

Campbell Juquels Rodgers in Los Angeles

4th Annual Marathon Lures 18,861

LOS ANGELES — Forty-year-old John Campbell of New Zealand broke away from Bill Rodgers in the last four miles to capture the masters title in the Los Angeles Marathon, March 5, in an outstanding time of 2:17:51.

Rodgers, 41, of Sherborn, Mass., the top U.S. masters longdistance runner of 1988, was masters runner-up in 2:22:24.

"Bill and I went through the half-way-point in about 1:08 and were still together at the 22-mile mark," Campbell said. "We were talking and sizing each other up, but I was able to pull away from him in the last few miles."

The heat, in the high 70s by midrace, generally slowed the top runners' times by about three minutes. Canadian Art Boileau was the overall winner in 2:13:01, with the Soviet's Zoya Ivanova the first woman in 2:34:33.

Campbell took home \$2000 for his masters victory and, if he can win the masters title in this fall's New York Marathon, he'll receive a bonus of \$25,000 for the LA-NY double.

Campbell is another in a long line of runners who attract little notice while finishing in the top 10 in their thirties, but, upon turning 40, immediately become the new king of the hill. Campbell's effort gave him the best

Continued on page 9

Waigwa Sets World Masters 1500 Record

Can a four-minute mile by an overage-40 runner be far away?

Kenyan Olympian Wilson Waigwa, who turned 40 on February 15, became the latest leading candidate to break the magic four-minute barrier when he blazed to a sensational 3:50.42 in the 1500-meter run in the San Diego Invitational Track and Field Meet on March 4.

The amazing effort shattered the 17-year-old, world over-40 record of 3:52.0, set by Michel Bernard of France on June 20, 1972.

The race was run in good weather

conditions. The overall winner was Julius Kariuki, the 1988 Olympic steeplechase gold medalist, in a time of 3:47.50. Waigwa was fifth overall.

Waigwa's time is the equivalent of 4:08.58 for the mile — fully four seconds under the current pending world masters mile mark of 4:12.56, set by Australia's Tony Murray last December 15. On the masters agegraded scale, it's a 97.5% — one of the highest performance percentages ever recorded, and the open-class

Continued on page 29

Mora, Welch Win Gasparilla Masters Titles

Colombia's Victor Mora (44, 46:04) and Great Britain's Priscilla Welch (44, 51:57) turned in outstanding perfor-

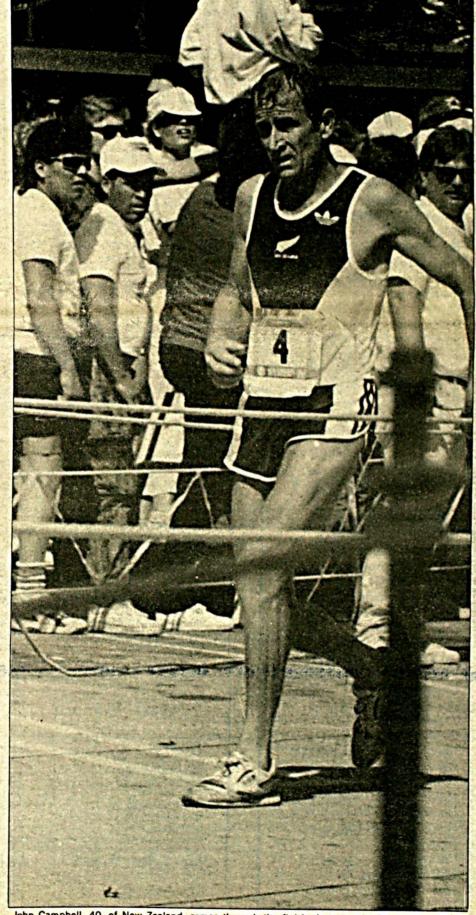
INSIDE • International Section - pages 19-25 • Entry and Housing Forms for World Championships - pages 21-24 • 1988 T&F Rankings - pages 35-39 mances to capture masters wins at the Gasparilla 15K in Tampa, Fla., February 11.

Mora bested South Carolina's Bob Schlau (41, 47:14) and Massachusetts' Larry Olsen (42, 47:29) by over a minute.

Welch pulled away from California's Laurie Binder (41, 52:22) and Idaho's Gabriele Andersen (43, 53:09) to confirm her status, even at age 44, as the world's top female masters long distance runner.

Binder's time broke her own U.S. masters 15K record of 52:40.

Continued on page 7



John Campbell, 40, of New Zealand, comes through the finish chute to win the masters title in 2:17:51 in the Los Angeles Marathon on March 5. Photo by Richard Lee Slotkin

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NATIONAL MASTERS NEWS

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

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Generally, anyone age 30 or over may come to a masters event and participate. Some events are limited to ages 40 + , 50 + or 55 + ; (please check the schedule for details). Some events require advance registration. Some require a current TAC card (\$7 to \$11 per year, depending on the region). To inquire about a TAC card, call The Athletics Congress in

your area, or 317/261-0500. There are no qualifying standards for any masters athletics event.

TOC

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produced by SyberVision wiith Ed Burke (widely renowned U.S. Olympian), Stewart Tougher and Dr. L. Pataki acting as technical advisors and directors.

TOM PETRANOFF'S Javelin Video



world.

Sector 6

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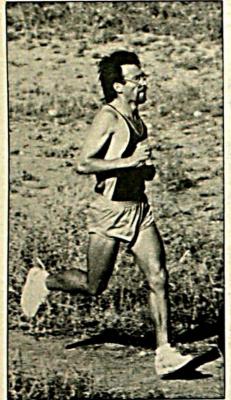
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Donald Ocana, (46:51) winner of the M35 division of the National Masters 15K Cross-Country Championships, November 27, in Irvine, Calif. Photo by Richard Lee Slotkin

13 Join NMN Sustainers

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

Special thanks to Christel Miller, for her generous donation of \$100.

Thanks also to: Oeystein Tullerud John Baker Leonard Dahlsten Herbert Tolbert Del Pickarts Frank Frye III **Dick Bartlett**

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SECTIONAL ORGANIZATION

Re Jerry Donley's article on sectional organization (March), Louisiana should be in the Southeast section, not the Southwest, as it currently is.

It took me several months to find much of the info I sent in. Most of my masters running friends turn immediately to the Southeast section for results and schedule info. When they find nothing there from Louisiana, they assume nothing is happening.

Chuck George New Orleans, Louisana

FOREIGN COMPETITORS

Even though I am a member of the Heidelberg Track Club as a U.S. citizen living in Germany, I was not allowed to compete in the European Championships in Italy in 1988. In 1982 when I lived in London and was a member of the Vets Athletic Club, I was allowed to compete in the European Championships in Strasbourg, France. It appears it was Mr. Beccalli who acted in dictatorial fashion on this matter in Italy.

I recommend that at the next WAVA meeting in Eugene that this problem be resolved. Either we all do it or none. I'm in favor of allowing guest competitors like we do in the U.S. and the Dutch did in 1988, even if guests can only earn a participant's prize. After all, isn't this what the movement is all about?

Dick Glasgow Heidelberg, Germany

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RUNNERS' PENTATHLON

A hearty commendation is due Dick Lacey for organizing and running the Runners' Pentathlon in Clearwater, Fla., on January 28.

It is probably the only meet in which I have competed that I wish had not been run so promptly, as we all struggled back to the starting line for each of the five events with scant time to recover from the previous one.

That, however, was the idea, to test our endurance as well as courage. It's a great opportunity for distance runners to see what they can do in the sprints, and vice versa for sprinters. Now we know what to work on.

Dick's handling of the gun, the announcements and the awards were all magnificent.

150

Archie Messenger Thornton, New Hampshire

TOM ROBINSON

I was saddened to hear that Tom Robinson had passed away in December. At the Pan American Masters Games in Ottawa in 1984, Tom won the gold in the 5000, and I was fortunate enough to win the silver. Both of us had battled it out for most of the race till Tom pulled away too win. We chatted briefly afterwards, and I was impressed by his enjoyment and love of our sport. I'd frequently seen Tom's name in NMN race results over the past few years and was delighted to see that he was still running well.

My condolences go to his wife and family; people like Tom Robinson are missed when they leave us.

Art Meaney St. John's, Newfoundland Canada

MASTERS BILL OF RIGHTS

After watching my teammate and friend Ken Brinker from Merrill Lynch Realty AC battle it out with Lee Evans in the Masters 400 at the Vitalis/Meadowlands Invitational Meet, I have decided that it is time to have a Masters Athletes Bill of Rights:

1) The right to participate in sports at any age level regardless of ability or previous experience.

2) The right to participate on good facilities in a safe and healthy environment.

3) The right not to be turned down by any athletic facility because of one's age.

4) The right to have equal opportunity to strive for success as younger Olympians and athletes do.

5) The right to be treated with respect and dignity.

6) The right to have the same financial opportunities offered to us by corporate and government institutions just as younger athletes have.

Morton Hahn Randolph, New Jersey

1988 TAC AWARDS

It is with grateful appreciation that I thank TAC for selecting me as 1988 W65-69 LDR Runner of the Year. To be given a chance to achieve some degree of accomplishment in sports late in life is certainly rewarding to anyone, but to me, who spent twenty years at home raising six children, running has become a Messianic experience, opening a whole new world of friendship and freedom.

My greatest thrill in 1988 was as a qualified runner to finish the Boston Marathon in Copley Square; as a small child, with my father, I had marveled at men who could run that amazing distance, never dreaming that six decades later I would be doing the same thing! Thank you very much.

Jaclyn Caselli San Jose, California

WORLD CHAMPIONSHIPS

I would like to thank World Veterans Championships organizers Tom Jordan and Barbara Kousky for all of the hard work they are doing to make the Games a success. I am particularly pleased with the addition of five-year increments to the M40-59 relays. However, I would like to see those increments extended to M60+ and the women.

The older runners need the five-year increments more than the younger athletes because of the drop-off in the speed curve as one gets older. Having been on the M60-69 4x100 winning relay teams in the '87 and '88 nationals, I know what a great feeling it is to represent one's club and state. But at the age of 67, I will not be able to compete with the younger runners for a spot on the national 60-69 relay in the Games.

Despite arguments that there are not enough people available for the women's and older men's relays, there is no harm in trying, because runners above the five-yer age group can drop down in age for a relay per present rules. Athletes can only gain by opening all relays to the five-year increment. Tim Murphy

Irving, Texas Continued on page 11 National Masters News

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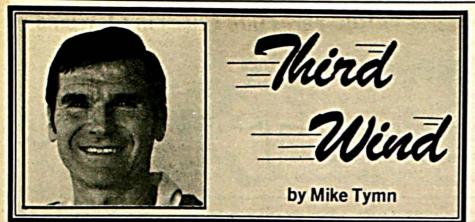
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page 5



Fitness Guru Clark Hatch Makes Adjustments For Aging

When he was 35, Clark Hatch could bench press 380 pounds, exactly double his body weight. At 48, he could put up 300 pounds. Now, just recently turned 50, Hatch, who still carries a muscular 190 pounds on his 5-9 frame, can bench 275.

"But I've been doing more aerobic training the last ten to twelve years and that has impacted on the strength," says Hatch. "Normally, the strength loss relative to weight training after age 30 is about ten to fifteen percent every ten years. If I cut back on my running and biking, I think I might still be able to do 300 pounds."

With headquarters in Honolulu, Hatch has 34 fitness centers around the world, including Dallas, Minneapolis, Seattle, San Francisco, Palm Springs, and such far off places as Brisbane, Seoul, Tokyo, Jakarta, Shanghai, Colombo, Singapore, and Hong Kong. Since earning a B.S. degree in physical education from the University of Minnesota, Hatch has dedicated himself to the fitness business. His instructors, nearly all physical education graduates, many with masters degrees, stress a balance of strength and endurance training. Hatch is constantly on the go as he spends time at each one of his centers during the year. On his most recent visit to Honolulu, he celebrated his 50th birthday and discussed how aging has affected him.

"It hasn't affected me mentally as much as it has physically," he says. "I still feel young and have accepted the

"After 48, I discovered that I had to be more concerned with how much I was eating."

fact that I can't engage in competitive sports like I used to. This bothered me more when I was 40. I tried to keep up with others and forced myself to struggle with heavy poundage. That led to soreness. Now that I'm 50, the pressure is really off."

Hatch began training with weights during his early 20s while with the

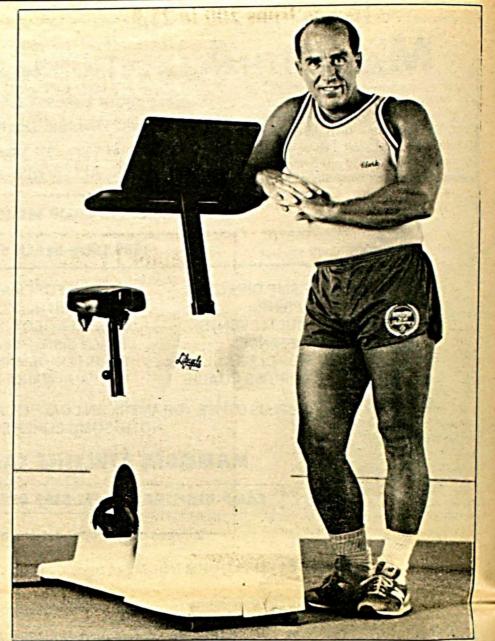
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Clark Hatch

Army in Japan. "Back then, weight training wasn't widely accepted," he recalls. "There was still the thinking that it led to being musclebound, not being able to tie your own shoes. We didn't learn much about it in our college P.E. courses. The same with running. A mile was a long way to run in those days. Now, you're just getting warmed up at a mile."

That 380-pound bench press at 35 was Hatch's best ever. "It was a progressive thing for me," he explains. "I worked up to it, gradually taking on more challenges. If I knew at 25 or 30 what I know today, I'm certain I could have reached higher levels."

Hatch cannot single out any year in which he noticed a significant decline in ability. "The changes are slow and gradual so that you don't notice a dramatic difference year to year," he continues. "But when you look back at each decade, there's a noticeable difference in both strength and endurance. My most noticeable change came when I was 43 and discovered I needed reading glasses. My vision had always been superb and when I put on my first reading glasses it was like a blow to my ego. It was a real sign that some of life's inevitable processes strike us all.

"After 48, I discovered that I had to

be more concerned with how much I was eating. With all the traveling I do, I have the opportunity to take in a lot of big buffets in the hotels I stay at. I could always eat just about as much as I wanted, but about two years ago I suddenly realized I had gained eight pounds. Since then I've had to cut back a little."

Hatch's routine calls for a weight workout and something aerobic nearly every day. With the weights, he concentrates on specific parts of the body each day. "As I've aged, I've become

Hatch has a special ability to greet all of the some 1200 members of his Honolulu fitness center by name.

more concerned with the eccentric (usually the downward) part of the lift than the concentric. When I was younger I would do that part (eccentric) very rapidly, but now I take my time, come down slowly. I concentrate much more on form. That way, I avoid shoulder problems and muscle tears, something you're more susceptible to as you get older. I also do fewer sets now, three or four compared to five, six, even seven in my younger days." Continued on page 14

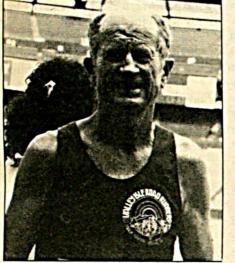
National Masters News"

Dennis Runs 200 in 22.8-

by JERRY WOJCIK

Despite unseasonable temperatures in the mid-40s, Kenny Dennis, world record holder in the M50-54 100 and 200, shaved his 200 world best of 22.9, set in July 1987, to 22.8 in the Bakersfield, Californian Invitational in Bakersfield, Calif., on February 11. However, a wind gauge was reportedly not used, thus nullifying any hope of record consideration.

Jerry Stanners ran the 110mH (42")



Gerald Horton (M60, 54:40), first in his agedivison in The Great Aloha Run in Hawaii. Photo by Tesh Teshima

in 21.0, a U.S. age-54 record in that event.

Weightman Stew Thomson, M55, troubled by knee problems in the offseason, had an oustanding day with a 167-0 hammer throw and a 153-2 discus mark.

Charles Craig, head track coach at CSU-Bakersfield, the meet's venue, directed the meet, which consisted primarily of competitors from 15 California colleges.

Senior Facts

The over-50 segment of the U.S. population:

 is estimated as an \$800 billion market. Seniors control over 50% of the nation's discretionary income and 77% of all financial assets.

• comprise 46.5% of prime time and 50.6% of early and lateevening TV viewers.

 owns nearly 80% of savings dollars in savings and loans. The average balance is over \$5000.

· accounts for 80% of all commercial travel. []

Buckeye 10K Turns into Chaos in Cleveland

bust.

CLEVELAND, OHIO, April 1 -The 7th Annual Buckeye 10K Run set a dubious record of sorts today by having 522 starters and 0 finishers.

It happened about the four-mile mark. All was going well when the leading pack of runners, all fighting doggedly for position on a narrow path in Metropolitan Park, missed a treeobscured course marker and went to the left when they should have veered to the right.

Like a hydra-headed Pied Piper, the pack led the remainder of the field deeper into the woods of the park, across the rain-swollen, swift-moving Rocky River Creek and through a Steelworkers Union picnic and beer

The survivors wound up at the Mar-

tin Free Clinic on Lorain Avenue, face to face with an angry confrontation of anti-abortion demonstrators and Cleveland police. The lawmen did not take kindly to the instrusion on this delicate scene by the confused and "aggressive-looking" runners.

page 7

Race directors declared the race null and void and said they would save the trophies for next year's race. Of the 522 starters, 34 said they'd never run again, 43 said it was just one of those things, 66 had an unprintable comment, 82 were hospitalized with assorted injuries, 35 were arrested, and 262 were missing.

Mora, Welch Win Gasparilla Masters Title Continued from page 1

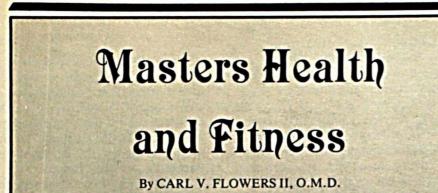
Mora's time earned him the best agegraded performance of the day, 97.6% (figured by dividing the age-44 15K standard of 44:57 by Mora's time of 46:04). Welch had 96.8%. Norm Green, 56, who won the M55 division in 51:57, had the third-best age-graded effort at 95.0%. Next was Binder's 94.0%, followed by Schlau's 93.3%.

Mora and Welch each won \$1000 for their masters victories.

Other division winners included New York's Ralph Zimmerman (M45, 51:20), Florida's Joe Burgasser (M50, 52:55), Ohio's Eugene Keller (M70, 1:10:04), Florida's Yvonne Rodgers (W45, 1:01:06), and Ohio's Whayong Semer (W60, 1:07:08).



National Masters News



Hamstring Pull, Part 2

When a hamstring pull first occurs in a masters athlete, no matter how minor it may seem, ice and compression should be applied as soon as possible. A good way to do both is to place a bag of ice under the leg while sitting on the ground or on a table. This helps to minimize swelling to the area and maintain greater mobility. This should be done several times a day for the first few days. In severe strains, there may be considerable blood flow into the area resulting in discoloration down the leg into the calf. The leg should be elevated as much as possible during this initial period.

As soon as possible, begin exercising the leg with stretching and strengthening exercises — such as hurdler's stretch and easy forward bends (both standing and sitting). Do them slowly and hold just short of the point of discomfort. As flexibility increases, the stretches may be increased. When doing a standing stretch with both feet on the ground, move the foot of the injured leg ahead of the other to focus on that leg, rather than compensate with the strong leg. If a weight machine is

page 8

available, easy leg curls may be begun. Work slowly and below the point of strain.

Start Walking

Once the leg is improved, walking should be started — as close to the natural walking pattern as possible. If there is significant limping, do the strengthening and stretching program a little longer. If the leg tightens during the walk, stop and stretch the leg before continuing. If the tightness re-

RUNNERS

PENTATHLO

Fifth Annual RUNNERS' PENTATHLON

Sunday, June 11, 1989 Albuquerque, New Mexico

State TAC Championship Event

3200, 800, 200, 400 and 1600 Meters A good test of speed and endurance Age Graded Scoring Age Group and Age Graded Awards Beautiful city - Friendly people Good food - Great weather - and a meet that builds confidence. If you run, it will be as good as it gets. No extra charge for the camaraderie

For race and local information send SASE to Tom Bell, 5905 Concordia Rd NE, Albuquerque NM 87111 mains after stretching or it is painful, let the leg rest until the next session.

Continue this pattern of gradual build-up through jogging and running until you are able to return to fullspeed running without pain. The important thing is to exercise at the highest level possible without pain throughout the rehabilitation. In this way, the injury heals under conditions of strengthening. When full activity is resumed, the leg will be prepared for the effort involved.

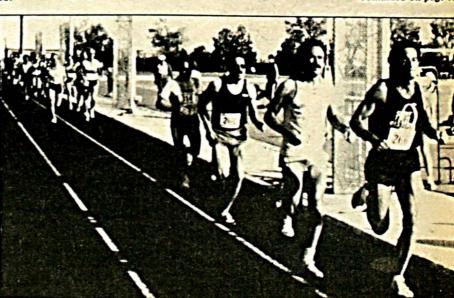
Acupressure

Acupressure is a technique which can be done by the athletes themselves. There are two techniques which we will discuss. The first is called "Ah-Shi" point therapy. This means that we find the sensitive point to the injured leg and apply pressure with the thumb or finger. Pressure should be gradually applied on the point for 5-10 seconds and then gradually released for the same period. This should be repeated until pressure has been applied for approximately 1 minute. This technique can be repeated at every tender point.

If the injured leg is too painful to touch, pressure may be applied to the same points on the opposite leg. The person may help this opposite side treatment by moving the injured leg through a range of motion while the acupressure is being done on the opposite side.



Cliff Bedell and Charles Wimberley finish onetwo in the M50 200m race with a big lead. Cliff was Meet Champion in the 1988 Runners' Pentathlon and Charles was third overall using Age-Graded scoring. This year's meet is set for June



In the early part of the Masters 3200m race in the 1988 Runners' Pentathlon, Jim Irwin (M40), Keith Hartman (M45), Chuck Schuch (M40), and Joe Trujillo (M40) break away from the pack. Jim and Keith both won their age divisions. This year's meet will again be held in Albuquerque on June 11.

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Regular acupuncture points may also be used with this same acupressure technique. Points usually used for hamstring strain might include Bladder 36 (at the base of the buttocks on the midline of the posterior thigh); Bladder 40 (in the center of the knee crease); Bladder 60 (midway between the tip of the outer ankle bone and the Achilles tendon); and Bladder 62 (directly below the outer ankle bone in the depression).

Massage

Therapeutic massage is another method which can be used after injury to move the blood and other water materials out of the area. The massage should be below the level of pain and worked up the leg toward the buttocks.

Homeopathic remedies can be of great assistance in reducing the time needed to recover from an injury. These remedies are dilute forms of herbs, minerals and other substances designed to assist the body's healing energy. These have specific characteristics or indications for their use. They may be obtained at homeopathic pharmacies and many health food stores.

Some of the more commonly used remedies for hamstring strain include: Arnica (for the muscle soreness and especially if there is bleeding); Bryonia (when all motion makes the pain worse); Rhus Tox (especially if the area is initially stiff, but feels better after warming up); Ruta (if the strain is in the upper or lower hamstring and involves the tendons); and Causticum (especially when the leg cannot be fully extended). These remedies come in different strengths measured by the designation "X", 6X, 12X, or 30X are potencies generally used for these iniuries.

To Prevent Its Return

Many of the steps used to minimize the chance of having a hamstring strain are the same as those used to heal one that has occurred.

They include (1) a good stretching and flexibility program; (2) keeping a good strength ratio between quadriceps Continued on page 12

Campbell Outduels Rodgers in Los Angeles

Continued from page 1

age-graded time of the day: 2:11:47 (2:17:51 x the M40 marathon age factor of .956).

On a percentage basis, Campbell also led all masters runners with a 94.3%. Rodgers was second at 91.3% (a 2:16:08 age-graded time); Jussi Hamalainen, of Agoura Hills, Calif.; third in the M40 bracket in 2:31:51, also had the third best performance of 85.6% (2:25:10 AG); Patrick Devine, of Rancho Palos Verdes, Calif., winner of the M60 division in 2:58:52, was fourth best at 85.3% (2:25:47 AG).

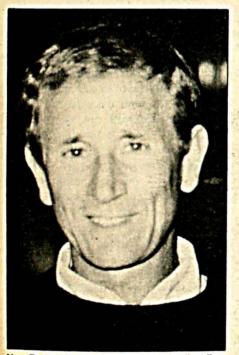
Devine said he started off at a quick 6:20-per-mile pace.

"I passed the half-way-mark at a 2:51 pace, but at 20-miles, it got to me," he said. "I told myself, 'be smart, just finish'."

Gloria Small, 42, of San Pedro, Calif., was first masters woman across the finish line in 2:58:29, but was disqualified by race officials for not running the entire course. First place went to Maxine Williams, whose time of 3:02:07 gave her an age-graded time of 2:53:18 (79.6%). Harolene Walters, 46, of Mission Viejo, Calif., was next best with a W45 winning time of 3:11:40 (78.5%; 2:55:52 AG).

The race got underway after a false start that caused the crowd to lurch forward when it mistook the sound of a bursting balloon for that of the starting gun. Although the second start was 28 feet in front of the original start line, it was still within the guidelines established by The Athletics Congress as an official marathon course.

Campbell and his countryman, Tom Birnie, 36, captured for New Zealand the AT&T Friendship Cup and a \$10,000 check for the federation. Birnie's seventh-place finish and Campbell's ninth led the other nine participating countries' participants.

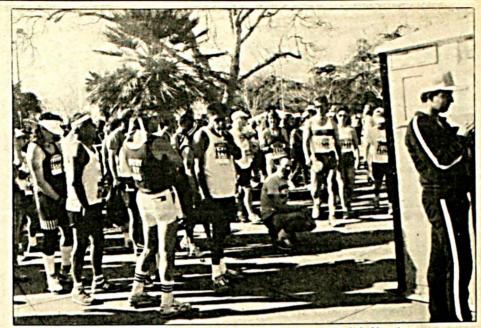


New Zealand's John Campbell, 40, is all smiles after winning the masters title in the Los Angeles Marathon in 2:17:51. Photo by Richard Lee Slotkin Racewalkers topping the field were Gary Null, 44, of New York and Linda Alexander, 35, of Los Angeles. Null completed the course in 4:05:20 and Alexander walked to victory in 4:14:55.

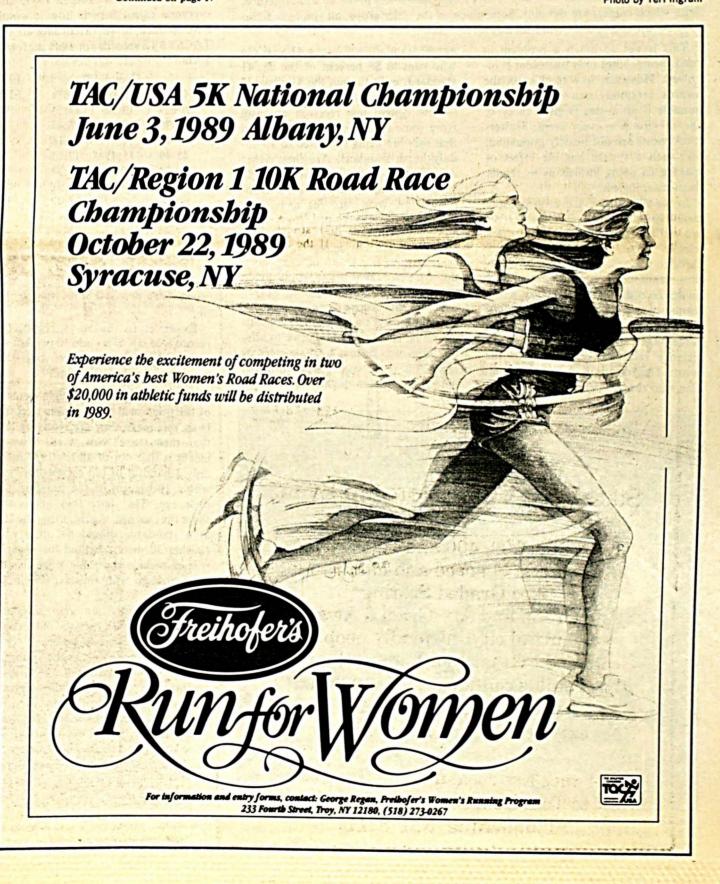
The race drew 18,861 starters, including four Soviet runners — the first time Soviet runners have participated.

About 14,000 volunteers tended to the competitors' physical needs by handing out water and fruit at one-mile aid stations, while an estimated one million spectators provided moral support.

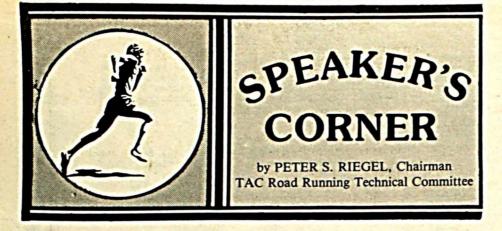
The marathon, second largest in the country after New York's, took participants through several ethnically Continued on page 17



Important pre-race ritual: the 20-minute wait at the porta-potties at the L.A. Marathon. Photo by Teri Ingram



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Are Age-Graded Standards Fair To All?

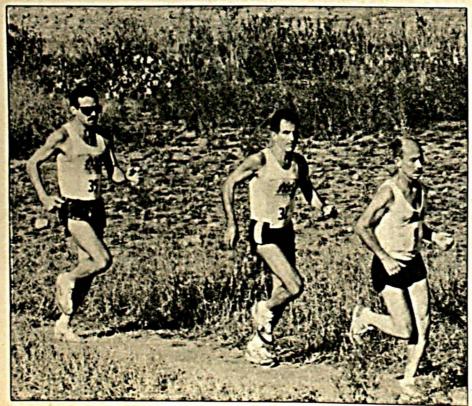
Any organizer who puts on a masters athletic event must find a way to set up an awards procedure. One way to do this is to have age groups within which performers of similar age compete. However, especially in the older groups, competitors may be few. We may see 35 people in the M40-44 group, while only 2 or 3 show up in the M65-69 group. This creates imbalances in the awards structure, with which readers are familiar. Sometimes, in the older grops, all you have to do is show up and you'll "win" an award.

This is not so much a problem in road racing, since only one event is involved. However, in a track meet the awards ceremony can become interminable if an award is given in every age/sex group in every event. Masters track meets are not heavily populated, and such a system has the effect of making so many awards as to render them meaningless.

In an effort to make awards more meaningful, WAVA, and others, have evolved a concept of awarding prizes relative to an age-graded time standard. In this system, for each event, a time standard for each age is set, based on age records. Each competitor's performance is compared to the standard for his or her age, and the highest percentage of speed, height, or distance receives the award for the event. This means that a 62-year-old man who runs 90 percent as fast as the age-62 standard will beat a 41-year-old who runs at 88 percent of the age-41 standard, even though the 41-year-old may run a faster time.

This system has received criticism from some older competitors who feel that they are being subjected to an unduly harsh standard. Are they right? Are they subject to an unfair standard?

As an example, let's put on a hypothetical 5K road race for men only. We'll pay expenses for all entrants, plus a \$1,000,000 honorarium for coming. Thus, we may expect just about every single U.S. male runner to show up. We decide that prizes will be given to anyone who finishes within 10 percent of the record time in his age group. If it were a 100-meter race, this would be like awarding a prize to anyone who was beaten by 10 meters or less. This is a way of separating the elite runners from the also-rans.



Ron Larrieu, 9, (51:27, second M50), Andre Tocco, 32, (50:09, first M50) and Phil Gerard, 35, (49:47, second M35) cross a river bed at TAC National Masters Cross-Country 15K, Irvine, Calif., November 27. Photo by Richard Lee Slotkin

Single-Age-Graded Tables Now Available

In the February issue, NMN published age-graded factors and standards for five-year age-groups for nearly every track and field, road race, and race-walk event.

The single-age factors and standards are now available.

NMN has prepared a 30-page guide on how to use the tables to chart your own personal progress. Included are seven pages of factors, seven pages of standards, four pages of examples on how to chart your own performance, a blank personal performance chart for you to make copies, and nine pages of simple explanation with examples.

To get your age-graded guide, please

If this had been done in 1987, and everyone came, here is how it would have broken down, according to the TACSTATS records for 1987 performances:

1.10	Group	Record	1987
Class	Record	+10%	Elite
OPEN	13:32	14:53	93
35-39	14:19	15:45	21
40-44	14:47	16:16	. 16
45-49	15:41	17:15	43
50-54	15:58	17:34	18
55-59	17:08	18:51	- 26
60-64	17:00	18:42	. 4
65-69	18:26	20:17	6
70-74	20:01	22:01	3
75-79	21:12	23:19	2
80-84	25:01	27:31	2
85-89	40:26	44:29	BER 17

Note: an elite runner is here defined as one who finishes within 10 percent of the record for his age group.

Example: In the 50-54 group, the record is 15:58. If we add 10 percent we get 17:34. In 1987, 18 men beat this time, earning the title "elite."

One will see that only eight percent of the prizes will go to people over 60. Does this mean they are receiving less than their share? Not at all. What it means is that out of all the 1987 men, only a handful of old competitors got within 10 percent of the standard for their age. The share they get is the share they earned. Again, using the 100 as a standard, should the man who finishes 30 meters behind his group's winner receive the same prize as the younger man who finished within 10 meters?

If we accept that one standard should apply to all, then the older competitors are being rewarded by WAVA standards just as fairly as the younger.

In an age-standard-time event, each performer is competing against a phantom competitor who may not even be at the event. This person, the age group record holder, has shown what can be done. It is up to those who compete to see how close to him they can come. Those who come the closest will get the awards, and the rest will not.

The effect of such a standard is that few old people will win awards, because there are few of them, and, of send \$5.00 to cover printing and postage to NMN, P.O. Box 2372, Van Nuys, CA 91404.

For those interested in conducting age-graded track and field meets, road races or racewalks, we've prepared a 60-page director's kit, complete with both a summary and a detailed explanation, sample races and events, single-age factors and standards, personal performance examples and charts.

To get this 60-page, complete agegraded kit, please send \$7.50 to cover printing and postage to NMN, P.O. Box 2372, Van Nuys, CA 91404.

those, few approach the standards for their ages. If, by chance, an age record holder should show up, he is likely to do well, no matter what his age.

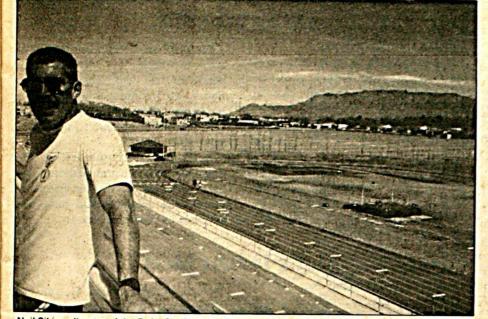
Many masters track and field athletes began their athletic careers as road runners, since that's been around longer. Road running, in those events that have older age groups, has tended to over-reward the older athletes with prizes disproportionate to their numbers. Second place in the 60-64 age group typically takes a whole lot less ability than second place in the 40-44, simply because few old people show up to run, and ability varies widely.

When older road runners are suddenly subjected to a time standard based on record performances, they find that they aren't faring as well as they used to. Most older performers prefer age groups to a time standard simply because they win more prizes that way. In many races, an old runner may find himself either alone or without serious competition, and just run hard enough to win his age group. With the age-graded standard, if you loaf, someone who's really trying will win the prize.

Wait a minute! Isn't running supposed to be about fun and camaraderie? Sure it is, but when prizes are involved the runner must decide whether he's an athlete or a fun-runner. Most of us are a little of each.

Moderation may be wise as a rule of life, but races are not won by the moderate. Those of us old guys who expect to win awards should expect to flog ourselves just as hard as those 38-year-olds you see vomiting in the chutes. Naturally, because we are old and wise we rarely run like that. Postrace penalties, in the form of injuries, are more severe than for the young. Because almost all of us take a moderate stance, our age groups are less competitive. When a real animal shows up, he makes us look sick. He shows what can be done, and we should not resent having him become the standard by which we are gauged.

I've used men as the example here, but the same idea holds true for women. If you snooze, you lose.



Neil Silver, director of the Duke City Masters Games, June 3, at the meet's locale, the U. of New Mexico track in Albuquerque. In the distance are the Sandia Mountains.

Write On! Continued from page 4

AGE-GRADED TABLES

I have worked with the age-graded performance standards (Feb. NMN). In the data base for all TAC longdistance-running champions from the past decade, I have entered the standard and computed the performance percentage.

The enclosed chart (see below) represents the highest 39 performances. I think the concept of agegraded performances is terrific, since it brings equality across the gender and age spans. I'm intrigued that only two female performers, (Barbara Filutze and Priscilla Welch), made this list. Is it possible to extend the tables so

as to cover ultra-distances? I am greatly indebted to you and the others who developed these age-graded tables. They are providing a significant

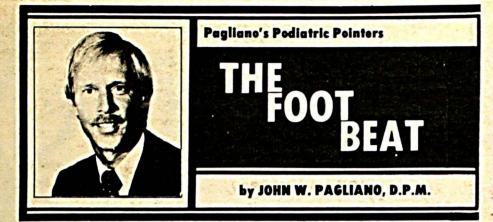
service to our sport. Norman Green, Jr. Wayne, Pennsylvania Continued on page 30

NATIONAL TAC MASTERS CHAMPIONS 5K TO MAR BY PERFORMANCE %

Reci	d'LNAME	FNAME PARTIE	IN	AG	AG	6	RACE_D	RA	DIST	RU	RUNNER_CITY	RESUL	STD	PERFZ
			==	==	==	=		==		==				
1	GREEN JR	NORMAN					830529					3950		96.7
2	DAVIES	CLIVE	2	65	66	M	820314	WA	20K	OR	TILLAMOOK	4583		
3	GREEN JR	NORMAN	H	50	51	M	840527	DC	25K	PA	WAYNE	5052		96.0
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1	DUKE CITY TAC MASTERS GAMES
1	ALBUQUERQUE, NEW MEXICO
	June 3 & 4, 1989
1	AT NEW FAST UNIVERSITY OF NEW MEXICO TRACK
大	THE FACILITY: New University of New Mexico super-fast 8-lane Polyurethane Versaturf track includes the latest in
2.50	shot, discus rings, javelin approaches and jumping
Ser.	aprons. Seating for 5,000 with unobstructed view
1	of field and Sandia Mountains.
1	TIMING: Electronic Accutrac.
1	
-	EVENTS: All running events from 100M to 1500M, all field events, plus 4x100 and 4x400 relays, plus pentathlons. 5-yr.
	age groups.
	RELAYS: 10-yr, age groups. TAC rules apply for awards.
1	RELAYS: 10-yr. age groups. TAC rules apply for awards. Additionally "fun" relays will be organized at the
1	starting line for those who wish to compete.
	FEES: \$7.00 first event, \$4.00 each additional event. \$15.00
	unlimited events not to include the pentathlons.
6	PENTATHLON \$7.00. Relays no charge. Make check payable
	to NMTAC.
	THE TOWN: Center of New Mexico, 55 miles from Santa Pe, 400,000
	metro population. 5,000 ft. at base of 10,700 ft.
3	Sandia Mts., reached by USA's longest gondola tram or famous LaLuz trail run. Indian pueblo and museums in
100	and around area. "World's nicest people." Home of
語り	famous Duke City Dashers. Great Mexican focd.
R	HOTEL: 3 miles from track at Hilton Inn. \$42.00 a room for
	single, double or triple. Reserved for participants
	(505-884-2500). Swimming, spa. Mention Duke City Masters. Hospitality room sponsored by super-cooperative
	New Mexico TAC after meet on Sat. 6/3.
派	TUPOPULATION, NUMBER OF THE AND THE WALLS THE AND
1	INFORMATION: Highlight of this and other New Mexico meets is to keep participants informed at all times. "Athletes'
X .	Information Center" located in warmup lounge with
See.	view of track.
	ENTRY FORMS: Reverse side and in National Masters News in April.
-	Entry deadline: June 3.
	IMPLEMENTS: Shots, discs available. Poles, JAV, throwing weights,
2.0	hammers, the responsibility of the competitor.
1	and end and a find a full protection and a second
1	ORDER OF EVENTS:
	Saturday, June 3 11:00 WT PENT: SP, DISC, JAV, HAM, WT
	11:30 JOC, 400IH, PENT: LJ, JAV, 200, DISC, 1500
	7.00 TAV JUNIAR AND
	3:30 HAMMER ALL SALE STATE OF THE SALENDED HER AND ALL STATE STATE
1	Sunday, June 4
	Sunday, June 4 3:30 2-MILE RACE WALK 11:30 BREAK
	9:00 HH, PV, HJ, DT 2:30 100M (Trials & Finals) 2:30 1500M
22	10:00 LJ 3:00 4 X 100M
	3:30 2-MILE RACE WALK 11:30 BMEAR 9:00 HH, PV, HJ, DT 1:30 200M Finals 9:30 100M (Trials & Finals) 2:30 1500M 10:00 LJ 3:00 4 X 100M 10:30 800 3:30 4 X 400M 11:00 SP SP SP
	11:00 SP 11:15 400M
	11 1 11 11 11 11 11 11 11 11 11 11 11 1
	CONTACT: Neil Silver (505) 265-8234 728 Loma Vista NE
	Albuquerque, NM 87106
	APPLICATION
	Duke City Master Games
	NAME PHONE NO.
2	
	ADDRESSSTATEZIP
	AGE SEX DATE OF BIRTH TACE
	(required)
	ATHLETE'S RELEASE: In consideration of your acceptance of my
	The borghy for mycalf my heirs, and executors, waive,
	entry, I do hereby for myself, my hand all claims for damages release and forever discharge any and all claims for damages which I may have or which may hereafter accrue against New Mexico
	The selice Concrete Duke City Magter Games, Lie University Vi
	while all ather not enoneore, officials or their officers
	or agents for any damages or injury surfered by me. I certify
	and a second a state of any duly authorized member of the
	medical staff to require my withdrawal from competition, and will
	do so if directed.
	DATE
	A STATE OF A
	SIGNATURE
2	LATE ENTRIES: Events may be added or subtracted June 4 in evening
	at Hospitality Room.
	CHECK EVENTS
	100M HH HJ JAV HAMMER
	200M IH PV HAMMER 400M 400H LJ PENT

page 11



Rehabilitation While Wearing A Cast

I am a 39-year-old female marathon runner with a Boston qualifying • time of 2:59:27. Unfortunately, running on slick roads led to falling and fracturing the head of the fibula of my right leg. The doctor says I can expect to be in a cast for 6-8 weeks. How long can I expect the period of recovery to be once I am out of the cast and free again? What would you recommend as far as rehabilitation exercises in conjunction with swimming and cycling? Is there any way to maintain fitness while in this dilemma? Can I expect any complications in future running endeavors from this accident?

Fracture of the femur is not what you would call a common running injury. Most running injuries are minor in nature and usually heal with rest . and time.

Fracture of the femur is a different matter. I am assuming it is a nondisplaced fracture and the healing is within normal limits. The first obvious thing you will notice is muscle atrophy on the right leg. Due to the application of the cast and non-weight bearing, the muscles 'shrink' and become weak.

Usually in a case of this severity, I would suggest a swimming program as soon as your physician removes the cast and gives you the go ahead. You may want to swim for 2-3 weeks or until you have obtained 90% of your leg strength back. At this time you may wish to switch to a bicycle routine and

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Call 818/785-1895

increase muscle strength and range of motion around the hip.

Physical therapy is highly recommended, which would include hydrotherapy, ultrasound and muscle stimulation. Massage has also been shown to be beneficial in bringing blood to the muscle tissue.

The therapist may also want to place you on resistance exercises in order to build muscle strength.

We also use EMS (electro-muscular stimulation) with a TENS type of unit while in the cast. This helps maintain some type of muscle tone while you are healing in the cast.

Hopefully, with a non-displaced fracture and proper post cast therapy, you may return to running on an asymptomatic basis with no long-term complications.

(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.)

Harry McArdle

by BILL BENSON

Harry McArdle, 82, died on January 23 after a long and brilliant career in track and field. It was ironic that he died just before the Millrose Games because he had been a part of it for a long time. In 1927, he had finished third in the half-mile.

Harry was one of the mainstays of the NY Masters Sports Club since its inception, and in 1987, was honored as the MAC Masters Athlete of the Year.

Philadelphia Hosts Indoor Meet

by PETE TAYLOR

HAVERFORD, PA, March 4. Ed Small, Willie Overby, and Ed Lukens were among a large number of New Yorkers who turned in sparkling performances tonight at the Haverford College Alumni Fieldhouse in the Philadelphia Masters Indoor Invitational.

In the M50 500, the 50-year-old Small turned back a stretch bid by Rich Rizzo, 52, to win one of the best races of the night, 1:13.5 to 1:13.9. Ed also made short work of the 300, winning that in 40.2. In M40, the ultra-quick Overby, 41, won the 55 in 6.8 and the 300 in 38.4.

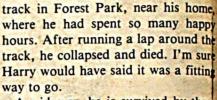
Upstate New Yorker Ed Lukens, still springy at 67, roared over the 55 hurdles in 9.9, long jumped 15-5, high jumped 4-3, and triple jumped, 32-1014.

New York resident Sharon Osborne, 38, showed well in the sprints, running the 55 in 8.0 and the 300 in 47.7. New

Illinois Grand Prix Indoors Finale

by DICK GREEN

The final meet of the Illinois Grand Prix Indoor season, a four-meet series, in Sterling, Ill., on February 19 was well-attended by athletes from the country's mid-section and from as far off as New Hampshire. In its third season, the series is open to any TACregistered U.S. athlete and presents a series-end award to the athlete compil-



He died on a beautiful day on the

A widower, he is survived by three daughters and six grandchildren, and by a countless number of friends all around the country, who have been enriched by knowing him.

Jersey's Skipper Clark, 41, ran even faster in the 55 (7.9) and long jumped 13-8.

In the mile, Johnnie Englehardt ran 4:28.2 to win M30, while Jim Shank came up from Maryland to win both the M40 mile (4:39.8) and 800 (2:08.4), Rudolf Nilsen won the M75 800 in 3:22.6. Sam Huckel (4:40.6 and 2:10.6) was an easy winner in the M45 competition.

New Jersey's Ray Funkhouser dazzled in the one mile walk, finishing in 6:37.0, while Marie Henry won W65 in 10:53.7 and George Braceland took care of M75 in 10:15.3.

Craig Shumaker, M40, threw the shot farther than anyone, reaching 43-23/4, while Len Olson won M55 in 42-5 (12 pounds) and Ned Curran heaved the 5kg 37-41/2 to win Moo. Skipper Clark threw 22-5 in W40, Barbara Stewart 21-1134 in W45, and Joan Dash 28-21/2 in W55. Complete results in May issue.

ing the highest point total in each age group and event.

Highlights of the 1989 series were a world M65 indoor record of 2:30.39 in the 800 by Archie Messenger, M65 outdoor champion in the 800 and 1500, and an M60 shot put of 53-71/2 (8#) by 1987 shot put champion Phil Brusca.

The outdoor season Grand Prix opens on June 4 at The Athlete's Foot Meet in Rock Island, Ill.

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A video developed specifically to aid in the development of the masters sprinter. Produced by Scott Sanders, a proven masters coach. No serious masters athlete should be without this tape. Get ready for the outdoor racing season and order your copy today. To: order: send check or money order for \$39.96 \$3.00 P & H to: VIDEOSPORT PRODUCTIONS, P.O. BOX 1735, Boulder, CO 80306.

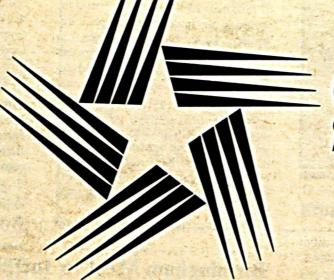
Hamstring Pull, Part 2 Continued from page 8

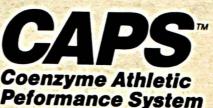
and hamstrings (1.5 to 1.0 or less); (3) if possible, receive massages at least once a week; (4) maintain a good mineral level in your diet or through supplements; (5) when the muscles are especially tired and sore after hard workouts, take Arnica; and (6) before, during and after workout, use acupressure on two special points on the leg for strength and flexibility. These are Stomach 36 which is 4-finger widths down from the bottom of the kneecap and one finger width out from the shin bone; and Gall Bladder 34 which is just in front of and below the head of the fibula bone on the outside of the leg. Use the acupressure techniques discussed earlier in this article.

It is hoped that this information will help you avoid or return more quickly from this all too common injury. Good training to you.

(Dr. Flowers is a masters long jumper and acupunctutist practicing in Santa Monica, California. If you have any questions about musculoskeletal injuries, or suggestions for topics to be addressed in this column, write to Dr. Carl Flowers, NMN, Box 2372, Van Nuys, CA 91404.)

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SCOTT MOLINA WINS 1988 IRONMAN TRIATHLON!

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

JOHNNY G WINS 1988 RACE ACROSS AMERICA OPEN WEST QUALIFIER

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

INTRODUCING XOBALINE, A NEW WINNER

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

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



Chairman's Report to TAC Board of Directors

ver the last several years, master and veteran athletes from around the world have used many statistics to evaluate the effect of age on athletic performance. Charts, tables, and factors are now available to the masters competitors, and they can now compare age group performances with those of the open competitions.

One of the great sources of debate among the experts is the point at which age really becomes a factor in limiting performance, and many efforts have been and are being made to define "old age." I am not an expert in statistics, but I am not sure we really need statistics to actually answer this question any more for the male athlete. One simple test is all that is needed. I believe old age has more than likely set in to an irreversible extent when an individual's Modern Maturity magazine and Sports Illustrated swim suit edition arrive in the mail at the same

time, and the individual needs to make a decision as to which of those he will read first.

With the use of statistics using age factors, it is possible to run track meets which mix all competitors of all ages, and produce winners using this form of handicapping.

In the running events, the competitors can be given distance advantages, so the finishes between the masters and the open competitors can be close and exciting. Field events can be measured comparatively using the age factors.

BIRMINGHAM TRACK CLUB CLASSIC SE .

May 20,1989 DATE SITE Samford University

SITE.... Samford University FACILITIES: Six lane Chevron Track, Chevron high and long jump and pole vault runways(4" spikes), concrete throwing rings, and grass javelin runway.
AGE DIVISIONS: Masters(age 30and over) men and women will compete in 5 year age groups. Open Division-all under 30.
ENTRY FEES: Entries postmarked by May 15, \$5.00 first event, \$3.00 each additional event; \$10.00 each relay team, each relay. Late registration(including day of meet) \$10.00 first event, \$6.00 each additional event. \$15.00 for each relay.

each relay. AWARDS: Medals to first three places in each age group. Trophies to

AWARDS: Medals to first three places in each age group. Trophies to first three mister teams.
 SPECIAL AWARDS: TIMEX IRONMAN WATCHES to each Masters Age Graded individual event winner.
 NOTE-Age graded tables are in the February issue of the National Masters News or can be obtained by sending a SASE to race director. One watch per individual.
 TEAMS: All team members must be masters and must be active mombers of the team they represent.
 HOUSING: The Holiday Inn I-65 Ownoor is offering special rates. Identify yourself as a BTC participant. 1-800-Holiday
 DIRECTORS: Gordon Seifert (205) 879-8031 Wallace McNuy (205) 871-3579



3 _______ 5 ______ 6 PLEASE READ AND SIGN: I certify that I have decided to participate in the fric Classic with full knowledge that being physically fit and sufficiently trained are necessary to prevent any injury to myself. My heirs, devisees, executors, administrators, and assigns herby walve, release and discharge any and all claims against the Birmingham Track Club, Samford University, agents or representatives, arising out of my participation in the BIC Classic. The Releasor further agrees to abide by all decisions of the Race Committee regarding rule and eligibility requirements. Releasor further agrees to release and hold hannless the Birmingham Track Club from any injuries or damages allegedly incurred by rule and eligibility decisions made by the committee. SIGWATURE MAIL TO: Birmingham Track Club C/O Gordon Selfert 1514 Ridge Road Birmingham, Al 35209

zip

All of athletics involves intense competition, but to make the monies needed to fund that high level of competition, attracting and involving spectators is important. These age-graded tables can provide specialty events, with competent and skilled athletes of all ages, and can easily be incorporated into indoor and outdoor meets. I am sure most promoters and meet directors will be hesitant to create such specialty events in major track mets, but whenever it has been done, spectators have really gotten excited, and the competitors find that there is still much fun and enjoyment in track competition.

The World Championships are rapidly

Birmingham Meet to Include Age-Grading

by WALLACE McROY

The Birmingham TC Classic should appeal to practically everybody. While the meet directors favor an age/sexgraded meet, the participants seem to prefer the traditional five-year age groups.

This year, the Classic will go with the age-grouping (including an open division) with medals three deep (m&w) and trophies three deep to the winning masters teams. Additionally, age/sexgraded winners (30-and-over) of each event will receive a Timex Ironman

Trouble Dogs Hammer Thrower

ATLANTA, April 1. Trouble continues to dog masters hammer thrower Herb Pritchard.

Pritchard has been practicing for months in his backyard with a makeshift hammer in preparation for the 1989 track and field season. Recently, however, he splurged on the real thing and confidently set out to see how far he could throw his new "hammer."

Underestimating his strength, Herb let fly a heave that sent the missile careening over his garage and through his neighbor's rhododendron plants. It

Third Wind Continued from page 6

Usually, Hatch runs 5-6 miles two or three times a week, along with one 10 miler. "I did my last Honolulu Marathon in 1979, also in the spirit of keeping up with the group," he mentions. "My time was 4:12 and that convinced me I would have a very difficult time doing better unless I was willing to give up all my other sports and training interests and concentrate on adequate training and considerable weight loss, which would include muscle mass. I chose to remain with a balanced program.

"I used to run six days a week, but I had knee surgery a few years ago and

decided then to alternate my aerobics program so that I run every other day, alternating with the exercise bike. This April, 1989

moving ahead. Eugene will very likely host over 5000 competitors, and that could reach 6000! I have been pleased at the direction taken by the Organizing Committee and the cooperation of the local communities. The interest is high throughout the world, and there is much excitement in the United States.

Interest in the Indoor and Outdoor Championships in Columbus, Ohio, and San Diego is also at a high fever pitch. Both look to be the biggest and best organized of all Championships to date.

1989 will be an exciting year for masters competition, growth and development.

watch (one to a participant).

If a participant qualifies for two or more watches, he/she will be awarded the watch for the event that produced the highest level of performance. Current age/sex-graded tables as published in the February issue of NMN will be used to determine the winners. A copy of those tables can be obtained by sending a legal-sized SASE to the meet director.

The meet is scheduled for May 20 at Samford University just south of downtown Birmingham. The entry form is in this issue of NMN.

destroyed the neighbor's tomato garden, smashed the rumpus-room window, and landed with a thud on the belly of his neighbor who was trying to take a nap at the time.

Not only has the neighbor filed a very unfriendly lawsuit against Pritchard, but he has stubbornly refused to give back the hammer in spite of repeated requests by Herb. A few local masters decided it was only right to pitch in and help Herb get a new hammer. If you'd like to assist, send your donations to "Hammer Fund," P.O. Box 2465, Atlanta, GA 30339.

has been both for rehabilitation and prevention of further severe knee wear and tear."

Hatch has a special talent for conditioning the mind, too, as evidenced by his ability to greet all of the some 1200 members of his Honolulu fitness center by name. This ability apparently extends to most of more than 10,000 members worldwide.

As Hatch sees it, aging affects agility more than the other components of athletic ability. "Reaction time, reflexes, and coordination are the changes that cause athletes to quit sports. Professional athletes have ample strength and adequate endurance to play into their 50s, but the deteriora-Continued on page 15 26.1 grad perf age-1:14 perc C Mye with mas cloc nota 1:32 than age the

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Hart, Ploeger Top Masters in Colonial Half-Marathon

by STEVE LEWALLEN

Bill Hart (M40, 1:14:04) and Joyce Ploeger (W45, 1:29:01) conquered cold and windy conditions to take top masters honors at the Colonial Half-Marathon in Williamsburg, Va., Feb. 26. Hart and Ploeger were also top agegraded masters; Hart's time gave him a performance percentage of 85% (M40 age-standard of 1:03 divided by 1:14:04), while Ploeger's performance percentage was 82%.

Close on Hart's heels was Glenn Myers, M40, who was second master with a 1:14:14 (84%). Second female master was Jeanne Kruger, W40, who clocked 1:31:42 (77%). Another notable time was Robert White's 1:32:07 (84%), over 20 minutes faster than the nearest competitor in his M65 age-division.

