

NATIONAL MASTERS NEWS

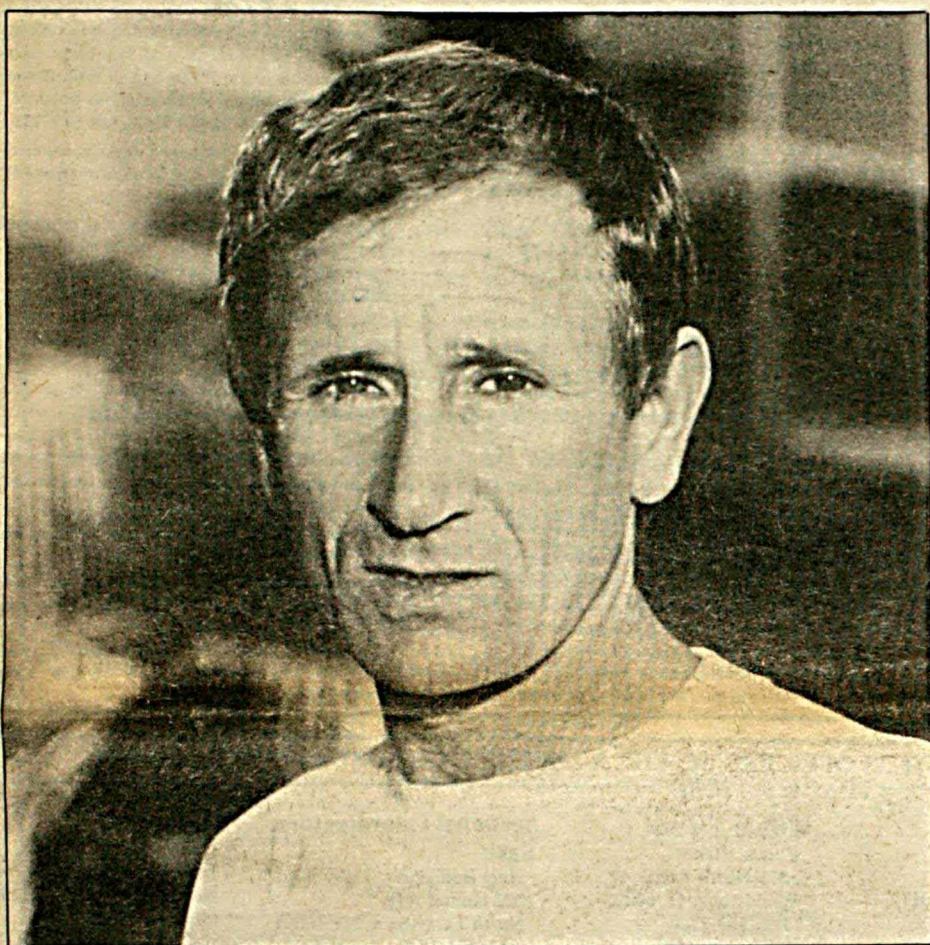
The official world and U.S. publication for Masters track & field, long distance running and race walking.

141st Issue

May, 1990

\$2.25

Phenomenal! Campbell - 2:11:04!



John Campbell

Photo by Sailer, Ltd.

New Zealander Smashes Foster's Masters Marathon Mark in Boston

John Campbell did it. He actually did it. He broke Jack Foster's 16-year-old world masters marathon best of 2:11:19 with an astonishing 2:11:04 in the 94th Boston Marathon on April 16.

Ever since Foster's incredible performance in 1974, masters-watchers have wondered who, if anyone, would ever be able to break the seemingly unapproachable standard. Foster turned into a living legend as one world-class veteran runner after another tried vainly to challenge his time. Skeptics even claimed Foster ran on a short course, since "no one over age 40 could run a marathon at a 5-minute-per-mile pace."

But Campbell clipped 15 seconds off his fellow New Zealander's mark, running at exactly a 5-minute pace for the 26.2 mile run from Hopkinton to Boston.

Sixth overall at age 39 in 1988 and fifth last year (1st master in 2:14:19), Campbell, 41, was fourth overall this year, the best finish for a master in Boston since Foster finished in the same spot in 1976.

Campbell beat his previous best by four seconds and also kept his masters marathon record perfect through six races.

"This shouldn't be happening," Campbell told Allen Lessels of the Boston Globe. "I just can't believe I'm running this fast now."

Four time Boston champion Bill Rodgers, 42 (fifth master in 2:20:46), was shocked.

"Phenomenal," he said. "When I saw how hot it was, I said, 'There'll be no world records today.' I salute him. It would be fantastic to see what he could do on a good day."

The temperature was 60-degrees with the sun shining as about 9000 runners eventually dwindled to 7966 finishers.

Campbell wasn't sure he could do it after feeling weakness in his legs at mile 16.

Continued on page 8

565 Athletes Set 30 World Indoor Records in Nationals

by JERRY WOJCIK

Finding themselves on a metric track for the second year after many years on yard-measured tracks, participants in the U.S. TAC National Masters Indoor Track and Field Championships held March 24-25 in Madison, Wisconsin, again deeply revised the indoor record pages.

On the Camp Randall Memorial

Sports Center oval at the University of Wisconsin, the men and women competitors in five-year age groups from 30 through 85, set 30 world and 41 additional national records.

The annual meet drew 565 participants, down 14% from the 658 who showed up last year in Columbus, Ohio.

Among the many world records, a few stand out. Eddie Hart, who had honed his 60m by competing in open meets during the season, reduced the M40 world record of 7.06 to 6.97. Hugo Hartenstein, M55, picked off two records in the 60m (7.53) and 200 (24.94). Ken Sparks, M45, in perhaps the best double of the meet, broke the 800 (1:57.81) and 1500 (4:04.80) records.

Canadian Ian Hume erased the old M75 high jump and triple jump records with a 1.37 and an 8.56.

Shot putters were in fine form with three records, from Ross Carter, M75,

who broke his own mark of 11.95 with a 12.30; Joann Grissom, W50, 12.66; and Bernice Holland, W60, 10.09.

Walkers, led by Cindy Paffumi, W35, who reduced the 3000 record from 18:32.2 to 16:50.66, accounted for five WRs.

Phil Raschker, W40, broke her own 60m time (8.16) with a 8.14. Millie Crews, W75, broke dash records (11.75 and 45.73) and came back to get the 3000RW record (22:17.08).

Konrad Boas, M85, did his best to dispel the belief that older masters garner wins and records for merely showing up by breaking his own records in the 200 and 400 with a 42.51 and 1:56.20.

World-record setters also contributed to the fall of many of the 41 national marks.

Other U.S. bests came from Roy Turner, M50, in the 60m (7.61) and 200 (24.20). Bill Fortune, M60, had fine

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1972 Olympic gold medalist Eddie Hart lowered the world masters 60-meter record to 6.97 at the Nationals. Photo by Sailer, Ltd.

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NATIONAL MASTERS NEWS

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



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

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

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

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

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

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Second Annual Donald S. Harris Memorial Track Classic

Franklin Field (University of Pennsylvania), Philadelphia, PA - Saturday, June 16, 1990

Benefiting St. Christopher's Hospital for Children, Philadelphia, PA.

Founded in 1875, St. Christopher's is a nonprofit, nonsectarian pediatric medical center offering a wide variety of patient services:

- the only kidney dialysis/transplant program for children in the Delaware Valley
- a major center for the treatment of cystic fibrosis and other lung disorders
- a comprehensive cancer and blood disorders program
- the only pediatric burn center between Boston, Massachusetts and Washington, D.C.

Donald S. Harris, who passed away in June 1988, devoted 30 years of his life to the education of children, serving as teacher, guidance counselor, and principal. Don enjoyed competing in the long jump and sprints as a master and made numerous friendships with his fellow athletes. Mr. Harris was vice-president of the Philadelphia Masters Track Association.

SITE: Track and jumping events at Franklin Field (home of the Penn Relays), fast synthetic surface, short spikes only. Throwing events at nearby field outside of stadium.

ENTRY: \$12.00 for first individual event (includes T-shirt, program and entry), \$6.00 for each additional event. Relays are \$24.00 per team. All individual events are pre-entry only. Relays post entry only (meet day, before 3:00 P.M.). Entry fees are NOT tax-deductible.

DEADLINE: Entry must be in meet director's hands no later than Tuesday, June 5, 1990 at 6:00 P.M. Send to Peter Taylor, 3120 School House Lane, JA9, Philadelphia, PA 19144. Telephone: (215) 842-3807, 9:00-11:30 P.M.

SANCTION: This meet is sanctioned by The Athletics Congress (TAC).

RULES: As set forth by WAVA and adopted by TAC Masters. Competition by 5-year age groups for men and women ages 30 and up.

HOTELS: The Penn Tower Hotel, 34th & Civic Center Boulevard, (215) 387-8333, has been designated as the meet hotel. Rooms have been set aside at the special rates of \$95 (plus tax) for a single and \$105 (plus tax) for a double. Reserve by May 14; indicate that you are with the PHILADELPHIA MASTERS TRACK MEET. Three-minute walk to track. (Take Econoline Limo for \$6 from Philadelphia International Airport to hotel.)

The International House, 3701 Chestnut Street (10-minute walk to track), should have a number of rooms available. Call (215) 387-5125 during the week of May 21-25 to reserve a room. Rates: \$42/night (student-type housing).

PACKET PICK-UP: Pick up your meet packet at the Philadelphia Masters Hospitality Room in the Penn Tower Hotel from 1:00 P.M. to 10:00 P.M. on June 15 or on meet day at Franklin Field. (Hospitality room will also be open on the morning of the meet)



Tentative Schedule of Events*

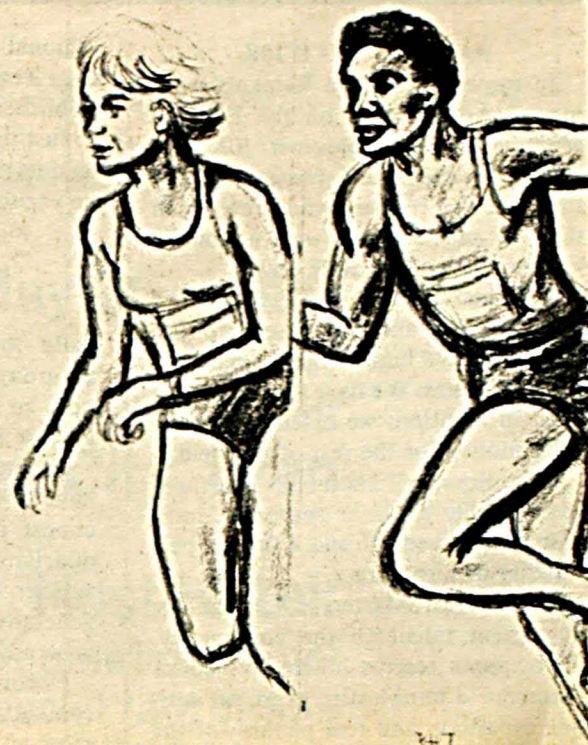
Track

10:45 400m hurdles
11:00 300m hurdles
11:15 3000m run, men 40-59
11:35 3000m run, men 60+ and all women
12:00 110/100/80m hurdles
12:30 100m dash
1:25 1-mile run
2:20 400m dash
2:55 1-mile racewalk
3:15 800m run
4:00 200m dash
4:40 3000m run, men 30-39
4:55 4x400m relay
Jumps
10:45 long jump, men 30-44
11:30 pole vault, all
12:00 high jump, all
12:00 long jump, men 45-59
1:30 long jump, men 60+
2:20 long jump, all women
3:00 triple jump, all

Throws

10:30 shotput, all women
10:30 discus, men 60+
10:45 javelin, men 30-44
11:05 shotput, men 45-59
11:45 discus, all women
12:15 javelin, men 60+
12:30 discus, men 45-59
12:30 shotput, men 30-44
1:00 javelin, all women
1:45 javelin, men 45-59
1:45 discus, men 30-44
2:00 shotput, men 60+
3:00 hammer, men 30-59
3:50 hammer, men 60+ and all women

*A final schedule will be distributed on June 15 and 16 (meet day). Unless otherwise indicated, track events run younger to older men, then women.



ENTRY FORM

Name _____ Birthdate _____ Age _____ Sex _____
TAC Number _____ Telephone _____

Address _____

Event	Fee	Best Mark 1989-90
1. _____	\$12.00	_____
2. _____	6.00	_____
3. _____	6.00	_____
4. _____	6.00	_____
5. _____	6.00	_____
6. _____	6.00	_____
7. _____	6.00	_____
8. _____	6.00	_____

T-SHIRT SIZES: (Circle one) S M L XL XXL. Extra shirts will be available at the meet for a charge of \$6.00. I would like to reserve _____ extra T-shirts.

ENTRY FEE: Enclosed is check/money order for \$_____, made out to the Philadelphia Masters Track Association to cover the events I have entered, as well as extra T-shirts.

I understand that my entry fee is not tax-deductible.

CONTRIBUTION TO ST. CHRISTOPHER'S HOSPITAL FOR CHILDREN (optional): I, _____, would like to support St. Christopher's Hospital for Children with a donation of \$_____. I understand that St. Christopher's Hospital for Children is a qualified charitable organization and that I will be mailed a receipt by the Hospital's Development Office. (Please make checks payable to St. Christopher's Hospital for Children, and mail to Peter L. Taylor, 3120 School House Lane, Philadelphia, PA 19144.)

IMPORTANT NOTICE: The net proceeds from this meet (revenues from corporate and individual sponsorships, entry fees, and T-shirt sales MINUS the expense of putting on the meet) will be turned over to St. Christopher's Hospital for Children.

WAIVER: In consideration of your accepting my entry, I agree not to sue the University of Pennsylvania, St. Christopher's Hospital for Children, United Hospitals, Inc., the Philadelphia Masters Track Association, The Athletics Congress of the United States, the Mid-Atlantic Athletics Congress, or other entities or individuals involved in this meet for any injuries or damages that might arise from my participation. This waiver irrevocably binds my heirs, executors, and administrators as well as myself.

(Signature) _____ (Dated) _____



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

BABY BOOMER 10K

In response to Dean Reinke's comments (April NMN) on the Eckerd/Magnivision Baby Boomer 10K, the criteria for the invited masters field for the race was runners who grew up in the '50s and '60s who were nationally known and recognizable now.

The final field of Rodgers, Shorter, Brown, Dyce and Schlaue exemplifies the talent. We limited the invited field to five athletes. We have the right to do that. In addition, we offered \$5000 in prize money for the rest of the field.

Baby Boomer's success in just three years is due to great sponsors, community involvement and a unique personality in a road race.

The Invited Masters Challenge brings great talent to the community. Participants receive lunch, live entertainment, a mini-health expo, an antique car show, and free pictures of the race — the best value in road running in South Florida.

We work hard to develop quality events that benefit the entire community. Low blows have no place in our sport.

Michael Peyton
Miami, Florida

POSTAL CHAMPIONSHIPS

Many masters athletes do not have the money to fly across the country to compete in major championships. I propose regional national championships in which the results from each

regional championship are forwarded to a central location, tabulated, and published 6-10 places deep in NMN.

Just the opportunity to run on paper against the rest of the country would be an exciting incentive for many of us.

Roger Pierce
Essex, Massachusetts

SUNDAY RACING

Re the discussion of Sunday vs. Saturday races, I feel a 50-50 mix is best, so no one will feel discriminated against all the time.

In most areas, Roman Catholics have a wide spectrum of services to choose from — Saturday p.m., early and late-Sunday a.m., etc., while the smaller Protestant denominations are generally limited to one service, generally 10:30 or 11 a.m. on Sunday.

Unfortunately, problems of traffic control necessitate holding most major races on Sunday morning.

Fortunately, most of our major PVAC races (Maryland, D.C. and northern Virginia) have a start time of 8 a.m. which provides cooler weather, mitigates traffic problems, and enables finishers to meet other commitments such as 10:30 a.m. church services.

Herb Chisholm
Alexandria, Virginia

KEEP THE SPORT'S INTEGRITY

Congratulations to the cooler heads who returned the 50-59 hurdles to 400. Why do we never hear a clamor to change the 100 to an 80? Or the 800 to

a 750? Too many sprinters and throwers are always trying to make things easier and take away the dignity of the event. I have no chance against a sprinter who can only hurdle if the hurdles are low enough and the race short enough.

The letter in the January issue was typical: "I'd like to compete in more events with less difficulty than fewer events with more difficulty." Sure, make it easier so you can spend less effort to get more medals at the expense of the event. It's time for that group to reevaluate their priorities.

Barry Kline
Washington, Pennsylvania

RACEWALK GRIPES

Many meet directors do not take racewalkers seriously. Meet officials generally want to get the event over with, so we have over-crowded heats resulting in poor finish-line timing.

I was distressed to learn that at the National Indoor Meet in Madison, Don Johnson, a world-class walker, could not get an age-group world record because of poor timing. Don finished at least three or four seconds in front of me, yet he was given a time well behind me. The official operating the accutrack did not take enough pictures to identify a correct time.

If we walk a race legally, we are entitled to an accurate finishing time.

George Heller
Paramus, New Jersey

The new racewalking All-American standards are too difficult. Several are faster than the existing U.S. records at ages 65, 70 and 80. How are All-American Standards of Excellence for Masters racewalkers established?

Gustave Davis
Orange, Connecticut

(The 15K and 20K standards have been eased. The standards are compiled by the Masters Racewalking Committee, chaired by Bev LaVeck. — Ed.)

UPPER AGE-GROUP AWARDS

In February's NMN, Brian Pritchard says "five-year age-group awards are not always feasible. By the time an athlete reaches age 65, he/she is, one hopes, mature enough to enjoy merely participating in a race and to regard awards as a bonus, not a divine right."

Even if unintended, his statement implies that when people reach age 65, they should be sufficiently docile and disinterested to accept discrimination.

As I see it, the purpose of age-group awards is to keep the joy of com-

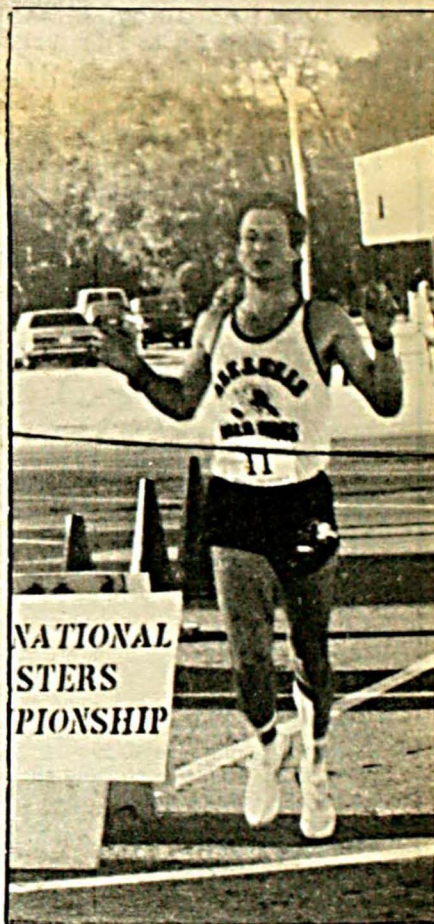
16 Join NMN Sustainers

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

Special thanks this month go to Otto Essig of Westfield, Mass. who generously donated \$250, to William Burrell of Melville, N.Y. and Charles McMahon of San Diego, who donated \$100 each, and to Carl Klehm of Woodstock, Ill. and Cliff Bedell of Tempe, Ariz. who donated \$50 each.

Thanks also to:

Norman Gatreau	Wakefield, ME
Grace Butcher	Chardon, OH
Doug Smith	Laguna Beach, CA
Joan & Mark Reiss	Sacramento, CA
H.E. Robst	Long Beach, CA
Robert Ruggeri	Walla Walla, WA
Rod Smith	Battle Creek, MI
Michael Davidson	Chicago, IL
Louise Adams	Boulder, CO
Richard Bowerman	Temple Terrace, FL
Jonathan Toben	Townshend, VT



Randy Taylor, 42, of Arkansas, wins the 1989 TAC National Masters 5K Championships in DeLand, Fla., February 4, in 16:31.

Photo from John Boyle

petitive running alive for a lifetime. Eighty-year-olds can hardly compete with 60-year-olds. Where the ranks are thin, only one or two awards need be given. Let's make running exciting for everyone.

George Billingsley
Sacramento, California
Continued on page 24

NATIONAL MASTERS NEWS Subscription Form

Masters Athletics is booming!

The *National Masters News* is the official world and U.S. publication for Masters track & field, long distance running and race walking. It contains information you can't get anywhere else. It's a bargain at 12 issues a year for only \$22. Subscribe now.

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SLCCLASSIC

Proud Hosts of the 1990 TAC National Masters
10K Championships

Saturday, May 26, 1990
9:10 A.M.

In the heart of
Salt Lake City, Utah

Host Hotel:

DoubleTree Hotel
Special rate of \$59
per room for SLC Classic
Masters Runners
1-800-528-0444

Registration:

\$12 in person
\$15 mail in
\$18 day of race

Other Activities:

5K and 10K Mass Run
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Fun!

For more information please contact the SLC Classic
1965 West 500 South, Salt Lake City, UT 84104
(801) 972-7800

Please specify if you wish information on the TAC Masters

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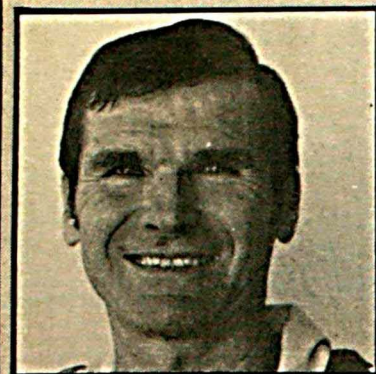
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Third Wind

by Mike Tymn

You Don't Get Two Finishing Kicks

After Said Aouita broke the world record at 3000 meters with a 7:29.45 last year, some track buffs were saying it's only a matter of time before we see a sub-8 minute two-mile. One of them wrote a letter to the editor of a running publication and suggested that Aouita, with his strong kick, might have gone under eight minutes in that 3000 in Cologne had he been allowed to continue the extra 218.688 meters (3218.688 meters = two miles).

The writer figured that Aouita had averaged 29.96 seconds per 200 meters and therefore could have kicked in that last 218.7 meters in under 30.55, thereby shading eight minutes.

What that writer forgot was the fact that Aouita kicked in the last 200 meters of the 3000. He doesn't get two finishing kicks. To put it another way, had Aouita planned to go a full two miles, he would have had to arrive at 3000 several seconds slower than 7:29.45 before kicking it in to the two-mile mark.

The Fatigue Factor

The writer also failed to take something else into account. Call it the "fatigue factor." That is, just as Aouita is not capable of running two miles at the same pace he can cover one mile, neither can he run two miles at quite the same pace he can do 3000 meters. For example, Aouita averaged 27.93 seconds per 200 meters when he set the world record for 1500 meters at 3:29.46 in 1985. Therefore, there is a slowdown or fatigue factor of 2.03 seconds (29.96 - 27.93) per 200 meters

5TH ANNUAL "MEET OF CHAMPIONS" CALIFORNIA STATE UNIVERSITY AT LONG BEACH JUNE 3, 1990

PRESENTED BY THE SOUTHERN CALIFORNIA STRIDERS

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SCHEDULE OF EVENTS

TRACK EVENTS

12:00 PM 4 X 100 METERS RELAY	2:30 PM 300/400 METERS HURDLES
12:20 PM 80/100/110 METERS HURDLES	3:00 PM 800 METERS RUN
12:50 PM 1500 METERS RUN	3:20 PM 200 METERS SPRINT
1:15 PM DISTANCE MEDLEY RELAY	3:40 PM 400 METERS SPRINT
1:35 PM 100 METERS SPRINT	4:00 PM 5000 METERS RUN
2:00 PM 5000 METERS RACE-WALK	4:30 PM SPRINT MEDLEY RELAY

FIELD EVENTS

11:00 AM HAMMER THROW & POLE VAULT	2:00 PM SHOT PUT & TRIPLE JUMP
12:30 PM DISCUS THROW & LONG JUMP	3:30 PM HIGH JUMP & JAVELIN THROW

ENTRY FORM (PLEASE PRINT)

LAST NAME _____ FIRST NAME _____
ADDRESS _____
CITY, STATE & ZIP _____
PHONE NO. _____ DATE OF BIRTH _____ SEX: M _____ F _____
CLUB AFFILIATION _____ 1990 TAC NO. _____

EVENTS

AMOUNT ENCLOSED \$ _____ MAKE CHECKS PAYABLE TO SO. CALIF. STRIDERS

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SIGNATURE _____ DATE _____



Toronto's Dave Stewart, 41, sets a new world masters indoor mile record of 4:15.47, which equates to a 3:56.98 for 1500.

Photo by Sailer, Ltd.

between his world records at 1500 and 3000 meters. For that final 218.7 meters, the fatigue factor figures to be 2.22 seconds.

What, then, should Aouita have been able to cover two miles in that August day in Cologne? I figure 8:04.38 (29.96 x 16 = 479.36 minutes + 2.80 seconds for the extra 18.7 meters + the 2.22 fatigue factor). Keep in mind that the kick is already factored into the 29.96.

So, Aouita's 7:29.45, impressive as it may be, is still nearly four and a half seconds short of being the equivalent of a sub-8 for two miles.

Aouita's 5000 is Better

On the other hand, based upon the computerized tables of comparative performance determined by physiologists Jack Daniels and Jimmy Gilbert, Aouita's 5000-meter world record of 12:58.38 equates to a 7:26.1 for 3000 and an 8:02.0 for two miles. That means that the 3000 record is a little soft and a sub-8 is closer than the 3000 record indicates.

Incidentally, the Daniels and Gilbert tables show a 7:29.45 being equal to an 8:05.4, a full second higher than my calculations indicate.

It's not uncommon for experienced runners and coaches to forget about taking out the kick and taking into account the fatigue factor when conver-

ting metric distances and times to yards. I recently came across an article about a top California high school runner who had run 3000 in 8:16. His coach commented that it was the equivalent of a sub 8:50 for two miles. In fact, it figures out to be an 8:55.3 two-mile.

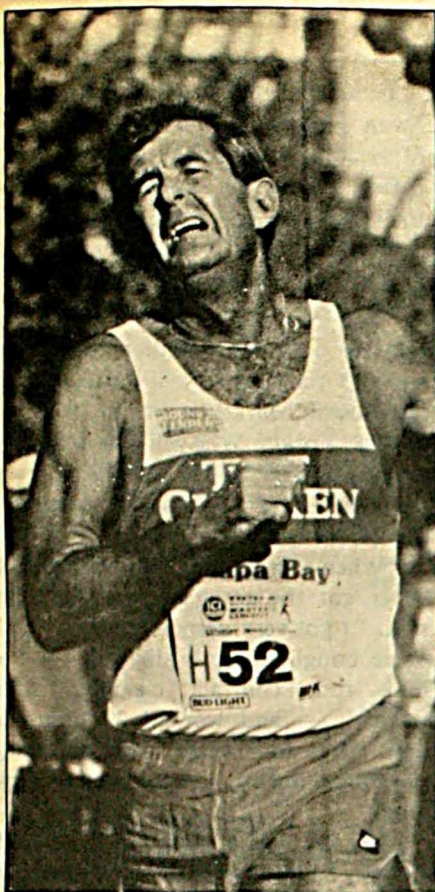
The 17-Second Rule of Thumb

In world-class miling there is a rule-of-thumb that you add 17 seconds to convert a 1500 time to a mile time. I've noticed this rule of thumb being applied by some top masters runners to their times. And, just recently there was a national newspaper report of an indoor track meet in which the writer equated a 4:11.4 winning time in the women's 1500 to a 4:28 mile.

While 17 seconds is a good rule-of-thumb for a 3:50 miler, it doesn't apply to a significantly slower runner. The slower the pace, the more you have to add on. That 4:11.4 for 1500 actually figures to be the equivalent of a 4:31.0 mile, a near 20-second difference rather than 17. At five minutes a mile, the difference is nearly 24 seconds.

On February 9 this year, Doina Melinte of Romania ran a 4:17.13 world-indoor-mile record at the Meadowlands. She also broke Mary Slaney's 1500 mark with a 4:00.27 enroute. At first glance, it appears that

Continued on page 7



Jim Larsen, 53, of Clearwater, Fla. clocks 28:56 to garner 4th in the 50-54 division in the 1989 USRA Circuit Final 8K in Naples, Fla., January 13. Photo by Sailer, Ltd.

Third Wind Continued from page 6

Melinte's performance supports the 17-second rule-of-thumb for everybody. It doesn't. Had Melinte intended to run only 1500, she should have been able to clock 3:58.5. That is, you have to take the kick and the fatigue factor out of the mile and give them back for 1500. A 3:50 mile should produce a 1500 of just over 3:35 enroute, roughly a 15-second difference, although it is equivalent to a 3:33.1 1500.

The 1.078 Multiplier

If you divide the 1609.344 meters (one mile) by 1500, you get 1.073. Adding in a small fatigue factor of .005, you will find that 1.078 is a good multiplier in converting 1500 times to mile times and 3000 to two miles (Track & Field News uses an even 1.08).

As an example, Aouita's 3:29.46 world record for 1500 is the equal of a 3:45.79 mile (309.46 minutes x 1.078). You can also take Steve Cram's world mile mark of 3:46.32 and divide it by 1.078 to arrive at a 1500 time of 3:29.94.

How does the 3:49.47 run by Kenya's Wilson Waigwa to win the 40-44 division of last year's world championships stack up against his

pending mile record of 4:05.71? A little slower. It figures out to be a 4:07.36 mile. The 4:28.66 by 62-year-old Derek Turnbull in Eugene translates to a 4:49.61 mile, considerably faster than John Gilmour's 4:57.1 age-group record (although Gilmour did 4:30.0 for 1500, the equal of 4:51.06 mile).

The recent 4:15.47 indoor 40-44 mile record of Canada's Dave Stewart equates to a 3:56.98 for 1500, better than 1500 record of 3:58.2 by Alan Roper in 1988.

So much for this math lesson and the real important differences in life. □

Five Years Ago May, 1985

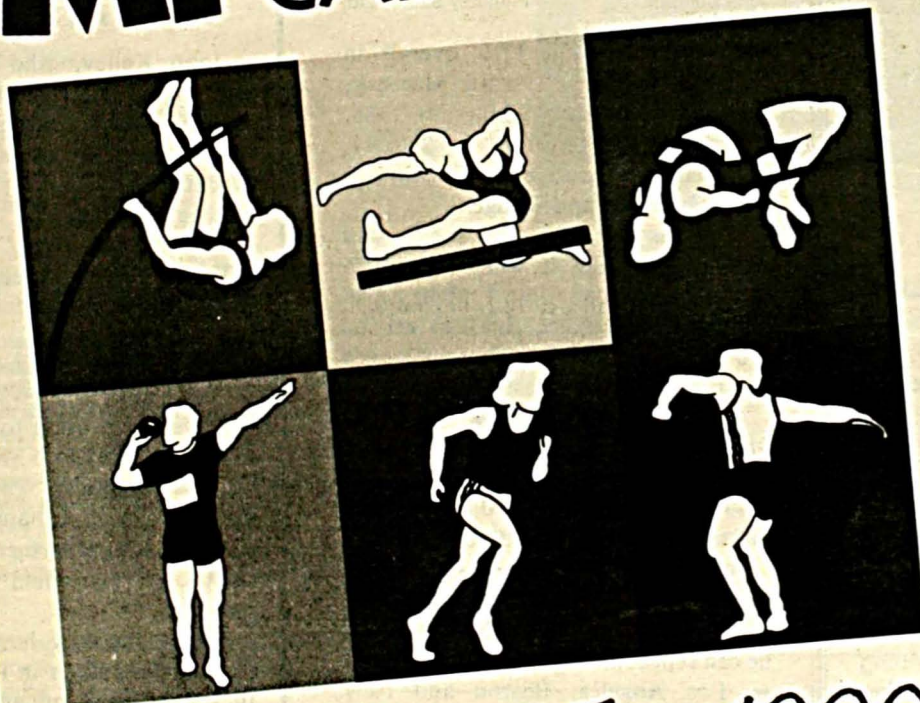
- National Indoor Meet Draws 330 to Sterling, Ill.
- 300 Compete in Eastern Regionals in West Point
- Priscilla Welch, 40, Runs 32:14 in Azalea Trail 10K for World Masters Record
- Joe McGuire, 41, (2:29:34) and Miyo Ishigami, 50, (3:03:47) Top Masters in Boston Marathon



Mary Wood, 44, of Montrose, Colo. runs 29:06 for 7th woman finisher in the ICI/USA TAC National Masters Grand Championship 8K in Naples, Fla., on January 13.

Photo by Sailer, Ltd.

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MASTERS ATHLETE OF THE MONTH

John Campbell

It looked like picking this month's ICI Athlete-of-the-Month would be a close call. Cleveland's Ken Sparks had raised eyebrows in the TAC National Masters Track and Field Championships in Wisconsin with two world M45 indoor records: a 1:57.81 800 and 4:04.80 1500. His 800 time was an excellent 96.1% on the masters age-graded scale. Eddie Hart was a strong contender with his world 40+ 60-meter record of 6.97.

But when John Campbell, 41, of Auckland, New Zealand, broke Jack Foster's 16-year-old world masters marathon mark of 2:11.19 by 15 seconds in 2:11.04, there was little doubt as to who deserved the ICI Masters Athlete-of-the-Month honor.

Campbell's phenomenal effort could well be the outstanding masters performance of the year. His time is an amazing 99.9% on the age-graded scale.

The national media took notice in a major way. Amazingly, Campbell was named the Athlete-of-the-Week by ABC-TV on its *Wide World of Sports* program of April 21. That means ABC

thought his performance was better that week than Magic Johnson, Jose Canseco, Wayne Gretzky, or any other athlete — an unheard-of recognition for a masters athlete.

Campbell will receive a check for \$100 from ICI — pocket change, since his Boston win was worth \$38,000.

ICI is the fourth-largest chemical company in the world and sells over 15,000 products in over 150 countries. ICI continues to be supportive of masters athletics.

Congratulations to John Campbell — the ICI Masters Athlete-of-the-Month. □

Campbell — 2:11:04 Continued from page 1

"I didn't like my chances until the last mile," he told Dave Patrick of USA Today. "In the hills, you can lose a minute like nothing. The last mile was the only time I thought I could chance it. I went all out."

London's Anne Roden captured the women's masters title in 2:39:36.

Campbell didn't break into the overall top 10 until the 20-mile checkpoint, when he was ninth. By mile 25, he had moved up to fifth.

"I wasn't sure where I was overall," he said, "but I figured I was doing okay because Rob de Castella was my next target."

Three other 40+ runners broke 2:20. Sweden's Kjell-Erik Stahl placed

Unofficial results showed Raymond Swan (2:40:12) beating Fay Bradley (2:41:24) in the M50-59 division. Race officials, however, wanted to review the videotapes before declaring official results. Britain's Ron Hill, 51, added a day to his 24-year, consecutive-day running record with a good 2:45:22.

"The hills seem higher than they were 15 years ago," said Hill, whose last Boston Marathon was in 1975.

New York's Wen-Shi Yu was the women's 50-59 winner in 3:19:51.

Campbell came close to dropping out of the sport.

"When representing New Zealand, I never got the results I wanted," he said. "I got very despondent."

He bought three businesses — "a milk run, contract cleaning, and fishing" — and worked 20 hours a day. After four years, with his marriage breaking up, he went back to running.

"My life was a shambles," he told Lessels. "I had to get things in order. I was going nowhere."

Campbell's plan is to return to New Zealand for a while, then move to the U.S. — his site is not yet determined — to train for the New York Marathon in November.

The overall winners were Italy's Geraldo Bordin (2:08:19) and Portugal's Rosa Mota (2:25:23). Unofficial results on page 51. □

— Al Sheahen



John Campbell

Photo by Sailer, Ltd.

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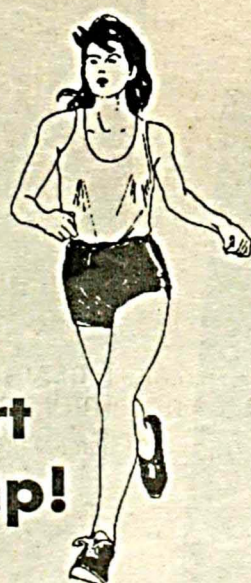
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**A PRECONDITIONER
FOR FALL
MARATHONS**



Kelley Celebrates 83rd Birthday and 59th Marathon

John Kelley, who celebrated his eighty-third birthday the previous day, competed in his 59th Boston Marathon, April 16, clocking in at 5:05. It's the 55th one he's finished.

"I feel just fine," he said. "The people watching were great. I love all the fans and the press."

Kelley received many ovations as he ran the course.

"I felt very good for 19 or 20 miles," he told Bob Monahan of the Boston Globe. "Then my legs got a bit weary. It happens when you get old. But there was no doubt in my mind that I'd finish."

"I'm told they have a great 87-year-old runner in Russia and they want me to run against him. That's okay with me. I'd like to make it a peace mission sort of thing."

Will he return to Boston for his 60th attempt next year? "I'm just glad to wake up in the morning," he said. "Running is a bonus." □

second master and 17th overall in 2:16:19, Poland's Ryszard Marczak, 45, Boston Masters winner in 1988, was third (21st overall) in 2:16.44, followed by Mexico's Mario Cuevas (24th, 2:17:30), and Rodgers.

"It was too hot for me," said Rodgers. "I like it when it's 40-45 degrees. On a cool day, I might finish maybe around 20th. But I'm getting too old to be a serious contender. It's fun running in the masters division."

Campbell collected \$38,000 — \$13,000 for his fourth-place finish, \$10,000 for a world best, \$7500 for being first master, and \$7500 for setting a masters course record.

And, since he won the Los Angeles Marathon on March 4 (2:20:15), he can win another \$50,000 in bonus prizes if he can repeat his triple marathon sweep — Los Angeles, Boston and New York.

Following Roden in the women's 40-49 division were Chie Matsuda (Japan 2:42:14), Christa Vahlensieck (West Germany, 2:42:18), Cesarino Taroni (Italy, 2:46:32), and Jane Hutchison, the first female American 40+ finisher (Webb City, Mo., 2:47:55).



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3rd Annual SCHOLASTIC/ MASTERS TRACK & FIELD CLASSIC

**June 16, 1990
at Centennial High
School**

Gresham, Oregon

**11:00 a.m. - Field Events
12:00 noon - Running Events**



1500-meter runners (ages 17-18 vs. 30-39) in last year's Scholastic/Masters Classic.

WHEN

Saturday, June 16, 1990

11:00 - Field Events

12:00 noon - Running Events



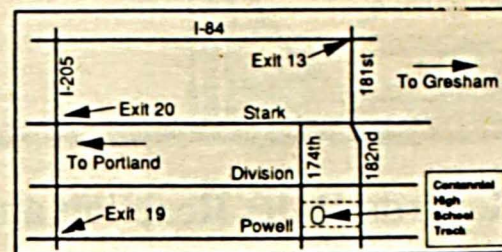
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EVENTS

FIELD

(1 a.m. - Not in order)

- Shot put *
- Pole vault
- Discus *
- High jump
- Javelin *
- Long jump
- Triple jump
- No Hammer Throw
- * High school implements

RUNNING

(12 noon - In order of event)

- 4 x 100
- 1500 meter
- 100 meter
- 400 meter
- High hurdles (39")
- 800 meter
- 200 meter
- 300 in. high hurdles
- 3000 meter

FEES

\$12.50 for entries received before June 9, 1990. Day-of-event entry fee is \$15.00. Note: entry fee includes unlimited number of events.

BELT PACK/ T-SHIRTS

All entrants who preregister by June 9, 1990 will receive a belt pack. Day-of-event entrants add \$2.50 to entry fee to receive the belt pack. T-shirts will be available for purchase at the Classic. Cost: \$10.

AWARDS

First, second and third place finishers will receive ribbons. Special awards will be given for outstanding Scholastic/Master and open performances. Color action photos and video will be taken during the Classic and will be available for rental or sale. It is hoped that the participants will have the opportunity to have a memory captured for the future. Awards provided by Athletics East.

SPECIAL THANKS

The Scholastic/Masters Track & Field Classic would not be possible without our support sponsors. We would like to take this opportunity to thank them and the following for their support:

- Centennial School District
- Randy Hutchinson, Head Track Coach, Sandy H.S.
- Greg Letts, Head Track Coach, Centennial H.S.
- Bill Cook, Centennial School District

AGE CATEGORIES

The Scholastic/Masters Classic provides the opportunity for younger and older athletes to compete directly with each other. Competitors are divided according to the following classifications:

- Open - Ages 19-29 compete with each other. Any master or scholastic competitor can elect to try their skills in this class.
- Class 1A - Age 18 matched with 30-34
- Class 1B - Age 17 matched with 35-39
- Class 2A - Age 16 matched with 40-44
- Class 2B - Age 15 matched with 45-49
- Class 3A - Ages 13 & 14 matched with 50-54
- Class 3B - Ages 11 & 12 matched with 55-59
- Class 4 - Ages 60 and up (Seniors) compete with each other

**1989 OUTSTANDING
PERFORMANCES**

Special awards were given last year to the following participants:

- Most outstanding Open, Chuck Chapin (2nd year)
- Most outstanding Master, Katherine Seeley
- Most outstanding Scholastic, Heath Howington
- Most outstanding Senior, Pat Dixon

INFORMATION

Sports Resources, Inc., invites comments, suggestions, constructive advice, and all information regarding age level performances. Any interest from potential sponsors and advertisers is welcome and recognition is available.

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CONCEPT

As the importance of wellness in American continues to develop, more people are learning how to manage their time and set priorities to enhance their fitness experience and measure their progress.

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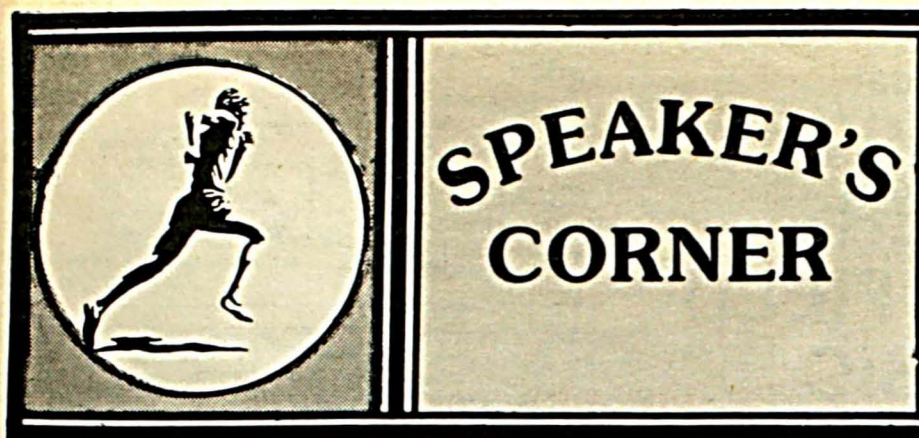
WAIVER AND RELEASE: I know that participating in an organized running/athletic event, regardless of distance, includes an element of risk. I should not enter and participate in the Scholastic/Masters Track & Field Classic (hereinafter "this event") unless I am medically able and properly trained. I agree to abide by any decision of an event official related to my ability to complete this event safely and I further agree that event officials may authorize necessary emergency treatment for me. I further assume any and all other risks associated with participating in this event including, but not limited to, illness, traveling to and from the event, falls, contact with spectators other participants, the effects of the weather (including temperature extremes and humidity) and the surface conditions of the track, field, and sidewalks, all such risks being understood and appreciated by me.

Having read this waiver and knowing these facts, and in consideration of the acceptance of my entry, I hereby for myself, my heirs, executors, administrators or anyone else who might claim on my behalf, covenant not to sue, and waive, release and discharge Sports Resources, Inc., and Centennial School District, event officials, volunteers and any and all other sponsors, suppliers, agents, independent contractors, employees and any other personnel in any way assisting or connected with this event from any and all claims or liability of any kind or nature whatsoever arising out of my participation in this event, even though that liability may arise out of negligence or carelessness on the part of the persons or parties named in this waiver.

I also understand and agree that any sponsor may subsequently use, for publicity or promotion purposes, my name or picture of me participating in this event without liability or obligation to me.
 Entries from minors will be accepted only with a parent or legal guardian's signature.

Signature of Participant

Signature of Parent or Legal Guardian
 (for a participant under the age of 18)



Records Rule: Reaction and Response

by BASIL and LINDA HONIKMAN

(For a road race performance to be recognized as U.S. record, it must have been achieved on a course which conforms to standards which limit elevation drop and wind assistance to runners. TAC rule 185.5 defines the maximum elevation drop as one meter per kilometer and the separation between the start and finish as 30% of the race distance. The rule was passed at TAC's Convention in Washington, D.C. last year. ABC-TV criticized the rule because it excludes the Boston and New York Marathons. Basil and Linda Honikman, directors of TACSTATS, the official long distance running record-keeping arm of The Athletics Congress, explain the rule and the problems involved. — Ed.)

For four years we've been telling everyone that there is no such thing as a world road race record — officially, that is. All our pleadings have made no difference. "World Record" is just about the hottest item since Air-Jordan sneakers. The press, particularly the running magazines, use the term constantly with little or no concern for veracity.

Only the IAAF has the authority to declare WRs. For a Road Racing WR system to be implemented would require the agreement of more than 180 member nations.

The change to rule 185.5 has been

greeted with media sensation and rampant hysteria. Peter Jennings of ABC-TV used terms like "heavy-handed regulation." Reporter Dick Schapp, while viewers watched shots of exhausted and elated runners at the end



Starter Skip Dougherty points out the scenic attractions along the track for, from left: Marsh Haraden, 58; Patrick Devine, 60; Richard Davis, 71; Luther Burdelle, 64 (blocked from view by Lee Hirst, 67) before their 800-meter-race in the 1989 Runners' Pentathlon. This year's event will be held on June 2 in Albuquerque. Photo by Tom Bell

of the New York Marathon, accused TAC of trying to suggest that "the race never happened and the runners never ran."

The Boston Globe talked about TAC discrediting the Boston Marathon by deciding that its course was bogus. Bill Rodgers used the term "Stalinistic." In the midst of all this flailing and wailing, it has been difficult for people to develop a clear picture of the rule change and what it accomplished.

Sport, especially one like long distance running which is so symbolic of the Olympic spirit, should be fair and be seen to be fair. This means that records need to comply with defensible technical standards so that all athletes have an equal chance of achieving a record, and so that no athlete is in danger of losing a well-earned record to a performance on an aided course.

There is no doubt that downhill slope and tailwinds help people run faster; thus, a set of defensible technical standards must address slope and wind air.

To project the sport as fair implies mass communication through public and press relations. Here we have a problem because it is hard to claim a rule is responsive to the sport if it excludes the most venerated of all U.S. marathons — the Boston Marathon. This is why TAC had two sets of records in the past: an "A" list which complied with the standards, and a "B" list (point-to-point records) which did not.

The result was a contrivance which appeared to be OK on the surface, but was actually not only logically inconsistent (you cannot have two bests) but also was becoming increasingly unfair to anyone who ran a non-aided course.

There were even examples of courses deliberately designed to take advantage

of downhill slope to achieve fast times. The "B" list did not and does not work.

Unfortunately, the discontinuation of the "B" shocked many who never realized there were two lists and that the Boston performances had never been eligible for the unaided "A" list. The press inflamed the reaction of these people by accusing TAC of being an "uninformed" governing body. The fact that the decision to change the rule had been debated by six TAC committees (Men's, Women's, and Masters LDR, Road Running Technical, Records and Rules) involving several hundred people and was based on studies by qualified experts, was never mentioned.

Variety has always been a part of the character of road racing. The application of standards for records could have the effect of eroding this important feature. For this reason, the standards defined in rule 185.5 are considerably less stringent than those which apply to track records. There are 6200 certified road race courses in the USA; 90% of these comply with the standards. Performances at major international races such as the Chicago and London Marathons are now eligible for full record consideration. An additional three percent of American courses, previously eligible for "B" records only — including the New York and Twin Cities Marathons — also comply, providing it can be shown that the runners were not aided by a tail wind.

We have an impossible dilemma. There will never be a perfect solution, yet we must try to find a compromise which addresses both the need for records with standards and the essential variety of the sport. It is clear that records are not as important as the events which make the sport. □

WZYP

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ENTRY DEADLINE

Running With the Legends

by HAL HIGDON

At the finals of the ICI/USRA Masters Circuit, I had a chance to again run with the **Four Legends of Running**: Jim Ryun, Frank Shorter, Bill Rodgers, Priscilla Welch.

Well, that's how promoter Dean Reinke kept referring to Jim, Frank, Bill and 'Cilla: **Legends**. They were **Legends** in all of the promotional literature and **Legends** each time they were introduced that January weekend in Naples, Florida.

How do you qualify as a **Legend** with a capital letter? First, you have a distinguished career. Second, after having passed the age of 40, along comes a race promoter who decides to attach your name to his event.

Nevertheless, as I sat at the awards banquet applauding the **Legends**, my mind wandered back to when we first met.

Jim Ryun attained almost too-instant celebrity in the spring of 1964. He was 17, the first high school runner to break the four-minute mile. That summer, Ryun stunned the track world by qualifying for the U.S. Olympic team at 1500 meters.

After the Trials, I visited the team's training camp and had lunch in the cafeteria with several friends, including steeplechaser George Young. I was doing a pre-Olympic series for United Features Syndicate. "Is Jim Ryun as good as everybody says?" I asked George.

"Why don't you ask him," said George, "he's sitting right next to me."

Sitting across the table was this scrawny kid wearing owl-like glasses who looked like someone's kid brother. I hadn't connected him with the gazelle who days earlier had outleaned Jim Grelle for the third spot on the American team.

A quarter century later, chatting with Jim Ryun and ICI's Bill Adams, I mentioned the incident. Jim was polite enough to not say whether he remembered how red I had turned.

Frank Shorter and I ran the Olympic Trials marathon at Alamosa, Colorado in 1968, he on the upside, I on the downside of our careers. We didn't meet. We didn't finish.

Several years later, Frank won the A.A.U. cross country championships in Chicago. I was covering the race for *Track & Field News* and Frank agreed to meet me afterwards for an interview at a friend's apartment where he was staying.

When I arrived, he announced to everybody in the apartment, "The guy from *Track & Field News* is here." It was almost with an air of wonder that someone from such a prestigious publication should care.

Not too many did care at the start of the 70s, but that was before the Frank Shorter of Legend.

Frank went on to win gold and silver medals respectively in the 1972 and 1976 Olympic marathons, thereby launching the running revolution. In 1977, I invited him to participate in the Michigan City Run. Frank caught and passed me for third in the last half mile of the 15 Km race won by Ray Sears, age 69. I should add that it was an age-graded handicap race.

While I remained at the post-race festivities, Frank left early. Later, my wife Rose and I returned home to find evidence of his lunch: beer cans and Twinkie wrappers.

Bill Rodgers surfaced as a folk hero about that time, winning the first of four Boston Marathon victories in 1975, his first of four New York City Marathon victories in 1976. Somewhere we got to know each other, giving clinics at races.

In 1978, it was the Old Kent River Bank Run, and I stopped by Bill's hotel room 10 minutes before the start so we could jog to the line together. Bill was 30 then; I, 47. We were the only ones in the elevator and it was he, the athlete, interviewing me, the journalist. "How do you maintain your motivation?" Bill wanted to know.

I described how some years I raced hard, others I raced easy, but what impressed me was Bill Rodgers' obvious love of running. He was looking for tips so he could continue to compete at my age.

A dozen years later and we're both still running.

Priscilla Welch had only begun to jog that same year, but in 1984 she arrived in California as a marathoner on the British Olympic team. The Brits were training in San Diego and Sunday before track competition began, I drove down from Los Angeles with several journalists.

