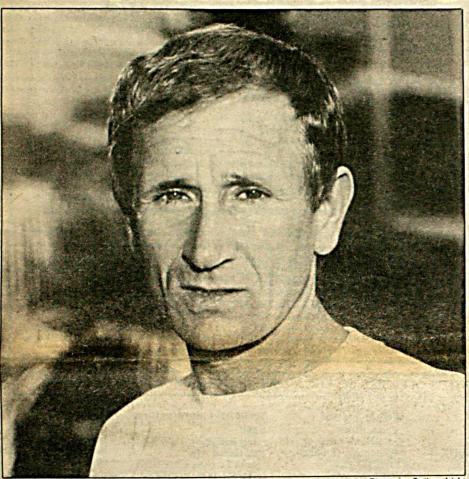
141st Issue May, 1990 \$2.25

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 [Continued on page 19]



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

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

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

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

Subscriptions: A one-year subscription (12 issues) is \$22.00 (mailed 2nd class). Add \$12 for 1st class (USA & Canada) or \$15 for foreign air mail. Please send all correspondence on subscriptions to NMN. P.O. Box 5185, Pasadena, CA 91107. 818/577-7233.

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

Postmaster: Send address changes to: National Masters News, P.O. Box 5185, Pasadena, CA 91107.

National Masters News, P.O. Box 2372, Van Nuys, CA 91404. Phone: 818/785-1895 Fax: 818/989-7118

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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 of on meet day at Franklin Field.
(Hospitality room will also be open on the morning of the meet)





Tentative Schedule of Events'

Throws

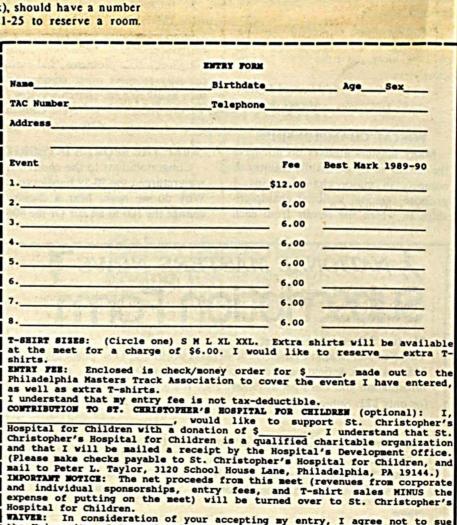
10:45 400m hurdles 11:00 300m hurdles 11:15 3000m run, men 40-59 11:35 3000m run, men 60+ and all women 12:00 110/100/80m hurdles 12:30 100m dash 1:25 1-mile run 2:20 400m dash 2:55 1-mile racewalk 3:15 800m run 4:00 200m dash 4:40 3000m run, men 30-39 4:55 4x400m relay 10:45 long jump, men 30-44 11:30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

Track

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.



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

(Dated)

(Signature)



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 Schlau 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 per-. sonality 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 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

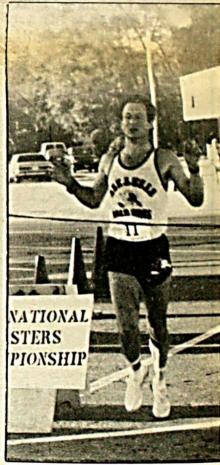
Each month, NMN publishes a list of "sustainers," those who help the National Masters News and masters athletics by making contributions. These extra funds allow us to publish more photos, deeper results, an indepth schedule section, and more.

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 Grace Butcher Doug Smith Joan & Mark Reiss H.E. Robst Robert Ruggeri Rod Smith Michael Davidson Louise Adams Richard Bowerman, Temple Terrace, FL Jonathan Toben

Wakefield, ME Chardon, OH Laguna Beach, CA Sacramento, CA Long Beach, CA Walla Walla, WA Battle Creek, MI Chicago, IL Boulder, CO Townshend, VT

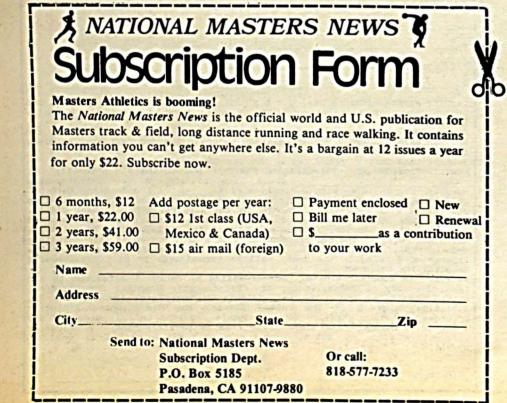


Randy Taylor, 42, of Arkansas, wins the 1989 TAC National Masters 5K Championships in DeLand, Fla., February 4, in 16:31.

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



Blue Cross and Blue Shield of Utah presents the:

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:

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

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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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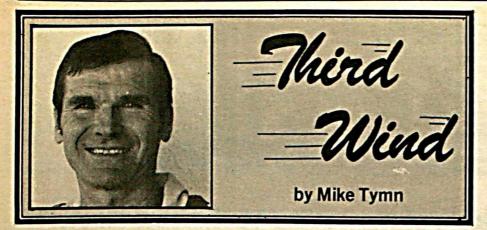
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KALL910 AM STEREO
SPORTS GUIDE







You Don't Get Two Finishing Kicks

A fter 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

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

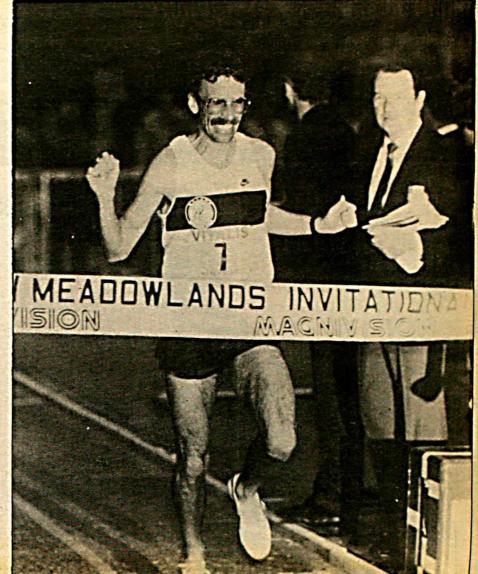
5TH ANNUAL "MEET OF CHAMPIONS" CALIFORNIA STATE UNIVERSITY AT LONG BEACH JUNE 3, 1990

PRESENTED BY THE SOUTHERN CALIFORNIA STRIDERS

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ENTRY FEES:	FIRST EVENT \$10 - ADDITIONAL EVENTS \$5 - RELAY TEAMS \$20 LATE ENTRIES \$12 FIRST EVENT - \$6 PER ADDITIONAL EVENT
DEADLINE:	MAY 26, 1990
DIVISIONS:	MEN & WOMEN AGE 30 & ABOVE IN 5-YEAR AGE GROUPS
AWARDS:	2" MEDAL WITH RED. WHITE & BLUE RIBBON FOR 1ST. 2ND & 3RD
FACILITIES:	BRAND-NEW 8 LANE ARTIFICIAL SURFACE TRACK - CONCRETE RINGS
NOTE:	1990 TAC REGISTRATION REQUIRED (AVAILABLE AT MEET FOR \$10)
	SCHEDULE OF EVENTS
TRACK EVENTS	
12.00 PM / Y	100 METERS RELAY 2.30 PM 300/400 METERS HIRDI FS

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2:00 PM	5000 METERS RACE-WALK	4:30 PM	SPRINT MEDLEY RELAY				
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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 converting 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.

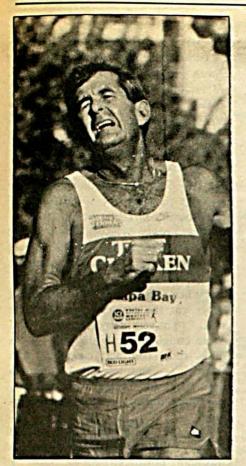
The 17-Second Rule of Thumb

In world-class miling there is a ruleof-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-ofthumb 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

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 Gilmout'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.

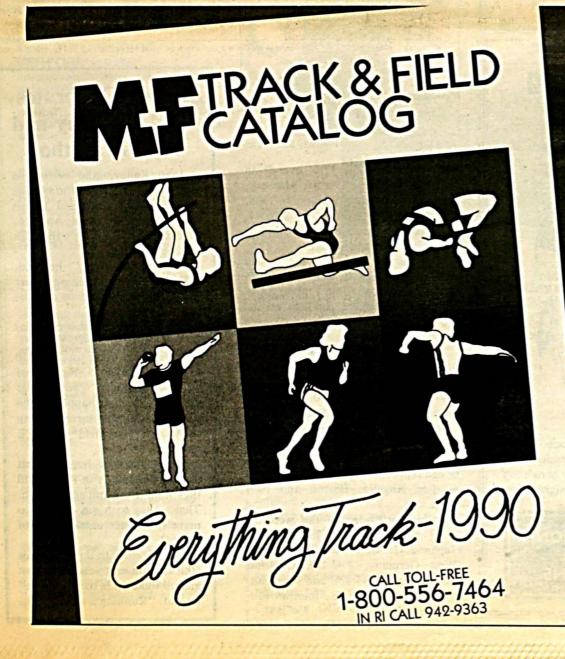
Five Years Ago May, 1985

- National Indoor Meet Draws 330 to Sterling, III.
- 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

t 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

and cultural events.

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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-theMonth.

A PRECONDITIONER

FOR FALL

MARATHONS

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 check-point, 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



John Campbell

Photo by Sailer, Ltd.

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).

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

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.

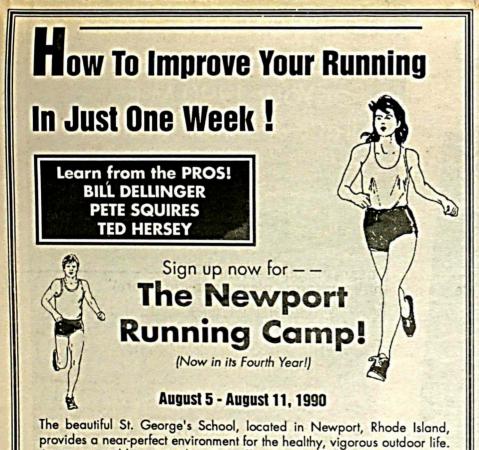
"I feel just fine," he said.
"The people watching were great. I love all the fans and the press."

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."



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John Patterson

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1989 OUTSTANDING

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INFORMATION

classifications:

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

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 4 - Ages 60 and up (Seniors) compete with each

Special awards were given last year to the following

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.

Our address is P.O. Box 842, Gresham, Or 97030. Phone:

Most outstanding Open, Chuck Chapin (2nd year)

Most outstanding Scholastic, Heath Howington

Most outstanding Master, Katherine Seeley

Most outstanding Senior, Pat Dixon

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



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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

EVENTS

WHEN

WHERE

Saurday, June 16, 1990 11:00 - Field Events

Centennial High School 3505 S.E. 182nd

-Exit 20

To Portland

Exit 19

Gresham, OR 97930

12:00 noon - Running 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.

Exit 13

Stark

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

Age

Randy Hutchinson, Head Track Coach, Sandy H.S. Greg Letts, Head Track Coach, Centennial H.S.

ZIP Date of Birth

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 teined. I agree to abide by my decision of an event official related to my ability to complete this event safety and I further agrees that event officials may authorize necessary emergency heatment for me. I further assume any and all other risks associated with participating in this event including, but not finited to, interes, it availing to and from the event, faith, contact with preclaims of the social state, and as such risks being understood and appreciate by me.

Having read this waver and knowing these facts, and in consideration of the acceptance of my entry, I hereby for myself, my here, executors, administrators or anyone also who might claim on my behalf, covernent not to sue, and wave, release and discharge Sports Resource, Inc., and Centennial School District, event officials, voluntiers and any and all other sponsors, suppliers, agents, indep: ndent contractors, employees and any either personnel in any way sessifing or connected with this event from any and all daims or fability of any kind or nature whateover arising out of my participation in this event, even though that liability are obligation to me.

Entires from minors will be accepted only with a person or places are participating in this event without fability or obligation to me.

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- Bill Cook, Centennial School District

CONCEPT

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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.

The Masters age group (age 30 and up) is the fastest growing sport participation group in America. They are a group of people who are beginning to want to test their fitness levels and performance skills against those of their youthful counterparts

The Scholastic age groups (ages 11 to 18) continues to be the major sport participation group in America. They want to learn how to improve themselves and are looking for opportunities to compete with the more experience and knowledgeable athlete.

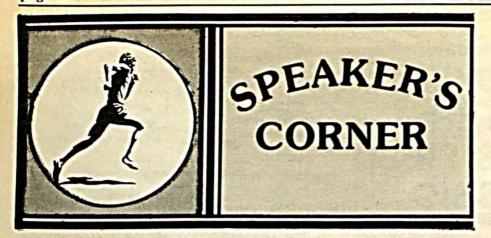
Sports Resources, Inc., has combined the Masters and Scholastic age groups into a unique competitive format The Scholastic/Masters Classic. It 's a bold concept that brings youth and old interests

- MAIL-IN DEADLINE: JUNE 9, 1990 --OFFICIAL ENTRY FORM (Please one entry per form - please copy for more) First Name Last Name Street Address Day Phone Number I wish to enter the following events in class (See age categories above) Amount enclosed Fee \$12.50 (includes Belt-pack) Tee shirts for sale at meet.

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Signature of Participant

Signature of Parent or Legal Guardian



Records Rule: Reaction and Response

by BASIL and LINDA HONIKMAN

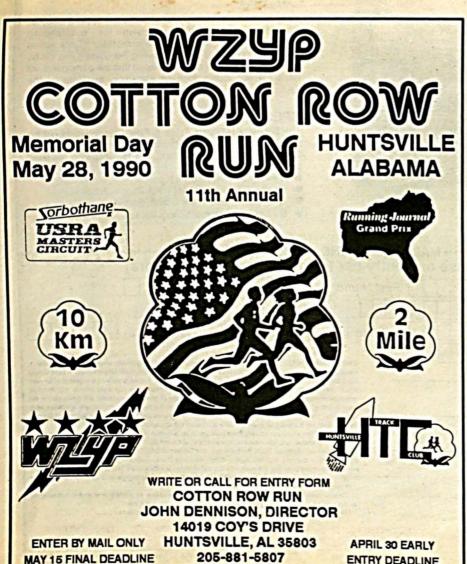
(For a road race performance to be recognized as U.S. record, it must have been achieved on a course which conforms to standards which limit elevation drop and wind assistance to runners. TAC rule 185.5 defines the maximum elevation drop as one meter per kilometer and the separation between the start 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.)

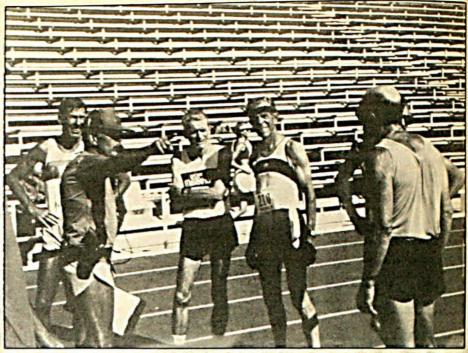
or four years we've been telling everyone that there is no such thing as a world road race record — officially, that is. All our pleadings have made no difference. "World Record" is just about the hottest item since Air-Jordan sneakers. The press, particularly the running magazines, use the term constantly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

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Bill

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Running With the Legends

by HAL HIGDON

At the finals of the ICI/USRA Masters Cricuit, 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

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 agegraded 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

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 Priscella's 6th

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

TRACE FUENTS

PLACE: UNIVERSITY OF CALIFORNIA -IRVINE

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

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

ENTRY PEE S7.00 POR FIRST EVENT. \$3.00 FOR EACH ADDED EVENT.

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

DIVISIONS: FIVE YEAR AGE GROUPS (YOUNGEST RUN FIRST)

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

SCHEDULE OF EVENTS

PIFID PUPNTS

10:00	5000 METER RACE WALK	9:30 HAMMER ALL DIVISIONS
11:00	STEEPLECHASE	YOUNGEST TO OLDEST
11;30	METER RELAY (4x100)	10:15 JAVELIN 30-39, I & II
12:00	800 METER RUN	10:30 SHOT PUT DIV III, IV & W
12:45	110 HIGH HURDLES	12:00 JAVELIN DIV III, IV & W
1:15	3000 METER RUN	1:00 SHOT PUT 30-39, I & II
	400 METER DASH	2:00 DISCUS DIV. III, IV & W
2:30	100 METER DASH	3:00 30-39, DIV I & II
3:20	1500 METER RUN (THE ALDRICH	"MILE")
3:50	200 METER DASH	STARTING TIMES SUBJECT TO
4:10	400 METER HURDLES	MODEST ACCELERATION
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	TUMPING EVENTS	
11:00	HIGH JUMP ALL DIVISIONS	1:00 LONG JUMP DIV III, IV &
		2 22 22 22 22 22 22 22 22 22 22 22 22 2

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

TO ENTER, COMPLETE AND RETURN THE FOLLOWING:

Athletic release: in consideration of my entry fee, I do, hereby for myself and heirs and administrators, were 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 mo physical defects which prevent me from competing, and I compete at my

NAME	PHONE	
ADDRESS	CITY	
AGE (AS OF MAY 26, 1990)	the state of the second	
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PLEASE FIND ENCLOSED MY CHECK \$_	MAKE PAYABLE TO "ANTEATERS MA	STERS"
VALERIE G. HARTMAN MAIL (714) 525-7911	TO: 1204 WILSHIRE AVE.	

FULLERTON, CA 92633



Pagliano's Podiatric Pointers

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

Taping Ankles

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?

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,

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 agegroup 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."

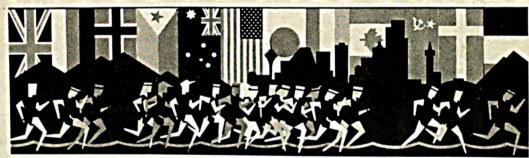
I would also discuss with your physician the need for the taping in the first place. If the ankle is very strong and stable, he may advise you to discontinue completely. If there is some inherent instability, then precaution is advised.

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 r. John Pagliano, The Foot Beat, NMN, Box 2372, Van Nuys, CA 91404.)



1990 GOOD WILL GAMES



ENTER NOW, BEFORE THE COMPETITION GETS FIERCE.

Feet are flying as runners around the country rush to register for the most prestigious race of the year, the 1990 Goodwill Games Marathon.

This is your chance to run with the best in the world, to test your stuff against 15 elite athletes for 26.2 grueling miles.

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.

To receive general Goodwill Games information call 206/554-7100. Official Seattle Organizing Committee™ sponsor of the 1990 Goodwill Games Marathon™.

Almbo by RICH

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 Ellensberg, Wash., led almost wire-towire for an easy victory. The 42-yearold former Washington State Cougar

BAHAMAS

JAMAICA CANADA 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?

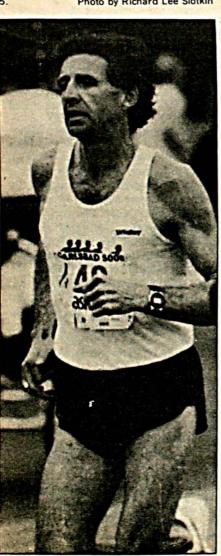


Don Kardong, 40, is second (15.14) in the Carlsbad Masters 5000 on March 25.

Photo by Richard Lee Slotkin

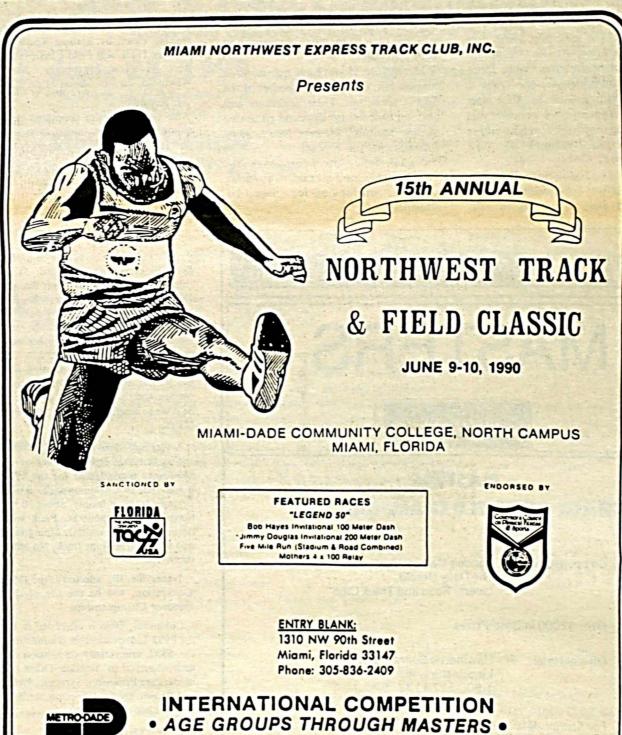


Larry Almberg, 42, outruns a strong field (14:46) in the Carlsbad Masters 5000 on March 25. Photo by Richard Lee Slotkin



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

Photo by Richard Lee Slotkin



PUERTO RICO

GUATEMALA

CAYMAN ISLANDS

OTHER

BRITISH VIRGIN ISLANDS



MASTERS TRACK & FIELD REPORT

by BARBARA KOUSKY

Indoor Nationals Successful

ongratulations 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

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 (I to r: Mike Maslowski, Lester Photo by Elliott Denman Wright, Bob Ihne, Dawud Saleem).

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.

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

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

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 acrossthe-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

Illinois

Land of Lincoln

MASTERS

JULY 7, 1990

MASTERS TRACK AND FIELD CHAMPIONSHIPS

Co-sponsored by: Condell Medical Center

The Daily Herald

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Over \$2000 in Cash Prizes

Official Hotel:

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For further details, send SASE to:

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

-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 twohour-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 3-31/4.

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

Castle, 720 E. 20th, Eugene, OR 97405. 344-9809.

Weyerhaeuser Paper Company Containerboard Manufacturing Springfield, Oregon

OREGON MASTERS

SCHEDULE OF EVENTS

SATURDAY, JUNE 23, 1990

FIELD TRACK Long Jump - M & W 3K Steeplechase - M & W Triple Jump - M & W 10,000 Meters - M & W Javelin - M & W 5000 Race Walk - M & W Shot Put - M & W 3000 Meters - M & W Discus - M & W High Hurdles - M & W 100 Meters - M & W Hammer - M & W Pole Vault - M & W 800 Meters - M & W 400 Meters - M & W High Jump - 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 * ERS: Eugene Hilton, 66 E. 6th, Eugene, Oregon. Ask for Hayward Classic rates.

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	* Please Print *	
Name	COMPANY OF STREET	Birthdate: //
Address		Age (as of 6/23/90)
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EVENTS Best '89 or '90 mark 1	T-Shirt size (check one) small med large x-large	Entry fee
3	NOTE: LATE ENTRIES	TOTAL TOTAL DESIGNATION
5 (limit) Event changes will not be permitted after registration.	WILL NOT BE ACCEPTED.	Make checks payable to: OREGON TRACK CLUB MASTERS

Send entry with check to: Oregon Track Club Masters, c/o Marcia Long, 3522 Westleigh, Eugene, OR 97405 or Les

PROFILE

James King

by LOLITIA BACHE

s 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. Prerace 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 runnning 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

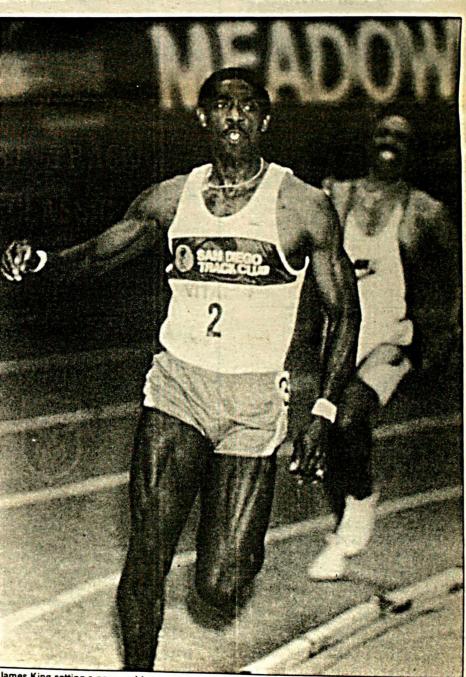
Fri.: Stretch plus light technique

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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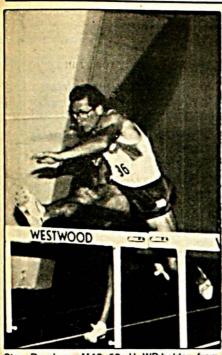
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The evolution open, makers.



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

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.

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How To Triple Jump

by RUDY HOCHREITER

he 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 wholeaction 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 highjump 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 singlearm 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 overal 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 runups).
- 2) Five hops on left leg with a jump into pit (measure distance); five hops on right leg into pit.
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- 4) 40m hops on left leg on the track (time the effort); repeat on right leg.
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- 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: 121/2-201/2-33

August: 13-211/2-34, 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 $16' \times 3 \times .75 = 36'$. 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

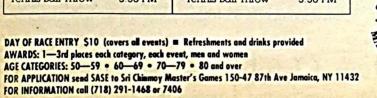
Aim	Hop	Step	Jump	Progr	r. distar	nce
	lst	2nd	3rd	1st	2nd	3rd
11.00	0.00					
8.00	2.88	2.16	2.96	2.88	5.04	8.00
8.20	2.95	2.22	3.03	2.95	5.17	8.20
8.40	3.02	2.27	3.11	3.02	5.29	8.40
8.60	3.10	2.32	3.18	3.10	5.42	8.60
8.80	3.17	2.38	3.25	3.17	5.55	8.80
9.00	3.24	2.43	3.33	3.24	5.67	9.00
9.20	3.32	2.48	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		2.80	3.85	3.75	6.55	10.40
	3.82	2.86	3.92	3.82	6.67	10.60
10.80		2.91	4.00	3.89	6.80	10.80
11.00		2.97	4.07	3.96	6.93	11.00
11.20		3.03	4.14	4.03	7.06	11.20
11.40		3.08	4.22	4.10	7.18	11.40
11.60		3.13	4.29	4.18	7.31	11.60
11.80		3.18	4.37	4.25	7.43	11.80
12.00		3.24	4.44	4.32	7.56	12.00
12.20		3.29	4.52	4.39	7.68	12.20
12.40		3.35	4.59	4.46	7.81	12.40
12.60		3.40	4.66	4.54	7.94	12.60
12.80		3.46	4.73	4.61	8.07	12.80
13.00		3.51	4.81	4.68	8.19	13.00
13.50		3.65	4.99	4.86	8.51	13.50
14.00		3.78	5.18	5.04	8.82	14.00
14.50		3.92	5.36	5.22	9.14	14.50
15.00		4.05	5.55	5.40	9.45	15.00
	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
	T. Part					

metric distances

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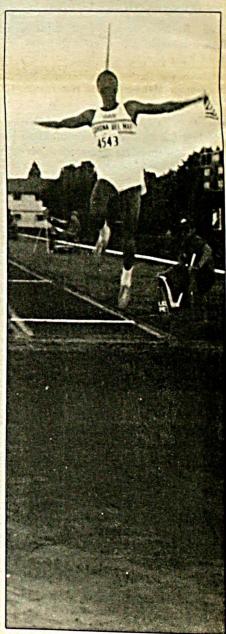
5 turday, July 14th, 1990 (Raindate, Sat. July 21)
 8 JO am = Victory Field, Forest Park
 Forest Hills, Queens, NY = TAC sanctioned

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









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 oneperson, 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

RACING TEAM

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 60m New Mark 7.40 7.61 Old Mark Held By Glennie Johnson Roger Pierce M50 Roy Turner 7.65 8.82 Gil LaTorre Mel Larsen M65 8.29 Tim Murphy 200m M50 24.20 Roy Turner 24.28 Larry Colbert 35.12 W60 35.12 42.41 Mary Patterson Pat Peterson W65 39.47 Josephine Sullivan Florence Berry 400m M60 60.62 Harry Brown 60.72 Jack Greenwood M65 66.55 67.87 63.73 Ed Goddin Archie Messenger W40 62.70 Phil Raschker Jennifer Pinto W45 68.94 76.96 Robin Villa Mary Luker W55 Betty Vosburgh Mary Patterson 77.13 Grace Butcher 86.34 Pat Petersen 800m W50 2:44.40 Sandra Knott Susan Redfield Mary Patterson Bill Fortune W60 3:32.60 3:49.95 Mary Norckauer 4:56.92 M60 5:05.3 John Hosner W50 5:26.18 5:36.2 Sandra Knott Mila Kania 9:16.13 10:34.92 3000m M50 Dan Conway 9:34.6 Robert Milner M60 Bill Fortune 11:22.2 Dick Benson 11:39.79 11:43.2 John McManus Carl Hammen W50 11:41.86 Sandra Knott 11:43.2 Mila Kania W65 Queenie Thompson Armando Ricciardi 16:34.97 16:37.2y Pearl Mehl 60mH M70 12.22 Don Hull 15.35 W40 9.65 Phil Raschker 11.09.0 Barbara Pike W55 11.47 Christel Miller 13.06.0 Gladys Lehman W55 Christel Miller Bernice Holland 1.14 W60 1.08 Shirley Kinsey 1.07 Pat Peterson W M70 4.73 John Alexander 4.20 Robert Sorlien Shirley Kinsey Robert Sorlien W55 3.72 Christel Miller 3.69 TJ 9.40 9.04 John Alexander W55 7.98 Shirley Kinsey Christel Miller 6.86

Josephine Sullivan Clifford Blair

Tom McDermott

Ann Cirulnick

John Elwarner

Virginia Scales

Beth Young-Grady

M Myerowitz

Robert Mimm

Gary Null

Vanessa Hilliard

5.12

14.58

11.48

6.59

7.36

14:15y

15:08y

16:46.

18:32y

17:18

19:33y

W65

M60

M70

W45

W55

M50

M60

SP

3000mRW

6.30

14.64

11.67

8.84

9.12

13:56.39

14:42.97 16:27.61

16:08.20

16:37.66

19:04.74

Elizabeth Hageman Phil Brusca

Barbara Stewart

Andrew Jones

Katie Jocov

Bill Ranney

Sal Corrallo

Robert Mimm

Don Johnson

Anna Rush

Stella Cushman

Signed

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.

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
SKI ST	M70	66.03	John Alexander	69.0	Art Obokata
	M85	1:56.20	Konrad Boas	1:59.40	K Boas
800m	M45	1:57.81	Ken Sparks	2:03.1y	Bill Fitzgerald
	M55	2:10.62	John Conner	2:12.7	Anthony Church
	W75	4:03.77	Pearl Mehl	4:06.55	P Mehl
1500m	M45	4:04.80	Ken Sparks	4:10.4	Ed Whitlock
THE PERSON NAMED IN	M75	6:35.71	Bill Brobston	6:37.4	B Brobston
60mH	M50	8.92	Charley Miller	8.98	Dale Lance
with the	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	STOTAL ALMERICA
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		Julie Ratnes	15:32.2	Gayle Johnson
	W55	19:58.47		20:09.4	L Muzzani
	W65	20:53.91	Queenie Thompson	20:54.2	Marie Henry
	W75	22:17.08	Millie Crews	none	CALL THE STATE OF THE STATE OF

SOUTHERN CALIFORNIA ASSOCIATION TAC MASTERS TRACK AND FIELD CHAMPIONSHIPS OCCIDENTAL COLLEGE: 3 PM SATURDAY, JUNE 16TH 1990

Patterson Field	, 1600 Camp	ous Road, Los Ar	ngeles, 9004	11
Field Schedule:	Track Sch	edule:		
3:00 pm HT, PV 3:30 pm LJ 4:00 pm JT, SP 4:30 pm HJ 5:30 pm TJ, DT	3:00 pm 3:30 pm 4:30 pm 5:05 pm 6:00 pm	High Hurdles 5K Walk 3/400 Hurdles 100 m. 800 m.	6:25 PM 7:05 pm 7:30 pm 8:00 pm	200 M. 1500 m. 400 m. 5K Run
Running Order: Wom				
Divisions: 5 year Champ		r men and women ls for the first		
Surfaces: Extremel track,		icial surface. and HJ. 12 mm		
Officials: We need injury anyway	or just gen	ls! Anyone not eral good judger te. (\$ compens	ment) please	come
Meet Director: Wood		d, telephone (2: 5981 before 9 pr		(day)
Entry Fee: \$8 per Stude	event. Make nmund, 1256	check payable to Clubhouse Drive	to Woody , Pasadena,	CA 91105
	event on a s	(postmark) Late pace available)	oasis only.	
Send to: Woody Stud				
Name (please print)		market of the		
Gender Age	(on 6/16/90)	Track C	lub	
Events Entered		12 12		
Address	S. S. L. San			
Entry Fee (\$8.00/ev	ent)	TAC Number		
I waive all rights The Athletic Congre Championships (Occi del Mar Track Club) that I may sustain sufficiently good h	ss and/or th dental Colle arising fro or incur at	e co-sponsors of ge, Woody Studer m any injury, it them. I declare	the SCATAC nmund, and t llness, or a that I am	Masters the Corona accident in

Date:



How To Triple Jump

by RUDY HOCHREITER

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- 1) Good sprinting speed
- 2) Rebounding ability
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Triple Jump Training

Aim	Нор	Step	Jump	Progr	. distar	nce
	1st	2nd	3rd	1st	2nd	3rd
8.00	2.88	2.16	2.96	2.88	5.04	8.00
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11.20		3.03	4.14	4.03	7.06	11.20
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11.60		3.13	4.29	4.18	7.31	11.60
11.80 12.00		3.18	4.37	4.25	7.43	11.80
12.20		3.29	4.52	4.32	7.56	12.00
12.40		3.25	4.59	4.46	7.81	12.40
12.40		3.40	4.66	4.40	7.94	12.40
12.80		3.46	4.73	4.61	8.07	12.80
13.00		3.51	4.81	4.68	8.19	13.00
13.50		3.65	4.99	4.86	8.51	13.50
14.00		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
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metric distances

THE SRI CHINMOY Track and Field **Events for Men** and Women Ages 50 & up

5 turday, July 14th, 1990 (Raindate, Sat. July 21) 8 JO am Victory Field, Forest Park Forest Hills, Queens, NY = TAC sanctioned

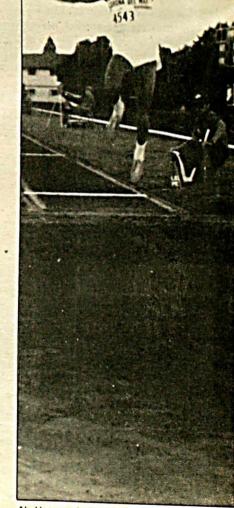
Schedule of Events						
MEN		WOME	N The state of			
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DAY OF RACE ENTRY \$10 (covers all events) = Refreshments and drinks provided AWARDS: 1—3rd places each category, each event, men and women AGE CATEGORIES: 50—59 • 60—69 • 70—79 • 80 and over FOR APPLICATION send SASE to Sri Chimmoy Master's Games 150-47 87th Ave Jamaica, NY 11432 FOR INFORMATION call (718) 291-1468 or 7406





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Photo by Gretchen Snyder

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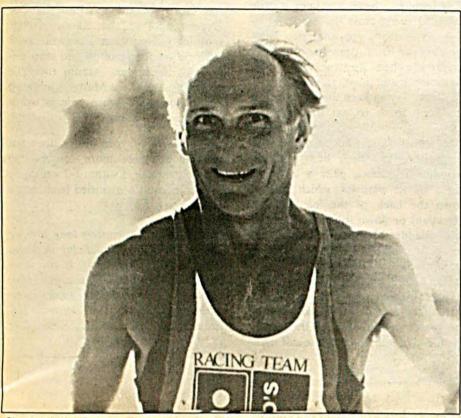
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Continued from page 1

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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 oneperson, 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



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	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			
13,350	W60	35.12	Mary Patterson	35.12	Pat Peterson			
	W65	39.47	Josephine Sullivan		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			
	. 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			
	W65	16:34.97	Queenie Thompson	16:37.2y	Pearl Mehl			
60mH	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			
	W65	6.30	Josephine Sullivan	5.12	Elizabeth Hageman			
SP	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			
THE PUBLIC	W55	9.12	Ann Cirulnick	7.36	Katie Jocoy			
3000mRW	M45	13:56.39		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			
The Williams	W50	19:04.74	Beth Young-Grady	19:33v	Anna Rush			

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.□

World Age-Group Records Set At National Masters Indoor Championships Madison, Wisconsin March 24-25 Event Age M40 New Mark Name Eddie Hart 7.06 Pekka Metsa

	Event			Name	Old Mark	Held By
1	60m	M40	6.97	Eddie Hart	7.06	Pekka Metsahoud
		M55	7.53	Hugo Hartenstein	7.7	C Williams/W Guy
	REAL PARTY	W40	8.14	Phil Raschker	8.16	Phil Raschker
		W75		Millie Crews	13.14	Pearl Mehl
	200m	M55		Hugo Hartenstein	25.2	C Williams
1		M85	42.51	Konrad Boas	42.91	K Boas
		W40	27.30	Phil Raschker	27.57	Jennifer Pinto
	100	W75	45.73	Millie Crews	46.58	Pearl Mehl
1	400m	M55	56.56	Jim Mathis	56.7	Earl Fee
1	AP SHIENE	M70		John Alexander	69.0	Art Obokata
1	The same an	M85			1:59.40	
1	800m	M45		Ken Sparks	2:03.ly	Bill Fitzgerald
1		M55	2:10.62	John Conner	2:12.7	Anthony Church
	September 1	W75	4:03.77	Pearl Mehl	4:06.55	P Mehl
I	1500m	M45		Ken Sparks	4:10.4	Ed Whitlock
1		M75		Bill Brobston	6:37.4	B Brobston
	60mH	M50		Charley Miller	8.98	Dale Lance
	to Print the	W60		Shirley Kinsey	14.63	Pat Peterson
D	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		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		18:23.2	Cathy Sullivan
ı		W40	15:11.15		15:32.2	Gayle Johnson
		W55			20:09.4	L Muzzani
		W65	20:53.91		20:54.2	Marie Henry
		W75	22:17.08	Millie Crews	none	CTOTECHER CRAFT
			In the standard was the	The second secon	AND RESIDENCE OF PERSONS ASSESSED.	

