

NATIONAL MASTERS NEWS

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

106th Issue

June, 1987

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Joining in a victory lap after the Legends Mile at Haywood Field in Eugene, Oregon, May 16, are, left-to-right: Mike Manley (16), Bill Stewart, Jim Ryun, Sam Bair (7), Kenny Moore, Ray Hatton (12),

Jim Hampton (15), Bob Schul (3), and Vic Wolfe (11). Web Loudat (not shown) won the race in an American-masters-outdoor record 4:20.89. Photo by the Eugene Register-Guard

300 Masters Compete in Palm Beach Meet

from FRANK VALDES

Blue skies, warm temperatures, and the promise of good competition attracted over 300 athletes from 25 States, Canada, Puerto Rico, and England to the Palm Beach T&F Championships in Florida on April 25-26.

Two American age-group records were set in the field events. Jeremiah Gaines, M75, of Chesapeake, Va., broke the old record of 12-10½ for the

long jump with a 12-11½ leap. Stan Laski, of Ft. Lauderdale, Fla., extended the M70 hammer record from 119-10 to 128-1.

Former world-record holders Brian Oldfield, 42, and John Powell, 39, each won their specialties. Oldfield put the shot 64-9 and had the crowd buzzing in anticipation with a 68-0 practice toss. Powell, a six-time national champion and four-time Olympian, spun the

Continued on page 8

Welch Sets World Veterans Marathon Record

Priscilla Welch, the amazing 42-year-old Britisher living in Boulder, Colorado, broke the world marathon record for women-over-40 with a sensational time of 2:26:51 in the London Marathon on May 10.

The old mark, which was thought by many to be untouchable, was 2:29:43,

set by fellow Briton Joyce Smith in the same race in 1982.

By contrast, the American women's masters record is 2:38:19, set by Miki Gorman in 1976.

Welch ran comfortably through a 33+ 10K, and reached the half-

Continued on page 20

Loudat Wins Bud-Light Legends Mile as Ryun and Lindgren Make Masters Debuts

It was billed as the annual Oregon Twilight track and field meet, but, from the standing ovation at Hayward Field in Eugene, Oregon on May 16, the race the crowd had come to see was the Bud Light Legends Mile.

And why not? Jim Ryun, who turned 40 on April 29, was about to compete in his first race as a masters runner. Gerry Lindgren, 41, was making his first competitive appearance under his real name in at least seven years. Bill Stewart, 44, the U.S. masters indoor-mile record-holder, was there. So was Tracy Smith, 42, the reigning U.S. masters 10K and mile champion.

Meet promoter Jim Healey had also lured former Olympians and masters luminaries Mike Manley, Ray Hatton, Bob Schul, Kenny Moore, Al Swenson, Web Loudat, Sam Bair, Tom Heinonen, Damien Koch, Jim Hamp-

ton and Vic Wolfe to the starting line. And to top it off, the starter was Peter Snell.

It was arguably the finest field of masters milers ever assembled, and the shouting crowd of 6,932 made it one of the most dramatic and exciting events in the 20-year history of masters running.

The favorite, off current form, was Tracy Smith, who had won the Millrose Masters Mile and recently set a U.S. masters 10K record of 29:50.

Smith led the pack through a

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**New World and U.S.
Track & Field
Age-Group Records
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Address Letters to: National Masters News, P.O. Box 2372, Van Nuys, CA 91404.

WOMEN HAVE IT TOO EASY

I read with some concern Mike Tymn's attack on the amount of prize money awarded to female runners, (April NMN). He omitted to inform his readers that the first official marathon was run in March 1896 - for men, only, of course - and that women had to wait nearly a century, until October 1973, before we were allowed to prove that we are capable of running and finishing an international marathon. Nor did we have the advantage either of gaining experience by competing in 5-, 10- or 20-mile road races.

I cannot help wondering how many male masters would be recording sub-2:15 marathons now if their bodies had been used to nurture and carry a growing baby for 9 months; suffered the trauma of bringing a new life into the world, stayed at home to feed and nurse a demanding child 24 hours a day, then toe the starting line on equal terms!

If Mike had checked records of ex-international male athletes who had retired and later returned to masters competition, he would discover that very few of them are able to beat

mediocre club athletes who competed uninterrupted.

He makes no allowance for nature's biological unfairness to 45/50-year-old women. He even suggests that we age faster than men. Many 60-plus women must have chuckled as they read that whilst they were cooking their "younger" husband's meals or washing his socks.

I am not aware of women masters on this side of the Atlantic receiving subventions yet, but I am very much aware of the pressure put upon women to give up athletics when they leave school in many underdeveloped countries of the world.

No, let us have more encouragement and, yes, equality for all.

*Bridget Cushen, Women's Delegate
World Association of Veteran Athletes
London, England*

Mike Tymn is, indeed, a brave soul to take on the women as he did in his April Gun Lap column. I suspect that even if right, Mike will hear from a bevy of women. After all, look at how ruffl-

Continued on page 11

NATIONAL MASTERS NEWS

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Associate Editor: Jerry Wojcik

Assistant Editor: Tom Sturak

Editorial Assistant: Teri Ingram

Photo Editor: Gretchen Snyder

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1715 Alamo Ave.
Colorado Springs, CO 80907
(303) 635-1264

Outdoor Records:

Pete Mundle,
4017 Via Marina #C-301
Venice, CA 90291
(213) 823-8804

Indoor Records and

Indoor & Outdoor Rankings:

Haig Bohigian
225 Hunter Ave.
North Tarrytown, NY 10591

Indoor Meet Coordinator:

Ron Salvio,
Box 116A
Englishtown, NJ 07726
(201) 446-4959(d).

Rules Coordinator:

Graeme Shirley
8148 Genesee Ave. #114
San Diego, CA 92122
(619) 455-4440

Outdoor Meet Coordinator:

Bruce Springbett
P.O. Box 1328
Los Gatos, CA 95030
(408) 354-7333

Secretary-Treasurer:

Al Sheahan
P.O. Box 2372
Van Nuys, CA 91404
(818) 785-1895

Marketing Coordinator:

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3468 Stanford
Dallas, TX 75225

Women's Coordinator:

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1740 Grandview Ave.
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Awards Coordinator:

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(914) 631-1547

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Jim Puckett
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(919) 556-4323

Vice Chairman Men:

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5428 Southport Lane
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(703) 250-7955

Vice Chairman Women:

Ruth Anderson
1901 Gaspar Drive
Oakland, CA 94611
(415) 339-0563 (h)
(415) 422-5554 (o)

Secretary:

Carole Langenbach
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Seattle, WA 98188
(206) 433-8868

Treasurer:

George Vernosky
5004 Glen Cove Pkwy.
Bethesda, MD 20816
(301) 229-8391

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TACSTATS
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Miami, FL 33158
(305) 255-1405

International

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Ruth Anderson - Women
(address above)

John Woods - Men

Neils Point Road
So. Harpswell, ME 04079

Site Selection:

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RD #1
Middleburg, NY 12122
(518) 827-6709

Awards:

Kirk Randall - Men
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Wellesley, MA 02181
(617) 237-7547

Ruth Anderson - Women
(address above)

Rules Coordinator:

George Kleeman
5104 Alhambra Valley Rd.
Martinez, CA 94553

Loudat Wins Legends Mile

Continued from page 1

65-second first lap as the field of 15 bunched together. The field split on the second lap with Smith, Loudat, Koch, Swenson and Stewart forming the leading group.

On the third lap, with 660 to go, Swenson and Loudat broke from the top five and turned it into a two-man race. They ran together for 600 meters until Loudat out-sprinted Swenson to the tape to set a new American masters outdoor-mile record of 4:20.89. The time broke Hatton's 12-year old mark of 4:24.0. (Stewart's indoor world veterans mark is 4:11.0, while New Zealand's Jim McDonald holds the world 40+ outdoor mile standard of 4:18.5. A 4:13.8 by Britain's Derek Vaughn is pending.)

Swenson, who was runner-up to Smith at the Indoor Nationals in Madison, March 28, again took a silver medal, in 4:21.75 Koch was third (4:26.35), followed by Smith (4:27.15), Stewart (4:28.26), Bair (4:29.25) and Ryun (4:30.98). Lindgren finished 11th in 4:39.6.

Hatton, 55, finished 13th in 4:45.1, a new U.S. M55 record, which broke Don Gammie's mark of 4:46.5.

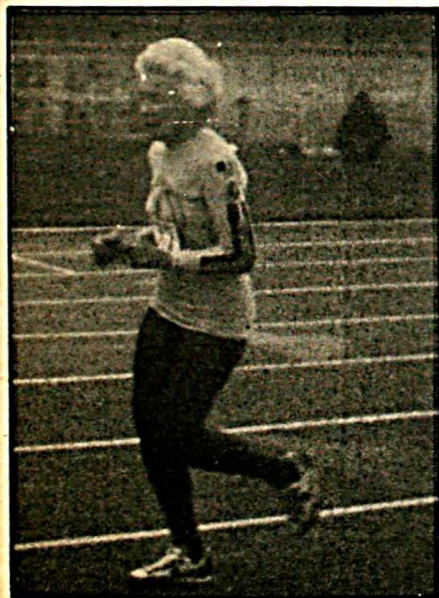
Times would have been faster, but for a strong wind blowing across the track.

After the race, Ryun said: "I hoped I'd do better, but I'm glad to be back...I hope to go to Melbourne this autumn to compete in the World Veterans Games."

Smith said he just didn't feel right. "I had good workouts all week, so I have no excuses," he said. But a four-hour drive from his home in Bishop, Calif. to the nearest airport (Reno) might have taken a toll on his legs.

Lindgren, the subject of an lengthy article by Olympian-turned-author Moore in *Sports Illustrated* (May 18), said: "I had a problem with a groin pull, but when I heard the crowd yelling, I decided to go for it. I'll run the

Continued on page 9



Dorothy Stotsenberg running to a W70 victory in 2:03.8 in the 400m at the Mt. SAC Sport Arcade meet March 14. Photo by Teri Ingram

NOT OVER THE HILL RUN



Johnny "The Elder" Kelley age 79 and finisher of 56 Boston Marathons, will be the honorary runner and featured speaker at Providence Point's Not Over the Hill Run.

Providence
Point

8k Race for Ages 50 and Over
Saturday, July 11 • 9AM

Issaquah, WA

\$3000 — 42 Cash Prizes

Six overall winners determined by age grading.
Three cash prizes also given in each category.

"Run for the Next Generation"
to benefit Swedish Hospital Medical Center Nursery

Accommodations provided by:  Seattle Sheraton
Hotel & Towers

FOR FURTHER INFORMATION:
Call race headquarters at (206) 283-1812 or Moving Legs at (206) 783-8546. For day of race information, (206) 392-1922.

DIRECTIONS: To Providence Point: Drive east on I-90, take exit 17, go left on East Lake Sammamish Boulevard and right on SE 43rd Way to the entrance gate.

Friday, July 10
5:00 p.m. Social hour with no-host bar
6:00 p.m. Pre-race dinner — \$7.00
7:00 p.m. Clinic by Johnny Kelley — Free

Saturday, July 11
8:00 a.m. Race day check-in
9:00 a.m. START OF RACE
10:30 a.m. Awards Ceremony
Schedule subject to change

FEE: \$10.00 includes race, continental breakfast and t-shirt

First and Last Name _____

Address _____

City, State, Zip _____

Area Code/Daytime Phone Number _____/_____

T-Shirt Size ☐ S ☐ M ☐ L ☐ XL

Division: ☐ 50-54 ☐ 55-59 ☐ 60-64 ☐ 65-69 ☐ 70-74 ☐ 74+ ☐ Walking/Strolling

☐ Male ☐ Female Race # _____

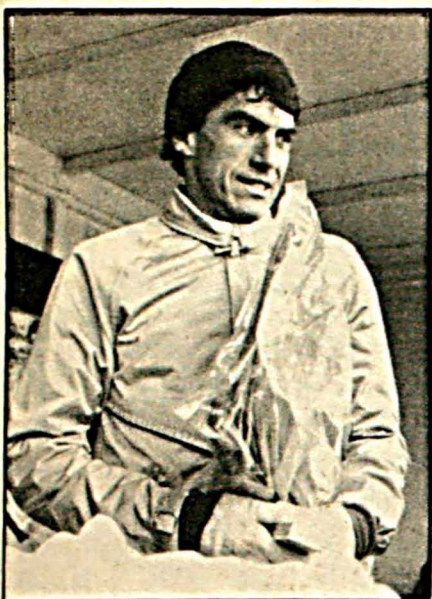
Entry fee: \$10 before July 8, 1987, \$12 D.O.R.
Make Checks Payable to: Providence Point's Not Over the Hill Run
Mail entries to: Not Over the Hill Run
200 W. Mercer, Suite 310, Seattle, WA 98119

Waiver: In consideration of accepting this entry, I hereby waive and release Swanson-Dean Corporation, Providence Point, The Fearey Group, Moving Legs, Swedish Hospital Medical Center and any other sponsors, agents, employees, or volunteers for any and all claims arising out of participation in this event. 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 _____ Date _____

Entries also available at local running stores or by calling 783-8546.

Brown, Welch Top Masters in 15th Nike Cherry Blossom 10-Mile Run



Barry Brown, M40, 1st Master (50:55), Nike Cherry Blossom 10 Mile, Washington, D.C. April 5. Photo by Kathy Ruser

by JERRY WOJCIK

Barry Brown of Gainesville, Fla., and Priscilla Welch, a British citizen who is living in Boulder, Colo., until her husband finishes his studies there, were masters winners in the 15th Annual Nike Cherry Blossom 10-Mile, Washington, D.C., on April 5.

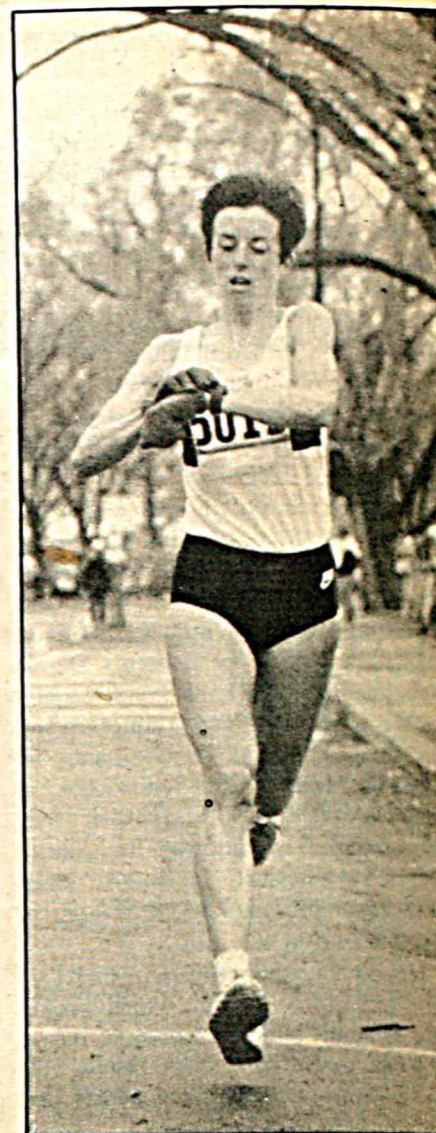
Brown's 50:55 left the second masters place for Lucious Anderson of Silver Spring, Md., 1½-minute behind. Welch's 53:51, her best 10-mile time ever, pushed her into the fourth women's spot and a \$1100 prize.

The masters divisions were filled with big name winners: Richard Stotlar, M45 (55:18); Norm Green, Jr., M50 (54:18); Hal Higdon, M55 (60:28); Orlo Keniston, M60+ (60:41); and Vince Carnevale, M70+ (80:48), but none produced a tight race.

Besides Welch, masters women's division winners were Sharon Hamilton, W45 (69:56); Gudrun Phillips, W50+ (1:10:12); and Harriet Wever, M60+ (1:20:22).

As the threat of bad weather disappeared and snow stayed west of Washington, D.C., Australian Lisa Martin went out to a world women's best of 52:23, smashing Rosa Mota's 53:09 set on the same course last year. Colorado's Jon Sinclair (46:48) was the first of twelve runners to cross the finish under 48 minutes.

The race, coordinated by Jeff Dorman, drew, among other notables, triathlete Scott Molina; the NYRR's Fred Lebow; and Senators Max Baucus and Albert Gore, honorary directors. □



Priscilla Welch, 42, Great Britain, 1st W40+ (53:51), Nike Cherry blossom 10 Mile, Washington, D.C., April 5. Photo by Kathy Ruser

Clark, Palm Each Win \$5000 in 91st Boston Marathon

by JERRY WOJCIK

Britain's David Clark, 43, and Sweden's Evy Palm, 40, won the masters races in the 91st Annual Boston Marathon on Patriot's Day April 20, and first masters prizes of \$5000 each.

Clark, with a 2:21:37, left second place to Eddy Lee, 40, a Welshman from Cardiff, who finished in 2:24:39, worth \$1500.

Palm's time of 2:36:24 left Canada's Rejane Plante, 44, far back at 2:54:15, but nonetheless worth \$1500.

Murray Hunt, 40, of New Zealand, ran 2:25:19 for the masters \$500 third-place award. Jane Hutchinson, 41, of Webb City, Mo., rescued third place for the U.S. and \$500 for herself in the W40-and-over competition with a

2:55:04 from the 123 W40-49 finishers.

Jack Bickley, 41, Washington, D.C., the first U.S. masters finisher, took eighth place with a 2:34:02, just seven seconds in front of ninth-place Sumner Brown, 43, of Belmont, Mass., of 1317 M40-49 finishers, the last of whom finished in 3:45:15.

The M50-59 race was won by Brendan Spratt, 53, of Boca Raton, Fla., who took it in 2:47:25 from Sam Light, Jr., of Kingsport, Tenn., by 40 seconds in a field of 468 finishers.

Jack Start, 66, of Trenton, N.J., beat 58 runners in the M60+ division with a 3:13:24. Canada's Michael Peytour, 72, ran 3:19:26 for fourth.

In the W50-59 division, Carolyn Cappetta, 51, of Concord, Mass., held off Erika Krueger, 52, of West Ger-

many by half-a-minute to win in 3:17:24. Thirty entrants finished that race.

Agnes Reinhard, 61, of W. Allis, Wisc., ran 3:53:19 for the W60+ victory, with California's Mary Storey second at 4:18:30.

Ruth Rothfarb, 85, of Cambridge, Mass., finished in 8:11:24, a U.S. age-group record. □

Ortega, Kiddy First Masters in Long Beach Marathon

by JERRY WOJCIK

Warm temperatures (80°) slowed the pace but not the determination of the 2925 finishers in the 6th Annual Long Beach Marathon in Long Beach, Calif., on May 3. The 92% finish rate (3167 started) was a testimony to the crowd support along the race route.

The masters contests went to Fred Ortega, 40, of Burbank, Calif., who finished in 2:44:05, and ultramarathoner Sandra Kiddy, 50, of Palm Springs, Calif., who ran 3:31:06.

James Edmonson, 44, of Los Angeles was second master, and Joyce Momita, 50, of North Hollywood, Calif., was W40-and-over runner-up in 3:36:52.

Kiddy's husband, Fred, 53, waited for her at the finish for 23 minutes after winning the M50-54 division in 2:50:14.

Overall winners were John McCracken, 30, of Nebraska, with a personal best of 2:19:15, and Beth Milewski, 29, of Canoga Park, Calif.

Next year's event is scheduled for May 1. □



Carol Forster, 49, runs a 17.0 100m for second-place at the Sport-Arcade meet March 14. Photo by Teri Ingram

NATIONAL MASTERS NEWS Subscription Form

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NORTHERN CALIFORNIA SENIORS TRACK AND FIELD CLASSIC

July 18, 1987

Sanctioned by: PAC/TAC

Sponsored by: No. Calif. Seniors Track Club

Edwards Field, University of California, Berkeley.

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

Competition (if there are enough entries) and awards in 5 year age divisions, age 30 and up; relays, 10 year age division (must have at least two teams in that division and all team members from the same club). TAC registration required — available at meet for \$10.

Entry fees: First event \$10, second event free, each additional event \$5; relays \$15 per team. Entry deadline: receipt by Monday, July 13; relays up to one hour before event. Late entries need approval of Meet Director, if space available.

The WAVA and TAC hurdles and implements specifications will be in effect. See National Masters News. Field events will be in flights of 6, to be set up after entry deadline. Heats in the 100 and 200 meters, if needed, will be at the beginning, and finals at the end of the scheduled event time. Order: women, older to younger men.

Hospitality Room Shattuck Hotel, 2086 Allston Way, Berkeley, CA 94709 (415/845-7300), one block west of track, opens 2:00 pm Friday July 17 and closes 6:00 pm July 18. Packets (including final schedule, program, competition numbers, pins, T-shirts) will be available July 17 at the Hospitality Room, and at the track. Make reservations three weeks in advance for hotel meet rates.

The Durant Hotel, 2600 Durant Ave, Berkeley, CA 94704 (415/845-8981) is four blocks SE of the track. For California outside of the Bay Area call 1-800-5DURANT; and for outside of California call 1-800-2DURANT.

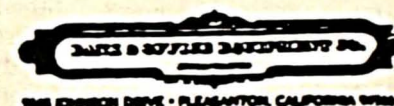
SCHEDULE The final schedule will be set after entries are received.
Field events will be divided into two heats of older and younger groups, women with the older men.
Some adjustment will be made according to ability

	<u>Shot</u>	<u>Discus</u>	<u>Long Jump</u>	<u>High Jump</u>
9:30	Younger group	Older group	Younger group	Older group
10:15	Older group	Younger group	Older group	Younger group
	<u>Javelin</u>	<u>Pole Vault</u>	<u>Triple Jump</u>	
11:00	Older group	Younger group	Older group	
11:45	Younger group	Older group	Younger group	



Track events Five year age groups — women first followed by older to younger men. The program will contain the exact age group schedule.

9:00	3000M (men 60 up, women)	2:20	800M (women)
9:25	3000M (men 30-59)	2:25	800M (men)
11:45	4 x 100 relay	2:50	400M Intermed. hurdles
12:00	100M Hurdles (men 70 up; women)	3:05	200M (women)
	110M Hurdles (men)	3:15	200M (men)
12:30	100M (women: 55 up, 30-54)	4:05	1500M (heat 1, women)
12:40	100M (men)		heat 2, men 60 up)
1:30	400M (women)		heat 3, men 30-59)
1:40	400M (men)	4:30	4 x 400 relay and/or
10 minute break (2:10-2:20)			4 x 200 if requested



Mail entries with check payable to N.C.S.T.C. to Martyn G. Adamson, Meet Director 439 Love Lane, Danville, CA 94526. For further information, send self addressed stamped envelope.



(Please Print Application)

Name _____ Club affiliation _____

Address _____ TAC # _____

Male _____ Female _____

Telephone _____ Birthdate _____ Age on 7-18-87 _____

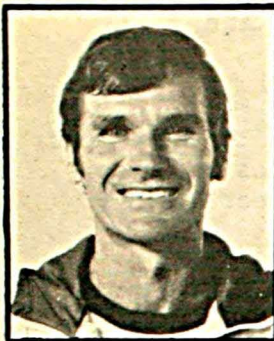
Events _____ Best recent mark _____ Size T-shirt: S _____ M _____ L _____ XL _____

I would not be interested in an awards dinner, July 13, Shattuck Hotel (minimum cost). Number 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 _____



THE GUN LAP

by MIKE TYMN

Distance Runners: Athletes or Wimps?

“You mean to tell me they call those little wimps athletes,” my Uncle George from Detroit reacted while viewing the New York City Marathon last year. The remark was prompted by the color commentator’s reference to the lead runners as “athletes.”

Uncle George belongs to the Merlin Olsen school of sports. To Olsen, a former all-pro turned football commentator, an athlete is someone who can run 40 yards in 4.4 seconds, cut on a dime, and leap high over defenders. By those standards there isn’t an elite distance runner in the world who can be called an athlete.

Football coaches and scouts have been known to classify players as either *athletes* or *animals*. The athlete is one whose excellence is attributed to speed and guile; the animal to sheer size.

Uncle George’s comment reminded me of a remark made by a high school football coach back in 1962 when I was coaching a high school cross-country

If an athlete is one who is sculptured like Adonis, what then of the rotund sumo wrestler, the tiny jockey, the beanpole basketball center or the wiry distance runner?

team in Alameda, Calif. The football coach, a former Little All-America quarterback, remarked that cross-country is a good sport for non-athletes.

As a contributor to *Sports Encyclopedia North America*, being published by Academic International Press, I was recently asked to research the word “athlete” and do 1,000 or so words on it.

My first source was the dictionary, which defines an athlete as, “one who takes part in competitive sports; a person possessing the natural prerequisites for sports competition, as strength, ability, and endurance.” The word has its roots in the latin *athleta* and the Greek *athletes*, meaning contestant, from *athlein*, to contend for an award, from *athlon*, award or prize.

The dictionary definition creates many more questions than the one it is intended to answer. To begin with, what exactly is a sport? The dictionary defines that word in various ways, to include an active pastime, a diversion, recreation, play, light mockery, raillery, and jest. The most acceptable definition by today’s usage would seem to be, “a specific diversion, usually involving physical exercise and having a set form and body of rules.”

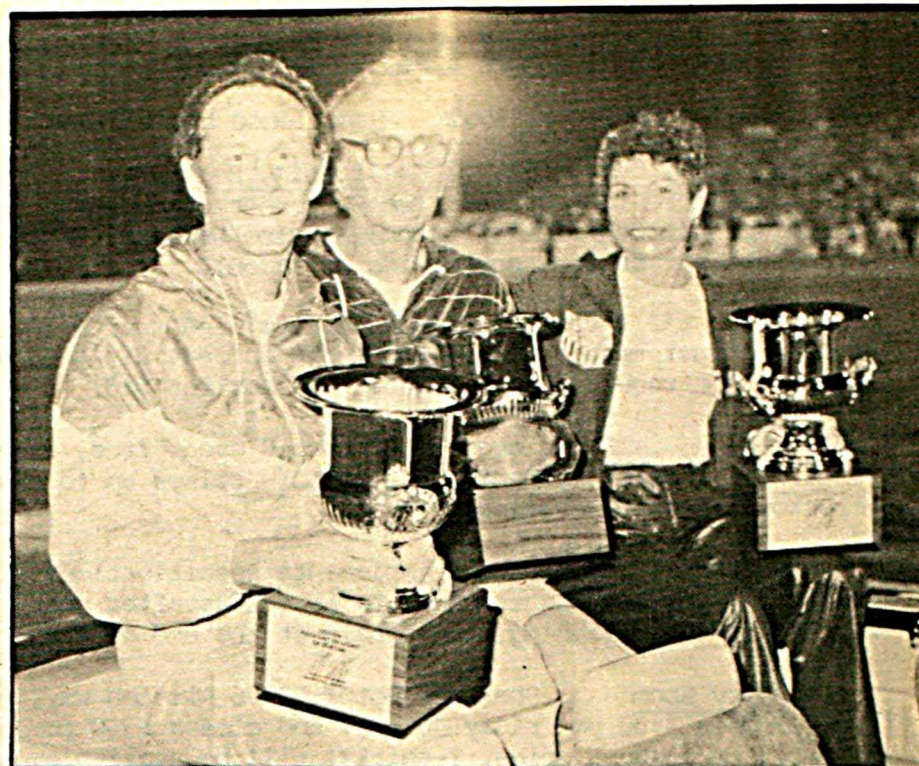
With the term “physical exercise” being subject to further interpretation and not mandatory, games such as billiards, croquet, and horseshoes might qualify as sports and concomitantly their practitioners as athletes. Yet, a Minnesota Fats, the celebrated champion of pool and billiards, would seem to be the antithesis of the modern athlete, at least in terms of the muscular or streamlined build commonly associated with athletes.

If, however, an athlete is one who is sculptured like Adonis, Mercury, or Hercules or like the decathlete of modern times — a build which manifests those qualities of strength, agility, and endurance mentioned in the dictionary — what then of the rotund sumo wrestler, the tiny jockey, the beanpole basketball center, . . . or the wiry distance runner?

If physical activity is required, how vigorous must it be? If billiards, croquet, and horseshoe pitching do not qualify as sports or *athletics*, what about other relatively sedentary games, such as golf, bowling, stock car racing, sailing?

Is the expenditure of physical energy in billiards or horseshoe pitching significantly less than that in archery or marksmanship, two Olympic activities? Do all Olympic Games activities qualify as sports? Or are some simply games? Does a major league knuckleball pitcher expend much more energy than a horseshoe pitcher?

Must there be competition? What then of the mountain climber? Does



Richard Schmidt (l), first overall physician (19:14); Duke Stewart, first grand master (60+) (20:28); and Carol-Jean Moorehead, first women’s master (19:34), riding in parade car after the Edison Pageant of Light 5K, Ft. Myers, Fla., February 21.
Photo by Derek Dunn

the Olympic gymnast stop being an athlete when he or she becomes a circus acrobat? What about the Olympic figure skater who goes on to the ice follies?

If the competition aspect is used in its most generic sense, to include competition with the elements, with animal life, or against oneself — thereby bringing mountain climbing, hunting, fishing and circus acrobats within the realm of athletics — what of the cross-country balloon flyer or the deep sea diver? Was Sir Edmund Hillary any more of an athlete in conquering Mt. Everest than Charles Lindberg was in flying the Atlantic?

There is very little in the way of reference material to answer the myriad of questions created by the dictionary definition of *athlete*.

References on early Greek athletics only serve to create additional confusion. The classical Greeks had competition in fields of endeavor which we do not classify as sports, such as trumpeting, shouting for heralds, dancing, and the playing of music. Those we accept as sports included track and field, pugilistics, and events for horses.

The classical Greek athlete is today sometimes depicted as the long distance runner. Yet, there are indications that the Greeks did not consider the long distance messenger an athlete.

“The runner who brought the message from Marathon in 490 B.C. was a great patriot and a splendid distance runner but he was not an athlete,” writes Professor Richard D. Mandell in *Sport, A Cultural History*. “Significantly, the outstanding distance runners we know, so spare in the upper arms and haggard in the face, do not appear in classical art. As spectators, the ancients preferred the

proportions, mass, and the high spirits of the young mesomorphs who were sprinters.”

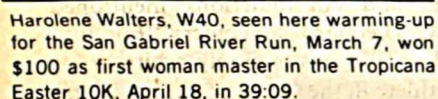
Probably the most thorough examination of the meaning of the word “athlete” has been conducted by sports philosopher George Leonard, author of *The Ultimate Athlete*.

After confronting many of the questions and contradictions mentioned above, Leonard concludes: “For me, then — and this is purely arbitrary — an athlete in the Game of Games is one who plays life intensely, with heightened awareness of this endeavor. An athlete is one who can perceive discord and harmony. An athlete in this Game plays voluntarily and wholeheartedly, even while realizing that this Game is not all that is; knows the rules and limitations of play and sees beauty in the order thus imposed; seeks to expand any frontier available and yet is not unmindful of ethical imperatives and the needs of others. The athlete contends in a game for a prize, and the prize is play itself, a life fully experienced and examined.”

As Leonard sees it, an athlete may be a musician, a carpenter, a householder, a yogi, an Olympic runner, or a farmer. “No one can be excluded merely because of occupational specialty, and differences between the purely physical and nonphysical begin to fade,” he writes.

If we accept Leonard’s definition, distance runners can qualify as athletes. Heck, even Wendy Miller, my fellow columnist, qualifies. □





The marathon had 1424 finishers, and over 1600 runners finished the adjunct 8K race. □

The fields in both races included runners from 33 states, England, Colombia, Kenya, Mexico, and Canada. Thomas Sports Enterprises orchestrated the whole affair. □

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On Approaching Every Problem With an OPEN MOUTH

by W. MacDONALD MILLER

Leakgate

Let's face it, any return from vacation is going to be a bit of a bummer. After all, there are other things I'd rather be doing than earning a living. On the other hand, I was one of those lucky people who developed a profession that has allowed me a great deal of freedom.

Working with numbers, with money, understanding how they relate, how you leverage them, compound them, finance them, and invest them, and, all the while, prudently positioning yourself as a fiduciary who shares a disproportionate amount of the profits-versus-risk, has supported me in a style and manner that my family has never become totally accustomed to — hand to mouth.

Just the same, returning home from a vacation is always tough. You've got your mail to go through, for instance. One day at a time isn't so bad; you don't notice the complete anonymity you live in. Pick up three weeks of mail and it hits you right in the old head band: 107 pieces addressed to Resident or The Folks, 31 letters with requests for money having to do with services rendered, 27 requests for money of the Eleemosynary type and, finally, something worth looking at — a letter from daughter with a request from college; she and her new boyfriend, "Stud Peterson," need a small advance to make it to Mazatlan for Spring Break.

Anyway, I digress . . . one of the things I do upon my return home surprises even me — I read the *National Masters News*. I first read the letters to the editor, and before I'm finished I've pretty well looked over the entire affair. I don't know whether to laugh or cry. While cheating, trophy-grabbing, chest-pounding, wind-bagging and lying is admittedly the glue that keeps Masters competition together, what in the world is going on here? I leave you alone for a couple of months and you've all turned on one another with new found vigor and hate.

As best I can figure it, the problem has divided our club-house against itself and, unless I'm missing something, the issue all started over someone taking a leak. Or maybe he didn't take a leak; I'm not exactly clear on this point but I don't think it really matters. What really matters is we're getting too serious again. Look at our letters to the editor section; we're right back to letters from guys claiming they were "497th at Huntsville and not 498th as your newsletter so maliciously

and erroneously reported. I should sue you for defamation of character." We're right back to devoting pages and pages to microscopic results of events that should have been enjoyed, not drooled on.

I must raise my voice again in defense of what's good and what's important about Masters activity. People must be reminded and brought back to the thrust of what old-age competition is all about. It is a stage upon which people can perform and, heaven knows, there is room for all levels of competition. This stage, however, is at its best when it presents and fosters strange goings on. Masters activity makes its greatest contribution when it provides a showcase for whackos, those glorious goofballs, those wonderful weirdos who can live so unappreciated in our midst.

What can you say about a 50-year-old man who would don sweat bands, knee socks, multi-colored spikes and devote his entire weekend to pole vaulting seven feet, except — wonderful. Wouldn't you like to spend an evening with a couple from Indiana who, locked in the grip of a Midwestern snowstorm, did 10 miles each day around the dining room



Ed Hill, M40, puts the shot 52'9 3/4" in the Palm Beach Masters Meet, April 25.

Photo by Frank Valdes

table? Couple, you say? Of course; his wife counted laps. I know a woman who ran the Honolulu Marathon and counted every step. Now if she could just balance her check book, we'd have a much better standing in the community.

It's an old saw and I suppose I am starting to repeat myself, but somehow, some way, we've got to lighten up. Tell me, did you ever hear a winner really complain? Next time you u-haul that breakdown mess you call a body over the finish line in 5,000th place, congratulate yourself and keep your mouth shut — you'll be a winner. Life goes on after Yale, you know, even if an army of sixty-year-old men

in white bucks would have you think otherwise!

As for me, I've got more important things to do with my time, like trying to patch up a number of relationships that went sour while I was gone. Let's see, Fine is mad at Pain, what's-his-name is still very unhappy with Ken Young, Sturak is pretty upset with Mundle and now that I think about it, I'm plenty browned-off at Higdon, myself. Somewhere in this mess I've forgotten what the hell Jack Foster is mad at me about. It doesn't make sense; some of my best friends are Australians. It's all part of my role as a responsible, ethical journalist. I, for instance, have known for years that Ernie Billups can't swim a lick. □

300 Masters Compete in Palm Beach Meet

Continued from page 1

discus 202-10.

Spectators and meet officials were hoping for a showdown from Powell, Oldfield, former high school record-holder Dock Luckie (who threw 202-7 at this same site in 1976), and four-time Olympic champion Al Oerter. Unfortunately, Luckie opted for the Orlando Track Classic, Oerter withdrew with a back injury, and Oldfield finished with a 171-3.

The national atmosphere of the meet was reflected in the 100m, with almost every age-group winner coming from a different part of the country. Thaddeus Bell, M40, of Charleston, S.C., topped all masters times with an 11.39. Winners included Gordon Albury, M55 (12.68), of Santa Fe, N.M.; Bill Weinacht, M70 (13.78), of Boca Raton, Fla.; and Kathy Pierce, W35 (13.88), last year's W35 national outdoor shot put champion, from Cortland, N.Y.

In the 200, Alfonso Walton, M35, of Washington, D.C., who clocked the meet's best 100m (11.16) did it again with a 22:36. Bell won again with 22.77 and fought off Gordon Reiter of Baldwin, Mo., to win the M40 400, 53.28 to 53.79.

Jay Sponseller, M65, of Naples, Fla., won the 400 (67.09) and the 800 (2:36.7).

Peter Hallop, M40, of Ann Arbor, Mich., who recorded a 4:25.34 mile also, led all 5000 finishers with a 15:39:79. Bobbie Rothman, W40, of Coconut Creek, Fla., who has qualified for the 1988 Olympic Marathon Trials, paced the women with an 18:07.61 5000.

The 110mH started off the running events in fine style as Nate Robinson, M35, of Deerfield Beach, Fla., blazed to a 14.7, followed by Robert Zahn, M30, of Waukesha, Wisc., in 15.1, and Dale Smith, M30, of Houston, Texas, in 15.7.

First finisher in the 5000 racewalk was Bob Fine M55, of Delray Beach, Fla., with a 28:06.35, just in front of R. Lee Duffner, M50, of Golden Beach, Fla., who walked 28:10.73.

Triple-jumper Wayne Reese, M30,

of Moore Haven, Fla., had the best mark of the day (46-9 1/4). Vernon Mattson of Weston, Mass., won the M65 division with a 28-11 1/2.

In the women's field events, Harriet Boyd, W60, of Lake Mary, Fla., set a U.S. age-63 record in the high jump with a 3-1, and had a fine shot put effort of 26-10.

Ed Hill, M40, of Birmingham, Ala., lost no luster to the big-name stars with a 52-9 3/4 shot put, a 144-9 discus throw, a 156-2 hammer toss, and a 56-8 mark with the 35# weight.

The 1988 meet is set for April 23-24.

□



Jay Sponseller breaks the age-69 800m American record in 2:36.7 at the Palm Beach Masters Meet.

Photo by Frank Valdes

Loudat Wins Legends Mile

Continued from page 3

event again, if they'll have me after the way I ran tonight."

Lindgren won six NCAA distance titles for Washington State in the mid-60s.

Lindgren said he decided to enter the race "to set the record straight" about his disappearance seven years ago, when he left his wife, three children and a bankrupt athletic footwear business in Tacoma, Wash. He was the subject of an 11-year-old paternity lawsuit at the time. He was discovered by NMN columnist Mike Tymn, who recognized Lindgren running under the name of Gale Young in a road race in Honolulu last year.

Lindgren briefly remained in Eugene to attend the wedding of Moore, who finished 14th in 4:48.3.

Lindgren was greeted warmly by former competitors at a Friday night banquet and exchanged hugs with his high school coach, Tracy Walters of Spokane.

"I can't comment on family things," Lindgren said. "It's sad I broke up with my wife and sad how it all happened, but I don't want to air dirty laundry in public. There is a lot more to it than people need to know. I don't really think I was in hiding as much as avoiding that paternity situation."

"I hid things, I suppose, because I was in an adverse situation and I was a little afraid of it. I shouldn't have been, because the legal difficulties I had have long since been cleared up."

Healey, an assistant coach at the U. of Oregon in Eugene, spent four months putting the race together.

"When I saw the tremendous crowd reaction to the Millrose Mile (in New York City on Jan. 30), I had to try to do something," he said. "I contacted Kodak, IBM and others before Bud Light came through with travel expenses for the athletes."

Healey said the budget didn't permit prize-money, but added: "I'd like to get this going on a national basis, and offer big money to any 40-or-over runner who can break 4-minutes for a mile."

The *Eugene Register-Guard* ran a photo of the event, while the *Portland Oregonian* (the largest newspaper in the state) devoted half of its meet story to the Legends Mile. The *Los Angeles Times* did a two-column story — mainly on Lindgren — and the event was mentioned in *USA Today*.

Healey said he picked the name "Legends" out of the air. "The sponsor felt the name 'Masters' didn't fit the event," he said.

The final meet on the existing Hayward Field track will be the Pre Classic on June 6. A new \$225,000, Pro-turf track will then be laid in time for the 1987 U.S. National Masters Championships, August 14-16. □



3RD ANNUAL LOS ANGELES PATRIOTS SUMMER RELAYS PRESENTS

2ND ANNUAL CALIFORNIA MASTERS TRACK & FIELD TEAM CHAMPIONSHIP

SPONSOR	: LOS ANGELES PATRIOTS ORGANIZING COMMITTEE
DATE & TIME	: SATURDAY JULY 11, 1987 STARTING TIME 12:00 NOON
LOCATION	: LOS ANGELES SOUTHWEST COLLEGE. 1600 W. IMPERIAL HWY., LOS ANGELES, CA 90047
ENTRY FEE	: \$ 8.00 PER EVENT. \$ 10.00 PER RELAY TEAM. T-SHIRT WILL BE INCLUDED IN YOUR PACKAGE. EXTRA T-SHIRT WILL BE SOLD FOR \$ 6.00 EACH.
FACILITIES	: 400 METER ARCO REKORTAN TRACK. TRAINING SITE DURING THE '84 OLYMPIC GAMES L.A. 3/16 OR 5 MM SPIKES PERMITTED ONLY. ALL RUNWAYS ARE ARTIFICIAL AND CONCRETE RINGS. FOOD AND DRINKS WILL BE SOLD.
ENTRY DEADLINE	: TO GUARANTEE YOUR PARTICIPATION ENTRIES MUST BE RECEIVED ON OR BEFORE SATURDAY JULY 4TH., 1987. NO LATE ENTRIES WILL BE ACCEPTED
AWARDS	: MEDALS WILL BE AWARDED TO FIRST, SECOND AND THIRD PLACES. CHAMPIONSHIP PLAQUES WILL BE AWARDED TO FIRST, SECOND AND THIRD PLACE TEAMS. THE TEAM WITH THE HIGHEST SCORE WILL GET THEIR NAME ENGRAVED ON THE PERPETUAL TROPHY AND THAT TEAM WILL KEEP IT UNTIL THE CHAMPIONSHIP IN THE SUMMER OF 1988 (LAST YEAR CHAMPIONS : SOUTHERN CALIFORNIA STRIDERS)
DIVISIONS	: FIVE YEAR AGE GROUPS
MAIL ENTRY TO	: LOS ANGELES PATRIOTS ORGANIZING COMMITTEE. P.O. BOX 2981, BEVERLY HILLS, CA 90213-2981
MEET DIRECTOR	: MARVIN THOMPSON (L.A.P.O.C.) - TELEPHONE No. (213) 388-9689

NOTE : NO FALSE START RULE WILL BE ENFORCE

Sanctioned by TAC/PACIFIC ASSOCIATION



SCHEDULE OF EVENTS

TRACK EVENTS

8:00 A.M.	10,000 METERS RUN	1:35 P.M.	400 METERS SPRINT
12:00 NOON	4 X 100 METER RELAY	2:00 P.M.	300 METERS INTERMEDIA HURDLES
12:15 P.M.	1500 METER RUN	2:15 P.M.	200 METERS SPRINT
12:25 P.M.	110 METER HIGH HURDLES	2:40 P.M.	3000 METERS RUN
12:45 P.M.	80 METERS LOW HURDLES	3:00 P.M.	5000 METERS RACE-WALK
1:00 P.M.	100 METERS SPRINT	3:30 P.M.	4 X 200 METERS RELAY
1:20 P.M.	800 METERS RUN		

FIELD EVENTS

12:00 NOON	JAVELIN THROW, LONG JUMP	2:00 P.M.	SHOT PUT, TRIPLE JUMP
1:00 P.M.	HIGH JUMP, POLE VAULT	3:00 P.M.	DISCUS THROW (ON S.E. END OF TRACK)

MEN WEIGHT: S.P. - 16# 30-49; 12# 50-59; 8# 60+
DISCUS- 2KG 30-49; 1.6 50-59; 1.0 60+
JAVELIN- 800GM 35-49; 600GM 50+

WOMEN WEIGHT: S.P. - 4.00K 35-49; 3.00K 50+
DISCUS - 1.00K 35-49; 1.00K 50+
JAVELIN - 600GM 35-49; 400GM 50+

SCORING : 6,4,3,2,1 (SUBJECT TO CHANGE)

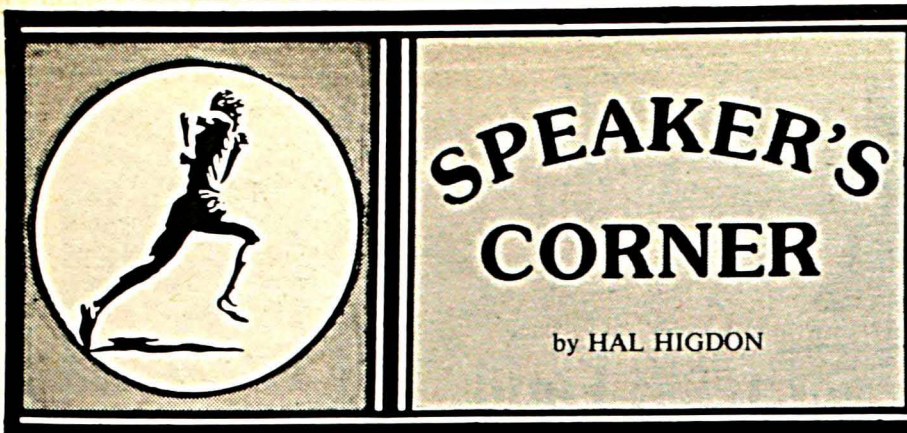
OFFICIAL ENTRY FORM (PLEASE PRINT)

LAST NAME _____	FIRST NAME _____
ADDRESS _____	CITY _____ STATE _____ ZIP _____
TELEPHONE No. () _____	SEX: M _____ F _____ DATE OF BIRTH _____ AGE _____
INDIVIDUAL FEES \$ _____	RELAY TEAM \$ _____ TOTAL \$ _____
CLUB OR TEAM REPRESENTING _____	T-SHIRT SIZE : S _____ M _____ L _____ EX-L _____
EVENTS 1. _____ 2. _____ 3. _____	4. _____ 5. _____ 6. _____

MAIL ENTRY TO : LOS ANGELES PATRIOTS ORGANIZING COMMITTEE. P.O. BOX 2981, BEVERLY HILLS, CA 90213-2981

ATHLETE'S WAIVER : IN CONSIDERATION OF YOUR ACCEPTANCE OF MY ENTRY, I DO HEREBY FOR MYSELF, AND EXECUTORS, WAIVE AND RELEASE AND FOREVER DISCHARGE ANY AND ALL CLAIMS FOR DAMAGES WHICH I MAY HAVE, OR MAY HEREAFTER ACCRUE AGAINST THE LOS ANGELES PATRIOTS ORGANIZING COMMITTEE, FIELD OFFICIALS ASSN., ALL OTHER SPONSORS AND SPORTS FACILITIES OR THEIR OFFICIALS OR AGENTS, FOR ANY DAMAGES WHICH MAY BE SUFFERED BY ME. I CERTIFY THAT MY LEVEL OF TRAINING IS SUCH THAT I AM PREPARED TO COMPETE AND RECOGNIZE THE RIGHT OF MY DULY AUTHORIZED MEMBER OF THE MEDICAL STAFF TO REQUIRE MY WITHDRAWAL FROM COMPETITION AND WILL DO SO IF DIRECTED.

ATHLETE'S SIGNATURE _____ DATE _____



Spotting New Trends

Ed Burke is one of the prime thinkers in the world of both cycling and sports medicine. A former competitive cyclist and exercise physiologist, he recently moved from a job with the U.S. Cycling Federation in Colorado Springs to Spenco Medical Corporation in Waco, Texas. "Working with the athletes was fun," Ed told me recently, "but I got tired of the politics."

One of Ed's jobs now is spotting trends, so Spenco can have products ready in the market place. "Instead of reacting to trends, such as the current boom in walking, we want to be out front," he explains.

I'm not sure what the next trend is. Maybe luge. That's sledding, like they do in the Winter Olympics. I have inside information that our women's team, currently ranked second in the world, is going to kick the skids out from under the East Germans at Calgary next February. If so, that will create a luge boom that manufacturers can profit from. After all, everybody had sleds when they were kids.

