



# NATIONAL MASTERS NEWS



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

96th Issue

August, 1986

\$1.95



George Keim, 43, breaks the tape to win the U.S. National Masters 15K championships. Photo by Brian Potts

## Keim, Black Capture National 15K Titles

A couple of forty-three-year-old school teachers, George Keim, of Waynesboro, Pa., and Iris Black, of Spring Valley, Ohio captured titles in the U.S. TAC National Masters 15 kilometer road racing championships on June 7 in St. Clairsville, Ohio.

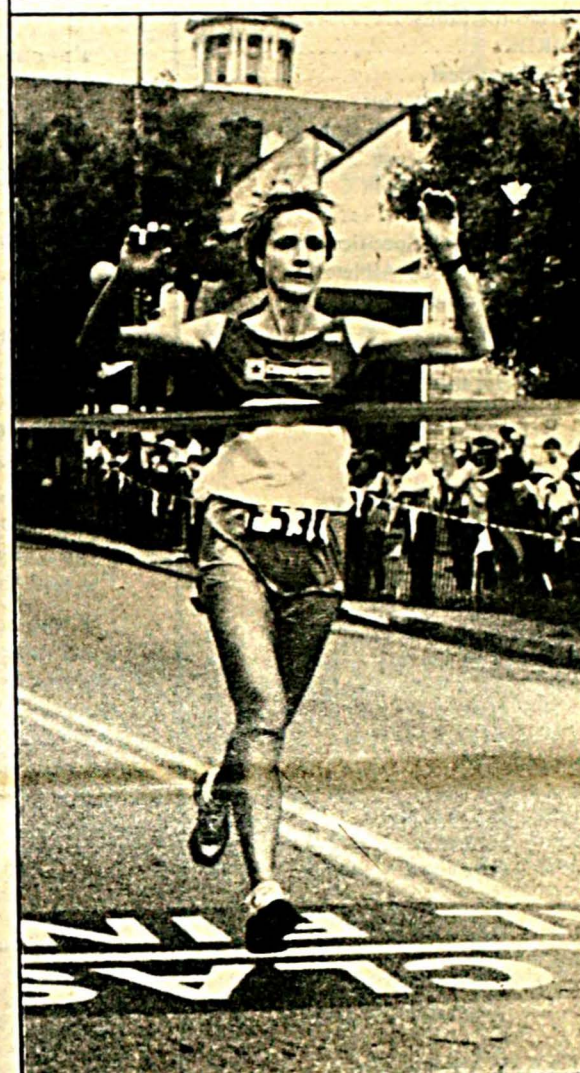
Despite some hot, muggy weather, Keim rolled to a masters course record winning time of 53:01, to win the age 40-44 crown by five seconds over Sam Bair, 40, of Pittsburgh. Mark Griffin, 40, of Greensburg, Pa., was four seconds behind Bair. The masters trio placed sixth, eighth and ninth overall, as the race was run as part of the fifth annual St. Clair Classic.

Black outran all the women to take the overall women's race, national masters and Ohio 15K crowns. Black's time of 1:00:15 was over three minutes faster than Susan Mortakis, 32, and established a course record for masters women over the rugged, hilly course. Black was second master in the Elby's Distance Run in May and ran 58:11 in a 15K event on May 31.

Keim, rated one of the top masters in the nation since turning 40 in 1983, was making a comeback-of-sorts in the national championship race. He had been sidelined since mid-March because of groin injury. He had planned to defend his masters title in the Elby's, but his 14-year-old daughter, Michelle, a freshman in high school and a 5:08 miler, was running in the Pennsylvania High School Championships. That took priority.

Keim has been teaching in Frederick, Md., but the

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Iris Black, 43, winning the women's masters title in the National 15K in St. Clairsville, Ohio. Photo by Brian Potts

## More Than 200 Athletes Participate in Trojan Masters Invitational in Los Angeles

The Trojan Masters Invitational, held in Los Angeles at the University of Southern California's Cromwell Field on June 21, drew 202 entrants, who accounted for one age-division world record, one age-division American record, 72 meet records, and 48 personal records on a warm, sunny day.

Racewalker C. Greene strode to a W60-64 world record 32:44.9 in the 5000 walk on a fast track, which accelerated four of six walkers to meet or personal records.

Herb Miller high-stepped over the 80m high hurdles in 14.8 for an M65 American record. Walt Dahlin won the M65 300 intermediate hurdles over Pete Ganahl, 55.66 to 55.89. Dahlin's time is a potential world record when times for the 300IH, a new event for masters, are compiled.

Other intermediate hurdlers showed strong performances when all competitors came up with meet or personal records.

Nick Newton, M50 winner in meet records over competitive fields in the 100m (12.10) and high jump (5-6), also emerged the victor from the largest entrant (8) event of the meet, the 200, with another meet record 24.50 over Bruce Springbett's 25.03.

One bonus of Meet Director Jim Vernon's Trojan meets is the noting of age-group personal records in the results, so that even last-place finishers can salvage a little pride with a PR. The masters movement, in both track and field and on the road, should encourage this statistic whenever logistics and computers permit. □

## Brown Wins Brugge International Vets 25K

Forty-two-year-old Barry Brown demonstrated that he is still America's premier masters long distance runner by winning the 13th International Veterans 25K in Brugge, Belgium on June 29.

Brown defeated some of the finest veteran runners in Europe as he raced to an impressive 1:21:07, over 30 seconds ahead of Belgium's Joseph Van De Water (1:21:38), who nosed

out Britain's David Clark for the place by one second.

"Happily, I am once again in top form," Brown said after the event. "The race was an easy one for me, with my only serious opponent being unusually high temperatures for Brugge — 85° to 90°."

Although Brown's time was over a minute slower than the 1:19:59 he ran

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## Swarts, Oerter Over 200' in New Jersey Meet

Discus fans were treated to the two best performances by masters throwers ever in the same meet when Art Swarts, 41, threw 207-7, and Al Oerter, 49, four-time Olympic gold medalist, hit the 204-4 mark in the New Jersey TAC T&F Championships at Rutgers University in New Brunswick on June 1.

Oerter's throw was farther than his 1956, 1960 and 1964 Olympic gold medal heaves. His winning distance in

the 1968 Olympic Games in Mexico City was 212-6, an Olympic record which lasted until American Mac Wilkins threw 224-0 in 1976.

The New Jersey TAC meet included a non-championship division for out-of-state athletes.

B. Williams, M45, was the fastest sprinter of the day with an 11.6 100m and a 23.3 200. Glen Shane, M45, held off Ed Small (2:10.0) and J. McFadden

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## Trip to Japan

Masters athletes will tour Japan from October 4-20 and participate in an international Masters Track & Field meet on October 18-19 in Tokyo. For info. contact: Howard Nishimura, 204 S. San Pedro St., Los Angeles, CA 90012. 213/680-1020; or Bob Watanabe, 213/478-0805.



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

## CROSS-TRAINING

I'm once more enjoying the National Masters News, which, during the two years of my injuries, I was too chicken to read.

I just wanted to confirm the fun and benefit of cross-training. I only discovered it about six months ago, and it has helped me during a recent lay-off with a fractured toe, and now a fall off a bicycle!! I know that when I can't run, I am thoroughly depressed (does this sound familiar?). Nothing takes the place of running, but cross-training has led me to three triathlons which have truly been loads of fun. Some people will say: "but I can't swim." Neither could I a year ago, and I'm still the slowest in the slow lane!

I was hoping this would be a really good year for me, but I'm afraid the old and new injuries are keeping me in the barn. Hello to everybody. I think and read about you all and am happy for your successes. Hope to see you all along the way. Happy and safe running!

Pat Dixon  
Bend, Oregon

## NO LATE ENTRIES

As the entries' coordinator for the Trojan Masters Invitational, I was surprised at the number and passion of the would-be late entrants. The entry form stated in capital letters, underlined, that there would be no entries accepted after the deadline, and none on the day of the meet. The entry form was sent to all athletes who had entered the previous year, to all clubs whose addresses are listed in National Masters News, was published in NMN, and was provided (along with announcements) at previous meets this year. It is difficult to see how more could be done to spread the word. Yet 50 or more — perhaps 100 — sent late entries (which were returned), or telephoned to ask for an exception for them. Some became quite incensed and argued vehemently. One accused us of catering to the "elite." As if only the "elite" are capable of planning a personal activity, 11 days in the future!

I want to protest this sort of interference. We are not in this for profit. All the labor is donated, and there is a lot of it required. The people who donate the labor should have the pre-

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## NATIONAL MASTERS NEWS

August, 1986—96th Issue

Editor: Al Sheahan

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Production: American Publishing Co.

The National Masters News (ISSN-0744216) is published monthly by GAIN Publications for \$18.75 per year from 6200 Hazeltine Ave., Van Nuys, CA 91401. Phone 818/785-1895. Second class postage paid at Van Nuys CA 91409.

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

SUBSCRIPTIONS: A one-year subscription (12 issues) is \$18.75 (mailed 2nd class). Add \$3 outside USA; \$8 1st class (USA & Canada); \$15 Foreign air mail. Please send all correspondence on subscriptions to NMN, P.O. Box 5185, Pasadena, CA 91107. 818/577-7233.

Unsolicited submissions to NMN are always welcomed. Manuscripts should be typed double spaced, but legibly handwritten material is also acceptable. Please include a stamped, self-addressed envelope if return is desired. Send editorial, advertising, and other correspondence to NMN, P.O. Box 2372, Van Nuys, CA 91404 818/785-1895.

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

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# DEERBROOK'S 25K

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## Bloomfield, Baker Star in Texas

by TIM MURPHY

Jeff Bloomfield of Waco, Texas, who turned 70 this year, was the new kid on the block in the M70 age group in the Texas Senior Games in Arlington on May 24, and ended up winning the 50m (7.36), 100m (14.2), 200 (29.69), 400 (67.0), long jump (11-3), and standing long jump (7-8).

In the M50 100m, the clock turned back to the 1950s, when Jimmy Weaver, now of Ft. Worth, Texas, who ran for North Texas State, and Thane Baker, a Dallas resident, who ran for Kansas State, ran some great races. Baker, 54, had to run an American single-age record 11.49 to beat Weaver, 50, who finished in

11.66.

The U.S. masters standards of excellence as given in the NMN February 1986 were equaled or exceeded 29 times. Richard E. Hallmark, whose age, 94, puts him off the standards scale, may have added another with his 37-2 discus toss.

The Texas Seniors are looking forward to 1987 when, for the first time, winning participants of state meets will advance to a national meet to be held in St. Louis.

The Texas Games were outstanding, and we who took part want to thank Hal Geldon, Executive Director, and his hard-working crew for a great meet. □

## Madison to Host 1987 Indoor Championships

Madison, Wisconsin has been chosen as the site of the 1987 Masters National Indoor Track and Field Championship to be held March 28-29. "We're pleased and excited that Madison has been selected as the host city for the 1987 national competition," said Meet Director, Ron Dennis.

Dennis also announced that Wisconsin Physicians Service (WPS), one of Wisconsin's largest health insurance companies, will be the principle corporate sponsor of the 1987 National Meet.

WPS Vice President of Public Relations, Robert Wood, said, "WPS' sponsorship of this national event symbolizes our corporate commitment to encouraging good health practices, such as exercise and fitness programs. The concept of the Masters program encourages men and women age 30 and above to actively participate in athletic activities. WPS is proud to be associated with the Masters National Indoor Track and Field Championship."

The March 1987 national championships track and field event will be open to participants from throughout the United States, age 30 and above. It will be held at the Camp Randall Memorial Sports Center on the University of Wisconsin-Madison Campus. Events for both men and women will include: 2 mile race-walk; pole vault; high jump; triple jump; long jump; shot put; weight throw; 60 yard hurdles; 440 yard relay; 880 yard relay; and running events from 60 yards through 2 miles. Medals will be awarded to the top three places in each 5 year age group for both men and women. □

### COMING NEXT MONTH —

- Complete results of 19th U.S. National Masters Track & Field Championships.
- Results of U.S. Masters Pentathlon and Decathlon.
- Results of several regional masters championships.
- Winner of U.S. bid to host 1989 World Veterans Games.
- And more

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Erna Kozak of British Columbia undoubtedly demonstrated the same good form and elation shown in the photos above when she clocked 4:23.6 for 1500-meters and 2:08.3 for 800 meters, both personal bests, in Vancouver area track meets during June. Kozak, 41, is shown above winning the 1500 and emoting immediately after at the World Veteran Games in Rome last year. Kozak has her sights set on Joyce Smith's over-40 world record of 4:20.7 at 1500. She also plans to run the 10K at the World Veterans Road Racing Championships in Vancouver during October.



Jon Hutchinson, 63, of Torrington, Conn., visiting South Africa, helps at the long jump, West Province Masters Club Championships, Green Point, Cape Town, March 8

## 25 Meet Records

### Fall at Indy

By JAMES WARE

President, Hossier Track Club

The 8th Hoosier Track Classic at Indianapolis on June 15th drew a large turn-out of class athletes. Keen competition, great officiating and perfect weather combined to make this meet a tremendous success. Besides the 25 new Meet Records, 31 marks exceeded the TAC Masters Standards of Excellence, including the first 3 places in the M40 800 and the M35 100.

Other outstanding performances were turned in by: Jim Matthias, M50, 200 in 24.5 and 400 in 54.7; Paul Williams, M50, 50 in 6.52 and 100 in 11.9; Ernie Billups, M45, 800 in 2:08 and 1500 in 4:16; Johnnie Metsner, M40, TJ 11.89m and HJ of 6-1; Wally Herrala, M40, 800 in 2:04 and 1500m in 4:11.

Phil Brusca stepped down an age bracket and still had the best shot put of the Meet with a toss of 42'7". Debbie Stiles, W35, led the way for the ladies with two wins in the 200 in 31.54 and 100m in 14.88.

But the best performance of the meet was turned in by Gary Oliphant M45, of Wichita, Kansas. He was unbeaten in this meet while setting new records in the 50m (6.17), 100m (11.4), 200 (23.9) and LJ (5.98m). □

## Marbut, Edens Winners in Seattle

The 1986 Senior Sports Festival T&F Meet and Pacific Northwest Athletics Congress Championships, sponsored by the Seattle Department of Parks and Recreation, in Seattle, on June 7, drew large, strong fields in the sprints.

Mike Marbut, of Seattle, won the M40 50m in 6.3 from a field of eight and the 100m in a six-man field in 11.8. Paul Edens, M45, of Seattle, had the day's fastest times in the 100m (11.6), 200 (23.3), and 400 (54.1), just beating out Darrell Hull, of Woodinville, Wash., who also finished in 54.1.

Harold Hitt, of Clackamas, Oregon, sped to four sprint firsts in the M50 division: 50m (7.0); 100m (12.6); 200 (25.4); and 400 (57.5). Don Burroughs, of Renton, Wash., won the M70 + 50m (8.3) and 100m (15.9).

Orlo Kenniston, M55, of Seattle, did a dash-middle-distance triple with wins in the 400 (1:08.4), 800 (2:33.6), and 1500 (5:07.7). Norman Hansen, of Enumclaw, Wash., won the same events in the M65 division in 1:18.6, 2:49.9, and 5:44.5, as did Perry Ainslie, W50, with 1:27.3, 3:06.4, and 6:14.9.

Michael Akerman, M45, of Portland, Ore., led the high jumpers with 5-4. Robert Roy, M45, of Portland, won the discus with 129-1, and Gary Stenlund, M45, of Portland, finished with 169-3 in the javelin. □



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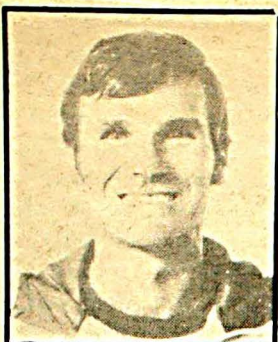
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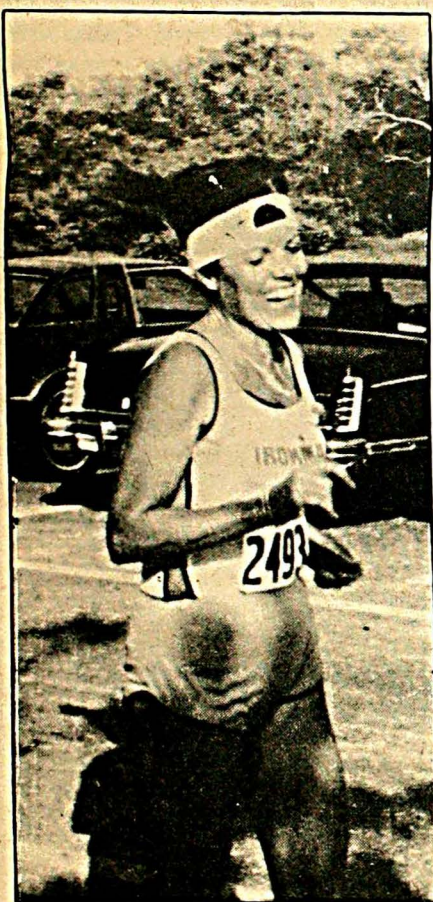
by MIKE TYMN

## Fighting Cancer

**R**uth Heidrich is certainly not the fastest runner in the state of Hawaii. She's not even the fastest over-50 female runner there. Yet, she was honored recently by the Mid-Pacific Road Runners Club as its outstanding female runner of the year.

Her forte is perseverance — in running, in triathlons, in life.

Heidrich, 51, is probably the most active female athlete in Hawaii. During the first five months of 1986, she competed in 21 races, capturing eleven first-place awards in her age division. In March she won her age-division in the New Zealand Ironman Triathlon and she is preparing for the Japan Ironman Triathlon in August while



Ruth Heidrich

continuing to run two or three road races every month.

To prepare for these challenges, Heidrich, twice a grandmother, follows a routine that calls for as much as 75 miles of running, 350 miles of biking, and seven miles of swimming each week, not to mention some weight training two or three times a week.

All that for a woman who has undergone two mastectomies since 1982 and remains a cancer patient.

"I was diagnosed with breast cancer

in 1982 and took on the Ironman challenge as a result," Heidrich says. "My way of fighting the cancer has been to become as fit as possible through diet and exercise."

Heidrich, who has become a vegetarian, adds that a recent article in a scientific journal pointed out that radiation and chemotherapy don't cure breast, lung, colon, and prostate cancers. "I'm my experiment to see if ultra-fitness does!"

Heidrich took up running in 1968 after reading Dr. Kenneth Cooper's book, *Aerobics*. "I picked up the book at a newsstand and it was such a well-written book that it seemed to answer so many of the problems that I'd been having," she says. "I had back aches, foot problems, stress, insomnia, you name it. I started running daily and have been at it ever since. I was scheduled for back surgery before I

*"If a doctor told me I could never jump again, I'd jump anyway."*

began, but I didn't have it and haven't had any back problems since I started running. It was definitely a pivotal point in my life."

After five years of jogging, Heidrich began entering races in Ohio, where her husband, an Air Force officer, was stationed. Except for being sidelined briefly for the cancer surgery, a fractured pelvis from a bike accident, and a couple of stress fractures, she hasn't backed off.

It was in 1982, a few days before attempting her first Tinman Triathlon, that Heidrich felt a lump in her breast. She immediately went to her doctor and was told that a biopsy would be necessary. Even though the doctor told her he was concerned about cancer, Heidrich asked him to delay the surgery a few days so that she could compete in the Tinman.

A day after her age-division second place in the Tinman, Heidrich underwent the biopsy. She heard the words

"Infiltrating ductile carcinoma" come from her doctor, speaking on the phone. "I know what carcinoma means. The tears welled up in my eyes and I thought, 'Oh my God!'" she recalls.

The doctor told her to go home and take it easy, not to run for a few days. "But that was when I needed to run the most," she says.

Before undergoing her first surgery, Heidrich woke up in her hospital room at 4:30 a.m. Knowing that the nurse would be there in an hour to give her a preoperative drug, she slipped on her running shoes and went for a five-mile workout. Coming back on the elevator, she ran into her surgeon. "He said, 'My God, what have you been do-



Ruth Heidrich

ing?" "Heidrich recalls, laughing. "He gave me Hell and then really got after the nurses."

Just three days after undergoing a modified radical mastectomy, Heidrich was back running. She entered a 15K race two weeks after the surgery.

"I think it's important when you have cancer that you get back to living life," Heidrich says. "I met a woman who said she'd love to do aerobics but she couldn't jump because she'd had a mastectomy. I wonder how many women think like that. I think if a doctor told me I could never jump again, I'd jump anyway. Regardless of the prognosis, exercise adds so much to the quality of life."

Because she had a history of fibrocystic breast disease, a condition which often precedes cancer, Heidrich's doctor recommended she undergo a second mastectomy. "I had good looking breasts," she says, "but it was a funny feeling, like my breasts had betrayed me and I didn't want them anymore."

Heidrich underwent breast reconstruction surgery several months later.

The bicycle accident came just seven weeks before the 1984 Ironman Triathlon. Heidrich spent a week in the hospital and four weeks on crutches. Still, she completed the Ironman,

which involves a 2.4 mile ocean swim, a 112 mile bike ride, and a 26.2 mile marathon run.

"I recover rapidly," she says, again laughing. "My doctor was totally against it, but I was obsessed with the Ironman and felt I just had to do it. There's nothing to compare to the experience of completing an Ironman."

Prior to the diagnosis of cancer, Heidrich was employed as a high ranking federal civil servant in logistics management. "Up until I learned of the cancer I had loved the work I was doing," she remarks. "But with the diagnosis of cancer I went through a reassessment of my life and asked myself 'Is this all there is?' The answer came up a definite 'no.' I took a leave

of absence from my job and started training more. I was enjoying my life more and made the decision then to attack the cancer thing through fitness. And so I've never gone back to work."

Heidrich's prognosis is good but guarded at this time. She must continue to undergo tests for a number of years to be certain no other cells are acting up. She approaches it positively and stoically, however. "I feel I can always hang in there for as long as it takes." □

## \$10,000 Offered For World Marathon Record

Jack Moran, director of the Twin Cities Marathon, announced today that *Runners World Magazine* will offer \$10,000 to anyone who sets a new masters marathon record in the annual Minneapolis-to-St. Paul event on October 12. The current standards are 2:11:18 for men (Jack Foster) and 2:29:43 for women (Joyce Smith).

The race already has guaranteed a \$40,000 purse to masters runners — the largest ever offered to age-40-and-over competitors.

More details next month. □



## Write On

Continued from page 2

rogative of setting the conditions without abuse from those who do not wish to conform. Let them conduct their own meets, and run them the way they wish. I will be pleased to enter under their new conditions, or else not compete and not complain.

Many pointed out that we could have a bigger turnout and realize a larger gate receipt. Of course — but we are not in it for profit or to break attendance records. We only hope to put on a quality meet. Our first year we allowed late entries and day-of-meet entries, and the result was bedlam. Over 80 people crowded around trying to get entered before their events started, or trying to see who was entered so they could determine which events would be easier, and then trying to substitute events! One of this year's complainers "threatened" to spread the word about what kind of a meet this is. Great! If he does, there won't be so many calls next time. If there are more Trojan Invitionals, and if I am the entry coordinator, the no-late-entry or day-of-meet-entry rule will be in force.

I do not wish to leave the impression that all entrants were opposed to this rule, or that all callers were churlish. Many accepted the decision graciously, and many of the competitors at the

meet liked it. And the officials especially liked it, which in itself would be reason enough to continue it. But mainly it is the only way I am going to do it, and there will be no exceptions in the future — not even the "exhibition" or "unofficial" kind.

Jim Vernon  
West Covina, CA

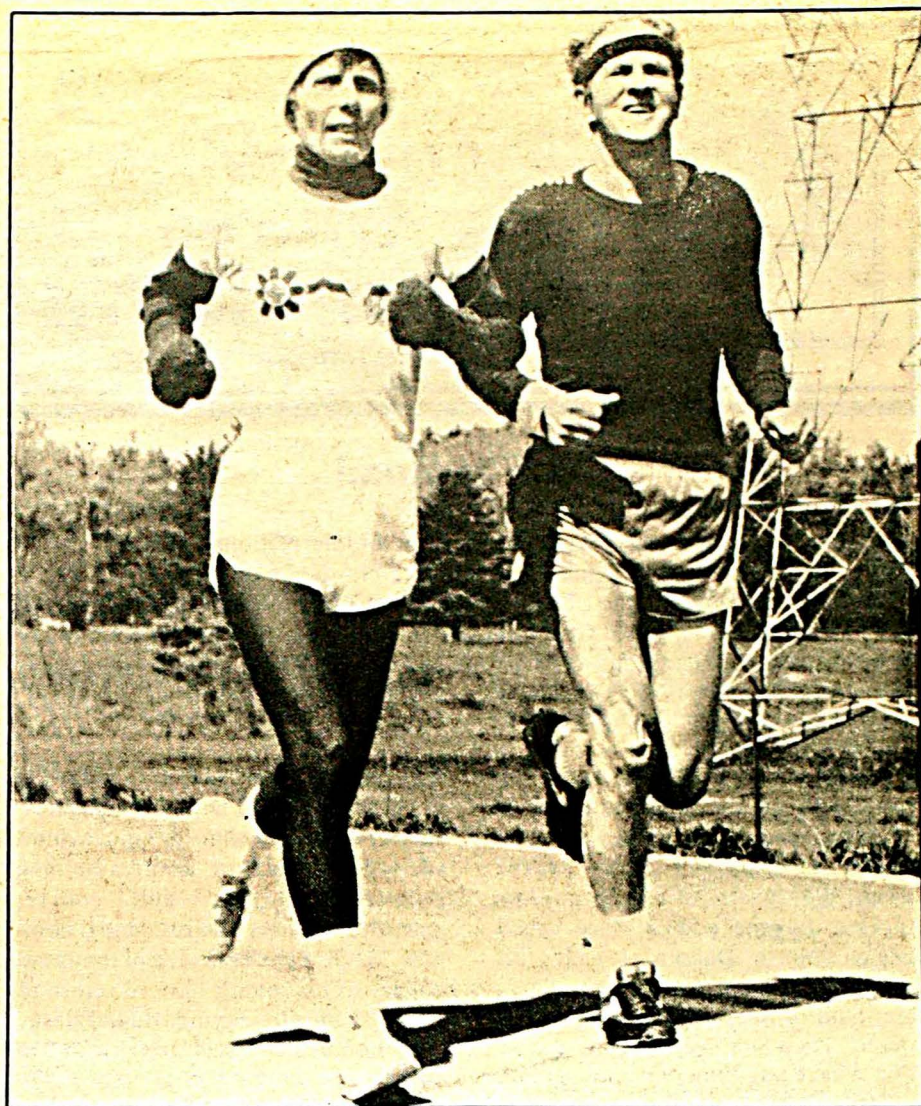
## GREY RESPONDS

I am responding to the article in the National Masters News, June 1986.

First, the question about my times in the Honolulu and the Seaside marathons, but nothing was said about the other fifty-seven marathons I have run. If necessary I can produce names of runners who will testify that I was seen along the course in both Honolulu and Trails End marathons. While running at Seaside my family followed me around the course and will attest to my time and position at the finish line. I can supply names and addresses to substantiate my reply to the above accusation.

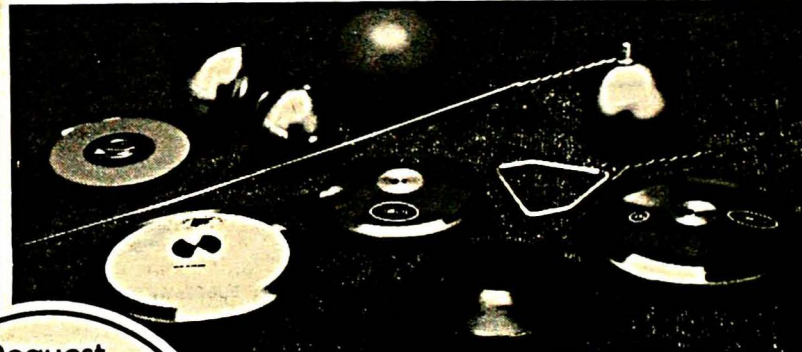
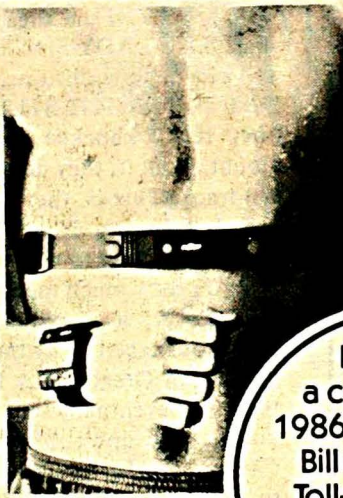
Secondly, the Emerald City Marathon: at 8:00 AM, 13 April 1986; the race began at 2nd and James. At about 5/7 miles, my name was called out as we turned down along Lake Washington. Just after I topped East Madison Hill my name was called out

Continued on page 15

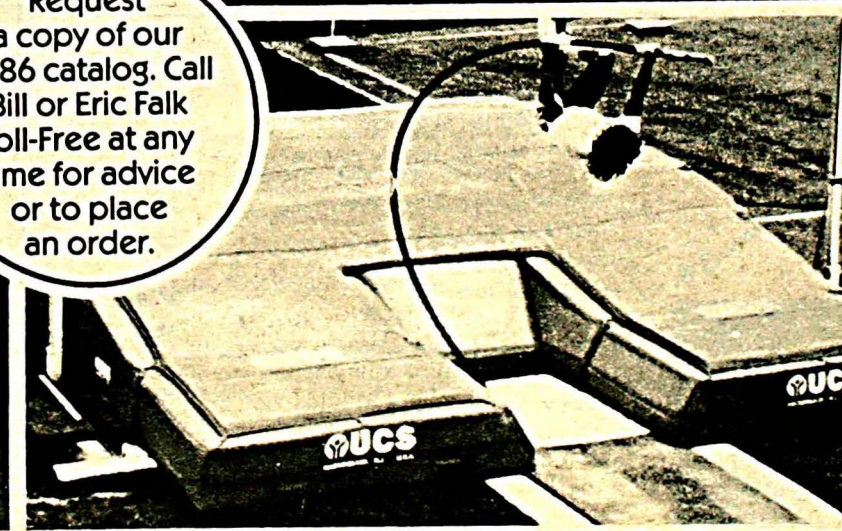
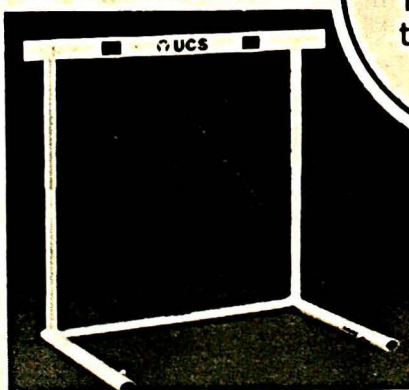
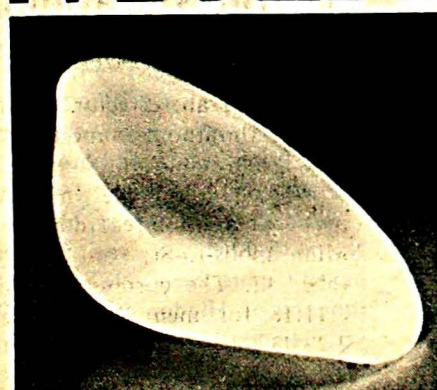


Nancy Gerstenberger, 56, Albany, N.Y., won the women's championship in the Hudson Mohawk Runners Club Masters 10K in Guilderland, N.Y. on May 3 in 46:26. Husband, Otto, 56 accompanies her.

