

* NATIONAL MASTERS NEWS



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

93rd Issue

May, 1986

\$1.95

Brother-Sister Win Titles in Price Chopperthon

Madeira-Sargent Lead Masters in Albany 30K

ALBANY, New York, March 23. A brother and sister act led the masters field at the 1986 Price Chopperthon 30-kilometer road race today.

Fordie Madeira, 41, from Sherborn, Mass., was the third woman overall and the first masters woman to cross the finish line in 2:00:38.

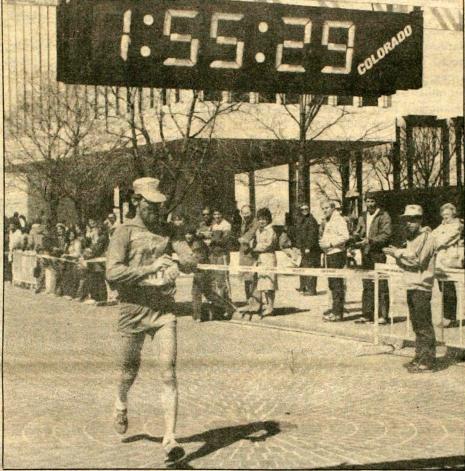
Her brother and frequent training partner, Lee Sargent, 43, from Dedham, Mass., paced the male masters in 1:50:39. Finishing one minute behind Sargent was 1984 masters winner, Charlie Parmalee, from Morris, N.Y.

Both times were well off previous winning efforts as the runners had to battle a 15-25 mph headwind on the point-to-point course.

Madeira's time was nearly 13 minutes slower than her third-place finish in the 1984 Price Chopperthon, as she ran conservatively to avoid reinjuring a tender hamstring muscle.

Both Madeira and Sargent returned home with \$250 in prize money.

Several of the day's top perfor-Continued on page 18



's age 45-49 race in 1:55:29 in the Price Chopperthon 30 Lee Wilcox of Troy, N.Y. wins the Mer from Schenectady-to-Albany, N.Y. on March 23

Fordie Madeira finishes as the first masters woman in the Price Chopperthon 30K in 2:00:38

Chrimes Commits 4 WR's in British Championships

by JERRY WOJCIK

The British Veterans Athletic Federation Indoor T&F Championships in Manchester, England, on March 15, saw 31 world indoor agegroup record marks broken, four others equalled, and 31 British indoor records set.

World-record breakers were led by Rosemary Chrimes, W50, Commonwealth Games discus champion in 1970 and winner at the World Veterans Games in Toronto in 1975. She returned to action, and set four records, in the 60m (9.1); the high jump (1.30/4-31/4); the long jump (4.22/13-10); and the shot put (12.48/40-111/2).

G. Bridgeman, M60, broke two sprint records, in the 200 (27.1) and 400 (63.1), and tied the world-best 60m time of 8.3 in a heat race. M. Hocknett, W40, also set two records in the 200 (28.2) and 400 (63.6).

Continued on page 23

World Games Pledges Top \$100,000 Goal

Over \$100,000 has been pledged by masters athletes to help support the 1989 World Veterans Games if they are awarded to the United States.

"We've reached our goal, and I want to thank all those who have pledged their support," said David Pain, Chairman of TAC's Masters Site-selection Commit-

The total amount of pledges received as of April 10 was \$100,385 from 238 donors. Excluding the two major commitments of \$25,000 from John Popell and \$50,000 from Otto Essig, the average pledge is \$107.56. A complete list of all

Continued on page 24



Judy Pickert, W40, Mahopac, N.Y., finishing 1st woman, 39:44, in the Key West 10K, Key West, Fla., February 15. Photo by Ned Guardenier

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Address Letters to: National Masters News, P.O. Box 2372, Van Nuys, CA 91404.

U.S. PENTATHLON SCORING FAULTED

I have recently received my April edition of National Masters News. In this edition they give the results of the National Masters Pentathlon. For record purposes every score listed is wrong. It's not sour grapes on my part but rather a feeling of distress that at a "National" meet the scoring could be made so difficult and incorrect by the people scoring the meet. Following is the big problem:

Scoring the 55m hurdles: I had called Rex Harvey, and the people in Baltimore about scoring for the meet. The answer was: 55m hurdle tables -same as used last year at a TAC Seniors in Texas. No problem, that is the correct table. At the meet the "official" scores doubled your time and used the 110m high hurdle tables. This makes the difference of 100-150 points. A coach's rule of thumb is double minus a second, but they didn't even do that. When it was pointed out that they used the wrong tables and I showed them a copy they had sent me (i.e. 55m hurdle tables), they (scorers) basically ignored us. There was even a letter from TAC on the scorers table

telling them to use the 55m hurdle table. It wasn't the age factoring that made the scoring difficult, it was the people scoring who wouldn't accept help.

One other point of interest; it is the first time I ever saw a 6'6" high jump convert to 1.97 meters.

If this meet is held on the east coast next year I plan on writing a short computer program to take some of the hassle out of the scoring. Either way the scoring was wrong and Mr. Morcom scored around 3800, still the top score.

> Jeff Wotry Woodbridge, Virginia

SMALL GROUP DICTATES MASTERS

I say "cheers" to the letters from Bill Nottingham and Sidney Gendin concerning the "no false start rule" and the "small group of people" who dictate their views upon the masters program. These people were never elected by the masters community to the office they now hold. They were opportunists who stepped in on their own at the right time to fill a vacuum and grab the power they now hold and

Continued on page 25

NATIONAL MASTERS NEWS

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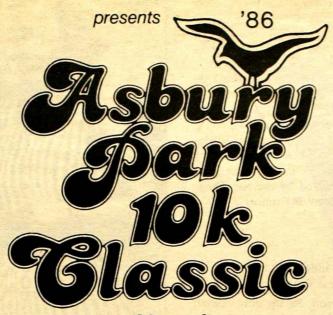
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Matson, Simon Set U.S. 15K Marks

Shirley Matson, 45, added the 15-kilometer run to her growing collection of American road records for women age 45-49 with a time of 57:09 in the Sue Krenn 15K in San Diego on March 1.

It was the nutritionist's fourth U.S. W45 record since she turned 45 last November 7, and was fast enough to earn the women's title, overall, in the 22nd annual 15K at Mission Bay.

Matson's closest rival of any age was Cari Morrison, 28, (57:41). Her time broke the W45 mark of 58:18, set by another San Diegan, Dorothy Stock, on December 6, 1980.

Matson's previous W45 records are: 8K (28:47), 10K (35:32) and half-marathon (1:20:25).

Judy Simon, 70, lowered the U.S. record for women 70-74 to 1:28:02. That betters the mark of 1:31:29, set by Anne Clarke of Illinois in 1981.

Gary Novak edged Graeme Shirley by nine seconds, 53:00 to 53:09, to cop the men's masters crown. The race, which is sponsored by the San Diego Track Club, drew 243 runners.

12 Meet Records Fall in Virginia

Twelve meet records were broken and three set in new events in the Virginia State Masters Indoor T&F Championships held March 1 in Virginia Military Institute's Cormack Field House in Lexington.

Record makers in the 55mH were Keith Witherspoon, 33, (7.9); Louis Johnson, 39, (8.9); and Joe Martin, 64, (10.0)

Division races in the 300 produced three records: Jeffrey Hughes, 36, (38.0); James Bradley, 49, (43.2); and Willard Dameron, 50, (47.9).

In the 1500, Ray Gordon, 67, ran an excellent 5:30.4. (The listed record for

the M65 1500 indoors is 5:32.00 by E. O'Bree of Great Britain.)

Betty Dameron, 50, the only woman entrant, added three meet marks: 800 (3:16.9); 1500 (6:29.2); and 5000 (26:56).

Jumpers who contributed records were Jeff Watry, 30, high jump (6-4) and Palmer Sweet, 42, triple jump (32-6).

Shotputters who added to the total were Mike Harrington, 45, (37-6³4); Jay Edwards, 50, (43-1); Donald Reid, 62, (44-5¹/₂); and William Coleman, 68, (41-5³/₄).

Davies Sets 8K Mark in Oregon

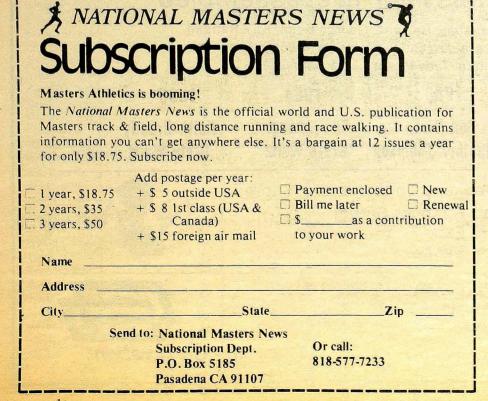
70-year-old Clive Davies set a pending 8-kilometer record of 31:32 for men aged 70-74 in the 8th Annual Shamrock 8K in Portland, Oregon on March 16.

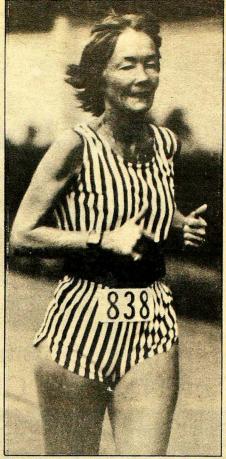
Davies, winner of TAC's outstanding-athlete-of-1985 award in the 65-69 division, erased the three-year-old M70 mark of 34:09, set by Sandy MacLean of New Hampshire.

Jerry Tighe, 40, led all masters and was only 16 seconds off Kirk Randall's

U.S. masters record (25:12) with a strong 25:28, good for 10th overall among the 3489 finishers. Second 40 + runner was Mike Heffernan, 45, whose 25:52 was only 19 seconds above Ken Winn's M45 standard.

Canada's Erna Kozak, winner of two gold medals at the VI World Veterans Games in Rome last June, placed as third woman overall and captured the women's 40-and-over title by nearly five minutes in a fast 28:13, (The U.S. W40 mark is 28:41.)





Pat Callahan, Ft. Lauderdale, first W45, 2:05, DeLeon Springs Half-Marathon, Fla., January 19.

Opponents Mugged by NY Masters in MAC Championships

by JERRY WOJCIK

The New York Masters won all the division team matches in the Metropolitan Athletic Congress Masters Indoor T&F Championships at Fordham University, February 16, with a total of 409 points.

Among the sprinters, Bob Johnson, M40, took three races in top day's times: 55m (6.7); 200 (24.2); and 400 (53.9).

Distance-runner R. Wooley, M40, also won three contests: 800 (2:14.3); 1500 (4:28.6); and 3200 (10:19.4), but Sid Howard, M45, had the day's best times in the 800, with 2:05.6, and the 1500, in 4:24.9. Howard shaded Glen Shane in the 800 by 4/100s of a second. Cliff Pauling, M50, fleetfooted to an excellent 2:09.7.

Jack Boitano, M50, supplied the meet's fastest 3000 racewalk time with 14:42.1.

Haig Bohigian, M45, was a big point-getter in the jumps with three firsts; high jump (4-8); long jump (13-11); and triple jump (32-9).

Pay Carstensen, M50, led the shot putters with 40-61/2.

Skipper Clark, W35, was the women's standout with four wins: 55m (7.8); 200 (27.9); 400 (64.0); and 55mH (10.7).

West Penn Slides Past Over The Hill at Slippery Rock

by JERRY WOJCIK

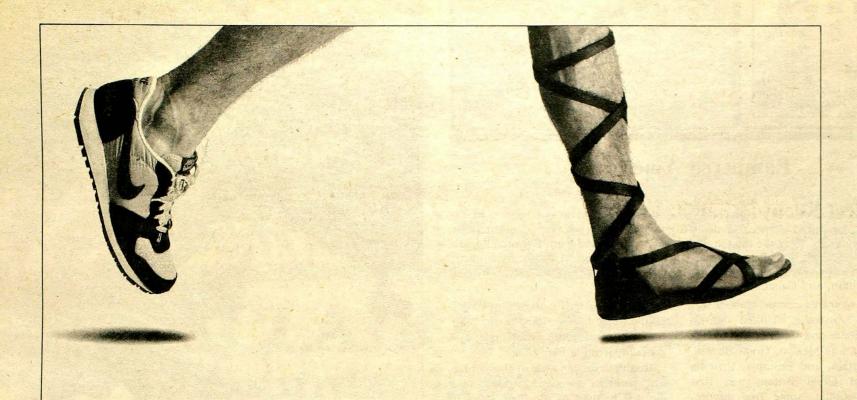
The West Penn Track Club won three of the division team contests in the Western Pennsylvania Indoor T&F Championships at Slippery Rock University on March 16. The Over The Hill TC placed second to the West Penn teams in the 40-49, 50-59, and 60+ divisions; however, the OTH TC took the 30-39 match-up by one point—11 to 10—over the New Image and West Penn teams, which tied for second.

Notable individual track performances included a 6.3 by Bob Holmes in the M40-49 50y dash; 35.6 and 1:21.6 by Don Jones in the M30-39 300y and 600y runs; and 9.4 by Vivian Nelson in the W70-79 50y sprint.

In the field events, Nelson highjumped 3-0; Norm Bower tossed the 35# weight 45-2 in the M30-39 division; and Jim Pauli heaved the 56# weight 27-6½ in the M40-49.



The Jim Hershberger Award was presented by the National Track Association to the most valuable performer at the 1986 NCAA Division I men's and women's indoor track & field championships at Oklahoma City's Myriad Convention Center, March 14 and 15.



THIS YEAR'S TWIN CITIES MARATHON STARTS IN THE TWIN CITIES AND ENDS IN ROME

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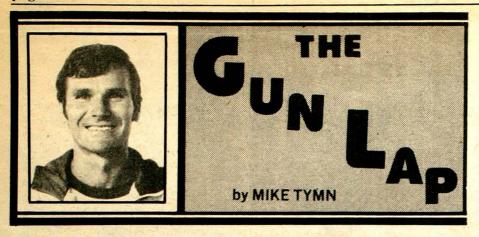
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Pampered Americans

hat's wrong with American distance runners?

I just received a copy of a news release, including the results, of the Gasparilla Distance Classic in Tampa on February 8. Only one American, Paul Cummings, made the top ten. John Treacy of Ireland won, followed by Jose Gomez of Mexico, and Peter Koech of Kenya. The order of finish, by country, after that was Great Britain, Netherlands, Great Britain, United States, Scotland, Great Britain, and Canada.

In the women's competition, it was Norway, Australia, United States, Great Britain, and Denmark. In men's masters it was Mexico, Great Britain, Great Britain, and Ethiopia. Priscilla Welch of Great Britain was first masters woman, some five minutes ahead of the first American.

Of course, this is nothing new. It's been happening for a long time. We've never done especially well in international competition in either the middle or the long distances, on the track or on the road.

One might argue that the foreigners now running in the U.S. are the cream of the crop from abroad, here to clean

What is it in England that produces the likes of Jack Foster, Joyce Smith and Priscilla Welch? The water?

up in prize money. But that argument means only that those countries might not have the depth we have in the United States. It doesn't explain why the best Americans can't beat the best kenyans, the best Britons, or the best Portuguese.

Since the early 1970's, Americans have taken to running in droves. In Kenya, Great Britain, Portugal, Ireland, any of those countries, you can go a whole day without seeing a person running. If you spot one, you'll probably find he's an American visitor.

So how is it that all those little countries, some with populations only a small fraction of ours, can produce better distance runners than we can?

I've heard several far-fetched theories as to why Americans don't measure up in international competition, but one I've yet to hear is the one I feel explains it. My theory is that distance runners are made in the first 10-15 years of life. I don't mean kids running track or in road races. I'm

talking about kids walking to school, taking long hikes, riding their bikes regularly, not eating junk foods, and generally living a hardy life.

Ibrahim Hussein, one of the top Kenyan runners competing today, told me that he used to run three miles to school, run back home for lunch, and then back to school again. He said he'd walk home, though, because he wasn't in a hurry.

I asked Priscilla Welch what it is in England that produces the likes of Jack Foster, Joyce Smith, and now herself. Is it something in the British blood? Maybe the water? What is it that allows a woman with no real athletic background and only a few years of adaptation to run so fast?

"I really don't know," she replied.
"I lived in the country when I was a child and we didn't have a car. So I did a lot of walking and cycling. My diet has always been a good one, mostly fresh food..."

Ask your average kid today to walk even a half-mile to school or to the nearest one-stop shop for a loaf of bread and he'll threaten you with a law suit for child abuse.

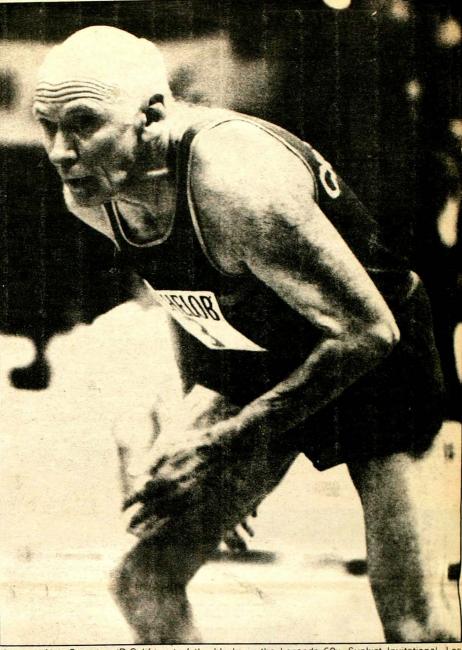
Give the kid his choice of a baseball glove, a football, or one of those ghetto blasters as a gift and he'll take the last item without hesitation.

Deny him his daily ration of burgers, fries, and colas, and he'll report you to the ACLU.

If you suggest he go down to the local playground instead of flipping the television dial, he'll moan and groan and tell you kids don't do that kind of stuff anymore.

Kids today, boys especially, seem more interested in gold earrings than gold medals.

A friend recently related to me, in disgust, a situation that took place in one of our private Honolulu high schools not long ago. It seems that the plumbing in the boys' dormitory broke down and it became necessary for the students to use the shower and the toilet facilities in the gym, which was



Senator Alan Cranston (D-Calif.) out of the blocks in the Legends 60y, Sunkist Invitational, Los Angeles, January 14. photo by Richard Lee Slotkin

some 200 yards down the hill from the dorm. School officials had to arrange for a shuttle bus to carry the poor deprived kids to and from the gym.

Recently, I read a release by the President's Council on Physical Fitness and Sports that half of the 10-year-old boys in America can't chin themselves two times.

But this has been going on for some time. Back during the late 50's, while I was undergoing Marine Corps officers

Distance runners are made during the first 10-15 years of life, but ask your average kid today to walk a half-mile and he'll threaten you with child abuse.

training at Quantico, Va., I observed a number of fellow officers who couldn't chin themselves the required three times. And there were always quite a few who struggled to finish a half-mile or so at a doubletime pace.

Before entering the Marine Corps, I often watched a television series called

"Men of Annapolis." One particular program focused on a cadet who had trouble meeting the minimum standard for the obstacle course, even though I thought he was moving pretty fast when he just missed the standard by a second or two. At Quantico I had a number of Annapolis graduates in my class and I expected big things from them. However, they were, as a group, in sad shape. Two of them, including a general's son, couldn't chin themselves one time and also couldn't finish a half-mile run at any pace.

These were Marine Corps officers, mind you, our leaders!

While some Americans eventually reform, the softening effects of the formative years apparently cannot be completely overcome.

What's wrong with American distance runners? How about cars, televisions, burgers, fries, soda pop, and parents — as well as grandparents — who let them have all those things to the child's delight.

A mother once asked Robert E. Lee for a word that would guide her son to manhood. The famous general's response, as I see it, is appropriate for the subject addressed here. Lee said. "Teach him to deny brassif."

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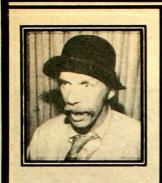
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SPONSORS









On Approaching Every Problem With an PEN MOUTH

by W. MacDONALD MILLER

Recently I read an article in the Wall Street Journal about the resurgence of Nike Inc. In the article the writer mentioned that the U.S. Census Bureau estimates 50 million to 80 million Americans walk for exercise. 30 million does seem to be a bit of a variance but, as athletes, we have learned to be comfortable with times and distances that were "in the ballpark", so to speak.

During the first six months of 1986, Nike will sponsor 44 walking events with a series of mini-walking races with California dealers along. Because about 70% of walkers are women and many of them older, the first shoe designed especially for walking will be the color gray. Believe me, if you have a bunion or two and a couple of corns or three thrown in for laughs, and the last thing you want to do is draw attention to your feet, all in all, color gray is probably the way to go.

Personally, anonymity has never been much of a priority. As more and more of my old running pals fall by the wayside of the big jogging dump in the sky, I'm inclined to believe walking

might have a serious contribution to make. What could be so bad about a discipline that actually builds you up? I'm reminded of the old cartoon showing a group of country club members sitting in the men's locker room, heads bowed, shoulders drooped with an atmosphere of defeat so strong you could taste it. In walks a guy, so happy he's singing, shoulders back, chest out, spring in his stride like a youngster. Of course the moral was simple; he'd given up golf. Remember the last cartoon box? All the members are on their knees begging Mr. Bright, "How'd ya do it? How rough was it?"

You got it, Pal, only a real birdbrain could come up with something featur-



Winners of M65 long jump, Toronto Masters Games, August, 1985: Ishio Shoich (15-1¾); Ken "Sparks" Sorlien (14-1¾); and Max Pickl (14-0). Photo by Ken Sorlien

ing ten miles a day, featuring podiatrists as gurus and sciatica more common than the common cold. But I've said that before without providing much in the way of worthwhile alternatives. I suspect Nike spent plenty of money determining that walking has arrived as something new and exciting and profitable.

Before I even think of the first issue of "Walker's World," I did something I hadn't done in at least five years, I borrowed a friend's "Runner's World." I barely get past the table of contents before I see an article by a resident nice guy, Joe Henderson, on the virtue of walking. This carries weight, Joe is so low-key that recently when he was shown the latest split-time, half-time and full-time Casio wrist watch, he explained, "Wow! Wouldn't that be great to tell how fast you were running?" Just the same, if Joe Henderson is for it - who am I to be against it. It would almost be like the kettle calling the pot a pervert. I'm just a little anxious to learn how all the running support people are going to pile on the bandwagon. The Podiatrists will no doubt claim to have known about walking for many years. "Because it's not a natural thing to do for the human race, there is serious trauma involved and very serious money to be made for the people qualified to deal with the issue." (Orthotic Overview, March '86).

Imagine the new publications, "Walker's World", "Walking Times", and that old reliable, "The Walker". I shudder to think of where Pete Mundle will store all the age group records in his Venice bachelor pad. After all, there are just so many records and so many beer cans that will fit in any one particular apartment. At the same time, I sure hope Ken and Jen are able to weed out the fakers, pretenders and lousy mathematicians

before the rest of us devote all that training time only to learn the Bloomsbury Walk was an inch short. I suppose it goes without saying that some smart wise acre guy like Mike Tymn will try to belittle this new spirit with nasty sexual innuendos. So be it. Many others in their own quiet and courageous way will be heard, "I'm neither for it or against it, I'm for both." (Wendell Miller)

Higdon, of course, will claim that not only he but also his son was blessed with a rare and magnificent capacity to walk in a superior manner than most.

Tom Sturak, in a sensitive admission says, "Whenever I miss my walks for more than two days I can't do a thing with my hair for a month."

Chuck Klehm has stated that if God meant man to run he wouldn't have put a shot put, hammer, discus, javelin, 35 lb. and 95 lb. weight in his hands.

As an aside, Jim McMahon, quarterback of the Bears, is having difficulty getting the hang of wearing the headband over his ears like his inspiration and mentor, ex-half-miler and competitive walker, Bob Fine, insists is proper.

Of course, well meaning physicians will claim fall-out and fall-off. "Playboy" will settle the matter by claiming walking will make the old you-know-what grow. In the spirit of race directors throughout the land, walking enthusiasts will now claim over 400 million men in the U.S. are avid walkers.

As for me, because it all sounds so familiar, I'm going to be forced to take a pass, not because I have anything against walking, but because, come spring, the natural transition for all of us bonspeilers is to move smartly to the croquet court.

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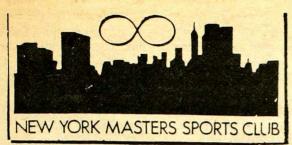


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present the:

1986 TAC Etonic NATIONAL MASTERS TRACK & FIELD CHAMPIONSHIPS

WHEN: Friday, July 18th - Sunday, July 20th WHERE: Mitchel Athletic Complex- Uniondale, Long Island, New York FACILITIES: Track, Pole Vault, Long & Triple Jump runways and High Jump areas- Poly-Flex 942. Javelin -grass runway. 3/8"SPIKES. HOUSING: Hofstra University Dorms(bring own towel and soap) - \$20.00 per person-each night (nearest housing to track). FEE TO BE WITH ENTRY. ELIGILIBILITY: M & W ages 30+(5 year groups) who are registered with TAC. ENTRY FEE: \$10.00 first event, \$5.00 each additional event(includes new TAC insurance), \$20.00 per relay - must be members of same TAC club. ENTRY DEADLINE: Received by July 18T. Late entries- returned unopened. REGISTRATION: Thur. 11AM-9PM Marriott; Fri, Sat, Sun-at the track. ORDER OF EVENTS: Women, then men; older to younger (unless otherwise noted)

SATURDAY TRACK BAM Steeplechases 400 heats 1,500 FINALS(sections) 100 FINALS LUNCH BREAK 300 IH FINALS 400 IH FINALS 4 X 100 relay 4 X BOO relay 200 heats FIELD EVENTS 9AM Long Jump (2pits) Discus Pole Vault M40-49 11AM Hammer 2PM Pole Vault M50+,W Javelin M30-39

SCHEDULE OF EVENTS: FRIDAY TRACK 1PM HH trials & FINALS 5K racewalk 100 heats 800 FINALS 10,000 M30-39 10,000 M40+,W(sections) FIELD EVENTS 2PM High Jump (2 pits) Shot Put(2 circles) Pole Vault M30-39

SUNDAY TRACK 7:30AM 20K racewalk : 5K run M30-64(sections 400 FINALS 5K run M65+,Women 200 FINALS 4 X 400 relay FIELD EVENTS 9AM Triple Jump Javelin Women, M40+

HOUSING

HOFSTRA UNIVERSITY DORMS: (nearest housing to track) - \$20.00 per person each night-to be paid in advance. 1 or 2 in room(all single beds). Also some triples(3 single pull-down bunk beds). Bring own towels and soap: AREA HOTELS: Make reservations early for these special rates per night: mention 'National Masters Track and Field' Marriott: Meet Headquarters (1/2 mile from track). 516-794-3800 \$70.00 flat rate (1-4 in room)
Island Inn 800-645-2020 single-\$75.,double-\$85.,triple or quad-\$90. Garden City NYState 800-832-3030, outside NYS 800-547-0400 1 block LIRR single or double-\$105.(Luxurious,nr Saks & Bloomingdales)

TRAVEL

Holiday Inn 516-997-5000 single \$75., double \$83., triple \$89.

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> ALL THROWING AND JUMPING EVENTS 3 throws/jumps each-Top 8 to FINAL -3 more throws/jumps to each FINALIST

NO FALSE START RULE ONE false start eliminates runner! SANCTION:TAC STANDARDS: WAVA

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NAME		_Birthdate	Age(on 7/18)
ADDRESS			
СІТУ			
PHONE () EVENTS ENTERED BE	ST RECENT MARK	EVENTS	BEST RECENT MARK
1			
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4			
RELAYS			
ENTRY FEES: 18T event	is \$10.00 =	\$10.00	
additional # events _ # relays _	_ x 5.00 =	T-	-SHIRTS - \$6.00 each
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that I am in good health	h to compete in	this event.	cred by me. I certify
Date Athlete's	Signature		



FROM THE Editor by AL SHEAHEN

his column began as a response to Al Guidet's letter on page two. But it ran a tad long, so we made a column out of it.

Always ready to respond to a challenge, we've printed Guidet's letter, in which he questions the decision-making process of TAC's masters program. He feels his views are not being represented by the current officers and delegates.

While we don't feel his letter represents a majority view of masters athletes, we feel a response is in order simply to try to clear up some of the mechanics on how decisions are made by TAC and WAVA.

First, contrary to Guidet's belief, most delegates who voted for the no false start rule — and for all other rules governing the masters program — WERE elected by their respective TAC local associations. A few delegates were appointed by the Chairmen of the two TAC Masters Committees — Jerry Donley, T&F; and Bob Boal, LDR.

Guidet, or anyone else, can go to TAC's 1986 Convention in Tampa in December by: 1) getting elected as a delegate to a masters committee by his local association. Those chosen as delegates sometimes get a free trip; sometimes they pay their own way; or

2) simply going to Tampa and sitting in on the masters meetings. The structure is generally so informal that anyone who is there can participate and often vote.

Second, the people who are now officers did not, as Guidet says, "step into a vacuum and grab power." Most would be happy to hand over the "power" tomorrow to anyone who would take it. The "power" consists mainly of a lot of thankless work for no money that no one else wants to do. It often means spending money out of one's own pocket, and going to meetings when there are better things to do. Most masters officers had to be cajoled by the Chairmen into accepting their responsibility. They do their job because they feel an obligation to try to help improve the program. Anyone who wants to share in the workload -Guidet, Nottingham, or anyone else can sign up today. Just call Boal or Donley and they'll gladly put you to work.

Third, the idea that officers should be chosen in elections by votes from the entire masters membership may be worth discussing. The way it's done now is the way the U.S. Constitution operates — by representative democracy. Each area elects its own representative, who then votes in the "Congress," or, in our case, at the "Convention." TAC delegates are generally those who have been active in their local communities. Many of the masters delegates last year, for example, were meet and race directors.

Fourth, NMN doesn't have any facts on how much time was saved by the no false start rule last year. But most delegates at the 1985 Convention felt it was substantial.

Fifth, the 19 delegates who voted for the rule represented a cross-section of the nation. I don't remember all the names, but, as I recall, they were from Texas, Northern California, Oregon, New Jersey, Florida, Georgia, New York, New England, Illinois, Louisiana and Ohio, among others. The one opposing vote was cast by the representative from Southern California, whose constituency, at a local meeting in Los Angeles, had voted, 8-3, to oppose the rule. The rule was discussed at the meeting at the National T&F Championships in Indianapolis last August, and no strong objection surfaced among the 50 athletes there

Sixth, as to the number of letters NMN received on the subject, we printed them all, so you can take your own count. We'd guess it was about 60-40 against. We hope this will be the last letter we print on the matter.

Seventh, many of us can vote for our local rep at a local TAC meeting. There is clearly a lack of communication in some areas as to when meetings are held. We urge each local masters chairman to try to get the word out to all in-

terested people. While there are advantages in masters working within TAC's structure, there is the disadvantage that many people, like Guidet, feel shut out. There has always been sentiment to form a separate U.S. masters organization, like the Canadians, Australians, British and many others have done, but many of the same problems would still exist.

The same general principles which apply to TAC also apply to WAVA. Anyone who has a gripe can run for office and try to change things. Neither TAC or WAVA is an oligarchy. On a democratic scale of 1 to 10 — 10 being best — they both rate an 8. There may be some power-grabbing at the higher levels of TAC and the IAAF, but masters don't appear to be in that stratosphere yet.

NMN's view is that both TAC and WAVA are well-meaning organiza-Continued on page 15



Wally Herrala started out his 40's with a 2:34 Marathon and a 32:40 PR 10K. He went on to PR at nearly every distance including a 4:11 1500 meters and 15:45 5K at the Worlds in Rome. He did five events at the National Outdoors including a PR 2:02 800, another 4:11 1500, a bronze and silver medal in the Mile and Two mile relays, and a 16:01 5K. He will be running both track and roads this year. Wally's most memorable race of the year was his 10th amaturi (not fidele-professional) in the San Giavanni Battista 12K in Florence, Italy. The madcap race is Italian style with two false mass starts, in the dark, in the rain, on narrow cobbled streets and zero crowd control. But the Italians have it all over us in the awards department as his last prize was a large sterling silver loving cup: Ora Te Pro Nobis!

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



COTTON ROW RUN

Memorial Day May 26, 1986 Name Year Age Time
Joe Burgasser 82 44 34:15
Fritz Mueller 80 44 34:16
Hal Hidgon 82 50 34:20
John Toole 83 40 34:21
Adrian Craven 83 46 34:35
Glenn Wood 80 45 35:01
Gerald Koch 81 47 35:06
Sam Turnbull 83 49 35:17

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

WOMEN

Judy Fox Eddy 82 41 35:37
Sandra Knott 82 40 38:10
Shirley Weaver 83 41 38:11
Shirley Matson 84 43 38:31
Elfreda Wyner 83 40 38:37
Linda Sipprelle 81 81 83:37
Linda Sipprelle 81 46 39:01
Elaine Kirchen 84 41 39:12
Judy Pickert 85 41 39:13
Nancy Parker 84 47 39:23
Carol Lasseter 84 47 39:23
Carol Lasseter 84 41 39:24
Pat Bessel 81 43 39:28
Mary Anne Wehrum 84 46 39:58

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Good Marks in Illinois Meet

The seventy masters athletes who participated in the Illinois Masters Indoor T&F Classic at the Westwood Sports Center in Sterling on March 9 registered some good track times and solid field marks.

Robert Zahn, M30, of Wisconsin, winner of the 60yH in this year's indoor championships in Baton Rouge, won the 55mH (7.89) and 200 (23.9). Roger Bagneski took the M40 55m in a five-man field with 7.01. Harry Brown, M55, won handily four times: 55m (7.25); 200 (26.29); 400 (1:05.4); and 55mH (10.12). Garry Carr's M40 win in 2:06.0 was the fastest of the meet in the 800.

Martin Bartels, M75, gave up over

forty years in the five-man, mixed agegroup 3000 racewalk but beat everybody in 19:34.0.

Tom Langenfeld of Missouri, this year's M50 high jump winner in Baton Rouge, had impressive wins in the high jump (5-6) and triple jump (36-4).

Weight throwers left the meet tired but sated, having thrown everything (25#, 35#, 56#, 98#) that wasn't bolted down in the Center. Carl Klehm, M45, had the day's farthest throws with all four implements, including a 19-0 in the 56# and 9-6 in the 98#. Bob Kemp, M50, featured a 38-21/2 25# toss and a 9-5 effort with the 98# in his four weight firsts.

14 Join Masters Sustainer Program

Fourteen readers have generously sent in contributions of \$405 to provide additional support to the National Masters News and the Masters program.

They are listed on this page as National Masters News sustainers and will each receive a free copy of the 1986 Masters Track and Field Age Record Book.

The donations have ranged from \$10

to \$100. All are greatly appreciated. The National Masters News has been operating on a tight budget since its inception. Any contributions go directly into improving the quality of the paper and the services it provides.

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Priscilla Welch, 40, before one of her "killer" workouts, Clearwater, Fla. Photo by Dick Lacey

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Pagliano's Podiatric Pointers

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

Knee Injuries

I'm 51 and have been diagnosed as having a "popliteus (pop-litt'-ee-us) tendonitis" in one knee, and have been told to stop running. What can I do, besides stopping running, to help my knee?

The popliteus tendon is one that runs along the back and outside of the knee. It serves to check the forward thrust of the thigh (femur) when running downhill and, obviously, is usually injured when running downhill.

Aside from downhill running, popliteus tendonitis is related to hyperpronation of the foot. It can also be caused by running on banked surfaces or on the beach.

Rotation of the larger lower leg bone (tibia) applies additional traction to the popliteus tendon at its "insertion site" (the lateral femoral condoyle) in the femur. There is excessive stress to the outside of the knee, where the pain usually develops and is often mistaken for iliotibial band syndrome.

There is usually a point of tenderness over the ligament on the outside of the knee. This localized pain differentiates the condition from iliotibial band syndrome or a meniscus degeneration.

The most obvious treatment is rest.

usually for a six-week period. During this time, I would recommend physical therapy, which may include heat and ultrasound.

A complete biomechanical examination should be performed and the offending hyperpronation corrected with an orthotic device.

The athlete may return to running when the symptoms are gone. Correction should be made in the running surface, together with use of a well-cushioned training shoe.

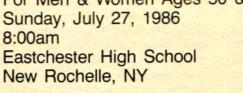
(Dr. Pagliano is a runner and a podiatrist in Long Beach, California. He is a member of the American College of Sports Medicine. If you have a foot, ankle or achilles question, write to Dr. John Pagliano, The Foot Beat, NMN, Box 2372, Van Nuys, CA 91404.)



George Mathe leading Francois du Toit around the last bend in the M45 400, West Province Masters Meet, South Africa, November 7. Mathe, winner in 54.6, holds the world record (54.1) for the M40 Photo by Leo Benning

SRI CHINMOY **ASTERS**

Track and Field Events For Men & Women Ages 50 & Up Sunday, July 27, 1986 8:00am Eastchester High School





SCHEDULE OF EVENTS

100m	8:00am	400m	1:00pm
Shotput	8:30am	High Jump	1:30pm
200m	9:30am	Long Jump	2:30pm
Javelin	10:00am	5000m (men)	4:00pm
Discus	11:00am	3000m (women)	4:00pm
1500m	12 noon	Tennis Ball Throw	4:00pm

AGE CATEGORIES

50-59, 60-69, 70-79, 80 & over

AWARDS

1st-3rd places each category, each event, men & women

TRACK FACILITIES: New synthetic track: no spikes allowed (flats only!) Restroom and shower facilities. Light refreshments throughout the event. Three meals served

ENTRY INFORMATION: Pre-entry fee \$7. Day-of-race entry \$9. Free Tshirt to each participant. Pre-entry fees must be postmarked prior to Friday. July 18. Day-of-race registration and late entry at Games site from 6:45-8am.

MAIL CHECK AND APPLICATION FORM TO:

Sri Chinmoy Masters Games, 150-47 87th Avenue, Jamaica, NY 11432.



DIRECTIONS:

BY CAR (From New York City, heading north on the Hutchinson River Parkway from the Whitestone Bridge): Take the North Avenue Exit. Go left at light onto North Avenue. Stay in left hand lane. Road ends at next light: turn left onto Mill Rd. At next light, turn right onto California Road. Make first left onto Manchester Rd. Track is on right side. Park between track and high school.

BY CAR (South from Connecticut): Take Mill Road West Exit (it is the first exit after the Mohigan Rd. Exit). At end of exit turn right onto Mill Road. Turn left at light onto California Road. Follow directions

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SRI CHINMOY MASTERS GAMES

Last Name		Sex Male Female	
Team Name			
Mailing address	Street	Include Apt. No. and/or C/O	Area Code Phone
City		State (or Country if not USA)	Zip
Age on Race Day	Date of Birth	Entry fee: \$7 Day-of-race entry Souvenir T-shirt size: sm med Make checks payable to: Sri Chinmoy Marathon Team	fee: \$9 🗆 lg 🗆 xl 🗆
Please list a		neld, now or in your youth	

In consideration of this entry being accepted, I, the undersigned, intending to be legally bound, hereby for myself, my heirs, executors and administrators, waive and release the Sri Chinmoy Marathon Team, the Sri Chinmoy Centre and their representatives for any and all injuries suffered by me in said event. I attest and verify that I am physically fit and sufficiently trained for the completion of this event. I hereby grant full or any and all of the foregoing to use any photographs, videotapes, motion pictures, recordings, or any other record of this event for any legitimate purpose.

Harry Koppel

Born: May 30, 1913, Richmond Hill, Long Island, New York Schools: Richmond Hills High, Syracuse University Family: married to Juliette, two sons, three grandchildren

Occupation: retired United Airlines machinist

Ht./Wt.: 5-7, 160

Current Residence: Belmont, California

Competitive Highlights: numerous national championships at 100, 200, and 400 meters since 1976; still holds world age 60-64 100 yd. record (21.1); age 69 200m record (26.7); 70-74 American record at 200m (27.7); age 68 400m record (64.4); age 70 400m record (65.66) among others.

Did you compete in your school days?

"In high school I ran the half-mile and cross-country. We didn't have a track at our high school, so we had many of our meets at old Ebbets Field in Brooklyn. I won the New York City Championship at 1,000 yards one year.'

What kind of times were you running

"I was around 2:02, 2:03 for the half-mile.'

What about in college?

'I was on the swim team in college. That was during the Depression. I went through college on \$12 a week. That meant a donut and coffee for

breakfast, a peanut butter sandwich for lunch, and a 35 cent dinner outside. Those were hard days and you couldn't run on that kind of food."

So when did you get back on the track?

"It was in 1976 that I got started again. I got bit by a sea snake in Hawaii and it was quite a mess. I couldn't walk for three months. My right leg atrophied and I started running to build it back up."

How long was it before you began competing?

"About three months. I had been in the masters movement at swimming before that."

What prompted you to start swimm-

"I was trying to get healthy. I had developed throat cancer. Years ago I worked in a chemical manufacturing plant and I knew for years it was coming. After six weeks of radiation and five days cobalt I more or less decided to take more interest in my health than

Harry Koppel-relaxing after running 100 meters in Masters meet

my work. I started swimming with the San Mateo Marlins in 1974.'

How did you do in swimming?

"In '75, I won the 50, 100, and 200 national championships in the breaststroke and set national records." Are you still swimming?

"No, I enjoy the running more and I enjoy the people more. The people in swimming are more introverted and the track people are more outgoing and friendly.'

Looking back on your near ten years of Masters Track, what stands out?

"Beating Payton Jordan in a 100-meter exhibition in front of 70,000 spectators during half-time at the Stanford-Tulane football game about four years ago. That was exciting.

"Another one that stands out was beating Fritiof Sjostrand in the 200 and 400 at the 1977 Senior Olympics, running a 63.88 world record there.'

Tell us a little about your training.

"I train every day at the College of San Mateo. I do 12 100's, six 200's, or four 400's, whichever I'm inclined to do that day. But I plan to concentrate on 400's this year to build up the endurance. I'd like to go after Joe Packard's world M70 record of 64.6 for the 400. That's a hard record. I ran a 65.1 when I was 70, so I'm not too far from it."

Do you run on the road or do any overdistance stuff on the track?

"Oh, no, when you do roadwork you're on your heels. Everything I do is high quality training. I stay up on the balls of my feet or on the toes. I might do a 500 or 600 now and then."

What about hill intervals, weight training, stretching?

"Oh, I stretch all the time, but no weight training. I've got enough bulk as it is. I don't need any more. They got a hill at the college they call Cardiac Arrest, about a quarter mile and quite steep. I run that once in awhile." Is it as much fun now as when you

began back in 1976? "I think I'm enjoying it just as much, if not more. I have more definite goals now than I had before. I know I want to go after Joe Packard's record." -Mike Tymn



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AWARDS: FIRST 3 PLACES IN EACH EVENT, CUSTOM DESIGN THREE COLOR MEDAL.

ENTRY FEE: \$5.00 FOR FIRST EVENT, \$3.00 FOR EACH ADDITIONAL EVENT. ENTRY DEADLINE: POSTMARKED BY MAY 17, 1986 (LATE ENTRY ADD \$2.00 PER ATHLETE).

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

FIELD EVENTS

TRACK EVENTS 5000 METER RACE WALK HAMMER ALL DIVISIONS HAMMER ALL DIVISIONS YOUNGEST TO OLDEST JAVELIN 30-39, I & II SHOT PUT DIV III, IV & W JAVELIN DIV III, IV & W SHOT PUT 30-39, I & II DISCUS DIV III, IV & W DISCUS 30-39, I & II 9:30 STEEPLECHASE 400 METER RELAY 800 METER RUN 110 METER HIGH HURDLES 3000 METER RUN 400 METER DASH 100 METER DASH 1500 METER RUN (THE ALDRICH "MILE") 200 METER DASH 400 METER HURDLES SHOT PUT DISCUS DISCUS 3:00

STARTING TIMES SUBJECT TO ACCELERATION.

JUMPING EVENTS

HIGH JUMP ALL DIVISIONS
POLE VAULT ALL DIVISIONS
LONG JUMP 30-39, DIV I \$11

1:00 LONG JUMP DIV III, IV & W
2:00 TRIPLE JUMP 30-39 DIV I,II
3:00 TRIPLE JUMP DIV III,IV,& W

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MASTERS TRACK & FIELD REPORT

by JERRY ALAN DONLEY

Chairman, TAC Masters Track & Field Committee

Spring Meeting of TAC

've just completed the Spring Meeting of the Board of Directors of TAC/USA. It was scheduled so individuals could fly in on Saturday and be home on Sunday, except for me. I took a train from Denver to Chicago and back Friday night to Tuesday morning. Relaxing, but long!