There were a record 2044 entries in the 11th annual race, and 1503 finished despite a storm that dumped 5 inches of snow on the course two days before the race and dropped temperatures dramatically. Thanks to event coordinator Bill Evans, however, the TAC-certified course was cleared and in good shape on race day, although he could do nothing about the cold and blustery conditions. "That wind was brutal. Oh, my god," said one competitor. "Instead of relaxing into the wind, we were pushing, pushing."

Overall winners were Bill Reifsnyder (26, 1:04:57) and Cindi Girard (27, 1:16:20).

Memorial Day - May 29, 1989 (14 miles North of San Francisco) \$5000 TAC Prize Money . Sub 40-minute WATERMARK Water Bottles Flat, Fast, Scenic, Certified course **Over 20 National Age Group Records** FOR EVERYONE Yoghurt, Pizza Cereal, Kashi, Powerbars arnal 250 Raffle Items WATERMARK Pure Spring Water Manual and an and an PACIFIC SUN 10K . Finish in front of grandstands, on College of Marin Track Full Results to All Finishers met anol glinger . RIANO/HASHS TIME & PLACE: Men-8 AM, Women-8:05 AM RACE DAY REG: Fee \$15 - starts 6:30 am College of Marin, Kentfield, Marin County From Highway 101 take the Sir Francis Drake Blvd. exit. Go West 2 miles to College Ave. (At the fire sta-TEAMS: By pre-registration only - must be postmarked by may 19 tion.) Turn left and go 1/2 mile to the college's PE complex parking lot, (on the left). PA/TAC - Unofficial scoring on raceday, Scoring based on TAC rules. CORPORATE - Point system with 3 member teams, **REGISTRATION:** \$12 payable to: based on place in age/sex divisions. "Pacific Sun 10K" DIVISIONS: Men/Women: 18 & under, 19-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70 & Complete form. Sign waiver. Include a 4" X 10" SASE, and mail to: over **Pacific Sun** AWARDS: Medals, prizes 5 deep in all divisions. c/o Bonnie Hill First 5 men/women finishers: 1st-\$400, 2nd-\$200, 2000 Lucas Valley Rd. 3rd-\$150, 4th- \$100, 5th-\$75 San Rafael, CA 94903 All runners will receive: T-Shirt, WATERMARK sam-Discount registration through WATERMARK pling bag, & eligibility for 250 raffle items. CENTERS. BENEFICIARY: Marin Community College FASTTRACK program: resurfacing of artificial track. Courtyard by Marriott "Official Hotel" PA/TAC Master's 10K Championships COURTYARD Larkspur Landing 1 (800) 321-2211 HOTELS COAST-TO-COAST HOTLINE: (415)479-3839 PACIFIC SUN 10K AGE DATE OF SEX LAST NAME FIRST STREET STATE ZIP CITY T-SHIRT S M L X TEAM PHONE ALL ENTRANTS MUST SIGN WAIVER (Parent/Guardian if under 18) Date

Cincinnati Hosts Masters Meet

Paul Dorsey, M50, posted the best masters times in the 60y (6.9) and 300y (36.8) in the Midwest Masters Classic in Cincinnati, Ohio, on February 18. Mike Smith was the winner in a close M30 60y dash, which ended with the top three timed at 6.9.

Tony Mele won the M40 1000y from a tough field with a 2:35. Don Coffman took the M40 2-mile in 10:06.

William McClennon, M40, registered the top marks of the meet in the long jump (21-0) and triple jump (39-8¼). Denver Smith, M60, had multiple wins with outstanding marks, including the triple jump (33-6½) and shot put (40-8).

Gayle Johnson, W40, probably put on the best performance of the day with a second overall 15:47 in the 2-mile walk, behind M30 Chris Knott's 15:14.9.

Corrections:

• Last month's chart of top 10 alltime fastest masters marathoners listed Priscilla Welch with a fastest 2:16:51. It should have read 2:26:51.

Late Flashes

• Despite 80° temperature, 90% humidity and 25mph wind, San Diego's Wilson Waigwa, 40, came within three seconds (23:54) of breaking Bill Rodgers' U.S. masters record of 23:51 in the Nissan Shamrock 8K in Virginia Beach, Va., March 18. Rodgers was 2nd master (24:11); Bob Schlau was third.

• New Zealand's John Campbell, masters winner of the L.A.

Watermark

Marathon on March 5 (2:17:51) raced to 29:25 in the Azalea Trail 10K in Mobile, Ala., March 19 a new, unofficial world masters 10K road record. England's Shel Cowles (30:56) was second. Laurie Binder (34:16) won the women's masters crown, followed by Gabriele Andersen (35:09) and Barbara Filutze (36:00). Complete results of both races next month.

Third Wind

Continued from page 14

RUN THE SUN!

8 A.M.

tion of vision and motor reflex skills allows the younger challengers to pass you by.

"There's very little, if anything, that can be done about that," Hatch concludes, "but we certainly don't have to deteriorate and decay to the extent that much of our society has come to accept. By our American standards, I'd be disappointed to find out that I'm not closer to 35 years old."



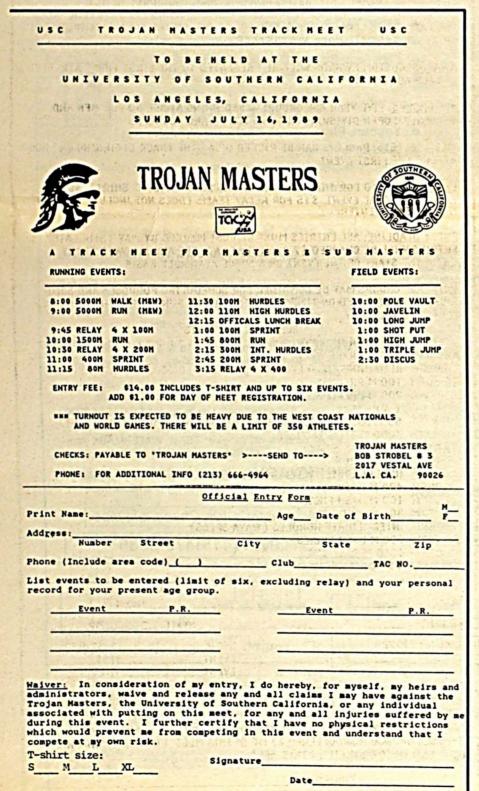
Herm Wyatt: Has Sights on 6-Foot High Jump at Eugene

The oldest age at which any human has gone at least 6-feet in the high jump is 54 years, eight months, four days. The athlete was Herm Wyatt of Grants Pass, Oregon, who did an even 6-0 using the flop method in 1986. Now 57, Wyatt doesn't rule out the possibility of clearing that height at the World Veterans Championships in Eugene this summer.

"If I can get access to some facilities and do some training before the meet to get my flop technique down, I hink I can still go 5-11 to 6-feet," Wyatt said recently by phone from his nome.

page 16

Wyatt is the current world-record holder in the 45-49 (6-2³/₄), 50-54 (6-2), and 55-59 (5-10¹/₂) age groups and the defending world champion in his age group. In the 1987 Melbourne World Championships, he jumped 5-9 under



Please find my check made out to Trojan Masters enclosed \$_

wet and slippery conditions to win the gold.

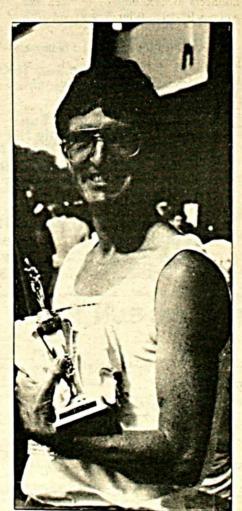
"I started out with the flop there, but had to go back to the (western) roll because of the conditions," Wyatt explained.

Back during the 1950s and early '60s, Wyatt was one of the top jumpers in the nation. His best jumps in those days were 6-10¹/4 indoors and 6-10 outdoors, although he was able to clear 7-feet in practice. The first official 7-foot jump took place on June 29, 1956, by Charles Dumas of Los Angeles. But that was in the days before the flop technique was adopted and 7-foot jumps became commonplace.

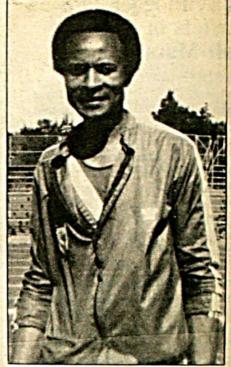
Born and raised in Texarkana, Texas, Wyatt did not participate in sports at Hooks High School in that city as the school did not have a sports program. "They didn't even have a P.E. (physical education) program," Wyatt added. It wasn't until after he enrolled at Compton Junior College in Los Angeles that he was introduced to the high jump. "Some guy on the track team said I looked like a high jumper and suggested I give it a try. I think I jumped 6-3 that first day."

The 6-6 Wyatt was then given a scholarship to San Jose State College, but he doesn't feel he ever realized his potential there. "I had a lot of spring, but I didn't know what to do with it," he said. "The coach at San Jose was Bud Winter, but he was mostly a sprint coach."

Wyatt won a silver medal at the Pan American Games of 1955 after a tie at 6-7 with fellow American Ernie



Gerry Lindgren (M40, 43:25), first master in The Great Aloha Run in Hawaii. Photo by Tesh Teshima



Herm Wyatt Photo by Marty Higginbotham

Shelton, who was awarded the gold on fewer misses. "I guess that was one of the highlights of my career," Wyatt responded when asked about his most memorable competitive experiences. "That and winning the Compton invitational two years in a row (1951-52)."

After a few years of military service, Wyatt returned to San Jose State in 1957, but was ineligible to compete. However, he continued to jump while representing the Santa Clara Youth Village, a track & field club. In the 1960 Olympic trial, he jumped 6-9, but missed making the team going to Rome by two inches. He jumped for one more year before retiring from the sport.

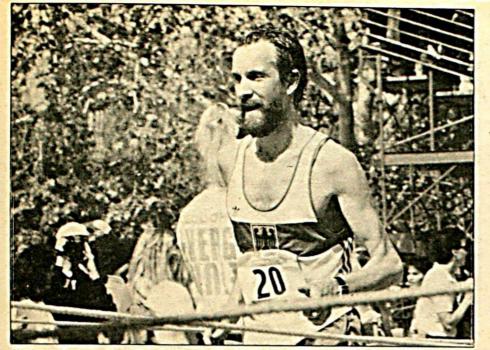
While making a career as a juvenile probation officer, Wyatt continued to live in the San Jose area until 1970, when he moved to Santa Cruz, Calif. He retired in 1981 and with wife Jeanne moved to Grants Pass in 1984 to take advantage of the lower cost of living and friendlier environment. He supplements his retirement income as a guitar vocalist at various night clubs.

Wyatt returned to competition in 1980 at the age of 48, setting the 45-49 record that year. "I didn't do anything for 17 years," he said. "I switched from the roll to the flop, but I keep going back and forth from one to the other. I can get five or more inches with the flop, but you need to practice that a little more to get it down. The problem is that I usually don't have any facilities available to me, and the only time I jump is in the meets."

An avid golfer with a nine handicap, Wyatt said most of his exercise comes from loading up his golf bags with as much weight as posible and walking 18 holes about four times a week.

"I sometimes train with Nautilus machines and that keeps me pretty flexible," he said. "I'm sure I'm less flexible and have less spring than I had at 25, but it's not that obvious to me." \Box -Mike Tymn

April, 1989



Wolfgang Muenzel, 36, of West Germany, placed 27th in 2:25:35 in the Los Angeles Marathon. Photo by Richard Lee Slotkin

Campbell Outduels Rodgers in Los Angeles

Continued from page 9

diverse neighborhoods, such as Chinatown, Little Tokyo, Olvera Street, Hollywood, and South-Central Los Angeles, causing massive traffic jams until late afternoon.

Modena McFarlene, 65, said her plan for the race was to keep her mind off running.

"I have to think about other things," she told the Los Angeles Times, a key sponsor of the race. "If I think about running and being tired and all the pain, I won't finish.'

Race officials set up several diversions for the runners along the route, including mariachis, fireworks and a gospel choir.

In turn, the runners entertained the crowd. One runner was dressed as the late comedian W.C. Fields. Two fathers pushed their babies in carriages, while other runners dribbled basketballs or juggled as they ran.

Hundreds of runners, who represented 26 local charities, earned about a half-million dollars for their groups by soliciting pledges for every mile they completed.

A team of runners from the Catholic Archdiocese of Los Angeles hoped their participation in the race would attract potential priests and nuns.

NOTE: Masters Training Advice and the All-American Standards Will Again Appear in the May Issue.

"We're using the marathon to promote church vocation by helping to create a better image of priests and bishops as healthy, wholesome and alive people in the country," Sister Kathy Bryant said to the Times.

The race was televised live in Los Angeles and on the USA National Cable Network. As usual, the TV coverage left much to be desired. Despite pre-race promises that the coverage would include "average middle-of-the-pack runners," the announcers focused only on the men and women leaders. Winner Boileau, who threaded his way through the pack, was never mentioned until he took the lead at the 26-mile mark. Only two women runners (Ivanova and Rosa Mota) were mentioned at all. No masters runners were ever mentioned or shown.

Worse, the announcers rarely identified what part of town the runners were passing through. The coverage was sharply criticized the following day by Larry Stewart, sports columnist for the sponsoring Times.

Despite its flaws, the TV coverage averaged an 11.8 Nielsen rating and a 34 share in Los Angeles, the best sports rating of the day in the city. The Lakers-Rockets on CBS drew a 7.4 rating and a 22 share. The Dodgers drew a 5.9/16.0.

REMINDER: The deadline for entering the World Veterans Championships is May 1. See entry form on pages 21-24.



1989 Southwest Sectional Masters Track And Field Championship Saturday, May 27, 1989 Tulane University - New Orleans

MEET SITE: TULANE UNIVERSITY, NEW ORLEANS, LOUISIANA. NEWLY CONSTRUCTED, EIGHT LANE RUBBERIZED TRACK, JUMPING AND JAYELIN AREAS. THE FACILITY IS LOCATED OFF S. CLAIBORNE AVE. ON THE TULANE CAMPUS. 1/4" SPIKES OR LESS REQUIRED AND ENFORCED.

AWARDS: CUSTOM AWARDS WILL BE PRESENTED TO THE FIRST THREE ATHLETES IN EACH AGE GROUP.

AGE GROUPS: FIVE YEAR AGE GROUPING BEGINNING AT AGE 30 FOR MEN AND WOMEN, AN OPEN DIVISION FOR ATHLETES 29 AND YOUNGER.

MEET PACKETS: PACKETS CAN BE PICKED UP AT THE TRACK BEGINNING ONE HOUR BEFORE THE FIRST EVENT.

ENTRY FEES: \$10 FOR THE FIRST EVENT (INCLUDES MEET T-SHIRT), \$5 FOR EACH ADDITIONAL EVENT. \$15 FOR RELAY TEAMS (DOES NOT INCLUDE T-SHIRT IF ONLY EVENT ENTERED).

ENTRY DEADLINE: ALL ENTRIES MUST BE POST MARKED BY MAY 13TH. LATE ENTRIES WILL BE CHARGED \$2 PER EVENT LATE FEE AND ALLOWED ENTRY UNTIL THE START OF THE EVENT ON A SPACE AVAILABLE BASIS.

NOTE: AGE GROUPS MAY BE COMBINED FOR SCHEDULING PURPOSES AND SOME FINALS MAY BE BASED ON TIMES. EVENTS WILL BE RUN WOMEN THEN MEN AND OLDEST TO YOUNGEST.

SCHEDULE OF EVENTS 9:00AM 5000 M RUN, LONG JUMP FOLLOWED BY TJ, POLE YAULT, SHOT PUT 9:45AM 3200 M RACE WALK 10:00AM REMAINING FIELD EVENTS REPORT: HJ, DISCUS AND JAVELIN 10:30AM 100 M PRELIMS 11:00AM 200 M PRELIMS *****B R E A K****

1:00PM 55 M DASH(HEATS AGAINST TIME, NOT A CHAMPIONSHIP EVENT) 1:30PM 3000 M STEEPLECHASE 2:00PM 4 X 100 M RELAY

2:15PM 1500 M RUN

2:30PM HIGH HURDLES (WAVA SPECS)

- 3:00PM 400 M DASH
- 3:30PM 100 M DASH FINALS
- 4:00PM 800 M RUN
- 4:20PM INTERMEDIATE HURDLES (WAYA SPECS) 4:40PM 200 M DASH FINALS
- 5:00PM 1600 M RACE WALK
- 5:25PM 4 X 400 M RELAY

NAME	Sec. St.	for Service and the	PHONE()
ADDRESS		STATE	
AGE ON 5/27/89_	SEX	*89 TAC #	T-SHIRT_
EVENT	BEST	EVENT	BEST
EVENT	BEST	EVENT	BEST
FVENT	BEST	EVENT	BEST

WAIVER: I DO HEREBY, FOR MYSELF, MY HEIRS OR ASSIGNS, WAIVE, RELEASE ANY AND ALL CLAIMS TO DAMAGES AGAINST TAC, TULANE UNIVERSITY ANY MEET SPONSORS OR THEIR REPRESENTATIVES FOR ANY AND ALL CLAIMS FOR LOSS, DAMAGES OR INJURIES SUFFERED BY ME IN THIS MEET. I CERTIFY THAT I AM IN GOOD HEALTH TO COMPETE IN THIS MEET.

SIGNATURE:

MAKE CHECKS PAYABLE TO TULANE TRACK CLUB AND MAIL TO: SOUTHWEST SECTIONAL MASTERS, 1459 YERNA ST., NEW ORLEANS, LOUISIANA 70119





Best-Ever T&F Nationals Shaping Up

by DAVID PAIN

The San Diego Track Club-sponsored TAC/USA National Masters Track and Field Championships are on course for an exciting and rewarding athletic experience for those who enter the Championships, July 20-23, one week before the World Veterans Championships in Eugene, Oregon.

In excess of 100 entries have been received with foreign entrants double those from the U.S.A. at this time. This indicates a high degree of interest. Interest in the university housing is also running high with about one-fourth of the 1000 beds already reserved.

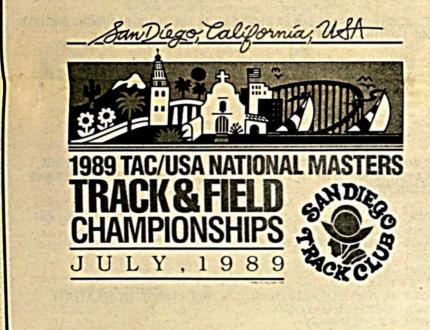
Officiating - Timing

The San Diego Track and Field Officials Association is conducting clinics to train additional officials, and communications have gone out to neighboring officials' associations throughout the state seeking additional help. Every effort is being made to assure an adequate number of officials in July.

Through Specialty Instruments of Irving, Texas, we will have all Accutrack electronic timing utilizing their new strobe-start system which eliminates the long wire required in the old system. The strobe system is more reliable. A second Accutrack will be used as back-up in the event of a timer failure. This should eliminate the necessity for hand timing and the resultant clutter and delays at the finish line. Also planned are simultaneous running of the 100 and short hurdles on both sides of the SDSU track. The doubling up of these events should assist in cutting down delays.

Age-Graded 100 Final

A decision has been made to run an Age-Graded Champion of Champions 100 race for both men and women featuring the winners of each agedivision 100 final as the last event on Sunday, July 23. Utilizing tables developed by the NMN, yardage handicaps will be accorded each runner based on the participant's age. The NMN has experimented with this event and has reported some exciting finishes resulting from this concept which



JULY 20 - 23, 1989 5643 Campanile Way • San Diego, California 92115 (619) 582-3316 Fax (619) 582-5769

• Two Great MONDO 400m Tracks at SDSU & Balboa Stadium • All Track Events 100m - 10,000m Plus All Field Events • 5,000m Track Walk & 10K/20K Road Walks • Pentathlon for Men & Women • World Class Competition with International Entrants • Inexpensive Room & Board at San Diego State University - Short Walking Distance from Track • Courtesy Airport Pick-Up & Return to & from SDSU - Save \$25.00 Cab Fare • Shuttle Bus Service Between Tracks • Free Commemorative T Shirt • Automatic Timing • Pre-Meet Sports Medicine Symposium • Welcoming Pre-Meet Reception at SDSU • Nightly Entertainment at SDSU • Post Meet Mexican Fiesta • San Diego's Cool, Dry Weather Assures a P.R. • Special Reduced Airfare by UNITED AIRLINES (Official Meet Sponsor) • Time to Visit World Famous San Diego Zoo, Wild Animal Park, & Sea World at Special Group Rates • Swim, Sail, Surf, Snorkel or Sun at Any One of San Diego's Great Beaches or Bays • Opportunity for One Week of Leisurely Travel up the Coast to Eugene with Stopovers at Disneyland, Universal Studios, San Francisco, Redwoods & Much More •

To obtain Entry Form Send SASE to

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

Station and a station of the state



Louise Martin (W70, 2:25:38) first in her agedivision at the Colonial Half-Marathon in Williamsburg, Va., Feb. 26.

Photo by Rusty Carter

theoretically places each runner on an equal basis regardless of age.

Reg Austin of Australia has pledged \$250 prize money for the winners, for whom we are seeking an additional \$750 from those masters who may wish to contribute to the fund. In this manner, we would be able to offer \$250 for first place, \$150 for second and \$100 for third place in each of the two events.

Meet Program

Cubic Corporation has agreed to sponsor the cost of producing the meet program. As a result, each participant will receive a complimentary copy in the entry packet. Besides photos and special-interest stories, the program will contain the meet schedule, plus a list of entrants for each event. We hope to make the program a valued souvenir of the meeting.

Racewalks

Preparations are being made for an exceptionally large racewalk entry of an anticipated 400-500 participants. Approximately 25% of the entries to date are for the 5K track walk and 10/20K road walk. The SDTC walkers are conducting race walk judging clinics to train judges. Additional judges will be coming from areas outside San Diego.

To assure each entrant a fair opportunity to do his or her best, fields will be limited to a maximum of 25 walkers per heat for the track event on the Mondo surface at Balboa Stadium. By limiting the fields, the judges will have a better opportunity to properly and fairly enforce the rules and to disqualify those who do not conform to required technique.

Shuttle buses will be scheduled between SDSU to Balboa Stadium and will enable entrants to arrive in time for the races as well as transport them back on conclusion of the races.

The Racewalk Committee is considering a course at a local reservoir with a 10K level walking course around it which permits no vehicles. This course is only 3 to 4 miles from the university and shuttle buses will be available.

The rapid increase in racewalking nationally dictates special attention be given to this segment of the National Championships, particularly in light of the infusion of quality master walkers from overseas who should be capable of giving the U.S. nationals a stern test.

By ruling of the TAC Racewalk Committee, the 10K Road Walk will be a non-championship event. The 20K race is the official sanctioned distance for both men and women. For those not wishing to go that distance the 10K will be offered and will be conducted simultaneously with the 20K.

Awards

A commitment for 1200 National Championship medals with a meet logo top pin plus TAC National Championship patches has been made. Contrary to prior practice when foreign winners have been given the TAC medal, foreign athletes will receive an entirely different medal. Prior medal policy on the awarding of medals will be retained. The first three nationals in any final event will receive the TAC national medal. Any foreign athlete finishing first, second or third overall will also receive a medal.

Souvenirs of the meet will be a meet logo pin with clasp as well as the traditional San Diego Track Club (Conquistador) club logo pin. A top quality T-shirt with the meet logo will be given to each entrant. Additional T-shirts may be purchased.

Non-Athletic Events

Last month's issue of the NMN featured an article on the free Sports Medicine Symposium which will be given on Wednesday, July 19, at the university. Topics include "Maximizing Your Competitive Performance," "Common Track Injuries: How to be Your Own Best Doctor," "Back to Health," and "Nutrition for Peak Performance and Well Being."

A complimentary welcoming reception will be held Wednesday evening at the university pool area. Also planned is a Fitness Fair where you can have your blood pressure checked, body fat measured and other fitness criteria evaluated.

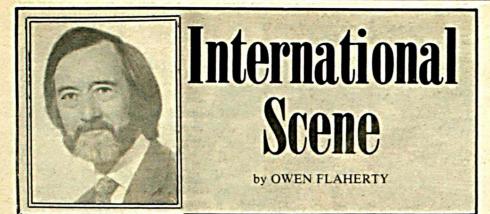
Entertainment is planned each evening at the outdoor stage adjacent to the university housing.

Friday evening, July 20, Jerry Donley, TAC National Masters Track and Field Chairman, will preside over a meeting of all interested masters at which national achievement awards will be presented and possible rule changes discussed.

The meet will close with an outdoor fiesta featuring Mexican food with entertainment being provided by the Tijuana Mexican Cultural Center.

Meet Director, Dixon Farmer, has announced it is his intention to present a top quality meet and one designed to enable the competitors to achieve their best.

National Masters News



The WAVA Constitution

(Editor's note: Owen Flaherty is a former Secretary of the World Association of Veteran Athletes (WAVA) and one of the authors of the WAVA Constitution. In a series of articles, he explains the significance and meaning of the Constitution as he sees it.)

The administration of WAVA can be divided into three areas: 1) WAVA's r conduct of internal matters, governed by the Constitution and By-Laws; 2) WAVA's relationship with the organizers of World Veterans Championships, governed by the contracts which WAVA negotiates with the organizing committees; 3) WAVA's relationship with the International Amateur Athletic Federation (IAAF), which one hopes will be defined in a formal agreement in the not-toodistant future.

1. WAVA's Conduct of Internal Matters.

What is the difference between the Constitution and By-Laws? The Constitution defines what WAVA is and what WAVA does; whereas, the By-Laws prescribe how WAVA does it.

The Constitution opens by specifying WAVA's objectives, including the administration of veterans athletics, the sanctioning of world veterans championships, and the ratification of world veteran records.



Australia's Hendrik Van Wijngaarden, M50, finishing the marathon at the VII World Veterans Games in Melbourne.

Photo by Gretchen Snyder

The Constitution then spells out the conditions of affiliation to WAVA. No more than one organization in each country may be affiliated. WAVA's affiliates include national athletics federations, veteran organizations recognized by their national athletics federations, and even, in a few nations, veteran organizations which have no links to their national federations.

If a second organization in a country applies for affiliation, the WAVA Council must decide which shall be recognized. The Council, however, has no power to expel an affiliated organization in any other circumstances. Only the General Assembly can do so. Similarly, the Council has the power to amend the By-Laws on its own initiative, but only the General Assembly may amend the Constitution.

Another distinction between the Constitution and the By-Laws is: the Constitution deals with fundamental right and responsibilities.

What is the General Assembly? In a nutshell, the General Assembly is WAVA. It meets at each World Veterans Championships. It is composed of delegates, who represent the affiliated organizations, and members of the WAVA Council. Each organization is entitled to one delegate plus one additional delegate for every five hundred of its members. For example, an organization with 200 members would be entitled to one delegate while one with 1100 members would be entitled to three delegates. No organization, however large, may have more than five delegates.

An affiliated organization is not obligated to be represented in the General Assembly by the full number of delegates to which it is entitled or, indeed, to be represented at all. Those who are appointed as delegates must be eligible for veterans competition, in

that women must be at least 35 years of age and men must be at least 40.

All decisions by the General Assembly are taken on the basis of simple majority, i.e., anything more than 50 percent of the votes cast. Each delegate and each member of the WAVA Council has one vote. No one may cast a proxy vote on behalf of an absentee. In the case of a tied vote, the Presiding Officer must cast a deciding vote.

What does the General Assembly do? Its first duty is to receive the President's report on the period since the most recent meeting of the Assembly. It must take decisions on all proposed amendments to the Constitution, and on any proposed modifications of the affiliation fees. It must also make decisions on all matters of policy. It is the President's duty to put these to the General Assembly. It decides on the venue for each World Veterans Championships. It elects the officers

for the period until the next meeting of the General Assembly. It also notes the appointments of the regional delegates and the women's representative for the same period.

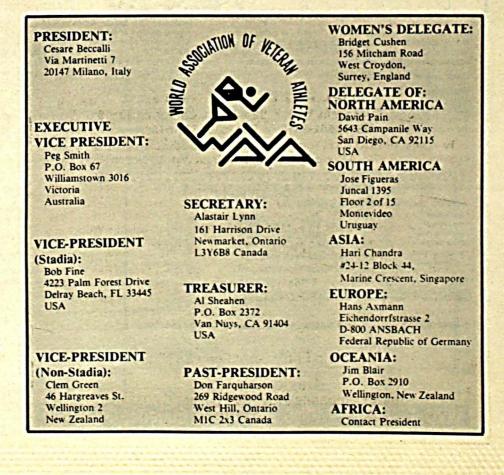
The General Assembly may also make a decision on a proposed amendment to the By-Laws. Such a proposal could come, without notice, from the floor. Or perhaps it would come from the Council, which considered the matter to be of such importance that it would be improper not to submit it to the Assembly for approval, even though the Council, itself, had the power to decide it.

The meetings of the General Assembly are the most important events in the administration of WAVA. Those meetings are, therefore, subject to certain specific provisions.

(to be continued)



M45 relay action at the Melbourne World Veterans Games. Australia's Fred Turner (45313) and West Germany's Guido Mueller (45623) take the handoff for the anchor legs. New Zealand's Foster Photo by Gretchen Snyder Stewart (50211) looks on.





World Veterans Championships Update

by BARBARA KOUSKY and TOM JORDAN, Event Directors

This is it! This is the last time you will have a chance to read this column before the May 1 deadline for Competition Entry into the VII World Veterans Championships. You can put off your house payment, or delay sending in that income tax return; but don't let the May 1 deadline pass by without entering. We must cut off entries on that date in order to assign the 18,000 event entries to heats, flights, and venues. Please send in your entry by May 1 so we don't have to say "sorry" on May 2.

Don't forget to include a copy of your 1989 TAC registration card. The number alone is not sufficient; please send a photocopy of the entire card.

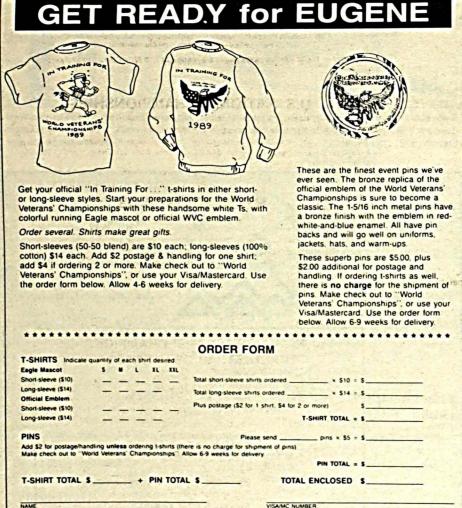
Housing & Competition Notes

Housing is still available in most categories, but we are approaching crunch time, so don't delay. If you have already sent in your housing reservation, and have yet to make the second deposit, it is now past due.

Similarly, plenty of air connections to Eugene are available, but now is the time to make your arrangements. For

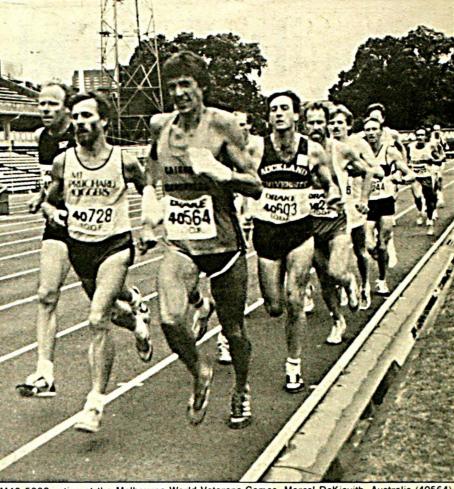


5% off the lowest discounted fare on United Airlines (the largest carrier into Eugene-Springfield), call Sandy at Adventure in Travel at 800/545-5477. As a special bonus, Adventure in



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



M40 5000 action at the Melbourne World Veterans Games. Marcel DeKievith, Australia (40564), Horst Wagner, Australia (40728), Paul Sumpter, New Zealand (40603), Reg House, New Zealand (40244): Photo by Gretchen Snyder

Travel will give you a free commemorative pin for booking with AIT. These are the handsome official pins sold by the World Veterans Championships, and they are, without question, collector's (and trader's) items.

Interest in the inaugural World Championships 10K road race appears high. This flat, fast course through the streets of Eugene will be run in the evening on July 27, and should see a major rewrite of the world and American age-group 10K road records. It will also be the first opportunity for the residents of Eugene-Springfield to witness some of the competitors they have been awaiting all these months.

Of course, even more impressive will be the Opening Ceremonies the next evening, Friday, July 28. The paradein of athletes from over 60 countries is a sight not to be missed, as those who witnessed the ceremonies in Melbourne can attest. The assembled athletes, families, and residents should make for a pretty full house at Hayward Field, which holds approximately 12,000.

We look forward to having you here.



Eugene Update

April, 1989

• The VIII World Veterans Championships will be held in Eugene, Oregon from July 27 to August 6. Over 5000 entrants from more than 50 nations are expected to attend.

• The Eugene Register-Guard has signed on as a major sponsor of the World Veterans Championships. It will produce the daily Championships results paper for the organizers.

• Of 2800 university beds available, 2300 have been reserved to date.

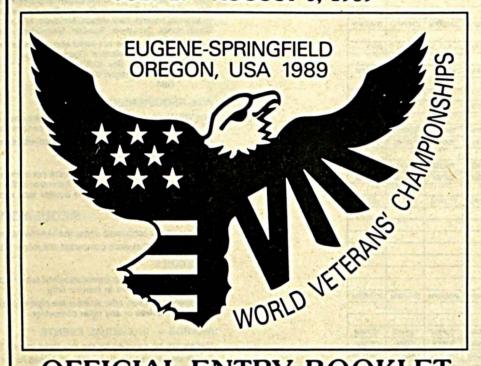
• No travel or appearance fees or expenses are being paid by the organizers to any athlete, not even top masters "names." That's a change from Rome (1985) and Melbourne (1987) when several Olympians were paid appearance money to help with the publicity. The organizers feel the event stands on its own as a prestigious international championships.

• No decision has yet been made whether there will be agegraded races, as there were in Melbourne.

• The Soviet Union approached Ollan Cassell, TAC's Executive Director, and expressed interest in sending a group to Eugene. Soviet athletes have never competed in a World Veterans Championship.

National Masters News

VIII WORLD VETERANS' **CHAMPIONSHIPS** JULY 27 - AUGUST 6, 1989



OFFICIAL ENTRY BOOKLET

Invitation to the **VIII World Veterans' Championships**

On behalf of the Organizing Committee and the veteran athletes of the United States, we would like to invite you to come to Eugene-Springfield, Oregon for the VIII World Veterans' Championships.

Barbara Kousky

Barbara Kousky

Executive Secretary

In this Entry Booklet, you will find information on competition entry, housing, tours, and much more. Specific information on exact competition time-schedules, shuttle bus system, and tourist information will be printed in the Competitor's Handbook available in your packet upon arrival in Eugene-Springfield. In the meantime, we suggest you read the "National Masters News" (address inside) for further information.

We look forward to seeing you here in July 1989 for the VIII World Veterans' Championships.

Thomas C. Jordan

Thomas C. Jo

Executive Director

NEW EVENTS

WORLD CHAMPIONSHIPS 10K ROAD RACE The VIII World Veterans' Championships will inaugurate a new event — the 10-kilometer Road Race — a World Champion-ships event for veterans only, with medals awarded in each age division. It will be held on Thursday, July 27, the opening day of the VIII World Veterans' Championships, and it will be a top-level 10K on a flat, fast course. We invite all distance runners to take part in this exciting new event.

HEPTATHLON/DECATHLON

At the recommendation of the WAVA Multi-Events Committee, the pentathlon has been replaced by a heptathlon for women and a decathlon for men. It will be held July 27-28, on the first two days of the Championships. There will be no pentathlon held as a World Championships event.

RESULTS BOOK

A Results Book will be made available for purchase to all World Veterans' Championships competitors. Check your Competitor's Handbook upon arrival for ordering instructions.

AIR TRAVEL TO EUGENE

"Adventure in Travel" is the official travel agent for the VIII World Veterans' Championships. If you are arriving by air, we recom-mend you make your arrangements through Adventure in Travel. Not only do they know the Eugene and Portland air sched-ules intimately, as the representative of our official airline, United Airlines, Adventure in Travel can offer 5% off the lowest discounted fare available on any United flight into Eugene and Portland.

1-800/545-5477 within the United States Phone: 503/345-6487 FAX :

Address: 864 West Park, Eugene, Oregon 97401-2929

NATIONAL MASTERS NEWS

The <u>National Masters News</u> is the official publication of WAVA and TAC. It will be carrying updated progress reports on the VIII World Veterans' Championships, and will prove a valuable source of information for all competitors. A one-year subscription (12 issues) is \$18.75; add \$5 outside USA; add \$8 1st class (USA & Canada); add \$15 foreign airmail. Send to National Masters News, P.O. Box 5185, Pasadena, CA 91107. 818/577-7233.

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MEDAL STANDARDS

	Jump	Jump	Put	Jump	Throw	Throw	Vault	Throw
M40	1.6	5.5	11.5	11.5	34.0	44.0	3.4	40.0
M45	1.5	4.9	10.5	10.5	33.0	40.0	3.2	38.0
M50	1.4	4.7	9.5	9.5	32.0	44.0	3.0	38.0
M55	1.3	4.4	9.0	9.0	28.0	40.0	2.8	29.0
M60	1.25	4.1	8.5	8.5	34.0	40.0	2.6	34.0
M65	1.20	3.9	8.0	8.0	28.0	32.0	2.4	30.0
M70	1.00	3.7	7.5	7.5	25.0	30.0	2.2	25.0
M75	.95	3.4	7.0	6.0	21.0	28.0	2.1	20.0
M80	.90	2.6	6.75	5.0	18.0	16.0	2.0	12.0
M85	.87	2.4	6.0	4.0	13.0	13.0	1.9	10.0
M90	.85	2.2	4.0	3.9	9.0	12.0	1.8	9.0
M95	.83	2.0	3.9	3.8	8.5	11.0	1.7	8.0
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W50	1.05	3.6	10.0		22.0	23.0		
W55	1.00	3.2	7.0		20.0	20.0		
W60	.95	2.8	8.0	119 14	19.0	19.0		
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W85	.73	1.7	5.0		8.6	9.8		1 24 191
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W95	70	15	4.5	and the second second	8.3	9.6		

"No standards for women in steeplechase, triple jump, pole vault, or hammer throw as these are new women's events in the Championships.

NOTE - THERE ARE NO PERFORMANCE STANDARDS FOR ENTRY INTO THE CHAMPIONSHIPS.

U.S. NATIONAL CHAMPIONSHIPS

The U.S. TAC National Masters (Veterans) athletics championships for men and women 30 and over will be held in San Diego, California on July 20-23, 1989, one week prior to the World Championships. All foreign competitors are invited to compete. For further information write to David H.R. Pain, 5643 Campanile Way, San Diego, CA 92115, (619) 582-3316, FAX 619-7991.

MEDAL STANDARDS

At the April, 1988, WAVA Council meeting, the Council adopted performance standards for the awarding of medals. Athletes finishing 1st, 2nd or 3rd in their event must achieve or better the standards as listed in the Appendix in order to be awarded a World Veterans' Championships Gold, Silver or Bronze Medal. THE STANDARDS LISTED ARE NOT EN-TRY STANDARDS. THERE ARE NO PERFORMANCE STANDARDS FOR ENTRY INTO THE CHAMPIONSHIPS

VIII WORLD VETERANS' CHAMPIONSHIPS CALENDAR OF EVENTS

July 25	WAVA Council Meeting
July 26	WAVA Council Meeting
July 27	10K Road Race Championships
00.y 2.	Decathion and Heptathion
July 28	Decathion and Heptathion
July 20	Opening Ceremony
July 29	Start of Track & Field Competition
July 31	Non-Competition Day
oury or	Regional Meetings
Mater and	Stadia and Non-Stadia Committee Meetings
and the second	Participation Forum
August 1	Women's General Meeting
August 2	Non-Competition Day
rugus r	WAVA General Assembly
the main man a subset of	Competition Banquet
August 6	Closing Ceremony
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page 21

PRELIMINARY COMPETITION SCHEDULE - MEN

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OK CC	2THUR/PM	2THUR/PM	2THUR/PM	2THUR/PM	ZTHURIAM	ZTHURIAM	ZTHURIAM	ZTHURIAM	ZTHURIAM	ZTHURIAM	ZTHURIAM	ZTHURA
OK ROAD RACE	1THUR/PM	ITHUR/PM	1THUR/PM	ITHUR/PM	ITHUR/PM	ITHUR/PM	ITHUR/PM	THUR/PM	TTHUR/PM	THUR/PM	THUR/PM	1THUR/P
IARATHON	2SUNAM	2SUNIAM	2SUNAM	2SUNAM	2SUNIAM	2SUNAM	2SUNIAM	2SUNAM	2SUNIAM	2SUNAM	2SUNIAM	2SUNA
IGH JUMP 1	2SAT/PM	2SATIAN	2FRI/PM	2FRWAM	2SAT/PM	2SATIAM	2FRVPM	2FRUAM	2FRUAM	2FRIAM	2FRUAM	2FRUAN
OLE WAULT I	1SUNAM	ISUNIAM	1SAT/PM	1SATIAM	1SAT/PM	1SAT/PM	1SAT/PM	ISATIAM	ISATIAM	ISATIAM	ISATIAM	ISATIAN
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HOT PUT PAL	1SATIAM	ISATIAM	1SATIAM	1SAT/PM	1SAT/PM	1SAT/PM	1SAT/PM	1SAT/PM	1SAT7PM	1SAT/PM	1SAT/PM	1SAT/Ph
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SUBJECT TO CHANGE BASED UPON NUMBER OF ENTRIES. DEFINITIVE SCHEDULE IN COMPETITORS' HANDBOOK IN PACKET UPON ARRIVAL

PRELIMINARY COMPETITION SCHEDULE - WOMEN

1.20.00	W35	W40	W45	W50	W55	W60	W65	W70	W75	W80	W85	W90+
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k00 st	2FRI/PM	2FRVPM	2FRI/PM	2FRI/PM	2FRI/PM	18 . O.M.	in the me	and the second	C. May Con	Provident Party	New York	Start Star
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HIGH JUMP 1	2THUR/PM	2THURIAM	ZTHURIAM	ZTHUR/PM	ZTHURIAM	ZTHURAM	ZTHURIAM	ZTHURIAM	ZTHURIAM	ZTHURIAM	ZTHURIAM	ZTHURIAN
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SUBJECT TO CHANGE BASED UPON NUMBER OF ENTRIES. DEFINITIVE SCHEDULE IN COMPETITOR'S HANDBOOK IN PACKET UPON ARRIVAL.

1THU = JULY 27; 1FRI = JULY 28; 1SAT = JULY 29; 1SUN = JULY 30; MON = JULY 31; TUES = AUG 1; WED = AUG 2; 2THU = AUG 3; 2FRI = AUG 4; 2SAT = AUG 5; 2SUN = AUG 6.

April, 1989

April

COMPETITION ENTRY REQUIRE

ALL ENTRIES MUST BE RECEIVED BY MAY 1, 1989. Official Entry forms or ph Confirmation of entry will be sent within 30 days of receipt. It confirmation is not rec Committee by FAX 503-342-6661.

Competitions entries sent from individuals in the following countries must first be prod ation before being accepted by the Organizing Committee: The Federation/Assoc tries from their country to the Organizing Committee: Argentine, Aruba, Belgium, Czechoslovakia, Denmark, Federal Republic of Germany, Finland, France, Great Indonesia, Ireland, Italy, Japan, Malaysia, Mexico, New Zastand, Norway, Paragua South Korea, Sri Lanka, Sweden, Switzerland, Taiwan, Tinidad & Tobago, Urugu Residents of countries not listed above about event in control entry direct

Residents of countries not listed above should send their competition entry direct VIII World Veterans' Championships VIII World Veterans' Championships Post Office Box 10825

Eugene, Oregon 97440 USA

AGE REQUIREMENTS

The VIII World Veterans' Championships are open to all man born on or before 27 J 27 July 1954, who are physically fit for competition.

Proof of date of birth must be submitted with entry form, Copies of birth certification BLIND COMPETITORS

Blind competitors requiring guides are not to receive any advantage over other c A guide may only be in a position behind or at the side of the competitor. A tether is ahead. In races run in lanes the outside lane must be ut

REGULATIONS AND QUALIFICA

Competition is conducted under the IAAF/WAVA rules subject to any special rule Entry signifies that each competitor will follow the rules of the Organizing and T TIMETABLE

In track events, slower competitors will be required to move to the outer lanes to col to allow the next event to start on time.

The appointed safety officials have the right to disqualify and ashove competitors ous to themselves or any other competitor.

AWARDS - INDIVIDUAL EVENTS

Medals will be awarded for the first three places for all age groups in all events Certificates of participation will be provided for all entrants.

AWARDS - TEAM EVENTS

In team scoring for non stadia events, an athlete may not move down an age-grou for the relays. Any athlete that moves down an age-group for relay team scoring ca own age group.

Medals will be awarded to each scoring member in teams that gain a 1st, 2nd, or 3 by country.

Marathon, road walks and cross country will be scored on aggregate times by tea in the age groups Age Groups For Team Events - 4x100m Relay, 4x400m Relay, Marathon, Ro

and the second second	W35-39	M40-44	1141258
	W40-49	HA- N45-49	* 1 B
the provide protocology	W50-59	1-2-0M50-54	6
	W60-Over	MSS.50	1. S. S.

IMPLEMENTS

With the exception of vaulting poles, all implements for field events will be provide their own throwing implements provided these implements conform to the rules a at least 90 minutes before the event.

Any other competitor in the competition has the right to use that equipment if h Spikes. Only spikes of 6mm length are permitted on stadium tracks.

QUALIFYING REQUIREMENTS - TRACK

In all lane track events requiring heats and/or semi-finals, the following qualifying these conditions may be varied.

8 Lane Track - Winners and at least next 4 fastest will advance

Probable Limits: 800 meters, 12 per heat, 8 to final; 1500 meters, 16 per heat, 12 If there are insufficient starters to warrant a scheduled heat, then the semi-final wi time of that heat. The final will always be held at the scheduled starting time.

STEEPLECHASE

The barriers must be hurdled or vaulted; competitors climbing the barriers will be HURDLES

At each hurdle both feet must be off the ground for at least an instant

QUALIFYING REQUIREMENTS - FIELD

Long Jump, Triple Jump and Throwing Events. The best 8 performers (including thos will qualify for the final 3 efforts.

High Jump and Pole Vault. Competitors may nominate one height below standard se - 3cm; Pole Vault - 5cm

Javelin. In division M40 to M55 inclusive a throw shall be valid only if the tip of the Javelin. In division M40 to M55 inclusive a union share and an up in the up of the i other part of the javelin and leaves a visible mark. In all otherage divisions, incluc made from the point of impact provided the tip of the javelin has the ground first. Both feet must be off the ground during the vault. It is permissible to use a bent

FLIGHTS (SECTIONS)

In all track events over 1500m, and all field events (except hip jump and Pole V will be formed into flights, on ability basis, with the best performers competing lat will be formed into flights, on ability pasis, will be decided on the ownall best times from In track events, age group winners will be decided on the ownall best times from In field events, except the High Jump and Pole Vault, flights we operate only for the formers (including those sharing 8th position) from all flights heach age group we flights in that age group have completed the 3 preliminary dots.

VENUES

TRACK AND FIELD #1 Venue — Hayward Field, University Oregon #2 Venue — Silke Field, City of Spinfied MARATHON CROSS COUNTRY ROAD WALK The Road Walk is a flat course against b Hayward Field of The Road Walk is a flat course against b Hayward Field of

National Masters News

page 23

pril, 1989

ED BY MAY 1 St Icial Entry forms or photocopies must be used. Configuration is not received by June 15, 1989, contact Organizing

dati netani Deposit de interiores must first be processed by their Veterans' Federation/Associ-nego constant de Federation/Association will then forward all competition en-la bone the termina, Aruba, Belgium, Bolivia, Brazil, Canada, Chile, Colombia, enal ken le traina, Aruba, Belgium, Bolivia, Brazil, Canada, Chile, Colombia, and Man le trainad, France, Great Britain, Holland, Hungary, Iceland, India, Sectore to trainad, Korway, Paraguay, Peru, Philippines, Portugal, Singapore, the tot and to train the train of the tot to the tot and tot and the tot and the tot and tot and the tot and ton tok at a bidad & Tobago, Ungerty postpart acompetition entry direct to:

the spectral born on or before 27 July 1949, and all women born on or before made was my pacopies of birth certificate or passport will be accepted.

are to to not a network and vantage over other competitors by the assistance so received. Whint or a to the the competitor. A tether may be used but not to pull the competitor value are not bed.

EGULATIONS IND QUALIFICATIONS

WHINKING the special rules laid down in this invitation. and Technical Committees.

in the maint temp the outer lanes to complete the event if this becomes necessary

te ight standard asmove competitors whose performance is considered danger

the place to a groups in all events. provided for all entropy

ENTS

t a stide and ave down an age-group. An athlete may move down an age group idon a seyopt relay team scoring can still participate as an individual in his/her

ng member interstant gain a 1st, 2nd, or 3rd in their team event. Teams will be formed

ty will be some suggregate times by teams of the first five of each country to finish

n Relay, 440m Relay,	Marathon,	Road V	Valks	and	Cross	Country:
¥40-44	To Parts		50-69		A STAN	
45-49	C. C. States	M7	O-Ove	er		1 4 5 K
M50-54		0-59	2Vins)			
155-59	1	Novo D	WS.			

Interests fill events will be provided by the Organizers. Competitors may use at test interaction form to the rules and are certified by the Equipment Official

ion has the right see that equipment if he/she so wishes. are permitted on salurn tracks.

IS - TRACK

s not shall be following qualifying conditions will apply. In non-lane events,

as not i assi nidvance.

we to its simeters, 16 per heat, 12 to final; Steeplechase, 12 per heat. and a statistic then the semi-final will be conducted at the scheduled starting

and appendix bing the barriers will be disqualified.

dite partie st an instant.

TS - TEX In Formers (including those sharing 8th position) in the first 3 efforts TTS - FEU

diset in relations, including women's, the measurement shall be related to the first of the second first. and the state of t

High Jump and Pole Vault), age groups with very large entries of the sectormers competing last. Werall best times from all flights.

will operate only for the three preliminary efforts. The best 8 per-ter present is in each age group will advance to the 3 final efforts after all operations.

NUES

with of Oregon inglield ourse, closed to traffic. Service with several short steep hills, grass and bark chip surface. Cent to Hayward Field on the University of Oregon campus.



COMPETITION ENTRY FORM INSTRUCTIONS

Please fill in your full name in the boxes provided, one letter per box, family name first. Then your complete address (include nent number, if any), nationality, sex (male/lemale), date of birth, and age.

Apartment number, if any), nationality, sex (materientale), date of birth, and eye. Next, figure the fees for entry as follows: There is a \$14.00 fee assessed by WAVA. In addition, there is a cost for each event entered. The first event is \$25.00. Second, 3rd, 4th and 5th events are each \$8.00. Sixth and 7th events are \$15.00 each. There-fore, the cost for entering one event would be \$39.00; the cost for entering 5 events would be \$71.00; and the cost for entering 7 events would be \$101.00 U.S. The cost for the banquet is \$20.00 per person. Add all the costs together for your total. Payment must be made using a bank draft, VISA or MasterCard charge cards or check in U.S. dollars.

If using a VISA or MasterCard, you must specify which charge card you are using by checking the appropriate box. Print the cardholder's name on the line provided, and the number in the boxes provided (one number per box). You also must in-clude the expiration date printed on your card.

To specify the events in which you wish to compete, please mark the first box on the entry form with an "X" in front of the event you wish to enter.

The next section tells you which, if any, age groups compete in that event. In the "Best Mark 1988-1989" column, please list your best mark for this time frame. In addition to marking your events with an "X", please write out the name of each event you wish to enter in the section at the bottom of the page. Please send entry form and payment to: VIII World Veterans' Championships

Organizing Committee PO. Box 10825 Eugene, OR 97440 USA



COMPETITION ENTRY FORM

ACOMES	
MONAT	
	AGE AG OF ANY F. 1998
1. WAVA fee = US\$ 14.00 2. 1si event entered = US\$ 25.00	Payment: 1. Bank draft or check in U.S. dollars
3. 2nd through 5th: Number of events × US\$ 8.00 = US\$ 4. 6th through 7th: Number of events × US\$ 15.00 = US\$	Payable to: VIII WVCOC 2. VISA C MC C Name:
5. Banquet tickets: Number ordered × US\$ 20.00 = US\$	
5. TOTAL: (add above lines together) = US\$	EXPIRATION DATE:/

MARK EVENT HERE WITH AN "X"

•	Event	Name of Event	Women's Age Groups	Men's Age Groups	Best Mark 1988-198
	1	100 METER DASH	All Age Groups	All Age Groups	2 2 mm Balan - Th
-	2	200 METER DASH	All Age Groups	All Age Groups	Starting of the second second
1	4	400 METER DASH	All Age Groups	All Age Groups	and the providence of the
84	8	800 METER RUN	All Age Groups	All Age Groups	the contraction of
	15	1,500 METER RUN	All Age Groups	All Age Groups	Sand the president and the
1	2St	2,000 METER STEEPLECHASE	All Age Groups	M60 and Older	and a second and a second and a second s
ŝ.	3St	3,000 METER STEEPLECHASE	the standard and the	M40 through M55	- the two shall be at the
1	5	5,000 METER RUN	All Age Groups	All Age Groups	P. A. wat le get and gather
-	10	10,000 METER RUN	All Age Groups	All Age Groups	· Martingal surrelates
	8H	80 METER HURDLES	W40 and Older	M70 and Older	おうちん あいち ちんしょう ちょう
•	OH	100 METER HURDLES	W35 Only	M50 through M65	The stand and question of
	1H	110 METER HURDLES	The later of the method	M40 through M45	19 Aug Martin President adjance
1	3H	300 METER HURDLES	W50 and Older	M50 and Older	- and a state of the spin of
1	4H	400 METER HURDLES	W35 through W45	M40 through M45	grandine the branch and the
	1W	10 KM WALK	All Age Groups	a service and and interest	and the second and
	2W	20 KM WALK	and the second second	All Age Groups	and Reversionson
	5W	5 KM WALK	All Age Groups	All Age Groups	an and the sector is
	CC	10 KM CROSS-COUNTRY	All Age Groups	All Age Groups	- marine garante it -
2	RR	10 KM ROAD RACE	All Age Groups	All Age Groups	1- J . LANS STRUCTURE &
	M	MARATHON	All Age Groups	All Age Groups	and the second for second and the
	HJ	HIGH JUMP	All Age Groups	All Age Groups	and the set of the set
	PV	POLE VAULT	All Age Groups	All Age Groups	
•	L	LONG JUMP	All Age Groups	All Age Groups	all it also say proved that he
	TJ	TRIPLE JUMP	All Age Groups	All Age Groups	a market water the s
	SP	SHOT PUT	All Age Groups	All Age Groups	1 - pro trimmer
	DT	DISCUS THROW	All Age Groups	All Age Groups	ing a state of the state of the
	HE	HEPTATHLON	All Age Groups	and the state of the second	
	DE	DECATHLON	and the second se	All Age Groups	may and a second a
	JT	JAVELIN THROW	All Age Groups	All Age Groups	The second and a
-	HT	HAMMER THROW	All Age Groups	All Age Groups	all the man of the state

P.O. BOX 10825 EUGENE OR 97440 USA

5:

WAIVER

I hereby declare that I am in good health and am properly conditioned for the competitions. I absolutely relieve WAVA (World Association of Veteran Athletes), the VIII World Veterans' Championships Organizing Committee, the sponsoring non-profit organizations and the corporate sponsors of any responsibility for any injury, loss or damage to myself or my property which I may sustain in the course of (or in connection with) the VIII World Veterans' Championships.

Note: U.S. entrants must enclose a copy of their 1989 TAC card.

(Signature, Signature, Unterschrift, Firma)

6:

(Date, Date, Datum, Fecha)

ROOM RESERVATION FORM INSTRUCTIONS

ase use one Room Reservation Form for each room reserved. Fill in the last name of the person in whose name the room reservations will be made; then first name. Write in your complete address (include apartment number), and your daytime telephone number (include any city/country codes). Next list if you are part of a Tour Group.