After a press conference featuring Zola Budd and Daley Thompson, we visited the team dormitory prior to having dinner with Joyce Smith and her husband. Priscilla wandered by and Joyce introduced her as, "the young girl on the team." Joyce was then 46, Priscilla, 39. Joyce's marvelous 11th place in 2:32:07 was just barely upstaged by Priscilla's 6th in 2:28:34.

Several years later, Priscilla appeared in South Bend, Indiana for the Sportsmed 10 Km. I invited her to run in Indiana Dunes State Park, which I recently included on a list for *Runner's World of America's* ten most scenic running areas.

Priscilla ran with a heart monitor strapped around her chest and an electronic device that beeped should her pulse rate go too high or too low. I thought, here I am running in this pristine paradise with the Six-Million Dollar Woman.

Later, Priscilla stopped by my house for lunch. She left no beer cans, nor Twinkie wrappers.

Jim Ryun, Frank Shorter, Bill Rodgers, Priscilla Welch. A race promoter's **Legends**, but every runner's

friends. I hope to spend many more years running in their company.

Hal Higdon's latest book is "Masters Running Guide," available from National Masters News.

Ten Years Ago

May, 1980

- Dan Conway (48:47) and Sandra Kiddy (59:03) Win National Masters 15K
- 400 Take Part in National Masters Indoor Championships in Syracuse, N.Y.
- Survey: Should WAVA Establish Eligibility Standards for World Games?



ANTEATERS MASTERS TRACK AND FIELD CLASSIC

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

DATE: MAY 26, 1990

PLACE: UNIVERSITY OF CALIFORNIA - IRVINE

DIRECTIONS: 405 FREEWAY TO CULVER, SOUTH TO CAMPUS DRIVE, RIGHT TO BRIDGE ROAD. USE PARKING LOT 6 or 9.

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

ENTRY FEE \$7.00 FOR FIRST EVENT. \$3.00 FOR EACH ADDED EVENT.

ENTRY DEADLINE: POSTMARKED BY MAY 19, (LATE ENTRY ADD \$2.00 PER ATHLETE)

DIVISIONS: FIVE YEAR AGE GROUPS (YOUNGEST RUN FIRST)

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

SCHEDULE OF EVENTS

TRACK EVENTS

10:00 5000 METER RACE WALK
11:00 STEEPLECHASE
11:30 METER RELAY (4x100)
12:00 800 METER RUN
12:45 110 HIGH HURDLES
1:15 3000 METER RUN
2:00 400 METER DASH
2:30 100 METER DASH
3:20 1500 METER RUN (THE ALDRICH "MILE")
3:50 200 METER DASH
4:10 400 METER HURDLES

FIELD EVENTS

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

STARTING TIMES SUBJECT TO
MODEST ACCELERATION

JUMPING EVENTS

11:00 HIGH JUMP ALL DIVISIONS
12:00 POLE VAULT ALL DIVISIONS
12:00 LONG JUMP 30-39 DIV I & II
1:00 LONG JUMP DIV III, IV & V
2:00 TRIPLE JUMP 30-39 I & II
3:00 TRIPLE JUMP III, IV & V

TO ENTER, COMPLETE AND RETURN THE FOLLOWING:

Athletic release: in consideration of my entry fee, I do, hereby for myself and heirs and administrators, waive and release any and all claims I may have against the University of California-Irvine, and the Corona del Mar Track Club and their representatives for any and all injuries suffered by me during the event, sport or facility. I certify that I have no physical defects which prevent me from competing, and I compete at my own risk.

NAME _____ PHONE _____

ADDRESS _____ CITY _____

AGE (AS OF MAY 26, 1990) _____ DIVISION _____ M OR W _____

CLUB AFFILIATION IF ANY _____ DATE OF BIRTH _____

Please enter me. 1. _____ 2. _____

3. _____ 4. _____

DATED _____ SIGNATURE _____

PLEASE FIND ENCLOSED MY CHECK \$ _____ MAKE PAYABLE TO "ANTEATERS MASTERS"

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Pagliano's Podiatric Pointers

THE FOOT BEAT

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

Taping Ankles

Q. Four years ago, at age 48, I tore my Achilles and had to have it surgically repaired. My doctor and I feel there has been a complete recovery, with full range of motion, etc. I have resumed softball and running. I have taped both ankles from that time on, which is expensive, time-consuming and uncomfortable. I can't get an answer from my doctor on whether or not I should stop taping, or use a substitute, such as an ankle brace. Can you help?

A. If your Achilles has made a complete recovery, I would not see any reason to tape the ankle during your running efforts on the track. Jumping, hurdling and softball are another matter.

I would first have a complete biomechanical evaluation of the foot and ankle to determine your foot type. If you have a strong foot that is not overly supinated, you may be able to discontinue taping for certain events.

Taping does stabilize the ankle, there is no doubt about that. However, as you say, it is inconvenient and expensive. Let's look at some other possibilities.

There is a device called the air cast which is now available. It is very light weight, expandable and the athlete can run and jump in it. It affords good ankle support but not as much as tape. I would recommend the air cast for softball, running, weight workouts, etc.

As far as jumping and hurdling, I would stick with the ankle taping.

Dan Aldrich — 1918-1990

Dan Aldrich, one of the most popular competitors in masters track & field, died April 9 at UC Irvine Medical Center in Orange, Calif., following a prolonged battle with intestinal cancer. He was 71.

Aldrich held three American age-group discus marks: M60 (174-1), M65 (163-1), and M70 (142-6, set last year). Despite his illness, he competed in the World Veterans Championships last year in Eugene.

The Los Angeles Times noted his passing with a lengthy article on page 3. He was the founding chancellor of UC Irvine and the only person in the University of California's history to head three of the system's campuses.

Born in New England, Aldrich

started UC Irvine literally from the ground up. He picked the site for the campus in December, 1961. And he is credited with making the new campus, with a current enrollment of about 16,000, into one of the nation's premier research institutions.

A big man with a strong, resonant voice, Aldrich often officiated at UC Irvine track meets, and taught a class in agriculture, his specialty.

UC President David Gardner said that Aldrich "will be remembered above all by those of us who knew him well for his personal integrity, moral values, unimpeachable character and the dignity and courage with which he bore his illness the last several years."

□

I would also discuss with your physician the need for the taping in the first place. If the ankle is very strong and stable, he may advise you to discontinue completely. If there is some inherent instability, then precaution is advised.

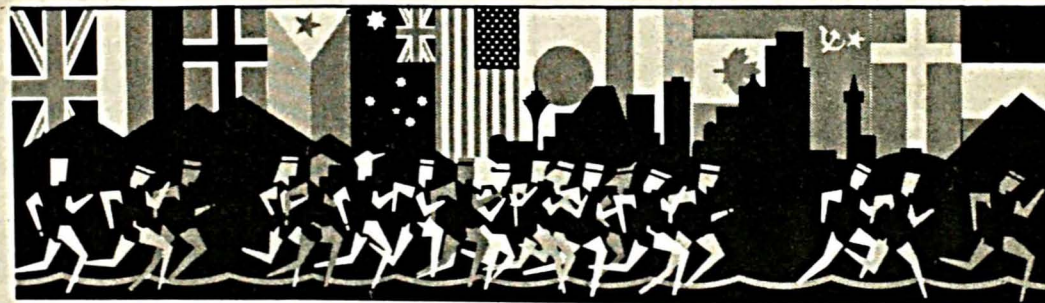
You may wish to try a high top cross-training shoe. However, there is

not much stability in these shoes as one would think, but it does offer a little more than a lower cut athletic 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.)



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Men's Race - Saturday, July 21, 7:00 a.m. Women's Race - Sunday, July 22, 7:00 a.m.

Don't be left out of the action when the gun goes off for the only Goodwill Games event open to public participation. Enter now. All entrants must be registered with The Athletics Congress and list their TAC number on the entry form.

For entries send return address and two stamps (U.S.) postage to Marathon Office, 101 Elliott Ave. W., # 430, Seattle, WA 98119. Marathon Hotline - 206/282-5565.

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

Official Seattle Organizing Committee™ sponsor of the 1990 Goodwill Games Marathon™.



Larry Almberg, 42, outruns a strong field (14:46) in the Carlsbad Masters 5000 on March 25.
Photo by Richard Lee Slotkin

Almberg Wins Carlsbad 5000 Masters Race

by RICHARD LEE SLOTKIN

CARLSBAD, Calif., March 25. The Carlsbad 5000 has become world famous in the five years of its young life, and for good reason. Counting age-year bests, there have been 48 world bests set on this course — 21 by the ladies and 27 by the men. Thirteen of them were set by folks over 40.

Of course, the main-interest here is the elite athletes event, where they've set WRs almost every year. They weren't so lucky this year, but when Doug Padilla broke the tape in 13:29.5, he not only won but he posted a new American 5K record.

In the masters-only race, which was the first of four, Larry Almberg of Ellensburg, Wash., led almost wire-to-wire for an easy victory. The 42-year-old former Washington State Cougar

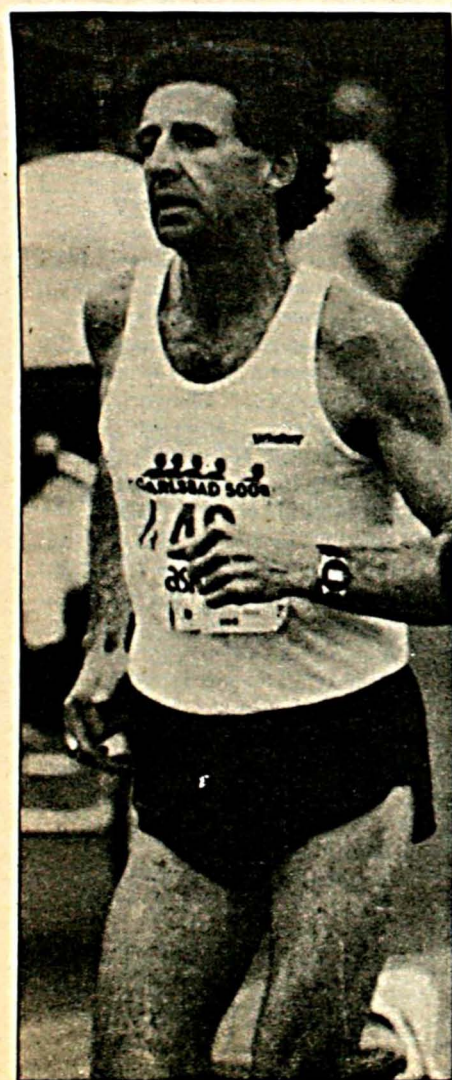
finished in 14:46, almost half-a-minute ahead of Don Kardong (15:14), who finished fourth in the 1976 Olympic marathon in Montreal. Tom Burnett (15:16) was third. Fourth was gold (1972) and silver (1976) Olympic marathon medalist Frank Shorter. Beating those guys, wow, isn't that the stuff dreams are made of?

"One of the great thrills of running is to be out in front," Almberg said after the race.

The first female masters finisher was Kathleen Looney (45, 17:55), 31 seconds ahead of Joni Shirley, 43. Mary Storey, 65, won her age group by 90 seconds with a 23:33. That doesn't seem that fast until you convert it to a 7:35 average mile. For a 65-year-old woman? Yeah, that's kind of moving, wouldn't you agree? □



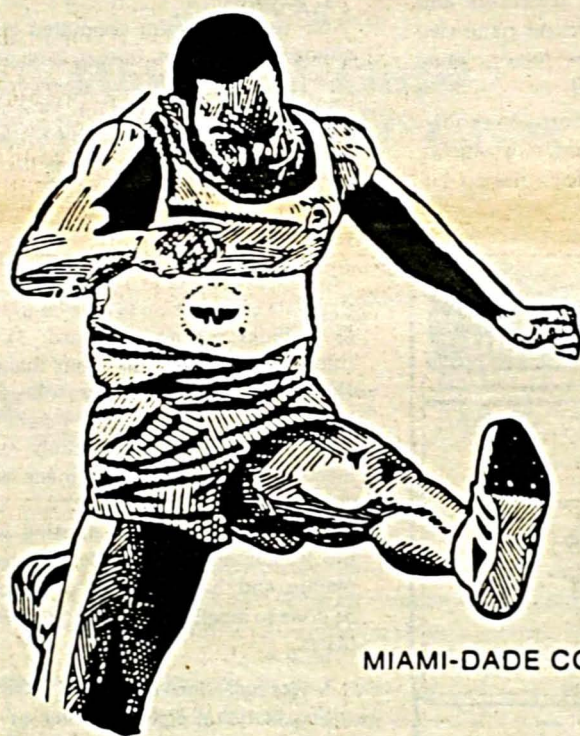
Don Kardong, 40, is second (15:14) in the Carlsbad Masters 5000 on March 25.
Photo by Richard Lee Slotkin



Frank Shorter, 40, on his way to 4th place (15:20) in the Carlsbad Masters 5000 on March 25.
Photo by Richard Lee Slotkin

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MASTERS TRACK & FIELD REPORT

by **BARBARA KOUSKY**
Chairman, TAC Masters Track & Field Committee

Indoor Nationals Successful

Congratulations and thanks to Scott Nelson, meet director, and to the many volunteers from the Wisconsin United Athletic Club. They gave the athletes an opportunity to compete in a well-run, national indoor championships.

It was an exciting meet for the spectators; there were many excellent performances which resulted in numerous new indoor records.

Most meet directors would agree that while we strive for the "perfect meet" there are generally some problems which arise. At the Championships in Wisconsin, there were questions from the athletes to the Track & Field Committee and to the meet organizers. The primary concern was the location of the weight-events competition (see minutes of T&F meeting).

The open meeting on Saturday evening provided an opportunity for the athletes and meet organizers to help

improve the weight-event competition.

It is important for the athletes to have a forum where they can ask questions and receive answers. The next such opportunity will be at the Outdoor Championships in August. I hope you will plan to include the meeting in your schedule.

Meanwhile, if you have questions or suggestions, contact any member of the T&F Committee. Their addresses and phone numbers are listed on page two of the National Masters News. They will welcome the contact.

On a personal note, I enjoyed renewing friendships and making new ones in Madison. I'm looking forward to Indianapolis. □



This beaming quartet captured first place in the masters 4x400 relay at the Vitalis/Meadowlands Invitational Meet, February 9, setting a masters meet record of 3:40.76 (l to r: Mike Maslowski, Lester Wright, Bob Ihne, Dawud Saleem).
Photo by Elliott Denman

Minutes of Masters T & F Meeting At Nationals

Approximately 30 people attended a meeting called by Barbara Kousky, TAC Masters Track and Field Chairman, at the Best Western Inntowner, Madison, Wisconsin, on Sat. March 24, at 8:30 p.m.

1. Records

No records person appointed at indoor national meet. Thus, burden is on athlete to be aware that he/she has set record and to get documentation together. Discussion on whether national committee or meet director should supply records personnel for meet.

2. Weight Events

Tom Gage and Richard Hodgkiss presented complaints of weight competitors: 1) competition is outside in the cold; 2) facilities are non-standard; 3) competition sites are too far from main arena. Discussion revealed many colleges don't have facilities for indoor weight events. Gage offered to act as consultant for future meets and perhaps help in financing acquisition of proper implements.

The consensus of the meeting was that the weight athletes had legitimate complaints, and that everything possible should be done to ameliorate the situation in future meets.

3. Site Selection

The National Sports Center at Blaine, Minnesota was selected for the 1991 National Indoor Championships. It's a new Olympic training facility, about 30 minutes north of Minneapolis/St. Paul, with 200 dorm beds (in 50 rooms), dining facilities, and 6-lane tartan-type track. No other bids submitted.

Naperville, Ill., selected at the 1989 TAC Convention, will be the site of the 1991 Outdoor Championships.

Columbus, Ohio is interested in hosting the 1992 Indoor meet in conjunction with the 500th anniversary celebration of Columbus' arrival in America. Other possible bidders are Princeton, Syracuse, Nebraska, and Brown. (Note: Princeton and Syracuse facilities are expensive.)

4. 1990 Outdoor Nationals

A title sponsor may be obtained for this year's nationals in Indianapolis. Bruce Springbett, national outdoor coordinator, is working with meet organizers to avoid any problems.

5. National Masters News

Barbara Kousky took informal poll among attendees; most everyone subscribed to NMN. It was agreed we would all try to encourage participants to subscribe, as NMN is our major source of information.

6. North American Championships

There are at least two days in which there are periods of competition time which there is no bus transportation to and from the stadium in Trinidad. It was decided to refer the matter to David Pain, WAVA North American Delegate, requesting he draft a letter saying we would like continuous bus transportation.

7. TAC Long-Range Plans

The Long Range Strategic Plan for TAC will be discussed at a special meeting of the TAC Executive Committee and the Strategic Plan Committee on April 5-6. Chairman Kousky will attend and represent the interest of the Masters Track and Field Committee.

8. Masters Events in Open Meets

Consensus favored increased participation in Vitalis, Millrose Games, Penn Relays, etc. Roosevelt Weaver wrote to director of Vitalis meet, and suggests a write-in campaign to indicate support for an expanded program. Write: Walter Murphy, Assistant Meet Director, Vitalis Meadowlands Meet, 141-40 84th Drive, Apt. 5L, Briarwood, NY 11435, requesting a 55-meter dash for 40-49 and 50-59.

9. TAC Budget

1989 annual budget of \$25,000 was reduced at TAC's Convention to \$15,000 for 1990, in line with TAC's general across-the-board budget cuts for all committees. Ms. Kousky is looking at sponsorship possibilities to make up the lost \$10,000.

10. Uniform Manager

Anyone interested in being uniform manager should contact Kousky. Mike Castaneda has done a good job, but may not want to repeat.

11. Multi-Event Schedule

The multi-event schedule was reviewed by Rex Harvey.

12. Proof of Birth

Discussion on how to guard against false declarations. Consensus: difficult to check false papers. A topic for future discussion. □

Submitted by Marilyn Mitchell, Secretary, TAC Masters Track & Field Committee

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Land of Lincoln

MASTERS

JULY 7, 1990

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For further details, send SASE to:

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3rd Scholastic/Masters Meet Set for June 16 in Oregon

Tired of the same old faces in a masters meet? The 3rd Annual Scholastic/Masters Track & Field Classic on Saturday, June 16 in Gresham, Oregon may offer a cure for your malaise.

The meet pits masters athletes against really younger ones: Age 18 is matched with age 30-34; age 17 with 35-39; age 16 with 40-44; age 15 with 45-49; age 13 & 14 with 50-54; age 11 & 12 with 55-59. Ages 60 and up compete with each other. Ages 19-29 also com-

pete with each other, but any master or scholastic competitor can elect to try their skills in this class.

"One of the goals of a healthy society should be to find ways for people of all ages to relate with each other," says Mike Monahan, meet director. "The Scholastic/Masters Classic helps break down the barriers between these two age groups. It will help bridge the gap by enabling the participants to compete with each other on an equal basis."

Throwers will use high school imple-

ments in the shot, discus and javelin in the meet at Centennial High School in the Portland suburb.

The first year's meet drew 41 competitors and one sponsor. Last year's event lured 114 participants and four sponsors.

"This year we hope to have more than 200 competitors and several sponsors," said Monahan, who is planning on heavily promoting the event in local newspapers and radio stations.

Monahan timed the meet to coincide

with the Oregon Track & Field Camp for Masters in Eugene on June 17-24. The camp will be led by Coach Bill Dellinger and is being organized by Tom Jordan and Barbara Kousky.

"Masters athletes can participate in our meet and then fly or take the two-hour-drive to Eugene the next day for the camp," Monahan said.

For more information, contact Sports Resources, Inc., PO Box 842, Gresham OR 97030; 503-667-1145. See the entry form on page 9. □



John Patterson, 40, won the pole vault against 15-16 year-olds in last year's Scholastic/Master T&F Classic. This year's meet is set for Gresham, Oregon on June 16.

Photo by Mike Monahan

Four Records Fall In Cincinnati Meet

by JERRY WOJCIK

Two world and two American indoor age-group records were broken in the Midwest Masters Classic held at the University of Cincinnati in Ohio on February 18.

Eek Keller with a 6:33.4 in the 1500 broke Bill Brobston's M75 WR of 6:37.4 set in 1989. In the M85 high jump, Arling Pitcher increased his WR of 3-2 set in 1987 to 3-3 1/4.

National records were broken by E. J. Goddin, who decreased Archie Messenger's M65 400 mark of 67.87 set in 1989 to 67.1, and Mary Patterson, who lowered the W60 800 record of Mary Norckauer, set in 1989, to 3:49.2.

□

9th Annual Hayward Masters Classic Track & Field Championships

Hosted by OREGON TRACK CLUB MASTERS

June 23, 1990

Field events and track events begin at 8:00 a.m.

Hayward Field University of Oregon Eugene, Oregon

Host to 3 Olympic Trials, the 1984 & 1987 U.S. National Masters Track & Field Championships and the 1989 VIII World Veterans' Championships

Weyerhaeuser Paper Company
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Springfield, Oregon

OREGON TRACK CLUB MASTERS

SCHEDULE OF EVENTS

SATURDAY, JUNE 23, 1990

FIELD

Long Jump — M & W
Triple Jump — M & W
Javelin — M & W
Shot Put — M & W
Discus — M & W
Hammer — M & W
Pole Vault — M & W
High Jump — M & W

TRACK

3K Steeplechase — M & W
10,000 Meters — M & W
5000 Race Walk — M & W
3000 Meters — M & W
High Hurdles — M & W
100 Meters — M & W
800 Meters — M & W
400 Meters — M & W
Intermediate Hurdles — M & W
200 Meters — M & W
5000 Meters — M & W
Mile — M & W
Relay 4 x 400 — M & W

FACILITIES: All-weather track & runways (maximum 1/4" spikes allowed).

DIVISIONS: 5-year age divisions for men and women age 30 and over.

ENTRY FEES: \$12 for 1st event (includes T-shirt); additional \$6 for 2nd event; additional \$3 each 3rd, 4th and 5th event.

ENTRY DEADLINE: All entries must be postmarked by Saturday, June 16, 1990.

★ LATE ENTRIES WILL NOT BE ACCEPTED ★ NO REFUNDS FOR DEFAULT ★

MEET HEADQUARTERS: Eugene Hilton, 66 E. 6th, Eugene, Oregon. Ask for Hayward Classic rates.

PACKETS: Available for pickup at Eugene Hilton Friday evening, June 22; and June 23 at the meet.

AWARDS: 1st, 2nd, and 3rd place medals. Ribbons through 6th place.

DETACH AND MAIL

★ Please Print ★

Name _____

Address _____

Phone (____) _____ Club Affiliation _____

EVENTS

Best '89 or '90 mark

1. _____
2. _____
3. _____
4. _____
5. _____

(limit)

T-Shirt size (check one)

- ☐ small ☐ med
☐ large ☐ x-large

Birthdate: ____/____/____

Age (as of 6/23/90) _____

Male _____ Female _____

TAC # _____

Entry fee _____

TOTAL _____

Make checks payable to:
OREGON TRACK CLUB MASTERS

Event changes will not be permitted after registration.

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

Signed _____

Date _____

Send entry with check to: Oregon Track Club Masters, c/o Marcia Long, 3522 Westleigh, Eugene, OR 97405 or Les Castle, 720 E. 20th, Eugene, OR 97405. 344-9809.

PROFILE

James King

by LOLITIA BACHE

As an open runner, San Diego's James King was one of track and field's most consistent 400-meter hurdlers in history. He ran under 50 seconds for 11 straight years and ranked high in both the United States and the world.

Since he has entered the masters category (he turned 40 on May 9, 1989), he has continued his career in the same vein. He set two over-40 world records last year at the World Veterans Championships in Eugene with a 48.61 in the 400 and a 52.76 in the 400H. He also anchored the USA world masters record 4X400 relay team (3:21.54). This year at the Meadowlands Meet in New Jersey on February 9, he set a new indoor masters world record of 50.64 in the 400.

King was born in San Diego, the oldest of nine children. He began his track career at Hoover High School where, he says, "I was a very average runner." His high school bests were 15.1 for the 120-yard high hurdles and 19.5 for the 180-yard low hurdles.

He went on to Mesa Junior College near San Diego and, under Dick Cox's coaching, ran 52.2 for the 400H and led off for the Mesa mile relay team. This led to a full scholarship at San Diego State U. and more improvement under head coach Dick Wells. King improved to 51.5 in 1971.

Didn't Get Good Till 25

King says he "didn't get good" until 1974 when he broke 50 seconds for the first time. His coach at that time was San Diego State's Dick Hill who changed his workouts somewhat.

"Before that," he recalls, "I had been doing the same workouts as Wes Williams, who had a strong 800-meter background. By the time the competitions would come around at the end of the week, I was too tired out from the workouts."

The following year saw him winning the Pan Am Games 400H. He was ranked fifth in the world and third in the U.S. in 1975. His incredible 11-year string of sub-50 performances would continue until 1984 when, at age 35, he set M35 world age-group records in both the 400 (46.38) and 400H (49.72), and made one last attempt at the U.S. Olympic team.

Bad Luck in Olympic Trials

He had been a strong contender for the Olympics both in 1976 and 1980, but misfortune struck him both times, as it did in 1984. In 1976, a hamstring injury just a few weeks before the Trials forced him into a disappointing 6th place finish. In 1980, it was just plain bad luck. In the Olympic Trials

finals, King and Andre Phillips were running in second and third behind Edwin Moses, but at the last hurdle, remembers King, "Phillips hit his hurdle and rolled off into my lane. I never recovered, and two guys passed us." King finished fifth in 49.49. A repeat of 1976 plagued him in 1984 — a hamstring injury a week before the Trials.

However, King has had his share of international competition. He competed overseas for 11 seasons, traveling to every Western European country except Spain and Finland, plus Yugoslavia, Czechoslovakia, Hungary, Poland, the Soviet Union, Tunisia, Japan, New Zealand, Mexico and Venezuela.

King considers his 1975 Pan Am Games victory in Mexico City as one of the highlights of his long career. Pre-race favorite Ralph Mann, ranked No. 2 in the world at the time, was running inside King. King closed in on him in the final yards to win in 49.60.

He represented the U.S. in the Pan Am Games nine years later in Caracas, Venezuela, finishing third in 50.31. It was these Games that caused King's disillusionment with the sport.

Drugs Were Everywhere

"Drugs were everywhere," he recalls. "It shocked me. I couldn't believe so many people I knew were on drugs. I was basically running at a handicap. That was the final blow."

King competed for one more year after his disappointment in the 1984 Olympic Trials, setting an age-36 world record of 51.9 for the 400H. After that, he retired as a competitor, but kept in shape with bike riding and weight lifting. He kept in contact with the sport through his job as part-time coach, first at Mesa College from 1982 to 1984, and later at San Diego City College from 1987 to the present.

It was the influence of SDCC head coach Bob Sieben that got King into masters competition.

"Sieben told me about the masters meets and the competition I would get in them, and since I was coaching, it was easy to get started and back in shape running with the kids at City," said King.

He says his goals for this year are to go sub-48 for the 400 and sub-52 for the hurdles.

How does King compare competing at the masters level to the open level?"

"I like it," he says. "It's a clean sport, not a business. Everyone competes, no matter what his level of competition, which is good, because it encourages everyone to get better and perform at their own best ability. It's not just for the chosen few like in college and open competition." Asked how long he plans to compete as a master, King replies, "As long as masters competition is around, which looks like a long time. I would like to break most of the age-group records as I get older."

Training Regimen

King attributes some of this longevity and relative freedom from injury (except those unfortunate ones during the Olympic years) to his training regimen — he rarely takes more than a six-week break from running, unlike most other track athletes. His routine is much like it was when he was younger, just a little less of it and a little slower. A typical training week goes like this:

Mon.: 800-700-600-500-400-300-200 hard

Tue.: 600-500-400-300-200-100 hard.

Wed.: Hurdles — work on first three or last three

Thur.: 3X150

Fri.: Stretch plus light technique work.

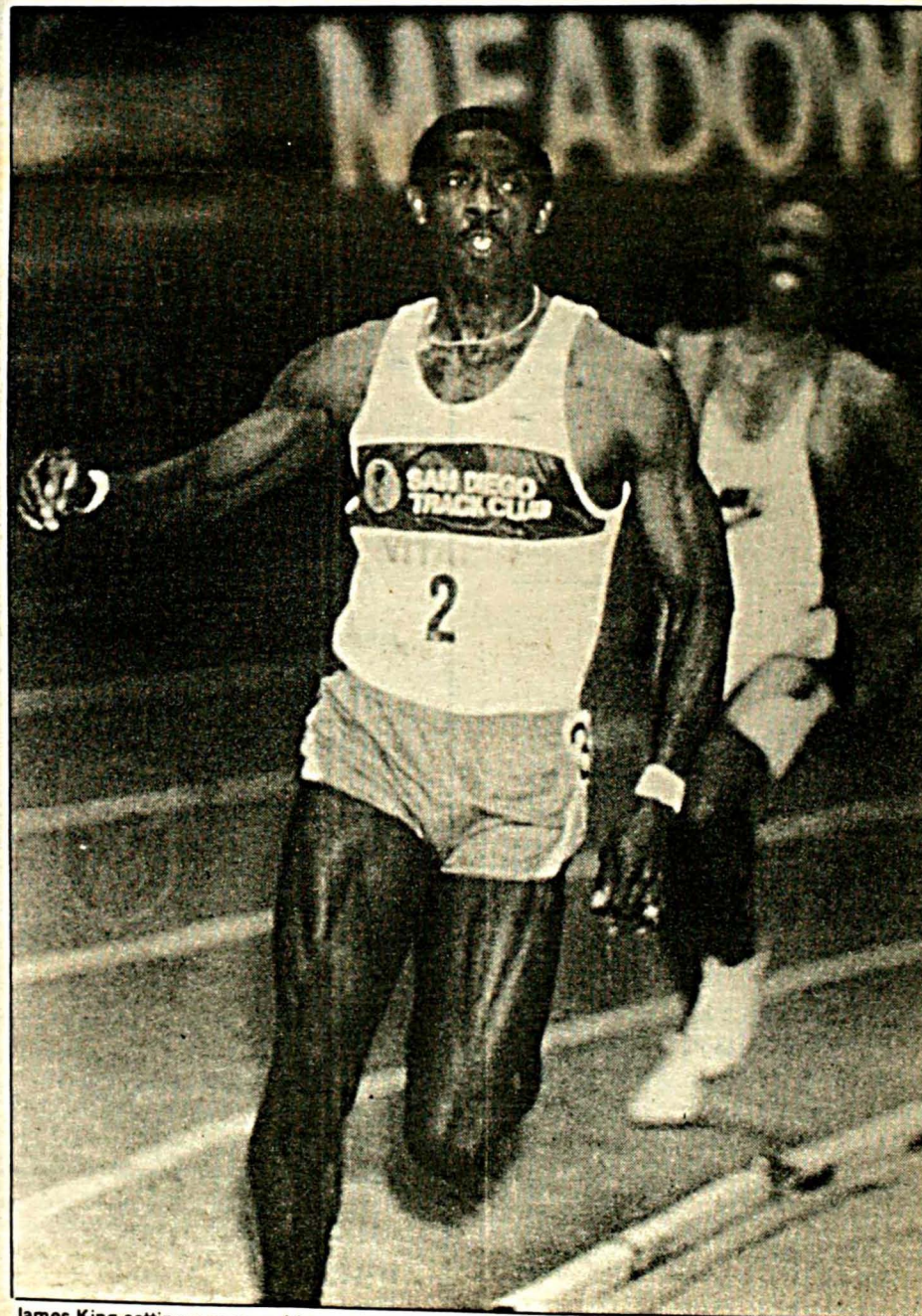
Sat.: Rest or easy road run

Sun.: Competition

Unlike some of the world class athletes of today, King has had to work his running career around another full time career — that as a cook at the Princess Hotel, where he has worked since he left San Diego State in 1971. If this doesn't seem to make him busy enough, add family responsibilities in the form of wife, Pat, and son, James Jr.

Why, one might wonder has James King juggled career and family life around his running all these years? To this question, he answers, "I have always loved track and field and the competition. When I was young, just the competition and the challenge of making a national team was enough to keep me going. As I got older and better, the money on the international circuits got good, but it took some of the fun out of it. Now that I am a master, it is no longer a business, but fun again. I really enjoy it."□

Reprinted from the San Diego Track Club News.



James King setting a new world over-40 indoor record of 50.64 in the 400-meter-dash at the Vitalis Meadowlands Meet in New Jersey, February 9. Trailing is Fred Sowerby (50.79).

Photo by Sailer, Ltd.

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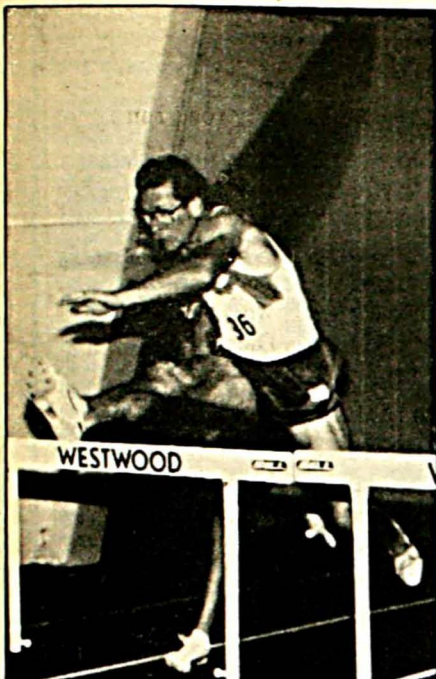
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Stan Druckrey, M40 60mH WR-holder from South Milwaukee, Wisc., on his way to an 8.2, TAC Midwest Sectional Masters Indoor Championships, Sterling, Ill., March 11.

Photo by Dick Green

TAC Midwest Sectional Produces Three Records

by JERRY WOJCIK

The Athletics Congress Midwest Sectional Indoor Masters Championships in Sterling, Ill., came up with one world and two U.S. indoor age-group records, March 11.

Jim Mathis, Memphis, Tenn., broke Earl Fee's M55 400 WR of 56.7, set last year, with a 56.4, and reduced the 200 AR of 25.69 by Nick Newton, also in 1989, to 25.3.

Harry Brown, Wauconda, Ill., erased Jack Greenwood's 1989 M60 400 AR of 60.72 with a 60.1.

In addition, 33 other marks surpassed or equaled the All-American masters standards of excellence. □



Meet Director Dick Green, Rockford, Ill., congratulates Jim Mathis, M55, Memphis, Tenn., after his WR 400 (56.4) and AR 200 (25.3), TAC Midwest Sectional Masters Indoor Championships, Sterling, Ill., March 11.

Photo from Dick Green

Rodgers, Andersen Victors in Carnaval 8K

by JERRY WOJCIK

Bill Rodgers, 42, of Sherborn, Mass., defeated Domingo Tibaduiza, 40, of Reno, Nevada, and an excellent masters field in the Carnaval Miami 8K, which also served as the RRCA National Championships, in Miami, Fla., on March 10.

Rodgers' sixth-overall time of 23:55 was the best masters age-graded performance (94.4%) of the day.

Tibaduiza, a newcomer in the masters ranks, who had flourished in Florida with masters wins in the Edison Festival of Light 5K in Fort Myers and the Red Lobster 10K in Orlando, finished in 24:28 (92.3%). Robert Schlau, 42, of Charleston, S.C., took third (25:00), followed by M45 winner Barry Brown (25:04, 93.2%) of Gainesville, Fla., and Byron Dyce, 41, of Gainesville, in 25:35.

Gabriele Andersen, 44, of Sun Valley, Idaho, handed Britisher Priscilla Welch, 45, now residing in Cleveland, Ohio, a rare loss by three seconds, 27:58 to 28:01, although Welch's age-graded performance (93.4%) was second only to Rodgers'. Andersen, winner of the W40+ race in the Red Lobster 10K, defeated a fine field, including Karen Macharg (41, 28:50) of Tallahassee, Fla.; Nancy Oshier (41, 29:03) of Rush, N.Y.; and Jane Hutchison (44, 29:40) of Webb City, Mo.

Winners overall were Aaron Ramirez, 26, of Mission, Texas, in 22:57, and Ruth Partridge, 29, of Scurry England, with a 26:26; 1198 runners finished the race.

The event offered \$25,000 to the top open, masters, wheelchair racers, and walkers. □

Enter A Marathon Where The People Run Strong, And The Beauty Runs Rampant.

On October 14, a field of 6,000 runners will take off amid the splendor of a full fall bloom.

It's 26.2 miles of stunning foliage, blue lakes, winding park paths, the majestic Mississippi, and over 250,000 colorful fans. On one of the nation's fastest TAC-certified courses.

For runners of all kinds it's more than just a

marathon, it's a weekend celebration of running.

In the past we've filled up weeks early, so write for an entry form now. It's one race that's worth every beautiful yard.

Send a self-addressed, business-size stamped envelope to: Twin Cities Marathon, 6th & Marquette, Minneapolis, MN 55480.



Twin Cities Marathon - October 14, 1990.
The Most Beautiful Urban Marathon in America.



How To Triple Jump

by RUDY HOCHREITER

The triple jump is a challenging event, comparable to the pole vault and high jump. Good performance calls for at least four basic qualities:

- 1) Good sprinting speed
- 2) Rebounding ability
- 3) Power in the related muscles
- 4) Skill and coordination in mastering the most effective technique

The triple jump demands a whole-action approach. It's a single triple jump; not three separate jumps.

There are two basic schools of triple jumpers. 1) the high-jump technique, which uses a high hop and then gradually degenerates towards the last jump; 2) the flat technique, which requires a greater body lean at the take-off, and a placing of the take-off foot in a more direct under-the-body line.

In terms of percentage, the high-jump type produces a 38-30-32 percent

in jumping order, while the flat type has a 36-28-36 percent combination.

With the flat style, the speed a runner applies at take-off is maintained. The body doesn't flop down from a great height as in the high-jump style. A much greater jump at the finish can be achieved.

Opinion is divided on the use of a double-arm action to that of a single-arm swing. Performances of both are in the record books. No significant difference is noted with the exception of

comfort during the jumps.

A good triple jumper must be able to develop a good long-jump lift-off at the beginning of the third jump. This takes practice and skill.

It is important for a triple jumper to be able to jump with either leg. Many repetition jumps off the wrong leg are essential for a good overall distance.

Training jumps should be measured from toe to toe to heel.

Triple jumpers need to become sprinters, develop power in both legs and practice coordinating all these jumps to make them a single fluid action.

Many repetition jumps are needed to develop the necessary speed and endurance to carry out six fast sprints with the added three jumps at the end. This requires strong leg power for sustained action.

Here are some workout hints. Do:

- 1) Several long jumps with left leg; several with right leg (use short run-ups).
- 2) Five hops on left leg with a jump into pit (measure distance); five hops on right leg into pit.
- 3) Hop-step into pit. Left leg and right leg.
- 4) 40m hops on left leg on the track (time the effort); repeat on right leg.
- 5) Jumping from a height (on stool) into pit.
- 6) Controlled jumps by placing objects (e.g. shoes) along the run up for distance control at, say, 12 feet and 18 feet, landing in the pit. Shift markers for improvement.

Examples, in feet:

May: 11-18-31

June: 12-19-32

July: 12½-20½-33

August: 13-21½-34, etc.

Use short run ups — about 52-60 feet from the pit to allow for sufficient speed to develop.

How can you measure your ability as a triple jumper? One way, which I use in my coaching, is take your best long jump, multiply by three and then take 75% as an indication of the distance you could or should achieve. Example: long jump best 16' X 3 X .75 = 36'. For a good triple jump, use the following percentages as a guide: 36% + 27% + 37%.

Only athletes who have the basic necessary speed, efficient strength in the legs, and the ability to coordinate all three jumps into one smooth action will gain the necessary confidence to become real champions of the triple jump. □

(Rudy Hochreiter is the world M60 decathlon champion. He lives in Australia, and his article is reprinted from the Australian Veteran Athlete).

Triple Jump Training

Aim	Hop 1st	Step 2nd	Jump 3rd	Progr. 1st	distance 2nd	3rd
8.00	2.88	2.16	2.96	2.88	5.04	8.00
8.20	2.95	2.22	3.03	2.95	5.17	8.20
8.40	3.02	2.27	3.11	3.02	5.29	8.40
8.60	3.10	2.32	3.18	3.10	5.42	8.60
8.80	3.17	2.38	3.25	3.17	5.55	8.80
9.00	3.24	2.43	3.33	3.24	5.67	9.00
9.20	3.32	2.48	3.40	3.31	5.80	9.20
9.40	3.38	2.54	3.48	3.38	5.92	9.40
9.60	3.45	2.60	3.55	3.45	6.05	9.60
9.80	3.54	2.65	3.61	3.54	6.18	9.80
10.00	3.60	2.70	3.70	3.60	6.30	10.00
10.20	3.68	2.75	3.77	3.68	6.42	10.20
10.40	3.75	2.80	3.85	3.75	6.55	10.40
10.60	3.82	2.86	3.92	3.82	6.67	10.60
10.80	3.89	2.91	4.00	3.89	6.80	10.80
11.00	3.96	2.97	4.07	3.96	6.93	11.00
11.20	4.03	3.03	4.14	4.03	7.06	11.20
11.40	4.10	3.08	4.22	4.10	7.18	11.40
11.60	4.18	3.13	4.29	4.18	7.31	11.60
11.80	4.25	3.18	4.37	4.25	7.43	11.80
12.00	4.32	3.24	4.44	4.32	7.56	12.00
12.20	4.39	3.29	4.52	4.39	7.68	12.20
12.40	4.46	3.35	4.59	4.46	7.81	12.40
12.60	4.54	3.40	4.66	4.54	7.94	12.60
12.80	4.61	3.46	4.73	4.61	8.07	12.80
13.00	4.68	3.51	4.81	4.68	8.19	13.00
13.50	4.86	3.65	4.99	4.86	8.51	13.50
14.00	5.04	3.78	5.18	5.04	8.82	14.00
14.50	5.22	3.92	5.36	5.22	9.14	14.50
15.00	5.40	4.05	5.55	5.40	9.45	15.00
15.50	5.58	4.19	5.73	5.58	9.77	15.50
16.00	5.76	4.32	5.92	5.76	10.08	16.00

metric distances

THE SRI CHINMOY MASTERS GAMES

Track and Field Events for Men and Women Ages 50 & up

Saturday, July 14th, 1990 (Raindate, Sat. July 21)

8:30 am ■ Victory Field, Forest Park

Forest Hills, Queens, NY ■ TAC sanctioned

Schedule of Events

MEN		WOMEN	
100M	8:00 AM	100M	8:30 AM
Shotput	8:30 AM	Javelin	9:00 AM
5000M	9:00 AM	3000M	9:30 AM
200M	10:00 AM	200M	10:30 AM
Javelin	10:30 AM	Shotput	11:00 AM
Discus	11:30 AM	1 Mile Run	11:00 AM
1 Mile Run	12:00 PM	High Jump	11:30 AM
Long Jump	12:30 PM	400M	12:30 PM
400M	1:30 PM	Discus	1:30 PM
High Jump	2:30 PM	Long Jump	2:30 PM
1 Mile Race Walk	3:20 PM	1 Mile Race Walk	3:00 PM
Tennis Ball Throw	3:30 PM	Tennis Ball Throw	3:30 PM



DAY OF RACE ENTRY \$10 (covers all events) ■ Refreshments and drinks provided

AWARDS: 1-3rd places each category, each event, men and women

AGE CATEGORIES: 50-59 • 60-69 • 70-79 • 80 and over

FOR APPLICATION send SASE to Sri Chinmoy Master's Games 150-47 87th Ave Jamaica, NY 11432

FOR INFORMATION call (718) 291-1468 or 7406



Al Henry of Carson, Calif., placed second (12.63, 41-5) in the M50 triple jump at the World Championships in Eugene.

Photo by Gretchen Snyder

565 Athletes Set 30 World Indoor Records in Nationals

Continued from page 1

marks in the 1500 (4:56.92) and 3000 (10:34.92), as did John Alexander, M70, in the long jump (4.73) and triple jump (9.40).

Sandra Knott, W50, went three for three with records in the 800 (2:44.40), 1500 (5:26.18), and 3000 (11:41.86).

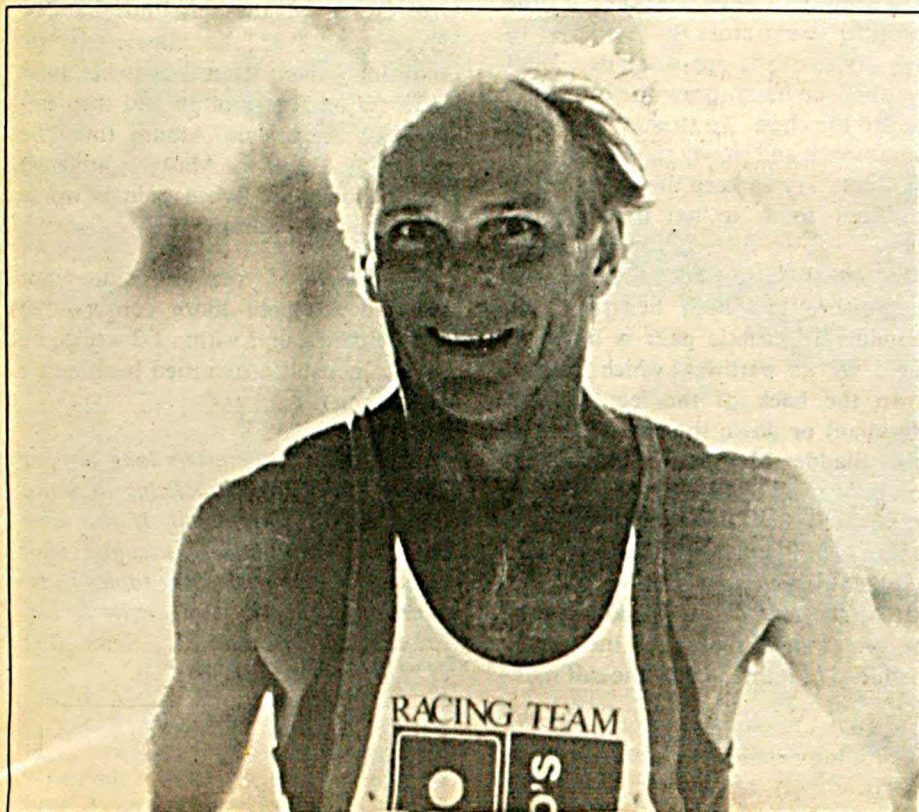
Christel Miller, W55, was a one-person, record-wrecking crew with four, including an 11.47 in the 60m and 1.25 in the high jump.

Josephine Sullivan, W65, eclipsed the 200 mark with a 39.47 and the triple jump with a 6.30, while Anne Cirulnick, W55, upped the shot put

distance from 7.36 to 9.12.

Six 3000 racewalk times fell, the most impressive by Robert Mimm, M65, who lowered Dan Johnson's mark of 18.32 to 16:08.2.

The meet was hosted by the Wisconsin United Athletic Club and sponsored by the Wisconsin Physicians Service. Meet director was Scott Nelson. □



Cleveland's Ken Sparks was runner-up to John Campbell as the Masters Athlete-of-the-Month with his sensational M45 world indoor records in the 800 (1:57.81) and 1500 (4:04.80) at the Nationals in Madison. Photo by Sailer, Ltd.

U.S. Age-Group Records Set At National Masters Indoor Championships Madison, Wisconsin March 24-25

Event	Age	New Mark	Name	Old Mark	Held By
60m	M45	7.40	Roger Pierce	7.43	Glennie Johnson
	M50	7.61	Roy Turner	7.65	Gil LaTorre
	M65	8.29	Mel Larsen	8.82	Tim Murphy
200m	M50	24.20	Roy Turner	24.28	Larry Colbert
	M60	35.12	Mary Patterson	35.12	Pat Peterson
	M65	39.47	Josephine Sullivan	42.41	Florence Berry
400m	M60	60.62	Harry Brown	60.72	Jack Greenwood
	M65	66.55	Ed Goddin	67.87	Archie Messenger
	W40	62.70	Phil Raschker	63.73	Jennifer Pinto
800m	W45	68.94	Robin Villa	69.44	Mary Luker
	W55	76.96	Betty Vosburgh	77.13	Grace Butcher
	W60	84.34	Mary Patterson	86.34	Pat Petersen
1500m	W50	2:44.40	Sandra Knott	2:46.5	Susan Redfield
	W60	3:32.60	Mary Patterson	3:49.95	Mary Norckauer
	M60	4:56.92	Bill Fortune	5:05.3	John Hosner
3000m	W50	5:26.18	Sandra Knott	5:36.2	Mila Kania
	M50	9:16.13	Dan Conway	9:34.6	Robert Milner
	M60	10:34.92	Bill Fortune	11:22.2	Dick Benson
60mH	M65	11:39.79	John McManus	11:43.2	Carl Hammen
	W50	11:41.86	Sandra Knott	11:43.2	Mila Kania
	W65	16:34.97	Queenie Thompson	16:37.2y	Pearl Mehl
HJ	M70	12.22	Armando Ricciardi	15.35	Don Hull
	W40	9.65	Phil Raschker	11.09.0	Barbara Pike
	W55	11.47	Christel Miller	13.06.0	Gladys Lehman
LJ	W55	1.25	Christel Miller	1.14	Bernice Holland
	W60	1.08	Shirley Kinsey	1.07	Pat Peterson
	M70	4.73	John Alexander	4.20	Robert Sorlien
TJ	W55	3.72	Christel Miller	3.69	Shirley Kinsey
	M70	9.40	John Alexander	9.04	Robert Sorlien
	W55	7.98	Christel Miller	6.86	Shirley Kinsey
SP	W65	6.30	Josephine Sullivan	5.12	Elizabeth Hageman
	M60	14.64	Clifford Blair	14.58	Phil Brusca
	M70	11.67	Tom McDermott	11.48	Andrew Jones
3000mRW	W45	8.84	Vanessa Hilliard	6.59	Barbara Stewart
	W55	9.12	Ann Cirulnick	7.36	Katie Jocoy
	M45	13:56.39	Gary Null	14:15y	Bill Ranney
	M50	14:42.97	John Elwarner	15:08y	Sal Corrallo
	M60	16:27.61	M Myerowitz	16:46.y	Robert Mimm
	M65	16:08.20	Robert Mimm	18:32y	Don Johnson
	W45	16:37.66	Virginia Scales	17:18	Stella Cushman
	W50	19:04.74	Beth Young-Grady	19:33y	Anna Rush

World Age-Group Records Set At National Masters Indoor Championships Madison, Wisconsin March 24-25

<u>Event</u>	<u>Age</u>	<u>New Mark</u>	<u>Name</u>	<u>Old Mark</u>	<u>Held By</u>
60m	M40	6.97	Eddie Hart	7.06	Pekka Metsahoud
	M55	7.53	Hugo Hartenstein	7.7	C Williams/W Guy
	W40	8.14	Phil Raschker	8.16	Phil Raschker
	W75	11.75	Millie Crews	13.14	Pearl Mehl
200m	M55	24.94	Hugo Hartenstein	25.2	C Williams
	M85	42.51	Konrad Boas	42.91	K Boas
	W40	27.30	Phil Raschker	27.57	Jennifer Pinto
	W75	45.73	Millie Crews	46.58	Pearl Mehl
400m	M55	56.56	Jim Mathis	56.7	Earl Fee
	M70	66.03	John Alexander	69.0	Art Obokata
	M85	1:56.20	Konrad Boas	1:59.40	K Boas
	M45	1:57.81	Ken Sparks	2:03.1y	Bill Fitzgerald
800m	M55	2:10.62	John Conner	2:12.7	Anthony Church
	W75	4:03.77	Pearl Mehl	4:06.55	P Mehl
	M45	4:04.80	Ken Sparks	4:10.4	Ed Whitlock
	M75	6:35.71	Bill Brobston	6:37.4	B Brobston
60mH	M50	8.92	Charley Miller	8.98	Dale Lance
	W60	14.19	Shirley Kinsey	14.63	Pat Peterson
HJ	M60	1.65	James Gillcrist	1.59	Gordon Seifert
	M75	1.37	Ian Hume	1.22	Held by three
PV	W40	2.29	Phil Raschker	none	---
TJ	M75	8.56	Ian Hume	7.88	A Carla
SP	M75	12.30	Ross Carter	11.95	R Carter
	W50	12.66	Joann Grissom	12.48	Rosemary Chrimes
3000mRW	W60	10.09	Bernice Holland	9.84	Ada Turci
	W35	16:50.66	Cindy Paffumi	18:23.2	Cathy Sullivan
	W40	15:11.15	Julie Ratnes	15:32.2	Gayle Johnson
	W55	19:58.47	Joyce Decker	20:09.4	L Muzzani
	W65	20:53.91	Queenie Thompson	20:54.2	Marie Henry
	W75	22:17.08	Millie Crews	none	---

SOUTHERN CALIFORNIA ASSOCIATION TAC MASTERS TRACK AND FIELD CHAMPIONSHIPS OCCIDENTAL COLLEGE: 3 PM SATURDAY, JUNE 16TH 1990 Patterson Field, 1600 Campus Road, Los Angeles, 90041

Field Schedule:

3:00 pm	HT, PV
3:30 pm	LJ
4:00 pm	TJ, SP
4:30 pm	HJ
5:30 pm	TJ, DT

Track Schedule:

3:00 pm	High Hurdles	6:25 PM	200 M.
3:30 pm	5K Walk	7:05 pm	1500 m.
4:30 pm	3/400 Hurdles	7:30 pm	400 m.
5:05 pm	100 m.	8:00 pm	5K Run
6:00 pm	800 m.		