The reason for a train ride: doctors told me no airplane rides for a while. On the way to Baton Rouge, my head

plugged up, my ears did not clear out, and I ended up with a ruptured ear drum, partially deaf, and talked like I was in a barrel. If any one at Baton Rouge thought I was out of sorts or not communicating well, that was the reason, and I apologize.

TAC/USA will have insurance coverage from April 1, 1986, with no lapses. Everyone will need to check through your local association for the funding of premiums. It is likely to be different than what we've had since the Houston convention.

I am becoming more convinced of our need for long range planning to include programming for, and the assimilation of, the Sub-Masters, both those competing in our Masters competition and in the open competition. Believe it or not, we have generated some credibility. Many athletes are now aware of track and field as a lifetime sport, and are looking forward to Masters competition. We need to encourage ongoing fitness and competi-

General

Hospital

tion for all levels of skills. We must develop a strategy to do this, and I'll be talking with a number of you looking for direction and guidance.

Eugene, San Jose, Los Angeles, San Diego, North Carolina, and Florida are willing to host the 1989 World Games. The site-selection committee will send representatives to each site at the end of June to evaluate and report on each. The site-selection committee will meet July 17, 1986 to review the bids and recommend one of these cities to TAC/USA as the host city. It will be a difficult decision, as all the bidding cities are experienced and capable.



Ed Benham 78. Washington, D.C., 35:10 Manatee Magic 8K, Orange City, Fla., February



Need Back Issues?

Most back issues of the National Masters News are available for \$1.95 each, plus 50° postage and handling for each order. Send to:

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



9th Annual Pacific Sun 10K Race and PA/TAC Masters 10K Championship

Monday, Memorial Day, May 26, 1986

Sponsored by Pacific Sun and Ross General Hospital **Nationally certified**

\$2500 prize money

TIME & PLACE:

8 a.m., College of Marin, Kentfield. Limit 1000 runners.

COURSE:

A fast out-and-back 10K loop on macadam roads and payed bike paths

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

DIVISIONS: AWARDS:

Cash prizes for Masters, men and women, teams. Awards 5-deep for age group winners.

(TAC # needed by cash prize winners.) Tank tops to all registrants.

GALA/PASTA FEED:

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

MORE

INFORMATION:

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

PRE-

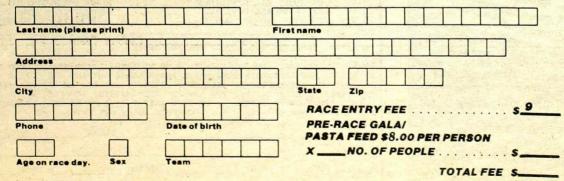


Fill out entry, sign waiver
• include self-addressed stamped

envelope 4" x 10" (SASE) • 1 per entry

Mail entry and make all checks payable to: Pacific Sun 10K

c/o Bonnie Hill - Total Race Systems, 2000 Lucas Valley Road San Rafael, Ca. 94903 THERE WILL BE NO RACE DAY REGISTRATION -



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

Date

Signature

Signature of parent or guardian if runner is under 18



Ed Hoyle, M45, with a 12-6 in the pole vault at the Lake Erie Indoor T&F Championships Cleveland, Ohio, January 4. Hoyle vaulted an M45 World Record 13-61/4 in Pennsylvania on February 2, then lost the mark to Paul Richard's 13-9 at the Indoor Nationals in Baton Rouge on February 23.

Photo by James White

12th Annual

GREEN MOUNTAIN RUNNING CAMP

August 10-16

Dartmouth College Hanover, New Hampshire

August 17-23

Lyndon State College Lyndonville, Vermont

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

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

Nike Guest Update: Priscilla Welch, ranking World Masters Champion, will be in atten-dance at both Dartmouth College and Lyndon State College Camps, along with her husband and Coach, Dave Welch.



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

GREEN MOUNTAIN **RUNNING CAMP**

For brochure send SASE to: John Holland Green Mountain Running Camp 2434 Hawthorne Drive Yorktown, N.Y. 10598

From the Editor

Continued from page 10

tions trying to do the right thing for masters athletes. WAVA, for example, is now forging an agreement with the IAAF. NMN raised questions last year about the agreement and those issues have been discussed in recent WAVA/IAAF meetings. While WAVA may lose a bit of its independence in such a partnership, it stands to gain support, backing, experience and cooperation with a likeminded organization. It could be a reasonable trade-off.

NMN welcomes comments and queries on the organization and structure of the U.S. and world masters/veterans program. Send us your views and we'll print what we can. One request: let's observe a discreet period of silence on the no-false-start rule. Let's try it this year. It might even work. After all, it's worked at the high school level for years. If it doesn't, we can always get rid of it.

CLASSIFIEDS

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

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

BAY COLONY PROPERTIES







The Fifth Annual Waltham Track Club Masters and Submasters Track and Field Invitational



Hosted by: The Waltham Track Club

Sponsored by: Bay Colony Properties, Concord Data Systems, Nike, Pepsi Cola Bottling Group

Date: Saturday, June 14, 1986

Place: Massachusetts Institute of Technology, Vasser St., Cambridge, MA

Time: Field Events — 9:30 a.m. Running Events — 11:30 a.m.

Entry Fee: \$11.00 per participant (includes new TAC insurance coverage). Each participant may enter up to 3 events. Post

Fee: registration after June 7, \$13.00

Awards: Prizes to top 3 in each event. (Top 5 overall men and women in 1500 walk — no age groups for this event)

Refreshments: Free for all participants

Sanctioned: By the N.E.A.C.

Eligibility: Age is determined by your age on the day of the meet

Age Groups: Men - 30 · 34, 35 · 39, 40 · 44, 45 · 49, 50 · 54, 55 · 59, 60 over

Women - 30 - 39, 40 - 49, 50 - 59, 60 over

Events: 100 m hurdles (men only, unless 3 or more women are pre-registered)

100 m, 200, 400, 800, 1500, 1500 walk (open event), 3000 m, long jump, high jump, shot put, discus, javelin

Meet Headquarters: Howard Johnson Hotel, 777 Memorial Drive, Cambridge, MA 02139 (617) 492-7777. Numbers, time schedules, and participants' packets may be picked up in the hospitality suite at meet headquarters on Friday, June 13, 1986 from -10 p.m. (Saturday registration from 8 - 12). Refreshments will be served. In addition, John Hancock will be hosting a Boston Marathon Runner's Clinic from 7:30 - 9:00 p.m. for all participants.

Directions to the Track: From Mass Pike take Allston-Cambridge Exit 18. Follow Boston/Cambridge signs in right lane and then Cambridge/Somerville signs .7 mi over bridge making a right onto Memorial Drive. Go approximately 1 mi to Amesbury St. (the traffic lights at the Hyatt Hotel) and make a left. Drive 2 blocks until you reach Vasser St., make a right turn and continue .4 mi to MIT on your right. Parking is available in designated spots on the street or in the parking garage across the street from the track.

For further information contact: Waltham Track Club, 88 Russell St., Waltham, MA 02154 (617) 893-3828 or Patty Mac Hewitt (617) 729-7584.

Name	ENTRY FORM Age Sex: M F Date	of Birth
Address	PhoneN.E.A.C.	#
	Zip Club or Team	A SACRE OF SECURITY
Events: You may enter up to 3 ever	nts. List your anticipated time or performance	
	ccomplishments in track or road racing	The second

Send entry fee to: The Waltham Track Club, c/o Joe Tranchita, 88 Russell St., Waltham, MA 02154.

In consideration of this entry being accepted, I hereby for myself, my heirs, executors or administrators waive and release any and all rights and claims for damages I may have against the Waltham Track Club, its agents, representatives, successors and assigns for any and all injuries suffered by me at said meet and arising out of my traveling to or from said meet.

Signature	
0.3	_



George Cohen

thought I'd die," says George Cohen about his first 880 race. He ran it in 2:00 while a high school student in Stockton, California. He considered himself a quarter-miler and set the school record of 48.7 for the 440 in 1958.

Times — and talents — change. Nearly three decades later, at the 1985 U.S. National Masters Track and Field Championships in Indianapolis, he set a new world record for men age 45-49 of 1:57.73 in the 800-meter run.

Cohen set a PR 48.1 in the 440 while at Stockton College "on very little training." He also played football there, and boxed for two years while on active duty with the Navy. He earned a B.A. in Sociology from Cal State U. in Los Angeles and a Masters in Public Administration from USC. For the past 11 years, he's worked as a California State Parole Agent, and lives in Los Angeles.

George's biggest fan is his wife, Nora, "a Philadelphia transplant who calls herself 'the executive officer of my fan club.' "In 1981, she organized a fund raiser to finance George's trip to the IV World Veterans Games in New Zealand.

They have one son, Sherman, "and a gorgeous daughter-in-law," who were in the stands in Los Gatos, California, last August when he first lowered the M45 800 WR to 1:58.4. "That was their first opportunity to see me, and it was quite exciting for me," Cohen said.

His return to running after 20 years was purely an effort to lose weight. After running 10K's for about two years with "moderate success," he returned to track competition in 1980 at age 40 after watching a masters mile in the Muhammad Ali Indoor Meet.

"One mile," he thought — "no problem!"

When he first began training for 10K's, he would just go out and run. "I'd just put in some distance (3-6 miles) at no specific pace, 3-4 times a week."

Wanting to better his times, he turned for advice to the popular running magazines. "They all recommended Fartlek and interval training. I began running with some guys who were training for the Police Olympics."

He burst onto the masters scene in August, 1980 with an American 40 + record of 1:54.9 in the 800, a record which still stands. He just missed Klaus Mainka's world M40 + mark of 1:54.5.

But he was plagued with an un-

diagnosed problem which affected his running from 1981 until 1984. "After 1980, I began to notice a decline in my willingness to run longer races. I didn't attribute this to anything physical, and experienced success in 1981 (800 in 1:55.5 and 1500 in 4:01.9), and in 1982 with a 10K PR of 33:52. In 1983, however, I began to feel aches and fatigue that I couldn't explain and seemingly couldn't recover from. After losing the 800 and 1500 at the Nationals in Eugene in 1984, I knew something was wrong. I figured rest would solve the problem, so I took two months off. No running at all. Instead of feeling better, the problem got

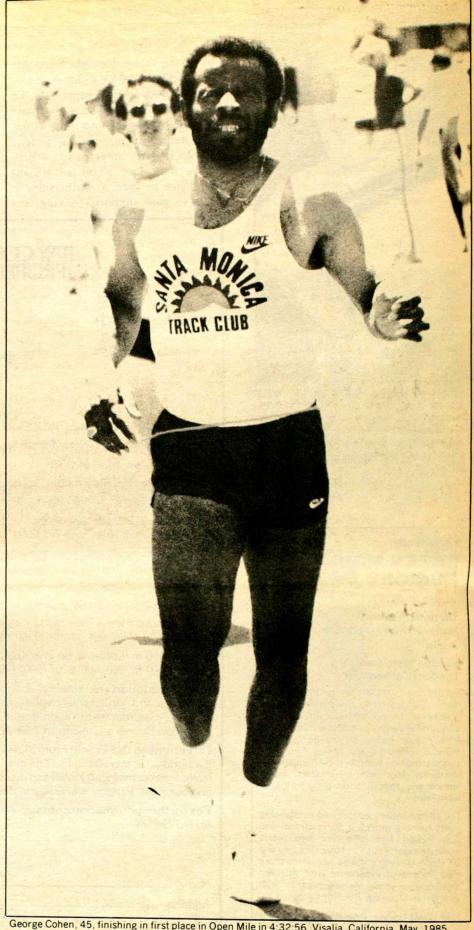
Finally, I went to a sports medicine clinic. They mis-diagnosed my difficulty as weak leg muscles and put me on a therapy program to strengthen my hamstrings and quads. I still had difficulty finishing a workout. As a last resort, I tried a chiropractor, who diagnosed a lower back problem. Eureka! The treatment worked. A 1:57.73 in the 800! But the real story is I'm training well again — and smiling a lot."

While recuperating from the back problem last year, he began working out with the Santa Monica Track Club, under the tutelage of coach Merle McGee. "He guided Johnny Gray to an American Record in the 800," Cohen said, "and he added a new dimension of structure to my running."

George's training year is divided into off-season and race-season training. "The off-season is the opportunity for long (4-10 miles) workouts. I run 5 days a week on the roads, through the parks, over hill and dale. These workouts vary in length and intensity (hard 2 days, easy 3 days), and sometimes resemble interval training or a Fartlek session." Two days a week (Mondays and Tuesdays) are allotted to track workouts. Average weekly mileage is about 57 miles.

Initially he ran road races every weekend. His routine changed, however, after meeting coach McGee, and he now limits his off-season racing to 4 or 5 5K's - "Just to keep the competitive fires burning."

During track season his mileage



George Cohen, 45, finishing in first place in Open Mile in 4:32:56, Visalia, California, May, 1985.

Photo by Mel Elliott

drops. Training is geared to maintaining conditioning and sharpening for races. Pre-race sharpening consists of fast repeats of 150-200 on Monday and Tuesday, a simple warm-up Thursday, and a 4 mile run at a 7:30 pace Wednesday, and possibly Friday. If the race is out of town, he does nothing on a travel day (Friday or Saturday).

His warm-up is always the same. He jogs for 2 miles and does 12x110 strides. "I attempt to stretch my back and legs before a workout," he says, "but very often skip this because I'm late, or in a rush to finish the

workout." He thinks many of the physical problems he's had may be a direct result of not stretching properly. Cool-down consists of 10x110 easy strides and sometimes jogging a couple of laps.

"I avoid weight-lifting, and although I will play a rare set of tennis on occasion, I don't involve myself in other sports, choosing to save my energy for the daily run." He does believe regular aerobic exercises 2 or 3 times a week are helpful for improving flexibility.

Continued on page 17

Masters Training Advice

Continued from page 16

For road work he wears training flats (Nike Vortex), and on the track racing flats (Nike American Eagle) for intervals. "I avoid spikes until midseason when intervals approximate race pace."

How does he fit his workouts into his daily life? "This is difficult. Working out daily means being selfish. I try to train right after work consistently, but I often have to work late. This forces me to run in the dark and cold and to get home after that 'significant other' has put away the food and turned off the lights. Sometimes dinner dates or a day of relaxation get cancelled. But all in all, I'm fortunate that my wife is encouraging and understanding.'

Lately, he says, he has been trying to be conscientious about his diet - keep-

ing his red meat intake to a minimum and including high fiber at least once daily. "If I have an Achilles heel, it's my weakness for lemon pie and German pastries. Every day I try a little harder to eat less junk food."

George has ambitious plans for competition in 1986. He's gotten off to a fast start, setting a new M45 1000y American Indoor record of 2:22.26 at the U.S. National Masters Indoor Championships in Baton Rouge in February. His next focus is on the Nationals in July where he hopes to lower his own World M45 Record in the 800. And he is already looking forward to the next World Veterans Games. "I would like to redeem myself for my poor showing at the World Games in Puerto Rico. I hope to go to Melbourne in 1987 feeling as good as I

Continued on page 23

Daily Training Schedule - George Cohen

Of	Ses	son	Tro	ining
			100 100 100	

Two miles easy (8:00 pace). 5 X 800, with 800 easy-pace Monday

(71/2 miles) interval (Typically: 2:58, 2:38, 2:55, 2:16, 2:27.) 10 X 110

strides. Entire workout on street, after work.

Jog 8 laps, 12 X 110 strides (may alternate pace from easy to Tuesday (10 miles)

1/2 speed.) 12 X 150 at 1/4 effort; jog 2 laps. 4 X 3 (400) with an 800 interval between sets. (2 easy, 1 good in a set, e.g., 79, 80, 65). (or: 4 X 3 (300) at 53-57 second pace. 2-or 3-lap

recovery between sets.) 10 X 110 easy strides or jog 2-3 laps. Whole workout on the track, after work.

Easy run. Primarily grass terrain. 10 X 110 strides. After Wednesday

(4-10 miles) work.

Jog 8 laps. 12 X 110 strides. 12 X 260 (no watch); 2 at 3/4 Thursday (10 miles) effort, 1 at 1/4 effort, with a 140 interval (easy jog). (Or: 12 X 150 with a 50 interval, alternating the pace of each from 1/4 to

½ effort. Jog 2-3 laps, recovery, 8½-9:00 pace. 8 X 400 with a 200 interval (Typically: 87, 67, 80, 66, 90, 64, 93, 64.) Jog 3 laps or 10 X 110 easy strides. Whole workout on the track,

Easy run primarily grass terrain. After work. Friday

(4-10 miles)

2 miles easy. 6 X 800 with 800 interval. Morning, on the Saturday

(6 miles)

Easy run. Primarily grass terrain. Morning. Sunday

(4-10 miles)

Average off-season weekly mileage, October through January, 57

miles/week. Races: Four or five 5K's.

Race Season Training

Jog 8 laps, 12 X 110 strides. 5 X 4 (150), pace about ½ speed **Monday**

with 50-yard interval. 200 yards between each set. Jog 3 laps. (6-8 miles) 4 X 250 at ½ speed with 150 interval. 10 X 110 strides or jog

2-3 laps. On the track (Santa Monica City College), 5 p.m. Jog 8 laps. 12 X 110 strides. 6 X 300 (1/2 speed) with 110 Tuesday

interval. Jog 3 laps. 4 X 150 (1/2 speed) with 50 interval. Jog 1 (4-6 miles) lap. 3 X 150 (3/4 speed) with 50 interval. 10 X 110 strides or

jog 2-3 laps. On the track, 5 p.m.

Wednesday

7:30 pace. Grassy, flat terrain. 5 p.m.

(4 miles)

Jog 8 laps, 12 X 110 strides. 15 X 110 strides, alternating Thursday 1/5 speed and 1/2 speed. Jog 2-3 laps. On the track. 5 p.m. (2-3 miles)

7:30 pace on grassy terrain. 5 p.m. Friday

(4 miles)

Easy jog on grass. 3 X 800 on street, about 2/5 speed, with Saturday

800 interval. 8 a.m. (Or race.) 4-6 miles

Sunday

Easy jog on grass. 8 a.m. (Or race.)

4-5 miles



TAC/PACIFIC TRACK & FIELD **CHAMPIONSHIPS** FOR





MAY 17, 18, 1986

MASTERS MEN & WOMEN

Los Gatos High School & San Jose City College Sanctioned by TAC/PACIFIC ASSOCIATION Sponsored by LOS GATOS ATHLETIC ASSOCIATION

ENTRY DEADLINE WEDNESDAY, MAY 14, 1986

ELIGIBILITY:

All men and women registered in Tac/Pacific Association. 1986 Tac registration required. Registration available at meet \$6.00.

ENTRIES:

Pre-entry required before Wednesday May 14. Phone entry O.K. to May 14 - 354-5660.

FEES:

\$7 per event, \$15 for relays. \$10 late entry if space available.

NOTE:

r, javelin, steeplechase, and 5,000 walk will be contested at San Jose City College on May 18. (See schedule on back.)

HEATS:

Will be run if required in 100 and 200. Heats will be contested in all age divisions that they are needed and the finals run at the end of alloted time slot. 400 will be run in timed section based on times submitted on entry form.

TIMING:

Fully automatic timing by Accutrak

FACILITIES:

All weather track surface 1/4 spikes only. Concrete throwing rings, grass javelin runway.

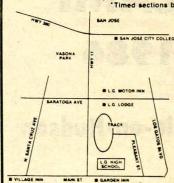
AGE GROUPS:

Open 18-29, 30 and above in 5 year age groups, 30-39 competitors may compete in open events if they so desire, but must stay in that division except in relay. Age on May 17, 1986 determines age group.

AWARDS:

May 17, 1986 at Los Gatos Track

30	4 X 100 relay women	3:30	400 h open women	FIELD	M
40	4 X 100 relay master men	3:40	400 h 60+	9:00 AM	SI
45	4 X 100 relay open men	3:45	400 h 50-	9:00	P
55	100 m hurdles 33" women 30-39 and men 60+	3:50	400 h 40+	10:00	Pt
00	100 m hurdles 33" open women	3:55	400 h 30+	10:00	SI
05	80 m hurdles 30" women 40+ and men 70+	4:00	400 h open men	10:00	L
10	110 m hurdles 42" open men heats (if needed)	4:05	330 hurdles master women.		SI
15	110 m hurdles 36" men 50-59		men 60+	11:00	L
20	110 m hurdles 39" men 40-49	4:10	1500 m open women	11:00	H
25	110 m hurdles 39" men 30-39	4:20	1500 m master women	12:00	L
30	110 m hurdles 42" open men finals	4:30	1500 m master men 60 -	12:00	H
45	100 m heats all divisions where needed	4:40	1500 m master men 50-	12:00	D
00	100 m final master women	4:50	1500 m master men 40-	1:00 PM	H
10 PM	100 m final open women	5:00	1500 m submaster	1:00	D
15	100 m final master men - oldest to youngest		men 30-39	1:00	T
ю.	100 m final open men	5:10	1500 m open men	2:00	C
Se Un	LUNCH BREAK	5:20	400 m open women*	2:00	
5	800 m master women	5:25	400 m master women"	FIELD	(
0	800 m open women	5:30	400 m master men 60+	1:00	
5	600 m man 60+	5:35	400 m men 55-59"	3:00	16
0 0	800 m men 50+	5:40	400 m men 50-54*	3:30	100
5	800 m men 40+	5:45	400 m men 45-49"	5:00	(27)
0	800 m men 30+	5:50	400 m men 40-44*	5:00	
5	800 m open men	5:55	400 m men 35-39"	6:30	
ю	200 m heats - oldest to youngest where needed	8:00	400 m men 30-34"	3:30	
5	200 m finals master women	6:05	400 m open men*	5:00	-
25	200 m finals open women	6:10	5000 m all women	5:00	32
10	200 m finals master men — oldest to youngest	6:35	5000 m men 50+	6:30	
5	200 m finals open men	7:05	5000 m men 40+	4:00	1
	REST BREAK	7:25	5000 m men 30+	5:00	+
		7:45	5000 m open men		
		8:05	4 X 440 yd relays women,		
			masters, open men		
		8:15	10,000 m open men, men		
			30-39		



TAC/PACIFIC CHAMPIONSHIPS SCHEDULE Sunday, May 18, 1986 at San Jose City College

HOUSING:

, 354-3300, Los Gatos Garden Inn, 354-6446 otor Inn, 356-9191, Village Inn, 354-8210. Toll House Hotel, 395-7070.

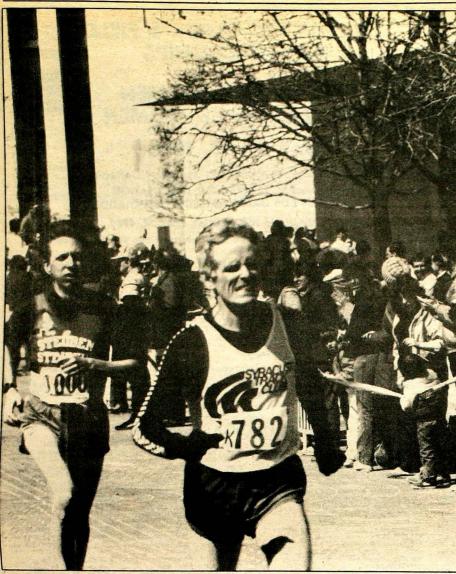
TAC/PACIFIC MASTERS & OPEN TRACK & FIELD CHAMPIONSHIPS WILLIE HARMATZ, Meet Director P.O. Box 1328, Los Gatos, California 95031 408/356-5660

SEE REVERSE SIDE FOR REQUIRED SIGNATURE

NO REFUNDS FOR DEFAULT

In consideration of your accepting my entry, I, intending to be legally bound, do hereby for myself, my heirs, executors and administrators, waive and release forever, any and all rights, claims or damages I may accrue against Los Gatos Athletic Association, TAC, Pacific Association, Los Gatos High School, San Jose City College, and all sponsors of this race, their successors, representatives and assigns, for any and all injuries suffered by me while traveling to and from, and while participating in the TAC Pacific Masters and Open Track & Field Championships held May 17, 18, 1986 at Los Gatos High School, Los Gatos, California, and San Jose City College, San Jose, California

Signature_



Jerry Smith #782, outkicks David Reichert, #1000, at the finish of the Price Chopperthon 30K, Albany, N.Y., March 23, Smith was 3rd M40 (1:55:51), and Reichert was 2nd M50 (1:55:52).

Madeira-Sargent Lead Masters in Albany 30K

Continued from page 1

mances were turned in by older contestants. Howard Rubin, 57, of New Hartford, N.Y., was the fourth master to finish with a time of 1:54:34.

This set a new record for 57-yearolds but was two minutes shy of his own M55 age-group record. Rubin estimated that he could have gone four or five minutes faster without the wind.

Anny Stockman, 53, of East Greenbush, N.Y., was the second woman Master and 12th overall with a time of 2:15:43. The third Masters woman was 52-year-old Natalie Tickner, of Norwalk, Conn., who finished in 2:22:05.

John Dugdale, 51, of Ridgefield, Conn., was the third 40+ finisher with a time of 1:52:23, and led his Wolfpit Running Club to the men's Masters team title. The second Wolfpit runner was Jay Sturdevant, 55, who took second in the M55 age group in 1:57:31.

The difficult weather conditions forced many runners to work together against the wind instead of fighting against each other.

In the 60-64 age group, Hubert Morgan, from Sayre, Pa., and Don McWilliams, from Canadaiqua, N.Y., ran the course in tandem and finished in a tie for first place with 2:10:55.

Dan Geer, from Bennington, Vt., won the M65 age group, while Bill Shrader, who founded the race 13 years ago, dominated the M70 division. Bill McNeil, 78, from Middletown, N.Y., won the 75-plus age category for the third consecutive year.

Nancy Gerstenberger, of Albany, N.Y., took the W55 age group, and Edith Farias, of Salisbury Mills, N.Y., improved her 1985 time by more than 21 minutes to become W60+ winner.

Bill Reifsnyder was the Open Men's winner in 1:37:16. Jane Buch was the women's winner in 1:54:42, a U.S. record for 37-year-olds.

Nearly 800 runners competed in the 13th annual Price Chopperthon, which runs from Schenectady to Albany.



ARTHUR LYDIARD RUNNING CAMP

July 6-12, 1986

a.

Bard College, Annandale-on-Hudson New York

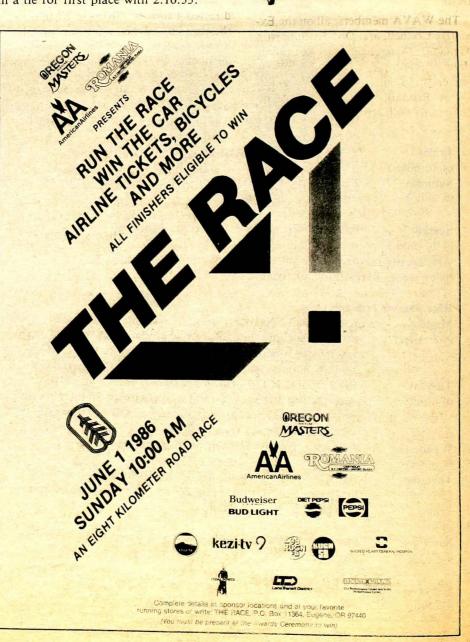
for

Joggers, Coaches, Competitive Track Athletes, & Road Racers
Age 16 to Masters Runers

If you are tired of faddish programs, diets, and running schedules, come to the only camp that can give you a proven system to train and race better. ArthurLydiard has consistently proven that his system can produce Olympic Athletes and National Champions. The World's Foremost Running Coach is in residence for the entire week and will help you develop a program of training tailored to your personal needs.

For brochure:

Lydiard Running Camp, Tom Robinson, 128 Clarence Rd., Scarsdale, New York 10583





The International

by DON FARQUHARSON, President, WAVA

he 1986 meeting of the IAAF Veterans Committee took place in Neuchatel, Switzerland on March 24. Since May, 1984, this committee has been the means of discussion between WAVA and the IAAF regarding the terms under which WAVA will be recognized as the sole functionary in charge of veterans athletics globally.

The Veterans Committee will organize veterans athletics under the umbrella of the IAAF. The IAAF has agreed that the Committee will always comprise two-thirds veterans (masters) and one-third IAAF members. The Chairman will normally be an IAAF

The Committee comprises 12 members. However, at this time, to accomplish the unity of WAVA and IG-AL (the world veterans long distance running body), there are three further co-opted members having full voting rights. Thus, the current total is 15: 8 WAVA, 3 IGAL (all veterans), and 4

The WAVA members, all on the Executive Council, are: Don Farquharson (Canada), Wal Sheppard (Australia), Hans Axmann (West Germany), Owen Flaherty (Spain), Bridget Cushen (Great Britain), Bob Fine (U.S.A.), Cesare Beccalli (Italy) and Alastair Lynn (Canada).

The IGAL members are: Jacques Serruys (Belgium), Clem Green (New Zealand) and Barry Shaw (Israel).

The IAAF members are: Hans Skaset (Norway), Committee Chairman; Colonel Paschal Mouassiposso (Congo); S. Yasuda (Japan) and H. LaNasa (Argentina).

Meetings are also attended by John Holt, General Secretary of the IAAF. The effects of the important work of this Committee will range from the international to the local level.

For the 1986 meeting, which took place at the site of the World Cross Country Championships (open class), Alastair Lynn and I flew to Amsterdam, then drove to Neuchatel, staying nights at Baden-Baden (West Germany) and Lucerne (Switzerland). The former is a picturesque and historic spot in South Germany, famous for its healing baths and long attended by European royalty. The latter is a charming and dramatic beauty spot, even by Swiss standards.

Arriving at Neuchatel, we were directed a further 15Kms to an out-ofthe-way inn farther south on the lake where we met the other Committee members. The isolation caused some problems but gave us the advantage of being close together and free from distractions. This enabled the WAVA Executive to meet far more frequently than would otherwise have been possi-

Hans Skaset opened the IAAF Veterans Committee meeting on Monday morning, March 24, with LaNasa the only absentee. First, agreement was reached that the IAAF, together with the various national track & field bodies of each member, would cover the travel and accommodation expenses of this and future meetings. Discussion then centered on the

previously reported draft of an agreement between IAAF and WAVA. Last June, the WAVA Executive was authorized by the General Assembly in Rome to enter into this agreement, if they judged it valuable, subject to ratification in Melbourne in 1987.

Preliminary work had been done by a small "working group" of the Committee last November in London and was reported in outline form. After detailed examination and much debate. this draft was finalized. A copy of the

agreement, not yet signed by WAVA, is reproduced following this article. It will be forwarded to the IAAF Council for ratification at Stuttgart on 21st July, 1986, and to the WAVA General Assembly at Melbourne in December,

Much discussion then took place regarding the second "Masters Games" scheduled for 1989 in Denmark. Despite numerous reports of the financial 'disaster' of a 1.4 Canadian

Continued on page 20

TAC Western Regional Masters Track & Field Championships

JULY 5 - 6, 1986

Sanctioned by

Sponsored by: TAC and

Edwards Field, University of California, Berkeley. Off Freeway 80, take University Avenue east to the campus; right on Oxford to the track (on SW corner of campus). Free parking Saturdays and Sundays in non-reserved spaces on Cross Campus Road (north side of track) and the Univ. parking lot between Bancroft Way and Durant (near Fulton, across street from south side of track).

Competition (if enough entries) and awards in 5 year age divisions, age 30 and up; relays, 10 year age div., must have at least 2 teams in that div., and all team members from same club. TAC registration required; available at meet \$6.

Entry fees: First event \$10.00, second event free, each additional event \$5.00; relays, \$12.00 per team. Entry deadline: Receipt by day, June 26; relays, up to 1 hour before evenc. NO LATE ENTRIES.

The WAVA & TAC hurdles & implements specifications - see page 18 of the March 1986 issue of National Masters News. Field events will be in flights of 6 to be set after entry deadline. Heats in the 100 and 200 meters, if needed, will be at the beginning, and finals at the end of the scheduled event time; order warms older to warms. end of the scheduled event time; order, women, older to younger men.

Hospitality Room, Shattuck Hotel, 2086 Allston Way, Berkeley, CA 94709 ospitality Room, Shattuck Hotel, 2086 Allston Way, Berkeley, CA 94709 (415/845-7300), one block west of track, opens 2:00 PM, Friday, July 4 and closes 6:00 PM, July 6. Packets (including final schedule, program, comp. numbers, pins, T-shirt, etc.) will be available July 4 at Hospitality Rm, and July 5 and 6 at the track. Make reservations 3 weeks in advance for hotel meet rates.

The Durant Hotel, 2600 Durant Ave., Berkeley, CA 94704 (415/845-8981) is 4 blocks SE of the track.

is 4 blocks SE of the track.

Sheppard Dies of Heart Attack

Wal Sheppard, the Executive Vice--President of the World Association of Veteran Athletes, died of a heart attack while on a training run near his home in Bulleen, Victoria, Australia on April 12. He was 63.

Sheppard, the initiator of the Australian Veterans program in the early 1970's, had four-bypass heart surgery last year, and seemed to be progressing well.

In March, he had attended the IAAF Veterans Committee Meeting in Switzerland with other WAVA Executive members. He was one of the chief organizers and administrators of the VII World Veterans Games to be

held in Melbourne next year.

Sheppard was a top veteran runner in the 1970's, holding at least a dozen world age records at one time or another. Among them: Age 48: 800 (2:03.6), mile (4:39.4); Age 49: 400 (57.2), 800 (2:08.0), mile (4:44.9); Age 50: 800 (2:05.0), 1500 (4:20.0), mile (4:47.0); Age 51: 800 (2:09.7), 1500 (4:20.3); age 53: 800 (2:07.1); age 57: 800(2:13.3).

Sheppard was a capable executive possessing the qualities of fairness, good judgment and common sense. He will be hard to replace and will be missed by veteran athletes throughout the world.

	Tentative So	chedule	
Sat., July 5		THE SECOND	Sun., July 6
Track	Field	I Ti	rack Field
10:00 10,000M	Shot	8:30 3000	
11:30 - 1:00 Lunch for	officials	9:00 3000) Steeple
1:00 4 X 100 Relay	Long jp, &	9:45	Hammer .
	High jp.	11:30 - 1:	:00 Lunch for officials
1:15 100M		1:00 4001	Pole Vlt, Jav
2:00	Discus	The second	Trip. Jp.
2:15 80M, 100M 110HH		2:00 1500	M
Break		Marie A. De	Break
2:45 800M		3:00 4001	IH (300IH)
3:30 200M		4 X	200 Relay
4 X 400 relay			
CA 94101. For furthe 8:00PM to 10:00PM.	r information, (Please	send SASE, print) Club affilia	Box 4512, San Francisco, or phone 415/285-3352,
Address		TAC #	
		Male	Female
Tel		Birthdate	Age on 7/5/86
Event	Best recent mark	in a dinn	M L XL XXL not be interested ner Sat., July 5,
I waive all rights that	t I or my heir	s or ascigns	cost). No. in party s may have against the

accident that I may sustain or incur while traveling to or from or

Signed

participate in this event.

participating in this event. I declare that I am in good health to

International Scene

Continued from page 19

dollar bankruptcy and reports of possible fraud charges against the principals after the Toronto meet, the Danes nevertheless committed themselves to 1989. Since this meet will likely clash with WAVA's 8th Championships, stern measures will be necessary to protect our event. Decision on these measures will likely be taken at the next meeting, and will receive a full airing at the Melbourne General Assembly.

At the IAAF Congress in Stuttgart in August, 1986, I will have both the responsibility and the honor of making a report on veterans athletics to the IAAF President, Council and Congress. Doubtless this report will have an effect on consideration of our agreement for their ratification.

After discussion of a number of other minor considerations, it was decided that the next meeting would be held in Rome on September 2, 1987. Views of WAVA members, prior to that date, would be welcome by way of letters to "Write On" in the National Masters News, or to the WAVA Secretary.

During WAVA Executive Meetings

at Neuchatel, it was announced that a new, larger and more comprehensive WAVA Handbook would soon be printed. Copies will be sent to all affiliated bodies, with additional copies available for sale, at cost, around the veteran world.

A discussion was held regarding the previously mentioned merger of IGAL with WAVA, which will take place over the period 1986 to 1988. The World Veteran Road Racing Championship at Vancouver, Canada on October 4-5, 1986, will be the last under the IGAL name alone. The 1987 (Israel in March) and 1988 (South Korea) events will be held under joint IG-AL/WAVA organization. Following this, all road championships will be under the WAVA name alone. However, the expertise of former IG-AL members will be enlisted in a WAVA Committee under the WAVA Road & Country Vice President. It is probable that world road racing championships will then take place biennially in the years in which WAVA Track and Field Championships do not take place. Regional (continental) Championships, however, will be encouraged in all years.

Australia's plans for the 1987 WAVA T&F Championships were discussed and the Executive is forwarding continuous input to the Australians.

It was decided that in 1987, relay, cross-country, road walking and running teams would return to a national basis. Other discussion centered upon a financial report by the Treasurer and possible television and advertising sponsorships.

After a lot of hard work, the Committee enjoyed watching the Cross-Country Championships. The Africans dominated both open men's and junior divisions. They were truly awesome despite cold wet conditions to which they must have been unaccustomed. A former African (Zola Budd) won the women's event but the other nations made a strong showing.

I feel the Neuchatel meeting was a success for the veteran movement and would like to thank all members for their efforts.

With kindest regards to all readers, Don Farguharson.



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VICE-PRESIDENT:

Jacques Serruys
"Fit-Veteraan" Postbox 7 B-8000BRUGGE 1 Belgium

VICE-PRESIDENT Track and Field):

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Clem Green 46 Hargreaves Street WELLINGTON 2 New Zealand

AFRICA: Contact President

Proposed Agreement Between WAVA and the IAAF

AGREEMENT made this 1986 between the INTER-NATIONAL AMATEUR ATHLETIC FEDERATION (hereinafter referred to as 'IAAF') of the one part and the WORLD ASSOCIATION OF VETERAN ATHLETES (hereinafter referred to as 'WAVA') of the

WHEREAS IAAF wishes to discharge its responsibility to veteran athletes; AND WHEREAS WAVA wishes to benefit from the experience & expertise of IAAF and its member Federations; IAAF and WAVA hereby agree to co-operate, for the benefit of athletics, with mutual respect for each other's constitutions, and that co-operation shall be expressed as follows:

- 1. WAVA shall be solely responsible for the organization, regulation and administration of veteran athletics (in accordance with the Constitution and By-Laws of WAVA) with particular reference to:
- a) the promotion and/or authorization and coordination of world and regional veteran athletics championships;
- b) the ratification of world veteran athletics
- 2. Competitions authorized by WAVA at world, regional and national levels shall be conducted in accordance with the Rules of the IAAF except as modified (by the Constitution

and By-Laws of WAVA) as follows:

- a) WAVA shall determine the technical specifications appropriate to each five-year agegroup in veteran athletics;
- b) WAVA, in consultation with the IAAF, shall determine the degree to which the nontechnical Rules of the IAAF shall be applied in veteran athletics.
- 3. IAAF shall encourage its Members:
- a) to include veteran athletics in their activities:
- b) to affiliate to WAVA or to incorporate in their own structure on a mutually acceptable basis, the existing WAVA affiliate.
- 4. Where more than one organization claims to represent veteran athletics in a particular country, WAVA shall determine which may do
- 5. IAAF, through its Veterans Committee, shall provide assistance and co-operation to WAVA wherever possible. (Until the Rome Congress, and the Melbourne General Assembly in 1987, the existing Veterans Committee shall be extended to include three co-opted members to be determined by the Committee. For the transitional period from 1987-1991, a Committee of ten WAVA nominees and five IAAF nominees shall be recommended to the IAAF Congress. From 1991 onwards, the Committee shall revert to twelve in number, of whom two-thirds shall be WAVA nominees.)

- 6. IAAF shall take all reasonable steps to discourage its Members from co-operating with, or giving assistance to, any organization which is promoting, conducting, or advertising any veteran athletic competition without authority from WAVA. In particular, IAAF shall instruct its Members not to:
 - a) grant a permit for the competition;
 - b) provide officials for the competition;
- c) fail to instruct its officials that they may not provide their services in a private capacity.
- 7. IAAF shall provide WAVA wherever possible with information and advice regarding commercial sponsorship, television/film coverage, legal agreements, e.g. contracts with Organising Committees.
- 8. Neither IAAF nor WAVA shall have any rights or obligation, financial or otherwise, except as set out above.

SIGNED on Behalf of IAAF

TO CARE THE CARE THE PARTY OF T	(President)
Elich Sein dell'accepta	(Secretary)
SIGNED on Behalf of WAVA	
	(President)
	(Secretary)



18 Months To Go

Countdown Melbourne

It's All Happening Down Under

by SYLVESTER STEIN

lmost every season there is an exciting overseas trip organized for veteran athletes. But the world vet championships proposed for 1987 have got to be looked forward to as the trip of a lifetime. They will take place in Melbourne, Australia, and promise to be the best yet, offering superb athletics and an unequalled vacation. The dates are November 28 to December 6 — seven days of racing plus a day or two off in between for recovery. Afterwards you will take off for Sydney, Alice Springs and sample the lager. No one's flying off to the Land of Oz just for a long weekend.

I can report, having just returned from a reconnaissance trip to Melbourne precisely two years ahead of the Championships, that early December is the time of the year to be in Australia. The weather then is ideal for running; what's more the trip will give you a break in the southern hemisphere sun and a chance to split our winter into two manageable portions. From what I saw out there I'd advise every vet - as well as everyone about to enter that desirable age group - to start preparing now. Train the muscles and save up the dollars. Risk everything to be one of those taking part.

Oh yes, there's one other risk you'll have to face, the thought that you might decide to settle down out there, won over by the Australian sun and leisurely lifestyle. Actually it's very

Sylvester Stein, M60 100-meter silver medalist in Rome and the publisher of the British magazine Running took a trip to Australia to find out how plans for the 1987 World Veterans Games are progressing.

hard these days to get through the eye of the immigration needle, unless you're very rich or can boast a special trade skill.

On my trip, I took a direct Qantas flight (a mere 26 hours) so that I arrived in time for a busy week of inspecting the facilities, and I was hustled in by the welcoming committee to run in a couple of local races myself, to get the feel of the Australian way of running.

Enormous effort

The first thing that impressed me was the enormous effort the organizing

committee has already put in. It has been working now for two years (with the redoubtable Peg Smith as a fulltime executive), first making sure it did win the bid to put on the Champion-



FOR THE VILWORLD VETERANS GAMES

ships, then getting together sponsorships and government backing. Not only has it collected A\$250,000 already, of some A\$1,000,000 budgeted, but it has persuaded the State of Victoria to cough up another A\$1,700,000 to lay down a modern synthetic track inside the circuit of the local greyhound racing stadium. Two years ago in Britain we could only get the authorities to part with 2,000 pounds - as a loan - for the International Vet Championships at Brighton. The committee has been given permission to hire the whole stadium for the two weekends of the championships.

We went to the dogs ourselves, in fact, one evening to inspect the crowd facilities, especially the half-dozen bars and cafes in the building. We were lucky enough to see not only the greyhounds in action, but a "footrace" in progress too, a 400m professional athletic event, as a crowdpulling curtain-raiser (Australia is still the world centre of professional running). The use of this stadium will be vital to the success of the Championships. It is only 50 yards from the main Olympic Park athletic arena, and will act as a second track - an essential facility for a championship where 5,000 competitors may be involved. To run off all the 10km races alone for the various age groups will use up 24 hours of track time.

Emil Zatopek Week

I spent much of the week at the main track, watching a whole series of races, including the premier 10km event of Australia's track year, and embodying Zatopek Week. It was so named in honor of the great man's appearance at the Melbourne Olympics in 1956, but this was the first time in 25 years that he had been present in person. A most amiable, warm-hearted and modest man, he signed a thousand autographs, sitting down at a table in the open for an hour, protected by a vast hat, while the kids filed past. He shook a thousand hands and presented trophy after trophy. We couldn't persuade him to take part in any of the veteran events himself, though he does keep up jogging for his health's sake. I asked him to encourage a Czech vets team to come out in 1987.

In the vets 10km race, the crowd had the pleasure of cheering Alan Burgoyne on to an over-70 world best of 40:40. Another notable runner in the same race was Stan Nicholls, aged 75, who competed in the pre-war Empire Games. This time he was outshone by his wife, Arley, who at the age of 70

"break-up", as they call it, when we tucked into a spit-roast and tasty cakes. There's an excellent sociable feeling about Australian running. I was additionally called in to a 7

a.m. breakfast meeting, to address representatives from local commerce and government and I let them know that the rest of the world was waiting expectantly for November 1987. On another occasion I interrogated Wal Sheppard, the Australian member of the vets world body (WAVA), as well as his colleagues about the technical arrangements. After all, efficient organization is the key factor in making a championship a success. Well, I could see they had everything marvelously in hand. What I discovered on my trip was a great place, a great ambience and a great crowd of workers - a great Championship is assured.

