

# NATIONAL MASTERS NEWS

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

140th Issue

April, 1990

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## Campbell, Striuli Win in L.A. Marathon

New Zealand's John Campbell, 41, successfully defended his masters title in the Los Angeles Marathon V on March 4 with a come-from-behind win in 2:20:15.

Campbell, who won \$84,700 in prize money last year to lead all runners, overtook Mexico's Artemio Navarro in the final miles to win by only 42 seconds and place 14th overall in the field which numbered 18,918 at the start.

Campbell thus put himself in position to duplicate his amazing 1989 feat of winning masters titles in the Los Angeles, Boston and New York Marathons. Winning the LA-NY double will mean a \$25,000 bonus from Mercedes-Benz. Winning the LA-Boston-NY triple will mean another \$25,000 bonus from the John Hancock Insurance Co. Campbell's time was over two minutes slower than his winning 2:17:51 last year.

Navarro is a new name in masters circles. He was up with the leaders for the first 18 miles, and drew raves from the knowledgeable Larry Rawson, who was describing the race on local television.

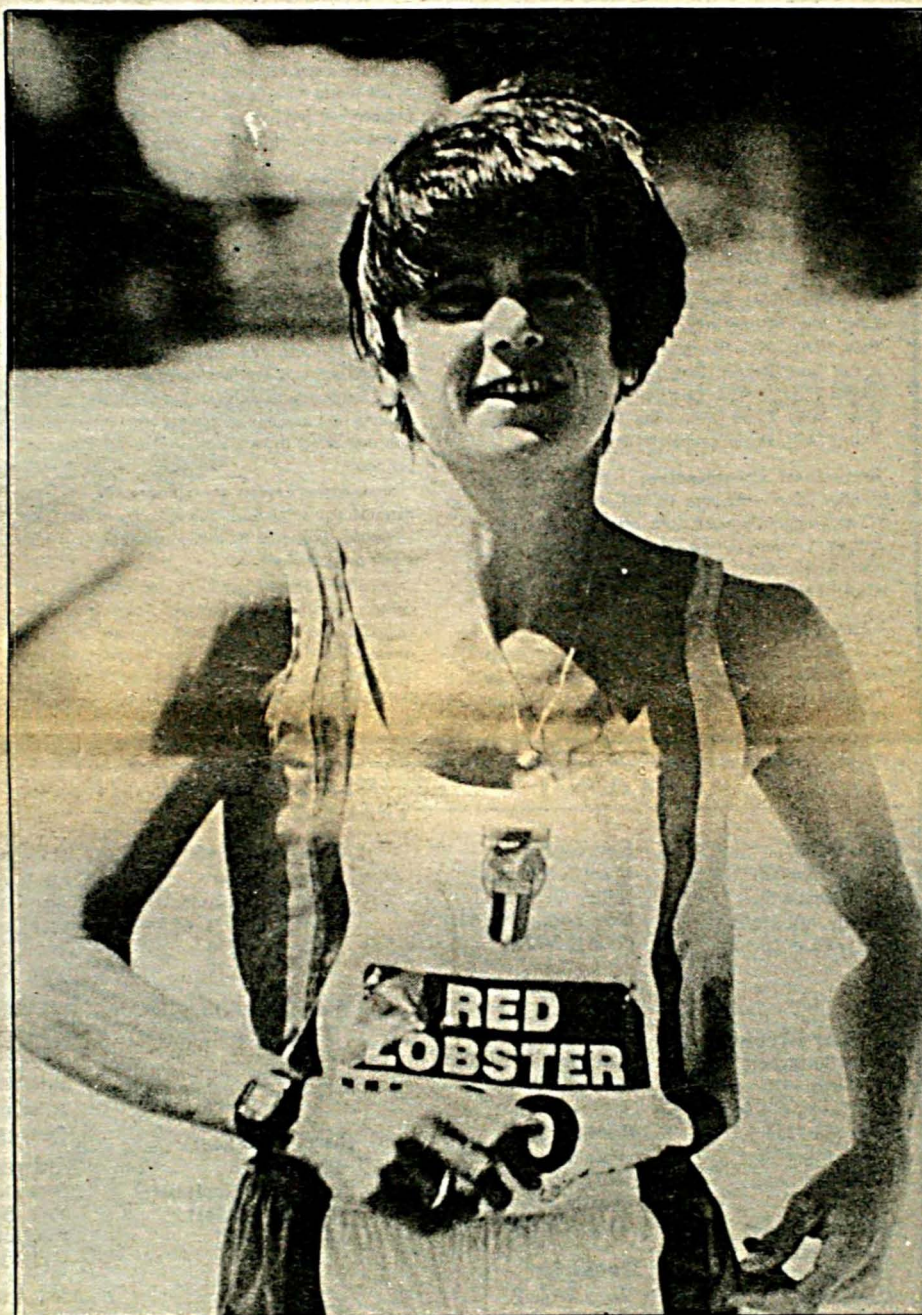
But Navarro dropped back from the leading pack and eventually lost what seemed a certain masters victory to the relentless Campbell, who ran a much more evenly-paced race.

Poland's Ryszard Marczak, two-time Boston Marathon masters winner, placed third in 2:22:01. Mexico's Mario Cuevas was fourth in 2:30:.

Italy's Graziela Striuli was the first over-40 female across the finish line in a good 2:36:48, for fifth woman overall. California's Odette Osantowski

Continued on page 24

## Tibaduiza, Andersen Triumph in Red Lobster 10K



Gabriele Andersen, 44, runs 34:48 in the Red Lobster 10K in Orlando, Fla., March 3.

Photo by Sailer, Ltd.

Domingo Tibaduiza, 40, of Reno, Nevada defeated an elite field of masters runners with a time of 30:33 in the Ninth Annual Red Lobster 10K Classic on March 3 in Orlando, Fla.

Tibaduiza, a native of Colombia, finished only eight seconds ahead of Canada's Ken Hamilton, 43, who was five seconds faster than Larry Almborg (42, 30:46), of Ellensburg, Washington.

Gabriele Andersen, 44, of Sun Valley, Idaho copped the women's masters title in 34:48, over a minute ahead of Pennsylvania's Barbara Filutze (42, 35:58), and New York's Nancy Oshier (41, 36:51).

The race offered a total of \$10,200 prize money in the masters divisions, with Tibaduiza and Andersen each taking home \$2000.

Andersen also had the fastest masters age-graded performance of the day with an outstanding 94.3%. Tibaduiza topped all male masters with a 93.5%. Andersen's effort earned her the ICI Masters-Athlete-of-the-Month Award (see page 8).

In the upper age divisions, good efforts were turned in by Florida's Jim Blount (M60, 37:57, 88.2%) and Ohio's Whayong Semer (W60), 45:42, 83.4%.

Overall winners were Norway's John Halvorsen (23, 28:15, 96.1%) and Massachusetts' Lynn Jennings, 28, who set a new U.S. women's 10K record of 31:06 (94.2%). More than 3000 runners participated in the race.

□

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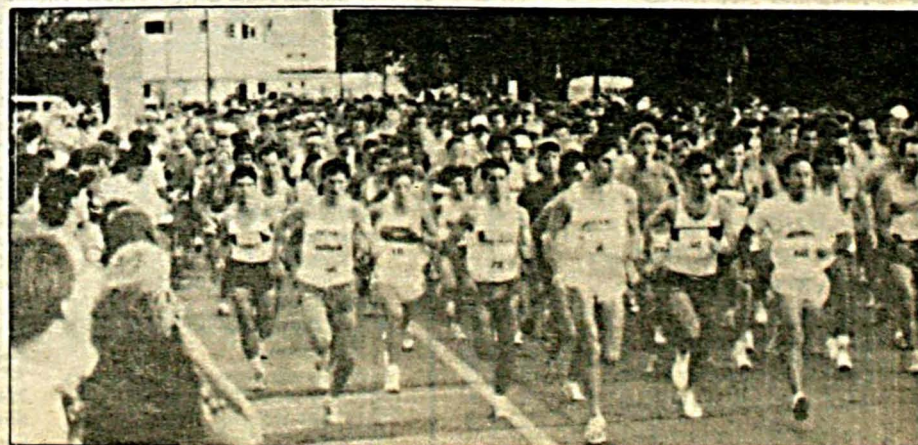
## Tibaduiza, Macharg Shine in Edison Festival of Light 5K Run

by JERRY WOJCIK

Domingo Tibaduiza, 40, of Reno, Nevada, was the masters winner with a 14:58 in the 12th Annual Edison Festival of Light 5K in Fort Myers, Fla., on February 17. Tibaduiza had the best masters age-graded performance of 91.7%. Second masters Earl Owens, 40, of Dunwoody, Ga., followed closely in time (15:05) and performance (91.0%).

Jim Blount, 60, of Orlando, Fla., set a Grand Master (60+) course record with an 18:40, breaking the 18:58 set

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Start of the Edison Festival of Light 5K, Fort Myers, Fla., February 17.

Photo from Sandy Alvo



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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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The National Masters News is devoted exclusively to track & field, long distance running, and racewalking for men and women over age 30. Each month it delivers 24 to 48 pages of results, schedules, entry forms, age records, rankings, photos, articles, training tips, and all the inside scoops and information that affect the world of masters athletics competition.

Some masters events are sponsored by TAC, the national governing body for athletics in the USA. Some are sponsored by individuals, clubs or other senior organizations.

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

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

NMN welcomes contributions — results, schedule info, photos, letters, articles, and opinions. Manuscripts should be typed, double-spaced, but legibly handwritten material is also acceptable. Results should be typed, single-spaced. Please include a stamped, self-addressed envelope if return is desired.

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### ICI/USRA MASTERS CIRCUIT

As one of many masters runners who has benefited from corporate sponsorship of our sport, I would like to recognize one of those sponsors. ICI Americas deserves a lot of credit for underwriting the USRA Circuit the first two years. Their championship event in Naples was truly a first-rate production. My thanks and congratulations to ICI.

*Bob Schlau  
Charleston, South Carolina*

I'd like to express my appreciation to the USRA Masters Circuit sponsors: ICI, Nissan and Bud Lite, and to the hard working, pleasant volunteers that made the circuit such a huge success.

The camaraderie that built up as the Circuit progressed was like a family or school reunion. The superb carb-loaded dinners added much to it all.

The setting for the last race of the circuit was the grandeur of the Naples Regency Resort hotel. The gourmet pasta dinner, the start and finish of the next day's 8K, the awards dinner, ICI's Bill Adams — a glib and humorous speaker — tireless, enthusiastic Dean Reinke... are things we'll remember.

A final comment: since the number of upper-age athletes are increasing, it would be better if race directors would recognize that fact. Thankfully, TAC does.

*Eugene "Eek" Keller  
Cincinnati*

### ACHILLES TENDINITIS

May I add something on the subject of achilles tendinitis (The Foot Beat, January NMN)?

First, I would suggest that the athlete should not allow anyone to treat this condition by injection of cortisone. Doctor Pagliano will no doubt correct me if I am wrong, but I understand that it is now widely accepted in the medical profession that such treatment is conducive to partial rupture of the tendon when training is resumed. If that happens, surgery may become necessary.

Second, if the condition persists for several weeks during which the athlete is unable to run, cardiovascular condition can be maintained by repetition step-ups (30-50 left leg leading, followed immediately by 30-50 right leg leading, followed by 30-60 seconds interval using a twenty-inch high bench). Step-ups tend not to aggravate the condition because, unlike running, the stretching of the tendon on descent is completed and followed by a brief pause before the next ascent. Also, the tendon plays little part in the ascent which is largely a thigh exercise.

*Owen Flaherty  
Alicante, Spain*

### RACEWALKING

I was very distraught by Norman Browne's letter (Feb. NMN) on racewalking rules. He has little way of identifying with an octogenarian. If a

doctor gives his certification of an individual's inability to straighten his knee, then that individual should be exempt from the straight-knee rule and allowed to participate in racewalking competition.

Racewalking is a good sport for mature individuals. It's not reasonable to criticize or discourage them. They put forth a tremendous amount of effort just to arrive at the place of competition. Many live to go from one meet to the next.

*Marilla Salisbury  
San Diego*

### 1989 NATIONALS

If Dixon Farmer directs the 1991 National Indoor Masters Track & Field Championships (March NMN), it should be an excellent event.

I've competed in every outdoor national masters championship since 1975, plus dozens of other meets large and small. In my opinion, the 1989 National Outdoor Championships in San Diego — directed by Farmer — was the best-scheduled, best-organized, best-officiated and generally best-administered of any U.S. masters meet that I've had anything to do with.

Big masters meets very nearly defy organization, with the multiple age groups and a lot of ornery old guys, some of whom are nearly impossible to deal with. Given the size and diversity of the '89 turnout, the job Farmer did was extraordinary. He did it better than I thought it could be done.

It's nice to have him in Minnesota.

*Tom Langenfeld  
Minneapolis*

### ARIZONA SENIOR OLYMPICS

In the past, I've written to NMN complaining about the way some meets were conducted. However, I feel just as strongly when meets are done superbly. The last four meets I competed in were great. This included the Nationals in San Diego, the World Champs in Eugene, and the annual Santa Barbara October meet.

Now in 1990, I recently competed in the Arizona Senior Olympics and it was excellent. The event started with a fun Parade of Athletes, band music, dancing, singing, and an inspiring speech by the Governor of Arizona. The events were run efficiently and awards were as prompt as any meet I've ever attended and with appropriate fanfare. The organizers com-

## 15 Join NMN Sustainers

Each month, NMN publishes a list of "sustainers," those who help 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 this month go to Jerry Wible of Allentown, Pa. and Jim Rose of Gulfport, Miss., who generously donated \$100 each.

Thanks also to:

Bob Heaton	Midwest City, OK
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Cornelius Spotten	White Plains, NY
Alonzo Littlejohn	Southfield, MI

bined races where practical and the whole show was run expeditiously.

*Dick Glasgow  
Santee, CA*

### SUNDAY EVENTS

Amen to the letter by Clarence Killion (Feb. NMN) on Sunday events. America is on a health kick, but we should ask ourselves: are we concentrating so hard on the physical part of our lives that we are neglecting the spiritual?

*James Barnes  
Hayward, CA*

### KUDOS

Our sport would be very uninteresting and probably die out in a few years without NMN. Please accept the enclosed check on behalf of my wife, Laurie, and me and add us to the "Sustainers" list for 1990. Keep up the good work.

*Jim Rothrock  
Dallas*

In the early 1980s, I became aware of NMN and quickly subscribed. It was one of the most interesting periodicals I had ever encountered. Soon I developed ailments of overuse from my long distance running, but, now, NMN has reintroduced me to racewalking, the path of recuperation and reinvolvement in athletics. I now find your publication better than ever.

*Robert Premo  
Fairborn, Ohio*

■ The letters column is an open forum for all viewpoints on subjects of general interest to our readers. Letters should be addressed to: Write On, NMN, P.O. Box 2372, Van Nuys, CA 91404. They should be kept as brief as possible and are subject to condensation. They must include a signature and a valid mailing address.

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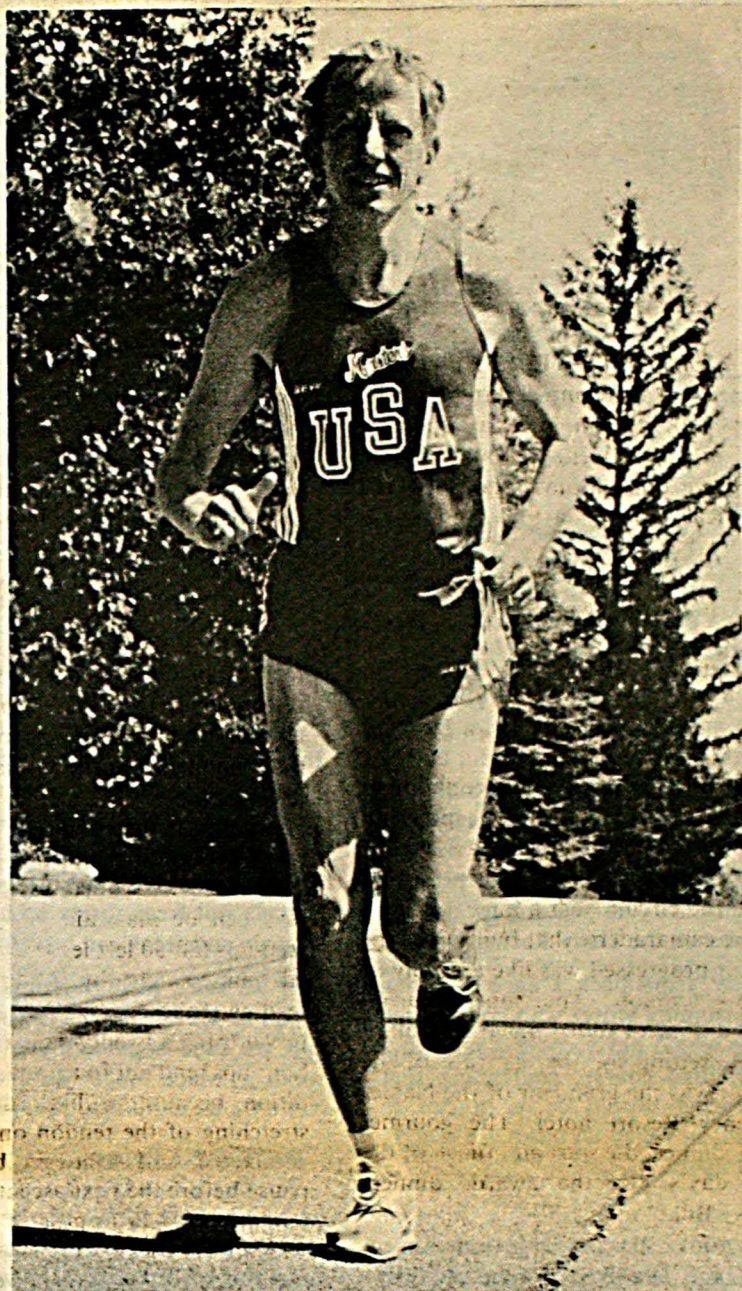
# Masters Running Guide

By Hal Higdon

What motivates masters athletes? Hal Higdon, Senior Writer for *Runner's World*, claims it is not fitness.

"Older athletes compete for reasons that go well beyond fitness," writes Higdon in the *MASTERS RUNNING GUIDE*. "We want to run and jump and throw better. We're interested in *performance!*"

Now Higdon reveals the tips that helped him win three world championships in masters competition. Just published by *National Masters News*, the *MASTERS RUNNING GUIDE* reveals what you need to know to become a better runner. Send for your copy now: only \$10.95, including postage. It may be the best buy you make this year as a masters athlete.



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- Appendix:** Sources and information helpful to masters.

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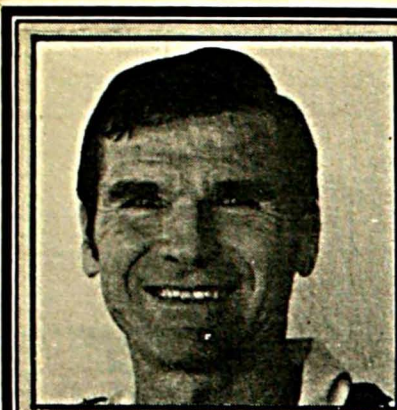
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## Third Wind

by Mike Tymn

### No Truth in Numbers

**T**here has been considerable controversy lately over the rule endorsed by The Athletics Congress abolishing records on point-to-point courses. The focus has been on the Boston Marathon, which is not only point-to-point, allowing for a possible tailwind advantage, but which also has a 450-foot drop in elevation from start to finish.

My initial reaction to TAC's ruling was to applaud it. I'm a "stat freak" of sorts, have been since about age 12 or 13 when I started keeping daily records on the batting averages and earned-run averages of my beloved Brooklyn Dodgers, while also regularly analyzing the past-performance charts on horses in the Daily Racing News.

A few years back I agreed with a Dallas running writer who commented that he would never cover a race on a non-certified course, contending that road racing should be as precise as baseball, in which all bases are exactly 90 feet apart.

#### Asterisks

Stat freaks like precision and don't like change. We liked it when the title of "World's fastest human" went to the guy who held the world record at 100 yards. Then 100 meters was adopted as the standard sprint distance

and synthetic tracks came along, thereby eliminating all the old records from the books. Now we have asterisks for records at altitude, with hand timing, wind aided, with steroids, what have you. The current world record was set in a second-place finish. It's enough to make a stat freak throw up his arms in despair and freak out.

If we can't have pureness and precision at 100 meters on the track, how can we ever hope to have it on the roads at much longer distances? Why can't we be more like baseball?

#### Baseball No Better

The fact is that things aren't any better in baseball. True, the bases are a uniform 90 feet apart, but the precision ends there. Take, for example, the varying sizes of ball parks. A home run in Boston's Fenway Park, considered a "bandbox," can be just a long flyout in the Oakland Coliseum, a more spa-

cious stadium. It has been suggested that Oakland's Jose Canseco could break the single season home run record if he played for the Red Sox. Of course, no one seems sure what that record is — whether it's 60 by Babe Ruth in 154 games or 61 by Roger Maris in 162 games.

It's also been pointed out that they didn't have night games in Ruth's day and that Canseco loses 10 or 15 homers a year by playing in night games in Oakland (as the heavy night dew keeps many balls from going out of the park, while it's also more difficult to see the ball at night).

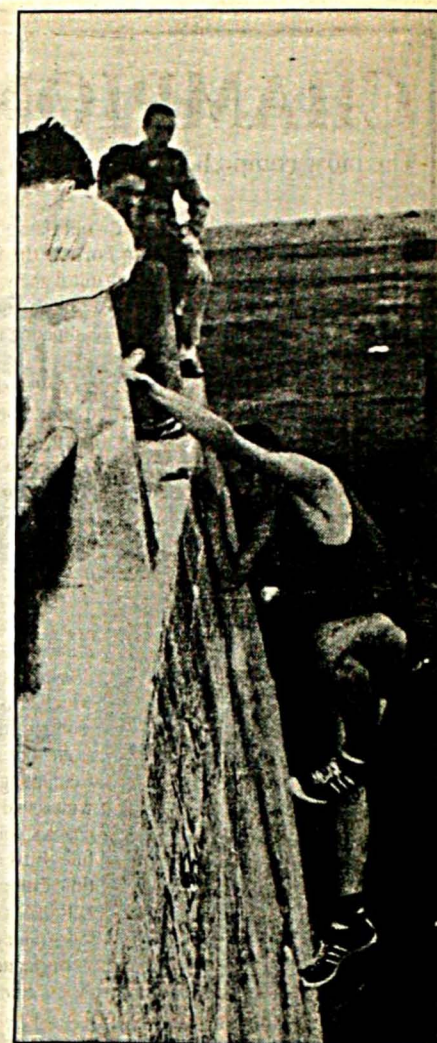
Stat freaks worry about Denver getting a major league franchise. In that mile-high air, the ball carries an extra 40 or 50 feet and a basher like Canseco, playing for the Denver team, might very well hit 70 homers in a year. That will really muddy up the waters. Just as with Bob Beamon's long jump record, no one will be quite sure how to treat such a record — with awe or with an asterisk.

Let's face it, there are just too many variables and too many changes in today's world to have pure, precise records. If we're going to recognize a new home run record by someone who hits most of them in the Boston bandbox or in Denver, why NOT recognize a record over the Boston Marathon course.

#### Forget Records

There are times when I wish that we'd throw away the finishing clocks in road racing and forget about records, including personal records, as well as exact measurements and fast, sterile courses. My most recent race was one such time. Throughout the 20-kilometer event, I felt strong and fluid, just as strong and fluid as I did in 1982 when I won the race. I didn't concern myself with the race time until I approached the finish line and saw the clock ticking away. It was only then that I realized that my time was some 10 minutes slower than eight years ago. Instead of leaving the race elated by the way I felt throughout the race, I allowed myself to become depressed by the relatively slow time.

Looking back at road races I participated in during the 50s and early 60s, I don't remember concerning myself with times. In fact, I can't remember a single time from those days. Maybe it's because races were rarely run at standard distances. They went from one place to another place and the distances were measured with a car odometer. They'd come out 5.4 miles or 7.6 miles, whatever. You'd run them in the heat of the day and over hills. The object was to place as high as you could, forget the time or the exact distance. The only records kept were race or course records. It was, to my recollection, a lot like cross-country is now. The courses were more challenging, more interesting, and more fun. You didn't complain about monster hills; you took delight in attacking them.



Coach Mike Tymn believed in tough cross-country courses for his St. Joseph's High School (Alameda, Ca.) team back in 1962.

Setting records, whether American, state or personal, can be motivating for awhile, but I think we've gone too far. Road racing shouldn't be subject to such precision, such purity.

I applauded the TAC decision at first, but after thinking about it I now say let's forget about records, dump the sterile courses, and get back to road racing the way it used to be. □



Milan Tiff, world record holder in the triple jump, leaped 49-8½ to win the M40 division at the Commonwealth Games Trials in Nassau, Bahamas on December 19.

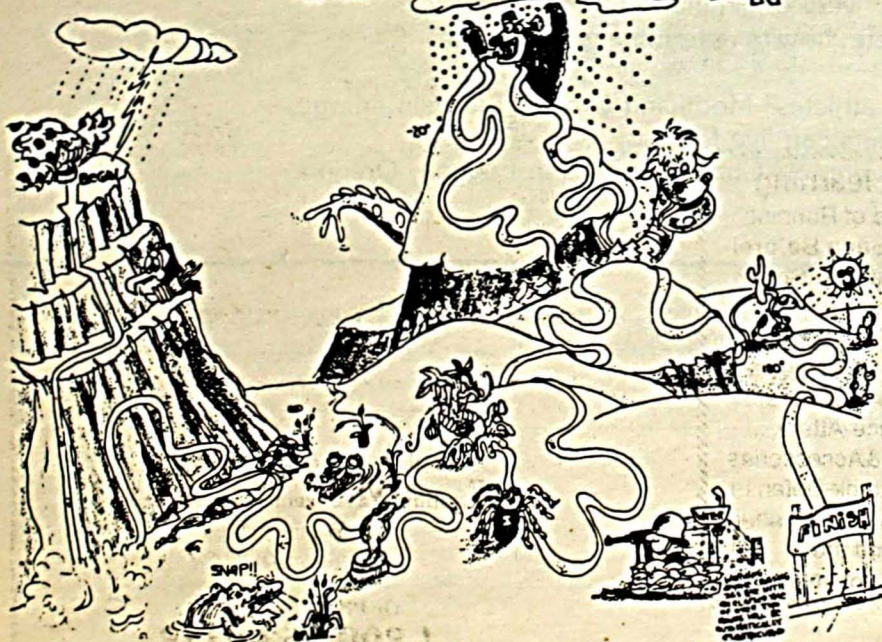
Photo from Bob Watanabe

The Honolulu Marathon is a good example of a race that has become almost too easy... If the marathon is to be a test of true grit, we need more hills and less coddling. Adverse weather conditions should be welcome as adding to the challenge. Maybe we should forget about the aid stations altogether.

Mike Tymn, "On Running", The Honolulu Advertiser, Thursday, July 6, 1978

May we present, then, for your running pleasure (from the twisted minds of Willie Williamson and Jenni Gordon) fraught with peril, terror and discomfort:

### The Mike Tymn Marathon



The Mike Tymn Marathon, as depicted in the August 1978 issue of "Kukui," the monthly newsletter of the Honolulu Marathon Association.

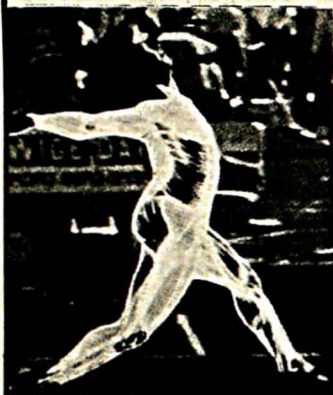


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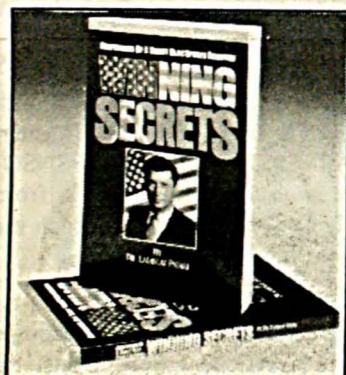
An experienced film and camera crew, assigned to every major track event over the last ten years, used high speed cameras to successfully capture the championship technique of these athletes. Dr. Peter Susanka, a renowned biomechanist at Charles University in Prague, headed a team of Soviet Bloc scientists responsible for analyzing the athletes motions. Artists then turned the results into illustrated fundamentals of technical excellence. Thousands of illustrations were drawn in animation depicting which muscles are employed (contracted, relaxed, or pre-stretched) in each movement. Combining these illustrations with actual competitive footage enables you to experience a full visual image. For the first time ever a videotape series faithfully captures the correct technical execution of superior performances.



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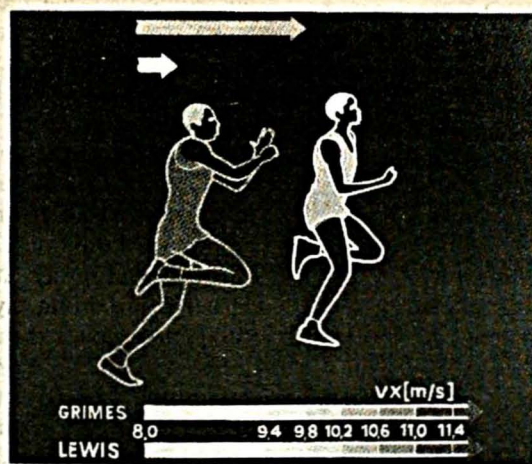
- Mac Wilkins,  
US Olympic Winner and three times Olympian

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## MASTERS ATHLETE OF THE MONTH

### Gabriele Andersen

**T**his month's ICI Masters Athlete-of-the-Month is Gabriele Andersen, 45, of Sun Valley, Idaho.

One of the superstars of the Masters track and long distance running scene since turning 40 five years ago, Andersen seems to be getting better with age. She turned 45 on March 20.

On March 3, she raced to an outstanding 34:48 in the Red Lobster 10K classic in Orlando, Fla. Her time equated to a 94.5% performance, the best of any masters runner — male or female — in the past 30 days. It was only 16 seconds over her own American W40-44 record of 32:32, set five years ago when she was a mere child of 40. Andersen will receive a

check for \$100 for her efforts — compliments of ICI.

ICI is one of the leading chemical companies in the world. It sponsored the successful ICI/USRA Masters Circuit in 1988-89, and continues to be supportive of masters athletics.

Congratulations to Gabriele Andersen — the ICI Masters Athlete-of-the-Month. □

## Malathion Marathon Held in Los Angeles

LOS ANGELES, April 1. The 1st annual Malathion Marathon today drew 850 runners to the starting line under cloudy skies and the roar of helicopters.

Recent malathion spraying in Los Angeles to try to wipe out the medfly, which threatens California's agri-

culture industry, has brought protests from citizens living under the nightly malathion-spraying helicopters.

To "prove the safety of malathion," the California Growers Association put up \$50,000 to stage today's race, where six helicopters would spray the runners with malathion during the entire marathon.

"Everyone knows runners breathe hard during a marathon," said Robert Benjamin, spokesman for the group. "This test should prove, once and for all, the complete safety of malathion spraying."

More than 200 picketers at the starting line protested the event. "Don't Run; Don't Die," said one sign.

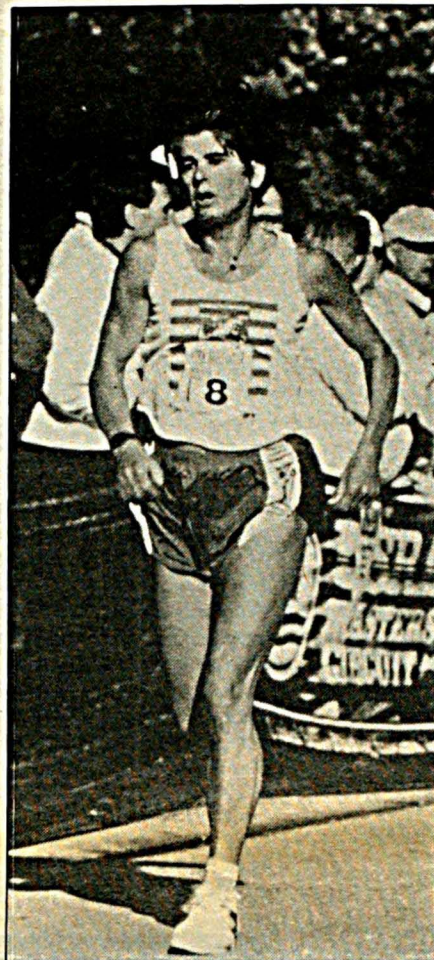
"This is despicable, tempting runners with big dollars and risking their health," said Molly Bledsoe, Chairman of GASP (Grandmothers Against the Spraying of Poisons). "Malathion could be as bad as Agent Orange — they said that was safe, too."

One picketer stood in front of the lead helicopter in silent protest until the draft from the rotor blades blew him aside as the runners and helicopters took off simultaneously.

More than 100 runners dropped out of the race by the three-mile point; 200 more were coughing at six miles; 100 others developed a skin rash by the half-way mark; and paramedics treated another 300 for assorted respiratory problems. But 27 runners finished the entire marathon.

"I feel great," said masters winner Roger Mandell (3:37:41) as he accepted a check for \$2000.

Officials said results of the test were inconclusive, and that nightly spraying would continue. □



Idaho's Gabriele Andersen, 44, sets a new U.S. W40 8K record of 27:51 by finishing second to Britain's Priscilla Welch in the ICI/USA TAC National Masters Grand Championships in Naples, Fla., January 13.

Photo by Sailer, Ltd.

## Qualifying For U.S. Senior Games Begins

The U.S. National Senior Sports Organization (USNSO), formerly the U.S. National Senior Olympics, has announced that the qualifying games for the U.S. National Senior Sports Classic are about to begin.

Held in 50 cities throughout the United States, qualifying games will begin on April 1, 1990, and run until March 31, 1991. All athletes who qualify are eligible to compete in the U.S. National Senior Sports Classic, June 28 - July 3, 1991, in Syracuse, New York. Sporting events include archery, badminton, basketball, bowling, cycling, golf, horseshoes, race walk, road race, shuffleboard, softball, swimming, table tennis, tennis, track and field, triathlon and volleyball.

To participate in the biennial national event, an athlete must be age 55 or older, and for most events, have placed first, second or third at USNSO sanctioned local senior games, or meet specific USNSO minimum perfor-

mance standards. Former U.S. Olympians and national record holders are exempt from qualifying in their sport. All 1987 and 1989 USNSO Gold Medalists also are exempt from qualifying for the event in which they won gold medals.

There are "Open" events in which an athlete may qualify by competing in other official competitions, and providing documentation and verification of participation. These "Open" events include high jump, javelin, pole vault (men only), and 10K road race. An athlete must meet specific USNSO standards in the events and compete between January 1, 1990, and March 31, 1991.

For more information about qualifying the 1991 national games, contact Linda Surtin at the U.S. National Senior Sports Organization, 14323 South Outer Forty Road, Suite N300, Chesterfield, MO 63017, or call 314/878-4900. □



## BIRMINGHAM TRACK CLUB CLASSIC



**DATE**.....May 26, 1990  
**SITE**.....Samford University in Birmingham, Alabama  
**FACILITIES**.....Six lane Chevron track, Chevron high, long jump, and pole vault runways (1/4" spikes maximum), concrete throwing rings, and grass javelin runway.  
**AGE DIVISIONS**.....Masters (age 30 and over) men and women will compete in 5 year age groups. Open division for all entrants under 30.  
**ENTRY FEES**.....Entries postmarked by May 21; \$5.00 first event, \$3.00 each additional event. \$10.00 each team each relay race. Late registration (including day of meet, one hour prior to event) \$10.00 first event, \$6.00 each additional event, \$15.00 for relay.  
**HOUSING**.....Radisson Inn 1-800-333-3333.  
**ACCUTRAC TIMING**.....No false start rule will be used.  
**AWARDS**.....Medals to first three places in each age group plus open category.  
**SPECIAL AWARDS**.....Timex Ironman® watches to each Masters Age-Graded Individual event winner. 1989 Edition of Masters Age-Graded Tables will be used. Send SASE to meet director for tables; specify event. One watch per individual.  
**CO-DIRECTORS**.....Gordon Seifert (205)879-8031, Wallace McRoy (205)871-3579

### SCHEDULE OF EVENTS

2:00	high jump, long jump, shot, discus, javelin pole vault	4:30	800 meter run
3:00	80/100/110 hurdles	5:00	400 meter dash
3:15	4 x 100 relay	5:30	200 meter dash
3:30	1500 meter run, triple jump	6:00	300/400 hurdles
4:00	100 meter dash	6:15	4 x 400 relay
		6:30	5000 meter run



NAME \_\_\_\_\_ BIRTH DATE \_\_\_\_\_ AGE \_\_\_\_\_ SEX \_\_\_\_\_

ADDRESS \_\_\_\_\_ street \_\_\_\_\_ city \_\_\_\_\_ state \_\_\_\_\_ zip \_\_\_\_\_ telephone \_\_\_\_\_

PLEASE READ AND SIGN: I certify that I have decided to participate in the BTC Classic with full knowledge that being physically fit and sufficiently trained are necessary to prevent injury to myself. My heirs, devisees, executors, administrators and assigns hereby waive, release, and discharge any and all claims against the Birmingham Track Club, Samford University, agents, or representatives, arising out of my participation in the BTC Classic. The Releasee further agrees to abide by all decisions of the Race Committee regarding rule and eligibility requirements. Releasee further agrees to release and hold harmless the Birmingham Track Club from any injuries and damages allegedly incurred by rule and eligibility decisions made by the Committee.

SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_

**EVENTS ENTERED**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

**BEST RECENT MARK**

ENTRY FEES: 1st event \$5.00  
 additional # events \_\_\_\_\_ X \$3.00  
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TOTAL FEE ENCLOSED \_\_\_\_\_

MAIL TO: Birmingham Track Club  
 c/o Gordon Seifert  
 1514 Ridge Road  
 Birmingham, Alabama 35209



## Masters Men Defeat Women in Mythical Meet

If the winning marks in the 1989 TAC/USA National Masters Track and Field Championships in San Diego are compared to the winning marks in the 1989 TAC/USA Women's Track and Field Championships in Houston, the men win, 7-3, in the 10 events where conditions are virtually the same.

If the events are scored like a dual

meet (1st=5 points; 2nd=3 points; 3rd=1 point), the masters men out-score the women, 54-36.

The caliber of performances between masters men and younger women is traditionally very close. The 10-year totals are now: Events: masters men 52, open women 45. Points: open women 456½, masters men 416½.

