Brown, Lasseter Top Masters in Nike Cherry Blossom 10 Mile Run

Barry Brown, 41, of Gainesville, Fla., — voted the number one masters long distance runner in the U.S. in 1985 — won the masters race in the Nike Cherry Blossom 10 Mile Run, in Washington, D.C., on April 6, with a time of 51:17. Mick Brown, 102, of Washington, D.C., was second in 1:03:35. Another Virginiaian, Hideko Pirie, 41, of Fairfax, Va., ran 1:05:32. The third place went to Toshiko D’Ella, 56, of Ridgewood, N.J., winner of the M50-59 race in 1:08:50.

None of the division races was close at the finish. Reverend Norman Green, Jr., 33, of Wayne, Pa., who has been the outright winner of masters road racing championships in the past, won the M50 race with a two-minute margin of 54:50. John Hosner, 61, of Blacksburg, Va., holder of several M60 age-group records, won the M60-69 contest over an older Hubert Morgan, 64, from Sayre, Pa., in 1:01:44 to 1:02:29.

Ines Kerch, 46, of Falls Church, Va., was the winner of the W45 group in 1:12:19. Alene Stein, 56, of Westville, N.J., winner of the W60-and-over division with 1:16:00.

Rosa Mota of Portugal won the women’s race in a world record 1:23:09, and Thom Hunt, San Diego, won the men’s contest in 46:15, two seconds above the world best.

28 Meet Records Fall in Sacramento Relays

by BOB ROEMER

SACRAMENTO — Twenty-eight meet records and one world mark fell here April 26 as 132 athletes competed in the eleventh running of the Sacramento Masters Relays.

Heading a corps of talented invaders from Southern California, 74-year-old Carol Johnston of Whittier pole-vaulted 9-9, adding two inches to the world standard he set for his age earlier this spring and three inches to the meet mark he established in the 70-74 class here a year ago.

Then, to the delight of his fans, he grabbed a vacant lane and warmed down with an 86.0 quarter mile.

Brown Sets High Jump Mark

Over 350 Compete in Florida Track and Field Championships

John C. Brown set a new world record in the high jump for men aged 55-59 to highlight the Florida Masters Track and Field Championships in West Palm Beach on April 26-27.

Brown leaped 5-7¾ to break the world M55 mark of 5-6½, set by Bo Morcom in 1976.

The competition was outstanding, with over 350 athletes coming from as far away as Sri Lanka. “Over 70 percent of the participants were from out of state,” said Joe Valdes, Meet Director. “This meet has put Florida on the masters map and should be a stepping stone for future championships coming to Florida.”

Among the top performances:

—Indiana’s Arling Pitcher set world age-64 records in the pole vault (5-9¼), high jump (3-8), triple-jump (18-6), 100 (11.12) and 200 (22.30)

—Puerto Rico’s Gilberto Gonzalez-Julia hurled the hammer 198.9 and set world M55 mark of 175-7.4. Latin America.

—Alfonso Walton and Puerto Rico’s Manual Peralta split the M35 100 and 200. Walton taking the century, 11.19 to 11.22, and Peralta coping the half-lapper, 23.29 to 23.32.

New U.S. Long Distance Running Age-Group Records

Raleigh Hosts 16th Southeastern Meet

Offering its usual fare of excellent competition and a full schedule of events, including pentathlons and road races, the Southeastern Masters T&F Meet, in Raleigh, N.C., on May 2-4, drew a large field of local athletes and plenty of Eastern, Midwestern, and West Coast competitors.

At least one world and three American age-division records were set.

In the 100m, submaster Alfonso Walton, 35, had the best time (11.05) and Thaddeus Bell, 41, was the quickest master (11.14). Jim Mathis, 50, won the M50 race (11.93), and Rudy Vaile, 62, won the M60 (13.20). Jennifer Pinto, 38, had the women’s best (13.83).
BAN THE SOUTH AFRICANS?
Veterans throughout the world admire David Pain who, almost singlehandedly, started the masters movement — in the USA, at any rate — and, with his energy and vision, got it moving into the big time where it is today.

But I was disturbed by his comment (Feb. NMN) that "it does not behove WAVA to bar anyone (from the World Veterans Games) because we object to the political situation that exists in a competitor's country."

In the event that the USA, as we all wish, wins the bid to host the 1989 Games, the rest of the world does not want the South Africans to be there, legally or illegally, until South Africa is a free nation. And the USA will be offering to put on these championships on behalf of the whole world.

You will be able to recognise when South Africa becomes a free nation, in sporting terms anyway: when there are something approaching equal facilities for black and white sportsmen and women.

Here is a story that illustrates where it sadly stands today. A black friend of mine, a professor who lives in Soweto, was on his way home from Philadelphia where he had been a guest teacher for a year. A runner, he had an injury at the end of his tour and was told by the Philly doctor to go out swimming instead when he got back home. He laughed wryly — in the whole of Soweto, there is one swimming pool. In that sprawling semi-tropical ghetto live some 1½ million people, and they have one pool! But in Johnsensberg itself, where their white bosses live, a smaller population enjoys itself in 2,000 pools, many of them paid for with public funds. How's that for equal opportunities for swimmers?

The same sort of thing goes for other sports, including our own athletics. Most of the world fully realizes that this is the true state of affairs, which is why the other sporting nations, in particular those represented on our world ruling body, the IAAF, do not, at this stage, allow South Africa into their ranks.

Sylvester Stein
London, England
Continued on page 11
1986 TAC NATIONAL MASTERS TRACK & FIELD CHAMPIONSHIPS

WHEN: Friday, July 18th - Sunday, July 20th
WHERE: Mitchell Athletic Complex - Uniondale, Long Island, New York

FACILITIES: Track, Pole Vault, Long & Triple Jump runways and High Jump areas - Poly-Flex 942, Javelin - grass runway. 3/8 SPIKES.
HOUSING: Hofstra University Dorms (bring own towel and soap) - $20.00 per person each night (nearest housing to track). FEE TO BE WITH ENTRY.
ELIGIBILITY: M & W ages 30+ (5 year groups) who are registered with TAC.
ENTRY FEE: $10.00 first event, $5.00 each additional event (includes new TAC insurance), $20.00 per relay - must be members of same TAC club.
ENTRY DEADLINE: Received by July 1st. Late entries - returned unopened.
REGISTRATION: Thur., 11AM-9PM Marriott; Fri, Sat, Sun - at the track.
ORDER OF EVENTS: Women, then men; older to younger (unless otherwise noted)

SATURDAY
TRACK 8AM
Steeples
400 heats
1,500 FINALS (sections)
100 FINALS
LUNCH BREAK
300 1H FINALS
400 1H FINALS
4 X 100 relay
4 X 800 relay
200 heats
FIELD EVENTS 9AM
Long Jump (8 pits)
Discus
Pole Vault M40-49
11AM Hammer
2PM Pole Vault M50+, W
Javelin M30-39

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

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

NO FALSE START RULE
ONE false start
ELIMINATE RUNNER
SANCTION TAC
STANDARDS: WAVA

PLEASE PRINT
NAME ___________________________ Birthdate ______ Age on 7/18
ADDRESS ___________________________ City __________________ State ______ ZIP ______ Sex ______
PHONE ___________________________ TAC CLUB ___________ TAC # ______
EVENTS ENTERED ___________________________ BEST RECENT MARK ___________________________
1: ___________________________ 5: ___________________________
2: ___________________________ 6: ___________________________
3: ___________________________ 7: ___________________________
4: ___________________________ 8: ___________________________

RELAYS:
ENTRY FEES: 1st event is $10.00
additional events $5.00
T-SHIRTS $6.00 each
DORMS: nights $15.00, triple $89.

TOTAL FEE ENCLOSED ___________ Make checks to NY MASTERS
MAIL TO: BARRY HOFFMAN, 77 PROSPECT PL, BROOKLYN, NY 11217
I do hereby, for myself, my heirs or assigns, waive, release any and all claims to damages against TAC, MAC, NY Masters SC, any sponsors, or their representatives for any and all injuries suffered by me. I certify that I am in good health to compete in this event.

DATE ___________________________ Athlete's Signature ___________________________

3/8 SPIKES

FALSE START RULE
NO SANCTION TAC
STANDARDS: WAVA
Masters Winners in Tropicana Las Vegas

Steve Mandraccia, 40, of Colorado Springs, Colo., and Gabriele Andersen, 41, of Sun Valley, Idaho, each collected $100 for masters wins in the shorter race of the Tropicana Las Vegas Easter 10K/Half-marathon in Las Vegas, Nev., on March 29.

Mandraccia’s 3:22 was a minute better than the next master, David Schaffner, 46, of Las Vegas, M45 division winner. Andersen’s 3:54 kept her in the race for the women’s overall victory and was good enough for third place.

The masters half-marathon winners also earned $100: David Oropeza, 40, Phoenix, Ariz., with 1:12:55, and Judy McMillon, 43, Las Vegas, in 1:32:27.

Division winners included Gaylon Jorgensen, 56, Provo, Utah, with a third masters place 1:19:27 in the M55, and Helen Dick, 61, Los Angeles, with a division-winning and second-place women’s masters 1:39:27.

Besides the Tropicana Hotel and Casino, sponsors were KLAS-TV Channel 8, the Las Vegas Review-Journal, Moosehead Beer, Western Airlines, and 7-UP. Proceeds from the event went to the Big Brothers/Big Sisters of Southern Nevada.

16 Clubs Take Part in North Coast Relays

by JAMES A. BARRETT

The Over The Hill Track Club successfully defended its North Coast Relays Championship crown at Mayfield, Ohio, on Saturday, April 26.

Midsummer temperatures greeted athletes from six states, representing 16 clubs, as the Over The Hill Gang racked up 336 points to run away with the fourth annual meet, leaving Youngstown State University Track Club a distant second.

Brunswick’s Norm Bower, M40, led the Hill Gang in the discus (51.15”) and shotput (59.15”).

Ed Hill, M40, of the Birmingham Track Club, had the best discus throw of the day (59.10”), along with a good toss of 52’8” for first in the shotput.

Morris Blueford, M30, was one of several double winners in the 100M and 200M races, winning in fine times (10.94 and 22.69). William Cochran, M50, won the 100M (12.53) and 200M (26.85). Al Wilson, M60, and Bill Jordan put on the best show of the day as Wilson edged Jordan in the 100M, 13.59 to 13.68, and won by a lean margin in the 200M, 28.93 to Jordan’s 29.85. The Peabody Track Club’s Denise Sharp, W30, won the 100M (13.20) and 200M (26.59).

The Over The Hill Track Club’s octogenarian, Everett Hosack, (84), set a world record in the discus with an impressive toss of 61’10”.

Ageuleria Wins National 30K On Long Island


Fifty-year-old Roger Brian from California claimed the third spot with 1:57:12. Another Californian, Pat Devine, 57, won the M55 race in 2:03:32.

The M60 contest went to George Mandraccia, M60, of the Birmingham Track Club, and won the 100M (12.53) and 200M (22.69). William Cochrane, M50, was among the top ten, Don Coffman, 43, of Kentucky, beat back Keith Deathridge, 40, of England, by 19 seconds to take the ninth spot in 2:33:25.

English Re-Enact Boston Massacre

by JERRY WOJCIC

Michael Hurd, 40, of Caterton, England, led a British attack on the M40-49 division of the Boston Marathon on April 21, the likes of which had not been seen since Bunker Hill. When the Battle of Boston ended, six of the top ten M40-49 finishers wrote English colors, with Hurd leading the charge in 2:19:04, good enough for sixteenth overall.

John Sheridan, 40, an Irishman who lives in London but is not included among the six Britishers, was second in 2:24:35, while Les Roberts, 42, from Keston, Kent, England, finished third in 2:24:55.

John Loeschhorn, 41, of Irvine, Calif., fought off an onslaught of English runners, whose names—Davies, Oden, Rushmer—read like the British Veterans Road Racing Hall of Fame, to salvage fourth place in 2:27:03.

Canadian Joseph McGuire, 42, saved some face for the New World with an eighth place 2:30:48. The only U.S. runner besides Loeschhorn to finish in the top ten, Don Coffman, 43, of Kentucky, beat back Keith Deathridge, 40, of England, by 19 seconds to take the ninth spot in 2:33:25.

Evy Palm, 44, of Sweden, ran 2:32:47 for fourth overall among the women to easily take the W40-49 sweepstakes. Her time, the third fastest ever for a 40+ woman. Bobbi Rothman, 40, of Coconut Creek, Fla., was second in the W40-49 division in 2:43:36, good for fourteenth woman.


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Australia’s Robert De Castella, 30, was the overall winner in 2:07:51. Ingrid Kristiansen, 30, of Norway, won the women’s race in 2:24:44.
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Men’s & Women’s
Master TAC 10K
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Asbury Park, New Jersey

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1986

Enjoy a full summer weekend on the Jersey Shore:
Friday night: Pasta dinner and Runners Forum
Friday and Saturday: Runners Expo
Saturday night: Gala Runner’s Dance

No post entries — limited to 5,000 entries. Entries must be received by Aug. 1st.
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Info: 201-531-4156

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True Heroes

We’ve been bombarded in recent times with articles about “heroes” — our lack of heroes, our need for heroes, our false heroes, our possible heroes, our reluctant heroes, what have you.

In a poll conducted by a major newspaper not too long ago, Clint Eastwood was voted our number one hero. An actor for a hero? Can you believe that? Maybe it was really Dirty Harry or the Pale Rider that people had in mind. I’ll admit to enjoying Eastwood’s movies, but let’s be sensible and separate illusion and make-believe from reality.

I believe there is a relationship between this subject and the one addressed in this column last month — the lack of physical fitness among Americans, especially our youth.

I feel fortunate in having been physically fit as a child of the 60s, a time of multi-sports, physical fitness-minded all of my adult life. Looking back recently at my own childhood, I began thinking about my sports heroes and how they might have affected me by attitude toward physical fitness and athletic excellence.

My first great hero was Jackie Robinson. I’ve been told that Robinson was my number one non-sports hero.