SOUTHERN CALIFORNIA ASSOCIATION TAC MASTERS TRACK AND FIELD CHAMPIONSHIPS OCCIDENTAL COLLEGE: 3 PM SATURDAY, JUNE 16TH 1990

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Field Sch		THE PERSON NAMED IN COLUMN TWO IS NOT THE PERSON.			
	nedule:	Track Sch	medule:		
3:00 pm	HT, PV	3:00 pm	High Hurdles	6:25 PM	200 M.
3:30 pm	T.T	3:30 pm	5K Walk	7:05 pm	1500 m.
4:00 pm	JT, SP	4:30 pm	3/400 Hurdles	7:30 pm	400 m.
4:30 pm	HJ	5:05 pm	5K Walk 3/400 Hurdles 100 m.	8:00 pm	5K Run
5:30 pm	TJ, DT	6:00 pm	3/400 Hurdles 100 m. 800 m.		
Running C	order: Wom	en first, th	en oldest to you	ngest men	
Divisions	: 5 year Champ	divisions for ionship meda	or men and women, als for the first	age 30 +. three fini	SCATAC shers.
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Officials	: We need injury	more officia or just gen	ls! Anyone not eral good judgem te. (\$ compensa	competing (due to
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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-

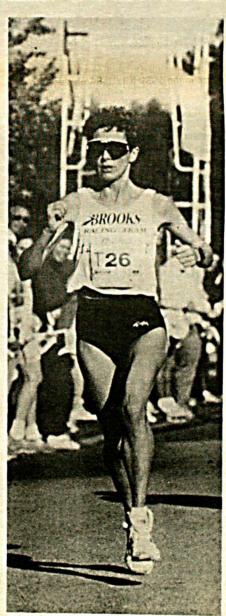
cle), and Bladder 60 (midway between the tip of the outer ankle bone and the achilles tendon). Any other tender points along either of these meridian pathways may be used in treatment as

Some homeopathic remedies that can be useful in this condition include: Ammonium Muriatica (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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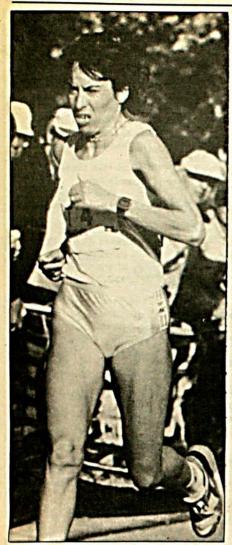
"I was a klutz before I started running," says Florida's Claudia Ciavarella, 40, who finishes 10th in the very un-klutzy time of 29:59 at the ICI/USA TAC National 8K Championships in Naples, Fla.

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.



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.

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CLUBS

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.

Greater Boston TC P.O. Box 183 Back Bay Annex Boston, MA 02117-0183

Liberty AC 14 Rutland St. Cambridge, MA 02138

Syracuse Chargers Track Club c/o N.E. White 18 Foxcroft Drive Fayetteville, NY 13066

N.Y. Masters Sports Club 363 Edgecombe Ave. #54 New York, NY 10031

Atalanta TC c/o Bob Glover 236 E. 78th, Box 6 New York, NY 10021 Annapolis Striders P.O. Box 187 Annapolis, MD 21404

Potomac Valley Seniors TC 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

Watertown, MA 02172 Boston Athletic Assoc. RC 15 Mt. Ash Rd.

Hyde Park, MA 02136 Pike Creek Valley R.C., Inc. 2502 N. Van Buren St. Wilmington, DE 19802

New Jersey Striders P.O. Box 742 Madison, NJ 07940

302/762-4020

Central Park TC 250 W. 89th St., #P4F New York, NY 10024

212/619-4240 New York Pioneer Masters c/o G. Shane 2400 Sedgwick Ave., Suite 25C

Bronx, NY 10468 212/733-8767 Merrill Lynch AC 525 Highway 33 Englishtown, NJ 07726

201/446-4959 (bus.) 609/259-0923 (res.) Maine Walkers Club 1570 Broadway

1570 Broadway Bangor, ME 04401 207/947-3333 Finger Lakes RC

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. Hagertown, 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

SOUTHEAST

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Springfield, MA 01108

Carolina Masters AC Jim Saxon 3120 Libeth St. Charlotte, NC 28205 800/642-0513 Central Florida Masters P.O. Box 1824 Deland, FI. 32721 904/736-0002 Huntsville TC 8811 Edgehill Dr. Huntsville, AT. 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 8034751-5129/7664 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

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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

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MID AMERICA

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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

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Missouri City, TX 77087
713/721-9388
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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
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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

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

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WEST

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L.A. Patriots
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Beverly Hills, CA 90213-2981
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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 52671/2 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

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Eugene, OR 97440
Phidippides Running Club
c/o R.G. Andersen-Wyckoff
P.O. Roy 2315

c/o R.G. Andersen-Wycko 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, Photo by Sailer, Ltd.

-Howard, Harris Shine in Philadelphia-

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 meadalist (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 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 D	ash	2:00 PM
110 Meter High				
Hurdle	11:00 AM	400 Meter Da	sh	2:15 PM
1500 Meter	11:45 AM	800 Meters	The second second	3:00 PM
100 Meter Dash	1:00 PM	200 Meter Da	sh	3:30 PH
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3	0-39 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
per many and a significant	or a state of the			在中国的国际
YOUTH RACKS			Share sales	Section 1888 Control
1500 Meters	Ages 9-10,	11-12, 13-14	11:30 AM	Boys & Girls
100 Meters		11-12, 13-14		Boys & Girls
TAC REGISTRATION	N REQUIRED AND	AVAILABLE AT M	RET	

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 AHRAD 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.

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 ENGLISHTOWN, NEW JERSEY 07726

NAME	TAC #PHONE_	SEX
STREET	CITY & STATE	ZIP
AGE	DATE OF BIRTHCLUB_	

KVKNTS KNTKRKD

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

ll Meet Directors:	Ron SalvioDays	201-446-4959
	Morton HahnDays	201-625-1764
	Evenings.	201-361-3282

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

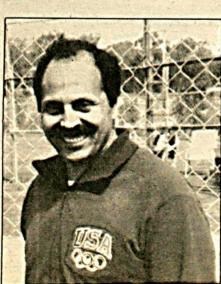


Lillian Fishman celebrates her 65th birthday in the Norman Tamanaha 15K Run on March 25 in Honolulu, Her husband, Ed, and friends were at the finish to sing "Happy Birthday" to her. Photo by Tesh Teshima

4:31.0 2 mile Doint 4:17.15

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

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 Photo by Jerry Wojcik

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 revenuegenerating 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 secondbest age-graded performance of 86% in the Rocket City Marathon in Huntsville, Ala.

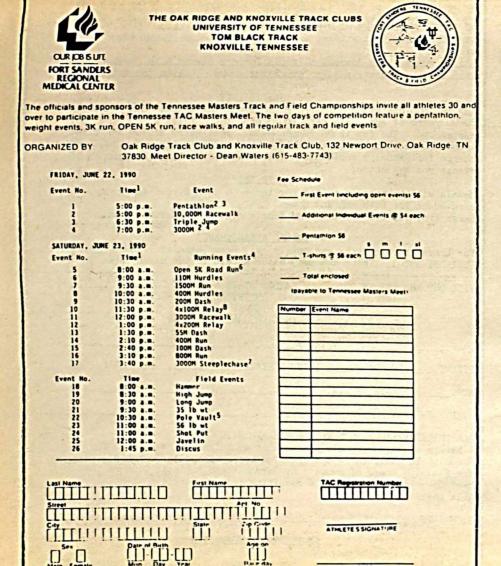
Photo by Jim Oaks

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



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**

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.

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

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 and different venue — May 12, Sacramento State. Contact Joe Neff, 916-278-6208. Note:

Will be run if required in 100 and 200. Heats will be contested in all age divisions the they are needed and the finals run at the end of alloted 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 1/4" spikes only. Concrete throwing rings, grass javelin

Age Groups: 30 and above in 5 year age groups. Age on June 9, 1990 determines age group. Awards:

Entries:

Heats:

TAC/Pacific championship medals to first three places in all events and in all 5 year groups. Team prize money for Open Men & Women combined total points for TAC registered clubs \$500, \$300, \$100.

T-Shirts: For sale at meet

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

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Date of Birth	
Age as of June 9, 1990	
Events entered & best recent time or mark	
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Make checks payable to Lee Gatos Athletic Association Inc.	NO REFUNDS FOR DEFNULT

WAIVER

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Cross Training with Larry Walker

arry 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?

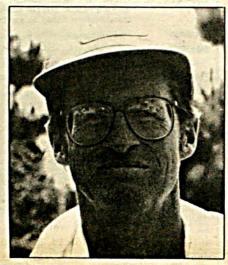
LW: It definitely helps me to have options in training. If I am walking hard one day, maybe the next day I just don't feel like walking and I have the option of going over to running. On the other hand, if I have been running four or five days straight at a decent level, I'll find my legs are dead for 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 RWing 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 RWing record can be set on a road course. This is true for all age groups.

Masters RWing 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



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

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.

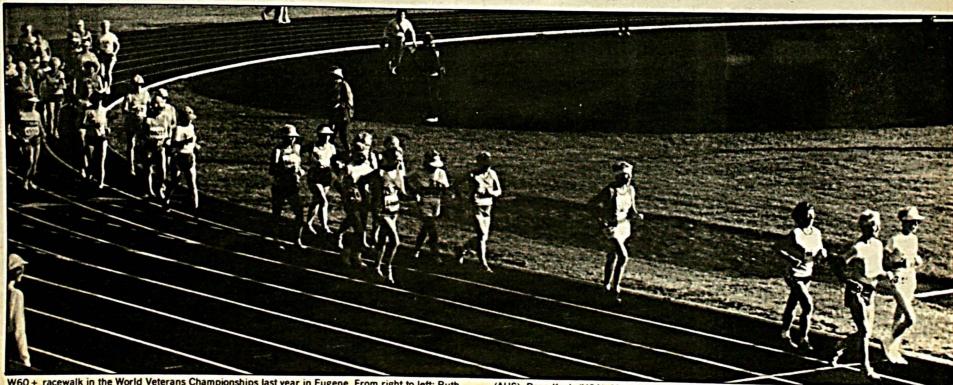
 Keep your knee straight in the support or middle phase.

•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.

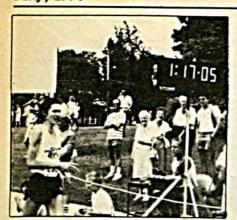
•As the foot passes in front of midline, start flexing the ankle to prepare for heel plant.

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

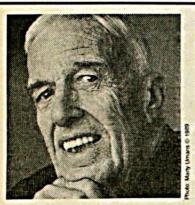


W60 + racewalk in the World Veterans Championships last year in Eugene. From right to left: Ruth Van Sandt (USA), May Bengtsson (SWE), Eva Wistrom (SWE), Ursula Theune (FRG), Dorothy Jack

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



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 Santasieri



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.

"Jerry's kids" of all ages. Send your donation Jerry Lewis to MDA today. MDA National Chairman



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: Muscular Dystrophy Association, 810 Seventh Avenue, New York, NY 10019. Or contact your local MDA office.

MDA ® and JERRY'S KIDS ® vice marks of Muscular Dystrophy Association, in

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	Men's and women's world and U.S. age bests for all track & field events, age 35 and up; and for all race-walking events, age 40 and up, as of Oct. 31, 1988. 52 pages. Lists name, age, state and date of record. Compiled by Peter Mundle,	
A 1 1 2 4 2 3	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	eres s
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	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.	er Transport
TA .	Competition Rules for Athletics (1989-1990)	The same of the same of
	U.S. rules of competition for men and women for track & field, long distance running and race walking — youth, open and masters. \$9.95.	s
	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.	The state of the s
78.3	IAAF Scoring Tables (1985) Official world scoring tables for men's and women's combined-event competitions. \$11.95.	and the first of t
	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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	U.S. Track and Field Team Lapel Pins. Cloissone enamel, 1½" 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 Sheahen and others. \$1.95.	
	The Masters Running Guide by Hal Higdon 160-page paperback. Higdon reveals tips that helped him win three world champion- ships in masters competition: base fitness, improving with age, training smart, main- taining 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

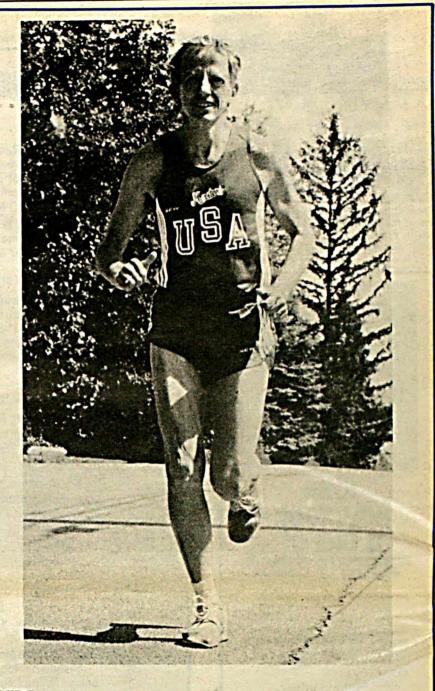
Masters Running Guide

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:

- 1. Masters of Their Fates: The masters movement from the beginning.
- 2. How Safe Are Senior Sports? Pros and cons of sports for those over 40.
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- 5. Improving With Age: How to get better: establishing and breaking personal records.
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- 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.

Buying this book may be the best move you make during the 1990 season.

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Section II Page 29

The International Scene

Japan in 1993? — Part II

by ALASTAIR LYNN, WAVA Secretary

he 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 Marshev (USSR), Taisia Tchenchik (USSR), and Bud Smith.

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 Cetner 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.

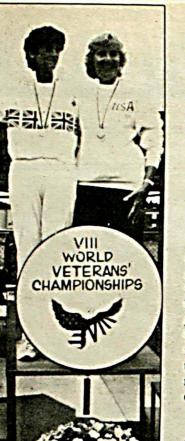
Although the former Soviet Olympic athletes are honored state heroes and live well by Soviet standards, they live in apartments rather than houses. They live modestly by Western standards, but willingly shared what they had, obviously giving of themselves and offering to their guests what was in short 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 Marshev 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 Ukranian 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

is

400 Compete in Soviet Indoor Nationals



On the victory stand in Eugene in the W55 Heptathlon 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. □

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.

Continued from page 29

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 Marshev, Tchenchik, Alexander Bratchikov (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

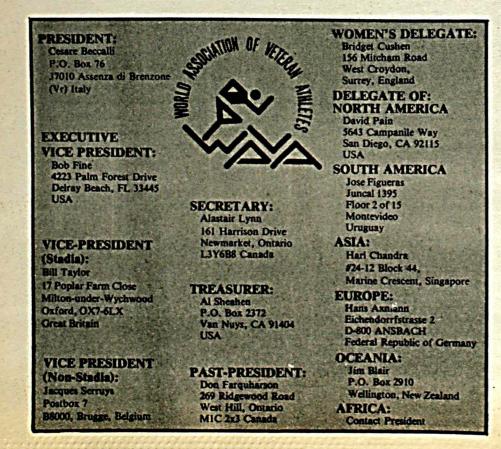
All delegates agreed that the veterans movement must accommodate two very different groups of athletes: 1) exOlympians and other champions who excelled in their youth, and 2) athletes new to their events and skills (especially women), in addition to athletes who return to sports after long absences (ex-high 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.

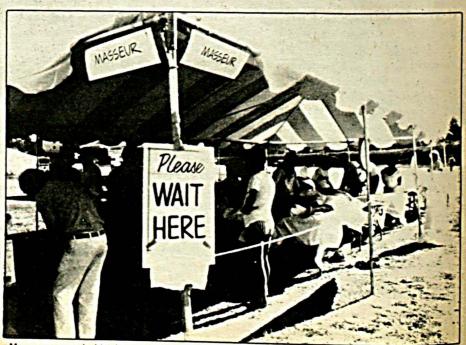
The point was made that there is a gap between open or collegiate competition, which usually ends about age 25, and veterans competition, which begins at age 40. During this period the athletes often become "prisoners of the system" through inactivity or misuse of skills.

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.





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 wellorganized 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

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.

INVITATION TO THE NORTH AMERICAN REGIONAL

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)		50-54	100
	Direct Control (noncept of)	2 52 40		
	SUSAN COMPTON (BROOKTONDALE, NY)	5- 7-45 V		emenna
	EDNA DEAN(US)	5-28-25	65-69	10 15
	MARYLIN FITZGERALD(OLD BRIDGE, NJ)	5- 8-35	55-59	
137	GAIL HANNA(SAN DIEGO, CA)	5-25-40	50-54	
	MADELINE 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	
N	MARIE PARTRIDGE(AUS)	5-11-20	70-74	
	INGA SAGRELIUS(SWE)	5-30-20	70-74	
4	LIESELOTTE SCHULTZ(WG)	5- 7-20	70-74	
	MARINA STEPANOVA(URS)	5- 1-50	Principle Table 5 School Company	
	SUSANNA WOLD(NOR)		40-44	
		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	AND DESCRIPTION OF THE PERSON	
	BILL FITZGERALD(PALOS VERDES, CALIF)		75-79	
	MERT GAMBITO(US)	5-20-25	65-69	
	MARIANO HARO(SPAIN)	5- 8- 5	85-89	
	MARIANU MARU(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	9.7
	JOSEPH KELIHER(AUS)	5- 4-10	80-84	
	BILL KISSENBERGER (HONOLULU)	5-20-25	65-69	
	ROBERT MILNER (HAMILTON, NY)			
	CLAUDE MULHOLLAND (SEASIDE, ORE)	5- 7-35	55-59	
	PAUL NORENE(MN)	5- 1-90	100+	
	JAMES O'NEIL (SACRAMENTO, CALIF)	5-31-35	55-59	
	MACANI OVAZAVICIONE	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 SHOKE (RSA)	5-24-15	75-79	4
	FLOYD SMITH(CLINTON, IA)	5-17-35	55-59	
	PETER SPECKENS(WG)			
	GUY TEXEREAU(FRANCE)	5-28-35	55-59	
	MANUEL ULACIO(VEN)	5-14-35	55-59	
	INGO VIERK(WG)	5- 8-40	50-54	
	ROBERT WHILDEN(TX)	5-26-35	55-59	
1		5-20-35	55-59	
_				

W.A.V.A. North American Regional



Track and Field
Championships

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

August 23 - 26, 1990

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

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

Address

Phone (



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). Simmons 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.



			HURDLES		
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40-49	80m	.762m	12.00m	8.0m	12.00m
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50-59	80m	.762m	12.00m	7.0m	19.00m
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		39"	45'	30'	46'
50-59	100m	.914m	13.00m	8.50m	10.50m
		36"	42'8"	27'101/2"	34.5"
60-69	100m	.840m	13.00m	8.50m	10.50m
		33"	42'8"	27'101/2"	34'5"
70 plus	80m	.762m	12.00m	7.0m	19.0m
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40-49		(16 lbs.)	2.00k	7.26k (16 lbs.)	800 gms
50-59		.00k	1.50k	6.00k	800 gms
60-69	ALCOHOL: NO THE STREET, SALES	.00k	1.00k	5.00k	600 gms
70 plus	4	.00k	1.00k	4.00k	600 gms

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 longtime 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 Engish 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 Eyers (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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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 rubbled 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 oneyear 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 company 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 2RB or phone (403) 668-4236 (days) or 668-4463 (pm/weekends).

Canadian **MasterAthlete** Federation

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



Fedération Canadienne MasterAthlète

Telephone: (416) 321-8620 Fax: (416) 475-3433

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_ 200 M

__ 5000 M _ 5000 M Walk

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_ Javelin

_ 20 K Race Walk

__ 400 M __ 800 M

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Address:		ZIIZE OMANI	City:		
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Blind Athlete Wheelchair Athlete	(Please Check)	1990 Membership Nun	mber:		
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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 31/2-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 wraparound 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

"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 Mieszczak (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 agegraded 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.

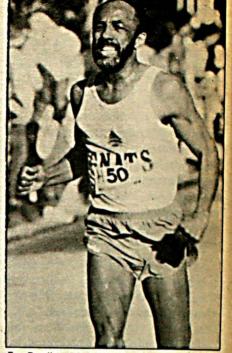
Chris Fox outkicked Jon Sinclair to win the overall 8K race in 23:34.

In the marathon, Clint Davis and Judy Greer won masters titles.



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.



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

MRYTLE 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."



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 MAS-TERS 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

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

Hospital Hill Half Marathon Kansas City, MO (816) 561-1085

Superplace Road to Good Health 10K Boston, MA (508) 339-5454

Utica Boilermaker 15K (315) 797-6929

(include \$3 for postage)

Arvida Fiesta 5K San Clemente, CA (714) 498-3550

August 11 Asbury Park 10K (201) 531-4156

August 25 Crim Road Race 10 Mile (313) 235-3396

September 3 Soundtrack Challenge 10K (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/Nissar Capital Trail Run 10 Mile (919) 876-8347

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

SORBOTHANE/USRA MASTERS CIRCUIT Dean Reinke & Associates 400 N. New York Ave., Suite 102 Winter Park, FL 32789 (407) 647-2918; FAX (407) 647-0433

DEAN REINKE & Associates

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

November 11 Foundation 30K Championship (916) 631-5603

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

Seattle Half Marathon Seattle, WA (206) 525-1295

WZYP Rocket City Marathon (205) 881-9077

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



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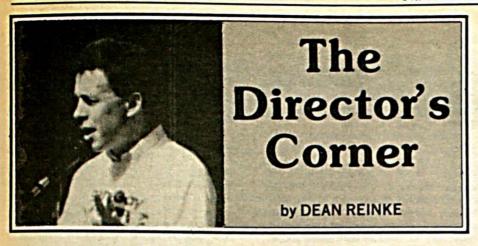
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Sorbothane/USRA Masters Circuit Underway

T elcome 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.

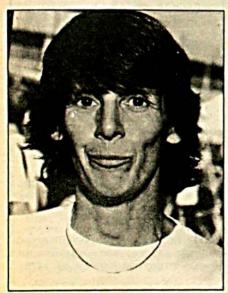
July 22 - Arvida Fiesta Run 5K; Masters have asked for more West Coast events and the Circuit has responded with events like this one held in San Clemente, Calif. \$500 for 1st should help draw a good crowd.

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 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 Sorborthane Cup Age-Graded Winners of the seasonopening 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 Ouest - 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...

SO	RBOTHANE/USE	A AS	GE-GRADED M	EETS
		MEN		
1	Bill Rodgers	42	Shamrock	.9366
2	Bob Schlau	42	Myrtle Beach	.9263
3	Barry Brown	45	" "	.9157
4	Domingo Tibadu'	a40	Shamrock	.9125
5	Fay Bradley	52	The state of the state of	.9066
	Ken Hamilton	40		.9057
7	John Hosner	65	at . The same	.8863
8	Bill Fortune	61		.8742
9	Herb Chisholm	63	Myrtle Beach	.8732
10	Dick Benson	60	The selection of	. 8207
	u	OMEN	SEL DIE SE	
1	Gabriele Ander'	n44	Shanrock	.9058
2	Kathy McIntyre	40		.8397
	Linda Banning	41	Myrtle Beach	.8210
		57	DOMESTIC OF THE PARTY OF	.8198
		53	Shanrock	.8047
6	Anne Mansfield	40	Myrtle Beach	.7958
	Betty McNeely	64	Constitution of	.7688
	Anna Moore	45	Shamrock	.7520
_	Judith Flannery			.749
195	Judith Flannery		ersin is the	. /49

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 Cotton Row Run 10K Hospital Hill Run 13.1-Mile Road to Good Health 10K Utica Boilermaker 15K Crim Road Race 10-Mile Challenge 10K

Capital Trail Run 10-Mile Dayton River Corridor 13.1-Mile Foundation 30K San Antonio Marathon Scattle Half Marathon Rocket City Marathon Charlotte Observer 10K

Myriad Gard Music City C	dens	Run 10K Sorboth		JUSRA Champ. 8K	
M40-44		W40-44		M45-49	
Bill Rodgers	10		17	Barry Brown	5
Bob Schlau	10	Gabriele Andersen	10	Allen Rushmer	5
Domin. Tibaduiza	9	Kathy McIntyre	9	Mickey Lackey	4
Oliver Marshal	9	Anne Mansfield	9	Ken Sparks	4
Ken Hamilton	8	Nancy Misezczak	8	Thomas Hare	3
Bill White	8	Patricia Tavares	8	Terry VanNatta	3
Larry Almberg	7	Marg. Seymour	7	LIE A HANDEN	Age .
Brook Meserole	7	Suzanne Puryear	6		
Dave Stewart	6	Susan Adams	6		
Bill Peay	6	Barbara Ekstrom	5		
		Lynn Dobiel	5		
W45-49		M50-54		W50-54	
Pat Johnson	5	Fay Bradley	5	Susie Klutz	10
Anna Moore	5	Gerald Tilley	5	Judith Flannery	4
Judy McKee	4	Willie Kaye	4	Peggy Steckel	4
Peggy Smith-Hite		Jack Lucas	4	Karin Stronach	3
Ter. Kaguyutan	5	John Gozjack	3	Arlene Walker	2
Diana Pardue	3	Rob. McAndrews	3	The state of the s	
M55-59		W35-59		M60-64	
Jim Thomas	5	Jean. Chambers	5	Herb Chisholm	9
Stanley Witomski	The second second	Margarete Deckert		Dick Benson	6
Jimmy Davis	4	Doris Snowden	4	Bill Fortune	5
Jim Lyons	4	Dot Jones	3	Michael Shea	3
Bob Archibold	3	CONTRACTOR OF STREET		Ed Hamilton	3
John Shoemaker	3				
₩60-64		M65-69		M70+	
Betty McNeely	5	Charles Dotson	5	Cokey Daman	5
		John Hosner	5	Samuel McNeely	
<u>₩70+</u>		John McManus	4	Ray Giampoala	4
· Martin	5	Roger Gill	4		4
Louise Martin	-	John Bays	3		
Marjorie Mitchell	1	John Harper	3		

MASTERS SCENE

NATIONAL

- Jane Dolley of Yarmouth, ME, was elected president of the RRCA for a two-year term at the RRCA National Convention in Miami, March 8-11. Dolley 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 NYRRC Snowflake 4 Mile, Central Park, NYC, February 25. Sid Howard, 50, finshed 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 NYRRC 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 NYRRC 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 NYRRC 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.

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- 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 NYRRC 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, benefitting 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, 12263½ NE, Fridley, MN 55432.

ATTENTION: EARN MONEY READING BOOKS! \$32,000/year income potential. Details. (1) 602-838-8885. Ext. Bk. 17751.

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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 1415. 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. Beatrie Kee, 58-31 Bell Blvd., Bayside NY 11364.

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

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

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

June 7-10. New York State Parks Senior Games, Albany. 55+. Debra Keville, NYS Office of Parks & Rec., Agency Bldg. 1, 12th Flr., 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

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 46. 20th Annual Southeastern Masters Meet, N.C. State U., Raleigh, N.C. Dale Smith, 2401 Wade Ave., Raleigh NC 27607. 919/755-6641.

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

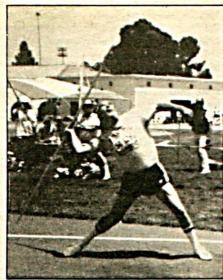
May 18. Virginia Golden Olympics, Dinwiddie, Va. 55+. Fran Hart, Dinwiddie Parks & Recr., Dinwiddie, VA 23841. 804/469-3548.

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

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

May 26. Birmingham TC Classic, Samford U., Birmingham, Ala. Gordon Seifert, 1514 Ridge Rd., Birmingham AL 35209. 205/879-8031. Entry form in April NMN. May 26. (Memphis); June 2-3 (Knoxville); June 2 (Nashville and Chattanooga); Tennessee Sportfest Games (open to Tennessee residents only). Sportfest, 800-53SPORT. June 2. Northwest Miami Meet, Tropical Park, Miami. Bob Fine, 4223 Palm Forest Drive North, Delray Beach FL 33445. 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 Photo by Jerry Wojcik Diego.

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/

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 49. Indy Senior Classic, Indianapolis, Ind. 55+. Annie Chester, Parks & Recr., 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 1417. 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, In-dianapolis, 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 1419. 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 Recr. Dept., 209 N. 8th St., Marysville, KS 66508. 913/562-3031. July 7. Minnesota Masters/Seniors Meet, Fridley, Minn. SASE to: Rachel Lyga, 122631/2 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. Warson Rd., St. Louis MO 63124. 314-993-6447.

September 1-2. 10th Annual Rocky Mountain Masters Games, U. of Colorado, Boulder.

Continued on page 38

Continued from page 37

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).

(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. 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 & Recr., 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

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 & Recr., 210 Lottie St., Bellingham, WA 98225. 206/676-6985.

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

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

CANADA

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

INTERNATIONAL

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

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

August 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. Continued on page 39

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.

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 Townwhip, NJ 07712.

201/922-9479.
August 12-25. Green Mountain Running Camps, New England. John Holland, 2434 Hawthorne Drive, Yorktown Heights NY 10598. 914/962-5238.

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

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 Dennison, 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.

June 16. Steamboat Classic 4 Mile, Peoria, Ill. Steve Shostrom, Running Central, 700 W. Main St., Peoria, IL 61606.

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,

May 5, 6, 12, 13, 19, 20, 26, 27, 28. Legg Lake Runs, South El Monte, Calif. Arthur Martinez. 213/949-0394.

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.

6. Lilac Bloomsday 12K, Spokar

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

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

CANADA

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

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



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 YIA 2R8. 403/668-4463 (p.m./weekends),

403/668-4236 (days).

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

Belgium.

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 Hafley, 5207 Melbourne, Raleigh NC 27606. 919/737-2831; 919/851-7317.

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

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

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	W50-54 Joy Clingman Marcia Shapiro	5K Walk 3000 Walk 10K Walk	30:12 18:55 1:06:41	July 89 1-7-90 12-10-89
Des Margetson	2K Steeple- chase	9:27.40	July 86	A - (4) S (4 - 1) L			
Thomas Page	400 200 200 100	60.05 28.35 28.41 13.20	10-26-89 6-23-89 10-27-89 10-25-89	W55-59 Sally Polk	Shot Put Javelin Discus Hammer	28.50' 74.00' 71.50' 80.50'	July 89 4-16-89 6-3-89 July 89
M70-74 Frank Delear	3000	22:58	8-3-86		Weight Throw	25.35'	8-9-89
W40-44 Vanessa Hilliard	Hammer	95'34"	July 89	W65-60 Jean Mitchell	1500 5000	7:22.38 27:27.24	8-5-89 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.

					FO	R ME	N	(E) (E)		in old		
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
400 800	51.0	52.5	54.0	56.0	58.5	61.5	65.0	70.0	76.5	84.5 3:27	94.0	4:24
SAME TO SERVICE		DESCRIPTION OF THE PARTY.	100	Note: 44			Sid Script		Marin W			
1500 Mile	4:11	4:15	4:22	4:32	4:45	5:02	5:24	5:47	6:22	7:03 7:38	7:59 8:42	9:15
		15:42		16:44	17:30	18:24	19:36	21:08	23:30	26:00	29:00	37:3
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110H 100H	15.3	16.4	17.75	18.75	18.0	19.0	20.0	21.3	ler.	NO FO		
80H	57.6	59.7	62.0	64.4	67.2	70.6			18.0	21.0	25.0	30.
400H 300H	37.6	39.7	62.0	04.4	48.0	51.0	55.0	60.0	66.5	74.5	84.0	95.
3K-SC	10:00	10:20	10:55	11:40	12:30	13:20	Est To		reserve A	The state of		
2K-SC	10.00	10.10	10.55		12130	13.120	9:30	10:30	12:00	14:00	16:30	19:3
нл	1.94	1.85	1.76	1.68	1.59	1.50	1.41	1.32	1.23	1.13	1.02	.9
	6-44	6-3/4	5-914	5-6	5-21	4-11	4-75	4-4	4-12	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	1.5
	14-54	13-74	12-95	11-95	10-10	10-0	9-24	8-4%	7-64	6-84	5-11	4-1
W	6.55	6.20	5.85	5.45	5.10	4.75	4.40	4.00	3.65	3.35	3.00	2.6
	21-6	20-44	19-24	17-104	16-9	15-7	14-5%	13-15	11-115	11-0	9-10	8-8
TJ	13.35	12.65	11.90	11.15	10.40	9.65	8.90	8.20	7.50	6.80	6.10	5.5
All Control	43-91	41-6	39-1	36-7	34-15	31-8	29-24	26-11	24-7%	22-4	20-1	18-1
Shot	15.20	14.10 46-3k	13.00	12.00	12.40 40-84	11.20	12.00	10.80	10.00	8.80	7.65	6.5
Diame	Mary Color of the	MANUAL PROPERTY.	Marine St.	DANSET	A SHAW AT	36-9	39-45	35-51	33-0	TO PERSONAL PARTY	Parties in	21-4
Discus	147-0	42.60	40.60	38.00	40.00	36.40	40.00	36.80	31.60	26.40	21.40	16.2
Hammer	47.24	44.20	41.14	38.10	38.40	36.00	36.00	33.00	29.00	86-7	70-24	53-2
SANCE	155-0	145-0	135-0	125-0	126-0	118-1	118-1	108-3	95-2	25.00 82-0	22.50 73-10	18.0
Jav	62.00	57.00	52.60	48.00	43.00	38.50	40.00	35.00	29.00	24.00	19.00	
	203-5	187-0	170-7	157-6	141-1	126-4	141-1	114-10		78-9	62-4	15.0
35#Wt.	15.00	14.00	13.00	12.00	10.00	9.00		DATE OF				
25 Wt.		STORY.					11.00	10.00	9.00	8.00	7.00	6.0
56 WE.		9.00	8.50	8.00	6.00	5.00	4.50	4.00	3.50	3.00	2.50	2.0
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U.S. MASTERS STANDARDS OF EXCELLENCE FOR WOMEN Event 30-34 35-39 40-44 45-49 <u>50-54</u> <u>55-59</u> <u>60-64</u> <u>65-69</u> <u>70-74</u> <u>75-79</u> <u>80-84</u> 14.6 30.3 67.5 15.6 32.5 16.2 34.0 17.8 37.5 83.7 63.5 90.0 96.5 103.3 2:35 2:40 2:46 3:05 3:56 4:09 4:35 5:10 5:34 5:29 5:55 5:40 6:07 5:58 6:26 6:20 6:48 7:19 7:23 7:46 8:04 8:47 5:19 5:44 9:39 10:45 19:45 20:30 21:20 41:00 42:40 44:40 23:12, 24:16 49:30 52:00 22:16 26:08 28:08 32:21 17.2 18.2 15.0 15.8 84.4 88.8 16.5 17.6 18.7 20.2 22.2 25.0 28.0 75.5 79.9 66.0 72.0 79.0 87.0 1.19 3-11 1.07 3-6% .92 3-04 .89 .84 2-11 2-9 4.60 4.25 3.90 15-1 13-11½ 12-9½ 3.55 3.20 11-8 10-6 2.60 2.35 9-44 8-6k 6-11 10.00 29-75 9.20 28-3 8.60 26-8 7.80 25-01 5.70 20-5% 5.20 18-10 4.70 4.20 3.80 16-5 13-11k 13-1k 8.40 7.70 27-7 25-34 9.30 30-64 7.95 7.20 26-1 23-74 5.80 5.25 4.70 4.25 19-04 17-3 15-5 13-114 6.50 39.50 33.50 27.50 21.50 25.00 19.00 129-7 109-11 93-6 70-64 82-0 62-4 16.00 15.00 14.00 52-6 49-2 45-11 26.0 24.0 85-4 78-9 22.0 72-2 15.0 14.0 49-2 45-11 24.0 20.0 18.0 16.0 52-6 59-1 44-4 98-5 91-2 40.0 35.0 30.0 25.0 131-3 114-10 98-5 82-0 20.0 65-8 18.0 59-1 23.0 22.0 20 Mt. 10.00 9.00 8.00 7.00 6.00 5.00 4.00 3.50 3.25 3.00 2.75 notes: 1) 100 standards are for automatic time; use standard conversion for hand time 2) Short hurdles: 30-39: 33"; 40+: 30" 3) Shot put: 30-49: 4k; 50+: 3k. 4) Jávelin: 30-49: 600gm; 50+: 400gm. 5) Hammer: 30-49: 4k; 50+: 3k. 5) Hammer: 30-49: 4k; 50+: 3k. 6) Metric heights and distances are the standard; feet and inches listed

ALL-AMERICAN CERTIFICATE/PATCH NAME _______AGE-GROUP _____ ADDRESS ______SEX: M ____ F ____ CITY ______STATE _____ZIP ____ MEET ______DATE OF MEET _____ MEET SITE _______MARK: _____ HURDLE HEIGHT ______WEIGHT OF IMPLEMENT _____ CERTIFICATE ____ PATCH ____ PATCH TAG If you have bettered the standard of excellence places and the standard of excellence places.

APPLICATION FOR AN

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 2372, Van Nuys, CA 91404. (Enclose copy of results, or note in which issue they appeared.) A 3-color, 8" by 10" certificate—suitable for framing—and/or a 3-color, 3" x 4" patch will be mailed to you within two weeks. (Allow six weeks for patches with tags.)

