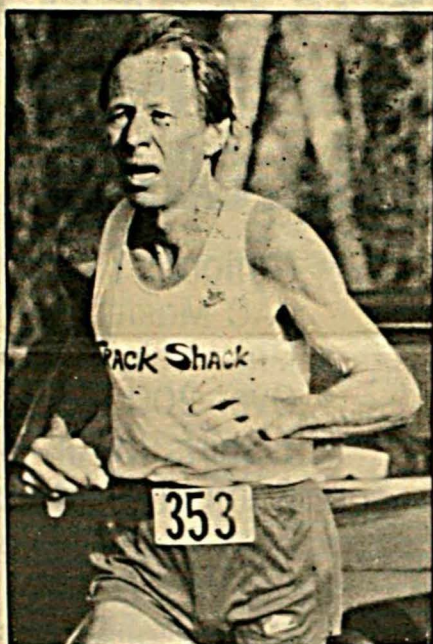
In a tough M60 field, Mike Castaneda was first in the shot (44-3) over Bill Bangert (43-8) and Dan Aldrich (40-3), but Aldrich made the discus throw a non-contest with 155-2; Castaneda had 140-10 and Bangert 129-11.

Oregonian Roy Carter, M70 shot world record holder, won that event (42-6) and the discus (123-8). Javelinist Bill Morales threw 153-6 to lead the M60s.

Tina Stough, in the W30 division, ran a 27.80 200; a 1:02.9 400; and a 5:11.0 1500. Janet Wilson, also in the W30 bracket, finished with 33-3 1/2 in the shot and 143-9 in the discus. Edith Mendyka, M70, threw the shot 25-10 1/2. □



Priscilla Welch, 40, taken during her training in Clearwater, Fla. photo by Dick Lacey



Jim Blount, 56, Orlando, Fla., first master, DeLeon Springs Half-Marathon, Fla., 1:23:52, January 19.

Welch Wins Masters Women's Titles in Orange Bowl 10K and Gasparilla 15K; Hurd, Villanueva Divide Men's 40+ Crowns

The ageless Britisher, Priscilla Welch, added \$3,750 to her coffers in one week with a first W40-and-over, fourth woman, very fast 33:08 in the Orange Bowl 10K in Miami, Fla., on February 1, placings that she duplicated exactly in the Gasparilla Distance Classic 15K in Tampa, Fla., on February 8, where she ran a sizzling 50:24. (The listed American record for women-over-40 is 54:46, by Cindy Dalrymple, in 1982.)

For the Orange Bowl finish, Welch collected \$1,500 for the fourth open slot and \$750 for first woman masters. The Gasparilla fourth place was worth \$1,500, but there was no masters money award.

Welch's competition in the Orange Bowl race came from Bobbi Rothman of Coconut Creek, Fla., and Carol Lassiter of Dumfries, Va. Rothman was second in 36:29, earning \$350, and

leaving Lassiter third-place money of \$150 for her 38:45. In the Gasparilla 15K, Rothman again settled for second in 55:10, with Fordie Madeira of Sherborn, Mass., third in 55:37.

Welch's countryman, Mike Hurd, won the Orange Bowl 10K masters race, worth \$750, with 30:14 over Mexico's Antonio Villanueva, who was 23 seconds behind (30:37), good enough for \$350. Another Briton, Bill Venus, picked up the third masters place and \$150 in 31:00. Barry Brown, M40 American record holder in the 10K at 29:57, from Glen Falls, N.Y., ran out of the money with a fourth place 32:00.

Villanueva, however, took revenge in the Gasparilla 15K, leaving Hurd 13 seconds behind at the end of the masters race with a very fast 46:09. (The M40 American 15K record of 45:58 was set by Bill Stewart two years ago in the Gasparilla.) Venus came in third again with 47:35. □

145 Compete in Cincinnati Track Meet

by JERRY WOJCIK

One hundred and forty-five athletes, ranging in age from 30 to 83, showed up at the University of Cincinnati's 189-yard rubber track for the 4th Annual Midwest Masters Indoor Championships in Cincinnati, Ohio, on February 23.

The quality of the competition was typified by the contests in the M60 division, which was filled with excellent sprinters, jumpers, and throwers. In the M60 60y dash, Tom Lacey (8.0) edged William Jordan (same time), and Dick Cavicchi (8.1). In the 300y dash, Glenn Bradd (44.2) won over Lacey (44.7) and Cavicchi (47.2), a finish which was repeated in the 600y with Bradd at 1:44.2, Lacey at 1:47.4, and Cavicchi at 2:03.1.

Denver Smith, M60, won the 60y highs in the day's second best time of 9.3, with Fred Hirsimaki second in 10.5. Hirsimaki took his revenge in the

high jump with a 4-2 fewer-miss win over Smith, which began what was easily the most interesting series of duels of the meet. Smith took the pole vault at 9-0; Hirsimaki at 8-6. In the long jump, sprinter Lacey intruded for a 15-8 win with Hirsimaki second with 15-5 1/4 and Smith third with 15-1 1/2.

Hirsimaki was no match for Smith in the triple jump, losing 32-3 to 30-6, with Cavicchi reappearing for a third at 28-4 1/2, but Smith had a closer call in the shot, winning by 7 inches with 40-0 over Hirsimaki. Mel Buschman, third in the high jump, took third with 35-2.

In the 2-mile walk, Jack Blackburn, M50, posted the best time (16:15.9) of the 22 entrants from all divisions. Ernestine Yeomans, W65, walked 20:45.8 for one of several victories.

Nolan Fowler, M70, threw the 35# weight 32-9 and the 56#, 20-4.

Denise Sharps won the W30 60y (7.3) and the 300y (39.1). □

Morcom Top Point-Getter in U.S. Pentathlon

by LARRY WILLIAMS

BALTIMORE — Three titles were successfully defended at the 1986 U.S. TAC National Masters Indoor Pentathlon Championships held at Caronsville, Maryland Community College on Sunday, February 2.

Mike Carroll of the host Master Key Track Club repeated his 1985 victory in the 35-39 age group, Chuck Miller of Texas took the M45 division, and Boo Morcom of New Hampshire won the M60 crown.

Other age-division winners in the 2nd annual national five-event indoor meet included: Buck Bradberry of Alabama, M55; Jack Gilmore, M50; Bill Smith of Pennsylvania, M40; and Jeff Watry of New York, M30.

The lone woman competitor was Marion Pierce, W35, of New York.

Only 17 entries answered the call to compete for a national title, compared to 37 last year. The meet consists of the

Continued on page 12

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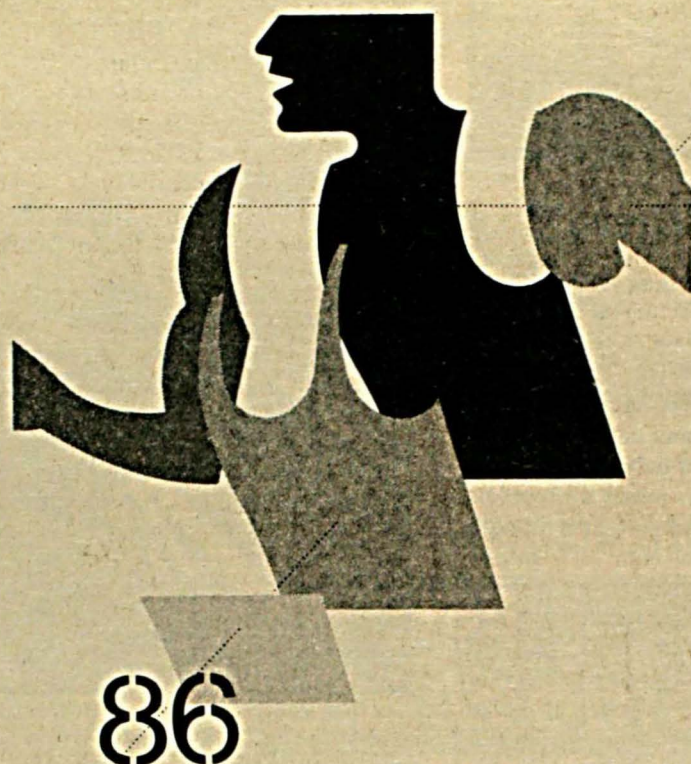
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THE GUN LAP

by MIKE TYMN

"Hold My Hand and Color it Green"

There's a disease spreading throughout the country faster than AIDS. It may not be as deadly, but it's definitely as sickening. It's affecting all of society. More specifically, though, it's a serious threat to amateur athletics in this country, including our sports of track & field and road racing.

I'm not sure what the name of the disease is. It seems to have its etiology in greed. There are symptoms of ignorance and indifference associated with it. At the very core of the problem is what often is referred to as a "welfare mentality." It's an attitude that says, "Hold my hand and guide me through this treacherous world. I can't handle it by myself. But if you can't hold my hand, please color my palm green and I'll make it alone."

The Liability Insurance Crisis

More to the point, I'm talking about the ridiculous state of affairs which has brought about the liability insurance crisis. I'm referring to the litigiousness of our society, the tendency to want to place the blame of all one's ills on someone else... and to be heavily compensated for it.

PROTECTING YOURSELF

by Michael E. Tymn,
CPCU, AIC

If you have a standard Homeowners policy, which includes personal liability coverage, or a Comprehensive Personal Liability Policy, you should have protection against legal liability resulting from injury or damage you may cause while running, jumping, or throwing.

Your personal liability coverage should also protect you as a race or meet director or official in the event of law suits against you alleging injury or property damage.

(Caution: The standard policy has a "business pursuits" exclusion. So if you're making money from the pursuit, you may not have coverage.)

Many people are inclined to carry only \$25,000 personal liability coverage. This is not enough in this day of high jury awards. You should find that limits in the \$300,000 to

Continued on page 17

First it was physicians, then pest control operators and day care centers who could not find liability insurance. Over the past year, nearly all types of businesses have had difficulty obtaining insurance. And now it's hitting recreational athletes.

Perhaps you've read about the difficulty the Road Runners Club of America has had in finding liability insurance. This insurance provided coverage for member clubs throughout the nation.

Major Road Race Cancelled

Here in Hawaii we had to cancel a major road race because of the lack of coverage, and indications are that a number of future races will be called off. Either that or entry fees will go up significantly to cover the increase in insurance premiums.

A local surfing event also had to be cancelled for lack of coverage. An officer of a local bicycle racing club told me that his organization is having difficulty finding liability insurance coverage and may have to cancel some events. And Faerber's Flyers, a women's running club, may be forced to disband because the premium for their policy is being increased from about \$700 to over \$2,000 a year. (The University of Hawaii requires they have insurance to use the track once a week, while the City requires it for them to conduct their annual road race.)

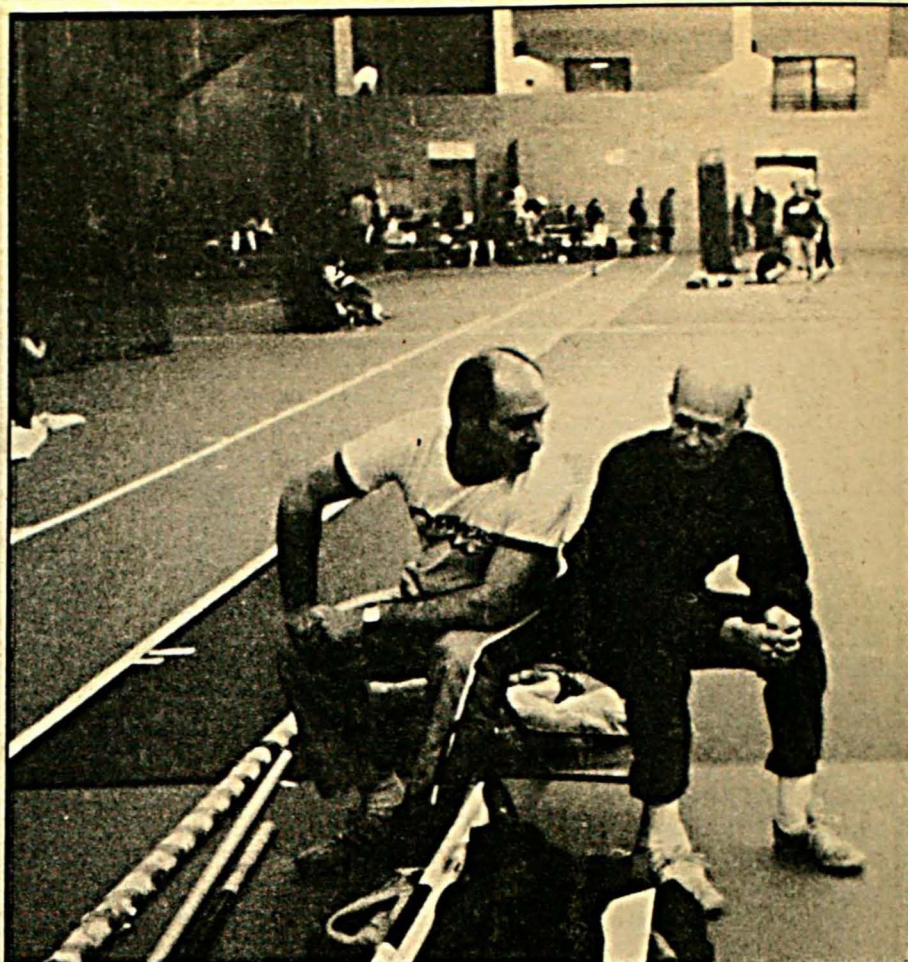
Swimming Pool Closed

At a social function recently, a visitor from California told me that the retirement center where her parents live is being forced to close its swimming pool because it cannot afford the liability insurance.

We continually read about the need for reform in our tort liability laws. We might blame it on slick, greedy lawyers, but they in turn simply point to the judges and juries, saying that they set down the laws and judgments while speaking for society.

\$14.7 Million

Just recently, I read about a \$14.7 million judgment awarded in a Los



Jim Trott, M35, and Boo Morcom, M60, discuss vault strategy, Brown University Masters, Providence, R.I., January 12.

Angeles Superior Court to a former gymnastics teacher who became a quadriplegic through injuries received in performing a somersault. The award was against the manufacturer of the mat and the owner of the gym. The report didn't say what was wrong with the mat. Maybe it wasn't soft enough or perhaps it was too soft. It's like the dilemma facing retail establishments: they're negligent if they maintain a nice, clean polished floor (because it's slippery) or they're negligent for maintaining a dirty floor (because it, too, is hazardous). I sympathize with the victim. But, come on, ladies and gentlemen of the jury, there's supposed to be a legal doctrine called "assumption of the risk." Even if a judgment was warranted, \$14.7 million? Wake up!

Also reported recently was a \$2.5 million-plus judgment against the University of Georgia in a suit brought by a former professor who claimed she was demoted and then fired because she spoke against preferential treatment for student athletes who were in remedial classes.

I'm not saying that the former professor shouldn't have had some recourse. Give her a few years salary and enough to get back to where she was. But \$2.5 million? Even \$250,000 seems like too much to me.

Insurance Company Insolvent

Incidentally, the insurance company covering the University of Georgia was declared insolvent even before the judgment was imposed. We hear of more and more insurance companies biting the dust because of the situation

that exists today. Can you blame them for becoming ultra-conservative in their underwriting?

We had a case here not too long ago where a minor league pitcher got something over a million dollars from the State as a result of breaking his leg after slipping on loose AstroTurf at our State run stadium.

To some degree, I believe professional sports are responsible for the problems now faced by amateur athletics. People — jury members — read about ballplayers and other pros making millions of dollars for throwing or catching balls and they tend to lose sight of the value of a dollar. In fact, tactical lawyers sometimes use such an analogy in presenting their cases to juries ("If Dwight Gooden can make all that money for having a good time every four days, doesn't my client deserve at least as much for all the anguish he's gone through?")

"Hold My Hand"

But it goes deeper. It's that "hold my hand" attitude. I think it all started with welfare programs. On top of that, we seem to be moving toward being a riskless society. Go down to your courthouse if you have time and look at some of the suits on file. I'm not referring to the case where some drunk runs over a poor defenseless old lady or someone's pit bull mangles a neighbor's kid. Those victims deserve fair compensation.


I mean the cases — and there are quite a few of them in this category — where some clown, probably 50 pounds or more overweight, trips over his or her own feet and falls and suffers

Continued on page 17

SHORE ATHLETIC CLUB

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1986

1985
Men's TAC 10K
Championship

Men's & Women's Master TAC 10K Championship

1987
Men's TAC 10K
Championship

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Asbury Park, New Jersey

\$25,000 in TAC Funds

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Bill Reily, Herb Lorenz, John Dugdale, Gerald Koch, John Hosner, George Sheehan,
Fordie Madeira, Cindy Calrymple, Judy Pickert, Lina Connors)

	1981	1982	1983	1984	1985
Previous	Bill Rodgers	Sal Vega	Rod Dixon	Terry Baker	Keith Brantly
Winners:	Jan Yerkes	Cindy Dalrymple	Heather Thomson	Grete Waitz	Grete Waitz

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On Approaching Every Problem With an OPEN MOUTH

by W. MacDonald Miller

Teamwork

Recently, a woman stopped by my office. Actually, I should be somewhat more precise. It wasn't just any woman, it was my wife. And it wasn't my office, it was a room in which I have a desk and she has a washer and a dryer. After discussing at some length the fact that we have to call someone in to balance her washer (whose vibrations are making it increasingly more difficult for me to use my desk), we turned to yet another subject.

I call my writing for the National Masters News a hobby. My wife is more the free lance, sporadic contributor-at-large type. She writes about her interests: golf, curling, church matters, etc. I always hoped that one day we would be able to exchange articles. I could use one of her pieces for the Masters News and she could use one of mine for one of her interests. Nothing much came of it until one day last week when she showed me an article she recently wrote. Although she did borrow a bit of "my stuff," she does touch on some areas that seem appropriate.

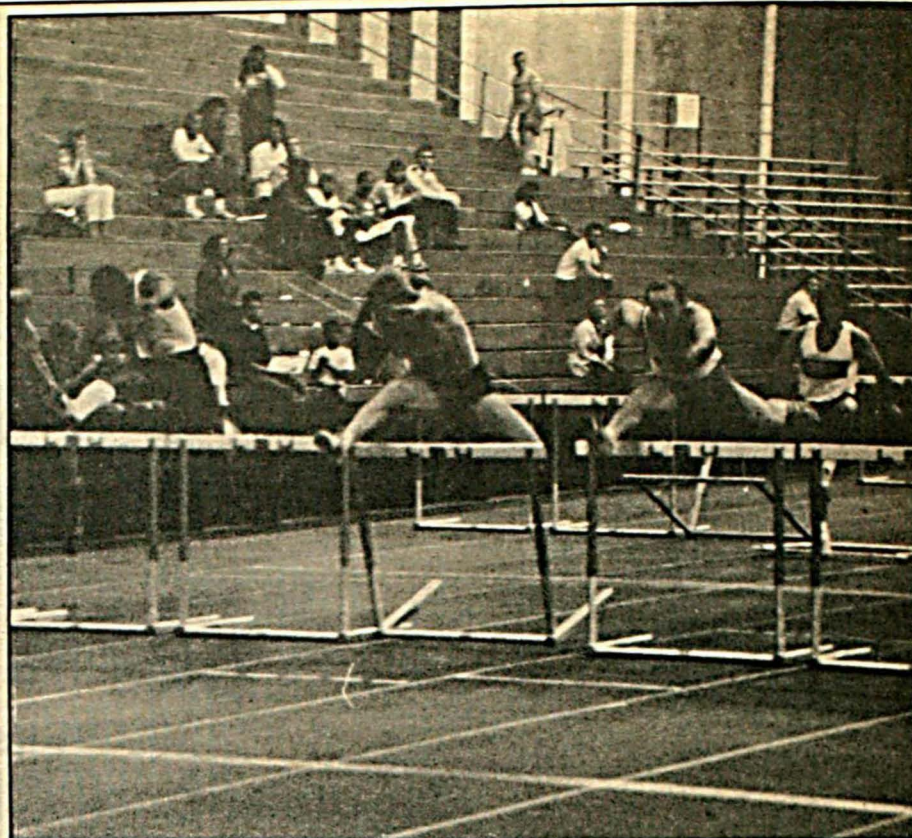
"On Maintaining Your PR's" by Marlene Miller

"To become the people we were intended to become" is indeed the lifelong quest. I would like to share with you an insight I have recently had that has been helpful to me in my journey.

From the time I can remember, I

have been interested in participating in athletics. When I was 10 years old, I took my first golf lesson and, as soon as I started getting the ball airborne, I was hooked on the game. During my late teens and early twenties I won my share of championships and honors; however, I became aware of sayings such as "second doesn't count — people only remember the name of the winner." It became curious to me that there was something wrong with the idea that in any given event only the winner counted. Did it mean that if you didn't expect to win, you should stay home?

Then about twelve years ago my husband became interested in running. He wanted me to run, too, so I made some attempt to participate, and also helped him in putting on road races and track and field meets. My association with runners introduced me to a new term, "PR." It stands for Personal Record.



M30 60-yd. hurdle action in the Indoor Nationals.

Photo from Dan Thiel

If a runner has set a PR in a race, he has run better than he ever has run that event before. Hundreds of people may have finished ahead of him that day, but he has improved over past performances and so is usually well pleased.

What I like about the "PR" idea is that it places less emphasis on there being only one winner (all the rest being losers) and more on the idea that each of us is continually trying to improve and better the quality of whatever we do. Certainly this holds true for our spiritual life, too. Early Christianity was called "The Way" for it is the process of becoming again and again.

As I hit ball after ball on the practice range and work with the girls on the team that I coach, I feel a sense of integration and love that is satisfying. And as I try to improve my awareness of God, my spiritual life becomes richer as I keep working on those PR's.

Marlene Miller
Lay Leader, Grace Church
Golf Coach, LFHS Girls Team

I suppose it goes without saying, we are having some difficulty coming up with anything I have written, or plan to write, that she could use with her audience. Now don't get me wrong, I don't think any less of her for it. □

COME ADD YOUR NAME TO THIS LIST OF BEST COTTON ROW RUN PERFORMANCES

Name	Year	Age	Time
Herb Lorenz	81	42	31:09
Dan Conway	83	44	31:18
Bill Stewart	84	41	31:27
Jim Ewing	83	44	31:30
Don Coffman	84	41	31:40
Frank Duarte	83	41	31:42
Ireland Sloan	82	40	31:48
Atlaw Belilgne	85	40	32:03
Bob Jenkins	82	42	32:15
Kirk Randall	83	41	32:20
Tony Gerrity	84	41	32:23
Bob Fischer	81	40	32:28
Morgan Looney	83	41	32:33
Bill Hall	82	41	32:37
Ron Hill	81	43	32:38
Mike Heffernan	83	42	32:39
Art Williams	83	40	32:40
Ken Winn	83	45	32:43
Alan Pilling	84	42	32:52
Sal Vasquez	82	42	32:57
Chuck Tucker	83	42	33:13
Ralph Zimmerman	83	42	33:16
Rich van Scotter	81	41	33:18
Larry Fox	83	40	33:51
Jim Oaks	83	44	33:56
Alton Miguez	81	40	33:58
Bobby Dannelley	85	43	34:00
Ernie Billups	83	46	34:05
Larry Fusellier	81	45	34:06
Stan Arthur	85	42	34:13



COTTON ROW RUN

Memorial Day
May 26, 1986

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For entry information send SASE to:

Jim Oaks
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Huntsville, AL 35801

Name	Year	Age	Time
Joe Burgasser	82	44	34:15
Fritz Mueller	80	44	34:16
Hal Hidgon	82	50	34:20
John Toole	83	40	34:21
Adrian Craven	83	46	34:34
Mike Kelly	84	41	34:35
Glenn Wood	80	45	35:01
Gerald Koch	81	47	35:06
Sam Turnbull	83	49	35:17

John Hosner	85	60	36:17
Rudy Nimmons	84	63	39:18

WOMEN			
Judy Fox Eddy	82	41	35:37
Sandra Knott	82	40	38:10
Shirley Weaver	83	41	38:11
Shirley Matson	84	43	38:33
Elfreda Wyner	83	40	38:37
Linda Sippelle	81	46	39:01
Elaine Kirchen	84	41	39:12
Judy Pickert	85	41	39:13
Nancy Parker	84	47	39:23
Carol Lasseter	84	41	39:24
Pat Bessel	81	43	39:28
Mary Anne Wehrum	84	46	39:58

Jane Arnold	85	55	46:06
Alene Park	84	58	46:51
Mary Rodriguez	84	62	52:20

Keniston, Krueper Set 'Old Fashion' Marks

Stormy weather in the Los Angeles basin kept the numbers down for the start of the 3rd Annual Senior Masters "Old Fashion" 4-Mile on February 16 in Yucaipa, Calif. Unfortunately, because the sun broke through and a warm 56° greeted those who ventured out for the 55-and-over-only event.

Orlo Keniston, 58, of the Snohomish TC in Seattle, set a course record of 24:05, and Alice Krueper, 59, a veteran Ironman triathlete from San Bernardino, Calif., ran a women's course record 32:04.

Eighty-two-year-old Nat Pisciotta, of Loma Linda, Calif., set an M80+ division record of 48:05; Nyla Cook 64, of Norco, Calif., produced a W60 division time of 45:09.

The event was sponsored by County Service Area 63 of Yucaipa and was directed by Stan Stafford and Cheryl Campbell. □

HUNTSVILLE **HTC** TRACK CLUB

Twin Cities To Offer \$40,000 To Masters

The Pillsbury Company and race director Jack Moran announced in Minneapolis that the "Pillsbury Purse" for the 1986 Twin Cities Marathon will be increased to \$300,000, the largest cash prize ever for a marathon.

Awards to masters runners are expected to exceed \$40,000 — the largest ever, anywhere. In 1985, masters runners took home \$27,500 from the age-

graded race — the highest total to date for older competitors.

Conflict with a Jewish holiday has led to rescheduling the event. It moves back a week from October 5 to October 12. This is good news for any masters competitor who can run back-to-back races, since the Twin Cities now no longer directly conflicts with the XIX World Veterans 10K and Marathon Championships in Vancouver, B.C. on October 4-5.

For the Minnesota event, target times are established for each 5-year age group, starting with 35 to 39, by averaging the American age records for that group, after throwing out the fastest and slowest of the five age records. This is done separately for men and women, with the following results in 1985:

Target Times		
Age Group	Men	Women
35-39	2:16:12	2:35:48
40-44	2:22:46	2:45:36
45-49	2:29:25	2:55:54
50-54	2:30:20	3:00:48
55-59	2:35:15	3:14:09
60-64	2:48:22	3:34:44
65-69	2:50:08	3:34:44
70 & up	3:18:53	3:34:44

Men and women over the age of 35 are then graded by subtracting the target time for their group from their finishing time. In 1986, at least \$19,500 will be given the twelve runners with the lowest handicapped times:

Place	Award	Place	Award	Place	Award
1	\$3,000	5	2,000	9	1,000
2	2,750	6	1,750	10	750
3	2,500	7	1,500	11	500
4	2,250	8	1,250	12	250

Also, any other runner who runs within one minute of his or her target time will receive \$250.

Because competition against the target times is much tougher for the younger masters, the first five men and women over the age of 40 who qualify for an age-graded award (by being among the top twelve runners on an age-graded basis or by running not more than one minute slower than their target time) will have their age-graded award increased, as follows:

Place	Award
1	\$7,500
2	5,000
3	3,000
4	2,000
5	1,000

Although runners vying for awards under the handicap system will not know their position until some 3:30 marathoners have finished, the top five masters men and women will know their positions shortly after finishing, if not before, and will be able to anticipate an award if they ran within one minute of the target time.

Example: If this system had been in effect in 1985, the awards would have been as follows:

PLACE	FINISHER	HANDICAPPED TIME	ACTUAL TIME	1985 AWARD	1986 AWARD
1	Clive Davies, 70	-14:38	3:04:15	\$4,000	\$3,000
2	Antonio Villanueva, 45	-8:50	2:20:35	3,500	5,000
3	Doris Schlosser, 41*	-6:40	2:38:56	4,000	7,500
4	Dan Conway, 46	-4:51	2:24:34	2,750	2,250
5	Gabriele Andersen, 40*	-4:36	2:41:00	2,500	5,000
6	David Clark, 41	-3:50	2:18:56	4,000	7,500
7	Michael Heffernan, 45	-2:43	2:26:42	2,000	1,500
8	Pat Murphy, 40	-1:12	2:21:34	1,750	3,000
9	Robin C Dow, 41	-1:07	2:21:39	1,500	2,000
10	Domingo Tibaduiza, 35	-:39	2:15:33	-----	
11	Norm Green, 53	-:38	2:29:42	1,250	750
12	Bruce Mortenson, 41	-:23	2:22:23	1,000	1,000
13	Gaylon Jorgensen, 56	:26	2:35:41	750	250
14	Diane Palmason, 47*	:50	2:56:44	500	3,000
15	Fay Bradley, 47	1:33	2:30:58	250	
Total				\$29,750	\$41,750

Although it is difficult to predict the exact amount that will be awarded in 1986, it is safe to say that, as in 1985, the Twin Cities Marathon will award the largest purse ever to masters runners. □

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Ruth Anderson

"When Ruth first started running she was afraid she couldn't make it around the block," says one of Ruth Anderson's close friends, Nora Smiriga. Nora and another friend, Judy Harte, were instrumental in getting Ruth started in running in 1972. They began running together during the lunch hour at Lawrence Livermore Laboratories in northern California, where all three work.

It didn't take Ruth long to discover that she had a talent for long distance running. Her first competitive race was an Angel Island 5-Mile run in 1973, and there's been no stopping her since. "I first started running at age 43 to be with friends, sharing a fun, healthy, outdoor activity. Then it became a challenge to find 'limits' to travel and meet more people."

Ruth, at 56, now runs just about the

widest range of racing distances possible — from 800M to the marathon and beyond — to ultradistances of 100 miles and 24-hour runs.

She has held more than 25 American Records at one time or another in the year since she began running and has been a World Veterans medalist many times, most recently at the VI World Veterans Games in Rome in 1985. She took three silvers in the W55 marathon, 1500M and 10,000M. Last year she was the W55 U.S. Marathon Champion. Among the many honors she has received, none has thrilled her more than the 1985 TAC President's Award for Leadership in Athletics, presented to her last year at TAC's National Convention in Houston.

This year she had a race named after her: **The First Annual Ruth Anderson**

100K Run. It commemorates the first 100K she ever ran, on the same course, around San Francisco's Lake Merced in 1976.

Ruth races and trains the year-round. She doesn't have a 'season'. Her basic mileage is about 50 miles a week. Weekdays she trains during her lunch hour on paved roads in the hills around the Livermore lab. On weekends she runs on the trails surrounding her home in Oakland.

Training for the enormous diversity



Ruth Anderson, 56. photo by Gretchen Snyder

in distance that her races encompass presents a challenge to her ingenuity. She manages it by having a basic schedule which she modifies to fit a particular upcoming race. It's geared for 10K to 20K races. Four times a week she takes easy 4-9 mile runs, at about an 8:15-8:30 pace. She races every weekend.

She has no special preparation or recovery for her weekly races of 10K-20K other than doing easy 4-6 mile runs at an 8:15-8:30 pace the day before, and 4-7 miles the day after at a 9:00 pace.

Before a marathon she takes two long runs of 17-24 miles the month before the race; otherwise she follows her usual training schedule, including racing weekly. She begins tapering mileage 4-5 days before race day, doing easy 3-4 mile runs at an 8:15-8:30 pace. The day before the race she rests, does some stretching, and may do some light exercising, such as one-half hour on an exercise bicycle. She never takes two days off before any race. "The only time it might happen," she said, "is when I'm too tired or have no time because of traveling."

To prepare for ultra events, she increases her weekly mileage to 60.

"This is really hard to do," she says. "The difference between 50 miles and 60 miles may not sound like much, but for me it's very difficult. Part of the

Continued on page 11

8th Annual Senior Classic June 14-15

TRACK & FIELD - June 14-15

Age groupings: 29 & under, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80 & over.

Starting time: Saturday, 8:00 a.m.: Age 55 & over.
Sunday, 1:00 p.m.: 29 & under - age 55.

Sponsored by the TAC, Hoosier Track Club, Runners Forum and the Indianapolis Department of Parks and Recreation.

Site: IUPUI Track & Field Stadium. Best facilities in the U.S.! Home of the 1982 National Sports Festival. 1985 Masters Championship Meet Site. Motels, hotels, suites nearby. Walking distance from downtown Indianapolis. Awards!

Entry fees: \$5.00 for one event, \$3.00 for each additional event.
Day of Race: \$8.00 for one event, \$3.00 for each additional event.
No refunds! T-shirts for first 200 pre-registered (or caps).
*****Those age 55 & over please note deadline for entry in Senior Classic events!

TRACK EVENTS: 100m, 800m, 50m, 1500m, 400m, 5K Walk, 80-110m Hurdles, 200m, 400m Hurdles (Up to age 55), Mile Walk (Age 55 & over).

FIELD EVENTS: High Jump, Discus, Standing Long Jump (Age 55 & over), Shot, Pole Vault, Javelin, Long Jump, Football Throw (Age 55 & over), Triple Jump, Softball Throw (Age 55 & over).

EXTRAS FOR THOSE 55 & OVER: Starting June 11-14. Includes basketball, bike races, swimming in the new Natatorium, bowling, dancing, tennis, etc. Check box on entry form for this section of Senior Classic. Be sure to call or write early for details on entry. All entries for Senior Classic events must be received by June 1, 1986. For more information on specific dates and times, please call (317) 924-7052, or write: Senior Classic, Indianapolis Dept. of Parks and Recreation, 1426 W. 29th St., Indpls., IN, 46208.