Unfortunately, the luge boom is

scheduled to last only 17 minutes, so merchants need to be ready early with products to take advantage. Can Spenco devise a plasticized pad to make sledding down an icy chute at 80 mph comfortable, if not less frightening? I'm not sure, but my friend Ed is working on it.

Meanwhile, everybody has been suggesting that the running boom is over, an old trend gone awry. Shoe sales have sagged: the Nike swoosh pointing downward instead of upward lately. To maintain respectable numbers and keep sponsors happy, a number of running races (including the one I direct in Michigan City) are adding walking events in response to increased demand from people doing health-walking, or power-walking, or mall-walking, or striding, or whatever it's now called. If Ed Burke spots the next trend before I do, maybe he'll call, so I know what it is two weeks before *Time* puts it on the cover.

Except I'm not sure I care. I suspect that when Ed heads home from his new corporate digs, he jumps on his bike for a ride around the neighborhood because that's what he likes doing whether it's trendy or not.

I feel the same about running, even though I've branched away from it in recent years to participate in other sports, bicycling one of them. Last summer, my wife and I rode RAGBRAI, the seven-day bicycle tour across Iowa that attracts 8,000 participants. Cross-country and downhill skiing are among my recent new hobbies. I've participated several times in the 55K American Birkebeiner. One of these years I plan to do the Ironman. Luge? Uhh, I'm out of town that weekend.

But all those other sports are like background noise, the music you hear riding up the elevators of life. Recently I've blocked out such athletic Muzak and renewed my acquaintance with my original favorite sport. Other activities are fun, but running is what I do best,

and what I like best.

There's a simplicity about our sport that is very satisfying. You don't need to wax skis or tinker with gears. You don't need \$2,000 worth of equipment or membership in some club to use facilities. You just do it. You run.

For several years I've whimped along on minimum training, happy with 20-30 miles a week, pushing occasionally further in an end-of-season binge to run a bit faster. I've rationalized a loss of several minutes from my 10K times to the fact that I'm getting older, and to a certain extent that's true. But not entirely.

There's a simplicity about our sport that is very satisfying. You don't need \$2,000 worth of equipment or membership in some club to use facilities. You just do it. You run.

Maybe it's the maturity of age, but I've resisted excuses and opportunities lately to remotivate myself. I moved into another five-year age bracket last year and failed to use that as a lure to upgrade my training. I've run a couple of marathons recreationally recently (including New York last year in over four hours), but it's been a half-dozen years since I last sat down with past training logs for guidance and designed a schedule that was going to get me to the finish line of a marathon at near maximum speed.

I miss those 20-milers on weekends. I miss the feeling of wind in my hair on days when I choose to run fast. I miss the painful, yet satisfying, feeling near the climax of a long interval workout on the track. I miss the sip of a cold beer after a hard 10K on a day that was too hot for fast times, but I pushed it anyway. I miss the general camaraderie of the runner's workplace: the roads, the trails, the track. Beckoning are far-off places and races still unrun, t-shirts still unworn. One of these days I want to do Bix and maybe return to the Honolulu Marathon again. The World Veteran Games are in Australia this year offering a peak to climb. But the biggest lure is all those miles in preparation.

Maybe the next trend is returning to the sport we love, which in my case is unashamedly running. I think I'll call Ed Burke and tell him that — if he isn't away from his desk on his bicycle. □

Hal Higdon is Senior Writer for Runner's World.



Hal Higdon, 1st M55 (60:26), Nike Cherry Blossom 10 Mile, Washington, D.C., April 5.
Photo by Kathy Ruser

Hatton Breaks 20K Record in Pear Blossom

Ray Hatton, M55, of Bend, Oregon added another national age-group record to his name when he won the masters race with an 11th-place 1:09:22 in the Pear Blossom 20K in Medford, Oregon on April 22. His time smashed Ross Smith's M55 record of 1:13:23 and is also well below Alex Ratelle's pending 1:09:59.

Clarke McCance, M40 winner from Klamath Falls, Oregon was second masters in 1:10:20, while Elaine Delsman of Ashland, Oregon took the W40-and-over title with a 1:20:04, good enough for tenth woman.

Over 1500 runners finished the race, which was won by defending champion, Ken Hunter, 34, (1:02:12). First woman finisher was Mary Alico, 23, (1:13:21) of Virginia. □

Late Flash

Gabriele Andersen, 42, was first 40-and-over runner (17th overall) in 34:58 in Freihofer's 10K Run for Women, May 16, in Albany, N.Y. Jane Hutchinson (35:55) and Sue Henderson (36:13) were runners-up. Story, photos and complete results next month. □

Where Are They Now?

RAY GORDON: In the late 1960's when sports page mention of runners was scarce, an article appeared in the *Washington Post* captioned: "Grandpa Gordon Defends His Mile Title." It was necessary for masters to journey to San Diego for national competition, and each year Ray went West to capture the mile race for men over 50. He was the one who first got the idea for a masters running club in the Washington area, and the Potomac Valley Seniors were organized in November 1972 in Ray Gordon's basement rec. room.

Ray has since moved to Front Royal, VA, where he writes that "I thought I would be able to run and remain competitive as long as I lived, but arthritis (knees and hips) has hit me real hard the past four months or so. I continue to run but it is painful, and if I run hard it is excruciating. But I'll hang in there as long as I can."

—Courtesy of Potomac Valley Seniors Newsletter. □

Write On Continued from page 2

ed Jack Foster was when Mike raised a legitimate question about the length of a marathon course. One point Mike did not raise (and this the ladies will not like) is: what is fair in handicaps for men and women? I know that in some handicap races, the handicaps call for men age 65 to start with women age 35. Fair? This year the historic DIPSEA race adjusted handicaps to reduce some handicaps for women, but still this is what a 60-year-old man is up against. He gets a 14-min handicap, whereas women 45-46 get 17 mins; women 44, 16 mins; women 43, 15 mins; women 41-42, 14 mins. Or, again, a 50-year-old man gets 7 mins, whereas women 16 to 37 get 11 mins; women 38-39, 12 mins; and a 40 year old woman gets 13 mins. Again, is this fair?

Paul Reese
Sacramento, California

Setting aside any respect for Mike Tymn as both a writer and a runner, I find his "The Ladies Have it Too Easy" (NMN, April) so riddled by faulty reasoning and ill-disguised bias as to be unworthy of elaborate, reasoned response. But a few questions and comments are in order:

Would Mr. Tymn write, "The gentlemen have it too hard"? Did he glean his statistical evidence from race-result listings for "Men" and "Ladies"? (Where has Mr. Tymn been!)

Tymn's major premise that prizes should be awarded "in relationship to the ratio of men to women" confuses cause and effect. It certainly may be no coincidence that women's roadrace fields have grown — proportionately, I might add, at a greater rate than the men's — in conjunction with the increase of events offering equal prize monies.

Tymn's tedious and invidious comparisons of the relative "quality of performance" between men and women is specious: even in mixed roadraces, women race separately from the men. The sexes are not competing against each other.

Similarly, Tymn's attack on Jack Moran's Twin Cities Marathon handicap system is flawed by selective apples-versus-chairs reasoning: he compares world records; Moran bases handicaps on age-group PRs. Also, I find it rather tacky and self-serving to criticize — more so, while denying that he is being critical — a system that attempts to reward outstanding Masters performers regardless of age or sex. Tymn obviously favors the former criterion — but for men only?

Some women's records are relatively soft — for all the obvious reasons. Women haven't been participating in these events that long — at the outside, about 20 years, while men have been competing in organized athletics for a century. Since Tymn so enjoys crun-

ching numbers, he might compare the percentage improvement since 1967 of the women's marathon record with that of the men's during the same period or (more to the point) during the first 200 years of men's marathoning (i.e., 1896-1916).

The wisdom inherent in Moran's handicap system or the All-American Certificate Program (which Tymn also castigates) is that a primary motivation for most competitive athletes is the pursuit of personal goals or self-fulfillment rather than of statistics. Statistics, as we all know, can be a devious game.

Carried to a logically absurd conclusion, Tymn's reactionary reasoning and rigged statistics would throw women distance runners (at the least) right back out of the Olympic Games. Exactly these kinds of arguments and sentiments have denied, to this day, women distance runners full equality on the Olympic program. (As an enlightening exercise, Tymn might put up the toilet seat, so to speak, and scrutinize the ratio of men marathoners to men runners entered in most any track event — and compare the relative "quality of performances" — at any Olympics through 1960. Should we begrudge those relatively few, relatively slow men marathoners their Olympian status, their "easy" medals?)

Maybe it was another April Fool's article. Or a vain attempt to solicit more Letters to the Editor than Wendell Miller? Sour grapes, I say.

Jacqueline Hansen
Marina del Rey, California

Jacqueline Hansen was the first woman to run a sub-2:40 marathon (1975) and has held other world records on the track and roads at distances from 6-miles to 50-kilometers. As a political activist in women's athletics, she spearheaded the movement that resulted in the addition of the 10,000m and Marathon to the Olympic Games schedule.

ALL-AMERICAN STANDARDS

The 800-meter standard-of-excellence for the 75-79 age group — 3:30 — seems to be out of reach for this (my) age group. Paul Zachman of New Jersey ran a 3:30.7, which is a pending M75 record for the 800.

Also, the standard-of-excellence for the M75 400 seems to be out of line, since Byron Fike was the only man in the world to qualify for this award in 1986 with a time of 76.0, and Fike, in my opinion, is the most outstanding athlete in the world in the 75-79 age group.

Gordon Powell
Holly Hill, Florida

INDOOR NATIONALS

On paper, I guess TAC looks like a rather efficient organization, but, I feel

they still have some things to learn about running a track meet and helping the TAC athletes.

I traveled from Pinellas Park, Florida to Madison, Wisconsin to participate in the 1987 TAC National Indoor Masters T&F Championships only to be denied the opportunity because someone made a mistake.

I followed the instructions for entry as required. I mailed my entry on March 2, 1987, eight days prior to the deadline. Upon arrival at the meet for my one event, the M65-69 2-mile RW, I learned that my entry was apparently lost in the mail, and I could not participate. I could not even participate as a guest, not in competition with the accepted entries, just for a PR. In discussing my situation with the meet director, he informed me there were late entries that were refused participation. One late entry in particular threatened legal action if anyone participated other than those on the prepared entry list. This also added to the refusal of allowing me to participate.

TAC continues to confuse the participants by changing requirements from year-to-year. In 1986, late entries were accepted. In two years I saw no requirements for confirmation of entries, which could have eliminated

these problems. To regularly allow late entries is the better solution.

Racewalking needs all the support it can get. I'm trying to do my part, but I was not given the opportunity this year.

TAC should be consistent in its entry requirements. Masters meets were developed to allow the individual to pursue his athletic skills in his senior years. TAC should develop guidelines that make it easy for the master to participate. These games are for fun. Let's keep this in mind.

Erven R. Luchs
Pinellas Park, Florida

UNIFORMS FOR WORLD GAMES

In response to a letter in the May issue of NMN, the suggestion of a World uniform, although an ideal concept, would probably be impossible to achieve. It is my feeling that uniforms are not worn to foster an "us against them" attitude, but in the case of the Masters, for whom the World Games are our "Olympics," to identify the American team and allow us to recognize athletes from our own country as well as those from all over the world. We seldom remember the name of the winner of an event, but we

Continued on page 12

ENTRY FORM

SOUTHEASTERN TRACK CLASSIC

JUNE 27, 1987

FURMAN UNIVERSITY TRACK, GREENVILLE, SC.

SPONSORED BY: THE GREENVILLE HOSPITAL SYSTEM, THOMAS TEXTILE MACHINERY AND THE GREENVILLE TRACK CLUB

FACILITIES: RESILITE TRACK (1/4 inch spikes allowed, concrete circles, grass javelin runway)

AGE GROUPS: 5 year age groups men & women 30-34 to 75+

ENTRY FEES: EARLY PRIOR TO JUNE 18th - \$8.00 (T-shirt and unlimited events)

LATE postmarked after JUNE 18th up to morning of meet - \$16.00 (T-shirt and unlimited events)

ENTRIES WITHOUT ENTRY FEE postmarked prior to JUNE 18th payment due day of meet - \$12.00 (T-shirt and unlimited events)

MAKE ALL CHECKS PAYABLE TO: THE GREENVILLE TRACK CLUB

AWARDS: INDIVIDUAL MEDALS FOR first 3 places

QUESTIONS: Contact Bill Keesling, 26 Elmwood Drive, Taylors, SC, 29687 803 268-3988

TIME SCHEDULE: Women older to younger followed by men older to younger H.J. and P.V. order according to height - opening heights H.J. 2'6" P.V. 6'

ALL LANE RACES WILL BE HEATS SEED BY TIMES SUBMITTED

8:00-9:00 LATE ENTRIES ACCEPTED	10:30 Shot(45+)	12:00 400 mtrs
9:00 5000 mtrs & PV	Disc(30-44)	1:00 800 mtrs, jave
9:30 Long Jump, Shot (30-44)	TJ	H.J.
Hammer (45+)	11:00 3000 Steeple	1:30 400 mtr hurdles
9:45 1500 mtrs	chase	1:45 200 mtrs
10:15 100 Mtrs	11:30 110 hurdles,	2:15 3000 mtrs
	HAMMER (30-44)	
	Disc (45+)	

ENTRY FORM

NAME _____ ADDRESS _____ CITY _____ ST _____ ZIP _____
PHONE () _____ AGE _____ DOB _____ M _____ F _____ T-SHIRT SIZE: S _____ M _____ L _____ XL _____
EVENTS AND BEST 1987 PERFORMANCE _____

SIGNATURE _____ DATE _____
SEND FEES PAYABLE TO GTC TO Bill Keesling, 26 Elmwood Dr., Taylors, SC, 29687



Pagliano's Podiatric Pointers

THE FOOT BEAT

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

Stress Fractures

Stress fractures of the lower extremity occur in approximately seven percent of all distance runners complaining of pain. It is generally agreed that stress fractures are caused by two sources: external and internal.

External sources include hard running surfaces, poor training shoes and over-use (running too fast, too far, too soon).

Internal or intrinsic factors include muscle fatigue, kinetic instability, biomechanical imbalance of the foot,

and improper stretching.

These two sources lead to compressive overloading, and this leads to direct stress fracture.

For example, during running the body undergoes a stress overload which is usually aggravated by over-pronation of the foot. This leads to muscle fatigue and associated loss of shock absorption. The result is a structural stress to the bone.

The athlete first notices pain and perhaps some swelling in the fracture area. This limits running activity and there is muscle atrophy.

Stress fractures usually occur in those running more than 50 kilometers a week, and those undergoing sprinting and jumping activities.

The major areas sustaining stress fracture are the metatarsal bone of the foot, the tibia (shin splint syndrome), and the fibula. There are even cases of

fracture in the knee, femur and pelvis as well.

There appears to be an equal coefficient for fracture among those with high-arch feet and those with low-arch feet. However, the overpronator seems to be more susceptible than the general population.

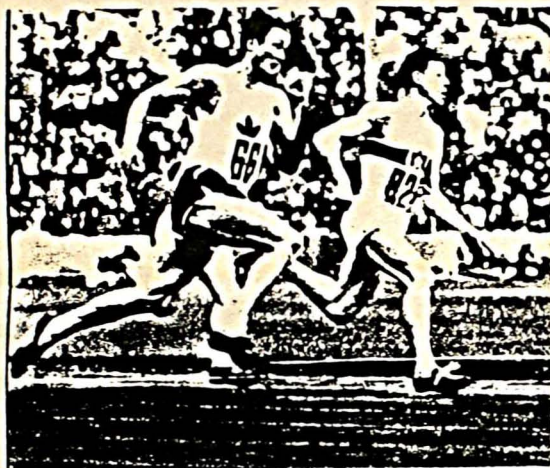
Most fractures are diagnosed first by a complete history and physical examination. This is then confirmed by x-ray. However, in many cases, a stress fracture will not appear radiographically for 7-10 days. This is why a complete examination by a qualified sports physician or podiatrist is essential.

Treatment? Rest. Most stress fractures heal in 6 weeks. Usually, if the fracture is in the foot and is non-displaced, a simple unna boot and cast shoe will suffice. The athlete is usually back to activity in three weeks.

On the more severe fractures, a below-the-knee cast is required and the healing sequence usually takes 6-8 weeks. □

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

NOT SINCE ORSON WELLES HAVE WE SEEN
'TIME FLY'



JULY 25, 1987 11:00 a.m. LIBERTYVILLE ILLINOIS

ETONIC Tac MASTERS TRACK AND FIELD GRAND PRIX CHAMPIONSHIPS

\$1000.00 in cash prizes based on Masters All-American Standards

Special Awards for every Athlete with All-American Performance

Medals top three each 5 year age group

Post-Race Barebeque

Official Hotel- Marriott Courtyard Inn-Lincolnshire Il.
special rate \$ 48.00 CALL 1-800-321-2211

Lecture Friday evening-Exercise, Aging and Achieving Optimal
Athletic Performance

Sponsored by Medical Center of Lake County
Athletes Foot

The Herald Newspapers

Official Application send S.E.S.E. to Craig Dean M.D.

719 Stonegate Ct.

Libertyville, Il. 60048

or phone 312- 367-6347

..... D O N ' T M I S S I T

Write On Continued from page 11

always remember where he or she was from.

Being proud of your uniform or your colors does not make your competitor your enemy. Most large corporations in our free enterprise system spend millions of dollars developing a theme, company colors and logos, and the consumer recognizes that company's products and identifies its services by these symbols. Just imagine if all the NFL, NBA, NHL teams wore the same uniform. Attendance would suffer and the interest in that particular sport would vanish, and confusion would reign.

We know that the Aussies will make these World Games a most memorable one. The Opening Ceremonies with all the athletes marching into the stadium will be an exciting event - one in which we should be proud to be identified by our colors and uniform.

Mike Castaneda
Anaheim, California

KUDOS

Like all your other readers I love the *National Masters News* and am always telling my friends to subscribe. You do a nice job of mixing very professional reportage with a true individual-centered tone.

Amby Burfoot
Emmaus, PA

■ Letters should be addressed to: Write On, NMN, P.O. Box 2372, Van Nuys, CA 91404. They should be kept as brief as possible and are subject to condensation. They must include a signature and a valid mailing address.

PROFILE

Julie Stiles: Striving, Surviving, & Thriving

Born: May 14, 1942, Mount Vernon, Washington.

Schools: Highline Senior H.S., Whitworth College, University of Washington, B.S., Nursing, 1966.

Occupation: Housewife, mother, asst.



Julie Stiles

reservationist for King County Parks Dept.

Family: Married to Peter, three children.

Current Residence: Seattle, Washington

Best Performance: 1985 PNAC 5-mile championship, 29:23 (national age 43 record); 10-K PR 35:58, 1985 Summer Times Run; 1985 Diet-Pepsi 10-K, 36:27 (first master); 1986 PNAC Masters 15-K Championship, 57:51 (first overall); 1985 Sounds to Narrows 12-K, 44:41 (2nd overall).

Your best performances have all come during the past few years. Can we assume then that you didn't begin running until after age 40?

"No, I began running in 1968 when I was 26. I'd always been an ectomorph — weak, slow moving, careful, and cautious. I started running to lose weight and to be healthy. Then I got into the mental aspects and benefits — reducing stress, problem solving, and feeling good about myself — like I had really accomplished something by going out and running ten miles. I didn't get into competition until almost ten years later."

What prompted that?

"A friend invited me to accompany her family to a race. I told her I didn't compete, but she said she just wanted some company as she ran her 9-minute miles. When the gun went off, 2,000 people cheered and took off. It was exhilarating and I had a wonderful time. I ran a few more races with her. Then one day she persuaded me to race just once. After an argument, I agreed to do it, but just that one time. It was a 10-K and I placed second in the 30-39 women with a 41 something. I was shocked, and then I realized that it wasn't competition I didn't like; it was getting beaten."

How much were you running before you began competing?

"I had been running ten miles a day, 6-7 days week. I had read somewhere that ten miles at 6-minute pace would burn 1,000 calories. I was doing more like 8-9-minute pace, sometimes 7-minute pace, but I still figured that ten miles a day would be a significant number of calories."

How do you train now?

"I run 63 miles a week or so. I take one day a week off and race one day. I alternate the other days between seven and 14 miles. I do two miles or more of intervals, 200's, 400's, or 800's, twice a week."

Does training conflict at all with family obligations?

"I try to keep my priorities straight and not let running come first or interfere with family obligations. Having the kids run with me helps. Also, I can be flexible regarding place and time of my training."

Your best year was '85. Is there still room for improvement?

"I broke 40 minutes for the first time at age 40 after 15 years of running. At age 43, I broke 38 minutes for the first time. I had a slower year in '86 and my race performances this year are suffering due to a four month bout with the flu, during which I went without any aerobic exercise for six weeks. I'm now trying to get back in shape."

"I started training with weights three years ago, and so I'm much stronger in my upper body than I have ever been. The face is going, but the body is stronger than ever."

Which do you consider your most memorable running experience?

"The race I'm proudest of was that 35:58 10-K. The course was certified



Julie Stiles, 45, and her daughter Marianne.

and my first mile split was 5:15. It gives me a lot of pleasure to relive that race, but seeing my 11-year-old daughter beat me in a race while breaking 40 minutes for 10-K also stands out."

What is it that drives Julie Stiles?

"I have an intense desire to be strong and thin, and I believe that running achieves both. That, along with the

Continued on page 14

TAC MASTERS WESTERN REGIONAL TRACK & FIELD CHAMPIONSHIPS

July 25-26, 1987, WARMERDAM FIELD, FRESNO STATE UNIVERSITY

TAC SANCTION - 1987 TAC number required. TAC MEDALS FOR FIRST 3 PLACES (if sufficient entries). NAVA standards. 5 - year age groups for men and women 30 and older (10 - year relay groups). **NO FALSE START RULE.** ACCURATE timing. **ENTRY DEADLINE:** postmarked July 17. Late entries double entry fees if space available. Acceptance determined by meet director (no preferences for marks). No refunds and no substitution of events. **ENTRY FEES:** \$10 first event, \$5 each additional event, \$16 per relay team. **COMPETITION ORDER:** oldest to youngest, women, then men (sections may be combined for competition). 100/200 heats where necessary will be at beginning of time slot, with those finals last. Polyurethane surface - use 1/2" or shorter spikes (including javelin).

From South: north on 99, north on 41, east on Shaw, north on Cedar, east on Barstow, parking on right. From North: south on 99, east on Herndon, south on Cedar, east on Barstow, parking on right. From Airport: west on Clinton, north on Cedar, east on Barstow, parking on right.

MEET HEADQUARTERS: TRAVELERS INN, 1/2 mile east on Shaw, (209) 291-0224: queen single - \$23.95, 2 people - \$25.95, queen-queen 1-2 people - \$27.95, 3-4 people - \$29.95; suites for 1-2 \$40.95, for 3-4 \$43.95. pool, Jacuzzi, satellite color TV, complimentary morning snack, etc. I reserved 50 rooms only. Call in soon before large convention (18,000) books everything available. *until July 12*

also available: PICADILLY INN, corner of Shaw and Cedar, plush, work-out room, free breakfast; all rooms \$19. Call (800) 101EL CA from California, (800) 101EL U.S. otherwise right away!

SCHEDULE based on expected hot weather SCHEDULE

Saturday, July 25		Saturday, July 25		Sunday, July 26	
8:00	5000 walk	9:00	*DIS 60+M	1:00	JAV 60+M
10:00	4x100 relay		JAV 45-59M	SP	45-59M
10:20	800		*LJ 45-59M	PV	45-59 M
10:50	200		PV 60+M	*DIS Women	
11:50	steep ch		IJJ Women	IJJ 60+M	
	LUNCH BREAK		TJ 60+M	TJ 30-44M	
1:00	300/400 II		SP 30-44M	2:00	IHAM 45-59M
1:30	400	10:00	IHAM W. 60+M		LJ 60+M
2:20	100		TJ 45-59M		*DIS 30-44M
3:20	80/100/110 H		*LJ Women	3:00	IHAM 30-44M
4:10	4x400 relay		SP Women		LJ 30-44M
	REST BREAK		IJJ 30-44M		*DIS 45-59M
5:00	1500	10:30	PV 30-44M	4:00	JAV Women
6:00	5000	11:00	JAV 30-44M		
			TJ Women		
			IJJ 45-59M		
			SP 60+M		

Bill entry and fees to:
Hugh Adams
7904 McCall
Selma, CA 93662

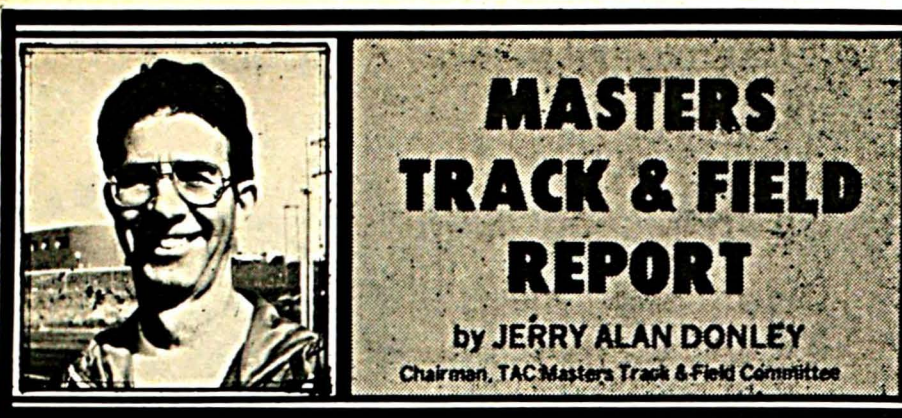
NAME	EVENT(S) ENTERED	BEST '87 MARK
ADDRESS	1	/
PHONE ()	2	/
BIRTH DATE	3	/
AGE (7-25)	4	/
TAC NUMBER	5	/
CLUB	6	/

SEX: M ☐ F ☐ Number of Meet T-Shirts wanted by size: S ☐ M ☐ L ☐ XL ☐ XXL ☐

First event is \$10 = \$10 #events @ \$5 = \$ #relays @ \$16 = \$ #T-Shirts @ \$6 = \$ TOTAL FEES ENCLOSED

I do hereby, for myself, my heirs or assigns, waive, release any and all claims to damages against TAC, Fresno State, any meet sponsors, or their representatives for any and all injuries suffered by me. I certify that I am in good health to compete in this meet. I understand the weather will be very hot.

DATE SIGNATURE



A New Direction For Masters Athletics?

Tracy Smith running an indoor 4:18 mile and receiving national acclaim. A Frank Shorter interview featured in the May *National Masters News*. Jim Ryun racing a Masters 800-meters. Pretty heady news. Pretty exciting stuff. All of which bodes well for the Masters program.

These individuals are not the first Masters to attract national-media attention, nor will they be the last. And, more than likely, other over-40 (and even over-30) athletes of like calibre will be entering Masters competition — provided we are ready for them.

Are we ready? Probably not, but we are pretty close. Some difficult philosophical questions, however, may have to be addressed over the next several years as a result of this growing influx of high-profile and worldclass athletes.

Masters athletics, though providing strong competition in a number of events, is still relatively low-key. Generally speaking, our meets do not attract crowds of spectators. Friends and family might be shocked if they had to buy tickets for Masters events. Many might even refuse.

Masters competitors are still relatively "pure" amateurs. A few may have or still do enjoy minor sponsorship help (e.g., complimentary equipment, occasional travel expenses); but so far, no Masters athlete has been the subject of a major promotional campaign.

Most meet directors would probably chuckle or outright laugh (even hysterically) if any Masters were to ask for appearance fees. Perhaps a few athletes have been paid; but most meet budgets I've seen could not bear such expenditures.

Uncommon as these practices may be currently, they could signal a new direction in Masters athletics. The media tend to focus on personalities. Some are outstanding performers; but often, some sort of personal-interest slant has caught the media's attention. As a consequence, other excellent athletes, perhaps doing as well (if not better) than those publicized by the media, may be ignored. Perhaps major-meet promoters will schedule even more special events for elite Masters, as did the Millrose Games this past January.

But are we ready for them? (Are our egos ready?) Perhaps not all of us, not yet. I really do feel, however, that we will continue to follow the philosophy that has always inspired the Masters program: To provide competitive opportunities for any athlete over 30 in a

competent, business-like (yet relaxed) manner, with emphasis on fellowship and open participation.

Thus, while the newly instituted All-American Certificate standards may not, for our purposes, signify an exalted status, they do demonstrate what the Masters program is all about: Giving recognition not only to the exceptional "elite" among us but also to those who, though they may never win a championship or break a world record, are nonetheless active competitors who reap the rewards of good physical conditioning and camaraderie. Only one person wins an event, but I have often heard athletes

say it is not quite the same if only one person is competing for first place.

The All-American Certificates are one way of giving recognition to many and providing goals for all Masters participants. I congratulate those who helped put this program together. As a result, I expect many Masters "All-Americans" will become top-notch competitors — able to compete successfully with the likes of Tracy Smith, Frank Shorter, and Jim Ryun.



Morales Breaks Javelin Record at Mt. SAC

by JERRY WOJCIK

Bill Morales, 70, destroyed his two-month-old, M70-74 world 600g javelin record of 141-10 with a convincing, to say the least, throw of 155-4 in the Mt. SAC Relays in Walnut, Calif., on May 3.

Morales still holds two other U.S. javelin records: the M55 (180-9 in 1973) and the M65, which, at 148-3 in 1984, is some seven feet below his most recent record.

In other events in the ten-year age-group meet, which was the finale of a

track and field festival that draws thousands of high school, junior college, university, and open athletes every year, Bob Watanabe was a triple winner in the M60-69 division with victories in the 100m (12.5), 200 (25.8), and 400 (1:03). Jerry Withers, 57, paced the M50-59 1500 runners with a 4:58, just 4/10s ahead of Robert Culling, 55. Reynaldo Brown high jumped 6-8 in the M30-39 division.

Del Pickarts, who just joined the M60-64 ranks, threw the discus 138-9 and the 800g javelin 161-7.

Julie Styles: Striving, Surviving, & Thriving

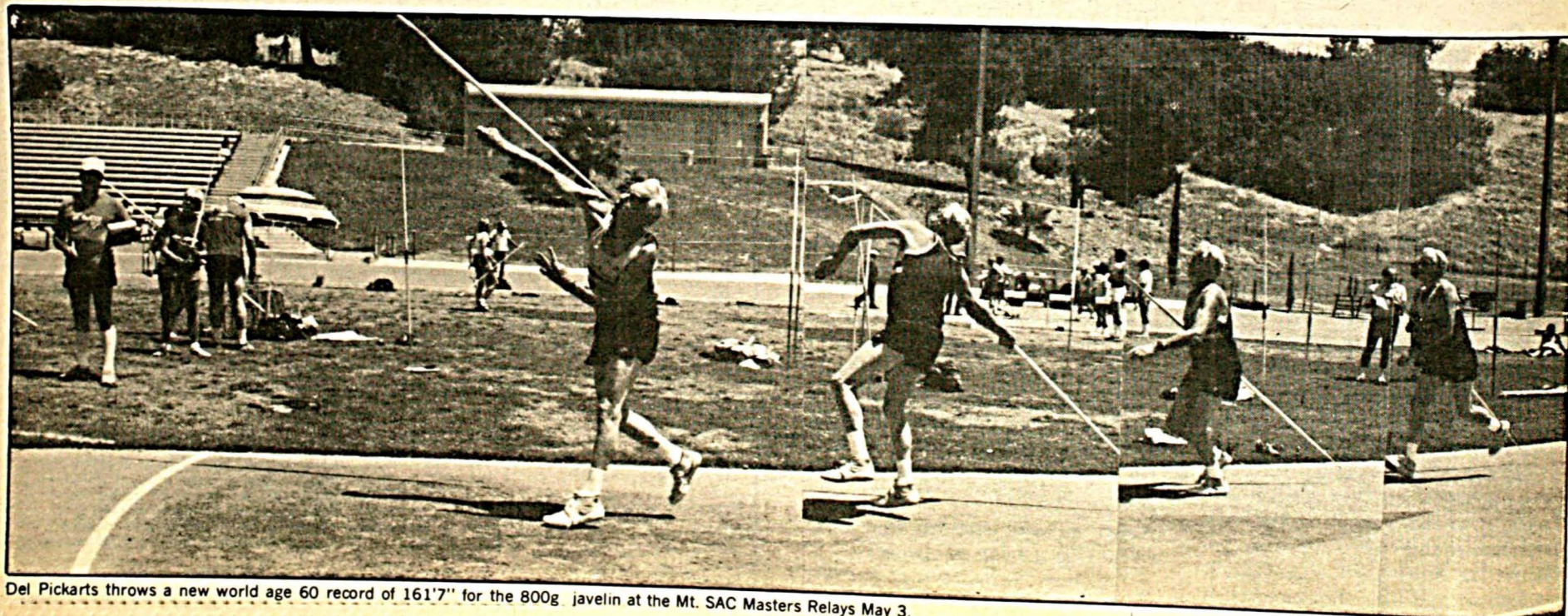
Continued from page 13

feeling that I have accomplished something worthwhile when I have finished a workout, and the knowledge that if I am down I will feel better after I finish my workout for the day. I'm a stubborn and determined person. You could call it fanaticism."

What do you consider your greatest

achievement outside of running?

"Well, how about staying married for 23 years and surviving and thriving with an autistic child, who is now 18 and 6-foot-2 tall. Christopher accompanies me on almost all my training runs. I've enjoyed teaching all three of my kids about the benefits and enjoyment of running." — Mike Tymn



Del Pickarts throws a new world age 60 record of 161'7" for the 800g javelin at the Mt. SAC Masters Relays May 3.

Photo by Chuck Coutts

Masters Health and Fitness

Exercise Slows Aging Process

Four studies of older athletes have confirmed the belief that "if you don't use it, you'll lose it."

1) A 10-year study of 25 runners and competitive walkers, whose average age was 62, found those who continued to train regularly maintained their aerobic fitness — the body's ability to use oxygen.

Michael Pollock, director of the University of Exercise Science, said "They seemed less prone to heart disease than sedentary people. The effects of aging aren't as dramatic if you maintain your exercise level."

The aerobic capacity of the older athletes was higher than that of lean, unathletic 25-year-olds tested in previous studies.

2) Another study dispelled the myth that older people should not run because of damage they might cause to their knees or hips. Researchers said they found that older people who run for exercise have stronger bones than elderly non-runners and do not suffer more frequently from arthritis or other joint-related diseases as was once commonly believed.

"It's been said that if you use a joint — like football players' knees or tennis elbows — you'll eventually wear it out," said Dr. Nancy Lane, author of one of the studies published in the Journal of the American Medical Association. "But in our study of 41 long distance runners between age 50

and 72, we found it's not true. The runners, both male and female, had 40% more bone material than non-runners, but showed no significant differences in the onset of joint disease or osteoarthritis."

Lane said the finding is of particular interest to women, since they begin to lose bone density rapidly after the onset of menopause. Older women who run will lose less bone material and therefore be less susceptible to injuries caused by brittle bones, she said.

3) A third study, led by Dr. Richard Panush at the U. of Florida in Gainesville, evaluated 17 runners — including nine marathoners — and 18 non-runners between 50 and 74 years of age. "Pain and swelling of hips, knees, ankles, and feet, and other musculoskeletal complaints among runners were comparable with those among non-runners," Panush said.

4) In a 16-year study of Harvard graduates, researchers found that men who used up at least 2,000 calories a week through exercise had a 28% lower death rate than did less active men during the 16-year follow up period. The research was conducted on 16,936 Harvard graduates between the ages of 35 and 74, and was directed by Dr. Ralph Paffenbarger of Stanford University School of Public Health. □

World M65 Pole Vault Champion Jim Vernon has Bypass Surgery

Jim Vernon, the world M65 pole vault champion, underwent single-vessel, bypass surgery May 4 in Covina, Calif.

About a week earlier, Vernon was healthy, with no signs of trouble. As he began to warm-up at Covina High, where he trains the high-school vaulters, he blacked out. This had happened once before, some time ago.

"He went to his cardiologist who did an echocardiogram and stress test," said Jim's wife, Mary. "An angiogram found a minor artery was only 10% open, and an aortic valve had to be replaced."

Doctors replaced the valve with the valve of a pig, which is less subject to failure than an artificial valve, but doesn't last as long. "Doctors said blackouts can be a symptom of heart disease, and said if Jim hadn't gotten treatment, the damaged artery could have closed in six months," Mary said.

The surgery was successful, and doctors say Jim should be back vaulting in about three months.

Vernon is the director of the annual Trojan Masters Meet. The meet was scheduled for June 27, but Vernon cancelled it last month, due to renovation of USC's Cromwell Field. □

Greenwood Recovering From Heart Attack

Jack Greenwood, 61, who underwent double-bypass surgery on April 15 after suffering a heart attack, is recovering at his home in Aurora, Colorado.

The 1986 U.S. masters track & field athlete-of-the-year is walking two miles a day, and returned to work (Jack is a banker) on May 18 on a half-day basis. Doctors expect him to be ready for full-time work by June 1. Because of his top condition, he may be able to resume running in two months.

"I've received dozens of calls from friends all over the country," Greenwood said, "and I'm very grateful for the support, but I'm afraid I can't offer any clues as to why this happened."

Greenwood said there is no family history of heart disease, other than a brother who had a minor attack eight years ago. The brother recovered and is living in Arizona (contrary to last month's report that he had died).

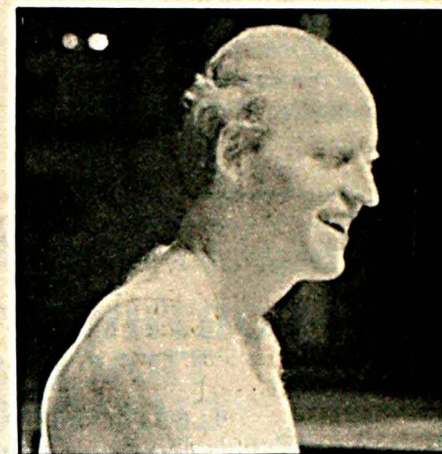
"My father died in a car accident at 46, and all my relatives on his side are still living in their 80s, except one who died of cancer," Jack said.

Greenwood had a cholesterol check a week before the April 10 attack, which read 190, well below the 200 "caution" level.

"I was fortunate the attack occurred at the bank," Jack said. "I had just

hung up the phone, and all of a sudden felt pressure in the pit of my stomach, like someone pushing hard. I tried to walk it off, but it moved up my breastbone to my right shoulder. I sat down and broke out into a cold sweat. I knew something was wrong, so I had Nancy (his wife) drive me to the hospital, which was only five minutes away. If I had been running alone at the track or on the road, who knows what might have happened?"

Greenwood said his last treadmill was eight years ago (naturally, it was excellent), and said doctors think a regular treadmill test may be the only way to spot heart trouble. □



Randy Whitt, after a 39:25 in the North Carolina Association of CPAs 1040K (standard 10K with 40m deductible), in Charlotte, May 2.

HOOSIER TRACK CLASSIC SUNDAY — JUNE 21



9th ANNUAL MASTERS TRACK & FIELD MEET INDIANAPOLIS



- SITE:** IUPUI Track & Field Stadium, 1005 W. New York St. Site of the 1985 National Masters Championships. Walking distance from downtown motels. Howard Johnson's closest 317-635-4443 rate... \$49.00 sgle.
- WHEN:** Sunday, JUNE 21st, 11:00 A.M. Field Events. TRACK Events commence at 12 noon.
- TAC Sanctioned. Masters Men & Women ages 30-90 will compete in 5 year age groups.
- ENTRY:** Pre-registered \$10 flat fee til June 14th. June 15th thru race day \$10 plus \$5.00 late chg.
- MAIL TO:** Bob Coughlin, 305 S. Barton, Indpls. In. 46241.
- AWARDS:** Nice TROPHIES for first place, Medallions for Second and nice Ribbons for 3rd place.
- FOOD:** Concession stand will be open this year. FREE \$2.00 food ticket for each competitor.

—DETACH HERE—

- EVENTS:** CIRCLE each one you want to compete in.
- TRACK:** 110 Hurdles, 1500m run, 50m, 100m dash, 800m, 200m dash, and 400M.
- FIELD:** High Jump, Long Jump, Triple Jump, Shotput, Discus, Javelin, Pole Vault.

NAME: _____ AGE: _____ Birthday: _____

STREET ADDRESS: _____

CITY-STATE: _____ ZIP: _____

Phone inquiries to: Jim Ware 317-638-0466 eves.

PROFILE

Larry Lewis - King of Master Runners

by TOBY MEDINA

Present-day sports-medicine doctors would have had a field day with a hero of mine, Larry Lewis. He succumbed to liver cancer in San Francisco around 1974 after a short illness. Larry was 107 when he died.

Larry laid claim to the world record for centenarians in the 100-yard dash with a time of 17.3 seconds, a mark which he established in 1969 at Cox Stadium in San Francisco. He was 102 at the time.

He took daily six-mile runs through Golden Gate Park, and then would walk five miles to the St. Francis Hotel in the downtown area where he worked as a banquet waiter since age 80.

I met Larry Lewis at the U.S. Masters Meet at Balboa Stadium in San Diego, July 5, 1969. His memory was fabulous; he gave dates of track and field events and names of athletes who set national and world records in the 1920s. He spoke distinctly and



Larry Lewis, 102, consulting with Toby J. Medina at the U.S. Masters Championships, Balboa Stadium, San Diego, July 5, 1969.

maintained an easy stream of conversation. His blue eyes sparkled with life and their corneas were a clean snow-white. He was slender and of medium height and appeared no older than the average 60-year-old athlete competing that day.

Larry was well-known to San Francisco football crowds that watched him in yearly exhibitions in a 100-yard dash from goal post to goal post during half-time of '49ers games, celebrating his birthdays.

He was born June 25, 1867 in Phoenix, Arizona. His childhood playmates were mostly Navajo and

Apache children. His age was attested to by records of the Masonic lodge of which he had been a member for 75 years. What made Larry tick? S. Barry Paul, his doctor, wasn't too sure. Part of the answer was Larry didn't smoke or drink. He consumed two to three gallons of water each day and lived solely on meat, baked or broiled. Explain that to current-day nutritionists.

He joined P.T. Barnum's Circus in 1882, becoming a wire walker and strait-jacket escape artist. In 1923, was still a bachelor and finally got married at age 57. He outlived a sister and eleven brothers. His mother survived to the age of 97.

A car accident fractured his skull and seven ribs and severely injured his back in 1946. Twenty-three days later he was back on his feet. He worked as a waiter at the St. Francis Hotel, bounding up and down stairways, hustling food-filled trays, remaining employed until shortly before his death.

All runners embrace the fulfillment of an extended life span. Our true biological potential is believed to be about 110 years. As Hemingway said, "No man is ever really dead until the last man who knew him is dead." □

Toby Medina is an assistant track & field coach at the University of Nevada, Las Vegas, and a Founder of the Southern California Masters Striders.

1987 MASTERS NORTHWEST REGIONAL TRACK & FIELD CHAMPIONSHIPS

Sponsored by:

PORTLAND MASTERS TRACK CLUB & MT. HOOD COMMUNITY COLLEGE

Held at:

MT. HOOD COMMUNITY COLLEGE
Gresham, Oregon

SCHEDULE OF EVENTS

(HELD AT NIGHT - BEST POSSIBLE CONDITIONS - ALL WEATHER TRACK SURFACE)

Friday Night, July 3
(times approximate)

6 - 8 pm LONG JUMP
SHOT PUT
DISCUS
HIGH JUMP
(men 30-49)

6:15 pm 3000 STEEPLE
2000 WALK
5000 (women)

8:00 pm 110 HURDLES
100
1500
400

Saturday Night, July 4
(times approximate)

4 - 6 pm TRIPLE JUMP
JAVELIN
POLE VAULT
HIGH JUMP (men 50 +
& all women)
HAMMER

6:00 pm 400 HURDLES
200
3000 (women only)
#1* - 5000 (men 40 and up)
#2* - 5000 (men 30-39 & men 40 +
who want to enter)
800

*specify which race you're entering

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OLDEST WILL COMPETE BEFORE YOUNGEST.
WOMEN WILL COMPETE BEFORE MEN.

BEAUTIFUL MEDALS AWARDED TO FIRST 3 PLACES IN EACH EVENT.

NO HOST BREAKFAST at 9:00 am, Saturday, at HEIDI'S (Gresham) - \$7.00

DEADLINE ■
JUNE 26, 1987

Please Print

NAME _____ FOR ATHLETES AGE 30 and UP
ADDRESS _____ AGE (as of 7/3/87) _____
CITY _____ ST _____ ZIP _____ MALE _____ FEMALE _____
PHONE () _____
BEST '86 or '87 mark (if any) _____

Events Entered

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

ENTRY FEE:

1 Event - \$8.00
2 Events - \$13.00 (total)
3 or more Events - \$16.00 (total)

LATE REGISTRANTS WILL BE CHARGED A PENALTY FEE!

Send Entry and Entry Fee to:

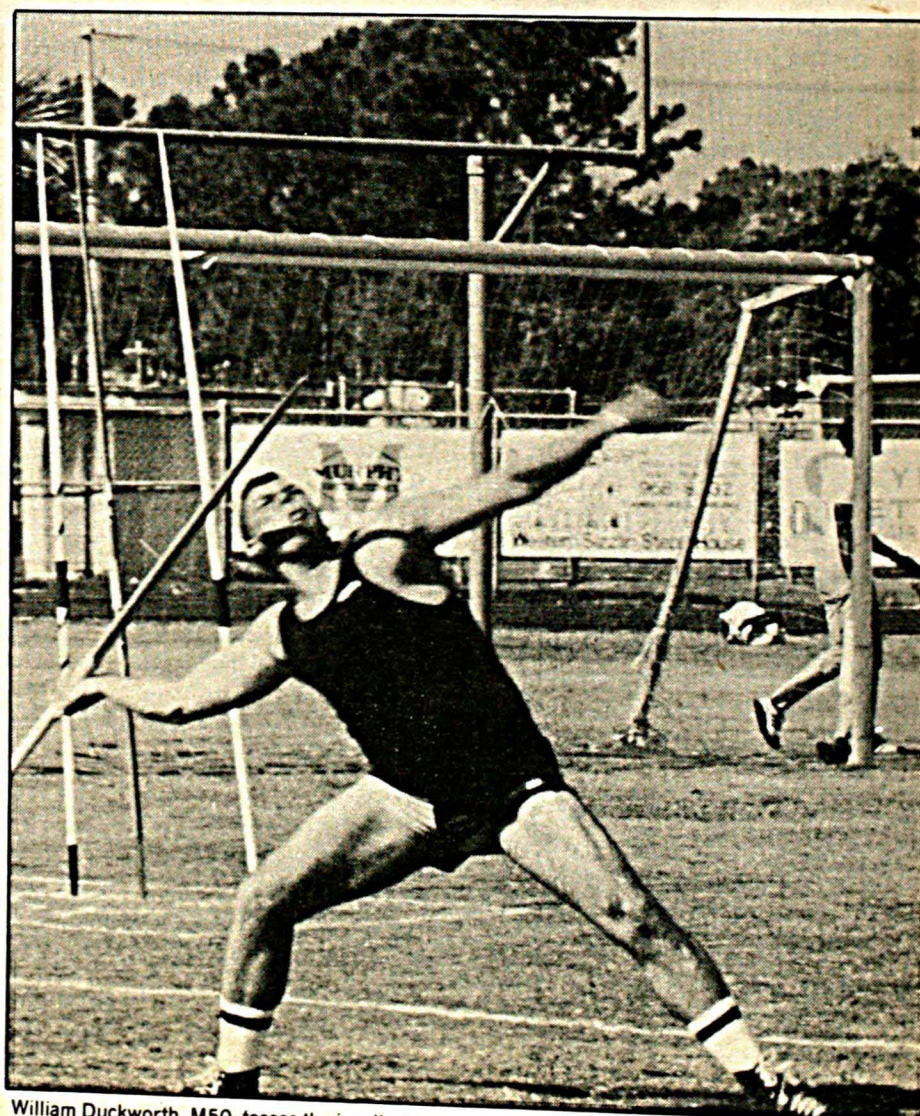
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(please include \$7 if attending breakfast)

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

SIGNED _____

DATE _____



William Duckworth, M50, tosses the javelin 183 feet at the Palm Beach Masters Meet, April 25.