U.S. MASTERS TRACK & FIELD RANKINGS

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

1989	Indoor 1	1500 R	ankings
Compi	led by Je	rry Fek	dhausen
MAMP			TIME

HARO	
MALE 30-34	Figure 15
MARRE, SYDNEY RULEAU, JEAM-GELAN RUTTER, BOB GILBERT, CHRIS MICKELS, DAVE GONTERMAN, MARTY	3:38.141 4:04.71 4:08.61 4:09.91 4:12.51 4:17.21
LENHART, PETER RUSSELL, FLOYD RASMUSSEN, KEN	4:20.61 4:35.91 4:36. 1
TOMERLIN, DAVID	4:07.91

MALE 35-39	THE PLANE
TOMERLIN, DAVID	4:07.91
GREEN, DUANE	4:08.41
CONTARIO, JOE	4:11.11
RELLY. KEVIN	4:11.71
HOLZMAN, JIM	4:15.21
GORRELL, DAN	4:21.11
FERRARI, BOB	4:24.11
CILES, CUY	4: 32.41
POWELL, GLENN	4:35.61
CAPLIN, BOB	4:33.11

MALE 40-44	241/200
TAYLOR, RANDY	4:11.81
SHANK, JIM	4:11.9i
HERRALA, WALLY	4:14.71
GRIFFIN, TYRONE	4:15.01
BAYKO, RICK	4:22.71
DONOVAN, JOHN	4:25.31
KINNERY, ROBERT	4:26.71
LAINEY, LOU	4:30.71
DERDERIAN, TOM	4:37.71
WEAVER, BOB	4:39.61

HUCKEL, SAM	4:27.3
VERDIER, JIM	4:43.7
MAILLET, ART	4:48.5
MCFADDEN, JERRY	4:48.7
DEPAULIS, THOMAS	4:54.3
PEARLMAN, EARL	5:00.6
JOHNSON, CHARLES	5:22.3

MALE 50-54	
CONNER, JOHN	4:28.31
HOWARD, SID	4:29.81
MILNER, BOB	4:35.91
DOHERTY, PETE	4:44.51
WISELL, WALTER	4:45.31
GOLUSHKIN, N.	4:52.21
WILSON, TED	4:55.91
COPLON, EDWARD	4:59.51
DAMERON, WILLARD	5:36.81

MALE 55-59	record in
SUTTON, JIM	4:37.91
WIMBERLEY, CHARLES	4:41.31
SLOCOMB. DON	4:45.11
GAMMIE, DON	4:46.91
CULLING, ROBERT	4:48.11
GREEN, ARNIE	4:53.51
GERUGHTY, RON	5:07.31
EBAT, JIN	5:17.51

LINDE, GUNNAR	5:14.31
BENSON, DICK	5:14.61
CAREY. BILL	5:17.4
LISTER, WILLIAM	5:43.6
SCHNEIDER, LOUIS	5:50.3
TILLSON, GEORGE	6:27. 1

ME	SSEN	GER,	ARCHIE		05.	
GI	REENW	OOD,	DON		48.	
51	RASS	ENB	IRG, HOWARD		02.	
R	SCH.	GE	RGE	6:	16.	21
HC	OD.	BUZZ	Y	6:	21.	91
P	IN.	DAV	D	6:	46.	31

MALE 80-6	
FIKE, BYRON	7:48.41
PENALE 20-	

SLANEY, MARY	4:05.58
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

LEMTTE 32-38	
	Andrew Committee
WANBERG, JANELLE	4:59.21
OLMSTROM, EATHY	5:22.61
CINTOSH, LYDIA	5:41.6i

FEMALE 40-44	
BURLESON, MARIE	4:53.31
MOULTON, SUSAN	5:07.51
SCHMITT. ANNE	6:11.11
BICE. JEANNIE	5:18.31
BAUM. BEVERLY	6:44.31

5:09.31 5:19.11

the second second second second second	THE RESERVE OF THE PARTY OF THE
FEMALE 50-54	
ENOTT, SANDRA	5:37.71
KOWALSKI, MARION	6:33.61
FEMALE 55-59	- Carrier
BROWN, GLORIA BUTCHER, GRACE	5:49.61 5:57.21
CAVICCHI, MARY ANN	9:54.81
FEMALE 60-64	10 3 1963 1 3 1963
NORCKAUER, MARY	7:12.71
FEMALE 65-69	
PEEBLES, CAROL	7:59.51
FEMALE 75-79	
MEHL, PEARL	7:43.31
The second secon	CON THE
	1

1989 Outdoor 1500 Rankings Compiled by Jerry Feldhausen

d = decathlon	
HAME	TIME
MALE 30-34	
SCOTT, STEVE	3:35.92
MAREE, SYDNEE	3:37.31
PADILLA, BOUG	3:39.2
CARROLL, BOB	3:53.4
DEPRIEST, R.	3:59.87
BELGER, MARE	4:01.25
McCAREY, KEVIN	4:02.00
MAYES, JESSE	4:02.95
TEPLEY, THOMAS	4:03.39
FRAGUA, PAUL	4:03.41
(10)	
METZ, JOHN	4:04.10
BULEAU, JEAN-GELAN	4:04.7
BRADLEY, DAVE	4:05.3
HOGG, PETER	4:05.63
GUSTAFSON, GREG	4:06.56

(10)	San San S
METZ, JOHN	4:04.10
BULEAU, JEAN-GELA	H 4:04.7
BRADLEY, DAVE	4:05.3
MOGG, PETER	4:05.63
GUSTAFSON, GREG	4:06.56
COLMENARES, RAFAE	L 4:06.7
TUMMER, BALPE	4:06.9
FOLEY, MIEE	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, BEN	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

CASTENHOLZ, D.	3:59.84
GREEN, DUANE	4:00.37
MCCAREY, EEVIN	4:01.34
	4:02.2
CARTER, TOM	4:03.14
ROCK, DAN	
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
(10)	
HULL, CHUCK	4:10.2
BELLY, BEVIN	4:10.43
BOSTATER, ROBERT	4:10.73
BOSTATER, ROBERT	4:10.81
VAN ARSDALE, TED	4:11.7
GREEN, RICK	
OJALA, ERIC	4:12.06
BAUB, DAVID	4:12.2
GILES, GUY	4:12.7
COLE, JEFF	4:13.11
BASLEY, BICK	4:13.6
(20)	
CUNNING, IAM	4:13.8
BORDONI, J.	4:15.3
JACKSON, ROB	4:15.8
HENDERSON, MATT	4:15.87
HERVERSUN, MAIL	
BLANKENSHIP, DONALD	4: 16.13
LAMPERT, KEN	
WALKER, ROBERT	4:16.78
SHANNON, TIM	4:17.3
JENKINS, MIKE	4:17.6
HABERKERN, JOHN	4:19.19
	and the second

HABERKERN, JOHN	4:19.19
MALE 40-44	100
ALMBERG, LARRY FRYE, DANIEL MCCDONALD, BUNCAN SMITH, HOLAN HOLAN, HAROLD	3:53.18 3:53.57 3:58.70 3:59.75 4:00.6
SPARES, EEN SWENSON, ALBIN DYCE, BYRON O'BRIEN, RICHARD	4:01.03 4:01.74 4:04.16 4:06.29 4:06.67
SHIBLEY, GRAEME (10) FERRAZ, STEVE TAYLOR, BANDY TRACY, DENNIS	4:08.26 4:08.71 4:09.82
MAMMITT, BAY MAMPTON, JIM MARTIN, JOHN GELSONINI, JIM SHANE, JIM	4:11.53 4:11.7 4:11.95 4:12.86 4:12.99
ROBINSON, WILLIAM NICHOLSON, CARL	4:13.3

15.3 15.5 16.0
16.0
16.8
17.1
17.4
17.5
17.8
17.9
17.9

MALE 45-49	
MANLEY, MIKE	4:14.83
HECKLER, VIC	4:15.1
LARIS, TOM	4:15.12
DONERTY, NEIL	4:18.17
BURNS, TOM	4:18.62
HEFFERNAN, MIKE	4:18.89
KOCH. DAMIEN	4:19.12
GIBBONS, JAMES	4:19.54
HACKETT, JERRY	4:19.99
LARSON, GEORGE	4:21.24
(10)	No State of
FRANKLIN, HARVEY	4:22.76
WOLFE, VICTOR	4:23.39
RANDALL, KIRK	4:23.44
SHILLIVAN TOM	4:23.85

MOLFE, VICTOR	4:23.33
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
BEISINGER, ROY	4:30.21
(20)	4.30.21
NASON, MARSHALL	4:30.8
	4:31.58
VERDIER, JIM	4:31.6
DEITCHMAN, J.	4:33.3
DECKER, LARRY	
COTE, JOSEPH	4:33.80
MCCORMICE, CORNELI	US 4:34.4p
SHATTUCE, ED	4:34.53
WHITEHEAD, JIM	4:34.8
EAHL, MERB	4:35.1
LEONARD, BOB	4:35.7
THE RESERVE THE PARTY OF THE PA	

MALE 50-54	SPECIAL COMP
	4.10.71
CONWAY, DAN	4:18.71
MOWARD, SID	4:20.7

MOWARD, SID	4:20.7
BEDELL, CLIFF	4:25.64
RICHARDSON, PETE	4:27.70
O'ROURKE, DES	4:31.11
JOHNSTON, WILLIAM	4:34.
WILSON, TED	4:36.36
GOUDREAU, BON	4:39.4
MCCORMACE, DAN	4:40.0
SCHAFER, WALT	4:41.09
(10)	The same of
MILNER, BOS	4:41.2
CHRISTIANSEN, MICHA	E4: 42.84
BICHARDSON, D.	4:43.8
YODER, MEL	4:44.58
CONRO, ART	4:45.0
LARRIEU, BON	4:46.4
ALSLEBEN, CAL	4:47.92
CLARK, JIM	4:48.14
GILBERT, BRUCE	4:49.5
FJELSTAD, DUANE	4:49.77
(20)	
VANDENBERGE, S.	4:50.0
EIES, DAN	4:50.36
FAUST, PETER	4:50.7
BENDECZKY, SANDOR	4:51.0
MEEGAN, JACK	4:51.2
MORRIS, DAVE	4:51.51
RICHARDSON, STEVE	4:52.6
MATTOS, F.	4:53.9
LANGENBACH, BOBERT	4:56.1
WIPER, TOM	4:56.88

1 10 10 10	
MALE 55-59	
WIMBERLEY, CHARLES	4:29.60
MILLER. RALPH	4:30.49
SUTTON, JIM	4:32.01
MEYER, DENNIS	4:34.69
WELDY, JOHN	4:35.65
POSTON, BON	4:36.38
GAMMIE, DON	4:37.47
HATTON, RAY	4:41.65
CUPP, WILLIAM	4:44.70
(10)	
GRAMMIE, DON	4:45.08
MIGDON, MAL	4:45.86
JONES, CASEY	4:46.08
FOULK. BILL	4:47.3
CULLING, BOB	4:49.7
BABICH, DRAGO	4:54.37
	4:56.
SCHIRBER, JAMES	5:00.94
MARADEN, MARSH	6:05.6
FENNELL, LEON (20)	-
FARLEY, DON	5:07.5
RUDY, ARLIE	5:09.15
WITHERS, JERRY	5:10.00
HOLSTI, OLE	5:10.
URBIALES, BOB	5:10.1
COLLINS, CHUCK	5:11.1
KEAT. JIM	5:11.72
BROWN, FRANKLIN	5:12.7p 5:16.27
ALEXANDER, EDWIN	5:17.4
O'BRIAN, BILL	5:17.4
BASYE, D.	Name and Address

MALE 60-64	
KING, JOE	4:46.96
MCCHESNEY, BILL	4:48.96
JACQUES, BOYCE	4:51.26
STEVENSON, DAVID	4:52.34
TOBEY, JONATHON	4:53.71
BRINTON, TON	4:56.42
GENTRY, JACK	4:58.65
SMITH, DEAN	6:01.2
FORTUNE, BILL	5:03.58
STEWART, RAY	6:04.45
(10)	St. Fall Co.

AND ASSESSMENT OF THE PARTY OF THE	
And the second	March Street
BLOUNT, JIM	6:07.0
CONRAB, WILLIAM	6:07.5
FROST, FRED	5:08.29
LINDE, GUNNAR	6:11.
ERNISTON, ORLO	6:11.83
DEVINE. PAT	6:11.9
DAWEINS, D.	5:16.6
HOLMES, BOB	6:19.07
MANSON, WAYNE	6:19.8
MESS. MARRIE	6:20.97
(20)	AND DOM
BENSON, DICK	6:21.1
BROWN, OLCOTT	5:22.4
CAREY, BILL	5:22.83
MERSHBERGER, TRUM	
ANDERSON, BOB	5:27.00
ARUBESON, BUB	NO. LOS MAN
	eluyar
	and the second
MALE 65-69	

MALE 65-69	THE PLANS
MESSENGER, ANCHIE	5:11.59
MCMANUS, JOHN	6:12.44
START, JACK	5:17.7
HAMMEN, CARL	5:20.75
OSBURN, BILL	5:26.46
BRYANT, AVERY	6:32.8
ENOX, MERLE	5:33.75
ROSS, BART	5:35.64
STRASSENBURG, HOWARD	
WALTZER, ROSS	5:47.70
(10)	5:48.14
SPENCER, RAYMOND	6:52.4
MALLON, JOSEPE	5:53.76
HEWSON, MEWLIE	5:56.
GOURLEY, DELMAR	
STEPHENS, MAROLD	6:00.
HANSEN, NORMAN	6:02.5
FAUCHEAUX, FRED	6:08.36
HOOD. BUZZY	6:11.32
CARTER, BILL	6:15.0p
	THE REAL PROPERTY.
MALE 70-74	

MALE 70-74	
BULKLEY, DANIEL	5:23.72
BOOTS, JOHN	5:26.03
NEWMAN, AUSTIN	5:39.9
DAMAN, A. COKEY	5:49.36
QUACKENBUS, 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
(10)	
PATTERSON, LARRY	6:15.0
MCGILVRAY, JIM	6:18.97
WHITE, NATE	6:24.3
GROVE. TROY	6:24.7
SYPHIEWSKI, NENRY	6:27.
Contract Con	No. of Street,

MALE 75-79	
FUNR, AL	5:52.0
DARLSTEN, C.	6:16.24
STOTSENBERG, ED	6:19.75
REALY, DUDLEY	6:24.79
PARDEE, JACK	6:29.45
BROBSTON, WILLIAM	6:30.61
LIGHTFOOT, MILO	7:02.21d
GEARY, VERNON	7:13.72
WANG, CHEN-LING	7:16.99
BOAL, BOB	7:19.7d
MALE 80-84	-
DENHAM, ED	6:14.90
FIKE, BYRON	7:57.28
MIXON, CALDWELL	8:20.

FULGRUM, BERNARD	8: 32.00 15:44.31
MALE 85-90	
BENTON, WILLARD PITCHER, ARLING	8:40.70 11:43.84
MALE 20-94	
SPANGLER, PAUL KIRK, HERB	9:25.2 13.04.3
FEMALE 30-34	Tar singl

KIRK, HERD	13.04.3
FEMALE 30-34	
	- 10 (pros
LASEE-JOHNSON,	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	6:10.56
ROBERTSON, S.	5:15.25
CABALLERO, RITA	6:16.4
(10)	A COLUMN
ALEXANDER, PAE	6:17.5
EUSZ, CYNTHIA	8:17.80
WOODWARD, ANN	6:18.1
MUNTER, BECEY	5:18.7
BOUGHERTT, DEBRA	5:41.3
THE STATE OF THE S	

FEMALE 35-39	阿尼 皮
MCLATCHIE, CAROL	4:37.6
BOWDEN, DARSIE	4:43.1
WALLACH, MARILYN	4:47.4
MARI, BET	4:49.0
SIMMIE-RESECKER, B.	4:50.9
HEWTON, SANDRA	4:51.1
SWANDERG. JANELLE	5:01.3
MICHALER, ANN	5:04.2
TIFF. MICHELLE	5:06.3
FLESCH-BIRTIC, PRISC	5:07.1
WARNER, DEBSI	5:07.1
(10)	
ROSSITER, CHRIS	5:10.1
SMITH, MARY	5:10.3
SMITH, MARY BLLEN	5:11.4
BELL, JAMET	5:17.3
HOLMSTROM, EATHY	5:18.0

FEMALE 40-44	
VACHARG, BAREN NOONAN-OLIVER, MANCY PENDLETON, JONI HOULTON, SUSAN PRIGUEIRO, JULES LEIVERS, MARY	4:50.21 4:55.0 4:55.60 5:03.55 6:03.8
MAYLOR, MILARY LLITZEE, CAROL MAGILEE, DEBBIE GERL, SMARON (10) MACESON, IRENE	6:08.85 6:09.05
COMPTON, SUSAN DALLARD, BARBARA COMAGEN, CINDY VILSON-GIAMBRUNO, G	5: 16.4 5: 17.66 5: 18.87
UTERBAUGH, CANDY	5:21.51 5:25.2 5:26.89

FEMALE 45-49	THE PARTY
COLMAN, JOAN	4:48.19
MATSON, SHIRLEY	4:48.22
FLEXER, CAROL	4:53.59
UPTON, LINDA	5:03.08
PIEE. BARBARA	6:09.23
VILLA, ROBIN	5:09.39
ARNOLD, JANE	5:10.56
BACHE, LOLITIA	5:22.24
PUE. EILEEN	5:31.08
BOST, MADELINE	6:31.40

BOAGLAND, JEANNE	5:16.47
DIGELOW, VICEI	5:18.4
ENOTT. SANDRA	5:18.43
FAUST, GINA	5:21.9
CAPPETTA, CAROLYN	5:22.80
PARKER, MANCY	5:24.2
PELL. EVE	5:24.97
TROTT, SUSAN	5:32.11
BETZ, MARGARET	5:35.6
MARADA, MARY	5:54.33
A COURSE TO SERVED	STANSALDS.

	Charles and Charles
IRVINE, MARION	5:25.34
AINSLIE, PEGGY	5:46.42
HALS, JOYCE	5:49.82
DICKINSON, JUNE	6:55.11
SZAWLOWSKI, LIZ	5:56.56
BUTCHER, GRACE	6:02.45
FREEMAN, JANET	6:21.15
MEANS, SUSAN	6:35.76
VOSBURGH, BETTY	6:36.6
MCCHESNEY, MARCIA	6:37.29
FEMALE 60-64	4.13
FEMALE 60-64	6:27.36
CARLSON, MARY LOU	6:27.36 6:39.08
CARLSON, MARY LOU SMALLEY, MARCY	6:27.36 6:39.08 6:55.4
CARLSON, MARY LOU SMALLEY, MANCY	6:27.36 6:39.08 6:55.4 6:56.3
CARLSON, MARY LOU SMALLEY, MANCY BENKERT, BETTY ONODERA, SUMIYE	6:27.36 6:39.08 6:55.4 6:56.3 6:59.8
CARLSON, MARY LOU SMALLEY, MANCY BENKERT, BETTY	6:27.36 6:39.08 6:55.4 6:56.3 6:59.8 7:00.5
FEMALE 60-64 CARLSON, MARY LOU SMALLEY, MANCY BEMKERT, BETTY ONODERA, SUMIYE BOZAR, CASSIE	6:27.36 6:39.08 6:55.4 6:56.3 6:59.8 7:00.5 7:03.07
FEMALE 60-64 CARLSON, MARY LOU SMALLEY, MARCY BENEERT, BETTY ONODERA, SUMIYE BOZAR, CASSIR MCMEELY, BETTY WITHROW, MARGIE LEONARD, B.	6:27.36 6:39.08 6:55.4 6:56.3 6:59.8 7:00.5 7:01.07 7:05.08
FEMALE 60-64 CARLSON, MARY LOU SMALLEY, MANCY BENKERT, BETTY ONODERA, SUMIYE BOZAR, CASSIE MCHELY, BETTY WITHROW, MARGIE	6:27.36 6:39.08 6:55.4 6:56.3 6:59.8 7:00.5 7:03.07

FEMALE 65-69	
STOREY, MARY	6:36.6
DAVIDSON, GERRY	6:43.1
ADAMS, LOUISE	7:03.4
MCDONOUGH, KATHLEEN	7:04.3
MITCHELL, JEAN	7:22.3
BOEHN, VIVIAN	7:31.3
PEEBLES, CAROL	8:00.0
SMITH. ANGIE	8:04.5
DORO. SAMIA	8:11.2
THOMPSON, QUEENIE	8:11.5
	375

IION, PAT	6:42.17
TAFFORD. MARIE	7:01.37
ILLIAMS. ALGENE	7:05.37
ARANI. MARY	7:44.11
IOMAGNA, ANNA	7:57.30
ARTIN, LOUISE	8:28.22
ERG. EDNA	9:19.96

FEMALE 75-79	PERSONAL PROPERTY.
EHL, PEARL	7:47.95
LAREE, ANNE	8:11.8
RANSTROM, IVY	9: 22.43
TOTSENBERG, BORTHY	9:26.25
OHNSON, MELEN	9:29.00
AMES, BESS	9:29.0

FEMALE 80-84	SEASON PER
WALKER, ALLIE WARD, ANNA	11:02.04 12:43.79
SALISBURY, MARILLA ROGERS, MARRIET	13:12.00
12	



1989 Outdoor Track 5000 Rankings Compiled by Ann Diaz

The state of the s	
W30-34	
1 Charlotte Thomas	16:38.4
2 M Buchiccio	16:51.9
3 Lisa Boyle	17:36.8
4 Pan Eldridge	18:22
5 Sharon Gough	18:58
6 Candy Wojcik	19:08.1
e candy mojern	Carry Name and Add
M30-34	
1 Jeff Martin	14:51.8
	14:53.9
2 Lynn Mentzer	15:14.2
3 Greg Gustafson	15:25
4 Mike Jones	15:36.1
5 Bruce Barnes	15:36.4
6 J J Wind	15:40.7
7 B Welson	
8 Kim Ready	15:46.7
9 John Araujo	15:51.0
10 John Heslin	15:51.3

I Carol McLatchie	16:59.0
2 Darsie Bowden	17:16.6
3 Marilyn Wallach	17:34.6
4 B Simmie-Kesecker	18:04.7
5 Barbara Clark	18:21.1
6 Barbara Blaszak	19:08.9

	K McCarey	14:46.7
		15:16.6
	M Undbald	
3	Earl Owens	15:39
4	Stephen Jones	15:44.9
5	Jeff Cole	15:51.1
6	William McMillen	15:52.
7	Matt Morrow	16:02
	David Hunter	16:04.4
,	Manuel Game	16:06.4
10	Ernie Rivas	16:10.7

W40)-44	
1	Janet Jordan	17:32.
2	Mary Wood	17:42.
	Debbie Magilke	18:05.
	Dawn Welch	10:19.
	Susan Henderson	10:33.
	L Hantynen	18:41.
	Maryann Peterson	10:41.
	Kate O'Neill	18:48.
	Robin Emery-Rappa	18:59.
	I Jackson	19:00.
M41	0-44 THE WALLET	-
T	Harold Wolan	14:59.
	Don Kardong	15:09.

3	Richard O'Brien	15:13.0
4	Pat Kubley	15:33.1
5	Graham Garcia	15:38.7
6	M Chambliss	15:44.5
7	Lee Fidler	15:46
	Bill Walker	15:49.3
,	James Press	15:50.9
10	Ian Dickson	15:52.60
11	Greg Brock	15:54.0
12	Rich Davis	16:00.8
13	Tom O'Connor	16:02
14	John Dwyer	16:05.8
15	Rich Hoebeke	16:11.2

W45-47	
1 Joan Colman	17:45.0
2 Shirley Matson	17:48.6
3 Carol Flexer	18:01.7
4 Jane Arnold	18:58.2
5 Eileen Pue	19:35.0
6 Robin Villa	20:03.6
7 Connie Manley	20:42.6
8 Rita Gilmore	21:24
9 Edna Bay	21:53
10 Joan Caudill	22:43
CONTRACTOR STATE OF THE PARTY O	

14	5-49	
1	Mike Manley	15:12.2
2	Michael Heffernan	
	James Gibbons	16:01.3
4	Tom Burns	16:09.3
5	Michael Figueroa	16:36.4
6	David Williams	16:45.7
7	P Krause	16:49.4
	Rich Quevillon	17:13
,	Joe Abernathy	17:24.3
	Tyrone Melson	17.26 6

50-54	
Vicki Bigelow	19:17.7
2 Gina Faust	19:26.8
Sandra Knott	19:27.6
Mancy Parker	19:48
Margaret Betz	20:01
Kay Willoughby	20:20.7
7 Betty Dameron	21:43.2
Ann Holtsclaw	22:25

0-54	
Don Convay	15:43.5
Don Sleeman	16:15.5
Des O'Rourke	17:17.4
Cal Alsleben	17:33.5
W Schafer	17:34.0
Alan Fairbrother	17:43.3
B Fernee	17:43.8
David Pitkethly	17:48.9
D Morris	17:54.4
Christiansen	17:57.2

100		
155-	59	
1 1	arion Irvine	19:32.0
2 7	eggy Ainslie	21:02.4
3 .	Illie Stacy	21:59.3
4 3	une Dickinson	22:00.2
5 H	enny Goering	23:07.6
6 D	orothy Stock	23:41.3
7 D	onna Gookin	24:14.1
. L	oretta Mopkins.	24:30.3
9 L	ois Bell	24:36
	usan Means	24:53.1

Continued on next page

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24-51 27-5						Ann Cirulnick 20.68	-
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22-7 1/4 Carl Morroe 28-8 38-79 Verkins 29-1 34 Solf Truckerland 38-79 Verkins 38-79 Verkins		Harry Schwarze	39.16	Seymour Lampert	34.88		5
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Mel Buschman	32.79
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Ingrid Drolet	23.54
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Vanessa Hilliard	31.52
Rosalyn Katz Laurie Rothrock	23.82 22.15
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C Sherrard Carmen Gilmore	26.04
Joan Youngs	21.84
Audrey Boyle	21.31
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Mil Heitschmidt M Salisbury	5.81
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W85-89	6 44
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1989 Hammer Ran	kings
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RANK NAPE	DIST.
M30-34	46.32
1 ROBERT HARTHAN 2 PETER COLLINS 3 GARY ENGLAND 4 JEFF SCRUGGS	45.18 42.22
4 JEFF SCRUGGS 5 ROY SILVERS	40.64
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A BRETT OSDORNE 7 PINE STORSKI 8 PICHAEL LAUDERDA M33-39 1 PETE FARMER 2 JEFF CARTER 3 BILL MILSON 4 EDDIE GUEVARA 5 ED DANIELS 6 LARRY MAITHE 7 GARY MELMENSON 8 PAT LYMN M48-44 1 DREW STEVICK 2 RICHARD MARCESSI 3 BOB ENGELSTAD 4 JOE STEFAMILE 5 PINE DELLER 6 PHILLIP MARTINEZ 7 RODNEY GUY 8 MAROLD KRANSE 9 BICHARD STEPP	38. 93 37. 46 LE 37. 18 68. 84 97. 33 94. 93 44. 93 44. 93 44. 72 44. 72 44. 72 42. 77 93. 88 92. 88 92. 88 97. 74 47. 98 47. 98 47. 98 47. 98
A BRETT OSDORNE 7 PINE STORSKI 8 PICHAEL LAUDERDA M33-39 1 PETE FARMER 2 JEFF CARTER 2 JEFF CARTER 3 BILL MILSON 4 EDDIE GUEVARA 5 ED DANIELS 6 LARRY MAITHE 7 GARY KELMENSON 8 PAT LYNN M48-44 1 DREW STEVICK 2 RICHARD MARCESSI 3 BOB ENGELSTAD 4 JOE STEFANILE 5 MINE DELLER 6 PHILLIP MARTINEZ 7 RODNEY GUY 8 MAROLD KRAUSE 9 RICHARD STEPP 18 FRANK REILLY	38. 53 37. 46 LE 37. 18 68. 84 57. 35 54. 98 46. 93 45. 82 44. 72 42. 77 53. 88 47. 74 49. 58 49. 74 49. 58 49. 74 49. 58 49. 38 49. 74 49. 38 49. 38
A BRETT OSDORNE 7 HIRE STORSKI 8 HICHAEL LAUDERDA M33-39 1 PETE FARMER 2 JEFF CARTER 3 BILL MILSON 4 EDDIE GUEVARA 5 ED DANIELS 6 LARRY MAITHE 7 GARY MELMENSON 8 PAT LYNN M48-44 1 DREW STEVICK 2 RICHARD MARCESSI 3 BUB ENGELSTAD 4 JUE STEFAMILE 5 MIKE DELLER 6 PHILLIP MARTINEZ 7 RODNEY GUY 8 MARGUS HAROLD KRAUSE 9 RICHARD STEPP 10 FRANK REILLY 11 NORM BOMER 12 GARY BARTELL	38. 53. 37. 18 68. 84 57. 35 54. 98 46. 93 45. 82 44. 72 42. 77 73. 88 AN 52. 88 47. 74 47. 28 47. 74 47. 28 47. 28 47. 3
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A BRETT OSDORNE 7 PINE STORSKI 8 HICHAEL LAUDERDA M33-39 1 PETE FARMER 2 JEFF CARTER 3 BILL MILSON 4 EDDIE GUEVARA 5 ED DANIELS 6 LARRY MAITHE 7 GARY MELMENSON 8 PAT LYMN M48-44 1 DREM STEVICK 2 RICHARD MARCESSI 3 BUB ENGELSTAD 4 JOE STEFANILE 5 HICHARD STEP 10 FRANK REILLY 11 NORM BOMER 12 GARY BARTELL 13 PALL MILSON 14 JOHN BANKENSEN 13 JIN PIERCE M43-49	38. 53 37. 46 37. 18 68. 84 57. 35 54. 98 46. 93 45. 82 44. 82 44. 72 42. 77 53. 88 49. 74 49. 38 49. 74 49. 38 49. 74 49. 38 49. 74 49. 38 49. 38 40. 38
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A BRETT OSDORNE 7 PINE STORSKI B HICHAEL LAUDERDA H33-39 1 PETE FARMER 2 JEFF CARTER 3 BILL MILSON 4 EDDIE GUEVARA 5 ED DAMIELS 6 LARRY MAITHE 7 GARY NELMENSON B PAT LYNN M48-44 1 DREM STEVICK 2 RICHARD MARCESSI 3 BUB ENGELSTAD 4 JOE STEFANILE 5 MIKE DELLER 6 PHILLIP MARTINEZ 7 RODNEY GUY 8 MAROLD KRAUSE 9 RICHARD STEPP 10 FRANK REILLY 11 NORM BOMER 12 GARY BARTELL 13 PAUL MILSON 14 JOHN BAMERSEN 15 JIM PIERCE	38. 53. 37. 18 58. 84 57. 35 54. 98 46. 93 46. 93 46. 93 47. 72 42. 77 53. 88 49. 74 47. 38 49. 36 49. 36 49. 36 49. 36 49. 36 49. 38 49. 38 49. 38 49. 38 49. 38 49. 38 49. 38 49. 39 49. 40 49.
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A BRETT OSDORNE 7 PINE STORSK! 8 HICHAEL LAUDERDA 133-39 1 PETE FARMER 2 JEFF CARTER 3 BILL MILSON 4 EDDIE GUEVARA 3 ED DANIELS 6 LARRY MAITHE 7 GARY MAITHE 7 GARY MEMENSON 8 PAT LYNN M48-44 1 DREM STEVICK 2 RICHARD NARCESSI 3 BOB ENGELSTAD 4 JOE STEFANILE 5 MINE DELLER 6 PHILLIP MARTINEZ 7 RODNEY GUY 8 HAROLD KRAUSE 9 RICHARD STEPP 10 FRANK REILLY 11 NORM BOMER 12 GARY BARTELL 13 PAUL MILSON 14 JOHN BANKENSEN 13 JIM PIERCE 143-4V 1 THAMAS GAGE 2 LADU JASTUUPIL 3 LLUYD HIGGINS 4 CARL MALLIN 5 MINE BITSNA 5 BOB GOURLEY 7 GEORGE FRENN 8 ALLAN NEVILLE 10 ROBERT DECHER 10 BRIAN MENENSEN 11 MIKE VALLE 12 RICHARD BLOOMFIE 13 JOHN BAKKENGEN 14 TOM BALCON 15 MINE MODDWARD MON-34 1 JOE CHADBOURNE 2 AL CERTER 3 BOB DAIRLING 4 J. MAGNASSON 3 BOB HUMPHIEYS 6 NURM CYPRUS 7 RICHARD HOTOMISIS 8 ALLAN BROWN 10 KIRK MIELAND	38. 93. 37. 18 38. 93. 37. 18 38. 94. 97. 33. 94. 93. 94. 92. 94. 92. 94. 92. 94. 92. 94. 92. 94. 92. 94. 92. 94. 92. 94. 92. 94. 92. 94. 92. 94. 92. 94. 92. 94. 92. 94. 92. 94. 92. 94. 92. 94. 92. 94. 94. 94. 94. 94. 94. 94. 94. 94. 94
A BRETT OSDORNE 7 PINE STONSK! 8 PICHAEL LAUDERDA 13-39 1 PETE FARMER 2 JEFF CARTER 3 BILL MILSON 4 EDDIE GUEVARA 3 ED DANIELS 6 LARRY MAITHE 7 GARY MAITHE 7 GARY MAITHE 7 GARY MAITHE 8 LENENSON 8 PAT LYNN MAB-44 1 DREM STEVICK 2 RICHARD NARCESSI 3 BOB ENGELSTAD 4 JOE STEFANILE 5 PINE DELLER 6 PHILLIP MARTINEZ 7 RODNEY GUY 8 HAROLD KRAUSE 9 RICHARD STEPP 10 FRANK REILLY 11 NORN BOMER 12 GARY BARTELL 13 PAUL MILSON 14 JOHN BANKENSEN 13 JIM PIERCE M3-4V 1 THAMAS GAGE 2 LADD JASTOUPIL 3 LLOYD HIGGINS 4 CARL MALLIN 5 HIGE BITSNA 6 BOB GOURLEY 7 GEORGE FRENN 8 ALLAN NEVILLE 10 BRIAN MEXENNA 11 MIKE VALLE 12 RICHARD BLOOMFIE 13 JOHN BAKKENGEN 14 TOM BALCON 15 PINE MODERT 16 TOM BALCON 15 PINE MODUNARD M3W-34 1 JOE CHADBOURNE 2 AL GERTER 3 BOB DAIRLING 15 PICHARD HOTOMISS 8 ALLAN BROWN 10 JAMES MART 10 KIRK MIELAND 11 CARL KLEPH 12 JOSEPH L. ORSINI 14 TOM MESSEN 13 JOSEPH L. ORSINI 14 TOM MESSEN 15 DOSEPH L. ORSINI 14 TOM MESSEN 15 DOSEPH L. ORSINI 16 KIRK MIELAND 11 CARL KLEPH 12 JOSEPH L. ORSINI 16 TOM MESSEN 17 DOSEPH L. ORSINI 17 DOSEPH L. ORSINI 18 TOM MESSEN 18 DOS-59	38. 33 37. 46 37. 18 68. 84 57. 33 54. 98 46. 93 40. 82 44. 82 44. 82 44. 82 42. 77 53. 88 69. 74 49. 38 49. 74 49. 38 49. 74 49. 38 40. 32 41. 98 42. 32 41. 98 48. 62 37. 81 38. 87 49. 24 48. 49 49. 38 49. 29 40. 40 40. 40
A BRETT OSDORNE 7 PINE STORNE 7 PINE STORNE 8 HICHAEL LAUDERDA 13-39 1 PETE FARMER 2 JEFF CARTER 3 BILL WILSON 4 EDDIE GUEVARA 5 ED DAMIELS 6 LARRY MAITHE 7 GARY MEJENSON 8 PAT LYNN 1 DREW STEVICK 2 RICHARD MARCESSI 3 BUB ENGELSTAD 4 JOE STEFAMILE 5 MIKE DELLER 7 RODNEY GUY 8 MAROLD KRAUSE 9 RICHARD STEPP 18 FRANK REILLY 11 NOREY 11 NOREY 12 GARY BARTELL 13 PAUL WILSON 14 JOHN BANKENSEN 13 JIM PIERCE 143-4V 1 THUMAS GAGE 2 LADU ZASTUUPIL 3 LLUYD HIGGINS 4 CARL MALLIN 5 MINE BITSNA 8 BOB GOURLEY 7 GEORGE FRENN 11 MIKE VALLE 12 RICHARD BLOOMFIE 13 JOHN BANKENSEN 14 TOM BALCON 15 HIKE VALLE 17 RODREY 18 BRIAN MCKENNA 11 JUSE CHADBOURNE 2 AL CERTER 3 BOB DAMING 4 J. MAGNUSSON 3 BOB HUMPHIEYS 7 RICHARD BLOOMFIE 13 JOSEPH L. ORSINI 14 TOM BALCON 9 JAMES HART 16 KIRK NIELAND 11 CARL KLEHM 12 JOHN BHYLL 13 JOSEPH L. ORSINI 14 TOM MESSELOMSKI 15 OSCAR JENSEN MOS-39	38. 93. 37. 18 38. 93. 37. 18 38. 94. 97. 18 36. 84. 93 46. 93 45. 82 44. 82 44. 82 44. 82 44. 82 42. 77 33. 88 AN 32. 88 52. 88 52. 88 52. 88 47. 74 47. 38 43. 28 48. 87 49. 24 48. 94 48. 94 48. 94 48. 94 48. 95 48. 97 49. 29 48. 19 44. 17 41. 92 38. 98 37. 18 48. 40 47. 38 47. 18 48. 40 47. 38 47. 18 48. 71 48. 71 48. 71 48. 71 48. 71 48. 99 47. 18 47. 18 48. 99 47. 18 48. 99 48. 99 49. 99 37. 18 49. 98 37. 99 38. 64 37. 99 38. 65 38. 64 37. 69 38. 65 39. 65 39. 65 39. 65 39.
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No8-64	47 70-
1 BOB RICHARDS 2 ANIN PHILLIP	47.79
TIEU MOZNACU	39.88
S RICHARD BERGENBAC	K 38.20
4 BOB BACKUS 5 RICHARD BERGENBAC 4 HERBERT CANTOR 7 HARVEY HILLIAMS	36.82
9 DON KORNRETCH	35.66
10 HARRY HARE	33.90
P65-69	
I MALTER SLOVENSKI	30.35
3 JAMES MINAH	37.49
3 JAMES MINAM 4 BILL BANGERT 5 ROBERT K. STONE	36.22
A B. BENNETT	33.62
B DOWN D BELD	32.76
9 THOMAS DEVAUGEN 18 SEYHOUR LAMPERT	30.16
THE RESERVE TO SHAPE	
1 THOMAS MCDERMOTT	42.78
2 DANIEL ALDRICH	40.06
4 NAT HEARD	34.34
& STAN LASKI	33.50
4 NAT MEARD 5 DOMALD HALL 6 STAN LASKI 7 GORDON NURDGREN 8 GERALD CYSEMSKI	31.66
H75-79	Partie I
I NOLAN FOMLER	34.42
2 JAMES YORK 3 WILLIAM EIPEL	31.64
4 DONALD E. PIEROTT 5 ROBERT DETWEILER	1 29.65
	27.50
7 LEON JOSLIN 8 H. PAUL NARCESSIA	26.76
M99-84	a Partie of the
1 ROBERT ULSH 2 KEN CARNINE	24.86
3 GORDON POMELL	18.46
4 BERNARD GUNDON 5 FRANK FURNISS	13.82 13.52w
Charles and the second	
I EVERETT HOSACK	16.02
3 LEKBERI WUNEVOOR	10.04
4 KONRAD BOAS	9.74
250	
RANK NAME	DIST.
1 LINN DUNTON	33.56
3 ZIPPY FREEMAN	16.52
RANK NAME	Elements.
M75-70	DIST.
1 JOAN STRATTON 2 ARLENE PLATT	39.32
3 PATRICIA BROWN	13.66
RANK NAME	DIST.
1 EMILY STONE 2 MATHY PIERCE	22.68
2 MAINT FIERCE	10.10
RANK NAME	DIST.
1 BRENDA BLOOMFIEL	D 29.98
2 VANESSA HILLIARD	29.84
3 DEAME GORLICK 4 BARBARA STEMART	26.16
S ROSE SCHLEWITZ	13.82
	spiels high
RANK NATE	DIST.
1 BECKY SISLEY	32.16
2 MILDRED TOMAN	31.26
3 RACHEL LYGA 4 DURTHA SHANSON	19.20
The state of the s	100 200
RANK NAVE	DIST.
N03-39	All Park Street
1 SHARON BAHONCHUK 2 SALLY POLK	27.28
3 MARILYN GRAY	7.48
RANK NAME	DIST.
1 BERNICE HOLLAND	
2 GENE BOLK	26.96w 19.93
3 JIMIE REID	13.04
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RANK NAME	DIST.
I HARRIETT BOYD	22.98
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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