“[If] we no longer have any heroes, it may not be because no one is fit to be a hero, but because we are not fit to recognize one.” — Henry Fairlie

adopted Robinson as my hero. I lived in Alameda, California at the time, far from Brooklyn where Robinson played. I began following the Brooklyn Dodgers during the 1947 World Series. The fact that my father grew up in Brooklyn may have influenced me to root for them.

The priest at the Catholic school I attended would place his radio in a window so that we could hear the game during recess. Everyone interested was rooting for the Yankees. They were the good guys. The Bums from Brooklyn were the bad guys. Robinson, being black or being the best, was looked upon by my classmates as the bastards of the bad.

Maybe I just decided to be for the underdog. I think I took to Harry Truman for much the same reason. I found it difficult to understand why everyone was always putting him down. While I was too young to fully appreciate Truman, I saw something really gutsy about him that made him my number one non-sports hero.

Whatever led me to adopt Robinson as a hero, I think he is most responsible for developing in me a fascination with speed and daring. He was the best baserunner of his day. Even today, when I face a risky situation, I will visualize Jackie Robinson dancing off first base, taunting the pitcher, and then taking off in that pigeon-toed form of his for second base. That vision usually triggers a bit of daring in me and I find myself going for it, whatever it is.

If a horse can qualify as a hero, then Citation, the 1948 Triple Crown winner, was my second great sports hero. Big 'C' was certainly no underdog when I began rooting for him. He was near unbeatable, winning 27 of his first 29 races. There was something about listening to his victories on the radio (I can still hear the gravel-voiced announcer screaming at the top of his lungs: “And here comes the great Citation making a bold move on the extreme outside!”), as well as attending the track with my father, that instilled in me an interest in pacing, extended speed (endurance), and the finishing drive.

I don’t know exactly what Pete Axthelm had in mind when he wrote it, but I fully agree with his comment that appeared in a 1979 issue of “Newsweek.” Axthelm wrote: “And here comes the great Citation making a bold move on the extreme outside!”, as well as attending the track with my father, that instilled in me an interest in pacing, extended speed (endurance), and the finishing drive.

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Fairlie wrote: “If we no longer have any heroes, it may not be because no one is fit to be a hero, but because we are not fit to recognize one.”

How can kids recognize a hero when they have to compare him with Dirty Harry or the Pale Rider or Rambo or Superman?

When I really started thinking about my heroes and what inspired me to maintain a high level of physical fitness all my life, I realized that I had overlooked the two people who influenced me the most — my parents.

My father didn’t have much of a formal education and never had the opportunity to compete in organized sports, but I think he could have been a decathlon champion. Most people thought he lifted weights because he was well built and often spent his Sundays at Washington Park, then Northern California’s version of Muscle Beach, doing handbalancing stunts with Steve Reeves, Jimmy Payne, Jack LaLane, and others in the Mr. America crown. In fact, he seldom lifted weights. However, he’d always do a hundred or so pushups and situps every night and I insisted that I also do them.

I was always in awe at the things my father could do. Remember those striking objects they used to have at the carnivals where you’d swing a mallet to ring a bell and win a doll? Dad liked to ham it up by putting his left hand in his pocket and ringing the bell using only one arm. Chills would run down my spine as the crowd reacted to that.

Dad had massive wrists and arms, something I didn’t inherit. When the new Oakland-Alameda County phone books were delivered, he’d test his strength by ripping the old books in half. Believe me, those books were not thin.

At the union picnics every year, Dad would easily win the underwater swim competition, usually going three lengths of what I recall was about a 25-yard pool. I once timed him holding his breath underwater in the bathtub for more than six minutes.

When I was a high school freshman, I was fooling around in the high jump trying to clear 5-2. Dad, who was then 40, came out to see me one day and decided to give it a try. He didn’t know anything about the western roll, so he just took a straight-on run and hunched it with ease. My teammates shook their heads in awe.

Talk about Rambo, Dad once came upon three guys picking on one little guy and proceeded to lay all three out in what seemed like no more than three punches. I was certain then that Joe Louis wouldn’t stand a chance if my father had the opportunity to get in the ring with him. I’m still not sure Louis would have survived.

Dad let it be known to me early that if he ever caught me with a cigarette or a bottle of beer he’d kick my butt good.

Heck, I can’t close without remembering Mom. She wasn’t an athlete of any kind, but she had a certain hardiness about her that rubbed off. In fact, she was honored at high school graduation for having gone through twelve grades without missing a day before graduation for having gone through twelve grades without missing a day.
First ever Grand Masters five mile race, featuring Dr. George Sheehan.

Saturday, July 12, 1986, Providence Point, Issaquah, Washington.

PNAC sanctioned Grand Masters five mile race exclusively for runners age fifty and over.

Prizes:
Category winners receive cash prizes of $100 each and trophies.

Entry Form:

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$7.00 Pre-race dinner (Dr. Sheehan clinic free to public). For dinner reservations, call (206) 392-6208.

$5.00 Mail-in pre-entry for race; July 10 to day of race, $7.00.

Amount enclosed $__________
Make check payable to:
Providence Point's Not Over The Hill Run
200 West Mercer St., Suite 300
Seattle, WA 98119
(206) 392-8222

In consideration of your accepting this entry, I hereby waive and release any and all rights and claims arising from my participation in this athletic event, against Swanson-Dean Corporation, Providence Point, The Beazy Group, Moving Legs, Lutheran Bible Institute, King County, Traffic and Right of Way, PNAC, TAC, participants, and sponsors for any claim arising out of injury or illness to myself. I attest and verify that I am physically fit, have sufficiently trained for the completion of this event, and have full knowledge of the risks involved in this event. I have read the entry information and certify my compliance by my signature. I also understand that my fee is non-refundable.

Signature of Participant

Date

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Accommodations courtesy of Westin Hotels.
ON APPROACHING EVERY PROBLEM WITH AN OPEN MOUTH
BY W. MACDONALD MILLER

Basic and Beautiful

Progress is a strange commodity. It appears in the most surprising ways, sometimes with great fanfare and other times without any rationale at all.

Consider basketball for a moment. The game is much better today than it was a century ago. Better leather in the ball, better lighting in the jimmies (sic) and much better looking cheerleaders. The fact that no one under seven feet tall is eligible to play has also made a contribution. People talk about this guy who plays in the NBA at only 3'6" and can dunk the ball in the basket. It's probably a case of those battery-powered springs in the shoes they like in the Disney movie.

I should mention that there's a rumor about a fifteen-year-old kid in Detroit who can dunk both the ball and himself through the basket. That would be awesome, but frankly I don't recall ever hearing that cocaine works on a fifteen-year-old.

Football is another sport where progress has been dramatic. Shoes are no longer black. The players no longer act and talk like big dummies. Now they think it goes without saying that a fast, crow-bar-tough pullout guard and a halfback with daring, dash and finesse go hand-in-hand, but c'mon, not in the locker room. It gives the fans a sense of insecurity.

Running has certainly made great strides of progress, especially in the last few years. You can now run in your socks. You've got to admit that's convenient. You don't have to tie up a lot of time putting on shoes, let alone fooling with shoe glue and shoe strings. From time to time you have to have your feet replaced but that's no big deal. Sears had a special on feet just the other weekend. If memory serves me right it was not available to residents of Nebraska.

There are great drinks on the market where the manufacturers have ingeniously combined a number of ingredients that allow them to duplicate all the qualities of water. Actually, they're made in Korea but were invented in America. Did you ever stop to think what it was like before Walkmans? Have you forgotten the insult, the pollution and filth a person was subjected to? Birds singing their stupid heads off, with their wings, trees, cliffs, leaves underneath and the crunch of new snow on a morning run. It almost makes me sick to think about it. Thank God for progress!

You've got your TOP FORTY, you've got your news with Dan Rather (I just love to think about him, sitting there in his sweater) and there's all kinds of real funny stuff. You know, when they do the weather reports how they goof around. The sports guys have to talk real fast because there's always a lot of games to give the scores out and the fans are funning. Yesterday I saw an advertisement for a radio you can take in the shower with you. It's waterproof and has this handle to hang over the shower head. Out of sight! I think this is why running has made so much progress, it's like real life and real life is pretty much tunes with a news, weather and sports break on the hour. Like this chick doing aerobics says, "I love it."

I suppose this is why it's so much fun to see other sports growing, making new friends as well as great progress. Take croquet for example, what a heart warming story this wonderful discipline has to sell. I'll tell you this, if you could stand in center court as I did at the U.S. Croquet National Headquarters at the Palm Beach Polo Club and watch the alumni team from Lawrenceville Academy get their final instructions and not feel a shiver run your spine, you're one tough son of a bitch. It was beautiful. A group of regular guys pretty much like you and me: wealthy, hard-working, having fought and clawed their way, all the way to the top of Dad's company. Now here they were, rollicking in some serious and surprisingly intense competition. There had been smoked salmon, cucumber sandwiches, bloody Marys. I would say, however, that the bartenders were a little bit snotty, the one I talked with didn't even know what a boilermaker was.

In a very practical vein I noticed that knee socks have made a wonderful contribution to the progress of croquet. For the life of me, I can't imagine what these he-men would look like with bare legs. We're talking bird legs, Pal. I mean the real Kentucky Fried variety. Put on a nice pair of knee socks and a pair of Tretorns with those green soles and we're meeting a guy who's probably trying to start a Yale Club in Waterloo.

One nice touch I would like to see runners incorporate is this little tassel detail they have hanging from the top of each knee sock. It's in club colors and has a cute effect when you run. Someone told me that the weekend before, the Hill School Alumni had been there for a match and had everyone buzzing with their pastel socks.

There will always be those against progress because progress brings about change and change many times can be frightening.

Recently, on her first experience, my wife stood near the top of a Colorado mountain attached to a pair of skis. Looking down, she searched for the right words to express her fright. The best she could come up with was, "That could scare a person out of their jammies." Admittedly, she never did have much of a way with words but it illustrates my point: change brings about new experiences and new experiences can be frightening. Whether or not you can capture those moments with a turn of a phrase is your problem — or rather my wife's.

As I've always said, sport is so basic and beautiful it sounds corny when you attempt to explain it. I still believe they're all beautiful, whether it be football, running or croquet. It's just that some sports are probably a little more basic than others.
Hurdles, 100

Ed weight events and 400H (64.68), Louisiana's Chuck Wimberly long jump and Mike Tymn, 49, was still fast enough to win the M45 division and finish as first masters in the masters race and state record time of 49:43.5.

63-5!12. • the first time ever, just missed the American grand prix scheduled for early fall; Dan Stanek who attended the Florida in the

The Gun Lap

350 Compete in Florida

Continued from page 1

—World veterans M50 400H champ Ovidio DeJesus of Puerto Rico scammed to M50 wins in the 200 (25.00), 400 (58.1) and 400H (64.68). Louisiana's Chuck Wimberly took the M50 800 (2:13.5) and 1500 (4:39.8).

—Randy Cooper dominated the M55 weight events with wins in the shot (46-10½), discus (126-11) javelin (143-7), Ed Schuler took the M55 100 (12.90) and 200 (26.00).

—Morcom said farewell to the M60 division with wins in the pole vault, high jump, long jump and 110 hurdles. Boo turned 65 on May 1.

—Not as many women showed as was hoped, but good marks came in the W55 division as Jennifer Pinto took the 100 (13.78), 200 (28.08) and 400 (64.19).

—Mary Schande, throwing the discus for the first time ever, just missed the American W60 record by eight inches with a heave of 63-5½.

The 5000 racewalk was won by M55 John MacLoughlin in 28:18.8, followed closely by M50 Bob Fine (28:30.7) and M45 Dan Stanek (28:56.6).

Florida has a masters track and field grand prix scheduled for early fall; details will be in the National Masters News.

"We want to thank all the athletes who attended the meet," Valdes said, "and we hope to see more compete in Florida in the future."}

The Gun Lap

Continued from page 6

a day of school. I think that's an accomplishment equivalent to a 3:30 mile, at least.

With the further indulgence of the reader, I would like to take this opportunity between Mother's Day and Father's Day to thank my mother and father for instilling in me early in life a true appreciation of a healthy and fit lifestyle.

They are my true heroes.

1986 NATIONAL MASTERS DECATHLON & HEPTATHLON

July 26-27, 1986

Drake Stadium

Drake University,

Des Moines, Iowa

"Home of the Drake Relays"

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

(Age determined as of July 26, 1986)

A 30-34
1A 100 1 A 2A 400
2B 50-04
3A 60-04
4A 70-74
5A 80-84
B 35-39
1B 45-49
2B 55-59
3B 65-69
4B 75-79
5B 85-89

Facilities: Synthetic track and runways (1/4 inch spikes maximum), brushed concrete throwing circles, synthetic javelin runway.

Entry Fee: $17.00, includes cookout meeting and shirt.

Awards: TAC Championship medals to top three in each age group.

Host Families: A number of families have volunteered to put up Masters Multieventers and their families if you would like a warm Iowa reception.

Event Order: Oldest to youngest, Women first (age groups may be combined as required to fill heats).


Sunday 9 AM: Women- Long Jump, Javelin, 800 Meter

Men- Hurdles, Discus, Pole Vault, Javelin, 1500 Meter

 Implements: per 1986 WAVA)

Hurdles

Shut Put

Discus Javelin

Distance Height First Space End

Women: 30-39
4 KG 1 KG 600 GM 100 M 39 IN 13M 8.5M 10.5M
40-49
4 KG 1 KG 600 GM 80 M 30 IN 12M 8.0M 12.0M
50-59
3 KG 1 KG 600 GM 80 M 30 IN 12M 8.0M 12.0M
60-69
16 LB 2 KG 800 GM 110 M 39 IN 45FT 30 FT 46 FT
70-79
4 KG 1 KG 600 GM 80 M 30 IN 12M 8.0M 12.0M

Scoring: Women: 30-34 1985 IAAF Scoring Tables

Men: 35-39 1981 WAVA Scoring Tables

IAAF Scoring Tables with 1984 Weed Age Factors for Official Scoring, the Age Factors will be applied in 5 year groups. Example: a 35 and a 3 year old will both get the 35 Age Factor. One year Age Factor scoring will be kept for statistical study for possible future use. 60+ 1981 WAVA Scoring Tables

Business Meeting: A semi-formal business meeting will be held Saturday evening at the cookout for the competitors and families. Business to be taken to the National TAC Convention will be brought up and voted upon. Please bring your concerns.

