

# NATIONAL MASTERS NEWS

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

108th Issue

August, 1987

\$1.95



Ken Dennis, 50, setting a new world age 50-54 record of 11.2 in the 100-meter-dash at the Northern California Seniors Track and Field Classic

in Berkeley, Calif., July 18. From left, Marvin Smoller, Bruce Springbett, Paul Williams and Dennis. Photo by Gretchen Snyder

## Dennis Sets Two World Records in California

BERKELEY, Calif., July 18. In one of the most amazing one-day performances ever seen in masters track & field, 50-year-old Ken Dennis today set two world records for men aged 50-54 in the Northern California Seniors Track & Field Classic at Edwards Stadium.

The 1955 California high-school 100-yard champion (10.0) from Los Angeles broke two of the strongest records on the books.

First, he blazed to a time of 11.2 in the 100-meter-dash, beating former national M50 champion Bruce Springbett of Los Gatos, Calif. and Midwest titlist Paul Williams of Cleveland, Ohio.

Dennis' time broke the old M50 world standard of 11.3, set by Olympian Thane Baker in 1982, and tied by Williams June 21 in the Hoosier Classic in Indianapolis.

Two hours later, Dennis, whose  
Continued on page 6

## Struppeck Gets U.S. Record in Discus

### Raschker Sets 2 More Records in Tennessee

by JERRY WOJCIK

Phil Raschker, 40, who has broken multiple world and American records since joining the W40-44 division, continued her spree with one world and one national record in TAC's Tennessee Masters T&F Championships, held at the University of Tennessee's Tom Black track in Knoxville, June 19-21. However, she shared some of

the glory with Lurline Struppeck, who also picked up another W40-44 American record.

Raschker, with a 11.9 in the 100m, broke one of the oldest 40-and-over world marks — 12.0 by Ireland's Maeve Kyle, set on April 25, 1970. Raschker's American record came in the high jump when she upped one of

Continued on page 6

## Morcom Sets World M65 Long Jump Mark

### National Pentathlon Held in Los Angeles

by GARY MILLER, Meet Director  
The 1987 U.S. TAC National Masters Pentathlon Championships were held at Occidental College in Los Angeles, June 20. The combination of experienced TAC officials, a world-class facility and 52 well-trained athletes resulted in many close and exciting contests.

Boo Morcom, 66, of Wilmot Flat,

New Hampshire, was the most outstanding performer. Hard to believe, but Morcom set two five-year world records in the five-event competition. He long-jumped 17-2¼ with the wind in his face, to break the old M65-69 mark of 17-0¼, set by West Germany's Hans Bitter in 1985. His overall total points bettered all previous M65

Continued on page 14

## 900 to Compete in Nationals in Eugene

More than 900 athletes, age-30-and-up, will christen the new Hayward Field track in Eugene, Oregon on August 14-16 at the 20th Annual U.S. TAC National Masters Track and Field Championships.

National championship medals will be awarded in each event for each five-year age group for both men and women from age 30-34 through age 90+. There are no

Continued on page 7

## Jordan, Patsalis and Pickarts Break World Marks in Southern California Championships

by WOODY STUDENMUND, Meet Director

LOS ANGELES, June 20. "The three P's" — Payton, Patsalis, and Pickarts — headlined this year's Southern California District Masters Track and Field Championships by breaking world age-group records in a meet marked by perfect conditions and a record turnout. Over 220 athletes competed on Occidental College's "Coliseum-clone" facility in a meet that followed the National Pentathlon Championships held earlier in the day.

The most sentimental of the three records was a fabulous 26.8 200 by Payton Jordan. Running into a slight head-wind, the 70-year-old Jordan was away quickly and ran smoothly throughout to destroy his own pending 70-74 record of 27.4, as well as the listed M70 mark of 27.5, held by South Africa's Fred Reid.

Payton, former Olympic and Stanford track coach who also coached at  
Continued on page 5



Passing the torch. Harry Koppel (left), congratulates Payton Jordan, who broke both of Koppel's age 70-74 records this spring, with a 100m in 13.0 and 200 in 26.8. Both times are also new world M70 marks.

Photo by Tom Sturak



## CONTENTS

## DEPARTMENTS

TAC Officers.....	2
Letters to the Editor.....	2
The Gun Lap.....	6
Open Mouth.....	8
NMN Sustainers.....	9
Speaker's Corner.....	10
The Foot Beat.....	12
Profile-Ray Mahannah.....	13
Track & Field Report.....	14
Health and Fitness.....	15
Profile-Dr. George Sheehan.....	16
Training Advice-Byron Fike.....	17
Masters Scene.....	18
Schedule.....	19
Countdown to Melbourne.....	21
Report from Britain.....	26
WAVA Specifications.....	26
WAVA Officers.....	26
All-American Standards.....	27
New Age-Group Athletes.....	29
Track & Field Results.....	30
Long Distance Results.....	41

## FEATURES

Cascade Run-Off.....	4
Southeast Regionals.....	4
Jackson Rose Run 10K.....	4
Waltham Invitational.....	4
Lilac 10K.....	7
One-Mile Road Championships.....	7
Cotton Row.....	8
Desenex 8K.....	9
Bolder Boulder.....	9
Hoosier Classic.....	10
25K Race Walk Championships.....	11
Michigan City 15K.....	11
Garden of The Gods.....	11
Pacific Championships.....	12
West Penn Championships.....	12
List of Low-Cost Motels.....	12
Eastern Regionals.....	14
New Orleans Meet.....	14
Wisconsin Meet.....	14
Hayward Classic.....	15
The Race 8K.....	16
Brugge 25K.....	21
Last Place Marks in Rome.....	22
South African Championships.....	24
In Memoriam: Piet van Alphen.....	24
Eastern Europe Marathon Marks.....	25
National Senior Olympics.....	27
1986 T&F Rankings.....	29

## ENTRY FORMS/RACE &amp; PRODUCT INFO.

National 15K Cross-Country.....	3
NMN Subscription Form.....	4
Rocky Mountain Games.....	5
National 10K.....	7
National Half-Marathon.....	9
St. George Marathon.....	11
1987 Age-Record Book.....	13
Holiday Pentathlons.....	15
Classifieds.....	17
Snug Harbour Sports Tour.....	21
NMN/Sports Travel Tour.....	22
World Veterans Games.....	23
WAVA Weight Pentathlon.....	24
San Juan Championships.....	25
Muscular Dystrophy.....	28
All-American Application.....	28
NMN Advertising Rates.....	28
NMN Subscription Form.....	29
NIKE-Air Pegasus.....	44



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

## ALL-AMERICAN-AWARDS

I think the M45 standards for the 5000 (16:42) and 1500 (4:31) are far too tough. There's no way on God's earth I can even get within 40 seconds of that 5000 time, and yet I beat the 10K standard (36:00). If you were to interpolate, it would mean the 10K would have to be lowered to around 35 flat. It may just be that 36 is too soft; your 1500 is way out of reach, also, by at least 15-20 seconds. But, I did at least hit the 10K standard, so I'm pleased.

Bill Adams

Bartlesville, Oklahoma

Thank you for making the All-American-Awards possible for "normal athletes" who work hard to catch those "great athletes." We probably never will, but the All-American program helps us to keep trying.

Ross Jensen

Overland Park, Kansas

It was not easy for me to earn Masters All-American. I realize I just sprinted in under the wire (35:00 10K, 40-44) with my 34:53, so I will definitely agree that I am nowhere near the Jim Ryuns or Bill Rodgers. Who knows?

Perhaps I am the slowest All-American 40-44 runner in the U.S.A.!

It hurts, however, to see your speedier readers dumping on my efforts, and the efforts of a few thousand other serious runners, and a few million other decent serious runners. After all, TAC set the standards. Personally, I think the standards are quite fair. There are 700 major league baseball players in the U.S.A., but I'd be surprised if there are 700 sub-35 10K runners over 40 in America.

For Bill Stewart or Barry Brown or Sal Vasquez, a 35:00 10K might be a speed workout; for me, it was the most important thing I ever did in my whole athletic life. I run Long Island, and in this vast area of gung-ho runners (we had 8,000 in the largest Half-Marathon in the world this year), I'd be surprised if there are ten masters who can beat 35:00.

So gimme a break, willya guys? There are a few hundred of us out there who will never be Babe Ruths and Ty Cobbs in the 10K; we might even warm the bench a bit, and bat .238 or so. But through pluck, hard work, and dedica-

Continued on page 27

## NATIONAL MASTERS NEWS

August, 1987 — 108th Issue

Editor: Al Sheahan

Associate Editor: Jerry Wojcik

Assistant Editors: Teri Ingram

Tom Sturak

Photo Editor: Gretchen Snyder

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 \$5 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.

## NATIONAL MASTERS OFFICERS OF THE ATHLETICS CONGRESS (TAC)

## TRACK &amp; FIELD

## Chairman:

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

## Outdoor Records:

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

## Indoor Records and

## Indoor &amp; Outdoor Rankings:

Haig Bohigian  
225 Hunter Ave.  
North Tarrytown, NY 10591

## Indoor Meet Coordinator:

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

## Rules Coordinator:

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

## Outdoor Meet Coordinator:

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

## Secretary-Treasurer:

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

## Marketing Coordinator:

Joe Murphy  
3468 Stanford  
Dallas, TX 75225

## Women's Coordinator:

Christel Miller  
1740 Grandview Ave.  
Glendale, CA 91209  
(818) 843-2139

## Multi-Events Coordinator:

Rex Harvey  
3815 Lincoln Park Drive  
Des Moines, IA 50312

## Weight Events Coordinator:

Chuck Klehm  
1218 North Route 47  
Woodstock, IL 60098

## Race Walking Coordinator:

Bev LaVeck  
6633 N.E. Windemere  
Seattle, WA 98115

## Awards Coordinator:

Bev LaVeck, above

## Site Selection Coordinator:

Max Goldsmith  
481 Marcus  
Lewisville, TX 75067

## Regional Representatives:

## East:

Haig Bohigian  
225 Hunter Ave.  
N. Tarrytown, NY 10591  
(914) 631-1547

## Southeast:

Stewart Daniel  
3357 N. Napoleon St.  
College Park, GA 30337

## Midwest:

Dick Green  
8059 Rosemeade  
Rockford, IL 61107

## Mid-America:

Jim Weed  
11672 East 2nd Ave.  
Aurora, CO 80010  
(303) 341-2980

## Southwest:

Danny Thiel  
1459 Verna St.  
New Orleans, LA 70119  
(504) 486-8066

## West:

Gary Miller  
12137 Magnolia  
North Hollywood, CA 91607  
(818) 843-2139

## Northwest:

Jim Puckett  
26000 S.E. Stark Ave.  
Gresham, OR 97030  
(503) 667-7534

## LONG DISTANCE RUNNING

## Chairman:

Bob Boal  
121 W. Sycamore Ave.  
Wake Forest, NC 27587  
(919) 556-4323

## Vice Chairman Men:

Charles Des Jardins  
5428 Southport Lane  
Fairfax, VA 22032  
(703) 250-7955

## Vice Chairman Women:

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

## Secretary:

Carole Langenbach  
4261 S. 184th Street  
Seattle, WA 98188  
(206) 433-8868

## Treasurer:

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

## Road Records &amp; Rankings:

Basil & Linda Honikman  
TACSTATS  
7745 S.W. 138 Terrace  
Miami, FL 33158  
(305) 255-1405

## International

**Team Competition:**  
Ruth Anderson - Women  
(address above)

John Woods - Men  
Neils Point Road  
So. Harpswell, ME 04079

## Site Selection:

William S. Shrader  
RD #1  
Middleburg, NY 12122  
(518) 827-6709

## Awards:

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

Ruth Anderson - Women  
(address above)

## Rules Coordinator:

George Kleeman  
5104 Alhambra Valley Rd.  
Martinez, CA 94553



# THE NATIONAL MASTERS

(Men & Women)

## 15 Kilometer Cross-Country Championships

(TAC Sanctioned)

**Sunday, November 22, 1987 - 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.

Age Group Awards/Men and Women (6 each) 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75 79, 80+



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 22, 1987**

Place	Time	Runners Number

FOR OFFICE USE ONLY

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

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 I 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.



**Davies, Dixon Set 15K Marks****McCubbins Sets Record in Cascade Run-Off**

by TERI INGRAM

Canada's Chris McCubbins, 41, raced to an amazing 45:35 in the annual Cascade Run-Off 15K in Portland, Oregon, June 28, to set a new North American masters record and demolish an outstanding field of top masters runners.

McCubbins lowered the Canadian masters 15K record by nine seconds, and, at the finish, had more than a full one-minute margin on the likes of Britisher Mick Hurd (46:35), Mexico's Antonio Villanueva (46:40), West Germany's Guenter Mielke (47:41), England's Allan Rushmer (48:02), and U.S. runners Atlaw Belilgne (48:18) and Barry Brown (48:48). McCubbins' time was 23 seconds faster than the American masters record of 45:58, set by Bill Stewart in 1983.

Clive Davies, 71, of Oregon, broke his own American age 70-74 15K mark of 1:02:03 by running a 1:01:49. Patricia Dixon, 68, ran 1:17:06 to break Algene Williams W65 record of 1:18:04.

Priscilla Welch, 42, easily won the women's masters division with a 51:12, over five minutes ahead of Idaho's Gabriele Andersen, 41 (56:47).

McCubbins and Welch picked up \$1000 each for their masters-overall wins on the slightly-hilly course, which was filled with the distractions of bands, bellydancers, barbershop singing and 7500 other runners.