Running Order: Women first, then oldest to youngest men

Divisions: 5 year divisions for men and women, age 30 +. SCATAC Championship medals for the first three finishers.

Surfaces: Extremely fast artificial surface. 9 mm spike maximum for track, LJ, TJ, PV, and HJ. 12 mm heel spike OK for JT.

Officials: We need more officials! Anyone not competing (due to injury or just general good judgement) please come anyway and officiate. (\$ compensation available!)

Meet Director: Woody Studenmund, telephone (213) 259-2776 (day) or (818) 799-5981 before 9 pm.

Entry Fee: \$8 per event. Make check payable to Woody Studenmund, 1256 Clubhouse Drive, Pasadena, CA 91105.

Entry Deadline: June 11, 1990 (postmark) Late entry is \$10.00 per event on a space available basis only.

Send to: Woody Studenmund, 1256 Clubhouse Drive, Pasadena, CA 91105

Name (please print) _____

Gender _____ Age (on 6/16/90) _____ Track Club _____

Events Entered _____

Address _____

Entry Fee (\$8.00/event) _____ TAC Number _____

I waive all rights that I or my heirs or assigns may have against The Athletic Congress and/or the co-sponsors of the SCATAC Masters Championships (Occidental College, Woody Studenmund, and the Corona del Mar Track Club) arising from any injury, illness, or accident that I may sustain or incur at them. I declare that I am in sufficiently good health to participate in these championships.

Signed _____ Date: _____



How To Triple Jump

by RUDY HOCHREITER

The triple jump is a challenging event, comparable to the pole vault and high jump. Good performance calls for at least four basic qualities:

- 1) Good sprinting speed
- 2) Rebounding ability
- 3) Power in the related muscles
- 4) Skill and coordination in mastering the most effective technique

The triple jump demands a whole-action approach. It's a single triple jump; not three separate jumps.

There are two basic schools of triple jumpers. 1) the high-jump technique, which uses a high hop and then gradually degenerates towards the last jump; 2) the flat technique, which requires a greater body lean at the take-off, and a placing of the take-off foot in a more direct under-the-body line.

In terms of percentage, the high-jump type produces a 38-30-32 percent

in jumping order, while the flat type has a 36-28-36 percent combination.

With the flat style, the speed a runner applies at take-off is maintained. The body doesn't flop down from a great height as in the high-jump style. A much greater jump at the finish can be achieved.

Opinion is divided on the use of a double-arm action to that of a single-arm swing. Performances of both are in the record books. No significant difference is noted with the exception of

comfort during the jumps.

A good triple jumper must be able to develop a good long-jump lift-off at the beginning of the third jump. This takes practice and skill.

It is important for a triple jumper to be able to jump with either leg. Many repetition jumps off the wrong leg are essential for a good overall distance.

Training jumps should be measured from toe to toe to heel.

Triple jumpers need to become sprinters, develop power in both legs and practice coordinating all these jumps to make them a single fluid action.

Many repetition jumps are needed to develop the necessary speed and endurance to carry out six fast sprints with the added three jumps at the end. This requires strong leg power for sustained action.

Here are some workout hints. Do:

- 1) Several long jumps with left leg; several with right leg (use short run-ups).
- 2) Five hops on left leg with a jump into pit (measure distance); five hops on right leg into pit.
- 3) Hop-step into pit. Left leg and right leg.
- 4) 40m hops on left leg on the track (time the effort); repeat on right leg.
- 5) Jumping from a height (on stool) into pit.
- 6) Controlled jumps by placing objects (e.g. shoes) along the run up for distance control at, say, 12 feet and 18 feet, landing in the pit. Shift markers for improvement.

Examples, in feet:

May: 11-18-31

June: 12-19-32

July: 12½-20½-33

August: 13-21½-34, etc.

Use short run ups — about 52-60 feet from the pit to allow for sufficient speed to develop.

How can you measure your ability as a triple jumper? One way, which I use in my coaching, is take your best long jump, multiply by three and then take 75% as an indication of the distance you could or should achieve. Example: long jump best 16' X 3 X .75 = 36'. For a good triple jump, use the following percentages as a guide: 36% + 27% + 37%.

Only athletes who have the basic necessary speed, efficient strength in the legs, and the ability to coordinate all three jumps into one smooth action will gain the necessary confidence to become real champions of the triple jump. □

(Rudy Hochreiter is the world M60 decathlon champion. He lives in Australia, and his article is reprinted from the Australian Veteran Athlete).

Triple Jump Training

Aim	Hop 1st	Step 2nd	Jump 3rd	Progr. distance 1st	2nd	3rd
8.00	2.88	2.16	2.96	2.88	5.04	8.00
8.20	2.95	2.22	3.03	2.95	5.17	8.20
8.40	3.02	2.27	3.11	3.02	5.29	8.40
8.60	3.10	2.32	3.18	3.10	5.42	8.60
8.80	3.17	2.38	3.25	3.17	5.55	8.80
9.00	3.24	2.43	3.33	3.24	5.67	9.00
9.20	3.32	2.48	3.40	3.31	5.80	9.20
9.40	3.38	2.54	3.48	3.38	5.92	9.40
9.60	3.45	2.60	3.55	3.45	6.05	9.60
9.80	3.54	2.65	3.61	3.54	6.18	9.80
10.00	3.60	2.70	3.70	3.60	6.30	10.00
10.20	3.68	2.75	3.77	3.68	6.42	10.20
10.40	3.75	2.80	3.85	3.75	6.55	10.40
10.60	3.82	2.86	3.92	3.82	6.67	10.60
10.80	3.89	2.91	4.00	3.89	6.80	10.80
11.00	3.96	2.97	4.07	3.96	6.93	11.00
11.20	4.03	3.03	4.14	4.03	7.06	11.20
11.40	4.10	3.08	4.22	4.10	7.18	11.40
11.60	4.18	3.13	4.29	4.18	7.31	11.60
11.80	4.25	3.18	4.37	4.25	7.43	11.80
12.00	4.32	3.24	4.44	4.32	7.56	12.00
12.20	4.39	3.29	4.52	4.39	7.68	12.20
12.40	4.46	3.35	4.59	4.46	7.81	12.40
12.60	4.54	3.40	4.66	4.54	7.94	12.60
12.80	4.61	3.46	4.73	4.61	8.07	12.80
13.00	4.68	3.51	4.81	4.68	8.19	13.00
13.50	4.86	3.65	4.99	4.86	8.51	13.50
14.00	5.04	3.78	5.18	5.04	8.82	14.00
14.50	5.22	3.92	5.36	5.22	9.14	14.50
15.00	5.40	4.05	5.55	5.40	9.45	15.00
15.50	5.58	4.19	5.73	5.58	9.77	15.50
16.00	5.76	4.32	5.92	5.76	10.08	16.00

metric distances

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Saturday, July 14th, 1990 (Raindate, Sat. July 21)

8:30 am ■ Victory Field, Forest Park

Forest Hills, Queens, NY ■ TAC sanctioned

Schedule of Events

MEN		WOMEN	
100M	8:00 AM	100M	8:30 AM
Shotput	8:30 AM	Javelin	9:00 AM
5000M	9:00 AM	3000M	9:30 AM
200M	10:00 AM	200M	10:30 AM
Javelin	10:30 AM	Shotput	11:00 AM
Discus	11:30 AM	1 Mile Run	11:00 AM
1 Mile Run	12:00 PM	High Jump	11:30 AM
Long Jump	12:30 PM	400M	12:30 PM
400M	1:30 PM	Discus	1:30 PM
High Jump	2:30 PM	Long Jump	2:30 PM
1 Mile Race Walk	3:20 PM	1 Mile Race Walk	3:00 PM
Tennis Ball Throw	3:30 PM	Tennis Ball Throw	3:30 PM



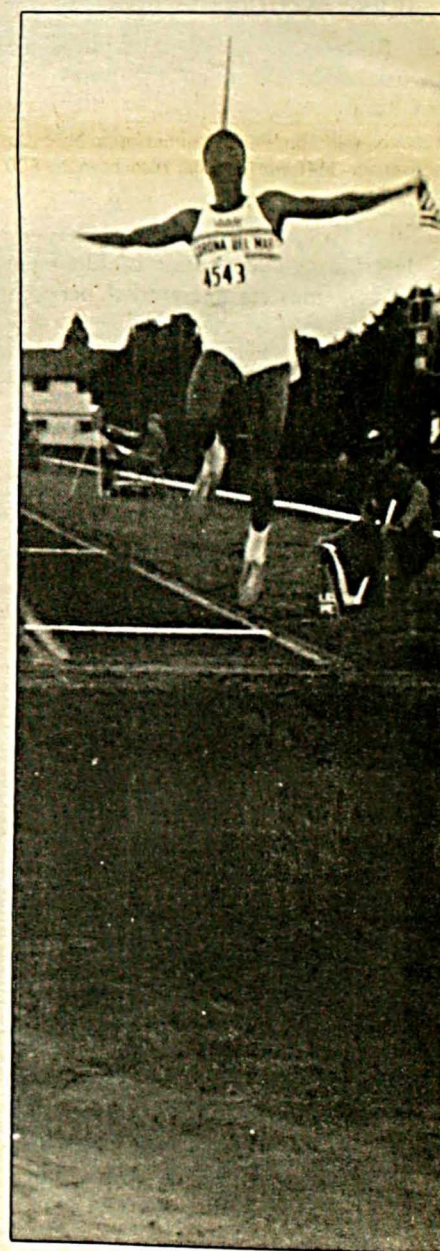
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Al Henry of Carson, Calif., placed second (12.63, 41-5) in the M50 triple jump at the World Championships in Eugene.

Photo by Gretchen Snyder

565 Athletes Set 30 World Indoor Records in Nationals

Continued from page 1

marks in the 1500 (4:56.92) and 3000 (10:34.92), as did John Alexander, M70, in the long jump (4.73) and triple jump (9.40).

Sandra Knott, W50, went three for three with records in the 800 (2:44.40), 1500 (5:26.18), and 3000 (11:41.86).

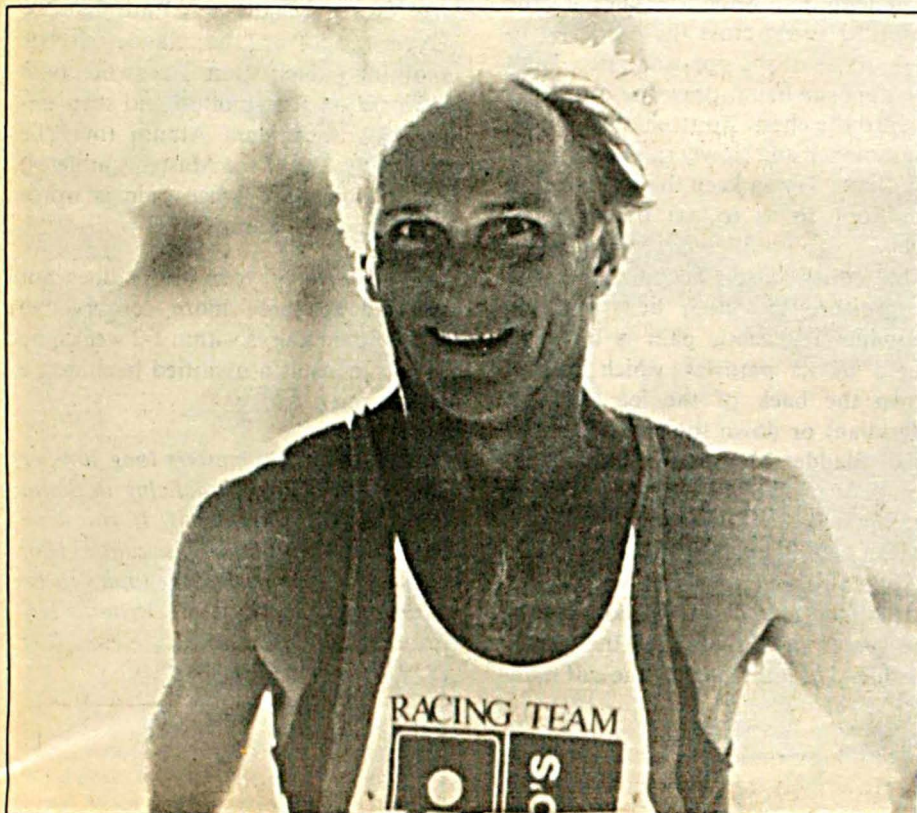
Christel Miller, W55, was a one-person, record-wrecking crew with four, including an 11.47 in the 60m and 1.25 in the high jump.

Josephine Sullivan, W65, eclipsed the 200 mark with a 39.47 and the triple jump with a 6.30, while Anne Cirulnick, W55, upped the shot put

distance from 7.36 to 9.12.

Six 3000 racewalk times fell, the most impressive by Robert Mimm, M65, who lowered Dan Johnson's mark of 18.32 to 16:08.2.

The meet was hosted by the Wisconsin United Athletic Club and sponsored by the Wisconsin Physicians Service. Meet director was Scott Nelson. □



Cleveland's Ken Sparks was runner-up to John Campbell as the Masters Athlete-of-the-Month with his sensational M45 world indoor records in the 800 (1:57.81) and 1500 (4:04.80) at the Nationals in Madison. Photo by Sailer, Ltd.

World Age-Group Records Set At National Masters Indoor Championships Madison, Wisconsin March 24-25

Event	Age	New Mark	Name	Old Mark	Held By	
60m	M40	6.97	Eddie Hart	7.06	Pekka Metsahoud	
	M55	7.53	Hugo Hartenstein	7.7	C Williams/W Guy	
	W40	8.14	Phil Raschker	8.16	Phil Raschker	
	W75	11.75	Millie Crews	13.14	Pearl Mehl	
200m	M55	24.94	Hugo Hartenstein	25.2	C Williams	
	M85	42.51	Konrad Boas	42.91	K Boas	
	W40	27.30	Phil Raschker	27.57	Jennifer Pinto	
	W75	45.73	Millie Crews	46.58	Pearl Mehl	
400m	M55	56.56	Jim Mathis	56.7	Earl Fee	
	M70	66.03	John Alexander	69.0	Art Obokata	
	M85	1:56.20	Konrad Boas	1:59.40	K Boas	
	M45	1:57.81	Ken Sparks	2:03.1y	Bill Fitzgerald	
800m	M55	2:10.62	John Conner	2:12.7	Anthony Church	
	W75	4:03.77	Pearl Mehl	4:06.55	P Mehl	
	M45	4:04.80	Ken Sparks	4:10.4	Ed Whitlock	
	M75	6:35.71	Bill Brobston	6:37.4	B Brobston	
1500m	M50	8.92	Charley Miller	8.98	Dale Lance	
	W60	14.19	Shirley Kinsey	14.63	Pat Peterson	
	HJ	M60	1.65	James Gillcrist	1.59	Gordon Seifert
	M75	1.37	Ian Hume	1.22	Held by three	
PV	W40	2.29	Phil Raschker	none	---	
TJ	M75	8.56	Ian Hume	7.88	A Carla	
SP	M75	12.30	Ross Carter	11.95	R Carter	
	W50	12.66	Joann Grissom	12.48	Rosemary Chrimes	
	W60	10.09	Bernice Holland	9.84	Ada Turci	
	3000mRW	W35	16:50.66	Cindy Paffumi	18:23.2	Cathy Sullivan
	W40	15:11.15	Julie Ratnes	15:32.2	Gayle Johnson	
	W55	19:58.47	Joyce Decker	20:09.4	L Muzzani	
	W65	20:53.91	Queenie Thompson	20:54.2	Marie Henry	
	W75	22:17.08	Millie Crews	none	---	

SOUTHERN CALIFORNIA ASSOCIATION TAC MASTERS TRACK AND FIELD CHAMPIONSHIPS OCCIDENTAL COLLEGE: 3 PM SATURDAY, JUNE 16TH 1990 Patterson Field, 1600 Campus Road, Los Angeles, 90041

Field Schedule:

3:00 pm HT, PV
3:30 pm LJ
4:00 pm TJ, SP
4:30 pm HJ
5:30 pm TJ, DT

Track Schedule:

3:00 pm High Hurdles
3:30 pm 5K Walk
4:30 pm 3/400 Hurdles
5:05 pm 100 m.
6:00 pm 800 m.

Running Order: Women first, then oldest to youngest men

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Entry Fee: \$8 per event. Make check payable to Woody Studenmund, 1256 Clubhouse Drive, Pasadena, CA 91105.

Entry Deadline: June 11, 1990 (postmark) Late entry is \$10.00 per event on a space available basis only.

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Name (please print) _____

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Signed _____ Date: _____

U.S. Age-Group Records Set At National Masters Indoor Championships Madison, Wisconsin March 24-25

Event	Age	New Mark	Name	Old Mark	Held By
60m	M45	7.40	Roger Pierce	7.43	Glennie Johnson
	M50	7.61	Roy Turner	7.65	Gil LaTorre
	M65	8.29	Mel Larsen	8.82	Tim Murphy
	M50	24.20	Roy Turner	24.28	Larry Colbert
200m	W60	35.12	Mary Patterson	35.12	Pat Peterson
	W65	39.47	Josephine Sullivan	42.41	Florence Berry
	M60	60.62	Harry Brown	60.72	Jack Greenwood
	M65	66.55	Ed Goddin	67.87	Archie Messenger
400m	W40	62.70	Phil Raschker	63.73	Jennifer Pinto
	W45	68.94	Robin Villa	69.44	Mary Luker
	W55	76.96	Betty Vosburgh	77.13	Grace Butcher
	W60	84.34	Mary Patterson	86.34	Pat Petersen
800m	W50	2:44.40	Sandra Knott	2:46.5	Susan Redfield
	W60	3:32.60	Mary Patterson	3:49.95	Mary Norckauer
1500m	M60	4:56.92	Bill Fortune	5:05.3	John Hosner
	W50	5:26.18	Sandra Knott	5:36.2	Mila Kania
3000m	M50	9:16.13	Dan Conway	9:34.6	Robert Milner
	M60	10:34.92	Bill Fortune	11:22.2	Dick Benson
	M65	11:39.79	John McManus	11:43.2	Carl Hammen
	W50	11:41.86	Sandra Knott	11:43.2	Mila Kania
60mH	W65	16:34.97	Queenie Thompson	16:37.2y	Pearl Mehl
	M70	12.22	Armando Ricciardi	15.35	Don Hull
	W40	9.65	Phil Raschker	11.09.0	Barbara Pike
	W55	11.47	Christel Miller	13.06.0	Gladys Lehman
HJ	W55	1.25	Christel Miller	1.14	Bernice Holland
	W60	1.08	Shirley Kinsey	1.07	Pat Peterson
LJ	M70	4.73	John Alexander	4.20	Robert Sorlien
	W55	3.72	Christel Miller	3.69	Shirley Kinsey
TJ	M70	9.40	John Alexander	9.04	Robert Sorlien
	W55	7.98	Christel Miller	6.86	Shirley Kinsey
SP	W65	6.30	Josephine Sullivan	5.12	Elizabeth Hageman
	M60	14.64	Clifford Blair	14.58	Phil Brusca
	M70	11.67	Tom McDermott	11.48	Andrew Jones
	W45	8.84	Vanessa Hilliard	6.59	Barbara Stewart
3000mRW	W55	9.12	Ann Cirulnick	7.36	Katie Jocoy
	M45	13:56.39	Gary Null	14:15y	Bill Ranney
	M50	14:42.97	John Elwarner	15:08y	Sal Corrallo
	M60	16:27.61	M Myerowitz	16:46.y	Robert Mimm
	M65	16:08.20	Robert Mimm	18:32y	Don Johnson
	W45	16:37.66	Virginia Scales	17:18	Stella Cushman
	W50	19:04.74	Beth Young-Grady	19:33y	Anna Rush

Masters Health and Fitness

by CARL V. FLOWERS II, O.M.D., L.Ac.

Sciatica

Sciatica is an irritation of the sciatic nerve causing pain in the buttocks which can radiate into the low back and/or down one or both legs. This irritation can be caused by: 1) muscle spasm in the gluteal area; or 2) injury to one of the lumbar discs — usually the 4th or 5th. The pain patterns are similar, but differentiation between the two is important to proper treatment.

The muscle most commonly involved is the piriformis muscle in the gluteal area. In about 20% of the population, the sciatic nerve passes *through* this muscle, while in the rest it passes *over* the muscle. In either case, spasm of this muscle can create the numbing pain that we call sciatica.

Spasm of the piriformis muscle can be caused by overuse. It can also be caused by weakness in either the hamstrings or quadriceps, which then shift their responsibilities into the hip area. To determine if a pain in this area

is from muscle or disc involvement, a couple of tests may be helpful.

The first involves lying on the stomach with knees bent and soles of the feet to the ceiling. Let the feet fall toward the outside and if there is pain in the buttocks, there is a good chance that it is muscle involvement. To double check, lie on the back and raise the painful leg toward the ceiling. Do this first with the leg straight and then with the knee bent. If there is pain in the buttocks or low back in both positions, it is again probably a muscular pro-

blem. If pain occurs only with the leg straight, a disc involvement may be more likely.

If it appears that a disc may be involved, consult a chiropractor or orthopedic surgeon to determine the extent of possible damage. With a muscle problem, stretching and strengthening the gluteal area are important.

To stretch the area sit on the floor with legs out, bend the knee of the painful leg and cross the foot over to the outside of the opposite knee. With the opposite hand, draw the bent knee toward the chest. To strengthen, lie on the stomach and slowly raise the leg off the floor. Try to keep the hip bone on the floor so as to not overarch the back.

In either case, acupuncture and acupressure has been beneficial. In acupuncture, sciatic pain is differentiated by its pathway which can be down the back of the leg (Bladder Meridian) or down the side of the leg (Gall Bladder Meridian). Some major points of use are Gall Bladder 30 (approximately in the center of the buttocks), Gall Bladder 34 (just in front of and below the fibular head on the outside of the lower leg), Bladder 40 (in the center of the back of the knee), Bladder 57 (at the base of the calf mus-

cle), and Bladder 60 (midway between the tip of the outer ankle bone and the achilles tendon). Any other tender points along either of these meridian pathways may be used in treatment as well.

Some homeopathic remedies that can be useful in this condition include: Ammonium Muriaticum (when pain is worse when sitting and the hamstrings feel short); Magnesium Phosphate or Hypericum (for the classic electric shooting pains); Rhus Tox (when pain is worse on first motion and then improves); Arsenicum Album (may be especially useful for Master's athletes) and Colocynthis (when pain is worse from cold and damp).

As always, if your injury does not respond to these more conservative self-help measures within 1-2 weeks, be sure to consult a qualified health care practitioner. □

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

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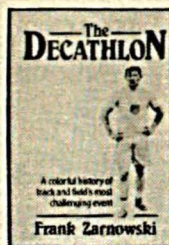
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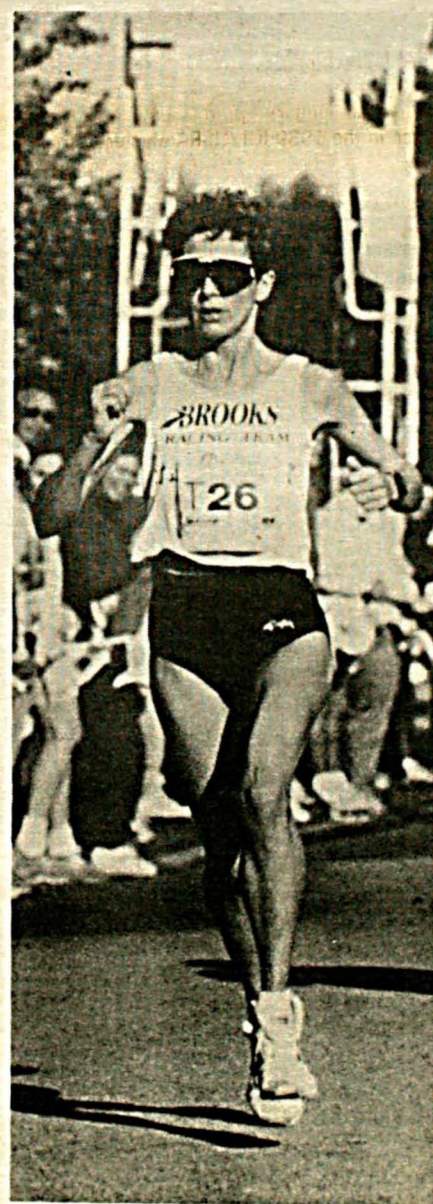
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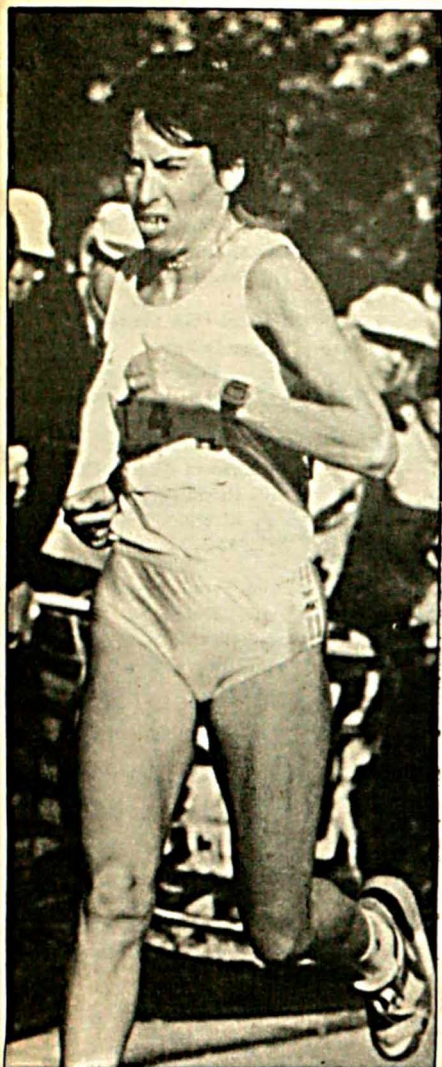
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"I was a klutz before I started running," says Florida's Claudia Ciavarella, 40, who finishes 10th in the very un-klutzy time of 29:59 at the ICI/USA TAC National 8K Championships in Naples, Fla.
 Photo by Sailer, Ltd.



Clifford Pauling, 54, of Bronx, N.Y., captured four gold medals at the Rhode Island Senior Olympics in Lincoln.
 Photo from Dolores Bergeon



Italy's Graziella Striuli, 40, shown here taking third place in 27:54 in the ICI/USA TAC National Masters 8K Championships in Naples, Fla., won the women's masters title in the Los Angeles Marathon in 2:37:48.

Photo by Sailer, Ltd.



Loretta Shehan, 66, of West Seneca, N.Y. runs 39:36 in the ICI/USA TAC National 8K Championships, January 13, in Naples to clinch first place in the 1989 ICI/USRA Masters Circuit.

Photo by Sailer, Ltd.



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Below is a partial list of masters track & field and long distance running clubs arranged by region. Some offer workout facilities. Most have social programs and annual awards. If you'd like to find out more about what's going on in your area, contact one. To have your club listed, please send the necessary information to National Masters News, P.O. Box 2372, Van Nuys, CA 91404.

EAST

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Syracuse Chargers Track Club
c/o N.E. White
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New York, NY 10031

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Annapolis Striders
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Lynda Durfee
250 S. Whiting St., 315
Alexandria, VA 22304
703/370-5646

West Pennsylvania TC
1245 Alamae Rd.
Washington, PA 15301

Shore Athletic Club
Sanford Kalb
22 Addison Road
Howell, NJ 07731

The Achilles Heel
(for disabled)
9 East 89th St.
New York, NY 10128
212/398-0348

North Jersey Masters
P.O. Box 56
Ridgewood, NJ 07450

Cambridge Sports Union
Lisa Doucet
158 Hillside Rd.
Watertown, MA 02172

Boston Athletic Assoc. RC
15 Mt. Ash Rd.
Hyde Park, MA 02136

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2502 N. Van Buren St.
Wilmington, DE 19802
302/762-4020

New Jersey Striders
P.O. Box 742
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212/619-4240

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Bangor, ME 04401
207/947-3333

Finger Lakes RC
Ed Hart
RO#4, Updike Rd.
Ithaca, NY 14850
607/272-2943

Tri-State Masters T&F Club
c/o Wayne Vaughn
734 W. Franklin St.
Hagerstown, MD 21740
301/733-6076

Buffalo Belles and Brawn
266 Puritan Rd.
Tonawanda, NY 14150

Taconic RRC
P.O. Box 99
Baldwin Place, NY 10505
212/370-7577

Sugarloaf Mountain AC
P.O. Box 659
Amherst, MA 01002
Mr. Don Grant
413/584-7725

Philadelphia Masters
c/o Peter Taylor
3120 Schoolhouse Lane (J-A9)
Philadelphia, PA 19144
215/842-3807

New York AC
180 Central Park South
New York, NY 10019

Richmond T&F Club
P.O. Box 6701
Richmond, VA 23230
Attn: Bill Cole

Virginia Track Club
P.O. Box 5696
Charlottesville, VA 22905

Star City Striders
P.O. Box 8331
Roanoke, VA 24014

Tidewater Striders
A. Morris, Rm. E-222
Armed Forces Staff College
Norfolk, VA 23511-6097
804/444-5547

Greater Rochester TC
P.O. Box 9208
Rochester, NY 14692

Greater Springfield Harriers
Peter Stasz
206 W. Weymouth St.
Springfield, MA 01108

SOUTHEAST

Carolina Masters AC
Jim Saxon
3120 Libeth St.
Charlotte, NC 28205
800/642-0513

Central Florida Masters
P.O. Box 1824
Deland, FL 32721
904/736-0002

Huntsville TC
8811 Edgehill Dr.
Huntsville, AL 35802

Atlanta TC
3097 E. Shadowlawn Ave. NE
Atlanta, GA 30305

Memphis Runners TC
P.O. Box 17981
Memphis, TN 38187-0981
901/683-MRTC

Port City Pacers
P.O. Box 16907
Mobile, AL 36616

South Carolina Masters TC
c/o CPT John Roehr
3rd Region, USACIDC
Fort Jackson, SC 29207
803/751-5129/7664

Greenville Track Club
P.O. Box 16262
Greenville, SC 29607
Jack Gillmore: 803/242-6600

Nashville TC
2709 Linmar Ave. #5
Nashville, TN 37215

Palm Beach T&F Assoc.
6301 Dockside Circle
Greenacres City, FL 33463
407/968-7171

North Carolina RRC
P.O. Box 26761
Raleigh, NC 27611
919/876-8347

MIDWEST

Midwest Masters
Wendell Miller
351 Birkdale Ave.
Lake Bluff, IL 60044

Miami U TC
Rich Ceronie
Millet Hall Athletic Dept.
Oxford, OH 45056

Legend Harriers
Roger Toothman
6543 Beecher Rd.
Granville, OH 43023

Hoosier Track Club
305 South Barton
Indianapolis, IN 46241
317/241-5446

Dayton Masters Track Club Inc.
Robert Jones
4867 Germantown Pike
Dayton, OH 45418
513/268-7341

Over The Hill TC
4173 Wilmington Rd.
South Euclid, OH 44121

Wisconsin United AC
Jerry Robinson
1205 Manhasset Pl.
Madison, WI 53711
608/271-6725

Fitness Track Club
c/o Stan Allen & Presley Yates
12954 Asbury Pk.
Detroit, MI 48221

Cleveland Masters TC, Inc.
Clarence Johnson
14806 Judson Dr.
Cleveland, OH 44128
216/295-0826

Wolfpack Track Club
Jim Pearce
2449 Southway Dr.
Columbus, OH 43221
614/481-7745

Ann Arbor Track Club
P.O. Box 7551
Ann Arbor, MI 48107
Don Sleeman
313/426-5430

Indianapolis TC
c/o Mark Daly
901 W. New York St.
Indianapolis, IN 46223
317/274-6780

Ohio River RRC
933 Kenosha
Kettering, OH 45429
513/299-7461

MID AMERICA

Omaha RC
P.O. Box 31219
Saddle Creek Station
Omaha, NE 68132

Mid-America Masters
P.O. Box 14668
Lenexa, KS 66215

Lawrence TC
P.O. Box 3743 Jayhawk Station
Lawrence, KA 66044

Lincoln TC
2900 John Ave.
Lincoln, NE 68502

Prairie Striders
Box 267
Brookings, SD 57006

St. Louis TC
6611 Clayton Rd., No 200
St. Louis, MO 63117
314/862-SLTC

St. Louis Metro Masters
Jim Irwin
536 Windsor Mill Dr.
Ballwin, MO 63011
314/394-4166

Tulsa Running Club
P.O. Box 300
Tulsa, OK 74102

Oklahoma City Running Club
2408 N.W. 112th Terrace
Oklahoma City, OK
405/752-9097

SOUTH WEST

Space City Masters
John Hartfield
15106 Chasehill Dr.
Missouri City, TX 77087
713/721-9388

Houston Masters Sports Assoc.
Tom McBrayer
7733 Moline
Houston, TX 77087

Dallas Masters T&F Club
Joe Murphy
4707 W. Lover's Lane
Dallas, TX 75209
214/357-5611

West Texas Masters
P.O. Box 1584
Ozona, TX 76943
915/392-3773

King of the Hill TC
Charles Wimberley
48 Chateau Haut Brion
Kenner, LA 70065
504/467-1197

Louisiana Lightning TC
Dan Thiel
1459 Verna St.
New Orleans, LA 70119
504/486-8066

New Orleans TC, Inc.
P.O. Box 52003
New Orleans, LA 70152-2003
504/482-6682

East Texas T&F Club
Robert Hahn
3334 S. SW Loop 323, Ste. 128
Tyler, TX 75701
214/561-9511

WEST

Sante Fe Striders
P.O. Box 1818
Sante Fe, NM 87501

Tahoe T&F Club
c/o Joan Stratton
P.O. Box 9089
South Lake Tahoe, CA 95731
Valley Isle RRA
P.O. Box 330099
Kahului, HI 96733
242-6042

Los Gatos Athletic Assoc.
P.O. Box 1328
Los Gatos, CA 95031

Seniors TC
Al Hromjak
3372 Dalhart Ave.
Simi Valley, CA 93063-1410

L.A. Patriots
Marvin Thompson
P.O. Box 2981
Beverly Hills, CA 90213-2981
213/388-9689

San Diego Track Club
P.O. Box 7853
San Diego, CA 92107
619/270-SDTC

Trojan Masters TC
Russ Reabold
1125 Stimson
La Puente, CA 91744
818/917-6289

San Diego Athletic Assoc.
P.O. Box 829
Del Mar, CA 92014
619/755-3658

West Valley TC
P.O. Box 459
San Carlos, CA 94070

West Valley Joggers & Striders
1124 Kennington Ave.
Sunnyvale, CA 94087
408/246-2651

Golden Gate Race Walkers
106 Sanchez St. #17
San Francisco, CA 94114

Empire Runners
4700 Fougler Dr.
Santa Rosa, CA 95405

No. Calif. Seniors TC
Paul Warner
3887 18th St.
San Francisco, CA 94114
415/626-8601

Runners For Christ
28681 Rochelle Ave.
Hayward, CA 94544
415/537-2706

Fresno Joggers
846 N. Harrison
Fresno, CA 93728
209/237-4718

River City TC
P.O. Box 255131
Sacramento, CA 95865
916/482-7881

So. California Striders
John Cosgrove
7411 Earldom Ave.
Playa Del Rey, CA 90293

Walkers Club of L.A.
610 Woodward Blvd.
Pasadena, CA 91107
818/792-4573

All-American TC
Frank Reilly
8307 Joan Lane
West Hills, CA 91304
818/716-7280

Hawaii Masters TC
P.O. Box 15763
Honolulu, HI 96830-5763

Club West
George H. Adams
P.O. Box K
Goleta, CA 93116
805/687-6323

Corona Del Mar TC
David F. Brown
10208 Hamage Ave.
Whittier, CA 90604
213/941-9968

Easy Striders Walking Club
2718 Monogram Ave.
Long Beach, CA 90815
213/429-5739

Gardena Valley Runners
Daniel Ashimine
1345 W. 168th St.
Gardena, CA 90247
213/327-6960

Loeschhorn's Running Club
Dave Reynolds
10810 Warner Ave.
Fountain Valley, CA 92708
714/964-4567

L.A. Valley Athletic Club
George Simon
15355 Mulholland Drive
Los Angeles, CA 90077
818/784-0496

Pegasus USA Masters TC
Wayne Douglas
5267 1/2 Village Green
Los Angeles, CA 90016
213/295-9497

Pico Rivera Athletic Club
9502 Reichling Lane
Pico Rivera, CA 90660
213/942-8774

Point Fermin Flyers
Jeffrey Dobra
1454 W. 25th St.
San Pedro, CA 90732
213/548-6865

A Running Experience
Bob Brown
P.O. Box 3209
Long Beach, CA 90803
213/433-7722

San Fernando Valley TC
Laurie Kulchin
10631 Lindley Ave. #220
Northridge, CA 91326
818/780-7719

So. Calif. Corporate Athletics Assoc.
Kevin Browning
20839 Marshall Way
Saugus, CA 91350
805/251-7572 (eve.)

Active 5
William K. Sumner
P.O. Box 7132
Newport Beach, CA 92660
714/722-9465

High Country Road Runners
c/o Running & Fitness Den
647 W. 3rd St.
Reno, NV 89503
702/323-2112

NORTHWEST

Avia Re-Treads
c/o Gina Blanchette-Cupp
2533 125th Ave. NE
Bellevue, WA 98005
206/885-4372

South Sound Striders
c/o Rick Baggett
9807 S. 248 B6
Kent, WA 98031
206/852-8645

Idaho Mountain Masters
10271 Ardyce St.
Boise, ID 83704
208/322-6048

Bigfoot Masters
c/o Duane Hartman
Spokane Community College
N. 1810 Greene St. MS-2050
Spokane, WA 99207-5399

Snohomish TC
4261 S. 184th
Seattle, WA 98188

Portland Masters Track Club
Art Afremow
4185 SW 83rd
Portland, OR 97225

Oregon Track Club Masters
P.O. Box 11364
Eugene, OR 97440

Phidippides Running Club
c/o R.G. Andersen-Wyckoff
P.O. Box 2315
Salem, OR 97308
503/399-7057



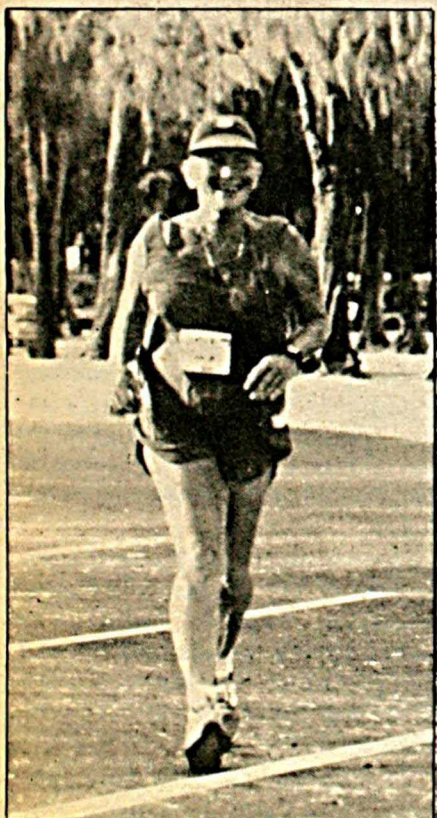
Willie Kaye winning the M50 mile in 4:46.3 in the Vitalis Meadowlands Meet in New Jersey, February 9. Photo by Sailer, Ltd.

NJ-TAC Indoor Meet Draws 222

by ED KOCH

The New Jersey-TAC Indoor Masters Track & Field Championships enjoyed its second largest entry ever as 222 athletes entered the meet at Fairleigh Dickinson U. on February 25. Bad weather forecasts probably prevented the meet from surpassing its 1989 entry of 243 athletes.

The team competition was close as



Lillian Fishman celebrates her 65th birthday in the Norman Tamanaha 15K Run on March 25 in Honolulu. Her husband, Ed, and friends were at the finish to sing "Happy Birthday" to her. Photo by Tesh Teshima

by PETER TAYLOR

HAVERFORD Pa., March 10. Sid Howard, 51, and Oscar Harris, 66, were among the top performers this evening as the Philadelphia Masters held their annual Indoor Invitational track meet at Haverford College's Alumni Fieldhouse.

Howard put together a 4:59.8/2:12.3 double in the mile/800, while Harris took four golds, beating Ed Matthews in the 55 (both in 8.2), the 300 (49.5 to 49.7), and the long jump, and the 500 (1:47.1) as well.

Skipper Clark, 42, outsped national outdoor silver medalist (100/200) Lorraine Tucker in the 55 (7.7 to 7.8), while the two Marilyns — Mitchell (W45) and Fitzgerald (W50) — showed their sprinting abilities in the 55 and 300, running 8.0/48.0 and 8.6/51.9, respectively.

John Brooks, 35, defeated outstanding submaster Ralph Penn in the 300 (36.2 to 37.2), after scoring in the 55 (6.7). Unfortunately, the likable Penn

usual. The Garden State Athletic Club (formerly Merrill Lynch Realty A.C.) won the submasters title with 69 points, edging out the defending champion New Jersey Striders (57 points) and Shore A.C. (35 points). In the masters division, the defending champion North Jersey Masters (165 points) held a narrow lead over the Garden State Athletic Club (157 points) and Shore A.C. (137 points) with the scoring of several athletes yet to be finally determined.

Outstanding performances included a 13-foot pole vault by Don Severn (M30); a distance triple win by Antonio Roque (M45), including a speedy 2:15.7 in the 800; and a meet record of 23.5 in the 200 by John Brooks(M35).□



George Frenn, M45, of the U.S. 3rd (43.90) in the hammer, TAC Masters Championships, San Diego. Photo by Jerry Wojcik

Howard, Harris Shine in Philadelphia

tore an Achilles tendon in the closing 4-lap relay and will be out of action for an extended period.

Multiple record holders Bob Mimm, 65, and Don Johnson, 73, turned in good performances the mile walk (8:48.9 and 9:21.8).

Among the strong set, John Roehr (M40, 12.38), Len Olson (M50, 11.94), and Joan Stratton (W35, 11.70) were notable shot put winners.

George Braceland took three golds in the M75 racewalk, triple jump and shot put.□

THE FIFTH ANNUAL GARDEN STATE ATHLETIC CLUB & RANDOLPH TOWNSHIP FOURTH OF JULY TRACK MEET...FAIR & FIREWORKS (SANCTIONED BY N.J. TAC) TO BE HELD SUNDAY, JULY 1ST, 1990 ALL NEW TRACK & FIELD FACILITIES RUBBERIZED TRACK

RUNNING EVENTS				
5000 Meters	10:00 AM	1500 Meter Dash	2:00 PM	
110 Meter High Hurdle	11:00 AM	400 Meter Dash	2:15 PM	
1500 Meter	11:45 AM	800 Meters	3:00 PM	
100 Meter Dash	1:00 PM	200 Meter Dash	3:30 PM	
FIELD EVENTS				
	30-39 MEN	40-49 MEN	MEN 50+59	MEN & WOMEN 60 +
Pole Vault	10:00 AM	10:00 AM	10:00 AM	10:00 AM
Shot Put	10:00 AM	10:45 AM	11:30 AM	12:30 PM
High Jump	10:30 AM	10:30 AM	10:30 AM	10:30 AM
Long Jump	10:00 AM	11:00 AM	12:00 PM	1:00 PM
Javelin	11:15 AM	12:15 PM	1:30 PM	10:00 AM
Discus	12:30 PM	1:30 PM	10:00 AM	11:15 AM
Triple Jump	2:00 PM	2:00 PM	3:00 PM	3:00 PM

YOUTH RACES

1500 Meters	Ages 9-10, 11-12, 13-14	11:30 AM	Boys & Girls
100 Meters	Ages 9-10, 11-12, 13-14	12:45 AM	Boys & Girls

TAC REGISTRATION REQUIRED AND AVAILABLE AT MEET

SHORT SPIKES ALLOWED

Hurdle heights & implements will be according to TAC Masters Rules. We will attempt to adhere to the above schedule. It is the athletes sole responsibility to be aware of any changes. "WE WILL RUN AHEAD OF SCHEDULE WHENEVER POSSIBLE." If you miss a call or check in you have forfeited that attempt or that race. The One-false-start rule will apply.

All Throwers, Long Jumpers & Triple Jumpers Please Note, that groups will start immediately after preceding group. Listen for announcement.

ELIGIBILITY

Any TAC Sub Masters or Masters Athlete with TAC Card. Men or Women 30-90 years of age. Any Randolph resident who falls within the above age groups. The fee is \$5.00 per event, post entry \$10.00 per first event, \$5.00 every other (payable to Garden State Athletic Club), no charge for Randolph residents. There are no limits on the amount of events you may enter.

PRIZES

Medals will be awarded to the top three in each 5 year age group, in each event for both men and women.
Large trophies for top male and female athlete in Masters Meet.

TRAVEL ARRANGEMENTS

For travel arrangements and hotels call Beryl Hahn at "TRAVEL MASTERS" (201-361-3220). There are many major hotels in the nearby area.

FILL OUT AND RETURN TO:

GARDEN STATE ATHLETIC CLUB
C/O PRUDENTIAL NEW JERSEY REALTY
525 HIGHWAY 33
ENGLISHTOWN, NEW JERSEY 07726

NAME _____ TAC # _____ PHONE _____ SEX _____

STREET _____ CITY & STATE _____ ZIP _____

AGE _____ DATE OF BIRTH _____ CLUB _____

EVENTS ENTERED _____

ALL CHECKS PAYABLE TO GARDEN STATE ATHLETIC CLUB

I hereby waive any or all claims I or my heirs may have against Randolph Township Parks & Recreation Dept. Randolph Township, The Randolph Board of Education, Garden State Athletic Club or the Meet Directors and Officials resulting from my participation in this meet.

SIGNATURE _____

ADDITIONAL INFORMATION

Call Meet Directors:	Ron Salvio.....Days	201-446-4959
	Morton Hahn.....Days	201-625-1764
	Evenings.	201-361-3282

Write On Continued from page 4

CLUB JUMPING

At the February meeting of the New Jersey TAC, we were still disputing team scores of meets as much as one year old.

The blame for this lies with some athletes, who jump from one club to another without waiting the required TAC time to do so. Some even jump from state to state championships. One can only live in one state. They are making it impossible to score fairly and officiate properly.

In the future, any masters athlete who does this will be severely penalized.

*Morton Hahn
Vice Chairman, NJ-TAC Masters
Randolph, New Jersey*

JIM HERSHBERGER

I don't know Jim Hershberger (April NMN) personally, but as long as the charges against Hershberger didn't affect NMN nor any of its subscribers directly, then it has no place in a running magazine.

Our local newspapers have enough bad news to make our heads spin. When I read NMN, I read it with a positive attitude and to find out how my peers are doing in the world of sport.

*Vin Fandetti
Glastonbury, Connecticut*

TAC MASTERS BUDGET CUTS

I read with great interest the column about The Athletics Congress Convention in your January edition. Apparently there have been some misunderstandings, causing some misstatements of fact regarding the Budget and Audit Committee meeting that I will share with you.

In particular, the article stated that the Budget and Audit Committee was upset that TAC's budget had not been presented to members until a few days before the convention, in conflict with that group's vote two years ago, that the budget must be presented to committee members at least 60 days prior to the convention. A review of the Budget and Audit Committee minutes two years ago revealed that the committee voted that they should receive a copy of the proposed budget prior to the convention, but no specific times were stated. This measure has been adhered to both in 1988 and 1989.

Under current budget and audit guidelines, it would be impossible to provide a copy of the proposed budget 60 days prior to the convention as the Budget and Audit Committee does not even require budget requests to be submitted 60 days prior to convention. The convention starts before the end of

November, but budget submittals are not required until September 30. In working with the various committees, we have found the September date to be very reasonable for them.

The article mentions that administrative expenses have increased by nearly 20%. To one who works with budgets, financial statements, and business proposals, it is quickly learned that cursory reviews of budgets, particularly budgets as diverse as The Athletics Congress budget, need more analysis. The 20% increase is true. However, part of that increase is due to reallocation of administrative expenses that were previously charged to programs, not new costs. That is, dollars have been moved from being reported in one expense category to another expense category. Furthermore, much of the increase in administrative costs results from staff and other expenditures necessary to support revenue-generating programs such as the American Plan and Goodwill games. The growth revenue from these programs more than justified the added costs to support them.

The Budget and Audit Committee is comprised of members from all of the diverse interests of The Athletics Congress. It is sensitive to the needs of each committee and has tried to allocate the limited funds that the Congress has available on an equitable basis, keeping in mind that we must put emphasis on sustaining current revenues while attempting to generate new sources of funding. Also, the Budget and Audit Committee has given priority to those programs conducted under contracts, using USOC grant monies, and mandated by the Board of Directors.

I trust this additional information should set straight the misunderstandings.

*Steven Bosley,
TAC Treasurer
Boulder, Colorado*

(Thank you for your explanation and clarification. I apologize if I'm mistaken about the 60-day budget notice. My clear recollection is that the B&A members wanted ample time to review the proposed budget.

You say each member of the B&A Committee received a copy of the proposed budget prior to the Convention. This member didn't. Other members received it only a day or two before the Convention began, not much time to do any analysis. I understand that a 60-day advance notice may be impossible, but seven days in advance should be the bare minimum.

You say "cursory reviews of budgets, particularly budgets as diverse as TAC's, need more analysis." I couldn't agree more. That's why at least seven days is needed. My obviously cursory analysis of the budget was done in about 20 minutes during our



Gerald Koch (55, 2:48:38) turns in the second-best age-graded performance of 86% in the Rocket City Marathon in Huntsville, Ala.

Photo by Jim Oaks


B&A meeting. That's about as cursory as you can get. But that's all the time I was given. I came up with the 20% increase in administration expenses on a straight 1989 vs. 1990 comparison on the sheet that was passed out. If there were items that had been re-allocated from other categories, as you suggest, they should have been asterisked to avoid confusion.

