

Raschker Sets Four American Women's Records in Raleigh

By JERRY WOJCIK

The 17th Annual Southeastern Masters International T&F and Long Distance Championships, held at North Carolina State University in Raleigh, was a three-day affair, May 1-3, that offered a full schedule of events from the usual track events to road races, walks and two pentathlons.

Second Age-Handicap Meet Held in Birmingham

by GORDON SEIFERT

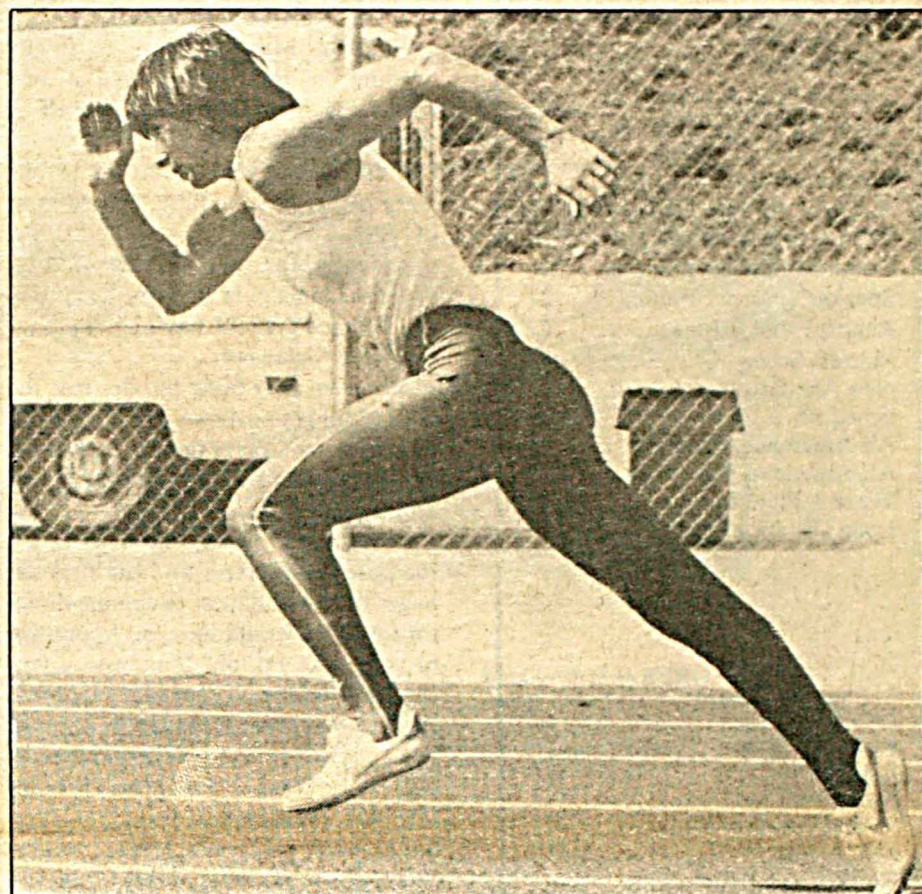
The nation's second masters "full age-handicap track meet" was held May 9 at Vestavia High School in Birmingham, Alabama, and was well-received by those in attendance.

Although the participation was limited, one national age-group record fell, and two single-age records were set. Lurline Strup-

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It also offered Phil Raschker, 40, an opportunity to attack records in her new age division, and she literally leaped at the chance, breaking four American W40-44 records. In the 80m (30") hurdles, Raschker obliterated Cherrie Sherard's 15.2 time with a 12.76, very near the world W40 record of 12.39. In the high jump, Raschker leaped 1.50 (4-11) to erase Joanne Grissom's 1.47 (4-9 3/4). Raschker's two other remaining records, 5.70 (18-8 1/4) in the long jump and 10.59 (34-9) in the triple jump, had also formerly belonged to Grissom (16-10 3/4, 32-0). Raschker also won the 100m (12.68) and 200 (26.35), hard on

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Phil Raschker, 40, set four U.S. records for women-over-40 in the Southeastern Masters International Track and Field meet in Raleigh, North Carolina, May 1-3.

Albuquerque Hosts 3rd Runners Pentathlon

by TOM BELL, Meet Director

ALBUQUERQUE, New Mexico. Forty-eight records — 29 men's and 19 women's — were broken at the Third Annual Albuquerque Runners Pentathlon, May 3.

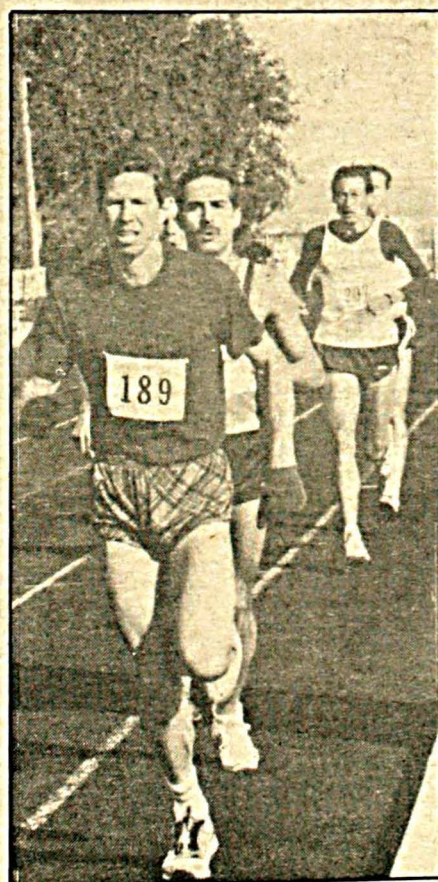
The meet includes five events in this order: 3200, 800, 200, 400, and 1600. Runners accumulated points based on Gerry Purdy's computerized training programs system.

Jack Pardee, M70, broke four of the five records he established two years ago. Lee Hirst, 65, bettered all five records he set in the 60-64 group in the two previous years, and established four new ones in the 65-69 class. His 200 (29.09) and 400 (66.90) put him in the top half of all runners, though he was one of the four oldest.

There were 83 contestants, 68 men, and 15 women. Fourteen women and 65 men finished.

Web Loudat set records in the first

Continued on page 16



Web Loudat, M40 (#189), in the 3200m at the Albuquerque Runners Pentathlon, leading Bob Manzaneres, 36. Loudat finished in 9:51.61, but Manzaneres won the race in 9:48.28.

Ben-Gay Road Races Held in Eight U.S. Cities

by TERI INGRAM

Barry Brown, Sister Marion Irvine and George Keim were just a few of the notable masters who took part in the Ben-Gay Active America Day races, which were held in eight U.S. Cities on Mother's Day weekend, May 9-10. The races were sponsored by Ben-Gay and were run in support of National Physical Fitness and Sports Month.

The "Active America Days" events were held in Orlando, San Diego, Denver, New York, Portland, Washington, D.C., Columbus and New Orleans.

In the Orlando Ben-Gay YMCA 5K, Barry Brown ran 15:28 to come in first master and second overall to 20-years-younger Ed Juba (15:06). Brown has reportedly recently upped his mileage to 150 miles a week because he "feels more comfortable at that level." Masters female winner in Orlando was Ineke Frey in 23:29.

NFL coaching legend George Allen, Chairman of the President's Council on Physical Fitness, was joined by Irvine in San Diego. Irvine, 56, was guest speaker and first masters female overall in the 10K (42:51) as part of her comeback efforts to qualify for the

Continued from page 4



Sister Marion Irvine, 57, and Jim O'Neil, 62, look thrilled to see each other at the San Diego Ben-Gay 10K, May 10. Both won their divisions, with Irvine first masters woman.

**Women's 1986
T&F Rankings
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Address Letters to: National Masters News, P.O. Box 2372, Van Nuys, CA 91404.

AUSTRALIAN RESULTS

National Masters News is finally heading in the right direction and publishing material of real interest to its readers.

I am, of course, referring to the three pages, in your June 1987 edition, of the Australian Track and Field Championships results. Now, if I am ever asked in a quiz who finished 7th in the Women's 35-39 hammer throw, I will have the answer.

However, one thing puzzles me; the Outer Mongolian Track & Field Championships took place the day before the above event and yet you completely ignored them!

I am submitting my training log for the past twelve years and the first ten pages of the Budapest telephone directory which I would like you to publish in your next edition. If necessary you can omit Miller, Tymn and Higdon's stuff to make room for them.

*Brian Pritchard
Westlake Village, California*

P.S. Just poking a little gentle fun. You do a great job with NMN. Maybe one day you'll find a format that will please all of your readers all of the time.

BAD TASTE AT PEPSI MEET

To: Al Franken, Director
Pepsi Meet, UCLA

Dear Al:

I attended your Pepsi Meet at UCLA, May 16, driving up from San Diego, having bought four tickets, as I have since you initiated the Meet.

I am writing to you to express my anger and distress in the manner your organization planned the "Legends" 100m dash and the abysmal bad taste displayed by your announcer.

Having conceived the Masters age-group track and field concept since the late 1960's, we have established an uncontroversial rule: you do not put a 70-year-old athlete (even if a U.S. Senator and a good sport) up against 40- and 50-year-old former Olympians and National Champions. Such a race, by definition, is a farce and an embarrassment for both the participants and the audience.

Your announcer, in an effort to be cute and funny, compounded the error by making light of the race and snide comments about the competitors.

If you are interested in putting on a

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Editor: Al Sheahen

Associate Editor: Jerry Wojcik

Assistant Editor: Tom Sturak

Editorial Assistant: Teri Ingram

Photo Editor: Gretchen Snyder

Production: American Publishing Co.

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NATIONAL MASTERS OFFICERS OF THE ATHLETICS CONGRESS (TAC)

TRACK & FIELD

Chairman:

Jerry Donley
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 Sheahen
P.O. Box 2372
Van Nuys, CA 91404
(818) 785-1895

Marketing Coordinator:

Joe Murphy
3468 Stanford
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Women's Coordinator:

Christel Miller
1740 Grandview Ave.
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Jim Puckett
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Gresham, OR 97030
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Bob Boal
121 W. Sycamore Ave.
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Vice Chairman Women:

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1901 Gaspar Drive
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Carole Langenbach
4261 S. 184th Street
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Treasurer:

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(address above)

John Woods - Men
Neils Point Road
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Site Selection:

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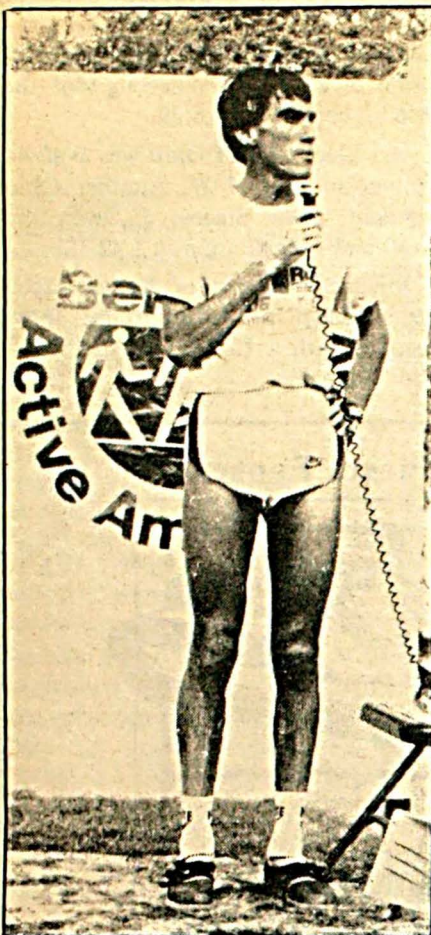
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Kirk Randall - Men
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Wellesley, MA 02181
(617) 237-7547

Ruth Anderson - Women
(address above)

Rules Coordinator:

George Kleeman
5104 Alhambra Valley Rd.
Martinez, CA 94553



Barry Brown addresses the crowd at the Orlando Ben-Gay YMCA 5K after taking second overall in 15:28, May 9.

Ben-Gay Road Races Held in Eight Cities Continued from page 1

1988 Women's Marathon Trials next April. George Keim, M40, claimed another victory on his new-found San Diego turf by crushing the competition with a 33:32. Jim O'Neil easily won the 60-and-over division in 37:37.

Meanwhile, Dennis Kavanaugh (18:41) and Betty Brinkman (27:10) were busy putting the competition away in the Denver 5K. Also on hand in Denver was Dr. Peter Wood, founder of the "Fifty-Plus Running Club," who took the 55-59 division in 23:29.

The New York section of the Ben-Gay races was actually held in Tenafly, New Jersey and included both a 5K and a 10K. Amby Burfoot made a rare road race appearance, but his time was unavailable. Ramon Ruiz (34:33) and Joyce Magee (41:50) both did excellent jobs for the masters in the 10K, while Julio Lugo (17:01) and Helene Bedrock (19:41) ran over the competition in the 5K.

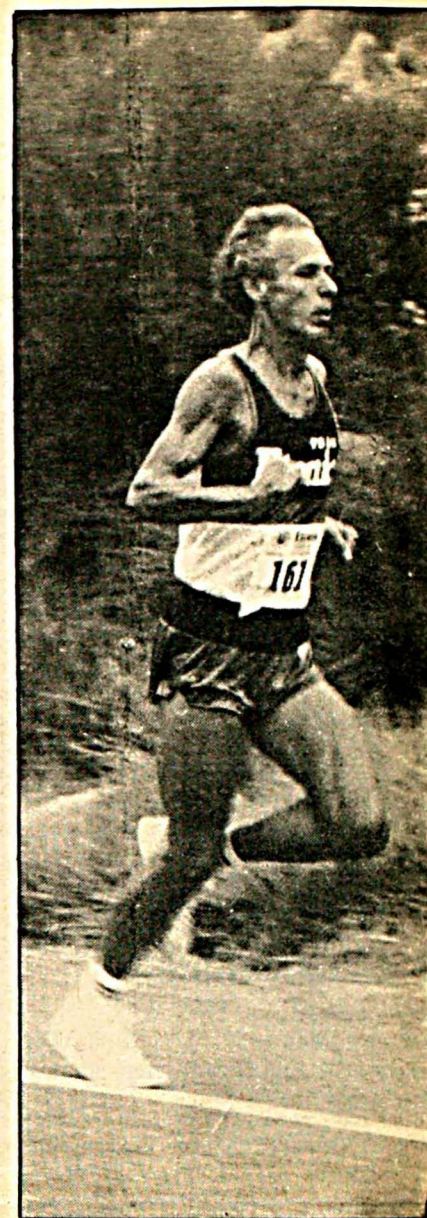
In the Ben-Gay Portland Eaglefest 10K, 43-year-old Erik Sten managed a second-overall masters victory in 34:50

to overall winner Greg Gustafson's 31:19. Patricia Giorcano took masters women's honors in 47:12. Running-author Joe Henderson didn't run but was on hand as a spokesperson.

The nation's capital supplied the largest Active America Day event, with over 2,000 participants in an 8K race. Former Washington native George Sheehan was in attendance as the Ben-Gay spokesperson and also ran in the race. Eamon McEvilly and Marie Bauman took masters firsts in 27:30 and 33:07.

In the Columbus 5-Mile race, Mark Lutz (28:46) and Linda Bowers (42:47) were busily flooring the field. Sixty-six-year-old June Byrnes of Columbus also won her division.

On a hot and humid (what's new?) day in New Orleans, Charles La Garde (19:04) and Martha Willoughby (24:32) won the masters 5K. Husband and wife team Sam and Betty Mc Neely each won their division (M70 and W55) in 22:56 and 28:04, making them the crowd's favorites. □



George Keim (33:32) pulls-off another masters victory in the San Diego Ben-Gay Active America 10K, May 10.

Good Turnout For Redlands Meet in California

by JERRY WOJCIK

The Kiwanis Evening Club of Redlands T&F Meet, held at Redlands University Stadium on May 16 in Redlands, Calif., was highlighted by an 18.7 in the 110m hurdles by Burl Gist, M65, who holds the world's high jump record of 5-0 in his division.

A good turnout of sprinters also provided some notable times and close races. Marion McCoy Jr., M35, rang up the best times of the meet in the

100m (11.0) and 200 (23.0). Hurdler-sprinter Walt Butler, M45, opted for the flat races, winning the 100m (11.7) and 200 (24.2).

Don Benton, M55, edged Jack Smith in the 100m by 1/10 of a second with a 12.6 and took the 200 (26.2). Bob Watanabe, M60, handed Gene Harte two losses in the 100m and 200 with fast 12.9 and 26.2 clockings, but Harte ran 62.3 in the 400 to Watanabe's 64.5.

Charles Mercurio and Al Guidet

tangled in the M60 100m and 200 and staged the most exciting races of the meet in both, when they were each timed in 14.4 in the 100m, the race going to Mercurio, and tied in the 200 with 30.4. Jeanne Carter, W45, ran a 14.2 100m and a 29.9 200.

In the high jump, Jerry Stanners led all contestants with a 5-0. Decathlon and pentathlon M45-world-record holder Gary Miller vaulted 13-0.

Weight man Stew Thomson, M50, recently hampered by a back injury suffered when he was muscling a piano, returned to form with wins in the shot put (46-3); discus (158-7); and, his specialty, the hammer (146-5).

Christel Miller, W50, had four firsts, including the high jump at 4-2, 2½ inches below her national W50-54 record. Shirley Kinsey, W55; Magdalena Kuehne, W55; and Edith Mendyka, W75, were also multiple-winners. Mendyka, soon to advance to the W80 division, threw the shot put 24.7.

J.R. Hedrick of the Redlands Kiwanis was meet director. □

Filutze Beats Masters and Heat In L'eggs Mini

by JERRY WOJCIK

Barbara Filutze, 40, of Erie, Pa., took the masters title with a 37:00 in the L'eggs Mini Marathon 10K in Central Park, NYC, on June 1. Filutze finished 43rd of 5897 runners, a record number despite 90 degrees and 63% humidity at the start.

Seven seconds back, Angella Hearn, 41, of New York City, finished 44th.

Other masters division winners were 50-59 (44:20), Toshiko d'Elia, 57, Ridgewood, N.J.; 60-69 (54:24), Joyce Rhines, 62, Dallas, Texas; and 70+ (1:16:13), Evelyn Havens, 70, New York City.

The top two leaders garnered other awards. Filutze and daughter Lisa, 19 (43:00) won the Mother-Daughter Category for the second year in a row. Hearn and her sister Christine, 41 (39:28), combined for the Sisters Category win.

The Atalanta club of New York City took the overall team title for the fourth consecutive year. □

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Anteaters Meet Held in Irvine, California

The 8th Annual Anteaters Masters Meet was held May 23 on the University of California at Irvine track in Orange County, Calif. The excellent facility and strong fields in almost every event produced close contests from the sprints through the weight events.



Two who didn't have such good luck at the Indoor Nationals in Madison. Phil Mulkey pulled a calf muscle before even competing and Wally Sokolowski's poles got lost! Better luck next time!

Photo by Phil Raschker

In the M50 100m, Nick Newton edged Roger Tsuda, 12.1 to 12.2, for the victory. Lew Beadle outlegged Will Robinson, 61.0 to 61.2, in the M55 400 race. Tina Stough had a little more distance on Katie Cunningham in taking the W35 400, 63.7 to 64.8.

The M40 800 winner, Wayne Pfeiffer, with a 2:13.0, left second place to Bill Perry by 9/10ths of a second. In the M40 3000, Ron Ogilvy and Vince Sweeter were both timed in 10:13.0, with Ogilvy taking the race.

The M65 100mH race went to George Simon, who out-hurdled Tom Patsalis by a couple of strides, 20.0 to 20.2.

Decathlete Ray Fitzhugh won the M50 triple jump from sprinter Tony Nasralla by 1½ inches with a 32-4½.

Hal Smith and Stew Thomson had equal marks of 46-11 in the M50 shot put, Smith winning on a next-best mark. Thomson was again close but not close enough when Bob Humphries won the M50 discus from him, 164-5 to 163-2.

Outstanding individual marks included a 10:45.1 3000 by Pat Devine, M55; a 36:56.4 5000 race walk by Helen Bogue, W60; and a 15.5 in the 110mH by Larry Sallinger, M40.

Meet director was Dave Lewis. □



M55 Jerry Donley takes third in the hurdles with a time of 9.81 at the Indoor Nationals, Madison, Wisconsin in March.

MAC Championships Staged in New York

The Metropolitan Athletic Congress Masters Track & Field Championships were held May 17 at Kings Point, N.Y.

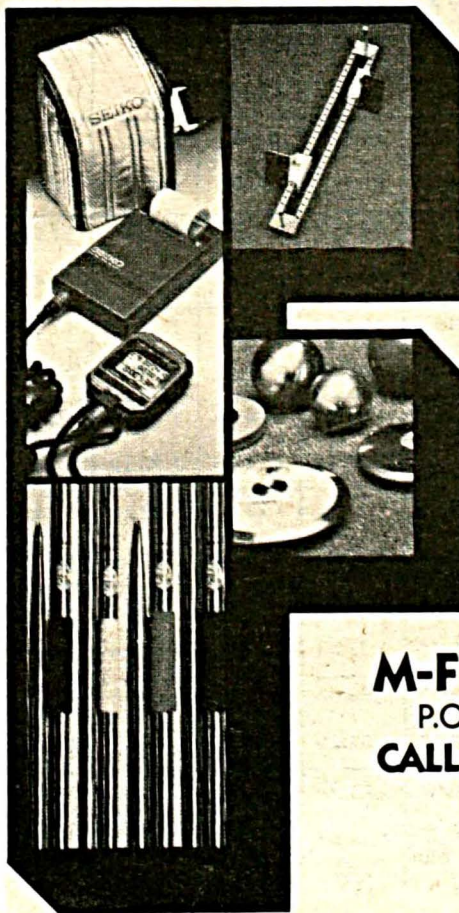
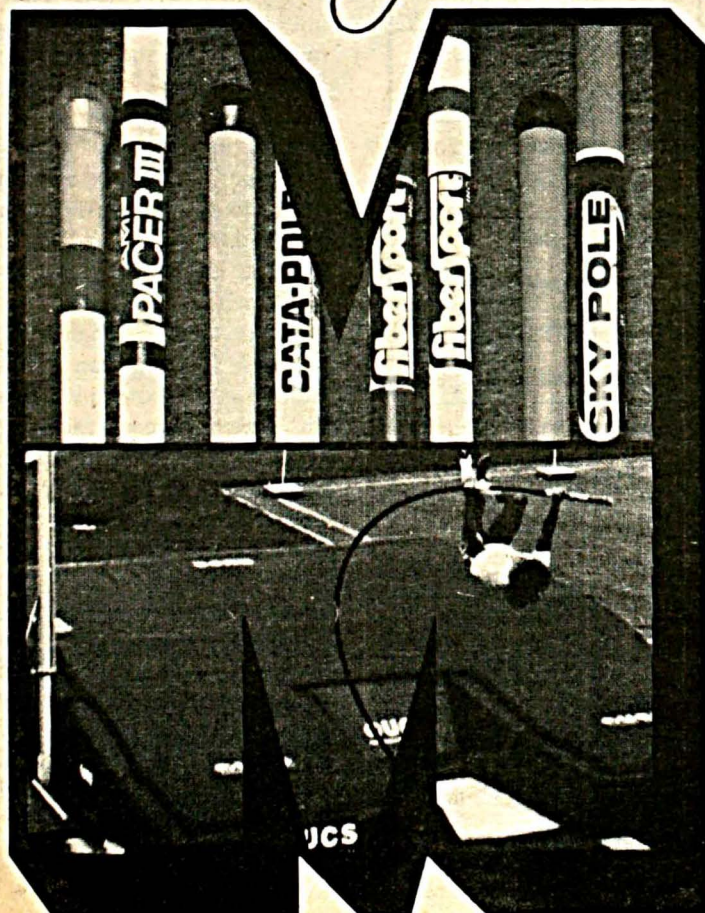
Among the top performances were a 200 in 26.8 and 400 in 61.1 by Muriel Simmons-McCord, 40. Both times are close to Irene Obera's national W40 marks of 26.1 and 59.9, respectively. Look for a great matchup between Simmons-McCord and Atlanta's Phil Raschker later this year.

Al Walton blazed to fast wins in the M35 100 (11.0) and 200 (22.2). Dick Rizzo demolished a strong field of eight with a 24.8 in the M50 200. Dawson Pratt (56.3) edged Cliff Pauling (56.5) in the M50 400, while Pauling posted a good 2:14.8 800. Bob Stanford, M45, logged a 54.6 400, while Bob Williams won the M45 100 (11.6) and 200 (23.3).

Gordon McKenzie clocked a good 18:11 in the M55 5000, lapping all other runners in all age groups. Tim Murphy (M45, 164-9) and Bob Youngs (M50, 159-4) turned in good javelin efforts. □



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THE GUN LAP

by MIKE TYMN

Avoiding Age-Class Clutter

With the average age of our national running population now estimated at about 37, it follows that nearly half of all road race participants are masters. As a result, we are seeing more and more attention being given to masters competition by race directors.

It wasn't too many years ago that races would offer an over-40 category and perhaps one for over-50 runners, but it would end there. The 49-year-old was forced to give away nine years to his younger competitors, while runners in their 60's and 70's would have to give away many more. There was little incentive for the senior masters runner to maximize his or her potential, beyond, of course, self-satisfaction.

There are now quite a few races offering more competitive opportunity for masters runners by means of five-year age groups extending on up to 80 and over.

Why don't all race directors go this

route? I believe it's because there is no real organized lobby among masters and, therefore, many race directors never give it much thought. They just carry over the same divisions from one year to the next.

Even the Boston Marathon organizers are slow to change. They have only three ten-year age groups. What's more, they offer cash prizes only to the fastest masters, thereby making it next to impossible for the over-50 and over-60 divisions to cash in.

Another possible reason some race directors do not adopt five-year age groups is that it creates a lot of clutter.

Add in the junior divisions, even five-year age divisions for the 20- and 30-year olds, not to mention separate divisions for men and women, and the director has himself about 30 different divisions. This adds to the award expense and draws out the awards ceremony. To put it very succinctly, it clutters things up.

That's why I feel a handicap system is the answer to avoiding age-class clutter. Instead of having numerous five-year age divisions for masters, there is only a single division. Men and women masters of all ages are in the same division. (It doesn't have to be limited to masters competition). Each runner is rated on how close to or how far under his or her target time he or she comes. The person closest to or farthest under his or her target time is the winner. Of course, the race director might want to give awards 10 or 20 deep to make up for the fact that three or more people in five-year divisions won't be receiving prizes.

This kind of system has been employed at the Twin Cities Marathon, the Norman K. Tamanaha 15K in Honolulu, and in at least several other races that I know of, and has been very popular. Computerized results make it a very simple process to determine the winners. All that is needed is the target time to be fed into the computer before the race. The computer does all the figuring.

Under this kind of system, a 70-year-

Continued on page 7

Figuring The Target Times

The target times in the accompanying table are designed to achieve equality among age groups and between genders. In addition to serving as race handicap standards, they might also be used as All-America standards.

All of the standards are based upon Mike Heffernan, a Portland, Ore. runner, whose 31:59 was the tenth fastest 10K for 40-44 division Americans during 1985. Because there is much more experience at 10K than at any other distance, the tables of comparative performance established by physiologists Jack Daniels and Jimmy Gilbert and set forth in *Oxygen Power* were used to arrive at times for all other distances. For example, the Daniels-Gilbert tables shows Heffernan's 31:59 as equal in effort (not pace) to a 49:03 for 15K, a 1:10:33 for half-marathon, and 2:27:43 for the marathon.

The Daniels-Gilbert tables are based upon a VDOT reference number. That number for Heffernan is 67.5. Through analysis of records, as well as performances of elite masters who have been running in the masters arena for more than ten years, it was concluded that there is a loss of 2.5 VDOT every five years to about age 60. After that the loss begins to accelerate slightly. Therefore, the 45-49, 50-54, and 55-59 standards for men are based upon VDOT reference numbers of 65, 62.5, and 60, respectively. The 60-64 drops three points to 57, the 65-69 standard 3.5 points to 53.5, the 70-74 standard 4 points to 49.5, and so on.

Going up in age then, we can see that a 34:09 for a 50-54 males and a 45:16 for a 75-79 male are the equal of a 31:59 for a 40-44 male. That fact that only five 50-54 men and only one 75-79 male achieved those times in 1985 is consistent with the fact that the number of participants in each age group diminishes as the age groups go up. That is, there are roughly twice as many 40-44 competitors as there are in the 50-54 division and more than ten times as many 40-44 men as there are 75-79 men.

Since there is much more data available for men than for women, the standards for women were based upon the eleven percent factor. (The difference between world records for men and women at one-mile, 10-K, and the marathon is a near exact 11 percent). Applying this percentage to Heffernan's 31:59, a time of 35:31 was arrived at as an equal effort for a woman. Although no American woman achieved that time in 1985, 40-year-old Priscilla Welch of England recorded a 32:25, more than three minutes faster than the standard. Gabriele Andersen, also 40 and listed as a foreign runner in 1985, did 34:49.

Using the Daniels-Gilbert tables and the 2.5 + loss in age groups, the other standards for women were determined. □ — Mike Tymn

TARGET TIMES

		35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85-89	Open 20-34
5-K	M	14:55	15:24	15:55	16:27	17:03	17:49	18:49	20:07	21:50	24:08	27:39	14:28
	W	16:31	17:07	17:46	18:28	19:13	20:13	21:32	23:17	25:39	28:56	34:15	15:58
8-K	M	24:32	25:18	26:08	27:01	27:58	29:13	30:51	32:58	35:46	39:32	45:20	23:48
	W	27:07	28:05	29:08	30:16	31:30	33:09	35:18	38:10	42:02	47:27	56:12	26:13
10-K	M	31:00	31:59	33:02	34:09	35:22	36:57	39:01	41:43	45:16	50:03	57:26	30:05
	W	34:17	35:31	36:50	38:17	39:51	41:56	44:40	48:19	53:14	1:00:07	1:11:15	33:09
12-K	M	37:33	38:45	40:01	41:23	42:52	44:48	47:19	50:36	54:55	1:00:46	1:09:45	36:27
	W	41:33	43:03	44:40	46:25	48:20	50:52	54:12	58:38	1:04:38	1:13:02	1:26:30	40:10
15-K	M	47:33	49:03	50:41	52:25	54:19	56:46	59:59	1:04:10	1:09:40	1:17:06	1:28:30	46:08
	W	52:38	54:32	56:36	58:50	1:01:16	1:04:30	1:08:45	1:14:24	1:22:01	1:32:38	1:49:41	50:52
10-M	M	51:14	52:52	54:37	56:30	58:32	1:01:11	1:04:39	1:09:10	1:15:07	1:23:07	1:35:24	49:42
	W	56:44	58:47	1:01:00	1:03:25	1:06:03	1:09:32	1:14:08	1:20:12	1:28:26	1:39:51	1:58:11	54:49
20-K	M	1:04:34	1:06:34	1:08:51	1:11:14	1:13:49	1:17:11	1:21:34	1:27:16	1:34:46	1:44:50	2:00:15	1:02:37
	W	1:11:32	1:14:08	1:16:57	1:20:00	1:23:19	1:27:43	1:33:30	1:40:10	1:51:30	2:05:48	2:28:41	1:09:07
Half-Marathon	M	1:08:21	1:10:33	1:12:54	1:15:26	1:18:09	1:21:43	1:26:21	1:32:23	1:40:20	1:50:59	2:07:16	1:06:18
	W	1:15:44	1:18:30	1:21:28	1:24:42	1:28:14	1:32:53	1:39:00	1:47:06	1:58:01	2:13:08	2:37:16	1:13:19
25-K	M	1:21:57	1:24:35	1:27:24	1:30:27	1:33:43	1:38:00	1:43:33	1:50:45	2:00:14	2:12:56	2:32:15	1:19:30
	W	1:30:49	1:34:07	1:37:42	1:41:34	1:45:47	1:51:20	1:58:39	2:08:19	2:21:17	2:39:13	3:07:46	1:27:45
30-K	M	1:39:36	1:42:47	1:46:13	1:49:54	1:53:52	1:59:02	2:05:45	2:14:27	2:25:53	2:41:07	3:04:18	1:36:36
	W	1:50:21	1:54:21	1:58:41	2:03:22	2:08:27	2:15:09	2:23:58	2:35:35	2:51:10	3:12:37	3:46:43	1:46:38
Marathon	M	2:23:10	2:27:43	2:32:35	2:37:49	2:43:26	2:50:47	3:00:12	3:12:27	3:28:26	3:49:45	4:22:03	2:18:55
	W	2:38:28	2:44:08	2:50:14	2:56:50	3:04:00	3:13:26	3:25:47	3:42:02	4:03:46	4:33:38	5:21:04	2:33:11

Anderson, Shooshan RRCA Masters 10K Champions

by JERRY WOJCIK

Lucious Anderson, 40, and Beverly Shooshan, 41, led 40-and-over runners in Fritzbe's 10K on May 17 in Rockville, Md. The race, which was held in conjunction with the RRCA's annual convention, was the RRCA 10K National Championships.

Anderson, of Silver Spring, Md., finished among the top men in the 4100-runner race with a 32:41. Shooshan, of Bethesda, Md., also finished among the women leaders with a 38:43.

Second master was Dennis La Mountain, 41, Richmond, Va., in 33:31. Mary Preisel, 40, Olney, Md., was second to Shooshan with a 40:39.

Among the masters division winners were Fay Bradley, 49, Washington, D.C., and Ed Benham, 79, Ocean City, Md., who, with a 44:36, fell short of his M75 record of 42:15.

Masters women's division leaders included Sharon Hamilton, 45, of Olney, in 41:22, and Helen Sommerville, 60, Arlington, Va., with a 56:46.

Winners overall were Keith Brantley, 24, with a course-record 29:38, and Maria Pazarentzos, 25, in 35:02. □

Over The Hill TC Overwhelms Competition

The North Coast Relay Championships, the outdoor track season opener for Midwest masters, held April 25 in Mayfield, Ohio, near Cleveland, drew competitors representing 16 teams from Ohio, Indiana, Illinois, Michigan, Pennsylvania, and New York.

The Over The Hill TC dominated team scoring in the 10-year age division meet with 172 points. The Greater Rochester TC scored 60 points, and the Indiana TC from Indianapolis totaled 33.

In the sprints, submaster Benny James (GRTC) had day's bests in the 50m (5.84), 100m (10.65), and 200 (21.6). George Smith (OTHTC) won the M40-49 50m (6.30) and 100m (11.6). Hal Robinson (OTHTC) was

a triple winner in the M60-69 sprints with a 6.81 50m; 12.78 100m; and 27.3 200. Essie Kea (OTHTC) won the W40-49 50m (7.93) and 100m (15.19).

In the middle distances, Dustin Mann (Ann Arbor TC) won the M40-49 800 race with 2:10.5, and Bob Milner (Syracuse Chargers TC) posted the best 30-and-over 1500 time of the meet with a 4:41.75.

The M40-49 shot put went to Michael Cavotta (OTHTC) with a one-inch, 41-10 victory over teammate George Mirka, but Mirka settled accounts in the discus with a 141-8 to 132-3 win.

Byron Fike, M75, and Everett Hossack, M85, both of the OTHTC, each took multiple first places in both track and field events. □

Mora-Garcia, Filutze Win \$1500 Each in Los Angeles

Victor Mora-Garcia, 42, of Colombia captured the masters first prize of \$1500 in the Los Angeles Marathon, March 1, with a 2:19:44. John Loeschhorn, 42, of California was second, worth \$1000, in 2:26:32. Pat Murphy, 42, of California took the third prize of \$800 with a 2:28:16.