Excellent performances were also turned-in by Ray Hatton, 55 (51:00) and Gina Faust, 50 (59:37). Hatton was ninth master and beat everyone in the M50 division. Faust took her division by three minutes. □

**Raschker Continues Record Spree in Southeast Regionals in Atlanta**

by JERRY WOJCIK

Phil Raschker, 40, led the Atlanta Track Club to the "National Masters Team Championship" with eight first places and three seconds, which included two world and three national records, in the Southeast Regional Masters Championships in Atlanta on June 6.

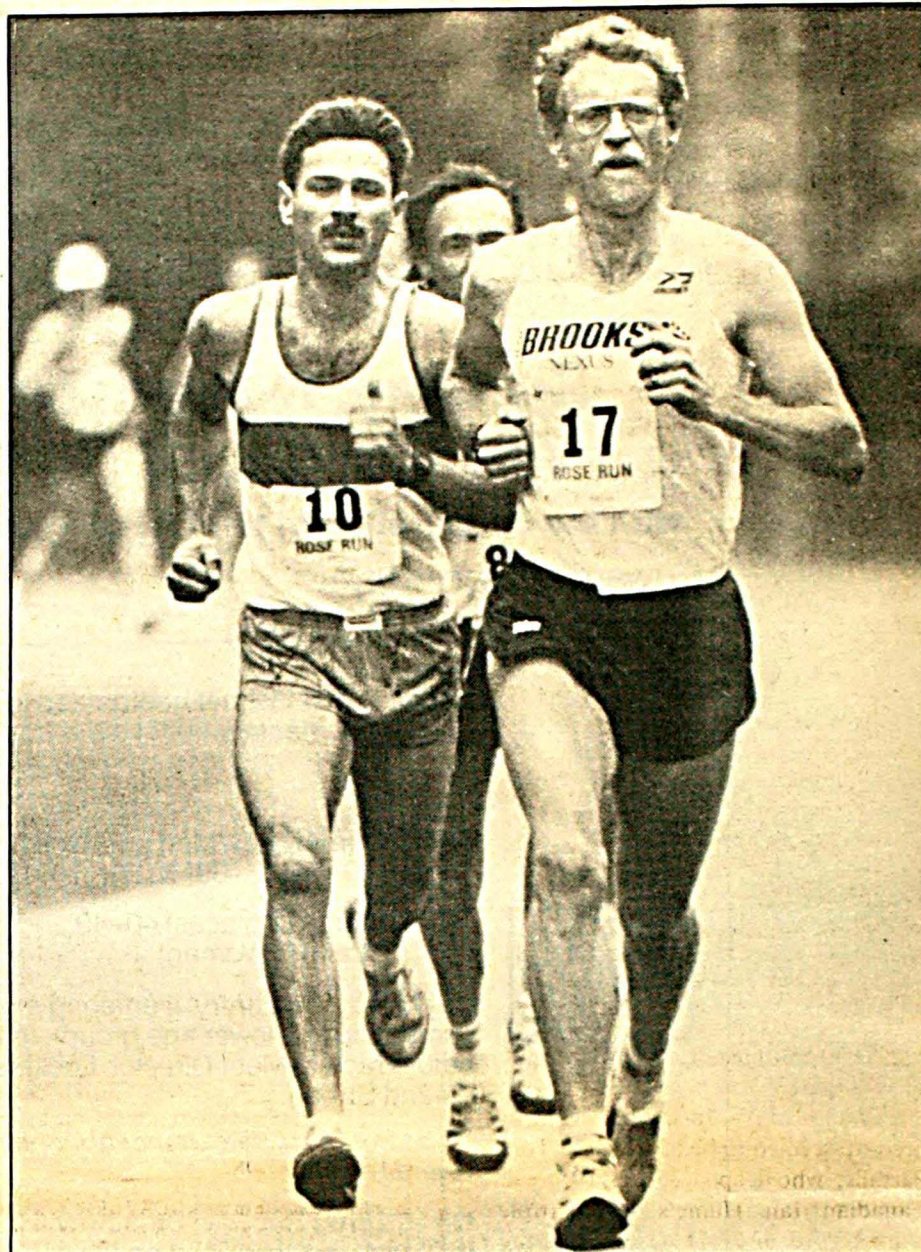
Raschker, who set a national W40-44 record of 12.76 for the 80-meter hurdles (30") in early May, ran the event in 11.98, erasing Una Lund's world W40 record of 12.39. Her second world mark was 70.59 in the 400-hurdles, a newly-recognized official event for women this year.

Two of the three American records revised by Raschker, in the 100m and 200, had belonged to Irene Obera of

California and were made in 1976. Raschker reduced Obera's 12.6 and 26.1 to 12.29 and 25.66. The world record for the 100m of 12.0 is held by Ireland's Maeve Kyle and goes back to 1970. The 200 world record is 25.0, set by Denmark's Vivi Markussen in 1980.

Raschker's third U.S. record came in the high jump, when she went 5-0 to up her month-old mark of 4-11.

The Atlanta TC outpointed the defending champion Birmingham TC, 685 to 362, for the unofficial "National Masters Team Championship." Raschker's teammate and ex-Olympian, Phil Mulkey, was also a large factor in Atlanta's victory, with eight first places and two seconds, including a U.S. age-54 record in the 110HH (16.92), in the M50 division. □



Bill Stewart (#17), enroute to winning the men's masters division of the 17th annual Jackson Rose Run 10K in a masters-course-record 32:28.  
Photo by Marcia Butterfield

**Stewart, Naughton Win the Roses**

by PHIL LOOMIS

Bill Stewart, 44, broke the masters' course record of 33:29 with a fast 32:28 in the Jackson Rose Run 10K held June 6 in Jackson, Mich. to claim bragging rights over fellow Ann Arbor Track Club member, Wally Herrala, whose 33:00 also broke his old record.

Sharon Naughton, 49, posted a 42:34 — an average 6:51 per-mile — to win female masters honors.

"Stewart took off like a mad man," said Herrala, this year's Michigan Runner-of-the-Year. "I wanted to run a steady 5:12-pace, which I did until

my calf started bothering me in the fifth mile."

Stewart, unaware he had broken the masters course record, said "I felt good. It was nice and cool. I've been trying to run 14 to 17 miles each day with the exception of one day a week, when I do intervals. Last week I ran 120 miles."

Naughton, who started running at age 40, said she was recuperating from a bad cold. "I ran a good, steady race. It didn't seem tough because I train on hills and was just 12 seconds from a PR." □

**Loudat, Randall Break U.S. 3000 Records**

Record breaking performances highlighted the 6th Annual Waltham Track Club's Masters Invitational Meet at MIT's Steinbrenner Stadium on June 15. Web Loudat, M40, and Kirk Randall, M45, broke American age-group records in the 3000 with Loudat running 8:43.7, and Randall 9:06.6. The previous M40-44 record of 8:50.0 had been held by Hal Higdon, and the M45-49 record of 9:14.2 belonged to Pete Mundle. Both records were set in 1975.

Additionally, 27 meet records were broken. Included in the record-

breaking track performances were Robert Walker's 51.1 in the M30 400; Archie Messenger's 2:31.8 in the M60 800; Sandy Stoddard's 4:06.0 in the M40 1500; Jim Haley's 4:26.9 in the M50 1500; and Barbara Sauer's 2:41.0 in the W30 800.

Records in the field events were set by Robert Sing, M30, javelin (216-4); Peter Hoogland, M35, long jump (23-2); Carl Wallin, M45, shot put (47-9); Fred Barnes, M55, long jump (16-10½); Don Knapp, M65, javelin (97-5); and Irene Thompson, W35, long jump (17-0). □

## NATIONAL MASTERS NEWS

# Subscription Form

Masters Athletics is booming!

The *National Masters News* is the official world and U.S. publication for Masters track & field, long distance running and race walking. It contains information you can't get anywhere else. It's a bargain at 12 issues a year for only \$18.75. Subscribe now.

Add postage per year:

- |  |                            |  |                                  |
|--|----------------------------|--|----------------------------------|
| <input type="checkbox"/> 1 year, \$18.75 | + \$ 8 1st class (USA,     | <input type="checkbox"/> Payment enclosed          | <input type="checkbox"/> New     |
| <input type="checkbox"/> 2 years, \$35   | Mexico & Canada)           | <input type="checkbox"/> Bill me later             | <input type="checkbox"/> Renewal |
| <input type="checkbox"/> 3 years, \$50   | + \$ 15 air mail (foreign) | <input type="checkbox"/> \$_____ as a contribution |                                  |
|  |                            | to your work                                       |                                  |

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Send to: National Masters News  
Subscription Dept.  
P.O. Box 5185  
Pasadena CA 91107

Or call:  
818-577-7233



## Jordan, Patsalis, Pickarts Break World Marks

Continued from page 1

Occidental through many of the college's glory years in track, was happy to be "home" again.

"It's great to be back at Oxy," he enthused.

Since the new rekortan surface and the mild turns make the track perhaps the fastest sea-level 200-meter facility in the world, he probably had more

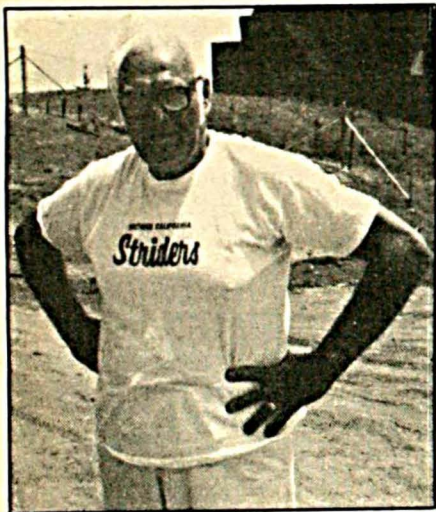


Del Pickarts, 60, after M60-64 world-record 183-8 javelin (600g) throw, SCATAC District Meet, Los Angeles, June 20.

Photo by Jerry Wojcik

than just fond memories in mind when he said that!

Of the three record-setters, the most fired-up seemed to be 65-year-old Tom Patsalis, who leaped 35-2½ to break Canadian Ian Hume's 65-69 triple jump record of 34-11¾. Patsalis, the world M60 record holder in the long jump and triple jump, recently moved up in age and was "ready for bear."



Bill Bangert, 63, hammer (127-6), SCATAC District Meet, Los Angeles, June 20.

Photo by Jerry Wojcik

Tom was scratched from the high hurdles because he was late arriving from the long jump (which he also won), but (luckily for the meet director) he took out his aggression on the triple jump runway. His record jump came on his last effort, but it followed a fifth jump of almost identical distance... he almost broke the record twice in one day!

The most predictable of the records was the 183-8 javelin throw of 60-year-old Del Pickarts. Pickarts, whose

Continued on page 8

## ROCKY MOUNTAIN AND MIDAMERICAN REGIONAL MASTERS GAMES



**SPONSORED BY:** THE DENVER TRACK CLUB  
**DATE:** SEPTEMBER 5 & 6, 1987  
**SITE:** U of COLORADO, POTTS FIELD BOULDER, COLORADO.  
**HOTEL:** Headquarters for Denver Track Club is the Clarion Hotel, 1345 28th Street, Boulder, Co. 80302, (303)443-3850. \$54.00/night or 1/2 double for \$27.00/night. Call for reservations.  
**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 (\$7.00 age 18 and under, \$10.00 age 19 and above).

**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 September 2, 1987. Late entries may be allowed to participate at the meet Directors discretion.

**INQUIRIES:** JIM WEED: 11672 East 2nd Ave., Aurora, CO 80010, (303) 341-2980  
 STEVE KAEUPER: (303) 388-8180  
 JERRY DONLEY: 1715 Alamo, Colorado Springs, CO. 80907 (303) 635-1264

### ROCKY MOUNTAIN MASTERS GAMES 1987 & MIDAMERICAN REGIONAL MASTERS GAMES

(Please Print)

NAME: \_\_\_\_\_ PHONE: ( ) \_\_\_\_\_  
 ADDRESS: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_  
 AGE: \_\_\_\_\_ SEX: \_\_\_\_\_ DATE OF BIRTH: \_\_\_\_\_ 1987 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: \_\_\_\_\_

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 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 HOSPITALITY ROOM WHERE OPEN LANES ARE AVAILABLE. NONE ON SUNDAY.

TIME	HT/DIST	
50m	H.J.	5K on Track
100m	P.V.	RACE WALK
200m	L.J.	
400m	T.J.	
800m	S.P.	
1500m	DIS.	
5000m	JAV.	
110mHH	Hammer	
400IMH	PENTATHLON	
4x100 Relay	WEIGHT PENT.	
4x100 Relay	Predict Time Mile	

Please send your entry form signed waiver and check payable to "DENVER TRACK CLUB" to Steve Kaeuper, 2263 Krameria, Denver, Co. 80207.

Pent or Wt Pent	\$ 7.00
First Event	\$ 6.00
No. of additional events entered x \$4.00 = \$	
(If over \$15.00, enter only \$15.00)	
Additional Events	\$
<b>TOTAL</b>	\$

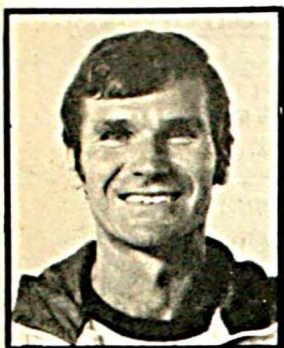
### SCHEDULE OF EVENTS

Saturday, Sept. 5	Sunday, Sept. 6
10:00 am Race Walk	9:00 am 110mHH
10:45 am 5K on track	P.V. 9'6" HT
11:00 am Pent. L.J.	H.J. 5'0" HT
11:30 am Pent. Jav.	S.P. 50 yrs. +
12:00 pm Pent. 200	9:45 am 100m & Trials
12:30 pm Pent. Discus	10:00 am L.J. (2 pits)
1:00 pm WT. Pent. Jav.	10:45 am 800m
2:00 pm Open Jav. 50 & over	S.P. 30-49
3:00 pm Open Jav. 30-49	11:15 am 50m
3:00 pm WT. Pent. Discus	11:45 am Predict Time Mile
4:00 pm WT. Pent. 35 lb. wt.	P.V. 5'0"
	12:00 pm 200m Finals
	2:00 pm T.J. Open Discus
	2:15 pm 400 IMH
	2:45 pm 400m Finals
	3:30 pm 4 x 100m relay
	4:00 pm 1500m
	4:30 pm 4 x 400m relay
	WT. Pent. Discus

The Weight Pentathlon is the National Masters Championships

NOTE: Attention athletes entering either pentathlon and open throwing events. Pentathlon throws qualifies you for placing in the open event, if entered (additional throws will not be permitted).