List the names of all members of your party occupying the room, and indicate by "yes/no" (Y/N) if they are an adult. List their ages if children.

Indicate if anyone in your party smokes (Y/N).

List your arrival and departure dates Next circle the date of each night you plan to stay in your choice of accommodations.

TY July Black

Housing Preference: Various types of housing are available; please read the descriptions in this booklet under "Accommoda-tions". Then use 1, 2, & 3 to indicate your preference for housing. Each University Hall and University Inn room has two beds. We will assign roommates. If you wish to room with a particular person in these rooms, check the line which says "2 person 2 beds". You must provide us with the name of the other occupant and include a deposit for two people. The person whose name appears at the top of this form will be responsible for the payment by both persons.

Next, verify your housing preference by writing out the type of housing and sleeping arrangement for your three choices. Enclose the appropriate deposit for your first housing choice and mail to the WVCOC: Post Office Box 10825 Eugene, OR 97440

USA

If using a VISA or MasterCard, you must specify which charge card you are using by checking the appropriate box. Print the cardholder's name on the line provided, and the number in the boxes provided (one number per box). You also must include the expiration date printed on your card.

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AUGUST

HOUSING PREFERENCE

Use num	bers 1, 2, 3 to indicate your	first, second and third preference for housing and sleeping arrangements.
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	2 persons 1 bed :	(\$51.00) 2 persons 2 beds:
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	3 persons 2 beds:	
	4 persons 2 beds:	
	5+persons 3+beds:	

DEPOSIT REQUIREMENTS: Luxury \$80 per room; Deluxe \$65 per room; Tourist \$50 per room; Budget \$35 per room; University Halls \$25.50 per person; University Inn \$31.50 per person; Co-Op Housing \$20 per person; RV \$15 per space; Camping \$15 per space.

DEPOSIT FOR 1ST CHOICE: (Housing reservation will NOT be accepted without deposit.) Amount enclosed: \$_______ Deposit must be by bank draft check in U.S. dollars, or by VISA or MasterCard.

VISA D MasterCard D Name:

3

Number Expiration Date: 1 Payable to: VIII WVCOC, P.O. Box 10825, Eugene, OR 97440 USA

BANQUET

Enjoy the cuisine of the Pacific Northwest at the Championships Banquet to be held on Wednesday, August 2nd, a non-competition day. Hors d'oeuvres and the meal, music, and dancing are included in the \$20 per person charge. We recommend that you sign up early for this popular function. Attendance is limited to 2,500 people (See Entry Form). Free transportation will be provided via the shuttle buses from all major housing accommoda-

SPORTS MEDICINE SEMINARS

Sports medicine seminars under the direction of world-famous orthopedic surgeon Dr. Stanley James will be offered during the championships. If you would like additional information on the seminars please write to the Organizing Committee.

DAY TOURS FOR VISITORS

We invite you to see and enjoy the beautiful Northwest on one or more of these tours. All transportation will be in luxury motor coaches with experienced drivers and guides. Prices are based on a minimum of 40 people including lunch.

An opportunity to sign up for the tours will be included with your housing confirmation, or you may write to this address for a tour registration form: VII World Veterans' Champion-ships, Post Office Box 10825, Eugene, OR USA 97440.

A. WHITEWATER RAFTING

Paddle through whitewater, drift in the calms, and share the beauty of the ever-changing river on this exciting raft adventure

\$45.00 half-day \$52.00 full-day

B. HINMAN/FORGERON WINERIES (6 hours)

Sample a variety of award-winning Oregon wines as you tour two of the State's finest wineries, Hinman Vineyards and Forgeron Vineyards.

\$26.00 per person C. OREGON COAST/SEA LION CAVES (9 hours)

Experience the rugged landscape as you travel the windswept Oregon coastline to

Newport, stop at the world-renowned Sea Lion Caves, view the world-famous lighthouse at Heceta Head, and dodge the waves at Devil's Churn lookout. \$41.50 per perse

D. WILDLIFE SAFARI (9 hours)

Experience this 600-acre drive-thru park where exotic, uncaged animals from around the world roam free. Watch the rhinos resting in a cool pond or observe a lazy pride of lions sunning themselves in the tall grass.

\$35.00 per person

E. CASCADE MOUNTAINS/SISTERS TOUR (8 hours)

Enjoy the natural beauties of Oregon. View an underground spring as it forms into the Metolius River, drink in the view of the rugged Cascade Range, and tour the authentic Western town of Sisters. \$20 00 m

F. CRATER LAKE (13 hours)

Cradled at the crest of the wondrous Cascade Mountain Range, Crater Lake, formed nearly 6,000 years ago, is one of the world's scenic wonders and is one of the deepest lakes in the United States.

Hike 1.1 miles to the heart of the crater; board an excursion boat for a ride across the crystal blue waters of the Lake to Wizard Island, the remaining cone of what was once Mount Mazama.

\$54.50 per perso

G. HISTORIC BROWNSVILLE (4 hours) Travel to historic Brownsville to capture the essence of early oregon life with replicas of a general store, bank, barber shop and milliner's shop, all rich with the objects of turn-ofthe-century tools of the past.

\$14.50 per person (price does not include lunch)

H. WEYERHAEUSER TOUR (2 hours)

Discover how choice Oregon timber is converted into paper products as you tour the sawmill, paper and presto log operation of the Weyerhaeuser Company, the largest forest products facility in the world

\$7.00 per person (price does not include lunch)

TRANSPORTATION

A free shuttle bus system will offer service between major housing accommodations and the competition venues for the competitors. The shuttle will also operate from the Eugene airport during peak arrival and departure times, and for the banquet. A timetable will be included in your packet.

LUXURY HOTELS: All the amenities of a Luxury Hotel, including large, air-conditioned

pool and dining facilities.

RESIDENCE HALLS: Accommodations include three full meals per day, beds made upon

UNIVERSITY INN: Accommodations are about 1 mile off-campus and include three full meals per day, beds made upon arrival and daily towel service. Rooms have private bath

and telephone. Access to color cable TV and laundry facilities. CO-OP LIVING: Accommodations are in large houses, accommodating up to 50 + people.

Single bed, shared bath. Shared sleeping rooms (range from 4 to 40 beds per sleeping area). Limited private sleeping rooms available. All have private dressing areas. Color ions in living areas. Options include bed and breakfast or kitchen privileges. RECREATIONAL VEHICLES & CAMPING: Facilities include water, electrical hook-ups, and dump stations for recreational vehicles. Some facilities with pool, showers, and store.

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ACCOMMODATIONS Explanation of Room Catagories is as follows:

rooms, dining room, cocktail lounge, sauna/jacuzzi, and swimming pool. DELUXE ACCOMMODATIONS: Large rooms with air-conditioning, dining facilities,

cocktail lounge, pool facilities; all but two have coffee shops and entertainment. TOURIST ACCOMMODATIONS: Clean, affordable, air-conditioned rooms, with color TV.

BUDGET ACCOMMODATIONS: Clean, inexpensive air-conditioned rooms with color TV.

ome with pool facilities.

arrival and daily towel service. Comfortable lounges with piano and fireplace. Access to color cable TV and laundry facilities. Shared bath on each floor.

-Minnesota to Host Third "World Masters Games" In 1993-

The third "World Masters Games" have been awarded to the twin cities of Minneapolis and St. Paul, Minnesota, U.S.A. for 1993.

The quadrennial Games are geared for over-40 athletes and include up to 45 sports. The first such event took place in Toronto in 1985; the second edition will be held this summer in Denmark.

"We hope to hold the event the last week in July and the first week in August," said Minnesota spokesman Jeff Smedsrud.

The Games have no relationship to the VIII World Veterans (Masters) Championships, which are being held this summer in Eugene, Oregon. The Eugene event is recognized by the World Association of Veteran Athletes (WAVA) and by the International Amateur Athletic Federation (IAAF).

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The IAAF Veterans' Committee has strongly criticized the timing of the Denmark affair, which falls on the same dates as the World Championships in Eugene. The IAAF has issued a communique to all its member federations "to confirm officially that the WAVA World Veterans Championships to be held in Eugene, USA, from July 27 to August 6, 1989, are approved by the IAAF and are inscribed in the IAAF calendar for 1989 as the only Veterans Championships for the year." It further adds that "priority must be given to the official WAVA World Championships and that the

"Masters Games' in Denmark can in no way be acknowledged by the IAAF." The Denmark organizers said their dates could not be changed.

Minneapolis-St. Paul beat out Seoul, South Korea, site of last year's Summer Olympics, to host the 1993 event. The bid was awarded by the 1989 Danish organizers, who purchased the name and the rights to the event from the 1985 Toronto organizers. That group left over \$1 million in unpaid bills strewn around the world and had to be bailed out by the Canadian government.

Smedsrud said Minneapolis would aim for 15,000 athletes from 100 nations. The Twin Cities already have been selected for the 1990 Olympic Festival, the 1991 International Special Olympics, and the 1992 Final Four of the NCAA men's basketball tournament.

"Our goal is to be one of the four premier players in the country for amateur sports," said Paul Erickson, executive director of the Minnesota Amateur Sports Commission, also naming Indianapolis, Los Angeles and Florida.

- Five Years Ago Guenter Mielke, 40, runs 2:17:59 in L.A. Marathon. NMN introduces 12-page International Section as official publication of World Associa-
- tion of Veteran Athletes.
 Bill Stewart, 41, and Cindy Dalrymple, 41, top masters in Gasparilla 15K.

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by ALASTAIR AITKEN and MARTIN DUFF (of Athletics Weekly)

Peter Lindsell, 43, who was the cross-country champion of Northampstonshire 30 years ago, won the Southern Veterans Cross-Country Championships in 35:53 in Sussey, January 29, over a hilly, muddy, three circuit course. Lindsell, on only 40 miles a week, attributed his speed and strength to tough training with the Oxford University cross-country team.

The first three in the Veterans Athletic Club Cross-Country Championships at Wimbledon, January 14, were Peter Hamilton (25:37, the best ever over the course in the Championships); Charles Dickens on (26:02); and Tom Ryan (26:23), the first M50. Margret Auerback was the first woman in 31:15.

Glynis Penny was the first W35 and second in the women's Beryl Davies Cross-Country Trophy at Bexley, January 14.

Andy Holden, a long-time stalwart

of English cross-country teams, has been to the fore in the season's crosscountry races, placing a high 77th in the English National, February 25, for his winning Tipton club. One of the younger runners behind him was Steve Cramm.

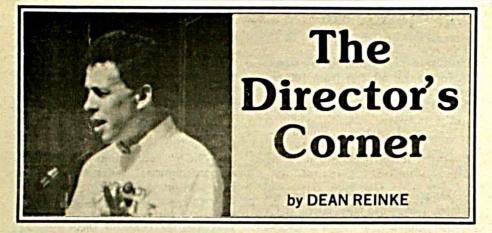
Another well-known-international, Munich bronze medalist at 5000, Ian Stewart, know 40, made his veterans debut in the prestigious Birmingham League with a top-20 placing.

On the roads, Adrian Wetherhead and Brian Emmerson (both Scots) have run 10Ks in 30:11 and 30:31, respectively, while Welshman Tony Simmons again lowered the world 5-mile time to 23:51. Mike Hurd showed good form with a 49:53 10 mile in Hampshire.

Rose Ellis, 35, improved her lifetime best 10K to 34:12, and Celia Duncan was the first female master in the Women's National Cross-Country.

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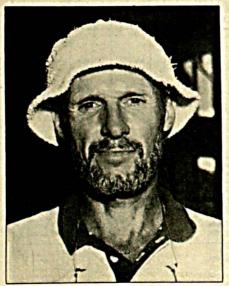


1989 ICI/USRA Masters Circuit Begins

Forget opening day in baseball, or the season's first kickoff in football or tip-off in basketball — the real action was at the starting line at "season opener" for the 1989 "ICI Masters Circuit." The March 18 Nissan Shamrock 8K at Virginia Beach featured many of last year's masters stars battling it out for pride and points on the ICI Circuit.

Without question, October 31 and December 23, 1987 were the Lincoln and Washington Birthdays of the masters movement, representing pioneers Frank Shorter's and Bill Rodgers' entrance into the masters ranks, respectively. Once the "Palmer and Nicklaus" of the sport reached the milestone, there was no stopping the momentum that was to follow. The Charlotte Observer 10K in North Carolina was the setting for the firstever matchup between the two as masters; both impressed with a 1-2 finish with Rodgers on top but with Frank finishing the closest he had in years, with Bob Schlau, Larry Olsen and Barry Brown following.

It was just two months later when ICI stepped forward and backed the fledgling United States Running Association's "Masters Circuit" and the 40-and-over movement began to explode. While Rodgers and Shorter led the way at the ICI Masters Circuit National Championship in Naples with an impressive 1st and 5th finish, respectively, the last several months has seen a tremendous influx of great "names" of the past coming out of the woodwork and a new guard starting to form to challenge the established stars.



Utah's Bill Johnston, 50, won the 50-59 title on the 1988 ICI/USRA Masters Circuit. Photo by Sailer, Ltd.

With the ICI Masters Circuit at 14 events and likely to expand to more cities, featuring some of the country's finest races, records are likely to tumble and competition become more intense than ever before. The following are the new names you'd better jot down and get used to seeing in the year ahead:

John Campbell — 5-minute victory over Rodgers at L.A. Marathon showed he's for real. Hopefully, the New Zealander will race enough to qualify for the \$25,000 Circuit prize pool.

Wilson Waigwa — Ex-Olympian and UTEP collegiate standout began season with 3:50 1500 on track. Squared off with Rodgers, Schlau and Ron Bell at season opening Nissan Shamrock.

Victor Mora — With early season wins at Gasparilla, Jacksonville and Red Lobster, he's the early season master to beat. Living in Colombia will restrict his racing. Even more unbelievable is that he is running so well at age 44.

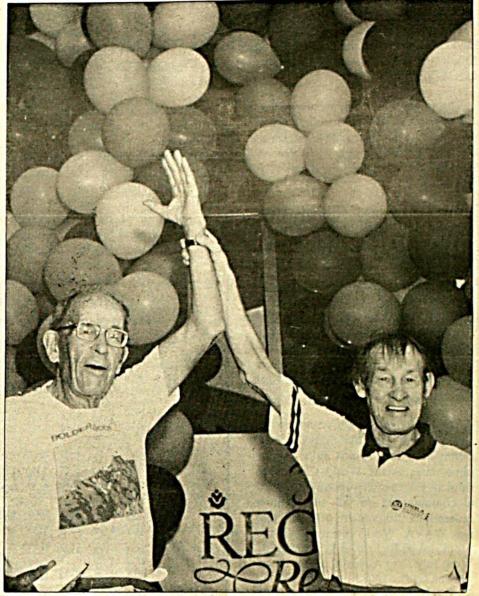
Byron Dyce — Jamaican Olympian is for real on both the track and roads and will be a factor if any race is close.

Mike Boit — Now a professor living in Nairobi, his indoor world record proved he's for real but he will have to play the spoiler role as an infrequent Circuit racer.

Shel Cowles — At age 42, has only been running seven years but his British countrymen call him "the best among a strong lot." A second to Mora at Jacksonville and third ahead of Schlau at Red Lobster proved his consistency.

Dave Stewart — Runnerup finishes at the ICI Masters Circuit National Championship in Naples and Red Lobster will fend well for travel funds for the Canadian and Miami of Ohio alum. Also defeated Shorter indoors in the mile this winter.

Antonio Villanueva - At 48, the



 Warren Daniell (87, 79:49) and Ed Benham (81, 38:05) celebrate after the ICI/USRA National Masters 8K in Naples, Fla., January 14.
 Photo by Sailer, Ltd.

Mexican still cannot be counted out, as evidenced by a 30:51 at Red Lobster ahead of Mike Hurd, Alan Rushmer, Olsen, Steve Ferraz and Athol Barton.

Tony Simmons — Former British Olympian has not set foot on U.S. soil yet as a master. Will make it interesting particularly if ICI includes a "World Class Cup" team competition at the finale this year.

While the above listing is an impressive one, let's still not forget that Bill Rodgers is still king of the masters hill, until otherwise dethroned over the shorter distances. Fresh off of world records at 5K, 8K and 10K in '88, he really wants the American marathon record of Barry Brown. He'll be tested on the Circuit with early season matchups at Nissan Shamrock and Myrtle Beach Classic, April 8, and at Utica Boilermaker 15K, July 9.

With '76 Olympic marathoner Don Kardong and sub-4-minute open miler Duncan Macdonald (former Stanford teammates) also joining the 40-andover ranks and Frank Shorter very fit after a biathlon win over Olympic cyclist John Howard, 1989 is shaping up to be truly a masters year. The ICI Masters Circuit promises to provide the competitive battleground on the road to the National Championship in January, 1990. See you there!

Bix Joins ICI Circuit

The Quad-City Times Bix 7-Mile race has become the newest member of the ICI Masters Circuit. In its 15th year, the Bix annually attracts over 12,000 runners as part of the famed Bix Jazz Festival. \$3500 will be awarded to masters, 3-deep, with first place winners receiving \$1000. Race Director Ed Froehlich coordinates the athletes' field at 319-359-9197.

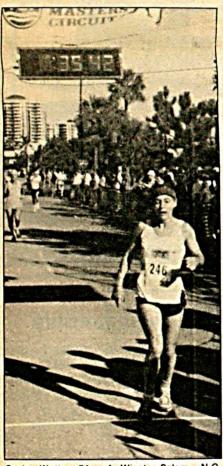
The ICI Masters Circuit consists of 14 events leading up to the ICI Masters National Championship in January, 1990. Runners accumulate points in 14 men's and women's 5-year masters age groups, taking their best five finishes, competing for a \$25,000 masters prize purse. Last year's ICI Circuit Grand Prix winners were Bob Schlau and Jane Hutchison. The ICI Masters National Championship, held in Naples last year, will take place in January, 1990 and feature a \$15,000 masters prize purse, the largest-ever non-marathon masters purse.

April, 1989

ICI/USRA Masters Circuit "Happenings"-

by DEAN REINKE

Bob Schlau has inked an endorsement deal with Impac Plus, a Durham-based shoe insert company. Frank Shorter has a similar arrangement with competitor Sorbothane . . . John Campbell will be running the Boston Marathon and agent Don Paul reports the New Zealander will be spending considerable time in the U.S. Look for him at the Boston Milk Run, April 9 ... April 8 Myrtle Beach Classic shaping up again as one of the top early season masters races. On the ICI circuit, early commitments for Myrtle Beach include Bill Rodgers, Schlau, Barry Brown, and Wilson Waigwa. A \$5000 masters purse will be featured. Athletes interested in competing should call athletes coordinator Kevin Amigh at 919-847-3109 . Freihofer's women's race in June will feature another strong all-women's field including a masters prize purse . . . Word out of New Zealand is that defending World 1500 champion John Dixon has gone into retirement. He still coaches U.S. Olympian Nancy Ditz but recurring injuries and a fulltime career has prevented him from staying the course with his training : . . A Campbell victory at New York this fall will earn him a \$25,000 bonus for his L.A.-N.Y. double ... The San Francisco Marathon will make its comeback July 9 with a new organizing committee . . . Falmouth Road Race has a new sponsor but still no word yet on a masters purse. They had \$10,000 last year ... Swiss Olympian Gabriele Andersen has



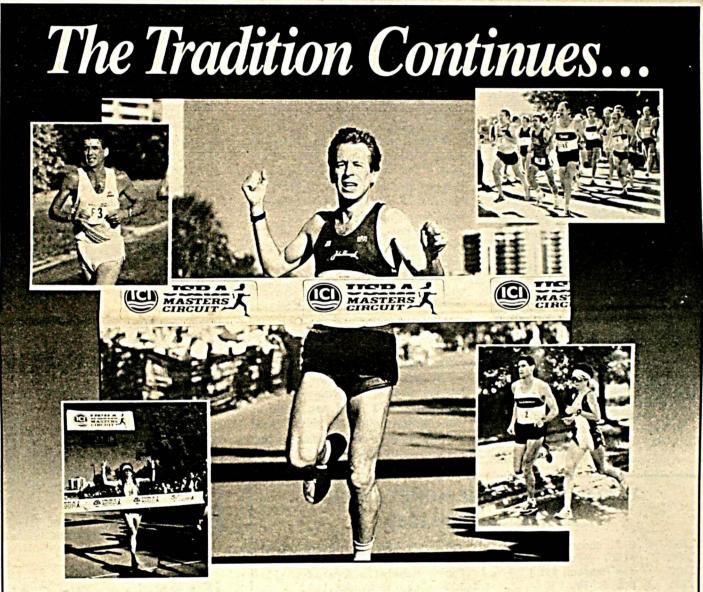
Susie Kluttz, 51, of Winston-Salem, N.C. finishes 2nd in the W50-54 division of the ICI/ USRA 8K Championships in Naples, Fla., January 14.



continued her strong running from her runner-up finish at the Naples ICI Masters National Championship with a victory at the Orange Bowl-Capital Bank 10K and second place finish to Priscilla Welch at Red Lobster . . . Welch has been undefeated as a master for over four years and three months until the Jacksonville River Run. A cold, however, caused her to have difficulty breathing, forcing her to slow down and stop at one point of the race, allowing Laurie Binder to defeat her. She took the defeat philosophically saying, "It knocks a hole in your armor at the time, but my upcoming (Boston) marathon's more important than the race. I hope it gives her

(Binder) a little bit of incentive, but it won't happen again." ... TACSTATS reports that 26% of all 10K participants are 40 years of age and over while 36% of all male 10K participants are masters. 24% reside in the 40-49 age group, 9% in the 50-59 group and 3% in the 60 and over ... Cotton Row Run 10K in Huntsville, Ala., a longtime supporter of the masters division, is the third stop on the 1989 ICI Masters Circuit. \$500 goes to the first male and female master. Athlete inquiries to John Dennison: 205-881-5807 ... May 13 Old Kent River Run in Grand Rapids, Mich. will offer \$1000 to the first masters male and female ... Make that a \$500 1st place masters

prize, June 4, to the top male and female at Hospital Hill Half Marathon in Kansas City - 4th stop on the ICI Masters Circuit . One of the original "masters," Hal Hidgon, now 56, is preparing, like many masters, for Eugene and the World Veterans Games this summer . . . From Ken Young in Tucson comes the following tidbit: "The first recorded prize money race was in September, 1980 in Atlantic City while the first year total prize money distributed was \$101,000. Last year saw \$4,689,000 distributed among 267 races throughout the country - about equal to roughly three major golf tournaments! But you've got to start somewhere . . . 🗆

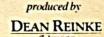


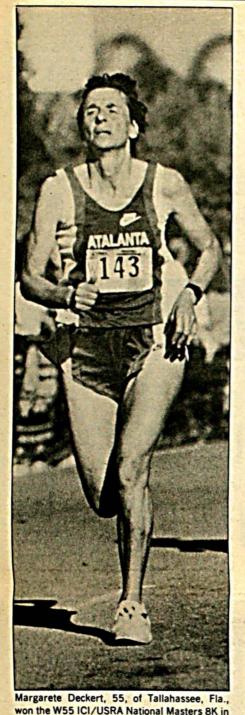
Last year Bill Rodgers, Frank Shorter, Jim Ryun and the other "Legends of Running" returned to the roads as Masters in the inaugural *ICI/USRA MASTERS CIRCUIT*. This year the tradition continues as over \$125,000 in prize money will be awarded featuring Grand Prix competition in 5-year age groups through age 70. The Circuit will again culminate with the season ending *ICI/USRA Masters National Championship* won last year by Bill Rodgers and Priscilla Welch. *Masters Running* '89, the official magazine of the *ICI/USRA MASTERS CIRCUIT*, will also be published featuring in-depth profiles and reports from the exciting Masters scene. "National Masters News" will again serve as the "official newsletter" of the Circuit and provide monthly results and Circuit coverage. So, if you're 40 or over, it's sure to be a tradition you'll want to continue!

March 18 - Nissan Shamrock 8K, Virginia Beach, VA (804) 481-5090 April 8 - Myrtle Beach Classic, 10K, SC (919) 847-3109 May 29 - Cotton Row Run 10K, Huntsville, AL (205) 881-5807 June 4 - Hospital Hill Run Half Marathon, Kansas City (816) 561-1085 July 9 - Utica Boilermaker 15K, Utica, NY (315) 797-6929 August 12 - Asbury Park 10K, NJ (201) 531-4156 August 26 - Crim Road Race 10 Mile, Flint, MI (313) 235-3396 September 24 - Pittsburgh Great Race 10K, PA (412) 255-2493 September 30 - Myriad Gardens Run 10K, Oklahoma City, OK (405) 752-2369 October 8 - Twin Cities Marathon, Minneapolis, MN (612) 881-3863 October 14 - Capital Trail Run 10 Mile, Raleigh, NC (919) 876-8347 January 6 - Charlotte Observer 10K, NC (704) 379-6898 January, 1990 - ICI/USRA Masters Championship 8K, Florida (407) 647-2918

TTOD A

CIRCUIT





35:19 in Naples, Fla., January 14.

-Bill Adams: Masters Runner and Visionary-

Of all the people involved in the ICI/ USRA Masters Circuit, Bill Adams could be one of the happiest.

As general manager for public affairs for ICI Americas, he made the phone call that led to the chemical company's sponsorship of the masters circuit in its inaugural year.

Going into season No. 2, the circuit is healthy — and ICI is developing product awareness in the running segment of the sporting world.

Adams is setting to run in some of the races, too - but that's another story.

The British-based ICI is the world's fourth-largest chemical manufacturer, with well-known products like Glidden Paints and Mylanta antacids.

Before making the masters connection, it already had sponsorships in tennis, golf, alpine skiing and Formula 1 auto racing, as well as with the World Class Athletic Club of Los Angeles.

When interviewed by freelance writer David Bumke last year, Adams said, "The company's attitude was that it had done enough to know the benefits of getting involved with the right people and the right events.

"If I thought the demographics in the masters program were good, then hey, I should give it a try."

Indeed, Adams saw a developing interest in masters running — especially in the careers of legends Frank Shorter and Bill Rodgers — and that's what led to the phone call to Dean Reinke, who was trying to get the masters circuit off the ground in 1988.

The connection made good sense to Reinke, as well. By getting in at the right time, Bud Light had made its name synonymous with triathlons, as had McDonald's with gymnastics, and Phillips with swimming. The rest is history. The ICI logo began appearing alongside USRA in all running circuit material and the logo also appeared on printer's caps donated by Glidden that were put in runners' packets.

Adams sees an unlimited future for the running circuit, as well as masters running. "After all, the whole country's getting older, and every year more and more people become masters," he told Bumke.

"Masters running is a lot more than just Rodgers and Shorter — there are already masters runners out there who can beat them. Still, they're the bestknown names and have given a lot to the sport and have provided incentives for many of us."

Reinke agrees. "There's something here that I think a lot of people can get excited about," he told Bumke.

"We've got names that our aging population can relate to — Shorter and Rodgers, of course, but also Billy Mills, Jim Ryun, Kip Keino. They're all masters now, as are many others who were once big names in the track world. And we have an opportunity to capitalize on that," he said.

Adams, while not one of those "big name" competitors, is jumping in where and when he can — and making a trip to the awards stand now and then. In last year's Myrtle Beach Classic, for instance, he finished second in his age group with a 36-minute 10K.

He began running competitively in the middle 1970s, while living in Washington, D.C., and kept doing it after moving to Bartlesville, Okla., where he was public relations director for Phillips Petroleum.

Since ICI makes a practice of hosting customers at the various sporting events it sponsors, Adams is likely to turn up at an ICI/USRA running event ... and run in it, as well.

"People may say, yeah, there's Adams, you know why he got into this stuff," he told Bumke.

"But . . . the fun thing about this sport, as opposed to race-car driving or even professional tennis, golf or skiing, is that if you're reasonably fit, you can run in the same events with those over-40 greats!"



1989 MASTERS PRIZE MONEY AWARDS THRU 1 MARCH 1989

Photo by Sailer, Ltd.

3,750	Bill Rodgers (MA)	4.750 Priscilla Welch (FL/GBR)
2,000	Athol Barton (MD/NZL)	2.800 Judy Greer (FL)
1,400	Jim Pearson (FL)	2.250 Gabrielle Andersen (ID)
1,325	Bob Schlau (SC)	1,500 Laurie Binder (CA)
1,250	Fred Waybright (WV)	1,250 Harolene Walters (CA)
1,000	John Custy (CO)	825 Nancy Oshier (NY)
1,000	Victor Mora (COL)	625 Nina Bovio (MI)
1,000	Jim O'Neill (OH)	500 Sandra Kiddy (CA)
1,000	Dave Stewart (CAN)	500 Margie Lindsey (CA)
825	Mike Hurd (GBR)	425 Jane Hutchison (MO)
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625	Ralph Zimmerman (NY)	Data compiled by "The Competitive
550	Steve Lester (UT)	Road Racer," published monthly by
500	Barry Brown (FL)	Sports Ranking Systems, PO Box
500	Hector Chaves (MEX)	42888, Tucson AZ 85733. \$20 for
500	Glenn Frick (USA)	12 issues.
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Feb	5	Las	Vegas	Marathon	Las Veg	as 2	:22:09	2000	Athol Barton
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1 1						2	:25:46	1000	Jim O'Neill (M50)
16		100	harris ?	No. St.	·	2	:54:11	1000	Harolene Walters
Feb	15	Gas	parilla	a 15K	Tampa		46:04	1000	Victor Mora
		See.	N. S. S.		1999		51:57	1000	Priscilla Welch

ICI 8K to be TAC National Championship

The final event of the 1989 ICI Masters Circuit will also be the 1990 TAC National Masters 8K Championships, Alvin Chriss, Special Assistant to the Executive Director of The Athletics Congress, announced.

The race will take place in Naples, Fla., on January 13, 1990, and will be the culmination of the 14-race ICI Circuit being held throughout 1989.

"We're pleased to be involved with ICI," Chriss said. "Masters runners are an important part of TAC's nationwide athletics program, and ICI has shown a strong interest in helping to promote running for the over-age-40 individual."

Normally, TAC Championships are awarded to bidders at the annual convention of TAC in December. But Chriss, Bill Adams of ICI, and Charles Des Jardins, Chairman of TAC's Long Distance Running Committee, worked out the arrangement together. No rights fee will be charged by TAC to ICI.

The 1989 TAC National Masters 8K Championship will be held in Washington, D.C. on December 3, in conjunction with the national convention.



Waigwa Sets World Masters 1500-Meter Record

Continued from page 1

equivalent of a 3:50 mile. 1989 is shaping up as potentially the most exciting year in the history of masters middle-distance running. Murray, Ron Bell (4:12.58), Mike Boit (4:15.88 indoors) and Waigwa are all heading for a showdown sometime this year — possible at the VIII World Veterans Championships in Eugene on August 5.

Originally, Waigwa had planned to make his masters debut in the open mile at the Los Angeles Times indoor meet on February 17, but he was refused entry at the last minute.

"I was assured that Wilson was entered," said Gordon Cooper, Waigwa's friend and manager, "but he was turned away with no viable explanation."

At press time, Cooper said Waigwa's immediate plans are to go after masters records in the 8K (in Virginia Beach on March 18) and 5K (in Carlsbad, Calif., on April 2).

"We want to set records in each race," Cooper said. "We want to let everyone now that Wilson is back and in good form with no injuries. For the rest of 1989, Wilson will run 1500s to 5000s on the track and 5Ks to halfmarathons on the roads."



Wilson Waigwa Photo by Sailer, Ltd.

Vaigwa has lived in the U.S. for 15 years, is a permanent resident and plans to be a U.S. citizen someday. He was a member of three Kenyan Olympic teams, placing 10th in the 1984 Olympic 5000. In 1988, he placed 17th in the Jacksonville 15K, 11th in the Nissan Classic 10K, and 20th in the Cascade Runoff 15K.

He now lives and trains in Mission Viejo, Calif., and was granted permanent residency in 1987. Kariuki is his training partner.

"Wilson knows he can run a subfour-minute mile this year," Cooper said. "He's looking forward to meeting Boit, Bell, Murray and others."

Tax on Runners Proposed in Congress

WASHINGTON, D.C., April 1 — A tax on runners was proposed today by the National Committee for Fair Taxation at a House Ways and Means Subcommittee hearing.

Robert Fitzgerald, chairman of the Committee and an admitted heavy smoker, complained: "Every time Congress wants to raise taxes, they tax people who smoke. It's tough enough to handle our guilt feelings; now we're segregated in restaurants, on planes, everywhere. We're mad as hell, and we're not going to take it anymore."

The Committee recommended a special tax be levied on running shoes, which would raise an estimated \$22 million a year for Uncle Sam.

Co-chairperson Myra Concannon of Boston charged that running is "just as disgusting a habit as smoking." She said runners are annoying to everyone. "They make otherwise-calm dogs ex-

ank

cited," she complained, "which causes premature aging and ulcers in the poor animals."

Her argument was supported by Dr. Ronald J. Olson of New York, a veterinarian who said he's treating more and more dogs for hypertension and other nervous disorders.

"So many joggers run past them while they're leashed," Olson explained. "It frustrates their natural instinct to bite things that run."

Testimony will continue later this month.

This Life is a Test

This life is a test. Only a test. If this had been an actual life, you would have received further instructions on where to go and what to do.

FIRST ANNUAL DONALD S. HARRIS MEMORIAL MEET FRANKLIN FIELD (UNIV. OF PENNSYLVANIA), Philadelphia, PA	Testers !!
Saturday, May 13, 1989	123
Sponsored by the Philadelphia Masters Track Association with the cooperation of the University of Pennsylvania, sanctioned by TAC. HONOR THE MEMORY OF Donald S. Harris (1922-1988), MASTERS ATHLETE,	TO
TUSKEGEE AIRMAN, SCHOOL PRINCIPAL, AND FRIEND TO MASTERS THROUGHOU	1 Inc

anulauelphia

SITE: Track and jumping events at Franklin Field (home of the Penn Relays), 33rd and South St., (new synthetic surface, short spikes only). Weights at nearby Murphy Field (concrete circles for discus/shot, synthetic runway for javelin).

AWARDS:	Plaques to first 3 in each age group, 30-34 to 75-79, 80
Sand La La	for individual events; 10-year age groups for relays

- ENTRY: \$10.00 for first individual event (includes t-shirt); \$6.00 for 2nd and 3rd individual events; \$5.00 for 4th, 5th, 6th, 7th, and 8th individual events. Six dollars for extra shirt. relays: \$20.00 per team (must all be members of same club).
- DEADLINE: Entries must be IN MEET DIRECTOR'S HANDS no later than Thursday, May 11 at 7:00 p.m. No post entries!!
- SEND TO: Peter Taylor, 3120 Schoolhouse Lane (J-A9), Phila., PA 19144 telephone: (215) 842-3807 from 9:00 p.m. to 11:30 p.m.
- NEARBY Sheraton University City, 36th and Chestnut, (215) 387-8000 HOTELS: Penn Tower Hotel, 34th and Civic Center, (215) 387-8333.
- 10:30 a.m. shotput (younger to older men, then women) 10:30 a.m. discus (older to younger men, then women) 11:15 a.m. javelin (younger to older men, then women)

	the second se		
12:15 p.m.	3000 meter run	12:15 p.m.	long jump
1:00 p.m.	110/100/80 meter hurdles	1:00 p.m.	high jump
1:30 p.m.	100 meter dash	1:00 p.m.	pole vault
2:05 p.m.	1 mile run	3:20 p.m.	triple jump
2:40 p.m.	400 meter dash		
3:00 p.m.	1 mile racewalk		
3:15 p.m.	4 x 100 meter relays (men)		
3:30 p.m.	4 x 100 meter relays (women)		
3:45 p.m.	800 meter run		
4:15 p.m.	200 meter dash		
4:40 p.m.	4 x 400 meter relays (men)		
4:55 p.m.	4 x 400 meter relays (women)		

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Relays: As team captain, I wish to enter the following athletes in the relay(s) circled. [Please circle event, sex, and age group.] Enclosed is my check for \$20.00 to cover the entry fee for each relay (no t-shirt for relay entry; must enter individual events or buy for \$6).

4 x 100 4 x 400 men women 30-39 40-49 50-59 60-69 70

members

club

ENTRY FEE (payable to Philadelphia Masters Track Assoc.)

In consideration of your accepting my entry, I agree not to sue the University of Pennsylvania, The Athletics Congress/USA, The Mid-Atlantic Athletics Congress, the Philadelphia Masters, or other organizations or individuals involved in this meet for any injuries or claims that might arise from my participation. This waiver binds my heirs, executors, and administrators as well as myself.

Signature ____

note: Relay members not participating in individual events should sign here:

page 29

Date

Write On Continued from page 11

The age-graded tables are excellent. We'll do something with them at our meets this spring and summer. We also intend to promote them for road racing. The tables should be part of the answer to MAAD'S concerns.

> Jim Saxon Charlotte, North Carolina

I'm confused and skeptical about the age-graded standards for field events. I can't believe the large deviation between my running-event and field-event percentages.

If 100% of the standard should equal the world record, then some of the older men's field events are distorted. (e.g. the M55 long jump WR is 6.03, yet the M55 standard is 6.43.) Looking at the M80 long jump, I'd bet we never see the WR at 4.46, even if Carl Lewis lives to break it.

The running standards seem reasonable.

Edward Martin Anaheim Hills, California

The WAVA Age-Graded Committee is composed of competent individuals, and I respect their opinions. However, the records for the pole vault are all below the standard, especially in the older age groups.

Jim Vernon

West Covina, California (The age-graded article (Feb. NMN) should have said the standards "generally represent the potential world-record-level for each age/event." While the M55 long jump record, as Martin points out, is 6.03, the M60 record is a better 6.07. So the M55s clearly haven't reached their long jump potential.

The pole vault standards were difficult, but they, too, were keyed to world age records by Bubka (100% at age 23), Kalliomak (98% at age 3/), Houvion (98% at age 48), and even Schmidt (94% at age 70). Based on data from other events and a progressive scale, the committee held Schmidt at 94% of the M70 potential. The difference in poles adds to the accuracy problem.

It may be true that the runners will achieve generally higher percentages than the field-event performers especially the throwers. That's because field events are more technical than the running events; the best throw of the day may be substantially better than, say, the fifth-best effort of the day (even in the Olympics, that's the case); whereas, runner tend to be more bunched up at the finish.

But you can generally compare the same group of events with great accuracy, such as the 100, 200 and 400; the 800 and 1500; the long jump and triple jump; the shot and discus; etc. — Ed.)

CAPS

Re Hal Higdon's article on CAPS (March), I did not respond to his letter because I thought it was pointless. Since he persists, I will answer his questions:

1. Coenzyme Q10 (Ubiquinone) was discovered in 1957 by F.J. Crane at the University of Wisconsin.

2. Places and dates of International Symposiums on Coenzyme Q10:

Ist: Take Yamanaka Japan, Sept. 16-17, 1976;

2nd: Tokyo, Japan, Sept. 29-30, 1979;

3rd: University of Texas, Austin, Jan. 18-21, 1981;

4th: Max Planck Institute for Biochemistry, Martinsfried, West Ger-

many, Jan. 18-21, 1981.

3. Cost of Coenzyme Q10: Another

ATHLETE (RESIDENCE) BIRTHDATE AGE GROU	P
	1.
CATIE BURKE (SAN GABRIEL, CA) 4-18-39 50-54	
DEE DEE GRAFIUS (OAKDALE, CA) 4- 9-49 40-44	
EDNA HYER (NY) 4-22-34 55-59	1
MARY PATTERSON (BROADVIEW HTS, OH) 4-19-29 60-64	No
JILLIAN EKSTEEN (RSA) 4-12-39 50-54	
RACHEL HANSSENS (BEL) 4- 6-29 60-64	
GERDA VAN KOOTIN(HOL) 4- 1-39 50-54	-
BERTHILIA DE PRETER(BEL) 4-26-29 60-64	and a
LENI STUMPF(WG) 4-27-24 65-69	
SIGRID SUCKER(DEN) 4-17-39 50-54	
MARGARET WILLIAMS (GB) 4- 4-49 40-44	
AUDREY WOOD(NZ) 4-18-24 65-69	
WILBUR ARNOLD (PUEBLO, COLORADO) 4-15-14 75-79	
JUPP BERG(WG) 4- 3- 9 80-84	
OLEG DYATLOV (URS) 4-22-49 40-44	
HEINZ ENGELS (WG) 4-11-34 55-59	
JIM KNERR(SIMI VALLEY, CA) 4-7-34 55-59	
WILLIAM KNUPPEL(VISTA, CALIF) 4-22-19 70-74	
WERNER KRUCKEN (WG) 4- 6-29 60-64	
HERB LORENZ (WILLINGBORO, NJ) 4-7-39 50-54	
JAMES MCNAMARA (IRL) 4-17-39 50-54	
EGISTO PEDERZOLI (ITALY) 4-12-14 75-79	
VALDEMAR RAINO(FIN) 4-18-19 70-74	
JOIE RAY(US) 4-13-94 95-99	
TONY SAPIENZA (BRADFORD, MASS) 4-12-29 60-64	
COLIN SIMPSON(GB) 4- 2-29 60-64	
JAROSLAV SMID(CZE) 4-27-34 55-59	
FRED SMITH(GB) 4-15-34 55-59	
NILS UNDERSAKER (NOR) 4-1-39 50-54	
JOHN WELDY (SCOTTSDALE, AZ) 4-23-34 55-59	
RAY WILLIS (CHARLEMONT, MASS) 4- 1-29 60-64	
GLYNN WOOD (MONTEREY, CA) 4-23-34 55-59	

manufacturer's bottle: at \$5.95 = 50x10mg = \$11.90 per gram. RACE CAPS at \$15.50 = 30x100mg = \$5.17 per gram. RACE CAPS cost 43% of the other bottle and also contain 6000 i.u. of vitamin E succinate, and 6000 mg of Inosine per bottle, plus a moneyback guarantee.

4. Scott Molina at Nice Triathlon: At present almost no one believes that test results at Nice were valid because of bizarre procedures during the collection of samples and the use of a non-I.O.C. Lab. See *Triathlete Magazine's* February issue, page 10. Bob Babbitt, editor of *Competitor Magazine* also wrote a strong editorial in support of Scott Molina in the January-February issue. Furthermore, no athlete using CAPS products has failed to pass a U.S.O.C.-or I.O.C.-sanctioned drug test.

5. The test results Anderson mentioned are misrepresented. All values tested improved using Coenzyme Q10 in exercise. The authors clearly explained the statistical anomaly of the relationship between maximum cardiac output and VO2 max which occurred. (Available upon request).

6. The thousands of scientific studies I referred to were about strengthening diseased, weakened hearts and muscles (muscular dystrophy) with Coenzyme Q10. I developed these products for my own use and was so thrilled at my response that I decided to market them to athletes. All I ask is that athletes try them. If they don't work, I'll refund their money including postage and handling.

7. The "Dr." stands for Doctor of Chiropractic. I have been in practice for over 21 years and have had daily experience giving patients supplements and analyzing on what works the best.

8. I will be glad to send free copies of the book to any NMN reader who requests it.

> Gerald S. Frank, D.C. President, Hansen & Frank 3886 Geary Blvd., Suite 205 San Francisco, CA 94118

After seeing my most recent comments in NMN about CAPS, Gerald Frank finally answered my letter from last winter.

I am still unimpressed.

He sent a copy of a single study involving six untrained individuals with no controls.

He sent a book in which the authors clearly warn that Q10 should not be self-administered.

He sends a copy of an article from Triathlete that suggests that Scott Molina may have been framed. Maybe, but I said as much in my last letter.

Frank also confirms that his title "Dr." comes from being a chiropractor. I don't even want to get into that.

I'll stick with the opinions of the more reputable exercise physiologists who believe claims of performance

enhancement are unfounded.

Concerning his arithmetic proving that his product cost only 43 percent of the other product, his ad doesn't say whether the pills therein were 10 mg or not. But since when do CAPS cost \$15.50? I haven't seen them advertised at that price, but rather with so-called Enduro CAPS at \$49.95. I'll stick with my statement that, regardless of price, it's still to much to pay for something that doesn't work.

The sad thing about all this backand-forth is that it simply gives CAPS even more visibility.

Pigeons!

Hal Higdon Michigan City, Indiana

After reading in your March issue the vehement attack by Hal Higdon on CAPS and Gerald S. Frank, I would like to ask him one question.

Mr. Higdon, have you ever used these products as directed?

"The proof of the pudding is in the eating."

Jack Wood Charlotte, North Carolina

SUNDAY MEETS

More and more masters meets are being held on Sundays. As an avid church member and ardent track competitor, I would hope that our Sunday mornings would be left open for the time-honored privilege of attending-a church of my choice.

> Bill Bangert Tustin, California

MEET COSTS TOO HIGH

Where is it going to end? The cost of competing in local and national meets is becoming absurd.

Last year, I competed in a San Diego Track Club meet where I was required to purchase a TAC card. I willingly did so, but never received a card in the mail. I then had to purchase another TAC card from the Florida Association before they'd let me compete in the Nationals. That's \$20, which is unfair, since we hardly ever see a TAC official at our meets.

Late entry fees really tee me off especially when most of us end up officiating our own events, not the meet organizers. Forget the damned T-shirts and concentrate on staging a wellorganized meet. And talk about a ripoff. How about the \$14.00 WAVA fee plus \$25 for the first event you enter, not to mention all the dollars spent by both foreign and out-of-state athletes to come to Eugene and lodge and feed themselves and their families for over a week.

This is probably the most important and exciting meet most of us will ever compete in. I only hope Eugene will stage a meet worthy of the cost incurred by all the athletes.

> Larry Stuart El Toro, California

National Masters News



NATIONAL

• The American Running and Fitness Association has established a Speaker's Bureau, which is a listing of 600 sports medicine professionals across the U.S. who speak on a wide variety of fitness-related topics. The list includes athletic trainers, cardiologists, dietitians, physical therapists, physicians, and others in the fitness field. Many are willing to speak for free. For the names of speakers in your area, contact AR&FA Speaker's Bureau, 9310 Old Georgetown Rd., Bethesda, MD 20814. 301/897-0197.

The U.S. Association for Blind Athletes includes masters members who compete in t&f and running, as well as in other sports. USABA, 33 N. Institute St., Brown Hall, Ste. 015, Colorado Springs, CO 80903.

• This year's TAC Convention will be held on November 27 to December 2 in Washington, D.C. at the Hyatt/Regency Capitol Hotel.

• Eight open indoor track meets have been televised this year, the most exposure the sport has had since the mid-1970s. In November, TAC announced The American Plan, a series of indoor and outdoor meets to be shown on TBS, an affiliation that prompted ESPN to bid for other meets. The four ESPN meets have averaged a 1.4 rating, compared to 1.6 for its college basketball and 0.8 for its World Cup skiing. Three meets on TBS have averaged 1.3, compared to its 2.4 for the NBA. The Millrose Games, the only meet on network TV, had a 3.1 rating, up from last year's 2.8.

 All athletes and all but one coach who participated in an October 1988 competition in South Africa have been suspended from TAC.
 Seventeen suspensions, ranging from two years to 12 years, were ordered by a three-man hearing panel of the National Athletics Board of Review. On March 12, the suspensions were upheld by TAC's Board of Directors by a vote of 67.4. An attorney for two of the banned athletes said the suspensions would be appealed in court.

• TAC's Board also approved a year-round, out-of-competition random drug-testing program for the top 25 U.S. athletes in each event. Only a few top-level masters competitors are likely to be affected by this rule.



David Krauss, 41, of Naples, Fla., places 31st in 32:35 in the M40-44 division of the ICI/ USRA National Masters 8K Championships on Janaury 14 in his home town.

• The Liberty AC is conducting a t&f clinic for novice women runners on April 1 at Cousens Gymnasium, Tufts U., Medford, MA. Contact Barbara Pike, 118 Border Rd., Concord, MA 01742, 508/369-0437.

EAST

• The NYRRC L'eggs Women's Masters Clinic is scheduled for 6:30 p.m. on April 26 at the club's headquarters in NYC — 212/860-4455. • Vince Carnevale, Newark, NJ, recorded an

age-72 U.S. record of 1:34:24 in the NYRRC 20K, Central Park, NYC, January 29.

• Angella Hearn, 42, was four seconds away from a first in the women's race with a 35:17 in the Sheraton Centre Bagel 10K, Central Park, NYC, February 12, Twin-sister Christine Hearn Grenning finished sixth (37:42) of the 641 women. Two weeks later, Angella took third (22:37) of 638 w/tinishers in the NYRRC Snowflake 4 Mile, Central Park, with Christine again sixth (24:08). Anna Thornhill, 48, led a strong W45 to the tape in 25:31. In the Bagel Run, Art Hall, 41, won (32:49) the W40 + battle from Tim Hassall, 42, by ten seconds, but lost it to Hassall (20:44) by six seconds in the Snowflake.

SOUTHEAST

• The IAAF Women's Eschhorn Cup Trial 10K Walk in Tampa, April 1, will determine the 5-member masters team, in addition to the junior and senior teams, that will compete in Barcelona, Spain, May 28. Entrants must have completed a recent 10K walk in 65 minutes or less. The Trial race is a part of the All-American Walkers Rally (March 31-April 2) in Tampa. Prerace registration: Reebok RW, c/o Rodale Press, 33 E. Minor St., Emmaus, PA 18098. Limited day-of-event entries.

• Alberto Echeverria (M45, 28:43) and Sally Snyder (W45, 33:57) captured masters firsts in the Ben-Gay Super Bowl 8K in Miami, January 21. The race, which finished in Miami's South Point Park, was held under conditions one competitor described as "scorching" (79°).

MIDWEST

• After a two-year absence, Ron Hill, 50, will be back in the U.S. to run the Elby's Distance Classic 20K in Wheeling, WV, May 27. This year marks his 25th year of running every day without missing — the longest streak on record. After 20 years in the sports field in England, Ron Hill Sports will set up a U.S. subsidiary based in California later this year.

 Bad news. The popular Ultimate Runner, held each October in Jackson, Mich., has been cancelled. "Jackson College discovered the event was costing it a considerable amount of money," said Mike McGlynn. "We prided ourselves on a first class event for every runner." If you know of any other club or organization that would be interested in putting on the Ultimate Runner, contact McGlynn at 517/787-0800.

WEST

• In addition to \$1600 masters prize money for individuals and teams, the Pacific sun 10K (PA/TAC Championships), San Rafael, CA, May 29, is offering \$200 to masters men and women who run sub-30:51 and sub-34:57, respectively, and \$50 to those who run sub 32:00 and sub-38:00. Winners do not have to be association-area residents to take prize money.

• Marilla Salisbury, 81, of San Diego, has been inducted by her alma mater, Pasadena College, into its Sports Hall of Fame. Salisbury won several gold medals in the 1987 World Veterans Games in Melbourne. • The masters segment of the annual Mt. Sac Relays will not be held this year. Director Dan Shrum said Hal and Ann Smith, who usually organize the masters events, were unable to do it this year. Shrum said he hopes a masters program can again be included next year.

INTERNATIONAL

 Holland's Harm Hendricks, who was once WAVA Treasurer, has been taken off the United Nations anti-apartheid black list, after signing a declaration that he "would not participate in events in South Africa... until apartheid has come to an end."

• The 2nd World Masters Swimming Championships drew 3750 participants from 26 nations — the largest swim competition ever — to Brisbane, Australia last year. Quoting from SwimMaster, "There were 99 heats in the men's 50m freestyle... many days began at 7:30 a.m. while some of the distance events were at midnight." Sound familiar?

• Two cities have expressed an interest in hosting the 1991 World Veterans Championships — Turku, Finland; and Athens, Greece. The deadline for submitting bids is April 28. No other bids seem likely. Japan has expressed an interest in hosting the 1993 Championships.

• Hot elections are shaping up in Eugene. WAVA's British affiliate has nominated Owen Flaherty to run against incumbent Cesare Beccalli of Italy for WAVA's Presidency. The British have also tapped Bill Taylor to run for Vice-President, Stadia. The USA's Bob Fine, current Stadia veep, is expected to contest for Executive Vice-President. Australia's Peg Smith, current Executive veep, may be stepping aside. Belgian's Jacques Serruys, narrowly defeated by Beccalli for the Presidency in Melbourne, will challenge New Zealand's Clem Green for Vice-President, Non-Stadia. Deadline for nominations is April 28.



Harold Chapson, 86, is back in action after a three-year absence from the track. He ran an age 86 world best of 1:45.4 in the 400 on January 21 in Honolulu.



DATE

NORTH CAROLINA TAC MASTERS TRACK & FIELD CHAMPIONSHIPS MAY 27, 28, 1989 Thomasville Senior High Thomasville, North Carolina



The members of the Carolina Masters Athletics Club invite all over 30 years of age to participate in these annual championships. There will be two days of competition featuring a pentathlon, womens heptathlon, 5K race walk and 10K run, both on the track^{*}, with all regular track and field event. (*Open division also).

Operated by: CAROLINA MASTERS ATHLETICS CLUB, 3120 Libeth St., Charlotte, N.C. 28205. Meet director: Jim Saxon, 704-536-6266.

Age Division: Age on day of competition, with five year brackets to 80+. The 5K walk and 10K run have open divisions.

Awards: TAC medals to first three places in each event. In addition there will be plaques to first three age-graded performers in the 10K; and a plaque for the best individual age-graded performance in any event in the meet. All awards made without reference to state residence.

Entry Fee: \$7.00 includes first event and complete results. Additional events \$4.00 each.

Late Entries: An additional \$1.00 fee per event for entries post-marked after May 18. (Minimum late fee meet days is \$3.00).

Sanction and Registration: The event is TAC sanctioned by TAC/USA. TAC registration is required for all events and will be available on site. (Active military and foreign athletes exempt from TAC registration).

Packet Pick-up: Packets available on-site after noon, May 27; and after 7:00 AM, May 28.

For Entry: SASE, CMAC 3120 Libeth St., Charlotte, NC 28205

1	1989 NC TAC MA	STERS CL		
NAME	P. S. C. S. S.	3		AC
ADDRESS	See Street	No.	PHON	TE;
CTTY	STATE	ZIP	AGE	BDAY
EVENTS		24.25		

In consideration of my entry in the 1989 NC TAC Masters Championships, I do hereby for myself and anyone acting in my behalf, waive and release CMAC, Inc., TAC, Thomasville High School and all sponsors from all claims or liabilities arising from my participation in this event. I understand the training and risks involved in track and field competition.

SIGNED



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



June 17-18. U.S. TAC National Masters Decathlon/Heptathlon Championships, Thomasville, N.C. Bill Busby, 105 Piney Wood Rd., Thomasville, NC 27360. 919/474-0851 (o), 919/476-1228 (h). July 20. U.S. TAC National Masters Pen-

tathlon, Balboa Stadium, San Diego. David Pain, 5643 Campanile Way, San Diego, CA 92115. 619/582-3316.

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

EAST

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

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

May 13. Don Harris Memorial (Philadelphia Masters) Meet, U. of Pennsylvania, Philadelphia. Pre-entry only, entries close May 11. Peter Taylor, 3120 Schoolhouse Ln., Philadelphia, PA 19144. 215/842-3807.

June 4. NJTAC Masters Championships, Monmouth College, (site tentative). Sandy Kalb, 22 Addison Rd., Howell, NJ 07731. June 17. MAC Masters Championships, Downing Stadium, Randalls Island, NYC. Sandy Pashkin, 212/666-3671(h).

June 25. Rhode Island Senior Olympics, Lincoln High Sports Complex, Lincoln, R.I. 55+, Dolores Bergeron, R.I. Elderly Affairs, 79 Washington St., Providence, RI 02903.

July 2. Merrill Lynch Realty Annual Classic Meet, Randolph, N.J. Merrill Lynch Realty AC, 525 Highway 33, Englishtown, NJ 07726. 201/625-1764 (days); 201/361-3282 (eve); travel 201/361-3220.

July 6-9. Garden State Games, Middlesex County College, N.J. N.J. residents only. June 1 entry deadline. Morton Hahn, Inc., P.O. Box 328, Dover NJ 07801-0328. 201/625-1764 (days).

July 8. Sri Chinmoy Masters Games. Rain date: July 15. 8 a.m. Victory Field, Forest Hills, N.Y. Sri Chinmoy Masters Games, 150-4 87th Ave., Jamaica NY 11432. 718/2 11-7406.

July . Buffalo Belles & Brawn Internationa Meet, Buffalo, N.Y. Bettie Zoschke, 266 J Iritan Rd., Tonawanda, NY 14150. 716/{ 15-6018.

July . TAC Eastern Sectional Championships Monmouth College, N.J. (site tentative Sandy Kalb, 22 Addison Rd.,

Howell, NY 07731.