Photo by Frank Valdes

PROFILE

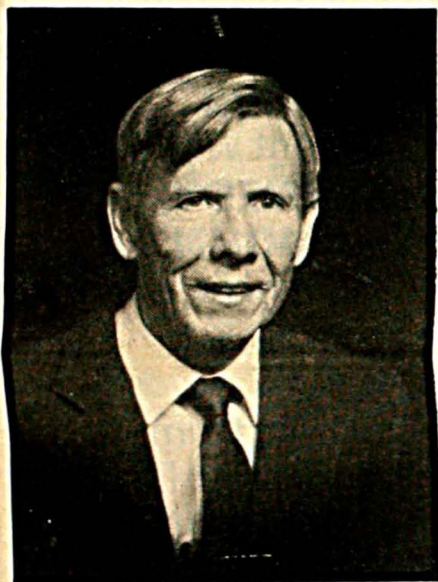
Max Goldsmith

by TIM MURPHY

How many athletes do you know who have had a track meet named after them? Meet Max Goldsmith, namesake of the annual Max Goldsmith Track Meet in Lewisville, Texas.

For the last 50 years, Goldsmith has either been running or coaching runners. When it comes to running, he has either done it, or plans to do it. Max is an athletic director, coach, the National Masters Site-Selection Coordinator, the President of the Dallas Masters Track and Field team, a top masters runner and jumper and, in his spare time, he clerks the Dallas Morn-

ing News Indoor Games. On top of that, he worked 18 days in April at high school meets.



Max Goldsmith

ing News Indoor Games. On top of that, he worked 18 days in April at high school meets.

Goldsmith, who was 64 in May, and his wife, Elaine, have two boys. The oldest is principal of an elementary

school in Lewisville, Texas. The youngest son is a high school coach in the west Texas town of Wilson.

Goldsmith began his love affair with running back in high school in Lewisville, where he won his share of track events. After his school years, he went off to the Navy for 3½ years. On returning from the South Pacific, he attended North Texas College in Denton, Texas, where he ran sprints, relays and 220 hurdles.

In September 1948, after college, he headed to the West Texas town of Andrews to coach the high school team, and there he stayed for some 20 years. He topped his coaching career with three National records in one day in 1960 (440 sprint relay, 41.5, mile relay, 3:15.2, and 440, 46.5). Max's team had a string of 52 straight victories in the mile, and 51 of 52 firsts in the sprint relay over five seasons. In 1967, Goldsmith went back to Lewisville High School, this time as a coach for three years, then as Athletic Director for 15 years, before he retired. The Lewisville Track Meet is now called the Max Goldsmith Meet in his honor.

He still works out six days a week when he can, using the hard day/easy day system. Half his workouts are on grass, the other half at the track.

Texans are thankful for all the kids he's helped in his years of teaching and coaching. □

Jordan Sets World M70 Records in 100 and 200 at Ken Carnine Classic in Sacramento

from MICHAEL ACKLEY

Payton Jordan, who has rewritten the record book in every age division since he began running masters track, continued his record-breaking assault by setting two world 70-74 age-division marks at the Ken Carnine Classic in Sacramento on April 25.

First, he lowered his own pending M70 world 100-meter mark of 13.33, which he ran on April 4 at the Fresno Relays, with a brilliant clocking of 13.0.

Then, he blazed to a 27.4 in the 200, lowering the old M70 world standard of 27.5, set by South Africa's Fred Reid in 1980. (Both marks are subject to ratification by the World Association of Veteran Athletes.)

Ross Carter, the current world shot and American discus record holder in the M70 division, hurled the iron ball 43-5½ and the discus 134-1, to highlight field-event performances.

In all, more than 40 meet records were broken as more than 160 competitors from age 30 through 80 — plus a few open-class athletes — ran, jumped and threw in 90-degree-plus temperatures.

Ken Carnine, the meet's 79-year-old namesake, was injured and unable to compete. He was pressed into service as a judge and meet official, however, probably expending more energy than he would have as a competitor. He's expected back on the track in 1988. □

1987 NATIONAL MASTERS DECATHLON & HEPTATHLON

JULY 11-12 1987
Potts Field
Colorado University
Boulder, Colorado

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

A 30-34	1A 40-44	2A 50-54	3A 60-64	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 (½ inch spikes maximum) brushed concrete throwing circles. synthetic and grass javelin runways.

Entry fee: \$15.00

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

EVENTS
Saturday 10 AM: Women - Hurdles, Shotput, High Jump, 200 meter
Men - 100 meter, Long Jump, Shot Put, High Jump, 400 meter
Sunday 9 AM: Women - Long Jump, Javelin, 800 meter
Men - Hurdles, Discus, Pole Vault, JAVELIN, 1500 meter

IMPLEMENTS: per 1986 WAVA

	S.P.	Dis	Jav	Hurdles	dist/height
Women: 30-39	4 KG	1 KG	600 GM	100M	33 IN
40-49	4 KG	1 KG	600 GM	80 M	30 IN
50+	3 KG	1 KG	400 GM	80 M	30 IN
Men: 30-39	16 LB	2 KG	800 GM	110 M	39 IN
40-49	16 LB	2 KG	800 GM	110 M	36 IN
50-59	6 KG	1.5 KG	800 GM	110 M	33 IN
60-69	5KG	1 KG	600 GM	110 M	30 IN
70+	4 KG	1 KG	600 GM	80 M	30 IN
Scoring:	Women: 30-34	1985 IAAF Scoring Tables			
	35+	1981 WAVA Scoring Tables			
	MEN: 30-59	1985 IAAF Scoring Tables			
	60+	Age Factors			

BUSINESS MEETING: A semi-formal business meeting will be held Saturday evening to discuss scoring and standards for All American DECA & HEPT

28,000+ in Austin's Capitol 10K Run

by JERRY WOJCIK

A cold air mass from the central United States that brought record, near-freezing temperatures to Austin, Texas, did not deter a mass of over 28,000 runners from showing up for the 10th Annual Capitol 10K on March 29.

Mexico's Jose Neri was not slowed by the cold and won the M40-49 race easily with a 30:52 over Gregg Evans of Austin in 33:53. Dale Thompson of Amarillo, Texas, won the M50-59 division in 34:52.

The M60-and-over runners provided the most exciting finish in the race when Jim Southard of Austin won over Robert Hesse of Longview, Texas, by

one second with a 42:13, with Hesse beating out Jack Caldwell of Austin for third by three seconds.

Vicky Portch of McKinney, Texas, ran 40:35 to take the W40-49 race from Josie Bowman of Round Rock, Texas, who closed in 40:52. Joyce Gaskin of Beaumont, Texas, was the W50-59 winner (47:10), and Wanda Hall of Marble Falls, Texas, the W60-and-over leader (1:05:43).

Overall winners of the event, sponsored by the Austin American-Statesman and directed by that newspaper's Special Projects Coordinator, Donya M. Andrews, were Austin residents Patrick Sang (29:50) and Vicki Smith (34:58). □

NAME: _____ AGE JUL 11 _____

ADDRESS: _____

CITY _____ STATE _____ ZIP _____

PHONE () _____ TAC NUMBER _____ MALE _____ FEMALE _____

CLUB AFFILIATION _____

Expected performances for seeding purposes

hh	100	1500
L.J.	200	J.T.
H.J.	400	Dis
P.V.	800	S.P.

Mail entry and check payable to the "Denver Track Club" to Jim Weed, 11672 E 2nd Ave Aurora, CO. 80010.

The Meet Headquarters hotel is the Clairon in Boulder (303) 443-3850

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. I understand that the elevation some 6000 feet and hot temperatures can cause dehydration.

Signed _____ Date _____

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1987 SUMMER SESSIONS: JULY 5-12
In The California High Sierra JULY 12-19



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MAC IS: **KEN FOREMAN**, Ph.D., Camp Director, several times Olympic and National Team Head Coach; **GEORGE DINTIMAN**, E.D., NFL speed consultant and founder of Speed and Explosion Assoc.; **DORIS BROWN HERITAGE**, Olympian and Olympic coach, current world record holder for the mile in the 40+ category; **DALE KENNEDY**, Head Coach, Montana State U., Associate camp director; **JOHN SMITH**, UCLA sprint track coach and current world record holder for the quarter mile; **TRACY SMITH**, 1968 Olympian, current world record holder in the 40+ 10K and mile; **VICKY VODON**, D.C., world renowned chiropractor, named as a member of 1988 Olympic team medical staff; **PAUL WARD**, P.E.D., world class masters power lifter and Olympic coach for throws and T&F weight training; **JACQUELINE HANSEN**, Water Power Workout, Triathlon training, 2-time marathon world record holder; **PAULA KASH, M.S., D.C.**, Race and fitness walking, 30K R.W. World record holder (1979), 6 year member National team.

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*CAMP FEE: \$199 per person per session + accommodations
1st-class accommodations available at Mammoth Mountain Inn. Full room and board at reduced rates

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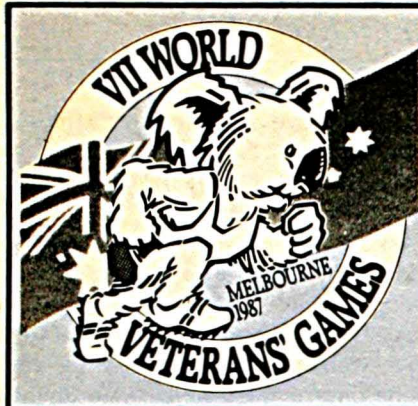
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NAME _____ AGE _____ SESSION _____
ADDRESS _____ PHONE _____



5 Months To Go

Countdown to Melbourne

New Secondary Track?

A major change in the location of some running events is being considered by Ray Callaghan, meet director of the VII World Veterans Games to be held in Melbourne, Australia, from November 28 to December 6, 1987.

"We may use the new 373-meter track at Olympic Park for 5K walks and runs, 10K runs, and possibly for the 800 and 1500 heats," Callaghan said. "This would relegate the University track to our third track."

Originally, the University's rubberized, black asphalt track was scheduled for most distance events. But Callaghan said: "After seeing the new track in its finished state, I'm inclined to use it. Given a choice, the great majority of competitors would select the new track in preference to the University track, because of the track quality, the ground atmosphere, and the greater feeling of World Games participation. In fact, I believe we may come under severe criticism if we do not use this track."

The new track, constructed at the odd distance of 373m to fit inside an existing dog-racing track, has four lanes, with a six-lane sprint straight. It is right next to the main track and World Games registration area. Thus, most of the World Games competition would be held on the Olympic Park grounds.

The concern, of course, is the shortness of the track. What about records? "No problem," says Pete Mundle, Records Chairman of the World Asso-

ciation of Veteran Athletes (WAVA). "IAAF Rule 148(8) (d) mandates a track 'must not exceed' 440 yards. So a 373m track is perfectly okay for record purposes."

Callaghan confirms he has received IAAF permission to use the 373m track.

What about laps and lap times?

"For a 10K, there would be 26 laps at 373m and one lap at 302m," Callaghan said.

For lap times, Callaghan says he would print up a lap chart, showing what pace-per-lap is needed to achieve a final time.

As previously announced, the new track will also be used for the 100m heats, sprint hurdle heats, and, if need be, for the pentathlon 200.

The new arrangement would enable spectators to sit in the comfortable restaurant which overlooks the 373m track, and would enable athletes and viewers, alike, to easily move back and forth between the two Olympic Park facilities.

LAUNCH INTO TRAINING

A "Launch Into Training" promotion for the Games was arranged on April 13 for the benefit of the media.

Several national and local TV, radio



Australia-wide television coverage at the barbecue breakfast of the "Launch Into Training" promotion, April 13, in Melbourne. The legendary John Landy is in the suit. Photo by David Allpress

and newspaper reporters were on hand to meet well-known celebrities like Olympians Raelene Boyle and John Landy.

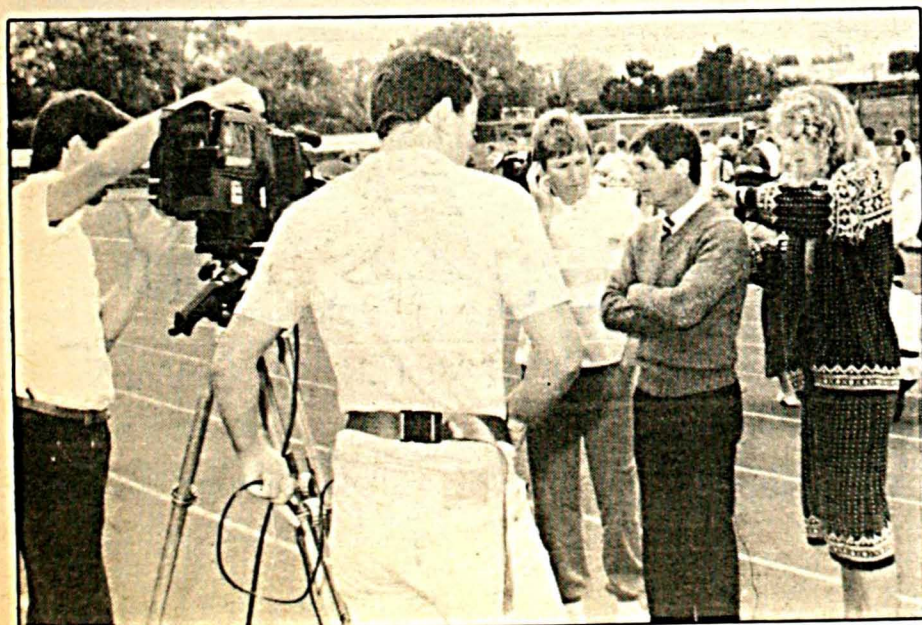
"Everyone at Olympic Park on this memorable occasion was left with no doubt about the wonderful enthusiasm of Veteran athletes, and that the 1987 World Games in Melbourne will be the greatest sporting spectacle in this country since the '56 Olympics," said Peg

Smith, executive director of the Games. "I feel we will generate the greatest public awareness ever for a World Championships."

ERRORS IN ENTRY FORM

Several printing errors were made in the entry form (April NMN). Most are minor and obvious. However, some require comment: The previous rule,

Continued on page 20



Australian Olympian Raelene Boyle and Champion boxer John Famechon promoting the World Veterans Games on Australian National Television. Photo by David Allpress

Less Than 3 Months To Go Until

ENTRY DEADLINE

Have You Registered Yet?



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This is not an official tour of TAC or WAVA, but an independent tour sponsored by The National Masters News and Sports Travel International, Ltd.



90 year old Gus Theobald heads a group of walkers at the "Launch Into Training" for the World Veterans Games at 6:30 AM at Olympic Park, Melbourne, April 13.

Photo by David Allpress



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Welch Sets World Veterans Marathon Record

Continued from page 1

marathon point at 1:11:56.

"I thought I got there too quickly," she said, "but I decided to work for it."

Welch finished second woman overall to Ingrid Kristiansen of Norway, whose 2:22:48 fell over a minute short of her own world women's record.

Hiromi Taniguchi of Japan was the overall men's winner in 2:09:50.

It was a personal-record for Welch, bettering her previous PR of 2:28:54, run at age 39 in the 1984 Olympic marathon in Los Angeles.

Only six women have ever run a faster marathon. Her time is faster than Grete Waitz' New York Marathon wins in 1982 and 1983, and faster than Rosa Mota's Olympic bronze medal time. It's also a new British open record.

Welch won \$27,500 for her second-place effort, including \$2500 for her W40+ record. Kristiansen received \$40,000.

The next two masters women finished more than 17 minutes behind: Britte Sorenson, 40, (2:43:55); and Anne Roden, 40, (2:44:51).

Asked what her achievement means to over-40 women everywhere, Welch said: "I think today's performance speaks for itself; that it's possible for older women to get there with the young ones. I was beginning to doubt myself, but, today, I proved it can be done."

Welch and her husband, Dave, live in Boulder, where Dave is finishing his studies in physical therapy and massage. Where they live after that depends on where he's able to locate.

In 1986, Priscilla won \$47,000 in prize money — not counting appearance fees, etc. She is unique in that, in any race in which she runs, she is able to "double dip." She automatically wins first prize money for masters (no one can come near her) and wins big money by usually finishing high in the open division. □



David Parkin, Top "Aussie Rules" football coach, showed up to demonstrate stretching routines to training vets.

Photo by David Allpress

IN TRAINING



FOR THE VII WORLD VETERANS GAMES

Continued from page 19

restricting the steeplechase to men under 70, was inserted in error. The steeplechase is open to all men.

Others:

Section 6. Alter relay teams to include M55, W35, W40-49.

Section 12. 300m hurdle height is .762m. Distance to first hurdle is 50 m.

Steeplechase for men 60+ is 2000m. No age limit.

Section 23. Bush Bash date is Sunday, December 6.

Section 34. 1) M75 5K omitted. It's on Tues. Dec. 1. 2) M60 100H, not 110H. 3) Men's sprint hurdles finals, not heats, on Sat. Dec. 5. 4) M80+ steeple, if required, on Sat. Dec. 5. □

Australian T&F Championships in Sydney Serve as Prelude to World Veterans Games

by MIKE HALL

With World Games fever fast gathering momentum around the country, a record near 700 entries were received for the 1987 Australian Veterans Track and Field Championships held in Sydney over Easter, April 17-20.

Nearly fifty national and nine world age-group records were set (subject to ratification) during an action-packed four days of competition.

The feature event of the meeting was the inaugural running of the "Master of Masters Sprint Handicap," held on the second day of competition. Comprising all individual 100-meter age-group winners, appropriately han-

feature event on the National Championship program.

Undoubtedly the star of this year's meet was 41-year-old Garry Hand of Canberra. Just five days after winning the prestigious Nike Marathon in Canberra in 2:19:00, Hand toyed with his opposition in winning five consecutive events in the M40 division: 800 (1:59.84), 1500 (4:05.37), 5000 (14:51.40), 10,000 (30:33.08) and 10K cross-country (33:19). His 5000 and 10,000 times are new Australian veterans records.

Queensland's Alan Bradford, the current M45 world 1500 champion, also won all five of his events: 1500 (4:22.36), 5000 (16:05.12), 10,000 (33:43.17), steeplechase (10:01.26) and 10K cross-country (35:38).

Victoria's Mike Johnson, 65, claimed six gold and one silver medals in the 100/200/400/LJ/TJ/Discus and Pentathlon, as well as just missing the prestigious "Master of Masters" feature sprint title.

Shirley Brasher, who just moved into the W60 category, won six gold and one silver medals, including a new world W60 1500 mark of 5:56.57, nipping the old mark of 5:57.2, set by West Germany's Lieselotte Schultz in 1981.

Daphne Pirie, who recently entered the W55 bracket, set seven national and two world W55 records in the 400 (68.6) and high jump (1.31m), respectively, breaking the old marks of 70.9 (set by South Africa's Anne McKenzie in 1981) and 1.30m (set by Czechoslovakia's Vlasta Chlumska in 1979).

Those five standout performers, plus many others, are expected to be on hand for the VII World Veterans Games in Melbourne this coming November.

The competition was, as usual, fierce but friendly, and everyone who competed was, in the true sense, a "winner." □

NEW AGE-GROUP RECORDS SET AT THE 15TH AUSTRALIAN VETERANS TRACK & FIELD CHAMPIONSHIPS Sydney, April 17-20

Event	Age	New Mark	Name	Old Mark
5000(W)	W75	37.04	Nancy Jeffreys	
10k(RW)	W75	75.38	Nancy Jeffreys	78.34
400	W55	68.6	Daphne Pirie	70.90
H/jump	W55	1.31	Daphne Pirie	1.30
5000(W)	M90	35.09	Gus Theobald	
20k (RW)	M90	2.34.01	Gus Theobald	
5000(W)	W50	26.48	Joan Hooper	27.34
1500	W60	5.56.57	Shirley Brasher	5.57.20
5000(W)	M75	28.43	Tom Daintry	29.32

dicapped and run in two divisions (male and female), the event provided the highlight of the Championships.

In a virtual blanket finish in each race, photo cameras were required to determine the winners: Fred Turner, M45, (13.5m handicap) in 12.57, edging George Simpson, M80, (56.23m handicap) in 12.66.

In the female division, Wilma Perkins, W35, (19.2m) got the judges' nod over Wendy Ey, W45, (24.45m), despite both recording 13.07.

The event was a great innovation by the New South Wales Vets and, hopefully, it will become a permanent

Hand Breaks Australian Marathon Record

Garry Hand, 41, a resident of the Australian Capital Territory in which Canberra is located, won the Nike Canberra Marathon with an Australian veterans record 2:19:00 on April 12. The race, also the Australian veterans championships, was his 50th marathon. The former record, 2:21:38 in 1985, was his own.

In nine previous appearances in the Canberra Marathon, Hand had never finished worse than seventh; and in 1983, he was second in 2:18:16.

Tony Luyenduk, 40, an ACT resident, was second veteran in 2:27:12, and Bruce Blair of New Zealand took third with a 2:27:53.

The women's winner overall was also a veteran runner, Annette McNeill, 38, from the ACT, who ran 2:49:43, a territorial record.

Second veteran woman was Jo Cullen, 38, from the ACT, in 3:10:30, and W45 winner Joan Sutton of New South Wales finished third with a 3:15:36. □



Top four, Kodak Masters 10K, Great Britain, April 4: (from left) Mike Hurd (15:03); Alun Roper (15:01); Roger Clark (15:09); and Des Austin (15:17). Photo by Evans, Associates Ltd.

Hurd, Palmer First Vets In British Kodak 10K

by BRIDGET CUSHEN

One of the most lucrative series of road races in Britain today is the Kodak 10K, which attracts the cream of the country's middle-distance runners. This year, on a wet, miserable April morning, a new dimension was added with the inclusion of a British Veterans 5K Championships offering subventions of £400 (\$660) to the winner, down to £100 (\$165) for 4th.

The line-up included Mike Hurd, who has been running so well in the States recently; Alun Roper, the national cross country champion; Dave Clark; and Dr. Brendan O' Shea from Ireland, a silver-medalist in the marathon in Puerto Rico.

There was no doubt Roper was favorite, and he won in 15:01. The quiet-spoken Welshman was very disappointed at not having been invited to compete in the Millrose Master Mile; he is current British indoor and outdoor 1500 champion and has a str-

ing of good performances on the road. He said: "I have seen the results of the Millrose; I could have made mincemeat of those times..." He paid his own way out to the IGAL Championships in Israel. (He missed an unmarked turn when lying third in the 10K and went hopelessly astray, finishing 9th.)

The M45 title went to European 1500 champion, Mike Wrenn (16:18), while the ubiquitous Derek Wood raced off with the M55 title (17:07).

The women's race attracted an equally talented field; there was a great tussle between two West Country runners: world 800 champion Pat Gallagher, W40, and Marion Palmer, W35, who has been beating Pat over the country this year. Marion drew away over the last 600 to win in 17:20.

Despite starting together and running over exactly the same course, the first three women got a standard BVAF medal only. Whatever happened to equality? □

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Surrey England

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1951 Cable St.
San Diego, CA 92107
USA

SOUTH AMERICA

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BUENOS AIRES
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Selantan 10,
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Cesare Beccalli
IMITT
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20147 MILANO Italy

OCEANIA:

Clem Green
46 Hargreaves Street
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All-American Certificate Program

The latest list of recipients of certificates as All-Americans for achieving U.S. standards of excellence in 1986 is published in this issue.

Meanwhile, applications for 1987 performances are beginning to come in. We will publish the names of all 1987 recipients later this year.

To recapitulate the program: if you equal or better the standards of excellence in any event in your age group, fill out the form printed on the next page and send it to National Masters News with \$10.00 to receive one certificate for one or more events. You may apply for multiple certificates, but each application must be accompanied by a \$10.00 fee.

Each application must have an official's signature, except for TAC National or Regional Masters Championships, or if the meet results have already been published in the National Masters News. However, the weight of the implement, hurdle height, distance, etc. must be written on the application form and be verifiable through the meet results or by an official's

signature. Any performance made in 1986 or 1987 can qualify.

The certificates are attractive, three-color (red, blue and black), 8½" x 11", suitable for framing. They will be mailed within a week after receiving your application.

We've had a few complaints that some standards are too easy, or too difficult. The idea, of course, was not to limit All-American status to elite record-holders, but to set the standards at tough, but realistic, levels which would provide a bit of incentive and recognition if the standards were met. If some standards are out of whack, the All-American Committee, headed by Jim Weed and Gary Miller, will make adjustments at the annual TAC convention this December.

National Masters News staffers checked the marks of competitors in four events in the 1986 Nationals held on Long Island, N.Y., July 18-20, against the All-American standards of excellence to see what percentage of athletes had qualified.

The events selected were the 400,

1500, long jump, and shot put (since they generally have large fields and are diverse enough to avoid the bias of great athletes who compete in several events, and who have outstanding marks in each, such as the 100, 200, and 400; or the 800 and 1500; or the shot, discus, and hammer).

In the 400, 61 men competed in age-groups M30 through M80. Of those, 33 met the All-American standards, so 54% qualified. In the M40 division, five of six met the standard of 54.0.

Twenty-four women, in groups W30 through W75, ran the 400, and 11, or 46%, qualified. In the W30 division, three of five exceeded or equaled the standard of 63.5.

The 1500 drew 76 men, from M30 through M80, with 37, or 49%, qualifying. Six of the nine M55 runners met the mark of 5:00. Two of the eight in the M65 and M70 divisions qualified, but none of the three in the M75 and M80 runners were All-Americans.

The women's 1500 had 250 runners in groups W30 through W65, and 15 of them, or 60%, qualified, with all four W40s meeting their standard of 5:19.

The men's long jump had 64 competitors, groups M30 through M80, and 48, or 75%, qualified. In the M50 group, nine of ten made the standard of 4.90 (16¼). In the M30 and M35 divisions, five of 15 made the grade; however, in the M65 through M80 divisions, 16 of 16 jumpers qualified.

Women long jumpers numbered 16, eight of whom qualified, or 50%.

Men shot putters will have to pump more iron. Of the 63 entered in M30 through M80, just 15, or 24%, qualified. Four of the six M40s met their standard of 13.00 (42-8). No M30s, M50s, M75s, or M80s (17 total) met their standards.

Ten of the 21 women throwers, 48%, in groups W30 through W75, were All-Americans, with three of five

W40s qualifying with better marks than the required 8.20 (26-11).

Thus, in the four events in New York, 179 out of 350 competitors (51%) met the All-American standard.

A check of an early-season outdoor meet, the SportArcade II, in Los Angeles, March 14, 1987, showed that over 60 All-American standards had been met.

In the 1987 Indoor Nationals on March 29 in Wisconsin, 49 out of 77 (64%) long jumpers bettered the standard, while 21 of 68 (31%) shot putters qualified for AA status — an average of 51% for the two events — the same as for the 1986 Outdoor Nationals.

In the March issue, we said we would try to compile and publish a list of all those who bettered the standard in 1987, whether they sent in an application or not. We went through every 1987 meet-result published in the March and April issues, and are publishing a list of 99 athletes who have bettered the AA standard in 126 events in those meets.

However, because the number of AA achievers are more than we expected, and because many of the results we receive omit first names, hurdle heights, or implement weights, we have reluctantly decided that it would be too costly and time-consuming to publish an accurate list of AA achievers on a regular basis.

So, in the future, we will only publish those All-Americans who apply for an AA certificate.

We suggest that meet directors note, with an asterisk on the results sheet, those competitors who bettered the AA standard. Dick Green did this in typing the results of his Midwest Regional Masters Indoor meet, published last month. Of course, this can be time-consuming, but it would be a valuable extra service to the meet's participants and to NMN readers. □

Athletes Who Have Met The U.S. Masters All-American Standards of Excellence in Meets Which were

Reported in the National Masters News from January thru April, 1987

M30 Driver, Eugene	200	22.3	Patsalis, Tom	LJ 16-6; TJ 35-1
John, ----	PV	13-6	Richards, Bob	DT 48.58; HT 47.15;
Mader, Charlie	HJ	6-4	HJ 4-8	
Petraneck, ----	PV	13-6	Smith, Denver	LJ 15-1½; TJ 33-1½;
Reilly, Frank	DT	156-8	PV 10-0	
Roach, Leon	PV	14-0	Watanabe, Bob	100m 12.9; 200 26.5
Spikes, Warren	200	22.4		
Trujillo, Roger	TJ	44-3	M65 Carmen, Bill	LJ 4.05
Watry, Jeff	HJ	6-6 3/4	Jones, Andy	LJ 13-0
	PV		Lukens, Ed	HJ 4-6; LJ 4.84
M35 Davis, Mike	PV	13-0	Morcom, Boo	LJ 5.07; SP 11.97
Vlaadingerbroek, R	JT	57.91	Morningstar, Ham	LJ 3.76; HJ 1.37;
			SP 12.05	
M40 Brown, Walt	LJ	19-3	Pickl, Max	LJ 4.07
Burgess, Carl	LJ	18-9	Shaw, Elmer	HT 34.46
" "	TJ	38-3		
Higgins, Lloyd	DT	157-3	M70 Blake, ----	LJ 11-1
Hill, Ed	SP	53-9½	Breslin, Jim	LJ 3.84
Meisner, John	TJ	38-10½	Broadbent, Joe	LJ 12-1
Reiter, Gordon	LJ	19-7	Carter, Ross	DT 127-7; SP 44-7
Smith, Bill	LJ	5.97	Christy, Chris	LJ 12-7
Tindall, Jeff	PV	13-0	Hirshy, C	SP 45-7½
			Johnston, Carol	PV 9-0
M45 Connelly, Mardon	PV	14-0	Laski, Stan	HT 38.16
Dorsey, Paul	HJ	5-10	Morales, Bill	LJ 13-7; JT 141-10
Eidahl, Dave	LJ	18-6	Morningstar, Ham	PV 8-0; LJ 12-3½
Miller, Chuck	LJ	5.55	TJ 25-8	
Mirka, George	SP	41-4½	Ragland, Wilbur	HJ 4-2½
			Schuck, Conrad	100m 14.2; 200 30.5
M50 Carstensen, Pay	SP	12.17	Vernon, Jim	PV 9-6
Clark, Bill	LJ	5.15		
Edwards, Jay	SP	43-5½	M75 Boal, Bob	HJ 3-10
Grover, Woody	LJ	4.92	Gaines, J	LJ 3.64
Hoyle, Ed	PV	12-6	Partridge, Phil	HT 21.38
King, Stan	200	25.7	Powell, Gordon	220 36.56
Martin, Ed	JT	126-4		
Newton, Nick	100m	12.3	M80 DeGroot, Bert	DT 78-7
" "	200	25.6	Hosack, Ev	HJ 3-4
Schmidt, Rick	LJ	19-1½	M85 Pitcher, Arling	HJ 3-2
Sharp, John	LJ	16-2	W30 Pope-Green, Donna	LJ 18-6½
Smith, ----	LJ	16-3	W35 Pierce, Kathy	SP 9.65
Stopoulos, Pete	LJ	17-6	W40 Calvert, Pam	LJ 15-1
Tsuda, Roger	100m	12.5	W45 Carter, Jeanne	100m 14.5; 200 29.0
" "	LJ	17-6		
Williams, Paul	LJ	17-3	W50 Kuehne, Magdalene	LJ 12-4; TJ 26-0
			Miller, Christel	LJ 13-3½; TJ 26-11½
M55 Brusca, Phil	SP	46-3/4	W55 Holland, Bernice	LJ 10-9; SP 30-3
Carstensen, Pay	SP	39-9	Kinsey, Shirley	LJ 12-3
Enders, Rudy	LJ	5.43		
Garrahan, B	SP	40-½	W60 Reid, J	DT 63-0
Hutchins, Walter	HJ	5-2	W70 Mendyk, Edith	DT 56-7; JT 60-5;
Pickarts, Del	JT	155-10	SP 23-11; LJ 7-0	
Saidel, Burt	LJ	16-1½	Nelson, Vivian	HJ 3-2; LJ 2.38
M60 Bangert, Bill	SP	43-4	(Several athletes qualified in more than	
Castaneda, Mike	SP	44-8	one division, which may be the result of	
Cavicchi, Dick	LJ	15-3	their having moved to a new division,	
Gist, Burl	HJ	4-10	but it may also be the result of inaccurate	
Goldsmith, Max	LJ	4.12	results or that the marks were taken	
Harris, Oscar	LJ	4.38	from a 10-year age-group meet. For those	
Hart, Gene	100m	12.8; 200 26.3	reasons, athletes will have to attest to	
Hirsimaki, Fred	HJ 4-8; PV 9-0;		their All-American performances with an	
LJ 15-3½; TJ 30-9			application.)	
Mitchell, Ken	LJ	13-7		
Nickell, Merle	LJ	16-1½		



Start of M35 1000y, 1987 National Indoor Championships, Madison, March 28-29.

Photo by D. Thiel

RECIPIENTS OF CERTIFICATES AS ALL-AMERICANS FOR ACHIEVING U.S. STANDARDS OF EXCELLENCE IN 1986

WOMEN

NAME:	EVENT	TIME/ DISTANCE
30-34		
DEBBIE ANDERSON	800	2:22.23
"	1500	4:56.59
LEAH DUPHINEE	100	13.9
40-44		
REIKO DUBA	HJ	1.30M
MEN		
40-44		
GLENN H. MARTIN	LJ	19'1"
JACK E. PETTY	800	2:04
45-49		
NATHANIEL CARTER	TJ	11.46M
BRIAN McKENNA	DISCUS	38.04M
ERVIN T. MITCHELL	100	12.0
"	200	24.64
50-54		
RALPH DAHLER	200	25.8
JOHN E. HAUGO	SP-12	44'11"
HARRY R. HOLM	DISCUS	136'8"

55-59			
ALAN O. MAXWELL	LJ	15'8"	
"	110HH	19.6	
DEL PICKARTS	JAV-800	50.78M	
60-64			
HARRY E. GUTH	HJ	4'10"	
JOCK JOCY	100	13.3	
"	200	27.9	
"	300H	51.22	
J. WALKER PIERSON	300H	53.4	
65-69			
HY BOOTH	DISCUS	135'4	
WILBUR RAGLAND	HJ	4'5½"	
JERRY SIEFERT	JAV-600	116'5"	
70-74			
CHARLES ESPY	SC-2K	12:45	
"	SC-3K	15:23	
MILO LIGHTFOOT	200	32.31	
HAROLD H. NIEBEL	100	14.7	
"	80mH	15.29	
"	300H	56.89	
"	LJ	13'9½"	
75-79			
GORDON POWELL	LJ	9'11"	
80-84			
ALBERT R. WHITE	HAMMER	15.34M	

U.S. MASTERS STANDARDS OF EXCELLENCE FOR WOMEN

event	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84
100m	13.8	14.2	14.6	15.0	15.6	16.3	16.9	17.5	18.8	20.0	21.2
200m	28.0	29.2	30.3	31.4	32.5	34.2	35.7	37.3	40.5	43.8	48.7
400m	63.5	66.5	67.5	69.5	71.5	73.5	78.5	83.7	90.0	95.0	103.3
800m	2:32	2:35	2:40	2:45	2:54	3:07	3:17	3:27	3:34	3:49	4:02
1500	5:13	5:15	5:19	5:39	5:50	6:15	6:45	7:16	7:45	8:19	8:49
5000	20:40	20:56	21:36	22:16	23:12	24:16	26:08	28:08	30:08	32:21	34:26
10000	41:00	42:40	44:40	47:00	49:30	52:00	56:00	60:00	66:00	76:00	86:00
100/80mH	17.0	18.6	16.1	17.1	18.1	19.1	20.1	21.1	28.0	32.0	37.0
400/300mH											
HJ	1.42	1.35	1.27	1.19	1.10	1.07	1.02	0.97	0.92	0.89	0.84
	4'8	4'5½"	4'2	3'11	3'7½"	3'6½"	3'4½"	3'2½"	3'0½"	2'11	2'9
LJ	5.0m	4.60	4.30	3.90	3.55	3.20	2.85	2.60	2.35	2.10	2.0
TJ	9.03	8.61	8.12	7.63	7.14	6.40	6.23	5.74	5.00	4.25	4.00
	29'7½"	28'3	26'73/4"	25½"	23'5½"	22'73/4"	20'5½"	18.10	16'5	13'11½"	13'1½"
SP	10.30	9.30	8.20	7.20	8.90	8.30	7.70	7.30	6.90	6.60	6.30
Javelin	39'50	33.50	27.50	21.50	25.0	19.0	18.0	16.0	15.0	14.0	13.50
Discus	30.0	27.8	26.0	24.0	22.0	20.0	18.0	16.0	15.0	14.0	13.50

APPLICATION FOR AN ALL-AMERICAN CERTIFICATE

NAME: _____ PHONE: _____

ADDRESS: _____ AGE GROUP: _____

SEX: M _____ F _____

EVENT: _____ MARK: _____

MEET: _____ WEIGHT OF IMPLEMENT _____

DATE OF MEET: _____ HURDLE HEIGHT _____

MEET SITE: _____

If you have bettered the standard of excellence, please send \$10.00 and this form to: All American, National Masters News, P.O. Box 2372, Van Nuys, CA 91404. (Enclose copy of results, or note in which issue they appeared.) A 3-color, 8½ x 11 certificate, suitable for framing, will be mailed to you within two weeks.

ATHLETES WHO ENTER A NEW DIVISION THIS MONTH JUN 1987

ATHLETE (RESIDENCE)	BIRTHDATE	AGE GROUP
SUSAN BUCHANAN (PHOENIXVILLE, PA)	6-13-37	50-54
MARY LOU CARLSON (US)	6-15-27	60-64
DAPHA COTTON (EUCALID, OH)	6-14-37	50-54
CAROLE LEAF (VALLEY STREAM, NY)	6- 5-42	45-49
VALERIE LUCAS (US)	6- 1-47	40-44
ISABEL MCCONNELL (WHARTON, NJ)	6-19-32	55-59
CONNIE RODEWALD (VENTURA, CA)	6-23-42	45-49
MARY RUFFIN (CA)	6-18-32	55-59
PATRICIA SHER (JACKSONVILLE, FL)	6-22-47	40-44
JOAN ALLISON (GB)	6-10-47	40-44
JUDY COX (AUS)	6- 5-32	55-59
LUISE HAUSHOFER (WG)	6-17-27	60-64
PAM KENNY (NZ)	6-26-42	45-49
ERMANNIA ORSONI (ITA)	6-25-27	60-64
GLORIA RICHARDS (AUS)	6-30-37	50-54
WANDA SAKATA (BRA)	6- 1-32	55-59
LIANE WINTER (WG)	6-24-42	45-49
CLYDE ALLING (CULVER CITY, CAL)	6- 2-17	70-74
KARSTEN BRODERSEN (CHL)	6-24-07	80 +
THOMAS CRONAN (CHARLESTON, SC)	6- 3-42	45-49
RON DAWSON (MINNEAPOLIS, MN)	6-21-37	50-54
TED ENSSLIN (PORTERVILLE, CALIF)	6-24-27	60-64
HARRY GATHERCOLE (AUS)	6- 7-07	80 +
ANTONIO GOTAY (PUR)	6- 1-12	75-79
NORMAN GREEN (WAYNE, PA)	6-27-32	55-59
JOHAN HESSELBERG (NOR)	6- 3-32	55-59
CLAUDE HILLS (FLOURTOWN, PA)	6-21-12	75-79
ALEX HOSSACK (US)	6- 2-22	65-69
THEDDE JENSEN (SWEDEN)	6- 7-07	80 +
VLADIMIR LYAKHOV (URS)	6-17-37	50-54
LAURIE DHARA (GB)	6-18-32	55-59
STIG OLDEN (SWE)	6- 8-22	65-69
JOHN POWELL (US)	6-25-47	40-44
DAVID PRATT (DAVIS, CAL)	6- 7-32	55-59
EDMUND SCHULER (ST. PETERSBURG, FLA)	6-20-27	60-64
ELMER SHAW (NY)	6- 4-17	70-74
ALLAN SHEAHEN (VAN NUYS, CAL)	6-28-32	55-59
MALCOLM SHURTLEFF (URBANA, ILL)	6-24-22	65-69
VILMOS VARJU (HUN)	6-10-37	50-54
TED WASSAM (CA)	6-24-32	55-59
CHUCK YOUNG (US)	6- -37	50-54

U.S. MASTERS STANDARDS OF EXCELLENCE FOR MEN

event	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85-89
100m	11.0	11.33	11.67	12.0	12.5	13.0	13.5	14.0	15.0	16.0	17.0	18.0
200m	22.4	23.3	24.2	25.1	26.0	27.3	28.5	29.8	32.4	35.0	38.9	42.8
400m	51.0	52.5	54.0	55.5	57.5	59.0	62.5	67.0	72.0	76.0	82.5	87.6
800m	2:01	2:04	2:08	2:12	2:19	2:29	2:37	2:45	2:54	3:03	3:13	3:24
1500m	4:11	4:12	4:15	4:31	4:40	5:00	5:24	5:49	6:12	6:39	7:03	7:30
5000m	15:30	15:42	16:12	16:42	17:24	18:12	19:36	21:06	22:36	24:16	25:50	27:30
10000	33:00	34:00	35:00	36:00	37:00	38:30	40:30	44:30	48:30	54:30	60:30	68:30
SC 3K	10:00	10:20	11:10	11:50	12:30	13:20	13:50	14:40	17:30	20:00		
SC 2K							9:30	10:30	12:45	14:00		
110mH	15.0	16.4	17.75	18.75	19.14	20.25	20.57	21.65	22.60	26.0	29.8	33.7
100mH							18.0	20.0				
80mH								18.0	21.0			
300mH							57.0	62.0	66.0	71.0	75.0	81.0
400mH	57.6	59.6	62.0	64.4	68.2	72.0	76.0	82.0	88.0	94.0	100.0	106.0
L.J.	1.94	1.85	1.76	1.68	1.59	1.50	1.41	1.32	1.23	1.12	1.02	.92
	6'4½"	6'3/4"	5'9½"	5'6"	5'2½"	4'11"	4'7½"	4'4"	4'½"	3'8"	3'4"	
L.J.	6.50	6.10	5.70	5.30	4.90	4.50	4.12	3.72	3.35	2.90	2.55	2.15
	21'4"	20'½"	18'8½"	17'4½"	16'3/4"	14'9"	13'6½"	12'2½"	10'11"	9'6½"	8'4½"	7'½"
P.V.	4.11	3.89	3.66	3.43	3.20	2.97	2.74	2.44	2.13	1.83		
	13'6"	12'9"	12'0"	11'3"	10'6"	9'9"	9'0"	8'0"	7'0"	6'0"		
T.J.	12.90	12.30	11.60	10.90	10.20	9.55	8.90	8.20	7.50	6.80	6.10	5.50
	42'4"	40'4½"	38'3/4"	35'9½"	33'5½"	31'4"	29'2½"	26'11"	24'7½"	22'3½"	20'½"	18'½"
Discus	44.80	42.60	40.60	38.00	40.00	36.40	42.00	36.80	31.60	26.40	21.40	16.00
	147'	139'9	133'2	124'8	131'3	119'5	137'9	120'9	103'8	86'7	70'2½"	52'6
Javelin	62.00	57.00	52.00	48.00	43.00	38.50	40.00	35.00	29.00	24.00	19.00	15.00
	203'5	187'0	170'7	157'6	141'1	126'4	131'3	114'10	95'2	78'9	62'4	49'2½"
Hammer	47.24	44.20	41.14	38.10	38.40	32.50	36.00	30.50	25.00	20.00	15.00	11.00
	155'0	145'0	135'0	125'0	126'0	106'8	118'1	100'1	82'0	65'7½"	49'2½"	39'4½"
S.P.	15.20	14.10	13.00	12.00	13.00	11.80	13.00	11.80	10.70	9.50	8.40	7.20
	49'10½"	46'3	42'8	39'4½"	42'8	38'8½"	42'8	38'8½"	35'1½"	31'2	27'6½"	23'7½"

notes: 1) 100m standards are for auto time, will use standard conversion for hand time

2) All High Hurdles are for 110m, 39" 30-49 36" 50-59 33" 60-69 30" 70+

3) Weights S.P. 16# 30-49 12# 50-59 8# 60+

Dis 2kg 30-49 1.6 50-59 1.0 60+

Jav 800gm 30-59 600gm 60+

Hammer 16# 30-49 12# 50-59 8# 60+

4) Metric heights and distances are the standard, feet and inches for convenience

MASTERS SCENE

NATIONAL

• **Barry Brown** and **Gabriele Andersen** were honored as RRCA Masters Road Runners of the Year at its annual meeting, May 14-17, Rockville, MD. Brown has won the award every year since its inception in 1984. Andersen won her second. **Keith Brantly** and **Joan (Benoit) Samuelson** were open male and female RROYT.

• The United States Corporate Athletics Association will conduct its national track championships on July 25-26 in Boston/Cambridge, MA. All events are either relays (races) or team (HJ, LJ, SP) scored. A team 5K RR is scheduled for the 25th, and a 10K on the 26th. Age groups for all events start at 25 and go to 55+. Twelve regional associations will offer meets before the championships. See schedule under "East" for national contact.

• The 1987 edition of the **Competition Rules** (t&f, RW, LDR) of **The Athletics Congress** is now available for \$7.50 (check or money order) through the Book Order Dept., TAC/USA, P.O. Box 120, Indianapolis, IN 46206. Records are included in this year's book. Also, TAC's 1987 **American Athletics Annual** is now available (\$8 U.S. and Canada; \$12 Europe and elsewhere). This year's edition was edited by **Hal Bateman** in conjunction with **Carol Swenson** and **Pete Cava**.

• The Athletics Congress' list of qualifiers for the '88 U.S. Olympic Women's Marathon Trials, May 1, Pittsburgh, includes five masters among the 129 qualifiers: **Barbara Filutze**, Erie, PA; **Sue Petersen**, Laguna Beach, CA; **Bette Poppers**, Littleton, CO; **Bobbi Rothman**, Coconut Creek, FL; and **Harolene Walters**, El Toro, CA. **Gabriele Andersen**, a Swiss citizen who lives in Tahoe, is on the list compiled by **Marty Post** of **Runner's World**, who will provide updated lists in mid-July, late October, early January '88, and a final list about two weeks prior to the trials.

• "Winners All Our Lives," the inspirational film about masters athletes (April, NMN, p. 33) will be awarded the red ribbon for excellence at the American Film Festival this month. Most of the footage was shot at the V World Veterans Games in Puerto Rico in 1983.

• Exercise physiologist **Dr. Peter Snell**, 49, claims, "The data I have on myself suggests I can run a 4:30 mile. I've just got to get out and do some speedwork."

• **NIKE** has introduced a new gadget on the market, which they call, fittingly enough, the **NIKE Monitor**. And it does just that: at the touch of a button, the monitor tells you how long you have been working out, how fast you are moving, and what distance you have covered. The monitor is attached to a belt and weighs only 8 oz. There is also available a **Heart Pulse Rate** accessory; one push of the button and the digitized voice will report your current heart rate. The retail price is \$200 (Heart Pulse Rate \$25 extra). For more information, contact **Nike, Inc.**, Fitness Electronic Division, 11000 SW 11th Street, Beaverton, OR 97005.

• **Jennifer Young**, former co-director of the National Running Data Center which closed shop December 31, 1986, says, "I'm having a blast with my new job. It's so neat not to have to do the other stuff anymore."

EAST

• **Glenn Myers**, 40, of Millersville, PA, with a 54:46, and **Linda Toretsky**, 42, of Deptford, NJ, in 1:07:35, were first 40+ in St. Patty's 10 Mile, Kutztown, PA, March 15. **Moses Mayfield Jr.**, 42, (16:12), Philadelphia, and **Carol Hopson**, 47, (21:30), Kingston, PA, took the 40+ races in the 5K.

• In the masters races, it was the return of the Redcoats in the MDS-Boston Milk Run 10K,

April 12, as Britishers **Alan Rushmer** outkicked Mexico's **Antonio Villanueva** at the finish to win (30:37) and **Priscilla Welch** claimed her third consecutive masters victory (33:37).

• From the news release on the 1st Wall Street 4K Rat Race, NYC, April 15: "The field of 1000 Wall Streeters wearing business suits and carrying briefcases included an examination agent from the IRS, an enforcement attorney from the New York Stock Exchange, four FBI agents, the Counsel General of Australia, and a priest. More than 60% of the runners were from financial services companies. The course, winding through the financial district, started and finished at the South Street Seaport, where at the awards ceremony, winners were served champagne and caviar while losers were served stale bread, water, and a subpoena." Sponsor **Carey Limousine** of NYC provided awards and prizes.