# THE GUN LAP

by MIKE TYMN

## The Ultimate Sacrifice

**T**hey say that opposites attract and complement each other. That seems to be the case with my wife and me.

Gina is very high strung; I'm low key. She likes seafood; I don't. She can't stand New York City; I think it's a great place. She reads mostly fiction; I never do. She hates football and boxing; I enjoy them. I could go on and on, but there is one major conflict in our personalities, interests, and lifestyles that sets us apart more than anything else; Gina is a smoker; I'm a runner.

As Gina sees it, runners are all weirdos; As I see it, smokers are all sickies.

Over our 14-year marriage, each of us has learned to adjust to the other's negative addiction. Of course, I consider mine a positive addiction, but Gina laughs at that.

The biggest sacrifice Gina has had to make had to do with our meal schedules. Most every night she waits dinner while I religiously get in my 7-9 mile workout. On weekends or on trips she has to arrange our meals around my training or racing plans.

During the first year of our marriage, Gina attended some running parties and banquets with me. But she got tired of feeling, as she put it, "like a

*"The sleazy guy next to me apparently never heard of low-tar, low-nicotine cigarettes and everytime he lit up, I would add five seconds to my time."*

criminal" when she ducked outside for a quick smoke. Some runners — mostly former smokers — would attempt to rehabilitate her, which she resented because of their "self-righteousness."

Compared to hers, my sacrifices have been few and far between. But occasionally I make THE ULTIMATE SACRIFICE. When we travel by air, I sit in the smoking section with her.

I don't complain about a little smoke

in restaurants and other places, but the smoking section on an airliner is something else. From the very moment I sit down, I feel like I'm in an alien environment.

Gina says runners are weirdos because all that you hear from them is a bunch of numbers (440, 880, 2:59, 32 minutes, PR by six seconds, etc.) and stupid excuses ("I didn't do enough interval training"). But that doesn't seem nearly as bad as what I observed in the smoking section on my most recent flight to San Francisco. First of all, there was this guy who carried on a conversation with himself most of the flight. Then there was a middle-aged woman who just kept hacking away from the very first minute she sat down. And this guy with a sleeveless leather vest, a purple streak through his hair, a gold earring and tattoos up and down his arms.

Talk about weirdos. The smoking section had plenty. They don't bother me, though. What does bother me is the thought that my wife is a member of this strange group. Except for her smoking fetish, she does not seem to fit in.

Wearing my Nike Hawaii team jacket, I felt out of place, but I settled into a seat between Gina and a somewhat sleazy looking guy with an apparent Rambo complex. As soon as the plane was off the ground and the pilot turned off the "no-smoking" sign, everyone in my section seemed to act in unison, fumbling around for their pacifiers and lighting up as if they had been deprived for days. You could see the contentment come upon them as they took that first drag and blew streams of smoke.

As the compartment filled with smoke, I recalled reading about a laboratory study somewhere, the results of which indicated that second-hand smoke negatively affected the running performances of non-smokers in the lab. I had planned to run a 10-K in the San Francisco area on Memorial Day and I was looking for a fast time.

But as I inhaled the clouds of smoke around me, I could visualize seconds being added to the finishing clock.

The sleazy guy next to me apparently never heard of low-tar, low-nicotine cigarettes and everytime he lit up, I would add five seconds to my time. Along about his sixth light-up a more serious concern struck me: Can you get AIDS by taking in smoke that has cir-

*"It didn't work out that way, however. Come race day, I was the one smokin'. I ran my fastest 10-K in two years by more than 30 seconds."*

culated through the nasal passages of an infected person?

About that time, I got up and walked back into the no-smoking section. It's amazing how much fresher the air was there. Not only that, but the people appeared normal. They all looked like clones of Pat Sajak and Vanna White, real clean-cut, healthy, normal, All-American people. They wore Nikes, Adidas, Reebok, what have

you. They didn't talk to themselves and I didn't see purple streaks in anyone's hair. I was in friendly territory.

But love dictated that I return to sit next to my wife. It was the least I could do considering all the sacrifices she had made for me. By the time the plane landed, I had mentally added a good 30 seconds to my planned 10-K time.

It didn't work out that way, however. Come race day. I was the one smokin'. I ran my fastest 10-K in two years by more than 30 seconds.

I guess the lesson here is that you can turn even the ultimate sacrifice into a challenge and overcome it. If a person can overcome the adversity of the smoking section of a jetliner, he or she can handle just about anything.

I know I feel much stronger because of that experience. I'm ready to take on anyone or anything — war, famine, pestilence, even Jacqueline Hansen and all the other ladies (oops, sorry, Jacqueline — make that gals) who chastised me for promoting equality.

Just don't tell me that Vanna smokes. I couldn't handle that. □

## Dennis Sets Two World Sprint Marks Continued from page 1

asthma problems normally limit his speed in the long sprint, uncorked a brilliant turn and powered down the straight to again defeat Springbett and Williams. His time of 22.9 easily bettered Baker's official world M50 200 mark of 23.4, and narrowly eclipsed the pending record of 22.91, run by Britain's great Ron Taylor last year.

Both Dennis' marks were run within the allowable 2.0 meters-per-second wind readings, and are subject to approval by the World Association of Veteran Athletes (WAVA) Records Committee.

Meet director Martyn Adamson found time, amidst his organizational duties, to win the M45 100, 200 and 400.

Complete results of the meet will appear in next month's issue. □

## Raschker Sets Two More Records in Tennessee

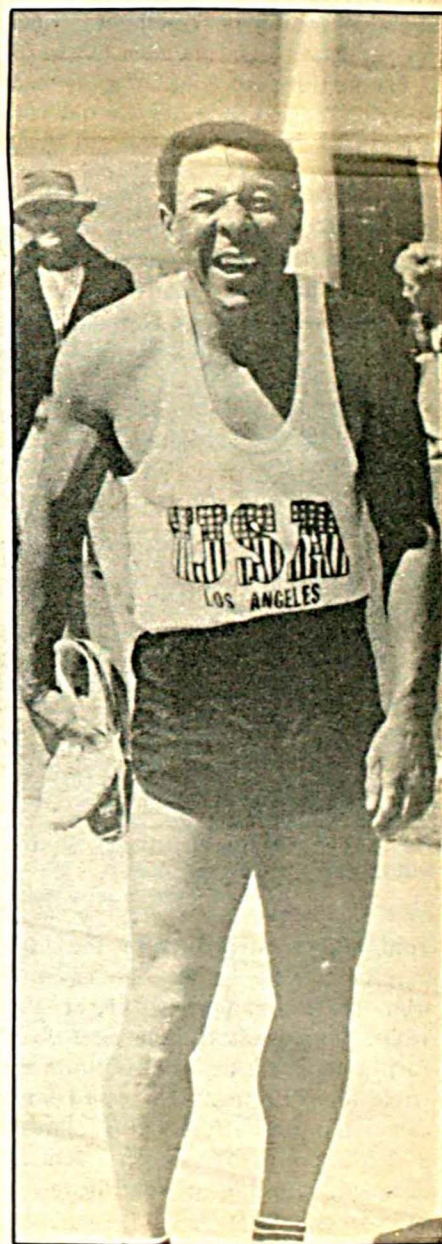
Continued from page 1

the youngest records, her own two-week-old high jump of 5-0, by one-half inch.

Struppeck added the W40-44 discus record to her U.S. W35-39 and W40-44 javelin bests with a 103-2 (31.46) throw. The old record was 98-2, set by Joanne Grissom in 1981.

Other notable performers included:

—Thad Bell, M40, 200 (23.5); James Mathis, M50, 400 (55.2); Susie Kluttz, W50, 400 (68.6); and Casey Jones, M55, 800 (2:23.9) and 1500 (4:57.8); Floyd Simmons, M60, shot (40-7½), discus (132-3), and javelin (135-5); and Nolan Fowler, M70, 35-pound weight (39-5) and 56-pound weight (18-1). □



Ken Dennis gives a world-record victory smile after his two world age 50-54 marks in the Nor Cal Seniors Classic, July 18, in Berkeley, Calif. Photo by Gretchen Snyder



After a double false-start, Bob Watanabe (right) sets a new M60 meet record (12.5) for 100 meters at the Sport-Arcade meet, Calif., March 14.



## Brown, Dalrymple Bloom in Lilac 10K

by ED CLOOS

The Manufacturers Hanover Lilac 10K, May 17, in Rochester, N.Y., featured two of the world's best masters runners in Barry Brown and Allan Rushmer, and they put on a race worthy of their reputations.

Rushmer, of Warley, England, was the defending champion, but Brown, a local favorite and summer resident of Glens Falls in upstate New York, was the decisive winner. Rushmer said it was his first loss to Brown over the 10K distance.

Brown had no thought but to win, this time, as he forced the pace from the beginning with Rushmer's green-striped singlet practically glued to his back. He made his move in the tough going of the last half mile which included a short hill and an uphill grade to the finish. Rushmer couldn't answer and finished 14 seconds behind Brown's 30:40. Brown collected \$750 and Rushmer \$500. They finished 13th and 18th overall.

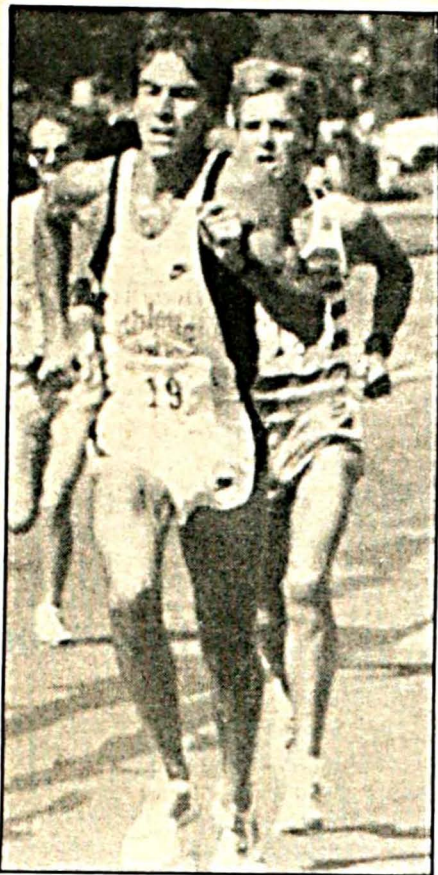
Third place masters went to local 40-year-old Dave Tresohlavsky with a 32:41.

Cindy Dalrymple of New York won the \$500 prize for first masters woman with a 40:13. Local runner Lois Hotchkiss won \$300 for second (44:17).

Brian Ferrari was the overall winner in 29:08. Kellie Cathey was first

women in 33:47. First-place men and women each earned \$1500.

There were 2305 finishers, 518 of them 40 or older. □



Barry Brown, 42, leads Allan Rushmer, 42, at the Lilac 10K, Rochester, N.Y. on May 17 held in Spokane Washington.

## 900 to Compete in Nationals in Eugene

Continued from page 1

qualifying standards needed to enter, except to be at least age 30. The entry form was printed in last month's issue. Deadline is August 7, but late entries will be accepted if space is available for an extra fee of \$20.

Low cost residence halls are available at the University of Oregon, adjacent to the track. The Eugene Hilton, the meet headquarters hotel, is offering special rates for participants and their families.

A special opening ceremony will be held on Saturday at 4:30 p.m. Awards for the 1986 Masters T&F athletes-of-the-year

will be presented by Chairman Jerry Donley at the brunch at the Hilton on Saturday.

Following the brunch, the annual Masters T&F meeting will be held. Everyone is welcome. Bring your ideas for improving the Masters T&F program. While none of the business discussed at this meeting is officially binding, recommendations are usually ratified at the official Masters T&F meeting at TAC's annual convention in December.

The complete results of the meet — including heats — will be published in next month's issue. □

## Jordeth Wins National One-Mile Road Championship in Olympia, Washington

by TERI INGRAM

Six masters course records were set on the gradual downhill of the Mainstreet Mile, June 21st, in Olympia, Washington by: M40 John Jordeth (4:09), W40 Carol Flexer (4:48), M45 Chuck Winters (4:16), M50 Derek Mahaffey (4:32), M55

Ralph Miller (4:32) and M60 Orlo Keniston (5:02).