Name: __________________________ Age as of Jul 26, 86: __________

Address: ____________________________

City: __________________________ State: ___ Zip: _______

Phone: ( ) ____________ TAC No. ______ Male___ Female___

Club Affiliation(unattached): __________

Expected performances for seeding purposes:

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Make checks payable to & send entries to: Rex J. Harvey, Meet Coordinator

3615 Lincoln Place Drive

Des Moines, Iowa 50312

(515) 277-3608

Check if interested in staying with host family ___ Number in party ___

Check if you would like Commercial Lodging information ___

The following release must be signed for entry to be accepted:

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

Signed: __________________________ Date: __________________________
**Spikes**

- I'm 54 and I need to know what type of spike shoe I would need for the 100 and 200m and the 400 and 800m. I will soon decide which events I'm going to compete in (when I turn 55 next year) and I want to get the right shoes.

  — John C. Cauldwell, Culver City, California

- For racing the 100 and 200m, most athletes use a spike shoe without a heel, such as the Nike Zoom S. You can use the same shoe for the 400 and 800, or switch to a middle-distance spike shoe. It has a low heel and gives you a little more support. Nike Zoom D is an example.

Which shoe is best is a highly individual matter. You'll have to experiment with different brands to find out which one is most comfortable for you. (Some stores will allow you to try them out for short distances on the track.)

Be sure to buy ¼-inch spikes, which you will screw into the spike plate on the bottom of the spike shoe. Most artificial tracks will not allow anything longer than ¼-inch. Also notice that although there are seven holes in the spike plate, only six spikes are allowed under TAC rules. Leave one hole empty (or use a "flat spike"). Usually a spike near the rear of the plate is left out. Experiment until you find which placement provides you with the best comfort and grip.

How should you start? Slowly. Jog in the shoes for at least a couple of weeks until your legs adjust to the new stresses. No speed work at first! Remember, putting on spikes for the first time (or after a long layoff) is similar to a ballet dancer learning to use toe shoes. You have to allow time for the muscles and ligaments to strengthen before trying anything fancy.

Using good technique can help to prevent injury. Keep your body tall, in good alignment (elbows in, feet coming under you), and your center of balance over the balls of your feet.

Run lightly. As well-known masters coach Mark Grubi says, "You're not trying to break up cement." Avoid sudden movements. Develop the habit of starting and stopping smoothly and gradually.

There are two main schools of thought regarding how much and how often to wear spikes. Some athletes wear them for all their training and for racing. Others use them only during the race season for sharpening and racing; some never put them on at all except for a race.

Which ever method you decide to use, be sure to allow time for your body to become accustomed to the spikes. Doing too much, too fast, is probably the major cause of many injuries.

— Gretchen Snyder

**Belilgne, Andersen Win in Azalea Trail 10K**

Atlaw Belilgne, 41, of Houston, and Gabriele Andersen, 40, of Sun Valley, Idaho, were masters winners in the Azalea Trail 10K, in Mobile, Ala., on March 8.

Belilgne's 30:56 earned him the $500 first masters prize money and broke the masters course record of 31:02 set by Dan Murray in 1985. Murray finished third M40+ this year in 31:50, behind Don Coffman, who clocked 31:33. Coffman, 42, of Frankfort, Ky., received $300 and Murray, 40, of Modesto, Calif., $100.

Andersen's 34:31 was well-above Priscilla Welch's women's masters course record of 32:41 set in 1985 but was worth $500, nevertheless.

Belilgne's 30:56, which is also a 10K personal best, surprised him. "I'm not in shape for the 10K," he said. "I was going to run only 6K, but waited around and got talked into the 10K."

Andersen's 34:31 is her second W40+ spot with a 10K personal best of 34:05.

**Stern, Matson "Fastest Masters" in 10K**

Peter Stern, 41, of the San Diego TC, won the SDTC's 3rd Annual Fastest Masters 10K on Fiesta Island in San Diego, Calif., on April 11, with an 11-second victory in 33:35 over fellow club member Steve Myhro, 40. Shirley Matson, 45, also of the SDTC, was the first woman in 37:01, two-and-a-half minutes better than W40 winner Sharon Greiner, 44, SDTC.


The only non-SDTC member to take a division race was Gary Hooker, 43, of Leucadia, Calif., who won in 34:56.

The event was directed by Tom Morrow and Rene Franken.
AUSTRALIA STARTING MASTERS MAGAZINE

As a regular subscriber to NMN, I would like to congratulate you and your staff on such a tremendous publication, full of interesting and stimulating reading from page one to the NIKE ad. It is enjoyed not only by my wife and myself, but by many other veteran athletes in this country. It gives us great pleasure in passing NMN around and strongly suggesting they, too, invest in regular subscriptions to keep them informed on the masters scene in the U.S. and the world.

Inspired by the continuous success your publication, the rapid growth of the veterans organization in Australia, and the exciting lead-up to the 1987 World Games, I am finalizing plans for a proposed national monthly publication simply called "Veterans Athletics." The first issue is planned for June 1st. I have the full support and commitment of Peg Smith, Ray Callaghan and the officers of AA VAC.

Mike Hall
Victoria, Australia

NATIONAL T&F MEET

I thought the Baton Rouge indoor nationals went superbly. The facility was prepared each evening for the next day’s events. The officiating was excellent. The officials took time off without pay to officiate, and really seemed to enjoy it. The headquarters accommodation was excellent, and I couldn’t think of one reason why anyone would have been happier elsewhere. Danny Thiel is to be congratulated and thanked.

Scott Thornley
Carlisle, Pennsylvania

CORRECTION

In the May issue, the caption of a picture of a statue modeled after Jim Hershberger said it was presented by the National Track Association. In fact, the Award was presented by the National Track Coaches Association. A separate article stated that Hershberger donated the money to pay for tracks at the University of Kansas and Wichita State University.

Although Jim did donate a significant portion of the funding for the track at Kansas, he has not donated any monies to the track at Wichita State. The track is named after him for his talents as an all around athlete. Mr. Hershberger also did not donate sculptures for the outstanding award at the NCAA Championship; it was donated by the Oklahoma City All Sports Association. This sculpture was modeled after Hershberger and named The "Jim Hershberger Award" in recognition of Jim’s many contributions both on and off the track to the sport. He did not, however, contribute any monies toward the sculpture.

Tom Hoopes
Wichita, Kansas

Bess James, 75, showing off her trophy for her 1st place finish in the W70+ in 5:30.52, in the L.A. Marathon, March 9.

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P.O. Box 8188
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Ankle Sprains

One of the more common injuries shared by all sports is the rather mundane ankle sprain. It happens when we run, jump and sprint. Usually it is not life-threatening but it can cause a reduction or cessation of training programs. The purpose of this column is to outline the parts of the ankle and give you a little insight into the prevention and treatment of this disorder.

First, the ankle is rather a complex area consisting of the foot and lower leg. On the outside of the ankle are the lateral collateral ligaments. There are three and at least one is usually injured in an ankle sprain. These three ligaments are the 'static' stabilizer of the ankle and 'prevent' excessive sprains.

Usually the athlete complains of a twisting injury to the ankle or a fall. This often happens while running on uneven surfaces or while running or cutting through when they are sprained.

So, although most of us will never sustain a Grade II or Grade III tear, it is imperative that we be able to determine the difference. With a mild sprain we are able to continue our training regimens with a minimal amount of discomfort.

(Quote from Dr. Kenneth Cooper, Dr. George Dooley, Bailey Lead Masters in Cooper Bridge 10K

by JERRY WOJCICK

Tom Dooley, 41, and Gail Bailey, 40, were the masters winners in South Carolina's largest road race, the Cooper Bridge 10K, in Charleston, on April 5, which drew almost 6,700 entrants.


Other division winners included Gerald Koch, 52, in the M50 with 36:27, and Dr. George Sheehan, 67, in the M65+ with 47:48. Sheehan and Olympian Jim Ryun were the featured speakers at the pre-race symposium. Ryun finished second in the M35 contest in 34:11.

The start of the race, ranked in the top 40 in the U.S., was unfortunately delayed 30 minutes by two minor auto accidents caused by an unexpected fog. However, women's winner, Lesley Welch, 23, was not unnerved and ran to a course record 33:37, and Hanks Koelman, 28, won the race in 29:29, just four seconds under the course record.

Clayton Brelsford, 71, Wilmington, N.C., was awarded the Dewey Wise Trophy for oldest entrant. Brelsford finished third in the M65+ division in 54:37.

For meet entry blanks and recommended accommodations, contact meet director Scott Thorsley.

Shippensburg Set

For U.S. Pentathlon


This is the first time that the national pentathlon championships will not be run concurrently with another major Masters meet. A decision was made several years ago by the TAC Masters Track and Field Committee to award the championship separately from the outdoor national track and field championships. Yet, because of financial overhead, the meet has merely been shifted to be run concurrently with other major Masters meets.

Shippensburg University, located one hour west of Harrisburg, is the showcase for high school track and field in Pennsylvania, as it is the annual host for the state championships. The facility boasts a newly installed (September 1985) 8-lane "Tufflight" track, with an all-weather javelin runway and four jumping pits.

The championship will employ the age factor scoring system for men over 60 years of age. Men under 60 will be subject to the 1985 IAAF scoring tables. Although the outdoor pentathlon is not an official TAC Masters national championship event for women (as decided in Indianapolis in 1985), women will be allowed to compete.

Implement will be weighted and measured prior to the 11:00 A.M. starting time.

For meet entry blanks and recommended accommodations, contact meet director Scott Thorsley.
Jim Burnett

Born: February 13, 1940, Pittsburgh, Pa.

Schools: Central State University (Ohio), B.A., Loyola University (Ill), M.A.

Occupation: School Counselor

Family: Married to Aminta

Ht./Wt.: 6-0, 170

Current Residence: Chicago, Ill.

Top Achievements: (pre-masters) — Pennsylvania State High School Champion at 880 (1:58.2); Mid-West Conference Champ at 880 (2 years) and 440 (1 year) while at Central State; clocked 20.9 (200), 45.3 (400), and 1:46.9 (800) in 1968.

(Masters) — 1985 TAC Masters T&F Athlete of the Year; won 1985 World Championships in 400 (50.46 world M45 record) and 200 (23.37); National Champion at 400 (1980-85); National Champion at 200 (1980-82, 85); holds American 40-44 record at 400 (49.36); holds age 43 record at 200 (22.3).

Did you stop competing after college and then begin again in masters competition?

“No, I’ve never stopped competing. I’ve been running in some kind of competitive nature for about 35 years, without a break. I really enjoy running, so I’ve continued to do it. I started when I was 10 at our grade school PE class. I could beat anyone in the school at 50 or 100 yards. During the summers I would enter races that were held in the parks. I was very shy as an adolescent, and this gave me something, sort of an outlet, so that I could feel good about who I was.”

Which do you consider your best event?

“I enjoy both the 200 and 400; however, if I had to choose an event it would be the 400. I have always liked the 400 and it gives me time to relax and think about a race. In high school and college I was forced to run the 800, but I didn’t care all that much for it. I like the 400 and it has been my most successful event.”

What do you consider your greatest achievement in sports?

“Winning the World Championships in Rome last year in both the 200 and 400, as well as making it to the final Olympic Trials in 1968. I was 28 in 1968 and the oldest 400 runner there. I had come from nowhere to be ranked seventh in the world at the time. In Rome I had won something that I had worked very hard for. The world record in the 400 was icing on the accomplishment.”

What about achievements outside sports?

“Working on my job as a guidance counselor and having the ability to present a role model to the students in the school. Also, and maybe more important, meeting Aminta J. Woodley. She has always been very supportive with my running. I love working with children and helping them to be positive about themselves in their daily life.”

Can you tell us a little about how you train these days for a big race?

“Most of my workouts are the same. I run three and a half miles through a park. The last three-fourths of the final mile I do fartlek. Monday, I’ll do two times 630; Tuesday, two times 540; Wednesday, three times 360; Thursday, four times 270. There is usually a 180 meter jog between each hard run. At the end of each running day I run sprints in the sand from 90 meters to 270 meters. These are done for form and relaxation. They are also timed so that I maintain the same form and speed. I rarely get on a track to train, maybe two times a season, not including meets.”

Do you think you might run even faster than you have if you hit the track more often?

(laughing) “Well, I look at it this way: I’m running really, really well and beating my competition without the...”
Communication

For an organization whose membership gets together only once a year for person-to-person discussions, the Masters Track & Field Committee does an excellent job of communication. Of course, that is possible only because of ongoing efforts of Al Shahan and the National Masters News.

In our annual meeting at the Outdoor National Championships, it is not possible to discuss every problem, every rule, every bylaw that is of concern to our members. It is amazing how much feedback the members of the National Committee receive just by being present and participating at meets throughout the country. I can’t think of a meet I have attended in the last three years where a number of individuals did not contact me about his or her concerns: generally, constructive criticism, presented with varying degrees of diplomacy.

I probably receive two or three letters a week with questions varying from how to become a Masters athlete to issues involving international policies. Both my predecessors and myself, as Chairman, have responded to all who have raised questions. Sometimes I feel a little repetitive, but I help everyone understand the structure of the Masters Track & Field Committee, I’d like to outline our organization’s form.

Elected as a local representative, or by appointment to one of the numerous TAC/USA committees. Committee work takes a lot of time and unless one is willing to attend national meetings regularly, there is little advantage to being appointed.

I believe our organizational structure is as well publicized as any committee of The Athletics Congress, not a track and field congress, since we include masters and youth, long distance running, race walking, multi events, and track and field.

Our organization is neither a dictatorial nor a democratic one; it is a republican structure, carried out by vote of your representatives. Most of your representatives have not sought these positions, but have been asked if they would be willing to donate their time to improving the masters program.

For me, serving as Chairman has been both exciting and challenging, bedrooms, and need one or more full meeting days to accomplish our business. Every year, in January, Al Shahan publishes the minutes of those meetings, together with a report of our budget expenditures. Again, I would state that I know of no other TAC/USA Committee that communicates to that extent.