<b>100</b>			
1 Dawn Sowell	W	10.91	
2 Sheila Echols	W	11.12	
3 Esther Jones	W	11.13	

<b>200</b>			
1 Danette Young	W	22.29	
2 Esther Jones	W	22.53	
3 Diane Dixon	W	22.72	

<b>400</b>			
1 James King	M	48.61	
2 Matt Pruitt	M	50.62	
3 Rochelle Stevens	W	50.75	

<b>800</b>			
1 Nolan Smith	M	1:58.25	
2 Richard Tucker	M	1:58.44	
3 Ronald Jensen	M	1:58.47	

<b>1500</b>			
1 Larry Alberg	M	3:56.30	
2 Tony Murray	M	3:59.31	
3 Ian Cousins	M	4:01.30	

<b>5000</b>			
1 Omer Van Noten	M	15:16.22	
2 Pat Kubley	M	15:33.14	
3 Graham Garcia	M	15:38.72	

<b>10,000</b>			
1 Omer Van Noten	M	31:57.80	
2 Garry Hand	M	31:59.45	
3 Nan Doak-Davis	W	32:34.59	

<b>HIGH JUMP</b>			
1 Jan Wohlschlag	W	1.93	
2 Louise Ritter	W	1.93	
3 Charlie Rader	M	1.92	
3 John Hartfield	M	1.92	

<b>LONG JUMP</b>			
1 Michael James	M	6.86	
2 Claire Connor	W	6.54	
3 Gwen Loud	W	6.49	

<b>TRIPLE JUMP</b>			
1 Milan Tiff	M	15.59	
2 Sheila Hudson	W	13.87w	
3 Diana Willis	W	13.35w	

Score: Masters Men 54  
Open Women 36



Pat McNabb, W45, of Great Britain, 1st (13.32) in the 80H, TAC Masters Championships, San Diego. Photo by Jerry Wojcik



Roland Heimberger vaults 10-0 to place first M45 at the Empire State Games in Ithaca, N.Y.

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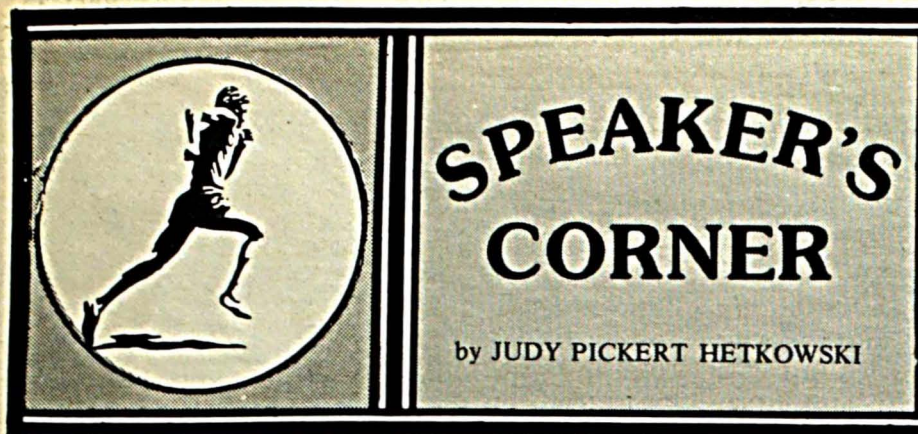
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Running camps from North Carolina to New England have given me weeks of play, motivation, and health renewal minus the usual domestic drudgery.

For eight years, I've shared this adventure with hundreds of adult campers, many of whom found their experience to be a valuable tool in questioning and re-evaluating their priorities in life and lifestyle. Many have become "family," returning year after year, bringing kin and friends, finding the second and third camp experience reinforcement for the positive

life changes made after their first time as campers.

There are many running camps from which to choose. Settings and offerings are varied. My strongest attachment is for Green Mountain Running Camp in Vermont, where I had my first camp experience ten years ago. Directors John Holland and Roy Benson invited me to be a staff member. I was a successful cross-country coach and a struggling, injured, frustrated fitness runner.

As the camp has grown and become more successful, so have I. I enjoy



Carl Wallin in his shot circle at home in New Hampshire. He won the W45 World Championship shot put in Eugene with a heave of 15.02m (49-3 1/2).

good health and energy and many enduring camp friends. Every time I travel to a race or return to camp, I look forward to revitalizing and catching up with those who understand and have been part of the same wonderful experience.

Picture being greeted by a 40-mile vista as you park and unload your car on a college campus. Then commences a week of comprehensive lectures, videotaping and analysis, learning-by-doing sessions, and socialization, all fueled by a nutritious, tasty menu designed to recharge and maintain enthusiasm and vigor. There are a vast number of running courses featuring scenic, century-old roads and trails that terminate at refreshing streams and lakes.

Individual growth is fueled by a staff ranging from renowned coaches to current experts in the field of sports physiology. You can talk training or current events over a beer with top athletes and coaches.

I now have two regular vacations each year — weekends away at races and weeks away at running camp. Both are relatively inexpensive, healthy, spiritually rewarding, and fun. They enable me to deal better with the stresses of eating Ben and Jerry's Ice Cream and Godiva Truffles. These experiences also educate and energize my spirit to work towards becoming my best self in "real life." □

*(Judy Pickert Hetkowski, 46, is a nationally-ranked masters runner living in Yorktown Heights, N.Y. Her article was originally published in Footnotes, an RRCA publication. Other 1990 running camps include Eugene Experience VI, featuring Mike Manley, Cathie Twomey, Joe Henderson and Stan James; the Oregon Track & Field Camp for Masters, with Bill Dellinger; and the Newport, R.I. Running Camp, with Dellinger, Pete Squires and Ted Hersey. See schedule for details. — Ed.)*

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## Five Years Ago

April, 1985

- Ian Hume Sets Four World M70 Records
- Derek Vaughn, 40, Runs Mile in 4:13.8
- Christel Miller Sets three W50 World Records
- Barry Brown, 40, Runs 2:20:22 in Orange Bowl Marathon



Sal Vasquez, en route to winning the M45 division of the National Masters 10K X-C in San Francisco, November, 25, in 37:21.

Photo by Elaine Rosenfield

## Research Study Wants Volunteers at Nationals

by KAREN PYLE

A research study on the physiological profiles of masters athletes will be conducted at the National Masters Track and Field Championships in Indianapolis, August 1-5.

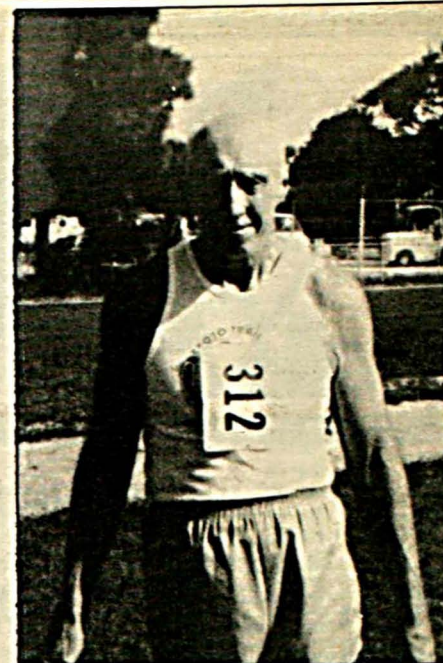
This will be the first study to focus on variables in body composition and hematology in different event groupings (e.g. sprinters; middle-distance).

Volunteers between the ages of 40-60 years will be asked to participate. Body composition will be measured using a skin caliper technique. A fasting venous blood sample will be drawn from the brachial vein by a Registered Nurse. The blood sample will be frozen

for later analysis at Bowling Green State University.

Each volunteer for the study should sign-up for a time on August 1-5 between 6:30 a.m. and 9:00 a.m. If you wish to participate, it will be necessary for you not to eat or drink anything except water 12 hours before testing. Shorts and short-sleeve shirts should be worn to facilitate skinfold measurements.

The results will be confidential. Each participant will have their own results sent to them. To participate, or if you have questions, please contact Karen Pyle at 1566 Clough St. #59, Bowling Green, OH 43402. 419-354-5638 (h); 419-372-2711 (o). □



Nat Heard, 72, Sarasota, Fla., long-time weight man turned sprinter, NCNB Gulf Coast Senior Olympics, Bradenton, Fla.

Photo by Jerry Wojcik

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Ed Burke. Three-time Olympian

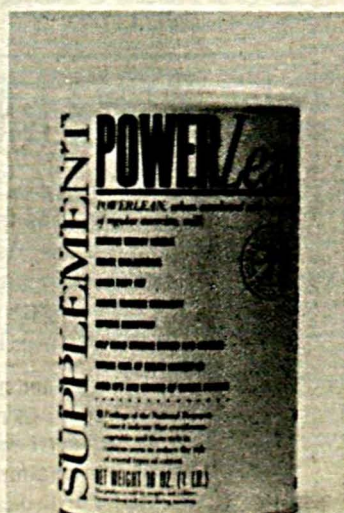
"I learned about the importance of nutritional supplements while training for my third Olympic team," says Ed Burke. "I was 40 years old, hadn't trained for over 12 years and was having trouble achieving overloading results. Then I learned how nutritional supplements improve performance and assure training recovery. The results were fast and convincing. My energy and strength increased dramatically. I was soon throwing the hammer well beyond the American record I had set at age 27."

Ed Burke discovered what other serious athletes have discovered... that POWERlean is the natural way to build muscle and improve performance.

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Complex Carbohydrates	80%
Essential Fatty Acids	2%
<b>REFINED SUGARS AND FAT</b>	
Sucrose (Table Sugar)	no
Saturated Fat	no
Cholesterol	no
SODIUM	no
<b>IMPORTANT FOR HEALTH</b>	
DIETARY FIBERS	High
Psyllium	Yes
Oat Bran	Yes
Rice Bran	Yes
Vegetable	Yes
Cruciferous Vegetables	Yes
<b>VITAMINS &amp; MINERALS</b>	
Beta-Carotene	Yes
Vitamin A	Yes
Biotin	Yes
Vitamin C	Yes
Vitamin E	Yes
Vit. B1 (Thiamine)	Yes
Vit. B2 (Riboflavin)	Yes
Vit. B3 (Niacinamide)	Yes
B5 (Pantothenic Acid)	Yes
Vit. B6 (Pyridoxine)	Yes
Vitamin B12	Yes
Vitamin D3	Yes
Folic Acid	Yes
Calcium	Yes
Copper	Yes
Iron	Yes
Zinc	Yes
Potassium	Yes
Magnesium	Yes
Iodine	Yes
Chromium GTF	Yes
Manganese	Yes
Selenium	Yes
Phosphorus	Yes
Boron	Yes
Chloride	Yes
<b>SPECIAL HERBS AND</b>	
Gamma-Oryzanol	Yes
Inosine	Yes
Inositol	Yes
Choline	Yes
Smilax Herb	Yes
Siberian Ginseng	Yes
Trans Ferulic Acid	Yes
<b>AMINO ACIDS</b>	
All Essential Amino	Yes
L- Free Form Amino	Yes
Branched Chain Amino	Yes

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## Pagliano's Podiatric Pointers

## THE FOOT BEAT

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

## Uneven Shoe Wear

**Q.** I'm a 40-year-old marathoner who runs about 40 miles a week. I rotate several pairs of shoes which all have worn out completely on the outside edge of my right heel. The left heels show only slight wear. Is it leg length discrepancy or what?

**A.** Your condition, although not causing any pain or discomfort now, could lead to a lower-extremity injury in the future. Usually the heel does wear down equally on the outside edges, but not to the degree you describe.

In most cases of excessive unilateral heel wear, the longer leg is to blame. The longer leg strikes the ground with more force on the outside of the foot and tends to remain longer before the weight shifts to the inside of the foot.

You may also have a tibia varus

(bow legs) that stresses the outside of the shoe.

Running on the right side of the road will also cause the outside of the shoe to wear excessively.

I suggest: 1) determine your leg length. If one leg is shorter, balance

your legs with an inshoe device; 2) Seek out a sports podiatrist who specializes in biomechanics. If there is a lower leg deformity, it can be neutralized with the use of a foot orthoses.

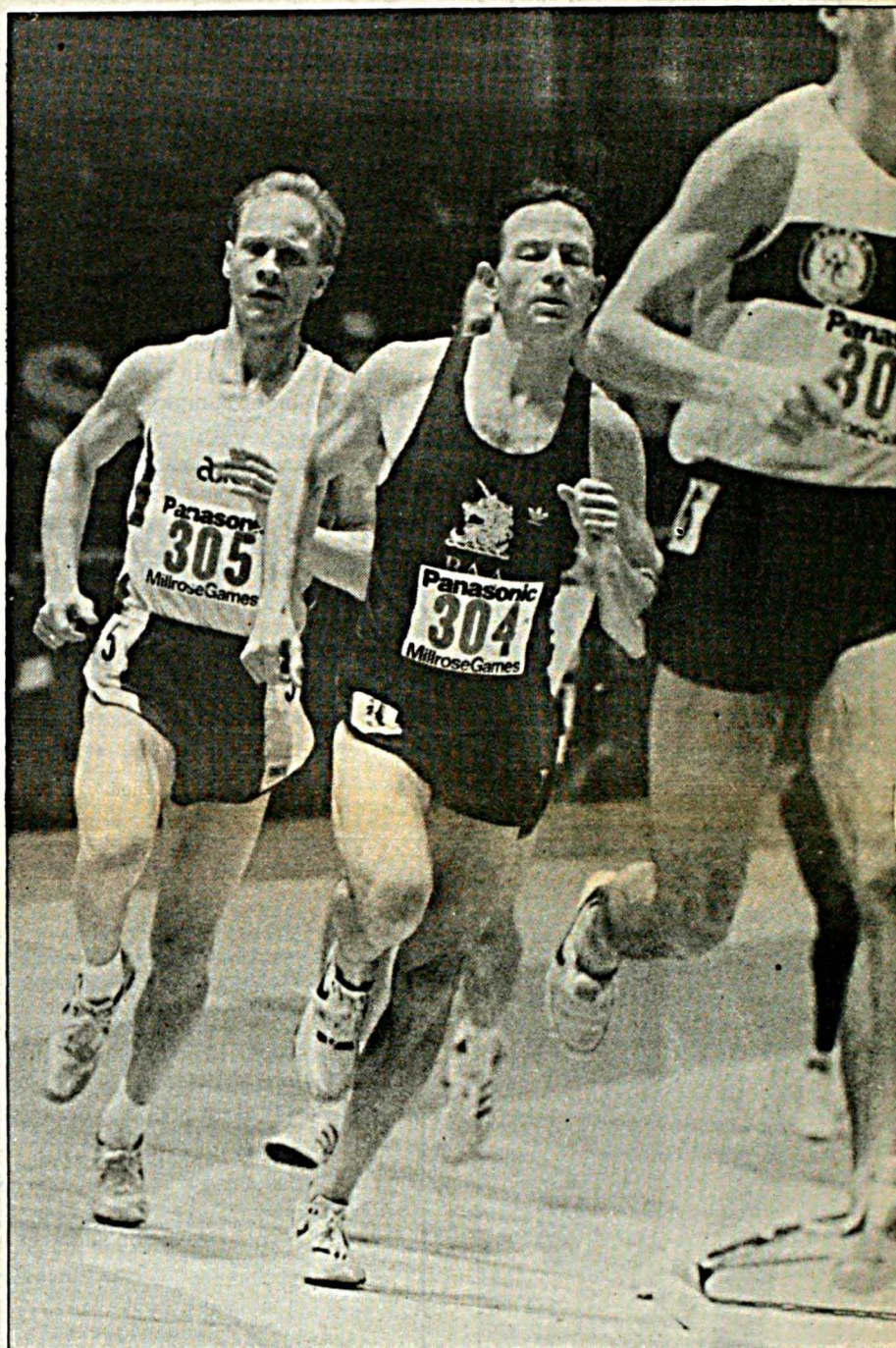
3) Get off the camber type of roads and run on the flats for several weeks.

4) Avoid running on the inside lane of the track in one direction. This could cause the same problem as you

encountered from road camber.

Try all these suggestions. I feel they could reduce your shoe wear and lessen the chances for injury. □

(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.)



Dan Frye (304) and Larry Almborg (305) battle in the Runner's World Masters Mile in the Millrose Games on February 2. Almborg closed for second in 4:17.36 behind winner Dave Stewart. Frye finished fourth in 4:21:30. Photo by Sailer, Ltd.



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5:00 P.M. SATURDAY APRIL 21, 1990

JOHN I. LEONARD HIGH SCHOOL, LAKE WORTH, FLORIDA

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T-SHIRTS TO THE FIRST 200 ENTRANTS

THIS MEET IS SANCTIONED BY THE FLORIDA ATHLETIC CONGRESS. TAC RULES & IMPLIMENT REQUIREMENTS WILL BE FOLLOWED. ALL MEASUREMENTS WILL BE IN METERS. AGE GROUPS MAY BE COMBINED FOR SCHEDULING PURPOSES, ALTHOUGH SEPARATE AWARDS WILL BE GIVEN TO EACH GROUP. SEEDING SECTIONS AS FINALS MAY BE USED. FIELD EVENT COMPETITORS WILL BE LIMITED TO FOUR THROWS OR JUMPS.

FIELD EVENTS: ALL FIELD EVENT COMPETITORS ARE TO REPORT AT 4:30 P.M. YOU WILL BE ASSIGNED TO FLIGHTS BASED ON AGE & SEX.

THE FOLLOWING FIELD EVENTS WILL BE HELD: LONG JUMP, TRIPLE JUMP, HIGH JUMP, SHOT PUT, DISCUS, HAMMER, POLE VAULT, JAVELIN.

TRACK EVENTS: THE ORDER WILL BE YOUNGEST TO OLDEST - MEN TO WOMEN.

THE FIRST RUNNING EVENT WILL START AT 5:00 P.M. STARTING TIMES FOR SUBSEQUENT EVENTS CAN NOT BE LISTED AS THE NUMBER OF PARTICIPANTS IN EACH EVENT WILL NOT BE KNOWN UNTIL THE MEET STARTS. DURING THE MEET ESTIMATED STARTING TIMES WILL BE GIVEN.

HIGH HURDLES - 800 - 5K WALK - 100 - 5K RUN - 400 - 1500 - 200

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NAME: \_\_\_\_\_ ADDRESS: \_\_\_\_\_  
CITY: \_\_\_\_\_ ZIP: \_\_\_\_\_ STATE: \_\_\_\_\_ PHONE: (\_\_\_\_) \_\_\_\_\_  
SEX: M F AGE: \_\_\_\_\_ BIRTHDAY: \_\_\_\_\_ CLUB: \_\_\_\_\_

EVENT(S): \_\_\_\_\_  
(PLEASE INDICATE ESTIMATED TIMES FOR ALL TRACK EVENTS)

I CERTIFY THAT I AM IN GOOD HEALTH, PROPERLY TRAINED & PHYSICALLY CAPABLE OF COMPETING IN THIS MEET. I HOLD HARMLESS THE GREENACRES CITY, THE FLORIDA ATHLETIC CLUB, THE FLORIDA ATHLETIC CONGRESS, & PALM BEACH COUNTY & JOHN I. LEONARD HIGH SCHOOL, FOR ANY INJURIES I MAY SUSTAIN.

SIGNATURE: \_\_\_\_\_ DATE: \_\_\_\_\_ \$10 FIRST EVENT, \$5  
EACH ADDITIONAL EVENT. MAKE CHECKS PAYABLE TO: FAC.  
MAIL TO: FAC, 4223 PALM FOREST DR. N., DELRAY BEACH, FL 33445

## Palm Beach Recommends Masters Grant

by BOB FINE

An outstanding opportunity has been presented to the Masters community to receive substantial support for a major Masters track meet to be held on an annual basis in Palm Beach County, Florida.

The meet has already been scheduled as the Florida Athletic Club/Greenacres City Masters Championships on April 21 in Lake Worth, Fla. The entry form appears on this page.

The Palm Beach Sports Council is recommending a grant (which still

needs approval from the Tourist Bureau and the County, but which is usually given) for the meet. The quality of the medals, competitors' awards, and the operation of the meet will be upgraded. If the Masters community can show up in good numbers, we can expand the meet in the future to a three-day event, with reduced air fares and housing, plus additional grants from the County.

This is a perfect way to get rid of the winter "shivers" and start off the outdoor season.

So, "come on down." □





Runners slosh through the bog in the National Masters 10K Cross-Country Championships in San Francisco, November 25.  
Photo by Sailer, Ltd.

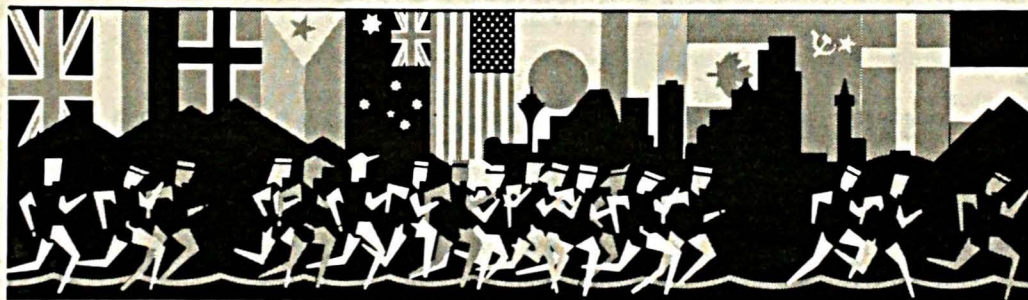


#### ATHLETES WHO ENTER A NEW DIVISION THIS MONTH, APR. 1990

ATHLETE (RESIDENCE)	BIRTHDATE	AGE GROUP
MAYNE B'DERA (NEW YORK, NY)	4-10-15	75-79
JANICE BAUM (LOS ANGELES)	4- 0-30	60-64
SHIELA EVANS (INDY, IN)	4-24-15	75-79
SUE KLEHM (ARLINGTON HTS, IL)	4- 8-45	45-49
LUCILLE MONROE (WEBSTER GROVE, MO)	4-21-15	75-79
BETTY PAPPAS (EL DORADO, KS)	4-15-35	55-59
SUE SKERKE (WOODSTOCK, IL)	4- 8-45	45-49
DIANE STOCKLIN (SAN DIEGO, CA)	4-15-40	50-54
ANN MARIA THOMAS (BROOKLYN, NY)	4-13-45	45-49
PATRICIA THOMAS (SEATTLE, WA)	4-12-40	50-54
PATTY VAN WOLVELAERE (CA)	4-13-50	40-44
ANNY BINDER (WG)	4-13-15	75-79
SHIELA EVANS (INDIANAPOLIS, IN)	4-24-15	75-79
ODDJORG HAAKENSVEEN (NOR)	4-29-45	45-49
COLLEEN HILL (NZ)	4-21-30	60-64
RUTH HUNKEL (WG)	4-29-30	60-64
SIGRIN KOFINK (WG)	4-23-35	55-59
LYNN LARSEN (AUS)	4-10-45	45-49
INGRID LORENZ (WG)	4- 8-25	65-69
TOINI RAUNISTO (FIN)	4- 1-15	75-79
GUDELIEVE ROGGMAN (BEL)	4-30-40	50-54
WALTER BOEHM (ARLINGTON, VA)	4-18-30	60-64
ALOIS BRHLUK (CZE)	4- 6-10	80-84
GEORGE ETHERINGTON (SALINA, KANS)	4-10-20	70-74
FRANK EVANS (NZ)	4- 7-25	65-69
FRANK FINGER (CHARLOTTESVILLE, VA)	4-16-15	75-79
BERND HEINRICH (WALNUT CREEK, CA)	4-19-40	50-54
AXEL JOHNSON (SWEDEN)	4- 4-25	65-69
HANS LAGERQVIST (SWE)	4-28-40	50-54
RON MORRIS (LOS ANGELES, CALIF)	4-27-35	55-59
AXEL RYDSTROM (SWEDEN)	4-22-25	65-69
WALTER SLOVENSKI (LEWISTON, ID)	4-13-20	70-74
WILLIAM SORLINGAS (YONKERS, NY)	4- 7-20	70-74
GEORGE VERNOSKY (BETHESDA, MD)	4-26-30	60-64
LOUIS VINK (HOL)	4- 5-35	55-59



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For entries send a self-addressed, stamped envelope to Marathon Office, 101 Elliott Ave. W., # 430, Seattle, WA 98119. Marathon Hotline - 206/282-5565.

To receive general Goodwill Games information call 206/554-7100.

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## Techniques of Masters Throwers

by BOB STONE

**A** mail survey of training methods of 45 top U.S. masters throwers was made last year. Here are the results:

### Practice Throwing

Throwers typically practice three days per week year-round, weather permitting, for 1-2 hours at a time. Most compete in at least two events, and practice both at each workout. Many practice with both heavier and lighter implements, to build strength with the heavier and increase explosiveness and ring speed with the lighter. Few have regular coaches, although a number use VCR as a training aid. Opinions were mixed as to the competitive benefits of coaching or VCR.

### Practice Routines

Regardless of age, these elite throwers follow practice routines similar to their college days, except that sessions are generally much

shorter. Most throwers begin practice with 5-10 minutes of warm-up, including some jogging, short sprints and stretching. Actual throwing typically starts with 5-10 standing throws (one turn with hammer), technique work at 60-70% of maximum effort, and finishes up with 5 or more all-out-effort throws.

Examples of practice routines:

#### Shot/Discus

1. Warm-up, jogging and fast walking for 5-10 minutes, then 5-10 minutes of stretching. Next, 6-8 standing throws, followed by 20 to 30 minutes of technique work with complete throw and close to maximum effort, concentrating on one particular aspect each day.

2. Jog half mile and stretch for 10

minutes, then take 20-25 standing throws, finishing up with 40-50 throws with full glide or spin at 80-90% of maximum effort.

3. Practice time limited, so quick warm-up, no jogging and no standing throws. Take 4-5 warm-up throws, followed by 20-30 minutes of maximum effort throwing. Concentrate on technique at all times.

4. Five minutes of stretching, then a few standing throws from easy to all out. Follow this with 10 or more throws at maximum effort. End practice with a throw at competitive distance.

#### Javelin

1. Throw tennis ball against wall for 15 minutes, followed by ¼ mile run and 20 minutes stretching. Start throwing with 5-10 "hard jabs" (standing), followed by 15-20 throws with full-speed run and 80-100% maximum effort.

2. Stretch for 15-20 minutes, followed by 10 minutes jogging and sprinting. Throw for 30 minutes, emphasizing technique with full-speed run but only 60-80% effort. Throw for distance once every 7-10 days.

3. Stretch with javelin for 5 minutes, then 10-15 "bleacher runs" with no rest, and 3-6 "criss-crossing" runs for 100 yards each. Do 3-6 one-step throws; then 3-6 throws with three steps, 75-90% maximum effort; and a final 5-6 throws with full run-up at 95-100% effort.

#### Hammer

1. Stretch for 5 minutes, then 10-15 minutes of drills starting with one turn and working up to three runs, all at 50-75% speed and effort; concentrate on technique. End with 15-20 minutes at near-max speed and effort, but still emphasizing technique.

2. Stretch indoors including a few light squats. Move to outdoor throwing area and take 6-8 easy throws followed by 6-8 throws at full effort. Occasionally throw heavier weight implement, intermixing with normal weight.

3. Begin with 45 minutes warmup, including walking, jogging, stretching, and short sprints. Take several practice throws, working up from one turn to continuous-turn repetitions. Finish with 10-15 full-speed turns at maximum throwing effort.

#### Competition

On competition day, almost all throwers eat their last meal at least 2 hours before their first event, and often more. If competing in several events, most will snack through the competition period on sandwiches, fruit, juices and/or high protein drinks and lots of water.

Warm-up throwing starts typically 20-30 minutes before start, depending on number of entries. Most limit warm-up throwing to no more than 10-15 minutes, through a few allow 45-60 minutes, including jogging, stretching and mental preparation.

Continued on page 15



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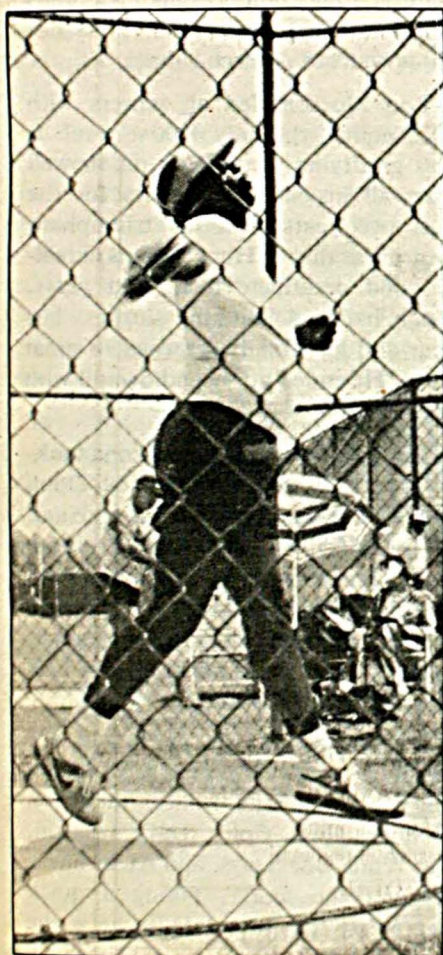
## Masters Training Advice

Continued from page 14

Warm-up throws are much like mini-practice sessions, with 3-4 standing throws followed by a few with full glide, turns, or run-up, and working up to full effort. The maximum number of throws reported for the warm-up period was 10-12.

Special routines between throws were also explored in this survey, as an event often takes 45-60 minutes or more to complete. Two or three reported taking a few throws off to one side, space permitting, and if officials were not enforcing rules against them. Most, however, made a conscious effort to relax and rest between official throws, tuning out distractions to concentration from conversation or well-meant coaching. They do short sprints, take slow-motion turns without implementation, walk around to stay limber and stretch just before their next turn. Except for the light snacks mentioned, none reported any other special routine events an hour or two apart.

About one-third said they do best on their 2nd or 3rd throw, while the rest were equally distributed among other turns. Several described their last throw as their best, because they could pump themselves up for what was often a "do or die" situation, and a few reported doing best in warm-up because events often start so late and they warm up too soon! •



National M45 discus and hammer champion Lloyd Higgins of the Southern California Striders goes airborne with this discus effort at the Striders Meet of Champions in Long Beach, Calif.  
Photo by Abe Sheinker

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Men's and women's world and U.S. age bests for all track & field events, age 35 and up; and for all race-walking events, age 40 and up, as of Oct. 31, 1988. 52 pages. Lists name, age, state and date of record. Compiled by Peter Mundle, WAVA and TAC Masters T&F Records Chairman. \$2.00.

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Men's and women's 1988 U.S. outdoor track & field, 5-year age-group rankings. 44 pages. Over 100-deep in some events. All T&F events, including 3000, 10,000, weight, relays, 1500 walk, and 5000 walk. Coordinated by Jerry Wojcik, TAC Masters T&F Rankings Chairman, and the National Masters News. \$2.95

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Men's and women's official world and U.S. Outdoor and Indoor 5-year age-group records for all track & field events, age 35 and up, as of June 1, 1989. 8 pages. Lists name, age, state and date of record. Compiled by Peter Mundle, WAVA and TAC Masters T&F Records Chairman. \$1.50.

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# Masters Health and Fitness

## Running Away from Depression

**R**esearch shows running can add another benefit to the long list of life-enhancing qualities of aerobic exercise. Running relieves the symptoms of depression — withdrawal, inactivity, dullness, and feelings of helplessness or loss of control — in many mildly to moderately depressed people.

Depression strikes one out of four Americans. Depression is characterized in dictionaries as a "great sadness, and is more prolonged than that warranted by any objective reason."

Doctors use treatments such as antidepressant drugs, shock therapy, and sleep deprivation to treat depression. All of these can cause undesirable side effects.

On the other hand, running (and other exercises) have brought significant reduction in anxiety and depression, improved sleep and appetite, improved concentration, enhanced academic performance, and, of course, increased cardiovascular fitness, with no significant side effects.

One study reports runners have significantly less subjective anxiety and depression compared to their sedentary counterparts. Another study showed an inverse correlation between maximal oxygen intake, which improves with exercise and depression. People with lower aerobic capacity were more depressed.

While researchers agree exercise helps, recommendations vary on the amount and type of exercise needed. One account claims that any type of "exercise" brings positive results. And the more people exercise, the better their mental health. This researcher observed, though, that physical exertion alone, such as household chores, will not give the same satisfaction as purely recreational activity.

Others agree. They speculate that

people feel a sense of mastery and control in sports. Also, sports promote relaxation, skills management, and confidence.

Still other researchers believe depression should be treated with aerobic exercise. According to one theory, depressed patients need to sweat. Increased body temperature enhances circulation, which leads to an increase in oxygen to the brain.

C. Barr Taylor, M.D., promotes aerobic exercise in depression therapy for dual benefits. He believes if you're going to the trouble to exercise, you might as well try to improve your cardiovascular fitness.

Though they disagree on the question of aerobic versus anaerobic exercise, physicians agree on some points. Activities should be enjoyable and relatively easy to avoid injury. Therapists should take care their patients don't push themselves too hard by setting impossibly high standards.

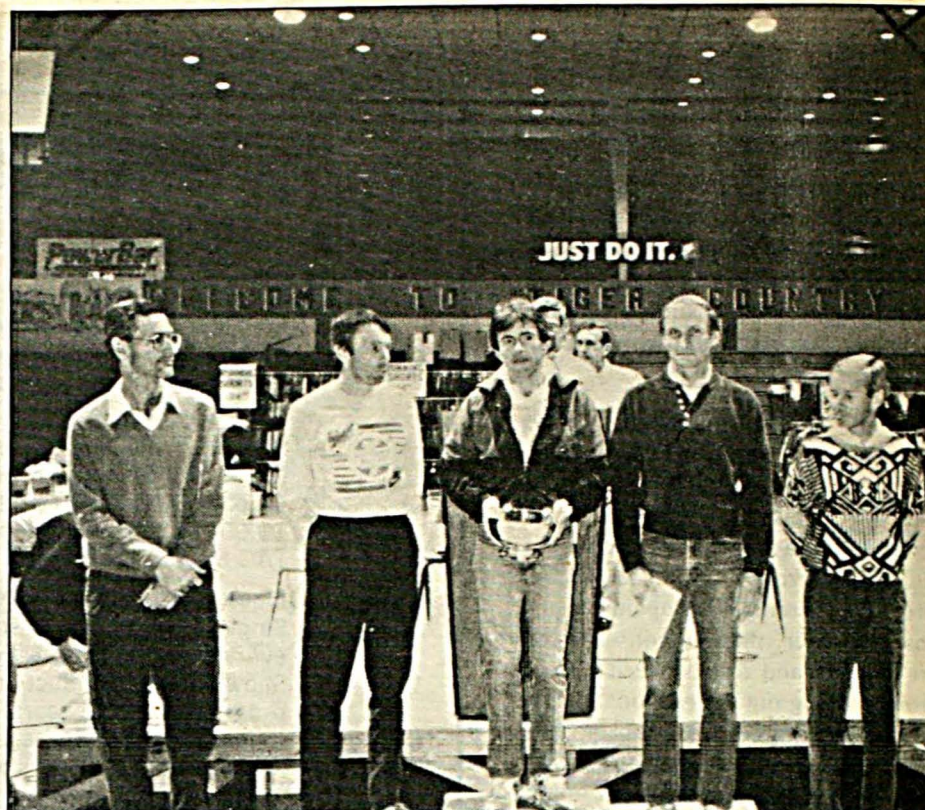
Moreover, doctors should not force patients into exercise. Patients themselves should choose exercise. Robert Brown, M.D., points out that regular exercise won't do patients any harm, and a general practitioner can tell depressed patients with conviction that exercise, such as walking, is good for them. □

*(The Physician and Sportsmedicine, Vol. 14, No. 9 pp. 192-197). Reprinted from Running & FitNews. For a free copy, send an SASE to AR&FA, 9310 Old Georgetown Rd., Bethesda MD 20814.*

### MASTERS PRIZE MONEY AWARDS 1990 (thru 10 March 1990)

\$ 3,600	Bob Schlau (SC)	7,000	Graziella Striuli
3,500	Mario Cuevas (MEX)	4,750	Gabrielle Andersen (ID)
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1,800	Wilson Waigwa (TX/KEN)	2,100	Barbara Filutze (PA)
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1,500	John Custy (CO)	1,400	Judy Greer (FL)
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1,050	Byron Dyce (FL/JAM)	750	Karen Macharg (FL)
1,000	J-Socorro Neri (MEX)	600	Mary Wood (CO)
1,000	Bob Wolfe (TX)	550	Claudia Ciavarella (FL)
-10-		-10-	

Compiled by the Competitive Road Racer, PO Box 42888, Tucson AZ 85733



Rocket City Marathon masters prize money winners: l to r: Craig Storey, Calgary, Canada (5th, \$250); Joe Catalano, Boston (3rd, \$250); Bob Schlau, Charleston, SC, (1st, \$1250); Ken Sparks, Chagrin Falls, Ohio (2nd, \$500); and Ken Cole, Pensacola, FL (4th \$250). Photo by Jim Oaks

## Morcom Scores 4025 in U.S. Pentathlon

by DAVE DOUGLASS

Would you believe that an indoor event could be called because of rain?

It almost happened. The 1989 TAC/USA National Masters Indoor Pentathlon was scheduled — outdoors — at Birmingham High in Los Angeles on March 4.

I received a wakeup call from Ed Martin wanting to know if we were still on. It was drizzling where I live and pouring where he lives. All systems were on "go," but while driving the Santa Monica Mountain ascent into the San Fernando Valley, the drizzle turned into a downpour.

However, at the crest, the rain stopped, and shortly I was looking at some blue patches of sky. Well, the weather held. Not one drop of rain fell, and things proceeded relatively smoothly.

The only negatives were 1) TAC officials didn't show because of the Los Angeles Marathon the same morning, but we had lots of volunteers, including some of the athletes, themselves; and 2) the high-school personnel really "clucked" over their facilities (spike checks every five minutes); and 3) the medals arrived Friday by UPS, and since I was not home, they didn't leave them. Their service doesn't operate on Saturdays.

Another interesting first was the use of a wind gauge for an "indoor" meet.

Twenty-eight athletes competed, 19 from California. Maybe this says something about holding the event around the country rather than always in the east. A few entrants had never done this pentathlon. A prime example is Rufus Morris who learned to throw the shot the week before by using a 22-lb. stone. How did he fit it under his chin? Nevertheless, Rufus was giving

Rex Harvey a good battle going into the 1000m, but as Rufus found out, you have to pay the price for this one; no bluffing here. He hit the wall at about 400m, and Rex breezed to a big win, Rufus fading to third. Frank Reilly bashed the first hurdle, stumbled around like a drunk but finished well. We were laughing so hard we could hardly time him (Frank is pretty understanding). Incidentally, we had three watches on each runner.

Boo Morcom led all scorers with 4025 points, the only 4000+ total. It was gratifying to see Boo do so well after all his nagging injuries for the past two years. Another triumphant return was that of Hugh Adams, a really good decathlete from past years. Hugh had a debilitating sickness last year and has finally returned to great form. He ended up second overall with a great total of 3777.

Doug McFetters from Arizona looked great in beating Phil Mulkey. Doug took Phil in the hurdles, long jump and 1000, tied in the high jump, but lost the shot. Three women competed with Christel Miller taking top honors overall on the age-factored score, beating many time world champ Phil Raschker, 3388 to 3174.

The success of the meet was the result of many volunteers, including Gary and Christel Miller, their son Gunnar, Hugh Cobb, Dave Jackson, Pat Willis, Joe Sanzs, and Al Sheahan. Al was the scorer, taking a quick course on the job. Because he is the guru of age factoring, he was the likely choice, and after getting him onto the right table, he did a bangup job. My sincere tanks to all for their help. It was a fun meet. □





Starter Skip Dougherty gives (l to r) Patrick Devine (60), Luther Burdelle (64), Marsh Haraden (58), and Lee Hirst (67) starting instructions for their 400-meter race in the 1989 Runners' Pentathlon. After all 5 races were run, Devine finished 2nd overall. Marsh Haraden was 7th and Lee Hirst was 8th. The date of this year's event is June 2 in Albuquerque, NM.



## "Marriage" in Albuquerque

The organizers of the 6th annual Runners' Pentathlon and the 4th annual Duke City Masters Track Meet have joined forces to combine the two meets on June 2-3 in Albuquerque, N.M.