Two Olympic Marathon Trials qualifiers finished first and second in the W40-and-over race. Barbara Filutze, 40, of Pennsylvania pocketed \$1500 with a 2:47:21, and Harolene Walters, 44, of California ran 2:51:23 for the \$1000 second-place award. Georgia Gustafson, 40, of Alaska collected \$800 for her 3:05:01 third place.

Division winners included: Roy Cosme, M45 (2:36:31); Andre Tocco, M50 (2:44:22); Britain's John Keston, M60 (2:52:38); Sandra Kiddy, W50 (3:14:09); and Vila Hancock, W60 (3:25:05). □



The Gun Lap

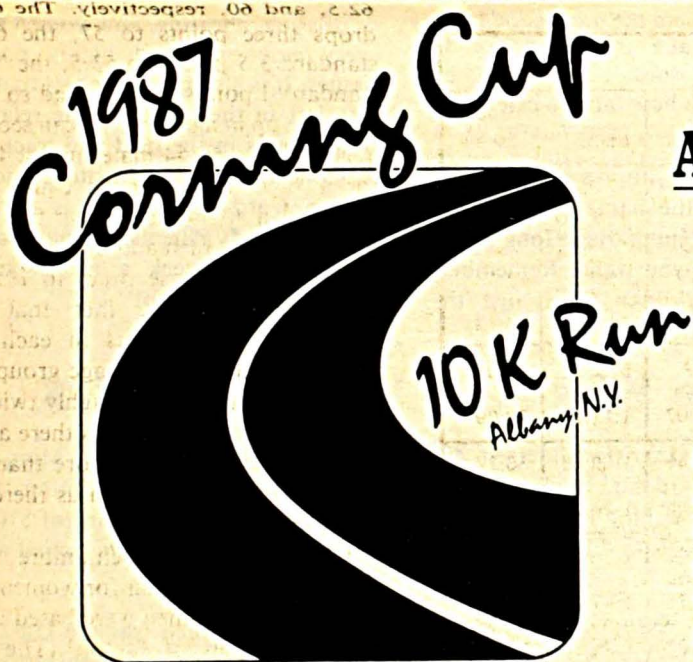
Continued from page 6

old woman can defeat a 40-year-old man. The young 40-year-olds won't necessarily be featured as the "masters winners" or take home all the cash prizes.

Accompanying this column is a table of target times for distances from 5K to the marathon. Some readers might have seen a similar table I offered in

Runner's World last year. Based upon further research and calculations, I have improved upon that table and have added a number of other distances.

If you're a race director, you might want to give it a try. If you're a competitor and like the idea, why not suggest it to a race director in your area. □



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CITY	STATE	ZIP CODE	T-SHIRT
TAG #	BEST OR PREDICTED 10K TIME		
TEAM INFORMATION (COMPLETE ONLY IF OFFICIAL TEAM ENTRY)			
TEAM NAME	ENTRY FEE	7 00	1 7 00
TEAM NUMBER	PASTA DINNER	3 50	
	TOTAL ENCLOSED		\$
WAIVER			
I hereby, for myself, my heirs, executors and administrators, waive and release any and all rights and claims for damages I may have against the Steuben Athletic Club, Race Sponsors, the City of Albany, The Adirondack Athletic Congress and any of their agents for any injuries suffered by me during this program. I attest that I am physically fit to compete in this race. I also agree that any sponsor may subsequently use for publicity and/or promotional purposes pictures of me participating in this event without further obligation or liability from me.			
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NMN



On Approaching Every Problem With an OPEN MOUTH

by W. MacDonald Miller

Let My People Be

I'll be honest with you, when people took their shots at me, I always managed to take it in stride. Furthermore, I was one of the first reporters to take note of an overwhelming correlation: the older and slower a master gets, the higher-pitched and faster-paced he is apt to complain. "Too hot, too cold, too light, too dark, too wet, too dry, etc., etc., etc. I feel it altogether unfair that the jumps I made at home two days before the meet will not be accepted as an official jump. After all, I had a serious conflict the day of the meet, I got my hair dyed."

Being blamed for anything and everything that couldn't be hung on Hilliard Sumner and Ollan Cassell was part of my territory. It was a love affair from the start and I couldn't help myself. Oh, maybe including Higdon is going a little overboard, but you get my point. When people accused me of cheap theatrics, boorish language and having nothing to do with their pathetic efforts under the sacred banner of Track and Field — "Oh darn, I wish we still had world rankings like Track and Field News" — I hung in there and took it like a man because these are my people.

Were my people. The whole charade has now turned that one corner too far and gone totally out of control. First, my colleague and good friend, Tim Mike, abandons what he does so well,

keeping tabs on the favorite colors and desserts of our top master performers, and jumps head-first into an area I felt, by gentleman's agreement, was pretty much my domain. Sure, my taking a well-deserved vacation can account for one article, but how would you explain the rest? The problems of taking a leak, up-wind, is a subject that had to be covered. He beat me to it and I accept being scooped. Pointing out, at this late date, that Jack Foster cut the course in his world record master marathon effort is simply cheap journalism.

Anyway, everyone knows that because so many great masters have cut a course, fudged their age, thrown their own shot, etc., that we enacted a more practical statue of limitations (one hour) to avoid these silly kinds of



Pole-vaulter Carol Johnston set a new M75 world-record of 9-1/8 at the Indoor Nationals in Madison, Wisconsin, March 27-29. Photo by Dorothy Donley

accusations. No sooner does Timmy get this off his hairy chest than he walks right into an area that I feel has been adequately covered by yours truly. This, of course, being the fact that women, for all their grace and beauty, should concentrate on enlarging those areas that do them the most good in the real world. Take my word for it, sweetheart, it doesn't have a damn thing to do with how far you can throw a discus.

Need I remind you, we saw perfectly fit to change the name of the event from the broad jump to the long jump. What more do you want? Remember, these things all take time. Just the

same, I felt Timmy was way out of line with all that talk about heavy breathing hurting women more than men. Believe me, I've competed with a lot of women and the heaviest breathing I ever heard was last week when the blue light went on at the K-Mart.

Pissing, cheating, and women are all very emotional and highly political issues. It is also probably best that they are left in the hands of the relatively few experts in the field and track.

Concerning my favorite subject, I feel a word to the wise is to never forget Woody Allen's profound observation, "men seek a return to the womb — any womb!" □

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Andersen Wins \$1500 in Freihofer's 10K

As expected, Gabriele Andersen, 40, of Sun Valley, Idaho, outclassed the masters field, finishing in 34:58 in the Freihofer's 10K Run For Women at Albany, N.Y., on May 16.

Andersen's victory was worth \$1,500, the W40-49 division first prize. Jane Hutchinson, 41, of Webb City, Mo., collected \$1,000 for her 35:55 second place. Susan Henderson, 40, of Lake Oswego, N.Y., took the third place award of \$700 with a 36:13. Angela Hearn, 41, of New York City, and Juana Stavalone, 41, of San Jose, Calif., collected \$500 and \$400 for their respective fourth and fifth places.

Anny Stockman, 54, of Rensselaer, N.Y., won the over-50 race and \$350 with a 41:22. Toshiko d'Elia, 57, of Ridgewood, N.J., won \$250 with a 42:10, and Margarete Deckert, 54, of LaGrangeville, N.Y., ran 42:59 to win \$150. Fourth place and \$125 went to

Mae Horns, 53, of Edina, Minn., and Bev Goodwin, 55, of Canton, N.Y., took the fifth-place award of \$100.

In all, masters leaders shared a total of \$5075.

The race, which was the U.S. TAC National 10K Championships, was won by Lynn Jennings, 26, who took the \$5000 top prize of the \$22,000 provided to open runners through 15 places.

The 1700 women who took part in the race and the accompanying 5K made up the largest increase in participants the event has seen in a single year, on which race director George Regan remarked, "That leads me to believe that women's long distance running is still growing. The potential is there for a boom in women's running." □

Hallop, Rode Win Masters 25K Championships

by JERRY WOJCIK

Peter Hallop, 40, of Ann Arbor, Mich., with a 1:25:10, won the TAC National Masters 25K Championships which were held in conjunction with the Old Kent River Bank Run in Grand Rapids, Mich., on May 9. Gania Rode, 45, of Traverse City, Mich., ran 1:52:53 to take the W40-and-over contest.

Wally Herrala, 42, also of Ann Arbor, with a 1:26:39, and Dennis Scott, 43, of Toledo, in 1:27:34, followed Hallop.

Second and third masters women were Caroline Murray, 52, of Cardiff, Calif., in 1:52:50, and Marilyn Morehead, 46, of Detroit with a 1:53:37.

Other M40+ division winners were John Beach, 46, Traverse City; Bob Paklaian, 50, Troy, Mich.; Norm Eastway, 56, Lansing, Mich.; and Ed Allen, 60, Livonia, Mich.

Meet organizer was Jeanie Fichtel of the Old Kent Bank and Trust, the event's sponsor. □

Robinson and Dixon Take HMRRC Titles

by PAUL MURRAY

The rivalry between Bill Robinson and Pat Glover stood at two victories apiece as they approached the start of the Hudson Mohawk Road Runners Club Masters 10K Championships on May 2. Since both turned 40 last summer, they have dominated masters competition in New York's Capital Region with Glover owning the most recent win — an 18-second margin in the Price Chopper Half Marathon one month earlier.

No one was surprised when the duo quickly took the lead on the hilly 10K course in Gunderland, New York. At the half-way point Glover had a two stride advantage, but neither runner could open a decisive margin. Coming into the final turn, approximately 250 meters from the finish, the two were still elbow to elbow. Then Robinson drew upon his 4:27 miler's speed to unleash a furious kick to win by 10 seconds in 34:15. Don Beevers was a distant third in 35:58.

The race for the M50 title started out just as tightly as the Robinson-Glover duel, with Lowell Montgomery and Jim Tierney dogging each other's steps. Montgomery, rounding back into competitive shape after a series of injuries, pulled ahead at three miles and finished strongly in ninth-place overall with a 39:07. Tierney finished third behind a hard-charging Herb Reiley.

Sherry Dixon had an easier time winning the W35-44 age group. She opened an early lead and cruised to a 46:05 clocking. The second woman was 57-year-old Nancy Gerstenberger, who picked up the pace in the last mile to pass younger runners Anne Beevers and Ilene Sparrow.

Bob Hennig repeated as M60 champ, finishing more than a minute ahead of Ted Turone. Seventy-one-year old Bill Shrader was the oldest finisher. A total of 69 runners completed the course on an unusually mild spring day.

Fitz and Hearn First Trevira Twosome Masters

by JERRY WOJCIK

Richard Fitz, 43, and Angella Hearn, 41, combined their respective times of 56:41 and 59:19 for a 1:56:00 total to win the age 80-to-99 division in the 9th Annual Trevira Twosome Ten-Mile Race in Central Park, NYC, on April 25.

Age 100-to-119 winners were William Schwartz, 56, (1:05:06), and Lina Connors, 44, (1:04:40).

Age 120-and-over division leaders were Wilfredo Rios, 70, (1:15:00), and Margarete Deckert, 54, (1:11:43).

Overall winners were Bill Reifsnnyder, 25, who ran 49:04, and Lesley Welch, 24, whose 53:04 broke Joan Samuelson's women's 1986 course record of 53:18.

The event drew 1920 entrants (960 couples) and was sponsored by Hoechst Fibers Industries. □



M60 Jim O'Neil (l) (57:22), N65 Naoto Inada (1:01:09) and M50 Michael Tynn (52:26) all broke race age-group records in the Norman Tamanaha Memorial 15K Run, April 6 in Hawaii. Handicaps were based on age-target times derived from Hawaii and National records.

Photo courtesy of Tesh Teshima

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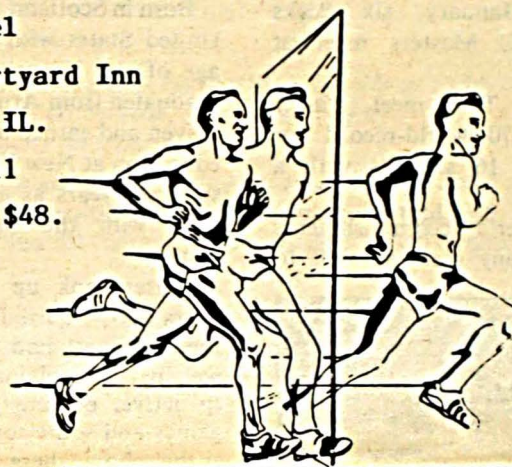
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PROFILE

Frank Carter: 5:32 Mile at 70

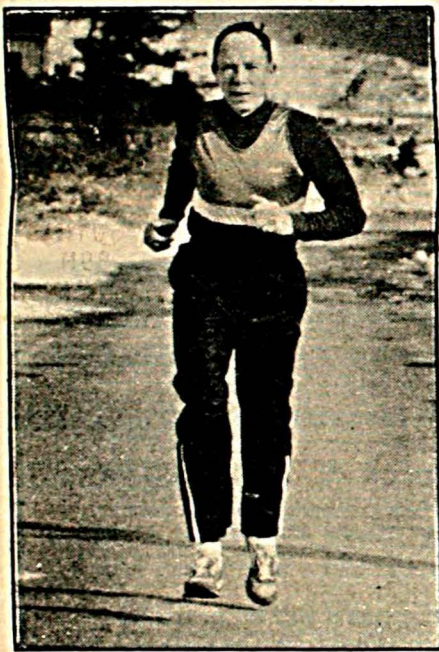
As a student at Weaver High in Hartford, Ct. back during the 1930's, Frank "Scotty" Carter wanted to be a miler. He never made it. The coach assigned him to the quarter-mile.

Now, some 55 years later, Carter has become a miler. On March 15, at Brown University in Providence, the 70-year-old Cape Cod resident recorded a 5:32.4, the fastest mile ever by anyone 70 or over.

The listed over-70 world-record is 5:42.2 by the late Monty Montgomery in 1977. Carter bettered that with a 5:35.7 during January, six weeks before the TAC Masters meet at Brown.

In that same TAC meet, Carter broke the over-70 world-record for 3000 meters by 16 seconds with a 11:27.5 clocking.

News of Carter's accomplishments didn't come as any great surprise to



70-year-old Frank "Scotty" Carter. Carter ran the mile in 5:32.4 on March 15 at the Brown University meet, making him the fastest over-70 miler in the world.

Photo by The Boston Globe

fellow members of the Cape Cod Athletic Club. After all, Carter recorded a 5:04.3 for 1500 meters (the equivalent of a 5:28 mile) at the Waltham Track Club Masters Meet at MIT last year. That may have gone unnoticed nationally because Carter was only 69 then.

In his record-breaking 5:32.4 mile, Carter would have had to pass through 1500 meters several seconds under the 70-74 world-record of 5:11.8 by Merv Jenkinson of Australia in 1980.

Considering that he had not done much speed work before his record runs, Carter feels he can do better. But he doesn't know if he will.

"Hey, I just run because I like to

run," says the retired school principal by phone from his home overlooking the Atlantic. "I've been fortunate and have broken a couple of records, but I'm not interested in traveling all over the country just to set records. My wife and I really don't care to travel. I like to compare my times with the records, and I'm happy with that."

Born in Scotland, Carter came to the United States with his parents at the age of six. He grew up in Hartford, graduated from Arnold College in New Haven and earned a master's degree in education at New York University. He spent 37 years as a teacher and principal with the Bristol, Ct. school system.

Carter took up jogging about 20 years ago. "I lived in Connecticut at the time and had started to put on weight," he explains. "I had been pretty active, playing pick-up basketball games and some softball with the kids at the school where I was principal, but I got up to about 178 pounds. I played around with a couple of diets and they didn't do any good. My son, who was a runner, suggested I try jogging. That's when the jogging craze was just starting. I think it took me a month to do a mile on the local high school track. I'd walk 100 yards, jog 100, and played around with that until I finally completed a mile."

It wasn't until he retired and moved to East Sandwich on Cape Cod in 1978 that Carter advanced beyond two or three miles a day of easy running.

"I had more time and was able to put a little more effort into it," Carter continues. "I began to win the 50-year-old category, even though I was in the 60's. I was running 10K's in a little over 40 minutes, and I thought I'd like to take one crack at breaking 40 minutes. I got a little coaching, started doing interval work, and that did the trick."

With the help of coach Ron Lafreniere, Carter lowered his 10K best to 38:25, although he is quick to point out that it was on an uncertified course. "We don't have many certified courses around here," he explains. "But, like I say, I run to have fun, not to go after records. So I'm not complaining."

That was in 1984. A 39-minute 10K on a certified course the same year earned Carter "All-American" recognition by *Running Times*, right behind Clive Davies and George Sheehan.



Carter poses in front of a few of his awards. In the background is his "All American" award given to him by *Running Times* magazine in 1984 for running 39 minutes for a 10K at age 67.

Photo by The Boston Globe

Carter recorded half-marathons of 1:26:47 and 1:26:48 last year, just before turning 70. Shortly after his birthday, he did 1:07:59 for 10 miles, well under the 1:09:11 over-70 record. Since that also was on an uncertified course, it will not be submitted as a record.

Carter, who now carries 140 pounds on a 5-9 frame, averages seven miles a day in his training. His longest run of the week is ten miles and he takes one day of rest. Before his 5:04 for 1500 last year, a typical interval session was 12 quarters in 78-80 seconds with a quarter rest.

One reason Carter feels he can im-

prove on his recent mile times is that he was not doing much in the way of interval work before those races. "I was doing a little fartlek, but not very much of that, either," he says. "I think I can do better, but that remains to be seen."

Carter developed a hamstring problem after his race at Brown University and was just getting back to running at the time of this interview. He has no special goals or plans.

"I just play it by ear," he says. "I'm very happy just running out here on the Cape. If I don't come back or if I don't break any more records, so what." □

— Mike Tymn

Hearn Grenning First Master in L'eggs 5K

by JERRY WOJCIK

Christine Hearn Grenning, 41, of the Atlanta New York club, ran 19:10 to finish first master and eighth overall in the L'eggs Tune Up 5K in Central Park, NYC, on May 10.

Teammate Lina Connors, 45, placed second in 19:26. Joanne Propp, 40, of the Millrose AA took third with a

20:08.

Other division winners were Bertha Bellinghausen, 53; Toshiko d'Elia, 57; Daisy Klein, 61; and Mayme Bdera, 72.

First 40-and-over racewalker was Arlene Eneman, 53, with a 37:05.

Overall winner was Cindy Girard-Klein, 25, who ran 17:01 to lead the 1519 finishers. □

TAC Wants 1989 LDR Championship Bids

Phil Benson, Chairman of the Masters Long Distance Running Championship Awards Committee, has announced that all races which would like to be considered for 1989 TAC Masters Championships should obtain an application form now. All distances for championships in 1989 will be awarded at the December, 1987, TAC Convention in Honolulu.

With the growth in popularity of masters competition, TAC Championships have taken on a great deal of importance. The awarding of the designation "Masters Championship" to a race has given that event a new importance, generating additional excitement and raising the amount of media attention normally associated

with the event. The next several years will truly be the years of the master, with such names as Frank Shorter, Bill Rodgers and Don Kardong all turning 40.

The following championships for 1988 are still open for bid: 25K and 30K road distance. For 1989, all distances are available: on the roads: 5K, 8K, 10K, 15K, 20K, 25K and 30K; and cross country: 5K, 10K and 15K.

All requests for bid applications should be sent to Championship Committee, c/o Phil Benson, Box 2287, Ocean Township, NJ 07712. Anyone wanting a list of the 1987 and 1988 championships can send a self-addressed, stamped envelope to the same address. □

Raschker Sets Four American Women's Records in Raleigh

Continued from page 1

the heels of Irene Obera's U.S. W40 marks (12.6, 26.1).

"I think I can do better," Raschker said. "I hope to peak at the nationals in Eugene, then take a month-off, and gear up again for the World Games in Melbourne."

Other speedsters furnished good times and multiple victories. Thad Bell won the M40 100m (11.47), 200 (22.79), and 400 (53.33). Larry Colbert, Sr., M50, also tripled in the 100m (12.14), 200 (24.32), and 400 (53.15), with the fastest masters time. Bill Weinacht, M70, won the same events in 13.66, 28.86, and 66.92.

In the middle distance races, Susie Klutz won every W50 division race from the 100m (17.42) to the 5000 (21:42.2), while Lew Faxon took the M45 1500 (4:31.04) and 3000 (9:57.89).

Among the "Alex Almasy" 5K track walk winners were Bob Mimm, M60 (27:40.5), and Alpha Bennett, W45 (34:47.9). High jump leaders included Jeff Watry, M30 (6-4 3/4), and Boo Morcom, M65 (4-7). Masters long-and-triple jumpers had to take back seats to Sammy White, 49, who had meet's bests of 19-1/4 and 37-6 3/4.

In the shot put, Phil Scudieri took the M50 gold medal from Jay Edwards

by 1/4 inch with a 42-2 1/4 toss and won the discus throw with a 143-0 from a large field. Javelin enthusiasts were treated to fine performances by William Buffaloe, M40 (212-3); William Duckworth, M50 (178-10); and Simmons, M60 (135-6).

The road races on the program were a 10K, 25K, and a 20K walk. Thomas

Hare, M40, won the 10K overall with a 35:02. Joyce Magee ran 44:11 to top all women.

The meet, which also included three corporate relays, was put together by the Raleigh Parks and Recreation Department and sponsored by Cooper-Tools. The meet director was Jerome J. Perry. □

Need Back Issues?

Most back issues of the *National Masters News* are available for \$1.95 each, plus 50¢ postage and handling for each order.

Send to:

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

T A C 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). WAVA standards. 5 - year age groups for men and women 30 and older (10 - year relay groups). NO FALSE START RULE. ACCUTRAC 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 1/4" 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) 294-0224: queen single - \$23.95, 2 people - \$25.95, queen-queen 1-2 people - \$27.95, 3-4 people - \$29.95; suites for 1-2 \$40.95m for 3-4 \$43.95, pool, Jacuzzi, satellite color TV, complimentary morning snack, etc. I reserved 50 rooms only until July 10. Call in soon before large convention (18,000) books everything available.

also available: **PICADILLY INN**, corner of Shaw and Cedar, plush, work-out room, free breakfast: all rooms \$49. Call (800) HOTEL CA from California, (800) HOTEL U.S. otherwise right away!

SCHEDULE based on expected hot weather SCHEDULE

Saturday, July 25

8:00 5000 walk
10:00 4x100 relay
10:20 800
10:50 200
11:50 steeple ch
LUNCH BREAK
1:00 300/400 H
1:30 400
2:20 100
3:20 80/100/110 H
4:10 4x400 relay
REST BREAK
5:00 1500
6:00 5000

9:00 *DIS 60+M
JAV 45-59M
†LJ 45-59M
PV 60+M
HJ Women
TJ 60+M
SP 30-44M
10:00 HAM W,60+M
TJ 45-59M
†LJ Women
SP Women
HJ 30-44M
10:30 PV 30-44M
11:00 JAV 30-44M
TJ Women
HJ 45-59M
SP 60+M

Saturday, July 25

1:00 JAV 60+M
SP 45-59M
PV 45-59 M
*DIS Women
HJ 60+M
TJ 30-44M
2:00 HAM 45-59M
LJ 60+M
*DIS 30-44M
3:00 HAM 30-44M
LJ 30-44M
*DIS 45-59M
4:00 JAV Women

Sunday, July 26

8:00 20,000 walk
8:30 10,000 W,60+M
9:30 10,000 45-59M
10:30 10,000 30-44M

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

*North Pit
*Outside Ring



Phil Raschker leaped 4-11 for a new high jump record for U.S. women-over-forty in the Southeastern Masters T&F meet in Raleigh, N.C., May 2.

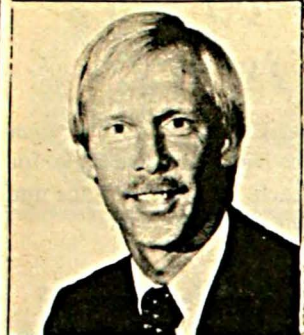
7 More Become Masters Sustainers

Another 7 readers have become *National Masters News* "sustainers" — those who contribute funds to provide additional support to the *National Masters News* and the Masters Athletics Program.

Here are the names of the latest 7 sustainers. We thank you very much for your kind support. Donations can be sent to NMN, P.O. Box 2372, Van Nuys, CA 91404.

Thanks go to: John Barker, Randy Bown, Joe Burke, Ross Carter, William Eipel, C.E. Hirshey, and Richard Lukes.

NAME _____	EVENT(S) ENTERED _____	BEST '87 MARK _____
ADDRESS _____	1 _____	/ _____
PHONE () _____	2 _____	/ _____
BIRTH DATE _____ AGE (7-25) _____	3 _____	/ _____
T A C NUMBER _____	4 _____	/ _____
CLUB _____	5 _____	/ _____
SEX: M _____ F _____	6 _____	/ _____
First event is \$10 = \$10	Number of Meet _____	
#events _____ @ \$5 = _____	T-Shirts wanted _____	
#relays _____ @ \$16 = _____	by size: S _____	
#T-Shirts _____ @ \$6 = _____	M _____ L _____	
TOTAL FEES ENCLOSED _____	XL _____ XXL _____	
	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 _____



Pagliano's Podiatric Pointers

THE FOOT BEAT

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

Neuromas

Q: I have been suffering with Plantar Neuroma in the toes and Metatarsal in my left foot for the past few years. The standard treatment seems to be 1) cortisone, which was of no help, 2) orthotics, which were of no help and 3) surgery, which I hope to avoid. Other than 3, do you have any advice? By the way, massaging my toes seems to bring temporary relief.

A: Neuromas are one of the most common running conditions in runners. They are quite painful and often limit the athlete's workout program. Essentially, a Neuroma is an inflammation of the nerve between the third and fourth metatarsal bones of the foot. This is often times called a Morton's Neuroma.

They are quite common in the general public and one must think that they are really not running-related. However, the use of poorly cushioned shoes, running on hard surfaces and poor foot biomechanics can aggravate this condition.

The nerve that runs between these two bones can be irritated by any of the above factors and as a result it becomes

inflamed and swollen. Scar tissue may surround this area and the nerve becomes very sensitive and sore. The pain often radiates into the adjacent toes.

The first step in obtaining relief is a proper shoe. If there is any Biomechanical deformity, this should be corrected through a foot orthoses or a metatarsal lift. This will reduce stress

to the forefoot area and 'spread' the metatarsal bones and reduce irritation to the nerve.

If this fails, injection of an anti-inflammatory agent into the area is recommended. This can reduce the inflammatory response to the nerve and afford some relief. I usually recommend from one to three injections. These can be injected with a local anesthetic in order to reduce the needle soreness.

Other treatments that are not as effective are the use of physical therapy, that includes electrical stimulation and the use of ice and heat.

The last step is surgical correction. The procedure is rather a minor one (minor if it is performed on you, major if performed on me) and can take place under local anesthetic. An incision is made on the top of the foot. Usually the neuroma is rather easy to isolate and can be removed in about five minutes.

Healing time is between 3-6 weeks and most cases are quite successful. It is worth the pain and discomfort for a limited period of time in order to obtain a lifetime of pain-free running. □

(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.)



"Hurry and take the picture, this thing weighs a ton." Richard Christoph, M35, still managed to take 1st in the Indoor Nationals in Wisconsin in the pole-vault with a new meet record of 15-6. Photo by Dorothy Donley

Nationals To Christen New Track

The 1987 U.S. TAC National Masters Track and Field Championships, to be held in Eugene, Oregon, on August 14-16, will be the first event ever held on the new track at Hayward Field.

The old 440-yard track, last used in the Prefontaine Classic on June 6, has been torn up and a new, Pro-turf, 400-meter track is being laid this month.

A special opening ceremony will be held on Sat. August 15, following the 100m trials, at 4:30 p.m., to welcome the visitors and to christen the new track.

Everyone is invited to the annual masters T&F meeting, to be held at the Eugene Hilton immediately following the Saturday brunch.

More than 800 age-30-and-over participants are expected for the 20th annual event. Oregon and the Eugene area have a wealth of recreational opportunities, such as white water rafting, fishing, wineries, the Pacific Ocean and the mountains. Anyone wanting more specific tour information can call 1-800-547-5445 (outside Oregon), or 1-800-452-3670 (in Oregon); or write to: Eugene-Springfield Convention & Visitors Bureau, 305 W. 7th St., Eugene, OR 97401. □

TRACK & FIELD NEWS



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TRACK AND FIELD NEWS

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Norm Green, 54, runs 32:46 in the Pacific Sun 10K, Kentfield, CA, May 25, for a single-age record. Photo by Gene Cohn

CLUBS

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

EAST

Greater Boston Track Club
PO Box 236
West Newton Village
MA 02165
617/969-9808

Liberty AC
14 Rutland St.
Cambridge, MA 02138

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

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

Sugarloaf Mountain AC
Box 659
Amherst, Mass. 01004

Annapolis Striders
P.O. Box 187
Annapolis, MD 21404

Potomac Valley Seniors TC
Lynda Durfee
250 S. Whiting St.-315
Alexandria VA 22304
703/370-5646

Elkins Park Road Runners
7905 High School Rd.
Elkins Park, PA 19117

West Pennsylvania TC
1245 Alamae Rd.
Washington, PA 15301

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

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

Greater Rochester TC
PO Box 258
Brockport NY 14420
Dick Withrow, Pres.
716/637-8151

North Jersey Masters
P.O. Box 56
Ridgewood, NJ 17450

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

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

Merrill Lynch Athletic Club
517 Highway 33
Englishtown, NJ 07726

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

Central Park TC
945 Fifth Ave., #3A,
New York, NY 10021

New York Pioneer Masters
c/o G. Shane
2400 Sedgwick Ave., Suite 2-5C
Bronx, NY 10468
212/733-8767

Atlanta Track Club
c/o Bob Glover
4 East 75th Street
New York, NY 10021

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

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

Philadelphia Masters
c/o Fred Mannis
104DW. Montgomery Ave.
Ardmore, PA 19003
215/642-5989

Master Key Track Club
c/o Larry Williams
18 Mitnick Ct.
Baltimore, Md. 21236

SOUTHEAST

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

Richmond T&F Club
PO Box 6701
Richmond VA 23230
Attn: Bill Cole

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

Huntsville TC
8811 Edgehill Dr.
Huntsville, AL 35802

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

Charlotte TC
P.O. Box 11364
Charlotte, NC 28220

Memphis Runners TC
P.O. Box 17981
Memphis, TN 38187-0981

Charlottesville TC
311 Westminster Rd.
Charlottesville, Va 22901

Palm Beach T&F Assoc.
5300 Cannon Way
West Palm Beach, FL 33415
305/471-1891

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

Virgin Islands Pace Runners
Box 2720
Christiansted, St. Croix
U.S. Virgin Islands 00820
809/773-7171

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

Spartanburg StrYders
266 South Pine Street
Spartanburg, S.C. 29302
Attn: Jack Todd

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

Greenville Track Club
PO Box 16262
Greenville SC 29607
Jack Gilmore: 803/242-6600

Brandon Running Assn.
P.O. Box 1564
Brandon, FL 34299
813/685-8635

MIDWEST

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

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

Legend Harriers
Roger Toothman
6543 Beecher Rd.
Granville OH 43023

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

Dayton Masters Track Club Inc.
Robert Jones
4867 Germantown Pike
Dayton, OH 45418

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

Second Wind Running Club
Al Morris
1207 S. Oak
Champaign, IL 61820

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

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

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

Wolfpack Track Club
Jim Pearce
2449 Southway Dr.
Columbus, OH 43221
614/294-4606 (days)

Ann Arbor Track Club
PO Box 7551
Ann Arbor MI 48107
Don Sleeman
313/426-5430

Ohio River RRC
Jim Gerard
61K Winchester Pl.
Dayton OH 45459

Peabody TC
Wayne Roberts
P.O. Box 127
Columbus OH 43216

Clifton TC
Mike Boylan
300 Atlas Bank Bldg.
Cincinnati OH 45202

Toledo RRC
Tom Kovacs
3262 N Reach Dr.
Oregon OH 43616

MID AMERICA

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

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

Lincoln TC
2900 John Ave.
Lincoln, NE 68502

Plains TC
P.O. Box 14102
W. Omaha Station
Omaha, NE 68124

Prairie Striders
Box 267
Brookings, SD 57006

Gateway Athletics-St. Louis
13453 Chesterfield Plaza
Chesterfield, MO 63017
314/434-9577

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

St. Louis Metro Masters
T&F Assoc.
Jim Irwin
536 Windsor Mill Dr.
Ballwin MO 63011
314/394-4166

SOUTH WEST

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

Space City Masters
John Hartfield
15106 Chaschill Dr.
Missouri City, Texas 77489
713/721-9388

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

Dallas Masters T&F Club
Joe Murphy
4308 N.C. Expressway, S-206
Dallas, TX 75206
214/824-3800

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

Houston Masters Sports Assoc.
14 Sandalwood
Houston, Texas 77024
713/781-2810

Palm City Masters
P.O. Box 220
McAllen, Texas 78501

San Antonio TC
Steve Smith
126 Brightwood
San Antonio TX 78209

Santa Fe Striders
Jim Gerard
Santa Fe, NM 87501

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

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

New Orleans TC, Inc.
P.O. Box 52003
New Orleans, LA 70152-2003
5-4/362-0090



WEST

Tahoe T&F Club
c/o Joan Stratton
P.O. Box 9089
South Lake Tahoe, CA 95731

California Road Runners Club
P.O. Box 891
Tarzana, CA 91356
818/888-5526

Ali Baba's
High Country Road Runners
647 W. 3rd St.
Reno, Nevada, 89503
702/323-2112

Hawaii Masters Track Club
c/o Stan Thompson, President
Jim Irwin
2164 Halekua Drive
Honolulu, HI 96821

Corona del Mar TC
1740 Grandview Ave.
Glendale, CA 91201
818/843-2139

Walkers Club of Los Angeles
358 W. California Blvd. 101
Pasadena, CA 91105
818/577-2123

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

Seniors TC
c/o Hal Winton
24409 S. Myler St.
Harbor City, CA 90710

LA Valley Athletic Club
1801 Avenue of the Stars
Suite 415
Los Angeles, CA 90067

Pegasus USA Masters TC
c/o Wayne Douglas
5267 1/2 Village Green
Los Angeles, CA 90016

San Fernando Valley TC
13722 Burbank Blvd.
Van Nuys, CA 91401
818/780-7719

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

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

Southern California Striders
John White
200 Costa Court
Fullerton, CA 92631
714/871-6532

Trojan Masters TC
1147 W. Rowland Ave.
West Covina, CA 91790

South Coast Runners Assoc.
3857 Birch, Suite 442
Newport Beach, CA 92660

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

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

West Valley Joggers & Striders
1124 Kensington Ave.
Sunnyvale, CA 94087

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

Empire Runners
4700 Fougler Dr.
Santa Rosa, CA 95405

Northern California Seniors TC
2766 Summit Dr.
Hillsborough, CA 94010

Complete Runner Track Club
24074 Willow Creek Rd.
Diamond Bar, CA 91765

Maccabi Union USA
2080 Century Park East
Suite 401
Los Angeles, CA 90067

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

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

Easy Striders Walking Club
Suite 721, P.O. Box 2714
Huntington Beach, CA 92647

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



NORTHWEST

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

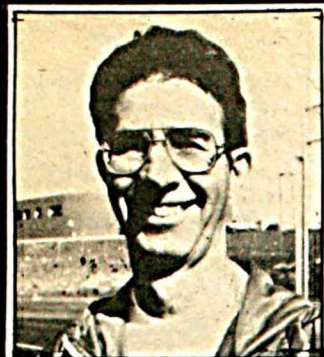
Bigfoot Masters
c/o Duane Hartman
Spokane Community College
N. 1810 Greene St.
MS-2050
Spokane, WA 99207-5399

Snohomish TC
4206 242nd St. SW
Mountlake Terrace, WA 98043

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

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

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



MASTERS TRACK & FIELD REPORT

by JERRY ALAN DONLEY

Chairman, TAC Masters Track & Field Committee

Wanted: Site for 1988 Indoor Nationals

I am becoming increasingly concerned about the lack of interest in hosting the National Indoor Masters Track and Field Championships for 1988. San Diego is the only city which has expressed any interest in the meet. Negotiations are progressing, but not rapidly, and obtaining the facilities there for more than one long day are not encouraging.