Canada's Ian Hume, M70, Brown University

Masters Invitational, Providence, R.I., January

photo by Jim Trott



has only recently started running.

I was taken to a club at

Collingwood out in the suburbs. This

took the form of a medley relay, which

went on regardless of a tropical down-

pour, followed by a club Christmas

NOW AVAILABLE Masters Age-Records 1986

Compiled by National TAC Masters T&F Records Chairman Pete Mundle with Lori Maynard and Alan Wood.

- •Men's and Women's World and U.S. Age Bests for all Track & Field Events, age 35 and up, as of Jan. 1, 1986
- •U.S. Age Bests for Men & Women for all race-walking events, age 40 and up, as of Jan. 1, 1986
- •Men's U.S. Masters Indoor & Outdoor Championship
- •48 pages. Thousands of entries. Lists name, age, state and date of record.

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City	State	Zip_
Address		
Name		



I.G.A.L.

Several important changes are impending in the world of veteran athletics which concern veteran distance runners. It is essential that I, as acting Secretary-General of World I.G.A.L., receive input from readers of National Masters News and masters generally. Your comments and opinions are needed prior to decisions being made on behalf of veteran runners.

There have been prolonged negotiations between I.A.A.F. and W.A.V.A. and only recently have World I.G.A.L. (who have represented distance running for nineteen years) been actively involved in these negotiations.

Those who have given such devoted service to the development of distance running through World I.G.A.L. and its national bodies are being asked to merge with W.A.V.A. A timetable has been proposed for this merger and certain promises have been made to World I.G.A.L. to pacify anxieties for its future role in veteran athletics. One suggestion has been that I.G.A.L. personnel continue to serve the interests of distance runners by sitting on a Road & Country Committee under the Chairmanship of World I.G.A.L. President, Jacques Serruys. It remains to be seen whether these promises solidify into positive action.

Certainly it is necessary to ensure

that standards of organization for veteran athletics at national, regional and world levels are improved. It is also vital that participation is encouraged from countries not currently involved in veteran athletics. We must also avoid nationalism creeping into our major Championships. Veterans have always enjoyed the friendly informality of I.G.A.L. events.

I request that you discuss these points among yourselves. I welcome hearing from you on this subject, at 6 Shmuel Hanatziv Street, Netanya, Israel. Your comments are important to me in the continuing negotiations in which I have been elected to represent World I.G.A.L. These negotiations will be discussed at the I.G.A.L. Delegates Conference in Vancouver, Canada later this year and also at the 20th World I.G.A.L. Championships in Netanya, Israel in March 1987. May I take this opportunity of inviting all veteran runners to participate in the forthcoming Championships:

19th World Championships - Vancouver, Canada 4/5 October 1986; 20th World Championships - Netanya, Israel 15/17 March 1987. □





Britain May Bid For 1991 World Games

by WILF MORGAN

Birmingham, England and Barcelona, Spain seem to be in a two-horse race to host the 1992 Olympics. The IOC will make a decision in October.

At the recent British Veterans Athletic Federation Council Meeting, the idea was floated that if Birmingham gets the Games, the BVAF should approach the organizers to see if they would consider putting on the World Veterans Games in 1991 — providing the Olympic facility is ready by that time.

The BVAF decided to make overtures to the Olympic Committee, and a response is expected soon. The general feeling at the BVAF meeting was that the World Vets Games would be due to return to Europe in 1991. If things work out right, the British would probably make a bid for the 1991 Games next year in Melbourne.

SOUTHERN CALIFORNIA MASTERS TRACK & FIELD MEET SIND JUNE 7, 1986 SUB 4

SAN DIEGO ATHLETIC

JUNE 7, 1986 Southwestern College

900 Otay Lakes Road • Chula Vista, CA

ENTRY FEE:	\$5.00 first event, \$4.00 per additional event, \$20.00 per relay team.
PRE-REGISTRATION:	All events except relay, deadline JUNE 2. Late entries \$2.00 if heats are open.
FACILITIES:	Artificial Track — ¼" Spikes — Showers — Concrete Rings — Grass Javelin — Runways
ORDER OF COMPETITION:	Women first — oldest to youngest in 5 year age groups starting at 30 years. Races may be combined at meet director's discretion.
HEATS:	Heats will be run first if needed.
AWARDS:	Medals for First Three Places.
NOTE:	Electronic timing to be used for all running events.
DIRECTIONS:	Follow I-805 south until the Bonita Rd. exit (about 10 miles south of San Diego). Go eas on Bonita for about 2 miles. Take a right on Otay Lakes Rd. Drive about 3 miles and Southwestern College will be on your right. Go right on East H St. for one-tenth mile, then take a left into parking lot. Track is behind tennis courts.
DINNER:	No-host dinner at 6 p.m.
199	

		e feere	SCHEDULE				
Field 10:00 HAMMER 11:00 POLE VAULT JAVELIN	12:00 SHOT PUT LONG JUMP 2:00 DISCUSS HIGH JUMP TRIPLE JUMP	11:15	5000 WALK 5000 METERS	12:50 1:15 1:45	STEEPLECHASE 400 IH 100M FINALS 800M FINALS 200M FINALS	3:15 3:45	1500M FINALS 400M FINALS HIGH HURDLE 4X200M RELAY
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WAVA BY-LAWS - Appendix A: Hurdles and Implements Specifications HURDLES

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50-59	80m	.762±	12.003	8.0m 26'3"	12.00m 39'4"	110m	.914n 36"	13.725	9.14m	14.02m
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steeplechase for age-groups 170 and above.

IMPLEMENTS

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AGE	SHOT PUT	DISCUS	HAMMER	JAVELIN		
JOMEK	The second					
35-49	4.00K	1.00K		600 gas.		
50 plus	3.00X	1.00%		400 6ms.		
NEZ.						
40-49	7.26% (16los.)	2.00%	7.26K (16los.)	800 gas.		
50-59	6.OUK	1.50K	6.00K	800 gms.		
60-69	5.00K	1.00K	5.COK	600 6ms.		
70 plus	4.00K	1.00K	4.00K	600 gms.		



Report from Britain

by ALASTAIR AITKEN

by ALASTAIR AITKEN

Allan Rushmer was the first over-40 runner in the British Open Cross-Country Championships. Next came John Sheridan and Les Roberts. The first 50+ runner was Mike Barratt, 55, who placed 580th of 1706 runners.

A week later, Rushmer won the British Vets 40-49 Cross-Country title on an undulating, three-lap course in Sheffield. Jeff Norman, Brian Scobie (Scottish Vets X-C champ) and Taff Davies were next. (Davies had won his

sixth Southern Vets X-C at Basildon on February 16th).

In the National Vets 50+ Cross-Country, Derek Lawson, 51, finished first, followed by Dick Cooper and last year's winner, Ron Gomez. Lawson also won the Northern Vets X-C this year.

Pat Gallagher took the Women's National Vets title for the fourth time in six years, besting 55 finishers. Jean Lockhead and Marilyn Palmer were second and third.

Masters Training Advice

Continued from page 17

feel right now." Looking at the record, it would seem that George has already 'redeemed himself' several times over. In addition to his M40 American Record in the 800 and his M45 800 World Record of last year, he has been voted outstanding athlete 4 years consecutively (1980-1984) by the Southern California Striders and outstanding Athlete of the Year 3 times (twice for M40, once for M45) by California Track and Running News. He would probably also win a poll if there was one, for being one of the best-liked, most popular runners in masters track.

But running means more to Cohen than just winning medals and honors. "From the very first minute that I returned to the 8-lane arena, I've found competing in masters track and field a fantastically positive experience. When New World explorers, Ponce de Leon and Desoto, sought the fountain of youth to cure illness and renew their zest for life, it's unfortunate that track and field did not exist. The healthy atmosphere created by friendly competition is worth its PR's in gold."

Is masters track and field a modern day fountain of youth? George Cohen certainly thinks so, and he would like others to discover it: "I encourage all of the die-hard road runners to give the shorter races a try this year. I urge all of the overweight, chain-smoking, coffee-drinking, whiskey-guzzling, ex-Jocks and would-be athletes to get up off their collective bottoms and run, hop, step or jump back into life."

-Gretchen Snyder



Atlanta's Phil Raschker, 38, won five events in the W35 division at LSU. Here she caps the 60yard highs in 9.83.

Photo From Dan Thiel

Chrimes Commits 4 WR's in British Championships

Continued from page 1

H. Schwinghammer of Chile broke the W45 shot put world record with 9.08 (29-9½) and tied for another with J. Hulls in the high jump at 1.35 (4-5).

The 1500 races produced five records, paced by M. Wrenn in the M45 with 4:15.9, and D. Fellows in the W40 with 4:59.5. The 200 racewalk resulted in four records, with the overall quality of the entrants shown by G. Grimwade's excellent 10:54.3 in the M70 division. The prior record of 13:43.3 belonged to another Britisher, R. Evans.

H. Wixey, who has the W60 indoor long jump record at 3.43 (11-3), now owns the W65 record with a mark that is better than her W60 record—3.63 (11-10¾) — and the new W55 standard, set by H. Farmer, who won the W55 long jump to improve her W55 world record of 3.57 (11-8½) with 3.62 (11-10½).

In perhaps the best time of the meet, Ron Taylor, who owns the M45 indoor 200 record at 24.2, broke his own M50 200 record of 24.5 with an exceptionally fine 23.8.

Report From Asia

by HARI CHANDRA, pro-tem Secretary, Asian Association of Veteran Athletes

The 4th Asian Veterans Championships will be held in Djakarta, Indonesia on July 26-27, 1986, on the newly laid tartan track.

Athletes are expected from Malaysia, Philippines, Brunei, Japan, Taiwan, Hong-Kong, South Korea, Thailand, Singapore, Sri Lanka and India

There will be a general meeting of delegates from all countries, where the Asian Constitution will be discussed and adopted. Officers will be elected. The President will represent the Asian veterans at the world level (WAVA).

Among the competitors expected at Djakarta are:

- 1) Mr. Mikio Oda, the President of the Japan Masters Athletic Union and the winner of the gold medal in the triple jump in the 1928 Amsterdam Olympics.
- 2) Miss Chi Cheng, President of the Chinese Taipei Veterans, the former world record holder in sprints and hurdles.
- 3) Dr. Mani Jegathesan, the President of the Malaysian Veterans Association, and semi-finalist in the 200 in the Tokyo (1964) and Mexico City (1968) Olympics.



Ten Indoor WR's Set in Toronto

Ten applications for possible agegroup indoor world records were among the results of the Ontario Masters Indoor T&F Championships held in Toronto on March 8.

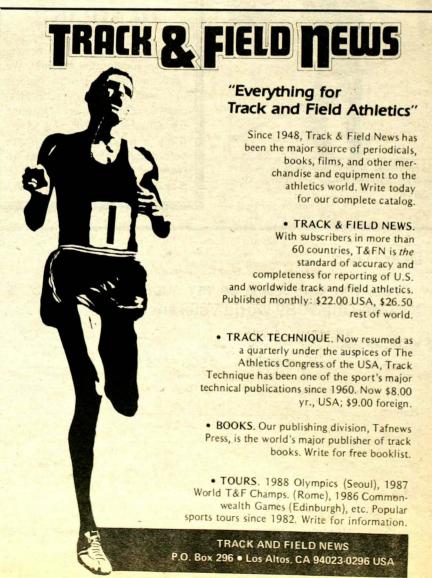
A double record-breaker was Audrey McCabe, 50, for her 5:28.4 1500 and a 11:38.8 3000.

Other sprint and hurdle records were set by Stan Egerton, 60, 8.1 60m, and Art Obokata, 67, 12.1 60mH, and Cecil Paul, 66, with a 7.8 60m.

Middle-distance record breakers were Ruth Carrier, 55, 2:57.3 800, and Dorly Brechbuehl, 61, who won the W60 800 in 3:22.0.

Distance records were broken by Ruth Droege, 57, U.S.A., in the 3000 with 12:30.7, and Lida Sawdyk, 54, in the 3000 racewalk with 24:20.7.

Helgi Pedel, 62, captured the only field record, with 1.15m (3-91/4) in the W60 high jump.



World Games Pledges Top \$100,000 Goal

Continued from page 1

sponsors is listed on page 25.

A three-person site-viewing team is now making plans to visit each of the six U.S. cities which submitted bids to host the '89 event.

The team is composed of Jim Puckett, Chairman; Mary Cullen and Bob Fine. Hal Higdon and Bob Boal are alternates.

Their itinerary is:
June 20-22: Eugene, Oregon
June 23-24: San Jose, California
June 25-26: Los Angeles
June 27-29: San Diego
June 30-July 2: Durham/Raleigh,
North Carolina
July 3-5: Miami.

The team will inspect each site, asking the tough questions of each of the six organizing committees. After returning home, each will prepare an independent report of the trip, and make

Fred Hirsimaki, M60, prepares to vault, Lake Erie TAC Championships, Cleveland, Ohio, January 4.

Photo by Jim Trott

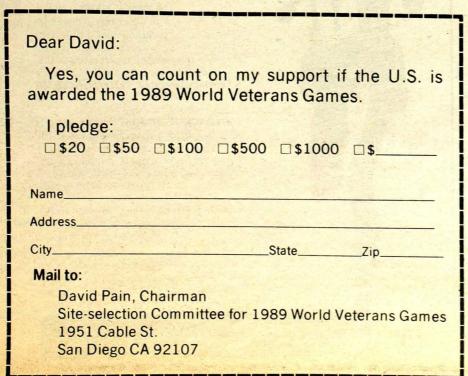
a recommendation to the full 11-person Site-selection Committee. (Or the team may prepare one consolidated report.) Members of the Committee include Masters T&F Chairman Jerry Donley, Masters LDR Chairman Boal, TAC Executive Director Ollan Cassell, Joe Valdes, Dan Thiel, Al Sheahen, Fine, Higdon, Puckett, Cullen and Pain.

Oral presentations will be made to the Committee by the six bidders on July 17 in New York. The Committee will then make its final selection, which is expected to be accepted at the U.S. Masters T&F Meeting on July 19, and ratified by both Masters Committees (T&F and LDR) at TAC's Convention in December. The U.S. nominee will then make its official presentation to delegates at the VII World Veterans Games in Melbourne, Australia on December 2, 1987.

Each of the six bidding cities will pick up one-sixth of the \$3000 air fare for the site-viewing team. Each city will be responsible for all meals, transport, housing and hospitality while the team is inspecting its venue. (The generous offer by the San Jose Convention Bureau to pay the air fare was only valid if the team came in April. Two of



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.





C. du Pless (1), M75, and Louis van Rensburg, M85, both 100m winners, West Province Masters
Meet, South Africa, November 7.

Photo by Leo Benning

the three team members couldn't go until June, so the air tab must be parcelled out to each bidder.)

"Both Jerry Donley and I are delighted that we received six bids and with the overall quality of those bids," Pain said. "I am confident no previous World Games host has experienced the national competition for the Games as the U.S. bid is receiving."

Pain has mailed the six bid proposals to each of the 11 Site-selection Committee members.

The official list of entities submitting bids for the 1989 WAVA Games:

ATHLETE (RESIDENCE)

- 1) Miami-Dade Organizing Committee, Henry Kupczyk, Chairman.
- North Carolina Amateur Sports,
 Hill Carrow, Director.
- 3) Oregon Track Club Masters, Barbara Daugherty, President.
- 4) San Jose City College, Bert Bonanno, Director.
- 5) Southern California TAC Masters T&F Committee, Al Sheahen, Chairman.
- 6) San Diego Track Club, Lolitia Bache, Vice-Chairman.

BIRTHDATE AGE GROUP

ATHLETES WHO ENTER A NEW DIVISION THIS MONTH MAY 1986

	A THEE TEXT CENTED IN CELL	DIKITIDATE	-05
	LIDA ASKEW(US)	5-23-26	60-64
7	HULDA CROOKS(LOMA LINDA,CA)	5-19-96	80 +
	DAPHNE DUNN(US)	5-25-46	40-44
	VALERIE ENDRES(SAN LUIS OBISPO, CA)	5-19-36	50-54
	LETHA FIGG-HOBLYN(PORTLAND, OR)	5-17-41	45-49
	MILA KANIA (WARWICK, NY)	5-26-31	55-59
	MARGARET LOPEZ(MIDDLETOWN, NJ)	5-18-11	75-79
	SHIRLEY SEGAR (DUNCANS MILLS, CA)	5-27-26	60-64
	MIRIAM ST. CLAIR (PALO ALTO, CA)	5-30-41	45-49
	MARY ELLEN WILLIAMS (DARNESTOWN, MD)	5-17-46	40-44
	NANETTE FURGINE(SWI)	5-28-46	40-44
	EILA HOGVIST(FIN)	5-27-21	65-69
	L. KORCHAGINA(URS)	5-31-46	40-44
	VALBORG OSTBERG(NOR)		55-59
		5-14-31	
	LENA SANDGREN(SWE)	5- 3-41	45-49
	CHRISTA SEILNACHT(WG)	5-20-41	45-49
	URSULA STELLING(WG)	5-23-41	45-49
	MAX BAYNE(ST. PETERSBURG, FL)	5-29-01	80 +
	FRANK BOWLES (GREELEY, CO)	5-31-21	65-69
			50-54
	THOMAS BUTTERFIELD (WINDSOR, CONN)	5-26-36	
	DAVE CADIZ(KAILUA, HAW)	5- 9-36	50-54
	JOE CHADBOURNE (CLEVELAND, OH)	5-15-31	55-59
	THOMAS COLSON(GB)	5-26-31	55-59
	JOHN DOBROTH (VENTURA, CA)	5-19-41	45-49
	GERD DREWNIAK(WG)	5-21-31	55-59
	COLIN FAIREY(GB)	5-11-16	70-74
	JULIUS GILBERT (GARDEN GROVE, CA)	5-31-06	80 +
	B. GREEN(GB)	5-15-41	45-49
	HINRICH JOHN(WG)	5-11-36	50-54
	MIKE KISH(FONTANA, CA)	5-15-06	80 +
	HARRY LAMPERT (RSA)	5-18-21	65-69
	SALVADORE MARTINEZ(SPA)		
	WERNER VON MOLTKE (WG)	5- 5-26	60-64
	DOG MODOGNA DUTT A DE TOTAL	5-24-36	50-54
	BOO MORCOM(PHILADELPHIA)	5- 1-21	65-69
	FRITZ MUELLER(WG-NY)	5-23-36	50-54
	BUZZ PORTER(DAYTONA BEACH, FL)	5-31-36	50-54
	DAVE ROBINSON(SAN DIEGO.CA)	5-22-46	40-44
	ALBERT SALMON(CA)	5-24-21	65-69
	WILLIAM STODDART(GB)	5-24-21	
	JACK THATCHER (MANHATTAN BEACH, CAL)	5- 2-31	55-59
	WILLIAM THOMPSON PRYANTING	5-21-16	70-74
	WILLIAM THOMPSON(BRYANTVILLE, MASS)	5- 1-16	70-74
	DAVID THORESON(SANTA BARBARA, CA)	5-16-41	45-49
	JAMES UPHAM (JUNCTION CITY . KANS)	5-12-21	65-69
	GERARD VERVOORT (FRANCE)	5- 6-36	50-54
	ROBERT WATANABE (SANTA MONICA, CALIF)	5-19-26	
	JIM WEAVER(FT. WORTH, TEX)	5-19-26	60-64
	RALPH ZIMMERMAN(BUFFALO,NY)	5- 4-36	50-54
	CAMILLAMANI BUFFALU, NY)	5-12-41	45-49



Continued from page 2

will continue to hold over the masters program unless the masters members decide to do something about it.

I suggest that all TAC Masters positions not be filled by appointment, but be filled through elections for a two year period only by votes from all TAC Masters competitors. Each area of the U.S.A., including Puerto Rico, should be permitted to nominate three or four people for consideration to TAC masters office, and then voted upon by the full TAC masters membership. After all, we are still a democracy and not a "Marcos type democracy" where only the interests of the few seem to prevail.

If I recall, in 1985, the powers to be stated that the "no false start rule" would be tried to see if certain meets could be speeded up. Well, we never were told the outcome of that trial run. Give us facts. How many minutes were saved at these meets? What about meet directors who plan poorly when scheduling events, and for poor officials who caused numerous delays? It happens over 50% of the time, and are greater than delays caused by false starts.

I now ask NMN to name the 19 masters delegates who voted for the no false start rule. I also would like the name of the one intelligent person who voted against this stupid rule.

Those weren't my representatives. I never had a chance to vote for any of them at any time and I have been in the masters program since the late '60s. Where were they then? This also goes for WAVA.

How about NMN taking a stand pro or con on these issues without worrying about kissing ass? Let's hear your honest views and not in two or three lines. How many letters did you receive in the past year both pro and con on the no false start rule?

Al Guidet California City, California (For NMN's response, please see "From the Editor" on page 10. — Ed.)

KUDOS

My thanks and appreciation to Jim Weed, Gary Miller and Pete Mundle for their efforts in establishing All-American standards (January NMN).

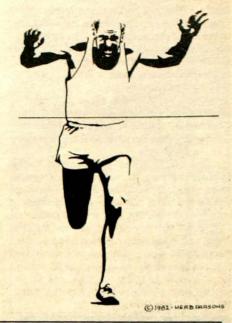
This puts even more fun into an already enjoyable program. Keep up the good work at NMN. You folks do a nice job.

Bill Jeffrey Wilson, North Carolina

The latest issue of NMN marks the end of my first year's subscription and I want to congratulate you on a fine publication and certainly a source of inspiration to me.

Having been injured pole vaulting in my senior year in high school, I had no thoughts of ever returning to the pit until National Masters News entered my consciousness a year ago. I had no idea of the scope of the Masters movement, the keenness of the competition, or the opportunity to meet and share ideas with athletes of all ages.

> James Trott Rochester, New York



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Total pledges: \$100,385 Number of pledges: 238

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MASTERS SCENE

NATIONAL

- Bob Vanderkeift, M45, claimed first masters honors in the U.S. TAC National Masters 50K Championships at Eisenhower Park in Long Island, NY, February 23, with a 3:34:29 finish. Don Jewell, also M45, sparkled, taking second M40+ in 3:36:34. Dan Albeit-won the M40 (4:29:16) and Bill Shrader, the M70 (4:47:37). Nine M40+s finished.
- America's Marathon ended rumors of a schedule conflict with the New York City Marathon by scheduling the Chicago race for October 26. New York has selected November 2 for its event.
- The NRDC's Ken and Jennifer Young estimate that the total "finisher" count in road races in the U.S. is between 2.2 and 3.4 million and the number of "runners" who raced at least once lies between 600,000 and 800,000.
- The 1986 edition of the popular Masters Track & Field Age Record Book is now available. Featuring all men's and women's world and U.S. age best for all T&F events, age 35 and up, as of January 1, 1986. Send \$4 plus \$1 for postage and handling to: NMN, P.O. Box 5185, Pasadena, CA 91107.

NEW ENGLAND

 The Maine TC and Portland, ME, will host the 1986 RRCA National Convention, May 16-18, and the RRCA 10K National Championships—the 18th. Contact RRCA, P.O. Box 613, Westbrook, ME 04092, 207-846-6018. Race director is Jane Dolley.

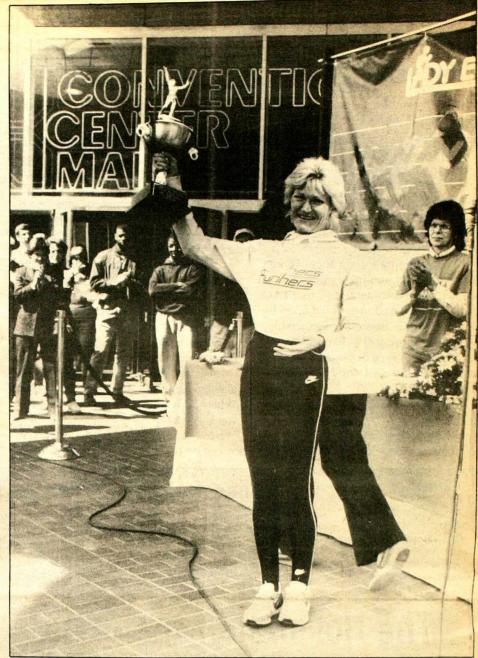
EAST

• Maddy Harmeling's 1:18:44 in the Brooklyn Bridge Half-Marathon, March 23, broke the AR for W40 of 1:19:33, held by Cindy Dalrymple. Harmeling, who ran 2:44 in the '84 Olympic Trials at age 39, will aim to qualify for the '88 Olympic Trials in June at the Grandma's Marathon. British citizen **Angella Hearn**, 40, was also under the AR with 1:18:56.

- Paul Fetscher, 40, bulled his way through the 2546 finishers in the Paine Webber/Javits Center 3.84 Mile in Manhattan, March 16, to close as first master in 20:50. Angella Hearn, 40, wasn't bearish with a 5th w/overall 22:02 (737 finishers). John Steger, 51, ran a bluechip 21:14, and Helene Bedrock, 51, posted a gilt-edged 24:19.
- Master Runner, the Washington-based masters magazine, has closed shop. In a letter to subscribers, it wrote: "We decided to cease publication... for one reason only it takes too much time to produce an issue. And since we produce the magazine in our spare time, we decided that enjoying the weather... and runs with our children took precedence... Your remaining subscription will be filled by Runners World magazine..."

SOUTHEAST

- Phillip Parker, 48-year-old teacher from Decatur, AL, who won the first two races and finished third last year in the Birmingham TC 50 Mile, Birmingham, AL, February 15, settled for second (5:51:08) this year behind David Horton, 35, Lynchburg, VA, who clocked 5:44:36. Ellie Smith, 38, Lookout Mt., TN, defended her title, winning the women's contest in 7:47:44, Joan Baker, 50, Cleveland, TN, was first W40+ with 8:38:02.
- Priscilla Welch, British masters whiz, won the overall women's title in the Florida Derby Festival 10K, Hallandale, February 23, in 33:45.



Carol Lasseter, 43, of Dumfries, Va., accepts special Lady Equitable 10K Masters award, after her 38:16 in the Equitable 10K, Baltimore, Md., March 23, the first time the masters category has been honored by a special award.

• Joe Burgasser, M45, battling stiff winds and 100% humidity, clocked 35:15 to finish nearly two minutes ahead of the next master in a 10K in St. Petersburg, Fla. Harry Cummins, M40, turned in a 17:23 to pace all M40+s in the simultaneously run 5K.

 Partial results from the Azalea Trail 10K in Mobile, Alabama on March 8 show Gabriele Andersen, 41, winning the women's masters title in a strong 34:31, only two seconds off Cindy Dalrymple's pending U.S. W40+ mark of 34:29. Carol Lasseter logged 38:17 for second, with Natalee Spaulding third W40 in 38+.

• Judy Pickert, 42, of Mahopac, N.Y. TAC's masters cross country champion at 15K and 5K and TAC's 8K road champ in 1985, began her 1986 season with a win in the Key West 10K February 15, but it wasn't easy. She arrived in town from three-degree cold and 8 inches of snow up north after traveling for 10 hours. At the start of the race, she faced temperatures 80 degrees warmer than she left and had to fight the heat and humidity as much as the other runners. "It was my slowest time in seven years," said Pickert of her 39:44. "And I ran much better than I would have otherwise because a woman ran right on my shoulder. If she hadn't been there, I would have done 41 minutes and promptly retired." Other masters winners were Neil Doherty, M40 (37:25), Jim Vogt, M50 (40:08), Russ Richardson, M60 (49:55) and Arlene Boyle, W50 (56:29).

• Dave Long, 54, Oviedo, FL., came from 15 yards behind and passed Pete Weishaar, Winter Springs, FL., and Frank Delisle, Daytona, FL., to win the masters 4 mile, Deland, FL., in 22:54 on March 16. Claudette Gover, Deltona, Fla., had the ladies' race pretty much to herself in 33:50.

MIDWEST

Cincinnatan Eugene "Eke" Keller set an age-71 AR for the 15K of 1:06:05 in the Cincinnati Heart Mini-Marathon, Cincinnati, OH, March 23. Robert Drewery, 91. Cincinnati, the oldest runner in the race, finished in 1:54:57.
 Joe Klingenberger, 41, Bucyrus, OH, and Iris Black, 42, Springvalley, OH were 1st masters, in 52:59 and 59:08.

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Continued from page 26

MID AMERICA

- Bob Goodrich, M40, became the St. Louis TC's masters 30K champion with a 2nd place finish of 1:48:50 in the club's championship race, St. Louis, MO, February 1. The only runner to beat Goodrich was open runner Sam Nesbit (1:45:16), a non-SLTC member.
- Jim Hershberger, 54, Wichita, KA, who has been a competitor in 18 different sports and been pictured on Wheaties boxes, is also recognized as a benefactor to T&F, having paid for the tracks at Kansas and Wichita State Universities and donated sculptures for the outstanding M&F athletes at the NCAA Indoor Championships in Oklahoma City in March.
- Art Hinman, 57, was 2nd in the Lincoln TC's Ultra 50 Mile with 7:43:16, while Randy Nelson, 40, was 1st master in the 25-miler with 3:22:29.

WEST

- Robert Sebert, 42, Visalia, CA., circled the 3-mile loop course in the Jedediah Smith 50 Mile, Sacramento, CA., continuously and fast enough to take the second place (6:24:57) to Chris Tunney, 28, (5:51:10). Skip Lees, 41, Chico, CA., was fourth (6:40:14). Anne Bortz, 55, Portola Valley, CA., picked off the W40-win in 8:51:17. George Billingsley, Loomis, CA., set an age-64 record with 8:14:49. Seventy-eight percent of the starters (129) became finishers (101).
- After a 1st w/overall with 36:53 in the Heart of Escondido 10K, Escondido, CA., February 23, over a hilly course and a bout with the flu, Shirley Matson, Solana Beach, CA., broke Dorothy Stock's W45 age-group 15K record of 58:18 with 57:08 in the Sue Krenn Run, San Diego, CA., March 2.
 Sal Vasquez, 46, Alameda, CA., took second
- Sal Vasquez, 46, Alameda, CA., took second (42:17) in the Martinez To Port Costa Brick Yard 8.4 Mile in Martinez, CA., February 22. Alice Rose, 50, Orinda, CA., outlegged Vicki

aline and meet

Rosenthal, 44, San Francisco, for first W40+ by seven seconds in 57:32.

- Margaret Miller, 60, Thousand Oaks, CA., hotfooted to a 1st w/overall with a single-age AR 20:32 in the 5K segment of the Conejo 5K/10K, Westlake Village, CA., March 30. Bob Nemeth, 62, Woodland Hills, CA., also picked up an exact-age AR with 19:43. Abe Ramirez, 47, Moorpark, CA., was top master in the 5K with 18:38.
- Peter Stern's 33:59 led all 40+ runners in the Mardi Gras 10K in San Diego on February 16. Jim O'Neil, 60, logged a quick 37:03. Lillian Maloney's 45:10 was best W40, and Mary Storey led the 60+ women in 48:12.
- It took over two minutes for the 7500 runners to cross the starting line in the 9th Annual San Jose Mercury News 10K on March 23. A tight race developed among the 40+ contingent, with David Rivera (33:06) edging Gary Goettelmann (33:09) and Tom Iredale (33:14), with Bill Clark (33:31) not far behind. Judi Shade easily won the female masters title in 39:51
- •Tom Von Ruden, who set the open indoor 1000 yard mark years ago, recently won a masters 1500 race in 4:05.1 in San Diego.
- · Anyone need a loan? Gene Harte of Van Nuvs. California, can expect some phone calls this year. The top masters sprinter, who won two silver medals in the M60 200 (27.54) and 400 (61.58) in the National Championship last year, was mentioned on page one of the Los Angeles Times on April 6. In the lead paragraph of a story on IRA Savings Plans, the Times wrote: "When Gene Harte lists his assets available for retirement, he can tick off real estate, stocks, bonds, his graphic-design company and savings - worth more than \$1 million. But every year before April 15, he makes sure to put \$2,250 into his individual retirement account." The gist of the Times' piece was that high-income earners are taking advantage of the tax-free gimmick, but low-income

5K/10K RUNS

and 5K WALK

earners can't afford what supposedly is the "little guy's tax loophole."

NORTHWEST

• John Jordeth, 40, in 49:52, and Julie Stiles, 43, with 57:52, both of Seattle, captured 1st 40+ honors in the Northwest Masters 15K PNAC Championships, Seattle, March 22. Orlo Keniston, 58, Seattle, won the M55 easily (57:38). Nancy Hellyer, 50, Steilacom, WA, placed 2nd W40+ (1:04:01). Derek Mahaffey, 51, Bellevue, WA, nipped the first M50 slot from David Pitkethly, 51, also of Bellevue, by four seconds in 53:37. Norm Bright, 76, Seattle, was oldest finisher (1:23:25).

CANADA

- Erna Kozak, 40, of Burnaby, BC, claimed two W40 world indoor marks, in the 800 (2:13:69) and 1500 (4:34:47), set in the Canadian T&F Association's Open Indoor Championships, Edmonton, Alberta, February 22-23. Kozak placed 8th in the 800 and 5th in the 1500. Her entry form at the pre-meet scratch session had officials wondering about a possible age "misprint."
- Tom Tushingham, 44, of the Toronto Olympic Club, will also apply for an indoor 800 WR, in the M40 age-group, with a 2:01.5 at an all-comers meet in Toronto, February 6.

INTERNATIONAL

•Bill Empey of Australia is ½ of one of the hottest rivalries in masters track. The other half is his own brother. The two will clash in the World Games in 1987 in Melbourne, when both

will be in the same age group: M90. Bill's best times are 22.3 (100M), 46.5 (200) and 1:48

•Kjell-Erick Stahl of Sweden, who ran a 4th place 2:10:38 marathon in the 1983 World Championships in Helsinki, turned 40 in March. He could be a threat to Jack Foster's world masters mark of 2:11:19, Dean Reinke reports in his monthly newsletter.



Chia Tsiang Pao, 72, in the 80mH at the Trojan Masters Games, at USC, Los Angeles, summer of 1985

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On Friday, June 6, 1986, an "Alive and Well in LA" health and fitness symposium is being held at The Hospital of the Good Samaritan, Los Angeles. Featured speakers include Drs. Kenneth Cooper and George Sheehan, and author Norman Cousins. Registrants for the symposium also receive a personal diagnostic history and physical, plus treadmill stress test and biochemical laboratory profiles. Total package costs \$350.00. On the evening of June 6, participants in the symposium — and entrants in the June 7 5K/10K Runs and 5K Walk — are invited to attend two social events: a special "wine and cheese" program (featuring a talk by Dr. Sheehan), at a cost of \$10.00/person; a dinner (with the symposium faculty) at \$35.00/person. For further information regarding attendance at the symposium or social events, please call (213) 977-2255.

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

TRACK & FIELD NATIONAL

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

July 18-20. 19th U.S. TAC National Masters Championships, Mitchell Field, Uniondale, Long Island, New York. Sandy Pashkin, 77 Prospect Place, Brooklyn NY 11217. Entry forms in May and June issue. July 26-27. U.S. TAC National Masters Decathlon (men) and Heptathlon (women), Des Moines, Iowa. Rex Harvey. 3815 Lincoln Park Drive, Des Moines IA 50312. June 27, 1987. U.S. National Masters Pen-

tathlon Championships, Los Angeles.

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

NEW ENGLAND

May 25 - 26. Master/Senior Sports Festival, Marblehead, Mass. T&F/road race, plus other sports. Rob Essig, North Shore Jewish Community Center, Community Rd., Marblehead, MA 01945. 617/599-0322.

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

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

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

EAST

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

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

June 21-22. Mid-Atlantic Games, Glassboro, New Jersey. (all ages). PO Box 27462, Philadelphia PA 19150, Roland Williams, 609/468-0309. June 29. TAC Eastern Regional Masters

June 29. TAC Eastern Regional Masters Championships, Villanova U., Villanova, Pa. Fred Mannis, 104 W. Montgomery Ave., Ardmore, PA 19003. 215/644-3264.

July 27. Sri Chinmoy Masters Games (age 50+), Eastchester High School, New Rochelle, N.Y. Sri Chinmoy Masters Games, 150-47 87th Avenue, Jamaica NY 11432. 718/523-2600.

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

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

SOUTHEAST

May 2-4. 16th Southeastern U.S. Masters

Meet, Raleigh, N.C. Stu Northup, Raleigh Parks & Rec. Dept., P.O. Box 590, Raleigh, NC 27602.

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

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

May 18. Running Pentathlon (2 mile/880/440/220/1 mile), DeLand, Fla. Open/Masters. John Boyle, P.O. Box 1824, DeLand FL. 32721. 904/736-0002.

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

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

June 15. Masters Track Meet, DeLand, Fla. John Boyle, P.O. Box 1824, DeLand, FL 32721. 904/736-0002.

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

July 20. Masters Track Meet, DeLand, Fla. John Boyle, P.O. Box 1824, DeLand, FL 32721. 904/736-0002.

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

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

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

MIDWEST

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

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

June 21. Wisconsin United Masters Meet, U. of Wisconsin-Madison. Jerry A. Robinson, 1205 Manhasset Pl., Madison WI 53711. 608/271-6725.

June 28. Cleveland Track Classic, Wickliffe, Ohio. Jeff Gerson, 4173 Wilmington Rd., So. Euclid OH 44121. 216/382-2656.

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

July 12. Midwest Masters Regional Championships, York High School, Elmhurst Illinois. Dick Green, P.O. Box 6147, Rockford IL 61125.

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

August 23-24. Weight Pentathlon and

Weights Clinic, Kent, Ohio (near Cleveland). Deadline for application, August 1. Joe/Mary Charbourne, 18554 Haskins Road, Chagrin Falls OH 44022. 216/464-1775; 216/543-1932.

MID-AMERICA

May 27-29. Senior Olympics, St. Louis, (55+) Suzy Seldin, #2 Millstone Campus, St. Louis MO 63146. 314/432-5700, x188. July 10 - July 9. Mini meets on Tue, Wed, Thurs., in St. Louis area. Jim Irwin or Audrey Hitch, 314/394-3227.

June 21. Blue Valley Optimist Olympics, Stanley, Kans. Harry McDonald, 11917 W. 143rd, Olathe KS 66062. 913/897-9630.

July 12. 5th Annual Metro Championships, Ladue High School, St. Louis. Jim Irwin, 536 Windsor Mill Drive, Ballwin MO 63011. 314/394-3227.

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

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

SOUTHWEST

May 11. Runners' Pentathlon, Albuquerque, N.M. (3200, 800, 200, 400, 1600) Tom Bell, 5905 Concordia Rd. NE, Albuquerque NM 87111. 805/884-5701 (d); 821-2454 (n). May 21-24. Texas Senior Games, Arlington, Texas. Hal Geldon, P.O. Box 676, Richardson TX 75080. 214/231-6889.

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

June 29. TAC Southwest Regional Masters Championships, Rice University, Houston. Ray Stanfield, Rice U. Dept. of Athletics, P.O. Box 1892, Houston TX 77251. 713/527-4077.

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

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

WEST

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

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

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

May 31. Southern California Striders Meet of Champions, Golden West College, Huntington Beach, Calif. Hugh Cobb, 2963 Galena Ave., Simi Valley CA 93065. 805/527-5471.

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

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

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

June 21. Trojan Masters Invitational, Los Angeles, Jim Vernon, 1147 W. Rowland Ave., W. Covina CA 91790. 818/318-1623.

June 23-August 1. All-comers meets, Los Angeles. Mon: Southwest College; Tues: Venice HS; Wed: Birmingham HS; Thurs: Bell HS. 7 p.m. Masters events each Wed. at Birmingham.

June 28. TAC Southern California Associa-

ON TAP FOR MAY

TRACK & FIELD

The month kicks off on the 2nd with the 16th annual Southeastern Meet in Raleigh, N.C. as the outdoor season rolls into high gear. Birmingham, Alabama hosts a meet on the 10th, with a runners' pentathlon set for Albuquerque on the 11th. The 17th finds meets in Tampa and in Los Gatos and Redlands, California. The New York Masters meet is on the 18th. Events in Dallas (21st), Irvine, California (24th) and Huntington Beach, California (31st) round out a busy month.

LONG DISTANCE RUNNING

The 30,000-runner Lilac Bloomsday 12K goes off on the 4th, as does the Pittsburgh Marathon and Ohio Masters 5K Championships. The traditional Old Kent River Bank 25K Run takes place in Grand Rapids, Michigan on the 10th. Freihofer's Run for Women 10K is offering \$5000 to masters runners on the 17th.

There's coast-to-coast action on the 18th with the RRCA 10K Championships in Portland, Maine; the Revco-Cleveland 10K/Marathon in Ohio; and the 100,000-entrant Bay-to-Breakers carnival in San Francisco.

The 24th finds the annual Elby's 20K in Wheeling, West Virginia. Memorial Day sees three biggies: the Cotton Row 10K in Huntsville, Alabama; the Bolder Boulder 10K in Colorado; and the PA/TAC 10K Masters Championships in Kentfield, California.

tion Masters Championships, Occidental College, Los Angeles, Calif. Doug Smith, 20861 Queens Park Lane, Huntington Beach CA 92646.

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

July 26. North American Weight Pentathlon, Cal State Northridge, Northridge, Calif. Frank Reilly, 8307 Joan Lane, Canoga Park CA 91304, 818/716-7280.

August 2. Northern California Senior Olympics (50+). U. of California, Berkeley. SASE to NCSO, Oakland Parks and Recreation Dept., 1520 Lakeside Drive, Oakland CA 94612, 415/273-3791.

August 9. 1986 Challenge Cup, Cal State Northridge, Northridge, Calif. Youth/Open/Masters. 10 a.m. Frank Reilly, 8307 Joan Lane, Canoga Park, CA 91304. 818/716-7280.

August 23. 1st Annual National Masters News Age-Handicapping Meet, Birmingham, High, Van Nuys, Calif. 4 p.m. NMN, P.O. Box 2372, Van Nuys CA 91404. 213/557-2422; 818/785-1895.

August 23. Valley Masters/Open, Cal State Northridge, Northridge, Calif. See August 9.

August 30. Patriots Summer Relays, Los
Continued on page 29

Continued from page 28

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

September 6. Last Chance Meet, Cal State Northridge, Northridge, Calif. Youth/Open/Masters. Frank Reilly, 8307 Joan Lane, Canoga Park, CA 91304. 818/716-7280.

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

NORTHWEST

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

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

August 2-3. Hayward Masters Classic, Silke Field, Eugene, Oreg. John Wilson, 2660 Emerald, Eugene OR 98403. 503/343-5386. August 8-9. 8th Montana Masters Championships, Bozeman. Mike Carignan or Rob Start, P.O. Box 5131, Bozeman, MT 59717-5131. 406/587-8726; 994-3761.

INTERNATIONAL

June 28-29. International Veteran Track and Field Meet, Budapest, Hungary. (M40+, W35+). Orzagos Veteran Atletikai Szovetseg, Bozsa Gyorgy ut 1-3, Budapest H-1143, Hungary. Telex: 22-5105.

July 26-27. 4th Asian Veterans Championships, Djakarta, Indonesia. Hari Chandra, Block 44, No. 24-12, Marine Crescent, Singapore 1544. Telephone: 4422967.

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

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

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

October 10-12. Pan American Masters Championships, San Juan, Puerto Rico.

October 18-19. Hong Kong International Veterans Meet, Hong Kong. M&W 35+. Athletic Veterans of Hong Kong, GPO Box 10368, Central Hong Kong.

November 6-9. III South American-Veterans Championships, Santa Fe, Argentina.

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

LONG DISTANCE RUNNING NATIONAL

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

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

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

June 7. U.S. TAC National Masters 15K Championships, St. Clairsville, Ohio. Pete



Al Oerter, demonstrating his Olympic form at the Bill Gilligan Memorial Weight Pentathlon, Delray Beach, Florida, February 10, 1986.

League, 11 Wildwood Rd., St. Clairsville OH 43950. 614/695-6250.

Photo by Bob Stone

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

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

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

August 31. U.S. TAC National Masters 5K Road Championships. Little Rock, Arkansas. Arkansas Running Klub, PO Box 6162, North Little Rock AR 72116.

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

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

September 28. U.S. TAC National Masters 40K Racewalk Championships, Ft. Monmouth, N.J. Elliott Denman, 28 N. Locust Ave., W. Long Branch NJ 07764. 201/222-9213.

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

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

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

November 23. U.S. TAC National Masters 15K Cross-Country Championships, Van Cortlandt Park, New York City. Kurt Steiner, 1660 E. 21st St., Brooklyn NY 11210. 718/336-3025.

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

NEW ENGLAND

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

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

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

EAST

May 4. Pittsburgh Marathon, Pittsburgh, Pa. Pittsburgh Marathon, 640 Chatham Center Two, Pittsburgh PA 15219.