The combined format should benefit both events. "Athletes from out of town will be attracted because they can get more bang for their travel buck," said meet directors Tom Bell (Pentathlon) and Neil Silver (Duke City). Runners can participate in the Pentathlon on Saturday and run their specialty on Sunday.

The Runners' Pentathlon consists of five track races, in order: 3200, 800, 200, 400, 1600. The best three overall age-graded performances will receive special awards, in addition to five-year age-group awards. ☐

## Need Back Issues?

Most back issues of the *National Masters News* are available for \$2.25 each, plus \$1.00 postage and handling for each order.

Send to:

**National Masters News**  
P.O. Box 2372  
Van Nuys, CA 91404



Larry Ruggles (40) with Lou Marjon (43) on his heels at the end of 800 meters in last year's Runners' Pentathlon. After five races, Larry was fourth overall and Lou was 9th. This year's race will be June 2 in Albuquerque, New Mexico.

# 4TH ANNUAL DUKE CITY MASTERS, SUB-MASTERS AND OPEN GAMES AND 6TH ANNUAL RUNNERS' PENTATHLON

Albuquerque, New Mexico  
June 2-3, 1990

Hosted by the TAC and Los Viejos Track Club

**FACILITY:** University of New Mexico 8-lane Polyurethane Versaturf track includes shot, discus rings, javelin approaches and jumping aprons.

**TIMING:** Accutrack, Chronomix and hand-held.

**SANCTION:** New Mexico Association of The Athletics Congress.

**EVENTS:** Track & Field: All running events from 100M to 1500M, 2-mile racewalk, 4X100 and 4X400 relays, all field events, and pentathlon and weight pentathlon.

Runners Pentathlon: 3200m, 800m, 200m, 400m, 1600m.

**ELIGIBILITY:** Must be current TAC card holders, men and women 19 years and older. \*5-year age groups in masters, open 19-29, sub-masters 30-39. (Except relays, \*10-year age groups.)

**AWARDS:** Track & Field: Ribbons 1st - 3rd, Open 19-29, Sub-Masters 30-39, Masters 40+ in 5-years age groups.

Runners Pentathlon: Age-graded scores, plaques 1st-3rd.

**THE TOWN:** Center of New Mexico, 55 miles from Santa Fe, 400,000 metro population. 5,000 ft. at base of 10,700 ft. Sandia Mt., reached by USA's longest tram or famous LaLuz Trail. Indian pueblos and museums in and around area. Great Mexican food.

**HOTEL:** Hilton Inn, 3 miles from track. \$44.00 a room for up to 2 persons. 1-505-884-2500, mention Duke City Masters. Hospitality room sponsored by NM TAC after meet on Sat., June 2.

**IMPLEMENTS:** Shots, discs available. Poles, javelins, throwing weights, hammers, the responsibility of the competitor.

**FEES:** Track & Field: \$7.00 first event, \$4.00 each additional event. \$15.00 unlimited events not to include the pentathlons. Pentathlon \$8.00. Relays \$10.00 per team. Make check payable to NM TAC.

Runners Pentathlon: \$8.00. Make check payable to NM TAC.

**ENTRY:** See below or forms available in National Masters News in April. Early entry deadline, May 27th. Entries will be accepted after May 27th, but will include a \$3.00 late charge. Entrants will receive souvenir hat; t-shirts available for sale.

### ORDER OF EVENTS

#### Saturday, June 2

8:00 Runners Pentathlon  
11:00 Weight Pentathlon (Shot, Discus, Javelin, Hammer, Weight)  
11:30 Triple Jump  
12:30 Pentathlon (Long Jump, Javelin, 200m, Discus, 1500m)  
1:30 300, 400IH  
2:00 Hammer  
3:00 Javelin

#### Sunday, June 3

8:30 2-mile Racewalk  
9:00 HH, Pole Vault, Discus  
9:30 100M (timed finals)  
10:00 Long Jump, 800m  
11:00 Shot Put  
11:15 400m  
11:30 Long Jump  
12:30 200m (timed finals)  
1:30 1500m  
2:00 4X100m  
2:15 4X400m

**CONTACT:** Neil Silver (505) 265-8274  
728 Loma Vista NE  
Albuquerque, NM 87106

Tom Bell (505) 821-2454  
5905 Concordia Rd. NE  
Albuquerque, NM 87111

### ENTRY FORM

NAME \_\_\_\_\_ PHONE NO. \_\_\_\_\_

ADDRESS \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

AGE \_\_\_\_\_ SEX \_\_\_\_\_ DATE OF BIRTH \_\_\_\_\_ TAC# \_\_\_\_\_

**ATHLETE'S RELEASE:** In consideration of your acceptance of my entry, I do hereby for myself, my heirs, and executors, waive, release and forever discharge any and all claims for damages which I may have or which may hereafter accrue against NM TAC, Duke City Games, Runners Pentathlon, the University of New Mexico, all other meet sponsors, officials or their officers or agents for any damages or injury suffered by me. I certify that my level of training is such that I am prepared to compete and recognize the right of any duly authorized member of the medical staff to require my withdrawal from competition, and will do so if directed.

SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_

### CHECK EVENTS

Runners Pent.	HH	HJ	Jav
100M	300H	PV	Hammer
200M	400H	LJ	Pentathlon
400M	2-Mile	TJ	Wt. Pentathlon
800M	Racewalk	SP	4X100Relay
1500M		Dis	4X400Relay



# PROFILE

## Anthony "Cokey" Daman: Mr. Vitality

If there is a loss of vitality that comes with age, especially beyond 70, you can't prove it by Cokey Daman. Here's a guy who spends as much as four hours a day training and has some impressive results to show for it.

Last year, Damar., a 71-year-old resident of Virginia Beach, Virginia, captured gold medals at the VIII World Veterans Championships in the 5K racewalk (29:20) and the 20K racewalk (2:03:32), while winning a third gold medal in the 20K as a member of the U.S.A. team. In addition, he took the bronze medal in the 70-74 marathon (3:34:37), and also finished fifth in the

5K run (21:04) and sixth in the 10K run (43:24).

The month before, at the Senior Olympics in St. Louis, he won the 1500 racewalk (8:32), the 5K racewalk (29:42), the 5K run (20:17), and the 10K run (43:48). All were Senior Olympics records.

In averaging four hours a day of training before those events, Daman would run or racewalk 10 miles a day, usually alternating the two activities. He'd also daily ride his exercise bike 15 miles and work out on an ergometer one hour a day.

"I diligently trained hard for eight months before those events," Daman says, "and since I also competed in the marathon, I put in some long runs of 18, 20, 22, and 24 miles. I did some in-

tensive hill training and interval training on the track in both sports. I really believe in cross training.

"I don't find training a chore, but a pleasure that I look forward to."

Daman was named by *Running Times* magazine as their 1989 70-74 runner of the year.

"Needless to say, I'm ecstatic with my results for 1989, and hopefully I can do well in the 90's," Daman adds.

A world War II veteran, Daman worked for the Veterans Administration as a correspondence analyst in the insurance division for a number of years before becoming the owner of a chain of luncheonette concessions. In 1978, after retiring, he took up running.



Cokey and Emma Daman

Daman decided to tackle the national 50K racewalk championships in Atlanta, Georgia during March of 1989. There he defeated Don Johnson while recording 6 hours, 18 minutes, 14 seconds, breaking the national 70-74 record of 6:50:02 set by George Knox in 1981.

"I took up racewalking the previous July with a two-mile racewalk and that got me hooked," he says. "I really love it. I hope to continue running as long as I'm able, but I definitely plan to devote more time to racewalking."

Daman, whose nickname has its roots in his Corsican ancestry, has been married to the same woman for 42 years. He and wife Emma have two sons, a daughter and six grandchildren. "My greatest joy and achievement," he ended, "was being part of raising my family, being a good role model, setting a good example and seeing that all my children received a college education." — Mike Tymn



Cokey Daman

"I'd been a tennis buff all my life and began to notice that I had put on some weight while naturally slowing down on the tennis courts," Daman explains how he got started. "I decided to jog a little to lose some weight and improve my game. That was in May of 1978. By my first race that September I had lost 25 pounds."

In March 1979, Daman, who now carries a 125 pounds on the 5-8 frame that once supported 165, completed his first marathon, a 4:06 effort. "What a thrill to finish the marathon without walking a step," he recalls. "I felt great when I finished. That was a real high for me and my family. Even though I've improved on that time by a full half hour, I'd have to say that was my most memorable competitive experience."

Always one to like a challenge,



Daman won a gold medal in the World Veterans Championships in Eugene.

### Ten Years Ago April, 1980

- John Brennan (1:25:45) and Sandra Kiddy (1:43:38) win National Masters 25K
- 16 Meet Records Set in Eastern Indoor Masters Meet at Lehigh U. in Bethlehem, Pa.

## Illinois Land of Lincoln

# MASTERS

JULY 7, 1990

### MASTERS TRACK AND FIELD CHAMPIONSHIPS

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719 Stonegate Ct.  
Libertyville, IL 60048



# The International Scene

## Report from the Treasurer

by AL SHEAHEN, WAVA Treasurer

**O**n this page is the final financial statement for 1988-1989 for the World Association of Veteran Athletes.

In Eugene, the WAVA Council voted to change WAVA's fiscal year from October 1-September 30 to a calendar year (January 1-December 31), so the last three months of 1989 are included in this report.

Total revenues for the period were \$100,318.43. Total expenses were \$57,268.51. Thus, the surplus for the period was \$43,049.92. WAVA's cash balance on December 31, 1989 is \$90,306.36.

### Voting Delegates and Affiliate Fees

On the next page is a list by nations of WAVA affiliates' fees, competitors and delegates.

The list includes a total of 69 nations which have been represented in the past three WAVA World Veterans Championships. Of those 69 nations, 47 are currently paid-up WAVA affiliates (members) through 1989.

1) The first column shows the amount of 1989 fees paid.

2) The second column shows the number of delegates each nation was entitled to in Eugene, based on their fee payment. Each \$50 paid entitled an affiliate to one delegate. The total was 127.

3) The third column shows the number of delegates who actually showed up and voted. The total was 110, meaning 17 didn't show up.

4) The next four columns show the number of competitors from each nation in the past three World Championships, and the total. (Note: 4951 athletes signed up to compete in Eugene, but 197 did not pay, leaving a net total of 4754.)

5) The next column shows the number of delegates each nation is entitled to in Turku. As you may remember, in Eugene the General Assembly amended Section 4(B) of the WAVA Constitution to read:

"At the general assembly, each affiliate shall be entitled to one delegate and also one additional delegate for each 100 of its competitors in the last three World Veterans Athletics Championships (excluding the current Championships), but no affiliate shall be entitled to more than five delegates."

Thus, Canada, for example, with a total of 328 competitors in the past three Championships, is entitled to four delegates in Turku. Norway, with 217 competitors, gets three delegates. Hungary, with 124, gets 2. And so on.

The last two columns show each country's fees (dues) for 1990 and 1991. For each voting delegate, an affiliate must pay \$50 per year, or a total of \$100 prior to the General Assembly meeting in Turku on July 24, 1991. Because of the change in WAVA's fiscal year, affiliate fees are due and payable on January 1 of each year.

However, I have not yet mailed bills to some affiliates. This is because of a proposal made by WAVA President Cesare Beccalli, which he outlined in the January issue of NMN:

"Veteran organizations that are IAAF Members who are also members of WAVA, or who are about to join WAVA, will not be requested to pay a separate affiliation fee to WAVA. The IAAF will instead be asked to pay, from 1990 onwards, an annual subsidy to WAVA which will reflect the loss of these affiliation fees."

This proposal will be discussed at the WAVA Council meeting in Turku on June 4-8, 1990.

Meanwhile, Secretary Alastair Lynn has mailed a form to each WAVA affiliate, asking whether it is an independent organization, or associated with its national IAAF Member (e.g., Canada Masters are independent; U.S. Masters are integrated into The Athletics Congress, the IAAF Member in the United States).

I am sending bills to all WAVA affiliates who are independent. I am not sending bills to the others, pending discussion by the Council in Turku.

If you have any questions or comments on these or other WAVA matters, please contact your national delegates or your WAVA regional representative and let your views be known. □

## WORLD ASSOCIATION OF VETERAN ATHLETES

PROMOTING VETERAN ATHLETICS THROUGHOUT THE WORLD

### TREASURER'S REPORT

JANUARY 27, 1988 to DECEMBER 31, 1989

#### REVENUES:

Affiliate fees	\$ 5,883.00
Entry fees - Melbourne	4,910.00
Entry fees - Eugene (4754 X \$14)	66,556.00
Sanction fee - Eugene	12,000.00
Bank interest	6,721.77
Miscellaneous	520.00
Profit from Melbourne	3,000.00
WIGAL	727.66

#### TOTAL REVENUES

\$100,318.43

#### EXPENSES:

1. Office Expense (postage, phone, fax, etc.)	
President (Beccalli)	\$3,113.00
Executive V-P (Smith)	.00
V-P, T&F (Fine)	218.22
V-P, LDR (Green)	472.24
Secretary (Lynn)	4,084.82
Treasurer (Sheahen)	759.51
Women's Rep (Cushen)	58.71
Past President (Farquharson)	67.62
	8,774.12
2. Financial Charges	126.98
3. Communications & Statistics	
Age Records	500.00
National Masters News	3,000.00
British Veteran Magazine	1,000.00
Australian Veteran Magazine	1,000.00
North American Masters Assoc.	365.00
ASUDAVE	400.00
WAVA Handbook	2,384.04
Age-Graded Tables	670.31
Clipping Service	190.00
	9,509.35
4. Presentations	
5 Clocks, 100 Pens - Eugene	656.00
5. Melbourne - 1987	1,500.00
6. Eugene - 1988	
Air fare	2,908.00
Hotel	2,158.63
Daily cash expenses	1,680.00
Lunches/dinners	764.73
	7,511.36
7. Eugene - 1989	
Air fare	10,015.38
Hotel	.00
Daily cash expenses	5,915.00
Council lunches	787.30
Dinner for Eugene organizers	505.45
Dinner for Hans & Mrs. Skaset	140.70
Meal for General Assembly	2,407.25
Audio-Visual Equipment	176.00
Printing Questionnaire	152.00
Printing Ballots	192.28
	20,291.36
8. President's Travel	
Rome - Jan. '88	300.00
London - April '88	380.00
Korea - Sept. '88	2,925.00
Budapest - March '89	400.00
	4,005.00
9. Other Travel	
Secretary - IAAF Meetings	818.34
Treasurer - IAAF Meeting	626.00
V-P, LDR - Korea/Oceania	2,700.00
TV Committee - New York	750.00
	4,894.34

#### TOTAL EXPENSES

57,268.51

#### SURPLUS

\$43,049.92

#### SUMMARY:

Beginning balance, 1/27/88	\$ 47,256.44
Revenues	100,318.43
	\$147,574.87
Expenses	57,268.51
Ending balance, 12/31/89	\$ 90,306.36

#### ASSETS:

U.S. Checking Account	\$ 13,807.43
U.S. Money Market Fund	69,047.23
Canadian Checking Account	7,451.70
	\$ 90,306.36

#### LIABILITIES

NET WORTH	\$ 90,306.36
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Prepared by Al Sheahen,  
Treasurer

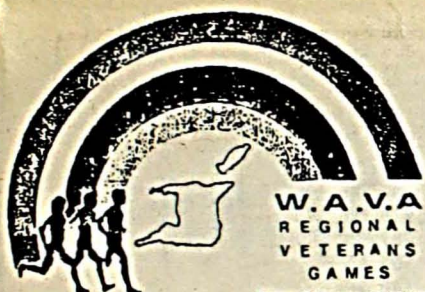




Canada's Hans Weickardt, 76, left, winning the M70 400 (1:14.07) at the World Veterans Championships. Weickardt also won the gold in the 800 (2:56.56) and silver in the 1500 (6:16.67).

Photo by Ruth Carrier

## W.A.V.A. North American Regional



Port of Spain, Trinidad  
August 23 - 26 1990

### INVITATION TO THE NORTH AMERICAN REGIONAL Track and Field Championships

The Organizing Committee of the T & T Masters extend an invitation to compete in the World Association of Veteran Athletes (WAVA) North American Regional Track and Field Championships and Special Sub-Masters Events

**August 23 - 26, 1990**

Port of Spain, Trinidad & Tobago, West Indies  
Competition for Masters and Sub-Masters 30 years and over.

### CONTACT SPORTS TRAVEL INTERNATIONAL, LTD.

For Entry Forms plus Travel & Tours Info\*

P.O. Box 7823, San Diego, CA 92107

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Entry Forms

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Your package price - Air from your city plus accommodations of your choice. Phone us collect or mail us the following form and we will send you your current applicable information.

#### SPORTS TRAVEL INTERNATIONAL, LTD.

P.O. Box 7823, San Diego, CA 92107

Please send me the Entry Form Application and information on the tour to Trinidad, August, 1990.

Name \_\_\_\_\_

Address \_\_\_\_\_

Phone ( ) \_\_\_\_\_

### Quote of the Month

"Coming back seriously to track and field after the 1972 Olympics is as if the masters program has offered me a second

chance, a second life. In 1990, my personal goal is to work with the media to get them to support masters track." —Eddie Hart

## WORLD ASSOCIATION OF VETERAN ATHLETES

PROMOTING VETERAN ATHLETICS THROUGHOUT THE WORLD



LIST BY NATION OF AFFILIATE FEES, COMPETITORS, AND DELEGATES

	1989 Fees Paid	No. of Delegates in Eugene Eligible	Voting	Number of Competitors Rome 1985 Melb. 1987 Eugene 1989	Total	No. of Delegates in Turku	1990 Fees Due	1991 Fees
1 Algeria	\$ 0	0	0	0	0	1	NA	
2 Argentina	100	2	2	14	2	3	19	\$ 50
3 Aruba	50	1	1	0	0	0	1	50
4 Australia	250	5	5	192	2470	370	3032	250
5 Austria	200	4	1	49	30	13	92	50
6 Belgium	250	5	5	29	19	25	73	50
7 Bolivia	50	1	1	0	0	0	0	50
8 Botswana	0	0	0	0	0	2	2	NA
9 Brazil	100	2	2	10	13	26	49	50
10 Bulgaria	0	0	0	0	0	2	2	NA
11 Canada	100	2	2	61	61	206	328	200
12 Chile	100	2	2	15	3	21	39	50
13 China	0	0	0	10	1	0	11	NA
14 Colombia	50	1	1	15	14	37	66	50
15 Cuba	0	0	0	0	1	0	1	NA
16 Cyprus	50	1	1	2	0	1	3	50
17 Czechoslovakia	0	0	0	38	7	15	60	NA
18 Denmark	100	2	2	60	21	24	105	100
19 Fed. Rep. of Germany	250	5	5	646	265	341	1252	250
20 Fiji	0	0	0	0	8	0	8	NA
21 Finland	200	4	4	140	114	116	370	200
22 France	248	5	5	88	43	79	210	150
23 Ghana	0	0	0	0	0	1	1	NA
24 Great Britain	250	5	5	230	161	256	647	250
25 Greece	100	2	2	12	19	11	42	50
26 Guyana	0	0	0	0	0	1	1	NA
27 Holland	250	5	0	41	11	14	66	50
28 Hong Kong	50	1	0	0	0	0	0	50
29 Hungary	250	5	5	61	36	27	124	100
30 Iceland	100	2	1	3	1	2	6	50
31 India	250	5	5	17	72	32	121	100
32 Indonesia	0	0	0	15	20	11	46	NA
33 Ireland	50	1	1	23	26	32	81	50
34 Israel	0	0	0	15	3	2	20	NA
35 Italy	250	5	5	1435	59	73	1567	250
36 Jamaica	0	0	0	0	1	1	2	NA
37 Japan	250	5	5	38	54	74	166	100
38 Kenya	0	0	0	0	0	3	3	NA
39 Korea	150	3	2	0	7	4	11	50
40 Lebanon	0	0	0	0	0	1	1	NA
41 Lesotho	0	0	0	2	0	0	2	NA
42 Luxembourg	0	0	0	1	0	0	1	NA
43 Malaysia	100	2	1	3	8	6	17	50
44 Mexico	50	1	1	23	21	45	89	50
45 New Zealand	200	4	4	72	449	133	654	250
46 Nieu	0	0	0	0	1	0	1	NA
47 Norway	250	5	4	64	73	80	217	150
48 Paraguay	50	1	0	0	0	0	0	50
49 Peru	100	2	1	0	2	10	12	50
50 Philippines	50	1	1	0	1	35	36	50
51 Poland	50	1	1	0	1	7	8	50
52 Portugal	100	2	1	22	9	19	50	50
53 Puerto Rico	50	1	1	19	1	12	32	50
54 Romania	0	0	0	0	2	0	2	NA
55 Singapore	100	2	2	11	15	9	35	50
56 Soviet Union	0	0	0	0	0	6	6	NA
57 Spain	150	3	3	106	9	19	134	100
58 Sri Lanka	50	1	1	8	35	21	64	50
59 Sweden	235	5	5	133	142	95	370	200
60 Switzerland	200	4	4	80	51	56	187	100
61 Taipei	100	2	2	47	25	32	104	100
62 Trinidad & Tobago	50	1	1	20	13	9	42	50
63 Turkey	0	0	0	6	0	5	11	NA
64 United States	250	5	5	400	398	2310	3108	250
65 Uruguay	50	1	1	3	4	2	9	50
66 Venezuela	50	1	1	13	3	2	18	50
67 Virgin Islands	50	1	0	3	0	0	3	50
68 Yugoslavia	0	0	0	35	11	10	56	NA
69 Zambia	0	0	0	0	1	4	5	NA
TOTALS	\$6333	127	110	4330	4817	4754	13901	\$4550

NA = Not an Affiliate. Any nation may become an affiliate by paying the annual \$50 fee.  
Prepared by Al Sheahan, WAVA Treasurer



## British Indoor Pentathlon Championships

The British Veterans Indoor Championships were held in Cosford, Wolverhampton, England, on March 4. Colin Shafto, M55, was awarded the Derek Clarke Perpetual Cup for his best men's score of 3924 based on WAVA scoring, which uses the IAAF tables and age-group factors. His marks for the five events were 60mH 9.77; LJ 5.08; SP (6kg) 8.54; HJ 1.53; and 1000 3:16.58.

Other men's division winners were Mike James, who bested Dave Cowley by 25 points with a 3745 in the M40 division; Snowy Brooks, M45, 3652; Anthony MacKay, M50, 3200; Ajit Kalirai, M60, 3135; and Les Williams, M65, 3643.

Women's winners were Maria Williams, W40, 2506, and Jackie Charles, W45, 2912.

The event drew a total of 21 athletes.

□



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## IOC to Study Readmission of South Africa

The International Olympic Committee has ordered a study of prospects for readmitting South Africa to the Olympics after reforms in apartheid, said IOC President Juan Antonio Samaranch.

Samaranch said the African Olympic Association has been asked to report on the problem after consulting sports associations representing every race in South Africa.

"We were the first sports organization to close the door on segregationist South Africa in 1970," Samaranch said. "Now we note the changes there, and we would be truly happy one day to be the first to open that door. But to do this, we need the advice and approval of African countries."

However, Nelson Mandela, recently-freed deputy President of the African National Congress, is opposed to lifting the ban on South African athletes.

In the nationally-televised Donahue program on March 2 — with Donahue in Burbank, Calif., and Mandela beamed by satellite from Lusaka, Zambia — Al Sheahan, NMN editor and a member of the studio audience, asked Mandela if now is the time to lift the ban.

"No, it's too early," Mandela told

Sheahan and the national TV audience. "The demand is for the political setup in the country to be scrapped altogether, and a democratic system of government introduced. That is very far away from realization, and we think it is too early for you or anyone

else to think in terms of the readmission of South Africa to the Olympics."

South Africa was a member of the World Association of Veteran Athletes until 1987, when it was expelled by WAVA as a show of support for the IAAF and IOC policies. □

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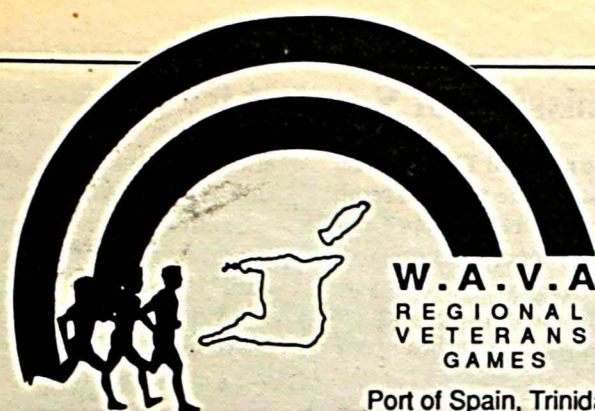
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## British AAA Veterans 10K Championships

by MARTIN DUFF (of *Athletics Weekly*)

With Great Britain still suffering from strong Atlantic winds, the North Yorkshire town of Barnsley, with its two lap 10K, was the setting for the belated staging of the 1989 British AAA Veterans 10K Championships, February 11. The first mile of each lap is uphill.

With the three previous winners, Alan Rushmer (1986), Mike Hurd (1987), and Tecwyn Davies (1988), in the lineup, plus world 10K champion Alun Roper, Tony Simmons, Andy Holden, world 10,000m bronze medalist Alan Whitfield, and 1989 U.S. winner Shel Cowles, the field was the best ever assembled. (Note — and there was no appearance money!)

Holden and 45-year-old Rushmer were prominent at the front after the climb, but in the third downhill mile, Holden cut loose and no one could match the 4:39 pace as the 41-year-old dentist reached 5K in 15:21. With the veterans-only field of 1000 strung out behind him, he pushed on up the hill into the wind for the second time, then held his form to win in 31:19 from Roper (31:25), who came through ahead of Rushmer (31:28) and Whitfield (31:34).

Cowles held fifth ahead of Simmons (a poor run, this) with Mike Hurd in seventh. Malcolm Martin in 10th was second M45, and your correspondent third, and world M50 road bronze medalist Steve James (32:41) bested a hamstring-suffering Davies (33:09).

Rushmer's 31:28 was the best age-graded performance (93.7%) of the race.

Zina Marchant, 39, led fifteen other veterans under 40 minutes as she won in 35:37 for 76th overall. □



Tom Gage, 46, Billings, Mont., hit 193-6 in the hammer, Montana Masters Championships, Bozeman.  
Photo by Karen Kicks

## Attention: Javelin Throwers

Javelin throwers: your advice is needed.

As you know, in the early 1980s, young throwers were hurling the 800-gram javelin over 300 feet. Bystanders were injured. Fearing further damage, the IAAF ruled the specifications of the 800g javelin be adjusted to prevent 300-foot throws.

A "new" javelin was designed which, when thrown by younger athletes, doesn't travel as far. It also lands with its point down, in contrast to the "old" javelin, which often landed flat.

In masters competition, men 40-59 use the 800g javelin. In 1987, WAVA and TAC ruled the "new" javelin should also be used in M40-59 competition. And so it was in Eugene last year.

However, some throwers complained, saying: 1) Men over 40 can't throw the "old" javelin over 300 feet, so there's no safety problem; 2) throwing the "new" javelin would negate all the "old" records; 3) it would be too ex-

pensive to force every thrower to buy a "new" javelin; 4) masters throwers can't throw the "old" one much farther than the "new" one anyway.

These throwers proposed that WAVA/TAC reconsider and allow the use of the "old" javelin. In Eugene, the WAVA Council voted to allow the use of either the "old" or "new" javelin beginning in 1990.

Since then, letters to NMN have suggested that using both is unworkable, and "not to be taken seriously."

New javelin proponents argue that 1) the old javelin can be thrown 15% farther than the new; 2) athletes may demand that both types be available at meets; 3) the old type will be increasingly hard to find; 4) two sets of records should be kept; 5) flat landings will again become commonplace; 6) the IAAF will consider it a strange practice.

What is your opinion? Please check one of the boxes below and return it to NMN.

For the men's age 40-59 800g javelin, I favor using:

- ☐ the "old" javelin exclusively  
☐ the "new" javelin exclusively  
☐ either the "old" or the "new" javelin

Comments: \_\_\_\_\_

Clip and mail to: Javelin, NMN, PO Box 2372, Van Nuys, CA 91404

## WAVA/TAC Hurdles and Implements Specifications

### HURDLES

#### WOMEN

Age	Race Distance	Hurdle Height	To 1st Hurdle	Between Hurdles	To Finish
35-39	100m	.840m 33"	13.00m 42'8½"	8.5m 27'10½"	10.5m 34'5"
40-49	80m	.762m 30"	12.00m 39'4"	8.0m 26'3"	12.00m 39'4"
50-59	80m	.762m 30"	12.00m 39'4"	7.0m 22'11½"	19.00m 62'4"
60-69 70 Plus					
35-39	400m	.762m 30"	45.00m 147'7½"	35.00m 114'9½"	40.00m 131'2½"
40-49					
50-59	300m	.762m 30"	50.00m 164'0½"	35.00m 114'9½"	40.00m 131'2½"
60-69 70 plus					

#### MEN

30-39 40-49	110m	.991m 39"	13.72m 45'	9.14m 30'	14.02m 46'
50-59	100m	.914m 36"	13.00m 42'8"	8.50m 27'10½"	10.50m 34'5"
60-69	100m	.840m 33"	13.00m 42'8"	8.50m 27'10½"	10.50m 34'5"
70 plus	80m	.762m 30"	12.00m 39'4"	7.0m 22'11½"	19.0m 62'4"
40-49	400m	.914m 36"	45.00m 147'7½"	35.00m 114'9½"	40.00m 131'2½"
50-59	400m	.840m 33"			
60 +	300m	.762m 30"	50.00m 164'0½"	35.00m 114'9½"	40.00m 131'2½"

### IMPLEMENTS

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

\* Either "old" or "new" javelin may be used





## Report from Britain

by ALASTAIR AITKEN (of *Athletics Today*)

Veteran miler Ron Bell won the December 23 Wredham cross-country 5-mile race in 20:51. Graham Taylor, British Marathon champion in the 60s, was 1st Vet in the Tadworth 10-mile road race, December 31, in 53:05.

Anne Roden, international marathoner, is now in her 40s and still doing remarkably well in open competition. The South London harrier was easily 1st Vet and 2nd overall in the Surrey Women's League cross-country race at Lloyd Park, January 20.

George Meredith won the Kent Vets cross-country in 34:35 on January 6, and Peter Hamilton won the Vets AC Cross-Country Championships on January 13 — his third consecutive victory at the Wimbledon Common event.

Tony Ross, 2nd in the Home International Cross Country last year at Ampthill, was easily the 1st Vet and 20th overall in 30:49 at the Millet Sports Metropolitan League Cross-Country in Pervale on January 6.

Peter Browne, World Veterans 800-meter champion last year, was 2nd Vet and 46th overall.

The fastest vets on the road last year were: 5-miles: Tony Simmons (23:51); 10K: Adrian Weatherhead (30:11); 10-miles: Mike Hurd (49:53); Marathon: Stan Curren (2:21:15). Women: 5-miles: Zina Marchant (27:02); 10K and marathon: Priscilla Welch (33:08 and 2:35:32). □



Marilla Salisbury (81, USA), received a plaque at the WAVA World Veterans Championships in Eugene for being the oldest female participant. Next in order from left are: Earl Salisbury, winner of the M85 discus; Lokutaro Sano (M80, Japan), 200 bronze medalist; Hideya Yamazaki (M60, Japan); Mrs. Yamazaki; Yuichi Tateishi (M75, Japan), winner of the 100 and silver in the long jump; Tsuneo Shinohara (M45, Japan).  
Photo by Mariko Yamazaki

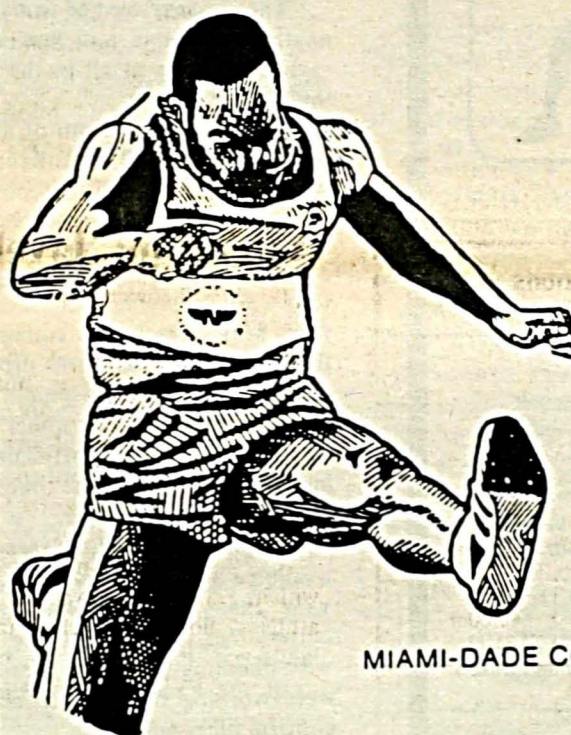


Buffalo's Nancy Mieszcak wins \$1000 as first female master in 2:55:53 in the Rocket City Marathon in Huntsville, Ala., December 9.

Photo by Jim Oaks

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OTHER



## Campbell, Striuli Win in Los Angeles Marathon

Continued from page 1

was second in 3:03:32, with San Diego's Harolene Walters third in 3:11:18.

Drizzling rain and cool weather generally helped the runners' times. Winner Pedro Ortiz of Colombia clocked 2:11:55; while Cincinnati's Julie Ispording led all women in 2:32:25.

The rains, however, kept the crowds away.

"We have a tradition in this city,"

said Bill Burke, president of the race. "When it rains, we stay home."

Race organizers estimated there were more than 850,000 people watching the race from the streets, fewer than in past years.

The race has become a virtual civic institution in Los Angeles. Channel 13's live coverage received an outstanding 10.4 rating and 29.4 share, triple the ratings the network-televized college basketball games got that day.

Still, the ratings were down from last year's 12.0/34.0.

Despite Rawson's excellence, the TV show left much to be desired. Outside of Navarro, no masters runners were mentioned or shown. After the first seven runners finished the race, the TV cameras left the finish line to focus on interviews of the winners. No results after the first ten were ever given in the five-hour program. Except for the winners, the broadcasters focused almost entirely upon the freakish or communal aspects of the event. Age group competition was never mentioned.

"The announcing overall was simply too gushy," wrote Larry Stewart in the Los Angeles Times. "The announcers sounded much like Chris Schenkel doing college football."

Maybe you can't blame them. Nancy Ditz, a fine commentator last year, pointed out that the prize money was not on par with some other major marathons, so Burke had her taken off this year's telecast.

"The message seemed to be this: say anything negative and you won't be saying anything at all in the future," Stewart wrote.

The news of the death of a 59-year-old runner, Bill McKinney, of Altadena, Calif., wasn't reported during Channel 13's coverage because of time constraints.

McKinney, who had been under doctor's care for hypertension, suffered a fatal heart attack. He collapsed near the 21-mile mark and was pronounced dead at Midway Hospital. He had trained for the contest under a physician's care. Marathon officials said the incident marked the first time a runner has died during the race.

Complete results of the race were not available at NMN press time. Rumors were that some well-known coursecutters had jumped into the race and were claiming prizes, so race directors were working overtime to check and confirm all results.

Burke announced that prize money for next year's race will increase from

## Tibaduiza, Macharg Shine in Edison Festival of Light

Continued from page 1

by Myron Meyer in 1989. Meyer, 62, of North Fort Myers was second to Blount in 19:32.

Karen Macharg, 41, of Tallahassee, Fla., won the W40-and-over race in 17:26, a top 85.0% age-graded performance, narrowly from Adrian Lilburn, 40, of Punta Vedra Beach, Fla., who finished with a 17:33 and a second best performance of 84.4%.

Overall winners were Eduardo Navas, 31, of Caracas, Venezuela, in 14:07, and Ann Henderson, 29, of Boca Raton, Fla., with a 16:12. □

## Sorbothane/USRA Masters Circuit

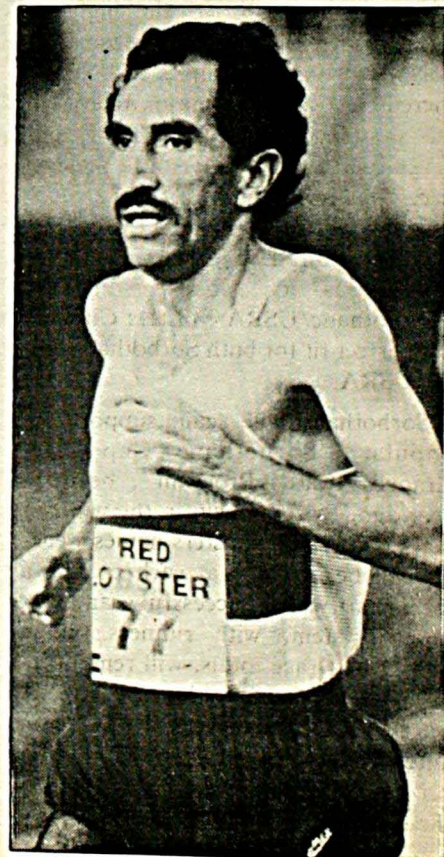
We couldn't be more enthusiastic about the 1990 Sorbothane/USRA Masters Circuit with the addition of Sorbothane in the title sponsor role. As a lobby for the sport of masters running, we urge you to support the Circuit races and encourage your running friends everywhere to participate in them as often as possible. Call the Circuit race directors and congratulate them on their membership and encourage them to invest more of their prize purse into the Masters. And the same goes for other non-circuit races. Let's encourage races everywhere to recognize the Masters by increasing prize and travel money, inviting the top masters and "grandmasters", promoting the wearing of "age-designation" numbers, encouraging 5-year age group competition through 70 and over and other benefits to promote 40 & over competition.

Need more information? Call the Sorbothane/USRA Masters Circuit office at (407) 647-2918/ FAX (407) 647-0433; Dean Reinke Associates, 400 N. New York Ave., Winter Park, FL 32789.

—Dean Reinke

\$202,520 to \$366,250, the largest anywhere. The London Marathon purse is \$364,890, Boston awards \$350,000, and New York gives \$302,000. Out of next year's purse, only \$8,000 (2.2%) will go to masters runners. □

—Al Sheehen



Domingo Tibaduiza, 40, runs 30:33 in the Red Lobster 10K, March 3, in Orlando, Fla.

Photo by Sailer, Ltd.