Even assuming San Diego can come forward with a bid, it discourages me that no other club or association has wanted to assume that responsibility. It is not a difficult meet to sponsor and the turnout is always good. There is no reason the local organization can't make a good profit, and the benefits to the community's economics can be dramatically demonstrated. We should have a waiting line for that meet, and more than one community ought to be interested.

At this time I am asking all associations to look seriously at hosting the

1988 Indoor Meet. Contact Ron Salvio and Max Goldsmith if you have an interest, so bid information and procedures can be sent directly to you. The National Committee has no policy that precludes an organization who has hosted a meet in the past from doing it again, and, in fact, encourages that sort of interest.

Over the past several years, meet directors seem to have had fewer and fewer problems dealing with competitors' problems and complaints. There will always be problems — late entries, no entries, lost entries, ques-



Relaxing at the Indoor Nationals, Madison, Wisconsin, are from left to right: Eileen Ille, Ted Ille, Don Hull, Betty Sponseller, Jay Sponseller, Jim Manno and Tim Dyas. Photo by Dorothy Donley

tions on timing, seeding and results — which deserve resolution. Meet directors and officials simply must deal with those kinds of problems in good humor and wisdom. And meet directors and officials must be dealt with in the same fashion. There is no cause or justification for rudeness, inappropriate attitudes or language. We do not need any competitors at any meet who persist in creating disruptions, or in being

rude or inappropriate. Meet directors have much discretion in how to handle the situation, and hopefully all problems can be resolved at that level. I have no problem in collecting data on repeat offenders, so that appropriate discipline or appeal action can be taken in accordance with the TAC/USA bylaws.

For those of you planning to attend the TAC/USA National Convention in Honolulu in December, United Air Lines has been selected as the official airline. It will offer a five-percent discount off its fares from first class through the already discounted Ultra Saver — and 40 percent off coach (4th-class) on an unrestricted basis. Reservations may be made directly with United or through a travel agent. The number to call is 1-800-521-4041, and be sure to reference TAC's discount code number (7180 H). The discounts will apply to travel to and from Honolulu on United between December 1st and 20th. □

1987 ILLINOIS MASTERS TRACK and FIELD GRAND PRIX SERIES

Sponsored by **Etonic**

Rules and Regulations

A. A series of 4 meets in Illinois

- 1 June 6, 1987 Augustana College, Rock Island, IL
Contact: Pete Stopoulos, 1029 - 16th Ave.
E. Moline, IL 61244 (309) 755-2655
- 2 June 14, 1987 Rockford, Illinois
Contact: Dick Green, P.O. Box 6147
Rockford, IL 61125 (815) 397-5685
- 3 July 25, 1987 Libertyville, Illinois
Contact: Craig Dean, 719 Stonegate Ct.
Libertyville, IL 60048 (312) 367-6347
- 4 Aug. 2, 1987 Bloomington, Illinois
Contact: Dick Green, P.O. Box 6147
Rockford, IL 61125 (815) 397-5685

B. Qualifications

1. TAC Number required (TAC Entry Form available at meet sites)
2. \$5.00 Entry Fee for the Series
3. Age as of June 6th will be age for entire series
4. Ages 30-90 male and female - 5 year age group
5. Open to all USA Athletes
6. You must compete in at least 3 out of the 4 meets
7. You must register for Grand Prix on or before June 14th

C. Events

1. 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

1. 1st - 3 points, 2nd - 2 points, 3rd - 1 point
2. 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 _____



1. DISPLAY ADVERTISING RATES

Column Inches	Ad Size	Cost	Width	Height
52	Full page	250	10"	13"
39	¾ page	210	10"	9 ¼"
			7 ½"	13"
26	½ page	160	5"	13"
			10"	6 ½"
13	¼ page	100	5"	6 ½"
			10"	3 ¼"
7	1/8 page	60	5"	3 ¼"
			2 ¼"	6 ½"
3 ½	1/16 page	50	2 ¼"	3 ¼"
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

- a. See display rates for ad sizes.
- b. Photo offset printing.
- c. Negative ok. No mats, cuts or plates.
- d. 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



INDIAN BLANKETS

Special Offer Free Blessing Size 72x90. And Choice Of Blue Or Brown. Authentic Indian Design Each One Personally Blessed By Wise Owl, Medicine Man And Chief Drowning Creek Reservation \$150. Value For Only \$39. Postpaid Satisfaction Guaranteed. The Only Blanket Offered To Public Blessed By Indian Medicine Man. Your Order Provides Help Urgently Needed By Tribe. Please Print Write. Honorable Chief Wise Owl R/R2, Box 108, Maxton, N.C. 28364.

Write On Continued from page 2

valid Masters race, whether it be of 40, 50, 60 or 70-year-old athletes, ask someone who knows who and where they are, and a proper competitive race between age group peers can be arranged. This would be a real race with close competition and not the travesty you visited on those who bought tickets to your event at UCLA.

Please pass this letter on to your announcer if you intend to use him again since he apparently has not got the sense or good taste to know what is acceptable public address announcing.

*Very truly yours,
David H.R. Pain
San Diego*

To: David Pain
San Diego, Calif.

Dear David,

Re. your comments on the Legends 100 at the Pepsi, I wanted to clear up a point. Ours is not a Masters event. I know your dedication and interest in the Masters program and how much you have contributed.

Ours is a Legends, former athletic greats (or not so greats). It is never intended as a Masters event. Only a meeting of former track stars as they now appear. We have trouble attracting the truly greats, as they seem to have lost interest. So we settle for what we can get.

*Best regards,
Al Franken
Beverly Hills*

ALL-AMERICAN STANDARDS

How about also initiating an All-American masters program for the masters long distance events? Several masters distance runners in our area have excelled in regional and national competition in various distance events and we know they are All-Americans. Just a cut below these great athletes are other good masters runners that would appreciate published benchmarks for measuring their performances and establishing personal goals.

I would appreciate any thrust you could provide to such a program.

*Auldon Johnson
Stillwater, Minnesota*

When will All-American Standards be established for the Women's Hammer and Weight-Throwing events and the man's 35 lb. and 56 lb. Weight Throws? Thanks for your excellent publication and outstanding contributions to Masters Track and Field.

*Brenda and Dick Bloomfield
Greer, South Carolina
(Additions to the All-American Standards will likely be proposed at TAC's Convention in Honolulu in December — Ed.)*

My first impression of these All-American Certificates was that it was an attempt by someone just to make money. However, if NMN is doing it, I'd pay \$20 each, as I have the highest

regard for NMN and am grateful for what you have done for this sport. As other writers have said, the standards are too easy. I've been in races where I beat the standards and didn't even place! Perhaps they should be a bit tighter.

*Dick Glasgow
Germany*

In your U.S. Masters chart of Standards of Excellence for men, the hammer listed for men 60+ is the 8-pound. However, in your table of throwing equipment, you list the 5K hammer for men 60-69 and the 4K hammer for men 70+.

Why do you use the lighter hammer in the Standards of Excellence for men 60-69 when they throw the heavier hammer in competition? Only the 70+ men throw the lighter hammer. It's very confusing.

*Audrey L. Bergenbach
Chattanooga, Tennessee*

(Indeed it is. As we noted last month, since U.S. shot and hammer competitors often use "pound" weights — rather than the "kilogram" weights officially used on the world level — U.S. age records and All-American standards are based on "pounds" for those two events. At WAVA's Convention in November, the U.S. will propose that WAVA adopt the U.S. policy. — Ed.)

AWARDS, CHEATERS, AND MILLER

Thank you for firing the man that left my shot put throw off the All-American list. No other action need be taken, or else Portland's Frank Miller might heap more wrath upon the fledgling program. In fact, I'm planning to lighten up on myself and this year travel only 250,000 miles in quest of these "hollow awards." I have also cancelled the third lung implant, cut my blood-doping budget to \$12,000, and plan to use last year's titanium spikes.

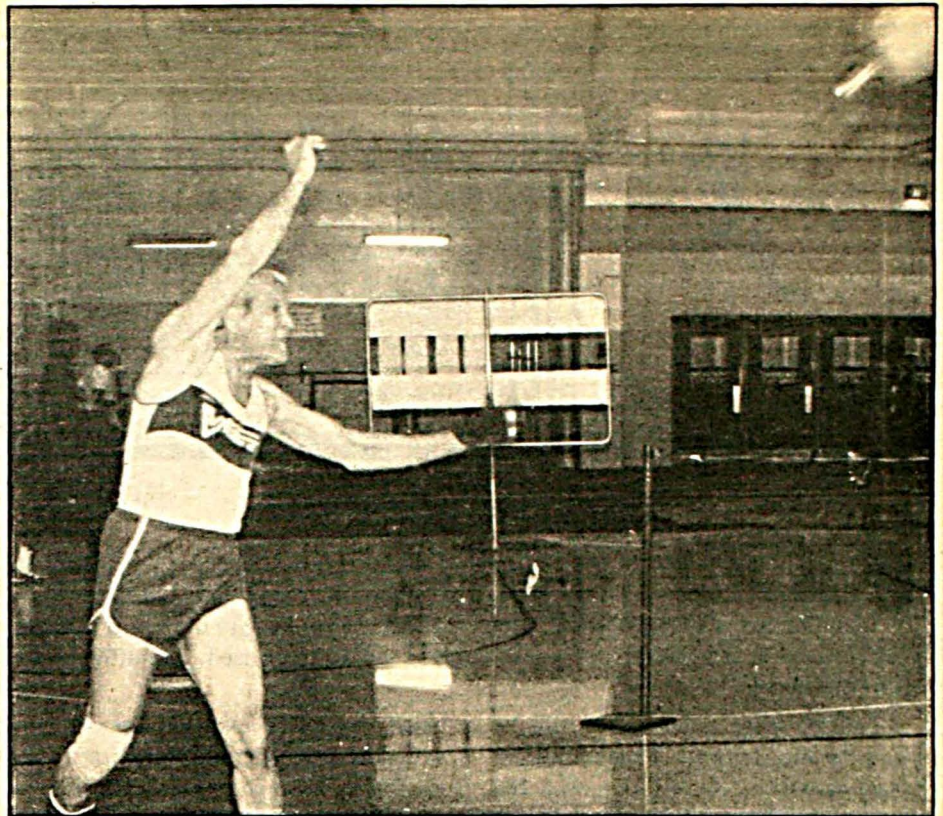
As for Sidney Gendin's doctoral thesis on cheating, I couldn't agree more. Let the cheaters flourish, set up Cheater's Games with the hop, skip, step, and jump, wooden shots, missing lap numbers, etc. First prize could be made of a material resembling synthetic rubber and look like Cheeta the Chimp. Second prize could be a stolen car filled with blonde store-dummies.

What I'm really writing about is that I'm very worried; not about Jack Greenwood — he'll be okay. But about W. MacDonald Miller up there in the high plains of Montana. With all those Buffalo Chips, if he got lost, how would we know which one was Miller, if anyone cared to search?

*Boo Morcom
Wilmot Flat, New Hampshire*

FOSTER'S 2:11:19

In your January, 1987 issue, Mike



The legendary Nolan Fowler in the M70 Weight throw, 1987 TAC Masters Indoor Championships, Madison, Wisc.
Photo by Dorothy Donley

Tymn and Joe Burgasser questioned the validity of Jack Foster's 2:11:19 Masters Marathon record time in the 1974 Commonwealth Games. The basis for their skepticism was their lack of knowledge about the accuracy of the course length. Under most similar circumstances, this would be difficult to document 13 years later. However, it happens that the 1974 Commonwealth course is also that present day course of the Moro Christchurch (New Zealand) Marathon. In addition, the Moro race is an AIMS (Association of International Marathons) event.

AIMS has a policy concerning course measurement whereby the course is measured to standards which have been developed based on work done by the Road Runners Club of England and the TAC Standards Committee, and then remeasured by an independent validator prior to the running of the event. For example, I recently measured the Orange Bowl Marathon course (an AIMS event) and obtained a TAC certification on the measurement. The course was then remeasured by Wayne Nicoll, the TAC RRTC (Road Running Technical Committee) Vice Chairman and one of 21 AIMS-approved validators. Mr. Nicoll then rendered his report on the accuracy of the measured course to the race organizers and to AIMS. This double check only regularly occurs on AIMS courses and when a record is set on a TAC certified U.S. course.

Given the foregoing, I contacted Mr. Andy Galloway of Hamilton, New Zealand, who is the AIMS Secretary. I asked Mr. Galloway if the Moro course had been measured, to what standards, and if the present day Moro course is in fact the same used for 1974 Commonwealth Games. His reply (copy enclosed) confirms that the course was measured to AIMS/IAAF/TAC Standards last year by Mr. Bob Read of

Hamilton, New Zealand and found to be at least the stated (marathon) distance, and that the Moro course and 1974 Commonwealth course is the same.

I hope this information will remove any remaining doubts about one of the finest athletic achievements of our time.

*Douglas L. Loeffler
Boca Raton, Florida*

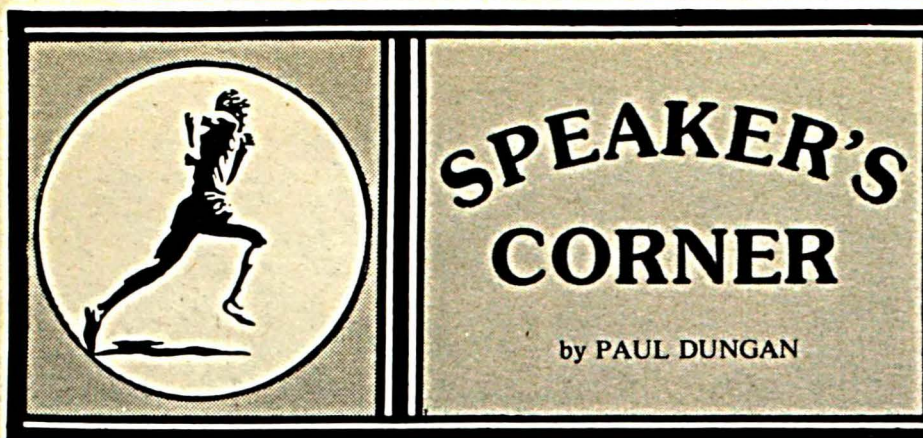
METRO MEET HIT

State Championships and local district meets have long run separate heats for locals, or awarded different medals to local athletes and, while arguments can be made against these practices, they have come to be expected and tolerated. But never have I witnessed such a calculated travesty as the "mugging" that occurred at the Metropolitan Athletic Track and Field Championships held on Long Island on May 17.

As one athlete exclaimed, "Open Wallet Surgery" was deftly performed at the hands of meet director Sandy Pashkin. Pashkin published no entry form in the National Masters News and nowhere in her announcement of the meet (in the same) did information occur regarding entry fees. Her entry blanks were put out, locally, so late that many of her own club athletes were unaware of changes!

She then called local people to inform them that she would be doubling entry fees after May 9, but neglected to use the obvious list of last year's competitors. Runners who traveled great distances within the state to attend the meet were then greeted by an astronomical \$8 per event entry fee. Pashkin's lame excuse, "You should have called me" reflected her obvious lack of forethought. Regarding phone calls to Pashkin, she was overheard

Continued on page 16



Does Anyone Care?

Part of the schedule of the National Masters T & F Championships, held in Eugene this August, is very good. Unfortunately, part of it is not so good. It could have, and should have, been excellent. They chose to disregard the proposal I made in the January issue. However, I am not surprised. The athletes are again the losers.

Consider these points: they will be using the time between 2 pm and 6 pm for competition, so the potential for very hot weather and windy conditions exists. They have bunched the schedule, especially on Sunday, and have not allowed for adequate time between some trials and finals.

Once again, no 800-meter trials will be held, so sections will be run in some divisions. They have scheduled the entire event between 11:30 a.m. and 12:30 p.m. on Sunday. Based upon previous entries, it most likely will take between 1.5 and 2 hours to complete; maybe longer. The 200s are scheduled at 12:30 on Sunday, but, if you look at the events preceeding this, it most likely will be much later before the 200s begin. Also, there is inadequate time between trials and finals in this event. The 5000s could very likely take more than the two hours they have been assigned on Sunday morning. There are quite a few distance runners in Oregon alone, and there could be quite a few entries.

Also, the 3200 Relay has been placed far too close to the open 800. These are older athletes being given the chance to run two hard 800s within two or three hours of each race. This is absolutely ridiculous. I am *not* an 800 runner; I merely see the harshness of such a situation, and, at that time of day, it could be terribly *hot*.

The steeplechase events are scheduled for 6:00 to 6:30 on Saturday evening. Most likely these will take longer than that, and it also probably will be too hot, at that time, for this tough event. The 5K walk will be conducted at 2 p.m., and, again, the heat and wind will play havoc with these athletes. There is no reason for this type of scheduling, and, if intelligence was used, it would not occur. But *who really cares?*

The Nationals should be a four-day meet. The schedule I proposed was an intelligent guide to work from. *When athletes train all year to compete, they should have the opportunity for maximum safety and the chance to accomplish maximum results.*

Granted, it means staying at the

meet site for an extra day or two, but when an athlete trains hard for a long period of time to prepare, he/she will be prepared to spend a few extra days and not want to *rush* through the meet to see how fast they can get back home. That might be the case for the athlete who has not prepared long and hard and who views this as simply another social get-together, *but track & field is more than just social recreation*. Most of the athletes at a national championship meet are there mainly to try to attain their best possible performance, based upon their preparation and ability. *Why are the athletes continually being given less than the best efforts possible for them?*

Another case is the Western Regional Meet to be held at Fresno in late July. It will be extremely *hot* in Fresno at this time. This should definitely be a night meet, with necessary trials in the morning hours. Any events run between noon and 7 p.m. are a *complete dis-service* to the athletes. The meet is scheduled to be held at Dutch Warmerdam Field, where there are no lights. This entire meet should be held at the newly refurbished Ratcliffe Stadium, site of the former *West Coast Relays* that, for years, was held at night in May and was the greatest meet of its time.

Ratcliff is a municipal stadium, and supposedly, too expensive for a lowly masters meet. Someone should let the powers in charge be reminded that municipal sites should sometimes be for the use of *people*. Naturally there are operating costs involved, but they should be covered by the athletes' entry fees and sponsorship money. The site and the schedule are the most important factors for any successful meet, along with competent officiating. To have a big meet in Fresno in the 105-degree, heat-of-the-day is a complete disregard for the competing athletes. *Is there no one who cares?*

I merely see the conditions as they are and have been for years, and I ask why the athletes continue to be short-changed, and worse. It is possible to have excellent conditions most of the time, yet continually get far less. □

Write On Continued from page 15

telling one athlete her phone had been periodically out of order that week.

"Caveat emptor" should apply to meets Pashkin is involved in: "Runners Beware!"

Kathy Pierce
Cortland, New York

Pierce's letter is so filled with inaccuracies and dripping with venom, that it is difficult to know where to start. However: the one and ONLY entry blank available clearly states - \$4.00 per event for entries received by May 9th and \$8.00 after May 9th and for post entries. This fee structure was set by MAC Masters T & F Committee and the executive committee of the NYM (the sponsoring club) to discourage entries the day of the meet. This information was given to athletes who called me (my phone was out of order only one day). This was a local, not a state or regional championship, and all the local teams had entry blanks. If Ms. Pierce is willing to donate the funds to advertise in the National Masters News, I'm sure MAC's Master Committee would accept her offer.

Sandy Pashkin
New York City

ST. PATTY'S NOT CERTIFIED

In your June issue, your results list Mary Knisely as setting a "world best" of 15:44 in the St. Patty's 5K. Since Patti Sue Plummer holds the women's U.S. 5K record of 15:30.2, something is wrong.

Here's what happened. Mary Knisely actually ran a time of 15:12. Unfortunately, the race director was required to make several routing changes on his certified race course in the days preceding the event. He was not aware that those changes had to be documented and the course submitted for a new certification prior to race day. Had proper application procedures been followed, Mary Knisely would probably have a pending U.S. Women's Open Record and World Best for the 5K road event.

This matter only reinforces my opinion that any race that can afford to lure elite athletes with attractive purses can certainly afford to hire an elite measurer to put the course in order, prior to the event.

Wayne Nicoll, National Certifier,
Vice Chairman, Road Running
Technical Committee, TAC/USA

GREENWOOD'S HEART ATTACK

I was shocked and saddened to read that Jack Greenwood had suffered a heart attack last month and is now sidelined (for the time being).

The masters program will sorely miss him, for here is a man who 1) is a fine gentleman 2) a great competitor and 3) one of the most consistent outstanding runners the masters T&F program has had the fortune to be blessed with.

Now that Jack has been sidelined from the running aspect of our program (and I hope it's only temporary), may I suggest to Jerry Donley, the chairman of TAC Masters T&F Committee that Jack Greenwood's expertise be put to use as a member of the T&F Committee as soon as possible? By doing so, I'm sure Jack could instill some new ideas, life and meaning into masters t&f, and just perhaps wake-up some committee members who just might be resting on their laurels (as well as other things). After all, Jack has been in the program a hell of a lot longer than any committee member I can think of. We should have been getting some new blood into the program; and let's keep it up!

To Jack I say (and I'm sure I'm speaking for most of us), a speedy recovery, one that is as fast as you run. And to Nancy, keep up the wit and good humor you have always displayed and help get Jack back on his feet quickly, for we all need him.

Al Guidet
California City, California

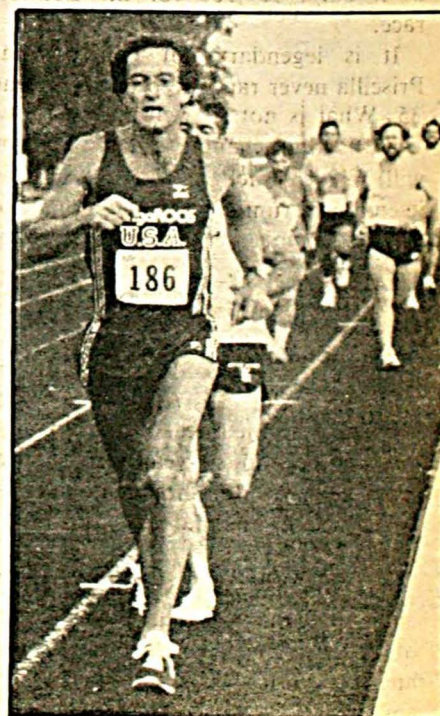
■ The letters column is an open forum for all viewpoints on subjects of general interest to our readers. Letters should be addressed to: Write On, NMN, P.O. Box 2372, Van Nuys, CA 91404. They should be kept as brief as possible and are subject to condensation. They must include a signature and a valid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

Albuquerque Pentathlon

Continued from page 1

two events, the 3200 and 800 but decided to drop out of the last three events because he was nursing a sore leg. This was two weeks before he won the Legends Mile in Eugene.

Runners had about 45 minutes rest between races. Various strategies are employed. For example, short distance specialists tend to lay back on 3200 and 1600 races, then go for more points in 800, 400, and 200. □



Jim Irwin, M40 (#186) of Ballwin, Missouri winning one of the 3200m races at the Albuquerque Runners' Pentathlon, in 11:13.80.

PROFILE

Priscilla Welch

by DICK LACEY

When England's Priscilla Welch, at age 42, finished second overall among women behind Ingrid Kristiansen with a time of 2:26:51 in the London Marathon on May 10, it marked the greatest single performance ever by a masters female athlete. In fact, it could be argued that it was the finest achievement by an over-40 of either sex in major international competition.

Consider what Welch did: she beat everyone but Kristiansen in a field that included many of the world's best women; her time was not only a new masters record but was the eighth-fastest marathon ever run by a woman on any age; she set a new National all-age mark for Great Britain, and in the process beat the British National champ, Veronique Marot, by a whopping four minutes; she knocked two minutes off her own PR, set in finishing sixth in the 1984 Olympic Marathon at age 39.

Welch has been on a roll ever since the Olympics. She has been almost

"Running fulfills my need for self-expression. When I run, I'm a racing bird coming out of its cage."

literally miles ahead of all other female masters, and has been always near the top in open competition. In 1986, she won over \$47,000 in prize money, which put her fourth in the world — not a bad haul for a self-styled "old lady of 42." And 1987 so far is proving to be even more profitable, including, as it does, \$27,500 for the London race.

It is legendary, of course, that Priscilla never ran a step until she was 35. What is not so well-known, however, is that chance (or fate, if you will) played such a big role in her becoming a runner at all, let alone one of the top marathoners in the world, regardless of age.

In December 1978, Priscilla Welch (she was then Priscilla Mayes of Her Majesty's Navy, rank: petty officer) had reached a crossroad in her life. She was stationed near Oslo, Norway, and the second six-year term of her enlistment was up. Should she re-enlist or return to England and look for a civilian job?

Priscilla had left school at fifteen and for several years had tried a variety of careers. Then came her twelve-year hitch in the navy, but that wasn't the answer either. She knew she had been drifting along, always hoping to find herself. "I knew I had to make a deci-

sion," she says. "I wasn't getting anywhere. I had to change my life."

Priscilla didn't realize it then, but the decision was made for her when she met Regimental Sergeant Major David Welch, also stationed in Oslo with the British Army. They started dating and a year later were married. Simultaneously, Priscilla acquired a husband, a coach and a new career.

She recalls, "When I was younger I always did a lot of biking, but I never ran at all until I met Dave, and he got me started."

Although Priscilla found she enjoyed running, she had no thought of getting into competition; in fact, she actually resisted the idea. Dave persisted, however, and in 1979 they went over to Sweden for the Stockholm Marathon. They had not trained properly for it, but she managed to finish the race, and from then on she was hooked. The team of Priscilla Welch, runner, and Dave Welch, coach, was on its way!

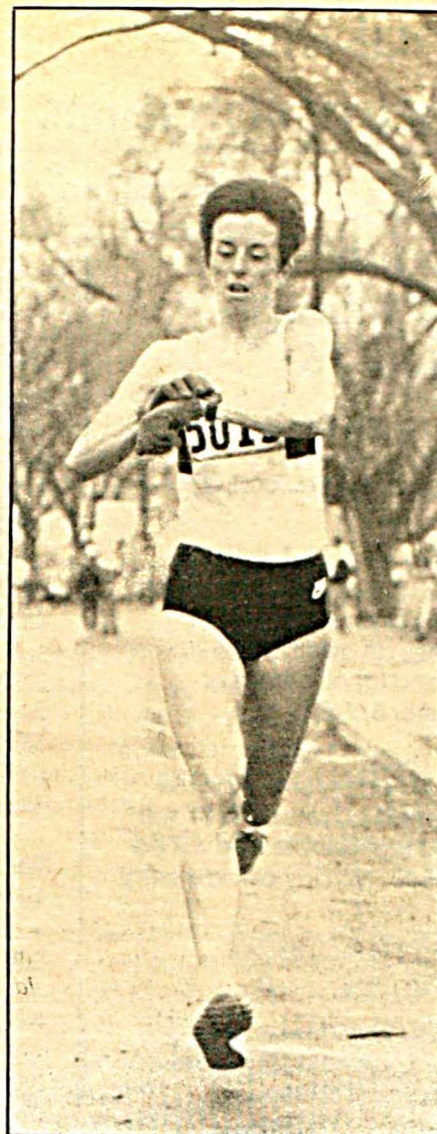
"I had never been academic," says Priscilla. "I had no talent in art, music or writing or anything like that. I finally found the answer to my need for self-expression in running. It has become an art form for me. When I run, I'm a racing bird coming out of its cage."

Good potential

By 1980, it was evident to Dave that his wife had the potential to become a formidable distance runner, so they decided to devote that whole year exclusively to training for the 1981 London Marathon. The result was that Priscilla went under three hours for the first time.

Later that year, Dave was transferred to the Shetland Islands, the northern-most outpost of the British Isles. The Shetlands are treeless, craggy, bleak and windy. The terrain and climate are great for sea birds but murder for runners. Nevertheless, the Welches not only ran in the Shetlands for two years, but started a running club there. Occasionally they would make forays to race on the mainland of Scotland.

They moved back to England in 1983 with the Los Angeles Olympics just around the corner. Reminiscing,



Priscilla Welch, finishes 1987 Nike Cherry Blossom 15K in 53:51. Photo by Kathy Ruser

Priscilla says that she and Dave never even thought about the Games. They just continued to take races in stride, their only aim being to improve her times. It wasn't until Priscilla was invited to a training weekend with the British marathon squad that they began to realize there might be a chance of going to L.A. However, the British selectors told her she was just one of several "possibles" and would have to run another qualifying time. This she did in the 1984 London Marathon, clocking 2:30:06, and she was on the team.

Training for the Olympics

The Welches made up their minds they were not going to L.A. "just for the sun tan," so they decided to train during June and July in the hot, dry altitude of Boulder, Colorado. Priscilla did long workouts in heavy sweat suits and spent considerable time in steam baths. This training paid off with a 2:28:54 for sixth place in the fastest women's marathon field ever.

In January 1985, after winter training in England, the Welches rented their house in Kingston, near London, packed their bags, and, once more headed for Boulder, determined to gain experience in road-racing and to learn more about different parts of the United States.

Dave, now out of the military, had decided to embark on a second career

— sports massage. He enrolled in the Boulder School of Massage Therapy, Priscilla had turned forty and immediately began demolishing masters records at all distances in U.S. road races. She is now so dominant that, in every race she enters, she thinks "open" rather than "masters." With the big money available to open competitors, Priscilla is the only over-40 who can realistically shoot for the top. Occasionally there will be masters money as well, but she is primarily concerned with trying to beat "the big (i.e. young) girls." And there are very few she cannot beat.

Husbands do not always make good coaches for their running wives, but Dave and Priscilla Welch appear to have found the right combination. She feels it is an advantage that Dave is the only coach she has ever had. Coming into running late as she did, she was able to start from scratch. She didn't have to "unlearn" old theories and systems of training or overcome any hang-ups.

100 Miles a week

Priscilla typically puts in one hundred miles per week, usually in two-day workouts. Although, like many distance runners, she does not particularly care for track running, she does go to the track twice a week and these sessions are often extremely intense. For example: 6 x 1,000 meters with 200 meter jogs and 5 minute rest; 4 x 600 meters with 200 meter jogs and 5 minute rest; 10 x 200 meters with 200 meter jogs. She also regularly runs hills. During a recent training trip to Florida, however, where hills are almost non-existent, she would run up and down the fifty steep steps to the top of Clearwater High School's stadium five times, then go right onto the track for 400 meters in 72-73 seconds; she would then repeat this circuit (steps and laps) four more times. Altogether she would do four or five of these circuits.

Priscilla strives for consistency in her interval running. In a set of 6 x 1,000 meters, for instance, she will not vary more than a second. She usually does one 20-miler a week and a couple of 10-13 milers. At least once a week she works in the weight room. She is very competitive in her training; if her interval times do not measure up, she gets quite disgusted with herself.

Again, like many road runners, Priscilla is hesitant about competing in track races. She has, of course, tremendous potential as a track runner. On her Florida trip, she was persuaded to enter a 5K race in a local track meet. She strode through an "easy" run in 16:13.8, some forty seconds under the listed masters record!

In her eight years of running, Priscilla Welch has been virtually free of injuries. She feels that this may be at

Continued on page 22

1987 TAC National Masters Track & Field Championships



**Hayward Field -
Eugene, Oregon***

**OREGON
MASTERS**

**Friday, August 14 through
Sunday, August 16**

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 _____	\$ _____

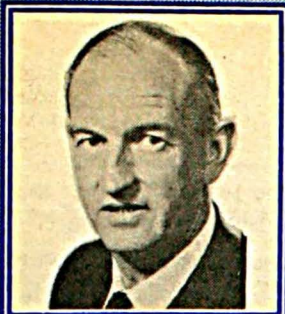
Names of persons sharing room _____

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 month of August, I certify that I am entering this meet voluntarily and for my own pleasure.

I have read this waiver Signed _____ Date _____



The International Scene

by DON FARQUHARSON, President, WAVA

The Shocker

The IAAF Veterans Committee — composed of members from WAVA, WIGAL and IAAF — has not met since the proposed agreement between IAAF and WAVA failed to gain acceptance by the IAAF at its 35th Congress in Stuttgart last year.

That acceptance was denied mainly because of the existence of WAVA's South African affiliate. But concern was also expressed by the British Amateur Athletic Board (BAAB) that certain clauses in the agreement could mean WAVA interference in "sovereign national rights," although, in fact, there was no such intention.

Suggestions as to how these problems could be avoided were made at a November, 1986, meeting in London by Bridget Cushen (WAVA Women's Representative) and me, together with IAAF Veterans Committee Chairman, Hans Skaset, and IAAF Secretary, John Holt.

Further suggestions were made at a WAVA Executive Meeting in Melbourne, Australia, last December. Both Skaset and Holt said these suggestions appeared to be on the right track. However, since neither meeting encompassed the entire IAAF Veterans Committee, the official text was to be drafted at a full IAAF Veterans Committee Meeting, to be held sometime before the 36th IAAF Congress in Rome in August, 1987.

While we were endeavoring to ar-

range this meeting, WAVA and IGAAL members received a shock in the form of a letter from Bridget, who had been informed that, at an IAAF Council Meeting in Rome in March, 1987, our suggestions were declared completely unacceptable, and IAAF President, Primo Nebiolo, completely disbanded the Veterans Committee and set aside the agreement, which will not now go before the 36th Congress.

Instead, the IAAF member countries will elect a Veterans Committee of 10, plus a Chairman, from nominations received from their affiliates before June 22, 1987.

This new Veterans Committee will then meet to discuss veterans athletics, and will also meet annually to discuss their conclusions, with a Committee nominated by WAVA. The collective Committee will be known as the Veteran Athletics Commission.

Meanwhile, WAVA will continue to organize Championships and to independently run veterans athletics, as always. There would be no formal Agreement between WAVA and IAAF. Since receiving this news, we

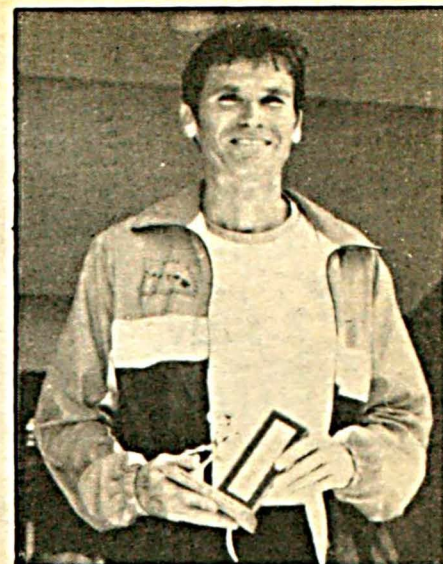
have also received a letter from John Holt, essentially outlining the same directives.