March 24	-25	
<u>60m</u>		***
M30-34 Heat 1:		
Ellis Liddell Kevin McCarragher	GA	7.42 7.57
Kevin McCarragher Jay Mathis	SC TN	7.57
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 PA	7.58 7.68
Frank Makozy Glenn White	NY	7.69
Heat 3:	TI	7 22
Artego Jaunes Ken Fews	IL	7.23
Chris Fagan	PA	7.51
Jim Cooksey	IN	7.58
Finals: Artego Jaunes	IL	7.11
Val Barnwell	NY	7.18
James Bonilla Ellis Liddell	CA GA	7.20
Ken Fews	IL	7.47
Chris Fagan	PA PA	7.50 7.52
William Jones Kevin McCarragher	SC	7.61
M35-39		
Heat I: Nate Robinson	FL	7.26
Willard Thompson	TX	7.46
Randy Kruse Richard Finnie	OR TN	7.48 7.66
Mike Lind	WI	8.06
Heat 2:	DC.	7 /7
Alfonzo Walton Tom Rewolinski	DC WI	7.47
Dan Dothard	IA	7.51
Heat 3:	mv	7 10
Tom Thompson Dallas Gaines	TX IN	7.40 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 Randy Kruse	TX OR	7.41
Tom Rewolinski	WI	7.48
Dallas Gaines	IN	9.49
M40-44		10 13
Heat 1:		
Charles Allie Marion McCoy	PA GA	7.34 7.37
Glenn Johnson	CA	7.83
Heat 2:	and A	
Eddie Hart Bob Zimmerman	CA	7.01 7.57
Tyrone Carlis	FL	7.67
Markus Heidelber David Hackbarth		7.81
Finals:	4	8.12
Eddie Hart		IDC 07
	CA	WR6.97
Marion McCov	GA	7.16
Marion McCoy Glenn Johnson James Cooksey		7.16 7.51 7.63
Marion McCoy Glenn Johnson James Cooksey Tyrone Carlis	GA CA IN FL	7.16 7.51 7.63 7.64
Marion McCoy Glenn Johnson James Cooksey	GA CA IN FL 8 NY	7.16 7.51 7.63
Marion McCoy Glenn Johnson James Cooksey Tyrone Carlis Markus Heidelber David Hackbarth	GA CA IN FL 8 NY	7.16 7.51 7.63 7.64 7.82
Marion McCoy Glenn Johnson James Cooksey Tyrone Carlis Markus Heidelber David Hackbarth	GA CA IN FL 8 NY	7.16 7.51 7.63 7.64 7.82
Marion McCoy Glenn Johnson James Cooksey Tyrone Carlis Markus Heidelber David Hackbarth M45-49 Heat 1: Stephen Robbins	GA CA IN FL 8 NY WI	7.16 7.51 7.63 7.64 7.82 8.03
Marion McCoy Glenn Johnson James Cooksey Tyrone Carlis Markus Heidelber David Hackbarth M45-49 Heat 1: Stephen Robbins Don Parker	GA CA IN FL 8 NY WI	7.16 7.51 7.63 7.64 7.82 8.03
Marion McCoy Glenn Johnson James Cooksey Tyrone Carlis Markus Heidelber David Hackbarth M45-49 Heat 1: Stephen Robbins Don Parker Dick Riter Nick Gailey	GA CA IN FL 8 NY WI CA CA MN FL	7.16 7.51 7.63 7.64 7.82 8.03 7.52 7.58 7.60 7.94
Marion McCoy Glenn Johnson James Cooksey Tyrone Carlis Markus Heidelber David Hackbarth M45-49 Heat 1: Stephen Robbins Don Parker Dick Riter Nick Gailey Avital Schurr	GA CA IN FL 8 NY WI CA CA MN FL KY	7.16 7.51 7.63 7.64 7.82 8.03 7.52 7.58 7.60 7.94 8.17
Marion McCoy Glenn Johnson James Cooksey Tyrone Carlis Markus Heidelber David Hackbarth M45-49 Heat 1: Stephen Robbins Don Parker Dick Riter Nick Gailey	GA CA IN FL 8 NY WI CA CA MN FL	7.16 7.51 7.63 7.64 7.82 8.03 7.52 7.58 7.60 7.94
Marion McCoy Glenn Johnson James Cooksey Tyrone Carlis Markus Heidelber David Hackbarth M45-49 Heat 1: Stephen Robbins Don Parker Dick Riter Nick Gailey Avital Schurr Paul Milewski Mike Marvin Heat 2:	GA CA IN FL 8 NY WI CA CA MN FL KY WI MI	7.16 7.51 7.63 7.64 7.82 8.03 7.52 7.58 7.60 7.94 8.17 8.22 8.36
Marion McCoy Glenn Johnson James Cooksey Tyrone Carlis Markus Heidelber David Hackbarth M45-49 Heat 1: Stephen Robbins Don Parker Dick Riter Nick Gailey Avital Schurr Paul Milewski Mike Marvin Heat 2: Roger Pierce	GA CA IN FL 8 NY WI CA CA MN FL KY WI MI	7.16 7.51 7.63 7.64 7.82 8.03 7.52 7.58 7.60 7.94 8.17 8.22 8.36
Marion McCoy Glenn Johnson James Cooksey Tyrone Carlis Markus Heidelber David Hackbarth M45-49 Heat 1: Stephen Robbins Don Parker Dick Riter Nick Gailey Avital Schurr Paul Milewski Mike Marvin Heat 2: Roger Pierce Jim Hollister	GA CA IN FL 8 NY WI CA CA MN FL KY WI MI	7.16 7.51 7.63 7.64 7.82 8.03 7.52 7.58 7.60 7.94 8.17 8.22 8.36
Marion McCoy Glenn Johnson James Cooksey Tyrone Carlis Markus Heidelber David Hackbarth M45-49 Heat 1: Stephen Robbins Don Parker Dick Riter Nick Gailey Avital Schurr Paul Milewski Mike Marvin Heat 2: Roger Pierce Jim Hollister Gary Patterson Hans Gordon	GA CA IN FL 8 NY WI CA CA MN FL KY WI MI	7.16 7.51 7.63 7.64 7.82 8.03 7.52 7.58 7.60 7.94 8.17 8.22 8.36
Marion McCoy Glenn Johnson James Cooksey Tyrone Carlis Markus Heidelber David Hackbarth M45-49 Heat 1: Stephen Robbins Don Parker Dick Riter Nick Gailey Avital Schurr Paul Milewski Mike Marvin Heat 2: Roger Pierce Jim Hollister Gary Patterson Hans Gordon Jim Lee	GA CA IN FL 8 NY WI CA CA MN FL WI MI MA CA CA IL WI	7.16 7.51 7.63 7.64 7.82 8.03 7.52 7.58 7.60 7.94 8.17 8.22 8.36 7.44 7.84 7.84 7.84
Marion McCoy Glenn Johnson James Cooksey Tyrone Carlis Markus Heidelber David Hackbarth M45-49 Heat 1: Stephen Robbins Don Parker Dick Riter Nick Gailey Avital Schurr Paul Milewski Mike Marvin Heat 2: Roger Pierce Jim Hollister Gary Patterson Hans Gordon Jim Lee Tom Thorne	GA CA IN FL 8 NY WI CA CA MN FL KY WI MI	7.16 7.51 7.63 7.64 7.82 8.03 7.52 7.58 7.60 7.94 8.17 8.22 8.36
Marion McCoy Glenn Johnson James Cooksey Tyrone Carlis Markus Heidelber David Hackbarth M45-49 Heat 1: Stephen Robbins Don Parker Dick Riter Nick Gailey Avital Schurr Paul Milewski Mike Marvin Heat 2: Roger Pierce Jim Hollister Gary Patterson Hans Gordon Jim Lee Tom Thorne Heat 3: Thad Bell	GA CA IN FL 8 NY WI CA CA MN FL KY WI MI MI MA CA CA IL WI MO SC SC SC SC SC SC SC SC SC SC SC SC SC	7.16 7.51 7.63 7.64 7.82 8.03 7.52 7.58 7.60 7.94 8.17 8.22 8.36 7.44 7.67 7.84 7.88 7.95 8.41
Marion McCoy Glenn Johnson James Cooksey Tyrone Carlis Markus Heidelber David Hackbarth M45-49 Heat 1: Stephen Robbins Don Parker Dick Riter Nick Gailey Avital Schurr Paul Milewski Mike Marvin Heat 2: Roger Pierce Jim Hollister Gary Patterson Hans Gordon Jim Lee Tom Thorne Heat 3: Thad Bell Ray Starnes	GA CA IN FL 8 NY WI CA MN FL KY WI MI MA CA IL WI MO SC In	7.16 7.51 7.63 7.64 7.82 8.03 7.52 7.58 7.60 7.94 8.17 8.22 8.36 7.44 7.67 7.88 7.95 8.41
Marion McCoy Glenn Johnson James Cooksey Tyrone Carlis Markus Heidelber David Hackbarth M45-49 Heat 1: Stephen Robbins Don Parker Dick Riter Nick Gailey Avital Schurr Paul Milewski Mike Marvin Heat 2: Roger Pierce Jim Hollister Gary Patterson Hans Gordon Jim Lee Tom Thorne Heat 3: Thad Bell	GA CA IN FL 8 NY WI CA CA MN FL KY WI MI MI MA CA CA IL WI MO SC SC SC SC SC SC SC SC SC SC SC SC SC	7.16 7.51 7.63 7.64 7.82 8.03 7.52 7.58 7.60 7.94 8.17 8.22 8.36 7.44 7.67 7.84 7.88 7.95 8.41
Marion McCoy Glenn Johnson James Cooksey Tyrone Carlis Markus Heidelber David Hackbarth M45-49 Heat 1: Stephen Robbins Don Parker Dick Riter Nick Gailey Avital Schurr Paul Milewski Mike Marvin Heat 2: Roger Pierce Jim Hollister Gary Patterson Hans Gordon Jim Lee Tom Thorne Heat 3: Thad Bell Ray Starnes Randall Cleven	GA CA IN FL 8 NY WI CA CA MN FL KY WI MI HA CA CA ILI MO SCC In MN	7.16 7.51 7.63 7.64 7.82 8.03 7.52 7.58 7.60 7.94 8.17 8.22 8.36 7.44 7.67 7.84 7.84 7.65 8.41

72 VAN NUYS pace with min		
Finals: Roger Pierce	MA	AR7.40
Thad Bell Stephen Robbins	SC CA	7.46
Ray Stanes Don Parker	IN CA	7.59 7.60
Dick Riter Jim Hollister	MN CA	7.63 7.74
Gary Patterson	CA	7.89
M50-54 Heat 1:		
Roy Turner Larry Colbert	TX MD	AR7.61 7.81
Charles Dudley Ron Dennis	OH	7.93
Charles Townsend Ron Banks	IL CA	8.54 13.79
Heat 2: Gil LaTorre		
Gil LaTorre Paul Dorsey Dale Lance	CA OH	7.75 7.75
Dale Lance Peter Tegen	OK WI	8.16 8.17
Peter Tegen John Ewing Shig Tsutumi	WI	8.24 8.53
John Taugo	MN	8.84
Finals: Roy Turner	TX	7.67
Cil LaTorre	MN	7.74 7.75
Paul Dorsey Charles Dudley	OH	7.91 8.00
Peter Tegen Dale Lance	WIOK	8.14 8.17
	Time Ex	
M55-59 Heat 1: Jim Mathis	TN	7.97
	CAN CA	8.09 8.23
Jim Peterson	MN	8.65
Heat 2: Hugo Hartenstein	СО	WR7.53
Pierre Dobrovolny Cliff Pauling	IL NY	8.01 8.09
Doug McFetters A Batiansila	AZ WI	8.12 8.49
Heat 3: Bob Keegan	PA	7.98
Milton Newton Don Benton	CA CA	8.03 8.20
Earl Mege Tom Morris	PA PA	8.82 9.36
Finals:		
Hugo Hartenstein Bob Keegan	CO PA	7.57 7.86
Pierre Dobrovolny Jim Mathis	IL TN	7.95 7.97
Milton Newton Cliff Pauling	CA NY	7.98 8.07
Don Benton Doug McFetters	CA AZ	8.23 8.25
M60-64		170.2
Heat 1:	NC	0.16
Jim Law Harry Brown	NC IL	8.16 8.23
Gene Harte Chuck Sochor	CA MI	8.44
Bob Watanabe Heat 2:	CA	8.64
C Ross Mitchell	CAN	8.59 8.59
Buck Bradberry Bill Townsend Carl Orndorff	NY CA	8.98 9.10
Finals:		
Harry Brown JIm Law	IL NC	8.11 8.12
Gene Harte C R Mitchell	CAN	8.34 8.44
Bob Watanabe Buck Bradberry	CA	8.45 8.52
Chuck Sochor Bill Townsend	MI NY	8.60 9.32
M65-69 Mel Larsen	IL	AR8.29
Tim Murphy Ed Goddin	TX	8.57 8.99
Sam Madia Ed Matthews	PA MN	9.04
JIm Johnson	CA	9.41 9.54
M70-74 Angelo Oliver	RI	9.28
Charles Mercurio Carl Oates	CA OR	9.36 9.66
A U Ricciardi Dick Bennett	NV AZ	10.07
Bob Warwick	MO	10.28
M75-79 Claude Hills	PA	9.95
Milo Lightfoot Jeremiah Gaines	IN VA	10.09
Ray Edwards Mel Flachs	NJ IA	10.34
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nite space.		
M85-89 Konrad Boas	FL	12.09
Arling Pitcher	IN	13.12
Irene Thompson Janille Zirngible	WI	8.29 9.20
W40-44 Phil Raschker	GA	WR8.14
Phil Raschker Lorraine Tucker Kathy Pierce	NY	8.46 8.87
Debbie Stiles	MO	
Marilyn Mitchell Mary Luker Penny Danielson	NY TX IL	8.78 9.02 9.64
W50-54 A VanderVleuten	CAN	9.65
Marion Coffee	TX	10.29
hristel Miller ei-Mei Chou	CA CA	AR9.36 10.03
Setty Vosburgh Marj Moore	GA CA	10.19 10.70
160-64 Mary Patterson	ОН	10.12
065-69 Tos Sullivan	SC	11.06
lorence Berry Carol Peebles	IL WI	11.26 12.32
775-79 Fillie Crews		VR11.75
Pearl Mehl	CO	13.30
00m 30-34		
eat 1: en Fews leal Bojko	IL CA	23.48 25.77
leat 2: Artego Jaunes	IL	22.96
Jim Bonilla Bill Jones Sob Sands	CA PA	23.38 24.42
lick Mitchell	IL NY	24.46 25.14
leat 3: Val Barnwell	NY PA	
Trank Makozy Tevin McCarragher Terry O'Connell	SC TX	25.01 25.19
inals: Val Barnwell	NY ·	23.23
Vim Bonilla Ken Fews	CA IL	23.25 23.41
Bill Jones Bob Sands	PA IL	24.80 25.02
135-39 leat 1: Tom Thompson	TX	23.60
Villard Thompson Fom Rewolinski	TX WI	23.65
Alfonzo Walton	DC	23.91
John Brooks Bob Bowen	NY WV	23.65 24.58 24.59
Horace Hudson Bill Cheadle	NY KY	24.59 24.84
Finals: John Brooks Tom Thompson	NY TX	23.15 23.57
Willard Thompson	TX WI	23.82 23.89
Tom Rewolinski Bob Bowen	WV	24.80
M40-44 Heat 1: Charles Allie	PA	24.44
Tyrone Carlis Jim Vickers Ralph Wallace	FL TX MI	24.88 25.34 25.47
Heat 2: Stan Druckrey	WI	23.74
Marion McCoy Bob Zimmerman	GA CAN	24.17 24.50
Glenn Johnson Finals:	CA	24.97
Stan Druckrey Charles Allie Bob Zimmerman	WI PA CAN	23.11 23.84 24.05
Tyrone Carlis	FL	25.21
M45-49 Heat 1:	v.	05.0
Avital Schurr Larry Gunn Carl Koernen	IL IL	25.91 26.80 27.75
Heat 2: Roger Pierce	MA	23.99
Gary Patterson Randall Cleven	CA MN	25.67 26.14
		The state of

isters News			-
Heat 3:	CAN	23.95	
Thad Bell	SC KS	24.54 25.86	Polyton.
Ross Jensen Nick Gailey	FL	26.14	THE REAL PROPERTY.
Finals: Roger Pierce	MA	23.66	1
Harold Morioka Gary Patterson	CAN CA	23.82 25.79	Sec.
Ross Jensen Avial Schurr	KS KY	25.84 26.40	į
M50-54			100 H
Heat 1: Charley Miller Larry Colbert	TX	25.12	
Larry Colbert James Pascoe	MD CAN	25.13 29.54	William .
Heat 2:	TX	24.63	(
Roy Turner Gil LaTorre	CA IA	25.85 27.68	The said
Gary Henum Terry Pliner	WI	27.75	BANK!
Heat 3: Paul Dorsey	ОН	25.64	Traphy.
Charles Dudley Charles Townsend	OH IL	26.53 28.17	新山
Finals: Roy Turner	TX	AR24.20	A STATE
Larry Colbert Charley Miller	MD TX	24.63 24.88	H-AM
Paul Dorsey Gil LaTorre	OH CA	25.68 25.92	Specific Specific
Charles Dudley	OH	27.25	Supply S
M55-59 Heat 1:		26.00	HEALT
Bob Keegan Don Benton	PA CA	26.90 27.64	Marie
Tom Morris Heat 2:	PA	31.60	100
Hugo Hartenstein Cliff Pauling	NY	WR24.94 25.74	100 mg
Jim Mathis Paul Johnson	TN TX	25.75 25.79	P. ALEXAN
Jim Ware Heat 3:	IN	27.41	In State
Milton Newton Joe Hemler	CA MD	26.41 27.75	1000
Earl Mege	PA	29.65	
Finals: Hugo Hartenstein	СО	25.14	
Jim Mathis Milton Newton	TN CA	25.43 25.68	(Spirite)
Cliff Pauling Bob Keegan	NY PA	25.70 26.95	海西
M60-64 Heat 1:			
Chuck Sochor Gordon Seifert	MI AL	28.07 28.24	Sept.
Don Walsh Carl Orndoff	IL CA	30.89 31.42	Appendig
Heat 2:	NC	26.58	金属水
Jim Law Harry Brown Bob Watanabe	IL CA	26.92 28.43	PER STATE
Gene Harte	CA	28.45	160.00
Finals: Jim Law	NC	26.45	STATE OF
Chuck Sochor Harry Brown	MI	26.76 27.97	47.86
Harry Brown Gene Harte	CA	28.06	STOREST R
M65-69 Mel Larsen Tim Murphy	IL TX	27.87	Par les
Ed Goddin	KY	28.89	Salution of the last
Sam Madia Walt Dahlin	PA CA	30.83 30.97	Stright
M70-74 John Alexander	TX	29.33	affichi
Angelo Oliver	RI	33.23	1388a
M75-79 Milo Lightfoot	IN	33.61	14 17/85
Claude Hills Mel Flachs	PA IA	35.11 35.17	THE REAL PROPERTY.
Ray Edwards Jerry Wible	NJ PA	35.42 36.01	SHEET,
M85-89 Konrad Boas	FL I	WR42.51	明中かる
Arling Pitcher	IN	46.93	Saldani.
W30-34 Sue Tallard	WI	28.34	WINDSHIP
W35-39		是一个	STATE OF
Irene Thompson	NY	28.13	Helbert.
Phil Raschker Lorraine Tucker	GA V	WR27.30 28.91	See Market
Kathy Pierce Pamela Duncan	NY CAN	29.32 29.89	Constitution's
W45-49			STATE OF THE PARTY OF
Marilyn Mitchell Mary Luker	TX	29.64 30.39	September 1
Penny Danielson Cathy Primmer	IL IN	32.57 32.89	Charles and
W50-54 A VanderVleuten	CAN	33.08	100
Marion Coffee	TX	36.87	THE PLAN
W55-59 Betty Vosburgh	GA	34.09	THE PARTY
Fei-Mei Chou Marjorie Moore	CA CA	34.92 37.10	N I
W60-64 Mary Patterson	OH 4	R35.12	.00
- J - accerson	OH A	12.12	(

W65-69 Jos Sullivan	SCI	R39.47
Flo Berry Carol Peebles	IL WI	40.89
W75-79 Millie Crews	WI V	WR45.73 46.61
Pearl Mehl	•	40.01
400m M30-34 Section 1:	1	
Frank Makozy Jay Mathis	PA TN	53.34 54.03
Dan Rinaldi John Adams	IL MO	54.83
Section 2:		
Claude Howell Marvin Raney	OH AR TX	52.37 52.72 55.43
Terry O'Connell Section 3:	14	55.43
Mike McDowell Bryan Henderson	IL CA	49.74 53.24
Nick Mitchell Neal Bojko	NY CA	54.29 57.42
Finals: Mike McDowell	IL	49.74
Claude Holland Marvin Raney	OH AR	52.37 52.72
Bryan Henderson Frank Makozy	CA PA	53.24
Jay Mathis Nick Mitchell	TN NY	54.03 54.29 54.83
Dan Rinaldi Terry O'Connell	IL TX	54.83
M35-39 Section 1	IA	52.48
Tom Thompson Bill Cheadle Ron Fisher	TX KY CA	52.91 54.90 56.75
Section 2:		
Horace Hudson Pat Talmadge	NY WA	53.46
Tom Quigg Bob Bowen	CAN	55.25 57.61
Finals: Al Matthews	IA	52.48
Tom Thompson Horace Hudson	TX NY	52.91
Pat Talmadge Bill Cheadle	WA KY CAN	54.90 54.90 55.25
Tom Quigg Ron Fisher Bob Bowen	CA WV	56.75 57.61
M40-44		Paris I
Section 1: Ralph Wallace Tom Carper	MI IL	57.34 59.15
Section 2: Stan Druckrey	WI	51.95
Bob Zimmerman Markus Heidelber	CAN	53.75 54.68
Gary York Jim Vickes	IL TX	56.81 57.43
Finals: Stan Druckrey	WI	51.95
Bob Zimmerman Markus Heidelber	CAN	53.75 54.68
Gary York Ralph Wallace	IL	56.81 57.34
Jim Vickes Tom Carper	TX IL	57.43 59.15
M45-49 Section 1:		
Roger Pierce	CA	52.86 57.22
Allen McDaniel Avital Schurr	GA KY	58.80 61.07
Section 2: Harold Morioka		52.49
John Aldridge Dennis Duffy	CA CA	53.93 55.09
John Sigel	MN WI	62.94 67.03
Finals: Harold Morioka	CAN	52.49
Roger Pierce John Aldridge	MA CA	52.86 53.93
Dennis Duffy Gary Patterson Allen McDaniel	CA CA	55.09 57.22 58.80
Avital Schurr Art Maillet	GA KY MN	58.80 61.07 62.94
John Sigel	WI	67.03
M50-54 Harry Tolliver Larry Colbert	OH MD	54.65 54.69
Larry Colbert Roy Turner Gary Henum	TX IA	54.82 60.71
Gary Henum Terry Pliner Ken Ogden	WI	62.01
M55-59 Jim Mathis		R56.56
Cliff Pauling Paul Johnson	NY TX	56.84 59.07
Jim Ware Joe Hemler	IN	63.23 64.03
Edwin Alexander M60-64	KS	65.04
Harry Brown Jim Law Gordon Seifert	IL A	R60.62 61.78
	AL	61.93

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7	M65-69		
	Ed Goddin		AR66.55
	Mel Larsen	IL	68.91
,	Glenn Bradd	IL	70.17
	John McManus	MN	72.03
	Lloyd Young	гис	
	M70-74	TV 1	WR66.03
2	John Alexander	NJ	73.51
6		No	13.31
6	M75-79	711	81.88
Ē	Milo Lightfoot	IN PA	83.94
	Jerry Wible	NJ	85.71
	Ray Edwards Mel Flachs	IA	86.04
	M85-89		
ŝ		L WR	1:56.20
1	W30-34		
(0)	Sue Tallard	-WI	63.67
	Cindee Beitzel	WI	64.40
0	S Robertson	WI	64.70
	W35-39		
	Debbie Anderson	IN WI	64.26
S. L.	J Zirngible Beth Barrie	NJ	72.60
State of	W40-44 Section 1 Phil Raschker		AR62.70
offi To	Debbie Stiles	MO	67.76
	Lorraine Tucker	NY	68.73
100	Section 2:		
SEM		NY	66.50
	Pamela Duncan	CAN	68.63
	Irene Jackson	NY	69.97
	Sylvie Kimche	NY	70.22
1	Finals:		60
3	Phil Raschker Kathy Pierce	GA NY	62.70
L	Debbie Stiles	MO	67.76
5	Pamela Duncan	CAN	68.63
Ó	Lorraine Tucker	NY	68.73
T.	Irene Jackson	NY	69.97
5	Sylvie Kimche	NY	70.22
5	W45-49		
10.164	Robin Villa Mary Luker	TX	AR68.94 69.66
the state	Cathy Primmer	IN	74.10
3	W50-54		
h	A VanderVleuten	CAN	73.48
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	W55-59 Betty Vosburgh	GA	AR76.96
3	W60-64	A THE	
	Mary Patterson	OH A	R84.34
	W65-69 Carol Peebles		
o de	Carol Peebles	WT 1	16 20
	AND THE RESIDENCE OF THE PERSON NAMED IN	10000	:46.20
	W75-79		:40.20
	W75-79 Pearl Mehl		:50.81
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	W75-79 Pearl Mehl 800m M30-34 Mike McDowell	CO 1	
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3	W75-79 Pearl Mehl 800m M30-34 Mike McDowell Bryan Henderson Kevin Whitsett	CO I	1:56.71 2:01.33 2:01.78
	W75-79 Pearl Mehl 800m M30-34 Mike McDowell Bryan Henderson Kevin Whitsett Chris Gilbert	CO I	1:56.71 2:01.33 2:01.78
Special Committee of	W75-79 Pearl Mehl 800m M30-34 Mike McDowell Bryan Henderson Kevin Whitsett Chris Gilbert Nick Mitchell	IL I	1:56.71 2:01.33 2:01.78 2:03.03 2:06.56
the state of the state of	W75-79 Pearl Mehl 800m M30-34 Mike McDowell Bryan Henderson Kevin Whitsett Chris Gilbert Nick Mitchell Tom Sauer Fred Hervert	CO I	:50.81 ::56.71 ::01.33 2:01.78 2:03.03 2:06.56 2:06.60 2:06.78
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555	W75-79 Pearl Mehl 800m M30-34 Mike McDowell Bryan Henderson Kevin Whitsett Chris Gilbert Nick Mitchell Tom Sauer Fred Hervert Marty Gonterman Mike Harkins M35-39 George Frost Pat Talmadoe	CO 1 CA 2 IL 2 KY 2 NY 2 VI 1 KY WI NH 2	1:50.81 1:56.71 2:01.33 2:01.78 2:03.03 2:06.56 2:06.60 2:06.78 2:07.00 2:18.81
555	W75-79 Pearl Mehl 800m M30-34 Mike McDowell Bryan Henderson Kevin Whitsett Chris Gilbert Nick Mitchell Tom Sauer Fred Hervert Marty Gonterman Mike Harkins M35-39 George Frost Pat Talmadge Tim Shaw	CO I	1:50.81 1:56.71 1:01.33 1:01.73 1:03.03 1:06.56 1:06.60 2:06.78 2:07.00 2:18.81 2:04.33 1:05.37
555	W75-79 Pearl Mehl 800m M30-34 Mike McDowell Bryan Henderson Kevin Whitsett Chris Gilbert Nick Mitchell Tom Sauer Fred Hervert Marty Gonterman Mike Harkins M35-39 George Frost Pat Talmadge Tim Shaw Jerry Feldhausen	IL 1 CA 2 IL 2 KY 2 WI 2 KY WI WI 2 WI 2 WI 2	1:50.81 1:56.71 1:01.33 2:01.78 2:03.03 2:06.56 1:06.60 2:06.78 2:07.00 2:18.81 2:04.33 71 2:04.33 71 2:04.35
555	W75-79 Pearl Mehl 800m M30-34 Mike McDowell Bryan Henderson Kevin Whitsett Chris Gilbert Nick Mitchell Tom Sauer Fred Hervert Marty Gonterman Mike Harkins M35-39 George Frost Pat Talmadge Tim Shaw Jerry Feldhausen Tim Zbikowski	IL 1 CA 2 IL 2 KY 2 WI 2 KY WI WI 2 WI 2 WI 2	1:50.81 1:56.71 1:01.33 1:01.73 1:03.03 1:06.56 1:06.60 2:06.78 2:07.00 2:18.81 2:04.33 1:05.37
555	W75-79 Pearl Mehl 800m M30-34 Mike McDowell Bryan Henderson Kevin Whitsett Chris Gilbert Nick Mitchell Tom Sauer Fred Hervert Marty Gonterman Mike Harkins M35-39 George Frost Pat Talmadge Tim Shaw Jerry Feldhausen Tim Zbikowski	CO 1 IL 1 CA 2 IL 2 KY 2 WI 2 WI WI 2 WM 2 MN 2	1:50.81 1:56.71 2:01.33 2:01.78 2:03.03 2:06.60 2:06.78 2:07.00 2:18.81 2:03.71 2:04.33 2:05.37 06.85 2:11.28
555	W75-79 Pearl Mehl 800m M30-34 Mike McDowell Bryan Henderson Kevin Whitsett Chris Gilbert Nick Mitchell Tom Sauer Fred Hervert Marty Gonterman Mike Harkins M35-39 George Frost Pat Talmadge Tim Shaw Jerry Feldhausen Tim Zbikowski M40-44 Nolan Smith Jr	CO 1 IL 1 I	1:50.81 1:56.71 2:01.33 2:01.78 2:03.03 2:06.60 2:06.60 2:06.60 2:06.71 2:04.33 2:05.37 1:06.85 2:11.28
555	W75-79 Pearl Mehl 800m M30-34 Mike McDowell Bryan Henderson Kevin Whitsett Chris Gilbert Nick Mitchell Tom Sauer Fred Hervert Marty Gonterman Mike Harkins M35-39 George Frost Pat Talmadge Tim Shaw Jerry Feldhausen Tim Zbikowski M40-44 Nolan Smith Jr S Falck-Pedersen	CO 1 IL 1 I	1:50.81 1:56.71 2:01.33 2:01.78 2:03.03 2:06.60 2:06.60 2:06.60 2:06.71 2:04.33 2:05.37 1:06.85 2:11.28
555	W75-79 Pearl Mehl 800m M30-34 Mike McDowell Bryan Henderson Kevin Whitsett Chris Gilbert Nick Mitchell Tom Sauer Fred Hervert Marty Gonterman Mike Harkins M35-39 George Frost Pat Talmadge Tim Shaw Jerry Feldhausen Tim Zbikowski M40-44 Nolan Smith Jr S Falck-Pedersen Dick Puckerin W G Reiter	IL 1 CA 2 IL 2 KY 2 WI 2 IL KY WI WI 2	1:50.81 1:56.71 2:01.33 2:01.78 2:03.03 2:06.60 2:06.78 2:07.00 2:18.81 2:03.71 2:04.33 2:05.37 06.85 2:11.28
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555	W75-79 Pearl Mehl 800m M30-34 Mike McDowell Bryan Henderson Kevin Whitsett Chris Gilbert Nick Mitchell Tom Sauer Fred Hervert Marty Gonterman Mike Harkins M35-39 George Frost Pat Talmadge Tim Shaw Jerry Feldhausen Tim Zbikowski M40-44 Nolan Smith Jr S Falck-Pedersen Dick Puckerin W G Reiter Dustin Mann Bob-Hans	IL 1 CA : IL : KY : WI : W	1:50.81 1:56.71 1:01.33 1:01.78 1:03.03 1:06.56 1:06.60 1:06.60 1:06.70 1:04.33 1:04.33 1:06.85 1:12.04.33 1:05.37 1:06.85 1:02.06.85 1:03.03 1:04.03 1:05.0
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555	W75-79 Pearl Mehl 800m M30-34 Mike McDowell Bryan Henderson Kevin Whitsett Chris Gilbert Nick Mitchell Tom Sauer Fred Hervert Marty Gonterman Mike Harkins M35-39 George Frost Pat Talmadge Tim Shaw Jerry Feldhausen Tim Zbikowski M40-44 Nolan Smith Jr S Falck-Pedersen Dick Puckerin W G Reiter Dustin Mann Bob-Hans Stan Mathes M Heidelberg	CO 1 IL 1 CA 2 IL 2 I	1:50.81 1:56.71 2:01.33 2:01.78 2:03.03 2:06.60 2:06.67 2:06.60 2:06.78 2:07.00 2:18.81 2:03.71 2:04.33 2:05.37 2:06.85 2:11.28 1:58.25 2:02.80 2:03.71 2:04.21 2:05.08 2:04.07 2:04.21 2:05.08
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555	W75-79 Pearl Mehl 800m M30-34 Mike McDowell Bryan Henderson Kevin Whitsett Chris Gilbert Nick Mitchell Tom Sauer Fred Hervert Marty Gonterman Mike Harkins M35-39 George Frost Pat Talmadge Tim Shaw Jerry Feldhausen Tim Zbikowski M40-44 Nolan Smith Jr S Falck-Pedersen Dick Puckerin W G Reiter Dustin Mann Bob-Hans Stan Mathes M Heidelberg Don Fish John Cook M45-49 Ken Sparks Don Parker	CO 1 IL 1 CA 1 KY WI WI WI WM WI WM WI CA WI MM MO MI FL NY IA TX H WR CA	1:50.81 1:56.71 2:01.33 2:01.78 2:03.03 2:06.60 2:06.78 2:07.00 2:18.81 2:03.71 2:04.33 2:05.37 2:04.33 2:05.37 2:04.33 2:05.37 2:04.21 2:03.71 2:04.33 2:11.28
555	W75-79 Pearl Mehl 800m M30-34 Mike McDowell Bryan Henderson Kevin Whitsett Chris Gilbert Nick Mitchell Tom Sauer Fred Hervert Marty Gonterman Mike Harkins M35-39 George Frost Pat Talmadge Tim Shaw Jerry Feldhausen Tim Zbikowski M40-44 Nolan Smith Jr S Falck-Pedersen Dick Puckerin W G Reiter Dustin Mann Bob Hans Stan Mathes M Heidelberg Don Fish John Cook M45-49 Ken Sparks On Parker Gary Carr	CO 1 IL 1 CA IL KY WI	1:50.81 1:56.71 2:01.33 2:01.78 2:03.03 2:06.60 2:06.78 2:07.00 2:18.81 2:03.71 2:04.33 2:03.37 2:04.33 2:05.25 2:01.28 2:03.37 2:04.07 2:04.21 2:05.08 2:05.25 2:05.25 2:05.25 2:05.25 2:14.40
555	W75-79 Pearl Mehl 800m M30-34 Mike McDowell Bryan Henderson Kevin Whitsett Chris Gilbert Nick Mitchell Tom Sauer Fred Hervert Marty Gonterman Mike Harkins M35-39 George Frost Pat Talmadge Tim Shaw Jerry Feldhausen Tim Zbikowski M40-44 Nolan Smith Jr S Falck-Pedersen Dick Puckerin W G Reiter Dustin Mann Bob Hans Stan Mathes M Heidelberg Don Fish John Cook M45-49 Ken Sparks O Don Parker Gary Carr	CO 1 IL 1 CA IL KY WI	1:50.81 1:56.71 2:01.33 2:01.78 2:03.03 2:06.60 2:06.78 2:07.00 2:18.81 2:03.71 2:04.33 2:03.37 2:04.33 2:05.25 2:01.28 2:03.37 2:04.07 2:04.21 2:05.08 2:05.25 2:05.25 2:05.25 2:05.25 2:14.40
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Masanobu Yamauch:	i MI 2:30.75
Bob Urdiales Jack Castle	WI 2:32.65 CAN 3:11.55
· Carlo de la Carl	OAN 3.11.33
M60-64 Gordon Seifert	AL 2:26.40
Tom Brinton Chuck Sochor	OR 2:26.52 MI 2:33.56 KY 2:37.50 NC 3:16.67
Louis Schneider	M1 2:33.56 KY 2:37.50
Bill Brobst	NC 3:16.67
M65-69	1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1
John McManus	NY 2:36.90
Archie Messenger Lloyd Young	NH 2:38.88 MN 2:40.90
Avery Bryant	CA 2:49.43
M70-74	
H Strassenburg	IL 2:47.81
George Sheehan Howard Knox	NJ 2:49.18 WI 2:56.50
Don Johnson	WI 2:56.50 NJ 3:04.55
W30-34	
Sheree Robertson	WI 2:34.20
W35-39	
Rose Thomson Beth Barrie	WI 2:24.70 NJ 2:24.74
Leah Rewolinski	WI 2:52.40
Deborah Ellis	OH 3:13.86
W40-44	
Sylvie Kimche Debbie Stiles	NY 2:34.31 MO 2:35.30
Irene Jackson	MO 2:35.30 NY 2:37.58 GA 2:43.43
Phil Raschker	GA 2:43.43
Kathy Holmstrom	OR 2:44.20
W45-49 Robin Villa	NY 2:37.34
Katy Gottschalk	NY 2:37.34 NY 2:47.72
Cathy Primmer	IN 3:04.89
W50-54 Sandra Knott	OU AP2-44 40
Sandra Knott A VanderVleuten	CAN 2:50.57
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Betty Vosburgh Lucy Anne Brobs	GA 3:08.65
Lucy Anne Brobs	t NC 3:33.99
W60-64	OH AD3.33 60
Mary Patterson	On AK3:32.00
W65-69 Carol Peebles	WI 4:04.94
W75-79	of Gundan Tex
Pearl Mehl	CO WR4:03.77
1500m	
M30-34	Description of the
Jeff Miller	WI 4:07.04
Chris Gilbert Marty Gonterman	KY 4:07.69 KY 4:17.11
M35-39	new Terminal
Tim Anderson	WI 4:05.11
Bruce Fischer	WT 4:08.88
John Zupanc Bill McBride	WI 4:10.27 WI 4:15.51 WI 4:17.11
Jim Geisthardt	WI 4:17.11
Rick Terhune M40-44	IL 4:26.78
Nolan Smith Ir	CA 4:04.76
Mark Gibbens Dick Puckerin	WI 4:05.19
Albin Swenson	MA 4:18.56 CT 4:18.92
S Falck-Pedersen	WI 4:19.26
Bob Hans Larry Purtell	WI 4:19.26 FL 4:19.57 CT 4:21.03
Don Fish	IA 4:21.72
M45-49	
Ken Sparks	OH WR4:04.80
Vi Heckler Frank Davis	IL 4:20.56
Paul Perry	IL 4:22.17 IL 4:29.74
Wilson Weldon	NC 4:33.52
John Becker Art Maillet	WI 4:45.63 MN 4:51.08
M50-54	TRAIN THE PARTY
Dan Conway	WI 4:24.50
Sid Howard	NJ 4:25.90
Willie Kaye Joe Fodor	NY 4:32.49 OH 4:38.08
Dick Rampenthal	OH 4:38.08 WI 4:43.93
Duane Fjelstad Wayne Cosgrove	WI 4:45.70 CAN 4:46.57
Ken Ogden	OR 4:51.53
Ken Ogden Jim Pascoe	OR 4:51.53 CAN 5:15.12
E R Premo M55-59	ОН 6:09.90
John Conner	NY 4:30.76
JIm Sutton John Pistone	PA 4:36.65
Gary DeFrance	MA 4:52.63 MN 4:53.96
M Yamauchi	MI 4:55.16
Hal Higdon	IN 4:56.83
M60-64 Bill Fortune	NV AP4-56 02
Bill Fortune Louis Schneider	NY AR4:56.92 KY 5:30.11
Harold Willis	CA 6:06.03
M65-69	
Taba Man	NY 5:16.59
Lloyd Young	MN 5:24.66
Avery Bryant	CA 5:37.81
Morio Vacu	WI 5:52.21
John Rurton	MN 5.5/ 25
Archie Messenger Lloyd Young Avery Bryant Merle Knox John Burton	MN 5:54.35
M70-74	NJ 5:53.55
M70-74 George Sheehan Howard Knox	NJ 5:53.55 WI 5:56.72
M70-74	NJ 5:53.55