July 29-30. Buffalo Belles & Brawn Classic, Parker Field, Buffalo, N.Y. See July 8. August 13. Tri-State TC Classic, Hagerstown, Md. Wayne Vaughn, 734 W. Franklin St., Hagerstown, MD 21740. 301/733-6076.

September 3. Potomac Valley Games, Washington, D.C. area. Sal Corrallo, 3466 Roberts Ln., Arlington, VA 22207. 703/243-1290.

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

April 9. Delray Beach Senior Games. 40+. Delray Beach Recr. Dept., 50 N.W. 1st Ave., Delray Beach, FL 33444. Ann Nelson, 407/243-7250.

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

April 1516. Palm Beach Masters Invitational Meet, John ELLEED, Lake Worth CANAGERS City, FL 33463. 407/968-7171.

April 28-30. 19th Annual Southeastern Masters International Meet, NCSU, Raleigh, N.C. Includes pentathlons, 5K/20K walks, 10K run. Veronica Dale Smith, c/o Raleigh Parks & Recr., P.O. Box 590, Raleigh, NC 27602. 919/755-6641. May 20-21. Manasota TC Meet, Sarasota, Fla. SASE to John Shenk, P.O. Box 5696, Sarasota, FL 34277-5696. 813/922-3561.



24th spot in the M40 bracket in the ICI USRA National Masters 8K Championships on January 14 in Naples, Fla.

May 20. Birmingham TC Classic, Samford U., Birmingham, Ala. Gordon Seifert, 1514 Ridge Rd., Birmingham, AL 35209. 205/879-8031. Entry form in April issue. May 27-28. North Carolina TAC Masters Championships, Thomasville. Includes

pentathlon, women's heptathlon, 5K RW on track (open division), 10K on track (open division). SASE: Jim Saxon, 3120 Libeth St., Charlotte, NC 28205. 704/536-6266.

June 10-11. 14th Annual Northwest Classic, Miami-Dade Community College, Miami. Jesse Holt, 1310 N.W. 90th St., Miami, FL 33147. 305/836-2409 after 9 p.m.

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

July & Florida Athletics Congress Championships, Delray Beach. Non-Floridans may compete for comparable awards. SASE to Bob Fine, 4223 Palm Forest Dr. North, Delray Beach, FL 33445. 407/499-3370.

July 15. Nashville TC Open & Masters Meet, Nashville, Tenn. Randall Brady, 2709 Linmar Ave., No. 5, Nashville, TN 37215. 615/383-6733.

August 19. North Carolina Masters Meet, Wilmington, N.C. Jim Saxon, 3120 Libeth St., Charlotte, NC 28205. 919/722-7013 (o); 704/536-6266 (h).

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

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

June 11. 2nd Illinois Grand Prix Meet, Byron, Ill. Dick Green, P.O. Box 6147, Rockford, IL 61125. 815/397-5685. June 17. Green Bay YMCA Open/Masters Meet, GB Premontre HS, Green Bay, Wisc. Jerry Feldhausen, 1524 Biemeret St., Green Bay, WI 54304. 414/497-2189 (eve.) June 17. Cleveland Track Classic, Wickliffe, Ohio. Jeff Gerson, 4173 Wilmington Rd., South Euclid, OH 44121. 216/382-2656.

June 25. 3rd Illinois Grand Prix Meet, Springfield, Ill. See June 11.

July 7-9. White River Park State Games Finals, Indianapolis. Open to Indiana residents only. Jeff Coates, P.O. Box 2730, Indianapolis, IN 46225. 317/237-5000. July 8-9. Masters Midwest Championships

(not the sectional championships), Huntington, W. Va. Don McWhorter, Rt. 3, Box 180, Chesapeake, OH 45619. 614/867-3337.

July 9. 4th Illinois Grand Prix Meet, site tba. Dick Green, P.O. Box 6147. Rockford, IL 61125. 815/397-5685.

July 15-16. Midwest Sectional (Regional) Championships, York High School, Elmhurst, Ill. Dick Green, 8059 Rosemeade, Rockford IL 61107. 815/897-5685.

September 10. Wolfpack Throwing Classic & Ohio TAC Two-Hour Run, Worthington HS, Worthington. John White, 4865 Arthur Pl., Columbus, OH 43220. 614/459-2547.

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

May 20. Ponca City Classic, Red Rock, Okla. Mike Shaw, 746 N. 5th St., Ponca City, OK 74601. 405/762-7822.

May 30-31, June 1. St. Louis Senior Olympics, St. Louis Country Day School, St. Louis. 55+. Wendy Ludwig, c/o JCCA, No. 2 Millstone Campus Dr., St. Louis, MO 63146. 314/432-5700, x188. June 19-24. U.S. National Senior Olympics, St. Louis. 14 Sports. Age 55 + . Linda Surtin, USNSO, 222 S. Central, St. Louis, MO 63105. 314/726-4550.

July 1. All-Comers Early Morning "R" Meet, Fridley, Minn. SASE to Mrs. Rachel Lyga, 122-63¹/₂ Way N.E., Fridley, MN 55432.

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

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

SOUTHWEST Louisiana, Mississippi, Texas.

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

May 27. TAC Southwest Sectional (Regional) Championships, Tulane U., New Orleans, La. Danny Thiel, 1459 Verna St., New Orleans, LA 70119. 504/486-8066. June 3. Southwestern Association Masters Championships, SMU, Dallas. Joe Murphy, 4704 W. Lovers Ln., Dallas, TX 75269. 214/357-5613.

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

WEST Arizona, California, Hawaii, Nevada, New Mexico, Utah.

April 29. Ken Carmine Relays, Cal State U-Sacramento. Michael Ackley 4649 Oakbrough Way, Carmichael, CA 95608. 916/966-8987.

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

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

May 27-28. Bruce Jenner Mobil Grand Prix, San Jose State U, Calif. M40+ 400/1500; 50+ 200; 60+ 100. Bruce Springbett, 220 Oakmeadow Dr., Los Gatos, CA 95030. 408/354-2005; 354-7333(w).

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

CA 92373. 714/792-2453. June 3-4. Duke City TAC Masters Games, Albuquerque, N.M. Neil Silver, 728 Loma Vista NE, Albuquerque, NM 87106. 505/265-8234. Entry form in April issue. June 10. TAC/Pacific Association Championships, Los Gatos HS, Los Gatos, Calif. Willie Harmatz, P.O. Box 1328, Los Gatos, CA 95030. 408/354-5660.

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

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

June 24. SDIAC Championships, Balboa Stadium, San Diego. Ed Oleata, 2870 Glenbrook Way, La Jolla, CA 92037. 619/453-4570.

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

July I. World Masters Tune-Up Games III, Cal-State L.A., Los Angeles. Marvin Continued on page 33

Continued from page 32

Thompson, LAPOC, 2301 Hyperion Ave., Suite P, Los Angeles, CA 90027. 213/666-7341.

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

July 8. Western Sectional (Regional) Championships, Sacramento, Calif. Michael Holzgang. S.A.S.E. P.O. Box 255131, Sacramento, CA. 95865. 916/482-7881. July 16. Trojan Masters Meet, USC, Los

Angeles. Bob Strobel, 2017 Vestal Ave. No. 3, Los Angeles CA 90026. 213/666-4964 (h).

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

September 16. Northern California Seniors Classic, UC-Berkeley. Jim Johnson, 415/697-1889.

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

October 7. Club West Masters Meet, Santa Barbara, Calif. George H. Adams, P.O. Drawer K, Goleta, CA 93116. 805/484-5982.

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

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

June 16-17. Federal Way Invitational, Memorial Field, Federal Way, Wash. Barb Tight, 33554 36th Ave. SW, Federal Way, WA 98023. 206/874-3226. June 24-25. 8th Annual Hayward Masters

June 24-25. 8th Annual Hayward Masters Classic, Hayward Field, Eugene, Oregon. Jerry Jackson, 933 North Ridge Ave., Springfield, OR 97477. 503/746-0605. June 30-July 1. Northwest Sectional (Regional) Masters Championships, Mt. Hood Comm. College, Gresham, Oregon.

T. Jean Peters, 510 SE 208th, Gresham, OR 97030. 503/667-1339. July 27-August 6. VIII World Veterans

Championships, Eugene, Oregon. Men 40+, women 35+. WVC, PO Box 10825, Eugene, OR 97440. 503/687-1989.

August 7. Masters International Weight Pentathlon, Eugene, Oregon. Advance registration not required. Entries accepted on site on or before 5 p.m., August 5. Direct inquiries prior to July 15 to Bob Stone, Co-Chairman, 118 St. Albans Rd., Kensington, CA 94708. 415/524-0117.

August 11-12. 11th Montana Masters



June 24. Southwest Championships, Bournemouth, England. David Lord, 311 Bournemouth Rd., Parkestone, Poole, Dorset, England.

June 30-July 2. Memorial "Farkas Maytas" Meet, Budapest, Hungary. Deadline: May 5. OPT—Penta Tours, Budapest 1051, Bajcsy Zslilinszky ut 12, Hungary.

July 8-9. United Kingdom Championships, Reading, England. L. Brown, 55 Middle Lane, London N8, 8PE.

July 16. Four Counties Meet, High Wycombe (west of London), England. L. Thomas, The Clubhouse, Keephill Rd., High Wycombe, Bucks.

July 27-August 6. VIII World Veterans Championships, Eugene, Oregon, USA. Men 40+, women 35+. No qualifying standards. World Veterans Games, P.O. Box 10825, Eugene, OR 97440. Barbara Kousky; Tom Jordan: 503/687-1989. August 7. Masters International Weight Pentathlon, Eugene, Oregon. Advance

registration not required. Entries accepted on site in Eugene on or before 5 p.m., August 5. Direct inquiries prior to July 15 to Bob Stone, Co-Chairman, 118 St. Albans Rd., Kensington, CA 94708. 415/524-0117.

September 16-17. San Juan International Masters Meet, Escobar Stadium, San Juan, Puerto Rico, Ovidio de Jesus, P.O. Box 31300, 65th Infantry Stn., Rio Piedras, PR 00929-0300.

October 14-16. 10th Annual Japan Masters Championships. Tokyo Travel, 5-1-2 Misona-cho, Wakayama City, Wakayama Prefecture, Japan. Phone: 0734-25-3211. Fax: 073-24-1683. October 14-22. 2nd Australian Masters

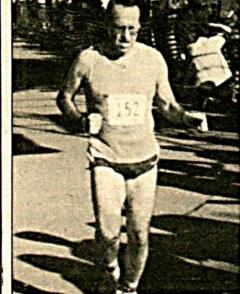
October 14-22. 2nd Australian Masters Games, Adelaide.



April 8. U.S. TAC National Masters 20K Championships, Medford, Oregon. Jerry Swartsley, P.O. Box 146, Medford, OR 97501. 503/664-6611.

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

April 29. U.S. TAC National Masters 5K



Action at the ICI/ USRA National Masters 8K Championships on January 14 in Naples, Fla. Left: Mona Cater, 40, of North Reddington, Fla., places 7th in 35:12 in the W40 division. Right: TAC's Masters Long Distance Running Chairman, Charles DesJardins, 52, of Fairfax, Va., finishes 9th in 33:47 in the M50 bracket. Championships, Anchorage, Alaska. Roy Reisinger, 2630 Forest Pk. Dr., Anchorage, AK 99517. 907/786-1570.

May 13-14. Ben-Gay Active America Day, races of various lengths in 50 cities. Dean Reinke Associates, 1210 Harding St., Winter Park, FL 32789. 407/647-2918. May 21. U.S. TAC National Masters One-Mile Road Championships, Ridgewood, N.J. Arne Olsen, 286 S. Irving St., Ridgewood, NJ 07450. 201/444-7393. June 17. U.S. TAC National Masters 15K Championships, St. Clairsville, Ohio. Pete League, P.O. Box 681, St. Clairsville, OH 43950. 614/942-2186.

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

September 24. U.S. TAC National Masters 10K Championships, Pittsburgh, Pa. Mike Radley, The Great Race, Room 400, City-County Bldg. Pittsburgh, PA 15219. 412/255-2493.

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

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

November 5. U.S. TAC National Masters 5K Cross-Country Championships, Columbus, Ohio. John White, 4865 Arthur Pl., Columbus, OH 43220. 614/424-7011. November 12, U.S. TAC National Masters 30K Championships, Clarksburg, Calif. Skip Seebeck, P.O. Box 20, Clarksburg, CA 95612. 916/665-1712; 916/775-1318. November 19. U.S. TAC National Masters 15K Cross-Country Championships, NYC. Joe Kleineram, 9 E. 89th St., New York, NY 10128. 212/860-4455.

November 25. U.S. TAC National Masters 10K Cross-Country Championships, San Francisco. John Mansoor, 800 Bonita Dr., Folsom, CA 95630. 916/933-4913. December 3. U.S. TAC National Masters 8K Championships, Washington, D.C. Herb Chisholm, 1001 Rynex Dr., Alexandria, VA 22312. 703/354-3461.

EAST

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

April 2. Nike Cherry Blossom 10 Mile, Washington, D.C. 5000 runners by lottery in December. Phil Stewart, Nike Cherry Blossom, P.O. Box 4594, Silver Spring, MD 20904. 703/979-4820. April 9. Boston Milk Run 10K, Boston.

617/396-3001. April 16. 7th Annual Amish Country Half-

Marathon, Lancaster, Pa. 509 Big Bend Rd., Lancaster, PA 17603. 717/397-3744 (days); 394-7812 (eve).

April 16. Yonkers Marathon, Yonkers, N.Y. NYRRC, P.O. Box 881, FDR Station, New York, NY. 10150. 212/860-4455. April 17. 93rd Annual BAA Boston Marathon, Boston. Masters prize money. SASE to: Boston Athletic Association, 17

Main St., Hopkinton, MA 01748. April 29. Vivicitta 12K, Prospect Park, NYC. NYRRC, 9 E. 89th St., NY, NY 10128. 212/860-4455.

April 30. New Jersey Marathon, Jersey City. Tim McLoone, 200 Harborside Financial Ctr., Plaza 3, Jersey City, NJ. 07311-3899. 800/338-9658.

May 6. Trevira Twosome 10 Mile, NYC. Allan Steinfeld, NYRRC, P.O. Box 881, FDR Station, NY, NY. 212/860-4455: May 7. Pittsburgh Marathon, Pittsburgh. PM, 638 USX Bldg., Pittsburgh, PA 15230. 412/391-2800.

ON TAP FOR APRIL

TRACK & FIELD

The Southeast commands attention with meets in Florida on the 9th and in North Carolina on the 15th and the 28th-30th (the 19th Annual Southeastern International in Raleigh). The Dallas Senior Games provides Southwesterners with activity on the 21st. The month finishes with the Ken Carnine Relays on the 29th in Sacramento, Calif.

LONG DISTANCE RUNNING

TAC National Masters Championships will be decided in the 20K in Medford, Oregon, on the 8th; in the 50 mile in Columbus, Ohio, on the 9th; and in the 5K in Anchorage, Alaska, on the 29th.

The sunbelt states open the month with races on the 1st in Florida, South Carolina, Georgia, Louisiana, and Texas. On the next day, the action spreads north for the Nike Cherry Blossom 10 Mile in Washington, D.C., and west to the fast Carlsbad 5K course in California.

The next weekend offers the Myrtle Beach 10K in South Carolina on the 8th and, on the 9th, women's 10K races in Baltimore and San Francisco.

The 34th Annual Fontana Days Half-Marathon takes place on the 15th in California, and the runner's weekend is extended by the 93rd Boston Marathon on Monday, the 17th, with the lure of sizable cash for masters.

Masters-only races are scheduled for San Diego and Omaha on the 22nd. Those who "just wanna have fun" can find it in the Big Sur Marathon, while running on one of the most scenic courses in the world to the accompaniment of classical music on the 23rd. The more serious who seek just recompense will run the New Jersey Waterfront Marathon, which offers \$10,000 to masters on the 30th.

RACEWALKING

TAC Midwest Championships go off in Columbus, Ohio, on the 2nd. The Southeastern meet in Raleigh includes 5K and 20K racewalks.

May 7. Long Island Marathon, East Meadow, N.Y. Patti Kemler, Sports Unit, Eisenhower Park, East Meadow, NY 11554. 516/542-4439.

May 13. 9th Annual Vintage Run 5 Mile, Pittsburgh, Pa. 55 + . Cami Craig, Vintage, Inc., 401 N. Highland Ave., Pittsburgh, PA 15206. 412/361-5003.

May 13. 12th Annual Midland Run 10K, Far Hills, N.J. SASE to Midland Foundation, P.O. Box 5026, Readington Rd., North Branch, NJ 08876. 201/722-8250. Continued on page 34

Continued from page 33

May 14. L'eggs Tune-up 5K, New York, NY 10150-0881. 212/896-4455.

May 14. YWCA Women's 2/5 Mile, Manchester, N.H. Colleen Yanco, YWCA, 72 Concord St., Manchester, NH 03101. 603/625-5785.

May 14. Nike 8K For Women, Washington, D.C. Nike Race For Women, Box 134, Mt. Vernon, VA 22121. 703/780-3037.

May 21. Riverside Twilight 5 Mile, Agawam, Mass. Ed Carroll, Riverside Park, Agawam, MA 01001. 413/786-9300. June 3. Freihofer's 5K Run For Women (TAC Open National Championship), Albany, N.Y. W40+ \$2000; W50+ \$500. Also 10K. George Regan, Freihofer's Run For Women, 233 4th St., Troy, NY 12180. 518/273-0267.

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

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

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

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

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

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

April 9. Lady Equitable 10K for Women, Baltimore. Equitable Bank, 100 S. Charles St., Baltimore, MD 21201.

April 22. Georgia CPA 1040K, Atlanta. 1040K, 3340 Peachtree Rd., N.E., Ste. 2750, Tower Place, Atlanta, GA 30326-1301.

May 6. Apple Blossom 10K, Winchester, Va. Shenadoah Apple Blossom Festival, 5 N. Cameron St., Winchester, VA 22601.

May 13. Gumtree 10K, Tupelo, Miss. Masters money. Johnny Dye, Race Director, 1007 Chester Ave., Tupelo, MS 38801. 601/842-6859(d); 842-2039(n).

May 29. Cotton Row 10K, Huntsville, Ala. \$1800 masters money. John Dennison, 205/881-5807.

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

April 29. Get In Gear 10K, Minneapolis. GIG 10K, c/o 5701 Normandale Rd., No. 313, Edina, MN 55424.

May 13. Old Kent River Run 25K, Grand Rapids, Mich. Jeannie Fichtel, P.O. Box 2194, Grand Rapids, MI 49501. 616/771-5261.

May 21. Revco Cleveland Marathon/10K, Cleveland. Reno Starnoni, Race Director, P.O. Box 46604, Bedford, OH 44146. 216/232-6373.

MID-AMERICA

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

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

April 22. Oklahoma Land Run 8K, Tulsa. M40 + \$300, \$200, \$100; W40 + \$300, \$100. Land Run '89, c/o Phillips & Johnson Advertising, 1516 S. Boston — Ste. 201, Tulsa, OK 74119. Kathy Grades, 918/583-1000.

April 22. YMCA Midwest Masters Classic VII 8K/2 Mile Walk, Omaha, Nebr. 35+. Omaha RC, P.O. Box 31219 Saddle Creek

Stn., Omaha, NE 68132. Nancy McCormick, 402/558-2079.

April 30. Cherry Creek Sneak 5 Mile, Denver. Stan Havlick, Cherry Creek National Bank, 3033 E. First Ave., Denver, CO 80206. 303/388-4331.

May 7. Lincoln Marathon, Lincoln, Nebr. Nancy Sutton, 5309 S. 62nd St., Lincoln, NE 68516. 402/423-4519.

May 29. Bolder Boulder 10K, Boulder, Colo. Masters money. BB, 3033 Iris Ave., Boulder, CO 80301. 800/525-2836; 303/444-7223 (CO).

June 4. Hospital Hill Half-Marathon, Kansas City, Mo. ICI/USRA Masters Circuit Race. \$2000 masters money. HHR, Crown Center, Ste. 500, 2440 Pershing Rd., Kansas City, MO 64108. 816/274-3196.

SOUTHWEST Louisiana, Mississippi, Texas.

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

April 2. New Orleans TC 5K/10K/Mile Roadraces, New Orleans. NOTC, P.O. Box 52003, New Orleans, LA 70152-2003. 504/482-6682.

April 8. McMain School 5K/Mile, New Orleans. New Orleans TC, P.O. Box 52003, Ner Orleans, LA 70152-2003. 504/482-6682.

April 15. Crescent City 10K Classic, New Orleans. Mac DeVaughn, 8200 Hampson St., No. 407, New Orleans, LA 70118. 504/861-8686.

April 29. Crimestoppers French Quarter 5K/Mile, New Orleans. New Orleans TC, P.O. Box 52003, New Orleans, LA 70152-2003. 504/482-6682.

April 30. German Fun Run 5K/15K, Muenster, Texas. GFR, P.O. Box 119, Muenster, TX 76252. Ronnie Hess, 817/759-4864, or Dan Hamric, 817/894-2059.

May 7. 22nd Annual Al Briede Gold Cup 3 Mile/Mile, New Orleans. New Orleans TC, P.O. Box 52003, New Orleans, LA 70152-2003. 504/482-6682.

May 13. Barrister's Run 5K/Mile, New Orleans. New Orleans TC, P.O. Box 52003, New Orleans, LA 70152-2003. 504/482-6682.

May 21. Lakeview Civic Track 5K/Mile, New Orleans. New Orleans TC, P.O. Box 52003, New Orleans, LA 70152-2003. 504/482-6682.

May 29. Louisiana Masters Classic 5K, New Orleans. 40+. RRCA/TAC sanctioned. Chuck George, NOTC, P.O. Box 52003, New Orleans, LA 70152-2003. 504/482-NOTC.

WEST Arizona, California, Hawaii, Nevada, New Mexico, Utah.

April 1, 2, 22, 30. Legg Lake Runs, S. El Monte, Calif. A. Martinez, 9502 Reichling Ln., Pico Rivera, CA 90660. 213/949-0394. April 2. Carlsbad 5000, Carlsbad, Calif. Elite Racing, 2431 Morena Blvd., Ste. 2H, San Diego, CA 92110. 619/275-5440.

April 2. Houlihan's 12K, Sausalito to San Francisco. SASE to Rhodyco Productions, 5141A Geary Blvd., San Francisco, CA 94118. 415/668-2243.

April 9. Bonne Bell 10K, San Francisco. John Von Seeburg/Scott Thomason, P.O. Box 27557, San Francisco, CA 94127. 415/681-2323.

April 15. 34th Annual Fontana Days Half-Marathon & 5K Run/Walk, Fontana, Calif. Caren Ware, City of Fontana Rec. Dept., 9460 Sierra Ave., Fontana, CA 92335. 714/350-7635.

April 16. La Jolla Half-Marathon, La Jolla, Calif. Breaking Forty, 3381 Yucca Ave., San Diego, CA 92117. 619/272-8316. April 22. 6th Fastest Masters 10K, San Diego. Dale Larabee, 619/234-3054.

April 22. Chico Masters 4 Mile Run/Walk,

Chico, Calif. 40+. Deborah Powers, Enloe Hospital, 1660 Magnolia, Chico, CA 95926. 891-7411.

April 23. Big Sur International Marathon. Carmel, Calif. BSIM, P.O. Box 222620, Carmel, CA 93922. 408/625-6226.

May 7. Long Beach Marathon, Long Beach, Calif. Joe Carlson, 1827 Redondo Ave., Long Beach, CA 90804. 213/494-2664.

May 21. Examiner Bay to Breakers 12K, San Francisco. No age-group awards. Bay to Breakers, 110 Fifth St., San Francisco, CA 94103. 415/777-7773.

May 29. Pacific Sun 10K, (PA/TAC Cham-pionships), San Rafael, Calif. \$1600 for masters individuals & teams, plus incentive money. Total Race Systems, 627 Galerita Way, San Rafael, CA 94903. Way, 415/472-RACE. Entry form in April issue.



May 7. Lilac Bloomsday 12K, Spokane, Wash. \$6000 masters money. Sylvia Quinn, Race Director, P.O. Box 1511, Spokane, WA 99210. 509/838-1579.

May 21. Capital City Marathon, Olympia, Wash. CCM, P.O. Box 1681, Olympia, WA 98507. 206/786-1786.

June 4. The Race 8K, Eugene, Oreg. The Race, P.O. Box 11364, Eugene, OR 97440. Pat Sundqvist, 503/342-7923.

June 18. Cascade Run Off 15K, Portland, Oregon. \$3500 masters. Alisan Peters, P.O. Box 40228, Portland, OR 97240. 503/226-0717.

CANADA

May 7. Canadian National Masters Marathon Championships (4th Annual Hamilton Marathon), Hamilton, Ontario. 25 Main St., No. 2215, Hamilton L8P 1H1. 4 1 6 / 5 2 2 - 8 0 0 5. May 13-14. Toshiba National Capital 10K

(13th) & Marathon, Ottawa, Ontario. Toshiba Races, P.O. Box 426, Stn. "A" Ottawa, Ontario K1N 8V5. 613/234-2221.

INTERNATIONAL

April 23. London Marathon, London, England. Marathon Tours, 108 Main st. Charlestown Dist., Boston, MA 02129. 617/242-7845.

May 13. AAA Veterans Road Relays, Birmingham, England. D. Withers, 14 College Lane, Marlbrook, Bromsgrove B60, IDW, England.

June 24-25. European Veterans Championships (10K, Marathon, 20K/30K Walk), Brugge, Belgium. Jacques Serruys, Fit Veteraan, Postbox 7, B-8000, Brugge 1, Belgium.

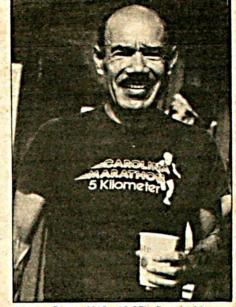
July 27 - August 6. VIII World Veterans Championships, Eugene, Oregon, USA. 10K on July 27; marathon on August 6.

Gold Medal Dreams Jeopardized

LOS ANGELES, April 1 - Tom Jackson, who turned 40 on March 6, has been pointing for the steeplechase competition at the VIII World Veterans Championships in Eugene. this summer.

But, recently, while perfecting his jumping technique in a practice session at UCLA, Jackson's rear spike clipped the top of the water barrier and he plunged headlong into nearly three feet of water.

Although struggling desperately, he



Alberto Rivas (M45, 46:37), first in his agedivision in The Great Aloha Run in Hawaii. Photo by Tesh Teshima

Men 40+, women 35+. World Veterans Championships, P.O. Box 10825, Eugene, OR 97440. 503/687-1989.

RACE WALKING NATIONAL

April 30. U.S. TAC National Masters 15K Racewalk Championships, Pomona, Calif. Elaine Ward, 1000 San Pasqual #35, Pasadena, CA 91106. 818/577-2264. July 8. U.S. TAC National Masters 10K Racewalk Championships, Niagara Falls, N.Y. David Lawrence, 90 Fairfield Ave., Buffalo, NY 14223. 716/833-4643. July 10. U.S. TAC National Masters 40K Racewalk Championships, Union, N.J. Elliott Denman, 28 No. Locust Ave., W. Long Branch, NJ 07764. 201/222-9213. July 20-23. U.S. TAC National Masters 5K/20K Racewalk Championships, San Diego, Calif. David Pain, 5643 Campanile Way, San Diego, CA 92115. 619/582-3316.

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

April 30. Alex Almasy Southeast Sectional Masters 20K Racewalk, Raleigh, NC. Raleigh Parks and Rec., P.O. Box 590, Raleigh, NC 27602.



April 2. TAC Midwest Regional Racewalk Championships/Jack Mortland Racewalk, Columbus, Ohio. Gayle Johnson, 2918 Indianola Apt. A, Columbus, OH 43202. 614/267-2175.

was going down for the third time when a passerby, coed Linda Mammary, heard his cries for help and rushed over in time to provide artificial respiration.

The good news is that Jackson will be okay after a brief period of recuperation. The bad news is that his wife, Andrea, has forbidden him to practice anywhere near Ms. Mammary, thus seriously jeopardizing Jackson's chances for success in this year's steeplechase competition.

April, 1989

National Masters News

U.S. MASTERS TRACK & FIELD RANKINGS (Coordinated by Jerry Wojcik, T&F Rankings Chairman)

				(Coo	rdinated by Jerry	y Woje	cik, T&F Rankings	Chai	rman)			o
	1988 100m Rankings		21 BUB TAYLOR		11 ALFRED GUIDET	14.37	RANK NAME	TIME		22.80	11 NICK NEWTON	24.65
	Compiled by Larry Patz	2	23 STAN BALER	11.90	12 BILL MORALES	14.40	1 MARILYN MITCHELL	13.40	17 JAMES BROWN	22.80	12 EDWARD SMALL 13 BOB LIDA	24.70
	RANN NAME T	IME	25 MEL BROOKS	11.97	14 JIM JOHNSON 15 DAVID HALL	14.65	2 JAN MCCLURG 3 LINDA UPTON	13.55	19 GREG CANFIELD	22.85	14 LARRY COLBERT	24.78
	M30-34		26 BOB STEEL 27 JAMES BANTUM	12.00	16 ROBERT P. SORLIEN	14.90	+ MARY LUKER	14.00	a charter 1 -	22.90	16 BEN ANIXTER	24.74 24.89
	2 JEFF WALDO 10	. 00	28 FRED LENTJES	12.01	18 BEN MACKERETH	15.17	6 JEANNE CARTER	14.25	21 MARK ROBERTSON 22 JAMES WEEMS	22.98	17 SAMMY WHITE 18 CLIFFORD PAULING	24.91
1	. JENRY MCCORKLE 10.	. 40	30 TRACY WHITEHEAD	12.10	DO JOHN SATTI	15.20	7 JOY E. MACDONALD B BARBARA STEWART	14.30	23 GARY MARTIN 24 BERRY CALDWELL	23.08	19 NORMAN MOSLEY 20 RICHARD RIZZO	25.20
		. 00	MANH NAME	TIME	RANK NAME	TIME	9 ANNE DRAPER	14.50	25 RANDY WALKER 26 JAMES BONILLA	23.09	21 BOB COZENS	25.29
	7 DARRELL SMITH 11.	.10	1 KEN DENNIS	11.30	M75-79	14.20	11 ANNMARIE ROSENITCH	15.43	27 MEL ABERNATHY 28 BILL BURTON	23.10	22 WILLIAM SANFORD	25.40
	9 DAVID CHERRY 11.	.10	3 CHARLES MILLER	11.80	2 GILBERTO GONZALEZ 3 JEREMIAH GAINES	14.90	12 AUDREY HIEMSTRA	15.72	29 RICHARD MAYFIELD	23.20 23.20	23 GEORGE HORTON 24 RALPH SUMMERLIN	25.40
	The second s	100	5 ROBERT E. MILLER	11.80	4 FRED WHITE	15.19	14 KATY GOTTSCHALK	15.90	30 ROOSEVELT WELLS	23.22	25 DICK GLASGOW 26 EDMUND ANDRADE	25.50
	12 CY LEWIS 11.	.18	CHARLES DUDLEY	11.90	5 ANTHONY CASTRO	15.20	15 CATHY PRIMMER 16 TRINIDAD OQUENDO	16.02	RANK NAME	TIME	27 J. C. HOFFMAN 28 PAUL WILLIAMS	25.56
		.20	B ROOSEVELT WEAVER	11.97	7 JOE CARUSO B CLAUDE HILLS	15.50	17 ROSE SCHLEWITZ	16.65	M35-39 1 TOM THOMPSON	22.14	29 ROY DALE LANCE	25.65
		. 20	10 DAWSON PRATT	100	9 LESLIE THUMAS	15.73	19 CARMEN GILMUNE	17.52	2 ALFONZO WALTON 3 R. MITCHELL	22.30	RANK NAME	TIME
	17 RUN ARTIS 11.	.20	11 TONY DEATHERAGE	12.00	11 EDWARD BOST	16.53	and the second	Service of	. J. B. HAGGERTY	22.50	1 BRUCE SPRINGBETT	24.50
1		0	13 JOHN CARR	12.04	12 JAMES KNOTT	16.70	RANK NAME	TIME	5 MARION MCCOY 6 DANIEL THIEL	22.57	2 OVIDIO de JESUS	24.59
	20 FRED PULICH 11.		14 JAMES MATHIS 15 NICK NEWTON	12.10	13 ANTHONY DE NARDIS	16.74	F50-54 1 IRENE DBEHA	13.+8	7 WARREN SPIKES B BOB GREEN	22.70	3 NORMAN MOSLEY 4 MARION SANCHEZ	25.27
		.25	16 PIERRE DOBROVOLNY	12.10	15 MEHMET TAMER 16 CASIMIR BECHNER	17.11	2 MARILYN FITZGERALD 3 CHRISTEL MILLER	14.20	9 WILLARD THOMPSON	22.72	S HAROLD HITT	25.55
	23 DENNIS CARLINE 11.	.28	18 HOY DALE LANCE	12.17	17 MANFRED D'ELIA 18 BOB BOAL	17.50	+ ESSIE NEA	15.00	1. 1. 1. 1. 1. 1. 1. 1. 1. 1. 1. 1. 1. 1	and the state	7 JOHN POPPELL 8 BOB KEEGAN	25.83
		.30	10 RALPH SUMMERLIN	12.18	19 DONALD ERNST	17.63	5 ANNE VANDERVLEUTEN 6 LOUISE TRICARD	15.72	11 GLENN JOHNSON 12 STEVE HARDISON	22.98	9 GORDON ALBURY	20.01
1		. 39	21 WILLIAM SANFORD	12.20	20 KARL TREI	17.81	7 MARTI THIELMAN B RACHEL LYGA	15.96	13 DAN RADIFF 14 KEITH WITHERSPOON	23.00		26.84
	-B HOBERT LAHN 11.		22 LARRY COLBERT	12.20	RANK NAME	TIME	9 MARY PATTERSON	16.10	15 BILLY SMITH	23.00	11 EARL FEE 12 BERNIE SMITH	26.20
		. 46	- BEN ANIXTER	12.22	1 BYRON FILE	15.60	THE CONTRACTOR	100	17 MICHAEL R. ANDREWS	23.00	13 ANDY ANDERSON	26.23
	Louis Frencherrich	1.1.1	26 D. ROUSEVELT	12.25	2 HENRY JOHNSON 3 KEN CARNINE	16.50	RANK NAME	TIME	18 STEPHEN FOSTER	23.06	15 LAWRENCE PRATT	26.50
	HANK NAME TI	IME	-/ BOOKEN WASHINGTON	12.30	4 MANFRED D'ELIA 5 BLAIN TILL	16.80	F55-59 1 SALLY STIEGELMEIER	15.10	20 EUGENE DRIVER	23.28	17 OCIE BOYERS	26.60
	M35-39	RAN	TY GANY MILLER	12.30	6 MYRON BISHOP 7 JOHN RUST	17.80	2 NIKKI RYAN 3 DOREEN CARMICHAEL	15.32	21 STAN DRUCHREY	230	18 HUEL WASHINGTON 19 BILL DONNELSON	26.78
	- HALT HENDERSUN 10.	. 66	RANK NAME	TIME	B CLARENCE RIGGS	18.68	4 MAGDALENA KUEHNE	15.70	22 MIKE BLACK 23 WALTER DAVID	23.36	20 ALEX PAPPAS	26.80
		. 60	1 BRUCE SPRINGBETT	11.90	9 SING LUM 10 ALBERT EPP	19.50	6 JANE CLARKSON	16.20	24 ROBERT BOWEN 25 STEVE SLAVENS	23.40	21 JESSE G. JOHNSON 22 GORDON SEIFERT	26.80
	5 TOM THUMPSON 10.	. 48	2 BOB NEEGAN 3 MARION SANCHEZ	12.00	11 ORVILLE ADAMS	22.17	7 LOIS THOMPSON 8 MARJORIE MOORE	16.25	26 AL MATTHEWS	23.50	23 BERNARD STEVENS	26.85
	7 ALFONZU WALTON 10.	.90	4 CLIFFORD MCPHERSON	12.30	12 WILLARD BENTON 13 ELISHA KINNEBREW	23.09	9 LONNIE PROCTOR 10 IRENE SCHANKMAN	17.10	B ELLIS MAYFIELD	23.65	24 HUGH COBB 25 CHARLES RICE	27.03
	9 ADRIAN RUGERS 11.	.90	5 TONY NASRALLA	12.34	14 LEW THORNE	23.67 23.97	· · · · · · · · · · · · · · · · · · ·	1 Pr	29 ARMAND HALIFA 30 GRIFFIN GRAHAM	23.68	26 WILL CUNNINGHAM 27 THOMAS BROOKS	27.18
	10 WARREN SPIKES 11.	. 00	7 GORDON ALEURY 8 BERNIE SMITH	12.50	15 GEORGE LAIDLAW	26.20	RANK NAME	TIME	it must attend it	- GUC	28 WILL ROBINSON	27.14
		.08	9 OCIE BOYERS	12.59	17 STEVE GRUBER	29.70	1 PATRICIA PETERSON	16.00	RANN NAME	TIME	30 ALVIN E. CLARK	27.15
	13 TOM MALIN 11.	.10	Then every and set and in	12.60	19 WILLIAM MAINE	31.63	2 BETTY WHITAKER 3 JEAN S. CAMPBELL	16.18	1 ROBERT MITCHELL	22.10	RANK NAME	TIME
	15 MIKE BLACH 11.	.10	11 JOHN POPPELL	12.66	RANK NAME	TIME	4 LEE ANTHONY 5 SHIRLEY DIETDERICH	16.86	3 THADDEUS BELL	22.70	1 ROBERT S. WATANABE 2 GENE L. HARTE	26.00
	16 GLENN JOHNSON 11. 17 MORRIS BLUEFORD 11.		13 HUEL WASHINGTON 14 THOMAS BROOKS	12.70	1 HERBERT ANDERSON	18.20	6 JOSEPHINE SULLIVAN 7 LILLIAN BERG	17.43	4 KEN BRINKER	22.70	3 JIM LAW 4 VERNON REGIER	20.16
	18 R. MITCHELL 11. 19 CLEVELAND SMITH 11.		15 RICH BARRETTA 16 HAROLD HITT	12.80	2 KONRAD BOAS 3 ARLING PITCHER	18.81	8 LEONORE MEDANIELS	18.01	6 MATT PRUITT 7 FRANK LITTLE	22.80	S JACH GREENHUUD	26.32
	28 LARRY VALLMER 11.		17 GORDON SEIFERT	12.82	4 EVERETT HOSACK	24.10 27.00	10 AURELIA LAW	18.30	8 CLARENCE RAY 9 JAMES VICKS	23.00	7 JACK GREENWALD	27.20
	21 MARTIN LEFEVRE 11. 22 R. WILLIAMS 11.	. JØ	19 ANDY ANDERSON	12.89	RANN NAME	TIME	RANK NAME		10 GREG MARSHALL	23.30	9 GORDON SEIFERT	27.28
	23 BERT PETERS 11.	0	21 JESSE G. JOHNSON	13.00	F30-34 I LURNA MARIE BUUTHE	12.01	F65-69 1 ELS TUINZING	17.00	11 ROBERT ZIMMERMAN	23.30	11 CLAUDE TAGGART	27.30
-	25 RICHARD CLARY 11.	. 40	22 GUS FRANZE	13.00	- DUNNA POPE-GREEN	12.10	2 LUISE NOTTAGE	17.70	13 CHARLES ALLIE 14 SAIMONI TAMANI	23.40	12 BILL HONAKER	27.80 27.84
	27 STEPHEN FOSTER 11.	. 46	23 BOB FEASTER	13.03	4 IRENE THOMPSON 5 JU ANN ANGUTTI	12.70	4 MOLLY MONHEIT 5 CARLA C. CONVERY	18.50	15 WAYNE GRIPP 16 RUSSELL RUTLEDGE	23.60	13 CHUCK SOCHOR 14 JIM PLATIS	27.90
		.50	25 FRANK KISHI 26 - BOLEWSKI	13.04	6 MARILYN MANGRUM	12.90	6 ELGA MERI	19.00	17 PAUL DUNGAN	23.08	15 MEL LARSEN 16 STAN EGERTON	27.90
	30 KEITH WITHERSPOON 11.	. 50	27 SAMUEL FLOFT	13.13	7 CATHERINE SEELEY	12.95	7 DOROTHY PAYNE 8 FLORENCE BERRY	19.27	19 DAVE SIMONS	23.78	17 NORMAN BAUM	28.30
	A STATE OF A	1	29 ALF SUNDIN	13.15	9 REGINA PEART	13.10	9 CAROL PEEBLES 10 ANGIE SMITH	19.78	20 ROGER ASSINK	23.80	19 RAY ARMSTRONG	28.55
	HANN NAME 1	IME	30 DONALD KANE	13.17 TIME	11 L. PEGUES	13.25	The second second	bare It	21 SANTOS DELGADO 22 WILFREDO PICORELLI	23.81	RANK NAME	28.60 TIME
	I ROBERT MITCHELL 10	0.80	MOU-04 1 RUBERT S. WATANABE	12. **	12 CHRIS JONES 13 BECKY POST	13.31	RANK NAME	TIME	23 WILLIAM OVERBY	23.90	M65-69 1 JAMES WARREN	27.00
	J THADDEUS BELL 10	. 90	- VERNUN REGIER	12.50	14 MARCIA FREDERICK	13.40	I ETHEL C. MAYLAND		25 ROBB BONG	23.90	2 RUDY VALENTINE	27.30
	S STAN WHITLEY 11	.00	3 HAL ROBINSON 4 GENE L. HARTE	12.60	15 DEBBIE STUART	13.47	2 MARY BOWERMASTER 3 LUCILLE MONROE	17.68	26 TOM BASSETT	23.93	3 JOHN ALEXANDER	27.58
		.14	5 WILLIE BLACKMUN 6 J. SMITH	12.73	17 VICHIE HEIERMAN 18 VICTORIA PACE	13.67	4 MOLLY MACHOWN 5 MARGARET BILLS	18.60	28 NEIL SILVER 29 HERB STEIN	24.00	5 PAUL SAUNDERS	27.70 28:28
	8 CLARENCE BELL 11	. 27	7 BILL HONANER 8 EDMUND SCHULER	12.60	19 H. RUIZ	13.90	6 ISOBEL SAUMIER 7 CLAUDIA C. PIERCE	18.91	30 CARL FLOWERS	24.83	7 JOHN DAVISON 8 WILLIAM BRONSON	28.30
		.30	9 MEL LARSEN	12.90	A FRANK STATISTICS	Part A.	8 MILDRED CREWS	19.40	RANK NAME	TIME	9 LEE HIRST	28.57
			The state of the second of the	13.00	RANK NAME	TIME	10 C. HARRIS	19.40	M45-49	23.12	11 VERNON MAITSON	29.28
52		. 40	11 BOB ROEMER 12 BERT LANCASTER	13.00	1 CYNTHIA CHEW 2 DONNIS C. DRUMGOLE	12.40	the second same	120.2	2 GLENNIE JOHNSON	23.18	12 HAYDN PARKS	29.38
	14 KEN BRINKER 11	. 40	13 JACK GREENWALD	13.00	3 P. FARSTER-GILNEY 4 EMILY MILGRAM	13.02	RANK NAME	TIME	3 MEL BROOKS	23.35	14 ROBERT HUNT	29.53 29.78
- 3	16 MINE FRAY 11	1.49	15 HARRY GUTH 16 JIM PLATIS	13.20	S SHARON OSBORNE	13.40	1 POLLY CLARKE	17.87	5 HAROLD MORIONA 6 ROBERT WILLIAMS	23.47	16 ANDREW THOMPSON	30.90
	18 PER HARVEY 11		17 RAY BOWER	13.40	7 NORVA STEWART	13.56	3 MARIE VEBEL	20.30	7 MARTYN ADAMSON B WALTER BUTLER	23.60	17 FRED FOLEY 18 ROSS WALTZER	30.00
		1.50	IN CHUCK SOCHOR	13.50	B LOU BLOXOM	13.80	A MARIE QUARTERMAN	21.10 21.30	9 BOB SIMMONS	24.06	19 CECIL PAUL	30.32
	the second second second		-0 FUM DELANY	13.50 TIME	10 BETTY CLAIR-SEARCY	13.90	6 MARY PARSON 7 ALICE HUMPHREY	23.36	and service where the service		RANK NAME	TIME
	22 ROBE BONG 11	1.00	RANK NAME	- make	11 MARGARETTE DUNCAN 12 HILARY GILMORE	13.90	8 DONNA FOOR 9 MURIEL KUEHN		11 RON JENSEN 12 A. SINGH	24.11 24.20	1 PAYTON JORDAN	27.30
	- SAIMONI TAMANI 11	.00	1 RUDY VALENTINE	12.80	13 JOSSIE MUJICA 14 SHIRLEY ROBINSON	14.23	10 KATE PHILLIPS	25.20	13 STEPHEN IRELAND 14 PAT MITCHELL	24.24	2 JAY SPONSELLER 3 WILLIAM WEINACHT	28.70 28.72
			3 PAUL SAUNDERS	13.20	15 CHARLOTTE CARTER	14.40	Carry Street	1000	15 GROVER PETERSON	24.43	+ JEFF BLOOMFIELD	29.45
	27 JAMES GALEREATH 11	.70	S WILLIAM BRONSON	13.30	16 CARMEN AQUAYO 17 NINA RINGO	14.48	RANK NAME	TIME	17 - LEE	24.60	6 DON HULL	38.44
	29 ANTHONY TURNBULL 11	. 72	7 RICHARD CAVICCHI	13.47	18 LORRAINE SILLS	14.60	1 ANNA WARD 2 MARILLA SALISBURY	26.00	18 CHARLES LACHIUSA	24.70	7 NAT HEARD B MAX PICHL	30.57
	30 NEIL SILVER 11	1.76	B JOHN DAVISON	13.60	20 MARIAN FURST	14.70	3 ESTELLE MARSHALL	34.98	20 CARL GRANT	24.80	9 ALFRED GUIDET	31.08
		14	18 MAX GOLDSMITH	13.87	RANK NAME	TIME			21 PAUL DORSEY	24.80	11 DAN BULKLEY	31.18
	M45-49	IME	11 J. WALKER PIERSON 12 DAVID ROHENA	13.90 13.93	F40-44 1 PHIL RASCHNER	12.29	1988 200m Ranking		23 HARRY TOLLIVER	24.83	13 FREDERICK PRAEGER	31.37
	1 GLENNIE JOHNSON 11.	.20	13 ROBERT HUNT	14.00	SKIPPER CLARK	13.00	Compiled by Larry P	atz	24 JOSEPH E. THIELMAN 25 JUAN STOCKER	24.83	14 HERBERT MILLER	31.91 32.22
1	3 A. A. MATTHIAS 11.	.30	15 CECIL PAUL	14.18	4 KATHY PIERCE	13.40	RANK NAME	TIME	26 STAN BAKER 27 A. A. MATTHIAS	24.90	16 ROBERT P. SORLIEN 17 DELBERT BENDER	32.30
	5 ROBERT WILLIAMS 11.	.50	16 M. MCWILLIAMS	14.22	5 LINDA SINES 6 PAMELA DUNCAN	14.10	M30-34 1 RICKEY WILLIAMS	21.16	28 JERALD 0. EDWARDS	25.05	18 MILO LIGHTFOOT	32.48 32.50
	7 SCOTT TYLER 11.	. 55	18 BLAIR MCFARLANE	14.30	7 LURLINE STRUPPECK 8 A. STEEKELENBURG	14.50	2 ELLIS LIDDELL	21.72 21.80	30 ERVIN T. MITCHELL	25.14	20 BILL FAIRBANKS	32.70
	8 WALTER BUTLER 11.	. 00 . 00	20 ART OBOKATA	14.35	9 DEBORAH WILSON	14.00	4 JEFF WALDO	21.90		TIME	RANK NAME M75-79	TIME
		.70	HANK NAME	TIME	11 M. PIRESFERREIRA	14.83	6 DARREL JOHNSON	22.30	M50-54	- Chant	1 HARRY KOPPEL	30.00
		.70	PATTON JORDAN	13.00	12 CORINNE WELCH	14.90	B LEE POPE	22.40	1 KEN DENNIS 2 CHARLES MILLER	23.70 24.16	3 FRED WHITE	31.35
	13 PAT MITCHELL . 11.	.80	J WILLIAM WEINACHT	13.60	13 SHARON HUDDLESTON	14.90	9 DARYL BOVELL 18 DAVID CHERRY	22.50 22.60	3 ROBERT E. MILLER 4 GARY MILLER	24.17	4 GILBERTO GONZALEZ 5 BERT MORROW	32.28
		.80	S HERBERT MILLER	14.00	15 HASSIE CHERRY	15.05	11 NEIL STEINBERG	22.78	5 RON KIRKPATRICK	24.39	6 BARRY IVERS 7 CLAUDE HILLS	33.50 33.57
	16 HAROLD MORIOKA 11.	.81	5 CLARENCE HILLION 7 MAX PICHL	14.00	17 FRAN STOHL	15.47	12 ROBERT JONES 13 T. J. LESTER	22.70	7 JAMES MATHIS 8 DAWSON PRATT	24.50	B JEREMIAH GAINES	34.20 34.84
	18 STEPHEN IRELAND 11.	.87	B JEFF BLOOMFIELD	14.20	19 CAROL RHODES	15.68	14 JERRY MCCORKLE	22.70	9 GIL LATORRE	24.50	10 LESLIE THUMAS	35.54
		.90 I	10 NAT HEARD	14.30	20 PAMELA MURHAY		15 NEVIN MORNING	22.77	18 MARTYN ADAMSON	24.60 1	Continued on n	ext page