We have dealt with many problems involving competition, including weight implements; measurements; hurdle height and spacings; sprint starts; women’s events (there was a time when they were not welcome); whether or not we should be part of the old AAU and, now, TAC/USA. I don’t think we have yet run out of problems and issues. No issue has been decided without consideration of all points of view; no decision has ever met with one hundred percent agreement; no decision ever satisfied everyone but, once made, we moved ahead.

If I say so myself, the program has moved ahead quite smartly and has been and will continue to be a credit by providing a specific type of pleasurable and enjoyable recreational activity, competition, travel and fellowship for men and women over forty, and inspiration and hope to those under forty. But it can’t be done without your involvement.

Raleigh Hosts 16th Southeastern Meet

Continued from page 1

Waltam out-timed all 200m runners (28.10). Californian Jock Jocoy, 60, won the M60 in a close race (29.17). M60 in a close race (29.17).

In the M55, Larry Colbert, 49, had the fastest time (53.59) among the 40-and-over runners. Jim Manno, 65, won the M65 in a field of seven in an American M65 record 63.27, breaking Frank Finger’s five-year old standard of 63.83.

The middle-distance races produced a 2:00.45 in the M35 800 by Albin Swenson, 39, and a 5:26.42 in the W50 1500 by Martha Klopfer, 50, Lew Faxon, 46, won the M45 1500 (4:18.32) and the 3000 steeplechase (10:09.0).

In the longer races, Joe Carr, 42, won the M40 3000 in 9:12.9; Ed Benham, 78, ran an M75 world record 12:42.3 in the 3000, breaking Dick Breedenbeck’s mark by 24 seconds. Martha Klopfer posted a new American W50 3000 record of 11:26.1, erasing Mila Kania’s 4-year old standard of 11:29.6. Peter Klopfer, 55, won the M55 5000 in 19:00.7. Benham captured the 5000 in 21:54.4.

The hurdles saw Mike Kelly, 39, win the highs (15.40) and the 400H (56.38). Harold Niebel, 71, ran the highs in 15.4 and the 400H in 89.59.

The 5K walkers were paced by Ray Funkhouser, 35, with 22:18.4. Max Gould, 68, won the M65 (28:11.2), and Anna Rush, 57, the W55 (31:14.2). Robert Mimm, 61, won 1:59.02 for the M60 20K walk title.

Boo Morcom, 65, set a new U.S. M65 pole vault record with a leap of 3.33 meters (11-10.7), to go with his M55 and M60 records (13-6½ and 12-2½), which still stand. Charles Strode, 36, and Robert Neutzliz, 42, each vaulted 14-6. Long jumpers Earl Cline, 51, (18-8), Ed Lukens, 64, (15-5½), and Essie Kea, 48, (12-4½) were division winners, as were Sammy White, 48, (38-2), and Karl Trei, 76, (25-10½) in the triple jump.

A large entry of 44 pentathletes were outnumbered by Dr. Gary Miller, 48, who amassed 2852 (684 pts. for a 24.10 200 to win the M55 battle in a six-man field. Miller holds the world M55 pentathlon mark with 2998 points.

In the 10K road race, Leszek Koeckiecki, 36, finished first with 34:09 and Tom Hare, 42, second in 34:58. Stan Sater, 66, won the M65 25K race with 1:57:40, and Benham ran 2:01:30 to win the M75 race.
Profile: Jim Burnett

Continued from page 13

track work. To me, the track is boring, and I'd just rather do the workouts I'm doing now. I feel very strong now. Maybe if I worked out on the track it would be different, but I'm satisfied with what I'm doing."

Do you train with weights?

"I do a lot of weight training during February, March, and April, and a little in May. Once the season starts, though, I use them only once a week. It's all upper body work. I feel the sand running is all the strength work my legs need."

Do your family or occupational responsibilities conflict with your training or racing at all?

"Since I'm in education and most of the meets are in the summer, it is not difficult for me to get to the meets or do serious training. I've been running most of my life and people know that it is important to me."

Which quality or attribute do you feel has been the key to your success?

"Mental preparation is, for me, very vital in each race. I can prepare myself to run my best when I have to. Sometimes I worry too much and this can cause me to run tight. I work on relaxation a lot while I'm doing each workout."

"Also, I'm very competitive. It is very difficult for me to go out and just run. I have to race against people or a clock. Whenever I step out on the track, I feel that I am the best runner there and I should refuse to be beaten.

"And, I'd like to add that my mother and father were always very important to me as I was growing up. They encouraged me and gave me the support and concern that I needed to feel successful. If it had not been for them, I would not have had the desire to go out and run track. I always feel that the track has given me the opportunity to go to college and travel around the world. I would not be the person I am if it were not for my running."

How has aging affected you?

"I don't feel that it has had much of an effect on me. Yes, my times are slower than they were in 1968 and 1969, but my mental frame of mind is the same. My best time in high school was 50.4 and my best time as a 45-year-old was 50.4. Running is still fun and when I feel it is no longer fun I'll stop."

"What impresses me are the runners in the 70 and older age groups who can still go out and run. I can really appreciate that a lot more than my own statistics. They are doing what so many people at any age cannot do."

What's ahead?

"I've decided to take a year off from running. I have some academic goals to achieve this summer and running would interfere. I'm not sure I'll be able to stick to my decision, but at least for now I am. My friends won't believe me. They think I can't stop. Each time I read National Masters News it makes me want to go out and train, but so far I haven't. It's going to be tough sticking to my self-agreement."

Mike Tymn

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Florida Hosts Meet

by JOHN BOYLE

Excitement was in the air from the start of the Central Florida Masters T&F Meet, De Land, Fla., April 13, when Buzz Porter, 49, of Daytona Beach, Fla., set an age record in the 36" 110mH of 16.5. Porter, who generally competes in at least six events, had only the hurdles in mind at this meet.

Boo Morcom, 64, leaped to a 15-0 long jump win but was bested by former University of New Hampshire teammate Jack Gamble in the shot and discus. Gamble's 45½ shot and 127-3 discus were among the day's bests.

Nate Robinson scored sub-masters wins in the javelin (182-10), long jump (20-1½), and hurdles (14.8). Joe Johnston, 42, Apopka High School, Fla., coach, won five events, including the quarter in 59.7. Dick Lacey of Clearwater, Fla., bested Gordon Powell of Daytona, Fla., in the dashes in a battle of 75-year-olds.

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Blue Cross/Blue Shield of Virginia

11th Annual Virginia State Masters Track & Field Championships

(Both Men and Women 30 and over — Age as of Date of Meet)

Hosted by the University of Virginia

30 August 1986

Place: Lamphorn Field, University of Virginia, Opposite University Ball Hall
Charlottesville, Virginia

Track: Tartan track and runways, 5 m tapered spikes are best (no long spikes permitted)

Age Divisions: Men — Sub-Masters A (30-34), Sub-Masters B (35-39), Sub-Masters C (40-44), Masters I (45-49), Masters II (50-54), Masters III (55-59), Masters IV (60+) Women — Sub-Masters A (30-34), Masters I (45-49), Masters II (50-59), Masters III (60+)

Schedule of events: 9:30 a.m. — 10,000 meter run (late registration for this event 8:00-8:15 a.m.)

Field Events: (Late registration for all field events closes at 10:30 a.m.)

10:30 a.m. — Hammer followed by Shot followed by Discus followed by Javelin
11:00 a.m. — High Jump; Long Jump followed by Triple Jump
12:30 p.m. — Pole Vault

Track Events: (Late registration for all running events closes at 12:00 p.m.)

1:00 p.m. — 100 meter dash
1:30 p.m. — 200 meter dash
2:00 p.m. — 200 meter hurdles
2:30 p.m. — 400 meter dash
3:00 p.m. — 400 meter hurdles
3:30 p.m. — 800 meter run
4:00 p.m. — 800 meter hurdles
4:30 p.m. — 1500 meter run

AWARDS: Medals to first three places in each division, scoring 5-3-1; team championship plaques (M, Mt. & Mid. flight)

First 20 preregistered athletes who actually appear and compete will receive singles. Taxation. All athletes MUST have Tax cards. Tax cards may be acquired by sending entry to Virginia Association of TAC, 3122 West Clay St., No. 6, Richmond, Va. 23228.

This meet will be open to all athletes 30 and over, both men and women, who live in the State of Virginia, regardless of TAC Association affiliation. Registration meet is open to non-Virginia athletes, who may compete unofficially. Medals. Same entry fee. Singles apply to these athletes as well.

Entry fees: $6.00 — first event (includes new TAC insurance coverage); $4.00 for each additional event. Relay team: $12.00. Day of meet entry fees: $7.00 per event.

No refunds after 25 July. This meet will be fully computerized.

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Florida Hosts Meet

by JOHN BOYLE

Excitement was in the air from the start of the Central Florida Masters T&F Meet, De Land, Fla., April 13, when Buzz Porter, 49, of Daytona Beach, Fla., set an age record in the 36" 110mH of 16.5. Porter, who generally competes in at least six events, had only the hurdles in mind at this meet.

Boo Morcom, 64, leaped to a 15-0 long jump win but was bested by former University of New Hampshire teammate Jack Gamble in the shot and discus. Gamble's 45½ shot and 127-3 discus were among the day's bests.

Nate Robinson scored sub-masters wins in the javelin (182-10), long jump (20-1½), and hurdles (14.8). Joe Johnston, 42, Apopka High School, Fla., coach, won five events, including the quarter in 59.7. Dick Lacey of Clearwater, Fla., bested Gordon Powell of Daytona, Fla., in the dashes in a battle of 75-year-olds.
Who Will Replace the Youngs?

Since announcing their intention to retire at the end of 1986, Ken and Jennifer Young, the directors of the National Running Data Center, have been working to ensure a smooth transition of the NRDC's record-keeping functions into competent hands.

"The goal of giving our sport the best record-keeping system possible after 1986 has always been and will continue to be the goal of the NRDC," says Jennifer Young. "We will assist TAC/USA towards that goal."

Jack Moran, director of the Twin Cities Marathon, is trying to form a group to help with the transition or, better yet, persuade the Youngs to retain the NRDC at their Tucson headquarters.

"It wouldn't be cheap, but it might be worth it to keep Ken and Jennifer in an administrative capacity, and keep the computer and records right where they're at — in Tucson," Moran said.

A rough estimate of what it would cost to keep NRDC operating in Tucson is anywhere from $100,000 to $150,000 a year. If the operation were transferred to another location — say, TAC headquarters in Indianapolis — the costs would presumably be higher, since new people would have to be trained to do a very complex job. One suggested alternative would be to save the $150,000 and do without records. Another would be to eliminate age-group marks. Neither alternative appeals to most masters runners.

The Youngs originally announced they were retiring because of burnout. But Moran feels there's a chance that they can be persuaded to stay on, in a supervisory and administrative capacity, if funds can be found to pay the rent, buy needed equipment, and pay a few salaries for data processing, secretarial and clerical help, etc. Stay tuned. □

Shamrock Lucky for Masters Marathoners

The 8th Annual Shamrock 8K and Marathon in Virginia Beach, Va., on March 15, paid off well for masters in both races. George Keim, 43, Wayneboro, Pa., Mick Stewart, 40, Radford, Va., and Dennis LAmountain, 40, Richmond, Va., collected $500, $250, and $100 for their tightly-packed first (25:37), second (25:44), and third (25:48) respective masters finishes in the 8K.

Karin Stronach, 46, Hampton, Va., Eleanore Gould, 41, Greensboro, N.C., and Peggy Smith-Hite, 41, Stephens City, Va., collected amounts for the top three women's masters places in 33:45, 33:46, and 34:19, respectively.

In the marathon, Britisher Bill Venus, 47, with a 2:26:19, earned $500 for sixth overall and $1,000 for first masters. Ralph Zimmerman, 44, Cheektowaga, N.Y., also received a double prize, $100 for tenth in the open and $500 for second masters in 2:32:21. The intrepid British veteran Ron Hill, 47, picked up a $200 prize for third masters with 2:40:35.


Norway's Grete Waizl, 32, broke the women's record in the 8K with 25:03.

Both races drew almost 3,000 participants, and while the 8K was run under ideal conditions, by the marathon start at 10:45, the weather had become deceptively warm, taking its toll on the 1,250 entrants, only 80 of whom finished under three hours.

The races were hosted by the Tidewater Striders. □

World Mark Achieved at Sacramento Masters Relays

Continued from Page 4

Among other eye-poppers from the Los Angeles area, Linda Scott, 30, of Santa Ana, high-jumped 5-4; Larry Stuart, 48, of El Toro, fired the javelin 196-2; and George Cohen, 46, of L.A., ran a 2:02.6 800.

More than 40 feet short of his world M45 age-group record of 238-10, Stuart, the former University of Southern California star, was up against a tricky crosswind that gust ed at times to an estimated 20 mph. Regardless, his top effort beat Phil Conley's meet record, set in 1981, by six feet.

Cohen had no real competition in cruising the two laps more than four ticks short of his world M45 800 record 1:57.73, set last summer in Indianapolis. The sparks were flying in the 35-39 division where Robert Parks, of Hercules, clocked 2:08; Bill McCarthy, of Fresno, 2:09:2; and Pete Barker, of suburban citrus Heights, 2:09:7.

Hometowner Don Spickelmeier, 45, already owned of a meet record 15:20.43 5K, raced the 1,500 in 4:38.2,

Classifieds

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

Home-mailing program, $.30 per envelope secured. Send SASE: New Ventures, 33 S. Hughes, Hamilton, VA 22068.


Runner's Times Under Question After Withdrawing From Marathon


Chuck Stahl, 57, of Staten Island, N.Y., took first place in the M60 category with a personal best 3:16:49. Despite suffering an injury at the 25-mile mark and going out to Trojan Track Club, Grey withdrew his entry and Sverre Hietanen, who had run 3:21:57, was declared the 65-69 winner.

"It was his decision to withdraw," Foreman said. "We did not disqualify him."

Stark contacted Grey who said he was feeling ill and just pulled out of the race — that a stomach ailment forced him to leave the course and then he decided to reenter. "I was having some problems and just decided to withdraw after the race," Grey said.

This is not the first instance of masters runners being challenged on whether they ran the whole distance. But running, like golf and West Point, basically relies on the honor system. Few races can police each and every runner.