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M75-79 Bill Brobston	NY WR6:35.71	WO
Jerry Wible	PA 6:46.30	W
W30-34 Audrey O'Brien	WI 4:52.26	P
Carla Hervert Patti Gilmour Kim Plucker	IL 4:53.75 IL 5:24.65 WI 5:35.82	60 M:
W35-39	W1 3.33.02	Br El
Rose Thomson Debbie Anderson	WI 4:47.43 IN 5:02.05 WI 5:36.67	G1 Je
J Zirngible Beth Barrie	NJ 5:37.73	CH M3
Deborah Ellis Kathleen Korn	OH 6:29.28 OR 6:32.00	Na Bo
W40-44 Sylvie Kimche Irene Jackson	NY 5:08.19	Ri
Carol Klitzke	NY 5:08.19 NY 5:12.91 MN 5:18.64	Во
Kathy Holmstrom	OR 5:32 00	M4 St Fr
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Veronica Wallne	er WI 8:05.93	Ji Je
Sandra Knott Wava Mosbrucker	OH AR5:26.18 WI 5:32.33	Ro He Ch
Jerie Rose	CA 6:48.66	Bi
W55-59 L A Brobst	NC 7:33.69	M7
W65-69 Carol Peebles	WI 8:06.27	Ar Ri
W75-79 Pearl Mehl	CO 8:06.08	Bo
		C H
3000m M30-34		D. D.
Jeff Miller Glen Henthorn	WI 8:50.42 WI 8:54.51	D. J.
M35-39 Tim Anderson		B
John Zupanc David Amster	WI 8:53.33 WI 8:56.30 NV 8:58.62	D. P
Rick Terhune Dan Gorrell	IL 9:16.95 KY 9:21.17	J
Bob Korn	OR 9:57.54	J
M40-44 Mark Gibbens	WI 8:53.83 MI 8:58.06	B
Peter Hallop Larry Purtell Gordon Overbye	CT 9:27.48 WA 9:39.18	D
Alex Posner John Miller	IL 9:56.82 WI 10:15.16	ME
M45-49 Vi Heckler	IL 9:21.76	Fi Wa Ma
Frank Davis Mike Persak	IL 9:30.61 MI 9:46.91	M
Art Maillet	MN 10:42.10	C: Be
M50-54 Dan Conway Joe Fodor	WIAR9:16.13 OH 9:45 60	W:
Sid Howard Duane Fjelstad	OH 9:45.60 NJ 10:01.44 WI 10:08.61 NY 10:34.19	I:
Norm Goluskin Ken Ogden	NY 10:34.19 OR 10:42.20	Pi
E R Premo	OH 13:21.31	WM
Jim Sutton Bob Culling	PA 10:01.69 CA 10:43.64	WC
Ed Oviatt Glynn Wood	CA 10:51.70 CA 11:06.62	WS
Ed Alexander M60-64	KS 11:25.49	3
Bill Fortune	NYAR10:34.92 CA 11:49.20	4 M
Jerry Withers Frank Kennedy	WI 13:08.77	W
M65-69 John McManus	NYAR11:39.79 CA 12:03.34	WW
Avery Bryant Bob Mimm John Burton	NJ 12:33.17 MN 12:35.97	i
Merle Knox George Rasch	WI 12:38.30 IN 13:41.18	I O
M70-74 Howard Knox	Transfer to	K
H Strassenburg Don Johnson	WI 12:44.95 IL 13:45.95 NJ 14:00.02	H
M75-79	1 7 74	MD
Bill Brobston W30-34	NY 14:13.89	C
Robin Sarris Patti Gilmour	MI 10:50.03 IL 11:31.90	F
Sue Klappa W35-39	MN 12:13.25	M
S Musikantow Beth Barrie	IL 11:13.12 NJ 12:06.01	S
J Zirngible	WI 12:16.50	W
W40-44 Sylvie Kimche	NY 10:52.97 NY 11:24.69	W W T
Irene Jackson Nancy Rollins W45-49	IL 11:26.35	T
Robin Villa J Gulley	NY 11:41.43 IL 13:36.50	15.
W50-54 Sandra Knott	OHAR11:41.86	4 M U
W Mosbrucker	WI 11:43.78	WGU
W55-59 L A Brobst	NC 16:11.07	M

Na	atio	nal M	laster
W65-69 Queenie ThompsonM	YAR16	5:34.97	M40 Corr
W75-79 Pearl Mehl		7:27.51	Fish
	-	12,131	Scho
M30-34 Bruce Lammers	WI	8.31	M50 Cent
Ellis Liddell Glenn White	GA NY	8.34 8.94	M60 So C
Jeff Watry Charles Barnard	WI MO	9.22 10.54	Brya
M35-39 Nate Robinson	FL	8.23	W30 Wisc O'Br
Bob Zahn Rich Finnie	WI	8.61 8.92	son, Movi
Horace Hudson Bob Hahn	NY TX	9.13 9.42	Gold Badg
M40-44 Stan Druckrey Fred Johnston	WI	8.24	Clar Rewo
M45-49	CA	9.09	High
Jim Hollister Jeff Loubet Ross Jensen	CA NM KS	9.32 9.96 10.07	M30- Jeff Nick
Henry Hopkins Charles Leming	IN IN	10.07 10.16	M35-
Bill Busby Tom Thorne	NC MO	10.43	Dan M40-
M70-74 Armando Ricciardi			Tim Eric John
Rich Bennett Bob Warwick	AZ MO	13.94	Jim : Bill
M50-54 Charley Miller	TX	WR8.92	Dave M45-
Hugh Adams Dale Lance	CA OK	9.04 9.33 9.37	Joe Tom
Dee DeWitt Dave Ellis John Ewing	CA TN WI	9.37 9.66 10.14	Henr Bill
Bruce Mills	ÏĹ	10.19	M50- Paul
Doug McFetters Phil Mulkey	AZ GA	9.69	Tom Dee Dick
Jerry Stanners Jim Peterson	CA MN	10.52 10.56	John M55-
Jim Ware M60-64	IN	12.96	Rich Milt
Buck Bradberry Bill Townsend	AL NY	9.82	Jerr Doug Phil
Don Walsh M65-69	IL	12.00	Jim Jim
Ed Lukens Fred Hirsimaki	NY OH	11.41	Earl M60-
Max Goldsmith	CA TX	12.33	Jame Gord
M75-79 Claude Hills Bob Boal	PA NC		Buck Bob Carl
W35-39			M65- Boo
Irene Thompson	MI NY	11.57	Fred Ed L
Phil Raschker	GA	AR9.65	Walt Jim
W50-54 Marion Coffee	TX	13.43	M70- Ham Bob
W55-59 Christel Miller	CA	AR11.47	Wib
W60-64 Shirley Kinsey	CA	WR14.19	Rich Jim
•			M75- Ian
4x400m Relay M30 West Penn TC	3	:40.80	Bob
West Penn TC Frey, Jones, All: Wisconsin	3	:42.41	Bob M85-
Watry Matzinger, inski, Bowen	Rewo	1 . Sta	Arli W40-
M40 Iowa	3	:48.52	Phil W45-
Olson, Dorff, Sch Kitchell Decathon Mid West			Cath W55-
Hopkins, Thorne, Ware	Lemi	ng,	Chri Bett
M50 Dallas Masters	3	:58.99	Marj W60-
Cavender, Johnson Turner	- 1079		Shir W65-
Fox Valley TC Brown, Pliner, L: Mills	indsl	ey.	Jos
M60	s 5	:01.71	Pole Greg
Escobosa, Bryant Withers	. Wil	lis,	John Kevir
W30 Wisconsin United	4	:21.60	Mick M35-
Tallard, McDanie	1, Be	itzel,	Jim V John R Su
—• -	Tayler.		Gary
M30 Westchester Puma		3:24.11	Warre Rex H
Geisthardt, Falck Watry, Matzinger	-Pede	ersen,	Tom F
Manitowoc TC	14.	3:32.78	J Phil

ters News			
M40 Cornbelt RC		8:50.51	M45-49 Joe Johnston
Fish, Perry, Car Iowa	per,		Charlie Polh Charles Lemi
Schooler, Dorff, Kitchell			John Hanoch H Hopkins
M50			Merle Norber Jeff Loubet
Central Park TC M60		9:19.20	Tom Thorne Bill Busby
So Calif Strider Bryant, Willis,	s l	1:32.57	M50-54
cobosa	withe	15, L5-	Dale Lance Dee DeWitt
W30 Wisconsin United		9:50.17	Norm Cyprus Jim Noonan
O'Brien, Bremser son, Thomson	, Rob	ert-	Joe Griffin
Movin Shoes RC Gold Crystal, Th		0:35.59 brok	M55-59 Doug McFette
Badgerland Strid Clark-Setnes, Mo	ers 1		Jerry Stanne Phil Mulkey
Rewolinski, Pluc	ker		Bob Kemp Jim Peterson
High Jump			M60-64 Bob Richards
M30-34 Jeff Watry	WI	1.83	Tim Hinkes Bob Ackerman
Nick Mitchell M35-39	NY	1.73	M65-69
Dan Dothard	IA	1.67	Boo Morcom Fred Hirsima
M40-44 Tim Heikkila	MN	1.88	Jim Johnson
Eric Howard Johnie Meisner	MD IL	1.82	M70-74 Jim Vernon
Jim Sauers Bill Schooler	GA IA	1.77	H Morningsta Bob Warwick
Dave Hackbarth M45-49	WI	1.52	Dick Bennett A U Ricciard
Joe Johnston Tom Thorne	FL	1.70	M75-79
Henry Hopkins	MO	1.62	Ian Hume M Lightfoot
Bill Busby M50-54	NC	1.42	Claude Hills Bob Boal
Paul Dorsey Tom Langenfeld	OH MN	1.67	W40-44 Phil Raschke
Dee DeWitt Dick Hotchkiss	CA CA	1.62	FIIII RASCIRE
John Ewing	WI	1.47	I.cng Jump M30-34
M55-59 Rich Richardson	` IL	1,67	JoeLafferty Jeff Watry
Milton Newton Jerry Stanners	CA		Nick Mitchel Glenn White
Doug McFetters Phil Mulkey	AZ GA	1.47	Bill Harris
Jim Ware Jim Peterson	IN MN	1.42	M35-39 Randy Kruse
Earl Mege	PA	1.32	Dan Dothard Mike Lind
M60-64 James Gillcrist			M40-44
	AL IL		Tyrone Carli Rex Harvey
Bob Ackerman Carl Orndoff	CA	1.32	W G Reiter D Hackbarth
M65-69 Boo Morcom	NH	1.42	Jim Gibson M45-49
Fred Hirsimaki Ed Lukens	OH	1.42	Hans Gordon Ray Starnes
Walt Dahlin Jim Johnson	CA	1.32	Jim Holliste Ken Medley
M70-74	WO	1 25	Joe Johnston John Hanoch
Ham Morningstar Bob Warwick	MO MO	1.35	Jeff Loubet Bill Busby
Wib Ragland Armando Ricciard		1.17	Nick Gailey
Rich Bennett Jim Vernon	AZ CA	1.17 1.12	M50-54 Pete Tegen
M75-79 Ian Hume	CAN	WR1.37	Pete Stopoul Lee Stopoulo
Claude Hills	PA NC	1.17	John Ewing Dee DeWitt
Bob Detweiler	PA	.97	M Lafferty
M85-89 Arling Pitcher	IN	.92	M55-59 Phil Mulkey
W40-44	-		Jerry Stanne Jim Peterson
Phil Raschker W45-49	Ga	1.47	Pay Carstens Earl Mege
Cathy Primmer	IN	1.12	M60-64 Buck Bradber
W55-59 Christel Miller		AR1.25	Bob Ackerman Harry Brown
Betty Vosburgh Marj Moore	GA CA	1.07	Bill Townsen
W60-64 Shirley Kinsey	CA	AR1.08	M65-69 Mel Larsen
W65-69		-	Boo Morcom Ed Lukens
Jos Sullivan	SC	.92	Fred Hirsima Jim Johnson
Pole Vault			M70-74
Greg Polzin John Oksas	WI	3.80 3.80	John Alexand H Morningsta
Kevin Hanson Nick Mitchell	MN NY	3.65 3.65	A U Ricciard Bob Warwick
135-39		120	C Oates Dick Bennett
Jim Williams John Anderson	CA WI	4.40	M75-79
R Suiter Gary Silbaugh	IA WI	3.80 3.50	Jeremiah Gai C Hills
140-44			M Lightfoot M85-89
Varren Wilke Rex Harvey	CA IA	4.25	Konrad Boas Arling Pitch
Tom Rauscher John Davis Phil Johnson	NY IL MN	3.95 3.80 3.55	ASSESSMENT THE PROPERTY.
HII JOHNSON	PLN	3.35	Irene Thomps

M45-49 Joe Johnston	FL	4.11
Charlie Polhamus Charles Leming John Hanoch	GA IN OK	4.11 3.80 3.80
H Hopkins Merle Norberg	IN IL	3.66 3.35
Jeff Loubet Tom Thorne	MO NC	3.05 3.05 2.60
M50-54 Dale Lance		
Dee DeWitt Norm Cyprus	OK CA NY	3.35 3.20 3.20
Jim Noonan Joe Griffin	MN WI	3.20 2.75
M55-59 Doug McFetters	AZ	3.20
Jerry Stanners Phil Mulkey	CA GA IL	3.05 3.05 2.59
Bob Kemp Jim Peterson M60-64	MN	2.44
Bob Richards Tim Hinkes	TX WI	3.20 3.05
M65-69	IL	2.44
Boo Morcom Fred Hirsimaki Jim Johnson	NH OH CA	3.28 2.49 2.29
M70-74 Jim Vernon	CA	2.59
H Morningstar Bob Warwick	MI	2.29 2.14
Dick Bennett A U Ricciardi	AZ NV	2.14
	CAN	2.14
M Lightfoot Claude Hills Bob Boal	IN PA NC	1.98 1.83 1.68
W40-44		1
Phil Raschker	GA	WR2.29
1.cng Jump M30-34 JoeLafferty	NY	6.32
Jeff Watry Nick Mitchell	WI NY	6.04 5.96 5.35
Glenn White Bill Harris	OH	5.35 5.28
M35-39 Randy Kruse Dan Dothard	OR IA	6.72 5.82
Mike Lind	wî	5.30
Tyrone Carlis Rex Harvey	FL IA	6.18
W G Reiter D Hackbarth Jim Gibson	MO WI VA	5.67 4.92 4.15
M45-49 Hans Gordon	IL	6.06
Ray Starnes Jim Hollister	IN CA	5.95 5.86
Ken Medley Joe Johnston	NM FL OK	5.82 5.49 5.48
John Hanoch Jeff Loubet Bill Busby	NM NC	5.35 5.33
Nick Gailey M50-54	FL	5.13
Pete Tegen Pete Stopoulos	WI IL	5.58 5.45
Lee Stopoulos John Ewing Dee DeWitt	IL WI CA	5.33 5.29 5.01
M Lafferty M55-59	NY	4.65
Phil Mulkey Jerry Stanners	GA CA	4.87
Jim Peterson Pay Carstensen Earl Mege	MN NY PA	4.70 4.65 4.42
M60-64 Buck Bradberry	AL	4.74
Bob Ackerman Harry Brown Bill Townsend	IL IL	4.68
M65-69	NY	4.05
Mel Larsen Boo Morcom	IL NH	4.83 4.83
Ed Lukens Fred Hirsimaki Jim Johnson	NY OH CA	4.78 4.36 4.20
M70-74 John Alexander	TX	
H Morningstar A U Ricciardi	MI NV	AR4.73 3.81 3.75
Bob Warwick C Oates Dick Bennett	MO OR	3.70 3.63
M75-79	AZ	3.28
Jeremiah Gaines C Hills M Lightfoot	VA PA IN	3.65 3.51 3.42
M85-89 Konrad Boas	FL	2.13
Arling Pitcher W35-39	IN	1.43

AND AND A PERSON AND	Trans.	-
W40-44 Phil Raschker	GA	5.23
Pam Duncan	CAN	4.08
W45-49 Penny Danielson	IL	3.91
W55-59 Christel Miller	CA	AR3.72
B Vosburgh	GA CA	3.45
Marj Moore W60-64	CA	
Shirley Kinsey	CA	3.12
W65-69 Jos Sullivan	SC	3.23
Flo Berry	IL	2.80
Triple Jump		
Doug Henderson Glenn White	WI	14.58
Joe Lafferty F Makozy	NY PA	12.16
Bill Harris	OH	11.16
M35-39 Bill Thornsley	PA	12.33
M40-44		
Fred Johnston Walt Ewing	CA	10.61
M45-49	CA	11 25
Jim Hollister E R Premo	OH	9.90
M50-54 John Ewing	WI	11.07
Tinnonfold	MN NY	10.91
Mickey Lafferty Pete Stopoulos Peter Tegen	IL	10.51
Peter Tegen Dee DeWitt	CA	10.49
M55-59 Phil Mulkey	GA	10.28
Doug McFetters Jim Peterson	AZ MN	10.01
P Carstensen	NY PA	8.64 8.31
Earl Mege M60-64	FA	0.31
Buck Bradberry Bob Ackerman	AL IL	9.86 9.61
B Townsend	NY	8.80
M65-69 Ed Lukens	NY	10.10
Fred Hirsimaki Jim Johnson	OH	9.19 8.42
M70-74		
John Alexander M75-79	TX	AR9.40
Ian Hume	CAN	WR8.56
C Hills Bob Detweiler	PA PA	7.20 4.78
M85-89 Konrad Boas	FL	4.70
A Pitcher	IN	3.99
W40-44 Phil Raschker	GA	10.19
M L Platis W55-59	IN	6.25
Christel Miller	CA	AR7.98
W65-69 Jos Sullivan	SC .	AR6.30
Shot Put M30-34	LEN N	
Craig Gilliam Bob Hartmann	IL	14.17
Nick Mitchell M35-39	NY	12.43
Roger Kamla Pat Burns	TX WI	15.51
P Elmendorf	OH	14.66
Dennis Mengeling L Readman	WI IL	12.39
M40-44 Dick Woosencraft	WI	12.29
Bob Sager Jim Gibson	MT VA	11.25
M45-49 Ed Hill		9.05
Mickey Bitsko	OH	14.37
Brian McKenna John Hess	NY	10.91 10.30
Dick Hotchkiss	CA	14.09
S Cohen Jeff Wenig	IL NY	13.60 13.00
John Haugo Norm Cyprus	MN NY	12.99
M55-59 Tom Wesselowski	KS	12.99
Harvey Peters Jack Erickson	WI	12.15
Leonard Olson	VA	11.99
Rob Vons		11.64
Bob Kemp Phil Mulkey	IL GA	11.27
Phil Mulkey Pay Carstensen Larry Marsh		11.07
Phil Mulkey Pay Carstensen Larry Marsh M60-64 Cliff Blair	GA NY NM	11.07
Phil Mulkey Pay Carstensen Larry Marsh M60-64 Cliff Blair Phil Brusca Cliff Sampson	GA NY NM	11.07 10.94 AR14.64 13.09
Phil Mulkey Pay Carstensen Larry Marsh M60-64 Cliff Blair Phil Brusca	GA NY NM MA MO	11.07 10.94 AR14.64 13.09 11.16 9.76
Phil Mulkey Pay Carstensen Larry Marsh M60-64 Cliff Blair Phil Brusca Cliff Sampson Bradberry	GA NY NM MA MO OH AL MO NM	11.07 10.94 AR14.64 13.09 11.16 9.76 8.84 6.92