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page 36			1.39-1.	Natio	onal Ma	and the second	April, 1989			
Continued from previous	Dage	RANK NAME	TIME	11 ROBERT ZIMMERMAN		16 DEAN SMITH	1:04.98	RANK NAME TIME		
RANK NAME	TIME	I BETTY WHITAKER	33.77	12 JAMES VICKS 13 SAIMONI TAMANI	52.60 52.60	17 STAFFORD THOMPSON 18 NORMAN HATZMAN 19 TOM LACEY	1:05.00	F35-39 1 BETTY CLAIR-SEARCY 1:01.86 2 JODY MURRAY 1:03.62	Compiled by Bill Benson	
MB0-84 1 BYRON FIKE 2 KEN CARNINE	34.26	2 PATRICIA PETERSON 3 LAVINIA HAEFELE • SHIRLEY DIETDERICH	34.80 36.20 36.50	14 RO22 BONG 15 JAMES PORTER 16 GREG MARSHALL	52.89 52.94 53.10	20 LUIS VELEZ	1:25.78	3 DONNIS C. DRUMGOLE 1:03.66 4 DEBORAH ANDERSON 1:04.41	HID-34 EINE NAME TIME 1 BENNY BROWN 1:52.7	
3 MANFRED D'ELIA 4 MYRON BISHOP	36.00	5 NANCY SMALLEY	37.62	17 GORDON REITER	53.30	21 DICK NORDQUIST	1:05.80	5 MARY PALMER 1:04.96 6 HILARY GILMORE 1:05.49	2 KENT BURNO 1:54.8 3 NOLAN SMITH 1:56.0	
5 BLAIN TILL 6 SING LUM	36.10	7 DOTTIE GRAY B ANGLE TRANTHAM	38.90	18 DAVE SIMONS	53.54	23 FRED FROST	1:06.26	7 CHARLOTTE CARTER 1:06.90 B MARIAN FURST 1:07.40	4 JIN NEHLS 1:56.4 5 DAVE POTEET 1:56.6	
7 CLARENCE RIGGS	42.40 42.67 45.00	9 MARY E. NORCHAUER	41.69	20 SANTOS DELGADO	53.73	25 JACK HAEFELE	1:06.80	9 LYNNE DIETZ 1:07.50 10 DEBBIE STILES 1:07.89	6 DAVID WORDEN 1:57.3 7 MARY KOENIG 1:57.5	
9 ALBERT EPP	50.21	BURG ANY AND AND	11 4.55	22 HOODY STUDENMUND	53.90 53.90	27 RAY ARMSTRONG 28 JOCK JOCOY	1:07.10	11 KATHERINE MCKENNA 1:08.10	8 STEVE GALLAGHEF 1:58.0 9 TOFY BARLOW 1:58.1	
RANK NAME	TIME	RANK NAME F05-69	TIME	24 RUBERT IHNE	54.20	29 JOSE SALGADO	1:07.47	12 DEBBIE WARNER 1:09.06 13 P. FARSTER-GILKEY 1:10.39	10 GREG GUSTAFSON 1:58.1	
1 ARLING PITCHER	34.18	1 LOUISE ADAMS 2 MARGARETA LAMBERT	37.58	26 MINE FRAY	34.55		116	14 MIRNA RIVERA 1110.69 15 CLARA SILVER 1112.51	11 MARTY NATZINGES 1:58.2 12 G. CARPENTER 1:58.5	
2 KONRAD BOAS 3 HERBERT ANDERSON	38.30 36.70	3 LUISE NOTTAGE + DOROTHY PAYNE	48.28	28 LINDSAY BODDEN 29 R. JOHNSON	54.61	RANA NAME	TIME	16 LAURA LYNN 1112.73 17 FRAN STOHL 1113.71	13 PAUL PALGOUT 1:58.7 14 ROGER DE PRIEST 2:00.1	
RANK NAME	TIME	5 CAROL PEEBLES 6 MARIE STAFFORD 7 MARTHA PEMBRONE	41.39	30 RALPH WALLACE	54.80	1 RUDY VALENTINE	59.58	18 DIANE SHERRER 1116.20 19 MARIA MELENDEZ 1117.26	15 KEN LAMPERT 2:00.3 16 ADRIAN STERRETT' 2:00.5	
H90-94 1 HERE KIRK	58.30	8 SAMIA DORO 9 STELLA ANACKER	42.01 43.08 43.80	RANH NAME	TIME	3 LEE HIRST + ARCHIE MESSENGER	1:05.30	20 SHARON NIDD 1:19.75	17 RICK EASLEY 2:01.3 18 JIN GEISTHARDE. 2:01.4	
RANK NAME	TIME	18 POLLY BAILEY	44.58	1 GLENNIE JOHNSON 2 HAROLD MORIONA	58.99	S ROSS HALTZER	1:06.28	RANH NAME TIME	19 M. ERUGER 2:01.6 20 RICK BARBERO 2:01.9	
F30-34 1 LORNA MARIE BOOTHE	24.15	RANK NAME	TIME	3 FRANK LITTLE	52.38	7 JACK RICE B JOHN MCCARTHY	1:06.57	1 JENNIFER PINTO 1:03.00 - ELIZABETH MCBLAIN 1:04.53	21 GREGG NEWELL 2:01.9	
2 ROSALYN BRYANT 3 CATHERINE SEELEY	24.73	FT0-74 1 ETHEL C. MAYLAND	38.30	5 ROY TURNER	52.70	9 DAVID ROHENA	1:08.88	3 SUSAN HOULTON 1:05.58 4 NATHY PIERCE 1:06.20 5 N. BUICE 1:07.90	22 NORM DODSON 2:01.9 23 L. LEONG 2:02.7	
S IRENE THOMPSON	26.77	2 LUCILLE MONROE 3 EMMA WARNE	41.00	7 DENNIS DUFFY 8 STEPHEN IRELAND	53.15	11 HOODY LUNSFORD	1:09.48	5 MARY SMITH 1:00.00 7 CASSANDRA CLARK 1:09.00	24 GARY BLOOME 2:02.7 25 I. J. HAYMOND 2:03.0	
6 VICKIE HEIERMAN 7 DEBBIE HANCROFT 8 CONNIE HAYES	27.42 27.45 27.50	4 MARGARET BILLS 5 MARJORIE SMITH	43.60	9 S. FRELAND 10 ROBERT WILLIAMS	53.96	12 DAVID DOMENECH 13 ANDREW THOMPSON	1:10.23	8 N. NOONAN-ULIVER 1:09.10 9 SKIPPER CLARK 1:09.90	26 BILL OKEHMAN 2:03.1 27 DUANE ISHAN 2:03.1	
9 A. GRIFFIN-OLIVER	27.55	6 PEARL MEHL 7 C. HARRIS 8 GERIDA BERGMAN	44.47	11 MAURICE MEDONALD	54.52	14 W. COLE 15 ERICK DAHL	1:10.60	10 HASSIE CHERRY 1:10.10	28 WOODY GREEN 2:03.2 29 RANDY REAGOR 2:03.4	
11 CHRIS JONES	28.27	9 SIS WARNE	47.97	12 RON JENSEN 13 HARRY TOLLIVER 14 DENNIS TANCREDI	54.70 54.99 55.0-	16 HAYDN PARKS	1:11.57	11 ANNA MARIA THOMAS 1:10.30	30 DAN EILBANE 2:03.7 M35-39	
12 TINA STOUGH 13 VICTORIA PACE	28.60	NEW PORCHART	33.123	15 MIKE BURNELL	55.30	18 PAUL SCHMITT	1:12.50	13 LINDA SIKES 1:11.10 14 BEVERLY BAUM 1:14.31	HANE NAME TIME 1 NOLAN SMITH 1:57.8	
14 MARCIA FREDERICK 15 LINDA GIBBS	28.20 29.30	RANK NAME F75-79	TIME	16 WILLIAM BURRELL 17 BOB BURRELL 18 STAN BAKER	55.30 55.40 55.50	10 MARLIS SHILTENS	1:13.10	15 PAMELA MURRAY 1:14.34 16 CARMEN AUDIFRED 1:16.78	2 GORDON VALIANT 1:58.1 3 STEVE ZANDER 1:58.9	
16 BECKY POST 17 LYNETTE SCOTT	29.30 29.50	1 POLLY CLARKE 2 MARIE UEBEL	38.02	18 STAN BAKER 19 ALONZO JONES 20 GROVER PETERSON	55.60	21 ROBERT MARSH	1:13.40	17 SUE ORENSTEIN 1:17.30 18 C. McCAIN 1:17.70	4 LUIS ISAAC 2:00.0 5 JAMES GELSOMINI 2:00.2	
18 M. RUIZ 19 TRACEY WATTS	29.70 29.70	3 VIVIAN NELSON	50.30	11 LARRY GUNN	56.10	23 BOB WINGO 24 DON THIEL	1:14.00	19 CORINNE WELCH 1:18.20 22 DOROTHEA JACKSON 1:18.43	6 STAN GOODELL 2:00.2 7 DICK PUCKERIN 2:00.3	
20 THERESA DUDLEY	29.88	5 MABEL OTTARE 6 ELLEN JULIUS	57.20	22 JOSEPH E. THIELMAN 23 LES WAIGHT, JR.	56.15	25 BOO MORCOM	1:15.00	RANK NAME TIME	8 ERIC PARKER 2:00.6 9 ED EBERHART 2:01.2	
F35-39 1 P. FARSTER-GILLEY	TIME 27.15	RANK NAME	TIME	24 BOB MILLER 25 MICHAEL BOUDREAUX	56.39	27 RICHARD CAVICCHI 28 ANTHONY NAPULI	1:19.30	F45-49 1 NADINE O'CONNOR 1:05.80	10 BANDY STURGEON 2:01.3	
2 DONNIS C. DRUMGOLE 3 EMILY MILGRAM	27.15 27.68 27.98	F80-84 1 ANNA WARD	57.80	26 JAMES HURD 27 RETT OREN	56.70	29 NEWLIE HEWSON 30 HODE PERRY	1:20.00	2 JOY E. MacDONALD 1:86.50 3 JEANNE CARTER 1:07.05	11 JONATHON HABERTEEN 2:01.8 12 JIM HUDSON 2:01.8	
A BETTY CLAIR-SEARCY	27.98	2 MARILLA SALISBURY		28 ROBERT JONES	56.90	Page -	5.945	+ ANNMARIE ROSENITCH 1:07.40 5 LINDA UPTON 1:08.40	13 PETE BERNARDIN 2:01.9 14 VIN AMBRICO 2:02.0	
6 JODY MURRAY 7 HILARY GILMORE	28.43 28.63			30 CHARLES LACHIUSA	57.20	RANK NAME	TIME	6 YVONNE RODGERS 1:09.10 7 MARY LUNER 1:10.10	15 ROBERT PARK 2:02.0 16 JACK HALL 2:02.2	
B MARY PALMER	28.89 29.18	1988 400m Ranki	ngs	RANK NAME	TIME	1 JAY SPONSELLER 2 WILLIAM WEINACHT	1:05.90	B BARBARA PINE 1:10.01 9 CATHY PRIMMER 1:11.04	17 ROBERT WALKER 2:02.2	
18 LOU BLOXOM	29.40	Compiled by Larry	Patz	1 JAMES MATHIS	53.86	3 PETE GANAHL + JEFF BLOOMFIELD	1:08.40	18 KATY GOTTSCHALK 1:11.98	19 KEVIN KELLY 2:03.0	
11 MARGARETTE DUNCAN	29.58	RANK NAME	TIME	3 RICHARD RIZZO	54.36	5 DAN BULKLEY 6 BEN MACKERETH 7 BILL FAIRBANKS	1:10.10	RANK NAME TIME	S CONSERVICE A MARK OF REMARKANCE	
13 S. PAPPAS 14 SHIRLEY ROBINSON	29.92	M30-34 1 MIKE MEDOWELL	48.50	5 BOB LIDA 6 GARY MILLER	55.54	9 S. MCNEELY	1114.57	1 IRENE OBERA 1:05.10 2 MARILYN FITZGERALD 1:08.79		
15 MARIAN FURST	38.58	2 ELLIS LIDDELL 3 BEN JAMES + CLEMON PREVUST	+8.71	7 EDWARD SMALL 8 EDMUND ANDRADE	55.80	18 MILO LIGHTFOOT	1:16.00	3 ANNE VANDERVLEUTEN 1:14.50 + SUSIE HLUTTZ 1:15.88	24 D. MOORE 2:03.6 25 DAN PETERSON 2:04.0	
17 PAM COXSON 18 LORRAINE SILLS	31.68 31.78	5 BILL BURTON	49.60	9 JOHN VANDERVLEUTEN 18 CLIFFORD PAULING	56.40	11 CLARENCE MILLION	1:10.80	5 JILL MARTIN 1116.20 6 GRACE BUTCHER 1:16.35	26 J. COLE 2:04.0 27 DAVID SALAZAR 2:04.3	
19 CLARA SILVER 20 CAROLYN BROWN	32.34	7 ALEX JOHNSON B G. CAGLE	50.10	11 PAUL JOHNSON	50.04	13 CHARLES WHITNEY	1:19.20	7 JANE DODS 1:16.45 8 GERI OWENS 1:17.18	28 TOM PAINTING 2:04.5 29 HERSTON HALL 2:04.5	
RANK NAME	TIME	9 JAMES BROWN 18 DARYL BOVELL	50.30	13 MACK STEWART	56.96	15 JEROME LOPEZ 16 MADELEO BLAKE	1:19.00	9 8. BELLINGHAUSEN 1118.67 18 NANCY MANSON 1119.16	30 J. KABERKERN 2:04.6	
1 PHIL RASCHNER	25.80	11 MILTON QUALLS	50.70	15 DAWSON PRATT 16 CLIFF CORDY	57.20	17 FLOYD LENNON 18 DON HULL	1120.76	RANI- NAME TIME		
3 NATHY PIERCE	28.20 29.40	12 ALEX JOHNSTON 13 RICHARD MAYFIELD	50.74	17 HECTOR CISNEROS	57.78	19 ROBERT VACCARO 20 BILL ALEXANDER	1:21.60	F55-54 1 A. MOREIS 1:09.90	1 RON JENSEN 1:58,0 2 GEORGE MASON 1:58.3	
5 CASSANDRA CLARK	29.40 29.92	14 JAMES BONILLA 15 JESSEE THOMAS	51.03	19 STEPHEN ODWIN 20 ROSS IRVING	57.80			SALLY STIEGELMEIER 1:16.00 3 RUTH CARRIER 1:20.00	4 DICK TUCKER 1:58.7	
7 ANNA MARIA THOMAS 8 LINDA SINES	30.20 30.22	16 F. MILLS 17 WHITNEY PREVOST	51.10	21 CLIFF BEDELL	57.90	RANK NAME M75-79	TIME	4 HELEN BUEME 1:21.80 5 JANE CLARKSON 1:26.50 6 ELEANOR WALLACE 1:33.90	5 DON PARKER 1:58.9 6 GRAEME SHIR EY 1:59.2	
9 JOSEPHINE CROSS	30.60	18 DAVE HAGMEIER 19 BRYAN HENDERSON	51.60	22 JESSE CARRINGTON 23 J. C. HOFFMAN	58.00		1:19.70	7 MARY TURNER 1:36.90	7 DAVID DROPE A 2:00.3 8 CARL WICHOLSON 2:00.4 9 JIE PORTER 2:01.9	
11 FRAN STOHL	30.93	20 CALVIN SAULSBERRY	51.89	24 HAIG BOHIGIAN	58.10	3 MEHMET ZEKITAMER 4 CASIMIR BECHNER	1:25.78	B LONNIE PROCTOR 1:47.90 9 MARY GUINN 1:51.60 10 GERRY SMITH 1:54.30		
12 HASSIE CHERRY 13 MARY SMITH	30.95	22 ADRIAN STERRETT	52.02	26 FRANK HAVILAND 27 BILL HUGHES	58.60	5 EMMETT BENNETT	1:29.58	The property of the second	11 JIN BICE 2:02.3	
14 ADRIENETTE TUCKER 15 SHARON HUDDLESTON	32.00	2. GEORGE CRUMMEL	52.00	28 J. CONNOR 29 ANDY BARENTINE	59.14	7 ANTHONY DE NARDIS 8 RICHARD LACEY	1:30.27 1:30.77	RAN NAME TIME	12 AL SWENSON 2:02.4 13 DUSTIN MANN 2:02.7	
16 CAROL RHODES 17 LURLINE STRUPPECK 18 C. MCCAIN	32.65 32.92 33.03	26 TOM MUCHERHEIDE	52.23 52.30 52.49	30 GARY HERUM	59.40	9 MEHMET TANNER	1:31.91 1:32.00	1 PATRICIA PETERSON 1:28.80 2 DOTTIE GRAY 1:31.20 3 MARY E. NORCHAUER 1:34.84	14 WAYNE GRIPP 2:02.9 15 PAUL EDSTROM 2:03.3	
19 INGRID DROLET	33.10 33.10	28 ANIBAL MONTE	52.51	RANK NAME M55-59	TIME	11 JOSE ORTIZ	1:32.32	+ DURLY BRECHBUEL 1:36.04	16 SEARCY BARNETT 2103.4 17 STEVE CURRINS 2:03.5	
RANK NAME	TIME	30 NEN ELLIS	53.00	1 OVIDIO de JESUS 2 EARL FEE 3 BRUCE SERINGEETT	55.23	12 LESLIE THOMAS 13 HOWIE WARD 14 JOE McCLOSKEY	1:33.59	5 PEPPER DAVIE 1:40.44 0 LILLI MARJUN 1:41.4E 7 ANN MCGUMAN 1:55.6E	18 DON MASTERSON 2:03.5 19 GEORGE SMITH 2:03.7	
F45-49 1 MARILYN MITCHELL	27.30		TIME	3 BRUCE SPRINGBETT	57.50	15 PAUL MCDOWELL 16 IGOR STOROJEFF	1:37.20	B ANN EDGINGTON 2:00.60 9 ELIZABETH MCBRIDE 2:14.30	20 GORDON REITER 2:03.8 21 JON POLEER 2:04.0	
2 JAN MCCLURG 3 NADINE O'CONNOR	28.45 28.80	M35-39 1 ADRIAN ROGERS	-8.00	5 TONY NASRALLA 6 BERNIE SMITH 7 FRITZ SCHLERETH	58.80 59.14 59.40	16 IGOR STOROJEFF	1:59.01 2:16.70	10 RATUL PASCALE 2:54.00	22 LINDSAY BODDEN 2:04.2	
4 JOY E. MACDUNALD 5 JEANNE CARTER	29.30	2 RALPH PENN 3 BILLY SMITH	50.25	B MARION SANCHEZ	59.40	HANN NAME	1	RANK NAME TIME	23 LEE PITZGERALD 2:04.2 24 BOB PENNING 2:04.4 25 GARY CARE 2:04.6	
B MARY LUKER	29.59	+ DANIEL THIEL 5 HORACE HUDSON	50.90	18 GORDON SELFERT	59.*0	MBO-84	TIME	1 ELS TUINZING 1120.90	26 PAUL ZINK 2:04.7	
B ANNHARIE ROSENITCH	30.70	6 AL MATTHEWS 7 PATRICK CALDON	51.60	11 HARRY BROWN 12 RALPH MILLER	59.78 59.74	2 MYRUN BISHOP	1:20.35 1:31.70 1:51.30	2 MARGARETA LAMBERT 1:26.80 3 LOUISE ADAMS 1:30.26	28 DENNY HARRINGTO 2:05.2	
18 LINDA UPTON	31.00	8 BILL BLAKENSHIP 9 ELLIS MAYFIELD 10 BOB GREEN	52.20	13 OCIE BOYERS	59.98	ALBERT EPP	2:07.90	+ GERRY DAVIDSON 1:33.29 5 CAROL PEEBLES 1:36.12	29 DAVID SHILLING 2:05.3 30 W. REITER 2:05.5	
11 GLORIA de JESUS 12 BARBARA PIKE 13 CATHY PRIMMER	31.42 32.54 32.57	18 BOB GREEN	52.40	15 BILL GAEDKE	1:00.00	S CLARENCE RIGGS	2:12.76	6 MARTHA PEMBRUNE 1:38.80 7 ANGLE SMITH 1:40.30 8 STELLA ANACHER 1:40.40	HAS-49 BANK NAKE TINE	
13 CATHY PRIMER 14 KATY GOTTSCHALK 15 AUDREY HIEMSTRA	32.57 32.80 32.81	12 EZRA ABDULLAH	52.70	17 DONALD HANE	1:00.80			P LUISE NOTTAGE 1:46.70	1 GEORGE COHEN 2:00.2	
15 AUDREY HIEMSTRA 16 POLLY TURPIN 17 TRINIDAD OQUENDO	32.81 33.27 33.45	13 JOHN KIRKPATRICK 14 DAN RADIFF 15 RONALD MCDONALD	53.05 53.24 53.30	19 ANDY ANDERSON	1:01.48	RANK NAME	TIME	RANN NAME TIME	3 B. WINCHESTER 2:04.5	
17 TRINIDAD OQUENDO 18 C. DOUGHERTY 19 MARGARET JARAMILLO	33.45 34.40 34.50	16 STEPHEN FOSTER	53.30 53.50 53.70	21 DR. LEE BLOUNT	1:01.00	M85-69 1 KONRAD BOAS	1:34.95	F78-74 1 HOLLY MACHONN 1:42.32	4 MAURICE MCDONALD 2:05.6 5 AL MCDANIEL 2:05.6 6 HARRY TOLLIVER 2:05.7	
20 ROSE SCHLEWITZ	34.95	18 VIN AMEROCH	53.89	22 WILL ROBINSON 23 WILLIAM CLARK	1:01.65	2 HERBERT ANDERSON 3 ARLING PITCHER	1:39.00	S PEARL MEHL 1:41.0: S VELMA JACOBS 1:43.00	7 DENNIS TANCREDI 2:06.0	
RANK NAME	TIME	20 JASPER ROYAL	54.00	24 JESSE G. JOHNSON 25 CHARLES ROSE	1:02.00		State -	4 MILDRED CREWS 1:43.10 5 MARJORIE SMITH 1:43.60	9 GLEN SHANE 2:10.5	
1 IRENE OBERA	27.67	21 ROBERT BOWEN	54.00	26 ROD LANGSTON 27 PHIL MULKEY	1:02.00	RANK NAME	TIME	6 ISOBEL SAUMIER 1:51.30 7 EDNA BERG 1:56.72	10 JACK PETTY 2:11.0	
3 MARILYN FITZGERALD	29.98	23 MORRIS MORGAN 24 ANTHONY GIBSON	54.20	28 BERNARD STEVENS	1:03.00	F30-34	56.48	B D. STOTSENBERG 1:57.0- 9 SIS WARNEE 1:57.15	12 JIN DEMOKA 2:12.0	
S ANNE VANDERVLEUTEN	33.06 33.08	25 RON MURPHY 26 HALDEN CURRY	54.26	30 IRWIN BERNSTEIN	1:03.30	CATHERINE SEELEY 3 ELLEN AMIRNHAN 4 A. GRIFFIN-OLIVER	59.98 1:00.94 1:01.25	10 IRENE CRANE 2:01.84	14 ED SHATTUCK 2:12.4	
7 RACHEL LYGA 8 MARTI THIELMAN	33.45	27 EUGENE DRIVER 28 DENNIS MENNEN	54.00	1 GORDON SEIFERT	TIME	5 LISA HIRSCH	1:02.30	F75-79	15 FRANK REYNOLDS 2:12.7 16 JOHN ALLEN 2:13.2	
9 JUNE DICKENSON 10 MARY PATTERSON	34.13 34.90	29 JERRY WILLIAMS	54.70	GENE L. HARTE	1:00.50	7 LINDA GIBBS	1:03.16	1 POLLY CLARKE 1:35.70 2 BESS JAMES 1:50.60	17 DENNIS DUFFY 2:13.2 18 LARRY TOATHACRE 2:13.4	
	TIME	RANK NAME	TIME	A JACK GREENWALD	1:00.70	9 IRENE THOMPSON	1:04.00	3 IVY GRANSTROM 2:03.74 • FRAN PATTERSON 3:10.90	19 CARLOS CUPRILA 2:13.4 20 MIKE HEFFERNAN 2:13.4	
F55-59 1 NIKKI RYAN	32.29	HAD-44 1 STAN WHITLEY	49.20	6 ROBERT S. HATANABE 7 GONZALO ROSALES	1:00.97	10 REG GOOD	1:05.90	5 ELLEN JULIUS 3:15.67	21 ROMACK 2:13.7	
2 SALLY STIEGELMEIER 3 MAGDALENA KUEHNE	33.39 33.99	2 MATT PRUITT 3 KEN BRINKER	51.00	9 NORMAN BAUM	1:02.30	12 H. RUIZ 13 NANCY FROST	1:05.90	ANN NAME TIME	23 SULLIVAN 2:14.4	
4 JANE CLARKSON 3 DOREEN CARMICHAEL	34.40 34.70	+ FRANK LITTLE	51.42	18 HAROLD JOHNSON	1:02.61	14 THERESA DUDLEY	1:07.92	1 ANNA WARD 2 MARILLA SALISBURY 3:04.12	24 JOHN COSGROVE 2:14.4 25 P. HEITZENRATER 2:14.7	
6 LOIS THOMPSON 7 MARJORIE MOORE	34.80	6 GEORGE W. SMITH 7 RICHARD TUCKER	51.60	11 CHUCK SOCHOR 12 LOUIS BEADLE	1:03.04	16 BECKY POST	1:08.70		26 AL CARTER 2:15.2 27 J. PATTERSON 2:15.4	
B A. MORRIS 9 JOANN MCMAHAN	38.10	B CHARLES ALLIE	52.03	13 TOM BRINTON	1:83.99	18 CH. MEHMEDBASICH	1:11.09	RANK NAME TIME	28 STAN BAKER 2:15.4 29 B. GARDNER 2:15.4	
18 MARJEAN HOLLEMAN	39.30	I IN ROBERT MITCHELL	52.39	15 KELSEY BROWN	1184.78	10 JEANETTE BURRIS	1:13.17	1 MARY AMES 2150.22	30 STEVE SCHUMACHER 2:17.0 Continued on next page	
								The second	continued on next page	

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Continued from previous page	11 W. McROY 3:18.8	<u>W50-54</u>	M35-39	M55-59	w50-54
M50-54	12 CHARLES JORGENSEN 3:19.4	HANK NAME TIME 1 JEANNE HOAGLAND 2:29.3	1 REYNALDO BROWN 1.98	T JACK FISCHER 1.83	I CHRISTEL MILLER 1.32
BANK NAME TIME	13 RALPH BIRCHARD 3:22.8 14 C. BRELSORD 3:23.7	2 JANE DODS 2:52.0	2 walden curry 1.93	2 RICHARD RICHARDS 1.72	2 TAMI GRAF 1.17
1 KEN BAKER 2:05.8	15 M. BLAKE 3:23.9	3 SUSIE ELUTTZ 2:55.9	- VIC TELLER 1.93 4 MARE SALZMAN 1.92	3 PHIL MULKEY 1.63 - MARION SANCHEZ 1.63	- ESSIE KEA 1.17
2 G. JENKINS 2:06.6	16 RAY DESCHAMBAULT 3:24.8	4 GRACE BUTCHER 2:57.3	1 100	5 GORDON SEIFERT 1.57	4 RACHEL LYGA 1.15 5 JOAN YOUNG 1.07
3 GLIPP BEDELL 2:08.3 4 PETE RICHARDSON 2:09.4	17 JERRY WIBLE 3:28.6 18 WILLIAM SHRADER 3:32.3	5 JUNE DICKINSON 3:03.9 6 BETTY DAMERON 3:04.5	5 ERIC HOWARD 1.88	6 BOYD SHUMWAY 1.54	6 S HOWELLL 1.00
5 MEL ELLIOTT 2:09.9	19 BOB HULL 3: 33.3	7 BETH BROWNING 3:06.6	- JOE MCLEAN 1.83	7 BILL BUTTERWORTH 1.53	7 JOAN COUNCIL 0.90
6 STEVE ODWIN 2:10.3 7 CLIPP PAULING 2:11.3	20 EDWARD STRAUB 3: 34.7	8 TAKI GRAF 3:15.3	- GLEN STONE 1.83	- RICHARD HEIN 1.53	- JILL MARTIN 0.90
7 CLIFF PAULING 2:11.3 8 JOHN CONNER 2:12.1	State State State Charles	9 G. LACEY 3:18.0 10 BEV LAVECK 3:18.2	9 ED RASKAUSKAS 1.78	- WALT HUTCHINS 1.53	W55-59
9 MACK STEWART 2:12.5	M75-79		- RICHARD CHRISTOPH 1.78	- CHARLES LEVERONE 1.53 - LAWRENCE PRATT 1.53	1 GLORIA SCHMIDT 0.97
10 BOB COZENS 2:13.9	RANK NAME TIKE	11B. WODECK 3:26.2	- DAN WECKSTEIN 1.78 12 BRUCE DALLAS 1.76	- HERM WYATT 1.53	- Gookin Sciarioi 0.97
11 K. NOEL 2:14.2	1 SAM MONASTERO 3:23.4 2 BOB BOAL 3:25.0	12 KAROL PERRY 3:26.3 13 CHERRIE BUTLER 3:35.0	13 AXELROD 1.73	13 DARROD SKARTVEDT 1.50	W60-64
12 DAN O'CONNELL 2:14.2	2 BOB BOAL 3:25.0 3 CHEN LING WANG 3:26.8	14 DONNA JOHNSTON 3:46.4	- STEVE CAWS 1.73	14 TOM BARTENFELD 1.48	1 PATRICIA PETERSON1.15
13 JOSEPH KULBACKI 2:14.5	A HENRY ZACHMAN 3:29.8	15 JOAN GIBSON 3:52.7	- BILL COOK 1.73	15 WENDELL PALMER 1.45	- BETTY WHITAKER 1.15
14 CLIFF CORDY 2:14.9 15 HECTOR CISNEROS 2:15.4	5 HOWIE WARD 3: 31.7 6 EMETT BENNETT 3: 35.3	and a start of the start of	- PAUL KATAUSKAS 1.73 - LARRY VOLLMER 1.73	16 BOB ACKERMAN 1.43 - DAVE DOUGLAS 1.43	3 BARBARA HUMMEL 1.12
16 JOHN COSGROVE 2:15.6	6 EMETT BENNETT 3: 35.3 7 CALDWELL NIXON 3:40.5	W55-59 RANK NAME TIME	- LARRY VOLLMER 1.73 - ROGER TRUJILLO 1.73	- DAVE DOUGLAS 1.43 - BOB FLAHERTY 1.43	4 LEONORE MCDANIELS1.10 5 JEAN CAMPBELL 1.02
17 DAVID LARD 2:16.6	8 MEHMET ZEKITANER 3:43.4	1 PEGGY AINSLIE 3:05.7	19 GARY SARELL 1.72	- BILL PURDUE 1.43	5 JEAN CAMPBELL 1.02 6 SNEHASHILA ALAIMO0.74
18 JACK MEEGAN 2:18.1 19 J. BEVINS 2:18.4	9 CLYDE VILLEM 3:55.1 10 TONY DE NARDIS 4:09.5	2 HELEN BUENE 3:07.0	20 CHARLES STRODE 1.70	- BOB WAINMAN 1.43	The second s
20 BARRIE ALMOND 2:18.7	10 TONY DE MARDIS 4:09.5	3 S. STIEGELMEIER 3:16.6	21 ERIC BROWN 1.68	21 ROGER BURKE 1.42	W65-69
and the second	11CHARLES ESPY 4:21.6	4 MARCIA McCHESNEY 3:23.5 5 MARY SPECKING 3:28.5	- WILLIAM CORSEY 1.68	- ROBERT JONES 1.42	1 LEILA NEUBAUER 0.92
21 J. ERBS 2:19.1 22 BOB BANNISTER 2:19.8	12 PAUL MCDOWELL 4:29.2	6 BETTY BENKERT 3:42.1	- S CURRY 1.68	M60-64	- GERTRUDE THUME 0.92 3 EVELYN LERCHER 0.91
23 CHARLES WINBERLY 2:19.9	13 IGOR STOROJEFF 4:44.0 14 W. S. WESTCOTT 5:01.6	7 MARY GUINN 3:59.3	- MARK MOUNSEY 1.68	I JAMES GILLCRIST 1.57	3 EVELYN LERCHER 0.91 4 BERNICE KLEINSCHM0.87
24 ROSS IRVING 2:20.2	15 P. RUMBAOA 6:43.1	8 MARY TURNER 4:01.1 9 A. DONOVAN 4:05.4	- B SCHOOLER 1.68	2 BARRY GUTH 1.53	5 MARY HOLLAND 0.82
25 BRUCE GILBERT 2:20.3 26 ART CONKO 2:21.6	and the second se	10 GLORIA SCHEIDT 4:06.2	26 STEVE SUTO 1.67 27 J. E. HALL 1.65	3 BILL WAMBACH 1.49	and the second
27 FRED KARLIN 2:22.1	and the second second second second	State of the state of the state	28 IVAN BLACK 1.63	4 DON BLANCHARD 1.48	100 74
28 RENE WILETT 2:22.2	HEO-64 RANK NAME TIME	M60-64 NAME TIME	- DWIGHT ESTEY 1.63	5 FREDERICK HIRSIN 1.43 - JOE KING 1.43	W70-74 MARY BOWERNASTER 1.10
29 NORTON HOWE 2:23.3 30 G. LARRIEU 2:23.5	1 ED BENHAM 3:09.5	EANE NAME TIME 1 NANCY SMALLEY 3:20.6	- CLIFF JACKSON 1.63	- DENVER SHITH 1.43	I RAKI DOWERRADIER
and the second se	2 BYRON PIKE 3:42.3	2 DOTTIE GRAY 3:26.0	- ROBERT SCHAIRLE 1.63 - RICHARD WATSON 1.63	8 BOB RICHARDS 1.40	
RANK NAKE TIME	3 JOHN PIANPETTI 4:02.8 4 WILLARD BENTON 4:05.5	3 DORLY BRECHBUEHL 3:26.4	- RICHARD WATSON 1.63	9 BUYRAL MADAN 1.39	W75-79
1 RALPH WILLER 2:09.6	4 TIMALD BARTON	4 PEPPER DAVIS 3:29.7 5 MARY NORCHAUER 3:33.6	A STATE AND A STATE AND A STATE OF	10 VONLY PHILLIPS 1.37	1 VIVIAN NELSON 1.02
2 K. NAPIER 2:17.4	the second second second second second	6 MARIE BETTS 4:08.0	the state of the state of the state of the	- J SMITH 1.37	an end with more than to be
3 WILLIAN COONEY 2:18.8	W30-34	7 MARGARET ROMERO 4:11.9	M40-44	12 JIM MATHERS 1.35	the Carlos and the second second
5 JIM SCHIRBER 2:21.3	RANK NAME TIME 1 MAGGIE DRAFT 2:18.6	8 C. CHEISTO 4:13.7 9 GINNY ANDERSON 4:36.8	I CHARLES RADER 1.98 2 JOHN MEISNER 1.86	- CARL ORNDOFF 1.35 14 BILL HONAKER 1.34	1988 Triple Juma Dankings
6 ROB CULLING 2:21.3	2 THERESA HAINES 2124.0	10 LOIS LENNARD 4:50.3	JIM JOHNSON 1.78	14 BILL HONAKER 1.34 15 TED ENSSLIN 1.33	1988 Triple Jump Rankings Compiled by Charles Mercurio
7 BILL GAEDEE 2:21.8	3 LISA KIRSCH 2:25.7		- JIM SAUERS 1.78	- RICH NORDQUIST 1.33	complied by charles mercurio
9 CHARLES ROSE 2:22.2	4 LAURI SAX 2:27.5 5 LINDA GIBBS 2:27.9	W65-69	5 IMRICH KIRALY 1.76	17 TON DELANEY 1.32	M30- 14
10 ROSS DUNTON 2:23.6	6 MARY ELLEN MALLOY 2:29.0	RANK NAKE TIME	6 RICHARD MADAN 1.73	- SAMUEL GRIFFITH 1.32	M30-34 I MIKE LARIZA 14.11
	7 MARILYN BRANDT 2:29.6	1 LORETTA SHERHAN 3:27.2 2 GERRY DAVIDSON 3:37.6	- RICHARD RATUS 1.73	- EDMUND SCHULER 1.32	2 GLEN TURNER 13.78
12 MARSH HARADEN 2:24.9	8 CATHERINE SEELEY 2:30.4 9 MARY RUSSELL 2:30.6	3 MARSHA TILLSON 3:55.3	- HARRISON ROBERTS 1.73	M65-69	3 WAYNE REESE 13.64
13 CASEY JONES 2:25.5	10 LORI MOSCA 21 31.3	4 CAROL PEEBLES 3:58.1 5 SAMIA DORO 4:02.0	- KEN SCOGGINS 1.73 10 STAN ALLEN 1.70	1 BURL GIST 1.46 2 ED LUKENS 1.43	4 VINCE MARTIN 13.41 5 BLAIR CLAUSEN 13.11
14 BILL POULK 2:26.9 15 LLOYD McGUIRE 2:27.4	11 KAREN YANADA 2134.8	6 POLLY BAILEY 4:04.3	11 BARRY KLINE 1.69	3 RICHARD CAVICCHI 1.37	- ROBERT DORAN 13.11
16 BOB BROCK 2:28.3	11 KAREN YAMADA 2: 34.8 12 MARBEY GANSLE 2: 37.5	7 MARGARET HAGERTY 4:45.3	12 CARLDON COLLINS 1.68	- BUD MORCUM 1.37	7 ALLEN PENDLETON 13.07
17 TOE WHELAN 2:28.4	13 NANCY PROST 2: 37.6	8 B. BLANKENSHIP 4:46.7 9 ANGIE SMITH 4:49.1	- BILL PORSYTH 1.68	- CHARLES OBYE 1.37	8 GERALD WOOLFOLK 12.94 9 TOM STUTHARD 12.78
18 LARRY HALL 2:29.1 19 DICK DUNN 2:31.4	14 JODY MURHAY 2: 38.2 15 TINA STOUGH 2: 39.0	10 THELMA ANDERSON 7: 30.6	- REX HARVEY 1.68	6 MEL BUSCHMAN 1.35	10 EUGENE CACCIATO 12.70
20 ROD LANGSTON 2:31.4 21 20 2:31.6	15 TINA STOUGH 2: 39.0 16 DENISE ACKERMAN 2:40.4	State of the state of the	- JOE JOHNSTON 1.68 - P MURPHY 1.68	7 DAVE BROWN 1.32 - WALTER DARLIN 1.32	11 SCOTT EVANS 12.69 12 NATHAN TAYLOR 12.53
THE READ OF A REPORT OF A READ AND A READ AN	17 SALLY KENT 2:41.4	100 TA	- T ZISKA 1.68	- ANDREW THOMPSON 1. 32	13 TIM LA BEAU 12.52
21 BON GEEUCHTY 2:32.1 22 DON KANG 2:32.9	18 KEG GOOD 2144.5 19 SUSAN CORR 2145.1	RANK TIME	- BILL WOOD 1.68	10 ARNOLD SCOTT 1.30	14 JEFF WATRY 12.39
23 JIE BLOUNT 2: 32.9	20 C. MEHNEDBASICH 2:45.2	1 PEARL MEHL 3:46.7	19 FORDY SEARLES 1.67	11 FRANK BOWLES 1.27	15 JOHN MICHALETTI 12.32 16 DAN BOGGIS 11.98
24 LEROY CARTER 2: 34.0 25 BOYD SHUKWAY 2: 34.0	21 JEANETTE BURRIS 2:47.4	2 MILLIE CREWS 4:14.2 3 EDNA BERG 4:39.2	20 GEORGE BIRNBAUM 1.63	- JIM JOHNSON 1.27 - DONALD KASPRSZAK 1.27	17 DENNIS DESHAW 11.85
26 BILL HOTTINGER 2: 34.0	21 JEANETTE BURRIS 2:47.4 22 REWELINSKI 2:49.9	4 FRANCES FITCH 5:00.5	- GEORGE EIDINGER 1.63 - JOHNSTON EWING 1.63	- JOHN VISLOCKY 1.27	18 MARK PETERSON 11.68
27 BOB HOLMES 2: 34.2 28 ARNOLD MEARDON 2: 34.4	23 KATHIE DODD 2:51.9	w75-79	- JOE POWDRELL 1.63	M70-74	19 BILL HARRIS 11.61 20 TONY CICCONE 11.57
20 JERRY WITHERS	24 LYDIA MCINTOSH 2:53.5 25 SHARON MURRAY 2:53.7	RANK TIME 1 BESS JAMES 3:58.5	- W WEST 1.63	I TAN HUME 1.40	The second reading weather the second
30 D. LINDSEY 2:35.3	ALL MACHANINA MARTIN	2 F. PATTERSON 6:45.9	25 BRUCE ADAMS 1.62 26 DANIEL LA BELLE 1.60	2 HAM MORNINGSTAR 1.33	Adam C. Sala
and the second	and many and a garge	W80-84	27 ROGER ROGERS 1.59	3 MAX PICKL 1.30 - ELMER SHAW 1.30	MJ5-39 1 MILAN TIFF 15.37
HEANE NAME TIME 1 KELSEY BROWN 2:18.3	M35-39 PANY NAWE TIME	RANK TIME 1 M. SALISBURY 6:31.7	28 TOM BRENER 1.58	5 JOHN DAMSKI	2 ROGER TRUJILLO 14.17
1 KELSEY BROWN 2:18.3 2 GUNNAR LINDE 2:24.5	RANK NAME TIME I NANCY SHAPER 2:19.8	and the second	- KRICHELS 1.58 - JAMES LUBRECHT 1.58	- PETE GANARL 1.27	3 KEITH WITHERSPOON 13.72
3 TOM BRINTON 2:25.2	2 CAROL MCLATCHIE 2:21.3	W85-89 RANK TIME	- JAMES LUBRECHT 1.58 - FRANK LULICH 1.58	- BOB OGLE 1.27	4 S HEILMAN 12.20 5 CHRIS POLAKOWSKI 12.18
A JACK GENTRY 2:27.6 5 ARCHIE MESSENGER 2:28.3	3 DEBORAH ANDERSON 2124.3 4 LYNNE DIETZ 2:24.6	1 MARY AMES 6:14.0	- ROBERT NEUTZLING 1.58	- LARRY MILLER 1.27 - DOUG PHILLIPS 1.27	6 R RUCKER 12.13
6 BILL MCCHESNEY 2:29.4	5 ANN MICHALEK 2:24.8	and the second sec	- AMGEL NIEVES 1.58	- DOUG PHILLIPS 1.27 - WILL RAGLAND 1.27	7 SCOTT THORNSLEY 12.08
7 D. SMITH 2130.6	6 NANCY OSHIER 2: 30.4	the state of the state of the state of the	- TIM ORTON 1.58	11 DON STITT 1.25	8 JOEL WHITPIELD 11.96 9 MAURICE VALENTINE 11.94
8 FRED PROST 2:32.3 9 LOUIS BEADLE 2:32.7	7 JANET BELL 2:33.2 8 JANINE LEE 2:33.7		- GORDON REITER 1.58 - LONNIE SCHWEND 1.58	12 DAN BULKLEY 1.24	10 IVAN BLACK 11.90
9 LOUIS BEADLE 2:32.7 10 HAROLD JOHNSON 2:33.6	9 PATRICIA DELIA 2:33.8		- LONNIE SCHWEND 1.58 - RUDY VLAARDINERBR1.58	13 JOE BROADBENT 1.22	11 TAYLOR TUNSTALL 11.82
the second and a second s	10 PATTY DYE 2:34.6	The second states of the	- BOB WILLIAMS 1.58	- RICHARD GANSLEN 1.22 - LEWIS HAYDEN 1.22	12 LARRY VOLLMER 11.79 13 RON STANDLEE 11.54
11 WAYNE HANSON 2:33.6 12 LOUIS SCHNEIDER 2:35.9	11 KATHY HOLMSTROM 2: 34.8	The second s		- FRED PRAEGER 1.22	14 STEPHEN SUTO 11.30
12 LOUIS SCHNEIDER 2:35.9 13 LLOYD YOUNG 2:36.4	12 KATE MCKENNA 2:35.3	(B)		- JIM VERNON 1.22	15 PAUL ELLISON 11.28
14 J. KING 2:38.9	13 DEBBY STILES 2: 38.2	15 Martin		The second second	16 LARRY ISLER 11.20 17 DON ENAPP 11.16
15 AL ESCOBOSA 2: 39.0 16 LEN TRITSCH 2: 39.3	14 ELIZABETH TRINKLER 2: 39.2 15 SHARON KIDD 2:40.7		M45-49	M75-79	18 TIM HERMAN 11.10
17 CARL HANNEN 2: 39.8	16 LORETTA MCCARTHY 2:41.7		1 KEN WINTERS 1.78	1 CLAUDE HILLS 1.23	19 S BAKER 11.07
18 E. HIRSHFIELD 2:40.7	17 DIANE SHERRER 2:46.8 18 CARLA HINAND 2:51.0		2 PAUL DORSEY 1.73 3 MIKE AKERMAN 1.68	2 WILLIAM EIPEL 1.22 - CAROL JOHNSTON 1.22	20 PETRUCELLI 11.01
19 WARREN WORK 2:41.0 20 AVERY BEYANT 2:41.1	18 CARLA HINAND 2:51.0 19 H. SKITH 2:55.1		J MIKE AKERMAN 1.68 - DICK HOTCHKISS 1.68	- CAROL JOHNSTON 1.22 4 BOB BOAL 1.20	
and the second	20 DARLENE CONTRARIO 2:58.5		- RALPH JACKSON 1.68	5 GILBERTO GONZALES 1.17	I MILAN TIFF 15.16
21 JOHN MEEKS 2:41.3	and the second		- DAREL PETTY 1.68	- TED HATLEN 1.17	1 MILAN TIFF 15.16 2 JOSH DWUSU 13.30
22 BILL CAREY 2:41.9 23 RICHARD WIDENER 2:44.8		Ú	7 JAMES CAWLEY 1.67 8 GEORGE DAVIES 1.63	- DAVID MARCUS 1.17	1 BOB LUCCI 11.16
24 GLENN BRADD 2:45.5	W40-44	The second second second	B GEORGE DAVIES 1.63 - STEVE ROGERS 1.63	8 BILL DUNHAM 1.15 - LEON JOSLIN 1.15	4 BILL WOOD 12.18 5 EMILIO LABORI 12.20
25 HAROLD WILLIS 2:45.6 26 HARRY BERNDT 2:46.7	RANK NAKE TIME 1 PATTI HURL-TUFPLEY 2:24.1		10 HENRY HOPKINS 1.62	- KARL TREI 1.15	5 EMILIO LABORI 12.20 6 T TAFT 12.13
27 EARL DOWNEY 2:46.7	2 SUSAN HOULTON 2:28.2	hard the same shares	- EMIL PAULIK 1.62	11 WILFRED BIGELOW 1.12	7 HERMAN BRAME 12.08
28 CHUCK SOCHER 2:47.1	3 NANCY OSHIER 2:28.5		12 DENNIS STEMPEL 1.60	- DICK LACEY 1.12	3 RUFUS MORRIS 12.07
29 RAY LISTER 2:47.8 30 G. HARTE 2:49.1	4 ROBIN VILLA 2:33.0 5 JONI PENDLETON 2:35.4	1988 High Jump Rankings	- DON DVORAK 1.58	M80-84	9 JOHN MEISNER 12.04 10 TED JACKSON 11.95
A State of the second second second second	6 I. S. SCHAUM 2: 38.6	Compiled by Charles Mercurio	- FRANK GALBRAITH 1.58	I WIN MCFADDEN 1.07	11 JAMES HOLLISTER 11.84
H65-69 NAME TIME	7 E. BOICE 2: 39.6 8 SUSAN COMPTON 2: 39.7	M30-34	- SCOTT HARGROVE 1.58	And the second s	12 STAN ALLEN 11.61
ARCHIE MESSENGER 2:25.5	9 PENNING 2:40.2	M30-34 I GREG HAYNIE 2.14	- PAUL GANSLE 1.58	M85-89	13 TERRY DAVIS 11.61 14 BILL FORSYTH 11.54
2 JACE RICE 2: 30.4	10 CHRIS GERSON 2:40.9	2 MARK WILLIAMSON 2.08	- FRED LENTJES 1.58	1 BUELL CRANE 1.20	15 JERRY BOSWELL 11.49
3 CARL HANDEN 2: 35.0 4 BART ROSS 2: 39.0	11 BEVERLY BAUK 2:43.9	3 ED FERN 2.02	and the state of the	2 ARLING PITCHER 1.02	16 ED JONES 11.43
5 ANTHONY NAPOLI 2:39.9	12 OUIVOZ 2:45.3	4 JEFF WATRY 1.98 S MEL ENBREE 1.97	「「「「「「「「」」」	W30-34	17 SILL KNIPMEYER 11.37 18 KEN SCOGGINS 11.33
6 BOSS WALTZER 2:45.0	13 BARBARA BALLARD 2:45.8	S MEL EMBREE 1.97 - BRUCE MCBARNETTE 1.97	LACE CONTRACTOR AND A	I MELANIE KLINE 1.42	18 KEN SCOGGINS 11.33 19 THEO MORROW 11.25
7 JOHN BOOTS 2:46.7 8 PAUL SCHMITT 2:50.2	14 LORRAINE DEKKERS 2:45.9	7 GREG WEST 1.93	M50-54	2 IRENE THOMPSON 1.37	20 JOEL LILES 11.14
9 ERICK DAHL 2:51.0	16 SUSAN WARD 2:47.2	8 RODNEY ATHERTON 1.91	1 NICK NEWTON 1.73	3 KATHY KATHMAN 1.30	N. S. STREET, S.
10 JOHN MCCARTHY 2:51.1	17 CARUL RHODES 2:49.3	- JIM JOHNSON 1.91	- RICHARD RICHARDS 1.73	4 MARY ELLEN MALLO 1.27	M45-49
11 EDWARD BUCKLEY 2:52.8	18 JOYCE MAGEE 2:50.3 19 F. FATINO 3:03.9	10 TONY CICCONE 1.90 REN ELLIS 1.90	3 MIKE NEWSTON 1.68 4 GARY MILLER 1.65	W35-39	1 T SHELTON 13.46
12 NEWLIE HEWSON 2:53.8	20 NAT DINITTO 3:06.6	12 LEE BRAACH 1.88	4 GARY MILLER 1.65 - CHUCK MILLER 1.65	1 MARIE BERETEY 1.37	2 DARRELL HORN 12.98
13 NORM HANSEN 2:54.4	Barris and the state	- GENE CACCIATORE 1.88	6 SAM WHITE 1.62	2 VIISHA SEDLAK 1.17	ALAN SLATER 12.06 4 JOHN LAWSON 12.01
14 BOB WINGO 3:00.9 15 PAUL HEIRES 3:01.1	State of the second second second	- GARY MURPHY 1.88	7 JOHN KELLY 1.58	W40-44	5 FRANK STRUNA 11.79
16 DON WILGUS 3:01.5	W45-49	- RON SHIELDS 1.88 16 RICH CEROSEK 1.83	- TOM LANGENFELD 1.58 - PHIL MULKEY 1.58	1 PHIL RASCHKER 1.58	6 KEN WINTERS 11.74
17 LARRY JOHNSON 3:02.8	EANE NAME TIME 1 ELAINE MATTHEWS 2:31.6	- SCOTT EVANS	- PHIL MULKEY 1.58 - PLOYD SMITH 1.58	2 ANALIES STEEKELE1.53	7 KIRT VENER 11.46 8 NAT CARTER 11.39
18 DAVID PAIN 3:03.6 19 ROBERT LUSSKIN 3:05.6	2 D. GELLERMAN 2:31.7	- JERRY OTT 1.83	11 DAN DEARHOLT 1.55	3 LIZ MCBLAIN 1.50	9 JOHN EWING 11.13
20 CHARLES BAUER 3:07.4	3 BARBARA FIKE 2:34.5	- CHRIS POLAKOWSKI 1.83	- JERRY STANNERS 1.55	4 CASSANDRA CLARK 1.43 5 SKIPPER CLARK 1.37	10 THOMAS CRONAN 11.05
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ash	62-4	2 Pearl Auerbach	60-7		1. 1. 1. 1. 1.	5 Peter Miller	72:47
Rothrock	61-2	3 Maybelle Cage	48-7	10K Men 40+		6 J Baldwin	73:56
		4 Denise Rogers	44-9	1 Harry Claque	30:06	Men 60+	
mith	60-4	5 Carla Convery	43-5	2 Mike Hurd	30:20	1 Eddie Kirkup	78:20
ashkin	56-3	6 Johnnie Bryant	35-5	3 Alan Rushmer		2 Keith Fotherby	85:08
hlewitz	53-5	7 Georgia Cook	35-4	4 Ernie Ounningham	30:23	3 Max Jones	85:50
	45-9	8 Harriet Sargent	33-11	5 Peter Jones	30:23	4 D Yeabsley	86:53
		9 Ruth Talley	29-11		30:26	Women ¥35-49	
		10 Mary Fishback	29-5	6 Alun Roper	30:31	1 Paula Fudge	71:37
l Miller	103-0	To Mary Fishback	29-5	10K Women, 35+	1. 1. 2	2 Anne Ford	72:16
ney	92-11	W70-74	1. A. 1. 1	1 Paula Fudge	32:44	3 Lorna Irving	73:26
Lyga	91-4	1 Helen Stevens	67-8	2 Anne Ford	33:44	4 Brorwyn Cardy-Wis	
yer	87-4	2 Rose Rustin	57-5	3 Priscilla Welch	33:57	5 R Ellis	75:55
derson	84-5	3 Ethel Mayland	33-0	4 Glynis Penny	34:11	6 G Penny	75:59
ungs	71-10	4 Gerida Bergman	32-10	10 Mile Men 40+	A Contraction	7 C Price	76:30
rulnick	63-9	5 Millie Crews	30-0	1 Shel Cowles	49:57	3 C Rilkenn	77:49
er	61-7		27-0	2 Andy Holden	50:07		11147
ulenwider	61-6	6 T Bucacci	21-0	3 Tony Keller	50:13	Women 50+	
af	58-8	W75-79		4 Harry Claque	50:15	1 Brenda Cook	1:33:11
a.	50-0	1 Edyth Mendyka	59-11	5 Pete Jones	50:21	2 Peggy Fletcher	1:33:35
		2 Sylvia Schwartz	48-9	6 Ernie Cunningham	50:32	3 Pan Jones	1:36:13
sh	87-6	3 Marie Uebel	42-3	· Lance country Est	50.54	4 M Ansley	1:37:16
olk	75-4	and the second se	38-2	10 Mile Women 35+	Server and	5 J Ross	1:37:44
Sahonchik	73-1	4 Claire Vieth		1 Priscilla Welch	55:38	6 J Locking	1:38:06
ne Kuehne	60-0	5 Berta Gray	34-11	2 Paula Fudge	56:10	Marathon Men 40+	
		6 Ruby Wilson	25-0	3 Glynis Penny	56:27	I Mike Hurd	2:21:09
rdan .	55-1	W80-84		4 Rose Ellis	54:24	2 Eddy Lee	2:23:15
		1 Marilla Salisbury	22-11	A CONTRACTOR OF THE PARTY	1000	3 Alastair Kean	2:23:49
Holland	83-2	I Marilla Salisbury	22-11	Half-Marathon Men 40		4 Les Davies	2:24:46
Dietderich	73-10	TAVE DATA DE		1 E Cunningham	65:13	5 Barry Peatfield	2:26:311
	65-5	INTERNATIO	NALA	2 S Cowles	66:12	Warmen 35+	1
on				3 P Jones	66:57	1 Paula Fudge	2:29:47
auer	53-6	1988 United Kingdo	m	4 M Hurd	67:02	2 Anne Ford	
ne Miller	51-7	Long Distance Ranki		5 T Davies	67:09		2:30:38
oroz	50-11	the state of the second s	IIR2	6 M Green	67:29	3 Priscilla Welch	
ennett	50-10	5 Mile Men 40+		7 B O'Neil	67:29	4 Glymis Penny	2:36:49
Reid	50-10	Shel Cowles	24:18	8 D Cardwell	67:36		m Martin Duf

10TH ANNUAL MASTERS TRACK & FIELD MEET 1989

SPONSOR:	REDLANDS - EVENING KIWANIS CLUB
DATE AND TIME:	Saturday, June 3, 1989 beginning at 9:30 a.m.
PLACE:	UNIVERSITY OF REDLANDS STADIUM - Directions: Coming from the west on I-10, exit University off-ramp. Turn left on University, and proceed to second stop sign which is Brockton Ave. Stadium is to your right on the north-east corner. Coming from the east on I-10, exit Cypress Ave. Turn left at Cypress, and proceed two blocks to University Ave. Turn right on University, proceeding through signal light at Citrus, onto the second stop sign, where the stadium will be on your right (northeast corner). Park only in the parking lots on either east or west side of the stadium, or on the street, north side of Brockton.
DIVISIONS:	5 year age groups, men and women; i.e. 30-34; 35-39; 40-44; 45-49; 50-54; 55-59; 60-64; 65-69; 70-74; 75-79; 80+
ENTRY FEES:	\$10.00 for the first event; \$5.00 for each additional event. LATE ENTRY FEE: \$3.00. Make checks payable to: Redlands-Evening Klwanis Club. check and entry application to: Dennis Farthar, 904 Everon CL, Redlands, CA 92374 PROCEEDS ABOVE COSTS OF EVENT, WILL GO TO KIWANIS COMMUNITY PROJECTS.
ENTRY DEADLINE:	May 27, 1989
AWARDS:	Medals will be awarded to all first, second, and third places, for men and women, each individual event. There will also be several door prizes awarded.
FACILITIES:	440 yard crushed brick track. Should use 1/2 inch spikes. Concrete rings except javelin (grass runaway). Dressing facilities and showers available (please bring your own towels). Concession stand will be open under the south grandstand. Track and facilities in excellent condition.
T-SHIRTS & HATS:	Kiwanis T-Shirts and Hats will again be available. T-Shirts cost \$4.00 with entry fee; \$6.00 for each additional shirt. Hats

Kiwanis T-Shirts and Hats will again be available. T-Shirts cost \$4.00 with entry fee; \$6.00 for each additional shirt. Hats cost \$1.50.