No one is challenging the need to hire staff to support the American Plan or Goodwill Games. That TAC's annual revenues have doubled in recent years is ample testimony to the capable sales abilities of the current administration.

The more important figure, it seems to me, is the projection of gross revenues from \$7,860,050 to \$8,324,500 — an increase of 5.9%; and the projection of expenses from \$7,985,700 to \$8,524,400 — an increase of 6.7%.


With increases in both these categories, particularly the revenues, why, it was asked by several people I spoke with in Washington, were Sports Committee budgets cut by 40% to 80%. It

Continued on page 25



OUR JOB IS LIFE
FORT SANDERS
REGIONAL
MEDICAL CENTER

THE OAK RIDGE AND KNOXVILLE TRACK CLUBS
UNIVERSITY OF TENNESSEE
TOM BLACK TRACK
KNOXVILLE, TENNESSEE



The officials and sponsors of the Tennessee Masters Track and Field Championships invite all athletes 30 and over to participate in the Tennessee TAC Masters Meet. The two days of competition feature a pentathlon, weight events, 3K run, OPEN 5K run, race walks, and all regular track and field events.

ORGANIZED BY: Oak Ridge Track Club and Knoxville Track Club, 132 Newport Drive, Oak Ridge, TN 37830 Meet Director - Dean Waters (615-483-7743)

FRIDAY, JUNE 22, 1990			Fee Schedule																																	
Event No.	Time ¹	Event																																		
1	5:00 p.m.	Pentathlon ² 3	First Event (including open events) \$6																																	
2	5:00 p.m.	10,000M Racewalk	Additional Individual Events @ \$4 each																																	
3	6:30 p.m.	Triple Jump	Pentathlon \$6																																	
4	7:00 p.m.	3000M 2 ⁴	T-shirts \$5 each <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>																																	
SATURDAY, JUNE 23, 1990			Total enclosed																																	
Event No.	Time ¹	Running Events ⁴	Payable to Tennessee Masters Meet																																	
5	8:00 a.m.	Open 5K Road Run ⁶	<table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th>Number</th> <th>Event Name</th> </tr> </thead> <tbody> <tr><td> </td><td> </td></tr> <tr><td> </td><td> </td></tr> <tr><td> </td><td> </td></tr> <tr><td> </td><td> </td></tr> <tr><td> </td><td> </td></tr> <tr><td> </td><td> </td></tr> <tr><td> </td><td> </td></tr> <tr><td> </td><td> </td></tr> <tr><td> </td><td> </td></tr> <tr><td> </td><td> </td></tr> <tr><td> </td><td> </td></tr> <tr><td> </td><td> </td></tr> <tr><td> </td><td> </td></tr> <tr><td> </td><td> </td></tr> <tr><td> </td><td> </td></tr> </tbody> </table>		Number	Event Name																														
Number	Event Name																																			
6	9:00 a.m.	110M Hurdles																																		
7	9:30 a.m.	1500M Run																																		
8	10:00 a.m.	400M Hurdles																																		
9	10:30 a.m.	200M Dash																																		
10	11:30 a.m.	4x100M Relay ⁸																																		
11	12:00 p.m.	3000M Racewalk																																		
12	1:00 p.m.	4x200M Relay																																		
13	1:30 p.m.	55M Dash																																		
14	2:10 p.m.	400M Run																																		
15	2:40 p.m.	100M Dash																																		
16	3:10 p.m.	800M Run																																		
17	3:40 p.m.	3000M Steeplechase ⁷																																		
Field Events																																				
18	8:00 a.m.	Hammer																																		
19	8:30 a.m.	High Jump																																		
20	9:00 a.m.	Long Jump																																		
21	9:30 a.m.	35 lb wt																																		
22	10:30 a.m.	Pole Vault ⁵																																		
23	11:00 a.m.	56 lb wt																																		
24	11:00 a.m.	Shot Put																																		
25	12:00 a.m.	Javelin																																		
26	1:45 p.m.	Discus																																		

Last Name:

Street:

City:

State: Zip Code:

Sex: ☐ Male ☐ Female Date of Birth: / / Age on 6/23/90:

First Name:

Art No:

TAC Registration Number:

ATHLETE'S SIGNATURE:

DATE:

Write On Continued from page 24

just didn't — and doesn't — make sense based on the pure math. I know of no organization which would make such arbitrary cuts unless other factors were involved.

So why were the Sports Committees' budgets cut? Perhaps TAC's hierarchy feels the committees are wasting their allocations. If so, say so. Perhaps they are. But it seems curious to couch the rationale for the cuts in purely financial terms when overall revenues are up 5.9% and other expenses are up more than 6.7%.

Cutting the committees' budgets with no notice (to Masters T&F) or a few days notice (to others) after each had been asked by TAC to prepare a detailed proposal, seemed to show a lack of respect for the committees. If their proposals were to be slashed so drastically, why bother to encourage such proposals in the first place?

I presume each committee, as did Masters T&F and Masters LDR, spent a lot of time on letters, phone calls and research to come up with a sensible budget proposal. Then to have it cut 50% (in the case of Masters T&F) and 43% (Masters LDR) was a shock. The cuts upset the Masters program. We

were slowly building a program, based in part on a certain allocation. We had required TAC membership of every U.S. competitor at the World Championships in Eugene, the Nationals in San Diego, and most regional meets. To have our budgets slashed meant telling hard-working committee members that they could not operate their programs as effectively in 1990. It was a slap in the face to them — like giving a pay cut to someone who's done a good job.

And the whole thing seems so unnecessary when the entire budget for all eight sports committees totalled \$199,300 in fiscal 1989 — or only 2.5% of TAC's 1989 budget. Honoring each committee proposal for 1990 would probably have meant less than an additional \$100,000 — only 1.1% of TAC's 1990 budget and well within the surplus projected for the end of this year.

It is my hope that the committee budgets for 1991 can be set at their proposed 1990 levels. — Ed.)

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

LET THESE EXPERTS BE YOUR PERSONAL COACH THIS SUMMER...

Oregon Track & Field Camp for Masters
June 17-23, 1990
Hayward Field - Eugene, Oregon

Bill Dellinger

The world-renowned head coach at the University of Oregon is acknowledged as one of the leading authorities on middle and long distance running training. Olympic Bronze Medalist at 5000 meters, 1984 Olympic Distance Coach, trainer of champions, Dellinger will provide you with new insights and motivation to enhance your own running regimen.

John Gillespie

A genuine scholar of the horizontal and vertical jumps, Gillespie brings a wealth of knowledge to the Oregon Camp. Himself the 1987 National Masters Champion in the triple jump, "John knows jumps", and he knows the right training programs for the Masters athlete.

Stewart Togher

An iconoclast in the throwing events, Stewart has a perspective to training unlike any you have ever encountered — and it works! Stewart has coached multiple national champions and Olympians from several countries in the hammer, shot, and discus.

Dennis Whitby

A specialist in the sprints and hurdles, Dennis has coached on three continents, imparting the techniques which maximize speed and efficiency. His thorough approach will bring out the quick in you.

These and other experts will be at the Oregon Track & Field Camp for Masters, which is open to both men and women of any age, with instruction geared to the Masters/Sub-Masters athlete.

Cost of the Camp is \$399 per person, including all instruction, dormitory housing, three meals per day, group excursion, and more. Housing in other accommodations is available at additional cost.

For more information, write for your brochure at Box 10825, Eugene, OR 97440. If you wish to reserve your place now, send \$50 deposit per person at the same address. If you have questions, call 503/687-1989 during business hours.

SEE YOU IN JUNE!

TAC/PACIFIC TRACK & FIELD CHAMPIONSHIPS

FOR

OPEN MEN & WOMEN ★ MASTERS MEN & WOMEN
SUBMASTERS MEN & WOMEN

SATURDAY JUNE 9, 1990

Los Gatos High School & Olympic Training Center
Sanctioned by TAC/PACIFIC ASSOCIATION
Sponsored by LOS GATOS ATHLETIC ASSOCIATION

ENTRY DEADLINE WEDNESDAY, JUNE 6, 1990

- Eligibility:** All men and women registered in TAC/Pacific Association. 1990 TAC Registration required. Registration available at meet \$12.00.
- Entries:** Pre-entry required before Wednesday, June 6. Phone entry O.K. (408) 354-5660.
- Fees:** \$7 per event, \$20 for relays. \$10 late entry if space available.
- Note:** Masters Hammer will be contested at Olympic Training Center (See map on back). Open Hammer, Javelin, Triple Jump & Steeplechase will be contested at an earlier date and different venue — May 12, Sacramento State. Contact Joe Neff, 916-278-6208.
- 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 allotted time slot. 400 will be run in timed sections based on times submitted on entry form.
- Timing:** Fully automatic timing by Accutrack.
- Facilities:** All weather track surface 14" spikes only. Concrete throwing rings, grass javelin runway.
- Age Groups:** 30 and above in 5 year age groups. Age on June 9, 1990 determines age group.
- Awards:** TAC/Pacific championship medals to first three places in all events and in all 5 year age groups. Team prize money for Open Men & Women combined total points for TAC registered clubs \$500, \$300, \$100.
- T-Shirts:** For sale at meet.

AT LOS GATOS HIGH TRACK EVENTS		12:50 1500 M MEN 50+		DISCUS	
8:00 5000 RACE WALK	1:07	1:15 1500 M MEN 40+	1:23	11:30 ALL WOMEN MASTERS & SUBMASTERS	
9:00 80 M HURDLES WOMEN 40+	1:23	1:30 1500 M OPEN WOMEN	1:36	12:30 MEN 60-64, 65-69, 70-74, 75-79, 80+	
9:03 100 M HURDLES WOMEN 30-34, 35-39	1:30	1:40 100 M HURDLES MEN 40-49	1:45	1:00 MEN 40-44, 45-49, 50-54, 55-59	
9:05 100 M HURDLES OPEN WOMEN	1:36	1:50 400 M HURDLES MEN 50-59	2:00	2:00 MEN SUBMASTERS	
9:07 100 M HURDLES MEN 80+	1:40	2:00 300 M HURDLES MEN 30-39	2:30	3:00 OPEN WOMEN	
9:10 110 M HURDLES MEN 50-59	1:45	2:10 5000 M WOMEN & MEN 80+	4:00	4:00 OPEN MEN	
9:13 110 M HURDLES MEN 40-49	1:50	2:15 5000 M WOMEN & MEN 80+			
9:16 110 M HURDLES MEN 30-39	1:55	2:20 5000 M MEN 40-49			
9:20 110 M HURDLES OPEN MEN	2:00	2:30 400 M WOMEN MASTERS			
9:35 100 M WOMEN 60+, 50-59	2:00	2:30 400 M MEN 70+			
9:38 100 M WOMEN 40-49	2:00	2:30 400 M MEN 60-64			
9:41 100 M WOMEN 30-39	2:00	2:30 400 M MEN 55-59			
9:44 100 M OPEN MEN HEATS	2:00	2:30 400 M MEN 50-54			
9:54 100 M MEN 75-79, 80-84, etc.	2:00	2:30 400 M MEN 45-49			
9:57 100 M MEN 70-74	2:00	2:30 400 M MEN 40-44			
10:00 100 M MEN 65-69	2:00	2:30 400 M MEN 35-39			
10:03 100 M MEN 60-64	2:00	2:30 400 M MEN 30-34			
10:06 100 M MEN 55-59	2:00	2:30 400 M OPEN WOMEN			
10:09 100 M MEN 50-54	2:00	2:30 400 M OPEN MEN			
10:12 100 M MEN 45-49	2:00	2:30 800 M OPEN WOMEN			
10:15 100 M MEN 40-44	2:00	2:30 800 M OPEN MEN			
10:18 100 M MEN 35-39	2:00	2:30 800 M WOMEN 30-39			
10:21 100 M MEN 30-34	2:00	2:30 800 M MEN 75+			
10:24 100 M OPEN WOMEN	2:00	2:30 800 M MEN 70			
10:27 100 M OPEN MEN	2:00	2:30 800 M MEN 65			
10:30 800 M WOMEN 50+	2:00	2:30 800 M MEN 60			
10:35 800 M WOMEN 30-39	2:00	2:30 800 M MEN 55			
10:40 800 M MEN 75+	2:00	2:30 800 M MEN 50			
10:45 800 M MEN 70	2:00	2:30 800 M MEN 45			
10:50 800 M MEN 65	2:00	2:30 800 M MEN 40			
10:55 800 M MEN 60	2:00	2:30 800 M MEN 35			
11:00 800 M MEN 55	2:00	2:30 800 M MEN 30			
11:05 800 M MEN 50	2:00	2:30 800 M OPEN WOMEN			
11:10 800 M MEN 45	2:00	2:30 800 M OPEN MEN			
11:15 800 M MEN 40	2:00	2:30 200 M WOMEN 50+			
11:20 800 M MEN 35	2:00	2:30 200 M WOMEN 40-49			
11:25 800 M MEN 30	2:00	2:30 200 M HEATS OPEN MEN			
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11:46 200 M HEATS OPEN MEN	2:00	2:30 200 M MEN 55-59			
11:50 200 M MEN 75+	2:00	2:30 200 M MEN 50-54			
11:55 200 M MEN 70-74	2:00	2:30 200 M MEN 45-49			
12:01 200 M MEN 65-69	2:00	2:30 200 M MEN 40-44			
12:04 200 M MEN 60-64	2:00	2:30 200 M MEN 35-39			
12:07 200 M MEN 55-59	2:00	2:30 200 M OPEN WOMEN			
12:10 200 M MEN 50-54	2:00	2:30 200 M OPEN MEN			
12:13 200 M MEN 45-49	2:00	2:30 1500 M WOMEN MASTERS & SUBMASTERS			
12:16 200 M MEN 40-44	2:00	12:43 1500 M MEN 70+			
12:19 200 M MEN 35-39	2:00	12:51 1500 M MEN 60+			
12:22 200 M MEN 30-34	2:00				
12:25 200 M OPEN WOMEN	2:00				
12:30 200 M OPEN MEN	2:00				
12:35 1500 M WOMEN MASTERS & SUBMASTERS	2:00				
12:43 1500 M MEN 70+	2:00				
12:51 1500 M MEN 60+	2:00				

TAC/PACIFIC MASTERS, SUBMASTERS & OPEN TRACK & FIELD CHAMPIONSHIPS

Joy Upshaw and Willie Harwitz
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Club affiliation _____				
Amount enclosed _____			Your 1990 TAC Number _____	
Make checks payable to Los Gatos Athletic Association Inc.			NO REFUNDS FOR DEFAULT	

WAIVER

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, Explorer Post #912, #13, and all sponsors of this competition, 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 June 9, 1990 at Los Gatos High School, Los Gatos, California, and Olympic Training Center, Los Gatos, California.

Date: _____ Signature: _____



Cross Training with Larry Walker

Larry Walker, a member of the 1976 and 1980 US Olympic Race Walking Teams, holds innumerable masters best performances from ages 40 through 47. He qualified for the 20K Walk in the 1988 Olympic Trials and walked a 6:20.2 in the one-mile walk at the Los Angeles Times Indoor Games in February.

EW: As both a runner and race walker, do you find that the two sports are good for cross training?

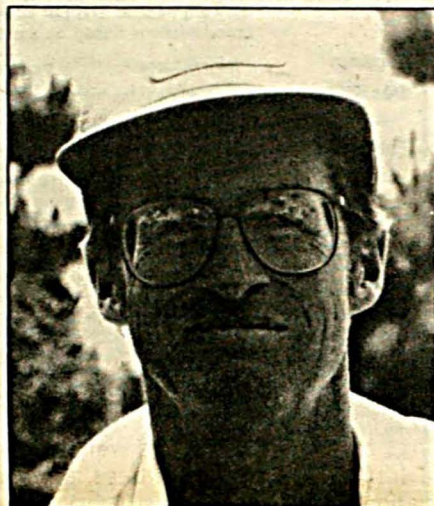
LW: It definitely helps me to have options in training. If I am walking hard one day, maybe the next day I just don't feel like walking and I have the option of going over to running. On the other hand, if I have been running four or five days straight at a decent level, I'll find my legs are dead for running so I switch to walking.

By switching, different muscle groups are stressed and I can feel fresh for training. Whether I'm doing speed work or other, I can't train too long without fatigue. By crossing over, I can keep training.

EW: Then cross training helps you maintain a higher level of conditioning?

LW: I think so. There is also the injury-prevention aspect. By walking, you strengthen muscle groups which you would not be using as much in running. Race walking develops the complementary muscles, front and back.

EW: What percentage walking and running do you suggest?



LW: If you are walking 60 percent of the time or more, it will affect your running because you have to run in order to run; you have to race walk in order to race walk. At some point, you can do too much of one and you aren't going to be able to perform efficiently in the other. I use 40-50 percent running and I can switch to race walking easily. The problem is to keep things in balance. You have to find out what is best for you. □

Official TAC/USA Racewalk Records

by BEV LAVECK, TAC Masters Racewalk Chairman

The only way a road R/Wing record of any kind will ever be ratified by TAC is if the course conforms to the standards and procedures set up by the Road Running Technical Committee. TAC gives the RRTC responsibility for course certification standards and policies which **must** be met if a running or R/Wing record can be set on a road course. This is true for all age groups.

Masters R/Wing can't have independent policies and still have official U.S. records. People who want to set records have no alternative to going along with TAC rules. They'd be wise to check on course certification numbers **before** paying for a plane ticket if their primary intent is to go for a record.

Firm TAC rules cover track records. TAC rules state that outdoor records in events through 20,000 meters can be set

on tracks with a raised inner curb. Again, it is wise to check the rules.

When TAC ratifies Masters RW records, there will be several fine times that will go unrecognized since many race walks were not conducted on certified courses (including some of mine which I know I'll never match again). Even though it seems unfair to deny record status to many of the finest past performances, I don't see how we can deny TAC records to the current elite RWers who are achieving marks that can be ratified by TAC. □

Racewalking Technique

Racewalking Uphill: The most common way to walk up a hill is to hike. In climbing, a hiker bends his/her knees to provide upward spring. In racewalking, climbing is powered by the movement of the hips and by the pushing action of the feet. The knees are kept straight in the support position.

- As your hip turns forward, contact the ground with your heel; toes up.

- Keep your knee straight in the support or middle phase.

- Transferring your weight to the ball of your foot, push the ground back. Use your calf muscles.

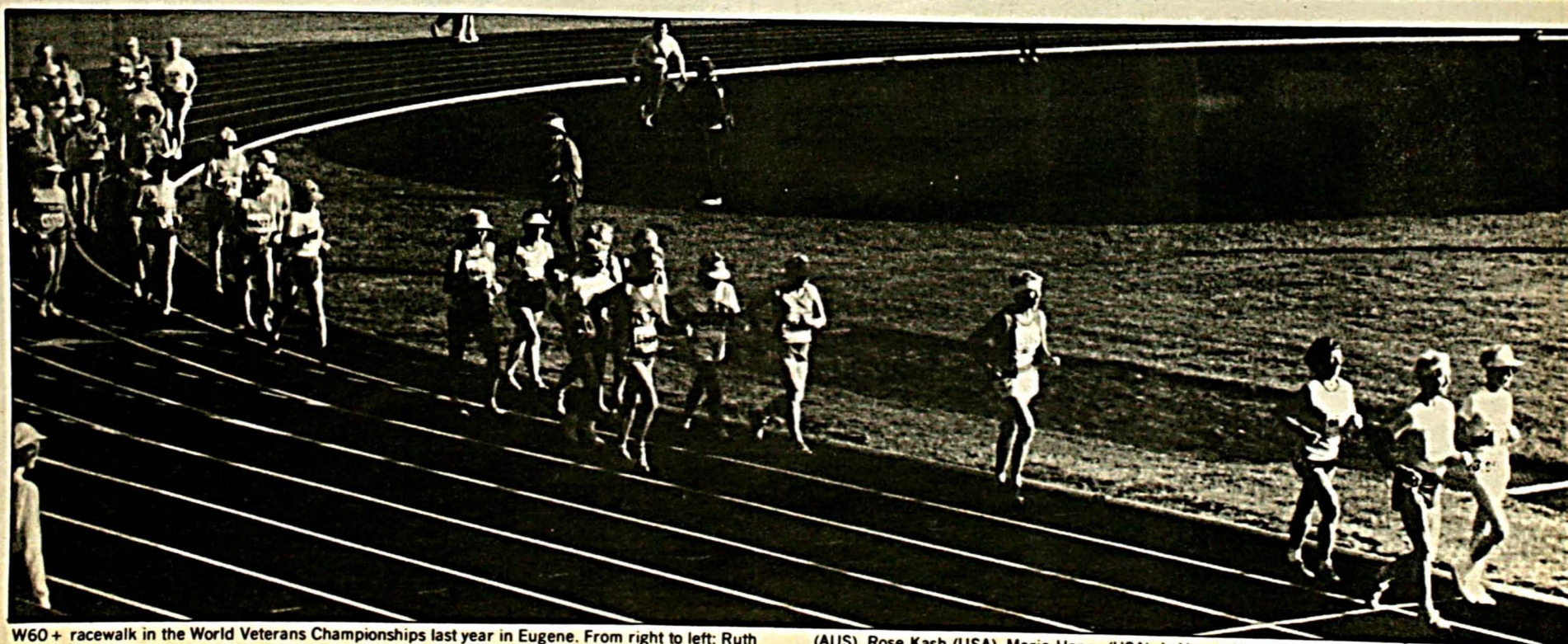
- Relax the foot in the first part of the forward swing.

- As the foot passes in front of midline, start flexing the ankle to prepare for heel plant.

Introduction to the Technique of Racewalking. North American Racewalking Foundation, P.O. Box 50312, Pasadena, CA 91115-0312.



Shin Nakamichi (Japan), wins the M60-64 5000-meter walk at the World Championships in Eugene. Photo by Don Johnson



W60+ racewalk in the World Veterans Championships last year in Eugene. From right to left: Ruth Van Sandt (USA), May Bengtsson (SWE), Eva Wistrom (SWE), Ursula Theune (FRG), Dorothy Jack

(AUS), Rose Kash (USA), Marie Henry (USA), LaVonne Hottensmith (USA).

Photo by Don Johnson



Nancy Oshier (40, 1:08.16) crosses the finish line at the Phelps Sauerkraut 20K in Shortsville, N.Y. Oshier was first woman overall.

Photo by Paul Santasiere

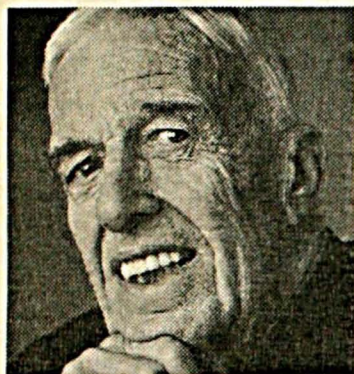


Photo: Mary Umans © 1989

JOHN HOLBROOK IS ONE OF "JERRY'S KIDS!"

John, an ALS patient, just turned 80.

Still, he's one of "Jerry's kids."

That's because Jerry Lewis's cause, the Muscular Dystrophy Association, battles not just muscular dystrophy, but dozens of other muscle diseases, too — including ALS, killer of adults.

Also called "Lou Gehrig's disease," ALS strikes in the prime of life, gradually paralyzing almost every muscle in the body. Right now, no cure is known. But MDA has launched an all-out assault against this deadly disease.

MDA has developed the world's largest integrated ALS research and patient services program. The Association has established five major ALS research centers, and maintains some 230 clinics to help people with ALS and other neuromuscular disorders. And MDA provides ALS patients with medical care and equipment free of charge.

You can join the fight against ALS and other muscle diseases by making a tax-deductible contribution to MDA. You can even specify that your donation is to be used exclusively to benefit ALS patients.

Please help "Jerry's kids" of all ages. Send your donation to MDA today.



Jerry Lewis
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MDA

Muscular Dystrophy Association
Jerry Lewis, National Chairman

To make a donation or bequest to MDA, or for more information on MDA and ALS, write to:
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PUBLICATIONS ORDER FORM

Quantity

Total (US\$)

Masters Age Records

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

\$

Masters Track & Field Rankings

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

\$

Masters Age-Graded Tables

Single-age factors and standards from age 21 to 90 for men and women for every common track & field, long distance running, and race-walking event. Shows how to conduct an age-graded event. Tells how to keep track of your progress over the years. Compares performances of different ages/sexes in different events. 66 pages, including samples and charts. Compiled by the National Masters News and the World Association of Veteran Athletes. Includes world and U.S. 5-year age-group records, as of May 1, 1989. \$5.95.

\$

Masters 5-Year Age-Group Records

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

\$

Competition Rules for Athletics (1989-1990)

U.S. rules of competition for men and women for track & field, long distance running and race walking — youth, open and masters. \$9.95.

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TAC/USA Directory (1989)

Includes TAC By-Laws and operating regulations, as well as listings of National officers and staff, Board of Directors, sports committees, administrative committees, and TAC associations. \$9.95.

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IAAF Scoring Tables (1985)

Official world scoring tables for men's and women's combined-event competitions. \$11.95.

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Guide to Prize Money Races and Elite Athletes 1990.

Published by Road Race Management, the Guide includes elite athlete alphabetical listing (including masters) with over 700 contact addresses and phone numbers, calendar and contacts for over 250 prize-money events, plus much more. \$39.00.

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TAC/USA Patches. Embroidered, 4" x 3". \$2.50

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U.S. Track and Field Team Patches. Embroidered, 4" x 2". \$2.50

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U.S. Track and Field Team Lapel Pins. Cloissone enamel, 1 1/2" x 5/8", bar pin with safety catch. \$5.00.

\$

Masters Running '89

Published by Dean Reinke & Associates. 64-page, four color magazine. Highlights USRA Masters Circuit. Tips on nutrition, training and fitness for masters. Articles by Elliot Denman, Hal Higdon, Dick Patrick, Al Sheahan and others. \$1.95.

\$

The Masters Running Guide by Hal Higdon

160-page paperback. Higdon reveals tips that helped him win three world championships in masters competition: base fitness, improving with age, training smart, maintaining mobility, minimizing injury, motivation, diet, increasing your youthspan. \$9.95.

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The book you've waited for:
How to become a better masters athlete

Masters Running Guide

By Hal Higdon

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

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

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



Here is what you can expect in *MASTERS RUNNING GUIDE*:

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 4. **Beginnings:** The first steps to becoming a masters athlete.
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 10. **Motivation:** Keeping it up for the long run.
 11. **A Masters Diet:** What foods are best for masters athletes? Modifying your diet to gain energy.
 12. **Increasing Your Youthspan:** How masters runners can live forever.
 13. **A Gathering of Greyhounds:** The 1989 World Veterans Championships in Eugene, Oregon.
- Appendix:** Sources and information helpful to masters.

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NATIONAL MASTERS NEWS

Section II

May, 1990

Page 29

The International Scene

Japan in 1993? — Part II

by ALASTAIR LYNN, WAVA Secretary

The Nippon Masters Athletic Union will bid for the 1993 WAVA World Veterans Athletics Championships with Miyazaki Prefecture (state), in the southern part of Japan, being the venue.

To prepare the best possible bid and to ensure that their facilities matched WAVA's requirements, Mr. Kiyoshi Kounoike, Chairman of the Board of Directors of the Nippon Masters, invited four members of the WAVA Council — Cesare Beccalli, Hari Chandra, Bob Fine and myself — to visit Miyazaki in the last week of March to inspect and offer constructive criticism and suggestions regarding their facilities. Fine was unable to go that week, but made a follow-up visit in early April. All travel and living expenses were paid by the Japanese.

The Nippon Masters are well known in international veterans meets. They showed us their impressive internal strength by holding their National Veterans Road Relay Championship in Osaka during our visit. A team of seven (3 women/4 men) from each of the 47 Japanese Prefectures took part, running various-length stages to a total race distance of 30K. The race was well organized with good TV coverage, and there was an abundance of officials.

The Miyazaki bid is totally supported by the Governor of the Prefecture. He accompanied us on a day-long tour of facilities, discussions of WAVA requirements and a press conference. Further evidence of the deep local interest came at a dinner hosted by the Governor and attended by leading political and business figures representing banks, chambers of commerce, and the Hotel Association.

Miyazaki has a central recreation area incorporating a number of sports grounds plus a very beautiful garden area. The main stadium — 400m, 8-lane, all-weather — is situated here together with a warmup track. The surface will be refurbished before 1993.

The second track is at the University, about 10 minutes bus ride away.

The University has a 400m, 6-lane track of hard-packed dirt. When we explained that his surface was unacceptable, the Governor promised the throwing, jumping and running surfaces would be re-laid with an all-weather surface before the bid was made.

As this central recreation area is some distance from most of the hotel accommodations, we emphasized that the following had to be covered:

- high-frequency, no-cost shuttle service
- fast-food facilities at the recreation center
- shelter/rest area for large numbers.

Again, a commitment was made to cover these points. The Governor said 70,000 schoolchildren would be in Miyazaki for a sports festival soon, and that the World Surfing Championships will be held there. So they will have excellent experience in handling large numbers.

There are very few beds available at the University and, therefore, special arrangements will be made to insure a substantial number of low-cost rooms, probably through an office directly under local government control. In addition, there is a local Hotel Association which will work with the Government.

The Prefecture is sending a delegation to the WAVA Council when it meets this June in Turku. We should then see some of the early results of our visits.

Certainly we left Japan with the feeling of a very thorough preparation for

Continued on page 30



Masters athletes visiting the Soviet Union. Front row: Barbara Stewart, Mary Bower, Lorraine Green, Ferenc Igrenyi (Hungary). Back row, left to right: Charleen Smith, Wiltrud Lohnert (W. Germany), Ray Bower, Robert Steinhacker (Hungary), Vadim Marshav (USSR), Taisia Tchenchik (USSR), and Bud Smith. Photo from Barbara Stewart

400 Compete in Soviet Indoor Nationals

by BARBARA STEWART

Over 400 athletes, including athletes from the US, Hungary, Finland and West Germany, participated in the Moscow Indoor Veterans Track and Field Championships on March 17-18, and attended an International Symposium on Veterans Track and Field. The events were organized by the association of Track and Field Amateurs (ALLA) and sponsored by ASKO and IKO Intermarketing.

Foreign athletes were overwhelmed by the warmth and generosity of their hosts. We stayed at the Majok Sport Hotel, the Olympic Training Center outside Moscow. Our hosts were the ALLA organizers, who led us on one adventure after another. We weaved non-stop through the magnificent sights of Moscow and Leningrad, including inside of the Kremlin to view the Faberge eggs, the crown jewels, and other rare art treasures of the czars.

We stopped at "who's who of Soviet sport," with lunch made personally at home by Olympic high jump gold medalist Valery Brumel, who has written a cookbook and is soon opening a Russian Restaurant in Paris.

Tour of Leningrad

Other highlights were a tour of Leningrad and the Hermitage, with a visit to the home of Galina Zybina, widow of the Naval Academy commandant and 3-time Olympic shot put medalist (1952, 1956, and 1964). She was world record holder in 1952, with her best mark 17.18, "without drugs," she pro-

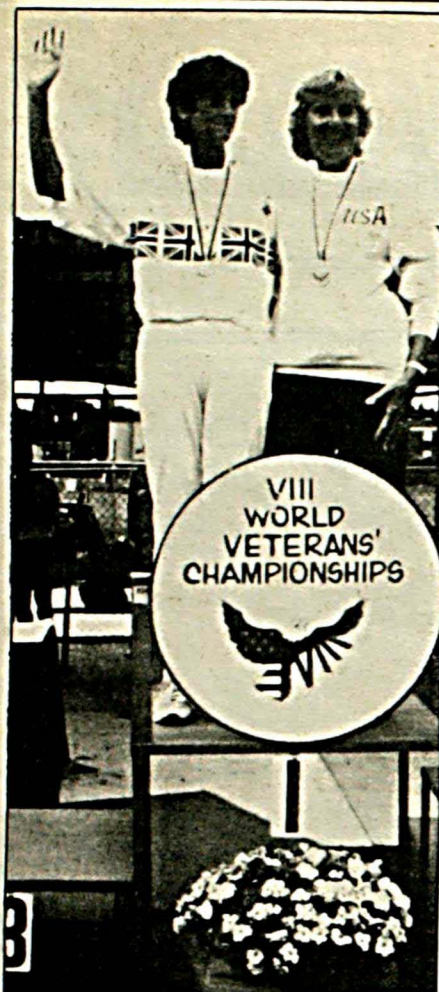
udly asserted. Her husband was the captain of the Soviet ship involved in the US/Soviet joint space venture, and she showed pictures of him with Neil Armstrong. At 56 years old, she is a loving grandmother, whose son and his wife and two small children live with her in the apartment at the Naval Academy. Small in stature, but still trim, she has a shoulder injury that prevents her return to shot putting, but plans to join the veterans movement as a javelin thrower.

Although the former Soviet Olympic athletes are honored state heroes and live well by Soviet standards, they live in apartments rather than houses. They live modestly by Western standards, but willingly shared what they had, obviously giving of themselves and offering to their guests what was in short supply. Their generosity was overwhelming. The Americans were also surprised by the keen Soviet humor, underneath the expressionless formal face. For example, when questioned about the peculiarities of past Soviet Olympic team selection, where athletes with better records were passed over, Vadim Marshav dryly commented, "As usual, nobody selects Olympians by results."

Moscow Meet Results

On the same day Sergei Bubka set the new open world pole vault record (6.05) in his Ukrainian hometown of Donetsk, I had the honor of being the first woman to compete officially in Soviet vaulting competition (with a

Continued on page 30



On the victory stand in Eugene in the W55 Hephathlon were Jean Hulls (GBR, 1st, 5121 pts.), and Christel Miller (USA, 2nd, 4701).

The International Scene

Continued from page 29

the bid (which, if successful, would mean the first WAVA Championships in Asia) and a clear wish to understand and satisfy the needs of WAVA competitors and families.

We shall see their presentation at the WAVA General Assembly in Turku in July, 1991, and the delegates can then cast their votes. □

400 Compete in Soviet Indoor Nationals

Continued from page 29

1.70 effort in the W45 division). The Soviet vaulting officials, the coaches of the past and present Soviet Olympic vaulters, greeted the new women's event with enthusiasm. (Only veterans rules allow the women's pole vault for international competition, so only women 35 and older may officially compete in this event. No Olympic, open, or collegiate competition is officially recognized.)

Charleen Smith, of Clinton, Iowa was the first in the W50 one-kilometer racewalk and her husband, Bud Smith, the 1957 high jump world record holder, was second in the M50 high jump. Lorraine Green (W35) of Lafayette, Colo., was first in the 5K racewalk. Olavi Niemi of Finland won the M55 high jump in a 1.65 world record for M58 and set a new M55 WR of 12.20 in the triple jump.

Many former Soviet Olympians competed in the meet, including Brumel, second in the M55 high jump, and Taisia Tchenchik, 1964 Olympic high jump bronze medalist, first in the W50 high jump.

"Good Evening Moscow" featured video clips from the meet for its viewing audience of 10 million people, and throughout the rest of the stay the athletes were recognized everywhere and greeted warmly. The edited video will be available this summer at the US Nationals.

International Symposium

The Veterans movement in the USSR began with a seminar three years ago. Last year, about 200 athletes from the USSR and a group from

Finland started the first Soviet veterans competition. This year, the track meet was accompanied by the first international veterans sports seminar to be attended by athletes from Eastern bloc and Western nations together, with simultaneous translations for all.

Vadim Marchev, a professor of business management at Moscow University and business consultant for IKO Marketing, is the force behind the new Soviet veterans movement. He is a slightly built, distinguished man, with dancing eyes that belie his serious external demeanor and give an inner clue to the high intelligence, the energy, and the sophisticated humor that make him such a successful organizer. A former 400m hurdler (five years on the Soviet Team), he is dedicated to the ideas of an active life and the need for everyone of all ages to be ready for the challenges of the new Soviet life to come.

The Association of Track and Field Amateurs (ALLA) was recently formed to accommodate Soviet veteran athletes, under the leadership of Marchev, Tchenchik, Alexander Bratshikov (Olympic medalist in 400 and 400 relay), and Michail Chebutashkin (Soviet 400 champion), all former members of the Soviet team. Their goals are seeking independent economic support for veterans, organizing tours for international competition, and providing information exchange on sports medicine, dietetics, performance, and training. Unlike other Soviet athletic groups (such as ice hockey), which are forming unions, ALLA is searching for funding through sponsorship.

Two Types of Veterans

All delegates agreed that the veterans movement must accommodate two very different groups of athletes: 1) ex-

Olympians and other champions who excelled in their youth, and 2) athletes new to their events and skills (especially women), in addition to athletes who return to sports after long absences (ex-high school and college competitors). It was also agreed that these groups come together in veterans competition. In many cases, athletes in the second group actually exceed the performances of the ex-Olympians, due to genetic fortune in the aging process and access to proper coaching, which may not have been accessible to them in their youth.

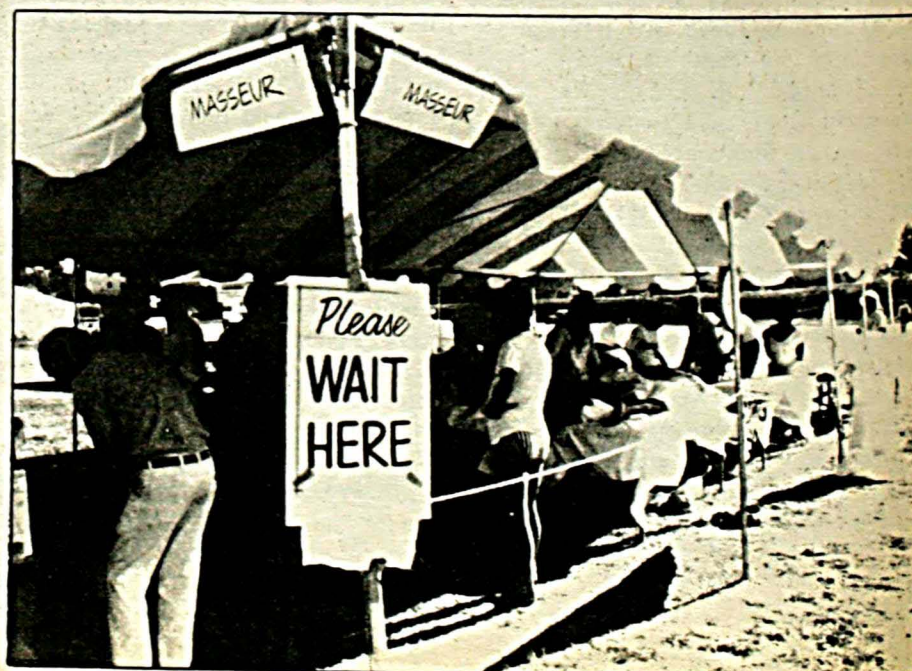
The point was made that there is a gap between open or collegiate competition, which usually ends about age 25, and veterans competition, which begins at age 40. During this period the athletes often become "prisoners of the system" through inactivity or misuse of skills.

Another point of agreement at the seminar was that any reliable scientific or medical research on aging and performance would be welcomed by all. Other topics of discussion were the European Championships, injuries, dietetics, and comparative statistics. Representatives from Soviet basketball and swimming provided reports on veterans team sports.

Soviet Tour to U.S. Nationals

In August 1990, seven Soviet veteran athletes will be coming to the U.S. National Masters Track and Field Championships in Indianapolis. Their trip presents some problems, since each Soviet citizen is only allowed to take out 2,000 rubles — about \$315 in American currency. Because of the red tape involved, these athletes must rely on American hospitality, but hopefully they will find in America the "dream of a lifetime experience" they gave to foreign athletes in Moscow. □

<p>PRESIDENT: Cesare Beccalli P.O. Box 76 37010 Assenza di Brenzone (Vr) Italy</p> <p>EXECUTIVE VICE PRESIDENT: Bob Fine 4223 Palm Forest Drive Delray Beach, FL 33445 USA</p> <p>VICE-PRESIDENT (Stadia): Bill Taylor 17 Poplar Farm Close Milton-under-Wychwood Oxford, OX7-6LX Great Britain</p> <p>VICE PRESIDENT (Non-Stadia): Jacques Serruya Postbox 7 B8000, Brugge, Belgium</p>		<p>WOMEN'S DELEGATE: Bridget Cushen 156 Mitcham Road West Croydon, Surrey, England</p> <p>DELEGATE OF NORTH AMERICA: David Pain 5643 Campanile Way San Diego, CA 92115 USA</p> <p>SOUTH AMERICA: Jose Figueras Juncal 1395 Floor 2 of 15 Montevideo Uruguay</p> <p>ASIA: Hari Chandra #24-12 Block 44, Marine Crescent, Singapore</p> <p>EUROPE: Hans Axmann Eichendorffstrasse 2 D-800 ANSBACH Federal Republic of Germany</p> <p>OCEANIA: Jim Blair P.O. Box 2910 Wellington, New Zealand</p> <p>AFRICA: Contact President</p>
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Massages were in big demand at the WAVA World Veterans Championships last year in Eugene. Photo by Gretchen Snyder

NORTH AMERICAN REPORT

by DAVID PAIN
Regional Delegate, WAVA

Regional Competition

Track and Field

1990 will see the first meaningful North American regional master/veterans competition offered under the aegis of WAVA. Since the region encompasses the USA, Canada, Mexico, Central America and the Caribbean nations, we have attempted to expand the 1990 regional events as far as possible to bring veteran athletics to areas previously neglected.

As an example, the regional track and field championships will be hosted by the Trinidad-Tobago masters in the capital city of Port of Spain, August 23-26, 1990, three weeks after the TAC masters nationals in Indianapolis. For specifics, see pages 22-23 of the March issue of NMN or the form on this page.

In addition to all track events from 100 to 5000 and all field disciplines, the Trinidadians are offering an opening

8K cross-country event August 23 followed by a beach party. The race walkers will get a 5K on the track and a 10/20K road race. Besides the cross-country, the LDR enthusiasts can compete in a 25K road race which will finish in the National Stadium (9-lane-Mondo track) where all other track and field events will be contested.

Competitors are expected not only from the North American region but also from Europe and Oceania.

Having dealt with the organizers and examined the venue, this should prove to be one of the premier masters events in 1990. For entry information send SASE (self-addressed-stamped envelope) to the attention of North American Regional Championships, P.O. Box 7823, San Diego, CA 92107, or call (619)225-9555, fax (619)225-9562.

Long Distance Running

Another first for WAVA in the region will be the WAVA North American Regional Marathon Championships to be held in Whitehorse (land of the midnight sun), Yukon Territory, Canada on June 23, 1990. This event will be conducted jointly with the Yukon Gold Midnight Marathon (start time is 9:00 p.m.).

This has proved to be a very well-organized and exciting event in prior years under the able leadership of Dr. E.R. Daniels, a well-regarded Canadian masters event organizer. Dr. Daniels will be assisted by our Regional Non-Stadia Representative Norm Green.

Courtesy housing for out of town competitors will be available. Please see entry form (page 7, March NMN) or, for more information, please contact Norm Green (215)768-2480 (work) or (215)644-4053 (home), fax (215)768-2470.

Racewalking

Under the coordination of Bob Fine, WAVA's North American Region will offer its first Racewalk Championships.

• 20km Racewalk, Midland, Texas on October 21, Permain Basin Road Runners Club, contact N.B. Frable

(915) 694-2134.

• 20km Racewalk at Cambridge, Mass. (TBA), North Medford Club, contact Philip McGaw (617) 698-1806.

All of these events have been sanctioned by the WAVA North American Region. Official WAVA Commemorative medals will be awarded.

For more Racewalk information contact Bob Fine, 4223 Palm Forest Drive, Del Ray Beach, FL 33445. (407) 499-3370. □



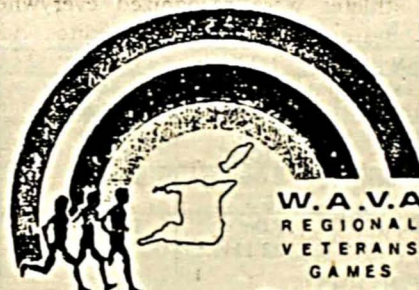
California's Payton Jordan (right), and Ohio's Bill Weinacht ran 1-2 in the M70 400 in Eugene, and are buddies on and off the track.

ATHLETES WHO ENTER A NEW DIVISION THIS MONTH, MAY, 1990

ATHLETE (RESIDENCE)	BIRTHDATE	AGE GROUP
NANCY BALDWIN (OR)	5-19-40	50-54
DIANE COHEN (HONOLULU, HI)	5-23-40	50-54
SUSAN COMPTON (BROOKTONDALE, NY)	5-7-45	45-49
EDNA DEAN (US)	5-28-25	65-69
MARYLIN FITZGERALD (OLD BRIDGE, NJ)	5-8-35	55-59
GAIL HANNA (SAN DIEGO, CA)	5-25-40	50-54
MADLINE HARMELING (MERRICK, NY)	5-6-45	45-49
MANDY JOSLEN (US)	5-15-45	45-49
BETTY JOSLIN (WA)	5-10-15	75-79
LUCY PARKER (US)	5-28-35	55-59
ALMUT BROEMMEL (WG)	5-5-35	55-59
KAETHI DIENER (WG)	5-6-35	55-59
ANNA MARIE GRUENER (WG)	5-26-40	50-54
JOHANNE HAGEN-VENAS (NOR)	5-15-30	60-64
MARIE HAUG (NOR)	5-25-30	60-64
MARY HAWKINS (NZ)	5-8-30	60-64
ERNA KOZAK (CAN)	5-17-45	45-49
PATRICIA MAFFIA (GB)	5-12-35	55-59
MARIE PARTRIDGE (AUS)	5-11-20	70-74
INGA SAGRELIUS (SWE)	5-30-20	70-74
LIESELOTTE SCHULTZ (WG)	5-7-20	70-74
MARINA STEPANOVA (URS)	5-1-50	40-44
SUSANNA WOLD (NOR)	5-31-40	50-54
CLYDE BAKER (NORTHBROOK, IA)	5-6-30	60-64
ERIC BENNECHE (GB)	5-1-5	85-89
ANATOLIY BONDARCHUK (URS)	5-31-40	50-54
ED BOTH (LEONA VALLEY, CALIF)	5-16-10	80-84
SHERMAN BURHO (RICHMOND, VA)	5-18-10	80-84
TIM DYAS (RIDGEWOOD, NJ)	5-25-20	70-74
BILL EPPRIGHT (HOUSTON, TEXAS)	5-2-20	70-74
PAUL FANNING (US)	5-14-15	75-79
BILL FITZGERALD (PALOS VERDES, CALIF)	5-20-25	65-69
MERT GAMBITO (US)	5-8-5	85-89
MARIANO HARO (SPAIN)	5-27-40	50-54
BRIAN HARRIS (ROYAL OAK, MI)	5-21-35	55-59
SVERRE HIETANEN (CAN)	5-14-20	70-74
FRANTISEK HULAN (CZE)	5-17-5	85-89
ROBERT HUNT (ANAHEIM, CA)	5-18-20	70-74
BENGT JERNHESTER (SWE)	5-8-30	60-64
JOSEPH KELTHER (AUS)	5-4-10	80-84
BILL KISSENBERGER (HONOLULU)	5-20-25	65-69
ROBERT MILNER (HAMILTON, NY)	5-7-35	55-59
CLAUDE MULHOLLAND (SEASIDE, ORE)	5-1-90	100+
PAUL NORENE (MN)	5-31-35	55-59
JAMES O'NEIL (SACRAMENTO, CALIF)	5-14-25	65-69
MASAMI OKAZAKI (JPN)	5-15-5	85-89
CLARENCE RAY (DETROIT, MI)	5-16-45	45-49
PHILIP SCHLEGAL (NEWPORT BEACH, CALIF)	5-6-30	60-64
DENIS SHORE (RSA)	5-24-15	75-79
FLOYD SMITH (CLINTON, IA)	5-17-35	55-59
PETER SPECKENS (WG)	5-28-35	55-59
GUY TEXEREAU (FRANCE)	5-14-35	55-59
MANUEL ULACIO (VEN)	5-8-40	50-54
INGO VIERK (WG)	5-26-35	55-59
ROBERT WHILDEN (TX)	5-20-35	55-59

W.A.V.A. North American Regional

INVITATION TO THE NORTH AMERICAN REGIONAL Track and Field Championships



Port of Spain, Trinidad
August 23 - 26 1990

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

August 23 - 26, 1990

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

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

Name _____

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Report from Britain

by ALASTAIR of *Athletics Today* and
MARTIN DUFF of *Athletics Weekly*

George Meredith of the Cambridge Harriers, who earlier had two good wins in the Kent Veterans Championships and the Scottish Veterans Cross-Country, running in heavy mud, broke free after 1½ miles to win the M40+ in 33:31 in the Southern Veterans Cross-Country Championships at Havering, February 10.

In the M50 race, Tom Ryan battled Geoff Harrold but broke away in the last 100m to win his third M50 Southern title in a row.

International Glynis Penny had little difficulty winning the women's race in 19:07. Joyce Smith, winner of the London Marathon in 1981 and '82 and now W50, was second, leading her club in the team title.

Andy Holden was 69th of 2195 finishers as first veteran in the National Cross-Country Championships at Roundhay Park, Leeds, February 24.

The half-marathon hits the U.K. in the spring with a host of events up and down the country. Heading the men's rankings are Tony Simmons (67:26) and Ernie Cummingham (67:45). Sim-

mons is building up for an attack on Ron Hill's British veterans marathon best of 2:15:46 in the London. Mike Hurd clocked 68:47 behind Simmons at Hampshire while Ian Elliot ran 68:59 in Yorkshire. Tecwyn Davies headed the M50 list with 72:26 at Aldershot but then succumbed to injury. Ann Ford (75:27), Zina Marchant (75:35) and Paula Fudge (75:48) had a close battle for the W35 title at Fleet, ahead of W40 Anne Roden (76:13). Pam Jones heads the W50 1990 list with a 91:26 in Essex.

Spring is also road relay season, and Alan Rushmer and Andy Holden led Tipton to victory in the Midland Veterans event. Alun Roper was fastest, ahead of Tony Ross, in the popular T.V.H. relay near Heathrow. Martin Duff was best veteran, ahead of Shel Cowles, at Swindon. □



WAVA/TAC Hurdles and Implements Specifications

HURDLES

WOMEN

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

MEN

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

IMPLEMENTS

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

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

600 Contest BVAF National Cross-Country

by MARTIN DUFF of *Athletics Weekly*

Wormwood Scrubs in West London is the site of one of Britain's famous prisons, and it was in the shadows of it that the British Veterans Athletic Federation titles were decided on March 11 over a two-lap, 3½ mile course.

Yet another new "Brit" hit the headlines when Peter Banks (36:45) a long-time cross-country servant of the Coventry Godiva Harriers, won the main M40 section from Tony Ross (36:52). Banks, 40 on February 22, had placed just behind Andy Holden in the English open national two weeks earlier, when both "counted" for their respective teams and captured medals.

Third was Alan Whitfield (37:04); but the entire M40-49 field was sent off course early in the race due to a marshalling error. A hasty re-marking saw the correct route regained after 1½ miles.

In the M45 section, Brian Booth (38:51) scored ahead of John Davies

(39:02) and Martin Duff (39:11), but a better race came in the M50s, which was run separately. World-record holder Tecwyn Davies was up against Steve James and Les Presland. It was newcomer Presland (38:46), who came out on top from James (38:54), as Davies (39:29) suffered a calf muscle strain after dodging a stray dog!

Ron Gomez (40:41) took the M55, as new M60 Laurie Forster (44:12) added another title to his Southern area win a month earlier. The M70s ran just one lap (3½) miles, and Denis Evers (24:25) came out best.