Stahl, Andersen Cop Waterfront Titles

By JERRY WOJCICK

Sweden's Kjell-Erik Stahl, 40, won the masters title in the nationally televised New Jersey Waterfront Marathon in Jersey City on May 4 with a ninth-overall 2:16:54. Second masters went to M45 winner, Roy Cosme, 45, of Miami, Fla.


New TAC Insurance Policy Announced

The Athletics Congress has purchased a liability insurance policy that provides $1 million coverage for claims arising from bodily injury to athletes participants, and $1 million in Comprehensive General Liability Insurance. This is consistent with the old policy.

To pay for the insurance premium, each TAC-sanctioned event will comply with the following fee schedule:

<table>
<thead>
<tr>
<th>Number of Entrants</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>1- 100</td>
<td>$ 15</td>
</tr>
<tr>
<td>101- 250</td>
<td>25</td>
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<td>251- 500</td>
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<td>1001- 3000</td>
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<td>1500</td>
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<td>15001- 30000</td>
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<td>30001 +</td>
<td>3000 +</td>
</tr>
</tbody>
</table>

The fee is referred to as a "National Sanctioning Fee." TAC's Executive Director Ollan Cassell warns that "under no circumstances should it be referred to as an insurance fee, primarily for legal reasons. Race and meet directors are obtaining a TAC sanction and one of the benefits is that they are listed as an additional insured on the TAC/USA master liability policy."

"The fee is a significant improvement over the "$1-per-head" charge in effect since January 1, 1986. The new fee policy amounts to only 10 to 25 cents each."

To properly control sanctions and provide data to the insurance carrier, TAC is issuing pre-numbered national sanction forms, which will replace the various local sanction forms formerly used by local associations.

TROJAN MASTERS TRACK CLUB S.C.A.T.A.C. SANCTIONED THIRD ANNUAL TRACK & FIELD INVITATIONAL

Date: June 21, 1986 Meet Director: Vern Wolfe, former USC Track Coach

Place: University of Southern California-Cromwell Field. Take the Harbor Freeway (State Hwy. 11) to the Exposition exit. Go west on Vermont Ave. and turn left on College Drive. Cromwell Field is 3 blocks north of the entrance. Parking is free if you explain your destination.

Facilities: An artificial surface (1/4 inch spikes maximum), and synthetic surfaces for all jumps and the javelin runway. Restrooms only, no lockers.

Awards: Medals will be awarded to the first three competitors in each division. In cases where heats are necessary, winners will be determined by time (no preliminaries). In relay events first place only. Division 1-5 M 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75+. Entries are limited to 260.

Entry Information: Postmark deadline for entries is June 10. NO LATE ENTRY FORMS WILL BE ACCEPTED. (This does not apply to relay teams.)

Despite the "Invitational" in the title, there are no minimum performance requirements. Lists and entry event sheets are not excuses for computer, as not all events have preprinted information automatically generated—for instance, random assignment of competitor order (within age group) for field events and lane number for sprints, and each athlete's personal record for his age group so that recreation of personal achievement can be announced. The results above are necessary for preparation of data for the computer. Please furnish all information requested on the entry form (including your personal record for your present age group), or enter "none." If not available, Entry forms are $5. For the first event, $5 for each additional event, [total limitation of six individual events, excluding relay participation], $10 for a relay team. NO REFUNDS OR REIMBURSEMENTS ALLOWED. This is a TAC-sanctioned event and competitors must have a TAC number. (TAC membership must be renewed each year.) TAC membership may be applied for at the meet for the TAC fee of $6.

Order of Competitions: Oldest to youngest age groups, women first, high jump and pole vault competes enter the competition at their preferred height regardless of age grouping. High jump increments 2", pole vault increments 6".

Hurdl and Implement Standards: WAVA standards will be used.

Time Schedule: May vary somewhat depending on number of entries.

Official Entry Form

Print Name: Age Date of Birth

Address: Number Street City State Zip

Phone (include area code): ( ) City TAC No.

Entry form: Make checks payable to Trojan Masters Track Club and mail entry form to Trojan Masters Invitational, 1147 W. Rowland Ave., West Covina, CA 91790. For further information, telephone Jim Vernon at (818)336-1623.

Cut along this line

Official Entry Form

P.R. P.R.

Event P.R. Event

List events to be entered (limit of six, excluding relay) and your personal record for your present age group.

Please find my check made out to Trojan Masters enclosed.

Value: In consideration of my entry, I do hereby, for myself, my heirs and assigns and all claim that I have against the Trojan Masters, the University of Southern California, or any individual associated with putting on this meet, for any and all injuries suffered by me during this event. I further certify that I have no physical restrictions which would prevent me from competing in this event and understand that I compete at my own risk.

Signature Date

Please find my check made out to Trojan Masters enclosed.
Three Join NMN Sustainer List

Three more masters supporters have joined the National Masters News Sustainers — those who contribute funds to provide additional support to the National Masters News and the Masters program. The current list of 17 sustainer is listed on this page. Anyone donating $10 or more will receive a free copy of the current 1986 Masters T&F Age Record Book.

We welcome your support. Send your contributions to NMN, PO Box 5185, Pasadena, CA 91107.

NATIONAL MASTERS NEWS LIST OF SUSTAINERS

Ross Carter
Harvey Crockett
Harold Chapson
Stewart Daniel
Tom Cooper
J. Edwards
Jack Goldstein
Harold Hadley
Edwin Haines
Ed Hyde
Charles Mercurio
Murray Oguss
Lawrence & Marilyn Patz
Gordon Powell
M.T. Smith
Virginia Track Club
John Woods

Bold type indicates donation of $100 or more.

Five World Indoor Marks Set in Regionals

Five world indoor age-division records were set in the 14th annual TAC Eastern Regional Indoor Masters Track & Field Championships on March 23 at the University of Delaware in Newark.

In addition, 64 new meet records were established.

Linda Upton raced to a 2:33.45 in the 800-meter run to break the world mark for women, aged 40-44, of 2:46.1. She also turned in a fast 4:59.7 in the 1500, only two-tenths of a second off the world W40 mark of 4:59.5, set March 15 in England by D. Fellows.


The outdoor Eastern Regionals are slated for June 29 at Villanova University near Philadelphia.

Miller High Jumps to Record in Sport-Arcade Meet

Christel Miller of Glendale, Calif., broke her own W50-54 American high jump record of 4-4 1/2 by one-half inch in the Los Angeles Patriot’s Sport-Arcade Meet held at the California Polytechnic University at Pomona track, east of Los Angeles, on March 29.

Other athletes produced records, either for a new event or single-age: Burt Gist, M65, skimmed the 100M in 16.4; Chia-Tsung Pao, M70, flew over the 300M in 1:22.4; Magdalena Kuehne, W55, skipped through the triple jump in 25.5; and Shirley Kinsey, W55, hopped to a single-age record 3-8.

The M50 100M saw the first four finishers timed in 12.3, with Nick Newton and Rocky McPheron tying for first, Don Benton second and Roger Tsuda third.

Rick Schmidt outleaped Jackson Jeffes for first in the M45 long by only one-quarter of an inch, 18-6 to 18-3 1/2. John Damski won the M70 high jump (4-10), long jump (12 1/2), and triple jump (27 1/2). Ralph Hudson threw the javelin 162-5 for a convincing M50 win.

The Patriots’ next meet is scheduled for August 30 at L.A. Southwest College.

The 1986 Masters Marathon Championships and... FIFTH ANNUAL Capital City MARATHON

JULY 27, 1986

Olympia, Washington

SITE OF THE 1984 WOMEN’S OLIMPIC MARATHON TRIALS

THE COURSE: The Capital City Marathon is a TAC-certified course. It is a scenic, fast loop that was chosen by The Athletics Congress (TAC) as the site for the first Women’s Olympic Marathon Trials on May 21, 1984. The course winds through three scenic communities near the cool waters of Puget Sound’s Budd Inlet. Although the course has a net elevation loss, there are a few rolling hills along the way. You will be accompanied on our beautiful course by views of Mt. Rainier and the Olympics, the capital dome, sailboats on Budd Inlet, groves of Douglas fir trees, clean air and enthusiastic volunteers.

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The discussions between IAAF, WAVAs and WIGAL (World Association of Veteran Long Distance Running) are now taking shape.

From the beginning, the IAAF (International Amateur Athletic Federation) has stated that only one association of veterans can be recognized. This is to be WAVAs (World Association of Veteran Athletes).

As WAVAs, during its 10 years of existence, had organized only track and field competition, it realized the need to draw WIGAL into the negotiations because of WIGAL's 18 years experience in organizing annual long distance world championships.

These negotiations have caused much discussion, since not everyone at WIGAL was in favor of giving up its independence. In particular, the basic composition of the IAAF Veterans Committee was a source of difficulty. Finally, WIGAL decided to continue the negotiations if, in addition to itself, two more WIGAL members were included on the committee.

This proposal was accepted by the IAAF and the two new WIGAL members, Clem Green (New Zealand) and Barry Shaw (Israel) attended the meeting of the IAAF Veterans Committee in Neuchatel, Switzerland on March 24, 1986 on the occasion of the 14th World Cross-Country Championships.

Consequently, all conditions for a fusion between WAVAs and WIGAL were fulfilled. These conditions must be confirmed at the WIGAL General Assembly, which will take place on October 3rd in Vancouver, Canada. Before long, procedures will begin for the establishment of a Long Distance Committee within WAVAs. This committee will consist of WAVAs and WIGAL members, in which WAVAs has initially appointed itself.

During the IAAF Council Meeting in Madrid, it was decided that WAVAs has the right to organize and control continental and world championships. Hence, also on a continental level, a Long Distance Committee will be established, starting in 1990, with a WAVAs long distance program.

In order to put an end to calendar overload, it is intended to alternate the World Championships: one year, long distance and the next year, track and field.

It is notable that the veterans movement, started by pioneers of long distance running, and later on applied to the track and field world, are now at a turning point. Its success has led to recognition by IAAF.

We would like to make world veterans aware that the present situation is not the end of our goals. It is hoped there will be more support and more recognition, but we must stay alert and mindful of our original slogan: compete for health and friendship.

Beccalli Proposes Yugoslavia as Site for 1989 Games

The European Veterans Athletic Association (EVAA) reports it has received an application from Yugoslavia to host the 1989 World Veterans Games.

Cesare Beccalli, President of EVAA, said: "The facilities, organization and town are absolutely satisfactory. Considering that the Europeans had to fly to North America in 1975 and 1983, to New Zealand in 1981 and now to Australia in 1987, it should be reasonable — since Europeans are more than 60% of total competitors — that we have Championships in Europe in 1989 and that we accept the U.S.A. for 1991, so that their organizational effort for preparing 1989 will be not in vain but just postponed."

Beccalli said the EVAA General Assembly will discuss the Yugoslavian application at the European Veterans Games in Malmo, Sweden later this month.

Walter William Sheppard 1923 - 1986

Funeral services were held in Australia for Wal Sheppard, the Executive Vice President of WAVAs and one of the founders of the Australian Veterans movement, who died of a heart attack, while on a training run, at age 63 on April 12.

Hundreds of people attended the funeral. Flowers and tributes arrived from around the world. Bonnie, his widow, said she felt at peace, because he had died while doing that which he loved so much. Never before, she said, had she realized how highly he was regarded by so many.

In a family tribute, Wal's elder brother, Charles said: "Wal was one of four sons born to Marjorie and Charles Sheppard. He majored in speech in school and spent the 40s doing his part in World War II. Wal married his boyhood sweetheart, Bonnie Constable, and they had each other's love and support for just 42 years. There was no question of Wal's appreciation of Bon's commitment to make their married life an enduring and enriching experience. Their marriage had both 'length in time' and 'quality in togetherness.' Wal loved sports and was awarded the British Empire Medal in 1979 for 'service to sport and to veterans.' The athletic fraternity greatly mourns Wal's sudden passing."
Appendix

H.4. indoors

Track & Field

Indoor Records

The 1986 edition of Masters Age Records is now available. The book contains men's and women's world and U.S. age bests for all track & field events, age 35 and up, as of January 1, 1986. It also provides U.S. age bests for men and women for all race-walking events, age 40 and up, as of the first of this year. Compiled by Mundle with Lori Maynard and Alan Wood, it is a useful tool for introducing one's non-running friends to the sport. Send $4.00, plus $1.00 for postage and handling, to NMN, PO Box 5185, Pasadena CA 91107.

Outdoor Records

The records are compiled by the WAVA.fine replaces Wal Sheppard, who died of a heart attack on April 12, 1986. The records are only part of the comprehensiveness of WAVA and IAAF rules.

The new American five-year age-division road race records are published in this issue, updating the last list, published in the December, 1985 issue. The records are compiled by the National Running Data Center, and are generally current thru January 1, 1986. Note that 5K and 12K marks have been added to the list.

Also note that, in the men's age 75-79 division, Ed Benham holds every mark. An unbelievable achievement, and we wish Ed well if he goes after it.

Carol Johnston, 74, just after setting a new single-age world record in the pole vault with a leap of 9"9, in the Sacramento Relays on April 26. Photo by Gretchen Snyder.

The records are only part of the comprehensive, 90-page Running Records by Age, 1986 edition, which is available for $5.95 from NRDC, PO Box 42888, Tucson AZ 85733. The book contains all U.S. track (not field) and road age marks from age 3 to age 95.

Fine Named New WAVA V-P

Don Farquharson, President of the World Association of Veteran Athletes (WAVA) announced that Bob Fine has been named Executive Vice President of WAVA. Fine replaces Wal Sheppard, who died of a heart attack on April 12, 1986.

For the past seven years, Fine has been serving as the North American Chairman of WAVA. He was unanimously selected by the WAVA Executive Committee to fill Sheppard's spot until elections are held at the WAVA General Assembly in Melbourne next year.

A New North American Chairman will be selected in the near future.

Masters Age Records

Track & Field

Indoor Records

The U.S. masters indoor track & field records coordinator, Haig Bohigian, is coordinating with WAVA Records Chairman Peter Mundie and WAVA Indoor Records Chairman Jack Fitzgerald of England to update the world indoor age-group records (NMN, January, 1986). They will blend in previously unreleased Canadian marks, and add the new records set in the British, U.S. and other indoor meets this past season. Look for those in an upcoming issue.