				TIME SCHED	DULE	1		
	RUNNING EVENT	2		FIELD EVE	INTS	FI	ELD EVENTS O	ONTINUED
:30 a.m.	5,000 M Run	All ages M & W	10:00 a.m.	Hammer	All Divisions	1:00 p.m.	Shot Put	M-60-64; 65-6 70-74; 75-79; 80
0:15	5,000 M Racewalk	All ages M & W	10:00 a.m.	Javelin	All Divisions	1:00 p.m.	Long Jump	M-50-54; 55-5
0:45	1,500 M	All ages M & W	10:00 a.m.	Pole Vault	All Divisions	Contractor Contractor	States and the second	
1:15	Masters Mile Run *	All ages M & W	10:00 a.m.	Triple Jump	All Divisions	1:00 p.m.	Discus	M-40-44; 45-
1:45	110 M Hurdles	All ages M	11:00 a.m.	High Jump	All Divisions	2:00 p.m.	Shot Put	M-50-54; 55-
2:15 p.m.	400 M	All ages M & W	12:00	Shot Put	W-AII; 30-34; 35-39M	2:00 p.m.	Long Jump	M-60-64; 65-6 70-74; 75-79; 80
2:35	100 M	All ages M & W	12:00	Long Jump	M-40-44; 45-49	2:00 p.m.	Discus	W-All; M-30-34; 35-
2:55	800 M	All ages M & W	12:00	Discus	M-60-64; 65-69; 70-74;	3:00 p.m.	Shot Put	M-40-44; 45-
:15	400 M Hurdles	All ages M			75-79; 80+	3:00 p.m.	Long Jump	W-All; M-30-3
:35	200 M	All ages, M & W				3:00 p.m.	Discus	M-50-54; 55-
	* New Event - This Ye	a		The second	1 1 1 1 1 1 T	0.00 p.m.	Lister	
**	*******	********	AL ENTRY FO	RM (Note: If ne	* * * * * * * * * * * * * * * * * * *		******	*****
NAME	and a start of the	The the party	ADDRESS	1. 1. 12	State States	-	- series	1. 1. 1. 1. 1. 1. 1. 1. 1. 1. 1. 1. 1. 1
11.20	and a second	a name	11111	and the Provent		PHONE		and the second second
State State State	and the second share	FEMALE	AC	E AS OF JUNE 3	1989		is strates in	and the second s
MALE	and the second second	remale						
MALE			19939	EVENTS ENT	ERED	1.15	Constant of the	the state of the
MALE .			. 2	EVENTS ENT		3		

ADDITIONAL T-SHIRTS (\$6.00)

HATS (\$1.50) _

T-SHIRT. W/ENTRY (\$4.00) ____

TOTAL REMITTANCE

3000m M30 Eric Frieden

M40 Jim Palmeri Tom Carr

High Jump M50 Don Ritter

Long Jump M30 Al Walton

Skip Lyon M40 A LaFromboise W30 Becky Deless

Shot Put W30 Becky Deless W40 Kathy Pierce

45m M30 Ray Panik

Greater Rochester TC Meet

Rochester, NY

February 19

 Nov Nay Panik
 6.1

 Skip Lyon
 6.7

 M40 Harry Luke
 6.4

 M60 Howard MacMillan
 6.7

 W30 Becky Deleise
 6.7

W40 Barbara Stewart

300m M30 Peter DiPerro R Panik

Jim Palmeri

Mike Hoban

M40 John Hopf

H Luke

500m M30 P DiPerro M40 John Hopf

M60 H MacMillan

3000m M30 Joe Contario

Tom Painting M40 J Palmeri H Luke

High Jump M30 Skip Lyon

Long Jump M30 S Lyon W30 B Deleiss

W40 Barb Stewart

Shot Put M60 H MacMillan

W40 Barb Stewart

60yH M30 Horace Hudson

Gene Hoffman Bill Werling M40 Barry Kline Sr

M50 Grover Coates M60 Denver Smith

50y M30 Bill Werling

M40

M50

Fred Hirsimaki Dick Cavicchi

Rod Wilson Horace Hudson George Smith Barry Kline Sr

Bob Slosouk

M60 Ray Bower Denver Smith Rich Turner

M70 Don Ernst

W50 Jolene Ross

Faul Dorsey Grover Coates Paul Williams

West Penn TC Indoor

Championships Slippery Rock, PA

January 20

W30 B Deleiss

9:49 10:45 12:01

4-2

19-54

16-8 15-10 10-11

21-7 30-7¹/₂

7.2

41.5

42.5

45.1

1:14 1:19

1:24

1:33

9:00 9:06 9:32

10:49

12:55

5-2

18-0

11-91

29-1 20-8 21-8 21-8

8.6 8.6 10.2 9.3 9.2

9.5

10.8

6.1

6.1

6.3

6.5 5.9 6.1 6.2 6.8

6.8 6.9 8.8 8.5

National Masters News

April, 1989

TRACK & FIELD RESULTS Please send masters meet results to NATIONAL MASTERS NEWS, PO BOX 2372 VAN NUYS CA 91404. If possible, please type single space with minimum of v 220y W50 J Ross EAST 37.5 300y M30 Horace Hudson 35.6 36.4 36.9 38.0 37.4 39.3 53.4 42.7 Greater Rochester TC Meet Rod Wilson Larry Finley Rochester, NY February 5 M40 George Smith M50 Grover Coates Paul Williams 45m M30 Al Walton Chris Downs 5.3 6.4 Merle Smith Skip Lyon M40 A LaFromboise 6.1 M60 Ray Bower Mou 440y W50 J Ross Mary Cavicchi W30 Becky Deless W40 Kathy Pierce 7.3 1:29.2 2:12.2 200m M30 Al Walton 24.5 Peter Dipirro Ken Rasmussen M40 John Hopf Jack Lyda A LaFromboise 26.7 nta 27.8 27.0 27.3 M40 G Smith M50 G Coates M60 Buzzy Hood nta nta nta 28.0 880y W30 Cheryl Silverio 2:36.6 W40 Kathy Pierce 30.1 W50 M Cavicchi 4:58.8 400m M30 Peter Dipirro 1000y M30 Gary Ruozzi 57.8 60.3 60.4 2:29.8 Ken Rasmussen M40 John Hopf Bob Thomas 2:39.5 Don Plunkett 2:39.5 A LaFromboise 60.8 W40 Kathy Pierce 67.0 M40 Jeff Gerson 2:51.5

2:54.9

M50 Ralph Ross Merle Smith M60 B Hood 3:29.3 Dick Cavicchi 4:01.6 Mile M30 Dick Cromley Don Plunkett Charles Woods 4:45 4:59 5:00 5:08 M40 Jim Waldorf Jim Caskey 5:40 5:52 Bob Slosnik M50 R Ross Charlie Hall 6:31 Charlie Hall M60 Fran Albaugh B Hood Frank Malick W30 C Silverio W50 J Ross M Cavicchi 2 Mile 6:37 7:04 7:36 5:31 7:27 10:16 2 Mile W30 C Silverio 11:45.2 Cynthia Sanchas 13:44.8 High Jump M30 Bill Werling Gene Hoffman 5-71 5-1 4-9 Joe Silverio M40 Barry Kline Sr Al Ray Jack Thornton 5-51 5-1 4-11 M50 Paul Dorsey Grover Coates M60 F Hirsimaki D Smith D Cavicchi 5-54 4-2 4-7 4-7 3-10 M70 Charles Hirshey 2-6 Pole Vault M40 Allen Ray 8-0 8-6 M60 Denver Smith Long Jump M30 Bill Werling 19-1 16-3/4 13-11¹ 19-1 J Silverio Steve Bence M40 Allen Ray $\begin{array}{r}
19-1\\
16-9 & 3/4\\
12-4\\
16-1\\
15-1\\
15-5\frac{1}{2}\\
14-9 & 3/4\\
13-3\frac{1}{2}\\
7-6\\
\end{array}$ Jack Thornton John Sloan M50 Grover Coates Dick Edmunds M60 D Smith F Hirsimaki D Cavicchi C Hirshey M70

1/0	c hirsney	1-0
Stof	t Put	
	Norm Bower	39-5
	Jim Pauli	37-6
	A Ray	36-1
M50	Dick Mann	36-2 3/4
1	G Coates	26-1 3/4
M60	D Smith	38-31
	F Hirsimaki	38-3/4 :
	C Hirshey	28-7
	Jackie Martin	24-9
	Bernice Holland	130-51
35#	Weight	2 martine
M30	S Bence	22-0
M40	N Bower	46-3
â	Jim Pauli	43-21
1	A Ray	34-7
M50	Dick Mann	35-1
	G Coates	23-8
		18-9
	C Hirshey 25#	
	B Holland 25#	23-10-1
	Weight	
	S Bence	11-9
M40		29-1
	Jim Pauli	26-2
MSO	Dick Mann	21-5
Mile	e Walk	
	William Phelps	9:37.9
	Charlie Hall	9:16.3
	CHARTER INTE	

white space.	
M60 Fran Albaugh	12:08.1
W30 Cathi Sullivan	14:44.1 9:32.8 12:46.9
W50 Lola Hall Team Scores	
M30 Over The Hill To West Penn	24
M40 Over The Hill	47 18
West Penn M50 Over The Hill West Penn M60+Over The Hill	54 21
West Penn	71 39
W40+West Penn Over The Hill	28 23
SOUTHEA	IST
The second second second second second	
CMAC Indoor Me Chapel Hill, NO February 19	
50mH	8.3
M30 Mike McGinnis M40 Bill Busby M45 Mike Valle	8.2 9.6
M60 George Crouse	11.4
50m M30 Billy Hogans	6.8
M30 Billy Hogans M35 Tom Little M40 Bill Busby M45 Bill Jeffrey	6.6 6.8
George Cliette	6.8 7.2
Mike Valle M60 George Crouse	7.4 7.9
300yards M30 B Hogans M35 Tom Little	40.4
M35 Tom Little M45 Bill Jeffrey G Cliette	36.2 37.5 39.5
M Valle M60 G Crouse	40.4
600yards M55 Jim Saxon	2:03.2
was daily roster	1:57.0 1:51.5
Mile M40 Ron Foster	5:21.5
M45 Bill Jeffrey M55 Jim Saxon W35 S Foster	7:02.3 5:54.5
High Jump M45 Mike Valle	4-10
G Cliette M60 G Crouse	4-8 3-11
M75 Charles Hirshey Pole Vault	3-12
M40 Bill Busby M65 Boo Morcom	12-9 10-0
Long Jump M40 Bill Busby	17-81
M45 G Cliette M Valle	15-1 15-1
M55 Jim Saxon M60 G Crouse	10-4 ¹ / ₂ 10-3
M75 C Hirshey Triple Jump M45 M Valle	7-11
M45 M Valle M75 C Hirshey Shot Put	30-6 ¹ / ₂ 17-6
M30 Billy Hogans M45 M Valle	38-5 35-8½
G Cliette M75 C Hirshey	30-2 35-7
Running Pentath DeLand, FL	lon
February 19	
(2 mile/880/220/440/mi	
Overall Male Rollie Thompson (9:55)	/2:02/
26.5/58.7/5.06) M30-34 Peter Hopfe (9:54/2:1)	East
61.3/4:58)	
M35-39 Allen Gencarelle (12: 30.8/69.4/6:50)	13/2:35/
M40-44 Graham Hockaday (13:3)	2/2:38/
27.5/73.5/6:48) M50-54 Frank French (18:55/4	.07/
Prank French (18:55/4 38.2/1:51/10:24) <u>M55-59</u>	:07/
Lee Radford (16:51/3:. 35.6/92.8/7:58)	31/
M60-64 Keith Clark (14:42/2:	51/
32.9/77.9/7:02)	
Overall Woman Carolyn Floyd (17:20/	1.1

	15.00	AIDWE.	ST.
		is Masters I	
	Gr	Sterling, IL	
	EE- door	February 5	
	55m dasl M30-34	T. LaBeau	6.82
	1.2.2	T.Revelins R.Zahn	6.88
2:08.1	F30-34	A.Bergstron L.Revelins	
:32.8	M40-44	D.Hill C.P.Miller	7.20
2:46.9		J.Hess	7.66
27		R.Sharley R.Steder	7.77
24	F40-44	A.Huddlesto P.Danielson	n. 8.76
18 54	.945-49	L.Stopoulos J.Lee	s 7.18 7.22
21 71	M50-54	A.Pfenning P.Stopoulos	7.87
39	Rente	M. Davidson	8.06
28 23	M55-59 M60-64	P.Dobrovoli C.Orris	9.07
	M65-69	M.Buschman G.Rajcevic	
ST	F65-69 M70-74	F.Berry M.Lightfoo	10.42 t 9.14
		M.Blake G.Taylor	10.16
Contraction of the	55m bur	A LE DA LA S	
	55m hur M30-34	R.Zahn	7.85
8.3 8.2	a la	C.Barnard J.Watry	8.35 8.46
9.6 11.4	M40-44 M60-64	R.Sharley D.Walsh	8.92 10.44
	300m da		
6.8 6.6	M30-34	T.Rewelins A.Bergstro	
6.8	F30-34	L. Rewelins	ki 54.03
6.8 7.2	M35-39	C.Revhs D.Hill	43.27 43.54
7.4 7.9	F40-44 M45-49	P.Danielso J.Lee	n 1:01.25 41.06
40.4		L.Stopoulo S.Pfenning	s 45.36
36.2	M50-54 M55-59	T.Pliner	44.57
37.5 39.5	見書を、留	H.Brown R.Lindsey	42.50 17.36
40.4 48.4	F55-59 M60-64	J.Conse D.Smith	1:10.14
:03.2	165-69	C.Orris G.Rajcevic	
:57.0	M70-74	M. Lightfool M. Blake	1:00.79
:21.5	400 m da	J.Taylor	1:15.53
nta :02.3	M30-34	J.Watry	55.44
:54.5	M35-39	J.Felhouse G.Revhs	57.66 1:07.83
4-10	M40-44	S.Mathes T.Carper	58.38 59.75
4-8 3-11	M45-49	J.Goodwin S.Pfenning	1:07.29 1:08.81
3-12	M50-54	M.Davidson P.Freeman	1:03.43 1:09.72
12-9 10-0	M55-59	P.Peterson	1:12.38
17-81		H.Brown R.Lindsey	1:06.89 1:14.89
15-1	F55-59 M60-64	J.Gonse D.Smith	n.t. 1:04.73
15-1 10-4 ¹ / ₂	1942	D.Walsh C.Orris	1:10.91 1:22.04
10-3 7-11	300 m ru	<u>n</u>	
30-61	. R.F. 1	S.Harrison R.Terhune	2:03.34 2:13.00
17-6		D.Johnson S.Okrend	2:14.83 2:23.99
38-5 35-8½	M35-39	J.Fieldhause D.Fish	
30-2	.140-44	S.Mathis T.Carper	2:9.41 2:20.35
35-7	1411 M.4	J.Miller J.Goodwin	2:32.34 2:33.71
1	State -	T.Nuccio	2:35.13
	1. 1. 1. 1.	P.Peterson P.Freeman	2:40.09 2:41.49
12-	M60-64	J.Gonse D.Smith	3:35.54 2:32.34
	· in mit	R.Kowalski C.Orris	2:52.19 3:03.64
02/		M.Lightfoot	
East.	1 mile ru M30-34	un T.Terhune	4:44.73
8.4/	2-2-2-2-1	R.King P.Luhar	5:40.35
2:35/	M35-39	N. Tappero	6:06.97 5:00.06
2.33/	1. 5 5 .	F.Davis J.Miller	4:50.70 n.t.
:38/		N.Brozier A.Hutchcroft	5:11.41
	·	J.Coodwin P.Freeman	5:46.27 5:56.74
/	F50-54	N.Kowalski	7:19.23
		R.Kovalski C.Orris	5:57.79 6:42.33
	2 mile r	<u>n</u>	Ser
		Shockency R.King	0:34.72
6/	1 1 1	P.Babcock 1	1:57.16
	M25-39 1	1. Tappero	0:25.72
		J.Swanberg	2:04.72

: 1	News			
	MIDWES		M40-44 J.Miller 1 M45-49 A.Hutchcroft	1:26.34
			F50-54 M.Kowalski 1	
	ois Masters In rand Prix Ser			3:58.89
	Sterling, IL February 5		pole vault	
das	sh	0	M30-34 C.Barnard R.Suiter	13'6" 13'
34	T.Revelinsk:		K.Petranek D.Smith	12'6"
	R.Zahn A.Bergstrom	6.88 7.24	M35-39 J.Anderson	14.6"
34 44	L.Rewelinsk D.Hill		M55-39 B.Kemp M65-69 G.Rajcevich	7'9"
	C.P.Miller J.Hess	7.39	high jump	
	R.Sharley	7.72	M30-34 J.Watry D.Smith	6'2" 4'11"
44			P.Babcock M40-44 D.Hill	4'10"
49	P.Danielson L.Stopoulos	7.18	M45-49 S.Pfenning J.Schultz	4'6" 4'
	J.Lee A.Pfenning	7.22 7.87	M50-54 F.Smith	5'3'4"
54	P.Stopoulos M.Davidson	7.26	M.Davidson M55-59 B.Kemp	4'4"
59 64	P.Dobrovoln C.Orris		M65-69 M.Buschman G.Rajcevich	4*2* 4'
69	M. Buschman	8.39	M70-74 M.Lightfoot G.Taylor	3'8"
69	G.Rajcevich F.Berry	10.42	A CARLES A CAR	
74	M.Lightfoot M.Blake	9.14 10.16	10ng jump M30-34 T.LaBeau	19'5'-
	G.Taylor	11.47	J.Watry D.Smith	19 14
hu:	rdles 3.Zahn	7.85	P.Babcock M40-44 D.Hill	15'6" 16'105
34	C.Barnard	8.35	R.Steder F40-44 P.Danielson	16'2"
44		8.46 8.92	M45-49 D.Eldahl	17:33/
64	D.Walsh	10.44	L.Stopoulos S.Pfenning	12'8"
34	n.Rewelinsk	i 39.21	M50-54 P.Stopoulos	12125
	A.Bergstrom	39.68	M55-59 H.Brown M65-69 M.Buschman	16'5"
34	L.Rewelinsk G.Revhs	43.27	G.Rajcevich F65-69 F.Berry	12'8"
44	D.Hill P.Danielson	43.54 1:01.25	M70-74 M.Lightfoot	10'4'"
49	J.Lee L.Stopoulos	41.06	G.Taylor	9'2"
54	S.Pfenning		triple jump M30-34 T.LaBeau	40'11"
59	H. Brown	42.50	D.Smith	31'13/4
59	R.Lindsey J.Gonse	47.36 1:10.14	M35-39 R.Standley M45-49 D.Eidahl	34'5" . 35'1"
6-1	D.Smith C.Orris	46.62	M50-54 P.Stopoulos M55-59 H.Brown	33'13/4' 28'6"
69 74	G.Rajcevich M.Lightfoot		M65-69 G.Rajcevich M.Buschman	25'6"
	M.Blake O.Taylor	1:00.79	M70-74 19'9"	1.1
n d	J.Watry	55.44	shot put M30-34 B.Hartman	36*5*
39	J.Felhouse	57.66	J.Watry Smith	36'4" 32'4 <u></u> "
14	G.Revhs S.Mathes	1:07.83 58.38	Babcock M40-44 John Hess	28'9"
;9	T.Carper J.Goodwin	59.75 1:07.29	R.Sharley	33*4" 29*3"
54	S.Pfenning M.Davidson	1:08.81 1:03.43	Jim Hess F40-44 N.Hamilton	26*1* 15*7*
	P.Freeman P.Peterson	1:09.72	M45-49 J.Neppl E.Schmidt	39'9½' 36'4"
59	H.Brown R.Lindsey	1:06.89	M50-54 C.Klehm F.Smith	38'9" 33'6"
9	J.Gonse	n.t.	M55-59 B.Kemp J.England	39'1" 37'75"
64		1:04.73 1:10.91	M60-64 Wayda	28'11"
0	C.Orris	1:22.04	M65-69 M.Buschman G.Rajcevich	34'9" 29'5½"
4	S.Harrison	2:03.34	F65-69 F.Berry M70-74 G.Taylor	19'3" 29'7"
	D.Johnson	2:14.83	M.Lightfoot	28'6"
9	J.Fieldhause	2:23.99 n2:09.07	25# M30-34 B.Hartman	:0.
4		2:16.04 2:9.41	M45-49 E.Schmidt Schultz	36'1"
		2:20.35	M50-54 C.Klehm M55-59 B.Kemp	24'3"
9	J.Goodwin	2:33.71 2:35.13	England	27.1"
4	P.Peterson	2:40.09	M70-74 G.Taylor 35# weight toss	11.0-
4	J.Gonse	2:41.49	M30-34 B.Hartman M40-44 John Hess	32*2*
4	R.Kowalski	2:32.34	M45-49 E.Schmidt	22'9"
4	C.Orris M.Lightfoot	3:03.64	M50-54 C.Klehm M55-59 B.Kemp	18° 28°5"
eı	run		England M70-74 G.Taylor	23"7" 14"5"
4		4:44.73	<u></u>	
4	P.Luhar	5:06.97 5:00.06	M30-34 B.Hartman M45-49 E.Schmidt	19*10* 11*6*
4	F.Davis	4:50.70	M50-54 C.Klehm M55-59 England	9'3" 17'2"
9		n.t. 5:11.41	B.Kemp	15'
		5:46.27	E CARACTER STATE	8'
4	P.Freeman	5:56.74 7:19.23		:02.34
9	R.Kowalski	5:57.79	M55-59 S.Messenger21	34.60
	3 - 1 - 2	5: 12.33	M65-69 J. Thornbloom2	
4	T.Shockency (0:34.72	F75-79 V.Snyder 26	24.06
	P.Babcock 11	1:13.59 1:57.16	111	:01.34
4	M. Tappero 10	2:-18.57	1 mile racewalk M65-69 J.Thornblooml	8:05.24
9	J.Swanberg L	2:04.72	M70-74 M.Blake 10	0:59.74

	the second s	A Same
:26.34	Midwest Masters Cla	5 3
1:01.59	Cincinnati, OH	
:24.10	February 18	
:29.78	6Cy H	
	M30 Ted Tiernon	8.7
S. F.	M40 James Crutcher	8.9
13.6.	M45 Scott Tyler	8.7
13'	M50 Ray Boyd	10.5
12'6"	M60 Denver Smith	9.4
9'	Fred Hirsimaki Vonly Phillips	10.1
14'6" *	60y	
8.	M30 Mike Smith	6.9
7'9"	Lamont Wilson	6.9
35-20	Rodney Wilson Larry Lewis	6.9
6'2"	Larry Levis	7.0
4'11"	M35 Scott Hartman Larry Sloan	6.2 7.3
4'10"	M40 Lloyd Hathcock	7.0
4.8.	Ralph Marinello	7.1
4'6"	Caleb Brown	7.1
5'3'	M45 Scott Tyler	7.0
4.8"	Abdul Singh	7.0
4'4"	Calvin Kidd	7.8
4*2*	M50 Paul Dorsey LeRoy McClain	8.0
4'		7.4
3'8"	M55 Troy Banks Burt Saidel	7.6
2.9.	Robert Jones	7.7
	M60 Willie Blackmon	7.6
19.5%	Richard Turner	7.9
19:14	Denver Smith	7.9
15'10';" 15'6"	M65 Thomas Lacey M75 Leslie Thomas	8.4 9.4
	M80 Byrcn Fike	9.4
16'105"	M85 Arling Pitcher	11.2
1219"		7.3
17.33/4	W30 Donna Pope-Green W35 Martha Brown	8.7
:6 . QI	W40 Erma Brooks	8.9
12*8*	W50 Essie Kea	9.1
12121#	Alice Saidel W65 Ernestine Yeomans	9.9
17114	300y	12.0
14.33/4		36.2
12'8"	Larry Lewis	38.1
3.31."	M35 Lester Washington	
10'4'"	Larry Sloan	39.5
9'2"	M40 Ralph Marinello	38.5
	James Crutcher M45 John Blakely	38.5
	The second se	
40'11"	M50 Paul Dorsey	36.8
31'13/4"	L McClain Robert Premo	43.3 54.3
34'5" -	M55 Ray Morris	52.4
33'13/4"	M60 W Blackmon	40.0
28'6"	Ed Goddin	43.3
25'6"	Richard Turner	45.4
23.9.	M65 Tom Lacey M70 Hugh Yeomans	46.4
an they	M75 Les Thomas	57.5
	M80 Byron Fike	
36'5"	M85 A Pitcher	1:14.5
36'4"	W30 Melinda Miller	
32 4	W40 Erma Brooks W50 E Kea	56.3
28'9" 33'4"	W65 Ernestine Yeomans	
29:3"	600y	and a
26*1*	M30 S Hartman	1:25
15.7"	L Washington	1:26
39.95.		1:28
36'4"	R Marinello	1:34
38'9" 33'6"	M45 Travis Evans M50 Dennis O'Connor	1:40
39'1"	R Premo	2:12
37.75"	M60 Allan Jackson	1:54
28.11.		1:50
34'9"		2:45
29'55"		2:41 1:45
9'3"	W65 E Yeomans	3:05
8'6	NOT D TOOLETID	
1	1000y	TANE E
:0'		2:34
36':"	M35 Buddy Harrool	2:51 2:37 -
21.	M35 Buddy Harpool Buddy Schardein	2:40
24'3"	M40 Tony Mele	2:35
37.	Jim Irwin	2:36
27.1"	Don Coffman M45 Jin Huffin	2:38
		2:48
		3:22
32*2*	M60 A Jackson	4:14
22.9"		4:11
18'	Mile M30 Marty Conterna	
28'5"		4:40.0
23*7*		4:53.0
14.2.		4:42
11 F. C.	Dan Gorrell	4:57
19'10"	M40 Rich Davis	4:46
11'6"		4:51
9'3"		5:06
17'2"	M50 R Premo	7:28
15.	M55 David Sterling M80 B Fike	
8'	100 11 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	9:23 8:47
1	the second of the second second second	3.4/
02.34	2 Mile M30 Starp Adhiese	1
34.60	M30 Steve Adkisson Bob Hancock	10:
12.09	Harlan Logsdon	10:18
39.87	M35 J Holzman	10:02
43.92	B Harpool	10:23
01.34	M40 Don Coffman	10:06
13 14	Rich Davis	10:14
Six	R Marinello M45 Peter Waite	14:47
05.24	M45 Peter Waite M50 R Premo	10:52
59.74	Centinud	15:00
	Continued on n	ext pag