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March 17  
**Nissan Shamrock 8K**  
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(804) 481-5090

March 24  
**Myrtle Beach Classic 10K**  
Myrtle Beach, SC  
(803) 497-2451

May 28  
**Charleston Marathon 8K**  
Charleston, WV  
(304) 345-2511

May 28  
**Cotton Row Run 10K**  
Huntsville, AL  
(205) 881-5807

June 3  
**Superplace Road to Good Health 10K**  
Plainville to Attleboro, MA  
(201) 825-0469

July 8  
**Utica Boilermaker 15K**  
Utica, NY  
(315) 797-6929

August 25  
**Crim Road Race 10 Mile**  
Flint, MI  
(313) 235-3396

October 6  
**Myriad Gardens Run 10K**  
Oklahoma City, OK  
(405) 842-4141

October 6  
**Music City Championship 5K**  
Nashville, TN  
(615) 833-4124

October 13  
**First Federal/Nissan Capital Trail Run 10 Mile**  
Raleigh, NC  
(919) 876-8347

October 14  
**Tandem-Dayton River Corridor Classic Half-Marathon**  
Dayton, OH  
(513) 885-4683

November 11  
**Foundation 30K Championship**  
Clarksburg, CA  
(916) 631-5603

November 11  
**San Antonio Marathon**  
San Antonio, TX  
(512) 732-1332

November 25  
**Seattle Half Marathon**  
Seattle, WA  
(206) 363-6070

December 8  
**WZYP Rocket City Marathon**  
Huntsville, AL  
(205) 881-9077

January 5, 1991  
**Charlotte Observer Marathon 10K**  
Charlotte, NC  
(704) 379-6896

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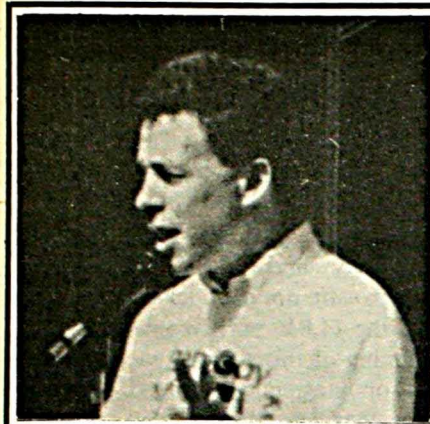
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For further details of the SORBOTHANE/USRA MASTERS CIRCUIT and a free copy of Masters Running '90, the official Circuit Publication, please call or write:

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## The Director's Corner

by DEAN REINKE

### Sorbothane Sponsors USRA Masters Circuit

**T**he USRA Masters Circuit will enter its third season with a new title sponsor, Cleveland based insole company Sorbothane. President Mike Silvestro and I have been working literally the past several months to hammer out the details that will allow the sport's only "masters" circuit to continue its exciting growth.

Sorbothane is no stranger to the circuit, having served as the "presenting sponsor" the past year. Silvestro was in Naples at the Circuit championship this past January and again liked what he saw. He admittedly got caught up in the enthusiasm of the athletes as well as 1989 Circuit title sponsor representative Bill Adams. Adams, whose ICI firm reluctantly dropped its sponsorship due to budgetary cutbacks, was an unabashed supporter of the Circuit, and, in fact, has been supportive in encouraging other prospective sponsors along with Sorbothane to become sponsors.

Sorbothane is an interesting success story not unlike the Circuit itself. The company, featuring the number one line of replacement insole products and accessories, was begun over ten years ago by co-founder Silverstro, a then recent graduate of the University of Notre Dame. The company skyrocketed nationally off the high interest in its unique shock absorbing polymer, with appearances on "That's Incredible" and the major television talk shows. The company's latest campaign centers around its "life of your shoes" guarantee. With its title sponsorship in the Circuit and with '72 Olympic Marathon champion Frank Shorter as its spokesperson, the "Sorbothane/USRA Masters Circuit" is a perfect fit for both Sorbothane and the USRA.

Sorbothane will again support the popular "Sorbothane Cup Age-Graded Awards Program", begun a year ago. Prize money, in the winning male and female masters names weekly, will be awarded at each race to a local charity. The successful grand prix points system, with runners taking their 5 best race totals, will remain intact. The expanded Sorbothane/USRA Masters Circuit schedule is filling in ahead of last year while the grand prix prize purse will remain approximately the same.

A preview of the "Sorbothane/USRA Masters Circuit" events, with more to be added in the near future:



**Sorbothane Performance Nutrition**

• **March 17 — Nissan Shamrock 8K, Virginia Beach:** On board for the 2nd consecutive year.

• **March 24 — Myrtle Beach Classic 10K:** On the Circuit for the 3rd year in a row, this event has become one of the best early season masters clashes.

• **May 28 — Charleston (WV) Marathon 8K:** Look for a good field for this inaugural event, just 2 days after Elby's in Wheeling just up the road.

• **May 28 — Cotton Row 10K, Huntsville, AL:** One of the south's best, Cotton Row is also in its 3rd season on the Circuit.

• **June 3 — Hospital Hill Half Marathon, Kansas City:** Entering its 3rd year on the Circuit, not many do it better than this popular event.

• **June 3 — Superplace Road to Good Health 10K, Boston:** The Sorbothane/USRA Masters Circuit's first foray into the Boston region featuring over \$3000 in masters money.

• **July 8 — Utica Boilermaker 15K, New York:** With over a fourth of its substantial prize purse dedicated to Masters, Utica is back again on the Circuit and growing in popularity.

• **August 25 — Crim Road Race 10 Mile, Flint, MI:** In its 3rd year on the Sorbothane/USRA Masters Circuit, you can count on record setting performances for a number of the masters.

• **October 6 — Myriad Gardens 10K, Oklahoma City:** This event doubled in size last year with its membership in the Circuit.

• **October 6 — Music City Championship 5K, Nashville:** Back-to-back Tennessee stops on the Sorbothane/USRA Masters Circuit now possible with the addition of Nashville.

• **October 13 — First Federal/ Nissan Capital Trail Run 10 Mile, Raleigh:** Returns for its 3rd year on the Circuit.

• **October 14 — Tandem-Dayton River Corridor Classic Half-Marathon:** One of the oldest midwest events, an excellent addition to the Circuit.

• **November 11 — Foundation 30K, Sacramento:** Another event that has been on the Sorbothane/USRA Masters Circuit for the 3rd year.

• **November 11 — San Antonio Marathon:** The Circuit's first venture into Texas should be a good one with this burgeoning event.

• **November 25 — Seattle Half Marathon:** In its 21st year and second on the Circuit, Seattle is a good northwest representative.

• **December 8 — WZYP Rocket City Marathon, Huntsville:** The Sorbothane/USRA Masters Circuit's second Huntsville event, testimony to the strength of running and the masters scene in Alabama and the southeast.

• **January 5 — Charlotte Observer Marathon/ 10K:** One of the heftier Circuit prize purses, Charlotte returns for its 3rd season on the tour.

• **\*Sorbothane/ USRA Masters Circuit National Championship —** Negotiations are taking place for the 3rd edition of this popular Masters National Championship. Naples has the early lead to again host the event but several others have expressed interest.

The above 18 races provide a much more evenly balanced geographical distribution of Circuit events than ever before. Additional races that are added will continue to reflect this theme along with focusing on events that cater to masters runners.



**Sorbothane Performance Nutrition**

#### Sorbothane/USRA Masters Circuit Happenings

Make that a cracked rib from coughing too hard for Claudia Ciaverella that kept her out of the Red Lobster 10K... One of the new Masters up for "rookie of the year" honors is Canadian Ken Hamilton with runnerup finishes at Gasparilla and Red Lobster...Must have been the water or something in my Orlando area for Jane Hutchison, Wilson Waigwa and Victor Mora, all "dnf" casualties at Red Lobster...our condolences to Bob and Benita Schlau and their family upon the death of Bob's father, himself a former All-American distance runner at Drake University... "Lambasting of the Month" award, and justifiably so, to Florida Running Magazine for its to-the-heart-of-the-matter account of Michael Peyton's poor handling of the masters athletics field at the "Baby Boomer 10K." Not a popular guy among the 40-and-over set, Peyton, director of the December Boomer event in Miami in

December, would not allow American 5K record holder Jim Pearson to compete for the Masters prize purse in the race. Only after some serious debate and convincing did Peyton allow "Bob Schlau" to compete for the money put up for Byron Dyce, Barry Brown, Bill Rodgers and Frank Shorter. With the running community just recovering from the "Orange Bowl 10K" prize money debacle of a few years back, hopefully someone will attain a position of influence with the race to get it on the track it should be headed as it truly is an excellent concept... Ken "marathon man" Sparks, now among the ranks of the 45-49 division, is ready for a big year. Wally Herrala, Barry Brown, Steve Lester (is he still running?) and Victor Mora should make it interesting...Dateline Hawaii — received another in the long line of Gary Fanelli Updates from the Original "Blues Brothers Wacko All-Star". October 24 is his 40th birthday. He holds recent bests of 4:19 mile, 2:00 half and 25:45 5 mile — he's "fired up and ready to roll on the Circuit," he reports...Kudos to our friends at ICI for their "Athlete of the Month" awards, with Dave "Oh Canada" Stewart the first recipient of this world indoor mile performance. While born in Canada, Stewart was a schoolboy miler at Chicago area New Trier West and ran collegiately for one of my collegiate stomping grounds, Miami of Ohio (the real Miami, as we say!)...TAC sorely needs to look into its Championship program when "45" compete in its Masters National 5K Championship...A new road race on the horizon is the April 22 Penn Relays 20K with Norm Green behind the promotion — could have potential... It's the "Year of the Dooming" so I'm told as Domingo Tibaduiza started off with an easy 30:33 victory in Orlando at Red Lobster...John Campbell captured another Los Angeles Marathon victory with '89 Sorbothane/USRA Masters Circuit National Champion Mario Cuevas placing 5th in a fading 2:30 — his first ever American road loss...Looks like we'll be seeing Michael Hurd a bit less on the roads this year as he is working full time. No, it's not true that the feisty Brit has undergone "charisma bypass surgery" but we'll miss him nonetheless...Does TAC's new unpopular and controversial point-to-point record ruling mean Bob Schlau owns the American Marathon record? Please advise...Gabriele Andersen appears to have benefited the most from her weeklong Florida training trip in conjunction with Naples as she won Red Lobster by over a minute and captured the inaugural Grand Bahama 5000...The Drake Relays — certainly one of my "favorite" collegiate track events. In fact, truly one of the classics in all of track & field. But the good news — bad news part of the newly-hot Drake Relays 10K — the good news: a \$20,000 prize purse; the bad news — no, read it, 0, prize money for masters — let them know that's absurd (Cal Murdock: 515-274-5379)...\$500 for top masters male and female at the Memphis in May run...\$300 for top masters at Philadelphia's Broad Street 10K...Not many do it as well Guntree in Tupelo, Mississippi with \$1000 to the top masters — also a course record bonus to boot...Nissan Buffalo Marathon continues to blossom with a record 3000 expected May 6. Nancy Mieszczyk is currently doing a television training tips program while Ralph Zimmerman will be on the starting line race day...Make that an impressive 2:37:50 for Ngaire Drake of New Zealand at the Nagoya Marathon last month...



# MASTERS SCENE

## NATIONAL

• The All-American Racewalking Standards have been tightened by TAC's Masters Racewalking Committee, headed by **Bev LaVeck**. "The old standards were too easy and not truly worthy of All-American status," LaVeck said. "The new requirements are consistent and in line with the caliber of the track & field standards."

• **Paul Spangler**, 91, would like to form USA M90+ teams for the 4x100 and 4x400 relays in Turku next year. Contact him at 3107 Flora St., San Luis Obispo, CA 93401.

• **Hal Higdon's** new book *The Masters Running Guide* is at the printer's, and should be available by the end of April. (To order, see order form on page 5).

• **Ken Young**, former editor of the National Running Data Center who recently has been compiling prize money stats, is turning over his Competitive Road Racer Newsletter to **Don Allison** and **John McGrath** in New England. Young's final report tabulates life-time earnings of runners. **Ingrid Kristiansen** leads everyone with \$410,119. **Steve Jones** is second with \$262,995. **Priscilla Welch**, 45, is in sixth place with \$211,430. **Laurie Binder**, 42, is 33rd with \$100,305. **John Campbell**, 41, is 39th with \$95,200. Other masters in the top 100 are **Gabriele Andersen** (\$72,300), **Bill Rodgers** (\$66,960), **Evy Palm** (\$58,000), and **Cindy Dalrymple** (\$53,500).

• **Nike Inc.** reported record earnings of \$63.1 million, or \$1.67 a share, for the third quarter ended Feb. 28, up 29% from \$48.8 million, or \$1.30 a share, in the third quarter a year ago. The athletic apparel maker's revenues for the period rose 24% to a record \$577.8 million from \$464.6 million the prior year.

## EAST

• Three of the winners in the 26th Annual DC Runners 10 & 20 Miler, Greenbelt, MD, December 23, were masters runners. **Bennett Beach** (40, 1:58:31) of Bethesda, MD, and **Hiroko Smith** (40, 2:34:32) of Annandale, VA, took the 20 miler. **Jim Porterfield** (42, 1:01:27) of Bethesda shared the victors' stand with **Dona Elliott** (29, 1:06:20) after the 10 miler. **Chris Stockdale** (45, 1:14:59) of Takoma Park, MD, was second with a W40+ course record. The temperature was 12° with a wind chill near -20°.

• **Sylvie Kimche** (43, 45:54) finished fourth woman of 164 in the NYRR Seven Mile Figure 8, Central Park, NYC, February 4. **Edgar Sandoval** (43, 40:02) captured the M40+ title. **William Fortune**, 61, needed no luck in winning the M60 race in 43:11.

• **Ralph Balsamo** (43, 4:48:25) and **Janet Johnson** (49, 5:57:35) were first 40+ in the Knickerbocker 60K, Central Park, NYC, February 10. Oldest finisher of the 53 was **Stanley Levine**, 68, in 7:29:03. First overall were **Chris Gibson** (37, 4:13:10) and **Donna McGovern** (32, 5:26:21), running in a light to heavy rain with temps in the low 40s.

• **Don Kardong**, 41, of Washington outstepped the masters field in the Empire State Building Run-Up, February 13, to finish 17th of 91 men with a 13:44. **Alan Fairbrother**, 53, of NYC finished second master in 14:13. **Ronnie Cohen** (40, 16:22) of NYC led the W40+ for a sixth of 19 women, followed by **Judy Gray** (48, 16:34) of NYC, seventh. **Elliott Scott**, 25, of Colorado rose to the heights with a course record of 10:47. **Susan Malaxos**, 28, of Australia topped the women in 12:27. Oldest finisher was **Nick Harris**, 66, of Ohio with a 21:48.

• **Sam Skinner**, 47, running in a strong M45 field, won masters honors in the Sheraton Cen-

tre Bagel Run 10K, Central Park, NYC, placing 32nd of 1509 men with a 34:24. **Gabriel Bernal**, 50, was second 40+ (34:29) and **Ted Haiman**, 47, third (34:31). **Meeri Bodelid**, 46, was the W40+ winner in fifth of 740 women with a 37:21, with **Christine Grenning**, 44, at 13th in 38:20.

• **Ann Cirulnick** left the MAC Masters Championships at Manhattan College in the Bronx, January 27, with a U.S. W55-59 shot put record of 27-11½. Other highlights were a double by **Marilyn Mitchell**, W45, in the 55m (8.0) and 200 (29.7), and a 7:59.3 mile walk by M50 G. Patrick.

• **Dr. George Sheehan** of Red Bank, NJ said he is "getting serious" once again. He wound up 1989 with three strong races in the M70 division: a 15K in 1:18:11 (3rd), a 10K in 47:20 (2nd), and a 4-Miler in 29:55 (1st). He'll be at the National Masters Track and Field Championships in Indianapolis in August.

• The winner of the masters division at the annual Friehofer's Run for Women 5K in Albany, N.Y. on May 5 will receive \$1000. Runners-up will get \$600/\$300/\$100, for a total of \$2000.

## SOUTHEAST

• Under deep-blue skies and white fluffy clouds with temperatures in the 60s, the Gale Force Winds TC inaugurated the new season with its "New Decade" meet, Gulfport, MS, March 3, directed by **Jim Rose** and **Ed Wheeler**. The meet, which drew 36 participants, featured an 11.81 100 by **Ben Galloway**, M40, and six firsts by **Jerry Lyons**, M55, who was prepping for his first-ever decathlon held a week later.

## MID AMERICA

• **Charlie Gray**, M35, of Lee's Summit, MO., set a blistering pace to easily win the men's two-mile run in 9:15.3 at the Missouri Valley TAC Indoor Masters T&F Championships in Lawrence, Kansas, January 14. **Earl Ventura** won the M35 long jump with an impressive 16-11½ effort. He also won the 60y (7.1) and took second in the shot put (38-11). Other highlights included **J.C. Brown**, M60+, (HJ, 5-4), **Gary Oliphant**, M45, (60y, 6.6), and **Tom Weselowski**, M55 (SP, 45-5).

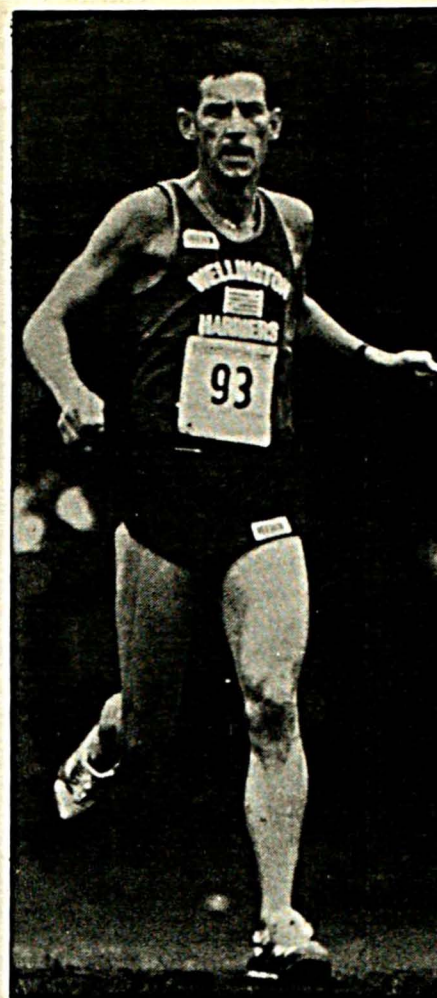
• **Shannon Sullivan**, M30, vaulted to 17-8 in the Colorado TAC Indoor Championships, Colorado Springs, February 25. **Klaus Timmerhaus**, M65, posted a masters best 19:23.0 in the two-mile walk. **Jack Greenwood** (7.6) underwent a rare loss in a sprint to **Gordon Albury** (7.4) in the M60 55m, but turned it around in the 300y with a 38.5 victory to Albury's 40-1.

• The Twin Cities Marathon recovered from the loss of former sponsors First Bank and Pillsbury by replacing them with two new sponsors: **Marquette Bank** and the **Med Centers**.

• **Jim Hershberger**, 58, Kansas sportsman and oil millionaire, was convicted of 25 counts, mostly bank and mail fraud, on February 21 after six days of deliberation by a Wichita jury. He was acquitted on six counts and six others were dismissed by the Court. Hershberger, who will be sentenced on May 7, faces a maximum of five years in prison on each of the 25 convictions.

## NORTHWEST

• The 1990 Goodwill Games Marathon in Seattle is open to the public, in addition to the elite fields of 15 men and 15 women. Separate races for men (July 21) and women (July 22) will start at 7:00 a.m., with highseeded public runners, based on recent PRs, positioned behind the elite group. **Race Director Ken**



New Zealand's Bruce Blair, second finisher (35:50) in the National Masters 10K Cross-country Championships, November 25, in San Francisco. Photo by Sailer, Ltd.

**Foreman** promises a fast route with just a few rolling hills through scenic Seattle. Fees are \$25 before July 6 and \$35 from July 7-21, with no race-day registration. SASE to Marathon Office, 101 Elliott Ave. #430, Seattle, WA 98119. 206/282-5565.

## WEST

• **Eddie Hart**, 40, of the No. Calif. Seniors TC, claimed a U.S. masters record for the 50m with a 5.78 win over **Kenny Dennis** (6.08) and **Leon Colman** (6.29). Hart's time was only five-one hundredths over the winning open men's time.

• **Burl Gist**, M65 high-jump record holder and hurdler, showing **Bert Morrow**, M75 hurdler, how to three-step the hurdles, caught the first hurdle with his toe, lost balance, tried to push over the second hurdle, and went down on his right side, breaking his collarbone, spiking his left leg just below the knee, and cutting through to the bone. Surgery to sew up the muscle took an hour. Gist expects to be out of action for about two months.

• **Burt DeGroot**, M80, another long-time masters competitor, underwent surgery for malignant cancer, plus a hernia operation last year, but is looking forward to an early return on the track.

• **Jacqueline Hansen**, 42, World W35 1500/5000 champion in Melbourne in 1987, didn't compete in Eugene because of hamstring problems. "I'm taking 1990 off to build an extension on our home," the Topanga, Calif., resident said. "I've tried everything: acupuncture, cortisone, nothing helps. I can't do any speed and I can only do about 45 minutes LSD." Hansen said doctors want to operate to clear out scar tissue, but she's reluctant. "I'll rest a year, and maybe try competing again next year."

• Masters runners **Graeme Shirley** and **Joni Pendleton** were married on March 11 in San Diego.

## INTERNATIONAL

• **TEMPO**, a new sports association based in France, hopes to help runners defray the cost of travel to far-off meets by compiling an interna-

## Weather Slows 14,846 Gasparilla Runners

The weather was the big winner in this year's Gasparilla 15K Distance Run on February 17 in Tampa, Fla.

Runners couldn't beat the 97% humidity and 70-80° temperatures, which were not conducive to fast times for the 14,846 participants in the 13th running of this popular race.

Top masters age-graded performer was Mexico's **Mario Cuevas**, 40, who was also the first 40+ runner across the finish line in 46:31 — nearly two minutes ahead of **Bob Schlaue**, 41, of Charleston, S.C.

Cuevas' time equated to a 94.1% performance, slightly ahead of **Norm Green**, 57, of Wayne, Pa., who clocked 53:03 for a 94.0% effort. It was Cuevas' first U.S. effort since winning the 1990 ICI/TAC National Masters 8K Championship in Naples, Fla. on January 13.

The first female master was **Jane Hutchison**, 44, of Webb City, Mo., whose 56:58 was 50 seconds faster than **Mary Wood**, 44, of Montrose, Colo. Those two had the best female masters age-graded efforts of 88.4% and 87.1%, respectively. Next-best was **Whayong Semer**, 61, of Fremont, Ohio, whose 1:10:32 equated to an 83.7% effort. Her time was only three minutes off her own U.S. W60-64 record of 1:07:08, set in this race last year.

Overall winners were Norway's **John Halvorsen** (43:25, 95.1%) and Massachusetts' **Judi St. Hilaire** (49:26, 92.7%), each of whom won \$10,000.

tional file of members who will exchange accommodations and offer hospitality to each other. Using a catalog issued twice a year by TEMPO, a runner, for example, who lives in Marseille and wishes to run in the Berlin 25K will be able to get in touch with a Berliner who wants to run in the Marseille Marathon and work out some sort of a bilateral arrangement. Contact is TEMPO, 8 bis, Quai Clovis Huques, 84800 L'Isle sur la Sorque, France; tele: 90 20 84 23.

• On February 6, at an indoor meet at Cosford, England, **Pete Browne** equaled **Ron Bell's** indoor M40 800WR (1:56.1). At the open Omron Games on February 16, he improved it in a heat with a 1:55.63, which did not make the finals.

• **Web Loudat**, 42, who won the Millrose Masters Indoor Mile (4:20.64) in 1988, has moved from Albuquerque and is teaching in the Philippines. He clocked a fast 31:48 10K on February 3, winning overall, while his wife, **Jane**, 43, ran a PR 22:36 5K. "We're getting into good shape, mainly due to biking up and down the steep, long hills at Subic Bay," Loudat wrote. "We're also doing open-water swimming; the toughest part is avoiding the jellyfish. The cross-training seems to work."

• **George Mathe**, 51, a black South African masters athlete who set a world M40 record of 54.1 in the 400H at the 3rd World Veterans Games in Hannover, West Germany in 1979, died in February. He was reportedly cycling without a crash helmet, took a fall and died instantly when his head hit the sidewalk. Mathe, whose record stood for 11 years until broken by **James King** in Eugene last year, was a member of the M40 world-record 4X400 relay team in Hannover.



# schedule

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



## TRACK & FIELD NATIONAL

**July 14-15.** U.S. TAC National Masters Decathlon/Heptathlon, Tacoma, Wash. Mark Salzman, 8615 47th St. West, Tacoma WA 98466. 206/565-7840.

**August 2-5.** 23rd U.S. TAC National Masters Championships, Indianapolis, Ind. Marshall Goss, Track Office, Indiana U., Bloomington, IN 47405. 812/855-8583.

**November 27 - December 1.** 12th annual TAC Convention, Sheraton Hotel & Towers, Seattle, Wash. TAC/USA, P.O. Box 120, Indianapolis IN 46260. 317/261-0500.

### EAST

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

**April 27-28.** Penn Relays, Philadelphia. 4 x 100 and 4 x 400 masters (40+) relays. Tim Baker, Weightman Hall, U. of Pennsylvania, Philadelphia PA 19104-6322. 215/898-6154.

**May 20.** New York Masters Meet, Merchant Marine Academy, Kings Point, N.Y. Beatrice Kee, 58-31 Bell Blvd., Bayside NY 11364.

**June 1-3.** Connecticut Senior Olympics, Bridgeport, Conn. Ginger Bedat, 203/576-4722.

**June 3.** New Jersey Masters Championships, Monmouth College, Long Branch, N.J. Sanford Kalb, 22 Addison Road, Howell, NJ 07731. 201/363-5426.

**June 3.** New York Masters Mini-Meet (throws and jumps only), Merchant Marine Academy, Kings Point, N.Y. Beatrice Kee, 58-31 Bell Blvd., Bayside NY 11364.

**June 16.** Don Harris Memorial Meet, U. of Pennsylvania, Philadelphia. Peter Taylor, 3120 Schoolhouse Lane (JA9), Philadelphia PA 19144. 215/842-3807.

**June 22-23.** Adirondack TAC Open and Masters Championships, Shenendehowa H.S., Clifton Park, N.Y. Jim Burnes, P.O. Box 1200, Troy NY 12180. 518/273-5552.

**June 24.** Rhode Island Senior Olympics (40+), Lincoln H.S., Lincoln, R.I. Dolores Casey Bergeron, Dept. of Elderly Affairs, 160 Pine St., Providence RI 02903.

**June 24.** Buffalo Belles and Brawn Open/Masters Meet, Parker Field, Buffalo, N.Y. Bettie Zoschke, 266 Puritan Rd., Tonawanda, NY 14150. 716/835-6018.

**July 1.** Merrill Lynch Realty AC Masters Championships, Randolph H.S., Randolph, N.J. Morton Hahn, 19 Bedminste Rd., Randolph NY 07869. 201/625-1764.

**July 28-29.** Buffalo Belles & Brawn Age-Group Classic, Parker Field, Tonawanda, N.Y. Bettie Zoschke, 266 Puritan Rd., Tonawanda NY 14150. 716/835-6018.

**July 29.** New York City Games, Columbia U. Masters mile. By invitation only. Marc Bloom, 201/308-9701.

**September 1.** 15th Annual Virginia State Championships, Lannigan Field, Charlottesville, Virg. Karen Beaver, P.O. Box 5696, Charlottesville, VA 22901.

**September 2.** Potomac Valley Games, Washington, D.C. area. Sal Corrallo, 3466 Roberts Lane, Arlington VA 22207. 703/243-1290.

### SOUTHEAST

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

**April 1.** Throathon, Atlantic H.S., Delray Beach, Fla. 9 a.m. 3 Weights each of Shot, Discus, Hammer, Weight; 2 of Javelin. Phil Partridge, 337 S.W. 14th Ave., Boynton Beach, FL 33435.

**April 21.** Florida Athletic Club Championships, John Leonard H.S., Lake Worth, Fla. Bob & Gloria Fine, 4223 Palm Forest Drive, Delray Beach FL 33445.

**April 21.** Gulf Force Winds T&F Club Spring Meet, Gulfport, Miss. Jim Rose, 601/864-3278; Ed Wheeler, 601/832-1988.

**May 4-6.** 20th Annual Southeastern Masters Meet, N.C. State U., Raleigh, N.C. Dale Smith, 2401 Wade Ave., Raleigh NC 27607. 919/755-6641.

**May 12.** Jacksonville TC Masters Meet, Jacksonville, Fla. Bob Fine, 4223 Palm Forest Drive North, Delray Beach, FL 33445. 407/499-3370.

**May 18.** Virginia Golden Olympics, Dinwiddie, Va. 55+. Fran Hart, Dinwiddie Parks & Rec., Dinwiddie, VA 23841. 804/469-3548.

**May 18.** South Carolina Senior Sports Classic, Chester, S.C. 55+. Jill Beer, 129 Gadsen St., Chester, SC 29706. 803/385-3838.

**May 19.** Florida TAC Masters Championships, Jones H.S., Orlando. Bob & Gloria Fine, 4223 Palm Forest Drive, Delray Beach FL 33445.

**May 26.** Birmingham TC Classic, Samford U., Birmingham, Ala. Gordon Seifert, 1514 Ridge Rd., Birmingham AL 35209. 205/879-8031. Entry form in April NMN.

**May 26.** (Memphis); June 2-3 (Knoxville); June 2 (Nashville and Chattanooga); Tennessee Sportfest Games (open to Tennessee residents only). Sportfest, 800-53SPORT.

**June 2.** Northwest Miami Meet, Tropical Park, Miami. Bob Fine, 4223 Palm Forest Drive North, Delray Beach FL 33445. 407/499-3370.

**June 9-10.** 15th annual Northwest Classic, Miami-Dade College, Miami. Youth, open, masters. Jesse Holt, 1310 N.W. 90th St., Miami FL 33147. 305/836-2409.

**June 10.** Atlanta Masters Meet (formerly Southeast Sectionals), Atlanta. Julia Emmons, Atlanta TC, 3097 Shadowlawn Ave., Atlanta GA 30305.

**June 17-24.** Tennessee State Games, Nashville. Tennesseans only. Tennessee Sportsfest, 315 Deaderick St., 20th Floor, Nashville TN 37238.



Rocket City Marathon female masters prize money winners: l to r: Ellen Murphy, Memphis TN (5th, \$250); Nancy Parker, Dunwoody, GA (3rd, \$250); Nancy Mieszcak, Buffalo, NY (1st, \$1250); Lynn Hayes, Pensacola, FL (2nd, \$500); and Harolene Walters, Mission Viejo, CA (4th, \$250).

**June 22-23.** Tennessee Masters Championships, Univ. of Tennessee, Knoxville. Dean Waters, 132 Newport Dr., Oak Ridge, TN 37830. 615/483-7743 (h); 615/576-0307 (o).

**June 30.** Masters Meet. Gainesville, Fla. Bob Fine, 4223 Palm Forest Drive North, Delray Beach, FL 33445. 407/99-3370.

**July 7.** Southeastern Masters Classic, Furman U., Greenville, S.C. Dick Bloomfield, 103 Crestwood Dr., Greer, SC 29651. 803/879-7837 (eve).

**July 14.** Nashville TC Open & Masters Meet, Tennessee Prep School, Nashville, Tenn. Randall Brady, 2709 Linmar Ave. No. 5, Nashville TN 37299. 615/383-6733.

**July 15.** Sunshine Games Masters Championships. 40+. Florida residents only. Bob & Gloria Fine, 4223 Palm Forest Dr., Delray Beach FL 33445.

**July 21.** TAC Southeast Sectional Masters Championships, Florida's Gold Coast, Site TBA, Bob & Gloria Fine, 4223 Palm Forest Dr., Delray Beach FL 33445. 407/499-3370.

**September 22-23.** Thomasville Fall Masters Decathlon, Thomasville, N.C. Bill Busby, 11 Culbreth Ave., Thomasville NC 27360. 919/476-1228.

### MIDWEST

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

**April 21.** North Coast Relays, Mayfield, Ohio. Jim Barrett, 3801 Shannon Rd., Cleveland Heights OH 44118. 216/932-0049.

**April 22.** Wolfpack Discus Clinic Worthington High, Columbus, Ohio. Steve Kaye, 614/764-4633.

**May 11-12.** Southwest Illinois Senior Olympics, So. Ill. University, Edwardsville. 55+. Reba Klenke, Box 1084, Edwardsville, IL 62026. 618/692-3209.

**May 12-18.** River City Senior Games, Evansville, Ill. 55+. Steve Patrow, 7 SE Seventh St., Evansville, IL 47708. 812/464-7800.

**May 17-20.** Central Illinois Senior Olympics, East Peoria, 55+, Ron DeBoer, 305 Springbay Rd., E. Peoria, IL 61611. 309/699-9052.

**May 27.** Wolfpack Pentathlon, Upper Arlington H.S., Columbus, Ohio. John White, 4865 Arthur Place, Columbus, OH 43220. 614/459-2547 (h).

**May 30.** Wisconsin Senior Olympics, Milwaukee. 55+. Elizabeth Weiss, WPSC, 4420 W. Vliet St., Milwaukee, WI 53208.

**June 23.** 7th Annual Athlete's Foot Masters Meet and Pentathlon, Augustana College, Rock Island, Ill. Pete Stopoulos, 1029 16th Ave., East Moline, IL 61244. 309/755-2655.

**June 23.** Cleveland Track Classic, Wickliffe, Ohio. Jeff Gerson, 4173 Wilmington Rd., South Euclid, OH 44121. 216/382-2656.

**July 8.** Centre Club Masters Championships, Libertyville, Ill. Centre Club Championships, c/o Condell Memorial Hospital, 900 Garfield, Libertyville, IL 60048. Craig Dean, MD, 312/367-6347.

**August 11-12.** Masters Meet, Marshall U., Huntington, W.V. Don McWhorter, Rt. 3, Box 180, Chesapeake, OH 45619. 614/867-3337.

**September 3.** Columbus Senior Olympics, Bexley High, Columbus, Ohio. 55+. Recreation & Wellness Office, Leo Yassenoff Jewish Center, 1125 College Ave., Columbus OH 43209. 614/321-2731.

**September 9.** Wolfpack Throwing Classic, Worthington H.S., Columbus, Ohio. Jim Pearce, 2449 Southway Dr., Columbus OH 43221. 614/294-4606 (w).

### MID-AMERICA

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

**May 14-19.** Mid-South Senior Olympics, Poplar Bluff, Mo. 55+. Sam Giambelluca, P.O. Box 1407, Poplar Bluff, MO 63901. 314/785-6760.

**June 2-6.** St. Louis Senior Olympics, Wendy Ludwig, 2 Millstone Campus Dr., St. Louis MO 63146. 314/432-5700; ext. 118.

**June 3.** Blue River Valley Meet, Marysville, Kansas, Maryville Rec. Dept., 209 N. 8th St., Marysville, KS 66508. 913/562-3031.

**July 7.** Minnesota Masters/Seniors Meet, Fridley, Minn. SASE to: Rachel Lyga, 12263 1/2 Way NE, Fridley, MN 55432.

**July 23-31.** Show-Me State Games, Columbia, Missouri. Phil Brusca, Horton Watkins H.S., 1201 S. Warson Rd., St. Louis MO 63124. 314-993-6447.

**September 1-2.** 10th annual Rock Mountain Masters Games, U. of Colorado, Boulder. Jim Weed, 11672 E. 2nd Ave., Aurora CO 80010. 303/341-2980. Nancy Manson, 303/341-7992.

**October 20.** Kansas Big Guys Classic III, Lawrence, Kansas. Gary England, Rm. 43, Allen Fieldhouse, Lawrence, KS 66045. 913/864-5635.

Continued on page 28



Continued from page 27

**SOUTHWEST**

Louisiana, Mississippi, Texas.

**May 12.** Dallas Senior Games, Cobb Athletic Complex, Dallas, Texas. 50+. Pattie Harrell, 2750 Bochman Dr., Dallas, TX 75222. 214/670-6266.

**May 6-12.** Louisiana Senior Olympics, Baton Rouge, 55+. Jennifer Taylor, P.O. Box 14748, Baton Rouge, LA 70898. 504/925-1748.

**May 19.** Texas Senior Games, U. of Texas-Arlington. 50+. Dianne Darnell, P.O. Box 905, Arlington, TX 76010. 817/261-0927.

**May 19.** Ponca City Meet, Red Rock, Okla. Dale Jones, 509 N. Sunset, Ponca City, OK 74601. 405/762-7963.

**May 26.** TAC Southern Association Championships, Tulane U., New Orleans. Danny Thiel, 1459 Varna St., New Orleans LA 70119. 504/865-5501.

**May 26-27.** Oklahoma TAC Masters Championships, Tulsa, Okla. Mr. & Mrs. W.J. Maurer, 7734 E. 53rd Place, Tulsa, OK 74145. 918/663-4108 (Tulsa); 405/942-6733 (OKC).

**June 2.** TAC Southwestern Association Championships, Dallas. John Pritchett, Mt. View College, 4849 W. Illinois, Dallas TX 75211. 214/333-8660.

**June 16.** The Hill Country Classic Masters Meet, Mason H.S., Mason, Texas. Rucker Rt., Box 31C, Mason, TX 76856. Lee Graham, 915/347-5620 (h); 347-5921 (w).

**July 14.** Texas Masters Championships, U. of Texas at Arlington. Joe Murphy, 4703 W. Lovers Lane, Dallas TX 75209. 214/357-5613.

**July 21.** TAC Southwest Sectional Championships, Mississippi State U., Miss. State, Miss. Al Schmidt, P.O. Box 5327, Miss. State, MS 39762. 601/325-2892.

**WEST**

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

**April 28.** Ken Carnine Relays, California State U., Sacramento. Bob Roemer, 3808 Yellowstone Ct., El Dorado Hills, CA 95630. 916/933-1438.

**May 13.** 5th Annual California State Team Championships, Fresno State U., Fresno, Calif. Open and masters. Marvin Thompson, 2301 Hyperion Ave. #P, Los Angeles, CA 90027. 213/666-7341.

**May 26.** Anteaters Masters Classic, U. of California, Irvine, Calif. Dave Lewis, 505 Begonia Ave., Corona del Mar, CA 92625. 714/673-2025.

**May 26.** Bruce Jenner Bud Lite Classic, San Jose, Calif. Masters events: 100 for M60, M65+, W40+; 200 M50+; 400 for M40+; 1500 for M40+. No entry fee. Eight entries in 100, 200, 400; 15 entries in 1500. Bruce Springbett, 408/354-2005 (h); 408/354-7333 (o).

**June 2-3.** Duke City Masters Sub-Masters/Open Meet, & Runners' Pentathlon, Albuquerque, N.M. Neil Silver, 728 Loma Vista NE, Albuquerque, NM 87106. 505/265-8234. Entry form in April issue.

**June 3.** Striders Relays, U. of California, Long Beach, Calif. Hugh Cobb, 2963 Galena Ave., Simi Valley CA 93065. 805/527-5471.

**June 9.** TAC Pacific Association Open and Masters Championships, Los Gatos H.S., Los Gatos, Calif. Willie Harmatz, PO Box 1328, Los Gatos, CA 95031. 408/354-5660.

**June 16.** SCA/TAC Masters Championships, Occidental College, Los Angeles. Woody Studenmund, 1256 Clubhouse Drive, Pasadena, CA 91105. 818/799-5981 before 9 p.m.

**July 15.** Trojan Masters Meet, USC, Los Angeles. Bob Strobel, 2017 Vestal Ave. No. 3, Los Angeles CA 90026 213/666-4964 (h); 213/977-7492 (w).

**July 21.** TAC Western Sectional Masters Championships, UCSD, San Diego. Ed

Oleata, 2870 Glenbrook Way, LaJolla, CA 92037. 619/456-3656 (o).

**August 11-12.** 2nd Annual Hawaiian International Festival, War Memorial Stadium, Wailuku, Maui, Hawaii. Youth, open, masters. Marvin Thompson, 2301 Hyperion Ave., No. P, Los Angeles, CA 90027. 213/666-7341.

**September 8.** Northern California Seniors Classic, UC-Berkeley, Calif. Jim Johnson, 1026 Murchison Dr., Millbrae, CA 94030. 415/697-1889.

**September 23.** Sri Chinmoy Masters Meet, UC Irvine, Calif. Bigalita Egger, 1921 S. Sherbourne Drive, Los Angeles CA 90034. 213/838-4746.

**October 6.** 17th annual Club West Masters Meet, Santa Barbara Community College, Santa Barbara, Calif. No entries accepted after September 16. Club West, P.O. Box 1059, Goleta CA 93117. Lloyd Albright, 805/682-9540.