May 17. NJTAC Masters 5-Mile Championship, Trenton, N.J. Beyond Jogging, PO Box 3624, Trenton NJ 08629.

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

May 26 (Monday). Ridgewood Memorial Day 10K/5K Masters Mile, Ridgewood, N.J. North Jersey Masters, P.O. Box 56, Ridgewood NJ 07450 (SASE).

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

July 6-12. Arthur Lydiard Running Camp, Bard College, Annandale-on-Hudson, New York. Tom Robinson, 128 Clarence Rd., Scarsdale NY 10583.

November 2. New York City Marathon. New York RRC, 8 E. 89th St., New York NY 10128. 212/860-4455.

SOUTHEAST

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

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

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

December 13. Humana Rocket City Marathon, Huntsville, Ala. Huntsville TC, c/o Harold Tinsley, 8811 Edgehill Dr., Huntsville AL 35802.

MIDWEST

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

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

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

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

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

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

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

MID-AMERICA

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

May 26. Bolder Boulder 10K, Boulder, Colorado. John Peterson, Bank of Boulder, 3033 Iris, Boulder CO 80301. 303/444-7223. June 21. Grandma's Marathon, Duluth, Minn. Grandma's Marathon, P.O. Box 6234, Duluth MN 55806. 218/727-0947.

October 12. Twin Cities Marathon, Minneapolis-St. Paul, Minn. Jack Moran, P.O. Box 24193, Minneapolis MN 55424. 612/929-8646.

WEST

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

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

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

10K, c/o Bonnie Hill, 2000 Lucas Valley Road, San Rafael CA 94903. June 7. Alive and Well in L.A. 5K/10K and 5K Fun-Walk. SCA/TAC 10K Championships. Griffith Park, Los Angeles. Focus on age 30 + . Tom Sturak, 3112 Thatcher Ave., Marina del Rey CA 90292. 213/827-5672. June 26. Harolene Walters 8K, Legg Lake,

Pico Rivera, Calif., 6 p.m. 5-year divisions thru 69. Arthur Martinez, 213/942-8774.

July 20. San Francisco Marathon, San Francisco, Calif. Scott Thomason, P.O.

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

NORTHWEST

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

June 1. The Race 8K, Eugene, Oregon.

David Heisler, P.O. Box 11364, Eugene OR 97440. 503/995-8248.

June 29. Cascade Run Off 15K, Portland,

Oregon. Chuck Galford, CRO, P.O. Box 40228, Portland OR 97240. 503/643-6453. July 12. Not Over The Hill Grand Masters 5 Mile, Issaquah, Wash. M&W 50+. Not Over The Hill Run, 200 W. Mercer St., Ste. 310, Seattle WA 98119. 206/283-1812.

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

INTERNATIONAL

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

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

October 4-5. XIX World Veterans (IGAL)

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

March 15-17, 1987. 20th World Veterans

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

1984 U.S. MASTERS TRACK & FIELD RANKINGS (Coordinated by Haig Bohigian, T&F Rankings Chairman)

1984 MEN'S 5000 MET	rens 30	1-34
COMPILED BY MAX QUA	CKENBOS	
RANK NAME S	STATE AGE	TIME
	TRIB AGE	
1 BILL CAVAGHAN	OR	14.57.0
2 JIM HENNESSY 3 PETER FREEMAN	OR CA 31	15.23.7
4 DEAN CLARK	OR 32	15.29.0
5 CURTIS DUFF 6 CHUCK RICE		15.29.8
	MO 32	15.33.7
7 RICHARD HAYES	31	15.41.2
8 GARETH HAYES 9 JOE KNAP	0Н 34	15.42.0
10 JACK WALMSLEY	31	16.09.7
11 CRAIG DEAN		16.11.4
12 KNEALE QUAYLE 13 JOHN HABERKERN	CN CA	16.14.3
13 JOHN HABERKERN 14 BELL	PA	16.20.3
15 MCRAE SHARP	TN	16.23.1
16 ANDREW HOWE	33	16.26.6
17 STEVE ROHDE	CA	16.30.0
18 ROBERT BRUSTED 19 C CARLIN	31	16.37.5
20 LARRY LUNG		16.37.5 16.39.7 16.47.0
21 SCOTT LUTREY	30	16.50.0
22 ALLAN MCLEAREN 23 DUDLEY BROWN	VA 32 PA	16.50.1
24 SMITH		16.53.1
25 RANDY POLEANZ		16.53.1 16.53.8
26 R OSTHOFF		16.55.2
27 B PIBRCE	NTO.	16.57.0
28 CRAIG SEE 29 IRWIN MEREIN	NE CA	16.57.2
30 BOB KUEBLER	OH	17.00.1
31 GUY PIZZOFERRATO 32 HAL MCGLINSEY	PA 30	17.08.0
32 HAL MCGLINSEY 33 CHARLES MEEKER	32	17.15.0 17.17.1
34 RICHARD KINNEY	CO 33	17.24.6
35 NELSON	AL	17.27.0
36 DON SHOWEN		17.27.8
37 ROBERT PETERSON	30	17.30.4
38 BRIAN SAVILONIS 39 LYNN RATHJEN	MA 34 NB	17.30.5
40 ARGENBRIGHT	PA 30	17.30.5 17.38.6 17.51.0
41 F HABERLE 42 BOB RICHARDS	mv.	17.51.0
42 BOB RICHARDS 43 MIKE TAPPERA	TX	18.01.2
hh JIM HELICKI	PA 31	18.09.0
45 ELLIS MARTIN	PA 31 34	18.11.5
46 PAUL TODD	CA 31	18.13.3
47 BARNETT 48 BOB THOMAS		18.46.2
19 K JERNIGAN 50 THOMAS KENWOOD	TX 32	18.59.3 19:11:0 19:34:6
50 THOMAS KENWOOD		19:34:6
01		
1984 MEN'S 5000 ME	IERS 3	5-39

1984 MEN'S 5000 METERS 35-39				
RANK NAME ST	ATE AGB	TIME		
1 WEB LOUDAT 2 CARL NICHOLSON	NM 37	15.28.0		
2 CARL NICHOLSON 3 RONALD JENSEN	KS 36 CA 37	15.30.5 15.38.5		
4 JENKINS		15.41.7		
5 JIM DARE 6 PETER DAY	CA 39	15.42.0		
7 BERT DEVRIES	CN	15.53.1		
8 DERCK PRECHETTE	NY	15.55.6		
9 DARYL ZAPATA 10 RAY TUCKER	CA 39 CN	15.57.5		
11 HENRY LANGE 12 GRAHAM BRASLEY	CA 35 CN	16.07.8		
13 MARK SEPROWSKI	NJ	16.11.5		
14 ROD WILLIAMS	NI	10,21.5		
19 HANDA FORR	NI 35	16.29.0		
17 DAVE BINKLEY	00 36	16.36.0		
18 JOHN O'NEILL	CA	16.36.3		
19 MCCULLOM 20 MIKE MONTANO	CN CO 36	16.37.0		
	00 30	10. 30.0		
21 AL PETTIGREW	CN	16.45.1		
22 DOUG PEREZ 23 TOM HAYES	CA 36 OR 39	16.45.4		
24 MILT GESS	PA 38	16.50.8		
25 BERRY 26 BILL HORWICH	CN	16.51.1		
27 A MCNBIL	CN	16.57.1		
28 DOUG STURM	OR	17.00.0		
29 STODDARD MELHADO 30 JOHN GIDEL	PA 37	17.01.9		
	14 31	11.01.9		
31 B PERRY		17.11.5		
32 MICHAEL CLEWLOW 33 JIM THOMAS	CN CA 37	17.12.7		
34 LARRY VOSS	OR JI	17.22.1		
35 RANDY WHITT	37	17.41.4		
36 LES CASTLE 37 JUM KISLING	OR 38	17.43.1		
38 TOM FINDLY	37	17.57.4		
39 DENNIS BARRETT	CN	18.06.7		
40 TERRY VAN NATTA 41 BRAD JOHNSON		18.18.9		
42 WOODY STUDENMUND	39	18.20.6		
43 HOWARD POPE	TX	18.25.0		

(Coordinated	ру н	ald Rould
44 RICK GRIFFITH	CN	18.27.9
45 RON ROOK 46 PAUL DREW	CA 37	18.32.3 18.35.0
1.7 JAMES RETURNED		18.35.8
48 THOMAS B MCKENNA	OR 37	18.41.5
49 ROD THARALDSON 50 CHUCK ATTWATER	CN	18.47.3
50 CHUCK ATTWATER	CN	18.59.9
1984 MEN'S 5000 METE	RS 1	10-111
COMPILED BY MAX QUAC	KENBOS	
RANK NAME ST	ATE AG	E TIME
MANA MANA	ALD AU	S IIIIS
1 JERRY JOBSKI	CA 140	15.24.0
2 KIRK RANDALL	MA 43	15.33.1
3 BILL CLARK 4 M LOONEY	CA 40	15.37.8
5 NORM OYLER	OR 41	
5 NORM OYLER 6 JIM LUPTON	CN	16.03.3
7 AL DEVEREAUX 8 BOB MOORE	CN	16.05.0
9 TOM BURNS	CA 41	16.09.0
10 JOHN WOODCOCK	CN	16.09.4
11 FRED CLEMMER 12 JEAN-J SCHMIDT	CN	16.11.6
13 EARL SHOWERMAN	OR 40	16.12.0
14 CHUCK TUCKER		16.14.7
15 LEE SARGENT	MA 41	16.15.1
16 A WILLIAMS 17 TOM KIRCHNER	CA 43	16.15.7
17 TOM KIRCHNER 18 LEW FAXON	VA LL	16.16.7
19 NEIL DOHERTY	CA	16.17.3
20 RICH FRIEDLANDER	MO 140	16.18.3
21 JOE M CARR	1.0	16.18.8
22 JOHN CLIFF	CN 40	16.22.5
23 TIM ROSTEGE	CA 43	
24 GENE GILLIGAN	CA 42	16.26.9
25 BOB BEYER	OH	16.31.4
26 JIM GIBBONS 27 ROBINSON	CA 40 NY	16.36.5
28 BILL WISE	PA 42	16.38.5
29 JOSE ARMENDARIZ	MX 43	16.39.4
30 ROY REISINGER	AK 43	16.40.1
31 GLEN NORCLIFFE	CN	16.43.9
32 JIM WALDORF	PA 41	16.44.0
33 FRANK KREBS	CA NY 41	16.47.8
33 PRANK KREBS 34 DAVID WINN 35 DUPP WADDELL	CN	16.51.8 16.54.4 16.59.8
36 DICK WEEKS	OR 41	16.59.8
36 DICK WEEKS		11.00.0
37 RICHARD GREENE 38 WIM VAN GENNIP	CN	17.12.3
36 DICK WEEKS 37 RICHARD GREENE 38 WIM VAN GENNIP 39 JIM LOMBARDI		17.12.3
36 DICK WEEKS 37 RICHARD GREENE 38 WIM VAN GENNIP 39 JIM LOMBARDI 40 JACK THORNHILL	CN PA 41	17.12.3 17.15.6 17.19.0
36 DICK WEEKS 37 RICHARD GREENE 38 WIM VAN GENNIP 39 JIM LOMBARDI LO JACK THORNHILL L1 PRED RAYNER	CN PA 41	17.12.3 17.15.6 17.19.0
36 DICK WEEKS 37 RICHARD GREENE 38 WIM VAN GENNIP 39 JIM LOMBARDI LO JACK THORNHILL L1 PRED RAYNER	CN PA 41	17.12.3 17.15.6 17.19.0 17.21.0 17.21.5
36 DICK WEBKS 37 RICHARD GREENE 38 WIM VAN GENNIP 39 JIM LOMBARDI 40 JACK THORNHILL 41 PRED RAYNER 42 CECIL DAVIS 43 PHIL CRAWFORD	CN 41 CN 40 CN	17.12.3 17.15.6 17.19.0 17.21.5 17.21.7 17.22.3
36 DICK WEEKS 37 RICHARD GREENE 38 WIM VAN GENNIP 39 JIM LOMBARDI	CN PA 41 CN 40 CN 40	17.12.3 17.15.6 17.19.0 17.21.0 17.21.5 17.21.7 17.22.3 17.23.5
36 DICK WEEKS 37 RICHARD GREENE 38 WIM VAN GENNIP 39 JIM LOMBARDI 40 JACK THORNHILL 41 PRED RAYNER 42 CECIL DAVIS 43 PHIL CRAWFORD 44 DON DICKMEYER 45 DENNIS O'HARE 46 BILL PERFY	CN HO CN WA 114 CA 140	17.12.3 17.15.6 17.19.0 17.21.0 17.21.5 17.21.7 17.22.3 17.23.5
36 DICK WEEKS 37 RICHARD GREENE 38 WIM VAN GENNIP 39 JIM LOMBARDI 40 JACK THORNHILL 41 PRED RAYNER 42 CECIL DAVIS 43 PHIL CRAWPORD 44 DON DICKMEYER 45 DENNIS O'HARE 46 BILL PERRY 47 BRUCE JOHNSON	CN PA 41 CN 40 CN 40	17.12.3 17.15.6 17.19.0 17.21.0 17.21.5 17.21.7 17.22.3 17.23.5 17.23.5 17.23.7
36 DICK WEEKS 37 RICHARD GREENE 38 WIM VAN GENNIP 39 JIM LOMBARDI LO JACK THORNHILL 41 PRED RAYNER L2 CECIL DAVIS L3 PHIL CRAWPORD LL DON DICKMEYER L5 DENNIS O'HARE L6 BILL PERRY L7 BRUCE JOHNSON L8 WALLY JOHNSON L9 R GRAUER	CN PA 41 CN 40 CN 40 CN 40 CA 40 CA NE	17.12.3 17.15.6 17.19.0 17.21.0 17.21.5 17.21.7 17.22.3 17.23.5 17.23.5 17.24.7 17.25.0 17.26.2
36 DICK WEEKS 37 RICHARD GREENE 38 WIM VAN GENNIP 39 JIM LOMBARDI 40 JACK THORNHILL 41 PRED RAYNER 42 CECIL DAVIS 43 PHIL CRAWPORD 44 DON DICKMEYER 45 DENNIS O'HARE 46 BILL PERRY 47 BRUCE JOHNSON	CN HO CN HO CN HO CN CA	17.12.3 17.15.6 17.19.0 17.21.0 17.21.5 17.21.7 17.22.3 17.23.5 17.23.5 17.24.7 17.25.0
36 DICK WEEKS 37 RICHARD GREENE 38 WIM VAN GENNIP 39 JIM LOMBARDI LO JACK THORNHILL 41 PRED RAYNER L2 CECIL DAVIS L3 PHIL CRAWPORD LL DON DICKMEYER L5 DENNIS O'HARE L6 BILL PERRY L7 BRUCE JOHNSON L8 WALLY JOHNSON L9 R GRAUER	CN PA 41 CN 40 CN 40 CN 40 CA 40 CA NE	17.12.3 17.15.6 17.19.0 17.21.0 17.21.5 17.21.7 17.22.3 17.23.5 17.23.5 17.24.7 17.25.0 17.26.2
36 DICK WEEKS 37 RICHARD GREENE 38 WIM VAN GENNIP 39 JIM LOMBARDI LO JACK THORNHILL 41 PRED RAYNER LO CECIL DAVIS LO PHIL CRAWPORD LO DICKMEYER LO DENNIS O'HARE LO BILL PERRY LO BRILL PERRY LO BRILL JOHNSON LO WALLY JOHNSON LO BRAUER LO ED SHATTUCK	CN 40 CN WA 44 CA 40 CN CA NE OR 41	17.12.3 17.15.6 17.19.0 17.21.0 17.21.5 17.21.7 17.22.3 17.23.5 17.23.5 17.24.7 17.25.0 17.26.2
36 DICK WEEKS 37 RICHARD GREENE 38 WIM VAN GENNIP 39 JIM LOMBARDI LO JACK THORNHILL 41 PRED RAYNER L2 CECIL DAVIS L3 PHIL CRAWPORD LL DON DICKMEYER L5 DENNIS O'HARE L6 BILL PERRY L7 BRUCE JOHNSON L8 WALLY JOHNSON L9 R GRAUER	CN 40 CN WA 144 CA 140 CA NE OR 141	17.12.3 17.15.6 17.19.0 17.21.0 17.21.5 17.21.7 17.22.3 17.23.5 17.23.5 17.24.7 17.25.0 17.26.2
36 DICK WEEKS 37 RICHARD GREENE 38 WIM VAN GENNIP 39 JIM LOMBARDI 40 JACK THORNHILL 41 PRED RAYNER 42 CECIL DAVIS 43 PHIL CRAWFORD 44 DON DICKMEYER 45 DENNIS O'HARE 46 BILL PERRY 47 BRUCE JOHNSON 48 WALLY JOHNSON 49 R GRAUER 50 ED SHATTUCK	CN 40 CN 40 CN CA 40 CN CA NE OR 41	17.12.3 17.15.6 17.19.0 17.21.0 17.21.5 17.21.7 17.22.3 17.23.5 17.24.7 17.25.0 17.26.2 17.28.8
36 DICK WEEKS 37 RICHARD GREENE 38 WIM VAN GENNIP 39 JIM LOMBARDI 40 JACK THORNHILL 41 PRED RAYNER 42 CECIL DAVIS 43 PHIL CRAWFORD 44 DON DICKMEYER 45 DENNIS O'HARE 46 BILL PERRY 47 BRUCE JOHNSON 48 WALLY JOHNSON 49 R GRAUER 50 ED SHATTUCK	CN 40 CN 40 CN CA 40 CN CA NE OR 41	17.12.3 17.15.6 17.19.0 17.21.0 17.21.5 17.21.7 17.22.3 17.23.5 17.23.5 17.24.7 17.25.0 17.26.2 17.28.8
36 DICK WEEKS 37 RICHARD GREENE 38 WIM VAN GENNIP 39 JIM LOMBARDI 40 JACK THORNHILL 41 PRED RAYNER 42 CECIL DAVIS 43 PHIL CRAWFORD 44 DON DICKMEYER 45 DENNIS O'HARE 46 BILL PERRY 47 BRUCE JOHNSON 48 WALLY JOHNSON 49 R GRAUER 50 ED SHATTUCK 1984 MEN'S 5000 METE RANK NAME ST 1 PAUL HALL	CN 40 CN 40 CN CA 40 CN CA NE ATE AGE	17.12.3 17.15.6 17.19.0 17.21.0 17.21.5 17.21.5 17.22.3 17.23.5 17.23.5 17.24.7 17.25.0 17.26.2 17.28.8
36 DICK WEEKS 37 RICHARD GREENE 38 WIM VAN GENNIP 39 JIM LOMBARDI 40 JACK THORNHILL 41 PRED RAYNER 42 CECIL DAVIS 43 PHIL CRAWPORD 44 DON DICKMEYER 45 DENNIS O'HARE 46 BILL PERRY 47 BRUCE JOHNSON 48 WALLY JOHNSON 49 R GRAUER 50 ED SHATTUCK 1984 MEN'S 5000 METE RANK NAMB ST. 1 PAUL HALL 2 EARL ELLIS	CN HO CN HO CA HO	17.12.3 17.15.6 17.19.0 17.21.0 17.21.5 17.21.7 17.22.3 17.23.5 17.23.5 17.24.7 17.25.0 17.26.2 17.28.8
36 DICK WEEKS 37 RICHARD GREENE 38 WIM VAN GENNIP 39 JIM LOMBARDI 40 JACK THORNHILL 41 PRED RAYNER 42 CECIL DAVIS 43 PHIL CRAWFORD 44 DON DICKMEYER 45 DENNIS O'HARE 46 BILL PERRY 47 BRUCE JOHNSON 48 WALLY JOHNSON 49 R GRAUER 50 ED SHATTUCK 1984 MEN'S 5000 METE RANK NAMB ST. 1 PAUL HALL 2 EARL ELLIS 3 ROBERT PAKLAIAN 1 DAVID BLOOR	CN 40 CN 40 CN 40 CA 40 CN 40 CN 41 CA 40 CN 41	17.12.3 17.15.6 17.19.0 17.21.0 17.21.5 17.21.7 17.22.3 17.23.5 17.23.5 17.24.7 17.25.0 17.26.2 17.28.8 15-49 3 TIME 16.06.1 16.12.5 16.28.5
36 DICK WEEKS 37 RICHARD GREENE 38 WIM VAN GENNIP 39 JIM LOMBARDI 40 JACK THORNHILL 41 PRED RAYNER 42 CECIL DAVIS 43 PHIL CRAWFORD 44 DON DICKMEYER 45 DENNIS O'HARE 46 BILL PERRY 47 BRUCE JOHNSON 48 WALLY JOHNSON 49 R GRAUER 50 ED SHATTUCK 1984 MEN'S 5000 METE RANK NAMB ST. 1 PAUL HALL 2 EARL ELLIS 3 ROBERT PAKLAIAN 1 DAVID BLOOR	CN 40 CN 40 CN 40 CA 40 CN 40 CN 41 CA 40 CN 41	17.12.3 17.15.6 17.19.0 17.21.0 17.21.5 17.21.7 17.22.3 17.23.5 17.24.7 17.25.0 17.26.2 17.28.8 15-49 8 TIME 16.06.1 16.12.5 16.28.5 16.1.8
36 DICK WEEKS 37 RICHARD GREENE 38 WIM VAN GENNIP 39 JIM LOMBARDI 40 JACK THORNHILL 41 PRED RAYNER 42 CECIL DAVIS 43 PHIL CRAWFORD 44 DON DICKMEYER 45 DENNIS O'HARE 46 BILL PERRY 47 BRUCE JOHNSON 48 WALLY JOHNSON 49 R GRAUER 50 ED SHATTUCK 1984 MEN'S 5000 METE RANK NAMB ST. 1 PAUL HALL 2 EARL ELLIS 3 ROBERT PAKLAIAN 1 DAVID BLOOR	CN 40 CN 40 CN 40 CA 40 CN 41	17.12.3 17.15.6 17.19.0 17.21.0 17.21.5 17.21.7 17.22.3 17.23.5 17.23.5 17.24.7 17.25.0 17.26.2 17.28.8 15-49 3 TIME 16.06.1 16.12.5 16.21.8 16.43.2
36 DICK WEEKS 36 WIM VAN GENNIP 38 WIM VAN GENNIP 39 JIM LOMBARDI 40 JACK THORNHILL 41 PRED RAYNER 42 CECIL DAVIS 43 PHIL CRAWFORD 44 DON DICKMEYER 45 DENNIS O'HARE 46 BILL PERRY 47 BRUCE JOHNSON 48 WALLY JOHNSON 49 R GRAUER 50 ED SHATTUCK 1984 MEN'S 5000 METE RANK MAMB ST 1 PAUL HALL 2 EARL ELLIS 3 ROBERT PAKLAIAN 4 DAVID BLOOR 5 BILL CATANESE 6 PLOYD ROMACK 7 DENNIS PITZGRRALD	CN 40 CN 40 CN 40 CN 40 CN 40 CN 41 CA 40 CN 41 CA 46 CN 41 CA 46 CN 41 CA 46 CN 41 CN 45 CN 41	17.12.3 17.15.6 17.19.0 17.21.0 17.21.5 17.21.7 17.22.3 17.23.5 17.23.5 17.24.7 17.25.0 17.26.2 17.28.8 16.49.6 16.43.2 16.49.6 16.51.1
36 DICK WEEKS 37 RICHARD GREENE 38 WIM VAN GENNIP 39 JIM LOMBARDI 40 JACK THORNHILL 41 PRED RAYNER 42 CECIL DAVIS 43 PHIL CRAWPORD 44 DON DICKMEYER 45 DENNIS O'HARE 46 BILL PERRY 47 BRUCE JOHNSON 49 R GRAUER 50 ED SHATTUCK 1984 MEN'S 5000 METE RANK HAME ST. 1 PAUL HALL 2 EARL ELLIS 3 ROBERT PAKLAIAN 4 DAVID BLOOR 5 BILL CATANESE 6 FLOYD ROMACK 7 DENNIS FITZGERALD 8 WOIF MASHON	CN 40 CN 40 CN 40 CA 40 CA 40 CA 40 CA 46 OR 41 VA 45 WA 48 MI VA 47 CA 46 IN 45 CA	17.12.3 17.15.6 17.19.0 17.21.0 17.21.5 17.21.7 17.22.3 17.23.5 17.23.5 17.24.7 17.25.0 17.26.2 17.28.8 16.49.6 16.43.2 16.49.6 16.51.1
36 DICK WEEKS 36 WIM VAN GENNIP 38 WIM VAN GENNIP 39 JIM LOMBARDI 40 JACK THORNHILL 41 PRED RAYNER 42 CECIL DAVIS 43 PHIL CRAWFORD 44 DON DICKMEYER 45 DENNIS O'HARE 46 BILL PERRY 47 BRUCE JOHNSON 48 WALLY JOHNSON 49 R GRAUER 50 ED SHATTUCK 1984 MEN'S 5000 METE RANK MAMB ST 1 PAUL HALL 2 EARL ELLIS 3 ROBERT PAKLAIAN 4 DAVID BLOOR 5 BILL CATANESE 6 PLOYD ROMACK 7 DENNIS PITZGRRALD	CN 40 CN 40 CN 40 CA 40 CA 40 CA 40 CA 46 OR 41 VA 45 WA 48 MI VA 47 CA 46 IN 45 CA	17.12.3 17.15.6 17.19.0 17.21.0 17.21.5 17.21.7 17.22.3 17.23.5 17.23.5 17.24.7 17.25.0 17.26.2 17.26.2 17.28.8 TIME 16.06.1 16.12.5 16.28.5 16.49.6 16.51.1 16.57.4 17.08.1
36 DICK WEEKS 37 RICHARD GREENE 38 WIM VAN GENNIP 39 JIM LOMBARDI 40 JACK THORNHILL 41 PRED RAYNER 42 CECIL DAVIS 43 PHIL CRAWFORD 44 DON DICKMEYER 45 DENNIS O'HARE 46 BILL PERRY 47 BRUCE JOHNSON 48 WALLY JOHNSON 49 R GRAUER 50 ED SHATTUCK 1984 MEN'S 5000 METE RANK HAMB ST 1 PAUL HALL 2 RARL EILIS 3 ROBERT PAKLAIAN 4 DAVID BLOOR 5 BILL CATANESE 6 PLOYD ROMACK 7 DENNIS FITZGERALD 8 WOLF MASHON 9 MIKE CHRISTIANSEN 10 JOHN WHITEHOUSE	CN 40 CN 40 CN 40 CA 40 CN A 44 CA 40 CN 41 CA 40 CN 41 CA 46 IN 45 CN 47	17.12.3 17.15.6 17.19.0 17.21.0 17.21.5 17.21.7 17.22.3 17.23.5 17.23.5 17.24.7 17.25.0 17.26.2 17.28.8 TIME 16.06.1 16.12.5 16.21.8 16.43.2 16.49.6 16.51.1 16.57.4 17.08.1
36 DICK WEEKS 37 RICHARD GREENE 38 WIM VAN GENNIP 39 JIM LOMBARDI 40 JACK THORNHILL 41 PRED RAYNER 42 CECIL DAVIS 43 PHIL CRAWFORD 44 DON DICKMEYER 45 DENNIS O'HARE 46 BILL PERRY 47 BRUCE JOHNSON 48 WALLY JOHNSON 49 R GRAUER 50 ED SHATTUCK 1984 MEN'S 5000 METE RANK HAMB ST 1 PAUL HALL 2 RARL EILIS 3 ROBERT PAKLAIAN 4 DAVID BLOOR 5 BILL CATANESE 6 PLOYD ROMACK 7 DENNIS FITZGERALD 8 WOLF MASHON 9 MIKE CHRISTIANSEN 10 JOHN WHITEHOUSE	CN 40 CN 40 CN 40 CA 40 CN 41 CA 40 CN 41 CA 46 CN 41 CA 46 IN 45 CA 46 IN 45 CA 47 CA 47	17.12.3 17.15.6 17.19.0 17.21.0 17.21.5 17.21.7 17.22.3 17.23.5 17.23.5 17.24.7 17.25.0 17.26.2 17.28.8 STIME 16.06.1 16.12.5 16.28.5 16.21.8 16.43.2 16.49.6 16.51.1 17.08.1 17.08.4
36 DICK WEEKS 37 RICHARD GREENE 38 WIM VAN GENNIP 39 JIM LOMBARDI 40 JACK THORNHILL 41 PRED RAYNER 42 CECIL DAVIS 43 PHIL CRAWFORD 44 DON DICKMEYER 45 DENNIS O'HARE 46 BILL PERRY 47 BRUCE JOHNSON 48 WALLY JOHNSON 49 R GRAUER 50 ED SHATTUCK 1984 MEN'S 5000 METE RANK NAMB ST 1 PAUL HALL 2 EARL ELLIS 3 ROBERT PAKLAIAN 4 DAVID BLOOR 5 BILL CATANESE 6 PLOYD ROMACK 7 DENNIS PITZGERALD 8 WOLF MASHON 9 MIKE CHRISTIANSEN 10 JOHN WHITEHOUSE 11 KEN WINN 12 DAVID LARD 13 MIKE PUTNAM	CN 40 CN 40 CN 40 CN 40 CN 40 CN 41 CA 40 CN 41 CA 40 CN 41 CA 46 IN 45 CN 47 CA 46 CN 47 CA 47 CA 46 CN 47 CA 47	17.12.3 17.15.6 17.19.0 17.21.0 17.21.5 17.21.7 17.22.3 17.23.5 17.23.5 17.24.7 17.25.0 17.26.2 17.28.8 STIME 16.06.1 16.12.5 16.28.5 16.21.8 16.43.2 16.49.6 16.51.1 17.08.1 17.08.4
36 DICK WEEKS 37 RICHARD GREENE 38 WIM VAN GENNIP 39 JIM LOMBARDI 40 JACK THORNHILL 41 PRED RAYNER 42 CECIL DAVIS 43 PHIL CRAWFORD 44 DON DICKMEYER 45 DENNIS O'HARE 46 BILL PERRY 47 BRUCE JOHNSON 48 WALLY JOHNSON 49 R GRAUER 50 ED SHATTUCK 1984 MEN'S 5000 METE RANK HAMB ST. 4 PAUL HALL 5 EARL ELLIS 5 ROBERT PAKLAIAN 4 DAVID BLOOR 5 BILL CATANESE 6 FLOYD ROMACK 7 DENNIS FITZGERALD 8 WOLF MASHON 9 MIKE CHRISTIANSEN 10 JOHN WHITEHOUSE 11 KEN WINN 12 DAVID LARD 13 MIKE PUTNAM 14 MIKE DE LA CRUZ	CN 40 CN 40 CN 40 CN 40 CN 40 CN 41 CA 40 CN 41 CA 40 CN 41 CA 46 IN 45 CA 47 CA 47 TX 47 OR	17.12.3 17.15.6 17.19.0 17.21.0 17.21.5 17.21.7 17.22.3 17.23.5 17.23.5 17.24.7 17.26.2 17.26.2 17.28.8 16.06.1 16.12.5 16.28.5 16.21.8 16.43.2 16.43.2 16.43.2 16.49.6 16.57.4 17.08.1 17.08.4 17.17.5 17.36.4 17.36.4 17.39.8
36 DICK WEEKS 37 RICHARD GREENE 38 WIM VAN GENNIP 39 JIM LOMBARDI LO JACK THORNHILL LI PRED RAYNER LO CECIL DAVIS LO PHIL CRAWPORD LO DICKMEYER LO DENNIS O'HARE LO BILL PERRY LO BRUCE JOHNSON LO REALLY JOHNSON LO EL SHATTUCK 1984 MEN'S 5000 METE RANK HAMB ST. 1 PAUL HALL 2 EARL ELLIS 3 ROBERT PAKLAIAN LO DAVID BLOOR 5 BILL CATANESE 6 PLOYD ROMACK 7 DENNIS FITZGERALD 8 WOLF MASHON 9 MIKE CHRISTIANSEN 10 JOHN WHITEHOUSE 11 KEN WINN 12 DAVID LARD 13 MIKE PUTNAM LO MIKE DE LA CRUZ 15 DAVE WALLIACE	CN 40 CN 40 CN 40 CA 40 CN 41 CN 42 CN 42 CN 44 CN 47 CA 46 IN 45 CA 47 TX 47 TX 45 CN 47	17.12.3 17.15.6 17.19.0 17.21.0 17.21.5 17.21.7 17.22.3 17.23.5 17.23.5 17.24.7 17.25.0 17.26.2 17.26.2 17.28.8 TIME 16.06.1 16.12.5 16.28.5 16.49.6 16.51.1 16.57.4 17.08.1 17.08.4 17.17.5 17.39.8 17.42.4 17.42.9
36 DICK WEEKS 37 RICHARD GREENE 38 WIM VAN GENNIP 39 JIM LOMBARDI LO JACK THORNHILL LI PRED RAYNER LO CECIL DAVIS LO PHIL CRAWPORD LO DICKMEYER LO DENNIS O'HARE LO BILL PERRY LO BRUCE JOHNSON LO REALLY JOHNSON LO EL SHATTUCK 1984 MEN'S 5000 METE RANK HAMB ST. 1 PAUL HALL 2 EARL ELLIS 3 ROBERT PAKLAIAN LO DAVID BLOOR 5 BILL CATANESE 6 PLOYD ROMACK 7 DENNIS FITZGERALD 8 WOLF MASHON 9 MIKE CHRISTIANSEN 10 JOHN WHITEHOUSE 11 KEN WINN 12 DAVID LARD 13 MIKE PUTNAM LO MIKE DE LA CRUZ 15 DAVE WALLIACE	CN 40 CN 40 CN 40 CN 40 CN 40 CN 41 CA 40 CN 41 CA 40 CN 41 CA 46 CN 47 CA 46 CN 47 TX 45 CN 47 CA 47 CA 46 CN 47 CA 46 CN 47 TX 45 CN CN CN CN CN CN CN CN	17.12.3 17.15.6 17.19.0 17.21.0 17.21.5 17.21.7 17.22.3 17.23.5 17.23.5 17.24.7 17.25.0 17.26.2 17.28.8 3.5-49 3.5-49 3.5-49 3.6.43.2 16.43.2 16.43.2 16.57.4 17.08.4 17.17.5 17.36.4 17.17.5 17.36.4 17.42.4 17.42.4 17.42.9 17.42.9 17.44.9
36 DICK WEEKS 37 RICHARD GREENE 38 WIM VAN GENNIP 39 JIM LOMBARDI 40 JACK THORNHILL 41 PRED RAYNER 42 CECIL DAVIS 43 PHIL CRAWFORD 44 DON DICKMEYER 45 DENNIS O'HARE 46 BILL PERRY 47 BRUCE JOHNSON 48 WALLY JOHNSON 49 R GRAUER 50 ED SHATTUCK 1984 MEN'S 5000 METE RANK HAMB ST. 4 PAUL HALL 5 EARL ELLIS 5 ROBERT PAKLAIAN 4 DAVID BLOOR 5 BILL CATANESE 6 FLOYD ROMACK 7 DENNIS FITZGERALD 8 WOLF MASHON 9 MIKE CHRISTIANSEN 10 JOHN WHITEHOUSE 11 KEN WINN 12 DAVID LARD 13 MIKE PUTNAM 14 MIKE DE LA CRUZ	CN 40 CN 40 CN 40 CA 40 CN 41 CN 42 CN 42 CN 44 CN 47 CA 46 IN 45 CA 47 TX 47 TX 45 CN 47	17.12.3 17.15.6 17.19.0 17.21.0 17.21.5 17.21.7 17.22.3 17.23.5 17.23.5 17.24.7 17.25.0 17.26.2 17.28.8 TIME 16.06.1 16.12.5 16.28.5 16.28.5 16.28.5 16.28.5 16.28.5 16.28.5 16.28.5 16.28.5 16.28.5 16.28.5 17.36.4 17.36.4 17.36.4 17.36.4 17.36.4 17.42.9 17.42.9 17.42.9 17.42.9 17.46.1
36 DICK WEEKS 37 RICHARD GREENE 38 WIM VAN GENNIP 39 JIM LOMBARDI 40 JACK THORNHILL 41 PRED RAYNER 42 CECIL DAVIS 43 PHIL CRAWPORD 44 DON DICKMEYER 45 DENNIS O'HARE 46 BILL PERRY 47 BRUCE JOHNSON 48 WALLY JOHNSON 49 R GRAUER 50 ED SHATTUCK 1984 MEN'S 5000 METE RANK MAMB ST. 1 PAUL HALL 2 BARL ELLIS 3 ROBERT PAKLAIAN 4 DAVID BLOOR 5 BILL CATANESE 6 FLOYD ROMACK 7 DENNIS FITZGERALD 8 WOLF MASHON 9 MIKE CHRISTIANSEN 10 JOHN WHITEHOUSE 11 KEN WINN 12 DAVID LARD 13 MIKE PUTNAM 14 MIKE DE LA CRUZ 15 DAVE WALLACE 16 GERALD HARE 17 KENNETH DRUCE 18 ROSS MCKIE 19 JIM BORDEAUX	CN 40 CN 40 CN 40 CN 40 CN 40 CN 41 CA 40 CN 41 CA 46 CN 41 CA 46 CN 42 CN 45 CN 47 TX 45 CN 47 CN 47 CN 49	17.12.3 17.15.6 17.19.0 17.21.0 17.21.5 17.21.7 17.22.3 17.23.5 17.23.5 17.24.7 17.25.0 17.26.2 17.28.8 TIME 16.06.1 16.12.5 16.28.5 16.28.5 16.28.5 16.28.5 16.28.5 16.28.5 16.28.5 16.28.5 16.28.5 16.28.5 17.36.4 17.36.4 17.36.4 17.36.4 17.36.4 17.42.9 17.42.9 17.42.9 17.42.9 17.46.1
36 DICK WEEKS 37 RICHARD GREENE 38 WIM VAN GENNIP 39 JIM LOMBARDI 40 JACK THORNHILL 41 PRED RAYNER 42 CECIL DAVIS 43 PHIL CRAWFORD 44 DON DICKMEYER 45 DENNIS O'HARE 46 BILL PERRY 47 BRUCE JOHNSON 48 WALLY JOHNSON 49 R GRAUER 50 ED SHATTUCK 1984 MEN'S 5000 METE RANK HAMB ST. 1 PAUL HALL 2 EARL ELLIS 3 ROBERT PAKLAIAN 4 DAVID BLOOR 5 BILL CATANESE 6 PLOYD ROMACK 7 DENNIS FITZGERALD 8 WOLF MASHON 9 MIKE CHRISTIANSEN 10 JOHN WHITEHOUSE 11 KEN WINN 12 DAVID LARD 13 MIKE PUTNAM 14 MIKE DE LA CRUZ 15 DAVE WALLACE 16 GERALD HARE 17 KENNEYH DRUCE 18 ROSS MCKIE	CN 40 CN 40 CN 40 CN 40 CN 40 CN 41 CA 40 CN 41 CA 47 CA 47 CN 47 TX 45 CN C	17.12.3 17.15.6 17.19.0 17.21.0 17.21.5 17.21.7 17.22.3 17.23.5 17.23.5 17.24.7 17.25.0 17.26.2 17.28.8 16.06.1 16.12.5 16.28.5 16.21.8 16.43.2 16.43.2 16.49.6 16.57.1 17.08.1 17.08.4 17.17.5 17.36.4 17.42.9 17.42.9 17.42.9 17.42.9 17.42.9 17.42.9 17.42.9 17.42.9 17.42.9 17.42.9 17.42.9 17.42.9 17.42.9 17.42.9 17.42.9 17.42.9 17.42.9 17.50.5 17.53.5
36 DICK WEEKS 37 RICHARD GREENE 38 WIM VAN GENNIP 39 JIM LOMBARDI 40 JACK THORNHILL 41 PRED RAYNER 42 CECIL DAVIS 43 PHIL CRAWPORD 44 DON DICKMEYER 45 DENNIS O'HARE 46 BILL PERRY 47 BRUCE JOHNSON 48 WALLY JOHNSON 49 R GRAUER 50 ED SHATTUCK 1984 MEN'S 5000 METE RANK MAMB ST. 1 PAUL HALL 2 BARL ELLIS 3 ROBERT PAKLAIAN 4 DAVID BLOOR 5 BILL CATANESE 6 FLOYD ROMACK 7 DENNIS FITZGERALD 8 WOLF MASHON 9 MIKE CHRISTIANSEN 10 JOHN WHITEHOUSE 11 KEN WINN 12 DAVID LARD 13 MIKE PUTNAM 14 MIKE DE LA CRUZ 15 DAVE WALLACE 16 GERALD HARE 17 KENNETH DRUCE 18 ROSS MCKIE 19 JIM BORDEAUX	CN 40 CN 40 CN 40 CN 40 CN 40 CN 41 CA 40 CN 41 CA 46 CN 41 CA 46 CN 42 CN 45 CN 47 TX 45 CN 47 CN 47 CN 49	17.15.6 17.15.6 17.19.0 17.21.0 17.21.5 17.21.7 17.22.3 17.23.5 17.23.5 17.24.7 17.25.0 17.26.2 17.28.8 16.06.1 16.12.5 16.28.5 16.21.8 16.43.2 16.49.6 16.51.1 17.08.1 17.08.1 17.08.4 17.17.5 17.36.4 17.36.4 17.42.4 17.42.9 17.42.4 17.42.5 17.50.5 17.53.5 17.53.5
36 DICK WEEKS 37 RICHARD GREENE 38 WIM VAN GENNIP 39 JIM LOMBARDI 40 JACK THORNHILL 41 PRED RAYNER 42 CECIL DAVIS 43 PHIL CRAWPORD 44 DON DICKMEYER 45 DENNIS O'HARE 46 BILL PERRY 47 BRUCE JOHNSON 48 WALLY JOHNSON 49 R GRAUER 50 ED SHATTUCK 1984 MEN'S 5000 METE RANK MAMB ST. 1 PAUL HALL 2 BARL ELLIS 3 ROBERT PAKLAIAN 4 DAVID BLOOR 5 BILL CATANESE 6 PLOYD ROMACK 7 DENNIS FITZGERALD 8 WOLF MASHON 9 MIKE CHRISTIANSEN 10 JOHN WHITEHOUSE 11 KEN WINN 12 DAVID LARD 13 MIKE PUTNAM 14 MIKE DE LA CRUZ 15 DAVE WALLACE 16 GERALD HARE 17 KENNETH DRUCE 18 ROSS MCKIE 19 JIM BORDEAUX 20 CHARLES COX 21 PATES 22 BOB DANIELL	CN 40 CN 40 CN 40 CN 40 CN 40 CN 41 CN 45 CN 47 CA 46 CN 47 TX 45 CN 47 TX 45 CN 49 MO 48 CN 48	17.12.3 17.15.6 17.19.0 17.21.0 17.21.5 17.21.7 17.22.3 17.23.5 17.23.5 17.24.7 17.25.0 17.26.2 17.28.8 16.06.1 16.12.5 16.21.8 16.43.2 16.43.2 16.43.2 16.43.2 17.36.4 17.17.5 17.36.4 17.17.5 17.36.4 17.17.5 17.36.5 17.42.4 17.42.9 17.42.9 17.42.9 17.42.9 17.42.9 17.42.9 17.42.9 17.42.9 17.45.5 17.55.3 17.59.6
36 DICK WEEKS 37 RICHARD GREENE 38 WIM VAN GENNIP 39 JIM LOMBARDI 40 JACK THORNHILL 41 PRED RAYNER 42 CECIL DAVIS 43 PHIL CRAWFORD 44 DON DICKMEYER 45 DENNIS O'HARE 46 BILL PERRY 47 BRUCE JOHNSON 48 WALLY JOHNSON 49 R GRAUER 50 ED SHATTUCK 1984 MEN'S 5000 METE RANK HAMB ST 1 PAUL HALL 2 RARL ELLIS 3 ROBERT PAKLAIAN 4 DAVID BLOOR 5 BILL CATANESE 6 PLOYD ROMACK 7 DENNIS FITZGERALD 8 WOLF MASHON 9 MIKE CHRISTIANSEN 10 JOHN WHITEHOUSE 11 KEN WINN 12 DAVID LARD 13 MIKE PUTNAM 14 MIKE DE LA CRUZ 15 DAVE WALLACE 16 GERALD HARE 17 KENNETH DRUCE 18 ROSS MCKIE 19 JIM BORDEAUX 20 CHARLES COX 21 PATES 22 BOB DANIELL 23 BOB DANIELL 23 BOB JONES	CN 40 CN 40 CN 40 CN 40 CN 40 CN 41 CN 45 CN 47 CN 47 TX 45 CN 47 TX 45 CN 47 CN 49 MO 48	17.15.6 17.15.6 17.19.0 17.21.0 17.21.5 17.21.7 17.22.3 17.23.5 17.23.5 17.24.7 17.25.0 17.26.2 17.28.8 TIME 16.06.1 16.12.5 16.21.8 16.43.2 16.49.6 16.57.4 17.08.1 17.08.1 17.08.1 17.08.4 17.17.5 17.36.4 17.42.4 17.42.4 17.42.4 17.42.4 17.42.4 17.42.4 17.42.4 17.42.5 17.55.3 17.55.3 17.59.6 18.04.4 18.07.0
36 DICK WEEKS 37 RICHARD GREENE 38 WIM VAN GENNIP 39 JIM LOMBARDI 40 JACK THORNHILL 41 PRED RAYNER 42 CECIL DAVIS 43 PHIL CRAWFORD 44 DON DICKMEYER 45 DENNIS O'HARE 46 BILL PERRY 47 BRUCE JOHNSON 48 WALLY JOHNSON 49 R GRAUER 50 ED SHATTUCK 1984 MEN'S 5000 METE RANK HAMB ST. 4 PAUL HALL 2 EARL ELLIS 3 ROBERT PAKLAIAN 4 DAVID BLOOR 5 BILL CATANESE 6 FLOYD ROMACK 7 DENNIS FITZGERALD 8 WOLF MASHON 9 MIKE CHRISTIANSEN 10 JOHN WHITEHOUSE 11 KEN WINN 12 DAVID LARD 13 MIKE PUTNAM 14 MIKE DE LA CRUZ 15 DAVE WALLACE 16 GERALD HARE 17 KENNEYH DRUCE 18 ROSS MCKIE 19 JIM BORDEAUX 20 CHARLES COX 21 PATES 22 BOB DANIELL 23 BOB JONES 24 ROBERT HOWELL	CN 40 CN 40 CN 40 CN 40 CN 40 CN 41 CN 45 CN 47 CN 47 TX 45 CN 47 TX 45 CN 49 MO 48 CN 49 MO 48	17.12.3 17.15.6 17.19.0 17.21.0 17.21.5 17.21.7 17.22.3 17.23.5 17.23.5 17.24.7 17.25.0 17.26.2 17.26.2 17.28.8 16.06.1 16.12.5 16.28.5 16.43.2 16.49.6 16.51.1 17.08.1 17.08.1 17.08.4 17.17.5 17.36.4 17.17.5 17.36.4 17.42.9 17.42.9 17.42.9 17.42.9 17.42.9 17.42.9 17.42.9 17.45.5 17.55.5 17.55.3 17.59.6 18.09.7
36 DICK WEEKS 37 RICHARD GREENE 38 WIM VAN GENNIP 39 JIM LOMBARDI 40 JACK THORNHILL 41 PRED RAYNER 42 CECIL DAVIS 43 PHIL CRAWFORD 44 DON DICKMEYER 45 DENNIS O'HARE 46 BILL PERRY 47 BRUCE JOHNSON 48 WALLY JOHNSON 49 R GRAUER 50 ED SHATTUCK 1984 MEN'S 5000 METE RANK HAMB ST 1 PAUL HALL 2 RARL ELLIS 3 ROBERT PAKLAIAN 4 DAVID BLOOR 5 BILL CATANESE 6 PLOYD ROMACK 7 DENNIS FITZGERALD 8 WOLF MASHON 9 MIKE CHRISTIANSEN 10 JOHN WHITEHOUSE 11 KEN WINN 12 DAVID LARD 13 MIKE PUTNAM 14 MIKE DE LA CRUZ 15 DAVE WALLACE 16 GERALD HARE 17 KENNETH DRUCE 18 ROSS MCKIE 19 JIM BORDEAUX 20 CHARLES COX 21 PATES 22 BOB DANIELL 23 BOB DANIELL 23 BOB JONES	CN 40 CN 40 CN 40 CN 40 CN 40 CN 41 CN 41 CN 45 CN 45 CN 47 CN 49 MO 48	17.12.3 17.15.6 17.19.0 17.21.0 17.21.5 17.21.7 17.22.3 17.23.5 17.23.5 17.25.0 17.26.2 17.26.2 17.28.8 16.06.1 16.12.5 16.28.5 16.21.8 16.43.2 16.43.2 16.49.6 16.57.1 17.08.4 17.17.5 17.36.4 17.17.5 17.36.4 17.42.9 17.42.9 17.42.9 17.42.9 17.42.9 17.42.9 17.42.9 17.42.9 17.42.9 17.42.9 17.42.9 17.42.9 17.42.9 17.42.9 17.53.5 17.53.5 17.53.5 17.53.5 17.53.5 17.53.6 18.04.4 18.07.0 18.09.7 18.10.8
36 DICK WEEKS 37 RICHARD GREENE 38 WIM VAN GENNIP 39 JIM LOMBARDI 40 JACK THORNHILL 41 PRED RAYNER 42 CECIL DAVIS 43 PHIL CRAWPORD 44 DON DICKMEYER 45 DENNIS O'HARE 46 BILL PERRY 47 BRUCE JOHNSON 49 R GRAUER 50 ED SHATTUCK 1984 MEN'S 5000 METE RANK HAME ST. 4 PAUL HALL 2 EARL ELLIS 3 ROBERT PAKLAIAN 4 DAVID BLOOR 5 BILL CATANESE 6 PLOYD ROMACK 7 DENNIS FITZGERALD 8 WOLF MASHON 9 MIKE CHRISTIANSEN 10 JOHN WHITEHOUSE 11 KEN WINN 12 DAVID LARD 13 MIKE PUTNAM 14 MIKE DE LA CRUZ 15 DAVE WALLACE 16 GERALD HARE 17 KENNETH DRUCE 18 ROSS MCKIE 19 JIM BORDEAUX 20 CHARLES COX 21 PATES 22 BOB DANIELL 23 BOB JONES 24 ROBERT HOWELL 25 WALTER ESSER 26 MIKE WARD 27 JOHN BRAZINSKY	CN 40 CN 40 CN 40 CN 40 CN 40 CN 41 CN 45 CN 47 CN 47 TX 45 CN 47 TX 45 CN 49 MO 48 CN 49 MO 48	17.12.3 17.15.6 17.19.0 17.21.0 17.21.5 17.21.5 17.22.3 17.23.5 17.23.5 17.23.5 17.24.7 17.25.0 17.26.2 17.28.8 TIME 16.06.1 16.12.5 16.28.5 16.21.8 16.43.2 16.49.6 16.57.4 17.08.1 17.08.4 17.17.5 17.36.4 17.17.5 17.36.4 17.42.4 17.42.4 17.42.4 17.42.4 17.42.4 17.42.4 17.42.4 17.42.4 17.42.4 17.42.4 17.42.4 17.42.4 17.42.4 17.53.5 17.53.5 17.53.5 17.53.5 17.53.5 17.55.3 17.59.6 18.04.4 18.07.0 18.09.7 18.10.8 18.11.2
36 DICK WEEKS 37 RICHARD GREENE 38 WIM VAN GENNIP 39 JIM LOMBARDI 40 JACK THORNHILL 41 PRED RAYNER 42 CECIL DAVIS 43 PHIL CRAWPORD 44 DON DICKMEYER 45 DENNIS O'HARE 46 BILL PERRY 47 BRUCE JOHNSON 49 R GRAUER 50 ED SHATTUCK 1984 MEN'S 5000 METE RANK HAME ST. 4 PAUL HALL 2 EARL ELLIS 3 ROBERT PAKLAIAN 4 DAVID BLOOR 5 BILL CATANESE 6 PLOYD ROMACK 7 DENNIS FITZGERALD 8 WOLF MASHON 9 MIKE CHRISTIANSEN 10 JOHN WHITEHOUSE 11 KEN WINN 12 DAVID LARD 13 MIKE PUTNAM 14 MIKE DE LA CRUZ 15 DAVE WALLACE 16 GERALD HARE 17 KENNETH DRUCE 18 ROSS MCKIE 19 JIM BORDEAUX 20 CHARLES COX 21 PATES 22 BOB DANIELL 23 BOB JONES 24 ROBERT HOWELL 25 WALTER ESSER 26 MIKE WARD 27 JOHN BRAZINSKY	CN 40 CN 40 CN 40 CN 40 CN 40 CN 41	17.12.3 17.15.6 17.19.0 17.21.0 17.21.5 17.21.7 17.22.3 17.23.5 17.23.5 17.24.7 17.25.0 17.26.2 17.28.8 16.06.1 16.12.5 16.21.8 16.43.2 16.43.2 16.57.4 17.08.4 17.17.5 17.36.4 17.17.5 17.36.4 17.42.4 17.42.4 17.42.9 17.42.4 17.42.9 17.42.4 17.42.9 17.42.4 17.50.5 17.53.5
36 DICK WEEKS 37 RICHARD GREENE 38 WIM VAN GENNIP 39 JIM LOMBARDI 40 JACK THORNHILL 41 PRED RAYNER 42 CECIL DAVIS 43 PHIL CRAWPORD 44 DON DICKMEYER 45 DENNIS O'HARE 46 BILL PERRY 47 BRUCE JOHNSON 48 WALLY JOHNSON 49 R GRAUER 50 ED SHATTUCK 1984 MEN'S 5000 METE RANK MAMB ST. 1 PAUL HALL 2 BARL ELLIS 3 ROBERT PAKLAIAN 4 DAVID BLOOR 5 BILL CATANESE 6 FLOYD ROMACK 7 DENNIS FITZGERALD 8 WOLF MASHON 9 MIKE CHRISTIANSEN 10 JOHN WHITEHOUSE 11 KEN WINN 12 DAVID LARD 13 MIKE PUTNAM 14 MIKE DE LA CRUZ 15 DAVE WALLACE 16 GERALD HARE 17 KENNETH DRUCE 18 ROSS MCKIE 19 JIM BORDEAUX 20 CHARLES COX 21 PATES 22 BOB DANIELL 23 BOB JONES 24 ROBERT HOWELL 25 WALTER ESSER 26 MIKE WARD 27 JOHN BRAZINSKY 28 COLE 29 KENNETH MCKENZIE	CN 40 CN 40 CN 40 CN 40 CN 40 CN 41 CN 45 CN 45 CN 47 CN 45 CN 47 TX 45 CN 47 TX 45 CN 46 CN 47 CN 47 CN 46 CN 47 CN 47 CN 46 CN 47 CN 46 CN 47 CN 47 CN 46 CN 47	17.12.3 17.15.6 17.19.0 17.21.0 17.21.5 17.21.5 17.22.3 17.23.5 17.23.5 17.24.7 17.25.0 17.26.2 17.28.8 16.06.1 16.12.5 16.28.5 16.21.8 16.43.2 16.43.2 16.49.6 16.57.4 17.08.4 17.17.5 17.39.8 17.42.4 17.42.9 17.44.8 17.55.3 17.55.3
36 DICK WEEKS 37 RICHARD GREENE 38 WIM VAN GENNIP 39 JIM LOMBARDI 40 JACK THORNHILL 41 PRED RAYNER 42 CECIL DAVIS 43 PHIL CRAWPORD 44 DON DICKMEYER 45 DENNIS O'HARE 46 BILL PERRY 47 BRUCE JOHNSON 49 R GRAUER 50 ED SHATTUCK 1984 MEN'S 5000 METE RANK HAME ST. 4 PAUL HALL 2 EARL ELLIS 3 ROBERT PAKLAIAN 4 DAVID BLOOR 5 BILL CATANESE 6 PLOYD ROMACK 7 DENNIS PITZGERALD 8 WOLF MASHON 9 MIKE CHRISTIANSEN 10 JOHN WHITEHOUSE 11 KEN WINN 12 DAVID LARD 13 MIKE PUTNAM 14 MIKE DE LA CRUZ 15 DAVE WALLACE 16 GERALD HARE 17 KENNETH DRUCE 18 ROSS MCKIE 19 JIM BORDEAUX 20 CHARLES COX 21 PATES 22 BOB DANIELL 23 BOB JONES 24 ROBERT HOWELL 25 WALTER ESSER 26 MIKE WARD 27 JOHN BRAZINSKY 28 COLE 29 KENNETH MCKENZIE 30 FERNANDO PELAEZ	CN 40 CN 40 CN 40 CN 40 CN 40 CN 41 CN 41 CN 42 CN 44 CN 47 CN 41	17.12.3 17.15.6 17.19.0 17.21.0 17.21.5 17.21.7 17.22.3 17.23.5 17.23.5 17.24.7 17.25.0 17.26.2 17.28.8 17.25.0 17.26.2 17.28.8 16.06.1 16.12.5 16.21.8 16.43.2 16.49.6 16.51.1 17.08.1 17.08.1 17.08.1 17.36.4 17.17.5 17.36.4 17.42.9 17.42.9 17.42.9 17.42.9 17.42.9 17.42.9 17.42.9 17.42.9 17.42.9 17.55.5 17.55.3 17.59.6 18.09.7 18.10.8 18.11.2 18.28.5 18.31.1 18.41.4
36 DICK WEEKS 37 RICHARD GREENE 38 WIM VAN GENNIP 39 JIM LOMBARDI 40 JACK THORNHILL 41 PRED RAYNER 42 CECIL DAVIS 43 PHIL CRAWPORD 44 DON DICKMEYER 45 DENNIS O'HARE 46 BILL PERRY 47 BRUCE JOHNSON 49 R GRAUER 50 ED SHATTUCK 1984 MEN'S 5000 METE RANK HAME ST. 4 PAUL HALL 2 EARL ELLIS 3 ROBERT PAKLAIAN 4 DAVID BLOOR 5 BILL CATANESE 6 PLOYD ROMACK 7 DENNIS PITZGERALD 8 WOLF MASHON 9 MIKE CHRISTIANSEN 10 JOHN WHITEHOUSE 11 KEN WINN 12 DAVID LARD 13 MIKE PUTNAM 14 MIKE DE LA CRUZ 15 DAVE WALLACE 16 GERALD HARE 17 KENNETH DRUCE 18 ROSS MCKIE 19 JIM BORDEAUX 20 CHARLES COX 21 PATES 22 BOB DANIELL 23 BOB JONES 24 ROBERT HOWELL 25 WALTER ESSER 26 MIKE WARD 27 JOHN BRAZINSKY 28 COLE 29 KENNETH MCKENZIE 30 FERNANDO PELAEZ	CN 40 CN 40 CN 40 CN 40 CN 40 CN 41 CN 45 CN 45 CN 47 CN 45 CN 47 TX 45 CN 47 TX 45 CN 46 CN 47 CN 47 CN 46 CN 47 CN 47 CN 46 CN 47 CN 46 CN 47 CN 47 CN 46 CN 47	17.12.3 17.15.6 17.19.0 17.21.0 17.21.5 17.21.7 17.22.3 17.23.5 17.23.5 17.23.5 17.25.0 17.26.2 17.28.8 16.06.1 16.12.5 16.21.8 16.43.2 16.43.2 16.49.6 16.57.1 17.08.4 17.17.5 17.36.4 17.17.5 17.36.4 17.42.4 17.42.4 17.42.5 17.42.4 17.42.5 17.53.5
36 DICK WEEKS 37 RICHARD GREENE 38 WIM VAN GENNIP 39 JIM LOMBARDI 40 JACK THORNHILL 41 PRED RAYNER 42 CECIL DAVIS 43 PHIL CRAWFORD 44 DON DICKMEYER 45 DENNIS O'HARE 46 BILL PERRY 47 BRUCE JOHNSON 48 WALLY JOHNSON 49 R GRAUER 50 ED SHATTUCK 1984 MEN'S 5000 METE RANK HAMB ST. 4 PAUL HALL 2 EARL ELLIS 3 ROBERT PAKLAIAN 4 DAVID BLOOR 5 BILL CATANESE 6 PLOYD ROMACK 7 DENNIS FITZGERALD 8 WOLF MASHON 9 MIKE CHRISTIANSEN 10 JOHN WHITEHOUSE 11 KEN WINN 12 DAVID LARD 13 MIKE PUTNAM 14 MIKE DE LA CRUZ 15 DAVE WALLACE 16 GERALD HARE 17 KENNEYH DRUCE 18 ROSS MCKIE 19 JIM BORDEAUX 20 CHARLES COX 21 PATES 22 BOB DANIELL 23 BOB JONES 24 ROBERT HOWELL 25 WALTER ESSER 26 MIKE WARD 27 JOHN BRAZINSKY 28 COLE 29 KENNEYH MCKENZIE 30 FERNANDO PELAEZ	CN 40 CN 40 CN 40 CN 40 CN 40 CN 41 CN 41 CN 42 CN 44 CN 47 CN 41	17.15.6 17.15.6 17.15.6 17.19.0 17.21.0 17.21.5 17.21.5 17.22.3 17.23.5 17.23.5 17.23.5 17.25.0 17.26.2 17.28.8 16.06.1 16.12.5 16.28.5 16.21.8 16.43.2 16.49.6 16.57.4 17.17.5 17.39.8 17.42.4 17.17.5 17.39.8 17.42.4 17.17.5 17.53.5
36 DICK WEEKS 37 RICHARD GREENE 38 WIM VAN GENNIP 39 JIM LOMBARDI 40 JACK THORNHILL 41 PRED RAYNER 42 CECIL DAVIS 43 PHIL CRAWFORD 44 DON DICKMEYER 45 DENNIS O'HARE 46 BILL PERRY 47 BRUCE JOHNSON 48 WALLY JOHNSON 49 R GRAUER 50 ED SHATTUCK 1984 MEN'S 5000 METE RANK MAMB ST 1 PAUL HALL 2 BARL ELLIS 3 ROBERT PAKLAIAN 4 DAVID BLOOR 5 BILL CATANESE 6 PLOYD ROMACK 7 DENNIS FITZGERALD 8 WOLF MASHON 9 MIKE CHRISTIANSEN 10 JOHN WHITEHOUSE 11 KEN WINN 12 DAVID LARD 13 MIKE PUTNAM 14 MIKE DE LA CRUZ 15 DAVE WALLACE 16 GERALD HARE 17 KENNETH DRUCE 18 ROSS MCKIE 19 JIM BORDEAUX 20 CHARLES COX 21 PATES 22 BOB DANIELL 23 BOB JONES 24 ROBERT HOWELL 25 WALTER ESSER 26 MIKE WARD 27 JOHN BRAZINSKY 28 COLE 30 FERNANDO PELAEZ 31 FRANK OGAWA 32 KEN OGDEN	CN 40 CN 40 CN 40 CN 40 CN 40 CN 40 CN 41 CN 45 CN 47 CN 45 CN 47 CN 45 CN 47 CN 45 CN 47	17.12.3 17.15.6 17.19.0 17.21.0 17.21.5 17.21.7 17.22.3 17.23.5 17.23.5 17.23.5 17.25.0 17.26.2 17.28.8 16.06.1 16.12.5 16.21.8 16.43.2 16.43.2 16.49.6 16.57.1 17.08.4 17.17.5 17.36.4 17.17.5 17.36.4 17.42.4 17.42.4 17.42.5 17.42.4 17.42.5 17.53.5

