140th Issue

April, 1990

\$2.25

# 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

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 \$25,00 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.

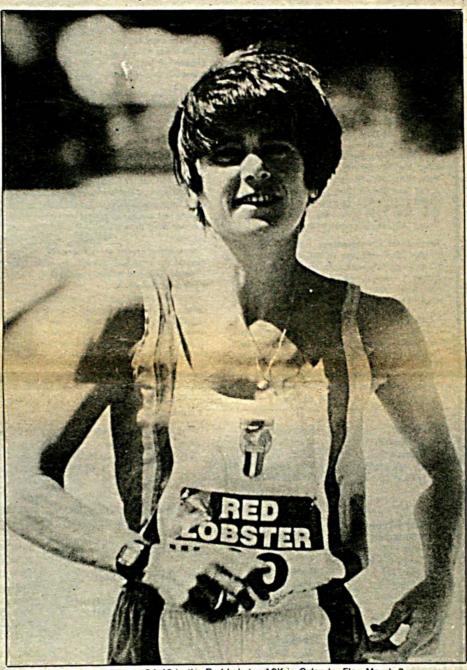
Navarro is a new name in masters circles. He was up with the leaders for the first 18 miles, and drew raves from the knowledgeable Larry Rawson, who was describing the race on local televi-

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, twotime 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.

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 Almberg (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 40%)

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 Continued on page 24



Start of the Edison Festival of Light 5K, Fort Myers, Fla., February 17. Photo from Sandy Alvo

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The National Masters News (ISSN-07442416) is published monthly by GAIN Publications, with an annual subscription rate of \$22.00. Main office address: 6320 Van Nuys Blvd., Suite #207, Van Nuys, CA 91401. Mailing address: P.O. Box 2372, Van Nuys, CA 91404. Second class postage paid at Van Nuys, CA 91409.

The National Masters News is an official publication of The Athletics Congress Masters Track & Field and Long Distance Running Committees, and of the World Association of Veteran Athletes. As an independent publication, its editorial policy is not necessarily that of TAC or WAVA.

TAC/USA is a major funding supporter of NMN. Executive Officers of TAC/USA: Frank E. Greenberg, President: Ollan C. Cassell Executive Director; Alvin Chriss, Special Asst. to the Executive Director

The National Masters News is devoted exclusively to track & field, long distance running, and race walking 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.

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Mailing: The issue is mailed the last week of the month prior to the cover date.

Postmaster: Send address changes to: National Masters News, P.O. Box 5185, Pasadena, CA

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SPORTS GUIDE







### 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 carboloaded 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 Eugene "Eek" Keller does.

# **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

Or call:

818-577-7233

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, bestofficiated 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 KUDOS of the '89 turnout, the job Farmer did Our sport would be very uninterestwas extraordinary. He did it better in ing and probably die out in a few years 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
Jack McGinley	Malvern, PA
E. Robert Premo	Fairborn, OH
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Bill Eppright	Norcross, GA
Will Robinson	Thousand Oaks, CA
Bob Moore	Roswell, GA
Phil Faciana	Polk, OH
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

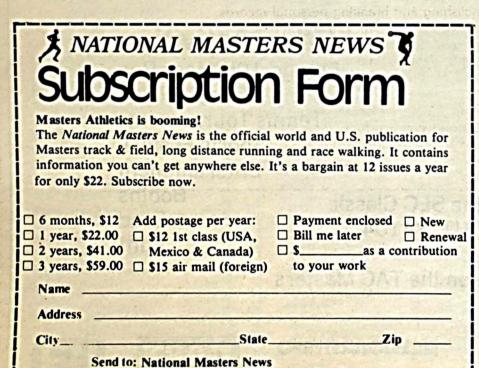
without NMN. Please accept the enclosed check on behalf of my wife, Laurie, and me and add us to the "Sustainers" list for 1990. Keep up the good work.

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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The book you've waited for:

How to become a better masters athlete

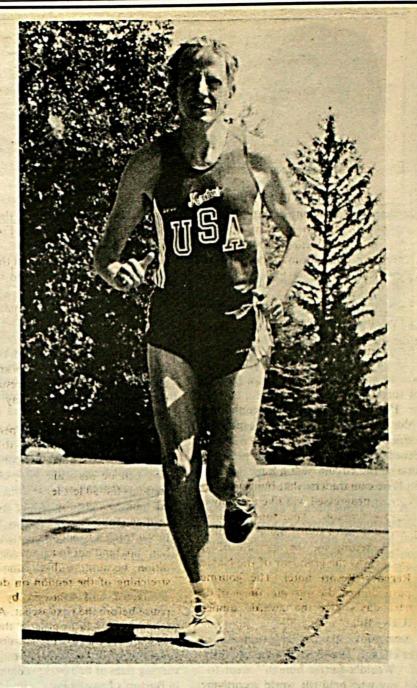
# Masters Running Culide

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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- 13. A Gathering of Greyhounds: The 1989 World Veterans Championships in Eugene, Oregon.

Appendix: Sources and information helpful to masters.

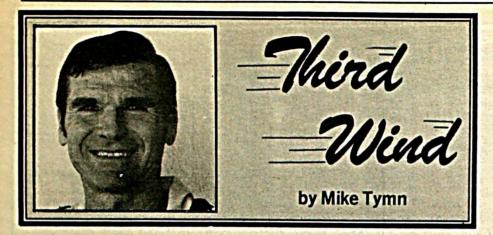
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# No Truth in Numbers

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, therby 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

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).

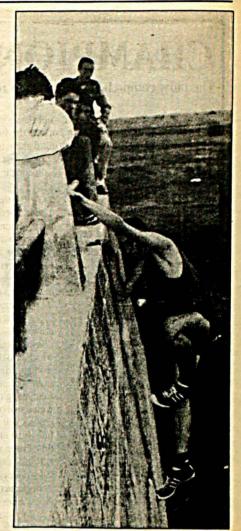
Stat freaks worry about Denver getting a major league franchise. In that mile-high air, the ball carries an extra 40 or 50 feet and a basher like Canseco, playing for the Denver team, might very well hit 70 homers in a year. That will really muddy up the waters. Just as with Bob Beamon's long jump record, 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 to-day'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 odemeter. 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 crosscountry courses for his St. Joseph's High School (Alameda, Ca.) team back in 1962.

homage commuter-enhanced orani

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 Hanshulu Marethon is a good example of a race that has become almost too easy... If the marethon is to be a test of true grit, we need more hulls and less coddling. Advance weather conditions should be welcome as adding to the challenge. Maybe we should let regret about the add stations elloyether.

THE More Transferred and december.

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

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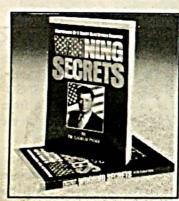
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- Mac Wilkins, US Olympic Winner and three times Olympian

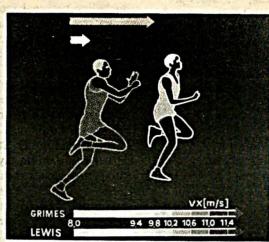
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# **MASTERS** ATHLETE OF THE MONTH

# Gabriele Andersen

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 Athleteof-the-Month.

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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 80/100/110 hurdles

800 meter run 400 meter dash 200 meter dash



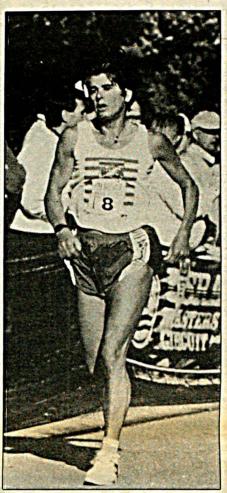
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PLEASE READ AND SIGN: I certify that I have decided to participate in the BTC Classic with full knowledge that being physically fit and sufficiently trained are necessary to prevent injury to myself. My heirs, devisees, executors, administrators and assigns hereby waive, release, and discharge any and all claims against the Birminghern Track Club, Semiord University, agents, or representatives, arising out of my participation in the BTC Claesic. The Releasor further agrees to abide by all decisions of the Race Committee regarding rule and eligibility requirements. Releasor further agrees to release and hold		ENTERED MA		RECENT		
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# 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-



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.

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.

# 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 Scnior 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 performance 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.

# 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

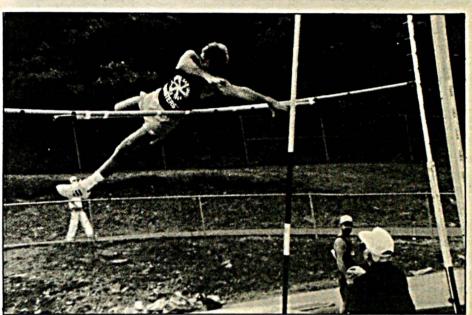
meet (1st = 5 points; 2nd = 3 points; 3rd = 1 point), the masters men outscore the women, 54-36.

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 4561/2, masters men 4161/2.

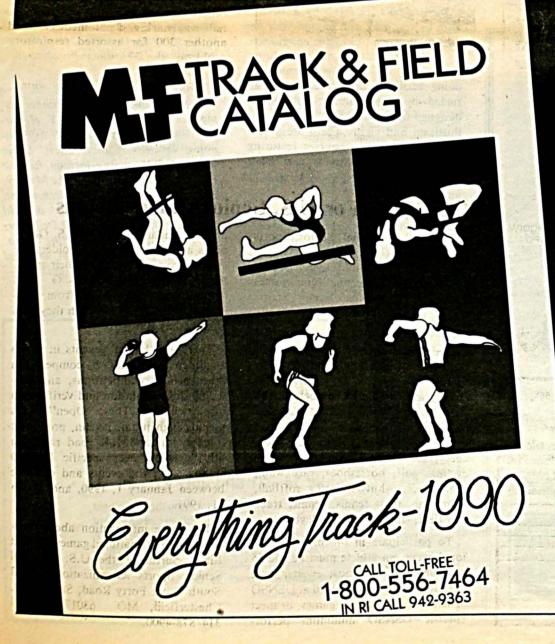
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Photo by Jerry Wojcik

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400 1 James King 2 Matt Pruitt 3 Rochelle Stevens	* ***	48.61 50.62 50.75	HIGH-JUMP  1 Jan Wohlschlag  2 Louise Ritter  3 Charlie Rader  3 John Hartfield	W W M	1.93 1.92
800 1 Nolan Smith 2 Richard Tucker	м	1:58.25	LONG JUMP  1 Michael James 2 Claire Connor 3 Gwen Loud	M W W	6.54
3 Ronald Jensen	м м	1:58.44	TRIPLE JUMP 1 Milan Tiff 2 Sheila Hudson 3 Diana Wills	M W	15.59 13.87w
1 Larry Almberg 2 Tony Murray 3 Ian Cousins	MMM	3:56.30 3:59.31 4:01.30	Score: Masters Men Open Women	PRES	



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



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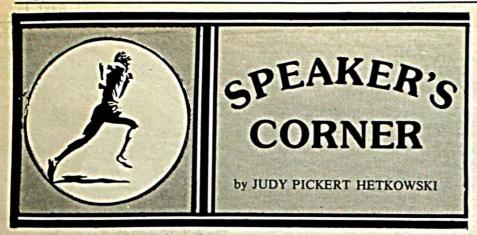
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life changes made after their first time as campers.

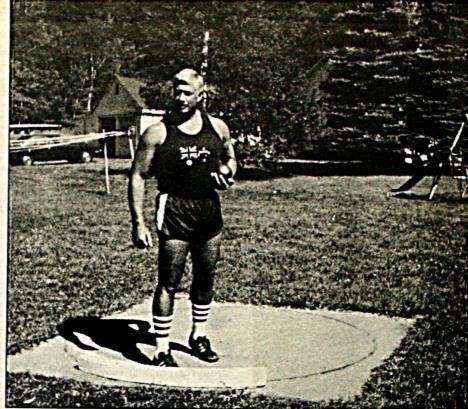
There are many running camps from which to choose. Settings and offerings are varied. My strongest attachment is for Green Mountain Running Camp in Vermont, where I had my first camp experience ten years ago. Directors John Holland and Roy Benson invited me to be a staff member. I was a successful cross-country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

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

A PRECONDITIONER

**FOR FALL** 

MARATHONS



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 (49-31/2).

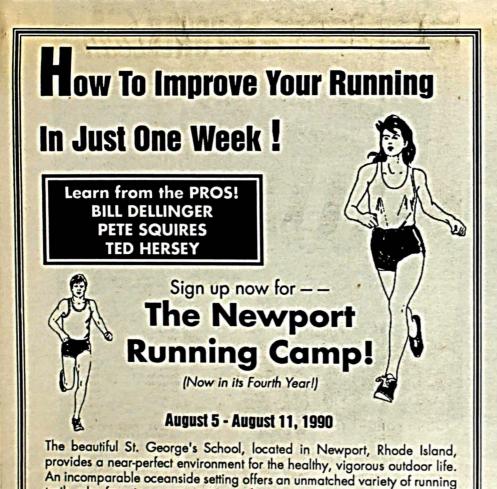
good health and energy and many enduring camp friends. Every time I travel to a race or return to camp, I look forward to revitalizing and catching up with those who understand and have been part of the same wonderful experience.

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.)



trails, plus free time opportunities such as swimming, boating, sightseeing

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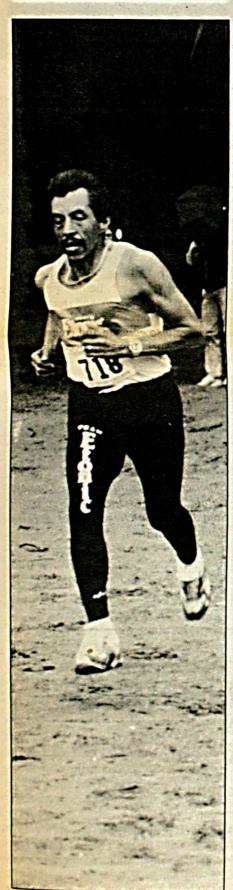
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# **Five Years Ago**

**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.

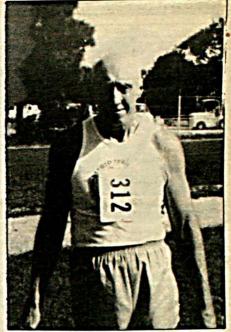
This will be the first study to focus on variables in body composition and hematology in different event groupings (e.g. sprinters; middle-distance).

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

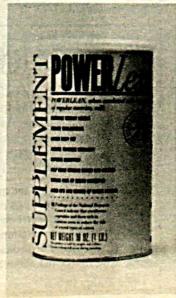
"I learned about the importance of nutritional supplements while training for my third Olympic team," says Ed Burke. "I was 40 years old, hadn't trained for over 12 years and was having trouble achieving overloading results. Then I learned how nutritional supplements improve performance and assure training 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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Pagliano's Podiatric Pointers

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

# Uneven Shoe Wear

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?

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

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### FLORIDA ATELETIC CLUB - GREENACRES CITY MASTERS TRACK & PIELD CHAMPIONSHIP

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

JOHN I. LEONARD HIGH SCHOOL, LAKE WORTH, FLORIDA

AWARDS: FIRST THREE MEN & WOMEN IN EACH FIVE YEAR GROUPING FROM AGES

30 TO 75+
PEES: \$10.00 PIRST EVENT; \$5.00 EACH ADDITIONAL EVENT.
LATE ENTRIES: ENTRIES RECEIVED AFTER APRIL 18, WILL HAVE A \$5.00
TOTAL SURCHARGE. PLEASE PRE-ENTER, THE MEET DIRECTOR HAS THE RIGHT
TO REFUSE ANY POST ENTRY.

### T-SHIRTS TO THE FIRST 200 ENTRANTS

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

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

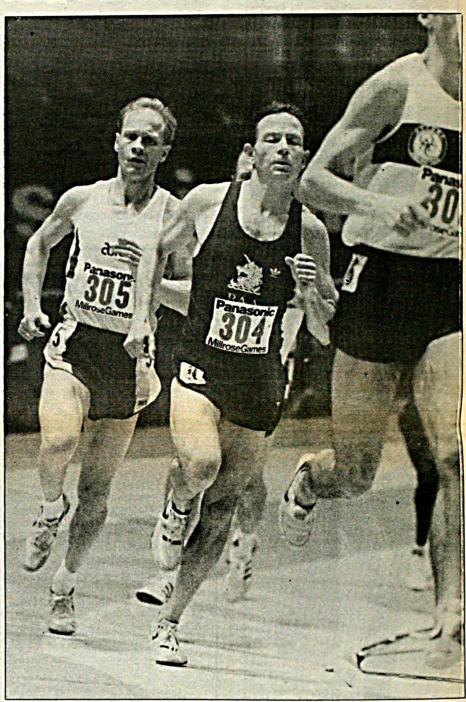
3) Get off the camber type of roads and run on the flats for several weeks.

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

# 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 DIVIS	SION THIS M	ONTH, APR. 1990	
ATHLETE(RESIDENCE)	BIRTHDATE	AGE GROUP	5
MAYNE B'DERA(MEW YORK, NY)	4-10-15	75-79	1
JANICE BAUM(LOS ANGELES)	4- 0-30	60-64	0
SHIELA EVANS(INDY, IN)	4-24-15	75-79	35.
SUE KLEHM(ARLINGTON HTS, IL)	4- 8-45	45-49	9
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	Sept.
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	30
ANNY BINDER(WG)	4-13-15	75-79	
SHIELA EVANS(INDIANAPOLIS, IN)	4-24-15	75-79	
ODDBJORG 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	2
INGRID LORENZ(WG)	4- 8-25	65-69	
TOINI RAUNISTO(FIN)	4- 1-15	75-79	
GUDELIEVE ROGGEMAN(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 JOHNSSON(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	SEP.
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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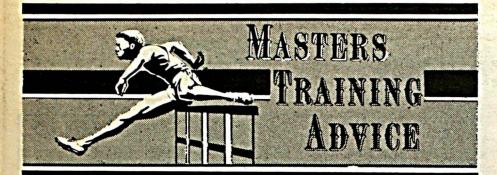
Men's Race - Saturday, July 21, 7:00 a.m. Women's Race - Sunday, July 22, 7:00 a.m.

Don't be left out of the action when the gun goes off for the only Goodwill Games event open to the public. Enter now.

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

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

### **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-outeffort 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
  - 2. Jog half mile and stretch for 10 (20095-100% effort, 2 3AA)

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.

- 1. Throw tennis ball against wall for 15 minutes, followed by 3/4 mile run and 20 minutes stretching. Start throwing with 5-10 "hard jabs" (standing), followed by 15-20 throws with fullspeed run and 80-100% maximum ef-
- 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

### 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.

u-mraw of 185d Continued on page 15

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# Masters Training Advice

Continued from page 14

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none

Warm-up throws are much like minipractice 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 wellmeant coaching. They do short sprints, take slow-motion turns without implement, walk around to stay limber and stretch just before their next turn. Except for the light snacks mentioned, none reprted 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

# **PUBLICATIONS ORDER FORM**

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# Masters Health and Fitness

# Running Away from Depression

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.



Rocket City Marathon masters prize money winners: I 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 is 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 Sheahen. 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.

# MASTERS PRIZE MONEY AWARDS 1990

(thru 10 March 1990)

\$ 3,600 3,500	Bob Schlau (SC) Mario Cuevas (MEX)	7,000	Graziella Striuli Gabrielle Andersen (ID)
3,000 1,800 1,750 1,500 1,400 1,050 1,000 1,000 -10-	Domingo Tibaduiza (NU/COL) Wilson Waigwa (TX/KEN) Ken Hamilton (CAN) John Custy (CO) Bill Rodgers (MA) Byron Dyce (FL/JAM) J-Socorro Neri (MEX) Bob Wolfe (TX)	2,500-N 2,100 1,500 1,400 1,400 750 600 550	Priscilla Welch (CO/GBR) Barbara Filutze (PA) Susan Havens (WA) Judy Greer (FL) Jane Hutchison (MO) Karen Macharg (FL) Mary Wood (CO) Claudia Ciavarella (FL)
		Wilder Co. Co. Co.	

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



Starter Skip Dougherty gives (I 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,

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 asnd 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

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 Pe, 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 11:15 400m 11:15 400m 11:30 Long Jump 12:30 200m (timed finals) 1:30 1500m 2:00 4X100m 2:15 4X400m Tom Bell (505) 821-2454 5905 Concordia Rd. NE Albuquerque, NN 87111 11:00 Shot Put CONTACT: Neil Silver (505) 265-8274
728 Loma Vista NE
Albuquerque, NM 87106

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

# Anthony "Cokey" Daman: Mr. Vitality

f 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 runn-



"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,



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

"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





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

# Ten Years Ago April, 1980

- John Brennand (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.

llinois

Land of Lincoln

# **MASTERS**

JULY 7, 1990

# MASTERS TRACK AND FIELD CHAMPIONSHIPS

Co-sponsored by: Condell Medical Center

The Daily Herald

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Over \$2000 in Cash Prizes

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Craig Dean, M.D. 719 Stonegate Ct. Libertyville, IL 60048

# The International Scene

# Report from the Treasurer

by AL SHEAHEN, WAVA Treasurer

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
- 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 vet 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

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.

Canadian Checking Account

LIABILITIES

\$ 90,306.36

\$ 90,306.36

Prepared by Al Sheahen,

Treasurer

### 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) Sanction fee - Eugene 12,000.00 Bank interest 6,721.77 520.00 Miscellaneous 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) V-P, T&F (Fine) V-P, LDR (Green) 218.22 472.24 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 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 Hotel 2,908.00 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 5,915.00 Daily cash expenses Council lunches 787.30 Dinner for Eugene organizers 505.45 Dinner for Hans & Mrs. Skaset 140.70 2,407.25 Meal for General Assembly Audio-Visual Equipment 176.00 152.00 Printing Ouestionnaire Printing Ballots 192.28 20, 291, 36 8. President's Travel Rome - Jan. '88 London - April '88 300.00 2,925.00 Korea - Sept. '88 Budapest - March '89 400.00 4,005.00 9. Other Travel Secretary - IAAF Meetings Treasurer - IAAF Meeting 818.34 626.00 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 \$ 47,256.44 100,318.43 \$147,574.87 Revenues Expenses 57,268.5 Ending balance, 12/31/89 \$ 90,306,36 U.S. Checking Account \$ 13,807.43 69,047.23 7,451.70 U.S. Money Market Fund

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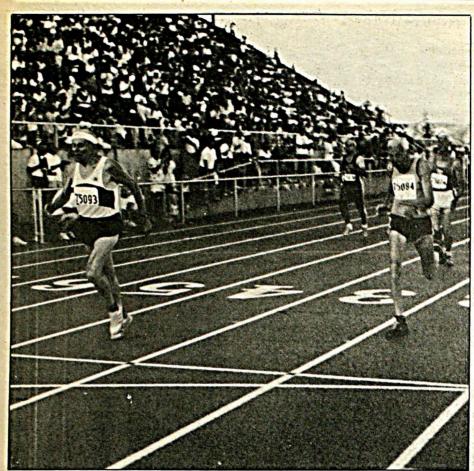
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Canada's Hans Weickardt, 76, left, winning the M70 400 (1:14.07) at the World Veterans Championships. Weickardt also won the gold in the 800 (2:56.56) and silver in the 1500 (6:16.67).

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



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 (619) 225-9555 Collect or FAX No. (619) 225-9562

### \*PACKAGE INCLUDES:

American Airlines Roundtrip Air with discount on either lowest non-restrictive fare or lowest available non-refundable fare Group transfers - airport/hotel

7 nights accommodations - based on twin occupancy - including 15% VAT and 10% service

Sports Travel traditional Welcome Party

**Entry Forms** 

Optional tours - during week & post tours

\*\*4 levels of accommodations are provided from deluxe through budget. Details upon request.

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,

Name Address

Prepared by Al Sheahen, WAVA Treasurer

# 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

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4330 4817 4754 13901 91 \$4.50 \$4550 KA - Not an Affiliate. Any nation may become an affiliate by paying the annual \$50 fee

# 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.



# -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, recentlyfreed 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 Sheahen, NMN editor and a member of the studio audience, asked Mandela if now is the time to lift the

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

Sheahen 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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AN INVITATION TO THE

NOVEMBER 2-6, 1990

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Games Secretary: Brian King, 8 Noel Place, Mt Roskill, Auckland, NEW ZEALAND. Ph: (09) 695-579



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Serving the Masters community for over nine years.

# WAVA/TAC Hurdles and Implements Specifications

CARLES NOTE OF SHIPE			WOMEN		
Age 35-39	Race Distance 100m	Hurdle Height .840m 33"	To 1st Hurdle 13.00m 42'8½"	Between Hurdles 8.5m 27'10½"	To Finish 10.5m 34'5"
40-49	80m	.762m 30"	12.00m 39'4"	8.0m 26'3"	12.00m 39'4"
50-59 60-69 70 Plus	80m	.762m 30"	12.00m 39'4"	7.0m 22'11½"	19.00m 62'4"
35-39 40-49	400m	762m 30"	45.00m 147'7¾"	35.00m 114'9½"	40.00m 131'2½"
50-59 60-69 70 plus	300m	.762m 30"	50.00m 164'0½"	35.00m 114'9½"	40.00m 131'2½"
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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 50-59	400m	.914m 36" .840m	45.00m 147'7½"	35.00m 114'9½"	40.00m 131'2½"
60+	300m	33" .762m	50.00m	35.00m	40.00m
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40-49

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60-69

# 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 agegraded performance (93.7%) of the

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

As you know, in the early 1980s, young throwers were hurling the 800-gram javelin over 300 feet. By-standers 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.

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# **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 crosscountry 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.

£ 1989.

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).

BAHAMAS

JAMAICA

CANADA



Marilla Salisbury (81, USA), received a placque 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).

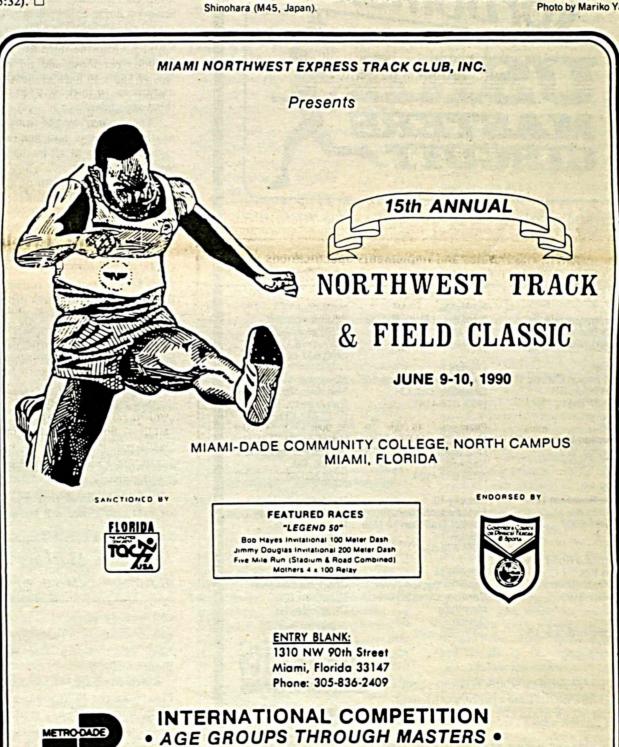
Photo by Mariko Yamazaki

CAYMAN ISLANDS

BRITISH VIRGIN ISLANDS



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



PUERTO RICO

GUATEMALA

# 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 c'ocked 2:11:55; while Cincinnati's Julie Isphording 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-televised 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-yearold 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 course-cutters 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 form

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 Puenta 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.

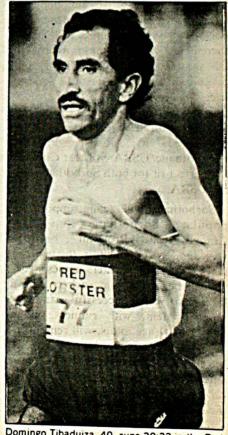
# Sorbothane/USRA Masters Circuit

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 noncircuit 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 "agedesignation" numbers, encouraging 5-year age group competition through 70 and over and other benefits to promote 40 & over competition.

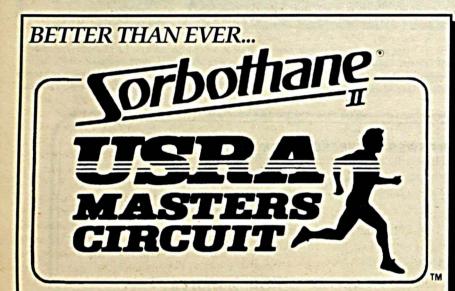
Need more information? Call the Sorbothane/USRA Masters Circuit office at (407) 647-2918/FAX (407) 647-0433; Dean Reinke Associates, 400 N. New York Ave., Winter Park, FL 32789.