* SATURDAY, JUNE 14 Age 55 & over

High Jump 8:00 a.m.
Discus 8:15 a.m.
Standing Long Jump 8:30 a.m.
Shot Put 8:45 a.m.
100m Trials 9:00 a.m.
800m Finals 9:20 a.m.
Pole Vault 10:00 a.m.
50m Trials 10:20 a.m.
Javelin 10:30 a.m.
1500m Finals 10:40 a.m.
Running Long Jump 10:45 a.m.
Football Throw 11:00 a.m.
50m Finals 11:40 a.m.
400m Finals 11:55 a.m.
Triple Jump 12:15 p.m.
100m Finals 12:30 p.m.
Softball Throw 12:30 p.m.
Mile Walk (Men) 12:50 p.m.
200m Trials 1:00 p.m.
80-110m Hurdles 1:30 p.m.
Mile Walk (Women) 1:45 p.m.
200m Finals 2:05 p.m.
Awards 2:30 p.m.
5K Walk (All ages) 4:30 p.m.

*These are tentative times for Saturday and Sunday. Be flexible. Be ready to run ahead of schedule or behind schedule.

EVENTS ENTERED

NAME _____ BIRTHDAY _____ AGE _____ MALE _____ FEMALE _____

ADDRESS

This form must be signed by each participant. I will not hold responsible the Hoosier Track Club, Runners Forum, TAC, Indpls. Parks & Rec., or any of their agents or representatives for my health, safety, or any injury resulting from my participation in this event. I agree and consent to the use of photographs and interviews to be used for publicity and advertising and waive all claims for compensation for such use.

☐ Extras for 55 & up

T-SHIRT SIZE (Circle)

S M L XL

* SUNDAY, JUNE 15 (Age 54 & under)

110m Hurdles Trials 1:00 p.m.
Discus (Men - 39 & under) 1:00 p.m.
Pole Vault (Starting at 11') 1:00 p.m.
Long Jump (Women) 1:00 p.m.
High Jump (Men - 40 & over) 1:00 p.m.
Shot Put (Men - 40 & over) 1:00 p.m.
110m Hurdles Finals 1:40 p.m.
100m Dash Trials 2:00 p.m.
Discus (Men - 40 & over) 2:15 p.m.
Long Jump (Men - 40 & over) 2:15 p.m.
High Jump (Women) 2:15 p.m.
Shot Put (Men - 39 & under) 2:15 p.m.
100m Dash Finals 2:30 p.m.
1500m Run 2:40 p.m.
50m Dash Trials 3:20 p.m.
Pole Vault (Start under 11') 3:30 p.m.
Shot Put (Women) 3:30 p.m.
Long Jump (Men - 39 & under) 3:30 p.m.
Discus (Women) 3:30 p.m.
High Jump (Men - 39 & under) 3:30 p.m.
50m Dash Finals 3:40 p.m.
400m Dash 4:00 p.m.
800m Run 4:30 p.m.
Javelin (All) 4:45 p.m.
Triple Jump (All) 4:45 p.m.
400m Hurdles 5:00 p.m.
200m Dash Trials (NOTE TIME) 1:15 p.m.
200m Dash Finals 5:30 p.m.

FEE ENCLOSED

NAME _____ BIRTHDAY _____ AGE _____ MALE _____ FEMALE _____

PHONE

This form must be signed by each participant. I will not hold responsible the Hoosier Track Club, Runners Forum, TAC, Indpls. Parks & Rec., or any of their agents or representatives for my health, safety, or any injury resulting from my participation in this event. I agree and consent to the use of photographs and interviews to be used for publicity and advertising and waive all claims for compensation for such use.

Signature _____

Parent's Signature if under 18 _____

Please send to: Bob Coughlin, 305 S. Barton, Indianapolis, IN 46241 (317) 241-5446

Continued from page 10

problem is time. A 24 mile run in the hills can use up a good part of the day."

A little stretching (less than 10 minutes) and about one-half mile of jogging constitute her usual warm-up routine. To cool off, she walks one-fourth to one-half mile, if possible, and stretches for 10-15 minutes (usually while showering).

For training on roads and trails she uses primarily Nike training flats — preferably Nike air soles. She doesn't do weights or exercises, and does not participate in any other sports, although she played competitive tennis before she took up running. She does not follow any special diet.

Ruth feels that moderate stretching has helped her to remain relatively injury-free over the last five years.

Her voice takes on the doting tone of a mother talking about her children when she is asked about her records. "It's hard for me to single out any one as being my favorite. I do have a couple I'm particularly fond of, though." One of these is the W50 American Record for 50 miles which she won in Houston in 1981 in 7 hours 10 minutes. The other is the American Record for 100 miles on the track, which she won

at age 48 with a time of 16 hours 50 minutes.

At one time she had as many as 28 American Age Records. Some, she said, have been "chewed up" by such great runners as Sandra Kiddy. Others have been lost because many old courses need to be recertified for a record to be valid and very few have been.

It's equally as hard for her to pick out what she thinks her most important achievement in running has been, because she has done so much. "But of all the things I've done," she says, "the London to Brighton 55 Mile stands out. Not only because I ran it well — it was my best paced distance race — but because of all the feedback I've gotten from people. It was something that affected other people as well as myself." She became the first woman to run the London to Brighton in 1979 when she convinced the officials to let her run. Her audacity and determination have played a large part in helping to open the doors of the running world to women everywhere.

Ruth is astonished at the great changes that have taken place in recent years in masters running. "There used to be little changes every once in a

Continued on page 14

Daily Training Schedule - Ruth Anderson

Monday 4-7 miles	Easy 9:00 pace. Level paved roads. During lunch break. (Recovery day)
Tuesday 8-9 miles	Hard, about 8:00 pace. Trails on steep, rugged hills in wooded park (Woodminster) near her home; evening (spring, summer and early fall). In winter she substitutes hill intervals during lunch hour: 4 x ½ miles up steep hillside, for about 7 miles total.
Wednesday 6 miles	For track event: Track workouts twice a week after work. Sets of 3 X 200, 400 or 600 with short walk in-between. Rest between sets; 2 or 3 sets. Start 2 or 3 weeks before meet. Strides and strengthening exercises on grass. Marathon training: Interval/Fartlek workout on paved roads, 8 mile measured circuit. 1 mile X 3 or 4 at 6:50-7:15 pace, or ladder of 400, 800, 1200M. Continuous jogging between intervals. Runs with friends from work during lunch break. Ultra-distance training: Hill work: runs up to top of hill, down the other side, then repeats up and down again X 3 or 4. Paved roads, on lunch break, with friends.
Thursday 6-7 miles (10 miles for ultra training)	Easy 8:15-8:30 pace. Paved level roads; during lunch break.
Friday 6-9 miles	Easy 8:15-8:30 pace. Paved level roads; during lunch break. (Track workout after work 2 or 3 weeks before meet)
Saturday 4-6 miles (17-24 miles for marathon & ultra training) (Rest day for race)	Easy 8:15-8:30 pace for short runs. Long runs X 2 during month preceding marathon; every week for 3 or 4 months preceding ultra. No real pace for long runs; average 5 miles/hour; from 3 hours, 40 minutes to 5 hours.
Sunday Race (10K-20K, track, marathon or ultra)	Race, or use as speed work. If race follows long run, is more in the nature of a Fun Run.

*Basic mileage 50 miles/week; 60 for ultra training. Tapers mileage to 3-4 miles at 8:15-8:30 pace, 4-5 days before marathon or ultra event.

"THE YEAR'S MOST ELECTRIFYING FINISH."


That's what *The Runner* called the 1985 Frehofer'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: Frehofer's/TAC 10km Championship, c/o George Regan, 382 Broadway, Room 7, Albany, New York 12207.



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THE FOOT BEAT

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

Q I have been told that I have plantar warts. I am a serious runner and do not want to take too much time off to have them removed. Can you tell me what they are and how should I get rid of them?

A Many runners develop plantar warts at one time or another during their running careers. The most common areas for these growths are the soles of the feet and the under-surface of the toes.

Warts, themselves, are actually viral infections of the skin and deeper tissues. They thrive in warm, moist, dark climates such as our feet. As the warts become larger, they press on the nerve endings and small blood vessels and can become quite sore.

To determine if you have a wart rather than a callus, simply pinch the area. Warts hurt when pinched. They also have a mottled appearance and sometimes fine blood capillaries may

be seen. Calluses are more translucent.

We usually develop warts from some kind of trauma or cut that allows the virus to enter the skin. This can happen by merely scraping the foot or through irritation from an ill-fitting shoe.

The virus itself is a micro-organism that can spread. Some say it can be contracted from other people. Others believe those with a particular body chemistry or skin pH are more susceptible to viral infections.

BIRMINGHAM TRACK CLUB CLASSIC

DATE: May 10, 1986
 SITE: Vestavia Hills High School
 FACILITIES: Six Lane Chevron Track (1/2 mile spike)
 AWARDS: First three places in each event
 DIVISIONS: Five year age groups (starting at age 30) and an open category for both men and women.
 ENTRY FEE: Early-\$4.00 per event. \$10.00 per relay team. Early entries must be postmarked prior to May 5th.
 After May 5th-\$5.00 per event. \$12.00 per relay team
 CO-DIRECTORS: Gordon Seifert (205-879-8031) Versal Snaldine

ORDER OF EVENTS (women first, older to younger men)

7:30AM 5K (This race is a part of the BTC Grand Prix Series)
 9:00 440 relay
 9:30 Mile run
 10:00 120 hurdle
 10:30 100 yard dash
 11:00 440 yard dash
 11:30 220 yard dash
 12:00 880 yard dash
 12:30 330 hurdles
 1:00 Mile relay



FIELD EVENTS
 9:00 AM HJ BJ Shot Discus
 11:00 PV TJ Javelin

NAME _____ ENTRY BLANK _____ SEX _____
 ADDRESS _____ Street _____ City _____ State _____ Zip _____
 AGE _____ (As of 5/10/86) DATE OF BIRTH _____

EVENTS ENTERED (List best performance during the last 12 months)

1 _____ 4 _____
 2 _____ 5 _____
 3 _____ 6 _____

TOTAL FEE ENCLOSED _____ MAIL TO: Gordon Seifert
 1514 Ridge Road
 Birmingham, Ala 35209

WAIVER OF COMPETITION: In consideration of accepting this entry, I declare that I am physically able to compete in these events and waive for myself, heirs and administrators all claims for damages which I may accrue against any and all persons or organizations in any way associated with these events.

DATE _____ SIGNATURE _____

PARENTS' SIGNATURE (if minor) _____



Howard Rubin, 57, of New York, M55 winner, Manatee Magic 8K, Orange City, Fla., February 2.

I prefer to treat warts conservatively. On small, unobtrusive warts, I prefer to use a Sylactic film. This can be applied at home until the wart has been dissolved. Others recommend high doses of vitamin A, 25,000 units a day. This tends to break down callus tissue and inhibit the growth of wart tissue.

Keeping the feet clean and using white cotton socks are good preventative measures.

In persistent wart cases, I advise having the wart excised using a blunt dissection technique. This way, the skin is not 'cut' and no sutures are needed. It is very similar to performing a punch biopsy of the skin. Once the wart is removed, the area is dressed with a sterile dressing for 2-3 days. When the area becomes asymptomatic, the athlete can return to running. □

(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.)

Lukens Highlights Philadelphia Indoor Meet

by PETE TAYLOR

HAVERFORD, PA, March 1. Ed Lukens, 64, of Skaneateles, NY, put on a brilliant performance tonight to highlight the annual Philadelphia Masters Track and Field Association's Indoor Championships, held at the Haverford College Alumni Fieldhouse.

Competing without spikes, as required on the "Versaturf" surface, Ed blasted through the 55 meter dash in 7.8 seconds, and the 55 meter hurdles in 10 flat. He high jumped 5-4, long jumped 15-9, and concluded his evening by bettering Bud Deacon's national single-age record in the triple jump with a 33-9 effort (a distance bettered by only one of the other ten competitors in the event).

Many others turned in excellent performances: Among the sprinters, Al Walton (M35) ran 6.6 for 55 meters and 37.3 for 300 and Robert Williams took fast races in the 55m (6.8) and 300 in M45. Marc Anderson (M35 in 1:09.8), Ed Small (M45 in 1:13.1) and Kelsey Brown (M55 in 1:21.6) all ran exceptionally in the 500 meters.

Moses Mayfield (M40) pulled off a difficult triple by winning the 1000 meters (2:53.3), 1 mile (4:52.0), and 3000 meters (9:34.9). Walt Hawkins ran a 4:37.8 mile in M35.

Submasters Brad Hall and Skip Peterson both pole-vaulted 13'0". (Unfortunately, the good pole vaulting delayed the start of the running events, since the runway and the sprint/hurdles straightway are the same in this facility.) Walt Hutchins cleared 5'4" in the M50 high jump.

Bill Clark long jumped 17-4/4 to take the M50 prize. Strongpersons Larry Pratt (13.37m. in M40), Tom Henderson (13.45m. in M50), and Anna Cirulnick (9.52m in W50) shone in the shot put. □

Morcom Top Point-Getter in U.S. Indoor Pentathlon

Continued from page 4

55m hurdles, long jump, shot, high jump and 1000m.

With the complicated age factor tables for scoring each event and age group, Morcom had the highest score in the meet for the second year in a row. He compiled a total of 3696 points. That figure was 451 shy of his 1985 total, when he had five competitors in his age group. This year, he went unopposed.

Bradberry, M55 winner, was only six points back of Morcom's adjusted total.

Meet records were set in two divisions: Bradberry's score eclipsed the M55 record of 3479 set by Bob Richards in the initial meet, and

Watry's 3103 upped Steve Suto's M30 record of 2982.

After four events, Bradberry led Morcom for the overall point lead, 3269 to 3182. But Morcom outscored the Alabaman, 514 to 421, in the 1000 (3:52.2 to 3:55.1).

In the Master Key Open Indoor track meet run in conjunction with the pentathlon championships, leading performances included: Wayne Vaughn, 40, and Frank Pflaging, 53, both of Maryland, with respective miles of 4:42.6 and 4:54.0; and Mike Merritt, 30, with a 500 in 1:09.2.

In the mile relay, the Master Key team covered the distance in 3:44.6 to top Omni Track Club and the Potomac Valley TC. □

Survey Finds 70% of Athletes Prefer Lower Fees to Flashy Medals

At Bud Light's 3rd Annual PA Masters Indoor Track and Field Championships on January 5, meet director Scott Thornsley passed out a questionnaire to each of the 125 participants.

Thirty competitors filled it out. The results are revealing, and should help guide masters meet directors in the future.

1. What is more important, having an award or having the results published? Award-4; Results published - 15; Both - 4.

2. Would generic TAC patches suffice for awards if the entry fees were lowered? Yes - 17; No - 7.

3. Would you pay more for a better organized meet? Yes - 18; No - 5.

4. Do you mind paying extra for a charity? Yes - 5; No - 22.

5. Do you select meets according to entry costs? Yes - 2; No - 28.

6. If awards were not given, but the meet would benefit a charity, would you attend? Yes - 23; No - 2.

7. What is your preference for awards? List in order of preference. 1) medal; 2) pin; 3) patch; 4) plaque; 5) certificate.

8. What do you do with your awards? Store them - 13; Display them - 9.

Thornsley's comments: "These results may indicate that participants may opt for less expensive awards if the event fees were lowered, or they may not mind going without awards if it benefits a charity."

Write On

Continued from page 2

Moreover, the number who voted is consistent with his view that the movement is being influenced by "a small group of people." Couldn't you say why those who voted for the rule did so?

Sidney Gendin
East Ypsilanti, Michigan

(The main reasons were that it speeds up the meets and helps prevent rolling starts. —Ed.)

KUDOS

We enjoy NMN tremendously. Keep up the fine work.

Mary Chadbourne
Chagrin Falls, Ohio

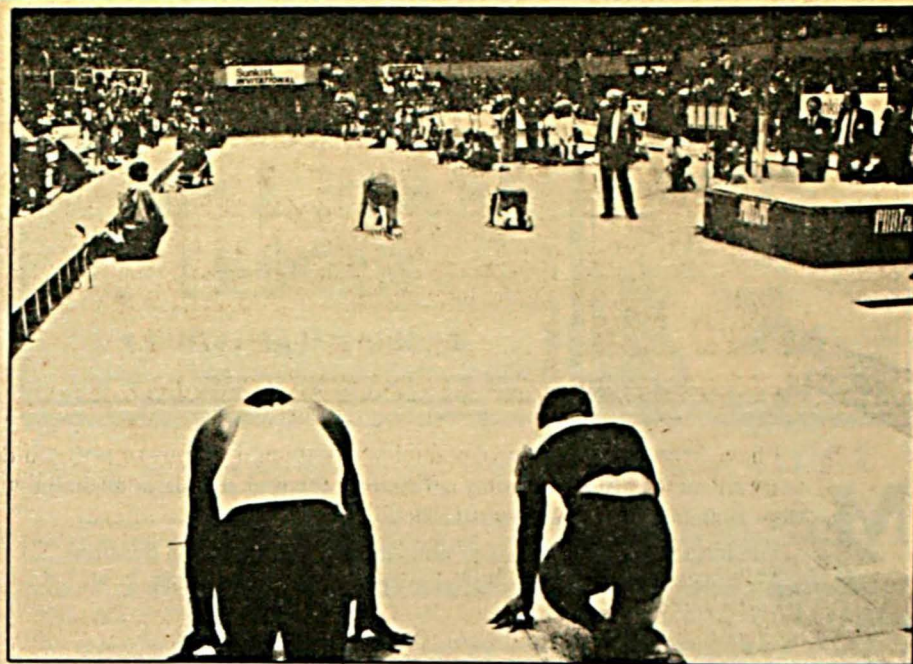
NMN is a valuable publication for the Masters athlete.

Harry Siitonen
Editor, Golden Gate Race Walkers
San Francisco

"Most verbal remarks indicate what matters most is the facility, officials and the competition one receives, and not awards — though something would be appreciated.

"Perhaps meet directors could avoid financial woes if they would not provide expensive gifts/awards. Or, at least don't engrave them so they could be used at any time.

"Personally, I will continue to offer patches as awards. They're easy to order, carry and mail. They can be used year in and out, and many display them on their running suits. I didn't receive a single complaint about the patches during my meet." □



Staggered start of the Legends 60y, Sunkist Invitational, Los Angeles, January 17. Up front: Alan Cranston and Tony Castro. Scratch: Tommie Smith and Ken Dennis. Leon Coleman, not shown, won. Photo by Richard Lee Slotkin



9th Annual Pacific Sun 10K Race and PA/TAC Masters 10K Championship Monday, Memorial Day, May 26, 1986

Sponsored by Pacific Sun and Ross General Hospital
Nationally certified

\$2500 prize money

RGH
Ross
General
Hospital

TIME & PLACE: 8 a.m., College of Marin, Kentfield. Limit 1000 runners.

COURSE: A fast out-and-back 10K loop on macadam roads and paved bike paths.

DIVISIONS: Men and women: 14 & under, 15-18, 19-29, 30-39, 40-49, 50-59, 60 & over, master teams.

AWARDS: Cash prizes for Masters, men and women, teams. Awards 5-deep for age group winners. (TAC # needed by cash prize winners.) Tank tops to all registrants.

GALA/PASTA FEED: San Rafael Community Center, 25: 5-6 p.m. Sportsmedicine clinic; 6-6:30 p.m. Video tape of 1985 race and social; 6:30 p.m. dinner, with Sister Marlon Irvine and Norm Greene.

MORE INFORMATION: Entry fee: \$9; No race day registration if 1000 limit is reached. Call Pacific Sun for more information: 383-4500. Manpower provided by Tamalpa Runners, volunteers call Joaquin Fritz, 454-6612, 6-9 p.m. & weekends.

PRE-REGISTRATION: Fill out entry, sign waiver
• include self-addressed stamped envelope 4" x 10" (SASE)
• 1 per entry
• Mail entry and make all checks payable to:



Pacific Sun 10K
c/o Bonnie Hill - Total Race Systems,
2000 Lucas Valley Road San Rafael, Ca. 94903



----- THERE WILL BE NO RACE DAY REGISTRATION -----

Last name (please print)										First name									
Address																			
City										State					Zip				
Phone										Date of birth									
Age on race day.					Sex					Team									

RACE ENTRY FEE \$ 9
PRE-RACE GALA/ PASTA FEED \$8.00 PER PERSON
X **NO. OF PEOPLE** \$
TOTAL FEE \$

In consideration of your accepting this entry, I, intending to be legally bound, hereby for myself, my heirs, executors and administrators, waive and release any and all rights and claims or damages that may accrue against the Pacific Sun, Tamalpa Runners, Beatrice Foods Inc., Ross General Hospital, Total Race Systems, Marin County, Ross, San Anselmo or Larkspur for any and all injuries that may be suffered by me in the Pacific Sun 10K Race or en route to or from the event. I attest that I am physically fit and sufficiently trained for this competition, my physical condition verified by a licensed M.D. during the last six months. As part of the waiver, I acknowledge that I have read and understand all of the above.

Date Signature

Signature of parent or guardian if runner is under 18



MASTERS TRACK & FIELD REPORT

by JERRY ALAN DONLEY

Chairman, TAC Masters Track & Field Committee

Most everyone I have visited with agrees with me that the National Indoor Meet at Baton Rouge was outstanding.

The level of competition is getting stronger in all of the divisions.

The officials were excellent and appeared to enjoy the meet as much as the competitors.

The choosing of the Embassy Suites as headquarters for the meet proved to be the key to the success of the entire weekend. Competitors, families, and friends were able to meet and visit with more people than at any other meet. Trying to work out this format may be difficult, but it really combines the best of fellowship and competition. I'd suggest all meet directors look for similar type accommodations, and do everything in their power to have congregating space and time available before and after competition, each day.

I am anxiously waiting to see what cities submit formal bids to the 1989 World Veterans Games, so we can be on our way towards the final selection process.

I'll be meeting as your representative with the Board of Directors of TAC/USA March 16, 1986. I'll make a report about our activities, including the World Games, and point out the fantastic support individual competitors are willing to make in order to support the city hosting the World Games in 1989. □

Put an Olympian On Your Team

John Powell's Video Series — Three Great New Study Tools for Coach & Athlete

Discus Video: "If there's a better discus instructional film around, I'd like to see it. . . . Anyone interested in the discus simply must own this cassette."

Roy Conrad, T&F
"A superb work from the former World Record Holder and Olympic Medalist."
Vern Gambetta, Track Technique

Pole Vault Video: Instruction from Olympian Doug Lytle. Covers the basics as well as advanced techniques. Includes weighttraining, basic warmups, and slow-motion action shots of some of the world's best vaulters.

Shot Put Video: Features American record holders Brian Oldfield and Ramona Pagel. Covers basic techniques in both the *Spin* and the *Glide Plus*, action footage of some of the world's best throwers (including the world's only "5" throw).



Each video is \$89.95. Each tape covers the BASICS, including weight training and power related exercises. You'll see action and slow-motion footage of some of the world's greatest athletes. Each video is at least 28 minutes in length — in color with sound and music.
Orders processed immediately. Please add \$2.50 for shipping and handling. CA residents please add 6% sales tax.

John Powell Associates
10445 Mary Ave. Cupertino, CA 95014

Ruth Anderson

Continued from page 11

while, but nothing like what's happened in the last five years."

The innovations Ruth refers to range from prize money for masters - both men and women, to women - including masters women - competing in the first women's Olympic marathon, to age-divisions for men and women in LDR races. "When I first started racing," she remembers, "women didn't have any age groupings. You just ran in the 'women's division,' no matter what your age, and if you came in first, you won." The revolution in running that Ruth finds so amazing is, of course, one that she herself has played a considerable role in bringing about.

As for the future, she has her eyes set on new horizons, as well as some continuing old challenges. Two important races coming up are a 24-hour run in Santa Rosa to benefit the American Cancer Society, and the Western States 100 Mile run in June. After that "I want to continue international as well as national competition. I'd love to do the London to Brighton again; try the Isle of Man and Twin Bridges and possibly Comrades Marathon and Athens. And consider new challenges — like doing a 24-hour run to try for a distance record."

Ruth Anderson's vision of the possibilities in running, for herself, for women, for the whole running community obviously still has a lot of miles to go. □

—Gretchen Snyder



Ruth Anderson

Exercise May Help To Keep You Smart

If you are over 55 and regularly engaging in vigorous activity, you may be helping your brain as well as your body. Some psychologists believe that physical activity may help to forestall many of the intellectual changes typically associated with aging.

While it is true that, on the average, older adults do not perform as well as young adults on certain tests of memory, reasoning, and reaction time, it is also true that some older adults continue to perform at the level of younger adults. This suggests that although a decline in some mental abilities is often seen with advancing age, it is not inevitable. Common wisdom holds that those who "keep busy" as they age retain more of their abilities, and there is some evidence to support that view. However, the type of activity may be as important as the amount of activity. Studies suggest that exercise may be an important factor affecting mental abilities in older people.

A study to further investigate the potential benefit from exercise in the retention of intellectual abilities during the aging process, is being conducted at

Scripps College in Claremont, California by Louise Clarkson-Smith, a post-doctoral fellow of the National Institute on Aging. The researchers are particularly interested in the effects of exercise and are anxious to find a number of older athletes to participate in the study. It is hoped that you will be willing to help out with this valuable research, if you are over 55.

There are two parts to the study. First is a questionnaire about your activities, your enjoyment of them and your opinion of the beneficial effects of each activity. The second part is a set of tests of reasoning, memory, and reaction time. Those who participate in the ability tests will be paid \$15. As the tests are conducted in person, they must be restricted to those residing in Southern California. Information from the questionnaire, however, is useful whether or not you intend to participate in the ability tests. To receive a questionnaire and further information about the study, send a postcard with your name, address, and telephone number to Louise Clarkson-Smith, Scripps College, Claremont, CA 91711. □

Indoor Meet Draws 450

Continued from page 1

didn't go well. But Seemes and his staff handled all problems smoothly and easily and the weekend turned into a most enjoyable one.

The meet included numerous highlights:

+ Phil Raschker appeared recovered from her orthoscopic knee surgery with five wins in the women's age 35-39 competition.

+ Debbie Warner captured four events in the W30 bracket.

+ Bill Collins took the 60y and 300y (in a meet record 31.14) in M35 action.

+ Stan Whitley notched the 60y and 300y in the M40 division, with a meet record 32.47 in the 300.

+ Roy Turner also garnered a 60/300 double, with an M45 record 33.98 in the latter.

+ Thane Baker, 1952-56 Olympian, sped to a 300y record 34.56 in M50 competition.

+ George Cohen jetted in from Los Angeles to annex the 600y and 1000y in the M45 category in 1:17.84 and a record 2:22.26, respectively.

+ New York's Cliff Pauling crackled to the same double in M50 in meet records' 1:20.07 and 2:31.65.

+ Gilberto Gonzalez came in from



Debbie Warner of Texas captures the age 30-34 women's 2-mile run in 11:22.75 in Baton Rouge, La. at the TAC National Masters Track & Field Championships on February 23. She also won the 600, 1000 and mile.

Photo by Dan Thiel

San Juan to post several wins in his M70 class.

+ New Jersey's Paul Richard set a new indoor world M45 pole vault record of 13-9, defeating New York's Wladimir Sokolowski, (holder of the M40 WR of 15-0) who cleared 13-6,

and Ohio's Ed Hoyle, who had set an M45 world mark of 13-6 1/4 only three weeks earlier. Hoyle's best at LSU was 13-0. (The outdoor M45 pole vault record is 15-5.)

+ Texan John Hartfield cleared 6-7 in the M40 high jump, three inches above his own listed indoor world stan-

dard. He lost a close long jump to Whitley, 23-1 to 22-11 1/4.

The best effort by a local athlete was that of John Boots of Shidell, La. who set M65 records in the mile (5:44.02) and 2-mile (12:19.34).

No date or site has yet been set for the 1987 Indoor Championships. □

28TH ANNUAL MT. SAN ANTONIO RELAYS MASTERS' PROGRAM

The 1986 MASTERS TRACK & FIELD SCHEDULE IS SET AS FOLLOWS: Please note that not all events are for all Divisions. If you are older and wish to run in a younger Division, you may do so. The three events marked "Invitational" mean all age groups shall participate in that event, for single 1st, 2nd and 3rd place medal. Example: In the Triple Jump - Submaster, 40 and 50 year olds would all compete against each other.

All implements are regulation for the Masters Program, with the exception of the 40-49 Shot Put the 12lb shot is being used. In all throwing and jumping events, if there are not enough competitors in one Division for one flight, the next Division will be added - so be ready. The 1500M and 5M will be run in one heat each, but the places will be divided out in separate divisions. AWARDS: consist of 1st through 3rd in each Division, where indicated on the schedule; a 1st place medal only, in the Relays.

This format encourages full participation in the men's Submasters and Masters Division on Sunday APRIL 20, 1986. Please check the information below and send your Masters Divisions entry form to your Mt. SAC Relays Masters' Division Chairman, Hal Smith, immediately. DEADLINE for entries is APRIL 10, 1986.

TIME:	EVENT:	DIVISIONS:
12:00 PM	HAMMER THROW	Invitational (Regulation)
12:00 PM	TRIPLE JUMP	Invitational
12:00 PM	POLE VAULT	60, 50, 40 SubM, (start lowest height)
12:00 PM	JAVELIN	SubM, 40-49 (regulation)
12:30 PM	4X100M RELAY	SubMasters & 40-49
2:00 PM	4X100M RELAY	50-59 and 60-69
1:00 PM	JAVELIN	50-59, 60 and over
* * *	LONG JUMP	40-49 (***) begins immediately after Triple Jump
1:15 PM	110 M HURDLES	Invitational (Regulation Interval 39")
1:30 PM	1500 M	60, 50, 40 (1 heat, all 3 Divisions)
1:45 PM	SHOT PUT	SubMasters, 40-49 (Note: 12 lbs)
1:45 PM	100 M	SubMasters
1:55 PM	100 M	40-49
1:55 PM	HIGH JUMP	60, 50, 40 (All start lowest height)
2:05 PM	100 M	50-59
2:15 PM	100 M	60 and over
* * *	LONG JUMP	50-59 (***) begins immediately after 40-49
2:25 PM	400 METERS	SubMasters
2:30 PM	400 METERS	40-49
2:40 PM	400 METERS	50-59
2:45 PM	400 METERS	60 and over
2:45 PM	SHOT PUT	50-59
3:00 PM	800 METERS	60, 50, 40 and SubM. (Heats as required)
3:00 PM	DISCUS	40-49 (Regulation)
3:00 PM	200 METERS	SubMasters
3:20 PM	200 METERS	40-49
3:30 PM	200 METERS	50-59
3:40 PM	200 METERS	60 and over
* * *	LONG JUMP	60 + (***) begins immediately after 50-59
* * *	SHOT PUT	60 + (***) begins immediately after 50-49
* * *	DISCUS	50-59 (***) begins immediately after 40-49
* * *	DISCUS	60 + (***) begins immediately after 50-59
4:00 PM	4X400 M RELAY	SubMaster & 40-49,
4:10 PM	4X200 M RELAY	SubMaster, 40, 50, 60

PLEASE CUT OR TEAR OFF THE LOWER PORTION OF THIS MT. SAC RELAYS ENTRY FORM AND MAIL TO MASTERS DIVISION CHAIRMAN, HAL SMITH, 18750 Oxnard Street, Suite 404, Tarzana, CA. 91356.

MT. SAC RELAYS MASTERS' DIVISION (ENTRY FORM)

APRIL 20, 1986

NAME: (Please print) _____ DATE OF BIRTH: _____ AGE: _____
ADDRESS: _____ STATE _____ ZIP _____
TELEPHONE: (Home) _____ (Business) _____ CLUB: _____

ENTER ME IN THE FOLLOWING EVENTS:

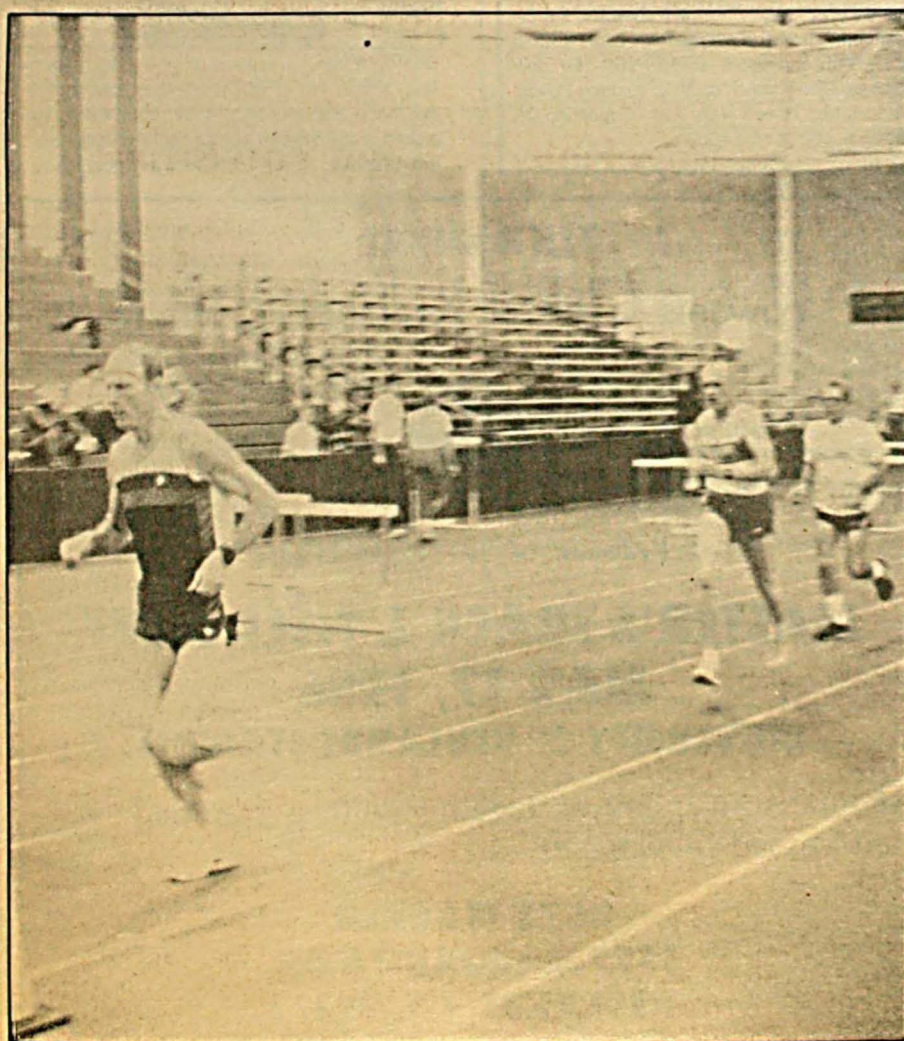
Prev. Masters Best	Year
Prev. Masters Best	Year
Prev. Masters Best	Year
Prev. Masters Best	Year

RELAY 4X100 Club Fee: \$12.00.
RELAY 4X200 Club Fee: \$12.00.