Our first reaction was one of frustration — that three years of work could be summarily set aside in such unilateral fashion. Later consideration, however, suggests we should wait and see what will emerge in practice.

If IAAF is content to have us "run our own show" with fair-minded input, and, perhaps some help from IAAF, much that is good for veteran athletics will come about. Of course, only time will confirm or deny this rosy view, but a call to the IAAF office assures me that this view is correct.

In the meantime, with a view to placing as many knowledgeable people on both sides of the fence, I have urged members of the WAVA and WIGAL Committees to seek nomination by their national track and field governing bodies to the (new) IAAF Veterans Committee. Bridget Cushen and Hans Axmann have already been nominated by the BAAB and the Deutscher Leichtathletik Verband (DLV), respectively. We will know how many nominees we have garnered by the time you read this, and what success they have had by the end of August.

Veteran athletics is truly at the crossroads, and we will need the support of all our members in the future. Depending on what emerges, we may



M50 Mike Tymn ran 52:26 at the April 6 running of the age-handicapped Norman Tamanaha Memorial 15K Run in Hawaii.

Photo courtesy of Tesh Teshima

have to ask you to unite in a most unselfish manner.

To strike a fresh note, WIGAL, at its Assembly in Netanya, Israel, expressed concrete backing for the arrangements to complete unification with WAVA by 1988. It has already drafted a proposal for future joint aims and programs. Congratulations to Jacques Serruys, Clem Green and Barry Shaw for the confidence they have built in our joint endeavors.

I will continue to report as matters clarify. Best wishes to all veterans.

PRESIDENT:

Don Farquharson
269 Ridgewood Road
West Hill
ONTARIO M1C 2X3
Canada

EXECUTIVE

VICE-PRESIDENT:

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

VICE-PRESIDENT:

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

VICE-PRESIDENT (Track and Field):

Hans Axmann
Eichendorffstrasse 2
D-8800 ANSBACH
Federal Republic of Germany



SECRETARY:

Owen Flaherty
CN, UTR. 207
Javea
ALICANTE Spain

TREASURER:

Alastair Lynn
23 Reuben St.
Aurora, Ontario
L4G 2M3
Canada

WOMEN'S DELEGATE:

Bridget Cushen
156 Mitcham Road
WEST CROYDON
Surrey England

DELEGATE OF: NORTH AMERICA

David Pain
1951 Cable St.
San Diego, CA 92107
USA

SOUTH AMERICA

Juan H. Kulzer
Estrada 3429
Olivos (1536)
BUENOS AIRES
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20147 MILANO Italy

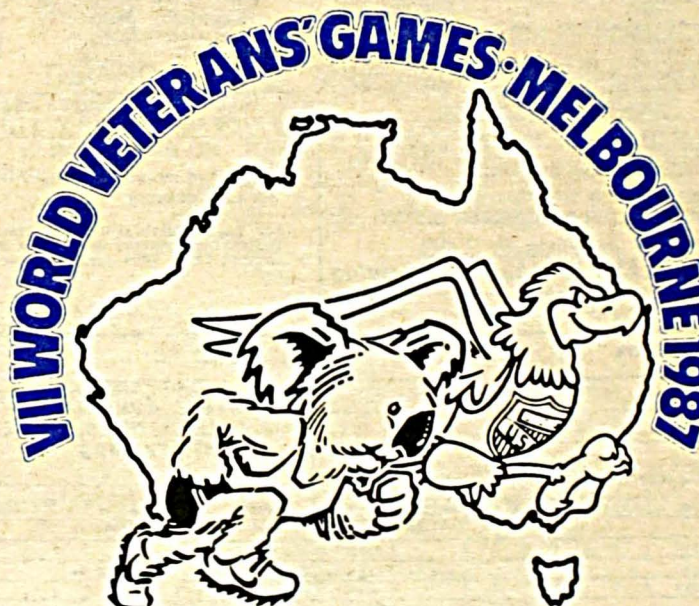
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Clem Green
46 Hargreaves Street
WELLINGTON 2
New Zealand

AFRICA:

Contact President

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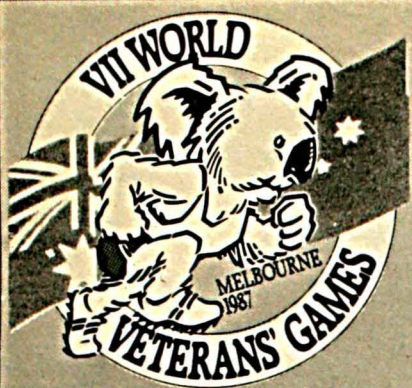
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4 Months To Go

Countdown to Melbourne

National Team Uniforms

by RAY CALLAGHAN, Meet Director, VII World Veterans Games

In the May issue of National Masters News, a letter opposing the use of National Uniforms was printed. I would like to express an opposite opinion.

While I agree that nationalism can be a very destructive factor, I believe that that destructive factor has been fostered by nationalistic media, not by the sports participants or their uniforms.

My years in the veterans movement have made me realize that the idealistic Olympian beliefs of friendly international competition are really true of the veteran athlete.

In attending a World Veterans Games, one of the biggest draw cards for any athlete is to compete with and against people from other nations. They would be very disappointed if

everyone wore the same uniform. The competition would be lifeless if the viewers were unable to pick out the various competitors by their uniform. The judges would be shattered trying to distinguish the placegetters in an event in which everyone wore the same outfit, and the lapscorers would give up and go home.

I have attended a number of international meets, and with the exception of New Zealand, I have been disappointed to find that the practice of wearing

ethnic community. If you all wore the same uniform there can be no ethnic recognition, and therefore no spontaneous greeting between migrants and visitors from the same land.

We want our own athletes to be able to recognize visitors, so that they can offer friendship and assistance.

When you come to Melbourne, please, let us know where you are from by wearing your national uniform

IN TRAINING



FOR THE VII WORLD VETERANS' GAMES

uniforms is not extended to outside the competition area. To walk around a strange city can be a lonely experience. This loneliness disappears when you can recognize fellow competitors by the uniforms they wear. You have someone you can relate to, and, if they are in another's national uniform, I find the tendency is to make a greater effort to communicate.

Another factor is that, when you go overseas to compete, the public has been advised to look out for you and to assist you in difficulty. If you choose not to wear an identifying symbol, the public and the businesses feel disappointed that there is no visible sign of the impact of the veterans movement.

Athletes who come to Melbourne for the Veterans Games this November are encouraged to wear a national uniform out in the streets and around the shops; we want the people of Melbourne to be able to recognize you as visitors.

We have a very large and varied

wherever you go; you will find that it is a much friendlier and less somber world if you do. □



Oliva Coria, 46, takes top masters honors with a time of 1:22:19 in the San Gabriel River 10 mile Run, March 21, in California.

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	110m	.991m	13.72m	9.14m	14.02m
40-49	80m	.762m	12.00m	8.0m	12.00m	110m	.914m	13.72m	9.14m	14.02m
50-59	80m	.762m	12.00m	8.0m	12.00m	100m	.840m	13.00m	8.50m	10.50m
60-69	—	—	—	—	—	80m	.762m	12.00m	8.00m	12.00m
70PI	—	—	—	—	—	—	—	—	—	—
35-39	400m	.762m	45.00m	35.00m	40.00m	400m	.914m	45.00m	35.00m	40.00m
40-49	400m	.762m	50.00m	35.00m	40.00m	400m	.840m	—	—	—
50-59	300m	—	—	—	—	300m	.762m	50.00m	35.00m	40.00m
60-69	—	—	—	—	—	—	—	—	—	—
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.

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* PAINT Side pockets, elastic waist band, 12" leg zipper set 2" high for alteration

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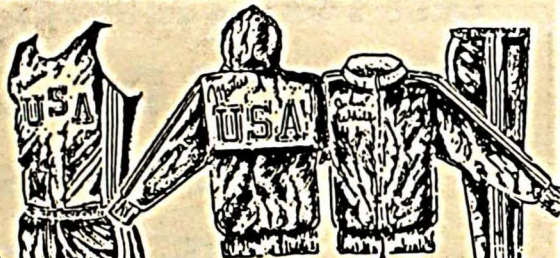
COMPLETE PACKAGE:

* INCLUDES ALL OF THE ABOVE, PLUS STENCILED MASTERS AND USA ON SINGLET, ENDORED 14" MASTERS (RED) ON BACK OF TRAINING SUIT WITH YOUR NAME (WHITE) ON FRONT, ALSO T. & T. (RED ON WHITE) 4" USA LETTERS ON BACK OF TRAINING SUIT.

TIGHTS ARE NOT INCLUDED IN THIS PACKAGE!!!!!!

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WOMEN'S SHORT		XS S M L XL		\$15.00	ALL PURPOSE JACKET (MEN'S AND WOMEN'S)		XS S M L XL		\$35.00
WOMEN'S SINGLET		XS S M L XL		\$16.00	ALL PURPOSE PANT (MEN'S AND WOMEN'S)		XS S M L XL		\$28.00
WOMEN'S SHORTS		XS S M L XL		\$11.00	TIGHTS - MEN'S AND WOMEN'S -		XS S M L XL		\$17.00
WOMEN'S SINGLET		XS S M L XL		\$16.00					
WOMEN'S SHORTS		XS S M L XL		\$11.00					
WOMEN'S SINGLET		XS S M L XL		\$16.00					
WOMEN'S SHORTS		XS S M L XL		\$11.00					

TOTAL: _____

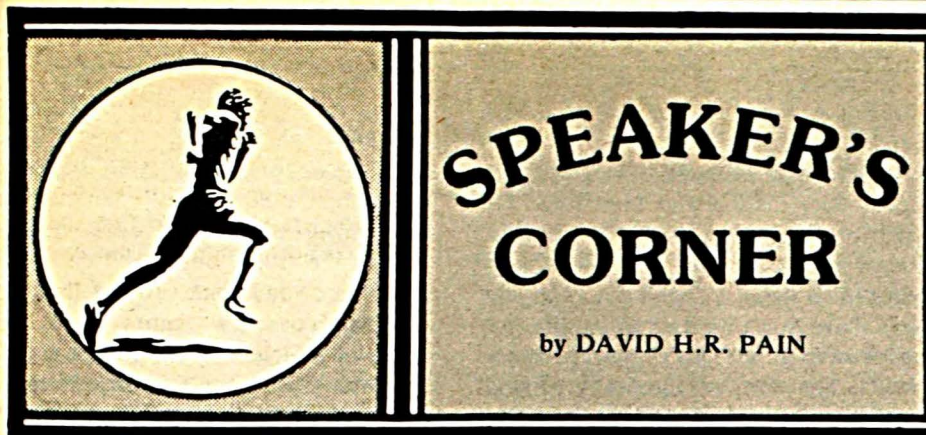
TOTAL: _____

IN ADDITION TO THE ABOVE INFORMATION, PLEASE INDICATE BELOW THE FOLLOWING SIZES IN ORDER TO INSURE THAT THE CORRECT FIT IS MADE. I PERSONALLY WANT YOU TO LOOK SHARP AND BE COMPLETELY SATISFIED WITH YOUR TEAM SPIRIT UNIFORM.

IMPORTANT

1. CHEST SIZE: _____ 2. WAIST SIZE: _____
3. HEIGHT: _____ 4. WEIGHT: _____

NOT NECESSARILY FOR WORLD GAMES ONLY!!



WAVA Candidates: Step Forward

I read with interest the announcement in National Masters News that the WAVA Executive Board, after conferring in Melbourne, had decided to close ranks and put forth an official slate of candidates headed by Jacques Surreys for President. Don Farquarson is forced to retire after five terms (ten years) by the WAVA Constitution. Every candidate on this slate is either a current ex-Executive Board Member or territorial representative. Some are merely moving from one office to another.

The WAVA Constitution is supposed to assure the democratic selection of its officers which, I am sure, most of us believe is the best method for running an organization. Such a system can only work effectively if the membership becomes actively involved in the election process and produces multiple candidates for all offices so that there is a healthy exchange of ideas and philosophies. In this way the membership has a choice, and those elected clearly represent the wishes of a majority of the membership.

What happened in Melbourne to eliminate the healthy elbowing and gonging between Flaherty, Fine and Becalli — all of whom were supposed to run for President? What occurred in some "smoke-filled room" Down Under to eliminate this jostling for office. The emergence of an "official slate" smacks of a deal having been made.

This is not to say the candidates pro-

posed are dishonest, venal or corrupt. Jacques Surreys is a fine person, multilingual, dedicated to the sport and a European. Arguably, it is time for the presidency of WAVA to move to Europe where the bulk of the WAVA membership lies.

This writer's complaint is that the presentation of an official slate stultifies any grass root candidates from surfacing and throwing their hat into the ring so that a real election can occur. This clubby "good old boys" game of musical elective chairs, where every incumbent runs for a new and different office, tends to perpetuate old ideas and flawed policies.

We know, for example, that WAVA, in New Zealand, Puerto Rico and in Rome, made the same serious mistakes. That is, it failed to obtain an effective contract with the Organization Committees of the past three World Games and failed to enforce those contractual obligations that were

agreed upon. The Games suffered as a result.

To be effective as the world organization representing Masters Athletics, WAVA must maintain a hands-on posture and not let the tail wag the dog as has so frequently occurred in the past. Athletes scrimp and save to finance their trip to the World Games and are frequently greeted with an ill-managed shambles of an event. It is the primary function of WAVA to see such an eventuality does not occur.

Although there is something to be said for continuity in leadership — and I do not advocate a "let's throw all the rascals out" philosophy — there is much to be said for a healthy, contested election where ideals can be publicly aired and elected officials called to account

for their past performance. This has never occurred in the entire existence of WAVA.

Now is the time, when the organization is emerging from its infancy to adulthood, to address this matter. Hopefully, we will see in Melbourne the best-organized and promoted World Games since its inception in 1975. If that proves to be the case, will it be because of, or in spite of, our current WAVA leadership?

This writer would like to encourage those willing to devote their time, talent and effort to step forward and offer to run for a WAVA office. The "let George do it" concept is unacceptable in an organization such as this. Candidates step forward. □

Leroy, Robertson Win in Vancouver Marathon

Dean Leroy, 40, of Leavenworth, Wash., crossed the finish line with a 2:43:07 in the Vancouver International Marathon in Vancouver, British Columbia, Canada, on May 3 to win the M40-and-over race by over two minutes from M45 winner, Garfield Saunders, 48, of Victoria, B.C. Lary Webster, 53, of Seattle finished third in 2:47:35.

Running in her hometown, Wendy Robertson, 40, just broke three hours (2:59:51) for the W40-and-over win. Janet Keetley, 40, of North

Vancouver, settled for second with a 3:10:10.

Hazel Comeron, 63, of Richmond, B.C., won the W60-64 division race in 4:05:13, which would have easily won both the W50-54 and W55-59 races.

The race was also the Canadian Masters Association Championships, which was won by Duff Waddell, 44, of Vancouver in 2:54:06, with Tony Dunn, 54, of Richmond, B.C., taking second (2:55:38). Robertson was the masters women's winner. □



Stateside readers of this column may like to know that the 17th BVA National Track and Field Championships will be on July 11-12 at Rockingham Stadium, Corby.

National veterans cross-country champion Alun Roper won the BVA National 5K Championships recently from a strong field in 15:01. Second was Mike Hurd (15:03), the RAF runner who has run so well in the States, and third was ex-international Roger Clark (15:09). Roper was on the winning Swansea team in the Welsh Six Stage Road Relay Championships in Swansea, April 5, and he ran 4:07.3 to win the M40-44 1500 in the U.K. Veterans Indoor Championships, Cosford, March 28.

Over two dozen indoor world bests

were set at Cosford, among the record setters were M40 Ron Bel, 800 (1:57.2); M55 Peter Worth, 2K walk (10:24.1); W45 Una Gore, 200 (28.8); and W65 Mary Wixey, 60m (10.3), long jump (3.40), shot put (5.63).

Priscilla Welch, W40, was the first lady veteran in the London Marathon with a world best 2:26:51, with Paula Fudge, W35, second at 2:32:28. Leading veteran men in London were B. Natvig of Norway (2:21:33); M. Hunt of New Zealand (2:23:52); and Des Austin (2:24:14).

South London Harrier Bob Gevers, who won an IGAL road title last year and was injured later, came back to form again when he ran the fastest time by a veteran in the National Insurance Association road relay at Beckenham on May 19. □



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JULY 31-AUG. 2, 1987

HOSTED BY THE RICHMOND KAJAKS TRACK & FIELD CLUB
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ON BEHALF OF THE CANADIAN MASTERS ATHLETIC ASSOCIATION (CMAA)
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FACILITIES: New SPARTAN polyurethane all-weather surface on 8-lane track and runways (7mm (1/4") spikes only). Concrete throwing circles. Showers on-site.

ELIGIBILITY: Masters: 5-yr groups for Men 40+ & Women 35+; Pre-Masters: 5-yr groups for Men & Women 30+. Age as of July 31, 1987. Competitors must have 1987 membership in CMAA, TAC, or other foreign Masters Governing Body.

ENTRIES: Fee: \$10.00 1st event; others \$7.00. Entries must be received by July 24. Late entries may be accepted if space permits @ \$20.00 1st event, \$14.00 additional events. Club Relays \$20.00 per relay team. Relay age-groups 35-39, then every 10-yr for both men & women. No relays for Men/Women 30-34. Relay team members must belong to same club. Relay entries accepted up to 1:00 p.m. on day of event.

Note: Canadian Postal Workers MAY strike this summer. To ensure you are entered in the meet, it is recommended you confirm your entry with Meet Director by telephone (see below). NO COLLECT CALLS WILL BE ACCEPTED.

U.S. Entrants Note: Exchange rates favor the U.S. \$. To take advantage, send bank drafts/money orders payable in Canadian Funds. Personal checks accepted, but MUST BE PAYABLE IN U.S. FUNDS, FOR THE FULL AMOUNT OF THE ENTRY. Personal checks marked "Payable in Canadian Funds" or "At Par" are not readily cleared through banks, and cannot be accepted. Make bank drafts/money orders payable to Kajaks Track & Field Club.

NO SWITCHING OF EVENTS: NO REFUNDS FOR NO-SHOWS.

AWARDS: M35+ & W35+...CMAA Championship Medals to 1st 3. Medals to last-place finishers in events with less than 4 entrants subject to performance standards. Pre-Masters M30-34 & W30-34... CMAA Certificate of Performance to 1st 3 (no performance standards.) RANDOM DRAWS FOR MERCHANDISE PRIZES.

MEET T-SHIRTS: \$7.00/each

TENTATIVE SCHEDULE:

Friday, July 31: 7:00 p.m. start: Int. Hurdles, 300m, 400m (M/W) Finals; followed by 5000m Racewalk (M/W) Finals

Saturday, Aug. 1: Track Events (8:30 a.m. start)...10000m (M/W) Finals; 100m (M/W) Heats/Finals; 1500m (M/W) Finals; 400m Relay (M/W) Finals. Field Events (9:00 a.m. start)... Hammer (M/W); Long Jump (M/W); 25#, 35# Weight (M/W); Javelin (M/W); High Jump (M/W).

Sunday, Aug. 2: Track Events (8:30 a.m. start)...5000m (M/W) Finals; 200m (M/W) Heats; 800m (M/W) Finals; High Hurdles (M/W) 80m/100m/110m Finals*; 200m (M/W) Finals; St'chase (M/W) 2000m, 3000m Finals; 1600m relay (M/W) Finals. Field Events (9:30 a.m. start)... Discus (M/W); Pole Vault (M/W); Shot Put (M/W); Triple Jump (M/W).

*Timed heats seeded by declared 1986-87 marks.

WAVA standards apply to hurdle heights/spacing, implement weights, etc. (except in 800g Javelin events, where the "old" style implement will be used).

REGISTRATION: Pick up packet at Minoru Sports Pavilion, adjacent track, Fri., July 31 (5:00 - 10:00 p.m. or from 7:30 a.m. Sat., Aug. 1 & Sun., Aug. 2).

ACCOMMODATION: Special group rates for rooms with dbl./twin beds at Executive Inn, 5-min walk from track (nightly rates + 8% B.C. Tax = Standard, \$55.00; Deluxe, \$65.00; Executive \$75.00). Reservations, other travel/accommodation information, contact Ken Richardson, Alouette Travel, 1954-224 Street, Maple Ridge, B.C. V2X 6B3. Phone (604) 467-5535.

HOSPITALITY: Light refreshments available during registration Fri. evening and on Sun. right after the meet. A Salmon Barbeque is planned for Sat. eve. (Aug. 1) at the Minoru Sports Pavilion. Cost approx. \$18.00. Commit now, pay at registration.

MEET DIRECTOR: DON TRETHEWEY, 8451 DORVAL ROAD, RICHMOND, B.C. V7C 3J1. Phone (604) 277-8847-Evenings Only. NO COLLECT CALLS WILL BE ACCEPTED.

ENTRY FORM - Mail Entry To: DON TRETHEWEY, 8451 Dorval Road, Richmond, B.C. V7C 3J1 (Print or Type) (to arrive before July 24, 1987)

NAME _____ Birthdate: _____
Address _____ Age (on 8/7/31) _____
Club _____ Phone No. _____
Affiliation _____ Male _____ Female _____
Registration # (CMAA/TAC/FOREIGN MASTER ASSN) _____ Non-Member _____

Events Entered	Best 1986-87 Mark	FEES: (Make bank draft/money order payable to: Kajaks Track & Field Club)
1. _____	_____	1st Event \$ 10.00
2. _____	_____	Subseq. Event @ \$ 7.00 _____
3. _____	_____	Meet Fee (\$10 for Can. Non-Members of CMAA) _____
4. _____	_____	T-Shirts @ \$7/ea _____
5. _____	_____	Size: S, M, L, XL _____
(Attach separate sheet if more space required)		TOTAL: _____
I will _____ will not _____ attend Salmon Barbeque		

WAIVER: In consideration of your acceptance of my entry, I hereby release the CMAA, the Meet Sponsors, Organizers and Officials and the Municipality of Richmond from any responsibility of claim for damage, lost article, or any possible injury sustained by me at the 1987 Canadian Masters Outdoor Track & Field Championships. I further state that I am physically able to participate in this competition.

Date _____ Signed: _____

Priscilla Welch Continued from page 17

least partly due to the fact that she started running comparatively late in life when her bone and muscle structures were mature and unaffected by any previous injuries from youthful stress and strain. She says she is very careful to listen to her body, and she and Dave don't hesitate to modify her workouts if she isn't feeling up-to-snuff. She takes an unusually lengthy warm-up and warm-down.

After a long run or grueling track session, Priscilla believes it helps to

but now she says, "We've gone back to our 1984 schedule and it's working. Why did we listen to others?" She adds that people used to think that she was crazy to do the kind of workouts she did on the track, but now "everyone wants to do my track sessions."

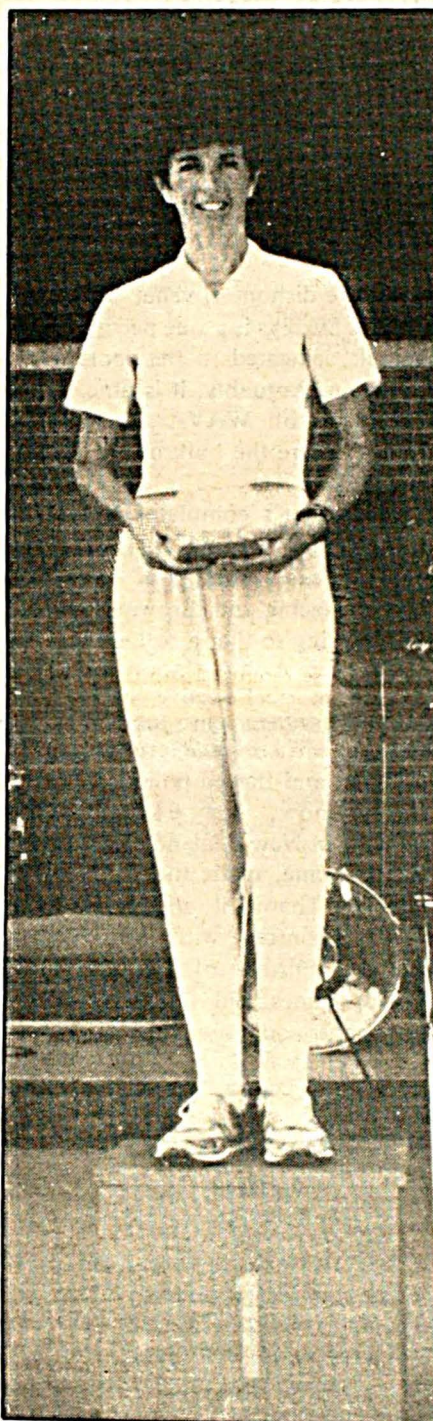
What does the future hold for Priscilla Welch? "I will always run," she says. "but I don't see myself competing at my present level beyond 45." The London Marathon would seem to indicate that, even at 42, Priscilla may not have reached her peak. She is now virtually assured of a place on the British team for Seoul, and she could conceivably become the first master ever to win an Olympic running medal.

At present, the Welches will continue to live in Boulder. After that, they have an open mind about whether they will return to England or settle in the United States. "We're very adaptable," says Priscilla. "We can live anywhere. It will depend on where Dave finds his best opportunity."

In the immediate future, Priscilla will, undoubtedly, continue her assault on masters records even though some of those she has already set appear to be almost Beamesque. She thinks she can go under 32 for 10K; if she gets serious about track competition, the masters records from 1,500 meters on up seem to be hers for the taking.

Can this greatest of all masters distance runners, with a world class personality to march her running, improve even at the ripe old age of 42? Priscilla herself thinks she can. She feels she can increase her speed. She still has things to learn about pacing herself. "And," she says, "I sometimes think I need to be more aggressive and hungrier." All of which is bad news for other aspiring masters, not to mention open runners.

Priscilla Welch, "the racing bird which came out of its cage," has already flown almost out of sight. One can only fantasize how much farther and faster she will fly if she does get really aggressive and hungry. □



Priscilla Welch in familiar surroundings.

prevent soreness or strain if she cools her legs down either by hosing or by soaking them in cold water. "That's what they do to race horses, isn't it?" she says. She used to be strictly a vegetarian, but lately she has gone to steak or liver twice a week. She has a brunch of oatmeal, raisins, honey and toast; and she snacks on fruit and rice cakes.

Before the recent London Marathon, she and Dave had been trying some new things in her training,

CLASSIFIEDS

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

"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.

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.

MASTERS SCENE

NATIONAL

• The 1987 edition of masters age-records is now available. See page 8 for details.

• The 1987 U.S. Decathlon/Heptathlon Handbook is now available from The Athletics Congress. Edited by Dr. Frank Zarnowski and Mike Hubbard, it sells for \$6 in the U.S. and Canada and \$10 elsewhere. Book Order Dept. TAC/USA, P.O. Box 120, Indianapolis, IN 46206.

• **Going The Distance, The Right Way To Exercise for People Over Forty**, by Dr. Ron Lawrence and Sandra Rosenzweig, is available for \$15.95, plus \$2.25 for postage and handling, from St. Martin's Press, 175 Fifth Ave., New York, NY 10010.

• Add **Mary Parker** (2:46 in the California International) and **Gail LaDage Scott** (2:45 at Grandma's) to the list of masters women qualifiers for the '88 Olympic Marathon Trials.

EAST

The Rich Classic 10K in Johnston, Rhode Island had a good turn-out of some big names on June 7. **Larry Olsen**, 40, was 16th overall and first master in 31:20. Olsen easily beat second and third masters, **Bernie Allen** (31:52) and **Ken Skelly** (32:32). **Janice McKeown**, W40, had an even easier time of it, taking the first masters female slot in 38:50 over **Cindy Dalrymple** (39:41) and **Carol Crafts** (42:10). Overall winners were **Missy Kane** (34:38) and **John Doherty** (29:03).

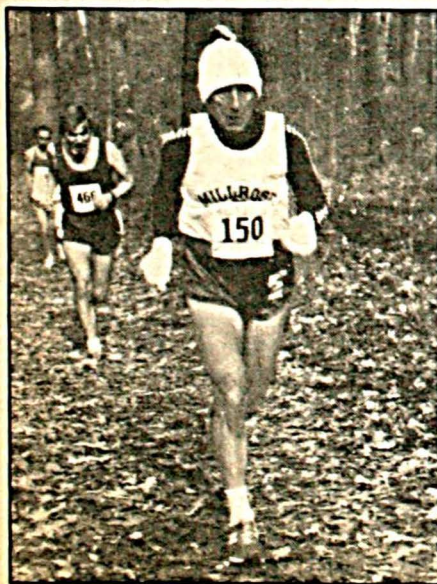
• Second-place in the Cornell Masters Mile in Ithaca, NY in January went to **Jim Ferris**, not **Jerris** as mis-printed in the May NMN. Ferris, 45, of Holley, NY, ran 4:41.7.

• Top masters in the New Rochelle Half-Marathon, New Rochelle, NY, May 9, were two M50s: **John Dugdale**, 52, in 1:17:31, and **Alan Fairbrother**, 50, with a 1:17:59. **Sylvie Kimche**, 40, finished eighth of 93 women in 1:34:12.

• **Hal Stern**, 41, logged a first-masters and a ninth-place 16:25 (455 m/finishers) in the NYRR's Gotta Have Park 5K, Central Park, NYC, May 16. **Witold Bialokur**, 52, was third masters (17:15). **Marilyn Greeley**, 43, lead W40+ runners with a 20:12. **Marcella Tobias**, 61, racewalked 37:08.

• **Jack Thornhill**, 44, (17:06), and **Carol Crafts**, 42 (19:35), captured the masters titles in the Fleet 5000, Memorial Day, in Wickford, R.I. **Herb Silander**, 62, pumped out a fine age-graded 19:54. The first five masters closed within 47 seconds.

• The **Brown University Masters Meet** scheduled for July 26 has been cancelled



Vince Carnevale, M70, races the x-country course in Van Cordlandt Park, NYC.

because the school's track is being resurfaced and a good alternative site is not available, according to meet director **Neil Steinberg**, who says that next year's summer meet on the new surface is definite.

• **Larry Olsen**, 40, ran a fast 30:35.6 in the Northeast TAC 10K, June 13

SOUTHEAST

• The North American Masters Track and Field Championships will be held at Lake Worth, Florida, on the second weekend in November, along with a 10K N.A. Championship Road Race.

MIDWEST

• **Pete Hallop**, 40, beat all entrants with a 15:53 in the Michigan Association/TAC 5K RR Championships on a 5-lap course in Dearborn, May 3. **Marilyn Morehead**, 46, was first W40+ in 21:14. In the TAC Masters 25K Championships on May 9, Hallop finished first (1:25:10) and Morehead took third W40+ (1:53:37).

• **Dick Ruhland**, 40, Montgomery, MN, hit the bull's eye with a 1:19:55 masters win in the Robin Hood Flour Half-Marathon, New Prague, MN, May 16. **Ann Day**, 40, Willmar, MN, feather-footed to a W40+ first in 1:39:10.

MID AMERICA

• **Jose Alvarado**, M40, Los Fresno, NM, and **Jane Hutchison**, W40, Webb City, MO, toured through the Hospital Hill Half-Marathon, Kansas City, MO, May 31, in 1:11:27 and 1:25:04 for 40+ wins. The women's winner, **Christine McMiken**, eclipsed British standout **Priscilla Welch's** course record 1:15:45 (1986) with a 1:14:14.

WEST

• **Don McCarthy**, 43 (34:24), and **Jan Acton**, 43 (40:34), were not contested in taking the 40+ races in the Brentwood 10K, Los Angeles, May 24. **Larry Banuelos**, 63 (39:32), and **Helen Dick**, 62 (43:26), posted outstanding times in winning their divisions.

• After three years of finishing second in the Sunkist Gold Rush 100K, **Bruce Von Borstel**, 41, Georgetown, CA, entered the winner's circle after this year's race, May 9-10. Running over California '49er gold rush terrain, he covered the May 9 course, 50K from Georgetown to Coloma, in 3:47:42, and the Sunday 50K course, Colfax to Yankee Jim, in 4:14:57 for an 8:02:31 total. **Toni Belaustegui**, 39, of Reno, NV, was first woman (10:12:41). The '88 race will have a new name (Slice 100K) and new site (Nevada City) but continue to be 99% hilly, according to race directors **Ray Mahannah**, **Paul Reese**, and **Hal Stainbrook**.

• **Eugene Driver**, M35, ran an electric-timed 48.63 in the Southern California Association/TAC Open Championships at UCLA, June 7.

• **Graeme Shirley**, 41, was second (2806 actual performance points) of the 24 men and women who completed in the Palomar Pentathlon (200-400-800-1500-3000) in the San Diego area in May. His times included a 55.7 400 and a 2:05.8 800. **Lolita Bache**, 45, first woman and fifth overall with 2352 performance points, ran the 800 in 2:39.1.

• **Gina Faust**, W50, had a busy but successful weekend outing with a women's masters first (40:02) in the SCA/TAC 10K Championships, May 16, and a division win (40:25) in the Westlake Flower 10K, May 17.

• **Payton Jordan**, 70, who set two world M70-74 division records in the 100m (13.33) and 200 (27.4) in Sacramento on April 25, ran a 13.1 wind-aided 100m in the S&W Modesto Relays in Modesto, CA, May 9. In the 40-54 race, **Stan Whitley**, 41, zipped to a 10.89(w),

with **Marty Adamson**, 47, second (11.58). **Bruce Springbett**, 54, ran 12.17. **Huel Washington** ran 12.92(w), leaving second to **Dick Marlin** at 13.05 in the 55-69 race.

CANADA

• **Art Meaney**, 43, was top master and sixth in the Molson Harbor Front 10K, St. John's, Newfoundland, May 24, in 33:32, about a minute above his masters course record.

INTERNATIONAL

• Britain's **Joyce Smith**, who owned the world best W40+ marathon time of 2:29:43 until **Priscilla Welch's** 2:26:51 in London in May, writes: "I still have a knee injury. It seems to be taking a long while to get strengthened up, and I'm only training 20-25 miles per week at the moment, which doesn't seem to be getting me at all fit."

• Highgate Harrier **Des Austin**, 42, was the first British veteran in the London Marathon in 2:24:14. Welsh veteran **Dic Evans** did 2:23:32 in the Welsh Marathon in May.

• **Jack Foster**, 54, of Rotorua, New Zealand, whose world veterans marathon record of 2:11:19 has withstood challenges for 13 years, has not competed in running since 1982. "I haven't received any invitations," he says. "I guess 'has-beens' were never popular." Foster's been competing in veterans bicycle races since 1983. "I'm enjoying it; I'm not expected to churn out world class performances on the bike, as I was on the road." Foster says that when he set the current world 50+ marathon record of 2:20:26 in Auckland in 1982, someone said: "Gee, Jack, you're slowing down." Foster still runs 30-40 miles per week and bikes 150. □



Despite wind and rain, Joe Kooklin, 47, runs 1:09:50 for first master and 14th overall at the San Gabriel River 10-Mile Run, in California, March 21.