• **Michael Hurd**, M40, of Great Britain led the masters (2:17:53), and W. Germany's **Doris Schlosser** won the W40+ race (2:43:30) in the New Jersey Waterfront Marathon, Jersey City, April 26. Top masters racewalkers were **Alan Price**, 40, (4:15:47) and **Stella Cashman**, 45, (4:49:49).

• The New York Marathon will soon be known as the "New York Marathon presented by John Hancock." Hancock and ABC announced a 5-year sponsorship of the New York Marathon, to the tune of nearly \$2 million. NYM, however, intends to back off dramatically on appearance money.

• On May 3 in Pittsburgh, the peripatetic **Barbara Filutze**, racing her second marathon in less than a month, took home \$3100 for winning the Masters division and placing tenth overall in 2:50:08. (Other Masters results unavailable at press time.) Overall winner **Rodolfo Gomez** (2:13:07) is now 36 years old.

• **Susan Redfield**, 51, of Massachusetts, who won five events in the Indoor National Masters T&F meet in Wisconsin, is featured in **Sports Illustrated** magazine's "Faces in the Crowd" column (May 18 issue).

SOUTHEAST

• Masters winners **Richard Weeks** (34:43) and **Gail Bailey** (38:42) picked up \$200 each in the Cooper River Bridge Run 10K, April 4, in Charleston, South Carolina. Head winds of 35mph slowed times, as 6200 finished.

MIDWEST

• The Ohio TAC Indoor Championships at Ohio State in Columbus, March 15, included 150 m&w masters. **Scott Tyler**, M45, posted the best mark in the 55m (6.6). Over The Hill TC teammate **George Mirka**, M45, led the M40+ shotputters (40-9%). **Theresa Dudley**, W30, ran the 55m in 8.3 and the 300m in 50.8.

• **Otho Perkins**, 57, and **Dr. George Knox**, 75, for whom the race is named, bettered U.S. age records in the 2nd Annual George Knox 50K Track Run, Worthington, OH, March 23. Perkins beat all contenders with a 3:22:52, and Knox finished in 8:36:16.

• **Alan Hutchcroft**, 45, Rockford, IL, and **Barbara Dickman**, 45, of Rockford, were masters winners in 36:50 and 48:41 respectively in the 10K portion of the St. Anthony Medical Center Heritage Run, Rockford, April 26, which included a 2-mile race, in which the first 40+ were also Rockfordians, **Gary York**, 40 (10:17) and **Elissa Stahl**, 42 (15:03).

MID AMERICA

• **Bob Bartling**, 60, Brookings, SD, covered 8 miles/1314 yards in one hour and went on to a 1:08:30 ten-mile in Brookings, April 12, to lead all M40+.



George Cohen winning M45 1000y (2:29:28), 1987 Indoor Championships, Madison, March 28-29. Photo by D. Thiel

• **Russ Schmeichel**, 40, of Jamestown, ND, who bettered **Ernie Billups'** 1000y AR (2:19.1) with a 2:18:94 in the '87 Indoor Nationals in Madison, produced another season's best with a 1:58.1 in the Masters 800 at the Drake Relays, April 28.

SOUTH WEST

• Masters runners were high placers in the Mardi Gras Marathon/Half-Marathon/5K, February 15, New Orleans. In the marathon, **Juan Perez**, 42, took third (2:48:12), and **Marian Loftin**, 40, finished seventh woman (3:36:13). In the half, **Bobby Dannelley**, 45, nabbed second (1:15:14), and **Kathy Miller**, 42, was seventh female (1:38:38). In the 5K, **Brendan Minihan**, 41, beat everybody in 16:49, and **Jody Gates**, 47, ended sixth woman with a 23:19.

• Masters of older vintage took the 40+ races in the Redbud 10K, Oklahoma City, OK, April 5, when 52-year-old **Dale Thompson**, Amarillo, TX, ran 35:07 and 45-year-old **Maureen Bixby**, Norman, OK, did 38:50.

WEST

• **Harolene Walters**, W40, of El Toro, CA, who ended an especially fine 1986 with a 36:46 10K, bettered that with a 4th-woman, 36:03, April 25, in Laguna Beach, CA. Her only division defeat recently was a 2nd-place finish (2:51:33) in the L.A. Marathon, which came 30 days after she won the women's race in the Phoenix Marathon (2:47:33) and qualified for the Women's Olympic Trials.

• **Richard Leutzing**, 48, Pacific Grove, CA, with a 2:49:58, and **Mary Campbell**, 40, Beverly Hills, CA, in 3:12:40, won the masters races in the Big Sur International Marathon, Carmel, CA, April 26. **Jack Kirkpatrick**, 67, Los Osos, CA, who with his son **Keith**, 40, may be the only father-son combo in masters marathon competition, won the M65 contest with a 3:40:52.

• **Joan Stratton**, South Lake Tahoe, CA, broke the U.S. W35-39 discus record of 122-11, held by **Lynn Graham**, twice in her series in a throwing event in Reno, NV, with a 124-0 and a 125-6.

• San Diego's **Noel Johnson** is off running 10K races in Norway, Denmark, Sweden, Finland, and Iceland. He'll be back home by July 7 for his 88th birthday.

• Correction of race results: At the Sportarcade II 10,000 Meter run in Walnut California last month, **Gary Skiles** (and not **Randy Bown** as indicated) ran 36:29. Bown actually ran 38:09.

• **Bill Cosby** has been using the University of California's Edward's Field to keep in shape while working on a new movie in Oakland. While being mobbed by fans at the film's

shooting location, **Cosby** has been able to find a good, relaxing training environment with many NCSTC athletes.

Thelma Rubin reports, "Bill (I'm on a first name basis since he put his arm around my shoulder) is amazingly friendly and relaxed with his fans. Is there anyone not a fan of Bill Cosby? He coached several of us and we were inspired to run our best training intervals."

NORTHWEST

• On May 3 in Spokane, Wash., 54,010 started the Lilac Bloomsday 12K. Among a multitude of high-placing men internationalists, Englishmen **Mick Hurd** easily won the Masters division (and \$1000) in 37:32 over Americans **Pat Murphy** (38:28/\$800) and **Steve Lester** (38:32/\$600). American women, on the other hand, dominated, including top three Masters **Bobbi Rothman** (44:28), **Susan Henderson** (44:51), and **Juana Stavalone** (45:30). Rothman's course-record win netted her \$1250 in prize money. **Gary Novotny**, 37, of Tacoma, Wash., suffered cardiac arrest and died shortly after finishing the race.

INTERNATIONAL

• According to the May issue of **Runner's World**, England's **Ron Hill**, 48, three-time Olympian and Boston Marathon winner in 1970, has completed at least one run a day since December 20, 1964, for a streak of more than 8000 days. Other top streakers are **Bob Hensley** of Milford, CN, with a stretch dating back to November 7, 1969, and **Ken Young** of Tucson, AZ, who has been out daily since July 4, 1970.

• **Mike Hurd**, M40, second to **Alun Roper** (15:01) by two seconds in the Kodak 5K Classic in Britain, April 4, went out the next day and won the veterans prize in the Reading Half-Marathon in 65 minutes.

• Top three masters in the Peninsula Marathon, Cape Town, S.A., March 7, were **Eric Bateman** (2:24:13), **A. Lemos** (2:26:09), and **D. Rountree** (2:26:10). **Leo Benning**, M55, finished sixth (2:59:06) in the M50+ division, won by **John Adams** (2:53:44). Benning was organizer of the West Province Masters T&F Championships held at the Coetzberg track at Stellenbosch University, March 27-28. Stellenbosch is where **Zola Budd** ran into the world limelight about four years ago. In the WP meet, 12 S.A. and 41 provincial records fell. **Kalfe van Zyl**, M60, led the assault with a national record-equaling time of 16.3 in the 100m H.

• In the South African Marathon Championships, also held at Stellenbosch, on May 2, **Titus Mambola**, 45, led all masters in an outstanding 2:20:42. □

schedule

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



TRACK & FIELD NATIONAL

June 20. U.S. TAC National Masters Pentathlon Championships, Occidental College, Los Angeles. Gary Miller, 1740 Grandview Ave., Glendale, CA 91201. 818/843-2139.

July 11-12. U.S. TAC National Masters Decathlon/Heptathlon Championships, Potts Field, U. of Colorado, Boulder, Colorado. Jim Weed, 11672 E. 2nd Ave., Aurora CO 80010. 303/341-2980.

August 14-16. 20th U.S. TAC National Masters Championships, Eugene, Oregon. Frank Anderson, 939 East 21st Ave., Eugene, OR 97405. 503/345-2820.

EAST

June 6. Senior Olympics, Bridgeport, Conn. 55+. Dr. Will Burger, Harvey Hubbell Gymnasium, U. of Bridgeport, Bridgeport, CT 06601. 203/576-4059.

June 7. TAC Eastern Regional Masters Championships, Mitchell Field, Long Island, N.Y. Sandy Pashkin, 363 Edgecombe Ave. No. 54, New York, NY 10031. 212/368-6134.

June 13. Waltham Masters Invitational, MIT, Cambridge, Mass. Joe Tranchita, 88 Russell St., Waltham, MA 02154. 617/893-3828.

June 13. Buffalo Belles & Brawn International Masters Meet, Parker Field, Buffalo, N.Y. Bettie Zoschke, 266 Puritan Rd., Tonawanda, NY 14150. 716/835-6018.

June 14 & 28; July 12 & 26; August 9 & 23. Potomac Valley Seniors TC Developmental Meets, St. Stephens H.S., 1000 St. Stephens Rd., Alexandria, Va.

July 4. Merrill Lynch Realty AC July 4th Masters Meet, Randolph, N.J. MLRCA, 517 Highway 33, Englishtown, NJ 07726. 201/625-1764. Evening and travel arrangements: 201/361-3220

July 18. Philadelphia Masters Pentathlon, Villanova U., Villanova, Pa. Post-entry only. Pete Taylor, 3120 Schoolhouse Lane, Philadelphia, PA 19144. 215/842-3807.

July 25-26. United States Corporate Athletics Association National Championships, Boston-Cambridge, Mass. USCAA National Championships, 430C Salem St., Medford, MA 02155.

July 26. 4th Annual Brown University Masters Invitational, Providence, R.I. SASE to Neil Steinberg, 46 Roberts Ave., Pawtucket, RI 02860. 401/728-39 (eve.).

August 1. Philadelphia Masters Championships, Villanova U. Villanova, Pa. Pre-entry only. Walt Fisher, 263 S. Roberts Rd., Bryn Mawr, PA 19010. 215/525-5081.

August 8. Buffalo Belles & Brawn Classic for Girls & Women, Parker Field, Buffalo, N.Y. Bettie Zoschke, 266 Puritan Rd., Tonawanda, NY 14150. 716/835-6018.

August 9. Buffalo Belles & Brawn Classic for Boys & Men, Parker Field, Buffalo, N.Y. See August 8.

August 9. Tri-State TC Classic, Hagerstown, Md. Wayne Vaughn, 734 W. Franklin St., Hagerstown, MD 21740. 301/733-6076.

August 22. Buffalo Belles & Brawn Pentathlon, Parker Field, Buffalo, N.Y. See August 8.

September 6. Potomac Valley Games, Washington, D.C. area. Sal Corrallo, 3466 Roberts Lane, N. Arlington, Va. 22207.

SOUTHEAST

June 6. TAC Southeast Regional Masters Championships, National Club Championship, Emory U., Atlanta, Ga. Lila Brasher, Atlanta TC, Inc., 3097 E. Shadowlawn Ave. N.E., Atlanta, GA 30305. 404/231-9065.

June 13-14. 12th Annual Northwest Classic, Miami-Dade C.C., Miami, Fla. Jesse Holt, 1310 N.W. 90 St., Miami, FL 33147. 305/836-2409.

June 19-21. TAC Tennessee Masters T&F Championships, University of Tennessee, Knoxville. TMTFC, P.O. Box 3394, Oak Ridge, TN 37831-3394.

June 27. Southeastern Track Classic, Greenville, South Carolina. Ages 30+. Bill Keesling, Meet Director, 26 Elmwood Dr., Taylors, SC 29687. Entry form in this issue. Inquiries: 803/268-3988.

June 27. Tampa Bay All-Comers, Pepin Rood Stadium, U. of Tampa, Fla. 813/238-6451; 813/223-8615.

September 5. Blue Cross/Blue Shield of Virginia 12th Annual Virginia State Masters Championships, Charlottesville, Va. Karen Beaver, 311 Westminster Rd., Charlottesville, VA 22901.

MIDWEST

June 6. Illinois Masters Grand Prix Series (#1), Augustana College, Rock Island, Ill. Pete Stopoulos, 1029-16th Ave., E. Moline, IL 61244. 309/755-2655.

June 14. Illinois Masters Grand Prix Series (#2), Rockford, Ill. Dick Green, P.O. Box 6147, Rockford, IL 61125. 815/397-5685.

June 20. Wisconsin United Masters Meet, Madison, Ron Dennis, c/o WUAC, 6408 Westgate Rd., Monona WI 53716. 608/221-8020.

June 21. Hoosier Track Classic, Indianapolis. Bob Coughlin, 305 S. Barton, Indianapolis, IN 46241. Jim Ware, 317/634-0949 (w), 317/638-0466 (h).

June 27. Cleveland Track Classic, Wickliffe, Ohio. Jeff Gerson, 4173 Wilmington Rd., South Euclid, OH 44121. 216/382-2656.

July 25. Etonic TAC Masters T&F Grand Prix Championships, Libertyville, Ill. Awards for athletes with All-American performance. Craig Dean, M.D., 719 Stonegate Ct., Libertyville, Ill. 60048. 312-367-6347.

August 2. Illinois Grand Prix Series (#4), Bloomington, Ill. Dick Green, PO Box 6147, Rockford IL. 61125. 815/397-5685.

August 9. TAC Midwest Regional Masters Championships, York High School, Elmhurst, Ill. Dick Green, P.O. Box 6147, Rockford IL 61125. 815/397-5685.

Sept. 13. Wolfpack Throwing Classic. 13 National and World Records set here in



Mother and son champions, the Hollands, 1987 Indoor Championships, March 28-29, Madison: Claude in the M30 500y (1:15.22), and Bernice in the W60 long jump (11-0) and shot put (31-4 1/2).

1986. Worthington HS., Worthington, Ohio. Jim Pearce, 2449 Southway Dr., Columbus, OH 43221. 614/294-4606(W).

September 13. Ohio TAC Two-Hour Track Run, Worthington HS, Worthington, Ohio. John White, 4865 Arthur Place, Columbus, OH. 614/459-2547 (H).

MID-AMERICA

June 27-July 2. U.S. National Senior Olympics, swimming, archery, etc. 55-and-up. Joy Rice, Administrative Director, 321 West Port Plaza, Suite 202, St. Louis MO 63146. 314/576-1987.

June 28. Lincoln Masters & Submasters Meet, Lincoln, Nebr. Same day pentathlon. Don Showen, 3331 N. 68, Lincoln, NE 68507. 402/464-4792.

July 11. Minnesota Masters Championships and 5K, Park Rapids. Chuck Olson, R.D. 2, Box 158, Nevis, MN 56467. 218/652-4436.

August 9. Chillicothe Masters Meet, Chillicothe, Mo. Joe J. Shy, Jr., P.O. Box 745, Chillicothe, MO 64601.

September 6 & 7. Rocky Mountain Masters Games, Boulder, Colorado. Jim Weed, 11672 E. 2nd Ave., Aurora CO 80010. 303/341-2980.

SOUTHWEST

June 6-7. Duke City Masters Games, Albuquerque, N.M. Neil Silver, 728 Loma Vista NE, Albuquerque, NM 87106. 505/265-8234.

June 12 & 26, July 10 & 24. Kenner Recreational Department All-comers, Kenner, La. Bertolino Track, 6:30 p.m. SASE to C. Wimberley, 48 Chateau Haut Brion, Kenner, LA 70065. 504/467-1197.

June 27. TAC Southwest Regional Masters Championships, Rice U., Houston. Ray Stanfield, Dept. of Athletics, P.O. Box 1892, Houston, TX 77251. 713/527-4077.

June 27. 2nd Annual Gulf Coast Classic Masters meet, Texas City, Texas. 1:00 p.m. Lynn Ray Ellison, 823 Texas Ave., Texas City, TX 77590. 409/945-7631; 945-8758.

July 11. West Texas Masters Meet, Ozona, Texas. Pete Maldonado, P.O. Box 1584, Ozona, TX 76943. 915/392-3802; 392-5501, X218.

July 18. High Altitude Pentathlon, Los Alamos, N.M. Bob Weeks, 1534 40th, Los Alamos NM 87544. 505/662-4436.

August 1. 7th Annual Texas Masters Championships, U. of Texas-Arlington, Texas. Night. Joe Murphy, 4308 N.C. Expwy, S-206, Dallas, TX 75206. 214/824-3800 (day).

WEST

1987. Hawaii Masters TC All-Comers Meet. Punahou School, Hawaii. Each Sunday 2:30 p.m. Stan Thompson, 2164 Halekoa Dr., Honolulu, HI 96821. 808/734-8450.

June 20. SCA/TAC Masters Championships, Occidental College, Los Angeles, Calif. SASE to Woody Studenmund, 1256 Clubhouse Dr., Pasadena, CA 91105.

June 21. All-American TC All-Comers Weight Pentathlon, Cal State-Northridge, Los Angeles. 10:00 a.m. Plus full t&f meet, 12:00 p.m. Frank Reilly, 818/716-7280.

June 23-August 1. All-comers meets, Los Angeles, 7 p.m. Tues: Southwest College; Wed: Birmingham HS; Thurs: Bell HS; Fri: Santa Monica CC. Masters events each Wed. at Birmingham. Finals on Sat. Aug. 1 at Birmingham.

June 27. Trojan Masters Invitational, USC, Los Angeles, Calif. SASE to June 17. Jim Vern, 91790. 818/338-1623.

July 4. River City Track Club 1st Invitational Meet, Cal State U-Sacramento, Calif. Open & Masters. Michael Holzgang, P.O. Box 255131, Sacramento, CA 95865. 916/482-7881.

July 5-12, July 12-18. Mammoth Athletics Camp, Mammoth, Calif. Camp director will be Dr. Ken Foreman, distance coach for the 1988 Olympic team. John Cosgrove, MAC Chairman, 7411 Earldom Ave., Playa del Rey, CA 90293. 213/823-9448.

July 11. 3rd Annual Patriots Summer Relays and 2nd Annual California Masters Team Championships, Southwest College, Los Angeles. Marvin Thompson, PO Box 2981, Beverly Hills CA 90213-2981. 213/388-9689.

July 18. Northern California Seniors Classic, Edwards Field, UC-Berkeley, Calif. Martyn G. Adamson, 439 Love Lane, Danville, CA 94526. Send SASE.

July 25-26. TAC Masters Western Regional Championships, Fresno, Calif. Hugh Adams, 7904 S. McCall, Selma CA 93662. 209/896-2435.

September 19. Northern California Senior Olympics, Edwards Stadium, UC-Berkeley. NCSO, City of Oakland Parks & Recr. Dept., 1520 Lakeside Dr., Oakland, CA 94612. 415/273-3866.

October 3. Club West Masters, U. of California-Santa Barbara (Goleta). George H. Adams, 3736 B Amalfi Way, Santa Barbara, CA 93105. 405/687-6323.

NORTHWEST

June 27-28. 6th Annual Hayward Masters Classic, Silke Field, Springfield, Oregon. Jerry Jackson, 933 Northridge, Springfield OR 97477. 503/746-0605.

July 3-4. TAC Northwest Regional Masters Championships, Mt. Hood CC, Gresham, Oregon. Jim Puckett, Gresham, OR 97030. 503/667-7354.

CANADA

July 24-26. Ontario Masters Championships, Ottawa. Ray Cardinal,

Continued on page 26

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819/821-7595.

July 31-August 2. Canadian Masters Championships, Minoru Park, Richmond, B.C. Don Trethewey, 8451 Dorval Rd., Richmond, BC, Canada V7C 3J1. 604/277-8847.

INTERNATIONAL

July 2-5. Farkas Matyas Memorial Veterans Meet, Budapest, Hungary. Ferenc Igrenyi, Hungarian Association of Veteran Athletes, 114B Budapest, Dozsa Gy UT 1-3.

July 12. 2nd Masters Games, Trinidad and Tobago, West Indies. Ms. Monica Tang Wing, 21-4th St. (East) Montague Ave., Dinsley Gardens, Trincity, Trinidad and Tobago, West Indies.

September 19-20. San Juan Annual International Masters Meet, Parque Central, San Juan, Puerto Rico. Roberto Santana, Municipality of San Juan, Call Box 71079, San Juan, PR 00936. 809/782-1073.

November 19, 26. December 10, 17. Waratah T&F Series, Sydney, Australia. Deadline October 30. H. Stanley, (N.S.W.V.A.), 3 Graton St., Eastlakes, 2018, Sydney, Australia.

November 28-December 6. VII World Veterans Games, Melbourne, Australia. Men 40+. Women 35+. No qualifying standards. World Veterans Games, P.O. Box 282, Essendon, 3040, Victoria, Australia. (See ads in this issue).

November 28-December 12. The First Australian Masters Games at various sites in Tasmania (t&f and road races on December 9-10 in Hobart). Kim Newstead, P.O. Box 587, Glenorchy Tasmania 7010. Phone: (002) 740-750.

September 17 - October 2, 1988. XXIV Olympic Games, Seoul, Korea. T&F News, Box 296, Los Altos, CA 94023. 415/948-8188.

LONG DISTANCE RUNNING NATIONAL

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

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

June 5. U.S. TAC National Masters 100-Mile Championships, Shea Stadium, Queens, N.Y. Vince Chiappetta, 9 E. 89

St., New York, N.Y. 10128.

June 28. U.S. TAC National Masters 1 Mile (Road) Championships, Olympia, Wash. Walt Jorgensen, 823 North St., Tumwater, WA 98501.

July 11. U.S. TAC National Masters 10K Racewalk Championships, Niagara Falls, N.Y. Don Winiecki, 161 Stewart Ave., Buffalo, NY 14211. 716/896-7609.

September 20. U.S. TAC National Masters 10K Championships, Albany, N.Y. Bill Shrader, RD #1, Middleburgh, NY 12122.

September 20. U.S. TAC National Masters 40K Racewalk Championships, Ft. Monmouth, N.J. Elliot Denman, 28 N. Locust Ave., W. Long Branch, NJ 07764. 201/222-9213.

EAST

June 7. Orange Classic 10K, Middletown, N.Y. John Szeft, Orange Runners Club, P.O. Box 2144, Middletown, NY 10940.

June 21-27. 4th Annual Lydiard Running Camp, Bard College, Annandale-on-Hudson, New York. Tom Robinson, 128 Clarence Rd., Scarsdale, NY 10583. 914/725-0751 (before 10 p.m.).

June 28, July 26, August 22. Mercedes Mile on Fifth Avenue Qualifiers, Delacorte Oval, Central Park, NYC. Fifth Ave. Mile Qualifier, Box 881 FDR Station, New York, NY 10150-0881.

July 12. 10th Annual Boilermaker 15K, Utica, N.Y. Masters prize money:

M/W 40-49: Five places, \$500-50;

M/W 50+: Four places, \$300-50.

E. C. Reed, Utica Boilers, Inc., P.O. Box 4729, Utica, NY 13504. 315/797-1310.

July 15. Fredonia Firemen's 5K, Fredonia, Pa. Dot Hillman, 900 Delaware St., Fredonia, PA 16124. 412/475-3314.

July 18. Jim Latz 5 Mile Beach Run at Twilight. Ventnor, N.J. Formerly the "Knife and Fork Inn Run." Running Resources, 5511 Winchester Ave., Ventnor, NJ 08406.

August 1. Blue Cross/Blue Shield 10K, 3000m Cross-country Run, masters 100m and 800, Underhill Field, South Orange, N.J. SASE to Summer Festival, Essex County Dept. of Parks, 115 Clifton Ave., Newark, NJ 07104. 201/338-3893.

August 8. Asbury Park 10K Classic, Asbury Park, New Jersey. Masters prize money: \$750/500/300/200/100 (M&W). Nancy Ammermuller, Box 2287, Ocean Township, NJ 07712. 291/922-9479.

August 16. Falmouth 12K, Falmouth, Mass. Richard Sherman, P.O. Box 732, Falmouth, MA 02541. 617/540-4417.

SOUTHEAST

June 20. Saturday Nite Run & Ride, DeLand, Fla. John Boyle, P.O. Box 1824, DeLand, FL 32721. 904/736-0002.

July 4. Peachtree 10K, Atlanta, Ga. Masters prize money. Atlanta TC, 3097 E. Shadowlawn Ave., NE, Atlanta, GA 30305. 404/231-9064.

July 11. Full Moon Run 3 & Ride 9, DeLand, Fla. John Boyle, P.O. Box 1824, DeLand, FL 32721. 904/736-0002.

August 22. Maggie Valley Moonlight 8K, Waynesville, N.C. Reimer Steffen, Waynesville Country Club Inn, P.O. Box 390, Waynesville, NC 28786. 704/456-3551.

MIDWEST

July 4. Marathon Independence Day 10K, Whetstone H.S., Columbus, Ohio. William P. Schmidt, 6163 Laurelwood Ct., Columbus, OH 43229. 614/895-1514 (h).

August 22. Bobby Crim 10 Mile, Flint, Mich. Crim Road Race, P.O. Box 981, Flint, MI 48501.

September 20. The Ultimate Runner (10K, 400, 100m, mile, marathon), Jackson, Mich. Masters money. SASE to Ultimate Runner, Jackson CC, 2111 Emmons Rd., Jackson, MI 49201.

MID-AMERICA

June 7. Garden of the Gods 10-Mile, Manitou Springs, Colo. Nancy Hobbs, P.O. Box 38235, Colorado Springs, CO 80937. 303/473-2625.

June 20. Grandma's Marathon. Duluth, Minnesota. Scott Keenan, P.O. Box 6234, Duluth, MN 55806. 218/727-0947.

July 24. Deseret News Marathon. Salt Lake City. Keith West, Deseret News, Box 1257, Salt Lake City, Utah 84110. 801/237-2135.

July 25. Bix-7 Miler, Bettendorf, Iowa. Ed Froelich, 2685 E. Kimberly Rd., Bettendorf, IA 52772. 319/359-9197.

August 22. Pikes Peak Marathon, Colorado. Carl McDaniel, 5520 N. Union Blvd., Colorado Springs, CO 80218. 303/594-0505.

October 11. Twin Cities Marathon, Minneapolis/St. Paul. Masters money. TCM, P.O. Box 24193, Minneapolis, MN 55424. 612/929-8646.

SOUTH WEST

June 6. Milk Run Women's 5K Championships, Baton Rouge, La. Masters money. Carter-Williams, Inc., 800 American Tower, Shreveport, LA 71101. 318/227-1515.

WEST

June 4, 11, 18. Legg Lake Evening Runs, So. El Monte, Calif. 6:30 p.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera CA 91342. 213/942-8774.

June 6. Be Free 5K/10K, Griffith Park, Los Angeles. Race Central P.O. Box 828, Rialto, CA 92376.

June 17. Union Bank Heart of the City 5K, run through downtown Los Angeles. 7:00 p.m. Antoinette Mongelli, 445 So. Figueroa St., Los Angeles, CA 90071. 213/236-5716.

June 21. SCA-TAC 8K District Championships, Long Beach, Calif. California Athletic Productions, P.O. Box 30306, Long Beach, CA 90853. 213/439-6875.

June 25, 2nd Annual Harolene Walters 8K, Legg Lake, So. El Monte, Calif. See June 4.

July 4. Spirit of America 5K, Torrance, Calif. Spirit of America 5K, P.O. Box 5102, Torrance, CA 90510. 213/328-7260.

July 5-17, July 12-18. Mammoth Athletics Camp. Mammoth, Calif. Camp director will be Dr. Ken Foreman, distance coach for the 1988 Olympic team. John Cosgrove, MAC Chairman, 7411 Earldom Ave., Playa del Rey, CA 90293. 213/823-9448.

July 12. United Cerebral Palsy's 3rd Annual Bastille Day 8K, Newport Beach, Calif. Bastille Day 8K, 3020 W. Harvard, Santa Ana, CA 92704. 714/641-3774.

July 19. San Francisco - Audi Marathon, San Francisco, Calif. New course. SASE to SF Marathon. P.O. Box 27557, San Francisco, CA 94127. 415/681-2323.

August 1. Fiesta 30K, 30K Walk, 3x10K Relay, 5K, 5K Walk, Santa Barbara, Calif. Fiesta Footraces, P.O. Box 6616, Santa Barbara, CA 93160.

August 23. America's Finest City Half-Marathon. San Diego, Calif. Neil Finn, American Lung Association, 3861 Front Street, San Diego, CA 92103. 619/297-3901.

NORTHWEST

June 7. The Race 8K, Eugene, Oregon. Charlie Fleishman or Edgar Kousky, P.O. Box 11364, Eugene, OR 97440. Fleishman — 503/689-9278; Kousky — 503/687-8787.

June 28. Cascade Run Off 15K, Portland, Oregon. Cascade Run Off, P.O. Box 40228, Portland, OR 97240.

July 4. Butte to Butte 10K, Eugene, Oregon. Proceeds to Hayward Field Renovation. BTB, c/o Oregon TC, Box 1107, Eugene, OR 97440. David Heisler, 503/995-8248.

ON TAP FOR JUNE

TRACK & FIELD

This month, multi-eventers converge on Occidental College in Los Angeles for the National Pentathlon Championships on the 20th. Three TAC Regional Championships are scheduled: the Southeast in Atlanta on the 6th; the Eastern on Long Island on the 7th; and the Southwest in Houston on the 27th. The Illinois Grand Prix Series starts on the 6th.

The 13th offers two meets for Easterners: the Waltham Invitational in Massachusetts and the Buffalo Belles & Brawn International in New York. The Tennessee State Championships is a three-day affair starting on the 19th. Oxy College is also the site of the So. California TAC Championships on the 20th. The Hoosier Classic in Indianapolis should attract goodly numbers on the 21st.

The 27th is fully booked with, among other meets, the Southeastern Meet in South Carolina; the Cleveland Classic; the two-day Hayward Masters in Oregon; and the first day of the U.S. National Senior Olympics, which last through July 2, in St. Louis. The month closes with the Rivendell-Lincoln meet in Lincoln, Nebraska on the 28th.

LONG DISTANCE RUNNING

National championships go from the long of it, the 100-Mile at Shea Stadium in Queens, N.Y., on the 5th, to the short of it, the One-Mile Road, in Olympia, Wash., on the 28th. Oregon hosts two major races: the Race 8K in Eugene on the 7th and the Cascade Run Off 15K in Portland on the 28th. Masters women will vie for prize money in the Milk Run Women's 5K in Baton Rouge on the 6th. Grandma's Marathon is set for the 20th in Duluth. Runners in training can hone up at the Lydiard Running Camp in upstate New York from the 21st through the 27th. □

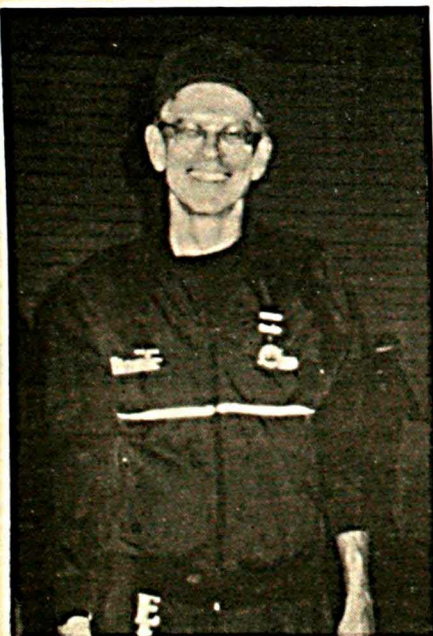
July 11. Not Over The Hill 8K, Issaquah, Wash. 50+. Debbie Johnson, 200 W. Mercer, Ste. 310, Seattle, WA 98119. 206/283-1812.

July 18-25. Eugene Experience — Oregon Running Camp, Eugene, Oregon. EE-ORC, P.O. Box 5453, OR 97405.

INTERNATIONAL

June 14. Potteries Marathon, includes International Veterans Race with teams from England, Wales, Scotland, Northern Ireland, Ireland, Belgium, Holland, and West Germany, at Trentham Gardens, Stoke-on-Trent, England.

June 21. 14th International Veterans 25K, Brugge, Belgium, M40+, W35+. Fit Veteraan, Postbus 7, 8000 Brugge 1, Belgium. □



Dick Wilson, wearing a gold-medal smile, after winning the M55 2-mile (11:09.83), 1987 Indoor Championships, Madison, March 28-29.

Photo courtesy of C. Eaton

US SINGLE AGE RECORDS MARATHON FEMALES

AGE RECORD		P	ATHLETE	HOMETOWN	BEST PT-PT P		ATHLETE	HOMETOWN	P	
		P = PENDING								
F5	4:56:36		Jennifer Amyx	Woodsboro	MD					
F6	4:00:36		Jennifer Amyx	Woodsboro	MD					
F7	3:51:54		Jennifer Amyx	Woodsboro	MD					
F8	3:13:24		Tabitha Francks	Sewall	NJ					
F9	3:11:10		Jennifer Amyx	Woodsboro	MD	3:11:01	Julie Mullin	Aloha	OR	
F10	3:07:01		Jennifer Amyx	Woodsboro	MD	2:58:11	Julie Mullin	Aloha	OR	
F11	3:03:55		Jennifer Amyx	Woodsboro	MD	3:02:47	Julie Mullin	Aloha	OR	
F12	2:58:12		Jennifer Amyx	Woodsboro	MD					
F13	2:52:58		Shona Jones	Hastings	NE					
F14	2:50:48		Lora Cartwright	Muncie	IN	2:50:21	Diane Barrett	Phoenix	AZ	
F15	2:46:23		Diane Barrett	Phoenix	AZ					
F16	2:34:24		Cathy Schiro	Dover	NH					
F17	2:46:57		Heike Skaden	Sacramento	CA	2:43:46	Karlene Erickson	Ericson	NE	
F18	2:41:48		Celia Peterson	Bloomington	IN					
F19	2:34:41		Karen Dunn	Durham	NH	2:33:52	Jenny Spangler	Rockford	IL	
F20	2:34:24		Karen Dunn	Durham	NH	2:33:36	Karen Dunn	Durham	NH	
F21	2:34:55		Lisa Larsen	Ann Arbor	MI	2:30:55	Julie Shea	Raleigh	NC	
F22	2:31:31		Lisa Larsen	Ann Arbor	MI					
F23	2:35:44		Janis Klecker	Hopkins	MN	2:30:17	Joan Benoit	Essex	NH	
F24	2:33:38		Margaret Groos	Charlottesville	NC	2:33:53	Sue King	Mobile	AL	
F25	2:26:11		Joan Benoit	Watertown	MA	2:22:43	Joan Benoit	Watertown	MA	
F26	2:31:04		Joan Benoit	Watertown	MA					
F27	2:35:26		Patricia Catalano	West Roxbury	MA	2:24:52	Joan Benoit	Freeport	ME	
F28	2:33:24		Patricia Catalano	Dedham	MA	2:21:21	Joan Benoit	Freeport	ME	
F29	2:31:41		Julie Brown	Eugene	OR					
F30	2:41:59		Marilyn Taylor-Allen	San Francisco	CA	2:34:17	Maureen Custy	Denver	CO	
F31	2:36:13		Patricia Catalano	Dedham	MA	2:31:36	Nancy Ditz	Menlo Park	CA	
F32	2:35:09		Carol Urish	Houston	TX	2:34:50	P Nancy Ditz	Woodside	CA	
F33	2:35:31		Laurie Binder	San Diego	CA					
F34	2:35:19		Laurie Binder	San Diego	CA					
F35	2:33:36		Laurie Binder	San Diego	CA					
F36	2:44:54		Ann Danzer	Helena	MT	2:37:13	Laurie Binder	Oakland	CA	
F37	2:43:05		Susan Henderson	Boulder	CO	2:40:16	Laurie Binder	Oakland	CA	
F38	2:41:19		Barbara Filutze	Erie	PA					
F39	2:36:35		Ford Madiera	Sherborn	MA					
F40	2:43:36		Cindy Dalrymple	New York	NY					
F41	2:44:18		Cindy Dalrymple	New York	NY	2:39:11	Miki Gorman	Los Angeles	CA	
F42	2:50:22		Shirley Weaver	Great Falls	MT	2:43:10	Miki Gorman	Los Angeles	CA	
F43	2:50:03		Shirley Weaver	Solana Beach	CA					
F44	2:52:53		Cindy Dalrymple	Arlington	VA					
F45	2:53:22		Sandra Kiddy	Palm Springs	CA					
F46	2:56:37		Sandra Kiddy	Palm Springs	CA	2:54:34	Karen Scannell	San Francisco	CA	
F47	2:54:56		Sandra Kiddy	Palm Springs	CA					
F48	3:04:19		Ruth Anderson	Oakland	CA	2:56:24	Sandra Kiddy	Palm Springs	CA	
F49	3:09:59		Ruth Anderson	Oakland	CA	2:58:12	Toshiko D'Elia	Ridgefield	NJ	
F50	3:02:01		Marion Irvine	San Rafael	CA					
F51	3:11:43		Nicki Hobson	San Diego	CA	3:11:01	Marion Irvine	San Rafael	CA	
F52	3:01:23		Marion Irvine	San Rafael	CA	2:59:55	Marion Irvine	San Rafael	CA	
F53	3:00:29		Marion Irvine	San Francisco	CA					
F54	2:52:02		Marion Irvine	San Rafael	CA	2:51:01	Marion Irvine	San Rafael	CA	
F55	3:18:08		Helen Dick	Los Angeles	CA	3:14:46	Janet Glassman	Allentown	PA	
F56	3:07:21		Margaret Miller	Thousand Oaks	CA					
F57	3:12:46		Helen Dick	Los Angeles	CA					
F58	3:30:31		Billie Murphy	Tacoma	WA	3:14:56	Helen Dick	Los Angeles	CA	
F59	3:47:55		Alene Park	Huntsville	AL	3:23:41	Margaret Miller	Thousand Oaks	CA	
F60	3:15:30		Helen Dick	Los Angeles	CA					
F61	3:42:42		Marcie Trent	Anchorage	AK					
F62	3:44:18		Marcie Trent	Anchorage	AK	3:30:07	Marcie Trent	Anchorage	AK	
F63	3:31:24		Marcie Trent	Anchorage	AK					
F64	3:54:10		Josephine Hess	Selah	WA					
F65	3:49:26		Marcie Trent	Anchorage	AK	3:47:24	Marcie Trent	Anchorage	AK	
F66	4:01:30		Marcie Trent	Anchorage	AK					
F67	4:17:44		Algene Williams	Park Forest	IL					
F68	4:56:53		Pearl Mehl	Boulder	CO					
F69	4:44:24		Ada Thomas	San Francisco	CA					
F70	4:45:02		Mavis Lindgren	Orleans	CA					
F71	4:42:49		Mavis Lindgren	Orleans	CA					
F72	4:37:37		Mavis Lindgren	Orleans	CA					
F73	4:56:44		Mavis Lindgren	Orleans	CA	4:34:08	Mavis Lindgren	Orleans	CA	
F74	4:48:35		Ida Mintz	Glencoe	IL	4:42:15	Mavis Lindgren	Orleans	CA	
F75	4:56:30		Mavis Lindgren	Orleans	CA	4:41:45	Mavis Lindgren	Orleans	CA	
F76	5:08:47		Mavis Lindgren	Orleans	CA	4:49:08	Anne Clarke	Glen Ellyn	IL	
F77	5:13:12		Mavis Lindgren	Orleans	CA					
F78	5:00:37		Ida Mintz	Glencoe	IL					
F79	5:03:54		Ida Mintz	Glencoe	IL					
F80	5:28:33		Ruth Rothfarb	Miami Beach	FL	5:10:04	Ida Mintz	Glencoe	IL	
F83	6:50:37		Ruth Rothfarb	Miami Beach	FL					

US SINGLE AGE RECORDS MARATHON MALES

AGE RECORD		P	ATHLETE	HOMETOWN	BEST PT-PT P		ATHLETE	HOMETOWN	P	
M4	6:03:35		Brent Bogle	Fountain Vly	CA					
M5	5:25:09		Bucky Cox	Lawrence	KS					
M6	4:07:27		Bucky Cox	Lawrence	KS					
M7	4:04:08		Wesley Paul	Columbia	MO	3:40:04	Bucky Cox	Lawrence	KS	
M8	3:53:01		Chuckie Eisele	Atco	NJ	3:00:39	Wesley Paul	Columbia	MO	
M9	3:07:40		Sean Hartley	Ft Lupton	CO	2:56:57	Wesley Paul	Columbia	MO	
M10	3:02:23		Daven Chun	Honolulu	HI	2:55:31	Wesley Paul	Overland Park	KS	
M11	2:47:17		Wesley Paul	Overland Pk	KS					
M12	2:46:42		Wesley Paul	Overland Pk	KS					
M13	2:43:02		Tom Ansberry	Tucson	AZ					
M14	2:41:31		Wesley Paul	Overland Pk	KS					
M15	2:29:11		Mitch Kingery	Redwood City	CA					
M16	2:23:47		Mitch Kingery	Redwood City	CA					
M17	2:24:06		Thom Hunt	San Diego	CA	2:23:05	Clancy Devery	Salem	OR	
M18	2:17:44		Kirk Pfeffer	San Diego	CA	2:17:03	Brad Hudson	Eugene	OR	
M19	2:15:28		Paul Gompers	Fairview Hgts	IL					
M20	2:13:59		David Segura	Albuquerque	NM					
M21	2:13:25		Thomas Raunig	Great Falls	MT					
M22	2:13:18		Herb Wills	Tallahassee	FL	2:09:41	Alberto Salazar	Eugene	OR	
M23	2:12:38		Mike Buhrmann	Boulder	CO	2:08:52	Alberto Salazar	Eugene	OR	
M24	2:10:29		Kirk Pfeffer	Boulder	CO	2:09:29	Alberto Salazar	Eugene	OR	
M25	2:09:21		Alberto Salazar	Eugene	OR					
M26	2:11:09		Dave Smith	Orangevale	CA	2:08:54	Dick Beardsley	Excelsior	MN	
M27	2:11:00		Greg Meyer	Wellesley	MA	2:09:00	Greg Meyer	Wellesley	MA	
M28	2:10:46		Frank Shorter	Boulder	CO	2:09:32	Ron Tabb	Eugene	OR	
M29	2:10:55		Bill Rodgers	Melrose	MA	2:10:20	Garry Bjorklund	Minneapolis	MN	
M30	2:11:12		Benji Durden	Stone Mtn	GA	2:10:07	Ed Mendoza	Flagstaff	AZ	
M31	2:11:52		Herm Atkins	Everett	WA	2:09:28	Bill Rodgers	Melrose	MA	
M32	2:14:36		Ken Hunter	Casper	WY	2:12:12	Bill Rodgers	Melrose	MA	
M33	2:12:19		Bill Rodgers	Stoneham	MA	2:10:35	Bill Rodgers	Melrose	MA	
M34	2:13:22		John Anderson	Springfield	OR	2:12:39	Bill Rodgers	Sherborn	MA	
M35	2:15:52		Norm Higgins	New London	CT	2:11:59	Bill Rodgers	Sherborn	MA	
M36	2:17:16		Bob Schla	Ile of Palms	SC	2:13:31	Bill Rodgers	Sherborn	MA	
M37	2:14:46		Bill Rodgers	Sherborn	MA					
M38	2:21:28		Keith Forman	Tacoma	WA	2:20:20	Edwin Fry	Indiana	PA	
M39	2:21:01		William Hall	Durham	NC	2:20:38	Ralph Zimmerman	Kensmore	NY	
M40	2:17:10		Mike Manley	Eugene	OR	2:15:15	Barry Brown	Glen Falls	NY	
M41	2:22:23		Jim Bowers	Santa Rosa	CA					
M42	2:23:08		William Hall	Durham	NC					
M43	2:22:48		Jim Bowers	Santa Rosa	CA					
M44	2:23:16		Jim Bowers	Santa Rosa	CA	2:21:32	Jim Bowers	Santa Rosa	CA	
M45	2:25:50		Jim Bowers	Santa Rosa	CA	2:24:35	Dan Conway	Chetek	WI	
M46	2:26:21		Jim Bowers	Santa Rosa	CA	2:28:40	Brian Harris	Rosely Oak	MI	
M47	2:32:43		Bill Foulk	Bozeman	MT	2:30:23	Ardel Boes	Golden	CO	
M48	2:30:45		Jim Knerr	Simi Valley	CA	2:31:24	Ardel Boes	Golden	CO	
M49	2:34:51		Bill Foulk	Bozeman	MT	2:29:54	Norm Green	Wayne	PA	
M50	2:34:51		Ulrich Kaempf	Los Altos	CA					
M51	2:29:11		Norm Green	Wayne	PA					
M52	2:25:51		Norm Green	Wayne	PA	2:29:43	Norm Green	Wayne	PA	
M53	2:31:20		Norm Green	Wayne	PA	2:32:35	Alex Ratelle	Edina	MN	
M54	2:34:40		Norm Green	Wayne	PA	2:35:05	Alex Ratelle	Edina	MN	
M55	2:36:04		Alex Ratelle	Edina	MN	2:30:41	Alex Ratelle	Edina	MN	
M56	2:38:55		Alex Ratelle	Edina	MN	2:34:48	Alex Ratelle	Edina	MN	
M57	2:38:07		Alex Ratelle	Edina	MN	2:35:51	Alex Ratelle	Edina	MN	
M58	2:37:40		Alex Ratelle	Edina	MN	2:42:09	Alex Ratelle	Edina	MN	
M59	2:48:25		Alex Ratelle	Edina	MN					
M60	2:47:46		Clive Davies	Portland	OR					
M61	2:58:16		Jim McCown	San Diego	CA	2:50:54	Clive Davies	Portland	OR	
M62	2:49:17		Clive Davies	Portland	OR					
M63	2:48:04		Clive Davies	Portland	OR					
M64	2:42:44		Clive Davies	Portland	OR	2:43:57	Clive Davies	Portland	OR	
M65	2:51:27		Clive Davies	Portland	OR					
M66	2:42:49		Clive Davies	Portland	OR					
M67	2:55:15		Clive Davies	Tillamook	OR					
M68	2:52:45		Clive Davies	Tillamook	OR					
M69	3:00:57		Monty Montgomery	Sherman Oaks	CA	2:53:42	Clive Davies	Portland	OR	
M70	3:15:45		Monty Montgomery	Sherman Oaks	CA	3:04:16	Clive Davies	Portland	OR	
M71	3:07:26		Monty Montgomery	Sherman Oaks	CA					
M72	3:14:48		Monty Montgomery	Sherman Oaks	CA					
M73	3:26:05		Monty Montgomery	Sherman Oaks	CA					
M74	3:37:07		Ed Benham	Ocean City	MD	3:32:39	Carl Stroud	Rancho SantaFe	NM	
M75	3:54:58		Ed Benham	Ocean City	MD					
M76	3:34:42		Ed Benham	Ocean City	MD					
M77	3:33:27		Ed Benham	Ocean City	MD					
M78	3:42:57		Ed Benham	Ocean City	MD					
M79	3:49:23		Ed Benham	Ocean City	MD					
M80	5:23:12		Nat Pisciotta	Whittier	CA					
M81	4:50:00		Paul Spangler	San Luis Obispo	CA					
M82	5:10:38		Max Bayne	St Petersburg	FL					
M83	5:20:08		Max Bayne	St Petersburg	FL					
M84	4:53:11		Paul Spangler	San Luis Obispo	CA					
M85	5:21:51		Paul Spangler	San Luis Obispo	CA					
M86	5:40:10		Ivor Welch	Pacific	CA					
M87	6:48:44		Ivor Welch	Pacific	CA					

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TRACK & FIELD RESULTS

Please send masters meet results to NATIONAL MASTERS NEWS, PO BOX 2372 VAN NUYS CA 91404. If possible, please type single space with minimum of white space.