ENCLOSED IS MY ENTRY FEE EVENTS @ \$5.00 for first event, \$3.00 thereafter. Make Checks payable to: "MT. SAC RELAYS". Mail this Form to: HAL SMITH, 18750 Oxnard St. #404, Tarzana 91356, with your check.

I waive all rights that I or my heirs or assigns may have against the sponsors of this athletic event, arising from any injury, illness, or accident that I may sustain or incur participating these events. I declare that I am in good health to participate in these events.

SIGNED _____ DATE _____ 1986.



Louisiana's John Boots won the M65 mile (5:44.02) and 2-mile (12:19.34) in the U.S. Indoor Championships on February 22-23 at LSU.

National Running Data Center, Inc.

In this issue are 1985 10K rankings. The best time of any American masters runner was Barry Brown's 30:18 in the Orange Bowl 10K in Florida. Antonio Villanueva led all North American 40+ runners with a 30:13 in the Peachtree 10K.

Carol Flexer's 36:14 edged both Shirley Matson and Fordie Madeira by only two seconds as the fastest U.S. 40+ woman's time. Priscilla Welch's astonishing 32:25 and Gabriele Andersen's 34:49 led the "foreign" contingent. They're listed as British and Swiss citizens, respectively.

Ken and Jennifer Young have repeated their intention to retire from the NRDC, and stress the importance

of finding a replacement by September, 1986.

"We've done a pretty good job these past six years," Jennifer says in the monthly NRDC News, "but the job can and must be executed far better. Doing that well takes money."

NRDC has always operated on the proverbial shoestring, and is supported by donations from individuals, clubs, race organizers, companies and the national governing bodies. □



ANTEATERS MASTERS TRACK AND FIELD CLASSIC

CO-SPONSORED BY CORONA DEL MAR TRACK CLUB AND UNIVERSITY OF CALIFORNIA-IRVINE

DATE: MAY 24, 1986

PLACE: UNIVERSITY OF CALIFORNIA, IRVINE

DIRECTIONS: 405 FREEWAY TO CULVER, SOUTH TO CAMPUS DRIVE, RIGHT ON CAMPUS TO BRIDGE ROAD. USE PARKING LOT 6 OR 9 (FREE PARKING).

AWARDS: FIRST 2 PLACES IN EACH EVENT, CUSTOM DESIGN THREE COLOR MEDAL.

ENTRY FEE: \$5.00 FOR FIRST EVENT, \$3.00 FOR EACH ADDITIONAL EVENT.

ENTRY DEADLINE: POSTMARKED BY MAY 17, 1986 (LATE ENTRY ADD \$2.00 PER ATHLETE).

DIVISIONS: FIVE YEAR AGE GROUPS (YOUNGEST RUN FIRST)

Submasters - 30-34	Division IIA 50-54	Division IVA 70-74
Submasters - 35-39	Division IIB 55-59	Division IVB 75-79
Division IA - 40-44	Division IIIA 60-64	Division VA 80-84
Division IB - 45-49	Division IIIB 65-69	Division VB 85-89

TRACK EVENTS

10:00	5000 METER RACE WALK
11:00	STEEPLECHASE
11:30	400 METER RELAY
12:00	800 METER RUN
12:45	110 METER HIGH HURDLES
1:15	3000 METER RUN
2:00	400 METER DASH
2:30	100 METER DASH
3:20	1500 METER RUN (THE ALDRICH "MILE")
3:50	200 METER DASH
4:10	400 METER HURDLES

JUMPING EVENTS

11:00	HIGH JUMP ALL DIVISIONS
12:00	POLE VAULT ALL DIVISIONS
12:00	LONG JUMP 30-39, DIV I & II

SCHEDULE OF EVENTS

FIELD EVENTS

9:30	HAMMER ALL DIVISIONS
	YOUNGEST TO OLDEST
10:15	JAVELIN 30-39, I & II
10:30	SHOT PUT DIV III, IV & W
12:00	JAVELIN DIV III, IV & W
1:00	SHOT PUT 30-39, I & II
2:00	DISCUS DIV III, IV & W
3:00	DISCUS 30-39, I & II

STARTING TIMES SUBJECT TO ACCELERATION.

TO ENTER, COMPLETE AND RETURN THE FOLLOWING:

ATHLETIC RELEASE: IN CONSIDERATION OF MY ENTRY, I DO HEREBY, FOR MYSELF AND MY HEIRS, AND ADMINISTRATORS WAIVE AND RELEASE ANY AND ALL CLAIMS I MAY HAVE AGAINST THE UNIVERSITY OF CALIFORNIA-IRVINE, AND THE CORONA DEL MAR TRACK CLUB AND THEIR REPRESENTATIVES FOR ANY AND ALL INJURIES SUFFERED BY ME DURING THE EVENT, SPORT OR FACILITY. I CERTIFY THAT I HAVE NO PHYSICAL DEFECTS WHICH PREVENT ME FROM COMPETING AND I COMPETE AT MY OWN RISK.

NAME _____ PHONE _____

ADDRESS _____

AGE (AS OF MAY 24, 1986) _____ DIVISION _____ M OR F _____

CLUB AFFILIATION IF ANY _____ DATE OF BIRTH _____

Please enter me: 1. _____ 3. _____

2. _____ 4. _____

DATED: _____ SIGNATURE: _____

PLEASE FIND ENCLOSED MY CHECK \$ _____ MAKE CHECK PAYABLE TO: ANTEATERS MASTERS MAIL BY 5/17/86

DAVID A. LEWIS

MAIL TO: 505 BEGONIA AVENUE
CORONA DEL MAR, CA. 92625

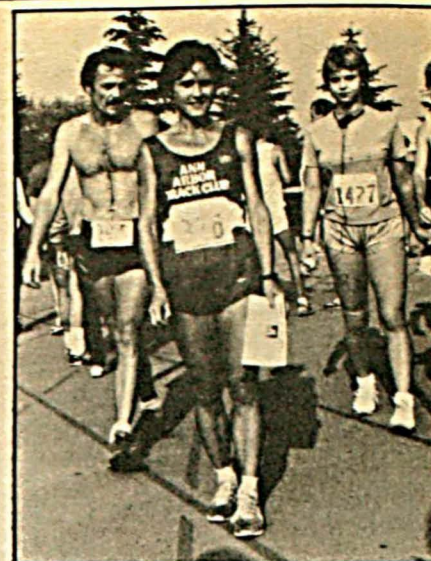
Barrett, Stanners Highlight Rock Island Meet

The 2nd Annual Athlete's Foot Masters Indoor Meet at Augustana College, Rock Island, Ill., on February 1, drew 76 participants and was highlighted by the finals of the 55m dash when 95-year-old Newton Barrett raced to an 18.65 finish. The wiley veteran Arling Pitcher, 84, running in the same heat, closed in 9.92.

Pitcher also neared world indoor age-group records in the pole vault (6-0) and high jump (3-7).

Decathlete Jerry Stanners, M50, of Bakersfield, Calif., was chosen Outstanding Athlete of the meet for his firsts in the long and triple jumps, pole vault, and 60y hurdles, and seconds in the high jump and 60y dash.

Other notable performances were turned in by Johnie Meisner, M40, triple jump (37-11½) and high jump (5-10), and Charles Clippard, M60, 60y (7.75). □



Carol Swaney was the Masters winner of the grueling Ultimate competition in Jackson, Michigan: 10K, 100y, 440y, Mile and marathon. She did a 1:08 ten miler for second fastest in the state, 3:24 Marathon, and 41:08 10K.



Don Sleeman, president of the 600-member Ann Arbor TC of Michigan, has run a 2:33 marathon ('83) and a 4:34 mile ('85), and placed in the 5K and 10K in the '85 Nationals in Indianapolis. Photo from Wally Herrala

CLASSIFIEDS

Classified ad rates are 50¢ a word. Count name and address as 5 words. Race notices are 25¢ per word. Prepayment required with copy. Deadline is the 10th of the month prior to issue date. Send to NMN, PO Box 2372, Van Nuys, CA 91404.

Throwers: Nike #2446 Discus/shot/hammer shoes now available. Sizes 6 thru 14. Thousands sold at \$54.95; now only \$46.95. Send check or M.O. to John Powell Associates, 10445 Mary Ave., Cupertino CA 95014. 408/446-2400.

7TH ANNUAL

Kiwanis Club of Redlands=Evening

OUR MOTTO



"WE BUILD"

Redlands = = = California

MASTER'S TRACK & FIELD MEET MAY 17, 1986 UNIVERSITY OF REDLANDS STADIUM

Address all inquiries together with a stamped, self-addressed envelope to:

BUZZ WAGNER
1522 MARGARITA DR.
REDLANDS, CA. 92373
TEL. 714-792-8395

PROTECTING YOURSELF

Continued from page 6

\$1-Million range do not cost much more than basic limits.

Many companies will not write more than \$300,000 limits and few, if any, write more than \$1-Million. If you want additional protection, ask your agent about an "umbrella" policy. Generally, premiums for this type of policy run less than \$100 a year.

As for coverage for your own injuries while participating, you want some kind of accident and health policy. However, most auto policies cover runners and bicyclists injured in automobile accidents.

If you live in a "No-Fault" state, your no-fault coverage should apply when you're injured by an automobile or truck. It provides benefits for medical expense and lost wages. If you live in a non no-fault state, you should look for medical benefits under your Medical Payments coverage.

As with liability insurance, no-fault and medical payments are sold in varying limits. Runners should not be content with basic limits.

One of the most overlooked areas of protection for runners is Uninsured Motorists (UM) coverage. It also applies to pedestrians and bicyclists injured by cars and trucks. But it applies only when the operator of the vehicle does not have any liability protection or when you are injured by a hit-and-run driver. The UM coverage steps in and acts like the driver's liability coverage. It takes care of medical expenses, lost wages, and so-called general damages (pain and suffering, disfigurement, etc.)

A fairly new coverage now being offered by many companies is Underinsured Motorists coverage. Let's say that you're hit and seriously injured by someone who has only \$25,000 liability coverage. Your claim, however, is worth much more than \$25,000. You then look to your own Underinsured Motorist coverage for the excess rather than trying to get it from the individual.

(Note: Insurance laws and policies vary somewhat from state to state and from company to company. Do not rely solely on statements made above. Check with your insurance agent as to the requirements in your state and provision of your policies.) □

The Gun Lap

Continued from page 6

an injury. He spots a crack in the sidewalk and starts yelling "negligence." Have you ever seen a sidewalk without a crack in it?

Or the cases — and there are a growing number of these in Hawaii — where some tourist runs into the surf and is injured by a big wave, then sues the State or an adjoining hotel because they didn't warn him about how dangerous the waves can be.

Or the cases — and there are more

and more of these — where someone not even physically injured sues for mental anguish and emotional distress as a result of having witnessed a relative being injured.

"Paste My Hand With Greenbacks"

"Hold my hand, but better yet paste it with greenbacks" is what a large number of people in our society are saying.

At the very heart of this problem is the fact that risk is an essential ingre-

dient of sports. Take away the risks and all you have is a simple exercise or fitness activity. At first, it was just removing the diving boards from all swimming pools. Now, they're taking away the pools.

Unless attitudes change, recreational sports may be litigated out of existence. □

Editor's Note: In real life, Mike Tymn is an insurance company claims manager and a frequent contributor to insurance publications.

SOUTHERN CALIFORNIA STRIDERS MASTERS

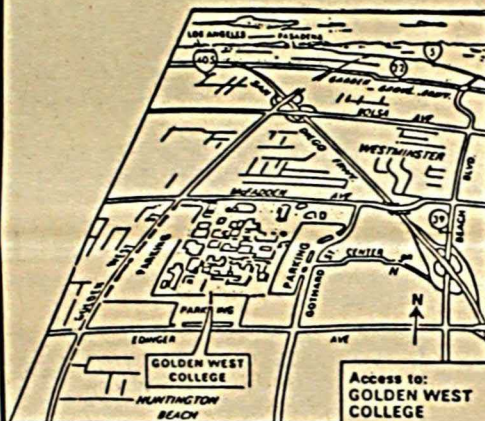
"Meet of Champions"

MAY 31, 1986

GOLDEN WEST COLLEGE — HUNTINGTON BEACH, CA

Sponsored by Greyhound Corp. — Sanctioned by TAC/PACIFIC ASSOCIATION

PRE-REGISTRATION DEADLINE MAY 26, 1986



ENTRY FEE: First event \$8.00 - additional events \$4.00 - Relay team \$20.00
No post entries except by phone \$10.00/event depending on available space in event — Relay teams may enter on day of meet with all runners from same club \$20.00

FACILITIES: 9 lanes all weather 400M track ¼" spikes only - concrete throwing rings cinder javelin runway.

ELIGIBILITY: Men and women in 5-year age group from age 30 with a 1986 required TAC registration number - TAC registration, 1986 number available at meet for \$6.00.

AWARDS: 2¼" custom made medallion/draped with red, white and blue ribbon for the first 3 places in each 5-year age group.

DIVISIONS: (Sub-Masters, 30-39) (Masters 40 plus) (Women 30 plus) Women will compete first. Men will follow oldest to youngest.

TRACK EVENTS

10:00	5K Run
10:40	5000 Meter Walk
11:40	4 X 100 Meter Relay
12:00	800 Meter Run
12:30	100 Meters
12:50	110 Meters Hurdles
1:35	1500 Meters
2:05	400 Meters
2:20	200 Meters
2:35	400 Meters Hurdles
3:00	4 X 400 Meters Relay

FIELD EVENTS

11:00	Hammer - Pole Vault
12:00	Javelin - High Jump
1:00	Shot Put - Long Jump
2:00	Discus - Tridle Jump
3:00	35 lb. Weight Throw

SPECIAL EVENT: 100 Meters — Niedermeyer vs. Matsuoka
Immediately after 100M at 12:40 p.m.

SOUTHERN CALIFORNIA STRIDERS Masters Hugh Cobb, Meet Director
"Meet of Champions"

Entry Deadline May 26, 1986

2963 Galena Avenue
Simi Valley, CA 93065
1(805) 527-5471
Call between 7:00 - 8:00 p.m.

HOUSING:

Motel 6, 6266 Westminister — 894-9811
Haypenny Inn, 15401 Beach Blvd., Huntington Beach — 891-4300
Westminister Motor Inn, 15061 Beach Blvd., Westminister — 893-2474

Name: _____ Address: _____
(Last) (First) (Number and Street)
Age Group () Phone: () _____
(City) (State) (Zip)
Events entered this competition: _____
Best marks 1986: _____
Club Affiliation _____ Your 1986 TAC Number _____
(You must show)
Amount Enclosed \$ _____ NO REFUNDS FOR DEFAULT
Make checks payable to
Striders Track Club

WAIVER

In consideration of your accepting my entry, I, intending to be legally bound, do hereby for myself, my heirs, executors, waive and release forever, any and all rights, claims or damages I may accrue against Goldenwest College, Southern California Striders Masters Track and Field Club, TAC Association, Meet Director and all sponsors of the track and field meet, their successors, representatives and assigns for any and all injuries suffered by me while traveling to and from, and while participating in the "meet of champions" Track and Field Meet held May 31, 1986 at Goldenwest College, Huntington Beach, CA. Further I certify that I have no physical defects or injuries that would prevent me from competing in this meet.

Signature _____ Date: _____

The International Scene

Vancouver to Host World Veterans Championships at EXPO 86

by ANDREW MILLIGAN

Beautiful British Columbia, Canada, will be welcoming two preeminent events in 1986. From May 2 to October 13, EXPO 86 will be in full swing at Vancouver; and on October 4th and 5th, the World IGAL 10 Km. and Marathon Championships will be held at nearby Richmond, B.C. Veteran athletes from far afield will thus be able to add the attractions of this exciting World's Fair to the thrill of competing in these major races.

EXPO 86 is being developed around the singularly appropriate theme "World in Motion — World in Touch." It is expected to be the largest and most prestigious event in North America since EXPO 67 in Montreal. More than 50 countries as well as all the Canadian provinces and 11 American states will have their own pavilions. In addition, there will be another 40 special pavilions and theme plazas.

This International Exposition will provide an international forum for the world's foremost scholars, scientists, artists and inventors. From tall ships to

space ships, computer cars to satellites, it promises to be a wonderful experience. The centerpiece is a phenomenal 17-story geodesic pavilion — the EXPO Centre containing stunning shows, exhibits and the gigantic Omnifax Theatre.

In the tradition of the great Expositions, EXPO 86 will feature major theatrical, entertainment and sporting events. It is only fitting that the World Road Runners Championships should take place in such a celebrated setting.

Vancouver has long been recognized as a runner's paradise. The temperate

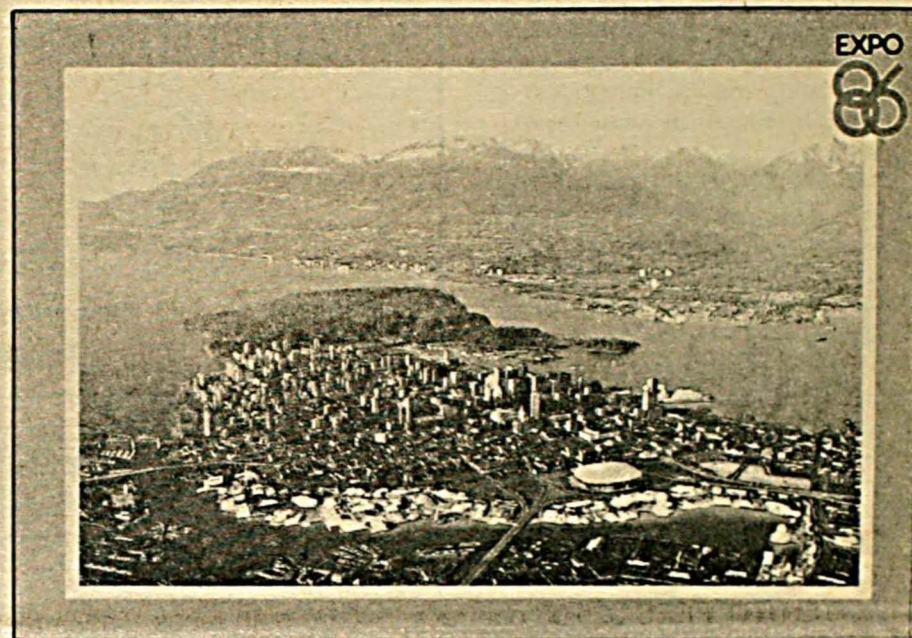
climate, the unending variety of secluded trails, the breathtaking scenery, typified by the renowned Stanley Park seawall, all serve to give Vancouver one of the highest pro-rata populations of runners among North American cities. It is hoped that many hundreds of local runners will turn out in October to participate with the athletes who are expected from at least 25 countries.

The hard work of organizing a road racing event of this magnitude has been proceeding steadily for more than a year. Under the vigorous leadership of former Canadian Masters President and Director, Ken Richardson, a large group of dedicated runners is handling

all the details which are so essential to a successful race.

The races will be run in Richmond, a delightful community close to the Vancouver International Airport and only 20 minutes from downtown Vancouver itself. Race Headquarters will be in Richmond, which, like Vancouver has excellent hotels, restaurants, parks and tourist facilities.

The course is flat and fast. Meteorological records tell us that the race should be run in mild weather — average 10:00 a.m. temperature at 14 deg.C. (55 deg. F) with zero to light winds and a 25% chance of a shower. 1986 is surely going to be a vintage year in Vancouver! □



Vancouver, B.C., Canada — site of Expo 86 and the XIX World Vets 10K/Marathon Championships on October 5.

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

HURDLES

AGE	WOMEN					MEN				
	Race Distance	Hurdle Height	To 1st Furdle	Between Hurdles	To Finish	Race Distance	Hurdle Height	To 1st Furdle	Between Hurdles	To Finish
35-39	100m	.840m 33"	13.30m 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' 30"	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' 30"	9.14m 30'	14.02m 46'
60-69	-	-	-	-	-	100m	.840m 33"	13.70m 42'8 1/2"	8.50m 27'10 1/2"	10.50m 34'5"
70 plus	-	-	-	-	-	37m	.762m 30"	12.00m 39'4"	8.00m 26'3"	12.00m 39'4"
35-39	400m	.762m 30"	45.00m 147'7 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"	400m	.914m 36"	45.00m 147'7 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"
40-49	400m	.762m 30"	45.00m 147'7 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"	400m	.840m 33"	45.00m 147'7 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"
50-59	300m	.762m 30"	30.00m 104'0 1/2"	25.00m 82'0 1/2"	30.00m 98'4"	300m	.762m 30"	30.00m 98'4"	25.00m 82'0 1/2"	30.00m 98'4"
60-69	-	-	-	-	-	300m	.762m 30"	30.00m 98'4"	25.00m 82'0 1/2"	30.00m 98'4"
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.



DELEGATE OF: NORTH AMERICA

Robert G. Fine
4223 Palm Forest Drive
Delray Beach, FL
33445 U.S.A.
N.Y.C. 11217 U.S.A.

SOUTH AMERICA

Juan H. Kulzer
Estrada 3429
Olivos (1636)
BUENOS AIRES
Republica Argentina

ASIA:

Milkha Singh
House No. 23
Sector 7-A
CHANDIGARH India

EUROPE:

Cesare Beccalli
IMITT
Via Martinetti 7
20147 MILANO Italy

OCEANIA:

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Canada

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Bridget Cushen
156 Mitcham Road
WEST CROYDON
Surrey England



The Vancouver Masters Road Running Society

*Invites all Veterans/Masters
to participate in the*

XIX WORLD VETERANS ROAD CHAMPIONSHIPS



RICHMOND, B.C., CANADA
(Under I.A.A.F. Rules)

10 km — October 4, 1986
Marathon — October 5, 1986

MEN

M1 — 40 to 44 Yrs	M6 — 65 to 69 Yrs
M2 — 45 to 49 Yrs	M7 — 70 to 74 Yrs
M3 — 50 to 54 Yrs	M8 — 75 to 79 Yrs
M4 — 55 to 59 Yrs	M9 — 80 Yrs and Over
M5 — 60 to 64 Yrs	

WOMEN

W1 — 35 to 39 Yrs	W5 — 55 to 59 Yrs
W2 — 40 to 44 Yrs	W6 — 60 to 64 Yrs
W3 — 45 to 49 Yrs	W7 — 65 to 69 Yrs
W4 — 50 to 54 Yrs	W8 — 70 Yrs and Over

Open to Men 40 years and over and Women 35 years and over on the day of the Championships. All competitors must show proof of date of birth at registration.

Awards will be given to the first three individuals in each 5 year age group in both races. There will be special awards at the discretion of the organizers. All finishers in both races will receive commemorative diplomas and medallions.

ENTRY FEES \$25.00 one race, \$40.00 both races. These fees include World I.G.A.L. dues.

Mail entries to: Vancouver Masters Road Running Society, 4640 Fairlawn Drive, Burnaby, B.C., Canada V5C 3R6 — Telex 04 51588.

ACCOMMODATION AND TOURS: Consult Alouette Travel Ltd., the official travel agent for the championships. Details from Alouette Travel Ltd.: 11954 224th Street, Maple Ridge, B.C., Canada V2X 6B3 • Telephone (604) 467-5535 — Telex 04 51251.

CPAir



10 km

The 19th Annual World Veterans Championships 1986
Race Schedule: 10 km Saturday, October 4, 1986. Start 11:00 a.m.
Marathon: Sunday, October 5, 1986. Start 9:00 a.m.

Entry Form

Please write in capital letters.

Surname _____
First name and initials _____
Address _____
Male / Female _____
Date of birth _____
Age group _____
Club _____
Nationality _____
Entry fee enclosed _____

Entries close 9/1/86

I hereby agree that the organizers shall not be liable for any accident, injury, loss or damage as a consequence of my participation in the 19th Annual World Veterans Championships.

Signed

MARATHON

The 19th Annual World Veterans Championships 1986
Race Schedule: 10 km Saturday, October 4, 1986. Start 11:00 a.m.
Marathon: Sunday, October 5, 1986. Start 9:00 a.m.

Entry Form

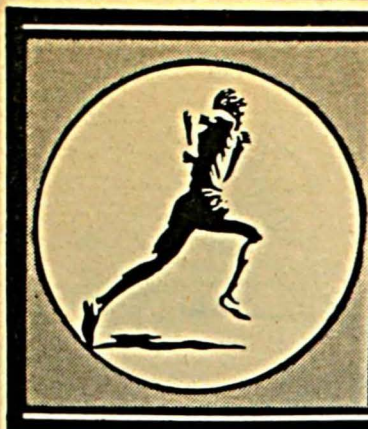
Please write in capital letters.

Surname _____
First name and initials _____
Address _____
Male / Female _____
Date of birth _____
Age group _____
Club _____
Nationality _____
Entry fee enclosed _____

Entries close 9/1/86

I hereby agree that the organizers shall not be liable for any accident, injury, loss or damage as a consequence of my participation in the 19th Annual World Veterans Championships.

Signed



SPEAKER'S CORNER

by HAL HIGDON

Details Needed in Australia

The "Competition Report to WAVA" from Ray Callaghan makes me feel comfortable about Australia's ability to host the best organized World Veteran Games yet. Ray seems to understand what it takes to put such an event on. Speaking as a long distance competitor, however, I am not sure the Australians have solved what has been a vexing problem in the track distance events: seeding the best competitors into the fast heats so that we are running against each other and not against each other's times.

I first encountered this problem at the Games in Hannover, West Germany, in 1979 when J.K. MacDonald and I were placed in the first heat of the M45 10,000 and Paavo Pystinen and Manuel Alonso in the other. They finished behind us in the final results, but might not have if we had raced together. Temperature changes from one hour to the next can affect performance; motivation of seeing your competition is an even bigger factor. When officials recognized their error and

properly seeded us into the same 5,000 heat later in the meet, the results were different.

Germans Rectified Error

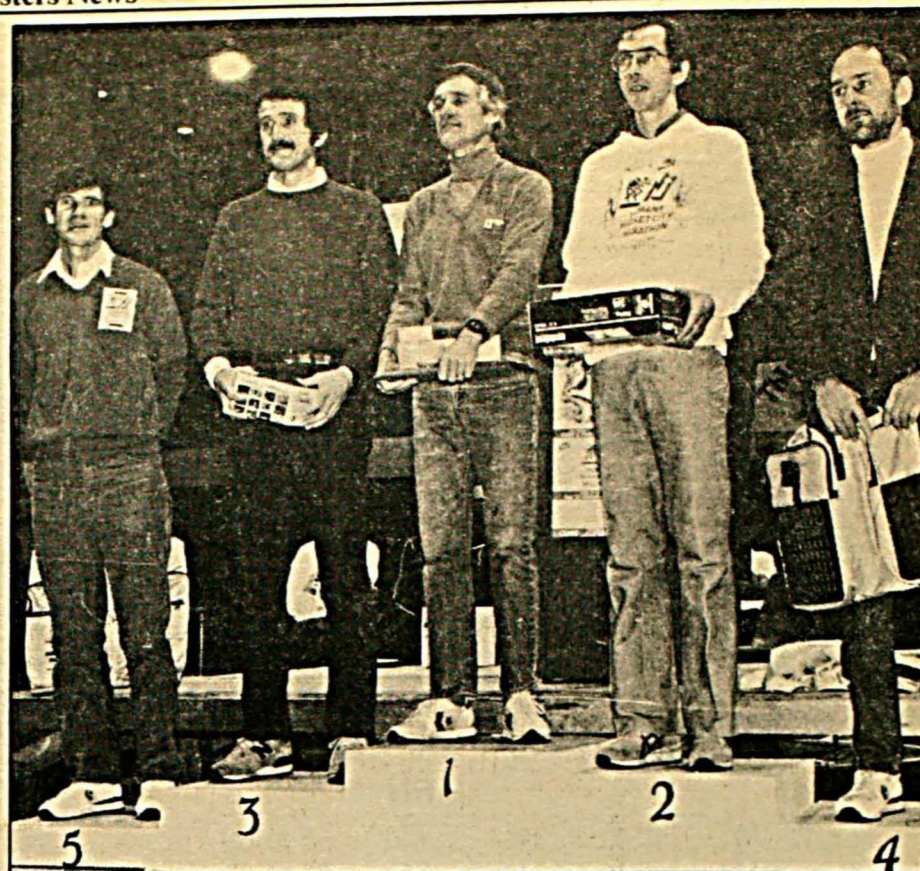
At least the Germans rectified their error, but last summer in Italy, officials refused to reseed the M60 5,000 heats even though it became obvious that the two best runners, Jim O'Neil and Rune Bergman, separated in the 10,000, would again have to race only each other's times. There were other instances of unfortunate, if not poor, seeding.

I'm sorry, but that's totally unacceptable in any world championship meet where the best should have the opportunity to meet the best.

The Australians apparently hope to resolve this problem through the "best time requirement." Athletes are asked to submit an estimate for a "probable performance." Idealistically this should do the job except this assumes performers will submit accurate times. Past experience suggests that some will inflate their performances while others will understate. Bergman was seeded in the "slow" heats at Rome, because (whether prompted by false modesty or some other reason), he submitted times slower than he accomplished during the inspiration of top competition.

As one who often succeeds on inspiration, as much as training, the proviso that the probable performance submitted by athletes not be better than their personal bests since the last World Games also worries me. Assuming I go to Australia with any hope of winning, I would expect to reach a peak and exceed my bests. At the Games in 1975, my winning time in the 3,000 meter steeplechase was 42 seconds faster than I had run during the two previous years — and it wasn't from lack of racing during that period.

The Australians wisely will allow competitors to question the grading of themselves and others for the last



Rocket City Marathon 1985: Top five male masters at awards. Left to right: Ken Prior, Tom Dooley, Don Coffman, Derck Frechette, and Bill Olrich. Photo by Jim Oaks

minute pre-race appeals. This may work, but it also puts selection of fast-heat runners into the area of politics.

Heats in Distance Races

The only equitable solution is heats in the distance events so that competitors race their way into the finals *mano a mano*. I recognize the logistical headache that this may cause, particularly in events such as the 10,000, which can take an hour to stage in the slower divisions. As a member of the committee planning for the 1989 Games, which presumably will come to the United States, I plan to propose we bite the logistical bullet and stage heats in all events where necessary. For the Australians, I would like to suggest the same, but at least consider the following compromise:

1.) Stage the 5,000 meters and 10,000 meter cross-country early in the Games. Run heats leading to finals in the 5,000.

2.) Stage the track 10,000 meters and 3,000 meter steeplechase later in the Games, seeding runners according to submitted times. But guarantee a position in the fast heats to anyone good enough to place in the top six in earlier finals.

This isn't the perfect solution, but at Rome it would have gotten O'Neil and Bergman on the track together in the 5,000 and 10,000 which is what both competitors wanted.

Cross-country

Moving to the area of cross-country, the Australians assured me in Rome that the course they choose will provide more of a challenge than the flat race track offered in Italy. I am inclined to

believe them. Callaghan's report, however, indicates only that the course will probably be 3.5 Km loops for a total distance of 10 Km.

As a possible cross-country competitor, I need more information than that, not only to know what kind of shoes (flats, short spikes, long spikes) to bring, but what to train for. Or whether to pass the race entirely. Will the course be flat or hilly? Will the ground be hard or mushy? Will there be obstacles to hurdle as was the case in New Zealand? The organizers should provide national organizers (and individuals) course descriptions and maps, including elevations. Not a few weeks or months before the event: now!

Marathoners also should have ample warning what to expect, including course difficulty and weather conditions, since this may affect not only how they prepare, but whether they decide to contest the event or head home in time to stop off at the Honolulu Marathon, which may be the same weekend as the Games finale. (It would be nice if the Honolulu Marathon Association staged its race the second weekend in December, 1987; maybe someone should suggest that to them.)

Combining Age Divisions

The other problem I have with the cross-country plans is that in Melbourne they plan to run only three races: 1) all women and men over 65; 2) men 50-65; and 3) men 40-49. I ran cross-country in Rome among two younger divisions and when I crossed the line I had no idea whether I had placed in the top three or 18th. (As it turned out, it was the latter. I can't

Continued on page 21

12th Annual

GREEN MOUNTAIN RUNNING CAMP

August 10-16

Dartmouth College
Hanover, New Hampshire

August 17-23

Lyndon State College
Lyndonville, Vermont

GREEN MOUNTAIN RUNNING CAMP features outstanding guest runners and coaches in the incomparable environment of northern Vermont and New Hampshire. Pine needle paths, dirt roads, rushing mountain streams and lakes. The best summer training weather to be found in the Northeast. High school, masters, male, female and special adult programs and team rates.