—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 years purse, only \$8,000 (2.2%) will go to masters runners. —A1 Sheahen



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



Over \$250,000 has been distributed through the SORBOTHANE/USRA MASTERS CIRCUIT the past two years. 1990 plans to be better than ever and will again feature Grand Prix competition in 5-year age groups through age 70. The season will again culminate at the SORBOTHANE/USRA MASTERS CIRCUIT National Championship, which has been acclaimed the "greatest masters road race of all time."

March 17 Nissan Shamrock 8K Virginia Beach, VA (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

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



Jorbothane USRA MASTERS CIRCUIT

DEAN REINKE

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:

SORBOTHANE/USRA MASTERS CIRCUIT Dean Reinke & Associates 400 N. New York Ave., Suite 102 Winter Park, FL 32789

(407) 647-2918; FAX (407) 647-0433 (include \$3 for postage) NAME OF THE PARTY OF THE PARTY

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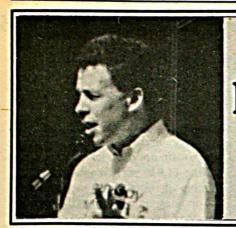
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# The Director's Corner

by DEAN REINKE

# Sorbothane Sponsors USRA Masters Circuit

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 sucess 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, its 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 newlyhot 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 Gumtree 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 Miesczaczk 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 Donna 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 child near —20°.
- •Sylvie Kimche (43, 45:54) finished fourth woman of 164 in the NYRRC 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

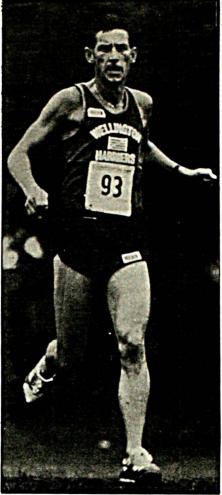
Under deep-blue skies and white fluffy clouds with temperatures in the 60s, the Gale Force Winds TC inaugurated the new season with its "New Decade" meet, Gulfport, MS, March 3, directed by Jim Rose and Ed Wheeler. The meet, which drew 36 participants, featured an 11.81 100 by Ben Galloway, M40, and 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 Wesselowski. 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 Schlau, 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 Marsaille 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.

onewand NY 14150, 710/832-6015.

N IN IN

# 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. Beatrie 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. Beatrie 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.

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 & Recr., 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.

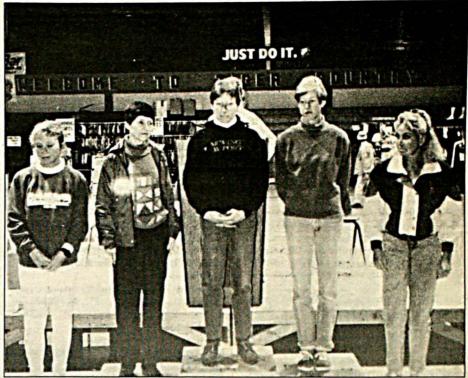
May 26. (Memphis); June 2-3 (Knoxville); June 2 (Nashville and Chattanooga); Tennessee Sportfest Games (open to Tennessee residents only). Sportfest, 800-53SPORT.

June 2. Northwest Miami Meet, Tropical Park, Miami. Bob Fine, 4223 Palm Forest Drive North, Delray Beach FL 33445.

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: I to r: Ellen Murphy, Memphis TN (5th, \$250); Nancy Parker, Dunwoody, GA (3rd, \$250); Nancy Mieszczak, 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

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.,

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

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 Recr. Dept., 209 N. 8th St., Marysville, KS 66508. 913/562-3031. July 7. Minnesota Masters/Seniors Meet, Fridley, Minn. SASE to: Rachel Lyga, 12263½ 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 & Recr., 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.

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 & Recr., 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

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, NYRRC, 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.

NYRRC, 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. NYRRC, 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 Townwhip, 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 Dennison, 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 KIN 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 YIA 2R8. 403/668-4463 (p.m./weekends), 403/668-4236 (days).

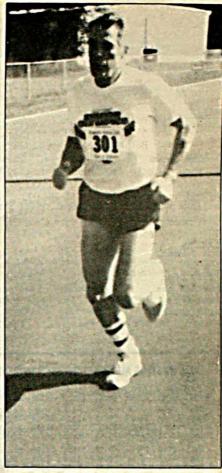
June 23-24. International Veterans Grand Prix 10K/25K, Brugge, Belgium. Jacques Serruys, Postbox 7, B8000, Brugge, Belgium.

# 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, 12263½ NE, Fridley, MN 55432.

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

								M70-74			
M30-34	W/ab Tumo	6-11-3/4	9-3-89	M50-54			A STATE OF THE REAL PROPERTY.	Russell Stone	1500 Walk	9:38:18	June 89
Mark Williamson	High Jump	6-11-3/4	9-3-09	Reed Miller	1500	4:42.25	2-3-90		5000 Walk		
				Robert Miller	100	12.49	7-29-89	M75-79			
M35-39			7 14 00		200	25.79	8-1-89	Frank Delear	10K	52:06	6-25-89
Duane Green	800	1:59.82	7-16-89	Thomas P. Fondy	100	12.30	8-5-89				
	1500	4:00.37	7-20-89		200	25.70		M80-84	F 18 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1		
	Mile	4:33.20	5-13-89	M55-59				Henry Zachman	800	3:44:60	1 14-90
Robert Brown	200	22.99	7-20-89	Joseph Hemler	200	26.96	10-14-89	A Charles The Court of the	and the second		
	400	51.70	7-20-89				DV Barrier S	W40-44			
				M60-64				Lurline Struppeck	Shot Put	35-53	5-27-89
M40-44				Emmett Edwards	Shot Put	40-7	12-3-89		Discus	95-4	6-17-89
William Schooler	Decathlon	5631 pts	Aug. 89	Oliver Dawkins	800	2:32:26	7-8/9-89	The same of the same of the same	Javelin	132-6	7-29-89
Anders Tollstern	Pole Vault	3.90	7-21-89	Oliver Dawkins	1500	5:16:60	7-075-05	w55-59	WEST CONTENTS	- M 19 to D 10 305 2	
			Continue and the second	South Committee of the	1300	3:10:00		Betty Vosburgh	100	16.11	6-10-89
M45-49			Hart Sheet	M65-69				AND THE PROPERTY OF STATE	200	32.75	
Ron Jensen	200	24.60	6-4-88	James Warren	200	28.70	9-16-89	2140	800	3:04.18	7-30-87
	400	54.70	7-2-88	James Wallen.		13-9	10-7-89		1500	6:08.50	June 88
Maury Dean	5K	16:43.90	12-2-89	Joe Bergthold	Long Jump	13.50	7-16-89		10,000	50:01	12-7-87
David Ayers	Decathlon	5364 pts	9-23-89	Joe Bergenord	the second secon		/-10-09	the second	Long Jump	3.47	7-29-89
Paul Perry	Mile	4:50.30	2-11-90		200	27.50		White the state of the same	High Jump	1.12	8-7-89
Bill Smitham	10K	33:11	7-27-89	John Cleveland	400	67.20	0.24.00	CONTRACTOR OF STREET	magn dump		
	5K	16:37	Shemes and	John Cleveland	Pole Vault	8-8	9-24-89	Jean Wood	lok Walk	79:36	2-4-90

						THE P	EN						
event	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85-89	90-9
Mile	7:12	7:24	7:36	7:49	8:04		8:41	9:18	9:42	10:30	11:48	12:36	14:
3000	13:59	14:23	14:46			16:12				20:30	23:00	24:36	27:
Mile			15:54			17:30				22:06	24:48	26:30	29:
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:
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:
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:
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:
			aller of			WO	MEN		31.30	10	200		
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Mile	16:44	17:15	17:46	18:18	18:54	20:12	21:36	24:00	25:21	26:54	28:54	32:09	35:
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:
10K	53:25	54:41	56:12	58:00	63:12	65:48	70:33	76:06	82:42	87:54	94:12	1:41	1:
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:
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:

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1500 Mile 5000 10000	4:11 4:31 15:30 32:11	4:15 4:35 15:42 32:35		4:32 4:53 16:44 34:45		5:02 5:25 18:24 38:10	5:24 5:49 19:36 40:30	5:47 6:14 21:08 44:15	6:22 6:51 23:30 48:30	7:03 7:38 26:00 54:30	7:59 8:42 29:07 61-15	9:15 10:18 37:30 57:30
110H 100H 80H	15.3	16.4	17.75	18.75	18.0	19.0	20.0	21.3	18.0	21.0	25.0	30.0
400H 300H	57.6	59.7	62.0	64.4	67.2 48.0	70.6	55.0	60.0	66.5	74.5	84.0	95.0
3K-SC 2K-SC	10:00	10:20	10:55	11:40	12:30	13:20	9:30	10:30	12:00	14:00	16:30	19:30
HJ	1.94	1.85	1.76 5-94	1.68	1.59 5-2½	1.50 4-11	1.41	1.32 4-4	1.23	1.13 3-8	1.02 3-4	.92 3-1
PV	4.40	4.15	3.90	3.60 11-9½	3.30 10-10	3.05	2.80 9-2½	2.55 8-41	2.30 7-6½	2.05 6-81	1.80 5-11	1.50 4-11
n	6.55	6.20	5.85 19-24	5.45 17-104	5.10 16-9	4.75 15-7	4.40 14-5%	4.00 13-1½	3.65 11-114	3.35 11-0	3.00 9-10	2.65 8-84
TJ	13.35 43-95	12.65 41-6	11.90 39-1	11.15	10.40 34-11/2	9.65 31-8	8.90 29-21	8.20 26-11	7.50 24-7%	6.80	6.10 20-4	5.50 18-1
Shot	15.20 49-10	14.10 46-34	13.00 42-8	12.00	12.40 40-84	11.20 36-9	12.00	10.80 35-5%	10.00 33-0	8.80 28-10-2	7.65 25-14	6.50
Discus	44.80 147-0	42.60 139-9	40.60 133-2	38.00 124-8	40.00 131-3	36.40 119-5	40.00 131-3	36.80 120-9	31.60 103-8	26.40 86-7	21.40 70-24	16.20 53-2
Hammer	47.24 155-0	44.20 145-0	41.14 135-0	38.10 125-0	38.40 126-0	36.00 118-1	36.00 118-1	33.00 108-3	29.00 95-2	25.00 82-0	22.50 73-10	18.00 60-0
Jav	62.00 203-5	57.00 187-0	52.60 170-7	48.00 157-6	43.00 141-1	38.50 126-4	40.00 141-1	35.00 114-10	29.00 95-2	24.00 78-9	19.00 62-4	15.00 49-2
35#Wt.	15.00	14.00	13.00	12.00	10.00	9.00	11.00	10.00	9.00	8.00	7.00	6.00
56#Wt.		9.00	8.50 0 2600	8.00	6.00	2600	2600	2600	3.50	3.00	2.50	2.00
Dec	550	0 525	0 5250	5250	5250	5250	5250	5250	5250	5250	5250	5250
note	2) Sh 3) Lo 4) Sh 5) Di	ort hurd ng hurdl ot put:	ow: 30-	49: 39" 49: 36" 49: 7.20 49: 2kg	: 50-59 : 50-59 6k (16#)	: 36"; : 33"; : 50-59 : 1.5kg;	60-69: 60+: 30' 9: 6k; 60+:	33"; 70 ". 60-69: 5 1.0kg.	+: 30". k; 70+:	4k.	tiee.	
	7) Ja 8) He	velin:		59: 800g	g: 60+:	600g.	dard; fe	eet and	inches 1	isted fo	or conve	nience. A).

### U.S. MASTERS STANDARDS OF EXCELLENCE FOR WOMEN Event 30-34 35-39 40-44 45-49 50-54 55-59 60-64 65-69 70-74 75-79 80-84 13.8 14.2 28.0 29.2 63.5 65.5 2:32 2:35 100 200 400 800 14.6 30.3 67.5 15.0 31.4 69.5 15.6 32.5 71.5 16.2 34.0 73.5 16.9 35.7 78.5 17.8 37.5 18.8 40.0 90.0 3:56 20.0 43.5 96.5 21.2 47.0 103.3 3:05 2:40 2:46 2:54 3:19 3:36 4:09 4:35 5:10 5:19 5:29 5:40 5:34 5:44 5:35 6:07 19:45 20:30 21:20 22:16 41:00 42:40 44:40 47:00 6:20 6:48 6:49 7:19 24:16 26:08 7:23 5:58 8:52 9:48 9:39 10:45 6:26 7:46 28:08 23:12 30:08 32:21 49:30 52:00 56:00 17.2 18.2 16.5 15.0 15.8 17.6 18.7 20.2 22.2 25.0 28.0 400H 300H 75.5 79.9 66.0 72.0 79.0 96.0 1.42 1.35 1.27 1.19 4-8 4-51 4-2 3-11 1.12 3-8 1.07 1.02 3-64 3-44 .97 3-24 .92 3-01 .89 .84 2-11 2-9 2.60 2.35 8-64 7-84 5.00 4.60 4.25 3.90 3.55 16-5 15-1 13-11½ 12-9½ 11-8 3.20 2.85 2.10 2.00 10-6 9-44 6-11 7.18 6.40 23-5½ 22-8 5.70 5.20 4.70 4.20 3.80 20-5\( \) 18-10 16-5 13-11\( \) 13-1\( \) Shot 10.30 9.30 33-9½ 30-6½ 8.40 7.70 27-7 25-34 6.50 5.80 5.25 4.70 4.25 21-4 19-04 17-3 15-5 13-114 7.95 7.20 26-1 23-75 39.50 33.50 27.50 21.50 25.00 129-7 109-11 93-6 70-6½ 82-0 15.00 14.00 13.50 49-2 45-11 44-4 18.00 16.00 59-1 52-6 62-4 Discus 30.0 98-5 24.0 78-9 22.0 72-2 20.0 65-8 40.0 35.0 30.0 25.0 131-3 114-10 98-5 82-0 23.0 75-6 22.0 20.0 18.0 72-2 65-8 59-1 14.0 12.0 9.0 45-11 39-5 29-7 20 Mt. 10.00 9.00 8.00 7.00 6.00 5.00 4.00 3.50 3.25 3.00 2.75 notes: 1) 100 standards are for automatic time; use standard conversion for hand time. 2) Short hurdles: 30-39: 33"; 40+: 30" 3) Shot put: 30-49: 4k; 40+: 3k. 4) Jávelin: 30-49: 600gm; 50+: 400gm. 5) Hammer: 30-49: 4k; 40+: 3k. 6) Metric heights and distances are the standard; feet and inches listed

APP	LICATION FOR A	Y
ALL-AMER	ICAN CERTIFICAT	E/PATCH
NAME	AGE	GROUP
ADDRESS	SE	X: M F
CITY	STATE	ZIP
MEET	DATE OF MEET	
MEET SITE		Fall of the following
EVENT:	MARK:	
HURDLE HEIGHT	WEIGHT OF IN	PLEMENT
□ CERTIFICATE	□ PATCH	□ PATCH TAG
If you have pettered the standard or \$15 for both a certificate and each.) Send to: All-American, Naticlose copy of results, or note in what suitable for framing — and/or a (Allow six weeks for patches with	of excellence, please send \$10 for a patch. (A patch tag, showing ev onal Masters News, P.O. Box 237 nich issue they appeared.) A 3-colo 3-color, 3" x 4" patch will be mail	r a certificate, \$10 for patch, ent and year, is an extra \$5 2, Van Nuys, CA 91404. (En or, 8½" by 11" certificate— ed to you within two weeks

(Allow six weeks for patches with tags.)

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3.81

John Hancock

1 Ray Hatton 2 Ralph Miller 3 Don Gammie 4 Larry Hall

5 R Gerughty 6 Tony Pugliese 7 Tom Murray 8 Stu Eichel

4:47.4 4:59.7 5:08 5:43 5:47

6:11

W40-44

1 Noonan-Oliver 5:32.0

2 Kate McKenna 5:53.5

3 D McLaughlin 5:57.1

4 Maryann Lippin 6:11.2

W40-44

5:06.3 5:08

5:09.7

Mardon Connelly 4.00
7 William Busby 3.90
8 Larry Holmes 3.89
9 Roger Werne 3.81

Wally Sokolowski3.81

Continued on next page

# U.S. MASTERS TRACK & FIELD RANKINGS

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

			cik, T&F Rankings Cha		The second secon
1988 Indoor Mile Rankings	9 Jack Brennan 5:15.4		32 David Baecker 5:12.0		M60-64
Compiled by	10 A Hutchcroft 5:18.0 11 A Degrande 5:20.3	1 Barbara Pike 5:47.2 2 Susie Hunter 5:51.5	33 Ken Potter 5:14.8 34 Ron Foster 5:21.5	6 G Butcher 6:38.0 7 V Wallner 9:20.9	1 Bill Carey 5:36.0 2 Armand Masse 5:50.3
Bob Weiner and Jerry Wojcik	12 Frank Mari 5:20.5	3 Judy Alexander 6:15.8	35 George Sanders 5:22.2	B Martha Peterson9:25.0	3 Matt Morris 6:08.0
H-70 -74	13 A LeGrande 5:23.3	4 Joan Egan 6:20.8	36 Dennis Palmer 5:26.0	规则 "拉铁"并为"经统" 三十	4 Jack Rice 6:34
M30-34 1 Joe Genther 4:19	14 Ron Ward 5:28.3 15 G Matthews 5:42.0	W50-54	37 Tom Carper 5:29.5 38 Carl Grossman 5:35.5	W45-49 1 Barbara Pike 5:38.3	5 Richard Okrepki 7:02.6
2 Paul Falgout 4:32.8	15 G Matthews 5:42.0 16 Larry Williams 5:50.1	1 Mary Harada 6:24.1	38 Carl Grossman 5:35.5 39 Jim Caskey 5:40	2 Madeline Bost 6:27.5	6 Lowell Russell 7:26.2 7 Charles Mariot 9:08
3 Joe Contario 4:35.5	17 J Goodwin 5:55.6	2 Grace Butcher 6:25.0	40 Ron Salvio 5:42.7	3 Rita Rudder 7:10.3	The second secon
4 Heriberto Medina4:38.1 5 M McDowell 4:44.6	18 C Grotevant 6:05.4	3 Sally Rusby 6:36.6	41 Bob Slosnik 5:52	4 Judy Gulley 7:28.0	M65-69
6 Doc Jam Haymond 4:48.8	19 David Beach 6:08.5 20 Richard Bales 6:14.8	4 Tami Graf 6:59.7 5 D Gulley 7:37.4	42 Peter Vishton 5:56.2 43 G Heagy 5:58.7	5 J Gustafson 7:28.1 6 R Schlewitz 7:38.9	1 Bart Ross 6:34.6 2 Jim Gross 7:33.0
7 R Castillo 4:50.7					3 C Shearhart 7:35.7
8 Dallas Jacobs 4:54 9 K Adamson 4:54.6	1 M50-54	W55-59	M45-49	W50-54	SERVICE AND THE SERVICE
9 K Adamson 4:54.6 10 Paul Brady 4:56.3	2 John Conner 4:52.9 3 B Elwood 4:56.9	1 Gloria Brown 6:19.3 2 Toshiko d'Elia 6:19.5	1 Sam Huckel 4:40.2 2 Bob Bennett 5:05.4	1 Mary Harada 6:27.6 2 Marion Kowalski7:13.0	M70-74
1 Bill Tharian 4:58.0	4 Peter Doherty 4:59.1	3 Liz Szawlowski 6:30.6	3 Norm Gautreau 5:08.1	.3 J Ross 7:27	1 Dan Bulkley 6:27.3 2 Max Springer 7:57
2 Hansel Stedman 5:02	5 Ken Mueller 4:59.3	4 M McChesney 7:32.4	4 Jim Verdier 5:08.6	4 Mary Corley 8:47	3 Pas Romagna 8:19.6
3 P Hinck 5:02.7 4 B Shanahan 6:03.6	6 Barry Almond 5:04.2 7 Glynn Wood 5:04.5	W60-64	5 N Brozier 5:11.4 6 Pete Szwelowski5:11.5	5 M Cayicchi 10:16	4 James Tasciotti 8:46.3
ALL STREET, ST	8 R Rampenthal 5:12.3	1 Mary Norckauer 7:30.3	7 M Brazier 5:20.2	W55-59	M75-79
1 M35-39	9 Bill Hikson 5:13.7	2 A Salmini 9:15.8	8 Bob Clasen 5:20.7	1 Toshiko d'Elia 6:21.5	1 Igor Storojeff 10:03
2 Steve Ruckert 4:26.6 3 Jim Shank 4:33.7	10 D Burch 5:14.9 11 M Miller 5:15.8	W65-69	9 Larry Simmons 5:22.5 10 A Hutchcroft 5:23.1	2 L Szwelowski 6:47.5 3 M McChesney 7:44.9	2 Reggie Golden 10:06
4 Kevin Kelly 4:34.5	12 Gene Chase 5:20.5	1 M Stafford 7:35.0	11 Richard Jones 5:25.3		M80-84
5 Richard Hoebeke 4:38.3	13 B Urdiales 5:20.7	2 Judy Kazdan CAN 7:41.2	12 Bob Bridges 5:27.0	W60-64 1 Mabel Velge 8:28.0	1 Byron Fike 9:45.3
6 D Zitzelsberger 4:38.4 7 Wm Weigel 4:38.5	14 Jed Wilson 5:21.9 15 Oldham Brooks 5:31.6	Maria talan managan ma	13 G Tillet 5:36.8 14 Bob Fuhrman 5:39.6	1 Mabel Velge 8:28.0	2 Al Epp 11:28
B Mike McConeghy 4:46.2	16 J Culver 5:33.7	1989 Indoor Mile Rankings	15 John Goodwin 5:46.2	W65-69	3 William Maine 15:11
9 Bill Poirier 4:47.2	17 Don Lee 5:36.9	Compiled by Bob Weiner	16 J Tillet 5:49.2	1 Marie Stafford 8:13.9 2 G Meadows 9:03.0	W30-34
10 John Sigler 4:48.6 11 Bob Ferrari 4:50.0	18 Jim Pascoe CAN 5:44.0 19 Miklos Gratzler 5:47.3	and Jerry Wojcik	17 S Addink 5:59.2 18 Bob Yeager 6:07.3	2 G Meadows 9:03.0	1 Terry Flannery 5:55.2
12 Ron Merville 4:52.6	20 Phil Steel 5:51	M30-34	19 Willie Oliver 7:18.0	W70-74	W35-39
13 Fred Dedrick 4:53	21 E Alexander 5:55.8	1 John Englehardt4:28.2	M50-54	1 Marjorie Smith 9:28.8	1 Janet Bell 5:46
14 Dave Perry 4:54.9 15 M Blake 4:55.1	M55-59	2 Rich Weinstein 4:31.2 3 Marty Gonterman4:40.0	1 John Conners 4:51.4	2 A Salmini 10:31	2Liz Trinkler 6:00.3
16 B Johan 4:55.8	1 Jim Sutton 5:11.1	4 John Metz 4:40.0	2 Sid Howard 4:51.6 3 Jim Sutton 4:55.6		W40-44
17 P Reinhardt 4:57.8	2 Jimmie Tennyson 5:11.9	5 Pat Forkins 4:40.5	4 Chuck Wimberly 4:56.2	1988 Outdoor Mile Rankings	1 Judy Greer 5:54
18 B Brockwell 4:58.5 19 R Johnson 5:03.1	3 M Yamauchi 5:12.2 4 Arnie Green 5:15.8	6 Stephen Redman 4:41.0 7 John Medley 4:43.0	5 Ken Baker 5:13.2	Compiled by Bob Weiner	2 Jane McLelland 5:54.2
19 R Johnson 5:03.1 20 D Fish 5:04.1	5 Robert Culling 5:20.1	8 R Terhune 4:44.7	6 Artie Green 5:16.2 7 R Ross 5:17	and Jerry Wojcik	.3 Judy Gillespie 6:20.3
21 Chris Monroe 5:13.9	6 Ed Stabler 5:28.3 7 Gunnar Linde 5:29.3	9 Dick Cromley 4:45	8 Ned Prize 5:29.0	M30-34 1 Bill McGratch 4:29.5	W45-49
22 Stephen Vegas 5:15.9 23 Bruce Gilkin 5:18.9	7 Gunnar Linde 5:29.3 8 Jim Keat 5:44.4	10 Dennis Packard 4:47.0 11 Jim Ijams 4:51.1	9 Mel Yoder 5:29.4	2 Rick Barbero 4:33.9	1 Lori Schutt 5:49.4
24 L Soukup 5:19.3	9 H Hunziker 5:46.1	12 Russ Patton 4:52.2	10 Phil Surette 5:29.6 11 Cliff Gerenz 5:31.2	3 Ralph Miller 4:37	W55-59
25 A Ahmad 5:52.1	10 B Holmberg 5:56.8 11 Wally McRae 5:56.8	13 John Krajek 4:52.8	12 Larry Dickerson5:55.5	4 Norm Dodson 4:41.2 5 Mike Dilley 4:43.1	1 M McChesney 7:06.7
	11 Wally McRae 5:56.8 12 Phil Isenberg 5:59.4	14 Bob Hancock 4:53.0 15 Marty Brown 4:57.9	13 P Freeman 5:56.7	6 Barry Vudoker 4:53.7	2 Susan Means 7:12.0
M40-44 1 Albin Swenson 4:19.3	13 J Bienfang 5:56.6	16 Don Plunkett 4:59	14 Phil Steel 5:57.7 15 Bill Carey 5:59.0	7 Russ Zornick 4:57.0	W60-64
2 Web Loudat 4:20.0	14 J Wallace 6:24.5 15 W Siderowitz 6:38.0	17 Charles Woods 5:00	16 J Robinson 6:01.8	8 Don Plunkett 4:59.1 9 Joe Martinez 5:03	1 Dawn Russell 8:03.3
3 Frank Shorter 4:21.9	16 J Steinmetz 7:24.7	18 Ed Morris 5:01.9 19 Willie Speight 5:02.0	17 Charlie Hall 6:31	10 Mike Gallagher 5:05.2	W65-69
4 Barry Brown 4:27.0 5 Jarrett Slaven 4:29.6	M60-64	20 T Berry 5:04.4	18 H Williams 7:17.8 19 R Premo 7:28	11 Mike Armstrong 5:18	1 Marie Stafford 8:09.0
6 Jim Ryun 4:29.6	1 Joe King 20.6 5:23.8	21 Don Long 5:06.1 22 Mike Masters 5:06.3	M55-59	M35-39	1000 P. L. V. H. P L.
7 Randy Taylor 4:29.6	2 K Brown 8-17 75:25.3	23 S Okrend 5:07.6	1 Melvin Miller 5:45.4	1 Jim Hiebert 4:36.2	1989 Pole Vault Rankings
B Harry Notan 4:29.8	3 Archie Messenger5:26.9		2 Tin V 5.45 /		Compiled by
8 Harry Nolan 4:29.8 9 Larry Olsen 4:31.7	3 Archie Messenger5:26.9 4 Gordon English 5:47.8	24 Mike Freeman 5:10.2	2 Jim Kent 5:45.6 3 R Kowalski 6:02.1	2 Guy Giles 4:42	Compiled by Jerry Wojcik
9 Larry Olsen 4:31.7 10 Len Sheehan 4:34.4	4 Gordon English 5:47.8 5 Carl Hammen 5:48.2	24 Mike Freeman 5:10.2 25 Dennis Weber 5:14.2 26 Jack Mroz 5:17.9	3 R Kowalski 6:02.1 4 J Bienfang 6:04.6	2 Guy Giles 4:42 3 Ron Merville 4:51 4 Ed Green 4:55	Jerry Wojcik M30-34
9 Larry Olsen 4:31.7 10 Len Sheehan 4:34.4 11 Rick Bayko 4:34.5	4 Gordon English 5:47.8 5 Carl Hammen 5:48.2 6 D Green 5:50.0 7 George Gavras 5:53.3	24 Mike Freeman 5:10.2 25 Dennis Weber 5:14.2 26 Jack Mroz 5:17.9 27 R King 5:40.3	3 R Kowalski 6:02.1 4 J Bienfang 6:04.6 5 Dom Casulli 6:13.1	2 Guy Giles 4:42 3 Ron Merville 4:51 4 Ed Green 4:55 5 Vin Ambrico 4:57	Jerry Wojcik M30-34 1 D Bochmiller 4.90
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	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	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	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	2 Guy Giles 4:42 3 Ron Merville 4:51 4 Ed Green 4:55 5 Vin Ambrico 4:57 6 Rick Brown 5:08.6 7 Joe Estrin 5:11.6	Jerry Wojcik  M30-34 1 D Bochmiller 4.90 Mike Hogan 4.90
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	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	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	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	2 Guy Giles 4:42 3 Ron Merville 4:51 4 Ed Green 4:55 5 Vin Ambrico 4:57 6 Rick Brown 5:08.6 7 Joe Estrin 5:11.6 8 Ernie Wright 5:25	Jerry Wojcik M30-34 1 D Bochmiller 4.90 Mike Hogan 4.90 3 Ken Ellis 4.77 4 Glenn Vanderbek 4.57
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	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	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 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	2 Guy Giles 4:42 3 Ron Merville 4:51 4 Ed Green 4:55 5 Vin Ambrico 4:57 6 Rick Brown 5:08.6 7 Joe Estrin 5:11.6	Jerry Wojcik M30-34 1 D Bocnmiller 4.90 Mike Hogan 4.90 3 Ken Ellis 4.77 4 Glenn Vanderbek 4.57 Jeridan Strong 4.57
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	4 Gordon English 5:47.8 5 Carl Hammen 5:48.2 6 D Green 5:50.0 7 George Gavras 6:15.3 8 Len Begley 6:15.3 9 C Orris 6:29.1 10 Don Grey 7:05.2	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 Durbano 4:36.5	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	2 Guy Giles 4:42 3 Ron Merville 4:51 4 Ed Green 4:55 5 Vin Ambrico 4:57 6 Rick Brown 5:08-6 7 Joe Estrin 5:11-6 8 Ernie Wright 5:25 9 Tom Dowd 5:31.3	Jerry Wojcik M30-34 1 D Bochmiller 4.90 Mike Hogan 4.90 3 Ken Ellis 4.77 4 Gienn Vanderbek 4.57 Jeridan Strong 4.57 5 Mike Mcbinnis 4.53
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4:36.8 13 Richard Weeks 4:39.6 14 Rich Davis 4:46 15 D Harrington 4:46.1 15 D Harrington 4:46.1 16 Ron Ackerman 5:00.8 17 Ron Hayden 5:01 18 Dave Baecker 5:09.1 19 Jim Waldorf 5:18.2 20 Phil McConathy 5:57  M45-49 1 Mike Manley 4:47.4 2 Ron Rohrer 5:12 3 Steve Edmondson 5:15.7 4 John Kojander 5:40.7 5 Phil Bass 5:45 6 Lowell Charlton 5:47  M50-54 1 Mike Cody 5:11.1 2 Ted Wilson 5:17 3 Ken Ogden 5:25.6 4 C Midgett 5:34 5 B MacGillavray 5:40.5 6 John Yarbrough 5:48 7 Charlie Hall 5:49.0 8 Art Bigelow 6:31	Jerry Wojcik  M30-34  1 D Bochmiller 4.90 Mike Hogan 4.90 3 Ken Ellis 4.77 4 Gienn Vanderbek 4.57 Jerldan Strong 4.57 5 Mike Mcbirnis 4.53 / John Winters 4.43 8 James Fountain 4.42 9 Bill Lawson 4.30d 10 Rich Christoph 4.27 Pete McGinnis 4.27 Dean Stump 4.27  M35-39 1 Mike Hogan 4.75 2 C Boyak 4.72 3 Jim Williams 4.57 Steve Hardison 5.7 5 Chas Strode 4.42 Richard Baggett 4.42 Peter McGinnis 4.42 Richard Baggett 4.42 Peter McGinnis 4.27 Dean Stump 4.57 5 Chas Strode 4.27 Ken Robies 4.27 Ed Seese 4.27 Ken Robies 4.27 Jerry Hock 4.27 M40-44 1 Stuart Jones 4.50 2 Tom Rauscher 4.41 3 Mike Mikos 4.40 4 Rex Harvey 4.33 5 Warren Wilke 4.30 6 Charles Rogers 4.27 M Kilpelainen 4.27 8 Steve Morris 4.26 9 Mike Monahan 4.11 10 Greg Miguel 4.10 M45-49 1 Joe Johnston 4.40 2 Bruce Hotaling 4.26 3 Charlie Polhamus4.20 4 Bob Neutzling 4.11 Mike Morris 4.11 6 Mardon Connelly 4.00
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 Hike Manley 4:42.0 16 Nitzian 4:42.1 17 Dave Tresohlavy 4:42.7 18 Joe Coady 4:43.3 19 Terry Habecker 4:43.3 19 Terry Habecker 4:43.3 20 Bob Hall 4:43.5 21 F Davis 4:45.7 22 Lou Lainey 4:46.5 23 Larry Martin 4:46.5 24 Lindsey Bodden 4:49.0 25 C Dean 4:48.6 27 Bob Weiner 4:49.0 27 Bob Weiner 4:49.1 28 P Appell 4:49.0 27 Bob Weiner 4:51.5 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 4:52.6 35 Paul Rose 4:50.2 36 Peter Snell 4:53.6 37 Dave Hutchinson 4:56.8 38 Salih Talib 4:59.2 40 John Weston CAN 5:01.1 41 R Malone 5:02.0 42 Larry O'Keefe 5:03.1 43 Jeff Straussman 5:03.2 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 5:07.5 50 R Graver 5:08.7 51 Bruce Jones 5:08.7 52 C Streich 5:10.7 53 Jan Palmer 5:20.5 54 George Sanders 5:29.5 55 T Glover 5:30.5 56 Mike Owens 5:36.4	4 Gordon English 5:47.8 5 Carl Hammen 5:48.2 6 D Green 5:50.0 7 George Gavras 8:53.3 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  M80-84 1 Byron Fike 8:26.5  W30-34 1 D Tirrito 5:27.6 2 Debi Detwiler 5:51 3 M Steffen 5:55.3 4 Ellen McHugh 5:57.4 5 Lydia McIntosh 6:16 7 Susan Corr 6:17.6 1 W35-39 2 Nancy Gshier 5:33.1 3 Patricia Delia 5:34.1 4 J Swanberg 5:47.3 5 B Brodhagen 6:01.9 7 L McCarthy 6:11 8 Linda Oja 9:51.7 9 B Calder 7:02.6  W40-44 1 Linda Finley 5:20.2 2 Mary Leivers 5:28.3 3 Kathy Brown 5:29.6	24 Mike Freeman 5:10.2 25 Dennis Weber 5:14.2 26 Jack Mroz 5:17.7 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 Durbano 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 Richards5:00.1 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 16 Mike Tometich 5:27.7 17 Brian Anderson 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 9 Ron Frid 4:31.2 10 Jim Ryun 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 20 Bob Weiner 4:56.2 21 Ron Niblett 4:57.6 22 Ben Brockwell 4:58.5 23 Tim Shay 4:59.7	3 R Kowalski 6:02.1 4 J Bienfang 6:04.6 5 Dom Casulli 6:13.1 6 Tony Fabi 7:02.3 8 E Meadows 7:02.3 8 E Meadows 7:17.5 9 David Sterling 7:49  M60-64 1 Dick Bloom 6:09.9 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4:36.8 13 Richard Weeks 4:39.6 14 Rich Davis 4:46.1 16 Ron Ackerman 5:00.8 17 Ron Hayden 5:01 18 Dave Baecker 5:09.1 19 Jim Waldorf 5:18.2 20 Phil McConathy 5:57  M45-49 1 Mike Manley 4:47.4 2 Ron Rohrer 5:12 3 Steve Edmondson 5:15.7 4 John Kojander 5:40.7 5 Phil Bass 5:45 6 Lowell Charlton 5:47 M50-54 1 Mike Cody 5:11.1 2 Ted Wilson 5:17 3 Ken Ogden 5:25.6 4 C Midgett 5:34 5 B MacGillavray 5:40.5 6 John Yarbrough 5:48 7 Charlie Hall 5:49.0 8 Art Bigelow 6:31	Jerry Wojcik  M30-34 1 D Bochmiller 4.90 Mike Hogan 4.90 3 Ken Ellis 4.77 4 Gienn Vanderbek 4.57 Jeridan Strong 4.57 5 Mike Mcbinnis 4.53 7 John Winters 4.43 8 James Fountain 4.42 9 Bill Lawson 4.30d 10 Rich Christoph 4.27 Pete McGinnis 4.27 Dean Stump 4.27 Pete McGinnis 4.57 5 Chas Strode 4.72 3 Jim Williams 4.57 5 Chas Strode 4.42 Richard Baggett 4.42 Peter McGinnis 4.27 Ed Seese 4.27 Ken Robles 4.27 Ed Seese 4.27 Ken Robles 4.27 derry Mock 4.27 M40-44 1 Stuart Jones 4.50 2 Tom Rauscher 4.41 3 Mike Mikos 4.40 4 Rex Harvey 4.33 5 Warren Wilke 4.30 6 Charles Rogers 4.27 M Kilpelainen 4.27 M Kilpelainen 4.27 M Steve Morris 4.26 9 Mike Monahan 4.11 0 Greg Miguel 4.10 M45-49 1 Joe Johnston 4.40 2 Bruce Hotaling 4.26 3 Charlie Folhamus4.20 4 Bob Neutzling 4.11 Mike Morris 4.11