ATHLETES WHO ENTER A NEW DIVISION THIS MONTH, JULY, 1987

ATHLETE (RESIDENCE)	BIRTHDATE	AGE GROUP
MARY BOWERMASTER (FAIRFIELD, OH)	7-26-17	70-74
BETTY HALEEN (MINNETONKA, MN)	7-19-22	65-69
JOYCE HALLS (LEXINGTON, MA)	7-16-32	55-59
MARLYS HAYDEN (KENTFIELD, CA)	7-12-32	55-59
SUSANNE HOULTON (ATLANTA, GA)	7-23-47	40-44
LUCY KILLEA (SAN DIEGO, CA)	7-31-22	65-69
ALICE LEIGHT (SAN DIEGO, CA)	7-26-32	55-59
KAY MOORE (DENVER, CO)	7-28-42	45-49
NELL NORDGREN (COVINGTON, LA)	7-25-22	65-69
SANDY PASHKIN (NEW YORK, NY)	7-6-42	45-49
KATHLEEN PIERCE (CORTLAND, NY)	7-28-47	40-44
JOAN REISS (SACRAMENTO, CA)	7-11-37	50-54
LAURIE ROTHROCK (MA)	7-18-42	45-49
SONDRA SCHUMACHER (GLENDALE, CA)	7-14-47	40-44
LORI SCHUTT (WEST LINN, OR)	7-28-42	45-49
HEIDI SKADEN (SACRAMENTO, CA)	7-27-37	50-54
JEAN SPIERLING (ARROYO GRANDE, CA)	7-13-27	60-64
ROBERTA WIDMANN (FT. WAYNE, IND)	7-26-42	45-49
EDITH BISCHOFF (WG)	7-3-32	55-59
ALPHILD BRENNE (NOR)	7-5-12	75-79
ROSEMARY CHAPPELL (GB)	7-21-47	40-44
M. DUNBAR (AUS)	7-26-37	50-54
GISELE FONTANA (SWI)	7-30-42	45-49
G. JONES (NZ)	7-29-42	45-49
WILTRUD LOHNERT (WG)	7-25-37	50-54
BIRGIT MARTIN (FRA)	7-2-47	40-44
ICAR MARTINEZ (SPA)	7-20-47	40-44
PIRKKO MARTIN (FIN)	7-16-37	50-54
HERBERT ANDERSON (BELLVUE, COLO)	7-15-02	80 +
EDWARD BENHAM (OCEAN CITY, MD)	7-12-07	80 +
HAROLD CHAPSON (HONOLULU)	7-11-02	80 +
FERNAND CYR (SANTA ANA, CA)	7-25-22	65-69
DASOBERTO GONZALEZ (COL-SAN JUAN, PR)	7-30-32	55-59
OLAF GRANOS (NORWAY)	7-13-12	75-79
LOU GREGORY (PENSACOLA, FLA)	7-10-02	80 +
MAURO HERNANDES (SANTA MONICA, CAL)	7-30-22	65-69
JAMES JOHNSON (MILLBRAE, CA)	7-13-22	65-69
ALLAN MERRETT (AUSTRALIA)	7-17-22	65-69
TARAKI MIYATA (JAP)	7-2-12	75-79
TED MUMBY (WATSONVILLE, CA)	7-2-97	80 +
DAVID PAIN (LA JOLLA, CALIF)	7-31-22	65-69
HERE PARSONS (US)	7-6-37	50-54
MANFRED PREUSSGER (EG)	7-10-32	55-59
JOSE SANCHEZ (SPA)	7-21-42	45-49
IVAR SAND (NOR)	7-17-12	75-79
TRYGVE SYVERSON (NOR)	7-30-22	65-69
YOSHITO TASAKI (JAP)	7-29-07	80 +
LOU TURBEVILLE (HONOLULU)	7-12-22	65-69
GEORGE YOUNG (AZ)	7-24-37	50-54
EMIL ZEMLJAK (YUG)	7-10-97	80 +

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

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

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: 201/361-3200.

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 Providence University Masters Invitational, Providence, R.I. SASE, 46 Roberts Ave., Pawtucket, RI 02860. 401/728-2869 (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 6-8. Pennsylvania Senior Games, Shippensburg U., Shippensburg. 717/773-1549.

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

July 2, 9, 16, 23. Orlando, Florida Recreation Dept. Summer Meets. Jones H.S. 6:30 p.m. Leon Bright. 305/849-2646.

July 7-19. Florida Sunshine State Games, Pinellas County. 1-800/831-7432.

July 18. Jacksonville, Florida Track Classic. Bolles H.S., 7400 San Jose Blvd. 5 p.m. Lamar Strother, 904/388-7860.

July 25. All-Comers Meet & 5K Road Race, DeLand, Fla. John Boyle, P.O. Box 1824, DeLand, FL 32721. 904/736-0002.

August 2. North Carolina Masters Championships, Thomasville H.S., Thomasville. Bill Busby, 105 Pineywood Rd., Thomasville, NC 27360. 919/475-0851 (w); 476-1228 (h).

August 9. All-Comers Meet & 5K Road Race, DeLand, Fla. John Boyle, P.O. Box 1824, DeLand, FL 32721. 904/736-0002.

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

November 9-14. Golden Age Games, Sanford, Fla. Greater Sanford Chamber of Commerce, P.O. Drawer CC, Sanford, FL 32772-0868. 305/322-2212.

November 12-14. North American Championships, Lake Worth, Florida. Bob Fine, 4223 Palm Forest Drive, Delray Beach FL 33445. 305/499-3370.

MIDWEST

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 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

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

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).



Miki Horton (l), W60, and Margaret Lee, W65, both won their divisions in the age-handicapped Norman Tamanaha Memorial 15K Run, April 6, in Hawaii. Horton ran 1:17:42 and Lee, 1:26:57.

Photo courtesy of Tesh Teshina

September 23. Arlington Throwing Classic, Arlington H.S., Arlington, Texas. 1:00 p.m. Rick Ryckman, 2307 Sleepy Oaks, CR No. 2901, Arlington, TX 76011. 817/860-2071 (after 8 p.m.).

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 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.

July 2 - August 6. South Lake Tahoe. Every Thurs. evening. All running events offered; throws July 23-Aug. 6. Final meet August 8, South Lake Tahoe Rec. Dept., P.O. Box 1210, So. Lake Tahoe, CA 95705.

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.

August 29. Southern California Open and Masters Track and Field Meet, San Diego, Calif. Robin Williams, 532 Graviola St., La Jolla, Calif. 92037. SASE 619/459-4649.

September 19. Northern California Senior Olympics, Edwards Stadium, UC-Berkeley. Age 50+ only. NCSO, City of Oakland Parks & Rec. 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

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

August 7-8. Montana Masters Meet, Montana State U., Bozeman. Jody Kappel, TAC, P.O. Box 5132, MSU, Bozeman, MT 59717-5132. 406/994-5222.

CANADA

July 24-26. Ontario Masters Championships, Ottawa. Ray Cardinal, 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 Igenyi, Hungarian Association of Veteran Athletes, 114B Budapest, Dozsa Gy UT 1-3.

July 12. 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.

August 23. British Veterans Athletic Club Championships, West London Stadium.

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). Entry deadline: August 31.

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,

Continued on page 25

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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.

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/Corning Cup 10K, Albany, N.Y. \$9000 prize money. Bill Soens, Steuben Athletic Club, 1 Steuben Place, Albany, NY 12207. 518-434-6116.

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.

November 8. U.S. TAC National Masters 50K Cross-Country Championships, Seattle, Wash. Bob Langenbach, 4261 S. 184th St., Seattle, WA 98188. 206/433-8868.

November 15. U.S. TAC National Masters Half-Marathon Championships, Oklahoma City, Okla. Jim Smith, 2408 N.W. 112th Terrace, Oklahoma City, OK 73120.

November 22. U.S. TAC National Masters 15K Cross-Country Championships, East Meadow, N.Y. Jack Dowling, 25-47 Beech St., East Meadow, NY 11554.

November 28. U.S. TAC National Masters 5K Cross-Country Championships, Van Cortlandt Park, New York City. Teddy Fox, 54 W. 119th St., Apt. 2, New York, NY 10026. 212/369-1271.

EAST

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 Track 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. 201/922-9479.

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

September 7. New Haven 20K, New Haven, Conn. George Pawlusch, P.O. Box 1893, New Haven, CT 06508. 203/281-1060.

September 13. Philadelphia Distance Run (13.1 miles), Philadelphia, Pa. Deborah Kuhn, YMCA, 1425 Arch St., Philadelphia, PA 19102. 215/557-0082.

September 13. Danbury Times 10K, Danbury, Conn. Rick Langley, Danbury Times 10K, 333 Main St., Danbury, CT 06810. 203/744-5100 X125.

September 13. Mazola Shape-Up 10K, Central Park, NYC. NYRRC, 9 E. 89th St., New York, NY 10028. 212/860-2280.

September 20. Mercedes Mile On Fifth Avenue, NYC. NYRRC, above.

September 20. RRCA National 10 Mile Championship, Concord, N.H. SASE to Chubb Life Run, 1 Granite Place, Concord, NH 03301. 603/863-2537.

September 27. The Great Race 10K, Pittsburgh, Pa. The Great Race, Citiparks, 419 City County Bldg., Pittsburgh, PA 15219.

October 25. Mohawk-Hudson River/Adirondack Marathon Masters Championships, Schenectady to Albany, N.Y. Pete Guinta, 215 Partridge St., Albany, NY 12203.

SOUTHEAST

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 8. Full Moon Frolic 8 & 4 Mile, DeLand, Fla. 6:45 p.m. 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.

September 26. Virginia Ten-Miler, Lynchburg, Va. Marilyn Straub, 3020 Cranhill Drive, Lynchburg, Va. 24503. 804/528-2857.

November 14. North American Championship 10K Run and 20K Walk, Lake Worth, Florida. Bob Fine, 4223 Palm Forest Drive, Delray Beach FL 33445. 305/499-3370.



Masters winner Sal Vasquez runs 32:06 at the Pacific Sun 10K, Kentfield, CA on May 25.

Photo by Gene Cohn

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 8. Paavo Nurmi Marathon, Hurley, Wisc. Hurley Area COC, 110A 2nd Avenue S., HWY 51, Hurley, WI 54534.

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.

October 31. Wendy's Classic 10K, Bowling Green, Ky. David Mason, Wendy's Classic, 1502 Western, Bowling Green, KY 42101. 502/781-2834.

November 1. Wolfpack Fall Classic, Columbus, Ohio. John White, 4865 Arthur Place, Columbus, OH 43220-3102. 614/459-2547 (w); 424-7011 (w).

MID-AMERICA

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

October 31. First Republic Bank Symphony 10K, Houston, Texas. Symphony 10K, P.O. Box 298944, Houston, TX 77298. 713/652-6311.

WEST

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

July 5-11, 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.

October 18. Penofin 10K, Ukiah, Calif. Penofin 10K, 384, Ukiah, CA 95482. 707/413-7413.

NORTHWEST

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.

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

ON TAP FOR JULY

TRACK & FIELD

This month, masters decathletes and heptathletes head for the hills of Boulder, Colorado for the U.S. TAC National Masters Decathlon/Heptathlon Championships, July 11-12.

TAC's Northwest Regional Championships will start and end with a bang on July 3-4 in Gresham, Oregon. The Western Regionals take place in Fresno, Calif., on July 25-26, for westerners who need more action after the Patriots Summer Relays and California Team Championships in Los Angeles, July 11, and the Northern California Seniors Meet in Berkeley, July 18.

Other local meets include the Minnesota Championships and the West Texas Masters, both on July 11. Midwesterners who are free on July 25 will be in Libertyville, Ill., for the Etonic Grand Prix Championships in Ottawa, July 24-26, and the Canadian Championships in Richmond, B.C. July 31-August 2.

LONG DISTANCE RUNNING

Niagara Falls, N.Y., hosts the U.S. TAC National 10K Racewalk Championships on July 11. Masters competition for cash prizes will be hotter than a firecracker, as usual, in the Peachtree 10K in Atlanta, July 4. On July 11, the senior adult community of Providence Point in Issaquah, Wash., is offering 42 cash prizes in the Not Over The Hill 8K for runners age 50+.

Masters will also vie for fame and fortune in the Boilermaker 15K in Utica, N.Y., July 12. The San Francisco-Audi Marathon, featuring a new course, takes off on July 19. The Mammoth Athletics Camp, July 5-11 and July 12-18, in California's Sierra Nevada, and the Eugene Experience-Oregon Running Camp, July 18-25, in the host city for next month's National Championships, top off the month.

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

September 19. Prefontaine Memorial 10K, Coos Bay, Oregon. Bob Huggins, P.O. Box 1380, Coos Bay, OR 97420. 504/269-1103.

CANADA

September 19. Canadian Masters AA Men's & Women's 5K Championships, Sunnybrook, Toronto. Women contact John van der Vleuten, 416/699-5712(B); men contact Don Farquharson, 416/282-2555(R) or CMAA 495-4059.

October 4. Canadian Masters AA Half-Marathon Championships, Halifax, Nova Scotia. Walter Williams, 902/435-6808(R) /835-9378(B).

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

AGE-DIVISION 30-34	EVENT	DISTANCE/TIME
THOMAS V. WILSON*	Pole Vault	14'0"
MICHAEL H. SAAFI	High Jump	1.98 Meters

AGE-DIVISION 35-39	EVENT	DISTANCE/TIME
RUSSELL F. FLOYD	800 Meters	2:01
GENE HOFFMAN*	110 Meter Hurdles	16.2
DON KNAPP*	Pole Vault	14'
DANNY MOON*	800 Meters	2:03.5

AGE-DIVISION 40-44	EVENT	DISTANCE/TIME
RUSSELL L. DURHAM	Javelin	190'
WAYNE GRIPP	400 Meters	53.7
WAYNE GRIPP	800 Meters	2:07
JIM IRWIN	800 Meters	2:06.8
ED JONES	100 Meters	11.13

AGE-DIVISION 45-49	EVENT	DISTANCE/TIME
DICK ASHLEY	5000 Meters	16:32
MICKEY MURRAY*	Javelin	169'9"
ERVIN T. MITCHELL	100 Meters	12.0
ERVIN T. MITCHELL	200 Meters	25.11
RICHARD G. NASON	Hammer Throw	149'7"

AGE-DIVISION 50-54	EVENT	DISTANCE/TIME
TOM BUTTERFIELD*	400 Meter Hurdles	68.16
TOM BUTTERFIELD*	Steeplechase	12:00.2
DICK GLASGOW	200 Meters	25.62
DICK GLASGOW	100 Meters	12.28

AGE-DIVISION 55-59	EVENT	DISTANCE/TIME
DAVE DOUGLASS*	Long Jump	15'2½"
DAVE DOUGLASS*	Hammer Throw	134'3"
DAVE DOUGLASS*	Pole Vault	10'0"
DAVE DOUGLASS*	110 Meter Hurdles	19.5
JAMES N. HOLMES	Pole Vault	11'

AGE-DIVISION 60-64	EVENT	DISTANCE/TIME
MERLE NICKELL*	Long Jump	16'1½"
AGE-DIVISION 65-69	EVENT	DISTANCE/TIME
JOSEPH P. SANZ*	Hammer Throw	104'1"
BOB WARWICK, SR*	Pole Vault	8'0"

AGE-DIVISION 70-74	EVENT	DISTANCE/TIME
MILO W. LIGHTFOOT	Javelin	29.54 Meters
MILO W. LIGHTFOOT	Javelin	98'1"
MILO W. LIGHTFOOT	100 Meters	14.84

CHARLES MC MAHON	Javelin	106'6"
CHARLES MC MAHON	Hammer Throw	95'10"
AGE-DIVISION 80-84	EVENT	DISTANCE/TIME
BURT DE GROOT	Hammer Throw	63'8"
WIN MC FADDEN	High Jump	1.02 Meters

* INDICATES ALL-AMERICAN STATUS WAS ACHIEVED IN 1987

WOMEN

AGE-DIVISION 45-49	EVENT	DISTANCE/TIME
BARBARA STEWART*	100 Meters	14.45
BARBARA STEWART*	200 Meters	30.7
AGE-DIVISION 65-69	EVENT	DISTANCE/TIME
EVELYN E. LERCHER	Long Jump	8'8"
MARSHA TILLSON	10,000	55:52

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"	4'5"	4'2"	3'11"	3'7"	3'6"	3'4"	3'2"	3'0"	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
	29'7"	28'3"	26'7¾"	25"	23'5"	22'7¾"	20'5"	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



ALL AMERICAN STANDARDS FOR MASTERS RACE WALKERS

MEN	5km	10km	20km	WOMEN	5km	10km	20km
M40	24:30	51:00	1:45	W40	29:00	1:00	2:04
M45	26:00	54:00	1:52	W45	31:00	1:04	2:12
M50	27:30	57:00	1:58	W50	33:00	1:08	2:20
M55	29:00	1:00	2:04	W55	35:00	1:12	2:28
M60	30:30	1:03	2:10	W60	38:00	1:18	2:40
M65	32:00	1:06	2:16	W65	41:00	1:24	2:52
M70	34:00	1:10	2:24	W70	44:00	1:30	3:04
M75	36:00	1:14	2:32	W75	47:00	1:36	3:16
M80	38:00	1:18	2:40	W80	50:00	1:42	3:28
M85+	40:00	1:22	2:48	W85+	53:00	1:48	3:40

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		
300mLH							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
H.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"	6'3¾"	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"	20'¾"	18'8½"	17'4½"	16'3¾"	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"	38'3¾"	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.

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.

1986 MASTERS TRACK & FIELD RANKINGS FOR U.S. WOMEN

(Compiled by Peter Mundle, World and U.S. Masters T&F Records Chairman)

100 meters

age	mark	athlete(residence)	date
35-39			
w39	12.3	PHIL RASCHKE (ATLANTA, GA)	7-8-86
39	12.22	PHIL RASCHKE (ATLANTA, GA)	10-10-86
w39	12.4	PHIL RASCHKE (ATLANTA, GA)	6-3-86
w39	12.4	PHIL RASCHKE (ATLANTA, GA)	7-27-86
39	12.6	PHIL RASCHKE (ATLANTA, GA)	10-25-86
39	12.7	MURIEL SIMMONS-MCCORD (WYANDOC, NY)	5-31-86
39	12.7	PHIL RASCHKE (ATLANTA, GA)	5-31-86
39	12.77	PHIL RASCHKE (ATLANTA, GA)	7-18-86
w39	12.9	MURIEL SIMMONS-MCCORD (WYANDOC, NY)	6-29-86
39	13.0	MURIEL SIMMONS-MCCORD (WYANDOC, NY)	8-6-86
38	13.0	JENNIFER PINTO (US)	5-31-86
w38	13.1	JENNIFER PINTO (US)	6-15-86
w38	13.1	JENNIFER PINTO (US)	6-29-86
39	13.47	MURIEL SIMMONS-MCCORD (WYANDOC, NY)	7-18-86
38	13.59	JENNIFER PINTO (US)	7-18-86
p38	13.67	CASSANDRA CLARK (NY)	8-30-86
w38	13.7	JENNIFER PINTO (US)	5-18-86
w38	13.78	JENNIFER PINTO (US)	4-26-86
38	13.83	JENNIFER PINTO (US)	5-3-86
38	14.1	JENNIFER PINTO (US)	8-17-86
39	14.5	LATANYA GLASS (CA)	9-6-86
38	14.6	SUSANNE HOULTON (ATLANTA, GA)	5-31-86
39	14.52	LATANYA GLASS (CA)	7-18-86
38	14.53	KATHLEEN PIERCE (CORTLAND, NY)	5-3-86
w38	14.58	KATHLEEN PIERCE (CORTLAND, NY)	4-26-86
37	15.0	BETTY BASKIN (MD)	8-17-86

40-44

age	mark	athlete(residence)	date
40	13.5	PAMELA CALVERT (MANCHESTER, MD)	8-10-86
40	13.7	PAMELA CALVERT (MANCHESTER, MD)	10-25-86
44	13.80	MARY LUKER (HOUSTON, TX)	6-21-86
40	13.99	PAMELA CALVERT (MANCHESTER, MD)	7-12-86
40	13.91	PAMELA CALVERT (MANCHESTER, MD)	8-30-86
44	14.46	MARY LUKER (HOUSTON, TX)	7-18-86
44	14.7	SANDY PASHKIN (NEW YORK, NY)	8-17-86
p43	15.75	JEAN HEMMING (US)	5-3-86

45-49

age	mark	athlete(residence)	date
w46	14.1	JEANNE CARTER (SANTA ANA, CA)	5-31-86
w46	14.2	EVELYN HOBBS (NY)	6-15-86
w46	14.4	JEANNE CARTER (SANTA ANA, CA)	5-17-86
w46	14.5	EVELYN HOBBS (NY)	5-31-86
w46	14.5	JEANNE CARTER (SANTA ANA, CA)	5-24-86
w46	14.7	EVELYN HOBBS (NY)	5-18-86
p45	14.7	JOY McDONALD (FT. LAUDERDALE, FL)	10-5-86
p45	15.0	JOY McDONALD (FT. LAUDERDALE, FL)	9-27-86
p45	15.2	JOY McDONALD (FT. LAUDERDALE, FL)	10-25-86
46	15.26	ESSIE KEA (CLEVELAND, OH)	4-26-86
46	15.6	JEANNE CARTER (SANTA ANA, CA)	2-22-86
48	15.53	ESSIE KEA (CLEVELAND, OH)	5-3-86
w49	15.9	ALEXANDRIA JOHNSON (BRONX, NY)	5-18-86

50-54

age	mark	athlete(residence)	date
w52	12.9	IRENE OBERA (MORAGA, CA)	8-2-86
w52	13.1	IRENE OBERA (MORAGA, CA)	7-5-86
w52	13.74	IRENE OBERA (MORAGA, CA)	7-18-86
w52	14.1	IRENE OBERA (MORAGA, CA)	6-21-86
w51	14.2	MARYLIN FITZGERALD (OLD BRIDGE, NJ)	6-15-86
w51	14.2	MARYLIN FITZGERALD (OLD BRIDGE, NJ)	6-29-86
w51	14.64	MARYLIN FITZGERALD (OLD BRIDGE, NJ)	7-18-86
w51	14.7	CHRISTEL MILLER (GLENDALE, CA)	6-7-86
w51	15.0	MARYLIN FITZGERALD (OLD BRIDGE, NJ)	5-18-86
w50	15.15	SUSAN REDFIELD (MARBLEHEAD, MA)	8-1-86
w50	15.9	ALEXANDRIA JOHNSON (BRONX, NY)	8-6-86
w50	16.4	ALEXANDRIA JOHNSON (BRONX, NY)	8-17-86
p54	16.53	SALLY ANNE STIEGELMEIER (BEREA, OH)	7-18-86

55-59

age	mark	athlete(residence)	date
w55	15.1	MAGDALENA KUEHNE (TAJUNGA, CA)	3-29-86
w56	17.1	SHIRLEY KINSEY (LA CRESCENTA, CA)	6-7-86
w55	17.6	DOROTHY ANDERSON (EUGENE, OR)	8-3-84
p58	17.64	JEAN WEAVER (US)	8-30-86

60-64

age	mark	athlete(residence)	date
60	17.36	FLORENCE REARDON (OREGON, OH)	7-18-86
61	18.37	ANGELINE TRANTHAM (HALTON CITY, TX)	5-24-86
63	18.9	ANGIE SMITH (US)	8-6-86
64	19.00	MARTHA FAIRBANK (DURHAM, NC)	5-3-86
63	19.4	MOLLY MONHEIT (LAFAYETTE, CA)	8-2-86
61	23.8	HAZEL ROSS NIEBEL (KENSINGTON, MD)	8-17-86
61	25.02	HAZEL ROSS NIEBEL (KENSINGTON, MD)	5-3-86

65-69

age	mark	athlete(residence)	date
68	16.94	MARY BOWMASTER (FAIRFIELD, OH)	7-18-86
68	17.31	JOSEPHINE KOLDA (SAN FRANCISCO, CA)	5-17-86
w67	19.1	MIDGE BURKHEAD (OAKLAND, CA)	7-5-86
67	19.6	MIDGE BURKHEAD (OAKLAND, CA)	8-2-86
67	23.3	MARJORIE HUNT (ANAHEIM, CA)	5-3-86
67	23.4	MARJORIE HUNT (ANAHEIM, CA)	5-31-86
67	23.9	MARJORIE HUNT (ANAHEIM, CA)	6-28-86
w67	24.0	MARJORIE HUNT (ANAHEIM, CA)	7-5-86
w67	24.1	MARJORIE HUNT (ANAHEIM, CA)	8-2-86
67	24.2	MARJORIE HUNT (ANAHEIM, CA)	6-21-86
67	24.69	MARJORIE HUNT (ANAHEIM, CA)	7-18-86
67	25.1	MARJORIE HUNT (ANAHEIM, CA)	7-11-86
65	42.9	RITA TOMASSINI (AVONDALE EST., GA)	6-7-86

70-74

age	mark	athlete(residence)	date
p70	19.43	VELMA JACOBS (CO)	8-30-86
w73	19.7	VIVIAN NELSON (HARRISBURG, PA)	6-29-86
w73	19.8	VIVIAN NELSON (HARRISBURG, PA)	6-15-86
73	20.1	VIVIAN NELSON (HARRISBURG, PA)	8-31-86
73	20.23	VIVIAN NELSON (HARRISBURG, PA)	7-18-86
73	21.62	MARY PARSONS (GARLAND, TX)	5-24-86

age	mark	athlete(residence)	date
76	17.20	POLLY CLARKE (ESTES PARK, CO)	7-18-86
76	20.9	BESS JAMES (SAN JACINTO, CA)	6-21-86
79	27.65	MARILLA SALISBURY (SAN DIEGO, CA)	10-10-86
78	29.1	MARILLA SALISBURY (SAN DIEGO, CA)	7-11-86
78	31.0	MARILLA SALISBURY (SAN DIEGO, CA)	6-7-86

200 meters

35-39

age	mark	athlete(residence)	date
w39	25.75	PHIL RASCHKE (ATLANTA, GA)	10-11-86
w39	25.8	PHIL RASCHKE (ATLANTA, GA)	7-15-86
w39	26.1V	PHIL RASCHKE (ATLANTA, GA)	7-5-86
w39	26.1	PHIL RASCHKE (ATLANTA, GA)	7-27-86
39	26.24	PHIL RASCHKE (ATLANTA, GA)	7-18-86
w38	26.4	JENNIFER PINTO (US)	6-15-86
39	26.5	PHIL RASCHKE (ATLANTA, GA)	10-25-86
39	26.5	PHIL RASCHKE (ATLANTA, GA)	5-31-86
38	27.0	JENNIFER PINTO (US)	5-31-86
w38	27.0	JENNIFER PINTO (US)	6-29-86
39	27.03	MURIEL SIMMONS-MCCORD (WYANDOC, NY)	7-18-86
38	27.42	JENNIFER PINTO (US)	7-18-86
39	27.5	MURIEL SIMMONS-MCCORD (WYANDOC, NY)	8-3-86
38	27.91	SKIPPER CLARK (BROOKLYN, NY)	2-16-86
w38	27.9	JENNIFER PINTO (US)	5-18-86
38	28.10	JENNIFER PINTO (US)	5-3-86
w38	28.08	JENNIFER PINTO (US)	2-16-86
37	28.61	JENNIFER PINTO (US)	2-16-86
38	28.8P	KATHLEEN PIERCE (CORTLAND, NY)	7-13-86
38	28.9P	KATHLEEN PIERCE (CORTLAND, NY)	7-26-86
38	29.2	JENNIFER PINTO (US)	8-17-86
39	29.3	KATHLEEN PIERCE (CORTLAND, NY)	7-26-86
w38	29.46	SKIPPER CLARK (BROOKLYN, NY)	6-29-86
39	31.0	LATANYA GLASS (CA)	6-28-86
37	33.2	BETTY BASKIN (MD)	8-17-86
37	33.2	BETTY BASKIN (MD)	8-31-86

40-44

age	mark	athlete(residence)	date
40	27.9	PAMELA CALVERT (MANCHESTER, MD)	8-10-86
40	28.15	PAMELA CALVERT (MANCHESTER, MD)	8-31-86
40	28.7	PAMELA CALVERT (MANCHESTER, MD)	10-25-86
40	29.1	JANIE DUFF (LOS GATOS, CA)	5-17-86
40	29.53	PAMELA CALVERT (MANCHESTER, MD)	7-12-86
44	29.56	MARY LUKER (HOUSTON, TX)	6-21-86
40	29.8	JANIE DUFF (LOS GATOS, CA)	4-26-86
p44	30.1	NADINE O'CONNOR (TIBURON, CA)	7-5-86
44	30.57	MARY LUKER (HOUSTON, TX)	7-18-86
40	30.96	JANIE DUFF (LOS GATOS, CA)	7-18-86
44	32.3	SANDY PASHKIN (NEW YORK, NY)	8-17-86
p43	33.92	JEAN HEMMING (US)	5-3-86

45-49

age	mark	athlete(residence)	date
46	29.7	JEANNE CARTER (SANTA ANA, CA)	5-31-86
p45	29.9	JOY McDONALD (FT. LAUDERDALE, FL)	9-27-86
46	30.0	JEANNE CARTER (SANTA ANA, CA)	5-24-86
p45	30.1	JOY McDONALD (FT. LAUDERDALE, FL)	10-5-86
w46	30.2	JEANNE CARTER (SANTA ANA, CA)	5-17-86
46	30.6	JEANNE CARTER (SANTA ANA, CA)	2-22-86
p45	30.8	JOY McDONALD (FT. LAUDERDALE, FL)	10-25-86
46	31.1	EVELYN HOBBS (NY)	5-31-86
w46	31.1	EVELYN HOBBS (NY)	5-18-86
w46	31.7	EVELYN HOBBS (NY)	6-15-86
48	32.52	ESSIE KEA (CLEVELAND, OH)	5-3-86
46	33.4	JEANNE CARTER (SANTA ANA, CA)	3-29-86

50-54

age	mark	athlete(residence)	date
w49	33.7	ALEXANDRIA JOHNSON (BRONX, NY)	5-18-86
49	34.21	ALEXANDRIA JOHNSON (BRONX, NY)	2-16-86
48	34.5V1	ESSIE KEA (CLEVELAND, OH)	1-4-86

55-59

age	mark	athlete(residence)	date
w52	27.4	IRENE OBERA (MORAGA, CA)	7-5-86
w52	27.7	IRENE OBERA (MORAGA, CA)	8-3-86
52	27.71	IRENE OBERA (MORAGA, CA)	6-21-86
52	27.9	IRENE OBERA (MORAGA, CA)	5-17-86
52	28.91	IRENE OBERA (MORAGA, CA)	7-18-86
w51	29.5	MARYLIN FITZGERALD (OLD BRIDGE, NJ)	6-15-86
w51	29.6	MARYLIN FITZGERALD (OLD BRIDGE, NJ)	6-29-86
51	29.7	CHRISTEL MILLER (GLENDALE, CA)	5-31-86
w51	30.5	MARYLIN FITZGERALD (OLD BRIDGE, NJ)	5-18-86
51	31.07	MARYLIN FITZGERALD (OLD BRIDGE, NJ)	7-18-86
50	32.6	SUSAN REDFIELD (MARBLEHEAD, MA)	6-22-86
51	34.0P	CHRISTEL MILLER (GLENDALE, CA)	7-26-86
50	34.91	ALEXANDRIA JOHNSON (BRONX, NY)	7-27-86
54	35.14	JOYCE HALS (LEXINGTON, MA)	7-18-86
50	36.5	ALEXANDRIA JOHNSON (BRONX, NY)	8-17-86

60-64

age	mark	athlete(residence)	date
57	36.3P	SHIRLEY KINSEY (LA CRESCENTA, CA)	7-26-86
56	36.71	BERYL SKELTON (FAIRPORT, NY)	11-8-85
55	37.6	DOROTHY ANDERSON (EUGENE, OR)	7-21-84

65-69

age	mark	athlete(residence)	date
p64	37.96	LOUISE ADAMS (CO)	8-31-86
60	38.18	FLORENCE REARDON (OREGON, OH)	7-18-86
61	40.47	ANGELINE TRANTHAM (HALTON CITY, TX)	5-24-86
63	40.9	MOLLY MONHEIT (LAFAYETTE, CA)	8-2-86
64	42.73	MARTHA FAIRBANK (DURHAM, NC)	5-3-86
63	45.3	POLLY CLARKE (ST. LOUIS, MO)	5-30-86
63	50.03V	MARY HOLBERT (KIRKWOOD, MO)	11-9-85

70-74

age	mark	athlete(residence)	date
68	36.6	JOSEPHINE KOLDA (SAN FRANCISCO, CA)	5-17-86
68	36.7P	MARY BOWMASTER (FAIRFIELD, OH)	7-18-86
65	40.7	MARGARETA LAMBERT (DILLON, CO)	5-30-86
68	43.2	HELEN STEPHENS (FLORISSANT, MO)	5-30-86
w68	46.7	JEAN STEVENS (CHENEY, WA)	8-3-86

age	mark	athlete(residence)	date
71	38.2	LUCILLE MONROE (WEBSTER GROVE, MO)	5-30-86
p70	41.36	VELMA JACOBS (CO)	8-31-86
w73	45.1	VIVIAN NELSON (HARRISBURG, PA)	6-15-86
73	46.37	VIVIAN NELSON (HARRISBURG, PA)	7-18-86
73	47.31	VIVIAN NELSON (HARRISBURG, PA)	1-5-86
72	47.35	PEARL MEHL (BOULDER, CO)	8-31-86
73	47.62V	VIVIAN NELSON (HARRISBURG, PA)	11-9-85
w73	48.1	VIVIAN NELSON (HARRISBURG, PA)	6-29-86
73	48.3V1	VIVIAN NELSON (HARRISBURG, PA)	3-16-86
w73	48.5V	VIVIAN NELSON (HARRISBURG, PA)	11-2-85

75-79

age	mark	athlete(residence)	date
76	37.48	POLLY CLARKE (ESTES PARK, CO)	7-18-86
76	46.6	BESS JAMES (SAN JACINTO, CA)	6-7-86
w79	60.44	MARILLA SALISBURY (SAN DIEGO, CA)	10-11-86
78	65.8	MARILLA SALISBURY (SAN DIEGO, CA)	7-12-86
75	96.0	MITZI PROBST (IL)	5-30-86

400 meters

35-39

age	mark	athlete(residence)	date
39	59.5	PHIL RASCHKER(ATLANTA,GA)	7- 8-86
39	59.97	MURIEL SIMMONS-MCCORD(WYANDOC,H,NY)	7-20-86
39	60.6Y	PHIL RASCHKER(ATLANTA,GA)	7- 5-86
39	60.7	PHIL RASCHKER(ATLANTA,GA)	10-25-86
39	61.1	MURIEL SIMMONS-MCCORD(WYANDOC,H,NY)	8- 3-86
39	61.8	MURIEL SIMMONS-MCCORD(WYANDOC,H,NY)	5-31-86
39	62.5	MURIEL SIMMONS-MCCORD(WYANDOC,H,NY)	8- 6-86
38	62.60	JENNIFER PINTO(US)	10-12-86
38	62.9	JENNIFER PINTO(US)	6-29-86
38	63.05	SUSANNE HOULTON(ATLANTA,GA)	7-20-86
39	63.1	PHIL RASCHKER(ATLANTA,GA)	7-27-86
38	63.5	JENNIFER PINTO(US)	6-15-86
38	63.5	JENNIFER PINTO(US)	5-18-86
p38	63.94	CASSANDRA CLARK(NY)	8-31-86
38	64.01	SKIPPER CLARK(BROOKLYN,NY)	2-16-86
38	64.19	JENNIFER PINTO(US)	4-26-86
38	64.93	SKIPPER CLARK(BROOKLYN,NY)	6-29-86
39	65.4	PHIL RASCHKER(ATLANTA,GA)	6- 3-86
38	65.5	SUSANNE HOULTON(ATLANTA,GA)	6- 3-86
38	67.2	JENNIFER PINTO(US)	5-31-86
38	68.11	KATHLEEN PIERCE(CORTLAND,NY)	1- 5-86
37	74.8	BETTY BASKIN(MD)	8-31-86
39	78.4	LATANYA GLASS(CA)	5-31-86