The adult Format has featured outstanding guest runners including Barry Brown and Judy Pickert. Nationally renowned sports medicine experts such as Marc Chasnov and Dr. Philip Maffetone will be on hand to share their lifetime of experience with you. Put together your yearly training program with us at Green Mountain Running Camp.



"You don't have to die
to go to HEAVEN"

come to:

GREEN MOUNTAIN RUNNING CAMP

For brochure send SASE to:
John Holland

Green Mountain Running Camp
2434 Hawthorne Drive
Yorktown, N.Y. 10598

Speaker's Corner

Continued from page 20

blame lack of inspiration; it was more lack of training.)

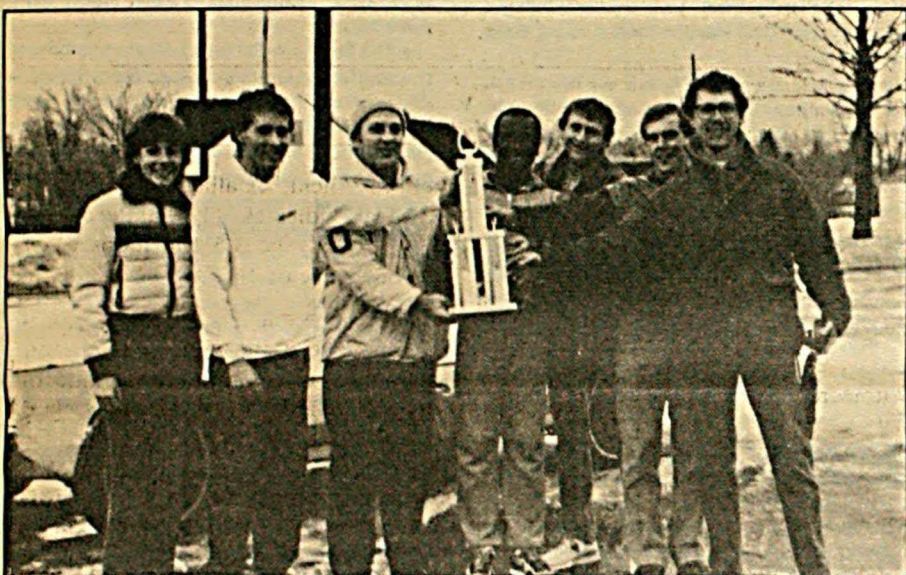
The essence of veterans competition is racing against your age peers. When age groups are merged, it detracts from competition. Again, logistics become a factor, but with 575 projected entries in cross-country can't we have more than three races? Others may disagree, but I would prefer at least staggering the starts of different age groups within a single race (five minute intervals, for example) or even mixing women with the men since we can tell each other apart easier than we can differentiate age groups. (The men are the ones with the ugly legs.)

Color Code Numbers

If more races or staggered starts are not possible (and in the marathon where obviously there will be a single

race), can we at least color code numbers to differentiate competitors in different age groups? I'm not talking about small paste-on dots, viewable up close, since not all of us have 20/20 vision. But totally different numbers — yellows, oranges, reds — that can be viewable a hundred yards away. Let's be creative, Aussies!

All of the above are admittedly small details. I speak only as a distance runner, and I know other competitors worry about similar details from heights and distances to implement weights. But a successful athletics event, particularly at the international level, depends on such details. I know the Australians will not want any of us leaving their beautiful country grumbling that they overlooked anything that would make theirs the best-staged World Veterans Games to date. □



Some members of the Ann Arbor Track Club that won the team trophy at the Lake Erie Indoor Championships in Cleveland. They won over the local Over The Hill Track Club, 44 to 41: L-to-R: Linda Powers, Dustin Mann, Wallace Herrala, Ralph Wallace, Bob Powers, Scot Specht, and Wally Herrala.

ATHLETES WHO ENTER A NEW DIVISION THIS MONTH APR. 1986

ATHLETE (RESIDENCE)	BIRTHDATE	AGE GROUP
JOYCE BOWERMAN (WABASH, IN)	4-8-41	45-49
PAT HURST (FRESNO, CA)	4-27-31	55-59
SUSAN REDFIELD (MARBLEHEAD, MA)	4-1-36	50-54
GEORGEAN RUSKIN (BLACKLICK, OH)	4-21-21	65-69
JOANNE WICHARY (SAN DIEGO, CA)	4-28-36	50-54
LILLIAN WOODWARD (CA)	4-7-36	50-54
LEONORA KOCH (WG)	4-7-36	50-54
RIMMA LARIONOVA (URS)	4-1-36	50-54
UNA LUND (AUS)	4-18-41	45-49
LUCIA NUOLI (ITA)	4-7-41	45-49
ROLAND ANSPACH (SPRINGBORO, OHIO)	4-26-26	60-64
ORVILLE ATKINS (LOS ANGELES, CALIF)	4-27-36	50-54
ANATOLY BADRANKOV (URS)	4-2-41	45-49
FRANK COVELLI (CA)	4-2-36	50-54
BUD DEACON (HONOLULU, HAW)	4-28-11	75-79
BILL EMPEY (AUS)	4-29-96	80+
PETER FETTER (REDONDO BEACH, CALIF)	4-11-21	65-69
PETER FIELD (GB)	4-17-31	55-59
DENNIS KASISCHKE (CA)	4-1-46	40-44
GEORGE KNOX (GAHANNA, OHIO)	4-16-11	75-79
JOSEPH MARTIN (LEXINGTON, VA)	4-14-21	65-69
JAMES MATHEWS (US)	4-4-06	80+
RONALDO MERCELINA (HOL)	4-18-46	40-44
HERB MILLER (ORANGE, CA)	4-27-16	70-74
URBAN MILLER (WG)	4-12-11	75-79
ROLLAND NICHOLS (BISHOP, CALIF)	4-6-11	75-79
GUENTER ORTMANN (WG)	4-2-36	50-54
HOWARD PAYNE (GB)	4-17-31	55-59
JORME RINNE (FIN)	4-20-36	50-54
JOE ROGERS (MUNCIE, IND)	4-30-26	60-64
LEE SCHRODER (KLAMATH FALLS, ORE)	4-23-31	55-59
GUDMUND SKRIVERVIK (NOR)	4-18-21	65-69
ALFONS SONNECK (WG)	4-30-21	65-69
RALPH SUTTON (ROCKLIN, CA)	4-8-31	55-59
LARRY WRAY (FOUNTAIN VALLEY, CAL)	4-24-36	50-54

Four West Coast Cities Bid for 1989 Games

Continued from Page 1

tial of this event," he said. "It took a lot of work and research by each city."

He said three of the members of the Committee will visit each of the six sites and make a report to the full Committee. Each of the six nominees will pay a pro-rata share of expenses for the three-person team. (Those expenses will be reduced because the San Jose Convention Bureau has agreed to pay the cost of their air fares to and from the West Coast. Score one point for San Jose.)

The current members of the Site-Selection Committee are: Jerry Donley, Hal Higdon, Bob Fine, Mary Cullen, Ollan Cassell, Jim Puckett, Joe Valdes, Dan Thiel, Al Sheahan, Bob Boal and Pain.

After the site-viewing team visits each city, they'll head home and write a report for the full Committee. Oral presentations will be made on July 17 at the time of the U.S. TAC Masters Track and Field Championships in New York.

At that time, the Committee will make its final selection, which is expected to be accepted at the U.S. Masters T & F Meeting on July 19, and ratified in December at the annual TAC Convention in Tampa by both Masters Committees and the TAC General Assembly.

Then it's on to Melbourne, Australia where the official presentation will be made to WAVA delegates on December 2, 1987.

Because of the shortness of time, however, between the Australian presentation and the time of the 1989 Games (in summer), the U.S. is

expected to get a signal from WAVA that no other nation will bid for the Games. Much planning must be done, which cannot wait until 1988. WAVA has already indicated a strong interest in the U.S. bidding for the '89 event, and no other country is expected to vie for the Games. Thus, the city that wins the vote in New York on July 17 will likely be the host for the 1989 Games.

The planning that has gone into these bids is extensive, and indicates the maturing of the worldwide Masters/Veterans program. It shows that cities realize the tremendous economic and social potential that a convention of this size has for their communities.

Meanwhile, pledges from U.S. athletes to help support the Games, if they are awarded to the U.S., have reached \$98,935. During the past month, \$500 donations were pledged by Mrs. Anthony Castro of La Canada, Calif., Alan Maxwell of Eugene, and the Central Park Track Club. An average pledge of \$107.81 (not counting the \$25,000 commitment from John Poppell or the \$50,000 pledge from Otto Essig) has been received from 224 supporters. □



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

EAST

• **Fritz Mueller**, 49, was the masters short and long of it on successive weekends, claiming M40+ titles in the Snowflake Run 4 Mile, February 8, in 21:57, and the Mike Hannon 20 Mile, February 16, in 1:57.08, both in Central Park, NYC. Laurie Baker, 42, was the W40+ titlist in the 4 mile (26:52), and Anna Thornhill, 45, took that honor in the 20 mile (2:28:39).

• NMN's results of the 1985 TAC U.S. National Marathon Championships (Marine Corps Marathon) listed W. McNelly as the M40 winner at 2:38:16. However the actual winner was Marlin Thomas of North Olmsted, OH, with 2:37:15.

• **Ed Hoyle**, Akron, OH, upped the world indoor M45 pole vault record by 1/4" with a 13-6 1/4 vault in the West Penn TC Indoor Masters Championships, Slippery Rock, PA, February 2.

• First masters **Daniel Jacobs**, 48, NYC, stomped the stairs from the lobby to the 86th floor observation deck of the Empire State Building in 14:09 in the 9th Annual Run-Up, February 20. **Suzanne De Filippo**, 40, Lititz, PA, was first W40+ in 17:13. **Sam Freeman**, 65, NYC, the oldest starter, surfaced in 19:07. Last year's winner **Al Waquie**, 33, Jemez Pueblo, NM, encored with 11:27.

• **Ted Haiman**, 43, set the masters pace with 33:06, 12th overall (1065 men), in the Sheraton Center Bagel 10K, Central Park, NYC, February 23. **Cindy Bienkowski**, 46, also finished 12th of the 437 women, with her W40+ victory in 40:28.

• **Herb Lorenz**, 46, of New Jersey, turned in a masters best 26:02 for seventh overall (843 m/finishers) in the Bob Preston 5 Mile, Central Park, NYC, March 1. **Ken Jones** continued his domination of the M55 division in the NYRR's Central Park races with 29:32. **Maddy Harmeling**, 40, of the New York-based Atlanta TC, registered a W40+ win, fourth woman (451 finishers) 29:23.

1. DISPLAY ADVERTISING RATES

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

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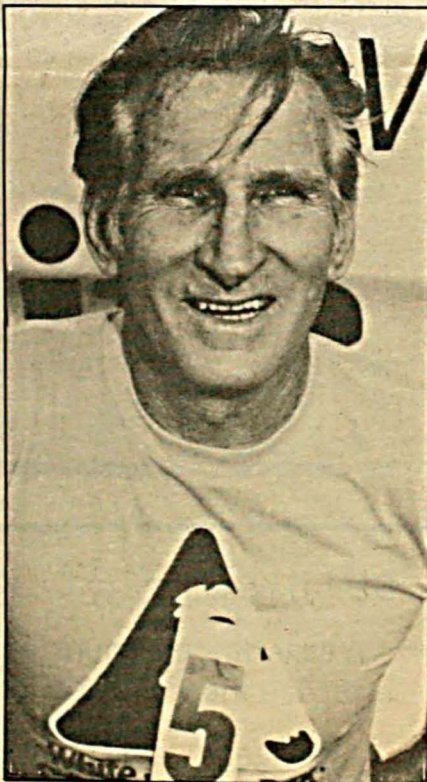
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• 300 runners turned out for the first road race of the year in the Philadelphia area and the effect of training during a mild winter was evident by their times. **Herb Lorenz** led the men masters 40-49 age group, in the Pathmark Presidents Day 8K at the Northeast YMCA, with a 25:58 performance, which was ninth place overall. He was followed by **Joe Paradiso**, 27:53, and **Ted Corcoran**, 28:07. In the 50-59 bracket, **Charlie Ricchini** (45th overall) took top honors in 29:58. Behind him were **John Lash** 31:47 and **Ramon Rivera** 32:13. **Jack Pennington's** 33:45 captured the 60+ crown. The women's 40-49 medal winners were **Sandy Folzer** 33:35, **Bonnie McCloe** 34:50, and **Ann Warsing** 35:24. **Helen Zimmario** won in the 50-59 category with a 39:43 clocking and **Gwen Kuntekunst** took the 60+ title.

• **Phil Stewart**, Associate Publisher and Advertising Director of *Running Times* magazine for the last 5 years, has resigned his post at the magazine, but will continue to serve as a consultant and contributing editor. Stewart, who is also editor and publisher of *Road Race Management*, a professional journal he founded in 1982 for race directors, indicated that the newsletter will be one of the prime areas to which he will devote his efforts in the next year. "In the three years with my devoting only a small amount of my time, we have built a loyal readership for *Road Race Management* and have established the only national Race Directors Meeting and Trade Exhibit. Last year the Trade Exhibit attracted 250 race officials from around the country and over 30 exhibitors.



Charles Northup, M65, 2nd in the 1985 Nationals in Indianapolis, his home town, in the 100m and long jump.

SOUTHEAST

• Georgia's **Charlie Polhamus**, M40, vaulted higher than any masters ever indoors in a meet at the U. of Florida with a leap of 15-1 1/2, eclipsing the old mark of 15-0 held by **Wladimir Sokolowski** of New York and Poland.

• **Richard and Monique Quevillon** defeated the 40+ fields for the third year in a row in the Sarasota Herald-Tribune 10K, Sarasota, FL, in a heavy rain, February 24. **Richard** (34:01) and **Monique** (38:55) are from France and own a bakery in the Sarasota area. **Lulu Mancini**, 62, sailed over the point-to-point course in a nifty 51:32.

• **Bill Stewart**, 43, masters record holder from Ann Arbor, MI, who winters in Deland, FL, clocked 25:20 to take overall the Manatee Magic 8K, Orange City, FL, February 2, leaving the masters title to **Floyd Romack**, another "snowbird" from Indianapolis, IN, with 28:08. **Donna Hiatt**, of Daytona Beach, FL, was the W40+ winner in 36:09. **Howard Rubin**, 57, New Harford, NY, and **Ed Benham**, 78, of Ocean City, MD, in Florida for a 10-day running vacation, won their divisions in 29:34 and 35:10, respectively. **Patricia Griffin** took the W65 race in 50:42.

• The TAC Southern Association, Masters T&F Meet, scheduled for May 31 in New Orleans, has been cancelled due to incomplete facilities. It may be rescheduled later this summer.

• In the Bill Gilligan Memorial Weight Pentathlon February 9 in Del Ray Beach, Fla., 2 new world Age Records were set: Olympian **Al Oerter**, 49, 2K Discus, 61.37 meters; Olympian **Bob Richards**, 59, 12 lb. Hammer, 42.58 meters.

MIDWEST

• In what is Indianapolis' shortest distance race — 515 feet — but also its tallest, **Bob Widhalm** rose to the pinnacle in 4:55 for first M40+ in the Bop To The Top (a sprint up 37 stories of the American United Life Building), February 15. **Carol Hayden** topped out in 6:06 for first W40+.

• America's Marathon/Chicago will be run this fall on Sunday, October 26, again under the sponsorship of the Beatrice Companies, Inc. Since assuming sponsorship in '79, the Beatrice Co. has donated all entry fees (\$461,000) to the Chicago Boys and Girls Clubs.

SOUTH WEST

• **Brendan Minihan** (34:40) and **Yvonne Lee** (41:33) took top-masters money of \$100 each for their 40+ wins in the Pert 10K Classic, New Orleans, LA, January 26. Second-place masters **Paul Aucoin** (35:56) and **Jody Gates** (44:59) got half C-notes for their efforts.

WEST

• **Hal Goforth**, 41, and **Will Rasmussen**, 46, both of El Cajon, CA, had the same times (2:53:55) in the Mission Bay Marathon, San Diego, CA, January 19, but Goforth is listed as 37th and Rasmussen as 38th in the results, so Goforth gets the M40+ honors. **Gloria Shepherd**, 40, San Diego, CA, ended in 3:16:13 for the W40+ crown.

• **John Brennand**, now 50, of Santa Barbara, CA, bested the masters field in the SCATAC 5K District Championships, Westlake Village, CA, February 23, in 16:54. **Harolene Walters**, 42, El Toro, CA, was first W40+ and third woman in 18:56, only five seconds in front of fourth woman **Judy Kewley**, 41, Simi Valley, CA. **Gina Faust**, Woodland Hills, CA, first W45, set a national age-49 record of 19:22. Multi-record holding **Margaret Miller**, a new 60, Thousand Oaks, CA, narrowly defeated another many-record setter, **Helen Dick**, 61, Los Angeles, in the W60 race by four seconds with 21:02.

• **Sharon Greiner**, W40, El Cajon, CA, hot-footed to the masters first with 40:12 in the L'eggs/YWCA Women's 10K, San Diego, CA, February 22. **Judy Simon**, La Mesa, CA, won the 70+ division with a non-nonsense 55:35 over **Bess James**, San Jacinto, CA, who had 1:03:56. The race was one of a series of four throughout the nation that leads to the 15th Annual L'eggs Mini Marathon, May 31, in NYC. **Julie Brown**, 30, San Diego, got an all-expenses-paid trip to the May 31 finale for her 34:49 first.

• The Meet of Champions, originally scheduled for May 10 at Golden West College in Huntington Beach, has been changed to May 31.

• Two time Olympic racewalker, **Larry Walker**, is getting better with age. On January 11, 1986 at Drake Stadium, U.C.L.A., Larry made a two mile P.R. with a time of 13:08. Following this, at the Los Angeles Times Indoor Games, the 43-year-old had a P.R. in the one mile race with a time of 6:07 and finished second. The winner was 25-year-old, Gary Morgan



Melba Hatch, Ann Arbor TC, Mich., a new W60, posted a recent state best 1:37 at 20K for her age group.

at 6:02.1. Walker has been competing for 25 years; however, he has extensive job commitments and cannot enter many races. This makes his recent performances just that more remarkable.

• The Southern California Masters community was shocked last month when **Dave Parker**, a 55-year-old physician and long-time marathoner, committed suicide by putting a bullet through his head in his Sylmar home. The popular and outgoing Parker was a long distance runner for many years and was one of the founding members of the Senior Track Club. He was known for encouraging new runners, and personally treated hundreds of local runners for various ailments. In the 1970's, you could set your watch by Parker's consistent 2:40 marathons. His last marathon was a four-hour-plus effort in the Western Hemisphere Marathon in Culver City last December. No reason for the suicide was given, except, as one source said: "Some investments had gone sour, he was concerned with problems his son was having, and he couldn't run anymore because of too much cortisone in his knees."

NORTHWEST

• **Harold Hadley**, Spokane, WA, broke the M40 indoor 800 WR of 2:02.3 with a scorching 1:58.1 at E. Washington U. in Cheney, March 2.

INTERNATIONAL

• **Moises Rocha**, M40, outlegged the masters field in the 4K segment of the Mexican Sub-masters and Masters 4K & 8K X-Country Championships in San Luis Potosi, January 26, to win in 13:59. **Longino Velazquez** ran 23:55 in the M80+ division. **Lucia Balderas**, W40, did the course in 16:37, the W40+ best.

• **Anne McKenzie**, 60, ran the 3000 in 13:30.4 in a track meet in Pinelands, South Africa, February 15, for a S.A. W60 record. In the meet, **Leo Benning**, M50, ran the 5000 in 19:15, in a seven-event stint for his club.

Photos Available

If you'd like to have the original print of any of the photos printed in the *National Masters News*, most are available. Please send \$5.00 for postage and handling to NMN, PO Box 2372, Van Nuys, CA. 91404. Identify the photo by name, issue and page number. We'll mail it to you first class.

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 issue.

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 Masters Pentathlon Championships, Los Angeles.

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

NEW ENGLAND

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

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

August 3. Brown Masters Invitational, Brown U., Providence, R.I. SASE to Neil Steinberg, 46 Roberta Ave., Pawtucket RI 02860.

EAST

May 18. New York Masters Meet, Kings Point Merchant Marine Academy, Kings Point, N.Y. Sandy Pashkin, 77 Prospect Place, Brooklyn NY 11217.

June 15. MAC Masters Championships, Kings Point Merchant Marine Academy, Kings Point, N.Y. Sandy Pashkin, 77 Prospect Place, Brooklyn NY 11217.

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

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 Northrup, Raleigh Parks & Rec. Dept., P.O. Box 590, Raleigh, NC 27602.

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

May 17. Tampa Bay Open & Masters Championships, Clearwater, Fla. Dick Lacey, 1207 S. Duncan Ave., Clearwater FL 33516. 813/447-7161.

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 Northwest Classic, Miami, Fla. Jesse Holt, 1310 N.W. 90 St., Miami FL 33147 305/836-2409.

June 21. Southeastern Track Classic, Greenville, S.C. Tom Malik, 104 Pinewood Dr., Greer SC 29651. 803/879-4549.

August 30. 11th Annual Virginia State Masters Championships, U. of Virginia, Charlottesville, Va. Virginia Masters, 311 Westminster Rd., Charlottesville VA 22901.

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. 305/728-2241.

MIDWEST

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. 216/382-2656.

June 28. 3rd Annual Athlete's Foot Masters Meet, Augustana College, Rock Island, Ill. Pete Stopoulos, 1029 16th Ave., E. Moline IL 61244. 309/755-2655.

July 12. Midwest Masters Meet, York H.S., Elmhurst, Ill. Dick Green, P.O. Box 6147, Rockford IL 61125. 815/397-5685.

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.

SOUTHWEST

May 11. Runners' Pentathlon, Albuquerque, N.M. (3200, 800, 200, 400, 1600) Tom Bell, 5905 Concordia Rd. NE, Albuquerque NM 87111. 805/884-5701 (d); 821-2454 (n).

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

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.



Claudette Gover, Deltona, Fla., first master woman DeLeon Springs 5K, Fla., January 19.

WEST

April 20. 28th annual Mt. San Antonio Relays Masters division, Mt. Sac College, Walnut, Calif. Hal Smith, 18750 Oxnard St. Suite 404, Tarzana CA 91356.

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

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

May 17. 7th Annual Kiwanis Club Masters Meet, U. of Redlands, Redlands, Calif. Buzz Wagner, 1522 Margarita Dr. Redlands CA 92323. 714/792-8395.

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

May 31. Southern California Striders Meet of Champions, Golden West College, Huntington Beach, Calif. Hugh Cobb, 2963

Galena Ave., Simi Valley CA 93065. 805/527-5471.

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. 818/318-1623.

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. Bill Adler, LAVAC, 1801 Avenue of the Stars, Suite No. 1136, Los Angeles, CA 90067. 213/557-2422; 818/785-1895.

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

June 7. Senior Sports Festival, U. of Washington Stadium, W. Seattle, Wash. 206/625-2986.

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 Masters Classic, Silke Field, Eugene, Oreg. John Wilson, 2660 Emerald, Eugene OR 98403. 503/343-5386.

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

INTERNATIONAL

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.

Continued on page 24

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.

Continued from page 23

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.

April 6. U.S. TAC National Masters 25K Racewalk Championships, Overland, Kans. Don or Debbie Lawrence, 4500 W. 107th St., Overland Park KS 66207. 913/341-8379.

April 20. U.S. TAC National Masters 15K Racewalk Championships, Long Beach, Calif. Jim Coots, 2718 Monogram Ave., Long Beach CA 90815. 213/429-5739 (h).

April 27. TAC National Masters 50K Racewalk Championships, Seattle, Wash. Dan Pierce, 1137 W. 57th St., Seattle WA 98107. 206/747-9300.

June 1. U.S. TAC National Masters 30K Racewalk Championships, New York, N.Y. Howard Jacobson, 445 E. 86th St., New York NY 10028. 212/722-9255.

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 12. U.S. TAC National Masters 10K Racewalk Championships, Niagara Falls, N.Y. Don Winiacki, 161 Stewart Ave., Buffalo NY 14211. 716/896-7609.

July 27. U.S. TAC National Masters Marathon Championships, Olympia, Washington. Carl Glatze, 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. Arkansas Running Klub, PO Box 6162, North Little Rock AR 72116.

September 14. U.S. TAC National Masters Half-Marathon Championships, Philadelphia, PA. Steve Anderson, West Moreland Coal Co., 123 S. Broad St., Philadelphia PA 19107. 215/252-4500.

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 15K Cross-Country Championships, Van Cortlandt 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 Foy, 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.

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.

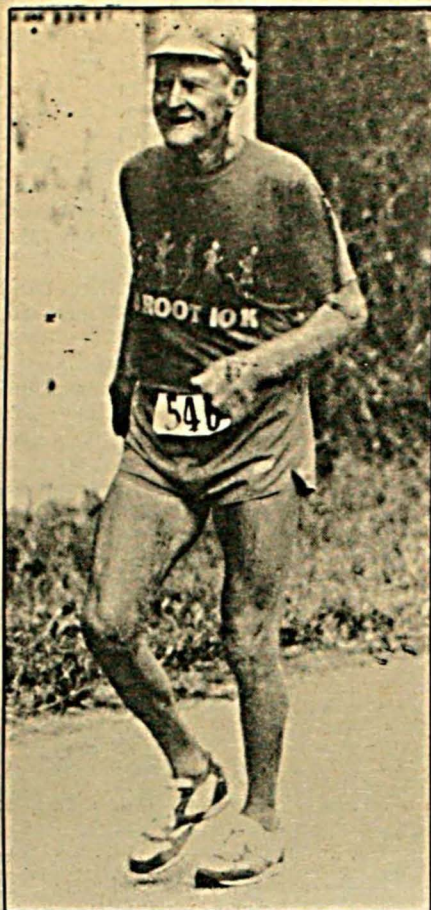
April 21 (Monday). 90th Boston Marathon, BAA, 17 Main St., Hopkinton MA 01748. 617/435-6905. Qualifying times required.

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

ME 04107.

August 10-16. Green Mountain Running Camp, Dartmouth College, Hanover, N.H. John Holland, 2434 Hawthorne Dr., Yorktown Hts., NY 10598. 914/962-3312 (e).

August 17-23. Green Mountain Running Camp, Lyndon State College, Lyndonville, Vt. 2nd Session. See August 10-16 above.



Ed Root, 78, 37:54 in the DeLeon Springs 5K, Fla., January 19.

EAST

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. Freihofer'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

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.

May 26 (Monday). Cotton Row Run 10K, Huntsville, Alabama. Jim Oaks, 504 Lanier Rd. S.W., Huntsville AL 35801.

July 4. Peachtree 10K, Atlanta, Ga. Julia Emmons, 3097 E. Shadowlawn, Atlanta GA 30305. 404/231-9064.

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 3. 8th Annual L'eggs/YWCA 10K For Women, Chicago, Ill. L'eggs/YWCA 10K, 500 N. Michigan Ave., Chicago IL 60611. 312/836-7100.

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 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).

July 19. Bix 7-Miler, Bettendorf, Iowa. Ed Froelich, 2685 E. Kimberly Rd., Bettendorf IA 52722. 313/359-9197.

October 26. America's Marathon/Chicago, Chicago, Ill. America's Marathon/Chicago, 214 W. Erie St., Chicago IL 60610. 312/951-0660.

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, Colorado. 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

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 11. Garroton's 5K, Legg Lake, Pico Rivera, Calif. 9 a.m. 5-yr age-groups thru 69. Arthur Martinez, 213/942-8774.

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

May 26 (Monday). 9th Annual Pacific Sun 10K and PA/TAC Masters 10K Championship, College of Marin, Kentfield, Calif., 8 a.m. 10-yr divisions to 60+. Pacific Sun 10K, c/o Bonnie Hill, 2000 Lucas Valley Road, San Rafael CA 94903.

June 7. Alive and Well in L.A. 5K/10K and 5K Fun-Walk. SCA/TAC 10K Championships. Griffith Park, Los Angeles. Focus on age 30+. Tom Sturak, 3112 Thatcher Ave., Marina del Rey CA 90292. 213/827-5672.

June 26. Harolene Walters 8K, Legg Lake, Pico Rivera, Calif., 6 p.m. 5-year divisions thru 69. Arthur Martinez, 213/942-8774.

July 20. San Francisco Marathon, San Francisco, Calif. Scott Thomason, P.O. Box 27385, San Francisco CA 94127. 415/681-2322.

NORTHWEST

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

June 1. The Race 8K, Eugene, Oregon. David Heisler, P.O. Box 11364, Eugene OR 97440. 503/995-8248.

June 29. Cascade Run Off 15K, Portland, Oregon. Chuck Galford, CRO, P.O. Box 40228, Portland OR 97240. 503/643-6453.

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.

ON TAP FOR APRIL TRACK & FIELD

Four major masters meets are on tap this month as action moves outdoors. The Mt. Sac Relays near Los Angeles take place on the 20th, while the 26th finds meets in Cleveland, Sacramento and the two-day Florida State Masters Championships in Lake Worth.

LONG DISTANCE RUNNING

Two U.S. Masters Championships are both slated for the 6th: the 30K in East Meadow, N.Y. and the 50-mile in Columbus, Ohio.

The 90th running of the Boston Marathon is set for Monday, the 21st, with the London Marathon the previous day. Other top road races include the Crescent City 10K in New Orleans on the 5th, the Fastest Masters 10K in San Diego on the 12th, and the Boston Milk Run 10K on the 13th.

Three U.S. Masters Racewalk Championships are on tap in April: the 25K in Overland Park, Kansas on the 6th; the 15K in Long Beach, Calif. on the 20th; and the 50K in Seattle on the 27th. □

TLX 219844.

April 20. London Marathon. Marathon Tours, Banda House, Cambridge Grove, London W6 0LE, 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.

September 28. Berlin Marathon, Berlin, W. Germany. Sport-Club Charlottenburg e.V., Berlin-Marathon, Meinekestrasse 13, D-1000 Berlin 15. U.S. representative: Guenter Erich, 39 W. Parkway, Pequannock NJ 07440.