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National Masters News

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April, 1989	and the second sec	National Mi	asters News
Continued from previous page	55m dash	long jump	\$50-54 C.Klehm 21'4"
States and the state of the state of the state of the	M30-34 A.Jaunes 6.45	M30-34 T.LaBeau 19'105"	B.Warren 19'4"
Ax440y Relay M30 Victory AC 3:59	T.LaBeau 6.61	J.Watry 19'7'	L.Slick 15'
Team Reebok 4:09	D.Dothard 6.82 A.Morgan 7.13	D.Dothard 18'5" M35-39 M.Davis 18'3'a"	M55-59 B.Kemp 18'5" M65-69 M.Buschman 12'6"
M40 Athletic Midwest 4:12 M60 Over The Hill TC 5:41	P.Hoffman 8.20	G.Scott 17'1'	M70-74 G.Taylor 7'6"
High Jump	M35-39 G.Scott 6.75 J.Tingle 7.08	Eving 17'5" Castens 15'9"	
M40 Allen Ray 5-0 M50 Paul Dorsey 5-1	M.Davis 7.24	Hinton 14'5 ¹ 2"	WEST
Ray Boyd 5-0	H.Costens 7.52	Tinale 11' M40-44 G.Reiter *18'8"	A Berry
M55 Robert Jones 4-2 M60 Denver Smith 4-6	J.Hinton 7.98 M40-44 G.Reiter 7.12	D.Hill 16'9"	CSUB-Bakersfield
M60 Denver Smith 4-6 F Hirsimaki 4-4	D.Hill 7.15	F40-44 S.Huddleston 12'2'2" M45-49 Eidahl 18'1"	California Meet Bakersfield, CA
V Phillips 4-2	C,Miller 7.37 J.Hess 7.75	M45-49 Eidahl 18'4" L.Stopoulos 16'9"	February 11
M70 Ham Morningstar 4-2 M75 Les Thomas 3-0	J.Eddy 8.22	G.LaBelle 13'	100m
M85 Arling Pitcher 3-0	F40-44 A.Huddleston 8.53 M45-49 B.Davis 7.75	M50-54 P.Stopoulos 17'2" Warren 15'5"	M30 Roosevelt Lewis 12.3
W50 Essie Kea 3-11 Pole Vault	M50-54 P.Stopoulos 7.16	Robinson 11'15"	M45 Juan Bustamante 12.3 M50 Ken Dennis 11.6
M30 T Tiernon 12-6	J.Robinson 8.00	M55-59 B.Ackerman 16'1" H.Brown 14'95"	M70 Al Guidet 12.7
M40 Allen Ray 10-0	M55-59 P.Dobrovolny7.10 H.Brown 7.20	M60-64 Larsen 15'8"	200m M40 Don Parker 22.7
M50 Don Zimmerman 9-0 M60 D Smith 9-0	M60-64 M.Larsen 7.27	M65-69 Buschman 12'2"	M45 J Bustamante 25.9
M70 H Morningstar 7-6	C.Orris 9.14 M65-69 M.Buschman 8.49	F65-69 F.Berry 9'4'2" M70-74 G.Taylor 9'1"	M50 K Dennis 22.8 400m
M75 L Thomas 5-0 M85 A Pitcher 4-6	F65-69 F.Berry 10.35	The state of the second s	M40 D Parker 53.0
	M70-74 M.Blake 9.18 G.Taylor 11.79	triple jump M30-34 T.LaBeau 41'2"	110mH
M30 Lamont Wilson 19-81	onayior mins	M35-39 Ewing 28'5"	M50 Jerry Stanners 45" 21.0 (age-54 U.S. record)
Ted Tiernon 18-11	300m dash M30-34 A.Jaunes 47.31	M40-44 J.Meisner 37'6" M45-49 D.Eidahl 35'73/4"	M70 Al Guidet 36" 18.5
Mike Smith 16-111 M40 Wm McClellon 21-0	M40-44 J.Eddie 50.58	M50-54 P.Stopoulos 32'75"	High Jump M50 Dwaine Horton 5-2
John Butera 18-9	F40-44 A.Huddleston52.16	M55-59 Ackerman 30'8" M70-74 G.Taylor 19'6"	Jerry Stanners 5-1
Allen Ray 18-51 M45 Scott Tyler 15-111	M50-54 J.Robinson 45.06 M.Davidson 46.72	M70-74 G.Taylor 19'6"	Pole Vault M50 J Stanners 10-6
C Kidd 14-9	M60-64 M.Larsen 45.21	high jump	Shot Put
M50 L McClain 15-1012	D.Smith 46.49 C.Orris 53.57	M30-34 J.Watry 6'4" M35-39 M.Davis 5'5"	M35 Gary Kelmenson 10.93
M55 Burt Saidel 15-1 R Jones 15-1	L.Reistroffer1:03	M40-44 J.Meisner 6"1"	M50 Jon Magnusson 11.27 M55 Stu Thomson 13.8
M60 D Smith 15-4 3/4	M70-74 M.Blake 59.02	M45-49 B.Mills 4'10" G.LaBelle 4'4"	M65 Bob Stone 9.81
F Hirsimaki 14-2 Richard Turner 13-8 3/4	G.Taylor 1:21.73	M50-34 F.Smith 5'4"	M70 Ross Carter 16# 8.68 12# 10.02
M65 Tom Lacey 14-1	100m do at	M.Davidson 4'8" M55-19 B.Ackerman 4'8"	Discus
M75 Les Thomas 9-61 M80 B Fike 8-111	400m dash M30-34 A.Jaunes 52.81	B.Kemp 4'2"	M35 Gary Kelmenson 109-0
M85 A Pitcher 6-8	J.Watry 54.53	M65-69 Buschman -112"	M50 Jon Magnusson 108-1 Jerry Stanners 89-4
W30 L' Pope-Green 18-3/4 W50 Essie Kea 11-21/2	M35-39 A.Mathews 54.19 M40-44 G.Reiter 55.96	MTO-T4 W.Ragland 4'2" G.Taylor 3'8"	Dwaine Horton 74-4
W55 Eileen Smith 7-11	M50-34 M.Davidson1:05.03	The state of second states of the second	M55 Stu Thomson 153-2 M65 Bob Stone 99-7
W65 E Yeomans 6-51	J. Robinson1:06.36	pole vault	M65 Bob Stone 99-7 Hammer
Triple Jump	P.Peterson1:13.70 M55-59 H.Brown 1:01.64	M30-34 C.Burnard 13'6"	M50 J Magnusson 47.38
M40 Wm McClellon 39-8 3/4	M60-64 D.Smith 1:04.62	R.Suiter 13' G.Silbaugh 12'	M55 Stu Thomson 50.90 35# Weight
J Butera 36-11 Allen Ray 36-4	C.Orris 1:16.46	M35-39 J.Anderson 14'	M35 G Kelmenson 12.48
M55 Robert Jones 28-2	state of any time an	M.Davis -12'6" M40-44 M.Norberg 11'	M50 J Magnusson 11.74 M65 Bob Stone 10.52
M60 D Smith 33-62 F Hirsimaki 29-112	800m run M30-34 S.Harrison 2:03.69	T.Schwab 9'	and the second
M75 Les Thomas 20-11 3/4	T.Berry 2:13.04	M55-59 B.Kemp 7'6" B.Ackerman 7'	NORTHWEST
M85 A Pitcher 14-11 W65 E Yeomans 15-9	R. Ferhune 2:16.32 F30-34 D.Okrend 3:00.76		to a second second second second second
Shot Put M30 Rick Meindl 44-9	M35-39 D.Fish 2:11.48	shot put	Eugene Indoor Meet
		M30-34 B.Hartman 39'11"	Eugene Indoor Meet
Glen Queen 34-1	M40-44 G.Reiter 2:10.23	J.Watry 34'9"	Eugene, OR
Glen Queen 34-1 T Tiermon 33-8	M40-44 G.Reiter 2:10.23 B.O'Connor 2:20.10 M45-49 J.Coodwin 2:30.30	J.Watry 34'9" P.Hoffman 28' M35-39 L.Readman 36'8½"	Eugene, OR February 11
Glen Queen 34-1 T Tiernon 33-8 M35 Steve Kaye 40-8 M40 Norm Bower 37-11	M40-44 G.Reiter 2:10.23 B.O'Connor 2:20.10 M45-49 J.Coodwin 2:30.30 T.Nuccio 2:33.98	J.Natry 34'9" P.Hoffman 28' M35-39 L.Readman 36'8½" M.Davis 34'2"	Eugene, OR February 11 50y M30 Ken Cook 5.7
Glen Queen 34-14 T Tiernon 33-84 M35 Steve Kaye 40-84 M40 Norm Bower 37-11 Allen Ray 35-10	M40-44 G.Reiter 2:10.23 B.O'Connor 2:20.10 M45-49 J.Coodwin 2:30.50 T.Nuccio 2:33.98 M50-54 J.Robinson 2:38.53 P.Peterson 2:43.25	J.Watry 34'9" P.Hoffman 28' M35-39 L.Readman 36'8½"	Eugene, OR February 11
Glen Queen 34-1 T Tiernon 33-8 M35 Steve Kaye 40-8 M40 Norm Bower 37-11 3/4 Allen Ray 35-10 M50 Brad Ankerstar 41-5 Alton Hoard 27-5 3/4	M40-44 G.Reiter 2:10.23 B.0°Connor 2:20.10 M45-49 J.Coodwin 2:30.50 T.Nuccio 2:33.98 M50-54 J.Robinson 2:38.53 P.Peterson 2:43.25 F50-54 M.Kowalski 3:18.34	J.Natry 34'9" P.Hoffman 28' M35-39 L.Readman 36'8½" M.Davis 34'2" M40-44 J.Hess 34'2" F40-44 N.Hamilton 16'9" F45-49 J.Nepp1 38'5"	Eugene, OR February 11 50y M30 Ken Cook 5.7 M35 Dave Hagmeir 5.6 Randy Kruse 5.7 Steve Heilman 5.7
Glen Queen 34-14 T Tiernon 33-82 M35 Steve Kaye 40-83 M40 Norm Bower 37-11 3/4 Allen Ray 35-10 M50 Brad Ankerstar 41-5 Alton Hoard 27-5 3/4 M55 J England 14// 35-82	M40-44 G.Reiter 2:10.23 B.O'Connor 2:20.10 M45-49 J.Coodwin 2:30.30 T.Nuccio 2:33.98 M50-54 J.Robinson 2:38.53 P.Peterson 2:43.25 F50-54 M.Kovalski 3:18.34 M55-59 R.Kovalski 2:52.83 R.Sobolewski2:58.84	J.Watry 34'9" P.Hoffman 28' M35-39 L.Readman 36'8½" M.Davis 34'2" M40-44 J.Hess 34'2" F40-44 N.Hamilton 16'9" F45-49 J.Xeppl 38'5" E.Schmidt 35'4½"	Eugene, OR February 11 50y M30 Ken Cook 5.7 M35 Dave Hagmeir 5.6 Randy Kruse 5.7
Glen Queen 34-1 T Tiernon 33-8 M35 Steve Kaye 40-8 M40 Norm Bower 37-11 3/4 Allen Ray 35-10 M50 Brad Ankerstar 41-5 Alton Hoard 27-5 3/4	M40-44 G.Reiter 2:10.23 B.O'Connor 2:20.10 M45-49 J.Coodwin 2:30.30 T.Nuccio 2:33.98 M50-54 J.Robinson 2:38.53 P.Peterson 2:43.25 F50-54 M.Kowalski 3:18.34 M55-59 R.Kowalski 2:52.83 R.Soblewski2:58.84 F55-59 E.Wallace 3:36.89	J.Natry 34'9" P.Hoffman 28' M35-39 L.Readman 36'8½" M.Davis 34'2" M40-44 J.Hess 34'2" F40-44 N.Hamilton 16'9" F45-49 J.Neppl 38'5" E.Schmidt 35'4½" M50-54 C.Klehm 41'11½" B.Narren 40'3¼"	Eugene, OR February 11 50y M30 Ken Cook 5.7 M35 Dave Hagmeir 5.6 Randy Kruse 5.7 Steve Heilman 5.7 M40 Dave Haverstock 6.6 M45 Jim Puckett 6.2 Dick R 6.2
Glen Queen 34-1 T Tiernon 33-8 M35 Steve Kaye 40-8 M40 Norm Bower 37-11 3/4 Allen Ray 35-10 M50 Brad Ankerstar 41-5 Alton Hoard 27-5 3/4 M55 J England 14# 35-8 F Hirsimaki 38-9 3/4 A Jackson 36-2 4	M40-44 G.Reiter 2:10.23 B.O'Connor 2:20.10 M45-49 J.Coodwin 2:30.30 T.Nuccio 2:33.98 M50-54 J.Robinson 2:38.53 P.Peterson 2:43.25 F50-54 M.Kowalski 3:18.34 M53-59 R.Kowalski 2:52.83 R.Sobolewski2:58.84 F55-59 E.Wallace 3:36.89 M60-64 D.Smith 2:26.28 C.Orris 3:06.20	J.Watry 34'9" P.Hoffman 28' M35-39 L.Readman 36'8's" M.Davis 34'2" M40-44 J.Hess 34'2" F40-44 N.Hamilton 16'9" F45-49 J.Neppl 38'5" E.Schmidt 35'4's" M50-54 C.Klehm 41'11's" B.Warren 40'3's"	Eugene, OR February 11 50y M30 Ken Cook 5.7 M35 Dave Hagmeir 5.6 Randy Kruse 5.7 Steve Heilman 5.7 M40 Dave Haverstock 6.6 M45 Jim Puckett 6.2 Dick R 6.2 Roy Semmel 6.3
Glen Queen 34-1 T Tiernon 33-8 M35 Steve Kaye 40-8 M40 Norm Bower 37-11 3/4 Allen Ray 35-10 M50 Brad Ankerstar 41-5 Alton Hoard 27-5 3/4 M55 J England 14# 35-8 M60 D Smith 8# 40-8 F Hirsimaki 38-9 3/4	M40-44 G.Reiter 2:10.23 B.O'Connor 2:20.10 M45-49 J.Coodwin 2:30.30 T.Nuccio 2:33.98 M50-54 J.Robinson 2:38.53 P.Peterson 2:43.25 F50-54 M.Kowalski 3:18.34 M53-59 R.Kowalski 2:52.83 R.Sobolewski2:58.84 F55-59 E.Wallace 3:36.89 M60-64 D.Smith 2:26.28 C.Orris 3:06.20	J.Natry 34'9" P.Hoffman 28' MJ5-39 L.Readman 36'8½" M.Davis 34'2" M40-44 J.Hess 34'2" F40-44 N.Hamilton 16'9" F45-49 J.Neppl 38'5" E.Schmidt 35'4½" M50-54 C.Klehm 41'11½" B.Narren 40'3¼" F.Smith 34'3¼" J.Robinson 20'10½" M55-59 B.Kemp 39'6"	Eugene, OR February 11 50y M30 Ken Cook 5.7 M35 Dave Hagmeir 5.6 Randy Kruse 5.7 Steve Heilman 5.7 M40 Dave Haverstock 6.6 M45 Jim Puckett 6.2 Dick R 6.2 Roy Semmel 6.3 M50 T Cannon 6.2 John Greve 6.5
Glen Queen 34-14 T Tiernon 33-84 M35 Steve Kaye 40-84 M40 Norm Bower 37-11 3/4 Allen Ray 35-10 M50 Brad Ankerstar 41-5 Alton Hoard 27-5 3/4 M55 J England 14# 35-84 M60 D Smith 8# 40-8 F Hirsimaki 38-9 3/4 A Jackson 36-24 M70 H Morningstar 8# 36-94 M75 L Thomas 8# 24-7 M80 F Fike 8# 22-10 3/4	M40-44 G.Reiter 2:10.23 B.O'Connor 2:20.10 M45-49 J.Coodwin 2:30.50 T.Nuccio 2:33.98 M50-54 J.Robinson 2:38.53 P.Peterson 2:43.25 F50-54 M.Kowalski 3:18.34 M55-59 R.Kowalski 2:52.83 R.Sobolewski2:58.84 F55-59 E.Wallace 3:36.89 M60-64 D.Smith 2:26.28 C.Orris 3:06.20	J.Natry 34'9" P.Hoffman 28' M35-39 L.Readman 36'8½" M.Davis 34'2" M40-44 J.Hess 34'2" F40-44 N.Hamilton 16'9" F45-49 J.Neppl 38'5" E.Schmidt 35'4½" M50-54 C.Klehm 41'11'4" B.Warren 40'3¼" F.Smith 34'34" J.Robinson 20'10½" M55-59 B.Kemp 39'6" M60-64 P.Brusca 50'83/4"	Eugene, OR February 11 50y M30 Ken Cook 5.7 M35 Dave Hagmeir 5.6 Randy Kruse 5.7 Steve Heilman 5.7 M40 Dave Haverstock 6.6 M45 Jim Puckett 6.2 Dick R 6.2 Roy Semmel 6.3 M50 T Cannon 6.2
Glen Queen 34-14 T Tiernon 33-82 M35 Steve Kaye 40-83 M40 Norm Bower 37-11 3/4 Allen Ray 35-10 M50 Brad Ankerstar 41-5 Alton Hoard 27-5 3/4 M55 J England 14# 35-82 M60 D Smith 8# 40-8 F Hirsimaki 38-9 3/4 A Jackson 36-24 M70 H Morningstar 8# 36-92 M75 L Thomas 8# 24-7 M80 F Fike 8# 22-10 3/4 M85 A Pitcher 4k 19-2	M40-44 G.Reiter 2:10.23 B.O'Connor 2:20.10 M45-49 J.Coodwin 2:30.30 T.Nuccio 2:33.98 M50-54 J.Robinson 2:38.53 P.Peterson 2:43.25 F50-54 M.Kowalski 2:18.34 M55-59 R.Kowalski 2:52.83 R.Sobolewski2:58.84 F55-59 E.Wallace 3:36.89 M60-64 D.Smith 2:26.28 C.Orris 3:06.20 M65-69 A.Messinger 3:30.39 i mile run	J.Natry 34'9" P.Hoffman 28' M35-39 L.Readman 36'8½" M.Davis 34'2" M40-44 J.Hess 34'2" F40-44 N.Hamilton 16'9" F45-49 J.Neppl 38'5" E.Schmidt 35'4½" M50-54 C.Klehm 41'11½" B.Narren 40'3¼" F.Smith 34'3¼" J.Robinson 20'10½" M55-59 B.Kemp 39'6" M60-64 P.Brusca 50'83/4" F.Wallace 33'9½"	Eugene, OR February 11 50y M30 Ken Cook 5.7 M35 Dave Hagmeir 5.6 Randy Kruse 5.7 Steve Heilman 5.7 M40 Dave Haverstock 6.6 M45 Jim Puckett 6.2 Dick R 6.2 Roy Semmel 6.3 M50 T Cannon 6.2 John Greve 6.5 Jim Schlewitz 6.8 M55 Jack Coy 6.7 M60 Tom Britton 7.1
Glen Queen 34-14 T Tiernon 33-84 M35 Steve Kaye 40-84 M40 Norm Bower 37-11 3/4 Allen Ray 35-10 M50 Brad Ankerstar 41-5 Alton Hoard 27-5 3/4 M55 J England 14# 35-84 M60 D Smith 8# 40-8 F Hirsimaki 38-9 3/4 A Jackson 36-24 M70 H Morningstar 8# 36-94 M75 L Thomas 8# 24-7 M80 F Fike 8# 22-10 3/4 M85 A Pitcher 4k 19-2 <u>35# Weight</u>	M40-44 G.Reiter 2:10.23 B.O'Connor 2:20:10 M45-49 J.Coodwin 2:30.50 T.Nuccio 2:33.98 M50-54 J.Robinson 2:38.53 P.Peterson 2:43.25 F50-54 M.Kowalski 3:18.34 M55-59 R.Kowalski 2:52.83 R.Sobolewski 2:58.84 F55-59 E.Wallace 3:36.89 M60-64 D.Smith 2:26.28 C.Orris 3:06.20 M65-69 A.Messinger 2:0.30.39 (age-group WR)	J.Natry 34'9" P.Hoffman 28' MJ5-39 L.Readman 36'8½" M.Davis 34'2" M40-44 J.Hess 34'2" F40-44 N.Hamilton 16'9" F45-49 J.Neppl 38'5" E.Schmidt 35'4½" M50-54 C.Klehm 41'11½" B.Narren 40'3¼" F.Smith 34'3¼" J.Robinson 20'10½" M55-59 B.Kemp 39'6" M60-64 P.Brusca 50'83/4" F.Wallace 33'9½" M65-69 Buschman 32'8½"	Eugene, OR February 11 50y M30 Ken Cook 5.7 M35 Dave Hagmeir 5.6 Randy Kruse 5.7 Steve Heilman 5.7 M40 Dave Haverstock 6.6 M45 Jim Puckett 6.2 Dick R 6.2 Roy Semmel 6.3 M50 T Cannon 6.2 John Greve 6.5 Jim Schlewitz 6.8 M55 Jack Coy 6.7 M60 Tom Britton 7.1 M65 Carl Oates 7.7
Glen Queen 34-14 T Tiernon 33-82 M35 Steve Kaye 40-83 M40 Norm Bower 37-11 3/4 Allen Ray 35-10 M50 Brad Ankerstar 41-5 Alton Hoard 27-5 3/4 M55 J England 14# 35-84 M60 D Smith 8# 40-8 F Hirsimaki 38-9 3/4 A Jackson 36-24 M70 H Morningstar 8# 36-92 M75 L Thomas 8# 24-7 M80 P Fike 8# 22-10 3/4 M85 A Pitcher 4k 19-2 <u>35# Weight</u> M35 S Kaye 39-52 M40 N Bower 45-12	M40-44 G.Reiter 2:10.23 B.O'Connor 2:20:10 M45-49 J.Coodwin 2:30.50 T.Nuccio 2:33.98 M50-54 J.Robinson 2:38.53 P.Peterson 2:43.25 F50-54 M.Kowalski 2:18.34 M55-59 R.Kowalski 2:52.83 R.Sobolewski2:58.84 F55-59 E.Wallace 3:36.89 M60-64 D.Smith 2:26.28 C.Orris 3:06.20 M65-69 A.Messinger WR) 1 mile run M30-34 R.Terhune 5:54.43 T.Derry 5:04.49 F30-34 P.Pluhar 6:02.37	J.Natry 34'9" P.Hoffman 28' MJ5-39 L.Readman 36'8½" M.Davis 34'2" M40-44 J.Hess 34'2" F40-44 N.Hamilton 16'9" F45-49 J.Neppl 38'5" E.Schmidt 35'4½" M50-54 C.Klehm 41'11½" B.Narren 40'3¼" F.Smith 34'3¼" J.Robinson 20'10½" M55-59 B.Kemp 39'6" M60-64 P.Brusca 50'83/4" F.Wallace 33'9½" M65-69 Buschman 32'8½"	Eugene, OR February 11 50y M30 Ken Cook 5.7 M35 Dave Hagmeir 5.6 Randy Kruse 5.7 Steve Heilman 5.7 M40 Dave Haverstock 6.6 M45 Jim Puckett 6.2 Dick R 6.2 Roy Semmel 6.3 John Greve 6.5 Jim Schlewitz 6.8 M55 Jack Coy 6.7 M60 Tom Britton 7.1 M65 Carl Oates 7.7 M70 George O'Neill nta W40 Barbara Ballard 7.3
Glen Queen 34-14 T Tiernon 33-84 M35 Steve Kaye 40-84 M40 Norm Bower 37-11 3/4 Allen Ray 35-10 M50 Brad Ankerstar 41-5 Alton Hoard 27-5 3/4 M55 J England 14# 35-84 M60 D Smith 8# 40-8 F Hirsimaki 38-9 3/4 A Jackson 36-24 M70 H Morningstar 8# 36-91 M75 L Thomas 8# 24-7 M80 P Fike 8# 22-10 3/4 M85 A Pitcher 4k 19-2 <u>35# Weight</u> M35 S Kaye 39-51 M40 N Bower 45-11 Allen Ray 32-45	M40-44 G.Reiter 2:10.23 B.O'Connor 2:20:10 M45-49 J.Coodwin 2:30.50 T.Nuccio 2:33.98 M50-54 J.Robinson 2:38.53 P.Peterson 2:43.25 F50-54 M.Kowalski 3:18.34 M55-59 R.Kowalski 3:18.34 M55-59 R.Kowalski 2:52.83 R.Sobolewski 2:58.84 F55-59 E.Wallace 3:36.89 M60-64 D.Smith 2:26.28 C.Orris 3:06.20 M65-69 A.Messinger 2:0.39 (age-group WR) 1 mile run M30-34 R.Terhune 5:54.43 T.Derry 5:04.49	J.Natry 34'9" P.Hoffman 28' MJ5-39 L.Readman 36'8½" M.Davis 34'2" M40-44 J.Hess 34'2" F40-44 N.Hamilton 16'9" F45-49 J.Neppl 38'5" E.Schmidt 35'4½" M50-54 C.Klehm 41'11½" B.Narren 40'3¼" F.Smith 34'3¼" J.Robinson 20'10½" M55-59 B.Kemp 39'6" M60-64 P.Brusca 50'83/4" F.Wallace 33'9½" M65-69 Buschman 32'8½"	Eugene, OR February 11 50y M30 Ken Cook 5.7 M35 Dave Hagmeir 5.6 Randy Kruse 5.7 Steve Heilman 5.7 M40 Dave Haverstock 6.6 M45 Jim Puckett 6.2 Dick R 6.2 Roy Semmel 6.3 M50 T Cannon 6.2 John Greve 6.5 Jim Schlewitz 6.8 M55 Jack Coy 6.7 M60 Tom Britton 7.1 M65 Carl Oates 7.7 M70 George O'Neill nta
Glen Queen 34-14 T Tiernon 33-82 M35 Steve Kaye 40-83 M40 Norm Bower 37-11 3/4 Allen Ray 35-10 M50 Brad Ankerstar 41-5 Alton Hoard 27-5 3/4 M55 J England 14# 35-84 M60 D Smith 8# 40-8 F Hirsimaki 38-9 3/4 A Jackson 36-24 M70 H Morningstar 8# 36-92 M75 L Thomas 8# 24-7 M80 P Fike 8# 22-10 3/4 M85 A Pitcher 4k 19-2 <u>35# Weight</u> M35 S Kaye 39-52 M40 N Bower 45-12	M40-44 G.Reiter 2:10.23 B.O'Connor 2:20:10 M45-49 J.Coodwin 2:30.50 T.Nuccio 2:33.98 M50-54 J.Robinson 2:38.53 P.Peterson 2:43.25 F50-54 M.Kowalski 2:52.83 R.Sobolewski2:58.84 F55-59 E.Wallace 3:36.89 M60-64 D.Smith 2:26.28 C.Orris 3:06.20 M65-69 A.Messinger 3:06.20 M65-69 A.R.Terhune 5:54.43 T.Derry 5:04.49 F30-34 P.Pluhar 6:02.37 M35-39 M.Tappero 5:02.19 N40-44 G.Reiter 5:04.49	J.Watry 34'9" P.Hoffman 28' M35-39 L.Readman 36'8½" M.Davis 34'2" M40-44 J.Hess 34'2" F40-44 N.Hamilton 16'9" F45-49 J.Xeppl 38'5" E.Schmidt 35'4½" M50-54 C.Klehm 41'11½" B.Warren 40'3¼" F.Smith 34'3¼" J.Robinson 20'10½" M55-59 B.Kemp 39'6" M60-64 P.Brusca 50'83/4" F.Wallace 33'9½" M65-69 F.Berry 19' M70-74 G.Taylor 17'4"	Eugene, OR February 11 50y M30 Ken Cook 5.7 M35 Dave Hagmeir 5.6 Randy Kruse 5.7 Steve Heilman 5.7 M40 Dave Haverstock 6.6 M45 Jim Puckett 6.2 Dick R 6.2 Roy Semmel 6.3 John Greve 6.5 Jim Schlewitz 6.8 M55 Jack Coy 6.7 M60 Tom Britton 7.1 M65 Carl Oates 7.7 M70 George O'Neill nta W40 Barbara Ballard 7.3
Glen Queen 34-14 T Tiernon 33-82 MJS Steve Kaye 40-83 M40 Norm Bower 37-11 M50 Brad Ankerstar 41-5 Allen Ray 35-10 M55 J England 14# M55 J England 14# M60 D Smith 8# 40-8 F Hirsimaki 38-9 M60 D Smith 8# 40-8 F Hirsimaki 38-9 M70 H Morningstar 8# 36-24 M70 H Morningstar 8# 24-7 M85 A Pitcher 4k 19-2 35# Allen Ray 39-5½ M40 N Bower 45-1½ Allen Ray 32-4½ M50 E E Ankerstar 21-1½ M55 J England 35-½	M40-44 G.Reiter 2:10.23 B.O'Connor 2:20.10 M45-49 J.Coodwin 2:30.50 T.Nuccio 2:33.98 M50-54 J.Robinson 2:38.53 P.Peterson 2:43.25 F50-54 M.Kowalski 2:52.83 R.Sobolewski2:58.84 F55-59 E.Wallace 3:36.89 M60-64 D.Smith 2:26.28 C.Orris 3:06.20 M65-69 A.Messinger 30.39 (age-group WR) 1 mile run M30-34 R.Terhune 5:54.43 T.Derry 5:04.49 F30-34 P.Pluhar 6:02.37 M35-39 M.Tappero 5:02.19 M40-44 G.Reiter 5:04.49 G.Heagy 5:58.73	J.Natry 34'9" P.Hoffman 28' M35-39 L.Readman 36'8½" M-Davis 34'2" M40-44 J.Hess 34'2" F40-44 N.Hamilton 16'9" F45-49 J.Neppl 38'5" E.Schmidt 35'4½" M50-54 C.Klehm 41'11½" B.Narren 40'3¼" F.Smith 34'3%" J.Robinson 20'10½" M55-59 B.Kemp 39'6" M60-64 P.Brusca 50'83/4" F.Wallace 33'9½" M65-69 F.Berry 19' M70-74 G.Taylor 17'4"	Eugene, OR February 11 50y M30 Ken Cook 5.7 M35 Dave Hagmeir 5.6 Randy Kruse 5.7 Steve Heilman 5.7 M40 Dave Haverstock 6.6 M45 Jim Puckett 6.2 Dick R 6.2 Roy Semmel 6.3 M50 T Cannon 6.2 John Greve 6.5 Jim Schlewitz 6.8 M55 Jack Coy 6.7 M60 Tom Britton 7.1 M65 Carl Oates 7.7 M70 George O'Neill nta W40 Sarbara Ballard 7.3 W45 Rose Schlewitz 8.3 440y M30 John Morris 1:01.9
Glen Queen 34-14 T Tiernon 33-84 M35 Steve Kaye 40-85 M40 Norm Bower 37-11 3/4 Allen Ray 35-10 M50 Brad Ankerstar 41-5 Alton Hoard 27-5 3/4 M55 J England 14# 35-84 M60 D Smith 8# 40-8 F Hirsimaki 38-9 3/4 A Jackson 36-24 M70 H Morningstar 8# 36-93 M75 L Thomas 8# 24-7 M80 F Fike 8# 22-10 3/4 M85 A Pitcher 4k 19-2 <u>35# Weight</u> M35 S Kaye 39-54 M40 N Bower 45-14 Allen Ray 32-44 M50 E Ankerstar 21-14	M40-44 G.Reiter 2:10.23 B.O'Connor 2:20:10 M45-49 J.Coodwin 2:30.50 T.Nuccio 2:33.98 M50-54 J.Robinson 2:38.53 P.Peterson 2:43.25 F50-54 M.Kowalski 3:18.34 M55-59 R.Kowalski 2:52.83 R.Sobolewski 2:58.84 F55-59 E.Wallace 3:36.89 M60-64 D.Smith 2:26.28 C.Orris 3:06.20 M65-69 A.Messinger 2:30.39 (age-group WR) 1 mile run M30-34 R.Terhune 5:54.43 T.Derry 5:04.49 F30-34 P.Pluhar 6:02.37 M35-39 M.Tappero 5:02.19 M40-44 G.Reiter 5:04.49 G.Heagy 5:58.73 M45-49 A.Hutchcroft5:15.62 G.Tillet 5:36.83 J.Tillet 5:49.29	J.Watry 34'9" P.Hoffman 23' MJ5-39 L.Readman 36'8%" M.Davis 34'2" M40-44 J.Hess 34'2" F40-44 N.Hamilton 16'9" F45-49 J.Neppl 38'5" E.Schmidt 35'44" M50-54 C.Klehm 41'114" B.Warren 40'34" F.Smith 34'34" J.Robinson 20'104" M55-59 B.Kemp 39'6" M60-64 P.Brusca 50'83/4" F.Wallace 33'94" F.Wallace 33'94" M65-69 F.Berry 19' M70-74 G.Taylor 17'4" <u>27=</u> M50-34 B.Hartman 60' P.Hoffman 32' P.Jabcock 27'5" L.Crocker 27'2"	Eugene, OR February 11 50y M30 Ken Cook 5.7 M35 Dave Hagmeir 5.6 Randy Kruse 5.7 Steve Heilman 5.7 M40 Dave Haverstock 6.6 M45 Jim Puckett 6.2 Dick R 6.2 Roy Semmel 6.3 M50 T Cannon 6.2 John Greve 6.5 Jim Schlewitz 6.8 M55 Jack Coy 6.7 M60 Tom Britton 7.1 M65 Carl Oates 7.7 M70 George O'Neill nta W40 Barbara Ballard 7.3 W45 Rose Schlewitz 8.3
Glen Queen 34-14 T Tiernon 33-84 MJS Steve Kaye 40-84 MMO Norm Bower 37-11 M40 Norm Bower 37-11 MJE Steve Kaye 40-84 M40 Norm Bower 37-11 MJE Steve Kaye 40-84 Allen Ray 35-10 M50 Brad Ankerstar 41-5 Allen Ray 35-10 M55 J England 14# 35-84 M60 D Smith 8# 40-8 F Hirsimaki 38-9 M60 D Smith 8# 40-8 F Hirsimaki 38-9 M70 H Morningstar 8# 24-7 M80 P Fike 8# 22-10 M55 J England 22-10 M55 Kaye 39-5½ M40 N Bower 45-1½ Allen Ray 32-4½ M55 J England 35-3 S6# Weight 35-3 S6# Weight M35 S Kaye M35 S Kaye 26-2 M40 N Bower 28-4	M40-44 G.Reiter 2:10.23 B.O'Connor 2:20.10 M45-49 J.Coodwin 2:30.50 T.Nuccio 2:33.98 M50-54 J.Robinson 2:38.53 P.Peterson 2:43.25 F50-54 M.Kowalski 2:52.83 R.Sobolewski2:58.84 755-59 E.Wallace 3:36.89 M60-64 D.Smith 2:26.28 C.Orris 3:06.20 M65-69 A.Messinger w.30.39 (age-group w.R) 3:03.9 1 mile run M30-34 R.Terhune 5:54.43 T.Derry 5:04.49 F30-34 P.Pluhar 6:02.37 M35-39 M.Tappero 5:02.19 M40-44 G.Reiter 5:04.49 F30-34 P.Pluhar 6:02.37 M35-39 A.Hutchcroft5:15.62 G.Tillet 5:36.73 M45-49 A.Hutchcroft5:15.62 G.Tillet 5:36.83 J.Tillet 5:49.29	J.Watry 34'9" P.Hoffman 28' M35-39 L.Readman 36'8½" M.Davis 34'2" M40-44 J.Hess 34'2" F40-44 N.Hamilton 16'9" F45-49 J.Xeppl 38'5" E.Schmidt 35'4½" M50-54 C.Klehm 41'11½" B.Warren 40'3¼" F.Smith 34'3¼" J.Robinson 20'10½" M55-59 B.Kemp 39'6" M60-64 P.Brusca 50'83/4" F.Wallace 33'9½" M65-69 F.Berry 19' M70-74 G.Taylor 17'4" <u>255</u> M30-34 B.Hartman 60' P.Hoffman 32' F.Jabcock 27'3" L.Crocker 27'2" M45-49 E.Schmidt 41'2"	Eugene, OR February 11 50y M30 Ken Cook 5.7 M35 Dave Hagmeir 5.6 Randy Kruse 5.7 Steve Heilman 5.7 M40 Dave Haverstock 6.6 M45 Jim Puckett 6.2 Dick R 6.2 Roy Semmel 6.3 M50 T Cannon 6.2 John Greve 6.5 Jim Schlewitz 6.8 M55 Jack Coy 6.7 M60 Tom Britton 7.1 M65 Carl Oates 7.7 M70 George 0'Veill nta W40 Barbara Ballard 7.3 W45 Rose Schlewitz 8.3 440y M30 John Morris 1:01.9 M35 D Hagmeier 57.7 R Searms 1:00.5
Glen Queen 34-14 T Tiernon 33-82 MJS Steve Kaye 40-82 M40 Norm Bower 37-11 M40 Norm Bower 37-11 M55 Brad Ankerstar 41-5 Allen Ray 35-10 M50 Brad Ankerstar 41-5 Allen Ray 35-10 M55 J England 14# 35-81 M60 D Smith 8# 40-8 F Hirsimaki 38-9 A Jackson 36-24 M70 H Morningstar 8# 24-7 M85 A Pitcher 4k 19-2 35// Weight 40-3 M15 S Kaye 39-5½ M40 N Bower 45-1½ Allen Ray 32-4½ M55 J England 35-½ 56# Weight 35-½ M55 J England 35-½ S6// Weight 36-2 M35 S Kaye 26-2 M40 N Bower 26-2 M40 N Bower 26-2 M40 N Bower 26-2 M40 N Bower 26-2 M40 N Bower <th>M40-44 G.Reiter 2:10.23 B.O'Connor 2:20:10 M45-49 J.Coodwin 2:30.50 T.Nuccio 2:33.98 M50-54 J.Robinson 2:38.53 P.Peterson 2:43.25 F50-54 M.Kowalski 3:18.34 M55-59 R.Kowalski 2:52.83 R.Sobolewski 2:52.83 R.Sobolewski 2:58.84 F55-59 E.Wallace 3:36.89 M60-64 D.Smith 2:26.28 C.Orris 3:06.20 M65-69 A.Messinger 2:30.39 lage-group WR) 1 mile run M30-34 R.Terhune 5:54.43 T.Berry 5:04.49 F30-34 P.Pluhar 6:02.37 M35-39 M.Tappero 5:02.19 M40-44 G.Reiter 5:04.49 G.Heagy 5:58.73 M45-49 A.Hutchcroft5:15.62 G.Tillet 5:36.83 J.Tillet 5:49.29 M50-54 J.Robinson 6:01.89 F50-54 M.Kowalski 7:15.69</th> <th>J.Watry 34'9" P.Hoffman 28' MJ5-39 L.Readman 36'8%" M.Davis 34'2" M40-44 J.Hess 34'2" F40-44 N.Hamilton 16'9" F45-49 J.Neppl 38'5" E.Schmidt 35'4%" M50-54 C.Klehm 41'11'4" B.Warren 40'3%" F.Smith 34'34" J.Robinson 20'10%" M55-59 B.Kemp 39'6" M55-69 B.Schman 32'8%" F65-69 F.Berry 19' M70-74 G.Taylor 17'4" 255 M30-34 B.Hartman 60' P.Hoffman 32' P.Sabcock 27'5" L.Crocker 27'2"</th> <th>Eugene, OR February 11 50y M30 Ken Cook 5.7 M35 Dave Hagmeir 5.6 Randy Kruse 5.7 Steve Heilman 5.7 M40 Dave Haverstock 6.6 M45 Jim Puckett 6.2 Dick R 6.2 Roy Semmel 6.3 M50 T Cannon 6.2 John Greve 6.5 Jim Schlewitz 6.8 M55 Jack Coy 6.7 M60 Tom Britton 7.1 M65 Carl Oates 7.7 M70 George O'Weill nta W45 Rose Schlewitz 8.3 440y M30 John Morris 1:01.9 M35 D Hagmeier 57.7 Robert Buhl 57.7</th>	M40-44 G.Reiter 2:10.23 B.O'Connor 2:20:10 M45-49 J.Coodwin 2:30.50 T.Nuccio 2:33.98 M50-54 J.Robinson 2:38.53 P.Peterson 2:43.25 F50-54 M.Kowalski 3:18.34 M55-59 R.Kowalski 2:52.83 R.Sobolewski 2:52.83 R.Sobolewski 2:58.84 F55-59 E.Wallace 3:36.89 M60-64 D.Smith 2:26.28 C.Orris 3:06.20 M65-69 A.Messinger 2:30.39 lage-group WR) 1 mile run M30-34 R.Terhune 5:54.43 T.Berry 5:04.49 F30-34 P.Pluhar 6:02.37 M35-39 M.Tappero 5:02.19 M40-44 G.Reiter 5:04.49 G.Heagy 5:58.73 M45-49 A.Hutchcroft5:15.62 G.Tillet 5:36.83 J.Tillet 5:49.29 M50-54 J.Robinson 6:01.89 F50-54 M.Kowalski 7:15.69	J.Watry 34'9" P.Hoffman 28' MJ5-39 L.Readman 36'8%" M.Davis 34'2" M40-44 J.Hess 34'2" F40-44 N.Hamilton 16'9" F45-49 J.Neppl 38'5" E.Schmidt 35'4%" M50-54 C.Klehm 41'11'4" B.Warren 40'3%" F.Smith 34'34" J.Robinson 20'10%" M55-59 B.Kemp 39'6" M55-69 B.Schman 32'8%" F65-69 F.Berry 19' M70-74 G.Taylor 17'4" 255 M30-34 B.Hartman 60' P.Hoffman 32' P.Sabcock 27'5" L.Crocker 27'2"	Eugene, OR February 11 50y M30 Ken Cook 5.7 M35 Dave Hagmeir 5.6 Randy Kruse 5.7 Steve Heilman 5.7 M40 Dave Haverstock 6.6 M45 Jim Puckett 6.2 Dick R 6.2 Roy Semmel 6.3 M50 T Cannon 6.2 John Greve 6.5 Jim Schlewitz 6.8 M55 Jack Coy 6.7 M60 Tom Britton 7.1 M65 Carl Oates 7.7 M70 George O'Weill nta W45 Rose Schlewitz 8.3 440y M30 John Morris 1:01.9 M35 D Hagmeier 57.7 Robert Buhl 57.7
Glen Queen 34-14 T Tiernon 33-84 MJS Steve Kaye 40-84 MMO Norm Bower 37-11 M40 Norm Bower 37-11 MJC Brad Ankerstar 41-5 Allen Ray 35-10 MSO Brad Ankerstar 41-5 Allen Ray 35-10 MSO Brad Ankerstar 41-5 Allen Ray 35-10 MSD Brad Ankerstar 41-5 Allen Ray 35-10 MSD D Smith 8# 40-8 F Hirsimaki 38-9 MG D Flixe 6# 24-7 MSD F Fike 6# 24-70 MSD F Fike 6# 24-70 MSD A Pitcher 4k 19-2 <u>35# Weight</u> 9-5½ M40 N Bower 45-1½ Allen Ray 32-4½ MSS J England 35-2 <u>56# Weight</u> 11-1½ MSS S Kaye 26-2 M40 N Bower 28-4 A Ray 21-2 MS5 S Kaye 26-2 M40 N Bower 28-4 A Ray 21-2	M40-44 G.Reiter 2:10.23 B.O'Connor 2:20:10 M45-49 J.Coodwin 2:30.50 T.Nuccio 2:33.98 M50-54 J.Robinson 2:38.53 P.Peterson 2:43.25 F50-54 M.Kowalski 2:52.83 R.Sobolewski2:58.84 F55-59 E.Wallace 3:36.89 M60-64 D.Smith 2:26.28 C.Orris 3:06.20 M65-69 J.Messinger 2:0.39 (age-group WR) 1 mile run M30-34 R.Terhune 5:54.43 T.Derry 5:04.49 F30-34 P.Pluhar 6:02.37 M35-39 M.Tappero 5:02:19 M40-44 G.Reiter 5:04.49 G.Heagy 5:58.73 M45-49 A.Hutchcroft5:15.62 G.Tillet 5:36.83 J.Tillet 5:49.29 M50-54 J.Robinson 6:01.89 F50-54 M.Kowalski 7:15.69 M55-59 R.Kowalski 6:03.13	J.Watry 34'9" P.Hoffman 28' MJ5-39 L.Readman 36'8%" M.Davis 34'2" M40-44 J.Hess 34'2" F40-44 N.Hamilton 16'9" F45-49 J.Neppl 38'5" E.Schmidt 35'44" M50-54 C.Klehm 41'11%" B.Warren 40'3%" F.Smith 34'3%" J.Robinson 20'10%" M55-59 B.Kemp 39'6" M60-64 P.Brusca 50'83/4" F.Wallace 33'9%" M65-69 Buschman 32'8%" F65-69 F.Berry 19' M70-74 G.Taylor 17'4" M30-34 B.Hartman 60' P.Hoffman 32' P.Jabcock 27'5" L.Crocker 27'2" M45-19 E.Schmidt 41'2" J.LaBelle 37'4" M50-54 C.Klehm 22'0" F.Smith 38'	Eugene, OR February 11 50y M30 Ken Cook 5.7 M35 Dave Hagmeir 5.6 Randy Kruse 5.7 Steve Heilman 5.7 M40 Dave Haverstock 6.6 M45 Jim Puckett 6.2 Dick R 6.2 Roy Semmel 6.3 M50 T Cannon 6.2 John Greve 6.5 Jim Schlewitz 6.8 M55 Jack Coy 6.7 M60 Tom Britton 7.1 M65 Carl Oates 7.7 M70 George O'Neill nta W40 Barbara Ballard 7.3 W45 Rose Schlewitz 8.3 440y M30 John Morris 1:01.9 M35 D Hagmeier 57.7 Robert Buhl 57.7 R Searns 1:00.5 M40 Larry Norris 58.7 Frank Lulich 1:01.5 Jim Archer 1:02.3
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Glen Queen 34-14 T Tiernon 33-84 MJS Steve Kaye 40-84 MMO Norm Bower 37-11 Allen Ray 35-10 MSO Brad Ankerstar 41-5 Allen Ray 35-10 MSO Brad Ankerstar 41-5 Allen Ray 35-10 MSO Brad Ankerstar 41-5 Allen Ray 35-10 MSO D Smith 8# 40-8 F Hirsimaki 38-9 A Jackson 36-24 M70 H Morningstar 8# 26-91 M75 L Thomas 8# 24-7 M80 P Fike 8# 22-10 MSS A Pitcher 4k 19-2 35# Weight M35 S Kaye 39-5½ M40 N Bower 45-1½ Allen Ray 32-4½ MS5 J England 35-2 56# Weight M35 S Kaye M35 S Kaye 26-2 M40 N Bower 28-4 A Ray 21-2 M55 J England 20-7 Z Mile Walk	M40-44 G.Reiter 2:10.23 B.O'Connor 2:20:10 M45-49 J.Coodwin 2:30.50 T.Nuccio 2:33.98 M50-54 J.Robinson 2:38.53 P.Peterson 2:43.25 F50-54 M.Kowalski 3:18.34 M55-59 R.Kowalski 2:52.83 R.Sobolewski 2:58.84 F55-59 E.Wallace 3:36.89 M60-64 D.Smith 2:26.28 C.Orris 3:06.20 M65-69 A.R.Terhune 5:54.43 T.Derry 5:04.49 F30-34 R.Terhune 5:54.43 T.Derry 5:04.49 F30-34 P.Pluhar 6:02.37 M35-39 M.Tappero 5:02.19 M40-44 G.Reiter 5:04.49 G.Heagy 5:58.73 M45-49 A.Rutchcroft5:15.62 G.Tillet 5:36.83 J.Tillet 5:49.29 M50-54 J.Robinson 6:01.89 F50-54 M.Kowalski 7:15.69 M55-59 R.Kowalski 6:03.13 M60-64 C.Orris 6:37.11 M65-69 A.Messinger 5:44.41	J.Watry 34'9" P.Hoffman 28' MJ5-39 L.Readman 36'8%" M.Davis 34'2" M40-44 J.Hess 34'2" F40-44 N.Hamilton 16'9" F45-49 J.Neppl 38'5" E.Schmidt 35'4½" M50-54 C.Klehm 41'11½" B.Watren 40'3%" F.Smith 34'3¼" J.Robinson 20'10½" M55-59 B.Kemp 39'6" M60-64 P.Brusca 50'83/4" F.Wallace 33'9½" M65-69 Buschman 32'8½" F65-69 F.Berry 19' M70-74 G.Taylor 17'4" <u>25=</u> M30-34 B.Hartman 60' P.Hoffman 32' P.Babcock 27'5" L.Crocker 7'2" M45-49 E.Schmidt 41'2" J.Rabelle 37'4" M50-54 C.Klehm 32' 0" F.Smith 35' L.Slick 34' J.Robinson 0'9"	Eugene, OR February 11 50y M30 Ken Cook 5.7 M35 Dave Hagmeir 5.6 Randy Kruse 5.7 Steve Heilman 5.7 M40 Dave Haverstock 6.6 M45 Jim Puckett 6.2 Dick R 6.2 Roy Semmel 6.3 M50 T Cannon 6.2 John Greve 6.5 Jim Schlewitz 6.8 M55 Jack Coy 6.7 M60 Tom Britton 7.1 M65 Carl Oates 7.7 M70 George O'Neill nta W40 Barbara Ballard 7.3 W45 Rose Schlewitz 8.3 440y M30 John Morris 1:01.9 M35 D Hagmeier 57.7 Robert Buhl 57.7 R Searns 1:00.5 M40 Larry Norris 58.7 Frank Lulich 1:01.5 Jim Archer 1:02.3 M50 John Greve 1:07.1
Glen Queen 34-14 T Tiernon 33-84 MJS Steve Kaye 40-84 M40 Norm Bower 37-11 M40 Norm Bower 37-11 MJEn Ray 35-10 M50 Brad Ankerstar 41-5 Allen Ray 35-10 M50 Brad Ankerstar 41-5 Allen Ray 35-10 M55 J England 14# 35-81 M60 D Smith 8# 40-8 F Hirsimaki 38-9 34-4 A Jackson Jackson 36-24 M70 H Morningstar 8# 24-7 M80 F Fike 8# 24-7 M80 F Fike 8# 24-7 M80 F A Pitcher 4k 19-2 35# Weight M12 S Kaye 39-5½ M40 N Bower 45-1½ Allen Ray 32-4½ M55 J England 35-3 56# Weight M12 S Kaye M55 J England 20-7 2 M40 N Bower 28-4 A Ray 21-2 M	M40-44 G.Reiter 2:10.23 B.O'Connor 2:20:10 M45-49 J.Coodwin 2:30.50 T.Nuccio 2:33.98 M50-54 J.Robinson 2:38.53 P.Peterson 2:43.25 F50-54 M.Kowalski 3:18.34 M55-59 R.Kowalski 2:52.83 R.Sobolewski 2:58.84 F55-59 E.Wallace 3:6.89 M60-64 D.Smith 2:26.28 C.Orris 3:06.20 M65-69 A.Wessinger 3:0.39 Imile run M30-34 R.Terhune 5:54.43 T.Berry 5:04.49 3:0.39 1 age-group wR) M30-34 R.Terhune 5:54.73 M35-39 M.Tappero 5:02.19 M40-44 G.Reiter 5:04.49 G.Heagy 5:58.73 M45-49 M45-49 A.Hutchcroft5:15.62 G.Tillet 5:36.83 J.Tillet 5:36.83 J.Tillet 5:36.83 J.Robinson 6:01.89 F50-54 M.Kowalski 6:03.13 M60-64	J.Watry 34'9" P.Hoffman 28' MJ5-39 L.Readman 36'8½" M.Davis 34'2" M40-44 J.Hess 34'2" F40-44 N.Hamilton 16'9" F45-49 J.Xeppl 38'5" E.Schmidt 35'4½" M50-54 C.Klehm 41'11½" B.Warren 40'3¼" F.Smith 34'3 <u>4</u> " J.Robinson 20'10½" M55-59 B.Kemp 39'6" M60-64 P.Brusca 50'83/4" F.Wallace 33'9½" M55-69 F.Berry 19' M70-74 G.Taylor 17'4" <u>153</u> M30-34 B.Hartman 60' P.Hoffman 32' F.Jabboock 27'5" L.Crocker 27'2" M45-49 E.Schmidt 41'2" J.Rabile 37'4" M50-54 C.Klehm 12''0" F.Smith 38' L.Crocker 27'2" M55-59 B.Kemp 39'6" M50-54 S.Hartman 60' P.Hoffman 32' S.LaBelle 37'4" M50-54 C.Klehm 12''0" F.Smith 38' L.Slick 34' J.Robinson 20'9"	Eugene, OR February 11 50y M30 Ken Cook 5.7 M35 Dave Hagmeir 5.6 Randy Kruse 5.7 Steve Heilman 5.7 M40 Dave Haverstock 6.6 M45 Jim Puckett 6.2 Dick R 6.2 Roy Semmel 6.3 M50 T Cannon 6.2 John Greve 6.5 Jim Schlewitz 6.8 M55 Jack Coy 6.7 M60 Tom Britton 7.1 M65 Carl Oates 7.7 M70 George 0'Veill nta W40 Barbara Ballard 7.3 W45 Rose Schlewitz 8.3 440y M30 John Morris 1:01.9 M35 D Hagmeier 57.7 Robert Buhl 57.7 Robert Buhl 57.7 Robert Buhl 57.7 Robert Buhl 57.7 Robert Buhl 57.7 Frank Lulich 1:01.5 Jim Archer 1:02.3 M50 John Kaomitoudis1:04.8 J Schlewitz 1:05.9 John Greve 1:07.1 M60 Tom Brinton 1:06.4
Glen Queen 34-14 T Tiernon 33-84 M15 Steve Kaye 40-84 M40 Norm Bower 37-11 Allen Ray 35-10 M50 Brad Ankerstar 41-5 Allen Ray 35-10 M50 Brad Ankerstar 41-5 Allen Ray 35-10 M50 Brad Ankerstar 41-5 Allen Ray 35-10 M55 J England 14# 35-84 M60 D Smith 8# 40-8 F Hirsimaki 38-9 3/4 A Jackson 36-24 M70 H Morningstar 8# 24-7 M80 P Fike 8# 22-10 3/4 M85 A Pitcher 4k 19-2 35# Weight M35 S Kaye M50 E Ankerstar 21-14 M55 J England 35-3 56# Weight M35 S Kaye M35 S Kaye 26-2 M40 N Bower 28-4 A Ray 21-2 M55 J England 20-7 2 M10 N Bower 28-4 A Ray 21-2 <	M40-44 G.Reiter 2:10.23 B.O'Connor 2:20.10 M45-49 J.Coodwin 2:30.50 T.Nuccio 2:33.98 M50-54 J.Robinson 2:38.53 P.Peterson 2:43.25 F50-54 M.Kowalski 3:18.34 M55-59 R.Kowalski 2:52.83 R.Sobolewski 2:58.84 F55-59 E.Wallace 3:36.89 M60-64 D.Smith 2:26.28 C.Orris 3:06.20 M65-69 A.Messinger 2:30.39 1 mile run M30-34 R.Terhune 5:54.43 T.Derry 5:04.49 3.39 135-39 M.Tappero 5:02.19 M40-44 G.Reiter 5:04.49 G.Heagy 5:58.73 M45-49 A.Hutchcroft5:15.62 G.Tillet 5:36.83 J.Tillet 5:36.83 J.Tillet 5:49.29 M50-54 J.Robinson 6:01.89 F50-54 M.Kowalski 7:15.69 M50-59 R.Kowalski 6:03.13 M60-64 C.Orris 6:37.11 M65-69 <th>J.Watry 34'9" P.Hoffman 28' M35-39 L.Readman 36'8½" M.Davis 34'2" M40-44 J.Hess 34'2" F40-44 N.Hamilton 16'9" F45-49 J.Xeppl 88'5" E.Schmidt 35'4½" M50-54 C.Klehm 41'11½" B.Warren 40'3¼" F.Smith 34'3¼" J.Robinson 20'10½" M55-59 B.Kemp 39'6" M60-64 P.Brusca 50'83/4" F.Wallace 33'9½" M55-69 F.Berry 19' M70-74 G.Taylor 17'4" <u>174</u> <u>175</u> M30-34 B.Hartman 60' P.Hoffman 32' F.Jabcock 27'3" L.Crocker 27'2" M45-49 E.Schmidt 41'2" J.LaBelle 5'4" M50-54 C.Klehm 32'10" F.Jabcock 27'3" L.Slick 34' J.Robinson 20'9" M50-54 C.Klehm 51'10" F.Smith 35' L.Slick 34' J.Robinson 20'9"</th> <th>Eugene, OR February 11 50y M30 Ken Cook 5.7 M35 Dave Hagmeir 5.6 Randy Kruse 5.7 Steve Heilman 5.7 M40 Dave Haverstock 6.6 M45 Jim Puckett 6.2 Dick R 6.2 Roy Semmel 6.3 M50 T Cannon 6.2 John Greve 6.5 Jim Schlewitz 6.8 M55 Jack Coy 6.7 M60 Tom Britton 7.1 M65 Carl Oates 7.7 M70 George O'Neill nta W40 Barbara Ballard 7.3 W45 Rose Schlewitz 8.3 440y M30 John Morris 1:01.9 M35 D Hagmeier 57.7 Robert Buhl 57.7 R Searns 1:00.5 M40 Larry Norris 58.7 Prank Lulich 1:01.5 Jim Archer 1:02.3 M50 John Kaomitoudis1:04.8 J Schlewitz 1:05.9 John Greve 1:07.1 M60 Tom Brinton 1:06.4 W65 Marie Stafford 1:36.0</th>	J.Watry 34'9" P.Hoffman 28' M35-39 L.Readman 36'8½" M.Davis 34'2" M40-44 J.Hess 34'2" F40-44 N.Hamilton 16'9" F45-49 J.Xeppl 88'5" E.Schmidt 35'4½" M50-54 C.Klehm 41'11½" B.Warren 40'3¼" F.Smith 34'3¼" J.Robinson 20'10½" M55-59 B.Kemp 39'6" M60-64 P.Brusca 50'83/4" F.Wallace 33'9½" M55-69 F.Berry 19' M70-74 G.Taylor 17'4" <u>174</u> <u>175</u> M30-34 B.Hartman 60' P.Hoffman 32' F.Jabcock 27'3" L.Crocker 27'2" M45-49 E.Schmidt 41'2" J.LaBelle 5'4" M50-54 C.Klehm 32'10" F.Jabcock 27'3" L.Slick 34' J.Robinson 20'9" M50-54 C.Klehm 51'10" F.Smith 35' L.Slick 34' J.Robinson 20'9"	Eugene, OR February 11 50y M30 Ken Cook 5.7 M35 Dave Hagmeir 5.6 Randy Kruse 5.7 Steve Heilman 5.7 M40 Dave Haverstock 6.6 M45 Jim Puckett 6.2 Dick R 6.2 Roy Semmel 6.3 M50 T Cannon 6.2 John Greve 6.5 Jim Schlewitz 6.8 M55 Jack Coy 6.7 M60 Tom Britton 7.1 M65 Carl Oates 7.7 M70 George O'Neill nta W40 Barbara Ballard 7.3 W45 Rose Schlewitz 8.3 440y M30 John Morris 1:01.9 M35 D Hagmeier 57.7 Robert Buhl 57.7 R Searns 1:00.5 M40 Larry Norris 58.7 Prank Lulich 1:01.5 Jim Archer 1:02.3 M50 John Kaomitoudis1:04.8 J Schlewitz 1:05.9 John Greve 1:07.1 M60 Tom Brinton 1:06.4 W65 Marie Stafford 1:36.0
Glen Queen 34-14 T Tiernon 33-84 MJS Steve Kaye 40-84 M40 Norm Bower 37-11 M40 Norm Bower 37-11 MJS Steve Kaye 40-84 M40 Norm Bower 37-11 M50 Brad Ankerstar 41-5 Allen Ray 35-10 M50 Brad Ankerstar 41-5 Allen Ray 35-10 M55 J England 14# 35-82 M60 D Smith 8# 40-8 F Hirsimaki 38-9 A Jackson 36-24 M70 H Morningstar 8# 36-91 M75 L Thomas 8# 24-7 M80 F Fike 6# 22-10 M85 A Pitcher 4k 19-2 <u>35# Weight</u> M10 N Bower M11 Ray 32-41 M55 J England 35-2 <u>56# Weight</u> M35 S Kaye M40 N Bower 28-4 A Ray 21-2 M55 J England 20-7 <u>2 Mile Walk</u> M30 Chris Knotts 15:14.9 M30 Chris Knotts 15:14.9 M30 Chris Knotts 15:14.9 <	M40-44 G.Reiter 2:10.23 B.O'Connor 2:20.10 M45-49 J.Coodwin 2:30.50 T.Nuccio 2:33.98 M50-54 J.Robinson 2:38.53 P.Peterson 2:43.25 F50-54 M.Kowalski 2:52.83 R.Sobolewski2:58.84 F55-59 E.Wallace 3:6.89 M60-64 D.Smith 2:26.28 C.Orris 3:06.20 M65-69 A.Messinger 3:0.39 (age-group WR) 3:39 1 mile run M30-34 R.Terhune 5:54.43 T.Derry 5:04.49 (Age-group WR) 3:39 1 mile run M30-34 R.Terhune 5:54.73 M30-34 R.Terhune 5:54.43 7:55.93 M35-39 M.Tappero 5:02.19 M40-44 G.Reiter 5:54.43 G.Haegy 5:54.73 3:58.73 M50-54 J.Robinson 6:01.89 F50-54 M.Kowalski 7:15.69 M55-59 R.Kowalski 6:01.13 M60-64 C.Orris	J.Watry 34'9" P.Hoffman 28' MJ5-39 L.Readman 36'8%" M.Davis 34'2" M40-44 J.Hess 34'2" F40-44 N.Hamilton 16'9" F45-49 J.Neppl 38'5" E.Schmidt 35'4%" M50-54 C.Klehm 41'11%" B.Warren 40'3%" F.Smith 34'3%" J.Robinson 20'10%" M55-59 B.Kemp 39'6" M60-64 P.Brusca 50'83/4" F.Wallace 33'9%" F65-69 F.Berry 19' M70-74 G.Taylor 17'4" <u>5'5</u> M45-49 E.Schmidt 41'2" M450-34 S.Hartman 60' P.Hoffman 32' F.Jabcock 27'5" L.Crocker 7'2" M45-49 E.Schmidt 41'2" M50-34 C.Klehm 32' 0" F.Smith 34' L.Slick 34' J.Robinson 20'99" M50-54 C.Klehm 52'0" F.Smith 34' L.Slick 34' J.Robinson 20'9" M50-54 P.Brusca 42'3"	Eugene, OR February 11 50y M30 Ken Cook 5.7 M35 Dave Hagmeir 5.6 Randy Kruse 5.7 Steve Heilman 5.7 M40 Dave Haverstock 6.6 M45 Jim Puckett 6.2 Dick R 6.2 Roy Semmel 6.3 M50 T Cannon 6.2 John Greve 6.5 Jim Schlewitz 6.8 M55 Jack Coy 6.7 M60 Tom Britton 7.1 M65 Carl Oates 7.7 M70 George O'Weill nta W45 Rose Schlewitz 8.3 440y M30 John Morris 1:01.9 M35 D Hagmeier 57.7 Robert Buhl 57.7 R Searns 1:00.5 M40 Larry Norris 58.7 Frank Lulich 1:01.5 Jim Archer 1:02.3 M50 John Greve 1:07.1 M60 Tom Britton 1:06.4 W65 Marie Stafford 1:36.0
Glen Queen 34-14 T Tiernon 33-84 M15 Steve Kaye 40-84 M40 Norm Bower 37-11 Allen Ray 35-10 M50 Brad Ankerstar 41-5 Allen Ray 35-10 M50 Brad Ankerstar 41-5 Allen Ray 35-10 M50 Brad Ankerstar 41-5 Allen Ray 35-10 M55 J England 14# 35-84 M60 D Smith 8# 40-8 F Hirsimaki 38-9 Jackson 36-24 M70 H Morningstar 8# 24-7 M80 P Fike 8# 22-10 M55 S Kaye 39-5½ M40 N Bower 45-1½ M55 J England 35-3 56# Weight 35-3 M55 J England 35-3 56# Weight 31-2 M55 S Kaye 26-2 M40 N Bower 28-4 A Ray 21-2 M55 J England 20-7 2 M1e Walk M30 Chris Knotts	M40-44 G.Reiter 2:10.23 B.O'Connor 2:20.10 M45-49 J.Coodwin 2:30.50 T.Nuccio 2:33.98 M50-54 J.Robinson 2:38.53 P.Peterson 2:43.25 F50-54 M.Kowalski 3:18.34 M55-59 R.Kowalski 2:52.83 R.Sobolewski 2:58.84 F55-59 E.Wallace 3:36.89 M60-64 D.Smith 2:26.28 C.Orris 3:06.20 M65-69 A.Messinger 3:0.39 Imile run M30-34 R.Terhune 5:54.43 T.Berry 5:04.49 3:03.99 MTappero M30-34 R.Terhune 5:58.73 M45-49 A.Hutchcroft5:15.62 G.Tillet 5:36.83 J.Tillet 5:36.83 J.Tillet 5:36.83 J.Robinson 6:01.89 F50-54 M.Kowalski 7:15.69 M55-59 R.Kowalski 6:03.13 M60-64 C.Orris 6:37.11 M65-69 A.Messinger 5:44.41 M60-64 C.Orris	J.Watry 34'9" P.Hoffman 28' MJ5-39 L.Readman 36'84' MJ5-39 L.Readman 36'84' MJ5-39 L.Readman 36'84' MJ5-39 L.Readman 36'84' M40-44 J.Hess 34'2" F40-44 N.Hamilton 16'9" F45-49 J.Xeppl 38'5" E.Schmidt 35'44'' M50-54 C.Klehm 41'114'' B.Warren 40'34'' F.Smith 34'34'' J.Robinson 20'104'' M55-59 B.Kemp 39'6' M60-64 P.Brusca 50'83/4" F.Wallace 33'94'' F.Wallace 33'94'' F.Wallace 33'94'' M55-69 F.Berry 19' M70-74 G.Taylor 17'4" M50-34 B.Hartman 60' P.Hoffman 32' F.Jabcock 27'5" L.Crocker 27'2'' M45-19 E.Schmidt 41'2'' J.Robinson 20'0'' F.Smith 38' L.Slick 34' J.Robinson 20'9'' M50-54 C.Klehm 22''0" F.Smith 38' L.Slick 34' J.Robinson 20'9'' M50-54 P.Brusca 42'3'' M65-69 N.Buschman 20'9'' M55-59 S.Gerry 9'3" 355	Eugene, OR February 11 50y M30 Ken Cook 5.7 M35 Dave Hagmeir 5.6 Randy Kruse 5.7 Steve Heilman 5.7 M40 Dave Haverstock 6.6 M45 Jim Puckett 6.2 Dick R 6.2 Roy Semmel 6.3 M50 T Cannon 6.2 John Greve 6.5 Jim Schlewitz 6.8 M55 Jack Coy 6.7 M60 Tom Britton 7.1 M65 Carl Oates 7.7 M70 George O'Neill nta W40 Jactpara Ballard 7.3 W45 Rose Schlewitz 8.3 440y M30 John Morris 1:01.9 M35 D Hagneier 57.7 Robert Buhl 57.7 R Searns 1:00.5 M40 Larry Norris 58.7 Frank Lulich 1:01.5 Jim Archer 1:02.3 M50 John Komris 1:02.3 M50 John Komrindudis! 04.8 J Schlewitz 1:05.9 John Greve 1:07.1 M60 Tom Brinton 1:06.4 W65 Marie Stafford 1:36.0 880y M35 Rick Searns 2:25.8 Ron Timmerman 2:34.2
Glen Queen 34-14 T Tiernon 33-84 33-84 M15 Steve Kaye 40-85 40-85 M40 Norm Bower 37-11 3/4 Allen Ray M50 Brad Ankerstar 41-5 Alton Hoard 27-5 M50 D Smith 8# 40-8 F Hirsimaki 38-9 M60 D Smith 8# 40-8 F Hirsimaki 36-94 40-8 M70 H Morningstar 8# 24-7 40 M80 P Fike 8# 22-10 M55 J England 14# 19-2 35# 22-10 M60 P Fike 8# 22-10 M70 H Morningstar 8# 24-7 44 M80 F Fike 8# 22-10 M55 S Kaye 39-54 40 N Bower M55 J England 35-2 56# Weight M35 S Kaye 26-2 M40 N Bower M55 J England 20-7 2 M55 J England 20-7 2 M55 J England 20-7 2 M60 Paul Alvord 17:47.9 Jim Nelson Jim Nelson 23:32.2 M50 Jack Blackburn 16:15.1 Richard Myers M60 Paul Alvord 27:14.2 M55 Bob Gardewing 22:28	M40-44 G.Reiter 2:10.23 B.O'Connor 2:20.10 M45-49 J.Coodwin 2:30.50 T.Nuccio 2:33.98 M50-54 J.Robinson 2:38.53 P.Peterson 2:43.25 F50-54 M.Kowalski 2:52.83 R.Sobolewski2:58.84 F55-59 E.Wallace 3:36.89 M60-64 D.Smith 2:26.28 C.Orris 3:06.20 M65-69 A.Messinger while 3:33 1:36.89 M60-64 D.Smith 2:26.28 C.Orris 3:03.39 1 mile run M30-34 R.Terhune 5:54.43 T.Derry 5:04.49 T.Derry 5:04.49 S0-34 P.Pluhar 6:02.37 M35-39 M.Tappero 5:02.19 M40-44 G.Reiter 5:04.49 G.Haegy 5:58.73 J.Tillet 5:36.73 M50-54 J.Robinson 6:03.13 M60-64 C.Orris 6:37.11 M55-59 R.Kowalski 6:03.13 M60-64 O.Tris 6:37.11 <th>J.Watry 34'9" P.Hoffman 28' M35-39 L.Readman 36'8%" M.Davis 34'2" M40-44 J.Hess 34'2" F40-44 N.Hamilton 16'9" F45-49 J.Neppl 38'5" E.Schmidt 35'4%" M50-54 C.Klefm 41'11'4" B.Warren 40'3%" F.Smith 34'34" J.Robinson 20'10%" M55-59 B.Kemp 39'6" M60-64 P.Brusca 50'83/4" F65-69 F.Berry 19' M70-74 G.Taylor 17'4" <u>155</u> M30-34 B.Hartman 60' P.Hoffman 32' S.Smith 32' M55-59 S.Kemp 50'5" L.Crocker 575" L.Crocker 575" M45-49 E.Schmidt 41'2" M50-54 C.Klefm 52'10" F.Smith 32' M50-64 P.Brusca 42'3" M55-69 M.Buschman 30'9" M55-69 M.Buschman 30'9" M53-69 M.Buschman 30'9"</th> <th>Eugene, OR February 11 50y M30 Ken Cook 5.7 M35 Dave Hagmeir 5.6 Randy Kruse 5.7 Steve Heilman 5.7 M40 Dave Haverstock 6.6 M45 Jim Puckett 6.2 Dick R 6.2 Roy Semmel 6.3 M50 T Cannon 6.2 John Greve 6.5 Jim Schlewitz 6.8 M55 Jack Coy 6.7 M60 Tom Britton 7.1 M65 Carl Oates 7.7 M70 George O'Weill nta W40 Barbara Ballard 7.3 W45 Rose Schlewitz 8.3 440y M30 John Morris 1:01.9 M35 D Hagmeier 57.7 Robert Buhl 57.7 R Searms 1:00.5 M40 Larry Norris 58.7 Frank Lulich 1:01.5 Jim Archer 1:02.3 M50 John Kaomitoudis1:04.8 J Schlewitz 1:05.9 John Greve 1:07.1 M60 Tom Brinton 1:06.4 W65 Marie Stafford 1:36.0 880y M35 Rick Searns 2:25.8 Ron Timmerman 2:34.2 M40 Mike Phillips 2:15.4</th>	J.Watry 34'9" P.Hoffman 28' M35-39 L.Readman 36'8%" M.Davis 34'2" M40-44 J.Hess 34'2" F40-44 N.Hamilton 16'9" F45-49 J.Neppl 38'5" E.Schmidt 35'4%" M50-54 C.Klefm 41'11'4" B.Warren 40'3%" F.Smith 34'34" J.Robinson 20'10%" M55-59 B.Kemp 39'6" M60-64 P.Brusca 50'83/4" F65-69 F.Berry 19' M70-74 G.Taylor 17'4" <u>155</u> M30-34 B.Hartman 60' P.Hoffman 32' S.Smith 32' M55-59 S.Kemp 50'5" L.Crocker 575" L.Crocker 575" M45-49 E.Schmidt 41'2" M50-54 C.Klefm 52'10" F.Smith 32' M50-64 P.Brusca 42'3" M55-69 M.Buschman 30'9" M55-69 M.Buschman 30'9" M53-69 M.Buschman 30'9"	Eugene, OR February 11 50y M30 Ken Cook 5.7 M35 Dave Hagmeir 5.6 Randy Kruse 5.7 Steve Heilman 5.7 M40 Dave Haverstock 6.6 M45 Jim Puckett 6.2 Dick R 6.2 Roy Semmel 6.3 M50 T Cannon 6.2 John Greve 6.5 Jim Schlewitz 6.8 M55 Jack Coy 6.7 M60 Tom Britton 7.1 M65 Carl Oates 7.7 M70 George O'Weill nta W40 Barbara Ballard 7.3 W45 Rose Schlewitz 8.3 440y M30 John Morris 1:01.9 M35 D Hagmeier 57.7 Robert Buhl 57.7 R Searms 1:00.5 M40 Larry Norris 58.7 Frank Lulich 1:01.5 Jim Archer 1:02.3 M50 John Kaomitoudis1:04.8 J Schlewitz 1:05.9 John Greve 1:07.1 M60 Tom Brinton 1:06.4 W65 Marie Stafford 1:36.0 880y M35 Rick Searns 2:25.8 Ron Timmerman 2:34.2 M40 Mike Phillips 2:15.4
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Glen Queen 34-14 T Tiernon 33-84 M15 Steve Kaye 40-84 M40 Norm Bower 37-11 Allen Ray 35-10 M50 Brad Ankerstar 41-5 Allen Ray 35-10 M50 Brad Ankerstar 41-5 Allen Ray 35-10 M50 Brad Ankerstar 41-5 Allen Ray 35-10 M55 J England 14# 35-84 M60 D Smith 8# 40-8 F Hirsimaki 38-9 3/4 A Jackson 36-24 M70 H Morningstar 8# 24-7 M80 P Fike 8# 22-10 3/4 M85 A Pitcher 4k 19-2 35# M40 N Bower M55 J England 35-1 M11en Ray 32-4 M55 J England 35-2 56# Weight M35 S Kaye M35 S Kaye 26-2 M40 N Bower 28-4 A Ray 21-2 M55 J England 20-7 2 M14 Walk M35 Ken Kr	M40-44 G.Reiter 2:10.23 B.O'Connor 2:20.10 M45-49 J.Coodwin 2:30.50 T.Nuccio 2:33.98 M50-54 J.Robinson 2:38.53 P.Peterson 2:43.25 F50-54 M.Kowalski 2:52.83 R.Sobolewski2:58.84 F55-59 E.Wallace 3:36.89 M60-64 D.Smith 2:26.28 C.Orris 3:06.20 M65-69 J.Messinger 3:03.9 (age-group WR) 3:03.9 1 mile run M30-34 R.Terhune 5:54.43 T.Derry 5:04.49 S:04.49 S:04.49 S0-34 P.Pluhar 6:02.37 M35-39 M.Tappero 5:02.19 M40-44 G.Reiter 5:04.49 G.Tillet 5:36.73 J.Tillet 5:36.73 M50-54 J.Robinson 6:03.13 M50-54 J.Robinson 6:31.31 M60-64 Corris 6:37.11 M55-39 R.Kowalski 7:15.69 M55-39 R.Kowalski 6:03.13	J.Natry 34'9" P.Hoffman 28' M35-39 L.Readman 36'8½" M.Davis 34'2" M40-44 J.Hess 34'2" F40-44 N.Hamilton 16'9" F45-49 J.Neppl 38'5" E.Schmidt 35'4½" M50-54 C.Klehm 41'11½" B.Narren 40'3¼" F.Smith 34'3ξ" J.Robinson 20'10½" M55-59 B.Kemp 39'6" M60-64 P.Brusca 50'83/4" F.Wallace 33'9½" M55-69 Buschman 32'8½" F65-69 F.Berry 19' M70-74 G.Taylor 17'4" M50-34 B.Hartman 60' P.Hoffman 32' F.Jabcock 27'5" L.Grocker 77'2" M55-49 E.Schmidt 41'2" J.Labelle 37'4" M50-34 C.Klehm 32'1" J.Labelle 37'4" M50-34 C.Klehm 32'1" J.Robinson 20'9" M50-34 C.Klehm 32'3" M55-69 F.Berry 9'3" M55-69 F.Berry 9'3" M50-34 C.Klehm 32'1" L.Slick 34' J.Robinson 20'9" M50-34 P.Brusca 42'3" M65-69 M.Buschman 30'9" M50-69 M.Buschman 30'9" M50-69 M.Buschman 30'9" M51-20 B.Kemp 37'2" M50-64 P.Brusca 42'3" M65-69 M.Buschman 30'9" M50-64 P.Brusca 42'3" M55-69 M.Buschman 30'9" M51-20 B.Kemp 37'2" M50-64 P.Brusca 42'3" M55-69 M.Buschman 30'9" P.Gabcock 7'5" M40-44 John Hess 25'	Eugene, OR February 11 50y M30 Ken Cook 5.7 M35 Dave Hagmeir 5.6 Randy Kruse 5.7 Steve Heilman 5.7 M4D Dave Haverstock 6.6 M45 Jim Puckett 6.2 Dick R 6.2 Roy Semmel 6.3 M50 T Cannon 6.2 John Greve 6.5 Jim Schlewitz 6.8 M55 Jack Coy 6.7 M60 Tom Britton 7.1 M65 Carl Oates 7.7 M70 George O'Veill nta W40 Barbara Ballard 7.3 W45 Rose Schlewitz 8.3 440y M30 John Morris 1:01.9 M35 D Hagmeier 57.7 Robert Buhl 57.7 Robert Buhl 57.7 Robert Buhl 57.7 Rober
Glen Queen 34-14 T Tiernon 33-84 MJS Steve Kaye 40-84 MMO Norm Bower 37-11 Allen Ray 35-10 MSO Brad Ankerstar 41-5 Allen Ray 35-10 MSO Brad Ankerstar 41-5 Allen Ray 35-10 MSO Brad Ankerstar 41-5 Allen Ray 35-10 MSO D Smith 8# 40-8 F Hirsimaki 38-9 A Jackson 36-24 M70 H Morningstar 8# 24-7 MSO E Fike 8# 22-10 MSS A Pitcher 4k 19-2 35# Weight MJS S Kaye 39-5½ M40 N Bower 45-1½ Allen Ray 32-4½ MSS J England 35-2 56# Weight M35 S M35 S Kaye 26-2 M40 N Bower 28-4 A Ray 21-2 MS5 J England 20-7 Z Mie Walk M30 Chris Knotts 1	M40-44 G.Reiter 2:10.23 B.O'Connor 2:20:10 M45-49 J.Coodwin 2:30.50 T.Nuccio 2:33.98 M50-54 J.Robinson 2:38.53 P.Peterson 2:43.25 F50-54 M.Kowalski 3:18.34 M55-59 R.Kowalski 2:52.83 R.Sobolewski 2:58.84 F55-59 E.Wallace 3:36.89 M60-64 D.Smith 2:26.28 C.Orris 3:06.20 M65-69 A.Messinger 2:30.39 H30-34 R.Terhune 5:54.43 T.Derry 5:04.49 F30-34 P.Pluhar 6:02.37 M35-39 M.Tappero 5:02.19 M40-44 G.Reiter 5:04.49 G.Heagy 5:58.73 M45-49 A.Hutchcrofts:15.62 G.Tillet 5:36.83 J.Tillet 5:49.29 M50-54 J.Robinson 6:01.89 F50-54 M.Kowalski 7:15.69 M55-59 R.Kowalski 6:03.13 M60-64 C.Orris 6:37.11 M65-69 A.Messinger 5:44.41 Zmile run M30-34 J.Dickey 10:48 S.Okrend 10:57 B.Pax 11:03 M35-39 R.Green 0:15.01 M.Tappero 0:20.9 M.Classen 10:50.20 M40-44 L.Voss 11:2'.02 M40-44 L.Voss 11:2'.02 M40-44 M.Kowalski 13:50.13	J.Watry 34'9" P.Hoffman 28' MJ5-39 L.Readman 36'8%" M.Davis 34'2" M40-44 J.Hess 34'2" F40-44 N.Hamilton 16'9" F45-49 J.Neppl 38'5" E.Schmidt 35'44" M50-54 C.Klehm 41'114" B.Warren 40'34" F.Smith 34'34" J.Robinson 20'104" M55-59 B.Kemp 39'6" M60-64 P.Brusca 50'83/4" F65-69 F.Berry 19' M70-74 G.Taylor 17'4" <u>515</u> M50-54 S.Hartman 60' P.Hoffman 32' P.Babcock 27'5" L.Crocker 7'2" M50-54 C.Klehm 41'2" M50-54 S.Hartman 60' P.Hoffman 32' F.Smith 34' L.Silck 34' J.Robinson 0'9" M50-54 C.Klehm 42'0" F.Smith 8' L.Silck 34' J.Robinson 0'9" M50-54 C.Klehm 42'0" F.Smith 8' L.Silck 34' J.Robinson 0'9" M50-54 C.Klehm 42'10" F.Smith 8' L.Silck 34' J.Robinson 0'9" M51-09 S.Kemp 37'2" M60-04 P.Brusca 42'3" M65-69 M.Buschman 20'9" M51-59 B.Kemp 37'2" M60-64 P.Brusca 42'3" M65-69 F.Berry 9'3" <u>55</u> M30-34 B.Hartman 45' P.Hoffman 23'1" L.Crocker 20'9" P.Babcock 17'5" M40-44 John Hess 25' M45-49 E.Schmidt 27'6"	Eugene, OR February 11 50y M30 Ken Cook 5.7 M35 Dave Hagmeir 5.6 Randy Kruse 5.7 Steve Heilman 5.7 M40 Dave Haverstock 6.6 M45 Jim Puckett 6.2 Dick R 6.2 Roy Semmel 6.3 M50 T Cannon 6.2 John Greve 6.5 Jim Schlewitz 6.8 M55 Jack Coy 6.7 M60 Tom Britton 7.1 M65 Carl Oates 7.7 M70 George O'Neill nta W40 Barbara Ballard 7.3 M40 Dohn Morris 1:01.9 M35 D Hagmeier 57.7 Robert Buhl 57.7 R Searms 1:00.5 M40 Larry Norris 58.7 Frank Lulich 1:01.5 Jim Archer 1:02.3 M50 John Kaomitoudis!:04.8 J Schlewitz 1:05.9 John Greve 1:07.1 M60 Tom Brinton 1:06.4 W65 Marie Stafford 1:36.0 880y M35 Rick Searns 2:25.8 Ron Timmerman 2:34.2 M40 Mike Phillips 2:15.4 Les Castle 2:44.4 W40 B Ballard 2:49.5
Glen Queen 34-14 T Tiernon 33-84 33-84 M15 Steve Kaye 40-84 40 Norm Bower 37-11 3/4 Allen Ray 35-10 M50 Brad Ankerstar 41-5 Alton Hoard 27-5 3/4 M55 J England 14# 35-84 40 D Smith 8# 40-8 F Hirsimaki 38-9 3/4 A Jackson 36-24 36-24 M70 H Morningstar 8# 24-7 M80 P Fike 8# 22-10 3/4 M85 A Pitcher 4k 19-2 35# Weight M55 J England 35-3 56# Weight 35-3 M50 E Ankerstar 21-13 M55 J England 35-3 56# Weight 31-2 M55 J England 35-3 56# Weight 31-2 M55 J England 20-7 2 M16 Walk 17:47.9 M55 Ken Kroner 23:31.8 M40 Paul Alvord 17:47.9 Jack Blackburn 16:15.1 Richard Myers 19:45.0 A Hoard 27:14.2 M60 Allan Jackson	 M40-44 G.Reiter 2:10.23 B.O'Connor 2:20:10 M45-49 J.Coodwin 2:30.50 T.Nuccio 2:33.98 M50-54 J.Robinson 2:38.53 P.Peterson 2:43.25 P50-54 M.Kowalski 3:18.34 M55-59 R.Kowalski 2:52.83 R.Sobolewski 2:58.84 F55-59 E.Wallace 3:36.89 M60-64 D.Smith 2:26.28 C.Orris 3:06.20 M65-69 A.Messinger 3:00.39 Imile run M30-34 R.Terhune 5:54.43 T.Berry 5:04.49 F30-34 R.Terhune 5:54.43 T.Berry 5:04.49 F30-34 P.Pluhar 6:02.37 M35-39 M.Tappero 5:02.19 M40-44 G.Reiter 5:04.49 G.Heagy 5:58.73 M45-49 A.Hutchcroft5:15.62 G.Tillet 5:36.83 J.Tillet 5:49.29 M50-54 J.Robinson 6:01.89 F50-54 M.Kowalski 7:15.69 M55-39 R.Kowalski 6:03.13 M60-64 C.Orris 6:37.11 M65-69 A.Messinger 5:44.41 Zmile run M30-34 J.Dickey 10:48 S.Okrend 10:57 B.Pax 11:03 M35-39 R.Green 0:15.01 M.Tappero 0:20.91 M.GLassen 10:50.20 M35-39 R.Kowalski 12:50.13 M35-39 R.Kowalski 12:50.13 M55-39 R.Kowalski 12:50.13 M55-39 R.Kowalski 13:50.13 M55-39 R.Kowalski 13:50.13 	J.Natry 34'9" P.Hoffman 23' M35-39 L.Readman 36'8½" M.Davis 34'2" M40-44 J.Hess 34'2" F40-44 N.Hamilton 16'9" F45-49 J.Neppl 38'5" E.Schmidt 35'44" M50-54 C.Klehm 41'11½" B.Narren 40'3¼" F.Smith 34'34" J.Robinson 20'10½" M55-59 B.Kemp 39'6" M60-64 P.Brusca 50'83/4" F.Wallace 33'9½" F65-69 F.Berry 19' M70-74 G.Taylor 17'4" <u>153</u> M30-34 B.Hartman 60' P.Hoffman 32' F.Jabcock 27'5" L.Crocker 27'2" M50-34 C.Klehm 32'10" F.Smith 34' J.Robinson 20'94" M50-34 B.Hartman 60' F.Smith 34' J.Robinson 20'94" M50-34 C.Klehm 32'10" S.Schubelle 37'4" J.Robinson 20'94 M50-34 C.Klehm 32'10" J.Nooinson 20'94 M50-34 C.Klehm 32'10" M50-64 P.Brusca 42'3" M50-69 N.Buschman 30'94" S.Schubelle 37'44 M50-34 C.Klehm 32'10" M50-64 P.Brusca 42'3" M55-69 S.Schubelle 27'5" M50-54 C.Klehm 34'1"	Eugene, OR February 11 50y M300 Ken Cook 5.7 M35 Dave Hagmeir 5.6 Randy Kruse 5.7 Steve Heilman 5.7 Steve Heilman 5.7 M40 Dave Haverstock 6.6 M45 Jim Puckett 6.2 Dick R 6.2 Roy Semmel 6.3 M50 T Cannon 6.2 John Greve 6.5 Jim Schlewitz 6.8 M55 Jack Coy 6.7 M60 Tom Britton 7.1 M65 Carl Oates 7.7 M70 George O'Neill nta W40 Barbara Ballard 7.3 W45 Rose Schlewitz 8.3 440y M30 John Morris 1:00.5 M30 John Morris 1:00.5 M40 Larry Norris 58.7 Frank Lulich 1:01.9 M50 John Kaomitoudis! 1:04.8 J Schlewitz John Greve 1:07.1 M60 Tom Brinton 1:06.4 W65 Marie Stafford 1:36.0 880y M35 R
Glen Queen 34-14 T Tiernon 33-84 MJS Steve Kaye 40-84 MMO Norm Bower 37-11 M40 Norm Bower 37-11 MJEN Steve Kaye 40-84 MMO Norm Bower 37-11 MJEN Steve Kaye 40-84 MAD Norm Bower 37-11 MJS Brad Ankerstar 41-5 Allen Ray 35-10 MSD Brad Ankerstar 41-5 Allen Ray 35-7 MGO D Smith 8# 40-8 F Hirsimaki 38-9 MSD F Fike 8# 24-7 MSD F Fike 8# 24-7 MSD A Pitcher 4k 19-2 35# Weight MJS S Kaye 39-5½ M40 N Bower 45-1½ Allen Ray 32-4½ MSS J England 35-3 56# Weight MS MJS S Kaye 26-2 M40 N Bower 28-4 A Ray 21-2 MSS J England 20-7 2 MIE Walk M30 Chris Knotts 15:14.9	M40-44 G.Reiter 2:10.23 B.O'Connor 2:20:10 M45-49 J.Coodwin 2:30.50 T.Nuccio 2:33.98 M50-54 J.Robinson 2:38.53 P.Peterson 2:43.25 F50-54 M.Kowalski 2:52.83 R.Sobolewski2:58.84 F55-59 E.Wallace 3:6.89 M60-64 D.Smith 2:26.28 C.Orris 3:06.20 M65-69 J.Messinger wn30.39 (age-group wn30.39) (age-group wn30.39) 1 mile run M30-34 R.Terhune 5:54.43 T.Derry 5:04.49 S:04.49 S:04.49 S0-34 P.Pluhar 6:02.37 M35-39 M.Tappero 5:02.19 M40-44 G.Reigy 5:38.73 J.Tillet 5:34.43 J.Tillet 5:34.43 J.Tillet 5:38.73 M35-39 R.Kowalski 7:15.62 G.Tillet 5:36.73 M45-49 A.Hutchcrofts:15.62 G.Tillet 5:37.11 M50-54 M.Kowalski 6:03.13 M60-64 C.OTris 6:37.11	J.Watry 34'9" P.Hoffman 28' MJ5-39 L.Readman 36'8%" M.Davis 34'2" M40-44 J.Hess 34'2" F40-44 N.Hamilton 16'9" F45-49 J.Neppl 38'5" E.Schmidt 35'44" M50-54 C.Klehm 41'114" B.Watren 40'34" F.Smith 34'34" J.Robinson 20'104" M55-59 B.Kemp 39'6" M60-64 P.Brusca 50'83/4" F.Wallace 33'94" F65-69 F.Berry 19' M70-74 G.Taylor 17'4" M50-34 B.Hartman 60' P.Hoffman 32' B.Sairth 34'3 M50-34 B.Hartman 60' F.J.Crocker 7'2" M45-49 E.Schmidt 41'2" J.Robinson 20'19 M50-54 C.Klehm 2'3" M50-54 C.Klehm 2'3" M50-54 F.Berry 9' M50-54 C.Klehm 2'3" M50-54 C.Klehm 31'2" M50-54 F.Berry 9'3" M50-54 C.Klehm 31'2" M50-54 C.Klehm 31'2" M50-54 B.Hartman 45' J.Robinson 20'9" M51-39 B.Komp 37'2" M65-69 M.Buschman 30'9" M51-39 B.Kamp 37'2" M65-69 F.Berry 9'3" M55-69 F.Berry 9'3" M55-69 F.Berry 9'3" M55-69 F.Berry 9'3" M55-69 F.Berry 9'3" M55-69 F.Berry 9'3" M55-69 F.Berry 9'3"	Eugene, OR February 11 50y M30 Ken Cook 5.7 M35 Dave Hagmeir 5.6 Randy Kruse 5.7 Steve Heilman 5.7 M40 Dave Haverstock 6.6 M45 Jim Puckett 6.2 Dick R 6.2 Roy Semmel 6.3 M50 T Cannon 6.2 John Greve 6.5 Jim Schlewitz 6.8 M55 Jack Coy 6.7 M60 Tom Britton 7.1 M65 Carl Oates 7.7 M70 George O'Neill nta W40 Barbara Ballard 7.3 W45 Rose Schlewitz 8.3 440y M30 John Morris 1:01.9 M55 D Hagmeier 57.7 Robert Buhl 57.7 R Searns 1:00.5 M40 Larry Norris 58.7 Prank Lulich 1:01.5 Jim Archer 1:02.3 M50 John Kaomitoudis1:04.8 J Schlewitz 1:05.9 John Greve 1:07.1 M60 Tom Brinton 1:06.4 W65 Marie Stafford 1:36.0 880y M35 Rick Searns 2:25.8 Ron Timmerman 2:34.2 M40 Mike Phillips 2:15.4 Les Castle 2:44.4 M50 Ken Ogden 2:24.4 W40 Rod Malone 4:53.5 Nike Phillips 5:03.1
Glen Queen 34-14 T Tiernon 33-84 M35 Steve Kaye 40-84 M40 Norm Bower 37-11 Allen Ray 35-10 M50 Brad Ankerstar 41-5 Allen Ray 35-10 M50 Brad Ankerstar 41-5 Allen Ray 35-10 M50 Brad Ankerstar 41-5 Alton Hoard 27-5 M60 D Smith 8# 40-8 F Hirsimaki 38-9 M60 D Smith 8# 40-8 F Hirsimaki 38-9 M75 L Thomas 8# 24-7 M80 F Fike 8# 22-10 M55 S Kaye 39-5½ M40 N Bower 45-1½ M55 J England 35-3 56# Weight 35-3 M55 J England 35-3 56# Weight 31-2 M55 S Kaye 26-2 M40 N Bower 28-4 A Ray 21-2 M55 J England 20-7 2 M1e Walk M30 Chris Knotts <td< th=""><th>M40-44 G.Reiter 2:10.23 B.O'Connor 2:20:10 M45-49 J.Coodwin 2:30.50 T.Nuccio 2:33.98 M50-54 J.Robinson 2:38.53 P.Peterson 2:43.25 F50-54 M.Kowalski 3:18.34 M55-59 R.Kowalski 3:18.34 M55-59 R.Kowalski 2:52.83 R.Sobolewski 2:58.84 F55-59 E.Wallace 3:36.89 M60-64 D.Smith 2:26.28 C.Orris 3:006.20 M65-69 A.Messinger 3:30.39 I mile run M30-34 R.Terhune 5:54.43 T.Berry 5:04.49 F30-34 P.Pluhar 6:02.37 M35-39 M.Tappero 5:02.19 M40-44 G.Reiter 5:04.49 G.Heagy 5:58.73 M45-49 A.Hutchcrofts:15.62 G.Tillet 5:49.29 M50-54 J.Robinson 6:01.89 F50-54 M.Kowalski 7:15.69 M55-39 R.Kowalski 6:03.13 M60-64 C.Orris 6:37.11 M65-69 A.Messinger 5:44.41 Zmile run M30-34 J.Dickey 10:48 S.Okrend 10:57 B.Pax 11:03 M35-39 R.Kowalski 6:03.13 M60-64 C.Orris 6:37.11 M65-69 A.Messinger 5:44.41 Zmile run M30-34 J.Dickey 10:48 S.Okrend 10:57 B.Pax 11:03 M35-39 R.Kowalski 10:50.10 M35-39 R.Kowalski 10:50.10 M35-39 R.Kowalski 10:50.13 M35-39 R.Kowalski 11:03 M35-39 R.Kowalski 11:03 M35-39 R.Kowalski 11:03 M35-39 R.Kowalski 11:03 M35-39 R.Kowalski 11:15.01 M60-64 C.Orris 13:50.13 M55-39 R.Kowalski 11:15.01 M60-64 C.Orris 13:50.13</th><th>J.Natry 34'9" P.Hoffman 23' M35-39 L.Readman 36'8½" M.Davis 34'2" M40-44 J.Hess 34'2" F40-44 N.Hamilton 16'9" F45-49 J.Xeppl 85'5" E.Schmidt 35'44" M50-54 C.Klehm 41'11½" B.Narren 40'3¼" F.Smith 34'34" J.Robinson 20'10½" M55-59 B.Kemp 39'6" M60-64 P.Brusca 50'83/4" F.Wallace 33'9½" M55-69 F.Berry 19' M70-74 G.Taylor 17'4" M50-34 S.Hartman 60' P.Hoffman 32' F.Jabcock 27'3" L.Crocker 17'2" M50-34 S.Hartman 60' F.Smith 34' M50-34 C.Klehm 12' T.Jabcock 17'3" L.Slick 34' J.Robinson 20'9" M50-34 S.Hartman 5' P.Hoffman 32' M50-34 C.Klehm 12'0" F.Smith 3' L.Slick 34' J.Robinson 20'9" M50-34 B.Hartman 45' P.Hoffman 21'1" M50-34 B.Hartman 45' P.Hoffman 31'1" L.Crocker 20'9" M50-34 B.Hartman 45' P.Hoffman 31'1" L.Crocker 20'9" M50-34 B.Hartman 45' P.Hoffman 31'1" L.Crocker 20'9" M50-34 John Hess 35' M45-49 E.Schmidt 27'6" M50-54 C.Klehm 34'1" Warren 31'2" L.Slick 34'1" M50-54 C.Klehm 34'1" Warren 31'2" L.Slick 34'1" Warren 31'2" L.Slick 34'1"</th><th>Eugene, OR February 11 50y M30 Ken Cook 5.7 M35 Dave Hagmeir 5.6 Randy Kruse 5.7 Steve Haiman 5.7 Steve Heilman 5.7 M4D Dave Haverstock 6.6 M45 Jim Puckett 6.2 Dick R 6.2 Roy Semmel 6.3 M50 T Cannon 6.2 John Greve 6.5 Jim Schlewitz 6.8 M55 Jack Coy 6.7 M60 Tom Britton 7.1 M65 Carl Oates 7.7 M70 George O'Neill nta W40 Barbara Ballard 7.3 W45 Rose Schlewitz 8.3 440y M30 John Morris 1:00.5 M30 John Morris 1:00.5 M40 Larry Norris 58.7 Frank Lulich 1:01.9 M50 John Kaomitoudis! 1:04.8 J Schlewitz John Greve 1:00.5 M40 Larry Norris 58.7 Frank Lulich 1:05.9 John Kaomitoudis! 1:04.8 <!--</th--></th></td<>	M40-44 G.Reiter 2:10.23 B.O'Connor 2:20:10 M45-49 J.Coodwin 2:30.50 T.Nuccio 2:33.98 M50-54 J.Robinson 2:38.53 P.Peterson 2:43.25 F50-54 M.Kowalski 3:18.34 M55-59 R.Kowalski 3:18.34 M55-59 R.Kowalski 2:52.83 R.Sobolewski 2:58.84 F55-59 E.Wallace 3:36.89 M60-64 D.Smith 2:26.28 C.Orris 3:006.20 M65-69 A.Messinger 3:30.39 I mile run M30-34 R.Terhune 5:54.43 T.Berry 5:04.49 F30-34 P.Pluhar 6:02.37 M35-39 M.Tappero 5:02.19 M40-44 G.Reiter 5:04.49 G.Heagy 5:58.73 M45-49 A.Hutchcrofts:15.62 G.Tillet 5:49.29 M50-54 J.Robinson 6:01.89 F50-54 M.Kowalski 7:15.69 M55-39 R.Kowalski 6:03.13 M60-64 C.Orris 6:37.11 M65-69 A.Messinger 5:44.41 Zmile run M30-34 J.Dickey 10:48 S.Okrend 10:57 B.Pax 11:03 M35-39 R.Kowalski 6:03.13 M60-64 C.Orris 6:37.11 M65-69 A.Messinger 5:44.41 Zmile run M30-34 J.Dickey 10:48 S.Okrend 10:57 B.Pax 11:03 M35-39 R.Kowalski 10:50.10 M35-39 R.Kowalski 10:50.10 M35-39 R.Kowalski 10:50.13 M35-39 R.Kowalski 11:03 M35-39 R.Kowalski 11:03 M35-39 R.Kowalski 11:03 M35-39 R.Kowalski 11:03 M35-39 R.Kowalski 11:15.01 M60-64 C.Orris 13:50.13 M55-39 R.Kowalski 11:15.01 M60-64 C.Orris 13:50.13	J.Natry 34'9" P.Hoffman 23' M35-39 L.Readman 36'8½" M.Davis 34'2" M40-44 J.Hess 34'2" F40-44 N.Hamilton 16'9" F45-49 J.Xeppl 85'5" E.Schmidt 35'44" M50-54 C.Klehm 41'11½" B.Narren 40'3¼" F.Smith 34'34" J.Robinson 20'10½" M55-59 B.Kemp 39'6" M60-64 P.Brusca 50'83/4" F.Wallace 33'9½" M55-69 F.Berry 19' M70-74 G.Taylor 17'4" M50-34 S.Hartman 60' P.Hoffman 32' F.Jabcock 27'3" L.Crocker 17'2" M50-34 S.Hartman 60' F.Smith 34' M50-34 C.Klehm 12' T.Jabcock 17'3" L.Slick 34' J.Robinson 20'9" M50-34 S.Hartman 5' P.Hoffman 32' M50-34 C.Klehm 12'0" F.Smith 3' L.Slick 34' J.Robinson 20'9" M50-34 B.Hartman 45' P.Hoffman 21'1" M50-34 B.Hartman 45' P.Hoffman 31'1" L.Crocker 20'9" M50-34 B.Hartman 45' P.Hoffman 31'1" L.Crocker 20'9" M50-34 B.Hartman 45' P.Hoffman 31'1" L.Crocker 20'9" M50-34 John Hess 35' M45-49 E.Schmidt 27'6" M50-54 C.Klehm 34'1" Warren 31'2" L.Slick 34'1" M50-54 C.Klehm 34'1" Warren 31'2" L.Slick 34'1" Warren 31'2" L.Slick 34'1"	Eugene, OR February 11 50y M30 Ken Cook 5.7 M35 Dave Hagmeir 5.6 Randy Kruse 5.7 Steve Haiman 5.7 Steve Heilman 5.7 M4D Dave Haverstock 6.6 M45 Jim Puckett 6.2 Dick R 6.2 Roy Semmel 6.3 M50 T Cannon 6.2 John Greve 6.5 Jim Schlewitz 6.8 M55 Jack Coy 6.7 M60 Tom Britton 7.1 M65 Carl Oates 7.7 M70 George O'Neill nta W40 Barbara Ballard 7.3 W45 Rose Schlewitz 8.3 440y M30 John Morris 1:00.5 M30 John Morris 1:00.5 M40 Larry Norris 58.7 Frank Lulich 1:01.9 M50 John Kaomitoudis! 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Glen Queen 34-14 T Tiernon 33-84 9 M15 Steve Kaye 40-83 400 Norm Bower 37-11 3/4 Allen Ray 35-10 M50 Brad Ankerstar 41-5 Alton Hoard 27-5 3/4 M55 J England 14# 35-84 M60 D Smith 8# 40-8 40 F Hirsimaki 38-9 3/4 A Jackson 36-24 36-24 M70 H Morningstar 8# 24-7 M80 F Fike 8# 22-10 3/4 M85 A Pitcher 4k 19-2 35# M40 N Bower 45-1 4 45-1 4 35-3 35# M20 E Fike 8# 22-10 3/4 M85 A Pitcher 4k 19-2 35# 34 M55 S Kaye 30-5 4 35-3 34 M55 J England 35-3 35 35 56# Weight 15:14.9 35 32.2.2 M55 J England 20-7 2 M10 N Bower 28-4 A Ray 21-2 M55 Ken Kroner 23:31.8 33:32.2 33:32.2 M50 Jack Blackburn 16:15.1 Richard Myers 19:45.0 A Heard 27:14.2 M60 Allan Jackson <th>M40-44 G.Reiter 2:10.23 B.O'Connor 2:20:10 M45-49 J.Coodwin 2:30.50 T.Nuccio 2:33.98 M50-54 J.Robinson 2:38.53 P.Peterson 2:43.25 F50-54 M.Kowalski 3:18.34 M55-59 R.Kowalski 2:52.83 R.Sobolewski 2:58.84 F55-59 E.Wallace 3:36.89 M60-64 D.Smith 2:26.28 C.Orris 3:06.20 M65-69 A.Messinger 3:30.39 1 mile run M30-34 R.Terhune 5:54.43 T.Berry 5:04.49 F30-34 P.Pluhar 6:02.37 M35-39 M.Tappero 5:02.19 M40-44 G.Reiter 5:04.49 G.Heagy 5:58.73 M45-49 A.Hutchcrofts:15.62 G.Tillet 5:36.83 J.Tillet 5:49.29 M50-54 M.Kowalski 7:15.69 M55-59 R.Kowalski 7:15.69 M55-59 R.Kowalski 7:15.69 M55-59 R.Kowalski 7:15.60 M55-59 R.Kowalski 7:15.60 M55-59 R.Kowalski 7:15.60 M55-59 R.Kowalski 7:15.60 M55-59 R.Kowalski 7:15.60 M55-59 R.Kowalski 7:15.60 M55-39 R.Kowalski 7:15.01 M30-34 J.Dickey 10:48 S.Okrend 10:57 B.Pax 11:03 M35-39 R.Coren 0:15.01 M.Tappero 0:20.91 M.GLassen 10:50.13 M35-39 R.Kowalski 13:50.13 M55-39 R.Kowalski 13:50.13 M55-39 R.Kowalski 13:50.13 M55-39 R.Kowalski 13:50.13 M55-39 R.Kowalski 11:45.01 M60-64 C.Orris 13:50.02 1 mile racewalk M30-34 L.Crocker 9:14 M30-34 L.Crocker 9:14 M30-34 L.Crocker 9:14 M30-34 L.Crocker 9:14</th> <th>J.Watry 34'9" P.Hoffman 28' MJ5-39 L.Readman 36'8%" M.Davis 34'2" M40-44 J.Hess 34'2" F40-44 N.Hamilton 16'9" F45-49 J.Neppl 38'5" E.Schmidt 35'4%" M50-54 C.Klehm 41'11'4" B.Warren 40'3%" F.Smith 34'34" J.Robinson 20'10%" M55-59 B.Kemp 39'6" M50-64 P.Brusca 50'83/4" F65-69 F.Berry 19' M70-74 G.Taylor 17'4" M50-34 B.Hartman 60' P.Hoffman 32' L.Crocker 17'2" M45-49 E.Schmidt 41'2" M50-34 C.Klehm 32'10" F.Smith 38' L.Slick 34' J.Robinson 20'9" M50-69 F.Berry 9' M50-69 F.Berry 9' M50-69 M.Buschman 30'9" M50-69 F.Berry 9' M50-54 C.Klehm 32'10" F.Smith 38' L.Slick 34' J.Robinson 20'9" M51-59 S.Kemp 97'2" M60-64 P.Brusca 42'3" M50-69 M.Buschman 30'9" M51-69 M.Buschman 30'9" M51-69 M.Buschman 30'9" M51-69 M.Buschman 30'9" M50-64 P.Brusca 42'3" M50-64 P.Brusca 42'3" M50-64 P.Brusca 42'3" M50-69 M.Buschman 30'9" M51-59 S.Kemp 9'3" M50-64 John Hess 55' M40-44 John Hess 55' M40-44 John Hess 55' M50-54 C.Klehm 31'1" L.Slick 25' M50-54 C.Klehm 31'1" Karen 31'3" L.Slick 25' M50-54 C.Klehm 31'1"</th> <th>Eugene, OR February 11 50y M30 Ken Cook 5.7 M35 Dave Hagmeir 5.6 Randy Kruse 5.7 Steve Heilman 5.7 Steve Heilman 5.7 M40 Dave Haverstock 6.6 M45 Jim Puckett 6.2 Dick R 6.2 Roy Semmel 6.3 M50 T Cannon 6.2 John Greve 6.5 Jim Schlewitz 6.8 M55 Jack Coy 6.7 M60 Tom Britton 7.1 M65 Carl Oates 7.7 M70 George O'Neill nta W40 Actbara Ballard 7.3 W45 Rose Schlewitz 8.3 440y 100.5 M30 John Morris 1:00.5 M40 John Morris 1:01.9 M35 D Hagmeier 57.7 R Searms 1:00.5 M40 John Amortis 1:01.5 Jim Archer 1:02.3 M50 John Kaomtoudis! 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	T.LaBeau	19'105"	\$50-54 C.H B.V
	J.Watry	19.75"	L.5
	D.Dothard	18'5"	M55-59 B.H
	M.Davis	18'34"	M65-69 M.E
	G.Scott Ewing	17.5	M70-74 G.1
	Castens	15.9"	and the second
	Hinton	14'55"	North R
	Ţinale	11'	
	G.Reiter	•18.8.	CSUB
	D.Hill	16'9"	Califo
	S.Huddlesto	n 12'2'-"	Bake
	Eidahl L.Stopoulos		Feb
	G.LaBelle	13'	TABLE LAW
	P.Stopoulos		100m M30 Rooseve
	Warren	15'5"	M45 Juan B
	Robinson	11'15"	M50 Ken Der
	B.Ackerman	16'1"	M70 Al Guid
	H.Brown	1'9'2"	200m
	Larsen Buschman	15'8"	M40 Don Par
2	F.Berry	9'45"	M45 J Busta
	G.Taylor	9.1.	M50 K Denni 400m
	TT THERE		M40 D Parke
1	jump	March	110mH
		41 . 2.	M50 Jerry S
ł	Ewing	28'5"	(age-54
		37'6" 35'73/4"	M70 Al Guid
	D.Eidahl P.Stopoulos		High Jump
	Ackerman	30'8"	M50 Dwaine Jerry S
	G. Taylor	19'6"	Pole Vault
	Stand-	State Inch ?	M50 J Stan
u	mp	CARN STR	Shot Put
	J.Watry	6'4"	M35 Gary Ke
	M.Davis J.Meisner	5'5"	M50 Jon Mag
	B.Mills	4'10"	M55 Stu The
	G.LaBelle	4.4.	M65 Bob Sto
	F.Smith	5.4.	M70 Ross Ca
	M. Davidson		11 St. 5 St. 1
	3.Ackerman	1.8.	Discus
	B.Kemp	4"2"	M35 Gary Ke
	Buschman	412"	M50 Jon Mag Jerry S
	W.Ragland G.Taylor	3.8.	Dwaine
	0. nayior		M55 Stu Tho
		CALL FOR	M65 Bob Sto
a	ult	a vinte that a state	Hammer
1	C.Burnard	13'6"	M50 J Magnu
÷	R.Suiter	13'	M55 Stu Tho 35# Weight
	G.Silbaugh	12* 14*	M35 G Kelme
	J.Anderson M.Davis	12'6"	M35 G Kelme M50 J Magnu
	M.Norberg	11.	M65 Bob Sto
	T.Schwab	9.	
	B. Kemp	7'6"	NOR
	B.Ackerman		NOK
	a manufacture and	1 5 1 1 5 V	I Taking a second
u	L		Fugene
-	B.Hartman	39"11"	Eugene
	B.Hartman J.Watry	34'9"	Eug
	B.Hartman J.Watry P.Hoffman	34'9" 28'	Eug Feb
	B.Hartman J.Watry P.Hoffman L.Readman	34'9" 28' 36'85"	Eug Feb
	B.Hartman J.Watry P.Hoffman	34'9" 28'	Eug
	B.Hartman J.Watry P.Hoffman L.Readman M.Davis	34'9" 28' 36'85" 34'2" 34'2" 16'9"	Eug Feb 50y M30 Ken Coo M35 Dave Ha
	B.Hartman J.Watry P.Hoffman L.Readman M.Davis J.Hess N.Hamilton J.Neppl	34'9" 28' 36'8½" 34'2" 34'2" 16'9" 38'5"	Eug Feb 50y M30 Ken Coo M35 Dave Ha Randy K Steve H
	B.Hartman J.Watry P.Hoffman L.Readman M.Davis J.Hess V.Hamilton J.Neppl E.Schmidt	34'9" 28' 36'8'2" 34'2" 34'2" 16'9" 38'5" 35'4'2"	Eug Feb 50y M30 Ken Coo M35 Dave Ha Randy K Steve H M40 Dave Ha
	B.Hartman J.Watry P.Hoffman L.Readman M.Davis J.Hess N.Hamilton J.Neppl E.Schmidt C.Klehm	34'9" 28' 36'8 ¹ 2" 34'2" 34'2" 16'9" 38'5" 35'4 ¹ 2" 41'11 ¹ 2"	Eug Feb 50y M30 Ken Coo M35 Dave Ha Randy K Steve H M40 Dave Ha M45 Jim Puo
	B.Hartman J.Natry P.Hoffman L.Readman M.Davis J.Hess N.Hamilton J.Neppl E.Schmidt C.Klehm B.Narren	34'9" 28' 36'8 ¹ 2" 34'2" 34'2" 34'5" 35'5" 35'4 ¹ 2" 41'11 ¹ 2" 40'3 ¹ 4"	Eug Feb 50y M30 Ken Coo M35 Dave Ha Randy K Steve H M40 Dave Ha M45 Jim Puc Dick R
	S.Hartman J.Watry P.Hoffman L.Readman M.Davis J.Hess N.Hamilton J.Neppl E.Schmidt C.Klehm B.Warren F.Smith	34'9" 28' 36'8 ¹ ₂ " 34'2" 34'2" 16'9" 38'5" 35'4 ¹ ₂ " 41'11 ¹ ₂ " 40'3 ¹ ₄ "	Eug Feb 50y M30 Ken Coo M35 Dave Ha Randy K Steve H M40 Dave Ha M45 Jim Puc Dick R Roy Sem
	B.Hartman J.Natry P.Hoffman L.Readman M.Davis J.Hess N.Hamilton J.Neppl E.Schmidt C.Klehm B.Narren	34'9" 28' 36'8 ¹ 2" 34'2" 34'2" 34'5" 35'5" 35'4 ¹ 2" 41'11 ¹ 2" 40'3 ¹ 4"	Eug Feb 50y M30 Ken Coo M35 Dave Ha Randy K Steve H M40 Dave Ha M45 Jim Puc Dick R Roy Sem M50 T Canno John Gr
	B.Hartman J.Natry P.Hoffman L.Readman M.Davis J.Hess N.Hamilton J.Neppl E.Schmidt C.Klehm B.Warren F.Smith J.Robinson B.Kemp P.Brusca	34'9" 28' 36'5" 34'2" 34'2" 34'2" 38'5" 35'44" 41'114" 34'34" 20'104" 39'66" 50'83/4"	Eug Feb 50y M30 Ken Coo M35 Dave Ha Randy K Steve H M40 Dave Ha M45 Jim Puc Dick R Roy Sem M50 T Canno John Gr Jim Sch
	B.Hartman J.Watry P.Hoffman L.Readman M.Davis J.Hess N.Hamilton J.Neppl E.Schmidt C.Klehm B.Warren F.Smith J.Robinson B.Kemp P.Brusca F.Wallace	34'9" 28' 36'8 ⁴ 2" 34'2" 34'2" 35'4 ⁴ 2" 41'11 ⁴ 2" 35'4 ⁴ 2" 40'3 ⁴ 4" 20'10 ⁴ 2" 39'6" 39'6" 39'4" 33'9 ⁴	Eug Feb 50y M30 Ken Coo M35 Dave Ha Randy K Steve H M40 Dave Ha N45 Jim Puc Dick R Roy Sem X50 T Canno John GT Jim Sch
	B.Hartman J.Watry P.Hoffman L.Readman M.Davis J.Hess N.Hamilton J.Neppl E.Schmidt C.Klehm B.Warren F.Smith J.Robinson B.Kemp P.Brusca F.Wallace Buschman	34'9" 28' 36'8'2" 34'2" 34'2" 16'9" 35'4'2" 40'3'4" 40'3'4" 40'3'4" 20'10'2 39'6' 50'83/4" 33'9'	Eug Feb 50y M30 Ken Coo M35 Dave Ha Randy K Steve H M40 Dave Ha N45 Jim Puc Dick R Roy Sem M50 T Canno John Gr Jim Sch M55 Jack Co M60 Tom Bri
	B.Hartman J.Natry P.Hoffman L.Readman M.Davis J.Hess N.Hamilton J.Neppl E.Schmidt C.Klehm B.Warren F.Smith J.Robinson B.Kemp P.Brusca F.Wallace Buschman F.Berry	34'9" 28' 36'8½" 34'2" 16'9" 35'4½" 40'3¼" 40'3¼" 20'10½" 39'6' 50'83/4" 32'8½" 19'	Eug Feb 50y M30 Ken Coo M35 Dave Ha Randy K Steve H M40 Dave Ha M45 Jim Puc Dick R Roy Sem M50 T Canno John Gr Jim Sch M55 Jack Co M60 Tom Bri M55 Carl Ca
	B.Hartman J.Watry P.Hoffman L.Readman M.Davis J.Hess N.Hamilton J.Neppl E.Schmidt C.Klehm B.Warren F.Smith J.Robinson B.Kemp P.Brusca F.Wallace Buschman	34'9" 28' 36'8'2" 34'2" 34'2" 16'9" 35'4'2" 40'3'4" 40'3'4" 40'3'4" 20'10'2 39'6' 50'83/4" 33'94. 32'85'	Eug Feb 50y M30 Ken Coo M35 Dave Ha Randy K Steve H M40 Dave Ha N45 Jim Puc Dick R Roy Sem M50 T Canno John Gr Jim Sch M55 Jack Co M60 Tom Bri
	B.Hartman J.Natry P.Hoffman L.Readman M.Davis J.Hess N.Hamilton J.Neppl E.Schmidt C.Klehm B.Warren F.Smith J.Robinson B.Kemp P.Brusca F.Wallace Buschman F.Berry	34'9" 28' 36'8½" 34'2" 16'9" 35'4½" 40'3¼" 40'3¼" 20'10½" 39'6' 50'83/4" 32'8½" 19'	Eug Feb 50y M30 Ken Coo M35 Dave Ha Randy K Steve H M40 Dave Ha M45 Jim Puc Dick R Roy Sem M50 T Canno John Gr Jim Sch M55 Jack Co M60 Tom Bri M65 Carl Oa M70 George
	B.Hartman J.Natry P.Hoffman L.Readman M.Davis J.Hess N.Hamilton J.Neppl E.Schmidt C.Klehm B.Warren F.Smith J.Robinson B.Kemp P.Brusca F.Wallace Buschman F.Berry	34'9" 28' 36'8½" 34'2" 16'9" 35'4½" 40'3¼" 40'3¼" 20'10½" 39'6' 50'83/4" 32'8½" 19'	Eug Feb 50y M30 Ken Coo M35 Dave Ha Randy K Steve H M40 Dave Ha M45 Jim Puc Dick R Roy Sem M50 T Canno John Gr Jim Sch M50 T Canno John Sch M50 T Canno M50
	B.Hartman J.Natry P.Hoffman L.Readman M.Davis J.Hess N.Hamilton J.Nepp1 E.Schmidt C.Klehm B.Warren F.Smith J.Robinson B.Kemp P.Brusca F.Wallace Buschman F.Berry G.Taylor B.Hartman	34'9" 28' 36'8'1" 34'2" 34'2" 35'4'1" 40'3'1" 35'4'1" 40'3'1" 34'3'1" 20'10'2" 39'6' 50'83'4" 33'9'2" 19' 17'4" 60'	Eug Feb 50y M30 Ken Coo M35 Dave Ha Randy K Steve H M40 Dave Ha M45 Jim Puc Dick R Roy Sem M50 T Canno John Gr Jim Sch M55 Jack Co M60 Tom Bri M65 Carl Ca M70 George W40 Aarbara W45 Rose Sc 440y
	B.Hartman J.Natry P.Hoffman L.Readman M.Davis J.Hess N.Hamilton J.Neppl E.Schmidt C.Klehm B.Warren F.Smith J.Robinson B.Karp P.Brusca F.Wallace Buschman F.Berry G.Taylor B.Hartman P.Hoffman	34'9" 28' 36'8'4" 34'2" 34'2" 35'44" 40'3'4" 39'6" 50'83/4" 33'9'4" 32'8'4" 19' 17'4"	Eug Feb 50y M30 Ken Coo M35 Dave Ha Randy K Steve H M40 Dave Ha Roy Sem N45 Jim Puc Dick R Roy Sem M50 T Canno John Gr Jim Sch M55 Jack Co M60 Tom Bri M65 Carl Qa M70 George W40 Jarbara W45 Rose Sc 440y M30 John Mon
	B.Hartman J.Watry P.Hoffman L.Readman M.Davis J.Hess J.Hess J.Hess J.Keppl E.Schmidt C.Klehm B.Warren F.Smith J.Robinson B.Kemp P.Brusca F.Wallace Buschman F.Berry G.Taylor B.Hartman P.Hoffman F.Batcock	34'9" 28' 34'2" 34'2" 34'2" 34'2" 34'3" 35'44' 33'5' 35'44' 41'34'' 30'6' 50'83/4" 33'94' 33'94' 33'94' 17'4" 60'	Eug Feb 50y M30 Ken Coo M35 Dave Ha Randy K Steve H M40 Dave Ha N45 Jim Puc Dick R Roy Sem M50 T Canno John Gr Jim Sch M55 Jack Co M60 Tom Bri M65 Carl Oa M70 George W40 àarbara W45 Rose Sc 440y M30 John Mot M35 D Hagmei
	B.Hartman J.Natry P.Hoffman L.Readman M.Davis J.Hess N.Hamilton J.Neppl E.Schmidt C.Klehm B.Warren F.Smith J.Robinson B.Kemp P.Brusca F.Wallace Buschman F.Berry G.Taylor B.Hartman P.Hoffman P.Bubcock L.Crocker	34'9" 28' 36'8'" 34'2" 34'2" 34'2" 35'44" 41'114" 35'44" 40'34" 34'34" 20'104" 39'6' 50'83'4" 33'94' 32'85" 19'4" 30'74" 30'	Eug Feb 50y M30 Ken Coo M35 Dave Ha Randy K Steve H M40 Dave Ha M45 Jim Puc Dick R Roy Sem M50 T Canno John Gr Jim Sch M55 Jack Co M60 Tom Bri M55 Jack Co M60 Tom Bri M55 Jack Co M60 Tom Bri Jim Sch M55 Jack Co M60 Tom Bri M55 Jack Co M60 Tom Bri
	B.Hartman J.Natry P.Hoffman L.Readman M.Davis J.Hess N.Hamilton J.Neppl E.Schmidt C.Klehm B.Warren F.Smith J.Robinson B.Kemp P.Brusca F.Wallace Buschman F.Berry G.Taylor B.Hartman P.Hoffman P.Hoffman F.Subcock L.Crocker E.Schmidt	34'9" 28' 34'2" 34'2" 34'2" 34'2" 34'3" 35'44' 33'5' 35'44' 41'34'' 30'6' 50'83/4" 33'94' 33'94' 33'94' 17'4" 60'	Eug Feb 50y M30 Ken Coo M35 Dave Ha Randy K Steve H M40 Dave Ha M45 Jim Puc Dick R Roy Sem M50 T Canno John Gr Jim Sch M50 To Anno John Gr Jim Sch M50 Tom Bri M55 Jack George W40 Barbara W45 Rose Sc 440y M30 John Moi M35 D Hagme: Robert I R Searms M40 Larry M
	B.Hartman J.Natry P.Hoffman L.Readman M.Davis J.Hess N.Hamilton J.Neppl E.Schmidt C.Klehm B.Warren F.Smith J.Robinson B.Kemp P.Brusca F.Wallace Buschman F.Berry G.Taylor B.Hartman P.Hoffman P.Bubcock L.Crocker	34'9" 28' 36'84" 34'2" 34'2" 34'2" 35'44" 40'34" 30'8" 30'83'4" 30'6" 50'83'4" 33'94" 32'84" 19' 17'4" 60' 22'5" 27'2" 41'2" 50'82' 27'2" 57'4"	Eug Feb 50y M30 Ken Coo M35 Dave Ha Randy K Steve H M40 Dave Ha M45 Jim Puc Dick R Roy Sem M50 T Canno John Gr Jim Sch M50 To Anno John Gr Jim Sch M50 Tom Bri M55 Jack George W40 Barbara W45 Rose Sc 440y M30 John Moi M35 D Hagme: Robert I R Searms M40 Larry M
	B.Hartman J.Natry P.Hoffman L.Readman M.Davis J.Hess N.Hamilton J.Nepp1 E.Schmidt C.Klehm B.Warren F.Smith J.Robinson B.Kemp P.Brusca F.Wallace Buschman F.Berry G.Taylor B.Hartman P.Hoffman P.Bubcock L.Crocker E.Schmidt J.LaBelle C.Klehm F.Smith	34'9" 28' 36'8'1" 34'2" 34'2" 35'4'1" 41'11'4" 35'4'3'1" 20'10'2" 39'6' 50'83'4" 33'9'4' 33'7'4''	Eug Feb 50y M30 Ken Coo M35 Dave Ha Randy K M40 Dave Ha M45 Jim Puc Dick R Roy Sem M50 T Canno John Gr Jim Sch M55 Jack Co M60 Tom Bri M55 Jack Co M60 Tom Bri M55 Jack Co M60 Tom Bri M55 Carl Oa M70 George W40 Barbara W45 Rose Sc 440y M30 John Mol M35 D Hagmei Robert I R Searm M40 Larry N Frank Li Jim Arch
	B.Hartman J.Watry P.Hoffman L.Readman M.Davis J.Hess J.Hess S.Schmidt C.Klehm B.Warren F.Smith J.Robinson B.Kemp P.Brusca F.Wallace Buschman F.Berry G.Taylor B.Hartman P.Hoffman P.Babcock L.Crocker E.ScHmidt S.LaBelle C.Klehm F.Smith L.Slick	34'9" 28' 36'54' 34'2" 34'2" 34'2" 35'44' 40'34'' 30'6' 30'7'	Eug Feb 50y M30 Ken Coo M35 Dave Ha Randy K Steve H M40 Dave Ha Roy Sem N50 T Canno John Gr Jim Sch M55 Jack Co M60 Tom Bri M55 Carl Qa M70 George W40 Jarbara W45 Rose Sc 440y M30 John Mon M35 D Hagme, Robert I R Searms M40 Larry N Frank L Jim Arch
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	B.Hartman J.Natry P.Hoffman L.Readman M.Davis J.Hess N.Hamilton J.Nepp1 E.Schmidt C.Klehm B.Warren F.Smith J.Robinson B.Kemp P.Brusca F.Wallace Buschman F.Berry G.Taylor B.Hartman P.Bubcock L.Crocker E.Schmidt J.Robinson S.Kemp P.Brusca	34'9" 28' 36'8' 34'2" 34'2" 34'2" 35'4' 16'9" 35'4' 10'13' 30'6' 50'83'4' 20'10' 39'6' 50'83'4' 19'17'4' 80' 22'8' 19'17'4' 80' 22'5' 19'17'4' 80' 22'5' 19'17'4' 80' 22'5' 19'17'4' 80' 22'5' 19'17'4' 80'7' 22'5' 19'17'4' 80'7' 22'5' 19'17'4' 80'7' 22'5' 19'17'4' 80'7' 22'5' 19'17'4' 80'7' 22'5' 19'17'4' 80'7' 22'5' 19'17'4' 80'7' 22'5' 19'17'4' 80'7' 22'5' 19'17'4' 80'7' 22'5' 19'17'4' 80'7' 22'5' 19'17'4' 80'7' 22'5' 19'17'4' 80'7' 22'5' 19'17'4' 80'7' 22'5' 19'17'4' 80'7' 22'5' 19'17'4' 80'7' 22'5' 19'17'4' 80'7' 22'5' 19'17'4' 10'7' 22'5' 19'17'4' 10'7'	Eug Feb 50y M30 Ken Coo M35 Dave Ha Randy K Steve H M40 Dave Ha M45 Jim Puc Dick R Roy Sem M50 T Canno John Gr Jim Sch M55 Jack Co M60 Tom Bri M55 Jack Co M60 Tom Bri M55 Carl Oa M70 George W40 Harbara W45 Rose Sc 440y M30 John Moi M35 D Hagmei Robert I R Searns M40 Larry N Frank Lu Jim Arct M50 John Kac J Schlew John Grum Bri
	B.Hartman J.Natry P.Hoffman L.Readman M.Davis J.Hess N.Hamilton J.Nepp1 E.Schmidt C.Klehm B.Warren F.Smith J.Robinson B.Kemp P.Brusca F.Wallace Buschman F.Berry G.Taylor B.Hartman P.Bubcock L.Crocker E.Schmidt S.LaBelle C.Klehm F.Smith L.Slick J.Robinson B.Kemp P.Brusca M.Buschman	34'9" 28' 36'8' 34'2" 34'2" 34'2" 34'2" 34'3' 35'4' 10'3'3' 20'10' 39'6' 50'83'4' 20'10' 39'6' 50'83'4' 19' 17'4' 60' 32'5' 19' 17'4' 60' 32'5' 19' 17'4' 60' 32'5' 19' 17'4' 60' 32'5' 19' 17'4' 60' 32'5' 19' 17'4' 60' 17'4' 10'5	Eug Feb 50y M30 Ken Coo M35 Dave Ha Randy K Steve H M40 Dave Ha M45 Jim Puc Dick R Roy Sem M50 T Canno John Gr Jim Sch M50 T Canno John Gr Jim Sch M50 T Canno John Gr Go Tom Bri M55 Jack Co M60 Tom Bri M55 Jack Co M60 Tom Bri M55 Jack Co M60 Tom Bri M55 Carl Oa M70 George W40 Barbara W45 Rose Sc 440y M30 John Moi M35 D Hagmei Robert I R Searns M0 Larry Nk Frank L Jim Arch M50 John Kai J Schlee John Gr
	B.Hartman J.Natry P.Hoffman L.Readman M.Davis J.Hess N.Hamilton J.Nepp1 E.Schmidt C.Klehm B.Warren F.Smith J.Robinson B.Kemp P.Brusca F.Wallace Buschman F.Berry G.Taylor B.Hartman P.Bubcock L.Crocker E.Schmidt J.Robinson S.Kemp P.Brusca	34'9" 28' 36'8' 34'2" 34'2" 34'2" 35'4' 16'9" 35'4' 10'13' 30'6' 50'83'4' 20'10' 39'6' 50'83'4' 19'17'4' 80' 22'8' 19'17'4' 80' 22'5' 19'17'4' 80' 22'5' 19'17'4' 80' 22'5' 19'17'4' 80' 22'5' 19'17'4' 80'7' 22'5' 19'17'4' 80'7' 22'5' 19'17'4' 80'7' 22'5' 19'17'4' 80'7' 22'5' 19'17'4' 80'7' 22'5' 19'17'4' 80'7' 22'5' 19'17'4' 80'7' 22'5' 19'17'4' 80'7' 22'5' 19'17'4' 80'7' 22'5' 19'17'4' 80'7' 22'5' 19'17'4' 80'7' 22'5' 19'17'4' 80'7' 22'5' 19'17'4' 80'7' 22'5' 19'17'4' 80'7' 22'5' 19'17'4' 80'7' 22'5' 19'17'4' 80'7' 22'5' 19'17'4' 10'7' 22'5' 19'17'4' 10'7'	Eug Feb 50y M30 Ken Coo M35 Dave Ha Randy K Steve H M40 Dave Ha N45 Jim Puc Dick R Roy Sem M50 T Canno John Gr Jim Sch M55 Jack Co M60 Tom Bri M65 Carl Oa M70 George W40 Barbara W45 Rose Sc 440y M30 John Moi M35 D Hagmei Robert I R Searms M40 John Kai Jim Arch M50 John Kai J Schlew John Gru M60 Tom Bri M60 Tom Bri M60 Tom Bri M65 Marie St
	B.Hartman J.Natry P.Hoffman L.Readman M.Davis J.Hess N.Hamilton J.Nepp1 E.Schmidt C.Klehm B.Warren F.Smith J.Robinson B.Kemp P.Brusca F.Wallace Buschman F.Berry G.Taylor B.Hartman P.Bubcock L.Crocker E.Schmidt S.LaBelle C.Klehm F.Smith L.Slick J.Robinson B.Kemp P.Brusca M.Buschman	34'9" 28' 36'8' 34'2" 34'2" 34'2" 34'2" 34'3' 35'4' 10'3'3' 20'10' 39'6' 50'83'4' 20'10' 39'6' 50'83'4' 19' 17'4' 60' 32'5' 19' 17'4' 60' 32'5' 19' 17'4' 60' 32'5' 19' 17'4' 60' 32'5' 19' 17'4' 60' 32'5' 19' 17'4' 60' 17'4' 10'5	Eug Feb 50y M30 Ken Coo M35 Dave Ha Randy K Steve H M40 Dave Ha M45 Jim Puc Dick R Roy Sem M50 T Canno John Gr Jim Sch M55 Jack Co M60 Tom Bri M55 Jack Co M60 Tom Bri M55 Carl Oa M70 George W40 Harbara W45 Rose Sc 440y M30 John Moi M35 D Hagmei Robert I R Searns M40 Larry N Frank Lu Jim Arct M50 John Kac J Schlew John Grum Bri
	B.Hartman J.Natry P.Hoffman L.Readman M.Davis J.Hess N.Hamilton J.Nepp1 E.Schmidt C.Klehm B.Warren F.Smith J.Robinson B.Kemp P.Brusca F.Wallace Buschman F.Berry G.Taylor B.Hartman P.Bubcock L.Crocker E.Schmidt S.LaBelle C.Klehm F.Smith L.Slick J.Robinson B.Kemp P.Brusca M.Buschman	34'9" 36'5" 34'1" 34'9" 36'5" 34'1" 34'1" 34'1" 34'1" 34'1" 34'1" 35'1" 31'1" 35'1"	Eug Feb 50y M30 Ken Coo M35 Dave Ha Randy K Steve H M40 Dave Ha N45 Jim Puc Dick R Roy Sem M50 T Canno John Gr Jim Sch M55 Jack Co M60 Tom Bri M65 Carl 0a M70 George W40 Jackbar W40 Jackbar M30 John Moi M35 D Hagne: Robert I R Searns M40 Larry M Frank L Jim Arch M50 John Ka J Schlee John Gr M50 Tom Bri W65 Marie Sl
	B.Hartman J.Natry P.Hoffman L.Readman M.Davis J.Hess J.Hess J.Hess J.Hess J.Keppl E.Schmidt C.Klehm B.Warren F.Smith J.Robinson B.Kemp P.Brusca F.Wallace Buschman F.Berry G.Taylor B.Hartman P.Hoffman F.Salbock L.Crocker E.Schmidt S.LaBelle C.Klehm F.Smith L.Slick J.Robinson S.Kemp P.Brusca M.Buschman F.Berry B.Hartman P.Hoffman	34'9* 36'5* 34'1* 36'5* 34'1* 36'5* 31'1*	Eug Feb 50y M30 Ken Coo M35 Dave Ha Randy K Steve H M40 Dave Ha M45 Jim Puc Dick R Roy Sem M50 T Canno John Gr Jim Sch C M60 Tom Bri M55 Jack G M60 Tom Bri M65 Carl Oa M70 George W40 Jacharda M70 George W40 Jacharda M30 John Moi M35 D Hagmei Robert I R Searms M40 Larry N Frank L Jim Arct M50 John Kac J Schlee John Gru M60 Tom Bri W65 Marie Si
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News	a character and a second
4 C.Klehm 21'4"	High Jump
B.Warren 19'4" L.Slick 15'	M35 Dave Hagmeier M40 Dennis Olafson
9 B.Kemp :8'5"	Frank Lulich M45 Dick Rex
9 M.Buschman 12'6" 4 G.Taylor 7'6"	Tom White
	M50 Jim Schlewitz M60 Ward Church
WEST	W45 Becky Sisley
CSUB-Bakersfield	Pole Vault M30 Dan West
California Meet	M35 Rick Bagget 1 M40 Mike Monahan 1
Bakersfield, CA	M45 Larry Holmes
February 11	M50 Don Worrall
posevelt Lewis 12.3	M35 Steve Heilman
uan Bustamante 12.3	Randy Kruse M40 Frank Lulich
en Dennis 11.6 1 Guidet 12.7	M45 Dick Rex
on Parker 22.7	M50 John Komitoudis M65 Carl Oates
Bustamante 25.9 Dennis 22.8	W45 Becky Sisley
Dennis 22.8	Triple Jump
Parker 53.0	M35 Rick Searns W45 Becky Sisley
erry Stanners 45" 21.0	Shot Put M30 Mike Lariza
age-54 U.S. record) - 1 Guidet 36" 18.5	Tony Valley
Jump	M45 R Semmel Tom White
waine Horton 5-2 erry Stanners 5-1	M50 Don Worrall
Vault	M65 Loren Swanson M60 H Williams
Stanners 10-6 Put	Ward Church
ary Kelmenson 10.93 on Magnusson 11.27	M70 G Cysewski
tu Thomson 13.8	20
ob Stone 9.81 oss Carter 16# 8.68	5
12# 10.02	10
and the second second	La
ry Kelmenson 109-0 on Magnusson 108-1	CANADA
erry Stanners 89-4	Critical
u Thomson 153-2	Ottawa Achilles Club
b Stone 99-7	Ottawa, Ontario
Magnusson 47.38	February 4
tu Thomson 50.90	50mH M40 William DeHorn
Kelmenson 12.48	M50 John Vandervleut Bob Lamb
Magnusson 11.74 b Stone 10.52	M55 Gordon Gilmour
and the second second	M60 Jim Mathers M65 Andrew Thomson
	Art Obokata
ORTHWEST	M70 Max Pickl
	Art Obokata M70 Max Pickl W35 Shirley Robinson
gene Indoor Meet	W35 Shirley Robinson 5Cm M40 Bob Zimmerman
	W35 Shirley Robinson 50m M40 Bob Zimmerman Fred Quick
ugene Indoor Meet Eugene, OR February 11	W35 Shirley Robinson <u>5Cm</u> M40 Bob Zimmerman Fred Quick Al Harvey M45 Juan Stocker
ugene Indoor Meet Eugene, OR February 11 en Cook 5.7 ave Hagmeir 5.6	W35 Shirley Robinson <u>5Cm</u> M40 Bob Zimmerman Fred Quick Al Harvey
February 11 en Cook 5.7 ave Hagmeir 5.6 andy Kruse 5.7 eve Heilman 5.7	W35 Shirley Robinson <u>SCm</u> M40 Bob Zimmerman Fred Quick Al Harvey M45 Juan Stocker Alan Slater Peter Tams M50 Charles Agnoo
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<u>300m</u>	A COLOR
M40 Bob Zimmerman Phil Schubert	40.2
J Stocker	42.5
M50 J Vandervleuter	
C Agnoo M55 Brian Oxley	47.6 48.3
Jack Castle	55.1
M65 A Obokata	50.0
Andrew Thomson M70 Ben Mackereth	50.1
J Breslin	1:00.1
M80 Blain Till	1:02.7
W40 Pam Duncan Susan Weston	51.9
W50 A Vandervleuter	53.3
W60 Dorly Brechbuel	1:11.4
800m	-
M35 Tom Hutchinson	2:19.7 2:23.0
Rick Landry. Tim Payne	2:23.6
M40 John Rook John Weston	2:20.2
	2:21.8
Jim Lowry M50 Jim Pascoe	2:37.0 2:35.9
M55 Brian Oxley	2:39.7
M65 Kurt Gelbhaar	2:47.8
George Peterson W40 Joan Hollywood	
W60 D Brechbuel	3:36.5
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M35 Murray Hale	5:58.1
Tim Payne	6:28.6
M40 John Rook Jim Lowry	6:19.5 7:03.3
M50 Jim Pascoe	7:16.5
Gordon Guzzo	7:37.2
M65 K Gelbhaar	7:43.2
High Jung	
M40 Bill DeHorn	1.65
Imrich Kiraly	1.60
Fred Quick M45 J Stocker	1.40
P Tams	1.40
M50 Bob Land	1.40
James Pascoe M60 Jim Mathers	1.30
M60 Jim Machers M65 Andrew Thomson	1.25
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Long Jump	
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W DeHorn Fred Quick	5.19
M45 Alan Slater	5.22
J Stocker	4.98 3.74
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P-Be is	
Continued from previous	Dage
	51:35
W50 Gudrun Philips	57:3
Joyce Maret	59:2
Esther Marcus W60 Aslaug Tomas 1	:02:29
Althea Wetherbeel	
	:05:4
Racewalkers 1 Gary Null 44	57:5
2 Stan Shechter 56 1	:06:1
3 Frank Sofo 45 1	:10:2
1 Q Thompson W65 1	:32:1
and A search of the Art of the	
Sheraton Centre Bage	110K
Central Park, NY	C
February 12	
Overall	
Michael Keohane 23	30:0
Lori Jorgensen 29	35:1
M40 Art Hall	32:4
Tim Hassall	32:5
Luis Guachichulca	
M45 Sam Skinner	35:0
Gabe Bernal	36:0
Rafael Bordonaba	37:0
M50 Cliff Gerenz	37:5
Jerzy Sulek Alan Fairbrother	38:0
M55 Joe Burns	38:2
Frank Dudley	39:5
Eric Seiff	40:3
M60 Bill Fortune	38:0
George Thompson	40:0
Richard Attilio	42:5
M65 John McManus	41:3
Tom Gibbons	46:2
William Coyne	46:5
M70+Vince Carnevale	44:4
Wilf Rios	53:04
Charles Feldman W40 Angella Hearn	53:5
W40 Angella Hearn	35:17
C Hearn Grenning	37:42
Cheryl Ralya	39:08
W45 Jessie-Lea Hayes	40:49
Marilyn Greeley Anna Thornhill	41:04
150 Zofia Turosz	42:04
Jill Martin	42:52
Jill Martin B Bellinghausen	42:52
Jill Martin B Bellinghausen W60 Aslaug Tomas	42:52 46:26 52:19
Jill Martin B Bellinghausen W60 Aslaug Tomas Barbara Beck 1	42:52
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Helen McGinnis W70+Mayme Bdera <u>Racewalkers</u> 2mGary Null 44 3m Nick Bdera 40 29: 31:

Barbara Beck

38:

39: 49:

1wSusaniTravellin 15 35: Colonial Half-Marathon Williamsburg, VA Feburary 26 Overall: William Reifsnyder 1:04: Cindi Girard 1:16: 1:14:04 1:14:14 1:14:35 1:14:57 1:16:26 1:16:14 1:17:18 M40 Bill Hart Clenn Myers D. Lamountain Fred Steier Mick Stewart M45 Ed Brinkley Ben Dyer Lew Faxon 1:20:02 1:20:02 William Cseh

Thomas Frazier

-	and the second	
22	M50 Mel Williams 1:16:11	M60
	Lawrence Hanson 1:21:45 Tony Gee 1:22:34	Sel.
	Frank Wagner 1:23:56	2 9 m
	Bill March 1:24:45 M55 Mickey Monteith 1:27:52	M65
	Mike Kelly 1:32:21 Gene White 1:36:47	
)	M60 Neil Wilson 1:34:40 George Wilson 1:42:37	M70+
;	Sal Santory 1:46:31	1-
5	E B Lloyd 1:54:25	W35
	Edwin Small 1:58:11 M70+Cokey Daman 1:38:34	1.4.4
N.L.	Vernon Geary 1:59:57 Bob Wood 2:05:05	in in
-	W35 Hetty Hoyt 1:24:19	₩40
9	C. Ciavarella 1:26:29 Susan Given 1:28:15	
9	Linnea Engel 1:28:44 Suzanne Puryear 1:30:01	
1	W40 Jeanne Kruger 1:31:42	W45
3	Judith Bugyi 1:31:46 Barbara McKee 1:32:06	auto a
9 5 3	Linda Miesch 1:33:29 Sue Anne Herring 1:36:4	W50
1	W45 Joyce Ploeger 1:29:01	
5	Lis Villadsen 1:34:25 Olga Cohen 1:43:00	11-22
7	Lorraine Kurz 1:43:23 Julia Bunn 1:48:35	W55
	W50 Betty Dameron 1:41:41 M. Macfarlane 1:52:42	- 0 - 1
	Hargrid Krueger 1:54:18	W60
3	W55 Harriet Locke 1:46:15 Annette Dagg 2:36:49	5752
	W70+Louise Martin 2:25:38	W65 .
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1	Coral Gables, FL	- 400
	January 14	Overa
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	Elana Simons 30:55	Suzar M40
	M40 John Frederick 25:28 Peter Black 30:29	M40 .
	Gary Canner 31:16 M50 Lee Duffner 27:25	M45 1
-	Howard Jacobson 28:11 Bob Fine 28:59	120
1	M60 Max Gould 30:10 Tulio Carrillo 30:34	M50 1
2	Paul Geyer 32:41	M55
6	W40 Jo Colina 33:32 Coreen Howard 34:36	1000
4	Sylvia Schrier 37:10	M60 1
07	W50 Paula Meyerson 35:25 Ullu Schmidmayer 35:52	M65 1
23	Jane Jefferson 41:39 W60 L. Hottensmith 33:50	1
6		¥70.1
9	Martha Cable 39:51	M70+1
97		M70+1 W35 1
7	Martha Cable 39:51 Irene Jacobs 41:06	W35 1
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7 15 16 17 10 15	Martha Cable 39:51 Irene Jacobs 41:06 Ben-Gay Super Bowl 8K	W35 1
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and a	Dudley Healy	1:12:47	Sharon
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	Denise Jones Pamela Shaw	1:01:39	Elizab
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	Mary Wood Judy Greer	56:26 57:13	
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Janice Myers 42 Janice Myers 42 M35 Brian Tharp M40 Rick Snekvik M45 John Patterson M50 Leon Musil 24:03 18:48 20:10 M65 Wallace Cole W35 Shirley Rhoads W40 Janice Myers W45 Hildy Hoffman 28:06 24:03

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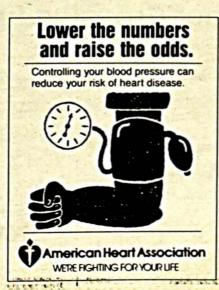
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Geoffrey Dooley M60 Jack Goertzen 48.00 50:10 29:20 Robert Kay 44:45 Ward Speaker 29:40 MfS Joe Fleischmann Steve White 58:42 32:10 60:27 34:31 37:15 Karlis Smiltens M70 Bill Nice 32.39 34:55 Steve Chiplis Dean Garvey Dean Scofield 41:13 Walter Kalinski 1.05.41 Joseph Spangler 1:16:35 INTERNATIONAL Canterbury 10 Mile Kent, England January 29 Overall Nigel Yates 32 M35 Keith Penny 39 M40 Peter Jones 40. 49:15 49:46 50:18 Henry Emerton 40 Martyn Rouse 43 51:20 53:01 17:37 17:37 Hillingdon 5 Mile 20:47 W. London, England 21:17 February 19 21:34 22.43 Overall Neil Tennant 26 22:53 22:48 M40 Tony Simmons 40 Shel Cowles 42 21:23 23:51 21.55 24:35 23:35 Peter Jones 40 24:44 M45 John Dear 45 25:56 23:34 24.11 Woking 10 Mile Woking, England 50:21 24:35 31:41 February 26 50:21 Overall Steve Brace 27 48:55 50:17 53:31 M35 Keith Penny 39 M40 Peter Jones 40 M45 C New M50 M Milles 28:44 51:08 51:06 55:36 58:51 28.49 M60 Steve Charlton 62:35 1stW Glynis Penny 37 W35 Celia Duncan 29:04 57:07 29:12 60:30

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Old Fashioned 4-Mile Run CLASSIFIEDS Column 25:50 Inches Ad Size Classified ad rates are 50c a word. Count 30:56 57 33:15 name and address as 5 words. Race notices 28:44 are 25c per word. Prepayment required 52 with copy. Deadline is the 10th of the 19 14 page month prior to issue date. Send to NMN, PO Box 2372, Van Nuys, CA 91404. 26 V2 page . AUSTRALIA: Friendly sightseeing tours for 13 Va page runners, walkers and all who prefer to keep active while vacationing. Billy Platypus, Australia, 215 Berry Street, Clifton, KS 66937 (800) 633-8032. 31/2 July 8. Buffalo Belles & Brawn Open and International Meet, Parker Field, Buffalo NY. 3 to 5 insertions Bettie Zoschke, 266 Puritan Rd, Tonawanda NY 14150, 716/835-6018. July 29-30. Buffalo Belles & Brawn T&F Classic, Parker Field, Buffalo NY. Zoschke ... 5. TERMS 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.

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