Continued from previous page

800 meters

35-39

age	mark	athlete(residence)	date
38	2:19.5	SUSANNE HOULTON (ATLANTA, GA)	7-8-86
39	2:21.7	SUSANNE HOULTON (ATLANTA, GA)	7-27-86
38	2:21.92	SUSANNE HOULTON (ATLANTA, GA)	7-18-86
38	2:24.2	SUSANNE HOULTON (ATLANTA, GA)	6-7-86
39	2:24.36	SUSANNE HOULTON (ATLANTA, GA)	10-10-86
p38	2:39.80	SUSAN CURTIS (NY)	7-18-86
39	2:41.4	PHIL RASCHKE (ATLANTA, GA)	7-15-86
p38	2:41.77	CASSANDRA CLARK (NY)	8-30-86
38	2:44.1HEI	KATHLEEN PIERCE (CORTLAND, NY)	7-27-86
38	2:47.5	DEBORAH HEATON (REDLANDS, CA)	8-23-86
37	2:48.2	BETTY BASKIN (MD)	8-31-86

40-44

age	mark	athlete(residence)	date
43	2:25.66	LINDA UPTON (CHESTNUT HILL, MA)	7-18-86
44	2:27.33	BARBARA PIKE (CONCORD, MA)	7-18-86
44	2:30.68	BARBARA PIKE (CONCORD, MA)	8-1-86
42	2:33.45	LINDA UPTON (CHESTNUT HILL, MA)	3-23-86
42	2:36.43	ROBIN VILLA (NEW YORK CITY, NY)	3-23-86
40	2:36.52	JANIE DUFF (LOS GATOS, CA)	7-18-86
40	2:36.8	JANIE DUFF (LOS GATOS, CA)	7-6-86
40	2:37.0	JANIE DUFF (LOS GATOS, CA)	5-17-86
40	2:38.1	CONNIE MANLEY (EUGENE, OR)	8-3-86
43	2:39.87	LORI SCHUTT (WEST LINN, OR)	7-25-86
40	2:41.4	BOBBY ROTHMAN (MILLER PLACE, NY)	7-12-86
44	2:42.8	LORI SCHUTT (WEST LINN, OR)	8-3-86
43	2:44.9	LORI SCHUTT (WEST LINN, OR)	7-12-86
41	2:58.0	JANICE GERVAIS (SAN DIEGO, CA)	6-28-86
44	3:20.1	SANDY PASHKIN (NEW YORK, NY)	8-17-86

45-49

age	mark	athlete(residence)	date
48	2:37.3	PAT BESSEL (GRAND ISLAND, NY)	8-6-86
45	2:45.91	LETHA FIGG-HOBLYN (PORTLAND, OR)	7-25-86
49	2:50.3	LYN LAGRANDE (EUGENE, OR)	8-3-86
47	2:51.16	MARY CULLEN (HOUSTON, TX)	7-18-86
46	2:57.2	JUDY GROOMBRIDGE (SEATTLE, WA)	6-7-86

50-54

age	mark	athlete(residence)	date
50	2:37.06	SUSAN REDFIELD (MARBLEHEAD, MA)	8-1-86
50	2:39.16	SUSAN REDFIELD (MARBLEHEAD, MA)	7-18-86
51	2:42.68	MARTHA KLOPFER (DURHAM, NC)	7-18-86
52	2:44.0	GRETTCHEN SNYDER (BERKELEY, CA)	10-4-86
54	2:45.52	JOYCE HALS (LEXINGTON, MA)	7-18-86
54	3:02.4	BARBARA CARLSON (ORINDA, CA)	5-17-86
52	3:09.4	IRENE OBERA (MORAGA, CA)	8-3-86
p54	3:10.62	SALLY ANNE STIEGELMEIER (BEREA, OH)	7-18-86
53	3:17.0	SUSAN MEANS (LAKE OSWEGO, OR)	7-12-86
53	3:18.8	SUSAN MEANS (LAKE OSWEGO, OR)	8-3-86
54	3:22.0	MARCIA MCCHESENEY (EUGENE, OR)	7-21-86

55-59

age	mark	athlete(residence)	date
56	2:11.1	BECK SKELTON (FAIRPORT, NY)	11-8-86
56	3:10.0	HARRIET WILSON (EUGENE, OR)	8-3-86
57	3:10.0	ANNA JH (PROSPECT, KY)	11-2-86

60-64

age	mark	athlete(residence)	date
63	3:32.2	ANGIE SMITH (US)	8-6-86
p64	3:32.70	LOUISE ADAMS (CO)	8-30-86
60	3:35.1	DOITIE GRAY (KIRKWOOD, MO)	5-30-86
63	4:19.7	POLLY BAILEY (ST. LOUIS, MO)	5-30-86

65-69

age	mark	athlete(residence)	date
66	3:19.20	MARGARETA LAMBERT (DILLON, CO)	8-30-86

70-74

age	mark	athlete(residence)	date
72	3:36.52	PEARL MEHL (BOULDER, CO)	8-30-86
71	4:24.0	EDNA BERG (BOZEMAN, MT)	8-16-86
72	4:27.0	DOROTHY STOTSENBERG (MALIBU, CA)	0-4-86
72	4:37.3	DOROTHY STOTSENBERG (MALIBU, CA)	6-21-86
72	4:43.7	DOROTHY STOTSENBERG (MALIBU, CA)	8-23-86
73	5:51.3	FRAN PATTERSON (ST. JAMES, MO)	5-30-86

75-79

age	mark	athlete(residence)	date
76	3:52.09	POLLY CLARKE (ESTES PARK, CO)	7-18-86
76	4:05.4	BESS JAMES (SAN JACINTO, CA)	8-23-86
76	4:09.33	BESS JAMES (SAN JACINTO, CA)	6-21-86
76	4:10.5	BESS JAMES (SAN JACINTO, CA)	6-7-86
79	6:11.56	MARILLA SALISBURY (SAN DIEGO, CA)	10-10-86
75	8:42.3	MITZI PROBST (IL)	5-30-86

1500 meters

35-39

age	mark	athlete(residence)	date
39	4:52.8	SUSANNE HOULTON (ATLANTA, GA)	10-11-86
39	4:55.9	SUSANNE HOULTON (ATLANTA, GA)	10-25-86
38	5:04.7	SUSANNE HOULTON (ATLANTA, GA)	7-19-86
38	5:12.6	SUSANNE HOULTON (ATLANTA, GA)	6-7-86
p38	5:26.03	SUSAN CURTIS (NY)	7-19-86
38	5:28.3	DEBORAH HEATON (REDLANDS, CA)	8-23-86
38	6:10.4PI	KATHLEEN PIERCE (CORTLAND, NY)	7-13-86

40-44

age	mark	athlete(residence)	date
44	4:59.47	BARBARA PIKE (CONCORD, MA)	7-19-86
43	4:59.51	LINDA UPTON (CHESTNUT HILL, MA)	7-19-86
42	4:59.71	LINDA UPTON (CHESTNUT HILL, MA)	3-23-86
44	5:00.26	BARBARA PIKE (CONCORD, MA)	8-1-86
44	5:00.41	BARBARA PIKE (CONCORD, MA)	1-10-86
42	5:06.41	LINDA UPTON (CHESTNUT HILL, MA)	1-10-86
41	5:10.1	JANICE GERVAIS (SAN DIEGO, CA)	6-7-86
42	5:10.81	ROBIN VILLA (NEW YORK CITY, NY)	3-23-86
42	5:13.47	LINDA UPTON (CHESTNUT HILL, MA)	5-3-86
41	5:14.0	JUDY KEWLEY (SIAMI VALLEY, CA)	6-14-86
40	5:26.1	CONNIE MANLEY (EUGENE, OR)	7-21-86
p41	5:30.74	ANNA MOORE (US)	5-3-86
42	5:32.81	ANDREA HATCH (BRAINTREE, MA)	1-10-86
43	5:43.4	LORI SCHUTT (WEST LINN, OR)	7-11-86
43	5:50.03	LORI SCHUTT (WEST LINN, OR)	7-25-86

45-49

age	mark	athlete(residence)	date
45	4:56.3	SHIRLEY MATSON (SAN DIEGO, CA)	6-7-86
49	5:11.0	NANCY PARKER (DUNWOODY, GA)	7-8-86
49	5:13	NANCY PARKER (DUNWOODY, GA)	6-3-86
49	5:15.1	NANCY PARKER (DUNWOODY, GA)	6-7-86
45	5:25.94	LETHA FIGG-HOBLYN (PORTLAND, OR)	7-25-86
45	5:32.01	ANN DIAZ (GLENCOE, IL)	3-23-86
41	5:38.6	PAT BESSEL (GRAND ISLAND, NY)	8-6-86
47	5:45.3	LYN LAGRANDE (EUGENE, OR)	8-3-86
47	6:04.49	MARY CULLEN (HOUSTON, TX)	7-19-86

50-54

age	mark	athlete(residence)	date
51	5:26.91	MARTHA KLOPFER (DURHAM, NC)	7-19-86
50	5:26.91	MARTHA KLOPFER (DURHAM, NC)	5-3-86
50	5:30.8	SUSAN REDFIELD (MARBLEHEAD, MA)	7-19-86
54	5:35.01	JOYCE HALS (LEXINGTON, MA)	7-19-86
54	6:25.4	MARCIA MCCHESENEY (EUGENE, OR)	7-14-84

55-59

age	mark	athlete(residence)	date
58	6:36.3	PAT THORSEN WHITE (SEATTLE, WA)	6-7-86
57	6:40.8	BETTY BENKERT (US)	5-28-86

60-64

age	mark	athlete(residence)	date
60	5:44.4	MARGARET MILLER (THOUSAND OAKS, CA)	7-16-86
60	6:55.1	DOITIE GRAY (KIRKWOOD, MO)	5-28-86
60	7:00.0	KIT PICKLES (COBB, CA)	5-17-86
p60	7:11.40	NANCY SMALLEY (CO)	8-31-86
60	7:13.0	KIT PICKLES (COBB, CA)	8-2-86
63	7:22.7	ANGIE SMITH (US)	8-6-86
63	8:49.6	POLLY BAILEY (ST. LOUIS, MO)	5-28-86

65-69

age	mark	athlete(residence)	date
65	6:26.49	JACLYN CASELLI (SAN JOSE, CA)	7-19-86
65	6:52.1	MARGARETA LAMBERT (DILLON, CO)	5-28-86
66	6:57.92	MARGARETA LAMBERT (DILLON, CO)	8-31-86

70-74

age	mark	athlete(residence)	date
72	7:19.00	PEARL MEHL (BOULDER, CO)	8-31-86
73	11:48.1	FRAN PATTERSON (ST. JAMES, MO)	5-28-86

75-79

age	mark	athlete(residence)	date
76	8:12.0	BESS JAMES (SAN JACINTO, CA)	6-21-86
78	12:18.3	MARILLA SALISBURY (SAN DIEGO, CA)	7-11-86
79	12:20.81	MARILLA SALISBURY (SAN DIEGO, CA)	10-11-86

5000 meters

35-39

age	mark	athlete(residence)	date
38	19:51.8	DEBORAH HEATON (REDLANDS, CA)	8-23-86
37	20:50.8	DEE DEE GRAFUS (OAKDALE, CA)	5-17-86

40-44

age	mark	athlete(residence)	date
40	18:02	BOBBY ROTHMAN (MILLER PLACE, NY)	7-12-86
42	19:10.6	PATRICIA MCGRATH (WESTCHESTER, PA)	6-29-86

45-49

age	mark	athlete(residence)	date
45	17:52.1	SHIRLEY MATSON (SAN DIEGO, CA)	6-7-86
45	17:52.2	SHIRLEY MATSON (SAN DIEGO, CA)	7-8-86
49	19:08	NANCY PARKER (DUNWOODY, GA)	6-7-86
p48	23:50.2	DENISE COLLIN (US)	7-5-86

50-54

age	mark	athlete(residence)	date
51	20:47.5	MARTHA KLOPFER (DURHAM, NC)	7-20-86
50	21:19.8	MARTHA KLOPFER (DURHAM, NC)	5-3-86
54	21:34.4	GLORIA BROWN (GRAND ISLAND, NY)	8-6-86
52	22:28.3	GRACE BUTCHER (IL)	7-20-86
54	23:02.4	MARCIA MCCHESENEY (EUGENE, OR)	8-3-86

55-59

age	mark	athlete(residence)	date
58	25:54.6	ANNA RUSH (PROSPECT, KY)	6-21-86

60-64

age	mark	athlete(residence)	date
60	25:01	KIT PICKLES (COBB, CA)	8-2-86
60	25:09.0	KIT PICKLES (COBB, CA)	7-5-86
p64	25:27.6	LOUISE ADAMS (CO)	8-30-86
p60	25:32.6	NANCY SMALLEY (CO)	8-30-86
63	27:23.0	ANGIE SMITH (US)	8-6-86
63	31:06.0	POLLY BAILEY (ST. LOUIS, MO)	5-29-86

65-69

age	mark	athlete(residence)	date
65	22:41.8	JACLYN CASELLI (SAN JOSE, CA)	7-5-86
65	24:47	RITA TOMASSINI (AVONDALE EST., GA)	6-7-86

70-74

age	mark	athlete(residence)	date
72	26:35.4	PEARL MEHL (BOULDER, CO)	8-30-86
71	32:22.8	EDNA BERG (BOZEMAN, MT)	8-16-86
71	34:34.98	MAYNE B'DERER (NEW YORK, NY)	7-20-86
73	42:44.2	FRAN PATTERSON (ST. JAMES, MO)	5-29-86

80 meter hurdles (30"/33")

40-44

age	mark	athlete(residence)	date
40	14:6	PAMELA CALVERT (MANCHESTER, MD)	8-10-86

50-54

age	mark	athlete(residence)	date
w51	14.7	CHRISTEL MILLER (GLENDALE, CA)	3-29-86
51	14.7	CHRISTEL MILLER (GLENDALE, CA)	10-4-86
51	14.8	CHRISTEL MILLER (GLENDALE, CA)	7-5-86

55-59

age	mark	athlete(residence)	date
w56	16.7	SHIRLEY KINSEY (LA CRESCENTA, CA)	5-24-86
57	17.1	SHIRLEY KINSEY (LA CRESCENTA, CA)	7-5-86
57	17.1HEP	SHIRLEY KINSEY (LA CRESCENTA, CA)	7-26-86

100 meter hurdles (30"/33")

35-39

age	mark	athlete(residence)	date
39	16.76	PHIL RASCHKE (ATLANTA, GA)	10-11-86
w39	16.9	PHIL RASCHKE (ATLANTA, GA)	7-27-86
39	17.50	PHIL RASCHKE (ATLANTA, GA)	7-18-86
38	19.5HEI	KATHLEEN PIERCE (CORTLAND, NY)	7-26-86
38	19.92	KATHLEEN PIERCE (CORTLAND, NY)	7-18-86

high jump

35-39

age	mark	athlete(residence)	date
39	5'1 3/4	PHIL RASCHKE (ATLANTA, GA)	10-25-86
39	4'11 3/4	PHIL RASCHKE (ATLANTA, GA)	10-11-86
p38	4'10 1/4	ANNELIES STEEKELENBURG (US)	5-24-86
39	4'10	PHIL RASCHKE (ATLANTA, GA)	7-18-86
p38	4'9	ANNELIES STEEKELENBURG (US)	8-23-86
39	4'8	PHIL RASCHKE (ATLANTA, GA)	7-15-86
38	4'6	SKIPPER CLARK (BROOKLYN, NY)	6-29-86
p38	4'6	CASSANDRA CLARK (NY)	8-30-86
39	4'6	PHIL RASCHKE (ATLANTA, GA)	2-23-86
39	4'6	PHIL RASCHKE (ATLANTA, GA)	7-27-86
38	4'4	KATHLEEN PIERCE (CORTLAND, NY)	1-5-86
39	4'2	LATANYA GLASS (CA)	7-18-86
39	4'0	LATANYA GLASS (CA)	9-6-86
39	4'0	LATANYA GLASS (CA)	6-28-86
38	3'11 1/4	KATHLEEN PIERCE (CORTLAND, NY)	7-26-86
39	3'10	LATANYA GLASS (CA)	5

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.

EAST

Penn Relays
Philadelphia, Pa.
April 24-25, 1987

Masters 4 x 100m relay

1. New York Pioneer Masters (Ed Small, Bob Williams, Dennis Dyce, Ron Johnson) 0:45.6

Masters 4 x 400 m relay

1. New York Pioneer Masters (Ed Small, Ron Johnson, Dennis Dyce, Bob Brown) 3:37.1

1987 MAC Championships Kings Point, N.Y. May 17

100 METER DASH

F35 J PINTO	NYM	13.4
K PIERCE	SYR	13.7
B CLAIR-SEARCY	NYM	13.9
L SILLS	NYM	14.9
F40 M MITCHELL	WSAC	13.7
F45 B STEWART	NYM	14.5
M30 N STEINBERG	RI	11.3
B LAWS	FRONT	13.0
M35 A WALTON	SYR	11.0
P CALDON	UN	11.9
I BLACK	NYAC	12.3
L MILLER	NYM	14.4
M40 T RAUSHER	ROCH	12.2
V DICESARE	NYM	12.8
J LEWEZAK	NJ	12.9
A MEVIS	NYM	13.0
M45 R WILLIAM	NYP	11.6
J BANTUM	PHIL	11.9
D ABAYANI	PHIL	12.0
T CRACOVIA	FRONT	12.0
M KULZER	PHIL	12.3
H SIMON	NYM	12.7
M50 D PRATT	PHIL	12.3
R RIZZO	NYP	12.4
C PAULING	CPTC	12.5
M BROWN	NJ	12.7
M LAFFERTY	UN	12.9
M BRESLIN	PA	14.5
T TALBOTT	NYM	14.6
M55 L PRATT	PHIL	12.8
T BROOKS	NYP	13.1
A MUKMIN	NYP	13.1
T McCORMACK	NYM	13.7
M60 R VALENTINE	NYP	13.0
M HERSCHER	NYM	14.5
M LENTZER	NYM	14.7
M70 M NEUHOF	NYM	14.6
M80 K BOAS	NYM	17.7

200 METER DASH

F35 J PINTO	NYM	27.4
B CLAIR-SEARCY	NYM	28.0
K PIERCE	SYR	28.2
L SILLS	NYM	31.5
F40 SIMMONS-McCORD	NYM	26.8
M MITCHELL	WSAC	28.1
A THOMAS	UN	29.8
F45 B STEWART	NYM	31.2
M30 N STEINBERG	RI	22.7
B LAWS	FRONT	26.3
M35 A WALTON	SYR	22.2
R McDONALD	NYP	23.3
P CALDON	UN	23.9
D BROWN	NYP	24.0
I BLACK	NYAC	27.3
L MILLER	NYM	30.1
M40 J CHANDLER	CPTC	24.7
A MEVIS	NYM	26.6
V DICESARE	NYM	27.2
M45 R WILLIAM	NYP	23.3
D ABAYANI	PHIL	24.0
E SMALL	NYP	24.1
J BANTUM	PHIL	24.8
T CRACOVIA	FRONT	25.1
M KULZER	PHIL	25.2

M50 R RIZZO	NYP	24.8
D PRATT	PHIL	25.3
H BOHIGIAN	NYM	25.9
M BROWN	SHORE	25.9
P PLANT	NYP	26.3
J MORAN	UN	29.4
M BRESLIN	PA	30.6
T TALBOTT	NYM	30.9
M55 T McCORMACK	NYM	28.5
M60 R VALENTINE	NYP	26.7
M HERSCHER	NYM	30.5
M LENTZER	NYM	33.5
M80 K BOAS	NYM	38.3

400 METER DASH

F30 R PEART	PAL	71.1
F35 S OSBORNE	PAL	69.9
F40 SIMMONS-McCORD	NYM	61.1
A THOMAS	UN	66.7
M30 A STERRETT	UN	52.1
M35 D HODGE	ANDSN	53.4
R McDONALD	NYP	55.0
M40 J CHANDLER	CPTC	56.5
V DICESARE	NYM	60.6
M45 R STANFORD	NJ	54.6
E SMALL	NYP	55.8
T CRACOVIA	FRONT	56.9
M50 D PRATT	PHIL	56.3
C PAULING	CPTC	56.5
H BOHIGIAN	NYM	58.8
P PLANT	NYP	60.8
J MORAN	UN	67.8
T TALBOTT	NYM	72.0
M60 R VALENTINE	NYP	65.4
A BRADLEY	NYM	80.3
M80 K BOAS	NYM	98.3

800 METER RUN

F35 C CLARK	UN	2:49.3
M30 J HEMMEL	NJ	2:11.8
M SAFAIR	SYR	2:41.1
M35 D HODGE	ANDSN	2:08.6
J DULA	WESTR	2:22.3
M40 J HODGE	PHIL	2:15.0
M50 C PAULING	CPTC	2:14.8
I BERNSTEIN SHORE		2:26.2
T TALBOTT	NYM	3:06.9
M60 D MARGETSON	NYP	3:06.6

1500 METER RUN

M30 A STERRETT	UN	4:20.2
J DULA	WEST RR	4:48.0
M40 T ROBINSON	UN	4:20.2
S KAMINSKY	NYM	4:40.4
M50 K BAKER	POT VLY	4:43.6
C PAULING	CPTC	5:04.1
I BERNSTEIN SHORE		5:28.1
M55 B SIMMONS	NYM	6:31.9

110M HURDLES

M35 D SALEEN	NJ	15.7
I BLACK	NYAC	19.0
M40 M MILOVE	NYM	17.7
M DeJESUS	REEBK	18.1
M45 R KAYE	NYM	22.5
M50 R BACOTE	NYM	23.1
M55 L PRATT	UN	17.2

400 HURDLES

F35 C CLARK	UN	79.1
M35 I BLACK	NYAC	71.4
M40 M DeJESUS	REEBK	68.4
M45 D TANCREDI	SI	65.9
M50 R BACOTE	NYM	79.8
M55 G KELLY	SHOR	78.1
M60 R VALENTINE	NYP	79.1

5000 METER WALK

F45 S FORT	NYM	38:35.0
F60 M HENRY	SHOR	35:09.7
M45 G DAVIS	CT	29:28.3
M50 B KAUFMAN	EAST	31:10.5
M NATALO	UN	38:04.2
M55 R FINE	NYM	28:47.9
OMELTCHENKO	NYM	31:06.6
M65 LANGERFELD	NYM	37:02.5

5000 METER RUN

F30 L MCINTOSH	NRTH	23:48.7
M45 R BASSETT	UN	20:27.1
E FIGUEROA	UN	21:31.8
M55 G MCKENZIE	UN	18:11.3
R FINE	NYM	22:15.5
M SEIDERWITZ	NYM	23:10.2
M CIRULNICK LB	SND	25:17.6
M60 D MARGETSON	NYP	22:55.9

HIGH JUMP

F35 F WIGGINS	NYM	3'8"
M35 M SAFAIR	SYR	5'8"
I BLACK	NYAC	5'2"
M40 M DeJESUS	REEBK	5'2"
M45 D TANCREDI	SI	4'8"
M50 M LAFFERTY	UN	4'10"
R BACOTE	NYM	4'2"
M55 L PRATT	NJ	4'10"
M60 MARGETSON	NYP	4'4"
J DOORLAY	NYM	4'2"
A BRADLEY	NYM	3'8"
M70 M NEUHOF	NYP	4'2"
M EIPEL	NYAC	4'0"

POLE VAULT

M35 I BLACK	NYAC	7'10"
M60 J DOORLAY	NYM	7'10"

LONG JUMP

F35 R PEART	PAL	16'11"
F KAYE	NYM	7'1.5"
F35 C CLARK	UN	13'7.25"
L SILLS	NYM	12'6"
M30 J LAFFERTY	UN	19'11.5"
M35 I BLACK	NYAC	17'10.5"
M40 A MEVIS	NYM	15'7.5"
G HAMILTON	UN	13'4.25"
M GROSSMAN	UN	12'3.75"
M45 D TANCREDI	SI	16'5.75"
R KAYE	NYM	14'10.25"
M50 J RAY	CARTB	12'11.75"
M55 CARSTENSEN	NYM	15'3.75"
L PRATT	UN	12'10.5"
M60 J DOORLAY	NYM	14'2"
M HERSCHER	NYM	13'6.5"
M70 G WOOD	PHIL	9'7.5"

TRIPLE JUMP

M35 I BLACK	NYAC	39'6"
M40 M MILOVE	NYM	35'2.75"
HAMILTON	UN	26'10.5"
M45 TANCREDI	SI	34'9.75"
R KAYE	NYM	30'8.5"
M50 LAFFERTY	UN	36'7.25"
BOHIGIAN	NYM	34'11.5"
M60 J DOORLAY	NYM	28'4.5"

SHOT PUT

F35 CLAIR-SEARCY	NYM	31'8"
J HALLS	NYM	23'8"
F40 C LEAF	NYM	28'4.5"
F50 A CIRULNICK	NYM	29'11"
J DASH	UN	29'3"
M35 I BLACK	NYAC	7.70
M45 B MCKENNA	NYM	11.38
R DECKER	NYM	10.73
BERGMANN	PHIL	10.68
B SIMON	PHIL	10.47
M BURRELL	UN	9.28
M50 J WENIG	UN	13.30
M KINTISH	NYM	11.77
M MAASIK	NYM	11.55
M55 T BROOKS	NYP	10.23
D HENRY	NJ	9.94
M60 M CANTOR	NYM	11.69
M65 M MINAFRA	NYM	9.00
G WOOD	PHIL	10.56
A SKONBERG	NYM	9.64
M EIPEL	NYAC	9.55
M80 M MCARDLE	NYM	6.15
K BOAS	NYM	5.64

DISCUS

F35 F WIGGINS	NYM	18.88
F40 C LEAF	NYM	27.52
S PASHKIN	NYM	18.60
F50 A CIRULNICK	NYM	21.10
J DASH	UN	20.34
J YOUNGS	CT	19.96

F55 C MCKENZIE	NYM	18.62
M30 M OLDREY	UN	38.50
M35 F DIEZI	ZURICH	48.76
R BIENSIADA	NJ	31.00
I BLACK	NYAC	23.22
M40 M GRISKO	CONN	48.42
M45 B MCKENNA	NYM	33.15
R DECKER	NYM	29.41
M50 M KINTISH	NYM	43.72
M MAASIK	NYM	32.73
M BRESLIN	PHIL	27.20
M55 D HENRY	NJ	26.49
M60 M CANTOR	NYM	37.78
M65 M MINAFRA	NYM	30.03
M70 M EIPEL	NYAC	29.93
G WOOD	PHIL	26.83
A SKONBERG	NYM	25.33
M80 M MCARDLE	NYM	16.66
K BOAS	NYM	16.02

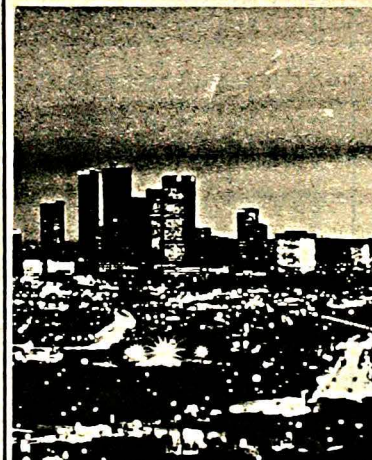
JAVELIN

M30 F KAYE	NYM	38'2"
F35 CLAIR-SEARCY	NYM	63'3"
L SILLS	NYM	51'0"
F40 C LEAF	NYM	87'3"
F50 J DASH	UN	78'10"
J YOUNGS	CT	65'5"
A CIRULNICK	NYM	58'8"
M35 I BLACK	NYAC	109'0"
M40 M MAY	UN	158'0"
M45 T MURPHY	NYM	164'9"
B SIMON	PHIL	143'2"
R DECKER	NYM	118'10"
D TANCREDI	SI	97'7"
R KAYE	NYM	91'11"
M50 B YOUNGS	CONN	159'4"
M MAASIK	NYM	113'5"
H BOHIGIAN	NYM	92'8"
M BRESLIN	PHIL	90'10"
M60 J DOORLAY	NYM	80'10"
M65 M MINAFRA	NYM	93'2"
M70 M EIPEL	NYAC	86'6.2"
G WOOD	PHIL	52'7.5"
M80 M MCARDLE	NYM	36'9"

HAMMER

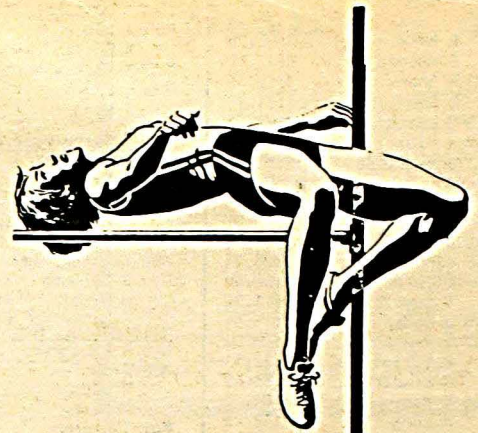
M30 M OLDREY	UN	46.78
M35 I BLACK	NYAC	14.57
M45 R DECKER	NYM	35.94
B MCKENNA	NYM	35.20
M50 M KINTISH	NYM	34.83
A PHILIP	NYM	41.52
C WEDERBURN	UN	25.25
D HENRY	SHORE	20.17
M60 M CANTOR	NYM	31.76
M LENTZER	NYM	16.15
M65 M MINAFRA	NYM	23.02
M70 M EIPEL	NYAC	30.45
A SKONBERG	NYM	21.22

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have survived
cancer than
now live in
the City of
Los Angeles.
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SOUTHEAST

Florida Weight Pentathlon April 25

	Disc	Shot	Jav	Ham	Wt Tl	Score
Ed Hill	144.75	52.81	160.5	156.17	56.87	
44	835	963	718.5	835	991	4342
Don Reid	116.56	45.71	114.5	141.71	34.04	
69	747.5	888.5	821	822.5	720	4000
Stacy Laeki	86.85	32.29	78.25	128.08	28.75	
70	540	603	574	796	599	3112
Russ Arnold	68.27	30.37	77.25	90.5	23.58	
74	448	629	646	608	592.5	2923
Phil Partridge	76.0	24.94	63.42	82.04	23.87	
	534.5	514	558	581	649	2836
35 lb. Wt.	Paul Brown (35)	34.08	Ron Salvo (38)	31.62		
	Glen Weaver (39)	34.33				

Southeastern Masters International Meet Raleigh, N.C.; May 1-3

100m	M40 T Bell	22.79
W30 S Austin	R Flicker	25.10
M Boal	J Liles	25.54
W35 K Pierce	M45 S White	25.31
E Holmes	E Mitchell	25.83
W40 P Raschker	J Hodge	25.91
J Hemming	M50 L Colbert Sr	24.32
W45 J MacDonald	J Mathis	24.89
E Kea	J Ware	26.71
A Carter	M55 J Poppell	25.99
W50 S Klutz	J Korthauer	26.00
W60 H Neibel	L Smith	26.85
W70 B Hicks	M60 R Valentine	26.43
M30 T Jones	J Law	27.34
C Pipkin	M Robinson	28.03
D Allen	M65 J Manno	29.19
M35 A Walton	J Sponseller	29.68
B Green	J Rice	29.85
J Jeffreys	M70 B Weinacht	28.86
M40 T Bell	R Birchard	36.65
J Clifford	M75 B Ivers	32.36
W Rivera	B Fike	33.86

Continued from previous page

800m

W35 B Baskin	3:06.08
E Holmes	3:41.10
W40 R Shank	3:19.39
K Sabella	3:41.78
W45 B Latta	3:29.02
W50 S Kluttz	2:54.68
J Huguelet	3:50.05
M30 D Senter	2:03.83
J Halsch	2:07.30
L Windley	2:10.85
M35 G Marshall	2:27.52
M40 a McDaniel	2:06.73
Weldon	2:08.90
S McWilliams	2:11.32
M45 J Hodge	2:13.69
M50 C Pauling	2:19.02
R Elliot	2:22.61
J Bradley	2:23.40
M55 K Brown	2:24.15
K Long	2:56.29
J Saxon	3:12.78
M60 R Valentine	2:27.78
A Messenger	2:29.33
H Johnson	2:35.25
M65 J Rice	2:35.65
J Sponseller	2:48.65
B Bailey	3:09.98
M70 M Quackenbos	2:53.81
C Breisford	3:16.19
M75 C Wang	3:24.31
B Fike	3:24.71
C Nixon	3:28.98

1500m

W30 L McIntosh	6:18.44
W35 B Baskin	5:48.43
W40 A Moore	5:44.16
K Sabella	7:41.94
W50 S Kluttz	5:56.00
J Huguelet	7:29.30
W55 P Craver	7:42.45
M30 K Lampert	4:06.70
J Stone	4:08.75
R Edwards	4:13.97
M35 K Fields	4:22.29
M40 T Hare	4:20.85
S McWilliams	4:32.20
R Weiner	5:16.82
M45 L Faxon	4:31.04
M50 C Pauling	4:50.59
R Elliot	4:52.92
R Mosbrook	5:37.51
M55 K Brown	5:13.99
K Long	6:12.76
J Saxon	6:27.00
M60 A Messenger	5:24.34
E Lloyd	6:27.74
M65 J Rice	6:09.80
A Gutttag	7:45.42
M70 D Johnson	6:18.65
R Birchard	7:29.72
M75 B Fike	7:00.37
C Nixon	7:19.36
C Wang	7:30.85

3000m

W30 R Perry	11:31.81
L McIntosh	13:10.55
W40 S Kluttz	11:48.86
B Dameron	13:02.70
W55 A Rush	15:17.41
P Craver	16:03.36
W30 K Lampert	8:43.59
E Darken	8:47.73
J Stone	9:00.81
M35 U Posluzny	9:47.09
S Cotanch	10:04.46
G Lattarulo	11:38.31
M40 E Daw	9:06.74
T Hare	9:10.85
M45 L Faxon	9:57.85
S Zelin	10:21.27
D Kirkman	11:16.02
M50 C Desjardins	10:58.70
R Mosbrook	11:27.01
W Dameron	11:34.97
M55 K Brown	11:22.31
D MacKenzie	13:28.80
J Saxon	13:37.56
M60 L Rush	12:14.57
M Bliss	12:46.13
E Lloyd	13:02.77

5000m

M65 J Woods	13:05.75
B Bailey	13:45.92
A Gutttag	16:31.72
M70 D Johnson	13:40.06
M75 E Benham	12:47.55
C Wang	15:41.64
C Nixon	15:58.40
W40 A Moore	20:45.5
K Sabella	28:53.9
W45 D Canaday	29:24.7
W50 S Kluttz	21:42.2
B Dameron	22:14.2
J King	32:27.8
M30 R Peterson	18:00.9
M35 G Lattarulo	21:17.3
M40 H Slate	22:07.4
M45 J Hickey	18:58.8
D Kirkman	19:28.3
R Neuman	22:47.8
M50 C Desjardins	19:10.8
R Mosbrook	19:54.0
W Dameron	20:08.7
M55 S Warner	20:02.9
F Cooper	20:12.8
D King	23:24.8