**November 3-4.** Palm Springs Senior Olympics. 50+. Ben Green, 555 N. Palm Canyon, Palm Springs CA 92262. 619/323-5689.

**NORTHWEST**

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

**June 2.** 7th annual Volcano Classic, St. Helens H.S., St. Helens, Oregon. Emil Torquato, 28 Sunset Place, St. Helens OR 97051. 503/397-4102.

**June 2.** Senior Sports Festival, Seattle Wash. 40+. Seattle Parks & Rec., 100 Dexter N., Seattle, WA 98109. 206/684-4951.

**June 17-24.** Oregon Track & Field Camp for Masters, Hayward Field, Eugene. Bill Dellinger, coach. Tom Jordan and Barbara Kousky, P.O. Box 10825, Eugene OR 97440. 503/687-1989.

**June 23.** Federal Way Summer Meet, Federal Way, Wash. Barbara Tight, 33554 36th Ave. S.W., Federal Way WA 98023. 206/874-3226.

**June 23.** Hayward Masters Classic, Eugene, Oregon. Marcia Long, 3522 Westleigh, Eugene OR 97405. 503/485-5132.

**June 29-30.** Peace Arch Games, Bellingham, Wash. Bellingham Parks & Rec., 210 Lottie St., Bellingham, WA 98225. 206/676-6985.

**July 27-28.** TAC Northwest Sectional Championships, Mt. Hood Community College, Gresham, Oregon. Jim Puckett, Mt. Hood CC, 26000 S.E. Stark, Gresham OR 97030. 503/667-7450.

**August 24-25.** 12th Montana Masters Meet, Bozeman, Mont. Mike Carignan, P.O. Box 5132, MSU, Bozeman, MT 59717.

**CANADA**

**June 26-July 4.** 1st Canada Summer Master Athlete Open Games, Toronto, Ontario. MasterAthlete Games, 200 Silver Star Blvd., Unit 300, Scarborough, Ont. M1V 5H4. 416/321-8620; 475-3433.

**INTERNATIONAL**

**April 13-16.** Australian Veterans Championships, Melbourne. Ray Callaghan, 6 Yvonne Ave., So. Croydon 3136, Melbourne, Victoria, Australia. Phone: 03 725 5376.

**June 30-July 8.** VII WAVA European Championships, Budapest, Hungary. Europeans only.

**July 14-15.** 20th British Veterans Championships, Glasgow, Scotland. David Morrisson, 12C Deedes St., Airdrie, Lanarkshire, ML6 9AG, Scotland.

**August 23-26.** WAVA North American Regional Championships, Port of Spain, Trinidad & Tobago. P.O. Box 7823, San Diego CA 92107. 619/225-9555. Fax: 619/225-9562.

**November 2-6.** 5th WAVA Oceania Games, Auckland, New Zealand. Men 40+,

Women 35+. Fifth Oceania Games, P.O. Box 21-309, Henderson, Auckland 8, New Zealand. Fax: 0064 9 837-0154.

**July 18-28, 1991.** IX WAVA World Veterans Athletics Championships, Turku, Finland. (M40+, W35+). Pirkko Martin, Maskenkatu 6 AA 33, SF-20700 Turku, Finland. Telephone: 358-21-512-469.

**LONG DISTANCE RUNNING NATIONAL**

**April 1.** TAC/USA National Masters 50 Mile Championships, Columbus, Ohio. John White, 4865 Arthur Place, Columbus OH 43220. 614/459-2547 (h); 614/424-7011 (o).

**May 12-13.** Active America Day. 100,000 runners participating in 50 cities across the U.S. Dean Reinke, 400 N. New York Ave., Winter Park, FL 32789. 407/647-0433.

**May 26.** TAC/USA National Masters 10K Championships, Salt Lake City, Utah. Patti Hansen, 1965 West 500 South, Salt Lake City, UT 84104. 801/972-7835.

**September 23.** TAC/USA National Masters 15K Championships, Edina, Minn. Jack Moran, 5429 Wooddale Ave., Edina, MN 55424. 612/920-0558.

**October 6.** TAC/USA National Masters Marathon Championships, St. George, Utah: Kent Perkins, 86 S. Main St., St. George, UT 84770. 801/628-3088.

**October 7.** TAC/USA National Masters 5K Cross-Country Championships, Syracuse, N.Y. Nate White, 18 Foxcroft Dr., Fayetteville, NY 13066. 315/637-6211.

**October 14.** TAC/USA National Masters 50K Championships, Muncie, Ind. \$1650 masters money equally divided (\$150/\$75/\$50) among 40s, 50s, 60s. Jan Gilbert, P.O. Box 1032, Muncie, IN 47305. 317/288-4448.

**October 27.** TAC/USA National Masters 100K, Duluth, Minn. Bill Wenmark, 18665 Rutledge Rd., Deephaven, MN 55391. 612/593-9014.

**October 28.** TAC/USA National Masters 100K Championships, Minneapolis. William Wenmark, 18665 Rutledge Rd., Minneapolis MN 55391.

**November 3.** TAC/USA National Masters 10K Cross-Country Championships, Pasco, Wash. Don Sandberg, 10209 Maple Dr., Pasco, WA 99301. 509/545-9242.

**December 2.** TAC/USA National Masters 8K Championships, Steilacoom, Wash. Gerry Evanson, 506 Main St., Steilacoom, WA 98388. 206/756-8494.

**EAST**

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

**April 1.** Nike Cherry Blossom 10-Mile, Washington, D.C. SASE with birthdate & SS# to P.O. Box 884, Middletown, MD 21769.

**April 8.** MDA-Boston Milk Run 10K, Boston, Mass. DMSE, 430 C Salem St., Medford, MA 02155. 617/396-3001.

**April 16.** Boston Marathon, Boston, Mass. BAA Boston Marathon, P.O. Box 1990, Hopkinton, MA 01748. 508/435-6905.

**April 21.** Trevira 10-Mile Twosome, New York, N.Y. New York Road Runners Club, Box 881a, FDR Station, New York, NY 10150. 212/860-4455.

**April 22.** 8th Annual Amish Country Half Marathon, Lancaster, Pa. Amish Country Half Marathon, 509 Big Bend Rd., Lancaster, PA 17603. 717/394-3744 (d); 394-7812 (e).

**April 25 (Wednesday).** Second annual Women's Masters Running Clinic, New York City. Laura Leale, NYRR, 9 E. 89 St., New York NY 10128. 212/860-4455.

**April 29.** Yonkers Marathon, Yonkers, N.Y.

**ON TAP FOR APRIL****TRACK & FIELD**

On the 1st, Delray Beach, Fla., will be showered by implements at a Weight Throwathon. The Phoenix TC Masters Series continues on the 8th and 29th. On the 21st, Southeast athletes can compete in the Florida AC Championships at Lake Worth, while Midwesterners head for the North Coast Relays in Mayfield, Ohio. Westerners will be welcomed at the Ken Carnine Relays in Sacramento on the 28th, and Eastern sprinters meet at the Penn Relays on the 27th-28th. The Australian Veterans' Championships will be decided in Melbourne on the 13th-16th.

**LONG DISTANCE RUNNING**

TAC's National Masters 50 Mile Championships open the month on the 1st in Columbus, Ohio. Also scheduled for that day are the Nike Cherry Blossom 10 Mile in Washington, D.C., and the Capitol 10,000 in Austin, Texas.

The Cooper River Bridge 10K in Charleston, S.C., takes off on the 7th, followed on the 8th by the MDA-Boston Milk Run 10K and the Bonne Bell Women's 10K in San Francisco.

The Pear Blossom Run in Medford, Oregon, and the Crescent City 10K in New Orleans take place on the 14th.

The Boston Marathon on Monday the 16th dominates the month's offerings.

On the 21st, mixed couples compete in the NYRRC Trevira Twosome 10 Mile in NYC, and a masters-only 4-mile is planned for Chico, Calif. The Big Sur International Marathon course in Carmel, Calif., offers scenic coastal views and classical music on the 29th.

**RACEWALKING**

TAC's National Masters 50K Championships are set for Atlanta on the 8th, preceded by the Southern Zonal 10K Championships at the same venue. □

NYRR, P.O. Box 881, FDR Station, New York, NY 10150. 212/860-4455.

**May 5.** 6th Annual CHIPs 5K, Manchester, New Hampshire. CHIPs, 228 Maple St., Manchester, NH 03103. 603/669-2253.

**May 5.** 2nd annual Alamo Alumni 5 Mile, New York City. NYRR, 9 E. 89th St., New York, NY 10128. 212/860-4455.

**May 6.** Broad Street 10 Mile, Philadelphia, Pa. Dept. of Recreation, C.A.S.E. Building, Belmont & Parkside Aves., Philadelphia, PA 19131.

**May 6.** Nissan Buffalo Marathon/Relay, Buffalo, N.Y. Buffalo Marathon, P.O. Box RUN, 800 Delaware Ave., Buffalo, NY 14209. 716/837-RACE.

Continued on page 29



Continued from page 28

**May 6.** Pittsburgh Marathon, Pittsburgh, Penn. 638 USX Tower, Pittsburgh, PA 15219. 412/391-2800.

**May 6.** Freihofer's Run for Women, Albany, N.Y. 5K and 20K. Freihofer's, 223 4th St., Troy NY 12180. George Regan, 518/273-0267.

**May 12.** Vintage 5-Mile Run, Pittsburgh. (55+). Beverly Beisgen, Vintage, Inc., 401 N. Highland Ave., Pittsburgh PA 15206. 412/361-5003.

**May 13.** 2nd annual Nike Women's Race, West Potomac Park, Washington, D.C. Box 134, Mount Vernon VA 22121. 703/780-7037.

**May 20.** The Midland Run 15K, Far Hills, N.J. Midland Run, Box 5026, North Branch, NJ 08876. 201/722-8250.

**May 26.** L'Eggs Mini-Marathon 10K, Central Park, NYC. New York Road Runners Club, Box 881, FDR Station, New York, NY 10150. 212/860-4455.

**May 27.** Vermont City Marathon, Burlington, Vt. Vermont City Marathon, P.O. Box 152, Burlington, VT 05402. 802/658-1810.

**May 28.** Ridgewood Run 10K/5K/Masters Mile, Ridgewood, N.J. SASE, North Jersey Masters, P.O. Box 56, Ridgewood, NJ 07450. 201/444-7393.

**July 8.** Utica Boilermaker 15K, Utica, N.Y. Earle Reed, P.O. Box 4729, Utica, NY 13504. 315/797-1310.

**August 11.** 10th annual Asbury Park Classic 10K, Asbury Park, N.J. P.O. Box 2287, Ocean Township, NJ 07712. 201/922-9479.

**August 12-25.** Green Mountain Running Camps, New England. John Holland, 2434 Hawthorne Drive, Yorktown Heights NY 10598. 914/962-5238.

**SOUTHEAST**

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

**April 7.** 13th annual Cooper River Bridge Run 10K, Charleston, S.C. 5-year groups thru 65+. \$1800 masters money. P.O. Box 21866, Charleston, S.C. 29413. 803/762-2426.

**May 26.** Elby's Big Boy 20K, Wheeling, W.V. Elby's 20K, P.O. Box 1046, Wheeling, WV. Hugh Stobbs, 614/633-5000.

**May 28. (Monday).** Cotton Row Run 10K, Huntsville, Ala. Masters money. John Denison, 14019 Coy's Lane, Huntsville, AL 35803. 205/881-5807.

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

**MIDWEST**

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

**April 1.** Wolfpack 5 Mile and 20 Mile, Whetstone Park, Columbus, Ohio. John White, 614/459-2547.

**May 12.** Old Kent River Run 25K, Grand Rapids, Mich. Masters money. Terri Sullivan, P.O. Box 2194, Grand Rapids, MI 49501. 616/771-6949.

**May 20.** Revco-Cleveland Marathon & 10K, Cleveland, Ohio. Chris Tatreau, 1925 Enterprise Pkwy, Twinsburg, OH 44087. 206/425-9811.

**July 15.** Chicago Distance Classic 20K, Chicago. Diane Wood, 1440 W. Washington Blvd., Chicago, IL 60607. 312/243-2000.

**MID-AMERICA**

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

**April 14.** 21st Longest Day Marathon and 5K, 10K and 5K walk, Brookings, S.D. Scotty Roberts, 605/692-2334.

**April 21.** 28th Jackrabbit 15K, Brookings,

S.D. Miles Mettler, 605/697-6415.

**April 28.** Drake Relays Marathon, Des Moines, Iowa. Masters money. Joe Bisignamo, 1631 38th St., Des Moines, IA 50311. 515/280-4029.

**May 6.** Lincoln Marathon & Half-Marathon, Lincoln, Nebr. Nancy Sutton, 5309 S. 62nd, Lincoln, NE 68516. 402/423-4519.

**May 19.** 10th Sue Thomas 30K, Brookings, S.D. Bob Ritter, 605/692-4671.

**May 28. (Monday).** Bolder Boulder 10K, Boulder, Colo. 3033 Iris Avenue, Boulder, CO 80301. 800/525-2836 or 303/444-7223.

**June 3.** 17th annual Hospital Hill Half-Marathon, Kansas City, Mo. \$2000 masters money. Hospital Hill Run, 2440 Pershing Road, Suite 500, Kansas City MO 64108. 816/274-3196.

**June 3.** 9th Annual Steamboat Marathon/10K, Steamboat Springs, Colo. Steamboat Springs Chamber Resort Assn., Inc., P.O. Box 774408, Steamboat Springs, CO 80477. 303/879-0880.

**June 23.** 14th Annual Grandma's Marathon, Duluth, Minn. Scott Keenan, P.O. Box 6234, Duluth, MN 55806. 218/727-0947.

**SOUTHWEST**

Louisiana, Mississippi, Texas.

**April 1.** Capitol 10,000, Austin, Tex. Austin American Statesman, P.O. Box 670, Austin, TX 78767. 512/445-3500.

**April 14.** Crescent City Classic 10K, New Orleans, La. Bill Burke or Mac De Vaughn, 8200 Hampson St., New Orleans, LA 70124. 405/861-8686.

**April 14.** Pacific Care/Oklahoma Cup 8K, Tulsa/Oklahoma City. Masters money. Tulsa: Phillips & Johnson, 1516 S. Boston, St. 201, Tulsa OK 74119; Oklahoma City: Lake Hefner Trials, 116 S. Walker, Oklahoma City, OK 73102.

**WEST**

Arizona, California, Hawaii, New Mexico, Utah.

**April 1, 7, 8, 14, 15, 21, 22, 28, 29.** Legg Lake Runs, South El Monte, Calif. Arthur Martinez, 213/949-0394.

**April 8.** Bonne Bell Women's 10K, San Francisco. Scott Thomason, PO Box 27557, San Francisco CA 94127. 415/681-2323.

**April 21.** 35th Annual Fontana Days Half-Marathon/5K, Fontana, Calif. Barbara Smith, City of Fontana, PO Box 518, Fontana CA 92334. 714/350-7636.

**April 21.** Chico 4-Mile Masters Run, Chico, Calif. Deb Powers, Enloe Hospital Health Center, 5th Ave. and Esplanade, Chico CA 95926. 916/891-7411.

**April 29.** Big Sur International Marathon, Carmel, Calif. P.O. Box 222620, Carmel, CA 93922. 408/625-6226.

**April 29.** Fastest Masters 10K, San Diego. Masters money. SASE to Dale Larabee, 4557 West Tallmadge Dr., San Diego, CA 92116. 619/234-3054 (days).

**May 6.** Long Beach Marathon, Long Beach, Calif. Joe Carlson, 1827 Redondo Avenue, Long Beach, CA 90804. 213/494-2664.

**May 6.** Avenue of the Giants Marathon, Weott, Calif. Rich Gilchrist, P.O. Box 214, Arcata, CA 95521. 707/443-1226.

**May 19.** California Strawberry Festival 10K, Oxnard, Calif. Special Event Office, 325 So. A Street, Oxnard, CA 93030. 805/984-4715.

**May 20.** Bay to Breakers, San Francisco. World's largest race (100,000+). Bay to Breakers, 110 5th St., San Francisco CA 94103. 415/777-7773.

**July 1.** San Francisco Marathon, San Francisco, Calif. Rich Nichols, 650 5th St., Ste. 514, San Francisco, CA 94107. 415/896-1530.

**Coming Next Month**

- Results of TAC National Track & Field Championships
- Results of Nissan Shamrock 8K, Myrtle Beach Classic, and more

**NORTHWEST**

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

**April 14.** Pear Blossom Run, Medford, Oreg. P.O. Box 146, Medford, OR 97501. 503/772-6293.

**May 6.** Lilac Bloomsday 12K, Spokane, Wash. Sylvia Quinn, P.O. Box 1511, Spokane WA 99210. 509/838-1579.

**May 20.** Capital City Marathon, Olympia, Wash. Jerry Miller, S.E. 2581 Old Olympic Hwy., Shelton, WA 98584. 206/786-1786.

**May 27.** Rocky Mountain 50 Mile, Laramie, Wyo. Dr. B.J. Weigner, 3204 Reed Ave., Cheyenne, WY 82001. 307/635-3316; 778-7652.

**May 27.** 13th annual Rocky Mountain 50-Mile Run, Laramie, Wyoming. Dr. B.J. Weigner, 3204 Reed Ave., Cheyenne WY 82001. 307/635-3316.

**June 2.** The Race 8K, Eugene, Oregon. John Nosler, P.O. Box 11364, Eugene, OR 97440. 503/485-6934.

**June 17.** Cascade Run Off, Portland, Oregon. P.O. Box 40228, Portland, OR 97240. 503/226-0717.

**July 21-22.** Goodwill Games Marathon 1990, Seattle. Send 50c postage to: Marathon Office, 101 Elliott Avenue West, Suite 430, Seattle WA 98119. 206/282-5565.

**CANADA**

**May 6.** Vancouver Marathon, Vancouver, Canada. Vancouver Marathon, 600-1033 Davie St., Vancouver, BC, Canada V6E 1M7. 604/685-5616.

**May 12-13.** 12th Toshiba National Capital 10K & Canadian Masters Marathon, Ottawa, Ontario, Canada. Toshiba National Capital Runs, P.O. Box 426, Stn. "A" Ottawa, Ontario K1N 8V5. 613/234-2221.

**INTERNATIONAL**

**April 22.** London Marathon, London, England. Marathon Tours, 1080 Main Street, Boston, MA 02129. 617/242-7845.

**June 23.** 1st WAVA North American Regional Marathon Championship and Yukon Gold Midnight Marathon, Whitehorse, Yukon Territory, Canada. North American Marathon, Box 4502, Whitehorse, Yukon, Canada Y1A 2R8. 403/668-4463 (p.m./weekends), 403/668-4236 (days).

**June 23-24.** International Veterans Grand Prix 10K/25K, Brugge, Belgium. Jacques Serruys, Postbox 7, B8000, Brugge, Belgium.

**RACE WALKING**

**January 1 to December 31.** Shore AC One-Hour Postal Racewalk. Five-year age groups thru 85+. Gerald Kiss, 18 Rutland Place, Eatontown NJ 07724. 201/542-1779.

**April 7.** TAC Southern Zonal 10K, Atlanta Barbara Waddle, 2327 Redfield Dr., Norcross GA 30071. 404/263-9625.

**April 8.** Jack Mortland Racewalk, Whetstone Park, Columbus, Ohio. M20K, W10K, John White, 614/459-2547.



John Kane, 59, Sarasota, Fla., finishing 400, NCNB Gulf Coast Senior Olympics, Bradenton, Fla., November 18. Photo by Jerry Wojcik

**April 8.** TAC/USA National Masters 50K Racewalking Championships, Atlanta. Barbara Waddle, 2327 Redfield Dr., Norcross GA 30071. 404/263-9625.

**April 8, 14, 15, 28, 29, May 6, June 3.** Introductory Racewalking Clinics, Los Angeles area. Elaine Ward, 818/577-2264.

**May 6.** Southeastern 20K, Raleigh. Bill Hafley, 5207 Melbourne, Raleigh NC 27606. 919/737-2831; 919/851-7317.

**May 12.** TAC 5K, Bethany, Okla. Ron Marlett, 5736 NW 46th, Oklahoma City, OK. 405/495-0180.

**May 24-28.** Racewalk Training Camp, Boulder, Colo. American Racewalk Assoc., P.O. Box 18323, Boulder, CO 80302. Travel arrangements: Rose, 800-336-7588.

**July 14.** TAC/USA National Masters 10K Racewalking Championships, Niagara Falls, N.Y. David Lawrence, 94 Harding Ave., Kenmore NY 14217. 716/875-6361. **September 9.** TAC/USA National Masters 40K Championships, Lincroft, N.J. Elliott Denman, 28 N. Locust Ave., West Long Branch, NJ 07754. 201/222-9213.

**CLASSIFIEDS**

Classified ad rates are 60c a word. Count name and address as 5 words. Race notices are 40c per word. Prepayment required with copy. Deadline is the 10th of the month prior to issue date. Send to NMN, PO Box 2372, Van Nuys, CA 91404

**HEEL PAIN - FLAT FEET - PRONATION:** Custom sport orthotics. Call/write for free information package. Central Dupage Pedorthics, 511 Thornhill Dr., Carol Stream, IL 60188. 708-462-7997.

**JULY 7 MINNESOTA MASTER SENIORS** EM "r" T&F meet. SASE to: Rachel Lyga, 12263 1/2 NE, Fridley, MN 55432.



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

**M30-34**  
Mark Williamson High Jump 6-11-3/4 9-3-89

**M35-39**  
Duane Green 800 1:59.82 7-16-89  
1500 4:00.37 7-20-89  
Mile 4:33.20 5-13-89  
Robert Brown 200 22.99 7-20-89  
400 51.70 7-20-89

**M40-44**  
William Schooler Decathlon 5631 pts Aug. 89  
Anders Tollstern Pole Vault 3.90 7-21-89

**M45-49**  
Ron Jensen 200 24.60 6-4-88  
400 54.70 7-2-88  
Maury Dean 5K 16:43.90 12-2-89  
David Ayers Decathlon 5364 pts 9-23-89  
Paul Perry Mile 4:50.30 2-11-90  
Bill Smitham 10K 33:11 7-27-89  
5K 16:37

**M50-54**  
Reed Miller 1500 4:42.25 2-3-90  
Robert Miller 100 12.49 7-29-89  
200 25.79 8-1-89  
Thomas P. Fondy 100 12.30 8-5-89  
200 25.70

**M55-59**  
Joseph Hemler 200 26.96 10-14-89

**M60-64**  
Emmett Edwards Shot Put 40-7 12-3-89  
Oliver Dawkins 800 2:32:26 7-8/9-89  
1500 5:16:60

**M65-69**  
James Warren 200 28.70 9-16-89  
Long Jump 13-9 10-7-89  
Joe Bergthold 100 13.50 7-16-89  
200 27.50  
400 67.20  
John Cleveland Pole Vault 8-8 9-24-89

**M70-74**  
Russell Stone 1500 Walk 9:38:18 June 89  
5000 Walk

**M75-79**  
Frank Delear 10K 52:06 6-25-89

**M80-84**  
Henry Zachman 800 3:44:60 1 14-90

**W40-44**  
Lurline Struppeck Shot Put 35-5 5-27-89  
Discus 95-4 6-17-89  
Javelin 132-6 7-29-89

**W55-59**  
Betty Vosburgh 100 16.11 6-10-89  
200 32.75  
800 3:04.18 7-30-87  
1500 6:08.50 June 88  
10,000 50:01 12-7-87  
Long Jump 3.47 7-29-89  
High Jump 1.12 8-7-89

Jean Wood 10K Walk 79:36 2-4-90

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

Event	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85-89	90-94
Mile	7:12	7:24	7:36	7:49	8:04	8:21	8:41	9:18	9:42	10:30	11:48	12:36	14:03
3000	13:59	14:23	14:46	15:12	15:36	16:12	16:54	18:00	19:00	20:30	23:00	24:36	27:18
5000	23:36	24:13	24:48	25:33	26:24	27:18	28:24	30:24	31:54	34:33	38:42	41:24	45:54
10K	48:08	49:10	50:27	51:54	53:33	55:26	59:06	63:21	66:30	70:09	78:36	84:06	93:18
15K	1:12	1:14	1:16	1:18	1:21	1:25	1:29	1:34	1:40	1:47	1:56	2:07	2:20
20K	1:38	1:40	1:43	1:46	1:51	1:56	2:02	2:09	2:17	2:27	2:39	2:53	3:10

### WOMEN

Event	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85-89	90-94
Mile	8:00	8:15	8:30	8:45	9:03	9:42	10:18	11:30	12:09	12:54	13:48	15:21	16:48
3000	15:30	16:00	16:30	17:00	17:33	18:48	20:06	22:12	23:33	25:00	26:48	29:48	32:36
5000	26:13	26:56	27:42	28:33	29:36	31:33	33:48	37:30	39:36	42:06	45:09	50:18	55:12
10K	53:25	54:41	56:12	58:00	63:12	65:48	70:33	76:06	82:42	87:54	94:12	1:01:11	1:08:11
15K	1:24	1:26	1:29	1:32	1:35	1:39	1:46	1:54	2:04	2:12	2:21	2:33	2:47
20K	1:54	1:57	2:00	2:04	2:09	2:14	2:22	2:33	2:46	2:59	3:12	3:28	3:47

A minimum of two judges must be present and the competition must be limited to race walkers (i.e., no runners).

## U.S. MASTERS STANDARDS OF EXCELLENCE FOR WOMEN

Event	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84
100	13.8	14.2	14.6	15.0	15.6	16.2	16.9	17.8	18.8	20.0	21.2
200	28.0	29.2	30.3	31.4	32.5	34.0	35.7	37.5	40.0	43.5	47.0
400	63.5	65.5	67.5	69.5	71.5	73.5	78.5	83.7	90.0	96.5	103.3
800	2:32	2:35	2:40	2:46	2:54	3:05	3:19	3:36	3:56	4:09	4:35
1500	5:10	5:19	5:29	5:40	5:58	6:20	6:48	7:23	8:04	8:52	9:48
Mile	5:34	5:44	5:55	6:07	6:26	6:49	7:19	7:46	8:47	9:39	10:45
5000	19:45	20:30	21:20	22:16	23:12	24:16	26:08	28:08	30:08	32:21	34:26
10000	41:00	42:40	44:40	47:00	49:30	52:00	56:00	60:00	66:00	76:00	86:00
100H	17.2	18.2									
80H			15.0	15.8	16.5	17.6	18.7	20.2	22.2	25.0	28.0
400H	75.5	79.9	84.4	88.8							
300H					66.0	72.0	79.0	87.0	96.0		
HJ	1.42	1.35	1.27	1.19	1.12	1.07	1.02	.97	.92	.89	.84
4-8	4-5 1/2	4-5 1/2	4-2	3-11	3-8	3-6 1/2	3-4 1/2	3-2 1/2	3-0 1/2	2-11	2-9
LJ	5.00	4.60	4.25	3.90	3.55	3.20	2.85	2.60	2.35	2.10	2.00
16-5	15-1	13-11 1/2	12-9 1/2	11-8	10-6	9-4 1/2	8-6 1/2	7-8 1/2	6-11	6-7	
TJ	10.00	9.20	8.60	7.80	7.18	6.40	5.70	5.20	4.70	4.20	3.80
29-7 1/2	28-3	26-8	25-0 1/2	23-5 1/2	22-8	20-5 1/2	18-10	16-5	13-11 1/2	13-1 1/2	
Shot	10.30	9.30	8.40	7.70	7.95	7.20	6.50	5.80	5.25	4.70	4.25
33-9 1/2	30-6 1/2	27-7	25-3 1/2	26-1	23-7 1/2	21-4	19-0 1/2	17-3	15-5	13-11 1/2	
Jav	39.50	33.50	27.50	21.50	25.00	19.00	18.00	16.00	15.00	14.00	13.50
129-7	109-11	93-6	70-6 1/2	82-0	62-4	59-1	52-6	49-2	45-11	44-4	
Discus	30.0	27.8	26.0	24.0	22.0	20.0	18.0	16.0	15.0	14.0	13.5
98-5	91-2	85-4	78-9	72-2	65-8	59-1	52-6	49-2	45-11	44-4	
Hammer	40.0	35.0	30.0	25.0	22.0	20.0	18.0	14.0	12.0	9.0	
131-3	114-10	98-5	82-0	75-6	72-2	65-8	59-1	45-11	39-5	29-7	
20/Wt.	10.00	9.00	8.00	7.00	6.00	5.00	4.00	3.50	3.25	3.00	2.75

notes: 1) 100 standards are for automatic time; use standard conversion for hand time.  
2) Short hurdles: 30-39: 33"; 40+: 30"  
3) Shot put: 30-49: 4k; 40+: 3k.  
4) Javelin: 30-49: 600gm; 50+: 400gm.  
5) Hammer: 30-49: 4k; 40+: 3k.  
6) Metric heights and distances are the standard; feet and inches listed for convenience.

## U.S. MASTERS STANDARDS OF EXCELLENCE FOR MEN

Event	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85-89
100	11.0	11.33	11.67	12.0	12.5	13.0	13.5	14.0	15.0	16.5	18.0	20.0
200	22.4	23.3	24.2	25.1	26.0	27.2	28.5	29.8	32.4	35.8	39.8	44.0
400	51.0	52.5	54.0	56.0	58.5	61.5	65.0	70.0	76.5	84.5	94.0	105.0
800	2:01	2:04	2:08	2:13	2:19	2:27	2:37	2:49	3:06	3:27	3:54	4:24
1500	4:11	4:15	4:22	4:32	4:45	5:02	5:24	5:47	6:22	7:03	7:59	9:15
Mile	4:31	4:35	4:42	4:53	5:07	5:25	5:49	6:14	6:51	7:38	8:42	10:18
5000	15:30	15:42	16:06	16:44	17:30	18:24	19:36	21:08	23:30	26:00	29:07	33:30
10000	32:11	32:35	33:30	34:45	36:15	38:10	40:30	44:15	48:30	54:30	61:15	69:30
110H	15.3	16.4	17.75	18.75								
100H					18.0	19.0	20.0	21.3				
80H									18.0	21.0	25.0	30.0
400H	57.6	59.7	62.0	64.4	67.2	70.6						
300H					48.0	51.0	55.0	60.0	66.5	74.5	84.0	95.0
3K-SC	10:00	10:20	10:55	11:40	12:30	13:20						
2K-SC							9:30	10:30	12:00	14:00	16:30	19:30
HJ	1.94	1.85	1.76	1.68	1.59	1.50	1.41	1.32	1.23	1.13	1.02	.92
6-4 1/2	6-3 3/4	5-9 1/2	5-6	5-2 1/2	4-11	4-7 1/2	4-4	4-1 1/2	3-8	3-4	3-1	
PV	4.40	4.15	3.90	3.60	3.30	3.05	2.80	2.55	2.30	2.05	1.80	1.50
14-5 1/2	13-7 1/2	12-9 1/2	11-9 1/2	10-10	10-0	9-2 1/2	8-4 1/2	7-6 1/2	6-8 1/2	5-11	4-11	
LJ	6.55	6.20	5.85	5.45	5.10	4.75	4.40	4.00	3.65	3.35	3.00	2.65
21-6	20-4 1/2	19-2 1/2	17-10 1/2	16-9	15-7	14-5 1/2	13-1 1/2	11-11 1/2	11-0	9-10	8-8 1/2	
TJ	13.35	12.65	11.90	11.15	10.40	9.65	8.90	8.20	7.50	6.80	6.10	5.50
43-9 1/2	41-6	39-1 1/2	36-7	34-1 1/2	31-8	29-2 1/2	26-11	24-7 1/2	22-4	20-1 1/2	18-1 1/2	
Shot	15.20	14.10	13.00	12.00	12.40	11.20	12.00	10.80	10.00	8.80	7.65	6.50
49-10 1/2	46-3 1/2	42-8	39-4 1/2	40-8 1/2	36-9	39-4 1/2	35-5 1/2	33-0	28-10 1/2	25-1 1/2	21-4	
Discus	44.80	42.60	40.60	38.00	40.00	36.40	40.00	36.80	31.60	26.40	21.40	16.20
147-0	139-9	133-2	124-8	131-3	119-5	131-3	120-9	103-8	86-7	70-2 1/2	53-2	
Hammer	47.24	44.20	41.14	38.10	38.40	36.00	36.00	33.00	29.00	25.00	22.50	18.00
155-0	145-0	135-0	125-0	126-0	118-1	118-1	108-3	95-2	82-0	73-10	60-0	
Jav	62.00	57.00	52.00	48.00	43.00	38.50	40.00	35.00	29.00	24.00	19.00	15.00
203-5	187-0	170-7	157-6	141-1	126-4	141-1	114-10	95-2	78-9	62-4	49-2	
35/Wt.	15.00	14.00	13.00	12.00	10.00	9.00						
25/Wt.							11.00	10.00	9.00	8.00	7.00	6.00
56/Wt.	9.50	9.00	8.50	8.00	6.00	5.00	4.50	4.00	3.50	3.00	2.50	2.00
Pen	2800	2600	2600	2600	2600	2600	2600	2600	2600	2600	2600	2600
Dec	5500	5250	5250	5250	5250	5250	5250	5250	5250	5250	5250	5250

notes: 1) 100 standards are for automatic time; use standard conversion for hand time.  
2) Short hurdles: 30-49: 39"; 50-59: 36"; 60-69: 33"; 70+: 30".  
3) Long hurdles: 30-49: 36"; 50-59: 33"; 60+: 30".  
4) Shot put: 30-49: 7.26k (16#); 50-59: 6k; 60-69: 5k; 70+: 4k.  
5) Discus throw: 30-49: 2kg; 50-59: 1.5kg; 60+: 1.0kg.  
6) Hammer: 30-49: 7.26k (16#); 50-59: 6k; 60-69: 5k; 70+: 4k.  
7) Javelin: 30-59: 800g; 60+: 600g.  
8) Metric heights and distances are the standard; feet and inches listed for convenience.  
9) Pen/Dec: 30-39 IAAF pts.; 40+ WAVA factoring (new WAVA).