British international twins Ann Ford and Paula Fudge (38) made their veteran cross-country debuts, with Fudge prevailing over 3½ miles in 20:20, fifty yards clear of Ford (20:29). Celia Duncan wound up third (20:59). Pat Gallagher, 44, stricken with tendonitis in Eugene, returned to top form to not only take the W40 (21:14) but place fifth overall. Back in 14th, former London Marathon winner Joyce Smith continued her comeback with an easy W50 win (21:58). □



Meet director Jim Puckett gives instructions to the M65 10,000-meter runners at the WAVA World Championships in Eugene last year.
Photo by Gretchen Snyder

IX WORLD VETERANS CHAMPIONSHIPS IX WORLD VETERANS CHAMPIONSHIPS TURKU, FINLAND — JULY 18-28, 1991 TRAVEL TOGETHER AND SAVE!!!

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Package will cover to and from all destinations in USA, Canada, Central and South America.

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Yukon and The Can-Am "Grand Slam"

by DR. E.R. (DANNY) DANIELS

For those who get hooked — really hooked — on the marathon, there are several ways to go.

You can try and run the same marathon more times than anyone else. Or a marathon every weekend for a whole year. Or go for the "ton" — one hundred marathons. Or you can try for the Can/Am "Grand Slam". This means completing one marathon in every U.S. state and Canadian province and territory, a total of 62 in all.

As far as is known, only two runners have been able to do that. The first was Wally Herman of Ottawa, Ontario, who completed his "slam" in 1985. The second was Ken Fisher of St. Louis, Missouri, who rounded out his set in 1989.

In most states and provinces it's fairly easy. There are any number of marathons from which you can choose. But in the two northern territories of Canada, the choice is limited.

In the Northwest Territory, the High Arctic ultimate in masochistic marathoning is the Nanisivik (Baffin Island) Marathon, whose rugged trail climbs over 1000 meters (3500 ft.) during its 42 km length.

In the Yukon, a kindlier environment allows for a kindlier race. It's the Yukon Gold Midnight Marathon.

This race began as just the Whitehorse Marathon in 1978. That year, it attracted an inaugural 33 starters, but had only 14 finishers. The only masters runner to finish (in 5th place) was Dr. Peter Steele, a noted local x-country skier who ran 3:16:59.

In 1979, the race continued its heavy toll on the field. Of 27 runners, only 15 finished. But it was a Masters runner, Dirk Templeman-Kluit (who'd turned 40 the day before the race), who crossed the line first in 3:03:44.

The 1985 race was especially notable. That year the overall winner was a woman, local Sally Balchin, who completed the course (including a 1000-foot climb) in 2:57:20 — an outstanding achievement in anybody's book.

Diminishing interest led to a one-year discontinuance in 1987. The race recommenced in 1988 with a new format and a new name — the Yukon Gold Midnight Marathon.

It now features the two things for which the Yukon is known throughout the world — the Gold Rush of 1898 and its high summer Midnight Sun. A new faster route was devised which cut out the main elevations of the old courses.

To take advantage of the magic of the "midnight hour," it was decided to begin the race at 9:00 p.m. so as to

make 12 midnight the target for the "ordinary" marathoner to aim at in order to break the "3 hour barrier." Every runner who does so gets a special medal signifying the achievement.

In its new format, the race has been dominated by older athletes. In 1988, the winner was 59-year-old Dan Daniels with two other Masters runners taking 2nd and 3rd places. This trend continued in 1989 with Masters runners capturing 6 of the first 10 places. Mike McCann, 41, won the event with a new course record of 2:45:10.

The combination of a less demanding course and the better preparation of athletes for the event has led to a dramatic reduction in the number of "DNFs." Over the last two years, only

one runner failed to complete the distance.

All of which helps explain why the 1990 version of the race has been chosen as the setting for the 1st WAVA North American Masters Marathon Championships. This should put the seal on the transition of the event from that of a purely local race to one of growing international importance.

The new event also incorporates both a half-marathon and a 4 x 1/4 marathon relay. However, since these start later than the main race, they add to rather than detract from the importance of the Midnight Marathon itself. They do ensure, on the other hand, that the longer distance runners can look forward to enjoying more com-

pany on the road rather than less in the later stages of the race.

Oh yes — and the gold! That's there, too, waiting at the awards table in a form which should please not only the winners but all participants in this "biggest little marathon in North America."

So — "Grand Slam," anyone? Remember; without the Yukon Gold Midnight Marathon, you'll never complete it. □

(The 1990 race takes place on Saturday, June 23. For details or entry forms write Yukon Gold Midnight Marathon, Box 4502, Whitehorse, Yukon, Canada, VIA 2R8 or phone (403) 668-4236 (days) or 668-4463 (pm/weekends).

Canadian MasterAthlete Federation

200 Silver Star Blvd., Unit 310,
Scarborough, Ontario M1V 5H4



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— EVENTS —

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— 200 M	— 5000 M Walk	— Sprint Hurdles	— Javelin	— 20 K Race Walk
— 400 M	— Int. Hurdles	— Long Jump	— Discus	
— 800 M	— Steeplechase	— High Jump	— Weight Throw	
— 1500 M	— Hammer Throw	— Pole Vault	— Fun Run	

1ST CANADA SUMMER MASTERATHLETE OPEN GAMES

DATE	SPORT	SITE	DATE	SPORT	SITE
June 26 - 30	ARCHERY*	Etobicoke	June 26 - July 1	SLO-PITCH	
June 30 - July 2	BASEBALL	Etobicoke		LADIES	Markham
June 27 - July 1	BASKETBALL		June 27 - 29	SYNCHRO	
	LADIES/MEN	Scarborough		SWIMMING	Etobicoke
June 28 - July 1	BOARDSAILING	Georgina	June 30 - July 1	TRACK & FIELD*	York University
June 30 - July 2	CRICKET	Etobicoke	July 2	TRACK & FIELD*	Etobicoke
June 26 - 30	SLO-PITCH		July 1	TRIATHLON	Toronto CNE
	MEN	Etobicoke	July 2	CMAF MEETING	Etobicoke

* EVENTS OPEN TO THE DISABLED

ENTRY FORM

Send Entries and make cheque payable to: **First Canada Summer MasterAthlete Open Games**

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Please fill in attached sheet with your name and address.

Name: _____ SEX: ☐ MALE ☐ FEMALE

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Province: _____ Country: _____ Postal Code: _____

Age (June 30, 1990): _____ Date of Birth: _____ MONTH DAY YR Citizenship: _____

Blind Athlete ☐ Wheelchair Athlete ☐ (Please Check) 1990 Membership Number: _____

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Rodgers, Andersen Overcome Wind in Nissan Shamrock 8K

by RICK PLATT and MIKE DAVIS

VIRGINIA BEACH, Va., March 17 — Three constant themes were repeated over and over by the record 5350 competitors in the 18th Annual Nissan Shamrock Marathon and 8K events — wind, heat and humidity.

How bad was the wind? The weather service reported 25mph winds, with gusts to 43mph. Race director Jerry Bocrie said "the motorcycle policeman said he had a hard time staying up," and called the conditions "absolutely

horrible, the worst in the history of the race."

Newsstands were blown over. There was a 3½-hour traffic jam when the winds blew a bolted sign onto the Virginia Beach-Norfolk Expressway.

Those who wore contacts suffered the most pain. Sand, dirt, litter and other debris swirled around the runners' faces. Tim Barton, 48, said he ran nearly blind for five miles, using mainly his hearing for navigation. He had worn sunglasses, but not the wrap-

around type, and the blowing sand scratched his contacts beyond repair. After struggling in with a time of 5:04:29, Barton needed an hour of treatment in the first-aid area to recover his sight.

Bill Rodgers broke away from Ken Hamilton of Canada and Domingo Tibaduiza, a Colombian living in Tampa, Fla., at about the 3-mile mark of the 8K race to win the masters title in 24:26.

"It was a very tricky race because of the wind," Rodgers said. "We were all trying to draft behind each other."

Tibaduiza finished second (24:45) with Hamilton third (24:56), followed by Larry Almberg, Dave Stewart, Earl Owens and Allan Rushmer.

Gabriele Andersen of Sun Valley, Idaho, was an easy winner in the women's masters listings with an impressive 28:40. She was trailed by Kathy McIntyre (30:03), Nancy Mieszcak (30:09), and Linda Banning.

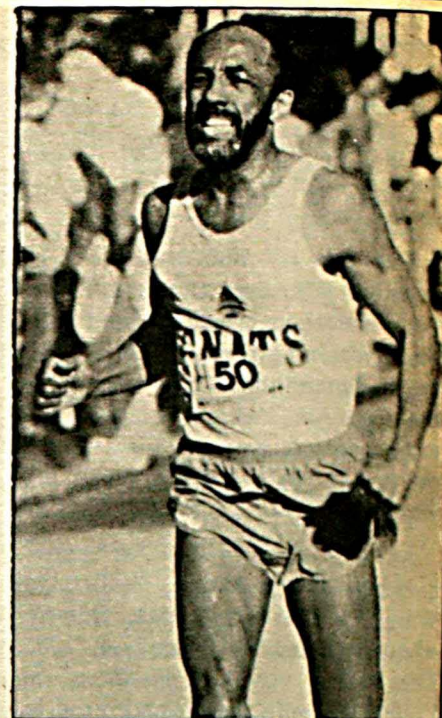
The race was the first of the season in the 19-event Sorbothane/USRA Masters Circuit. The two leaders also had the top Sorbothane Cup age-graded performances. Rodgers' mark was .9366 and Andersen's was .9058.

The team competition in the Masters 8K saw the GNATS team of Washington, D.C. (Fay Bradley, Steve Ruckert, Bob Oberti, John Sherlock and George Myers) run a 2:18:34 (combined five fastest times) to best the Tidewater Striders team (2:22:11) of Jeff Long, Dennis LaMountain, Fred Steier, Thom Suddeth and Larry Coley.

The women's masters team winner was the Tidewater Striders (2:58:06), with Suzanne Puryear, Linda Arthur, Suzanne Stansfield, Darlene Harnly, and Sonja Whitley.

Chris Fox outkicked Jon Sinclair to win the overall 8K race in 23:34.

In the marathon, Clint Davis and Judy Greer won masters titles. □



Fay Bradley, 52, of Washington, D.C. wins the ICI/USA TAC National M50-54 8K race in 26:27 on January 13 in Naples, and takes first place on the 1989 ICI/USRA Circuit with a perfect 50 points. Photo by Sailer, Ltd.

Schlau Takes Second Myrtle Beach Title

by MIKE DAVIS

MYRTLE BEACH, S.C. — Bob Schlau won in his second Myrtle Beach Classic 10K in three years, beating Barry Brown by an even minute, with an impressive 31:13.

The March 24 race was the second in the 1990 Sorbothane/USRA Masters Circuit.

Schlau, a 42-year-old from Charleston, S.C., pulled away from Brown early into the race and maintained the margin to the end. "The heat slowed me down some, but not much," he told Lawrence Hollyfield of the Myrtle Beach Sun News. "I could hear him breathing harder than me around the 3-mile mark, so I decided to pull away then. I'm not much of a sprinter, so I didn't want to have to kick at the end to win."

Brown, who is 45 and hails from Gainesville, Fla., said he was feeling the effects of not enough intense training. "I have just gotten over an iron deficiency and I haven't been able to do anything more than jog," he said. "I'm disappointed because I ran two weeks ago and did much better than this."

Linda Banning, a 41-year-old from Mt. Pleasant, S.C., moved into first place in the women's 40-44 Sorbothane/USRA Circuit point standings with her 39:06 victory. She led Anne Mansfield by 58 seconds.

Bill Rodgers, who set the course record of 30:00 last year, had another commitment and didn't make it back to defend his title. "It's too bad he didn't come back, because his name is so big, it lends so much to whatever race he's in," Schlau said.

"But I'm not too broken hearted," he said. "He did beat me before." □

BETTER THAN EVER...



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

March 17
Nissan Shamrock 8K
Virginia Beach, VA
(804) 481-5090

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

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

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

June 3
Hospital Hill Half Marathon
Kansas City, MO
(816) 561-1085

June 3
Superplace Road to Good Health 10K
Boston, MA
(508) 339-5454

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

July 22
Arvida Fiesta 5K
San Clemente, CA
(714) 498-3550

August 11
Asbury Park 10K
Asbury Park, NJ
(201) 531-4156

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

September 3
Soundtrack Challenge 10K
Denver, CO
(303) 741-3587

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

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

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

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

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

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

November 24
Seattle Half Marathon
Seattle, WA
(206) 525-1295

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

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

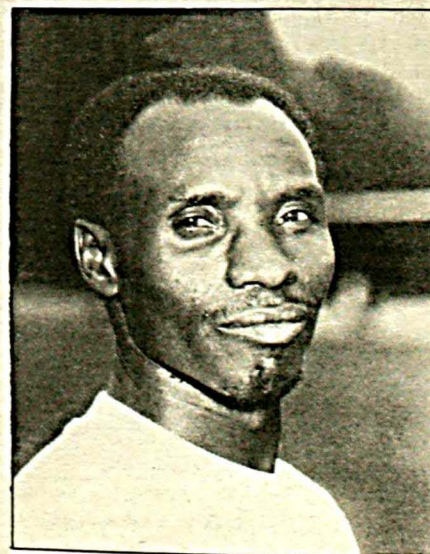
For further details of the SORBOTHANE/USRA MASTERS CIRCUIT and a free copy of Masters Running '90, the official Circuit Publication, please call or write:

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Winter Park, FL 32789
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FAX (407) 647-0433
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MASTERS
RUNNING



Wilson Waigwa won \$5000 in Naples: \$1500 for his 2nd-place 8K finish, and \$3500 for winning the M40-44 ICI/USRA Circuit title.

Photo by Sailer, Ltd.



The Director's Corner

by DEAN REINKE

Sorbothane/USRA Masters Circuit Underway

Welcome Aboard: A big welcome to several new events that have joined the Sorbothane/USRA Masters Circuit since last month's edition of National Masters News. We're now up to 22 races which provides an even greater chance for runners from throughout the country to score points toward the minimum \$15,000 season-ending grand prix purse:

July 15 - Chicago Distance Classic 20K: Rejoins the Circuit for the second year in row. Early commitment from Frank Shorter ensures a quality field.

July 22 - Arvida Fiesta Run 5K: Masters have asked for more West Coast events and the Circuit has responded with events like this one held in San Clemente, Calif. \$500 for 1st should help draw a good crowd.

August 11 - Asbury Park 10K Classic: This will be Asbury's 3rd season on the Circuit and it is a runner's favorite — a fast and flat ocean-front run along the Jersey Shore.

September 3 - Soundtrack Main Challenge 10K: The Circuit's first ever stop in Denver and the Rocky Mountains should attract some new faces to the Circuit. Race Director Creigh Kelly's knack for putting together strong fields should make this a good one.

CIRCUIT HAPPENINGS

New Zealander Rod Dixon, who will turn 40 on July 12, has lined up a series of 4 track meets starting in Oslo where he'll attempt to break the 4-minute barrier. It appears his first U.S. road race will be August



Christine Tattersall, 48, of Killingworth, CT, won the W45 division of the ICI/USRA masters circuit with a perfect score of 50 points in five races. Photo by Sailer, Ltd.

11 in Asbury Park followed a week later at Falmouth. Word has it he is moving to San Francisco permanently... Fellow Kiwi John Campbell is also moving to the USA, although he's not sure where at this time. He has separated from his wife and will attack the roads hoping to again capture the LA-Boston-NY prize bonus and numerous other purses... Tampa-based agent Luis Posso, who works with Mario Cuevas, Domingo Tibaduiza, Victor Mora and a host of Mexicans, is very aggressive about his stallions running the U.S. circuit. Nancy Grayson of Columbia, S.C. joined the masters ranks on April 24... Toronto's Ken Hamilton among the early leaders for "rookie-of-the-year" honors after impressive showings at several of the early season events. No major victories yet but you'll hear more from this teacher who spent his freshman year of college at the University of Michigan... TAC and RRCA Master Runner-of-the-Year Bob Schlau will be running the Pittsburgh Marathon this month, an event he won a year ago. He's now being represented by Dean Reinke & Associates regarding his racing schedule and endorsements... Barb Filutze is fit and well again, at least running-wise. Seems First National Bank of Pennsylvania, her employer, did not like the weekend racing which kept her out of Saturday morning banking hours, and so her 10 years of loyalty was rewarded with a pink slip... The Sorbothane/USRA Masters Circuit, now up to 22 cities, is discussing membership with Little Rock, New Haven, Danbury, Knoxville, Twin Cities, Pittsburgh, Phoenix and Dallas... Talks are underway for an enhancement of a City of Philadelphia Marathon to be held this fall... Nissan Maryland Marathon will move to a half marathon October 21. The 10K, one of the East Coast's most competitive, will remain... Many of the sport's top milers still unhappy about TAC's ruling on disallowing the return of the "Legends Mile" to the TAC Track & Field Championship this summer. Rod Dixon would be 40, fit and just coming off of his European circuit attempt to break 4:00 — what a shame... Congratulations to Sorbothane Cup Age-Graded Winners of the season-opening Nissan Shamrock 8K — Bill Rodgers (93.6%) and Gabriele Andersen (90.58%). Myrtle Beach Sorbothane Cup winners included Bob Schlau (92.6%) and Linda Banning (82.10%). \$100 was awarded by Sorbothane to the local American Heart Association on behalf of those

athletes... Sorbothane, by the way, is awarding free Sorbothane insoles to Masters 5-year age group winners at each Circuit event... Wilson Waigwa still a bit sore from the Naples Circuit championship where he finished second behind Mario Cuevas. He did not have a great indoor track season and needs to focus if he hopes to challenge Dixon on the track later this year... Laurie Binder still recovering from January surgery — let's hope we see her back soon... New road mile being planned in Greenville, S.C. that may feature masters money... King Street Mile in nearby Charleston making a comeback June 9 after a one-year leave of absence... May 5 Fiesta of Flags 10K in Pensacola will feature a good Masters Field... Same day in Columbia is the Nissan Mayfest Quest — Bob Schlau conducting a runner's clinic two nights before... Keep an eye on the April 28 Cabell Hospital race in Huntington, W.V. — is ambitious and already pointing to an even bigger purse in '91... Same goes for the July 21 Thomas Memorial Hospital Run for Health in Charleston, West Virginia... Seems like the Mountaineer state is on a roll of late with the May 26 Elby's Distance Run in Wheeling and the May 28 Charleston Marathon and 8K, the latter distance a member of the Sorbothane/USRA Masters Circuit... While Joe Carlson and company does an excellent job, management wise,

with the Long Beach Marathon, there is absolutely no money dedicated to Masters in its \$20,000 purse... Still no word if the bidding process for the U.S. men's Olympic marathon trials will reopen. Columbus, Ohio currently is scheduled to host the event... \$1000 to masters male and female winners at this year's Gumtree in Tupelo... Same amount to 40-and-over champs at Old Kent River 25K in Grand Rapids the same day... In its second strong comeback year is the Nissan Buffalo Marathon and Relay May 6 in the Nickel city. Ralph Zimmerman hoping to win it...□

SORBOTHANE/USRA AGE-GRADED MEETS

MEN			
1 Bill Rodgers	42	Shamrock	.9366
2 Bob Schlau	42	Myrtle Beach	.9263
3 Barry Brown	45	"	.9157
4 Domingo Tibaduiza	40	Shamrock	.9125
5 Fay Bradley	52	"	.9066
6 Ken Hamilton	40	"	.9057
7 John Hosner	65	"	.8863
8 Bill Fortune	61	"	.8742
9 Herb Chisholm	63	Myrtle Beach	.8732
10 Dick Benson	60	"	.8207
WOMEN			
1 Gabriele Andersen	44	Shamrock	.9058
2 Kathy McIntyre	40	"	.8397
3 Linda Banning	41	Myrtle Beach	.8210
4 Marg Deckert	57	"	.8198
5 Susie Klutz	53	Shamrock	.8047
6 Anne Mansfield	40	Myrtle Beach	.7958
7 Betty McNeely	64	"	.7688
8 Anna Moore	45	Shamrock	.7520
9 Judith Flannery	50	"	.7495

Totals after two races

Sorbothane/USRA Masters Circuit Point Standings

After 2 races, including the Nissan Shamrock 8K and Myrtle Beach 10K. Other races to count include:

Charleston Marathon 8K	Capital Trail Run 10-Mile
Cotton Row Run 10K	Dayton River Corridor 13.1-Mile
Hospital Hill Run 13.1-Mile	Foundation 30K
Road to Good Health 10K	San Antonio Marathon
Utica Boilermaker 15K	Seattle Half Marathon
Crim Road Race 10-Mile	Rocket City Marathon
Challenge 10K	Charlotte Observer 10K
Myriad Gardens Run 10K	Sorbothane/USRA Champ. 8K
Music City Champ. 5K	

M40-44

Bill Rodgers	10
Bob Schlau	10
Domin. Tibaduiza	9
Oliver Marshall	9
Ken Hamilton	8
Bill White	8
Larry Almberg	7
Brook Messerole	7
Dave Stewart	6
Bill Peay	6

W40-44

Linda Banning	17
Gabriele Andersen	10
Kathy McIntyre	9
Anne Mansfield	9
Nancy Miesczak	8
Patricia Tavares	8
Marg. Seymour	7
Suzanne Puryear	6
Susan Adams	6
Barbara Ekstrom	5
Lynn Dobiel	5

M45-49

Barry Brown	5
Allan Rushmer	5
Mickey Lackey	4
Ken Sparks	4
Thomas Hare	3
Terry VanNatta	3

W45-49

Pat Johnson	5
Anna Moore	5
Judy McKee	4
Peggy Smith-Hite	4
Ter. Kaguyutan	3
Diana Pardue	3

M50-54

Fay Bradley	5
Gerald Tilley	5
Willie Kaye	4
Jack Lucas	4
John Gozjack	3
Rob. McAndrews	3

W50-54

Susie Klutz	10
Judith Flannery	4
Peggy Steckel	4
Karin Stronach	3
Arlene Walker	2

M55-59

Jim Thomas	5
Stanley Witomski	5
Jimmy Davis	4
Jim Lyons	4
Bob Archibold	3
John Shoemaker	3

W55-59

Jean. Chambers	5
Margarete Deckert	5
Doris Snowden	4
Dot Jones	3

M60-64

Herb Chisholm	9
Dick Benson	6
Bill Fortune	5
Michael Shea	3
Ed Hamilton	3

W60-64

Betty McNeely	5
Louise Martin	5
Marjorie Mitchell	4

M65-69

Charles Dotson	5
John Hosner	5
John McManus	4
Roger Gill	4
John Bays	3
John Harper	3

M70+

Cokey Daman	5
Samuel McNeely	5
Ray Giampoala	4

MASTERS SCENE

NATIONAL

• **Jane Doley** of Yarmouth, ME, was elected president of the RRCA for a two-year term at the RRCA National Convention in Miami, March 8-11. Doley has served as the RRCA Eastern Director for the past three years. She is an experienced race director and VP of her local TAC association and head of her local TAC Women's LDR Committee.

• The deadline for bid applications for the 1992 TAC National Masters Indoor T&F Championships will be September 30, 1990. Please contact **Scott Thornsley** (address on page 2) for info.

• TACSTATS, the official TAC long distance records and rankings compiler, is moving from Miami to Santa Barbara, CA, this month, reports **Basil and Linda Honikman**.

EAST

• **Kathy McIntyre**, 40, finished second in the 1500 race for women over-30 in an AR 4:48.40 for W40-44 in the Colgate Women's Games, February 20, at Madison Square Garden. The previous record was 4:59.7 held by Linda Upton. **Robin Villa**, 46, oldest participant in the finals, was sixth in 5:11.80. **Susan Krogstad**, 31, won in 4:46.64. Four of the finalists in the 200 for W30+ were masters women: **Lorraine Tucker** (29:08); **Cassandra Clark** (29:22); **Jennifer Pinto** (29:75); and **M. Simmons McCord** (29:92). **Glen Marie David**, 32, won in 27.14.

• Running in snow flurries, **William Hart**, 41, placed top M40+ (22:39) in the NYRR Snowflake 4 Mile, Central Park, NYC, February 25. **Sid Howard**, 50, finished with the masters leaders with a 23:35. **Kathy McIntyre**, 40, was 10th woman of 432 with a 24:37. A week later on March 4, **Mike Wilson**, 44, won the M40+ honors (28:33) in the NYRR Central Park 5 Mile, and **Sylvie Kimche**, 43, took the W40+ crown (32:21) with a sixth place of 410 women finishers. Repeat division winners from the Snowflake race included **Bill Fortune**, 61, who finished in 30:18, after a 24:44 in the Snowflake.

• **Edgar Sandoval** (43, 1:17:21) and **Gabriel Bernal** (50, 1:17:48) were first two M40+ in the NYRR Brooklyn Half-Marathon in Prospect Park, March 11. The W40+ followed almost the same script, with **Laurene Jones** (40, 1:27:31) first, and **Zofia Turosz** (51, 1:30:29) second. **Elton Richardson**, 51, topped all women racewalkers with a 2:19:13. TAC masters team awards, based on top three members, went to the West Side YMCA men's trio (3:56:58) and the women's Atlanta club (4:44:47).

• First masters in the NYRR Horoscope 5K, Central Park, NYC, March 17, were **William Hart** (41, 17:02) of NYC, and **Sophia Oakes** 44, 19:54) of NYC. The event pitted couples paired by the same astrological sign against each other. The only 40+ on a winning team was **Irene Jackson** (42, 19:55) who paired with **Miles Finley** (17, 17:15) for the Gemini title. Finishers totaled 1155.

• The Chase Your Elders 8K on March 17 drew 87 runners of all ages to Centennial Park in Howard County, MD. Run in age-handicapped style, a la California's annual Dipsea race, the oldest runners started first, followed by the younger in descending age order. **Chris Nugent**, an open men's runner, led in 59:07 (actual time 26:43). **Bill Osburn**, M65, was the first master in 62:13 (36:52).

• **Atlaw Belilgne**, 45, in an impressive performance, took first overall from 414 m/finishers in the NYRR Mike Hannon 20 Mile Central Park, NYC, March 25. The next master, in 21st, was **Sam Skinner**, 47, with a 2:04:20. Fifty-two-year-old **Amparo Lalle** won the W40+ race easily with a sixth-overall 2:19:11 of 101 w/finishers. In the companion 4-miler, **Jay Hildebrand**, 41, defeated **Marc Hildebrand**, 41, by four seconds with a 22:10 for the masters honors. **Jane Millspaugh**, 42, won the W40+ race in 24:14. **Toshiko d'Elia**, now 60, won her division by 11 minutes with a 29:31.

SOUTHEAST

• Not all running deaths occur to older runners. **Heather Childress**, 11, collapsed and died while participating in the Edison Festival of Light 5K Run on February 17 in Ft. Myers, FL. "Her sudden death was due to a defect in the way her heart was constructed at birth — a congenital absence of the left coronary artery," said **Sandy Alvo**, race director. Her father, Tom, is a dedicated volunteer who is responsible for computerized race results for the Fort Myers Track Club.

• **Don Reid**, M65, of New Smyrna Beach, FL, had the day's best shot (38-1) and discus (117-0) marks in an all-comers in DeLand, FL, March 18.

WEST

• **Bengt Olofsson** of Sweden with a 2:43:33, and **Diane Ridgway** of Honolulu in 3:19:07 were first 40+ in the Maui Marathon, Hawaii, March 11. Winners overall were **Gary Fanelli** (2:31:09) and **Jeannie Urness** (2:50:55), who broke master **Judy Huber-Cogswell's** course record of 2:59:27. **Huber-Cogswell** finished in 3:21:37.

• **Fortune Gordien**, three-time Olympic discus thrower, former world record holder, and occasional masters competitor, died April 10 in Fontana, CA, at age 67. Gordien, a longtime Claremont, CA, resident, suffered from a blocked artery in his digestive tract and had been hospitalized since January after surgery. Gordien held the WR from 1949 to '59 but failed to win an Olympic gold, finishing fourth in '52 and second in '56 to the surprising, young **Al Oerter**. An ebullient man, Gordien was an accomplished magician, escape artist, and illusionist, and had done bit roles in the movies.

• **Del Pickarts**, M60 javelin WR holder, is recovering from arthroscopic knee surgery and spenosis back surgery, but hopes to be back in action later this year. Cards welcome at 157 Via Baja, Ventura, CA 93003.

• The 11th Annual Tom Sullivan 10K, benefiting Vistas for Blind Children, Inc., drew 7500 participants on March 18 to Torrance, CA. **Willie Osumner** (34:09) and **Teresa Schmidt** (41:22) led the masters divisions. Top times were turned in by **Jim O'Neil** (M60, 37:50), **Eddie Lewin** (M70, 45:28), **Gina Faust** (W50, 39:11), **Margaret Miller** (W60, 48:09), and **Helen Dick** (W65, 47:16).

• Racewalker **Jim Jordon** says of the L.A. Marathon, "We who are not from Los Angeles read and see on TV all the negative things about your city - crime, drugs, gangs, etc. A person needs to experience your marathon to get a real feel for the city."

• There is obviously something very enticing about the L.A. Marathon which took off with 19,161 runners. Unfortunately the heart is stronger than the sole, and only 14,249 (74 %) were able to go the distance.

• Did the *Los Angeles Times* get slickered? Or has it discovered a revolutionary new training method? The Times has never given much

coverage to masters sports, but it devoted nearly a full page of its April 6 issue to one **Richard Roodberg**, 61, of West Los Angeles. "Roodberg says runners never again have to actually run — or leave the privacy of their own home — to become capable of finishing a marathon," the article by **Jeff Meyers** begins. "Roodberg only runs once a year — in the Los Angeles Marathon. In this year's race (on March 4), he clipped nine minutes off the previous world age-61 best with a 2:47:28. Two years ago, he ran a 2:34:33... What's his secret? He runs in his home in place on a small, rubber mat. No running outdoors: just running in place, indoors." An amazing story? Not necessarily. The official results of the L.A. Marathon don't list Roodberg anywhere. **Patrick Devine** was the official M60-64 winner in 3:05:46. "We disqualified Roodberg," said **Nick Curl**, L.A. race director, "as we did in 1988 when he didn't appear on any of the video checkpoints." Was the Times taken in? Reportedly because of the Times' piece, Roodberg was invited to run in the Boston Marathon on April 16. Unofficial results list his finishing time as 2:56. At NMN press time, Boston race officials were examining videotapes before releasing official results. The Times may print a follow-up story. Stay tuned.

NORTHWEST

• **Paul Johnson**, 41, a Washington St. U. professor from Pullman, WA, was first overall (2:53:35) for the second time in the Snake River Marathon in Wawawai, ID, March 4. **Sister Madonna Buder** repeated at W50-59 winner in the adjunct half-marathon with a division record 1:42:33.

• **Philip Welch**, 40, of Seattle nabbed the Northwest Masters 15K first with a 51:22 in Seattle, March 17. First woman was **Judy Groombridge**, 50, of Seattle in 1:11:13.

INTERNATIONAL

• **John Potts**, M45, of the Birchfield Harriers broke the oldest WR for the indoor 1500 with a 4:03.69 in a heat in the British open indoor championships at Cosford, England, March 9. The former record of 4:10.4 was set in 1977 by Canadian **Ed Whitlock**. In the British Veterans Indoor Championships, March 31, at RAF Cosford, Potts broke the 800 WR with a 2:01.5 in a heat race. Seven other WRs were smashed, including the M55 60m by **Ron Taylor** (7.6).

• World Games gold medalist **Jean Albury** of Australia just turned 60 and smashed **Shirley Brasher's** W60 10,000 record of 43:58 by over a minute in 42:54.

CLASSIFIEDS

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

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

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

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schedule

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



TRACK & FIELD NATIONAL

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

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

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

EAST

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

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

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

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

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

June 7-10. New York State Parks Senior Games, Albany. 55+. Debra Keville, NYS Office of Parks & Rec., Agency Bldg. 1, 12th Fl., Albany, NY 12238. 518/474-0403.

June 10. MAC Masters Championships, Randall's Island, NYC. Post entries only. 10 a.m. Sandy Pashkin, 212/666-3671 (7-9 p.m.).

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

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

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

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

July 1. 5th Annual Garden State Athletic Club Fourth of July Track Meet, Randolph H.S., Randolph, N.J. Morton Hahn, 19 Bedminster Rd., Randolph NY 07869. 201/625-1764.

July 14. Sri Chinmoy Masters Games (raindate, July 21), 8 a.m., Victory Field, Forest Park, Queens, N.Y. 50+. SASE to SCMG, 150-47 87th Ave., Jamaica, NY 11432. 718/291-1468.

July 21-22. TAC Masters Eastern Sectional Championships, U. of Rochester, Rochester, N.Y. Bruce Quimby, 26 Sand Pebble, Rochester, NY 14624. 716/594-4266.

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

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

August 5. Keystone State Games. 55+. Trey Jackson, 21 Chestnut St., Lebanon, PA 17042. 717/273-3511.

August 18. Philadelphia Masters Invitational, Ursinus College, Collegeville, Pa. (pre-entry only). Walt Fisher, 263 S. Roberts Road, Bryn Mawr, PA 19010. 215/525-5081.

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

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

SOUTHEAST

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

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

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

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

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

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

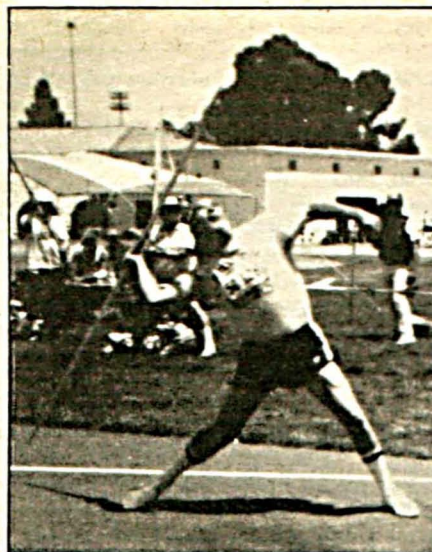
May 26. Birmingham TC Classic, Samford U., Birmingham, Ala. Gordon Seifert, 1514 Ridge Rd., Birmingham AL 35209. 205/879-8031. Entry form in April NMN.

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

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

June 5, 12, 19, 26. Miami RC/Florida TAC All-Comers Meets, Tropical Park Track, Miami. Miami RC, Tropical Park, 7920 SW 40 St., Miami, FL 33155. 305/227-1500.

June 9-10. 15th annual Northwest Classic, Miami-Dade College, Miami. Youth, open,



Karl Mayer, M50, of the U.S., 7th (44.84) in the javelin, TAC Masters Championships, San Diego. Photo by Jerry Wojcik

masters. Jesse Holt, 1310 N.W. 90th St., Miami FL 33147. 305/836-2409.

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

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

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

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

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

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

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

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

July 22. North Carolina Masters Championships, Thomasville, N.C. David A. Kirkman, 8009 Willow Glen Trail, Greensboro, NC 27405. 919/643-3432 (h).

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

MIDWEST

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

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

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

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

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

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

June 2-3. 7th Annual Athlete's Foot Masters Meet and Pentathlon, Augustana

College, Rock Island, Ill. Illinois Masters Grand Prix I. Peter Stopoulos, 1029 16th Ave., East Moline, IL 61244. 309/755-2655.

June 4-9. Indy Senior Classic, Indianapolis, Ind. 55+. Annie Chester, Parks & Rec., 1426 W. 29th St., Indianapolis, IN 46208-0630. 317/924-7059.

June 6-8. Mt. Vernon Senior Olympics, Mt. Vernon, Ill. 55+. Teresa Doherty. 521 Perkins, Mt. Vernon, IL 62864. 618/242-7010.

June 14-17. Senior Games of Indiana, South Bend. 55+. Beth Keultjes, 624, N. Notre Dame, South Bend, IN 46617. 219/233-3117.

June 15-16. Kentucky Senior Games, Bowling Green. 55+. Charlie Daniel, Western Kentucky U., Bowling Green, KY 42101. 502/745-6042.

June 16. Discount Drug Mart/City of Medina Meet, Medina, Ohio. Track Meet Committee, P.O. Box 703, Medina, OH 44258. 216/725-2304.

June 17. Illinois Masters Grand Prix 2, Byron, Ill. Dick Green, P.O. Box 6147, Rockford, IL 61125. 815/332-4743.

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

June 30. Illinois TAC Masters Championships & Grand Prix 3, Naperville, Ill. Dick Green, P.O. Box 6147, Rockford, IL 61125. 815/332-4743.

July 7. Illinois Masters Championships, Libertyville. Over \$2000 in cash prizes. SASE to: Craig Dean, M.D., 719 Stonegate Ct., Libertyville, IL 60048.

July 13-15. Indiana White River Park State Games Finals, Indianapolis. T&F Regional sites (June 29-July 1): Anderson, Columbus, Elkhart, Evansville, Fort Wayne, Logansport, Richmond, Terre Haute. Indiana residents only. Pan American Plaza, 201 S. Capitol Ave., Ste. 1200, Indianapolis, IN 46225. 1-800-HI-FIVES.

July 22. TAC Masters Midwest Sectional Championships, York High School, Elmhurst, Ill. Dick Green, P.O. Box 6147, Rockford, IL 61125. 815/332-4743.

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

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

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

MID-AMERICA

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

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

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

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

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

July 7-9. Central Iowa Senior Olympics, West Des Moines. 55+. Janet Ridgeway, 713 8th St., W. Des Moines, IA 50265. 515/277-6026.

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

September 1-2. 10th Annual Rocky Mountain Masters Games, U. of Colorado, Boulder.

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Jim Weed, 11672 E. 2nd Ave., Aurora CO 80010. 303/341-2980. Nancy Manson, 303/341-7992.

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

SOUTHWEST

Louisiana, Mississippi, Texas.

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

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

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

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

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

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

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

June 9. 6th Annual Oil Capital Masters Meet, Andrews, Texas. Gloria Grissom, 700 W. Broadway, Andrews TX 79714. 915/523-2695.

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

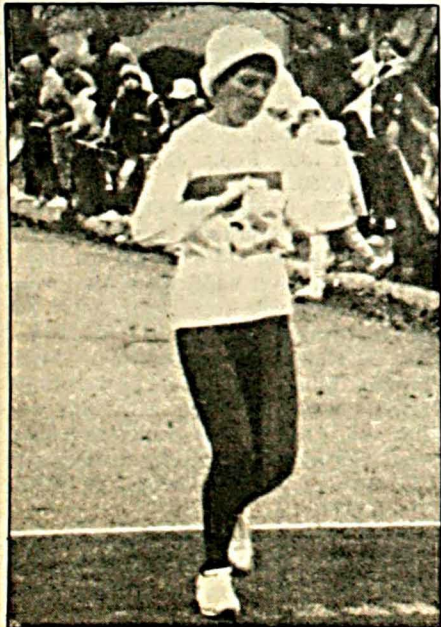
July 14. Texas Masters Championships, U. of Texas at Arlington. Joe Murphy, 4703 W. Lovers Lane, Dallas TX 75209. 214/357-5613.

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

WEST

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

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



Georgia's Nancy Parker, 53, is third female masters (3:17:39) in the Rocket City Marathon in Huntsville, Ala. Photo by Jim Oaks

May 26. Anteaters Masters Classic, U. of California, Irvine, Calif. Valerie Hartman, 1204 Wilshire Ave., Fullerton, CA 92633. 714/525-7911.

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

May 31-June 2. New Mexico Senior Olympics, Grants. 55+, Dick Griffith, P.O. Box 879, Grants, NM 87020. 505/287-7907, X228.

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

June 3. 5th Annual Meet of Champions, Cal State Long Beach. Hugh Cobb, 2963 Galena Avenue, Simi Valley, CA 93065. 805/527-5471 (between 7-8 p.m.).

June 9. TAC Pacific Association Open and Masters Championships, Los Gatos H.S., Los Gatos, Calif. Willie Harmatz, PO Box 1328, Los Gatos, CA 95031. 408/354-5660. 505/265-8234. Entry form in April issue.

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

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

July 21. TAC Western Sectional Masters Championships, UCSD, San Diego. Ed Oleata, 2870 Glenbrook Way, LaJolla, CA 92037. 619/456-3656 (o).

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

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

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

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

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

NORTHWEST

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

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

June 2. Senior Sports Festival, Seattle Wash. 30+. Seattle Parks & Rec., 100 Dexter N., Seattle, WA 98109. 206/684-4951.

June 16. 3rd Annual Scholastic/Masters Classic, Gresham, Ore. Age 18 vs. age 30-34, age 17 vs. 35-39, etc. P.O. Box 842, Gresham, OR 97030. 503/667-1145. Entry form on Page 9, May issue.

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

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

June 23. Hayward Masters Classic, Eugene,

Oregon. Marcia Long, 3522 Westleigh, Eugene OR 97405. 503/485-5132.

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

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

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

CANADA

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

INTERNATIONAL

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

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

August 18-19. San Juan Annual Masters Championships, San Juan, Puerto Rico. Puerto Rico Masters Assn., P.O. Box 31300, 65th Infantry Station, San Juan, PR 00929.

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

November 2-6. 5th WAVA Oceania Games, Auckland, New Zealand. Men 40+, Women 35+. Fifth Oceania Games, P.O. Box 21-309, Henderson, Auckland 8, New Zealand. Fax: 0064 9 837-0154.

November 11. Guyana Masters Games, Georgetown, Guyana. Complete T&F program. Secretary, Guyana Masters Athletic Association, P.O. Box 10870, Georgetown, Guyana.

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

LONG DISTANCE RUNNING NATIONAL

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

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

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

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

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

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

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

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ON TAP FOR MAY

TRACK & FIELD

The 20th annual Southeastern Meet in Raleigh opens the month on the 4th-6th.

On the 12th, the Jacksonville Meet takes place on the Florida coast. The 5th annual California State Team Championships move to Fresno on the 13th.

On the 19th, the Florida TAC Championships are scheduled for Orlando. After the indoor season, the East Coast revives with the N.Y. Meet at King's Point on the 20th.

The Birmingham Classic in Alabama, TAC Southern Association Masters Championships in New Orleans, and the Anteaters Classic in Irvine, Calif., take place on the 26th. The Wolfpack Pentathlons follow in Ohio on the 27th.

The schedule is replete with Senior Olympics events (55+) throughout the U.S.

LONG DISTANCE RUNNING

TAC's National Masters 10K Championships are hosted by Salt Lake City on the 26th. The Active American Day National Runs hope to draw 100,000 participants in 50 cities on the 12th-13th.

Major road activity starts early on the 6th with the Nissan Buffalo Marathon in N.Y.; the Pittsburgh Marathon; Freihofer's Run For Women in Albany, N.Y.; the Lincoln Marathon in Nebraska; and Long Beach Marathon in California.

On the next weekend, the Old Kent River Run 25K in Michigan takes up the 12th, and the Nike Women's Race in D.C. goes off on the 13th.

The following weekend, the Revco-Cleveland Marathon and the earth-shaking Bay to Breakers in San Francisco are scheduled for the 20th.

The Memorial Day weekend offers three days of racing, with the L'eggs Women's 10K in NYC, and Elby's Big Boy 20K in West Virginia on the 26th; the Vermont City Marathon in Burlington on the 27th; and the Charleston Marathon, W.Va., and Cotton Row 10K in Alabama (both Sorbothane/USRA Masters races), plus the Bolder Boulder in Colorado on the 28th.

RACEWALKING

The Southeastern T&F meet in Raleigh includes a 20K. The American Racewalk Association puts on a training camp in Boulder, Colo., on the 24-28th. □

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

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

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

EAST

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

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

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

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

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

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

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

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

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

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

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

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

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

June 2. Bel Air Town 5K, Bel Air, Md. Masters m & w money. Bel Air Town Run, 605 Bernadette Dr., Forest Hill, MD 21050. 301/879-6410.

June 3. Superplace Road to Good Health 10K, Plainville, Mass. USRA Masters Circuit. 201/825-0469; or Dean Reinke & Associates, 407/647-2918.

June 9. 11th Annual Shelter Island 10K, Shelter Island, N.Y. SASE to Box 266, Shelter Island, NY 11964. 516/749-RUNS.

July 4. Long Island Summer Women's 5K, Jericho, N.Y. Barry Salstberg, 9 Ardis Ln., Plainview, NY 11803. 516/433-7397.

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

August 5-11. Newport Running Camp, Newport, R.I. NRC, Bernadette Squires, 89 Wood Place, Bloomingdale, NJ 07403. 201/838-6443.

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

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

SOUTHEAST

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

May 5. Mug Race 5K, Palatka, Fla. Florida Masters Road Race Series. Masters RR Series, P.O. Box 1824, DeLand, FL 32721. 904/736-0002.

May 12. Key Largo-Pennekamp Park 10K, Key Largo, Fla. \$100 savings bond 1st 40+ m & w. SASE to Key Largo RRC, P.O. Box 2424, Key Largo, FL 33037. 305/451-4906; 451-1248.

May 12. Art Fest River Run 12K, Evansville, Ind. 1st three m & w 40+: \$300, \$200, \$100. SASE to Pat Shoulders, P.O. Box 916, Evansville, IN 47706.

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

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

May 28. Elkhart Truth Great Race 10K/Half-Marathon, Elkhart, Ind. Great Race X, c/o Ron Schmanske, P.O. Box 487, Elkhart, IN 46515. 219/294-1661, x262/204.

May 28. Charleston Marathon, Charleston, W. Va. USRA Masters Circuit. Tony Gallo, 326 Wyoming St., Charleston, WV 25302; or Dean Reinke & Associates, 407/647-2918.

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

MIDWEST

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

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

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

June 16. Steamboat Classic 4 Mile, Peoria, Ill. Steve Shostrom, Running Central, 700 W. Main St., Peoria, IL 61606. 309/676-6378.

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

MID-AMERICA

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

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

May 12. Wildflower 5K, Bristow, Okla. Masters prize money on age-graded basis. Chip Cooper, P.O. Box 747, Bristow, OK 74010. 918/367-5531.

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

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

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

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

June 10. Women's Race For The Cure, Davenport, Iowa. St. Luke's Cancer Center, 1227 E. Rusholme, Davenport, IA 52803. 319/326-6797.

June 10. Garden of the Gods 10 Mile, Col-

orado Springs, Colo. Nancy Hobbs, P.O. Box 38235, Colorado Springs, CO 80937. 719/473-2625.

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

SOUTHWEST

Louisiana, Mississippi, Texas.

July 4. Firecracker Fast 5K, Little Rock, Ark. \$500 1st 40+ m & w. SASE to Gary Smith, Race Director, Sportstop, 1800 N. Pierce, Little Rock, AR 72207. 501/666-1720.

WEST

Arizona, California, Hawaii, New Mexico, Utah.

May 5, 6, 12, 13, 19, 20, 26, 27, 28. Legg Lake Runs, South El Monte, Calif. Arthur Martinez, 213/949-0394.

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

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

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

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

June 2. Shadow of the Giants 50K, Fish Camp, Calif. Baz Hawley R.D., P.O. Box 25, Fish Camp, CA 93623. 209/683-7426.

June 9. Palos Verdes Marathon, Palos Verdes, Calif. George Owens, P.O. Box 153, Palos Verdes, CA 90274. 213/541-5033.

June 24. Aptos Women's 5 Miler, Aptos, Calif. Gail Goettelmann, 866 Burns Ave., Aptos, CA 95003. 408/688-1624.

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

NORTHWEST

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

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

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

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

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

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

July 14-21; 22-29. Eugene Experience Adult Running Vacations, Eugene, Oregon. Box 5306, Eugene, OR 97405. 503/343-2063.

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

CANADA

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

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



Milo Lightfoot, M75, Warsaw, Ind., winner of six events, TAC Midwest Sectional Masters Championships, Sterling, Ill., March 11.

Photo from Dick Green

July 22. Friendly Voyageur Marathon, Massey, Ontario, Canada. Canadian Masters Marathon Championships. Shelda & Norm Patenaude, Lee Valley Rd., R.R. No. 2 Massey, Ontario, Canada POP IPO. 705/865-2671.

INTERNATIONAL

June 2. 5th Annual Festival De Primavera 5K/10K/10 Mile, Rosarito Beach, Baja California, Mexico. SASE to Finish Line International, 7846 Connie Dr., Huntington Beach, CA 92648. 714/841-5417.

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

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

July 1. 8K Cross Country Championship, Georgetown, Guyana. Secretary, Guyana Masters Athletic Association, P.O. Box 10870, Georgetown, Guyana, South America.

RACE WALKING

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

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

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

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

May 27. 15K Grand Prix, Cerritos College, Norwalk, CA. Elaine Ward 818/577-2264.

July 7. TAC/USA 10K Racewalk, Niagara Falls, N.Y. David Lawrence, 94 Harding Ave., Kenmore NY 14217. 716/875-6361.

July 14. TAC/USA National Masters 10K Racewalking Championships, Niagara Falls, N.Y. David Lawrence, 94 Harding Ave., Kenmore NY 14217. 716/875-6361.

September 9. TAC/USA National Masters 40K Championships, Lincroft, N.J. Elliott Denman, 28 N. Locust Ave., West Long Branch, NJ 07754. 201/222-9213.