M60 E Lloyd	23:20.6
T Dantzier	26:22.2
M65 J Woods	23:07.5
A Gutttag	27:35.8
M70 M Quackenbos	21:06.8
M75 E Benham	22:20.9
C Wang	28:41.4

3000m Steeplechase

M30 A Everhart	9:59.3
R Edwards	10:09.7
R Watson	12:24.5
M35 L Forrester	9:54.5
M40 R Brandt	12:52.4
M50 T Butterfield	12:00.2
J Gilmore	12:43.1
W Nicoll	13:53.6

Straight Hurdles

W40 P Raschker	12.76
M30 J Watry	16.97
R Watson	19.74
P Berry	20.00
M40 T Cronan	17.06
R Sharkley	17.29
B Willis	18.85
M45 D Ellis	16.96
C Miller	17.88
M50 J Gilmore	19.02
J Bradley	20.14
G Hague	32.50

M55 L Pratt Sr	17.55
B Gentry	20.43
K Morris	25.19
M60 A Thomson	21.16
D Harris	23.68
M65 B Morcom	18.42
J Martin	19.28
M70 H Neibel	15.70
H Morningstar	18.25
M75 K Trei	16.81
R Boal	17.98

400m Hurdles

M30 J Watry	58.97
M McGinnis	65.05
P Berry	65.43
M40 T Cronan	63.29
W Weldon	64.21
A Thomas	72.00
M45 J James	77.80
M50 J Bradley	66.25
T Butterfield	68.16
M55 B Gentry	72.96
K Morris	85.16
M60 R Valentine	71.13
A Thomson	83.87
M65 J Martin	77.21
A Obokata	80.01
M70 H Neibel	85.69
H Morningstar	102.40

5K Alex Almsy Walk

W30 K Donley	27:19.9
J Morrison	32:39.1
v Lamb	34:59.8
W40 L Cohen	34:19.9
W45 A Bennett	34:47.7
W60 M Henry	37:37.2
H Neibel	39:15.1
E Lloyd	42:07.2
W65 E Hicks	49:27.2
W70 M Talmadge	52:00.5
M30 A Gaskill	29:19.3
M35 G Lattarulo	29:23.6
M40 R Dandar	27:22.7
B Farrell	28:05.4
J Byzek	30:15.6
M45 r McGinnis	24:16.2
R Kulik	25:12.2
T Holden	28:14.5
M50 W Nicoll	29:24.6
R Chandross	35:59.0
M55 R Fine	29:33.6
A Briggs	30:08.3
M60 R Mimm	27:40.5
E Lloyd	32:27.6
M65 G Heller	32:06.5
M70 D Johnson	31:56.2
E Seeger	32:46.8
M75 G Wallace	34:55.3
B Fike	40:37.7

High Jump

W40 P Raschker	1.50
J Hemming	1.35
W45 E Kea	1.30
M30 J Watry	1.95
R Watson	1.65
J Baty	1.55
M35 C Strode	1.70
M40 T Cronan	1.50
W Weldon	1.50
M45 S White	1.65
C Miller	1.55
N Carter	1.50
M50 P Mulkey	1.50
J Gilmore	1.50
M55 L Pratt Sr	1.50
B Gentry	1.45
B Ackerman	1.35
M60 F Hirsimaki	1.30
A Thomson	1.30
M65 B Morcom	1.40
M Pickl	1.30
M Buschman	1.25
M70 H Morningstar	1.30
M75 W Dunham	1.15
R Boal	1.10
M80 A Ticmanis	.95
M85 E Hosack	1.00

Pole Vault

M30 M McGinnis	4.26
W Woods	4.11
D Beshears	3.53
M35 C Strode	4.57
J Dye	3.65
M40 W Busby	3.53
B Willis	3.20
T Cronan	2.59
M45 W Sokolowski	4.11
E Zuraw	3.65
M55 B Ackerman	2.44
B Gentry	2.13
D Grey	2.13
M60 F Hirsimaki	2.59
M65 B Morcom	3.35
M70 H Morningstar	2.28
W Patterson	2.13
M80 A Ticmanis	1.52

Long Jump

W30 S Shank	4.55
S Hull	3.99
W35 K Pierce	4.05
S Kidd	3.40
W40 P Raschker	5.70
J Hemming	4.00
W45 A Carter	3.77
W60 B Holland	2.91
M30 J Watry	5.92
M35 J Parsons	5.19
M40 J Liles	5.77
W Willis	5.29
R Sharkley	5.21
M45 S White	5.80
W Jeffrey	5.28
N Carter	5.20
M50 P Williams	5.54
J Gilmore	5.00
P Mulkey	4.26
M55 P Carstensen	4.84
L Pratt Sr	4.80
T Bartenfeld	4.36
M60 H Robinson	4.52
J Dykes	4.33
D Harris	4.28
M65 A Obokata	4.28
M Pickl	4.07
M70 B Weinacht	4.33
H Morningstar	3.28
J Wood	2.59
M75 K Trei	3.75
W Dunham	2.67
M80 K Boas	2.50
A Ticmanis	2.23
M85 E Hosack	2.47

Triple Jump

W40 P Raschker	10.59
W45 A Carter	7.66
M40 T Cronan	11.26
J Liles	10.46
P Sweet	9.67
M45 S White	11.45
N Carter	11.05
R Kaye	9.19
M50 P Mulkey	11.40
D Martin	9.69
M55 B Ackerman	9.7
T Bartenfeld	9.29
W Evans	7.69
M60 F Hirsimaki	9.39
K Pavasars	8.80
A Thomson	8.46
M65 M Pickl	8.62
M Buschman	8.00
M70 H Morningstar	7.74
M75 K Trei	8.15
M80 A Ticmanis	4.78

Shot Put

W35 K Pierce	9.55
W40 J Hemming	7.24
R Shank	5.78
W45 J Meyer	7.17
B Bloomfield	6.45
A Carter	5.65
W50 A Cirulnick	9.07
J Dash	8.33
S Good	5.63
W55 M Thomson	5.78
B Messenger	4.80
W60 B Holland	9.06
J Reid	6.33
W70 B Jarvis	6.08
M30 R Watson	10.36
J Watry	9.68
M35 R Cone	11.05
K Kissack	10.83
M40 T Cronan	9.26
M45 B McKenna	11.14
M Valle	11.00
J Jurgens	10.33
M50 P Scudieri	12.86
J Edwards	12.85
W Duckworth	12.33
M55 L Olson	12.84
N Curran	9.86
R Belliveau	9.83
D Reid	11.77
A Jaago	11.71
F Simmons	11.49
M60 D Coleman	10.61
M Dukovak	10.20
J Minah	10.05
M70 H Morningstar	10.65
J Wood	10.07
S Laski	8.99

M75 P Partridge	6.83
M80 A Ticmanis	7.96
K Boas	5.60
M85 E Hosack	5.90

Discus

W35 K Pierce	26.06
W45 J Meyers	20.10
B Bloomfield	17.15
A Carter	15.54
W50 J Dash	22.28
A Cirulnick	20.33
S Good	14.16
W55 M Thomson	15.46
B Messenger	11.68
W60 B Holland	28.20
J Reid	17.14
H Neibel	14.79
W70 B Jarvis	12.88
M30 R Watson	32.42
M35 R Cone	33.58
K Kissack	29.26
M45 L Pratt	43.16
M Harrington	38.30
M Valle	33.70
M50 P Scudieri	43.60
J Edwards	39.70
T Twomey	34.06
M55 L Olson	37.96
R Belliveau	30.04
W Jackson	28.28
M60 F Simmons	40.72
K Pavasars	37.82
D Reid	36.18
M65 B Morcom	36.26
J Minah	34.50
F Geiter	32.70
M70 H Morningstar	33.52
J Wood	30.42
S Laski	25.74
M75 K Trei	26.68
P Partridge	24.18
B Fike	18.00
M80 A Ticmanis	17.40
K Boas	16.34
M85 E Hosack	18.68

Hammer

W45 B Bloomfield	23.94
M30 D Guzman	35.34
M35 R Cone	34.80
M45 M Valle	36.18
B McKenna	36.08
R Bloomfield	33.24
M50 T Twomey	41.78
J Edwards	35.70
P Scudieri	35.16
M55 L Olson	37.96
O Henry	19.86
B Ackerman	18.04
M60 R Bergenback	36.32
D Reid	33.96
A Jaago	28.52
M65 J Minah	33.50
M70 S Laski	38.36
N Fowler	37.22
H Morningstar	23.08
P Partridge	21.62
M80 A Ticmanis	21.74
K Boas	14.24
M85 E Hosack	16.08

Javelin

M30 F Kaye	10.10
W35 K Pierce	27.78
M45 J Meyer	22.46
W50 J Dash	24.90
A Cirulnick	17.84
S Good	10.28
W60 B Holland	26.16
J Reid	15.16
A Bergenback	10.22
W70 B Jarvis	13.26
M30 R Watson	46.60
C Busby	43.16
D Guzman	41.24
M35 R Conroy	60.52
M Riddle	55.26
D Peebles	51.82
M40 W Buffalo	64.38
W Busby	47.08
J Liles	33.30
M45 J Jurgens	35.96
R Kaye	23.24
M50 W Duckworth	54.50
P Scudieri	50.48
R Youngs	46.24
M55 L Olson	37.94
R Belliveau	36.80
B Ackerman	29.76
M60 F Simmons	41.30
R Bergenback	37.34
A Jaago	36.32
M65 M Buschman	30.00
F Geiter	28.58
M Minafra	25.22
M70 H Morningstar	28.80
J Wood	23.72
S Laski	23.60
M75 K Trei	26.42
W Dunham	25.54
P Partridge	19.04
M80 A Coleman	18.70
A Ticmanis	13.14

Weight Toss	
W45 B Bloomfield	5.72
M30 D Guzman	11.22
M35 R Cone	12.00
M45 R Bloomfield	12.10
B McKenna	10.85
M Valle	10.47
M50 T Twomey	12.35
J Edwards	9.99
P Scudieri	8.66
M55 L Olson	10.66
D Henry	7.64
N Curran	5.49
M60 A Jaago	12.14
R Bergenback	12.08
D Reid	10.48
M65 M Dukovak	8.13

Continued from previous page

220 Yards
1 John Alexander(67), 20.76; 2 Dan Thiel(38), 22.10; 3 Steve Foster(36), 22.42 & Sammy White(49), 22.02; 5 Tom Brewer(40), 22.05; 6 Mance Cooper(44), 22.92; 7 Tom Kennell(67), 23.10; 8 Jim Scowins(57), 23.40; 9 Robert Utley(44), 23.08; 10 John Stiehl(39), 24.78; 11 Tommy Taylor(56), 25.74

440 Yards
1 John Alexander(67), 44.59; 2 Gordon Seifert(58), 48.03; 3 Dan Thiel(38), 51.68 & Vic Graffeo(37), 54.29; 5 Tommy Taylor(56), 58.11 & Isaac Latimore(49), 60.12; 8 Nancy Taylor(53), 69.02; 8 Nancy Taylor(53), 77.92

880 Yards
1 Casey Jones(56), 2:37.5; 2 Mark Kernan(34), 2:56.7; 3 Bob Petola(39), 3:03; 4 Claude Burrow(66), 3:36.7

MILE
1 Casey Jones(56), 5:45.4; 2 Chas Thompson(41), 6:19; 3 Claude Burrow(66), 7:29.1; 4 Nancy Taylor(53), 7:59.2

5000 METERS
1 Gerry Williams(55), 20.16; 2 Mark Kernan(34), 20.57; 3 Ken Slanker(45), 21.03; 4 Adam Robertson(45), 21.46; 5 Jim Taylor(39), 22.23; 6 Bob Petola(39), 23.25; 7 Claude Burrow(66), 24.26; 8 Cathy McCain(41), 25.31; 9 Nancy Taylor(53), 27.05

100 MURDLES
1 Tom Kennell(66), 7.62

440 RELAY
1 Atlanta Track Club-John Stiehl(39), Robert Utley(44), Mance Cooper(44), Tom Brewer(40) 45.0 2 BTC

FIELD EVENTS
Field events are listed first by actual distance, second by handicap finish. For example, Bill Duckworth (52), threw the javelin 180'3" but because of his age handicap he ended up with a 283'54" first place throw defeating Richard Sander(40) who actually threw the javelin 197'7".

SHOT
1 Ed Hill(44), 50'6", 61'11"
2 David Hille(59), 36'6", 53'74"
3 Jim Accardi(37), 40'5", 46'2"
4 Lurline Struppach(40), 33'2"
5 Larry Boots(45), 33'2"
6 Mance Cooper(44), 31'3"
7 Marjory Robinson(50), 17'11"
8 Bill Maddox(44), 30'4"
9 Phil Lilly(38), 33'8"

DISCUS
Men 1 Ed Hill(44), 147'6", 178'8"
2 David Hille(59), 106'10", 169'4"
3 Isaac Latimore(49), 87'1", 141'4"
4 Tom Kennell(66), 98'5", 139'4"
5 J.H. McCaleb(62), 107'4", 127'9"
6 R. Berzanback(60), 104'4", 114'3"
7 Jim Accardi(37), 102'11", 111'10"
Women 1 Lurline Struppach(40) 101'6"
2 Marjory Robinson(50) 46'7"
3 Audrey Berzanback(63) 41'9"

HIGH JUMP
1 Sammy White(49) 5'4", 6'7 3/4"
2 Tom Kennell(66) 4'2", 6'7"
3 Tim Orton(40), 5'4", 6'3"
4 Creighton Alexander(43), 4'8", 5'8"
5 Jim Accardi(37), 5'2", 5'8"

POLE VAULT
1 Phil Lilly(38), 10'2", 11'5"

LONG JUMP
1 Kirt Vener(44) 19'5", 23'54"
2 Tom Kennell(66), 14", 23'2"
3 Larry Vollmer(39), 20'2"
4 Tom Brewer(40), 18'24"
5 Creighton Alexander(43), 15'6", 19'3"

TRIPLE JUMP
1 Tom Kennell(66), 30'1", 53'64"
2 Kirt Vener(44), 37'104", 47'4"
3 Larry Vollmer(39), 40'44", 46'34"
4 Tom Brewer(40), 36'4", 42'104"
5 Tim Orton(40), 33'104", 40'54"
6 Creighton Alexander(43), 31'6", 40'4"

JAVELIN
Men 1 Bill Duckworth(52), 180'3"
2 Richard Sander(40), 197'7"
3 R. Berzanback(60), 131'104"
4 Isaac Latimore(49), 86'64"
175'7"
Women 1 Lurline Struppach(40) 117'11"
2 Audrey Berzanback(63) 35'6"

*No TAC handicap tables available in discus and javelin. The decathlon tables were used in the men's competition.
American Record

DEADLINE

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MIDWEST

North Coast Relay Championships
Mayfield, Ohio; April 25

50m	100m	200m	400m	800m	1500m	3000m	5000m	10000m	20000m	40000m	80000m	160000m	320000m	640000m	1280000m	2560000m	5120000m	10240000m	20480000m	40960000m	81920000m	163840000m	327680000m	655360000m	1310720000m	2621440000m	5242880000m	10485760000m	20971520000m	41943040000m	83886080000m	167772160000m	335544320000m	671088640000m	1342177280000m	2684354560000m	5368709120000m	10737418240000m	21474836480000m	42949672960000m	85899345920000m	171798691840000m	343597383680000m	687194767360000m	1374389534720000m	2748779069440000m	5497558138880000m	10995116277760000m	21990232555520000m	43980465111040000m	87960930222080000m	175921860444160000m	351843720888320000m	703687441776640000m	1407374883553280000m	2814749767106560000m	5629499534213120000m	11258999068426240000m	22517998136852480000m	45035996273704960000m	90071992547409920000m	180143985094819840000m	360287970189639680000m	720575940379279360000m	1441151880758558720000m	2882303761517117440000m	5764607523034234880000m	11529215046068469760000m	23058430092136939520000m	46116860184273879040000m	92233720368547758080000m	184467440737095516160000m	368934881474191032320000m	737869762948382064640000m	1475739525896744129280000m	2951479051793488258560000m	5902958103586976517120000m	11805916207173953034240000m	23611832414347906068480000m	47223664828695812136960000m	94447329657391624273920000m	188894659314783248547840000m	377789318629566497095680000m	755578637259132994191360000m	1511157274518265982382720000m	3022314549036531964765440000m	6044629098073063929530880000m	12089258196146127959059760000m	24178516392282255918119520000m	48357032784564511836239040000m	96714065569129023672478080000m	193428131138258047144956160000m	386856262276516094289912320000m	773712524553032188479844640000m	1547425049106064376959689280000m	3094850098212128753919378560000m	6189700196424257507838757120000m	12379400392844515015677514240000m	24758800785689030031355028480000m	49517601571378060062710056960000m	9903520314275612012542011391360000m	19807040628551224025084022726720000m	39614081257102448050168045453440000m	79228162514044896100336090906880000m	158456325028089792200672181813760000m	316912650056179584401344363627520000m	633825300112359168802688727255040000m	1267650600224718337605377454510080000m	2535301200449436675210754909020160000m	5070602400898873350421509818100320000m	10141204801797746700843019636200640000m	20282409603595493401686039272401280000m	40564819207190986803372078564802560000m	81129638414381973606744157129605120000m	162259276828763947213488314259210240000m	324518553657527894426876828518420480000m	649037107315175788853753657036840960000m	1298074214630351577667507314073920000m	25961484292607031553351446281087840000m	51922968585214067066702892562175680000m	1038459371704281334133405751235321413120000m	207691874340856266826681142246064282240000m	415383748681712533653362284481244484480000m	830767497363425066666444568962488968960000m	1661534994726851333328889137984977937920000m	33230699894537026666577782759759557760000m	66461399789074053333155565519519115520000m	13292279957814810666631113103023023040000m	26584559915629621333222262226046046080000m	53169119831252442666444524452092092160000m	106338239662485285332888948894081812320000m	212676479324970570666677777776163242240000m	425352958649941141333355555552326444480000m	85070591729988228266667777774464888960000m	17014118355997655653333555552929777920000m	34028236711915311306667000005859555840000m	68056473423830622613013213011711111680000m	13611294684766122426026026023422222360000m	27222589369524444844844844846844444720000m	544451787390488896888896888813688888440000m	10889035747809777777777777273777777880000m	2177807149561955555555555554545555560000m	4355614299121111111111111111091111120000m	87112285982422222222222222221822222240000m	17422451964444444444444444443644444480000m	34844903928888888888888888887288888960000m	6968980785777777777777777777457777920000m	1393796157155555555555555555915555840000m	2787592314111111111111111111831111680000m	5575184628222222222222222223662223360000m	1115036945644444444444444447324446720000m	223007389128888888888888888464889440000m	446014778257777777777777777929778880000m	892029554515555555555555555859557760000m	1784059109031111111111111117119115360000m	35681182180622222222222222342382720000m	71362364361244444444444444684765440000m	14272472722488888888888888936950880000m	28544945444977777777777777873911760000m	57089890889955555555555555747823520000m	11417978179911111111111111149647040000m	2283595635982222222222222299929080000m	456719127196444444444444459984160000m	913438254392888888888888919968320000m	182687650877777777777777795936640000m	365375301755555555555555591873280000m	730750603511111111111111183746560000m	146150120702222222222222236753120000m	29230024140444444444444473506240000m	58460048280888888888888947012480000m	116920096561777777777777944024960000m	233840193123555555555558888049920000m	467680386247111111111117777099840000m	935360772494222222222235554199680000m	187072144848444444444471111839360000m	374144289696888888888842222678720000m	74828857939377777777778444535640000m	149657717877555555555568888711120000m	29931543575511111111113777742240000m	59863087151222222222227555584480000m	11972617430244444444445111168960000m	239452348604888888888902222337920000m	47890469720977777777780444675840000m	9578093944155555555556088914080000m	19156187883111111111112177788160000m	383123757662222222222243556320000m	766247515324444444444871116640000m	153249502648888888888974223280000m	3064990052977777777778844556480000m	612998010575555555555768912960000m	1225996021511111111111537837440000m	2451992043022222222222107567680000m	4903984086044444444442151354560000m	9807968172088888888884302709120000m	19615936344177777777786604218240000m	3923187268835555555557320843840000m	7846374537671111111114641687680000m	1569274915344444444449283375360000m	3138549830688888888898566750720000m	627709966137777777779713351440000m	12554193322755555555942666880000m	25108386445111111111885333760000m	5021677289022222222376666720000m	1004335478044444444753333440000m	2008670956088888889506666880000m	4017341912177777779013333760000m	803468382435555558026667520000m	160693676471111116053335040000m	32138735294222222121066610080000m	6427747058844444242133320160000m	1285549011688888484266640320000m	257109802337777796933380640000m	514219604755555938666721280000m	1028438009511111877333442560000m	205687601902222354666885120000m	411375203804444709333770240000m	8227504076088881386661444480000m	1645500815217772773332888960000m	3291001630435555556775777920000m	6582003260871111113551555840000m	1316400653754222222711111136960000m	2632801307508444441422222273920000m	52656026150168888828444444478720000m	10531205230337777756888888956480000m	210624104606755555113777779112960000m	42124820921351111227555558225920000m	84249641842622222451111116545840000m	168499283685244449022222330911680000m	33699856737048888804444466183360000m	67399713474097777688889322766720000m	13479942748019555537777865533440000m	269598854960391111755557311106880000m	5391977099207822223111114222137760000m	1078395419615644442222228444275520000m	2156790839231288884444456888551040000m	431358167846257778888913377710720000m	86271633569251555777782755521440000m	17254327138451111555555555542880000m	34508654276902222211111111185760000m	69017308553804444222222222371520000m	13803461710608888444444444743280000m	27606923421217777888888889486560000m	55213846842435555777777778973120000m	11042769684471111555555557946240000m	220855393689422222111111111989280000m	44171078737884444222222223978560000m	8834215747576888444444447957120000m	1766843149555377788888889914240000m	3533686299110755557777779828480000m	7067372598231511115555559656960000m	1413474518442222222222219313920000m	28269490368844444444443827840000m	56538980737688888888887655680000m	113077901475377777777775311360000m	226155802950755555555550622720000m	452311605901511111111110125440000m	904623211802222222222220250880000m	180924623600444444444440501760000m	361849247200888888888881003520000m	7236984944017777777777800640000m	14473968888035555555555601280000m	28947937776071111111112002560000m	57895875552142222222224005120000m	11579151110444444444448010240000m	23158302220888888888896020480000m	46316604457777777777792040960000m	92633209115555555555584081920000m	185266418231111111111168163840000m	370532836462222222222336327680000m	741065672924444444444672655360000m	148213134584888888888934511120000m	29642626976977777777786902240000m	59285253953955555555573804480000m	11857050790791111111114760960000m	23714101581582222222229521920000m	47428203163744444444499043840000m	94856406327488888889808767680000m	1897128126547777777779
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Continued from previous page

Lincoln TC Spring Championship, Lincoln, Nebr., May 10

100m	
M30 M Purnell	11.9
M40 T Bassett	11.5
110mH	
M30 J Ott	16.2
200m	
M30 M Purnell	24.3
M40 T Bassett	23.7
M50 F Doling	34.4
400m	
M30 M Purnell	53.3
M40 H Weiser	1:00.9
800m	
M30 J Clark	1:58.0
M40 R Greathouse	2:23.7
1500m	
M30 J Ott	4:21.9
M40 G Young	5:00.7
High Jump	
M30 J Ott	5-10
M50 G Brazee	5-0
Long Jump	
M30 D Zaloudek	18-8
M50 McDermott	7-9
Shot Put	
M40 D Wyar	25-6
M50 Tom Wesselowski	50-2 1/2
M60 P Henn	23-6
W30 M Wyar	22-6
Discus	
M40 D Wyar	60-4
M50 T Wesselowski	136-6
M60 P Henn	66-2
W30 M Wyar	64-7
Javelin	
M40 D Wyar	46-3
M50 G Brazee	99-10
M60 P Henn	47-10
W30 M Wyar	43-7

SOUTHWEST

Victoria Firefighters' Meet Victoria, Texas May 16

50 M	
M30-39	
Gladstone Taylor	6.10
Greg Smith	6.14
Raymond Russo	6.57

M40-49	
Larry McKee	6.44
Oscar Delgado	6.50
W.T. Allen	6.62

100 M	
M30-39	
Creg Smith	11.45
James Wilson	11.50
Allen Arvie	11.94

M40-49	
Sheridon Groves	11.28
W.T. Allen	11.91
Oscar Delgado	12.30

M50-59	
Clifford Malek	15.34

200 M	
M30-39	
Gladstone Taylor	24.21
Raymond Russo	24.40
Allen Arvie	24.72

M40-49	
Sheridon Groves	24.40
Larry McKee	24.61
Oscar Delgado	25.14

400 M	
M30-39	
Don Mangum	54.10
Scott Reynolds	57.25
Robert Garza	57.97

M40-49	
Sheridon Groves	58.13
Lloyd Hawkins	1:05.41

800 M	
M30-39	
Robert Fong	2:26.17
Robert Garza	2:27.02
Rex Mayes	2:27.18

M40-49	
Sonny Arkangel	2:47.71
Harvey Birdwell	2:59.14
Pete Salazar	3:19.38

1600 M	
M30-39	
Scott Reynolds	5:16.36
Boniface Gbalazeh	5:54.76
Rex Mayes	6:02.19

M40-49	
Sonny Arkangel	6:14.40
Harvey Birdwell	6:44.11
Larry Luna	7:18.68

1600 M RELAY	
M30-39	
Houston Fire Dept.	4:03.77
Victoria Fire Dept.	5:21.75

M40-49	
Victoria Fire Dept.	5:42.66

HIGH JUMP

M30-39	
Randy Renfro	6'2"
Greg Smith	5'11"
Frank Smith	5'8"

M40-49	
W.T. Allen	4'6"
Oscar Delgado	4'5"
Larry Sifford	3'9"

M50-59	
Clifford Malek	4'

3200 M

M30-39	
Boniface Gbalazeh	12:54
Larry Leon	14:50

M40-49	
Harvey Birdwell	14:38
John Baylor	15:35
Pete Salazar	15:37

400 M RELAY

Houston Fire Dept.	45.26
Victoria Fire Dept.	51.67

M40-49	
Victoria Fire Dept.	56.87

SHOT PUT

M30-39	
Fred Zwerneman	43'4"
Randy Renfro	41'9"
Sisto Trigg	39'6"

M40-49	
Woodrow Janese	35'4"
Glen Schrade	34' 5/8"
Lloyd Hawkins	32'3 1/2"

M50-59	
Clifford Malek	32'11"
Russell Bryant	29'9"

DISCUS

M30-39	
Fred Zwerneman	116' 2 3/8"
Sisto Trigg	115'4"
Jon Nichols	98'1 5/8"

M40-49	
Woodrow Janese	106'1 1/2"
Glen Schrade	90' 9 1/8"
Daniel Fagan	87'2 1/2"

M50-59	
Clifford Malek	77'11"
Russell Bryant	71'9 1/2"

LONG JUMP

M30-39	
Raymond Russo	19'4 1/2"
Greg Smith	18'8"
Morris Mosley	18'5"

M40-49	
Oscar Delgado	17' 1/2"
W.T. Allen	16' 3 3/4"
Sheridon Groves	16'2 1/2"

WEST

Redlands Evening Kiwanis Club Meet, Redlands, Calif. May 16

100 Meter	
M30 Mike Black	11.5
M35 Marion McCoy, Jr.	11.0
George Wong	12.6
M40 Rufus Morris	11.9
Juan Bustamante	12.7
Nike Korstange	14.3
M45 Walter Butler	11.7
Henry Alvin	12.5
M50 Stan King	12.3
Harold Cresson	13.2
Juan Pedevilla	11.5
M55 Don Benton	12.6
Jack Smith	12.7
Ted Vick	13.8

M60 Robert Watanabe	12.9
Gene Harte	13.1
George Simon	15.1
M65 Charles Mercurio	14.4
Al Guidet	14.4
Bob Hunt	19.4
M75 Anthony Castro	15.0
Joe Caruso	16.2
M80 John Rust	17.6
Everett Turra	21.3

200 Meter	
M30 Mike Black	23.4
Randy Bowen	26.0
M35 Marion McCoy	23.0
Jerry Williams	24.8
M40 Rufus Morris	27.8
Juan Bustamante	27.8
M45 Walter Butler	24.2
Robert Jones	27.1
M50 Stan King	24.9
Harold Cresson	27.2
Juan Pedevilla	29.8
M55 Don Benton	26.2
Charles Rice	27.6
Lewis Beadle	27.9
M60 Robert Watanabe	26.2
Gene Harte	27.9
George Simon	30.4
M65 Al Guidet	30.4
Charles Mercurio	30.4
Burl Gist	31.6
M70 Bert Morrow	32.8
M75 Anthony Castro	31.7
M80 John Rust	44.5

400 Meter	
M30 Randy Bowen	57.2
M40 Ronald Martin	54.4
Bill Sevilla	1.10
M45 Robert Jones	59.7
M55 Charles Rice	1:02.7
Norman Wisly	1:14.2
M60 Gene Harte	1:02.3
Robert Watanabe	1:04.5
M65 Karlis Smiltens	1:28.6
Bob Hunt	1:07.6

600 Meter	
M35 Jim Gelsomini	2:06.6
Ron Rook	2:22.6
M45 Cliff Bedell	2:17.1
Steven Schumacher	2:21.7
M55 Robert Culling	2:25
Jerry Withers	2:26
Lloyd McGuire	2:29
M65 Karlis Smiltens	3:29

1500 Meter	
M30 Stewart Boden	4:33.7
Randy Bowen	4:55.4
M35 Jim Gelsomini	4:18.65
Bill Sumner	4:27.13
Licks Purnell	4:35.6
M40 Willie Clark	4:36.07
Tom Tomlinson	5:06.89
M45 Cliff Bedell	4:38.08
M50 Fred Karlin	5:19.41
M55 Robert Culling	5:01.49
Ben Castro	5:18.99
Harold Willis	5:58.79
M60 Bob Anderson	6:54.88
M65 Karlis Smiltens	6:46.24

5000 Meter	
M40 A. J. Alvarez	19.05
M45 Bob Brewer	22.42
M55 Harold W. Willis	22.42
Don Hardy	24.20
Wayne C. McKinney	28.49

5000 Meter Racewalk	
M30 Stewart Boden	27.49
Ruben Castro	38.07
M40 Dave Snyder	28.27
M45 Bob Brewer	30.57
Rich Horton	41.31
M55 Ralph Hannibal	33.24
M75 Tony Perona	35.01

80 M Hurdles	
M70 Bert Morrow	16.8

110-M Hurdles	
M30 Ken Satterfield	15.6
M40 Larry Salinger	15.65
Brian Arnsperger	18.7
M45 Henry Alvin	16.6
M50 Jerry Stanners	18.66
Bing Tuthill	25.11
M60 George Simon	27.3
M65 Burl Gist	18.7
Bob Hunt	19.47

* Broke Record

400 M-1 Hurdles	
M30 Kevin Speaks	1:02.5
M40 Bill Sevilla	1:25.0
M65 Bob Hunt	1:19.4

HIGH JUMP

M40 Bob Bly	4'6"
M45 Gary Miller	4'10"
M50 Jerry Stanners	5'1"
Harold Cresson	4'8"
M55 Jack Smith	4'10"
M60 Thomas DeVaughn	3'8"
M65 Burl Gist	4'8"
M75 Carol Johnston	3'10"
Jack Appleton	3'7"
A. E. Vesco	3'6"

POLY VAULT

M35 Carl Brazleton	15'0"
M40 Bob Bly	11'6"
Al Alvarez	8'0"
M45 Gary Miller	13'0"
M50 Jerry Stanner	10'6"
M60 Thomas De Vaughn	7'0"
M75 Carol Johnston	8'0"
Robert MacConaghy	7'10"
Jack Angelman	7'0"

LONG JUMP

M30 Cleo Miller, Jr.	19'4"
M35 John Kuechle	20'1"
M40 Rufus Morris	20'10"
Bob Bly	18'0"
Bill Sevilla	13'6"
M45 Alvin Henry	17'4"
M50 Jerry Stanners	15'8"
Harold Cresson	14'5"
M55 Jack Smith	16'6"
Shirley Davisson	16'4 1/2"
M65 Charles Mercurio	12'3 1/2"
M75 Joe Caruso	11'4"
Carol Johnson	11'4"

TRIPLE JUMP

M30 Kenneth Satterfield	36.4
M35 Ron Rook	30.8
M40 Rufus Morris	40.3
M45 Robert Jones	31.10
M50 Jerry Stanners	32.3 1/2
M65 Charles Mercurio	29.1
M75 Joe Caruso	23.6
A. E. Vesco	19.1

SHOT PUT

M30 Bill Pendleton	47'4"
Joe Klein	39'7"
M35 Mike Deller	45'5"
Gary Kelmenson	37'1"
Steve Jarvis	36'11"
M40 Gerd Kuhnke	40'5"
Gary Mendyka	28'1"
Bill Sevilla	26'11"
M45 Robert Walsh	26'4"
M50 F. S. Thomson	46'3"
Ray Martin	43'10"
Bob Frahm	40'3"
M55 Jack Smith	36'11"
Dick Preciado	36'3 1/2"
M65 E.J. Castaneda	42'7"
Seymour Lampert	37'11"
M75 Robert MacConaghy	29'4"
A. E. Vesco	25'4"

JAVELIN

M35 Steve Jarvis	184'11"
Ron Rook	123'8"
M40 Brian Arnsperger	120'3"
Bill Sevilla	120'8"
Mike Harstange	98'0"
M45 Larry Stuart	218'11"
Robert Walsh	103'12"
Vito Getta	109'5"
M50 Chuck Cotts	118'11"
Mike Devlin	114'10"
Harold Cresson	97'6"
M55 R. E. Hudson	156'0"
M75 Jack Angelman	82'10"
Robert MacConaghy	80'10"

HANDICAP

M35 Mike Deller	164'8"
Gary Kelmenson	141'6"
M45 Abe Sheinker	102'14"
Robert Walsh	68'6"
M50 F. S. Thomson	146'15"
Michael Devlin	105'8"
M60 Thomas DeVaughn	100'10"
M65 Seymour Lampert	101'1"
Joseph Sanz	101'1"
M75 A. E. Vesco	91'1"

DISCUS

M30 Joe Klein	117'9"
M35 Mike Deller	141'1"
Gary Kelmenson	106'5"
M40 Mike Woodward	127'2"
Gerd Kuhnke	123'6"
Bill Sevilla	93'2"
M45 Gary Miller	112'6"
Abe Sheinker	94'6"
Robert Walsh	67'11"
M50 F. S. Thomson	158'7"

Michael Devlin	104'2"
Bob Frahm	98'0"
M55 Richard Kennerly	111'2"
M65 E. J. Castaneda	144'4"
Seymour Lampert	108'3"
Joseph Sanz	104'10"
M75 A. E. Vesco	70'5"