## APPLICATION FOR AN ALL-AMERICAN CERTIFICATE/PATCH

NAME \_\_\_\_\_ AGE-GROUP \_\_\_\_\_

ADDRESS \_\_\_\_\_ SEX: M \_\_\_\_\_ F \_\_\_\_\_



# U.S. MASTERS TRACK & FIELD RANKINGS

(Coordinated by Jerry Wojcik, T&F Rankings Chairman)

## 1988 Indoor Mile Rankings Compiled by Bob Weiner and Jerry Wojcik

### M30-34

1 Joe Genther	4:19
2 Paul Falgout	4:32.8
3 Joe Contario	4:35.5
4 Heriberto Medina	4:38.1
5 M McDowell	4:44.6
6 Doc Jam Haymond	4:48.8
7 R Castillo	4:50.7
8 Dallas Jacobs	4:54
9 K Adamson	4:54.6
10 Paul Brady	4:56.3
11 Bill Tharian	4:58.0
12 Hansel Stedman	5:02
13 P Hinc	5:02.7
14 B Shanahan	6:03.6

### M35-39

1 Steve Ruckert	4:26.6
2 Jim Shank	4:33.7
3 Kevin Kelly	4:34.5
4 Richard Hoebeke	4:38.3
5 D Zitzelsberger	4:38.4
6 Wm Weigel	4:38.5
8 Mike McConeghy	4:46.2
9 Bill Poirier	4:47.2
10 John Sigler	4:48.6
11 Bob Ferrari	4:50.0
12 Ron Derville	4:52.6
13 Fred Dedrick	4:53
14 Dave Perry	4:54.9
15 M Blake	4:55.1
16 B Johan	4:55.8
17 P Reinhardt	4:57.8
18 B Brockwell	4:58.5
19 R Johnson	5:03.1
20 D Fish	5:04.1
21 Chris Monroe	5:13.9
22 Stephen Vegas	5:15.9
23 Bruce Gilkin	5:18.9
24 L Soukup	5:19.3
25 A Ahmad	5:52.1

### M40-44

1 Albin Swenson	4:19.3
2 Web Loudat	4:20.0
3 Frank Shorter	4:21.9
4 Barry Brown	4:27.0
5 Jarrett Slaven	4:29.6
6 Jim Ryan	4:29.6
7 Randy Taylor	4:29.6
8 Harry Nolan	4:29.8
9 Larry Olsen	4:31.7
10 Len Sheehan	4:34.4
11 Rick Bayko	4:34.5
12 Bob Abbott	4:38.2
13 Joe Holland	4:39.0
14 A Roque	4:41.1
15 Mike Manley	4:42.0
16 --- Nitzian	4:42.1
17 Dave Tresohlavy	4:42.7
18 Joe Coady	4:43
19 Terry Habecker	4:43.3
20 Bob Hall	4:43.5
21 F Davis	4:45.7
22 Lou Lainey	4:46
23 Larry Martin	4:46.5
24 Lindsey Bodden	4:47.0
25 C Dean	4:48.6
26 V Wolfe	4:49.0
27 Bob Weiner	4:49.1
28 P Appell	4:49.2
29 Kevin Smith	4:50
30 Paul Rose	4:50.2
31 James Porter	4:51.5
32 Dave Wood	4:51.7
33 R Dahl	4:52.1
34 Fred Gordon	4:52.3
35 Steve Shopoof	4:52.6
36 Peter Snell	4:53.6
37 Dave Hutchinson	4:56.8
38 R Strait	4:58.6
39 Salih Talib	4:59.2
40 John Weston CAN	5:01.1
41 R Malone	5:02.0
42 Larry D'Keefe	5:03
43 Jeff Straussman	5:03.1
44 Herb Engman	5:03.2
45 R Abramowitz	5:03.5
46 Joe Light	5:04.0
47 Peter Guinta	5:05.6
48 Frank Myers	5:06.2
49 Jim Sylvester	5:07
50 R Graver	5:08.1
51 Bruce Jones	5:08.7
52 C Streich	5:10.7
53 Jan Palmer	5:20.9
54 George Sanders	5:29
55 T Glover	5:30.9
56 Mike Owens	5:36

### M45-49

1 Tim Simpson	4:43.8
2 Sid Howard	4:47.5
3 Dick Ashley	4:57.0
4 Vern Porter	5:01.8
5 Ray Crothers	5:02.9
6 Harold Hatch	5:03.8
7 S McLendon	5:09.8
8 Ed Kousky	5:14.7

9 Jack Brennan	5:15.4
10 A Hutchcroft	5:18.0
11 A Degrande	5:20.3
12 Frank Mari	5:20.5
13 A LeGrande	5:23.3
14 Ron Ward	5:28.3
15 G Matthews	5:42.0
16 Larry Williams	5:50.1
17 J Goodwin	5:55.6
18 C Grotevant	6:05.4
19 David Beach	6:08.5
20 Richard Bales	6:14.8

### M50-54

1 John Conner	4:52.9
2 B Elwood	4:56.9
4 Peter Doherty	4:59.1
5 Ken Mueller	4:59.3
6 Barry Almond	5:04.2
7 Glynn Wood	5:04.5
8 R Rampenthal	5:12.3
9 Bill Hixson	5:13.7
10 D Burch	5:14.9
11 M Miller	5:15.8
12 Gene Chase	5:20.5
13 B Urdiales	5:20.7
14 Jed Wilson	5:21.9
15 Oldham Brooks	5:31.6
16 J Culver	5:33.7
17 Don Lee	5:36.9
18 Jim Pascoe CAN	5:44.0
19 Miklos Gratzler	5:47.3
20 Phil Steel	5:51
21 E Alexander	5:55.8

### M55-59

1 Jim Sutton	5:11.1
2 Jimmie Tennyson	5:11.9
3 M Yamauchi	5:12.2
4 Arnie Green	5:15.8
5 Robert Culling	5:20.1
6 Ed Stabler	5:28.3
7 Gunnar Linde	5:29.3
8 Jim Keat	5:44.4
9 H Hunziker	5:46.1
10 B Holmberg	5:56.8
11 Wally McRae	5:56.8
12 Phil Isenberg	5:59.4
13 J Bienfang	5:56.6
14 J Wallace	6:24.5
15 W Siderowitz	6:38.0
16 J Steinmetz	7:24.7

### M60-64

1 Joe King	5:23.8
2 K Brown	5:25.3
3 Archie Messenger	5:26.9
4 Gordon English	5:47.8
5 Carl Hammen	5:48.2
6 D Green	5:50.0
7 George Gavras	5:53.3
8 Len Begley	6:15.3
9 C Orris	6:29.1
10 Don Grey	7:05.2

### M65-69

1 H Strassenburg	6:29.8
2 J McGilvrain	7:00.5
3 Dick Finlay	7:17.0
4 C Osborn	7:40.3
5 E Cole	7:52.1

### M70-74

1 A Newman	5:55.0
2 Eugene Keller	6:39.7
3 Clarence Osborn	6:41.3
4 Wallace McRoy	6:49.5
5 Ray Deschambaut	7:21.1
6 Robert Hall	7:26.8
7 B Kaplan	7:58.2

### M75-79

1 Bill Brobston	6:56.9
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### M80-84

1 Byron Fike	8:26.5
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### M30-34

1 D Tirrito	5:27.6
2 Debi Detwiler	5:51
3 M Steffen	5:55.3
4 Ellen McHugh	5:57.4
5 Leah Kewalinski	6:00.5
6 Lydia McIntosh	6:16
7 Susan Corr	6:17.6

### M35-39

1 Nancy Gshier	5:33.1
2 Patricia Delia	5:34.1
4 J Swanberg	5:47.3
5 B Brodhagen	5:51.7
6 Kate McKenna	6:01.9
7 L McCarthy	6:11
8 Linda Oja	6:15.4
9 B Calder	7:02.6

### M40-44

1 Linda Finley	5:20.2
2 Mary Leivers	5:28.3
3 Kathy Brown	5:29.6
4 Margarita Ekiss	5:39.1
5 Sue Compton	5:41.6
6 S Gardiner	5:42.0
7 Robin Villa	5:43.4
8 Yvonne Lee	5:50.0
9 Andrea Hatch	6:12.2

### M45-49

1 Barbara Pike	5:47.2
2 Susie Hunter	5:51.5
3 Judy Alexander	6:15.8
4 Joan Egan	6:20.8

### M50-54

1 Mary Harada	6:24.1
2 Grace Butcher	6:25.0
3 Sally Rusby	6:36.6
4 Tam Graf	6:59.7
5 D Gulley	7:37.4

### M55-59

1 Gloria Brown	6:19.3
2 Toshiko d'Elia	6:19.5
3 Liz Szawowski	6:30.6
4 M McChesney	7:32.4

### M60-64

1 Mary Norckauer	7:30.3
2 A Salmini	9:15.8

### M65-69

1 M Stafford	7:35.0
2 Judy Kazdan CAN	7:41.2

## 1989 Indoor Mile Rankings Compiled by Bob Weiner and Jerry Wojcik

### M30-34

1 John Englehardt	4:28.2
2 Rich Weinstein	4:31.2
3 Marty Gonterman	4:40.0
4 John Metz	4:40.0
5 Pat Forkins	4:40.5
6 Stephen Redman	4:41.0
7 John Medley	4:43.0
8 R Terhune	4:44.7
9 Dick Cromley	4:45
10 Dennis Packard	4:47.0
11 Jim Ijams	4:51.1
12 Russ Patton	4:52.2
13 John Krajek	4:52.8
14 Bob Hancock	4:53.0
15 Marty Brown	4:57.9
16 Don Plunkett	4:59
17 Charles Woods	5:00
18 Ed Morris	5:01.9
19 Willie Speight	5:02.0
20 T Berry	5:04.4
21 Don Long	5:06.1
22 Mike Masters	5:06.3
23 S Okrend	5:07.6
24 Mike Freeman	5:10.2
25 Dennis Weber	5:14.2
26 Jack Mroz	5:17.9
27 R King	5:40.3
28 Brian Bohne	6:06.8

### M35-39

1 Dave Patterson	4:29.5
2 Bruce Fischer	4:34.3
3 Rich Durban	4:36.5
4 John Emswiler	4:40.2
5 Jim Holzman	4:42
6 Doug Black	4:45.4
7 Ed Poirier	4:47.2
8 Mike Blake	4:49.3
9 Bill Morrow	4:51.0
10 Dan Gorrell	4:57
11 Mike Tappero	4:57.1
12 Herman Richards	5:00.1
13 Don Fish	5:03.3
14 Glenn Powell	5:04.0
15 Larry Hart	5:18.4
16 Mike Tometich	5:27.7
17 Brian Anderson	5:28.4
18 K Mecklenborg	5:56.1
19 Dennis Vessels	6:02.0
20 Clark McNeight	6:19.7

### M40-44

1 Mike Boit KEN	4:15.4
2 Byron Dyce	4:16.3
3 Ron Bell GB	4:17.8
4 Al Swenson	4:18.7
5 Ken Sparks	4:19.9
6 Dan Frye	4:22.5
7 Harold Nolan	4:23.5
8 Jack Martin	4:26.5
9 Ron Frid	4:31.2
10 Jim Ryan	4:38.3
11 Jim Shank	4:39.8
12 Tom Dempsey	4:40.0
13 Rich Davis	4:46
14 George Lokken	4:46
15 Joe Burleson	4:48.4
16 Fred Dedrick	4:49
17 F Davis	4:50.7
18 D Coffman	4:51
19 Antonio Roque	4:54.2
20 Bob Weiner	4:56.2
21 Ron Niblett	4:57.6
22 Ben Brockwell	4:58.5
23 Tim Shay	4:59.7
24 Bob Richey	5:03.4
25 David McGuigan	5:03.9
26 G Reiter	5:04.4
27 Jim Irwin	5:06
28 Larry Freid	5:06.3
29 Jim Waldorf	5:08
30 Greg Hartman	5:09.7
31 Pete Corsino	5:11.7

32 David Baecker	5:12.0
33 Ken Potter	5:14.8
34 Ron Foster	5:21.5
35 George Sanders	5:22.2
36 Dennis Palmer	5:26.0
37 Tom Carper	5:29.5
38 Carl Grossman	5:35.5
39 Jim Caskey	5:40
40 Ron Salvo	5:42.7
41 Bob Slosnik	5:52
42 Peter Vishton	5:56.2
43 G Heagy	5:58.7

### M45-49

1 Sam Huckel	4:40.2
2 Bob Bennett	5:05.4
3 Norm Gautreau	5:08.1
4 Jim Verdier	5:08.6
5 N Brozier	5:11.4
6 Pete Szewelski	5:11.5
7 M Brazier	5:20.2
8 Bob Clasen	5:20.7
9 Larry Simmons	5:22.5
10 A Hutchcroft	5:23.1
11 Richard Jones	5:25.3
12 Bob Bridges	5:27.0
13 G Tillet	5:36.8
14 Bob Fuhrman	5:39.6
15 John Goodwin	5:46.2
16 J Tillet	5:49.2
17 S Addink	5:59.2
18 Bob Yeager	6:07.3
19 Willie Oliver	7:18.0

### M50-54

1 John Connors	4:51.4
2 Sid Howard	4:51.6
3 Jim Sutton	4:55.6
4 Chuck Wimberly	4:56.2
5 Ken Baker	5:13.2
6 Artie Green	5:16.2
7 R Ross	5:17
8 Ned Prize	5:29.0
9 Mel Yoder	5:29.4
10 Phil Surette	5:29.6
11 Cliff Gerenz	5:31.2
12 Larry Dickerson	5:55.5
13 P Freeman	5:56.7
14 Phil Steel	5:57.7
15 Bill Carey	5:59.0
16 J Robinson	6:01.8
17 Charlie Hall	6:31
18 H Williams	7:17.8
19 R Premo	7:28

### M55-59

1 Melvin Miller	5:45.4
2 Jim Kent	5:45.6
3 R Kowalski	6:02.1
4 J Bienfang	6:04.6
5 Dom Casulli	6:13.1
6 Tony Fabi	6:15.8
7 Jim Saxon	7:02.3
8 E Meadows	7:17.5
9 David Sterling	7:49

### M60-64

1 Dick Bloom	6:09.9
2 Arne Olsen	6:21.1
3 Eugene Bein	6:27.1
4 Fran Albaugh	6:37
5 C Orris	6:37.1
6 Jerry Nolan	6:46.0
7 W Olson	6:50.5
8 B Hood	7:04
9 B Wood	7:04.0
10 Frank Malick	7:36

### M65-69

1 Arch Messenger	5:30.0
2 Lloyd Young	5:50.7
3 M Rasch	6:45.6
4 Jim McGilray	7:27.4
5 D Cavicchi	7:32.0

### M70-74

1 Austin Newman	6:16.0
2 Warren Wiggins	8:33.0

### M75-79

1 Frank Levine	8:32.2
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### M80-84

1 Byron Fike	9:23
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### M30-34

1	Rose Thomson	5:12.9
2	C Silverio	5:31
3	Tompkins-Lundgr	5:40.4
4	Karen Lein	5:59.8
5	F Pluhar	6:02.3
6	M Malloy	6:05.9
7	Linda Wagner	7:45.5



## Continued from previous page

<b>M50-54</b>		
1 Gerald Counihan	4.00d	
2 Gary Miller	3.96d	
3 Ed Oleata	3.81	
4 Tom Woodring	3.81	
5 Paul Richard	3.80	
6 Dale Lance	3.80	
7 Tom Blodgett	3.66	
8 Ron Flemming	3.50	
9 Don Worrall	3.40d	
10 Dick Hotchkiss	3.35	

<b>M55-59</b>		
1 Phil Mulkey	3.80d	
2 Jerry Donley	3.66	
3 Hector Cisneros	3.30d	
4 Tom Hinkes	3.20	
5 Doug McFetters	3.00d	
6 John Gilmore	2.90d	
7 Allen Morris	2.74	
8 Jim Kothrock	2.74	
9 Dave Douglass	2.74	
10 Walter Diggs	2.74	

<b>M60-64</b>		
1 Bob Richards	3.20	
2 Don Grosh	2.97	
3 Rich Nordquist	2.90d	
4 Al Brenda	2.80d	
5 Denver Smith	2.80	
6 Hal Wallace	2.80	

<b>M65-69</b>		
1 Bob Morcom	3.48	
2 Dave Brown	2.90	
3 Jim Johnson	2.89	
4 Ralph Biesemeyer	2.74	
5 Richard Bennett	2.70	
6 Armando Ricciardi	2.60	

<b>M70-74</b>		
1 Jim Vernon	3.05	
2 Ham Morningstar	2.30	
3 Elmer Siegel	2.29	
4 Orval Gillette	2.00	
5 Stan Pelland	2.00	
6 Don Hull	1.60	

<b>M75-79</b>		
1 Carol Johnston	2.74	
2 Claude Hills	2.00d	
3 Milo Lightfoot	2.00d	
4 Stan Thompson	1.98	
5 Gil Gonzalez	1.98	
6 Robert Boal	1.83	
7 Jack Angelman	1.83	
8 John Mays	1.83	

<b>M80-84</b>		
1 Bob Macconnaghy	1.20	

<b>M85-89</b>		
1 Arling Pitcher	1.62d	

<b>W40-44</b>		
1 Phil Raschker	2.46	

<b>W45-49</b>		
1 Barbara Stewart	1.60	

<b>W50-54</b>		
1 Rachel Lyga	1.90	

1989 Long Jump Rankings  
Compiled by  
Barbara Stewart

<b>M30-34</b>		
1 Billy Williams	7.02	
2 Jerry McCormick	6.97	
3 Derek Shelton	6.73	
4 G. Canfield	6.65	
5 Kelly Ellis	6.58	
6 Vince Martin	6.51	
7 Mike Lariza	6.49	
8 Bruce Sinkbeil	6.45	
9 Joe Lafferty	6.41	
10 Bill Lawson	6.41d	
11 Pete Polson	6.35	
12 Jeff Bilderbeck	6.33d	
13 Gerald Woolfolk	6.33	
14 Mike McLeod	6.28	
15 Lamont Wilson	6.22	

<b>M35-39</b>		
1 Randy Krause	6.86	
2 Colin Williams	6.52	
3 Larry Vollmer	6.51	
4 Darney Grimmer	6.41	
5 John Kuechle	6.33	
6 Roger Trujillo	6.32	
7 Richard Clary	6.31	
8 Peter Hoagland	6.27	
9 Steven Kemp	6.17	
10 Stephen Heilman	6.09	
11 Robert Doran	6.08	
12 Scott Thornsley	6.06	
13 Al Cestero	6.00	
14 Perry Jenkins	5.99	
15 Tom Thompson	5.98	

<b>M40-44</b>		
1 Stan Whitley	7.06	
2 Joshua Owusu	6.86	
3 Keith Beartusk	6.57	
4 William McClellon	6.48	
5 Carl Flowers	6.42	
6 John Hartfield	6.30	
7 Rex Harvey	6.26d	
8 Gerald Woolfolk	6.26	
9 Jerry Boswell	6.23	
10 William Corsey	6.19	
11 Ken Brinker	6.14	
12 Angel Cachinero	6.12	
13 Edward Jones	6.11	
14 Joe Powdrell	6.04	
15 Rick Lapp	5.92	
16 Douglas Tanabe	5.90	
17 Dan Watts	5.89	
18 Sam Allen	5.82	
19 Gordon Reiter	5.78p	
20 Thomas Taft	5.77p	

<b>M45-49</b>		
1 Darrell Horn	6.16	
2 Gary Oliphant	6.08	
3 Hans Gordon	5.88	
4 L. Bond	5.80	
5 Frank Strauna	5.69	
6 Carlton Collins	5.66	
7 James Cawley	5.65	
8 Kenneth Medley	5.63	
9 Henry Hopkins	5.62d	
10 Bill Smith	5.62	
11 Ron Pinard	5.56	
12 Dennis Stempel	5.55d	
13 John Lawson	5.54	
14 Don Dvorak	5.52	
15 Kirt Vener	5.45	

<b>M50-54</b>		
1 Emil Pawlik	6.60	
2 Gary Miller	6.15p	
3 Alvin Henry	5.97	
4 Paul Williams	5.76	
5 Jerome Wills	5.75	
6 Dale Lance	5.73d	
7 Roger Tsuda	5.65	
8 Gerald Counihan	5.48d	
9 Sammy White	5.46	
10 Rick Schmidt	5.44	
11 Dee Dewitt	5.42	
12 John Kelly	5.41	
13 Peter Stopoulos	5.41	
14 Tony Deatheraga	5.40	
15 Thomas Blodgett	5.16d	

<b>M55-59</b>		
1 Dave Jackson	5.60	
2 Phil Mulkey	5.54	
3 Harvey Schellenberg	5.44	
4 Doug McFetters	5.37d	
5 Leon Trout	5.19d	
6 Harry Brown	5.16	
7 Ralph Daehler	5.10	
8 Darrold Skartvedt	4.99d	
9 Jerry Lyons	4.94	
10 Rich Richardson	4.94	

<b>M60-64</b>		
1 Buck Bradberry	5.14d	
2 Edmund Schuler	4.91	
3 Jon Tobey	4.89	
4 Bob Ackerman	4.86	
5 Bill Honaker	4.86	
6 Denver Smith	4.84d	
7 Mel Larson	4.79	
8 Bill Townsend	4.74	
9 Bob Roemer	4.71	
10 Dick Edmonds	4.61	

<b>M65-69</b>		
1 Melvin Larsen	5.04	
2 Ed Lukens	4.79	
3 Paul Saunders	4.76	
4 Bob Morcom	4.67	
5 Jim Platis	4.67	
6 Charles Obye	4.59	
7 Vern Mattson	4.56	
8 Oscar Harris	4.48	
9 Jim Johnson	4.42	
10 Bill Bronson	4.39	

<b>M70-74</b>		
1 Bill Morales	4.35	
2 Francisco Colon	4.32	
3 Wade Alexander	4.13	
4 Sparks Sorlien	4.04	
5 Lewis Hayden	4.03	
6 Herbert Miller	3.91	
7 Leonard Ringle	3.78	
8 Carl Oates	3.76	
9 Donald Hull	3.73d	
10 Bob Littlejohn	3.72d	
11 Clarence Trahan	3.72	

<b>M75-79</b>		
1 John Satti	3.89	
2 Gil Gonzales	3.86	
3 Claude Hills	3.80d	
4 Milo Lightfoot	3.63p	
5 Joe Caruso	3.51	
6 Carol Johnson	3.50	
7 John Mays	3.49	
8 Leslie Thomas	3.35	
9 Emmett Bennett	3.20	
10 Will Bigelow	3.15	

<b>M80-84</b>		
1 Dave Marcus	4.04	
2 Win McFadden	3.09	
3 Byron Fike	2.69	
4 Benjamin Fox	2.61	
5 Everett Hosack	2.17	

<b>M85-89</b>		
1 Buell Crane	1.99	
2 Arling Pitcher	1.93d	
3 Herb Anderson	1.89	

<b>W30-34</b>		
1 Antoinette Oliver	5.54	
2 Sande Lambert	5.09	
3 Lynn Janckowski	4.68	
4 Yvette Powell	4.65	
5 Sue Ziegler	4.39	
6 Marby Gansle	4.35	
7 Becky Delass	4.18	
8 Kathy Kathman	4.14	
9 Sharon Murray	4.13	
10 L. Nelda	4.13	

<b>W35-39</b>		
1 Cathy Oerter	5.17	
2 Irene Thompson	4.97	
3 Maria Beretsy	4.21	
4 Donna Borges	4.04	
5 Pris Flesch-Birtic	3.68	
6 Clara Silver	3.59	
7 Pat Brown	3.52	
8 Terry Ozell	3.06	
9 Francine Kaye	2.58	
10 Whit Perrin	2.04	

<b>W40-44</b>		
1 Phil Raschker	5.51	
2 Beth McBride	5.07	
3 Skipper Clark	4.95	
4 Mary Lou Platis	4.53	
5 Josephine Cross	4.15	
6 Bobbie Steinmetz	3.84	

<b>W45-49</b>		
1 Jan McClurg	4.30	
2 Barbara Stewart	3.92	
3 Aase Besson	3.83	
4 Kay Steffens	3.64	
5 Ann Carter	3.40	

<b>W50-54</b>		
1 Christel Miller	3.90	
2 Becky Sisley	3.77	
3 Rachel Lyga	3.74	
4 Neome Garcia	3.61	
5 Dortha Swanson	3.26	

<b>W55-59</b>		
1 Magdalena Kuehne	3.85	
2 Becky Vosburgh	3.49	
3 Marjorie Moore	3.47	
4 Joan Dugan	3.07	
5 Ruth Smith	3.01	

<b>W60-64</b>		
1 Barbara Reese	3.36	
2 Josephine Sullivan	3.35	
3 Shirley Kinsey	3.20	
4 L. McDaniels	3.35	
5 Joan Udehl	3.13	

<b>W65-69</b>		
1 Fern Kramer	3.00	
2 L.H. Haeefe	2.89	
3 Fran Rutledge	2.87	
4 Ann McGowan	2.63	
5 Libby Hagemann	2.58	

<b>W70-74</b>		
1 Mary Bowermaster	3.15	
2 Molly Mackown	2.55	
3 Florida Staton	2.50	
4 Ethel Wayland	2.29	
5 Carmela Harris	1.78	

<b>W75-79</b>		
1 Marie Uebel	2.10	
2 Margaret Jackson	1.99	
3 Vivian Nelson	1.95	

<b>W80-84</b>		
1 Flora Mendoza	1.58	
2 Rose Monda	1.56	
3 Pansy Love	1.47	

<b>1989 Pentathlon Rankings Compiled by Jerry Wojcik</b>		
1 Jim Bachelor	3478	
2 Gene Cacciatore	3010	
3 Andy Miller	2976	
4 Jeff Bilderbeck	2886	

<b>M35-39</b>		
1 Michael Hill	3664	
2 Jeff Hines	3095	
3 David Beshears	2803	
4 Scott Thornsley	2754	
5 Rich Watson	2484	
6 David Hoover	2469	

<b>M40-44</b>		
1 Frank Reilly	3675	
2 Gordon Reiter	3403	
3 James Hollister	3339	
4 Bill Forsyth	3108	
5 Bill Weinstock	2978	
6 Jerry Whitten	2874	

<b>M45-49</b>		
1 C McCormick Jr.	3327	
2 Nat Carter	3119	
3 David Ayers	3083	
4 Arnie Walker	3051	

<b>M50-54</b>		
1 Gary Miller	4029	
2 Tom Blodgett	3363	
3 Ed Oleata	3326	
4 Pete Stopoulos	3151	
5 Haig Bohigian	2834	
6 Jack James	2800	

<b>M55-59</b>		
1 Ed Martin	3312	
2 Franklin Brown	3276	
3 James Rothrock	3263	
4 Woody Grover	3014	

<b>M60-64</b>		
1 Gordon Seifert	3370	
2 Fred Hirsimaki	3232	
3 Bob Sieben	3165	
4 Jock Jocoy	3088	

<b>M65-69</b>		
1 Bill Carter	3277	
2 Bob Morcom	3220	
3 Frank Bowles	3183	

<b>M70-74</b>		
1 Don Hull	1976	

<b>M75-79</b>		
1 Milo Lightfoot	3316	
2 Emmett Bennett	3125	
3 Bob Boal	2195	

<b>M85-89</b>		
1 Herb Anderson	2122	

<b>1989 Decathlon Rankings Compiled by Jerry Wojcik</b>		
<b>M30-34</b>		
1 Ken Ellis	7074	
2 Bill Lawson	6736	
3 Rodney Atherton	5831	
4 Chris Polakowski	4857	

<b>M35-39</b>		
1 Dave Ricks	6491	
2 Dave Beshears	6174	
3 Richard Cleary	6159	
4 Mike Davis	5550	



## Continued from previous page

M65-69	
1 C Obye	39.40
2 P Fetter	38.98
3 E Lukens	38.76
4 T Lombardi	37.18
5 R Atherton	37.04
6 J Platis	36.42
7 A Scott	35.42
8 F Bowles	34.74
9 H Williams	34.60
10 H Hackett	34.32
11 A Ricciardi	34.09
12 R Norman	32.92
13 R Stone	32.42
14 A Bryant	31.02
15 D Reid	30.85p
16 B Morcom	30.42d
17 M Buschman	30.33
18 J Allen	29.74
19 L Hirst	29.74
20 H Rogers	28.54

M70-74	
1 W Morales	46.18
2 M White	38.48
3 J Siefert	37.64
4 G Nordgren	35.46
5 B McDonald	34.16
6 H Morningstar	31.32
7 D Aldrich	30.00
8 A Jones	29.60
9 B MacMurray	29.14
10 T Flack	28.78

M75-79	
1 F Aarma	28.86
2 J Wood	28.48
3 M Lightfoot	27.92
4 G Gonzales	27.16
5 D Latimer	26.95
6 W Eipel	25.68
7 C Hills	24.36d
8 J Pardee	23.16
9 J Angelman	23.04
10 L Joslin	22.33

M85-89	
1 H Anderson	19.53
2 B Crane	15.98
3 A Pitcher	15.01
4 E Salisbury	14.20
5 E Hossack	12.98
6 J Whittemore	12.37

M90-94	
1 T Lane	10.55

M95-99	
1 C Wheeler	11.89

W30-34	
1 L Dunton	44.78
2 L Janckowski	33.76
3 L Swanson	26.70
4 L A Freeman	21.58
5 N Munoz	20.88
6 D Sullivan	20.37
7 D Eckhardt	20.22
8 D Sayers	19.65
9 M Laveck	18.69
10 C Griffin	15.44

W35-39	
1 A Platt	36.65
2 J Stratton	36.32
3 F Kaye	32.06
4 K Kennedy	31.14
5 J Harrall	26.88
6 L Green	22.36
7 P Brown	21.34

W40-44	
1 L Struppeck	40.39
2 S Huddleston	29.91
3 C Johnston	29.60
4 K Pierce	29.36p
5 M L Platis	26.68
6 E Stone	24.59
7 S Clark	24.43
8 P Raschker	23.77h
9 A Whitehead	23.29
10 L Bass-Jones	21.68

W45-49	
1 K Huff	28.32
2 F Conley	28.30
3 V Hilliard	28.12
4 D Golick	26.02
5 A Rosenfeld	23.94
6 L Rothrock	23.72
7 G Hemming	20.28
8 R Katz	18.39
9 B Stewart	17.63
10 R Schlewitz	17.25

W50-54	
1 B Sisley	32.98
2 C Miller	31.88
3 R Lyga	25.91
4 J Myer	25.40
5 D Madsen	23.38h
6 J Grissom	22.02
7 J Youngs	19.86
8 T Graf	19.30
9 A Cirulnick	18.42
10 D Swanson	19.24

W55-59	
1 S Sahonchik	27.28
2 B Brandt	24.89
3 J Dash	24.10
4 S Polk	22.56
5 A Hicks	22.38
6 S Kinsey	21.56
7 M Kuehne	19.35
8 E Hyer	17.50
9 C Richards	12.66
10 S Good	11.28

W60-64	
1 B Holland	26.12
2 S Dietderich	23.40
3 S Kinsey	21.38
4 M Norckauer	20.20
5 M J Miller	20.12
6 P Osmon	17.16
7 J Reid	16.94
8 H Darnall	16.00
9 M Thompson	13.84
10 B Keinschmidt	13.26

W65-69	
1 P Auerbach	18.87
2 L Hagman	18.14
3 A Toya	18.06
4 H Boyd	16.30
5 R Talley	15.38
6 J Berleppsch	14.83
7 C Convery	13.92
8 R Roloff	11.68
9 M Holbert	10.74
10 A Bergenbeck	10.01

W70-74	
1 H Stevens	17.70
2 R Ruston	15.47
3 M Bowermaster	15.34
4 H Gorges	9.69
5 R Rathier	9.41
6 - Kartasiewicz	8.42

W75-79	
1 E Mendyka	17.54
2 M Uebel	13.23
3 S Swartz	13.03
4 C Veith	11.40
5 T Bucacci	9.19
6 M Gorham	7.32

W80-84	
1 M Heitschmidt	7.06
2 C Lanning	4.83
3 M Kennedy	4.08

1989 Short Hurdles  
Rankings  
Compiled by Jerry Wojcik

M30-34	
1 Robert Stanley	14.3
2 Michael Simmons	14.45
3 Ken Kepeta	14.5
4 Ken Ellis	14.63
5 Ellis Liddell	14.68
6 James Weems	14.7
7 Roosevelt Wells	14.9
8 Leon Devero	14.9
9 Gary Little	15.2
10 Tony Ciccone	15.3

M35-39	
11 Ken Little	15.36d
12 Sheridan Strong	15.4
13 G Nickash	15.34
14 Oscar Hadley	15.67
15 Dan Glushefski	15.7
Tim Fox	15.7

M40-44	
1 Nate Robinson	14.02
2 Colin Williams	14.07
3 Dawud Saleem	14.9

M45-49	
4 Robbie Short	15.02
5 Robert Zahn	15.07
6 Del Robinson	15.55
7 Richard Finnie	15.66
8 Peter Moagland	15.7
9 D Roberts	15.8
10 Mike Cronholm	15.83

M50-54	
11 Russell Acea	15.9
12 Bartholomew	15.9
13 Richard Clary	15.9
14 Al Cesteros	16.0
15 Morace Hudson	16.2

M55-59	
1 Stan Bruckrey	13.81
2 Richard Katus	14.63
3 Ken Brinker	14.94
4 Ken Harvey	15.15
5 Sheridan Groves	15.59
6 Fred Johnston	15.6
7 Clayton Couch	15.6
8 Mike Kelly	16.15
9 Al Roberts	17.16
10 Koss Jensen	17.38

M60-64	
11 Mike Milove	17.4
12 Bill Seville	17.55
13 Randall Weil	17.60
14 Bill Brebaugh	17.91
15 Jonnie Meisner	17.95

M65-69	
1 Ingo Viltz	15.0
2 Walter Butler	15.0
3 C McCormick Jr	15.8
4 Hugh Adams	17.35
5 Jeff Loubet	17.4
6 Steve Rogers	17.50d
7 Reg Sharley	17.61
8 Bill Busby	17.75d
9 Henry Hopkins	18.10d
10 Ted Gray Sr	18.5

M50-54	
1 Charlie Miller	14.66
2 Tom Blodgett	14.66d
3 Lance Dale	14.99
4 Rich Hickman	15.0
5 Alvin Henry	15.00
6 Wes Wessely	15.01
7 Dee Dewitt	15.06
8 Gary Miller	15.30d
9 Jackson Steffes	15.34
10 Ed Oleata	15.68d

M55-59	
11 G Counihan	15.98d
12 N DeLaneauville	16.07
13 Emil Fawik	16.30
14 Don Worrall	16.49d
15 John Head	16.73

M60-64	
1 Rich Hickman	15.28
2 Lawrence Pratt	15.36
3 Phil Mulley	15.5
4 Doug McNetters	15.50d
5 Leon Trout	15.9

M65-69	
6 Jim Rothrock	16.7
7 Joe Murphy	17.0
8 Bill Adler	17.0
9 John Gilmore	17.49d
10 Jim Peterson	17.53

M70-74	
11 Dave Douglas	17.6
12 Hector Cisneros	18.18d
13 Marvin Sanchez	18.6
14 Alan Maxwell	18.9
15 Loren Swanson	19.17

M75-79	
1 Robert Hunt	17.5
2 Burl Gist	17.77
3 Ed Lukens	18.48
4 Bob Morcom	18.98d
5 Ray Womack	19.3

M80-84	
6 Andy Thompson	19.4
7 Fred Hirsimaki	19.52
8 J W Pierson	20.20
9 Mel Buschman	20.45
10 George Simon	20.84

M85-89	
1 Herb Miller	14.5
2 Al Guidet	14.50
3 Frank Finger	15.29
4 Bill Carman	16.6
5 Chia Isung Pao	17.9

M90-94	
1 Bert Morrow	16.14
2 Claude Mills	16.22
3 Bill Gonzalez	17.55d
4 Bob Boal	18.50
5 Wilfred Bigelow	19.58
6 M Lightfoot	20.51d
7 Stan Thompson	20.7

M95-99	
1 Sande Lambert	16.9
2 Sue Ziegler	19.8
3 Connel-McKeever	19.9
4 Tracey Watts	20.15
5 Becky DeLass	20.6

M100-104	
1 Phil Kaschker	12.25
2 Latanya Glass	15.99
3 Skipper Clark	16.24

M105-109	
1 Barbara Stewart	16.2
2 Ann Carter	17.1
3 Gail Huska	18.26
4 Charlotte Hyatt	25.29h

M110-114	
1 Cherriesherard	13.87
2 Christel Miller	15.5
3 Kachel Lyga	16.98
4 S Sahonchik	21.15h
5 Dixie Madsen	22.1

M115-119	
1 Shirley Kinsey	19.08
2 Pat Peterson	20.28

M120-124	
1 Stan Bruckrey	13.81
2 Richard Katus	14.63
3 Ken Brinker	14.94
4 Ken Harvey	15.15
5 Sheridan Groves	15.59
6 Fred Johnston	15.6
7 Clayton Couch	15.6
8 Mike Kelly	16.15
9 Al Roberts	17.16
10 Koss Jensen	17.38

M125-129	
1 Chip Button	33.45.8
2 Gary Hopkins	34.08.0
3 Santos Vivas	34.32
4 Dennis Melish	35.51.8
5 Don Ucana	36.11.5
6 Richard Cleary	37.13.5
7 John Ford	38.08.3
8 Bill Burnett	38.49
9 K Mecklenborg	40.57.9
10 Mike Eastman	43.11.5

M40-44	
1 Larry Alberg	30:50.3
2 Earl Owens	31:35.6
3 Gene Solomon	31:57.9
4 Pat Kuebler	32:41.9
5 Mike Chambliss	32:58.7
6 Wes Wessely	33:01.5
7 Greg Brock	33:22.9
8 Peter Stern	34:13.5
9 C Kanson	34:43.1
10 Pat Glover	35:11.1

M45-49	
11 Hayden Smith	35:24.2
12 Richard Hagin	35:29.2
13 Dan Usley	35:30.9
14 Bob Kuebler	35:34.2
15 Steve Fredway	35:37.9

M50-54	
1 Josef Fodor	33:48.5
2 Dan Conway	34:00.5
3 Bill Mitchell	34:46.6
4 Cal Aisleben	37:27.5
5 Ed Fromm	37:39
6 Joe Lordero	37:40.1
7 Ron Fattinson	38:21.8
8 Al Huff	38:54.4
9 Bob Iarozzi	38:58.7
10 David Pitkethly	39:39.0

M55-59	
1 Norman Green	33:00.6
2 Bill Fouli	33:03.0
3 Kay Hutton	34:07.2
4 Derel Mahatrey	34:40.8
5 Hal Higdon	35:53.1
6 Jimmie Tennison	36:30.6
7 Leon Fennell	38:08
8 Johnson Auldon	40:10.4
9 Don Farley	40:11.5
10 Dale Goering	40:19.6

M60-64	
1 G Jorgensen	36:01.9
2 Edward Stabler	36:09.6
3 Jim O'Neill	37:09.6
4 Pat Devine	37:10.4
5 Jim Blount	37:16
6 David Stevenson	37:59.5
7 Jack Gentry	38:29
8 Bill Fortune	39:00.9
9 Dick Benson	39:22.4
10 Kay Stewart	39:30.0

M65-69	
1 Jim McLean	39:38.6
2 L Banuelos	40:24.6
3 Bart Koss	41:57
4 Bill Osburn	43:44
5 Bill Schmitt	43:50
6 Joseph Cusic	44:09.9
7 H Daughters	44:36.1
8 Joseph Mallon	45:05.9
9 Donovan Wilgus	48:24.2
10 Joe Pascale	48:51

M70-74	
1 A C Daman	43:48
2 Austin Newman	44:50
3 Paul Amadio	44:55
4 Edmund Vuolo	45:29.0
5 Nate White	45:45.0
6 Dan Beer	48:04
7 John Woods	48:24.8
8 John Bralowski	53:12.3

M75-79	
1 Dudley Healy	47:58.4
2 C Dahisten	49:16.7
3 Bill Brobston	51:24
4 Leo Casady	54:12
5 Vernon Geary	55:59
6 Frank Demers	56:53.2
7 Stoke Westcott	69:31.8
8 Ed Wildermauch	71:24

M80-84	
1 Ed Benham	45:38.7
2 M McKean-Smith	66:05.8
3 Andrew Muhring	70:39.9
4 Kay Dempsey	72:11.9
5 Warren Ling	74:57

M85-89	
1 Willard Benton	64:27.6

M90-94	
1 S Woodford	43:55.6
2 Diane Haw	47:45.5

8 Barbara Blaszak	42:40.4
7 J Janousek-Diaz	44:05.4
6 Diane Sherrer	44:57.4
5 Peg Miller	45:29
10 Eva Mosseyer	46:49.1
11 Anita Dinato	48:07.4

W4U-44



Continued from previous page

<b>M80-84</b>		
1 Ed Benham	3:09.1	
2 M. Shine	3:17.0	
3 Byron Pike	3:28.2	
4 Lagrand Nielsen	4:05.4	
5 Caldwell Nixon	4:16.4	
6 George Hawks	5:11.6	

<b>M85-89</b>		
1 Willard Henton	4:02.2	
2 Konrad Bous	4:22.1	
3 Harold Chapson	4:49.2	

<b>M90-94</b>		
1 Paul Spangler	4:39.5	

<b>W30-34</b>		
1 Jeanne Johnson	2:14.0	
2 Becky McClenny	2:15.8	
3 June Martin	2:19.5	
4 Joyce Morgiewicz	2:23.1	
5 Sandy Cannon	2:23.5	
6 Jane Montegale	2:23.9	
7 Lauri Sax	2:24.4	
8 Denise Frampton	2:25.6	
9 Mary Russell	2:25.8	
10 Carla Hervet	2:28.9	

11 Sherry Robertson	2:31.5	
12 Becky Hunter	2:33.0	
13 Linda Mulligan	2:34.4	
14 Michelle Case	2:35.2	
15 Debra Dougherty	2:35.7	

<b>W35-39</b>		
1 Sandra Newton	2:23.0	
2 Jody Murray	2:24.4	
3 Ann Mechalek	2:24.7	
4 Carol McLatchie	2:24.8	
5 Michele Tiff	2:28.2	
6 Lynne Diehl	2:29.5	
7 B. Clark-Searcy	2:30.9	
8 Debbi Warner	2:31.2	
9 Chris Rossier	2:31.7	
10 Janelle Swanberg	2:31.9	

<b>W40-44</b>		
1 Susan Houlton	2:21.9	
2 Jane Hutchison	2:22.8	
3 D. Gellerman	2:25.8	
4 J. Trigueiro	2:26.5	
5 Joni Pendleton	2:27.4	
6 Laurie Olson	2:31.0	
7 H. Noonan-Oliver	2:31.5	
8 Mary Leivers	2:32.7	
9 Phil Maschker	2:33.0	
10 Debbie Magilke	2:34.0	

11 Connie Gilbert	2:34.4	
12 Barbara Ballard	2:35.1	
13 Hilary Gilmore	2:35.7	
14 Debby Stiles	2:36.2	
15 Irene Jackson	2:37.6	

<b>W45-49</b>		
1 Shirley Matson	2:26.2	
2 Carol Flexer	2:26.3	
3 Linda Upton	2:27.6	
4 Lolita Bache	2:29.5	
5 Jane Arnold	2:30.6	
6 Barbara Pike	2:31.7	
7 Robin Villa	2:33.9	
8 Joan Ulyot	2:42.6	
9 Madeline Bost	2:42.7	
10 Mae Cleveland	2:43.0	

<b>W50-54</b>		
1 Jeanne Hoagland	2:33.9	
2 Carolyn Cappetta	2:35.7	
3 Sandra Knott	2:36.7	
4 Vicki Bigelow	2:40.3	
5 Kay Willoughby	2:45.6	
6 Jane Dods	2:55.0	
7 Mary Harada	2:59.9	
8 Joyce Hodges	3:01.8	

<b>W55-59</b>		
1 Grace Butcher	2:50.5	
2 Joyce Hals	2:51.1	
3 June Dickinson	2:52.0	
4 Peggy Ainslie	2:53.0	
5 Gretchen Snyder	2:53.2	
6 Liz Sawlowski	2:55.7	
7 Marion Irvine	2:56.0	
8 Sally Strazdins	2:59.0	
9 Janet Freeman	3:03.8	
10 Betty Vosburgh	3:04.1	

<b>W60-64</b>		
1 Nancy Smalley	3:16.5	
2 S. Leonard	3:17.7	
3 Sum Onodra	3:20.0	
4 Dorothy Brill	3:20.9	
5 Betty Benkert	3:21.1	
6 Mary Norckauer	3:29.0	
7 Joyce Lambie	3:50.2	
8 Julia Christo	4:14.7	
9 J. Gunn	5:51.8	

<b>W65-69</b>		
1 Ruye Johnson	3:06.2	
2 Mary Storey	3:08.2	
3 Louise Adams	3:15.9	
4 Gerry Davidson	3:22.9	
5 Ellen McCoy	3:28.1	
6 Rita Tomassina	3:34.1	
7 Jaclyn Caselli	3:34.6	
8 Marie Stafford	3:34.7	
9 Betty Howard	3:39.6	
10 Angie Smith	3:45.9	