SOUTHEAST

Florida Palm Beach
Masters Meet
April 25

100 METER

80M	1. Conrad Boas	17.84
75M	1. Jeremiah Gaines	15.65
	2. Gordon Powell	17.15
70M	1. Bill Weinacht	13.78
	2. Ham Morningstar	15.70
	3. Leo Rothbart	16.06
65M	1. Vernon Mattson	13.71
	2. David Domenech	14.12
	3. Nat Heard	14.57
60M	1. Jock Jocoy	13.47
	2. August Jattras	15.07
	3. Thomas Tuck	15.42
55M	1. Gordon Albury	12.68
	2. Jim Kelly	13.50
	3. Donald Lange	14.54
	4. Philip Fraher	18.61
50M	1. Jim Muxen	12.99
	2. Fred Pinkston	13.06
	3. Jerry Chesnes	13.50
	4. Herman Pride	13.87
45M	1. John Whelan	12.66
	2. Wayne DeYoung	12.69
	3. Michael Boudreaux	12.70
	4. John Head	12.92
	5. Reese Moody	13.65
40M	1. Thaddeus Bell	11.39
	2. Ralph Wallace	11.60
	3. Jon Davis	12.32
	4. Granville Green	12.60
	5. William Eubanks	13.10
35M	1. Alfonso Walton	11.16
	2. Nate Robinson	11.25
	3. George Berry	12.6
30M	1. Harvey Jackson	11.32
	2. Robert Zahn	11.4
	3. Larry Cohnes	12.00
	4. Richard Jahrmarkt	12.05
	5. Rizio Devivo	12.50
45W	1. Barbara Stewart	14.45
	2. Joy MacDonald	15.0
35W	1. Kathy Pierce	13.88
30W	1. Eileen Eggen	16.75
75M 200 METERS	1. Jeremiah Gaines	33.40
70M	1. Bill Weinacht	29.10
65M	1. David Domenech	28.30
	2. Vernon Mattson	28.99
	3. Jay Sponseller	29.62
	4. Nat Heard	31.52
	5. Mickey Barton	32.20
60M	1. Jock Jocoy	28.62
55M	1. Gordon Albury	27.26
	2. Donald Lange	30.20
	3. Jack Nyhan	30.21
	4. Philip Fraher	36.25

45M	1. Wayne DeYoung	25.31
	2. John Whelan	25.92
	3. Jim Muxen	26.87

40M	1. Thaddeus Bell	22.77
	2. Gordon Reiter	24.12
	3. Ralph Wallace	24.21
	4. Jon Davis	24.28
	5. Edgar Mart'n	28.27
	6. Lawrence Franklin	28.87

35M	1. Alfonso Walton	22.36
	2. Nick Ryan	25.10
	3. Bill DeBeck	26.8

30M	1. Robert Zahn	23.73
	2. Cassie Cohens	25.07
	3. Rizio Devivo	28.32

45W	1. Joy MacDonald	29.96
	2. Barbara Stewart	30.7

35W	1. Kathy Pierce	28.90
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400 METERS (MEN)

70M	1. Bill Weinacht	67.86
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65M	1. Jay Sponseller	67.09
	2. David Domenech	72.34
	3. Mickey Barton	75.51

55M	1. Gordon Albury	62.89
	2. Bill Gentry	67.74
	3. Carl Dahlstrom	75.89

50M	1. Wayne Gruber	68.47
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45M	1. Michael Boudreaux	57.30
	2. Wayne DeYoung	58.0
	3. John Head	61.31
	4. Jim Muxen	63.13
	5. Isaac Latimore	70.40

40M	1. Thaddeus Bell	53.28
	2. Gordon Reiter	53.79
	3. Ralph Wallace	54.40
	4. Lawrence Franklin	83.23

35M	1. Alfonso Walton	53.32
	2. Reggie Russell	55.10
	3. George Berry	57.01
	4. Ronald Walker	57.44
	5. Nick Ryan	57.52

30M	1. Charles Smith	55.60
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400 METER RUN (WOMEN)

45W	1. Joy MacDonald	74.05
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30W	1. Jody Murray	69.83
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440 RELAY

Palm Beach Track Club	44.72
Termites Track Club	44.90
Ft. Lauderdale Track Club	46.15
Broward County Track Club	46.63

800 METERS (MEN)

70M	1. Max Quackenbos	2:55.9
	2. Igor Storojeff	4:02.4

65M	1. Jay Sponseller	2:36.7
	2. Mickey Barton	3:03.8

60M	1. Archie Messenger	2:30.9
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55M	1. Geoffrey Etherington	2:42.88
	2. Jack Nyhan	2:45.15
	3. John Connolly	2:48.20
	4. Paul Gauden	2:52.0
	5. Carl Dahlstrom	3:02.9

45M	1. Floyd Romack	2:14
	2. Bill Payne	2:15.70
	3. Michael Boudreaux	2:19.47
	4. Richard Jones	2:21

40M	1. David Bowden	2:05.62
	2. Jack Zitt	2:18.05

35M	1. Lindsay Bodden	2:08.06
	2. Ronald Walker	2:23.8

30M	1. Charles Smith	2:08.06
	2. Jim Donnelly	2:11

800 METERS (WOMEN)

30W	1. Jody Murray	2:36.4
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1500 METERS (MEN)

70M	1. Max Quackenbos	5:49.31
	2. Igor Storojeff	8:44.41

65M	1. Bill Granby	6:19.45
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60M	1. Archie Messenger	5:29.50
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55M	1. John Connolly	5:45.13
	2. Paul Gauden	5:58.31

50M	1. Wayne Gruber	5:13.35
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45M	1. Floyd Romack	4:40.28
	2. Richard Jones	4:58.69

40M	1. David Bowden	4:29.92
	2. Jack Zitt	4:47.20

30M	1. Tony Haughan	4:38.87
	2. Kim Ross	5:12.20

5000 METER RUN

65M	1. Bill Granby	20:43.40
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60M	1. Harry Illingworth	23:55.11
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55M	1. Geoffrey Etherington	18:49.00
	2. John Connolly	20:20.94
	3. Paul Gauden	22:43.02
	4. Jack Nyhan	23:25.50

45M	1. Joseph Glazer	17:55.62
	2. Abe Underwood	17:55.80
	3. Richard Jones	18:39.06

40M	1. Peter Halliop	15:59.79
	2. Bob Notman	17:40.05
	3. William Coleman	20:47.05

30M	1. Tony Haughan	17:19.67
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20M	1. Bobbi Notman	16:07.6
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15M	1. Marina Jones	20:40.32
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110 Meter Hurdles (MEN)

70M	1. Ham Morningstar	20.7
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55M	1. Carl Dahlstrom	23.51
	2. Bill Gentry	23.52

50M	1. Buzz Porter	17.1
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40M	1. Allen Robertshaw	19.5
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35M	1. Nate Robinson	14.7
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30M	1. Robert Zahn	15.1
	2. Dale Smith	15.7

300 Hurdles	1. Gordon Powell	81.4
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70M	1. Ham Morningstar	72.5
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60M	1. Jock Jocoy	55.17
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400 Hurdles	1. Bill Gentry	75.19
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55M	1. Buzz Porter	67.27
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30M	1. Dale Smith	62.43
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5000 METER RACEWALK

70M	1. Igor Storojeff	37:31.61
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65M	1. Harold Hoffman	35:31.73
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55M	1. Bob Fine	28:06.35
	2. William Roberts	33:41.39
	3. Carl Dahlstrom	37:05.37

50M	1. R. Lee Duffner	28:10.73
	2. Dennis Lerner	33:46.40

35M	1. Ron Salvio	29:17.24
	2. Steven Christlieb	30:23.99

45M	1. Daniel Stanek	28:47.57
	2. Bill Halford	32:36.10

55 W.	Mary Roberts	35:39.82
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45 W.	Naomi Elia	38:53.89
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40 W.	Lil Cohen	33:34.47
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30 W.	Eileen Eggen	39:15.26
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HIGH JUMP (MEN)

75M	1. Gordon Powell	3'4"
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70M	1. Ham Morningstar	4'4 3/4"
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65M	1. Vernon Mattson	3'6"
	2. Art Knapp	2'9"

60M	1. Thomas Tuck	3'9"
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55M	1. Bill Gentry	4'9"
	2. Carl Dahlstrom	4'4"

50M	1. Morton Hahn	4'2"
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40M	1. Ken Scoggins	5'7"
	2. Granville Green	5'0"
	3. Allen Robertshaw	4'8"

35M	1. Ron Evans	5'0"
	2. Bill DeBeck	4'10"
	3. Ron Salvio	4'10"

30M	1. Ed Fern	6'7"
	2. Mel Grant	5'2"

HIGH JUMP (WOMEN)

60W	1. Harriet Boyd	3'1"
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POLE VAULT

70M	1. Ham Morningstar	7'6"
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55M	1. Bill Gentry	7'6"
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45M	1. Heath Whittle	10'6"
	2. John Butler	9'0"

40M	1. William Eubanks	9'6"
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35M	1. Phillip Lilly	10'0"
	2. Ron Salvio	8'0"

30M	1. Thomas Wilson	13'6"
	2. Shepherd	11'00"
	3. Bill Wood	10'6"

LONG JUMP

80M	1. Konrad Boas	7'6 3/4"
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75M	1. Jeremiah Gaines	12'11 1/2"
	2. Gordon Powell	8'3 1/2"
	3. Phil Partridge	5' 3/4"

70M	1. Bill Weinacht	13'11 1/2"
	2. Ham Morningstar	11'11 3/4"
	3. Russell Arnold	6'10 1/2"

65M	1. Vernon Mattson	14'7 1/2"
	2. Harry Huseny	12'1 1/2"
	3. Art Knapp	9'6 3/4"

60M	1. Art Jaago	13'5 1/2"
	2. Thomas Tuck	13'3 3/4"
	3. August Jattras	12'10"

55M	1. Don Lange	12'5"
	2. Philip Fraher	9'5 1/2"

50M	1. Buzz Porter	17'10 3/4"
	2. Jerry Chesnes	14'6 3/4"
	3. Morton Hahn	9'6 1/2"

45M	1. Harold Tessier	15'6 1/2"
	2. John Butler	14'2"

40M	1. Ken Scoggins	17'10"
	2. Allen Robertshaw	17'3 3/4"
	3. Granville Green	16'11 1/2"

35M	1. Alfonso Walton	21' 1/2"
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30M	1. Wayne Reese	21'6 1/2"
	2. Richard Jahrmarkt	17'7 3/4"
	3. Grant Overstake	17'4 1/2"
	4. Mel Grant	16'2 3/4"
	5. Bill Wood	13'10 3/4"

70W	1. Maria Seale	4'1"
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60W	1. Harriet Boyd	6'11 1/2"
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35W	1. Kathy Pierce	13'4 1/2"
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TRIPLE JUMP

Continued from previous page

40M		
1. Edward Hill	144'9"	
2. Warren Hardy	138'11"	
3. Thomas Bailey	108'7"	

35M		
1. Ron Evans	121'1 1/2"	
2. Glenn Weaver	121'0"	
3. Richard Chastang	108'10 1/2"	
4. Paul Brown	104'7 1/2"	
5. Vincent Lupo	97'2"	
6. John Woodward	81'11 1/2"	
7. Dale Danver	72'7"	

30M		
1. Grant Overstake	123'2 1/2"	
2. Mel Grant	102'2"	

70W		
1. Maria Seale	31'8"	

60W		
1. Harriet Boyd	58' 1/2"	
2. Jimmie Reid	54' 1/2"	

55W		
1. Elizabeth Messenge	44'4 3/4"	

35W		
1. Kathy Pierce	78'11 3/4"	

JAVELIN

80M		
1. Almand Coleman	62'1"	

75M		
1. Phil Partridge	63'5"	

70M		
1. Ham Morningstar	104'0"	
2. Stan Laski	78'3"	
3. Russell Arnold	77'3"	
4. Igor Storojeff	68'7"	

65M		
1. Mario Minafra	91'2"	
2. Art Knapp	78'0"	

60M		
1. Art Jaago	123'10"	
2. Donald Reid	114'6"	
3. Augustus Jatra	56'8"	

55M		
1. Luis Velez	79'10"	
2. Millard Caswell	69'9"	

50M		
1. William Duckworth	183' 1/2"	
2. John David Howell	113'4"	
3. Morton Hahn	103'10"	

45M		
1. Harold Tessier	133'6 1/2"	
2. Greg Harrison	105'5"	
3. John Butler	101'2"	
4. Jerry Arline	96'10"	
5. Isaac Latimore	94'7"	

40M		
1. Allen Robertshaw	107'6 1/2"	

35M		
1. Glenn Weaver	172'7"	
2. Nate Robinson	169'1 1/2"	
3. Ron Evans	145'11"	
4. Dale Danver	129'7"	

30M		
1. Grant Overstake	170'1 1/2"	
2. Richard Jahrmarkt	162'2 1/2"	

60W		
1. Harriet Boyd	52'4"	
2. Jimmie Reid	43'4"	

55W		
1. Katie Jocoy	52'3"	
2. Elizabeth Messenger	34'11"	

35W		
1. Kathy Pierce	83'6"	

HAMMER THROW

75M		
1. Robert Ulah	82'2 1/2"	
2. Phil Partridge	82' 1/2"	

70M		
1. Stan Laski	128'1"	
2. Russell Arnold	90'6"	
3. Ham Morningstar	86'5"	

65M		
1. Nat Heard	106'4"	
2. Erwin Sorkin	86'5 1/2"	
3. Mario Minafra	75'7 1/2"	
4. Art Knapp	65'9"	

60M		
1. Donald Reid	141'8 1/2"	
2. Art Jaago	128'7 1/2"	

55M		
1. Luis Velez	125'3"	

50M		
1. Tim Twomey	146' 3/4"	
2. John David Howell	85'3"	

40M		
1. Edward Hill	156'2"	
2. Henry Morroni	154' 1/2"	

35M		
1. Paul Brown	99'2 1/2"	
2. Ron Salvio	94'7"	

30M		
1. Mel Grant	142'2"	



MIDWEST

Ohio TAC Indoor Championships
Columbus March 15

Masters Female

55m		
(30 - 34)		
1. Theresa Dudley unat.	8.3	
2. Cindy Minton Miami Valley TC	10.8	

300m		
(30 - 34)		
1. Theresa Dudley unat.	50.8	

3000m		
(30 - 34)		
1. Anita Scandurra Wolfpack	10:07.0	
2. Cindy Minton Miami Valley	13:22.8	

1500m RW		
(35 - 39)		
1. Michel Puckett Wolfpack	13:25.3	

1500m		
(35 - 39)		
1. Eileen Smith unat.	11:51.3	

1500m		
(35 - 39)		
1. Eileen Smith unat.	7' 4.5"	

1500m		
(35 - 39)		
1. Eileen Smith unat.	11' 2.75"	

Shot Put		
(30 - 34)		
1. Terry Ray Over The Hill	21' 4.25"	

1500m		
(30 - 34)		
1. Patricia Foley Dayton	20' 5.25"	

1500m		
(30 - 34)		
1. Eileen Smith unat.	21' 0.50"	

1500m		
(30 - 34)		
1. Eileen Smith unat.	32' 7.25"	

250 Weight Throw		
(30 - 34)		
1. Terry Ray Over The Hill	17' 3.0"	

Masters Male		
(35 - 39)		
1. Ronald Murphy Miami Valley TC	6.6	

1500m		
(35 - 39)		
2. Jimmie Harris Ohio Track Club	6.7	

1500m		
(35 - 39)		
3. Willie Richards NHTC	6.8	

1500m		
(35 - 39)		
1. Clarence Ray Fitness TC	6.8	

1500m		
(35 - 39)		
2. Lloyd Hathcock NHTC	7.0	

1500m		
(35 - 39)		
3. Ed Ropp Miami Valley TC	7.1	

1500m		
(35 - 39)		
1. Scott Tyler Over The Hill	6.6	

1500m		
(35 - 39)		
2. Paul Dorsey NHTC	6.9	

1500m		
(35 - 39)		
3. Abdul Singh Dayton Masters	7.0	

1500m		
(35 - 39)		
1. Paul Williams unat.	7.1	

1500m		
(35 - 39)		
2. Charles Dudley unat.	7.1	

1500m		
(35 - 39)		
3. William Cochrane NHTC	7.2	

1500m		
(35 - 39)		
1. Richard Turner Over The Hill	7.7	

1500m		
(35 - 39)		
1. Hal Robinson Over The Hill	7.6	

1500m		
(35 - 39)		
2. Denver Smith Over The Hill	8.0	

1500m		
(35 - 39)		
3. Alfonso Wilson Over The Hill	8.1	

1500m		
(35 - 39)		
1. George Knox Wolfpack TC	13.0	

1500m		
(35 - 39)		
1. Donald Goodwin Victory	38.4	

1500m		
(35 - 39)		
2. Scott A. Martean unat.	39.5	

1500m		
(35 - 39)		
3. James Chinn unat.	41.0	

1500m		
(35 - 39)		
1. Ronald Murphy Miami Valley TC	37.3	

1500m		
(35 - 39)		
2. Morran Thomas Over The Hill	41.4	

1500m		
(35 - 39)		
3. James Crutcher Dayton Masters	41.5	

1500m		
(35 - 39)		
1. Clarence Ray Fitness TC	38.0	

1500m		
(35 - 39)		
2. Glennie Johnson Fitness TC	38.9	

1500m		
(35 - 39)		
3. Lloyd Hathcock NHTC	39.6	

(45 - 49)		
1. Harry Tolliver Clifton TC	38.9	
2. Scott Tyler Over The Hill	39.6	
3. Paul Dorsey NHTC	40.9	

(50 - 54)		
1. Charles Dudley unat.	43.9	
(60 - 64)		
1. Hal Robinson Over The Hill	46.3	

600m		
(30 - 34)		
2. Alfonso Wilson Over The Hill	49.5	

1500m		
(30 - 34)		
1. Claude Holland Rebel TC	1:28.7	

(35 - 39)		
1. Morran Thomas Over The Hill	1:35.6	
2. Steve Yochum Upper Sandusky	1:41.2	

3500m		
(35 - 39)		
3. Jeff Gerson Over The Hill	1:42.9	

(40 - 44)		
1. Justin Mann Ann Arbor TC	1:29.7	
2. Glennie Johnson Fitness TC	1:34.7	

(45 - 49)		
1. Harry Tolliver Clifton TC	1:30.4	
2. Travis Evans unat.	1:37.5	

(50 - 54)		
3. John Sloan Over The Hill TC	1:49.7	

1500m		
(50 - 54)		
1. Dennis O'Connor Victory A.C.	1:47.8	

1000m		
(30 - 34)		
2. Steve Yochum Upper Sandusky	1:41.2	

(35 - 39)		
1. Vince Peters Miami Valley TC	2:58.3	
(35 - 39)		
1. Dennis Vessels unat.	3:07.8	

(40 - 44)		
1. Lou Scott Fitness TC	2:44.0	
2. Dennis Walsh Clifton	2:53.0	

(45 - 49)		
1. John Sloan Over The Hill TC	3:33.7	

3000m		
(30 - 34)		
1. Mark Molesworth unat.	10:10.5	

(35 - 39)		
1. Jeff Gerson Over The Hill	10:13.6	
2. Steve Platt Miami Valley	12:02.0	

(45 - 49)		
1. Milt Puckett Wolfpack	12:58.5	
(60 - 64)		
1. Carroll Starnier unat.	14:12.5	

(70 - 74)		
1. Mike De Sandiz Peabody	15:21.1	

Continued from previous page

W50-59	Christel Mill 4'0"	(Guest)
M60-69	Carol Johnsto 5'2"	
Long Jump		
M40-49	Gary Bane 16'11 1/2"	
	Bob Bly 16'10 1/4"	
M50-59	Roger Tsuda 17'9 3/4"	
	Jack Smith 16'3 3/4"	
	Ed Martin 15'0"	
	Dave Douglass 14'11 1/4"	
M60-69	Bill Morales 13'6 1/2"	

Triple Jump		
Invitational		
	Rufus M 40'5"	
	Al Henr 40'4"	

Pole Vault		
M30-39	Mike Hogan 16'0"	
	Steve Hardiso 15'0"	
M40-49	Mike Morris 13'	
	Mardon Connol 13'	
	Gary Miller 12'	
	Dave Johnston 12'	

M50-59	Dave Douglass 9'6"	
	Ray Fitzhugh 9'6"	
	Hal Smith 9'0"	
M60-69	Ralph Biesmey 9'0"	
	Robert MacCon 7'0"	

Shot Put		
m30-39	Mike Deller 49'4"	
	Frank Reilly 49'2"	
	Bill Pendleton 48'4 1/2"	

M40-49	Lloyd Higgins 48'11"	
	Gerd Kuhnke 46'10"	
	John White 42'4"	
	Jorge Birnbaur 31'7"	

M50-59	Jim Hart 49'4 1/2"	
	Hal Smith 45'9 3/4"	
	Ray Martin 45' 1/2"	
	Bob Frahm 39'9"	

M60-69	Bill Bangert 49'2"	
	Mike Castaneda 43'2"	
	Seymour Lamper 39'5"	
	Robert MacCona 29'1"	

W50-59	Christel Mill 20'10 1/2"	
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Discus		
M30-39	Frank Reilly 159'7"	
	Mike Deller 145'2"	
	John Kovach 116'4"	

M40-49	Lloyd Higgins 165'6"	
	Mike Woodward 126'1"	
	Cornelius McCol 24'6"	
	Gerd Kuhnke 109'11"	

M50-59	Bob Humphrey 154'10"	
	Jim Hart 147'3"	
	Hal Smith 126'6"	
	John Lee Mat 112'8"	

M60-69	Del Pickarts 138'9"	
	Mike Castane 135'9"	
	Bill Bangert 118'3"	

Javelin		
M30-39	Steve Jarvis 171'0"	
	Ron Rook 121'2"	
M40-49	Larry Stuart 195'1"	
	Vito Cetta 114'5"	
	John White 98'0"	

M50-59	Ed Martin 124'5"	
	Hal Smith 119'9"	
	Ray Fitzhugh 115'3"	

M60-69	Del Pickarts 161'7"	
	Bill Morales 155'4"	
	Tony Lombardi 119'8"	

W(Invit)	Christel Mil 91'10"	
	Shirley Kins 81'5"	
	Joan Andersc 81'3"	

Hammer		
M40-49	Lloyd Higgin 159'11"	
	John White 108'1"	
	Abe Sheinker 92'11"	

M30-39	Casey Ballwe 194'1"	
	Mike Deller 156'3"	

M50-59	Dave Douglas 134'3"	
	Jim Hart 132'11"	
	John Lee Mat 93'5"	
	Tom Hake 83'1"	

M60-69	Bill Bangert 112'2"	
	Seymour Lam 97'6"	

NORTHWEST

Bud Light Legends Mile
Eugene, Oregon - May 16

1	Web Loudat	4:20.84
2	Al Swenson	4:21.75
3	Damien Koch	4:26.35
4	Tracy Smith	4:27.15
5	Bill Stewart	4:28.26
6	Sam Bair	4:29.25

7	Jim Ryun	4:30.98
8	Jim Hampton	4:33.23
9	Mike Manley	4:34.03
10	Vic Wolfe	4:38.83
11	Gerry Lindgren	4:39.6
12	Tom Heinonen	4:42.6
13	Ray Hatton	4:45.1
14	Kenny Moore	4:48.3
15	Bob Schul	4:50.2

INTERNATIONAL

West Province Masters Championships
Coetzberg, South Africa, March 27-28

MEN		
100 m:	35. 39. 1. Vic Hüger (Natal) 11.3 sec; 2. Brian Jensen (Fish) 12.4 sec; 3. Frans Calitz (Fish) 12.9 sec	
40-44. 1. Derek Brown (Natal) 11.8 sec; 2. Theuns Loots (Def) 12.2 sec		
45-49. 1. Jeff Louw (CH) 13.2 sec		
50-54. 1. Gavie Pistorius (OFS) 12.3 sec; 2. Ron Cross (Pine) 12.7 sec; 3. Leo Benning (Pine) 12.8 sec; 4. Adam Kock (Hug H) 14.4 sec		
55-59. 1. Henry Brand (Natal) 12.7 (WP Open record)		
60-64. 1. Kalie van Zyl (Natal) 13.5 sec (WP Open record); 2. Neville Sharpley (Pine) 13.9 sec		
65-69. 1. Bob Coomer (Def) 15.0 sec (WP record)		
70-74. 1. Eugene Locke (EP) 17.6 sec		

200 m:	35. 1. V Hüger (Natal) 23.5 sec (WP Open record); 2. Len Claassen (Good) 24.5 sec; 3. B Jensen (Fish) 25.4 sec	
40-44. 1. D Brown (Natal) 24.4 sec; 2. T Loots (Def) 25.4 sec		
45-49. 1. J Louw (CH) 28.2 sec		
50-54. 1. G Pistorius (OFS) 26.3 sec; 2. L Benning (Pine) 27.0 sec		
55-59. 1. H Brand (Natal) 26.7 sec; 2. Alex Jones (CH) 28.9 sec		
60-64. 1. N Sharpley (Pine) 29.3 sec; 2. Chris le Roux (SH) 31.2 sec		
65-69. 1. Louis Botha (N Tvl) 29.5 sec (WP Open record); 2. B Coomer (Def) 32.1 sec (WP record)		
70-74. 1. E Locke (EP) 37.7 sec		

400 m:	35. 1. Len Claassen (Good) 54.0 sec; 2. B Jensen (Fish) 55.8 sec	
40-44. 1. D Brown (Natal) 55.9 sec		
45-49. 1. Colin Chambers (Pine) 58.9 sec; 2. David McIntyre (Fish) 59.4 sec; 3. Alan Brown (Fish) 60.5 sec		
50-54. 1. Solomon Ross (Hug H) 61.1 sec		
55-59. 1. H Brand (Natal) 61.6 sec; 2. A Jones (CH) 63.8 sec		
60-64. 1. K van Zyl (Natal) 64.9 sec (WP Open record); 2. N Sharpley (Pine) 66.8 sec (WP record)		
65-69. 1. L Botha (N Tvl) 69.2 (SA/WP Open record); 2. G Schachle (SWA) 72.8 sec; 3. B Coomer (Def) 79.5 sec		

800 m:	35. 1. Louis Nel (Tvl) 2:01.5; 2. L Claassen (Good) 2:03.5 (WP record); 3. Charles Prince (AH) 2:05.6	
40-44. 1. Vince O'Donoghue (Def) 2:07.0; 2. Ian Wilson (Pine) 2:11.9; 3. Jeremy Mathers (Def) 2:18.3		
45-49. 1. Colin Chambers (Pine) 2:12.4; 2. A Brown (Fish) 2:17.0; 3. D McIntyre (Fish) 2:20.4		
50-54. 1. J Ross (Hug H) 2:18.3		
55-59. 1. Gottfried Schuchle (SWA) 2:41.0; 2. Henrie Greeff (Held) 2:45.3; 3. N Sharpley (Pine) 2:47.6		

1500 m:	35. 1. C Prince (AH) 4:19.9 (WP record)	
40-44. 1. V O'Donoghue (Def) 4:23.4; 2. Joe van Zyl (Good) 4:36.2; 3. I Wilson (Pine) 4:39.7		
45-49. 1. Jim Roffey (CH) 4:22.1; 2. Sybrandt Mostert (Good) 4:22.6; 3. Jurgen Spencer (SWA) 5:20.9		
50-54. 1. S Ross (Hug H) 4:52.4		
55-59. 1. R Truter (Bell) 5:18.6		
60-64. 1. H Greeff (Held) 5:51.2		

5000 m:	35. 1. John Leitch (CH) 15:59.8	
40-44. 1. J van Zyl (Good) 16:52.4		
45-49. 1. S Mostert (Good) 15:54.6 (SA and WP record)		
55-59. 1. Robbie Truter (Bell) 19:32.3		
60-64. 1. Wynand Truter (VOB) 21:49.6		
10000 m:	40. 1. J van Zyl (Good) 36:41.7; 2. J Mathers (Def) 38:17.6; 3. Ivan Garner (SWA) 38:49.3; 4. Ewen Meyer (Held) 43:13.3	
45-49. 1. Dirk Huysamen (Good) 41:49.0		
50-54. 1. John Adams (Atlantic) 40:34.2		
5000 m walk:	40. 1. J Mathers (Def) 27:44.6; 2. Henry Joffe (SH) 40:54.7	
45-49. 1. Jurgen Spencer (SWA) 24:05.5 (SA/WP Open record)		
50-54. 1. Okkie van Sente (SH) 27:27.5; 2. Matt Lewis (N Tvl) 30:24.4		
70-74. 1. Piët de Vos (Stell) 30:33.0; 2. Denis Cook (SH) 33:00.0		

75-79. 1. Connor Johnston (SH) 35:53.3		
3000 m Steeplechase:	35. 1. Carel Goets (SH) 12:53.9	
55-59. 1. Freddie van der Merwe (WPH) 13:24.9 (WP record)		
65-69. 1. Bob Coomer (Def) 18:39.2 (SA/WP Record)		

110 m Hurdles:	50. 1. Matt Lewis (N Tvl) 21.5 m	
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100 m Hurdles:	60. 1. K van Zyl 16.3 (SA record and WP Open)	
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400 m Hurdles:	50. 1. Leo Benning (Pine) 69.4 m; 2. M Lewis (N Tvl) 84.0 m	
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4 x 100 m Relay:	1. Pinelands, 51.5; 2. Mixed Club Team, 51.5	
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Shotput:	35. 1. F Calitz (Fish) 10.28	
	45. 1. Graham Gordon (Fish) 8.95	
	50. 1. Cedric English (WH) 11.37	
	60. 1. Chris le Roux (SH) 10.72 (WP record); 2. Jan Visser (SWD) 10.36	
	65. 1. L Botha (N Tvl) 10.54	

Discus:	35. 1. F Calitz (Fish) 34.05	
	45. 1. Steve Johnston (Pine) 35.60 (WP record); 2. Gerhard Barber (N Tvl) 30.09; 3. Graham Gordon (Fish) 28.41; 4. Alan Brown (Fish) 27.28	
	50. 1. R Cross (Pine) 31.69	
	60. 1. J Visser (SWD) 33.07; 2. C le Roux (SH) 32.30	
	70. 1. C Nel (SAP) 24.93	

Javelin:	45. 1. J Louw (CH) 40.46; 2. G Gordon (Fish) 37.16; 3. A Brown (Fish) 37.00	
	50. 1. C English (WPH) 41.50 (WP record)	
	60. 1. J van Zyl (SWD) 31.14; 2. C le Roux (SH) 31.00 (WP record)	
	70. 1. C Nel (SAP) 24.60	

High Jump:	55. 1. L Benning (Pine) 1.55; 2. M Lewis (N Tvl) 1.35	
	70. 1. C Nel (SAP) 1.20	

Long Jump:	35. 1. V Hüger (Natal) 6.52; 2. F Calitz (Fish) 5.05	
	50. 1. R Cross (Pine) 5.52; 2. G Pistorius (OFS) 5.31; 3. Adam Kock (Hug H) 4.38	

Triple Jump:	35. 1. V Hüger (Natal) 12.12	
	50. 1. G Pistorius (OFS) 10.46	

WOMEN		
100m:	30. 1. Annetjie Engelbrecht (N Tvl) 14.3	
	35. 1. Rosemary Leitch (WPM) 14.2; 2. Bettie Roffey (CH) 14.5; 3. Maatje Gous (WIM) 15.6	
	40. 1. Elsa Gertenbach (Bell) 13.7; 2. Petra Pietersen (N Tvl) 13.8	
	45. 1. Yvonne de Wit (Bell) 13.2 (SA WP record); 2. Rita Girouard (Pine) 13.9; 3. Wendy Flynn (N Tvl) 15.4; 4. Gill Hutchings (Fish) 15.9	
	50. 1. Petra Meyer (Held) 16.8	
	55. 1. Queenie du Toit (N Tvl) 15.3; 2. Beulah Saffer (Tvl) 15.7	
	55. 1. Isabel Hofmeyr (Bell) 16.0	

200 m:	30. 1. A Engelbrecht (N Tvl) 29.9	
	35. 1. R Leitch (WPM) 30.2; 2. B Roffey (CH) 31.0	
	40. 1. S Cronje (Natal) 28.1; 2. E Gertenbach (Bell) 29.7	
	45. 1. Y de Wit (Bell) 28.1; 2. G Hutchings (Fish) 32.7	
	50. 1. Q du Toit (N Tvl) 32.7; 2. B Saffer (Tvl) 33.6	
	55. 1. I Hofmeyr (Bell) 34.5; 2. J Geldenhuys (US) 38.2	

400 m:	30. 1. Christine Liengme (Fish) 63.0 (WP record); 2. A Engelbrecht (N Tvl) 71.5	
	35. 1. Gillian Ross (Pine) 65.0	
	40. 1. Susan Cronje (Natal) 52.3; 2. E Gertenbach (Bell) 67.9	
	45. 1. Y de Wit (Bell) 63.7	
	50. 1. Q du Toit (N Tvl) 74.2	
	55. 1. J Geldenhuys (US) 88.0	

800 m:	30. 1. C Liengme (Fish) 2:38.8	
	35. 1. G Ross (Pine) 2:48.6; 2. Melda Goets (Bell) 2:40.7	
	40. 1. E Gertenbach (Bell) 2:43.9	
	45. 1. G Hutchings (Fish) 2:54.8	
	55. 1. J Geldenhuys (US) 3:16.2	

1500 m:	35. 1. Annelie de Bod (OFS) 4:45.5 (WP Open record); 2. Gill Ross (Pine) 5:04.2 (WP record); 3. Pail Hagen (SH) 5:28.6; 4. M Goets (Bell) 5:47.0	
	55. 1. J Geldenhuys (US) 6:49.1	

3000 m:	35. 1. A de Bod (OFS) 10:03.3; 2. P Hagen (SH) 11:30.0 (WP record)	
	40. 1. Gail Bührman (SWD) 11:12.6 (SA/WP Open record); 2. P Meyer (Held) 12:04.3	

10000 m:	40. 1. G Bührmann (SWD) 40:45.7 (SA and WP Open record)	
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5000 m walk:	65. 1. Eileen Johnston (WPM) 35:05.5 (SA/WP record)	
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80 m Hurdles:	40. 1. S Cronje (Natal) 13.3 (WP Open record); 2. P Pietersen (N Tvl) 14.3	
	55. 1. I Hofmeyr (Bell) 17.4 (SA/WP record)	

High Jump:	40. 1. S Cronje (Natal) 1.35 (WP Open record)	
	50. 1. Louise Zimmerman (EP) 1.20	
	55. 1. I Hofmeyr (Bell) 1.10	

Long Jump:	40. 1. P Pietersen (Natal) 4.40 (WP Open record)	
	45. 1. Y de Wit (Bell) 4.02 (WP record)	

Shotput:	40. 1. A Engelbrecht (N Tvl) 9.02	
	45. 1. Marie-Louise Uys (SWD) 11.28 (SA and WP Open record)	
	50. 1. I. Zimmerman (EP) 10.13 (WP Open record)	
	55. 1. Suzanne Malherbe (SH) 8.38; 2. Aletta Ackerman (SH) 6.82	

Discus:	40. 1. P Pietersen (N Tvl) 26.90	
	45. 1. M L Uys (SWD) 27.13	
	50. 1. I. Zimmerman (EP) 32.94	
	55. 1. A Ackerman (SH) 17.16; 2. S Malherbe (SH) 16.66	

Javelin:	50. 1. L Zimmerman (EP) 29.82 (WP Open record)	
	55. 1. A Ackerman (SH) 24.64; 2. S Malherbe (SH) 21.78	

Relay 4 x 100 m:	1. Mixed Team, 56.9; 2. Bellville, 57.2	
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Hammer Throw:	45. 1. G Barber (N Tvl) 42.65 (WP Open record)	
	60. 1. J Visser (SWD) 25.72	
	65. 1. L Botha (N Tvl) 25.86	
	70. 1. Casper Nel (SAP) 24.60 (WP record); 2. E Locke (EP) 22.46	

1987 N.Z. Championships

Wellington New Zealand, N.Z. March 14

100m

W35: W Brown 12.50s
(New Zealand record). W40:
H Clett 13.93. W45: H Dunn
14.71. W50: L Hinton 15.09.
W55: C Brunker 16.41. W60:
B Smith 17.78. W65: I Lister
20.26. W70: Z Pierce 19.29.
M40: D Hall 12.44. M45: K
Hoare 12.38. M50: B McPhail
12.16. M55: J Powell 14.17.
M60: F Copeman 13.55.
M65: D Greenless 14.53. H
Cook 15.2. M75: F Cox 18.1.

Continued from previous page

from previous page		W50		W55		W60		W65		W70		W75		W80		W85		W90		W95		W100		W105		W110		W115		W120		W125		W130		W135		W140		W145		W150		W155		W160		W165		W170		W175		W180		W185		W190		W195		W200		W205		W210		W215		W220		W225		W230		W235		W240		W245		W250		W255		W260		W265		W270		W275		W280		W285		W290		W295		W300		W305		W310		W315		W320		W325		W330		W335		W340		W345		W350		W355		W360		W365		W370		W375		W380		W385		W390		W395		W400		W405		W410		W415		W420		W425		W430		W435		W440		W445		W450		W455		W460		W465		W470		W475		W480		W485		W490		W495		W500		W505		W510		W515		W520		W525		W530		W535		W540		W545		W550		W555		W560		W565		W570		W575		W580		W585		W590		W595		W600		W605		W610		W615		W620		W625		W630		W635		W640		W645		W650		W655		W660		W665		W670		W675		W680		W685		W690		W695		W700		W705		W710		W715		W720		W725		W730		W735		W740		W745		W750		W755		W760		W765		W770		W775		W780		W785		W790		W795		W800		W805		W810		W815		W820		W825		W830		W835		W840		W845		W850		W855		W860		W865		W870		W875		W880		W885		W890		W895		W900		W905		W910		W915		W920		W925		W930		W935		W940		W945		W950		W955		W960		W965		W970		W975		W980		W985		W990		W995		W1000		W1005		W1010		W1015		W1020		W1025		W1030		W1035		W1040		W1045		W1050		W1055		W1060		W1065		W1070		W1075		W1080		W1085		W1090		W1095		W1100		W1105		W1110		W1115		W1120		W1125		W1130		W1135		W1140		W1145		W1150		W1155		W1160		W1165		W1170		W1175		W1180		W1185		W1190		W1195		W1200		W1205		W1210		W1215		W1220		W1225		W1230		W1235		W1240		W1245		W1250		W1255		W1260		W1265		W1270		W1275		W1280		W1285		W1290		W1295		W1300		W1305		W1310		W1315		W1320		W1325		W1330		W1335		W1340		W1345		W1350		W1355		W1360		W1365		W1370		W1375		W1380		W1385		W1390		W1395		W1400		W1405		W1410		W1415		W1420		W1425		W1430		W1435		W1440		W1445		W1450		W1455		W1460		W1465		W1470		W1475		W1480		W1485		W1490		W1495		W1500		W1505		W1510		W1515		W1520		W1525		W1530		W1535		W1540		W1545		W1550		W1555		W1560		W1565		W1570		W1575		W1580		W1585		W1590		W1595		W1600		W1605		W1610		W1615		W1620		W1625		W1630		W1635		W1640		W1645		W1650		W1655		W1660		W1665		W1670		W1675		W1680		W1685		W1690		W1695		W1700		W1705		W1710		W1715		W1720		W1725		W1730		W1735		W1740		W1745		W1750		W1755		W1760		W1765		W1770		W1775		W1780		W1785		W1790		W1795		W1800		W1805		W1810		W1815		W1820		W1825		W1830		W1835		W1840		W1845		W1850		W1855		W1860		W1865		W1870		W1875		W1880		W1885		W1890		W1895		W1900		W1905		W1910		W1915		W1920		W1925		W1930		W1935		W1940		W1945		W1950		W1955		W1960		W1965		W1970		W1975		W1980		W1985		W1990		W1995		W2000		W2005		W2010		W2015		W2020		W2025		W2030		W2035		W2040		W2045		W2050		W2055		W2060		W2065		W2070		W2075		W2080		W2085		W2090		W2095		W2100		W2105		W2110		W2115		W2120		W2125		W2130		W2135		W2140		W2145		W2150		W2155		W2160		W2165		W2170		W2175		W2180		W2185		W2190		W2195		W2200		W2205		W2210		W2215		W2220		W2225		W2230		W2235		W2240		W2245		W2250		W2255		W2260		W2265		W2270		W2275		W2280		W2285		W2290		W2295		W2300		W2305		W2310		W2315		W2320		W2325		W2330		W2335		W2340		W2345		W2350		W2355		W2360		W2365		W2370		W2375		W2380		W2385		W2390		W2395		W2400		W2405		W2410		W2415		W2420		W2425		W2430		W2435		W2440		W2445		W2450		W2455		W2460		W2465		W2470		W2475		W2480		W2485		W2490		W2495		W2500		W2505		W2510		W2515		W2520		W2525		W2530		W2535		W2540		W2545		W2550		W2555		W2560		W2565		W2570		W2575		W2580		W2585		W2590		W2595		W2600		W2605		W2610		W2615		W2620		W2625		W2630		W2635		W2640		W2645		W2650		W2655		W2660		W2665		W2670		W2675		W2680		W2685		W2690		W2695		W2700		W2705		W2710		W2715		W2720		W2725		W2730		W2735		W2740		W2745		W2750		W2755		W2760		W2765		W2770		W2775		W2780		W2785		W2790		W2795		W2800		W2805		W2810		W2815		W2820		W2825		W2830		W2835		W2840		W2845		W2850		W2855		W2860		W2865		W2870		W2875		W2880		W2885		W2890		W2895		W2900		W2905		W2910		W2915		W2920		W2925		W2930		W2935		W2940		W2945		W2950		W2955		W2960		W2965		W2970		W2975		W2980		W2985		W2990		W2995		W3000		W3005		W3010		W3015		W3020		W3025		W3030		W3035		W3040		W3045		W3050		W3055		W3060		W3065		W3070		W3075		W3080		W3085		W3090		W3095		W3100		W3105		W3110		W3115		W3120		W3125		W3130		W3135		W3140		W3145		W3150		W3155		W3160		W3165		W3170		W3175		W3180		W3185		W3190		W3195		W3200		W3205		W3210		W3215		W3220		W3225		W3230		W3235		W3240		W3245		W3250		W3255		W3260		W3265		W3270		W3275		W3280		W3285		W3290		W3295		W3300		W3305		W3310		W3315		W3320		W3325		W3330		W3335		W3340		W3345		W3350		W3355		W3360		W3365		W3370		W3375		W3380		W3385		W3390		W3395		W3400		W3405		W3410		W3415		W3420		W3425		W3430		W3435		W3440		W3445		W3450		W3455		W3460		W3465		W3470		W3475		W3480		W3485		W3490		W3495		W3500		W3505		W3510		W3515		W3520		W3525		W3530		W3535		W3540		W3545		W3550		W3555		W3560		W3565		W3570		W3575		W3580		W3585		W3590		W3595		W3600		W3605		W3610		W3615		W3620		W3625		W3630		W3635		W3640		W3645		W3650		W3655		W3660		W3665		W3670		W3675		W3680		W3685		W3690		W3695		W3700		W3705		W3710		W3715		W3720		W3725		W3730		W3735		W3740		W3745		W3750		W3755		W3760		W3765		W3770		W3775		W3780		W3785		W3790		W3795		W3800		W3805		W3810		W3815		W3820		W3825		W3830		W3835		W3840		W3845		W3850		W3855		W3860		W3865		W3870		W3875		W3880		W3885		W3890		W3895		W3900		W3905		W3910		W3915		W3920		W3925		W3930		W3935		W3940		W3945		W3950		W3955		W3960		W3965		W3970		W3975		W3980		W3985		W3990		W3995		W4000		W4005		W4010		W4015		W4020		W4025		W4030		W4035		W4040		W4045		W4050		W4055		W4060		W4065		W4070		W4075		W4080		W4085		W4090		W4095		W4100		W4105		W4110		W4115		W4120		W4125		W4130		W4135		W4140		W4145		W4150		W4155		W4160		W4165		W4170		W4175		W4180		W4185		W4190		W4195		W4200		W4205		W4210		W4215		W4220		W4225		W4230		W4235		W4240		W4245		W4250		W4255		W4260		W4265		W4270		W4275		W4280		W4285		W4290		W4295		W4300		W4305		W4310		W4315		W4320		W4325		W4330		W4335		W4340		W4345		W4350		W4355		W4360		W4365		W4370		W4375		W4380		W4385		W4390		W4395		W4400		W4405		W4410		W4415		W4420		W4425		W4430		W4435		W4440		W4445		W4450		W4455		W4460		W4465		W4470		W4475		W4480		W4485		W4490		W4495		W4500		W4505		W4510		W4515		W4520		W4525		W4530		W4535		W4540		W4545		W4550		W4555		W4560		W4565		W4570		W4575		W4580		W4585		W4590		W4595		W4600		W4605		W4610		W4615		W4620		W4625		W4630		W4635		W4640		W4645		W4650		W4655		W4660		W4665		W4670		W4675		W4680		W4685		W4690		W4695		W4700		W4705		W4710		W4715		W4720		W4725		W4730		W4735		W4740		W4745		W4750		W4755		W4760		W4765		W4770		W4775		W4780		W4785		W4790		W4795		W4800		W4805		W4810		W4815		W4820		W4825		W4830		W4835		W4840		W4845		W4850		W4855		W4860		W4865		W4870		W4875		W4880</	
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4 F. Overton.....	NSW 116.45
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3 K. Law.....	NSW 108.23
4 K. Maurer.....	QLD 110.31
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5 B. Pearce.....	NSW 107.36
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2 W. Ey.....	SA 13.07
3 D. Whittam.....	WA 13.20
4 M. Collins.....	QLD 13.24
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7 C. McArdle.....	VIC 13.36
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M50	
1 G. McKeown.....	VIC 42.52
2 F. Devlin.....	NSW 43.31
3 R. Hughes.....	VIC 45.30
4 K. Perroux.....	ACT 46.26
5 V. Fletcher.....	NSW 68.05

M55	
1 T. McDonald.....	VIC 48.06
2 N. LeRossignol.....	VIC 52.16
3 J. Baker.....	NSW 56.22
4 P. Colthup.....	VIC 60.05
5 B. MacDermott.....	QLD 72.39

M60	
1 G. Peterson.....	VIC 40.43
2 S. Rake.....	ACT 50.23

M65	
1 J. Cullen.....	ACT 41.59
2 B. Muller.....	ACT 50.57

M70	
1 A. Laajoki.....	NSW 42.10
2 B. Stanford.....	NSW 45.20
3 J. Yabsley.....	ACT 48.12
4 D. Siepmann.....	NSW 48.25
5 M. Garrick.....	NSW 52.52
6 W. Davidson.....	ACT 53.53
7 V. Thompson.....	VIC 57.25

M75	
1 N. Ducker.....	NSW 42.56
3 D. Southern.....	QLD 49.50
4 A. Callaghan.....	VIC 52.03
5 B. Scown.....	ACT 53.55
6 H. Murrell.....	VIC 54.20
7 J. Bourke.....	ACT 55.35
8 I. Gross.....	NSW 65.49
9 M. Dickinson.....	VIC 66.52

M80	
1 A. Young.....	ACT 51.42
2 D. Mitchell.....	VIC 60.45

M85	
1 J. Albury.....	VIC 48.30
2 J. Mallory.....	ACT 68.23

M90	
1 C. Stevenson.....	VIC 10.15.73
2 D. Barrett.....	NSW 10.28.22
3 G. Moore.....	VIC 10.36.47
4 J. Smit.....	NSW 10.41.28
5 G. Ryan.....	NSW 10.43.46

M95	
1 A. Bradford.....	QLD 10.01.26
2 P. Hannaford.....	VIC 10.02.64
3 P. Rudkin.....	ACT 10.08.41
4 M. Roberts.....	NSW 10.59.67
5 T. Seymour.....	VIC 11.00.34
6 A. Brown.....	NSW 12.08.83

M100	
1 A. Blonner.....	NSW 7.10.10
2 J. Clarke.....	VIC 7.43.80
3 C. Silcock.....	VIC 8.14.85

M105	
1 O. Millridge.....	NSW 7.43.04
2 L. Fletcher.....	VIC 8.06.44

M110	
1 A. Tyson.....	WA 8.21.46
2 M. Collins.....	ACT 8.31.72
3 M. Wild.....	NSW 10.10.14