				V TO THE	-
35	GEORGE AGNEW CEDAR GABRIEL	CN		19.03.6	
	CEDAR GABRIEL BOB YAHNKE	CA		19.22.9	
37	MERSEMANN	AL		19.27.0	
39	MICHAEL FLEMING H DODD	MD I	48	19.36.0	
40					
	TREVOR KEY			19.56.0	3
42	JOHN FOURNIER			20.21.0	
44	MICHAEL DERECHIN	MV		20.28.5	
	GUNTHER DAUTH NORMAN PITTENGER	TX I	47	20.48.3	1 8
47	NBIL WORTMAN	NY	49	21.17.3	
1	ROBERT ESKUE	MI 4	48	21.33.9	
	.za Jim Glark	MT 4	· I	17.20.0	
					E
198	84 MEN'S 5000 METE	RS	5	0-54	
COL	MPILED BY MAX QUAC	KRNBC	ns.		
RAI	NK NAME ST.	ATE A	IGE	TIME	
-	RAY HATTON		52	15.46.8	
3	JOHN WELDY FRANK PFLAGING		50	16.25.0	
4	GLYNN WOOD	CA 5	50	16.44.7	
5	DEREK MAHAFFEY CLYDE BAKER	WA 5	50	17.00.0	100
7	JIM CONWAY	CN		17.22.6	
	MORT GURTIN JOHN JOHNSTON	WI 5	50	17.36.1	
	JOHN HEPNER		52	17.39.6 17.42.3	
11	JIMMIE TENISON	LA 5	51	17.42.3	
12	TOM STURAK	CA 5	51	17.53.6	
13	RICHARD GRAVES KFN ALLEN	CN CA 5	50	17.55.6	
15	JOHN STAYTON	TX		17.58.0	2/
16	WILLIAM CUPP TOM WALSH		50	18.00.7	
18	JOHN MCGOWAN		,	18.02.1	
19	A BRUCE MARSHALL HARADEN	CA		18.07.5	
20					
21	EVERETT RIGGLE F LEHR	CA S	52	18.11.1	
23	JIM MCILWHAM	CN		18.16.1	
24	D HOLSTIP DAVID MILNE	CN		18.23.0	
26	G WILLIAMS	CN		18.43.0	
27 28	ARTHUR RAPPICH SEILER	CN		18.45.2	
-	JOHN BROWN HARPER	CN		18.53.9	
30	HARTER				
31	F BLACK JOHN GREGSON	CO S	52	19.06.5	
33	DAVID DONEVAN	CN	,,	19.11.4	
34	MATT NORRIS	OH CA 5	53	19.16.8	7
36	PIELD RYAN	WA	52	19.26.8	
	ARMAND MASSE	ОН		19.34.3	
39	BRUCE CLARIC NICHOLS			19.49.5	
40	PETER NIELSEN	VA S	50	19.50.2	
	BOB PAUL	CN		19.52.0	
	EDWARD ALLEN	WA	52	19.54.1	-20
	JUNIOR MORGAN	TX		19.54.5	
45	SAM SINDERSON	PA S	51	20.47.0	
1.7	JIM GRIFFITH GAIL WETZORK	CA S	53	21.04.0	
48	TOD LIDICIIM	CA		21.11.0	
50	TED OVIATT ROLF ROSANDER	UA	JU	21.44.6 21.45.0	
19	84 MEN'S 5000 METE	ERS		55-59	
				TIME	
1	ANTHONY SAPIENZA BILL MCCHESNEY	OR	55	17.09.8	
3	PATRICK DEVINE	CA	55		
4	HOWARD RUBIN ARTHUR TAYLOR JAMES O'NEIL	NY CN		17.30.9 17.36.0	
6	JAMES O'NEIL	CA	59	17.37.1	
7	JOHN HOSNER	MI .	59 56 59	17.37.1 18.07.6 18.07.8	
9	GUNNAR LINDE	CA	58	18.08.5	100
10	JACK GENTRY	1	56	18.24.0	
11	ROBERT STANHOPE	PA NV	55	18.26.4	
13	BOYCE JACQUES PETE MUNDLE	NV CA	57	18.27.8	
71	WALTER RAITER	MO	58	18.49.0	
16	JOHN REEVES SCOTTY DAVIDSON	CN		18.49.2	
17			56	19.26.3	
18	RAY LISTER H ASNER	PA	56 57	19.36.0	
20	SETH WARNER		56	19.42.0	
21	MATT STOKEN		56	19.43.1	
22	MATT STOKEN ED WILLIAMS GORDON ENGLISH	TX		19.44.0	
24	D LYONS	UA	58	19.50.6	
25	P PALMER RAMOS GIL		r^	20.05.3	
	GIP	CA	27	20.08.9	