The race, which was held on Capitol Way, was the first national masters road mile championship of TAC. Overall winners were Raymond McClanahan (3:57) and Gwen Hundley (4:44). □



SUNDAY, SEPTEMBER 20, 1987 9:00 AM

**GRAND  
UNION**

**Albany Hilton**

**Steuben  
Athletic  
Club**

For complete race information, send a self-addressed stamped envelope to: Steuben Athletic Club  
1 Steuben Place  
Albany, NY 12207

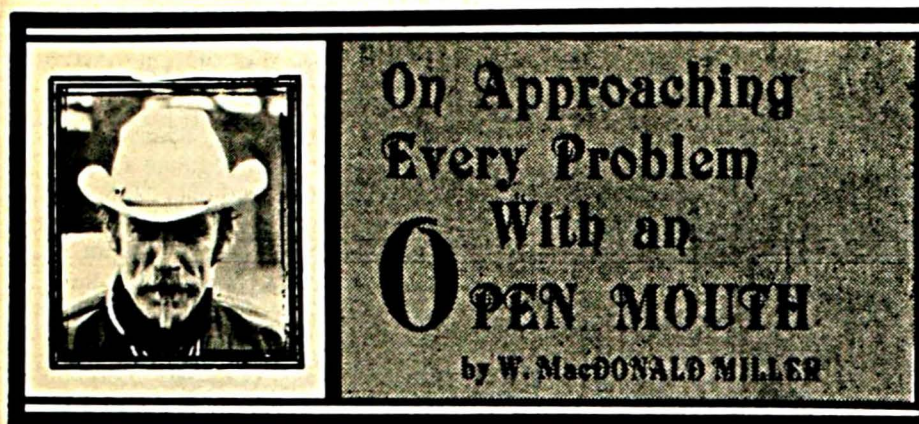
## TAC National Masters 10K Championship Adirondack Association Mens 10K Championship \$9,000.00 In Prize Money



LAST NAME		FIRST NAME		MALE	FEMALE
ADDRESS (NUMBER AND STREET)		HOME PHONE		AGE ON 9/19/87	
CITY	STATE	ZIP CODE	T-SHIRT		
TAG #		BEST OR PREDICTED 10K TIME			
TEAM INFORMATION (COMPLETE ONLY IF OFFICIAL TEAM ENTRY)					
TEAM NAME	AMOUNT	# NEEDED	TOTAL		
TEAM NUMBER	ENTRY FEE	7 00	1	7 00	
	PASTA DINNER	3 50			
	TOTAL ENCLOSED			\$	
WAIVER					
I hereby for myself, my heirs, executors and administrators, waive and release any and all rights and claims for damages I may have against the Steuben Athletic Club, Race Sponsors, the City of Albany, The Adirondack Athletic Congress and any of their agents for any injuries suffered by me during this program. I attest that I am physically fit to compete in this race. I also agree that any sponsor may subsequently use for publicity and/or promotional purposes pictures of me participating in this event without further obligation or liability from me.					
SIGNATURE					
PARENT/GUARDIAN (if under 18)					
MAIL ENTRY TO: STEUBEN ATHLETIC CLUB 1 STEUBEN PLACE ALBANY, NY 12207					

NMN





## The End of an Era

*It is the end of an era. All good things must come to an end, and, after 78 monthly columns — a span of six-and-a-half years — W. MacDonald Miller has decided to take an "extended vacation" from writing.*

*"I think I've said all I have to say," he reflected in a long phone conversation. "Besides, I'm into a new business — training steeplechase horses — and it takes a lot of time."*

*Miller still runs a little, but doesn't direct meets and races as he used to.*

*"And after all the criticism last winter," he confided, "I subconsciously began to self-edit my stuff."*

*He says he'll write a column, from time to time, "as the spirit moves me." We hope it moves him often, and, until it does, we may run an occasional "Best of Open Mouth" column to help soften our withdrawal symptoms. — Ed. □*

## Jordan, Patsalis, and Pickarts Break World Marks

Continued from page 5



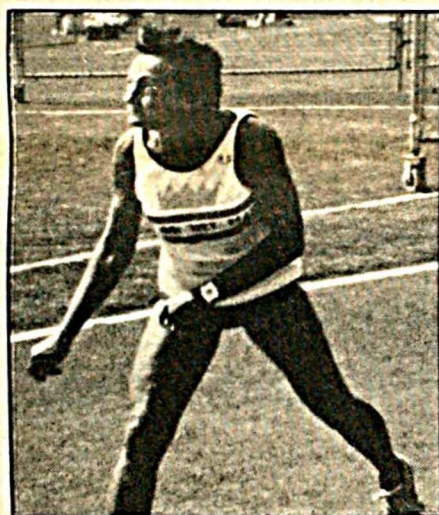
Discus thrower Bob Humphries, 51, (168-3), SCATAC District Meet, Los Angeles, June 20. Photo by Jerry Wojcik

throw exceeded Ed Chynoweth's 60-64 world record of 181-10, has been throwing the 600g javelin extremely well all spring. Competing in a field that included not only Chynoweth but also Bill Morales, the pending 65-69 and 70-74 javelin record holder, Pickarts came through like a champion despite the lack of any real aiding wind.

While the rest of the entrants didn't break other five-year world records, they did superbly well, nonetheless:

Christel Miller, 52, took time out from helping put on both meets to win the discus in a PR 82-0 and the 80m hurdles in 15.1.

Stan Whitley, 41, last year's national track athlete-of-the-year in the 40-44 age group, opened his quest for na-



Shirley Kinsey, 58, exhorting her javelin to the 77-11 mark, SCATAC District Meet, Los Angeles, June 20. Photo by Jerry Wojcik

tional and world titles with outstanding times of 10.8 in the 100m and 49.8 (from a standing start!) in the 400.

Eugene Driver, 37, blasted a 21.4 200 after getting nipped by Marion McCoy in the 100m (both were timed in 10.8).

Frank Duarte, 45, cruised to a 15:54.7 5000 that was held under the lights after much of the crowd had left.

Bob Hunt, 67, the world record holder in the highs, ran a superb 17.7 100m hurdle race and threw in a 53.0 300-hurdle victory as well.

Ed Bouldin, 39, and Ron Laird, 49, former internationalists in the racewalk, won their divisions of the 5000 walk by impressive margins.

Carl Brazelton, 36, missed the American M35 record in the pole vault by only seven inches and had to "settle" for 15-6. □



Top three masters in the Cotton Row 10K, May 25, Huntsville, Al., were, from left: Bob Ulrich (32:47), Atlaw Belilgne (32:34), and Don Coffman (32:41).

## Walters, Belilgne Win at Cotton Row

by TERI INGRAM

The name Harolene Walters is becoming commonplace, what with her taking the first women's masters spot in the Tropicana Easter 10K, finishing first woman overall at the Centerpoint Mall 10K, June 21, and having already qualified for the 1988 Olympic Trials by running 2:51:23 at the L.A. Marathon, March 1.

Walters has done it again, taking top female masters honors at the Cotton Row 10K in Huntsville, Alabama, May 25. She ran 38:31 in the pouring rain, beating out 41-year-old Bobbi Rothman (38:40) and newly-40 Becky Baum (38:51). The top-seeded master, Cindy Dalrymple, won her W45 division and fourth masters spot in 40:07.

Atlaw Belilgne, 42 (32:34), put on a furious kick to triumph over Don Coffman, 44 (32:41), and 40-year-old Bob Ullrich (32:47). Belilgne knew before the race that he would have his work cut out for him, since ten masters men with sub-32-minute PRs were entered in the race, including Jeff Galloway

(who didn't show), Larry Olsen (who was ill and didn't run), Deon Dekkers, and Belilgne himself. When Belilgne decided to drive from New York with his three children, many considered him out of the running. But he managed to overcome the fatigue from the long drive for his third straight victory at Cotton Row and a 30th-overall finish in a field of 2700 over the tough, hilly course.

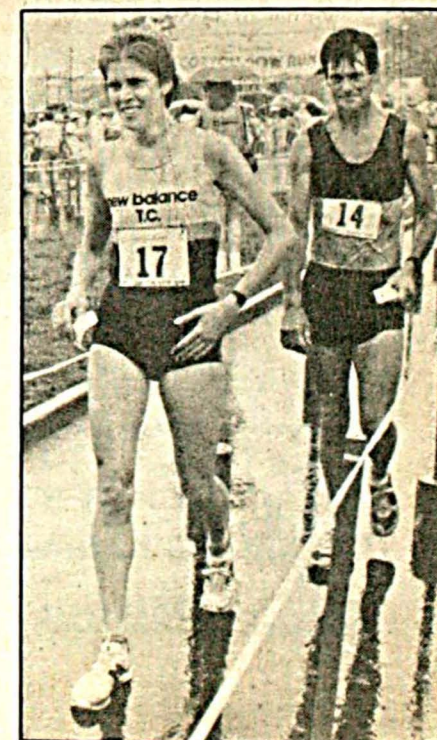
Notable, also, was 50-year-old Nancy Parker's eighth-place women's masters showing in 42:24.

Other age division winners included Michael Horton, M45 (31:20), Adrian Craven, M50 (33:08), Gerry Williams, M55 (36:28) and Gordon English, M60+ (39:30).

Overall winners were Patrick Sang (29:33) and Sue Jackson (34:29). □



Top three masters in the Cotton Row 10K, Huntsville, Al., May 25th, from left: third-place Becky Baum (38:51), first-place Harolene Walters (38:31) and Bobbi Rothman (38:40).



Ken Prior, M45 (32:26) follows overall female winner Sue Jackson into the finish chute in the pouring rain at the Cotton Row 10K in Huntsville, Al., May 25.



## Welch, Smith Top Masters Prize Winners in Boulder

by JERRY WOJCICK

Two weeks after her phenomenal 2:26:51 in the London Marathon, Priscilla Welch, 42, was the top masters money winner (\$1200 for her 10th-woman overall 35:57, plus \$100 for leading all women at one mile) in the Bolder Boulder 10K in Boulder, Colo., on May 25.

Welch, of Britain, who has lived in Boulder for three years while her husband attends school there, was running her first Bolder Boulder. "That (the London marathon) was the race we pointed for," Welch said, "so I didn't race this one hard. But I did want to be a part of this. I mean, I live here. And I should do it."

Second masters woman, Gail LaDage Scott, 41, Durango Colo., won \$800 with a 38:40, and Betty Popper, 44, Littleton, Colo., received \$500 for third in 40:52.

In the best masters field ever in the nine years of the event, Tracy Smith, who set an American masters 10K record of 29:50 in April, won a narrow victory and \$1200 by two seconds from Web Loudat. Smith, 42, of Bishop, Calif., zipped by Loudat, 40, of Albuquerque, on a hill leading to the finish line to close in 31:47.

Loudat, winner of \$800, was seven seconds ahead of Antonio Villanueva, 46, of Jalapa, Mexico, who pocketed the third-place \$500 check.

Villanueva's countryman, Arturo Barrios, 24, led a platoon of Mexican runners, who claimed 10 of the first 13 spots, to the open victory (29:06). Canadian Nancy Tinary, 27, was the women's winner in 33:59. □

### 10 Join Masters Sustainer List

Thanks go, once again, to those thoughtful enough to send donations to help "sustain" the National Masters News. With your help, we are able to keep up the standards of NMN. Donations should be sent to NMN, P.O. Box 2372, Van Nuys, CA 91404. Thanks go to:

Track and Field Association  
R.F. Charnock  
Carl Higgins  
Harry Illingsworth  
J. Boyce Jacques  
Carol Johnston  
Joe King  
Kirk Randall  
Jerry Siefert  
Sally Strazdens



Emson Grimm, 61, exiting hammer cage, SCA/TAC District Meet, Los Angeles, June 20. Grimm is on the mend after double by-pass surgery.  
Photo by Jerry Wojcik

## Desenex Rubs Frechette, Shaver the Right Way

by ED CLOOS

There was modest prize money, but the masters race was for pride as local stars Derck Frechette and Dave Tresohlavy hooked up in the Desenex 8K Run on Park Avenue in Rochester, N.Y., May 29.

Frechette avenged a loss suffered 12 days earlier with a strong finish and a 10-second masters victory margin (11th overall) in 25:09. First prize was worth \$75 and second was \$25.

First masters woman was Mary Shaver (32:17), followed by Lois Hotchkiss in 33:33. Prize money in all cases was the same for women and men.

The race was run on a certified course, but a wrong turn by the lead vehicle cut a block off the route, making times inaccurate.

Olympic marathoner John Tuttle repeated as overall winner in 23:19, winning \$200. First woman was Kathy Brown in 29:12. There were 686 finishers.

Sponsor Pennwalt, Pharmacrast Consumer Products Division, made it possible to turn over all \$5,805 in entry fees to CURE Childhood Cancer Association. The race was sponsored jointly by the Greater Rochester Track Club. □

## 1987 TAC NATIONAL MASTERS HALF MARATHON ROAD CHAMPIONSHIP

Individual Championships for Men & Women

Sunday, November 15, 1987  
Oklahoma City, Oklahoma  
at Lake Overholser



**PLACE:** Start & Finish at NW 16th Street and Lake Overholser Drive.

**TIME:** 8:00 a.m., Sunday, November 15, 1987.

**AGE GROUPS:** 5-year. Men and Women, 40 — 80 plus.

**ENTRY FEE:** \$10 — Payable to Oklahoma City Running Club.

**ENTRIES CLOSE:** by mail — Postmarked Tuesday November 10, 1987.  
in person — At Race Headquarters, November 14th only.  
Positively no post entries.

**AWARDS:** TAC Championship Medals to 1st. 2nd. 3rd in each group: ribbons to 4th. 5th. 6th. Championship patches to all winners.

**T-SHIRTS:** To all registrants who pick up packets. No packets mailed.

**RACE HEADQUARTERS:** Nov. 14th: The Runner Store, 9644 N. May Avenue, Oklahoma City, (405) 755-8888 — For in-person registration and packet pick-up.  
Nov. 15th: Race site start — For packet pick-up.

**POST-RACE PARTY & AWARDS PRESENTATIONS:** At the Pavilion (near finish) at approximately 10:30 a.m.  
Fruit, fluid and other food delights plus good fellowship.