M115	
1 K. Hopkins.....	NSW 10.00.46
2 B. McDermott.....	QLD 12.19.70

M120	
1 G. Knott.....	VIC 12.03.78

M125	
1 G. Knott.....	VIC 12.03.78

M130	
1 G. Knott.....	VIC 12.03.78

M135	
1 G. Knott.....	VIC 12.03.78

M140	
1 G. Knott.....	VIC 12.03.78

M145	
1 G. Knott.....	VIC 12.03.78

M150	
1 G. Knott.....	VIC 12.03.78

M45	
1 M. Hall.....	VIC 66.35
2 W. Scherfield.....	VIC

M50		
1 M. BennettNSW	47.12
2 T. HancockVIC	46.54
3 R. WijesingheNSW	43.74
4 H. TobinVIC	33.10
5 L. KendallACT	30.88
6 M. RoseVIC	26.74
M55		
1 E. MatthewsSA	36.34
2 C. RannACT	32.82
3 J. SoutarNSW	25.92
M60		
1 R. HochreiterVIC	36.64
2 F. O'ConnorNSW	31.92
3 D. FrawleyQLD	23.16
M65		
1 K. HopkinsNSW	34.14
2 F. WelzQLD	31.46
3 W. WidernVIC	30.42
4 M. JohnstonVIC	25.38
M70		
1 W. SchultzVIC	17.78
M75		
1 H. GathercoleVIC	17.04
2 G. KnottVIC	15.02
3 W. TunaleyVIC	14.16
M80		
1 G. Simpson (AR)VIC	12.00
2 E. BarnacleQLD	11.36

DIVISION RESULTS - MEN (60 AND OVER)

PLACE	TIME	NAME	AGE	CITY	ST/CO
1	3:13:24	START, JACK	66	TRENTON	NJ
2	3:15:42	MEMI, MICHAEL	60	NARRANGSETT	RI
3	3:19:04	ST. GEORGES, MICHEL	60	ST. MICHEL	PQ CAN
4	3:19:26	PEYTOUR, MICHAEL	72	MONTREAL	PQ CAN
5	3:20:16	ADAMS, WILBUR M.	62	STONE MOUNTAIN	GA
6	3:21:48	TOMLINSON, RICHARD H.	63	HAMILTON	ON CAN
7	3:22:36	NAPOLI, ANTHONY F.	66	BUFFALO	NY
8	3:22:38	SHORT, HUGH	65	CHITTENDEN	VT
9	3:24:43	ENGLISH, GORDON B.	61	BIRMINGHAM	AL
10	3:25:48	SMITH, MATTHEW E.	63	AUBURN	MA
11	3:27:45	JOHNSTON, ROBERT	61	KEY BISCAYNE	FL
12	3:27:51	DORA, JOSEPH H.	62	GARDNER	MA
13	3:28:01	MENDELL, CARLTON E.	65	PORTLAND	ME
14	3:29:31	KYLE, JAMES B.	61	READING	MA
15	3:31:37	BANDLOW, MARLYNN H.	65	KENADIN	MI
16	3:34:46	BAMFORD, ALLAN J.	60	HORSEHEADS	NY
17	3:34:54	GLASSBURN, ROY L.	60	SAN LUIS OBISPO	CA
18	3:35:03	PENNINGTON, JACK H.	64	PENNINGTON	NJ
19	3:35:06	TOABE, SID L.	63	BROOKLINE	MA
20	3:36:34	BURKE, JOHN F.	62	ROCHESTER	NY
21	3:36:43	THOMPSON, GEORGE M.	60	WHITTIER	CA
22	3:36:54	BIEGA, JOHN A.	63	WHEELING	WV
23	3:38:16	CONRAD, JOE H.	60	GAINESVILLE	FL
24	3:40:35	HULTQUIST, HAROLD R.	60	FREMONT	NE
25	3:41:38	FLUM, WILLIAM JOHN	62	SUMMIT	NJ
26	3:41:48	MAH, S. T.	62	TOLEDO	OH
27	3:42:06	FRENCH, MAURICE L.	62	THORNHILL	ON CAN
28	3:42:36	GRATCH, SAM A.	62	UTICA	CA
29	3:42:47	THORNE, BRYANT E.	60	TEMPLE CITY	NY
30	3:43:21	YOUNG, LLOYD L.	63	GRANTSBURG	WI
31	3:43:28	ROBINSON, KENNETH M.	64	CARTHAGE	TN
32	3:44:01	REED, WALTER H.	60	HOLLISTON	MA
33	3:46:35	LEIGHTON, KENNETH M.	61	VANCOUVER	BC CAN
34	3:46:36	DEMERCHANT, GEORGE M.	67	ARTHURETTE	NB CAN
35	3:46:41	MALO, JEAN	60	JOLIETTE	PQ CAN
36	3:46:45	ASKEW, GENE	66	HOUSTON	TX
37	3:47:07	MARTIN JR., RALPH W.	60	ALBANY	NY
38	3:48:24	HURWITZ, JOSHUA J.	65	NEWTON	MA
39	3:49:39	VELIN, JULIUS C.	60	MARQUETTE	MI
40	3:50:02	WOMERSLEY, "ARTIC JOE"	61	TORONTO	ON CAN
41	3:53:55	BROWN, CHARLES H.	67	WYANDOTTE	MI
42	3:53:59	LOPEZ, ROBERT A.	64	WESTPORT	NY
43	3:54:30	NOFTLE, JOHN S.	60	LONDONDERRY	NH
44	3:56:29	BREAZEALE, ARCHIE	61	HATCHIJTOCHES	LA
45	3:58:43	WATKINS, JOHN	60	PARIZANA	CA
46	3:58:59	VARNIS, GEORGE	60	FREELANDVILLE	IN
47	3:59:23	BRAY, PATRICK F.	64	SALT LAKE CITY	UT
48	4:00:12	VERNIER, VERNON G.	62	NEWARK	DE
49	4:01:32	SIMON, SAM	67	TORHATINE	CA
50	4:03:51	KEEFE, JACK F.	61	DRUACINE	MA

Continued on next page

Continued from previous page

DIVISION RESULTS - WOMEN (40 TO 49)

PLACE	TIME	NAME	AGE	CITY	ST/CO
1	2:36:24	PALM, EYV	45	53150 LIDKOPING	SWE
2	2:54:14	PLANTE, REJANE	44	QUEBEC	PQ CAN
3	2:55:04	HUTCHINSON, JANE D.	41	WEBB CITY	MO
4	2:57:43	TUROSZ, ZOFIA	44	HARTFORD	CT
5	3:00:06	OBRAK, PAT A.	44	FONTANA	WI
6	3:00:10	BEEBEE, KATHLEEN A.	41	WEST MEDFORD	MA
7	3:01:41	LULLYOT, JOAN L.	46	SAN FRANCISCO	CA
8	3:06:30	SAPPEL, EDITH H.	41	7500 ST. MORITZ	SUI
9	3:10:03	BRILL, ROBERTA S.	40	NEW YORK	NY
10	3:10:12	POPPERS, BETTY	44	LITTLETON	CO
11	3:10:30	SMITH-ROHRBERG, KAREN D.	40	W. FALMOUTH	MA
12	3:11:26	BALDWIN, CATHERINE	41	WEST POINT	NY
13	3:12:09	MICHENER, ERLINE N.	44	LINCOLN UNIV.	PA
14	3:12:15	KENNARD, MARY A.	47	RICHARDSON	TX
15	3:12:55	KIMCHE, SYLVIE C.	40	NEW YORK	NY
16	3:13:04	TIMBERLAKE, MARGIE	44	FRESNO	CA
17	3:13:48	JOHNSON, VICKI M.	44	STRAWBERRY PLN.	TN
18	3:13:57	MCDONALD, DONNA M.	42	MIDDLEBORO	MA
19	3:13:57	CALVIN, CYNCI W.	40	AUBURN	CA
20	3:15:13	MUSTARD, NANCY S.	45	TORRANCE	CA
21	3:15:22	ZICKAUS, MARY D.	40	NASHUA	NH
22	3:16:34	MOORE, ANNA D.	42	CARY	NC
23	3:16:40	RALYA, CHERYL A.	40	NEW YORK	NY
24	3:16:44	HOLST-MARTIN, LINDA L.	41	KIRKLAND	WA
25	3:17:11	CHAPMAN, NANCY E.	40	E. HAMPSHIRE	NH
26	3:17:17	CAMILL, BETTY J.	40	LOMBARD	IL
27	3:17:55	KAHN, MISSY C.	42	ATLANTA	GA
28	3:18:05	OSBORNE, JOAN E.	40	OAK PARK	IL
29	3:18:36	SUZUKI, SATSUKO	46	TOKYO	JPN
30	3:18:38	RODD, GAIL G.	44	SAN FRANCISCO	CA
31	3:20:48	MCELROY, LEAH H.	44	SARASOTA	FL
32	3:21:21	VANDERGRAAF, KATIE	40	GLENVIEW	IL
33	3:23:11	HUNG, PATRICIA A.	41	ORINDA	CA
34	3:23:15	QUAM, DORIE M.	42	BELLEVUE	WA
35	3:23:50	KOESTER, PATRICIA A.	42	MONROEVILLE	PA
36	3:23:54	NEALE, BETTE L.	40	TORONTO	ON CAN
37	3:24:14	DUNLAP, MARGE E.	48	ANDERSON	TX
38	3:24:16	HECKMAN, SANDRA B.	44	DALLAS	CA
39	3:24:45	HARGROVE, SARAH W.	40	WYNDMOOR	PA
40	3:24:49	LELLI, CAROLE L.	44	VINELAND	NJ
41	3:25:11	VENMARO, NICHOLETTE	46	SYRACUSE	NY
42	3:25:12	COLLINS, RENE A.	45	BREWER	ME
43	3:25:20	BECKWITH, LAURA S.	43	HOLDEN	MA
44	3:26:00	HALL, DEBORAH B.	43	NEWTON	MA
45	3:26:37	DUNLAP, LOUISE E.	46	BROOKS	ME
46	3:27:07	HANSEN, JEANINE	41	SMYRNA	GA
47	3:27:16	MCADAMS, EMILY K.	48	DALLAS	TX
48	3:27:26	MCINTYRE, DALE P.	44	STRATFORD	CT

DIVISION RESULTS - WOMEN (50 TO 59)

PLACE	TIME	NAME	AGE	CITY	ST/CO
1	3:17:24	CAPPETTA, CAROLYN S.	51	CONCORD	MA
2	3:17:59	KRUEGER, ERIKA DORA	52	WALDBRONN	FRG
3	3:23:21	YU, WEN-SHI	52	KEM GARDENS	NY
4	3:27:54	RUSBY, SALLY B.	50	HORSEHEAD	CO
5	3:33:51	HILGER, PRUDY D.	51	ENGLEWOOD	TX
6	3:44:50	DUPICHAN, KAY	50	HOUSTON	TX
7	3:45:51	KUNES, ALMA J.	54	LEWISTOWN	PA
8	3:45:54	LUEBERS, MARIE	53	NEEDHAM	MA
9	3:47:55	OLCSE, JEAN L.	52	SHAMOKIN	PA
10	3:48:09	STACY, BILLIE J.	55	BEAVERCREEK	OH
11	3:48:55	LAMPE, BEVERLY D.	55	MONONA	WI
12	3:49:16	CLAPP, ELAINE	50	CINCINNATI	OH
13	3:49:18	WEBBER, RUTH K.	58	LONGMEADOW	MA
14	3:49:28	HODGES, JOYCE K.	50	MILLEN	GA
15	3:49:58	THOMAS, JEAN M.	51	PORTLAND	ME
16	3:50:16	FOSSIE, HILDY	58	HOLDERNESSE	NH
17	3:52:34	FAUL, JOSELLA O.	50	BLOOMFIELD HILL	MI
18	3:55:33	TICKNER, NATALIE H.	53	NORWALK	CT
19	3:55:44	BAGATTI, JUDE	50	COCORUT GROVE	FL
20	3:57:01	HIGGINS, NAM M.	53	DUBOQUE	IA
21	3:58:47	KOEHLE, DOROTHY E.	53	CHICAGO	IL
22	3:58:53	YAMADA, FUJIKO	52	KANAGAWA	JPN
23	4:00:42	OSBORN, SANDRA	50	MADISON	WI
24	4:01:27	FINLEY, BERNA J.	55	CHELMSFORD	MA
25	4:01:31	FOLEY, SHIRLEY	56	CHARLESTOWN	MA
26	4:04:15	MARTINDALE, BARBARALEE	53	SALT LAKE CITY	UT
27	4:06:37	CONRAD, JANE A.	52	SOUTH BEND	IN
28	4:08:44	MACRIS, MARJORIE W.	52	MILL VALLEY	CA
29	4:13:46	BOLTZ, BARBARA	53	PARADISE VALLEY	AZ
30	4:14:31	LEE, MARGARET	51	HONOLULU	HI
31	4:17:14	TUCKER, JUDITH C.	51	PUEBLO	CO

DIVISION RESULTS - WOMEN (60 AND OVER)

PLACE	TIME	NAME	AGE	CITY	ST/CO
1	3:53:19	REINHARD, AGNES A.	61	M. ALLIS	WI
2	4:18:30	STOREY, MARY L.	62	RIVERSIDE	CA
3	8:11:24	ROTHFARB, RUTH	85	CAMBRIDGE	MA

St. Patty's 10 Mile/5K
Kutztown, Pa., March 15

---10 Mile---

Overall

J Scuffins	47:47
M Cooksey	55:04
M40 G Myers	54:46
B Firestone	56:45
D McAlee	57:00
M45 R Stotlar	55:30
J Thomas	57:11
D Harris	57:41
M50 R Murphy	1:00:42
B Hyser	1:01:14
B Haertsch	1:03:07
M55 J Lash	1:08:26
R Gavlick	1:08:39
P Spagnolo	1:09:14
M60+B Wolfe	1:20:34
P Wissler	1:22:11
R Corless	1:23:10
M70+E Benham	1:19:49
A Poole	1:33:07
W40+L Toretzky	1:07:35
D Griffith	1:09:57
G Kavanagh	1:11:52
W50+S Balfour	1:18:55
A Kunes	1:20:58
W60+B Yencharis (70)	1:43:35
J Goldman	1:52:29

---5K---

Overall

P Rugut	13:44
M Knisely	15:44*
*World best	
M40 M Mayfield Jr	16:12
R Knox	16:29
R Smith	16:30
M45 M Scalia	17:11
L David	18:34
B Goodhart	18:47

M50 B Hyser 17:19
T Dudas 18:30
J Whitcomb 18:49M55 R Gavlick 19:13
L Dickerson 20:11
R Iraca 20:33M60+R Johnson 20:56
J Pennington 20:58
C Kreller 22:56M70+E Benham 21:37
E Fred 21:51
W40+C Hopson 21:30C Lassiter 22:16
S Dean 22:54
W50+A Kunes 21:53W60+M Stover 31:42
M Schneider 33:4315th Annual Nike Cherry Blossom
10 Mile
Washington, D.C., April 5

Overall

J Sinclair	46:48
L Martin	52:23*
*world best	
M40 Barry Brown	50:55
Lucious Anderson	52:21
Glenn Myers	53:30
Mark Griffin	53:31
Derck Frechette	53:46
M45 Richard Stotlar	55:18
Mel Williams	58:05
Thomas Mullin	58:11
Nick De Lambo	59:01
Michael Page	59:38
M50 Norm Green Jr	54:18
Robert Paklaian	57:38
Lawrence I'Anson	57:47
Dick Ruzicka	58:04
Ben Hyser	58:56

M55 Hal Higdon	60:26
Thomas Momiya	62:44
Ray Gavlick	63:59
George Yaxnakakis	65:18
Neil Wilson	65:26
M60+Arlo Keniston	60:41
John Hosner	62:15
Paul Lackey	66:28
Jerome Kerkhof	66:41
Lou Lordovica	66:47
M70+Vince Carnavale	80:48
Vern Geary	84:34
Robert Moffitt	1:50:50
Cliff Riordan	1:56:43
Milt Wood	2:04:52
W40 Priscilla Welch	53:51
M E Williams	63:26
Natalie Spalding	65:50
Pat Roberts	66:23
Marlys Palmer	66:32
W45 Sharon Hamilton	69:56
Phyllis Penley	1:11:58
Judith Flannery	1:12:33
Irene Smyth	1:13:31
Jeanne Ulrich	1:14:29
W50+Gudrun Phillips	1:10:12
Joanne Mallet	1:12:46
Linda Sippelle	1:18:30
Agatha Hebebrand	1:20:37
Jeanette Chambers	1:20:58
W60+Harriet Wever	1:20:22
Dorothy Bright	1:25:35
Helen Somerville	1:29:38

Jacob Javits Centre Penta-
thon 5K Manhattan, NYC;
April 12

Overall	
P Petersen	27 13:58
G Horowitz	31 16:42
M35 G Fanelli	14:42
M40 A Belilgne	15:18
M45 S Howard	16:31
M50 C Yeter	17:59
M55 W Schwartz	18:49
M60 J McManus	18:51
M65 W Coyne	20:31
M70+W Rios	22:03
Rw--Men	
M Cooper	44 28:47
F Lamorte	65 29:12
W35 I Jackson	19:36
W40 A Hearn	17:41
W45 C Sutliff	23:32
W50 G Phillips	21:14
W55 N Tighe	23:20
W60+M McGinnis	27:54
W70+M Bdera	31:58
Rw--Women	
I Jacobson	38 31:24
J Rowland	60 33:43
M Spatz	34:11

SOUTHEAST

Shamrock Marathon/8K
Virginia Beach, Va., March 21

---Marathon---

J Smith	29 2:16:04
P Briscoe	31 2:45:11
M35 B Hart Jr	2:37:47
M40 D Rich	2:38:28
M45 V Matthews	2:39:54
M50+D Siefers	2:51:28
M60+L Fields	3:27:31
W35 S Kandy	3:03:17
W40+C Dalrymple	3:06:50
W50+J Dowdy	3:48:53

---8K---

Overall	
P Rugut	25 22:38
M Allico	23 27:14
M35 B Lunsford	25:39
M40 W Loudat	*24:47
*U.S. age-group record	
M45 L Faxon	26:20
M50+N Wood	29:11
M60+D Hemphill	33:04
W35 S Puryear	31:02
W40+B Poppers	31:12
W50+M McFarlane	37:58

Providence Day 5K
Charlotte, N.C., April 11

Overall	
D Mays	15:19
F Burns 11	21:08
M30+T Jones	16:52
M40+G Sylvester	17:13
M50+A Coffin	18:48
W30+S Brown	22:25
W40+S Roberts	23:28
W50+C Hayes	nta

Springfest 5K
Charlotte, N.C., April 25

Overall	
P Murphy	16:02
P Witt	17:30
M40+B Fitch	17:03
M50+B Voight	18:16
M60+D Seagle	23:57
W50+N Lowden	21:15
W50+B Lawry	32:19
W60+M Hagerty	39:41

North Carolina Association
of CPAs 1040K
Charlotte, N.C., May 2

Overall

B Weber	32:50
L Fox	39:39
M35 E McNeal	41:46
M40 G Cassell	37:38
M45 F Hannah	40:00
M50+B Mason	47:41
M60+R Cooper	47:27
W35 K Brown	50:49
W45 L Lamey	52:44
W50+L Joop	65:37
W60+M Hagerty	80:30

MIDWEST

St. Anthony Medical Center
Heritage 10K, Rockford, Ill.;
April 26

M35 T Antzac	32:34
M40 Jim Atkinson	36:50
M45 A Hutchcroft	36:45
M50 P Peterson	43:06
M55 A Manetti	41:--
M60+R Thredway	50:20
W35 P Hinton	43:50
W40 S Anderson	53:46
W45 B Dickman	48:41
W50 S Thomas	58:32

SOUTHWEST

Charlie Mitchell's 5000 Meter
Run, Tulsa, OK, March 14

OVERALL	
Paul Larkins, Stillwater	23 13:46
Donna Thibert, Stillwater	20 17:19
M 40-44	
Doug Formsa, Broken Arrow	42 16:19
Lewis Chandler, Broken Arrow	44 16:47
Dan Vasicek, Tulsa	44 16:51

M 45-49	
Hewlett Nash, Tulsa	46 17:07
Russell Bennett, Tulsa	49 17:08
Jay Minor, Owasso	45 17:14
M 50-54	
Larry Miller, Tulsa	54 18:11
Bob Adkins, Tulsa	52 18:30
Bob Pannell, Bartlesville	54 19:18

M 55-59	
Steve Blanchard, Tulsa	55 17:48
Jerry Crockett, Stillwater	58 18:08
Arturo Melendez, Tulsa	56 18:37
M 60 & Over	
Jim Smith, Oklahoma City	64 18:25
Ken Atwell, Henryetta	60 18:48
Nocus McIntosh, Jay	61 19:46

M 40-44	
Barbara Manning, Owasso	42 19:56
Ann Adkins, Tulsa	41 22:04
Sue Strahan, Tulsa	40 22:16
M 45-49	
Margaret Speer, Tulsa	49 21:23
Joy Austin, Jenks	49 22:08
M 50-54	
Donna Wright, Bartlesville	51 20:50
Judy McKnight, Sapulpa	50 27:49
M 55-59	
Dorothy Akin, Sallisaw	56 22:54

Continued from previous page

M55 P Devine	3:03:07
C Adcock	3:07:22
T Brown	3:13:36
M60 J Goertzen	3:42:58
C Frame	3:44:27
W Pait	3:46:19
M65 G Billingsley	3:20:33
R Walton	3:53:30
W Dietrich	4:19:29
M70+P Reese	3:25:37
E Lewin	3:48:15
D Benedetti	4:09:09
W35 S Given	2:54:27
L Harden	3:30:51
C Van Stralen	3:31:03

W40 L King	3:35:10
G Santillan	3:36:01
B Reukema	3:37:30
W45 R Lamping	3:37:43
Y Lavigne	3:40:23
T Ross	3:41:08
W50 S Kiddy	3:13:06
J Momita	3:36:52
M Jennings	3:51:37
W55 Y Mochida	3:58:09
R Bloland	4:01:00
E Milich	4:03:21
W50 V Hastings	4:01:50
A Hill	4:22:20
A Goldberg	5:00:36
W65 I Paulas	4:45:13

NORTHWEST**Pear Blossom 20K
Medford, Oregon; April 11**

Overall	
K Hunter	34 1:02:12
M Allico	23 1:13:21
M40 C McCance	1:10:20
E Cadman	1:11:04
C Wall	1:14:16
M45 G Sampson	1:14:29
L Young	1:14:57
A Tracy	1:17:58
M50 V Wiethorn	1:17:48
W Beckwith	1:18:27
R Grabowski	1:21:22
M55 R Hatton	*1:09:22
*U.S. age-group record	
K Oliver	1:19:51
B McChesney	1:20:49
M60+J King	1:20:01
L Ramp	1:24:51
P Reese	1:25:01
M70+T Petersen	2:02:09
J Gustafson	2:05:15
D Powell	2:05:47
W40 E Delsman	1:20:04
P Young	1:30:01
J Mooney	1:34:34
W45 R Gardner	3:00:23
M Miller	3:21:42
J Hill	3:24:25
W50 A Brown	3:51:42
P ABe	4:03:14
B Wilson	4:04:07
W55 M Buder	3:55:45
W60 B Murphy	3:56:02

M55 L Doering	3:10:43
B Dolphin	3:13:07
F Metzger	3:16:55
M60 J Kerr	3:26:30
B Griffin	3:40:49
H Maddy	3:54:57
M65 W Jackson	3:47:32
W Van Waltze	4:07:36
J Conrad	4:28:12
M70+J Crabtree	4:30:40
J Thun	4:39:03
a Webster	4:47:19

W40 G Andersen	2:40:20
G Swanson	3:07:37
L Query	3:13:59
W45 P Suttora	1:39:55
N Smith	1:41:21
L Forsyth	1:45:51
W50 L Lagrander-Cole	1:34:51
U Robichaud	1:42:38
S Means	1:43:46
W55 J Irvin	1:38:12
D Roberts	1:43:59
M McChesney	1:46:42
W60+B Gillette	1:54:57
P Dixon	2:03:52
C Klocke	2:17:43

**Lilac Bloomsday 12K
Spokane, Wash;
May 3**

Overall	
S Binns ENG	34:38
L Welch MA	39:22

Masters Men	
Mick Hurd ENG	37:32
Pat Murphy CA	38:28
Steve Lester UT	38:32

Masters Women	
Bobbi Rothman FL	44:28
Susan Henderson OR	44:51
Juana Stavalone CA	45:30

INTERNATIONAL**Kodak 5K
Great Britain; April 4**

M40 A Roper	15:01
M Hurd	15:03
M45 M Wrenn	16:18
M Turner	16:23
M50 R Gomez	16:30
A Griffiths	16:50
M55 D Wood	17:07
L Forster	17:19
M60 D Robinson	19:32
F Dobson	19:37
M65 D Evers	20:12
W35 M Palmer	17:20
A Cooper	17:44
W40 P Gallagher	17:27
M Beacham	18:16
W45 R Van Laethoven	20:55
A Cartwright	22:30
W50 J Rountree	20:09
P Jones	21:02
W55 P Fletcher	20:45
B Forster	22:38

**Nike Canberra Marathon
(Australian Veterans
Championships)
Canberra; April 12**

Overall	
G Hand	41 2:19:00
A McNeil	38 2:49:43
M40 G Hand	2:19:00
M45 I Mason	2:48:24
M50 P Kallio	2:45:32
M55 D Fitzpatrick	2:52:47
M60 F Byrne	3:13:37
M65 G McGrath	3:01:17
M70 N Gulbransen	3:24:06
W35 A McNeill	2:49:43
W40 A Deakin	3:18:18
W45 J Sutton	3:15:37
W55 S Harris	4:10:59

**CLASSIFIEDS**

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

14th Jim Latz Mile Beach Run at twilight—formerly known as Knife and Fork Inn Run. 7:00 p.m., July 18. Old time low key race with splits, water and good cheer. Awards for age group up to 70+, sase to J.L. Running Resources, 5511 Winchester Avenue, Ventnor, NJ 08406.

Arthur Lydiard Running Camp. June 21-27, 1987. Bard College, New York. Runners: 16 to Masters. Coaches Learn to train the Lydiard Way. Lydiard teaches, demonstrates, inspires all week. A unique East Coast opportunity to spend a week with the World's Foremost Expert. Contact: Tom Robinson, 128 Clarence Rd., Scarsdale, NY 10583.

For Sale: Fellow master needs your business. Will offer best prices on namebrand T&F equipment. Call me last. Daniel Marketing Co., Box 72, College Park MD 20740. 301/441-1988.

"Directory of home-based income opportunities." Over 150 money-making ideas. Send \$1.00 and a legal size SASE to: Mar Beth Home Ent., 58 Fifth Ave., Dept. W, New Rochelle, N.Y. 10801.

Free Money Making Reports. Send \$1.00 plus 10" SASE to: Bailey Enterprise HC67 Box 510 Dept. NM Lovely, KY; 41231.

Want extra income? Send SASE: D&R Enterprise, 397 Alton Dr., Grafton, OH 44044.

July 11. Minnesota Masters T & F Championship Meet & 5K. Separate medals for welcome out-of-staters. Park Rapids, MN—new track. Chuck Olson, R.D. 2, Box 158, Nevis, MN 56467. 218-652-4436.

1. DISPLAY ADVERTISING RATES

Column Inches	Ad Size	Cost	Width	Examples: Height
52	Full page	250	10"	13"
39	¾ page	210	10"	9 ½"
			7 ½"	13"
26	½ page	160	5"	13"
			10"	6 ½"
13	¼ page	100	5"	6 ½"
			10"	3 ½"
7	1/8 page	60	5"	3 ½"
			2 ¼"	6 ½"
3 ½	1/16 page	50	2 ¼"	3 ½"
1		25	2 ¼"	1"

2. FREQUENCY DISCOUNTS (1-year period)

3 to 5 insertions	10%
6 to 12 insertions	15%

3. COMMISSIONS: Agency commission of 15% allowed to recognized agencies.

4. SPECIAL RATES

25% discount for race and meet notices. No frequency discounts or agency commissions.

5. TERMS

Net 10 days from billing date.

6. CLASSIFIED RATES

50 cents per word. Count name and address as 5 words. Race notices are 25 cents per word. Prepayment required with copy.

7. MECHANICAL REQUIREMENTS

- See display rates for ad sizes.
- Photo offset printing.
- Negative ok. No mats, cuts or plates.
- 2-colors: add \$35.

8. CLOSING DATES

The 10th of month before date of issue.

9. CIRCULATION February 1987

Paid: 4210 Distribution: 5000
Published monthly. Subscriptions \$18.75/year.

Mail order to: National Masters News
P.O. Box 2372
Van Nuys, Calif. 91404
818/785-1895

HEIGHT AND DISTANCE BETWEEN HURDLES

WOMEN						MEN				
AGE	RACE DIST.	HURDLE HEIGHT	TO 1ST HURDLE	BETWEEN HURDLES	TO FINISH	RACE DIST.	HURDLE HEIGHT	TO 1ST HURDLE	BETWEEN HURDLES	TO FINISH
35-39	100m	.840m	13.00m	8.5m	10.05m					
40-49	80m	.762m	12.00m	8.0m	12.00m	110m	.991m	13.72m	9.14m	14.02m
50-59	80m	.762m	12.00m	8.0m	12.00m	110m	.914m	13.72m	9.14m	14.02m
60-69	—	—	—	—	—	100m	.840m	13.00m	8.50m	10.50m
70PI	—	—	—	—	—	80m	.762m	12.00m	8.00m	12.00m
35-39	400m	.762m	45.00m	35.00m	40.00m	400m	.914m	45.00m	35.00m	40.00m
40-49	400m	.762m	45.00m	35.00m	40.00m	400m	.840m	45.00m	35.00m	40.00m
50-59	300m	.762m	50.00m	35.00m	40.00m	400m	.840m	45.00m	35.00m	40.00m
60-69	—	—	—	—	—	300m	.762m	50.00m	35.00m	40.00m
70PI	—	—	—	—	—	—	—	—	—	—

Steeplechase distance for age-groups M60 and M65 shall be 2000m;

WEIGHT OF THROWING EQUIPMENT

AGE	SHOT PUT	DISCUS	HAMMER	JAVELIN
WOMEN				
35-49	4.00 K	1.00 K	4.00 K	600GMS
50 PLUS	3.00 K	1.00 K	3.00 K	400GMS
MEN				
40-49	7.26 K	2.00 K	7.26 K	800GMS*
50-59	6.00 K	1.50 K	6.00 K	800GMS*
60-69	5.00 K	1.00 K	5.00 K	600GMS
70 PLUS	4.00 K	1.00 K	4.00 K	600GMS

* NEW IAAF SPEC.

1987 ILLINOIS MASTERS TRACK and FIELD GRAND PRIX SERIES



Sponsored by **Etonic**

Rules and Regulations**A. A series of 4 meets in Illinois**

- June 6, 1987 Augustana College, Rock Island, IL
Contact: Pete Stopoulos. 1029 - 16th Ave.
E. Moline, IL 61244 (309) 755-2655
- June 14, 1987 Rockford, Illinois
Contact: Dick Green, P.O. Box 6147.
Rockford, IL 61125 (815) 397-5685
- July 25, 1987 Libertyville, Illinois
Contact: Craig Dean, 719 Stonegate Ct.
Libertyville, IL 60048 (312) 367-6347
- Aug. 2, 1987 Bloomington, Illinois
Contact: Dick Green, P.O. Box 6147.
Rockford, IL 61125 (815) 397-5685

B. Qualifications

- TAC Number required (TAC Entry Form available at meet sites)
- \$5.00 Entry Fee for the Series
- Age as of June 6th will be age for for entire series
- Ages 30-90 male and female - 5 year age group
- Open to all USA Athletes
- You must compete in at least 3 out of the 4 meets
- You must register for Grand Prix on or before June 14th

C. Events

- 3000 meter race walk, 110 meter hurdles, 100 meter dash, 200 meter dash, 400 meter run, 800 meter run, 1500 meter run, 3000 meter run, high jump, long jump, triple jump, pole vault, discus, shot put, javelin, 25-35-56-98 weight throws

D. Scoring per event

- 1st - 3 points 2nd - 2 points 3rd - 1 point
- Highest total points at end of the Series shall be named Champion in each event in each age group. All ties will be considered as CO-Champions

E. Grand Prix Championship Awards to be presented at the conclusion of the Series

FOR INFORMATION CALL DICK GREEN (815) 397-5685

ENTRY FORM

COMPLETE AND MAIL TO: Dick Lindsey-1815 Hollyhock-Rockford, IL 61107

\$5.00 PAYABLE TO ILLINOIS MASTERS T&F GRAND PRIX

NAME _____ DATE _____
ADDRESS _____ CITY _____ ZIP _____
BIRTHDAY _____ M _____ F _____ TELEPHONE _____
ENTRY FEE \$5.00 ENCLOSED _____ SIGNATURE _____

1987 TAC National Masters Track & Field Championships



**Hayward Field -
Eugene, Oregon***
**Friday, August 14 through
Sunday, August 16**

**OREGON
MASTERS**

Hosted by Oregon Track Club Masters

- Divisions:** 5 yr. age divisions for men & women age 30 and over.
- Entry fees:** \$10 entry fee (includes first event & T-shirt); \$5 per additional event; \$20 per relay team (teams must belong to the same club; each runner must be entered in meet); **an additional \$20 surcharge will be assessed for all entries or changes postmarked after 8/7/87.**
- Deadline:** Entries received before August 1 will be confirmed with detailed meet information. **All entries or changes postmarked after 8/7/87 will be allowed only if space is available and will be charged an additional \$20. No day of race entry or changes.**
- Facilities:** All weather Proturf track (1/4 inch spikes only). Concrete throwing rings.
- Awards:** Championship medals to top three Americans in each event. Additional medals to foreign athletes with equal or better effort.
- Eligibility:** TAC Registration (available at meet) required of all entrants.
- Brunch:** A first-class brunch will be served Saturday, 10:30-12:30 at the Eugene Hilton. Great food, great company.

***Site of U.S. bid for 1989 World Games!**

**First major event on newly renovated and
reconfigured 400 meter Hayward Field.**

SCHEDULE OF EVENTS

FRIDAY

- 2:00 5000m Racewalk
3:30 400m Trials
5:00 High Hurdles - Trials
6:00 High Hurdles - Final
7:00 400m Relay
7:45 10000m (W)
8:45 10000m (50+M)
9:45 10000m (30-49M)

Field Events

- 2:00 Javelin (30-49M)
4:00 Shot Put (M) 2 rings
4:30 Long Jump 2 pits

SATURDAY

- 3:30 100m Trials
5:00 100m Finals
6:00 Steeplechase
6:30 400m Finals
8:00 1500m Finals
Mile Relay follows

Field Events

- 1:00 Pole Vault 2 runways
1:30 Discus
2:30 High Jump 2 pits
4:00 Triple Jump 2 pits
5:00 Shot Put (W)

SUNDAY

- 8:00 am 20K Racewalk
8:00 5000m
10:00 Int Hurdles Finals*
11:30 800m Finals*
12:30 200m Trials & Finals
4x800 Relay follows

Field Events

- 9:00 Javelin (W&50+M)
10:00 Hammer

Order: Women precede men;
older precede younger.

*Timed heats seeded by declared 1987 marks

HOUSING

The Organizing Committee for the 1987 U.S. National Masters Track and Field Championships in cooperation with the Eugene/Springfield Convention and Visitors Bureau, and the University of Oregon Housing Department has blocked rooms for the August 14-16 meet. Please complete the Housing Reservation Form below in order to receive the special rates that we have arranged. Reservations will be made on a first come, first served basis. Reservations made through us for hotel/motels must be received by July 15, 1987. Confirmations will be sent by the hotel or motel to the person listed on the form.

University of Oregon Residence Halls: \$25 per person per day double occupancy, \$31 per person per day single occupancy (rates include bed, linens, towels, maid service, and three meals a day). Adjacent to Hayward Field.

Hotels/Motels (All rooms subject to 7% room tax. All facilities are air conditioned, have swimming pools, and cable television.)

Eugene Hilton (Headquarters Hotel): \$48S, \$56D - 4 star. Downtown. 1.5m from Hayward Field. Airport transportation, restaurant.

Valley River Inn: \$49-69S, \$59-70D - 4 star. 4m from Hayward Field (next to Willamette River and shopping center), airport transportation, restaurant.

Thunderbird Motor Inn: \$40S, \$48-49D - 4 star. Coburg Road, 2m from Hayward Field, airport transportation, restaurant.

Best Western Greentree: \$39.50S, \$46.50-48.50D - 3 star. Short walking distance to Hayward Field and restaurants.

Ramada Inn: \$35S, \$40D - 3 star. Gateway area just off Interstate 5, shuttle service (\$2) to Hayward Field. Restaurant.

Red Lion Motor Inn: \$38S, \$44-46D - 3 star. Gateway area just off Interstate 5, airport transportation, shuttle service to Hayward Field, restaurant.

Holiday Inn: \$34S, \$36D, \$38T, \$40Q - 2 star. Coburg Road, 2 m from Hayward Field, airport transportation, restaurant.

Angus Inn Motel: \$36(1 bed), \$42(2 beds). Walking distance from Hayward Field, restaurant.

Continental Motel: \$30(2 beds), \$36(3 beds). Between downtown and the University.

Questions? (503) - 345-2820 or (503) - 687-8787.

MEET ENTRY FORM

(Please print or type)

Name _____ Birthdate _____
Address _____ Age (on 8/14/87) _____
Phone _____ Male _____ Female _____
TAC # _____
Club Affiliation _____

Events	Best '87 Mark	Fee
1. _____	_____	_____
2. _____	_____	_____
3. _____	_____	_____
4. _____	_____	_____
5. _____	_____	_____

T-shirt size: _S_ _M_ _L_ _XL Extra T-shirts @ \$6: _S_ _M_ _L_ _XL _____

Brunch: Number _____ @ \$10.00 _____

TOTAL AMOUNT ENCLOSED \$ _____

Make checks payable to Oregon Track Club Masters
Send to Post Office Box 11364, Eugene, Oregon 97440

HOUSING RESERVATION FORM

(Please print or type)

Arrival date _____ Departure date _____

U of O Residence Halls: # _____ \$31 - single occupancy per day; # _____ \$25
double occupancy per day. _____ days x _____ rate = total enclosed: \$ _____

Please make checks payable to Oregon Track Club Masters

Hotel/Motel Choice	Room Type	Price Range
1st _____	Single _____	\$ _____
2nd _____	Double _____	\$ _____
3rd _____	Other _____	\$ _____

Names of persons sharing room _____

Special needs: _____

**Send payment only for U of O Residence Hall reservations.
Do not send payment for hotel/motel reservations**

In consideration of your acceptance of my entry, I do hereby for myself, my heirs, and executors, waive, release and forever discharge any and all claims which I may have or which may hereafter accrue against The Athletics Congress, Oregon Track Club Masters, The University of Oregon, Nike, all other meet sponsors, officials, or their officers or agents for any damages or injury suffered by me. Recognizing the risk of this activity in the warmer months of August, I certify that I am physically able to compete. I voluntarily assume the risk of injury and agree to make no claims for or against anyone, and expressly waive any rights or benefits I may have under any law or statute relating to the release of unknown claims. I am entering this meet voluntarily and for my own pleasure.

I have read this waiver Signed _____ Date _____

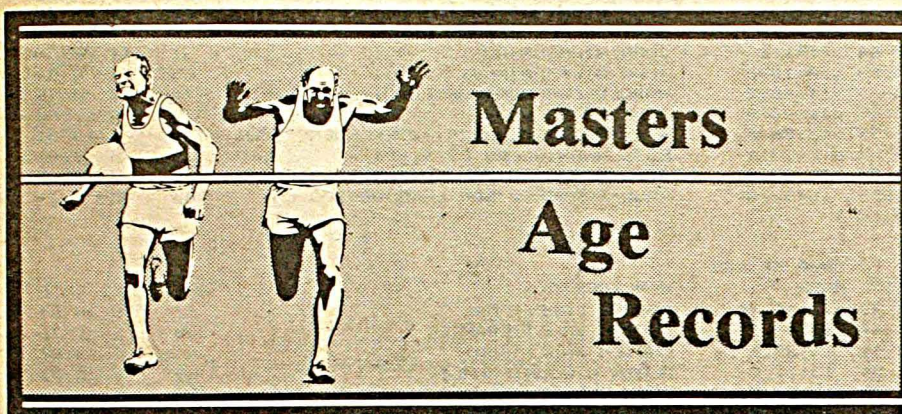
NATIONAL MASTERS NEWS

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

June, 1987

106th Issue

Section II



New Track & Field Age-Group Records

In this issue are new world and U.S. five-year age-group track and field records for men and women age-35-and-up.

The marks are those compiled and approved, as of May 10, 1987, by the Records Committees of the World Association of Veteran Athletes (WAVA) and the Masters Track & Field Committee of The Athletics Congress (TAC), both headed by Records Chairman Peter Mundle.

Included are pending records for which documentation has still not been received by WAVA or TAC (such as marks from the VI World Veterans

Games in Rome in 1985).

The official WAVA/TAC record forms are printed on this page. Meet directors should keep several copies on

hand, fill them out and mail them to Mundle if a potential record is set. Athletes can aid their own cause by carrying a copy to meets for officials' signatures.

Mundle has made a noteworthy change in the U.S. shot and hammer marks since the last published list (NMN, July, 1986). In the 50+ division, he has listed imperial (American) weights for U.S. records—since U.S. competitors generally use "pound" weights—rather than the "kilogram" weights officially used on the world level. For example, Parry O'Brien's world M50 shot mark of 58-1½ (17.71m) has been eliminated from the world marks, since his throw was with the 12-lb. shot, not the official world M50 standard of 6 kilograms (13.33 lbs.). However, his throw remains an American M50 record and is so listed.

Mundle has proposed WAVA change its rules so that the imperial standards are used for the 50+ shot and hammer. Rationale: the Olympic

competition in those events are conducted in pounds, not kilograms. "WAVA should be consistent, and use pound weights for both those events," Mundle said. WAVA will take up the debate at its biennial meeting in Melbourne, Australia this November.

1987 Masters T&F Age-Record Book

The 1987 edition of Masters Age Records, containing world and U.S. single-age bests for each event, has been delayed and will not be available until July.

Long Distance Records

No LDR records or rankings have yet been prepared by TACSTATS, which took over the U.S. LDR record-keeping process from the National Running Data Center on January 1, 1987. NMN will publish them as soon as available.

Meanwhile, TACSTATS has prepared the current single-age marathon records, along with the U.S. five-year age-group marks ratified at TAC's 1986 convention. Both are printed on page 27. □

World Association of Veteran Athletes

APPLICATION FOR TRACK RECORD

Name of Event	Classification e.g. 40-44 etc.	<input type="checkbox"/> MEN <input type="checkbox"/> WOMEN
Full Name of Athlete	Address of Athlete	Country
Club or Branch	Date of Birth Day / Mth. / Yr.	Date of Event Day / Mth. / Yr.
		Place of Competition

I hereby certify that to the best of my knowledge, the above information is correct, that I ran the time listed below and apply for the record indicated.

Date..... Signature of Athlete.....

TIMEKEEPER'S STATEMENT I hereby certify that I was the Official Timekeeper of the above event, that the time shown on my watch was EXACTLY as shown opposite my signature.

Time	Name of Timekeeper	Address	Signature

STARTER'S STATEMENT I hereby certify that I was the Official Starter of the above event, that it was a fair start, and that no advantage was given to nor taken by any athlete.

Name of Starter	Address	Signature
-----------------	---------	-----------

REFEREE'S STATEMENT I hereby certify that all officiating was done by competent officials, that the answers I have given to the questions below are correct to the best of my knowledge, and I recommend the ratification of the record being applied for.

What were the weather conditions? _____

Did you examine the Birth Certificate of the athlete? _____
(If not athlete should send copy)

Precise Wind Velocity and Direction _____

Were all hurdles the correct balance and height? _____ Was the track surveyed? _____

List order of finish and approximate distance between each finisher.

1st. who was (Distance) ahead of
who was ahead of

Name of Referee	Address	Signature
-----------------	---------	-----------

Send this form to Pete Mundle, 4017 Via Marina #C-301, Venice, Ca 90291
World Association of Veteran Athletes

APPLICATION FOR FIELD RECORD

Name of Event	Classification e.g. 40-44, etc.	<input type="checkbox"/> MEN <input type="checkbox"/> WOMEN
Full Name of Athlete	Address of Athlete	Country
Club or Branch	Date of Birth Day / Mth. / Yr.	Date of Event Day / Mth. / Yr.
		Place of Competition

I hereby certify that, to the best of my knowledge, the above information is correct, that I made the performance listed below, and apply for the record indicated.

Date Signature of Athlete

FIELD JUDGES STATEMENT I hereby certify that I was an Official Judge of the above event, and that the measurement was made with a steel tape by me and the other Judges listed below, and that the height/distance achieved was EXACTLY as that shown below opposite my signature.

Height/Distance	Name of Field Judge	Address	Signature

TECHNICAL MANAGER'S CERTIFICATE I hereby certify that the level and condition of the runway and/or field, and the weight and dimensions of the implement used (if any) fell within the limits prescribed by the I.A.A.F.

Type of Runway Surface _____ Weight of Shot, Discus or Javelin _____

Name of Technical Manager	Address	Signature
---------------------------	---------	-----------

REFEREE'S STATEMENT I hereby certify that the officiating was done by competent officials, that the answers I have given to the questions below are correct to the best of my knowledge and I recommend the ratification of the record being applied for.

What were the weather conditions? _____

Precise Wind Velocity and Direction _____

Was the Field surveyed? _____ Did you examine athletes Birth Certificate? _____
If not please send copy.

1st..... 2nd..... 3rd.....