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Continued from previous page	1 M45-49	will be a seen of the property of the		M55 Pay Carstensen 28-5 1/4	M55 Cliff Pauling CPTC 60.1
THE PARTY OF THE P	Gary Null NY AR13:56.39	W50 Marilyn Fitzgerald 8.6 Sheila Foster 10.3	M55 Phil Steel 5:47.8 Harold Williams 7:21.1	Earl Mege 27-8 1/2	John Darrell NYM 67.7
M65-69	Norm Browne MI 14:41.21	W70 Becky Yencharis 13.4	M60 Maurice Schepers 5:26.8	George Taylor 22-1 3/4	Tom Talbott NYM 74.0
Bill Walmroth MI 12.39 Bill Bangert CA 11.99	Ron Daniel CA 14:50.56	W75 Vivian Nelson 13.1	Alan Cohen 6:42.1	M65 Ed Matthews 24-11 1/4	M60 Kelsey Brown NJM 67.8
John Vishnevsky WI 10.15	T McHoskey MI 14:52.54	AND ASSESSMENT OF THE STATE OF	Jerry Nolan 6:44.2	M75 Geo. Braceland 23-2 1/2	H. MacMillan Syr 73.8 W. Siderowitz UN 79.1
	Don Mowles IL 16:11.93 G O'Daniels IA 16:12.10	300m dash	Bill Brobst 7:05.2	Claude Hills 22-6 1/4	M65 Jim Manno NJM 91.0
M70-74 Tom McDermott FL AR11.67	G O'Daniels IA 16:12.10 Bob Brzenk WI 18:15.10		Dave Webster 7:09.9 M65 John McCarthy 7:21.5	Bob Detweiler 15-2 1/4	M70 George Sheehan SAC 75.4
Elmer Shaw NY 11.22	Carl Burk WI 23:04.96	M30 Val Barnwell 37.5 Frank Makozy 38.6	M65 John McCarthy 7:21.5 M75 Jerry Wible 7:35.0	High Jump	M80 Henry Zacman NJM1:42.7
Ham Morningstar MI 10.94		Nick Mitchell 39.6	W35 Beth Barrie 6:07.5	A THE RESIDENCE TO SELECT	W40 A. Coleman NJM 83.0
Murray Oguss AZ 10.12	M50-54	Chris Fagan 40.2	W50 Ursula Deetscreek 7:12.4	M30 Mark Williamson 6-8	W45 H. Samuelson NJM 77.6
W75 70	John Elwarner MI AR14:42.97	M35 John Brooks 36.2	W55 Lucy Anne Brobst 8:09.0	Nick Mitchell 5-8	W50 M. Fitzgerald UN 74.4 W70 Marjorie Smith UN1:56.1
M75-79 Ross Carter OR WR12.30	Gerald Bocci MI 16:36.12	Ralph Penn 37.2	W70 Becky Yencharis 8:41.9	M35 Bob Laurelli 5-0 M40 Bob Schaible (1st) 5-2	
Ian Hume CAN 9.76	E R Premo OH 20:11.69	Ken Bauersfeld 39.6 Tom Hagen 41.8	3000m run	Dennis Tessler (2nd) 5-2	M30 Dallas Jacobs UN 2:04.7
Milo Lightfoot IN 8.30	M55-59	Tom Hagen 41.8 Tony DiGeorge 45.2	Soodii Pair	Ron Salvio 4-10	Sheldon Frisby UN 2:17.0
Bob Detweiler PA 7.38	Max Green MI 15:35.55	Lou Miller 53.2	M30 Sheldon Frisby 10:24.0	Jeff Blatt 4-6	P. McCavityW.Chest 2:18.0
M80-84	Leo Rivera NY 18:12.22	M40 Jordan Simmons 38.8	M35 Gary Tompkins 9:08.3	William Corsey n.h.	M35 R. Gutzwiller NJM 2:06.0
Gordon Powell FL 7.57	M60-64	Philip G. Felton 40.5	Don Wisniewski 9:50.1	M45 Michael Duch 5-0 Palmer Sweet (2nd) 4-6	Pat Forkins NJS 2:09.8
M85-89	M Myerowitz ME ARI6:27.61	Timothy Dickens 40.6 Mike Augeri 44.7	Dennish Mellish 9:56.3 Bob DeYoung 10:08.2	Palmer Sweet (2nd) 4-6 Jerry Sullivan (3rd) 4-6	P. Reinhart SAC 2:12.6
Konrad Boas FL 5.24	M65-69	Mike Augeri 44.7 Ted Bezel 49.5	Larry Hart 11:00.1	Jim Quirk 4-4	M40 R. Wiltshire GAZ 2:03.2 Mike Wilson M'rose 2:11.8
Arling Pitcher IN 4.91	Bob Mimm NJ AR16:08.20 George Heller NJ 18:12.96	M45 Robert Trigo 40.1	Kyle Mecklenborg 11:29.0	M55 Walt Hutchins 4-8	Salim Talik NYP 2:22.7
Wallace Crews WI 4.90	THE PROPERTY OF THE PARTY OF TH	Bernie Noeller 40.7	M40 Ben Brockwell 10:14.4	Earl Mege 4-2	M45 Antonio Roque UN 2:15.7
W40-44	M70-74 Don Johnson NJ 19:19.80	James Bantum 45.2	Michael Owens 10:44.2	M60 Tom Delany 4-6 Ned Curran 3-4	Bob Colton M'rose 2:18.4
Kathy Pierce NY 9.36		M50 Dhamiri Abayomi 41.3 M55 Clifford Pauling 40.9	M50 John Hurley 11:54.0 M55 Harold Williams n.t.	Ned Curran 3-4 M75 Claude Hills (1st) 3-10	Kevin Smith M'rose 2:19.1
Phil Raschker GA 7.15 Mary Lou Platis IN 6.99	W30-34 V Herazo CA 14:19.51	Joe Hemler 44.1	M60 Maurice Schepers 10:47.8	Geo. Braceland(1st) 3-10	M50 V. Antonio Lions 2.24.5 Frank Mari SAC 2:27.9
Nancy Hamilton IA 6.50	Sue Klappa MN 15:51.16	Bob Keegan 46.0	Alan Cohen 12:20.4	Bob Detweiler 3-2	J. Tortorette NJM 2:32.1
W45-49		M60 Alan Cohen 52.3	M65 Bob Mimm 12:47.5	W30 Mary Ellen Malloy 4-0	M55 Cliff Pauling CPTC 2:18.7
Vanessa Hilliard FL AR8.84	W35-39 Cindy Paffumi CA WR16:50.66	Stan Cherim 55.4 Ray McKeeman 57.7	M70 Don Johnson n.t. W30 Nancy Fitzgerald 10:25.7	W75 Vivian Nelson n.h.	I. Bernstein GSAC 2:28.4
W50-54		Ray McKeeman 57.7 M65 Oscar Harris 49.5	W35 Beth Barrie 12:20.6	Pole Vault	Hans Hunziker NJM 2:34.5
Joann Grissom IN WR12.66	W40-44 Julie Ratnes NY WR15:11.15	Ed Matthews 49.7		Sheet of the second of the sec	M60 Kelsey Brown NJM 2:46.3
Marion Coffee TX 6.37	A significant programme and the second secon	Charles McGarvey 56.6	1 mile racewalk	M30 Jerry Dowdy 14-6	M70 George Sheehan SAC 2:55.2 Robert Hull GSAC 4:04.6
W55-59	W45-49 V Scales CA AR16:37.66	M75 Jerry Wible 1:01.4	MAD Star Valles	Don Severn 13-0	M80 Henry Zackman NJM 3:58.1
Ann Cirulnick NY AR9.12	Jeanne Bocci MI 17:17.91	W40 Lorraine Tucker 47.0 W45 Marilyn Mitchell 48.0	M40 Stan Kauffman 10:29.2 M45 Larry Simmons 8:20.8	Jim Fazio 12-0 M40 Jeff Blatt 9-0	W30 M. Visatch W.Chest 2:22.1
Chris Miller CA 8.68	W50-54	W50 Marilyn Fitzgerald 51.9	Bob Jennings 8:47.9	Ron Salvio n.h.	W35 Beth Barrie Phil 2:58.1
Fei-Mei Chou CA 6.84	B Young-Grady IN AR19:04.74	Ursula Deetscreek 55.9	M55 gd Quier 10:58.8	Gleun Weaver n.h.	P. Martucci. NJM 3:27.1 W40 A. Coleman NJM 3:02.8
Betty Vosburgh GA 6.41	Porky Gadient IA 19:06.61	Sheila Foster 1:04.5	M60 Ed Gawinski 9:37.0	M50 Dave Martin 9-0	W40 A. Coleman NJM 3:02.8 W45 H. Samuelson NJM 3:07.6
W60-64	R Weatherford IL 19:31.55	W70 Becky Yencharis 1:24.2	Ray McKeeman 11:00.0	M55 George Taylor 7-0	No. 3107.6
Bernice Holland OH WR10.09	USS SO		M65 Bob Mimm 8:48.9 M70 Don Johnson 9:21.8	M75 Claude Hills 6-0	1500
Sally Polk NM 8.11 Shirley Kinsey CA 7.42	W55-59 Joyce Decker IL WR19:58.47	500m dash	M75 George Braceland 10:01.7		M30 M. Humiston DHS 4:05.3
Lucille Thompson OH 7.28		M30 Nick Mitchell 1:13.0	Jerry Wible 10:40.5	NJ-TAC Indoor Track &	Frank Dardere SAC 4:34.9 M35 Pat Forkins NJS 4:15.6
W65-69	<u>W60-64</u>	M35 Ralph Penn 1:08.7	W30 Diane Severn 11:19.2	Field Championships	R. Gutzwiller NJM 4:16.3
Flo Berry IL 5.34	Ruth Leff WI 19:08.64	Russell Floyd 1:13.3	W40 Mary Lawnicki 9:23.6 W55 Cecile Williams 11:20.7	New Jersey February 25	P. Rheinhartr SAC 4:19.9
(A)	Joan Rowland NY 19:31.55 L Sampson OH 21:26.31	Tony DiGeorge 1:23.7	Was ceedle Williams IIII	se rebluary 25	M40 Mike Wilson M'rose 4:22.1
	Mary Byers WI 25:29.98	M40 Jordan Simmons 1:11.9 Timothy Dickens 1:13.1	1 mile healthwalk	M30 Gerald Jones NJS 6.5	Tim Shay H.Harr 4:36.1 Salim Talib NYP 4:47.8
		M45 Bernie Noeller 1:14.8	W75 7 W1-1- 10-51 0	Val Barnwell GSAC 6.6	M45 Antonio Roque UN 4:22.5
	<u>W65-69</u>	Larry Simmons 1:15.1	M75 Jerry Wible 10:51.8 Jeremiah Gaines 13:07.2	Rich Washington UN 6.7	Kevin Smith M'rose 4:55.3
Weight Throw	Q Thompson NY WR20:53.91	Robert Trigo 1:18.8	M80 Donald Ernst 14:55.2	M35 John Brooks GSAC 6.6 Darney Gripper UN 6.7	M50 Gene Chase Sn.Fac 4:59.0 Frank Mari SAC 4:59.9
M30-34 Bob Hartmann IL 14.99	W75-79	Mel Congleton 1:29.8 M50 Lawrence Harvey 1:20.1	W55 Cecile Williams 13:09.6	Ken Bauersfeld UN 7.2	Frank Mari SAC 4:59.9 V. Korfman UN 5:07.1
N C Haugaard MN 7.06	Millie Crews WI WR22:17.08	James Hodge 1:22.8	Shotput	M40 William Overby NYP 6.7	MS5 Hans Hunziker NJM 5:21.4
M35-39		M55 Clifford Pauling 1:20.2		William Corsey UN 6.9 Terry Baxter UN 7.3	John Haney SAC 5:54.0 M60 Joe Burns UN 5:35.7
Larry Waithe IL 14.02	and Strongers - Co-market Shakestark	George Taylor 1:52.4 M60 Alan Cohen 1:55.7	M30 Nick Mitchell 12.61m	M45 Tom Toscano NYM 7.1	M60 Joe Burns UN 5:35.7 W. Siderowitz UN 6:25.1
Roger Kamla TX 13.41 Pat Burns WI 12.90	EAST	Bill Brobst 2:01.5	Scott Bull 12.52 Pete Collins 11.60	Rob Hagen UN 7.3	M65 F. Lucianna NJM 5:55.9
Pat Burns WI 12.90 Pieter Elmendorf OH 12.58	Six Principal Company of the Company	M65 Oscar Harris 1:47.1	M35 Stew Beltz 12.47	David Connelly GSAC 7.7 M50 R. Weaver UN 6.9	M70 George Sheehan SAC 6:02.2
M50-54	Philadelphia Masters	Charles McGarvey 1:48.5 W30 Mary Ellen Malloy 1:30.1	M40 John Roehr 12.38	Jim O'Hara GSAC 7.3	J. McGilvray NJM 6:43.5 Robert Hull GSAC 7:47.4
Norm Cyprus NY 12.80	Invitational, Haverford, PA	W50 Marilyn Fitzgerald1:36.2	Rich Dunphy 11.89 Denny Ziemba 8.14	Rich Rizzo NYP 7.4	W30 M. E. Malloy Phil 5:39.7
Dick Hotchkiss CA 11.99	March 17		M45 Palmer Sweet 10.78	M55 Rich Borretta NJM 7.4	W35 Beth Barrie Phil 5:42.0
E R Premo OH 4.68	1989年 · 1988年 · 高麗美一世後	800m run	George Reynolds 10.65	Matt Brown SAC 7.6 Cliff Paulins CPTC 7.9	W40 Mary Spera Met.AC 5:47.7 A. Coleman NJM 5:54.5
M55-59	55m hurdles		Jim Quirk 9.96	M60 Tom Delany GSAC 7.8	W60 Cassie Bazar SAC 7:02.9
Tom Wesselowski KS 11.20 Jack Erickson TX 10.79		M30 Don DiDonato 2:01.4	Jerry Sullivan 8.57 M50 Ed Bradway 11.67	Tom Brooks NYP 7.8	3000
Leonard Olson VA 10.77	M45 Bob Fuhrman 10.9 M50 Dave Martin 9.6	M35 Karl Castor 2:12.5 Joe Hoffman 2:19.4	M55 Len Olson 11.94	H. MacMillan Syr 8.4 M65 J.W. Pierson Phil 8.5	M30 David Mullan SAC 9:04.8
Pay Carstensen NY 10.51	M50 Dave Martin 9.6 Vince Ruffin 9.8	Clark McNeight 2:49.9	Ray Feick 11.56	M70 Marcus Neuhof NYM 9.1	Glenn Vivolo UN 9:14.2
Bob Kemp IL 9.74	M55 Lawrence Pratt 10.3	Duane Green d.n.f.	Pay Carstensen 10.77	M75 Warren Tashian NJM 9.5	Wayne Bargiel NJM 9:43.9
Jack Twet WI 7.30	George Taylor 12.7	M40 Bruce Carter 2:07.6	M60 Ned Curran 10.53 M65 Al Jankola 8.95	Jerry Wible UN 10.1	M35 Harold Nolan SAC 8:53.0 Andy Rooney UN 9:30.8
M60-64	M60 Tom Delany 10.2 M75 Claude Hills 12.4	Ben Brockwell 2:12.5 Fred Dedrick 2:16.6	Charles McGarvey 8.50	M80 Fred d'Elia NJM 10.2 W40 M.E. Malloy Phil 8.6	Frank Russo UN 9:31.0
Clifford Blair MA 16.31	W40 Skipper Clark 11.1	George Sanders 2:22.3	M70 Eugene Wood 10.03	W40 M.E. Malloy Phil 8.6 A. Coleman NJM 9.8	M40 Mike WilsonM'rose 9:48.2
Cliff Sampson OH 13.88 Bob Richards TX 13.64		M45 Don Boyer 2:12.0	Herman Hand 8.79 M75 George Braceland 8.87	W50 M. Fitzgerald UN 8.6	R. Weiner PVS 10:10.3
Phil Brusca MO 12.51	55m dash	Bob Clasen 2:13.7	Mike Pappas 8.46	200	E. Bilinsky UN 10:23.6
Gene Polk NM 5.95	M30 Val Barnwell 6.6	Jerry McFadden 2:20.1 Bob Fuhrman 2:25.6	Bob Detweiler 7.59	M30 Val Barnwell GSAC 23.6	M45 A. Roque UN 9:53.8 A. Boyajian NJM 13:17.6
M65-69	M30 Val Barnwell 6.6 Chris Fagan 6.9	Tom Hartman 2:38.6	W35 Joan Stratton 11.70	Gerald Jones NJS 24.2	M50 V. Antonio Lions 10:14.6
Bill Walmroth MI 14.28	Phil Conzentino 6.9	M50 Sid Howard 2:12.3	W45 Roslyn Katz 6.65 W50 Sheila Foster 6.61	Remo Biagioni NJS 24.5 M35 John Brooks GSAC 23.5	J. Garlepp M'rose 10:49.7
Bill Bangert CA 12.45 Joe Black AZ 9.46	Frank Makozy 7.0 Cliff Marlowe 7.6	M55 Clifford Pauling 2:26.8 Jack Nyhan 2:50.4	W50 Sheila Foster 6.61 W55 Ann Cirulnick 8.68	M35 John Brooks GSAC 23.5 Ed Brown GSAC 24.1	Gene Chase SF 11:02.0 M55 H. Hunziker NJM 12:05.8
Glenn Bradd IL 6.82	Cliff Marlowe 7.6 M35 John Brooks 6.7	M60 Kelsey Brown 2:40.1	Carlo Miles and Carlo San Francis	Ken Bauersfeld UN 25.3	M55 H. Hunziker NJM 12:05.8 M65 Robert Mimm UN 13:09.3
M75-79	Ken Bauersfeld 7.1	Alan Cohen 3:06.6	Long Jump	M40 R.G. McDonald NYP 25.0	M70 Don Johnson SAC 14:33.6
Nolan Fowler TN 10.97	Lou Miller 8.2	Jerry Nolan 3:10.0	M30 Nick Mitchell 18-4 3/4	William Overby NYP 25.3 Phillip Fenan GSAC 25.8	W35 Beth Barrie Phil 12:25.1
Ian Hume CAN 8.53	M40 William Corsey 6.9 Mike Augeri 7.4	M65 John McCarthy 3:19.1 W35 Beth Barrie 2:51.0	Frank Makozy 17-11 1/2	Phillip Fenan GSAC 25.8 M45 Tom Toscano NYM 25.8	P. Martucci NJM 19:56.3 W40 Mary Spera UN 12:38.5
Bob Detweiler PA 7.28	Jeff Blatt 7.5		M35 Bob Laurelli 17-5	Rob Hagin GSAC 26.8	W40 Mary Spera UN 12:38.5 A. Coleman NJM 12:56.3
M80-84 Gordon Powell FL 6.47	Ted Bezel 7.7	1 mile run	M40 Mike Augeri 15-8 Ron Salvio 15-4 1/4	David Connolly GSAC 27.7	W45 H. Samuelson NJM 14:40.6
W40-44	M45 Robert Trigo 7.1 James Bantum 7.2		Ron Salvio 15-4 1/4 M45 Jacob Katz 14-9 1/2	M50 Bob Williams SAC 25.7 Rich Rizzo NYP 27.2	W60 Cassie Bazar SAC 15:01.4
Kathy Pierce NY 7.60	Bernie Noeller 7.3	M30 Don DiDonato 4:19.0	Jim Quirk 12-8 1/4	George Coleman NJM 29.9	B. Lancaster UN 16:57.0
	Jacob Katz 7.6	Steve Gallagher 4:26.6 Brian Boyer 4:41.9	M50 Vince Ruffin 16-3 3/4	M55 Cliff Pauling CPTC 26.9	High Hurdles
W45-49 Vanessa Hilliard FL 9.98	Mel Congleton 8.1	Sheldon Frisby 5:06.0	Bob O'Brien 16-1 1/4 Dave Martin 15-8	Rich Barretta NJM 27.0	M30 Bob Balcerski UN 7.9
W50-54	M50 Roosevelt Weaver 7.2 Dhamiri Abayomi 7.3	M35 Duane Green 4:37.8	M55 Pay Carstensen 14-6	Leon Trout SAC 28.2 M60 Naylor UN 30.0	Tony Ciccone NJS 7.9 K. Royster SAC 9.2
Joann Grissom IN 12.35	Bob O'Brien 7.8	John Emswiler 4:41.2	Earl Mege 14-2 1/4	M65 J.W. Pierson UN 30.7	M40 Mike Milove NYM 8.8
W60-64	M55 Bob Keegan 7.4	Dennish Mellish 4:46.0 Bob DeYoung 4:54.4	George Taylor 12-0 1/2 M65 Oscar Harris 13-3	Jim Manno NJM 37.9	Vince Ruffin SAC 9.7
Bernice Holland OH 10.05	Cliff Pauling 7.6 Earl Mege 7.6	Herman Richards 4:58.4	M65 Oscar Harris 13-3 Ed Matthews 12-9 1/2	M75 Jerry Wible UN 38.1 M80 Fred d'Elia NJM 39.1	Jim O'Hara GSAC 9.9 M55 Leon Trout SAC 9.2
	Jack Nyhan 8.3	Larry Hart 5:04.9	M70 Eugene Wood 8-11	W40 A. Coleman NJM 39.1	M55 Leon Trout SAC 9.2 Larry Pratt NJM 9.5
Sally Polk NM 8.29	M60 Tom Delany 7.7	Kyle Mecklenborg 5:42.6 Clark McNeight 6:09.8	M75 Claude Hills 11-2	W50 M. Fitzgerald UN 32.3	G G. Taylor M'rose 12.9
Sally Polk NM 8.29			Geo. Braceland 11-0	W70 Marjorie Smith UN 48.8	M60 Tom Delany GSAC 10.0
Sally Polk NM 8.29	Alan Cohen 8.6	M40 Fred Dedrick 4:45.5	Jeremiah Gaines 10-5 1/2	400	M65 J.W. Pierson UN 11.2
Sally Polk NM 8.29	Alan Cohen 8.6 M65 Oscar Harris 8.2	Ben Brockwell 4:49.7	Bob Data all		
3000m Racewalk	Alan Cohen 8.6 M65 Oscar Harris 8.2 Ed Matthews 8.2 M75 Jeremiah Gaines 9.2	Ben Brockwell 4:49.7 Bob Richey 4:57.5	Bob Detweiler 5-8 1/2	M30 Fred Feaster UN 53.9	Marcus Neuhof NYM 11.6
3000m Racewalk M30-34	Alan Cohen 8.6 M65 Oscar Harris 8.2 Ed Matthews 8.2 M75 Jeremiah Gaines 9.2 Claude Hills 9.7	Ben Brockwell 4:49.7 Bob Richey 4:57.5 Tim Shay 4:58.1	Bob Detweiler 5-8 1/2 W40 Skipper Clark 13-3 1/2 W45 Eileen Buehler 8-9 1/4	M30 Fred Feaster UN 53.9 Steve Bunce UN 54.2	4×800
3000m Racewalk M30-34 Tim Saiter IL 16:28.06	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	Ben Brockwell 4:49.7 Bob Richey 4:57.5 Tim Shay 4:58.1 Michael Owens 5:13.9 Tony DeSabato 5:18.5	Bob Detweiler 5-8 1/2 W40 Skipper Clark 13-3 1/2	M30 Fred Feaster UN 53.9 Steve Bunce UN 54.2 Nick MitchellW.Puma 54.4 M35 Ed Brown GSAC 54.1	4x800 M30 SAC 9:28.1
3000m Racewalk M30-34 Tim Saiter IL 16:28.06 N C Haugaard MN 19:29.85	Alan Cohen 8.6 M65 Oscar Harris 8.2 Ed Matthews 8.2 M75 Jeremiah Gaines 9.2 Claude Hills 9.7	Ben Brockwell 4:49.7 Bob Richey 4:57.5 Tim Shay 4:58.1 Michael Owens 5:13.9 Tony DeSabato 5:18.5 Carl Grossman 5:22.0	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	M30 Fred Feaster UN 53.9 Steve Bunce UN 54.2 Nick Mitchellw.Puma 54.4 M35 Ed Brown GSAC 54.1 Chris Weigel NJS 56.1	4x800 M30 SAC 9:28.1 Valley Striders 11:58.9
3000m Racewalk M30-34 Tim Saiter IL 16:28.06 N C Haugaard MN 19:29.85 M35-39	Alan Cohen 8.6	Ben Brockwell 4:49.7 Bob Richey 4:57.5 Tim Shay 4:58.1 Michael Owens 5:13.9 Tony DeSabato 5:18.5 Carl Grossman 5:22.0 George Sanders 5:23.7	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 Fred Feaster UN 53.9 Steve Bunce UN 54.2 Nick MitchellW.Puma 54.4 M35 Ed Brown GSAC 54.1 Chris Weigel NJS 56.1 Warren Clark NJS 57.1	4x800 M30 SAC 9:28.1 Valley Striders 11:58.9 4x400 M30 GSAC 3:43.5
3000m Racewalk M30-34 Tim Saiter IL 16:28.06 N C Haugaard MN 19:29.85	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	Ben Brockwell 4:49.7 Bob Richey 4:57.5 Tim Shay 4:58.1 Michael Owens 5:13.9 Tony DeSabato 5:18.5 Carl Grossman 5:22.0 George Sanders 5:23.7 M45 Jerry McFadden 5:11.2	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	M30 Fred Feaster	4x800 M30 SAC 9:28.1 Valley Striders 11:58.9 4x400 M30 GSAC 3:43.5 Sneaker Tamers 4:03.5
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	Alan Cohen 8.6	Ben Brockwell 4:49.7 Bob Richey 4:57.5 Tim Shay 4:58.1 Michael Owens 5:13.9 Tony DeSabato 5:18.5 Carl Grossman 5:22.0 George Sanders 5:23.7 M45 Jerry McFadden 5:11.2 Bob Clasen 5:13.3	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	M30 Fred Feaster UN 53.9 Steve Bunce UN 54.2 Nick Mitchellw.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 Thne SAC 56.8 Phillip Felton SAC 58.0	4x800
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 Coti IL 15:53.34 M40-44	Alan Cohen	Ben Brockwell 4:49.7 Bob Richey 4:57.5 Tim Shay 4:58.1 Michael Owens 5:13.9 Tony DeSabato 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	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	M30 Fred Feaster	4x800
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 Coti IL 15:53.34	Alan Cohen	Ben Brockwell 4:49.7 Bob Richey 4:57.5 Tim Shay 4:58.1 Michael Owens 5:13.9 Tony DeSabato 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	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	M30 Fred Feaster	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

Continued for		4-6-1		
Continued from pre-	vious	nage	Kevin	Mover
High Jump	N. L.		Katy (ottsc
M30 J. Lafferty N. Mitchell	WCP	6-0 5-10	Shirle Bonnie	
P. Vanechanos	NJS	5-6	Barb I 1500m	Booker
M35 Mark Westphal Ed Laurelli M	rose	5-0 4-10	Mike F	
Frank Shiro M40 Will Coursey	UN	4-6 5-2	Ken F1 Wayde	
Ron Salvio	GSAC	5-0	Barb E Kevin	
M45 J. Sullivan M50 Bob Williams	SAC	4-8 4-10	John H	lurley
M. Lafferty	UN	4-10 3-10	Diane Stephe	
M60 Tom Delany	GSAC	4-10	Bonnie Mike K	
Jack Doorlay M70 Marcus Neuhof	NYM	3-10 4-0	Shirle	
Shot Put	eug e		5000m	
M30 W. Wolverton Tony Ciccone	GSAC NJS	14.88	Stan S Dick C	
Peter Collins	UN	11.80	Tom Bu Reinho	
M35 Paul Corrigan M40 Bill Scarola	GSAC	7.83	Ken F1	oranc
Rich Smith	UN Phil	11.04	Don Fa Barb B	
M45 Jai Singh	NYM	9.12	Stephe	
M50 Jeff Wenig M55 Tom Jackson	GSAC	12.70	J Hurl Robin	
Paul Scraparu Q. Biagoni	UN	9.88	John M Shirle	
M60 Cliff Blair	· UN	15.41	Dick B	ranca
Pope Frezza M65 Al Jankola	SAC	8.66 9.27	M King	ston
	Phil GSAC	8.77 9.42	SI	DUT
W30 Yancy Munoz	GSAC	7.23	50	
W45 Roslyn Katz W55 A. Dirulnick	NYM NYM	6.71 9.16		See
Weight Throw			Barrier S	MIL
M30 Peter Collins M35 Paul Corrigan		35-64	all the trans	VIII
M40 Glenn Weaver	GSAC	34-64	TAC	Midw
Frank Monroe D. Ziemba	GSAC	32-9 26-4%	Mas	ters C
M55 Tom Jackson	GSAC	25- 10.75	Ste	rling,
		27-95	60m da: M30-34	
W30 Yancy Munoz Pole Vault	GSAC	17-2%	120-54	J.Ma
M35 Don Severin	UN			J.Co J.Pl
M45 Jeff Tindall		· 11-10	F30-34 M35-39	
R. McGready M55 G. Taylor	GSAC			T.Ne
M60 J. Doorlay			M40-44	T.Re C.Mi
Long Jump M30 B. Balcerski	UN	6.34	F40-44 M45-49	N.Ha
J. Lafferty	UN	6.05	1000	D, Be John
P. Vanechanos M35 D. Gripper	UN	6.40	MEO E4	M.Ma
Ed Laurelli M. Westphal	GSAC		M50-54	C.To
M40 W. Corsey Mike Milove	UN		F50-54 M55-59	
Ron Salvio	GSAC	4.42	The same	Jim G.Mc
M. Lafferty	UN	4.63	100	J.Pe
Ed Kent M55 Leon Trout	NYM	The state of the latest state of the latest states and the latest states are stated as the latest stated as the	M60-64	R.Ri D.Wa
Q. Biagioni P. Soraparee	UN			D.Si E.He
M65 H. Saareste	GSAC	3.51	M65-69	J.Pl
M70 Marcus Neuhof Eugene Roland			F65-69	F.Be
M80 Harry 7achman W30 Yancy Munoz		2.20	60m hur	dles
Triple Jump	GUAC		M30-34	
			ARTHUR BULLING MANAGEMENT	B.La
M30 Joe Lafferty	UN			B.La C.Ba J.Wa
M35 D. Gripper Ed Laurelli	UN	13.23 8.95	M35-39 M40-44	C.Ba J.Wa R.Za
M35 D. Gripper	UN GSAC NYM	13.23 8.95 10.77	M35-39 M40-44	C.Ba J.Wa R.Za S.Dr R.Ha
M35 D. Gripper Ed Laurelli M40 Mike Milove Mike Billmail Ron Salvio	UN GSAC NYM UN GSAC	13.23 8.95 10.77 9.40 9.36		C.Ba J.Wa R.Za S.Dr R.Ha B.Sc B.Mi
M35 D. Gripper Ed Laurelli M40 Mike Milove Mike Billmail Ron Salvio M45 G. Homsany M50 M. Lafferty	UN GSAC NYM UN	13.23 8.95 10.77 9.40 9.36 9.68 10.21	M40-44 M50-54	C.Ba J.Wa R.Za S.Dr R.Ha B.Sc B.Mi G.La
M35 D. Gripper Ed Laurelli M40 Mike Milove Mike Billmail Ron Salvio M45 G. Homsany M50 M. Lafferty Ed Kent	UN GSAC NYM UN GSAC UN UN	13.23 8.95 10.77 9.40 9.36 9.68 10.21 9.40	M40-44 M50-54 M55-59	C.Ba J.Wa R.Za S.Dr R.Ha B.Sc B.Mi G.La J.Pe F.Br
M35 D. Gripper Ed Laurelli M40 Mike Milove Mike Billmail Ron Salvio M45 G. Homsany M50 M. Lafferty Ed Kent M55 G. Taylor M60 Jack Doorlay	UN GSAC NYM UN GSAC UN UN NYM GSAC	13.23 8.95 10.77 9.40 9.36 9.68 10.21 9.40 7.52 7.14	M40-44 M50-54	C.Ba J.Wa R.Za S.Dr R.Ha B.Sc B.Mi G.La J.Pe F.Br
M35 D. Gripper Ed Laurelli M40 Mike Milove Mike Billmail Ron Salvio M45 G. Homsany M50 M. Lafferty Ed Kent M55 G. Taylor	UN GSAC NYM UN GSAC UN NYM GSAC NYM GSAC	13.23 8.95 10.77 9.40 9.36 9.68 10.21 9.40 7.52 7.14 7.70	M50-54 M55-59 M60-64	C.Ba J.Wa R.Za S.Dr R.Ha B.Sc B.Mi G.La J.Pe F.Br D.Wa
M35 D. Gripper Ed Laurelli M40 Mike Milove Mike Billmail Ron Salvio M45 G. Homsany M50 M. Lafferty Ed Kent M55 G. Taylor M60 Jack Doorlay M65 H. Saareste M80 Henry Zachman	UN GSAC UN GSAC UN UN NYM GSAC NYM GSAC NJM	13.23 8.95 10.77 9.40 9.36 9.68 10.21 9.40 7.52 7.14 7.70 3.72	M40-44 M50-54 M55-59	C.Ba J.Wa R.Za S.Dr R.Ha B.Sc B.Mi G.La J.Pe F.Br D.Wa
M35 D. Gripper Ed Laurelli M40 Mike Milove Mike Billmail Ron Salvio M45 G. Homsany M50 M. Lafferty Ed Kent M55 G. Taylor M60 Jack Doorlay M65 H. Saareste M80 Henry Zachman Finger Lakes Ri Ithaca, N	GSAC UN GSAC UN UN NYM GSAC NYM GSAC NJM	13.23 8.95 10.77 9.40 9.36 9.68 10.21 9.40 7.52 7.14 7.70 3.72	M40-44 M50-54 M55-59 M60-64 200m da M30-34	C.Ba J.Wa R.Za S.Dr R.Ha B.Sc B.Mi G.La J.Pe F.Br D.Wa K.Fev Jay N B.Lam
M35 D. Gripper Ed Laurelli M40 Mike Milove Mike Billmail Ron Salvio M45 G. Homsany M50 M. Lafferty Ed Kent M55 G. Taylor M60 Jack Doorlay M65 H. Saareste M80 Henry Zachman Finger Lakes R Ithaca, N March 13	GSAC UN GSAC UN UN UN MYM GSAC NYM GSAC NYM GSAC NYM SAC NYM	13.23 8.95 10.77 9.40 9.36 9.68 10.21 9.40 7.52 7.14 7.70 3.72	M40-44 M50-54 M55-59 M60-64	C.Ba J.Wa R.Za S.Dr R.Ha B.Sc B.Mi G.La J.Pe F.Br D.Wa
M35 D. Gripper Ed Laurelli M40 Mike Milove Mike Billmail Ron Salvio M45 G. Homsany M50 M. Lafferty Ed Kent M55 G. Taylor M60 Jack Doorlay M65 H. Saareste M80 Henry Zachman Finger Lakes R Ithaca, N March 13 55m Horace Hudson 37	UN GSAC NYM UN GSAC UN NYM GSAC NYM GSAC NYM GSAC NYM GSAC NYM SSAC NYM SSAC NYM SSAC NYM SSAC NYM SSAC NYM SSAC NYM NYM NYM NYM NYM NYM NYM NYM NYM NYM	13.23 8.95 10.77 9.40 9.36 9.68 10.21 9.40 7.52 7.14 7.70 3.72	M40-44 M50-54 M55-59 M60-64 200m da M30-34	C.Ba J.Wa R.Za S.Dr R.Ha B.Sc B.Mi G.La J.Pe F.Br D.Wa K.Fev Jay M B.Lan M.Lut L.Bro T,Rev
M35 D. Gripper Ed Laurelli M40 Mike Milove Mike Billmail Ron Salvio M45 G. Homsany M50 M. Lafferty Ed Kent M55 G. Taylor M60 Jack Doorlay M65 H. Saareste M80 Henry Zachman Finger Lakes Ri Ithaca, N March 1: 55m Horace Hudson 37 Greg Grund 38 Larry Brewster 3	UN GSAC NYM UN GSAC UN NYM GSAC NYM GSAC NJM C Mee Y	13.23 8.95 10.77 9.40 9.36 9.68 10.21 9.40 7.52 7.14 7.70 3.72	M40-44 M50-54 M55-59 M60-64 200m da M30-34 F30-34	C.Ba J.Wa R.Za S.Dr.R.Ha B.Sc B.Mi G.La J.Pe F.Br D.Wa K.Fev Jay M B.Lan M.Lut L.Br T,Rev A,Mat T,Nev
M35 D. Gripper Ed Laurelli M40 Mike Milove Mike Billmail Ron Salvio M45 G. Homsany M50 M. Lafferty Ed Kent M55 G. Taylor M60 Jack Doorlay M65 H. Saareste M80 Henry Zachman Finger Lakes R Ithaca, N March 1: 55m Horace Hudson 37 Greg Grund 38 Larry Brewster 3 E T Anderson 44 Bob Smullens 54	UN GSAC NYM UN GSAC UN NYM GSAC NYM GSAC NYM GSAC NYM GSAC NYM GSAC NYM GSAC NYM GSAC NYM GSAC NYM GSAC NYM GSAC NYM GSAC NYM GSAC NYM NYM GSAC NYM NYM GSAC NYM NYM GSAC NYM NYM GSAC NYM NYM GSAC NYM NYM GSAC NYM NYM GSAC NYM NYM GSAC NYM NYM GSAC NYM NYM GSAC NYM NYM GSAC NYM NYM GSAC NYM NYM GSAC NYM NYM NYM GSAC NYM NYM NYM NYM NYM NYM NYM NYM NYM NYM	13.23 8.95 10.77 9.40 9.36 9.68 10.21 9.40 7.52 7.14 7.70 3.72	M40-44 M50-54 M55-59 M60-64 200m da M30-34 F30-34 M35-39	C.Ba J.Wa R.Za S.Dr R.Ha B.Sc B.Mi G.J.Pe F.Br D.Wa K.Fev Jay N B.Lan L.Brc T,Rev A,Mata M.Blu M.Blu
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ke		:47.6	400m da: M30-34	sh Jay Mathis
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rb l	Blaszak 40 5	:20.6	M35-39 M40-44	A.Mathews S.Druckrey
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ane	Sherrer 38 5	:42.7		S.Addink
nni	e Howell 42 6	:50.1	M50-54	J.Streely J.Robinson
	Kingston 40 6 ey Woodford 34 6	:37.9	1	F.Burnette R.Premo
000m			M55-59	Jim Mathis F.Brown
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ck I	Branca 46 12	:58.1	F35-39	L.Rewelinski
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S	OUTHEAS			D.Fish A.Posner
EX.	distribution of the second	WEST !	M4E 40	D.Stoddard
	See Page 50		M45-49	N.Papas S.Addink
	MIDWEST	1880	M50-54	J.Streeby T.Evans
	manifest production with		E CO	T.Nuccio
	Midwest Section		E A COL	J.Robinson R.Premo
	ters Championsh erling, IL March 1		M55-59	B.Urdislas
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0-34	Ken Fews	7.3	M35-39	F.Hervert T.Detzner
	J.Mathis J.Cooksey	7.4	M45-49	P.Perry F.Davis
0-34	J.Plese L.Browning	7.6 9.8		N. Papas
5-39		7.2	F45-49	S.Addink J.Gulley
	T.Rewolinski	7.3	M50-54	J.Robinson R,Premo
)-44)-44	N. Hamilton	8.6 12.9	M65-69	G.Rasch
5-49	Jim Leg D.Besick	7.8	3000m ru M30-34	<u>in</u> J.Williams
	John Hess M.Marvis	8.1 8.2	12000	D.Copper
0-54		8.2 8.3	M40-44	A.Posner R.Harnish
0-54	D.Smith	11.6	M45-49	J.Miller V.Heckler
5-59	Jim Mathis	7.7 8.1	The second	F.Davis N.Papas
	G.McGinnis J.Peterson	8.2 8.5	F45-49 M50-54	J.Gulley J.Robinson
0-64	R.Richardson D.Walsh	8.6 8.9	M65-69	G.Rasch
	D.Sibigthroth	9.2	1500m r	acewalk_
5-69		9.5 9.6	M40-44 M45-49	D.Easterlund D.Mowler
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	C.Barnard J.Watry	8.9	M65-69 M70-74	L.Reistroffer B.Tallmadge
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-54	B.Schooler B.Mills	9.0	M45-49 M50-54	F.Weibel J.Elwarner
5-59	G.LaBelle J.Peterson	10.7 10.4	F50-54	R.Premo P.Gadient
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-34	K.Fews Jay Mathis	23.7	F50-54	D.Smith
-34	B.Lammers M.Lutz	24.6	M55-59	J.Peterson R.Richardson
-34	L.Browning	36.5	M60-64	B.Ackerman D.Sibigtroth
-39	T,Rewolinski A,Mathews	23.8	long ju	
	T, Neuens	24.4	M30-34	J.Watry
Albai Milya	M. Blueford	24.6	M40-44 F40-44	W.Ewing M.L.Platis
-44	S.Druckrey R.Harvey	23.2*	M45-49	H.Gordon D.Besich
44	J.Miller M.L.Platis	25.9 36.5	F45-49	P.Danielson
	L.Besich	39.1 24.4*	shot p	
-49	D.Besich M.Marvin	24.5*	FDU-34	B.Hartmann
49	John Hess P.Danielson	24.6* 34.8	M35-39	
-54	B.Mills C.Townsend	28.1 28.6	F35-39 M40-44	M.Hartmann
	J.Robinson	30.4		B.Schooler
59	F.Burnette Jim Mathis	31.9 AR25.3	F40-44	N. Hamilton
-64	G.McGinnis H.Brown	32.1 26.5*	M45-49	C.Klehm John Hess
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Nati	onal Ma	asters l	News	
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ash		M65-69	J.Platis	1
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n K.Whitsett	2:02	M35-39	J.Anderson	
S.Harrison J.Watry	2:03 2:08	M45-49	R.Suiter M.Norberg	
F.Hervert	2:09	M55-59	F.Brown J.Peterson	
M.Lutz J.Fieldhause	2:51 n 2:06	M60-64	T.Hinkes B.Ackerman	
R.Weinhandi L.Rewelinski	2:19	M75-79	M.Lightfoot	
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A.Posner D.Stoddard	2:21.1		B.Schooler	7
N. Papas	2:15.6	M50-54	F.Smith T.Langenfel	d
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T.Evans T.Nuccio	2:23.3 2:36.1	M55-59	R.Richardso	n
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H.Gordon 35'115" P.Stopoulos 32'55"	W30 Gr
G.LaBelle 28'34" J.Peterson 32'23/4"	5000 M30 Da
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C.Barnard 13' J.Oksas 12'	MSS BC
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1500 M30 David South	4:42.0	M45 B Green	7.5 7.5
Jose Garza Samuel Ruiz	4:53.2	R Austin	7.6
M40 Raul Berrelez M45 Chris Weber	4:57.3	noo r rye	7.8 7.8
M50 Tom Wiper M55 Walter Chapko	4:58.7	J Penwarden	8.1 WR7.6
M60 Alan Cohen Charlie Rice	5:22.2 6:02.8	D Durton	7.9 8.1
3000		M60 J Cross	8.5
M30 David South M60 Alan Cohen	10:55.7	G Bridgman A Kalirai	8.5 8.7
W30 Grace Samuel	11:53.2	M65 L Williams	8.8 9.2
5000 M30 David South	17:21.5	V Pashley M70 C Fairey	9.3
	17"57.8 20:48.3	J Lucas	9.4
M55 Walter Chapko	26:47.7	M75 L Watson	9.8
3000m Racewalk	19735.0	W35 H Godsell E Morrison	8.4
M55 Bob Moore	17:26.0	V Thompson W40 Y Priestman	8.9
60m Hurdles	Mark 1	A LePlongeon	8.6
M45 Jeff Loubet M50 Melvin Moore	9.8		8.8
Dave Doerrer Andy Almaraz	9.8	E Stagg C Morris	9.0
M55 Doug McFetters M65 Hugh Hacket	12.5 9.2 12.5	W50 U Gore B Colwell	8.8 9.3
M70 Dick Bennett	13.2	W60 J Ogden H Farmer	9.5
Shot Put		F Cross	11.9
Shot Put M30 Joe Adams M40 John Getchel	27'11" 38'91"	W70 P Taylor	12.1
Lonny Tomlinson	36'113	200m M40 R Walters	23,7
M50 Melvin Moore Andy Almaraz	26'2	B Townley	24.2
M55 Hank Dunlap M60 Wes Goodwin	33'4	J Charlton M45 W Thomas	24.8
M60 Wes Goodwin Arthur Brandt M65 Stanley Sadofsky M70 Myron Dover	32'2	R Austin I Foster	24.4
John Mays	31'2	M50 F Taylor	25.6
W60 Barbara Brandt	21'10}	P Pye B Ariss	26.0 26.1
Long Jump M30 Burrell Bender	15'11"	M55 R Taylor D Burton	24.7 25.2
Joe Adams M40 Jerry Griffin	14'44"	A Mellett M65 L Williams	26.6
John Getchel	121410	A Lovatt	31.2
Lonny Tomlinson M50 Dave Doerrer Andy Almaraz M55 Doug McFetters Ray Graves	12'8	E Clayton M70 C Fairey	31.0
Andy Almaraz M55 Doug McFetters	12'75"	J Lucas	33.4 36.4
M65 Hugh Hackatt	12:101	W35 H Godsell	33.4 28.4
George Butchko M70 Virgil McIntyre		E Morrison E McMahon	
George Butchko M70 Virgil McIntyre Myron Dover John Mays W45 Polly Turpin	10.11	W40 Y Priestman J Wills	28.4
Discus	10.24.	A LePlongeon	n 29.0
M40 John Getchel	95'5"	W40 Y Priestman J Wills A LePlongeo W45 E Stagg P Stanley C Morris W50 U Gore B Colwell W60 J Ogden	30.2
Jeff Loubet M55 Hank Dunlap	86'10"	W50 U Gore	29.8
M60 Wes Goodwin Alan Cohen	118'11"	W60 J Ogden	31.8
M45 George Davies Jeff Loubet M55 Hank Dunlap M60 Wes Goodwin Alan Cohen Arthur Brandt M65 Stanley Sadofsk Hugh Hackett George Butchko M70 Myron Dover John Mays W30 LouAnn Bolick W60 Barbara Brandt	85'9"	400m M40 P Browne	52.3
Hugh Hackett George Butchko	99'2"	E Connolly	54.1
M70 Myron Dover John Mays	103'	A Williams M45 W Thomas	54.4
W30 LouAnn Bolick W60 Barbara Brandt	60,10}	J Treadwell B Smith	55 6
Triple Jump M30 Terrence Simms	201510	M50 F Taylor J Ross L Cooke M55 D Burton	58.2
M40 John Getchel	30.21.	L Cooke M55 D Burton	60.2 59.0
Pole Vault	The state of the s	B Griffiths	60.0
M45 George Davies Jeff Loubet	11'5"	C Shafto M60 I Steedman J Quantrell	
Pole Vault M45 George Davies Jeff Loubet M55 Doug McFetters M65 George Butchko M70 John Mays	10'8"	G Bridgman M65 E Clayton	71.0
M70 John Mays	6.6.	M70 F O'B-co	74.5
High Jump M30 Joe Adams	414"	M75 L Watson W35 S Keen	64.9
M40 John Getchel M45 George Davies	4'6"	W40 A McDonald C Walder	61.9 72.1
M50 Andy Almaraz	3'10	R Hinds W45 G Richard	72.7 67.6
High Jump M30 Joe Adams M40 John Getchel M45 George Davies Lonny Tomlinson M50 Andy Almaraz Melvin Moore M65 George Butchko M70 Virgil McIntyre Dick Bennett John Mays	3'8"	W40 A McDonald C Walder R Hinds W45 G Richard P Stanley W50 J Hulls	70.7 68.2
Dick Bennett John Mays	3.8.	W50 J Hulls W60 J Ogden W70 P Taylor	N 4
John Mays W60 Barbara Brandt	3.6.	800m	
Tavalia	AND DESIGNATION OF THE PERSON	M40 P Browne E Connolly	2:01.7
M30 Mike Chapman M40 John Getchel M45 George Davies M50 Carl Hobe	104'9"	E Connolly D Spencer M45 J Potts	2:04.0
M50 Carl Hobe M55 Hank Dunlap	86'1"	(WR2:01.5 in h	neat)
M60 Arthur Brandt Alan Cohen	99'6"	T Alderdice	2:05.4
M50 Carl Hobe M55 Hank Dunlap M60 Arthur Brandt Alan Cohen M65 Hugh Hackett George Butchko W60 Barbara Brandt	114'11	(WR2:01.5 in h E Knapp T Alderdice M50 F Coles R Checkley J McNamara M55 M Fox	2:09./
woo sarbara Brandt	84'7"	J McNamara M55 M Fox	2:12.3
CATE CO.		B Bullen	2:18.6
INTERNATIO		J McNamara M55 M Fox B Bullen H Morrison M60 R Ellis C Simpson M65 J Todd M70 E O'Bree D Eyers B Brierley	2:32.2
British Veterans Ind Championships	oor	M65 J Todd	2:39.6
RAF Cosford		D Eyers	2:48.8
March 31		D Eyers B Brierley W35 M O'Mahoney A Smith H Bosko	2:57.4 2:23.2
M40 R Walters G Sutton		A Smith H Bosko	2:27.2 2:40.2
B Townley	7.5	Continued or	n next page