**Detach and mail to: Jim Smith, 2408 N.W. 112th Terrace, Oklahoma City, OK 73120. (405) 752-9097, evening.**

NAME \_\_\_\_\_

AGE \_\_\_\_\_ D.O.B. \_\_\_\_\_ SEX \_\_\_\_\_ AGE DIV. \_\_\_\_\_

STREET \_\_\_\_\_ CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

HOME PHONE ( ) \_\_\_\_\_ BUSINESS PHONE ( ) \_\_\_\_\_

T-SHIRT SIZE SM. \_\_\_\_\_ MED. \_\_\_\_\_ LG. \_\_\_\_\_ X-LG. \_\_\_\_\_

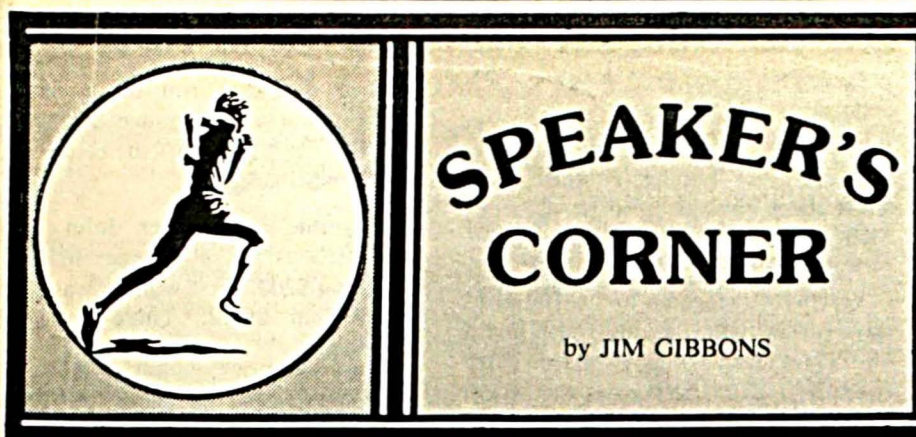
BEST HALF MARATHON TIME IN LAST TWO YEARS \_\_\_\_\_

I consider myself adequately trained for this competition. I absolve the OKC Running Club and TAC Oklahoma and anyone involved in this event from any liability for injury or illness suffered by me in connection with this event. If I should suffer injury or illness, I authorize the officials of this meet to use their discretion to have me transported to a medical facility and I take full responsibility for this action.

Signed \_\_\_\_\_ Date \_\_\_\_\_

Enclose check for \$10, payable to OKC Running Club.





## The Perfect Running Excuse

**Y**ou can pick up any running magazine and read about The Perfect Training Program, The Perfect Runner's diet, or How to Run the Perfect 10-K, but do they tell you what to say when some guy pushing his infant son in a running stroller outkicks you in the Family Footrace?

These know-it-all magazines might help to explain what happened to your body when you "hit the wall" at the 20-mile mark in your last marathon, but what do you say when your neighbor's 12-year-old daughter passes you in the local fun run?

What you need is what the running magazines have so far failed to deliver: The Perfect Running Excuse.

Relax, I know there isn't one perfect excuse that fits all occasions anymore than there's one perfect shoe that fits all feet, but having mingled with runners of all ages, abilities, and alibis, I have come up with a list of "can't miss" running excuses for almost every running occasion.

1) *The Perfect Pre-Race Excuse:* It's the big hometown race. Everybody will be there, including world-class runners, the media, non-running family and friends, and that cute redhead who teaches aerobics at the Fitness Farm.

Sure, you've been training, but you know your limitations, and even if you have a good race, it'll be overshadowed by the big names. This is *not* a "cherry pick." Several women will smoke you in this one. What to do? How to save face?

Show up on race day looking very relaxed. Under dressed. No flash. Leave your Sock Racers at home. Wear your favorite training sweats, and don't — I repeat — **DON'T** warm up at the race site. Just stand around looking tired. Then when people ask you what's wrong, tell them: (a) "Wrong? Oh, I feel okay...well, I had a 105 fever last night, but I'm just going to jog easy;" or (b) "I guess I haven't recovered yet from that last string of 100-mile training weeks;" or (c) Tell them you're following the Jeff Gallopaway Training Program, which dictates that you "run through" this race. Running through a race means that you don't taper, you don't rest before or after. You're using the race for a hard training run. In short, The Perfect Excuse for a mediocre time.

By the way, it's become rather chic to show up for a race that you ran 10 or 15 miles to get to. No, you don't run

this race, but you hang out and enjoy a few Lite beers, and talk about this new program as if it's really going to improve your times.

If someone asks what you're training for, you must think big. Tell them Boston, New York, Paris, or the World Veterans Games in Melbourne, Australia. Any big race that's at least six months down the road. Anything can happen in six months.

2) *The Perfect Post-Race Excuse:* Okay, you made the miscue of telling people you were going for a PR (Personal Record), and, well, let's face it, you failed miserably — practically a PW (Personal Worst). Don't console yourself with that "all-finishers-are-winners" hogwash. What you need is an excuse — and a damn good one!

Take your pick:

A) *The Inaccurate/Unmarked Course Excuse:* If the course was poorly marked or had lots of turns, or, better yet, out in some deserted vineyard, you went off course and ran at *least* an extra mile. If the course is not certified, then you're *sure* that the third mile was long. Here it helps to get a front runner to agree with you.

B) *The Big Owie Excuse:* You re-injured your 1) Hernia; 2) Hamstring; 3) Sciatic nerve; 4) Hemorrhoidal tendon; 5) Plantar fascia (don't worry about pronouncing it right, they won't know — or care — what you're talking about anyhow).

C) *The Heavy Mileage Excuse:* (refer to #1b) This popular excuse works well anytime.

D) *The Zero-Mileage Excuse:* You haven't run in three weeks because... you'll think of something.

E) *The Couldn't-Pass-Up-A-Cheap-Thrill Excuse:* (perfect for road trips) You met this ultra-marathoner at the carbo-loading party and thought a little pre-race warm-up might help you sleep more soundly. That evening taught you a whole new meaning to heavy endurance.

Remember, The Perfect Running Excuse relies as much on delivery and timing as it does on substance and

sincerity. You don't finish a race with snot in your mustache and crack: "That was a tough sombitch!" But rather, after someone else mentions the hills, "Yes, the course was deceptively difficult." This implies that you didn't run as fast as you planned, but you have accepted the challenge, and you'll be back next year.

Another point to keep in mind: People get tired of listening to excuses. The Perfect Excuse should not sound like an excuse. The Perfect Excuse is a lot like the perfect race — it's effortless. The Perfect Excuse should be as easy as telling the truth. However, no matter how desperate you become, don't rely on the truth for an excuse, as it is usually too corny to be believed.

One more point before we go on to number 3. When someone asks you your time, don't always give it in seconds. For example, if your time was

over 36:30 but under 37, forget the seconds and just say 36. If your time was *under* 36:30, then mention the seconds. I call this "positive rounding off."

If you want to throw someone off balance or know someone who can appreciate a little humor, try this one. In a 10-K last year I was disappointed because I planned to go under 35, but ran 35:02. When a friend asked me my time, I said: "Thirty-four. . ." and I paused only briefly, "sixty-two."

3) *The Perfect Excuse for Non-Running Friends Who Weren't There:* Forget an excuse for these flab-lubbers. They don't know jack cheese about running anyhow. Just LIE! Tell them you won. After all, when is the last time your local newspaper even bothered to publish any race results?

□

### Ray Clocks 10.52 in M40 100

## One World and Three U.S. Marks Set at Indy

by JAMES WARE

The 9th Annual Hoosier Track Classic at Indianapolis on June 21 drew 125 masters athletes, and this relatively small group literally rewrote the record book, setting one world record, three American records, and 57 meet records.

Besides that, 60 marks exceeded the TAC Masters Standards of Excellence, including the first three places in the M40-44 100m, M45-49 100m, and all places in the long jump for every group M45 through M80.

Clarence Ray of Detroit raced to a 10.52 in the M40 100 to break the 15-year-old world M40 record of 10.7, set by Olympian Thane Baker in 1972. Ray then erased Baker's U.S. M40 200 mark of 22.3 with a 22.22.

Paul Williams of Cleveland tied the American M50 record of 11.3 in winning the 100.

Sheila Evans of Indianapolis set an American record in the W70-74 triple jump of 19-5. Evans already holds the W70-74 world record in the high jump.

Another Indianapolis resident, Donna Pope-Green, W30-34, won the long jump with a leap of 20-¾. She had a jump of 19-6 at Madison, Wisc., in March.

Another outstanding performance was turned in by Gary Oliphant of Wichita, Kansas. His time of 5.80 in the M45-49 50m would probably qualify as an American record if any records where kept in this event. He also won the 100m (11.2), 200 (23.9), and long jump (18-3½).

JoAnn Grissom, a former Olympic medalist and present age-group holder, did an excellent job as head timekeeper. □



The winning West Valley Joggers & Striders 40-49 team at the National 20K Championships in San Diego, March 28, consisted of (l to r): Don Dugdale, Jake White, Tim Rostegge, Dave Rivera, Sal Vasquez and Frank Ruona.

Photo by Bob Langsfeld/SDTC



## Walker Wins 25K Race Walk Championships

from ROSE KASH

Larry Walker of Canoga Park, Calif., won the U.S. TAC National Men's Masters 25K Racewalk Championships in Long Beach, Calif., on May 24 with a national age-44 record 1:59:59. Walker, a several-time Olympic qualifier, also led the California Walkers club to the masters team championships.

Max Green, 55, of Taylor, Mich., was second in 2:14:06, and Ron Brennan, 40, of Phoenix came in third with a 2:15:53.

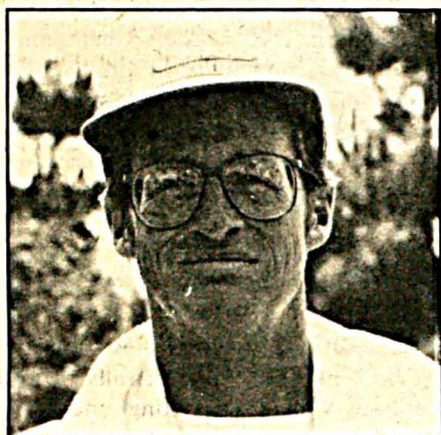
In addition to Walker's record, masters men's age records were set by Bill Talmadge, 71 (2:52:12), Gordon Wallace, 77 (3:09:45), and Tony Perona, 78 (3:09:03).

The race was also the Southern Association/TAC 20K championships for masters women. Jolene Stiegerwalt, 43, of San Diego finished first in 2:07:00. Caroline Butler, 40, of Costa

Mesa, Calif., placed second in 2:08:17, which led the Easy Striders team to the masters team victory.

National age records were set by Jill Latham, 50 (2:14:03), Ruth Sorensen, 65 (2:19:30), and Anne Long, 51 (2:31:53). The race also served as the national championships for senior women and was won by Teresa Vail, 24, of New York with a U.S. senior women's record of 1:42:24.

The events, organized by the SCA/TAC Racewalk Committee and directed by Jim Hanley, drew a total of 81 starters from 15 states and three countries. □



Larry Walker, 44, first master in the TAC National 25K Race Walk in Long Beach, CA, May 24. Walker's time was 1:59:59.

Photo by Rich Robertson



## Utes Pinches Prize

For the 23rd annual running of the Michigan City (Indiana) Run on June 21, race director Hal Higdon offered age-graded prizes, hoping to reward some of those near to him in age, but only Warren Utes of Park Forest, Ill. rose to the challenge, winning the 65-69 division in 61:27 on the certified 15K course.

Utes won \$50 for the third-best age-graded time, but the top two male finishers — Scott Jenkins and Mike Dobrient of Milwaukee — won the other two age-graded awards (\$150 and \$100) as bonuses to cash prizes of \$300 and \$200 for finishing one-two in 47:12 and 48:45, respectively.

Nadine Wiencik, a junior at Purdue, was first female in 59:25, but couldn't accept the \$300 prize because of NCAA restrictions. First over-40 female was Althea Laitinen in 71:01,

while Warren Johns was best male master in 53:27 on a hot and humid day.

The age-graded prizes were offered to the runners coming closest to the five-year national age records for 15K. "We may increase the percentage of age-graded prize money next year," said Higdon, "because, as Jenkins and Dobrient proved, the money goes to the fastest performers, regardless of age."

Higdon, slowed by an injury to his right leg, was unable to compete in his own race. Dr. George Sheehan, who appeared as guest speaker at a pre-race banquet, also failed to run because of an injured left leg. "If we put the two of us together," said Dr. Sheehan, "maybe we could come up with one good runner." □

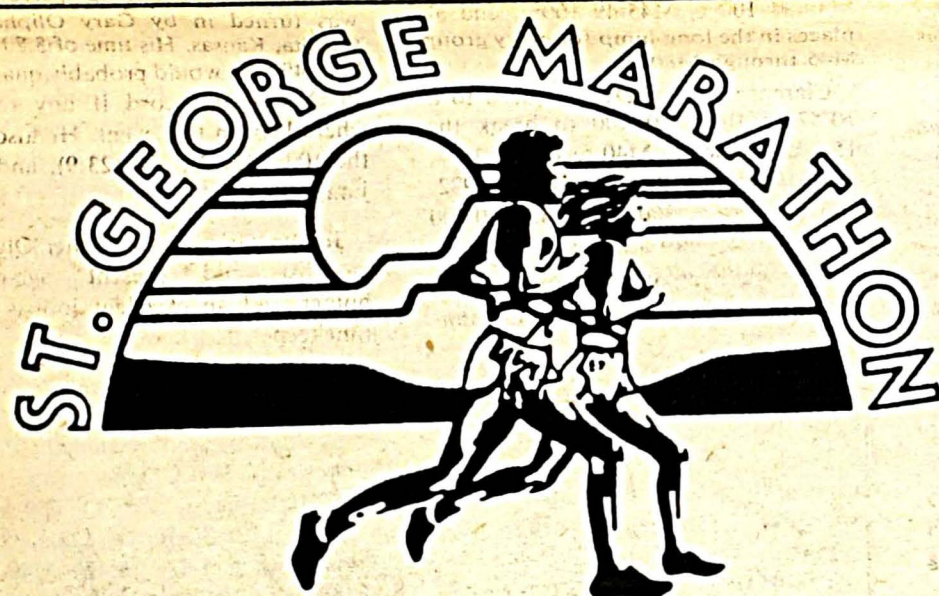
## Ross, Gehling Conquer Garden of the Gods

Despite 70-degree heat and a rocky, hilly course, Frank Mencin (M35, 54:52) and Lisa Kolb (W60, 1:20:57) turned in good times in the Garden of the Gods 10-mile race in Colorado Springs, June 7.