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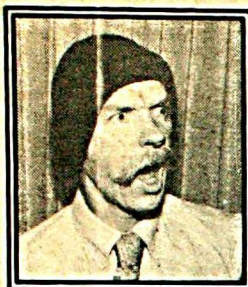
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## On Approaching Every Problem With an OPEN MOUTH

by W. MacDonald MILLER

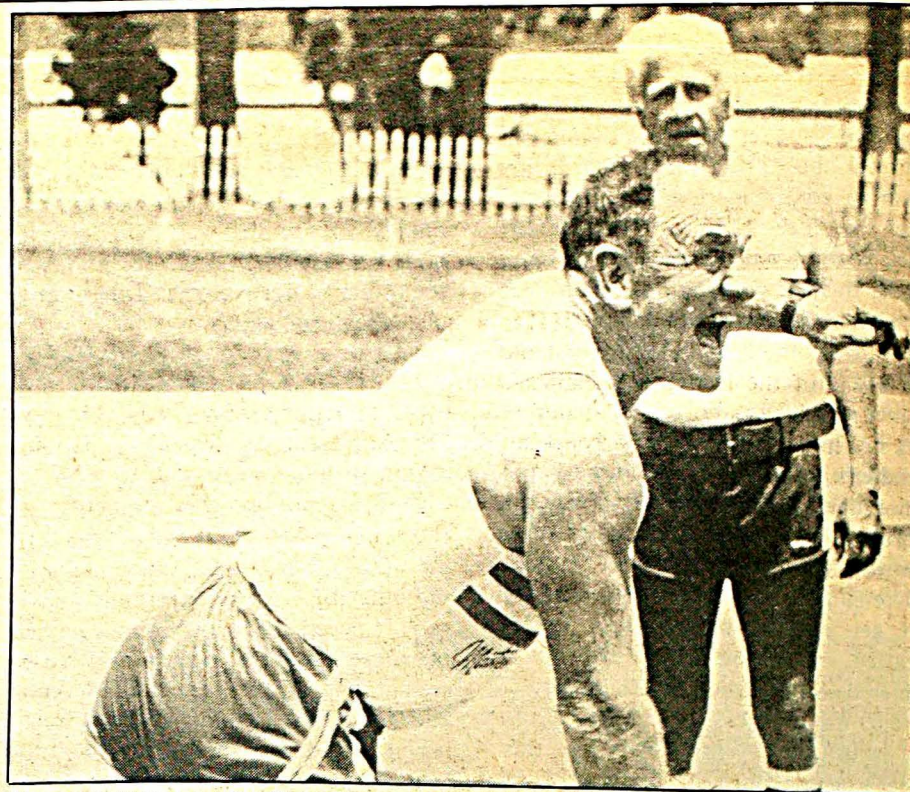
### On The Road

**R**ecently, the extremely capable president of the National Masters T & F Association, Jimmy Donley, appointed a bluish ribbon committee to tour prospective cities in the US and determine which of these fine cities would be best suited to host the World Championship in 1989. I was selected to accompany the group, not in a fact finding capacity but as a writer with the appropriate style to report on such a fact-finding junket. What I'd like to do is share some of my impressions with you.

Let me say right off, I never really agreed with the format. It smacked of politicians and their families going to Hawaii to catch the flavor of the Orient. We traveled to San Diego, Los Angeles, Eugene and a place called Raleigh, North Dakota. I truly feel there are plenty of other cities in this great land of ours that should be considered. Take San Diego, for instance. I don't have anything personal against San Diego; it really does have nice weather. People in San Diego consider their city a cultural jewel and it is, if you define culture as having a stringed quartet drop down from San Francisco twice a year. I think their tradition has something to do with Mexico because at every event we attended they had a couple of guys standing around in big hats who looked like the Cisco Kid and

Pancho. On the other hand, the weather is nice and Dave Pain has raised over a billion dollars to build a domed indoor stadium with adjoining hotel, health spa, golf course, equestrian center, and residential complex. He also gave me several thousand dollars so I wouldn't have to return to Chicago by Greyhound Bus. I'll say this, the weather is really terrific in San Diego.

Los Angeles went all out to impress us, California style. On the first day, they picked us up in this magenta Toyota limousine and we drove around the freeways talking dirty to other people on our car phone. It's really a great system. Say, you want to do leather; you dial this operator and she connects you with another car with a similar interest in leather and you get it on right



Olympic Gold Medalist Bob Richards, heaving shot in Mexico Masters Meet, Mexico City, May 3-4. Photo by Ruben Haces "Esto"

there in broad daylight. I was a bit uncomfortable at first doing my thing in front of the others in the car but before long it didn't bother me a bit. You know that "When in Rome business." I needn't go into the cultural tradition of Los Angeles. There are just too many interpretations to get into here and I think most people pretty much know it has to do with the search for the eternal tan.

Now Eugene, Oregon is really an interesting place. They're very big on T-shirts and some of the ones they had were real hilarious. Have you seen the ones that say, "DYN-O-MITE" or better yet, "IT ISN'T OVER 'TIL THE FAT LADY SINGS"? I especially liked the one this one gal had on. It said, "I'M WITH STUPID". I mean they really knocked us out and, no doubt about it, they do have a wonderful track. That is, they said they had a wonderful track. It was under about a foot of water when we were there so we had to pretty much take their word for it. Frankly, it would be difficult to figure out exactly why the meet should be held in Oregon, but I'm confident this will eventually come out. I do know they don't like people from California. Maybe that's it. I'll check that with the National Running Data Center.

Raleigh turned out to be a sort of quasi-religious experience. A 300-voice black choir met us at the Raleigh-Durham bus station. They all wore white shirts or blouses and the color contrast was terrific. They did a medley of folk-rock songs like "Khumbya" and "Michael Row Your Boat Ashore". It was so hot that after they finished singing we got back into the bus and left. We certainly weren't trying to short change the Raleigh entry but, I'll be honest, what really turned all of us off was the dirt. For some reason all the dirt they had was red. I don't know if they paint it or just

what the deal is, but I think most people feel as we did, dirt is fine the way it is — black.

As we traveled and talked, the names and stories of other cities to be considered came up.

**Doctor:** Fred, you have two years to live.

**Fred:** What can I do?

**Doctor:** Marry a Jewish girl and move to Cleveland, the two years will seem like a lifetime.

Remember W.C. Fields' epitaph? "It beats playing Baltimore".

Minneapolis is fun but you probably noticed, their July Fourth doings got snowed out. You've got to admit, the Scandinavian approach is refreshing. Lines like "those who live in glass houses should not get stoned" and "never bring a gift horse in the house" make a lot of sense in this crazy mixed up world we live in.

It was funny when Mark Twain said, "The coldest winter I ever spent was one summer in San Francisco." Unfortunately, things aren't so funny in San Francisco these days.

The truth is, there are many fine cities in this great country capable of hosting the games. It's the picking one above all the rest that's the problem. Rest assured, your committee will do its best. As for me, I've tried to catch the flavor of what proved to be a very exciting trip, however obnoxious the use of bribes, booze and broads to gain our support.

Another trip, however, has me totally preoccupied at the moment. I haven't quite been able to handle the thought of Higdon in space. Worse yet, Higdon on the moon. I mean, what if people in outer space know all about Hig's steeplechase at the World Games in Toronto in 1977? On the other hand, it could be just the thing we need to finally get us a damn sponsor. □

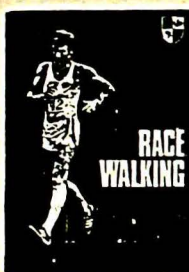
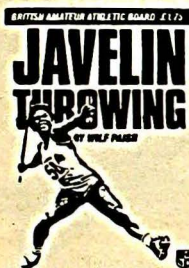
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# PROFILE

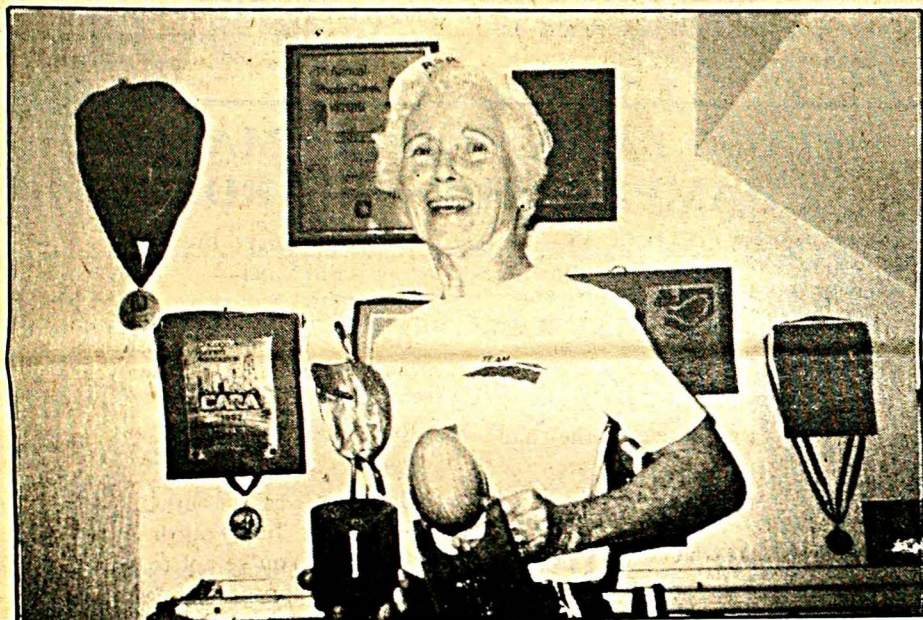
## Anne Clarke

One of the leading age-class distance runners in the United States, Anne Clarke was born in Mangum, Oklahoma on September 21, 1909, the only child of an itinerant road builder. She attended schools in Oklahoma, Texas, Iowa and South Dakota before going on to Butler University in Indianapolis and earning her BA in education. It was at Butler that she met her husband, Hamilton. They have two sons, David and Robert, both educators.

In 1972, at age 63, Anne retired from 24 years of teaching second grade. She ran her first race in 1978. She now holds American records in the 70-74 division at 5K (29:22), 15K (1:31:29), and 10 miles (1:33:29); and in the 75-79 division at 12K (1:08:21), 15K (1:29:33) and 10 miles (1:34:09). Her 4:49:08 in

ended up in an exercise group. That was fine until the instructor announced we were going out for a run. In my condition, I definitely didn't want to run.

"I almost gave up with that first class. After a vacation break, when I didn't show up for the fitness class, the



Anne Clarke holding two of her favorite trophies as first woman over age 70 in the 1983 Honolulu Marathon.

the 1985 America's Marathon in Chicago is pending recognition as an American record.

Anne and Hamilton have lived in Glen Ellyn, Illinois since 1949. In addition to competition, Anne is active as a fitness instructor at the YMCA where

***"I haven't dropped out of any of the 125 races I've run since April 1978."***

she once considered herself a hopeless case.

**What got you started running?**

"I was the classic late bloomer. The fact is, I didn't start exercising until I was 64 and then not very willingly. I was in miserable condition with chronic arthritis, bursitis and little energy. After retiring from my job as a teacher, I enrolled in a swimming class at the B.R. Ryall YMCA where I also instructor came to my home on her motorcycle, literally put me on the bike

and took me to class. I decided if she cared enough about me to do that, I would stick with it. But it took me about a year-and-a-half before I could jog a mile. Pain and aches continued for a time, but I soon began to feel better."

**When did you begin competing?**

"For the first five years, competing was the last thing on my mind. Then I read about the 1978 Bonne Belle 10K to be held in Chicago. Out of curiosity, I went to a running clinic the day before and found out then that women of all ages would be competing. That put a bug in my head. I had worked up to running four miles, and thought that just maybe I could finish 6.2 miles. Well, I flew along for three miles, but then things got bad and I wanted to drop out. I didn't really know how to get back and so I kept going. I finished in 69 minutes and was sure I would never walk again. When I realized I was not injured for life and that I had actually finished, I couldn't believe it.

Neither could my family."

You got your 10K times down in the 55's and 56's in '82 and '83 and you're consistently in the 58's now. What kind of training regimen have you followed to accomplish all you have?

"I'm up at five each day. I drink two glasses of water, and then I run five or six miles in all kinds of ghastly weather. In '82 and '83, I ran up to 60 miles a week with 20 mile-plus runs two or three times in the weeks ahead of a marathon. At the 60-plus race here last year, Paul Spangler sold me on the idea that us really mature masters did better if we didn't train like a 20-year-old. He said 35 miles a week is sufficient, and I find that it's true for me. I do better if I don't overtrain."

**Has there been any one race that stands out in your mind?**

"My 70-plus division win in the '83 Honolulu Marathon with seven women in the category. It was a dream come true and such a wonderful welcome and the thrill of the shell lei at the finish! I told myself that if I die going home, so what? That's the way I felt about it.

"Setting my marathon PR of 4:49:08 in America's Marathon last year is another achievement I can still hardly believe. But I especially treasure the fact that I haven't dropped out of any of the 125 races I've run since April 1978."

**How does your husband feel about having a champion runner as a wife?**

"My husband can't run because he has emphysema, but he encourages me. He chauffeurs me to every race and then cheers me on the sidelines. He sews as a hobby, and he's made me some beautiful running clothes. We've been married 54 years, and he says I've never been in better shape."

**How do you feel about all the success and recognition you've had?**

"No one is more amazed than I am. All through school, I was the most uncoordinated person. I never thought of

***"I didn't start exercising until I was 64 and then not very willingly."***

myself as an athlete. This has completely changed me. I get a kick out of having younger runners, sometimes ones I've beaten, come up and remind me that I had them in the second grade during my 25-year teaching career.

"But mostly I consider this preventative medicine. The fact that my arthritis and bursitis cleared up as I exercised and ran regularly sold me so thoroughly on their benefits that I can to some degree convince others to follow suit. This pleases me."

**Any immediate or long range goals?**

"I just want to keep the ol' bod movin', live a long time, and die young!" □

—Mike Tymn

## NATIONAL RUNNING DATA CENTER-PUBLICATIONS LIST

1. Running Records by Age, 1986 edition. Lists US single-age records based on races through 1 January 1986 for 31 standard track and road-running events, from 100 meters through 100 miles, plus official US open and age-group records. (available April 1st) \$5.95
2. U.S. Distance Rankings, 1986 edition. 1985 rankings and all-time lists for open men, open women and all junior (19 and under) age groups. Depth of rankings is based on competition. E.g., the open men/women rankings are 100 deep for 10 km and the marathon. Fourteen standard road distances plus the one, two and 24 hour runs are ranked. (available June 1st) \$7.95
3. U.S. Masters Distance Rankings, 1986 edition. 1985 rankings and all-time lists by five year age groups, from 35-39 and older. Fourteen standard road distances plus the one, two and 24 hour runs are ranked. Depth of ranking is based on participation, from 50 deep for 10 km and marathon, 30 deep for 8, 15 and 20 km, 10 mile and half-marathon, and to lesser depths for the other seven events. (available June 1st) \$9.95
4. NRDC News, issued monthly. Contains updates to certified course and age record lists, statistical summaries, information on course certification and record-keeping policies, and much more. NRDC News is sent without additional charge to all persons who make an annual tax-deductible contribution of at least \$15.00
5. NRDC News, back issues: individual number (Feb 1980 to present) \$2.00¢

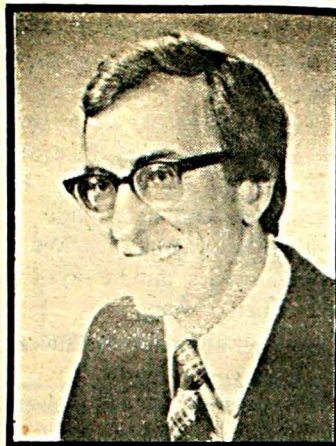
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12. U.S. Marathoners, 1981 edition. Vol I contains summary tables and statistics; Vol II contains ages 29 and under; Vol III (sold out); Vol IV contains ages 40 and over.
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# FROM THE Editor

by AL SHEAHEN

## The Wave of the Future?

**T**he first annual National Masters News Age-Handicapping Masters Track & Field meet will be held on Saturday, August 23 at Birmingham High School in Van Nuys, California.

Van Nuys is a northern suburb of Los Angeles, and the Birmingham track is one of the nine state-of-the-art tracks laid especially for 1984 Olympic training sites. It will be an evening meet, so the weather should be mild with little, if any, smog. We invite you to participate.

What is age-handicapping, and how does it differ from a normal masters track & field meet?

In a normal masters meet, competition is held in 5- or 10-year age groups. That's well and good when there are 500 or 600 competitors. With those numbers, there are full fields in most events and competition is meaningful and enjoyable.

In smaller meets, however, there are usually so few participants in certain events that several age divisions must be combined in many events to avoid a one- or two-person walkover.

Using age-handicapping, full fields are virtually guaranteed for every event because everyone competes in the same "division," regardless of age or sex.

How does it work?

In the 100, 200, 400 and 400H, you get a **distance handicap**. In the 800, 1500 and 5000, you get a **time handicap**.

What does that mean?

For example, in the 100-meter dash, a 30-year-old male starts from "scratch" and runs the full 100 meters. A 44-year-old man gets a "distance handicap" of 5.4 meters, and only runs 94.6 meters. A 58-year-old woman gets a handicap of 24 meters, and only runs 76 meters.

Will the 30-year-old man make up the yardage and get to the finish line first? Or will the 58-year-old woman hang on to her "lead" and win? Or will the 44-year-old beat them both? Or will someone else win?

The handicaps are based on tables compiled by World and U.S. Masters Track & Field Records Chairman Peter Mundle, and Dr. Track's Runners' Time Standards.

The idea is to have the best competitor — regardless of age or sex — win the event. A gold medal will be more meaningful, because it means the recipient is the best competitor that day, not just in his or her age division, but among **all** competitors in that event — based on age.

In that sense, it's like an open meet, where there is only one winner, one second and one third.

The handicaps work the same as the 100 in the 200, 400 and 400H. The gun goes off at the same time for all runners, with the oldest entrants running less distance than the younger ones. (And the older ones thus hurdling one or two fewer barriers in the 400H).

If more than eight people enter the 100 and 200, heats will be run with the first finishers advancing to an eight-person final. The 400 will be run in seeded sections, if more than eight sign up.

In the 800, 1500 and 5000, a **time handicap**, or **Portsmouth Start**, will be used. The oldest runner starts first, followed seconds later by the next oldest and on down to the youngest. Each competitor runs the full 800 meters. Actual and handicap times will be posted.

In the 800, for example, a 30-year-old man would start 1:53 after a 77-year-old woman. Will he catch her? Will George Cohen, 46, be able to catch Ed Stotsenberg, 71? Can Stotsenberg catch Paul Spangler, 86, or Bess James, 77? I can't wait to find out.

In the field events and short hurdles, you compete as you always do, and then your performance is "age graded" against others to determine the winner, much as age factor scoring is currently used in masters decathlon and pentathlon events.

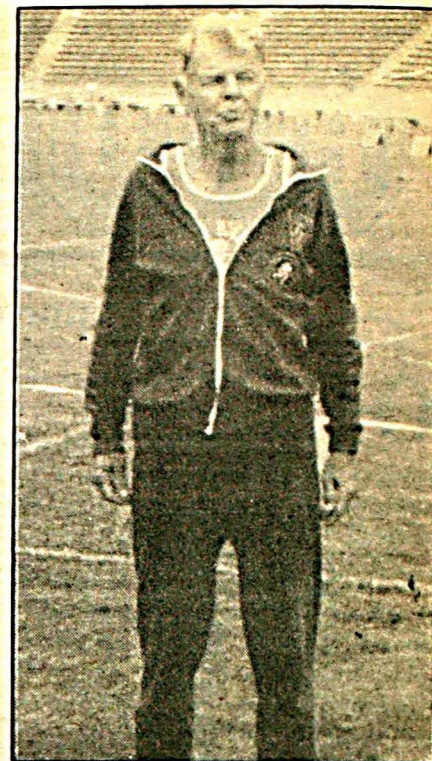
Age-handicapping is not a new idea. A couple of handicap races were staged in the Van Nuys Grandfather Games a few years ago. Nine runners of all ages entered the 100, and it was a virtual photo finish. San Diego tried some handicap track races a couple of years ago. Bruce Dern's film *On The Edge* dramatizes the annual Dipsea Race in Marin County, California, which features a Portsmouth start based on age and sex. Professional racing in

Australia has long featured handicap racing. The Twin Cities Marathon uses an age-graded formula for its cash prizes. But this is the first time an entire masters meet will be based on age-handicapping.

This first meet will be low-key and relaxed. If all goes well, we'll expand it next year. There may be a few bugs we'll encounter or problems we've overlooked. Some handicaps may need more fine tuning. But we're going to try it and we hope you can participate. Use the entry form on page 11. Age-handicapping could be the wave of the future for local masters meets. We'll be happy to share our tables with any meet director who likes the idea.

We plan a victory stand ceremony for the first three placers in each event to give the recognition that such performances deserve. We also plan to award a team trophy to the winning club, based on 6-4-3-2-1 scoring.

We think it will be fun. We'll publish all the results, including heats, in our October issue, along with a report on how it all went. □



Win Mcfadden has been elected to his alma mater's Athletic Hall of Fame, mainly due to his active participation in Masters track and field for 18 years. The presentation was at Millikin University in Decatur, Illinois on May 17th.

## 1987 U.S. TAC NATIONAL MASTERS CHAMPIONSHIPS AWARDED

March ?	15K ROAD	Mission Bay, San Diego, CA	San Diego-Imperial Bill Stock 7160 Baldrich La Mesa, CA 92041 Home (619) 286-7867
April 5	50 MILE	Columbus, OH	John White 4865 Arthur Place Columbus, OH 43220 Home (614) 459-2547 Office (614) 424-7011
?	20K	El Cajon, CA	San Diego-Imperial Bill Stock 7160 Baldrich La Mesa, CA 92041 Home (619) 286-7867
May 9	5K ROAD	Atlanta, GA	Bill Eppright 6083 Queen Anne Court Norcross, GA 33093
June 28	ONE MILE	Olympia, WA	Walter R. Jorgensen 823 North Street Tumwater, WA 98501
September 19	10 K ROAD	Corning Cup 10K Albany, NY	Bill Shrader R.D. #1 Middleburgh, NY 12122 Home (518) 827-6709
November 8	10K X/C	Seattle, WA	Bob Langenbach 4261 S. 184th Street Seattle, WA 98188 Home (206) 433-8868 Office (206) 251-4710
28	5K X/C	Van Courtlandt Park, NY City	Jack Dowling 25-47 Beech Street East Meadow, NY 11554
?	HALF MARATHON	Oklahoma	Jim Smith 2408 N.W. 122th Terr. Oklahoma City, OK 73120 Home (405) 751-6073 Office (405) 521-3864
December ?	8K	Honolulu, HI	





US 4 X 100 Relay Team, receiving first place on victory stand. Left to right: Theo Viltz, Frank Little, Stan King, B. Laverty. Mexico Masters Meet, Mexico City. May 3-4.

Photo by Ruben Haces "Esto"

## Brown Wins Brugge International Vets 25K

Continued from page 1

in this race last year, he didn't have to face West Germany's Guenter Mielke this time. Mielke had blazed to a 1:17:54 in the 1985 event to hand Brown one of his rare defeats.

Britain's Bryan O'Neill took fourth in 1:21:48, followed by Belgium's Pierre Voets, whose 1:21:59 won the M45 title for the second year in a row. Jean Van Onselen, another Belgian and top M50 performer in the 1985 World Veterans Games in Rome, won the 50-54 competition in 1:25:43, while Holland's Piet Van Alphen moved into the M55 division with a good 1:28:38, seven minutes over his 1:21:07 time of 1985, when he handed America's Norman Green his only loss in M50 competition.

Linda Delveaux of Luxembourg was the first woman finisher in the race in 1:35:47 to capture the W35 division for the second straight year. (International competition for veterans is open to men over 40 and women over 35). Belgium's Denise Alfvoet, competing in the 50-54 age-group, turned in an excellent 1:39:51 to finish as second woman, ahead of Britain's Carol Wild, whose 1:40:37 captured the W40 crown.

Great Britain won the team championship by 62 seconds over Belgium. Four-hundred-ninety-seven runners finished the race — down from 593 last year — which is annually directed by

Jacques Serruys.

Besides Brown, the only American finisher was Al Huff, whose 1:37:07 placed him 18th in the M45 group.

Brown's time of 1:21:07 is 18 seconds under Bruce Mortenson's U.S. masters 25K record of 1:21:25, but probably won't get into the record books since the NRDC does not generally approve marks set on European courses. □

## Swarts, Oerter Over 200'

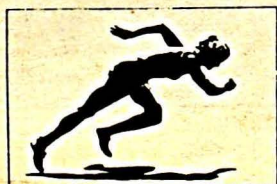
Continued from page 1

(2:13.4) in a good race to win with 2:08.2, the meet's best in the 800.

B. Wooley was an M40 double winner, in the 1500 (4:31.4) and 5000 (17:08.4). In the M50 800, Jim Sutton won with a fast 4:37.5.

Submaster T. Lacey won the M30 shot with a 48-11 put, while B. Simon was top M40-and-over with 35-6½. B. Sing, M30, finished his javelin throws with a best of 222-4.

Pay Carstensen took the M50 hammer throw from Hal Brossman, 132-2 to 130-9, but Brossman got revenge in the weight throw with a 39-1 to 37-0 victory. □



## FIRST ANNUAL NATIONAL MASTERS NEWS

### AGE-HANDICAPPING TRACK AND FIELD MEET

for men and women age 30 and up

**SATURDAY, AUGUST 23, 1986**

Birmingham High School - Van Nuys, California

Sanctioned by TAC/Southern California Association

Sponsored by the NATIONAL MASTERS NEWS

ENTRY DEADLINE - TUESDAY, AUGUST 19, 1986

**ELIGIBILITY:** All men and women age 30 and up.

**ENTRIES:** Pre-entry required before Tuesday, August 19. No late entries accepted.

**FEES:** First event \$6.00; additional events \$3.00.

**FACILITIES:** 8-lane, all-weather, reko-flex, certified, Olympic training track with rubber surfaces for jumps. Concrete throwing ring for shot put. 1 inch spikes. Food concessions and changing rooms available.

**AGE-HANDICAPPING:** This is the first full masters meet to utilize age-handicapping. Contrary to most masters meets, there will not be the usual "age-group" competition. Instead, all ages and sexes will compete in the same "division," with the oldest runner getting a head start in each event. In the field events, an age-graded formula will determine the winners. (Thus, the first place finisher could be a 30-year-old man or a 75-year-old woman.) A distance handicap will be given to each competitor in the 100, 200, 400 and 800 IH. A time handicap will be given in the 110 HH, 800, 1500 and 5000. Handicaps are based on tables compiled by TAC Records Chairman Peter Mundle and Dr. Track's Runners' Time Standards.

**TEAM AWARDS:** A team trophy will be presented to the club whose members score the most points, based on 6-4-3-2-1 scoring.

**HEATS:** Heats will be run in the 100 and 200. The 110 HH, 400, 800, 1500 and 5000 will be run as seeded-sectioned finals. There will be one 5000 meter final.

**TIMING:** Hand-timing.

**NOTE:** Since Birmingham is a city school, there will be no hammer, javelin, discus or steeplechase competition. Because of the special nature of age-handicapping competition, there will be no relay competition.

**AWARDS:** Medals will be awarded to the first three places in each event, in a victory-stand presentation.

**RESULTS:** Complete results, including heats and sections, will be published in the October issue of the National Masters News.

**HOUSING:** Carriage Inn, 800/542-6082 (Calif.), 800/854-2608 (Nationwide), \$49/room. Pool. Voyager Inn, 818/997-6007, \$41-\$45/room. Town House Motel, 818/782-8800, \$36-\$42/room. Golden Lion Motor Inn, 818/787-5400, \$41-\$48/room. Arrow Motel, 818/786-6966, \$30-\$35/room. No pool.

**DIRECTIONS:** From the 405 (San Diego) Freeway, exit at Victory Boulevard and drive west 1.7 miles. From the 101 (Ventura) Freeway, exit at Balboa Boulevard and drive north 1.1 miles. The track entrance is on Victory, just west of Balboa. Free parking.

**WEATHER:** Since this is an evening meet, the weather should be mild, in the 70's, with little or no smog.

**SCHEDULE:** Times are approximate.

TIME	TRACK EVENTS	TIME	FIELD EVENTS
5:15 p.m.	* 110M HH Final	4:00 p.m.	Pole Vault (all ages, start lowest height)
5:45 p.m.	* 800M Final	4:30 p.m.	Long Jump (all ages)
6:15 p.m.	100M Heats	5:00 p.m.	High Jump " "
7:00 p.m.	100M Final	6:00 p.m.	Shot Put " "
7:15 p.m.	* 400M Final	7:00 p.m.	Triple Jump " "
8:00 p.m.	* 1500M Final		
8:30 p.m.	200M Heats		
9:00 p.m.	* 400 IH Final		
9:15 p.m.	200M Final		
9:30 p.m.	5000M Final		

\*Timed sections (if needed) based on submitted marks on entry form.

Please complete this form, sign and date release and mail with entry fee to:  
NATIONAL MASTERS NEWS, P.O. BOX 2372, VAN NUYS, CA. 91404.

1ST ANNUAL NATIONAL MASTERS NEWS AGE-HANDICAPPING TRACK AND FIELD MEET

Al Sheahan, Meet Director

NAME \_\_\_\_\_ CLUB AFFILIATION \_\_\_\_\_  
ADDRESS \_\_\_\_\_ 1986 TAC NUMBER \_\_\_\_\_  
CITY/STATE/ZIP \_\_\_\_\_ TELEPHONE \_\_\_\_\_  
AGE (on August 23, 1986) \_\_\_\_\_ MALE \_\_\_\_\_ FEMALE \_\_\_\_\_ BIRTHDATE \_\_\_\_\_  
EVENT \_\_\_\_\_ BEST RECENT MARK \_\_\_\_\_ AMOUNT ENCLOSED \_\_\_\_\_  
Make checks payable to NATIONAL MASTERS NEWS and mail by August 16, 1986 to arrive by the August 19 deadline.  
(No refund for default)

WAIVER:

In consideration of your accepting my entry, I, intending to be legally bound, do hereby for myself, my heirs, executors and administrators, waive and release forever, any and all rights, claims or damages I may accrue against the Los Angeles-Valley Athletic Club, Southern California Association/TAC, Birmingham High School, the National Masters News and all sponsors of this race, their successors, representatives and assigns, for any and all injuries suffered by me while traveling to and from, and while participating in the National Masters News Age-Handicapping Track and Field Meet held August 23, 1986 at Birmingham High School in Van Nuys, California.

DATE \_\_\_\_\_ SIGNATURE \_\_\_\_\_





Pagliano's Podiatric Pointers

## THE FOOT BEAT

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

### Bone Bruises

**Q** I am 41 years old and have been a runner for 25 years, averaging 20-40 miles a week, with intervals once or twice a week. Six months ago, I developed a sharp pain at the protruding bone on the outside of my left foot. There is no pain when pressure is applied to the bone and it is not painful unless I run speed work or squat down for a few minutes. Two months of complete rest did not help at all. Any ideas? X-rays show no fracture.

**A** The area to which you refer is the 5th metatarsal, more specifically, the metatarsal-phalangeal joint area. Injuries in this area are fairly rare although we see them in long distance runners who have been running on hard surfaces in poorly cushioned shoes.

In the majority of cases, this is classified as a "bone bruise." It will not show up on X-ray, which makes diagnosis rather hard. If you have great insurance coverage, you may want to have a "bone scan" performed. (We have also had good luck diagnosing this problem through a "thermogram," which is a less expensive procedure.)

Usually what happens is the foot strikes on the outside during the gait cycle. If you have a high arch-supinated foot or a highly pronated foot, the 5th metatarsal takes the brunt of the force as the foot strikes the ground. Although it is very difficult to break the 5th metatarsal, it can become bruised. This is known as a "stress reaction," the condition that precedes a fracture.

These are usually very difficult to heal. Even if you take time off from running, you are still walking on it. Treatment on a conservative basis would require taping the foot or using an Unna Boot with a fracture shoe for six weeks. You could intersperse hydrotherapy and other types of physical therapy to stimulate the healing process.

If all else fails, I would suggest trying a below-the-knee, non-weight-bearing light cast. This is really a pain-in-the-ass but it will aid the area in healing properly.

When the pain level has reduced substantially, a good pair of well-cushioned shoes, such as the Avia 600, or the New Balance 1300, would be up your alley.

Training should consist of light running on grass or dirt with no hills or intervals. Interval training places too much weight on the metatarsal head

and will aggravate the condition.

You may also want to have a complete biomechanical evaluation to determine if you have some type of gait problem. If so, the use of a functional foot orthotic may be of some help.