Name of Referee	Address	Signature
-----------------	---------	-----------

Send this form to Pete Mundle, 4017 Via Marina #C-301, Venice, Ca 90291

WORLD TRACK & FIELD AGE-GROUP RECORDS

Compiled by Peter Mundle and the Records Committee of the World Association of Veteran Athletes (WAVA) through performances verified as of May 10, 1987

MENS WORLD FIVE YEAR AGE GROUP RECORDS

100 METERS

DIV.	MARK	NAME (RESIDENCE)	AGE	MEET DATE
35-39	10.3	EDWARD JEFFERIS (S. AFR)	35	11-24-71
40-44	10.7	THANE BAKER (DALLAS, TX)	41	9-13-72
45-49	11.0	THANE BAKER (DALLAS, TX)	48	6-14-80
50-54	11.3	THANE BAKER (DALLAS, TX)	50	9-24-82
55-59	11.6	PAYTON JORDAN (LOS ALTOS, CA)	56	6-23-73
	11.6N	ALFRED GUIDET (CALIFORNIA CITY, CA)	56	6-22-74
60-64	11.8	PAYTON JORDAN (LOS ALTOS, CA)	61	5-27-78
65-69	12.5	BERNARD HOGAN (AUS)	65	11-30-85
70-74	13.33	PAYTON JORDAN (LOS ALTOS, CA)	70	4-4-87
75-79	14.3	JOSIAH PACKARD (SAN FRANCISCO)	75	6-23-79
80-84	15.4	JOSIAH PACKARD (SAN FRANCISCO)	80	2-25-84
85+	16.3	DUNCAN MCCLEAN (SCOTLAND)	88	7-6-73

200 METERS

DIV.	MARK	NAME (RESIDENCE)	AGE	MEET DATE
35-39	20.8	DELANO MERIWETHER (US)	35	6-9-78
40-44	21.9	REGINALD AUSTIN (AUS)	40	8-10-77
	p21.8	MANUEL ULACIO (VEN)	42	9-4-82
45-49	22.3N	GEORGE RHODEN (JAMAICA, SAN DIEGO)	45	7-2-72
50-54	23.4	THANE BAKER (DALLAS, TX)	50	9-5-82
	p22.91	RUN TAYLOR (GB)	52	7-31-86
	p23.15	RUN TAYLOR (GB)	51	6-25-85
55-59	23.6	ALFRED GUIDET (PETALUMA, CA)	55	6-24-73
60-64	24.9	PAYTON JORDAN (LOS ALTOS, CA)	60	6-19-77
65-69	25.6	BERNARD HOGAN (AUS)	65	12-6-85
70-74	27.5	FRED REID (S. AFR.)	71	7-19-80
75-79	29.5	JOSIAH PACKARD (SAN FRANCISCO)	75	6-24-79
80-84	32.3	JOSIAH PACKARD (SAN FRANCISCO)	80	2-18-84
85+	41.1	DUNCAN MCCLEAN (SCOTLAND)	87	8-24-72

400 METERS

DIV.	MARK	NAME (RESIDENCE)	AGE	MEET DATE
35-39	46.38	JAMES KING (US)	35	5-25-84
40-44	48.75	HAGUES ROGER (FRA)	41	7-16-82
45-49	50.59	JAMES BURNETT (CHICAGO, IL)	45	8-25-85
	p50.46	JAMES BURNETT (CHICAGO, IL)	45	6-29-85
50-54	52.28	PETER HIGGINS (GB)	50	8-1-79
	p52.24	INGO VIERK (WG)	50	6-29-85
55-59	54.4	PETER HIGGINS (GB)	55	7-1-84
60-64	57.65	JACK GREENWOOD (MENDECINO LODGE, KS)	60	7-20-86
65-69	61.85	FRITZ ASSEMY (WG)	67	7-16-82
70-74	64.6	JOSIAH PACKARD (SAN FRANCISCO, CA)	73	8-10-77
75-79	68.5	JOSIAH PACKARD (SAN FRANCISCO, CA)	75	6-23-79
80-84	75.4	HAROLD CHAPSON (HONOLULU, HI)	80	7-9-83
85+	1:42.2	JOSEF GALIA (WG)	87	9-4-85

800 METERS

DIV.	MARK	NAME (RESIDENCE)	AGE	MEET DATE
35-39	1:49.2Y	GEORGE SCOTT (NZ, LONG BEACH, CA)	35	5-12-72
40-44	1:54.5	KLAUS MAINKA (WG)	41	7-16-77
45-49	1:57.73	GEORGE COHEN (INGELWOOD, CA)	45	8-23-85
50-54	2:00.70	TOM ROBERTS (AUS)	50	4-22-84
55-59	2:06.6	DEREK TURNBULL (NZ)	55	5-14-82
60-64	2:17.0	JOHN GILMOUR (AUS)	60	1-11-81
	p2:14.02H	FRANK EVANS (NZ)	60	6-25-85
65-69	2:20.5	JACK STEVENS (AUS)	65	8-13-82
70-74	2:34.5	MONTY MONTGOMERY (SHERMAN OAKS, CA)	71	9-4-77
75-79	2:40.0	HAROLD CHAPSON (HONOLULU)	75	5-14-78
80-84	2:53.5	HAROLD CHAPSON (HONOLULU)	80	7-11-82
	p2:49.4	HAROLD CHAPSON (HONOLULU)	81	10-9-83
85+	3:45.5	JOSEF GALIA (WG)	87	9-4-85

1500 METERS

DIV.	MARK	NAME (RESIDENCE)	AGE	MEET DATE
35-39	3:33.91	MIKE BOIT (KEN)	36	8-21-85
40-44	3:52.0	MICHEL BERNARD (FRANCE)	40	6-20-72
45-49	4:01.7	HERBERT CORDWENER (WG)	45	7-13-85
50-54	4:05.2	TOM ROBERTS (AUS)	50	3-22-84
55-59	4:17.4	DEREK TURNBULL (NZ)	55	2-20-82
	p4:14.4	GUNTHER HESSELMANN (WG)	55	6-23-81
60-64	4:30.0	JOHN GILMOUR (AUS)	60	12-22-79
65-69	4:50.6	JACK STEVENS (AUS)	65	11-13-82
	p4:49.16	JOHN GILMOUR (AUS)	66	6-29-85
70-74	5:11.8	MERV JENKINSON (AUSTRALIA)	70	1-6-80
75-79	5:30.1	HAROLD CHAPSON (HONOLULU)	75	8-11-77
80-84	6:12.2	HAROLD CHAPSON (HONOLULU)	80	6-7-80
	p5:54.5	HAROLD CHAPSON (HONOLULU)	80	7-17-82
85+	7:29.4	JOSEF GALIA (WG)	87	9-4-85

1 MILE

DIV.	MARK	NAME (RESIDENCE)	AGE	MEET DATE
35-39	3:53.28	MIKE BOIT (KEN)	36	8-28-85
40-44	4:18.5	JIM McDONALD (NZ)	43	12-3-77
	p4:13.8	DEREK VAUGHAN (GB)	40	3-5-85
45-49	4:25.8	ALAN BRADFORD (AUS)	45	3-9-84
50-54	4:32.2	BILL FITZGERALD (PALOS VERDES, CA)	50	7-13-75
55-59	4:40.4	JACK RYAN (AUSTRALIA)	55	12-15-77
60-64	4:57.1	JOHN GILMOUR (AUS)	61	11-13-80
65-69	5:20.4	JOHN GILMOUR (AUS)	65	10-28-84
70-74	5:42.2	MONTY MONTGOMERY (SHERMAN OAKS, CA)	70	7-9-77
75-79	6:15.1	HAROLD CHAPSON (HONOLULU)	78	7-5-81
80-84	8:07.1	PAUL SPANGLER (SAN LUIS OBISPO, CA)	81	6-7-80
	p6:43.3	HAROLD CHAPSON (HONOLULU, HI)	80	3-4-83
85+	8:04.7	JOSEF GALIA (WG)	87	9-4-85

3000 METERS

DIV.	MARK	NAME (RESIDENCE)	AGE	MEET DATE
35-39	7:56.2N	MICHEL BERNARD (FRANCE)	35	6-14-67
40-44	8:17.4N	JACK FOSTER (NEW ZEALAND)	43	1-31-76
45-49	8:36.0	LAURIE OHARA (GB)	45	7-8-77
50-54	8:53.8	RAY HATTON (BEND, OR)	50	6-25-82
55-59	9:12.8	JACK RYAN (AUSTRALIA)	55	1-24-78
	p9:01.8	GUNTHER HESSELMANN (WG)	55	7-15-81
60-64	9:41.2	JOHN GILMOUR (AUS)	61	11-22-80
65-69	10:10.2	JOHN GILMOUR (AUS)	65	11-22-84
70-74	11:46.2	HAROLD CHAPSON (HONOLULU)	73	3-28-76
	p11:43.8	JOHN FARRELL (GB)	70	6-27-82
75-79	13:06.4	RICHARD BREDENBECK (INDEPENDENCE, OH)	75	6-13-81
	p12:23.4	ED BENHAM (OCEAN CITY, MD)	75	5-7-83
80-84	14:39.0	PAUL SPANGLER (SAN LUIS OBISPO, CA)	80	7-22-79
85+	16:32.0	PAUL SPANGLER (SAN LUIS OBISPO, CA)	85	5-4-84

5000 METERS

DIV.	MARK	NAME (RESIDENCE)	AGE	MEET DATE
35-39	13:16.36	CARLOS LOPES (POR)	37	6-28-84
40-44	13:45.6	LUCIEN RAULT (FRANCE)	40	5-21-76
45-49	14:23.6	LUCIEN RAULT (FRA)	46	6-19-82
50-54	15:31.0	ALAIN MIMOUN (FRANCE)	50	6-6-71
	p15:06.0	JEAN ONSELEN (BEL)	50	4-12-82
55-59	15:52.8	JACK RYAN (AUSTRALIA)	55	4-20-78
	p15:42.4	GUNTHER HESSELMANN (WG)	55	6-27-81
60-64	16:33.3	JOHN GILMOUR (AUS)	61	8-9-80
65-69	18:04.6	ERICH KRZYCKI (WG)	65	5-1-76
	p17:25.30	JOHN GILMOUR (AUS)	66	6-25-85
	p17:40.4	CLIVE DAVIES (PORTLAND, OR)	66	7-30-82
70-74	19:33	JOHN FARRELL (GB)	70	6-20-79
75-79	20:59.0	EDWARD BENHAM (OCEAN CITY, MD)	75	9-23-83
80-84	23:18.4	LOUIS CHARBONNEAU (FRA)	80	8-21-84
	p23:06.93	FRITZ HELBER (WG)	80	7-31-86
85+	26:50.2	JOSEF GALIA (WG)	87	8-16-85

10,000 METERS

DIV.	MARK	NAME (RESIDENCE)	AGE	MEET DATE
35-39	27:17.48	CARLOS LOPES (POR)	37	7-2-84
40-44	28:33.4	LUCIEN RAULT (FRANCE)	40	6-9-76
45-49	30:16.8	ALAIN MIMOUN (FRANCE)	45	6-17-66
50-54	32:05.6	LUCIANO AQUARONE (ITA)	51	10-1-81
55-59	33:08.2	DEREK TURNBULL (NZ)	55	2-13-82
	p32:50.3	GUNTHER HESSELMANN (WG)	55	6-2-81
60-64	34:23	JOHN GILMOUR (AUS)	61	11-26-80
65-69	36:04.6N	TEDDE JENSEN (SWEDEN)	65	9-15-72
70-74	40:40.2	ALAN BURGONYE (AUS)	71	12-16-85
75-79	42:34.8	LUIS RIVERA (MEX)	75	9-3-77
80-84	49:22.8	PAUL SPANGLER (SAN LUIS OBISPO, CA)	80	7-6-79
85+	54:23.0	JOSEF GALIA (WG)	87	8-28-85

ONE HOUR RUN

DIV.	MARK	NAME (RESIDENCE)	AGE	MEET DATE
35-39	12-1599	20.774 GASTON ROELANTS (BEL)	35	9-20-72
40-44	11-1309	18.900 WILLIAM STODDART (GB)	40	8-21-71
45-49	11-1268	18.862 ALAIN MIMOUN (FRANCE)	45	3-20-66
50-54	11-953	18.574 ALAIN MIMOUN (FRANCE)	50	5-16-71
55-59	10-1194	17.185 JOHN GILMOUR (AUS)	55	10-14-74
60-64	10-831	16.853 JOHN GILMOUR (AUS)	61	10-21-79
65-69	9-1540	15.892 JOHN GILMOUR (AUS)	65	10-7-84
70-74	9-173	14.642 STAN NICHOLLS (AUS)	72	6-14-83
75-79	8-335	13.181 LOU GREGORY (PENSACOLA, FL)	75	12-17-77
	p8-899	13.697 ED BENHAM (OCEAN CITY, MD)	75	4-98-3W
80-84	7-946	12.130 PAUL SPANGLER (SAN LUIS OBISPO, CA)	81	11-1-80
85+	6-472	10.088 PAUL SPANGLER (SAN LUIS OBISPO, CA)	85	11-18-84

3000 METER STEEPLECHASE

DIV.	MARK	NAME (RESIDENCE)	AGE	MEET DATE
35-39	8:33.4	IVAN KABANOV (URS)	36	7-27-75
40-44	8:41.5	GASTON ROELANTS (BEL)	40	7-6-77
45-49	9:29.6	NILS UNDERSAKER (NOR)	45	8-22-84
	p9:16.2	NILS UNDERSAKER (NOR)	45	9-12-84
50-54	9:58.2	MAURICE MORRELL (GB)	50	8-3-83
55-59	10:39.0	ELIGIO GALICIA (MEX)	56	8-1-79
60-64	11:41.6	OLLE ELVLAND (SWE)	61	8-1-79
65-69	12:24.8	NORMAN BRIGHT (SEATTLE, WA)	65	8-15-75
70-74	13:26.5	STAN NICHOLLS (AUS)	70	4-11-81
75-79	15:21.0	STAN NICHOLLS (AUS)	75	11-15-86

SHORT HURDLES

110M: 35-39, 42"; 40-49, 39"; 50-59, 36"; 100M: 60-69, 30"; 80M: 70+, 30"

DIV.	MARK	NAME (RESIDENCE)	AGE	MEET DATE
35-39	14.1	GHULAM RAZIK (PAKISTAN)	36	2-16-69
40-44	14.4Y (42")	DON FINLAY (GB)	40	8-1-49
	14.7	LEOPOLD MARIEN (BEL)	41	8-13-75
45-49	14.7	VALBJORN THORLAKSSON (ICE)	45	7-8-79
50-54	15.1	JACK GREENWOOD (MENDECINO LODGE, KS)	51	8-10-77
55-59	16.6	ANDRE FINELI (FRA)	55	9-14-78
	p16.3	JACK GREENWOOD (CO)	56	8-29-82
60-64	14.98	JACK GREENWOOD (CO)	60	7-19-86
65-69	17.43	BOB HUNT (US)	65	5-18-85
70-74	13.52	TEOFILO COLON (PUR)	70	6-23-85
75-79	16.25	AHITI PAJUNEN (FIN)	75	8-3-85
80-84	17.5	RUSSELL MEYERS (PENSACOLA, FL)	80	7-7-84

Continued on next page

Continued from previous page

400 METER HURDLES (35-49: 36" (50-59) 33" (60+) 30"			
DIV.	MARK	NAME (RESIDENCE)	AGE MEET DATE
35-39	49.72	JAMES KING (CA)	35 5-13-84
40-44	54.08	LEON HACKER (S. AFR.)	40 7-29-79
	54.1	GEORGE MAIHE (S. AFRICA)	40 6-30-79
45-49	55.64	GUIDO MUELLER (WG)	45 8-25-84
	p55.18	GUIDO MUELLER (WG)	47 8-1-86
50-54	58.1	JACK GREENWOOD (MENDEICINO LODGE, KS)	50 7-3-76
55-59	59.85	JACK GREENWOOD (MENDEICINO LODGE, KS)	57 9-27-83
60-64	66.01	RUDOLPH VALENTINE (NEW YORK, NY)	62 8-23-85
	p65.56	FRANS BUYS (HOL)	60 6-28-85
	p64.45	FRANS BUYS (HOL)	5- 3-85
65-69	71.4	ROBERT HUNT (ANAHEIM, CA)	65 5-18-85
70-74	77.50	GILBERTO GONZALEZ (SAN JUAN, PR)	70 9-27-83
75-79	89.58	RUSSELL MEYERS (PENSACOLA, FL)	77 5-9-81
80-84	1:51.0	HERBERT ANDERSON (BELLVUE, CO)	80 7-24-82

HIGH JUMP			
DIV.	MARK	NAME (RESIDENCE)	AGE MEET DATE
35-39	7-1	2.16 VIKTOR BOLSHOV (URS)	35 6-20-74
40-44	6-9	2.06 JOHN HARTFIELD (HOUSTON, TX)	40 9-1-85
45-49	6-2 3/4	1.90 HERM WYATT (LOS GATOS, CA)	48 4-19-80
50-54	6-2	1.88 HERM WYATT (LOS GATOS, CA)	51 8-20-83
55-59	5-6 1/2	1.69 RICHMOND MORCOM (PHILADELPHIA)	55 7-27-76
	p5-9	1.75 HERM WYATT (LOS GATOS, CA)	55 10-4-86
	p5-8 1/4	1.73 JOHN BROWN (GLADSTONE, MO)	56 7-13-86
60-64	5-3	1.60 HANS OVERLAND (NOR)	60 8-22-84
65-69	5-0	1.52 BURL GIST (SAN MARCOS, CA)	65 5-4-85
	p5-1	1.55 HANS BITTER (WG)	65 6-23-85
70-74	4-10 1/4	1.48 IAN HUME (CAN)	70 9-8-84
75-79	4-3 1/4	1.30 GULAB SINGH (IND)	76 4-81
	4-3 1/4	1.30 HERBERT ANDERSON (BELLVUE, CO)	75 3-24-78
	p4-4	1.32 STAN THOMPSON (HONOLULU, HI)	75 12-28-85
80-84	3-11 1/4	1.20 HERBERT ANDERSON (BELLVUE, CO)	80 8-29-82
85+	3-8 1/2	1.13 BUELL CRANE (TWIN FALLS, ID)	85 7-26-85

POLE VAULT			
DIV.	MARK	NAME (RESIDENCE)	AGE MEET DATE
35-39	17-4 3/4	5.30 KRISTOS PAPANIKOLAOU (GRE)	36 9-9-77
	p18-0 1/4	5.49 ANTON KALLIOMAKI (FIN)	35 7-4-82
40-44	15-9	4.80 RUDOLF TOMASEK (CZE)	40 8-13-77
45-49	15-5	4.70 MAURICE HOUVION (FRANCE)	45 4-12-80
50-54	14-4	4.37 VIC COOK (WOODLAND HILLS, CA)	50 7-25-82
55-59	13-6 1/4	4.12 RICHMOND MORCOM (PHILADELPHIA)	55 8-4-76
60-64	12-9 1/2	3.90 HERBERT SCHMIDT (WG)	61 10-14-71
65-69	12-4 1/2	3.77 BOO MORCOM (PHILADELPHIA, PA)	65 8-3-86
70-74	10-0	3.05 CAROL JOHNSTON (WHITTIER, CA)	73 4-13-85
	p10-10	3.30 HERBERT SCHMIDT (WG)	70 - -80
75-79	8-1	2.46 BOB MACCONAGHY (CA)	76 2-23-85
	p8-2 1/2	2.50 AHITI PAJUNEN (FIN)	76 7-29-86
80-84	6-2 3/4	1.90 A. E. PITCHER (INDIANAPOLIS, IN)	82 5-26-84

LONG JUMP			
DIV.	MARK	NAME (RESIDENCE)	AGE MEET DATE
35-39	25-11 1/2	7.91 REIJO TOIVONEN (FIN)	35 1-30-72
40-44	24-4 3/4	7.43 TOM CHILTON (KNOXVILLE, TN)	40 3-24-78
45-49	21-11	6.68 SHIRLEY DAVISSON (VICTORVILLE, CA)	45 10-4-75
	p23-4 3/4	7.13 PERICLES PINTO (POR)	45 5-1-82
50-54	21-1	6.42 SHIRLEY DAVISSON (VICTORVILLE, CA)	50 4-12-80
	p21-2	6.45 HERMANN STRAUSS (WG)	50 3-81
55-59	20-1 1/4	6.10 TOM PATSALIS (ALHAMBRA, CA)	59 7-18-81
60-64	19-11	6.07 TOM PATSALIS (ALHAMBRA, CA)	60 7-10-82
65-69	17-0 1/4	5.19 HANS BITTER (WG)	65 5-16-85
70-74	15-10 1/4	4.83 MAZUMI MORITA (JPN)	70 9-23-83
75-79	14-0 1/2	4.28 GULAB SINGH (IND)	78 9-23-83
80-84	11-7	3.53 WALT WESBROOK (CA)	80 6-24-78
85+	9-1	2.77 BUELL CRANE (TWIN FALLS, ID)	85 6-6-85

TRIPLE JUMP			
DIV.	MARK	NAME (RESIDENCE)	AGE MEET DATE
35-39	54-7 1/2	16.65 JOZEF SCHMIDT (POLAND)	35 8-3-70
40-44	48-11 1/2	14.92 MICHAEL SAUER (WG)	40 7-14-82
45-49	45-11 1/2	14.01 PERICLES PINTO (POR)	45 7-14-82
50-54	43-3 1/2	13.19 DAVE JACKSON (CARSON, CA)	50 7-10-82
55-59	41-5	12.62 GORDON FARRELL (VAN NUYS, CA)	57 1-8-75
	p41-10	12.75 HERMANN STRAUSS (WG)	55 7-28-86
60-64	39-3	11.96 TOM PATSALIS (ALHAMBRA, CA)	60 7-10-82
65-69	34-11 3/4	10.66 IAN HUME (CAN)	66 1-13-81
70-74	32-1 1/2	9.79 MAZUMI MORITA (JPN)	70 9-25-83
75-79	28-7 1/2	8.72 GULAB SINGH (IND)	76 1-12-81
80-84	22-8	6.91 HERBERT ANDERSON (BELLVUE, CO)	80 7-24-82
	p25-4	7.72 WINFIELD MCFADDEN (SAN DIEGO, CA)	81 10-4-86
	p24-5	7.44 WINFIELD MCFADDEN (SAN DIEGO, CA)	80 5-25-85
85+	20-2 1/4	6.15 BUELL CRANE (TWIN FALLS, ID)	85 8-23-85

SHOT PUT (35-49: 16#; 50-59: 6KG; 60-69: 5KG; 70+ 4KG)			
DIV.	MARK	NAME (RESIDENCE)	AGE MEET DATE
35-39	72-9 3/4	22.19 BRIAN OLDFIELD (CA)	38 5-26-84
40-44	70-3	21.41 BRIAN OLDFIELD (CA)	40 8-22-85
45-49	58-1 1/4	17.71 PIERRE COLNARD (FRANCE)	47 6-12-76
	p68-1 3/4	20.77 IVAN IVANCIC (YUG)	45 8-31-83
50-54	57-7 1/4	17.56 HERMANN HOMBRECHER (WG)	50 8-14-75
55-59	51-9	15.77 HERMANN HOMBRECHER (WG)	55 8-6-80
60-64	47-5	14.45 REINO NOKELAINEN (FIN)	64 8-22-84
65-69	48-2 3/4	14.70 REINO NOKELAINEN (FIN)	65 8-3-85
70-74	46-1 1/4	14.05 VOITTO ELO (FIN)	70 6-23-85
75-79	39-3	11.96 OLAV RENVALL (FIN)	75 6-15-86
80-84	31-7 1/4	9.63 PETER GOIC (JUG)	82 - -78
85+	20-6 1/2	6.26 SVEN FALK (SWE)	85 - -82

DISCUS THROW (35-49: 2KG; 50-59: 1.5KG; 60+: 1KG)			
DIV.	MARK	NAME (RESIDENCE)	AGE MEET DATE
35-39	233-9	71.24 JOHN POWELL (US)	36 6-9-84
40-44	227-11	69.48 AL OERTER (NY)	43 5-31-80
45-49	216-11	66.12 AL OERTER (NY)	45 3-28-82
	p222-9	67.90 AL OERTER (NY)	46 11-12-83
50-54	185-9	56.62 PARRY O'BRIEN (MISSION HILLS, CA)	52 8-19-84
55-59	177-1	53.98 KAUKO JOUPPILA (FINLAND)	56 9-3-77
60-64	187-2	57.06 KAUKO JOUPPILA (FINLAND)	61 7-16-82
65-69	182-6	55.62 KONSTANTY MAKSYMOWICZ (GB)	65 9-17-79
	p164-10	50.24 DANIEL ALDRICH (NEWPORT BEACH, CA)	65 4-28-84
70-74	156-6	47.70 OLAV REPPEN (NORWAY)	71 9-11-82

75-79	136-6	41.60 OSMO RENVALL (FIN)	76 7-19-86
80-84	106-3	32.40 JAKOB SCHUMANN (WG)	81 7-16-82
85+	67-2	20.47 BUELL CRANE (TWIN FALLS, ID)	85 7-26-85
	p67-7	20.60 BUELL CRANE (TWIN FALLS, ID)	86 7-11-86

HAMMER THROW (35-49: 16#; 50-59: 6KG/16#; 60-69: 5KG/6KG; 70+: 4KG)			
DIV.	MARK	NAME (RESIDENCE)	AGE MEET DATE
35-39	256-5	78.16 GIANPAULO URLANDO (ITA)	39 7-25-84
40-44	243-11	74.34 ED BURKE (CA)	44 4-28-84
45-49	205-1	62.52 HANS POTSCH (AUT)	48 7-18-81
50-54	208-0	63.40 HANS POTSCH (AUT)	52 8-20-84
55-59	175-0	53.34 BOB BACKUS (PEMBROKE, MA)	55 8-9-81
60-64	157-10	48.12 AARNE MIETTINEN (FIN)	63 9-12-76
65-69	151-11	46.30 THOMAS MCDERMOTT (MADISON, CT)	67 7-28-85
70-74	136-10	41.70 JOHN FRASER (AUS)	70 6-22-85
75-79	133-5	40.66 OSMO RENVALL (FIN)	75 6-15-86
80-84	112-2	34.20 FRIEDERICH BENDER (WG)	82 - -82
85+	89-6 3/4	27.30 FRIEDERICH BENDER (WG)	85 6-22-85

JAVELIN THROW (35-59: 800 GRAMS; 60+: 600 GRAMS)			
DIV.	MARK	NAME (RESIDENCE)	AGE MEET DATE
35-39	286-1	87.20 JANIS ZIRNIS (URS)	35 5-14-83
40-44	259-1	78.98 URS VON WARTBURG (SWI)	42 8-2-79
45-49	238-10	72.80 LARRY STUART (EL TURU, CA)	46 5-12-84
	p239-7	73.02 LARRY STUART (EL TURU, CA)	48 6-14-86
50-54	198-5	60.48 JOSE KOPITAR (YUG)	50 7-15-82
	p209-0	63.70 JAN SMIDING (SWE)	51 8-17-83
	p203-2	61.92 JOSE KOPITAR (YUG)	53 6-23-85
55-59	186-10	56.94 VEIKKO JAVANAINEN (FIN)	55 8-7-81
60-64	181-10	55.42 ED CHYNOWETH (INDIANOLA, CA)	60 5-12-84
65-69	153-11	46.92 VAINO OJARANTA (FIN)	65 7-18-82
	p168-2	51.26 BILL MORALES (SANTA ANA, CA)	65 3-13-82
70-74	140-0	42.68 GERHARD SCHEPE (WG)	70 7-15-82
	p144-6	44.06 HANS SCNEIDER (WG)	70 6-11-82
75-79	108-0	32.92 EMERY CURTICE (CALISTOGA, CA)	75 7-24-82
80-84	94-6	28.80 HERBERT ANDERSON (BELLVUE, CO)	80 7-24-82
	p97-5	29.69 HERBERT ANDERSON (BELLVUE, CO)	80 1-29-82
85+	62-5	19.02 BUELL CRANE (TWIN FALLS, ID)	85 6-6-85

DECATHLON (IAAF SCORING TABLES)			
DIV.	MARK	NAME (RESIDENCE)	AGE MEET DATE
35-39	7547	WERNER VON MOLTKE (WG)	35 5-12-72
40-44	6784	WOLFGANG LINKMANN (WG)	40 6-6-81
45-49	5734	GARY MILLER (GLENDALE, CA)	47 3-23-85
50-54	5399	HARVEY SCHELENBERG (REEDLEY, CA)	50 7-2-83
55-59	5246	RICHMOND MORCOM (PHILADELPHIA)	55 9-11-76
60-64	4552	RICHMOND MORCOM (PHILADELPHIA)	61 8-28-82
65-69	3400	IAN HUME (CAN)	66 6-20-81
70-74	3097	GILBERTO GONZALEZ (PUR)	70 7-2-83
75-79	1659	HERBERT ANDERSON (BELLVUE, CO)	75 3-24-78
80-84	994	HERB ANDERSON (BELLVUE, CO)	80 8-28-82

PENTATHLON (IAAF SCORING TABLES)			
DIV.	MARK	NAME (RESIDENCE)	AGE MEET DATE
35-39	3645	SILVIO HODOS (FRA)	35 4-17-83
40-44	3391	WERNER SCHALLAU (WG)	40 9-24-78
45-49	2998	GARY MILLER (N. HOLLYWOOD, CA)	45 9-30-83
	p3001	UWE KEILER (WG)	45 6-29-85
50-54	2607	VACLAV BARTL (SWE)	51 8-12-77
55-59	2439	RICHMOND MORCOM (PHILADELPHIA)	56 8-12-77
60-64	2205	WALTER SCHREIBER (WG)	62 9-29-83
65-69	1790	ADOLF KOCH (WG)	65 9-26-82
	p1915	GUDMUND SKRIVERIK (NOR)	65 7-31-86
70-74	1481	GILBERTO GONZALEZ (PUR)	70 7-23-83
75-79	790	KARSTON BRODERSEN (CHILE)	76 5-13-84
	p844	KEN CARMINE (SACRAMENTO, CA)	77 6-22-85
80-84	563	HERBERT ANDERSON (BELLVUE, CO)	80 9-4-82

WOMENS WORLD FIVE YEAR AGE GROUP RECORDS

100 METERS			
DIV.	MARK	NAME (RESIDENCE)	AGE MEET DATE
35-39	11.6	ERIKA RUST (WG)	35 6-2-79
40-44	12.0	MAEVE KYLE (IRELAND)	40 4-25-70
45-49	12.5	MAEVE KYLE (IRELAND)	45 1-21-74
	12.5	WENDY ELY (AUS)	45 2-4-84
50-54	12.9	IRENE OBERA (MORAGA, CA)	51 6-1-85
55-59	13.6	SHIRLEY PETERSON (AUS)	55 1-21-84
60-64	14.57	PAULA SCHNEIDERHAN (WG)	61 9-24-83
65-69	16.1	POLLY CLARKE (LOVELAND, CO)	67 5-6-78
	p15.8	JOSEPHINE KULDA (SAN FRANCISCO, CA)	65 4-23-83
70-74	16.2	POLLY CLARKE (LOVELAND, CO)	70 4-17-81
75+	16.87	POLLY CLARKE (LOVELAND, CO)	75 8-31-85

200 METERS			
DIV.	MARK	NAME (RESIDENCE)	AGE MEET DATE
35-39	24.3	ERIKA RUST (WG)	36 6-8-80
40-44	25.0	VIVI MARKUSSEN (DEN)	40 8-17-80
45-49	26.2	WENDY EY (AUS)	45 3-4-84
50-54	27.3	IRENE OBERA (US)	51 6-1-85
55-59	29.4	SHIRLEY PETERSON (AUS)	58 4-21-84
60-64	30.26	PAULA SCHNEIDERHAN (WG)	61 9-26-83
65-69	33.67	AUDREY REID (S. AFR.)	68 9-26-83
	p33.5	AUDREY REID (S. AFR.)	66 3-28-81
70-74	34.2	POLLY CLARKE (LOVELAND, CO)	71 9-6-81
75+	35.93	POLLY CLARKE (LOVELAND, CO)	75 8-31-85

400 METERS			
DIV.	MARK	NAME (RESIDENCE)	AGE MEET DATE
35-39	50.56	AURELIA PENION (CUBA)	35 7-15-78
40-44	55.3	MAEVE KYLE (IRELAND)	41 7-22-70
45-49	59.68	COLLEEN MILLS (NZ)	47 1-10-81
50-54	63.2	ANNE MCKENZIE (S. AFR.)	50 10-15-75
55-59	70.9	ANNE MCKENZIE (S. AFR.)	55 5-2-81
60-64	72.5	AILEEN HOGAN (AUS)	60 9-17-83
	p72.24	PAULA SCHNEIDERHAN (WG)	63 6-27-85
65-69	79.66	AUDREY REID (S. AFR.)	65 1-13-81
	p77.5	AUDREY REID (S. AFR.)	66 5-9-81
70-74	84.23	POLLY CLARKE (LOVELAND, CO)	73 9-28-83
	p79.74	AUDREY REID (S. AFR.)	70 6-27-85
75+	89.62	POLLY CLARKE (LOVELAND, CO)	75 8-25-85

Continued on next page

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800 METERS			
DIV.	MARK	NAME (RESIDENCE)	AGE MEET DATE
35-39	1:57.4	ILEANA SILAI (ROMANIA)	35 6-28-77
40-44	2:06.5	ANNE MCKENZIE (S. AFR.)	41 7-1-67
45-49	2:19.2	ANNE MCKENZIE (S. AFR.)	45 11-13-70
	p2:18.52	GUDELIEVE ROGGMAN (BEL)	45 6-23-85
50-54	2:23.1	ANNE MCKENZIE (S. AFR.)	50 10-29-75
55-59	2:43.5	ANNE MCKENZIE (S. AFR.)	55 1-10-81
60-64	2:53.8	ANNE MCKENZIE (S. AFR.)	60 10-16-85
65-69	3:24.0	EWA ERIKSSON (SWE)	65 7-16-82
	p3:17.18	LENORE MARVIN (CAN)	65 6-23-85
70-74	3:22.43	JOHANNA LUTHER (WG)	71 8-24-84
	p3:19.03	JOHANNA LUTHER (WG)	71 6-23-85
75+	3:49.74	POLLY CLARKE (LOVELAND, CO)	75 8-23-85

1500 METERS			
DIV.	MARK	NAME (RESIDENCE)	AGE MEET DATE
35-39	3:57.73	MARICICA PUICA (ROM)	35 8-30-85
40-44	4:20.7	JOYCE SMITH (GB)	40 5-21-78
45-49	4:49.2	ANNE MCKENZIE (S. AFR.)	49 11-16-74
	p4:43.84	GUDELIEVE ROGGMAN (BEL)	45 6-28-85
50-54	4:54.5	ANNE MCKENZIE (S. AFR.)	50 10-15-75
55-59	5:15.7	JEAN ALBURY (AUS)	55 4-6-85
60-64	5:57.2	LIESELOTTE SCHULTZ (WG)	61 6-25-81
65-69	6:10.17	BRITTA TIBBLING (SWE)	66 8-25-84
70-74	6:45.49	JOHANNA LUTHER (WG)	71 8-25-84
75+	7:30.01	BERTA HIELSCHER (WG)	75 8-25-84

3000 METERS			
DIV.	MARK	NAME (RESIDENCE)	AGE MEET DATE
35-39	8:27.83	MARICICA PUICA (ROM)	35 9-7-85
40-44	9:11.2	JOYCE SMITH (GB)	40 4-30-78
45-49	10:23.4	URSULA BLASCHKE (WG)	45 7-30-77
	p9:34.7	JOYCE SMITH (GB)	46 9-15-84
50-54	10:34.2	VALBORG OSTBERG (NOR)	50 7-5-81
55-59	11:29.0	LYDIA BACKES (WG)	55 9-9-81
60-64	12:26.8	LIESELOTTE SCHULTZ (WG)	61 6-13-81
65-69	13:15.6	JACLYN CASELLI (SAN JOSE, CA)	65 7-6-86
70-74	14:25.2	JOHANNA LUTHER (WG)	71 9-25-84
75+	17:37.2	BESS JAMES (SAN JACINTO, CA)	75 8-10-85

5000 METERS			
DIV.	MARK	NAME (RESIDENCE)	AGE MEET DATE
35-39	15:32.76	MARICICA PUICA (ROM)	35 7-22-86
40-44	16:02.88	EVY PALM (SWE)	43 7-17-85
45-49	17:52.18	SHIRLEY MASON (SAN DIEGO, CA)	45 6-7-86
	p17:41.24	ANNA MARIE GRUENER (WG)	45 6-25-85
50-54	18:15.0	VALBORG OSTBERG (NOR)	50 8-7-81
55-59	18:49.0	JEAN ALBURY (AUS)	55 4-7-85
60-64	21:27.2	LIESELOTTE SCHULTZ (WG)	61 8-6-81
65-69	22:41.8	JACLYN CASELLI (SAN JOSE, CA)	65 7-5-86
70-74	24:58.3	JOHANNA LUTHER (WG)	70 9-23-83
75+	29:19.8	BESS JAMES (SAN JACINTO, CA)	75 6-25-85

10,000 METERS			
DIV.	MARK	NAME (RESIDENCE)	AGE MEET DATE
35-39	32:43.7	CHARLOTTE TESKE (WG)	35 9-6-85
40-44	33:08.78	EVY PALM (SWE)	43 7-27-85
45-49	37:38.98	DIANE PALMASON (CAN)	46 8-17-84
	p36:41.04	ANNA MARIE GRUENER (WG)	45 6-22-85
50-54	38:53.6	MILA KANIA (WARWICK, NY)	51 6-26-82
55-59	38:38.6	JEAN ALBURY (AUS)	55 4-5-85
60-64	44:51.0	PAT DIXON (BEND, OR)	63 7-16-82
	p43:21.4	LIESELOTTE SCHULTZ (WG)	61 8-20-81
65-69	49:22.41	JACLYN CASELLI (SAN JOSE, CA)	65 7-18-86
70-74	51:03.0	JOHANNA LUTHER (WG)	70 9-25-83
75+	65:58.8	BERTA HIELSCHER (WG)	76 6-22-85

HURDLES (35-39: 100M, 33"; 40+: 80M, 30")			
DIV.	MARK	NAME (RESIDENCE)	AGE MEET DATE
35-39	13.8	RIMMA LARIONOVA (URS)	35 6-23-71
40-44	12.39	UNA LUND (AUS)	42 9-28-43
45-49	12.28	CORRIE ROOVERS (HOL)	47 7-14-82
50-54	14.12	MAEVE KYLE (IRL)	51 8-6-80
55-59	15.52	KIRSTEN HVEEM (NOR)	58 9-28-83
60-64	p15.56	KIRSTEN HVEEM (NOR)	60 6-25-85
65-69	18.62	ROSALINE SOLE (NZ)	68 9-28-83
75+	33.66	IRJA SARNAMA (FIN)	75 1-11-81

HIGH JUMP			
DIV.	MARK	NAME (RESIDENCE)	AGE MEET DATE
35-39	5-8 1/4	1.73 CHRISTA VOSS (WG)	36 7-30-79
40-44	5-4 1/4	1.63 DOROTHY TYLER (GB)	41 8-2-61
45-49	5-0	1.52 DOROTHY TYLER (GB)	45 7-18-65
50-54	4-10	1.47 DOROTHY TYLER (GB)	50 6-14-70
55-59	4-3 1/4	1.30 VLASTA CHLIMSKA (CZE)	56 7-30-79
	p4-3 1/4	1.30 CHRISTIANE WIPPERSTEG (WG)	57 6-23-85
60-64	3-11	1.19 BETTINA WOODBURN (AUS)	62 3-23-85
	p4-0 1/2	1.23 KIRSTEN HVEEM (NOR)	60 6-23-85
65-69	3-8	1.12 MARY BOWERMASTER (FAIRFIELD, OH)	67 8-17-84
70-74	3-5 1/4	1.05 SHIELA EVANS (INDIANAPOLIS, IN)	70 8-23-85
75+	3-3 1/2	1.00 IRJA SARNAMA (FIN)	75 8-9-81

LONG JUMP			
DIV.	MARK	NAME (RESIDENCE)	AGE MEET DATE
35-39	21-4	6.50 WILLYE WHITE (US)	35 10-26-74
40-44	19-1 1/2	5.83 FRANCISKA JANSSEN (HOL)	40 8-22-85
	p20-1 1/4	6.13 FRANCISKA JANSSEN (HOL)	40 6-13-85
45-49	17-0	5.18 CORRIE ROOVERS (HOL)	47 7-15-82
50-54	16-6 1/2	5.04 MAEVE KYLE (IRELAND)	50 7-29-79
55-59	14-11 1/2	4.56 LIESELOTTE SEUBERLICH (WG)	55 7-15-82
	p15-1	4.60 SHIRLEY PETERSON (NZ)	56 3-3-85
60-64	14-3 1/4	4.35 PAULA SCHNEIDERMAN (WG)	61 9-23-83
65-69	11-2	3.40 ROSALINE SOLE (NZ)	65 1-8-81
70-74	9-9	2.97 HANNA GELBRICH (WG)	70 9-23-83
75+	8-5 3/4	2.58 IRJA SARNAMA (FIN)	75 8-7-81

SHOT PUT (35-49: 8#/4KG; 50+: 6#/3KG)			
DIV.	MARK	NAME (RESIDENCE)	AGE MEET DATE
35-39	70 5 1/4	21.47 HELENA FIBINGEROVA (CZE)	35 2-9-85
40-44	62-10 1/2	19.16 ANTONINA IVANOVA (URS)	41 2-24-74
45-49	46-6 1/4	14.18 LIESL HUBER (WG)	45 10-13-79
	p55-1	16.79 HELGA PARTS (URS)	45 8-83
50-54	41-11 1/2	12.79 MARIANNE HAMM (WG)	51 7-30-79
	p42-0 3/4	12.82 UDETE DOMINGOS (BRA)	50 6-23-85
55-59	37-8 1/2	11.49 MARIANNE HAMM (WG)	56 8-22-84
60-64	32-7 3/4	9.95 ISUZU TSUJII (JPN)	60 9-23-83
	p38-6 1/4	11.74 MARIA VAN AS (RSA)	60 5-9-81
65-69	35-4	10.77 HELEN STEPHENS (FLORISSANT, MO)	65 6-1-83
70-74	29-3	8.91 EDITH MENDYKA (TJUNGA, CA)	70 5-9-81
75+	26-4	8.02 EDITH MENDYKA (US)	75 1-19-86

DISCUS THROW			
DIV.	MARK	NAME (RESIDENCE)	AGE MEET DATE
35-39	228-4	69.60 FAINA MYELNIK (URS)	35 9-9-80
40-44	206-5	62.92 HELGI PARTS (URS)	41 10-4-78
	p203-0	63.70 HELGI PARTS (URS)	43 10-2-80
45-49	160-7 1/2	48.94 UDETE DOMINGOS (BRA)	47 8-82
	p194-6	59.30 HELGI PARTS (URS)	45 9-2-83
50-54	130-4	39.72 RUTH SVEDBERG (SWE)	51 9-17-54
	p143-2	43.64 UDETE DOMINGOS (BRA)	50 6-27-85
	p145-2	44.24 UDETE DOMINGOS (BRA)	50 9-13-84
55-59	115-4	35.16 MARIANNE HAMM (WG)	56 8-21-84
60-64	101-3	30.86 ANNCHEN REILE (WG)	60 10-19-75
65-69	94-9	28.90 ANNCHEN REILE (WG)	66 8-9-81
70-74	67-6	20.58 HANNA GELBRICH (WG)	71 8-21-84
75+	58-1	17.70 EDITH MENDYKA (US)	75 1-19-86

JAVELIN THROW (30-49: 600G; 50+: 400G)			
DIV.	MARK	NAME (RESIDENCE)	AGE MEET DATE
35-39	193-4	58.94 ANNELIESE GERHARDS (WG)	37 8-13-72
	p209-4	63.80 NINA NIKANDROVA (URS)	35 9-4-82
40-44	167-8	51.10 DANA ZATOPKOVA (CZE)	42 9-19-74
45-49	156-7	47.74 ANNELIESE GERHARDS (WG)	45 5-30-81
50-54	129-0	39.32 HEATHER DOHERTY (AUS)	52 12-7-86
55-59	118-7	36.14 LENA GROBLER (S. AFR.)	57 5-2-81
60-64	83-4	25.40 ANNCHEN REILE (WG)	62 8-10-77
	p86-0	26.22 ADA TURCI (ITA)	61 6-22-85
65-69	84-7	25.80 HANNA GELBRICH (WG)	67 8-6-80
70-74	81-11	24.97 HANNA GELBRICH (WG)	70 9-26-83
75+	74-2	22.62 IRJA SARNAMA (FIN)	77 9-26-83

AMERICAN TRACK & FIELD AGE-GROUP RECORDS

Compiled by Peter Mundle and the Records Subcommittee of the TAC Masters T&F Committee
through performances verified as of June 1, 1986

MENS AMERICAN FIVE YEAR AGE GROUP RECORDS

100 METERS			
DIV.	MARK	NAME (RESIDENCE)	AGE MEET DATE
35-39	10.3	RUBEN WHITNEY (SAN MARINO, TX)	35 6-14-80
40-44	10.7	THANE BAKER (DALLAS, TX)	41 9-13-72
45-49	11.0	THANE BAKER (DALLAS, TX)	48 6-14-80
50-54	11.3	THANE BAKER (DALLAS, TX)	50 9-24-82
55-59	11.6	PAYTON JORDAN (LOS ALTOS, CA)	56 6-23-73
	11.6N	ALFRED GUIDET (CALIFORNIA CITY, CA)	56 6-22-74
60-64	11.8	PAYTON JORDAN (LOS ALTOS, CA)	61 5-27-78
65-69	12.6	PAYTON JORDAN (LOS ALTOS, CA)	65 6-12-82
70-74	13.33	PAYTON JORDAN (LOS ALTOS, CA)	70 4-4-87
75-79	14.3	JOSIAH PACKARD (SAN FRANCISCO)	75 6-23-79
80-84	15.4	JOSIAH PACKARD (SAN FRANCISCO)	80 2-25-84
85+	18.7	BUELL CRANE (TWIN FALLS, ID)	85 7-26-85

200 METERS			
DIV.	MARK	NAME (RESIDENCE)	AGE MEET DATE
35-39	20.8	DELANO MERIWETHER (US)	35 6-9-78
40-44	22.3Y	THANE BAKER (DALLAS, TX)	42 7-13-74
45-49	22.9	RICHARD STOLPE (OMAHA, NB)	45 6-20-70
	22.9	MILTON NEWTON (INGLEWOOD, CA)	46 6-22-80
50-54	23.4	THANE BAKER (DALLAS, TX)	50 9-5-82
55-59	23.6	ALFRED GUIDET (PETALUMA, CA)	55 6-24-73
60-64	24.9	PAYTON JORDAN (LOS ALTOS, CA)	60 6-19-77
65-69	26.1	PAYTON JORDAN (LOS ALTOS, CA)	65 6-12-82
70-74	28.4	HARRY KOPPEL (BELMONT, CA)	70 10-1-83
75-79	29.5	JOSIAH PACKARD (SAN FRANCISCO)	75 6-24-79
80-84	32.3	JOSIAH PACKARD (SAN FRANCISCO)	80 2-18-84
85+	45.45	BUELL CRANE (TWIN FALLS, ID)	85 8-24-85

Continued on next page

Continued from previous page

400 METERS			
DIV.	MARK	NAME (RESIDENCE)	AGE MEET DATE
35-39	46.38	JAMES KING (US)	35 5-25-84
40-44	49.36	JAMES BURNETT (PHILADELPHIA, PA)	41 8-15-81
45-49	50.59	JAMES BURNETT (CHICAGO, IL)	45 8-25-85
	p50.46	JAMES BURNETT (CHICAGO, IL)	45 6-29-85
50-54	52.9	JACK GREENWOOD (MENDEICINO LODGE, KS)	51 8-10-77
55-59	54.56	RUDDOLPH VALENTINE (NYC, NY)	55 6- 9-79
60-64	57.65	JACK GREENWOOD (MENDEICINO LODGE, KS)	60 7-20-86
65-69	63.83	FRANK FINGER (CHARLOTTESVILLE, VA)	65 1-13-81
	p62.02	RAY GORDON (FRONT ROYAL, VA)	65 6-16-84
70-74	64.6	JOSIAH PACKARD (SAN FRANCISCO, CA)	73 8-10-77
75-79	68.5	JOSIAH PACKARD (SAN FRANCISCO, CA)	75 6-23-79
80-84	75.4	HAROLD CHAPSON (HONOLULU, HI)	80 7- 9-83
85+	1:48.09	PAUL SPANGLER (S. LUIS OBISPO, CA)	85 8-18-84

800 METERS			
DIV.	MARK	NAME (RESIDENCE)	AGE MEET DATE
35-39	1:52.1	RALPH LEE (CA)	37 6- -79
40-44	1:54.9	GEORGE COHEN (INGLEWOOD, CA)	40 8-16-80
45-49	1:57.73	GEORGE COHEN (INGLEWOOD, CA)	45 8-23-85
50-54	2:01.1	BILL FITZGERALD (PALOS VERDES, CA)	50 6-29-75
55-59	2:08.9	BILL FITZGERALD (PALOS VERDES, CA)	55 7- 5-80
60-64	2:19.0	JACK RICE (TAMPA, FL)	61 8-13-82
65-69	2:25.3	FRANK FINGER (CHARLOTTESVILLE, VA)	65 7- 5-80
70-74	2:34.5	MONTY MONTGOMERY (SHERMAN OAKS, CA)	71 9- 4-77
75-79	2:40.0	HAROLD CHAPSON (HONOLULU)	75 5-14-78
80-84	2:53.5	HAROLD CHAPSON (HONOLULU)	80 7-11-82
	p2:49.4	HAROLD CHAPSON (HONOLULU)	81 10- 9-83
85+	3:58.3	PAUL SPANGLER (S. LUIS OBISPO, CA)	85 5- 5-84

1500 METERS			
DIV.	MARK	NAME (RESIDENCE)	AGE MEET DATE
35-39	3:52.7	RAMSEY THOMAS (CANTONVILLE, MD)	35 7-11-79
40-44	3:56.2	BILL STEWART (ANN ARBOR, MI)	40 9-27-83
45-49	4:04.4	ERNEST BILLUPS (CHICAGO)	46 9-27-83
50-54	4:05.8	RAY HATTON (BEND, OR)	50 7- 8-82
55-59	4:25.24	IM SUTTON (WHITEFIELD, PA)	55 7-19-86
60-64	4:49.8	DON LONGENECKER (SILVER CITY, NM)	62 6-24-78
65-69	4:59.1	WILLIAM ANDBERG (ANOKA, MN)	65 7- 4-76
70-74	5:19.38	AUSTIN NEWMAN (NJ)	70 7-19-86
75-79	5:30.1	HAROLD CHAPSON (HONOLULU)	75 8-11-77
80-84	6:12.2	HAROLD CHAPSON (HONOLULU)	80 6- 7-80
	p5:54.5	HAROLD CHAPSON (HONOLULU)	80 7-17-82
85+	7:44.96	PAUL SPANGLER (S. LUIS OBISPO, CA)	85 5- 5-84