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4 Vern Porter

5 Ray Crothers 6 Harold Hatch 7 S McLendon 8 Ed Kousky

5 Sue Compton 6 S Gardinier 7 Robin Villa

8 Yvonne Lee

9 Andrea Hatch

5:39.1 26 G Reiter 5:41.6 27 Jim Irwin 5:42.0 28 Larry Freid 5:43.4 29 Jim Waldorf 5:50.0 30 Greg Hartman 6:12.2 31 Pete Corsino

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M50-54	1 STAN WHITLEY 7.06	1 BILL MORALES 4.35	1 BARBARA REESE 3.36	1 Dave Ricks 6491	18 D Annin 43.94 19 F Rock 43.58
1 Gerald Counihan 4.00d 2 Gary Miller 3.96d	2 JOSHUA OWUSU 6.86	2 FRANCISCO COLON 4.32	2 JOSEPHINE SULLIVAN 3.35	2 Dave Beshears 6174 3 Richard Cleary 6159	20 S Kemp 42.70
3 Ed Oleata 3.81	3 KEITH BEARTUSK 6.57	3 WADE ALEXANDER 4.13	3 SHIRLEY KINSEY 3.20	4 Mike Davis 5550	
Tom Woodring 3.81 5 Paul Richard 3.80	4 WILLIAM MCCLELLON 6.48	4 SPARKS SORLIEN 4.04	4 L. MCDANIELS 3.35	M40-44	M40-44 1 T Halmi 68.84
Dale Lance 3.80	5 CARL FLOWERS 6.42	5 LEWIS HAYDEN 4.03	5 JOAN UDELL 3.13	1 Rex Harvey 7724 2 Wm Schooler 5631	2 D Reiss 62.14
7 Tom Blodgett 3.66 8 Ron Flemming 3.50	6 JOHN HARTFIELD 6.30	6 HERBERT MILLER 3.91	W65-69	3 Jim Rose 5477	3 E Morland 59.28 4 W Buffaloe 59.08
9 Don Worrall 3.40d	7 REX HARVEY 6.26D	7 LEONARD RINGLE 3.78	1 FERN KRAMER 3.00	4 Bill Forsyth 5261 5 Bill DeHorn 5170	5 R Buhl 56.14
10 Dick Hotchkiss 3.35	GERALD WOOLFOLK 6.26 9 JERRY BOSWELL 6.23	8 CARL DATES 3.76	2 L.H. HAEFELE 2.89	Leading the matter of the last	6 R White 55.28 7 - Vlaardingerbroek54.86
M55-59 1 Phil Mulkey 3.80d	10 WILLIAM CORSEY 6.19	9 DONALD HULL 3.73D 10 BOB LITTLEJOHN 3.72D	3 FRAN RUTLEDGE 2.87 4 ANN MCGOWAN 2.63	M45-49 1 Steve Rogers 6784	8 R Sander 54.52
2 Jerry Donley 3.66	11 KEN BRINKER 6.14	CLARENCE TRAHAN 3.72	5 LIBBY HAGEMANN 2.58	2 Henry Hopkins 6673	9 S Jarvis 54.38- 10 D Stevick 53.04
3 Hector Cisneros 3.30d 4 Tom Hinkes 3.20	12 ANGEL CACHINERO 6.12		3 EIBBY HAGE IANK	3 Bill Busby 6244 4 Allen Phillips 6175	11 J Stefanile 53.04
5 Doug McFetters 3.00d	13 EDWARD JONES 6.11	M75-79	W70-74	5 Dave Ayers 5383	F Champi 53.04
6 John Gilmore 2.90d 7 Allen Morris 2.74	14 JOE POWDRELL 6.04	1 JOHN SATTI 3.89	1 MARY BOWERMASTER 3.15	M50-54	13 R Englestad 52.94 14 G Reynolds 52.02
7 Allen Morris 2.74 Jim Rothrock 2.74	15 RICK LAPP 5.92	2 GIL GONZALES 3.86	2 MOLLY MACKOWN 2.55	1 Gary Miller 8058 2 Tom Blodgett 7313	15 R Schell 51.85
Dave Douglass 2.74	16 DOUGLAS TANABE 5.90	3 CLAUDE HILLS 3.80D	3 FLORIDA STATON 2.50 4 ETHEL WAYLAND 2.29	3 Ed Oleata 7297	16 G Weaver 51.17p 17 R Harvey 50.94d
Walter Diggs 2.74	17 DAN WATTS 5.89 18 SAM ALLEN 5.82	4 MILO LIGHTFOOT 3.63P	5 CARMELA HARRIS 1.78	4 Dale Lance 7160 5 berald Counihan 6900	18 M McGruder 49.71
M60-64 1 Bob Richards 3.20	19 GORDON REITER 5.78P	5 JOE CARUSO 3.51 6 CAROL JOHNSON 3.50	Park Fig. 19	The state of the s	J McFayden 49.71 20 P Yates 49.08
2 Don Grosh 2.97 3 Rich Nordquist 2.90d	20 THOMAS TAFT 5.77P	7 JOHN MAYS 3.49	<u>W75-79</u> 1 MARIE UEBEL 2.10	M55-59 1 Phil Mulkey 7806	ALSE DE LA PREMIUM
3 Rich Nordquist 2.90d 4 Al Brenda 2.80d	Talk agency (2 to an allowing )	8 LESLIE THOMAS 3.35	2 MARGARET JACKSON 1.99	2 Leon Trout 7198	M45-49 1 J Dyes 56.94
Denver Smith 2.80 Hal Wallace 2.80	M45-49	9 EMMETT BENNETT 3.20	3 VIVIAN NELSON 1.95	3 Doug McFetters 6826 4 John Gilmore 6613	2 L Higgins 56.72
Hal Wallace 2.80	1 DARRELL HORN 6.16 2 GARY OLIPHANT 6.08	10 WILL BIGELOW 3.15	They was the sea - built I de	5 John Hepner 6507	3 R White 56.56 4 P Mayne 56.52
1 Boo Morcom 3.48	2 GARY OLIPHANT 6.08 3 HANS GORDON 5.88		W80-84	6 James Rothrock 6053	5 G Raddaway 54.88
2 Dave Brown 2.90 3 Jim Johnson 2.89	4 L. BOND 5.80	M80-84 1 DAVE MARCUS 4.04	1 FLORA MENDOZA 1.58	M60-64 1 Buck Bradberry 7071	6 G Reynolds 52.76 7 D Kelsey 52.13
4 Ralph Biesemeyer2.74	5 FRANK STRAUNA 5.69	2 WIN MCFADDEN 3.09	2 ROSE MONDA 1.56	2 Denver Smith 6762	8 J Burns 51.72
5 Richard Bennett 2.70 6 ArmandoRicciardi2.60	6 CARLTON COLLINS 5.66	3 BYRON FIKE 2.69	3 PANSY LOVE 1.47	3 Dick Nordquist 6484 4 Al Brenda 6145	9 A Moshos 50.28 10 L Zastoupil 49.62
M70-74	7 JAMES CAWLEY 5.65	4 BENJAMIN FOX 2.61	1989 Pontothian Parking	M65-69	11 T Thatcher 48.76
1 Jim Vernon 3.05	8 KENNETH MEDLEY 5.63	5 EVERETT HOSACK 2.17	1989 Pentathlon Rankings Compiled by	1 800 Morcom * 7065	12 R Miller 48.67
2 Ham Morningstar 2.30	9 HENRY HOPKINS 5.62D		Jerry Wojcik	2 A U Ricciardi 4984 3 Leonard Wray 4519	13 D Neufield 48.04 14 A Phillips 48.00d
3 Elmer Siegel 2.29 4 Orval Gillette 2.00	BILL SMITH 5.62	M85-89	1 Jim Bachelor 3478	4 Jon Hutchinson 3093	15 M McGruder 47.62
Stan Pelland 2.00 6 Don Hull 1.60.	11 RON PINARD 5.56 12 DENNIS STEMPEL 5.55D	1 BUELL CRANE 1.99	2 Gene Cacciatore 3010	M70-74	16 W Busby 47.54d 17 B Marshall 45.47
6 Don Hull 1.60.	13 JOHN LAWSON 5.54	2 ARLING PITCHER 1.93D 3 HERB ANDERSON 1.89	3 Andy Miller 2976 4 Jeff Bilderbeck 2886	1 Ham Morningstar 6078	18 L Johnston 44.92
M75-79 1 Carol Johnston 2.74	14 DON DVORAK 5.52	3 HERB ANDERSON 1.09	This are to take the same of the	2 Don Hull 5460	19 S Rogers 44.88d 20 M Woodward 44.68
1 Carol Johnston 2.74 2 Claude Hills 2.00d	15 KIRT VENER 5.45	W30-34	M35-39 1 Michael Hill 3664	M75-79	· 公司中华的公司 · · · · · · · · · · · · · · · · · · ·
Milo Lightfoot 2.00d		1 ANTOINETTE OLIVER 5.54	2 Jeff Hines 3095	1 Gil Gonzalez 6513 2 Claude Hills 6424	M50-54 1 L Stuart 62.12
4 Stan Thompson 1.98 Gil Gonzalez 1.98	M50-54 1 EMIL PAWLIK 6.60	2 SANDE LAMBERT 5.09	3 David Beshears 2803 4 Scott Thornsley 2754	3 Milo Light+oot 6157	2 B Duckworth 53.68
6 Robert Boal 1.83	1 EMIL PAWLIK 6.60 2 GARY MILLER 6.15P	3 LYNN JANCKOWSKI 4.68	5 Rich Watson 2484	4 Bob Boal 4867	3 P Conley 50.46 4 P Scudieri 48.70
Jack Angelman 1.83 John Mays 1.83	3 ALVIN HENRY 5.97	4 YVETTE POWELL 4.65	6 David Hoover 2469	M85-89	5 R Darling 48.10
M80-84	4 PAUL WILLIAMS 5.76	5 SUE ZIEGLER / 4.39	M40-44	1 Ariing Fitcher 3544	6 G Miller 45.78d 7 T Blodgett 45.70p
1 Bob Macconnaghy 1.20	5 JEROME WILLS 5.75	6 MARBY GANSLE 4.35 7 BECKY DELASS 4.18	1 Frank Reilly 3675 2 Gordon Reiter 3403	1989 Heptathlon Rankings	8 D Rose 44.00
M85-89	6 DALE LANCE 5.73D	8 KATHY KATHMAN 4.14	3 James Hollister 3339	29 Compiled by 801	9 K Mayer 506 43.56 10 F Pamenter 41.80
1 Arling Pitcher 1.62a	7 ROGER TSUDA 5.65	9 SHARON MURRAY 4.13	4 Bill Forsyth 3108 5 Bill Weinstock 2978	Jerry Wojcik	11 K Nieland 9199 41.48
W40-44	8 GERALD COUNIHAN 5.48D 9 SAMMY WHITE 5.46	L. NELDA 4.13	o Jerry Whitten 2874	1 Phil Raschker 5498	K Rohnke 41.48
1 Phil Raschker 2.46	10 RICK SCHMIDT 5.44		M45-49	w45-49	13 F Illuzi 40.21 14 S Rumford 39.78
W45-49	11 DEE DEWITT 5.42	W35-39	1 C McCormick Jr 3327	1 Barbara Stewart 2300	15 A Sundin 39.58
1 Barbara Stewart 1.60	12 JOHN KELLY 5.41	1 CATHY OERTER 5.17 2 IRENE THOMPSON 4.97	2 Nat Carter 3119 3 David Ayers 5083	W50-54	16 N Cyprus 39.24 17 D Lance 38.91d
W50-54	PETER STOPOULOS 5.41	3 MARIA BERETSY 4.21	4 Arnie Walker 3051	1 Christel Miller 4701	18 R Aragon 38.54
1 Rachel Lyga 1.90	14 TONY DEATHERAGA 5.40	4. DONNA BORGES 4.04	M50-54	W55-59	19 G Counihan 38.41 20 H Smith 38.26
1989 Long Jump Rankings	15 THOMAS BLODGETT 5.16D	5 PRIS FLESCH-BIRTIC 3.68	1 Gary Miller 4029	1 Sharon Sahonchik3870	CONTROL TO PERSON AND ADDRESS OF THE PERSON ADDRESS OF THE PERSON AND ADDRESS OF THE PERSON AND ADDRESS OF THE PERSON ADDRESS
Compiled by	M55-59	6 CLARA SILVER 3.59	2 Tom Blodgett 3363 3 Ed Oleata 3326	W60-64	M55-59
Barbara Stewart	1 DAVE JACKSON 5.60	7 PAT BROWN 3.52	4 Pete Stopoulos 3151	1 Shirley Kinsey 2958	1 R Youngs 46.52
M30-34	2 PHIL MULKEY 5.54	8 TERRY OZELL 3.06	5 Haig Bohigian 2834 6 Jack James 2800	1989 Javelin Rankings	2 J Shields 45.84 3 J Rothrock 45.44
1 BILLY WILLIAMS 7.02 2 JERRY MCCORKLE 6.97	3 HARVEY SCHELLENBERG 5.44	9 FRANCINE KAYE 2.58	A. O. Homes, service	Compiled by Tami Graf	4 E Martin 43.03
3 DEREK SHELTON 6.73	4 DOUG MCFETTERS 5.37D 5 LEON TROUT 5.19D	10 WHIT PERRIN 2.04	M55-59	M30-34	5 E Ventura 41.02 6 R Feick 40.30
4 G. CANFIELD 6.65	6 HARRY BROWN 5.16	W40-44	1 Ed Martin 3312 2 Franklin Brown 3276	1 C Youngren 68.40 2 T Silva 64.38	7 J Pakiz 40.12
5 KELLY ELLIS 6.58	7 RALPH DAEHLER 5.10	1 PHIL RASCHKER 5.51	3 James Rothrock 3263	3 G England 61.44p	8 D Norton 40.04 9 W Palmer 39.68
6 VINCE MARTIN 6.51	8 DARROLD SKART VEDT 4.99D	2 BETHE MCBRIDE 5.07	4 Woody Grover 3014	4 C Holbert 58.00 5 B Poole 55.78	10 P Mulkey 38.68d
7 MIKE LARIZA 6.49	9 JERRY LYONS 4.94	3 SKIPPER CLARK 4.95	M60-64	6 B Saul 55.12	11 D Rietz 38.50 12 L Olson 38.44
8 BRUCE SINKBEIL 6.45 9 JOE LAFFERTY 6.41	RICH RICHARDSON 4.94	4 MARY LOU PLATIS 4.53	1 Gordon Seifert 3370	7 M Bailey 54.33 8 K Kishbaugh 51.92	13 C Bolton 37.84
BILL LAWSON 6.41D	M60-64	5 JOSEPHINE CROSS 4.15	2 Fred Hirsimaki 3232 3 Bob Sieben 3165	9 J Batey 51.28	14 J Park 37.67 15 A Sundin 37.52
11 PETE POLSON 6.35	1 BUCK BRADBERRY 5.14D 2 EDMUND SCHULER 4.91	6 BOBBIE STEINMETZ 3.84	4 Jock Jocoy 3088	10 J Bachelor 51.20p	16 L Trout 36.86d 17 L Marsh 36.41
12 JEFF BILDERBECK 6.33D	3 JON TOBEY 4.89	W45-49	M65-69	12 R Scott 50.20	18 J Hepner 36.24d
GERALD WOOLFOLK 6.33	4 BOB ACKERMAN 4.86	1 JAN MCCLURG 4.30	1 Bill Carter 3277	13 D Concilio 49.74 14 A Miller 49.62p	19 D Skartvedt 35.48d 20 F Brown 35.25d
14 MIKE MCLEOD 6.28	BILL HONAKER 4.86	2 BARBARA STEWART 3.92	2 Boo Morcom - 3220	15 M Sayers 49.41	
15 LAMONT WILSON 6.22	6 DENVER SMITH 4.84D	3 AASE BESSON 3.83	3 Frank Bowles 3183	16 J Bilderbeck 49.18p 17 G Cacciatore 49.10p	M60-64 1 D Pickarts 53.94
M35-39 1 RANDY KRAUSE 6.86	7 MEL LARSON 4.79	4 KAY STEFFENS 3.64	M70-74 1 Don Hull 1976	18 K Ellis 48.27d	2 R Cooper 45.03p
1 RANDY KRAUSE 6.86 2 COLIN WILLIAMS 6.52	8 BILL TOWNSEND 4.74	5 ANN CARTER 3.40	3,015 00 00 01 1381	19 B Lawson 48.26d S Bull 48.26	3 P Brusca 40.78 4 B Ackerman 40.21
3 LARRY VOLLMER 6.51	9 BOB ROEMER 4.71 10 DICK EDMONDS 4.61	W50-54	M75-79 Marie 3	M35-39	5 R Bergenbeck 40.16
4 DARNEY GRIPPER 6.41		W50-54 1 CHRISTEL MILLER 3.90	2 Emmett Bennett 3125	1 J Greenberg 68.25	6 B Richards 39.06p 7 H Wallace 37.67
5 JOHN KUECHLE 6.33	M65-69	2 BECKY SISLEY 3.77	Bob Boal 2195	2 F Carpenter 67.70 3 B Sing 65.64	8 J Barrileaux 37.62
6 ROGER TRUJILLO 6.32	1 MELVIN LARSEN 5.04	3 RACHEL LYGA 3.74	M85-89 1 Herb Anderson 2122	4 B Conroy 58.17	9 H Williams 36.94
7 RICHARD CLARY 6.31	2 ED LUKENS 4.79	4 NEOME GARCIA 3.61	A STATE OF STATE OF STATE	5 B McMullin 54.60 6 B Wilson 54.10	10 R Straub 36,20 11 H Hawke 36.00
8 PETER HOAGLAND 6.27	3 PAUL SAUNDERS 4.76 4 BOO MORCOM 4.67	5 DORTHA SWANSON 3.26	1000 D	7 A Rodd 51.48	12 B Roemer 35.58
9 STEVEN KEMP 6.17 10 STEPHEN HEILMAN 6.09	JIM PLATIS 4.67	W55-59	1989 Decathlon Rankings Compiled by	8 N Robinson 51.41 9 R Watson 49.82	13 D Smith 35.44d
11 ROBERT DORAN 6.08	6 CHARLES OBYE 4.59	1 MAGDALENA KUEHNE 3.85	Jerry Wojcik	10 D Morrison 48.57	15 J Lake 34.20
12 SCOTT THORNSLEY 6.06	7 VERN MATTSON 4.56	2 BECKY VOSBURGH 3.49	M30-34	11 C Busby 47.73 12 E Brown 47.32	16 - Tavolacci 33.60
13 AL CESTERO 6.00	8 OSCAR HARRIS 4.48	3 MARJ ORIE MOORE 3.47	1 Ken Ellis 7074	13 K Effler 47.18p	18 T Viveiros 32.90
14 PERRY JENKINS 5.99	9 JIM JOHNSON 4.42	4 JOAN DUGAN 3.07	2 Bill Lawson 6736 3 Rodney Atherton 5831	14 M Dupuis 46.08	19 R Packard 32.39
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4 T Lombardi	38.76 37.18	5 A Hicks 22.38 6 S Kinsey 21.56	6 Lew Thorne 15.01 7 Dee Dewitt 15.06	/ Greg Brock 33:22.9	2 Pat Larson 44:10.9 3 Betty Dameron 44:18.4	7 R. Thomas 2:03.6 8 Richard Levy 2:05.0
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14 A Bryant 15 D Reid	31.02 30.85p	5 M J Miller 20.12 6 P Osmon 17.16	2 Lawrence Pratt 15.36 3 Phil Mulley 15.5	1 Don Coffm 2 Mike Heff	2 Sally Strazdins 46:22.9 3 Billie Stacey 46:50	19 Jerry Hackett 2:09.2 20 Sam Huckel 2:09.7
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2 M White	38.48	3 A Toya 18.06 4 H Boyd 16.30	12 Hector Cisneros18.18d 13 Marvin Sanchez 18.6	M50-54 1 Josef Fodor 33:48.5	4 Betty Benkert 55:04	8 Mel Elliott 2:08.2 9 H. Adamson 2:09.5
3 J Siefert 4 G Nordgren	37.64 35.46	5 R Talley 15.38	14 Alan Maxwell 18.9 15 Loren Swanson 19.17	2 Dan Conway 54:00.3 3 Bill Mitchell 56:46.6	5 Annete Benedict 55:21 6 Elizabeth Baker 65:46.8	10 Lawrence Harvey 2:11.1
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4 E Salisbury 5 E Hossack	14.20	SECTION OF THE CASE OF THE CASE	5 Frank Finger 15.29 4 Bill Carmen 16.6	7 Jack bentry 38:29 8 8:11 Fortune 39:00.9 9 Dick Benson 39:22.4	1989 800m Rankings	17 Irwin Bernstein 2:27.1 18 Edwin Gookin 2:27.9
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7 D Eckhardt 8 D Sayers	20.22 19.65	7 Koosevelt Wells14.9 Lean Devero 14.9	5 Becky DeLass 20.6	M70-74 1 A C Daman 43:48	12 Dave Poteet 1:58.0 13 Jon Cook 1:58.0	12 Louis Beadle 2:28.5 13 Gunnar Linde 2:3:.0
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## NATIONAL