The other condition which may be involved is some type of damage to the metatarsal-phalangeal joint. However, this usually shows up on X-ray. Again, a bone scan can determine the precise area of injury and give your sports specialist a better idea of how to treat your condition. □

*(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.)*



Male masters prior to start of the Cotton Row 10K run May 26 in Huntsville, Alabama. L to R: Herb Lorenz (7), Dan Conway (2), Kirk Randall (10), Ernie Billups (14), Doug Brassch (No. hidden), Bill Olrich (8),

Morgan Looney (6), Bobby Dannelley (16), Alan Pilling (11), Gerald Koch (24), Mike Kelley (No. hidden), Atlaw Beligne (1), Don Coffman (side of face), Rich Myers (5), and Tom Dooley (9). Photo by Jim Oaks

## Over The Hill Track Club Excels in Cleveland Track Classic

by JEFF GERSON

A field of 390 athletes competed in the eighth annual Cleveland Open and Masters Track Classic, held June 28th at Wickliffe High School. The host Over The Hill Track Club swept team honors, beating out Ann Arbor and Fitness Track Clubs in the men's division with 628 points, and taking the women's title over runnerup West Penn with 72 points.

Walt Henderson won MVP honors in men's 30-39, winning the 100 and 200 in 10.7 and 22.2, while also running on winning open division 400- and 800-meter relay teams (40.8 and 1:26.1). Other outstanding performances in 30-39 were turned in by Norm Bower, Dolan Street and Rick Christoph.

LaMar Miller took MVP honors for 40-49 men, setting meet records in the 110H (15.1) and 200 (22.6), where he

edged former record holder Clarence Ray (also 22.6). Ray earlier edged Miller in a record-setting 100, with both runners hitting the tape in 10.8. Mike Collopy also had a fine day, winning the 400 (54.9), 800 (2:06.8), and mile (4:46.8).

Paul Williams of Over The Hill won MVP honors in 50-59 by setting a record in the long jump (18-6) and winning the 100 in 11.8 over defending champ George Horton. Denver Smith garnered the MVP trophy in 60-69 as he took 1st in the shot put (40-8), discus (meet record 140-10), and javelin (107-5), while also placing in the 100, 200, high jump, long jump, and triple jump.

Debi Page of the West Penn Track Club was the outstanding masters woman, as she won the 400, 800, and mile. Bernice Holland won the shot and discus, while Betty Keating of Kansas won the 100 and 200. □

## Andersen First Master in L'eggs 10K

Gabriele Andersen, 41, the Swiss national who resides in Sun Valley, Idaho, was the first forty-and-over runner in the L'eggs Mini Marathon 10K in Central Park, New York City, on May 31, with a time of 36:24, about a half minute better than Angella Hearn, 40, of New York City. Shirley Matson, 45, of Solana Beach, Calif., was third in the W40-49 category 37:44.

Helene Bedrock, 51, from Cliffside Park, N.J., took an easy 40:58 win in the W50-59 race, but Edith Farias, 62, of Salisbury Mills, N.Y., had to work hard for her 14-second victory in 55:00 over Lulu Mancini, 63, of Shore, Fla. Mayme Bdera, 71, of New York City, won the W70+ race in 1:14:26.

Andrea Hatch, 42, and her

daughter, Sarah Hatch, 23, running for the Liberty AC of Massachusetts, teamed for a second place in the Mother-Daughter division.

First masters racewalker was Marguerite Olsen, 52, of New Jersey, in 1:08:19.

The race featured a meeting between Norway's Ingrid Kristiansen, 30, and '84 Olympic marathon champion Joan Benoit-Samuelson, 29, of Maine. Kristiansen prevailed with 31:45 to Samuelson's 33:03, one second better than Marty Cooksey, 31, of California.

The East Coast had been plagued by unseasonably hot, humid weather for late spring, and 7728 starters, 5775 of whom finished, found the same conditions at the start. □





SPONSORED by: THE DENVER TRACK CLUB  
 DATE: AUGUST 30 & 31, 1986  
 SITE: U of COLORADO, POTTS FIELD  
 BOULDER, COLORADO.  
 FACILITIES: Chevron 440, 400m, electronic timing  
 TEAMS: Any athlete registered with Montana, Wyoming, Colorado, or New Mexico TACs is on the Rocky Mountain team. Anyone west of these four states is on the WEST team, anyone east on the EAST team.  
 AGE GROUPS: 5 year age groups - men and women 30 and over day competition.

AWARDS: First 6 places in each event receive medals. A maximum of 3 medals will be awarded to any entrant. Additional medals won may be purchased for \$3.00 at the end of the meet.

SCORING: Scoring will be 8-5-4-3-2-1 for each event including 5K, walk, pentathlons. The team with most points will have its name inscribed on the ROCKY MOUNTAIN GAMES TROPHY. The club from that team scoring the most points will decide the location until the next years meet.

RULES: Standard TAC Masters rules except weight implements which will use old implements when new metric not available.

REGISTRATION: TAC registration is required and will be available at the meet.

ENTRY FEE: \$6.00 first event, \$4.00 each additional event. \$21.00 unlimited events not to include the pentathlons. PENTATHLONS \$7.00

ENTRY DEADLINE To guarantee participation, entries must be received on or before August 28th. Late entries may be allowed to participate at the meet Directors discretion.

INQUIRIES: JIM WEED, 11672 Est 2nd Ave, Aurora, CO 80010 (303) 341-2980  
 STEVE KAEUPER, (303) 388-8180  
 JERRY DONLEY, 1715 Alamo, Colo Spgs, CO 80907 (303) 635-1264

Please check in the space provided to the right of each event, those events you wish to enter. Also please enter your best time, distance or height for all events you have competed in over the past two years. This will help Meet Directors seed Multi-heated events and may be helpful to team captains in putting strength in various events and relays.

LATE ENTRIES and CHANGES: Events may be added or subtracted on Saturday nite at the time. Hospitality room where open lanes are available. NONE on SUN.

100m	HT/DIST	TEE SHIRT SIZE	\$2.0
200m	H. J.	Hammer	s m l xl
400m	P.V.	PENTATHLON	
800m	L.J.	WEIGHT PENT.	
1500m	T.J.	RACE WALK	
5000M	S.P.	2 mile	
110mHH	DIS.		
400IMH	JAV.		

Please send your entry form, signed waiver & check payable to "DENVER TRACK CLUB" to Steve Kaeuper, 2263 KRAMERIA, DENVER, CO. 80207

TEE SHIRT \$2.00  
 Pent or Wt Pent \$7.00  
 Number of Events Entered \_\_\_\_\_ amount \_\_\_\_\_  
 TOTAL \_\_\_\_\_

#### SCHEDULE OF EVENTS

SATURDAY	SUNDAY
11.00 am Pent	11.00 am Sprint Med
2.00 pm Wt Pent	400-200-200-800
4.00 pm Javelin	11.30 am Predict mile for family & friends.
5.00 pm Hammer	12.00 pm 200m finals
5.00 pm Race Walk	2.00 pm T.J. & Dis
6.00 pm 5K on track	2.15 pm 400IMH
	2.45 pm 400m finals
	3.30 pm 4x100
9.00 am 110HH, PV	4.00 pm 1500m
H.J. & S.P.	4.30 pm 4x400
9.30 am 100m & trials	
10.00 am L.J.	
10.30 am 800m	

RESERVATIONS HILTON HARVEST HOUSE, 1345 28th St. Boulder, CO. 80302 (303) 443-3850

SATURDAY 5:00 pm to 10:00 pm pick up packets at hospitality room Hilton Harvest House

SUNDAY evening awards ceremony and social will be held at the Hilton.

### RESERVATION REQUEST CARD

Convention/Group Name ROCKY MOUNTAIN MASTERS  
 Room Block Dates 8/29-9/1/86 Rates Single \$54.00 Double \$54.00  
 1st Nights Deposit (Required for Confirmation) 8/1/86 \* one half of double = \$27.00  
 (PLEASE PRINT) GUEST INFORMATION  
 Name \_\_\_\_\_  
 Address \_\_\_\_\_  
 City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
 Arrival Date \_\_\_\_\_ Departure Date \_\_\_\_\_  
 ACCOMMODATIONS \*Denver Track will pair room mates. No smoking in these rooms.  
 ( ) Single (1 person) ( ) Double (2 people) ( ) Suite  
 If single do you want to share a room \_\_\_\_\_  
 ( ) I Will Arrive Before 6:00 P.M.  
 ( ) \*Guaranteed by Credit Card # \_\_\_\_\_ Exp Date \_\_\_\_\_  
 (\*Diner's Club, Carte Blanch, American Express, Mastercard, Visa, or Hilton Club ONLY)

Mail to address below  
 THE HILTON HARVEST HOUSE HOTEL  
 1345 28TH STREET  
 BOULDER, COLORADO 80302

ROCKY MOUNTAIN MASTERS GAMES 1986 & NATIONAL MASTERS WEIGHT PENTATHLON  
 please print

NAME \_\_\_\_\_ PHONE ( ) \_\_\_\_\_  
 ADDRESS \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_  
 AGE \_\_\_\_\_ SEX \_\_\_\_\_ Date of Birth \_\_\_\_\_ TAC # \_\_\_\_\_

#### CLUB AFFILIATION

In order to compete in the ROCKY MOUNTAIN MASTERS GAMES, I do for myself my heirs and administrators waive, release and forever discharge any and all claims for damages which I may have, or which may hereafter accrue to me or my heirs against the Colorado Athletic Congress, the sponsors and the officers and agents thereof. I certify I am in good physical condition and recognize that this meet will be held at High Altitude (6000 ft) and that the weather conditions can vary from extreme heat to cold in short periods of time.

DATE \_\_\_\_\_ SIGN \_\_\_\_\_





## MASTERS TRACK & FIELD REPORT

by JERRY ALAN DONLEY

Chairman, TAC Masters Track & Field Committee

### Masters Athletics Is Growing

**A**l Sheahan's article in the last Masters News concerning athletes over 40, and the outstanding success which many of them have had in 1986, presented one of the top sports stories for the year.

The newspapers have made much of the fact that men and women over 40 have been able to compete and beat those of a much younger age group. To the media and to the general population, this comes as a great surprise and shock, almost an unbelievable event. To those of us who have been competing in Masters Track & Field over the years, it didn't come as any great surprise, as this has been going on as a matter of routine wherever we conduct an athletic event.

Granted, only a few of the over-age-40 competitors have maintained the capability of competing on an open level, but, as rare as it has been in the past, more frequently will it be done in the future. I am convinced that, for the masters athlete, motivation is more likely the key to success than native in-

dividual talent, even to the extent of competing in open events.

Those competing over the last twenty years in athletics have been the forerunners for competitors who will follow. Our meets may still be informal, and they may have a little bit of a picnic atmosphere, and long may that

be true. But, every year, more skill, experience, and talent has been developed in producing our local, regional, and national meets. We will need to continue with this progress in order to encourage and provide the opportunity for competitors to become involved in masters athletics. Only with that encouragement and opportunity can motivation be kindled, cultivated and developed to provide athletes with the opportunities to continue competition for extended periods of time.

In thirty years I hope to be one of the Herb Andersons, you may be one of the Paul Spanglers. The Dwight Stones, the Mike Ramos', the Doug Padillas, and the Joan Benois will be one of you. The only difference will be that these individuals will not have had the twenty year break in competition that most of us experienced. At that time, I look for the records in the 40- to 50-year age groups to be very close to open competition levels. There will be many more competitors, with the number of women competing equal to the number of men, and their standard of performance will be very near equal to that of the men.

Without question, masters athletics is here to stay. More and more people are going to be motivated to run, jump, and throw. It will not be unusual for athletes to have continued their efforts in masters athletics as there will be a strong motivation to continue those pursuits regularly and without breaks. After 20 great years, we can all expect a rewarding 1986 and another enjoyable 30 years to come. □



A smiling Billie Murphy, in the process of coming in first W55-59, with 1:11:47, Northwest Masters 15K Championships, Seattle.

Photo by Tom Norwood

### Matson, Miller Set U.S. Records in San Diego

Shirley Matson, 45, established a new American record in the 5000 meter run for women age 45-49 to highlight the San Diego Athletic Association (SDAA) Southern California Masters Track and Field Meet on June 7.

Her time of 17:52:18 lowered the mark of 17:59.0, set by Vicki Bigelow in 1982. Annamarie Gruener has a pending world mark of 17:41.4, set in the VI World Veterans Games in Rome last year, but Bigelow's is still the official world W45 record.

Herb Miller, 70, dropped the 80-meter hurdle record for U.S. men 70-74 from 20.0 to 15.92.

Under bright sunny skies, athletes from Southern California and nearby states converged on San Diego for the annual, popular event. Other top efforts included a 300mH by Jock Jocoy, 60, in 51.22, and a 10-2 1/4 pole vault by Jim Vernon, 68. □

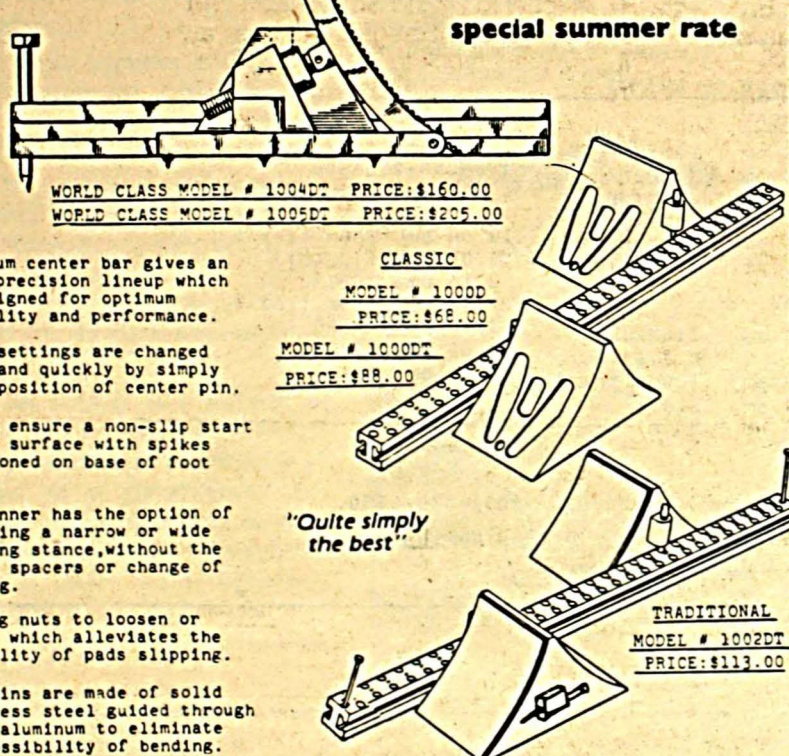


A concentrating Bill Williams, about to come in 2nd M60-64, in 1:08:33, Northwest Masters 15K Championships, Seattle, March 22.

Photo by Tom Norwood

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\*blocks ensure a non-slip start on any surface with spikes positioned on base of foot pads.

\*the runner has the option of selecting a narrow or wide starting stance, without the use of spacers or change of setting.

\*no wing nuts to loosen or tighten which alleviates the possibility of pads slipping.

\*dirt pins are made of solid stainless steel guided through solid aluminum to eliminate the possibility of bending.

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I would like to ORDER \_\_\_\_\_ STARTING BLOCKS MODEL # \_\_\_\_\_

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\*\* money order must accompany all individual orders

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FORM:**

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715 E. Hyde Park Blvd.

INGLEWOOD, Ca. 90302



## Write On

Continued from page 7

again and I continued on. About the 14 mile point, I developed stomach cramps and was forced to leave the race course for relief. When I returned to the race course, I was spotted by a TAC member. I had returned to the race some 100 yards from where I had left the course. I continued on to the finish line, finishing the race in 2:49:24.

My son and his wife picked me up and we drove, "in his truck", to his house, where I showered and we had lunch. Then my son and his wife drove me back to the award ceremony, arriving at about 1:15 PM. At this time I was confronted by a TAC member, and was informed that I had been disqualified. The reason he gave me that I had not been spotted at some of the check points along the course before the 14 mile point. I informed this TAC member that I had run the full marathon, "except the 100 yards to relieve myself." Furthermore, I did not believe his story. He said other master runners (he would not give me their names) would substantiate his statement. He further stated that the proper thing to do was for me to just withdraw from the race. Thinking I had been disqualified, I located an official (President of the PNAC) and asked to be removed officially from the Emerald City marathon.

The statement about my truck was absurd. My truck was in the ferry's parking lot in Winslow, some 15 miles across the Puget Sound. My son and his wife will attest to the whereabouts of my truck.

A discussion was held with my attorney about the above accusations. He believes that this whole thing was cooked up by some jealous master runners, (60 and over), who had nothing better to do. It is our opinion that it was these same people who supplied the members of the press, and the officials of the Emerald City marathon with erroneous information.

In conclusion, I was very upset by the articles in both newspapers and the National Masters News. This sort of thing has been very disturbing to me and my family and the many friends who have supported me in my running endeavor.

I find it very difficult to believe this is happening to me, my family, and friends. I have always played the game as straight as I can. I would like to urge the readers of the National Masters News to support me in this very important matter.

Frank Grey  
Poulsbo, Washington

## KUDOS

My British friends who receive NMN really appreciate the good coverage of the international scene.

Ruth Anderson  
Oakland, California

## THE NATIONAL MASTERS

(Men &amp; Women)

## 15 Kilometer Cross-Country Championships

(TAC Sanctioned)

Sunday, November 23, 1986 - 11:00 AM  
Van Cortlandt Park, Bronx, New York

with the cooperation of the City of New York, Department of Parks & Recreation  
Edward I. Koch, Mayor Henry J. Stern, Commissioner

Souvenir T-shirts (not guaranteed to post-entrants), Awards Ceremony and complimentary buffet after race at Terminal Bar (242nd Street and Broadway)

Age Group Awards/Men and Women (6 each) 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70+



Team Awards (3 places) 40-49 and 50-59 (5 Men • 3 Women) 60-69 and 70+ (3 Men • 3 Women)

Unlimited Team entry. If entering more than one team (or if an individual is competing in a lower age group), team must declare in writing, half-hour before race to Meet Director. Lockers available (bring lock) at Stadium (242nd Street).



"The Pete McArdle Memorial Trophy will be awarded to the first place overall finisher."

**Directions:** Subway; Broadway IRT #1 local to 242nd Street (last stop) then walk North to Start on Flats. Car; from Major Deegan Expressway, Exit at Van Cortlandt Park South, Turn West 1 block to Broadway. Turn right (North) to Start. Parking on street.

**Check-In:** At Start, 9:30-10:30 AM

**Entry Fee:** \$5. (post. \$7.) Checks payable to: Millrose Team

**Mail To:** Kurt Steiner, Meet Director, 1660 E. 21st Street; Brooklyn, NY 11210; Tel: (718) 336-3025 (evenings) (212) 860-4455 (days) - Millrose coach: Joe Kleinerman.

CUT ALONG DOTTED LINE

TAC MASTERS  
15K CROSS-COUNTRY CHAMPIONSHIP  
NOVEMBER 23, 1986

Place	Time	Runners Number

FOR OFFICE USE ONLY

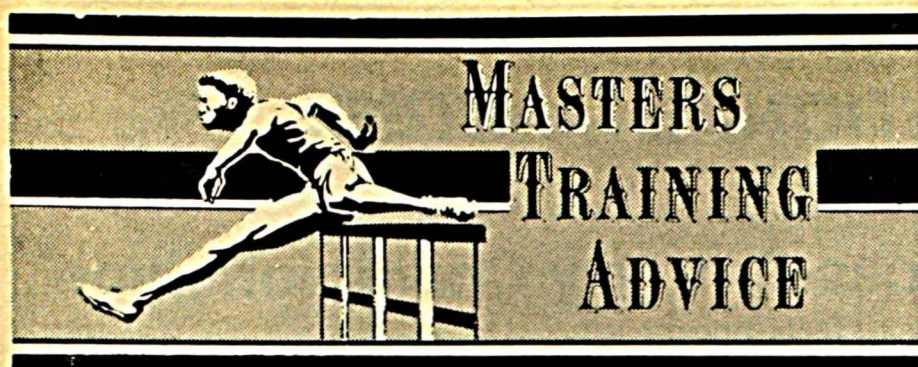
Last Name	First Name	Int.	Sex M F	Age on race day	Birth Date
Mailing Address	Street	Including Apt. No. and/or C/O	City	State	
Area Code	Phone	Country (If not USA)	Zip Code/US	Canada	
Exact Name of Team	TAC Number				

SIGNATURE

DATE

In consideration of your accepting this entry, I, the above signed, intending to be legally bound, hereby, for myself, any my heirs, executors and administrators, waive and release, and all rights and claims for damages, may have against Millrose, Guinness, The Athletics Congress (TAC), the City of New York, the Department of Parks and Recreation and any and all sponsors and their representatives, successors, and assigns for any and all injuries suffered by me in said event. I attest and verify that I will participate in this event as a footrace entrant, that I am physically fit and have sufficiently trained for the completion of this event and my physical condition has been verified by a licensed Medical Doctor. Further, I hereby grant full permission to any and all the foregoing to use any photographs, video-tapes, motion pictures, recordings, or any other record of this event for any legitimate purpose.





## Focus on Breathing

by GRACE BUTCHER

**P**ain flooded Henry, numbing his legs, pulling down his arms. He felt his pace faltering as he headed into the last turn of an 800-meter run. Glancing up, he saw the leader, three feet ahead of him, begin to pull away. "Concentrate. Breathe!" Henry told himself. The pain receded a little as he focused all his thoughts on his breathing. Deliberately, he began to exhale when his outside foot touched the ground.

Henry felt his strength begin to return. His stride steadied and lengthened. As he rounded the curve into the last straight-a-way and began his final sprint, he was even with the leader. "Concentrate!", he told himself again. Continuing to focus on his breathing, he took over the lead, lengthening it with each stride. Arms pumping, knees high, he swept over the finish line the winner!

Breathing. It happens on its own, doesn't it? It's the one thing you don't have to worry about when you're running, right? Not necessarily. Here, Grace Butcher describes a technique that can help to increase the power of your stride and alleviate your pain.

Concentration on breathing is a well-known meditation device. Its effect is remarkably the same in running. Breathing becomes a world in itself, and other factors become less of a distraction.

Focusing on the inhalation-exhalation cycle gives a sense of smoothness, creating the sensation of becoming a 'running machine'.

The technique is simple. It requires that you notice two things: 1) the number of steps taken during each inhalation and exhalation cycle. 2) which foot hits the ground at the beginning of exhalation.

During the warm-up, usually a slow, easy jog, you will find you can probably inhale for four steps (left, right, left, right) and exhale for four steps (4:4) as long as the tempo remains slow. When the actual training begins, the breathing may drop to 2:2 as the run continues. Whether the run is a long one or a series of fast intervals, the change will occur when the body feels the need.

In the desperate throes of a sprint to the finish, the pattern may break down completely to a raggedy 1:2 with variations. Let it go. It doesn't matter then. But holding a rhythm during a run, as



Masters runners Alex Ratelle (left), 61, and Bill Fraser (right), 56, of Edina MN teamed up to win the Male-Male division in their age group at the Foot Locker Partners race in Minneapolis on May 10. The two men ran a combined time of 58:45 to gain the victory. The 8K race featured a field of over 1000 runners.

the body tends to do naturally, gives a sense of smoothness and control that is encouraging and comforting. *You are not forcing yourself to breathe in an unnatural way. You are simply focusing on how you are already breathing.* Let that be your main awareness.

Breathing can be used to increase the power of your stride. Because of the natural drop of the body during exhalation, the foot that hits the ground first at the start of exhalation is set somewhat more firmly on the ground. This subtle, but important difference in weight distribution can be used to your advantage.

You will find that you have a natural push-off foot. This is your "power foot" and corresponds to your "power side". Long jumpers, high jumpers, hurdlers and throwers usually push off with the same power foot. You can switch your breathing to your power side by letting the foot on that side hit the ground first at the start of exhalation. This will help to give you greater speed and control during a finishing run by giving more thrust to your power foot. Even though your breathing may coincide with the opposite side for the main part of a run, you can deliberately switch it and the other foot for a sprint to the tape.

Pain. Who hasn't experienced it during a race or hard run? The same mechanism that allows you to increase your power may also work to help reduce pain. The foot that hits the ground first at the beginning of exhalation receives a slightly more noticeable impact. This may result in an increase of pain on that side if an injury or strain is present.

If you are breathing on the left side (the left foot hitting the ground first at the beginning of exhalation) and begin to experience pain in the left foot or leg, try switching your breathing over to the right. If you are running with an actual injury, keeping the breathing on the opposite side may help to ease it over a period of time.

Most runners who try this technique find it helpful and easy to use. The body mechanics involved are subtle, but definite. So is the psychology of using breathing as a center of awareness during a run.

There is an old Zen saying: "Oh foolish people. You run around carrying torches, looking for fire!" After you buy the latest in shoes, the best aerodynamic running clothes, and the newest computerized sweat band, where do you go from there?

You may find that you already have what you're looking for. Within your own body may be a source of power you haven't yet tapped. The rise and fall of your lungs, unheeded till now, may open up dimensions in running you never thought possible. □

Grace Butcher, 53, has been a pioneer in the development of distance running for women. She has held numerous U.S. half-mile indoor and outdoor championships, in both open and masters divisions. At present she is women's cross-country coach and an Associate Professor of English at Kent State University's Geauga Campus. Her poems have appeared in numerous magazines, and she has published four books on poetry. She has also competed in motorcycle racing and is Women's Editor of Rider.

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# The International Scene

## Israel to Host 1987 World Veterans Long Distance Running Championships

by BARRY SHAW

**T**his is the time when runners are deciding where to run in 1987. In recent years, thousands of distance runners have planned their annual vacations around some international running event. Marathons and other races offer runners of every caliber the thrill of being part of a major sporting event. There is great satisfaction in visiting new countries and seeing different cultures.

For the veteran runner, Israel will be an attractive and exciting venue for the 20th World Veterans Distance Running Championships on March 15-17, 1987.

Despite any apprehensions, Israel is an extremely safe and fascinating place, and well worth visiting.

It is a dynamic country which combines the splendors and traditions of ancient civilizations with the vitality of a newly-born and developing nation.

Perhaps it is fitting, therefore, that the anniversary of the 20th World Veterans (IGAL) Championships will be held in Israel in 1987.

Not only will the event celebrate the 20th year of the veterans movement, but it will be the first Veterans World Championship to be officially recognized by the IAAF, the world governing body for athletics. This should increase participation by athletes from many more nations.

As world veterans track & field (WAVA) and long distance running (IGAL) programs move into one umbrella organization (WAVA), this new expression of harmony and goodwill will be demonstrated in Israel next March.

Three Championship events are on the program. After the opening ceremony, there will be a series of 8K cross-country races for the various veterans age groups, held on a three-lap course in a kibbutz in Central Israel on March 15.

On the 16th, the 10K road races will take place on the streets of Netanya, a Mediterranean seaside resort famed for its diamond industry, oranges, sandy beaches and sidewalk cafes. There will be separate races for the 40+, 50+ and 60+ age groups, and the number of female entries should justify a separate women's race.

The 25K road race will be held on March 17 with a mass start for all participants.

World championship titles will be awarded for every five-year age group, with men starting at 40 and women at 35.

Competition will be keen, but in the veterans movement, participation and international friendship are primary. The 10K, for example, will have finishing times ranging from 29 minutes to 75 minutes. If you fit into this time span, you qualify to participate in the World Championships.

The Championships are being held to coincide with the national holiday of Purim, which is celebrated with a carnival atmosphere of music, dancing, fancy dress, parades and parties. Official tours and receptions are planned to enable competitors to get the most out of their trip.

As race director, I always wanted to give the ordinary runner the full VIP treatment. So often he's just a number in a mass marathon. Now I can welcome fellow runners to Israel and promise them a running experience they will never forget.

Entry forms are available from the Organizing Committee, 20th World Veterans Championships, 6 Shmuel HaNatziv St., Netanya 42281, Israel.

(Barry Shaw, 43, is a 2:30 marathoner and a member of the IAAF Veterans Committee.)

### DEADLINE

NMN is written by masters athletes for masters athletes. We need and welcome your reports of meets, races, schedules, photos, comments, etc. Deadline for editorial material and advertising is the 10th of the month before date of issue. Send to *National Masters News*, P.O. Box 2372, Van Nuys, CA 91404.



## Report from Britain

by ALASTAIR AITKEN

**R**on Taylor, World Veteran sprint champion, 52 this year, running in his gold track shoes, has been unbeaten since turning 40! He reduced the M50 200 world record to 23.13 at the Barnet Sports Gala in North London, June 7. Three official timers clocked him at 23.08, 23.09, and 23.13.

Thane Baker held the old M50 mark of 23.4.

Taylor remarked, "...I have had the best season training this winter, but I was getting too fit, so I had to stop training, so I did not get injured. ..."

Ian Green, bronze medalist on the 1970 Commonwealth Games 4x100m relay team, who still runs in Division One of the British League, won the M40 100m in the Barnet meet in 11.4. Pat McNab, the ex-international and wife of coach and athletics writer Tom McNab, was winning events in the ladies' section, despite having had three operations on her foot and in pain when competing. Chris Ellis, the Blackheath Harrier, now 42, won the discus in 46.48 (152-6) and did 48.40 (158-9) for third in the British League recently.

In the Ranelagh Harriers Half-marathon, May 31, out of 227 runners, the first veteran was Brian Booth, 42, Verlea AC, who was second overall with 68:52. Johnny Baldwin, 49, was eighth (70:01) and Johnny Geoghegan, 21st (72:18). Margret Auerback, now 38, was first of 15 women in 78:55.

The most outstanding recent men's distance result was Allan Rushmer's 31:42 in the New York "Rochester 10K" on May 18.

Alan Roper of Swansea won the 17th Veterans Inter-Counties Road Race, May 18, in 30:53 from Dick Milner (31:00).

Veteran Eleanor Adams did two world records in the New York six-days race with a 400K best of 66:37:02 and 421K (261.7 miles) in 72 hours. □



Larry Doering, M50-55, looking strong in the NW Masters 15K Championships, Seattle. He finished with 58.03.

Photo by Tom Norwood



Jacques Serruys, WAVA Vice-President and director of the International Veterans 25K in Brugge, Belgium on June 29.



## Keim, Black Capture National 15K Titles

Continued from page 1

Keims will shortly be heading to San Diego, where Mrs. Keim will study for a law degree at California Western U.

Keim was hard pressed during the race by Bair, the former Kent State U. miler, Griffin, Roger Pflugfelder and Bill Reilly — all familiar names on the national masters scene.

"I couldn't shake free until about eight miles," Keim said after the race. "But I saved something for the finish and tried to run an even effort until the last mile."

Other age-division national championship titles were won by Dick

Ashley, 45, (54:41); Roger Bryan, 50, (58:02); Don Gammie, 55, (57:52); Dean Wilgues, 64, (84:52); Don Bradley, 70, (75:26); Ed Benham, 78, (74:58); Georgette Lacey, 49, (74:01); and Alta Truex, 76, (1:48:02), who was the last of 268 finishers.

The race was directed by Pete League, who was commended by the local media for "putting together a world class event with the deepest awards around, attention to all the necessary details, a great post-race party and several unique innovations which make the race a must stop on runners' schedules." □

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## EXPO 86 - A Bonus for IGAL World Championship in Vancouver

by ANDREW MILLIGAN

President Ronald Reagan's description of EXPO 86 as "...an outstanding success and 'a magnificent event' has been endorsed by the 7.5 million people who have already visited this World's Fair in Vancouver, Canada. The President expressed pride in the

strong U.S. presence at the Fair.

Masters runners will have the added attraction of enjoying Expo when they visit the Province known as "Beautiful BC" to compete in the 19th World Veterans Road Championships. The 10K will be run in Richmond, B.C. on October 4, and the Marathon on October 5, 1986.

Entries received so far have come from the United States, New Zealand, Costa Rica, England, Scotland, W. Germany, Belgium, Australia, New Zealand and South Korea. The races are expected to appeal to masters athletes of all age groups and standards. Among the more renowned entrants are Pierre Voetz of Belgium and the Rev. Norman Greene, Jr. of the U.S. Local Vancouver runners are expected to provide enthusiastic competition for the American and overseas contingents.

It is hoped that the redoubtable John Landy, formerly world record-holder in the mile and now Commissioner General of the Australian Pavilion at EXPO, will be able to participate in the 10K.

Race organization is well advanced. With Vancouver's invigorating autumn air and the excitement of EXPO 86 to boot, the 19th World Championships should be an occasion to remember. □



John Landy is memorialized in bronze outside of Vancouver, B.C.'s Empire Stadium. The statue shows the historic moment in the "Miracle Mile" of August 1954 when Landy (on inside) glanced over his shoulder while being passed by Roger Bannister. It was the first time two men broke four minutes.