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. □

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1984 U.S. MASTERS TRACK & FIELD RANKINGS

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

1984 High Jump Compiled by Charles Mercurio

1984 MEN'S HIGH JUMP 30-34

RANK	NAME	STATE	AGE	MARK
1	MEL EMBREE		30	2.09
2	RICK FLETCHER			1.98
3	DENNIS DE LOACH	CA	31	1.98
4	KEITH JOHNSON			1.97
5	GLEN STONE	NJ	33	1.93
6	WILLIAM SMITH	LA	34	1.93
7	GARRADE PETTUS	MI		1.93
8	JERRY COLEMAN	CA	30	1.93
9	MICHAEL FLEER	OR	32	1.88
10	WALDEN CURRY	LA	32	1.88
11	STEVE COX			1.88
12	RICHARD CHRISTOPH	OH	32	1.88
13	PAUL SULLIVAN	CA	31	1.83
14	STEVE HEILMAN	CA	31	1.83
15	DAN WECKSTEIN	VA	30	1.79
16	JIM ADAMS			1.78
17	STAN ALLEN	MI	34	1.78
18	DAVID HOOVER			1.78
19	BOB RUDROW	NJ	33	1.78
20	GREG STINSON			1.78
21	BERNIE DERRICOATE	OH		1.76
22	JERRY HAUGEN	CA	31	1.76
23	RICHARD WATSON	TX	31	1.75
24	MIKE DAVIS	IL	34	1.75
25	RANDALL MATHIS	VA	31	1.74
26	ROGER TRUJILLO	CA	33	1.73
27	BRUCE MICHEL		32	1.70
28	JEFF HINES	CO	32	1.69
29	JODY HUDDLESTON			1.68
30	MIKE RUDIBAUGH			1.68
31	MIKE SAMPSON			1.68
32	DAVID VENEMA			1.68
33	DAVID HAWES		31	1.65
34	RON CONE	VA	32	1.63
35	LENNIE DALTON			1.63
36	RAY HARRISON	NJ	33	1.63
37	RICHARD KELLY	OH	31	1.63
38	J. JONES	AL		1.63
39	CLIFTON JACKSON	MO	34	1.63
40	WALTER CLARK			1.60
41	STEVE GEIGER		32	1.60
42	TIM WALTERS	IN	32	1.60
43	HART			1.58
44	KEN JERNIGAN	TX	32	1.58
45	JACK THORNTON			1.58
46	KEITH WITHERSPOON	VA	31	1.58
47	PRESLEY YATES	MI		1.58
48	WILLIAMS	CA		1.55
49	L. POSTER			1.54
50	MIKE WALLACE			1.53

1984 MEN'S HIGH JUMP 35-39

RANK	NAME	STATE	AGE	MARK
1	JOHN HARTFIELD	TX	39	2.05
2	CHARLES RADER	CA	36	1.98
3	DONALD PARDUM	FL	36	1.97
4	JOHN MEISNER			1.93
5	DAVE MORGAN	OH	35	1.83
6	BILL KNIPMEYER	CO	36	1.83
7	BRUCE DALLAS			1.83
8	J. DYE		35	1.79
9	DENNIS OLAFSON	OR	36	1.78
10	MOTTON			1.78
11	BOB SHANK			1.78
12	AL ZACHARKA	NJ	37	1.78
13	REX HARVEY	IA	38	1.76
14	STAN ALLEN	MI	35	1.73
15	RUSSELL DURHAM	TX	39	1.73
16	STEVE HARRIS			1.73
17	WILLIAM MEADOWS	PA	38	1.73
18	DAN PETES			1.73
19	GEORGE EIDENGER	CO	38	1.69
20	DANA BOARDMAN			1.68
21	WILLIAM DUBOSE	TX		1.68
22	JOSEF PFISTER	WA	36	1.68
23	FORDYCE SEARLES	NY	39	1.68
24	JEAN P. MAYER			1.66
25	T. BREWER	GA		1.63
26	MIKE DEJESUS	NY	39	1.63
27	BILL FORSYTH	NM	38	1.63
28	STEVE ALLEN			1.60
29	GORDON REITER	MD	38	1.60
30	ROBERT BAKER	LA		1.58
31	IVAN BLACK	NY	35	1.58
32	STEVE MACKOWITZ			1.58
33	ROBERT MITCHELL			1.58
34	RON SALVIO	NJ	35	1.58
35	JIM BALL		38	1.55
36	JDEL LILES	NC	38	1.55
37	LELON RICH	CA	35	1.55
38	LARRY RODENBECK		35	1.55
39	JOHN YANTS		35	1.55
40	DEV LEMSTER	PA	37	1.53
41	JOHN DAVIES	MO	38	1.53
42	JIM ROSE	MS	37	1.53
43	JAMES ACKROYD	RI	39	1.48
44	BOB EVEROSKI	TX	38	1.48
45	JEFF GERSON	OH	36	1.48
46	PRESLEY YATES			1.48
47	HARRY McDONALD		36	1.45
48	MARTINEZ	AL		1.43
49	RICH VINCENT	WI	36	1.43
50	PATRICK USHER			1.42

1984 MEN'S HIGH JUMP 40-44

RANK	NAME	STATE	AGE	MARK
1	JOHN DOBROTH	CA	43	2.01
2	FRANK COSTELLO	MD	40	1.93
3	CARL BURGESS	OH		1.79
4	ALLEN PHILLIPS	OR	41	1.73
5	ALONZO LITTLEJOHN	MI	43	1.73
6	BARRY KLINE	PA	43	1.73
7	KIM HILL			1.73
8	ANDY COLLINS			1.73
9	MIKE AKERMAN	OR	43	1.69
10	BRIAN LAMARRE			1.69
11	JIM BROWN	CA	44	1.68
12	CARLTON COLLINS			1.68
13	HERBERT ENOS	IN		1.68
14	TOM THORNE	KS	41	1.68
15	DON DVORAK	CA	42	1.65
16	JIM CAWLEY	TX		1.63
17	LAMPARD			1.63
18	LARRY RYAN			1.63
19	RICK WESTWOOD			1.63
20	JOHN HAGGERTY		40	1.60
21	HENRY HOPKINS	IN	41	1.60
22	LARRY SALINGER	CA	41	1.60
23	GRANT KROW	PA	42	1.58
24	DON MCCREA	OR	43	1.58
25	CHARLES VARNET			1.58
26	PETER NAGEY			1.57
27	NATHANIEL CARTER	NC	44	1.55
28	BOB DARLING			1.53
29	TIMOTHY COLLINS	NY		1.53
30	JEFFREY OSMAN			1.53
31	TOM POJAR	CO	42	1.53
32	CHARLES REID			1.53
33	LARRY SCHWITTERS			1.53
34	KEN VAUGHN	CA	42	1.53
35	ED ZURAN	VA	44	1.53
36	WILLIAM BUSBY		40	1.50
37	JOHNSTON EWING		40	1.50
38	ALEXANDER	AL		1.48
39	JERRY BURNETT	TX	44	1.48
40	DON BUTLER	NE		1.48
41	J. FISCHER			1.48
42	KEN GAILEY	OH		1.48
43	GRAHAM			1.48
44	JOHN HULLUM			1.48
45	KEN LOTT			1.48
46	THEO MORROW	OH		1.48
47	MIKE VALLE	NC	43	1.48
48	JOHN WHITE			1.48
49	JIM WILSON			1.48
50	STEVEN KENT		40	1.45

1984 MEN'S HIGH JUMP 45-49

RANK	NAME	STATE	AGE	MARK
1	JOE PEYTON	WA	47	1.83
2	PAUL DORSEY	OH	45	1.78
3	TOM LANGENFELD	MN	48	1.78
4	DEE DEWITT	CA	45	1.74
5	JIM BROWN	CA	45	1.73
6	GERALD COUNIHAN	NY	45	1.73
7	FLOYD SMITH	IA	9	1.69
8	MAMON GIBSON	IL	45	1.68
9	CHARLEY MILLER	LA	49	1.68
10	J. VANDERVLEUTE	CN		1.66
11	GARY BANE	CA	46	1.65
12	DALE LANCE	OK	46	1.65
13	JOHN GILMORE	NC	49	1.63
14	DICK HOTCHKISS	CA	45	1.63
15	LARRY JUDD	NY	45	1.63
16	ALBERT MAXEY			1.63
17	BOB MCCLASHAN	TX	48	1.63
18	CHARLEY MILLER	TX	46	1.63
19	BOB RAMLAU			1.63
20	LEON TROUT	NJ	49	1.63
21	GERALD TATHAM	CA	45	1.60
22	ED OLEATHA	CA	47	1.58
23	BILL POEHLER		42	1.58
24	TOM RAGLAND	OH	47	1.58
25	DON ROSE	CA	48	1.58
26	JERRY STANNERS	CA	49	1.58
27	GARY MILLER	CA	46	1.55
28	DAVID MORRIS	CN		1.54
29	GROVER COATS	OH	46	1.53
30	RICK HARTLEY	OR	49	1.53
31	THOMPSON	AL		1.53
32	SAM WHITE	GA	46	1.53
33	DON WORRALL	WA	46	1.53
34	ED ZURAH	VA	45	1.53
35	RAY FITZHUGH	CA	49	1.48
36	TED FOSTER			1.48
37	FRITZ LANDERS	TX		1.45
38	JIM WEED	CO	47	1.43
39	ED ALEXANDER			1.43
40	DICK BOWERING		49	1.43
41	DONALD GRAY			1.43
42	KIRK NIELAND			1.43
43	JOHN WHITE			1.43
44	HAIG BOHIGIAN	NY	47	1.37
45	C. KINCAID			1.37
46	GEORGE LA BELLE	MN	45	1.37
47	ROSS LOWERY			1.37
48	JIM WARE	IN	49	1.37
49	ROCKNE EHLE		49	1.37
50	MILLARD WILSON			1.35

1984 MEN'S HIGH JUMP 50-54

RANK	NAME	STATE	AGE	MARK
1	RICHARD RICHARDSON	IL	50	1.83
2	HERM WYATT	OR	52	1.78
3	NICK NEWTON	CA	50	1.76
4	J.C. BROWN	MO	54	1.76
5	JOSH CULBREATH	PA	51	1.68
6	J. GILMORE	NC	50	1.64
7	JACK FISCHER	WA	53	1.63
8	LEON TROUT	NJ	50	1.60
9	PHILLIP MULKEY	GA	51	1.60
10	WILLIAM CLARK	PA	51	1.58
11	RICHARD HEIN			1.58
12	WALT HUTCHINS	PA	52	1.58
13	ED AUSTIN	CA	54	1.55
14	BRUCE HESOCK		50	1.55
15	LARRY PRATT	NJ	52	1.55
16	MATT BROWN	NY		1.53
17	CHARLES KRAEMER			1.53
18	BILL BUTTERWORTH	KS	53	1.50
19	HECTOR CISNEROS	TX	50	1.50
20	JIM WARE	IN	50	1.50
21	BILL GENTRY	FL	54	1.49
22	DON MCCLELLAND	CA		1.49
23	W. CARLE	MD	52	1.48
24	DAVE DOUGLAS	CA	52	1.48
25	RUDY ENDERS	MD	52	1.48
26	WOODY GROVER			1.48
27	WENDELL PALMER	TX	52	1.48
28	WALTER MOZESKY	CN		1.45
29	JOHN SHARP	VA		1.45
30	JIM BAGGETT	GA	50	1.43
31	CHARLES ENGLE	VA	55	1.43
32	BOB FLAHERTY	WA	51	1.43
33	JIM HARRINGTON		51	1.43
34	WARREN JACKSON	NY	54	1.43
35	BOB JONES	OH		1.43
36	PAUL LEHMKEHL	WI	51	1.43
37	TED OVIATT	CA	50	1.43
38	NICK REVON	LA	54	1.43
39	JACK SCOTT			1.43
40	LARRY STEINRAUF	IN	53	1.43
41	NORMAN WELLS	TX	52	1.43
42	MARSHALL DAVENPORT		54	1.42
43	ROBERT LITTON	OR	53	1.42
44	JAMES ROTHROCK			1.41
45	MAX WOERLE	CN		1.39
46	BILL ADLER	CA	51	1.37
47	JAMES DUBOSE			1.37
48	JOHN HEPPNER		52	1.37
49	EDDY LANKFORD	TX	51	1.37
50	RICK PARSONS			1.37

1984 MEN'S HIGH JUMP 55-59

RANK	NAME	STATE	AGE	MARK
1	GORDON SEIFERT	AL	55	1.68
2	FRED HIRSIMAKI	OH	59	1.53
3	HARRY GUTH	MO	59	1.48
4	VARNEY SHERMAN			1.48
5	SHELDON VARNEY	HI	56	1.47
6	WARD MCCURTAIN	TX	55	1.45
7	JIM MATHERS	CN		1.44
8	WILLIAM GARRAHAN			1.43
9	BOB RICHARDS	TX	58	1.43
10	KURT HERING	CN		1.41
11	AL BRENDA	CA	56	1.40
12	CHARLES ENGLE		55	1.40
13	WARREN JACKSON	NY	55	1.40
14	MEL ALBRIGHT			1.37
15	GEORGE BRADBERRY	AL	57	1.37
16	HAL BUCK	OR	58	1.37
17	JOCK JOCOY	CA	58	1.37
18	MARTIN LEGETT		59	1.37
19	DES MARGETSON	NY	57	1.37
20	CHUCK OLSON	MN	58	1.37
21	DENVER SMITH		58	1.37
22	HAL WALLACE	CA	56	1.37
23	AL WILSON	OH		1.37
24	R.G. WOLF	MN	56	1.37</

Continued from previous page

1984 MEN'S HIGH JUMP 80-84

RANK	NAME	STATE	AGE	MARK
1	ARLING PITCHER	IN	82	1.15
2	HERB ANDERSON	CO	82	1.15
3	BUELL CRANE	ID	84	1.12
4	EVERETT HOSACK	OH	82	1.07

1984 WOMEN'S HIGH JUMP 30-34

RANK	NAME	STATE	AGE	MARK
1	TONYA MENDONOA	CA		1.76
2	MARIANNE RHODES	CA		1.60
3	PATTY ELLIS	PA	30	1.37
4	MAKIE BERETY	NY		1.37
5	REIKO DUBA			1.27
6	RAYMOND			1.22
7	G. MILLER			1.22
8	JAMI ENGLISH			1.22
9	R. OGLETREE			1.17
10	J. LITTLEJOHN	MI		1.15
11	DEBORAH HERWECK	TX	34	1.12

1984 WOMEN'S HIGH JUMP 35-39

RANK	NAME	STATE	AGE	MARK
1	PHILLIPA RASCHKER	GA	37	1.60
2	ANNETTE STEEKELEBURG	CA	36	1.58
3	LIZ MCLAIN			1.56
4	JOFFRION			1.22
5	LATANYA GLASS	CA	37	1.20
6	PAT WRIGHT			1.10
7	PADDY REDDAWAY			1.07
8	MARJORIE HAYDEN		39	1.04
9	ANDERSON			1.00
10	CHARLENE FORT			0.87

1984 WOMEN'S HIGH JUMP 40-44

RANK	NAME	STATE	AGE	MARK
1	LINDA SCOTT			1.23
2	KATHY KUSNER		44	0.99
3	MARTIN			0.77

1984 WOMEN'S HIGH JUMP 45-49

RANK	NAME	STATE	AGE	MARK
1	ESSIE KEA	OH	46	1.60
2	NYDIA LOPEZ	PR		1.29
3	CHRISTEL MILLER	CA	49	1.27
4	SHEILA NEWTON	CA	46	1.26
5	CONNIE WILSON	OR	49	1.15
6	DARTHA COTTON	OH	46	1.15

1984 WOMEN'S HIGH JUMP 50-54

RANK	NAME	STATE	AGE	MARK
1	ALICE LEIGHT	CA	52	1.15
2	SHIRLEY KINSEY	CA	54	1.09
3	MARILYN GRAY			1.02
4	HARRIS			0.77

1984 WOMEN'S HIGH JUMP 55-59

RANK	NAME	STATE	AGE	MARK
1	JOYCE VARNEY	HI	58	1.10
2	BERNICE HOLLAND	OH	56	1.04
3	SHIRLEY KINSEY	CA	55	1.04

1984 WOMEN'S HIGH JUMP 60-64

RANK	NAME	STATE	AGE	MARK
1	ERNESTINE YEOMANS	OH	64	0.97
2	EVELYN LERCHER	WA	64	0.92

1984 WOMEN'S HIGH JUMP 65-69

RANK	NAME	STATE	AGE	MARK
1	MARY BOWERMASTER	OH	67	1.12
2	SHEILA EVANS	IN		1.10
3	ERNESTINE YEOMANS	OH	65	0.97

1984 WOMEN'S HIGH JUMP 70-74

RANK	NAME	STATE	AGE	MARK
1	VIVIAN NELSON	PA	71	1.02

Men 1500 meters, age 30

1	Nolan Smith	CA	33	4:00.90
2	Dennis Murray			4:01.50
3	Walter Hawkins	PA	34	4:02.00
4	Tim Cook			4:03.70
5	Tom Burleson			4:04.00
6	Mike Tipping		32	4:04.30
7	Ken Lampert	VA	30	4:05.00
8	Jim Hennessy			4:05.38
9	Jim Hiebert	OR	33	4:06.06
10	Chuck Rice	MO	33	4:06.90

11	John Serrao	NJ		4:07.65
12	John Tucker	VA	34	4:07.80
13	Rob Jackson	NY	34	4:08.00
14	Paul Fisher			4:09.32
15	Michael Banks		33	4:11.00
16	Steve Pulos	NY		4:11.75
17	Lennie Harrison	MO		4:12.07
18	Lyndgard			4:12.87
19	Glen Andrews	OH	34	4:12.96
20	Curt Duff		33	4:13.70

21	Desmond Knuckey			4:14.20
22	Scott Miller			4:14.92
23	Rick Edwards		31	4:15.00
24	Belvie Jenkins		30	4:15.26
25	Rich McMahon	TX		4:16.00
26	Patrick Alaggio	NJ	31	4:16.69
27	David Hunter			4:17.72
28	Doug Mayers	PA		4:17.90
29	Joseph Contrario	NY		4:18.09
30	Tom Hanland			4:18.30

31	Cliff Kruthers			4:18.30
32	Al Lomeli			4:18.50
33	Richard Hayes		31	4:19.00
34	Joe Knap	OH		4:19.12
35	Dar Eddy		33	4:20.00
36	Ted Nevers			4:20.04
37	Jonathan Haberk			4:20.28
38	Steve Kemp		30	4:20.60
39	Craig See	NB		4:21.35
40	Don Fish			4:21.71

41	Mike McCracken			4:21.90
42	Jim Ferency			4:21.90
43	Les Roby			4:22.47
44	Mike Morrissey			4:23.77
45	Russell Floyd	TX		4:24.00
46	Dave Raub			4:24.10
47	Jim Bradley	WI		4:26.01
48	Roger Lawson			4:27.01
49	Thom Bell			4:27.50
50	Robert Brustad		31	4:27.64

Men 1500 meters, age 35

1	Nolan Smith	CA	35	3:59.10
2	Web Loudat	MN	37	3:59.40
3	John Jordeth	WA	38	4:01.30
4	Carl Nicholson	KS	37	4:02.00
5	Walt Hawkins		35	4:03.30
6	Greg Camp	VA	37	4:04.00
7	Greg Carno			4:04.00
8	Dennis Tracy	CA	38	4:04.20
9	Harry Nolan	NJ	37	4:06.60
10	Hector Ortiz	TX		4:07.40

11	E. Dow	NC		4:07.62
12	Chuck Vehorn	VA	37	4:08.00
13	Cliff Kruthers		35	4:10.20
14	Jim Shank	MD	35	4:11.00
15	Mayse			4:13.89
16	Michael Daly	OR	36	4:14.08
17	Rich Myers	NJ		4:14.69
18	John Grube	PA		4:14.69
19	David Shilling	VI	39	4:15.00
20	Robert Wilson		35	4:15.47

21	Richard Tucker	WA	39	4:16.60
22	Fred Doubell	CA	35	4:17.00
23	Randell Ewing		38	4:17.31
24	Pat Haines			4:17.53
25	Burce Lee Wint			4:18.80
26	Dave Binkley	CO	36	4:19.39
27	R. Rogers		38	4:19.81
28	R. Hall			4:20.20
29	Rod Williams	NY		4:20.79
30	John Lutgring	IN		4:21.00

31	Steve Jeroleman	NJ		4:21.44
32	Fred Pietrzak	OR	37	4:22.30
33	Wayne Douglas	NV	36	4:22.93
34	James Irwin	MO	38	4:23.12
35	Leroy Folmar	WA	37	4:24.40
36	David Thomshaw	NJ		4:25.08
37	Wayne Gripp		37	4:25.64
38	Tom Cook			4:25.90
39	Jim Cain			4:26.10
40	Douglass			4:26.70

41	Bill Stross			4:26.78
42	Wilson Weidon		39	4:27.00
43	Bob Betancourt			4:27.23
44	Charles Johnson			4:28.23
45	Jack Lofe	TX		4:29.00
46	Michael Green	CA	38	4:29.40
47	Bill Perry			4:29.50
48	Richard Makohon	OR	36	4:29.70
49	Jim Reilly		38	4:29.80
50	Frank Davis	IL		4:30.06

Men 1500 meters, age 40

1	Herald Hadley	WA	41	4:00.80
2	Barry Adams	CN	42	4:01.40
3	Kirk Randall	MA	43	4:02.60
4	Harvey Franklin	CA	41	4:06.00
5	Gene Timberlake	TX	40	4:06.30
6	Mike Holbrook	CA	41	4:06.50
7	John Kennedy	CA	40	4:10.90
8	George Cohen	CA	44	4:12.20
9	James Verdier	DC		4:13.00
10	Eric Owers		43	4:13.90

11	Bill Rielly			4:14.08
12	Thomas Hare		40	4:15.07
13	Rich Wolters		40	4:15.70
14	T. Halman	NY		4:16.69
15	Jim Fox		40	4:17.00
16	Lew Faxon	VA	44	4:17.06
17	E. Looney			4:18.35
18	Neil Doherty			4:19.90
19	Chuck Tucker	GA	43	4:19.20
20	Lee Sargent	MA	41	4:19.30

21	Roy Reisinger	AK	43	4:19.50
22	Mike Persak	OH		4:20.23
23	John Linnell			4:21.53
24	Willie Clarke	CA	41	4:22.00
25	Don Coffman			4:22.37
26	Norm Towers	CA	43	4:22.00
27	Jim Gibbons	CA		4:22.80
28	Warren Bratter	NY	41	4:23.40
29	Richard Greene	NV	43	4:23.80
30	J. A. Prosseda	PA	40	4:24.10

31	Dale Hager	TX	41	4:24.50
32	James Ludwig			4:24.70
33	T. Marshall			4:24.70
34	Harold Hatch	MA		4:25.08
35	Harry Cummins	OR	41	4:25.40
36	Carter			4:25.45
37	Mike Figueroa			4:25.70
38	Ken Martin			4:26.57
39	W. Hagaman	NJ	41	4:26.75
40	Bill Perry	CA	40	4:27.10

41	Paul McCarty		41	4:27.31
42	Cecil Smith	TX	42	4:27.80
43	Al Devereaux			4:27.87
44	Randall Mount	OH		4:28.00
45	John Davis			4:28.25
46	Bill Wise	PA	41	4:28.43
47	Bill Heidman			4:28.43
48	Elliott			4:28.59
49	George Conefrey	OR	41	4:28.71
50	Geoff Chance	CO		4:29.36

51	Ronald Werner			4:29.80
52	Jim Lombardi		41	4:29.83
53	Bob Bennet			4:30.10
54	Frank Reynolds		44	4:30.11
55	Michael Lannons	CA	42	4:30.55
56	Jack Patty			4:30.90
57	Carl McCullough			4:30.95
58	Don Spickelmier			4:31.10
59	Seth Kaminsky	NY	43	4:31.51
60	Dennis Walsh	OH		4:32.25

61	Dave Hyland	NJ	41	4:32.35
62	Jim Clark	MI	44	4:32.60
63	Robert Beyer	OH		4:34.58
64	L. Jones			4:35.60
65	F. Montanez			4:35.80
66	Jerry Cromwell			4:35.90
67	Norman Brown			4:36.30
68	Bob Elwood	NE	41	4:36.35
69	Larry Randall		42	4:38.41
70	Dana Morris			4:38.43

71	Vince Fuller		42	4:38.68
72	Charles Elkins	NY	40	4:39.00
73	John Jardswki			4:39.00
74	Joe Perrine	NJ	41	4:39.06
75	Anthony LaMort	CA	43	4:39.17
76	Norman Browne			4:39.21
77	Alan Mathany		43	4:39.38
78	Bill Jones			4:39.40
79	Jack Brake	IN	42	4:42.00
80	Dan Ranck		40	4:42.33

81	Mike Brazier	IL		4:44.28
82	Ken Katzer	NB		4:44.28
83	Ron Grauer	NB		4:44.46
84	William Masucki			4:44.80
85	Don Dickmeyer	NB		4:45.21
86	Mike Sangster	CO	40	4:45.31
87	Don Trout			4:47.10
88	Steve Stovall	NJ	43	4:47.45
89	Arnold Eversole		42	4:47.84
90	Maxwell Hamlyn		43	4:47.90

Continued from previous page

31 Ken Carman	MI 51	4:53.37
32 Jim Keat		4:55.00
33 Arlyne Melcher		4:56.13
34 D Holstip		4:57.40
35 Bill Cupp	WA 52	4:59.01
36 Ted Oviatt	CA 50	4:59.60
37 J C Fuseller	LA 54	5:00.80
38 C Jones		5:02.30
39 George Martin	NJ 54	5:06.27
40 Alan Cohen	NY 54	5:08.88

41 Al Puma	NY 54	5:09.35
42 Russ Glatz	NC 52	5:10.03
43 Bill Mullin	PA 53	5:10.37
44 Len Rittenberg		5:10.70
45 Bill Gaedke	NM 53	5:11.19
46 Steve Ness		5:12.05
47 Bill Davis	OH	5:12.33
48 Ken Ogden		5:12.33
49 Leo Sullivan		5:13.00
50 Seiler		5:13.17

51 Ed Curtis		5:13.50
52 Woody Grover	50	5:15.00
53 Matt Norris	OH	5:16.17
54 Richard Green		5:16.60
55 John Blood		5:16.80
56 Jack Haney	NJ 51	5:16.90
57 Junior Morgan	TX	5:17.70
58 Ray Gavlick		5:17.80
59 Joe Kernan	NY	5:18.86
60 Paul Slater		5:20.00

61 Peter Nielsen	VA 50	5:21.00
62 Bob Lynch	WI	5:21.47
63 Armand Masse	OH	5:22.48
64 Barrer		5:24.36
65 W. Haney	NY	5:24.73
66 Lloyd Martin	CA 50	5:25.53
67 Jones	GA	5:27.00
68 Bruce Claric	OH	5:27.02
69 Sam Sinderon	PA 51	5:28.00
70 James Morgan	51	5:28.07

71 Peter Wilton	OH	5:29.20
72 Beadle		5:30.28
73 Charles Plueneke	TX	5:35.14
74 Daniel Delisle	TX	5:36.10
75 Allan Bangs	CA 54	5:38.20
76 Leon Trout	50	5:40.00
77 Al Hayden	NJ 51	5:41.13
78 Hector Cisneros	TX 50	5:43.00
79 Gary Osborne	VA 50	5:46.60
80 J. Nyhan	MA	5:46.72

81 Joe Wright		5:47.00
82 Nick Breslin		5:47.30
83 Jack Nyham		5:49.71
84 Jack DeVenney	NJ 53	5:50.45
85 Josh Culbreath	51	5:51.00
86 James Ware	IN 50	5:53.00
87 Bill Belleville		5:54.00
88 Buzzy Hood		5:56.05
89 Bob Rentchler	51	6:04.64
90 Dave Doubless	52	6:11.00

91 Larry Medrano	TX	6:11.59
92 Bruce Hescok	50	6:21.00
93 Fran Albaugh		6:23.07
94 Steve Geraghty	52	6:27.20
95 John Sharp	50	6:30.00
96 Earl Ventura	54	6:33.00
97 Ton Canavan		6:43.70
98 Earl Palmer	WY 53	7:02.00
99 F. S. Wallace		7:15.46

Men 1500 meters, age 55

1 Bill Fitzgerald	CA 59	4:34.30
2 Bill McChesney	OR 56	4:36.90
3 Gunnar Linde	CA 58	4:41.40
4 Kelsey Brown	NJ 56	4:43.22
5 Herb Kania	NY 55	4:43.34
6 Ken Carman	MI 56	4:44.93
7 Wally Evertz		4:46.00
8 Bill McCaffrey	NY	4:48.01
9 John Hosner	VA 59	4:51.90
10 Patrick Devine		4:52.50

11 Richard Green	IL 58	4:52.90
12 J Gentry	56	4:53.70
13 Rich Snadecker	NJ 57	4:54.34
14 Anthony Sapientza	55	4:54.66
15 Dave Stevenson	CA 55	4:55.50
16 Robert Stanhope	55	5:00.90
17 Charles Phillips	55	5:02.07
18 Bob Holmes	CA 55	5:03.20
19 Jim Selby		5:04.70
20 Ray Cherniak	NJ 57	5:05.53

21 George Thompson	NY 58	5:05.70
22 Richard Widener	TX	5:06.00
23 George Martin	NJ 55	5:11.31
24 Louis Beadle	CA 55	5:17.30
25 Armand Masse		5:19.27
26 Ray Lister	PA 56	5:20.00
27 Vance Koerner	CA 57	5:20.90
28 Ed Williams		5:24.17
29 E Hirschfeld	57	5:25.60
30 H Asner	57	5:27.30

31 Ira Johnson		5:27.78
32 Alan Cohen	NY 55	5:28.50
33 Matt Morris	OH	5:29.02
34 Jock Jocy	CA 58	5:29.25
35 Walters		5:32.74
36 Bob Parsons		5:33.20
37 G. English	58	5:34.61
38 Ed Tankins	56	5:35.54
39 Gilbert Duran	56	5:35.80
40 Herb Silander		5:38.50

41 Ken Long	56	5:39.08
42 Joe Harter		5:40.20
43 David MacKenzie	56	5:42.90
44 Walter Siderwitz	NY 57	5:48.59
45 Wm. Brunner		5:51.00
46 Buzzy Hood	59	5:54.18
47 Al Brenda	56	5:56.75
48 Tom Brinton	56	6:02.70
49 Chuck Freuler		6:03.69
50 Carl Brudgard	59	6:07.00

51 John Kennedy		6:10.00
52 Vincent DeMeo		6:10.50
53 P J Veenendahl	CO 56	6:11.85
54 Donald Gray		6:17.00
55 Jim Brown		6:18.60
56 Sandy Crawford		6:20.15
57 Rex Dietrich		6:20.74
58 Bill Saupe	WI	6:25.40
59 Jack Huston		6:30.11
60 Ken Harvey	CA 59	6:31.67

Men 1500 meters, age 60

1 Archie Messenger	NY 61	4:53.79
2 Sid Toabe	CA 60	5:10.20
3 Bob Musso		5:12.15
4 Glenn Bradd		5:13.00
5 Bob Page		5:14.80
6 Don Greenwood	MI	5:19.42
7 Avery Bryant	CA 60	5:21.40
8 Everett Newell	NJ 63	5:22.49
9 James Jarrang	OR 60	5:23.30
10 Ed Buckley	NY	5:26.03

11 Ralph Ratcliff		5:27.30
12 Dave McCarthy	OH	5:30.97
13 Bill Eppright	FL 64	5:33.30
14 Joe Mallon	OR 63	5:34.84
15 Carl Hammen	RI 60	5:39.40
16 Norm Ulmer		5:40.20
17 Earl Sumpter	NE	5:40.57
18 Harry Perry	OR 60	5:43.17
19 Clarence Osbourne	NE	5:44.21
20 Roscoe Brown	NY	5:47.75

21 Leonard Sova	60	5:49.60
22 Harold Driscoll	64	5:50.85
23 Don Wilgus	CA 63	5:51.41
24 Buzzy Hood		5:53.14
25 Donald Cotner	CA 61	5:53.20
26 Chester Peters	NE 61	5:53.62
27 Uno Limit	EN 63	5:54.43
28 Davin Pain	CA 62	5:59.30
29 Frank Hallick		6:25.59
30 Rodge Rogers		6:01.92

31 Bob Coughlin	IN 61	6:02.06
32 Dan Greer	VT 64	6:02.10
33 Fran Alsbaugh		6:10.02
34 Arthur Boyd		6:04.00
35 Sal Benelli		6:05.00
36 Bert Bailey		6:10.03
37 Joseph Gigante		6:10.77
38 Ed Cunningham		6:10.90
39 George Leavitt	CA 62	6:14.00
40 Michael Kagan	TX	6:14.95

41 Ray		6:18.41
42 Frank Bowles		6:19.00
43 Arthur Ballou		6:21.30
44 Eldridge Lloyd		6:21.43
45 Bob Jacquart		6:22.00
46 Leopoldo Fregosa		6:32.80
47 Richard Whittington		6:32.80
48 Curry		6:35.19
49 Ken Wheeler		6:37.00
50 Don Stern	NJ 60	6:38.92

51 C Zust		6:39.30
52 Karlis Smiltens		6:39.30
53 C Futrell		6:40.00
54 Dick Cavilli		6:40.78
55 Victor Wojnar		6:40.86
56 John Wilson		6:42.85
57 K Shoulberg		6:45.70
58 Roy Englert	VA 61	6:51.00
59 Maury Cummings		6:52.15
60 Gene Levitt	IN 62	7:09.94

61 Leonard Wray		6:37.11.00
62 D. Stern	NJ	7:22.82
63 John MacKenzie		6:17.28.00
64 Bill Miller		8:57.00

Men 1500 meters, age 65

1 John Boots	LA 65	5:20.40
2 Max Quackenbos	FL 67	5:31.81
3 Victor Harkoff		5:40.99
4 Don Johnson	NJ 67	5:47.19
5 Alan Waterman	CA 66	5:54.10
6 Bill Van Fleet	CA 69	5:55.30
7 Gene Keller	OH	6:00.43
8 Tony Lipcomb		6:03.59
9 Ray Mahanah		6:04.34
10 Robert Hull	NJ 66	6:09.84

11 Herschel McCord	TX 65	6:11.10
12 John Popwick	NY 66	6:13.10
13 Thomas Bartlett		6:13.32
14 Jim Hascup	NJ 66	6:40.78
15 W. McRoy		6:50.10
16 Bob Maxey		6:58.66
17 George Poloyanis	CA 68	7:01.20
18 Alvin Guttig		6:57.04.10
19 Chano Rivera	TX	7:05.00
20 Nate Hacker	NY 68	7:17.51

21 George Poloyanis		7:19.90
22 Ham Morningstar	WI 67	7:36.00
23 Marcellus Miller		6:57.39.90
24 Phil Carey		6:57.41.70
25 Walter Zwolenski		12:09.00

Men 1500 meters, age 70

1 Lempesis		5:21.37
2 Al Funk	MT 70	5:26.00
3 Ed Stotsenberg	CA 70	5:37.60
4 Miller		5:59.12
5 William Brobston	NY	6:04.71
6 Chen-Ling Wang		72:6:13.12
7 J C Byers	TX 70	6:16.70
8 Sam Monastero	PA 73	6:23.00
9 Vernon Geary		71:6:24.02
10 Ariel Edmiston	OR 71	6:44.20

11 Ralph Birchard		70:6:51.67
12 Alan Poole	NJ 70	6:51.97
13 Henry Zachman	NJ 74	7:14.34
14 Gilberto Gonzales	PR 71	7:41.00
15 Charles Espy	FL 74	7:42.80
16 Jacob Bishin	CA	9:40.00

Men 1500 meters, age 75

1 Ed Benham	MD 76	6:01.70
2 Mel Shine	CA 75	6:23.90
3 Byron Fike	OH 76	6:26.63
4 Richard Bredenbeck	OH 78	6:50.00

Men 1500 meters, age 80

1 Willard Benton	CA 80	7:34.00
2 Paul Spangler	CA 85	7:44.96
3 Nat Pisciotta		80:8:53.80
4 Jacob Bishin		83:9:24.60
5 Fred Keiser		94:12:28.50

Women 1500 meters, age 30

1 Judy Vivian		32:4:46.40
2 Teri Jordan		4:55.80
3 Jenna Knight	OR 31	4:55.90
4 Maureen McLeod	NJ 31	4:56.39
5 Nancy Noonan	IN	5:02.92
6 Martha Winkler		30:5:03.00
7 C Lempesis		5:05.10
8 Janet Steward	GA 33	5:07.00
9 Janet Heinonen		5:09.72
10 Leah Rewalinski		5:16.37

11 Kate Faurear	MA	5:16.90
12 Bridgette Huber		5:17.83
13 Suzette Hall	MA	5:21.56
14 Donna Dearborn	NH	5:24.03
15 Martha Clark	CO 33	5:33.48
16 Loraine Green		5:36.75
17 Trudy Johnston		5:43.60
18 Rieko Duba		5:44.00
19 Janet Bidley		5:44.00
20 Saralee Jigiman		5:58.70

21 Alice Erickson	WI	6:04.43
22 Rose Hall		6:26.20
23 Susan Plachy		6:28.24
24 Margo Houck		30:7:38.00

Women 1500 meters, age 35

1 Nancy Noonan		4:41.03
2 L. Finley	ONT	4:46.51
3 Susan Houlton	GA 37	4:56.80
4 Carol Fridley		5:05.90
5 Kate Favreau	MA	5:11.60
6 Janie Duff	CA 37	5:21.60
7 Melton		5:24.08
8 Anna Moore		39:5:27.90
9 Katharine Wall	OR 35	5:30.70
10 Diana Dann		5:35.20

11 Mary Lou Nicoletti	CA 35	5:38.16
12 Marie Smyth	MA	5:42.16
13 Maxine Walters	CA 39	5:42.50
14 Carol Jackson		37:5:43.53
15 Nancy Kaphiem		5:44.19

16 Joffrien	AL	5:53.25
17 Barton		5:55.30
18 D. Heggen		6:03.76
19 Marie Walter		6:08.30
20 Monroe		6:15.62

21 Pat Wright		6:19.89
22 Remzy Husany	38	6:30.80
23 Lucy Warren		7:03.57
24 Lucy Gain		7:27.00

Women 1500 meters, age 40

1 Linda Upton	MA 41	4:51.45
2 Barbara Pike	CA 40	4:53.97
3 Carol Flexer	WA 41	4:57.30
4 Carol Stroud	CA 41	4:58.00
5 Betsey Harshbarger	MA	5:08.51
6 Pat Thomas	WA 44	5:09.40
7 Robin Villa	NY	5:14.85
8 Jinny Beyer		42:5:15.03
9 Robin Zachman	NY 40	5:16.30
10 Connie Manley	OR 40	5:17.80

11 Lori Schutt	OR 42	5:18.00
12 Ines Kepch		44:5:21.00
13 Glenna Fink	VA 44	5:22.20
14 Mary Jo Gillaspay	TX 43	5:22.60
15 Wendy Watson	CA 40	5:25.30
16 Andrea Hatch	MA	5:29.85
17 Sally Davis		5:34.42
18 Jackie Marr	NM 41	5:35.90
19 Kay Porter	OR 43	5:52.10
20 Wendy Smith	OR 44	5:53.40

21	Kathy Kusner	44	5	56	50	
22	Val Smart	42	5	59	00	
23	Cathy Primer		5	59	00	
24	Kay McCann		6	03	03	
25	Nancy Paulauskas	NJ	43	6	10	03
26	Bonnie McClue	NY	43	7	58	14

1985 10-KILOMETER ROAD RANKINGS

Compiled by the National Running Data Center reflecting all certified 10K road events received for 1985.