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

M40-44
Archie George Mile 4:36.70 2-17-90

M60-64
Des Margetson 2K Steeple-chase 9:27.40 July 86

Thomas Page 400 60.05 10-26-89
200 28.35 6-23-89
200 28.41 10-27-89
100 13.20 10-25-89

M70-74
Frank Delear 3000 22:58 8-3-86

W40-44
Vanessa Hilliard Hammer 95'3 1/4" July 89

W50-54
Joy Clingman 5K Walk 30:12 July 89

Marcia Shapiro 3000 Walk 18:55 1-7-90
10K Walk 1:06:41 12-10-89

W55-59
Sally Polk Shot Put 28.50' July 89
Javelin 74.00' 4-16-89
Discus 71.50' 6-3-89
Hammer 80.50' July 89
Weight Throw 25.35' 8-9-89

W65-69
Jean Mitchell 1500 7:22.38 8-5-89
5000 27:27.24 8-4-89

DEADLINE

NMN is written by masters athletes for masters athletes. We need and welcome your reports of meets, races, schedules, photos, comments, etc. Deadline for editorial material and advertising is the 10th of the month before date of issue. Send to *National Masters News, P.O. Box 2372, Van Nuys, CA 91404.*

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

Event	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85-89	90-94
Mile	7:12	7:24	7:36	7:49	8:04	8:21	8:41	9:18	9:42	10:30	11:48	12:36	14:03
3000	13:59	14:23	14:46	15:12	15:36	16:12	16:54	18:00	19:00	20:30	23:00	24:36	27:18
2Mile	15:04	15:30	15:54	16:24	16:54	17:30	18:12	19:24	20:27	22:06	24:48	26:30	29:24
5000	23:36	24:13	24:48	25:33	26:24	27:18	28:24	30:24	31:54	34:33	38:42	41:24	45:54
10K	48:08	49:10	50:27	51:54	53:33	55:26	59:06	63:21	66:30	70:09	78:36	84:06	93:18
15K	1:12	1:14	1:16	1:19	1:23	1:27	1:31	1:35	1:40	1:47	1:58	2:10	2:22
20K	1:38	1:40	1:43	1:47	1:52	1:57	2:02	2:09	2:17	2:27	2:40	2:55	3:10

Event	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85-89	90-94
Mile	8:00	8:15	8:30	8:45	9:03	9:42	10:18	11:30	12:09	12:54	13:48	15:21	16:48
3000	15:30	16:00	16:30	17:00	17:33	18:48	20:06	22:12	23:33	25:00	26:48	29:48	32:36
2Mile	16:44	17:15	17:46	18:18	18:54	20:12	21:36	24:00	25:21	26:54	28:54	32:09	35:09
5000	26:13	26:56	27:42	28:33	29:36	31:33	33:48	37:30	39:36	42:06	45:09	50:18	55:12
10K	53:25	54:41	56:12	58:00	63:12	65:48	70:33	76:06	82:42	87:54	94:12	1:01:41	1:08:51
15K	1:24	1:26	1:29	1:32	1:35	1:39	1:46	1:55	2:04	2:13	2:22	2:33	2:48
20K	1:54	1:57	2:01	2:05	2:09	2:14	2:23	2:34	2:47	3:00	3:13	3:38	3:47

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

U.S. MASTERS STANDARDS OF EXCELLENCE FOR MEN

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

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

U.S. MASTERS STANDARDS OF EXCELLENCE FOR WOMEN

Event	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84
100	13.8	14.2	14.6	15.0	15.6	16.2	16.9	17.8	18.8	20.0	21.2
200	28.0	29.2	30.3	31.4	32.5	34.0	35.7	37.5	40.0	43.5	47.0
400	63.5	65.5	67.5	69.5	71.5	73.5	78.5	83.7	90.0	96.5	103.3
800	2:32	2:35	2:40	2:46	2:54	3:05	3:19	3:36	3:56	4:09	4:35
1500	5:10	5:19	5:29	5:40	5:58	6:20	6:48	7:23	8:04	8:52	9:48
Mile	5:34	5:44	5:55	6:07	6:26	6:49	7:19	7:46	8:47	9:39	10:45
5000	19:45	20:30	21:20	22:16	23:12	24:16	26:08	28:08	30:08	32:21	34:26
10000	41:00	42:40	44:40	47:00	49:30	52:00	56:00	60:00	66:00	76:00	86:00
100H	17.2	18.2									
80H			15.0	15.8	16.5	17.6	18.7	20.2	22.2	25.0	28.0
400H	75.5	79.9	84.4	88.8							
300H					66.0	72.0	79.0	87.0	96.0		
HJ	1.42	1.35	1.27	1.19	1.12	1.07	1.02	.97	.92	.89	.84
	4-8	4-5 1/2	4-2	3-11	3-8	3-6 1/2	3-4 1/2	3-2 1/2	3-0 1/2	2-11	2-9
LJ	5.00	4.60	4.25	3.90	3.55	3.20	2.85	2.60	2.35	2.10	2.00
	16-5	15-1	13-11 1/2	12-9 1/2	11-8	10-6	9-4 1/2	8-6 1/2	7-8 1/2	6-11	6-7
TJ	10.00	9.20	8.60	7.80	7.18	6.40	5.70	5.20	4.70	4.20	3.80
	29-7 1/2	28-3	26-8	25-0 1/2	23-5 1/2	22-8	20-5 1/2	18-10	16-5	13-11 1/2	13-1 1/2
Shot	10.30	9.30	8.40	7.70	7.95	7.20	6.50	5.80	5.25	4.70	4.25
	33-9 1/2	30-6 1/2	27-7	25-3 1/2	26-1	23-7 1/2	21-4	19-0 1/2	17-3	15-5	13-11 1/2
Jav	39.50	33.50	27.50	21.50	25.00	19.00	18.00	16.00	15.00	14.00	13.50
	129-7	109-11	93-6	70-6 1/2	82-0	62-4	59-1	52-6	49-2	45-11	44-4
Discus	30.0	27.8	26.0	24.0	22.0	20.0	18.0	16.0	15.0	14.0	13.5
	98-5	91-2	85-4	78-9	72-2	65-8	59-1	52-6	49-2	45-11	44-4
Hammer	40.0	35.0	30.0	25.0	23.0	22.0	20.0	18.0	14.0	12.0	9.0
	131-3	114-10	98-5	82-0	75-6	72-2	65-8	59-1	45-11	39-5	29-7
20Pwt.	10.00	9.00	8.00	7.00	6.00	5.00	4.00	3.50	3.25	3.00	2.75

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

APPLICATION FOR AN ALL-AMERICAN CERTIFICATE/PATCH

NAME _____ AGE-GROUP _____

ADDRESS _____ SEX: M _____ F _____

CITY _____ STATE _____ ZIP _____

MEET _____ DATE OF MEET _____

MEET SITE _____

EVENT: _____ MARK: _____

HURDLE HEIGHT _____ WEIGHT OF IMPLEMENT _____

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If you have bettered the standard of excellence, please send \$10 for a certificate, \$10 for patch, or \$15 for both a certificate and a patch. (A patch tag, showing event and year, is an extra \$5 each.) Send to: All-American, National Masters News, P.O. Box 237

U.S. MASTERS TRACK & FIELD RANKINGS

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

1989 Indoor 1500 Rankings Compiled by Jerry Feldhausen

NAME	TIME
MALE 30-34	
MAREE, SYDNEY	3:38.14
BURKEAU, JEAN-GEAN	4:04.71
RUTTER, BOB	4:08.61
GILBERT, CHRIS	4:09.91
NICKELS, DAVE	4:12.51
GONTERMAN, MARTY	4:17.21
LENHART, PETER	4:20.61
RUSSELL, FLOYD	4:35.91
RASHUSSEN, KRM	4:36.1
MALE 35-39	
TOMERLIN, DAVID	4:07.91
GREEN, DUANE	4:08.41
CONTRARIO, JOE	4:11.11
KELLY, KEVIN	4:11.71
HOLZMAN, JIM	4:15.21
GORRELL, DAN	4:21.11
FERRARI, BOB	4:24.11
GILES, GUY	4:32.41
POWELL, GLENN	4:35.61
CAPLIN, BOB	4:39.11
MALE 40-44	
TAYLOR, RANDY	4:11.81
SHANK, JIM	4:11.91
HERRALA, WALLY	4:14.71
GRIFFIN, TYRONE	4:15.01
BAYKO, RICK	4:22.71
DONOVAN, JOHN	4:25.31
KINNEY, ROBERT	4:26.71
LATNEY, LOU	4:30.71
DERDERIAN, TOM	4:37.71
WEAVER, BOB	4:39.61
MALE 45-49	
HUCKEL, SAM	4:27.31
VERDIER, JIM	4:43.71
MAILLET, AHT	4:48.51
McFADDEN, JERRY	4:48.71
DEPAULIS, THOMAS	4:54.31
PEARLMAN, EARL	5:00.61
JOHNSON, CHARLES	5:22.31
MALE 50-54	
CONNER, JOHN	4:28.31
HOWARD, SID	4:29.81
MILNER, BOB	4:35.91
DOHERTY, PETE	4:44.51
WISSELL, WALTER	4:45.31
GOLUSKIN, N.	4:52.21
WILSON, TED	4:55.91
COPLOM, EDWARD	4:59.51
DAMERON, WILLARD	5:36.81
MALE 55-59	
SUTTON, JIM	4:37.91
WIMBERLEY, CHARLES	4:41.31
SLOCUMB, DON	4:45.11
GAMMIE, DON	4:46.91
CULLING, ROBERT	4:48.11
GREEN, ARNIE	4:53.51
GERUGHTY, RON	5:07.31
KEAT, JIM	5:17.51
MALE 60-64	
LINDE, GUNNAR	5:14.31
BENSON, DICK	5:14.61
CAREY, BILL	5:17.41
LISTER, WILLIAM	5:43.61
SCHNEIDER, LOUIS	5:50.31
TILLSON, GEORGE	6:27.1
MALE 65-69	
MESSENGER, ARCHIE	5:05.01
GREENWOOD, DON	5:48.11
STRASSENBURG, HOWARD	6:02.71
RASCH, GEORGE	6:16.21
HOOD, BUZZY	6:21.91
PAIN, DAVID	6:46.31
MALE 75-79	
BROBSTON, BILL	6:37.41
MALE 80-84	
FIKE, BYRON	7:48.41
FEMALE 30-34	
SLANEY, MARY	4:05.501
ADDISON, SUE	4:19.31
TAKAHASHI, JANET	4:44.21
WOODFILL, CELIA	4:52.51
SHANNON, KATHLEEN	4:58.21
BACHTEL, MARY	5:16.41
ANDERSON, JULIE	5:16.91
LEIN, KAREN	5:28.81
FEMALE 35-39	
SWANBERG, JANELLE	4:59.21
HOLMSTROM, KATHY	5:22.61
McINTOSH, LYDIA	6:41.61
FEMALE 40-44	
BURLESON, MARIE	4:53.31
MOULTON, SUSAN	5:07.51
SCHMITT, ANNE	5:11.11
RICE, JEANNIE	5:18.31
BAUM, BEVERLY	5:44.31
FEMALE 45-49	
MATHEWS, ELAINE	5:09.31
VILLA, ROBIN	5:19.11

FEMALE 50-54	
KNOTT, SANDRA	5:37.71
KOWALSKI, MARION	6:33.61
FEMALE 55-59	
BROWN, GLORIA	5:49.61
BUTCHER, GRACE	5:57.21
CAVICCHI, MARY ANN	9:54.81
FEMALE 60-64	
NORCKAUER, MARY	7:12.71
FEMALE 65-69	
PEEBLES, CAROL	7:59.51
FEMALE 75-79	
MEHL, PEARL	7:43.31

MALE 45-49	
MANLEY, MIKE	4:14.83
MECKLER, VIC	4:15.1
LARIS, TOM	4:15.12
DOHERTY, NEIL	4:18.17
BURNS, TOM	4:18.62
HEFFERNAN, MIKE	4:18.89
KOCH, DAMIAN	4:19.12
GIBBONS, JAMES	4:19.54
HACKETT, JERRY	4:19.99
LARSON, GEORGE	4:21.24
MALE 50-54	
FRANKLIN, HARVEY	4:22.76
WOLFE, VICTOR	4:23.39
RANDALL, KIRK	4:23.44
SULLIVAN, TOM	4:23.85
HUCKEL, SAM	4:25.07
FAXON, LEW	4:27.12
HARE, TOM	4:27.4
WAYTE, PETER	4:27.51
DESMET, KEN	4:28.4
REISINGER, ROY	4:30.21
MALE 55-59	
NASON, MARSHALL	4:30.8
VERDIER, JIM	4:31.58
DEITCHMAN, J.	4:31.6
DECKER, LARRY	4:33.3
COTE, JOSEPH	4:33.80
McCORMICK, CORNELIUS	4:34.4p
SHATTUCK, ED	4:34.53
WHITEHEAD, JIM	4:34.8
KAL, HERB	4:35.1
LEONARD, BOB	4:35.7
MALE 60-64	
CONWAY, DAN	4:18.71
HOWARD, SID	4:20.7
BEDELL, CLIFF	4:25.64
RICHARDSON, PETE	4:27.70
O'BURKE, DES	4:31.11
JOHNSTON, WILLIAM	4:34
WILSON, TED	4:36.36
GOUDREAU, DON	4:39.4
McCOMACK, DAN	4:40.0
SCHAFER, WALT	4:41.09
MALE 65-69	
MILNER, BOB	4:41.2
CHRISTIANSEN, MICHAEL	4:42.84
RICHARDSON, D.	4:43.8
YODER, MEL	4:44.68
CONRO, ART	4:45.0
LARSEN, BOB	4:46.4
ALLSLEBAN, RON	4:47.92
CLARK, JIM	4:48.14
GILBERT, BRUCE	4:49.5
FJELSTAD, DUANE	4:49.77
MALE 70-74	
VANDENBERGE, S.	4:50.0
EIES, DAN	4:50.36
FAUST, PETER	4:50.7
BENDECKY, SANDOR	4:51.0
NEEGAN, JACK	4:51.2
MORRIS, DAVE	4:51.51
RICHARDSON, STEVE	4:52.6
MATTOS, F.	4:53.9
LANGENBACH, ROBERT	4:56.1
WIPER, TOM	4:56.88
MALE 75-79	
FUNK, AL	5:52.0
DANLSTEN, C.	6:16.24
STOTSENBERG, ED	6:19.75
REALY, DUDLEY	6:24.79
PARDER, JACK	6:29.45
BROSTON, WILLIAM	6:30.61
LIGHTFOOT, MILO	7:02.214
GEARY, VERNON	7:13.72
WANG, CHEN-LING	7:16.99
ROAL, BOB	7:19.74
MALE 80-84	
BENHAM, ED	6:14.90
FIKE, BYRON	7:57.28
NIXON, CALDWELL	8:20
WIELSON, LAGRAND	8:32.00
FULGHUM, BERNARD	15:44.31
MALE 85-90	
BENTON, WILLARD	8:40.70
PITCHER, ARLING	11:43.84
MALE 90-94	
SPANGLER, PAUL	9:25.2
KIRK, HERB	13:04.3
FEMALE 30-34	
LASEE-JOHNSON, J.	4:30.52
HAYDOCK, BETSEY	4:42.16
BOYLE, LISA	4:45.4
SAX, LAURI	4:48.8
HERVERT, CARLA	4:55.8
RUSSELL, MARY	5:03.47
BOWERS, SHERRIE	5:06.2
BACHTEL, MARY	5:10.56
ROBERTSON, S.	5:15.25
CABALLERO, RITA	5:16.4
FEMALE 35-39	
ALEXANDER, BAR	5:17.5
KUZ, CYNTHIA	5:17.80
WOODWARD, ANN	5:18.1
HUNTER, BECKY	5:18.7
DOHERTY, DEBRA	5:41.3
FEMALE 40-44	
McLATCHIE, CAROL	4:37.65
BOWDEN, DANISIE	4:43.14
WALLACH, MARILYN	4:47.48
MARI, BEV	4:49.0
SIMMIE-KESECKER, B.	4:50.93
NEWTON, SANDRA	4:51.17
SWANBERG, JANELLE	5:01.3
MICHAEL, ANN	5:04.2
TIFF, MICHELLE	5:06.38
FLESCU-BIRTY, PRISC	5:07.1
WARNER, DEBBI	5:07.1
FEMALE 45-49	
ROSSITER, CHRIS	5:10.1
SMITH, MARY	5:10.35
SMITH, MARY ELLEN	5:11.48
BELL, JANET	5:17.38
HOLMSTROM, KATHY	5:18.09



1989 Outdoor 1500 Rankings Compiled by Jerry Feldhausen

p = pentathlon d = decathlon	
NAME	TIME
MALE 30-34	
SCOTT, STEVE	3:35.92
MAREE, SYDNEY	3:37.31
PADILLA, DOUG	3:39.2
CARROLL, BOB	3:53.4
DEPRIEST, R.	3:59.87
BELGER, MARK	4:01.25
McCAREY, KEVIN	4:02.00
MAYES, JESSE	4:02.95
TEPLEY, THOMAS	4:03.35
FRAGUA, PAUL	4:03.41
(10)	
METZ, JOHN	4:04.10
BURLEAU, JEAN-GEHAN	4:04.7
BRADLEY, DAVE	4:05.3
MOGG, PETER	4:05.63
GUSTAFSSON, GREG	4:06.56
COLMARENS, RAFAEL	4:06.7
TUMMER, RALPH	4:06.9
FOLEY, MIKE	4:07.03
O'REILEY, P.	4:07.3
FINUCANE, LEO	4:07.9
(20)	
CAIN, STEVE	4:08.34
STONE, JEFFREY	4:08.7
ROCKS, DAN	4:08.83
LeBOURNE, ANS	4:09.3
CHIMES, PAT	4:09.5
JONES, MIKE	4:09.5
SEYNAEVE, KEN	4:10.1
GEISTHARDT, JIM	4:10.8
COOPER, DAN	4:11
MENTZER, LYNN	4:11.03
MALE 35-39	
CASTENHOLZ, D.	3:59.84
GREEN, DUANE	4:00.37
McCAREY, KEVIN	4:01.34
CARTER, TOM	4:02.2
ROCK, DAN	4:03.14
AMSTER, DAVID	4:03.21
SMITH, NOLAN	4:04.8
ARANAS, JOHN	4:05.5
TOMERLIN, DAVID	4:06.7
TUMASONIS, ROGER	4:07.85
MALE 40-44	
HULL, CHUCK	4:10.2
KELLY, KEVIN	4:10.43
BOSTATER, ROBERT	4:10.73
VAN ARSDALE, TED	4:10.81
GREEN, RICK	4:11.7
OJALA, ERIC	4:12.06
HAUD, DAVID	4:12.2
GILES, GUY	4:12.7
COLE, JEFF	4:13.11
BASLEY, RICK	4:13.6
MALE 45-49	
CUNNING, IAN	4:13.8
BORDONI, J.	4:15.3
JACKSON, ROB	4:15.87
HENDERSON, MATT	4:15.87
BLANKENSHIP, DONALD	4:15.98
LAMPERT, KEN	4:16.13
WALKER, ROBERT	4:16.78
SHANNON, TIM	4:17.3
JENKINS, MIKE	4:17.6
HABERKERN, JOHN	4:19.19
MALE 50-54	
ALMBERG, LARRY	3:53.18
FRYE, DANIEL	3:53.57
McDONALD, DUNCAN	3:58.70
SMITH, NOLAN	3:59.75
NOLAN, HAROLD	4:00.6
SPARES, BEN	4:01.03
SWENSON, ALBIN	4:01.74
BYCE, BYRON	4:04.16
O'BRIEN, RICHARD	4:06.29
SHIBLEY, GRAEME	4:06.67
MALE 55-59	
FERRAZ, STEVE	4:08.26
McCHESNEY, BILL	4:08.71
TAYLOR, RANDY	4:09.82
TRACY, DENNIS	4:11.53
HAMMITT, RAY	4:11.53
HAMPTON, JIM	4:11.95
MARTIN, JOHN	4:12.86
GELSONINI, JIM	4:12.99
SHANK, JIM	4:13.3
ROBINSON, WILLIAM	4:13.81
NICHOLSON, CARL	4:13.81
MALE 60-64	
KING, JOE	4:46.96
McCHESNEY, BILL	4:48.96
JACQUES, BOYCE	4:51.28
STEVENSON, DAVID	4:52.34
TORREY, JONATHAN	4:53.71
BRIGHTON, TOM	4:56.42
QENTRY, JACK	4:58.65
SMITH, DEAN	5:01.2
FORTUNE, BILL	5:03.58
STEWART, RAY	5:04.45
MALE 65-69	
BLANKENSHIP, DAVID	4:15.31
DICKSON, IAN	4:15.55
MALONE, RODNEY	4:16.05
BARRETT, GARY	4:16.8
FALCK-PEDERSEN, S.	4:17.1
PREUL, DAVID	4:17.44
EDSTROM, PAUL	4:17.51
LOUDAT, WEB	4:17.8
BEAVIS, TONI	4:17.9
LASHBROOK, JOHN	4:17.9
MALE 70-74	
BLOUNT, JIM	5:07.8
CONRAD, WILLIAM	5:07.8
FROST, FRED	5:08.29
LINDE, GUNNAR	5:11.9
KENISTON, ORLO	5:11.83
DEVINE, PAT	5:11.9
DANKINS, D.	5:16.6
HOLMES, BOB	5:19.07
HANSON, WAYNE	5:19.8
NESS, HARRIS	5:20.97
MALE 75-79	
BENSON, DICK	5:21.1
BROWN, OLCOTT	5:22.4
CARLY, BILL	5:22.83
MERSHBERGER, THUMAN	5:26.65
ANDERSON, BOB	5:27.00
MALE 80-84	
MESSENGER, ARCHIE	5:11.59
McMANUS, JOHN	5:12.44
START, JACK	5:17.7
HAMMEN, CARL	5:20.75
OSBURN, BILL	5:26.46
BRYANT, AVERY	5:32.8
KNOX, MERLE	5:33.75
ROSS, BART	5:35.64
STRASSENBURG, HOWARD	5:43.50
WALTZER, ROSS	5:47.70
MALE 85-90	
SPENCER, RAYMOND	5:48.14
TOANE, SID	5:52.4
MALLON, JOSEPH	5:53.76
NEWSON, NEWLIE	5:56
GOURLEY, DELMAR	5:59.73
STEPHENS, HAROLD	6:00
HANSEN, NORMAN	6:02.5
FAUCHEAUX, FRED	6:08.36
HOOD, BUZZY	6:11.32
CARTER, BILL	6:15.0p
MALE 90-94	
BULELEY, DANIEL	5:23.72
BOOTS, JOHN	5:26.03
NEWMAN, AUSTIN	5:39.9
DAMAN, A. COREY	5:49.36
QUACKENBUSH, MAX	6:00
EVANS, JOHN	6:04.64
SHEEHAN, GEORGE	6:04.88
BENSON, WILLIAM	6:08.49
EMERSON, NEAL	6:08.5
BRADLEY, DON	6:12.03
MALE 95-99	

Continued from previous page

M55-59		
1 Bill Foulk	16:31.1	
2 Derek Mahaffey	16:44.6	
3 Don Gamble	17:15.6	
4 John Weldy	17:17.6	
5 Leon Fennell	17:32.2	
6 Hal Higdon	17:32.9	
7 J Tennison	17:42.7	
8 David Morris	17:48.7	
9 Glynn Wood	17:49.9	
10 Bill Cupp	18:09.1	

11 Arnie Green	18:18.8	
12 Ed LaRouge	18:21.8	
13 J Hepner	18:32.1	
14 Mel Preedy	18:52.0	
15 Ole Holsti	18:53.7	

M60-64		
1 Helen Dick	22:20	
2 Nancy Smalley	23:06.9	
3 Mary Lou Carlson	24:07.2	
4 Kit Pickles	24:33.4	
5 Mary Mochauer	24:41.5	
6 Dottie Gray	25:04.9	
7 Dawn Russell	26:04.7	
8 R Tumlaljevic	27:02.4	

M60-64		
1 Derek Turnbull	16:54.0	
2 Jack Gentry	17:27.1	
3 Gaylon Jorgensen	17:28.2	
4 Edward Stabler	18:00.3	
5 Bill Fortune	18:01.6	
6 Jim O'Neil	18:05.0	
7 Pat Devine	18:08.3	
8 Jim Blount	18:28	
9 Bill Carey	18:32.3	
10 B. Jacques	18:47.1	

11 Ray Stewart	18:48.3	
12 Gene Pumphrey	18:52.0	
13 Orlo Keniston	19:03.9	
14 Richard Benson	19:19	
15 Foster Doty	19:51.7	

M65-69		
1 Louise Adams	22:48.8	
2 Mary Storey	23:20.0	
3 Jaclyn Caselli	23:59.8	
4 Gerry Davidson	24:30.1	
5 Kathy McDonough	25:19.7	
6 Vivian Koehn	26:12.6	

M65-69		
1 Bart Ross	19:02.8	
2 Larry Banuelos	19:04.6	
3 J King	19:14.2	
4 John McManus	19:33.4	
5 Carl Hammen	19:44.3	
6 Bill Osburn	19:55.1	
7 A Bryant	21:24.1	
8 Phil Jones	21:47	
9 Norm Hansen	21:48.7	
10 William Benson	22:10.7	

M70-74		
1 Pat Dixon	24:52.8	
2 Algene Williams	25:23.7	
3 Mary Varani	27:30.1	
4 Louise Martin	28:41.4	

M70-74		
1 A Cokey Daman	20:17.7	
2 Austin Freeman	20:44.5	
3 Paul Amadio	20:53.7	
4 Nick Asproditas	21:57.3	
5 Larry Patterson	23:37.7	
6 Henry Synniewski	23:38.2	
7 Don Bradley	23:41.8	
8 Leroy Wherley	24:03.2	

M75-79		
1 Pearl Mehl	29:47.0	
2 Anne Clarke	30:22.6	
3 Bess James	31:44.0	

M75-79		
1 Alfred Funk	20:55.3	
2 Dudley Healy	22:29.9	
3 Ed Stotsenberg	22:59.8	
4 Bill Brobston	23:01.0	
5 C Dahlsten	23:28.2	

M80-84		
1 Pearl Mehl	29:52.4	
2 Shirley Wasser	31:40.9	

M80-84		
1 Ed Benham	21:46.8	
2 Lagrand Nielson	29:02.7	
3 Byron Fluke	30:33.9	
4 Chas Mackenheimer	31:37.6	
5 Warren Ling	39:30.2	

M85-89		
1 Willard Benton	29:45.3	

M90+		
1 Paul Spangler	37:39.3	

1989 High Jump Rankings
Compiled by Charles Mercurio

1 Mark Williamson	2.11
2 Bill Williams	2.07
3 Jerry Crockett	2.03
4 Bruce McBurnette	2.03
5 Greg Haynie	2.02
6 Ed Fern	2.01
7 Paul Titus	2.00
8 Ken Stark	1.98
9 Ken Ellis	1.93
10 Mel Embree	1.93
11 Bill Lawson	1.93
12 Jerry McCorkle	1.93
13 Jason Weisler	1.93
14 Jeff Watry	1.93
15 M Hoelg	1.91
16 Rodney Atherton	1.90
17 Chris Polakowski	1.85
18 Rich Cernosek	1.83
19 Tony Ciccone	1.83
20 Max Kelsor	1.83
21 Joe Lafferty	1.83
22 Ron Shields	1.83
23 Joe DeBelle	1.78
24 Jeff Matthews	1.78
25 Tom Schulz	1.78

M35-39		
1 Ray Brown	1.98	
2 Ed Fern	1.96	
3 Richard Teller	1.88	
4 Walden Curry	1.87	
5 Carlos Abumaza	1.83	
6 Jan Boogman	1.83	
7 Chester Forsh	1.78	

8 Bob Doran	1.73
9 Gregg Stenson	1.73
10 Larry Vollmer	1.72
11 Richard Clary	1.70
12 Dave Ricks	1.70
13 Dale Bosworth	1.68
14 Mike Davis	1.68
15 Jeff Flanders	1.68
16 Doug Purinton	1.68
17 David Rudichuk	1.68
18 Tom Wilson	1.68
19 Ed Baskauskas	1.67
20 Dave Beshears	1.65
21 Don Morrison	1.65
22 Jim Blevins	1.63
23 Eric Brown	1.63

M40-44		
1 Charles Rader	1.98	
2 John Hartfield	1.93	
3 Jerry Cash	1.86	
4 James Sauers	1.86	
5 John Weisner	1.79	
6 Jim Johnson	1.78	
7 Dennis Olafson	1.78	
8 James Sauers	1.78	
9 Rex Harvey	1.70d	
10 Bill Forsyth	1.72	
11 Gregory Heat	1.70	
12 Bill Orebough	1.70	
13 Stan Allen	1.68	
14 Bill Betts	1.68	
15 Sig Jensen	1.68	
16 Max Motton	1.68	
17 Harrison Roberts	1.68	
18 R Rozzi	1.68	
19 Stephen Straight	1.65	
20 Bill De Morn	1.63	
21 M Freeman	1.63	
22 Bill Schooler	1.63	
23 Kevin Sullivan	1.63	
24 George Blumbaum	1.62	
25 Allen Muffstuter	1.62	
26 Alan Taylor	1.60	
27 Ivan Black	1.58	
28 Jack Casey	1.58	
29 William Corsey	1.58	
30 Tarich Kiraly	1.58	
31 Frank Lulich	1.58	
32 Angel Nieves	1.58	
33 Roger Rogers	1.58	
34 Jim Rose	1.58	
35 Pete Schludermann	1.58	
36 T Taft	1.58	

M45-49		
1 Frank Costello	1.88	
2 Al Phillips	1.69d	
3 Mike Akerman	1.68	
4 James Cavley	1.65	
5 Henry Hopkins	1.65	
6 Steve Rogers	1.65d	
7 Dan Dvorak	1.64	
8 Jim Brown	1.63	
9 William Crockett	1.58	
10 Paul Canale	1.58	
11 Fred Lentjes	1.58	
12 Roy Semel	1.58	
13 Lee Washington	1.58	
14 Frank Galbraith	1.57	
15 George Cliette	1.55	
16 Johnston Ewing	1.55	
17 Barry Kline	1.55	
18 A Andrew	1.53	
19 James Brady	1.53	
20 Mat Carter	1.53	
21 Dan McKinley	1.53	
22 Willy Lightfoot	1.52	
23 Bill Busby	1.50	
24 Robert Gant	1.50	

M50-54		
1 Paul Dorsey	1.72	
2 Gerry Counihan	1.71d	
3 Gary Miller	1.68d	
4 Emil Pawlik	1.68	
5 Sam White	1.64	
6 John Kelly	1.63	
7 Dee Devitt	1.62	
8 Dick Hotchkiss	1.62	
9 Paul Langenfeld	1.62	
10 Tom Langenfeld	1.62	
11 J C Brown	1.58	
12 Dwayne Horton	1.58	
13 Sam Rumsford	1.58	
14 Floyd Smith	1.55	
15 Tom Blodgett	1.55	
16 Jerry Stanners	1.53	
17 Ray Boyd	1.53	
18 Nat Carter	1.53	
19 L Lafferty	1.53	
20 Mike Lafferty	1.53	
21 Don Rose	1.53	
22 Vincent Ruffin	1.53	
23 John Head	1.52	

M55-59		
1 Nick Newton	1.77	
2 Herm Wyatt	1.77	
3 Rich Richardson	1.73	
4 Royo Shumway	1.62	
5 Jack Fischer	1.57	
6 Darrold Skartvedt	1.56	
7 Doug McFetters	1.55	
8 Phil Mulkey	1.55	
9 J C Brown	1.53	
10 Walt Hutchins	1.53	
11 Marion Sanchez	1.53	
12 Leo Benning	1.50	
13 Roger Burke	1.48	
14 David Morton	1.48	
15 Lawrence Pratt	1.48	
16 Wendell Palmer	1.45d	
17 Leon Trout	1.45d	
18 Jim Schlevitz	1.44	
19 Charles Leverone	1.43	
20 Bill Mondell	1.43	
21 Hank Perry	1.43	

M60-64		
1 James Gilchrist	1.66	
2 Gordon Seifert	1.60	
3 Varney Sheldon	1.56	
4 Bud Held	1.47	
5 Sheldon Varney	1.44	
6 Tom Delaney	1.43	
7 Denver Smith	1.43	
8 Buck Bradberry	1.41d	
9 Bob Richards	1.41d	
10 Sam Griffith	1.40	
11 Eugene Hess	1.40	
12 Fred Hirsalmaki	1.40	
13 Harry Guth	1.37	
14 Bill Monaker	1.37	
15 J King	1.37	
16 Ed Schuler	1.37	
17 Leo Nowitzky	1.36	
18 Carl Orndoff	1.34	
19 Al Brenda	1.33d	
20 Hal Buck	1.33	
21 Bob Ackerman	1.32	
22 Des Margetson	1.32	
23 J Phillips	1.32	

M65-69		
1 Tom De Vaughn	1.48	
2 Burl Gist	1.47	
3 Walter Dahlin	1.44	
4 Charles Obye	1.40	
5 Ed Lukens	1.39	
6 Fred Hirsalmaki	1.37	
7 Rich Jetter	1.35	
8 Joe Hessel	1.35	
9 Bud Morcum	1.34	
10 Bill Behrns	1.32	
11 Andy Thompson	1.31	
12 Scott Arnold	1.30	
13 Jim Gross	1.30	
14 Frank Bowles	1.27	
15 Mel Buschman	1.27	
16 W Cole	1.27	
17 Jim Johnson	1.27	
18 Chuck McFate	1.27	
19 Gilbert Young	1.27	
20 Ken Wheeler	1.26	

M70-74		
1 Orval Gillett	1.35	
2 Nam Morningstar	1.33d	
3 Bill Morales	1.27	
4 M Newhof	1.27	
5 Pete Ganahl	1.26	
6 Lewis Hayden	1.25	
7 Andy Jones	1.25	
8 Victor Jones	1.25	
9 B Littlejohn	1.25d	
10 Wib Ragland	1.25	
11 Bill Simpson	1.22	
12 Jim Vernon	1.22	
13 Don Hull	1.20	
14 Joe Broadbent	1.17	
15 John Danaski	1.17	

M75-79		
1 Leon Joslin	1.15	
2 Milo Lightfoot	1.15	
3 Barney Martin	1.15	
4 William Elpel	1.12	
5 Ted Matlen	1.12	
6 Les Holmquist	1.12	
7 Carol Johnston	1.12	
8 Stan Thompson	1.12	

M80-84		
1 David Marcus	1.12	
2 Benjamin Fox	0.99	
3 Win McFadden	0.99	
4 John Eichman	0.97	
5 Everett Hosack	0.97	
6 William Maine	0.92	
7 Bernard Fulghum	0.57	

M85-89		
1 Ruell Crane	1.02	
2 Arling Pitcher	1.02	

M90+		
1 Sue Zeigler	1.53	
2 Becky De Lass	1.48	
3 Tracey Watts	1.48	
4 Lynne Erickson	1.43	
5 Jean Adsit Gallo	1.43	
6 Sande Lambert	1.43	
7 Lynn Jankowski	1.37	
8 Kathy Kathman	1.35	
9 D Alexander	1.27	
10 J Cisneros	1.27	

M95-99		
1 David Marcus	7.43	
2 Winfield McFadden	6.88	
3 Bob Ulsh	6.46	
4 Benjamin Fox	6.53	
5 Henry Schumacher	3.32	

M80-84		
1 David Marcus	7.43	
2 Winfield McFadden	6.88	
3 Bob Ulsh	6.46	
4 Benjamin Fox	6.53	
5 Henry Schumacher	3.32	

M85-89		
1 Konrad Boas	4.94	
2 Herb Anderson	4.85	
3 Buell Crane	4.34	
4 Arling Pitcher	4.33	

M70-74		
1 Lynne Erickson	8.76	
2 Delilah Sullivan	8.21	
3 Marbry Gansle	7.80	

M35-39		
1 Charlotte Carter	8.61	
2 Donna Borges	8.35	
3 Clara Silver	8.13	
4 Sue Kehoe	7.45	
5 Patricia Brown	6.60	

M40-44		
1 Phil Raschker	11.35	
2 Mary Lou Platis	8.75	</

Continued from previous page

M65-69	
Bill Bangert	43-6 1/4
John Allen	42-0
Bill Walmroth	40-11 3/4
Bill Carter	39-3
Floyd Simmons	38-6 1/2
Bill O'Brien	38-5
Arnold Scott	38-3 1/2
James Holland	37-10
Don Reid	37-6
Bernie Meyer	36-11 3/4
H Williams	35-9
Bill Behrens	34-9 1/2
M Buschman	34-9
Evan Siddell	33-7
Seymour Lampert	33-6

M70-74	
Tom McDermott	40-3/4
Mike Castaneda	39-2 1/2
Dan Aldrich	38-10 1/2
Elmer Shaw	38-3
G Cysewski	38-1/2
Andy Jones	37-8
Jerry Seifert	37-3 1/4
Ham Morningstar	36-6 1/2
Manuel White	36-4
Ray Rupelli	36-1 1/2

M75-79	
Ross Carter	41-5 1/2
Jim York	35-2
Ernest Dennison	33-7 1/4
John Mays	32-9 1/2
Leon Joslin	32-1 1/2
Vern Cheate	31-10 1/2
H Maylan	30-11
Don Connors	30-9 1/2
Hans Rosenberg	30-9 1/2
William Eipel	30-1

M80-84	
Bob Macconnaghy	37-8 3/4
Mike Calvin	27-6
Vern Kennedy	27-5
Bill Garthune	26-6
A J Puglicevich	25-5 1/2

M85-89	
Herb Anderson	22-3 1/2
Earl Salisbury	21-3 1/2
Everett Hosack	21-2
John Whittemore	17-4

M95-99	
Tom Lane	14-6

M30-34	
Linn Dunton	40-10 1/2
Carolyn Meine	32-7 1/2
Donna Pope-Green	32-3 3/4
Brasher	31-8 1/4
M Smith	30-11
Sandra Beichler	29-6
D Mazur	28-7 1/2
Sande Lambert	28-3 1/2
Delilah Sullivan	26-6
Marby Gansle	26-4 1/2

M35-39	
Joan Stratton	40-9
Janet Wilson	35-4
B Clair-Searcy	32-2 3/4
Donnie Hardy	29-8 1/2
Nancy LaChiusa	27-7 1/4
Florence Wiggins	27-4

M40-44	
L Struppeck	35-1
Kathy Pierce	33-7
Emily Stone	31-2 1/2
Phil Raschker	28-3 3/4
Marylou Platis	27-7 1/4
LaTanya Glass	27-7
Sue Ward	27-2
Lorraine Tucker	26-3/4
Jane McQuade	25-8
Ann Whitehead	25-8

M45-49	
Vanessa Hilliard	31-0
Barbara Stewart	27-10 3/4
Gean Hemming	26-4 1/4
Alita Rosefeld	25-10 1/4
Jackie Martin	25-4

M50-54	
Jo Ann Grissom	40-4 1/2
Cherrie Sherrard	37-7 1/4
Carleen Gilmore	30-6
Ann Cirulnick	29-1/2
June Mayer	27-6 1/2

M55-59	
Joan Dasn	30-2 1/2
Sally Polk	28-6 1/2
Amy Hicks	27-10
R Gioia	27-6 1/2
Sharon Sahonchik	27-6 3/4
C Puenwider	27-0
D L Gidard	25-11 1/2

M60-64	
Bernice Holland	32-3
Lonnie Proctor	28-0
Lee Anthony	25-2
Shirley Kinsey	24-3
Mary Thompson	23-2 1/2
V O'Connor	22-3 1/2
Gloria Bauman	22-3

M65-69	
M L Frazier	24-5
Ann Toya	23-11 1/2
Elga Meir	23-11
Libby Hagemann	23-0
D Donnelly	22-7 1/4

M70-74	
Helen Stephens	26-1 3/4
M L Bowermaster	23-9 1/2
Ethel Mayland	22-9
Rose Ruston	22-6 1/2

M75-79	
Edith Mendyka	21-6
Claire Veith	20-3
G Wilhelmsen	19-9
Sylvia Swartz	19-8 1/2
Helen Sutter	19-4 1/4
Theresa Bucacci	15-1/2

M80-84	
C Ruple	16-7 1/4
Rose Monda	16-6 3/4
A Weitzel	13-10 1/4
M Salisbury	11-3 3/4

1989 Discus Rankings
Compiled by Phil Brusca

M30-34	
Jim Bachelor	50.12
Gary England	47.46
Dennis VonLinden	45.70
Rick Meindl	45.01
Bill Hogans	44.45
Mike Bailey	44.22
Warren Taylor	43.88
Tony Ciccone	42.13
Richard Gorbet	41.98
Gary Gertner	40.92

Kevin Hill	40.74
Dave Moratelli	40.24
Andy Miller	40.21
Art Stokely	40.16
Charles Thiret	40.01
Steven Kaye	40.01
Bob Hartmann	39.98
Jeff Baty	39.83
Scott Bull	39.56
Tom Talbot	39.42

M35-39	
Roger Kamla	49.90
Dennis Umshler	48.34
Mark Dupuis	46.33
Dennis Mengeling	45.80
Jim Tillotson	44.88
Kevin Bennett	41.92
Kevin Wallace	41.54
Paul Corrigan	41.20
Henry Kalnas	41.00
Russ Reabold	40.74

Pat Burns	40.69
Bob Clarke	38.20
Larry Redman	37.54
Ed Forester	37.11
Faul Corrigan	37.11
Don Morrison	36.73
Gary Kelmenson	36.58
Russ Baker	36.58
Dee Hines	36.50
John Kircnner	36.06

M40-44	
Frank Reilly	54.86
Gary Carlsen	50.00
Tim Williams	47.07
Robert Workman	46.33
Mike Deller	45.90
Charles Chapin	44.20
Mike Woodward	43.59
Claude Lott	42.52
V Martinez	41.42
John Abbott	41.30

John Harper	41.02
Norm Bower	40.49
Mike Cavetta	39.78
Dave Stebing	39.42
W Ridewood	38.34
Rex Harvey	37.62
Tom Carmichael	37.44
George Randall	37.42
Richard Rook	37.24
Terry Shuman	37.20

M45-49	
Jerry Dyes	54.20
Lloyd Higgins	50.98
Warren Hardy	46.34
Ed Hill	45.31
C Ellis	43.64
Larry Pratt	43.50
John Abbott	42.20
Tom Gage	41.98
Mike Woodward	41.14
Harry Schwarze	39.16

Carl Monroe	38.89
C McCormick	38.79
Sid Truckenbrod	38.13
Bill Mauck	37.77
Bob Harvey	37.08
Terry Simons	35.41
Paul Bucacci	35.05
Mike Valle	34.95
John Bakkenen	34.34
Robert Gent	34.26

M50-55	
Al Oerter	62.74
Dick Hotchkiss	48.04
Bob Humphries	47.90
J Ross	47.40
James Hart	47.18
George Mirka	46.68
Karl Mayer	44.74
Allan Brown	44.20
Larry Price	43.08
Neil Saling	42.24

Robert Roy	41.96
Gary Miller	41.00
Tom Wesselowski	40.28
Bob Warren	40.28
Jeff Wenig	39.95
Hal Smith	39.78
Carl Frank	39.78
Ed Oleata	39.70
Ed Bradway	39.54
Ed Schmidt	39.42

M55-59	
Stew Thomson	49.83
Wendell Palmer	48.24
Phil Brady	44.50
Martin Kintish	42.74
Jack Erickson	41.15
Leonard Olson	40.46
Ed Van Pelt	40.16
J Watson	38.28
Jim Rothrock	37.74
Phil Mulkey	37.49
Cliff Blair	36.98
D E Hendrix	36.58
Bill Garrahan	36.50
Don Sharp	35.96
Stan Zak	35.74
Frank Miller	34.74
Paul Rosia	34.67
Frank Caron	34.66
Larry Marsh	34.44
Ed Martin	34.20
Meemo Maasik	33.90
Joe Woodhead	33.86
Ray Feick	33.64
Don Mather	33.63

M60-64	
Harry Hawke	50.88
Bob Richards	47.19
Wm Garrahan	47.08
J A Gillcrist	46.46
Del Pickarts	45.95
Arnold Gaynor	44.70
Hal Wallace	44.25
Phil Brusca	42.27
Harvey Williams	41.73
M Orlich	41.05
Denver Smith	39.67
Walt DeBruyn	39.45
Cliff Sampson	38.58
I Briggs	38.42
Jerry Reichart	38.40
Art Jaago	38.00
Fritz Nilsson	37.85
Jim Cordial	37.39
Herb Cantor	37.27
Zamir Bavel	37.18
Scott Herman	36.20
Bob Hewitt	36.18
Richard Straub	36.14
A Woods	36.10
Bob Sieben	35.08

M65-69	
Bill Bangert	41.30
Don Reid	38.68
M Herzer	38.35
Floyd Simmons	38.05
Bob Stone	37.36
Bill Walmroth	37.18
John Allen	36.86
Bill Carter	36.66
Arnold Scott	35.52
Seymour Lampert	34.88
Boo Morcom	34.57
Myron Dover	34.02
W Jenkins	33.93
Hal Rogers	33.78
Ken Wheeler	33.68
M Quinto	33.32
Al Ricciardi	33.27
Mel Buschman	32.79
Bob Hunt	32.47
Walt Slovenski	32.13
John McCarthy	31.62
L Williams	31.58
J Gerce	31.50
Bill Benrns	30.33
William Russo	30.30

M70-74	
Dan Aldrich	43.43
Tom McDermott	42.10
Mike Castaneda	39.86
Hy Booth	38.96
Elmer Shaw	37.98
Manuel White	36.80
Gerald Cysewski	36.35
Andy Jones	35.36
Ham Morningstar	33.58
Jim Bullenger	32.93
Bill MacMurray	32.54
Gordon Nordgren	32.44
Ray Rupelli	31.54
Harold Swanton	31.52
Fred Geiter	30.91

M75-79	
Ross Carter	38.96
Leon Joslin	33.50
James York	30.48
R Bowyer	29.74
Harold Tschantz	28.96
Wm Eipel	28.37
Gil Gonzalez	27.74
Vernon Cheadle	27.66
Jack Pardee	27.52
Charles Hirshey	27.43
Ernest Dennison	26.92
John Mays	26.09
Gordon Powell	25.75
Karl Frederick	25.47
Jack Wood	25.45

M80-84	
Ken Carmine	31.63
Burt DeGroot	27.03
Vernon Kennedy	25.93
John Eichman	24.43
Benjamin Fox	23.42

M85-89	
Earl Salisbury	20.34
Nate Carter	19.35
Buell Crane	18.06
Herb Anderson	15.95

M95+	
Collister Wheeler	14.50
Tom Lane	10.50

M30-34	
Linn Dunton	35.20
Delilah Sullivan	26.54
Sande Lambert	25.22
Joann Harrall	24.74
Lee Ann Freeman	24.52

M35-39	
Janet Wilson	45.57
Joan Stratton	42.32
J Deese	36.18
Nina Rinco	25.63
Candice Berke	25.00

M40-44	
Pauline Thomas	32.74
Kathy Pierce	29.97
Lurline Struppeck	29.06
Bethe McBride	28.55
Emily Stone	26.42
B Terry	25.90
Ingrid Drolet	23.54
Marylou Platis	23.09

M45-49	
Vanessa Hilliard	31.52
Rosalyn Katz	23.82
Laurie Rothrock	22.15
Janis Maresak	21.46

M50-54	
C Graham	26.12
C Sherrard	26.04
Carmen Gilmore	23.72
Joan Youngs	21.84
Audrey Boyle	21.31
June Myer	20.92
Ann Cirulnick	20.68
Rachel Lyga	19.66

M55-59	
R Graham	37.96
Amy Hicks	27.91
G Charman	24.44
Sally Polk	21.77

M60-64	
Bernice Holland	27.78
Shirley Kinsey	22.02
Shirley Dietderich	21.22
J Ogden	20.72

M65-69	
Harriet Boyd	19.66
Libby Hagermann	19.23
Ann Toya	19.13
Pearl Auerbach	16.00
M Wixey	15.76

M70-74	
Rose Ruston	19.50
Helen Stephens	18.29
Nora Young	18.04
Betty Jarvis	17.78

M75-79	
Sylvia Swartz	15.44
G Wilhelmsen	14.33
Alice Humprey	14.20

M80-84	
Mil Heitschmidt	8.00
M Salisbury	5.81

M85-89	
Mary Ames	0.66

M90-94	
1 ROBERT HARTMAN	46.32w
2 PETER COLLINS	45.18
3 GARY ENGLAND	42.22w
4 JEFF SCRUGGS	40.64
5 ROY SILVERS	39.47
6 BRETT OSBORNE	38.53
7 MIKE STORSKI	37.46
8 MICHAEL LAUDERDALE	37.18

M95-99	
1 PETE FARMER	68.84
2 JEFF CARTER	57.35
3 BILL WILSON	54.98
4 EDDIE GUEVARA	46.93
5 ED DANIELS	45.82
6 LARRY WATHE	44.82w
7 GARY KEMPSON	44.72
8 PAT LYNN	42.77

M100-104	
1 DREW STEVICK	53.88
2 RICHARD MARCESSIAN	52.88
3 BOB ENGELSTAD	52.88
4 JOE STEFANILE	49.74
5 MIKE DELLER	49.58

TRACK & FIELD RESULTS

Please send masters meet results to NATIONAL MASTERS NEWS, PO BOX 2372 VAN NUYS CA 91404. If possible, please type single space with minimum of white space.