Photo by Mike Tynm

### ATHLETES WHO ENTER A NEW DIVISION THIS MONTH AUG 1986

ATHLETE (RESIDENCE)	BIRTHDATE	AGE GROUP
ELIZABETH ALANNE (CHICAGO, ILL.)	8-9-36	50-54
GLORIA BASSLER (PALOS VERDES, CA)	8-16-36	50-54
MARTHA FAIRBANK (DURHAM, NC)	8-13-21	65-69
LU HOLWERDA (BROOKINGS, SD)	8-15-36	50-54
REMY HUSENY (CA)	8-26-46	40-44
SUE MELLE (LAKE HAVASU CITY, AZ)	8-23-46	40-44
BARBARA PIKE (CONCORD, MA)	8-11-41	45-49
JOAN SCHIVELEY (CA)	8-20-41	45-49
LURLINE STRUPPECK (BATON ROUGE, LA)	8-23-46	40-44
LAURA TINGLE (BRADENTON, FL)	8-5-36	50-54
MARTHA WATSON (CA)	8-19-46	40-44
JOHANNA BENDORF (WG)	8-15-26	60-64
SHEILA CAREY (GB)	8-12-46	40-44
BOB BARTLING (BROOKINGS, SD)	8-26-26	60-64
DAVID CHAPMAN (GB)	8-21-36	50-54
ROBERT COFFEY (US)	8-26-31	55-59
MARDON CONNELLY (N. HOLLYWOOD, CA)	8-28-41	45-49
HAROLD CONNOLLY (SANTA MONICA, CALIF)	8-1-31	55-59
DON DOMANSKY (CAN)	8-11-46	40-44
ANDRE DUNKELL (CA)	8-20-41	45-49
BOB GARRELS (HONOLULU)	8-24-16	70-74
PAUL HANSEN (HOLT, MICH)	8-1-21	65-69
JAMES HART (CA)	8-29-36	50-54
DAVE JACKSON (CARSON, CALIF)	8-26-31	55-59
JACQUES LABEL (LINCOLN, NB)	8-1-41	45-49
RALPH LEE (CA)	8-5-41	45-49
ED LEWIN (BRENTWOOD, CA)	8-1-16	70-74
WEB LOUDAT (NM)	8-24-46	40-44
DON LOVE (POWAY, CALIF)	8-2-26	60-64
JOEL MCNULTY (LAKE OSWEGO, ORE)	8-20-31	55-59
EGON NILSSON (SWEDEN)	8-7-26	60-64
REINHARD NORDHAUSEN (WG)	8-12-11	75-79
KIRK RANDALL (WELLESLEY, MA)	8-6-41	45-49
MICHAEL SAUER (WG)	8-27-41	45-49
GERHARD SCHEPE (WG)	8-26-11	75-79
CHARLES SEEKINS (LOS ANGELES, CALIF)	8-31-16	70-74
JOHN STAYTON (SAN MARCOS, CA)	8-20-31	55-59
JARASLOV STRUPP (CZE)	8-16-16	70-74
DENNIS TEEGUARDEN (RICHMOND, CA)	3-21-31	55-59
REIJO TOIVONEN (FIN)	8-25-36	50-54

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

#### HURDLES

AGE	WOMEN					MEN				
	Race Distance	Hurdle Height	To 1st Furdle	Between Hurdles	To Finish	Race Distance	Hurdle Height	To 1st Furdle	Between Hurdles	To Finish
35-39	100m	.840m 33"	13.30m 42'6 1/2"	8.5m 27'10 1/2"	10.5m 34'5"					
40-49	80m	.762m 30"	12.00m 39'4"	6.0m 26'3"	12.00m 39'4"	110m	.991m 39"	13.72m 45'	9.14m 30'	14.02m 46'
50-59	80m	.762m 30"	12.00m 39'4"	6.0m 26'3"	12.00m 39'4"	110m	.914m 36"	13.72m 45'	9.14m 30'	14.02m 46'
60-69	-	-	-	-	-	100m	.840m 33"	13.70m 42'9 1/2"	8.50m 27'10 1/2"	10.50m 34'5"
70 plus	-	-	-	-	-	30m	.762m 30"	12.00m 39'4"	6.00m 26'3"	12.00m 39'4"
35-39	400m	.762m 30"	45.00m 147'7 1/2"	35.00m 114'5 1/2"	40.00m 131'2 1/2"					
40-49	400m	.762m 30"	45.00m 147'7 1/2"	35.00m 114'5 1/2"	40.00m 131'2 1/2"	400m	.914m 36"	45.00m 147'7 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"
50-59	300m	.762m 30"	30.00m 124'0 1/2"	35.00m 114'5 1/2"	40.00m 131'2 1/2"					
60-69	-	-	-	-	-	300m	.762m 30"	30.00m 124'0 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"
70 plus	-	-	-	-	-	-	-	-	-	-

Steeplechase distance for age-groups 60 and 60+ shall be 2000m. There is no steeplechase for age-groups 70 and above.

#### IMPLEMENTS

AGE	SHOT PUT	DISCUS	HAMMER	JAVELIN
<b>WOMEN</b>				
35-49	4.00K	1.00K	-	600 gms.
50 plus	3.00K	1.00K	-	400 gms.
<b>MEN</b>				
40-49	7.26K (16lbs.)	2.00K	7.26K (16lbs.)	800 gms.
50-59	6.00K	1.50K	6.00K	600 gms.
60-69	5.00K	1.00K	5.00K	600 gms.
70 plus	4.00K	1.00K	4.00K	600 gms.



# 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.

## NEW ENGLAND

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

## EAST

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

N.Y. Masters Sports Club  
77 Prospect Place  
New York, NY 11217

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  
7900 Old York 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

New Jersey Striders  
P.O. Box 885  
Maywood, NJ 07607

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

South Carolina Masters Track Club  
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

## 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  
6509 Marsol Rd. #308  
Mayfield Heights, OH 44124

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

Wisconsin United  
Athletic Club  
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 Track Club, 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

## SOUTHWEST

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

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

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

Dallas Masters Track & Field Club  
Joe Murphy  
4308 N.C. Expressway, S206  
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  
P.O. Box 1818  
Santa Fe, NM 87501

Oklahoma City Running Club  
P.O. Box 18113  
Oklahoma City, OK 73154  
405/751-6073

## WEST

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

Hawaii Masters Track Club  
Jack Karhens, President  
3138 Waiatae Ave. #1003  
Honolulu, HI 96816

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

Culver City Athletic Club  
c/o Phil Clarke  
15232 Burtin St.  
Van Nuys, CA 91402  
818/780-0381

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

USA West Track Club  
Skip Stolley  
15425 Sherman Way No. 220  
Van Nuys CA 91406  
818/787-4377

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

Southern California Striders  
Mike Castaneda  
5975 E. Avenida La Vida  
Anaheim, CA 92807  
714/974-6499

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

## NORTHWEST

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 Afremow  
4185 SW 83rd  
Portland, OR 97225

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



# MASTERS SCENE

## NATIONAL

• Copies of the 1986 U.S. Race Walk Handbook are now available for \$6 from the Book Order Dept., TAC, P.O. Box 120, Indianapolis, IN 46206.

• Joe Henderson, writing in Running Commentary, says a 4:00 masters mile may not come as easy as your editor cavalierly predicted in a recent Runner magazine piece. Bill Stewart, with an indoor 4:11 is the only American master yet to break 4:20. "Those who might be most able to break four minutes show little interest," Henderson writes. "Jim Ryun, now 39, hasn't run this fast in more than a decade. He knows the training it would take and claims that doesn't appeal to him."

## 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

• A four-page booklet: TAC/USA Guidelines for Masters Long Distance Running Championships has been produced by TAC's Masters Long Distance Running Committee under the supervision of Chairman Bob Boal, and is now available free. Send SASE to Carol Langenbach, Secretary, Masters Long Distance Running, TAC/USA, 4261 S. 184th St., Seattle WA 98188.

## NEW ENGLAND

• Puerto Rico's Gilberto Gonzalez accounted for eight of the eleven meet records in the M70 division in the Rhode Island Senior Olympics at Brown U. in Providence, June 22. In the M65 bracket, V. Mattson improved on the 100m and 200 meet times; S. Carter lowered the 1500 and 3000 times; and Boo Morcom increased the high and long jump marks. Among the women, P. Bidwell's wins in the 100, 200, and 400 were meet records, as were S. Redfield's performances in the W50 200, shot, and discus.

## EAST

• Top masters time in the 5th Avenue Qualifier #1, Central Park, NYC, June 28, came from John Dugdale in 4:53. Earl Osborne, 40, followed with 4:55. First W40+ went to Yvonne Franck, 43, with 6:38. Best qualifiers vie for honors in the 5th Ave. Mile, September 13, in NYC.

• Attlaw Belilgne, 41, mathematics professor from Ethiopia and masters winner (32:12) in this year's Cotton Row in Huntsville, AL,

celebrated his recent move from Houston to the New York area, where he will teach at a St. John's U. branch on Staten Island, with an overall win (25:53) in the Bronx Historical 5 Mile in Van Cortlandt Park, May 18.

• Kay Moore, 43, Mitchelville, MD, was crowned overall women's champion after a 19:42:34 in the TAC/USA Open 100-Mile Championships (100 certified mile laps around Shea Stadium, Queens, NY), June 6. Men's masters winner, Paul Blackman, 41, Arlington, VA, placed 5th with 17:00:36. Nineteen men and two women (both masters) of 62 who checked-in finished the ultra, which started under overcast skies, high humidity, low 60's temperatures, went to an off-and-on breezy drizzle with low 50's through the night, and finished in humid, hazy sun, low 70's conditions.

• Al Oerter, 49, four-time Olympic medalist in the discus, now competing for the NYAC, won that event with 189-0 in the MAC T&F Championships, May 25, in Mitchel Park, NY.

• Useful Information Dept. — Angela and Chris Hearne, who runs under the name of Hearne-Grenning, members of the NYC-based Atalanta TC, are identical twin 40-year-olds. In the L'eggs Mini Marathon 10K, NYC, May 31, Angela ran 37:00 and Chris clocked 40:34, for a 3rd in the sister-sister division.

• The 4th Annual Race Director's Meeting and Trade Exhibit will be held November 14-16 in Washington, DC. Over 200 race directors, corporate sponsors, PR people, etc. are expected to attend. Seminars and workshop titles include: Children's Running, Insurance, Women in Road Racing, and Drugs. A partial list of speakers and workshop leaders: Ed Ayers, editor/publisher of Running Times; Ollan Cassell, Executive Director of TAC and Vice-President of the IAAF; Henley Gible, President, RRCA; Julie Isphording, '84 U.S. Olympic marathoner and reporter for WCPO-TC in Cincinnati; Barbara Long, Director of

Marketing, The Perrier Group; and Phil Stewart, editor/publisher Road Race Management, and Director, Nike Cherry Blossom, SASE to RR Management Race Director's Meeting, c/o Jeff Darman, 507 Second St., NE, Washington, DC 20002. 202/544-0970.

• Two 45-year-olds, Gary Muhrcke, with a 10th-place 2:43:19, and Anna Thornhill, with a 1st-woman overall 3:10:26, were masters winners in the Yonkers Marathon, Yonkers, NY, May 25. Cindy Dalrymple, 44, was 2nd W40+ (3:22:40). Finishers numbered 626 of 738 starters.

• Masters winner Ted Haiman, 43, finished 8th (971 m/finishers) with 21:11 in the Statue of Liberty 4 Mile, Central Park, NYC, June 15. Lina Connors, 44, women's masters title holder in 25:00, took 6th of 431 female runners. Ken Jones, 55, the scourge of NYC's M55 racing contingent, won handily in 23:19. Vince Carnevale, 69, counting the days to his 70th birthday, topped the M65 group with 28:15. Elaine Hauser, 60, ran a notable 37:27 to win the W60 race in hot (80°), humid (75%) weather.

## SOUTHEAST

• Bill Coffman (31:34) and Carol Lassiter (women's masters course record 38:56) successfully defended their masters titles in the Fiesta of Five Flags 10K, Pensacola, FL, May 3. Bill Olrich (32:24) and Jane Arnold (43:18) were crowned "grand masters champs," both with course records in that category of the 3000-entrant event.

• California decathlete Jerry Stanners, 51, of Bakersfield, brought impressive M50 credentials to the Central Florida Masters Father's Day Meet, DeLand, June 15, but ran into a "buzz" saw, specifically "Buzz" Porter, Daytona Beach, FL, a recent M50 and hurdle record holder. Porter won 6 events in close contests, and Stanners took the pole vault, his specialty, and the

Continued on page 21



**Blue Cross  
Blue Shield**  
of Virginia

## BLUE CROSS/BLUE SHIELD OF VIRGINIA 11TH ANNUAL VIRGINIA STATE MASTERS TRACK & FIELD CHAMPIONSHIPS

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

30 AUGUST 1986

Hosted by the University of Virginia

30 AUGUST 1986

Hosted by the University of Virginia

Place: Lannigan Field, University of Virginia, Opposite University Hall  
Charlottesville, Virginia

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

Age Divisions: Men — Sub-Masters A (30-34), Sub-Masters B (35-39); Masters IA (40-44), Masters IB (45-49); Masters IIA (50-54), Masters IIB (55-59); Masters IIIA (60-64), Masters IIIB (65-69); Masters IV (70+).

Women — Sub-Masters (30-39); Masters I (40-49), Masters II (50-59); Masters III (60+).

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

Field Events: (Late registration for all field events closes at 10:30 a.m.)  
10:30 a.m. — Hammer followed by Shot followed by Discus followed by Javelin  
11:00 a.m. — High Jump; Long Jump followed by Triple Jump  
12:30 p.m. — Pole Vault

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

1:30 p.m. — 100 meter dash	3:30 p.m. — 400 meter dash
2:00 p.m. — 110 meter hurdles	3:55 p.m. — 5000 meter run
2:25 p.m. — 800 meter run	4:30 p.m. — 400 meter hurdles
2:45 p.m. — 200 meter dash	4:50 p.m. — 4 x 100 meter relay
3:10 p.m. — 1500 meter run	5:05 p.m. — 4 x 400 meter relay

AWARDS: Medals to first three places in each division, scoring 5-3-1; team championship plaques (SM, MI & II, MIII+). First 200 preregistered athletes who actually appear and compete will receive singlets. TAC Sanctioned. All athletes MUST have TAC card. TAC cards may be acquired by sending SASE to Virginia Association of TAC, 3122 West Clay Str., No 6, Richmond, Va. 23230.

THIS MEET WILL BE OPEN TO ALL ATHLETES 30 AND OVER, BOTH MEN AND WOMEN, WHO LIVE IN THE STATE OF VIRGINIA, REGARDLESS OF TAC ASSOCIATION AFFILIATION. WHEN CHECKING IN MEET DAY, MUST SHOW DRIVERS LICENSE INDICATING PLACE OF RESIDENCE. Meet is open to non-Virginia athletes, who may compete unofficially. Medals. Same entry fee. Singlets apply to these athletes as well.

ENTRY FEE: \$6.00 — first event (includes new TAC insurance coverage); \$4.00 for each additional event. Relay team: \$12.00.  
DAY OF MEET ENTRY FEE: \$7.00 per event.  
No refunds after 25 July.

This meet will be fully computerized.

Complete in full and send entry form and check payable to VIRGINIA MASTERS to: Virginia Masters, 311 Westminster Road, Charlottesville, Va. 22901. (Entry fee: \$6.00 — first event; \$4.00 for each additional event. Relay team: \$12.00. Day of meet entry fee: \$7.00 per event.)

### Directions to Lannigan Field

Coming from the North: Enter town on 29, turn right at Cavalier Inn (Best Western). Turn right again at first traffic light. Cross bridge, track is on left. To get to Howard Johnson's Motor Lodge, turn left instead of right at Cavalier Inn. Proceed until you go under a railroad bridge. Howard Johnson's is on the left in the next block. Coming from the East, West, or South: Take the Rt 29 off ramp from I 64. This will put you on the bypass; take the second exit from the bypass: direction — downtown, UVA. The off ramp will put you on Ivy Road heading east. Turn left at first traffic light. Cross bridge, track is on left. To reach Cavalier Inn continue straight instead of turning left at traffic light. Motel is on left at end of long block. To reach Howard Johnson's continue straight ahead over the hill. After passing under railroad bridge, Howard Johnson's is on left in next block. (Other available motels: Ramada Inn; Mt. Vernon (Best Western); University Lodge; Holiday Inn, Econo Lodge).

### ENTRY FORM

Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_ Sex: \_\_\_\_\_  
Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_  
Zip Code: \_\_\_\_\_ Tel: ( ) \_\_\_\_\_ 1986 TAC No: \_\_\_\_\_  
Club Affiliation: \_\_\_\_\_ Unattached: \_\_\_\_\_  
Single size: S; M; L; XL

I, hereby for myself, my heirs & administrators, waive & release any & all rights & claims or damages I may accrue against the Virginia Association AC, the University of Virginia, the meet sponsor, their officers, agents or assigns for any and all injuries suffered by me at this event or while traveling to or from this event. I certify that my level of training is such that I am prepared to compete.

SIGNATURE: \_\_\_\_\_ Date: \_\_\_\_\_

EVENTS: Performance — time/distance (complete to be placed in proper heat)

1. _____	5. _____	9. _____
2. _____	6. _____	10. _____
3. _____	7. _____	etc. _____
4. _____	8. _____	



Continued from page 20

high jump. **Anna Rush**, Ponce Inlet, FL, threatened the American age-58 RW record for 2 miles with 21:09. Pan Am Junior Games Meet Director **Nick Gailey**, M40, took time off to run an impressive 54.10 400.

• Thirty-five meet records were set at the Southeastern Masters Track Classic in Greenville, S.C. on June 21. **Ralph Summerlin** of Alabama rolled to three impressive wins in the M50 100 (12.2), 200 (24.7) and 400 (56.8). **T. Brewer** turned in a fast 53.4 in the M40 400, and won the long jump at 20-1 1/4.

### MIDWEST

• Masters winner **Wally Herral**, 41, Ann Arbor, MI, broke the M40 course record of 34:42 with 33:28 in the Jackson Rose Run 10K, Jackson, MI, June 7. Two weeks earlier, his 33:04 broke the Dexter-Ann Arbor 10K masters course record. Women's masters winner in the Jackson 10K was, appropriately, **Barbara Jackson**, Brooklyn, MI, whose 44:53 shattered the W45 division course record by over 2 minutes.

• Masters runners who pile up victories but reside out of the range of the large city media often have to settle for local and newsletter coverage. One such is **Iris Black**, 43, of Spring Valley, OH, who is somewhat of a legend around this part of the country. In '85, Black ran 85 road races in which she was 1st W40+ in almost 90% of them and was beaten only three times (**Priscilla Welch** twice, **Shirley Matson** once). This year, to date, Black has run 50 races with the same win percentage, topped by a victory in the US/TAC National Masters 15K Championships, St. Clairsville, OH, June 7. She has run back-to-back marathons (Sat.-Sun.) and won masters titles in both, and it's not unusual for her to run and win two races on the same day and three or four on one weekend.

### MID AMERICA

• **Dr. William (Bill) Andberg**, "The Gray Ghost" of Anoka, MN, who celebrated his 75th birthday June 7, has been inducted into the U. of New Hampshire's 100 Club Hall of Fame for his athletic achievements while a student there. Andberg, class of '34, will be honored on October 31.

• Complete results weren't available at press time, but **Dan Conway** (2:23:39) beat **Bruce Mortensen** (2:24:33) for the masters title at Grandma's Marathon in Duluth, Minn. on June 21. British-born **Angela Hearn** (2:44:38) led **Gail Scott** (2:45:05) for the women's masters crown.

### SOUTH WEST

• **Larry Worth**, 47, Highland Village, TX, claimed male masters bragging rights in the River Run 10K '86, Tulsa, OK, May 10, with 34:53, and **E. Ann Crawley**, 40, Tulsa, did likewise among the W40+ after a 42:06.

• **Mack Stewart**, 48, led a stellar masters trio to the finish line in the 800 with 2:04.2 in an evening meet at Rice U. in Houston, June 13. **Dean Dekkers**, 40, followed (2:05.60), **Charles Wimberley**, 52, took third (2:06.8). In the June 20th meet at Rice, Stewart pumped out a 53.6 400. Dekkers ran a 4:34.1 mile, and **Ino Cantu**, 52, clocked 4:47.3.

### WEST

• **Larry Stuart** hit the 239.7 mark to break his own M45 WR 238.10 (May '84) in the javelin, in the All-American TC Masters Invitational, at California State U. at Northridge in the San Fernando Valley, June 14.

• **Jim O'Neil**, 60, beat the M60+ course record by three minutes with 1:23:17 in the La Jolla Half-Marathon, La Jolla, CA, in May. Last July, O'Neil ran a pending M60 AR 1:18:14 in the Coronado Half-Marathon. **John Hosner**, of Virginia, did 1:18:10, which is awaiting ratification, in Philadelphia, September '85. **Bill Langdon**, 40, (1:20:32) and **Sharon Greiner**, 44, (1:31:37) were masters winners in the La Jolla race.

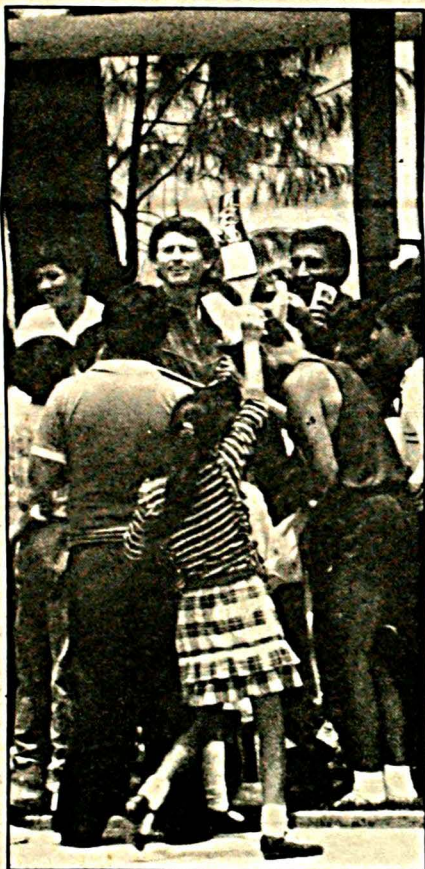
• **Harolene Walters**, El Toro, CA, made short shrift of her own age-43 national 5K record of 18:00 on May 25 with a 17:45 on June 1 in the Carlsbad 5K, Carlsbad, CA. On June 14, she did a 10K in Long Beach, CA in 37:17 for a 1st W40+.

• Hawaii's **Harold Chapson**, who celebrated his 84th birthday on July 11, ran a 3:13 800 this spring and is looking for some competition in the Sunday afternoon meets held in Punahou.

### NORTHWEST

• Masters runner **Donna Messenger** was women's winner overall in 41:53 in the Pepsi Challenge 10K, Pinehurst, ID, June 7.

• Alaskans and Japanese joined forces in friendship at the 13th annual Mayor's Midnight Sun Marathon in Anchorage, Alaska on June 21. The run was jointly sponsored by the City of Anchorage and Japan Airlines in a sister-city exchange of marathon competition between Anchorage and Chitose, Hokkaido, Japan. **Larry Seethaler**, 43, became a three-time winner with a 2:36:25 for first overall. **Lewis Haines**, 64, former Chancellor of the U. of Alaska, completed his 13th Midnight Sun run in 4:44:06 for 169th place. **Marcie Trent**, 68, a 1946 Alaskan homesteader, was 138th in 4:13:18. Her son, **Larry Waldron**, 36, ran 2:59:29 for 10th place. **Karen Ide**, 36, ran 4:53:48 for 177th; **Orcutt Frost**, 60, 4:56:31 (179th); and **Ken Harger** 60, 4:29:42 (157th). Japan Airlines donated three round-trip air fares to Chitose for the winning man, woman and lucky-draw finisher. □



Mel Elliott, M45, 800-meter runner, exchanging souvenir pins with young Mexican fans during Mexico Masters Meet, Mexico City, May 3-4.

Photo by Mike Castaneda

Some readers provide additional support to the National Masters News and to the Masters program by sending contributions of \$25, \$50 or \$100 a year. If you are able, we urge you to join them. All contributors will receive a free copy of the new Masters Age Record book and will be listed in the paper as a National Masters News sustainer.



Rich Myers holds off fierce kick of Alan Pilling in battle for 5th master, in 33:17 in the Cotton Run 10K in Huntsville, Alabama May 27.

Photo by Greg Machen, Huntsville News.

## NATIONAL MASTERS NEWS Subscription Form

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# 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.



December 3-7. 8th Annual Convention of The Athletics Congress, Hyatt Regency, Tampa, Florida. TAC, PO Box 120, Indianapolis IN 46206 317/638-9155.

## TRACK & FIELD NATIONAL

March 28-29, 1987. U.S. TAC National Masters Indoor Championships, Madison, Wisconsin. Ron Dennis, c/o WUAC, 6408 Westgate Rd., Monona, WI 53716. 608/221-8020.

June 20, 1987. U.S. TAC National Masters Pentathlon Championships, Occidental College, Los Angeles. Gary Miller, 1740 Grandview Ave., Glendale, CA 91201. 818/843-2139.

August 2-4, 1987. 20th U.S. TAC National Masters Championships, Eugene Oregon.

## NEW ENGLAND

August 3. Brown Masters Invitational, Brown U., Providence, R.I. SASE to Neil Steinberg, 46 Roberta Ave., Pawtucket RI 02860.

## EAST

August 6-10. 9th Empire State Games, Buffalo, N.Y. New York state residents only.

August 10. Tri-State TC Classic, Hagerstown, Md. Tri-State TC, Wayne Vaughn, 734 W. Franklin St., Hagerstown, MD 21740. 301/733-6076.

August 31. Potomac Valley Senior Games, St. Stephen's School, Arlington, Virginia. Sal Corrallo, 3156 N. Pollard St., Arlington VA 22207. 703/243-1290.

## SOUTHEAST

August 30. 11th Annual Virginia State Masters Championships, U. of Virginia, Charlottesville, Va. Virginia Masters, 311 Westminster Rd., Charlottesville VA 22901.

October 4-5. North American Championships, Tampa, Florida. Bob Fine, 4223 Palm Forest Drive, Delray Beach, FL 33445.

November 10-15. Golden Age Games, Sanford, Fla. M&W 55+. Greater Sanford Chamber of Commerce, 400 E. First Street, Sanford, FL 32772-0868.

December 28. Holiday Weight & Regular Pentathlon, Delray Beach, Fla. Randy Cooper or Phil Partridge, 222 NE 22 Lane, Delray Beach FL 33444. 305/278-2241.

## MIDWEST

August 10. Illinois Masters Grand Prix Series, Illinois Wesleyan U., Normal, Ill. 3rd of 4 meets. Glen Bradd, 309/662-3943.

August 23-24. Weight Pentathlon and Weights Clinic, Kent, Ohio (near Cleveland). Deadline for application: August 1. Joe/Mary Charbourne, 18554 Haskins Road, Chagrin Falls OH 44022. 216/464-1775; 216/543-1932.

September 14. Ohio TAC Two Hour Track Run Championships and 5th Annual Wolfpack Throwing Classic. James Pearce, Jr., 2449 Southway Dr., Columbus, OH 43221.

## MID-AMERICA

August 10. Chillicothe Masters Meet, Chillicothe, Missouri. Joe Shy, P.O. Box 745, Chillicothe MO 64601. 816/646-3823; 646-1023.

August 30-31. Rocky Mountain Games, U. of Colorado, Boulder, Colorado. Jim Weed, 11672 E. 2nd Ave., Aurora CO 80010. 303/341-2980.

## SOUTHWEST

August 2. Texas Masters Championships, U. of Texas-Arlington. Joe Murphy, 4309 N. Central Expressway, Suite 206, Dallas TX 75206. 214/824-3800.

## WEST

August 2. Northern California Senior Olympics (50+). U. of California, Berkeley, SASE to NCSO, Oakland Parks and Recreation Dept., 1520 Lakeside Drive, Oakland CA 94612. 415/273-3791.

August 9. 1986 Challenge Cup, Cal State Northridge, Northridge, Calif. Youth/Open/Masters. 10 a.m. Frank Reilly, 8307 Joan Lane, Canoga Park, CA 91304. 818/716-7280.

August 10-December 31. All-Comers Meets, Punahoa, Hawaii. Each Sunday at 3:00 pm. Stan Thompson, 2106 Ahapii Pl., Honolulu, HI 96821. 808/734-8450.

August 23. Valley Masters/Open, Cal State Northridge, Northridge, Calif. See August 9.

August 23. 1st Annual National Masters News Age-Handicapping Meet, Birmingham High, Van Nuys, Calif. 4 p.m. NMN, P.O. Box 2372, Van Nuys CA 91404. 213/557-2422; 818/785-1895.

August 30. Patriots Summer Relays, Los Angeles Southwest College. L.A. Patriots, P.O. Box 2981, Beverly Hills CA 90213-2981. 213/388-9689.

September 6. Last Chance Meet, Cal State Northridge, Northridge, Calif. Youth/Open/Masters. Frank Reilly, 8307 Joan Lane, Canoga Park, CA 91304. 818/716-7280.

October 4. Club West Masters, U.C. Santa Barbara, Goleta, Calif. Geo. H. Adams, P.O. Drawer K, Goleta CA 93117. 805/687-6323.

## NORTHWEST

August 2-3. Hayward Masters Classic, Silke Field, Eugene, Ore. John Wilson, 2660 Emerald, Eugene OR 98403. 503/343-5386.

August 15-16. 8th Montana Masters Championships, Bozeman. Joe DeCastle, PO Box 5131, Bozeman MT 59717. 406/994-5222.

## CANADA

August 1-3. Canadian Masters Championships, Sherbrooke, Quebec. Regent Roy, Centre Sportif, Universite de Sherbrooke, 2500 Boul. University, Sherbrooke, Quebec, Canada, J1K 2R1. 819/821-7595.

## INTERNATIONAL

August 11-23. Masters Trek to China for International T&F Meet in Nanjing and 5K/10K Runs in Hangzhou. Sports Travel, PO Box 7823, San Diego CA 92107.

August 16. 7th International Veterans Athletics Meet, Baden (near Zurich), Switzerland. M33+, W30+. LC vom Stein Baden, P.O. Box, CH 5400 Baden, Switzerland.