			SA Nationantathlon Cl Los Ar Mar	hampions ngeles			San San Ja
this of the state	40	(COM )	H Long June	p Shot	High Jump	1000M	Total
1. Ed Baskauskus	(30	631	582	9.54/10.16 495	585	320.7/3:12,7 545	2838
2. John Kilroy	(38	461	445	403	1.50/1.59 457	2:53.9/2:46.9 798	2564
3. Andy Hecker	(35	461	10. 5.37/5.75 533	6.67/7.11	1.55/1.65 504	3:16.0/3:082 586	2398
				2-4-181			
1. Rex Harvey	(43	8 .8/8.3 851	6.08/6.88 785	12.02/13.5 699	52 1.65/1.84 661	3:13.6/3:00.2 662	3658
2. Frank Reilly	(41				48 1.40/1.56 434	3:00.0/2:48.6 782	
3. Rufus Morris	(44	9.0/8.	6.38/7.22 866	9.83/11.05 549		428.3/4:09.7 148	
4. Bill Schooler	(41)	11.1/10 410	5 5.28/5.97 580	10.13/11.3 569	39 1.60/1.78 610	3:04.4/2:51.7 748	
5. Jorge Birnbaum	(42)	11.0/10 427	4.92/5.56	8.50/9.56 459	1.60/1.78	3:23.2/3:09.1 578	2568
6. Bill Weinstock	(43	154	.4 5.17/5.86 554	8.82/9.92 481	1.40/1.56	3:27.0/3:12.7 545	2168
7. Leroy Clipps	(42)	11.1/10		9.24/10.39		DNS	0
1. Hugh Adams	(50)	8.97.8	5.64/7.71	THE CO.	8 1.55/1.91	3:32.5/3:04.7	Land Chi
A STREET WY		972	864	599	723	619	3777
1. V.P. II	10°						
1. Doug McFetters	57)	9.4/7.7	4.90/6.74 753	9.37/11.43 572	705	3:49.7/3:11.4 557	3584
2. Phil Mulkey	(57)	9.7/8.0	4.84/6.65 732	11.70/14.27 745		4:10.5/328.7	3515
3. Wood Grover	(55)	11.0/9.0	4.66/6.41 677	9.31/11.35	1.40/1.82	3:56.6/3:17.1 507	. 3089 suou
4. Dave Douglass	(58)	11.1/9.1		9.19/11.21	1.35/1.76 593	3:52.8/3:14.0 534	287
5. Ed Martin	(58)	11.6/9.5 591	4.66/6.41	9.22/11.24	1.20/1.56	3505/312.1 551	2813 911 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1
200 1 Carlot	71314 S			terminate		31	2013
1. Al Brenda	(61)	4.61/6.80	9.19/11.34	1.25/1.72	3:46.5/2:59.7	14.30 Ba	42
2. Jock Jocoy	(64)	781 12.9/10.2	767 4.51/6.65	566 8.69/10.73	560 1,20/1,65	667 3:47.5/3:00.5	3341
3. Ted Ensslin	(62)	461 11.0/8.7	732 4.20/6.19	530 8.72/10.76	504 1,20/1,65	658 4:30.5/3:34.6	2885
The second second		759	628	531	504	366	2788
			1 1 7				Selection Hel-
1. Boo Moorcom	(68)	11.1/8.2 874	4.88/7.74 995	9.33/12.68 648	1.39/2.03 831	3575/258.7 677	4025
2. Charles McFate	(68)	12.7/9.4 611	2.96/4.70 326	7.60/10.23 595	1.25/1.83 653	4:48/3:36.7 350	2445
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1. Ham Morningstar	(73)	12.5/8.9	3.67/6.28 688	10.89/14.91	1.35/2.10		9200
2. Armando Ricciardi	(70)	11.7/8.3	3.80/6.50	9.66/13.23	1.20/1.86	356 DNF	3399 2908
The state of the s		The second second	697		679		
John Damski     Stan Thompson	(75)	12.7/8.4 827	3.44/6.36 666	8.27/12.81 656	1.20/1.98 785	DNF 0	2934
2. Stan Thompson	(79)	DSQ/	2.47/4.55 301	5.51/8.54 398	1.0/1.65 504	7:41/5:07.5	1203
	N. A.	Barrier of Black	1 a7ses		Stated to -		The State of
to the second by							State of Superior
	11 300		- W				
40-44	Age	60M H	High Jump	Shot	Long Jump	800M .	
1. Phil Raschker	(43)	10294	5 10/1 69	8 63/7 70	1.47# 00	0.40	t and accept
7 20 M	(1)=19	781	830	381	550	2:48.2/2:35.0 632	3174
55-59	(55)						er Kransila nebal nazari
1. Christel Miller	(55)	11.6/10.3	1.28/1.76		3.89/5.46	323.5/2:45.8	tions and it
60-64		614	928	639			3388
				A47 7.004			
1. Shirtey Kinsey	(60)	14.1/10.3		629	3.26/4.92		2570
Key: actual m	ark/a	ge-fact		ev dis		The state of	
The Lates America		nts	area of setting	To the second	1	acting the state	

## **EAST MAC Masters Championships** Manhattan College, Bronx, NYC January 27

	y 27
55m M30 F Feaster	6.9
P Conzentino	7.0 7.1
M35 L Miller M40 W Overby	8.3
C Schultz P Caldon	7.1
M50 R Weaver R Smith	7.2 7.5
J Darrell	8.2
M60 T Brooks D Brown	8.0 8.3
W40 L Tucker J Pinto	7.8 8.1
W45 M Mitchell	8.0
200m M30 Cholliah	1 11 F 1 4 4 1
F Feaster	26.1 28.7
F Feaster M35 D Hodge L Miller	25.3 31.2
M40 W Overby P Caldon	25 1
M Augeri	27.9
M45 R Trigo (Gue L Wright (Gue	st) 25.6 st) 26.2
G Ballard	27.2
D Connolly	28.0
G Ballard R Aranda D Connolly M50 E Small R Rizzo R Smith	25.5
R Smith M55 C Pauling	28.4
D Lewis J Darrell	28 8
M60 D Brown	32.4
W Siderwotitz	33.7
W40 J Pinto W45 M Mitchell	29.7
400m M30 F Feaster	55.7
M40 M Heidelberg	58.0 55.6
Mahmed M45 R Trigo	56.5 56.9
I Weight	50 0
MSO E Small	56.3
Conner	59.9
D Lewis J Darrell	
Darroll	MINISTER A VICTOR
M60 D Brown	67.4
M60 D Brown W Siderowitz	67.4 72.2 74.8
M60 D Brown W Siderowitz W35 L Draper D Hawkins	72.2 74.8 78.2 83.3
M60 D Brown W Siderowitz W35 L Draper D Hawkins	72.2 74.8 78.2 83.3
M60 D Brown W Siderowitz W35 L Draper D Hawkins	72.2 74.8 78.2 83.3
M60 D Brown W Siderowitz W35 L Draper D Hawkins 800m M30 I Droal N Mitchell R Palchinski	72.2 74.8 78.2 83.3 2:04.4 2:05.1 2:12.9
M60 D Brown W Siderowitz W35 L Draper D Hawkins 800m M30 I Droal N Mitchell R Palchinski	72.2 74.8 78.2 83.3 2:04.4 2:05.1 2:12.9
M60 D Brown W Siderowitz W35 L Draper D Hawkins 800m M30 I Droal N Mitchell R Palchinski	72.2 74.8 78.2 83.3 2:04.4 2:05.1 2:12.9
M60 D Brown W Siderowitz W35 L Draper D Hawkins 800m M30 I Droal N Mitchell R Palchinski M35 D Green J Martinez R Pajaro M40 V Pierre S Talib	67.4 72.2 74.8 78.2 83.3 2:04.4 2:05.1 2:12.9 2:00.3 2:12.0 2:22.9 2:07.6 2:09.0
M60 D Brown W Siderowitz W35 L Draper D Hawkins 800m M30 I Droal N Mitchell R Palchinski M35 D Green J Martinez R Pajaro M40 V Pierre S Talib	67.4 72.2 74.8 78.2 83.3 2:04.4 2:05.1 2:12.9 2:00.3 2:12.0 2:22.9 2:07.6 2:09.0
M60 D Brown W Siderowitz W35 L Draper D Hawkins 800m M30 I Droal N Mitchell R Palchinski M35 D Green J Martinez R Pajaro M40 V Pierre S Talib M Wilson C Robinson M45 B Colton M50 S Howard	72.2 74.8 78.2 83.3 2:04.4 2:05.1 2:12.9 2:00.3 2:12.0 2:22.9 2:07.6 2:09.0 2:10.2 2:13.8 2:14.2 2:13.9
M60 D Brown W Siderowitz W35 L Draper D Hawkins 800m M30 I Droal N Mitchell R Palchinski M35 D Green J Martinez R Pajaro M40 V Pierre S Talib M Wilson C Robinson M45 B Colton M50 S Howard	72.2 74.8 78.2 83.3 2:04.4 2:05.1 2:12.9 2:00.3 2:12.0 2:22.9 2:07.6 2:09.0 2:10.2 2:13.8 2:14.2 2:13.9
M60 D Brown W Siderowitz W35 L Draper D Hawkins 800m M30 I Droal N Mitchell R Palchinski M35 D Green J Martinez R Pajaro M40 V Pierre S Talib M Wilson C Robinson M50 S Howard J Conner G Garbine M55 C Pauling	77.4 72.2 74.8 78.2 83.3 2:04.4 2:05.1 2:12.9 2:00.3 2:12.0 2:22.9 2:07.6 2:09.0 2:10.2 2:13.8 2:14.2 2:13.9 2:15.1 2:25.2 2:25.2
M60 D Brown W Siderowitz W35 L Draper D Hawkins 800m M30 I Droal N Mitchell R Palchinski M35 D Green J Martinez R Pajaro M40 V Pierre S Talib M Wilson C Robinson M50 S Howard J Conner G Garbine M55 C Pauling	77.4 72.2 74.8 78.2 83.3 2:04.4 2:05.1 2:12.9 2:00.3 2:12.0 2:22.9 2:07.6 2:09.0 2:10.2 2:13.8 2:14.2 2:13.9 2:15.1 2:25.2 2:25.2
M60 D Brown W Siderowitz W35 L Draper D Hawkins 800m M30 I Droal N Mitchell R Palchinski M35 D Green J Martinez R Pajaro M40 V Pierre S Talib M Wilson C Robinson C Robinson M50 S Howard J Conner G Garbine M55 C Pauling D Lewis I Bernstein W40 S Kimche	77.4 72.2 74.8 78.2 83.3 2:04.4 2:05.1 2:12.9 2:00.3 2:12.0 2:22.9 2:07.6 2:09.0 2:10.2 2:13.8 2:14.2 2:13.9 2:15.1 2:25.2 2:25.2 2:27.3 2:30.7 2:38.2
M60 D Brown W Siderowitz W35 L Draper D Hawkins 800m M30 I Droal N Mitchell R Palchinski M35 D Green J Martinez R Pajaro M40 V Pierre S Talib M Wilson C Robinson M45 B Colton M50 S Howard J Conner G Garbine M55 C Pauling D Lewis I Bernstein W40 S Kimche 1500m M35 D Green M Blake	77.4 72.2 74.8 78.2 83.3 2:04.4 2:05.1 2:12.9 2:00.3 2:12.0 2:22.9 2:07.6 2:09.0 2:10.2 2:13.8 2:14.2 2:13.9 2:15.1 2:25.2 2:27.3 2:30.7 2:38.2
M60 D Brown W Siderowitz W35 L Draper D Hawkins 800m M30 I Droal N Mitchell R Palchinski M35 D Green J Martinez R Pajaro M40 V Pierre S Talib M Wilson C Robinson M50 S Howard J Conner G Garbine M50 C Pauling D Lewis I Bernstein W40 S Kimche 1500m M35 D Green M Blake	77.4 72.2 74.8 78.2 83.3 2:04.4 2:05.1 2:12.9 2:00.3 2:12.0 2:22.9 2:07.6 2:09.0 2:10.2 2:13.8 2:14.2 2:13.9 2:15.1 2:25.2 2:27.3 2:30.7 2:38.2
M60 D Brown W Siderowitz W35 L Draper D Hawkins 800m M30 I Droal N Mitchell R Palchinski M35 D Green J Martinez R Pajaro M40 V Pierre S Talib M Wilson C Robinson M50 S Howard J Conner G Garbine M50 C Pauling D Lewis I Bernstein W40 S Kimche 1500m M35 D Green M Blake	77.4 72.2 74.8 78.2 83.3 2:04.4 2:05.1 2:12.9 2:00.3 2:12.0 2:22.9 2:07.6 2:09.0 2:10.2 2:13.8 2:14.2 2:13.9 2:15.1 2:25.2 2:27.3 2:30.7 2:38.2
M60 D Brown W Siderowitz W35 L Draper D Hawkins 800m M30 I Droal N Mitchell R Palchinski M35 D Green J Martinez R Pajaro M40 V Pierre S Talib M Wilson C Robinson M50 S Howard J Conner G Garbine M50 C Pauling D Lewis I Bernstein W40 S Kimche 1500m M35 D Green M Blake A Roney M40 P Vittori M Wilson	77.4 72.2 74.8 78.2 83.3 2:04.4 2:05.1 2:12.9 2:00.3 2:12.0 2:22.9 2:07.6 2:09.0 2:10.2 2:13.8 2:14.2 2:13.9 2:15.1 2:25.2 2:25.2 2:27.3 2:30.7 2:38.2
M60 D Brown W Siderowitz W35 L Draper D Hawkins 800m M30 I Droal N Mitchell R Palchinski M35 D Green J Martinez R Pajaro M40 V Pierre S Talib M Wilson C Robinson M50 S Howard J Conner G Garbine M50 C Pauling D Lewis I Bernstein W40 S Kimche 1500m M35 D Green M Blake A Roney M40 P Vittori M Wilson	77.4 72.2 74.8 78.2 83.3 2:04.4 2:05.1 2:10.9 2:00.3 2:12.0 2:22.9 2:07.6 2:09.0 2:10.2 2:13.8 2:14.2 2:13.9 2:15.1 2:25.2 2:25.2 2:25.2 2:27.3 2:30.7 2:38.2
M60 D Brown W Siderowitz W35 L Draper D Hawkins 800m M30 I Droal N Mitchell R Palchinski M35 D Green J Martinez R Pajaro M40 V Pierre S Talib M Wilson C Robinson M50 S Howard J Conner G Garbine M50 C Pauling D Lewis I Bernstein W40 S Kimche 1500m M35 D Green M Blake A Roney M40 P Vittori M Wilson	77.4 72.2 74.8 78.2 83.3 2:04.4 2:05.1 2:10.9 2:00.3 2:12.0 2:22.9 2:07.6 2:09.0 2:10.2 2:13.8 2:14.2 2:13.9 2:15.1 2:25.2 2:25.2 2:25.2 2:27.3 2:30.7 2:38.2
M60 D Brown W Siderowitz W35 L Draper D Hawkins 800m M30 I Droal N Mitchell R Palchinski M35 D Green J Martinez R Pajaro M40 V Pierre S Talib M Wilson C Robinson M55 B Colton M50 S Howard J Conner G Garbine M55 C Pauling D Lewis I Bernstein W40 S Kimche 1500m M Blake A Roney M40 P Vittori M Wilson K Smith M60 G Thompson M65 J McManus W35 D Hawkins W40 S Kimche W65 Q Thompson	77.4 72.2 74.8 78.2 83.3 2:04.4 2:05.1 2:10.9 2:00.3 2:12.0 2:22.9 2:07.6 2:09.0 2:10.2 2:13.8 2:14.2 2:13.9 2:15.1 2:25.2 2:25.2 2:25.2 2:25.2 2:30.7 2:38.2 4:24.2 4:29.0 4:15.8 4:26.3 4:40.8 6:14.6 5:35.2 6:49.3 5:15.9 nta
M60 D Brown W Siderowitz W35 L Draper D Hawkins 800m M30 I Droal N Mitchell R Palchinski M35 D Green J Martinez R Pajaro M40 V Pierre S Talib M Wilson C Robinson M55 B Colton M50 S Howard J Conner G Garbine M55 C Pauling D Lewis I Bernstein W40 S Kimche 1500m M Blake A Roney M40 P Vittori M Wilson K Smith M60 G Thompson M65 J McManus W35 D Hawkins W40 S Kimche W65 Q Thompson M65 Q Thompson M65 J McManus W35 D Hawkins W40 S Kimche	77.4 72.2 74.8 78.2 83.3 2:04.4 2:05.1 2:10.9 2:00.3 2:12.0 2:22.9 2:07.6 2:09.0 2:10.2 2:13.8 2:14.2 2:13.9 2:15.1 2:25.2 2:25.2 2:25.2 2:25.2 2:30.7 2:38.2 4:10.3 4:24.2 4:29.0 4:15.8 4:26.3 4:40.8 6:14.6 5:35.2 6:49.3 5:15.9 nta
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M60 D Brown W Siderowitz W35 L Draper D Hawkins  800m M30 I Droal N Mitchell R Palchinski M35 D Green J Martinez R Pajaro M40 V Pierre S Talib M Wilson C Robinson M50 B Colton M50 B Howard J Conner G Garbine M50 C Pauling D Lewis I Bernstein W40 S Kimche 1500m M35 D Green M Blake A Roney M40 P Vittori M Wilson K Smith M60 G Thompson M65 J McManus W35 D Hawkins W40 S Kimche W65 Q Thompson M3000m M30 M McGinley M Cox B Easton M35 D King S Frisby M40 M Wilson B Hart M55 R Grasso M60 B Fortune D Margetson  4x400m Relay M40 N° Pioneer	67.4 72.2 74.8 78.2 83.3 2:04.4 2:05.1 2:12.9 2:00.3 2:12.0 2:22.9 2:07.6 2:09.0 2:10.2 2:13.8 2:14.2 2:13.9 2:15.1 2:25.2 2:25.2 2:27.3 2:30.7 2:38.2 4:10.3 4:24.2 4:29.0 4:15.8 4:26.3 4:40.8 6:14.6 5:35.2 6:49.3 5:15.9 nta 9:26.2 9:53.4 9:59.4 9:59.4 9:59.4 9:59.4 9:59.2 12:32.4 10:37.8 13:23.4
M60 D Brown W Siderowitz W35 L Draper D Hawkins  800m M30 I Droal N Mitchell R Palchinski M35 D Green J Martinez R Pajaro M40 V Pierre S Talib M Wilson C Robinson M50 S Howard J Conner G Garbine M50 S Howard J Conner G Garbine M50 S Howard W40 S Kimche M50 Thompson M60 G Thompson M60 G Thompson M60 G Thompson M60 J McManus W35 D Hawkins W40 S Kimche M60 G Thompson M60 J McManus W35 D Hawkins W40 S Kimche M55 J McManus W35 D Hawkins W40 S Kimche M55 J Thompson M60 G Thompson M65 J McManus W35 D King S Frisby M40 M Wilson B Hart M55 R Grasso M60 B Fortune D Margetson  4x400m Relay M40 N' Pioneer Ax800m Relay	67.4 72.2 74.8 78.2 83.3 2:04.4 2:05.1 2:12.9 2:00.3 2:12.0 2:22.9 2:07.6 2:09.0 2:10.2 2:13.8 2:14.2 2:13.9 2:15.1 2:25.2 2:27.3 2:30.7 2:38.2 4:10.3 4:24.2 4:29.0 4:15.8 4:26.3 4:40.8 6:14.6 5:35.2 6:49.3 5:15.9 nta 9:26.2 9:53.4 9:59.4 9:50.8 10:38.6 9:48.8 9:55.2 12:32.4 10:37.8 13:23.4
M60 D Brown W Siderowitz W35 L Draper D Hawkins  800m M30 I Droal N Mitchell R Palchinski M35 D Green J Martinez R Pajaro M40 V Pierre S Talib M Wilson C Robinson M55 B Colton M50 S Howard J Conner G Garbine M55 C Pauling D Lewis I Bernstein W40 S Kimche M35 D Green M Blake A Roney M40 P Vittori M Wilson K Smith M60 G Thompson M65 J McManus W35 D Hawkins W40 S Kimche M55 C Thompson M65 J McManus W35 D Hawkins W40 S Kimche M60 G Thompson M55 D King S Frisby M40 M Wilson B Easton M30 M McGinley M Cox B Easton M35 D King S Frisby M40 M Wilson B Hart M55 R Grasso M60 B Fortune D Margetson  4x400m Relay M40 N° Pioneer 4x800m Relay M50 Central Park TC	67.4 72.2 74.8 78.2 83.3 2:04.4 2:05.1 2:12.9 2:00.3 2:12.0 2:22.9 2:07.6 2:09.0 2:10.2 2:13.8 2:14.2 2:13.9 2:15.1 2:25.2 2:27.3 2:30.7 2:38.2 4:10.3 4:24.2 4:29.0 4:15.8 4:26.3 4:40.8 6:14.6 5:35.2 6:49.3 5:15.9 nta 9:26.2 9:53.4 9:59.4 9:50.8 10:38.6 9:48.8 9:55.2 12:32.4 10:37.8 13:23.4
M60 D Brown W Siderowitz W35 L Draper D Hawkins  800m M30 I Droal N Mitchell R Palchinski M35 D Green J Martinez R Pajaro M40 V Pierre S Talib M Wilson C Robinson M55 B Colton M50 S Howard J Conner G Garbine M55 C Pauling D Lewis I Bernstein W40 S Kimche M55 D Green M Blake A Roney M40 P Vittori M Wilson K Smith M60 G Thompson M65 J McManus W35 D Hawkins W40 S Kimche M65 Q Thompson M65 J McManus W35 D Hawkins W40 S Kimche M55 R Grasso M30 M McGinley M Cox B Easton M35 D King S Frisby M40 M Wilson B Hart M55 R Grasso M60 B Fortune D Margetson  4x400m Relay M40 N. Pioneer Ax800m Relay	72.2 74.8 78.2 83.3 2:04.4 2:05.1 2:10.9 2:00.3 2:12.0 2:22.9 2:07.6 2:09.0 2:10.2 2:13.8 2:14.2 2:13.9 2:15.1 2:25.2 2:25.2 2:27.3 2:30.7 2:38.2 4:10.3 4:24.2 4:29.0 4:15.8 4:26.3 4:40.8 6:14.6 5:35.2 6:49.3 5:15.9 nta  9:26.2 9:53.4 9:59.4 9:59.8 10:38.6 9:48.8 9:55.2 12:32.4 10:37.8 13:23.4

J Crockett J Lafferty

M35 E Fern	1.88
M45 M DeJesus	1.57
M50 M Lafferty	1.42
M60 D Margetson	1.27
Pole Vault	
M45 W Sokolowski	12-0
Long Jump	
M30 R Alexander	20-41
J Lafferty	19-51
M35 E Fern	18-71
M40 A Mevis	17-11
M Milove	16-7
Triple Jump	11.73
M30 J Lafferty M40 M Milove	10.66
M50 M Lafferty	10.00
M60 D Margetson	7.38
Shot Put	7.30
M30 T Cicone	42-10
G Bardis	37-1
M35 J Grand	38-91
M45 J Singh	27-81
W45 R Katz	23-4
W55 A Cirulnick	27-111
(U.S. age-group	record)
Mile Walk	Santage of the
M50 G Patrick	7:59.3
G Davis	8:47.6
M65 F Lamorte	8:49.1
G Hella	9:35.2
W50 E Richardson	9:32.6
Q Thompson	10:30.5
· · · · · · · · · · · · · · · · · · ·	History ()

### **Greater-Rochester TC** All-Comers Rochester, NY

February 11	
45m	
M30 Dwight Slater	5.9
M40 Skip Lyon	6.2
M50 Nick Palladino	8.3
M60 H MacMillan	6.9
W30 Becky DeLass	7.0
W40 Kathy Pierce	6.7
300m	gan dal
M30 H Hudson	39.2
M40 John Hopf	42.1
M60 H MacMillan	50.1
W40 Kathy Pierce	46.2
500m	-0.2
M30 H Hudson	74.5
M40 Jim Palmeri	84.0
3000m	04.0
	9:11
M30 Gary Moore M40 Jim Palmeri	11:38
4x2 lap Relay (1656m)	11:30
M30 Hopf, Hudson, VanA	100
Palmeri	4:25
High Jump	AL COLOR
M30 Roger Messenger	50008
M40 Skip Lyon	O- TOM
W30 Becky DeLass	4-4
Long Jump	32000
M50 Nick Palladino	9-0
W30 Becky DeLass	14-0
Shot Put	A STATE OF THE PARTY OF THE PAR
M30 Fred Ruterbusch	43-1
M40 Harry Schwarze	37-3
M50 Nick Palladino	30-3
W40 Kathy Pierce	32-91
HO RALITY FIETCE	32-32
A STATE OF THE PARTY OF THE PAR	and delicated

# Finger Lakes RC Meet Ithaca, NY

February 18	and car.
55m	ntilaval
J Rova 41	7.0
Tom Schossau 32	7 7 1
Gregg Grund 38	7.21
Larry Brewster 33	7.3
A Thompson 35	7.4
H MacMillan 63	7.9
N Palladino 56	9.1
400m	
Tom Schossau 32	57.0
Fred Schlereth 56	58.1
Robert Anderson 49	60.6
Herb Engman 44	61.5
Mike Fogle 35	62.7
Mike Akerman 48	66.2
A Thompson 35 Chuck Leska 42	66.7
Tom Pinhal 40	69.2
Tom Rishel 48 H McMillen 63	70.2
Diane Sherrer 38	74.0
Katy Gottschalk 48	74.0
Ralph Jones 60	96.3
Nick Palladino 56	88.0
1000m	
Kevin Kelly 38	2:43.5
Dale Ladd 42	2:52.7
Reinhold Wotawa 40	2:58.1
Tom Schossau 32	3:04.1
Andrea Burke 39	3:08.7
Nancy Oshier 41	3:13.5
Chuck Leska 42	3:36.2
Marlene Cleary 35	4:04.8
Sally Rusby 53	4:13.7
R Jones 60	4:14.0
N Palladino 56	4:21.0
Kathy Beebe 37	4:28.8
Mile	CANA THE
Marc Novak 31	4:21.3
Kris Wernstedt 32	4:42.2
Richard Cleary 33	5:01.9
Mike Fogle 35	5:16.8
Nancy Oshier 41	5:27.3
Continued	