Don Ross (58:24) edged Larry Ingram (58:28) for the M40 crown, while Rosalia Gehling was first over-40 woman in 1:11:35. More than 2500

runners participated.

The Garden of the Gods race is the first in the "KRDO Triple Crown of Running," a series of three races in the Colorado Springs area. The Diet Pepsi 10K on July 19 is part two, with the Grand Finale being a choice of the Pikes Peak Ascent on August 22 or the Pikes Peak Marathon on August 23. □



SATURDAY, OCTOBER 3, 1987, ST. GEORGE, UTAH  
TAC CERTIFIED COURSE • TAC SANCTIONED

25 Age Group Divisions

Sponsors: St. George Leisure Services Department  
KUTV (NBC) Salt Lake City  
First Security Bank of Utah

For entry form or information write:


St. George Marathon, St. George Leisure Services, 86 South Main St., St. George, Utah 84770.  
Phone (801) 634-5850

## Five Great Reasons to Join Us for Our 11th Year:

- **Great competition:** For past 6 years, have averaged 1700 runners from 24 states.
- **Great course:** Point to point downhill (3000 ft. net drop) past mountain ranches, cedar forests, canyon vistas, and southwestern desertscapes.
- **Great times:** Records: Paul Cummings-2:15:15, Cheryl Harper-2:42:07. 6 women qualifiers for '88 Olympic trials. 4 masters women under 3 hours.
- **Great treatment:** Race theme and goal, "We treat our runners right."
- **Great coverage:** Live TV coverage plus tape delay on KUTV (NBC-Salt Lake City).

*The biggest little marathon in America.*





**Pagliano's Podiatric Pointers**

# THE FOOT BEAT

by JOHN W. PAGLIANO, D.P.M

## Ankle Sprains

**Q.** I have been an avid long distance runner for the past several years. I enjoy running but I am continually spraining my ankles. I have been told that I have weak ankles and to stop running. What should I do?

**A.** Chronic ankle sprain is a problem that is commonly seen in almost all sports. It becomes more of a problem in long distance runners as they cannot tape and immobilize the ankle such as is done to football and basketball players. Some ankle rotation is needed to run hills and control the foot over uneven terrain.

Most ankle sprains are initially caused by the day-dreaming runner stepping off of a curb or tripping over holes in the running surface. Most sprains are rather mild in nature and the athlete can continue on with his or her

training program after a few tender steps.

In more severe cases, the athlete usually is forced to forego athletic activity for several days and treat with RICE (rest, ice, compression and elevation).

However, there are those who continually sprain their ankles and, as a result, the ankle ligaments can no longer stabilize the ankle as they should. In these cases, the 'chronic ankle syndrome' occurs and these ankle sprains becomes more frequent and the ankle becomes weaker.

Obviously, a good biomechanical elevation is needed to determine if there is any underlying mechanical problem that could be causing these chronic sprains. If so, a good athletic foot orthoses may control some of the excessive foot and ankle rotation. This, coupled with a good motion control, should can be an effective way to control the chronic ankle syndrome.

This should be combined with ankle-

strengthening exercises such as published in *Runners World* magazine, August, 1984.

This will help strengthen the ankle and prevent reoccurrence of the sprain.

(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.)

## Stratton Breaks Own Discus Record

### Wyatt High Jumps to WR 5-10½

by JERRY WOJCIK

Herm Wyatt upped his pending world record of 5-9 for the M55-59 high jump by 1½ inches in the Pacific Association/TAC Masters Championships in his home city of Los Gatos, Calif., on May 23. Wyatt's leap is four inches better than Boo Mercom's mark in 1976. John Brown of Missouri also has a pending mark (5-8½) in that division.

Wyatt already owns the M45-49 (6-2¼) and M50-54 (6-2) world records.

Joan Stratton of South Lake Tahoe, Nev., broke her own three-week-old national W35 discus record of 125-5 with a 126-4 throw. Stratton was near the U.S. W35 javelin record of 117-5 with a 115-5 toss.

Top master in the short sprints was Martyn Adamson, M45, with an M40-and-over best in the 100m (11.65) and a division win in the 200 (23.47). Don Benton, M55, beat strong fields in the 100m (12.67) and 200 (25.83).

In the 800, Searcy Barnett was chased to an M40 win (2:01.5) by Dennis Tracy (2:02.4) and Dennis Duffy (2:05.8). Harvey Franklin was a close winner in the M40 1500 (4:11.2) with Tracy second (4:11.4) and Jim Hampton third (4:12.2).

The hurdles produced two exciting races. Ed Baskauskas edged Frank Roublick in the M35 110H by 1/100th of a second with a 16.88, and Ted Cain (58.51) out-legged Bill Knocke (58.55) to the finish in the M45 400H.

Like Wyatt, other high jumpers were on form — Patricia Reed, W30, jumped 5-8, and Walter Dahlin won the M65 contest with a 4-6.

The throws were replete with big names and long marks. Olympian bronze medalist in the discus (1976 and 1984), John Powell, M35, hit the 202-6 mark. British hammer star Mat Mileham, M30, who attended Fresno State University, finished with a 219-11. Hammer thrower Ed Burke, M45, who came out of a long, self-imposed retirement to qualify for the 1984 Olympics and to carry the U.S. flag in the opening ceremonies, threw 180-0.

Javelin throwers Phil Conley (M50 WR 188-0) and Ed Chynoweth (M65 WR 181-10) were division winners with 171-1 and 140-5, respectively. Chynoweth is back in competition after a three-year layoff after suffering a severe injury in a fall during a practice throw.

## Over the Hill Tops at West Penn

The Cleveland-area-based Over The Hill Track Club M30-39 and M40-49 contingents won team titles in the West Penn T&F Championships at Washington, Pa., on May 30.

The OTHTC subdued the host West Penn TC for the men's submasters title, 35-39, and dominated the M40-49 match-up with 58 points. West Penn took the M60+ trophy with 38 points.

Individual winners included: Paul Williams, OTHTC, who won the M50-59 100m in 12.2 and the 200 in a masters-best 25.8; Barry Kline, Sr., WPTC, with a 5-5½ in the M40-49 high jump; and Fred Hirsimaki, who threw 37-6 in the M60-69 shot put.

Essie Kea, OTHTC, won several W40-49 events, highlighted by a 4-0 high jump.

## List of Low-Cost Motels

Where can a masters athlete find a good — but inexpensive — motel? Traveling to meets and races can be expensive, unless one knows where to find the bargains. At the left is a list of the top 50 economy lodging chains in the U.S., with prices and home-office phone numbers. Chances are, there'll be one of these motels near the site of your next competition.

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.

## TOP 50 ECONOMY/LIMITED SERVICE CHAINS

CHAIN NAME	# of LOCATIONS	# of ROOMS	RATES	TELEPHONE
1. Days Inns	443	66,400	\$25-75	800-325-2525
2. Motel 6	409	45,800	18-26	805-682-6666
3. Travelodge	440	34,500	22-65	800-255-3050
4. Econo Lodges	396	31,900	20-75	800-446-6900
5. Super 8 Motels	402	25,700	22-55	800-843-1991
6. Comfort Inns	275	23,800	30-50	800-228-5150
7. La Quinta Motor Inns	187	23,500	32-55	800-531-5900
8. Rodeway Inns Internat.	151	17,000	28-64	800-228-2000
9. Red Roof Inns	161	17,600	24-37	800-848-7878
10. Hampton Inns	104	13,400	25-60	800-HAMPTON
11. Hospitality Internat.	217	17,300	19-45	800-251-1962
12. Knights Inns	107	11,800	27-32	614-876-1569
13. National 9 Inns	81	4,400	UNKN.	800-524-9999
14. Allstar Inns	69	7,300	24-30	805-687-3383
15. Sixpence Inns	39	4,700	20-28	714-250-1922
16. Shoney's Inns	38	4,800	28-45	800-222-2222
17. Regal 8 Inns	54	5,900	23-28	800-851-8888
18. Budgetel Inns	42	4,400	25-37	800-4 BUDGET
19. Friendship Inns	142	5,500	22-35	800-367-6388
20. Drury Inns	43	4,900	32-50	800-325-8300
21. Ha'Penny Inns	29	3,500	UNKN.	800-854-6111
22. Imperial Inns	62	3,900	30-45	800-368-4400
23. Downtowner/Passport Inns	39	3,300	20-40	800-238-6161
24. Chalet Suisse Internat.	30	3,200	30-40	800-258-1980
25. Vagabond Inns	43	3,700	40-60	800-522-1555
26. Family Inns of America	32	3,200	UNKN.	800-251-9752
27. Excel Inns	26	3,000	24-37	800-356-8013
28. Lexington Hotel Suites	19	2,900	40-70	800-527-1877
29. L-K Motels	53	2,800	25-37	800-848-5767
30. E-Z 8 MOTELS	31	2,800	18-33	619-291-4824
31. Travelers Inns	16	2,000	20-40	714-773-0555
32. Cricket Inns	18	2,200	23-30	800-872-1808
33. Luxury Budget	21	1,700	25-45	800-441-4479
34. Signature Inns	15	1,700	43-45	800-822-5252
35. America's Best Inns	19	2,000	24-33	618-997-5454
36. Dillon Inns	14	1,700	36-49	800-253-7503
37. Wynfield Inns	6	1,100	UNKN.	800-327-0571
38. Envoy Inns	15	1,700	25-30	800-227-REST
39. Koala Inns	14	1,600	60-80	800-343-7000
40. Shilo Inns	21	2,100	26-69	800-222-2244
41. Texian Inns	18	2,100	UNKN.	800-531-1000
42. Cross Country Inns	10	1,200	26-28	800-621-1429
43. Skylight Inns	14	1,600	33-48	800-321-6336
44. Travel Host	22	1,100	21-27	800-346-4974
45. McIntosh Motor Inns	9	1,100	27-34	215-279-6000
46. Roadstar Inns	12	1,000	23-33	608-273-9832
47. Lees Inns of America	7	500	36-44	800-822-9700
48. Amberly Hotel Corp.	5	800	55-71	800-227-7229
49. Prime Rate	9	700	26-00	800-356-3004
50. Select Inns	7	700	23-30	800-641-1000



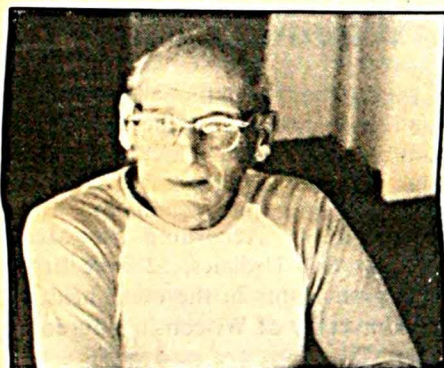
# PROFILE

## Ray Mahannah: "In The Groove" For Over 60 Years.

**R**ay Mahannah had his fastest times 50 years ago. A 4:09.8 mile in 1937 when he was the captain of the Drake University track team was within four seconds of the world-record of the day.

Now 71, Mahannah may be enjoying his *best of times*. The Modesto, Calif., resident admits that he'd be hard pressed to break six minutes for a mile now, but he says that he's enjoying running as much now as ever, if not more. He regularly competes in races all over Northern California.

"I just enjoy it," he responds when asked what has kept him in the sport without any real layoff for 58 years. "It's a different ball game now. There are so many people who can wipe me out, but I've gotten used to that. I run because I feel it's good for me, and it's a form of discipline. It makes me



Ray Mahannah has been running for over 60 years with no real lay-off, despite the loss of a lung in 1955. At age 61, he ran 5:17.3 for the mile, then an over-60 record.

watch my diet and exercise regularly. I've been in the groove for so many years it's hard to get out of it."

Mahannah actually started running more than 60 years ago in his birthplace of Merville, Iowa. "I used to trap mink and muskrat and I'd run five to 10 miles a day doing that," he explains. "And I'd run from one town to another just for the fun of it."

Trapping and running over the fields of Iowa not only helped Mahannah develop a strong base before entering high school, it also put money in his pocket. "There were times I made as much as my father did as a pharmacist," he remembers.

A 1:57.4 half-mile at Merville High was largely responsible for getting Mahannah a full scholarship to Drake in Des Moines, then one of the national track powerhouses. "That was a pretty decent time in those days," Mahannah remarks, also recalling that he had 10.4 100 speed in high school.

At Drake, Mahannah had a "flock of 1:55 halves" to go along with a 1:50 on a relay leg. His 4:09 mile came in a non-winning effort, but he had his

share of victories at that distance, usually in the 4:11 to 4:14 range. He also recorded a 9:04 two-mile. But Mahannah was overshadowed somewhat by runners who have gone down in miling history — Glenn Cunningham, Archie San Romani, Don Lash, and Lou Zamperini.