Continued on page 23

### 1. DISPLAY ADVERTISING RATES

Column Inches	Ad Size	Cost	Examples: Width Height
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			10" 6 1/2"
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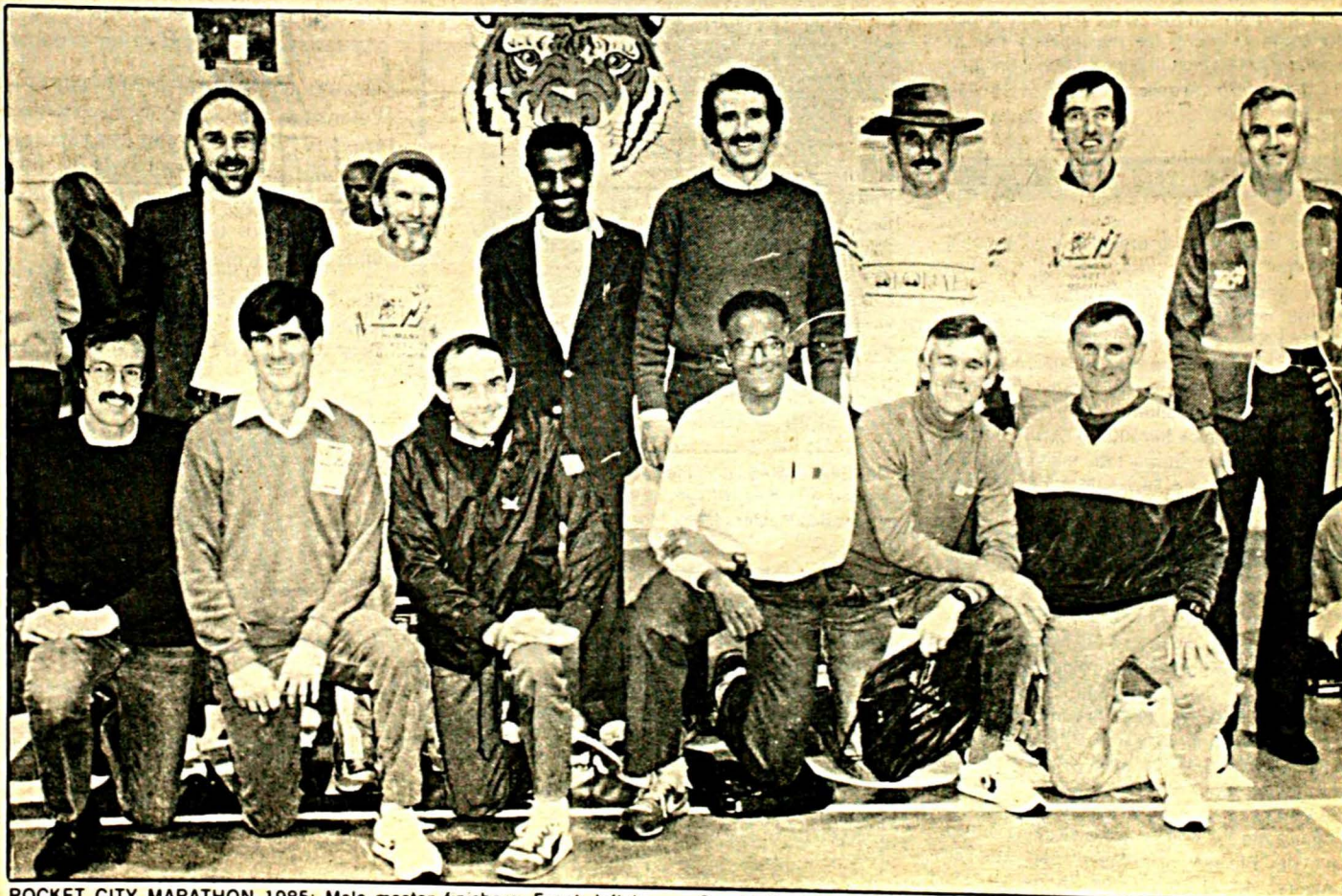
The 10th of month before date of issue

### 9. Circulation March 1986

Paid 3612 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



ROCKET CITY MARATHON 1985: Male master finishers. Front, left to right: Art Williams, Ken Prior, Mike Kelly, Ernie Billups, Don Coffman,

Gerald Koch. Back, left to right: Bill Olrich, Bobby Dannelley, Atlaw Beligne, Tom Dooley, Dave Daubert, Derck Frechette, and Don Gammie. Photo by Jim Oaks



Continued from page 22

**September 6-14.** 3rd Oceania Championships, Western Samoa. Clem Green, 46 Hargreaves St., Wellington 2, New Zealand.

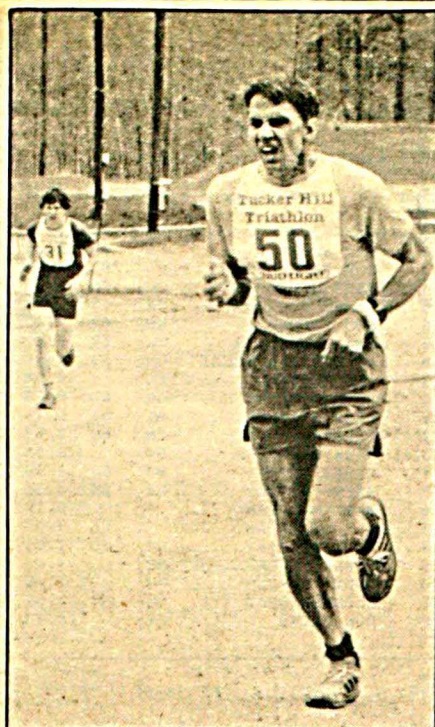
**October 4-5.** North American Championships. Tampa, Florida. Bob Fine, 4223 Palm Forest Drive, Delray Beach, FL 33445, U.S.A.

**October 10-12.** IV Pan American Masters Championships, San Juan, Puerto Rico. Roberto Santana, Municipality of San Juan, Call Box 70179, San Juan, Puerto Rico 00936. 809/782-1073.

**October 18-19.** Hong Kong International Veterans Meet, Hong Kong. M&W 35+. Athletic Veterans of Hong Kong, GPO Box 10368, Central Hong Kong.

**November 6-9.** III South American Veterans Championships, Santa Fe, Argentina.

**November 28-December 6, 1987.** VII World Veterans Games, Melbourne, Australia. Men 40+, Women 35+. No qualifying standards. World Veterans Games, P.O. Box 311, Greensborough, Victoria 3088, Australia. Phone: 03-4356743.



Jon Williams of Waterbury Center, Vermont, races through the final uphill stretch of the Tucker Hill Triathlon, May 11, in the Sugarbush resort area of Vermont. Williams' team, Onion River Sports, made up entirely of athletes over 40 years of age, won the open men's team competition for the sixth consecutive year. Over 350 competitors participated in the eighth annual multi-sport event, which featured a six-mile canoe/kayak, five-mile bike and six-mile cross country and road run.

## LONG DISTANCE RUNNING NATIONAL

**January 1-October 31.** U.S. TAC National Masters One-Hour Postal Championships. Mail results to: Cliff Sharp, Harding College, P.O. Box 765, Searcy AR 72143 501/268-6161.

**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.

**August 9.** U.S. TAC National Masters 10K Championships, Asbury Park, N.J. Phil Benson, Box 2287, Ocean Township NJ 07712. 201/531-4156.

**August 30.** U.S. TAC National Masters 5K Road Championships, N. Little Rock, Arkansas. James Hicks, Arkansas Running Klub, P.O. Box 6162, N. Little Rock, AR 72116.

**September 14.** U.S. TAC National Masters Half-Marathon Championships. Philadelphia, PA. Steve Anderson, West Moreland Coal Co., 123 S. Broad St., Philadelphia PA 19107. 215/252-4500.

**September 21.** U.S. TAC National Masters 25K Championships, Joliet, Illinois. Henrietta Agney, 306 N. Larkin Ave., Joliet IL 60435. 815/744-5560.

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

**October 12.** U.S. TAC National Masters 20K Championships, Eisenhower Park, East Meadow, N.Y. Jack Dowling, 25-47 Beech St., East Meadow, NY 11554. 516/731-3452.

**October 26.** U.S. TAC National Masters 5K Cross-Country Championships, Van Cortlandt Park, New York City, Ted Foy, 54 W. 119th St. No. 2, New York NY 10026. 212/369-1271.

**November 16.** U.S. TAC National Masters 10K Cross-country Championships, Holmdel, New Jersey, Ron Salvio, Century 21 AC, Box 116A, Highway 33, Englishtown NJ 07726. 201/446-4959; 201/928-3852.

**November 23.** U.S. TAC National Masters 15K Cross-Country Championships, Van Cortlandt Park, New York City. Kurt Steiner, 1660 E. 21st St., Brooklyn NY 11210. 718/336-3025.

**December 6.** U.S. TAC National Masters 8K Championships, Tampa, Florida. Dick Lacey, 1207 S. Duncan Ave., Clearwater FL 33516. 813/447-7161.

## NEW ENGLAND

**August 10-16.** Green Mountain Running Camp, Dartmouth College, Hanover, N.H. John Holland, 2434 Hawthorne Dr., Yorktown Hts., NY 10598. 914/962-3312 (e).

**August 17.** Puma/Falmouth Road Race 7.1 Miles, Falmouth, Mass. SASE to Richard Sherman, P.O. Box 732, Falmouth MA. 617/540-2601.

**August 17-23.** Green Mountain Running Camp, Lyndon State College, Lyndonville, Vt. 2nd Session. See August 10-16 above.

**September 21.** The Governor's Cup 5 Mile Run, 3 Mile Walk, 1 Mile Fun Walk, Boston, Mass. M&W 40+. The Governor's Cup, Executive Office of Elder Affairs, 38 Chauncey St., Boston, MA 02111. 617/727-4092.

**October 13.** Tufts Women's 10K (formerly Bonne Bell), Boston, Mass. Conventures, Inc., 45 Newbury St., Boston MA 02116. 617/267-0055.

## EAST

**August 3.** Blue Cross 10K, and Masters 100m, 800, & 1500, Underhill Field, Maplewood, N.J. SASE to Summer Track Festival, c/o Essex County Dept. of Parks, 115 Clifton Ave., Newark NJ 07104. 201/482-6400.

**August 9.** Asbury Park Classic 10K, Asbury Park, N.J. Phil Benson, P.O. Box 2287, Ocean Township NJ 07712. 201/531-4156.

**September 14.** Philadelphia Distance Run Half-Marathon, Philadelphia, Pa. Philadelphia YMCA, 1421 Arch St., Philadelphia PA 19102. 215/241-1223.

**November 2.** New York City Marathon. New York RRC, 8 E. 89th St., New York NY 10128. 212/860-4455.

**November 2.** Marine Corps Marathon, Washington, D.C. MCM Office, P.O. Box 188, Quantico VA 22134.

## SOUTHEAST

**August 16.** Full Moon Frolic 8 & 4 Mile Runs, DeLand, Fla. John Boyle, P.O. Box 1824, DeLand, FL 32721. 904/736-0002.

**August 23.** Maggie Valley 8K, Waynesville, N.C. Reimar Steffen, P.O. Box 416,

Waynesville NC 28786. 704/456-6773.

**September 13.** Run For My House 4 Mile, DeLand, Fla. John Boyle, P.O. Box 1824, DeLand, FL 32721. 904/736-0002.

**September 27.** Virginia 10-Miler, Lynchburg, Va. Marilyn Straub, 3020 Cranehill Dr., Lynchburg VA 24503. 804/528-2857.

**December 13.** Humana Rocket City Marathon, Huntsville, Ala. Huntsville TC, c/o Harold Tinsley, 8811 Edgehill Dr., Huntsville AL 35802.

## MIDWEST

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

**September 20.** The Ultimate Runner IV (10K, mile, 100m, 400m, marathon in one day). Mike McGlynn, Jackson C.C., 2111 Emmons Rd., Jackson, MI 49201. 517/787-0800 x331.

**October 25.** 7th Annual Wendy's 10K Classic, Bowling Green, Ky. David Mason, P.O. Box 1316, Bowling Green KY 42101. 502/781-2834.

**October 26.** America's Marathon/Chicago, Chicago, Ill. America's Marathon/Chicago, 214 W. Erie St., Chicago IL 60610. 312/951-0660.

**November 9.** Wolfpack Fall Classic 5/20/50K Run or Racewalk, Columbus, Ohio. John White, 4865 Arthur Place, Columbus, OH. 43220. 614/424-7011(w); 459-2547(h).

**November 16.** Columbus Bank One Marathon. Ohio TAC Marathon Championships (O.M). Mike Collins, The Ohio Runner, P.O. Box 20215, Columbus, OH 43220. 614/889-9066.

**November 16.** Ohio TAC Open & Masters Cross-country Championships, M-8K; W-5K, Lancaster, Ohio. See November 9.

## MID-AMERICA

**August 23-24.** Pikes Peak Ascent & Marathon, Colorado Springs. Raceline Systems, PO Box 26230, Colorado Springs, CO 80936. 303/590-7771.

**September 14.** RRCA National 25K Championships, Minneapolis, Minn. Jeff Winter, 3515 Holmes, Minneapolis MN 55408.

**October 12.** Twin Cities Marathon, Minneapolis-St. Paul, Minn. Jack Moran, P.O. Box 24193, Minneapolis MN 55424. 612/929-8646.

## SOUTHWEST

**October 25.** Tulsa 15K Run, Tulsa, Okla. Tulsa Run, 1 Williams Center, P.O. Box 2400, Tulsa OK 74102.

## WEST

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

**October 5.** Penofin 10K, Ukiah, Calif. Performance Coatings, Inc. P.O. Box 384, Ukiah CA 95482.

**November 2.** Phoenix 10K, Phoenix, Ariz. Harvey Beller, 4602 N. 16th St., Phoenix AZ 85016. 602/241-0995.

## NORTHWEST

**September 20.** Prefontaine Memorial 10K, Coos Bay, Oregon. Prefontaine Memorial Run, P.O. Box 1380, Coos Bay, OR 97420. 800/824-8486.

**November 1.** 10th Annual Canada vs. USA Masters 10K Cross-country Challenge, Sunset Park, Seattle. Bob Langenbach, 4261 S. 184th St., Seattle, WA 98188. 206/433-8868.

## INTERNATIONAL

**August 9.** 6th Moscow International Peace Marathon/10K, AUP Travel, 450 Harrison St., San Francisco, CA 91405.

**September 28.** Berlin Marathon, Berlin, W.

## ON TAP FOR AUGUST TRACK & FIELD

August is another busy month for masters track & field devotees. The Canadian Masters Championships begin in Quebec on the 1st. Then the Hayward Classic in Eugene, Oregon kicks off U.S. action on the 2nd, along with the Texas Masters Championships the same day and the Brown Masters meet in Providence on the 3rd.

Only New York state residents are eligible for the Empire State Games from the 6th-9th in Albany, but meets in Maryland and Missouri on the 10th are, as usual, open to anyone age-30-and-up. Bozeman, Montana hosts its annual meet on the 15th. If you're in Europe on the 16th, don't miss the international-flavored meet at Baden, Switzerland.

The NMN age-handicapping meet is set for Los Angeles on the 23rd (for details, see "From the Editor" on page 10), as is a Weight Pentathlon in Cleveland.

The Labor Day weekend sees the annual Rocky Mountain Games, the Virginia Masters Championships and the L.A. Patriots Meet.

## LONG DISTANCE RUNNING

This month's big event is the TAC National Masters 10K Championships, to be run in conjunction with the popular Asbury Park 10K in New Jersey on the 9th. U.S. 5K masters titles will be decided in Little Rock on the 30th.

Major open races include the Falmouth, Mass., 7.1 miler on the 17th, the Maggie Valley 8K in North Carolina and the Pikes Peak Marathon on the 23rd, and the America's Finest City Half-Marathon in San Diego on the 24th. □

Germany. Sport-Club Charlottenburg e.V., Berlin-Marathon, Meinekestrasse 13, D-1000 Berlin 15. U.S. representative: Guenter Erich, 39 W. Parkway, Pequannock NJ 07440.

**October 4-5.** XIX World Veterans (IGAL) 10K and Marathon Championships, Richmond, B.C., Canada. Men 40+, Women 35+. Vancouver Masters Road Running Society, 4640 Fairlawn Drive, Burnaby BC Canada V5C 3R6 - Telex 04 51588. \$25 one race. \$40 both races. Travel details from Alouette Travel, 11954 224th St., Maple Ridge B.C. V2X 6B3 Canada. 604/467-5535; Telex 04 51251.

**October 27.** Dublin City Marathon, Dublin, Ireland. Marathon Tours, 1430 Mass. Ave., Cambridge, MA 02138. 617/492-3088.

**March 15-17, 1987.** 20th World Veterans (IGAL) Cross Country, 10K and 25K Championships, Israel. Men 40+, Women 35+. Barry Shaw, 6 Shmuel Hanatziv Street, Netanya, Israel 42281. Telephone: 053-31343. Telex: 341929. □



# 1985 U.S. MASTERS TRACK & FIELD RANKINGS

(Coordinated by Haig Bohigian, T&F Rankings Chairman)

## 1985 MEN'S TRIPLE JUMP 30-34

RANK	NAME	STATE	AGE	MARK
1	M MOORE	CA		13.99
2	ROGER TRUJILLO	CA	34	13.89
3	VERNON KELLEY	PA	30	13.72
4	SCOTT THORNSLEY	PA	33	13.09
5	JEFF WATRY	VA		13.02
6	ROBERT DORAN	NY		12.98
7	NATHAN TAYLOR	VA	32	12.90
8	DAVID PRUITT			12.87
9	THOMAS WOODS			12.87
10	ALLEN PENDLETON			12.81
11	CURT DOWDY	SC		12.66
12	J SELLERS	AL		12.59
13	RICHARD RUCKER		33	12.55
14	ANGEL CRISPIN	PR		12.52
15	AUGUST BOURGEOIS			12.34
16	DAN RADIFF	CO	33	12.34
17	GREGG STINSON	CO	32	12.27
18	ROBERT SALTER			12.04
19	R. CANNON			12.00
20	GARY HILL			11.87
21	KEN SATTERFIELD			11.81
22	JOHN MARTIN			11.70
23	LARRY BLACKSMITH			11.67
24	GARY SCHMIDT	CA	31	11.56
25	A HECKER			11.33
26	B SMITH	LA		11.28
27	BILL GALE			11.24
28	JODY HUDDLESTON			11.17
29	D KNAPP			11.07
30	LARRY VOLLMER	LA	32	11.03
31	MIKE RUDIBAUGH			11.00
32	TAYLOR TUNSTALL	PA	34	10.93
33	PAUL ELLISON	CO	32	10.67
34	L ISLER		33	10.58
35	DENNIS LITTEL	MO		10.48
36	SCOTT STEPHENS		33	10.33
37	RANDY BRANDT			9.97
38	THOMAS FELTON	MO		9.84
39	MEARL BALMER	PA		9.58
40	ROSINI RUSSELL	CO	33	8.83
41	RICHARD SPINLER			8.46

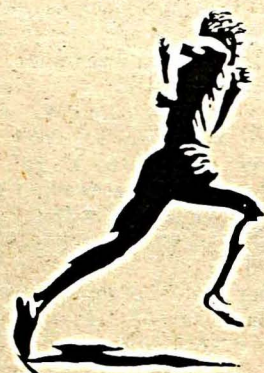
## 1985 MEN'S TRIPLE JUMP 35-39

RANK	NAME	STATE	AGE	MARK
1	ROGER TRUJILLO	CA	35	14.29
2	JOSH OMUSU	TX		14.09
3	LARRY RODENBECK	MO	36	13.93
4	JIM DICKERSON	NJ		13.12
5	GERALD WOOLFOLK	MI	36	12.95
6	W ZOELLER			12.75
7	WARREN WOOD			12.68
8	CLIFTON JACKSON	MO	35	12.52
9	TED JACKSON	NY		12.42
10	R MARINELLO	OH		12.31
11	J MASON	MI		12.15
12	JOEL WHITFIELD	AZ	36	12.07
13	J BOSWELL			11.81
14	IVAN BLACK	NY	36	11.70
15	JACK ANDERSON	SC		11.68
16	WALTER EWING		35	11.67
17	STAN ALLEN	MI	36	11.64
18	MIKE CARROLL	MD		11.63
19	ROBERT BAKER	LA		11.59
20	DAVE MAPES	PA		11.57
21	TAYLOR TUNSTALL	PA	35	11.51
22	MIKE DAVIS	IL	35	11.48
23	DAVE SIGURSLID			11.11
24	JOHNNY MEISNER	IL		11.10
25	JOEL LILES	NC	39	10.91
26	STEPHEN MACKOWITZ			10.78
27	MICHAEL MILOVE	NY	35	10.53
28	PRESLEY YATES	MI		10.52
29	BARRY CONRAD			10.43
30	RON ROOK	CA	36	9.98
31	RON SALVIO	NJ	36	9.79
32	R MADAN			9.75
33	W SIKORSKY			9.63
34	JAMES VILLEUX		39	9.48
35	JUDY MAYER	OK		9.40
36	R FULLMER			9.32
37	HARRY McDONALD	KS		9.07
38	JIM SCILENY		37	8.19
39	STEVE HACKETT			8.17
40	G SMITH	NY		8.16

## 1985 MEN'S TRIPLE JUMP 40-44

RANK	NAME	STATE	AGE	MARK
1	JOHN HARTFIELD	TX	40	13.84
2	K WINTERS	KS		12.26
3	CARDON COLLINS			12.15
4	KIRT VENER	VA	42	11.91
5	ED JONES	TX	40	11.87
6	RAY BURY	NJ	42	11.66
7	DARRELL HULL	WA	43	11.65
8	DALLAS TRAYNOR			11.61
9	DON DVORAK	CA	43	11.46
10	JIM HOLLISTER	CA	40	11.46
11	G STENLUND			11.21
12	WILLIAM BUSBY	NC	40	11.13
13	J GAMBILL			11.11
14	C BURGESS			11.06
15	JOHN LAWSON		44	11.02
16	JOE HERZOG			10.86
17	JOEL LILES	NC	40	10.83
18	J MEABEE			10.81
19	R MOORE			10.81

20	HENRY HOPKINS	IN	42	10.72
21	ROBIN PICKER		42	10.58
22	ROBERT WEISNER			10.55
23	MIKE MILOVE	NY	40	10.53
24	RUSTY DURHAM	TX	40	10.42
25	AARAND ROOS	NY	44	10.38
26	ALONZO LITTLEJOHN	MI	44	10.29
27	B WARREN			10.13
28	J EDWARDS			10.05
29	RICHARD KAYE	NY	44	10.02
30	RICHARD STEPP	PA	40	9.84
31	RICARDO LUISEN		42	9.82
32	ALEXANDER	AL		9.72
33	MIKE VALLE	NC	44	9.72
34	PALMER SWEET	VA	41	9.71
35	NEFTALI BECERRIL	PR		9.70
36	GROVER PETERSON			9.63
37	JEFF OSMAN			9.26
38	MIKE WILHITE	OK	43	9.08
39	CHARLES VARNET			8.91
40	CARL POOLE	SC		8.84
41	JOHN TATE	CO	44	8.09
42	L SCHUTT			7.65



## 1985 MEN'S TRIPLE JUMP 45-49

RANK	NAME	STATE	AGE	MARK
1	DARRELL HORN	CA	46	13.78
2	I DAVIS			13.22
3	HENRY GARDEN		45	12.78
4	AL HENRY	CA	47	12.48
5	SAM WHITE		47	12.11
6	MELVIN RAMEY			11.71
7	JOHNSTONE EWING	WI	41	11.53
8	HAIG BOHIGIAN	NY	49	11.32
9	DALE LANCE	OK	47	11.28
10	NATHANIEL CARTER	NC	45	11.23
11	GROVER COATS	OH	46	11.22
12	TOM RAGLAND	OH	48	11.19
13	WAYNE SANDVOLD	OR	46	11.06
14	ROY POMEROY		45	10.91
15	BUZZ PORTER	FL		10.78
16	BOB MCGLASHAN	TX	49	10.64
17	BILL JEFFREY		45	10.60
18	AARAND ROOS	NY	45	10.53
19	ROBERT JONES	CA	45	10.35
20	JOE KIKER	NC		10.32
21	DONALD TAUCHER			10.31
22	SANI	AL		10.02
23	ARNALDO JIMENEZ	PR		9.99
24	ONOMATAPOETA LEGEND	CA	48	9.91
25	HAROLD HOLDER		45	9.90
26	RUSTY HAMILTON	SC	49	9.80
27	PEDRO GIBSON	PR		9.78
28	FLOYD SMITH	IA	49	9.54
29	GEORGE LA BELLE	MN	45	9.35
30	L VERONICA			8.94
31	BOB HOOVER	KS	46	8.92
32	RUSS LOWERY		46	8.84

## 1985 MEN'S TRIPLE JUMP 50-54

RANK	NAME	STATE	AGE	MARK
1	DAVE JACKSON	CA	53	12.96
2	PHIL PRESBER	CA		11.52
3	PHIL MULKEY	GA	52	11.29
4	TOM LANGENFELD	MN	50	11.28
5	DON SMITH			11.17
6	WILLIAM CLARK	NJ	52	11.15
7	JERRY STANNERS	CA	50	10.61
8	RUDY ENDERS	VA	53	10.52
9	RAY FITZHUGH	CA	50	10.36
10	PABLO GARCIA	PR		10.29
11	MAL ANDREWS	CA	51	10.14
12	ROBERT LITTON	OR	54	9.98
13	PAY CARSTENSON	NY	53	9.78
14	C ROBB			9.75
15	EARL MEGE	PA	50	9.68
16	FRANKIN BROWN	IA	50	9.63
17	SONNY CARLE	VA	53	9.63
18	FLOYD SMITH	IA	50	9.46
19	NORMAN WELLS	TX	53	9.45
20	RALPH BACOTE			9.12
21	ED MAHANY	CA	54	9.02
22	C LEVERONE			9.00
23	DICK HEIN			8.99
24	WENDELL PALMER	TX	53	8.79
25	M MAASIK	NY		8.74
26	JIM BAGGETT	GA	51	8.66
27	MARSHALL LIPTON	NY		8.48
28	WALT BRATTON	WA	51	8.43
29	GEORGE TAYLOR	PA	54	7.68
30	WILLIAM WON			6.88

## 1985 MEN'S TRIPLE JUMP 60-64

RANK	NAME	STATE	AGE	MARK
1	ED LUKENS	NY	63	11.06
2	RAY SPENCER	CA	62	9.88
3	TOM PATSALIS	CA	63	9.73
4	FRED HIPSIMAKI	OH	60	9.60
5	JAMES JOHNSON	CA	63	9.47
6	BOO MORCUM	NH	64	9.42
7	MAX GOLDSMITH	TX	62	9.42
8	RICHARD CAVICCHI	OH	63	9.35
9	TOM KENNEL	FL		9.04
10	HAROLD BUCK	OR	60	8.78
11	VERN MATTSOON	MA	64	8.76
12	VALDEN SADUL	CN	60	8.69
13	JACK ANDERSON	SC		8.55
14	HARRY GUTH	MO	60	8.38
15	HARRY HUSENY	CA	64	8.31
16	PARK BINGHAM			8.10
17	B MADAN		60	7.83
18	JACK DOORLAY	NY	60	7.82
19	MARSHALL DAVENPORT	SC		7.80
20	ANDY THOMSON	CN		7.74
21	LEONARD WRAY	OK	64	7.57
22	BUD BROWN	NY		4.40

## 1985 MEN'S TRIPLE JUMP 65-69

RANK	NAME	STATE	AGE	MARK
1	CHARLES MERCURIO	CA	65	9.11
2	SPARKS SORLEIN	RI	68	8.64
3	BILL CARMEN	MA	65	8.61
4	DON HULL	FL	66	8.54
5	HERB MILLER	CA	69	8.48
6	WILLIAM WEINACHT	OH	67	8.26
7	MAX PICKL	CN	67	8.11
8	TED ILLE	SC	65	7.80
9	ELMER SIEGEL	CA	69	7.61
10	WILLIAM STICKLER	CO	67	7.54
11	TOM THORNE	MO	66	7.19
12	DAVE DALGLEISH			5.20

## 1985 MEN'S TRIPLE JUMP 70-74

RANK	NAME	STATE	AGE	MARK
1	IAN HUME	CN	70	9.73
2	JOHN DAMSKI	CA	70	8.98
3	FRED WHITE	TX	72	8.55
4	JOHN SATTI	CA	71	8.53
5	ELMER SIEGEL	CA	70	8.10
6	J BRESLIN	CN		7.96
7	CLAUDE HILLS	PA	72	7.52
8	CAROL JOHNSTON	CA	74	7.43
9	P CAREY			7.28
10	JACK SIRINGER	OH	72	5.97
11	ART VESCO	CA	73	5.86
12	BOB DETWEILER	PA	71	5.82



## 1985 MEN'S TRIPLE JUMP 75-79

RANK	NAME	STATE	AGE	MARK
1	KARL TREI	CN	76	8.13
2	JOE CARUSO	CA	75	7.80
3	FRANK FURNISS	OH	78	7.04
4	W WARD	IN		6.24
5	AL NELLIS	SC		5.79
6	HENRY ZACHMAN	NJ	75	5.40
7	ARNOLD TICHMANIS	CN	79	5.10

## 1985 MEN'S TRIPLE JUMP 80-84

RANK	NAME	STATE	AGE	MARK
1	WINFIELD MCFADDEN	CA	80	7.73
2	HOMER VAN GELDER	CA	80	6.48
3	ARLING PITCHER	IN	83	6.05
4	C WHEELER			3.99

## 1985 MEN'S TRIPLE JUMP 85-89

RANK	NAME	STATE	AGE	MARK
1	BUELL CRANE	ID	85	6.15

## 1985 WOMEN'S TRIPLE JUMP 30-34

RANK	NAME	STATE	AGE	MARK
1	PAMELA CALVERT	MO	34	8.50
2	P GILKEY			

## 1985 WOMEN'S TRIPLE JUMP 35-39

RANK	NAME	STATE	AGE	MARK
1	PHIL RASCHNER	GA	38	10.35
2	KATHLEEN PIERCE	NY	37	8.94
3	PAMELA CALVERT	MO	35	8.71
3	J LITTLEJOHN	MI	8.71	
5	J DUFF	CA	7.80	



# 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.

## NEW ENGLAND

Senior Olympics  
Providence, R.I.  
June 22

### Men

Discus — 40-44 — R. Cour-  
lev, 105-5; 45-49 — M. Moller,  
97-11; 50-54 — R. Lord, 107-  
10 1/2; 55-59 — W. Garrahan, 121-  
5 1/2; 60-64 — L. Nardi, 101-2 1/2;  
65-69 — T. McDermott, 123-8; 70  
and over — G. Gonzalez, 101-9.  
High jump — 40-44 — C.  
Vernet, 4-9 3/4; 45-49 — J.  
Downs, 4-2; 50-54 — T. Foster,  
4-7; 55-59 — D. Kraemer, 4-10;  
60-64 — J. Costine, 3-1; 65-69 —  
B. McCorm, 4-7; 70 and over —  
G. Gonzalez, 3-8.  
Long jump — 40-44 — C.  
Vernet, 15-5 1/2; 45-49 — J.  
Downs, 14-8 1/2; 50-54 — N.  
Mosley, 15-11; 55-59 — D.  
Kraemer, 13-11 1/4; 60-64 — J.  
Costine, 11-1 1/4; 65-69 — B.  
McCorm, 14-0; 70 and over — G.  
Gonzalez, 14-2 1/4.  
Shot put — 40-44 — J.  
Carlsen, 34-1; 45-49 — J. Downs,  
34-9 1/2; 50-54 — R. Carlsen,  
41-4; 55-59 — W. Garrahan, 37-  
0; 60-64 — E. Nardi, 34-3; 65-69  
— N. Heard, 42-6 1/2; 70 and over  
— G. Gonzalez, 32-10 1/2.  
Javelin — 1. B. DeMaestris,  
154-1; 45-49 — J. Downs, 99-1;  
50-54 — B. Youngs, 158-1; 55-59  
— A. Viveiros, 84-6; 60-64 — L.  
Nardi, 97-3; 65-69 — S. Morning,  
106-2 1/2; 70 and over — G. Gon-  
zalez, 90-3.  
Hammer — 40-44 — R.  
Gourlev, 149-6 1/2; 45-49 — M.  
Moller, 66-7; 50-54 — R. Car-  
lsen, 127-11; 55-59 — M.  
Boyce, 102-18; 60-64 — L. Nardi,  
97-1 1/2; 65-69 — T. McDermott,  
124-7; 70 and over — B.  
Detweiler, 93-3.  
1,500 walk — 40-44 — J.  
Singh, 10-12; 45-49 — M. Moller,  
9-31; 50-54 — R. Cottord, 10-10;  
55-59 — M. Myerowitz, 8-18-9;  
60-64 — A. Drapeau, 9-43-8; 65-  
69 — M. Moberg, 10-49-2; 70 and  
over — R. Mulliken, 9-47-2.  
200 — 40-44 — J. Kopka, 24-1;  
45-49 — G. Giragosian, 28-3; 50-  
54 — M. Mosley, 26-7; 55-59 —  
D. Klein, 29-5; 60-64 — D.  
Knapp, 30-0; 65-69 — V. Mat-  
son, 28-8; 70 and over — G.  
Gonzalez, 30-0.  
3,000 — 40-44 — S. Melhardo,  
9-21-4; 45-49 — E. Fromm,  
12-19-5; 50-54 — B. Riley, 9-58-1;  
55-59 — J. Fernandez, 10-17-4;  
60-64 — G. Silva, 12-50; 65-69 —  
S. Carter, 10-59-9; 70 and over —  
A. Ballen, no time.  
400 — 40-44 — J. Kopka, 55-5;  
45-49 — A. Rufus, 63-1; 50-  
54 — L. Peltz, 64-1; 55-59 — L.  
Sullivan, 64-4; 60-64 — E. Gold-  
en, 77-4; 65-69 — W. Carman,  
72-7; 70 and over — G. Gonza-  
lez, 72-5.  
1,500 — 40-44 — P. Ryan,  
4-02-2; 45-49 — E. Fromm,  
4-57-0; 50-54 — B. Riley, 4-42-4;  
55-59 — J. Fernandez, 4-52-1; 60-  
64 — C. Hammen, 5-37-2; 65-69 —  
S. Carter, 5-58-8; 70 and over —  
F. Delear, 6-24-2.  
100 — 40-44 — J. Kopka, 12-1;  
45-49 — R. Murley, 13-1; 50-54 —  
N. Mosley, 12-6; 55-59 — R.  
Klein, 13-8; 60-64 — J. Costine,  
14-0; 65-69 — V. Matson, 13-8;  
70 and over — G. Gonzalez, 14-1.  
10,000 meters — 40-44 — R.  
Fromm, 36-46; 50-54 — W. Riley,  
35-22; 55-59 — R. Hammond,  
38-37; 60-64 — G. Silva, 44-11; 65-  
69 — E. Fenton, 48-03; 70 and  
over — R. Renaud, 59-22.  
WOMEN  
Discus — 45-49 — J. Mar-  
cek, 50-54 — S. Redfield, 57-7 1/2;  
60-64 — A. Sullivan, 48-1 1/2; 65-69  
— R. Rathner, 59-6 1/2.  
Javelin — 45-49 — J. Youngs,  
65-8; 60-64 — A. Sullivan, 45-2;  
65-69 — R. Rathner, 28-9; 70 and  
over — M. Gorham, 29-10.  
High jump — 45-49 — A.  
Boyle, 3-5; 50-54 — S. Redfield,  
3-7; 65-69 — F. Bukock, 2-5.  
Long jump — 45-49 — J.  
Marcek, 9-0; 50-54 — S. Red-  
field, 11-7 1/2; 55-59 — S. Mother-  
way, 6-7; 60-64 — A. McGowan,  
6-9; 65-69 — E. Mayland, 6-5 1/4;  
70 and over — M. Gorham, 6-  
11 1/4.  
Shot put — 45-49 — A. Boyle,  
25-7; 50-54 — S. Redfield, 22-  
5 1/2; 60-64 — V. O'Connor, 21-  
10 1/2; 65-69 — E. Mayland, 21-  
7 1/2; 70 and over — M. Gorham,  
14-3.