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1500b	D Fellows 2:32.8		
No.	W50 B Matley 2:47.2		
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MAS J Ports 4:25.0 B Markay 4:42.5 J Hodge 4:44.0 MSO J McNamara 4:26.7 S James 4:28.2 R Checkley 4:39.1 MSS I Barnes 4:38.9 B Bulles 6:46.5 M60 R Tempan 4:49.7 R Ellis 5:04.5 C Simpson 5:16.5 MSS R Hall 5:45.4 M70 D Eyers 5:40.5 C Simpson 5:16.5 MS R Hall 5:45.4 M70 D Eyers 5:40.5 C Simpson 6:56.7 T Rawlinson 6:56.7 T Rawlinson 6:56.7 T Rawlinson 6:56.7 T Rawlinson 6:56.7 S Cawkwell 5:32.7 MS J Person 4:46.3 MS O Parter 5:07.6 S Cawkwell 5:32.2 M Kibble 6:43.0 MS E Statham WK4:57.0 MS F Statham WK4:57.0 M F Farish 5:20.1 M Farish 5:20.1 M For More 8:47.1 MS J Person 4:46.3 MS D J More 8:47.1 MS J Person 6:46.5 MS A Waiter 9:01.7 P Sawbridge 9:20.6 D Collins 9:23.0 MS D L Presland VR8:38.8 J McNamara 9:15.0 S J Jens 9:57.4 R Elliss 5:00.8 MS J Fraser 11:04.1 R Hale 11:53.4 MS J Fraser 11:04.7 R Farish 5:20.1 R Farnkin 11:08.3 MS J Meanara 9:15.0 S James 9:23.6 MS J Fraser 11:04.1 R Hale 11:53.4 MS J Fraser 11:04.7 R Farnkin 11:08.3 MS J Fraser 11:04.7 R Relias 11.4 R Hale 11:53.4 MS D Fellows 10:44.7 R Relias 11.4 R Hale 11:53.4 R	R Bell 4:11.4		
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LONG **RESULTS**

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

EAST

NYRRC Snowflake 4 Mile Central Park, NYC February 25

20:08 22:38 22:39 22:51 23:08 23:58 23:59 24:45 23:35 27:29

27:40

25:47 26:59 27:56 24:44 26:39 26:42 27:37 29:54 30:39 31:07

Overall Don DiDonato

Don DiDonato
Lisa Vaill
M40 William Hart
Duncan Milne
Marc Hildebrand
M45 Sam Skinner
Tom Moore
Jim Weber
M50 Sid Howard
Dan Jacobs
Mike Frankfurt
M55 Ruben Cordon
Rudy Benoit
Harry Nasse
M60 Bill Fortune
Hector Pacheco

Hector Pacheco George Thompson M65 John McManus Stan Edelman

Tom Gibbons
M70+Vince Carnevale
Wilfredo Rios

Wilfredo Rios 34:18 Charles Feldman 35:44

Charles Feldman	35:44
Racewalkers	22.20
2 Gary Null 45	32:20 24:37
W40 Kathy McIntyre	-25.22
Christine Grennin	25:50
Sylvie Kimche	25:04
W45 Meeri Bodelid	26:48
Marilyn Greeley	27:49
Jessie-Lea Hayes	30:31
W50 C G Garino May Chou	30:31
May Chou	32:58
K Knight-Perry W55 M M 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
W/OTRICING OUTCIGN	SENG MED
Racewalkers	
2 Elton Richardson5	40:23
3 Shelly Nerenberg36	48:12
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Douglas Broder	29:31
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Ahmed Mead M45 Tom Moore J F O'Connor R A Bordonaba M50 N L Goluskin Charles McDermo Dan Jacobs M55 Cliff Gerenz Frank Dudley Stuart Witt M60 Bill Fortune G G Thompson Richard Attilio M65 John McManus William Coyne Tom Gibbons M70 Vince Carnevale Wilfredo Rios Charles Feldman Racewalkers 2 Gary Null 45	29:33 29:54 30:38 30:40 31:44 t33:54 33:56 31:02 31:36 32:34 30:18 32:48 34:08 33:27 43:56 36:28 37:16 42:02
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Ahmed Mead M45 Tom Moore J F O'Connor R A Bordonaba M50 N L Goluskin Charles McDermo Dan Jacobs M55 Cliff Gerenz Frank Dudley Stuart Witt M60 Bill Fortune G G Thompson Richard Attilio M65 John McManus William Coyne Tom Gibbons M70 Vince Carnevale Wilfredo Rios Charles Feldman Racewalkers 2 Gary Null 45 3 Nicholas Bdera41 W40 Sylvie Kimche Irene Jackson Ann Davies W45 Carol Johnston	29:33 29:54 30:38 30:40 31:44 t33:54 31:02 31:36 32:34 30:18 32:34 32:48 34:06 33:27 34:56 36:28 37:16 41:35 42:02
Ahmed Mead M45 Tom Moore J F O'Connor R A Bordonaba M50 N L Goluskin Charles McDermo Dan Jacobs M55 Cliff Gerenz Frank Dudley Stuart Witt M60 Bill Fortune G G Thompson Richard Attilio M65 John McManus William Coyne Tom Gibbons M70 Vince Carnevale Wilfredo Rios Charles Feldman Racewalkers 2 Gary Null 45 3 Nicholas Bdera41 W40 Sylvie Kimche Irene Jackson Ann Davies W45 Carol Johnston	29:33 29:54 30:38 30:40 31:44 133:54 31:02 31:36 32:34 30:18 32:48 34:08 37:16 36:28 37:16 42:02 39:23 43:53 33:27 33:23 33:23 33:23 33:24 34:24
Ahmed Mead M45 Tom Moore J F O'Connor R A Bordonaba M50 N L Goluskin Charles McDermo Dan Jacobs M55 Cliff Gerenz Frank Dudley Stuart Witt M60 Bill Fortune G G Thompson Richard Attilio M65 John McManus William Coyne Tom Gibbons M70 Vince Carnevale Wifredo Rios Charles Feldman Racewalkers 2 Gary Null 45 3 Nicholas Bdera41 W40 Sylvie Kimche Irene Jackson Ann Davies	29:33 29:53 30:38 30:40 31:44 t33:56 31:02 31:36 30:18 32:34 30:18 32:48 33:27 34:06 33:27 34:06 41:35 42:02 39:23 43:53 32:21 33:22 34:05 33:43 37:47 38:08
Ahmed Mead M45 Tom Moore J F O'Connor R A Bordonaba M50 N L Goluskin Charles McDermo Dan Jacobs M55 Cliff Gerenz Frank Dudley Stuart Witt M60 Bill Fortune G G Thompson Richard Attilio M65 John McManus William Coyne Tom Gibbons M70 Vince Carnevale Wilfredo Rios Charles Feldman Racewalkers 2 Gary Null 45 3 Nicholas Bdera41 W40 Sylvie Kimche Irene Jackson Ann Davies W45 Carol Johnston	29:33 29:54 30:38 30:40 31:44 t33:54 31:02 31:36 32:34 30:18 32:34 32:48 34:06 33:27 34:56 36:28 37:16 41:35 42:02
Ahmed Mead M45 Tom Moore J F O'Connor R A Bordonaba M50 N L Goluskin Charles McDermo Dan Jacobs M55 Cliff Gerenz Frank Dudley Stuart Witt M60 Bill Fortune G G Thompson Richard Attilio M65 John McManus William Coyne Tom Gibbons M70 Vince Carnevale Wilfredo Rios Charles Feldman Racewalkers 2 Gary Null 45 3 Nicholas Bdera41 W40 Sylvie Kimche Irene Jackson Ann Davies W45 Carol Johnston Marjorie Kos A M Kunz W50 Lucinda Clark	29:33 29:53 30:38 30:40 31:44 t33:56 31:02 31:36 30:18 32:34 30:18 32:48 33:27 34:06 33:27 34:06 41:35 42:02 39:23 43:53 32:21 33:22 34:05 33:43 37:47 38:08
Ahmed Mead M45 Tom Moore J F O'Connor R A Bordonaba M50 N L Goluskin Charles McDermo Dan Jacobs M55 Cliff Gerenz Frank Dudley Stuart Witt M60 Bill Fortune G G Thompson Richard Attilio M65 John McManus William Coyne Tom Gibbons M70 Vince Carnevale Wiffredo Rios Charles Feldman Racewalkers 2 Gary Null 45 3 Nicholas Bdera41 W40 Sylvie Kimche Irene Jackson Ann Davies W45 Carol Johnston Marjorie Kos A M Kunz W50 Lucinda Clark May Chou Joan Bondell	29:33 29:54 30:38 30:40 31:44 t33:54 31:02 31:36 32:34 30:18 32:34 30:18 32:48 34:08 34:08 34:08 42:02 33:27 34:56 36:28 42:02 39:23 43:53 32:21 33:22 33:23 37:47 38:08
Ahmed Mead M45 Tom Moore J F O'Connor R A Bordonaba M50 N L Goluskin Charles McDermo Dan Jacobs M55 Cliff Gerenz Frank Dudley Stuart Witt M60 Bill Fortune G G Thompson Richard Attilio M65 John McManus William Coyne Tom Gibbons M70 Vince Carnevale Wiffredo Rios Charles Feldman Racewalkers 2 Gary Null 45 3 Nicholas Bdera41 W40 Sylvie Kimche Irene Jackson Ann Davies W45 Carol Johnston Marjorie Kos A M Kunz W50 Lucinda Clark May Chou Joan Bondell	29:33 29:54 30:38 30:40 31:44 133:54 31:02 31:36 32:34 32:34 32:34 33:27 34:56 36:28 37:16 42:02 39:23
Ahmed Mead M45 Tom Moore J F O'Connor R A Bordonaba M50 N L Goluskin Charles McDermo Dan Jacobs M55 Cliff Gerenz Frank Dudley Stuart Witt M60 Bill Fortune G G Thompson Richard Attilio M65 John McManus William Coyne Tom Gibbons M70 Vince Carnevale Wifredo Rios Charles Feldman Racewalkers 2 Gary Null 45 3 Nicholas Bdera41 W40 Sylvie Kimche Iren Jackson Ann Davies W45 Carol Johnston Marjorie Kos A M Kunz W50 Lucinda Clark May Chou Joan Bondell	29:33 29:54 30:38 30:40 31:44 133:54 31:02 31:36 32:34 30:18 32:48 34:08 33:27 34:56 36:28 37:46 42:02 39:23 43:53 33:27 33:23 34:05 33:47 33:27 33:47 33:28
Ahmed Mead M45 Tom Moore J F O'Connor R A Bordonaba M50 N L Goluskin Charles McDermo Dan Jacobs M55 Cliff Gerenz Frank Dudley Stuart Witt M60 Bill Fortune G G Thompson Richard Attilio M65 John McManus William Coyne Tom Gibbons M70 Vince Carnevale Wifredo Rios Charles Feldman Racewalkers 2 Gary Null 45 3 Nicholas Bdera41 W40 Sylvie Kimche Irene Jackson Ann Davies W45 Carol Johnston Marjorie Kos A M Kunz W50 Lucinda Clark May Chou Joan Bondell W55 Bunny Franco M M Logan Annie Zinker	29:33 29:54 30:38 30:40 31:44 t33:54 31:02 31:36 32:34 30:18 32:34 30:18 32:48 33:27 34:56 36:28 37:16 41:35 42:02 39:23 39:23 39:23 39:23 39:23 39:23 39:23 39:23 39:33
Ahmed Mead M45 Tom Moore J F O'Connor R A Bordonaba M50 N L Goluskin Charles McDermo Dan Jacobs M55 Cliff Gerenz Frank Dudley Stuart Witt M60 Bill Fortune G G Thompson Richard Attilio M65 John McManus William Coyne Tom Gibbons M70 Vince Carnevale Wifredo Rios Charles Feldman Racewalkers 2 Gary Null 45 3 Nicholas Bdera41 W40 Sylvie Kimche Irene Jackson Ann Davies W45 Carol Johnston Marjorie Kos A M Kunz W50 Lucinda Clark May Chou Joan Bondell W55 Bunny Franco M M Logan Annie Zinker	29:33 29:54 30:38 30:40 31:44 t33:54 33:56 31:02 31:36 32:34 30:18 32:34 30:18 32:48 33:27 34:56 36:28 37:16 41:35 42:02 39:23 33:22 33:22 33:22 33:22 33:23 33:40 33:43 37:47 38:08 35:31 37:47 38:08 35:31 37:47 38:08 36:31 37:47 38:08 36:31 37:47 38:08 38:31
Ahmed Mead M45 Tom Moore J F O'Connor R A Bordonaba M50 N L Goluskin Charles McDermo Dan Jacobs M55 Cliff Gerenz Frank Dudley Stuart Witt M60 Bill Fortune G G Thompson Richard Attilio M55 John McManus William Coyne Tom Gibbons M70 Vince Carnevale Wilfredo Rios Charles Feldman Racewalkers 2 Gary Null 45 3 Nicholas Bdera41 W40 Sylvie Kimche Irene Jackson Ann Davies W45 Carol Johnston Marjorie Kos A M Kunz W50 Lucinda Clark May Chou Joan Bondell W55 Bunny Franco M M Logan Annie Zinker W60 Aslaug Tomas Lya Kilian	29:33 29:54 30:38 30:40 31:44 133:54 31:02 31:36 32:34 30:18 32:48 34:08 33:27 34:56 36:28 37:16 42:02 39:23 43:53 37:16 37:16 37:16 37:17 38:08 37:17 37:17 38:08 37:17 38:08 37:17 37:17 37:17 38:08 37:17
Ahmed Mead M45 Tom Moore J F O'Connor R A Bordonaba M50 N L Goluskin Charles McDermo Dan Jacobs M55 Cliff Gerenz Frank Dudley Stuart Witt M60 Bill Fortune G G Thompson Richard Attilio M55 John McManus William Coyne Tom Gibbons M70 Vince Carnevale Wilfredo Rios Charles Feldman Racewalkers 2 Gary Null 45 3 Nicholas Bdera41 W40 Sylvie Kimche Irene Jackson Ann Davies W45 Carol Johnston Marjorie Kos A M Kunz W50 Lucinda Clark May Chou Joan Bondell W55 Bunny Franco M M Logan Annie Zinker W60 Aslaug Tomas Lya Kilian	29:33 29:54 30:38 30:40 31:44 t33:54 33:56 31:02 31:36 32:34 30:18 32:34 30:18 32:48 33:27 34:56 36:28 37:16 41:35 42:02 39:23 33:22 33:22 33:22 33:22 33:23 33:40 33:43 37:47 38:08 35:31 37:47 38:08 35:31 37:47 38:08 36:31 37:47 38:08 36:31 37:47 38:08 38:31
Ahmed Mead M45 Tom Moore J F O'Connor R A Bordonaba M50 N L Goluskin Charles McDermo Dan Jacobs M55 Cliff Gerenz Frank Dudley Stuart Witt M60 Bill Fortune G G Thompson Richard Attilio M65 John McManus William Coyne Tom Gibbons M70 Vince Carnevale Wifredo Rios Charles Feldman Racewalkers Z Gary Null 45 3 Nicholas Bdera41 W40 Sylvie Kimche Irene Jackson Ann Davies W45 Carol Johnston Marjorie Kos A M Kunz W50 Lucinda Clark May Chou Joan Bondell W55 Bunny Franco M M Logan Annie Zinker W60 Aslaug Tomas	29:33 29:54 30:38 30:40 31:44 t33:56 31:02 31:36 32:34 30:18 32:48 34:08 33:27 34:56 36:28 37:16 41:35 42:02 39:23 39:23 39:23 39:23 39:23 39:23 39:23 39:23 39:23 39:23 39:23 39:23 49:35 49:35 49:35 49:35 49:35 49:35 49:35 49:35 49:35 49:35 49:35 49:35 49:35 49:45 49:35 49:45

Racewalkers
1 Janice Sztabnik3146:02
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

Marchill	
<u>Overall</u>	
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 Hamner	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
	1:36:17
M65 William Coyne	1:48:31
Tom Gibbons	
Peter Diorio	1:54:16
M70+Vince Carnevale	1:44:18
Wilfredo Rios	1:56:42
Racewalkers	ar esc. us
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 W50 Zofia Turosz	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
	Children Comments

W/O+Althea Jureidini 2:30:10 Racewalkers 1 Elton Richardson512:19:13 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				
Overal1				
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 Mahrer	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			
Racewalkers				
2 Nick Bdera 41	32:33			
W40 Jane Millspaugh 24				
Mary Rosado 27:				
Florrie Sherman27:				
W45 Lillie Smith 30:	14			
Barbara Reynold35:	25			
Connie Gerardi 35:				
W50 Zofia Turosz 28:	29			
Joan Bondell 29:				
Cindy Sutliff 31:				
W55 Bunn Franco 30:				

Pat Magnuson Annie Zinker

W60 Toshiko d'Elia 29:31 Barbara Beck 40:21 Jozi Neulinger 41:18 W70+Mayme Bdera 52:38

Racewalkers
1 Jody Blanchard 33 43:49
2 Marcella Tobias 64 50:10 --20 Mile--

THE PERSON NAMED IN
A LEWIS
1:51:37
2:12:54
2:06:31
2:07:14
02:09:35
1:51:37
2:04:20
2:06:52
2:12:37
6:41
2:26:16
2:28:47
2:10:59
2:11:49
2:15:54
2:22:26
2:27:52
2:33:49
2:26:38
2:58:25
3:49:22
2:53:10
3:20:19

Vivicitta 12K Brooklyn, NY

March 31				
Ove	rall			
M	artin Carroll	39:59		
M	ary Burke	49:40		
M40	Emanuel Chosak	47:40		
	Luis Fonseca	48:04		
	Bill Chomin	48:21		
M45	Justino Valentin	47:11		
April 1	Joseph Sinicrope	47:48		
M50	Alan Fairbrother	44:38		
	Alberto Ocampo	46:18		
	Anthony Orofino Lou Stern	50:10 51:47		
MOD	Theodore Zinn	1:02:01		
ASS	Robert Kwit	1:02:01		
MEO	Angel Hernandez	44:55		
MOU	Hector Pocheco	51:34		
10	Patrick McElroy	52:56		
M65	Lawrence Adams	1:18:14		
	Frank Montgomery	1:22:41		
	George Jaffe	1:07:01		
W40	Pamela Skorupski	1:02:40		
	Elizabeth Suna	1:04:18		
	Christine Boutros			
	Lenore Bank	1:06:57		
W50	Cindy Sutliff	58:01		
Sale.	Billie Moten	1:10:36		
450	Ulrike Klopfer	1:10:38		
W55	Thelma Wilson	1:03:58		
THE PARTY	Arlene Eneman	1:22:22		
W60	Priscilla Muller	STATE OF THE PERSON NAMED IN COLUMN		
	Lillian Lorrier	1:12:47		

Al Gordon Rites of Spring 10K Central Park, NYC April 1

	Overall Patrick Petersen 30:08					
		30:08				
		isa Vaill	34:23			
	M40	William Hart	34:32			
	***	Chris Johnson	34:50			
	The same	Edgar Sandoval	35:03			
)	M45	Theodore Haiman	34:30			
	1 100	Samuel Skinner	34:33			
	100	Thomas Moore	36:38			
2	M50	Gabriel Bernal	36:07			
-	435	Alan Fairbrother	37:06			
3	W. P.	Jerzy Sulek	37:12			
3	M55	Witold Bialokur	37:20			
5	1 4	Ruben Cordon	38:12			
,	-	Stuart Witt	41:26			
,	M60	Hector Pacheco	41:04			
,		George Thompson	41:59			
3		Richard Attilio	43:18			
,	MOS	William Coyne	43:41			
		Stanley Edelman	46:39			
	M70	Peter Harangozo Charles Feldman	49:26			
2	M/U	Morirz Stern	53:07			
3	To the	Max Popper	1:05:01			
,	W40	Angella Hearn	1:17:24			
,	M-40	C. Hearn Grenning	36:45			
,		Ann Davies	37:04			
	W45		39:55			
3	1100-10	Carol Johnston	41:06			
-	* A THE	Judith Som	42:00 48:47			
	W50	Fritzi Paine				
		Marian Waxman	52:03 52:53			
	5.5	K. Night-Perry	53:49			
		Lisa Praskins	42:28			
		Marguerite Logan	58:54			
		Linda Scharer	1:05:23			
		Aslaug Tomas	53:50			
1		Florence Rose	58:55			
		Barbara Beck	1:04:04			
ĺ.	W70	Mayme Bdera	1:23:51			
	_	10000000000000000000000000000000000000	5.51			

SOUTHEAST

Carnaval Miami 8K/RRCA **National Championships** Miami, FL March 10

<u>Overall</u>	
Aaron Ramirez 26	22:57
Ruth Partridge 29	26:26
M40 Bill Rodgers	23:55
Domingo Tibaduiza	24:28
Robert Schlau	25:00
Byron Dice	25:35
M45 Barry Brown	25:04
David Bowden	27:55
M50 William Springer	28:32
M55 Orlando Garcia	30:26
M60 Al Becken	32:21
M65 Carmelo Crupi	39:24
M70+Bill McDonough	38:34
W40 Gabrielle Anders	n27:58
Karen Macharg	28:50
Nancy Oshier	29:03
Jane Hutchinson	29:40
W45 Priscilla Welch	28:01
Yvonne Lee	33:18
W50 Francis Ard	35:46
W55 Sylvia Weiner	36:55
W60 Miriam Gordon	. 46:17
W65 Lucille Pincus	51:49
CONTRACTOR OF THE PROPERTY OF THE PARTY OF T	mark the property of

Nissan Shamrock Masters 8K Virginia Beach, VA

	March 17	
M40	Bill Rodgers	24:26
	D. Tibaduiza	24:45
	Ken Hamilton	24:56
401200	Ignacio Jimenez	26:46
	Steve Ruckert	26:59
M45	Tom Hare	27:25
	Joe Carr	28:07
	Ben Dyer	28:09
	Bryce Jenkins	28:55
M50	Fay Bradley	27:07
	Willie Kaye	28:54
	Robert McAndrews	28:56
	Bryan Hawley	29:32
	Jake Myers	29:42
M55	Stanley Witomski	34:09
\$155 kg	Jim Lyons	.35:36
	Bob Archibald	35:58
2677	Al Terry	36:31
发挥 击。	Chris Catoe	37:07
M60	Bill Fortune	30:36
	Jack Hosner	31:07
in the	John McManus	32:23
	Herbert Chisholm	32:29
	Michael Shea	32:54
	Cokey Daman Gabriele Anderson	28:40
W40	Kathy McIntyre	30:03
	Nancy Mieszczak	30:09
	Suzanne Puryear	32:04
	Barbara Ekstrom	35:02
WAS	Anna Moore	34:48
700000	Peggy Smith-Hite	37:23
	Diane Pardue	37:51
	Diane De Echeandia	38:04
	Betty Springer	38:05
W50	Susie Kluttz	35:20
The said	Judith Flannery	36:59
	Karin Stronach	40:17
	Arlene Walker	41:38
10 4	Judy Splitgerber	41:57
WEO	-Louise Martin	52:53
	TOTAL PROPERTY	32.33

Nissan Shamrock Marathon Virginia Beach, VA

March 27				
Overall				
Jeffrey Martin	2:28:16			
Tammy Slusser	2:47:48			
M40 Clint Davis	2:41:56			
Bill Hart	2:44:23			
Geoffrey Marchant	2:46:21			
Rick Thompson	2:54:07			
Harold Garrett	2:58:15			
M45 William Cseh	2:57:25			
Ed Brinkley	3:00:08			
L. Czekalowski	3:05:47			
John Seyffert	3:11:50			
Robert Wright	3:13:41			
M50 Lawrence I'Anson	2:59:30			
Mel Williams	3:06:16			
Donald Siefers	3:20:31			
Bernie Davis Bud McNellie	3:23:23			
M55 Milton Taylor	3:25:21			
George Beasley	3:22:15			
Donald Pierce	3:22:28			
Donald Wood	3:42:08			
Joseph Stowers	3:45:18			
M60 Robert White	3:26:30			
George Wilson	3:55:55			
Richard Lennihan	3:57:07			
Roy Elder	4:09:54			
Frederick Simmons	4:18:59			
M70+George Cunningham	4:46:07			
W40 Judy Greer	3:03:40			
Cynci Calvin	3:19:53			
Hiroko Smith	3:22:35			
Chiara Becchi	3:41:17			
Jeanne Bowers	3:43:59			
W45 Joyce Ploeger	3:26:59			
Barbara Fitz	3:34:45			
W50+Wen-Shi Yu	3:28:08			
Continued on r	ext page			
	The second second second second			

03:53:28

Continued from previous page

Lucky Four Leaf Clover 4 Mile Ormond Beach, FL March 17

Overall	1
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
W40 Rose Meganck	32:57
W45 Carol Lager.	33:06
W50 Dot Mitchell	37:03
W55 Terry Bertolami	42:58

Myrtle Beach 10K Classic Myrtle Beach, SC March 24

8K

27:07 28:54 28:56 9:32 9:42

M40-44			
Bob Schlau			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			audines.
Gerald Tilley	52	NC	40:30
Jack Lucas			42:55
John Gozjack			43:31
M55-59			
	58	GA	40:57
			41:51
John Shoemaker			42:39
M60-64	Property and		
Herb Chisholm	63	VA	39:33
Dick Benson			40:48
Ed Hamilton	61	NC	45:45
M65-69			100000
Charles Dotson	67	NC	44:48
Roger Gill			48:45
John Harper	65		53:12
M70+	0,5		33.12
Samuel McNeely	74	TA	48:42
The second secon	1		Library M
W40-44		-	
Linda Banning	41	SC	39:06
Anne Mensfield	40		40:04
Patricia Tevares	40		42:42
W45-49			
			55:36
Judy McKee	4/	NC	57:25
Terisita Kaguyu'r	145	NC	29:03
Susie Klutz			44:57
Peggy Steckel W55-59	22	NC	03:38
Margarete Decker	7	-	44.57
Doris Snowden			
Dot Jones			65:12

Providence Day 5K Charlotte, NC

64 LA 51:59

W60-64

Betty McNeely

vhi ii V					
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				
W40 Gyni Garner	25:12.8				
Susan Knost	27:47.1				
R. Forcucci	28:35.2				
W45 Jenny Givens	30:35.1				
Carolyn Foster	51:04.8				
Betty Foulks	51:07.5				

MIDWEST

Shamrock Shuffle 8K Chicago, IL

	march 11	
Ove	rall	
M	ark Plaatjes	24:04
K	athy 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
	The second secon	

M55	Hal Higdon	30:13
dea	Otto Volkman	31:03
1	Bob Hakes	33:33
ME S	Alex White	34:36
	Richard Cumming	35:01
M60	Richard Lamermayer	33:58
10.00	Laurin Blasier	34:22
200	Joe Karasek	34:36
PAR	Francisco Collazo	36:45
	Jarvis White	37:04
M65	Warren Utes	31:30
ARCH.	Felix Huerta	33:13
1.75	Bob McKeague	36:46
	Harry Roberts	38:33
	Ralph Bogan	41:45
M70	Alex Maximiac	46:34
	Ed Campbell	51:50
TOP		:03:07
	John Williams	48:35
W40	Kathleen Hennessey	31:42
	Nancy Rollins	31:52
	Barbara Lies	34:12
	Martha Wilkinson	34:22
	Susan Melling	34:42
W45	Diane Moran	34:47
	Sue Nebel	35:38
	Ann Hanson	41:14
	Barbara Kennedy	41:48
AL PRINCIPAL PRI	Barbara Blake	41:53
W50	Pat Pollack	37:56
	Kay Golden	40:49
	Nancy Delap	41:30
	Ellen Noth	41:34
	Janet Mezgolits	42:11
W55	Faith Walkwitz	36:55
10	Dorothy Koehler	40:48
	Delores McCabe	42:31
	Badonna Reingold	44:03
\$ C.	Carol Haller	47.57

MID-AMERICA

Carol Haller W60 Cam Meyer Helen Todd Michiko Fisher

Teresa Ramirez

Teresa Ramırez Patricia Lavery W65 Katy Merrick Wanda Weiss W70 Algene Williams W75 Lena Strickland

W80 Carol Stream

50:24 52:53 49:11 1:01:15 1:01:45 54:23

50.Roy Pirrung 51.Gheorghe Tancu 52.Jack Boyster

53. Jeffrey Mintz

YMCA Midwest Masters Classic VIII 8K Omaha, NE March 31

	E GIA	Mai Cit 31	A LOUIS OF
	M35	Mike Boone	26:34
	and the	Steve Thomson	26:45
		David Kaminski	26:57
		Topper Powers	27:16
		Ken Doss	28:11
i	440	Gary Julin	27:47
	MAO	Jan Brusso	28:58
		Mike Huggenberger	29:00
			29:19
		Ron Olsen	
	2.5	Harvey Kunz	30:13
	M45	Wendell Oderkirk	28:17
		Bruce Hopkins	29:37
		William Pilant	29:50
		Bill Monahan	29:53
		Luckey Gerry	30:24
	M45	Ronn Baker	28:14
		Paul Saggau	31:40
		Cyrus Huffman	31:44
		Peter Adwers	33:00
		Jack Heidel	33:14
	M55	Bob Holmberg	32:12
	TO BE	Leonard Fuxa, Jr.	32:40
		John Mordeson	34:32
			36:04
		Elbert Reed George King	37:50
	M60	Harold Hultquist	38:10
	MOU	Leonard Vavra	39:34
			41:59
		Rex Earl	42:20
		Jesse Delgado	37:59
	M65	The second secon	
	M70	Clarence Osborn	37:27
	1	Robert Grissom	43:00
	M80	Ray McGuire	NT
	W35	Judy Weisel	29:44
		Barbara Baltzell	32:47
		Kathy Schuelke	33:27
		Valerie Oertli	33:50
		Susan Smith	34:08
	W40		
		Percee Molden	37:28
		Mary Durow	37:58
		Paula Howard	40:47
		Charlotta Catlin	42:46
	W45		36:05
	1	M. C. Belitz Percy Madson	36:46
		Sylvia Wiegand	37:06
		Naomi Johnson	39:42
		Barbara Manning	40:15
	WSO	Judy Schram	41:36
	W20	Virginia Goecker	43:45
		Elaine Gardner	49:46
		Renee Nelson	50:24
			52:53
		Connie Foley	49:11
	W55	Reva Stack	
		Alma Smiddy 1	:01:15

Alma Smiddy Paula Albert W65 Betty Osborn

WEST

Las Vegas Marathon February 3

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	34:22	15000		
	34:36		rall .	
20	36:45		fredo Rosas	2:15:27
	37:04			2:39:35
	31:30	M40	Fred Romkema	2:37:24
	33:13	E.Mai	Jim Sopp	2:37:57
	36:46	360	Hayden Smith	2:39:27
	38:33	ESC.	Ray Lobato	2:42:51
	41:45			2:47:37
	46:34	M45	Larry Ingram	2:35:59
	51:58			2:36:14
	:03:07	1 915	Michael Mahler	2:38:08
2	48:35	The same	Philip Wright	2:39:50
sey	31:42			2:43:00
.cy	31:52	MSU	Ron Rohrer	2:46:57
	34:12	200	Bill Radzelovage	
	34:22	Hirms.	Jim Way	2:54:02
	34:42	5	Sonny Munoz	3:00:10
	34:47	1	Alfred Lawrence	3:08:16
	35:38	M55	Jim Smedema	2:56:06
	41:14	27	Jim Schielsman	3:03:31
	41:48	TO BUILD	Walt Wozniak	3:03:56
	41:53		Harry Katzan	3:10:55
	37:56	D. SEC.	Adrean Gonzales	3:11:55
	40:49	M60	Pete Petracek	3:06:16
			Ruben Vigil	3:17:41
	41:30		Marvin Powers	3:19:21
	42:11		Bob Belt	3:26:35
	ALC: NOT-THE	4	Raymon Wright	3:31:40
	36:55	M65	Albert Nakata	3:35:36
	40:48		Joe Cusic	3:35:46
	42:31	14	Tom Edwards	3:43:46
1	44:03		Bob Berzin	3:48:24
	47:57		Alonzo Monk	3:51:30
4/2	46:15	F35	Mary Ryzner	2:51:40
	47:59	香	Kim Swayze	3:00:30
	49:51	100	Lorraine Gersltz	
	50:59	- Resid	Donna Pierson	3:13:10
1	:06:14		Sharon O'Connor	3:16:19
	53:15	F40	Janice Kreuz	3:00:06
1	:04:26	1	Marciza Stormsmoe	3:00:45
	45:38	-	Kathy Pyclor	3:30:06
1	:30:01	T. E.	Diane Thompson	3:31:28
1.9	53:41		Goel Jones	3:42:46
1669	The second	F45	Margie Lindsey	3:06:31
		7800	Elizabeth Sobo	3:26:13
-		10 1	Mary Toms	3:37:25
	新闻和陈	100	Linda Harve	3:42:48
			Ellen Nitz	3:50:47
	West/Link	F50	Frances Steinfeld	13:24:13
DI	CA	Aug H	Dixie Madsen	3:29:10
AV		F55	Irene Olberz	3:19:48
	The same of	100		

Los Angeles Marathon March 4

Warch	William St.
MAO	Quality for
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 Holin	
10.Dennis Bock	02:38:31
11.David Cardenas	02:40:38
12.Juan Feria	02:40:51
13.Fred Ortega	02:41:50
14. Rudy Mannaert	02:42:43
15. Warwick Lightbour	
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.Pable Drobny	02:46:45
21.Mark Hemphill	02:47:02
22.Mickey Depalo	02:47:17
	02:48:06
24.Carlos Ruiz	02:48:32
25.Don Mathieu	02:49:19
26.Rick Hagin	02:49:50
27. Joseph Banach	02:50:03
28.Robert Pank	02:52:06
29. John McAndrew	02:52:14
30.Pestro 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 35.William McNelly	02:54:53
	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.Agustin Medina Jr	
41.Gustavo Gonzalez	02:58:26
42.Russ Allen	02:58:28
43.Terry Commack	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
48.8ob Milam	02:59:04
49.Richard Holly	02:59:23