Any additions or corrections should be sent to NRDC, P.O. Box 42888, Tucson AZ 85733

10 kilometers

28:56	Bill Rodgers	37	Sherborn	MA	21 Apr, MA-A
29:16	Gary Tuttle	37	Ventura	CA	17 Mar, CA-A
29:54a	Steve Molnar	36	Johnstown	PA	29 Sep, PA-A
30:10	Duncan Macdonald	36	Kailua	HI	22 Sep, HI-A
30:13	Frank Shorter	37	Boulder	CO	6 Oct, IN-A
30:42	George Hitt	35	Milton	MA	18 May, NH-A
30:50	Larry Almberg	38	Ellensburg	WA	3 Aug, WA-A
30:56	James Murphy	35	Worcester	MA	18 May, NH-A
30:56	Jim Harvey	35+	Rochester	NY	19 May, NY-A
31:14	James Tracy	35	San Francisco	CA	4 Aug, CA-A

10 kilometers

30:18	Barry Brown	40	Gainesville	FL	3 Feb, FL-A
31:04	Dan Murray	40	Modesto	CA	27 Oct, CA-A
31:19	Bruce Mortenson	41	Minnetonka	MN	2 Sep, MN-A
31:28	Sumner Brown	41	Belmont	MA	21 Apr, MA-A
31:28a	William Reilly	42	Warren	PA	29 Sep, PA-A
31:28	Bill Marshall	40	Norwich	CT	21 Apr, MA-A
31:34	John Beach	44	Traverse City	MI	3 Aug, WA-A
31:42	Don Coffman	42	Frankfort	KY	23 Nov, AL-A
31:48	George Keim	42	Waynesboro	PA	10 Aug, NJ-A
31:59a	Mike Heffernan	44	Portland	OR	5 May, OR-A

foreign

30:13a	Antonio Villanueva	44	Jalapa	MEX	4 Jul, GA-A/MEX
30:22	Pat Murphy	40	Kildare	IRE	3 Feb, FL-A/IRE
30:51	Les Roberts	41	London	GBR	27 Oct, CA-A/GBR
31:16ai	Graham Tattersall	42	Wellington	NZL	4 Jul, GA-A/NZL
31:30ai	Atlaw Beliligne	40	Houston	TX	4 Jul, GA-A/ETH

10 kilometers

31:06	Sal Vasquez	45	Alameda	CA	4 Aug, CA-A
32:17	Herb Lorenz	46	Willingboro	NJ	10 Aug, NJ-A
32:29	Bill Fuller	46	Livonia	NY	19 May, NY-A
32:36	John Brennan	49	Santa Barbara	CA	26 Jan, CA-A
32:44	Donald Sleeman	46	Ann Arbor	MI	6 Oct, IN-A
32:47a	Pete Ybarra	45	Greeley	CO	6 Oct, CO-A
32:59	Ernest Billups	48	Chicago	IL	29 Sep, IL-A
33:12a	Ardel Boes	48	Golden	CO	6 Oct, CO-A
33:15	Fay Bradley	47	Washington	DC	10 Aug, NJ-A
33:21	Dan Conway	46	Chetek	WI	2 Feb, FL-A

foreign

32:41ai	Roger Robinson	46	Wellington	NZL	4 Jul, GA-A/NZL
33:12	David Hambly	45	Seattle	WA	11 May, WA-A/GBR

10 kilometers

32:54	Norm Green	53	Wayne	PA	29 Sep, IL-A
33:05	Bill Foulk	52	Raymond	NH	18 May, NH-A
33:13	Bill Olrich	50	Lexington	KY	23 Nov, AL-A
34:00	John Dugdale	50	Ridgefield	CT	10 Aug, NJ-A
34:06	Jim Knerr	50	Simi Valley	CA	26 Jan, CA-A
34:18	Paul Noreen	50	Plymouth	MN	2 Sep, MN-A
34:42	John Weldy	50	Scottsdale	AZ	2 Mar, AZ-A
34:48	Gerald Koch	51	Clarksville	TN	23 Nov, AL-A
34:59	Hal Higdon	54	Michigan City	IN	6 Oct, IN-A
35:00	Don Gammie	54	Centerville	OH	2 Jun, OH-A

foreign

34:30	Derek Mahaffey	51	Bellevue	WA	3 Aug, WA-A/GBR
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10 kilometers

34:06	Gaylon Jorgenson	55	Highland	UT	9 Mar, CA-A
34:40	Jim O'Neil	59	La Jolla	CA	16 Mar, CA-A
36:04	Howard Rubin	56	New Hartford	NY	3 Feb, FL-A
36:05	Tony Sapienza	56	Bradford	MA	17 Aug, NH-A
36:11	Richard Kendall	55	Buffalo	NY	7 Jun, NY-A
36:15ai	Tom Bailey	56	Denver	CO	6 Oct, CO-A
36:26	Bill Fraser	55	Edina	MN	28 Apr, MN-A
36:27a	Jordan Bisceglia	59	Pittsburgh	PA	29 Sep, PA-A
36:32	Bennie Anaya	55	Indianapolis	IN	6 Oct, IN-A
36:33ai	Frank Sanford	55	Boulder	CO	6 Oct, CO-A

10 kilometers

34:27	Jim O'Neil	60	La Jolla	CA	4 Aug, CA-A
35:09a	John Hosner	60	Blacksburg	VA	4 May, VA-A
35:30	Alex Ratelle	60	Edina	MN	2 Sep, MN-A
38:00	Larry Banuelos	60	Pico Rivera	CA	26 Jan, CA-A
38:57	Bob Page	60+	Lomita	CA	26 Jan, CA-A
39:04a	Jim McCown	63	San Diego	CA	14 Apr, CA-A
39:08	Lloyd Young	62	Grantsburg	WI	2 Sep, MN-A
39:25	Jim Smith	63	Oklahoma City	OK	5 Oct, OK-A
39:30	Gordon English	60	Birmingham	AL	23 Nov, AL-A
39:33	Rudy Nimmons	64	Seneca	SC	27 May, AL-A

10 kilometers

38:59	Clive Davies	69	Tillamook	OR	21 Apr, OR-A
40:37	George Sheehan	66	Red Bank	NJ	17 Feb, NY-A
41:01	Eddie Lewin	69	W Los Angeles	CA	26 May, CA-A
41:23	Wayne Zook	68	San Diego	CA	16 Mar, CA-A
41:26	Paul Reese	68	Auburn	CA	27 Oct, CA-A
41:32	Dick Bartholomew	65	Seattle	WA	31 Mar, WA-A
41:33	Charles Robbins	65	Middletown	CT	15 Dec, CT-A
41:39	Austin Newman	69	Westfield	NJ	3 Nov, NJ-A
42:14	Max Quackenbos	67	Stuart	FL	3 Feb, FL-A
42:24	Charles Ogilvie	67	Ben Wheeler	TX	2 Mar, TX-A

10 kilometers

41:31	Eugene Keller	71	Cincinnati	OH	30 Nov, IN-A
42:13	Alfred Funk	71	Bozeman	MT	28 Sep, MT-A
43:38	Dorise DuBois	72	San Antonio	TX	5 Oct, TX-A
44:15	Don Lundberg	70	Modesto	CA	27 Oct, CA-A
44:20	Sandy MacLean	72	Durham	NH	8 Jun, NH-A
44:50	William Brobston	72	Saugerties	NY	30 Mar, NY-A
46:09a	Thomas Bayuzik	72	Pittsburgh	PA	29 Sep, PA-A
46:14	Bill McDonough	70	Hillsboro Bch	FL	10 Feb, FL-A
46:18	Ed Stotsenberg	70	Malibu	CA	26 Jan, CA-A
46:29	Dudley Healy	71	Chatham	NJ	3 Nov, NJ-A

10 kilometers

44:12	Ed Benham	77	Ocean City	MD	3 Feb, FL-A
48:46	John A Kelley	78	East Dennis	MA	8 Sep, MA-A
48:50	Charles Hackenheimer	78	Central Square	NY	9 Jun, NY-A
54:50	Norman Bright	75	Seattle	WA	24 Aug, WA-A
55:21	Caldwell Nixon	76	Lincolnton	NC	3 Feb, FL-A
55:48	Otto Essig	78	Westfield	MA	3 Feb, FL-A
58:40	Ed Root	78	Miami	FL	3 Feb, FL-A
1:01:06	Randolph Carls	75	Mesa	AZ	2 Mar, AZ-A
1:03:49	Edwin Estle	75	Franconia	NH	8 Sep, MA-A
1:04:20	Milton Prager	75	Tamarac	FL	10 Feb, FL-A

10 kilometers

57:38	Max Popper	81	Flushing	NY	30 Mar, NY-A
58:07	Willard Benton	81	San Diego	CA	26 Jan, CA-A
1:03:21	Max Bayne	83	St Petersburg	FL	3 Feb, FL-A
1:08:56	Robert Wallach	82	New York	NY	17 Feb, NY-A
1:11:20	Jacob Bishin	83	Los Angeles	CA	26 Jan, CA-A
1:17:37	B L Vlasak	80			9 Mar, CA-A
1:20:23	Ben Mostow	81	Hallandale	FL	10 Feb, FL-A
1:29:21	Alton Starrett	80			29 Sep, OH-A
1:30:10	Manning Wein	83			21 Apr, CA-A
1:31:23a	Warren Daniel	84	Hanover	NH	3 Aug, NH-A

10 kilometers

59:39	Paul Spangler	85	San Luis Obspo	CA	3 Feb, FL-A
1:44:05a	Carl Willberg	87	Gilford	NH	3 Aug, NH-A
1:54:57a	William Clary	89	Aurora	CO	27 May, CO-A

10 kilometers

34:05a	Barbara Filutze	39	Erie	PA	29 Sep, PA-A
34:53	Laurie Binder	37	Oakland	CA	4 Aug, CA-A
34:57	Nancy Miesczak	36	Buffalo	NY	19 May, NY-A
35:26	Beverly Klosky	35	N Little Rock	AR	6 Apr, AR-A
35:48	Darsie Bowden	35	Santa Monica	CA	10 Nov, CA-A
36:11a	Bernie Hart	35	Wellsburg	WV	29 Sep, PA-A
36:30	Andrea Burke	35	Endicott	NY	1 Jun, NY-A
36:35	Betty Conover	37	Westfield	NJ	3 Nov, NJ-A
36:43	Kathy Northrop	35	Durham	NH	15 Aug, NH-A
36:45a	Barbara Early	36	Evergreen	CO	6 Oct, CO-A

10 kilometers

36:14	Carol Flexer	42	Bellevue	WA	24 Aug, WA-A
36:16	Shirley Matson	44	Solana Beach	CA	16 Mar, CA-A
36:16	Ford Madeira	40	Sherborn	MA	22 Sep, NY-A
36:27	Julie Stiles	43	Seattle	WA	3 Aug, WA-A
36:36	Iris Black	42	Spring Valley	OH	18 May, NY-A
36:39	Madeline Harmeling	40	Merrick	NY	18 May, NY-A
37:06	Cindy Dalrymple	43	Arlington	VA	18 May, NY-A
37:20	Jane Arnold	44	Bloomfield	CT	31 Mar, CT-A
37:20	Harolene Walters	42	El Toro	CA	3 Nov, AZ-A
37:31	Betsy Harshbarger	42	Cambridge	MA	22 Sep, NY-A
foreign					
32:25	Priscilla Welch	40	Boulder	CO	2 Mar, AZ-A/GBR
34:49	Gabrielle Anderson	40	Sun Valley	ID	18 May, NY-A/SUI

10 kilometers

38:36ai	Nancy Parker	48	Atlanta	GA	4 Jul, GA-A
39:06	Mary Anne Wehrum	47	Memphis	TN	23 Nov, AL-A
39:07	Vicki Bigelow	49	San Lorenzo	CA	24 Mar, CA-A
39:22	Joan Ulliot	45	San Francisco	CA	4 Aug, CA-A
39:28	Gina Faust	48	Woodland Hills	CA	15 Sep, CA-A
39:37	Margret Betz	48	Conklin	NY	18 May, NY-A
39:43	Cindy Bienkowski	45	Princeton	NJ	3 Nov, NJ-A
39:48	Karen Ammons	45	Columbus	GA	21 Sep, GA-A
39:57	Evelyn Leiter	46	Bourbon	IN	6 Oct, IN-A
40:29	Patti Sudduth	45	Crawfordville	FL	2 Feb, FL-A

Continued on next page

Continued from previous page

10 kilometers

37:50	Vicki Bielow
41:01	Helene Bedrock
41:07	Margarete Deckert
41:09	Nancy McCormick
41:20	Alice Rose
41:48	Gloria Brown
41:57	Dobi McDougall
42:20	Suzanne Patton
42:28	Anny Stockman
42:33	Mary Ann Cotten
10	
44:36	\$25
46:36	\$50

10 kilometers

41:25	Barbara Meadows
41:37	Marion Irvine
41:51	Toshiko D'Elia
42:00	Anne Johnson
42:24	Ann Kahl
42:47	Frances Sackerman
44:00	Nola Bruhn
44:04	Billie Murphy
44:05	Beryl Skelton
44:33	Nancy Gerstenberger
10	
48:15	\$25
52:09	\$50

10 kilometers

40:57	Helen Dick
44:50	Anne Trigg
46:55	Alene Park
46:59	Jaclyn Caselli
47:12	Mary Storey
49:00	Barbara Anderson
50:01	Dorothy Thomas
50:30	Lucille Mancini
50:57	Donna Cornelius
52:15	Marion Gibbons
10	
55:42	\$25
58:37	\$50

10 kilometers

49:25	Patricia Dixon
51:03	Algene Williams
52:50	Betty Miller
53:59	Carol Cupper
56:57	Margaret Lee
57:33	Helen Reiter
58:08	Judy Simon
58:31	Martha Pembroke
1:00:23	Phyllis Ruthenburg
1:00:32	Emily Scott

10 kilometers

56:30ai	Pearl Mehl
57:47a	Judy Simon
1:03:22	Mary Haines
1:06:33	Edna Berg
1:06:46	Flo Rasmussen
1:06:50	Fenya Crown
1:10:34	Lucille Adney
1:11:27	Lois Schieffelin
1:14:18	Mayme Bdera
1:15:41	Mary Post
10	

(15 ranked)

10 kilometers

58:08	Anne Clarke
1:01:09	Bess James
1:03:30	Mavis Lindgren
1:07:17	Ida Mintz
1:19:31a	Minerva Rothacker
1:36:47	Frances Kelly
1:50:06	Ruth Bush
2:24:00	Doris Martin

10 kilometers

1:15:55	Ruth Rothfarb
1:18:26	Mia Wilshusen

Women- 50 thru 54

50	San Lorenzo	CA	4 Aug,CA-A
50	Cliffside Park	NJ	1 Jun,NY-A
52	Lagrangeville	NY	18 May,NY-A
50	Omaha	NE	5 May,MO-A
50	Orinda	CA	4 Aug,CA-A
53	Grand Island	NY	22 Sep,NY-A
50	Hermosa Beach	CA	26 Jan,CA-A
50	Newark	NJ	10 Aug,NY-A
52	Rensselaer	NY	18 May,NY-A
52	Dallas	TX	2 Mar,TX-A

Women- 55 thru 59

55	Tucson	AZ	3 Nov,AZ-A
55	San Francisco	CA	29 Sep,IL-A
55	Ridgewood	NJ	18 May,NY-A
56	Olivenhain	CA	16 Mar,CA-A
55	Apopka	FL	3 Feb,FL-A
55	Burlingame	CA	24 Mar,CA-A
56	Seattle	WA	31 Mar,WA-A
57	Tacoma	WA	31 Mar,WA-A
56	Fairport	NY	22 Sep,NY-A
55	Albany	NY	18 May,NY-A

Women- 60 thru 64

60	Los Angeles	CA	17 Mar,CA-A
60	St Petersburg	FL	3 Feb,FL-A
60	Huntsville	AL	23 Nov,AL-A
63	San Jose	CA	24 Mar,CA-A
61	Riverside	CA	15 Jun,CA-A
60	St Louis Park	MN	28 Apr,MN-A
61	Fresno	CA	27 Oct,CA-A
61	Sarasota	FL	3 Feb,FL-A
60	Toledo	OH	15 Jun,OH-A
62	Phoenix	AZ	6 Oct,AZ-A

Women- 65 thru 69

66	Eugene	OR	3 Nov,OR-A
69	Park Forest	IL	29 Sep,IL-A
67	Federal Way	WA	11 May,WA-A
66	Wellsboro	PA	22 Sep,NY-A
65	Honolulu	HI	22 Sep,HI-A
68	Palm Harbor	FL	2 Sep,MN-A
69	La Mesa	CA	17 Mar,CA-A
65	Clearwater	FL	3 Feb,FL-A
65	Evansville	IN	10 Aug,KY-A
65	Dallas	TX	2 Mar,TX-A

Women- 70 thru 74

71	Boulder	CO	6 Oct,CO-A
70	La Mesa	CA	1 Dec,CA-A
71	Newington	CT	15 Dec,CT-A
70	Bozeman	MT	28 Sep,MT-A
70	Auburn	WA	3 Aug,WA-A
72	Beverly Hills	CA	15 Sep,CA-A
72	Long Beach	CA	9 Nov,CA-A
74	New York	NY	8 Sep,NY-A
70	East Elmhurst	NY	8 Sep,NY-A
71			29 Sep,OH-A

Women- 75 thru 79

76	Glen Ellyn	IL	29 Sep,IL-A
75	San Jacinto	CA	26 Jan,CA-A
78	Orleans	CA	27 Oct,CA-A
79	Miami	FL	10 Feb,FL-A
75	Escondido	CA	14 Apr,CA-A
79	Rolling Hills	CA	17 Mar,CA-A
78	Barnesville	GA	21 Sep,GA-A
77			11 May,KS-A

Women- 80 thru 84

83	Miami Beach	FL	2 Feb,FL-A
81	Sun City	AZ	23 Mar,AZ-A

NATIONAL RUNNING DATA CENTER-PUBLICATIONS LIST

1. Running Records by Age, 1986 edition. Lists US single-age records based on races through 1 January 1986 for 31 standard track and road-running events, from 100 meters through 100 miles, plus official US open and age-group records. (available April 1st) \$5.95
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TAC National Masters Indoor Championships; Baton Rouge, Louisiana February 22-23

SEMIFINAL RESULTS

60 YARD DASH - HEAT 1

MEN 30-34	MARK
1. Lance Madison - LA	6.51
2. Benny Archie - LA	6.68
3. T.J. Lester - TX	6.72
4. John Bland - CA	6.80
5. Richard Finnie - TN	7.02
6. Robert Hahn - TX	7.14

MEN 30-34 - HEAT 2

1. Tony Jones - PA	6.52
2. Alfonso Walton - DC	6.55
3. Willard Thompson - TX	6.65
4. Tommy Thomson - LA	7.00
5. William Werling - OH	7.09
6. Larry Vollmer - LA	7.12
7. Jerald Brown - DC	7.22

MEN 35-39 - HEAT 1

1. Clifton Jackson - MO	6.70
2. Greg Marshall - VA	6.99
3. Stephen Kennedy - LA	7.40

MEN 35-39 - HEAT 2

1. William Collins - TX	6.46
2. J.B. Haggerty - TX	6.58
3. Robert Mitchell - TX	6.77
4. Daniel Thiel - LA	6.78
5. Arthur Wright - DE	6.94
6. Waymon Moore - TX	7.39

MEN 40-44 - HEAT 1

1. Stan Whitley - CA	6.55
2. Dan Fitzsimmons - CA	6.85
3. Ed Jones - TX	6.89
4. Thaddeus Bell - SC	7.04
5. Roger Assink - NM	7.08
6. Larry McKee - TX	7.09

MEN 40-44 - HEAT 2

1. John Hartfield - TX	6.80
2. Paul Edens - OR	6.93
3. Hans Gordon - TX	7.11
4. Wilmar Alexander - FL	7.13
5. Charles Dockery - TX	7.27
6. Ross Jensen - KS	7.32
7. Randall Brady - TN	7.52
8. Mike Wilhite - OK	7.89

MEN 40-44 - HEAT 3

MARK	
1. LaMar Miller - MI	6.71
2. Jack Dunn - LA	7.05
3. Dennis Duffy - CA	7.08
4. Tom Thorne - MO	7.49
5. William Busby - NC	7.66

MEN 50-54 - HEAT 1

1. Thane Baker - TX	7.10
2. Bruce Springbett - CA	7.14
3. Glen Stone - OK	7.33
4. Bob McGlashan - TX	7.34
5. William Clark - NJ	7.54
6. Charles Walker - LA	7.73
7. Sammy McWhirter - TX	8.17

MEN 50-54 - HEAT 2

1. Hugo Hartenstein - CO	7.02
2. Manuel Rivas - GA	7.19
3. Ralph Summerlin - AL	7.28
4. Apunario Batiansila -	7.55
5. Earl Mege - PA	7.86
6. Raymond Fitzhugh - CA	7.99
7. Clayton Iles - LA	8.24
8. Clifford Pauling - NY	NT

60 YARD DASH

MEN 30-34	MARK
1. Tony Jones - PA	6.50
2. Alfonso Walton - DC	6.54
3. Lance Madison - LA	6.60
4. Willard Thompson - TX	6.61
5. T.J. Lester - TX	6.61
6. Benny Archie - LA	6.68
7. John Bland - CA	6.86
8. Tommy Thomson - LA	7.04
9. Richard Finnie - TN	7.07
10. William Werling - OH	7.18

MEN 35-39

1. William Collins - TX	6.42
2. Robert Mitchell - TX	6.57
3. Danny Thiel - LA	6.69
4. Greg Marshall - VA	6.86
5. Arthur Wright - DE	6.94
6. Clifton Jackson - MO	7.12
7. Waymon Moore - TX	7.33
8. Stephen Kennedy - LA	7.33

MEN 40-44

1. Stan Whitley - CA	6.53
2. LaMar Miller - MI	6.62
3. Dan Fitzsimmons - CA	6.79
4. Paul Edens - OR	6.80
5. Ed L. Jones - TX	6.90
6. Dennis Duffy - CA	7.06
7. Thaddeus Bell - SC	7.06
8. Roger Assink - NM	7.08
9. Jack Dunn - LA	7.13

MEN 45-49

1. Roy Turner - TX	6.99
2. LaTorre Gilbert - CA	7.09
3. Dale Lance - OK	7.14
4. James O'Hara - NJ	7.22
5. James Hurd - TX	7.23
6. Ernest McCombs - NJ	7.23
7. Pete Stopoulos - IL	7.37
8. Joe Beckham - KS	7.40

MEN 50-54

1. Hugo Hartenstein - CO	6.96
2. Thane Baker - TX	7.07
3. Ralph Summerlin - AL	7.14
4. Bruce Springbett - CA	7.15
5. Glen Stone - OK	7.35
6. Bob McGlashan - TX	7.42
7. Apunario Batiansila -	7.50
8. William Clark - NJ	7.56

MEN 55-59

1. Edmund Schuler - FL	7.48
2. Dick Marlin - CA	7.60
3. Buck Bradberry - AL	7.62
4. Gordon Seifert - AL	7.65
5. Jerry Reiserer - KS	7.95
6. Joe Murphy - TX	8.01
7. Robert Hewitt - TN	8.27
8. Jim Hill - TX	8.77
9. Donald Grey - VA	9.45

MEN 60-64

1. Jack Greenwood - CO	7.52
2. Max Goldsmith - TX	7.92
3. Jock Jocoy - CA	7.97
4. Wayne Ambrose - CA	8.00
5. Charles Clippard - MO	8.07
6. Tim Murphy - TX	8.08
7. Tom Kennell - FL	8.09
8. James Johnson - CA	8.28
9. Walker Pierson - NJ	8.43
10. John Findlay - LA	9.15

MEN 65-69

1. David Lavyer - NJ	7.85
2. Burl Gist - CA	8.19
3. Donald Hull - FL	8.35
4. Leonard Wray - OK	8.39
5. Jay Sponseller - FL	8.59
6. William Carmen - MA	8.64
7. John Carr - OH	9.12
8. Thomas Thorne - MO	9.40
9. Nicholas Asprodites -	9.55
10. Leo McEvoy - NY	9.7m

MEN 70-74

1. Gilberto Gonzalez - PR	*8.19
2. Fred White - TX	8.71
3. Edward Bost - TX	9.09
4. Milo Lightfoot - IN	9.91
5. Robert Detweiler - PA	11.35

MEN 75-79

1. Richard Lacey - FL	9.09
2. Byron Fike - OH	9.12
3. Gordon Powell - FL	10.96

MEN 80-84

1. Benjamin Fox - AZ	*9.39
2. Arling Pitcher - IN	9.92
3. Konrad Boas - FL	9.99

60 YARD DASH

MEN 30-34	MARK
1. Marilyn Fonseca - MI	7.71

WOMEN 35-39

1. Phil Raschker - GA	7.60
2. Muriel Simmons-McCord	7.76
3. Linda Sikes - TX	8.37
4. Lurline Struppeck - LA	8.54

WOMEN 40-44

1. Mary Luker - TX	7.99
2. Pamela Calvert - MO	8.14
3. Sandy Pashkin - NY	8.32
4. Janie Duff - CA	8.47
5. Linda Cohen - NJ	8.61
6. Cathy Primmer - IN	9.47

WOMEN 50-54

1. Christel Miller - CA	8.49
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WOMEN 55-59

1. Shirley Kinsey - CA	9.48
2. Bernice Holland - OH	9.49

WOMEN 60-64

1. Florence Reardon - OH	*9.63
2. Margaret Thorne - MO	17.98

WOMEN 70-74

1. Mary Parsons - TX	11.50
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300 YARD DASH

MEN 30-34

1. Alfonso Walton - DC	32.62
2. Willard Thompson - TX	32.69
3. T.J. Lester - TX	32.95
4. Horace Hudson - NY	33.78
5. Thomas Revolinski - WI	34.13
6. Rick Thomas - TX	34.40
7. Benny Archie - LA	34.63
8. Howard Ware - TX	34.77
9. Scott Thornsley - PA	35.05
10. Calvin Saulsberry - TN	35.27

MEN 35-39

1. Williams Collins - TX	*31.14
2. Stanley Druckrey - WI	32.06
3. Daniel Thiel - LA	32.61
4. J.B. Haggerty - TX	32.65
5. Robert Mitchell - TX	32.84
6. Dolan Street - MI	34.14
7. Russell Austin - TX	34.18
8. Arthur Wright - DE	34.23
9. Ralph Wallace - MI	34.47
10. Greg Marshall - VA	34.74
11. John Younger - CA	36.42
12. Hans Gordon - TX	36.67
13. Charles Teubner - NJ	37.97

MEN 40-44

1. Stan Whitley - CA	*32.47
2. LaMar Miller - MI	32.53
3. Tom Bassett - NE	33.54
4. Dan Fitzsimmons - CA	33.67
5. James Vicks - TX	33.94
6. Paul Edens - OR	34.49
7. Ed L. Jones - TX	34.84
8. Dennis Duffy - CA	35.06
9. Thaddeus Bell - SC	35.33
10. Larry McKee - TX	35.65
11. Jack Dunn - LA	36.30
12. Hans Gordon - TX	36.67
13. Randall Brady - TN	37.29
14. Andrew Pittman - TX	38.58
15. Paul Young - TX	39.08

MEN 45-49

1. Roy Turner - TX	*33.98
2. Harry Tolliver - OH	34.79
3. Larry Colbert - MD	34.88
4. Gilbert LaTorre - CA	35.90
5. James Hurd - TX	36.26
6. Michael Boudreaux - LA	36.69
7. Ernest McCombs - NJ	37.61

MEN 50-54

1. Thane Baker - TX	*34.56
2. Jim Mathis - TN	35.23
3. Hugo Hartenstein - CO	35.37
4. Clifford Pauling - NY	35.40
5. Paul Johnson - TX	35.62
6. Ralph Summerlin - AL	35.74
7. Bruce Springbett - CA	36.23
8. Bob McGlashan - TX	36.61
9. Hector Cisneros - TX	38.76
10. Apunario Batiansila -	40.15
11. Earl Mege - PA	41.25
12. Sammy McWhirter - TX	45.65

MEN 55-59

1. Gordon Seifert - AL	38.01
2. Louis Smith - MA	38.66
3. Thomas Bartenfield - C	40.00
4. Joe Murphy - TX	40.64
5. Dick Marlin - CA	40.68
6. Robert Hewitt - TN	45.98
7. Jim Hill - TX	46.23

MEN 60-64

1. Jack Greenwood - CO	37.79
2. Max Goldsmith - TX	40.94
3. Wayne Ambrose - CA	42.25
4. Walker Pierson - NJ	42.42
5. John Findlay - LA	49.56

MEN 65-69

1. Jim Manno - NJ	41.08
2. David Lavyer - NJ	41.78
3. Donald Hull - FL	42.78
4. Jay Sponseller - FL	43.64
5. William Carmen - MA	45.24
6. John Carr - OH	45.33
7. Leonard Wray - OK	47.12
8. Nicholas Asprodites -	49.84
9. Leo McEvoy - NY	54.26

MEN 70-74

1. Gilberto Gonzalez - PR	43.11
2. Fred White - TX	46.77
3. Robert Boal - NC	52.34

MEN 75-79

1. Byron Fike - OH	48.11
2. Richard Lacey - FL	49.16
3. Gordon Powell - FL	1:00.8m

MEN 80-84

1. Konrad Boas - FL	55.28
2. Arling Pitcher - IN	1:00.69

300 YARD DASH

WOMEN 30-34

1. Marilyn Fonseca - MI	38.64
2. Karen Younger - CA	39.89

WOMEN 35-39

1. Muriel Simmons-McCord	39.29
2. Linda Sikes - TX	43.90

WOMEN 40-44

1. Mary Luker - TX	*42.68
2. Pamela Calvert - MO	42.84
3. Janie Duff - CA	43.43
4. Sandy Pashkin - NY	43.81
5. Linda Cohen - NJ	45.45
6. Sandra Gibson - LA	45.59

WOMEN 45-49

MARK	
1. Joan Egan - TX	47.53

WOMEN 60-64

1. Florence Reardon - OH	*56.43
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WOMEN 70-74

1. Mary Parsons - TX	1:11.4
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600 YARD RUN

MEN 30-34

1. Dan Kilbane - IN	1:17.12
2. Dottie Moore - LA	1:17.68
3. Herston Hall - TX	1:17.90
4. Russell Floyd - TX	1:20.21
5. Elbert Jones - LA	1:20.37
6. Calvin Saulsberry - TN	1:20.64
7. Thomas Mansfield - MD	1:20.66
8. Howard Ware - TX	1:21.29

MEN 35-39

1. Marc Anderson - NJ	1:16.99
2. Bill Smith - LA	1:18.57
3. Willie Smith - TX	1:19.74
4. Greg Marshall - VA	1:20.58
5. Ken Endris - TX	1:20.98
6. James Irwin - MO	1:21.02
7. Ralph Wallace - MI	1:22.76
8. Ronald Merville - TN	1:23.31
9. Charles Tuebner - NJ	1:26.77