1,500 walk — 40-44 — S.  
Bertrand, 12-17; 45-49 — E.  
Shepherd, 11-03; 50-54 — P.  
Myerowitz, 9-55; 55-59 — E.  
Drapeau, 11-12; 60-64 — M.  
Currier, 11-49-1; 65-69 — V.  
Doris, 11-50-5; 70 and over — J.  
Hammaker, 11-57-4.  
2000 — 45-49 — B. Belinger,  
12-38-9.  
400 — 40-44 — P. Bidwell,  
69-2; 50-54 — A. Morris, 63-3; 55-  
59 — S. Motherway, 1-46-9.  
100 — 40-44 — P. Bidwell,  
16-6; 45-49 — E. Shepherd, 12-0;  
50-54 — A. Morris, 16-5; 55-59 —  
S. Motherway, 20-5; 60-64 — E.  
Mayland, 17-7; 70 and over — M.  
Gorham, 27-8.  
200 — 40-44 — P. Bidwell,  
34-1; 45-49 — E. Shepherd, 41-8;  
50-54 — I. Readfield, 32-65; 55-59  
— S. Motherway, 46-7; 60-64 —  
C. Harris, 43-5; 70 and over — J.  
Hammaker, 58-6.  
1,500 — 40-44 — L. Wheeler,  
5-47-3; 45-49 — B. Belanger,  
6-00-6; 50-54 — L. Stowitschky,  
6-27-3.  
10,000 Meters — 40-44 — C.  
Craigs, 42-10; 45-49 — E. Hind-  
ley, no time; 55-59 — J. Zurier,  
69-21.

### Shot Put

M30 A Miholovich 44-1  
C Thompson 29-1  
M40 B Churovic 35-7 1/2  
M60 D Smith 31-3

### Discus

M30 A Miholovich 122-11  
B Smith 107-2  
M40 B Churovic 102-10  
M60 D Smith 125-5

### Javelin

M30 J Silverio 62-10  
M60 D Smith 75-10

### Teams

M30 West Penn TC 31  
Beaver TC 13  
M40 West Penn TC 22  
Beaver TC 10  
M50 West Penn TC 37  
Masters Women WPTC 61

New Jersey TAC Championships  
Rutgers U., New Brunswick  
June 1

### 100m Championships

M30 A Colson 11.3  
M35 D Saleem 12.1  
B Imoe 12.3  
M40 E King 12.1  
C Tembler 12.8  
M50 M Brown 12.5  
M55 C Trace 13.4  
J Lance 14.2  
M65 J Manno 13.6  
M70 M D'Elia 15.7  
W40 L Cohen 14.6

### Non-Championship

M30 L Miller 14.3  
M40 T Toscano 11.7  
S Dmuya 12.0  
G Ballard 12.9  
M45 B Williams 11.6  
D Abayomi 12.0  
M Barnwell 12.1  
M50 B Keegan 12.3  
P Plant 13.6  
M55 A Cohen 13.8  
M60 O Harris 13.2  
J Pierson 13.7  
L Wright 16.0  
M70 D Ernst --  
H McCordle 12.7  
W35 Simmons 12.7  
Pinto 13.0  
Searcy 14.2  
W40 Mitchell 13.6  
Hobbs 14.5

### 200m Championships

M30 A Colson 23.1  
M35 D Saleem 24.3  
G Ballard 24.5  
Evangelisti 24.9  
B Imoe 24.6  
M40 S Davila 25.3  
E King 25.9  
C Tembler 26.3  
M50 J Snell 26.3  
M Brown 26.5  
M55 S Thompson 27.1  
K Brown 29.8  
J Lance --  
M70 M D'Elia 35.3  
W40 L Cohen 31.2

### Non-Championship

M30 L Miller 30.4  
M35 R McDonald 23.8  
M40 G Ballard --  
M45 B Williams 23.3  
D Abayomi 24.3  
M Barnwell 24.9  
M50 P Plant --  
M55 A Cohen 28.7  
M60 O Harris 28.9  
M75 H McCordle 41.1  
D Ernst 26.5  
W30 M Simon 27.0  
W35 J Pinto 29.4  
B Searcy 31.1  
W45 E Hobbs 31.1

### 400m Championships

M30 Smith 53.2  
Robinson 55.1  
M35 Evangelisti 55.1  
M40 E King 56.8  
R Fusco 58.2  
Tembler 58.3  
M50 F Harland 58.4  
M55 S Thompson 62.1  
C Trace 71.0  
M60 J Manno 66.6  
W40 L Cohen 72.3

### Non-Championships

M35 McDonald 52.3  
Index 62.6  
M40 J Hodge 56.5  
M55 J Kelly 60.9  
A Cohen 67.3  
M60 O Harris 68.5  
M70 H McCordle 1:40.2  
W35 M Simmons 61.8  
J Pinto 67.2  
Searcy 69.8

### 800m Championships

M30 J Hemmel 2:08.0  
S Rory 2:11.5  
M35 M Maslowski 2:09.5  
J Gibson 2:16.8  
P Jayson 2:17.9  
M40 J Kuhl 2:14.2  
J Saaman 2:15.0  
D Coleman 2:16.0  
M50 F Haviland 2:21.4  
J Bernstein 2:29.1  
M55 K Brown 2:24.6  
M65 J Manno 2:53.9  
M70 H Zachman 3:37.8

### Non-Championship

M35 B Indels 2:19.1  
A Stepals 2:28.5  
M40 B Woolley 2:12.8  
M45 G Shane 2:08.2  
E Small 2:10.0  
J McFadden 2:13.4  
M55 A Cohen 3:00.7

### 1500m Championships

M30 Brajer 4:19.6  
Stevens 4:26.5  
Blake 4:26.9  
M35 Nolan 4:11.2  
Roney 4:21.5  
Serkowski 4:34.2  
M40 J Haven 4:31.9  
M45 D Skowron 4:51.2  
M55 K Brown 5:02.0  
H Beale 6:26.0  
M70 A Newman 5:28.0

### Non-Championship

M30 Brisanork 4:42.8  
M35 Wright 4:36.2  
M40 B Woolley 4:31.4  
F Curry 5:10.2  
M50 J Sutton 4:37.5  
M55 A Cohen 6:15.4

### 5000m Championships

M30 F Russo 16:36.6  
J Shearer 16:38.4  
F Paterno 17:26.7  
M35 M Stepkowski 16:25.1  
V Phillips 17:50.3  
M40 B Hagman 16:32.3  
J Haugh 16:41.0  
M45 S Stovall 18:00.1  
A Oliveira 18:15.6  
M55 H Beale 22:53.7  
M60 R Burner 24:44.6  
M65 B Hull 25:40.0  
J McGilvray 26:01.4

### Non-Championship

M35 B Wright 16:39.1  
M40 B Woolley 17:08.4  
F Curry 19:51.1  
M55 J Kernan 21:18.5  
W Sidewitz 22:33.0

### 110mH Championships

M30 A Cestero 16.1  
M35 D Saleem 15.5  
R Rudrow 16.0  
M50 L Trout 17.3  
L Pratt 17.3  
M55 G Kelly 22.7

### Non-Championship

M45 R Kaye 21.5  
M60 J Pierson 21.7

### 400mH Championships

M40 A Boyajian 1:25.9  
M55 G Kelly 1:16.0

### Non-Championships

M35 J Evangelisti 1:04.2  
M55 G Taylor 1:26.0

### 5000m Walk Championships

M35 R Palermo 36:18  
M40 D Kozlowski 31:05  
M45 D Dongrowiecki 32:20

### High Jump

M30 E Fern 6-2 1/2  
M35 R Rudrow 5-2  
R Salvo 5-0  
M50 L Pratt 5-0  
M Lafferty 4-8

### Pole Vault

M30 R Fusco 10-0  
M35 R Salvo 9-0  
M40 J Tindall 12-6  
M45 B Schroeder 11-6  
W Sukowski --  
M55 G Taylor 7-3  
M70 F Farkis 6-0

### Long Jump

M30 A Cestero 19-7 1/2  
M35 R Salvo 15-5 1/2  
M40 R Johnson 19-10  
M45 E Kent 15-6  
R Kaye 15-2

M50 M Lafferty 16-4  
J Snell 15-3 1/2  
L Pratt 15-3  
M55 J Lance 13-0  
A Cohen 9-11 1/2  
M60 O Harris 10-8 1/2  
M75 H Zachman 7-1 1/2  
W35 L Sillis 10-9  
W45 E Hobbs 12-10

### Triple Jump

M35 R Salvo 32-3  
M45 E Kent 33-7  
R Kaye 32-6  
M55 A Cohen 24-5  
G Taylor 23-3 1/2  
M70 H Zachman 15-10

### Shot Put

M30 T Lacey 14.91  
R Ruffalo 11.17  
M35 S Arnoldi 12.31  
P Corrigan 12.15  
M40 M Corsey 8.89  
M45 B Simon 10.83  
J Sullivan 7.97  
M60 J Pierson 7.85  
B Vislocky 7.80  
M65 H Hart 10.51  
J Vislocky 10.37  
M75 M D'Elia 7.32  
H McCordle 6.89  
W35 B Searcy 9.16  
J Salvo 5.92

### Discus

M30 T Lacey 148-6  
R Ruffalo 103-5  
M35 P Corrigan 133-2  
G Weaver 127-2  
S Arnoldi 112-6  
M40 A Swarts 207-7  
L Pratt 144-3  
J Abbott 141-2  
M45 A Oerter 204-4  
J Sullivan 78-3  
M50 L Trout 115-5  
M55 A Cohen 70-2  
M60 D Harris 85-5  
B Vislocky 58-10  
M65 H Hart 95-3  
I Eberand 83-11  
J Vislocky 58-11  
M75 H McCordle 58-6

### Javelin

M30 B Sing 222-4  
D McMullin 171-5  
R Ruffalo 144-3  
M35 G Weaver 187-5  
V Phillips 125-10  
M40 Kozlowski 126-2  
M Cory 104-2  
J Tinday 100-6  
M45 B Simon 147-7  
J Sullivan 103-3  
W Lyons 95-5  
M55 G Taylor 95-6  
A Cohen 83-9  
M60 J Murray 99-0  
D Harris 90-9  
B Vislocky 69-9  
M65 J Vislocky 92-6  
M75 M D'Elia 71-8

### Hammer

M35 R Salvo 27.10  
M50 P Carstensen 40.29  
H Brossman 39.87  
M65 P Eberhardinger 36.88

### Weight Throw

M35 R Salvo 26-8 1/2  
M50 H Brossman 39-1  
P Carstensen 37-0  
M65 P Eberhardinger 33-1 1/2  
M70 F Farkas 29-2 1/2

## SOUTHEAST

### Fathers Day Meet

DeLand, Florida  
June 15

### 50 Yd

M30 Ezra Abdullah 5.55

### M35 Henry Snyder

Ron Blake 5.67  
Vic Connely 7.04

### M45 Dave Dreifuerst

6.20

### 100Meters

M30 Ezra Abdullah 11.51  
A.J. Hart 12.32

### M35 Henry Snyder

Ron Blake 11.75  
Vic Connely 12.8

### M45 Dave Dreifuerst

13.54

### M50 Buss Porter

12.85  
Jerry Stanners 13.42  
Bill Emery 14.3

### M55 Bill Gentry

13.5

### 220Yds

M15 Chris Deen 25.3  
Joe Clark 26.53  
M30 Frank Reguero 27.13

### M35 Frank Bonaccorso

James Malanik 27.35  
James Malanik 34.07  
M50 Buss Porter 27.09  
Bill Emery 30.26

### 440 Yds

M11 Jeff Stanners 73.8  
Tyler Coleman 75.3

### Mop Chris Deen

58.6  
Jeff Calentine 64.2  
M30 Ezra Abdullah 54.10  
A.J. Hart 56.3  
Frank Reguero 58.4

### M35 Ron Blake

60.2  
M40 Nick Galey 54.6  
M50 Bill Emery 66.3  
M55 Bill Gentry 66.8

### 880Yds

M35 James Malanik 3:10

### 1 Mile Run

M15 Joe Clark 5:10  
MOP Mark Koebornik 5:28  
M30 Jim Donnelly 4:46  
WOP Tracy Hana 5:50

### 5,000Meters

MOP Armando Garza 16:22  
San Deputy 18:04  
Larry Lutheran 19:25  
Jeff Calentine 23:45  
Matt Armstrong 23:49  
Mark Harris 27:59  
M30 Ethan Morrison 21:05  
M35 Mike Huck 20:07  
M40 John Gardner 20:04  
Roger Schindler 21:57  
M45 John Comrad 30:28  
M55 Jim Blount 18:48  
M60 Ray Armstrong 24:12

### 1 Mile Race Walk

M30 Terry Harville 7:52  
F30 Jean Harville 13:17  
F55 Anna Rush 9:58

### 2 Mile Race Walk

M30 Terry Harville 16:54  
F55 Anna Rush 21:09

### 1:00Meter High Hurdles

M40 San Buscena 20.8  
M50 Buss Porter 17.08  
Jerry Stanners 18.6  
M55 Bill Gentry 20.09

### High Jump

M35 Ron Purdum 6-3  
Vic Connely 4-8  
M40 San Buscena 4-8  
M50 Jerry Stanners 5-1  
Buss Porter 4-10  
M55 Bill Gentry 4-8

### Long Jump

M30 Ezra Abdullah 18-10  
Jim Donnelly 15-5  
M35 Frank Bonaccorso 15-5 1/2  
Vic Connely 13-9  
Ron Blake 11-9  
M40 San Buscena 13-3/4  
M50 Buss Porter 16-2 3/4  
Jerry Stanners 16-2  
Jerry Chesnes 14-5 1/2  
M55 Bill Gentry 14-1

### Shot Put

M35 Frank Bonaccorso 41-8  
Jim Malanik 36-8  
M40 San Buscena 40-8  
M45 Joe DeLuca 37-7  
M50 Buss Porter 38-3  
M75 Gordon Powell 26-2  
M60 Harriet Boyd 19-9

### Pole Vault

M50 Jerry Stanners 10-6

### Triple Jump

M11 Jeff Stanners 23-0  
M50 Jerry Stanners 33-8

### Discus

M35 Frank Bonaccorso 65-11  
M40 San Buscena 86-5  
M45 Joe DeLuca 64-4  
M50 Buss Porter 99-5  
Jerry Stanners 95-10 1/2  
M55 Bill Gentry 73-4  
M60 Harriet Boyd 56-7



Continued from previous page

## 440 Relay

M30 Florida Track Club 53.2  
Frank Reguero, Ron Blake,  
Frank Baccorso, Terry  
Harville;

M40 Orlando Police Dept. 57.0  
Robt. LaBreck, Bill Castlen,  
Steve Evans, Duane King

## Mile Relay

M30 GLG 4:25.9  
Terry Harville, Buzz Porter,  
Bill Emery, Jim Donnelly

M40 Orlando Police Dept.  
4:25.8  
Robert LaBreck, Steve Evans,  
Bill Castlen, Duane King

Central Florida Masters Running  
Pentathlon: Deland: May 18  
(2 mile/880/220/440/1 mile)

## OVERALL MASTERS

Don Ardell (Orlando) 10:43, 2:22, 29:23, 62, 5:26

## 40-44

Errol James (Casselberry) 12:18, 2:31, 28:56, 67, 5:55  
Mark Standsbury (Wint. Sprgs) 11:32, 2:33, 32:5, 73, 5:43  
John Kemp (Kissimmee) 11:56, 2:47, 30:11, 69, 6:04  
Terry Jackson (Orlando) 14:53, 3:10, 33:0, 79, 7:16

## 45-49

Dave Dickinson (Wint. Park) 10:59, 2:25, 32:16, 68, 5:11  
Frank Lombardo (Ormond Bch) 12:58, 2:27, 27:18, 63, 6:33  
Bob Johnson (Longwood) 12:28, 2:32, 28:28, 64, 6:54

## 50-54

Claude Midgett (Atlan. Bch) 11:36, 2:23, 28:32, 66, 5:43  
Frank Jewell (Holly Hill) 13:49, 2:49, 31:74, 72, 6:41  
Mark Squires (Wint. Park) 13:09, 2:50, 32:32, 80, 6:19

## 55-59

Chas. Finocchiaro (Casselberry) 13:29, 2:58, 32:24, 76, 6:52  
Dick Stipe (Orlando) 14:25, 3:08, 34:24, 81, 7:16

## 60-64

Larry Rush (Ponce Inlet) 12:59, 2:52, 33:63, 79, 7:12  
Larry Sampson (Pomona Park) 16:43, 3:48, 37:05, 1:44, 8:26

## 70-74

Dick Fortier (Port Orange) 15:58, 3:20, 36:02, 93, 7:29

## OVERALL FEMALE MASTERS

JANE KELLY (CASSELBERRY) 14:16, 2:57, 35:25, 80, 6:54

## 45-49

Gladys Kemp (Kissimmee) 16:29, 3:42, 40:16, 99, 8:10

## 55-59

Anna Rush (Ponce Inlet) 16:33, 3:54, 48:57, 1:47, 8:29

## MASTERS

Ardell	20:02.23	Ardell	10
Dickinson	20:15.16	Midgett	16
Midgett	21:16.32	Dickinson	20
Standsbury	21:33.52	Lombardo	23
Janes	22:19.56	James	25
Kemp	22:26.11	Johnson	29
		Kemp	32
		Standsbury	33

Running Pentathlon  
DeLand Florida: June 29  
(2 mile/880/220/440/1 mile)

## 30-34

Ethan Morrison (New Smyrna) 12:49, 3:00, 1:36.14, 1:77.50, 6:21  
Mike Hague (Leesburg) 15:19, 3:07, 1:29.75, 1:77.50, 7:37

## 35-39

Jim Davis (New Smyrna) 12:44, 2:18, 1:26.85, 1:68.15, 6:10  
Dave Lawson (Gainesville) 10:24, 2:13, DNF

## OVERALL MASTERS WINNER

Frank Lombardo (Ormond Beach) 13:06, 2:43, 1:26.20, 1:68.30, 6:38

## 50-54

Larry Shull (DeBarry) 13:16, 2:52, 1:30.92, 1:77.90, 6:30

Richard Hague (Leesburg) 15:44, 3:15, 1:31.18, 1:79.0, 8:32

## 55-59

Warvin Mollnow (Orange Park) 13:08, 3:02, 1:34.84, 79.18, 6:21

## 60-64

Larry Sampson (Pomona Park) 17:36, 4:13, 1:42.60, 1:44, 8:33

Southeastern Track Classic  
Greenville, South Carolina: June 21

## 100 METERS

30-34:			
1. FERGUSON, T	SC	12.1	
2. CHAMBERS, J	SC	12.5	
35-39:			
1. GREEN, B	SC	11.6	
2. STIEHL, J	GA	12.0	
3. HOWELL, S	SC	12.2	

## 40-44:

1. BELL, T	SC	11.5	
2. BREWER, T	GA	11.7	
3. POOLE, C	SC	12.4	
4. EUBANKS, W	NC	12.5	
5. SHOAF, J	NC	13.2	
6. THOMAS, A	SC	13.5	

## 45-49:

1. MITCHELL, E	NC	12.1	
2. JACKSON, J	SC	12.5	
3. HAYCRAFT, D	SC	12.7	
4. JEFFREY, W	NC	12.8	
5. VALLE, M	NC	13.0	
6. SEAGLE, D	NC	14.5	

## 50-54:

1. SUMMERLIN, R	AL	12.2	
2. BAGGETT, J	GA	13.0	

## 55-59:

1. BARTONFIELD, T	GA	13.6	
65-69:			
1. KENNEL, T	FL	13.8	
2. MORNINGSTAR, H	MI	17.2	
WOMEN: 40-44:			
1. CARTER, A	GA	15.9	
2. ROBERTS, M	SC	23.6	

## 200 METERS

30-34:			
1. SHORT, R	GA	23.6	
2. MCGINNIS, M	NC	25.5	
3. FERGUSON, T	SC	25.3	
35-39:			
1. GREEN, B	SC	24.2	
2. STIEHL, J	GA	25.2	
40-44:			
1. BELL, T	SC	23.4	
2. BREWER, T	GA	24.0	
3. EUBANKS, W	NC	27.0	
4. SHOAF, J	NC	28.8	

## 45-49:

1. MITCHELL, E	NC	25.5	
2. JACKSON, J	SC	26.7	
3. VALLE, M	NC	27.7	
4. JEFFREY, W	NC	27.7	

## 50-54:

1. SUMMERLIN, R	AL	24.7	
2. GILMORE, J	SC	28.0	
55-59:			
1. BARTONFIELD, T	GA	26.3	
65-69:			
1. KENNEL, T	FL	28.4	

## 400 METERS

30-34:			
1. WEBSTER, R	AL	56.5	
2. ROBERTS, J	SC	67.0	
35-39:			
1. GREEN, B	SC	55.1	
2. FRI, S	NC	55.9	
3. HOWELL, S	SC	55.9	

## 40-44:

1. BREWER, T	GA	53.4	
2. SHOAF, J	NC	69.1	
45-49:			
1. BROCKSMITH, J	GA	57.8	
2. JACKSON, J	SC	65.8	
50-54:			
1. SUMMERLIN, R	AL	56.8	
65-69:			
1. FUTRELL, C	NC	92.6	

## WOMEN: 40-44:

1. CARTER, A	GA	77.3	
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## 800 METERS

30-34:			
1. EMBLER, M	SC	2:04.7	
2. TODD, J	SC	2:05.8	
3. TWITTY, W	SC	2:09.1	
4. WEBSTER, R	AL	2:21.8	
5. MCAMIS, B	SC	2:28.2	

## 5000 METERS

30-34:			
1. GRIFFIN, B	SC	19:25.4	
2. ROBERTS, J	SC	19:37.8	
40-44:			
1. BLACKWOOD, D	SC	18:34.6	
45-49:			
1. CRAVEN, A	SC	17:45.2	
60-64:			
1. RUSH, L	FL	21:19.8	
65-69:			
1. FUTRELL, C	NC	26:17.6	

## WOMEN: 30-34:

1. JORDAN, R	SC	24:53.8	
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## 40-44:

1. ROBERTS, M	SC	24:13.8	
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## 55-59:

1. RUSH, A	FL	25:54.6	
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## 1500 METERS

30-34:			
1. WEBSTER, R	AL	4:52.3	
2. JOHNSON, A	SC	4:53.3	
3. MCAMIS, B	SC	5:06.2	
4. ROBERTS, J	SC	5:14.1	
45-49:			
1. JACKSON, J	SC	6:10.5	
65-69:			
1. FUTRELL, C	NC	7:16.2	
WOMEN: 40-44:			
1. ROBERTS, M	SC	7:20.3	

## 3000 METERS

40-44:			
1. BLACKWOOD, D	SC	10:57.4	
60-64:			
1. RUSH, L	FL	12:31.7	
WOMEN: 55-59:			
1. RUSH, A	FL	15:38.0	

## 110 METER HURDLES

30-34:			
1. SHORT, R	GA	15.3	
45-49:			
1. HAYCRAFT, D	SC	19.3	
50-54:			
1. GILMORE, J	SC	20.5	
55-59:			
1. BRADDEERRY, B	AL	18.5	

## 400 METER HURDLES

30-34:			
1. FRI, S	NC	65.6	
45-49:			
1. BROCKSMITH, J	GA	67.5	

## 3000 METER STEEPLE CHASE

30-34:			
1. GRIFFIN, B	SC	13:45.3	
35-39:			
1. LEWIS, J	SC	14:55.1	

## HIGH JUMP

30-34:			
1. KELLEY, V	GA	5'8"	
45-49:			
1. VALLE, M	NC	4'10"	
2. JAMES, J	NC	4'4"	
3. BLOOMFIELD, D	SC	4'2"	
50-54:			
1. GILMORE, J	SC	5'	
WOMEN: 40-44:			
1. BLOOMFIELD, B	SC	3'7"	

## POLE VAULT

30-34:			
1. MCGINNIS, M	NC	13'6"	
35-39:			
1. STRODE, C	NC	14'6"	
2. LILLY, P	GA	10'	
40-44:			
1. EUBANKS, W	NC	10'	
50-54:			
1. HAMILTON, R	SC	8'6"	
2. BAGGETT, J	GA	8'6"	
3. GILMORE, J	SC	8'6"	
65-69:			
1. MORNINGSTAR, H	MI	8'	

## JAVELIN

30-34:			
1. KELLEY, V	GA	153'2"	
35-39:			
1. CONROY, B	NC	192'5"	
2. PEEBLES, D	NC	106'9"	
45-49:			
1. KNOWLES, C	NC	148'4"	
2. VALLE, M	NC	125'9"	
3. JAMES, J	NC	108'8"	
4. SEAGLE, D	NC	94'	
50-54:			
1. DUCKWORTH, W	GA	166'6"	
2. GILMORE, J	SC	134'11"	

## LONG JUMP

30-34:			
1. KELLEY, V	GA	19'10 1/2"	
2. FERGUSON, T	SC	13'10 3/4"	
40-44:			
1. BREWER, T	GA	20'1 1/4"	
2. POOLE, C	SC	16'2 1/4"	
3. SWEET, P	VA	16'1 1/4"	
4. THOMAS, A	SC	15'2 3/4"	
45-49:			
1. HAYCRAFT, C	SC	17'6"	
2. JEFFREY, W	NC	16'2 1/2"	
3. SEAGLE, D	NC	12'11 1/4"	

## 50-54:

1. GILMORE, J	SC	17'1 1/4"	
55-59:			
1. BRADDEERRY, B	AL	17'1 1/2"	
2. BARTONFIELD, T	GA	14'2 1/4"	
60-64:			
1. DYKES, J	SC	14'2 3/4"	
65-69:			
1. KENNEL, T	FL	14'5 3/4"	
2. MORNINGSTAR, H	MI	11'7 1/2"	
70-74:			
1. HIRSHEY, C	SC	6'6 1/4"	

## TRIPLE JUMP

30-34:			
1. KELLEY, V	GA	44'*	
40-44:			
1. SWEET, P	VA	31'10"	
45-49:			
1. JEFFREY, W	NC	33'3 1/2"	
50-54:			
1. BAGGETT, J	GA	29'10"	
55-59:			
1. BRADDEERRY, B	AL	34'11"	
2. BARTONFIELD, T	GA	30'1 1/2"	
65-69:			
1. KENNEL, T	FL	29'2"	
70-74:			
1. HIRSHEY, C	SC	14'7"	

## SHOT PUT

30-34:		
1. KELLEY, V	GA	44' 0"
40-44:		
1. SWEET, P	VA	31' 10"
45-49:		
1. JEFFREY, W	NC	33' 3 1/2"
50-54:		



Continued from previous page

## Standing Long Jump

M50 R Hein	8-6
M55 A Dillon	7-9½
M60 H Keskula	7-9
M65 W Alexander	7-9½
M70 J Bloomfield	7-8
M75 J Pearce	6-7½
M60 D Murphy	4-11
M70 M Parsons	4-11
M75 M Parker	1-6

## Triple Jump

M50 N Wells	30-9½
M55 E Thorp	21-10
M65 C H Haydon	27-3½
M70 O Hix	20-7½
M75 J J Pearce	19-6½
M60 R Bolin	16-2½

## Shot Put

M50 R Hein	45-6
M55 J Erickson	48-0
J Thomas	38-8
B Owens	37-5½
M60 L Haak	46-1
H Keskula	33-8
M65 H Morningstar	42-1
M70 E Best	31-11
M75 J Pearce	33-4½
H Williams	21-10½
A Sealy	23-6
M80 L Ruiz	26-8
M55 F Ciccati	15-9
M60 R Miller	16-2
M65 B Morris	18-½
R Vass	16-5
M75 M Parker	12-8

## Discus

M50 C B Tookecooley	104-1
M55 J Erickson	150-6
M60 H Keskula	116-4
M65 H Morningstar	114-9
M70 H Corregan	62-1
M75 J Pearce	88-0
M90 R E Hallmark	37-2
M60 R Miller	36-5
M65 R Vess	27-5
M70 F Hallmark	27-5
M75 M Parker	21-7

## Javelin

M50 W Tucker	143-11
M55 H Humphreys	100-2
M60 H Keskula	114-5
M65 H Morningstar	110-6
M70 E Best	68-9
M75 J Pearce	79-10
M55 E Thomas	30-5
M60 R Miller	29-9
M75 M Parker	11-7

Hill Country Classic Master Track  
Meet, Mason, Texas  
June 21\* Denotes Overall Event Record  
\* Denotes Division Record

## 100 Meter Dash

30-34	1. Boleware, Ronald	11.42
	2. Hahn, Robert	11.92
	3. Deeds, Benny	12.97

35-39	1. Fahra, John	12.16
	2. Carson, Jack	12.44
	3. Warren, Gill	12.83

40-44	1. Vicks, James	11.20
	2. Jones, Ed	11.63
	3. Gordon, Hans	11.78
	4. King, Marvin	11.90
	5. Kent, Steve	13.01
	6. Clawson, Cary	13.08
	7. McManis, Bob Al	13.77

45-49	1. Turner, Roy	11.68
	2. Hurd, James	12.08
	3. Head, John	12.91
	4. Everett, Bill	12.99
	5. Jurden, Charles R.	13.14
	6. Patrick, Loyd	13.17
	7. Weaver, Jimmy	13.17

50-54	1. McGlashan, Bob	12.60
	2. Johnson, Paul	12.95
	3. Wells, Norman	13.20
	4. Davis, Frank	14.20
	5. Pardue, Bill	13.45
	6. Murphy, Tim	13.39
	7. Wingo, Bob	15.00

55-59	1. Bloomfield, Jeff	14.31
	2. Thompson, Stan	19.09

60-64	1. Thompson, Stan	19.09
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65-69	1. Thompson, Stan	19.09
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70-74	1. Thompson, Stan	19.09
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75 & up	1. Thompson, Stan	19.09
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80-84	1. Thompson, Stan	19.09
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85-89	1. Thompson, Stan	19.09
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90-94	1. Thompson, Stan	19.09
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95-99	1. Thompson, Stan	19.09
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## 200 Meter Dash