"My trademark was to run a fast 1320 (three-quarters), usually right on 3:04," Mahannah says. "Cunningham would always tell me that he hated to see me coming, because he knew it was going to be a fast pace."

Cunningham also told Mahannah that he would never beat him, no matter how fast he took it out. "And I never did," Mahannah comments. He remembers Cunningham with great admiration: "I don't think he ever really

**"Glenn Cunningham told me I would never beat him, no matter how fast I took it out. And I never did."**

realized his potential. He had those badly burned legs, you know. I still see him as one of the great people of all time."

Were they thinking four minutes back in 1937? "By God, no!" Mahannah answers, recalling a race in which Wayne Rideout beat Cunningham in a "world-record" 1320 of 3:00.3. "You know if we were having trouble getting under three for 1320, we weren't thinking four minutes for a mile."

At Drake, Mahannah often tripled, including a leg on the mile relay. "Most of us were triplers," he says. "When you're a scholarship athlete you do pretty much what you're told, at least you did then." He did no over-distance training in college, nor did he run on the roads. But he remembers doing repeat quarter and half miles, although very few by today's standards.

Training wasn't the only thing that was different then, attested to by a letter in Mahannah's scrapbook from Dan Ferris, then head of the AAU. The letter details \$122.75 in expense for Mahannah to travel from Des Moines to New York for a 1938 race. "There was no appearance money or anything like that," Mahannah says, laughing. "You were satisfied just to get travel expense."

After graduating from Drake in '38, Mahannah began teaching school in Iowa, advancing to superintendent of a school district after several years. He also put in a tour in the Army. All the while, he continued competing in AAU meets.

An August 19, 1944, clipping in his scrapbook entitled "Iron Man vs Iron Horse" tells of an upcoming 18-mile race between Mahannah and the horse Gray Eagle. Neither finished, but Mahannah went 14 miles and outlasted the horse.

Mahannah moved to California in 1954 to pursue a doctorate at the University of California, Berkeley. At Cal, he came in contact with Francis Henry, one of the world's leading exercise physiologists, and expanded his knowledge of running. He began teaching English at nearby Hayward High School and also took on duties as track coach there.

While coaching, Mahannah usually ran with his students. From 1954, when he was 39, to 1960, he ran more than ever before, sometimes as much as 100 miles a week of training. That was before such megamileage became accepted. That was also after losing his left lung to cancer. "I've never smoked, but my mother did," he gives as his theory of what caused the problem.

In 1957, two years after losing the lung, he finished second to Walter Van Zant in the Petaluma Marathon and seventh in Bay to Breakers. "I don't think it (the loss of the lung) ever made much difference, except for running hot," he says. "You don't ventilate as well with only one lung."

Of all his running accomplishments, including even those during his college days, Mahannah treasures a 5:17.3 mile in 1977 at age 61 — an over-60 world-record at the time — the most.



Pictured here in 1937 showing his winning form is Ray Mahannah, now 71.

"It was quite something," he comments. "Everyone was there and I was the last guy to be placed." He received a trophy as the meet's outstanding performer.

Mahannah retired from the Hayward teaching and coaching position in 1976 and moved to Modesto, where he now lives alone. The father of three, and with two grandchildren, he and his wife have gone separate ways.

Knee problems, involving two operations, have hobbled Mahannah in recent years, although he has continued to run and compete. He now carries 165 pounds on a 5-11 frame, about five fewer than during his college days and

Continued on page 17

## NOW AVAILABLE Masters Age-Records 1987

Compiled by National TAC Masters T&F Records Chairman Pete Mundle with Lori Maynard, Shirley Dietderich, Gordon Wallace and Alan Wood.

- Men's and Women's World and U.S. Age Bests for all Track & Field Events, age 35 and up, as of Oct. 31, 1986
- U.S. Age Bests for Men & Women for all race-walking events, age 40 and up, as of Oct. 31, 1986.
- Men's U.S. Masters Indoor & Outdoor Championship Records.
- 48 pages. Thousands of entries. Lists name, age state and date of record.

Send \$4 plus \$1 postage and handling to:  
**NATIONAL MASTERS NEWS**  
P.O. Box 2372  
Van Nuys, CA 91404

Name \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_





**MASTERS  
TRACK & FIELD  
REPORT**

by **JERRY ALAN DONLEY**  
Chairman, TAC Masters Track & Field Committee

## New Track in Eugene Ready for National Championships

The major event of the year for all competitors in Masters Track & Field is quickly approaching. The Outdoor Championships are set for August 14th, 15th, and 16th at Eugene, Oregon.

The rebuilding of the track is on schedule and it should be quite a thrill to be the first competitors to use it.

The weekend will be full of events, and some meetings. Eugene is also a great place to use as a hub for sightseeing and recreational activities. The spectacular coast line is about an hour away. A white water raft trip can be scheduled that will only whet your appetite for more.

The World Veterans Games Site-Selection Committee will meet on Friday at 10:00 a.m. to settle matters for the bid in Australia. The Trustees for the Masters Sports Association will meet after the Games Committee to work out the budget, and to see how the organizing committee is doing on its financing.

During the brunch on Saturday, I'll call a membership meeting to take care of a few items of interest and business. Our 1986 awards will be presented at 11:30.

We'll cover a few matters before then that will include:

- A. Designation of a coordinator for the U.S.A. competitors in Australia. Several people have expressed an interest in that position and it is time to make that decision.
- B. We need to talk about rule changes, law, legislation, athlete presentation, uniforms, hear a report from a representative from the 1989 World Games Organizing Committee, and select a site for the 1988 Indoor Championships.

The meeting will generally be informal, as it will be at a brunch and people will be coming and going. I will be looking forward to it.

I am looking forward to a great weekend of competition, fellowship, relaxation and enjoyment.

See you there. □

## Eastern Regionals Held on Long Island

TAC's Eastern Regional Masters Track and Field Championships were held at Mitchell Field, Long Island, June 7th.

Among the top performances was a 400 in 60.4 by Muriel Simmons-McCord, 40. The time was only a half-second off Irene Obera's national W40 record of 59.9.

Other good 400 marks were a 49.6 by R. Penn, M35; a 54.4 by Larry Colbert, M50; and a 61.7 by Rudy Valen-

tine, M60. Valentine also won his 200 in 27.1.

Sid Howard, M45, turned in a fast 800 (2:10.2) and 1500 (4:30.9). Toshiko d'Elia, W55, posted a 20:43 in the 5000.

Bob Williams, M45, sped to wins in the 100 (11.6) and 200 (23.7). Al Walton did the same in the M35 division (11.3 and 22.7).

Sandy Pashkin directed the annual event. □

## Struppeck Ups Javelin Mark in New Orleans

by JERRY WOJCIK

Lurline Struppeck of Baton Rouge, La., increased her U.S. W40-44 javelin record of 122-7 with a 127-0 in TAC's Southern Association Open and Masters Championships held in New Orleans on May 30. The world W40 record is 167-8 by Dana Zatopkova of Czechoslovakia in 1984.

Gordon Nordgren, who owns every single-age world record for the 800g javelin but none with the 600g (the of-

ficial implement for his M65 age group), added the age-68 world 800g record with a 120-3 toss.

Thad Bell posted the quickest 40-and-over times in the 100m (11.06) and 200 (22.7).

John Alexander won the M65 200 (27.38) and 400 (62.30).

Danny Thiel was meet director of the meet, held on the McWilliams T&F Complex at Tulane University. □

## Records Fall in Madison, Wisconsin Meet

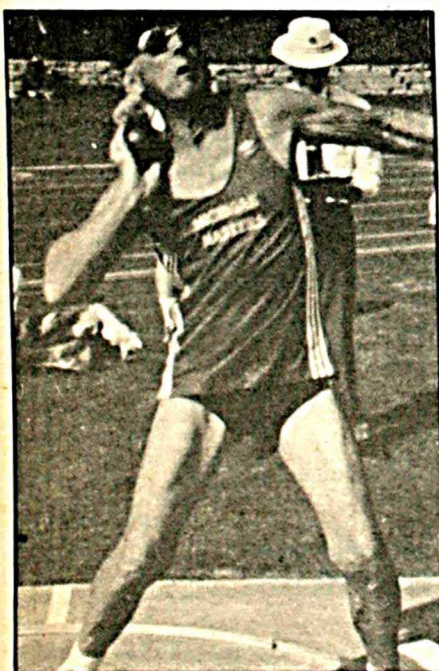
Threatening storm clouds and Father's Day notwithstanding, the Eighth Annual Masters Track & Field competition went off without a hitch on Sunday, June 21, in Madison, Wisconsin.

Forty-five meet records were established, led by 75-year-old John Dick of Oconomowoc with nine and 65-year-old Carol Peebles of Fond du Lac with four age-group records.

Eighty-four entrants participated in the meet, hosted by the Wisconsin United Athletic Club, Inc. with financial support furnished by WPS of Wisconsin, a health maintenance organization. According to Meet Director Bob Urdiales, 52 were first-time participants in the event held at the University of Wisconsin's outdoor track. □

## National Pentathlon Held in Los Angeles

Continued from page 1



Ham Morningstar, 70, of Flint, Mich., heaved the shot 37-8 1/2 in the SCA/TAC Championships in Los Angeles, July 20, after narrowly defeating Gilberto Gonzalez for the M70 TAC National Pentathlon title earlier in the day.

Photo by Jerry Wojcik

pentathlon efforts, and out-totaled all other competitors on this day, using age-factoring, total-score factoring, WAVA scoring, IAAF scoring, or whatever.

In the 35-39 age group, Frank Reilly and Mike Hill battled to an unbelievably close finish, Reilly winning by only three points, 3377 to 3374. Both athletes broke the American M35 record for 3224 points, held by Rex Harvey since 1982. Only 24 points separated Michael Saafir, Steve Jarvis and Stephen Kennedy for third through fifth places.

In the 70-74 category, Michigan's Ham Morningstar outscored Puerto Rico's Gilberto Gonzalez by 66 points, based on official WAVA scoring tables. (If IAAF tables had been used, as they were for the 30-59 age-groups, the results would have been reversed.)

Jeff Bilderbeck won the 30-34 competition by 30 points over Andrew Miller, with Dave Hoover third.

Rex Harvey retained his M40-44 ti-

tle, but it was too close for comfort, with Jim Hollister and William Betts only 34 and 69 points behind, respectively.

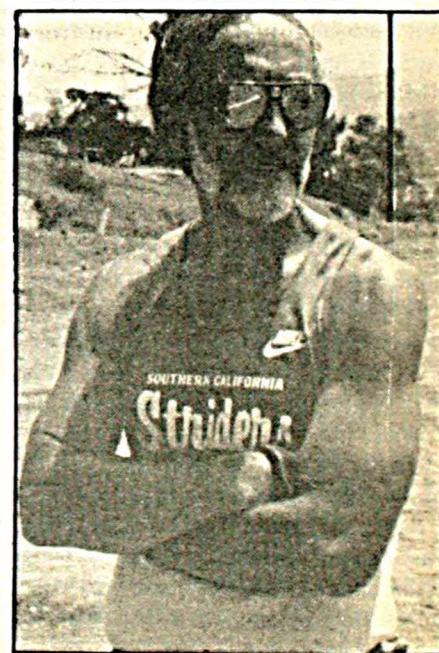
Gary Miller also defended his M45 title and improved upon the listed world best for age-49 by a wide margin. Tom Cronan edged Dale Lance for second by just 30 points.

Ed Oleata and Steve Holmes both broke the American age-50 best, Oleata prevailing, 2492 to 2461, with last year's champ, Jack Gilmore, third with an age-52 best.

John Hepner ran the final event, the 1500, in 4:48.8 to move from fourth to first in the 55-59 division. Close behind were Harry Hawke, Jerry Reiserer, Darrold Skartvedt and Al Brenda.

Bob Roemer retained his M60 title over runner-up Jock Jocoy.

The feeling was expressed that it may be better to stage the event as part of the National Masters T&F Championships, rather than as a separate event. The matter will be discussed this month at the Nationals in Eugene. □



Dave Douglass, 55, at the hammer area, SCA/TAC District Meet, Los Angeles, June 20, after giving up a shot at second place in the National Pentathlon Championships, held before the District Meet, when he fouled his three discus throws.

Photo by Jerry Wojcik



# Masters Health and Fitness

## Don't Stretch "Cold" Muscles

**R**esearchers at the Mount Sinai School of Medicine have done what is called by some to be the most concise study of its kind on runners and runner injuries. Among the unsurprising findings, there were also a few surprises. For example, runners who get injured more often have probably recently changed their training technique or running shoes prior to their injuries, do not usually participate regularly in other sports, and usually stretch before running. Yes, the runner who gets injured more often *usually stretches before running*. That is to say, stretching "cold" muscles before running can be more harmful than not stretching. Ideally, according to these researchers, one should run at least a mile, stretch, then continue to run.

- Does running fight colds? Elevated body heat due to exercise may help immunize runners against bacterial and viral infections, according to medical studies. "This is an exciting area of research," said Dr. David Heber, chief of the division of nutrition at UCLA Medical Center. "Increases in body temperature have great potential for fighting bacterial and viral infections."

But Dr. Peter G. Hanson, a cardiologist at the U. of Wisconsin Medical School warns: "I would be cautious about any theory suggesting that people exercise *during* a viral illness. Strenuous exercise during acute viral illness may actually lead to viral damage to the heart."

- Men's Health* is a monthly, eight-page newsletter aimed at helping men from age 45 to 65 feel their best and avoid the health problems of their peers: prostate troubles, heart disease, cancer, low back pain, sexual problems, stress disorders, etc. The newsletter includes both abstracts of current research from a wide range of

medical journals, as well as in-depth stories. The cost is \$24 for 12 issues. Write to: Men's Health, Rodale Press, Inc., 33 E. Minor St., Emmaus, PA 18098.