MEN 40-44

1. Dennis Duffy - CA	1:18.57
2. Gary Carr - IL	1:19.16
3. Lester Mount - TX	1:20.49
4. James Vicks - TX	1:21.21
5. Jack Petty - TX	1:23.45
6. Robin Ficker - MD	1:24.10
7. Randall Brady - TN	1:27.75
8. Thomas Cannon - GA	1:28.33

Continued from previous page

TRIPLE JUMP
MEN 30-34

1. Augie Bourgeois - LA	41-6 3/4
2. Scott Thomsley - PA	41-4 1/4
3. Larry Vollmer - LA	40-9 1/4
4. Robert Zahn - WI	40-9 1/4
5. Robert Hahn - TX	37-3

MEN 35-39

1. Larry Rodenbeck - MD	43-5 1/4
2. Ron Salvio - NJ	32-2

MEN 40-44

1. Derek Boosey - Austral	43-10 1/4
2. John Hartgield - TX	43-4 1/4
3. Ed Jones - TX	39-5 1/4
4. Ken Winters - KS	38-11 1/4
5. Johnnie Meisner - IL	38-8
6. Donald Dvorak - CA	35-10
7. Jody Mayer - OK	31-6 1/4

MEN 45-49

1. Dale Lance - OK	36-11
2. Pete Stopoulos - IL	34-5
3. Mike Boudreaux - LA	33-4 1/4
4. Dave Ellis - TX	31-4 1/4

MEN 50-54

1. Dr. William Clark - NJ	35-7 3/4
2. Bob McGlashan - TX	35-1
3. Glen Stone - OK	34-7 3/4
4. Raymond Fitzhugh - CA	33-4 3/4
5. Phil Mulkey - GA	31-3 1/4
6. Earl Mege - PA	29-11

MEN 55-59

1. Buck Bradberry - AL	*35-4 3/4
2. Jerry Reiserer - KS	32-6 1/4
3. Jim Mathers - ONT	32-5 1/4
4. Gordon Seifert - AL	30-10 1/4

MEN 60-64

1. Tom Kennell - FL	30-2 1/4
2. Max Goldsmith - TX	29-9 3/4
3. James Johnson - CA	29-0

MEN 65-69

1. Charles Hayden - TX	28-1
2. William Carman - MA	26-10
3. Donald Hull - FL	25-6 1/4
4. Thomas Thorne - MD	23-8

MEN 70-74

1. Gilberto Gonzalez - PR	*28-9 1/4
2. Fred White - TX	26-4 3/4
3. Robert Detweiler - I	19-9 1/4

MEN 80-84

1. Benjamin Fox - AZ	**22-7 3/4
2. Konrad Boas - FL	19-7
3. Arling Pitcher - IN	18-1 1/4

TRIPLE JUMP

WOMEN 35-39

1. Phil Raschker - GA	31-4 1/4
2. Kathy Pierce - NY	20-1 1/4

WOMEN 40-44

1. Pamela Calvert - MD	*31-1
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WOMEN 50-54

1. Christel Miller - CA	25-11 1/4
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WOMEN 55-59

1. Shirley Kinsey - CA	21-1 1/4
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SHOT PUT

MEN 30-34

1. Fred Ruterbusch - NY	*49-11 1/4
2. Patrick Burns - WI	46-5
3. Jeffrey Baly - LA	42-7 1/4
4. Michael Lauderdale -	38-0

MEN 35-39

1. John Stuart - TX	*50-5 1/4
2. Jim Accardi - AL	38-5 1/4

MEN 40-44

1. Edward Hill - AL	*52-10 3/4
2. Brill Stuart - TX	45-5
3. Ed Mooney - TX	40-7

MEN 45-49

1. Danny Roberts - TX	*47-8 1/4
2. Richard Hotchkiss - CA	43-1
3. Carl Klehm - IL	38-1 1/4
4. Brian McKenna - NY	37-1
5. John White - CA	33-3 1/4
6. Charles Jurden - TX	31-6
7. Joe Beckham - KS	28-8 3/4

MEN 50-54

1. Stewart Thomson - CA	*48-4 3/4
2. Tom Wesselowski - KS	47-2 1/4
3. Phil Brady - CO	44-6 1/4
4. Lawrence Spear - OH	42-5 1/4

5. Thomas Henderson - NJ	41-7 1/4
6. Bob Kemp - IL	39-6
7. Phil Mulkey - GA	37-3 1/4
8. Manuel Rivas - GA	36-6

Men 55-59

1. Phillip Brusca - MD	43-6 1/4
2. Jack Erickson - TX	42-11
3. William Garrahn - RI	38-2 1/4
4. David Halle - TN	34-8
5. Donald Grey - VA	23-11 1/4

MEN 60-64

1. Bob Richards - TX	44-3
2. William Walmeath - MI	43-0
3. James McCaleb - TN	35-8
4. Jacob Stein - KY	28-9 1/4

MEN 65-69

1. Ham Morningstar - MI	33-2 1/4
2. Donald Jull - FL	28-9 3/4
3. Charles Hayden - TX	27-9 3/4
4. Leonard Wray - OK	26-11 3/4
5. Thomas Thorne - MD	21-11 1/4

MEN 70-74

1. Robert Detweiler - PA	24-7
2. Ed Boet - TX	21-8

MEN 75-79

1. Gordon Powell - FL	11-5 1/4
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MEN 80-84

1. Konrad Boas - FL	17-5
2. Arling Pitcher - IN	16-9 3/4

SHOT PUT

WOMEN 30-34

1. Hilary White - CA	21'4"
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WOMEN 35-39

1. Lurline Struppeck - LA	*33'9 1/4"
2. Kathy Pierce - NY	*30'10"
3. Phil Raschker - GA	*24'6 1/4"

WOMEN 50-54

1. Christel Miller - CA	31'3 1/4"
2. Anne Cirvinick - NY	30'10 3/4"

WOMEN 55-59

1. Bernice Holland - OH	*32'4 1/4"
2. Shirley Kinsey - CA	*30'7"
3. Katie Jacey - CA	*25'7 1/4"

WEIGHT THROW

MEN 30-34

1. Michael Lauderdale - LA	39-2
2. Patrick Burns - WI	35-3

MEN 35-39

1. Ron Salvio - NJ	30-5
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MEN 40-44

1. Edward Hill - AL	54-10
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MEN 45-49

1. Danny Roberts - TX	39-2
2. Brian McKenna - NY	38-8
3. Carl Klehm - IL	37-10
4. John White - CA	37-5
5. Julian Arana - IL	35-9

MEN 50-54

1. Stewart Thomson - CA	50-8
2. Thomas Henderson - NJ	35-4
3. Tom Wesselowski - KS	34-3
4. Bob Kemp - IL	23-6

MEN 55-59

1. Phillip Brusca - MD	30-6
2. David Halle - TN	26-8

MEN 60-64

1. William Walmorth - MI	48-11
2. Bob Richards - TX	45-11
3. Jacob Stein - KY	35-6

MEN 65-69

1. Ham Morningstar - MI	31-5
2. Donald Hull - FL	27-7

MEN 70-74

1. Nolan Fowler - PA	*40-10
2. Robert Detweiler - TN	29-3

WEIGHT THROW

WOMEN 35-39

1. Kathy Pierce - NY	22-0
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* MEET Record

**WORLD Record

EAST

Greater Rochester TC All-Comers Meets
Rochester, N.Y.

January 5

45m	
W40+B Stewart	7.3
M30 G Bennett	6.0
T Herman	6.1
M40 J Lyda	6.3
K Wade	6.9

200m

W30 N Oshier	33.1
M Terziani	35.8
B May	36.3
M30 E Pettinella	25.9
T Cappella	26.8
J Hopf	29.2
M40 J Lyda	29.0
K Wade	34.0

400m

W30 N Oshier	70.3
M Terziani	75.7
B May	76.8
M30 E Pettinella	57.4
T Cappella	57.9
D Ladd	59.5
M40 J Lyda	62.1

3000m

W30 J Thomas	10:53.1
M Terziani	11:20.4
M30 M Hoban	9:03
J Contario	9:30
C Peller	9:57
M40 J Ferris	9:37
D Winn	9:46
B Miller	10:59

Long Jump

M30 T Herman	17-6
M40 J Lyda	14-10 1/2
K Wade	12-7 1/2

High Jump

M30 J Contario	4-8
Shot Put	
M30 F Ruterbusch	46-6 1/2
H Michaloski	33-6 1/4

February 23

45m	
M30 G Bennett	6.0
T Herman	6.1
J Rumbold	6.3
M40 J Lyda	6.2
T Broucker	6.4

300m

M30 T Cappella	41.2
D Ladd	42.6
G Bennett	44.8
M40 J Lyda	43.1
T Broucker	44.7
J Palmeri	45.0

500m

M30 T Cappella	1:14.0
D Ladd	1:16.0
M Guisti	1:20.6
M40 J Palmeri	1:19.0
T Broucker	1:20.0

3000m

M30 J Pacourck	9:26
T Conoglio	10:02
T Cappella	10:35
M40 B Dattola	10:40
M50+B Pow	12:59

Long Jump

M30 T Herman	18-3
M40 Lyda	14-9 1/2
T Broucker	13-9

Shot Put

M30 H Michaloski	33-5
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March 2

45m	
W40+B Stewart	7.7
M30 H Hudson	5.8
G Johnson	6.3
M Guisti	6.4
M40 J Lyda	6.2
T Broucker	6.6
L Loewenguth	7.0

600m

M30 T Cappella	1:35.1
M Guisti	1:47.4
G Johnson	1:53.3
M40 T Broucker	1:41.3
B Epstein	1:53.6

1000m

M30 T Serafin	2:46.0
T Cappella	3:06.4
M40 J Palmeri	3:16.2
B Dattola	3:17.3

3000m

M30 D Todd	11:57
M40 B Dattola	10:40
M50+B Cloos	10:43
B Pow	13:15

3228m Relay

M40 Epstein, Dattola, Cloos, Palmeri	10:57.2
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High Jump

M30 G Johnson	5-2
H Michaloski	4-2
M40 J Loewenguth	4-2

Shot Put

M30 H Michaloski	32-11 1/2
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1986 TAC National Masters Indoor Pentathlon Championships
Catonsville, Maryland
February 2, 1986

	RH	LJ	SP	HJ	1,000	AFSS POINTS
M30-34						
1. Jeff Watry (N.Y.)	8.5	5.87	10.02	1.97	2:50.5	3,103*
2. Rich Watson (Tex.)	9.3	5.10	10.73	1.57	3:01.0	2,395
3. Steve Suto (N.Y.)	8.9	5.11	11.35	1.72	3:43.0	2,263

M35-39

1. Mike Carroll (Md.)	8.4	5.88	10.05	1.72	3:18.4	2,958
2. Tom VanAuker (N.Y.)	9.4	4.77	8.44	1.34	2:48.6	2,423

M40-44

1. Bill Smith (Pa.)	8.4	5.83	10.56	1.62	3:27.5	3,089
2. Don Boyer (Md.)	11.1	4.37	7.92	1.29	2:57.6	2,128

M45-49

1. Chuck Miller (Tex.)	9.0	4.92	8.50	1.55	3:53.4	2,741
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M50-54

1. Jack Gilmore	9.5	4.93	10.50	1.55	3:18.8	3,499
2. Jerry Welbourne (Md.)	10.5	4.28	10.59	1.35	4:12.6	2,562

M55-59

1. Buck Bradberry (Al.)	8.7	5.10	9.95	1.45	3:55.1	3,690*
2. Bill Gentry	9.8	4.27	7.92	1.45	3:55.9	3,032
3. George Taylor (Del.)	10.8	3.62	8.58	1.20	4:14.8	2,374
4. Arthur Harris	12.4	3.50	9.25	1.25	DNF	1,926

M60-64

1. Boo Marcus (Al.)	10.1	4.30	11.49	1.40	3:52.1	3,696
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F35-39

1. Marion Peirce (N.Y.)	10.7	3.61	9.20	1.17	2:56.5	1,290
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*meet records

Western Pennsylvania Track Club
Masters Championships Feb. 6,
1986 - Slippery Rock University

50yd High Hurdles

30-39 39"

Continued from previous page

70-79
1 Don Ernst 76 WF 13:27.4
WOMEN 50-59
1 Kileen Smith 56 UN 12:37.5

2 MILE WOMEN

30-39
1 Sherry Fischer 30 WF 13:35.2
40-49
1 Georgetown Lacey 48 WF 14:18.7

3 MILE MEN

40-49
1 Bill Wise 43 WF 16:11.2
50-59
1 Jim Lacey 51 WF 16:54.6
2 Sam Sindermon 52 WF ?
3 Rocky Taylor 52 WF 22:33.0
60-69
1 Fran Albaugh 63 WF 19:54.5
2 Bussy Hood 61 O.H. 22:17

MILE RELAY MEN

30-39
1 YOUNGSTOWN RR 4:02.9
2 WEST PENN TC 4:34.7
3 MERCER COUNTY TC 4:48.0
WOMEN 30-39
1 YOUNGSTOWN RR 6:13.0

HIGH JUMP MEN

30-39
1 Bill Worling 31 O.H. 5'8"
2 Dev Lemster 39 WF 4'8"
3 Jeff Carson 38 O.H. 3'8"
40-49
1 Barry Kline 45 WF 5'0"
2 Jon Ragland 49 O.H. 4'10"
3 C Bartholomew 46 MC 3'10"
60-69
1 Denver Smith 60 O.H. 4'2"

POLY VAULT MEN

40-49
1 Ed Hoyle 49 WF 13'6"
WORLD RECORD
2 Paul Richards 47 SAC 13'4"

SHOT PUT

Men
30-39
1 Stan De Boer 38 WF 43'11.4"
2 Norm Bower 37 O.H. 41'6.4"
3 Bill DeBoer 35 WF 41'3"
40-49
1 Jim Pauli 42 WF 37'6"
2 Pete Hoyt 45 WF 34'10"
3 Jim Kanko 46 UN 33'3"
4 Dan Williamson 42 UN 32'10"
5 Jon Ragland 49 O.H. 30'9.4"
6 LeRoy McClain 47 O.H. 28'11"
50-59
1 Dick Mann 53 O.H. 31'9.4"
60-69
1 Denver Smith 60 O.H. 42'1.4"
2 Fred Weiland 66 WF 25'6"
WOMEN
40-49
1 Jane Kanko 46 UN 24'6.4"
50-59
1 Bernice Holland 58 UN 32'4.4"

NATIONAL RECORD

35 lb Wt. MEN
30-39
1 Norm Bower 37 O.H. 46'3"
40-49
1 Jim Pauli 42 WF 40'4"
2 Pete Hoyt 45 WF 41'7"
50-59
1 Dick Mann 53 O.H. 37'5"

56Lb Wt. Exhibition

30-39
1 Norm Bower 37 O.H. 27'
40-49
1 Jim Pauli 42 WF 27'9"
2 Pete Hoyt 45 WF 26'4.4"
50-59
1 Dick Mann 53 O.H. 23'2"

TEAM SCORES

30-39 Men
1 West Penn TC (WF) 30
2 Youngstown RR (IT) 25
3 Over the Hill (OTH) 19
4 Mercer County (MC) 2
40-49 Men
1 West Penn 39
2 Over the Hill 26
3 Youngstown 6
4 Shore AC (SAC) 3
5 Mercer County TC 1

50-59 Men
1 West Penn 51
2 Over the Hill 18
60+
1 Over the Hill 51
2 West Penn 35

WOMEN
1 West Penn TC 30
2 Youngstown RR 25
3 Over the Hill 13

Philadelphia Masters T & F Assoc.
Indoor Championships
Haverford, Pa.; March 1, 1986

55m hurdles

M30 Ralph Penn 08.2
M35 Taylor Tunstall 10.7

M50 Bill Clark 08.6

M55 Bill Townsend 10.3

Gene Kelly 10.3

George Taylor 12.2

M60 Ed Lukens 10.0

M70+ Claude Hills 12.0

55m

M30 Al Harden 06.8

M35 Alfonzo Walton 06.6

William Corsey 07.0

Tom Henderson 07.3

M40 Frank Dodson 07.7

M45 Robert Williams 06.8

Jim Bantum 06.8

Bob Stanford 07.0

Roosevelt Weaver 07.2

Dhamiri Abayomi 07.3

D.J. Donald 07.5

M50 John Snell 07.2

Bill Clark 07.3

Bob Keegan 07.4

Stan Derry 08.0

Jay Schiavello dnf

M55 Bill Townsend 08.0

Art Harris 09.4

M60 Ed Lukens 07.8

Oscar Harris 08.1

M65 Dave Hall 08.9

M70+ Claude Hills 09.1

Donald Ernst 10.2

Bob Detweiler 11.5

300m

M30 Ralph Penn 37.7

Al Harden 39.5

M35 Alfonzo Walton 37.3

Ronald McDonald 38.8

Ben Lewis 39.1

Tom Henderson 40.6

Taylor Tunstall 41.7

Ken Smith dnf

M40 Tom O'Hara 39.8

Jim Gross dnf

M45 Robert Williams (e) 37.9

Edward Small 38.3

Dhamiri Abayomi 38.7

Robert Stanford 38.8

Jim Hodge 41.5

Haig Bohigian 46.2

Bob Coleman 50.1

M50 John Clark 43.5

John Snell 45.8

Ray Straining 46.0

M55 Earl Summers 45.8

Gene Kelly 47.6

M60 Oscar Harris 48.9

John McCarthy 51.6

Don Harris 52.0

M70+ Claude Hills 59.2

W40 Ingrid Cantarella 54.8

500m

M30 Larry Williams 1:17.1

M35 Marc Anderson 1:09.8

Tim Dickens 1:13.2

Ronald McDonald 1:13.2

Greg Ogle dnf

M40 Tom O'Hara n.t.

Jim Gross 1:17.2

Bob Fuhrman 1:21.2

M45 Edward Small 1:13.1

Jim Hodge 1:15.3

M50 John Blood 1:26.3

Ray Straining 1:30.7

M55 Kelsey Brown 1:21.6

Earl Summers 1:22.8

M60 John McCarthy 1:39.1

Don Harris 1:45.7

Jerry Kauffman 1:48.4

M65 Dave Hall 1:59.1

1000m

M30 Axel Brathole 2:45.4

Seth Okrend 2:49.6

M40 Moses Mayfield 2:53.3

Charley Carey 3:14.7

M45 Haig Bohigian 3:25.8

M60 John McCarthy 3:57.7

1 mile

M30 Jim Schlentz 4:43.9
Bill Blair 4:59.1
John Odell 6:04.0

M35 Walter Hawkins 4:37.8

Jim Shank 4:42.5

Gary Tompkins 4:46.6

John Buhring 4:54.2

Bob Richey 5:08.8

George Sanders n.t.

M40 Moses Mayfield 4:52.0

Charley Carey 5:06.2

Roger Jones 6:03.7

M45 Bob Coleman 5:19.7

Richard Felicione 5:55.5

Dennis Fox 7:44.9

M50 Phil Steel 5:46.1

Harold Williams 7:24.1

M55 Dan Ross 6:49.3

M60 Jerry Kauffman (e) 6:38.0

W30 Linda Richey 6:19.9

Helen Price 6:21.9

Robin Rosenbloom 7:41.5

W35 Nancy Ott 6:13.8

1 mile walk

M40 Bob Jennings 8:14.2

Jai Singh 11:26.1

M45 Morton Hahn 13:16.4

M70+ Claude Hills 11:19.6

Albert Sabaroff 12:59.6

Donald Ernst 13:00.8

3000m

M30 John Emswiler 9:18.1

Jim Schlentz 9:24.7

Rick Massaro 9:43.0

Bill Blair 10:53.5

M35 Bob Richey 10:56.3

M40 Moses Mayfield 9:34.9

Charley Carey 10:44.6

Bob Jennings 12:01.1

M50 Harold Williams 14:28.3

W30 Linda Richey 12:29.3

pole vault

M30 Brad Hall 13-0

M35 Skip Peterson 13-0

M40 Jeff Tindall 10-0

M50 David Martin 8-0

M55 George Taylor 7-0

M70+ Claude Hills 6-6

high jump

M35 Robert Schaible 5-4

William Corsey 5-4

Taylor Tunstall 4-10

M40 Robert Fritz 4-10

M45 Morton Hahn 4-2

M50 Walt Hutchins 5-4

J. Rothrock 4-8

M55 Art Harris 4-2

M60 Ed Lukens 4-4

M70+ Claude Hills 4-2

Bob Detweiler 3-7

long jump

M30 Larry Williams 17-1 1/2
M35 William Corsey 19-3 1/4
Taylor Tunstall 17-7

Tom Henderson 16-7 3/4

Mike Owens 15-9

M40 Robert Fritz 15-9

M45 Morton Hahn 9-11 1/2

M50 Bill Clark 17-4 1/4

John Snell 15-11 1/4

Pay Carstensen 15-6 1/4

David Martin 15-6 1/4

J. Rothrock 14-11 1/4

Jay Schiavello 14-5 3/4

M55 Bill Townsend 14-9 1/4

George Taylor 12-8 1/4

Art Harris 11-10 3/4

M60 Ed Lukens 15-9

Oscar Harris 14-1 3/4

M65 Gene Wood 9-7 1/4

M70+ Claude Hills 11-9

Bob Detweiler 8-9 3/4

triple jump

M35 Taylor Tunstall 36-9 1/2

M40 Robert Fritz 30-8

M45 Morton Hahn 20-5 1/2

M50 Bill Clark 33-7

Pay Carstensen 33-3 3/4

David Martin 29-9 1/2

M55 Bill Townsend 31-8 1/2

George Taylor 23-7

M60 Ed Lukens 33-9

M70+ Claude Hills 25-0

Bob Detweiler 18-4

Shot Put

M30 John Frizalone 14.00m

Tom Lacey 13.98m

M35 James Keys 14.10m

Paul Corrigan 11.17m

M40 Larry Pratt 13.37m

Robert Fritz 10.93m

Jai Singh 9.77m

M45 Bill Simon 10.39m

M50 Tom Henderson 13.45m

J. Rothrock 12.91m

Ray Feick 12.89m

Pay Carstensen 12.65m

Stan Derry 9.17m

M55 Art Harris 9.71m

George Taylor 8.91m

Dan Ross 6.45m

M65 Gene Wood 10.12m

M70+ Bob Detweiler 8.20m

W30 Robin Rosenbloom 7.88m

W40 Laurie Rothrock 7.31m

B. Fritz 5.21m

W50 Anna Cirulnick 9.57m

Joan Dash 8.75m

SOUTHEAST

Gold Coast Weight Pentathlon
Atlantic Community School Delray Beach, Florida 3-9-86

		Disc	Shot	Jav	Hamm	Wt Thr	Score
Ray Henry	28	27.60 418.5	11.04 535	36.08 443	19.78 134	8.44 341	1871
Karl Foose	56	21.78 307.5	8.27 327	22.60 354	18.37 140	DNF 0	1134
Len Olson	51	42.70 788	13.17 676	36.80 648	44.23 619.5	11.77 786	3517
C. Fraundorfer	51	40.35 741	12.37 697	25.80 427	44.85 629	11.61 773	3267
Ray Howland	56	20.89 303	7.9 377	23.93 410	8.55 0	DNF 0	1090
Boo Morecom	64	40.18 753.5	11.37 618	29.13 594	33.20 583	9.44 542	3090
Andy Jones	67	37.46 752	13.41 813	32.08 716	29.83 558	10.31 671	3510
H. Morningstar	69	30.77 634	11.17 690.5	28.83 681	32.27 630.5	8.66 659	3295
Stan Laski	69	27.69 555	9.55 563	24.04 560.5	46.33 873	8.06 516	3067
Pete Gulgin	70	40.43 879	11.17 708.5	24.31 587	29.72 594.5	8.37 564	3333
Phil Partridge	71	30.20 722.5	8.35 547.5	21.46 584	30.44 668.5	8.35 648	3170
Bernie Gordon	76	14.53 261.5	5.46 282	DNF 0	17.83 398	DNF DNF	946

Continued from previous page

Sprint Medley Relay

M35 Ann Arbor TC 4:03.02
Over The Hill 4:06.00
M45 Over The Hill 4:41.00
M55 Over The Hill 7:13.64

Mile Relay

M35 Ann Arbor TC 4:01.15

High Jump

M30 Werling 5-10
M35 Morgan 5-4
Young 4-8
M40 Harvey 5-0
M45 Ramlow 5-0
Ragland 4-10
Gailley Sr 4-10
M50 Ware 4-10
Alexander 4-10
M55 Robinson 4-4
M60 Hirsimaki 4-8
Roudebush 4-0
M65 Morningstar 4-4
Wilson 4-0
M70 Mlotek 3-6
M80 Pitcher 3-6
Hosack 3-6
M45 Kea 4-2

Pole Vault

M35 Trotter 10-6
M45 Hoyle 12-6
M60 Smith 8-6
Hirsimaki 8-0
Roudebush 5-6
M65 Morningstar 7-6
M80 Pitcher 5-6

Shot Put

M30 Alexander 34-8
M35 Kaye 43-7
Bower 41-11
Morgan 35-0
M40 Harvey 38-8½
Pauli 36-10
Pearce 34-11
M45 Herrala 38-3½
Ramlow 36-4
Ragland 28-11
M50 Spear 44-1
M55 Johnson 34-10
Robinson 32-1
M60 Smith 40-9½
Hirsimaki 40-8
M65 Morningstar 38-11
Taylor 26-1
M70 Mlotek 23-8½
M80 Hosack 21-0
Pitcher 18-12
W45 Smith 17-3
W60 Smith 19-10

Weight Throw 25#

M80 Hosack 17-10
W35 Chadbourne 23-5½
W55 Holland 20-8

Weight Throw 35#

M35 Bower 47-2½
Kaye 36-11
M40 Pauli 42-1½
Harvey 31-10
M45 Herrala 27-10
Peets 25-11
Ramlow 23-8½
M50 Chadbourne 46-4½
M55 Mann 33-1
M80 Hosack 13-7½

Weight Throw 56#

M35 Bower 28-1½
Kaye 23-6
M40 Pauli 25-11
Pearce 22-0
M45 Peets 19-1
M50 Chadbourne 26-8
M55 Mann 20-3

Team Scores

M30 Over The Hill 51
Ann Arbor 46
M40 Over The Hill 54
Ann Arbor 30
M50 Over The Hill 75
Allegheny NIKE 18
M60 Over The Hill 31
Findlay TC 13
M70 Over The Hill 53
Hoosier TC 18
F30 Over The Hill 25
Ann Arbor TC 10