30-34	1. Boleware, Ronald	23.10
	2. Hahn, Robert	24.47
35-39	1. Owusu, Josh	23.99
	2. Fahra, John	25.00
	3. Carson, Jack	26.05
	4. Warren, Gill	26.97
40-44	1. Vicks, James	22.96
	2. Gordon, Hans	24.83
	3. Clawson, Cary	27.00
	4. Kent, Steve	27.75

45-49	1. Turner, Roy	23.70
	2. Hurd, James	24.69
	3. Everett, Bill	26.81
	4. Patrick, Loyd	26.82

50-54	1. Johnson, Paul	24.59
	2. Weaver, Jimmy	25.57
	3. McGlashan, Bob	25.81
	4. Wells, Norman	27.92
	5. Pluenneke, Charles	28.92
	6. Davis, Frank	29.11

60-64	1. Murphy, Tim	28.04
	2. Wingo, Bob	32.04
65-69	1. Alexander, J.E.	DNF
	2. Bloomfield, Jeff	30.17
70-74	1. Bloomfield, Jeff	30.17
75 & up	1. Thompson, Stan	41.63

400 Meter Dash		
35-39	1. Fahra, John	55.98
	2. Carson, Jack	60.49
40-44	1. Vicks, James	50.75
	2. Rodriguez, Arthur	56.50
	3. Kent, Steven	61.97

45-49	1. Turner, Roy	51.95
	2. Patrick, Loyd	61.75
50-54	1. Johnson, Paul	55.03
	2. Pluenneke, Charles	65.64
55-59	1. Thorp, Ed	DNF
	2. Bloomfield, Jeff	66.86
75 & up	1. Thompson, Stan	1:43.75

800 Meter Dash		
30-34	1. Higgell, Steve	2:18.83
35-39	1. Bluntzer, Warren	2:24.82
	2. Parker, Jerome	2:31.13
40-44	1. Malone, Jim	2:06.54
	2. Petty, Jack	2:07.12
	3. Rodriguez, Arthur	2:14.02
	4. Miller, Robert	2:15.62
	5. Smith, Steve	2:41.58

45-49	1. McCormack, Dan	2:26.00
	2. Cisneros, Hector	2:25.69
50-54	1. Cisneros, Hector	2:25.69
	2. Pluenneke, Charles	2:46.59

55-59	1. Thompson, Stan	1:43.75
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60-64	1. Thompson, Stan	1:43.75
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65-69	1. Thompson, Stan	1:43.75
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70-74	1. Thompson, Stan	1:43.75
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75 & up	1. Thompson, Stan	1:43.75
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800 Meter Dash		
30-34	1. Meszaros, Richard	4:30.80
	2. Moran, Tom	6:09.96
	3. Dillman, David	4:59.40
35-39	1. Dillman, David	4:59.40
	2. Hailey, Mel	5:00.41
	3. Taylor, Gene	5:04.64
	4. Parker, Jerome	5:33.08
40-44	1. Petty, Jack	4:42.59
	2. Malone, Jim	5:02.65
	3. Pope, Howard	5:07.38
	4. King, Ronald	5:32.23
	5. Miller, Robert	5:39.96

45-49	1. Putnam, Mike	5:12.21
	2. McCormack, Dan	5:13.70
50-54	1. Henry, Dick	5:24.33
	2. Pluenneke, Charles	5:19.13
55-59	1. Morgan, Junior	5:38.89
	2. Scoggins, Jim	6:13.72
	3. Timmer, Phil	NT

60-64	1. Thompson, Stan	1:43.75
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65-69	1. Thompson, Stan	1:43.75
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70-74	1. Thompson, Stan	1:43.75
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75 & up	1. Thompson, Stan	1:43.75
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800 Meter Dash		
30-34	1. Meszaros, Richard	4:30.80
	2. Moran, Tom	6:09.96
	3. Dillman, David	4:59.40
35-39	1. Dillman, David	4:59.40
	2. Hailey, Mel	5:00.41
	3. Taylor, Gene	5:04.64
	4. Parker, Jerome	5:33.08
40-44	1. Petty, Jack	4:42.59
	2. Malone, Jim	5:02.65
	3. Pope, Howard	5:07.38
	4. King, Ronald	5:32.23
	5. Miller, Robert	5:39.96

45-49	1. Putnam, Mike	5:12.21
	2. McCormack, Dan	5:13.70
50-54	1. Henry, Dick	5:24.33
	2. Pluenneke, Charles	5:19.13
55-59	1. Morgan, Junior	5:38.89
	2. Scoggins, Jim	6:13.72
	3. Timmer, Phil	NT

60-64	1. Thompson, Stan	1:43.75
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65-69	1. Thompson, Stan	1:43.75
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70-74	1. Thompson, Stan	1:43.75
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75 & up	1. Thompson, Stan	1:43.75
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800 Meter Dash		
30-34	1. Meszaros, Richard	4:30.80
	2. Moran, Tom	6:09.96
	3. Dillman, David	4:59.40
35-39	1. Dillman, David	4:59.40
	2. Hailey, Mel	5:00.41
	3. Taylor, Gene	5:04.64
	4. Parker, Jerome	5:33.08
40-44	1. Petty, Jack	4:42.59
	2. Malone, Jim	5:02.65
	3. Pope, Howard	5:07.38
	4. King, Ronald	5:32.23
	5. Miller, Robert	5:39.96

45-49	1. Putnam, Mike	5:12.21
	2. McCormack, Dan	5:13.70
50-54	1. Henry, Dick	5:24.33
	2. Pluenneke, Charles	5:19.13
55-59	1. Morgan, Junior	5:38.89
	2. Scoggins, Jim	6:13.72
	3. Timmer, Phil	NT

60-64	1. Thompson, Stan	1:43.75
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65-69	1. Thompson, Stan	1:43.75
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70-74	1. Thompson, Stan	1:43.75
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75 & up	1. Thompson, Stan	1:43.75
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## 200 Meter Dash

30-39	1. Furst, Marion	31.23
40 & up	1. Luker, Mary	29.56
	2. Blount, Frieda	35.36
	3. Hohn, Lola	37.44

## 1600 Meter Run

20-29	1. Vega, Isabel	6:32.11
30-39	1. Allerkamp, Sara	5:49.18
	2. Worden, Cecile	6:36.07
40 & up	1. Blount, Frieda	6:57.37

## 110 Meter Hurdles

30-34	1. Hahn, Robert	15.96
	2. Newman, Michael	19.60
35-39	1. Groves, Sheridan	15.65
40-44	1. Kent, Steven	19.65
45-49	1. Head, John	19.65
50-54	1. Wells, Norman	18.67
	2. Cisneros, Hector	19.03
	3. Crook, Don	20.23
55-59	1. Pardue, Bill	20.31
	2. Thorp, Ed	22.50

60-64	1. Thompson, Stan	1:43.75
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65-69	1. Thompson, Stan	1:43.75
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70-74	1. Thompson, Stan	1:43.75
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75 & up	1. Thompson, Stan	1:43.75
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800 Meter Dash		
30-34	1. Meszaros, Richard	4:30.80
	2. Moran, Tom	6:09.96
	3. Dillman, David	4:59.40
35-39	1. Dillman, David	4:59.40
	2. Hailey, Mel	5:00.41
	3. Taylor, Gene	5:04.64
	4. Parker, Jerome	5:33.08
40-44	1. Petty, Jack	4:42.59
	2. Malone, Jim	5:02.65
	3. Pope, Howard	5:07.38
	4. King, Ronald	5:32.23
	5. Miller, Robert	5:39.96

45-49	1. Putnam, Mike	5:12.21
	2. McCormack, Dan	5:13.70
50-54	1. Henry, Dick	5:24.33
	2. Pluenneke, Charles	5:19.13
55-59	1. Morgan, Junior	5:38.89
	2. Scoggins, Jim	6:13.72
	3. Timmer, Phil	NT

60-64	1. Thompson, Stan	1:43.75
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65-69	1. Thompson, Stan	1:43.75
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70-74	1. Thompson, Stan	1:43.75
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75 & up	1. Thompson, Stan	1:43.75
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800 Meter Dash		
30-34	1. Meszaros, Richard	4:30.80
	2. Moran, Tom	6:09.96
	3. Dillman, David	4:59.40
35-39	1. Dillman, David	4:59.40
	2. Hailey, Mel	5:00.41
	3. Taylor, Gene	5:04.64
	4. Parker, Jerome	5:33.08
40-44	1. Petty, Jack	4:42.59
	2. Malone, Jim	5:02.65
	3. Pope, Howard	5:07.38
	4. King, Ronald	5:32.23
	5. Miller, Robert	5:39.96

45-49	1. Putnam, Mike	5:12.21
	2. McCormack, Dan	5:13.70
50-54	1. Henry, Dick	5:24.33
	2. Pluenneke, Charles	5:19.13
55-59	1. Morgan, Junior	5:38.89
	2. Scoggins, Jim	6:13.72
	3. Timmer, Phil	NT

60-64	1. Thompson, Stan	1:43.75
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65-69	1. Thompson, Stan	1:43.75
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70-74	1. Thompson, Stan	1:43.75
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75 & up	1. Thompson, Stan	1:43.75
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800 Meter Dash		
30-34	1. Meszaros, Richard	4:30.80
	2. Moran, Tom	6:09.96
	3. Dillman, David	



Continued from previous page

**WEST****All-American TC Invitational  
Northridge Calif.; June 14**

<b>100m</b>	
M30 Zuniga	12.0
Williams	13.0
Harris	13.2
M35 Johnson	11.5
Martiz	12.1
Penn	13.6
M40 Wright	13.8
Douglass	14.1
M75 Thompson	17.5
<b>200m</b>	
M30 Streeter	23.9
Zuniga	25.5
Hecker	26.4
M40 Stobart	28.6
M50 Wright	28.7
Douglass	28.8
<b>400m</b>	
M30 Zuniga	56.8
Hecker	60.0
M40 Duffy	52.2
Nolte	1:11.6
M45 Knocke	53.7
Irwing	1:02.6
M50 Douglass	1:04.3
Wright	1:04.9
M55 Robinson	1:01.0
<b>800m</b>	
M30 McClelland	2:03.2
M35 Douglas	2:07.0
M40 Duffy	2:13.2
Stobart	2:31.5
M45 Irving	2:22.1
M50 Wright	2:30.3
M55 Beadle	2:23.3
Watts	2:25.9
<b>1500m</b>	
M40 Kewley	5:14.0
M40 Shirley	4:19.7
Hackett	4:27.7
<b>200mIH</b>	
M30 Hecker	29.9
Williams	30.2
M40 Morris	32.4
M50 Wright	36.2
M55 Robinson	32.9
M75 Thompson	55.6
<b>400mH</b>	
M50 Wright	1:44.0
<b>Hammer</b>	
M35 Deller	162-10
M40 Glinn	136-8
M45 Sheinker	99-0
M50 Douglass	127-6
<b>Pole Vault</b>	
M75 Thompson	7-0
<b>Shot Put</b>	
M30 Pendleton	45-7
M35 Deller	45-2
M40 Glinn	42-3½
M50 Frahm	38-11
Douglass	35-4
Wright	27-9
<b>Long Jump</b>	
M35 Flower	20-0
M40 Morris	21-5½
M75 Thompson	10-5
<b>Javelin</b>	
M30 Pendleton	149-3
M40 Woodward	130-0
M45 Stuart	*239-7
M50 Douglass	105-3
*M45-49 WR	
<b>High Jump</b>	
M30 Hecker	5-0
M50 Douglass	4-4
Wright	4-0
<b>Triple Jump</b>	
M40 Morris	41-1
M75 Thompson	22-11
<b>Weight Throw</b>	
M35 Reilly	57-10
M40 Higgins	61-7
Glinn	52-7
M45 Sheinker	35-1
M50 Douglass	38-0

**Trojan Masters Invitational  
University of Southern  
California, Los Angeles  
Cromwell Field, June 21, 1986**

<b>100</b>	
M50 Irene Obera	14.1
Marj Moore (PR)	17.1
M65 Marj Hunt	24.2
M70 Isobel Saumier	18.4
M75 Bess James	20.9
M30 Cleve Streeter	11.83
Ian Zuniga	12.34
Chris Harris	13.45
Robert Scott	13.81

M35 E. Driver (MR,PR)	10.79
Marion McCoy	11.06
Ronald Beadle	11.79
George Wong	12.68

M40 Frank Little	11.61
Rufus Morris	12.04
R. E. Victor	13.04
Juan Bustamante	13.31

M45 Walt Butler (MR)	11.5
Gilbert La Torre	12.0
Lewis Smith	12.3
Alvin Henry	12.8

M50 Nick Newton (MR)	12.10
Bruce Springbett	12.30
Roger Tauda	12.66
William Sanford	12.69
Jim Parks	13.48
Juan Pedevilla	14.91
Dewey Wade	16.02

M55 Rocky McPherson	13.26
M60 R. Watanabe (MR)	13.38
Gene Harte	14.20
Claude Taggart	14.48
Jim Warren	15.14
George Simon	15.59

M65 Robert Hunt	13.34
Alfred Guidet	14.76
Byron Walls	15.20
Hung-Lu Yu	17.56

M70 Herbert Miller	14.59
Earl Edgar	15.26
Alan Cranston	16.59
Chia-Tsung Pao	16.69
F. MacMinn (PR)	20.52

M75 A. Castro (MR)	14.98
<b>200</b>	
M30 T. Stough (MR,PR)	27.24

M50 Irene Obera (MR)	27.71
Marj Moore (PR)	36.3
M70 Isobel Saumier	40.4

M30 Michael Simmons	23.13
Cleve Streeter	23.46
Ian Zuniga	26.26
Robert Scott (PR)	29.11

M35 Eugene Driver	22.27
Marion McCoy	23.55
Glenn Johnson	23.73
Ronald Beadle	23.78
Russell Rutledge	25.14
Robert Swanson	27.34

M40 Frank Little	23.95
Al Stallworth	25.58
R. E. Victor	26.78
Rick Tibben	27.01
Juan Bustamante	29.2

M45 Walt Butler (MR)	23.84
Gilbert La Torre	24.49
Fred Niedermeyer	24.77
Lewis Smith	25.71

M50 Nick Newton (MR)	24.50
Bruce Springbett	25.03
William Sanford	26.58
Raymond Griffin	26.64
E. Mehmedbasich	27.03
Jim Parks	27.15
Ed Martin	29.16
Dewey Wade	34.17

M55 Rocky McPherson	26.61
Louis Beadle	27.75
Frank Kishi	28.08
Charles Rice	28.57

M60 R. Watanabe (MR)	26.94
C. Taggart (PR)	29.61
George Simon (PR)	30.7
Jim Warren	31.04

M65 Robert Hunt (MR)	29.1
Charles Mercurio	29.6
Byron Walls	31.4

M70 Herb Miller (MR)	30.8
Earl Edgar	34.3
M75 A. Castro (MR)	31.54

M60 R. Watanabe (MR)	26.94
C. Taggart (PR)	29.61
George Simon (PR)	30.7
Jim Warren	31.04

M65 Robert Hunt (MR)	29.1
Charles Mercurio	29.6
Byron Walls	31.4

M70 Herb Miller (MR)	30.8
Earl Edgar	34.3
M75 A. Castro (MR)	31.54

M60 R. Watanabe (MR)	26.94
C. Taggart (PR)	29.61
George Simon (PR)	30.7
Jim Warren	31.04

M65 Robert Hunt (MR)	29.1
Charles Mercurio	29.6
Byron Walls	31.4

M70 Herb Miller (MR)	30.8
Earl Edgar	34.3
M75 A. Castro (MR)	31.54

M60 R. Watanabe (MR)	26.94
C. Taggart (PR)	29.61
George Simon (PR)	30.7
Jim Warren	31.04

M65 Robert Hunt (MR)	29.1
Charles Mercurio	29.6
Byron Walls	31.4

M70 Herb Miller (MR)	30.8
Earl Edgar	34.3
M75 A. Castro (MR)	31.54

M40 Woody Studenmund	54.4
G. Shirley (PR)	54.81
Al Stallworth	55.3
Rick Tibben (PR)	59.3

M45 Fred Niedermeyer	56.0
Robert Jones	57.22
Ronald Banks	59.1C

M50 J. Carrington (PR)	57.64
Raymond Griffin	58.52
Jim Parks	60.42
E. Mehmedbasich	64.45

M55 Rocky McPherson	60.91
Charles Rice	62.99
Frank Kishi (PR)	64.99

M60 R. Watanabe (MR)	61.87
Gene Harte	62.43
M65 Robert Hunt (MR)	65.57

M70 C. Pao (MR)	1:28.50
Fraser MacMinn	1:41.19
<b>800</b>	

M30 C. Mehmedbasich	2:48.51
(PR)	
M70 D. Stotsberg (MR,PR)	4:37.3

M75 Bess James	4:09.33
M30 Michael Craigie	2:04.38
Jerry Williams	2:10.13

M35 Wayne Douglas	2:08.29
Glenn Gaesser	2:14.9
Roger Perkins	2:16.9
Ron Rook	2:18.79

M40 Bill Perry	2:14.13
M. LaLum (PR)	2:47.29
M50 C. Puckett (MR)	2:10.46

J. Carrington	2:15.7
Ross Dunton	2:26.77
Lloyd McGuire	2:27.3

M55 Louis Beadle	2:22.9
Bob Holmes	2:31.7
M70 Ed Stotsberg	3:02.26

<b>1500</b>	
M30 C. Mehmedbasich	5:40.2
(MR,PR)	

M40 Ann Welton	6:18.4
(MR,PR)	
M50 A. Fujimoto (MR)	6:02.9

M75 Bess James (MR)	8:12.0
M30 I. Cumming (MR)	4:07.3
M. Craigie (PR)	4:10.3

M35 R. Jensen (MR)	4:07.9
Glenn Gaesser	4:43.7
Barry Foose	4:43.7
Roger Perkins	4:45.1

M40 M. LaLum (PR)	5:39.1
M50 Clay Puckett	4:23.9
(MR,PR)	

M55 Jerry Withers	4:52.1
Pete Mundle	5:07.2
M70 Ed Stotsberg	5:57.2

M75 S. Madden (MR)	7:22.5
<b>5000</b>	
M35 Barry Foose	18:47.8

M40 Michael LaLum	20:45.2
M50 Peter Faust	19:41.1
M55 Patrick Devine	18:47.8

<b>10000</b>	
M60 Helen Dick (MR)	43:28.0
M50 P. Faust (MR,PR)	39:25.0

M55 P. Devine (MR)	36:48.0
M60 Mack Harbin	66:26.0
(MR,PR)	

<b>5000 WALK</b>	
M35 J. Fairchild (MR)	32:16.9
Pamela Edwards	34:31.4

M60 C. Greene (MR)	32:44.9
M35 K. Ward (MR,PR)	23:14.6
R. Gallegos (PR)	28:53.0

M40 J. Orendain	29:01.0
<b>LONG JUMP</b>	

M55 S. Kinsey (MR)	11' 9.5
M30 John Kuechle	20' 6.75
M35 Ronald Beadle	20' 0.75

M40 R. Morris (MR)	21' 4.75
Carlton Collins	19' 8.75
Doug Shaw	18' 7.75
Rick Tibben	17' 5.75

M45 Gary Bane	16' 7"
Robert Jones	15' 6.25
M50 Dave Jackson	18' 6"
R. Tsuda (PR)	17' 11.2
Ray Fitzhugh	16' 7.25
Ed Martin	14' 2.5"

M45 Richard Oliver	27:53.1
(MR,PR)	
M50 Carl Acosta	28:20.0
Robert Meador	28:55.4
M. Dempsey (PR)	30:00.1

M55 J. Kelly (MR)	27:01.3
Joe Weston (PR)	30:04.0
M60 M. Granttham (MR)	30:22.2

<b>HIGH HURDLES</b>	
M50 Chris Miller (MR)	14.9
M55 S. Kinsey (MR)	17.6

M30 M. Simmons (MR)	14.4
M40 C. McCormick	16.6
Doug Shaw	18.3

M45 W. Butler (MR)	15.1
Gary Bane	18.8
M50 J. Stanners (MR)	18.6

Ray Fitzhugh	19.3
Dave Douglass	19.4
M60 Tom Patsalis	21.9

M70 H. Miller (AR,MR)	14.8
Chia-Tsung Pao	16.9
<b>INTERMEDIATE HURDLES</b>	

M50 D. Douglass (MR)	72.5
J. Stanners (PR)	74.0
M55 M. Robinson (MR)	68.9

M65 Walt Dahlin (MR)	55.6
Pete Ganahl (PR)	55.8
M35 Charles Rader	6' 4

Roberto Gallegos	4' 4
M40 Carlton Collins	5' 4
M45 John Dobroth (MR)	5' 10

Gary Miller (PR)	5' 4
George Davies	5' 4
Gary Bane	4' 10

M50 Nick Newton (MR)	5' 6
Jerry Stanners	5' 2
Ray Fitzhugh	4' 10
Raymond Griffin	4' 8
Dave Douglass	4' 6

M55 Jerry Withers	4' 0
M60 Jim Johnson	4' 2
Tom DeVaughn	3' 8

M65 Walter Dahlin (MR)	4' 6
Pete Ganahl	4' 2
M70 John Damski (MR)	4' 2

Carol Johnston	4' 0
Herbert Miller	3' 8
<b>POLE VAULT</b>	

M30 Leon Roach	12' 6
M35 C. Brazelton (MR,PR)	15' 6
Richard Ying (PR)	12' 0

Joel Whitfield	11' 6
James Seymour	10' 0
M40 Mardon Connelly	12' 0

Harold Sansbury	10' 6
M45 George Davies (MR)	12' 0
Gary Miller (PR)	10' 6

Gary Bane	10' 6
M50 J. Stanners (MR)	10' 6
Ray Fitzhugh	9' 6
Dave Douglass	9' 0

M60 Jim Johnson	8' 6
Tom DeVaughn	6' 0
M65 Ralph Biesemeyer	9' 0

M65	Ralph Biesemeyer	9' 0
M70	Carol Johnston (MR)	9'6
	Elmer Siegel	7'6



Continued from previous page

W45 L Baggett	2:51.4
J Groombridge	2:57.2
N Petterson	2:59.4
W50 P Ainslie	3:06.4
B LaVeck	3:11.7
M40 E Shull	2:13.4
M Stitsel	2:15.7
J Henry	2:19.3
M45 M Christiansen	2:17.5
D O'Rourke	2:21.9
D Sawyer	2:28.9
M50 R Miller	2:18.8
T Corwin	2:40.0

M55 O Keniston	2:33.6
B White	3:00.4
M60 N Clark	3:13.2
M65 N Hansen	2:49.9
J Thun	3:14.4
M70+J Stout	3:33.5

1500m	
W40 R Schlewitz	6:47.7
W50 P Ainslie	6:14.9
B Morehead	6:41.0
W55 P White	6:36.3
J Kavadas	10:18.8
W60 D Reinhardt	10:37.4
W65 E Lercher	10:37.3
M40 J Jordeth	4:13.6
R Jackson	4:46.7
M Stitsel	4:57.8

M45 M Christiansen	4:36.1
D O'Rourke	4:50.5
J Sanders	5:50.4
M50 D Mahaffey	4:42.9
R Miller	4:55.6
M55 O Keniston	5:07.7
B White	6:22.0
A Cowin	6:45.5
M60 N Clark	6:56.3
M65 N Hansen	5:44.5
J Thun	6:33.3
J Fawcett	6:55.9
M70+ J Stout	6:59.2

300mH	
M40 M Stitsel	51.4
M50 C Bolender	53.8
M60 B Madan	1:04.4

High Jump	
W45 M Thielman	4-6
M40 D Glaser	4-8
M45 M Akerman	5-4
L Schwitt	5-1
D Worrall	4-8
M50 J Schlewitz	4-6
M55 J Fischer	5-1
M65 K Gorshkow	4-0
L Hintz	3-6
J Thun	3-3
M70+L Joslin	--

Long Jump	
W65 E Lercher	8-8
M40 J Edwards	16-5
S Garcia	14-10
M45 D Hull	18-11
G Isham	14-7
M55 D Skartvedt	17-6 1/2
J Fischer	14-9 1/2
M65 G Splaine	11-2 1/2
D Hesseltine	10-8 1/2
W Sheen	10-4
M70+J McConnell	10-0
H Schumacher	7-6 1/2

Triple Jump	
M40 J Edwards	34-1/2
S Garcia	29-5 1/2
M45 D Hull	35-10
M Akerman	30-1 1/2
M60 B Madan	24-6
M65 K Gorshkow	23-0

Shot Put	
W40 B Randall	7.61
W60 D Torney	5.04
M40 M Records	11.39
D Croly	10.38
M45 C Randall	10.61
T White	8.48
M55 C Boland	10.01
M60 H Williams	10.94
M65 K Gorshkow	10.70
W Sheen	8.74
T Ottelin	7.51
M70+L Joslin	10.33
L Jensen	9.57
E Jensen	9.44

Discus	
W40 B Randall	22.78
W45 M Thielman	16.90
M40 D Croly	30.20
M Records	24.19
M45 R Roy	39.35
C Randall	30.39
T White	24.70
M60 H Williams	36.79
W Sheen	21.80
L Hintz	17.77
M70+L Joslin	33.07
K Fredrick	27.79

Javelin	
M45 G Stenlund	51.61
M Akerman	30.16
T White	29.14
M50 C Bolender	19.41
M55 D Startvedt	32.21
C Boland	27.02

M60 H Williams	38.45
M65 K Gorshkow	21.95
M70+L Joslin	22.86

A Mouat	20.70
K Frederick	20.60

Continued on next page

## 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 15K Championships and St. Clair Classic, St. Clairsville, June 7

00:53:01.00	George KEIM	43
00:53:06.00	Sam BAIR	40
00:53:10.00	Mark GRIFFIN	40
00:53:57.00	Roger PFLUGFELDER	44
00:54:17.00	William REILLY	43
00:54:29.00	Marlin THOMAS	43
00:54:36.00	Saul DePOFI	42
00:55:20.00	Joe KLINGENBERGER	41
00:55:55.00	David BUDDINGTON	44
00:56:10.00	Thom MAJZUN	40
00:57:04.00	Jim MULLINS	40
00:57:16.00	Arnold REPETTO	43
00:57:38.00	Ray CROTHERS	43
00:58:14.00	John HAMILTON	41
00:58:28.00	Rich DAVIS	40
00:58:42.00	Robert NAVARRO	42
00:58:59.00	Joseph THOMAS	44
01:01:43.00	Bill BAKER	41
01:01:44.00	Robert WALTEBAUGH	43
01:03:34.00	Nike MYERS	44
01:03:37.00	Phil SNEE	41
01:03:56.00	Samuel MCLENDON	44
01:11:46.00	David FIELDS	44
01:26:08.00	Jim STULTZ	41

00:54:41.00	Dick ASHLEY	45
00:57:12.00	Joe FORDOR	48
00:57:13.00	Gary WALTERS	47
00:58:53.00	Daniel COOK	46
01:01:40.00	James NEWSON	49
01:09:22.00	Charles DESJARDINS	49
01:13:49.00	Ronald BENFORD	46

00:58:02.00	Roger BRYAN	50
00:59:31.00	Jack MEEGAN	50
01:01:29.00	John RAYBURN	50
01:02:45.00	James LACEY	52
01:04:37.00	Raymond THOMPSON	53
01:04:54.00	Tom WHELAN	54
01:05:15.00	Robert KLAUS	54
01:05:16.00	Melvin KAHLE	50
01:13:53.00	Paul ROBY	52

00:57:52.00	Don GAMMIE	55
01:07:02.00	Richard SULLIVAN	57
01:09:31.00	Jack O'SULLIVAN	57
01:14:39.00	Leslie DOUGLAS	55

01:24:52.00	Dean WILGUS	64
01:15:26.00	Don BRADLEY	70
01:28:52.00	Troy ORGAN	73
01:34:56.00	William SHRADE	70

01:14:58.00	Ed BENHAM	78
01:00:15.00	Iris BLACK	43
01:08:32.00	Pamela GIBSON	40

01:14:01.00	Georgette LACEY	49
01:21:00.00	Sue WRIGHT	47
02:02:51.00	Betty TRUEX	49

01:48:02.00	Alta TRUEX	76
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### EAST

#### Yonkers Marathon Yonkers, N.Y.; May 25

Overall	
D Dickenson	2:25:00
A Thornhill (44)	3:10:26
M40+G Muhrccke	2:43:19
J Fillis	2:49:35
P Fetscher	2:50:42
M50+D Dixon	2:55:34
H Hartmann	2:57:52
T Barclay	2:58:23
M60+W Brown	3:22:59
B Muller	3:37:15
P Vale	3:47:31
M70+C Feldman	4:31:09
W40+A Thornhill	3:10:26
C Dalrymple	3:22:40
I Berger	3:41:39
W50+G Phillips	3:28:00
W Yu	3:32:16
S Medaglia	3:35:53
W60+E Havens	5:52:45

#### L'eggs Mini Marathon 10K Central Park, NYC; May 31

Overall	
I Kristiansen	31:45
40-49 G Andersen	36:24
A Hearne	37:00
S Matson	37:44
J Stavolone	37:51
B Rothman	38:10
H Bedrock	40:58
T d'Elia	43:18
W Yu	44:22
B Bellinghausen	44:54
L Rindlaub	45:19
E Farias	55:00
L Mancini	55:14
D Schwartz	55:30
70+ M Bdera	1:14:26

#### Clinton-Kirkland Art Center 5K & 10 Mile Clinton, N.Y.; June 7

---5K---	
Overall	
B Fullem	15:40
L Candido	20:38
M30 T Fiore	17:54
M40 M Kelly	17:41
M50 H Rubin	19:26
M60+ N White	21:38
W30 M Clampett	21:52
W40 J Medina	22:45
W50 J Cropsey	31:52
---10 Mile---	
Overall	
M30 D Jones	58:07
M40 D Jennings	59:44
M50 R Raymer	74:05
M60+ S Gratch	72:01
W30 A Bogan	76:07
W40 S Rosen	74:01
W50 C LaSalle	90:26

#### Statue of Liberty 4 Mile Central Park, NYC; June 15

Overall	
R Vogel	19:54
N Zollo	23:04
M40 T Haiman	21:11
R Fitz	22:19
S Skinner	22:42
M45 B Morrissey	24:09
S Solow	25:33
R Gray	25:47
M50 W Bialokur	22:55
C Gerenz	25:55
M Frankfurt	26:00
M55 K Jones	23:19
W Schwartz	25:22
A Puma	25:24
M60 T McGinnis	25:37
S McManus	25:56
S Edelman	29:16
M65+V Carnevale	28:15
R Renny	30:26
C Feldman	34:33

W40 L Connors	25:00
L Baker	25:40
M Greeley	28:34
W45 J Bondell	30:03
P Lucentini	31:02
A McKeague	35:23
W50 M Klein	33:10
J Rosenzweig	35:39

S Wax	35:53
W55 M Harbrough	38:40
B Foley	43:01
F Crane	45:30
W60+E Hauser	37:27
J Neulinger	41:27
H McGinnis	44:00
W70+M Bdera	45:43

#### TAC/USA 100-Mile Championship June 6 Shea Stadium, Queens, NY

Overall Age Pl.	Name, Age, Team or Hometown, State	Time
1	1 Caldwell, Lion, 35, Grtr Houston, AZ	13:53:16
2	2 Fedak, Michael, 35, New York, NY	14:51:38
3	3 DeLeoz, Frank, 33, Prospect Park, NY	15:34:19
4	4 Ramirez, Jorge, 31, Bronx, NY	16:00:55
5	1 Blackman, Paul, 41, Arlington, VA	17:00:36
6	5 Wong, Ronnie, 39, Baltimore, MD	17:20:51
7	6 Zeller, Al, 39, Mid Michigan, MI	17:24:07
8	7 Beam, Jerry, 32, Orange Runners, NY	17:45:34
9	8 Queen, Brooks, 34, Tulsa, OK	18:12:45
10	1 Opsahl, Richard, 54, Super Str, NY	19:03:59
11	2 Obelkevich, David, 42, Millrose, NY	19:25:18
12	3 Kenul, John, 42, Prospect Park, NY	19:32:51
13	4 Kourounis, Tim, 48, Rosedale, NY	19:39:15
14	5 Bencsath, Aladar, 45, Millrose, NY	19:42:23
15	1* Moore, Kay, 43, Mitchellville, MD	19:42:34
16	6 Yecies, Martin, 41, New Canaan, CT	19:55:28
17	9 Robinson, Seetreeon, 32, Millrose NY	20:11:29
18	7 Ierace, Dominick, 43, Forest Pk, NY	20:27:05
19	10 Prawda, Al, 39, Prospect Park, NY	20:29:14
20	11 Krolewicz, Ray, 31, Greenville TC, SC	20:59:59
21	2* Yamamoto, Iwami, 44, New York, NY	21:11:56