Continued on next page

2:07.9 2:07.8 2:08.5 2:06.2

2:06.6 2:37.3 2:05.3

2:13.6 2:15.7 2:37.3

3:26.2 2:35.4 2:36.8

2:38.0 3:11.7 3:31.2 3:57.1

3:59.0 3:59.0 2:42.1 2:53.9

2:53.6

4:52.9 4:55.3

5:11.2 4:50.4

5:31.1 6:11.1 6:39.6 6:36.6

7:19.3

9:27.6

9:40.1 10:14.1 10:32.8

10:12.4

11:12.9 12:07.9 10:22.1 15:10.6

15:14.3 15:14.1 15:31.1 11:35.4 12:22.4

15:10.6 15:10.8

8.8 8.2 10.4 10.8

6-2 5-8 4-10 4-½ 5-1 4-4 4-1 4-1 3-6

13-0 11-6 11-6 10-6 10-6 9-0 7-6 6-6 6-6

19-11 17-11 17-41 17-0

16-9 18-1 17-41 17-1 3/4 15-101

15-10-1 15-6 15-10-1 15-9-1 14-2

14-2 10-9½ 10-7 3/4 14-4 13-3½

35-3½ 25-6½ 31-4 35-3 3/4 33-2 29-9½ 30-3½ 31-9½ 25-9 23-7 21-8½

21-84

36-2 35-5 38-3 31-10\frac{1}{2} 38-0 30-6\frac{1}{2} 29-5

Continued on next page

M45 John Hess

B Darmon

Jim Hess L Slick

68.0 91.0 61.4 64.0 80.0 nta nta 67.1

69.4 76.3 89.6

G Rajcevich M75 M Lightfoot M Flachs W30 M Lutz

W40 D Stiles
B Lindaburg
M L Platis

600m M30 Jay Mathis

M40 Ron Merville M55 Jim Mathis M60 Louis Schneider

1:35.8

1:38.0 1:37.2 1:58.0

Mile Racewalk M55 Al Friedl

M60 Allen Jackson M65 Dick Cavicchi M80 Byron Fike W50 Lola Hall

April, 1990		National Ma	asters News		pa
Continued from previous page	800m	Parameter of the second	2 Mile	M55 Frank Brown 9:41.6	800m M30 J Watry
Tom Schossau 32 5:28.6 Tony Farrand 54 6:09.4	M30 Marty Gunterman 2:07:01 M40 Terry Reed 2:12.1	The Athlete Foot Masters Meet	M30 John McInerney 10:20.0 Don Fredericks 10:20.0	M65 Leroy Reistroffer10:23.5 Jim Platis 11:37.7	S Okrend
Richard Branca 46 6:35.6	M45 Jim Huffman 2:24.2 M55 Richard Peck 2:22.3	Augustana College	M35 Mike Tonetich 11:45.0	M70 Warren Wiggins 12:33.9 M75 Madeleo Blake 11:15.9	S Harrison M40 D Fisher
Ralph Jones 60 . 7:17.2 N Palladino 56 7:48.1	M60 Louis Schneider 2:40.0	Rock Island, IL	M40 Vaughan Eddy 11:06.3 M45 Frank Davis 11:03.7	W40 Marylou Platis 11:24.5	G York
3000m	1500m	January 20	Dennis Werling 11:19.4 M50 John Robinson nta	W50 Porky Gadient 10:47.0 W65 Jane Brown 12:33.0	R Steder M45 G Carr
Kevin Kelly 38 9:10.7 Tom Bugliosi 32 9:21.9	M30 Marty Gunterman 4:36.6	<u>60уН</u>	M55 Rich Kowalski 13:00.0	2 Mile Racewalk	F Davis
Herb Engman 44 9:58.1	M55 Richard Peck 5:37.5	M30 Charlie Barnard 8.7 M40 Mike Davis 8.8	Fran Riley 15:05.0 M60 Vick Twomey 15:30.0	M30 Steve Beck 20:14.2 M40 Dean Easterlund 18:33.0	A Carter M50 T Nuccio
Tom Schossau 32 9:59.6 Nancy Oshier 41 10:10.7	1 Mile	M50 Bruce Mills 9.4	M70 Warren Wiggins 19:01.3	M45 Dave Eidahl 18:51.8	D Marsili M55 B Urdiales
Mike Fogle 35 10:13.6	M30 Chuck Browley 4:47.4	M55 Frank Brown 10.6 M60 Don Walsh 11.2	W30 Muriel Naumann 12:14.2 W45 Judy Gulley 15:18.0	Frank Weibel 19:39.0 M50 Bill Klavon 19:50.8	D Lindsey 2
Richard Cleary 33 10:24.6 Chuck Leska 42 10:28.3	M35 Dan Gorrell 5:02.1 M40 Bill Fanning 4:47.7	1000年6月1日 1000年1月1日 - 1000年1日 - 100	W50 Marion Kowalski nta W55 Donna Gulley 16:08.6	M55 Frank Brown 19:59.2 M65 Leroy Reistroffer21:04.9	P Peterson 2 M60 H Brown 3
Joe Dabes 50 11:16.1 Chuck Collins 56 11:18.2	M45 Larry Wallace 5:37.6	60y M30 Kenny Fews 6.4	W65 Jane Brown 19:25.0	Wayne Mitchell 24:08.8	M65 G Rajcevich
Reinwold Wotawa 40 11:26.2	3000m (actually ran 1 lap	Norm Albritton 6.8 M35 Charles Stallworth 6.5	4-Lap Relay M35 Dothard, Dewith, Camp-	M75 Madeleo Blake 22:52.7 M80 Martin Bartels 24:09.0	M70 R Treadway 3 E Cole 3
Shirley Woodford 34 11:51.5 Peter Rath 51 12:19.0	extra for 3213m)	Jeff Hager 18.4	bell, Fews 1:07.0 M40 Reiter, Hess, Pete	W30 Teresa Nicola 21:59.3 W35 Dar Lange 21:12.0	M75 M Blake 3 W30 M Lutz 2
Sally Rusby 53 12:38.8 Ralph Jones 60 12:40.1	M30 James Scheer 10:34.3 M35 Dan Gorrell 10:08.1	M40 Dave Hill 7.3 Gordon Reiter 7.3	Stopoulos, Carter 1:14.0	W40 Kim Schoeberl 21:38.4	K Plucker
Stephen Finney 35 12:44.3	M40 Ignasius Jiminez 9:48.7	M45 Merl Norberg 7.7  John Hess 7.8	M50 Robinson, Kennedy, Riley, Larson 1:29.3	Nancy Anderson 22:49.2 W50 Porky Gadient 21:56.4	W35 L Rewolinski 2 Mile
Tony Farrand 54 12:50.2 Richard Branca 46 13:05.0	4x200 Relay	M50 Bruce Mills 7.8	W45 Wilwerding, Velge, Drinkwine, Boelens 1:59.1	W65 Jane Brown 23:59.2	M30 D Kannewurf D Henderson
Nick Palladino 56 14:21.9	Nashville TC 1:51.1	George Heroux 8.0 M55 Harry Brown 7.6	Mile Relay	Charles and the Control of the Contr	S Okrend
SOUTHEAST	MIDWEST	Fran Riley 9.3 M65 Mel Larson 7.5	M40 Reiter, Carper, Phil- lips, Gustafson 4:26.9	Illinois Masters Indoor Grand	M40 S Falk-Pederson 4 M45 P Perry
300 THEAST	MIDWEST	Jim Platis 8.9	M50 Trevor, Robinson, Ausherman, Fislar 5:16.4	Prix Series #3	J Lashbrook W30 C Hervert
Gulf Force Winds TC Meet	Lake Erie Indoor	M70 Earl Cole 11.7 M75 Milo Lightfoot 9.0	High Jump	Sterling, IL February 11	K Plucker
Gulfport, MS March 3	Championships	Madeleo Blake 9.1 W40 Barbara Lindabury 8.7	M30 Peterson 6-2 Dave Smith 5-0	The second second	W35 L Rewolinski W40 D Stiles
55m M35 Gary Howard 6.92	Cleveland, Ohio January 6	Marylou Platis 10.4	M35 Knoedel 6-0	55m M30 A Juanes 6.6	W45 J Gulley
M40 Ben Galloway 6.92	45y	W45 Penny Danielson 8.7 W65 Florence Berry 10.9	Don Dothard 5-6 M40 Mike Davis 5-4	M30 A Juanes 6.6 J Cooksey 6.8	2 Mile M30 D Skarda
M55 Jerry Lyons 8.19 Sid Montecino 8.40	M30 Frank Makozy 5.24 M40 Al Williams 6.40	Geneva Meadows - 12.5 W30 Kenny Fews 35.5	M45 Dave Eidahl 4-10 M50 Floyd Smith 5-2	D Wallace 7.2 M35 D Gaines 6.8	D Copper D Kannewurf
100m M35 Gary Howard 11.06	M45 Mas Chihaya 5.93	Bob Feller 35.9	M65 Mel Buschman 4-4	T Rewolinski 6.9	M35 P Warkins 10
Jeff Baty 12.80	M50 Ray Linear 6.04 M55 Hal Mayhew 6.37	W35 Charles Stallworth 38.9 M45 John Hess 46.6	Jim Platis 3-10 M70 Web Ragland 4-0	M Blueford 6.9 J Hager 6.9	M40 C Dean
M40 Ben Galloway 11.81 M45 Larry Williams 13.05	M60 Jack Greenwald 6.47 M65 Tom Lacey 6.10	M50 John Robinson 42.9	Earl Cole 3-6	M40 D Hill 7.3	T Carper 1 M45 V Heckler 1
M50 Harry Carpenter 12.01 M55 Jerry Lyons 14.00	220y	M55 Fran Riley 50.7	M75 Milo Lightfoot 3-9 Madeleo Blake 3-8	W Darmon 8.9	J Lashbrook 1
S Montecino 14.82	M30 Frank Makozy 24.48 M40 Jerry Plate 30.14	M65 Mel Larson 42.3 George Rajcevich 51.6	Pole Vault	M45 M Marvin 7.6 John Hess 7.7	Ed Clucas 1 M50 D Marsili 1
200m M30 Ricky Dombrowski 25.78	M45 Mas Chihaya 28.31	M70 Earl Cole 70.0	M30 Charlie Barnard 12-0 M35 J Anderson 14-6	M50 C Miller 7.6	M65 G Rasch M70 R Treadway
M35 Gary Howard 24.17 Lonnie Hammond 25.04	M50 Grover Coats 27.04 M55 Hal Mayhem 30.86	Mel Flachs 54.9	Suiter 12-6	B Mills 7.9 G Heroux 8.1	W30 C Hervert
M45 L Williams 28.24	M60 Jack Greenwald 30.84 M65 Tom Lacey 31.54	W30 Martha Lutz 45.8 Muriel Naumann 49.7	M45 Merl Norberg 10-6	M55 P Dobrovolny 7.2 R Warrington 9.3	P Gilmour W45 B Clucas
M50 H Carpenter 26.34 M55 Jerry Lyons 29.49	M80 Byron Fike 37.49	W35 Karyl Colarusso 51.4	M55 Frank Brown 9-0 M60 Curt Trevor 8-6	M60 H Brown 7.4 M65 M Larsen 7.5	J Gulley 55mH
S Montecino 33.23	W30 Patricia Finley 33.09 W40 Julie Chihaya 35.83	W40 Marylou Platis 61.6 W45 Jan Gustafson 62.8	R Scott 6-6 M65 G Rajcevich 7-2	M Buschman 9.0	M30 J Watry
M30 R Dombrowski 62.25 M55 J Lyons 70.07	440y M30 F Makozy 56.54	W55 Donna Gulley 59.1 W65 Geneva Meadows 76.4	M70 Earl Cole 5-6	J Platis 9.3 M70 W Ragland 9.7	M35 R Zahn M60 H Brown
- S Montecino 85.0	M40 Norman Thomas 60.93	440y	M75 M Lightfoot 6-6	E Cole 11.2 M75 M Lightfoot 9.2	D Walsh High Jump
M35 Lonnie Hammond 2:33.0	M50 Grover Coats 60.95 M60 Jack Greenwald 67.83	M30 Doug Klauer 61.0 Scott Briney 65.6	M30 Mike Campbell 17-1	M Blake 9.7 M Flachs 9.8	M30 J Watry W Peterson
M55 Sid Montecino 3:31.1	M65 Tom Lacey 71.44 M80 Byron Fike 89.02	M40 Gordon Reiter 58.5	Dwight Schwartz 15-7 M35 Don Dothard 19-5	W30 L Browning 9.6	M35 R Standley
M50 Bailey Abernathy 14:21 Pole Vault	W30 Patricia Finley 76.08	M45 Jim Hess 84.7	Enyo Dewith 18-61 M40 Gordon Reiter 18-4 3/4	W40 B Lindaburg 9.2 M L Platis 9.9	D Potter M50 F Smith
M30 Steven Bodin 12-0	880y M30 Bob Thomas 1:57,29	M50 Bruce Davis 69.0 John Robinson 69.9	Mike Davis 18-1	W45 P Danielson 8.9 W60 C Peet 10.9	M60 B Ackerman M65 M Buschman
Shot Put M30 Mason Gordon 38-5	M35 Mike Gallagher 2:22.30 M40 Jerry Plate 3:17.20	M55 Harry Brown 66.5 Fran Riley 82.3	M50 Pete Stopoulos 16-10 3/4	W65 F Berry 10.7	J Platis M70 W Ragland
M35 Jeff Baty 42-6 M65 Harold Rogers 36-51	M60 Allen Jackson 3:16.10	M60 Don Walsh 74.2	Floyd Smith 12-10 M55 Harry Brown 16-3	necessia de la constitución de l	E Cole
Robert Dew 22-1	M65 Buzzy Hood 3:21.80	M65 Jim Platis 96.1 M70 Earl Cole 2:10	M60 Curt Trevor 15-41	200m M30 A Juanes 23.7	Pole Vault M35 R Suiter
M35 Jeff Baty 122-6	M35 Don Plunkett 5:01.00 M40 Bob Kuebler 5:32.49	M75 Milo Lightfoot 1:30 W35 Karyl Colarusso 1:19.9	Mel Buschman 11-31	J Cooksey 24.8 A Belonger 25.1	M Kollros 1 G Silbaugh 1
M55 Jerry Lyons 66-0 M65 Harold Rogers 105-0	M65 Buzzy Hood 10:00	W40 Marylou Platis 1:33.4	M70 Earl Cole 8-5 Warren Wiggins 6-6 3/4	M35 T Rewolinski 24.2	M40 D Hill
Robert Dew 56-9	Two Mile M35 Guy Pizzoferrato 11:08.0	W45 Jan Gustafson 1:29.3 W50 Mary Drinkwine 1:04.3	M75 M Lightfoot 11-10 M Blake 10-11	D Gaines 25.8 M Blueford 28.8	M45 M Norberg 1 M60 T Hinkes
Javelin M35 Jeff Baty 145-11	M55 Al Friedl 13:29.0 Sprint Medley	W55 Eleanore Wallace nta	W40 Marylou Platis 9-9	M45 M Marvin 27.9 J Hess 28.8	B Ackerman M65 G Rajcevich
M40 Jim Rose 113-5 M55 Jerry Lyons 97-2	M45 OverTheHill TC 4:46.75	880y	W45 Penny Danielson 12-4 3/4 W65 Florence Berry 8-6	M50 P Stopoulos 27.3	M75 M Lightfoot
M65 Harold Rogers 93-4	M50 OTHTC 5:06.67 M60 OTHTC 6:09.90	M35 Charlie Lutz 2:13.2 M40 Mark Pearlstom 2:13.8	Triple Jump	G Heroux 29.8 D Marsili 32.0	Long Jump M30 J Watry 19
Nashville Track Club	Mile Relay M60 OTHTC 5:34.09	Gordon Reiter 2:16.8 M45 Frank Davis 2:20.2	M30 Mike Campbell 34-111 Scott Briney 30-4	M55 D Lindsey 27.6 G McGinnis 30.1	M35 J Hager 17 M40 G Reiter 17
Tennessee State Univ.	Two-mile Relay	Dennis Phillips 2:30.0	M35 Ron Standley 35-61	M60 D Walsh 31.3	D Hill 17
Nashville, TN 55m March 3	M40 OTHTC 10:42.05 M50 OTHTC 11:22.18	M50 Bruce Davis 2:38.2 Dick Fislar 2:47.2	M40 Mike Davis 36-4 M45 Dave Eidahl 33-101	J Platis 34.7	W Ewing 16 M45 D Eidahl 18
M30 Glenn Colivis 7.1	High Jump M40 David Morgan 5-1	M55 Ed Meadows 2:47.2 Rich Kowalski 2:57.6	M50 Pete Stopoulos 33-3 3/4	M70 W Ragland 38.1 E Cole 43.7	Jim Lee 17 M50 P Stopoulos 17
M35 Richard Pinnie 7.0 M40 Jerry Conlin 7.6	M50 Grover Coats 4-4	M65 George Rajcevich 3:28.4 W30 Martha Lutz 3:00.6	Frank Brown 32-1	M75 M Lightfoot 34.3 M Flachs 36.4	M55 H Brown 15
M45 Thad Bell 7.1	M60 George Roudebush 4-2 M65 Fred Hirsimaki 4-8	W35 Karyl Colarusso 3:02.8	M60 Curt Trevor 32-7 M65 George Rajcevich 22-8	M Blake 43.6	M65 J Platis 15
M50 Dave Ellis 8.0 M55 Jim Mathis 7.5	Pole Vault M40 Allen Glenn 7-6	W40 Bobbi Lindabury 3:05.1 W45 Jan Gustafson 3:29.9	Jim Platis 16-8	W30 M Lutz 30.5 L Browning 35.8	M Larsen 15 M Buschman 14
M60 Buck Bradberry 7.9 M65 Jim Busby 10.3	M65 Fred Hirsimaki 8-6	Mile	M70 Earl Cole 20-41 W40 Marylou Platis 16-3/4	W40 b Lindaburg 33.6 M L Platis 39.1	M70 E Cole 10
Wiene Bruswer De Translation	Shot Put M40 Norm Bower 37-3 3/4	M30 Don Fredericks 4:45.2	Shot Put	W45 P Danielson 35.1	W40 M L Platis 14
M30 Glen Colivas 8.0	M50 John Sloan 31-7 M55 Al Friedl 29-1	John McInerney 4:46.9 M35 Charles Lutz 4:43.8	M30 Robert Hartmann 40-7 Dwight Swartz 29-7	W65 F Berry 51.7	W45 P Danielson 13 W65 F Berry 9
M35 Richard Finnie 8.0 M50 Dave Ellis 8.9	M60 Allen Jackson 27-61	M40 Don Fish 4:56.2	M35 Larry Readman 35-91 M40 Dave Gustafson 29-5	≤ 400m	Triple Jump
M60 Buck Bradberry	M65 Fred Hirsimaki 33-101 M80 Byron Fike 22-41	M45 Frank Davis 4:56.0 Paul Perry 5:06.4	M45 Jim Neppl 38-0	M30 J Watry 55.9 F Hervert 58.4	M35 R Standley 35 D Potter 25
200m	M85 Everett Hosack 18-5 3/4 Weight Throw	M50 Dick Fislar 5:43.3 John Robinson 5:55.9	John Hess 33-1 M50 Carl Klehm 39-1	B Rolette 62.4	M40 W Ewing 31
M30 Jim Busby 25.4	M40 Norm Bower 43-00	M55 Fran Riley 6:07.0	Ed Schmidt 38-9 M60 Dick Scott 45-3	M35 J Wade 66.0 M40 G Reiter 55.4	M45 D Eidahl 35 M50 P Stopoulos 33
M45 Avital Schurr 26.3	M65 Fred Hirsimaki, 27-7	Richard Kowalski 6:07.0 M60 Vic Twomey 6:15.4	M65 Mel Larson 44-1	G York 55.5 T Carper 59.1	M55 H Brown 29 M60 B Ackerman 30
M50 Dave Ellis 29.1 M55 Ralph Summerlin 30.5	M40 Norm Bower 25-43 M65 Fred Hirsimaki 13-33	Frank Kennedy 7:14.0 M65 George Rajcevich 7:27.3	G Rajcevich 33-11 M70 Earl Cole 26-3	M45 G Carr 55.0	M65 J Platis 31
Sally Restands 4: 1 m004	45yH (01 min,) 103 th (00)	M70 Earl Cole 8:16.0	Warren Wiggins 19-2 W40 Marylou Platis 23-11	A Carter 58.0	G Rajcevich 25 M Buschman 23
M30 Ivan Paul 60.8	M40 David Morgan 6.8 M50 Grover Coats 6.91	Warren Wiggins 8:18.4	W65 Florence Perry 19-0	M50 T Nuccio 68.0	M70 E Cole 22 W40 M L Platis 28
M40 Terry Reed 57.4 M45 Avital Schurr 60.3	M55 Ha1 Mayhem 7.70	W30 Muriel Naumann 4:38.4 Martha Lutz 6:21.6	Weight Throw M30 Bob Hartmann 25# 34-2	D Marsili 91.0 M60 H Brown 61.4	Shot Put
M50 Barry Bertram 67.2 M55 Jim Mathis 56.4	M65 Fred Hirsimaki 9.65 M80 Byron Fike 7.45	W45 Judy Gulley 7:03.0 Ruth Wilwerding 7:37.6	M40 D Gustafson 35# 42-1 M50 Carl Klehm 25# 47-2	M65 M Larsen 64.0 G Rajcevich 80.0	M30 B Hartman 36- J Watry 35-
	TITLE RECOVERY		71-6		1410 0 Wa 1

W50 Mary Drinkwine
W55 Donna Gulley
Elanore Wallace
W60 Mabel Velge
W65 Jane Brown