NATIONAL

U.S. TAC National Masters
Indoor Championships
Madison, WI
March 24-25

60m

M30-34

Heat 1:

Ellis Liddell	GA	7.42
Kevin McCarragher	SC	7.57
Jay Mathis	TN	7.61
Robert Sands	IL	7.70
Terry O'Donnell	TX	7.82

Heat 2:

James Bonilla	CA	7.23
Val Barnwell	NY	7.23
William Jones	PA	7.58
Frank Makozy	PA	7.68
Glenn White	NY	7.69

Heat 3:

Artego Jaunes	IL	7.23
Ken Fews	IL	7.43
Chris Fagan	PA	7.51
Jim Cooksey	IN	7.58

Finals:

Artego Jaunes	IL	7.11
Val Barnwell	NY	7.18
James Bonilla	CA	7.20
Ellis Liddell	GA	7.27
Ken Fews	IL	7.47
Chris Fagan	PA	7.50
William Jones	PA	7.52
Kevin McCarragher	SC	7.61

M35-39

Heat 1:

Nate Robinson	FL	7.26
Willard Thompson	TX	7.46
Randy Kruse	OR	7.48
Richard Finn	TN	7.66
Mike Lind	WI	8.06

Heat 2:

Alfonzo Walton	DC	7.47
Tom Revolinski	WI	7.49
Dan Dothard	IA	7.51

Heat 3:

Tom Thompson	TX	7.40
Dallas Gaines	IN	7.45
Morris Blueford	IL	7.59
Robert Bowen	WV	7.60

Finals:

Nate Robinson	FL	7.22
Alfonzo Walton	DC	7.26
Willard Thompson	TX	7.29
Tom Thompson	TX	7.41
Randy Kruse	OR	7.44
Tom Revolinski	WI	7.48
Dallas Gaines	IN	9.49

M40-44

Heat 1:

Charles Allie	PA	7.34
Marion McCoy	GA	7.37
Glenn Johnson	CA	7.83

Heat 2:

Eddie Hart	CA	7.01
Bob Zimmerman	CAN	7.57
Tyrone Carlis	FL	7.67
Markus Heidelberg	NY	7.81
David Hackbarth	WI	8.12

Finals:

Eddie Hart	CA	WR6.97
Marion McCoy	GA	7.16
Glenn Johnson	CA	7.51
James Cooksey	IN	7.63
Tyrone Carlis	FL	7.64
Markus Heidelberg	NY	7.82
David Hackbarth	WI	8.03

M45-49

Heat 1:

Stephen Robbins	CA	7.52
Don Parker	CA	7.58
Dick Riter	MN	7.60
Nick Gailey	FL	7.94
Avital Schurr	KY	8.17
Paul Milewski	WI	8.22
Mike Marvin	MI	8.36

Heat 2:

Roger Pierce	MA	7.44
Jim Hollister	CA	7.67
Gary Patterson	CA	7.84
Hans Gordon	IL	7.88
Jim Lee	WI	7.95
Tom Thorne	MO	8.41

Heat 3:

Thad Bell	SC	7.54
Ray Starnes	IN	7.65
Randall Clevon	MN	8.12
William Busby	NC	8.36

Finals:

Roger Pierce	MA	AR7.40
Thad Bell	SC	7.46
Stephen Robbins	CA	7.49
Ray Starnes	IN	7.59
Don Parker	CA	7.60
Dick Riter	MN	7.63
Jim Hollister	CA	7.74
Gary Patterson	CA	7.89

M50-54

Heat 1:

Roy Turner	TX	AR7.61
Larry Colbert	MD	7.81
Charles Dudley	OH	7.93
Ron Dennis	WI	8.38
Charles Townsend	IL	8.54
Ron Banks	CA	13.79

Heat 2:

Gil LaTorre	CA	7.75
Paul Dorsey	OH	7.75
Dale Lance	OK	8.16
Peter Tegen	WI	8.17
John Ewing	WI	8.24
Shig Tsutumi	WA	8.53
John Taugo	MN	8.84

Finals:

Roy Turner	TX	7.67
Larry Colbert	MN	7.74
Gil LaTorre	CA	7.75
Paul Dorsey	OH	7.91
Charles Dudley	OH	8.00
Peter Tegen	WI	8.14
Dale Lance	OK	8.17

M55-59

Heat 1:

Jim Mathis	TN	7.97
J VanderVleuten	CAN	8.09
Bruce Springbett	CA	8.23
Jim Peterson	MN	8.65

Heat 2:

Hugo Hartenstein	CO	WR7.53
Pierre Dobrovolsky	IL	8.01
Cliff Pauling	NY	8.09
Doug McFeters	AZ	8.12
A Batiansila	WI	8.49

Heat 3:

Bob Keegan	PA	7.98
Milton Newton	CA	8.03
Don Benton	CA	8.20
Earl Mege	PA	8.82
Tom Morris	PA	9.36

Finals:

Hugo Hartenstein	CO	7.57
Bob Keegan	PA	7.86
Pierre Dobrovolsky	IL	7.95
Jim Mathis	TN	7.97
Milton Newton	CA	7.98
Cliff Pauling	NY	8.07
Don Benton	CA	8.23
Doug McFeters	AZ	8.25

M60-64

Heat 1:

Jim Law	NC	8.16
Harry Brown	IL	8.23
Gene Harte	CA	8.44
Chuck Sochor	MI	8.59
Bob Watanabe	CA	8.64

Heat 2:

C Ross Mitchell	CAN	8.59
Buck Bradberry	AL	8.59
Bill Townsend	NY	8.98
Carl Orndorff	CA	9.10

Finals:

Harry Brown	IL	8.11
Jim Law	NC	8.12
Gene Harte	CA	8.34
C R Mitchell	CAN	8.44
Bob Watanabe	CA	8.45
Buck Bradberry	AL	8.52
Chuck Sochor	MI	8.60
Bill Townsend	NY	9.32

M65-69

Heat 1:

Mel Larsen	IL	AR8.29
Tim Murphy	TX	8.57
Ed Goddin	KY	8.99
Sam Madia	PA	9.04
Ed Matthews	MN	9.41
Jim Johnson	CA	9.54

Heat 2:

Angelo Oliver	RI	9.28
Charles Mercurio	CA	9.36
Carl Oates	OR	9.66
A U Ricciardi	NV	10.07
Dick Bennett	AZ	10.25
Bob Warwick	MO	10.28

Heat 3:

Claude Hills	PA	9.95
Milo Lightfoot	IN	10.09
Jeremiah Gaines	VA	10.23
Ray Edwards	NJ	10.34
Mel Flachs	IA	10.43

M85-89

Konrad Boas	FL	12.09
Arling Pitcher	IN	13.12

W35-39

Irene Thompson		8.29
Janille Zirngible	WI	9.20

W40-44

Phil Raschker	GA	WR8.14
Lorraine Tucker	NY	8.46
Kathy Pierce	NY	8.87
Debbie Stiles	MO	9.11

W45-49

Marilyn Mitchell	NY	8.78
Mary Luker	TX	9.02
Penny Danielson	IL	9.64

W50-54

A VanderVleuten	CAN	9.65
Marion Coffee	TX	10.29

W55-59

Christel Miller	CA	AR9.36
Fei-Mei Chou	CA	10.03
Betty Vosburgh	GA	10.19
Marj Moore	CA	10.70

W60-64

Mary Patterson	OH	10.12
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W65-69

Jos Sullivan	SC	11.06
Florence Berry	IL	11.26
Carol Peebles	WI	12.32

W75-79

Millie Crews	WI	WR11.75
Pearl Mehl	CO	13.30

200m

M30-34

Heat 1:

Ken Fews	IL	23.48
Neal Bojko	CA	25.77

Heat 2:

Artego Jaunes	IL	22.96
Jim Bonilla	CA	23.38
Bill Jones	PA	24.42
Bob Sands	IL	24.46
Nick Mitchell	NY	25.14

Heat 3:

Val Barnwell	NY	23.17
Frank Makozy	PA	24.67
Kevin McCarragher	SC	25.01
Terry O'Connell	TX	25.19

Finals:

Val Barnwell	NY	23.23
Jim Bonilla	CA	23.25
Ken Fews	IL	23.41
Bill Jones	PA	24.80
Bob Sands	IL	25.02

M35-39

Heat 1:

Tom Thompson	TX	23.60
Willard Thompson	TX	23.65
Tom Revolinski	WI	23.88
Alfonzo Walton	DC	23.91

Heat 2:

John Brooks	NY	23.65
Bob Bowen	WV	24.58
Horace Hudson	NY	24.59
Bill Cheadle	KY	24.84

Finals:

John Brooks	NY	23.15
Tom Thompson	TX	23.57
Willard Thompson	TX	23.82
Tom Revolinski	WI	23.89
Bob Bowen	WV	24.80

M40-44

Heat 1:

Charles Allie	PA	24.44
Tyrone Carlis	FL	24.88
Jim Vickers	TX	25.34
Ralph Wallace	MI	25.47

Heat 2:

Stan Druckrey	WI	23.74
Marion McCoy	GA	24.17
Bob Zimmerman	CAN	24.50
Glenn Johnson	CA	24.97

Finals:

Stan Druckrey	WI	23.11
Charles Allie	PA	23.84
Bob Zimmerman	CAN	24.05
Tyrone Carlis	FL	25.21

M45-49

Heat 1:

Avital Schurr	KY	25.91
Larry Gunn	IL	26.80
Carl Koernen	IL	27.75

Heat 2:

Roger Pierce	MA	23.99
Gary Patterson	CA	25.67
Randall Clevon	MN	26.14

Heat 3:

Harold Morioka	CAN	23.95
Thad Bell	SC	24.54
Ross Jensen	KS	25.86
Nick Gailey	FL	26.14

Finals:

Roger Pierce	MA	23.66
Harold Morioka	CAN	23.82
Gary Patterson	CA	25.79
Ross Jensen	KS	25.84
Avital Schurr	KY	26.40

M50-54

Heat 1:

Charley Miller	TX	25.12
Larry Colbert	MD	25.13
James Pascoe	CAN	29.54

Heat 2:

Roy Turner	TX	24.63
Gil LaTorre	CA	25.85
Gary Henuum	IA	27.68
Terry Pliner	WI	27.75

Heat 3:

Paul Dorsey	OH	25.64
Charles Dudley	OH	26.53
Charles Townsend	IL	28.17

Continued from previous page

Masanobu Yamauchi	MI	2:30.75
Bob Urdiales	WI	2:32.65
Jack Castle	CAN	3:11.55
M60-64		
Gordon Seifert	AL	2:26.40
Tom Brinton	OR	2:26.52
Chuck Sochor	MI	2:33.56
Louis Schneider	KY	2:37.50
Bill Brobst	NC	3:16.67
M65-69		
John McManus	NY	2:36.90
Archie Messenger	NH	2:38.88
Lloyd Young	MN	2:40.90
Avery Bryant	CA	2:49.43
M70-74		
H Strassenburg	IL	2:47.81
George Sheehan	NJ	2:49.18
Howard Knox	WI	2:56.50
Don Johnson	NJ	3:04.55
W30-34		
Sheree Robertson	WI	2:34.20
W35-39		
Rose Thomson	WI	2:24.70
Beth Barrie	NJ	2:24.74
Leah Rewolinski	WI	2:52.40
Deborah Ellis	OH	3:13.86
W40-44		
Sylvie Kimche	NY	2:34.31
Debbie Stiles	MO	2:35.30
Irene Jackson	NY	2:37.58
Phil Raschker	GA	2:43.43
Kathy Holmstrom	OR	2:44.20
W45-49		
Robin Villa	NY	2:37.34
Katy Gottschalk	NY	2:47.72
Cathy Primmer	IN	3:04.89
W50-54		
Sandra Knott	OH	AR2:44.40
A VanderVleuten	CAN	2:50.57
W55-59		
Betty Vosburgh	GA	3:08.65
Lucy Anne Brobst	NC	3:33.99
W60-64		
Mary Patterson	OH	AR3:32.60
W65-69		
Carol Peebles	WI	4:04.94
W75-79		
Pearl Mehl	CO	WR4:03.77
1500m		
M30-34		
Jeff Miller	WI	4:07.04
Chris Gilbert	KY	4:07.69
Marty Gonterman	KY	4:17.11
M35-39		
Tim Anderson	WI	4:05.11
Bruce Fischer	WI	4:08.88
John Zupanc	WI	4:10.27
Bill McBride	WI	4:15.51
Jim Geisthardt	WI	4:17.11
Rick Terhune	IL	4:26.78
M40-44		
Nolan Smith Jr	CA	4:04.76
Mark Gibbins	WI	4:05.19
Dick Puckerin	MA	4:18.56
Albin Swenson	CT	4:18.92
S Falck-Pedersen	WI	4:19.26
Bob Hans	FL	4:19.57
Larry Purtell	CT	4:21.03
Don Fish	IA	4:21.72
M45-49		
Ken Sparks	OH	WR4:04.80
Vi Heckler	IL	4:20.56
Frank Davis	IL	4:22.17
Paul Perry	IL	4:29.74
Wilson Weldon	NC	4:33.52
John Becker	WI	4:45.63
Art Maillet	MN	4:51.08
M50-54		
Dan Conway	WI	4:24.50
Sid Howard	NJ	4:25.90
Willie Kaye	NY	4:32.49
Joe Fodor	OH	4:38.08
Dick Rampenthal	WI	4:43.93
Duane Fjelstad	WI	4:45.70
Wayne Cosgrove	CAN	4:46.57
Ken Ogden	OR	4:51.53
Jim Pascoe	CAN	5:15.12
E R Premo	OH	6:09.90
M55-59		
John Conner	NY	4:30.76
Jim Sutton	PA	4:36.65
John Pistone	MA	4:52.63
Gary DeFrance	MN	4:53.96
M Yamauchi	MI	4:55.16
Hal Higdon	IN	4:56.83
M60-64		
Bill Fortune	NY	AR4:56.92
Louis Schneider	KY	5:30.11
Harold Willis	CA	6:06.03
M65-69		
John McManus	NY	5:16.59
Archie Messenger	NH	5:21.25
Lloyd Young	MI	5:24.66
Avery Bryant	CA	5:37.81
Merle Knox	WI	5:52.21
John Burton	MN	5:54.35
M70-74		
George Sheehan	NJ	5:53.55
Howard Knox	WI	5:56.72
H Strassenburg	IL	5:58.00

M75-79		
Bill Brobston	NY	WR6:35.71
Jerry Wible	PA	6:46.30
W30-34		
Audrey O'Brien	WI	4:52.26
Carla Hervert	IL	4:53.75
Patti Gilmour	IL	5:24.65
Kim Plucker	WI	5:35.82
W35-39		
Rose Thomson	WI	4:47.43
Debbie Anderson	IN	5:02.05
J Zirngible	WI	5:36.67
Beth Barrie	NJ	5:37.73
Deborah Ellis	OH	6:29.28
Kathleen Korn	OR	6:32.00
W40-44		
Sylvie Kimche	NY	5:08.19
Irene Jackson	NY	5:12.91
Carol Klitzke	MN	5:18.64
Kathy Holmstrom	OR	5:32.00
W45-49		
Robin Villa	NY	5:16.47
Judie Gullely	IL	6:27.04
Veronica Wallner	WI	8:05.93
W50-54		
Sandra Knott	OH	AR5:26.18
Wava Mosbrucker	WI	5:32.33
Jerie Rose	CA	6:48.66
W55-59		
L A Brobst	NC	7:33.69
W65-69		
Carol Peebles	WI	8:06.27
W75-79		
Pearl Mehl	CO	8:06.08
3000m		
M30-34		
Jeff Miller	WI	8:50.42
Glen Henthorn	WI	8:54.51
M35-39		
Tim Anderson	WI	8:53.33
John Zupanc	WI	8:56.30
David Amster	NV	8:58.62
Rick Terhune	IL	9:16.95
Dan Gorrell	KY	9:21.17
Bob Korn	OR	9:57.54
M40-44		
Mark Gibbins	WI	8:53.83
Peter Hallop	MI	8:58.06
Larry Purtell	CT	9:27.48
Gordon Overbye	WA	9:39.18
Alex Posner	IL	9:56.82
John Miller	WI	10:15.16
M45-49		
Vi Heckler	IL	9:21.76
Frank Davis	IL	9:30.61
Mike Persak	MI	9:46.91
Art Maillet	MN	10:42.10
M50-54		
Dan Conway	WI	AR9:16.13
Joe Fodor	OH	9:45.60
Sid Howard	NJ	10:01.44
Duane Fjelstad	WI	10:08.61
Norm Goluskin	NY	10:34.19
Ken Ogden	OR	10:42.20
E R Premo	OH	13:21.31
M55-59		
Jim Sutton	PA	10:01.69
Bob Culling	CA	10:43.64
Ed Oviatt	CA	10:51.70
Glynn Wood	CA	11:06.62
Ed Alexander	KS	11:25.49
M60-64		
Bill Fortune	NY	AR10:34.92
Jerry Withers	CA	11:49.20
Frank Kennedy	WI	13:08.77
M65-69		
John McManus	NY	AR11:39.79
Avery Bryant	CA	12:03.34
Bob Mimm	NJ	12:33.17
John Burton	MN	12:35.97
Merle Knox	WI	12:38.30
George Rasch	IN	13:41.18
M70-74		
Howard Knox	WI	12:44.95
H Strassenburg	IL	13:45.95
Don Johnson	NJ	14:00.02
M75-79		
Bill Brobston	NY	14:13.89
W30-34		
Robin Sarris	MI	10:50.03
Patti Gilmour	IL	11:31.90
Sue Klappa	MN	12:13.25
W35-39		
S Musikantow	IL	11:13.12
Beth Barrie	NJ	12:06.01
J Zirngible	WI	12:16.50
W40-44		
Sylvie Kimche	NY	10:52.97
Irene Jackson	NY	11:24.69
Nancy Rollins	IL	11:26.35
W45-49		
Robin Villa	NY	11:41.43
J Gullely	IL	13:36.50
W50-54		
Sandra Knott	OH	AR11:41.86
W Mosbrucker	WI	11:43.78
W55-59		
L A Brobst	NC	16:11.07

W65-69		
Queenie Thompson	NY	AR16:34.97
W75-79		
Pearl Mehl	CO	17:27.51
60mH		
M30-34		
Bruce Lammers	WI	8.31
Ellis Liddell	GA	8.34
Glenn White	NY	8.94
Jeff Watry	WI	9.22
Charles Barnard	MO	10.54
M35-39		
Nate Robinson	FL	8.23
Bob Zahn	WI	8.61
Rich Finnie	TN	8.92
Horace Hudson	NY	9.13
Bob Hahn	TX	9.42
M40-44		
Stan Druckrey	WI	8.24
Fred Johnston	CA	9.09
M45-49		
Jim Hollister	CA	9.32
Jeff Loubet	NM	9.96
Ross Jensen	KS	10.07
Henry Hopkins	IN	10.07
Charles Leming	IN	10.16
Bill Busby	NC	10.43
Tom Thorne	MO	11.01
M70-74		
Armando Ricciardi	NV	AR12.22
Rich Bennett	AZ	13.94
Bob Warwick	MO	14.54
M50-54		
Charley Miller	TX	WR8.92
Hugh Adams	CA	9.04
Dale Lance	OK	9.33
Dee DeWitt	CA	9.37
Dave Ellis	TN	9.66
John Ewing	WI	10.14
Bruce Mills	IL	10.19
M55-59		
Doug McFetters	AZ	9.69
Phil Mulkey	GA	10.00
Jerry Stanners	CA	10.52
Jim Peterson	MN	10.56
Jim Ware	IN	12.96
M60-64		
Buck Bradberry	AL	9.82
Bill Townsend	NY	11.13
Don Walsh	IL	12.00
M65-69		
Ed Lukens	NY	10.63
Fred Hirsimaki	OH	11.41
Walt Dahlin	CA	12.33
Max Goldsmith	TX	13.14
M75-79		
Claude Hills	PA	13.08
Bob Boal	NC	14.19
W35-39		
Sherice DuChamp	MI	10.08
Irene Thompson	NY	11.57
W40-44		
Phil Raschker	GA	AR9.65
W50-54		
Marion Coffee	TX	13.43
W55-59		
Christel Miller	CA	AR11.47
W60-64		
Shirley Kinsey	CA	AWR14.19
4x400m Relay		
M30		
West Penn TC		3:40.80
Frey, Jones, Allie, Makozy		3:42.41
Watry Matzinger, Rewolinski, Bowen		
M40		
Iowa		3:48.52
Olson, Dorff, Schooler, Kitchell		
Decathlon Mid West		4:19.36
Hopkins, Thorne, Leming, Ware		
M50		
Dallas Masters		3:58.99
Cavender, Johnson, Mathis, Turner		
Fox Valley TC		4:07.60
Brown, Pliner, Lindsley, Mills		
M60		
So Calif Striders		5:01.71
Escobosa, Bryant, Willis, Withers		
W30		
Wisconsin United		4:21.60
Tallard, McDaniel, Beitzel, Thomson		
4x800m Relay		
M30		
Westchester Puma		8:24.11
Geisthardt, Falck-Pedersen, Watry, Matzinger		
Manitowoc TC		8:32.78

M40		
Cornbelt RC		8:50.51
Fish, Perry, Carper, Reiter		
Iowa		8:55.49
Schooler, Dorff, Olson, Kitchell		
M50		
Central Park TC		9:19.20
M60		
So Calif Striders		11:32.57
Bryant, Willis, Withers, Escobosa		
W30		
Wisconsin United		9:50.17
O'Brien, Bremser, Robertson, Thomson		
Movin Shoes RC		10:35.59
Gold Crystal, Thi, Bubrok		
Badgerland Striders		11:08.86
Clark-Setnes, Morsch, Rewolinski, Plucker		
●		
High Jump		
M30-34		
Jeff Watry	WI	1.83
Nick Mitchell	NY	1.73
M35-39		
Dan Dothard	IA	1.67
M40-44		
Tim Heikkila	MN	1.88
Eric Howard	MD	1.82
Johnie Meisner	IL	1.77
Jim Sauers	GA	1.77
Bill Schooler	IA	1.62
Dave Hackbarth	WI	1.52
M45-49		
Joe Johnston	FL	1.70
Tom Thorne	MO	1.62
Henry Hopkins	IN	1.62
Bill Busby	NC	1.42
M50-54		
Paul Dorsey	OH	1.67
Tom Langenfeld	MN	1.62
Dee DeWitt	CA	1.62
Dick Hotchkiss	CA	1.57
John Ewing	WI	1.47
M55-59		
Rich Richardson	IL	1.67
Milton Newton	CA	1.67
Jerry Stanners	CA	1.47
Doug McFetters	AZ	1.47
Phil Mulkey	GA	1.47
Jim Ware	IN	1.42
Jim Peterson	MN	1.42
Earl Mege	PA	1.32
M60-64		
James Gillcrist	FL	WR1.65
Gordon Seifert	AL	1.52
Buck Bradberry	AL	1.37
Bob Ackerman	IL	1.32
Carl Orndoff	CA	1.32
M65-69		
Boo Morcom	NH	1.42
Fred Hirsimaki	OH	1.42
Ed Lukens	NY	1.32
Walt Dahlin	CA	1.32
Jim Johnson	CA	1.22
M70-74		
Ham Morningstar	MO	1.35
Bob Warwick	MO	1.22
Wib Ragland	IL	1.17
Armando Ricciardi	NV	1.17
Rich Bennett	AZ	1.17
Jim Vernon	CA	1.12
M75-79		
Ian Hume	CAN	WR1.37
Claude Hills	PA	1.17
Bob Boal	NC	1.12
Bob Detweiler	PA	.97
M85-89		
Arling Pitcher	IN	.92
W40-44		
Phil Raschker	Ga	1.47
W45-49		
Cathy Primmer	IN	1.12
W55-59		
Christel Miller	CA	AR1.25
Betty Vosburgh	GA	1.07
Marj Moore	CA	1.07
W60-64		
Shirley Kinsey	CA	AR1.08
W65-69		
Jos Sullivan	SC	.92
●		
Pole Vault		
Greg Polzin	WI	3.80
John Oksas	IL	3.80
Kevin Hanson	MN	3.65
Nick Mitchell	NY	3.65
M35-39		
Jim Williams	CA	4.40
John Anderson	WI	4.25
R Suiter	IA	3.80
Gary Silbaugh	WI	3.50
M40-44		
Warren Wilke	CA	4.25
Rex Harvey	IA	4.10
Tom Rauscher	NY	3.95
John Davis	IL	3.80
Phil Johnson	MN	3.55

Continued from previous page

M65-69
Bill Walmroth MI 12.39
Bill Bangert CA 11.99
John Vishnevsky WI 10.15

M70-74
Tom McDermott FL AR11.67
Elmer Shaw NY 11.22
Ham Morningstar MI 10.94
Murray Oguss AZ 10.12

M75-79
Ross Carter OR WR12.30
Ian Hume CAN 9.76
Milo Lightfoot IN 8.30
Bob Detweiler PA 7.38

M80-84
Gordon Powell FL 7.57

M85-89
Konrad Boas FL 5.24
Arling Pitcher IN 4.91
Wallace Crews WI 4.90

W40-44
Kathy Pierce NY 9.36
Phil Raschker GA 7.15
Mary Lou Platis IN 6.99
Nancy Hamilton IA 6.50

W45-49
Vanessa Hilliard FL AR8.84

W50-54
Joann Grissom IN WR12.66
Marion Coffee TX 6.37

W55-59
Ann Cirulnick NY AR9.12
Chris Miller CA 8.68
Fei-Mei Chou CA 6.84
Betty Vosburgh GA 6.41

W60-64
Bernice Holland OH WR10.09
Sally Polk NM 8.11
Shirley Kinsey CA 7.42
Lucille Thompson OH 7.28

W65-69
Flo Berry IL 5.34

Weight Throw

M30-34
Bob Hartmann IL 14.99
N C Haugaard MN 7.06

M35-39
Larry Waithe IL 14.02
Roger Kamla TX 13.41
Pat Burns WI 12.90
Pieter Elmendorf OH 12.58

M50-54
Norm Cyprus NY 12.80
Dick Hotchkiss CA 11.99
E R Premo OH 4.68

M55-59
Tom Wesselowski KS 11.20
Jack Erickson TX 10.79
Leonard Olson VA 10.77
Pay Carstensen NY 10.51
Bob Kemp IL 9.74
Jack Twet WI 7.30

M60-64
Clifford Blair MA 16.31
Cliff Sampson OH 13.88
Bob Richards TX 13.64
Phil Brusca MO 12.51
Gene Polk NM 5.95

M65-69
Bill Walmroth MI 14.28
Bill Bangert CA 12.45
Joe Black AZ 9.46
Glenn Bradd IL 6.82

M75-79
Nolan Fowler TN 10.97
Ian Hume CAN 8.53
Bob Detweiler PA 7.28

M80-84
Gordon Powell FL 6.47

W40-44
Kathy Pierce NY 7.60

W45-49
Vanessa Hilliard FL 9.98

W50-54
Joann Grissom IN 12.35

W60-64
Bernice Holland OH 10.05
Sally Polk NM 8.29

3000m Racewalk

M30-34
Tim Saiter IL 16:28.06
N C Haugaard MN 19:29.85

M35-39
Bob Korn OR 14:27.52
Pete Williams IL 15:19.01
Tom Cotti IL 15:53.34

M40-44
Brian Schultz WI 15:19.05

M45-49
Gary Null NY AR13:56.39
Norm Browne MI 14:41.21
Ron Daniel CA 14:50.56
T McHoskey MI 14:52.54
Don Mowles IL 16:11.93
G O'Daniels IA 16:12.10
Bob Brzenk WI 18:15.10
Carl Burk WI 23:04.96

M50-54
John Elwarner MI AR14:42.97
Gerald Bocci MI 16:36.12
E R Premo OH 20:11.69

M55-59
Max Green MI 15:35.55
Leo Rivera NY 18:12.22

M60-64
M Myerowitz ME AR16:27.61

M65-69
Bob Mimm NJ AR16:08.20
George Heller NJ 18:12.96

M70-74
Don Johnson NJ 19:19.80

W30-34
V Herazo CA 14:19.51
Sue Klappa MN 15:51.16

W35-39
Cindy Paffumi CA WR16:50.66

W40-44
Julie Ratnes NY WR15:11.15

W45-49
V Scales CA AR16:37.66
Jeanne Bocci MI 17:17.91

W50-54
B Young-Grady IN AR19:04.74
Porky Gadiant IA 19:06.61
R Weatherford IL 19:31.55

W55-59
Joyce Decker IL WR19:58.47

W60-64
Ruth Leff WI 19:08.64
Joan Rowland NY 19:31.55
L Sampson OH 21:26.31
Mary Byers WI 25:29.98

W65-69
Q Thompson NY WR20:53.91

W75-79
Millie Crews WI WR22:17.08

EAST

Philadelphia Masters
Invitational, Haverford, PA
March 17

55m hurdles

M45 Bob Fuhrman 10.9
M50 Dave Martin 9.6
Vince Ruffin 9.8
M55 Lawrence Pratt 10.3
George Taylor 12.7
M60 Tom Delany 10.2
M75 Claude Hills 12.4
W40 Skipper Clark 11.1

55m dash

M30 Val Barnwell 6.6
Chris Fagan 6.9
Phil Conzentino 6.9
Frank Makozzy 7.0
Cliff Marlowe 7.6
M35 John Brooks 6.7
Ken Bauersfeld 7.1
Lou Miller 8.2
M40 William Corsey 6.9
Mike Augeri 7.4
Jeff Blatt 7.5
Ted Bezel 7.7
M45 Robert Trigo 7.1
James Bantum 7.2
Bernie Noeller 7.3
Jacob Katz 7.6
Mel Congleton 8.1
M50 Roosevelt Weaver 7.2
Dhamiri Abayomi 7.3
Bob O'Brien 7.8
M55 Bob Keegan 7.4
Cliff Pauling 7.6
Earl Mege 7.6
Jack Nyhan 8.3
M60 Tom Delany 7.7
Alan Cohen 8.6
M65 Oscar Harris 8.2
Ed Matthews 8.2
M75 Jeremiah Gaines 9.2
Claude Hills 9.7
Jerry Wible 10.0
Bob Detweiler 13.5
M80 Donald Ernst 10.3
W30 Mary Ellen Malloy 8.6
W40 Skipper Clark 7.7
Lorraine Tucker 7.8
W45 Marilyn Mitchell 8.0
Karen Haber 9.5
Eileen Buehler 11.4

W50 Marilyn Fitzgerald 8.6
Sheila Foster 10.3
W70 Becky Yencharis 13.4
W75 Vivian Nelson 13.1

300m dash

M30 Val Barnwell 37.5
Frank Makozzy 38.6
Nick Mitchell 39.6
Chris Fagan 40.2
M35 John Brooks 36.2
Ralph Penn 37.2
Ken Bauersfeld 39.6
Tom Hagen 41.8
Tony DiGeorge 45.2
Lou Miller 53.2
M40 Jordan Simmons 38.8
Philip G. Felton 40.5
Timothy Dickens 40.6
Mike Augeri 44.7
Ted Bezel 49.5
M45 Robert Trigo 40.1
Bernie Noeller 40.7
James Bantum 45.2
M50 Dhamiri Abayomi 41.3
M55 Clifford Pauling 40.9
Joe Hemler 44.1
Bob Keegan 46.0
M60 Alan Cohen 52.3
Stan Cherim 55.4
Ray McKeeman 57.7
M65 Oscar Harris 49.5
Ed Matthews 49.7
Charles McGarvey 56.6
M75 Jerry Wible 1:01.4
W40 Lorraine Tucker 47.0
W45 Marilyn Mitchell 48.0
W50 Marilyn Fitzgerald 51.9
Ursula Deetscreek 55.9
Sheila Foster 1:04.5
W70 Becky Yencharis 1:24.2

500m dash

M30 Nick Mitchell 1:13.0
M35 Ralph Penn 1:08.7
Russell Floyd 1:13.3
Tony DiGeorge 1:23.7
M40 Jordan Simmons 1:11.9
Timothy Dickens 1:13.1
M45 Bernie Noeller 1:14.8
Larry Simmons 1:15.1
Robert Trigo 1:18.8
Mel Congleton 1:29.8
M50 Lawrence Harvey 1:20.1
James Hodge 1:22.8
M55 Clifford Pauling 1:20.2
George Taylor 1:52.4
M60 Alan Cohen 1:55.7
Bill Brobst 2:01.5
M65 Oscar Harris 1:47.1
Charles McGarvey 1:48.5
W30 Mary Ellen Malloy 1:30.1
W50 Marilyn Fitzgerald 1:36.2

800m run

M30 Don DiDonato 2:01.4
M35 Karl Castor 2:12.5
Joe Hoffman 2:19.4
Clark McNeight 2:49.9
Duane Green d.n.f.
M40 Bruce Carter 2:07.6
Ben Brockwell 2:12.5
Fred Dedrick 2:16.6
George Sanders 2:22.3
M45 Don Boyer 2:12.0
Bob Clasen 2:13.7
Jerry McFadden 2:20.1
Bob Fuhrman 2:25.6
Tom Hartman 2:38.6
M50 Sid Howard 2:12.3
M55 Clifford Pauling 2:26.8
Jack Nyhan 2:50.4
M60 Kelsey Brown 2:40.1
Alan Cohen 3:06.6
Jerry Nolan 3:10.0
M65 John McCarthy 3:19.1
W35 Beth Barrie 2:51.0

1 mile run

M30 Don DiDonato 4:19.0
Steve Gallagher 4:26.6
Brian Boyer 4:41.9
Sheldon Frisby 5:06.0
M35 Duane Green 4:37.8
John Emswiler 4:41.2
Dennish Mellish 4:46.0
Bob DeYoung 4:54.4
Herman Richards 4:58.4
Larry Hart 5:04.9
Kyle Mecklenborg 5:42.6
Clark McNeight 6:09.8
M40 Fred Dedrick 4:45.5
Ben Brockwell 4:49.7
Bob Richey 4:57.5
Tim Shay 4:58.1
Michael Owens 5:13.9
Tony DeSabbato 5:18.5
Carl Grossman 5:22.0
George Sanders 5:23.7
M45 Jerry McFadden 5:11.2
Bob Clasen 5:13.3
Tom Gallagher 5:17.9
Patrick Keane 5:25.9
M50 Sid Howard 4:59.8

M55 Phil Steel 5:47.8
Harold Williams 7:21.1
M60 Maurice Schepers 5:26.8
Alan Cohen 6:42.1
Jerry Nolan 6:44.2
Bill Brobst 7:05.2
Dave Webster 7:09.9
M65 John McCarthy 7:21.5
M75 Jerry Wible 7:35.0
W35 Beth Barrie 6:07.5
W50 Ursula Deetscreek 7:12.4
W55 Lucy Anne Brobst 8:09.0
W70 Becky Yencharis 8:41.9

3000m run

M30 Sheldon Frisby 10:24.0
M35 Gary Tompkins 9:08.3
Don Wisniewski 9:50.1
Dennish Mellish 9:56.3
Bob DeYoung 10:08.2
Larry Hart 11:00.1
Kyle Mecklenborg 11:29.0
M40 Ben Brockwell 10:14.4
Michael Owens 10:44.2
M50 John Hurley 11:54.0
M55 Harold Williams n.t.
M60 Maurice Schepers 10:47.8
Alan Cohen 12:20.4
M65 Bob Mimm 12:47.5
W70 Don Johnson n.t.
W30 Nancy Fitzgerald 10:25.7
W35 Beth Barrie 12:20.6

1 mile racewalk

M40 Stan Kauffman 10:29.2
M45 Larry Simmons 8:20.8
Bob Jennings 8:47.9
M55 Ed Quier 10:58.8
M60 Ed Gawinski 9:37.0
Ray McKeeman 11:00.0
M65 Bob Mimm 8:48.9
W70 Don Johnson 9:21.8
M75 George Braceland 10:01.7
Jerry Wible 10:40.5
W30 Diane Severn 11:19.2
W40 Mary Lawnicki 9:23.6
W55 Cecile Williams 11:20.7

1 mile healthwalk

M75 Jerry Wible 10:51.8
Jeremiah Gaines 13:07.2
M80 Donald Ernst 14:55.2
W55 Cecile Williams 13:09.6

Shotput

M30 Nick Mitchell 12.61m
Scott Bull 12.52
Pete Collins 11.60
M35 Stew Beltz 12.47
M40 John Roehr 12.38
Rich Dunphy 11.89
Denny Ziemba 8.14
M45 Palmer Sweet 10.78
George Reynolds 10.65
Jim Quirk 9.96
Jerry Sullivan 8.57
M50 Ed Bradway 11.67
M55 Len Olson 11.94
Ray Feick 11.56
Pay Carstensen 10.77
M60 Ned Curran 10.53
M65 Al Jankola 8.95
Charles McGarvey 8.50
M70 Eugene Wood 10.03
Herman Hand 8.79
M75 George Braceland 8.87
Mike Pappas 8.46
Bob Detweiler 7.59
W35 Joan Stratton 11.70
W45 Roslyn Katz 6.65
W50 Sheila Foster 6.61
W55 Ann Cirulnick 8.68

Long Jump

M30 Nick Mitchell 18-4 3/4
Frank Makozzy 17-11 1/2
M35 Bob Laurelli 17-5
M40 Mike Augeri 15-8
Ron Salvio 15-4 1/4
M45 Jacob Katz 14-9 1/2
Jim Quirk 12-8 1/4
M50 Vince Ruffin 16-3 3/4
Bob O'Brien 16-1 1/4
Dave Martin 15-8
M55 Pay Carstensen 14-6
Earl Mege 14-2 1/4
George Taylor 12-0 1/2
M65 Oscar Harris 13-3
Ed Matthews 12-9 1/2
M70 Eugene Wood 8-11
M75 Claude Hills 11-2
Geo. Braceland 11-0
Jeremiah Gaines 10-5 1/2
Bob Detweiler 5-8 1/2
W40 Skipper Clark 13-3 1/2
W45 Eileen Buehler 8-9 1/4
W75 Vivian Nelson 5-6 3/4

Triple Jump

M30 Jeff James 39-10
M35 Bob Laurelli 34-11 1/4
M40 Ron Salvio 30-0 1/2
M45 Palmer Sweet 28-11 1/2
M50 Dave Martin 31-11 3/4

M55 Pay Carstensen 28-5 1/4
Earl Mege 27-8 1/2
George Taylor 22-1 3/4
M65 Ed Matthews 24-11 1/4
M75 Geo. Braceland 23-2 1/2
Claude Hills 22-6 1/4
Bob Detweiler 15-2 1/4

High Jump

M30 Mark Williamson 6-8
Nick Mitchell 5-8
M35 Bob Laurelli 5-0
M40 Bob Schaible (1st) 5-2
Dennis Tessler (2nd) 5-2
Ron Salvio 4-10
Jeff Blatt 4-6
William Corsey n.h.
M45 Michael Duch 5-0
Palmer Sweet (2nd) 4-6
Jerry Sullivan (3rd) 4-6
Jim Quirk 4-4
M55 Walt Hutchins 4-8
Earl Mege 4-2
M60 Tom Delany 4-6
Ned Curran 3-4
M75 Claude Hills (1st) 3-10
Geo. Braceland (1st) 3-10
Bob Detweiler 3-2
W30 Mary Ellen Malloy 4-0
W75 Vivian Nelson n.h.

Pole Vault

M30 Jerry Dowdy 14-6
Don Severn 13-0
Jim Fazio 12-0
M40 Jeff Blatt 9-0
Ron Salvio n.h.
Gleam Weaver n.h.
M50 Dave Martin 9-0
M55 George Taylor 7-0
M75 Claude Hills 6-0

NJ-TAC Indoor Track &
Field Championships
New Jersey
February 25

55
M30 Gerald Jones NJS 6.5
Val Barnwell GSAC 6.6
Rich Washington UN 6.7
M35 John Brooks GSAC 6.6
Darney Gripper UN 6.7
Ken Bauersfeld UN 7.2
M40 William Overby NYP 6.7
William Corsey UN 6.9
Terry Baxter UN 7.3
M45 Tom Toscano NYM 7.1
Rob Hagen UN 7.3
David Connolly GSAC 7.7
M50 R. Weaver UN 6.9
Jim O'Hara GSAC 7.3
Rich Rizzo NYP 7.4
M55 Rich Borretta NJM 7.4
Matt Brown SAC 7.6
Cliff Paulins CPTC 7.9
M60 Tom Delany GSAC 7.8
Tom Brooks NYP 7.8
H. MacMillan SYR 8.4
M65 J.W. Pierson Phil 8.5
M70 Marcus Neuhoof NYM 9.1
M75 Warren Tashian NJM 9.5
M80 Fred d'Elia NJM 10.2
W40 M.E. Malloy Phil 8.6
A. Coleman NJM 9.8
W50 M. Fitzgerald UN 8.6

200
M30 Val Barnwell GSAC 23.6
Gerald Jones NJS 24.2
Remo Biagioni NJS 24.5
M35 John Brooks GSAC 23.5
Ed Brown GSAC 24.1
Ken Bauersfeld UN 25.3
M40 R.G. McDonald NYP 25.0
William Overby NYP 25.3
Phillip Fenan GSAC 25.8
M45 Tom Toscano NYM 25.8
Rob Hagin GSAC 26.8
David Connolly GSAC 27.7
M50 Bob Williams SAC 25.7
Rich Rizzo NYP 27.2
George Coleman NJM 29.9
M55 Cliff Pauling CPTC 26.9
Rich Barretta NJM 27.0
Leon Trout SAC 28.2
M60 Naylor UN 30.0
M65 J.W. Pierson UN 30.7
Jim Manno NJM 37.9
M75 Jerry Wible UN 38.1
M80 Fred d'Elia NJM 39.1
W40 A. Coleman NJM 39.5
W50 M. Fitzgerald UN 32.3
W70 Marjorie Smith UN 48.8

400
M30 Fred Feaster UN 53.9
Steve Bunce UN 54.2
Nick Mitchell W.Puma 54.4
M35 Ed Brown GSAC 54.1
Chris Weigel NJS 56.1
Warren Clark NJS 57.1
M40 R.G. McDonald NYP 56.4
Bob Ihne SAC 56.8
Phillip Felton SAC 58.0
M45 Tom Toscano NYM 56.9
Bob Colton M'rose 59.8
Rich Acanda NYM 61.8

M55 Cliff Pauling CPTC 60.1
John Darrell NYM 67.7
Tom Talbott NYM 74.0
M60 Kelsey Brown NJM 67.8
H. MacMillan SYR 73.8
W. Siderowitz UN 79.1
M65 Jim Manno NJM 91.0
M70 George Sheehan SAC 75.4
M80 Henry Zacman NJM1:42.7
W40 A. Coleman NJM 83.0
W45 H. Samuelson NJM 77.6
W50 M. Fitzgerald UN 74.4
W70 Marjorie Smith UN1:56.1

800
M30 Dallas Jacobs UN 2:04.7
Sheldon Frisby UN 2:17.0
P. McCavity W.Chest 2:18.0
M35 R. Gutzwiller NJM 2:06.0
Pat Forkins NJS 2:09.8
P. Reinhart SAC 2:12.6
M40 R. Wiltshire GAZ 2:03.2
Mike Wilson M'rose 2:11.8
Salim Talik NYP 2:22.7
M45 Antonio Roque UN 2:15.7
Bob Colton M'rose 2:18.4
Kevin Smith M'rose 2:19.1
M50 V. Antonio Lions 2:24.5
Frank Mari SAC 2:27.9
J. Tortorette NJM 2:32.1
M55 Cliff Pauling CPTC 2:18.7
I. Bernstein GSAC 2:28.4
Hans Hunziker NJM 2:34.5
M60 Kelsey Brown NJM 2:46.3
M70 George Sheehan SAC 2:55.2
Robert Hull GSAC 4:04.6
M80 Henry Zacman NJM 3:58.1
W30 M. Visatch W.Chest 2:22.1
W35 Beth Barrie Phil 2:58.1
P. Martucci NJM 3:27.1
W40 A. Coleman NJM 3:02.8
W45 H. Samuelson NJM 3:07.6

1500
M30 M. Humiston DHS 4:05.3
Frank Dardere SAC 4:34.9
M35 Pat Forkins NJS 4:15.6
R. Gutzwiller NJM 4:16.3
P. Rheinhardt SAC 4:19.9
M40 Mike Wilson M'rose 4:22.1
Tim Shay H.Harr 4:36.1
Salim Talik NYP 4:47.8
M45 Antonio Roque UN 4:22.5
Kevin Smith M'rose 4:55.3
M50 Gene Chase Sn.Fac 4:59.0
Frank Mari SAC 4:59.9
V. Korfman UN 5:07.1
M55 Hans Hunziker NJM 5:21.4
John Haney SAC 5:54.0
M60 Joe Burns UN 5:35.7
W. Siderowitz UN 6:25.1
M65 F. Luciana NJM 5:55.9
M70 George Sheehan SAC 6:02.2
J. McGilvray NJM 6:43.5
Robert Hull GSAC 7:47.4
W30 M. E. Malloy Phil 5:39.7
W35 Beth Barrie Phil 5:42.0
W40 Mary Spera Met.AC 5:47.7
A. Coleman NJM 5:54.5
W60 Cassie Bazar SAC 7:02.9

3000
M30 David Mullan SAC 9:04.8
Glenn Vivolo UN 9:14.2
Wayne Bargiel NJM 9:43.9
M35 Harold Nolan SAC 8:53.0
Andy Rooney UN 9:30.8
Frank Russo UN 9:31.0
M40 Mike Wilson M'rose 9:48.2
R. Weiner PVS 10:10.3
E. Bilinsky UN 10:23.6
M45 A. Roque UN 9:53.8
A. Boyajian NJM 13:17.6
M50 V. Antonio Lions 10:14.6
J. Garlepp M'rose 10:49.7
Gene Chase SF 11:02.0
M55 H. Hunziker NJM 12:05.8
M65 Robert Mimm UN 13:09.3
M70 Don Johnson SAC 14:33.6
W35 Beth Barrie Phil 12:25.1
P. Martucci NJM 19:56.3
W40 Mary Spera UN 12:38.5
A. Coleman NJM 12:56.3
W45 H. Samuelson NJM 14:40.6
W60 Cassie Bazar SAC 15:01.4
B. Lancaster UN 16:57.0

High Hurdles

M30 Bob Balcerski UN 7.9
Tony Ciccone NJS 7.9
K. Royster SAC 9.2
M40 Mike Milove NYM 8.8
Vince Ruffin SAC 9.7
Jim O'Hara GSAC 9.9
M55 Leon Trout SAC 9.2
Larry Pratt NJM 9.5
G. Taylor M'rose 12.9
M60 Tom Delany GSAC 10.0
M65 J.W. Pierson UN 11.2
Marcus Neuhoof NYM 11.6

4x800
M30 SAC 9:28.1
Valley Striders 11:58.9

4x400
M30 GSAC 3:43.5
Sneaker Tamers 4:03.5
NJS 4:05.2
M40 GSAC 4:05.8
M50 NJM 4:18.3
W40 NJM 6:05.1

Continued on next page

Continued from previous page

High Jump			
M30 J. Lafferty	UN	6-0	
N. Mitchell	WCP	5-10	
P. Vanechanos	NJS	5-6	
M35 Mark Westphal	UN	5-0	
Ed Laurelli M'rose		4-10	
Frank Shiro		4-6	
M40 Will Coursey	UN	5-2	
Ron Salvio	GSAC	5-0	
M45 J. Sullivan	SAC	4-8	
M50 Bob Williams	SAC	4-10	
M. Lafferty	UN	4-10	
M55 P. Soraparee	UN	3-10	
M60 Tom Delany	GSAC	4-10	
Jack Doorlay	NYM	3-10	
M70 Marcus Neuhof	NYM	4-0	

Shot Put			
M30 W. Wolverton	GSAC	14.88	
Tony Ciccone	NJS	13.37	
Peter Collins	UN	11.80	
M35 Paul Corrigan	GSAC	7.83	
M40 Bill Scarola	GSAC	11.32	
Rich Smith	UN	11.04	
D. Ziembra	Phil	8.37	
M45 Jai Singh	NYM	9.12	
M50 Jeff Wenig	UN	12.70	
M55 Tom Jackson	GSAC	10.46	
Paul Scarpau	UN	9.88	
Q. Biagoni	UN	9.42	
M60 Cliff Blair	UN	15.41	
Pope Frezza	SAC	8.66	
M65 Al Jankola	GSAC	9.27	
J.W. Pierson	Phil	8.77	
M70 E. Roeland	GSAC	9.42	
M30 Yancy Munoz	GSAC	7.23	
M45 Roslyn Katz	NYM	6.71	
M55 A. Dirulnick	NYM	9.16	

Weight Throw			
M30 Peter Collins	UN	35-64	
M35 Paul Corrigan	GSAC	35-114	
M40 Glenn Weaver	GSAC	34-64	
Frank Monroe	GSAC	32-9	
D. Ziembra	UN	26-44	
M55 Tom Jackson	GSAC	25-10.75	
M65 Al Jankola	GSAC	27-94	
M30 Yancy Munoz	GSAC	17-24	

Pole Vault			
M35 Don Severin	UN	13-0	
M40 Ron Salvio	GSAC	9-0	
M45 Jeff Tindall	GSAC	11-10	
R. McGready	GSAC	9-0	
M55 G. Taylor	GDAC	7-6	
M60 J. Doorlay	NYMS	7-0	

Long Jump			
M30 B. Balcerski	UN	6.34	
J. Lafferty	UN	6.05	
P. Vanechanos	NJS	5.59	
M35 D. Gripper	UN	6.40	
Ed Laurelli	GSAC	4.93	
M. Westphal	UN	4.78	
M40 W. Corsey	UN	5.71	
Mike Milove	NYM	5.06	
Ron Salvio	GSAC	4.42	
M50 B. O'Brien	UN	4.88	
M. Lafferty	UN	4.63	
Ed Kent	NYM	4.50	
M55 Leon Trout	UN		
Q. Biagoni	UN	3.99	
P. Soraparee	UN	3.64	
M65 H. Saareste	GSAC	3.51	
M70 Marcus Neuhof	NYM	3.28	
Eugene Roland	GSAC	3.15	
M80 Harry Zachman	NJM	2.20	
M30 Yancy Munoz	GSAC	3.64	

Triple Jump			
M30 Joe Lafferty	UN	12.40	
M35 D. Gripper	UN	13.23	
Ed Laurelli	GSAC	8.95	
Mike Milove	NYM	10.77	
Mike Billmail	UN	9.40	
Ron Salvio	GSAC	9.36	
M45 G. Homsany	UN	9.68	
M50 M. Lafferty	UN	10.21	
Ed Kent	NYM	9.40	
M55 G. Taylor	GSAC	7.52	
M60 Jack Doorlay	NYM	7.14	
M65 H. Saareste	GSAC	7.70	
M80 Henry Zachman	NJM	3.72	

Finger Lakes RC Meet,
Ithaca, NY
March 18

55m	
Horace Hudson 37	7.0
Greg Grund 38	7.3
Larry Brewster 33	7.9
E T Anderson 44	8.2
Bob Smullens 54	10.0

200m	
Horace Hudson 37	24.0
Greg Grund 38	26.6
Mike Akerman 48	29.4
Kevin Moyer 33	30.1
Katy Gottschalk 49	34.6
Diane Sherrer 38	35.0
Bob Smullens 54	40.2
Barbara Booker 54	48.3
800m	
Kris Wernstedt 32	2:10.8
Mike Fogle 35	2:19.3
Horace Hudson 37	2:20.0
Brian Aldridge 34	2:27.0
Ken Florence 36	2:28.0
Cal Loomis 50	2:34.0
Barb Blaszkak 40	2:35.0

Kevin Moyer 33	2:35.0
Katy Gottschalk 49	2:51.4
Shirley Woodford 34	3:08.1
Bonnie Howell 42	3:08.6
Barb Booker 54	3:17.8
1500m	
Mike Fogle 35	4:47.6
Ken Florence 36	4:57.7
Wayde Harneisey 30	5:20.6
Barb Blaszkak 40	5:28.8
Kevin Moyer 33	5:37.0
John Hurley 52	5:38.8
Diane Sherrer 38	5:42.7
Stephen Finney 35	5:50.1
Bonnie Howell 42	6:37.7
Mike Kingston 40	6:37.9
Shirley Woodford 34	6:39.3

5000m	
Stan Share 37	9:42.0
Dick Cleary 33	9:47.7
Tom Bugliosi 32	9:59.7
Reinhold Wotawa 40	10:00.8
Ken Florence 36	10:05.2
Don Farley 56	10:22.3
Barb Blaszkak 40	11:13
Stephen Finney 35	11:17.1
J Hurley 52	12:01.1
Robin Share 31	12:10.4
John McMurry 47	12:33.3
Shirley Woodford 34	12:36.1
Dick Branca 46	12:58.1
M Kingston 40	13:30.4

SOUTHEAST

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MIDWEST

TAC Midwest Sectional
Masters Championships
Sterling, IL March 11

60m dash	
M30-34 Ken Fews	7.3
J. Mathis	7.4
J. Cooksey	7.5
J. Plesce	7.6
F30-34 L. Browning	9.8
M35-39 D. Gaines	7.2
T. Neuens	7.3
T. Rewolinski	7.4
M40-44 C. Miller	8.6
F40-44 N. Hamilton	12.9
M45-49 Jim Leg	7.8
D. Besick	8.0
John Hess	8.1
M. Marvis	8.2
M50-54 C. Townsend	8.2
G. LaBelle	8.3
F50-54 D. Smith	11.6
M55-59 P. Dobrovolsky	7.7
Jim Mathis	8.1
G. McGinnis	8.2
J. Peterson	8.5
R. Richardson	8.6
M60-64 D. Walsh	8.9
D. Sibigthroth	9.2
E. Hess	9.5
M65-69 J. Platis	9.6
F65-69 F. Berry	11.6

60m hurdles	
M30-34 B. Lammers	8.0
C. Barnard	8.9
J. Watry	
M35-39 R. Zahn	8.5
M40-44 S. Druckrey	8.2
R. Harvey	8.6
B. Schooler	9.0
M50-54 B. Mills	9.9
G. LaBelle	10.7
M55-59 J. Peterson	10.4
F. Brown	11.6
M60-64 D. Walsh	11.3

200m dash	
M30-34 K. Fews	23.7
Jay Mathis	24.0
B. Lammers	24.6
M. Lutz	30.8
L. Browning	36.5
M35-39 T. Rewolinski	23.8
A. Mathews	24.2
T. Neuens	24.4
M. Blueford	24.6
M40-44 S. Druckrey	23.2*
R. Harvey	24.4
J. Miller	25.9
M. L. Platis	36.5
L. Besich	39.1
M45-49 D. Besich	24.4*
M. Marvin	24.5*
John Hess	24.6*
F45-49 P. Danielson	34.8
M50-54 B. Mills	28.1
C. Townsend	28.6
J. Robinson	30.4
F. Burnette	31.9
M55 59 Jim Mathis	AR25.3
G. McGinnis	32.1
M60-64 H. Brown	26.5*
D. Walsh	31.2

M65-69 J. Platis	35.1
F65-69 F. Berry	45.7
M75-79 M. Lightfoot	34.4*
M. Flachs	35.5*

400m dash	
M30-34 Jay Mathis	54.1
F30-34 M. Lutz	1:07.4
M35-39 A. Mathews	53.2
M40-44 S. Druckrey	52.7*
P. Dorff	60.0
M45-49 D. Besich	1:00.7
S. Addink	1:05.4
M50-54 J. Streely	58.5*
J. Robinson	1:06.3
F. Burnette	1:12.3
R. Premo	1:39.9
M55-59 Jim Mathis	WR56.4
F. Brown	1:06.7
M60-64 H. Brown	AR1:00.1
M75-79 M. Lightfoot	1:21.9*
M. Flachs	1:25.1

800m run	
M30-34 K. Whitsett	2:02
S. Harrison	2:03
J. Watry	2:08
F. Hervet	2:09
M35-39 M. Lutz	2:51
J. Fieldhausen	2:06
R. Weinhandl	2:19
F35-39 L. Rewelinski	2:54
M40-44 S. Falck-Pederson	2:06
Stan Mathis	2:08.8
D. Fish	2:11.8
A. Posner	2:21.1
D. Stoddard	2:22.1
M45-49 N. Papas	2:15.6
S. Addink	2:30.8
M50-54 J. Streety	2:20.4
T. Evans	2:23.3
T. Nuccio	2:36.1
J. Robinson	2:43.5
R. Premo	3:01.6
M55-59 B. Urdinias	2:11.6

1500m run	
M30-34 D. Kennedy	4:22.1
F. Hervet	4:55.2
M35-39 T. Detzner	4:56.9
M45-49 P. Perry	4:30.5*
F. Davis	4:31.4*
N. Papas	4:42.3
S. Addink	5:20.9
J. Gulley	6:32.2
M50-54 J. Robinson	5:36.1
R. Premo	6:57.4
M65-69 G. Rasch	6:48.6