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Mundle reiterates that "age records" do not require the same documentation as "age-division records." "It would be impossible to thoroughly check each of the 2000 marks included in the book," Mundle said. "Some were wind aided or never validated."

But the five-year, age-division marks are subject to careful scrutiny, and require thorough documentation. Mundle has still not received validation of age-group records set in the World Veterans Games in Rome last year, despite letters and phone calls. The same is true for the 1984 European Veterans T&F Championships held in Brighton, England. WAVA has agreed that no record will be accepted simply because it was achieved in a world or regional meet. It must be properly

WAVA BY-LAWS - Appendix A: Hurdles and Implements Specifications

HURDLES

<table>
<thead>
<tr>
<th>WOMEN</th>
<th>MEN</th>
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</thead>
<tbody>
<tr>
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<tr>
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<td>100m</td>
</tr>
<tr>
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<td>80m</td>
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<tr>
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<td>60m</td>
</tr>
<tr>
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<td>50m</td>
</tr>
<tr>
<td>70 plus</td>
<td>40m</td>
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</tbody>
</table>

Hurdles must be 34" high. The distance from the edge of the hurdle to the holder is constant.

Implement Specifications

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<tr>
<th>AGE</th>
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<th>HAMMER</th>
<th>JAVELIN</th>
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<tbody>
<tr>
<td>35-39</td>
<td>4.00X</td>
<td>3.00X</td>
<td>1.00X</td>
<td>800 gms.</td>
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<tr>
<td>50 plus</td>
<td>3.00X</td>
<td>1.00X</td>
<td>800 gms.</td>
<td></td>
</tr>
</tbody>
</table>

Notes:

- Shot put: 3.00X, 2.00X, 1.00X
- Discus: 2.00X, 1.00X, 0.00X
- Javelin: 1.50X, 1.00X, 0.00X
- Hammer: 1.00X, 0.50X, 0.00X

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A New North American Chairman will be selected in the near future.
NORTH AMERICAN REPORT
by BOB FINE
North American Chairman, WAVA

The North American Championships will be held the first weekend in October in Tampa, Florida. I will have the cooperation of the City of Tampa Recreation Department and the Florida Athletics Congress.

The Pan-American Championships will be held in San Juan, Puerto Rico the second weekend in October. The South American Council has given their approval. Many thanks go to Gilberto Gonzalez-Julia and the Puerto Rican Masters for stepping in and helping preserve this Meer.

At the meeting of the IAAF Veterans' Committee in March, it was recommended that each WAVA region begin to hold Regional Distance Running Championships. IGAL will be merging into WAVA. It was felt that WAVA must expand the program for distance runners. It is probably too late to plan a program for 1986, but I would like to start things moving for 1987. We can have Championships in all of the standard road running events such as the 5K, 10K, 15K, 20K, 25K, 30K, marathon and cross-country. We can also have racewalking championships held concurrently with the road races or by themselves. I would like to appoint a committee to solicit sponsors and coordinate a schedule. The members of the committee do not have to be members of the North American Council. I would appreciate it if the members of the Council will check within their own national governing bodies and locate people who would be willing to serve. Please let me have the names and addresses. I feel strongly that we must reach out for the distance runners. Any suggestions would be welcomed.

Wal Sheppard, 2 Montgomery Place, Bullel. Victoria 3105, Australia, the WAVA Executive Vice-President died in April. Wal was one of the original members of the Executive Council. He was an exceptional person and became a dear friend to us all. I've already written to "Bonnie", Wal's widow. If anyone would like to drop her a note or a card I'm sure it would be most appreciated.

Lastly, I think that it would be best if we could assign Championships two years in advance. Please give me the names of potential sponsors for the Track and Field Championships and I will contact them. We can now offer to potential sponsors medals on a contingent basis, to be paid for after the meet, with our Council taking back those medals not used. I can also obtain T-shirts to be paid for after the event.

HELP!
For the past three years The Athletics Congress has directed that a new design for national championship medals be composed.

The Committee has established that the medal should include an American symbol, the name "The Athletics Congress" and, if possible, a clear identification with athletics.

Some of the symbols under consideration have been the Eagle and the Statue of Liberty. Please forward any proposed designs to me. These medals will apply both to masters and to masters competition.

Robert G. Fine
4223 Palm Forest Drive
Delray Beach, FL 33445

ATHLETES WHO ENTER A NEW DIVISION THIS MONTH 1986

JUDY DODGE (SEATTLE, WA) 6-21-46 40-44
BARBARA FLUZETZER (PA) 6-21-46 40-44
EVELYN HAVEN (NEW YORK CITY, NY) 6-11-16 70-74
LUCILLE LEE (PHILADELPHIA, PA) 6-23-41 45-49
RUTH ROTHFARBER (MIAMI BEACH, FL) 6-18-01 80+
SKIP SWANNACK (REDWOOD CITY, CA) 6-1-41 45-49
LENA BOSTROM (SEATTLE, WA) 6-16-31 40-44
JUNE CRISS (NZ) 6-29-46 55-59
MARGARET DOLSON (CA) 6-6-26 60-64
JANETTE ROSCE (GB) 6-29-46 55-59
REGINA SCHIEK (W) 6-9-46 55-59
CHRISTINE S. TAYLOR (GB) 6-8-11 60-64
WILLIAM ANDERBERG (AKA, WA) 6-6-21 70-74
MIKE ANDORS (LA JOLLA, CALIF) 6-26-21 100+
PIERRE BLANCHOU (FR) 6-16-61 55-59
HERB CHISHOLM (AL) 6-7-56 55-59
GEORGE CONLAN (CA) 6-14-31 55-59
LES COTTON (AUSTRALIA) 6-27-26 60-64
BRUCE DERN (SAN ANTONIO, TX) 6-4-36 50-54
LENNART LINDELOF (SE) 6-25-21 55-59
HILMA DUMLE (SE) 6-16-21 55-59
HANS FRUCHT (W) 6-9-11 75-79
RAY GIBSON (LONG BEACH, CA) 6-5-26 60-64
JACK GREENWOOD (MEDICINE LODGE, KS) 6-14-31 55-59
NORMAN HANKE (W) 6-9-11 75-79
HAL HIGDON (MICHIGAN CITY, IN) 6-17-31 55-59
CARL JUNNARI (AUSTRALIA) 6-16-21 65-69
OLAVI KAUKANEN (FINLAND) 6-23-26 60-64
LENNART LINDELOF (SE) 6-29-21 55-59
HARRY MCREADIE (REGO PARK, NY) 6-26-06 80+
JOSEPH MCCLOSKEY (REGO PARK, NY) 6-2-11 70-74
MICHAEL NEAL (LAS VEGAS, NV) 6-26-21 55-59
STAN NICOLL (AUSTRALIA) 6-16-11 75-79
DEAN SMITH (LOMBARD, IL) 6-16-26 55-59
KARE SOLNORDAL (NOR) 6-16-26 80+
TOM STURAK (SANTA MONICA, CAL) 6-29-21 55-59
JILL SUTTON (WHITEFIELD, PA) 6-14-31 55-59
GUNNAR TANG-HOLBEN (FIN) 6-11-06 50-54
HAROLD TINSLEY (HUNTSVILLE, ALA) 6-25-36 50-54
RODOLPH ZAPP (W) 6-21-01 55-59

TAC Western Regional Masters Track & Field Championships
JULY 5-6, 1986

EVENTS

FIELD

Track

10:00 10,000M or 5,000M Shot
11:30 100 Lunch for officials
1:00 4 X 100 Relay
1:15 100M
2:00 200 High Jp.
2:45 800M
2:15 800M, 100H Break
3:30 4 X 400 relay

Tentative Schedule

Sat., July 5

Sun., July 6

Field

Track

8:30 3000 Steeple
9:45 Hammer
11:30 1:00 Lunch for officials
1:00 400M Pole Vlt, Jav
2:00 Tripl. Jp.
2:00 1500M Break
3:30 10000IH
4 X 200 Relay

Name

Club affiliation

Date of birth

Sex

Event

Best recent mark

T-shirt size: S M L XL XXL

I would not be interested in a dinner Sat., July 5, (minimum cost). No. in party

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

Signed

Date

Victory and health to all. Remember that we are old and that we have to take care of ourselves.

June, 1986

National Masters News
NATIONAL

- While they last, the National Running Data Center will provide free copies of TAC's Road Race and Finish Line Management book — while the supply lasts — to NMN readers. The books sell for $6.00 from TAC. Send 75 cents for postage (or $1.50 1st class) to NRDG, P.O. Box 42888, Tucson, AZ 85733.

- The New Jersey Waterfront Marathon has been recommended by a TAC Sub-Committee to host the 1988 men's Olympic marathon trials. Running out over bids from Boston and Pittsburgh, final approval will come from the U.S. Olympic Committee. TAC's women's LDR committee is expected to announce their marathon trials site in September.

- The number of runners in America increased from 15.9 million in 1977 to a high of 30.2 million in 1984, and then dropped to 25.5 million last year, according to a recent Gallup Poll. Organized race events have grown from 4,058 in 1979 to 15,000 in 1985, and the running shoe market grew from $304 million in 1979 to $504 million in 1984, according to surveys by Gallup and Runner's World Magazine, and information from the National Running Data Center. The 15% drop in total runners in 1985 is attributed to the phasing out of formal surveys by Gallup. Surveys by the National Masters Track & Field (T&F) Club have shown a sharp increase in masters participants has escalated sharply, due partly to the aging of the nation's population.

- This biweekly Running Commentary, by John Henderson, cites a British report that England's three biggest events were bigger than ever in 1985 — while overall marathon attendance fell by 21 percent. "In America, big races still grow, but one in four races from the peak years has disappeared for lack of support, both human and financial." Henderson writes. "Canada's second-biggest race (after Montreal) — the 11-year-old National Capital race in Ottawa — was shelved. Reasons: disappearing sponsors and lost insurance. Twenty-two insurance companies refused to write liability coverage. Only one of them even quoted a price: $10,000 compared to $450 for last year's policy.”

NEW ENGLAND


- The Arthur Lydiard Running Camp is scheduled for July 6-12 at Bard College at Annadale-on-Hudson, New York. "That's a week before the U.S. National Masters T&F Championships in Long Island, New York. The camp is designed for ages 16 to masters runners. Lydiard, himself, will be on hand the entire week to help campers develop a personalization training program. For info, write Tom Robinson, 128 Clarence Rd., Scarsdale, NY 10583.

- A follow-up to the appeal by Peter Bridges, the U.S. Ambassador to Somalia, for running equipment to be donated to Somali runners: dozens of T-shirts, shoes, wrist bands, etc., have been donated. Regional road races have begun in Somalia, with 700 people running a tough, uphill 8K cross-country course, and 300 children running a shorter course. Clean shirts, shorts, socks and magazines will be put to good use in Somalia in community running programs. Pack in sturdy boxes and send to The Honorable Peter S. Bridges, American Embassy, Mogadishu, c/o Dept. of State, Pouch Room, 2201 C St., N.W., Washington, DC 20520.

- Ted Haiman, 43, sparked to a 1st M40+ and 3rd overall (287.0 m/finishers) in the Piner 10K, Central Park, NYC, March 29. Christine Hearn Gennning, 40, had an effervescent 38:40 to take the W40+ race and place 11th woman of 1128 finishers. Kenneth Jones, 55, won the M55 in 36:57; and Anna Thornhill, 45, was 2nd W40+ with 40:08.

- Ramon Ruiz, 46, landed the 10th spot (314 m/finishers) and 1st M50+ with 42:33 in the Javelina 12K in Brooklyn, April 6. Susanna Beltrandi, 42, was 1st W40+ with 58:19. Bob Muller, 61, did the 7.2 miles in 51:19.

- Vince Carnevale of Newark, NJ, who is four months away from 70, after a knee injury which held him to four 2nds in various 10Ks in the M60+ divisions, got it together for a 1st M60+ in 45:59 in a 10K in Pequannock, NJ, April 5, and a 1st W60+ in a 5K in Wayne, NJ, April 13.

- Pottstown Pacer Fred Ulesse set an M40-49 course record of 32:15 in the Benjamin Franklin Bridge 10K, Philadelphia, April 6, good for 7th in a field of 400. Fred's wife, Claudia, placed 3rd in the M40-49 race with 45:35. Both have been competing for only two years.

- Dennis LaMountain, 40, Richmond, VA, strode to a 32:21 masters 1st in the Elizabeth River 10K, Norfolk, VA, May 3. Karen Stronach, 46, Hampton, VA, May 4, was the 1st lady master in 1:41. Dixon Hemphill, 61, Fairfax, VA, won the M60+ in 39:49.

- The NY Pioneer Masters 4 x 100m relay squad (Stanford, Small, Johnson, Williams) flashed to a quick 44.0 in the Penn Relays, Philadelphia, April 25, and returned the next day with almost the same quartet (Williams, Small, Brown, Johnson) to flow to a 3:29.4 x 400m.

SOUTHEAST

- A 5K racewalk has been added to the TAC Southeast Regional Masters T&F Championships at noon on July 7 in Atlanta.

- NMN will have results of the May 26 Cotton Row Run in the next issue. At press time, Media coordinator Jim Oaks had lined up a "dream field." In the 45-49 division, of Lorenzo Bowers, Conway and Bilups. In the 40-44 bracket, he had Beiligene, Coffman, Randall, Looney, Dooley and Rich Myers, a new master from New Jersey. Defending female champ Judy Pickert had also signed up.

- Attention all Florida race walkers or would-be race walkers. The Florida Walkers Club has been formed as a sponsoring organization to organize a race walking program for Florida. It is a member club of TAC and affiliated with the Walking Club of America. It will be holding race walking clinics, development races and championships events. It also will turn to the distance running community to add race walking events in their meets. The Club wishes to spread the gospel of race walking to both high school athletes and masters. It will not sponsor teams or individuals, just events. Anyone interested send a self-addressed, stamped envelope to Bob Fine, 4232 Palm Forest Drive, Delray Beach, Florida 33445.