The Athletes Foot Masters Indoor Meet - 1986

Rock Island, Ill.; February 1

60-YARD RUN 30-34 1. Robert Zahn 6.68 2. Norman Alibritton 6.72 3. Envo DeWitt 6.74 4. Michael Jackson 7.07	40-44 1. Frank Davis 10:43.14 2. Paul Anzell 10:43.73 3. Larry Voss 11:04.70 4. Willie Taylor 11:35.33 5. Nick VanDuzee 11:49.74	50-54 1. George Rajcevic 15:03.50 2. Jerry Stanners 15:03.50 3. Jean Roeder 14:39.67	1-MILE RUN 30-34 1. Steve Wagner 5:13.70 2. Trenton Wright 5:29.41 3. Richard Martens 5:31.86 4. Dale Saline 5:31.86	60-69 1. John Mess 7.22 2. Noel Prussman 7.28 3. Dave Eidahl 7.45 4. Dennis Kerschler 7.49 5. Merle Norberg 7.83 6. Jim McCrady 7.83	40-44 1. Frank Davis 4:51.50 2. Paul Anzell 4:58.21 3. Nick VanDuzee 5:34.40	50-54 1. Jim Dice 5:48.45 2. Jerry Stanners 5:48.87	60-69 1. Charles Clippard 7.75 2. Wilbur Ragland 8.75	70-79 1. Madelec Blake 9.80 2. Afling Pitcher 9.92 3. Over 19.65 4. Penny Danielson 9.16	300-YARD RUN 30-34 1. Michael Jackson 37.31 2. Norman Alibritton 37.36 3. Mike Bayles 49.57	40-44 1. Noel Prussman 38.95 2. Ed Dow 51.13	50-54 1. James Ware 40.49 2. Ross Curtis 48.26	60-69 1. Bill Harper 50.54 2. Wilbur Ragland 51.96	440-YARD RUN 30-34 1. Scott Stevens 59.90 2. Mark McConeghey 1:04.26 3. Mike Bayles 1:16.94	35-39 1. Gene Scott 1:04.40 2. Ron Lamar 1:07.16 3. Roger Carlisle 1:10.18	40-44 1. Ed Dow 1:26.65 2. Jim McCrady 1:27.64	45-49 1. Bruce Davis 1:07.15 2. Ron Rothert 1:20.37	50-54 1. Jim Ware 1:08.84 2. Ross Curtis 1:16.87	55-59 1. Bill Harper 1:17.23 2. George Rajcevic 1:21.58	60-69 1. Madelec Blake 1:28.65 2. Buck McConeghey 1:40.34	WOMEN 30-34 1. Jean Roeder 1:21.05 2. Connie Short 1:17.74	800-YARD RUN 30-34 1. Steve Wagner 2:22.80 2. Richard Martens 2:38.77 3. Dale Saline 2:57.72	40-44 1. Dennis Kerschler 2:24.06 2. Robert Beinertson 2:40.61 3. Jim McCrady 2:40.01	45-49 1. Bruce Davis 2:39.25 2. Ron Rothert 3:07.12	50-54 1. Jim Dice 2:41.99 2. James Ware 2:53.70	55-59 1. Bill Harper 3:06.57 2. Madelec Blake 3:30.32 3. Warren Wiggins 3:53.72	WOMEN 30-34 1. Jean Roeder 3:06.58 2. Dan Connor 4:28.18 3. Rich Fuller 4:29.85 4. Doug Sand 4:32.12	2-MILE RUN 30-34 1. Steve Wagner 12:07.31 2. Jon Arnold 10:45.00 3. Vaughan Eddy 11:07.00	3-MILE RUN 30-34 1. Brad Onken 4:25.37 2. Jon Datz 4:26.09 3. Dan Connor 4:28.18 4. Rich Fuller 4:29.85 5. Doug Sand 4:32.12	4-MILE RUN 30-34 1. Brad Onken 4:25.37 2. Jon Datz 4:26.09 3. Dan Connor 4:28.18 4. Rich Fuller 4:29.85 5. Doug Sand 4:32.12	5-MILE RUN 30-34 1. Brad Onken 4:25.37 2. Jon Datz 4:26.09 3. Dan Connor 4:28.18 4. Rich Fuller 4:29.85 5. Doug Sand 4:32.12	6-MILE RUN 30-34 1. Brad Onken 4:25.37 2. Jon Datz 4:26.09 3. Dan Connor 4:28.18 4. Rich Fuller 4:29.85 5. Doug Sand 4:32.12	7-MILE RUN 30-34 1. Brad Onken 4:25.37 2. Jon Datz 4:26.09 3. Dan Connor 4:28.18 4. Rich Fuller 4:29.85 5. Doug Sand 4:32.12	8-MILE RUN 30-34 1. Brad Onken 4:25.37 2. Jon Datz 4:26.09 3. Dan Connor 4:28.18 4. Rich Fuller 4:29.85 5. Doug Sand 4:32.12	9-MILE RUN 30-34 1. Brad Onken 4:25.37 2. Jon Datz 4:26.09 3. Dan Connor 4:28.18 4. Rich Fuller 4:29.85 5. Doug Sand 4:32.12	10-MILE RUN 30-34 1. Brad Onken 4:25.37 2. Jon Datz 4:26.09 3. Dan Connor 4:28.18 4. Rich Fuller 4:29.85 5. Doug Sand 4:32.12	11-MILE RUN 30-34 1. Brad Onken 4:25.37 2. Jon Datz 4:26.09 3. Dan Connor 4:28.18 4. Rich Fuller 4:29.85 5. Doug Sand 4:32.12	12-MILE RUN 30-34 1. Brad Onken 4:25.37 2. Jon Datz 4:26.09 3. Dan Connor 4:28.18 4. Rich Fuller 4:29.85 5. Doug Sand 4:32.12	13-MILE RUN 30-34 1. Brad Onken 4:25.37 2. Jon Datz 4:26.09 3. Dan Connor 4:28.18 4. Rich Fuller 4:29.85 5. Doug Sand 4:32.12	14-MILE RUN 30-34 1. Brad Onken 4:25.37 2. Jon Datz 4:26.09 3. Dan Connor 4:28.18 4. Rich Fuller 4:29.85 5. Doug Sand 4:32.12	15-MILE RUN 30-34 1. Brad Onken 4:25.37 2. Jon Datz 4:26.09 3. Dan Connor 4:28.18 4. Rich Fuller 4:29.85 5. Doug Sand 4:32.12	16-MILE RUN 30-34 1. Brad Onken 4:25.37 2. Jon Datz 4:26.09 3. Dan Connor 4:28.18 4. Rich Fuller 4:29.85 5. Doug Sand 4:32.12	17-MILE RUN 30-34 1. Brad Onken 4:25.37 2. Jon Datz 4:26.09 3. Dan Connor 4:28.18 4. Rich Fuller 4:29.85 5. Doug Sand 4:32.12	18-MILE RUN 30-34 1. Brad Onken 4:25.37 2. Jon Datz 4:26.09 3. Dan Connor 4:28.18 4. Rich Fuller 4:29.85 5. Doug Sand 4:32.12	19-MILE RUN 30-34 1. Brad Onken 4:25.37 2. Jon Datz 4:26.09 3. Dan Connor 4:28.18 4. Rich Fuller 4:29.85 5. Doug Sand 4:32.12	20-MILE RUN 30-34 1. Brad Onken 4:25.37 2. Jon Datz 4:26.09 3. Dan Connor 4:28.18 4. Rich Fuller 4:29.85 5. Doug Sand 4:32.12	21-MILE RUN 30-34 1. Brad Onken 4:25.37 2. Jon Datz 4:26.09 3. Dan Connor 4:28.18 4. Rich Fuller 4:29.85 5. Doug Sand 4:32.12	22-MILE RUN 30-34 1. Brad Onken 4:25.37 2. Jon Datz 4:26.09 3. Dan Connor 4:28.18 4. Rich Fuller 4:29.85 5. Doug Sand 4:32.12	23-MILE RUN 30-34 1. Brad Onken 4:25.37 2. Jon Datz 4:26.09 3. Dan Connor 4:28.18 4. Rich Fuller 4:29.85 5. Doug Sand 4:32.12	24-MILE RUN 30-34 1. Brad Onken 4:25.37 2. Jon Datz 4:26.09 3. Dan Connor 4:28.18 4. Rich Fuller 4:29.85 5. Doug Sand 4:32.12	25-MILE RUN 30-34 1. Brad Onken 4:25.37 2. Jon Datz 4:26.09 3. Dan Connor 4:28.18 4. Rich Fuller 4:29.85 5. Doug Sand 4:32.12	26-MILE RUN 30-34 1. Brad Onken 4:25.37 2. Jon Datz 4:26.09 3. Dan Connor 4:28.18 4. Rich Fuller 4:29.85 5. Doug Sand 4:32.12	27-MILE RUN 30-34 1. Brad Onken 4:25.37 2. Jon Datz 4:26.09 3. Dan Connor 4:28.18 4. Rich Fuller 4:29.85 5. Doug Sand 4:32.12	28-MILE RUN 30-34 1. Brad Onken 4:25.37 2. Jon Datz 4:26.09 3. Dan Connor 4:28.18 4. Rich Fuller 4:29.85 5. Doug Sand 4:32.12	29-MILE RUN 30-34 1. Brad Onken 4:25.37 2. Jon Datz 4:26.09 3. Dan Connor 4:28.18 4. Rich Fuller 4:29.85 5. Doug Sand 4:32.12	30-MILE RUN 30-34 1. Brad Onken 4:25.37 2. Jon Datz 4:26.09 3. Dan Connor 4:28.18 4. Rich Fuller 4:29.85 5. Doug Sand 4:32.12	31-MILE RUN 30-34 1. Brad Onken 4:25.37 2. Jon Datz 4:26.09 3. Dan Connor 4:28.18 4. Rich Fuller 4:29.85 5. Doug Sand 4:32.12	32-MILE RUN 30-34 1. Brad Onken 4:25.37 2. Jon Datz 4:26.09 3. Dan Connor 4:28.18 4. Rich Fuller 4:29.85 5. Doug Sand 4:32.12	33-MILE RUN 30-34 1. Brad Onken 4:25.37 2. Jon Datz 4:26.09 3. Dan Connor 4:28.18 4. Rich Fuller 4:29.85 5. Doug Sand 4:32.12	34-MILE RUN 30-34 1. Brad Onken 4:25.37 2. Jon Datz 4:26.09 3. Dan Connor 4:28.18 4. Rich Fuller 4:29.85 5. Doug Sand 4:32.12	35-MILE RUN 30-34 1. Brad Onken 4:25.37 2. Jon Datz 4:26.09 3. Dan Connor 4:28.18 4. Rich Fuller 4:29.85 5. Doug Sand 4:32.12	36-MILE RUN 30-34 1. Brad Onken 4:25.37 2. Jon Datz 4:26.09 3. Dan Connor 4:28.18 4. Rich Fuller 4:29.85 5. Doug Sand 4:32.12	37-MILE RUN 30-34 1. Brad Onken 4:25.37 2. Jon Datz 4:26.09 3. Dan Connor 4:28.18 4. Rich Fuller 4:29.85 5. Doug Sand 4:32.12	38-MILE RUN 30-34 1. Brad Onken 4:25.37 2. Jon Datz 4:26.09 3. Dan Connor 4:28.18 4. Rich Fuller 4:29.85 5. Doug Sand 4:32.12	39-MILE RUN 30-34 1. Brad Onken 4:25.37 2. Jon Datz 4:26.09 3. Dan Connor 4:28.18 4. Rich Fuller 4:29.85 5. Doug Sand 4:32.12	40-MILE RUN 30-34 1. Brad Onken 4:25.37 2. Jon Datz 4:26.09 3. Dan Connor 4:28.18 4. Rich Fuller 4:29.85 5. Doug Sand 4:32.12	41-MILE RUN 30-34 1. Brad Onken 4:25.37 2. Jon Datz 4:26.09 3. Dan Connor 4:28.18 4. Rich Fuller 4:29.85 5. Doug Sand 4:32.12	42-MILE RUN 30-34 1. Brad Onken 4:25.37 2. Jon Datz 4:26.09 3. Dan Connor 4:28.18 4. Rich Fuller 4:29.85 5. Doug Sand 4:32.12	43-MILE RUN 30-34 1. Brad Onken 4:25.37 2. Jon Datz 4:26.09 3. Dan Connor 4:28.18 4. Rich Fuller 4:29.85 5. Doug Sand 4:32.12	44-MILE RUN 30-34 1. Brad Onken 4:25.37 2. Jon Datz 4:26.09 3. Dan Connor 4:28.18 4. Rich Fuller 4:29.85 5. Doug Sand 4:32.12	45-MILE RUN 30-34 1. Brad Onken 4:25.37 2. Jon Datz 4:26.09 3. Dan Connor 4:28.18 4. Rich Fuller 4:29.85 5. Doug Sand 4:32.12	46-MILE RUN 30-34 1. Brad Onken 4:25.37 2. Jon Datz 4:26.09 3. Dan Connor 4:28.18 4. Rich Fuller 4:29.85 5. Doug Sand 4:32.12	47-MILE RUN 30-34 1. Brad Onken 4:25.37 2. Jon Datz 4:26.09 3. Dan Connor 4:28.18 4. Rich Fuller 4:29.85 5. Doug Sand 4:32.12	48-MILE RUN 30-34 1. Brad Onken 4:25.37 2. Jon Datz 4:26.09 3. Dan Connor 4:28.18 4. Rich Fuller 4:29.85 5. Doug Sand 4:32.12	49-MILE RUN 30-34 1. Brad Onken 4:25.37 2. Jon Datz 4:26.09 3. Dan Connor 4:28.18 4. Rich Fuller 4:29.85 5. Doug Sand 4:32.12	50-MILE RUN 30-34 1. Brad Onken 4:25.37 2. Jon Datz 4:26.09 3. Dan Connor 4:28.18 4. Rich Fuller 4:29.85 5. Doug Sand 4:32.12	51-MILE RUN 30-34 1. Brad Onken 4:25.37 2. Jon Datz 4:26.09 3. Dan Connor 4:28.18 4. Rich Fuller 4:29.85 5. Doug Sand 4:32.12	52-MILE RUN 30-34 1. Brad Onken 4:25.37 2. Jon Datz 4:26.09 3. Dan Connor 4:28.18 4. Rich Fuller 4:29.85 5. Doug Sand 4:32.12	53-MILE RUN 30-34 1. Brad Onken 4:25.37 2. Jon Datz 4:26.09 3. Dan Connor 4:28.18 4. Rich Fuller 4:29.85 5. Doug Sand 4:32.12	54-MILE RUN 30-34 1. Brad Onken 4:25.37 2. Jon Datz 4:26.09 3. Dan Connor 4:28.18 4. Rich Fuller 4:29.85 5. Doug Sand 4:32.12	55-MILE RUN 30-34 1. Brad Onken 4:25.37 2. Jon Datz 4:26.09 3. Dan Connor 4:28.18 4. Rich Fuller 4:29.85 5. Doug Sand 4:32.12	56-MILE RUN 30-34 1. Brad Onken 4:25.37 2. Jon Datz 4:26.09 3. Dan Connor 4:28.18 4. Rich Fuller 4:29.85 5. Doug Sand 4:32.12	57-MILE RUN 30-34 1. Brad Onken 4:25.37 2. Jon Datz 4:26.09 3. Dan Connor 4:28.18 4. Rich Fuller 4:29.85 5. Doug Sand 4:32.12	58-MILE RUN 30-34 1. Brad Onken 4:25.37 2. Jon Datz 4:26.09 3. Dan Connor 4:28.18 4. Rich Fuller 4:29.85 5. Doug Sand 4:32.12	59-MILE RUN 30-34 1. Brad Onken 4:25.37 2. Jon Datz 4:26.09 3. Dan Connor 4:28.18 4. Rich Fuller 4:29.85 5. Doug Sand 4:32.12	60-MILE RUN 30-34 1. Brad Onken 4:25.37 2. Jon Datz 4:26.09 3. Dan Connor 4:28.18 4. Rich Fuller 4:29.85 5. Doug Sand 4:32.12	61-MILE RUN 30-34 1. Brad Onken 4:25.37 2. Jon Datz 4:26.09 3. Dan Connor 4:28.18 4. Rich Fuller 4:29.85 5. Doug Sand 4:32.12	62-MILE RUN 30-34 1. Brad Onken 4:25.37 2. Jon Datz 4:26.09 3. Dan Connor 4:28.18 4. Rich Fuller 4:29.85 5. Doug Sand 4:32.12	63-MILE RUN 30-34 1. Brad Onken 4:25.37 2. Jon Datz 4:26.09 3. Dan Connor 4:28.18 4. Rich Fuller 4:29.85 5. Doug Sand 4:32.12	64-MILE RUN 30-34 1. Brad Onken 4:25.37 2. Jon Datz 4:26.09 3. Dan Connor 4:28.18 4. Rich Fuller 4:29.85 5. Doug Sand 4:32.12	65-MILE RUN 30-34 1. Brad Onken 4:25.37 2. Jon Datz 4:26.09 3. Dan Connor 4:28.18 4. Rich Fuller 4:29.85 5. Doug Sand 4:32.12	66-MILE RUN 30-34 1. Brad Onken 4:25.37 2. Jon Datz 4:26.09 3. Dan Connor 4:28.18 4. Rich Fuller 4:29.85 5. Doug Sand 4:32.12	67-MILE RUN 30-34 1. Brad Onken 4:25.37 2. Jon Datz 4:26.09 3. Dan Connor 4:28.18 4. Rich Fuller 4:29.85 5. Doug Sand 4:32.12	68-MILE RUN 30-34 1. Brad Onken 4:25.37 2. Jon Datz 4:26.09 3. Dan Connor 4:28.18 4. Rich Fuller 4:29.85 5. Doug Sand 4:32.12	69-MILE RUN 30-34 1. Brad Onken 4:25.37 2. Jon Datz 4:26.09 3. Dan Connor 4:28.18 4. Rich Fuller 4:29.85 5. Doug Sand 4:32.12	70-MILE RUN 30-34 1. Brad Onken 4:25.37 2. Jon Datz 4:26.09 3. Dan Connor 4:28.18 4. Rich Fuller 4:29.85 5. Doug Sand 4:32.12	71-MILE RUN 30-34 1. Brad Onken 4:25.37 2. Jon Datz 4:26.09 3. Dan Connor 4:28.18 4. Rich Fuller 4:29.85 5. Doug Sand 4:32.12	72-MILE RUN 30-34 1. Brad Onken 4:25.37 2. Jon Datz 4:26.09 3. Dan Connor 4:28.18 4. Rich Fuller 4:29.85 5. Doug Sand 4:32.12	73-MILE RUN 30-34 1. Brad Onken 4:25.37 2. Jon Datz 4:26.09 3. Dan Connor 4:28.18 4. Rich Fuller 4:29.85 5. Doug Sand 4:32.12	74-MILE RUN 30-34 1. Brad Onken 4:25.37 2. Jon Datz 4:26.09 3. Dan Connor 4:28.18 4. Rich Fuller 4:29.85 5. Doug Sand 4:32.12	75-MILE RUN 30-34 1. Brad Onken 4:25.37 2. Jon Datz 4:26.09 3. Dan Connor 4:28.18 4. Rich Fuller 4:29.85 5. Doug Sand 4:32.12	76-MILE RUN 30-34 1. Brad Onken 4:25.37 2. Jon Datz 4:26.09 3. Dan Connor 4:28.18 4. Rich Fuller 4:29.85 5. Doug Sand 4:32.12	77-MILE RUN 30-34 1. Brad Onken 4:25.37 2. Jon Datz 4:26.09 3. Dan Connor 4:28.18 4. Rich Fuller 4:29.85 5. Doug Sand 4:32.12	78-MILE RUN 30-34 1. Brad Onken 4:25.37 2. Jon Datz 4:26.09 3. Dan Connor 4:28.18 4. Rich Fuller 4:29.85 5. Doug Sand 4:32.12	79-MILE RUN 30-34 1. Brad Onken 4:25.37 2. Jon Datz 4:26.09 3. Dan Connor 4:28.18 4. Rich Fuller 4:29.85 5. Doug Sand 4:32.12	80-MILE RUN 30-34 1. Brad Onken 4:25.37 2. Jon Datz 4:26.09 3. Dan Connor 4:28.18 4. Rich Fuller 4:29.85 5. Doug Sand 4:32.12	81-MILE RUN 30-34 1. Brad Onken 4:25.37 2. Jon Datz 4:26.09 3. Dan Connor 4:28.18 4. Rich Fuller 4:29.85 5. Doug Sand 4:32.12	82-MILE RUN 30-34 1. Brad Onken 4:25.37 2. Jon Datz 4:26.09 3. Dan Connor 4:28.18 4. Rich Fuller 4:29.85 5. Doug Sand 4:32.12	83-MILE RUN 30-34 1. Brad Onken 4:25.37 2. Jon Datz 4:26.09 3. Dan Connor 4:28.18 4. Rich Fuller 4:29.85 5. Doug Sand 4:32.12	84-MILE RUN 30-34 1. Brad Onken 4:25.37 2. Jon Datz 4:26.09 3. Dan Connor 4:28.18 4. Rich Fuller 4:29.85 5. Doug Sand 4:32.12	85-MILE RUN 30-34 1. Brad Onken 4:25.37 2. Jon Datz 4:26.09 3. Dan Connor 4:28.18 4. Rich Fuller 4:29.85 5. Doug Sand 4:32.12	86-MILE RUN 30-34 1. Brad Onken 4:25.37 2. Jon Datz 4:26.09 3. Dan Connor 4:28.18 4. Rich Fuller 4:29.85 5. Doug Sand 4:32.12	87-MILE RUN 30-34 1. Brad Onken 4:25.37 2. Jon Datz 4:26.09 3. Dan Connor 4:28.18 4. Rich Fuller 4:29.85 5. Doug Sand 4:32.12	88-MILE RUN 30-34 1. Brad Onken 4:25.37 2. Jon Datz 4:26.09 3. Dan Connor 4:28.18 4. Rich Fuller 4:29.85 5. Doug Sand 4:32.12	89-MILE RUN 30-34 1. Brad Onken 4:25.37 2. Jon Datz 4:26.09 3. Dan Connor 4:28.18 4. Rich Fuller 4:29.85 5. Doug Sand 4:32.12	90-MILE RUN 30-34 1. Brad Onken 4:25.37 2. Jon Datz 4:26.09 3. Dan Connor 4:28.18 4. Rich Fuller 4:29.85 5. Doug Sand 4:32.12	91-MILE RUN 30-34 1. Brad Onken 4:25.37 2. Jon Datz 4:26.09 3. Dan Connor 4:28.18 4. Rich Fuller 4:29.85 5. Doug Sand 4:32.12	92-MILE RUN 30-34 1. Brad Onken 4:25.37 2. Jon Datz 4:26.09 3. Dan Connor 4:28.18 4. Rich Fuller 4:29.85 5. Doug Sand 4:32.12	93-MILE RUN 30-34 1. Brad Onken 4:25.37 2. Jon Datz 4:26.09 3. Dan Connor 4:28.18 4. Rich Fuller 4:29.85 5. Doug Sand 4:32.12	94-MILE RUN 30-34 1. Brad Onken 4:25.37 2. Jon Datz 4:26.09 3. Dan Connor 4:28.18 4. Rich Fuller 4:29.85 5. Doug Sand 4:32.12	95-MILE RUN 30-34 1. Brad Onken 4:25.37 2. Jon Datz 4:26.09 3. Dan Connor 4:28.18 4. Rich Fuller 4:29.85 5. Doug Sand 4:32.12	96-MILE RUN 30-34 1. Brad Onken 4:25.37 2. Jon Datz 4:26.09 3. Dan Connor 4:28.18 4. Rich Fuller 4:29.85 5. Doug Sand 4:32.12	97-MILE RUN 30-34 1. Brad Onken 4:25.37 2. Jon Datz 4:26.09 3. Dan Connor 4:28.18 4. Rich Fuller 4:29.85 5. Doug Sand 4:32.12	98-MILE RUN 30-34 1. Brad Onken 4:25.37 2. Jon Datz 4:26.09 3. Dan Connor 4:28.18 4. Rich Fuller 4:29.85 5. Doug Sand 4:32.12	99-MILE RUN 30-34 1. Brad Onken 4:25.37 2. Jon Datz 4:26.09 3. Dan Connor 4:28.18 4. Rich Fuller 4:29.85 5. Doug Sand 4:32.12	100-MILE RUN 30-34 1. Brad Onken 4:25.37 2. Jon Datz 4:26.09 3. Dan Connor 4:28.18 4. Rich Fuller 4:29.85 5. Doug Sand 4:32.12	101-MILE RUN 30-34 1. Brad Onken 4:25.37 2. Jon Datz 4:26.09 3. Dan Connor 4:28.18 4. Rich Fuller 4:29.85 5. Doug Sand 4:32.12	102-MILE RUN 30-34 1. Brad Onken 4:25.37 2. Jon Datz 4:26.09 3. Dan Connor 4:28.18 4. Rich Fuller 4:29.85 5. Doug Sand 4:32.12	103-MILE RUN 30-34 1. Brad Onken 4:25.37 2. Jon Datz 4:26.09 3. Dan Connor 4:28.18 4. Rich Fuller 4:29.85 5. Doug Sand 4:32.12	104-MILE RUN 30-34 1. Brad Onken 4:25.37 2. Jon Datz 4:26.09 3. Dan Connor 4:28.18 4. Rich Fuller 4:29.85 5. Doug Sand 4:32.12	105-MILE RUN 30-34 1. Brad Onken 4:25.37 2. Jon D
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WEST

9th Annual City Of Orange
Spring Games
Orange, Calif.; February 22

100m		
M30 W. Spikes	11.13	
E Driver	11.13	
Ross	11.45	
M40 D Smith	11.26	
B Knocke	11.80	
T Viltz	11.80	
M50 Glasgo	12.43	
Tsuda	12.61	
W Robinson	nta	
M60 G Harte	12.98	
B Hunt	13.92	
H Guth	13.96	
M70 Shuck	14.19	
Taggart	15.16	
Pico	15.30	
W30 Simmons	14.03	
T Watts	14.45	
Nightengale	14.48	
W40 J Carter	15.55	

200		
M30 E Driver	22.51	
Hartison	22.54	
Ross	23.59	
M40 D Smith	23.74	
L Sallinger	24.54	
S King	24.83	

M50 Glasgo	25.76	
Tsuda	26.34	
Beatle	26.80	
M60 G Harte	27.09	
B Hunt	29.40	
Warren	29.67	

M70 Shuck	31.75	
Pico	33.80	
Mower	39.30	
W30 T Stough	27.80	
Nightengale	29.00	
P Contreras	29.60	
W40 J Carter	30.60	

400		
M30 Kaiser	58.4-	
Brown	58.8-	
Graves	59.5-	
M40 Baker	55.93	
S King	56.41	
Jones	57.50	
M50 W Robinson	59.56	
T Nasralla	63.52	
Chavez	64.00	
W30 T Stough	1:02.9	
Nightengale	1:05.6	

800		
M30 B Brown	1:52.63	
Jensen	2:01.40	
Doubell	2:12.02	
M40 Perry	2:13.56	
Cosgrove	2:17.99	
M50 Waltz	2:25.95	
Beatle	2:32.09	
McGuire	2:33.70	
M70 E Stotsenberg	3:02.7	

1500		
M30 B Sommer	4:23.1	
Lasingard	4:33.3	
Outarous	4:40.3	
M50 Withers	5:01.8	
T Brown	5:13.3	
Dunton	5:30.4	
M70 E Stotsenberg	5:53.3	
Shuck	6:36.4	
W30 T Stough	5:11.0	

3000		
M30 Foote	9:21.21	
Alonzo	9:56.73	
Hecker	11:18.31	
M40 Murphy	10:04.70	
Contreras	10:20.09	
Lalum	12:25.71	
M50 Divine	10:30.21	
Brown	11:25.0-	

60H		
M30 M Saafir	8.50	
Ross	8.51	
Kinsman	9.90	
M40 T Viltz	8.24	
L Sallinger	8.51	
C McCormick	8.55	
M50 B Adler	10.4	
Douglass	11.6	
M60 B Hunt	10.4	
L Noyes	11.6	

300H		
M30 Williams	43.66	
F Reilly	46.10	
A Hecker	46.77	
M40 B Knocke	43.41	
W50 W Robinson	50.55	
D Douglass		

High Jump		
M30 M Saafir	6-6	
C Rader	6-6	
L Price	5-10	
M40 G Bane	5-2	
M50 D Douglass	4-8	
M60 H Guth	4-8	
J Vernon	4-2	
L Noyes	4-0	
M70 E Siegel	4-0	
A Vesco	3-3	
W30 T Watts	4-10	

Pole Vault		
M30 S Hardison	15-6	
L Roach	13-0	
M Wagner	13-0	
M40 M Connelly	12-6	
G Bane	11-0	
S Tucker	11-0	
M50 D Douglass	8-6	
M60 J Vernon	9-6	
R Biesemeyer	9-0	
D Grosh	9-0	
M70 E Siegel	8-0	

Long Jump		
M30 R Trujillo	21-4 1/2	
C Flower	20-6	
M Saafir	20-4	
M40 R Schmidt	18-10	
T Yamamoto	18-5	
R Tibber	17-3 1/2	
M50 R Tsuda	17-10	
E Martin	15-1	
B White	13-9	
M60 H Guth	13-5	
C Mercurio	12-7	
T Pico	1-5 1/2	
W30 T Watts	10-4	

Triple Jump		
M30 R Trujillo	43-5	
A Hecker	35-7 1/2	
M40 J Lawson	34-2 1/2	
R Jones	33-7	
M70 A Vesco	18-2	

Shot Put		
M30 Stephens	47-6 1/2	
J Klein	39-5	
M40 C McCormick	46-3	
Paulsen	38-8 1/2	
Eibert	31-2 1/2	
M50 B Frahm	40-2	
D Douglass	36-3	
R Kennerly	32-3	
M60 M Castaneda	44-9	
B Bangert	43-8	
D Aldrich	40-3	
M70 R Carter	42-6	
C McMahon	29-7	
A Vesco	26-8 1/2	
W30 J Wilson	33-3 1/2	
Simmons	31-8 1/2	

Discus		
M30 J Klein	120-11	
A Hecker	62-8	
M40 L Higgins	171-10	
E Kohler	149-6	
C Lott	137-8	
M50 R Kennerly	117-5	
B Frahm	115-2	
E Martin	114-9	
M70 D Aldrich	155-2	
M Castaneda	140-10	
B Bangert	129-11	
M70 R Carter	123-8	
C McMahon	92-6	
A Vesco	74-4	

Javelin		
M30 Ron Rook	144-0	
F Williams	124-3	
A Hecker	67-11	
M40 L Stuart	201-5	
D Selby	188-3	
L Higgins	168-10	
M50 D Pickarts	144-6	
E Martin	130-6	
M60 B Morales	153-6	
P Fetter	136-0	
K Mitchell	101-8	
M70 C McMahon	100-9	
A Vesco	68-2	
W70 E Mendyka	61-7	

LONG
DISTANCE
RESULTS

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

EAST

The Snowflake 4 Mile
Central Park, NYC; February 8

Overall		
D Speranza	26	19:30
L Madson	31	23:16
M40 K Michaelson	42	22:26
H Perez	40	23:03
H Herring	41	24:04
M45 F Mueller	49	21:57
S Howard	46	22:20
R Ruiz	46	22:47
M50 A Green	53	23:41
L Stern	51	24:11
E Seiff	52	24:37
M55 W Fortune	57	24:47
J Mahrer	56	25:40
F Dodd	59	29:13
M60 G Thompson	60	24:50
T McGinnis	60	25:27
J McManus	62	25:50
M65+J Predette	65	26:40
W Brobston	73	29:27
L Martin	74	30:50

RW--MEN		
R Hiraldo	27	24:15
H Jacobson	55	36:40
F LaMorte	64	41:45
W40 L Baker	42	26:52
L Smith	44	28:01
H Baker	44	28:33

W45 A Thornhill	45	27:25
J Martin	47	28:01
S Bahary	47	31:18

W50 J Nelson	50	29:10
S Balfour	50	29:42
E Marcus	50	31:49

W60 B Lussier	64	40:39
E Havens	69	42:34
N Fike	63	44:30

W70+M Bdera	70	42:18
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RW--WOMEN		
D Kelley	50	38:35
M Rodriguez	64	47:27
M Tobias	60	50:16

25th Annual Washington's
Birthday Marathon
Greenbelt, Md.; February 16

Overall		
C Traver	2:30:52	
M Horioka	3:14:12	
M40 J Bickley	40	2:42:24
D Haines	47	2:48:45
B Gallagher	45	2:52:20
M50 E Bradley	51	3:11:23
M Taylor	53	3:18:19
E A Levri	52	3:20:10
M60+J Holland	64	3:40:22
H Hoeschel	61	3:45:51
J McIntyre	65	3:52:26
W40 P Smith-Hite	41	3:38:58
J Johnson	45	3:57:22
M Haines	41	4:10:52
W50+ none		

SOUTHEAST

Victory Bowl 10K
Fairhope, Ala.; January 18

Overall Masters		
B Dannelley	34:41	
C Lassetter	38:39	
M40 G Gray	35:12	
M45 H Andrews	37:24	
M50 F McConnell	36:42	
M55 J Tucker	45:23	
M60 J Mitchell	44:27	
M65+E Wert	47:17	
W40 P Logsdon	44:51	
W45 J Hall	44:43	
W50 none		
W55 F Eisenacher	53:41	
W60 N Lee	54:51	
W65+M Lahaie	60:09	

Halley Ho 5K
Baton Rouge, La.;
January 19

Overall Masters		
B DeGravelles	17:53	
Y Lee	21:05	
M35 K Mayeaux	17:54	
M40 B Knox	18:51	
M45 T Martty	19:47	
M50 S Guice	20:43	
M55 L Cinquemano	20:29	
M60+E Claverie	24:12	
W35 S Lafleur	22:09	
W40 G Daugherty	24:00	
W45 M Wright	24:32	
W50 C Guice	27:07	

Orange Bowl 10K
Miami, Fla.; February 1

Overall		
Peter Koech	28:20	
Ingrid Kristiansen	31:31	
Masters Men		
Mike Hurd	GB	30:14
Antonio Villanueva	MEX	30:37
Bill Venus	GB	31:00
Barry Brown	NY	32:00
Masters Women		
Priscilla Welch	GB	33:08
Bobbi Rothman	FL	36:29
Carol Lassiter	VA	38:45

Gasparilla Distance Classic
15K
Tampa, Fla.; February 8

Overall		
John Treacy	42:59	
Ingrid Kristiansen	48:00	
Masters Men		
Antonio Villanueva	MEX	46:09
Mike Hurd	GB	46:22
Bill Venus	GB	47:35
Atlaw Belilgne	ETH	48:00
Dan Murray	CA	48:36
Jeff Galloway	GA	48:44
Sal Vasquez	CA	49:13
Roger Robinson	AUS	50:15
Masters Women		
Priscilla Welch	GB	50:24
Bobbi Rothman	FL	55:10
Fordie Madeira	MA	55:37

Anheuser-Busch Colonial
Half-Marathon
Williamsburg, Va.; February 23

Overall		
H Nippert	20	1:06:15
L Albers	28	1:18:50
M35 T Raynor	1:10:45	
L Frederick	1:11:30	
M Stewart	1:11:31	
M40 J Sornberger	1:15:33	
B Dyer	1:15:35	
A Repetto	1:18:11	
M45 L Faxon	1:13:14	
E Brinkley	1:15:36	
L Ianson	1:20:48	
M50 C Flynn	1:25:10	
W McCarthy	1:25:52	
J Jarrett	1:26:02	
M55 J Alexander	1:31:32	
C VanDezande	1:36:41	
J Gerrans	1:42:57	
M60 D Hemphill	1:36:20	
H Carlson	1:42:55	
J Bays	1:43:13	
M65 F Hanks	1:46:03	
M Sprinkle	1:50:59	
K Spruill	2:06:36	
M70+E Benham	1:40:15	
V Geary	1:48:30	
W35 S Puryear	1:30:43	
W Farnham	1:38:26	
A Jones	1:39:10	
W40 B Nolan	1:31:39	
D Perry	1:36:32	
M Hays	1:39:31	
W45 K Stronach	1:38:12	
S Kendall	2:00:00	
P Doherty	2:00:14	
W50 B Dameron	1:45:39	
M McFarland	1:53:19	
L Brobst	2:04:19	
W55 C Gaudard	nta	
W60+none		

Sarasota Herald-Tribune 10K
Sarasota Fla.; February 24

Overall		
C Perkins	31:04	
K Miles	36:52	
M40 R Quevillon	34:01	
M45 R Bureson	35:25	
M50 B Askea	38:46	
M55 B Shaw	40:01	
M60 J Kaelberer	42:19	
M65 J Norris	45:32	
M70+T Fredo	52:26	
W40 M Quevillon	38:55	
W45 B Moeller	46:42	
W50 L Tinker	55:33	
W55 G Anderson	58:22	
W60 L Mancini	51:32	
W65 none		
W70+M Haines	66:16	

MIDWEST

Bop To The Top
(37 Stories-American United Life
Building) Indianapolis;
February 15

M 40-49		
1-Bob Widhalm	4:55	
2-Les Eigenbrod	5:01	
3-Jimmy Brown	5:24	

M 50-59		
1-John Grady	5:43	
2-Steven Wilson	5:58	
3-Bob Morris	6:02	

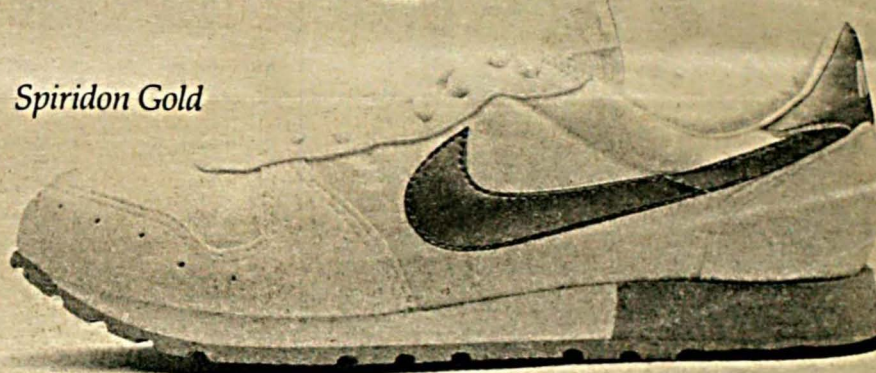
M 60 & over		
1-Eugene Levitt	8:19	
2-Joseph Ingraham	10:11	

SMOKE 'EM.

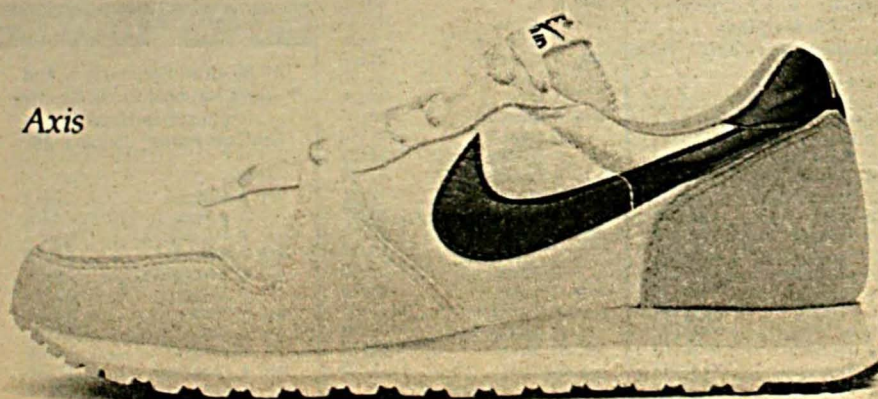
Air Edge



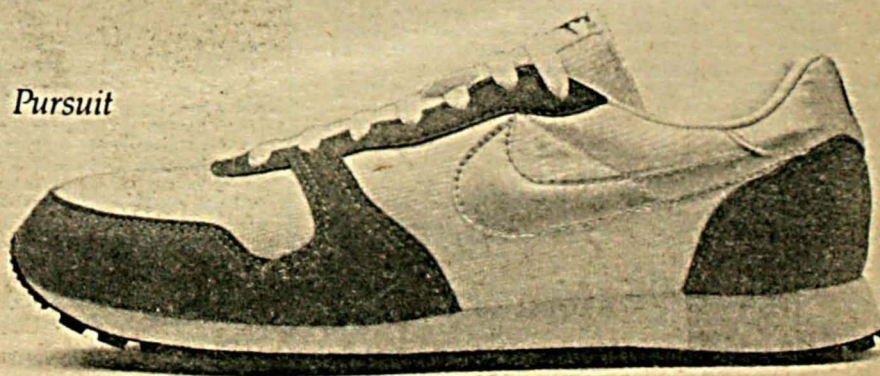
Spiridon Gold



Axis



Pursuit



Sock Racer