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	54.Lerry Huffman 03:01:31	5.Gerald Fleischer 03:12:24	27.Sandy Israel
	55.Faustino Campos 03:01:40	6.Antonio Gonzalez 03:12:40	28. Sandee Tripp
athon	56.Robert Latter 03:01:40 57.Guillermo Gomez 03:01:51	7.James Lacey 03:18:31 8.Thomas Kramer 03:18:41	29.Carol Carter 30.Ann Jordan
3	58.Michael Nash 03:01:56	9. Vayne Fong 03:19:14	31.Patty Oliveri
	59.8eldomero Bermuck 03:02:10 60.Alfred White 03:02:18	10.John Sedlouskos 03:19:52 11.Glyn Herding 03:19:53	32.Tonya Prescot 33.Carol Jones
2:15:27 2:39:35	61.1cm Stelger 03:02:32	12.Norberto Tettalm 03:21:10	34. Yolanda Zaval
2:37:24	62.Michael Stark 03:02:54 63.Gil Peters 03:03:00	13.James Gustafson 03:22:38 14.Ed Monroy 03:23:23	35.Barbara Reuke 36.Permy Shibata
2:37:57 2:39:27	64.Albert Esquivel 03:03:23	15.Richard Tokuda 03:24:28	37.Loraine Westh
2:42:51	65.Arturo Ramirez 03:03:55 66.Juan Cueva 03:04:07	16.Jerry Nissen 03:24:50 17.Marvin Smyder 03:25:01	38.Catherine Kas 39.Robin Petters
2:47:37 2:35:59	67.Jim Schraefel 03:04:11	18.Robert Matthews 03:25:11	40.Lenore Belkne
2:36:14	68.Thomas Berry 03:04:25	19.Ken Calvin 03:27:04 20.John Wyckoff Jr 03:28:17	W45
2:38:08	69.Guy Banta 63:04:45 M45	20.John Wyckoff Jr 03:28:17 21.Bob Heissner 03:28:46	1. Marolene Walte
2:43:00	A STATE OF THE PERSON NAMED IN STREET	22.Tom Schoeneck 03:31:12	2.Patricia Mack 3.Judith Harmon
2:46:57 e 2:52:37	2. Julian Barrera \$2:40:08	23.Donald Nevrkal 03:31:22 24.John Beron 03:32:05	4. Sue McLain
2:54:02	3. Javier Jardines 82:40:43 4. Robert Beach 02:41:45	25.John Murphy 03:32:13	5.Carolyn Garnor 6.Gall Theurer
3:00:10 3:08:16	5.Michael Mahler 02:44:31	26.Paul Wheatman 03:32:29 27.Don Guthrie 03:32:40	7.Cermen Connol
2:56:06	6.Samuel Skinner 02:46:04	28.Edward Berman 03:33:34	8. Yoko Yoroizuki 9. Nancy Mustard
3:03:31 3:03:56	8.Jim Wisener 02:50:02	29.Brian Walton 63:34:13 30.Richard Mines 63:34:27	10.Karin Handsak
3:10:55 3:11:55	9.Dan Ashmine 02:50:57	M60	11.Portia Cornel
3:06:16	10.Echo Edmonson 02:52:25 11.Bob McGeough 02:52:50	the section of more more than the	13.Ainite Dum
3:17:41 3:19:21	12. Manuel Rojes 02:53:11	1.Patrick Devine 93:05:46 2.Othon Vazquez Dgu 83:08:54	14.Angelika Cast
3:26:35	13.Donald Gillman 02:53:54 14.Richard Millestad 02:53:57	3.Paul Guinn 03:19:01	15.Ann Tack 16.Rie Rugg
3:31:40	15.Robert Smith 02:56:37	4.William Hall 03:19:04 5.Edwin Travers 03:27:45	17. Nwa Ja Andrad
3:35:36 3:35:46	16.Gil Martinez 02:56:50 17.Joe Gessmenn 02:56:57	6.Duayne Weeda 03:27:55	18.Maggie Collin 19.Georgia Carls
3:43:46 3:48:24	18.Denis Trafecenty 02:57:12	7.Max Jones 03:31:35 8.Merman Johnsen 03:32:43	20.Elisabeth Cla
3:51:30	19.1smeel Maldonado 02:58:29	9.Donald Moreland 03:33:49	21.Carol Edwards 22.Sue Cooper
2:51:40	21.Clark Morgan 03:01:18	10.Ricardo Montero 03:34:28 11.Yoshitaka Sakazak 03:36:24	23.Mardi Briggs
z 3:02:41	22. Wayne Mitchell 03:01:23	12.Jerry Soto 03:36:45	24.Liv Estrup-Ai
3:13:10 3:16:19	23. Wilfried Bechtel 03:01:38 24. Freddie Perez 03:03:15	13.Philip Anderson 03:37:43 14.Monty Sprangue 03:39:55	25.Sylvia Konrat 26.Karol Chouine
3:00:06	25.Dorsh Senders 03:03:30	15. Jack Horne 03:43:50	27.Carol Coffey
3:30:06	26.Hal Goforth Jr 03:04:45 27.David Holland 03:06:02	16. Harcel Bourassa 03:44:52	28.Patt McCurdy 29.Fran Smith
3:31:28	28. James Davis 03:06:12	17.Ronald Cottman 03:46:00 18.Robert Johnston 03:47:26	30.Kethy Hyne
3:42:46	29.Chris Carlson 03:06:58 30.Lynn Borland 03:07:58	19.Don Lucero 03:48:36	1.Carolyn Boyum
3:26:13	31.Roberto Hernandez 03:08:12	20.Robert McClanahan 83:48:51	2. Maryke Abrams
3:37:25 3:42:48	32.Jay Christie 03:08:31 33.Richard Rioux 03:08:39	M65	3. Viola Phillip 4. Mariana McMul
3:50:47	34.8ig Foot Wells 03:08:54	1.Alex Ratelle 03:14:00 2.Fred Nagelschmidt 03:18:20	5. Miwako Shinoh
1d3:24:13 3:29:10	35.Doroteo Venegas 03:09:12 36.Ronald Cote 03:09:15	3.Raymond Penkert 03:29:08	6.Maureen Roger 7.Christina Mat
3:19:48	37. John Hagin 03:09:16	4.Marlynn Bandlow 03:40:08 5.Albert Nakata 03:40:55	8.Berbera Vales
	38.Kenneth Hart 03:09:23 39.Jeffrey Kudsk 03:09:24	6.Tom Leedham 03:44:25	9.Dixle Madsen 10.Susan Davis
athon	40.Alfonso Garcia Es 03:09:51	7.Jack Pennington 03:47:18 8.Robert Van Noy 03:50:52	11. Carrie Napie
anife the said	41.George Nevitt 03:10:17 42.Reg Price 03:10:22	9.Antonio Tejeda Vei 03:51:03	12.Laura Pinkner 13.Joanne Barker
	43.Salvador Torres 03:10:30	10.Lewis Winters 04:00:50 11.Milton Bassett 04:02:21	14. Joyce Hodges
02:20:15	44.Russell Schuh 03:10:35 45.James Furnish 03:10:54	12.Murray Cohen 04:04:10	15.Elaine Murphy 16.Ann Holtzclas
02:20:57	46.Roberto Gonzalez 03:11:29	13.Ray Thorne 04:10:35 14.Antonio Morales D: 04:11:00	17. Maxine Tomiss
02:22:01	47.Bill Demucci 03:11:49 48.Rey Wilson 03:12:06	15.Alonzo Honk 04:23:55	18.Ute Luyties
02:32:36	49.Terry Schwarz 03:12:27	M70	20.Bettye Hamond
02:33:48	50.Robert Yuhasz 03:12:34	1.Eddie Lewin 03:41:20 2.Rudolf Neyer-Wilme:03:49:40	W55 1.Wen-shi Yu
02:37:42 N 02:38:10	M50 1.Eloy Lozada 02:28:26	3.Edgar Morse 04:04:39	2. Nancy Leslie
02:38:31	2. Jose Torres 02:39:18	4.Cyril Amitin 04:16:57 5.Jerry Bolohan 04:37:00	
02:40:38	3.Carlos Valle 02:49:16 4.Akira Amakasu 02:50:49	6.Fred Suto 04:51:35	
02:40:51	4.Akira Amakasu 02:50:49 5.Ron Wavarrette 02:54:10	7.Yasuo Nagai 04:57:23 8.John Roderiquez 04:57:27	6.Esther Milich
02:42:43	6.Reyword Harenda 02:55:57	9. Julian Hyers 05:04:01	8. Hazel Phillips
02:44:29		10.Francisco Caballer 05:08:59	
02:44:59	9.Andre Tocco 02:58:32	M75	10.Pam Baker 11.Shirley Chadw
02:45:40	10.Karlheinz Filberi 02:58:37 11.John Lehmann 02:58:45	1.Dutch Benedetti 04:11:49 2.John Moen Sr 04:41:55	12.Terri Fanelli
02:46:45	12.Richard Jackson 03:01:03	3.Jerry Ross 04:42:29	13. Virginia Skift 14. Guillian Catl
02:47:02 02:47:17	13.Ted Alarcon 03:04:24 14.Larry Bernero 03:05:32	4.John Zentmyer 04:42:30 5.Edwin Santiago Sos 05:09:01	15. Julia Barrett
ei 02:48:06	15.David Whitten 03:07:41	M80	W60 1.Maconn Garty
02:48:32	16. James Scott 03:10:10 17. Stan Ramsey 03:11:36	1.William Kuester 07:37:45	2.Barbara Zampai
02:49:50	18. William Skieresz 03:12:07	2.Manning Wein 10:19:05	3.Beverly Smith 4.Marissa Lopez
02:50:03	19.Federico Novoa 03:12:33 20.Leo Marguez 03:12:48	W40	5.Lillian Miller
02:52:14	21.Salvador Munoz Fei 03:13:54	1.Graziella Striuli 02:36:48 2.Odette Osantowski 03:03:32	6.Margie Withron 7.Miyoko O'Hara
02:53:28	22.Claude Bruni 03:14:26 23.Gaston Brain 03:14:41	3.Marygail Brauner 03:14:26	8.Diane Minesia
02:54:14	24.Rafael Alvarez 03:16:50	4.Mary Del Campo 03:23:47 5.Jeannie Rice 03:24:38	9. Inez Phillips 10. Julia Jones
02:54:29	25.Edward Lujan 03:17:56 26.Ron Reedy 03:18:34	6.Margarita Izguerra 03:26:36	W65
02:54:57	27. Jerry Stearns 03:19:21	7.Christine Gonzales 03:29:03 8.Valerie Henning 03:38:56	1. Judy Golding
02:55:16	28.Robert Kayyem 03:19:50 29.Ronald Ruiz 03:20:05	9.Pamela Donesley 03:39:26	2. Ruby Cazares 3. Mae Leshansky
02:56:01	30.Frank Russo 03:20:15	10.Harie Stevenson 03:39:53 11.Sue Reinhardt 03:40:22	4. Kayra Bertram
02:56:45 r 02:57:35	31.Ronald Strader 03:21:01 32.Ron Kobrine 03:21:03	12.Patricia Howell 03:41:40	5. Rosetta Stucke
02:58:26	33.Relph Smith 03:21:26	13.Candi Saito 03:41:52 14.Kathleen Roos 03:45:23	W70
02:58:28	34.Donald Wartley 03:21:28 35.Phil Porretta 03:21:30	15.Lise Felder 03:45:26	1. Margaret Lee
02:58:36 02:58:37	36.Raul Chavez 03:22:18	16.Gloria Jansen 03:45:55 17.1rma Hutton 03:47:16	2.Mary Noden 3.Elizabeth Vain
02:58:38	37.John Murphy 03:22:35 38.Leroy Kim 03:22:48	18.Margo Lazzari 03:48:27	4.Priscille Libb
02:58:46	39.Larry Oyen 03:24:06	19.Maria Sanchez 03:48:48 20.Barbara Jacober 03:49:07	5.Rowen Kissing
02:59:04	40.Roland Pflugbell 03:24:35	21.Dee Keese 03:49:32	W75
02:59:23	M55 1.Jack Cagot 03:01:28	22.Marcia Myers 03:50:38 23.Joan Mazon 03:51:44	1.Lucile Adney
02:59:55	2.Colby Churchman 03:09:32	24.Estrella Whaley. 03:51:52	W80
03:00:04	3.Jim Kirkwood - 03:10:06	25.Ana Estrella 03:52:00 26.Cathy Caballero 03:52:07	1.Navis Lindgrer Continue
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3:12:24 3:12:40	27.Sandy Israel 28.Sandee Tripp	03:53:59
3:18:31	29.Carol Carter	03:55:02
3:18:41	30.Ann Jordan	03:56:06 03:56:30
3:19:14 3:19:52	31.Patty Oliverio 32.Tonya Prescott	03:56:36
3:19:53	33.Carol Jones	03:56:38
3:21:10	34.Yolanda Zavala 35.Barbara Reukema	03:56:51
3:22:38 3:23:23	36.Permy Shibata	03:57:07
3:24:28	37.Loraine Westhafer	03:58:03
3:24:50	38. Catherine Kaspers	
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3:27:04	State of the state	-
3:28:17	W45	
3:28:46	1. Marolene Walters 2. Patricia Mack	03:11:12 03:25:58
3:31:12 3:31:22	3. Judith Harmony	03:37:31
3:32:05	4.Sue McLain	03:38:29
3:32:13	5.Carolyn Gannon 6.Gail Theurer	03:38:57
3:32:29 3:32:40	7.Cormen Connolly	03:40:13
3:33:34	8. Yoko Yorolzuka	03:41:45
3:34:13	9.Nancy Mustard 10.Karin Mandsaker	03:41:48
3:34:27	11.Portia Cornell	03:46:48
	12.Diane Eastman	03:46:57
3:05:46	13.Ainita Dunn 14.Angelika Castaneda	03:50:28
3:08:54	15.Am Tack	03:50:39
3:19:01 3:19:04	16.Rie Rugg	03:53:25
3:27:45	17. Nwa Ja Andrade	03:55:40
3:27:55 3:31:35	18.Maggie Collins 19.Georgia Carlson	03:56:22
3:31:35 3:32:43	20.Elisabeth Clark	03:58:58
3:33:49	21.Carol Edwards	03:59:19
3:34:28	22.Sue Cooper 23.Mardi Briggs	03:59:40
3:36:24 3:36:45	24.Liv Estrup-Ainswor	04:00:08
3:37:43	25.Sylvia Konrath	04:02:25
3:39:55	26.Karol Choulnerd 27.Carol Coffey	04:04:22
3:43:50 3:44:52	28.Patt McCurdy	04:05:48
3:46:00	29.Fran Smith	04:07:32
3:47:26	30.Kethy Hyne	04:07:40
3:48:36	1.Carolyn Boyum	63:12:38
3:48:51	2. Maryke Abramsen-Di	C3:12:50
	3. Viola Phillips	03:24:53
3:14:00	4.Mariana McMullen 5.Miwako Shinohara	03:32:20 03:37:59
3:18:20 3:29:08	6.Maureen Rogers	03:38:47
3:40:08	7.Christina Matso	03:39:25
3:40:55	8.Barbara Valastro 9.Dixle Madsen	03:42:05
3:44:25 3:47:18	10.Susan Davis	03:43:11
3:50:52	11. Carrie Napier	03:47:35
3:51:03 4:00:50	12.Laura Pinkney 13.Joanne Barker	03:56:48
4:02:21	14. Joyce Hodges	04:03:07
4:04:10	15.Elaine Murphy 16.Ann Holtzclaw	04:03:36
4:10:35 4:11:00	17.Maxine Tomisser	04:07:39
H:23:55	18.Ute Luyties	04:09:18
CHILE	19.Carolyn Leacock 20.Bettye Hamonds	04:09:48 04:10:38
3:41:20	W55	
3:49:40	1.Wen-shi Yu	03:22:30
04:04:39	2. Nancy Leslie	04:12:52
4:16:57 4:37:00	3.Elaine Herfert 4.Marjorie West	04:13:28 04:23:31
¥:51:35	5. Ina Lisievicz	04:27:51
4:57:23 4:57:27	6.Esther Milich	04:33:07
5:04:01	7.Amy Goldstein 8.Hazel Phillips	04:35:25
5:08:59	9.Loretta Lozano	04:43:05
212	10.Pam Baker	04:43:56
4:11:49	11.Shirley Chadwick 12.Terri Fanelli	04:46:02
4:41:55	13. Virginia Skiffingt	04:46:50
4:42:29 4:42:30	14.Guillian Catlin	04:50:58
5:09:01	15. Julio Borrett	04:55:53
	W60 1.Maconn Garty	04:09:42
7:37:45	2.Barbara Zamparelli	04:30:36
0:19:05	3.Beverly Smith	04:45:37
100	4.Marissa Lopez 5.Lillian Miller	05:04:44
2:36:48	6. Margie Withrow	05:15:20
3:03:32 3:14:26	7.Miyoko O'Hara 8.Diane Minasian	05:18:08
3:23:47	9. Inez Phillips	05:43:52
3:24:38 3:26:36	10. Julia Jones	06:01:54
3:20:30	W65	Kan La
3:38:56	1. Judy Golding	5:03:26
3:39:26 3:39:53	2. Ruby Cazares 3. Mae Leshansky	6:20:30
3:40:22	4. Kayra Bertram	6:53:33
3:41:40	5. Rosetta Stuckey	6:54:59
3:41:52	W7 0	
3:45:23 3:45:26	1.Margaret Lee	04:31:22
3:45:55	2. Mary Noden	06:40:17
3:47:16	3.Elizabeth Vainerma 4.Priscilla Libby	06:41:20
3:48:27 3:48:48	5. Rousen Kissinger	06:49:20
3:49:07	W75	
3:49:32		
3:50:38	1.Lucile Adney	07:18:49
3:51:52	W80	
3:52:00		₩:25:26
3:52:07	Continued on	next page
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page 50		National M	asters News		Iving , I
Continued from previous page	W70 Marie Stafford 27:37	M60 Ed Kelly 1:47:12	13th Ballycotton 10-Mile Run	1990 National Invitational	Team Championships
Maui Marathon	Judy Simon 28:32	W30 K Kinkade-Schall 1:33:06	County Cork, Ireland	Racewalk	Masters Men
Maui, HI	Marjorie Easton 28:13	W40 Connie Robinson 1:32:21 W50 Madonna Buder 1:42:33	March 11	Washington, DC	1. Walkers Club of L.A. (Oliver, Acosta,
March 11	A subtress of the State of the	W60 Maureen Schmahl 2:37:30	Overall ninked some	March 18	Orendain) 5:54
Overall .	Tom Sullivan 10K		John Griffin 48:29 Connie Kelly 56:44	Men's 20K	2. Easy Striders (Nester, Hatfield,
Gary Fanelli 2:31:0 Jeannie Urness 2:50:5	Torrance, CA	THE RESERVE OF THE PERSON NAMED IN COLUMN	STOCKED THE RESIDENCE OF THE PARTY OF THE PA	Overall	Yoshihara 6:11
M40 Bengt Olofsson 2:47:3		Marathon Overall	M40 Alan Carroll 53:34 Michael Roche 53:52	Tim Levis 1:28:05	Masters Women
M45 Jon Kunitake 3:03:2	Overall	Paul Johnson 41 2:53:35	John Buckley 54:05	M40 Alan Price 1:46:27 Ray Stauffer 2:01:24	1. Walkers Club of L.A. (Latham, Bevilacqua,
M50 Eckhart Siegert 3:03:5 M55 Jim Rettick 3:47:0	harry oreen	Lynnae Stevens 22 3:53:35	M45 Michael Neville 53:38	M45 John Johnson 1:43:23	Kroesen) 6:41
M60 Giryo Sakashita 4:56:1		M40 Charles Ferguson 2:59:13 M50 Bill Misner 3:12:55	T J O'Loughlin 54:58 George Walsh 55:20	M50 Ray McKinnis 1:46:47	2. Southern Cal. Walkers
M65 Gerald Horton 3:37:1	Paul Marcel 34:21	M60 Bob Dolphin 3:08:57	M50 George Blackburn 54:59	Paul Robertson 2:18:03 M60 Joe Lavenberg 2:10:12	(Cunningham, Lewandows Capps) 6:56
W40 Diane Ridgway 3:19:0	Terry Martin 35:01	.W30 Margaret Allen 4:08:42	John O'Leary 56:36	M60 Joe Lavenberg 2:10:12 M65 Robert Mimm 1:56:23	Capps/
W45 Rita MacKubbin 3:34:0 W50 Yong Teruya 4:24:1	Dell MITTEON 20140	W40 Donnalee Bain 2:33:08	Basil Kennedy 63:08 M55 Flor O'Leary 59:30	M70 Don Johnson 2:10:02	
W60 Miki Horton 4:53:2		Susan Hale 2:36:58	M55 Flor O'Leary 59:30 William Neenan 60:28	Masters Team	The Land
Marketti mineritari ettessi iliku	Michael Mahler 35:19	W45 Rosemary Riccardi2:43:30	David Murphy 62:16	(Shore AC - Mimm, Johnson Lavenberg) 6:16:48	HE SHELL SERVICE
Carlsbad 5000 Masters	Ken Desmet 35:33 Jim Malone 37:06	Linda Kelley 2:47:58	M60 Patrick McHugh 73:34 Donal Kiely 76:20	Charles and the same of the same of	
Carlsbad, CA	Jim Malone 37:06 Wayne Mitchell 37:42	Vicki Baum 2:56:09	The Later of the Party of the P	Women's 10K	
March 25	M50 Sonny Monioz 36:39	W50 Amparo Lalle 2:19:11	W35 Emily Dowling 59:42 Brid Murphy 60:52	Overall	(AT)
M40 Larry Almberg 14:		Wen-Shi Yu 2:34:34 Marlene Tortora 2:36:09	Marion Lyons 64:10	Teresa Vaill 46:21	7 0
Don Kardong 15:1 Tom Burnett 15:1		W60 Ethel Autorino 3:09:42	W40 Marie Morley 69:00	W40 Dawn Shultz 1:03:52 Beth Alvarez 1:04:12	TO SERVICE ME THE TANK THE TANK THE TANK
Frank Shorter 15:2	The second state of the second	Aslaug Tomas 3:20:31	Nora Lennon 77:27 Lucille Chambers 79:47	Beth Alvarez 1:04:12 Anne McGrann 1:10:10	
Steve Ferraz 15:2		W70+Althea Jureidini 4:03:08	W45 Mary Cronin 79:53	Phyllis Giberson 1:12:55	AND A SERVED.
M45 Mike Scott 15:5 Tom Burns 16:0			Eilis O'Reilly 80:58	W50 Lois Dicker 46:21	TAC Western Zonal 20
Don McCarthy 16:2		THE RESERVE OF THE LOCAL PROPERTY.	Mary O'Sullivan 81:22 W50 Ann Woodlock 85:54	Shiela Smith 1:01:27 Helen Hillman 1:07:37	Racewalk
Peter Stern 16:2	Paul Lioda 41:32	Northwest Masters 15K	Pamela Buckley 99:55	Marsha Hartz 1:08:48	Long Beach, CA
M50 Sonny Monioz 17:2		Seattle, WA	THE STATE OF THE PARTY OF THE PARTY.	W60 Jacquelyn Battle 1:13:05	March 11
M50 Sonny Monioz 17:2 Alan Wakeling 17:3		March 17	DACE WALKING	Lillie Stauffer 1:17:35 Masters Team	M49-49 Larry Walker 1:3
Francisco Saiz 17:4	Ellis Revness 45:09	Alexander selection	RACE WALKING	trocomac variey - Dicker,	Andy Smith 1:4
Edwin Hagerman 17:5 Oscar Lumpkin 17:5	A STATE OF THE PARTY OF THE PAR	Overall Philip Welch 40 51:22	Los Angeles Marathon	Alvarez, Hillman) 3:15:36	E. Bouldin 1:5
Oscar Lumpkin 17:5 M55 Jim Temples 17:4		Philip Welch 40 51:22 Judy Groombridge 50 1:11:51	Racewalk	Commence of the Commence of th	M50-59
Jim McDade 18:2	Stanley Neufeld 50:43	M40 Don Frame 52:12	March 4	STATE OF THE STATE OF	Richard Oliver 1:5 Carl Acosta 1:5
Paul Saucedo 18:5		Paul Ehrlich 57:48	NAME IIME PACE	St Patrick's Day Walks	Bill Neder 2:0
Warren Osborn 18:5 Marsh Haraden 18:5		Greg Wimmennauer 56:42 M45 Paul Bernstein 57:29	Men (40-49)	St. Patrick's Day Walks Long Beach, CA	M60+
M60 Gaylon Jorgensen 17:3	Dutch Benedetti 50:03	Steve Moe 58:51	Wurzburger 4:26:13 10:09.1 Grant 4:43:24 10:48.5	March 11	Joe Weston 2:09 John Burns 2:1
Jim O'Neil 18:2	Demetrio Miller 50:06	David Greaves 1:03:39	Thorpe 4:46:08 10:54.7		Mel Granttham 2:1
Tracy Brown 19:5 Marcel Diraimon 20:4		M50 Bob Langenbach 60:34 A1 Huff 60:41	Stotmore 4:57:58 11:21.8 Bazinet 5:16:51 12:05.0	20K Championships	W40-49
Bob Holmes 21:2		Howard Puppe 1:10:13	Higginbotham 5:20:09 12:12.6	M40 Andy Smith 1:49:39	Cathy Rehage 2:0 Suzanne Synal 2:1
M65 Graham Murray 22:0	Cheryl Carnall 42:12	M55 L B Katter 1:07:45	Martinez 5:38:52 12:55.4	Ed Bouldin 1:54:16 Art Grant 1:58:49	Suzanne Synal 2:10 Donna Kennedy 2:1
Ross Speck 22:4		M60 Richard Goen 1:10:17	Bayne 5:46:34 13:13.0 Bayne 6:00:11 13:44.2	Richard Nester 2:00:20	W50-59
Louis Harris 23:2 Stanley Neufeld 23:3		M65 L:Laughlin 1:21:46 W40 Diane Gratland 1:12:30	Farinella 6:00:39 13:45.2	Rod George 2:21:40	Jill Latham 2:0
George Cavill 23:5		Karyl Landes 1:21:37	Burns 6:08:48 14:03.9 Hiltunen 6:11:37 14:10.3	M45 Larry Walker 1:33:50	Nicki Noble 2:2 Shirley Capps 2:2
M70 Donald Dilworth 21:2	Rita Wilman 45:55	Anne Wimmenauer 1:28:42	Horton 6:33.54 15:01.3	Dave Snyder 1:55:52 Jesus Orendain 1:59:57	W60+
Oscar Borgen 25:1 Hal Elrick 25:1	1- In the second of the second		Torres 6:39.44 15:14.7	Ray Stuart 2:10:48	Joann Beers 2:2:
Walt Kustzing 25:2			(50+)	M50 Richard Oliver 1:54:35	Rose Kash 2:30
Mack Crandall 30:3	W50 Gina Faust 39:11	INTERNATIONAL	Stowers 4:36:25 10:32.5 Neder 4:37:15 10:34.4	Bill Neder 2:01:41 Ken Yoshihara 2:06:28	the second secon
M80 Paul Bernd 35:1 Alfred Miller 44:0		Pulatick V. Annual Add Lati	Mimm 4:38:35 10:37.4	M55 Carl Acosta 1:59:48	YMCA Midwest Master
Andrew Channell 45:4	Lorraine Seidmeyer 49:37	British Veterans Athletic Federation Cross-Country	Calvert 4:42.09 10:45.6 Greiner 4:45.23 10:53.0	Clyde Hatfield 2:05:03 Dale Duxbury 2:13:22	Classic VIII 2 Mile Walk
Oscar Dean 49:5	The second secon	Championships	Stote 5:05:37 11:39.3	M60 Joe Weston 2:09:48	Omaha, NE
M85 Jacob Bishin 44:5 W40 Joni Shirley 18:2	Has Trelle orbert	Wormwood Scrubbs, West	Rolle 5:06:23 11:41.1 Brush 5:21:32 12:15.7	Mel Granttham 2:16:15	March 31
Marilee Ramsay 18:3		London, March 11	Johnson 5:24:48 12.23:2	Rob Hendrickson 2:16:51 Buddy Matlock 2:36:22	M35 Vince Czerwinski
Kerry Tabler 18:4			Tucker 5:48.57 13:18.5 McGrath 5:49:20 13:19.3	M65 John Burns 2:13:25	Bill Rogers
Christine Purkimm 19:3 Debbie Wilkinson 19:4	21114 010 01	(7 miles; M70 & W35+ 3½ miles)	Barkan 5:51:35 13:24.5	Jorge Newbery 2:22:23	Mark Williams
W45 Kathleen Looney 17:5		M40 Peter Banks 36:45	Matlock 5:53:58 13:29.2 Bowen 5:58:59 13:41.4	W40 Cathy Rehave 2:06:34	M40 Randy Livingston John Watson
Kathryn Loper 19:1	Betty Keel 1:04:29	Tony Ross 36:52	Bowen 5:58:59 13:41.4 Tanaka 6:02:27 13:49.4	Donna Cunningham 2:13:04 Joy Bevilacqua 2:13:42	M45 Dean Jungman
Sadie Cartie 20:0 Diane Lucas 20:0	Del dia Dilaman	M45 Brian Booth 38:51	Hughes 6:08:10 14:02.4	Veda Roubideaux 2:13:54	Paul Murphy
Ursula Rains 21:0		John Davies 39:02	Jordan 6:19:54 14:29.3 Hilgenstuhler6:20:36 14:30.9	Linda Kroesen 2:19:38	Blaine Pound Ralph Perkins
W50 Jeanne Hoagland 19:4	W70 Sarah London 1:16:05	Martin Duff 39:11	Unger 7:14:16 16:33.7	Cheryl Kincaide 2:43:18 W45 S. Synal-Griffen 2:10:47	Kirk Williams
Eileen Pue 20:0 Judy Hagerman 20:1		M50 Les Presland 38:46 Steve James 38:54	Women (40-49)	Donna Kennedy 2:12:11	M50 Victor Syng
Judy Hagerman 20:1 Tami Graf 21:1		Steve James 38:54 Tecwyn Davies 39:29	Wientjes 5:23:04 12:19.2 Patrick 5:23:06 12:19.3	Helen Palomo 2:18:54	Stan Anderson Neal Mace
Barbara Camp 21:		M55 Ron Gomez 40:41	Barnwell 5:23:48 12:20.9	Gigi Lewandowski 2:21:47 W50 Jill Latham 2:07:47	M55 James Noneman
W55 Wilma Haddock 20:4	NODTHINECT	M60 Laurie Forster 44:12	Sullivan 5:28:08 12:30.8	Nicki Noble 2:21:00	M60 David Stern
Caroline Murray 21:2 Aurora Mack 27:4		M65 John Fraser 46:44 M70 Denis Eyers 24:25	Rich 5:48:28 13:17.4 Zysman 5:54:02 13:30.1	Shirley Capps 2:22:01	Richard Beam
Elfriede Sarina 28:	2	M75 Peter Frean nta	Holder 5:55:26 13:33.3	W60 Joann Beers 2:25:29	Floyd Hermanson M65 Elmer"Tex"Schneider
Gloria Gustafson 29:		M85 Chalky White nta	Hoch 6:02:10 13:48.7 Piani 6:21:06 14:32.1	W65 Rose Kash 2:36:47	Norm Burchman
W60 Doris Gordon 26: Lupe Escamilla 29:		W35 Paula Fudge 20:20 Ann Ford 20:29	Hackley 6:22:14 14:34.6	5X	M70 A.J. Giorgio
Betty Roberts 30:	1 March 4	Celia Duncan 20:59	Cows111 6:53:05 15:45.2 McQuaid 7:10:37 16:25.3	M50 Hap Chandler 30:57	Kenneth Hayford Alden Aust
Doris Block 35:	5 The control of the second	W40 Pat Gallagher 21:14	(50+)	Robert Bernier 35:03	Harvey Humphrey
Helen O'Brien 40: W65 Mary Story 23:		Margaret Beecham 21:50 Linda Cliff 22:15	Latham 4:47.18 10:57.4	Bob Davidson 35:25 Bob Moritz 39:30	W35 Mary Whitley
Gerry Davidson 24:		W45 Dot Fellows 21:41	Murray 5:29:53 12:34.8 Dreher 5:56.22 13:35.4	M55 Chuck Almada 35:52	Bev Janak Nancy Livingston
Anna Griffith 34:		W50 Joyce Smith 21:58	Cme lak 6:03.12 13:51.1	W40 Lorraine Miller 31:45	Debbie Banks
Viola Lazaro 38: Anne Ellwood 40:		W55 Lola Small 25:07 W60 Joselyn Ross 26:16	Robertson 6:37.44 15:10.1 Davis 6:37:59 15:10.7	Aliece Bristol 35:23 Valerie Hunt 38:37	Rhonda Nihsen
(A)	inso hobert huggers. Itsios	woo soselyn koss	A STATE OF THE PARTY OF THE PAR	H. Manpearl 41:08	W40 Sharon Van Tassel
THE RESERVE THE PARTY OF THE PA	Thro.A.Thon Atlant	ic High School	1 8)	W45 Jaye Horowitz 30:15	Catherine Becker Mary Johnson
Southeast Track & Field			The state of the s	Lucy Shoemaker 37:59 W50 Lucia Moskal 37:23	Pat Krasser
Southeast Track & Field Continued from Page 47		la April 1, 1990			AND DESCRIPTION OF THE PARTY OF
Continued from Page 47	Delray Beach, Florid	The second secon	HRO JE		Ester Criger
Continued from Page 47 D I 8 0 Age Name 1.5% 1.	Delray Beach, Florid	T T H A H H T	5# 56# Score	W55 Ria Marsh 33:53 Betty Ayers 36:29	W45 Linda Hemmingson
Continued from Page 47 D I S C Age Name 1.5% 1. 80 Cordon Powell 14.11 19	Delray Beach, Florid U.S. S. H. O. T. J.A. 25 1K 12# UK 8# 800g 23 19.92 5.26 6.26 6.30 10.46	VR RAMM WTT 500g 12# LK 8# 35# 2 11.39 14.31 19.08 19.12 4.944 6 507 LB0 523.5 190.5 616 5	56 566 Score 360 2.43 81 464 6806	W55 Ria Marsh 33:53 Betty Ayers 36:29 W60 Lisa Borel 35:10	
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Continued from Page 47 Age Hame 80 Gordon Powell 14,11 19 14,45 56 17:00 25 73 Stan Laski 17:00 25 72 Tom MoDermott 29:53 31 810.5 76 70 Ray Rupelli 26,16 22 662.5 6 70 Herman Hart 21:05 2 525.5 5 69 Mario Minafra 20:32 2 460.5 5 69 Arthur Knapp 319:5 4	Delray Beach, Florid U.S. 1K 12# UK 8# 80 80 80 82 13 19.92 5.26 6.26 6.30 10.46 80 80 82 13 19.52 6.90 7.90 8.52 8.53 19.52 6.90 7.90 8.52 13.54 9.55 10.83 10.87 8.55 13.54 9.55 10.83 10.87 8.55 19.55 6.90 8.55 19.	7 E	55 566 Score 366 2-143 6806 10 1614 6806 10 2-143 6806 10 32-145 10,861 11 5 11 97 10 8	W55 Ria Marsh 33:53 Betty Ayers 36:29 W60 Lisa Borel 35:10 J. Whiteman 47:36 W65 Mary Rice 38:48 hase Your Elders 8K Run Howard County, MD March 17 Hcp Actual Time Time	W45 Linda Hemmingson Myrna Powell Karen Rohde J. Mulholland Trudi Crosby W50 Barbara Kratky Sherrylrae Wollin Rosemary Klitzke Mary Huffman Betty Severa W55 Gloria Glissmann Joan Cooney Margaret Hermanson
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tiver, Acosta, rendain) 5:54:20 sy Striders ester, Hatfield, oshihara 6:11:51 oshihara
rs Women
lkers Club of L.A.
atham, Bevilacqua,
roesen) 6:41:07
suthern Cal. Walkers
cunningham, Levandowski,
capps) 6:56:52



AC Western Zonal 20K Racewalk Long Beach, CA March 11

M49-49	
Larry Walker	1:33:50
Andy Smith	. 1:49:39
E. Bouldin	1:54:16
M50-59	
Richard Oliver	1:54:35
Carl Acosta	1:59:48
Bill Neder	2:01:41
M60+	
Joe Weston	2:09:48
John Burns	2:13:25
Mel Granttham	2:16:15
W40-49	
Cathy Rehage	2:06:34
Suzanne Synal	2:10:47
Donna Kennedy	2:12:11
W50-59	
Jill Latham	2:07:47
Nicki Noble	2:21:00
Shirley Capps	2:22:02
W60+	The state of the s
Joann Beers	2:25:59
Rose Kash	2:36:47

MCA Midwest Masters lassic VIII 2 Mile Walk Omaha, NE March 31

55	march 31	311	
M3	Vince Czerwinski	22:20	
-	Bill Rogers	25:00	
	Mark Williams	25:51	
M40	Randy Livingston	26:12	
	John Watson	30:46	
M4	John Watson Dean Jungman	17:26	
	Paul Murphy	22:04	
	Blaine Pound	22:21	
	Ralph Perkins	23:05	
	Kirk Williams	27:33	
M50	Victor Syng	19:01	
	Stan Anderson	31:07	
	Neal Mace	33:48	
	James Noneman	22:53	
M60	David Stern	26:16	
	Richard Beam	31:05	
	Floyd Hermanson	32:36	
M65			
M70	Norm Burchman	29:02	
M/C	A.J. Giorgio Kenneth Hayford	27:16	
7	Alden Aust	32:56	
	Harvey Humphrey	33:01	
W35		21:24	
	Bev Janak	23:46	
	Nancy Livingston	24:05	
	Debbie Banks	24:20	
	Rhonda Nihsen	25:28	
W40	Sharon Van Tassel	25:00	
lege.	Catherine Becker	25:01	
	Mary Johnson	25:14	
	Pat Krasser	25:50	
	Ester Criger	26:10	
W45	Linda Hemmingson	24:29	
	Myrna Powell	25:27	
	Karen Rohde	25:42	
8.7	J. Mulholland	25:53	
W50	Trudi Crosby	25:57	
WOU	The state of the s	23:21	
	Sherrylrae Wollin Rosemary Klitzke	23:59	
	Mary Huffman		
	Betty Severa	27:56	
455	Gloria Glissmann	21:06	
	Joan Cooney	29:47	
	Margaret Hermanson	29:47	
	Joann Hekl	30:09	
	Grace Von Dollen	30:10	
160	Rita Zitek	28:31	
	Marjorie Rutschman	30:29	
165	Vernelle Borchman	28:02	
170	Elizabeth Schneider	29:53	
	Mary Humphrey	36:00	
185	Florence Capps	36:20	
	THE RESERVE THE PARTY OF THE PA		

Continued on next page

Continued from previous page

Natural Sport 5K Grand Prix Racewalks Tampa, FL March 31

	March 31	
M40	Edward Evors	31:31
	Allan Ingram	33:04
1	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		32:23
	Dick Ford	33:01
	Mark Bricklin	33:53
	John Cameron	34:15
	Everett Finney	38:30
M55		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
woo	Baxter McClellan	46:46
	Sam Gadless Visha Sedlak	37:07
#40	Mary Lawnicki	31:31
	Shelley Cantor	32:03
	Christina Hunziker	33:22
	Marilyn Chute	34:24
M45	Anita Hermach	30:00
	Vanessa Hilliard	30:22
	Verna Buchs	30:29
	Ann McLamb	34:37
	Kathy Rogowski	36:23
WSO		32:05
	Anne Dann	33:30
	Aranka Palancz	35:34
	Judy Donm	36:12
	Connie Horan	36:13
W55		30:20
	Judie Mawlkin	33:24
	Trudy Grey	37:44
	Nancy Grahill	40:46
	Cecile Williams	41:54
W60	Fritz Kawohl	40:48
	Marion Smith	41:14
	Doris Bennett	43:28

Joan Dismont

Tor	the large creating	No.
W65	Marge Pritchard	39:09
	Blanche Waldman	40:10
	Nancy Mavila	41:34
	Myytis McClellan	47:12
W70	Pern Heath	41:39
	Betty Galbraith	47:13
W75	Helen Sutter	36:26

EAST

Boston Marathon

27:23	April 16		
28:20			Tel .
30:08	Overal1		
32:23	Gelindo Bordin	ITA	2:08:19
33:01	Rose Mota	POR	2:25:23
33:53	ACCOMPANY PROPERTY		
34:15	140.10		
38:30	M40-49		2-2-2
26:52	John Campbell		2:11:04
33:24	Kjell Erik Stahl		
34:04	Ryszard Marczak		
32:48	Mario Cuevas		2:17:30
33:03	Bill Rodgers	MA	
40:46	Artemio Navarro	MEX	2:23:07
36:04	Luis Lopez	cos	2:25:30
36:12			2:29:50
32:27	Tom Bernard		2:31:27
46:46	Tom Carroll	MA	2:31:52
37:07			
25:03	WED ED		
31:31	M50-59		
32:03	Raymond Swan		2:40:12
33:22	Fay Bradley		2:41:24
34:24	Michael Dumas		2:41:30
30:00	Joe Burgasser		2:42:06
30:22	Douglas Smith		2:42:50
30:29	Ruben Cordon		2:45:13
34:37			2:45:22
36:23	Peter Jeffers	NY	
32:05	Sten Odenblad	NY	2:46:09
33:30			
35:34			The second second
36:12	W40-49		NOTE THE PARTY OF
36:13		GBR	2:39:36
30:20	Chie Matsuda	JAP	
33:24			2:42:18
37:44	Cesarino Taroni		2:46:32
40:46	Jane Hutchison		2:47:55
41:54	Judith Hine		2:49:30
40:48	Mary Wood	CO	
41:14	Clau'a Civarella		
43:28	Steph'e Barefoot		
43:35	Jan McKeown	CT	3:00:32

W50-59	
Wen Shi Tu	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 Benetclay	NM 3:39:14
Maureen Rogers	CAN 3:39:22
Barb Robinson	MA 3:39:40
Mae Palm	CAN 3:42:04
Unofficial Resul	te





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