3000m run	
M30-34 J. Williams	9:05.1
D. Copper	9:21.2
M40-44 A. Posner	10:02.3
R. Harnish	10:12.1
J. Miller	11:09.0
M45-49 V. Heckler	9:24.6
F. Davis	9:25.2
N. Papas	10:02
J. Gulley	13:26.4
M50-54 J. Robinson	11:09
M65-69 G. Rasch	13:57.6

1500m racewalk	
M40-44 D. Easterlund	7:21.
M45-49 D. Mowler	7:38.1
F. Weibel	8:16.7
M50-54 J. Elvarner	9:12.1
R. Premo	9:45.3
F50-54 P. Gadiant	9:25.6
F55-59 J. Decker (1 mi)	9:42.0*
M65-69 L. Reistroffer	9:15.4
M70-74 B. Tallmadge	9:30.8

3000m racewalk	
M40-44 D. Easterlund	15:43.3
M45-49 F. Weibel	17:25.1
M50-54 J. Elvarner	15:45.2
R. Premo	20:36.1
F50-54 P. Gadiant	19:27.6
M55-59 F. Brown	17:17.2
M65-69 L. Reistroffer	19:27.4
M70-74 B. Tallmadge	dq
M50-54 P. Stopoulos	17:44*
L. Stopoulos	17:4*
F50-54 D. Smith	7:3*
M55-59 J. Peterson	15:6*
R. Richardson	15:3*
M60-64 B. Ackerman	15:83/4**
D. Sibigtroth	12:44*

long jump	
M30-34 J. Watry	19'3"
M40-44 W. Ewing	15'4 1/2"
F40-44 M. L. Platis	14'10"
H. Gordon	17'10"
D. Besich	15'8 1/2"
F45-49 P. Danielson	13'3 1/2"
shot put	
M30-34 C. Gilliam	44'3"
B. Hartmann	39'10 1/2"
J. Watry	34'6"
M35-39 P. Burns	45'2 1/2"
F35-39 M. Hartmann	15'10 1/2"
M40-44 R. Harvey	39'5"
B. Schooler	32'6"
F40-44 M. L. Platis	22' 1/2"
N. Hamilton	19'1"
M45-49 C. Kiehm	33'11"
John Hess	31'7"
L. Slick	29'10"

M50-54 E. Schmidt	33'5 1/2"
G. LaBelle	34'11"
F50-54 D. Smith	15'10"

M65-69 J. Platis	16'10 1/2"
F65-69 F. Berry	8'11 1/2"
M75-79 M. Lightfoot	11'

triple jump	
M40-44 J. Meisner	36'23/4"
W. Ewing	31'63/4"
F40-44 M. L. Platis	27'10 1/2"
M45-49 H. Gordon	35'11 1/2"
M50-54 P. Stopoulos	32'5 1/2"
G. LaBelle	28'3 1/2"
M55-59 J. Peterson	32'23/4**
F. Brown	29'5 1/2"
M60-64 B. Ackerman	30'10"
M65-69 J. Platis	33'6"

pole vault	
M30-34 C. Barnard	13'
J. Oksas	12'
M35-39 J. Anderson	14'2"
R. Suiter	13'
M45-49 M. Norberg	11'
M55-59 F. Brown	9'
J. Peterson	7'6"
M60-64 T. Hinkes	10'
B. Ackerman	8'
M75-79 M. Lightfoot	6'

high jump	
M30-34 J. Watry	5'11"
M40-44 J. Meisner	5'9 1/2"
B. Schooler	5'4"
M50-54 F. Smith	5'2"
T. Langenfeld	5'2"
C. Townsend	4'8"
G. LaBelle	4'4"
M55-59 R. Richardson	5'6"
J. Peterson	4'4"
M60-64 E. Hess	4'10"
B. Ackerman	4'6"
M65-69 J. Platis	4'8"
M70-74 W. Ragland	4'1"
M75-79 M. Lightfoot	3'6"

World record - wr	
American record - ar	
US all American - *	

Phoenix T.C.
Spring Masters Series
Phoenix, AZ
March 18

100	
M30 Burrell Bender	11.5
Timothy Netson	12.2
Link Nunsuch	12.5
M40 Jerry Griffin	13.1
M45 Jeff Loubet	12.6
George Davies	13.4
M60 LouAnn Bolick	14.1
M30 Norb Wedepohl	12.4
Melvin Moore	13.7
Andy Almaraz	14.1

Continued from previous page

W40 S Carey	2:20.9	
A McDonald	2:24.1	
J Perry	2:25.8	
W45 K Yewer	2:30.5	
D Fellows	2:32.8	
T Woodham	2:54.4	
W50 B Matley	2:47.2	
1500m		
M40 P Browne	4:09.3	
R Bell	4:11.4	
J Campbell	4:16.8	
M45 J Potts	4:25.0	
B Mackay	4:42.5	
J Hodge	4:44.0	
M50 J McNamara	4:26.7	
S James	4:28.2	
R Checkley	4:39.1	
M55 I Barnes	4:38.9	
B Bullen	4:46.5	
A Hughes	4:38.9	
M60 H Tempan	4:49.7	
R Ellis	5:04.5	
C Simpson	5:16.5	
M65 R Hall	5:45.4	
M70 D Evers	5:40.3	
B Brierley	5:52.7	
T Rawlinson	6:56.7	
W35 J Pearson	4:46.3	
A Smith	4:56.3	
M O'Mahoney	4:58.5	
W40 C Parker	5:07.6	
S Cawkwell	5:32.2	
M Kibble	6:43.0	
W45 E Statham	WR4:57.0	
M Farish	5:20.1	
I Hornsey	5:25.5	
W60 J Ross	WR5:59.7	
3000m		
M40 P Duhig	8:44.2	
P Moon	8:47.1	
J Fry	8:47.8	
M45 M Martin	9:01.7	
P Sawbridge	9:20.6	
D Collins	9:23.0	
M50 L Presland	WR8:58.8	
J McNamara	9:15.0	
S James	9:23.6	
M55 I Barnes	9:57.4	
E Appleby	10:01.8	
N Judge	10:16.5	
M60 L Forster	10:19.9	
H Tempan	10:37.6	
R Franklin	11:08.3	
M65 J Fraser	11:04.1	
R Hale	11:53.4	
W35 S Weatherburn	10:26.1	
C Dowling	10:44.7	
C Rollason	10:56.8	
W40 J Stevenson	10:18.6	
C Brownsey	13:32.1	
W45 D Fellows	10:41.0	
T Woodham	11:34.4	
J Bryan	11:50.5	
W50 B Cook	11:51.2	
W60 J Ross	WR12:33.3	
60mH		
M40 L Bovell	9.0	
T Lewis	9.1	
T Wells	9.1	
M45 S Brooks	9.2	
B Ferguson	9.4	
B Charles	10.8	
M50 T Mackay	10.2	
A Carter	11.1	
B Ariss	11.4	
M55 C Shafto	9.7	
G Daborn	11.0	
J Phillips	11.2	
M60 I Steedman	10.5	
A Woods	10.6	
L Williams	10.8	
W40 J Wells	9.8	
J Parry	10.3	
M Wainwright	12.0	
W45 P McNab	10.2	
J Charles	11.1	
I Marti	11.9	
W50 J Hulls	11.0	
W60 H Farmer	12.3	
4x200m Relay Men		
R Sutton Coldfield	1:40.0	
Aberdeen	1:41.2	
TVH	1:44.3	
4x200m Relay Women		
Bromley Ladies	2:00.7	
Aldershot Farnham	2:05.6	
Birchfield Harriers	2:05.7	
High Jump		
M40 J Fanning	1.80	
G Griffiths	1.80	
M James	1.70	
M45 G Jephcott	1.55	
B Cherry	1.45	
C Green	1.45	
M50 M Watson	1.50	
T Mackay	1.45	
A Carter	1.25	
M55 C Shafto	1.40	
P Oakeshott	1.35	
G Hickey	1.35	
M60 A Woods	1.35	
M65 L Williams	1.30	
W35 N Thompson	1.45	
V Thompson	1.40	
W40 M Williams	1.30	
W45 I Marti	1.30	
J Charles	1.25	
C Morris	1.20	

Pole Vault		
M40 G Sutton	3.81	
T Lewis	3.60	
S Fitzpatrick	3.50	
M45 G Benson	3.60	
M50 T Mackay	3.20	
M55 B Brown	3.50	
J Day	3.00	
P Furguson	2.60	
M60 B Thomas	2.60	

Long Jump		
M40 M James	6.61	
J Charlton	5.88	
J Gelder	5.78	

M45 P Duckers	5.76	
S Brooks	5.57	
C Green	5.48	
M50 F Taylor	5.48	
P Pye	4.75	
A Carter	4.44	
M55 D Burton	5.34	
B Brown	5.22	
J Oulton	4.76	
M60 A Kalirai	4.68	
J Cross	4.67	
B Laidler	4.01	
M65 A Lovatt	4.01	
P Nunn	3.97	
D Dickson	3.70	
M70 H Goodman	2.53	
M75 L Watson	3.71	
W35 J Pearson	5.22	
N Thompson	4.59	
E McMahon	4.26	
W40 J Willis	4.73	
A LePlongeon	4.43	
M Walter	3.94	
W45 J Charles	4.41	
I Marti	4.28	
S Wood	4.05	
W50 C Graham	4.07	
B Colwell	4.06	
W60 H Farmer	3.32	
W65 M Wixey	2.91	

Triple Jump		
M45 A Cheers	10.88	
C Green	10.81	
G Jephcott	10.71	
M50 A Carter	9.08	
M55 J Phillips	9.74	
B Brown	9.21	
W40 R Hinds	7.97	
W45 J Charles	WR8.64	
W65 M Wixey	6.21	

Shot Put		
M40 M Winch	15.06	
N Griffin	13.68	
W Renshaw	12.07	
M45 J Scott	13.11	
E Barker	12.36	
M Jones	10.83	
M50 J Walters	13.02	
t Mackay	11.61	
B Summer	10.52	
M55 G Hickey	12.10	
B Strange	11.00	
I Buckley	10.80	
M60 J Watson	11.88	
A Woods	10.72	
B Laidler	8.42	

M65 J Gercs	9.57	
T Henderson	7.61	
M70 R Spikes	8.46	
W35 V Thompson	10.53	
G Hockerday	6.99	
W40 B Terry	10.64	
M Wainwright	7.82	
W50 J Hulls	8.32	
W60 J Ogden	8.48	
H Farmer	6.79	
W65 M Wixey	5.31	

3000m Racewalk		
M40 B Care	WR13:07.9	
B Adams	13:13.2	
S Maidment	14:30.2	
M45 D Young	16:05.9	
L Scrivens	16:12.3	
M50 D Stevens	14:46.0	
D Mace	16:41.0	
F Pearce	17:17.0	
M55 J Dunsford	16:18.5	
M60 D Withers	17:08.6	
T Simons	17:43.3	
M65 L Creo	16:35.6	
M70 G Mitchell	18:54.4	
A Poole	20:46.8	
W35 C Reader	WR16:25.4	
W45 C Beam	17:09.3	
S Haynes	19:33.9	
J Colman	20:07.2	
W55 P Horwill	18:27.7	
W60 R Scott	19:49.3	



LONG DISTANCE RESULTS

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

EAST

NYRRC Snowflake 4 Mile
Central Park, NYC
February 25

Overall		
Don DiDonato	20:08	
Lisa Vaill	22:38	
M40 William Hart	22:39	
Duncan Milne	22:51	
Marc Hildebrand	23:08	
M45 Sam Skinner	23:58	
Tom Moore	23:59	
Jim Weber	24:45	
M50 Sid Howard	23:35	
Dan Jacobs	27:29	
Mike Frankfurt	27:40	
M55 Ruben Cordon	25:47	
Rudy Benoit	26:59	
Harry Nasse	27:56	
M60 Bill Fortune	24:44	
Hector Pacheco	26:39	
George Thompson	26:42	
M65 John McManus	27:37	
Stan Edelman	29:54	
Tom Gibbons	30:39	
M70+Vince Carnevale	31:07	
Wilfredo Rios	34:18	
Charles Feldman	35:44	

Racewalkers		
2 Gary Null 45	32:20	
W40 Kathy McIntyre	24:37	
Christine Grenning	25:22	
Sylvie Kimche	25:50	
W45 Meeri Bodellid	25:04	
Marilyn Greeley	26:48	
Jessie-Lea Hayes	27:49	
W50 C G Garino	30:31	
May Chou	30:33	
K Knight-Perry	32:58	
W55 M N Logan	38:58	
P A Magnuson	40:50	
Linda Scharer	42:18	
W60 Aslaug Tomas	35:40	
Jozi Neulinger	42:58	
Elaine Hauser	45:06	
W70+Althea Jureidini	42:49	

Racewalkers		
2 Elton Richardson	51:40:23	
3 Shelly Nerenberg	36:48:12	
Finishers: 793m; 438w. Snow		
flurries, 24F, w 24 mph		

NYRRC Central Park 5 Mile
Central Park, NYC
March 4

Overall		
Glen Morgan 19	25:48	
Marge Demarrais 26	30:27	
M40 Mike Wilson	28:33	
Douglas Broder	29:31	
Ahmed Mead	29:33	
M45 Tom Moore	29:54	
J F O'Connor	30:38	
R A Bordonaba	30:40	
M50 N L Goluskin	31:44	
Charles McDermott	33:54	
Dan Jacobs	33:56	
M55 Cliff Gerenz	31:02	
Frank Dudley	31:36	
Stuart Witt	32:34	
M60 Bill Fortune	30:18	
G G Thompson	32:48	
Richard Attilio	34:08	
M65 John McManus	33:27	
William Coyne	34:56	
Tom Gibbons	36:28	
M70 Vince Carnevale	37:16	
Wilfredo Rios	41:35	
Charles Feldman	42:02	

Racewalkers		
2 Gary Null 45	39:23	
3 Nicholas Bdera	43:53	
W40 Sylvie Kimche	32:21	
Irene Jackson	33:22	
Ann Davies	34:05	
W45 Carol Johnston	33:43	
Marjorie Kos	37:47	
A M Kunz	38:08	
W50 Lucinda Clark	35:31	
May Chou	37:59	
Joan Bondell	38:35	
W55 Bunny Franco	38:59	
M M Logan	46:34	
Annie Zinker	49:35	
W60 Aslaug Tomas	43:49	
Lya Kilian	46:32	
Barbara Beck	49:58	
W70+Mayme Bdera	67:35	

Racewalkers

1 Janice Sztabnik	3146:02	
2 E Richardson	51 49:20	
3 L A Bishop	31 49:24	
Finishers: 806m; 420w.		
24 F, 40% h, w 14 mph		

NYRRC Brooklyn Half-Marathon, Prospect Park, Brooklyn, NYC
March 11

Overall		
James Shields 31	1:09:11	
Alicia Moss 28	1:17:23	
M40 Edgar Sandoval	1:17:21	
Art Linden	1:18:23	
Douglass Clark	1:18:24	
M45 Joseph Cote	1:18:57	
Pat Cosgrove	1:21:44	
Dan Hammer	1:22:05	
M50 Gabriel Bernal	1:17:48	
Roman Ruiz	1:21:49	
Joseph Di Iorio	1:25:54	
M55 Richard Murphy	1:23:58	
Ruben Cordon	1:25:02	
Cliff Gerenz	1:25:55	
M60 Ken Karcher	1:31:44	
Hector Pacheco	1:31:48	
Joe Burns	1:32:44	
M65 William Coyne	1:36:17	
Tom Gibbons	1:48:31	
Peter Diorio	1:54:16	
M70+Vince Carnevale	1:44:18	
Wilfredo Rios	1:56:42	

Racewalkers

2 Noe Chaves 47	1:53:23	
3 Richard Harper 40	2:05:14	
W40 Laurene James	1:27:31	
Deborah Adams	1:32:19	
Kathleen Horton	1:32:28	
W45 Rosemary Riccardi	1:44:07	
Mollie Spiegel	1:46:09	
Sandy Racklin	1:50:20	
W50 Zofia Turosz	1:30:29	
K Nitschelm	1:43:19	
Carmen Calle	1:43:58	
W55 Lisa Praskins	1:34:06	
Rosa Nales	1:43:45	
Wen-shi Yu	1:44:14	
W60 Aslaug Tomas	2:02:02	
Ethel Autorino	2:03:46	
Helena Close	2:13:57	
W70+Althea Jureidini	2:30:10	

Racewalkers

1 Elton Richardson	51:2:19:13	
2 Barbara Shapiro	432:48:15	
3 Elaine Smith 38	2:48:15	
Finishers: 1235m; 288w.		
Overcast, 45-55 F, 74% h		

NYRRC Mike Hannon 4 Mile/20 Mile
Central Park, NYC
March 25

--4 Mile--		
<u>Overall</u>		
	Pat Petersen 30	18:57
	Bea Huste 25	22:54
M40	Jay Hildebrand	22:10
	Marc Hildebrand	22:14
	Tom Mahon	23:02
M45	Joe Cote	22:45
	Tom Moore	23:42
	Jim Weber	23:58
M50	Alan Fairbrother	23:28
	Richard Wootton	23:58
	Alberto Ocampo	24:06
M55	Stuart Witt	25:57
	Ralph Perry	28:59
	Richard Shaffer	29:47
M60	George Thompson	26:08
	Albert Puma	28:47
	Jerry Maher	29:04
M65	Peter Harangozo	32:27
	Lewis Schachne	38:52
	Don Marks	41:53
M70	Peter Harangozo	32:27
	George Jaffe	33:37
	Jim Ottenberg	39:59

Continued from previous page

Lucky Four Leaf Clover 4 Mile Ormond Beach, FL March 17

Overall

Brent McLain	24	20:49
Carol Hansen	35	28:03
M35 Ed Millaire		24:11
M40 David Lawson		23:20
M45 Dick Perrin		23:45
M50 Don Magyari		25:27
M55 Tony Manduca		32:29
M60 Bill Jones		33:38
M70 John Evans		30:33
M40 Rose Meganck		32:57
M45 Carol Lager		33:06
M50 Dot Mitchell		37:03
M55 Terry Bertolami		42:58

Myrtle Beach 10K Classic Myrtle Beach, SC March 24

M40-44		
Bob Schlaw	42 SC	31:13
Oliver Marshall	40 SC	34:28
Bill White	40 NC	35:09
M45-49		
Barry Brown	45 FL	32:13
Mickey Lackey	45 NC	36:27
Terry VanNatta	45	36:35
M50-54		
Gerald Tilley	52 NC	40:30
Jack Lucas	53 NC	42:55
John Gozack	50 NC	43:31
M55-59		
Jim Thomas	58 GA	40:57
Jimmy Davis	55 NC	41:51
John Shoemaker	59 NC	42:39
M60-64		
Herb Chisholm	63 VA	39:33
Dick Benson	60	40:48
Ed Hamilton	61 NC	45:45
M65-69		
Charles Dotson	67 NC	44:48
Roger Gill		48:45
John Harper	65 WV	53:12
M70+		
Samuel McNeely	74 LA	48:42

M40-44		
Linda Banning	41 SC	39:06
Anne Mansfield	40	40:04
Patricia Tevares	40	42:42
M45-49		
Pat Johnson	45 NC	55:36
Judy McKee	47 NC	57:25
Terisita Kaguyu'n	45 NC	59:03
M50-54		
Susie Klutz	53 NC	44:57
Peggy Steckel	52 NC	63:58
M55-59		
Margarete Deckert	57 FL	44:57
Doris Snowden	57 KY	55:12
Dot Jones	56	65:12
M60-64		
Betty McNeely	64 LA	51:59

Providence Day 5K Charlotte, NC April 7

Overall		
Pat Frederick	15:17.6	
Janice High	17:03.6	
M40 Larry Frederick	15:53.0	
Denny Guidry	NTA	
John Currie	NTA	
M45 M. O'Callagher	NTA	
Rick Edwards	NTA	
Alton Stewart	NTA	
M50 Alex Coffin	19:31.1	
Jack James	20:57.0	
Don DeVore	NTA	
M55+Frank Mason	NTA	
J.D. Wagner	NTA	
M40 Gyni Garner	25:12.8	
Susan Knost	27:47.1	
R. Forcucci	28:35.2	
M45 Jenny Givens	30:35.1	
Carolyn Foster	51:04.8	
Betty Foulks	51:07.5	

MIDWEST

Shamrock Shuffle 8K Chicago, IL March 11

Overall		
Mark Plaatjes	24:04	
Kathy Kubicki	29:36	
M40 Gary Barrett	26:26	
Darryl Johnson	26:59	
Craig Dean	28:07	
Carlos Flores	28:33	
Gary Garavaglia	28:42	
M45 John Lashbrook	28:27	
William McHarg	29:24	
Robert Stevens	29:42	
Leonard Caldeira	30:18	
David Schwerbrock	30:28	
M50 Edward Hernandez	29:27	
Ted Kohn	31:02	
John Quinton	31:19	
Robert Thompson	31:27	
Jon Adamson	31:43	

M55 Hal Higdon	30:11
Otto Volkman	31:03
Bob Hakes	33:33
Alex White	34:36
Richard Cumming	35:01
M60 Richard Lamer Mayer	33:58
Laurin Blasier	34:22
Joe Karasek	34:36
Francisco Collazo	36:45
Jarvis White	37:04
M65 Warren Utes	31:30
Felix Huerta	33:13
Bob McKeague	36:46
Harry Roberts	38:33
Ralph Bogan	41:45
M70 Alex Maximiac	46:34
Ed Campbell	51:58
Bernard Guttman	1:03:07
M75 John Williams	48:35
Kathleen Hennessey	31:42
M40 Nancy Rollins	31:52
Barbara Lies	34:12
Martha Wilkinson	34:22
Susan Melling	34:42
M45 Diane Moran	34:47
Sue Nebel	35:38
Ann Hanson	41:14
Barbara Kennedy	41:48
Barbara Blake	41:53
M50 Pat Pollack	37:56
Kay Golden	40:49
Nancy Delap	41:30
Ellen Noth	41:34
Janet Mezgolits	42:11
M55 Faith Walkwitz	36:55
Dorothy Koehler	40:48
Delores McCabe	42:31
Badonna Reingold	44:03
Carol Haller	47:57
M60 Cam Meyer	46:15
Helen Todd	47:59
Michiko Fisher	49:51
Teresa Ramirez	50:59
Patricia Lavery	1:06:14
M65 Katy Merrick	53:15
Wanda Weiss	1:04:26
M70 Algene Williams	45:38
M75 Lena Strickland	1:30:01
M80 Carol Stream	53:41



YMCA Midwest Masters Classic VIII 8K Omaha, NE March 31

M35 Mike Boone	26:34
Steve Thomson	26:45
David Kaminski	26:57
Topper Powers	27:16
Ken Doss	28:11
M40 Gary Julin	27:47
Jan Brusso	28:58
Mike Huggenberger	29:00
Ron Olsen	29:19
Harvey Kunz	30:13
M45 Wendell Oderkirk	28:17
Bruce Hopkins	29:37
William Pilant	29:50
Bill Monahan	29:53
Lucky Gerry	30:24
M45 Ronn Baker	28:14
Paul Saggau	31:40
Cyrus Huffman	31:44
Peter Advers	33:00
Jack Heidel	33:14
M55 Bob Holmberg	32:12
Leonard Fuxa, Jr.	32:40
John Mordeson	34:32
Elbert Reed	36:04
George King	37:50
M60 Harold Hultquist	38:10
Leonard Vavra	39:34
Rex Earl	41:59
Jesse Delgado	42:20
M65 Richard Orr	37:59
Clarence Osborn	37:27
M70 Robert Grissom	43:00
Ray McGuire	NT
M80 Judy Weisel	29:44
Barbara Baltzell	32:47
Kathy Schuelke	33:27
Valerie Oertli	33:50
Susan Smith	34:08
M40 Jane Martin-Hoffman	36:14
Percee Molden	37:28
Mary Durow	37:58
Paula Howard	40:47
Charlotta Catlin	42:46
M45 M. C. Belitz	36:05
Percy Madison	36:46
Sylvia Wiegand	37:06
Naomi Johnson	39:42
Barbara Manning	40:15
M50 Judy Schram	41:36
Virginia Goecker	43:45
Elaine Gardner	49:46
Renee Nelson	50:24
Connie Foley	52:53
M55 Reva Stack	49:11
Alma Smiddy	1:01:15
Paula Albert	1:01:45
M65 Betty Osborn	54:23

WEST

Las Vegas Marathon February 3

Overall

Alfredo Rosas	2:15:27
Christine Gibbons	2:39:35
M40 Fred Romkema	2:37:24
Jim Sopp	2:37:57
Hayden Smith	2:39:27
Ray Lobato	2:42:51
Jim Poliard	2:47:37
M45 Larry Ingram	2:35:59
Peter Stern	2:36:14
Michael Mahler	2:38:08
Philip Wright	2:39:50
Ernst Boer	2:43:00
M50 Ron Rohrer	2:46:57
Bill Radzelovage	2:52:37
Jim Way	2:54:02
Sonny Munoz	3:00:10
Alfred Lawrence	3:08:16
M55 Jim Smedema	2:56:06
Jim Schielsen	3:03:31
Walt Wozniak	3:03:56
Harry Katzan	3:10:55
Adrian Gonzales	3:11:55
M60 Pete Petrcek	3:06:16
Ruben Vigil	3:17:41
Marvin Powers	3:19:21
Bob Belt	3:26:35
Raymon Wright	3:31:40
M65 Albert Nakata	3:35:36
Joe Cusic	3:35:46
Tom Edwards	3:43:46
Bob Berzin	3:48:24
Alonzo Monk	3:51:30
F35 Mary Ryner	2:51:40
Kim Swayze	3:00:30
Lorraine Gerslitz	3:02:41
Donna Pierson	3:13:10
Sharon O'Connor	3:16:19
F40 Janice Kreuz	3:00:06
Marizita Stormscoe	3:00:45
Kathy Pycior	3:30:06
Diane Thompson	3:31:28
Goel Jones	3:42:46
F45 Margie Lindsey	3:06:31
Elizabeth Sobo	3:26:13
Mary Toms	3:37:25
Linda Harve	3:42:48
Ellen Nitz	3:50:47
F50 Frances Steinfeld	3:24:13
Dixie Madsen	3:29:10
F55 Irene Olberz	3:19:48

Los Angeles Marathon March 4

M40		
1. John Campbell	02:20:15	
2. Artemio Navarro	02:20:57	
3. Ryszard Marczak	02:22:01	
4. Mario Cuevas	02:30:35	
5. Jussi Hamalainen	02:32:36	
6. Rick Reimer	02:33:48	
7. Phil Grant	02:37:16	
8. Mark Graves	02:37:42	
9. Raul Pineda Molina	02:38:10	
10. Dennis Bock	02:38:31	
11. David Cardenas	02:40:38	
12. Juan Ferla	02:40:51	
13. Fred Ortega	02:41:50	
14. Rudy Manneert	02:42:43	
15. Warwick Lightbourn	02:44:29	
16. Gianni Carpani	02:44:43	
17. Michael Montano	02:44:59	
18. Frank Gampetro	02:45:40	
19. Ken Layton	02:46:09	
20. Pablo Drobny	02:46:45	
21. Mark Hemphill	02:47:02	
22. Mickey Depalo	02:47:17	
23. Adolfo Molasco	02:48:06	
24. Carlos Ruiz	02:48:32	
25. Don Mathieu	02:49:19	
26. Rick Magin	02:49:50	
27. Joseph Banach	02:50:03	
28. Robert Pank	02:52:06	
29. John McAndrew	02:52:14	
30. Pastro Luna	02:53:28	
31. Jose Verdin	02:53:33	
32. Tamrat Beyene	02:54:14	
33. Roberto Perez	02:54:29	
34. John Maher	02:54:53	
35. William McWelly	02:54:57	
36. John Peglau	02:55:16	
37. Joe Alvarado Jr	02:55:30	
38. Ernesto Davila	02:56:01	
39. Ozzie Cavazos	02:56:45	
40. Agustín Medina Jr	02:57:35	
41. Gustavo Gonzalez	02:58:26	
42. Russ Allen	02:58:28	
43. Terry Camack	02:58:36	
44. Edson Sanches	02:58:37	
45. Bob Cross	02:58:38	
46. Ken Lawlor	02:58:46	
47. Alphonzo Jackson	02:58:51	
48. Bob Milam	02:59:04	
49. Richard Molly	02:59:23	
50. Roy Pirrung	02:59:46	
51. Gheorghe Tancu	02:59:55	
52. Jack Boyster	03:00:04	
53. Jeffrey Mintz	03:00:19	

54. Larry Huffman	03:01:31
55. Faustino Campos	03:01:40
56. Robert Letter	03:01:40
57. Guillermo Gomez	03:01:51
58. Michael Nash	03:01:56
59. Baldomero Bermudez	03:02:10
60. Alfred White	03:02:18
61. Tom Steiger	03:02:32
62. Michael Stark	03:02:54
63. Gil Peters	03:03:00
64. Albert Esquivel	03:03:23
65. Arturo Ramirez	03:03:55
66. Juan Cueva	03:04:07
67. Jim Schraefel	03:04:11
68. Thomas Berry	03:04:25
69. Guy Bante	03:04:45

M45

1. Robert Nelson	02:34:30
2. Julian Barrera	02:40:08
3. Javier Jardines	02:40:43
4. Robert Beach	02:41:45
5. Michael Mahler	02:44:31
6. Samuel Skinner	02:46:04
7. Stuart Edleson	02:49:12
8. Jim Wisener	02:50:02
9. Dan Ashline	02:50:57
10. Echo Edmonson	02:52:25
11. Bob McGeough	02:52:50
12. Manuel Rojas	02:53:11
13. Donald Gillman	02:53:54
14. Richard Milsted	02:53:57
15. Robert Smith	02:56:37
16. Gil Martinez	02:56:50
17. Joe Gasmann	02:56:57
18. Denis Trafecanty	02:57:12
19. Ismael Maldonado	02:58:29
20. William Cortez	02:58:32
21. Clark Morgan	03:01:18
22. Wayne Mitchell	03:01:23
23. Wilfried Bechtel	03:01:38
24. Freddie Perez	03:03:15
25. Doris Sanders	03:03:30
26. Hal Goforth Jr	03:04:45
27. David Holland	03:06:02
28. James Davis	03:06:12
29. Chris Carlson	03:06:58
30. Lynn Borland	03:07:58
31. Roberto Hernandez	03:08:12
32. Jay Christie	03:08:31
33. Richard Rious	03:08:39
34. Big Foot Wells	03:08:54
35. Doroteo Venegas	03:09:12
36. Ronald Cote	03:09:15
37. John Magin	03:09:16
38. Kenneth Hart	03:09:23
39. Jeffrey Kudsk	03:09:24
40. Alfonso Garcia Es	03:09:51
41. George Nevitt	03:10:17
42. Reg Price	03:10:22
43. Salvador Torres	03:10:30
44. Russell Schuh	03:10:35
45. James Furnish	03:10:54
46. Roberto Gonzalez	03:11:29
47. Bill Demucci	03:11:49
48. Ray Wilson	03:12:06
49. Terry Schwarz	03:12:27
50. Robert Yuhaz	03:12:34

M50

1. Eloy Lozada	02:28:26
2. Jose Torres	02:39:18
3. Carlos Valle	02:49:16
4. Akira Amakasu	02:50:49
5. Ron Wavarrette	02:54:10
6. Raymond Marama	02:55:57
7. Val Wiethorn	02:57:52
8. Miguel Covarrubli	02:58:02
9. Andre Tocco	02:58:32
10. Karlheinz Filiberli	02:58:37
11. John Lehmann	02:58:45
12. Richard Jackson	03:01:03
13. Ted Alarcon	03:04:24
14. Larry Bernero	03:05:32
15. David Whitten	03:07:41
16. James Scott	03:10:10
17. Stan Ramsey	03:11:36
18. William Skieresz	03:12:07
19. Federico Novoa	03:12:33
20. Leo Marquez	03:12:48
21. Salvador Munoz Fei	03:13:54
22. Claude Bruni	03:14:26
23. Gaston Brain	03:14:41
24. Rafael Alvarez	03:16:50
25. Edward Lujan	03:17:56
26. Ron Reedy	03:18:34
27. Jerry Stearns	03:19:21
28. Robert Kayyem	03:19:50
29. Ronald Ruiz	03:20:05
30. Frank Russo	03:20:15
31. Ronald Strader	03:21:01
32. Ron Kobrine	03:21:03
33. Ralph Smith	03:21:26
34. Donald Martley	03:21:28
35. Phil Porretta	03:21:30
36. Reul Chavez	03:22:18

Continued from previous page

Maui Marathon Maui, HI March 11

Overall	
Gary Fanelli	2:31:09
Jeannie Urness	2:50:55
M40 Bengt Olofsson	2:47:33
M45 Jon Kunitake	3:03:29
M50 Eckhart Siegert	3:03:53
M55 Jim Rettick	3:47:01
M60 Giry Sakashita	4:56:14
M65 Gerald Horton	3:37:16
W40 Diane Ridgway	3:19:07
W45 Rita MacKubbin	3:34:06
W50 Yong Teruya	4:24:15
W60 Miki Horton	4:53:20

Carlsbad 5000 Masters Carlsbad, CA March 25

M40 Larry Almborg	14:46
Don Kardong	15:14
Tom Burnett	15:16
Frank Shorter	15:20
Steve Ferraz	15:29
M45 Mike Scott	15:54
Tom Burns	16:04
Don McCarthy	16:21
Peter Stern	16:21
Steve Dornish	16:29
M50 Sonny Monioz	17:20
Alan Wakeling	17:33
Francisco Saiz	17:44
Edwin Hagerman	17:52
Oscar Lumpkin	17:54
M55 Jim Temples	17:47
Jim McDade	18:27
Paul Saucedo	18:50
Warren Osborn	18:54
Marsh Haraden	18:56
M60 Gaylon Jorgensen	17:36
Jim O'Neil	18:27
Tracy Brown	19:58
Marcel Diraimon	20:48
Bob Holmes	21:23
M65 Graham Murray	22:06
Ross Speck	22:45
Louis Harris	23:22
Stanley Neufeld	23:36
George Cavill	23:50
M70 Donald Dilworth	21:26
Oscar Borgen	25:14
Hal Elrick	25:16
Walt Kustzing	25:20
Mack Crandall	30:30
M80 Paul Bernd	35:13
Alfred Miller	44:07
Andrew Channell	45:42
Oscar Dean	49:51
M85 Jacob Bishin	44:59
W40 Joni Shirley	18:26
Marilee Ramsay	18:30
Kerry Tabler	18:48
Christine Purkimm	19:38
Debbie Wilkinson	19:45
M45 Kathleen Looney	17:55
Kathryn Loper	19:19
Sadie Cartie	20:02
Diane Lucas	20:07
Ursula Rains	21:07
M50 Jeanne Hoagland	19:44
Eileen Pue	20:03
Judy Hagerman	20:33
Tami Graf	21:39
Barbara Camp	21:54
M55 Wilma Haddock	20:41
Caroline Murray	21:26
Aurora Mack	27:46
Elfriede Sarina	28:32
Gloria Gustafson	29:33
M60 Doris Gordon	26:23
Lupe Escamilla	29:06
Betty Roberts	30:11
Doris Block	35:45
Helen O'Brien	40:58
M65 Mary Story	23:33
Gerry Davidson	24:52
Anna Griffith	34:13
Viola Lazaro	38:37
Anne Ellwood	40:58

W70 Marie Stafford	27:37
Judy Simon	28:32
Marjorie Easton	28:13

Tom Sullivan 10K Torrance, CA March 18

Overall	
Harry Green	28:40
Tina Ljungberg	32:47
M40 Willie Osumner	34:09
Paul Marcel	34:21
Terry Martin	35:01
Ben Wilson	36:48
Bill Belding	36:58
M45 Don McCarthy	34:51
Michael Mahler	35:19
Ken Desmet	35:33
Jim Malone	37:06
Wayne Mitchell	37:42
M50 Sonny Monioz	36:39
Luis Gorodo	37:49
Raoul de la Sota	39:03
Ray Hughes	39:16
Arnold Way	40:29
M55 John Rudberg	39:26
Bob Rice	40:56
John Ghni	41:10
David Burgess	41:32
Paul Liota	41:32
M60 Jim O'Neil	37:50
Hal Sullivan	43:30
Bill Stowell	44:15
Ellis Revness	45:09
Milo Sather	45:21
M65 Maury Kelliher	50:19
Bob Page	50:25
Stanley Neufeld	50:43
Walter Meyer	52:28
John Nino	52:38
M70 Eddie Lewin	45:28
Dutch Benedetti	50:03
Demetrio Miller	50:06
Eddie Simon	51:59
John Hales	53:48
M40 Tresa Schmidt	41:22
Cheryl Carnall	42:12
Terry Goodreau	42:29
Lisa Allen	42:37
Sue Reinhardt	43:24
M45 Judy Kewley	43:20
Rita Wilman	45:55
Carol Dougherty	47:01
Sylvia Macmahon	47:12
W50 Gina Faust	39:11
Deborah Brown	46:25
Shirley Blush	48:34
Lorraine Seidmeyer	49:37
Barbara Camp	50:39
M55 Irene Olberz	44:21
Miyu Fujimori	53:06
Pat Debeaver	57:38
Pam Baker	58:34
Brita Gromer	1:00:50
M60 Margaret Miller	48:09
Pat Burschinger	1:03:26
Betty Keel	1:04:29
Bertha Shimazu	1:11:54
Leonore Rebeschini	1:15:16
M65 Helen Dick	47:16
M70 Sarah London	1:16:05
Thelma Anderson	1:18:50
Lucile Adney	1:21:46

NORTHWEST

Snake River Half-Marathon/ Marathon Wawawai, ID March 4

Half-Marathon--	
Overall	
Tracy Harris 30	1:09:11
Karen Green 29	1:27:17
M40 Lawton Fox	1:23:21
M50 Robert Ruggeri	1:23:02

M60 Ed Kelly	1:47:12
W30 K Kinkade-Schall	1:33:06
W40 Connie Robinson	1:32:21
W50 Madonna Buder	1:42:33
W60 Maureen Schmah	2:37:30

--Marathon--

Overall	
Paul Johnson 41	2:53:35
Lynnae Stevens 22	3:53:35
M40 Charles Ferguson	2:59:13
M50 Bill Misner	3:12:55
M60 Bob Dolphin	3:08:57
W30 Margaret Allen	4:08:42
W40 Donnalee Bain	2:33:08
Susan Hale	2:36:58
Mary Spera	2:38:54
W45 Rosemary Riccardi	2:43:30
Linda Kelley	2:47:58
Vicki Baum	2:56:09
W50 Amparo Lalle	2:19:11
Wen-Shi Yu	2:34:34
Marlene Tortora	2:36:09
W60 Ethel Autorino	3:09:42
Aslaug Tomas	3:20:31
W70+Althea Jureidini	4:03:08

Northwest Masters 15K Seattle, WA March 17

Overall	
Philip Welch 40	51:22
Judy Groombridge 50	1:11:51
M40 Don Frame	52:12
Paul Ehrlich	57:48
Greg Wimmennauer	58:42
M45 Paul Bernstein	57:29
Steve Moe	58:51
David Greaves	1:03:39
M50 Bob Langenbach	60:34
Al Huff	60:41
Howard Puppe	1:10:13
M55 L B Katter	1:07:45
M60 Richard Goen	1:10:17
M65 L Laughlin	1:21:46
W40 Diane Gratland	1:12:30
Karyl Landes	1:21:37
Anne Wimmennauer	1:28:42

INTERNATIONAL

British Veterans Athletic Federation Cross-Country Championships Wormwood Scrubbs, West London, March 11

(7 miles; M70 & W35+ 3 1/2 miles)

M40 Peter Banks	36:45
Tony Ross	36:52
Alan Whitfield	37:04
M45 Brian Booth	38:51
John Davies	39:02
Martin Duff	39:11
M50 Les Presland	38:46
Steve James	38:54
Tecwyn Davies	39:29
M55 Ron Gomez	40:41
M60 Laurie Forster	44:12
M65 John Fraser	46:44
M70 Denis Evers	24:25
M75 Peter Frean	nta
M85 Chalky White	nta
W35 Paula Fudge	20:20
Ann Ford	20:29
Celia Duncan	20:59
W40 Pat Gallagher	21:14
Margaret Beecham	21:50
Linda Cliff	22:15
W45 Dot Fellows	21:41
W50 Joyce Smith	21:58
W55 Lola Small	25:07
W60 Joselyn Ross	26:16

13th Ballycotton 10-Mile Run County Cork, Ireland March 11

Overall	
John Griffin	48:29
Connie Kelly	56:44
M40 Alan Carroll	53:34
Michael Roche	53:52
John Buckley	54:05
M45 Michael Neville	53:38
T J O'Loughlin	54:58
George Walsh	55:20
M50 George Blackburn	54:59
John O'Leary	56:36
Basil Kennedy	63:08
M55 Flor O'Leary	59:30
William Neenan	60:28
David Murphy	62:16
M60 Patrick McHugh	73:34
Donal Kiely	76:20
W35 Emily Dowling	59:42
Brid Murphy	60:52
Marion Lyons	64:10
W40 Marie Morley	69:00
Nora Lennon	77:27
Lucille Chambers	79:47
M45 Mary Cronin	79:53
Ellis O'Reilly	80:58
Mary O'Sullivan	81:22
W50 Ann Woodlock	85:54
Pamela Buckley	99:55

RACE WALKING

Los Angeles Marathon Racewalk March 4

NAME	TIME	PAGE
(40-49)		
Men		
Wurzburger	4:26:13	10:09.1
Grant	4:43:24	10:48.5
Thorpe	4:46:08	10:54.7
Stotmore	4:57:58	11:21.8
Bazinot	5:16:51	12:05.0
Higginbotham	5:20:09	12:12.6
Martinez	5:38:52	12:55.4
Leitner	5:46:34	13:13.0
Bayne	6:00:11	13:44.2
Farinella	6:00:39	13:45.2
Burns	6:08:48	14:03.9
Miltunen	6:11:37	14:10.3
Horton	6:33:54	15:01.3
Torres	6:39.44	15:14.7
(50+)		
Stowers	4:36:25	10:32.5
Neder	4:37:15	10:34.4
Mimm	4:38:35	10:37.4
Calvert	4:42:09	10:45.6
Greiner	4:45:23	10:53.0
Stote	5:05:37	11:39.3
Rolle	5:06:23	11:41.1
Brush	5:21:32	12:15.7
Johnson	5:24:48	12:23.2
Tucker	5:48:57	13:18.5
McGrath	5:49:20	13:19.3
Barkan	5:51:35	13:24.5
Matlock	5:53:58	13:29.2
Bowen	5:58:59	13:41.4
Tanaka	6:02:27	13:49.4
Hughes	6:08:10	14:02.4
Jordan	6:19:54	14:29.3
Milgenstuhler	6:20:36	14:30.9
Unger	7:14:16	16:33.7
Women (40-49)		
Wientjes	5:23:04	12:19.2
Patrick	5:23:06	12:19.3
Barnwell	5:23:48	12:20.9
Sullivan	5:28:08	12:30.8
Rich	5:48:28	13:17.4
Zysman	5:54:02	13:30.1
Holder	5:55:26	13:33.3
Hoch	6:02:10	13:48.7
Piani	6:21:06	14:32.1
Hackley	6:22:14	14:34.6
Cowstall	6:53:05	15:45.2
McQuaid	7:10:37	16:25.3
(50+)		
Latham	4:47:18	10:57.4
Murray	5:29:53	12:34.8
Dreher	5:56:22	13:35.4
Cmelak	6:03:12	13:51.1
Robertson	6:37:44	15:10.1
Davis	6:37:59	15:10.7

1990 National Invitational Racewalk Washington, DC March 18

Men's 20K	
Overall	
Tim Lewis	1:28:05
M40 Alan Price	1:46:27
Ray Stauffer	2:01:24
M45 John Johnson	1:43:23
M50 Ray McKinnis	1:46:47
Paul Robertson	2:18:03
M60 Joe Lavenberg	2:10:12
M65 Robert Mimm	1:56:23
M70 Don Johnson	2:10:02
Masters Team	
(Shore AC - Mimm, Johnson Lavenberg)	6:16:48
Women's 10K	
Overall	
Teresa Vaill	46:21
W40 Dawn Shultz	1:03:52
Beth Alvarez	1:04:12
Anne McGrann	1:10:10
Phyllis Giberson	1:12:55
W50 Lois Dicker	46:21
Shiela Smith	1:01:27
Helen Hillman	1:07:37
Marsha Hartz	1:08:48
W60 Jacquelyn Battle	1:13:05
Lillie Stauffer	1:17:35
Masters Team	
(Potomac Valley - Dicker, Alvarez, Hillman)	3:15:36

St. Patrick's Day Walks Long Beach, CA March 11

20K Championships	
M40 Andy Smith	1:49:39
Ed Bouldin	1:54:16
Art Grant	1:58:49
Richard Nester	2:00:20
Rod George	2:21:40
M45 Larry Walker	1:33:50
Dave Snyder	1:55:52
Jesus Orendain	1:59:57
Ray Stuart	2:10:48
M50 Richard Oliver	1:54:35
Bill Neder	2:01:41
Ken Yoshihara	2:06:28
M55 Carl Acosta	1:59:48
Clyde Hatfield	2:05:03
Dale Duxbury	2:13:22
M60 Joe Weston	2:09:48
Mel Granttham	2:16:15
Rob Hendrickson	2:16:51
Buddy Matlock	2:36:22
M65 John Burns	2:13:25
Jorge Newbery	2:22:23
W40 Cathy Rehage	2:06:34
Donna Cunningham	2:13:04
Joy Bevilacqua	2:13:42
Veda Roubideaux	2:13:54
Linda Kroesen	2:19:38
Cheryl Kincaide	2:43:18
W45 S. Synal-Griffen	2:10:47
Donna Kennedy	2:12:11
Helen Palomo	2:18:54
Gigi Lewandowski	2:21:47
W50 Jill Latham	2:07:47
Nicki Noble	2:21:00
Shirley Capps	2:22:02
W60 Joann Beers	2:25:29
W65 Rose Kash	2:36:47

5K		
M50 Hap Chandler	30:57	
Robert Bernier	35:03	
Bob Davidson	35:25	
Bob Moritz	39:30	
M55 Chuck Almada	35:52	
W40 Lorraine Miller	31:45	
Aliece Bristol	35:23	
Valerie Hunt	38:37	
H. Manpearl	41:08	
W45 Jaye Horowitz	30:15	
Lucy Shoemaker	37:59	
W50 Lucia Moskal	37:23	
M55 Ria Marsh	33:53	
Betty Ayers	36:29	
W60 Lisa Borel	35:10	
J. Whiteman	47:36	
W65 Mary Rice	38:48	

Chase Your Elders 8K Run Howard County, MD March 17

		Hcp	Actual
		Time	Time
1	Chris Nugent	Open	59:07
2	Gretchen Triantos	"	1:01:56
3	Jeremy Fand	"	1:02:00
4	Bill Osburn	M65	1:02:13
5	John Noble	M50	1:02:21
6	Frank Fitzpatrick	M50	1:02:55
7	Ronnie Wong	M40	1:03:02
8	Daniel Blatt	Open	1:03:04
9	Jodie Bolt	"	1:03:37
10	Bobby Gessler	"	1:04:03

Continued from previous page

Natural Sport 5K Grand Prix Racewalks Tampa, FL March 31

M40	Edward Evors	31:31
	Allan Ingram	33:04
	Philip King	33:54
	Fred Dias	35:56
M45	Ron Daniel	25:54
	Paul Alvord	27:20
	Bill Halford	27:23
	Frederick Cichocki	28:20
	Robert Jennings, Jr.	30:08
M50	Bob Mitchell	32:23
	Dick Ford	33:01
	Mark Bricklin	33:53
	John Cameron	34:15
	Everett Finney	38:30
M55	Tom White	26:52
	James Wooten	33:24
	Tom Grey	34:04
M60	William Mathews	32:48
	Bob Nucci	33:03
	Elvin Schneid	40:46
M65	Sylvester Murray	36:04
	Hans Neumann	36:12
M75	Paul Geyer	32:27
	Baxter McClellan	46:46
M80	Sam Gadless	37:07
M40	Visha Sedlak	25:03
	Mary Lawnicki	31:31
	Shelley Cantor	32:03
	Christina Hunziker	33:22
	Marilyn Chute	34:24
M45	Anita Hermacn	30:00
	Vanessa Hilliard	30:22
	Verna Buchs	30:29
	Ann McLamb	34:37
	Kathy Rogowski	36:23
M50	Beth Young-Grady	32:05
	Anne Dann	33:30
	Aranka Palancz	35:34
	Judy Donn	36:12
	Connie Horan	36:13
M55	Joy Clingman	30:20
	Judie Mawlin	33:24
	Trudy Grey	37:44
	Nancy Grahill	40:46
	Cecile Williams	41:54
M60	Fritz Kawohl	40:48
	Marion Smith	41:14
	Doris Bennett	43:28
	Joan Dismont	43:35

M65	Marge Pritchard	39:09
	Blanche Waldman	40:10
	Nancy Mavila	41:34
	Myrtis McClellan	47:12
M70	Fern Heath	41:39
	Betty Galbraith	47:13
M75	Helen Sutter	36:26

EAST

Boston Marathon April 16

Overall		
Gelindo Bordin	ITA	2:08:19
Rose Mota	POR	2:25:23

M40-49		
John Campbell	NZ	2:11:04
Kjell Erik Stahl	SWE	2:16:19
Ryszard Marczak	POL	2:16:44
Mario Cuevas	MEX	2:17:30
Bill Rodgers	MA	2:20:46
Artemio Navarro	MEX	2:23:07
Luis Lopez	COS	2:25:30
Antonio Riscado	POR	2:29:50
Tom Bernard	NJ	2:31:27
Tom Carroll	MA	2:31:52

M50-59		
Raymond Swan	MA	2:40:12
Fay Bradley	DC	2:41:24
Michael Dumas	CA	2:41:30
Joe Burgasser	FL	2:42:06
Douglas Smith	LA	2:42:50
Ruben Cordon	NY	2:45:13
Ron Hill	GBR	2:45:22
Peter Jeffers	NY	2:45:48
Sten Odenblad	NY	2:46:09

M40-49		
Anne Roden	GBR	2:39:36
Chie Matsuda	JAP	2:42:14
Chr. Vahlensieck	FRG	2:42:18
Cesarino Taroni	ITA	2:46:32
Jane Hutchison	MO	2:47:55
Judith Hine	MA	2:49:30
Mary Wood	CO	2:51:09
Clau's Civarella	FL	2:52:09
Steph'e Barefoot	NZL	3:00:07
Jan McKeown	CT	3:00:32

M50-59		
Wen Shi Yu	NY	3:19:51
Joyce Gaskin	TX	3:25:40
Patty Delotto	NJ	3:35:46
Viola Phillips	CA	3:35:55
Sue Bastian	OR	3:36:49
Jill Mottus	MD	3:37:48
Bess Benetclaw	NM	3:39:14
Maureen Rogers	CAN	3:39:22
Barb Robinson	MA	3:39:40
Mae Palm	CAN	3:42:04

Unofficial Results



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52	Back Page	500	10"	13"	
52	Full Page	400	10"	13"	
39	1/4 Page	335	10"	9 1/4"	
			7 1/4"	13"	
26	1/2 Page	260	5"	13"	
			10"	6 1/4"	
13	1/4 Page	160	5"	6 1/4"	
			10"	3 1/4"	
7	1/8 Page	100	5"	3 1/4"	
			2 1/4"	6 1/4"	
3 1/2	1/16 Page	65	2 1/4"	3 1/4"	
1		30	2 1/4"	1"	

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The 10th of the month before date of issue.

9. CIRCULATION July 1989

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