### SOUTHEAST

#### Fiesta of Five Flags 10K Pensacola, Fla.; May 3

Overall	
K Brantley	28:24
J Peters	32:44
Masters	
D Coffman	31:34
C Lassiter	38:36
Grand Masters	
B Olrich	32:24
B Ramsey	43:18
M35 R Weeks	30:40
M40 T Dooley	32:14
M45 A Miques	33:45
M50 G Koch	35:07
M55 J Blount	37:58
M60 G English	39:51
M65+ S Hudson	43:49
W35 K Macharo	36:15
W40 V Imes	39:25
W45 P Sudduth	40:15
W50 H Carley	44:31
W55 J Arnold	46:21
W60 D Dvorak	1:06:21
W65+ M Lahale	57:16

### MIDWEST

#### Jackson Rose Run 10K Jackson, Mich.; June 7

Overall	
E Stuber	22 30:23
E Willis	28 36:33
M40 W Herrala	33:28
B Laidlaw	35:14
P DeLadurantaye	35:38
M45 R Perrine	34:48
K Jones	37:48
R Judd	37:54
M50+N Eastman	35:55
K Clayton	38:43
B Hays	40:44
M60+J Forshee	37:53
J Weidenbach	44:55
M70+E Scheffler	55:17
W40 C Ireland	47:18
D Nowlin	49:15
A M Hill	50:18
W45 B Jackson	44:53
K Richard	45:18
P Collins	48:32
W50+M Hatch	45:55
D Bodde	52:47
M Burdette	54:38
W60+H Weaver	48:29
A Williams	1:28:18

#### 24th Annual Jackrabbit 15 Mile Brookings, S.Dak.; June 7

1 D Carlson	25 1:18:46
3 H Hastings	43 1:35:28
6 M Frey	36 1:36:24
8 D Bushard	49 1:36:31
9 K Christenson	35 1:37:42
13 P Holland	41 1:43:27
14 V Coyle	25*1:43:56
18 B Bartling	59 1:48:50
20 L Piersol	45 1:52:18

30 B Ritter	44 2:04:26
37 R Martin	43*2:12:21
40 H Klessen	52 2:16:47
43 G Frey	64 2:25:42
*female	

#### Freudian Fun Fugue 5 Mile Omaha, Nebr.; June 14

Overall	
R Moran	25:25
C Fluitt	31:06
M35 C Geringer	31:31
M40 T Glover	32:14
M45 R Baker	29:40
M50+B Holmberg	32:39
W35 A Rossi	38:22
W40 B Manning	38:26
W45 none	
W50 B Belland	55:30
from Dorothy Sater	

### SOUTHWEST

#### Crescent City Classic 10K New Orleans April 5

Open Arturo Barrios	28:16
Lisa Martin	32:18
M40 Atlaw Belilgne	31:45
W40 Gabriele Andersen	35:18



Continued from previous page

**MIDWEST**

8th Indy Senior Classic  
Indianapolis, Indiana  
June 14 & 15, 1986

50 M30 Robert Zahn	6.22		
Morris Blueford	6.25		
M35 Charles Stallworth	5.78*		
Money Goins	6.02		
Ralph Masinello	6.16		
M40 Ray Starnes	6.38*		
Siush Abdul	6.69		
Wm. Roberson	6.92		
M45 Gary Oliphant	6.17*		
M50 Paul Williams	6.52		
J.B. Tunstall	6.7		
Jim Peterson	6.9		
100 M30 Morris Blueford	10.82		
Robert Zahn	11.41		
Charles Jackson	12.10		
M35 Money Goins	10.77		
Chas. Stallworth	10.84		
Ronald Murphy	10.85		
M40 Raymond Starnes	11.78		
Brian Winchester	11.81		
Dave Warner	12.48		
M45 Gary Oliphant	11.4*		
Paul Dorsey	12.48		
Floyd Romack	13.22		
M50 Paul Williams	11.9		
Jim Matthias	11.99		
J.R. Tunstall	12.91		
200 M30 Morris Blueford	22.95		
Charles Jackson	23.56		
M35 Ronald Murphy	22.9*		
Chas. Stallworth	23.3		
Lester Washington	24.7		
M40 Raymond Starnes	24.6		
Gordon Reiter	24.65		
Abdul	25.6		
M45 Gary Oliphant	23.9		
M50 Jim Matthias	24.5*		
Paul Williams	26.20		
Don Zimmerman	29.34		
400 M30 Gary Hall	52.11		
Donald Goodwin	53.19		
Dave Thomas	53.84		
M35 Lee Washington	53.30		
Dustin Mann	55.0		
John Yantiss	1.01		
M40 Gordon Reiter	54.9		
Emmett Bobbitt	57.92		
Walt Steinfeld	1.07		
M45 Floyd Romack	59.38		
M50 Jim Matthias	54.70*		
James Bradley	58.99		
James Ware	1.02		
800 M30 David Rafferty	1.59*		
Rick Cox	2.07		
David Slaughter	2.23		
M35 John Lutgring	2.10		
Greg Hunt	2.14		
Jim Woosley	2.16		
M40 Wally Herrala	2.04		
Brian Winchester	2.05		
Jim Irvin	2.05		
M45 Earnest Billups	2.08*		
Floyd Romack	2.13		
Jim Huffman	2.17		
M50 Lee Blount	2.12*		
Ken Combs	2.23		
Dennis O'Connor	2.30		
1500 M30 David Rafferty	4.09		
Buddy Harpool	4.13		
Bill Keller	5.09		
M35 John Lutgring	4.22		
Tom Gill	5.00		
M40 Wally Herrala	4.11*		
M45 Ernest Billups	4.16*		
Floyd Romack	4.33		
M50 Ken Combs	4.50		
Jim Griffith	5.23		
5000 M30 David Rafferty	10.82		
Robert Zahn	11.41		
Charles Jackson	12.10		
M35 Money Goins	10.77		
Chas. Stallworth	10.84		
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Jim Irvin	2.05		
M45 Earnest Billups	2.08*		
Floyd Romack	2.13		
Jim Huffman	2.17		
M50 Lee Blount	2.12*		
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Buddy Harpool	4.13		
Bill Keller	5.09		
M35 John Lutgring	4.22		
Tom Gill	5.00		
M40 Wally Herrala	4.11*		
M45 Ernest Billups	4.16*		
Floyd Romack	4.33		
M50 Ken Combs	4.50		
Jim Griffith	5.23		
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Charles Jackson	12.10		
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Emmett Bobbitt	57.92		
Walt Steinfeld	1.07		
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James Bradley	58.99		
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Jim Irvin	2.05		
M45 Earnest Billups	2.08*		
Floyd Romack	2.13		
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Buddy Harpool	4.13		
Bill Keller	5.09		
M35 John Lutgring	4.22		
Tom Gill	5.00		
M40 Wally Herrala	4.11*		
M45 Ernest Billups	4.16*		
Floyd Romack	4.33		
M50 Ken Combs	4.50		
Jim Griffith	5.23		
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John Yantiss	1.01		
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Emmett Bobbitt	57.92		
Walt Steinfeld	1.07		
M45 Floyd Romack	59.38		
M50 Jim Matthias	54.70*		
James Bradley	58.99		
James Ware	1.02		

1500m:		
30m	J Haberke	4:26.72
35m	R Perkins	4:44.30
	R Rook	4:45.54
40m	W Clarke	4:41.08
45m	B Willis	5:19.64
50m	R Culling	5:01.01
	R Willemar	5:01.07
55m	J Selby	5:44.04
60m	J Jacoy	5:56.03
	D Cotner	N/T
75m	S Thomps	10:27.04
5000m:		
30m	J Cumming	15:28.8
	G Marino	15:37.9
	J Haberke	15:50.8
	S Church	19:00.0
35m	C Weinerr	15:52.9
	M Tuffie	17:26.9
	R Ortiz	17:42.4
	G Guiley	N/T
40m	F Duarte	16:02.8
	S Myhro	17:42.0
	R Romero	19:18.0
5k Walk:		
30m	L Aviles	31:53.6
45m	D Sutt...	24:44.5
55m	J Selby	20:51.2
75m	C Unruh	34:52.0
80m	W McFadd	36:57.0
80m H:		
70m	B Gist	N/T
75m	H Miller	15.82
	B Morrow	17.50
	S Thompson	28.00
100m HH:		
60m	C McFate	N/T
110m HH:		
30m	G Katsap	18.62
50m	R Fitzhur	26.12
300m H:		
60m	J Jacoy	51.22
	R Spencer	53.14
65m	P Gan Ah	56.73
75m	S Thompson	N/T
400m H:		
40m	J Karbens	1:17.63
45m	B Knocke	1:01.34
	B Morgan	1:05.78
HJ:		
35m	B Foote	5'10"
40m	R Bly	4'10"
50m	R Fitzhugh	4'10"
	D Douglass	4' 4"
55m	H Wallace	4'6"
	J Withers	3'8"
60m	C McFate	4'1/2"
65m	B Gist	4'10"
	P Gan Ah	4' 4"
70m	H Miller	3'8"
75m	S Thompson	3'8"
LJ:		
30m	J Kuechle	20'1/4
35m	B Foote	18'5"
40m	T Flesia	18'8"
	J Karbens	15'1/4"
45m	R Schmidt	18'2"
	F Nacoy	15'10"
50m	R Fitzhugh	15'10"
	E Martin	14'3"
55m	W Turner	13'10"
60m	C Miller	13'1/2"
	K Mitchell	12'9"
65m	B Gist	13'6"
70m	H Miller	12'10"
75m	S Thompson	10'1/4"
TJ:		
35m	J Whitfield	37'3 1/2"
	R Rook	19'10 3/4"
45m	R Schmidt	33'5 3/4"
	R Jones	33'4 3/4"
50m	R Fitzhugh	32'7 1/2"
60m	R Spencer	30'9 3/4"
	K Mitchell	19'10 3/4"
65m	C Mercurio	26'1 3/4"
70m	H Miller	27'4 1/2"
75m	S Thompson	16'9"
PV:		
30m	M Hogan	15'6"
35m	R Young	12'0"
40m	M Connolly	13'6"
	D Robinson	12'0"
	R Bly	11'6"
45m	T Woodring	11'6"
50m	R Fitzhugh	9'5"
	D Douglass	9'5"
55m	H Wallace	9'0"
60m	J Jacoy	8'0"
65m	J Vernon	10'2 3/8"
70m	J Anglemar	7'0"
75m	S Thomps	



**MIDWEST****Cleveland Track Classic  
Cleveland, Ohio; June 28****30-39 MEN****HIGH JUMP**

1. Rick Christoph - un.....5'10"
2. Stan Allen - Fitness.....5'4"
3. Dave Morgan - Over The Hill.....5'0"
4. Presley Yates - Fitness.....4'6"

**LONG JUMP**

1. Gerald Woolfolk - Ann Arbor....19'3 1/2"
2. Ike Amison - un.....19'2"
3. Clifton Jackson - Decath. MW....18'9"
4. Allen Ray - Over The Hill.....18'8"
5. Dave Morgan - Over The Hill.....18'1"
6. Willie Britt - un.....13'7"

**TRIPLE JUMP**

1. Gerald Woolfolk - Ann Arbor....40'8 1/2"
2. Stan Allen - Fitness.....39'11 1/2"
3. Presley Yates - Fitness.....35'4"
4. Allen Ray - Over The Hill.....34'9 1/2"
5. Marty Turner - Allegheny EM....33'11 1/2"

**SHOT PUT**

1. Norm Bower - Over The Hill.....39'7"
2. Dave Morgan - Over The Hill.....36'5"
3. Allen Ray - Over The Hill.....33'6 1/2"
4. Presley Yates - Fitness.....30'4"

**DISCUS**

1. Norm Bower - Over The Hill.....136'0"
2. Dave Morgan - Over The Hill.....113'5"
3. Allen Ray - Over The Hill.....97'8"
4. Presley Yates - Fitness.....66'9"

**JAVELIN**

1. Dave Morgan - Over The Hill.....159'11"
2. Presley Yates - Fitness.....159'5"
3. Rick Christoph - un.....145'0"
4. Norm Bower - Over The Hill.....128'6"
5. Allen Ray - Over The Hill.....110'6"
6. Jeff Gerson - Over The Hill.....89'1"

**HAMMER**

1. Norm Bower - Over The Hill.....136'7"

**35 LB. WT.**

1. Norm Bower - Over The Hill.....43'1"
2. Presley Yates - Fitness.....28'3 1/2"

**POLE VAULT**

1. Rick Christoph - un.....14'0"
2. James Trott - Syracuse Chargers.....11'0"
3. Jon Lief - un.....11'0"
4. Roman Liscynski - Over The Hill.....10'0"

**100 METER DASH**

1. Walt Henderson - Over The Hill.....10.7
2. Alfonso Walton - Philadelphia Master....10.7
3. Morris Blueford - Fitness.....10.9
4. Charles Allie - Allegheny Hit Men.....11.3
5. Owen Henderson - Over The Hill.....11.6
6. Anthony King - un.....11.8

**200 METER DASH**

1. Walt Henderson - Over The Hill.....22.2
2. Alfonso Walton - Philadelphia Master....22.5
3. Morris Blueford - Fitness.....23.4
4. Scott Hartman - un.....24.1
5. Owen Henderson - Over The Hill.....24.6
6. Ralph Wallace - Ann Arbor.....24.7

**400 METER DASH**

1. Bob Burnett - Ann Arbor.....52.1
2. Dolan Street - Ann Arbor.....53.1
3. Larry Washington - un.....53.2
4. Scott Hartman - un.....54.7
5. Dustin Mann - Ann Arbor.....54.9
6. Ralph Wallace - Ann Arbor.....55.6

**800 METER RUN**

1. Pat Moriarty - Over The Hill.....2:02.4
2. Ron James - Ann Arbor.....2:04.0
3. Thomas Rooney - UCTC.....2:06.2
4. Norm Thomas - Over The Hill.....2:11.4
5. William Clancy - Shaw Alumni.....2:15.8
6. Mike Gallagher - Over The Hill.....2:17.6

**MILE RUN**

1. Tony Hackney - un.....4:37.5
2. Pat Moriarty - Over The Hill.....4:42.9
3. Glenn Andrews - Team Ohio.....4:44.3
4. Ron James - Ann Arbor.....4:45.0
5. Mike Gallagher - Over The Hill.....5:02.3
6. Norm Thomas - Over The Hill.....5:08.5

**2 MILE RUN**

1. Bill Stross - Cleveland West RRC....10:57.0

**3 MILE RUN**

1. Bill Stross - Cleveland West RRC....17:01.2
2. Ralph Wallace - Ann Arbor.....19:38.8
3. Doug McKenzie - Cleveland West....19:45.7
4. Jimmy Love - Fitness.....21:30.8

**110 HURDLES**

1. Dolan Street - Ann Arbor.....15.3
2. Ken Repeta - un.....15.4
3. Horace Hudson - Greater Rochest....15.7
4. Ben Isbell - Shaw Alumni.....18.8
5. Dave Morgan - Over The Hill.....19.2

**400 HURDLES**

1. Horace Hudson - Greater Rochest....57.6
2. Dolan Street - Ann Arbor.....58.7
3. Dave Morgan - Over The Hill.....1:09.9

**MILE RACE WALK**

1. Norm Browne - Motor City Strider....7:32.6
2. Carl Drazan - Over The Hill.....9:33.8

**400 METER RELAY**

1. Fitness.....44.3
2. Decathlon Midwest.....45.8
3. Over The Hill.....47.6
4. Allegheny Hit Men.....48.2
5. Shaw Alumni.....48.7
6. Over The Hill 'B'.....50.2

**800 METER RELAY**

1. Ann Arbor.....1:33.9
2. Allegheny Hit Men.....1:41.6
3. Over The Hill.....1:42.5
4. Shaw Alumni.....1:42.6

**1600 METER RELAY**

1. Ann Arbor.....3:39.8
2. Over The Hill.....3:40.2
3. Shaw Alumni.....3:49.1
4. Cleveland West RRC.....4:19.7

**40-49 MEN****HIGH JUMP**

1. Paul Dorsey - un.....5'8"
2. John Davies - Decathlon Midwest....4'10"
3. Theo Morrow - Over The Hill.....4'8"
4. Grover Coats - Over The Hill.....4'8"
5. James Lubrecht - un.....4'6"
6. Tom Ragland - Over The Hill.....4'6"

**LONG JUMP**

1. Jim Hauser - un.....18'9 1/2"
2. Theo Morrow - Over The Hill.....18'6"
3. Grover Coats - Over The Hill.....17'4"
4. James Lubrecht - un.....17'1 1/2"
5. Tom Ragland - Over The Hill.....16'5"
6. LeRoy McClain - Over The Hill.....16'3"

**TRIPLE JUMP**

1. Jim Hauser - un.....38'3 1/2"
2. Grover Coats - Over The Hill.....36'1 1/2"
3. Theo Morrow - Over The Hill.....35'8 1/2"
4. Clarence Ray - Fitness.....35'4 1/2"
5. Tom Ragland - Over The Hill.....33'1 1/2"

**SHOT PUT**

1. Bob Harvey - un.....41'2 1/2"
2. Jim Pearce - Wolfpack.....34'0"
3. Tom Ragland - Over The Hill.....34'3"
4. Malachi McGruder - Fitness.....31'5 1/2"
5. Jessie Washington - Fitness.....29'8 1/2"
6. John Martinich - un.....24'1 1/2"

**DISCUS**

1. George Mirka - Over The Hill.....136'10"
2. Bob Harvey - un.....119'8"
3. Doug Weikert - un.....116'10"
4. Jim Pearce - Wolfpack.....109'2"
5. Malachi McGruder - Fitness.....96'11"
6. Tom Ragland - Over The Hill.....91'1"

**JAVELIN**

1. Malachi McGruder - Fitness.....148'7"
2. Tom Ragland - Over The Hill.....125'8"
3. Bob Harvey - un.....119'4"
4. Doug Weikert - un.....118'6"
5. John Sloan - un.....117'7"
6. Jessie Washington - Fitness.....107'6"

**HAMMER**

1. Jim Pearce - Wolfpack.....132'2"

**35 LB. WT.**

1. Jim Pearce - Wolfpack.....38'5 1/2"

**POLE VAULT**

1. Tom Ragland - Over The Hill.....9'0"
2. Denver Smith(60) - Over The Hill....8'6"
3. Ham Morningstar(69) - Mich. Mast....8'0"

**100 METER DASH**

1. Clarence Ray - Fitness.....10.8\*
2. LaMar Miller - Ann Arbor.....10.8
3. Theo Morrow - Over The Hill.....11.7
4. Ross Jensen - Decathlon Midwest....11.8
5. Grover Coats - Over The Hill.....12.1
6. Glenn Johnson - Fitness.....12.1

**200 METER DASH**

1. LaMar Miller - Ann Arbor.....22.6\*
2. Clarence Ray - Fitness.....22.6
3. Grover Coats - Over The Hill.....25.2
4. Glenn Johnson - Fitness.....25.5
5. William Dohner - un.....25.6
6. Emmitt Bobbitt - un.....25.9

**400 METER DASH**

1. Mike Collopy - un.....54.9
2. William Dohner - un.....58.0
3. Emmitt Bobbitt - un.....58.6
4. Bob Grau - un.....1:01.3

**800 METER RUN**

1. Mike Collopy - un.....2:06.8
2. Lou Scott - Fitness.....2:07.5
3. James Huffman - un.....2:19.0

**MILE RUN**

1. Mike Collopy - un.....4:46.9
2. Bob Beck - un.....4:52.8
3. Bob Kuebler - Cleveland West RRC....5:02.9
4. Bob Wisner - Cleveland West RRC....5:51.3
5. John Sloan - un.....6:05.5
6. Richard Russell - Over The Hill....8:28.6

**2 MILE RUN**

1. Tim Coughlin - Cleveland West RRC....12:38.5
2. Tom Bord - Cleveland West RRC....12:48.4
3. Bob Kuebler - Cleveland West RRC....14:34.9

**3 MILE RUN**

1. Bob Kuebler - Cleveland West RRC....16:36.5
2. Charles Barracato - un.....17:36.7

**110 HURDLES**

1. LaMar Miller - Ann Arbor.....15.1\*
2. Ross Jensen - Decathlon Midwest....17.1
3. John Davies - Decathlon Midwest....17.8
4. Ralph Scola - Over The Hill.....18.4
5. Ralph Hughley - un.....18.9
6. Tom Ragland - Over The Hill.....18.9

**400 HURDLES**

1. Ross Jensen - Decathlon Midwest....1:02.8
2. Ralph Scola - Over The Hill.....1:10.8
3. Malachi McGruder - Fitness.....1:28.4

**50-59 MEN****HIGH JUMP**

1. Fred Hirsimaki - un(61).....4'8 1/2"
2. Denver Smith - Over The Hill(60)....4'6"
3. Ham Morningstar - Mich.Masters(69) 4'6"
4. Pay Carstensen - NY Masters.....4'2"
5. Hal Robinson - Over The Hill.....4'0"

**LONG JUMP**

1. Paul Williams - Over The Hill.....18'6"
2. Dick Turner - Over The Hill.....16'11 1/2"
3. Pay Carstensen - NY Masters.....15'9"
4. Tom Lacey - Findlay(62).....15'1"
5. Dick Cavicchi - Over The Hill(62)....14'9 1/2"
6. Hal Robinson - Over The Hill.....14'8 1/2"

**TRIPLE JUMP**

1. Denver Smith - Over The Hill(60)....31'10"
2. Pay Carstensen - NY Masters.....31'6"
3. Fred Hirsimaki - un(61).....31'3"
4. Dick Cavicchi - Over The Hill(62)....28'10"
5. Hal Robinson - Over The Hill.....26'6"

**SHOT PUT (5K)**

1. Larry Speer - Over The Hill.....42'4 1/2"
2. Pay Carstensen - NY Masters.....38'6 1/2"
3. Dick Mann - Over The Hill.....35'3"
4. Rudy Bredenbeck - Over The Hill....34'3"
5. Joe Chadbourne - Over The Hill.....33'3"
6. Gene Paasinen - Finnish AC.....33'2 1/2"

**DISCUS (1.5K)**

1. Larry Speer - Over The Hill.....128'0"
2. Gene Paasinen - Finnish AC.....118'4"
3. Dick Mann - Over The Hill.....113'10"
4. Rudy Bredenbeck - Over The Hill....111'8"
5. Pay Carstensen - NY Masters.....107'0"
6. Joe Chadbourne - Over The Hill.....98'5"

**JAVELIN**

1. Dick Mann - Over The Hill.....103'0"
2. Rudy Bredenbeck - Over The Hill....89'5"
3. Joe Chadbourne - Over The Hill.....86'9"
4. Hal Robinson - Over The Hill.....79'4"

**HAMMER (6K)**

1. Joe Chadbourne - Over The Hill.....154'8"
2. Pay Carstensen - NY Masters.....119'5"
3. Dick Mann - Over The Hill.....110'4"
4. Gene Paasinen - Finnish AC.....104'5"
5. Bob Detweiler - Phila Masters(72)....99'2"
6. Robert Peters - Wolfpack(61).....89'0"

**35 LB. WT.**

1. Joe Chadbourne - Over The Hill.....42'8"
2. Pay Carstensen - NY Masters.....37'4"
3. Dick Mann - Over The Hill.....33'2 1/2"
4. Bob Peters - Wolfpack(61).....32'6"
5. Bob Detweiler - Phila. Masters(72) 29'1"

**100 METER DASH**

1. Paul Williams - Over The Hill.....11.8
2. George Horton - Canadian Masters....11.9
3. Ed Sutton - West Penn.....12.5
4. Hal Robinson - Over The Hill.....13.2
5. Dick Turner - Over The Hill.....13.6
6. Jim Barrett - Over The Hill.....13.6

**200 METER DASH**

1. Ed Sutton - West Penn.....26.2
2. Ed Eoyla - West Penn.....26.7
3. Hal Robinson - Over The Hill.....28.2
4. Dick Turner - Over The Hill.....30.0

**400 METER DASH**

1. Ed Sutton - West Penn.....1:00.7

**800 METER RUN**

1. John Gullo - un.....3:15.3

**MILE RUN**

1. Charlie Hall - Over The Hill.....5:41.2
2. Ken Carman - Ann Arbor.....5:44.2
3. Matt Norris - Cleveland West RRC.5:50.0
4. Armand Masse - Cleveland West RR.5:56.7
5. John Gullo - un.....7:03.5

**2 MILE RUN**

1. Ken Carman - Ann Arbor.....12:20.3
2. Armand Masse - Cleveland West RR.12:21.0
3. Matt Norris - Cleveland West RRC.12:54.6

**3 MILE RUN**

1. John Gullo - un.....22:01.4

**MILE RACE WALK**

1. Charlie Hall - Over The Hill.....8:54.2\*
2. John Homorodean - Cleveland Walk.10:33.8

**60-69 MEN****SHOT PUT**

1. Denver Smith - Over The Hill.....40'8"
2. Ham Morningstar - Michigan Mast..40'2 1/2"
3. Fred Hirsimaki - un.....39'9"
4. Robert Peters - Wolfpack.....36'10"
5. Hilary Taylor - Over The Hill.....26'2"

**DISCUS**

1. Denver Smith - Over The Hill.....140'10"
2. Robert Peters - Wolfpack.....110'2"
3. Ham Morningstar - Michigan Mast..107'5"
4. Fred Hirsimaki - un.....105'2"
5. Bob Detweiler - Phila. Masters....92'11"
6. Dick Cavicchi - Over The Hill.....88'0"

**JAVELIN**

1. Denver Smith - Over The Hill.....107'5"
2. Fred Hirsimaki - un.....103'8"
3. Ham Morningstar - Michigan Mast....97'4"
4. Robert Peters - Wolfpack.....82'3"
5. Dick Cavicchi - Over The Hill.....76'6"
6. Bob Detweiler - Phila. Masters....67'7"

**100 METER DASH**

1. Bill Weinacht - Center Ridge Nau.13.3 \*
2. Al Wilson - Over The Hill.....13.3
3. Denver Smith - Over The Hill.....13.6
4. Bill Jordan - Over The Hill.....13.6
5. Tom Lacey - Findlay.....13.7
6. Dick Cavicchi - Over The Hill.....13.9

**200 METER DASH**

1. Al Wilson - Over The Hill.....28.6\*
2. Bill Weinacht - Center Ridge Nautilus.29.0
3. Denver Smith - Over The Hill.....29.6
4. Tom Lacey - Findlay.....29.9
5. Dick Cavicchi - Over The Hill.....31.0
6. Buzzy Hood - Over The Hill.....32.1

**400 METER DASH**

1. Bill Weinacht - Center Ridge Nautilus.06.8\*
2. Tom Lacey - Findlay.....1:07.8
3. Buzzy Hood - Over The Hill.....1:09.8
4. Bill Jordan - Over The Hill.....1:10.5
5. Fred Hirsimaki - un.....1:12.1
6. Dick Cavicchi - Over The Hill.....1:15.4

**800 METER RUN**

1. Buzzy Hood - Over The Hill.....2:59.7\*
2. Dick Cavicchi - Over The Hill.....3:25.0

**MILE RUN**

1. Buzzy Hood - Over The Hill.....6:46.0\*
2. Nick Popil - Over The Hill.....8:54.2
3. Stan Tolliver - Over The Hill.....10:13.0

**30 & OVER WOMEN****SHOT PUT (4K)**

1. Bernice Holland - un.....26'4 1/2"
2. Nancy LaChiusa - Buffalo Belles....19'7"
3. Karen Phillips - Cleveland Masters..17'1"
4. Debi Page - West Penn.....14'4 1/2"

**DISCUS**

1. Bernice Holland - un.....85'4"
2. Karen Phillips - Cleveland Masters....45'7"

**100 METER DASH**

1. Betty Keating - un.....12.9
2. Louise Eckman - Over The Hill.....17.3
3. Joan Gibson - Over The Hill.....19.5
4. Karen Phillips - Cleveland Masters....21.1

**200 METER DASH**

1. Betty Keating - un.....28.4\*
2. Jackie Redmond - Cleveland West RRC....36.1
3. Pat Thomas - Over The Hill.....38.0
4. Joan Gibson - Over The Hill.....46.5

**400 METER DASH**

1. Debi Page - West Penn.....1:12.4
2. Louise Eckman - Over The Hill.....1:31.7
3. Joan Gibson - Over The Hill.....1:34.2
4. Pat Thomas - Over The Hill.....1:49.9

Continued on page 30





# The Vancouver Masters Road Running Society

*Invites all Veterans/Masters  
to participate in the*

## **XIX WORLD VETERANS ROAD CHAMPIONSHIPS**



**RICHMOND, B.C., CANADA**  
(Under I.A.A.F. Rules)

**10 km — October 4, 1986**  
**Marathon — October 5, 1986**

### **MEN**

M1 — 40 to 44 Yrs	M6 — 65 to 69 Yrs
M2 — 45 to 49 Yrs	M7 — 70 to 74 Yrs
M3 — 50 to 54 Yrs	M8 — 75 to 79 Yrs
M4 — 55 to 59 Yrs	M9 — 80 Yrs and Over
M5 — 60 to 64 Yrs	

### **WOMEN**

W1 — 35 to 39 Yrs	W5 — 55 to 59 Yrs
W2 — 40 to 44 Yrs	W6 — 60 to 64 Yrs
W3 — 45 to 49 Yrs	W7 — 65 to 69 Yrs
W4 — 50 to 54 Yrs	W8 — 70 Yrs and Over

Open to Men 40 years and over and Women 35 years and over on the day of the Championships. All competitors must show proof of date of birth at registration.

Awards will be given to the first three individuals in each 5 year age group in both races. There will be special awards at the discretion of the organizers. All finishers in both races will receive commemorative diplomas and medallions.

ENTRY FEES \$25.00 one race, \$40.00 both races. These fees include World I.G.A.L. dues.

Mail entries to: Vancouver Masters Road Running Society, 4640 Fairlawn Drive, Burnaby, B.C., Canada V5C 3R6 — Telex 04 51588.

ACCOMMODATION AND TOURS: Consult Alouette Travel Ltd., the official travel agent for the championships. Details from Alouette Travel Ltd.: 11954 224th Street, Maple Ridge, B.C., Canada V2X 6B3 • Telephone (604) 467-5535 — Telex 04 51251.

**CPAir**



### **10 km**

The 19th Annual World Veterans Championships 1986  
Race Schedule: 10 km Saturday, October 4, 1986. Start 11:00 a.m.  
Marathon: Sunday, October 5, 1986. Start 9:00 a.m.

#### **Entry Form**

*Please write in capital letters.*

Surname \_\_\_\_\_  
First name and initials \_\_\_\_\_  
Address \_\_\_\_\_  
Male / Female \_\_\_\_\_  
Date of birth \_\_\_\_\_  
Age group \_\_\_\_\_  
Club \_\_\_\_\_  
Nationality \_\_\_\_\_  
Entry fee enclosed \_\_\_\_\_

**Entries close 9/1/86**

I hereby agree that the organizers shall not be liable for any accident, injury, loss or damage as a consequence of my participation in the 19th Annual World Veterans Championships.

\_\_\_\_\_  
Signed

### **MARATHON**

The 19th Annual World Veterans Championships 1986  
Race Schedule: 10 km Saturday, October 4, 1986. Start 11:00 a.m.  
Marathon: Sunday, October 5, 1986. Start 9:00 a.m.

#### **Entry Form**

*Please write in capital letters.*

Surname \_\_\_\_\_  
First name and initials \_\_\_\_\_  
Address \_\_\_\_\_  
Male / Female \_\_\_\_\_  
Date of birth \_\_\_\_\_  
Age group \_\_\_\_\_  
Club \_\_\_\_\_  
Nationality \_\_\_\_\_  
Entry fee enclosed \_\_\_\_\_

**Entries close 9/1/86**

I hereby agree that the organizers shall not be liable for any accident, injury, loss or damage as a consequence of my participation in the 19th Annual World Veterans Championships.

\_\_\_\_\_  
Signed