Geneva Meadows

9:04.56

10:22.01 11:41.41 12:03.68

12:56.33

6:21.6 7:03.0 7:37.6 7:55.7

7:09.9

7:35.0 8:36.9 8:36.0

9:06.0

Weight Throw
M30 Bob Hartmann 25#
M40 D Gustafson 35#
M50 Carl Klehm 25#

W65 Flo Berry 20# Mile Racewalk M30 Steve Beck

M40 Dave Gustafson M45 Dave Eidahl Frank Weibel

13-6

10:03.2

10:02.8 8:59.0

9:25.3

page 36		National Ma	sters News		Ap
Continued from previous page	M75 Leslie Thomas 36.3	Lacron Control Control	M40	M50 T Shelton 37.2	M65 Haydn Parks
The state of the s	M80 Byron Fike 36.9	High Jump M30 Scott Evans 6-2	D Hill 7.2	Howard Weisser 38.1	Norman Katzma
M50 B Warren 39-5 E Schmidt 37-6	M85+Arling Pitcher 46.1 W30 Melinda Miller 31.2	M35 Rick Christoph 5-6	W Ewing 7.6 M45 J Hess 7.6	M55 Stan Giles 42.2 Paul Heitzman 43.0	Frank Bowles W40 S Packer-Moore
M55 M Peters 39-11	W30 Melinda Miller 31.2 W35 Martha Brown 32.4	M40 Gordon Reiter 5-0 Allen Ray 4-8	M45 J Hess 7.6 D Corey 8.2	600y	600y
G McGinnis 37-8 B Kemp 35-5\frac{1}{2}	Sandy Badgett 36.0	M45 Lyndon Johnson 4-2	M50 B Mills 7.7 M55 P Dobrovolny 7.5	M50 H Weisser 1:29.9 Ross Greathouse 1:32.7	M30 Dennis Gianna M35 Jeff Underwood
M60 C Sampson 36-2	W40 Gerry Pixler 46.6 W60 Mary Patterson 36.5	M50 Paul Dorsey 5-6 Grover Coats 4-6	MSS P Dobrovolny 7.5 M60 H Brown 7.5	M55 Paul Heitzman 1:39.5	M40 Alan Johnson
M65 M Larsen 33-41 J Platis 29-81	W70 E. Yeomans 52.3	John Sloan 4-0	M65 M Larsen 7.6 M70 S Mathes 9.5	880y M45 Ron Grauer 2:37.0	Dan Ayers M45 David Luplow
M Buschman 28-2	400m	M55 Thom Phillips 4-4 Robert Jones 4-4	M70 S Mathes 9.5 M75 M Flack 9.7	M50 Walley Brawner 2:22.1	Tom Starr
M70 R Treadway 28-11 E Cole 23-6	M35 Robert Burnett 54.4 Bill Cheadle 55.2	M60 Denver Smith 4-2	W30 J Larsen 8.3	Burch David 2:36.5	W35 Mary Palmer
W35 M Hartman 16-7	M40 Charles Seay 1:00.8	Jack Greenwald 3-9 Richard Soller 3-9	W40 A Posner 8.3 W45 P Danielson 8.5	Shot Put M45 Steve Rogers 37-11	M30 Kevin William
W40 M L Platis 22-1 W60 L Sampson 23-5	John McDonald 1:04.1 John Ludeman 1:06.8	M65 Fred Hirsimaki 4-6	W60 C Peet 10.6	Tom Thorne 31-6	D Giannangeli Mile
W65 F Berry 17-11	M45 Calvin Kidd 1:03.5	M70 Andy Jones 4-2 M85 Arling Pitcher 3-34	M30 R Crawfsord 23,5	M50 Joe Beckham 34-11 Dale Lance 32-3	M30 Greg Burrell
Weight Throw 35# M30-59; 25# M60+	Ralph O'Neal 1:04.7 M50 Grover Coats 1:00.7	W35 Sandy Padgett 3-34	M35 A Mathews 23.8 M40 W Ewing 27.8	M55 Tom Wesselowski 45-5	Tom Head
M30 B Hartman 45-0	Paul Dorsey 1:05.2	Pole Vault	M45 D Corey 33.5	Earl Ventura 38-11 M60 Zamir Bavel 38-3	M35 Ed Castaneda
M35 L Wate 45-0 M40 B Darmon 28-0	M60 Willie Blackmon 1:04.7	M30 Terry Wasson 12-6	M50 D Lindsey 27.6 M55 J Robinson 30.1	Jerry Reichar 34-7	M40 Jim Brady Dan Peterson
M50 B Warren 29-8	Jack Greenwald 1:06.8	M35 Greg Cronacher 12-0 M40 Allen Ray 8-0	M60 D Walsh 31.3	M70 Scott Herman 40-3	Kent Ogleby
M55 B Kemp 31-10 J Twet 22-5	M65 E.J. Goddin 1:07.1 M70 Hugh Yeomans 1:46.6	M60 Denver Smith 8-6	M65 M Larsen 28.1	Weight Throw M60 Zamir Bavel 36-4	M45 Geoffrey Chan Mike Janelle
M60 C Sampson 42-9 M65 M Buschman 26-10	M75 Leslie Thomas 1:32.7	M65 Fred Hirsimaki 8-6 M75 Leslie Thomas 4-6	M70 E Cole 44.8	MOU Zamir Bavei 30-4	Tony Accetta
M65 M Buschman 26-10 W60 L Sampson 18-5	M80, Byron Fike 1:27.1 M85+Arling Pitcher 2:05.1	M85 Arling Pitcher 4-6	M75 M Flachs 38.1 W30 M Lutz 30.6	Mile M30 Bob McAnany 4:35.8	M50 Dick Sutton W35 Shirley Duets
56# Weight M30 B Hartman 28-5	W30 Melinda Miller 1:11.9	Long Jump	W40 D Corey 33.5	Dennis Webber 5:25.0	2 Mile
M35 L Wate 27-0	W35 Lola Woosley 1:13.4 W60 Mary Patterson 1:27.1	M30 Lamont Wilson 19-11-3/4	W60 C Peet 44.7 W65 F Berry 46.2	M35 Bruce Duffin 5:48.2 M45 Ron Graver 5:25.8	M30 Mark Kennard
L Crocker 14-3 M40 C Klehm 19-1	W70 E. Yeomans 2:10.2	M40 W. McClellon 20-6-3/4 John Butera 18-1	400m	Eugene Wren 5:30.8	Doug Haas
M50 B Warren 20-0		Gordon Reiter 17-7-3/4	M30 D Rinaldi 54.9	M50 Walley Brawner 5:24.2 Ron Greathouse 5:32.6	Greg Burrell M35 Ted Castaneda
M55 B Kemp 18-6 J Twet 14-3	M30 Andrew Shepherd 1:57.2	M45 Calvin Kidd 15-2-1/2 Lyndon Johnson14-10-1/2	M35 A Mathews 54.3 M40 S Druckrey 52.9	M55 Melvin Miller 5;49.0	W35 Shirley Duets
M65 M Buschman 13-6	Chris Gilbert 2:05.1	Robert Murrell 14-3	D Fish	Two Mile M30 Mark Bussen 10:21.0	55mH 25 M64 Jack Greenwoo
Mile Racewalk M35 P Williams 8:15.7	Marty Gonderman 2:08.5 M35 Dan Gorrell 2:24.2	M50 Paul Dorsey 18-4-1/4 Grover Coats 16-8	R Harvey 56.3 M45 G Carr 55.3	M35 Charlie Gray 9:15.3	Jerry Donley
M40 D Easterlund 8:21.4	M40 Gordon Reiter 2:07.5	George LaFleurl3-10-3/4	MSO T Nuccio 67.8	Steve Riley 10:45.7 B Duffin 11:08.9	High Jump M30 Scott Groom
M45 D Mowles 8:32.7 Jim Hess 12:18.1	Roland Ford 2:09.6 Tony Mele 2:16.7	M55 Reggie Smith 16-7 Robert Jones 14-10-1/2	M60 H Brown 61.8	M45 Kon Grauer 11:14.3	Doug Haas
M60 W Peet 9:34.5	M45 Harry Tolliver 2:10.0	Burt Saidel 14-8-3/4	M70 S Mathews 1:41.9	Eugene Wren 11:21.0 M50 Burch David 11:22.2	M40 Stephen Strai M45 Dennis Leczin
M65 Reistroffer 10:13.8 J Platis 11:21.6	Dennis Walsh 2:19.6  Jim Huffman 2:25.1	M60 Denver Smith 15-3/4 Richard Soller 12-10	W30 M Lutz 57.6 2 70.9	M55 Mel Miller 11:54.9	M60 J C Brown
M75 M Blake 11:28.7	M50 Travil Evans 2:34.7	Jack Greenwald 12-8	800m	High Jump M35 Don Knapp 5-0	W55 Joan Dugan
W40 M L Platis 12:56.4 W50 P Gadient 10:21.6	Dennis O'Connor 2:38.8 Paul Hamilton 2:43.7	M65 Fred Hirsimaki 14-6-1/2 M70 Andy Jones 12-4-1/2	M30 K Whitsett 2:03	M45 Tom Thorne, 5-4	02 4 997361
W60 C Peet 11:31.4	M55 Peter Wilton 3:13.0	M75 Leslie Thomas 10-6-3/4	M35 R Weinhandl 2:20.7 M40 G York 2:04.3	Steve Rogers 4-10 M50 Dale Lance 4-10	Pole Vault M30.Shannon Julli
L Sampson 11:54.5	M60 Louis Schneider 2:44.9 W45 Joyce Redd 3:38.7	M80 Byron Fike 9-3-1/4 M85 Arlin; Pitcher 6-1/2	Falk-Pederson 2:05.6	Joe Beckham 4-2	Jerry Nelson
2 Mile Racewalk M35 D Potter 20:50.7	W60 Mary Patterson 3:49.2	W35 Sandy Padgett 11-1-3/4	M45 G Carr 2:06,1 M50 T Nuccio 2:36.1	M55 Bill Butterworth 4-10 M60+J C Brown 5-4	M35 Peter McGinni M60 Jerry Donley
M40 Easterlund 17:19.7	W70 E. Yeomans 4:40.0	W70 E. Ye mans 5-10-1/2	M60 J Brown 2:38.9	George Hoferer 3-10	Long Jump
M45 D Eidahl 17:04.9 D Mowles 17:10.9	.1500m	Triple Jump	M65 G Rajcevich 3:19.4 M70 E Cole 3:51.6	Pole Vault M30 Ken Ellis 13-0	M35 Mike Hill Jeff Underwoo
M60 W Peet 20:27.6	M30 Chris Gilbert 4:17.1	M30 Scott Evans 40-5-1/2 M40 John Butera 33-4-1/4	W30 C Hervert 2:31.2	C Barnard 12-0	M40 Robb Bong
M65 Reistroffer 20:53.3 M75 M Blake 20:57.2	Steve Adkisson 4:19.4  Ben Junk 4:30.5	M50 Grover Coats 31-5-3/4	W35 L Rewolinski 3:28.2 W40 D Stiles 2:39.4	M35 Don Knapp 13-6 M45 John Hancock 11-0	Steve Straigh M45 Dennis Leczin
M80 M Bartels 20:57.4	M35 Dan Gorrell 4:25.6	John Sloan 25-5 Robert Preme 20-1-3/4	Mile Straw Straw ON	Steve Rogers 10-0	M50 Ed Arnoldisma M55 Jacki Shorte 2
W50 P Gadient 20:57-2	Buddy Harpool 4:32.8 Vince Peters 4:43.9	M55 Robert Jones 30-6-3/4 M60 Denver Smith 31-6	M30 D Copper 4:41.2	M50 Dale Lance 10-6	M70 John Davison
Midwest Masters Classic	M40 Rich Davis 4:30.5 Roland Ford 4:35.0	M65 Fred Hirsimaki 28-2-1/2	M40 N Schuster 5:37.8 M45 P Perry 4:52.2	Joe Beckham 6-6 Long Jump	Triple Jump M45 Dennis Leczin
Cincinnati, OH	John Mullen 4:46.4	M75 Leslie Thomas 21-0 M85 Arling Pitcher 13-5	M50 J Robinson 6:05.6	M35 Don Knapp 16-101	M68 Frank Bowles
February 18	M45 Peter Wayte 4:27.3  Dannis Walsh 4:37.5	W70 E. Yeomans 15-7-1/4	M55 J Conner 4:53.3 age-group AR	M40 James Baxendale 13-0 M50 Bob Hoover 13-81	Shot Put M30 Gary Gertner
55m M30 Leonard Strong 6.7	M50 Paul Hamilton 5:14.5	是一种 20 M 20	W45 J Gully 7:15.1	M55 Earl Ventura 16-113	M35 Mike Campman
Michael Smith 6.9	Robert Premo 6:38.0 M55 Ken Combs 5:34.3	Shot Put M30 Rick Meindl 43-3-3/4	Two Mile	Stan Giles 13-4 M60+Jerry Reicher 11-101	M55 Jack Eighmy M65 Frank Bowles
Lamont Wilson 7.0 M35 Robert Burnett 6.8	Peter Wilton 6:17.3	Chris Mitko 34-1-1/4	M30 B Pax 10:58.9 M40 A Posner 10:49.0	G Hoferer 10-7	W65 Bettye McGinn
Dallas Gaines 6.8	M60 Bill Peet 7:50.0 M75 Eek Keller 6:33.4	M35 Ben Wallace 42-10-1/4 Pieter Elmendorf 37-10	M45 J Lashbrook 10:23.6	Triple Jump M35 Don Knapp 34-10	M30 Dan Pierce
Scott Hartman 7.0 M40 Chaeles Allie 6.6	W35 Sandy Padgett 6:00.6	M40 Steve Kaye 39-4-1/4	M50 J Robanson 12:31.2 W30 C Hervert 11:25.9	M40 Bob Everoski 31-12	M40 C Wisniewski
Charles Cresaw 6.9	W45 Debbie Bramlage 6:18.5 W65 Vadine Koenig 8:30.5	Jim Pearce 34-2-1/4 Allen Ray 33-6-1/2	W45 J Gully 15:06.1	M55 B Butterworth 30-1 M60+Jerry Reichar 24-6	M55 Vilmars Strau M60 Anthony Zamor
Lloyd Hathcock 7.1 M45 Abdul Singh 7.1	the state of the s	M45 Nucjet Bitsko 38-1/4	High Towns of the Control of the Con	G Hoferer 22-3/4	M65 K Timmerhaus
Caleb Brown 7.1	THE RESERVE THE PARTY OF THE PA	Abdul Singh 32-2 Robert Murrell 31-8-1/2	High Jump M35 D Potter 4-14	PARTIES VINE PROPERTY OF	W30 Paula Goldber Janet Verbosh
Avital Schurr 7.4 M50 Paul Dorsey 7.0	3000m M30 Dave Kannewurf 9:29.9	M50 Brad Ankerstar 35-7-1/4	M40 B Schooler 5-2 M45 R Rogers 5-0	Colorado TAC Championships	AND PARTIES
Grover Coats 7.3	Bob Crabtree 9:37.2 Ben Junk 9:48.2	John Sloan 32-7 Robert Premo 25-3-1/4	M50 F Smith 5-3	Air Force Academy Fieldhouse	SOUTHY
John Sloan 8.2 M55 Troy Banks 7.4	M35 Buddy Harpool 9:46.2	M55 Raymond Zellers 25-5-1/2	M55 M Peters 3-8 M60 B Ackerman 4-4	Colorado Springs February 25	1st Annual Oklahom
Burt Saidel 7.6	Harlon Logston 9:47.2 M40 Rich Davis 9:33.4	M60 Phil Brusca 39-10-1/2 Cliff Sampson 37-4-1/2	M65 J Platis 4-6		Invitation
W30 Linda Browning 9.4	Steve Wilson 10:30.7	Danver Smith 35-3 M65 Fred Hirsimaki 32-0	M70 W Ragland 3-2	55m M30 William White 6.4	Norman
W35 Martha Brown 8.5 W40 Gerry Pixler 11.2	M45 Lyndon Johnson 14:31.6 M50 Robert Premo 14:36.1	Bob Brennan 18-5-1/4	And the second of the second of the second	Scott Groom 7.1 Gary Gertner 7.6	February
W60 Mary Patterson 9.0	M55 Peter Wilton 13:29.0	M70 Andy Jones 35-7-1/4 Hugh Yeomans 23-1-1/4	MID-AMERICA	M35 Jeff Underwood 8.1	55mH M50 Dale Lance
Carolyn Peet 10.8 W70 E. Yeomans 12.4	Raymond Zellers 13:46.4 M60 Paul Hamilton 11:26.7	M75 Leslie Thomas 28-8-1/2	If a who have been a supported by the beauty	M40 Robb Bong 6.8 Fred Fisher 7.2	55m
	M65 Ken Combs 11:09.4 M75 Eek Kelelr 13:40.0	M80 Byron Fike 23-7-1/4 M85 Arling Pitcher 18-6	Missouri Valley TAC Indoor Championships	Steve Straight 7.5	M30 Mike Houston M40 Tim McGough
55m hurdles M40 James Crutcher 9.0	M75 Eek Kelelr 13:40.0 W35 Sandy Padgett 12:41.6	W60 Lucille Sampson 24-10	Lawrence, KS	M45 Walt Gibson 7.2 David Luplow 7.4	M45 Sam Pfenning
M50 Grover Coats 9.4	W45 Debbie Bramlage 13:16.7 W65 Vadine Koenig 17:41.0	W70 E. Yeomans 15-11	January 14	Dick Gentry 7.6	M50 Dale Lance M55 Bob Santine
George LaFleur 11.0 M55 Thom Phillips 11.0	west vadine Roenig 17:41:0	Weight Throw	60yH	Tom Starr 7.7 M50 Ron Kirkpatrick 7.4	Randal Lindsa
M60 Denver Smith 9.4 Harry Bolia 12.7	4x400	M30 Chris Mitko 31-1-1/4	M30 Ken Ellis 7.7	Ed Arnold 7.8	Bill Wright M65 Bill Carter
Harry Bolia 12.7 M65 Fred Hirsimaki 10.4	M30 Victory AC 3:54.4 M40 Cincinnati AA 3:55.0	M35 Pieter Elmendorf36-5-3/4 M40 Steve Kaye 37-8-1/2	Charles Barnard 8.7 M40 Ross Jensen 9.1	M55 Jack Short 8.1 M60 Gordon Albury 7.4	Herb Marvel
200m	M40 Cincinnati AA 3:55.0 Four Winds TC 4:15.5	Jim Pearce 36-3-1/2	M45 Tom Thorne 10.2	Jack Greenwood 7.6	200m M55 R Lindsay
M30 Lamont Wilson 25.5	E. O. of the state	M45 Mickey Bitsko 38-7 M55 Jerry England 25-8-1/4	60y M30 Cornell Sowell 6.4	H J Fischer 8.0 M65 Haydn Parks 8.3	400m
M35 Robert Burnett 24.5 Bill Cheadle 24.7	3000m racewalk M35 Gene Harrison 16:53.0	M60 Phil Brusca 38-6-3/4	James Hillard 6.6 John Adams 6.6	Norman Katzman 8.5	M30 M Houston M45 S Pfenning
M40 Charles Allie 24.6	M40 Jim Oliver 21:44.3	Cliff Sampson 47-1 M75 Nolan Fowler 33-6	M35 Fred Merrell 6.7	Frank Bowles 8.6 M70 John Davison 8.5	M55 R Lindsay
Lloyd Hathcock 26.2  James Crutcher 26.3	Martin Sheets 22:12.2 M45 Kedrick Sanders 18:09.6	AND TOWNS OF THE PROPERTY OF THE PARTY OF TH	M40 Ross Jensen 7.1 M45 Gary Oliphant 6.6	W55 Joan Dugan	1500m M50 Jim McFadden
M45 Avital Schurr 27.0	Paul Hamilton 19:56.8	Illinois Masters Grand	M50 Thornton Shelton 7.0	M30 William White 31.2	Bruce Duffin
Caleb Brown 27.3 John Blakely 27.6	George LaFleur 20:11.0 M55 Charles Deuser 17:54.0	Prix #4	Dale Lance 7.3	M40 Robb Bong 36.0	High Jump
M50 Paul Dorsey 25.8	M60 Bill Peet 18:33.9	Sterling, IL	M55 Earl Ventura 7.1	Alan Johnson 38.7 Fred Fisher 38.8	M30 Ken Ellis
Grover Coats 27.0 Ray Williams 30.3	M65 Bob Gardewing 23:00.0 M70 Hugh Weomans 21:32.2	February 25	Stan Giles 7.5	M45 David Luplow 37.2	M40 Jim Johnson Tim McGough
M55 Troy Banks 28.5	M80 Byron Fike 23:05.0	55m M30 R Crawfsord 6.6	M30 Ken Ellis 33.5	Dick Gentry 38.1	M45 Sam Pfenning
Reggie Smith 28.6 Richard Greiwe 33.5	W40 Gayle Johnson 14:50.2	J Plise 7.1	James Hillard 34.5	M50 Ron Kirkpatrick 36.0	M50 Dale Lance M65 Bill Carter
M60 Willie Blackmon 28.4	Cathi Sullivan 18:45.7 Susan Eppley 20:55.6	M Friesema 8.2 M35 M Blueford 6.6	M35 Fred Merrell 36.0	Ed Arnold 40.8 M60 Jack Greenwood 38.5	Pole Vault
Jack Greenwald 30.4 M65 E.J. Goddin 29.5	W 50 Mary Corley 21:04.1	T Hager 6 7	Bruce Duffin 47.2	Gordon Albury 60 1	M30 Ken Ellis M50 D Lance
M70 Hugh Yeomans 45.9	W60 Carolyn Peet 22:29.8 Lucille Sampson 21:22.0	s bruckleyki 8:8	M40 Tom Bassett 35.4 Ross Jensen 36.5	H J Fischer 42.2 Ernie MacDonald 43.8	Continued
					The state of the s

Norman Katzman Frank Bowles S Packer-Moore 48.0 Dennis Giannangeli84.5 Jeff Underwood 90.0 Alan Johnson 88.0 90.0 88.0 96.0 88.7 Dan Ayers
David Luplow
Tom Starr
Mary Palmer 94.2 98.5 Oy Kevin Williams D Giannangeli 2:39.3 O Greg Burrell
Doug Haas
Tom Head
Ed Castaneda 4:43.0 4:48.0 5:38.0 4:52.0 4:50.0 6 Ed Castaneda 4:52.0

Jim Brady 4:50.0

Dan Peterson 4:56.3

Kent Ogleby 4:56.9

6 Geoffrey Chance 5:29.0

Mike Janelle 5:51.0

Tony Accetta 5:57.0

Dick Sutton 5:59.0

Shirley Duetschi 6:08.0 ile Mark Kennard 9:36.0 Mark Kennard 9:36.0 Andrew Crook 9:36.0 Doug Haas 10:47.0 Greg Burrell 11:23.0 Ted Castaneda 11:24.3 Shirley Duetschil3:11.0 Hack Greenwood Jack Greenwood 8.4
Jerry Donley 9.4
Jerr O.Shannon Jullivan 17-8

Jerry Nelson 15-6

15-Peter McGinnis 13-6

O Jerry Donley 12-4 3/4

Ing Jump 10-6

Jeff Underwood 15-0

O Robb Bong 20-01

Steve Straight 16-4

5 Dennis Leczinski 16-6

OEd Arnoldismas 15-12-14

O John Davison 10-83

iple Jump Dennis Leczinski --3 Frank Bowles ---D Gary Gertner 51-10
5 Mike Campman 39-21
5 Jack Eighmy 32-3
5 Frank Bowles 38-4 3/4
5 Bettye McGinnity16-71 5 Bettye McGinnity16-74
Mile Racewalk
D Dan Pierce 15:05.0
C Wisniewski 21:06.0
5 Vilmars Strautin21:08.0
D Anthony Zamora 21:25.0
K Timmerhaus 19:23.0
D Paula Goldberg 21:02.0
Janet Verbosh 29:07.0 SOUTHWEST Annual Oklahoma University Invitational Norman

# February 15

55mF	1000 1000 TO THE	
M50	Dale Lance	8.53
55m	BEET TO LEGGE TO	STATE OF STATE
	Mike Houston	
M40	Tim McGough	8.31
M45	Sam Pfenning	8.03
M50	Dale Lance	7.59
M55	Bob Santine	
330	Randal Lindsay	
	Bill Wright	
M65	Bill Carter	8.24
123	Herb Marvel	8.45
200r		THE N.
M55	R Lindsay	29.54
400t	m W. L. Cool and Mar	4 65
M30	M Houston	53.57
M45	S Pfenning	67.47
M55	R Lindsay	69.84
150	Om	AT WAS THE
M50	Jim McFadden 4	:54.10
200	Bruce Duffin 5	:00.90
n-	Larry Toothaker5	:10.00
High	d Jump - 1 12ct	DE 185
M30	Ken Ellis	6-0
	Jim Johnson	
	Tim McGough	4-8
M45	Sam Pfenning Dale Lance	4-10
M50	Dale Lance	5-0
M65	Bill Carter	4-0
	e Vault	C 02 11 2 1

14-0

Continued on next page

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OR PAH MA CM II CA CM H Y MI