<b>W70-74</b>		
1 Marie Stafford	3:26.3	
2 Anna Komagna	3:51.4	
3 Irene Crane	3:51.9	
4 Marie Borthick	4:14.1	
5 Louise Martin	4:16.0	
6 Edna Berg	4:34.9	
7 Susan Tasciotti	6:08.0	

<b>W75-79</b>		
1 Pearl Muhl	3:37.1	
2 Bea James	4:15.0	
3 Dot Stotsenberg	4:35.6	
4 Josephine Gregg	4:42.5	
5 Ivy Granstrom	4:48.2	

<b>W80-84</b>		
1 Allie Walker	5:30.3	
2 Marilla Salisbury	6:55.2	
3 E. Monda	7:14.0	

<b>W85-89</b>		
1 Mary Ames	6:38.6	

## TRACK & FIELD RESULTS

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

### NATIONAL

#### TAC/USA National Masters Indoor Pentathlon Championships Los Angeles March 4

	Age	60M H	Long Jump	Shot	High Jump	1000M	Total
1. Ed Baskauskus	(30)	9.5/9.3	5.58/5.98	9.54/10.16	1.65/1.75	3:20.73/12.7	
		631	582	495	585	545	2838
2. John Kirov	(38)	10.5/10.2	4.97/5.32	8.09/8.62	1.50/1.59	2:53.92/46.9	
		461	445	403	457	798	2564
3. Andy Hecker	(35)	10.4/10.0	5.37/5.75	6.67/7.11	1.55/1.65	3:16.03/082	
		461	533	314	504	586	2398

1. Rex Harvey	(43)	8.8/8.3	6.08/6.88	12.02/13.52	1.65/1.84	3:13.63/00.2	
		851	785	699	661	662	3658
2. Frank Reilly	(41)	10.8/10.2	5.34/6.04	13.76/15.48	1.40/1.56	3:00.02/48.6	
		461	595	819	434	782	3091
3. Rufus Morris	(44)	9.0/8.5	6.38/7.22	9.83/11.05	1.70/1.89	4:28.34/09.7	
		804	866	549	705	148	3072
4. Bill Schooler	(41)	11.1/10.5	5.28/5.97	10.13/11.39	1.60/1.78	3:04.42/51.7	
		410	580	569	610	748	2917
5. Jorge Birnbaum	(42)	11.0/10.4	4.92/5.56	8.50/9.56	1.60/1.78	3:23.23/09.1	
		427	494	459	610	578	2568
6. Bill Weinstock	(43)	13.1/12.4	5.17/5.86	8.82/9.92	1.40/1.56	3:27.03/12.7	
		154	554	481	434	545	2168
7. Leroy Clipp	(42)	11.1/10.5	4.76/5.38	9.24/10.39	1.40/1.56	DNS	0
		410	457	509	434	0	0

1. Hugh Adams	(50)	8.9/7.8	5.64/7.71	10.38/11.88	1.55/1.91	3:32.53/04.7	
		972	864	599	723	619	3777

1. Doug McFetters	(57)	9.4/7.7	4.90/6.74	9.37/11.43	1.45/1.89	3:49.73/11.4	
		997	753	572	705	557	3584
2. Phil Mulkey	(57)	9.7/8.0	4.84/6.65	11.70/14.27	1.45/1.89	4:10.53/28.7	
		922	732	745	705	411	3515
3. Wood Grover	(55)	11.0/9.0	4.66/6.41	9.31/11.35	1.40/1.82	3:56.63/17.1	
		694	677	567	644	507	3089
4. Dave Douglass	(58)	11.1/9.1	4.11/5.65	9.19/11.21	1.35/1.76	3:52.83/14.0	
		673	512	559	593	534	287
5. Ed Martin	(58)	11.6/9.5	4.66/6.41	9.22/11.24	1.20/1.56	3:50.53/12.1	
		591	677	560	434	551	2813

1. Al Brenda	(61)	4.61/6.80	9.19/11.34	1.25/1.72	3:46.52/59.7		
		781	767	566	560	667	3341
2. Jock Jocoy	(64)	12.9/10.2	4.51/6.65	8.69/10.73	1.20/1.65	3:47.53/00.5	
		461	732	530	504	658	2885
3. Ted Ensslin	(62)	11.0/8.7	4.20/6.19	8.72/10.76	1.20/1.65	4:30.53/34.6	
		759	628	531	504	366	2788

1. Boo Moorcom	(68)	11.1/8.2	4.88/7.74	9.33/12.68	1.39/2.03	3:57.52/58.7	
		874	995	648	831	677	4025
2. Charles McFate	(68)	12.7/9.4	2.96/4.70	7.60/10.23	1.25/1.83	4:48/336.7	
		611	326	595	653	350	2445

1. Ham Morningstar	(73)	12.5/8.9	3.67/6.28	10.89/14.91	1.35/2.10	5:04/335.9	
		715	688	784	896	356	3399
2. Armando Ricciardi	(70)	11.7/8.3	3.80/6.50	9.66/13.23	1.20/1.86	DNF	2908
		851	697	681	679	0	
1. John Damski	(75)	12.7/8.4	3.44/6.36	8.27/12.81	1.20/1.98	DNF	
		827	666	656	785	0	2934
2. Stan Thompson	(79)	DSC/0	2.47/4.55	5.51/8.54	1.01/1.65	7:41/507.5	
			301	398	504	0	1203

### Women

	Age	60M H	High Jump	Shot	Long Jump	800M	
1. Phil Raschker	(43)	10.2/9.4	5.10/1.68	6.63/7.72	1.47/5.83	2:48.22/35.0	
		781	830	381	550	632	3174

55-59	(55)						
1. Christel Miller	(55)	11.8/10.3	1.28/1.76	8.58/11.06	3.89/5.46	3:23.52/45.8	
		614	928	639	473	508	3388

60-64							
1. Shirley Kinsey	(60)	14.1/10.3	1.03/1.52	7.83/11.52	3.26/4.92	4:00.73/05.5	
		614	544	629	367	316	2570

Key: actual mark/age-factored mark  
points

### EAST

#### MAC Masters Championships Manhattan College, Bronx, NYC January 27

<b>55m</b>		
M30 F Feaster	6.9	
P Conzentino	7.0	
--- Cholliah	7.1	
M35 L Miller	8.3	
M40 W Overby	6.9	
C Schultz	7.1	
P Caldon	7.4	
M45 G Ballard	7.3	
M50 R Weaver	7.2	
R Smith	7.5	
M Lafferty	7.7	
M55 C Pauling	7.6	
J Darrell	8.2	
M60 T Brooks	8.0	
D Brown	8.3	
W40 L Tucker	7.8	
J Pinto	8.1	
W45 M Mitchell	8.0	

<b>200m</b>		
M30 --- Cholliah	26.1	
F Feaster	28.7	
M35 D Hodge	25.3	
L Miller	31.2	
M40 W Overby	25.1	
P Caldon	25.4	
M Augeri	27.9	
M45 R Trigo (Guest)	25.6	
L Wright (Guest)	26.2	
G Ballard	27.2	
R Aranda	27.9	
D Connolly	28.0	
M50 E Small	25.5	
R Rizzo	26.2	
R Smith	28.4	
M55 C Pauling	27.0	
D Lewis	28.8	
J Darrell	29.2	
M60 D Brown	32.4	
W Siderowitiz	33.7	
W40 J Pinto	29.0	
W45 M Mitchell	29.7	

<b>400m</b>		
M30 F Feaster	55.7	
--- Ballinger	57.7	
M35 R Harrison	58.0	
M40 M Heidelberg	55.6	
--- Mahmed	56.5	
M45 R Trigo	56.9	
L Wright	58.0	
M50 E Small	56.3	
G Shane	56.9	
J Conner	59.9	
M55 C Pauling	57.6	
D Lewis	63.9	
J Darrell	67.4	
M60 D Brown	72.2	
W Siderowitiz	74.8	
W35 L Draper	78.2	
D Hawkins	83.3	

800m		
M30	I Droal	2:04.4
	N Mitchell	2:05.1
	R Palchinski	2:12.9
M35	D Green	2:00.3
	J Martinez	2:12.0
	R Pajaro	2:22.9
M40	V Pierre	2:07.6
	S Talib	2:09.0
	M Wilson	2:10.2
	C Robinson	2:13.8
M45	B Colton	2:14.2
M50	S Howard	2:13.9
	J Conner	2:15.1
	G Garbine	2:25.2
M55	C Pauling	2:25.2
	D Lewis	2:27.3
	I Bernstein	2:30.7
M40	S Kimche	2:38.2



## Continued from previous page

Tom Schossau 32	5:28.6
Tony Farrand 54	6:09.4
Richard Branca 46	6:35.6
Ralph Jones 60	7:17.2
N Palladino 56	7:48.1

<b>3000m</b>	
Kevin Kelly 38	9:10.7
Tom Bugliosi 32	9:21.9
Herb Engman 44	9:58.1
Tom Schossau 32	9:59.6
Nancy Oshier 41	10:10.7
Mike Fogle 35	10:13.6
Richard Cleary 33	10:24.6
Chuck Leska 42	10:28.3
Joe Dabes 50	11:16.1
Chuck Collins 56	11:18.2
Reinhold Wotawa 40	11:26.2
Shirley Woodford 34	11:51.5
Peter Rath 51	12:19.0
Sally Rusby 53	12:38.8
Ralph Jones 60	12:40.1
Stephen Finney 35	12:44.3
Tony Farrand 54	12:50.2
Richard Branca 46	13:05.0
Nick Palladino 56	14:21.9

## SOUTHEAST

Gulf Force Winds TC Meet  
Gulfport, MS  
March 3

<b>55m</b>	
M35 Gary Howard	6.92
M40 Ben Galloway	6.92
M55 Jerry Lyons	8.19
Sid Montecino	8.40
<b>100m</b>	
M35 Gary Howard	11.06
Jeff Baty	12.80
M40 Ben Galloway	11.81
M45 Larry Williams	13.05
M50 Harry Carpenter	12.01
M55 Jerry Lyons	14.00
S Montecino	14.82

<b>200m</b>	
M30 Ricky Dombrowski	25.78
M35 Gary Howard	24.17
Lonnie Hammond	25.04
M45 L Williams	28.24
M50 H Carpenter	26.34
M55 Jerry Lyons	29.49
S Montecino	33.23

<b>400m</b>	
M30 R Dombrowski	62.25
M55 J Lyons	70.07
S Montecino	85.0

<b>800m</b>	
M35 Lonnie Hammond	2:33.0
M55 Sid Montecino	3:31.1
<b>3200m</b>	
M50 Bailey Abernathy	14:21

<b>Pole Vault</b>	
M30 Steven Bodin	12-0
<b>Shot Put</b>	
M30 Mason Gordon	38-5
M35 Jeff Baty	42-6
M65 Harold Rogers	36-5 1/2
Robert Dew	22- 1/2

<b>Discus</b>	
M35 Jeff Baty	122-6
M55 Jerry Lyons	66-0
M65 Harold Rogers	105-0
Robert Dew	56-9

<b>Javelin</b>	
M35 Jeff Baty	145-11
M40 Jim Rose	113-5
M55 Jerry Lyons	97-2
M65 Harold Rogers	93-4

Nashville Track Club  
Tennessee State Univ.  
Nashville, TN  
March 3

<b>55m</b>	
M30 Glenn Colivis	7.1
M35 Richard Fennie	7.0
M40 Jerry Conlin	7.6
M45 Thad Bell	7.1
M50 Dave Ellis	8.0
M55 Jim Mathis	7.5
M60 Buck Bradberry	7.9
M65 Jim Busby	10.3

<b>55m hurdles</b>	
M30 Glen Colivas	8.0
M35 Richard Fennie	8.0
M50 Dave Ellis	8.9
M60 Buck Bradberry	

<b>200m</b>	
M30 Jim Busby	25.4
M40 John Steihl	27.1
M45 Avital Schurr	26.3
M50 Dave Ellis	29.1
M55 Ralph Summerlin	30.5

<b>400m</b>	
M30 Ivan Paul	60.8
M40 Terry Reed	57.4
M45 Avital Schurr	60.3
M50 Barry Bertram	67.2
M55 Jim Mathis	56.4

<b>600m</b>	
M30 Jay Mathis	1:35.8
M40 Ron Merville	1:38.0
M55 Jim Mathis	1:37.2
M60 Louis Schneider	1:58.0

<b>800m</b>	
M30 Marty Gunterman	2:07.01
M40 Terry Reed	2:12.1
M45 Jim Huffman	2:24.2
M55 Richard Peck	2:22.3
M60 Louis Schneider	2:40.0

<b>1500m</b>	
M30 Marty Gunterman	4:36.6
M55 Richard Peck	5:37.5

<b>1 Mile</b>	
M30 Chuck Browley	4:47.4
M35 Dan Gorrell	5:02.1
M40 Bill Fanning	4:47.7
M45 Larry Wallace	5:37.6

<b>3000m (actually ran 1 lap extra for 3213m)</b>	
M30 James Scheer	10:34.3
M35 Dan Gorrell	10:08.1
M40 Ignasius Jiminez	9:48.7

<b>4x200 Relay</b>	
Nashville TC	1:51.1

## MIDWEST

Lake Erie Indoor  
Championships  
Cleveland, Ohio  
January 6

<b>45y</b>	
M30 Frank Makozy	5.24
M40 Al Williams	6.40
M45 Mas Chihaya	5.93
M50 Ray Linear	6.04
M55 Hal Mayhew	6.37
M60 Jack Greenwald	6.47
M65 Tom Lacey	6.10

<b>220y</b>	
M30 Frank Makozy	24.48
M40 Jerry Plate	30.14
M45 Mas Chihaya	28.31
M50 Grover Coats	27.04
M55 Hal Mayhew	30.86
M60 Jack Greenwald	30.84
M65 Tom Lacey	31.54
M80 Byron Fike	37.49
M30 Patricia Finley	33.09
M40 Julie Chihaya	35.83

<b>440y</b>	
M30 F Makozy	56.54
M40 Norman Thomas	60.93
M50 Grover Coats	60.95
M60 Jack Greenwald	67.83
M65 Tom Lacey	71.44
M80 Byron Fike	89.02
M30 Patricia Finley	76.08

<b>880y</b>	
M30 Bob Thomas	1:57.29
M35 Mike Gallagher	2:22.30
M40 Jerry Plate	3:17.20
M60 Allen Jackson	3:16.10
M65 Buzzy Hood	3:21.80

<b>1 Mile</b>	
M35 Don Plunkett	5:01.00
M40 Bob Kuebler	5:32.49
M65 Buzzy Hood	10:00
<b>Two Mile</b>	
M35 Guy Pizzoferrato	11:08.0
M55 Al Friedl	13:29.0

<b>Sprint Medley</b>	
M45 OverTheHill TC	4:46.75
M50 OTHTC	5:06.67
M60 OTHTC	6:09.90

<b>1 Mile Relay</b>	
M60 OTHTC	5:34.09

<b>Two-mile Relay</b>	
M40 OTHTC	10:42.05
M50 OTHTC	11:22.18

<b>High Jump</b>	
M40 David Morgan	5-1
M50 Grover Coats	4-4
M60 George Roudabush	4-2
M65 Fred Hirsimaki	4-8

<b>Pole Vault</b>	
M40 Allen Glenn	7-6
M65 Fred Hirsimaki	8-6

<b>Shot Put</b>	
M40 Norm Bower	37-3 3/4
M50 John Sloan	31-7
M55 Al Friedl	29-1

<b>Discus</b>	
M60 Allen Jackson	27-6 1/2
M65 Fred Hirsimaki	33-10 1/2
M80 Byron Fike	22-4 1/2
M85 Everett Hosack	18-5 3/4

<b>Weight Throw</b>	
M40 Norm Bower	43-00
M65 Fred Hirsimaki	27-7

<b>56# Weight</b>	
M40 Norm Bower	25-4 1/2
M65 Fred Hirsimaki	13-3 1/2

<b>45yH</b>	
M40 David Morgan	6.8
M50 Grover Coats	6.91
M55 Hal Mayhew	7.70
M65 Fred Hirsimaki	9.65
M80 Byron Fike	7.45

<b>1 Mile Racewalk</b>	
M55 Al Friedl	9:04.56
M60 Allen Jackson	10:22.01
M65 Dick Cavicchi	11:41.41
M80 Byron Fike	12:03.68
M50 Lola Hall	12:56.33

The Athlete Foot Masters  
Meet  
Augustana College  
Rock Island, IL  
January 20

<b>60yH</b>	
M30 Charlie Barnard	8.7
M40 Mike Davis	8.8
M50 Bruce Mills	9.4
M55 Frank Brown	10.6
M60 Don Walsh	11.2

<b>60y</b>	
M30 Kenny Fews	6.4
Norm Albritton	6.8
M35 Charles Stallworth	6.5
Jeff Hager	18.4
M40 Dave Hill	7.3
Gordon Reiter	7.3
M45 Merl Norberg	7.7
John Hess	7.8

<b>50y</b>	
M30 Bruce Mills	7.8
George Heroux	8.0
M55 Harry Brown	7.6
Frank Riley	9.3
M65 Mel Larson	7.5
Jim Platis	8.9
M70 Earl Cole	11.7
M75 Milo Lightfoot	9.0

<b>Madeleo Blake</b>	
M40 Barbara Lindabury	8.7
Marylou Platis	10.4
M45 Penny Danielson	8.7
M65 Florence Berry	10.9
Geneva Meadows	12.5

<b>W30 Kenny Fews</b>	
Bob Feller	35.9
W35 Charles Stallworth	38.9
M45 John Hess	46.6
M50 John Robinson	42.9
George Heroux	46.0
M55 Fran Riley	50.7
M65 Mel Larson	42.3

<b>George Rajcevic</b>	
M70 Earl Cole	70.0
M75 Milo Lightfoot	54.8
Mel Flachs	54.9
W30 Martha Lutz	45.8
Muriel Naumann	49.7
W35 Karyl Colarusso	51.4
M40 Marylou Platis	61.6

<b>W45 Jan Gustafson</b>	
M55 Donna Gulley	62.8
M65 Geneva Meadows	59.1
Geneva Meadows	76.4

<b>440y</b>	
M30 Doug Klauer	61.0
Scott Briney	65.6
Gordon Reiter	58.5
Mark Pearlstrom	59.1
M45 Jim Hess	84.7
M50 Bruce Davis	69.0
John Robinson	69.9
M55 Harry Brown	66.5
Fran Riley	82.3

<b>M60 Don Walsh</b>	
M65 Jim Platis	96.1
M70 Earl Cole	2:10
M75 Milo Lightfoot	1:30
W35 Karyl Colarusso	1:19.9
M40 Marylou Platis	1:33.4
W45 Jan Gustafson	1:29.3
M50 Mary Drinkwine	1:04.3
W55 Eleanore Wallace	nta

<b>880y</b>	
M35 Charlie Lutz	2:13.2
M40 Mark Pearlstrom	2:13.8
Gordon Reiter	2:16.8
M45 Frank Davis	2:20.2
Dennis Phillips	2:30.0
M50 Bruce Davis	2:38.2
Dick Fislar	2:47.2
M55 Ed Meadows	2:47.2

<b>Rich Kowalski</b>	
M65 George Rajcevic	3:28.4
W30 Martha Lutz	3:00.6
W35 Karyl Colarusso	3:02.8
M40 Bobbi Lindabury	3:05.1
W45 Jan Gustafson	3:29.9

<b>1 Mile</b>	
M30 Don Fredericks	4:45.2
John McInerney	4:46.9
M35 Charles Lutz	4:43.8
M40 Don Fish	4:56.2
M45 Frank Davis	4:56.0
Paul Perry	5:06.4
M50 Dick Fislar	5:43.3
John Robinson	5:55.9

<b>M55 Fran Riley</b>	
Richard Kowalski	6:07.0
M60 Vic Twomey	6:15.4
Frank Kennedy	7:14.0
M65 George Rajcevic	7:27.3
M70 Earl Cole	8:16.0
Warren Wiggins	8:18.4

<b>W30 Muriel Naumann</b>	
Martha Lutz	4:38.4
W45 Judy Gulley	6:21.6
Ruth Wilverding	7:03.0
W50 Mary Drinkwine	7:37.6
W55 Donna Gulley	7:55.7
Elanore Wallace	7:09.9
M60 Mabel Velge	7:35.0
W65 Jane Brown	8:36.9
Geneva Meadows	8:36.0
Geneva Meadows	9:06.0

<b>2 Mile</b>	
M30 John McInerney	10:20.0
Don Fredericks	10:20.0
M35 Mike Tonetich	11:45.0
M40 Vaughan Eddy	11:06.3
M45 Frank Davis	11:03.7
Dennis Werling	11:19.4
M50 John Robinson	nta
M55 Rich Kowalski	13:00.0
Fran Riley	15:05.0

<b>M60 Vick Twomey</b>	
M70 Warren Wiggins	15:30.0
W30 Muriel Naumann	19:01.3
W45 Judy Gulley	12:14.2
W50 Marion Kowalski	15:18.0
W55 Donna Gulley	16:08.6
W65 Jane Brown	19:25.0

<b>4-Lap Relay</b>	
M35 Dothard, Dewith, Campbell, Fews	1:07.0
M40 Reiter, Hess, Pete Stopoulos, Carter	1:14.0
M50 Robinson, Kennedy, Riley, Larson	1:29.3
W45 Wilverding, Velge, Drinkwine, Boelens	1:59.1

<b>1 Mile Relay</b>	
M40 Reiter, Carper, Phillips, Gustafson	4:26.9
M50 Trevor, Robinson, Ausherman, Fislar	5:16.4

<b>High Jump</b>	
M30 --- Peterson	6-2
Dave Smith	5-0
M35 --- Knoedel	6-0
Don Dothard	5-6
M40 Mike Davis	5-4
M45 Dave Eidahl	4-10
M50 Floyd Smith	5-2
M65 Mel Buschman	4-4
Jim Platis	3-10
M70 Web Ragland	4-0
Earl Cole	3-6
M75 Milo Lightfoot	3-9
Madeleo Blake	3-8

<b>Pole Vault</b>	
M30 Charlie Barnard	12-0
M35 J Anderson	14-6
--- Suiter	12-6
M40 Mike Davis	12-6
M45 Merl Norberg	10-6
M55 Frank Brown	9-0
Curt Trevor	8-6
R Scott	6-6
M65 G Rajcevic	7-2
M70 Earl Cole	5-6
M75 M Lightfoot	6-6

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## Continued from previous page

M50 B Warren	39-5
E Schmidt	37-6
M55 M Peters	39-1 1/2
G McGinnis	37-8
B Kemp	35-5 1/2
M60 C Sampson	36-2
M65 M Larsen	33-4 1/2
J Platis	29-8 1/2
M Buschman	28-2
M70 R Treadway	28-11
E Cole	23-6
W35 M Hartman	16-7
W40 M L Platis	22-1
W60 L Sampson	23-5
W65 F Berry	17-11
<b>Weight Throw</b>	
35# M30-59; 25# M60+	
M30 B Hartman	45-0
M35 L Wate	45-0
M40 B Darmon	28-0
M50 B Warren	29-8
M55 B Kemp	31-10
J Twet	22-5
M60 C Sampson	42-9
M65 M Buschman	26-10
W60 L Sampson	18-5
<b>56# Weight</b>	
M30 B Hartman	28-5
M35 L Wate	27-0
L Crocker	14-3
M40 C Klehm	19-1
M50 B Warren	20-0
M55 B Kemp	18-6
J Twet	14-3
M65 M Buschman	13-6
<b>1 Mile Racewalk</b>	
M35 P Williams	8:15.7
M40 D Easterlund	8:21.4
M45 D Mowles	8:32.7
Jim Hess	12:18.1
M60 W Peet	9:34.5
M65 — Reistroffer	10:13.8
J Platis	11:21.6
M75 M Blake	11:28.7
W40 M L Platis	12:56.4
W50 P Gadiant	10:21.6
W60 C Peet	11:31.4
L Sampson	11:54.5

Midwest Masters Classic  
Cincinnati, OH  
February 18

<b>55m</b>	
M30 Leonard Strong	6.7
Michael Smith	6.9
Lamont Wilson	7.0
M35 Robert Burnett	6.8
Dallas Gaines	6.8
Scott Hartman	7.0
M40 Chaeles Allie	6.6
Charles Cresaw	6.9
Lloyd Hathcock	7.1
M45 Abdul Singh	7.1
Caleb Brown	7.1
Avital Schurr	7.4
M50 Paul Dorsey	7.0
Grover Coats	7.3
John Sloan	8.2
M55 Troy Banks	7.4
Burt Saidel	7.6
Richard Greiwe	7.7
W30 Linda Browning	9.4
W35 Martha Brown	8.5
W40 Gerry Pixler	11.2
W60 Mary Patterson	9.0
Carolyn Peet	10.8
W70 E. Yeomans	12.4

<b>55m hurdles</b>	
M40 James Crutcher	9.0
M50 Grover Coats	9.4
George LaFleur	11.0
M55 Thom Phillips	11.0
M60 Denver Smith	9.4
Harry Bolia	12.7
M65 Fred Hirsimaki	10.4

<b>200m</b>	
M30 Lamont Wilson	25.5
M35 Robert Burnett	24.5
Bill Cheadle	24.7
M40 Charles Allie	24.6
Lloyd Hathcock	26.2
James Crutcher	26.3
M45 Avital Schurr	27.0
Caleb Brown	27.3
John Blakely	27.6
M50 Paul Dorsey	25.8
Grover Coats	27.0
Ray Williams	30.3
M55 Troy Banks	28.5
Reggie Smith	28.6
Richard Greiwe	33.5
M60 Willie Blackmon	28.4
Jack Greenwald	30.4
M65 E.J. Goddin	29.5
M70 Hugh Yeomans	45.9

M75 Leslie Thomas	36.3
M80 Byron Fike	36.9
M85+Arlling Pitcher	46.1
W30 Melinda Miller	31.2
W35 Martha Brown	32.4
Sandy Badgett	36.0
W40 Gerry Pixler	46.6
W60 Mary Patterson	36.5
W70 E. Yeomans	52.3

<b>400m</b>	
M35 Robert Burnett	54.4
Bill Cheadle	55.2
M40 Charles Seay	1:00.8
John McDonald	1:04.1
John Ludeman	1:06.8
M45 Calvin Kidd	1:03.5
Ralph O'Neal	1:04.7
M50 Grover Coats	1:00.7
Paul Dorsey	1:05.2
Ray Williams	1:05.8
M60 Willie Blackmon	1:04.7
Jack Greenwald	1:06.8
M65 E.J. Goddin	1:07.1
M70 Hugh Yeomans	1:46.6
M75 Leslie Thomas	1:32.7
M80 Byron Fike	1:27.1
M85+Arlling Pitcher	2:05.1
W30 Melinda Miller	1:11.9
W35 Lola Woosley	1:13.4
W60 Mary Patterson	1:27.1
W70 E. Yeomans	2:10.2

<b>800m</b>	
M30 Andrew Shepherd	1:57.2
Chris Gilbert	2:05.1
Marty Gonderman	2:08.5
M35 Dan Gorrell	2:24.2
M40 Gordon Reiter	2:07.5
Roland Ford	2:09.6
Tony Mele	2:16.7
M45 Harry Tolliver	2:10.0
Dennis Walsh	2:19.6
Jim Huffman	2:25.1
M50 Travil Evans	2:34.7
Dennis O'Connor	2:38.8
Paul Hamilton	2:43.7
M55 Peter Wilton	3:13.0
M60 Louis Schneider	2:44.9
W45 Joyce Redd	3:38.7
W60 Mary Patterson	3:49.2
W70 E. Yeomans	4:40.0

<b>1500m</b>	
M30 Chris Gilbert	4:17.1
Steve Adkisson	4:19.4
Ben Junk	4:30.5
M35 Dan Gorrell	4:25.6
Buddy Harpool	4:32.8
Vince Peters	4:43.9
M40 Rich Davis	4:30.5
Roland Ford	4:35.0
John Mullen	4:46.4
M45 Peter Wayne	4:27.3
Dannis Walsh	4:37.5
M50 Paul Hamilton	5:14.5
Robert Premo	6:38.0
M55 Ken Combs	5:34.3
Peter Wilton	6:17.3
M60 Bill Peet	7:50.0
M75 Eek Keller	6:33.4
W35 Sandy Padgett	6:00.6
W45 Debbie Bramlage	6:18.5
W65 Vadine Koenig	8:30.5

<b>3000m</b>	
M30 Dave Kannewurf	9:29.9
Bob Crabtree	9:37.2
Ben Junk	9:48.2
M35 Buddy Harpool	9:46.2
Harlon Logston	9:47.2
M40 Rich Davis	9:33.4
Steve Wilson	10:30.7
M45 Lyndon Johnson	14:31.6
M50 Robert Premo	14:36.1
M55 Peter Wilton	13:29.0
Raymond Zellers	13:46.4
M60 Paul Hamilton	11:26.7
M65 Ken Combs	11:09.4
M75 Eek Kelelr	13:40.0
W35 Sandy Padgett	12:41.6
W45 Debbie Bramlage	13:16.7
W65 Vadine Koenig	17:41.0

<b>4x400</b>	
M30 Victory AC	3:54.4
M40 Cincinnati AA	3:55.0
Four Winds TC	4:15.5

<b>3000m racewalk</b>	
M35 Gene Harrison	16:53.0
M40 Jim Oliver	21:44.3
Martin Sheets	22:12.2
M45 Kedrick Sanders	18:09.6
Paul Hamilton	19:56.8
George LaFleur	20:11.0
M55 Charles Deuser	17:54.0
M60 Bill Peet	18:33.9
M65 Bob Gardewing	23:00.0
M70 Hugh Yeomans	21:32.2
M80 Byron Fike	23:05.0
W40 Gayle Johnson	14:50.2
Cathi Sullivan	18:45.7
Susan Eppley	20:55.6
W50 Mary Corley	21:04.1
W60 Carolyn Peet	22:29.8
Lucille Sampson	21:22.0

<b>High Jump</b>	
M30 Scott Evans	6-2
M35 Rick Christoph	5-6
M40 Gordon Reiter	5-0
Allen Ray	4-8
M45 Lyndon Johnson	4-2
M50 Paul Dorsey	5-6
Grover Coats	4-6
John Sloan	4-0
M55 Thom Phillips	4-4
Robert Jones	4-4
M60 Denver Smith	4-2
Jack Greenwald	3-9
Richard Soller	3-9
M65 Fred Hirsimaki	4-6
M70 Andy Jones	4-2
M85 Arlling Pitcher	3-3 1/2
W35 Sandy Padgett	3-3 1/2

<b>Pole Vault</b>	
M30 Terry Wasson	12-6
M35 Greg Cronacher	12-0
M40 Allen Ray	8-0
M60 Denver Smith	8-6
M65 Fred Hirsimaki	8-6
M75 Leslie Thomas	4-6
M85 Arlling Pitcher	4-6

<b>Long Jump</b>	
M30 Lamont Wilson	19-11-3/4
M40 W. McClellon	20-6-3/4
John Butera	18-1
Gordon Reiter	17-7-3/4
M45 Calvin Kidd	15-2-1/2
Lyndon Johnson	14-10-1/2
Robert Murrell	14-3
M50 Paul Dorsey	18-4-1/4
Grover Coats	16-8
George LaFleur	13-10-3/4
M55 Reggie Smith	16-7
Robert Jones	14-10-1/2
Burt Saidel	14-8-3/4
M60 Denver Smith	15-3/4
Richard Soller	12-10
Jack Greenwald	12-8
M65 Fred Hirsimaki	14-6-1/2
M70 Andy Jones	12-4-1/2
M75 Leslie Thomas	10-6-3/4
M80 Byron Fike	9-3-1/4
M85 Arlling Pitcher	6-1/2
W35 Sandy Padgett	11-1-3/4
W70 E. Yeomans	5-10-1/2

<b>Triple Jump</b>	
M30 Scott Evans	40-5-1/2
M40 John Butera	33-4-1/4
M50 Grover Coats	31-5-3/4
John Sloan	25-5
Robert Premo	20-1-3/4
M55 Robert Jones	30-6-3/4
M60 Denver Smith	31-6
M65 Fred Hirsimaki	28-2-1/2
M75 Leslie Thomas	21-0
M85 Arlling Pitcher	13-5
W70 E. Yeomans	15-7-1/4

<b>Shot Put</b>	
M30 Rick Meindl	43-3-3/4
Chris Mitko	34-1-1/4
M35 Ben Wallace	42-10-1/4
Pieter Elmendorf	37-10
M40 Steve Kaye	39-4-1/4
Jim Pearce	34-2-1/4
Allen Ray	33-6-1/2
M45 Nucjet Bitsko	38-1/4
Abdul Singh	32-2
Robert Murrell	31-8-1/2
M50 Brad Ankerstar	35-7-1/4
John Sloan	32-7
Robert Premo	25-3-1/4
M55 Raymond Zellers	25-5-1/2
M60 Phil Brusca	39-10-1/2
Cliff Sampson	37-4-1/2
Danver Smith	35-3
M65 Fred Hirsimaki	32-0
Bob Brennan	18-5-1/4
M70 Andy Jones	35-7-1/4
Hugh Yeomans	23-1-1/4
M75 Leslie Thomas	28-8-1/2
M80 Byron Fike	23-7-1/4
M85 Arlling Pitcher	18-6
W60 Lucille Sampson	24-10
W70 E. Yeomans	15-11

<b>Weight Throw</b>	
M30 Chris Mitko	31-1-1/4
M35 Pieter Elmendorf	36-5-3/4
M40 Steve Kaye	37-8-1/2
Jim Pearce	36-3-1/2
M45 Mickey Bitsko	38-7
M55 Jerry England	25-8-1/4
M60 Phil Brusca	38-6-3/4
Cliff Sampson	47-1
M75 Nolan Fowler	33-6

Illinois Masters Grand  
Prix #4  
Sterling, IL  
February 25

<b>55m</b>	
M30 R Crawfsord	6.6
J Plise	7.1
M J Friesema	8.2
M35 M Blueford	6.6
J Hager	6.7
T Revolinski	6.8

<b>M40</b>	
D Hill	7.2
W Ewing	7.6
M45 J Hess	7.6
D Corey	8.2
M50 B Mills	7.7
M55 P Dobrovolsky	7.5
M60 H Brown	7.5
M65 M Larsen	7.6
M70 S Mathes	9.5
M75 M Flack	9.7
W30 J Larsen	8.3
W40 A Posner	8.3
W45 P Danielson	8.5
W60 C Peet	10.6
<b>200m</b>	
M30 R Crawfsord	23.5
M35 A Mathews	23.8
M40 W Ewing	27.8
M45 D Corey	33.5
M50 D Lindsey	27.6
M55 J Robinson	30.1
M60 D Walsh	31.3
M65 M Larsen	28.1
<b>age-group WR</b>	
M70 E Cole	44.8
M75 M Flachs	38.1
W30 M Lutz	30.6
W40 D Corey	33.5
W60 C Peet	44.7
W65 F Berry	46.2

<b>400m</b>	
M30 D Rinaldi	54.9
M35 A Mathews	54.3
M40 S Druckrey	52.9
D Fish	55.3
R Harvey	56.3
M45 G Carr	55.3
M50 T Nuccio	67.8
M60 H Brown	61.8
M65 M Larsen	70.8
M70 S Mathews	1:41.9
W30 M Lutz	57.6
W40 D Stiles	70.9

<b>800m</b>	
M30 K Whitsett	2:03
M35 R Weinhandl	2:20.7
M40 G York	2:04.3
Falk-Pederson	2:05.6
M45 G Carr	2:06.1
M50 T Nuccio	2:36.1
M60 J Brown	2:38.9
M65 G Rajcevic	3:19.4
M70 E Cole	3:51.6
W30 C Hervert	2:31.2
W35 L Revolinski	3:28.2
W40 D Stiles	2:39.4
<b>1 Mile</b>	
M30 D Copper	4:41.2
M40 N Schuster	5:37.8
M45 P Perry	4:52.2
M50 J Robinson	6:05.6
M55 J Conner	4:53.3
<b>age-group AR</b>	
W45 J Gully	7:15.1

<b>Two Mile</b>	
M30 B Pax	10:58.9
M40 A Posner	10:49.0
M45 J Lashbrook	10:23.6
M50 J Robanson	12:31.2
W30 C Hervert	11:25.9
W45 J Gully	15:06.1

<b>High Jump</b>	
M35 D Potter	4-1 1/2
M40 B Schooler	5-2
M45 R Rogers	5-0
M50 F Smith	5-3
M55 M Peters	3-8
M60 B Ackerman	4-4
M65 J Platis	4-6
M70 W Ragland	3-2

## MID-AMERICA

Missouri Valley TAC Indoor  
Championships  
Lawrence, KS  
January 14

<b>60yH</b>	
M30 Ken Ellis	7.7
Charles Barnard	8.7
M40 Ross Jensen	9.1
M45 Tom Thorne	10.2
<b>60y</b>	
M30 Cornell Sowell	6.4
James Hillard	6.6
John Adams	6.6
M35 Fred Merrell	6.7
M40 Ross Jensen	7.1
M45 Gary Oliphant	6.6
M50 Thornton Shelton	7.0
Dale Lance	7.3
Joe Beckham	7.4
M55 Earl Ventura	7.1
Stan Giles	7.5
<b>300y</b>	
M30 Ken Ellis	33.5
James Hillard	34.5
John Adams	35.9
M35 Fred Merrell	36.0
Bruce Duffin	47.2
M40 Tom Bassett	35.4
Ross Jensen	36.5

M50 T Shelton	37.2
Howard Weissner	38.1
M55 Stan Giles	42.2
Paul Heitzman	43.0
<b>600y</b>	
M50 H Weissner	1:29.9
Ross Greathouse	1:32.7
M55 Paul Heitzman	1:39.5
<b>880y</b>	
M45 Ron Grauer	2:37.0
M50 Walley Brawner	2:22.1
Burch David	2:36.5
<b>Shot Put</b>	
M45 Steve Rogers	37-11



## Continued from previous page

## Long Jump

M40 Tim McGough	12-4
M45 S Pfennig	15-3
M55 R Lindsay	14-10
M65 B Carter	13-4
Shot Put	
M40 R Fitzgerald	33-7
Tim McGough	33-2
M45 John Wilson	33-11
M50 Larry Price	42-11
Dale Lance	35-1
M55 Bob Santine	28-11
M60 Engel Grow	40-6
M65 Bill Carter	35-7

Lubbock Christian University  
Indoors  
Lubbock, TX  
March 3

55m	
M30 Gil Hardy	6.7
M35 Tom Thompson	6.6
M40 John Battaglia	6.7
M45 Jeff Loubet	7.4
M50 Jim Weaver	7.1
M60 Andy Anderson	7.5
M65 Tim Murphy	7.3
M70 Paul Jones	8.6
M75 Fred White	8.8
M85 Lou Bloxom	8.3
M45 Mary Luker	8.5
M50 Marion Coffee	9.1

200m	
M30 T O'Connell	25.1
M35 T Thompson	24.1
M40 Roger Assink	24.6
M45 R Guajardo	29.5
M50 Roy Turner	24.5
M60 Andy Anderson	27.8
M65 Tim Murphy	29.5
M70 Paul Jones	38.5
M75 Fred White	34.2
M85 Lou Bloxom	30.6
M45 Mary Luker	30.6
M50 Marion Coffee	37.6

400m	
M30 T O'Connell	56.1
M35 Tom Thompson	54.9
M40 Fred Collins	53.9
M45 Bob Guajardo	1:13.1
M50 Roy Turner	55.0
M60 A Anderson	64.9
M65 Bob Wingo	74.5
M75 Tony DeNardis	87.0
M45 Mary Luker	75.9