1 MILE			
DIV.	MARK	NAME (RESIDENCE)	AGE MEET DATE
35-39	4:12.4	RAMSEY THOMAS (CANTONVILLE, MD)	35 7-26-79
40-44	4:24.0	RAY HATTON (BEND, OR)	43 7-18-75
45-49	4:29.5N	BILL FITZGERALD (PALOS VERDES, CA)	46 4-23-72
50-54	4:32.2	BILL FITZGERALD (PALOS VERDES, CA)	50 7-13-75
55-59	4:55.3	WILLIAM FRASER (EDINA, MN)	55 7-22-85
	p4:46.5	DON GAMMIE (CENTERVILLE, OH)	55 10- 5-86
60-64	5:15.2	CLIVE DAVIES (PORTLAND, OR)	63 6- 9-79
65-69	5:22N	MONTY MONTGOMERY (SHERMAN OAKS, CA)	65 4- 8-72
70-74	5:42.2	MONTY MONTGOMERY (SHERMAN OAKS, CA)	70 7- 9-77
75-79	6:15.1	HAROLD CHAPSON (HONOLULU)	78 7- 5-81
80-84	8:07.1	PAUL SPANGLER (SAN LUIS OBISPO, CA)	81 6- 7-80
	p6:43.3	HAROLD CHAPSON (HONOLULU, HI)	80 3- 4-83
85+	12:23.6	HERB KIRK (BOZEMAN, MT)	87 8-26-83

3000 METERS			
DIV.	MARK	NAME (RESIDENCE)	AGE MEET DATE
35-39	8:31.5	RAMSEY THOMAS (CANTONVILLE, MD)	35 8- 4-79
40-44	8:50.0	HAL HIGDON (MICHIGAN CITY, IN)	44 7-13-75
45-49	9:14.2	PETER MUNDLE (VENICE, CA)	46 1-18-75
50-54	8:53.8	RAY HATTON (BEND, OR)	50 6-25-82
55-59	9:56.0	BILL MCCHESENEY (EUGENE, OR)	56 7-13-84
	p9:52.2	TONY SAPIENZA (BRADFORD, MA)	56 6-15-85
60-64	10:47.0	BILL ANDBERG (ANOKA, MN)	64 8-13-75
65-69	10:51.0	NORMAN BRIGHT (SEATTLE, WA)	65 6-17-75
70-74	11:46.2	HAROLD CHAPSON (HONOLULU)	73 3-28-76
75-79	13:06.4	RICHARD BREDENBECK (INDEPENDENCE, OH)	75 6-13-81
	p12:23.4	ED BENHAM (OCEAN CITY, MD)	75 5- 7-83
80-84	14:39.0	PAUL SPANGLER (SAN LUIS OBISPO, CA)	80 7-22-79
85+	16:32.0	PAUL SPANGLER (SAN LUIS OBISPO, CA)	85 5- 4-84

2 MILES			
DIV.	MARK	NAME (RESIDENCE)	AGE MEET DATE
35-39	9:21.4	GLYNN WOOD (WASH., DC)	35 10-26-69
40-44	9:17.6N	RAY HATTON (BEND, OR)	40 4- 1-72
	p9:06.6	BARRY BROWN (GAINESVILLE, FL)	40 7-30-84
45-49	9:37.8	DENNY MEYER (SEATTLE, WA)	45 5- 5-78
50-54	10:15.2	DAVID STEVENSON (PALO ALTO, CA)	50 7-26-79
55-59	10:35.0	BILL MCCHESENEY (EUGENE, OR)	55 7-15-83
60-64	11:09	DON LONGENECKER (SILVER CITY, NM)	62 6-25-78
65-69	11:30.0N	MONTY MONTGOMERY (SHERMAN OAKS, CA)	66 3-25-73
70-74	12:40.0	HAROLD CHAPSON (HONOLULU)	73 3-14-76
75-79	14:30	LOU GREGORY (PENSACOLA, FL)	76 9-30-78
80-84	15:47.2	PAUL SPANGLER (SAN LUIS OBISPO, CA)	80 7-28-79

3 MILES			
DIV.	MARK	NAME (RESIDENCE)	AGE MEET DATE
35-39	13:44.2	PETER MCARDLE (NYC, NY)	35 6-11-64
40-44	14:29.2	RAY HATTON (BEND, OR)	42 6-15-74
45-49	15:07	PETER MUNDLE (VENICE, CA)	46 7- 7-74
50-54	15:37.8	JAMES O'NEIL (SACRAMENTO, CA)	50 1-10-76
55-59	16:51.2	CLIVE DAVIES (PORTLAND, OR)	59 7-13-75
60-64	16:59.2	DON LONGENECKER (SILVER CITY, NM)	62 6-25-78
65-69	17:59.2	NORMAN BRIGHT (SEATTLE, WA)	65 7-22-75
70-74	19:20	JOHN STEVENS (US)	70 6-16-79
75-79	21:10.8	LOU GREGORY (PENSACOLA, FL)	75 5- 6-78
80-84	24:08.2	PAUL SPANGLER (SAN LUIS OBISPO, CA)	80 7-28-79

5000 METERS			
DIV.	MARK	NAME (RESIDENCE)	AGE MEET DATE
35-39	13:51.7	MIKE MANLEY (EUGENE, OR)	38 6- 1-80
40-44	14:59.6N	HAL HIGDON (MICHIGAN CITY, IN)	41 8-25-72
45-49	15:17.4	RAY HATTON (BEND, OR)	48 8- 2-80
	p15:11.0	SALVADOR VASQUEZ (ALAMEDA, CA)	46 7- 5-86

50-54	16:11.0	PETER MUNDLE (VENICE, CA)	51 5-31-79
55-59	16:27.1	JAMES O'NEIL (SACRAMENTO, CA)	55 1-12-81
60-64	17:19.0	CLIVE DAVIES (PORTLAND, OR)	64 8- 2-80
	p16:52.0	JAMES O'NEIL (SACRAMENTO, CA)	60 6-25-85
65-69	18:30	WILLIAM ANDBERG (ANOKA, MN)	65 7- 4-76
	p17:40.4	CLIVE DAVIES (PORTLAND, OR)	66 7-30-82
70-74	20:05.4	RAY SEARS (CHICAGO)	70 8- 8-77
75-79	20:59.0	EDWARD BENHAM (OCEAN CITY, MD)	75 9-23-83
80-84	24:05.4	HAROLD CHAPSON (HONOLULU)	80 10-24-82
85+	28:03.8	PAUL SPANGLER (S. LUIS OBISPO, CA)	85 4-14-84

6 MILES			
DIV.	MARK	NAME (RESIDENCE)	AGE MEET DATE
35-39	28:02.4	PETER MCARDLE (NYC, NY)	35 5- 3-64
40-44	29:59.0	RAY HATTON (BEND, OR)	43 4-26-75
45-49	30:47.0	RAY HATTON (BEND, OR)	45 6-11-77
50-54	32:40	PETER MUNDLE (VENICE, CA)	50 10- 1-78
55-59	35:05	CLIVE DAVIES (PORTLAND, OR)	59 7-12-75
60-64	36:41.6	JAMES OLESON (SANTA MONICA, CA)	60 6-11-78
65-69	38:17.4	NORMAN BRIGHT (SEATTLE, WA)	65 7-12-75
70-74	42:14	EDWARD BENHAM (OCEAN CITY, MD)	73 5- 2-81
75-79	44:35	LOU GREGORY (PENSACOLA, FL)	76 9-30-78

10,000 METERS			
DIV.	MARK	NAME (RESIDENCE)	AGE MEET DATE
35-39	29:03.4	FRANK SHORTER (BOULDER, CO)	36 6- 8-84
	29:03.4	PETER MCARDLE (NYC, NY)	35 5- 3-64
40-44	30:56.0	RAY HATTON (BEND, OR)	43 4-26-75
45-49	31:48	RAY HATTON (BEND, OR)	45 6-11-77
50-54	32:10.4	RAY HATTON (BEND, OR)	51 6-18-83
55-59	35:03.2	JAMES O'NEIL (SACRAMENTO, CA)	55 8-16-80
60-64	35:19.8	CLIVE DAVIES (PORTLAND, OR)	63 8-19-78
65-69	38:38.0	NORMAN BRIGHT (SEATTLE, WA)	66 8- 3-76
70-74	41:21.0	RAY SEARS (CHICAGO)	70 8-10-77
75-79	43:54.75	ED BENHAM (OCEAN CITY, MD)	75 9-25-83
80-84	49:22.8	PAUL SPANGLER (SAN LUIS OBISPO, CA)	80 7- 6-79
85+	63:58.4	PAUL SPANGLER (SAN LUIS OBISPO, CA)	86 6-22-85

ONE HOUR RUN			
DIV.	MARK	NAME (RESIDENCE)	AGE MEET DATE
35-39	11:1070	18.681 KEN MUELLER (BELLINGHAM, MA)	35 5-13-72
40-44	11:740	18.379 RAY HATTON (BEND, OR)	44 8- 7-76
45-49	11:223	17.907 HAL HIGDON (MICHIGAN CITY, IN)	48 6-26-79
50-54	10:1335	17.314 PETER MUNDLE (VENICE, CA)	50 10- 1-78
55-59	10:775	16.802 JAMES O'NEIL (SACRAMENTO, CA)	56 8- 4-81
60-64	10:201	16.277 CLIVE DAVIES (PORTLAND, OR)	61 8- 7-76
65-69	9:604	15.036 NORMAN BRIGHT (SEATTLE, WA)	65 6-13-75
70-74	8:1131	13.909 WILLIAM ANDBERG (ANOKA, MN)	70 10- 4-81
75-79	8:335	13.181 LOU GREGORY (PENSACOLA, FL)	75 12-17-77
	p8:899	13.697 ED BENHAM (OCEAN CITY, MD)	75 4 -98-34
80-84	7:946	12.130 PAUL SPANGLER (SAN LUIS OBISPO, CA)	81 11- 1-80
85+	6:472	10.088 PAUL SPANGLER (SAN LUIS OBISPO, CA)	85 11-18-84

3000 METER STEEPLECHASE			
DIV.	MARK	NAME (RESIDENCE)	AGE MEET DATE
35-39	8:38.8	MIKE MANLEY (EUGENE, OR)	38 - -80
40-44	9:18.6	HAL HIGDON (MICHIGAN CITY, IN)	44 8-15-75
45-49	9:39.0	HAL HIGDON (MICHIGAN CITY, IN)	46 8-11-77
50-54	10:50.0	DON SLOCOMB (US)	51 8- 4-85
55-59	10:59.2	KEN CARMAN (GARDEN CITY, MI)	56 7-28-84
60-64	12:33.2	BOB BOAL (WAKE FOREST, NC)	64 4- 3-76
65-69	12:24.8	NORMAN BRIGHT (SEATTLE, WA)	65 8-15-75
70-74	13:43.27	EUGENE KELLER (CINCINNATI, OH)	70 8-24-85
75-79	19:04.8	LOU GREGORY (PENSACOLA, FL)	76 8-20-78

SHORT HURDLES			
110M: 35-39, 42"; 40-49, 39"; 50-59, 36"; 100M: 60-69, 30"; 80M: 70+, 30"			
DIV.	MARK	NAME (RESIDENCE)	AGE MEET DATE
35-39	14.7	MIKE KELLY (TYBEE IS., GA)	37 6-16-84
40-44	14.67	WALT BUTLER (ALTADENA, CA)	40 8- 8-81
45-49	15.0	JACK GREENWOOD (MENDEICINO LODGE, KS)	46 9-14-72
50-54	15.1	JACK GREENWOOD (MENDEICINO LODGE, KS)	51 8-10-77
55-59	16.8	CHARLES BEAUDRY (EDINBURG, TX)	55 8-24-74
	p16.3	JACK GREENWOOD (CO)	56 8-29-82
60-64	14.98	JACK GREENWOOD (CO)	60 7-19-86
65-69	17.43	BOB HUNT (US)	65 5-18-85
70-74	14.52	HERB MILLER (ORANGE, CA)	70 7-18-86
75-79	19.24	HERB ANDERSON (BELLVUE, CO)	79 8-15-81
80-84	17.5	RUSSELL MEYERS (PENSACOLA, FL)	80 7- 7-84

400 METER HURDLES (35-49) 36" (50-59) 33" (60+) 30"			
DIV.	MARK	NAME (RESIDENCE)	AGE MEET DATE
35-39	49.72	JAMES KING (CA)	35 5-13-84
40-44	55.9	RON WHITNEY (CALISTOGA, CA)	40 10-26-83
45-49	55.7	JACK GREENWOOD (MENDEICINO LODGE, KS)	46 8-24-72
50-54	58.1	JACK GREENWOOD (MENDEICINO LODGE, KS)	50 7- 3-76
55-59	59.85	JACK GREENWOOD (MENDEICINO LODGE, KS)	57 9-27-83
60-64	66.01	RUDDOLPH VALENTINE (NEW YORK, NY)	62 8-23-85
65-69	71.4	ROBERT HUNT (ANAHEIM, CA)	65 5-18-85
70-74	77.50	GILBERTO GONZALEZ (SAN JUAN, PR)	70 9-27-83
75-79	89.58	RUSSELL MEYERS (PENSACOLA, FL)	77 5- 9-81
80-84	1:51.0	HERBERT ANDERSON (BELLVUE, CO)	80 7-24-82

HIGH JUMP			
DIV.	MARK	NAME (RESIDENCE)	AGE MEET DATE
35-39	6-8 3/4	2.05 JOHN DOBROTH (VENTURA, CA)	38 5-13-79
40-44	6-9	2.06 JOHN HARTFIELD (HOUSTON, TX)	40 9- 1-85
45-49	6-2 3/4	1.90 HERM WYATT (LOS GATOS, CA)	48 4-19-80
50-54	6-2	1.88 HERM WYATT (LOS GATOS, CA)	51 8-20-83
55-59	5-6 1/2	1.69 RICHMOND MORCOM (PHILADELPHIA)	55 7-27-76
	p5-9	1.75 HERM WYATT (LOS GATOS, CA)	55 10- 4-86
60-64	5-8 1/4	1.73 JOHN BROWN (GLADSTONE, MO)	56 7-13-86
65-69	5-2 3/4	1.59 BURL GIST (SAN MARCOS, CA)	64 4-28-84
70-74	5-0	1.52 BURL GIST (SAN MARCOS, CA)	65 5- 4-85
	4-6	1.37 LARRY MILLER (BOYTON BCH., FL)	71 11- 2-85
	4-6	1.37 WESLEY WARD (IN)	70 7- 5-80
75-59	4-3 1/4	1.30 HERBERT ANDERSON (BELLVUE, CO)	75 3-24-78
	p4-4	1.32 STAN THOMPSON (HONOLULU, HI)	75 12-28-85
80-84	3-11 1/4	1.20 HERBERT ANDERSON (BELLVUE, CO)	80 8-29-82
85+	3-8 1/2	1.13 BUELL CRANE (TWIN FALLS, ID)	85 7-26-85

Continued on next page

Continued from previous page

POLE VAULT				
DIV.	MARK	NAME (RESIDENCE)	AGE	MEET DATE
35-39	16-1	4.90 BOB NEUTZLING (US)	36	5-31-80
40-44	15-1 1/4	4.60 ROGER RUTH (US, VICTORIA, CAN)	44	9-7-72
	p15-3	4.65 CHARLES POLHAMUS (FITZGERALD, GA)	41	6-28-85
45-49	15-0	4.57 ROGER RUTH (US, VICTORIA, CAN)	45	7-21-73
50-54	14-4	4.37 VIC COOK (WOODLAND HILLS, CA)	50	7-25-82
55-59	13-6 1/4	4.12 RICHMOND MORCOM (PHILADELPHIA)	55	8-4-76
60-64	12-3 1/2	3.74 BOO MORCOM (PHILADELPHIA)	63	8-2-84
65-69	12-4 1/2	3.77 BOO MORCOM (PHILADELPHIA, PA)	65	8-3-86
70-74	10-0	3.05 CAROL JOHNSTON (WHITTIER, CA)	73	4-13-85
75-79	8-1	2.46 BOB MACCONAGHY (CA)	76	2-23-85
80-84	6-2 3/4	1.90 A. E. PITCHER (INDIANAPOLIS, IN)	82	5-26-84

LONG JUMP				
DIV.	MARK	NAME (RESIDENCE)	AGE	MEET DATE
35-39	25-11	7.90 TOM CHILTON (KNOXVILLE, TN)	35	6-8-72
40-44	24-4 3/4	7.43 TOM CHILTON (KNOXVILLE, TN)	40	3-24-78
45-49	21-11	6.68 SHIRLEY DAVISSON (VICTORVILLE, CA)	45	10-4-75
50-54	21-1	6.42 SHIRLEY DAVISSON (VICTORVILLE, CA)	50	4-12-80
55-59	20-1 1/4	6.10 TOM PATSALIS (ALHAMBRA, CA)	59	7-18-81
60-64	19-11	6.07 TOM PATSALIS (ALHAMBRA, CA)	60	7-10-82
65-69	16-2 1/2	4.94 JOHN SATTI (SAN FRANCISCO)	65	7-21-79
70-74	14-10 1/4	4.53 CLAUDE HILLS (FLOURTOWN, PA)	70	7-3-82
75-79	12-10 1/2	3.92 HERBERT ANDERSON (BELLVUE, CO)	76	8-5-78
80-84	11-7	3.53 WALT WESBROOK (CA)	80	6-24-78
85+	9-1	2.77 BUELL CRANE (TWIN FALLS, ID)	85	6-6-85

TRIPLE JUMP				
DIV.	MARK	NAME (RESIDENCE)	AGE	MEET DATE
35-39	49-11 1/2	15.23 DAVE JACKSON (CARSON, CA)	36	5-16-68
40-44	46-11	14.30 DAVE JACKSON (CARSON, CA)	41	7-7-73
45-49	45-2 1/4	13.77 DAVE JACKSON (CARSON, CA)	45	8-11-77
50-54	43-3 1/2	13.19 DAVE JACKSON (CARSON, CA)	50	7-10-82
55-59	41-5	12.62 GORDON FARRELL (VAN NUYS, CA)	57	1-8-75
60-64	39-3	11.96 TOM PATSALIS (ALHAMBRA, CA)	60	7-10-82
65-69	31-3	9.52 FRED WHITE (DUNCANVILLE, TX)	65	5-27-78
	p33-3 1/4	10.14 GORDON FARRELL (VAN NUYS, CA)	66	7-1-84
70-74	29-5 1/4	8.97 JOHN DAMSKI (VAN NUYS, CA)	70	5-25-85
75-79	28-2 3/4	8.60 WINFIELD MCFADDEN (SAN DIEGO, CA)	75	8-17-80
80-84	22-8	6.91 HERBERT ANDERSON (BELLVUE, CO)	80	7-24-82
	p25-4	7.72 WINFIELD MCFADDEN (SAN DIEGO, CA)	81	10-4-86
	p24-5	7.44 WINFIELD MCFADDEN (SAN DIEGO, CA)	80	5-25-85
85+	20-2 1/4	6.15 BUELL CRANE (TWIN FALLS, ID)	85	8-23-85

SHOT PUT (35-49: 16#; 50-59: 12#; 60-69: 8#; 70+ 8#)				
DIV.	MARK	NAME (RESIDENCE)	AGE	MEET DATE
35-39	72-9 3/4	22.19 BRIAN OLDFIELD (CA)	38	5-26-84
40-44	70-3	21.41 BRIAN OLDFIELD (CA)	40	8-22-85
45-49	49-1 1/2	14.97 GEORGE KER (GRANADA HILLS, CA)	49	5-20-72
50-54	58-1 1/2	17.71 PARRY O'BRIEN (MISSION HILLS, CA)	52	7-1-84
55-59	51-8	15.75 GEORGE KER (GRANADA HILLS, CA)	55	5-13-78
60-64	55-4	16.86 GEORGE KER (GRANADA HILLS, CA)	60	5-21-83
65-69	48-3 3/4	14.72 JACK THATCHER (MANHATTAN BEACH, CA)	65	10-3-81
70-74	45-7 1/4	13.90 RUSS CARTER (EUGENE, OR)	72	8-30-86
75-79	41-8 1/2	12.71 VERNON CHEADLE (S. BARBARA, CA)	75	5-4-85
80-84	30-1 1/2	9.18 BUELL CRANE (TWIN FALLS, ID)	84	7-13-84
85+	26-6	8.08 BUELL CRANE (TWIN FALLS, ID)	85	7-26-85

DISCUS THROW (35-49: 2KG; 50-59: 1.5KG; 60+: 1KG)				
DIV.	MARK	NAME (RESIDENCE)	AGE	MEET DATE
35-39	233-9	71.24 JOHN POWELL (US)	36	6-9-84
40-44	227-11	69.48 AL OERTER (NY)	43	5-31-80
45-49	216-11	66.12 AL OERTER (NY)	45	3-28-82
	p222-9	67.90 AL OERTER (NY)	46	11-12-83
50-54	185-9	56.62 PARRY O'BRIEN (MISSION HILLS, CA)	52	8-19-84
55-59	151-6	46.18 GEORGE KER (GRANADA HILLS, CA)	55	6-25-78
60-64	174-1	53.06 DANIEL ALDRICH (NEWPORT BEACH, CA)	62	8-17-80
65-69	163-1	49.72 THOMAS McDERMOTT (MADISON, CT)	66	5-1-84
	p164-10	50.24 DANIEL ALDRICH (NEWPORT BEACH, CA)	65	4-28-84
70-74	139-1	42.40 ROSS CARTER (EUGENE, OR)	72	7-19-86
75-79	118-0	35.96 A. REDMOND DOMS (CULVER CITY, CA)	75	5-8-82
80-84	88-4	26.93 BENJAMIN FOX (AZ)	81	7-19-86
	84-4	25.70 JOHN WHITTEMORE (SANTA BARBARA, CA)	80	12-2-79
85+	67-2	20.47 BUELL CRANE (TWIN FALLS, ID)	85	7-26-85
	p67-7	20.60 BUELL CRANE (TWIN FALLS, ID)	86	7-11-86

HAMMER THROW (35-49: 16#; 50-59: 12#; 60-69: 12#; 70+: 12#)				
DIV.	MARK	NAME (RESIDENCE)	AGE	MEET DATE
35-39	232-5	70.84 HAROLD CONNOLLY (SANTA MONICA, CA)	37	7-20-69
40-44	243-11	74.34 ED BURKE (CA)	44	4-28-84
45-49	198-5	60.48 ED BURKE (CA)	45	5-19-85
50-54	182-6	55.62 BOB BACKUS (PEMBROKE, MA)	50	6-12-77
55-59	175-0	53.34 BOB BACKUS (PEMBROKE, MA)	55	8-9-81
60-64	151-9	46.25 BOB RICHARDS (CA)	60	8-30-86
65-69	142-11	43.56 TOM McDERMOTT (MADISON, CT)	66	9-29-84
70-74	108-11	33.20 NOLAN FOWLER (COOKEVILLE, TN)	70	5-5-84
75-79	97-8	29.77 STANLEY HERRMANN (SANTA BARBARA, CA)	75	5-12-79
80-84	66-3	20.19 JOHN WHITTEMORE (SANTA BARBARA, CA)	80	6-7-80
85+	51-4	15.64 JOHN WHITTEMORE (SANTA BARBARA, CA)	85	10-5-85

JAVELIN THROW (35-59: 800 GRAMS; 60+: 600 GRAMS)				
DIV.	MARK	NAME (RESIDENCE)	AGE	MEET DATE
35-39	268-1	81.72 WILLIAM FLOERKE (SHAWNEE MISSION, KS)	35	7-21-79
40-44	242-9	74.00 LARRY STUART (CA)	41	6-9-79
45-49	238-10	72.80 LARRY STUART (EL TORO, CA)	46	5-12-84
	p239-7	73.02 LARRY STUART (EL TORO, CA)	48	6-14-86
50-54	188-0	57.30 PHILIP CONLEY (WOODSIDE, CA)	51	5-18-86
55-59	180-9	55.10 BILL MORALES (SANTA ANA, CA)	56	4-19-73
60-64	181-10	55.42 ED CHYNOWETH (INDIANOLA, CA)	60	5-12-84
65-69	148-3	45.18 BILL MORALES (SANTA ANA, CA)	67	5-26-84
	p168-2	51.26 BILL MORALES (SANTA ANA, CA)	65	3-13-82
70-74	132-0	40.24 BOB MACCONAGHY (REDONDO BEACH, CA)	70	6-24-78
75-79	108-0	32.92 EMERY CURTICE (CALISTOGA, CA)	75	7-24-82
80-84	94-6	28.80 HERBERT ANDERSON (BELLVUE, CO)	80	7-24-82
	p97-5	29.69 HERBERT ANDERSON (BELLVUE, CO)	80	1-29-82
85+	62-5	19.02 BUELL CRANE (TWIN FALLS, ID)	85	6-6-85

DECATHLON (IAAF SCORING TABLES)

DIV.	MARK	NAME (RESIDENCE)	AGE	MEET DATE
35-39	6230	PHIL MULKEY (BIRMINGHAM, ALA)	38	3-26-71
40-44	6212	DAVE THORESON (SANTA BARBARA, CA)	40	6-6-81
45-49	5734	GARY MILLER (GLENDALE, CA)	47	3-23-85
50-54	5399	HARVEY SCHELLENBERG (REEDLEY, CA)	50	7-2-83
55-59	5246	RICHMOND MORCOM (PHILADELPHIA)	55	9-11-76
60-64	4552	RICHMOND MORCOM (PHILADELPHIA)	61	8-28-82
65-69	2783	CLAUDE HILLS (FLOURTOWN, PA)	65	6-24-77
70-74	2513	CLAUDE HILLS (FLOURTOWN, PA)	70	7-3-82
75-79	1659	HERBERT ANDERSON (BELLVUE, CO)	75	3-24-78
80-84	994	HERB ANDERSON (BELLVUE, CO)	80	8-28-82

PENTATHLON (IAAF SCORING TABLES)

DIV.	MARK	NAME (RESIDENCE)	AGE	MEET DATE
35-39	2999	REX HARVEY (DES MOINES, IA)	35	8-9-81
	p3224	REX HARVEY (DES MOINES, IA)	36	-82
40-44	2933	GARY MILLER (N. HOLLYWOOD, CA)	43	8-16-81
45-49	2998	GARY MILLER (N. HOLLYWOOD, CA)	45	9-30-83
50-54	2295	JOHN GILMORE (SPARTENBURG, SC)	51	5-2-86
55-59	2439	RICHMOND MORCOM (PHILADELPHIA)	56	8-12-77
60-64	2182	JOHN ALEXANDER (MCCAMEY, TX)	61	5-8-81
65-69	1664	CHARLES JOHANNESMEYER (SANFORD, SC)	65	5-4-83
70-74	1016	CLAUDE HILLS (FLOURTOWN, PA)	71	9-28-83
75-79	722	HERBERT ANDERSON (BELLVUE, CO)	75	8-12-77
	p844	KEN CARNINE (SACRAMENTO, CA)	77	6-22-85
80-84	563	HERBERT ANDERSON (BELLVUE, CO)	80	9-4-82

WOMENS AMERICAN FIVE YEAR AGE GROUP RECORDS

100 METERS				
DIV.	MARK	NAME (RESIDENCE)	AGE	MEET DATE
35-39	11.9	PHIL RASCHER (ATLANTA, GA)	36	6-25-83
40-44	12.6	IRENE OBERA (OAKLAND, CA)	42	7-3-76
45-49	12.63	IRENE OBERA (MURAGA, CA)	45	7-7-79
50-54	12.9	IRENE OBERA (MURAGA, CA)	51	6-1-85
55-59	14.6	RUTH CHRISTIAN (COURNA, CA)	55	8-18-79
60-64	15.5	JOSEPHINE KOLDA (SAN FRANCISCO, CA)	63	10-3-81
65-69	16.1	POLLY CLARKE (LOVELAND, CO)	67	5-6-78
70-74	16.2	POLLY CLARKE (LOVELAND, CO)	70	4-17-81
75+	16.87	POLLY CLARKE (LOVELAND, CO)	75	8-31-85

200 METERS				
DIV.	MARK	NAME (RESIDENCE)	AGE	MEET DATE
35-39	24.63	PHIL RASCHER (ATLANTA, GA)	36	9-24-83
40-44	26.1	IRENE OBERA (OAKLAND, CA)	42	7-4-76
45-49	26.21	IRENE OBERA (MURAGA, CA)	47	1-13-81
50-54	27.3	IRENE OBERA (MURAGA, CA)	51	6-1-85
55-59	33.64	FLORENCE REARDON (OREGON, OH)	57	9-26-83
60-64	33.3	JOSEPHINE KOLDA (SAN FRANCISCO, CA)	63	2-27-82
65-69	34.2	JOSEPHINE KOLDA (SAN FRANCISCO, CA)	67	5-18-85
70-74	34.2	POLLY CLARKE (LOVELAND, CO)	71	9-6-81
75+	35.93	POLLY CLARKE (LOVELAND, CO)	75	8-31-85

400 METERS				
DIV.	MARK	NAME (RESIDENCE)	AGE	MEET DATE
35-39	56.8	PHIL RASCHER (ATLANTA, GA)	36	6-25-83
40-44	59.9	IRENE OBERA (OAKLAND, CA)	42	7-4-76
45-49	61.1	IRENE OBERA (OAKLAND, CA)	46	8-16-80
50-54	63.7	IRENE OBERA (MURAGA, CA)	51	5-18-85
55-59	79.9	NOLA BRUHN (SEATTLE, WA)	56	7-3-85
	p78.23	MARION IRVINE (SAN RAFAEL, CA)	55	6-27-85
60-64	80.3Y	JOSEPHINE KOLDA (SAN FRANCISCO, CA)	64	5-1-82
65-69	82.3	JOSEPHINE KOLDA (SAN FRANCISCO, CA)	65	10-1-83
70-74	84.23	POLLY CLARKE (LOVELAND, CO)	73	9-28-83
75+	89.62	POLLY CLARKE (LOVELAND, CO)	75	8-25-85

800 METERS				
DIV.	MARK	NAME (RESIDENCE)	AGE	MEET DATE
35-39	2:20.95	SUSANNE HOULTON (ATLANTA, GA)	36	7-14-84
	p2:16.2	NANCY NOONAN (CLEVELAND, OH)	36	6-10-84
40-44	2:22.0	SANDRA KNOTT (CLEVELAND, OH)	43	1-10-81
45-49	2:27.35	MARILYN HARBIN (MARTINEZ, CA)	46	8-19-84
50-54	2:33.00	GRETCHEN SNYDER (BERKELEY, CA)	50	5-19-84
55-59	2:48.2	BERYL SKELTON (FAIRPORT, NY)	55	8-17-84
60-64	3:11.4	PAT DIXON (BEND, OR)	62	8-29-81
65-69	3:34.4	ALICE WERBEL (SAN LUIS OBISPO, CA)	65	10-4-80
70-74	3:30.0	POLLY CLARKE (LOVELAND, CO)	70	8-6-82
75+	3:49.74	POLLY CLARKE (LOVELAND, CO)	75	8-23-85

1500 METERS				
DIV.	MARK	NAME (RESIDENCE)	AGE	MEET DATE
35-39	4:40.2	CINDY DALRYMPLE (HONOLULU)	35	6-18-77
40-44	4:39.8	MIKI GORMAN (LOS ANGELES)	42	9-3-77
45-49	4:57.1	MARILYN HARBIN (MARTINEZ, CA)	46	8-18-84
50-54	5:09.5	MILA KANIA (WARWICK, NY)	50	7-25-82
55-59	5:20.0	MARGARET MILLER (THOUSAND OAKS, CA)	56	5-8-82
60-64	5:44.9	MARGARET MILLER (THOUSAND OAKS, CA)	60	7-16-86
65-69	6:26:49	JACLYN CASELLI (SAN JOSE, CA)	65	7-19-86
70-74	7:31.9	POLLY CLARKE (LOVELAND, CO)	72	8-8-82
75+	7:42.30	BESS JAMES (SAN JACINTO, CA)	75	6-27-85

ONE MILE				
DIV.	MARK	NAME (RESIDENCE)	AGE	MEET DATE
35-39	5:09.52	SUSANNE HOULTON (ATLANTA, GA)	38	4-13-85
40-44	4:54.69	DORIS HERITAGE (SEATTLE, WA)	40	4-23-83
45-49	5:28.9	MARYLIN HARBIN (MARTINEZ, CA)	45	2-29-83
50-54	5:56.8	MARGARET MILLER (THOUSAND OAKS, CA)	54	6-7-80
55-59	5:50.6	MARGARET MILLER (THOUSAND OAKS, CA)	55	2-7-81
60-64	6:35	PAT DIXON (BEND, OR)	63	7-23-82
65-69	6:55.6	PAT DIXON (EUGENE, OR)	66	6-22-85
70-74	12:22.6	MARILLA SALISBURY (SAN DIEGO, CA)	73	7-11-81

Continued from previous page

3000 METERS			
DIV.	MARK	NAME (RESIDENCE)	AGE MEET DATE
35-39	9:30.6	CINDY DALRYMPLE (HONOLULU, HI)	37 6-11-77
40-44	10:04	MIKI GORMAN (LOS ANGELES)	41 5-22-77
45-49	10:41.8	VILKY BIGELOW (SAN LORENZO, CA)	48 3-22-84
50-54	11:29.6	MILA KANIA (WARWICK, NY)	50 7-25-82
55-59	13:33.8	MARCIA MCCHESENEY (EUGENE, OR)	55 6-23-85
	p12:39.0	RUTH ANDERSON (OAKLAND, CA)	55 5-18-85
60-64	12:25.6	MARGARET MILLER (THOUSAND OAKS, CA)	60 7-23-86
65-69	13:15.6	JACLYN CASELLI (SAN JOSE, CA)	65 7-6-86
70-74	18:22.0	BESS JAMES (SAN JACINTO, CA)	72 1-31-82
75+	17:37.2	BESS JAMES (SAN JACINTO, CA)	75 8-10-85

5000 METERS			
DIV.	MARK	NAME (RESIDENCE)	AGE MEET DATE
35-39	16:36.2	DORIS HERITAGE (SEATTLE, WA)	35 4-22-78
40-44	16:57.4	JUDY FOX (SUNNYVALE, CA)	40 8-16-81
	p16:44.8	GABRIELLE ANDERSON (SUN VALLEY, ID)	40 6-25-85
45-49	17:52.18	SHIRLEY MATSON (SAN DIEGO, CA)	45 6-7-86
50-54	18:44.6	MILA KANIA (WARWICK, NY)	50 6-13-82
55-59	20:05.0	HELEN DICK (LOS ANGELES, CA)	59 4-29-84
	p19:45.6	MARION IRVINE (SAN RAFAEL, CA)	55 6-25-85
60-64	22:26.4	PAT DIXON (BEND, OR)	62 8-16-81
	p22:19.4	JACLYN CASELLI (SAN JOSE, CA)	62 8-22-83
65-69	22:41.8	JACLYN CASELLI (SAN JOSE, CA)	65 7-5-86
70-74	27:25.8	BESS JAMES (SAN JACINTO, CA)	74 9-23-83
75+	29:19.8	BESS JAMES (SAN JACINTO, CA)	75 6-25-85

10,000 METERS			
DIV.	MARK	NAME (RESIDENCE)	AGE MEET DATE
35-39	35:37.8	CINDY DALRYMPLE (HONOLULU)	35 6-8-78
40-44	35:33.6	JUDY FOX (SUNNYVALE, CA)	40 8-15-81
45-49	38:19.8	VICKY BIGELOW (SAN LORENZO, CA)	48 8-21-83
50-54	38:53.6	MILA KANIA (WARWICK, NY)	51 6-26-82
55-59	41:32.2	TOSHIKO D'ELIA (RIDGEWOOD, NJ)	55 8-23-85
60-64	44:51.0	PAT DIXON (BEND, OR)	63 7-16-82
65-69	49:22.41	JACLYN CASELLI (SAN JOSE, CA)	65 7-18-86
70-74	60:01	BESS JAMES (SAN JACINTO, CA)	70 7-13-80
75+	89:49.8	MARILLA SALISBURY (SAN DIEGO, CA)	75 7-9-83

ONE HOUR RUN			
DIV.	MARK	NAME (RESIDENCE)	AGE MEET DATE
35-39	9-11:24	15.512 MARYLIN PAUL (PORTLAND, OR)	36 7-20-74
40-44	9-11:97	15.579 LINDA SIPPRELLE (WASH., DC)	43 7-29-78
45-49	9-376	14.828 MARILYN HARBIN (MARTINEZ, CA)	45 3-26-83
50-54	8-1355	14.114 NICKI HOBSON (SAN DIEGO, CA)	50 8-4-81
55-59	7-1021	12.199 MARCIE TRENT (ANCHORAGE, AK)	58 7-18-76
60-64	8-10	12.884 MARCIE TRENT (ANCHORAGE, AK)	61 7-28-79
65-69	5-1194	9.139 EDNA BERG (BOZEMAN, MT)	67 2-5-83
70-74	5-1124	9.075 FELICITAS SALIZAR (SAN DIEGO, CA)	73 8-17-82
75+	4-167	6.590 MARILLA SALISBURY (SAN DIEGO, CA)	76 6-7-84

HURDLES (35-39: 100M, 33"; 40+: 80M, 30")			
DIV.	MARK	NAME (RESIDENCE)	AGE MEET DATE
35-39	14.7	CARMEN BROWN (US)	39 8-13-82
40-44	15.2	CHERRIE SHERRARD (CHICO, CA)	44 7-3-83
45-49	12.5	CHERRIE SHERRARD (CHICO, CA)	45 7-14-84
50-54	14.6	CHRISTEL MILLER (GLENDALE, CA)	50 6-1-85
55-59	16.6	SHIRLEY KINSEY (LA CRESCENTA, CA)	55 7-14-84

HIGH JUMP			
DIV.	MARK	NAME (RESIDENCE)	AGE MEET DATE
35-39	5-2	1.57 JOANNE GRISSOM (INDIANAPOLIS, IN)	37 7-16-76
	5-2	1.57 PHIL RASCHKE (ATLANTA, GA)	36 7-2-83
40-44	4-10	1.47 JOANNE GRISSOM (INDIANAPOLIS, IN)	40 7-27-79
45-49	4-4	1.32 SHIRLEY SMITH (ST. PETERSBURG, FL)	47 7-16-82
50-54	4-4 1/2	1.33 CHRISTEL MILLER (GLENDALE, CA)	51 3-29-86
55-59	3-8	1.12 SHIRLEY KINSEY (LA CRESCENTA, CA)	56 3-29-86
	3-8	1.12 JOYCE VARNEY (HONOLULU, HI)	57 9-17-83
60-64	3-4	1.01 BARBARA HUMMEL (CANTON, OH)	60 8-3-85
65-69	3-8	1.12 MARY BOWERMASTER (FAIRFIELD, OH)	67 8-17-84
70-74	3-4	1.01 VIVIAN NELSON (HARRISBURG, PA)	71 8-17-84

LONG JUMP			
DIV.	MARK	NAME (RESIDENCE)	AGE MEET DATE
35-39	21-4	6.50 WILLYE WHITE (US)	35 10-26-74
40-44	16-10 3/4	5.15 JOANNE GRISSOM (INDIANAPOLIS, IN)	44 7-20-83
45-49	15-9	4.80 IRENE OBERA (OAKLAND, CA)	45 4-7-79
50-54	13-3	4.04 CHRISTEL MILLER (GLENDALE, CA)	50 8-23-85
55-59	12-0	3.66 SHIRLEY KINSEY (LA CRESCENTA, CA)	55 7-1-84
60-64	7-11 3/4	2.43 BARBARA HUMMEL (CANTON, OH)	60 11-2-85
65-69	10-5 1/4	3.18 MARY BOWERMASTER (FAIRFIELD, OH)	66 9-23-83
70-74	9-11 1/4	3.03 EDITH MENDYKA (TUJUNGA, CA)	71 5-8-82
75+	7-1	2.16 EDITH MENDYKA (TUJUNGA, CA)	75 5-17-86

TRIPLE JUMP			
DIV.	MARK	NAME (RESIDENCE)	AGE MEET DATE
35-39	36-7	11.15 PHIL RASCHKE (ATLANTA, GA)	36 9-18-83
40-44	32-0	9.75 JOAN GRISSOM (INDIANAPOLIS, IN)	44 7-8-83
	p32-2 3/4	9.85 PAMELA CALVERT (MANCHESTER, MD)	40 8-23-86
45-49	30-8 1/4	9.35 JOAN GRISSOM (INDIANAPOLIS, IN)	45 9-18-83
50-54	26-11	8.20 CHRISTEL MILLER (GLENDALE, CA)	50 10-5-85
55-59	21-1	6.42 SHIRLEY KINSEY (LA CRESCENTA, CA)	56 10-5-85
	p21-6	6.55 SHIRLEY KINSEY (LA CRESCENTA, CA)	56 1-19-86
70-74	16-9 3/4	5.12 EDITH MENDYKA (TUJUNGA, CA)	73 1-29-84
75+	15-7	4.75 EDITH MENDYKA (TUJUNGA, CA)	75 5-17-86

SHOT PUT (30-49: 8#/4KG; 50+: 6#/3KG)			
DIV.	MARK	NAME (RESIDENCE)	AGE MEET DATE
35-39	45-3	13.79 LYNN GRAHAM (FRESNO, CA)	35 4-9-83
40-44	42-4	12.90 JOANNE GRISSOM (INDIANAPOLIS, IN)	41 7-22-80
45-49	39-7 3/4	12.08 JOANNE GRISSOM (INDIANAPOLIS, IN)	45 7-22-84
50-54	32-4	9.85 ANNE CIRULNICK (ROSEDALE, NY)	52 10-25-86
55-59	31-6	9.60 BERNICE HOLLAND (CLEVELAND, OH)	58 8-25-85
	p31-11 1/2	9.74 BERNICE HOLLAND (CLEVELAND, OH)	58 6-23-85
60-64	31-4	9.55 EDITH MENDYKA (TUJUNGA, CA)	61 6-17-72
65-69	35-4	10.77 HELEN STEPHENS (FLORISSANT, MO)	65 6-1-83
70-74	29-3	8.91 EDITH MENDYKA (TUJUNGA, CA)	70 5-9-81
75+	26-4	8.02 EDITH MENDYKA (TUJUNGA, CA)	75 1-19-86

DISCUS THROW			
DIV.	MARK	NAME (RESIDENCE)	AGE MEET DATE
35-39	122-11	37.46 LYNN GRAHAM (FRESNO, CA)	35 4-9-83
	p125-5	38.22 JOAN STRATTON (S. LAKE TAHOE, NV)	35 5-3-87
40-44	98-2	29.92 JOANNE GRISSOM (INDIANAPOLIS, IN)	42 7-13-81
45-49	106-5	32.44 JOANNE GRISSOM (INDIANAPOLIS, IN)	45 8-7-83
50-54	90-4	27.53 SHIRLEY KINSEY (LA CRESCENTA, CA)	53 7-10-82
55-59	100-8	30.68 BERNICE HOLLAND (CLEVELAND, OH)	57 6-30-84
60-64	64-3	19.58 EDITH MENDYKA (TUJUNGA, CA)	62 6-24-73
65-69	63-6	19.35 EDITH MENDYKA (TUJUNGA, CA)	68 10-6-79
70-74	62-6	19.05 EDITH MENDYKA (TUJUNGA, CA)	70 8-8-81
75+	58-1	17.70 EDITH MENDYKA (TUJUNGA, CA)	75 1-19-86

JAVELIN THROW (30-49: 600G; 50+: 400G)			
DIV.	MARK	NAME (RESIDENCE)	AGE MEET DATE
35-39	117-5	35.80 LURLINE STRUPPECK (BATON ROUGE, LA)	39 8-23-85
40-44	122-7	37.36 LURLINE STRUPPECK (BATON ROUGE, LA)	40 10-25-86
45-49	102-8	31.30 CHRISTEL MILLER (GLENDALE, CA)	48 3-23-83
50-54	108-7	33.10 CHRISTEL MILLER (GLENDALE, CA)	50 3-10-85
55-59	88-10	27.07 SHIRLEY KINSEY (LA CRESCENTA, CA)	55 10-6-84
60-64	76-1	23.19 EDITH MENDYKA (TUJUNGA, CA)	61 6-17-72
65-69	74-0	22.55 EDITH MENDYKA (TUJUNGA, CA)	65 6-27-76
70-74	72-7	22.12 EDITH MENDYKA (TUJUNGA, CA)	72 5-14-83
75+	64-1	19.53 EDITH MENDYKA (TUJUNGA, CA)	75 1-19-86



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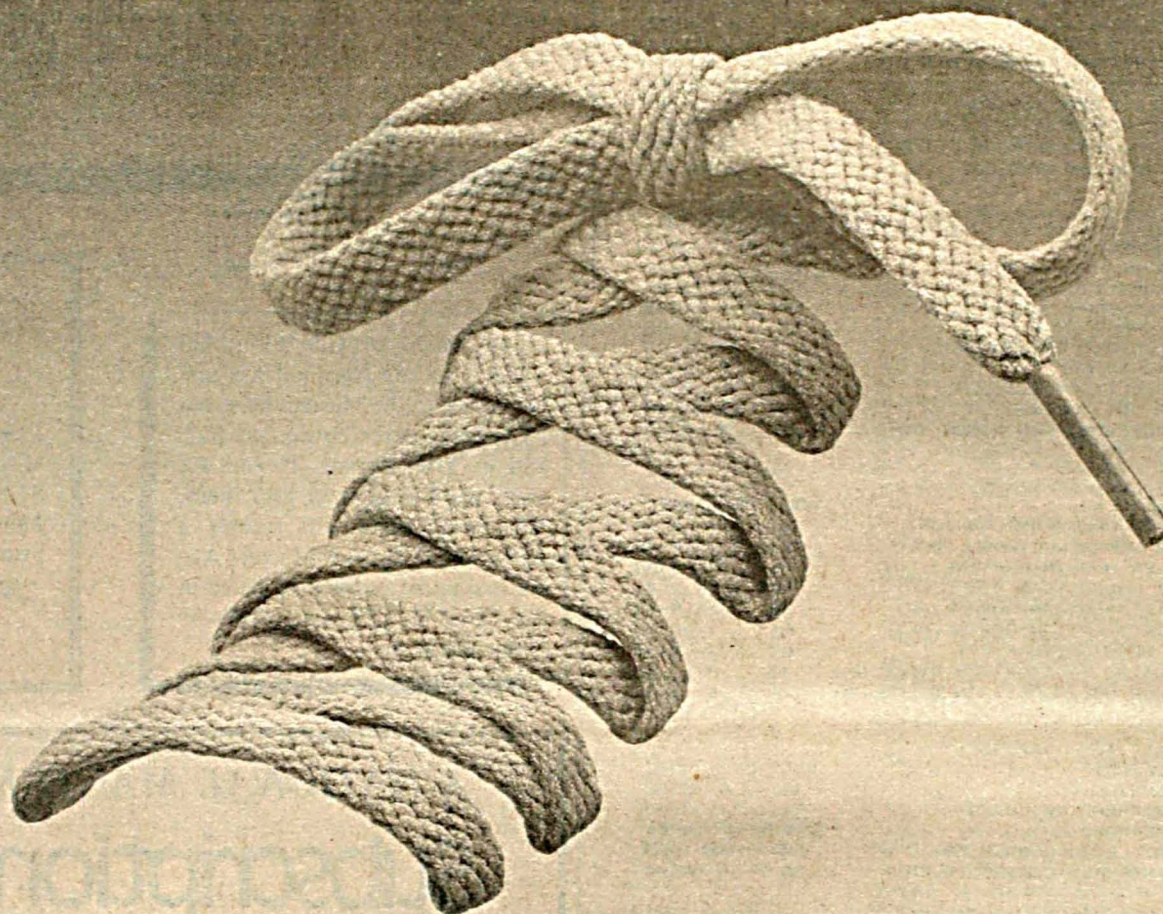
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