- John Boyle, 44, track coach at De Land H.S. in Florida, became the oldest winner in the 8th Annual Catalina 5K, Crescent City, FL, April 5, in a time of 16:20. Boyle is a frequent contributor of articles and results to NMN, and the director of an active masters T&F and RR program in the De Land area.

MIDWEST

- Oto Perkins, 56, a retired science supervisor in the Columbus, Ohio, School System, shattered the M55 5OK track record and seven other records including the 2-hour (31090m) with a 3:17.25 in Worthington, OH. March 23. By Mah, 59, of Ohio, finished 2nd to Perkins in 5:32:43, with another Ohioan, Dennis Fryman, 38, 3rd at 5:51:09. George Knox, also of Ohio, took the 4th and last spot, but can claim five distance M70 age-group marks and two age 74 records, including his 7:31:06 finish.


- Michigan Runner magazine puts up for voting the names of the top 15 runners in the state for the runner of the year. The top vote getter becomes the Michigan Runner of the Year, while the opposite sex becomes the other Runner of the Year. The magazine also presents a Service to Running award. The SB awards all went to masters. The top vote getter was 57-year-old Melba Hatch, while the top male was 44-year-old Bill Boyd. The Service to Running award was presented to 53-year-old George Kuhn.

- Hal Higdon, two-time World Veterans Games gold medalist and frequent contributor to NMN, is one of the 100 semifinalists in the first-journalist-in-space competition. He made the cut from the 1700 applicants, beating out big names like Sam Donaldson. Walter Cronkite is the morning line favorite, but Higdon is in better shape.

photo by John Lobo
MID AMERICA

- Masters members of running and track clubs who would like more than a monthly newsletter and a team logo singlet might look to the St. Louis TC, which shelled out $2,000 for a submaster and master competitors’ travel funds to events, ranging from the Boston Marathon to the Masters Outdoor and Indoor Nationals. But, you’d have to move to the St. Louis area because one of the stipulations for funds application is that St. Louis TC Racing Team members must work at club-sponsored races.

SOUTH WEST

- James Vicks, 40, narrowly outraced his training buddy Roy Turner, 46, with a 2:07.54 to 2:07.67 win in the Masters 800 Indoor, in the 7:11 SMU Track Meet, April 18. Jim Malone, 41, clocked 2:09.00 for 3rd.

WEST

- Gina Faust, 49, Woodland Hills, CA, won the whole show in the women’s race in the Carerra De Cabras 7.2 Mile, Westlake Village, CA, April 13, with a 1st place 3:53.5. Jake Jacobson, 42, Westlake Village, took the M40+ race in 47:40.

- Britisher Bill Venus, M40, carried off the loving cup for 1st masters in the American Continental 10K, Phoenix, AZ, March 2, with a hot 31:03. J. Stavionale, W40, got the W40+ with a 37:09. John Weidly won the M50 race in 33:33, and Barbara Meadows took the W50+ in 41:09.

- Judy Kewley, 41, Simi Valley, CA, ran a half-marathon in 1:21:00 in Fontana, CA, on April 19, to record a women’s masters 1st and set a W40+ course record. Before that, she grabbed a W40+ win in the inaugural Catalina Island Marathon, a race that nobody runs for a fast time.

- Bill Sevall, 40, San Francisco, chalked up a 6th place, 1st M40+, in the Honolulu’s To Hoolihan’s 8.3 Mile, San Francisco, April 6, with 43:07. Sal Vasquez, 46, Alameda, CA, finished 10th (43:25). Laurie Binder, 38, Oakland, CA, placed 6th (49:47) in the women’s race.

- Shirley Matson, Solana Beach, CA, added another mark to her growing W45 record portfolio with 1:01:12 in the YMCA Breakers 10 Mile, San Diego, CA, April 26. The previous record of 1:03:29 belonged to Joan Reisa.

- Italian masters race walking champion Piergiorgio Andretti, 48, led all race walkers in the Big Sur Marathon to California’s coast, April 27, in 4:10:00. Karl Krueger, 55, took 2nd with 4:59:52. The marathon’s race walking division was organized and supported by the Monterey Peninsula Walk Walk Club.

- This year’s meet director Bob Roemer announced that the Sacramento Relays Masters Meet will be renamed the Ken Carnine Classic for ‘87. “We wanted to do something to acknowledge Ken’s leadership and inspiration which have kept this meet going over the years,” Roemer said. Carnine, 78, traces his careers participation back before 1971, when the Northern California Seniors TC started collecting dues. Slowed by knee and lung surgery in recent years, Carnine nevertheless won the M75 discus and javelin, placed second in the pentathlon, and was declared the meet’s outstanding performer in his age bracket in the ‘85 World Games in Rome. A heart problem kept Carnine out of this year’s Sacramento Relays, but he and Kay reside at Gold River, CA, named the Registration and awards desk.

- Gard Leighton, 51, covered 136 miles and 1470 yards in 24 hours to place 2nd in the Woodland Empire ultra, Santa Rosa, March 22-23, to Rae Clark, 34, 1525m (444). Ruth Anderson, 56, motored through 110m (440) for 1st W40+. Anderson returned on April 19 for the 1st Ruth Anderson 100K, at Lake Merced, San Francisco, but settled for 2nd W40+ (10:54.59) behind Marty Maricle, 52, (10:34.14). Steve Cole, 71, ran 15:03. All three times are single-age records. Larry Butler, 40, was outright winner in 8:45.23.

- Win McFadden, M75, San Diego, CA, has been elected to the Waldron U., Decatur, IL, Athletic Hall of Fame, many as a result of his active participation in masters T&F for 18 years. The presentation was made May 17.


- Bob Holte, 54, ran from the Mexican border to Donner Pass last summer. This year, he’ll pick up the trail on July 5 and head for the Oregon-Washington border by September 8th. He’ll complete the 2700-mile trek from Mexico to Canada along the rugged Pacific Crest Trail in 1987. He does all this with no regular support crew.

- Craig Newport, 40, (50:42) and Gail Riedle, 43, (1:19:12) led the masters contingent in the inaugural Big Sur International Marathon in April. The picturesque course is sheltered by giant redwoods for the first four miles. Then the 1722 runners were brought into sunshine and dramatic rocky ocean views for the next 17 miles, then back into the Carmel forest to the finish. It was ‘beautiful, picturesque, a spectacular, fabulous’, said Leslie McMullin, 35, the first woman finisher in 3:00:44. There was recorded classical music at 26 locations on the course, a Franco Modino on a broken pianist, an 11-piece brass ensemble and a string quartet. Frank Shortor ran the first 12 miles, then joined the press truck for TV duties.

NORTHWEST

- Glen Wells, 50, from Utah, won the U.S. TAC National Masters 50K Racewalk Championships, Seattle, WA, April 27, in 5:14:43 on a cool, windy course by Lake Washington. John Bryant, 54, from Washington, was the only other masters finisher (6:19:07) in the race, which saw three masters DQ’d and two DNS’s.

- Bev LaVeck, 50, from Washington, set new 1-mile (8:34:1) and 2-mile (17:37:8) W50-54 race walk marks in the Washington Invitational T&F Meet in Seattle, April 24.

- A tragic loss struck masters athletes Bill and Marcia Mcchesney of Eugene, Oregon. Their oldest son, Tom, was killed in Oregon while riding his bicycle to the school where he worked as a teacher and track coach. Another son, Bill, Jr., is a national-class middle-distance runner.” Tom was an excellent athlete and a good person whose short life touched many people,” said Ed Mcchesney of the Oregon Track Club.

- Art Meany, 42, hastened to a 3:45:45 on the half-marathon course of the Spring Warm-Up 10K, St. John’s, Newfoundland, April 6, for 1st M40+ and 6th overall.

INTERNATIONAL

- Derek Turnbull, M55, recently ran a half-marathon in 1:15:15 at the World Half-Marathon Championships in Australia, a new record for the masters age division.

- Anne McKenzie, 60, of Cape Town, South Africa recently set a new women’s 800m record of 2:58.6. The time breaks the mark of 2:59.6 set in 1983 by Germany’s Erika Wernicke. McKenzie now holds world 800m marks for W40 (2:05.6), W45 (2:19.2), W50 (2:23.1), W55 (2:43.5) and W60 (2:58.6), an incredible string. The W40 mark was set in 1967, and is one of the ‘olDEST records on the veteran books. As usual, McKenzie felt she could have done better. “Since my injury last October, I have simply limped through the season,” she said. Some limping. The South African Masters T&F Championships were held in Germiston in April. Among the winners were WAVA President Don Parfussken and WAVA Secretary Owen Flatley.

- Daniel Duhamel, M40, of France, was the overall winner of the 1st International Veterans Marathon, from the city of Marathon to Athens, Greece, April 6, in 2:25:58. P. Skouls, M45, of Greece, took the 2nd M40+ spot (2:46:52), and Barry Shaw, M40, of Israel, the 3rd (2:47:04). The event commemorated the Greek runner Spiridon Louhos, who won the 1st Olympic marathon in Athens in 1896 and the 90th anniversary of that event. Guests of honor included Czech Olympic great Emil Zatopek and France’s legendary Alain Mimoun.

What You Need To Know

 TRACK & FIELD BOOKS

BRITISH AMATEUR ATHLETIC BOARD OFFICIAL PUBLICATIONS

LOTS OF INFO, PHOTOS & ILLUSTRATIONS ON TRAINING & TECHNIQUE

- HAMPER (new revision) by Johnson $4.95
- SHOT PUTTING by Johnson $3.95
- DISCUS (new revision) by Pais $4.95
- JAVELIN THROWING by Pais $4.50
- STRENGTH TRAINING (weight lifting for t & f) by Dick, Johnson, and Pais $4.50
- JAVELIN THROWING (new revision) $4.50
- HAMPER & JAVELIN THROWING (new revision) $4.95
- TRIPLE JUMP by Pais $4.50
- HURDLING by Arnold $4.50
- PUSHERS by Pais & Johnson (new revision) $9.95
- SIDEWALK PACE VARIETY FOR 6.0 TO 7.0 MILE RACE WALKING
- MIDDLE DISTANCE, LONG DISTANCE, MARATHON, & STEEPLECHASE by Bertha and Wilson $4.95
- DECATHLON & PENTATHLON (Women’s) by Pais $4.95
- DECATHLON & PENTATHLON (Men’s) by Pais $4.95
- RACE WALKING by Hopkins $4.95
- Plus $1.00 per item for mailing and handling
- Make checks payable to USMARRY HOUSE

ADDRESS

CITY STATE ZIP
**Track and Field Events**

**Track and Field Events**

**JUNE 15**
- 8:30 a.m. Masters meet, Hagerstown J.C., Hagerstown, MD 21740.

**JUNE 22**
- 8 a.m. Meet at the Ethan Allen Aquatic Center, New Haven, CT 06511.

**JUNE 29**
- 12 noon. Masters meet, Tiffin University, Tiffin, OH 44883.

**SOUTHAMPTON**

**SOUTHAMPTON**

June 11-13. 8th Montaione Masters Championships, Bozen. Mike Carignan or Rob Stahl, P.O. Box 3113, Bozen, MT 59731-3113. 309-873-2105.

**JUNE 12**
- 12 noon. Masters meet, Tiffin University, Tiffin, OH 44883.

**JUNE 18**
- 8:30 a.m. Masters meet, Tiffin University, Tiffin, OH 44883.

**JUNE 19**
- 8:30 a.m. Masters meet, Tiffin University, Tiffin, OH 44883.

**JUNE 25**
- 8:30 a.m. Masters meet, Tiffin University, Tiffin, OH 44883.

**SOUTH CENTER**

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LONG DISTANCE RUNNING NATIONAL

January 1-January 31, U.S. TAC National Masters One-Hour Postal Championships. Mail results to: Cliff Sharp, Harding College, P.O. Box 765, Searcy AR 72143. Send results to: Chuck Kaltenbach, 1355 W Escalante, St. George UT 84770.

February 4-February 28, U.S. TAC National Masters Two-Hour Postal Championships. Send results to: Bruce Robinson, 3622 Elise Ave., Los Angeles CA 90043.


June 1-June 30, U.S. TAC National Masters 100K Racewalk Championships, Mesa, AZ. Send results to: Joe Doherty, 13343 Balboa Ave., Happy Valley OR 97086.


NEW ENGLAND

August 16-18, Green Mountain Running Camp, Dartmouth College, Hanover NH. John Holland, 4234 Hawthorne Dr., Yorktown Hts., NY 10598. 914/962-3312.

August 17, Pumafoco Road Race 7.1 Miles, Falmouth, Mass. SASE to Richard Sherman, P.O. Box 732, Falmouth MA 02540.


EAST


August 3, Blue Cross 10K, and Masters 100m, 800, & 1500, Underhill Field, Mountain Grove Music Festival, c/o Essex County Dept. of Parks, 115 Clifton Ave., New Jersey 07104. 201/482-6400.

August 9, Ashbury Park Classic 10K, Ashbury Park, N.J. Phil Benson, P.O. Box 2287, Ocean Township NJ 07712. 201/351-4156.


SOUTHEAST

July 4, Peachtree 10K, Atlanta, GA. Julia Emmons, 30079 E. Shadowlawn, Atlanta GA 30335. 404/231-9064.

August 23, Magnolia Mile 8K, Wayneville, N.C. Reimar Steffen, P.O. Box 416, Wayneville NC 28786. 704/456-6773.

November 1, 10th Annual Press Cup 10K, Athens Ga. Cl. c/o Harold Tinsley, 811 Edgehill Dr., Huntsville AL 35802.

MIDWEST

July 4, Marathon Independence Day 10K (Y.O.M), Columbus, Ohio. Bill Schmidt, Wolfpack TC, 6163 Laurelwood Cir., Columbus OH 43229. 614/895-1514.


August 7, Manufacturers Hanover Corporate Challenge, Chicago, Ill. CARA, 708 N. Dearborn St., Chicago IL 60611. 312/664-8257.

October 26, America's Marathon/Chicago, Chicago, Ill. America's Marathon/Chicago, 214 W. Erie St., Chicago IL 60610.

November 16, Columbus Bank Of Ohio TAC Marathon Championships, The Ohio Runner, P.O. Box 20215, Columbus, OH 43220. 614/889-9066.