1			
	27 JIM MORROW	CN	20.22.9
1	28 IRA JOHNSON		20.26.0
	29 RICHARD TROY	CN	20.36.3
	30 ED O'CONNELL		20.30.0
	31 DAVID KING	55	20.39.3
	32 DAVID MACKENZIE 33 MILTON BLISS	56 57	20.42.4
	34 VINCENT DE MEO	21	21.08.1
	35 PETER FELLOWES	CN	21.46.6
	36 BILLY SEDAN 37 ALAN COHEN	NV SS	21.48.0
	38 BUZZIE HOOD	NY 55 OH 59	22.13.1
	39 KEN HARVEY	CA 59	22.28.3
	40 JOHNSON	AL	22.34.0
	41 RON CARROLL	CN	22.40.4
	42 DES MARGETSON	NY 56	25.14.6
	1984 MEN'S 5000 MET	ERS	60-64
34	COMPILED BY MAX QUA	CKEMBOS	
	RANK NAME S	TATE AGE	TIME
102	1 E BISHOP	CA	18.24.4
10.0	2 LARRY BANUELOS	CA 60	18.45.4
	3 KURT GELBHAAR 4 SID TOABE	CA 60	19.02.1
	5 BOB PAGE	CA	19.04.4
	6 SVERRE HIETANEN	CN	19.09.0
1	7 SAM GROVES 8 K MORRISON	CN CA	19.12.5
	9 EDWARD BUCKLEY	NY	19.22.2
	10 STANLEY BALDRY	CN	19.27.3
	11 WILLIAM EPPRIGHT	GA	20.19.6
	12 JOHN GILKEY	CA 62	20.20.1
	13 BUZZIE HOOD 14 JOSEPH MALLON	OH 60 OR 63	20.22.2
	15 RALPH RATCLIFF	OK 61	20.29.0
	16 GEORGE MCGROREY 17 REX DIETDERICH	CN CA 60	20.44.0
	18 FRAN ALBAUGH	PA 61	20.54.4
	19 ARTHUR PORTER	CN	21.03.2
	20 HARRY PERRY	60	21.44.9
	21 HAROLD DRISCOLL	VA 64	21.49.9
	22 PAUL SCHMITT	61 TX	21.56.0
	23 HOWARD BARRETT 24 P CURRY	GA	22.31.5
	25 L SOVA 26 ALVIN SMITH 27 FRANCIS DORSEY	VA 62	22.31.5 22.34.0 22.39.8
	El Timesto Domobi	60	22.41.0
2	28 BLACK		
		C+ (n	22.41.9
V	29 GEORGE LEAVITT	CA 62	22 16 0
	29 GEORGE LEAVITT 30 BILL HANSEN	CN	22.49.3
	29 GEORGE LEAVITT 30 BILL HANSEN 31 GEORGE PETERSON	CN	22.46.0
	29 GEORGE LEAVITT 30 BILL HANSEN 31 GEORGE PETERSON 32 FRANK MALICK	CN CN PA 62	22.49.3 22.49.3 22.57.6 23.00.3 23.06.6
	29 GEORGE LEAVITT 30 BILL HANSEN 31 GEORGE PETERSON 32 FRANK MALICK 33 GEORGE HUGO 34 BERT BAILEY	CN CN PA 62	22.49.3 22.49.3 22.57.6 23.00.3 23.06.6 23.07.4
	29 GEORGE LEAVITT 30 BILL HANSEN 31 GEORGE PETERSON 32 FRANK MALICK 33 GEORGE HUGO 34 BERT BAILEY 35 ELDRIDGE LLOYD	CN CN PA 62 62 61	22.49.3 22.49.3 22.57.6 23.00.3 23.06.6
	29 GEORGE LEAVITT 30 BILL HANSEN 31 GEORGE PETERSON 32 FRANK MALICK 33 GEORGE HUGO 34 BERT BAILEY 35 ELDRIDGE LLOYD 36 C FUTRELL 37 CARL REITERMAN	CN CN PA 62 62 61 SC 63	22.46.0 22.49.3 22.57.6 23.00.3 23.06.6 23.07.4 23.24.1, 24.21.8 21,40.1
	29 GEORGE LEAVITT 30 BILL HANSEN 31 GEORGE PETERSON 32 FRANK MALICK 33 GEORGE HUGO 34 BERT BAILEY 35 ELDRIDGE LLOYD 36 C FUTRELL 37 CARL REITERMAN 35 JOHN WILSON	CN CN PA 62 62 61 SC 63 61	22.49.3 22.57.6 23.00.3 23.06.6 23.07.4 23.24.1, 24.21.8 24.40.1 25.22.0
	29 GEORGE LEAVITT 30 BILL HANSEN 31 GEORGE PETERSON 32 FRANK MALICK 33 GEORGE HUGO 34 BERT BAILEY 35 ELDRIDGE LLOYD 36 C FUTRELL 37 CARL REITERMAN 30 JOHN WILSON 39 CLARENCE OSBORN	CN CN PA 62 62 61 SC 63 61	22.16.0 22.19.3 22.57.6 23.00.3 23.06.6 23.07.14 23.24.12 24.21.8 21.10.1 25.22.0 26.31.5
	29 GEORGE LEAVITT 30 BILL HANSEN 31 GEORGE PETERSON 32 FRANK MALICK 33 GEORGE HUGO 34 BERT BAILEY 35 ELDRIDGE LLOYD 36 C FUTRELL 37 CARL REITERMAN 38 JOHN WILSON 39 CLARENCE OSBORN	CN CN PA 62 62 61 SC 63 61	22.46.0 22.49.3 22.57.6 23.00.3 23.06.6 23.07.4 24.21.8 24.40.1 25.22.0 26.31.5
	29 GEORGE LEAVITT 30 BILL HANSEN 31 GEORGE PETERSON 32 FRANK MALICK 33 GEORGE HUGO 34 BERT BAILEY 35 ELDRIDGE LLOYD 36 C FUTRELL 37 CARL RETTERMAN 30 JOHN WILSON 39 CLARENCE OSBORN 1984 MEN'S 5000 MET 1 JOHN RASTANI 2 JACK WEBB	CN CN PA 62 62 61 SC 63 61 ERS NY 65 CN	22.46.0 22.49.3 22.57.6 23.00.3 23.06.6 23.07.4 23.24.1 24.21.8 24.40.1 25.22.0 26.31.5
	29 GEORGE LEAVITT 30 BILL HANSEN 31 GEORGE PETERSON 32 FRANK MALICK 33 GEORGE HUGO 34 BERT BAILEY 35 ELDRIDGE LLOYD 36 C FUTRELL 37 CARL RETTERMAN 30 JOHN WILSON 39 CLARENCE OSBORN 1984 MEN'S 5000 MET 1 JOHN RASTANI 2 JACK WEBB	CN CN PA 62 62 61 SC 63 61 ERS NY 65 CN	22.46.0 22.49.3 22.57.6 23.00.3 23.06.6 23.07.4 23.24.1 24.21.8 24.40.1 25.22.0 26.31.5 65-69 19.42.9 19.57.3 20.05.0
	29 GEORGE LEAVITT 30 BILL HANSEN 31 GEORGE PETERSON 32 FRANK MALICK 33 GEORGE HUGO 34 BERT BAILEY 35 ELDRIDGE LLOYD 36 C FUTRELL 37 CARL RETTERMAN 30 JOHN WILSON 39 CLARENCE OSBORN 1984 MEN'S 5000 MET 1 JOHN RASTANI 2 JACK WEBB	CN CN PA 62 62 61 SC 63 61 ERS NY 65 CN	22.16.0 22.19.3 22.57.6 23.00.3 23.06.6 23.07.1 23.21.1 24.21.8 21.40.1 25.22.0 26.31.5 65-69 19.12.9 19.57.3 20.05.0 20.21.1
	29 GEORGE LEAVITT 30 BILL HANSEN 31 GEORGE PETERSON 32 FRANK MALICK 33 GEORGE HUGO 34 BERT BAILEY 35 ELDRIDGE LLOYD 36 C FUTRELL 37 CARL REITERMAN 30 JOHN WILSON 39 CLARENCE OSBORN 1984 MEN'S 5000 MET 1 JOHN RASTANI 2 JACK WEBB 3 B JACQUART 4 JOHN HOLOUBEK 5 MAX QUACKENBOS 6 NATE WHITE	CN CN PA 62 62 61 SC 63 61 ERS NY 65 CN CA 67 FL 67 NY	22.46.0 22.49.3 22.57.6 23.00.3 23.06.6 23.07.4 23.24.1, 24.21.8 24.40.1 25.22.0 26.31.5 65-69 19.42.9 19.57.3 20.05.0 20.21.1 20.26.0 20.43.1
	29 GEORGE LEAVITT 30 BILL HANSEN 31 GEORGE PETERSON 32 FRANK MALICK 33 GEORGE HUGO 34 BERT BAILEY 35 ELDRIDGE LLOYD 36 C FUTRELL 37 CARL REITERMAN 30 JOHN WILSON 39 CLARENCE OSBORN 1984 MEN'S 5000 MET 1 JOHN RASTANI 2 JACK WEBB 3 B JACQUART 4 JOHN HOLOUBEK 5 MAX QUACKENBOS 6 NATE WHITE	CN CN PA 62 62 61 SC 63 61 ERS NY 65 CN CA 67 FL 67 NY	22.46.0 22.49.3 22.57.6 23.00.3 23.06.6 23.07.4 23.24.1, 24.21.8 24.40.1 25.22.0 26.31.5 65-69 19.42.9 19.57.3 20.05.0 20.21.1 20.26.0 20.43.1
	29 GEORGE LEAVITT 30 BILL HANSEN 31 GEORGE PETERSON 32 FRANK MALICK 33 GEORGE HUGO 34 BERT BAILEY 35 ELDRIDGE LLOYD 36 C FUTRELL 37 CARL REITERMAN 30 JOHN WILSON 39 CLARENCE OSBORN 1984 MEN'S 5000 METI 1 JOHN RASTANI 2 JACK WEBB 3 B JACQUART 4 JOHN HOLOUBEK 5 MAX QUACKENBOS 6 NATE WHITE 7 JOHN BOOTS 8 DON JOHNSON 9 T LIPSCOMB	CN CN PA 62 62 61 SC 63 61 ERS NY 65 CN CA 67 FL 67 NY LA 65 NJ 67	22.46.0 22.49.3 22.57.6 23.00.3 23.06.6 23.07.4 23.24.1, 24.21.8 24.40.1 25.22.0 26.31.5 65-69 19.42.9 19.57.3 20.05.0 20.21.1 20.26.0 20.43.1
	29 GEORGE LEAVITT 30 BILL HANSEN 31 GEORGE PETERSON 32 FRANK MALICK 33 GEORGE HUGO 34 BERT BAILEY 35 ELDRIDGE LLOYD 36 C FUTRELL 37 CARL REITERMAN 30 JOHN WILSON 39 CLARENCE OSBORN 1984 MEN'S 5000 MET 1 JOHN RASTANI 2 JACK WEBB 3 B JACQUART 4 JOHN HOLOUBEK 5 MAX QUACKENBOS 6 NATE WHITE 7 JOHN BOOTS 8 DON JOHNSON 9 T LIPSCOMB	CN CN PA 62 62 61 SC 63 61 ERS NY 65 CN CA 67 FL 67 NY LA 65 NJ 67	22.46.0 22.49.3 22.57.6 23.00.3 23.06.6 23.07.4 23.24.1 24.40.1 25.22.0 26.31.5 65-69 19.42.9 19.57.3 20.05.0 20.11.1 20.26.0 20.43.1 20.57.0 20.59.1 21.05.4 21.12.0
	29 GEORGE LEAVITT 30 BILL HANSEN 31 GEORGE PETERSON 32 FRANK MALICK 33 GEORGE HUGO 34 BERT BAILEY 35 ELDRIDGE LLOYD 36 C FUTRELL 37 CARL REITERMAN 30 JOHN WILSON 39 CLARENCE OSBORN 1984 MEN'S 5000 MET 1 JOHN RASTANI 2 JACK WEBB 3 B JACQUART 4 JOHN HOLOUBEK 5 MAX QUACKENBOS 6 NATE WHITE 7 JOHN BOOTS 8 DON JOHNSON 9 T LIPSCOMB	CN CN PA 62 62 61 SC 63 61 ERS NY 65 CN CA 67 FL 67 NY LA 65 NJ 67	22.\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\
	29 GEORGE LEAVITT 30 BILL HANSEN 31 GEORGE PETERSON 32 FRANK MALICK 33 GEORGE HUGO 34 BERT BAILEY 35 ELDRIDGE LLOYD 36 C FUTRELL 37 CARL REITERMAN 38 JOHN WILSON 39 CLARENCE OSBORN 1984 MEN'S 5000 MET 1 JOHN RASTANI 2 JACK WEBB 3 B JACQUART 4 JOHN HOLOUBEK 5 MAX QUACKENBOS 6 NATE WHITE 7 JOHN BOOTS 8 DON JOHNSON 9 T LIPSCOMB 10 STAN SMITH 11 J CAREY 12 RAY GORDON	CN CN PA 62 61 SC 63 61 ERS NY 65 CN CA 67 FL 67 NY LA 65 NJ 67 CN CA VA 65 NY 65	22.46.0 22.49.3 22.57.6 23.00.3 23.07.4 23.24.1. 24.21.8 24.40.1 25.22.0 26.31.5 65-69 19.42.9 19.57.3 20.05.0 20.21.1 20.57.0 20.43.1 20.57.0 20.59.1 21.20.0 21.21.0 21.21.0 21.23.0
	29 GEORGE LEAVITT 30 BILL HANSEN 31 GEORGE PETERSON 32 FRANK MALICK 33 GEORGE HUGO 34 BERT BAILEY 35 ELDRIDGE LLOYD 36 C FUTRELL 37 CARL REITERMAN 38 JOHN WILSON 39 CLARENCE OSBORN 1984 MEN'S 5000 MET 1 JOHN RASTANI 2 JACK WEBB 3 B JACQUART 4 JOHN HOLOUBEK 5 MAX QUACKENBOS 6 NATE WHITE 7 JOHN BOOTS 8 DON JOHNSON 9 T LIPSCOMB 10 STAN SMITH 11 J CAREY 12 RAY GORDON	CN CN PA 62 62 61 SC 63 61 ERS NY 65 CN CA 67 FL 67 NY LA 65 NJ 67 CN CA VA 65 NY 65 GA	22.\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\
	29 GEORGE LEAVITT 30 BILL HANSEN 31 GEORGE PETERSON 32 FRANK MALICK 33 GEORGE HUGO 34 BERT BAILEY 35 ELDRIDGE LLOYD 36 C FUTRELL 37 CARL REITERMAN 38 JOHN WILSON 39 CLARENCE OSBORN 1984 MEN'S 5000 MET 1 JOHN RASTANI 2 JACK WEBB 3 B JACQUART 4 JOHN HOLOUBEK 5 MAX QUACKENBOS 6 NATE WHITE 7 JOHN BOOTS 8 DON JOHNSON 9 T LIPSCOMB 10 STAN SMITH 11 J CAREY 12 RAY GORDON 13 BILL BENSON 14 H MARSHALL 15 JOHN WOODS 16 LARBY PATTERSON	CN CN PA 62 61 SC 63 61 SC CA 67 FL 67 NY 65 NJ 67 CN CA VA 65 NY 65 VA 65 VA 66 VA 66 VA 66	22.46.0 22.49.3 22.57.6 23.00.3 23.06.6 23.07.4 23.24.1.2 24.21.8 24.40.1 25.22.0 26.31.5 65-69 19.42.9 19.57.3 20.05.0 20.21.1 20.26.0 20.43.1 21.05.4 21.12.0 21.20.9 21.23.0 21.31.3 21.35.6
	29 GEORGE LEAVITT 30 BILL HANSEN 31 GEORGE PETERSON 32 FRANK MALICK 33 GEORGE HUGO 34 BERT BAILEY 35 ELDRIDGE LLOYD 36 C FUTRELL 37 CARL REITERMAN 38 JOHN WILSON 39 CLARENCE OSBORN 1984 MEN'S 5000 MET 1 JOHN RASTANI 2 JACK WEBB 3 B JACQUART 4 JOHN HOLOUBEK 5 MAX QUACKENBOS 6 NATE WHITE 7 JOHN BOOTS 8 DON JOHNSON 9 T LIPSCOMB 10 STAN SMITH 11 J CARRY 12 RAY GORDON 13 BILL BENSON 14 H MARSHALL 15 JOHN WOODS 16 LARRY PATTERSON 17 BILL VAN PLEET	CN CN PA 62 61 SC 63 61 SC CA 67 FL 67 NY 65 NJ 67 CN CA VA 65 NY 65 VA 65 VA 66 VA 66 VA 66	22.46.0 22.49.3 22.57.6 23.00.3 23.07.4 23.24.1. 24.21.8 24.40.1 25.22.0 26.31.5 65-69 19.42.9 19.57.3 20.05.0 20.21.1 20.57.0 20.43.1 20.57.0 21.21.0 21.21.0 21.31.3 21.35.6 21.51.0 21.54.4
	29 GEORGE LEAVITT 30 BILL HANSEN 31 GEORGE PETERSON 32 FRANK MALICK 33 GEORGE HUGO 34 BERT BAILEY 35 ELDRIDGE LLOYD 36 C FUTRELL 37 CARL REITERMAN 38 JOHN WILSON 39 CLARENCE OSBORN 1984 MEN'S 5000 MET 1 JOHN RASTANI 2 JACK WEBB 3 B JACQUART 4 JOHN HOLOUBEK 5 MAX QUACKENBOS 6 NATE WHITE 7 JOHN BOOTS 8 DON JOHNSON 9 T LIPSCOMB 10 STAN SMITH 11 J CAREY 12 RAY GORDON 13 BILL BENSON 14 H MARSHALL 15 JOHN WOODS 16 LARRY PATTERSON 17 BILL VAN PELET 18	CN CN PA 62 62 61 SC 63 61 SC CA 67 FL 67 NY 65 NJ 67 CA 65 NJ 67	22.46.0 22.49.3 22.57.6 23.00.3 23.06.6 23.07.4 23.24.1 24.40.1 25.22.0 26.31.5 65-69 19.42.9 19.57.3 20.05.0 20.11.1 20.57.0 20.43.1 20.59.1 21.20.9 21.21.0 21.23.0 21.31.3 21.35.6 21.51.0 22.55.2
	29 GEORGE LEAVITT 30 BILL HANSEN 31 GEORGE PETERSON 32 FRANK MALICK 33 GEORGE HUGO 34 BERT BAILEY 35 ELDRIDGE LLOYD 36 C FUTRELL 37 CARL REITERMAN 38 JOHN WILSON 39 CLARENCE OSBORN 1984 MEN'S 5000 MET 1 JOHN RASTANI 2 JACK WEBB 3 B JACQUART 4 JOHN HOLOUBEK 5 MAX QUACKENBOS 6 NATE WHITE 7 JOHN BOOTS 8 DON JOHNSON 9 T LIPSCOMB 10 STAN SMITH 11 J CARRY 12 RAY GORDON 13 BILL BENSON 14 H MARSHALL 15 JOHN WOODS 16 LARRY PATTERSON 17 BILL VAN PLEET	CN CN PA 62 62 61 SC 63 61 SC CA 67 FL 67 NY 65 NJ 67 CA 65 NJ 67	22.46.0 22.49.3 22.57.6 23.00.3 23.06.6 23.07.4 23.24.1.2 24.21.8 24.40.1 25.22.0 26.31.5 65-69 19.42.9 19.57.3 20.05.0 20.21.1 20.26.0 20.43.1 20.59.1 21.20.9 21.23.0 21.23.0 21.23.0 21.23.0 21.23.0 21.54.4 21.55.4 21.55.4 21.12.0 21.23.0 21.23.0 21.23.0 21.23.0 21.23.0 21.23.0 21.23.0 21.23.0 21.25.4 21.25.4 21.25.4 21.25.4 21.25.4 21.25.4 21.25.4 21.25.4 21.25.4 21.25.4 21.25.4 21.25.4 21.25.6 21.25.4 21.25.4
	29 GEORGE LEAVITT 30 BILL HANSEN 31 GEORGE PETERSON 32 FRANK MALICK 33 GEORGE HUGO 34 BERT BAILEY 35 ELDRIDGE LLOYD 36 C FUTRELL 37 CARL REITERMAN 38 JOHN WILSON 39 CLARENCE OSBORN 1984 MEN'S 5000 MET 1 JOHN RASTANI 2 JACK WEBB 3 B JACQUART 4 JOHN HOLOUBEK 5 MAX QUACKENBOS 6 NATE WHITE 7 JOHN BOOTS 8 DON JOHNSON 9 T LIPSCOMB 10 STAN SMITH 11 J CAREY 12 RAY GORDON 13 BILL BENSON 14 H MARSHALL 15 JOHN WOODS 16 LARRY PATTERSON 17 BILL VAN PLEET 18 VANCELL 19 OSCAR HARTMANN 20 TOM MCGEE	CN CN PA 62 62 61 SC 63 61 SC CA 67 FL 67 NY 65 NJ 67 CN CA 65 NJ 67 CN CA 65 NY 65 NY 65 OA 66 NY 65 OA 66 OA 66 OA 66 OA 66 OA 66	22.46.0 22.49.3 22.57.6 23.00.3 23.07.4 23.24.1. 24.21.8 24.40.1 25.22.0 26.31.5 65-69 19.42.9 19.57.3 20.05.0 20.21.1 20.59.1 21.20.9 21.21.0 21.21.0 21.31.3 21.35.6 21.51.0 21.51.0 22.18.2
	29 GEORGE LEAVITT 30 BILL HANSEN 31 GEORGE PETERSON 32 FRANK MALICK 33 GEORGE HUGO 34 BERT BAILEY 35 ELDRIDGE LLOYD 36 C FUTRELL 37 CARL REITERMAN 38 JOHN WILSON 39 CLARENCE OSBORN 1984 MEN'S 5000 MET 1 JOHN RASTANI 2 JACK WEBB 3 B JACQUART 4 JOHN HOLOUBEK 5 MAX QUACKENBOS 6 NATE WHITE 7 JOHN BOOTS 8 DON JOHNSON 9 T LIPSCOMB 10 STAN SMITH 11 J CAREY 12 RAY GORDON 13 BILL BENSON 14 H MARSHALL 15 JOHN WOODS 16 LARRY PATTERSON 17 BILL VAN PLEET 18 VANCELL 19 OSCAR HARTMANN 20 TOM MCGEE	CN CN PA 62 62 61 SC 63 61 SC CA 67 FL 67 NY 65 NJ 67 CN CA 65 NJ 67 CN CA 65 NY 65 NY 65 OA 66 NY 65 OA 66 OA 66 OA 66 CA 69 CN	22.46.0 22.49.3 22.57.6 23.00.3 23.06.6 23.07.4 23.24.1.2 24.21.8 24.40.1 25.22.0 26.31.5 65-69 19.42.9 19.57.3 20.57.0 20.21.1 20.57.0 20.43.1 21.05.4 21.12.0 21.12.0 21.12.0 21.12.0 21.13.3 21.55.6 21.51.0 21.54.4 22.02.5 22.38.5 22.48.0
	29 GEORGE LEAVITT 30 BILL HANSEN 31 GEORGE PETERSON 32 FRANK MALICK 33 GEORGE HUGO 34 BERT BAILEY 35 ELDRIDGE LLOYD 36 C FUTRELL 37 CARL REITERMAN 38 JOHN WILSON 39 CLARENCE OSBORN 1984 MEN'S 5000 MET 1 JOHN RASTANI 2 JACK WEBB 3 B JACQUART 4 JOHN HOLOUBEK 5 MAX QUACKENBOS 6 NATE WHITE 7 JOHN BOOTS 8 DON JOHNSON 9 T LIPSCOMB 10 STAN SMITH 11 J CAREY 12 RAY GORDON 13 BILL BENSON 14 H MARSHALL 15 JOHN WOODS 16 LARRY PATTERSON 17 BILL VAN PLEET 18 VANCELL 19 OSCAR HARTMANN 20 TOM MCGBE 21 THOMAS BARTLETT 22 AARON KAZDAN	CN CN PA 62 61 SC 63 61 SC 63 61 ERS NY 65 CN CA 67 FL 67 NY LA 65 NJ 67 CN CA 65 NJ 67 CN CA 65 NJ 67 CN CA 66 CA 69 CN	22.46.0 22.49.3 22.57.6 23.00.3 23.24.1. 24.21.8 24.40.1 25.22.0 26.31.5 65-69 19.42.9 19.57.3 20.05.0 20.21.1 20.26.0 20.43.1 21.05.4 21.12.0 21.23.0 21.31.3 21.35.4 21.23.0 21.31.3 21.35.4 22.02.5 22.38.5 22.48.0 23.44.1.
	29 GEORGE LEAVITT 30 BILL HANSEN 31 GEORGE PETERSON 32 FRANK MALICK 33 GEORGE HUGO 34 BERT BAILEY 35 ELDRIDGE LLOYD 36 C FUTRELL 37 CARL REITERMAN 38 JOHN WILSON 39 CLARENCE OSBORN 1984 MEN'S 5000 MET 1 JOHN RASTANI 2 JACK WEBB 3 B JACQUART 4 JOHN HOLOUBEK 5 MAX QUACKENBOS 6 NATE WHITE 7 JOHN BOOTS 8 DON JOHNSON 9 T LIPSCOMB 10 STAN SMITH 11 J CAREY 12 RAY GORDON 13 BILL BENSON 14 H MARSHALL 15 JOHN WOODS 16 LARRY PATTERSON 17 BILL VAN PLEET 18 VANCELL 19 OSCAR HARTMANN 20 TOM MCGEE 21 THOMAS BARTLETT 22 AARON KAZDAN 23 REG LAMONT 24 MAURY CUMMINGS	CN CN PA 62 61 SC 63 61 SC 63 61 ERS NY 65 CN CA 67 FL 67 NY 65 NY 65 NY 65 NY 65 NY 65 CA 69 CA 69 CA 69 CN CA 67	22.46.0 22.49.3 22.57.6 23.00.3 23.06.4 23.24.1 24.40.0 26.31.5 65-69 19.42.9 19.57.3 20.05.0 20.21.1 20.57.0 20.21.1 20.59.1 21.20.9 21.21.0 21.21.0 21.31.3 21.35.6 21.51.0 21.54.4 22.02.5 22.18.2 22.38.5 23.48.0 23.59.0
	29 GEORGE LEAVITT 30 BILL HANSEN 31 GEORGE PETERSON 32 FRANK MALICK 33 GEORGE HUGO 34 BERT BAILEY 35 ELDRIDGE LLOYD 36 C FUTRELL 37 CARL REITERMAN 38 JOHN WILSON 39 CLARENGE OSBORN 1984 MEN'S 5000 MET 1 JOHN RASTANI 2 JACK WEBB 3 B JACQUART 4 JOHN HOLOUBEK 5 MAX QUACKENBOS 6 NATE WHITE 7 JOHN BOOTS 8 DON JOHNSON 9 T LIPSCOMB 10 STAN SMITH 11 J CAREY 12 RAY GORDON 13 BILL BENSON 14 H MARSHALL 15 JOHN WOODS 16 LARRY PATTERSON 17 BILL VAN PLEET 18 VANCELL 19 OSCAR HARTMANN 20 TOM MCGBE 21 THOMAS BARTLETT 22 AARON KAZDAN 23 REG LAMONT 24 MAURY CUMMINGS 25 JEFF BLOOMFIELD 26 WHITEY SEERLAN	CN CN PA 62 61 SC 63 61 SC 63 61 ERS NY 65 CN CA 67 FL 67 NY 65 NJ 67 CN CA 65 NJ 67 CN CA 65 NJ 67 CN CA 65 CA 67 FL 67 CN CA 65 CA 67 CN CA 66 CA 67 CN CA 66 CA 67 CN CA 66 CA 67 CN CA 67 TX 68	22.46.0 22.49.3 22.57.6 23.00.3 23.06.6 23.07.4 23.24.1.2 24.21.8 24.40.1 25.22.0 26.31.5 65-69 19.42.9 19.57.3 20.57.0 20.21.1 20.57.0 20.59.1 21.20.9 21.21.0 21.20.9 21.21.0 21.23.0 21.31.3 21.55.4 21.21.0 21.23.0 21.54.4 22.02.5 22.38.5 22.48.0 23.49.0 24.05.0 24.05.0 24.05.0 24.05.0 24.05.0 24.05.0 24.05.0 24.05.0
	29 GEORGE LEAVITT 30 BILL HANSEN 31 GEORGE PETERSON 32 FRANK MALICK 33 GEORGE HUGO 34 BERT BAILEY 35 ELDRIDGE LLOYD 36 C FUTRELL 37 CARL REITERMAN 38 JOHN WILSON 39 CLARENCE OSBORN 1984 MEN'S 5000 MET 1 JOHN RASTANI 2 JACK WEBB 3 B JACQUART 4 JOHN HOLOUBEK 5 MAX QUACKENBOS 6 NATE WHITE 7 JOHN BOOTS 8 DON JOHNSON 9 T LIPSCOMB 10 STAN SMITH 11 J CAREY 12 RAY GORDON 13 BILL BENSON 14 H MARSHALL 15 JOHN WOODS 16 LARRY PATTERSON 17 BILL VAN PLEET 18 VANCELL 19 OSCAR HARTMANN 20 TOM MCGBE 21 THOMAS BARTLETT 22 AARON KAZDAN 23 REG LAMONT 24 MAURY CUMMINGS 25 JEFF BLOOMPIELD 26 WHITEY SHERIDAN 27 TERTIUS CHANDLER	CN CN PA 62 61 SC 63 61 SC 63 61 ERS NY 65 CN CA 67 FL 67 NY 65 NY 65 NY 65 NY 65 CA 69	22.46.0 22.49.3 22.57.6 23.00.3 23.07.4 23.24.1. 24.40.1 25.22.0 26.31.5 65-69 19.42.9 19.57.3 20.05.0 20.21.1 20.57.0 20.21.1 20.57.0 21.22.0 21.21.0 21.31.3 21.35.6 21.51.0 22.18.2 22.38.5 22.48.0 23.59.0 24.20.0 20.21.1
	29 GEORGE LEAVITT 30 BILL HANSEN 31 GEORGE PETERSON 32 FRANK MALICK 33 GEORGE HUGO 34 BERT BAILEY 35 ELDRIDGE LLOYD 36 C FUTRELL 37 CARL REITERMAN 38 JOHN WILSON 39 CLARENCE OSBORN 1984 MEN'S 5000 MET 1 JOHN RASTANI 2 JACK WEBB 3 B JACQUART 4 JOHN HOLOUBEK 5 MAX QUACKENBOS 6 NATE WHITE 7 JOHN BOOTS 8 DON JOHNSON 9 T LIPSCOMB 10 STAN SMITH 11 J CAREY 12 RAY GORDON 13 BILL BENSON 14 H MARSHALL 15 JOHN WOODS 16 LARRY PATTERSON 17 BILL VAN PLEET 18 VANCELL 19 OSCAR HARTMANN 20 TOM MCGBE 21 THOMAS BARTLETT 22 AARON KAZDAN 23 REG LAMONT 24 MAURY CUMMINGS 25 JEFF BLOOMPIELD 26 WHITEY SHERIDAN 27 TERTIUS CHANDLER	CN CN PA 62 61 SC 63 61 SC 63 61 ERS NY 65 CN CA 67 FL 67 NY 65 NY 65 NY 65 NY 65 CA 69	22.46.0 22.49.3 22.57.6 23.00.3 23.06.6 23.07.4 23.24.1.2 24.21.8 24.40.1 25.22.0 26.31.5 65-69 19.42.9 19.57.3 20.57.0 20.21.1 20.57.0 20.59.1 21.05.4 21.12.0 21.12.0 21.23.0 21.31.3 21.35.6 21.51.0 21.54.4 22.02.5 22.38.5 22.48.0 23.44.0 23.44.0 24.55.0 24.55.0 24.55.0 24.55.0 24.55.0 25.02.0 25.12.0
	29 GEORGE LEAVITT 30 BILL HANSEN 31 GEORGE PETERSON 32 FRANK MALICK 33 GEORGE HUGO 34 BERT BAILEY 35 ELDRIDGE LLOYD 36 C FUTRELL 37 CARL REITERMAN 38 JOHN WILSON 39 CLARENGE OSBORN 1984 MEN'S 5000 MET 1 JOHN RASTANI 2 JACK WEBB 3 B JACQUART 4 JOHN HOLOUBEK 5 MAX QUACKENBOS 6 NATE WHITE 7 JOHN BOOTS 8 DON JOHNSON 9 T LIPSCOMB 10 STAN SMITH 11 J CARRY 12 RAY GORDON 13 BILL BENSON 14 H MARSHALL 15 JOHN WOODS 16 LARRY PATTERSON 17 BILL VAN PLEET 18 VANCELL 19 OSCAR HARTMANN 20 TOM MCGBE 21 THOMAS BARTLETT 22 AARON KAZDAN 23 REG LAMONT 24 MAURY CUMMINGS 25 JEFF BLOOMFIELD 26 WHITEY SHERIDAN 27 TERTIUS CHANDLER 28 ALVIN GUTTAG 29 H CAVIN 30 CYRIL TORTAS	CN CN PA 62 62 61 SC 63 61 ERS NY 65 CN CA 67 FL 67 NY 65 NJ 67 CN CA 65 NY 65 CA 69 CA 69 CN 67 TX 68 CA 69 VA 65 CA 69 VA 65 CA 69 VA 65 CA 69 CN 67 CN 67 CN 68 CA 69 VA 65 CA 69 CN 67 CN 67 CN 68 CA 69 CN 66 CN 67	22.46.0 22.49.3 22.57.6 23.00.3 23.07.4 23.24.1. 24.21.8 24.40.1 25.22.0 26.31.5 65-69 19.42.9 19.57.3 20.05.0 20.21.1 20.26.0 20.43.1 21.20.9 21.21.0 21.20.9 21.21.0 21.23.0 21.31.3 21.35.6 21.51.0 21.54.4 22.02.5 22.38.5 22.48.0 23.44.0 23.59.0 24.55.0 24.55.0 24.55.0 25.16.0 25.12.0 25.12.0 25.12.0
	29 GEORGE LEAVITT 30 BILL HANSEN 31 GEORGE PETERSON 32 FRANK MALICK 33 GEORGE HUGO 34 BERT BAILEY 35 ELDRIDGE LLOYD 36 C FUTRELL 37 CARL REITERMAN 38 JOHN WILSON 39 CLARENCE OSBORN 1984 MEN'S 5000 METI 1 JOHN RASTANI 2 JACK WEBB 3 B JACQUART 4 JOHN HOLOUBEK 5 MAX QUACKENBOS 6 NATE WHITE 7 JOHN BOOTS 8 DON JOHNSON 9 T LIPSCOMB 10 STAN SMITH 11 J CAREY 12 RAY GORDON 13 BILL BENSON 14 H MARSHALL 15 JOHN WOODS 16 LARRY PATTERSON 17 BILL VAN PLEET 18 VANCELL 19 OSCAR HARTMANN 20 TOM MCGBE 21 THOMAS BARTLETT 22 AARON KAZDAN 23 REG LAMONT 24 MAURY CUMMINGS 25 JEFF BLOOMFIELD 26 WHITEY SHERIDAN 27 TERRIUS CHANDLER 28 ALVIN GUTTAG 29 H CAVIN 30 CYRIL TOBIAS 31 JOSEPH MULLEN	CN PA 62 62 61 SC 63 61 SC 63 61 ERS NY 65 CN CA 67 FL 67 NY 65 NJ 67 CN CA 65 NY 65 CN CA 66 CA 69 CN	22.46.0 22.49.3 22.57.6 23.00.3 23.07.4 23.24.1. 24.21.8 24.40.1 25.22.0 26.31.5 65-69 19.42.9 19.57.3 20.05.0 20.21.1 20.57.0 20.21.1 20.57.0 21.21.0 21.21.0 21.31.3 21.35.6 21.51.0 21.54.4 22.02.5 22.18.2 22.38.5 22.48.0 23.44.0 24.40.0 24.21.0 23.59.0 24.21.0 22.18.2 22.38.5 22.48.0 23.44.0 24.20.0 25.16.0 25.16.0 25.16.0 25.16.0 25.16.0 25.16.0 26.30.0
	29 GEORGE LEAVITT 30 BILL HANSEN 31 GEORGE PETERSON 32 FRANK MALICK 33 GEORGE HUGO 34 BERT BAILEY 35 ELDRIDGE LLOYD 36 C FUTRELL 37 CARL REITERMAN 38 JOHN WILSON 39 CLARENGE OSBORN 1984 MEN'S 5000 MET 1 JOHN RASTANI 2 JACK WEBB 3 B JACQUART 4 JOHN HOLOUBEK 5 MAX QUACKENBOS 6 NATE WHITE 7 JOHN BOOTS 8 DON JOHNSON 9 T LIPSCOMB 10 STAN SMITH 11 J CARRY 12 RAY GORDON 13 BILL BENSON 14 H MARSHALL 15 JOHN WOODS 16 LARRY PATTERSON 17 BILL VAN PLEET 18 VANCELL 19 OSCAR HARTMANN 20 TOM MCGBE 21 THOMAS BARTLETT 22 AARON KAZDAN 23 REG LAMONT 24 MAURY CUMMINGS 25 JEFF BLOOMFIELD 26 WHITEY SHERIDAN 27 TERTIUS CHANDLER 28 ALVIN GUTTAG 29 H CAVIN 30 CYRIL TORTAS	CN PA 62 62 61 SC 63 61 SC 63 61 ERS NY 65 CN CA 67 FL 67 NY 65 NJ 67 CN CA 65 NY 65 CN CA 66 CA 69 CN	22.46.0 22.49.3 22.57.6 23.00.3 23.07.4 23.24.1. 24.21.8 24.40.1 25.22.0 26.31.5 65-69 19.42.9 19.57.3 20.05.0 20.21.1 20.26.0 20.43.1 21.20.9 21.21.0 21.20.9 21.21.0 21.23.0 21.31.3 21.35.6 21.51.0 21.54.4 22.02.5 22.38.5 22.48.0 23.44.0 23.59.0 24.55.0 24.55.0 24.55.0 25.16.0 25.12.0 25.12.0 25.12.0
	29 GEORGE LEAVITT 30 BILL HANSEN 31 GEORGE PETERSON 32 FRANK MALICK 33 GEORGE HUGO 34 BERT BAILEY 35 ELDRIDGE LLOYD 36 C FUTRELL 37 CARL REITERMAN 38 JOHN WILSON 39 CLARENCE OSBORN 1984 MEN'S 5000 MET 1 JOHN RASTANI 2 JACK WEBB 3 B JACQUART 4 JOHN HOLOUBEK 5 MAX QUACKENBOS 6 NATE WHITE 7 JOHN BOOTS 8 DON JOHNSON 9 T LIPSCOMB 10 STAN SMITH 11 J CAREY 12 RAY GORDON 13 BILL BENSON 14 H MARSHALL 15 JOHN WOODS 16 LARRY PATTERSON 17 BILL VAN PLEET 18 VANCELL 19 OSCAR HARTMANN 20 TOM MCGEE 21 THOMAS BARTLETT 22 AARON KAZDAN 23 REG LAMONT 24 MAURY CUMMINGS 25 JEFF BLOOMFIELD 26 WHITEY SHERIDAN 27 TERTIUS CHANDLER 28 ALVIN GUTTAG 29 H CAVIN 30 CYRIL TOBIAS 31 JOSEPH MULLEN 32 DAVE STRAUSS	CN CN PA 62 62 61 SC 63 61 SC 63 61 ERS NY 65 CN CA 67 FL 67 NY LA 65 NJ 67 CN CA 65 NJ 67 CN CA 66 CA 69 CN CA	22.46.0 22.49.3 22.57.6 23.00.3 23.06.6 23.07.4 23.24.15 24.21.8 24.21.8 24.40.1 25.22.0 26.31.5 65-69 19.42.9 19.57.3 20.05.0 20.43.1 20.57.0 20.59.1 21.05.4 21.12.0 21.23.0 21.21.0 21.23.0 21.21.0 21.23.0 21.21.0 21.23.0 21.21.0 21.23.0 21.21.0 21.23.0 21.21.0 21.23.0 21.21.0 21.23.0 21.21.0 21.21.0 21.21.0 21.23.0 21.21.0 21.21.0 21.21.0 21.21.0 21.21.0 21.21.0 21.21.0 21.21.0 21.21.0 21.21.0 21.21.0 21.21.0 21.21.0 22.18.2
	29 GEORGE LEAVITT 30 BILL HANSEN 31 GEORGE PETERSON 32 FRANK MALICK 33 GEORGE HUGO 34 BERT BAILEY 35 ELDRIDGE LLOYD 36 C FUTRELL 37 CARL REITERMAN 38 JOHN WILSON 39 CLARENCE OSBORN 1984 MEN'S 5000 MET 1 JOHN RASTANI 2 JACK WEBB 3 B JACQUART 4 JOHN HOLOUBEK 5 MAX QUACKENBOS 6 NATE WHITE 7 JOHN BOOTS 8 DON JOHNSON 9 T LIPSCOMB 10 STAN SMITH 11 J CARRY 12 RAY GORDON 13 BILL BENSON 14 H MARSHALL 15 JOHN WOODS 16 LARRY PATTERSON 17 BILL VAN PLEET 18 VANCELL 19 OSCAR HARTMANN 20 TOM MCGBE 21 THOMAS BARTLETT 22 AARON KAZDAN 23 REG LAMONT 24 MAURY CUMMINGS 25 JEFF BLOOMFIELD 26 WHITEY SHERIDAN 27 TERTIUS CHANDLER 28 ALVIN GUTTAG 29 H CAVIN 30 CYRIL TOBIAS 31 JOSEPH MULLEN 32 DAVE STRAUSS	CN CN PA 62 61 SC 63 61 SC 63 61 CN CA 67 FL 67 NY 65 NJ 67 CN CA 66 CN CA 66 CN CA 66 CN CA 67 TX 68 CN CA 69 CN CA 69 CN CA 67 TX 68 CN CA 69 CN CA 67 TX 68 CN CA 69 CN CA 67 TX 68 CN CA 69 CA	22.46.0 22.49.3 22.57.6 23.00.3 23.24.1. 24.21.8 24.22.0 26.31.5 65-69 19.42.9 19.57.3 20.05.0 20.21.1 20.26.0 20.43.1 20.26.0 21.12.0 21.20.9 21.21.0 21.23.0 21.31.3 21.35.0 21.51.0 21.54.4 22.02.5 22.38.5 22.38.5 22.48.0 23.44.0 23.59.0 24.55.0 24.55.0 25.16.0 25.12.0 25.12.0 25.12.0 25.12.0 26.30.0 40.32.0
	29 GEORGE LEAVITT 30 BILL HANSEN 31 GEORGE PETERSON 32 FRANK MALICK 33 GEORGE HUGO 34 BERT BAILEY 35 ELDRIDGE LLOYD 36 C FUTRELL 37 CARL REITERMAN 38 JOHN WILSON 39 CLARENCE OSBORN 1984 MEN'S 5000 MET 1 JOHN RASTANI 2 JACK WEBB 3 B JACQUART 4 JOHN HOLOUBEK 5 MAX QUACKENBOS 6 NATE WHITE 7 JOHN BOOTS 8 DON JOHNSON 9 T LIPSCOMB 10 STAN SMITH 11 J CAREY 12 RAY GORDON 13 BILL BENSON 14 H MARSHALL 15 JOHN WOODS 16 LARRY PATTERSON 17 BILL VAN PLEET 18 VANCELL 19 OSCAR HARTMANN 20 TOM MCGBE 21 THOMAS BARTLETT 22 AARON KAZDAN 23 REG LAMONT 24 MAURY CUMMINGS 25 JEFF BLOOMFIELD 26 WHITEY SEERIDAN 27 TERTIUS CHANDLER 28 ALVIN GUTTAG 29 H CAVIN 30 CYRIL TOBIAS 31 JOSEPH MULLEN 32 DAVE STRAUSS	CN CN PA 62 62 61 SC 63 61 SC CA 67 FL 67 NY 65 CN CA 65 NJ 67 CN CA 65 NJ 67 CN CA 66 CA 69 CN CA 66 CA 69 CN CA 67 TX 68 CA 69 VA 65 CA 69 CN CA 67 TX 68 CA 69 CA 67 TX 68 CA 67 TX 68 CA 67 TX 68 CA 67 TX 72	22.46.0 22.49.3 22.57.6 23.00.3 23.07.4 23.24.1. 24.21.8 24.40.1 25.22.0 26.31.5 65-69 19.42.9 19.57.3 20.05.0 20.21.1 20.26.0 20.43.1 20.57.0 21.23.0 21.31.3 21.35.4 21.12.0 21.31.3 21.35.4 21.12.0 21.23.0 21.31.3 21.35.4 22.02.5 22.38.5 22.48.0 23.44.0 23.59.0 24.21.0 25.16.0 25.12.0 26.30.0 40.32.0
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May, 1986		
Continued from previous p	age	
7 JOE GOODMAN 8 BILL MONHEIT	CA 72 CA 74	24.54.6 28.37.3
9 CHARLES ESPY 10 WESLEY MILLER	PL 74 CN	29.03.9
11 OLIVER BOHLMAN	MO 71	
12 S WESTCOTT 13 F PATTERSON	MO 71 71	31.49.0
14 M PROBST	73	51.10.0
1984 MEN'S 5000 METE 1 EDWARD BENHAM	MD 76	75-79 21.21.1
2 HUGH CLIFFORD 3 BYRON FIKE	CN 76 CA 75	23.12.2 25.01.5 25.58.4
4 JOHN MCGEE 5 TONY PERONA 6 JAMES MEAD	CA CO 76	26.39.9 27.19.2
7 CHET CRABB 8 PAUL MCDOWELL	OH 77	31.53.6
9 A EPP	•	33.43.0
1984 MEN'S 5000 METE 1 NAT PISCIOTTA	CA 80	80-84 29.14.2
2 JACOB BISHIN	CA 83	34.38.5
1984 MEN'S 5000 METE	ERS	85-89
RANK NAME ST	ATE AGE	TIME
1 PAUL SPANGLER	CA 85	28.03.7
1984 WOMEN'S 5000 ME	MPD0	20. 21.
COMPILED BY MAX QUAC		30-34
	TATE AGE	TIME
MARI- 1 LYN TAYLOR-ALLEN		17.10.9
2 JENNA KNIGHT 3 JANE SOWERSBY	OR 31	18.11.1
4 D DANN 5 LE COMPTE 6 S CARTER		20.59.2 21.25.0
7 FERNEKES	SC	22.06.4
8 D HERTLING 1984 WOMEN'S 5000 ME	SC	22.48.9
1 MELINDA CARTER	TX 36	ALC: NO.
2 ANNA MOORE 3 CAROL JACKSON	39 OR 37	19.37.3
4 BARTON 5 WARREN	AL	20.38.0
6 MAXINE WATERS 7 MONROE	CA 38	21.13.7 22.22.0
9 SUSAN FOSTER	NJ	22.24.5
10 J STENHOUSE		24.10.7
1984 WOMEN'S 5000 ME 1 SHIRLEY MATSON		40-44
1 SHIRLEY MATSON 2 CAROL FLEXER 3 CAROL STROUD	CA 43 WA 41	17.35.0 18.32.6
4 YVONNE RODGERS 5 PAT THOMAS 6 ROBIN VILLA	CA 41 FL 41	18.34.7
6 ROBIN VILLA	MA 111	18.55.8
7 MARY JO GILLASPY 8 WENDY WATSON 9 CHARLOTTE SWANSON	TX 43 CA 40	19.50.5
10 SHARON GREINER	ÇA 42	20.11.1
11 EMMONS 12 K KUSNER	CA .	20.50.8
13 JACKIE MARR 14 DE BOLT	NM 41.	22.28.6
15 B EPPS 16 JEAN WARD	CN	25.33.9
1984 WOMEN'S 5000 ME	TERS	45-49
1 VICKI BIGELOW	CA 49	18.41.4
2 SANDRA KNOTT 3 NANCY PARKER	OH 46 GA 47	18.51.6
4 MARY MARSOLAIS 5 BARBARA MCLEOD 6 EVELYN HESS	AK 47 CN	20.17.0 20.36.9
6 EVELYN HESS 7 SHEILA SMITH	OR 48	22.15.5 22.21.7

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		A CONTRACTOR
8 ATSUKO FUJIMOTO	CA	22.29.8
	UA	
9 HOWELL 10 C HOWARD		24.23.6
		24.31.9
11 MARGARET ABBOTT		25.09.1
12 ROSEANN WILSON	CN	25.15.0
12 HOODRING WILDOOM	J.	2).1).0
		1
1984 WOMEN'S 5000 ME	TERS	50-54
1 MILA KANIA	NY 53	19.11.7
2 RUTH CARRIER	CN 53	21.39.1
3 LENORE MONTGOMERY	CN	21.55.0
	WA 54	21.56.5
		21.50.5
5 BARBARA DIBBLE	AZ 53	
6 GRETCHEN SNYDER	CA 50	
7 SUSAN MEANS	OR 51	23.00.7
8 G EMBLER	SC	23.58.5
9 ARDIE ARNIS	OR 50	24.00.3
	011 00	26.30.0
10 ELEANOR WALLACE	mu	
11 GLENDA WILLIAMS	TX	28.47.0
12 P JONES	CO 52	33.52.5
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1984 WOMEN'S 5000 ME	TERS	55-59
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A IMPERIENCE DE LOS	CA 59	20.05.0
1 HELEN DICK		
2 RUTH ANDERSON	CA 55	21.05.6
3 HARRIET WILSON	OR 56	24.05.0
4 TANNER		24.12.3
5 KIT PICKLES	CA 58	25.00.9
6 JANET RICHARDS	TX	26.04.0
	14	
7 N SOUTH	Day of the	27.01.4
8 RUTH FITZGERALD	CN	27.46.1
9 ELIZABETH NOLAN	CA	34.10.3
1984 WOMEN'S 5000 ME	TERS	60-6h
2,44		Annah da da
1 JACLYN CASELLI	CA 63	22.40.4
2 GERRY DAVIDSON	CA 63	
	CA OS	
3 HAZEL CAMERON	CN	24.35.7
4 CORA LANE	CN	28.06.0
5 MARIA MALDONADO	TX	41.51.0
1984 WOMEN'S 5000 ME	TERS	65-69
1704 101211 0 3000 11		A SALE
1 TRAN OFFITTING	WA 61	25 11. 2
1 JEAN STEVENS	WA 66	
2 LILY SHAPIRO	TX	41.46.0

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EAST

MAC Masters Indoor T&F Championships February 16 Fordham University, N.Y.

55 METERS-CHAMPIONSHIP
W30 REGNA PEART 7.5
W35 SKIPPER CLARK 7.8
JENNIFER PINTO 7.9
EDWARDS 8.4
W40 M. MITCHELL . B.2
W45 JOYCE DUNMORE 8.5
CANDY JOHNSON 9.4
W70 IDA KEELING 12.7
HOO FURNIC C P
CONZENTINO 6.9
L. MILLER 8.2
M35 W. OVERBY 7.1
CONZENTINO 6.9 L. MILLER 8.2 M35 W. OVERBY 7.1 IVAN BLACK 7.3
ALAN MEVIS 7.5
G. SMITH 7.9
M40 R. JOHNSON 6.7
TOM TOSCANO 6.9
WATSON 7.2
M45 R. WEAVER 7.1
MEL BARNWELL 7.2
RIZZO 7.2 M50 MURPHY 7.8
M55 T. BROOKS 7.5
M60 R. VALENTINE 7.9
T DOOD! EV 9 (
M I ENTZER 0.0
J. DOORLEY 8.4 M. LENTZER 8.9 D. BROWN 9.1
M65 D. LAWYER 8.4
M70 McCLUSKEY 10.7
55M NON-CHAMPIONSHIP

55M	NON-CHAMPION	SHIP
W40	L. COHEN	8.6
M30	H. HUDSON	6.9
M40	MILLER	6.5
M55	KELLY	8.5
M75	D. ERNST	10.3
200	CHAMPIONSHI	0

200	CIT	THE LONG STILL	
W30	R.	PEART	30.0
	S.	KEELING	34.2
W35	S.	CLARK	27.9
	J.	PINTO	28.6
		EDWARDS	32.6
	В.	TSAD	35.7
	н.	SETTLES	37.8
W40	M.	MITCHELL	30.3
W45	A.	JOHNSON	34.2
W65	M.	SMITH	45.7
W70	1.	KEELING	NT
M30	S.	OKREND	26.8
	L.	MILLER	31.5
M35		MCDONALD	25.0
		OVERBY	25.1
	D.	HODGE	25.7
	I.	BLACK	27.0
	G.	SMITH	28.6
	1 -		2/12/20

400M -	CHAMPIONSH	HIP
W35 S.	CLARK	64.0
CLA	IR-SEARCY	68.6
W40 S.	PASHKIN	69.6
	SMITH 1:	
	OKREND	
	HODGE	
,,,,,	McDONALD	
full to the		
	BLACK	
M40 R.	JOHNSON	53.9
	SALES	64.2
M45 E.	SMALLS	54.4
M50 C.	PAULING	59.3
	EIDOWITZ	
M60 D.		
	BENSON 1	
	N-CHAMP IO	
	COHEN	
	RODGERS	
н.	HUDSON	
	RAPELYEA	
M40 .	WILLIAMS	59.6
	MANNO	66.4
	THE REAL PROPERTY.	The state of the s

BOOM C	HAMP I ONSH	IP
W30 S.	KEELING	2:55.8
W35 M.	ROSADO	2:40.3
M30	PFAFF	2:08.
	RAFELYEA	2:14
P	RITCHARD	2:47.2
M35 D.	MALAMUT	2:12.1
В.	WRIGHT	2:16.9
В.	INDEK	2:23.2
M40 R.	WOOLLEY	2:14.3
K.	SMITH	2:14.9
	LAMB	2:23.7
	SALES	2:27.8
	CURRY	2:29.4
R.	PLEASANT	2:39.2

_				
I	M45 S. HOWARD	2:05.6	ILS	
ı	G. SHANE	2:06.0	30-39	
	M50 C. PAULING		1 Sherry Flaher WP 6:06	.0
	M55 J. KERNAN		KILE VALK	
ŝ	A. BRADLEY		50-59	
	BOOM NON-CHAMP		l mileen Smith UN 12:3	1.0
1	M30 RONEY	2:15.5	MICH JUMP	
	HEMMEL	2:17.9	70-79	
	M35 ANDERSON JAYSON		1 Vivian Nelson UN 3'0	
1	M40 HERRADA		SHOT PUT	
1	SUGGS	2:19.8	50-59	
1	The latest the second		1 alleen Smith UN 20'8'	
1				
1	3000M WALK CHA	MPIONSHIP	MANS EVEN'S	
1	W45 BUTKOVICK	23:00.1	HIGH HURDLES	
1	M35 SCANLON	20:04.7	40-49	
1	M40 BUTKOVICK		1 Ralph Scola OTH 9	.4
1	SINGH	21:09.8		1.
ı			1 forren Greenburg WP 11	.4
1	1500H BUANETE			.4
1	1500M CHAMPION W30 SHER		50x	•
1	MCINTOSH	5:05.8	NA 10	
ı	ROSENBLOOM	6:09.2	I Frank akony WP 6	.0
ı	W35 ROSADO	5:21.2		.1
١	SMALL	5:38.7	30-39	-
ı	TSAO	5:48.6	1 Andy Amie 111 UN 6	.4
ı	M30 DAVIS	5:02.3	2 Dustin ann AA.C 6	.5
1	M35 WRIGHT	4:31.8	3 Jeff Gerson OTH 7	.2
-	WISNEWSKI	4:32.3	40-49	
-	SMITH	4:55.2	1 Hob Holmes WP 6	.3
1	M40 WOOLLEY	4:28.6	2 Chuck Bartholenew MCTC 6.	
1	MICHAELSON		3 Leroy McClain OTH 6.	. 5
-	K. SMITH	4:33.4	SINGLE SELECTION OF THE PARTY O	
	LAMB	5:02.6	50y	
	CURRY	5:10.1	men 50-59	0
1	M45 HOWARD	4:24.9	1 Morren Greenberg WP 6	.8
1	M55 KERNAN A. COHEN	5:33.7	2 Rocky Taylor WP 7	.5
ı	M60 D. BROWN	5:37.4		.8
	1500M NON-CHAM	6:10.8	1 Ray Bower WP 6	.0
١	M30 RONEY	4:30.4		.8
١	HEMMEL	4:34.0		
1	SKINNER	4:34.8	200	
1	BRADY	4:35.9	OPEN OPEN	
١	M35 JAYSON	4:50.3	1 Frank Makosy WP 35.	5
ı	M40 HERRALA	4:25.4	2 Rodney Wilson I'm 36	
ı	W30 HULSE	5:15.5	3 Jamie Stabl YSU 37.	
ı	W40 DAVIS	5:35.0	4 Tommy Payne YS 37.	
ı	MAC BRAIS	3:33.0	5 Pat McFarland UN 38.	
ı			30-39	
ı	3200M RUN CHAM		1 Don Jones NI 35.	
ı	M35 WISNIEWSKI		2 Dustin Hann AATC 37.	
١	BARBOSA	10:16.4	3 Ray Sanches WP 42,	,8
١	WRIGHT MALAMUT	10:34.3	1 Ralph Scola OTH 39	2
١	M40 WOOLLEY	10:48.5	2 Leroy McClain OTH 41.	
١		10:20.2	3 Chuck Bartholesu MCTC 42.	
9	M55 MARGETSON	13:51.6	4 Herel Smith UN 49.	
ı	W30 Mc INTOSH	14:12.8		•
	100 05	14:18.5	300x	
١	W35 SETTLES	15:33	50-59	
ŀ	3200M NON-CHAMP		1 Morren Greenberg WP 42.	.6
١	M30 BLAKE	10:19.1	2 Rocky Taylor WP 49.	
ı	N. ?	10:21.6	60-69	
ı			1 Ray Bower WP 43.	.3
1	4 Y 300 BELOW	SALES NOT THE		3
1	M30 NY PIONEERS	1.38 1	600y	100
١	NYM NY PIUNEERS	1:57.4	OPEN	=
1	M40 NYP	1:45.8	1 Jamie Stabl YSTC 1:23.	
1	M50 NYM	2:06.3	2 Dan Hardwick VP 1:25.	9
1			3 Joe maceri WP 1:34.	1
1			30-39 1 Don Jones NI 1:21.	4
1	55M HURDLES CHAI	MPIONSHIP	2 Dustin rann AA 1:22	
1	W35 CLARK	10.7	3 kric Schmidt MC 1:24.	
1	M35 BLACK	9.5	4 Joe Balsamo UN 1:31.	ó
1	M40 MILOVE	9.4	5 Jeff Gerson OTH 1:32.	
1	DeJESUS	9.8	40-49	"SE
1	Here the Just		1 Merle Smith UN 1:45.	4
1	And the state of the	EWEST - NT	2 Chuck Bartholesew MC 1:49.	5
1	Western Pennsylv	ania Indoor		Se i
1	Track and Field Ch	ampionships	600	3
1	Slippery Rock U	niversity	50-59	
1	March 1		1 Morren Greenberg WP 1:46	.1
1			2 Rocky Taylor WP 1:56	
1	ETYLIVE CHA.OM			
1	\$0×49	Water Committee	1000y OPEN	
1	I Georgette Lacey	WD 0.0	1 George Logue UN 2:43	.7
1	70-79	WP 8.8	2 Tom Payne YS 2.53	.2
1	1 Vivian Nelson	UN 9.4	70-77	-
1	220	7.4	1 Joe halsamo UN 2:43	
1	40-49		2 Erio Schmidt MC 2:44 3 Ray Sanches WF 3:01	
1	1 corgette Lacey	WP 42.5	40-49 WY 3:01	.1
1	70-79	u ve k	1 John Glovenso ws 2.00	
-1	1 Vivian Welson	UN 48.3	2 Ted Breault WP 3:05	.0
ı			2 Ted Breault WP 3:05 3 Merle Smith UN 3:15	0
	140	THE RESERVE		
	30-39	un • •		
	30-39 1 Sherry Fisher	WP 1:17.5		
	30-39 1 Sherry Fisher 40-49		1000 50-59	
	30-39 1 Sherry Fisher		1000 50-59 1 Morren Greenberg WF 3:25	.0
	30-39 1 Sherry Fleher 40-49 1 Georgette Lehey 880 30-39	WP 1:29.2	1000 50-59 1 Morren Greenberg WF 3:25 2 Rocky Taylor WP 3:26	.0
	30-39 1 Sherry Fleher 40-49 1 Georgette Lehey 880 30-39	WP 1:29.2	1000 50-59 1 Morren Greenherg WF 3125 2 Rocky Taylor WP 3126 70-79	.0
	30-39 1 Sherry Fisher 40-49 1 Georgette Labey 889	WP 1:29.2	1000 50-59 1 Morren Greenberg WF 3:25 2 Rocky Taylor WP 3:26	.0

SULTS		
NAL MASTE	4450 ACCOST	
4. If possible, white space.		
Time Space.	-	
30-39		
1 Sherry Flaher	WP 6	106.0
1 alleen Smith	UN 1	2:31.0
70-79 1 Vivian Nelson	UM	3.0
SHOT PUT 50-59		
l alleen Saith	UN 2	0.8.
HO-49		
1 Ralph Scola 50-59 1 Forren Greenburg	OTH	9.4
1 Denver Smith		9.4
OFEN I Frank akoey	Vo	6.0
2 Fat McFarland	UN	6.1
1 Andy Amieill 2 Dustin Fann 3 Jeff Gerson	AALC	6.4
1 Hob Holmes	WP	6.3
2 Chuck Bartholeme 3 Leroy McClain	OTE	6.5
50y men 50-59		
1 Morren Greenberg 2 Rocky Taylor	WP WP	6.8
60-69 1 Ray Bower 70-79	WP	6.8
1 Don Ernst	WP	8.8
300y OPEN		
1 Frank Makosy 2 Rodney Wilson 3 Jamie Stabl	I'IC YSU	35.5 36.1 37.1
4 Tommy Payne	YS	37.9
1 Don Jones	NI	35.6 37.6
40-49	MP	42,8
	OTH	
Werel Saith	UN	49.3
300y 50-59		
Norren Greenberg 2 Rocky Taylor 60-69	NP NP	42.6
1 Ray Bower	WP	43.3
600y OPEN 1 Janie Stabl 1	ISTC 1	23.2
1 Jamie Stabl 1 2 Dan Hardwick 3 Joe Mascari 30-39	VP 1	25.9
1 Ibn Jones	NI 1	21.6
3 Eric Schmidt	AA 1 HC 1 UN 1	24.)
5 Jeff Gerson	OTH 1	32.5
1 Merle Smith 2 Chuck Bartholemen	UN 1	45.4
600 50-59		1.5
1 Morren Greenberg 2 Rocky Taylor	WP 1	146.1
1 George Logue 2 Com Payne	UN 2 Y3 2	143.7
30-39 1 Joe balsamo 2 Eric Schmidt	UN 2	143.6
3 Ray Sanches	Wr 3	101.1
1 John Giovengo 2 Ted Breault 3 Merle Smith	WP 3	159.0
		115.0
1000 50-59 1 Worren Greengers	WF 3	125.0