800m	
M30 Jim Samaron	2:24.0
M35 David Salazar	2:12.6
M40 S McCleery	2:25.5
M45 Bob Guajardo	2:39.4
M50 Bill Rodgers	3:07.6
M65 Bob Wingo	3:15.2
M75 Tony DeNardis	3:39.7

1600m	
M35 David Salazar	5:02.4
M40 S McCleery	6:13.4
M50 George Jury	5:55.6
3200m	
M35 Gary Bowen	14:08.9
M45 Bob Guajardo	11:46.9
M50 George Jury	11:59.0
M55 John Stalcup	14:21.0
M60 Tom Bowser	14:40.0
M35 Shirley Wigley	14:22.8

55mH	
M35 Robert Hahn	8.8
M40 Tim McGough	13.0
M45 Jeff Loubet	9.1
M50 Chuck Miller	8.0
M60 Joe Murphy	9.1
M45 Mary Luker	12.5
M50 Marion Coffee	13.0

Pole Vault	
M30 J Oksas	12-6
M35 J Anderson	14-3
M40 D Hill	10-0
M45 M Norberg	10-6
M50 J Griffin	9-0
M60 B Ackerman	8-6
M65 B Rajcevic	7-6

Long Jump	
M30 M Friesema	13-9
M35 J Hager	16-8
M40 R Harvey	18-9
M60 H Brown	14-3
M65 M Larsen	15-5
M70 E Cole	9-2
M40 M L Platis	14-3
M45 P Danielson	12-8 3/4
M60 C Peet	5-1
M65 F Berry	8-3

Triple Jump	
M30 M Friesema	24-0
M35 D Potter	28-8
M40 W Ewing	33-6
M60 B Ackerman	24-0
M65 J Platis	31-6
M70 E Cole	21-2
M40 M L Platis	26-1
M65 F Berry	12-0

Shot Put	
M30 C Gilliam	45-5
M35 P Burns	47-1
M40 R Harvey	40-7
M50 E Schmidt	38-6
M55 M Peters	40-7
M65 M Larsen	38-3

M70 E Cole	25-3
M40 M L Platis	22-11
M65 F Berry	18-4
Weight	
M30 B Hartmann	46-3
M35 P Burns	38-0
M40 C Klehm	37-1
M45 L Slick	32-10
M50 B Warren	32-0
M55 B Kemp	30-0
56# Weight	
M30 B Hartmann	24-0
M35 P Burns	22-5
M40 C Klehm	23-10
M45 L Slick	21-0
M50 B Warren	20-4
M55 J Twet	18-0

## WEST

5th Annual Patriots Relays  
Van Nuys, CA  
January 21

60m	
M30 Gregg Holmes	6.88
M35 Eugene Driver	7.38
M40 Rufus Morris	7.22
M45 Lance Pierce	7.86
M50 Kenny Dennis	7.20
M55 Tony Nasralla	8.50
M60 Bob Watanabe	8.74
M70 Al Guidet	8.82
Chas Mercurio	9.12

300m	
M30 Jay Smith	35.25
James Bonilla	36.20
M35 Eugene Driver	37.34
Pete Tatematsu	40.94
M40 Herman Castille	38.24
Bill Weinstock	39.36
M45 Bob Davison	40.34
Tony Turnbull	40.71
M50 Stan King	41.52
M55 Tony Nasralla	43.57
M60 Bob Watanabe	49.24
Sir O Bingley	59.73

600m	
M30 Herman Duncan	1:28.95
Greg Holmes	1:31.37
M35 Fouts Williams	1:32.60
Wayne Johnson	1:37.40
M40 Herman Castille	1:27.53
Konrad Brooks	1:29.09
M45 Tony Turnbull	1:32.80
M50 Stan King	1:44.79
Jesse Carrington	1:45.46
M55 Al Sheahan	2:02.39
Louis Simms	2:02.39
M60 Sir O Bingley	2:12.30

1000m	
M30 Peter Mogg	2:32.24
Bob Johnston	3:05.03
M40 Nolan Smith	2:32.96
Joe Steinman	3:06.63
M50 J Carrington	3:09.45
M55 Ted Oviatt	3:12.73
M60 Louis Beadle	3:37.34
Sir O Bingley	3:56.59
M30 Joy Crickett	3:04.68

3000m	
M30 --- Books	11:07.0
M35 Bob Johnston Jr	11:32.0
M40 Joe Steinman	11:16.0
M45 Luigi Schiavo	12:14.0
M50 Roy Gardner	11:23.0
M55 Ted Oviatt	11:11.0
Louis Simms	12:56.0
M60 Sir O Bingley	14:13.0
M30 Bobbie Schipper	11:24.0

60mH	
M30 Roosevelt Wells	8.94
M35 Delario Robinson	8.06
M50 Jerry Stanners	10.26
M55 Bill Adler	10.53
Dave Douglass	11.49

300mH	
M30 R Wells	41.71
M35 D Robinson	40.72
M40 Jorge Birnbaum	52.43
M45 Robert Bivias	47.35
M55 Dave Douglass	54.31
M60 Bob Watanabe	60.51

4x100m Relay	
M50 Corona Del Mar A	48.83
4x200m Relay	
M40 So Cal Striders A	1:42.36
Wilt Mtn TC A	1:46.01
M50 Corona Del Mar A	1:47.31
4x400m Relay	
M50 Corona Del Mar A	4:32.65

Sprint Medley (800, 200, 200, 400)	
M50 Corona Del Mar A	4:13.14
High Jump	
M40 Jorge Birnbaum	5-2
M50 Jerry Stanners	4-10
M55 D Douglass	4-6
M60 Robert Perry	3-8
M75 John Damski	4-0

Pole Vault	
M40 Steve Morris	13-9
M50 Jerry Stanners	10-8

Long Jump	
M30 R Wells	20-4
M35 John Kuechle	20-0
M40 Leroy Clippis	16-9
Mike McCarthy	13-1
M50 Roger Tsuda	17-7
M75 Art Vesco	8-3

Triple Jump	
M40 Rufus Morris	41-5
M70 Chas Mercurio	27-11
M75 John Damski	26-9
Art Vesco	16-1
Shot Put	
M30 Val Olotoa	42-3/4
M35 Russ Reabold	40-1
M55 Bob Eldridge	30-1
Dave Douglass	30-1
M60 Robert Perry	27-1
M75 Ross Carter	40-9
Art Vesco	23-8
M55 Christel Miller	28-10
M60 Shirley Kinsey	24-2

Weight Throw	
M30 Val Olotoa	32-11
M55 Dave Douglass	28-10
M75 Ross Carter	24-9 3/4
Art Vesco	17-3

CSU-Bakersfield Meet  
February 10  
Bakersfield, CA

100m	
Al Guidet 71	14.4
Vernon Mattson 69	14.2
Jack Randolph 56	14.8
Ron Beadle 41	11.5
200m	
Vernon Mattson 69	31.0
Will Robinson 59	27.5
Jack Randolph 56	29.9
Ross Irving 52	26.2
Ron Beadle 41	23.3

100mH	
Al Guidet 71	20.1
110mH	
Kevin Speaks 35	17.3
David Gaeta 34	15.8
400mH	
Hugh Adams 49	61.3
Kevin Speaks 35	66.1
Will Robinson 59	73.6

High Jump	
M30 David Gaeta	5-5 3/4
Long Jump	
M55 Jack Randolph	13-10
M65 Vernon Mattson	14-1
Triple Jump	
M55 J Randolph	29-7
Shot Put	
M35 Gary Kelmenson	35-9
M40 Mike Nash	45-2

Discus	
M35 Gary Kelmenson	118-9
M40 Mike Nash	115-9
M45 Lloyd Higgins	170-11
Hammer	
M35 G Kelmenson	136-5
Javelin	
M35 Gary Kelmenson	110-6
Weight	
M35 G Kelmenson	43-9

Arizona Senior Olympics  
Phoenix  
February 17

55m	
M50 Darryl Fine	7.17
M55 Doug McFeters	6.98
M60 Larry Anderson	7.31
M65 Chas Obye	7.99
M70 Milt Silverstein	7.88
M75 John Mays	8.45
M80+Oscar Baer	10.37
M50 Bobbie Peters	8.25
M55 Ruth Smith	8.84
M60 Peggy Melmock	9.88
M65 Lillian Berg	8.75
M70 Dorothea Fordney	10.66
M75 Helen Johnson	12.51

100m	
M50 Norb Wedepohl	12.82
M55 Rich Glasgow	13.11
M60 Larry Anderson	13.34
M65 Glenn Dody	15.80
M70 Milt Silverstein	14.7
M75 M Lightfoot	15.89
M50 Bobbie Peters	15.80
M55 Ruth Smith	17.51
M65 Lillian Berg	16.97
M70 Dorothea Fordney	20.81

200m	
M50 Norb Wedepohl	26.29
M55 Harold Creson	27.10
M60 Larry Anderson	27.34
M65 Glenn Dody	31.87
M70 Milt Silverstein	31.02
M75 M Lightfoot	35.03
M80+Oscar Baer	45.25
M50 Ginger Rhodes	34.8
M60 Barbara Meadows	33.3
M65 Lillian Berg	37.68
M70 Sis Warnke	50.41

400m	
M50 Dave Doerrer	1:01.84
M55 Harold Creson	1:00.63
M60 Larry Anderson	1:05.34
M65 Glenn Dody	1:13.0
M70 Del Bender	1:17.59
M80+Oscar Baer	1:41.43
M50 Phyllis Slinker	1:48.12
M60 Barbara Meadows	1:15.35
800m	
M50 Dave Doerrer	2:20.60
M55 Royd Shumway	2:31.32
M60 Alan Cohn	2:56.95
M65 Bob Williams	3:12.3
M70 Floyd Smithberg	3:22.39
M80+Oscar Baer	4:15.61
M50 Phyllis Slinker	3:46.50
M60 Ruth Kasper	4:18.90

1500m	
M50 Cliff Bedell	4:40.34
M55 James Williams	5:20.43
M60 Darrell Stewart	5:51.15
M70 Floyd Smithberg	6:28.70
M50 Phyllis Slinker	7:20.59
M60 Ruth Kasper	8:33.07
M70 Sis Warnke	9:16.30
M75 Helen Johnson	9:11.18
3000m	
M50 Tom Wipen	10:41.29
M55 Joe Livesay	11:39.86
M60 W Goodwin	13:50.35
M65 Bob Williams	13:16.07
M70 Floyd Smithberg	14:33.40
M50 Phyllis Slinker	16:22.48
M60 Ruth Kasper	18:18.88
M70 Sis Warnke	21:18.17

High Jump	
M50 Floyd Smith	5-1
M55 Royd Shumway	5-0
M60 Ernie Hammond	4-0
M65 Chas Obye	4-3
M70 R Devers	4-2
M75 V McIntyre	4-0
M80+John Eichman	3-0
M50 J Marslup	3-0

Pole Vault	
M50 Keith Powell	9-6
M55 Edward Lee	11-0
M60 Don Crosser	8-0
M65 Rich Bennett	8-0
M70 Jake Miller	6-6
M75 M Lightfoot	6-0

Long Jump	
M50 Keith Powell	16-3/4
M55 Ray Graves	16-2
M60 Arnold Ray	14-5
M65 Graeme Dalzell	15-0
M70 Myron Dover	12-0
M75 V McIntyre	10-2
M80+Oscar Baer	8-7
M50 Ginger Rhodes	12-4
M55 Ruth Smith	11-4
M60 Kathy King	6-5
M65 A McCormick	7-0
M70 D Fordney	6-4

Shot Put	
M50 Bob Beck	39-8
M55 Ben McGrady	38-1
M60 Bob Fisher	36-1
M65 Don Cumley	39-0
M70 Murray Oguss	33-7
M75 Ross Carter	40-2
M80+John Eichman	26-5 3/4
M50 Laura Boyce	22-3
M55 J Marslup	22-11
M60 K King	26-11 3/4
M65 B McGinnity	19-3
M70 Marie Calloway	19-5 3/4
M75 Thelma Witchey	19-4 3/4
M80+S Vallintine	10-5

Discus	
M50 Glen Nurkka	108-0
M55 Royd Shumway	112-3
M60 R Fisher	121-0
M65 Don Crumley	118-2
M70 Myron Dover	104-4
M75 Ross Carter	111-7
M80+John Eichman	70-0
M50 Laura Boyce	45-4
M55 J Marslup	56-1
M60 Barbara Brandt	63-9
M65 B McGinnity	50-2
M70 D Fordney	38-0
M75 T Witchey	44-4
M80+S Vallintine	20-6

Javelin	
M50 Glen Nurkka	144-6
M55 Harold Creson	103-2
M60 W Brazelton	131-11
M65 Chas Obye	112-4
M70 Charles Roloff	82-10
M75 Robert Dauphin	67-10
M80+John Eichman	61-2
M50 Pat Befus	25-2
M60 Barbara Brandt	85-5
M65 Adele McCormick	58-0
M70 Erma Sharp	64-2
M75 Thelma Witchey	64-5
M80+S Vallintine	21-6

Orange Spring Games  
Orange, CA  
February 21



## Continued from previous page

M50						M75					
Don Smith	5-2					Art Vesco	8-3				
M55						W55					
Jerry Stanners	4-10					Christel Miller	12-3				
Dave Douglass	4-8					W60					
Ray Fitzhugh	4-6					Shirley Kinsey	10-10				
Ed Martin	4-0										
M65						Triple Jump					
Tom DeVaughn	3-6					M35					
M75						Roger Trujillo	41-4				
Carol Johnston	3-6					A Hecker	33-0				
						M40					
Pole Vault						Milan Tiff	51-5				
M50						Ron Rook	30-11				
Gary Miller	12-1					M70					
M55						Charles Mercurio	29-0				
Jerry Stanners	10-7					M75					
Ray Fitzhugh	8-7					Art Vesco	16-3				
M65											
Dave Brown	8-7					Javelin					
Tom DeVaughn	8-1					M35					
M70						A Hecker	85-5				
Jim Vernon	9-7					M40					
M75						Ron Rook	143-11				
Carol Johnston	8-1					Richard Rook	124-10				
						M50					
Long Jump						Larry Stuart	211-7				
M35						M55					
John Kuechle	21-1					Ed Martin	137-7				
Roger Trujillo	19-7					Ray Fitzhugh	95-9				
A Hecker	16-9					M60					
R Flynn	16-2					Arnie Gaynor	105-5				
M40						M75					
Carl Flowers	19-8					Art Vesco	55-11				
Jorge Birnbaum	17-3					W50					
M50						Patti Devlin	51-6				
Gary Miller	19-5					W55					
M55						Christel Miller	95-7				
Ed Martin	15-1					W60					
Stanley Quade	11-10					Shirley Kinsey	69-7				

## INTERNATIONAL

British Veterans Indoor Pentathlon Championships  
Cosford, Wolverhampton March 4

Division	WAVA Age-Group Score	60m	LJ	SP	HJ	1000
M40 Mike James	3745	8.86	6.68	8.84	1.65	3:04.15
Dave Cowley	3720	9.06	6.01	8.89	1.68	2:47.11
John Charlton	3623	9.32	6.27	10.05	1.53	2:51.08
S Fitzpatrick	3382	9.26	5.65	9.00	1.68	3:07.73
M Bousfield	2830	10.15	5.31	10.94	1.41	3:27.11
Laurie Dunn	2609	10.68	4.92	6.77	1.50	3:07.66
M45 Snowy Brooks	3652	9.31	5.80	11.00	1.62	3:05.92
Bruce Charles	3037	10.76	5.43	7.37	1.44	3:05.92
Peter Duckers	2969	10.99	5.68	9.25	1.44	3:31.83
Dave Vaughn	2585	12.53	4.71	8.56	1.47	3:16.87
Rodney Charnock	2147	10.58	4.66	8.39	nbc	3:36.03
M50 Tony Mackay	3200	10.52	4.63	11.29	1.47	3:32.90
M55 Colin Shafto	3924	9.77	5.08	8.54	1.53	3:16.58
Joe Phillips	3039	11.35	4.49	9.72	1.32	3:46.94
Phil Oakshott	2835	11.93	4.35	9.63	1.32	3:55.17
M60 Ajit Kalirai	3135	11.99	4.80	7.20	1.26	3:48.00
Norman Carter	2461	13.32	3.47	7.49	1.26	3:57.85
M65 Les Williams	3643	10.85	4.28	8.69	1.35	4:17.22
W40 Maria Williams	2506	12.95	3.81	6.70	1.27	2:37.15
W45 Jackie Charles	2912	10.92	4.20	6.57	1.27	3:14.84
Carol Morris	2217	12.41	3.69	6.60	1.18	3:36.72

LONG  
DISTANCE  
RESULTS

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

## EAST

NYRR Seven Mile Figure 8  
Central Park, NYC  
February 4

Overall											
Pat McCarthy	26	34:22									
Stacy Creamer	30	45:26									
M40 Edgar Sandoval	40:02										
Michael Wilson	41:25										
David Jacobs	42:28										
M45 Thomas Moore	42:08										
Prezemek Nowicki	44:02										
Jeremiah O'Connor	44:07										
M50 Jerzy Sulek	42:52										
Walter Vinson	43:33										
Antonio Solis	47:17										
M55 Ruben Cordon	43:13										
Frank Dudley	45:38										
Stuart Witt	47:09										
M60 William Fortune	43:11										
George Thompson	47:34										
Hector Pacheco	49:41										
M65 John McManus	47:29										
Stanley Edelman	54:19										
Thomas Gibbons	55:01										
M70+Vince Carnevale	54:05										
Charles Feldman	1:02:38										
George Jaffe	1:02:55										
Racewalkers											
1 Marc Bagan	27	53:53									
2 Gary Null	45	56:07									
3 Nicholas Bdera	41	57:46									

W40 Sylvie Kimche	45:54										
Florie Sherman	51:15										
Elizabeth Suna	59:06										
W45 Marilyn Greeley	47:43										
Laurie Baker	51:20										
Ruth Greher	56:08										
W50 J Westerling	52:43										
Susan Bahary	1:00:06										
Billie Moten	1:07:10										
W55 Joan Fisher	1:11:19										
Linda Scharer	1:15:37										
W60 Queenie Thompson	1:16:10										
Racewalkers											
1 Joan Rowland	63	1:18:17									
2 Merl Wayne	30	1:33:29									

Knickerbocker 60K  
Central Park, NYC  
February 10

Overall											
Chris Gibson	37	4:13:10									
Donna McGovern	32	5:26:21									
M30 Steve Schiller	4:38:27										
M35 Dan Brannen	4:20:22										
M40 Charlie Eidel	5:19:00										
M45 Bill Fisher	5:01:46										
M50 Rich Lacey	5:56:12										
M55 Patrick McElroy	6:18:56										
M60 A Rivera Jr	6:33:58										
M65 Stan Levine	7:29:03										
W45 Janet Johnson	5:57:35										
W50 Erika Abraham	6:22:41										

8th Annual I Love Henry's  
Wallpaper 5 Mile  
February 11  
Worcester, MA

Overall											
Mark Donahue	23:06										
Annamarie Marino	27:41										
M40 Neil Faugno	27:27										
Duke Hutchinson	27:54										
Enie Dumas	27:56										
M50 Art Doyle	30:13										
Stuart Thurston	30:27										
Robert Smith	30:29										
M60 Ray Lussier	33:48										
Carl Hammen	35:13										
Joe Dora	35:28										
Bill Gorman	36:19										
Stephen Brooks	37:28										
W40 Carolyn Mather	31:07										
Diane McLaughlin	33:20										
Laura Beckwith	33:32										
W50 Betsy Page	44:00										
Lillian Christmas	49:21										
Sally Spry	55:20										
W60 Marj Rosiello	48:30										

29th Annual Washington's  
Birthday Marathon  
Greenbelt, MD  
February 18

Overall											
Jack Cleland	32	2:41:48									
Renee Butler	29	3:11:04									
M40 Douglas Heagy	2:51:46										
Jose Luis Flores	2:53:16										
Toby Skinner	2:54:39										
M45 Bud Bettler	2:55:24										
Bernie Gallagher	2:59:04										
M50 Bernie Davis	2:58:26										
Don Siefers	3:06:59										
M55 Peter Monahan	3:29:13										
M60 Dick Good	3:31:05										
M65 John McIntyre	4:07:50										
W40 M E Williams	3:15:32										
Hiroko Smith	3:17:46										
W45 Barbara Fitz	3:31:46										
Judith Flannery	3:44:14										
Marathon Relay (9/8/9/2):											
M40+Washington RC	2:29:45										
W40+Montgomery County Strawberry Jam	3:25:50										

Sheraton Centre Bagel Run 10K  
Central Park, NYC  
February 18

Overall											
Charles Miers	31	30:54									
Lisa Vail	27	34:16									
M40 William Hart	34:43										
Marc Hildebrand	34:55										
Edgar Sandoval	35:07										
M45 Samuel Skinner	34:24										
Ted Haiman	34:31										
Maury Dean	34:53										
M50 Gabriel Bernal	34:29										
Alan Fairbrother	36:27										
Jerzy Sulek	36:49										
M55 Cliff Gerenz	38:48										



Continued from previous page

## Elite Masters Women's Race:

Gabriele Andersen	ID 34:48
Barbara Filutze	PA 35:58
Nancy Oshier	NY 36:51
Sandra Mewett	36:55
Adrian Lilburn	37:24
Mary Wood	CO 37:37
Erna Kozak	CAN 38:33

M40 Patrick Kubley	32:18
Jeff Galloway	32:58
Chris C. Thomas	33:31
Doug Alred	33:54
Tom O'Connor	34:07
Richard N. Bohrer	34:21
Guy A. Lindwall	34:59
Daniel M. Healy	35:38
Patrick K. Patton	35:42
Christopher Zucker	35:59
Mike Simms	36:00
David Cuevas	36:19
Bob Wegseh	36:30
Paul A. Arsuaga	36:30
Joe Schrader	36:46
Bill Loeffelhardt	36:52
Dan McLaughlin	37:27
Larry Rose	37:29
Al Choromanskis	37:33
Brendan Voss	37:35
Peter Weishaar	37:48
Steve R. Basinger	37:52
David R. Colpitts	38:30
Peter Corsino	38:41
Bill Barnett	38:42
Edward Frisillo	38:58
Andrew Soto	39:22
Rod Hill	39:32
Herbert Armstrong	39:33
Magne Bjoerdal	39:35
Paul Cleve	39:36
Thomas Salyers	39:46
Kevin Flaherty	39:50
William B. Smith	39:51
Jim Brown	39:58
John Selbach	40:08
Robert Gaines	40:08
Richard A. Matthey	40:17
Bob Seidl	40:27
Coley Cassiano	40:44
Robert A. Hannah	40:46
Bruce Page	40:48
Dave Burke	40:48
John Gunter	40:50
Edward B. Smith	40:52
Phillip Tasker	40:53
Jay Redford	40:56
Fred Burgess	40:58
Ulysses Mora	41:01
Ron Strout	41:02
Alan B. Robinson	41:05
William Szakovits	41:16
Greg E. Kaputa	41:24
Tom Bedford	41:34

M45 David Compton	35:07
David Bowden	35:14
Donald Nicholson	35:29
Ron Hough	36:07
John Boyle	36:32
Barry E. Clark	37:18
Jim Wharton	37:32
Peter Scott	37:56
Bruce Howard	38:12
Marty Winkel	38:16
Marsden Urmanc	38:24
James Birdsall	38:43
Elwood L. Vetos	38:45
Don Bowden	39:45
Fred J. Hemsath	39:45
Phil Little	39:57
Robert Buzzetti	40:14
Ricardo Melo	40:18
Colin R. Chaffee	40:26
Michael W. Sheffey	40:27
Daniel W. Gould	41:04
John A. Warley	41:08
Jim A. Lance	41:08
James A. Blair	41:31
Parker V. James	42:08
Bob W. Johnson	42:10
Alan B. Kossow	42:52
Dominic A. Ianelli	42:58
Richard Steiner	43:06
Patrick Keenan	43:08
John Landsberger	43:16
William Hutcheson	43:23
Al L. Andrews	43:24
David R. Spear	43:36
John L. Cassidy	43:39

M50 Ronald Pannell	36:06
Jim Larson	37:17
Sam A. Graceffo	37:24
Bruce T. Kadota	37:54
Bob Lassetter	38:38
Bob Brookway	38:51
Terry Traxler	39:30
Victor La Montagne	39:44
Patrick Zier	39:44
Tom R. Hower	39:51
Roy A. Boggs	40:00
Charles Desrosier	41:04
Bob Holliday	41:32
Nick E. Wigelius	41:38
Bernard Sher	41:54
Bob Postlethwaite	42:36
Dave Young	42:41
Ed Pelczar	42:47
Leonard P. Rand	42:57
Jim Larson	43:31

M55 William Pattison	38:30
Mike Goldman	38:58
Don Boardman	40:30
Steve Smith	42:41
Ray Oyer	43:58
Harley Hoffman	44:04
Chuck Cornett	45:08
Robert Raymond	45:12
Jim Hastings	45:42
Billie Brooks	46:07
Charles Finocchiaro	46:12
Henry Campbell	46:53

M60 Jim Blount	37:57
Roland Anspach	41:36
Jim McNeary	42:51
Robert A. Semer	43:11
John Mitchell	43:18
Bud Crowe	43:50
Robert Heintzelman	44:37

M65 Bart W. Ross	42:38
Fred Jennings	44:02
Bill Tribou	44:15
Santee Tallia	46:32

M70 Joe Thornburg	49:40
Cecil Shearhart	53:53
Milton Bailey	54:03

M75 Vernon Schaefer	54:39
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M80 Ed Root	1:30:59
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W40 Judith Buckley	41:10
Lorita Raguso	41:51
Kathy Hardy	42:11
Rissie M. Thieler	42:14
Nina H. Emmer	43:05
Ginny Cunningham	43:51
Joann Lindwall	45:31
Dianna Campbell	45:40
Peggy Smith	46:05
Amanda Thomas	46:39
Sara Appelbaum	46:43
P. S. Beidelschies	47:12
Shirley McLaughlin	47:27
Marlene Watkins	47:32
Connie Simkins	47:58

W45 Nancy Frisillo	45:16
Linda Sparrow	45:17
Tina B. Braam	45:43
Kitty Cornell	46:23
Janet L. Ross	46:50
Ginger Mabe	48:57
Barbara Miller	49:39
Ruth B. Scott	49:43
Elin de Hoyos	50:25
Rita Schafel	50:37
W50 Sperry Rademaker	44:53
Sandra Johnson	46:21
Donna Hiatt	46:35
Maggie G. Dobson	48:09
Carol Schneider	48:21

W55 Margaret Deckert	45:17
Ann Williams	49:37
Bernice Joyce	53:18

W60 Whayong Samer	45:42
Ann Kahl	47:25
Adeline Kearney	49:30

W65 Evelyn Jennings	51:35
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W75 Thelma Clark	1:15:32
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## SOUTHWEST

Elmwood 5K/10K  
New Orleans, LA  
February 4

—5K—	
Overall	
John Ratcliffe	15:05
Nora Doyle	18:01
M40 Juan Perez	17:24
Naif Shahady	18:30
M50 Michael Lynch	20:42
Robert Anderson	21:35
M60+Dudley Gautreaux	21:53
Joe Hartdegen	22:12
W40 Irene Putfark	23:49
Elaine Rivera	24:30
W50 Eliz VanBattum	24:10
Carolyn Johnson	25:42

—10K—	
Overall	
Muriuki Ngatia	30:30
Lisa Presedo	35:01
M40 Don Wright	34:32
Brendan Minihan	34:40
M45 Bobby Dannelley	34:58
Jerry Foreman	35:40
M50 Mike Witkin	36:50
Bob Quintana	40:21
M55 Don Lee	39:56
Paul Hebert	43:25
M60+Willie Clark	45:37
Ernest Fuselier	46:33
W40 Kathy Gagnon	47:14
Karen LaVista	47:57
W45 Susan Provo	47:58
Linda Ohmstead	48:46
W50+Frances Ard	44:44
Martha Wright	50:45

## WEST

Redondo Beach Super Bowl  
Sunday 10K  
Redondo Beach, CA  
January 28

Overall	
John Tracy 32	28:30
Janet Smith 22	33:22
M40 Fred Ortega	32:58
Arturo Martinez	33:24
Stephen Keyes	34:38
M45 Don McCarthy	33:44
Mike Mahler	33:53
Dan Ashimine	36:15

Great American Adventure  
2.8/4.8 Cross-Country  
Huntington Beach, CA  
February 17

—2.8—	
Overall	
David Quie	17:11
K Dahlbaerg	22:01
M35 Rob McNair	18:42
M40 Lester Byington	21:42
M45 Ben Jackson	19:44
M50 Doug Rowlett	21:10
M55 Jim Smith	27:17
M60+Bud Horowitz	32:36
W35 Kathy Hansen	30:28
W40 Sue Reinhardt	23:26
W45 Sally Adam	22:05
W55 Audrey Houth	28:35
W60+ S Leonard	34:26

—4.8—	
Overall	
Farron Fields	26:43
Janey Norem	32:53
M35 Rob McNair	32:05
M40 Dick Haas	36:20
M45 Shel Nankin	36:15
M50 Doug Rowlett	37:28
M55 Russ Peltz	39:42
M60+Remy Burkel	40:25
W35 Debbie Jennings	46:36
W40 Sue Reinhardt	40:38
W45 Sally Adam	38:24
W55 Audrey Houth	47:22

Los Angeles Marathon  
March 4

Overall	
Pedro Ortiz	2:11:55
Julie Isphording	2:32:25
M40 John Campbell	2:20:15
Artemio Navarro	2:20:57
Ryszard Marczak	2:22:01
W40 Graziella Striuli	2:36:48
O. Osantowski	3:03:32
Harolene Walters	3:11:18

No other results available  
at press time.

## INTERNATIONAL

British AAA Veterans 10K  
Championships  
Barnsley, Yorkshire  
February 11

M40 Andy Holden	31:19
Alan Roper	31:25
Alan Whitfield	31:34
M45 Alan Rushmer	31:28
Malcolm Martin	32:05
Martin Duff	32:52
M50 Stephen James	32:41
Tecwyn Davies	33:09
Alan Griffiths	34:16
M55 Eric Appleby	35:23
Eddie Richardson	35:29
George Spink	35:56
M60 Bob Peart	37:14
Colin Simpson	39:37
Brian McGuigan	39:40
M65 John Fraser	40:43
M70 Dennis Evers	43:58
W35 Zina Marchant	35:37
Diane Underwood	36:24
Dianne Payton	36:42
W40 Margaret Lockley	38:10
Dot Fellows	38:21
Chris Ashbury	39:14
W45 Rose Grimley	41:18
Anne Nally	41:38
Dorothy Hand	42:57
W50 June Aitcheson	45:37
Sue Pickering	45:37
W55 Barbara Hines	43:39



## 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.*

Some readers provide additional support to the National Masters News and to the Masters program by sending contributions of \$25, \$50 or \$100 a year. If you are able, we urge you to join them. All contributors will receive a free copy of the new Masters Age Record book and will be listed in the paper as a National Masters News sustainer.

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			10"	6 1/4"
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			10"	3 1/4"
7	1/8 Page	100	5"	3 1/4"
			2 1/4"	6 1/4"
3 1/2	1/16 Page	65	2 1/4"	3 1/4"
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The 10th of the month before date of issue.

## 9. CIRCULATION July 1989

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# Second Annual Donald S. Harris Memorial Track Classic

Franklin Field (University of Pennsylvania), Philadelphia, PA - Saturday, June 16, 1990

**Benefiting St. Christopher's Hospital for Children, Philadelphia, PA.**

Founded in 1875, St. Christopher's is a nonprofit, nonsectarian pediatric medical center offering a wide variety of patient services:

- the only kidney dialysis/transplant program for children in the Delaware Valley
- a major center for the treatment of cystic fibrosis and other lung disorders
- a comprehensive cancer and blood disorders program
- the only pediatric burn center between Boston, Massachusetts and Washington, D.C.

Donald S. Harris, who passed away in June 1988, devoted 30 years of his life to the education of children, serving as teacher, guidance counselor, and principal. Don enjoyed competing in the long jump and sprints as a master and made numerous friendships with his fellow athletes. Mr. Harris was vice-president of the Philadelphia Masters Track Association.

**SITE:** Track and jumping events at Franklin Field (home of the Penn Relays), fast synthetic surface, short spikes only. Throwing events at nearby field outside of stadium.

**ENTRY:** \$12.00 for first individual event (includes T-shirt, program and entry), \$6.00 for each additional event. Relays are \$24.00 per team. All individual events are pre-entry only. Relays post entry only (meet day, before 3:00 P.M.). Entry fees are NOT tax-deductible.

**DEADLINE:** Entry must be in meet director's hands no later than Tuesday, June 5, 1990 at 6:00 P.M. Send to Peter Taylor, 3120 School House Lane, JA9, Philadelphia, PA 19144. Telephone: (215) 842-3807, 9:00-11:30 P.M.

**SANCTION:** This meet is sanctioned by The Athletics Congress (TAC).

**RULES:** As set forth by WAVA and adopted by TAC Masters. Competition by 5-year age groups for men and women ages 30 and up.

**HOTELS:** The Penn Tower Hotel, 34th & Civic Center Boulevard, (215) 387-8333, has been designated as the meet hotel. Rooms have been set aside at the special rates of \$95 (plus tax) for a single and \$105 (plus tax) for a double. Reserve by May 14; indicate that you are with the PHILADELPHIA MASTERS TRACK MEET. Three-minute walk to track. (Take Econoline Limo for \$6 from Philadelphia International Airport to hotel.)

The International House, 3701 Chestnut Street (10-minute walk to track), should have a number of rooms available. Call (215) 387-5125 during the week of May 21-25 to reserve a room. Rates: \$42/night (student-type housing).

**PACKET PICK-UP:** Pick up your race packet at the Philadelphia Masters Hospitality Room in the Penn Tower Hotel from 1:00 P.M. to 10:00 P.M. on June 15 or on meet day at Franklin Field. (Hospitality room will also be open on the morning of the meet.)



## Tentative Schedule of Events\*

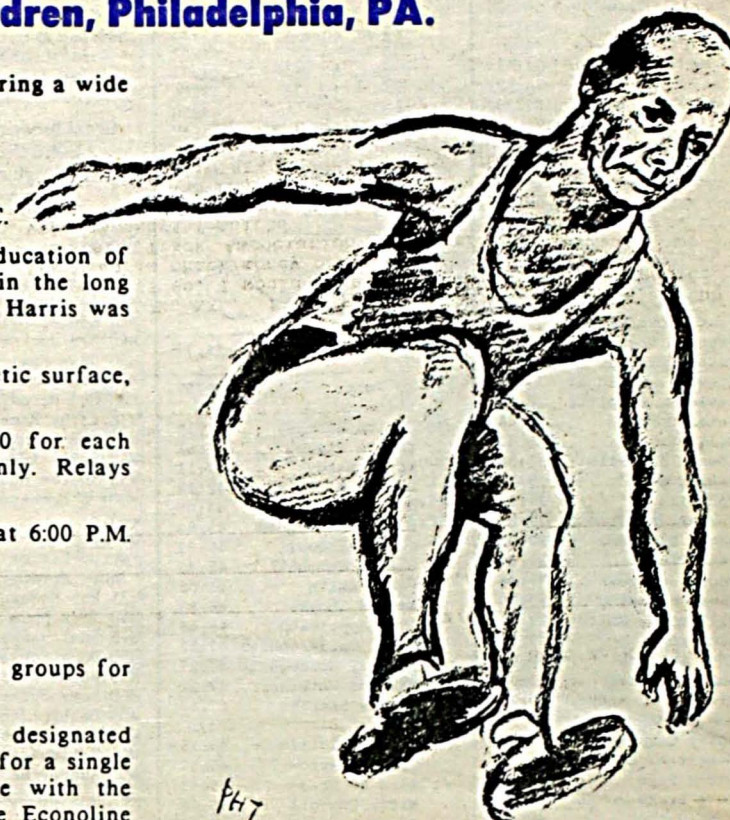
### Track

10:45 400m hurdles  
11:00 300m hurdles  
11:15 3000m run, men 40-59  
11:35 3000m run, men 60+ and all women  
12:00 110/100/80m hurdles  
12:30 100m dash  
1:25 1-mile run  
2:20 400m dash  
2:55 1-mile racewalk  
3:15 800m run  
4:00 200m dash  
4:40 3000m run, men 30-39  
4:55 4x400m relay  
**Jumps**  
10:45 long jump, men 30-44  
11:30 pole vault, all  
12:00 high jump, all  
12:00 long jump, men 45-59  
1:30 long jump, men 60+  
2:20 long jump, all women  
3:00 triple jump, all

### Throws

10:30 shotput, all women  
10:30 discus, men 60+  
10:45 javelin, men 30-44  
11:05 shotput, men 45-59  
11:45 discus, all women  
12:15 javelin, men 60+  
12:30 discus, men 45-59  
12:30 shotput, men 30-44  
1:00 javelin, all women  
1:45 javelin, men 45-59  
1:45 discus, men 30-44  
2:00 shotput, men 60+  
3:00 hammer, men 30-59  
3:50 hammer, men 60+ and all women

\*A final schedule will be distributed on June 15 and 16 (meet day). Unless otherwise indicated, track events run younger to older men, then women.



## ENTRY FORM

Name \_\_\_\_\_ Birthdate \_\_\_\_\_ Age \_\_\_\_\_ Sex \_\_\_\_\_  
TAC Number \_\_\_\_\_ Telephone \_\_\_\_\_  
Address \_\_\_\_\_

Event	Fee	Best Mark 1989-90
1. _____	\$12.00	_____
2. _____	6.00	_____
3. _____	6.00	_____
4. _____	6.00	_____
5. _____	6.00	_____
6. _____	6.00	_____
7. _____	6.00	_____
8. _____	6.00	_____

**T-SHIRT SIZES:** S M L XL XXL. Extra shirts will be available at the meet for a charge of \$6.00. I would like to reserve \_\_\_\_\_ extra T-shirts.  
**ENTRY FEE:** Enclosed is check/money order for \$\_\_\_\_\_, made out to the Philadelphia Masters Track Association to cover the events I have entered, as well as extra T-shirts.

I understand that the Philadelphia Masters Track Association is not a charitable organization and that my entry fee is not tax-deductible.

**CONTRIBUTION TO ST. CHRISTOPHER'S HOSPITAL FOR CHILDREN (optional):**  
I, \_\_\_\_\_, would like to support St. Christopher's Hospital for Children with a donation of \$\_\_\_\_\_. I understand that St. Christopher's Hospital for Children is a qualified charitable organization and that I will be mailed a receipt by the Hospital's Development Office. (Please make checks payable to St. Christopher's Hospital for Children, and mail to Peter L. Taylor, 3120 School House Lane, Philadelphia, PA 19144.)

**IMPORTANT NOTICE:** The net proceeds from this meet (revenues from corporate and individual sponsorships, entry fees, and T-shirt sales MINUS the expense of putting on the meet) will be turned over to St. Christopher's Hospital for Children.

**WAIVER:** In consideration of your accepting my entry, I agree not to sue the University of Pennsylvania, St. Christopher's Hospital for Children, United Hospitals, Inc., the Philadelphia Masters Track Association, The Athletics Congress of the United States, the Mid-Atlantic Athletics Congress, or other entities or individuals involved in this meet for any injuries or damages that might arise from my participation. This waiver irrevocably binds my heirs, executors, and administrators as well as myself.

(Signature) \_\_\_\_\_

(Dated) \_\_\_\_\_