COLUMBIA MID-AMERICA

June 21, Grandma's Marathon, Duluth, Minn. Masters Marathon, P.O. Box 6234, Duluth MN 55806. 218/727-0947.

June 7, V.P. Fair 10K/3K, St. Louis, Mo. St. Louis TC, 6611 Clayton Rd., Suite 200, St. Louis, Mo. 63117. 314/862-SLTC.

October 12, Twin Cities Marathon, Minneapolis-St. Paul, Minn. Elliott Denman, 28 N. Locust St., Long Branch NJ 07764. 201/446-4959.

October 15, Runners Club, Minneapolis MN 55418. 612/926-8949.

WEST


June 26, Harolene Walters 8K, Legg Lake, Pico Rivera, Calif., 6 p.m. 5-year divisions thru 69. Arthur Martinez, 213/942-8774.

July 20, San Francisco Marathon, San Francisco, Calif. Scott Thomasom, P.O. Box 27385, San Francisco CA 94127. 415/681-2322.

August 24, 9th Annual America's Finest City Half-Marathon, San Diego, Calif. California Long Association, 3861 Front St., P.O. Box 3879, San Diego CA 92103. 619/297-3901.

NORTHWEST

June 5, The Race 8K, Eugene, Oregon. David Heiser, P.O. Box 11364, Eugene OR 97400. 503/995-8284.

June 29, Cascade Run Off 15K, Portland, Oregon. Chuck Minton, P.O. Box 40228, Portland OR 97240. 503/643-6453.


November 1, 10th Annual Canada vs. USA Masters 10K Cross-country Challenge, Sunset Park, Seattle, Bob Langenbach, 4261 S 18th St., Seattle WA 98188. 206/433-8866.

INTERNATIONAL


### AMERICAN FIVE-YEAR AGE-GROUP LONG DISTANCE ROAD RECORDS

*AS OF JANUARY 1, 1986*

(Compiled by the National Running Data Center, and recognized as the official U.S. road records by The Athletics Congress (TAC) and the Road Runners Club of America (RRCA).)

**Open Men**

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Distance</th>
<th>Name</th>
<th>Date</th>
<th>Time</th>
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<tbody>
<tr>
<td>40 thru 44</td>
<td>10 km</td>
<td>John Moreno (30, CA)</td>
<td>16 Jun 85</td>
<td>31:48 px</td>
</tr>
<tr>
<td>40 thru 44</td>
<td>15 km</td>
<td>Sergio Pimentel (35, CA)</td>
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<td>John Rooney (50, CA)</td>
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<tr>
<td>50 thru 54</td>
<td>10 km</td>
<td>Greg Meyer (29, NY)</td>
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<tr>
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<td>Jack Angel (45, OR)</td>
<td>15 Mar 84</td>
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<tr>
<td>55 thru 59</td>
<td>30 km</td>
<td>Mike Check (45, CA)</td>
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<td>Brian Rees (40, CA)</td>
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<td>Bill Stgere (55, CA)</td>
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**Men - 55 thru 59**

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<td>Howard Rubin (57, NY)</td>
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<td>Mike Check (55, CA)</td>
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**Men - 60 thru 64**

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**Men - 65 thru 69**

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### Men - 85 thru 89

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### Open Women - Mixed races

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<td>Donna Hudson (35, NY)</td>
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### National Masters News - page 27

- Road records are intended to include U.S. citizens only. Since citizenship information is not normally provided, non-U.S. citizens may be listed inadvertently. This may occur for foreign runners residing and competing for extended periods in this country. The NRDC would appreciate being informed of any non-citizens that may have been listed.
1984 U.S. MASTERS TRACK & FIELD RANKINGS
(Coordinated by Haig Bohigian, T&F Rankings Chairman)

WOMEN'S DECATHLON: 50-59
Compiled by Bill Forest

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WOMEN'S DECATHLON: 60-69
Compiled by Bill Forest

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WOMEN'S DECATHLON: 70-79
Compiled by Bill Forest

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Women's 60 thru 64

Marathon: 41:37:37 Mavis Lindgren (72,7A)

Women's 70 thru 74

Marathon: 4:54:30 Mavis Lindgren (72,7A)

Men's Decathlon: 70-79
Compiled by Bill Forest

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Men's Decathlon: 80-89
Compiled by Bill Forest

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Men's Pentathlon: 50-59
Compiled by Bill Forest

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Men's Pentathlon: 60-69
Compiled by Bill Forest

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Men's Pentathlon: 70-79
Compiled by Bill Forest

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Men's Pentathlon: 80-89
Compiled by Bill Forest

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<td>James Brown</td>
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<td>Charles Brown</td>
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Next month: 1985 800-meter rankings

Women's 60 thru 64

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Women's 70 thru 74

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Women's 80 thru 84

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<td>23' 2 1/2&quot;</td>
<td>John Buckey</td>
<td>5' 9&quot;</td>
<td>160</td>
<td>190</td>
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<tr>
<td>HIGH JUMP</td>
<td>6' 6&quot;</td>
<td>Michael Thorsen</td>
<td>6' 4&quot;</td>
<td>200</td>
<td>220</td>
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<td>6' 5&quot;</td>
<td>Robert Mayer</td>
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<td>210</td>
<td>220</td>
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<td>Michael Mcginnis</td>
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<td>240</td>
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<td>6' 3&quot;</td>
<td>Lance Atkins</td>
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**FIELD EVENTS**

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<td>John Buckey</td>
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<tr>
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<td>Robert Mayer</td>
<td>23' 2 1/2&quot;</td>
<td>6' 2&quot;</td>
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<td>Michael Mcginnis</td>
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**Soccer**

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**Baseball**

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**Basketball**

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**Football**

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**14th Annual TAC Eastern Masters Track & Field Indoor Championships**

University of Delaware

March 23, 1986

Pratt, Meet Director
### South Carolina Masters Weight Pentathlon

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### Florida Masters Track and Field Championships

- **Central Florida Masters TF**
  - **Javelin**
  - **Discus**
  - **Hammer**
  - **Long Jump**
  - **Triple Jump**
  - **Shot Put**

### Report

**Pentathlon Scores**

- **North Carolina Pentathlon**
- **South Carolina Pentathlon**
- **Georgia Pentathlon**

**Track & Field Scores**

- **Central Florida Masters TF**
- **Javelin**
- **Discus**
- **Hammer**
- **Long Jump**
- **Triple Jump**
- **Shot Put**

**State Relay Records**

- **Penn Relays**
  - **200 M Relay**
  - **400 M Relay**
  - **800 M Relay**
  - **1500 M Relay**
  - **3000 M Relay**

**State Meet Results**

- **Baton Relays**
- **Hop Relays**
- **Javelin**
- **Discus**
- **Hammer**

**State Meet Records**

- **100 M**
- **200 M**
- **400 M**
- **800 M**
- **1500 M**
- **3000 M**

**State Meet Records by Age Group**

- **20-24**
- **25-29**
- **30-34**
- **35-39**
- **40-44**
- **45-49**
- **50-54**
- **55-59**
- **60-64**
- **65-69**
- **70-74**
- **75-79**

**State Meet Records by Gender**

- **Women**
- **Men**

**State Meet Records by Age Group and Gender**

- **20-24 Women**
- **25-29 Women**
- **30-34 Women**
- **35-39 Women**
- **40-44 Women**
- **45-49 Women**
- **50-54 Women**
- **55-59 Women**
- **60-64 Women**
- **65-69 Women**
- **70-74 Women**
- **75-79 Women**

**State Meet Records by Gender and Age Group**

- **Women 20-24**
- **Women 25-29**
- **Women 30-34**
- **Women 35-39**
- **Women 40-44**
- **Women 45-49**
- **Women 50-54**
- **Women 55-59**
- **Women 60-64**
- **Women 65-69**
- **Women 70-74**
- **Women 75-79**

**State Meet Records by Gender and Age Group and Gender**

- **Women 20-24 Men**
- **Women 25-29 Men**
- **Women 30-34 Men**
- **Women 35-39 Men**
- **Women 40-44 Men**
- **Women 45-49 Men**
- **Women 50-54 Men**
- **Women 55-59 Men**
- **Women 60-64 Men**
- **Women 65-69 Men**
- **Women 70-74 Men**
- **Women 75-79 Men**

**State Meet Records by Gender and Age Group and Gender and Gender**

- **Women 20-24 Men 20-24 Women**
- **Women 25-29 Men 25-29 Women**
- **Women 30-34 Men 30-34 Women**
- **Women 35-39 Men 35-39 Women**
- **Women 40-44 Men 40-44 Women**
- **Women 45-49 Men 45-49 Women**
- **Women 50-54 Men 50-54 Women**
- **Women 55-59 Men 55-59 Women**
- **Women 60-64 Men 60-64 Women**
- **Women 65-69 Men 65-69 Women**
- **Women 70-74 Men 70-74 Women**
- **Women 75-79 Men 75-79 Women**

**State Meet Records by Gender and Age Group and Gender and Gender and Gender**

- **Women 30-34 Men 30-34 Women 30-34 Men 30-34 Women**
- **Women 40-44 Men 40-44 Women 40-44 Men 40-44 Women**
- **Women 45-49 Men 45-49 Women 45-49 Men 45-49 Women**
- **Women 50-54 Men 50-54 Women 50-54 Men 50-54 Women**
- **Women 55-59 Men 55-59 Women 55-59 Men 55-59 Women**
- **Women 60-64 Men 60-64 Women 60-64 Men 60-64 Women**
- **Women 70-74 Men 70-74 Women 70-74 Men 70-74 Women**
- **Women 75-79 Men 75-79 Women 75-79 Men 75-79 Women**
## DISCUSSION

1. **Division III**
   - Stow, Robert [5] 46.72
   - Conti, Karl C. [5] 57.05
   - Sanders, Carlos [5] 59.30

2. **Division IV**
   - Cooper, Ballard [5] 56.10
   - Cote, Alan [5] 59.53
   - Greit, Donald C. [5] 59.65
   - Hight, Tom [5] 59.76

3. **Division IV A**
   - Blanken, Feld [5] 63.11
   - Jorg, Bob [5] 66.91
   - Minto, Donald R. [5] 67.38
   - Gensheimer, Robert L. [5] 68.21
   - Davis, Grant [5] 69.18

4. **Division V A**
   - Gueury, Peter [5] 70.26
   - Davis, Jack [5] 76.26
   - Partridge, Philip R. [5] 75.25

5. **Division V B**
   - Tuchan, Arnold B. [5] 80.16

## HEIGHTS

<table>
<thead>
<tr>
<th>Division IB</th>
<th>Height</th>
<th>Assistance</th>
<th>Time</th>
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<tr>
<td>1.00</td>
<td>1.5</td>
<td>2.0</td>
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## PLACES

1. NIMBLE, Jack [5] 55.23

## WINNERS

1. **Division IA**
   - Boden, Robert [5] 37.45
   - Dworski, Joseph [5] 37.52
   - Morgan, Howard [5] 37.68

2. **Division IIA**
   - Gueury, Peter [5] 37.48
   - Halsall, Grant [5] 37.54

3. **Division IIIA**
   - Jorg, Tom [5] 37.48

4. **Division IVA**
   - Blanken, Feld [5] 37.48
   - Partridge, Philip R. [5] 37.48

5. **Division B**
   - Kozlik, Ben [5] 37.48
   - Morgan, Howard [5] 37.48
   - Hage, George E. [5] 37.48

## DISCUSSION SCA LADIES

1. **Division IA**
   - Chadbourn, Betty R. [6] 38.11
   - Nims, Anna R. [6] 38.15
   - Williams, Lynne [6] 38.19

2. **Division IIB**
   - Chadbourn, Betty R. [6] 38.15
   - Williams, Lynne [6] 38.23

3. **Division IIC**
   - Williams, Lynne [6] 38.27

4. **Division IID**
   - Nims, Anna R. [6] 38.27
   - Williams, Lynne [6] 38.31

5. **Division IIE**
   - Chadbourn, Betty R. [6] 38.27
   - Nims, Anna R. [6] 38.31
   - Williams, Lynne [6] 38.35
Continued from previous page

NATIONAL RUNNING DATA CENTER-PUBLICATIONS LIST

1. Running Records by Age, 1986 edition. Lists US single-age records based on races through 1 January 1986 for 31 standard track and road-running events, from 100 meters through 100 miles, plus official US open age-group records. (available April list) $5.95

2. U.S. Distance Rankings, 1986 edition. 1985 rankings and all-time lists for open men/women and all junior 13 and under age groups. Depth of rankings is based on competition. E.g., the open men/women rankings are 100 deep for 10 km and the marathon. Fourteen standard road distances plus the one, two and four hour ranks are ranked. (available June list) $7.95

3. U.S. Masters Distance Rankings, 1986 edition. 1985 rankings and all-time lists by five year groups. From 35-39 and older. Fourteen standard road distances plus the one, two and four hour ranks are ranked. Depth of ranking is based on competition, from 100 deep for the 10 km and marathon to 15 deep for 8, 15 and 20 km, 10 miles and half-marathon, to lesser depths for the seven other events. (available June list) $8.95

4. NRDC News, issued monthly. Contains updates to certified course and age record lists, statistical summaries, information on course certification and record-keeping policies, and much more. NRDC News is sent without additional charge to all persons who make an annual tax-deductible contribution of at least $15.00.

5. NRDC News: back issues; individual number (Feb 1980 to present) $2.00.

DISCOUNTED ITEMS: The following back issues have been discounted to $1.00 plus postage and handling. Inquire for further savings. (available April list) $1.00


Please allow two to three weeks for delivery. All publications are priced postpaid, which covers domestic BOOK RATE mailing costs. If you wish to receive the magazine to be mailed first class, please write (SASE please) or call for quote. All publications are available from

NRDC, PO Box 42883, Tucson, AZ 85733

Shuttle

Shot Put

Javelin

W40 Janie Duff 77-0
W40 John Stratton 96-10
W40 John Stratton 96-10
W40 John Stratton 96-10
W40 John Stratton 96-10
W40 John Stratton 96-10
W40 John Stratton 96-10
W40 John Stratton 96-10
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