100 Meter	
F45 Jeanne Carter	14.2
F55 Magdalena Kuehne	15.6
F75 Bess James	17.6

200 Meter	
F45 Olga Morales	42.1
F45 Jeanne Carter	29.9
F55 Magdalena Kuehne	34.6

800 Meter	
F35 Maria Rodriguez	3:59

1500 Meter	
F30 Maria Rodriguez	7:42.29
F75 Bess James	8:43.79

5000 Meter	
F35 Maria Rodriguez	26.53
F40 Olga Morales	26.29

5000 Meter Racewalk	
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Continued from previous page

110mH	
M30 K Speaks	16.0
M35 M Thompson	17.5
M40 L Sallinger	15.5
J Watkins	17.0
M45 J Dobroth	15.9
A Henry	16.9
G Bane	17.7
M55 D Douglass	19.5
M50 R Fitzhugh	19.7
100mH	
M65 G Simon	20.0
T Patsalis	20.2
W30 M Oshikoya	15.1
80mH	
M70 B Morrow	16.8
H Morningstar	17.0
M75 D Marcus	19.4
W55 S Kinsey	18.3
400mH	
M30 K Speaks	1:02.5
M40 C Appell	1:14.6
B Sevilla	1:19.7
M55 W Robinson	1:09.6
300mH	
M60 B Watanabe	55.4
G Simon	59.3
M70 P Ganahl	1:06.3
400m Relay	
M30+ Anaheim Fire Dept	50.7
M40+ So Calif Striders	50.3
M50+ L.A.-Valley	49.5
M60+ Corona Del Mar	58.9

5000m Race Walk

M35 R Nester	28:14.2
S Young	42:13.5
M45 B Brewer	29:12.3
M50 B Meador	29:03.2
M55 R O'Hara	31:18.1
b Percy	36:14.0
M60 M Grantham	32:28.8
B Davidson	35:45.7
M65 B Emmerton	34:19.3
M75 G Wallace	33:06.8
M80 C Unruh	38:34.1
W35 P Eppig	37:49.5
J Snead	40:08.5
W40 D Oliveria	33:58.6
S Myers	36:40.5
W45 K Brown	36:40.6
W60 H Bogue	36:56.4

High Jump

M35 C Rader	6-6 3/4
M45 J Dobroth	5-6
G Bane	5-2
b Bly	4-10
M50 N Newton	5-4
R Fitzhugh	4-10
M55 D Douglass	4-6
M60 T De Vaughn	3-9
M70 P Ganahl	3-3
M75 C Johnston	3-9
C Taggart	3-1
J Angelman	3-0
W30 M Oshikoya	5-0
W40 L Glass	3-1
W45 J Anderson	3-7

Pole Vault

M35 C Brazelton	15-0
M40 b Bly	11-0
M45 G Bane	10-0
M50 G Dumas	11-0
R Fitzhugh	9-6
H Smith	9-6
M55 D Douglass	10-0
R De Voe	7-6
M60 T De Vaughn	7-0
M70 H Morningstar	8-0
M75 C Johnston	9-0
J Angelman	6-6

Long Jump

M35 J Kuechle	19-10 3/4
S Jarvis	16-4
M40 R Morris Jr	21-4
C Flowers	19-7
W Betts	18-10
M45 J Steffes	18-9 1/2
B Bly	18-2 1/2
G Bane	15-3 1/2
M50 R Tsuda	17-6 1/2
J Isevi	16-10 1/2
R Fitzhugh	15-8 3/4
M55 D Douglass	14-7 1/2
D Rietz	13-7 1/2
M60 K Mitchell	12-6 1/2
M65 T Patsalis	16-0
M70 B Morales	14-1
H Morningstar	11-10 1/2
M75 D Marcus	12-3 1/2
C Johnston	10-4
A Vesco	8-3/4

M80 W McFadden	10-1
W40 L Glass	7-1/2
W45 J Anderson	10-8 1/2
W55 S Kinsey	11-5

Triple Jump

M40 R Morris Jr	40-8
M45 A Henry	39-7
R Jones	31-8 1/2
M50 R Fitzhugh	32-4 1/2
T Nasralla	32-3
M60 K Mitchell	26-1 3/4
M65 T Patsalis	34-7
C Mercurio	25-11 1/2
M70 H Morningstar	23-7 3/4
M75 A Vesco	18-4
M80 W McFadden	22-10 1/2

Shot Put

M30 W Pendleton	49-2 1/2
M35 S Jarvis	35-3
M40 G Kuhnke	39-1
S Chaton	38-10 1/2
B Sevilla	26-7
M45 C Johnson	35-10 1/2
D Dill	35-7 1/2
M50 H Smith	49-1 1/2
S Thomson	46-11
D Reitz	39-9 1/2
M55 D Douglass	34-9 3/4
D Kennert	32-11 3/4

M60 K Mitchell	38-7
M65 J Seifert	38-6 1/2
M70 H Morningstar	39-3
J Thatcher	38-3 1/2
M75 R MacConaghy	31-2 3/4
A Vesco	27-6
W40 L Glass	29-6 1/2
W45 J Anderson	26-3
W50 C Miller	28-10 1/2
W55 S Kinsey	29-0
P Osmond	21-1 1/2

Discus

M35 F Reilly	156-1
T Martinez	117-8
Ron Rook	45-5
M40 M Woodward	132-1
G Kuhnke	122-4
D Shaw	113-2
M45 J Fagan	107-0
D Dill	96-6
A Sheinker	89-4
M50 B Humphreys	164-5
S Thomson	163-2
E Van Pelt	135-2
M55 D Kennerly	113-3
D Douglass	96-10
M60 D Pickarts	141-5
K Mitchell	96-2
M65 M Castaneda	143-1
J Seifert	98-4
M70 H Morningstar	111-2
M75 A Vesco	74-7
M80 W McFadden	71-9
W50 C Miller	73-8

Javelin

M35 S Jarvis	166-8
Ron Rook	119-0
M40 D Shaw	157-7
M Woodward	142-2
B Sevilla	96-4
M45 R Jones	121-6
C Johnson	87-2
M50 H Smith	148-7
D Rietz	138-0
R Fitzhugh	119-9
M55 R Hudson	160-9
M60 D Pickarts	174-10
K Mitchell	106-0
M65 J Seifert	109-3
M70 B Morales	152-3
H Morningstar	109-3
M75 J Angelman	82-9
R MacConaghy	79-0
A Vesco	66-7
M80 W McFadden	60-5
W40 L Glass	57-1
W45 J Anderson	93-4
W50 C Miller	98-7
W55 P Osman	64-1

Hammer

M45 A Sheinker	95-1
M50 S Thomson	144-1
D Rietz	103-1
T Hake	88-11
M55 D Douglass	125-4
M60 T De Vaughn	102-0
M70 H Morningstar	95-9
M75 A Vesco	94-3

LONG DISTANCE RESULTS

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

NATIONAL

U.S. TAC National Masters 25K Championships Grand Rapids, Mich.; May 9

M40+	
Peter Hallop	1:25:10
Wally Herrala	1:26:39
Dennis Scott	1:27:34
Dave Foley	1:29:23
P T Deludarantay	1:29:45
M45	
John Beach	1:29:38
Tom McKernan	1:34:15
Bill Agresta	1:37:21
Dave Barrows	1:37:51
James Ledrick	1:40:01
M50	
Bob Paklaian	1:31:26
Rex Perrine	1:33:00
Bob Daly	1:38:24
Ed Yob	1:38:47
Ed Obetts	1:38:50
M55	
Norm Eastman	1:35:23
Richard Kendall	1:39:00
Hal Higdon	1:39:35
John Kolmetz	1:46:34
F R Van Aken	1:51:11
M60+	
Ed Allen	2:01:29
Joe Gamble	2:02:56
Howard Shelp	2:03:24
Nathan Pack	2:04:20
Bill Kowalishyn	2:05:33
Carol Swaney	1:56:07
W45	
Gania Rode	1:52:23
Marilyn Morehead	1:53:37
Barbara Jackson	2:01:40
W50+	
Caroline Murray	1:52:50
Julie Hoffman	1:55:07
Gloria Brown	1:57:08
Mary Dasen	2:15:08
Mabel Velge	2:17:58
Harriet Weyer	2:22:47

EAST

Amish Country Half-Marathon Lancaster, Pa.; April 5

Overall	
G Panelli	1:08:15
B Swan	1:23:24
M40 R Johnson	1:15:08
M50 J Roche	1:29:11
M60 J Pennington	1:40:38
M70 F Ely	1:51:21
W40 D Jackson	1:39:09
W50 T Young	1:48:03

Plainview Championship 10K Long Island, N.Y.; April 11

Overall	
N Ogilvie	31:56
M Milligan	35:53
M35 B Giambalvo	32:08
M40 H Kahl	33:54
M45 L Hugelmeyer	34:47
M50 L Bauman	37:17
M55 A Mulrain	39:21
M60+B Jablon	42:15
W35 S Curtis	43:10
W40 M Harmeling	38:52
W45 J Martin	41:31
W50 J Shapiro	47:46
W55 J Bennis	58:27

New Rochelle Half-Marathon New Rochelle, N.Y.; May 9

Overall	
D Schlesinger	31 1:07:17
N Kelly	30 1:24:31
M40 R Kixmiller	1:22:43
B Kim	1:23:10
K Collins	1:23:34
M45 J Fillis	1:18:25
G Lopez	1:19:53
J Raguso	1:24:23
M50 J Dugdale	1:17:31
A Fairbrother	1:17:59
J Roche	1:22:32
M55 K Jones	1:23:39
J Sturdevant	1:23:46
D Dixon	1:23:49
M60+C Thompson	1:33:09
F Vaccaro	1:48:43
F Timoni	1:48:49
M70+W Rios	1:44:04
RW-Men	
L Wilson	39 2:03:33
W40+S Kimche	1:34:12
C Ralya	1:35:22
R Rhein	1:40:38
W50+G Philips	1:39:00
M Chou	1:47:47
W60+E Hauser	2:35:31
W70+E Havens	2:48:42
RW-Women	
R Burg	40 2:49:21

L'Eggs Tune Up 5K Central Park, NYC; May 10

Overall	
C Girard-Klein	17:01
W35 N Adler	19:07
M Rosado	20:39
W40 C Hearn Grenning	19:10
J Propp	20:08
H Oster	20:56
W45 L Connors	19:26
H Baker	22:43
L Smith	22:47

9th Annual Trevira Twosome 10 Mile Central Park, NYC; April 25
Award Winners in the Combined Age Categories

Combined Age Under 40		
17 Bayless, Rufus, 22-55:55	Quinlan, Robin, 17-1:03:04	
30 Delauter, Keith, 13-1:05:21	Murphy, Bonnie, 26-1:02:06	
110 Ponte, Devien, 16-1:01:28	Kilchowski, Helen M., 16-1:19:34	
Combined Age 40 to 59		
1 Reitsnyder, Bill, 25-49:04	Welch, Lesley, 24-53:04	
3 Kooleman, Hans, 29-47:11	Welch, Lisa, 24-55:20	
4 Brewer, Martyn, 30-46:47	Lee, Sue, 26-55:45	
Combined Age 60 to 79		
2 Rose, Nick, 35-46:43	Pfeifer, Kathy, 27-55:29	
5 Murphy, Dave, 30-46:44	Ditz, Nancy, 32-55:59	
10 Gambacini, Peter J., 3652:55	Bakouis, Gordon, 26-59:35	
Combined Age 80 to 99		
13 Fitz, Richard V., 43-56:41	Hearn, Angela, 41-59:19	
31 Skinner, Samuel, 44-57:11	Fredenthal, Ruth Ann, 48-1:10:56	
57 Ruiz, Ramon, 47-58:10	Wisniewski, Meredith A., 38-1:14:05	
Combined Age 100 to 119		
42 Schwartz, William J., 56-1:05:06	Connors, Lina W., 44-1:04:40	
70 Stern, Lou, 52-1:03:03	Philips, Gudrun, 51-1:11:16	
80 Stoltz, James L., 60-1:06:28	van der Veen-Dunn, Joni, 44-1:10:07	
Combined Age Over 120		
160 Rios, Wilfredo M., 70-1:15:00	Deckert, Margaret L., 54-1:11:43	
187 Ely, Fred, 72-1:18:09	Dyson, Imme, 50-1:12:13	
211 McHugh, John F., 66-1:08:46	Murray, Melva P., 54-1:23:32	
Winners in the Tackle/Appendix Category		
34 Stuart, Bill, 33-1:02:38	Murray, P. Melane, 27-1:05:48	
37 Gibson, Chris M., 34-57:15	Kirch, Sylvie, 40-1:11:47	
41 Wolff, Donald, 33-1:04:39	Albin, Susan J., 29-1:05:03	

W50 B Bellinghausen	22:17
G Philips	23:04
M Carinci	23:24
W55 T D'Elia	21:26
n Tighe	24:09
T Frank	24:39
W60+D Klein	28:17
S Norris	31:27
E Hauser	31:33
W70+M Bdera	40:06
RW	
A Eneman	53 37:05
P Kelley	58 40:23
B Switzer	52 40:29

Freihofer's 10K Run For Women, Albany, N.Y.; May 16

Overall	
L Jennings	26 32:19
35-39	
C Urish-McClatchie	34:27
K Brown	37:07
J Hansen	38:53
40-44	
G Andersen	1500 34:58
J Hutchinson	1000 35:55
S Henderson	700 36:13
A Hearn	500 36:20
J Stavolone	400 36:22
45-49	
L Connors	38:01
Z Turosz	38:03
C Tattersall	38:35
J Martin	40:36
M Shaver	41:47
50-54	
A Stockman	350 41:22
M Deckert	150 42:59
M Horns	125 43:20
G Owens	45:32
55-59	
T D'Elia	250 42:10
B Goodwin	100 44:24
N Gerstenberger	44:40
B Skelton	45:54
60+	
E Farias	49:33
R Rothfarb	81:44

Gotta Have Park 5K Central Park, NYC; May 16

Overall	
R McNally	28 15:36
A Moss	25 16:44
M35 W Bragg	15:55
M40 H Stern	16:25
M45 N Dobry	18:12
M50 W Bialokur	17:15
M55 K Jones	17:53
M60 M McManus	19:24
M65 J McHugh	19:53
M70+V Carnevale	22:43

RW--Men	
T Morales	30 24:47
F Lamorte	65 28:58
S Shechter	54 30:49
W35 S Adams	19:39
W40 M Greeley	20:12
W45 R Landegger	23:44
W50 J Nelson	23:43
W55 A Salmirs	33:06
W60+B Foley	32:54
RW--Women	
G Lichter	35 30:53
M Tobias	61 37:08
L Holford	30 39:23

Fritzbe's 10K/RCCA National Championships Rockville, Md.; May 17

Overall	
K Brantley	24 29:38
M Pazarentos	25 35:02
M35 D Kristensen	32:32
D Baker	32:49
W Desmond	32:52
M40 L Anderson	32:41
D La Mountain	33:31
E Doheny	34:06
M45 F Bradley	33:57
J Thomas	34:42
N Delambo	35:50

M50 G Wood	3
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Continued from previous page

SOUTHEAST**Mobile Police/Firefighters 5K
Mobile, Ala.; May 16**

Overall	
O Welch	15:14
S Pierce	18:23
M35 N Burrows	17:17
M40 J Gross	18:09
M45 G Kennedy	17:57
M50 C Stinnett	18:58
M60+S Hudson	20:41
W35 J Weir	23:41
W50+H Oethloff	27:33
W60+D Ivorak	nta

**Pleasure Island 5 Mile
Carolina Beach, N.C.; May 16**

Overall	
G Walker	25 25:25
S Konay	37 31:48
M30 M Woodlief	27:29
M35 S Chapman	29:50
M40 B Dale	28:01
M45 L Mooring	32:19
M50+A Coffin	31:40
M60+J Cuturilo	38:41
W30 L Hollister	35:46
W35 S Johnson	34:56
W40 L Meisch	38:38
W45 L Hale	50:04

**Elby's 20K
Wheeling, W. Virg.; May 23**

Overall	
M Musyoki	1:02:17
C Buerskens	1:12:23
M35 W Rodgers	1:07:35
T Fleming	1:09:05
J Black	1:09:49
M40 M Hurd	1:05:45
B Brown	1:07:12
G Mielke	1:08:53
D Clark	1:09:35
A Beliligne	1:12:04
M45 R Hill	1:13:27
D Conway	1:17:50
R Rohrer	1:19:54
D Cook	1:21:06
J Corney	1:21:21
M50+R Kondle	1:23:42
D Siefers	1:23:53
C Trimmer	1:25:16
M Kahle	1:26:35
E Cope	1:27:17
M60+J Biega	1:26:39
J Schuerger	1:26:54
B Lewis	1:37:00
W30+C Morales	1:23:21
J Park	1:32:44
J Michaels	1:33:05
W40+G Andersen	1:18:15
(5th W--\$250)	
I Black	1:27:09
P Gibson	1:33:12
C Farnsworth	1:40:57
W50+B Stacy	1:42:12
J Hayden	1:46:58

**Florida Race Walkers One Hour Walk. May 23, 1987.
Atlantic H.S., Delray Beach**

NAME	AGE	DISTANCE (MILE-YARDS-FEET-INCHES)
LEE DUFFNER	50	6 mi. 176 yds. 2 ft.
DAN STANER	46	6 mi. 4 yds. 1 ft. 5 inches
PENNIS LERNER	50	5 mi. 558 yds. 1 ft. 6 inches
ADRIANNE POTTER	39	4 mi. 1706 yds. 0 ft. 6 inches
ANNA RODRIGUEZ	27	4 mi. 1397 yds. 2 ft. 4 inches
HULIO CARRILLO	67	4 mi. 1312 yds. 0 ft. 4 inches

A. F. CHRISTIANSEN & RUSS NEWLAND DID NOT FINISH.

MIDWEST**Michigan/TAC 5K
Championships
Dearborn, May 3**

1 P Hallop	M40 15:53
2 B Wynbeck	M35 16:24
3 M Felts	M40 16:32
9 J Clark	18:24
10 J Forshie	M60 18:38
12 R Ritsma	M50 18:49
15 A Owens	M45 19:22
17 B Trudgeon	M50 20:58
19 M Morehead	F45 21:14
22 N Wales	F40 22:49

MID-AMERICA**Dillard's/Nike 10K
St. Louis, Mo.; April 5**

Overall	
A Leek	30:15
B Kerrigan	38:10
M30+M Rogers	32:41
M40+K Simpson	34:32
M50+H Dix	39:31
M60+J Boland	42:11
W30+C Lampe	41:39
W40+J Corn	43:01
W50+S King	48:45
W60+D Gray	54:40

**7th Annual Garry Bentley 20K
Brookings, S. Oak.; May 9**

1 K Bonte	36 1:20:16
2 D Bushard	50 1:20:46
3 R Underm	37 1:29:12
5 P Bushard	37 1:30:51
6 B Ritter	45 1:30:52
7 D Bonte	F34 1:39:48
9 G Fleace	F47 2:07:09

**Robin Hood Flour Half-Marathon,
New Prague, Minn.; May 16**

Overall	
J Breitenbucher	33 1:14:31
W Norberg	27 1:24:50
M35 L Brock	1:22:29
M40 D Ruhland	1:19:55
M45 G Savanick	1:29:10
M50+L Farmer	1:27:32
M60+H Hubbard	1:37:15
W35 F Pahl	1:32:54
W40 A M Day	1:39:10
W45 K Wicklund	1:52:23
W50+B Burhans	2:13:30

**Hospital Hill Half-Marathon
Kansas City, Mo.; May 31**

Overall	
G Meyer	1:05:51
C McWiken	1:14:14
Masters Overall	
J Alvarado	1:11:27
J Hutchison	1:25:04
M40 V Rose	1:14:11
M45 C Davidson	1:16:44
M50 H Yeager	1:26:54
M55 G Prom	1:24:23
M60+J Morrison	1:27:48
M70+C Casady	2:01:04
W40 C Burroughs	1:26:16
W45 E Hull	1:39:33
W50+J Gillum	1:50:15

**All American Run 8K
Sapulpa, Okla.; May 2**

OVERALL	
Lonnie James	25 25:09
Natalie Gray	11 32:35
M40-44	
Doug Formsa	42 27:58
Robert Maddy	41 28:57
David Evans	40 29:45
M45-49	
Jay Minor	45 28:07
Bill Adams	46 29:04
Charlie Baker	45 29:27

M50-54	
Ken Atwell	50 31:14
Bob Adkins	53 31:29
Walter Dearman	51 33:08
M55-59	
Jerry Crockett	58 30:34
Arturo Melendez	56 31:47
Calvin Ellis	57 33:26

M60-64	
Nocus McIntosh	61 33:41
Whit Mauzy	60 34:13
Ken Bays	62 35:52

M65 & Over	
Jim Smith	65 31:03
Vern Whiteside	67 41:59

W40-44	
Barbara Manning	42 34:00
Kazuke Windler	41 37:41
Cynthia Jacobi	40 38:56

W45-49	
Lydia Borges	45 36:53
Jean Anderson	48 38:11
Shirley Wilkenson	48 39:29

W50-54	
Sue Neil	52 45:40
Judy McKnight	50 45:52
Martha Lowe	52 49:34

W55-59	
Marilyn Thompson	56 41:10
Gretchen Johnson	56 43:27
Opal Alexander	58 53:29
Certified Course	
366 finishers	

WEST**Los Angeles Marathon
Los Angeles; March 1**

Overall	
A Boileau	29 2:13:08
N Ditz	32 2:35:24
First Five Masters Men	
V Mora-Garcia	41500 2:19:44
J Loeschhorn	1000 2:26:32
P Murphy	800 2:28:16
R Abbott	500 2:30:25
J Hamalainen	200 2:34:40
First Five Masters Women	
B Filutze	1500 2:47:21
H Walters	1000 2:51:23
G Gustafson	800 3:05:01
M Thayer	500 3:09:18
M Campbell	200 3:11:58
M40 J Anthony	2:35:16
L Christian	2:41:15
S Dornish	2:41:26
M45 R Cosme	2:36:31
K Hamrick	2:37:51
K Yoram	2:42:01
M50 A Tocco	2:44:22
F Kiddy	2:46:37
B MacLaren	2:48:11
M55 P Devine	2:55:41
S Venzor	2:56:39
G Bardsley	3:05:54

M60 J Keston	2:52:38
F Nagelschmidt	3:14:14
J Horne	3:16:55
M65 J Daughters	3:23:41
J Kirkpatrick	3:42:11
W Norris	3:48:00
M70+E Lewin	3:40:56
E Morse	3:53:49
D Beneditti	4:05:--
W40 D Eastman	3:15:22
J Kewley	3:18:10
E Gural	3:19:09
W45 N Mustard	3:27:02
P Rudolph	3:29:49
C Sproul	3:34:22
W50 S Kiddy	3:14:09
M Gilmore	3:36:17
M Shapiro	3:42:40
W55 E Dabritz	3:57:36
E Milich	4:02:48
R Bloland	4:03:27

W60 V Hancock	3:25:05
J Schmitz	3:59:23
P Russell	4:00:51
W65 N Bernardi	4:20:46
G Davidson	4:33:03
P Libby	5:41:22
W70+L Adney	6:23:52
E Crowder	6:30:56
B James	6:32:55

**Avenue of the Giants Marathon
Weott, Calif.; May 3**

Overall	
R O'Brien	38 2:28:47
J Leydig	36 2:56:42
M40 P Pratte	2:42:00
W Daniel	2:55:13
P Bauer	2:55:28
M45 U Werner	2:59:18
H Tjian	3:00:02
E Kaufman	3:03:44
M50 C Roland	2:48:47
G McCuen	2:56:56
H Jackson	3:16:03
M55 D Bemis	3:29:56
J Josse	3:33:39
T Fong	3:42:33
M60 R Oppenheimer	3:45:27
J Norberg	3:54:34
J Ray	4:40:12
M65 A Horanzy	4:55:53
C Swingrover	5:22:01
E Morgan	5:41:15
M70 R Sterling	4:55:56
S Kondor	5:12:04
T Cullen	5:18:02
W40 K Angel	3:05:05
K Lanterman	3:32:30
R Bartow	3:48:10
A Lee	3:31:22
L Diederich	4:15:52
B Wattenberg	4:32:10
W50 M Ghatge	3:36:12
L Hurrell	3:59:46
R Allen	4:00:41
W55 E Leek	5:06:52
E Van Gorder	5:44:59
W60 B Gillette	4:46:25
W65 C Klocke	5:45:59

**Legg Lake 5K
Pico Rivera, Calif.; May 9**

M35 S Gonzalez	17:37
M40 M St. Andre	18:12
M45 R Carrievau	19:58
M50 C Stolba	19:35
M55 R Culling	18:55
M60 W Nelson	26:07
W40 B Reukema	23:16
W50 C Thoms	25:55
W60 M Ames	41:20

**Sunkist Gold Rush 100K
Central Calif.; May 9-10**

1 B Von Borstel	41 8:02
2 P White	38 8:25
5 S Wegner	49 8:56
6 R Martin	38 9:10
7 G Montgomery	37 9:04
8 S Lees	42 9:13
10 K McKim	45 9:42
11 J Drake	46 9:45
12 R Nicholl	50 9:48
14 E Riggie	54 9:59
15 Belaustegui	F39 10:12
25 F Nagelschmidt	63 11:35
27 J Bumpus	F44 11:47
28 M Cantini-Norki	F43 12:21
31 P Reese	M70 13:03

**San Gabriel River 10K
Pico Rivera, Calif., May 16**

Overall	
K Berta	30 34:25
S Krausert	24 50:45
M35 J Lawrence	38:54
M40 J Williams	38:23
M45 G Johanson	45:27
M50 C Stolba	41:43
M55 M Kanter	48:27
M60 W Nelson	57:11
W45 E Casares	52:17

**La Ballona Fiesta Days
5K/10K, Culver City, Calif.; May 16**

---5K---	
Overall	
E Hussler	28 15:53
G Lohr	23 16:57
M35 J Terrell	20:20
M40 J Dennis	16:41
M45 B Fernee	17:04
M50 G Marrett	19:38
M55 J Withers	19:29
M60 G Bruckner	19:05
M65+P Jones	21:11
W35 M Tiff	17:43
W40 B Ramsen	30:12
W45 J Degroot	32:50
W50 M Mann	46:14
W60 D Wong	27:31

---10K---	
Overall	
D Withers	23 32:57
K Mountain	29 39:14
M35 E Avoi	33:04
M40 A Simieu	38:12
M45 R Genger	38:10
M50 R Poston	38:21
M55 P Devine	37:50
M60 R Gil	41:10
M65+E Lewin (70)	43:33
W35 J Aleks	45:48
W40 L King	43:23
W45 B Gold	48:10
W50 G Faust	40:06
W55 N Williams	57:59
W60 H Dick	45:05
W65+M Ames	1:21:43

**Windward Marathon/Half-Marathon,
Kailua, Hawaii; May 17**

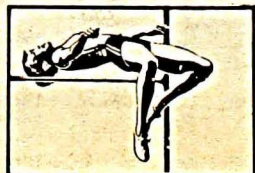
---Marathon---	
Overall	
F Pugliese	2:44:02
L Hokyo	3:30:38
M40+J Tuttle	2:53:25
M50+J Hacen	3:28:11
M60+M Sherman	4:19:44
W40+T Trahan	4:15:03
---Half-Marathon---	
Overall	
S Littleton	1:10:17
L Kuda	1:26:06
M40+J Sorrbarger	1:17:53
M50+J Faerber	1:23:54
M Tymn	1:23:54
M60+G Horton	1:27:27
M70+D Marsters	1:59:59
W40+C Obara	1:44:22
W50+S Bartels	1:39:03
W60+M Horton	1:51:44

**Brentwood 10K
Los Angeles; May 24**

Overall	
S Ortiz	27 29:43
C Garritson	10 35:30
M40+C McCarthy	34:24
D Pondella	36:04
R Patrick	36:34
M50+R Pattinson	35:34
P Gottlieb	38:47
D Thomas	40:29
M60+L Banuelos	39:32
E Lewin	70 42:14
B Thorne	43:27
W40+J Acton	40:34
R Shafer	48:59
W50+J Parriaux	52:05
D Minasian	54:56
B Kleinman	59:36
W60+H Dick	43:26
D Breding	48:49

**Legg Lake Evening 8K
So. El Monte, Calif.; May 28**

Overall	
R Little	17 26:57
T Verdusco	37 38:05
M35 M Galan	30:26
M40 J Williams	29:36
M45 R Genger	29:43
M50 C Stolba	31:27
M55 R Culling	33:58
M60 L Banuelos	34:56
W35 L Maldonado	42:59
W40 T Agnick	42:54
W50 J Dods	39:54
W55 A Garcia	1:25:50

**Moorpark College 10K
Moorpark, Calif.; May 31**

Overall	
C Schallert	31:17
C McCarthy	W30+ 37:50
M30+T Farrell	34:09
M40+J Calhoun	35:04
M50+J Hamelianen	33:53
M60+H Pantelaf	39:1

Continued from previous page

FEMALE DIVISIONS:

1. Katy Baker 22:46
2. Cynthia Gomez 32:31
3. Kristen Kinese 36:33

1. Frances Cervante 23:08
2. Michelle Jarecic 25:09
3. Kristen Graves 27:30

1. Carmen Maldonado 17:57
2. Leanne Petersen 23:37
3. Patty Berg 24:31

1. Katie Flanagan 21:09
2. Anna Luna 23:36
3. Kathy Karahalios 23:42

1. Debra Dominski 23:50
2. Sandra Surdo 25:46
3. Delia Perez 26:51

1. Beatrice Luna 21:53
2. Mary Cortez 22:35
3. Janis Meyer 26:09

1. Rosalina Nireles 24:42
2. Barbara Krieger 28:13
3. Sandra Glenn 28:29

1. Kari Nordam 22:20
2. Alice Olson 24:42
3. Marilyn Mathews 25:22

1. June Mac Arthur 31:23
2. Joyce McHattie

1. Lucy Foster 33:19

10K

- 30-34
1. Timothy O'Regan 35:46
2. Steve Sexton 36:56
3. John Lilygren 38:38

- 35-39
1. Steve Levon 37:56
2. Francisco Salcedo 41:10
3. Antonio Morales 41:16

- 40-44
1. Ozzie Osgood 36:01
2. Ronald Hall 36:56
3. Juan Sanchez 36:44

- 45-49
1. Juan Garcia 41:54
2. Richard Melendez 43:26
3. Anastacio Lopez 43:59

- 50-54
1. Alberto Reyes 41:21
2. Harry Blayen 42:06
3. Jim Brownlow 48:40

- 55-59
1. Leo Prado 43:06
2. Gilbert Nielsen 47:04
3. John Foster 50:17

- 60+
1. Jesus Palos 41:59
2. Bill Belasquez 50:42

FEMALE DIVISIONS:

1. Melanie Rich 1:20:38
2. Donna Caterina 1:26:56
3. Estelle Charlebois 1:31:39

1. Cathy Myers-Forschal 1:14:33
2. Carol Carter 1:20:40
3. Sandi Pufky 1:33:51

1. Molly Thayer 1:03:42
2. Terry Whittington 1:15:52
3. Carol Noonan 1:18:56

1. Kathy Kusner 1:18:31

1. Shirley Blush 1:14:27
2. Jane Dods 1:25:12

10 Mile

MALE DIVISIONS:

- 30-34
1. Ed Chaldez 54:22
2. Jim O'Brien 54:51
3. Reynaldo Garza 1:00:21

- 35-39
1. Ben Wilson 53:16
2. Donald Ocas 53:44
3. Salvado Cervantes 57:53

- 40-44
1. Jackson Underwood 59:47
2. Pablo Torres 1:03:39
3. Jerry Gutierrez 1:05:15

- 45-49
1. Jason Stephens 1:07:23
2. Gary Stephens 1:17:28
3. Robert Loyer 1:19:26

- 50-54
1. Frank Vasquez 1:06:54
2. Gordon Barnard 1:09:45
3. Don Hartley 1:10:26

- 55-59
1. Richard O'Keefe 1:07:22
2. Richard Rauhut 1:12:39
3. Mort Kanter 1:18:09

- 60+
1. Dick Diener 1:14:56

1. Susan Quasarano 48:20
2. Kelly McDermott 54:10
3. Shawn Beatty 54:55

1. Annie Prendiville 47:57
2. Wendy Reeder 50:03
3. Tracy Stange 50:51

1. Jerri Edwards 43:59
2. Darlene Morrow-Tr 45:41
3. Lesley Robertshaw 48:32

1. Dona Korin 45:12
2. Vicki Bugbee-Reed 47:00
3. Katy Stewart 49:24

1. Sandy Marschman 44:01
2. Judy Bruce 50:57
3. Susan McMillan 51:58

1. Kathy Loper 41:29
2. Eloisa Casares 50:40
3. Dove Coltharp 51:26

1. Rose Kubicki 02:59

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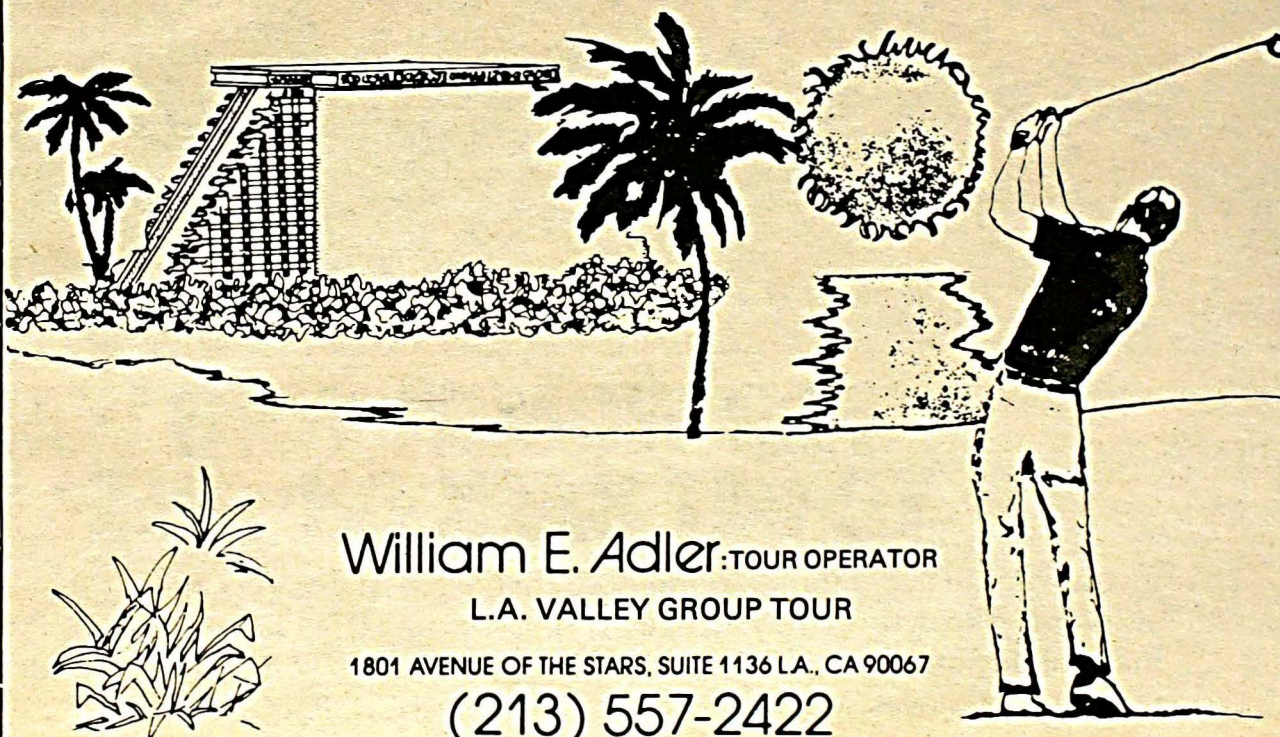
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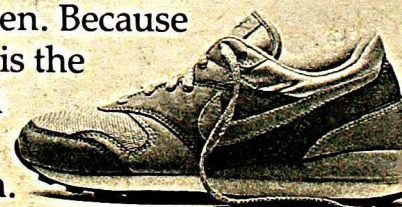
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