FILE	V Santa
Oras	
1 matt coltan	NV 4137.4
2 Ton Payne 30-39	Y8 5127.0
30-39 1 Jos Baisanu 2 Guy Pissoferra	UN 4159.
40-49	
1 John Glovengo	WP 5132.0
50-59	
1 Dave Colton 2 Jim Lacey	NVTC 5:21.4
3 Morren Creenber	FR WP 6:05.0
4 Rocky Taylor	WP 6:47.0
60-69	
1 Fran Albaugh	WP 6121.0
4TLE VALX	
1 Fran Albaugh	WP 10:42.5
70-79 1 Don Ernst	WP 13:18.7
30-39 1 Joo Balsamo	
1 Joe Balsano	UN 16:30.0
2 Eric Schaldt	FC 17:16.0
3 Ray Sanches 4 Bill Forrester	HC 25:49.0
3 %11e 50-59 1 Jim Lacey	WP 17:32.0
60-69	
l Fran Albaugh	WP 22128.0
HICH JUMP OPEN	
1 Dave Ritter	13 6'0
1 Ralph Scola 0	ALA HT
2 Chuck Barthole	mew MC 3'11
HIGH JUNE 60-6	9
HIGH JUMP 60-6	OTH 4.4"
FOLS VAULT	
OFEN	
1 Sd Frye Bar 2 Jerry Dowdy B	nmi 13'6"
2 Jerry Dowdy B	nsi 12'6"
30-39 1 San Prentice i	lanet 1216s
I DER PREDICE	
	- I I
SHOT FUT	
SHOT FUT	
SHOT FUT 30-39 1 Norm Bower CT 2 Alex incloved 3 Hike Kowel F	H 41'6}-
SHOT FUT 30-39 1 Norm Bower 07 2 Alex iholovic 3 Mike Kowel F	th 41.6}- th WP 41.4- th I2-5-
SHOT FUT 30-39 1 Norm Bower Of 2 Alex .incloved 3 :ike Kowel F 40-49 1 George :irka 2 Jim Pamli	th 41.6}- th WP 41.4- th I2-5-
SHOT FUT 30-39 1 Norm Bower 67 2 Alex .iholovic 3 %ike Kowel F 40-49 1 Goorge Mirka 2 Jin Famli 50-59	TH 41'64" TH WP 41'4" TS 12"5" OTH 40'94" WP 36'9"
SHOT FUT 30-39 1 Norm Bower 67 2 Alex .iholovic 3 %ike Kowel F 40-49 1 Goorge Mirka 2 Jin Famli 50-59	th 41.6}- th WP 41.4- th I2-5-
SHOT FUT 30-39 1 Norm Bower Of 2 Alex inholovic 3 like Kowel F 40-19 1 George lirka 2 Jin Fauli 50-59 1 Denver Saith Dick dann	TH 41'64" TH WP 41'4" TS 12"5" OTH 40'94" WP 36'9"
SHOT FUT 30-39 1 Norm Bower CT 2 Alex inholovic 3 Hike Kowel F 40-49 1 George Hirka 2 Jin Fault 50-59 1 Denver Smith Dick dann 359WT 30-39	TH 41'61" TH 41'61" TH WF 41'1" TH WF 41'1" TH WF 36'9" OTH 38'9 OTH 32'4;"
SHOT FUT 30-39 1 Norm Bower CT 2 Alex incloved 3 Tike Kowel F 40-49 1 George Mirka 2 Jin Pauli 50-59 1 Denver Smith Dick dann 355WT 30-39 1 Norm Bower 40-49	TH 41'64"- TH 41'64"- TH 40'94"- MP 36'9" OTH 38'9 OTH 32'44"- OTH 45'2
SHOT FUT 30-39 1 Norm Bower CT 2 Alex .iholovic 3 :1ke Kowel F 40-49 1 Goorge :iirka 2 Jin Pauli 50-59 1 Denver Smith Dick dann 35947 30-39 1 Jin Pauli	TH 41'61" TH 41'61" TH WF 41'1" TH WF 41'1" TH WF 36'9" OTH 38'9 OTH 32'4;"
SHOT FUT 30-39 1 Norm Bower CT 2 Alex incloved 3 Tike Kowel F 40-49 1 George Mirka 2 Jin Pauli 50-59 1 Denver Smith Dick dann 355WT 30-39 1 Norm Bower 40-49	TH 41'64"- TH 41'64"- TH 40'94"- MP 36'9" OTH 38'9 OTH 32'44"- OTH 45'2
SHOT FUT 30-39 1 Norm Bower Off 2 Alex inholovic 3 like Kowel F 40-49 1 George lirka 2 Jin Fauli 50-59 1 Denver Smith Dick dann 359WT 30-39 1 Norm Bower 40-49 1 Jin Fauli 50-59	TH 41'64" TH 41'64" TH 40'94" WP 36'9" OTH 38'9 OTH 32'4;" OTH 45'2 WP 42'5" OTH 36'3
SHOT FUT 30-39 1 Norm Bower CT 2 Alex Aholovic 3 Tike Kowel F 40-49 1 George Mirka 2 Jin Pauli 50-59 1 Denver Smith Dick Mann 354W1 30-39 1 Norm Bower 40-49 1 Jin Pauli 50-59 1 Dick Mann 56wW: Exhibition 30-39	oth 45'2 WP 42'5" Oth 36'3
SHOT FUT 30-39 1 Norm Bower Of 2 Alex inholovic 3 like Kowel F 40-49 1 George lirka 2 Jin Fauli 50-59 1 Denver Smith Dick dann 359WT 30-39 1 Norm Bower 40-49 1 Jin Fauli 50-59 1 Dick Mann 560W: Exhibition 30-39 1 Norm Bower 80-39 1 Norm Bower 80-89	TH 41'64" TH 41'64" TH 40'94" WP 36'9" OTH 38'9 OTH 32'4;" OTH 45'2 WP 42'5" OTH 36'3
SHOT FUT 30-39 1 Norm Bower CT 2 Alex inholovic 3 like Kowel F 40-49 1 George lirka 2 Jin Fauli 50-59 1 Denver Smith Dick dann 35947 30-39 1 Norm Bower 40-49 1 Jin Fauli 50-59 1 Dick Jann 56448 Exhibition 30-39 1 Norm Bower 80-49 1 Jin Fauli	oth 45'2 WP 42'5" Oth 36'3
SHOT FUT 30-39 1 Norm Bower Of 2 Alex inholovic 3 like Kowel F 40-49 1 George lirka 2 Jin Fauli 50-59 1 Denver Smith Dick dann 359WT 30-39 1 Norm Bower 40-49 1 Jin Fauli 50-59 1 Dick Mann 560W: Exhibition 30-39 1 Norm Bower 80-39 1 Norm Bower 80-89	OTH 45'2 WP 42'5" OTH 45'2 WP 42'5" OTH 36'3 OTH 27'7
SHOT FUT 30-39 1 Norm Bower COT 2 Alex Abolovic 3 Take Kowel F 40-49 1 George Mirka 2 Jin Pauli 50-59 1 Dick Mann 355WI 30-39 1 Norm Bower 40-49 1 Jin Pauli 50-59 1 Dick Mann 566WI Exhibition 30-39 1 Norm Bower 80-49 1 Jin Pauli 50-79 1 Jin Pauli 50-79	OTH 45'2" WP 42'5" OTH 45'2 WP 42'5" OTH 36'3 OTH 27'7 WP 27'64
SHOT FUT 30-39 1 Norm Bower COT 2 Alex Abolovic 3 Take Kowel F 40-49 1 George Mirka 2 Jin Pauli 50-59 1 Dick Mann 355WI 30-39 1 Norm Bower 40-49 1 Jin Pauli 50-59 1 Dick Mann 566WI Exhibition 30-39 1 Norm Bower 80-49 1 Jin Pauli 50-79 1 Jin Pauli 50-79	OTH 45'2" WP 42'5" OTH 45'2 WP 42'5" OTH 36'3 OTH 27'7 WP 27'64
SHOT FUT 30-39 1 Norm Bower COT 2 Alex Abolovic 3 Take Kowel F 40-49 1 George Mirka 2 Jin Pauli 50-59 1 Dick Mann 355WI 30-39 1 Norm Bower 40-49 1 Jin Pauli 50-59 1 Dick Mann 566WI Exhibition 30-39 1 Norm Bower 80-49 1 Jin Pauli 50-79 1 Jin Pauli 50-79	OTH 45'2" WP 42'5" OTH 45'2 WP 42'5" OTH 36'3 OTH 27'7 WP 27'64
SHOT FUT 30-39 1 Norm Bower COT 2 Alex Abolovic 3 Take Kowel F 40-49 1 George Mirka 2 Jin Pauli 50-59 1 Dick Mann 355WI 30-39 1 Norm Bower 40-49 1 Jin Pauli 50-59 1 Dick Mann 566WI Exhibition 30-39 1 Norm Bower 80-49 1 Jin Pauli 50-79 1 Jin Pauli 50-79	OTH 45'2" WP 42'5" OTH 45'2 WP 42'5" OTH 36'3 OTH 27'7 WP 27'64
SHOT FUT 30-39 1 Norm Bower COT 2 Alex Abolovic 3 Take Kowel F 40-49 1 George Mirka 2 Jin Pauli 50-59 1 Dick Mann 355WI 30-39 1 Norm Bower 40-49 1 Jin Pauli 50-59 1 Dick Mann 566WI Exhibition 30-39 1 Norm Bower 80-49 1 Jin Pauli 50-79 1 Jin Pauli 50-79	OTH 45'2" WP 42'5" OTH 45'2 WP 42'5" OTH 36'3 OTH 27'7 WP 27'64
SHOT FUT 30-39 1 Norm Bower COT 2 Alex Abolovic 3 Take Kowel F 40-49 1 George Mirka 2 Jin Pauli 50-59 1 Dick Mann 355WI 30-39 1 Norm Bower 40-49 1 Jin Pauli 50-59 1 Dick Mann 566WI Exhibition 30-39 1 Norm Bower 80-49 1 Jin Pauli 50-79 1 Jin Pauli 50-79	OTH 45'2" WP 42'5" OTH 45'2 WP 42'5" OTH 36'3 OTH 27'7 WP 27'64
SHOT FUT 30-39 1 Norm Bower COT 2 Alex Abolovic 3 Take Kowel F 40-49 1 George Mirka 2 Jin Pauli 50-59 1 Dick Mann 355WI 30-39 1 Norm Bower 40-49 1 Jin Pauli 50-59 1 Dick Mann 566WI Exhibition 30-39 1 Norm Bower 80-49 1 Jin Pauli 50-79 1 Jin Pauli 50-79	OTH 45'2" WP 42'5" OTH 45'2 WP 42'5" OTH 36'3 OTH 27'7 WP 27'64
SHOT FUT 30-39 1 Norm Bower Of 2 Alex inholovic 3 like Kowel F 40-19 1 George lirka 2 Jin Fauli 50-59 1 Denver Smith Dick dann 359WT 30-39 1 Norm Bower 40-19 1 Jin Fauli 50-59 1 Dick Wann 56wW: Exhibition 30-39 1 Norm Bower 8019 1 Jin Fauli 50-59 1 Dick lann	OTH 45'2" WP 42'5" OTH 45'2 WP 42'5" OTH 36'3 OTH 27'7 WP 27'64
SHOT FUT 30-39 1 Norm Bower COT 2 Alex Abolovic 3 Take Kowel F 40-49 1 George Mirka 2 Jin Pauli 50-59 1 Dick Mann 355WI 30-39 1 Norm Bower 40-49 1 Jin Pauli 50-59 1 Dick Mann 566WI Exhibition 30-39 1 Norm Bower 80-49 1 Jin Pauli 50-79 1 Jin Pauli 50-79	OTH 45'2" WP 42'5" OTH 45'2 WP 42'5" OTH 36'3 OTH 27'7 WP 27'64
SHOT FUT 30-39 1 Norm Bower CT 2 Alex incloving 3 like Kowel F 40-49 1 George lirka 2 Jin Fauli 50-59 1 Denver Saith Dick dann 35947 30-39 1 Norm Bower 40-49 1 Jin Fauli 50-59 1 Dick Mann 56444: Exhibition 30-39 1 Norm Bower 80-49 1 Jin Fauli 50-59 1 Dick Mann 56441: Exhibition 30-39 1 Norm Bower 80-49 1 Jin Fauli 50-59 1 Dick Mann 1 Youngatown St. 1 Youngatown St.	OTH 45'2 WP 42'5" OTH 45'2 WP 42'5" OTH 27'7 WF 27'64 OTH 23'6"
SHOT FUT 30-39 1 Norm Bower CT 2 Alex Abolovic 3 Make Kowel F 40-49 1 George Mirka 2 Jin Pauli 50-59 1 Denver Smith Dick Mann 359WT 30-39 1 Norm Bower 40-49 1 Jin Pauli 50-59 1 Dick Mann 566W: Exhibition 30-39 1 Norm Bower 80-49 1 Jin Pauli 50-59 1 Dick Mann 1 Jin Pauli 50-59 1 Dick Mann 2 Vest Pann 2 C	OTH 45.2 WP 42.5" OTH 27.7 WP 27.64 OTH 23.6"
SHOT FUT 30-39 1 Norm Bower CT 2 Alex incloving 3 like Kowel F 40-49 1 George lirka 2 Jin Fauli 50-59 1 Denver Snith Dick dann 355WT 30-39 1 Norm Bower 40-49 1 Jin Fauli 50-59 1 Dick lann 566W Exhibition 30-39 1 Norm Bower 80-49 1 Jin Fauli 50-59 1 Dick lann 566W Exhibition 30-39 1 Norm Bower 80-49 1 Jin Fauli 50-59 1 Dick lann 1 Youngstown St 2 West Fann 2 3 Nitaney Valle 30-39	OTH 45'2 WP 42'5" OTH 45'2 WP 42'5" OTH 27'7 WF 27'64 OTH 23'6"
SHOT FUT 30-39 1 Norm Bower CT 2 Alex incloving 3 like Kowel F 40-49 1 George lirka 2 Jin Fauli 50-59 1 Denver Smith Dick dann 35FWT 30-39 1 Norm Bower 40-49 1 Jin Fauli 50-59 1 Dick Vann 56WW: Exhibition 30-39 1 Norm Bower 80-49 1 Jin Fauli 50-59 1 Dick lire 1 Jin Fauli 50-59 1 Dick lire 30-59 1 Voungstown St 2 West Fann 10 3 hitaney Valle 30-39 1 Over the Hill	OTH 45'2 WP 42'5" OTH 45'2 WP 42'5" OTH 27'7 WF 27'64 OTH 23'6"
SHOT FUT 30-39 1 Norm Bower COT 2 Alex Incloving 3 Mike Kowel F 40-49 1 George Mirka 2 Jin Fauli 50-59 1 Denver Smith Dick dann 35547 30-39 1 Norm Bower 40-49 1 Jin Fauli 50-59 1 Dick Mann 5566 Krhibition 30-39 1 Norm Bower 80-49 1 Jin Fauli 50-59 1 Dick Mann 50-59 1 Dick Mann 1 Youngstown St 2 West Fenn 10 3 Nitaney Valle, 30-39 1 Over the Hill 2 New Image 30-39 1 Over the Hill 2 New Image 30-39 3 West Fenn 10	OTH 45'2 WP 42'5" OTH 45'2 WP 42'5" OTH 27'7 WF 27'64 OTH 23'6"
SHOT FUT 30-39 1 Norm Bower COT 2 Alex Incloving 3 Hise Kowel F 40-49 1 George Hirka 2 Jin Fauli 50-59 1 Denver Saith Dick dann 35947 30-39 1 Norm Bower 40-49 1 Jin Fauli 50-59 1 Dick Mann 56444 Exhibition 30-39 1 Norm Bower 80-49 1 Jin Fauli 50-59 1 Dick Mann 5644 Exhibition 30-39 1 Norm Bower 80-49 1 Jin Fauli 50-59 1 Dick Mann 1 Youngstown St 2 West Fenn 1C 3 hitaney Valle 30-39 1 Over the Hill 2 New Image 3 West Fenn 1C 4 Honsi 1C	OTH 45'2 WP 42'5" OTH 45'2 WP 42'5" OTH 27'7 WF 27'64 OTH 23'6"
SHOT FUT 30-39 1 Norm Bower COT 2 Alex Incloving 3 Mike Kowel F 40-49 1 George Mirka 2 Jin Fauli 50-59 1 Denver Smith Dick dann 35547 30-39 1 Norm Bower 40-49 1 Jin Fauli 50-59 1 Dick Mann 5566 Krhibition 30-39 1 Norm Bower 80-49 1 Jin Fauli 50-59 1 Dick Mann 50-59 1 Dick Mann 1 Youngstown St 2 West Fenn 10 3 Nitaney Valle, 30-39 1 Over the Hill 2 New Image 30-39 1 Over the Hill 2 New Image 30-39 3 West Fenn 10	OTH 45'2 WP 42'5" OTH 27'7 WP 27'64 OTH 23'6"
SHOT FUT 30-39 1 Norm Bower COT 2 Alex Abolovic 3 Hike Kowel F 40-49 1 George Hirka 2 Jin Fauli 50-59 1 Denver Smith Dick Mann 359WT 30-39 1 Norm Bower 40-49 1 Jin Fauli 50-59 1 Dick Mann 56WW: Exhibition 30-39 1 Norm Bower 80-49 1 Jin Fauli 50-59 1 Dick Mann 1 Jin Fauli 50-59 1 Dick Mann 1 Jin Fauli 50-59 1 Dick Mann 1 Youngstown St 2 West Fann 10 3 hitaney Valle 30-39 1 Over the Hill 2 New Image 3 West Fann 10 4 Bonsi 10 5 Marcer County AATC 40-49	OTH 45'2 WP 42'5" OTH 45'2 WP 42'5" OTH 27'7 WF 27'64 OTH 23'6"
SHOT FUT 30-39 1 Norm Bower CT 2 Alex incloving 3 like Kowel F 40-49 1 George lirka 2 Jin Fauli 50-59 1 Denver Smith Dick dann 35547 30-39 1 Norm Bower 40-49 1 Jin Fauli 50-59 1 Dick Hann 5548 Exhibition 30-39 1 Norm Bower 80-49 1 Jin Fauli 50-59 1 Dick Hann 1 Youngstown St 2 West Fann 10 3 Nitaney Valle, 30-39 1 Over the Hill 2 New Image 3 West Fenn 10 5 Harrer County AAIC 40-49 1 West Fenn	OTH 45.2 WP 42.5" OTH 27.7 WP 27.64 OTH 23.6"
SHOT FUT 30-39 1 Norm Bower COT 2 Alex Abolovic 3 Hike Kowel F 40-49 1 George Hirka 2 Jin Fauli 50-59 1 Denver Smith Dick Mann 359WT 30-39 1 Norm Bower 40-49 1 Jin Fauli 50-59 1 Dick Mann 56WW: Exhibition 30-39 1 Norm Bower 80-49 1 Jin Fauli 50-59 1 Dick Mann 1 Jin Fauli 50-59 1 Dick Mann 1 Jin Fauli 50-59 1 Dick Mann 1 Youngstown St 2 West Fann 10 3 hitaney Valle 30-39 1 Over the Hill 2 New Image 3 West Fann 10 4 Bonsi 10 5 Marcer County AATC 40-49	OTH 45'2 WP 42'5" OTH 45'2 WP 42'5" OTH 27'7 WF 27'64 OTH 23'6"

50-59 1 West Penn TC 2 Over the Hill 3 Nittney Valley TC

35

60+ 1 West Penn TC 2 Over the Hill Youngstown RR

SOUTE	IEASI	MIDWE	SI
	al Virginia	Illinois Master In	
	Masters hampionships	Classic Sterling, III.; N	
Lexington			
. <u>55m</u>		55m M30 P VanLear	6.64
WOO V Withhousen	xxx 33 6.6	R Zahn R Hansbro	6.69
M35 J Hughes	31 7.4 36 6.7	M35 G Scott	7.23
G Marshall	3/ 6./	G Miller W Dwing	7.23 7.30
L Johnson M40 R Binkley J Acreback M45 J Hickey M50 J Edwards M55 E Curran D Grey M60 J Martin	42 8.2		
J Acreback	41 8.3	N Prussman	7.07
M50 J Edwards	50 8.4	M45 P Stopoulos G LaBelle J Tarner M50 J Ware	7.21
M55 E Curran	57 8.7	G LaBelle	7.64
M60 J Martin	64 8.5	M50 J Ware	7.60
300m M30 J Watry K Withersp M35 J Hughes G Marshall L Johnson M40 B Brandt M45 J Bradley R Mosbrook M50 W Dameron M60 J Martin M65 B Read 400m	30 39 6	M50 J Ware M55 H Brown J Dexter E Hammond M60 G Brad	7.25 8.13
K Withersp	oon 33 41.3	E Hammond	8.64
M35 J Hughes	36*38.0 37.38.6	M60 G Brad M65 B McDonald W Ragland G Rajcevich M70 M Blake	8.31
L Johnson	39 41.3	W Ragland	8.85
M40 B Brandt	42 44.8	G Rajcevich	9.02
R Mosbrook	48 56.0	M70 M Blake M80 A Pitcher	8.69
M50 W Dameron	50*47.9 64 48.7	200m	
M65 B Read	66 61.2	M30 R Zahn P WamLear	23.90
		R Hansbro	25.30
M30 K Withersp G Slack P Berry	30 56.3	M35 M35 G Scott	26:03 26.31
P Berry M35 G Marshall	31 1:00.3 37 55.6	T Carper G Miller	21.02
A Chamberl	ain 38 1:00 1	M40 E Lillis N Prussman	
M45 J Bradley M50 W Dameron	49 1:00.0	R Bagneski	27.00
M45 J Bradley M50 W Dameron M55 T Bain M65 R Gordon	56 1:20.0	M45 T Nuccio	31.77
	67 1:07.6	M50 J Ware	26.62
800m M30 J LaRocco	32 2-17 6	MOD IN BLOWIN	20.29
M30 J LaRocco M40 B Brandt L Scott	42 2:22.2	E Hammond M60 G Bradd	34.58 31.50
L Scott	42 2:23.6	M70 M Blake	36.10
R Mosbrook	48 2:46.8	M80 A Pitcher	38.90
M45 J Bradley R Mosbrook M50 W Dameron M55 D Grey	50 2:46.4	M30 R Hansbro	58.0
T Bain W50 B Dameron	56 3:10.0	R Standley	1:03.47
	50*3:16.9	M35 T Carper	1:20.0
1500m M30 D Oliver	30 4-53 0	E Lillis	58.50
M30 D Oliver M40 L Scott	42 4:53.1	N Prussman	1:03.57
M55 T Bain M65 R Gordon	56 6:21.5 67*5:30 4	M30 R Hansbro R Standley M35 T Carper M40 G Carr E Lillis N Prussman M50 J Ware M55 H Brown M60 G Bradd M70 M Blake	1:05.40
B Read	66 7:17.0	M60 G Bradd M70 M Blake	1:11.51
M55 T Bain M65 R Gordon B Read S Dobyns W50 B Dameron	65 9:07.4 50*6:29.2		
5000m	Table and	M30 R McMarthy S Nye D Saline M35 W Klahn M40 G Carr F David	2:26
M30 F Dinmie	30 16:20.3	S Nye D Saline	2:27
J LaRocco	32 18:23.3	M35 W Klahn	2:42
A McLearen J LaRocco M40 L Scott M45 J Hickey M55 T Bain M60 A Smith	42 19:15.9	F Davis	2:10
M55 T Bain	56 26:09.9	M60 G Bradd M70 M Blake	2:40
M60 A Smith	64 23:45.0	M/U M Blake	3:25
W50 B Dameron 55mH	30 26:36.0	1500m M30 S Nye	4.54
M30 K Witherson	on 33*7.9	R McCarthy	4:54 5:05
J Watry	30 8.4	D Saline M35 M Stern	5:38
M35 L Johnson	39*8.9	R Perry	5:54
J Watry P Berry M35 L Johnson M60 J Martin	64*10.0	R Perry M40 F Davis P Appell M45 D Bramsch	4:29
		M45 D Bramsch	5:07
M30 J Watry M40 R Binkley M50 L Pratt M55 D Grey	42 4-0		
M50 L Pratt	54 4-8 58 3-10 1	M50 J Bienfang M55 D Green	5:12
MOU IN WECKSTEIN	n 62 3-10½		
Long Jump M30 K Witherspo	20n33 22 3	3000m M30 D Copper D Green D Aaby	8:39
J Watry	30 19-6	D Green	9:15
J Watry M35 G Marshall A Chamberla		D Aaby	9:45
M40 P Sweet	42 16-61	M35 T Antzak J Macnider	8:42
M40 P Sweet M45 J Hickey M55 E Curran D Grey M60 N Weckstein	46 14-6	J Macnider	8:53
D Grey	58 11-9	M40 P Appel L Voss M45 A Harris	10:19
M60 N Weckstein M65 S Dobyns	n 62 13-1	MED T Di F	11:16
MOS S DODYNS	65 10-7	4x200m Relay M30 Team I	11:00
Triple Jump M30 J Watry M35 A Chamberla	30 40-5	M30 Team I	1:44.62
M35 A Chamberla	ain38 29-3	Team 11	1:45.67
M40 P Sweet Shot Put	42 32-0	55mH M30 P 7ahn	7 00
M35 N Nichols	39 36-7 3/4	M45 G LaBelle	9.91
M40 P Sweet	42 36-11	M30 R Zahn M45 G LaBelle M50 J Ware	10.27
W Wade	45 34-13		10.77
J Hickey	46 29-71	E Hammond	12.92
M55 C Engle	57 35-6	3000m Racewalk	20.74
E Curran	57 31-5	M30 L Crocker M40 J Hess	20:54
M60 D Reid	45 34-1½ 46 29-7½ 50*43-1 57 35-6 57 31-5 58 26-1 3/4 62*44-5½ P. 62 37-1	3000m Racewalk M30 L Crocker M40 J Hess M55 E Hammond M70 M Blake	23:05
		M70 M Blake M75 M Bartels	20:35
M65 W Coleman		High Tumo	
M35 N Nichols	official Event	M30 D Saline M40 R Bagneski N Prussman	4-9
M40 P Sweet	39 36-24 42 29-10½ 45 25-1 50 34-8 3/4	M40 R Bagneski N Pruseman	4-10
M50 J Edwards	50 34-8 3/4	I MAD G TYPETTE	4-6
M60 N Weckstein *Meet Record	n 62 19-1	P Stopoulos	4-6
	4	C1' .	The second secon

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offerinaed from previous page		120		.54
				3.65
M50 T Langenfeld 5-6		D Padilla L Garcia 2		3.75
B Smith 5-4				2.24
J Ware 4-10		Dai Cia		1
M55 J Dexter 4-6	-			
E Hammond 4-0		Two Mile Run		
B Ackerman 4-0	10 31	Hoo D Deliteri		13:14.6
M65 W Ragland 4-42	10-47			14:03.9
M80 A Pitcher 3-71/4		R Engelman	52 LANL	14.57.0
	1	M40+ R Woodruff	42 APS	10:20.4
Pole Vault	the B			10:51.1
M50 B Kemp 7-6	No.	A Lucero		10:51.3
M55 B Ackerman 7-0				11:13.3
E Hammond 6-0			A STATE OF THE PARTY OF THE PAR	11:13.4
M80 A Pitcher 6-0	100	R Harris	46 UNM	11:50.5
		M30+ R Manzanares	35 LANL	9:47.6
market and the second second			37 LANL	9:57.3
Triple Jump		N Boudar	KAFB	9:59.2
M30 R Zahn 38-6 3/4			33 LANL	
M35 W Ewing 35-4		W Cain		10:16.1
M40 R Bagneski 34-4 3/4		M Bluestein		10:43.6
M45 P Stopoulos 33-4½				
G LaBelle 28-1	1 - 1 - 1	M20+ G Hulbert		10:12.2
M50 T Langenfeld 36-4			27 LANL	
B Smith 30-0		C Gutierrez		10:23.2
M55 J Dexter 29-3½	Salman			10:30.1
B Ackerman 29-6	1 3/15/	F McNabb	23 JC	.0.01.4
E Hammond 21-10½	M TEN	W50+ N Kelly		14:51.9
M80 A Pitcher 17-11	THE REAL PROPERTY.		54 LANL	16:50.4
		a de la companya de l	43 LANL	17.24 0
Shot Put	1 2		43 LANL	
M40 John Hess 36-9	100	S Douglas	TO DIVE	
N Prussman 31-5		W30+ B DeRosier		15:14.9
Jim Hess 28-9	ABOUT		31 AZ	16:08.4
M45 C Klehm 33-10	16	L Tapie		16:53.0
G LaBelle 30-5		W20+ K Champagne		11:42.3
M50 B Kemp 37-0	Tree!	L Vietch		13:20.2
B Smith 35-5				13:31.3
M55 B Ackerman 31-1	1 234			14:10.0
R Storts 27-4		C Fragua	25 UNM	13.43.2
E Hammond 25-1	1	440y dash		4 100
M65 B McDonald 34-2		M20+ M Pannell	32 KAFB	53.0
G Rajcevich 29-7	1111500		23 LANL	
M80 A Pitcher 21-8		J Weaver		56.6
W35 K Cantone 25-10		M Ramsey		58.8
W45 C Smith 19-5		A Stith	KAFB	59.7
W45 C SILLER		D Velarde		60.1
		W20+ T Brandenburg	2 LOA	63.2
25# Weight		S McLaughlin	21 JC	76.0
M35 B Morelock 26-3		D Velarde	42 KAFB	79.5
M45 C Klehm 38-9				
G LaBelle 35-4		BBOY run	25 544	
M50 B Kemp 38-22		M20+ R Weise	28 FAA UNA	2:04.0
M55 B Ackerman 27-3		G Hulbert j Airis		2:08.2
E Hammond 25-9½		F McNabb		2:08.7
		D Schneebeck		2:08.8
35# Weight		F Chavez	PH	2:09.4
M35 B Morelock 21-1	1	1×0 20		AND THE
M45 C Klehm 31-10	300	220y dash	FO 1 0011	0. 0
G LaBelle 26-8½			58 LANL 51 UNM	28 2
M50 B Kemp 27-8		R Croghan	55 LANI	29.8
M55 B Ackerman 21-2		F Welch J Berry	55 LANL LANL	31.3
E Hammond 20-3		W Hatch	LANL	
	-	The state of the s	LANI	70 7
56# Weight		M40+ R Assink	41 SNL	24.8
M35 B Morelock 13-9		P Kirknatrick	49 LANL	24.8
M45 C Klehm 19-0		J Yip	42 SNL	26.2
G LaBelle 14-9		R Kirkpatrick J Yip N Silver	42 SNL 41 ST 44 SP 41 FAA	27 1
M50 B Kemp 13-9		S Girard	44 50	27.1
M55 B Ackerman 13-6		L Layden M30+ M Pannell	32 KAFB	24 0
E Hammond 13-4½		C Walker	31 SNL	24.3
		K Jackson	31 SP	25.0
98# Weight		K Royal	31 DEC	
M35 B Morelock 7-6		R Hill	30 SIG	25.4
M45 C Klehm 9-6		E Hallett	30 SIG	25.5
G LaBelle 7-8		M20+ R Reisinger	CRM	24.7
M50 B Kemp 9-5		M Thompson	KAFB	24.8
M55 E Hammond 5-7		A Stith	KAFB	
B Ackerman 5-5		G Nelson	27 SP	25.3
		W Moore	FAA 27 SNL	25.4
	4	T Teague W40+ E Kelly		
SOUTHWEST		M Robertson	UNM	
JOO IIIV ESI		J Zongker	LANL	33.5
Albuquerque, February 2		R D'Brein	LANL	33.9
		. J Marc	43 LANL	54.2
176y banked board		M Holleman	49 LANL	36.4
40× 40=4		W30+ T Tanaka	31 SNL	31.6
60y (Accutrak) 58 LANE 58 LANE	7 54	J Velasquez	07 1 04	41.3
	7.54 7.89	W20+ T Brandenburg	23 LOA	28.1
F Welch 55 LANL		S Rivera	DEC	30.1
J Ramsey LANI		L barcia	DEC	31.2

60y	(A	ccutrak)			
M50+	G	Albury	58	LANL	7.54
	R		51	UNM	7.89
	F	Welch	55	LANL	7.98
	J	Ramsey		LANL	8.12
	G	Berry		LANL	8.39
	W		50	PNM	8.48
M40+	R	Assink	42	SNL	7.00
	R	Kirkpatrick	49	LANL	7.18
	R	Jurgens	47	LANL	7.25
	J	Yip	42	SNL	7.30
	N	Silver	41	ST	7.48
	J	Kelly	48	SNL	7.60
M30+	R	Knop	30	NAUT	6.67
	M	Pannel1	32	KAFB	6.85
	K	Jackson	31	SP	6.86
	K	Royal	31	DEC	6.96
	J	Battaglia		MMCM	7.09
	J	Garsow	30	SNL	7.21
M20+	Т	Teague	27	SNL	6.85
	S	Dowdy	22	LANL	6.96
	R	Reisinger		CRM	7.01
	G	Nelson	27	SP	7.16
	B	Spencer		FAA	7.23
1005	J	Berry		SIG	7.24
W40+	M	Robertson		MMU	8.51
	E	Kelly	43	LANL	8.88
	R	O'Brien	T Sec.	LANL	9.42
LITA	M	Holleman	49	LANL	9.46
M20+	D	Robles	35	DEC	8.76
	N	Montoya	31	PNM	9.16
	В	DeRosier		LANL	9.82
	D	Jewett	30	SIG	9.95
S. If a		Girand		THE STREET STREET	0.00
	A	Armstrong		UNM 1	0.16

	W40+	JS	Marr Douglas	43 40	LANL	13:26.9 16:50.4
	W30+	BEL	DeRosier Begay Tapie	31	LANL AZ SIG	15:14.9 16:08.4 16:53.0
	W20+	KL	Champagne Vietch		HOL	11:42.3
		K	Bear Farris	29	PNM	13:31.3
		С	Fragua	25	UNM	15:45.2
	440y M20+	M	Pannell	32	KAFB	
	10 A	MJ	Kluk Weaver	.23	SF	56.6
		MA	Ramsey Stith	31	SNL	
	W20+		Velarde Brandenburg		LOA	63.2
	1	D	McLaughlin Velarde	21 42	KAFE	76.0
	880y M20+		un Weise	28	FAA	2:04.0
	11204		Hulbert Airis	29	UNA	2:05.9
		FD	McNabb Schneebec	23	JC MLF	2:08.7
	100	F	Chavez		PH .	2:09.4
31	220y M50+	d	ash Albury	58	LANL	
		RF	Croghan Welch	51	LANL	28.2 29.8
		S	Hatch		LANL	34.0
	M40+	D	Assink	41		24.8
		R	Yip	49	SNL	26.2
		Z	Girard	41	SP	26.6 27.1 27.3
	M30+		Pannell	32	KAFE	
		CK	Jackson	31 31 31	SP	25.0
		K	Hill	30	SIG	25.4
	M20+	FF	Reisinger	33	CRM	24.7
			Stith	27	KAFI	
		ı	Moore Teague	27	FAA	25.4 25.6
	W40-	+ 6	Kelly Robertson	43		
			J Zongker R O'Brein		LAN	L 33.5
			Marr Holleman	4:	S LAN	L 34.2
	M20+		Tanaka J Velasquez	31		31.6
54 89	W204	+ 7	Brandenburg Rivera	2	NAU	28.1
98 12		ı	Garcia F Dempsey			31.2 T 31.8
39 48		300	Garcia Grandison		JC JC	32.0 37.3
00 18						
25 30	0ne M50+	. J		55		5:14.7
4B 60		1	Mitchell	50	KAF	
67 85	M40+		Woodruff	53 42	APS	6:21.9 4:46.2
96		5 1	Layden	46	FAA	
09 21	100	F	Harris	46		5:33.6 5:36.2 5:40.7
95 96	M30+		Loudat	39	APS	4:24.8
01		R		33	LANL	4:50.7
23		S	Jack		AZ	4:58.2
51 88	M20+	KJC	Vigil	23		4:54.1 4:55.7
42		M	Hesch	27 25	SNL	4:56.7
76		0 20	Kifer	34	SIG	5:06.1
95 00	W50+	NB	Kelly	54	UNM	7:23.7
00			Samuelson			10:26.6
			-	-		

	value	,,,	ai Master	2 146	W 3	Service Control
	6,975				1000	
١	W40+	D	Velarde			6:18.0
١		J	Marr			6:19.8
١		A	Schultz		MNU	8:28.9
۱	W30+	R	Martinez	34	LANL	6:45.4
۱		В	Eutsler		LANL	7:07.5
١			Hoven	38	SNL	7:14.3
١		L	A STATE OF THE STA		SIG	7:55.2
۱		M	Greenwood	39	MLF	8:20.1
١	W20+		Champagne		UNA	5:30.3
١		K	Bear	30	UNM	6:20.6
١			Mayhew		UNM	6:24.4
ı			Fragua	25	UNM	7:34.2
١		_	11 agua			
١	100	-				
۱	Long	Ju	amp			
1	M40+	J	Kelly	48	SNL	18'8 3/4
ı			Silver	41	ST	18'6 1/2
١		R	Jurgens	47	LANL	15'2 1/4
1		R	Weeks	48	RWAA	15'1 1/4
١		G	Albury	58	LANL	14'2 1/4
١		В	Schreyer	46	UNM	14'1 1/4
١	M20+		Thompson	21	KAFB	19'11 1
١			Reisinger		CRM	18'11 1.
١		R	Cernosek	32	SNL	18'7 3/4
١			Ramsey	31	SNL	18'3"
I			Dowdy	22	LANL	18' 1/2'
١			Forsyth	39	FS	17'11"
	W20+		Rivera		NAUT	14'1"
١		J	Garcia	26	SNL	13'1"
١		T	Dempsey		NAUT	13' 1/4
3		P	Garcia	24	PNM	12'7 1/
						11'1 37
		N	Montoya	31	PNM	11 1 3/
8						
	High				-	5'2"
Y	M40+		Kelly		SNL	5'2"
			Bales	45	UNM	6.0.
	M20+		Cernosek	32	SNL	9.0.
1	1		Dowdy	22	LANL	5'8"
ì	The state of		Woolrich		AZ	5'4"
	-conta		Stokley	70		574"
NAME OF THE PERSON	THE SERVICE STREET	W	Forsyth	31	SNL	5'2"
To a			Ramsey Henning	36		5'2"
	W20+		Marshall	25	NALIT	4.6"
	W20+	J	nar Snarr	23	,,,,,,,,	100
SCORE		100		4/4	1	
			CAN	AD	1	
	42 76		CAIN	AU		
	and you want		11司本公司 南州原	THE RES	7.4	
	Sept.					

Ontario Masters Indoor Track & Field Championship Toronto, March 8, 1986

60 Metre	es	
Special	Non	Scoring

Tony TIDD (34)
Julian AUSTIN (36)
Ervin LEWIS 7.3 Robert ZIMMERMANN (39) Milton BRITTON (36)
Emerald RICHARDSON (37)
Rodger KNIGHT (35)
Jozef RADVANSKY (38) M SAWKINS (37) 8.6 Gregg CLIFTON (36)

M45 Final M45 Final
7.4 Ed ANDRADE (49)
7.4 Cam MILLER (45)
7.6 David MORRIS (47)
7.9 Sergei SPIRO (48)
8.0 Clark LITTLE (49)
8.3 Dave BRAND (46)
9.1 Fred CECHL (48)

M50 Final MSO Final
7.5 George HORTON (51)
7.7 Thomas CALLENDER (53)
7.7 J Van der VLEUTEN (51)
7.9 Alf SUNDIN (52)
8.3 GORD BARTHOLOMEW (52) 9.7 Robert CARTAGENA (53) 10.0 Bill McLEOD (50)

M55 Final

MD5 FINAL 8.3 Ross MITCHELL (57) 8.4 Jim FLOWERS (58) 8.6 Wally GORDON (59) 9.1 Helmut LANGE (58) M60 Final
8.1 Stan EGERTON (60)
8.7 Ismail OSMAN (61)
8.7 Andrew THOMSON (63)
8.8 Art JAAGO (60)
9.4 Auguste RADKOWSKI (62)
9.7 Peder NIELSEN (62)

M65 Final 7.8 Cecil PAUL (66) 8.1 Art OBOKATA (67) 9.2 Hans WARWAS (68)

9.2 Gerry WARD (72) 10.8 Hans WEICKARDT (72)

M75 Final 10.1 Karl TREI (76)

8.8 Jacqueline WALCOTT (39 9.1 Pamela DUNCAN (39)

8.5 Marta PIRES-FERREIRA (40)

W45 Final 9.1 AnnMarie ROSENITSCH (45) 9.2 Audrey HIEMSTRA (45) 9.2 Maureen JENNINGS (46) 9.7 Anne VanDerVLEUTEN (49) W50 Final 10.4 Suzanne MASIL (52) 60 Metres Hurdles

SM 10.8 Julian AUSTIN (36) M40 10.9 Brian LAMARRE (42) M50 10.0 John VanDerVLEUTEN(51) M55 11.8 Jim FLOWERS (58) 11.5 Valden SADUL (62) 11.5 Andrew TOMSON (63)

12.1 Art OBOKATA (67) 14.9 Hans WARWAS (68)

H75 13.0 Karl TREI (76)

200 METRES 200 METRES
SM
23.4 Ray CARDINAL (39)
24.3 Roman OLSZEWSKI(35)
24.4 Tom VanAUKER (38)
24.4 Tony KIDD (34)
25.0 Milton BRITTON (36)
25.6 Rodger KNIGHT (35)
25.6 Ervin LEWIS
25.9 Emerald RICHARDSON(37)
27.3 JOZEF RADVANSKY (38)
28.3 Gregg CLIFTON (36)
28.6 M SAWKINS (37)

M40
24.9 Geoff FRANCIS (40)
25.8 Bruce MITCHELL (42)
26.0 Rick GUIDO (41)
26.4 Jack LYDA (42)
26.9 Dave SMITH (40)
27.3 Bob BARKER (44)
27.5 Alan SLATER (44)
29.3 Ron TAGGART (43)

M45
25.8 Ed ANDRADE (49)
25.9 Cam MILLER (45)
27.4 Sergei SPIRO (48)
27.8 David MORRIS (47)
28.3 Dave BRAND (46)
29.2 John DOUGHTY (49)
31.5 Leo LOPES (49) M50 25.5 Thomas CALLENDER(53) 25.5 George BORTON (51) 27.0 Josef SALOMON (50) 32.0 Robert CARTEGENA (53) 35.8 Bill McLEOD (50)

M55 28.9 Jim FLOWERS (58) 30.9 Wally GOPDON (59 M60 29.4 Ismail OSMAN (61) 29.7 Andrew THOMSON (63)

M65 28.8 Cecil PAUL (66) 29.9 Art OBOKATA (67) 31.5 Ben MacKERETH (69) 31.7 Hans WARWAS (68)

32.6 Gerry WARD (72) 35.2 Hans WEICKARDT (72)

30.2 Jacqueline WALCOTT(39) 31.8 Pam DUNCAN (39) W40 28.8 Marta PIRES-FERREIRA (41)

31.1 Audrey HIEMSTRA (45) 31.5 AnnMarie ROSENITSCH(45) 33.2 Maureen JENNINGS (46)

W50 36.8 Suzanne MASIL (52)

400 METRES

SM 51.0 Ray CARDINAL (39) 53.6 Thomas Van AUKER (38) 54.1 Roman OLSZEWSKI (35) 58.4 Anthony CAPPELLA (39) 59.0 Emerald RICHARDSON(37) 63.2 Gord RIPLEY (39)

64.6 Richard LANDRY (36) 65.1 Frank CARUSO (38)

55.5 Rick GUIDO (41)
55.9 Bernard PHILLIPS (41)
57.4 Bruce MITCHELL (42)
57.6 Rick CUMMINGS (42) Bruce MITCHELL (42) Rick CUMMINGS (41) John POWELL (41) 60.8 61.7 Harvey ARTSOB (41) 58.8 Ed ANDRADE (49) 60.2 Michael GOODSTADT (46) 64.8 Bruce HILL (48) 57.2 John VanDerVLEUTEN(51)
57.5 Thomas CALLENDER (53)
57.7 George HORTON (51)
63.5 Gord BARTHOLOMEW (52) 63.9 Ken MORRIS (55) 67.3 Jim FLOWERS (58) 74.3 Wally GORDON (59)

64.2 Karl VIRKAUS (60) 65.0 Valden SADUL (62) 66.4 Ismail OSMAN (61) 66.4 Ismail OSMAN (61) 67.2 Andrew THOMSON (63)

71.0 Ben MacKERETH (69) 71.0 Hans WARWAS (68)

7 9.1 Hans WEICKARDT (72)

W35 69.4 Lacqueline WALCOTT (39) W40

68.0 Mary SMITH (40) W50 83.0 Suzanne MASIL (52) W55 78.7 Ruth CARRIER (55)

800 METRES SM 5M 2:01.7 Ray TUCKER (39) 2:08.6 John PICKARD (37) 2:09.2 Dale LADD (38) 2:10.3 John ROOK (37)

2:11.5 Anthony CAPPELLA (39) 2:12.4 Tim PAYNE (35) 2:20.8 Richard LANDRY (36) 2:28.1 Jose RIBEIRO (37)

M40
2:04.2 Tom TUSHINGHAM (44)
2:04.5 Bernard PHILLIPS (41)
2:06.5 Jim WILSON (40)
2:18.6 John WESTON (41)
2:23.9 John POWELL (41)
2:27.2 Gerry WORBERT (42)
2:50.1 Joe KOPU (43)

M45

M45 2:21.3 John INGRAM (47) 2:25.8 Eddie SHOESMITH (46) 2:28.6 Bruce HILL (48) 2:31.4 Michael GOODSTADT(46) 2:31.8 James PASCOE (48)

2:22.0 George GLUPPE (53) 2:32.2 John JOHNSTON (53) 2:32.9 Gerhard KROLOW (50)

2:30.1 Cliff HALL (59) 2:51.0 Vaino KUKKOLA (55) M60

2:47.5 Don FARQUHARSON (60) 2:53.7 John HUMBER (63) M65 3:07.1 Reg LAMONT (67)

W40

2:38.4 Mary SMITH (40) 3:02.9 Gean HEMMING (43) W45

2:52.3 Anne VanDerVLEUTEN(49) 2:56.0 Barbara McLEOD (48) W55

2:57.3 Ruth CARRIER (55)

3:22.0 Dorly BRECHBUEHL (61)

1500 METRES

4:07.8 Ray TUCKER (39) 4:17.1 Tim PAYNE (35) 4:24.5 John ROOK (37) 4:37.7 Nick HUNTER (39) 4:56.7 Jose RIBEIRO (37)

4:09.2 Tom TUSHINGHAM (44)