OW CA

4:54.1

5:23.5

5:43.6

5:44.2 7:40.4

4:21.3 5:11.2

10:57.1

12:23.3

12:44.2

9.6

8.2 8.2

8.2 8.4 8.5

9.3 9.7 10.4

10.6

11.3

nta

56.1

54.1

5-0 5-0 4-6

6-4 5-0

44-0

21-1

43-1 28-7

25-7 41-5 32-6

68-8

120-6

150-6 138-9

118-5 104-2

98-8

91-8

12:18 12:06.3

M45 Bill Perry

Ross Dunton

Lewis Beetle

Mo5 Avery Bryant Howard Willit

W30 Rose Monday K Cunningham

Conrad Brooks

Mod Avery Bryant

M45 Larry Sallinger C McCormick

M55 Jerry Stanners Bill Adler Dave Douglass

M50 Alvin Henry Gary Miller Don Smith

Ed Martin

Al Guidet

M35 A Hecker M40 J Birnbaum

Will Robinson M60 Bob Watanabe

High Jump M35 A Hecker Ray Flynn Val Olotoa M40 Charlie Rader Jorge Birnbaum

Shot Put M30 Val Olotoa M35

A Hecker

M70

W55

Discus m30 val Ulotoa A Hecker

m40 Mike Deller M45 M McCormick

Juan Bustamante M50 Ed Koenler Al Brown

Larry Stuart M55 Ed Martin

Mike Devlin

Arnie Gaynor M65 Bob Hunt

Art Vesco

Seymour Lampert 106-4 M75

Continued on next page

M70

M40 Mike Deller

Jorge Birnbaum M45

M45 Juan Bustamante M50 Ed Kohler Al Brown M60 Arnie Gaynor

Seymour Lampert 23-4 M75 Art Vescoe 23-4

Christel Miller 27-10 Shirley Kinsey

300mH

M55

MoO Watanabe

3000m

M45 L Schalvo

60mH M35 A Hecker

M45

J Harper Ross Dunton

40 Tim McGough 12-4 45 S Pfenning 15-3½	W40 M L Platis 22-115 W65 F Berry 18-5	Pole Vault M40 Steve Morris M50 Jerry Stanners 10-8	400m M50 Dave Doerrer 1:01.84	Orange Spring Game Orange, CA
	W65 F Berry 18-4 Weight		M55 Harold Creson 1:00.63 M60 Larry Anderson 1:05.34	February 21
	M30 B Hartmann 46-3	Long Jump	M65 Glenn Doty 1:13.0	是 1200 (1000) (2000) (2000) (2000)
55 R Lindsay 14-10	M35 P Burns 38-0	M30 R Wells 20-4½	M70 Del Bender 1:17.59	1000
5 B Carter 13-4½	M40 C Klehm 37-1	M35 John Kuechle 20-0		100m
t Put		M40 Leroy Clipps 16-9	M80+Oscar Baer 1:41.43	m30
R Fitzgerald 33-71		Mike McCarthy 13-1	W50 Phyllis Slinker 1:48.12	Gregg Holmes
Tim McGough 33-2½	MSO B Warren 32-0	M50 Rogert Tsuda 17-71	W60 Barbara Meadows 1:15.35	Jim Bonille
John Wilson 33-111	M55 B Kemp 30-0	M75 Art Vesco 8-3	800m	Eugene Driver
	56# Weight	III S ATC TESCO	M50 Dave Doerrer 2:20.60	M45
Larry Price 42-11	M30 B Hartmann 24-0	Triple Jump	M55 Royd Shumway 2:31.32	Frank Little
Dale Lance 35-12	M35 P Burns 22-5	M40 Rufus Morris 41-51		
5 Bob Santine 28-11	M40 C Klehm 23-10	M70 Chas Mercurio 27-11		Fred Niedemeyer
0 Engel Grow 40-61		The state of the s	M65 Bob Williams 3:12.3	Juan Bustamante
5 Bill Carter 35-7	M45 L Slick 21-0		M70 Floyd Smithberg 3:22.39	M50
· 14 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	M50 B Warren 20-4	Art Vesco 16-14	M80+Oscar Baer 4:15.61	Alvin Henry
HOMERON MAN FIND NOSERA INION	M55. J Twet 18-0	Shot Put	W50 Phyllis Slinker 3:46.50	M55
bbock Christian University	Committee of the second		W60 Ruth Kasper 4:18.90	lony Nasralla
Indoors	WEST	M35 Russ Reabold 40-1	1500m	Sam Flory
Lubbock, TX	W LOI	M55 Bob Eldrige 30-12	M50 Cliff Bedell 4:40.34	Bill Adler
March 3	Marie and the second broad bridge of the same	Dave Douglass 30-1	M55 James Williams 5:20.43	Frank Kishi
1 English Annual Control of the Cont	5th Annual Patriots Relays	M60 Robert Perry 27-1	M60 Darrell Stewart 5:51.15	M60
Gil Hardy 6.7	Van Nuys, CA	M75 Ross Carter 40-9	M70 Floyd Smithberg 6:28.70	Gene Hart
5 Tom Thompson 6.6		Art Vesco 23-81	W50 Phyllis Slinker 7:20.59	Bob Watanabe
John Battaglia 6.7	January 21	W55 Christel Miller 28-10	W60 Ruth Kasper 8:33.07	Barney Phillips
Jeff Loubet 7.4	40	W60 Shirley Kinsey 24-2	W70 Sis Warnke 9:16.30	M65
Jim Weaver 7.1	M30 Gregg Holmes 6.88		W75 Helen Johnson 9:11.18	Bob Hunt
Andy Anderson 7.5		Weight Throw	3000m	
Tim Murphy 7.3	M35 Eugene Driver 7.38	M30 Val Olotoa 32-11		Claude Taggart
	M40 Rufus Morris 7.22	M55 Dave Douglass 28-10	M50 Tom Wipen 10:41.29	George Simon
	M45 Lance Pierce 7.86	M75 Ross Carter 24-9 3/4	w55 Joe Livesay 11:39.86	M70
Fred White 8.8	M50 Kenny Dennis 7.20	Art Vesco 17-3	M60 W Goodwin 13:50.35	Al Guidet
5 Lou Bloxom 8.3	MSS Tony Nasralla . 8.50	17-3	M65 Bob Williams 13:16.07	W50
5 Mary Luker 8.5	M60 Bob Watanabe 8.74	No. of the last of	M70 Floyd Smthberg 14:33.40	Jeanne Carter
Marion Coffee 9.1	M70 Al Guidet 8.82	001101	WSO Phyllis Slinker 16:22.48	
Om		CSU-Bakersfield Meet	W60 Ruth Kasper 18:18.88	The state of the s
T O'Connell 25.1	Chas Mercurio 9.12	February 10	W70 Sis Warnke 21:18.17	2000
T Thompson 24.1	等1900年中央公司公司公司	Bakersfield, CA	The bearing out the section	200m
O Roger Assink 24.6	_300m	A STATE OF THE PARTY OF THE PAR		M30
	M30 Jay Smith 35.25	100m	High Jump	Gregg Holmes
	James Bonilla 36.20	Al Guidet 71 14.4	WSO Pland Catal	Jim Bonilla
Roy Turner 24.5	M35 Eugene Driver 37.34	Vernon Mattson 69 14.2	MSO Floyd Smith 5-1	Don Parker
0 Andy Anderson 27.8	Pete Tatematsu 40.94	Jack Randolph 56 14.8	MSS Royd Shumway 5-0	M35
5 Tim Murphy 29.5	M40 Herman Castille 38.24	Ron Beadle 41 11.5	M60 Ernie Hammond 4-0	Eugene Driver
0 Paul Jones 38.5		200m	M65 Chas Obye 4-3	Herman Duncan
5 Fred White 34.2	Bill Weinstock 39.36	Vernon Mattson 69 31.0	M70 R Devers 4-2	Foots Williams
Lou Bloxom 30.6	M45 Bob Davison 40.34		M75 VMcIntyre 4-0	
Mary Luker 30.6	Tony Turnbull 40.71	Will Robinson 59 27.5	M80+John Eichman 3-0	M40
Marion Coffee 37.6	M50 Stan King 41.52	Jack Randolph 56 29.9	W50 JMarslup 3-0	H Castille
	MSS Tony Nasralla 43.57	Ross Irving 52 26.2	The state of the s	M45
0m	M60 Bob Watanabe 49.24	Ron Beadle 41 23.3	The second second	Frank Little
T- 0'Connell 56.1	Sir O Bingley 59.73	100mH	Pole Vault	F Niedermeyer
5 Tom Thompson 54.9	The state of the s	Al Guidet 71 20.1	M50 Keith Powell 9-6	M50
0 Fred Collins 53.9	600m	110mH		Stan King
Bob Guajardo 1:13.1		Kevin Speaks 35 17.3	M55 Edward Lee 11-0	M55
Roy Turner 55.0	M30 Herman Duncan 1:28.95		M60 Don Crosser 8-0	Tony Nasralla
0 A Anderson 64.9	Greg Holmes 1:31.37		M65 Rich Bennett 8-0	
5 Bob Wingo 74.5	M35 Foots Williams 1:32.60	400mH	M70 Jake Miller 6-6	Will Robinson
5 Tony DeNardis 87.0	Wayne Johnson 1:37.40	Hugh Adams 49 61.3	M75 M Lightfoot 6-0	Frank Kishi
5 Mary Luker 75.9	M40 Herman Castille 1:27.53	Kevin Speaks 35 66.1	1 This last street day something som	M60
	Konrad Brooks 1:29.09	Will Robinson 59 73.6	CONTRACTOR CONTRACTOR CONTRACTOR	Gene Hart
Om Via Sanagara 2134 0	M45 Tony Turnbull 1:32.80	High Jump	Long Jump	Bob Watanabe
Jim Samarron 2:24.0	M50 Stan King 1:44.79	M30 David Gaeta 5-5 3/4	MSO Keith Powell 16-3/4	Lewis Beetle
5 David Salazar2:12.6	Jesse Carrington1:45.46	Long Jump	M55 Ray Graves 16-2	Claude Taggart
0 S McCleery 2:25.5	M55 Al Sheahen 2:02.39	M55 Jack Randolph 13-10	M60 Arnold Ray 14-5	M70
5 Bob Guarjado 2:39.4	Louis Simms 2:02.39	M65 Vernon Mattson 14-11	M65 Graeme Dalzell 15-0	Charles Mercurio
0 Bill Rodgers 3;07.6	M60 Sir O Bingley 2:12.30	Triple Jump	M70 Myron Dover 12-0	W50
5 Bob Wingo 3:15.2	2.12.30	M55 J Randolph 29-7	M75 V McIntyre 10-2	Jeanne Carter
5 Tony DeNardis3:39.7	HOLD BY THE ESTATE OF	Shot Put	M80+Oscar Baer 8-74	The secretary which have been been
00m	1000m		W50 Ginger Rhodes 12-4	
5 David Salazar5:02.4	M30 Peter Mogg 2:32.24	M35 Gary Kelmenson 35-94		S A NEW SE
0 S McCleery 6:13.4	Bob Johnston 3:05.03	M40 Mike Nash 45-21	W55 Ruth Smith 11-k	
0 George Jury 5:55.6	M40 Nolan Smith 2:32.96	Discus	W60 Kathy King 6-5	400m
00m	Joe Steinman 3:06.63	M35 Gary Kelmenson 118-9	W65 A McCormick 7-0	1100
5 Gary Bowen 14:08.9	M50 J Carrington 3:09.45	M40 Mike Nash 115-9	W70 D Fordney 6-1	Eugene Driver
	M55 Ted Oviatt 3:12.73	M45 Lloyd Higgins 170-11	No. 11 To the State of the Stat	Herman Duncan
5 Bob Guajardo 11:46.9		Hammer	Shot Put	Foot Williams
0 George Jury 11:59.0	M60 Louis Beadle 3:37.34	M35 G Kelmenson 136-5		
L Tabe Chalaum 14.21 0	Sir O Bingley 3:56.59		MSO Rob Book	M40
			M50 Bob Beck 39-8	
	W30 Joy Crickett 3:04.68	<u>Javelin</u>	M55 Ben McGrady 38-1	H Castille
0 Tom Bowser 14:40.0	W30 Joy Crickett 3:04.68	Javelin M35 Gary Kelmenson 110-6	M55 Ben McGrady 38-1 M60 Bob Fisher 36-14	H Castille
O Tom Bowser 14:40.0 5 Shirley Wigley14:22.8	Caraling Con	Javelin M35 Gary Kelmenson 110-6 Weight	M55 Ben McGrady 38-1 M60 Bob Fisher 36-14 M65 Don Cumley 39-0	H Castille M45 Stan Baker
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Tom Bowser 14:40.0  Shirley Wigley14:22.8  MH  S Robert Hahn 8.8  O Tim McGough 13.0  S Jeff Loubet 9.1  O Chuck Miller 8.0  O Joe Murphy 9.1  Mary Luker 12.5  Marion Coffee13.0  1e Vault  O J J Oksas 12-6  S J Anderson 14-3  O D Hill 10-0  S M Norberg 10-6  O J Griffin 9-0  O B Ackerman 8-6  S Rajcevich 7-6  ng Jump  O M Friesema 13-94  S J Hager 16-8  OR Harvey 18-9  O H Brown 14-34  S M Larsen 15-54  O E Cole 9-2  O M L Platis 14-3  S P Danielson12-8 3/4	3000m   11:07.0   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   11:21.0   M55   Ted Oviatt   11:11.0   Louis Simms   12:56.0   M60 Sir O Bingley   14:13.0   W30   Bobbie Schipper   11:24.0   M30   Roosevelt   Wells   M35   Delario   Robinson   M50   Jerry Stanners   10:26   M55   Bill   Adler   10:53   Dave   Douglass   11:49   M30   R   Wells   M40   Jorge Birnbaum   52:43   M45   Robert Bivias   47:35   M55   Dave Douglass   54:35   M60   Bob   Watanabe   60:51   Mx100m   Relay   Mx100m   Mx100m   Mx100m   Relay   Mx100m   Relay   Mx100m   Mx100m   Relay   Mx100	Javelin   M35 Gary Kelmenson   110-6	M55 Ben McGrady 38-1 M60 Bob Fisher 36-1½ M60 Bob Fisher 39-0 M70 Murray Oguss 33-7 M75 Ross Carter 40-2 M80+John Eichman 26-5 3/4 W50 Laura Boyce 22-3 W55 J Marslup 22-11½ W60 K King 26-11 3/4 W65 B McGinnity 19-3½ W70 Marie Calloway W75 Thelma Witchey 19-4 3/4 M80+S Vallintine 10-5½  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 W50 Laura Boyce 45-4 W55 J Marzlup 56-1 W60 Barbara Brandt 63-9 W65 B McGinnity 50-2	H Castille M45 Stan Baker M50 S King M55 Tony Nasralla M60 Bob Watanabe M65 Avery Bryant Claude Taggart W50 Jeanne Carter  800m M35 Jim Kim 2: Greg Lesh 2: M40 Conrad Brooks 2: Ron Rook 2: Jorge Birnbaum 2: M45 Stan Baker 2: M50 —— Carrington 2:
Tom Bowser 14:40.0  5 Shirley Wigley14:22.8  MH  5 Robert Hahn 8.8  0 Tim McGough 13.0  5 Jeff Loubet 9.1  0 Chuck Miller 8.0  0 Joe Murphy 9.1  5 Mary Luker 12.5  0 Marion Coffee13.0  1e Vault  0 J Oksas 12-6  5 J Anderson 14-3  0 D Hill 10-0  5 M Norberg 10-6  0 J Griffin 9-0  0 B Ackerman 8-6  5 G Rajcevich 7-6  ng Jump  0 M Friesema 13-94  5 J Hager 16-8  0 R Harvey 18-9  0 H Brown 14-34  5 M Larsen 15-54  0 E Cole 9-2  0 M L Platis 14-3  5 P Danielson12-8 3/4  0 C Peet 5-14	3000m   11:07.0   M30 Books	Javelin   M35 Gary Kelmenson   110-6	M55 Ben McGrady 38-1 M60 Bob Fisher 36-1½ M65 Don Cumley 39-0 M70 Murray Oguss 33-7 M75 Ross Carter 40-2 M80+John Eichman 26-5 3/4 W50 Laura Boyce 22-3 W55 J Marslup 22-11½ W60 K King 26-11 3/4 W65 B McGinnity 19-3½ W70 Marie Calloway 19-5 3/4 W75 Thelma Witchey 19-4 3/4 M80+S Vallintine 10-5½  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 W50 Laura Boyce 45-4 W55 J Marzlup 56-1 W60 Barbara Brandt 63-9 W65 B McGinnity 50-2 W70 D Fordney 38-0 W75 T Witchey 44-4	H Castille M45 Stan Baker M50 S King M55 Tony Nasralla M60 Bob Watanabe M65 Avery Bryant Claude Taggart W50 Jeanne Carter  800m M35 Jim Kim 2: Greg Lesh M40 Conrad Brooks 2: Ron Rook 2: Jorge Birnbaum 2: M45 Stan Baker 2: M50 —— Carrington 2: L Wray 2:
Tom Bowser 14:40.0  Shirley Wigley14:22.8  MH  SRobert Hahn 8.8  O Tim McGough 13.0  SJeff Loubet 9.1  O Chuck Miller 8.0  O Joe Murphy 9.1  SMary Luker 12.5  Marion Coffee13.0  le Vault  O J Oksas 12-6  S J Anderson 14-3  O D Hill 10-0  S M Norberg 10-6  O J Griffin 9-0  O B Ackerman 8-6  S G Rajcevich 7-6  ng Jump  O M Friesema 13-94  S J Hager 16-8  OR Harvey 18-9  O H Brown 14-34  S M Larsen 15-54  O E Cole 9-2  O M L Platis 14-3  S P Danielson12-8 3/4  O C Peet 5-14  S F Berry 8-3	3000m   11:07.0   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   W30   Bobbie Schipper   11:24.0   M30   Roosevelt   Wells   M35   Delario   Robinson   M50   Jerry Stanners   Robinson   M50   Jerry Stanners   10:26   M55   Bill   Adler   10:53   Dave   Douglass   11:49   M30   R   Wells   M41.71   M35   D   Robinson   M40.72   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   M55   Corona   Del   Mar   A   48:83   M50   Corona   Del   Mar   A   48:83   M50   Corona   Del   Mar   A   48:83   M50   M50   Corona   Del   Mar   A   48:83   M50   Corona   Del   Mar   A   48:83   M50	Javelin   M35 Gary Kelmenson   110-6	M55 Ben McGrady 38-1 M60 Bob Fisher 36-1½ M65 Don Cumley 39-0 M70 Murray Oguss 33-7 M75 Ross Carter 40-2 M80+John Eichman 26-5 3/4 W50 Laura Boyce 22-3 W55 J Marslup 22-11½ W60 K King 26-11 3/4 W65 B McGinnity 19-3½ W70 Marie Calloway 19-5 3/4 W75 Thelma Witchey 19-4 3/4 M80+S Vallintine 10-5½  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 W50 Laura Boyce 45-4 W55 J Marzlup 56-1 W60 Barbara Brandt 63-9 W65 B McGinnity 50-2 W70 D Fordney 38-0 W75 T Witchey 44-4	H Castille M45 Stan Baker M50 S King M55 Tony Nasralla M60 Bob Watanabe M65 Avery Bryant Claude Taggart W50 Jeanne Carter  B00m M35 Jim Kim 2: Greg Lesh M40 Conrad Brooks 2: Ron Rook 2: Jorge Birnbaum 2: M45 Stan Baker 2: M50 Carrington 2: L Wray 2:
Tom Bowser 14:40.0  Shirley Wigley14:22.8  MH  S Robert Hahn 8.8  O Tim McGough 13.0  S Jeff Loubet 9.1  O Chuck Miller 8.0  O Joe Murphy 9.1  Mary Luker 12.5  Marion Coffeel3.0  1e Vault  O J Oksas 12-6  S J Anderson 14-3  O D Hill 10-0  S M Norberg 10-6  O J Griffin 9-0  O B Ackerman 8-6  S Rajcevich 7-6  M Friesema 13-94  S J Hager 16-8  OR Harvey 18-9  O H Brown 14-34  S M Larsen 15-54  O E Cole 9-2  O M L Platis 14-3  S P Danielson12-8 3/4  O C Peet 5-14  S F Berry 8-3  iple Jump	3000m   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   W30   Bobbie Schipper   11:24.0   M30   Roosevelt Wells   8.94   M35   Delario Robinson   M50   Jerry Stanners   10:26   M55   Bill   Adler   10:53   Dave   Douglass   11:49   M30   R   Wells   M30   R   Wells   M45   R   Wells   M45   R   R   Wells   M45   R   R   Wells   M45   R   R   Wells   M45   R   Wells   M60   Bob Watanabe   M60   Si   Wells   M60   Watanabe   M60   Si   Wells   M50   Corona Del Mar   A   Wasanabe   Was	Javelin   M35 Gary Kelmenson   110-6	M55 Ben McGrady 38-1 M60 Bob Fisher 36-1½ M65 Don Cumley 39-0 M70 Murray Oguss 33-7 M75 Ross Carter 40-2 M80+John Eichman 26-5 3/4 W50 Laura Boyce 22-3 W55 J Marslup 22-11½ W60 K King 26-11 3/4 W65 B McGinnity 19-3½ W70 Marie Calloway 19-5 3/4 W75 Thelma Witchey 19-4 3/4 M80+S Vallintine 10-5½  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 W50 Laura Boyce 45-4 W55 J Marzlup 56-1 W60 Barbara Brandt W65 B McGinnity 50-2 W70 D Fordney 38-0 W75 T Witchey 44-4 W80+S Vollintine 20-6	H Castille M45 Stan Baker M50 S King M55 Tony Nasralla M60 Bob Watanabe M65 Avery Bryant Claude Taggart W50 Jeanne Carter  B00m M35 Jim Kim 2: Greg Lesh 2: M40 Conrad Brooks 2: Kon Rook 2: Jorge Birnbaum 2: M45 Stan Baker 2: M50 Carrington 2: L Wray 2: M55 Ross Dunton 2:
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O Tom Bowser 14:40.0  S Shirley Wigley14:22.8  mH  S Robert Hahn 8.8  O Tim McGough 13.0  S Jeff Loubet 9.1  O Chuck Miller 8.0  O Joe Murphy 9.1  S Mary Luker 12.5  O Marion Coffee13.0  le Vault  O J Oksas 12-6  S J Anderson 14-3  O D Hill 10-0  S M Norberg 10-6  O J Griffin 9-0  O B Ackerman 8-6  S G Rajcevich 7-6  ng Jump  O M Friesema 13-94  S J Hager 16-8  O R Harvey 18-9  O H Brown 14-34  S M Larsen 15-54  O E Cole 9-2  O M L Platis 14-3  S P Danielson12-8 3/4  O C Peet 5-14  S F Berry 8-3  iple Jump  O M Friesema 24-0  S D Potter 28-84	3000m   11:07.0   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   W30   Bobbie Schipper   11:24.0   M30   Roosevelt   Wells   M35   Delario   Robinson   M50   Jerry Stanners   10:26   M55   Bill   Adler   10:53   Dave   Douglass   11:49   M30   R   Wells   M4:71   M35   Delario   Robinson   M50   Jerry Stanners   10:26   M55   Bill   Adler   10:53   Dave   Douglass   11:49   M50   Relay   M50   Corona   Del   Mar   A   48:83   M4200m   Relay   M50   Corona   Del   Mar   A   48:83   M4200m   Relay   M40   So   Cal   Striders   A1:42.36   M4200m   Relay   M40   So   Cal   Striders   A1:42.36   M55   M56   M61	Javelin   M35 Gary Kelmenson   110-6	M55 Ben McGrady M60 Bob Fisher M65 Don Cumley M70 Murray Oguss M75 Ross Carter M80+John Eichman M50 Laura Boyce M55 J Marslup M65 B McGinnity M75 Thelma Witchey M80+S Vallintine M50 Glen Nurkka M50 Glen Nurkka M50 Glen Mirky M50 Gl	H Castille M45 Stan Baker M50 S King M55 Tony Nasralla M60 Bob Watanabe M65 Avery Bryant Claude Taggart W50 Jeanne Carter  800m M35 Jim Kim 2: Greg Lesh 2: M40 Conrad Brooks 2: Ron Rook 2: Jorge Birnbaum 2: M45 Stan Baker 2: M50 Carrington 2: L Wray 2: M55 Ross Dunton 2: R Culling 2:
O Tom Bowser 14:40.0  S Shirley Wigley14:22.8  mH  S Robert Hahn 8.8  O Tim McGough 13.0  S Jeff Loubet 9.1  O Chuck Miller 8.0  O Joe Murphy 9.1  Marion Coffee13.0  le Vault  O J Oksas 12-6  S J Anderson 14-3  O D Hill 10-0  S M Norberg 10-6  O J Griffin 9-0  O B Ackerman 8-6  S G Rajcevich 7-6  ng Jump  O M Friesema 13-94  S J Hager 16-8  OR Harvey 18-9  OH Brown 14-34  S M Larsen 15-54  O E Cole 9-2  O M L Platis 14-3  S P Danielson12-8 3/4  O C Peet 5-14  S F Berry 8-3  iple Jump  O M Friesema 24-0  S D Potter 28-84  O W Ewing 33-6	3000m   11:07.0   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   W30   Bobbie Schipper   11:24.0   M30   Roosevelt   Wells   8.94   M35   Delario   Robinson   M50   Jerry Stanners   10.26   M55   Bill   Adler   10.53   Dave   Douglass   11.49   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   M40   So   Cal   Striders   A1:42.36   Wilt   Mtn   TC   A   1:46.01   M50   Corona   Del   Mar   A   1:47.31   M55   Corona   Del	Javelin   M35 Gary Kelmenson   110-6	M55 Ben McGrady M60 Bob Fisher M65 Don Cumley M70 Murray Oguss M75 Ross Carter M80+John Eichman W50 Laura Boyce W55 J Marslup W60 K King W65 B McGinnity W70 Marie Calloway W75 Thelma Witchey M80+S Vallintine  Discus M50 Glen Nurkka M55 Boyd Shumway M55 Tormley M60 R Fisher M65 Don Crumley M70 Myron Dover M75 Ross Carter M760 R Fisher M775 Ross Carter M775 Ross Carter M775 Ross Carter M75 Ross Carter M760 R Fisher M775 Ross Carter M775 Ross Carter M775 Ross Carter M75 Ross Carter M75 Ross Carter M760 R Fisher M775 Ross Carter M77	H Castille M45 Stan Baker M50 S King M55 Tony Nasralla M60 Bob Watanabe M65 Avery Bryant Claude Taggart W50 Jeanne Carter  800m M35 Jim Kim 2: Greg Lesh 2: M40 Conrad Brooks 2: Kon Rook 2: Jorge Birnbaum 2: M45 Stan Baker 2: M50 Carrington 2: L Wray 2: M55 Ross Dunton 2: R Culling 2: L M65uire M65
O Tom Bowser 14:40.0  S Shirley Wigley14:22.8  mH  S Robert Hahn 8.8  O Tim McGough 13.0  S Jeff Loubet 9.1  O Chuck Miller 8.0  O Joe Murphy 9.1  S Mary Luker 12.5  O Marion Coffee13.0  le Vault  O J Oksas 12-6  S J Anderson 14-3  O D Hill 10-0  S M Norberg 10-6  O J Griffin 9-0  O B Ackerman 8-6  S Rajcevich 7-6  ng Jump  O M Friesema 13-94  S J Hager 16-8  OR Harvey 18-9  OR Herown 14-34  S P Danielson12-8 3/4  O C Peet 5-14  S F Berry 8-3  iple Jump  O M Friesema 24-0  S D Potter 28-84  O W Ewing 33-6  O W Ewing 33-6  O W Ewing 33-6	3000m   11:07.0   M30   A 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   11:21.0   Louis Simms   12:56.0   M60 Sir O Bingley   14:13.0   W30 Bobbie Schipper   11:24.0   M30 Rossevelt Wells   M35 Delario Robinson   M55 Bill Adler   10:53   Dave Douglass   11:49   M30 R Wells   M35 Delario Robinson   M30 Rossevelt Wells   M35 Delario Robinson   M50 Jerry Stanners   10:26   M55 Bill Adler   10:53   Dave Douglass   11:49   M30 R Wells   M40 Jorge Birnbaum   52:43   M45 Robert Bivias   47:35   M55 Dave Douglass   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   Al:42.36   Wilt Mtn TC A   1:46:01   M50 Corona Del Mar A   1:47:31   4x400m Relay   M400 Relay   M400 Relay   M50	Javelin   M35 Gary Kelmenson   110-6     Weight   M35 G Kelmenson   43-91   M35 G Kelmenson   7.17   M35 Doug McFetters   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   W50 Bobbie Peters   8.25   W55 Ruth Smith   8.84   M60 Peggy Melmock   9.88   W65 Lillian Berg   8.75   W70 Dorothea Fordney   10.66   W75 Helen Johnson   12.51   100m   M50 Norb Wedepohl   12.82   M35 Rich Glasgow   13.11   M60 Larry Anderson   13.34   M65 Glenn Dody   15.80   M70 Milt Silverstein   14.7   M75 M Lightfoot   15.89   W50 Bobbie Peters   15.80   W55 Ruth Smith   17.51   W65 Lillian Berg   16.97   W70 Dorothea Fordney   20.81   200m	M55 Ben McGrady 38-1 M60 Bob Fisher 36-1½ M65 Don Cumley 39-0 M70 Murray Oguss 33-7 M75 Ross Carter 40-2 M80+John Eichman 26-5 3/4 W50 Laura Boyce 22-3 W55 J Marslup 22-11½ W60 K King 26-11 3/4 W65 B McGinnity 19-3½ W70 Marie Calloway W75 Thelma Witchey M80+S Vallintine 10-5½  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 W50 Laura Boyce 45-4 W55 J Marzlup 56-1 W65 B McGinnity 50-2 W75 T Witchey 44-4 M80+S Vollintine 20-6  Javelin M50 Glen Nurkka 144-6 M55 Harold Creson M60 W Brazelton 131-11	H Castille M45 Stan Baker M50 S King M55 Tony Nasralla M60 Bob Watanabe M65 Avery Bryant Claude Taggart W50 Jeanne Carter  800m M35 Jim Kim 2: Greg Lesh 2: M40 Conrad Brooks 2: Ron Rook 2: Jorge Birnbaum 2: M45 Stan Baker 2: M50 —— Carrington 2: L Wray 2: M55 Ross Dunton 2: R Culling 2: L M65uire 2: M65 Lewis Beetle 2:
O Tom Bowser 14:40.0  S Shirley Wigley14:22.8  mH  S Robert Hahn 8.8  O Tim McGough 13.0  S Jeff Loubet 9.1  O Chuck Miller 8.0  O Joe Murphy 9.1  S Mary Luker 12.5  O Marion Coffee13.0  le Vault  O J Oksas 12-6  S J Anderson 14-3  O D Hill 10-0  S M Norberg 10-6  O J Griffin 9-0  O B Ackerman 8-6  S Rajcevich 7-6  ng Jump  O M Friesema 13-9½  S J Hager 16-8  O R Harvey 18-9  O H Brown 14-3½  S M Larsen 15-5½  O E Cole 9-2  O M L Platis 14-3  S P Danielson12-8 3/4  O C Peet 5-1½  S F Berry 8-3  iple Jump  O M Friesema 24-0  S D Potter 28-8½  O W Ewing 33-6  O B Ackerman 24-0  S J Platis 31-6	3000m   11:07.0   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   W30   Bobbie Schipper   11:24.0   M30   Roosevelt   Wells   8.94   M35   Delario   Robinson   M50   Jerry Stanners   10.26   M55   Bill   Adler   10.53   Dave   Douglass   11.49   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   M40   So   Cal   Striders   A1:42.36   Wilt   Mtn   TC   A   1:46.01   M50   Corona   Del   Mar   A   1:47.31   M55   Corona   Del	Javelin   M35 Gary Kelmenson   110-6	M55 Ben McGrady 38-1 M60 Bob Fisher 36-1½ M65 Don Cumley 39-0 M70 Murray Oguss 33-7 M75 Ross Carter 40-2 M80+John Eichman 26-5 3/4 W50 Laura Boyce 22-3 W55 J Marslup 22-11½ W60 K King 26-11 3/4 W65 B McGinnity 19-3½ W70 Marie Calloway W75 Thelma Witchey M80+S Vallintine 10-5½  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 W50 Laura Boyce 45-4 W55 J Marzlup W60 Barbara Brandt 63-9 W60 Barbara Brandt 63-9 W75 T Witchey 44-4 W80+S Vollintine 144-6 Javelin M50 Glen Nurkka 144-6 M55 Harold Creson M650 Glen Nurkka 144-6 M55 Harold Creson M60 W Brazelton 131-11 M65 Chas Obye 112-4	H Castille M45 Stan Baker M50 S King M55 Tony Nasralla M60 Bob Watanabe M65 Avery Bryant Claude Taggart W50 Jeanne Carter  B00m M35 Jim Kim 2: Greg Lesh M40 Conrad Brooks 2: Ron Rook 2: Jorge Birnbaum 2: M45 Stan Baker 2: M50 Carrington 2: L Wray 2: M55 Ross Dunton 2: K Culling 2: L McGuire 2: M65 Lewis Beetle 2: Avery Bryant 3:
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0 Tom Bowser 14:40.0 5 Shirley Wigley14:22.8  mH  5 Robert Hahn 8.8 0 Tim McGough 13.0 5 Jeff Loubet 9.1 0 Chuck Miller 8.0 0 Joe Murphy 9.1 15 Mary Luker 12.5 10 Marion Coffee13.0  le Vault 0 J Oksas 12-6 5 J Anderson 14-3 0 D Hill 10-0 5 M Norberg 10-6 0 J Griffin 9-0 0 B Ackerman 8-6 5 G Rajcevich 7-6 ng Jump 0 M Friesema 13-94 5 J Hager 16-8 0 R Harvey 18-9 0 H Brown 14-34 5 M Larsen 15-54 0 E Cole 9-2 0 M L Platis 14-3 5 F Berry 8-3 iple Jump 10 M Friesema 24-0 5 F Berry 8-3 iple Jump 10 M Friesema 24-0 15 D Potter 28-84 0 W Ewing 33-6 0 B Ackerman 24-0 0 J Griffin 9-2 0 M L Platis 14-3 5 F Berry 8-3 iple Jump 10 M Friesema 24-0 15 D Potter 28-84 0 W Ewing 33-6 0 B Ackerman 24-0 0 J J Platis 31-6 0 E Cole 21-24 0 M L Platis 16-1 0 F Berry 12-0 0 M L Platis 16-1 0 F Berry 12-0	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 W30 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 Al:42.36 Wilt Mtn TC A 1:46.01 M50 Corona Del Mar A 4:32.65 Sprint Medley (800, 200,	Javelin   M35 Gary Kelmenson   110-6	M55 Ben McGrady M60 Bob Fisher M65 Don Cumley M70 Murray Oguss M75 Ross Carter M80+John Eichman W50 Laura Boyce W70 Marie Calloway W75 Thelma Witchey M80+S Vallintine  Discus M50 Glen Nurkka M50 Glen Nurkka M50 Glen Nurkka M50 Fisher M60 R Fisher M60 R Fisher M75 Ross Carter M75 Ross Carter M60 R Fisher M60 R Fisher M75 Ross Carter M75 Ross Carter M75 Ross Carter M75 Ross Carter M80+John Eichman W50 Glen Nurkka M50 Glen Murkka M50 Glen Glen Murkka M50 Glen M	H Castille M45 Stan Baker M50 S King M55 Tony Nasralla M60 Bob Watanabe M65 Avery Bryant Claude Taggart W50 Jeanne Carter  800m M35 Jim Kim 2: Greg Lesh M40 Conrad Brooks 2: Kon Rook 2: Jorge Birnbaum 2: M45 Stan Baker 2: M50 Carrington 2: L Wray 2: M55 Ross Dunton 2: R Culling 2: L McGuire 2: M65 Lewis Beetle 2: Avery Bryant 3: W30 Rose Monday 2:
O Tom Bowser 14:40.0  S Shirley Wigley14:22.8  mH  S Robert Hahn 8.8  O Tim McGough 13.0  S Jeff Loubet 9.1  O Chuck Miller 8.0  O Joe Murphy 9.1  Marion Coffee13.0  Le Vault  O J Oksas 12-6  S J Anderson 14-3  O D Hill 10-0  S M Norberg 10-6  O J Griffin 9-0  O B Ackerman 8-6  S G Rajcevich 7-6  ng Jump  O M Friesema 13-94  S J Hager 16-8  OR Harvey 18-9  O H Brown 14-34  S M Larsen 15-54  O E Cole 9-2  O M L Platis 14-3  S P Danielson12-8 3/4  O C Peet 5-14  S F Berry 8-3  iple Jump  O M Friesema 24-0  S J Platis 31-6  O B Ackerman 24-0  S J Platis 31-6  O B Cole 21-24  O M L Platis 26-1  S F Berry 12-0  o to Put	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 W30 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 Al:42.36 Wilt Mtn TC A 1:46.01 M50 Corona Del Mar A 4:32.65  Sprint Medley (800, 200, 200, 200, 400) M50 Corona Del Mar A 4:13.14	Javelin   M35 Gary Kelmenson   110-6	M55 Ben McGrady 38-1 M60 Bob Fisher 36-1½ M65 Don Cumley 39-0 M70 Murray Oguss 33-7 M75 Ross Carter 40-2 M80+John Eichman 26-5 3/4 W50 Laura Boyce 22-3 W55 J Marslup 22-11½ W60 K King 26-11 3/4 W65 B McGinnity 19-3½ W70 Marie Calloway W75 Thelma Witchey M80+S Vallintine 10-5½  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 W50 Laura Boyce 45-4 W55 J Marzlup 56-1 W65 B McGinnity 50-2 W75 T Witchey 44-4 M80+S Vollintine 20-6  Javelin M50 Glen Nurkka 144-6 M55 Harold Creson M60 W Brazelton 131-11 M65 Chas Obye 112-4 M70 Charles Roloff 82-10 M60 Horeitman 70-10 M80+John Eichman 112-4 M70 Charles Roloff 82-10 M60 W Brazelton 131-11 M65 Chas Obye 112-4 M70 Charles Roloff 82-10 M60+John Eichman 67-10 M80+John Eichman 61-2	H Castille M45 Stan Baker M50 S King M55 Tony Nasralla M60 Bob Watanabe M65 Avery Bryant Claude Taggart W50 Jeanne Carter  800m M35 Jim Kim 2: Greg Lesh M40 Conrad Brooks 2: Ron Rook 2: Jorge Birnbaum 2: M45 Stan Baker 2: M50 Carrington 2: L Wray 2: M55 Ross Dunton 2: K Culling 2: L Wray 2: M65 Lewis Beetle 2: Avery Bryant W30 Rose Monday 2: K Brandrup 2:
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O Tom Bowser 14:40.0  S Shirley Wigley14:22.8  mH  S Robert Hahn 8.8  O Tim McGough 13.0  S Jeff Loubet 9.1  O Chuck Miller 8.0  O Joe Murphy 9.1  Marion Coffee13.0  le Vault  O J Oksas 12-6  S J Anderson 14-3  O D Hill 10-0  S M Norberg 10-6  O J Griffin 9-0  O B Ackerman 8-6  S G Rajcevich 7-6  ng Jump  O M Friesema 13-94  S J Hager 16-8  O R Harvey 18-9  O H Brown 14-34  S D Haltis 14-3  S P Danielson12-8 3/4  O C Peet 5-14  S F Berry 8-3  iple Jump  O M Friesema 24-0  S D Potter 28-84  O W Ewing 33-6  O B Ackerman 24-0  S J Platis 31-6  O E Cole 21-24  O M L Platis 31-6  O B Ackerman 24-0  S J Platis 31-6  O B Cole 21-24  O M L Platis 31-6  O B Cole 21-24  O M L Platis 31-6  O B Cole 21-24  O M L Platis 31-6  O B Cole 21-24  O M L Platis 31-6  O C Gilliam 45-54  O C Gilliam 45-54  O C Gilliam 45-54	3000m	Javelin   M35 Gary Kelmenson   110-6     Meight   M35 G Kelmenson   43-91   M35 G Kelmenson   7.17   M35 Doug McFetters   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   W30 Bobbie Peters   8.25   W35 Ruth Smith   8.84   M60 Peggy Melmock   9.88   W65 Lillian Berg   8.75   W70 Dorothea Fordney   10.66   W35 Rich Glasgow   13.11   M60 Larry Anderson   12.51   100m   M35 Norb Wedepohl   12.82   M35 Rich Glasgow   13.14   M65 Glenn Dody   15.80   M70 Milt Silverstein   14.7   M75 M Lightfoot   15.89   W30 Bobbie Peters   15.80   W35 Ruth Smith   17.51   W65 Lillian Berg   16.97   W70 Dorothea Fordney   20.81   200m   M30 Norb Wedepohl   26.29   M35 Harold Creson   27.10   M60 Larry Anderson   27.34   M65 Glenn Dody   31.87   M70 Milt Silverstein   M75 M Lightfoot   35.03   M80+Oscar Baer   45.25   M80+Oscar Baer   45.25   M80+Oscar Baer   45.25   M35   M30	M55 Ben McGrady M60 Bob Fisher M65 Don Cumley M70 Murray Oguss M75 Ross Carter M80+John Eichman W50 Laura Boyce W55 J Marslup W60 K King W65 B McGinnity W70 Marie Calloway W75 Thelma Witchey M80+S Vallintine  Discus M50 Glen Nurkka M55 Boyd Shumway M55 Torumley M60 R Fisher M65 Don Crumley M70 Myron Dover M75 Ross Carter M60 Barbara Brandt W65 B McGinnity W60 Barbara Brandt W65 B McGinnity W70 D Fordney W70 D Fordney W75 T Witchey W76 Barbara Brandt M55 Glen Nurkka M50 Glen Nurkka M50 Barbara Brandt W65 B McGinnity M60 Barbara Brandt W65 B McGinnity M70 D Fordney W75 T Witchey W75 T Witchey W76 Glen Nurkka M57 Glen Nurkka M58 Glen Nurkka M59 Glen Nurkka M50 Glen	H Castille M45 Stan Baker M50 S King M55 Tony Nasralla M60 Bob Watanabe M65 Avery Bryant Claude Taggart W50 Jeanne Carter  800m M35 Jim Kim 2: Greg Lesh M40 Conrad Brooks 2: Ron Rook 2: Jorge Birnbaum 2: M45 Stan Baker 2: M50 Carrington 2: L Wray 2: M55 Ross Dunton 2: K Culling 2: L Wray 2: M65 Lewis Beetle 2: Avery Bryant W30 Rose Monday 2: K Brandrup 2:
0 Tom Bowser 14:40.0 5 Shirley Wigley14:22.8  mH  Strong Wigley14:22.8  mH  0 Tim McGough 13.0 5 Jeff Loubet 9.1 60 Chuck Miller 8.0 60 Joe Murphy 9.1 60 Marion Coffee13.0 61 Vault 60 J Oksas 12-6 65 J Anderson 14-3 65 J Anderson 14-3 65 J Anderson 14-3 60 D Hill 10-0 65 M Norberg 10-6 60 J Griffin 9-0 60 B Ackerman 8-6 65 G Rajcevich 7-6 60 M Friesema 13-94 65 G Rajcevich 7-6 67 M Friesema 13-94 65 M Larsen 15-54 60 E Cole 9-2 60 M L Platis 14-3 65 P Danielson12-8 3/4 60 C Peet 5-14 65 F Berry 8-3 60 B Ackerman 24-0 60 B Ackerman 24-0 61 J Griffin 9-0 61 M Friesema 24-0 62 F Departer 28-84 63 M Ewing 33-6 64 M L Platis 31-6 65 J Platis 31-6 66 E Cole 21-24 67 M L Platis 26-1 68 F Berry 12-0 68 T Platis 31-6 69 E Cole 21-24 60 M L Platis 31-6 61 E Cole 21-24 60 M L Platis 31-6 61 E Cole 31-24 61 M L Platis 31-6 62 E Cole 31-24 63 M L Platis 31-6 64 M L Platis 33-6 65 M L Platis 31-6 66 M L Platis 33-6 67 M L Platis 33-6 68 M L Platis 33-6 69 B Cole 33-6 60 B Cole 33-	3000m   11:07.0   M30     Books	Javelin   M35 Gary Kelmenson   110-6	M55 Ben McGrady M60 Bob Fisher M65 Don Cumley M70 Murray Oguss M75 Ross Carter M80+John Eichman W50 Laura Boyce W55 J Marslup W60 K King W65 B McGinnity W70 Marie Calloway W75 Thelma Witchey M80+S Vallintine  Discus M50 Glen Nurkka M50 Glen Nurkka M50 R Fisher M55 Royd Shumway M12-3 M60 R Fisher M60 R Fisher M75 Ross Carter M75 Ross Carter M80+John Eichman W50 Laura Boyce W55 J Marzlup W60 Barbara Brandt W65 B McGinnity W60 Barbara Brandt W65 B McGinnity W70 More W75 T Witchey W70 Dordney W75 T Witchey W70 Dordney W75 T Witchey W70 D Fordney W75 T Witchey W75 T Witchey W75 T Witchey W75 T Witchey W75 Robert Dauphin M50 Glen Nurkka M55 Charles Roloff M75 Robert Dauphin M60+John Eichman W50 Pat Befus W55 Adele McCornick W70 Erma Sharp W65 Adele McCornick W70 Erma Sharp W64-2 W75 Thelma Witchey W64-5	H Castille M45 Stan Baker M50 S King M55 Tony Nasralla M60 Bob Watanabe M65 Avery Bryant Claude Taggart W50 Jeanne Carter  800m M35 Jim Kim 2: Greg Lesh M40 Conrad Brooks 2: Kon Rook 2: Jorge Birnbaum 2: M45 Stan Baker 2: M50 Carrington 2: L Wray 2: M55 Ross Dunton 2: R Culling 2: L McGuire 2: M65 Lewis Beetle 2: Avery Bryant 3: W30 Rose Monday 2: K Brandrup 2: Boare 2:
## 15  ##	3000m	Javelin   M35 Gary Kelmenson   110-6	M55 Ben McGrady 38-1 M60 Bob Fisher 36-1½ M65 Don Cumley 39-0 M70 Murray Oguss 33-7 M75 Ross Carter 40-2 M80+John Eichman 26-5 3/4 W50 Laura Boyce 22-3 W55 J Marslup 22-11½ W60 K King 26-11 3/4 W65 B McGinnity 19-3½ W70 Marie Calloway W75 Thelma Witchey M80+S Vallintine 10-5½  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 W50 Laura Boyce 45-4 W55 J Marzlup 56-1 W60 Barbara Brandt 63-9 W75 T Witchey 44-4 W80+S Vollintine 10-6  Javelin M50 Glen Nurkka 144-6 M55 Harold Creson M60 W Brazelton 131-11 M50 Glen Nurkka 144-6 M55 Harold Creson M60 W Brazelton 112-4 M70 Charles Roloff 82-10 M75 Robert Dauphin M80+John Eichman 61-2 W50 Pat Befus 25-2 W60 Barbara Brandt 85-5 W65 Adele McCormick 88-0 W70 Erma Sharp 64-2	H Castille M45 Stan Baker M50 S King M55 Tony Nasralla M60 Bob Watanabe M65 Avery Bryant Claude Taggart W50 Jeanne Carter  B00m M35 Jim Kim 2: Greg Lesh M40 Conrad Brooks 2: Ron Rook 2: Jorge Birnbaum 2: M45 Stan Baker 2: M50 Carrington 2: L Wray 2: M55 Ross Dunton 2: K Culling 2: L McGuire 2: M65 Lewis Beetle 2: Avery Bryant 3: W30 Rose Monday 2: K Brandrup 2: Boare 2:

Continued from previous	s page	1 M75	
M50	Section 1	Art Vesco	8-3
Don Smith	5-2	W55	
M55		Christel Miller	12-3
Jerry Stanners	4-10	WAO	
Dave Douglass	4-8	Shirley Kinsey	10-10
Ray Fitzhugh			
Ed Martin	4-6	Triple Jump	
	4-0	M35	
M65		Roger Trujillo	41-4
Tom DeVaughn	3-6	A Hecker	33-0
M75		M40	33-0
Carol Johnston	3-6	Milan Tiff	51-5
AND CONTRACTOR OF THE PARTY OF			The second secon
Pole Vault		Ron Rook	30-11
M50		M70	**
Gary Miller	12-1	Charles Mercurio	29-0
M55		M75	1. 1.
Jerry Stanners	10-7	Art Vesco	16-3
Ray Fitzhugh	8-7		
M65	1.1	The state of the s	
Dave Brown	8-7	Javelin	
Tom DeVaughn	8-1	M35	The party
M70		A Hecker	85-5
Jim Vernon	9-7	M40	
M75	STATE OF	Ron Rook	143-11
Carol Johnston	8-1	Richard Rook	124-10
		M50	Alla Lot Il State
Long Jump	Service Services	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	THE STATE
R Flynn	16-2	Arnie Gaynor	105-5
M40	HAPRAILE.	M75	
Carl Flowers	19-8	Art Vesco	55-11
	17-3	The second secon	N 162
M50	All Property and	Patti Devlin	51-6
Gary Miller	19-5	W55	The state of the s
M55	17-3	Christel Miller	95-7
Ed Martin		WAO	Barrier II
	15-1	Shirley Kinsey	69-7
Stanley Quade	11-10	. Guitties Kinges	07-/
IN	TERN	ATIONAL	

# British Veterans Indoor Pentathlon Championships Cosford, Wolverhampton March 4

Division WAVA	Age-	60mH	쁘	<u>ŚP</u>	<u>HJ 1000</u>
A second of the second	State of the	With the state of		1	
M40 Mike James	3745	8.86	6.68		1.65 3:04.15
Dave Cowley	3720	9.06	6.01	8.89	1.68 2:47.11
John Charlton	3623	9.32		10.05	1.53 2:51.08
S Fitzpatrick	3382	9.26		9.00	1.68 3:07.73
M Bousfield	2830	10.15		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		11.00	1.62 3:05.92
Bruce Charles	3037	10.76		7.37	1.44 3:05.92
Peter Duckers	2969	10.99	5.68		1.44 3:31.83
Dave Vaughn	2585	12.53	4.71	8.56	1.47 3:16.87
Rodney Charnoc	k2147	10.58	4.66	8.39	nhc 3:36.03
M50 Tony Mackay	3200	10.52		11.29	
M55 Colin Shafto	3924	9.77	5.08		
Joe Phillips	3039	11.35	4.49		1.32 3:46:94
Phil Oakshott	2835	11.93	4.35	9.63	1.32 3:55.17
M60 Ajit Kalirai		11.99	4.80		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			4.20	6.57	1.27 3:14.84
Carol Morris		12.41	3.69	6.60	1.18 3:36.72
Maria de la Companya del Companya de la Companya de	10 -12	A STATE OF THE STA	IN SECTION	Section 19	Charles and the Charles

# LONG DISTANCE

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

# **EAST** NYRRC Seven Mile Figure 8 Central Park, NYC

	February 4		
Over	all	19.15	35
Pat	McCarthy 26	34:22	9
Ste	cy Creamer 30	45:26	170
M40	Edgar Sandoval	40:02	36
5 7	Michael Wilson	41:25	
1-3	David Jacobs	42:28	1
M45	Thomas Moore	42:08	8
The same	Prezemek Nowicki	44:02	8
5	Jeremiah O'Connor	44:07	36
M50	Jerzy Sulek	42:52	-30

M50	Jerzy Sulek	42:52
4	Walter Vinson	43:33
1	Antonio Solis	47:17
M55	Ruben Cordon	43:13
是一	Frank Dudley	45:38
石	Stuart Witt	47:09
M60	William Fortune	43:11
Scott .	George Thompson	47:34
	Hector Pacheco	49:41
M65	John McManus	47:29
Bless	Stanley Edelman	54:19
2	Thomas Gibbons	55:01
M70-	Vince Carnevale	54:05
10		1:02:38

George Jaffe	1:02:5
Racewalkers	
1 Marc Bagan 27	53:53
2 Gary Null 45	56:07
3 Nicholas Bdera 41	57:46

W40 Sylvie Kimche	45:54
Florrie Sherman	. 51:15
Elizabeth Suna	59:06
W45 Marilyh Greeley	47:43
Laurie Baker	51:20
Ruth Greher	56:08
W50 J Westerling	52:43
Susan Bahary	1:00:06
	1:07:10
W55 Joan Fisher	1:11:19
Linda Scharer	1:15:37
W60 Queenie Thompson	1:16:10
Racewalkers	STEEL STEEL
1 Joan Rowland 63	1:18:17
2 Merl Wayne 30	1:33:29

# Knickerbocker 60K

Central Park, N	
February 10	
Overal1	
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 Worchester, MA

30	A STATE OF THE PARTY OF THE PAR	
	rall	
Ma	rk Donahue	23:06
Anı	marie Marino	27:41
M40	Neil Faugno	27:27
Title	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
PAINT	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
250	Lillian Christmas	49:21
	Sally Spry	55:20
W60	Marj Rosiello	48:30
12.5		

# 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	9.2):
M40+Washington RC	2:29:45
W40+Montgomery County	
berry Jam	3:25:50
THE RESERVE TO STATE OF THE PARTY OF THE PAR	

# Sheraton Centre Bagel Run 10K Central Park, NYC February 18

Overall	20.5
Charles Miers 31	30:5
Lisa Vaill 27	34:10
M40 William Hart	34:4
Marc Hildebrand	34:5
Edgar Sandoval	35:0
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
	38:48
M55 Cliff Gerenz	
Frank Dudley	39:42
Harry Katzan	40:48
M60 Bill Fortune	37:43
Don Dixon	40:13
George Thompson	41:22
M65 John B McManus	41:09
William Coyne	44:08
Stan Edelman	47:24
M70+Vince Carnevale	46:23
Wilfredo Rios	51:19
Charles Feldman	55:22
Total Parks State of the Parks	100
W40 Christine Grenni	ng38:20
The state of the s	

· Ma	ary Ryan	39:16
L	aurene Jones	39:33
W45 M	eeri Bodelid	37:21
. Si	usan Weisbro	d 39:54
M	arilyn Greel	ey41:06
W50 Z	ofia Turosz	41:16
L	ucinda Clark	43:21
I I	mme Dyson	46:17
. W55 1.:	sa Praskins	42:17
Re	osa Nales	. 46:41
B	unny Franco	49:05
. W60 M	uriel Merl	51:01
A A	slaug Tomas	54:28
F	lorence Rose	58:31

# SOUTHEAST

# 12th Annual Edison Festival of Light 5K Fort Myers, FL February 17

Ove	rall	
Edu	ardo Navas 31	14:07
Ann	Henderson 29	16:12
M40	Domingo Tibaduiza	14:58
	Earl Owens	15:05
150	Jim Pearson	15:22
	Wes Wessely	15:35
M. TY	Carl Nicholson	15:45
M45	David Compton	16:28
2.00	Morris Williams	17:15
12	Jay Foy	17:31
	Jim Upton	17:31
FLITAFI	Rayard Horn	17:33

	for reflection was expressed in Manager Assertion	PAGE WITH THE PAGE TO
M50	Sandor Rendeczky	17:12
211	Orbin Thompson	17:18
	Jim Larson	17:32
M55	Jim Hively	19:23
	Rob Petterson	19:59
	David Tribbey	20:23
M60	Jim Blount	18:40
	Myron Meyer	19:32
	Robert Semer	20:18
465	Fred Jennings	21:09
	D McMickle Jr	21:11
	Larry Lauletta	24:02
M70	Walter Smith	24:22
	Paul Amadio	24:25
	John Laughlin	24:40
M75	Stan Steinert	32:10
	Vincent DeShazo	34:06
	Joe Seibert	36:11
W40	Karen Macharg	17:26
1	Adrian Lilburn	17:33
	Judy Greer	18:10
	Jane Millspaugh	18:32
W45	Jan Rohde	22:49
BLX F	Carol Seaman	23:59
	Carol Mitchell	27:46
W50	Mae Cleveland	19:59
-	Susie Kluttz	20:50
	Sperry Rademaker	21:13
W55	Joanne Barney	24:16
	Amy Palmer	26:43
	Barbara Hosner	28:14
W60	Whayong Semer	22:50
	Erma Hickey	26:55
	Marie Kaup	28:30
W65	Evelyn Jennings	27:15
	Hope Fage	33:57
	Pat Wolfskeil	34:35
W70	Faye Wilder	38:58
	finishers: 280m;	117w

# asparilla Distance Classic 15K Tampa, FL February 17

46:31

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2.	Bob Schlau	48:	28
3.	Ken Hamilton	48:	51
4.	Bob Giambalvo	50:	
5.	Bob Giambalvo Grant Ritter	50:	55
6.	John Bednarski	50:	
7.	John Bednarski Barry Holcomb	51:	
		51:	
9.		52:	
10.		53:	
11.	Coswell Depeiza	54:	09
12.		54:	
		54:	
	Michael Reed	54:	
15.	Royston Dillon	54:	54
16.	Dennis Manske	55:	34
17.	Jim Keppeler	55:	43
18.	Jack Cubbison	55:	
19.	Sam Bair	56:	
20.	Sam Bair Chris Zucker Tom O'connor	56:	
21.	Tom O'connor	56:	
22.	Alan Johnson	56:	21
23.	Bob Bocchetti	56.	40
24.	Alan Johnson Bob Bocchetti Bill Harrison John Cossick	54.	54
25.	John Cossick	57:	38
	Doug Alred		
27	John Kennedy	58.	02
28	Usher Postuszny	58.	05
29	Duke Hutchinson	58:	07
30.	Robert Reeves	58:	
	John Jerome 1/1011 Vbm.	50.	00
32	Dan Healy on the	50.	14
33	Pat Dallmann M na	50.	2/
34.	David Colpitts	20:	24
	Randy Mendat	50:	40
36.		50:	21
37.	Boots Baesler	59:	10
38.	Boots Baesler Bob Wetzel	JY:	10
	Larry Rose	EO.	14
40.	Tom Reed	59:	20
41.	Barry Davis	59:	22
	Barry Davis	59:	54
42.	Phil Benson	50:	58
43.		59:	59
44.		00:	05
45.	Stephen Basinger 1:	00:	21
46.	Ron Niblett 1: Jerry Haley 1:	00:	
147.	Jerry Haley 1:	00:	31
LAE.	William Sauver 1.	nn.	77
49.	Danny Oneal 1:	00:	33
50.	Danny Oneal 1: Raymond Millanway 1:	00:	38
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60	, Ron Niblett	1:00:24
47	. Jerry Haley	1:00:2
48	. William Sauver.	1:00:3
49	Jerry Haley  William Sauyer  Danny Oneal	1:00:3
50	. Raymond Millanway	1-00-3
		47.44
	M45	TEN.
1.	Derek Frechette	53:56
	David Bowden	54:03
3.	Greg King	54:3
4.		
5.	Donald Nicholson	55:12
6.	Gary Gray	
7.	Gary Gray mail wood	57:0
	John Boyle	57:34
	Jim Bledsoe	57:44
	Ron Hough	57:4
	Robert Trombly	58:0
	Jim Wharton	58:09
3.	Richard Van bredere	od 58.30
4.	Dennis Featherstone	58.4
5.	John Bryant	58:50
6.		
7.	Pausa Hausard	59:49
	Peter Scott	1:00:16
9.		1:00:30
Ď.		1:01:02
		1:01:13
••	Robert Bitner	1:01:2

M65

1s. Warren Utes
2. Phil Mongillo
3. Bart Ross
4. James Boland
5. Bill Bernard

6. Jim Smith Engli 7. Bill Tripou 8. Santee Tallia 8. Santee Tallia

10. Julius Ganger

/ Edmund Vuolo 2 Bill Mc donough 3 Nathaniel Unite 4 William Neety

5 Gordon Johnson

M/0

22.	Bill Oppermann	1:01:22
23.		1:01:22
24.		
		1:01:28
25.		1:02:15
26.		1:02:29
27.	Anthony Dupont jr	1:02:36
28.		1:02:47
29.		
		1:02:55
30.		1:03:06
31.	Robert Rinaldi	1:03:27
32.		1:03:40
33.		1:03:43
34.	Robert Buzzetti	
35.	Robin Clement	
36.	Thomas Henkel	1:03:56
37.	John Houser	1:04:06
38.	Blake Mackenzie	1.04.33
	Wayne Lynn	1.04.23
39.	Wayne Lynn	1:04:26
40.	Don Cape	1:04:29
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	M50	DEC 2 2014
1.	Joe Burgasser	57:08
2.	Rob Smith	57:58
3.	Jim Larson	50.74
	Ulm Lar Sort	
4.	Brian Fernee	58:53
5.		
6.	Bruce Kadota	1:00:32
7		
	Richard Konkle	1:00:45
8	Richard Konkle	1:00:45
8.	Richard Konkle Bob Holliday	1:00:45
8.	Stephen Smith, jr.	1:00:45 1:03:59 1:03:59
10.	Richard Konkle Bob Holliday Stephen Smith, jr. Rene Armengoi	1:00:45 1:03:59 1:03:59 1:04:11
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2. Rob Sr	ni th	57:58	21.
3. 31m F	arson	28:36	22.
4. Brian	Gribble	58:53	24.
6. Bruce	Kadota	1:00:32	25.
7. Richar	Kadota :	1:00:45	26.
8. Bob He	olliday en Smith, jr.	1:03:59	27. 28.
9. Stephe	en Smith, jr.	1:03:59	. 29
10. Rene /	Armengol Ferrera	1:04:11	30
12. Tomas	Radzikowski	1.04:52	
13. Dick I	z Radzikowski Burchett Aumack	1:04:56	
14. Frank	Aumack	1:05:06	1
15. Lee L	indley Martin	1:05:30	3
16. Peter	Martin Ruebush	1:05:32	4
18. Thomas	s Broughman	1:05:33	. 5
19. Terry	s Broughman Trexler	1:05:44	6
20. Rober	t Farr Mail Tall	1:05:55	7
21. Dick	Ruzicka	1:05:58	8 9
22. Allen	Vess	1:06:39	10
24. Kenne	e Hill th Weatherly remer	1:07:36	11
25. Bob K	remer	1:08:37	12
26. Roy L	remer amm Jordan Hargraye	1:09:00	13
27. Bill	Jordán	1:09:00	14
28. Paul	Hargrave	1:09:45	15
30. David	Hargrave Vance Maney	1:09:40	17
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M5	n Green Robinson	A NEW YORK	19
7 Frank	Pobinson	53:03	20
3. Don 6	oardman Goldman	1:00:00	Ana
4. Mike	Goldman	1:01:32	1.
5 James	Hastings 94	1-01-3/	3.
7 Perry	am Pattison Silverman	1:01:48	123
8. Jack	Taylor	1:04:10	5.
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38:24

39:44

41:54

42:47 42:57

43:31

Ì	M55	William Pattison	38:30
١		Mike Goldman	38:58
ı		Don Boardman Steve Smith	40:30
١		Ray Oyer	43:58
ı		Harley Hoffman	44:04
ı		Chuck Cornett	45:08
١		Robert Raymond Jim Hastings	45:12
ı	and the	Billie Brooks	46:07
ı		Charles Finocchiar	
ł		Henry Campbell	46:53
١	M60	Jim Blount	37:57
ı	4.3	Roland Anspach Jim McNearny	41:36
ı		Jim McNearny	42:51
١		Robert A. Semer John Mitchell	43:11
ı		Bud Crowe	43:50
۱	7.5	Robert Heintzelman	44:37
ı	M65	Bart W. Ross	42:38
ı	1103	Prod Tonnings	44:02
١			44:15
ı		Santee Tallia	46:32
١	M70	Joe Thornburg	49.40
۱	Tauph of	Cecil Shearhart	53.53
١		Milton Bailey	54:03
١			
١	M/5	Vernon Schaefer	54:39
١	M80	Ed Root 1	:30:59
I	Separate Sep		
۱	W40	Judith Buckley	41:10
ı		Lorita Raguso Kathy Hardy	41:51
ı		Rissie M. Thieler	
١		Nina H. Emmer	43:05
ı		Ginny Cunningham Joann Lindwall	43:51
ı			
ı		Peggy Smith Amanda Thomas Sara Appelbaum P. S. Beidelschies	46:05
		Amanda Thomas	46:39
ı		P S Beidelschies	46:43
١		Shirley McLaughlin	47:27
ı	3	Mariene Watkins	47:32
١		Connie Simkins	47:58
1	W45	Nancy Frisillo	45:16
		Nancy Frisillo Linda Sparrow	45 37
ı		Tina B. Braam	45:43
		Kitty Comeii	46:23
		Janet L. Ross Ginger Mabe Barbara Miller	48:57
ı		Barbara Miller	49:39
ı	564	Ruth B. Scott	49:43
1	AL:	Rita Schafel	50:25
1		Sperry Rademaker	44:53
	SVEL B	Sandra Johnson	46:21
		Donna Hiatt	46:35
		Maggie G. Dobson Carol Schneider	48:09 48:21
-	100	Caror Schneider	40:21
	W55	Margarete Deckert	45:17
		Ann Williams Bernice Joyce	49:37 53:18
		permice doyce	33:18
	100 (3/10)		

	Carol Schneider	48:2
W55	Margarete Deckert	45:1
视图的	Ann Williams	49:3
	Bernice Joyce	53:10
W60	Whayong Semer	45:4
10.Sayla	Ann Kahl	47.2

Adeline Kearney

W65 Evelyn Jennings

# SOUTHWEST

W75 Thelma Clark . 1:15:32

# Elmwood 5K/10K New Orleans, LA

51:35

February 4	The state of
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	43/14
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 45:37
M60+Willie Clark Ernest Fuselier	46:33
	47:14
W40 Kathy Gagnon Karen LaVista	47:57
W45 Susan Provo	47:58
Linda Ohmstead	48:46
W50+Frances Ard	44:44
Martha Wright	50:45
usitus witkut	30.43

## WEST

### Redondo Beach Super Bowl Sunday 10K Redondo Beach, CA January 28

28:30
33:22
32:58
33:24
34:38
33:44
33:53
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 Rowlatt	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	
<u>Overall</u>	
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 Rowlatt	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 Hauth	47:22
1 1 A	

# Los Angeles Marathon

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 Striul	12:36:48
O. Osantowski	3:03:32
Harolene Walters	3:11:18
San Charles and Control of the Control	AGY LIVE

### No other results available at press time.

INTERNATIONAL

# **British AAA Veterans 10K** Championships Barnsley, Yorkshire February 11

31:19

M40 Andy Holden

STATE OF	Alun Roper	31:25
100	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
The state of the s	Colin Simpson	39:37
	Brian Mcguigan	39:40
M65	John Fraser	40:43
	Dennis Eyers	43:58
W35	Zina Marchant	35:37
	Diane Underwood	36:24
	Dianne Payton	36:42
W40	Margaret Lockley	38:10
	Dot Fellows	38:21
100	Chris Ashbury	39:14
W45	Rose Grimley	41:18
St amount	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.

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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'

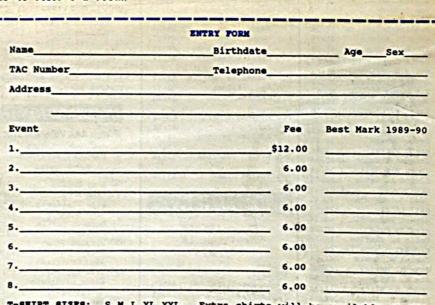
Throws

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 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

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.



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. I understand that the Philadelphia Masters Track Association is not a charitable organization and that my entry fee is not tax-deductible. COMTRIBUTION TO ST. CHRISTOPHER'S HOSPITAL FOR CHILDREN (optional): I, would like to support St. Christopher's Hospital for Children with a donation of \$\frac{1}{2}\$. 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 MOTICE: 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.

(Dated)