Continued on next page

4.27 Art JAAGO (60) 4.23 Valden SADUL (62) 3.91 Don HAMILTON (62) 3.81 Andrew THOMSON (63)

4.29 Max PICKL (68) 2.92 Mato DUKOVAC (67)

M65

page 34	
Continued from previous page	M55
	22:10.0 Jim MORROW (59) 25:03.0 Ron CARROLL (58)
4:10.3 Bob TAPPING (40) 4:15.6 Ken INGLIS (43)	25.05.0 RON GARROLE (50)
4:20.7 Jim WILSON (40) 4:25.3 RA NEBACHRAN (40)	M60
5:13.9 Joe CATARINO (44)	19:29.2 Kurt GELBHAAR (62)
5:44.2 Joe KOPU (43)	19:40 Sam GROVES (62) 20:17 Maurice FRENCH (60)
M45 4:48.7 Wayne COSGROVE (47)	21:22 Art WILSON (62) 22:44 Peter FELLOWES(61) 22:50 Bud CROZIER (64)
4:51.4 Bruce HILL (48)	22:50 Bud CROZIER (64)
4:53.8 John DOUGHTY (49) 5:13.2 James PASCOE (48)	м65
M50	Ed VIVANCOS (65) 22:36 Reg LAMONT (67)
4:51.7 Allen KEELE (51)	
4:54.1 Paul DeBIASI (50) 4:57.7 John JOHNSTON (53)	
4:57.7 John JOHNSTON (53) 5:03.8 Art RAPPICH (53)	HIGH JUMP
5:05.9 Heinz BRACK (54) M55	SM
5:03.7 Cliff HALL (59)	1.50 Imrich KIRALY (39)
5:04.6 Ed WHITLOCK (55)	M40 1.65 Brian LAMARRE (42)
M60 5:22.0 Kurt GELBHAAR (62)	1.50 Juris ZIVTINA (41)
5:35.9 Art WILSON (62)	1.35 Fred QUICK (42)
6:02.0 Wilf HARTZENBERG (60)	M45 1.60 Edmund ANDRADE (49)
6:02.8 Reg LAMONT (67)	1.40 David MORRIS (47)
W35	M50
5:02.4 Linda FINDLEY (38)	1.60 John VanDerVLEUTEN(51) 1.30 Walter MOZEWSKY (54)
W40	M55
5:26.6 Claude CHERNIAK (43)	1.35 Kurt HERING (59) 1.35 Max WOERLE (55)
W45	M60
5:47.4 Barbara McLEOD (48)	1.35 Andrew THOMSON (63) 1.25 Art JAAGO (60)
W50 5: 28.4 Audrey McCABE (50)	M65
5:48.4 Molly TURNER (52)	1.30 Max PICKL (68)
N55 5:52.0 Ruth DROEGE (57)	1.30 Victor KORESAAR (66) 1.10 Ed PURGALIS (68)
W60	1.05 Hans WARWAS (68)
6:35.2 Dorly BRECHBUEHL (61)	M75
	1.15 Karl TREI (76)
3000 METRES	W40 1.25 Gean HEMMING (43)
W3.5	W50
11:01.6 Linda FINDLEY (38)	1.05 Lida SAWDYK (54)
W45 12:03.5 Barbara McLEOD (48)	W60 1.15 Helgi PEDEL (62)
WSO	1.13 Reigi FEDEL (02)
11:38.8 Audrey McCABE (50) 12:33.8 Molly TURNER (52)	
W55	POLE VAULT
1 2:30.7 Ruth DROEGE (57)	SM CONTRACT (CO.)
《 图》是智慧的电影是一种问题	4.12 Joe WOMACK (38) 3.80 Ed WEISS (37)
3000 METRE WALK	3.80 Tomlinson RAUSCHER(39)
M40	3.50 Hugh MILLER (39)
14:49.6 Brad LESSARD (42)	M4 0
15:51.3 Mike FREEMAN (43)	3.01 Fred QUICK (42)
M45 13:56.7 Jaan ROOS (49)	2.70 Brian LAMARRE (42)
16:48.7 Gordon RICE (49)	3.01 Brian MERRILEES (47)
MSO 15:16.3 Patrick FARRELLY (50)	M50
17:55.4 Ron TURNER (52)	2.50 Walter MOZEWSKY (54)
M55 18:00.9 Vaino KUKKOLA (55)	2.20 Kurt HERING (59)
20:23.1 Ron CARROLL (58)	M60
M70	2.90 Stan EGERTON (60)
20:16.4 Ernie SHARPE (72)	
W40 19:01.7 Gean HEMPING (43)	LONG JUMP
W50	SM
24:20.7 Lida SAWDYK (54)	5.46 Imrich KIRALY (39) 5.44 Emerald RICHARDSON (37)
	M40
5000 METRES	5.99 George PACHOVSKY (41) 5.93 Alan SLATER (44)
SM	5.83 Brian LAMARRE (42)
15:40.6 John DeFINNEY (36)	5.33 Juris ZIVTINA (41) 5.19 Rick CUMMINGS (41)
16:27.4 Les TURNER (38) 16:39.0 Charlie McCULLOUGH(37	4.99 Jack LYDA (42) 4.90 Fred QUICK (42)
18:53.0 Bill LAMERE (36)	4.05 Ronald TAGGART (43)
M40 15:21.7 Bob TAPPING (40)	M45
15:23.3 Ken INGLIS (43) 16:03.8 Gary RANDALLI (41)	4.25 Clark LITTLE (49) M50
16:19.3 Glen NORCLIFFE (42)	4.10 Walter MOZEWSKY (54)
16:20.1 Dave SAUNDERS (43) 16:34.6 Jack MILLER (41)	3.52 Bill McLEOD (50)
18:29.0 Charles UPSHALL (41) 20:35.7 Pat GROULX (44)	M55 4.53 Kurt HERING (59)
	4.29 Max WOERLE (55) 4.08 Ken MORRIS (55)
M45 16:39.5 Vic MATTHEWS (45)	4.03 Jim FLOWERS (58)
17:00.6 Fernando ALFONSÓ (45)	M60

16:39.5 Vic MATTHENS (45) 17:00.6 Fernando ALFONSÓ (45) 17:26.1 Dennis FEATHERSTONE(45) 17:30.8 Eddie SHOESMITH (46) 20:30.6 Bill JANZEN (47)

M50 16:07.3 Ben JOHNS (50) 17:10.9 Dave WALLACE (50) 19:58.0 Gerhard KROLOW (50)

National M	a
M75	1
3.44 Karl TREI (76)	
W40 3.95 Gean HEMMING (43)	
W45	
4.27 Audrey HIEMSTRA (45)	
W50 2.98 Lida SAWDYK (54)	
	-
TRIPLE JUMP	
SM 11.46 Giuseppe GORI (35)	
M40 11.20 Alan SLATER (44)	1.4
10.82 Brian LAMARRE (42) 10.56 Rick CUMMINGS (41)	4
10.43 Juris ZIVTINA (41) 9.34 Peter SIMPSON (41)	
8.62 Charles UPSHALL (41)	
M45 10. 5 2 Edmund ANDRADE (49)	
8.78 Dave BRAND (46) M50	
7.83 Walter MOZEWSKY (54) 7.63 Bill McLEOD (50)	
M55 8.60 Kurt HERING (59)	
8.33 Max WOERLE (55)	
M60 8,52 Valden SADUL (62)	
M65 8.45 Max PICKL (68)	
7.11 Ed PURGALIS (68)	
M75 7.12 Karl TREI (76)	1000
The second second second	
SHOT PUT	
SM 7.26kg 10.26 Imrich KIRALY (39)	
M40 7.26kg 10.85 Rick WESTWOOD (41)	
9.59 Bill RICHARDSON (42) 9.26 Juris ZIVTINA (41)	
8.32 Don CIANCONE (44)	
M45 7.26kg 11.18 Carl KLEHM (47) 9.32 Fred CECHL (48)	
7.92 Cam MILLER (45)	
M50 12# 5.44kg 13.18 Alf SUNDIN (52) 9.78 Jackson TOVELL (54)	
9.48 Walter MOZEWSKY (54)	
8,90 George XEKOMINOS (51) M55 12# 5.44kg	
12.25 Helmut LANGE (58) 10.68 Max WOERLE (55)	
8.32 Jim FLOWERS (58)	
M60 4.925kg	1 TO 100
13.07 Art JAAGO (60; 10.87 Alf KARKLINS (60) 10.42 Peder NIELSEN (62)	
10.42 Peder NIELSEN (62) 9.02 Auguste RADKOWSKI (62)	
M65 4.925kg 11.38 Antoni TRUVERT (65)	
10 13 Aleke IPMALTS (67)	
9.86 Mato DUKOVAC (67) 9.64 Victor KORESAAR (66) 8.72 Ed PURGALIS (68) 8.40 Hans WARWAS (68)	
8.40 Hans WARWAS (68) M75 4kg	l
8.63 Karl TREI (76)	
W40 4kg 7.16 Gean HEMMING (43)	
W45 4kg	
6.99 June MEYER (47) W50 4kg	
5.82 Lida SAWDYK (54) W55 4kg	
6.73 Velta TOMSONS (58)	
W60 4kg 7.39 Helgi PEDEL (62)	
INTERNATIONAL	
British Veterans Athletic	
Association Indoor	
Championships March 15	
WR=World Record EWR=Equals World Record	
BR=British Record EBR=Equals British Record	

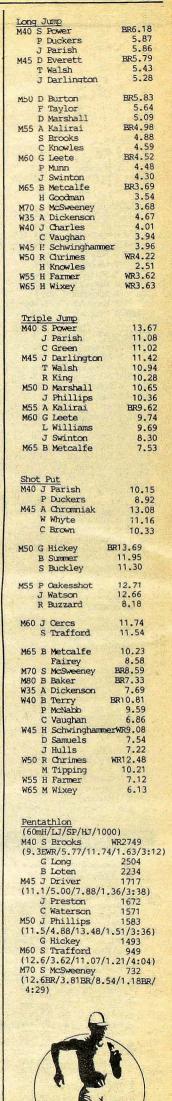
EBR=Equals British Record

60m M40 I Green D Fitch I Foster

J Topliss L Austin

M45 B Lake	7.8
A Roberts	7.8
S Walton	8.0
D Everett	8.1
Malsh M50 R Taylor	8.2 EWR7.4
F Taylor	7.6
D Burton	7.7
M55 B Guy	8.0
S Brooks	8.2 8.3
R Pritchard M60 L Williams	8.4
M60 L Williams J Quantrell	8.5
A Bowler	8.7
G Bridgeman (heat)	EWR8.3
M65 S Stein	EWR8.5
C Fairey	8.6 9.2
B Metcalfe M70 L Watson	9.5
S McSweeney	9.7
A Becket	10.2
W35 A Dickenson	8.8 8.7
W40 M Hocknett P McNabb	8.8
B Brown	8.9
W45 U Gore	8.7
M Mills	9.3
N Cross W50 R Chrimes	9.6 WR9.1
H Knowles	11.3
W55 H Farmer	9.7
W65 M Wixey	10.2
P Taylor	12.3
200m	
M40 I Green	24.2
R Austin K Johnston	24.7 25.1
M45 S Walton	25.4
A Roberts	25.6
B Lake	26.4
M50 R Taylor D Burton	WR23.8 24.3
F Taylor	24.3
M55 K Whitaker	26.5
R Pritchard J Cross	27.3 28.1
M60 G Bridgeman	WR27.1
J Quantrell	28.9
L Williams	29.0
M65 S Stein	BR29.2 29.4
C Fairey B Metcalfe	31.1
M70 L Watson	32.5
M80 W Baker	BR43.1
W35 J Andrews M Williams	27.8 29.8
W40 M Hocknett	WR28.2
M Brown	29.8
R Smith	30.8
W45 U Gore	29.3 30.1
J Hulls M Mills	31.5
W50 R Chrimes	BR31.7
C McLennan	33.9
W55 H Farmer	35.9
W65 M Wixey P Taylor	36.1 43.1
r laylor	
400	
400m M40 R Rush	52.6
A Balderson	54.7
N Jackman	55.7
M45 C Capliss	56.4
T Brown	56.5
B Lake M50 F Taylor	56.6 60.2
B Parnaby	61.2
G Feast	62.5
M55 K Whitaker	59.1
D Howarth W Russell	61.0 62.1
M60 G Bridgeman	WR63.1
J Quantrell	63.8
P Munn	67.9
M65 T Obree W35 J Andrews	BR69.5 WR62.0
M Williams	65.5
D Barclay	67.2
W40 M Hocknett	WR63.6
R Rickard	64.4
B Brown W45 J Hulls	69.2 66.2
W50 C McLennan	BR77.2
S Armour	78.5
800m	1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1
M40 A Roper	BR2:02.2
A Fitzjohn	2:03.7
A Fitzjohn R Barrington	2:03.7 2:05.1
A Fitzjohn R Barrington M45 M Wrenn D Barrington	2:03.7 2:05.1 2:08.1 2:09.2
A Fitzjohn R Barrington M45 M Wrenn	2:03.7 2:05.1 2:08.1
A Fitzjohn R Barrington M45 M Wrenn D Barrington B Gregory M50 A Churchill	2:03.7 2:05.1 2:08.1 2:09.2 2:14.6 BR2:11.2
A Fitzjohn R Barrington M45 M Wrenn D Barrington B Gregory M50 A Churchill E Williams	2:03.7 2:05.1 2:08.1 2:09.2 2:14.6 BR2:11.2 2:11.3
A Fitzjohn R Barrington M45 M Wrenn D Barrington B Gregory M50 A Churchill E Williams M Morrell	2:03.7 2:05.1 2:08.1 2:09.2 2:14.6 BR2:11.2
A Fitzjohn R Barrington M45 M Wrenn D Barrington B Gregory M50 A Churchill E Williams M Morrell M55 D Thomas	2:03.7 2:05.1 2:08.1 2:09.2 2:14.6 BR2:11.2 2:11.3 2:13.4 WR2:12.9
A Fitzjohn R Barrington M45 M Wrenn D Barrington B Gregory M50 A Churchill E Williams M Morrell M55 D Thomas W Russell	2:03.7 2:05.1 2:08.1 2:09.2 2:14.6 BR2:11.2 2:11.3 2:13.4 WR2:12.9 2:17.9
A Fitzjohn R Barrington M45 M Wrenn D Barrington B Gregory M50 A Churchill E Williams M Morrell M55 D Thomas W Russell D Howarth	2:03.7 2:05.1 2:08.1 2:09.2 2:14.6 BR2:11.2 2:11.3 2:13.4 WR2:12.9 2:17.9 2:19.4
A Fitzjohn A Barrington M45 M Wrenn D Barrington B Gregory M50 A Churchill E Williams M Morrell M55 D Thomas W Russell D Howarth M60 B Neilson	2:03.7 2:05.1 2:08.1 2:09.2 2:14.6 ER2:11.2 2:13.4 WRZ:12.9 2:17.9 2:19.4 2:33.6
A Fitzjohn A Barrington M45 M Wrenn D Barrington B Gregory M50 A Churchill E Williams M Morrell M55 D Thomas W Russell D Howarth M60 B Neilson	2:03.7 2:05.1 2:08.1 2:09.2 2:14.6 BR2:11.2 2:11.3 2:13.4 WR2:12.9 2:17.9 2:19.4 2:33.6 2:45.8
A Fitzjohn R Barrington M45 M Wrenn D Barrington B Gregory M50 A Churchill E Williams M Morrell M55 D Thomas W Russell D Howarth M60 B Neilson K Bruns M65 T Obree W35 J Holmes	2:03.7 2:05.1 2:08.1 2:09.2 2:14.6 BR2:11.2 2:13.4 WR2:12.9 2:17.9 2:19.4 2:33.6 2:45.8 ER2:38.2 2:23.6
A Fitzjohn R Barrington M45 M Wrenn D Barrington B Gregory M50 A Churchill E Williams M Morrell M55 D Thomas W Russell D Howarth M60 B Neilson K Bruns M65 T Obree W35 J Holmes M Williams	2:03.7 2:05.1 2:08.1 2:09.2 2:14.6 ER2:11.2 2:11.3 2:13.4 WR2:12.9 2:17.9 2:19.4 2:33.6 2:45.8 ER2:38.2 2:23.6 2:26.2
A Fitzjohn R Barrington M45 M Wrenn D Barrington B Gregory M50 A Churchill E Williams M Morrell M55 D Thomas W Russell D Howarth M60 B Neilson K Bruns M65 T Obree W35 J Holmes M Williams	2:03.7 2:05.1 2:08.1 2:09.2 2:14.6 BR2:11.2 2:11.3 2:13.4 WR2:12.9 2:17.9 2:19.4 2:33.6 2:45.8 BR2:38.2 2:23.6 2:26.2 2:26.2
A Fitzjohn R Barrington M45 M Wrenn D Barrington B Gregory M50 A Churchill E Williams M Morrell M55 D Thomas W Russell D Howarth M60 B Neilson K Bruns M65 T Obree W35 J Holmes M Williams D Barclay W40 J Kimber	2:03.7 2:05.1 2:08.1 2:09.2 2:14.6 BR2:11.2 2:11.3 2:13.4 WRZ:12.9 2:17.9 2:19.4 2:33.6 2:45.8 BR2:38.2 2:23.6 2:26.2 2:28.2 WR2:11.7
A Fitzjohn R Barrington M45 M Wrenn D Barrington B Gregory M50 A Churchill E Williams M Morrell M55 D Thomas W Russell D Howarth M60 B Neilson K Bruns M65 T Obree W35 J Holmes M Williams	2:03.7 2:05.1 2:08.1 2:09.2 2:14.6 BR2:11.2 2:11.3 2:13.4 WR2:12.9 2:17.9 2:19.4 2:33.6 2:45.8 BR2:38.2 2:23.6 2:26.2 2:26.2
A Fitzjohn R Barrington M45 M Wrenn D Barrington B Gregory M50 A Churchill E Williams M Morrell M55 D Thomas W Russell D Howarth M60 B Neilson K Bruns M65 T Obree W35 J Holmes M Williams D Barclay W40 J Kimber	2:03.7 2:05.1 2:08.1 2:09.2 2:14.6 BR2:11.2 2:11.3 2:13.4 WRZ:12.9 2:17.9 2:19.4 2:33.6 2:45.8 BR2:38.2 2:23.6 2:26.2 2:28.2 WR2:11.7
A Fitzjohn R Barrington M45 M Wrenn D Barrington B Gregory M50 A Churchill E Williams M Morrell M55 D Thomas W Russell D Howarth M60 B Neilson K Bruns M65 T Obree W35 J Holmes M Williams D Barclay W40 J Kimber	2:03.7 2:05.1 2:08.1 2:09.2 2:14.6 BR2:11.2 2:11.3 2:13.4 WRZ:12.9 2:17.9 2:19.4 2:33.6 2:45.8 BR2:38.2 2:23.6 2:26.2 2:28.2 WR2:11.7

1.5	
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1	1
(-	/
WAE A Cincleton	BR2:33.2
W45 M Singleton B Cushen W50 S Armour	3:11.5 BR2:53.5
1500m	
M40 A Roper V Smith	4:07.4
R Milne M45 M Wrenn	4:09.6 WR4:15.9
J Etchells R Grubb	4:19.7 4:26.0
M50 E Williams L Parrott	WR4:25.0 4:30.2 4:31.2
M Morrell M55 A Hughes L Foster	WR4:33.4 4:38.4
S Sonerson M60 B Neilson	4:59.2 BR5:08.6
J Senior K Bruns	5:09.8 5:33.8
M65 J Snelson T Rawlinson	5:36.7 6:44.8
M70 E Warwick W35 J Holmes	WR6:02.8 4:48.7
J Warren W40 D Fellows C Parker	5:45.3 WR4:59.5
C Parker J Kimber	5:11.9 5:21.8
W45 B Cushion	6:17.7 BR5:54.3
4x200m Relay Men	C 1:37.3
1 Royal Sutton 2 Durhan City 3 Tamworth	1:42.8
4x200m Relay Wom	en
1 Bromley Ladie Royal Sutton C	2:06.1 2:19.1
60mH M40 G Long	9.4
B Scott S Brooks	9.4 9.6
M45 D Barrington J Preston	
M50 D Marshall	9.8
D Burton J Phillips	10.4
M55 I Steedman C Knowles A Woods	10.3 10.8 10.8
M60 L Williams G Leete	10.7
P Munn M65 B Metcalfe	13.2
M70 S McSweeney W40 P McNabb	16.5 10.5
W45 N Cross W55 H Farmer	WR11.5 WR11.9
2000m Walk M40 P Hannett	WR8:48.4
A Smallwood	8:54.1 9:05.2
J Paddick M45 P Cassidy W Wright	9:21.6 9:40.9
L Earl M50 P Markham	10:57.5
D Harris M55 D Withers	10:31.3
M60 L Creo A Bullock	WR10:49.8 13:19.4
M65 C Colman M70 G Grimwade	WR11:14.3 WR10:54.3
A Poole E Warwick	12:04.9 12:06.8
W35 G Cann W55 R Scott	12:02.2 12:23.7
High Jump M40 S Power	BR1.76
M Clarke M45 J Darlington	1.45
M Watson	1.45 EBR1.60
M50 A Crocker G Hickey C Shafto	1.55 1.45
C Shafto M55 A Woods C Knowles	1.40 1.35
M60 G Leete M65 B Metcalfe	ER1.40 1.12 1.15
M70 S McSweeney W40 C Drewery	WR1.50
J Smallwood P McNabb	1.45
W45 H Schwingham (Chile)	WR1.35
J Hulls W50 R Chrimes	WR1.35 WR1.30
Pole Vault	
M40 M Edwards W Benson	BR3.50 3.42
b Loten M50 B Brown	3.10 3.60
J Day P Ferguson	3.00 2.60
M55 A Woods B Thomas	BR3.10 2.60





LONG RESULTS

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

NATIONAL

U.S. TAC National Masters 50K Championships Long Island, N.Y.; February 23

M40	D Albeit	4:29:16
	F Comolli	4:47:33
	J Kenul	4:52:34
M45	B Vanderkeift	3:34:29
	D Jewell	3:36:34
	J Dowling	4:38:22
M70	W Shrader	4:47:37
	D Jewell J Dowling	3:36:34 4:38:22

EAST

Mike Hannon 20 Mile Central Park, NYC; February 15

M40 C	Elkins	42	1:57:42
M45 f	Mueller	49	1:57:08
M50 J	Steger	50	2:04:53
M55 K	Jones	55	2:21:37
M60 W	Brown		2:22:06
M70 L	Martin	74	2:55:57
W40 I	Berger	41	2:44:14
W45 A	Thornhill	45	2:28:39
W50 W	Yu	51	2:43:02
Racewa	alkers		
H	Jacobson	55	3:27:59
J	Benevento	53	4:03:11
S	Cashman f	42	3:43:55

Sheraton Center Bagel 10K Central Park, NYC; February 23

M40 T Haiman	43 33:06
M45 R Ruiz	46 34:48
M50 E Seiff	52 36:29
M55 J Mahrer	56 39:58
M60 G Thompson	60 38:46
M65 J Fredette	65 41:19
M70+W Brobston	73 46:45
W40 C Foard	43 42:26
W45 C Bienkowski	46 40:28
W50 T D'Elia	56 42:39
W60 J Neulinger	61 1:02:44
W70+M Bdera	70 1:06:22
Racewalkers	
J Adair f	38 1:04:41
S Cashman f	42 1:04:54
R Cherry f	43 1:11:17
M Rodriguez f	
D Townsend f	
M Tobias f	60 1:17:32
	00

Bob Preston 5 mile Central Park, NYC; March 1

M40 R Myers	40 26:29
M45 H Lorenz	46 26:02
M50 J Leahy	50 30:23
M55 K Jones	55 29:32
M60 J McManus	62 32:06
M65 M Freidel	65 38:59
M70+W Brobston	73 37:33
W40 M Harmelin	q 40 29:23
W45 A Thornhil	1 45 33:31
W50 T D'Elia	56 34:48
W60 B Lussier	64 51:56
M70+M Bdera	70 50:28
Racewalkers	
R Goldman	43 47:38
R Valiente	55 49:34
F Lamorte	
	z f 64 57:49
	f 45 1:00:20
M Tobias f	
Tobias i	0000.50

Paine Webber/Javits Center 3.84 Mile Run Manhattan, NYC; March 16

Overa	all		
P Pe	etersen	26	17:28
J Pa	are	25	21:13
M40 1	P Fetscher	40	20:50
M45 I	R Ruiz	46	21:12
M50	Steger	51	21:14
M60 (G Thompson	60	23:21
M70+1	L Martin	74	28:57
W40 1	A Hearn	40	22:02
W45 1	A Thornhill	45	24:17
W50 I	H Bedrock	51	24:19
W60 3	J Neulinger	61	37:38
W70+1	M Bdera	70	39:32

Brooklyn Half-Marathon Brooklyn, NYC; March 23

Overall						
S Kogo	24 1:04:20					
C Girard-Klein	24 1:13:15					
M40 C Elkins	42 1:14:56					
M45 G Muhrcke	45 1:14:42					
M50 J Steger	51 1:17:17					
M55 K Karcher	57 1:26:11					
M60 W Brown	61 1:24:55					
M65 J Fredette	65 1:32:37					
M70+L Martin	74 1:45:49					
W40 M Harmeling	*40 1:18:44					
W45 A Thornhill	45 1:27:25					
W50 H Bedrock	51 1:27:28					
W60+E Hauser	60 2:06:22					
*W40 AR						

Price Chopperthon 30K Albany, N.Y.; March 23

Overa	ill	
B Re	eifsnyder	1:37:16
J Bu	ich	1:54:42
M40 I	Sargent	1:50:39
	Parmalee	1:51:42
	Smith	1:55:51
M45 I	Wilcox	1:55:31
5	Graceffo	1:58:42
I	Lithgow	1:58:51
M50 2	Dugdale	1:52:23
I	Reichert	1:55:52
7	Barclay Barclay	1:56:42
M55 1	Rubin	1:54:34
	Sturdevant	1:57:31
	Sullivan	2:14:01
	I Morgan	2:10:55
I	McWilliams	2:10:56
5	Gratch	2:19:02
	Geer	2:30:47
	Shrader	3:30:43
	McNeill	4:12:16
	Madeira	2:00:38
	Steciuk	2:37:56
	Hoffman	2:38:23
	R Truncali	2:23:28
	Blaisdell	2:26:09
	S Rusby	2:27:49
	A Stockman	2:15:43
	N Tichner	The state of the s
	LaSalle	3:06:11
	N Gerstenberger	2:30:40
W60 I	E Farias	2:56:34



SOUTHEAST

Key West Half-Marathon/10K Key West, Florida February 15

Half-Marathon							
M40	Bill Wagner	1:22:12					
	Ted Parkhurst	1:26:17					
	William Zeller	1:28:14					
10							
M50	Chuck Cornett	1:31:01					
	E J Gonzalez	1:39:49					
	Frank Guerro	1:46:58					
W40	Bonnie Foster	1:37:41					
	Jan Vogt	1:43:08					
	Linda Sparrow	1:43:38					
	Linua Sparrow						
W50	Jude Bagatti	1:49:56					
10K							
M40		37:25					
	Steven Cullen	40:06					
	Thomas Mullane	40:07					
MEO	Non Vent	40:08					
MSU	Jim Vogt	44:35					
	Manuel Ortiz						
	Donald Parker	47:02					
M60	Russ Richardson	49:55					
	Peter Hlinka	51:22					
	Bill Paulsen	58:52					
		20.44					
W40	Judy Pickert	39:44					
	Valerie Smith	50:12					
	Susan Dorfner	52:35					
W50	Arlene Boyle	56:29					
	Martha Lorimer	61:40					
		Design of the later of the late					

Birmingham TC 50 Mile Run Birmingham, Ala; February 15

1	D	Horton	35	5:44:36
2	P	Parker	48	5:51:08
5	J	Hasson	41	6:27:01
7	J	Belitz	40	7:15:50
18	G	Egley .	53	7:43:36
21	A	Owens	52	7:47:29
22	E	Smith 1st f	38	7:47:44
29	J	Baker f	50	8:38:02
34	P	Curry	65	8:59:19

Masters 4 Mile DeLand, Fla; March 16

Overall				
DI	22:	54		
C	GOV	ver	32:	28
M40	P	Weishaar	23:0	04
	G	Cartwright	23:	12
	F	DeLisle	23:	16
M45	A	Reithinger	25:	53
	L	Wallis III	29:	10
	M	Squires	29:3	24
M50	F	Jewell	28:	44
M55	H	Hoffman	26:	19
M60	L	Rush	27:	15
	L	Sampson	34:	21
M65	D	Fortier	33:	11
	M	Mann	nta	
M70	R	Rollason	31:	55
	S	Szano	41:	52
M75	E	Root	46:	32
W45	J	Stacy	39:	00
W55	D	Rush	33:	50
W65	P	Griffin	39:	56

MIDWEST

Cincinnati Heart Mini-Marathon 15K

Cincinnati, Ohio; March 23							
	Overall						
	JI	We.	llerding	31	46:15		
	CI	Bro	own-Welte	24	53:27		
	M35	M	Barr	35	50:02		
	M40	J	Klingenber	ger4	41 52:59		
	M45	R	L Jackson	46	54:56		
	M50	K	Combs	52	59:01		
	M55	L	D Nolan	56			
	M60	R	Davenport	61	1:04:23		
	M65	P	Larger	67	1:11:28		
	M70+	E	Keller	71			
	W35	D	Goodman	38	1:01:32		
	W40	I	Black	42	The second second		
	W45	M	Henscheid		1:08:37		
	W50	C	Brock	50	1:07:04		
	W55	L	Gundler	58	1:27:47		
	W60	no	one				
	W65	E	Yeomans	67	1:49:19		

MID-AMERICA

St. Louis TC 30K Championships St. Louis, MD; February 1

Overall	
S Nesbit	1:45:16
L Deninno	2:14:34
M35 D Sebben	1:50:04
M40 B Goodrich	1:48:50
M45 C Bradford	2:02:43
M50 A Smith	2:08:17
M55+M Demuri	2::
W40 J Corn	2:19:35
W50+none	

SOUTHWEST

Phoenix 15K & Marathon Phoenix, Ariz.; February 15

	51	(
M35	R	Glider	-50:32
M40	F	Haney	56:32
M45	D	Compton	62:40
M50	F	Goreham	59:23
M55	D	Mayer	65:20
M60	H	Williams	65:10
M70-	+DI	S Keith	1:40:40
		Rohmer	69:12
		Fletcher	66:08
		Wells	78:51
		Boltz	74:10
		Gammill	86:12
W60-	+D	Franklin	90:52
		rathon	
1	Man	rathon Gelsomini	2:45:06
I	Man		2:45:06 2:56:54
1 M35 M40	J C	Gelsomini	
! M35 M40 M45	Man J C K	Gelsomini Sorensen	2:56:54
M35 M40 M45 M50	Man J C K J	Gelsamini Sorensen Solheim	2:56:54 3:08:03
M35 M40 M45 M50 M55	JC K J E	Gelsamini Sorensen Solheim Elliott	2:56:54 3:08:03 3:08:45
1 M35 M40 M45 M50 M55 M60	JCK JEF	Gelsomini Sorensen Solheim Elliott Pund Jr	2:56:54 3:08:03 3:08:45 3:05:41 4:04:15 4:31:16
M35 M40 M45 M50 M55 M60 M70- W35	Mai JCKJEFAS	Gelsomini Sorensen Solheim Elliott Pund Jr Saldivar Clark Herber	2:56:54 3:08:03 3:08:45 3:05:41 4:04:15 4:31:16 3:30:18
M35 M40 M45 M50 M55 M60 M70- W35	Mai JCKJEFAS	Gelsomini Sorensen Solheim Elliott Pund Jr Saldivar Clark	2:56:54 3:08:03 3:08:45 3:05:41 4:04:15 4:31:16 3:30:18 4:01:44
M35 M40 M45 M50 M55 M60 M70 W35 W40 W45	Mai JCKJEFASJJ	Gelsomini Sorensen Solheim Elliott Pund Jr Saldivar Clark Herber Wiegand Neve	2:56:54 3:08:03 3:08:45 3:05:41 4:04:15 4:31:16 3:30:18 4:01:44 4:18:21
M35 M40 M45 M50 M55 M60 M70 W35 W40 W45	Mai JCKJEFASJJ	Gelsomini Sorensen Solheim Elliott Pund Jr Saldivar Clark Herber Wiegand	2:56:54 3:08:03 3:08:45 3:05:41 4:04:15 4:31:16 3:30:18 4:01:44 4:18:21 4:43:38
M35 M40 M45 M50 M55 M60 M70- W35 W40 W45 W50	Mai JCKJEFASJJP	Gelsomini Sorensen Solheim Elliott Pund Jr Saldivar Clark Herber Wiegand Neve	2:56:54 3:08:03 3:08:45 3:05:41 4:04:15 4:31:16 3:30:18 4:01:44 4:18:21



WEST

Jedediah Smith 50 Mile

Sa	crai	mento, Calif.;	Fel	bruary 16
1	C	Turner	28	5:51:10
1	2 R	Sebert	42	6:24:57
4	1 5	Lees	41	6:40:14
- 7	7 K	Gaal	46	6:49:42
10	E	Romesberg	55	7:04:51
25	5 B	Matulac	50	7:43:53
38	3 C	Casey 1st f	36	8:07:33
		Billingsley		8:14:49
48	3 D	Bradford	57	8:27:35
68	BR	Bortz 1 W40-	+55	8:51:17
75	5 A	Lee f	46	9:06:18
84	4 J	Bumpus f	42	9:22:22
		Sligar f	40	9:38:21

Martinez To Port Costa Brick Yard 8.4 Mile Run Martinez, Calif.; February 22

27 40:57

Overall D. Rinde

Gil	bert	34 50:18	
D	Butt		
M	Smith		
		70000	
		A STATE OF THE PARTY OF THE PAR	
R	Carrothers		
+J	Nyser		
S	Cole		
V	Blankenship		
P	Raley		
B	Kirsch	58:14	
K	Gudiksen	1:08:24	
J	Knafelc	1:11:31	
A	Rose	57:32	
M	Maricle	1:00:52	
J	O'Steen	1:12:07	
R	Anderson	1:01:36	
J	Casellli	1:07:38	
A	Marsh	1:22:40	
	DMDSTJRPDBAR 7 MSVPSBKJAMJRJ	Silbert D Butt M Smith D Alarid S Vasquez T Jordan J Hancock R Bryon P Todd D Wyatt B Oliver A Rackwitz R Carrothers J Nyser M Osborne S Cole V Blankenship P Raley S Rooney B Kirsch K Gudiksen J Knafelc A Rose M Maricle J O'Steen R Anderson J Casellli A Marsh	D Butt 46:16 M Smith 47:32 D Alarid 48:12 S Vasquez 42:17 T Jordan 47:20 J Hancock 50:20 R Bryon 47:35 P Todd 51:11 D Wyatt 53:46 B Oliver 56:16 A Rackwitz 59:03 R Carrothers 1:05:47 J Nyser 1:01:22 M Osborne 1:05:45 S Cole 1:15:56 V Blankenship 7:39 P Raley 1:03:51 S Rooney 1:05:26 B Kirsch 58:14 K Gudiksen 1:08:24 J Knafelc 1:11:31 A Rose 57:32 M Maricle 1:00:52 J O'Steen 1:01:38

22nd Annual Mission Bay and Sue Krenn 15K San Diego March 1

Marchi		
Overall Ruben Ordonez Shirley Matson	25 45	47:08 57:09
M40 Gary Novak Graeme Shirley Hal Gof rth	40	53:00 53:09 53:25
M50 Mitch Pickens Fred Lehr Warren Osborn	52	
M60 Jim McCown Chuck Davey Wayne Zook		60:53 62:43 64:38
M70 Don Bradley Walt Kuetzing	70 73	68:29 82:50
W40 Shirley Matson Sharon Greiner Lolitia Bache	45 44	57:09AF
W50 Caroline Murray Anne Johnson Suzi Gillis	57	68:41
W60 Virg'a Hastings Lucy Killea	63	85:05 94:44
W70 Judy Simon	70	88:02 AF
AR=Age-group Americ	an	record

San Jose Mercury News 10K San Jose, California March 23

March 23	
Overall Carmelo Rios Terry Puckett	29:23 34:13
M40 David Rivera	33:06
Gary Goettelmann	33:09
Tom Iredale	33:14
Bill Clark	33:31
M50+Bob Farrington	37:48
Ken Napier	37:58
James Cochrane	38:08
Jerome Lewis	38:32
W40 Judi Shade	39:51
Kristine Morrella	41:29
Susan Brown	43:07
Bea Hoyle	43:28
W50+ Georgia Abrams	51:06
Diane Gomes	54:41
Angie Rodriguez	55:16
Nancy Eubank	57:37



Coneio 5K/10K Runs Westlake Village, Calif., March 30

F.,,		
5K		
Overall	21	15:58
P Mogg M Miller	100	20:32
M40 R Baumsteiger	44	18:52
M45 A Ramirez	-	19:59
M50 A Macias		
M55 F Goldman		21:14
M60 B Nemeth		19:43
M70+E Stotsenberg		21:38
W40 J Parkel		21:17
W45 R Hemming		
W70+D Stotsenberg	12	33:50
10K		
10K Overall E Gleason	19	32:56
Overall E Gleason	100	32:56 45:22
Overall E Gleason T Graves	27	ACTION AND ADDRESS OF
Overall E Gleason T Graves M40 S Rugh	27 43	45:22
Overall E Gleason T Graves M40 S Rugh M45 A Mortell	27 43 46	45:22 38:55
Overall E Gleason T Graves M40 S Rugh M45 A Mortell M50 T Steele	27 43 46 53	45:22 38:55 37:50 42:28
Overall E Gleason T Graves M40 S Rugh M45 A Mortell M50 T Steele M55 B Strobel	27 43 46 53 55	45:22 38:55 37:50 42:28 42:19
Overall E Gleason T Graves M40 S Rugh M45 A Mortell M50 T Steele M55 B Strobel M60 C Ullman	27 43 46 53 55	45:22 38:55 37:50 42:28 42:19 54:14
Overall E Gleason T Graves M40 S Rugh M45 A Mortell M50 T Steele M55 B Strobel M60 C Ullman M70+J Bishin	27 43 46 53 55 60	45:22 38:55 37:50 42:28 42:19
Overall E Gleason T Graves M40 S Rugh M45 A Mortell M50 T Steele M55 B Strobel M60 C Ullman	27 43 46 53 55 60	45:22 38:55 37:50 42:28 42:19 54:14

NORTHWEST

8th Annual Shamrock 8K Run Portland Oregon March 16

PLACE NAME AGE TIME

					ł
		TIGHE, JERRY SHATTUCK, ED CONDER, SONNY HERRERA, ALEX	40	25 28	ŀ
	1 5	SHATTIICK. ED	43	127 28	
	1 3	CONDER. SONNY	41	127:56	
	1	HERRERA. ALEX	40	:29:09	
			40	29:32	
	1 4	CANNACK, CHUCK	40	129.32	
	1 7	CANHACK, CHUCK CLARK, ROSER	43	29:33	
			40	. 20 51	
	9	BARIBAY, JIM	40	29 56	
	10	STEPEEN, BOB	44	30.10	
				1111	
	1	HEFFERNAN, MICHAEL	42	125:52	
	2	JOHNSTON, LEW	45	28:52	
	3	MEYER, TON HUFF, AL	46	29:23	
	1 4	HUFF, AL LILLIS, JIH	48	:29:34	
	5	LILLIS, JIM	40	29:41	
	6	DE LA CRUZ, MICHAE	. 47	130:14	
	17	ALSLEBEN, CALAVERA KOEHLER, BILL SCARBOROUGH, BILL	78	:30:1/	
	B	KOEHLER, BILL	40	32 60	
	10	GREEN, GERALD	34	32:26	
	10	BREEN, BERALD	7/	132:20	
	1	MASTERS, BUZ FITCH, KEITH JEANS, DAVID PHEISTER, RON BROWN, BARY	56	138:29	
	2	FITCH, KEITH	54	:32:19	
	3	JEANS, DAVID	50	132:28	
	4	PHEISTER, RON	52	:33:35	
	5	BROWN, GARY	50	:33:39	
١					
1	7	MACGILLIVRAY, BUCK	50	:34:21	
1	8	TURNER, CHARLES	50	:34:31	
1	9	BISENIUS, JIM	59	:34:47	
١	10	Denny annual	52	The second second	
	1	DAVIES, CLIVE PEREIDA, CHARLES NAKATA, ALBERT LAUDERBACK, BILL CONRAD, SUENTHER CUMMINGS, MAURY BROWN, DAN H	78	31 32	
1	2	PEREIDA, CHARLES	68	:34 35	
	3	NAKATA, ALBERT	63	:35.33	
1	4	LAUDERBACK, BILL	69	36 02	
	5	CONRAD, GUENTHER	61	:37:34	
1	6	CUMMINGS, MAURY	69	:39:52	
	7	BROWN, DAN H	61	:40:27	
1	8	BEIGHLEY, RYAN	00	40.32	

1	KOZAK, ERNA	40	.28:13
2	LEDGERWOOD, JILL	41	.33.08
3	BURGESS, KATHY	40	.33.15
4	FIGG-HOBLYN, LETHA	44	:33:18
5	WHEARY, LESLIE	43	:37:21
6	ROMED, KAREN	44	37:42
7	RIVERA, KAREN	43	:37:46
8	BALLARD, BARBARA	48	.38 .07
9	BAIL, ANNA	42	:38:10
18	LARSON, MADELINE	48	38 15
2	HALL, BETSY	46	:36:09
	KLINGBILE, KAROL	45	36:46
3	ERICKSON, KATHLEEN		:38:09
4	WHITING, ANN	48	:38:49
5	CLAPPERTON, RHODA	46	:39:15
6 7	SHITH, WENDY	45	.40.00
8	BRANNAN, JOAN	47	:40:10
9	MURPHY, JANET	48	140.16
10	FEKETY, SHARON CARLSON, DARLENE	47	:40:57
70	LAKESUN, DAKLENE	45	41 139
1	HEGEDUS, JOANNE	54	39.35
2	ABE, PATSY	51	40 27
3	MERSHON, COLLEEN	54	41 21
4	CONTRAD, BISELA	56	41 53
5	WALLS, KATHY	53	43.29
6	FREEBORN, JOHNNI	50	44.43
7	LIVESAY, JANET	52	44.53
	ROJAS, BETH	50	44 55
9	IRLANDEZ, FLOR	53	45 19
10	EDELMAN, CAROL	51	147:12
-		12	12
1		62	147:06
2		60	50.03
4		62	53 29
5		61	54.28
-	chine, anene	68	54.53
-			

Northwest Masters 15K PNAC Championships Seattle, Wash.; March 22

M40 J Jordeth

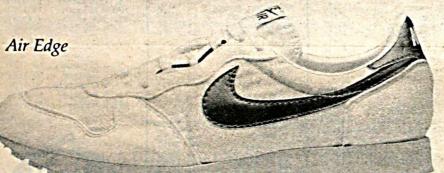
	C SCEET	42 31:13
	J Corkill	42 51:28
M45	A Huff	48 55:49
	D Morris	46 56:52
	P Jones	45 57:43
	Louico	
M50	D Mahaffey	51 53:37
	D Pitkethly	
	B Iffriq	51 56:07
	D TILLIA	31 30.07
M55	O Keniston	58 57:38
	J Vance	56 1:05:39
	J Ruck	57 1:05:58
M60	R Phelps	60 1:04:38
	B Williams	61 1:08:33
M70	+N Bright	76 1:23:25
	J Stiles	43 57:52
	M Gibson	40 1:08:38
	B Jones	
WAS	C Curtis	40 1:28:27
M43		48 1:05:16
	B Purdey	45 1:06:04
	S Pitkethly	
W50	N Hellyer	50 1:04:01
	U Criminale	50 1:06:31
	M Fournier	52 1:25:23
W55	B Murphy	58 1:11:47



INTERNATIONAL

9th Mexican Submasters And Masters National Cross-Country Championships

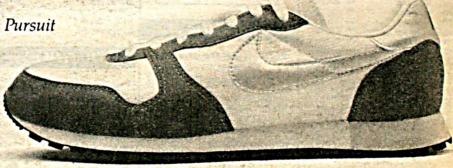
San Luis Potosi; January 26			
	8K	ertellijke.	
M30	L Camacho	27:20	
	A Corpus	28:04	
	J Perez	28:24	
M35	R Hernandez	26:21	
	J Aleman	28:26	
	J Blanco	29:11	
M40	V Ceron	29:00	
	J Aleman	29:20	
	Z de la Cruz	29:48	
M45	A Dimas	29:50	
	P Gallegos	30:27	
	R Campos	34:36	
M50	F Lopez	33:19	
	A Gallegos	33:32	
M55	J Gonzalez	34:34	
	A Sanchez	35:29	
	H Cordova	42:57	
	E Sanchez	41:01	
	A de Suarez	39:27	
W35	B de Garcia	39:55	
	Y de Trujillo	43:08	
	R de Cruz	49:17	
	none		
W45	F de Barron	44:07	
	G Anguiano	45:27	



Spiridon Gold









Beaverton, Oregon