- "Running does not seem to lead to more osteoarthritis," Nancy Lane, M.D., said at the American Rheumatism Association's annual meeting and reported in *Running & FitNews*. Lane compared 539 runners and 442 controls over a 5-year period. "The runners developed healthier, denser bones. Female runners developed more spurs in the knees and spine, but cartilage loss — a common sign of osteoarthritis — was absent."

- Milk is a better source of calcium for older people than calcium carbonate supplements, according to the Journal of Nutrition Education. "A high percentage of elderly Americans lack the stomach acid necessary to absorb carbonate. Also, the lactose in milk, which is not found in calcium supplements, improves the absorption of calcium." □

## Hayward Classic Switched from Eugene to Silke Field in Springfield, Oregon

by PENNY JACKSON

The Hayward Masters Classic — named after the University of Oregon's famed Hayward Field — had to be switched to Silke Field in nearby Springfield, Oregon for its 1987 edition, June 27-28.

Hayward Field's Stevenson Track is undergoing renovation. Work began following the Prefontaine Classic on June 6, and will be completed in time for the National Masters T&F Championships, August 14-16.

The Springfield High School track is a top notch facility which is used for high school meets and many district

championships. It may be the secondary track for the 1989 World Veterans Games if Eugene-Springfield's bid for the event is successful.

This year's Classic drew about 130 participants and a large crowd of well-wishers. Weather was in the high 80s and low 90s for the two-day event, but the heat didn't keep the competitors from setting 23 meet records.

Among the top performances included a 23.25/52.04 by Harold Morioka in the M40 200/400; a 53-10 by Chuck Chapin in the M40 shot; a 200-11 by Jeff Carter in the M30 javelin; and five wins by Penny Farster-Gilkey in the W30 division. □



Masters teams in the Interprovincial Cross-Country 8K Championships in George, South Africa, June 6. The SWD team (kneeling) from left: John Adrianatos, Chris Scheepers, Jan Eloff, Faan Strauss. The West Province team from left: Leo Benning, Basil Bailey, Pat O'Brien, Alex Murray.

Photo from L. Benning

# HOLIDAY PENTATHLONS

Atlantic H. S. Delray Beach, FL December 27, 1987

WORLD WEIGHT PENTATHLON CAPITAL

Ten of the World's top Wt Pent scores set here in 1985

**WT PENT** Disc Shot Jav Hamm Wt Thro

Ages 60 up: 9 A M 50-59: 9:30 under 50: 10:00 A M

**REG. PENT** L J Jav 200m Disc 1500m

Ages 60 up: 2 P M Under 60: 2:30 P M

All W A V A Implement Weights: 49 and under 16# 2K 16# 800g 35#: 50-59 6K 1.5K 6K: 60-69 5K 1K 5K 600g 25#: 70 and over 4K 1K 4K 600g 25#: 80 & up 8# 8# 20# option

5 yr Age Groups; trophy to all who complete the 5 events

All 9 years previous meet Records are up for challenge

Holiday Inn 305 734 9100  
Golden Sands, Inc. 732 6075  
Lorraine Ct. Motel 732 8440  
Bage N Sand Motel 732 8196

Entry Fee \$10 per Pent.  
Send Entries to

Randy Cooper, Principal  
Atlantic Community School  
2501 Seacrest Blvd.,  
Delray Beach, FL 33444

Make reservations early

Name (please print)

Street

City

State Zip

Birth Date

I agree to accept full responsibility for my health and safety and will not hold meet sponsors liable for any injury due to the competitions or travel thereto.

TAC NO.

Signature



# PROFILE

## Dr. Sheehan's Not Just Another Skinny Irishman

by HAL HIGDON

George Sheehan came to town this summer. He offered his usual virtuoso speaking performance at a pre-race banquet before the Michigan City Run, then stuck around to pass out awards following the race. It was a pleasure to have him.

My wife's favorite story about Dr. George Sheehan concerns a friend who approached him after a packed lecture he gave at the Boston Marathon, and said: "Remember, George. No matter how famous you seem here, two blocks off Boylston you're just another skinny Irishman."

Boylston Street — as runners who have raced Boston could tell you — is where they run the marathon. On a sunny marathon day, there would be tens of thousands packed around the finish line on Boylston, hundreds of thousands lining the 26 mile course in from suburban Hopkinton, not to mention the six or seven thousand in the race.

And they all knew Dr. Sheehan.

Loved him too. George was — and is — running's ranking guru, our leader, our Socrates. Through his many books, including *"Running and Being,"* and his writings in publications such as *Runner's World*, he offered a philosophical dimension to what was basically a simplistic sport. This came at a time when we needed somebody to assure us we were out each day sweating and straining for reasons other than to win an Olympic medal or to live to the age of 98.

"To succeed at anything, you need passion," Dr. Sheehan has written. "You have to be a bit of a fanatic. If you would move anyone to action, you must first be moved yourself. To instigate, said Emerson, you must first be instigated."

I suppose one could be called worse things than a passionate instigator, or skinny Irishman. I don't recall my first meeting with George Sheehan, but it was probably at the starting line at Boston in the early 60s. We got to know each other, because everybody in the field (which numbered only a few hundred) knew each other back in that era before long distance running became an American mass movement.

George had been a middling good miler (4:18) at Manhattan College in his youth, had busied himself practicing cardiology in Red Bank, New Jersey, raised a family with a dozen children, suffered several sedentary decades, enjoyed having a few too

many drinks, but finally woke up during a mid-life crisis, wondering: Is this all there is?

He sought running as both solace and escape and, despite being still able to turn a good competitive mile, enjoyed more blending into the anonymity of the middle of the pack in marathons. He didn't remain anonymous long, however, since he felt compelled to write about his running experience, first in a weekly column in his local newspaper, later in national running magazines and in books.

"We are always in the process of becoming," writes Dr. Sheehan in *"This Running Life."* "We have a commitment strongly spent or weakly kept, as Robert Frost said, to the work or career of person in progress. The original commitment may alter as we grow or be diverted by outside in-

***"To succeed at anything, you need passion. You have to be a bit of a fanatic. If you would move anyone to action, you must first be moved yourself."***

fluences. But change or not, the commitment is there — and with it our word of honor to do what is necessary for its fulfillment."

Dr. Sheehan pointed the way to fulfillment for many. New runners who began to appear at road races through the 70s idolized fast runners such as Frank Shorter and Bill Rodgers, but they identified more closely with middle-of-the-packers like George. He was one of them. When he spoke, he spoke for all of them, mirrored their thoughts, provided a rationalization for something they knew was good whether or not they themselves could say why. Dr. Sheehan said why.

Knowing George both as a personal friend and as the most inspiring lecturer on the road race circuit, I had tried on several previous occasions to bring him here for the Michigan City Run. But there was always a conflict, either another race commitment or a necessity to remain home on call as a cardiologist. "My partners don't always understand it when I'm away at



Dr. George Sheehan

some running race," he once told me.

At age 68, Dr. Sheehan no longer answers to partners, so when I called him earlier this year to see if he would like to come to Michigan City, the answer was an immediate, yes! It was a pleasure to have him at my home and renew an old acquaintance.

I recall having breakfast with George in Chicago several years ago and seeing him order a breakfast that included eggs and sausage, a combination that many dietitians might have considered too high in fat for a cardiologist. I chided him about that fact. But George joked that people in his family never got heart attacks, they lived to hearty, old age at which point they get cancer.

George actually is careful about his diet, but his remarks no longer seem a joke. He was recently diagnosed as having prostate cancer. The cancer is now under control through chemotherapy, but coping with this disease brought George face to face with his own mortality. He wrote recently about "my problem" in *Runner's World*:

"The big question is how one should live one's life. Writer and philosopher Miguel de Unamuno had this answer: 'Our greatest endeavor must be to make ourselves irreplaceable — to make the fact that each one of us is unique and irreplaceable, that no one can fill the gap when we die, a practical truth.'

"After receiving my news, I learned I could do that — make that fact a practical truth. I will be irreplaceable. I will leave a gap."

Of course, each one of us both fills and leaves a gap. Perhaps one of the most quoted remarks of Dr. George Sheehan is, "We are an experiment of one." By that he means, each runner and individual must experiment with his life, and running, and determine what path works best for him.

George has discovered that path, but most important: he has shown the way so that others can follow. He is much more than a skinny Irishman away from Boylston. □

## Manley, Hatton Set 8K Records in 'The Race'

Mike Manley, 45, of Eugene, Oregon led all master runners with a 25:38 in The Race 8K in his hometown on June 7 to place 26th of over 2600 finishers. His time is 11 seconds below Herb Lorenz's pending M45-49 national record 25:49, established at five miles in 1985.

Second master was M55 winner, Ray Hatton, 55, of Bend, Oregon, who ran 26:33, which demolishes Ross Smith's M55-59 record 27:54, set in 1983.

Vic Wolfe, 43, of Eugene ran 26:38 to take third place.

Dan Bulkley, 70, of Phoenix, Oregon, ran a solid 37:25 to win the

M70+ race.

Women's masters winner was Carole Quam, 42, of Eugene in 32:19, with Gayle Proudfoot-Shoup, 41, of Eugene, second (32:43), and Karen Romeo, 43, of Lebanon, Oregon, third (34:04).

Pat Dixon, 67, of Corvallis, Oregon, who ran 37:51, the pending American W65-69 record, in this race two years ago, won her division with a 39:22.

Overall winners were Don Clary (23:23) and Cathie Twomey (27:29), who collected \$500 each. Race director was Edgar Kousky of the Oregon TC Masters. □





## Byron Fike — Iron Horse of the M75s

by DICK LACEY

**Q**uick quiz: What masters athlete holds American indoor records in every one of the standard five flat races in his age group? At the TAC Masters Indoor Championships in March, what runner made a clean sweep of the 60, 300, 1000, 1-mile, and 2-mile, and topped the two days off with a win in the 2-mile race walk?

The answer in both cases is Byron Fike, the M75 Iron Horse from Tallmadge, Ohio.

Fike will turn 80 next November and the M75s will heave a collective sigh of relief. At the same time, Dr. Paul Spangler had better be advised that all of his over-80 records may start to tumble.

Last year, the indefatigable Fike competed in 12 track meets and 24 10K road races. In an average one-day track meet, he races six times at distances from 100 to 5000 meters. In addition to his awesome indoor achievements of American records and championships, he also has won many outdoor national championships and holds several outdoor marks.

Don't think that he just loafes through races when he happens to have little opposition. He is nearly always going for PRs. Until we all learned better, those of us in Fike's age group used to make the understandable error of thinking that because he had already run four races to our one, he would be exhausted and would be ripe for the picking. To our chagrin we have discovered that the more races Byron runs, the stronger he gets.

Although he likes to win and set records as much as the next runner, those are not Fike's major objectives. "My two main goals," he says, "are to try to attain spiritual and physical perfection and contentment, and to make new friends wherever I go."

That he is on his way to achieving at least the physical aim is shown by the fact that, in the last 40 years, he has never had a day's illness or an injury! On the spiritual side, he is active in church work and attends not just one but (you've guessed it) two services every Sunday. On weekends, when he is competing in road races or track meets, he often rushes right from the event to church in his running things. "The minister knows I'm a runner, so he doesn't mind," explains Byron.

Fike, who lived in West Virginia before moving to Ohio, played football in high school and then spent 21 years

in semipro baseball. He had never done any running until eleven years ago. Fike's training appears to be unorthodox in many respects. For one thing, he never takes a day off but trains or competes every day of the year. His average training session is also longer than most — three hours. There are times when he spends practically all day working out in one way or another. He puts as much emphasis on weights, calisthenics and stretching exercises as he does on running, and circuit training is a major feature of his routine. "Because I do such a variety of events," he says, "I try always to work on the specific muscles involved in both sprinting and distance running." He does a lot of work on the Nautilus and Universal apparatus and on the stationary bike.

Byron's day begins with a brisk early-morning four-mile walk with his wife (they've been married 57 years). If the weather is bad, they walk in a local mall. Then it's over to the Tallmadge Athletic Club gym, where there is a nine-lap track. There he puts in a long, hard session of what amounts to a combination of interval running, circuit training, and fartlek. He intersperses laps on the track — mostly hard-fast or medium-fast running — with immediate work on the weights or on the bike, and a lot of stretching. Occasionally he will jog or break into racewalk stride for a lap or two. This is a continuous progression from one activity to another and lasts most of the morning. Sometimes he will go back in the afternoon and do the same type of workout with variations. He also does some hill running.

One thing Fike does not do is work on specific distances (how could he with such a variety of events?). His whole aim appears to be to build overall maximum strength and stamina. The result is that his recuperative power is phenomenal, and six different track events back-to-back present no problem at all for him.

Fike is an avid reader of articles on nutrition. He has almost completely eliminated sugar from his diet. He is

big on raisins, prunes, rolled oats and wheat germ, and he is 90% vegetarian. He supplements his diet with vitamins. He keeps a diary and includes not only a log of his workouts but a daily meal-by-meal description of what he eats.

Fike sometimes works out at nearby University of Akron, where he has become a favorite "guinea pig" for the school's medical department, where — not surprisingly — they regard him as a phenomenon with the body and vital signs of a man half his age. He has broken all their treadmill and aerobic

test records. The Akron chapter of the American Heart Association made him its first inductee into the Akron Heart Hall of Fame.

Just to make sure he doesn't have any idle time between track meets this summer, Byron is now busy organizing (and will play in) a four-team, 55-and-over softball league for the local recreation department.

And who do you imagine is likely to play every position on the field? Why, naturally, the old Iron Horse — Byron Fike. □



Byron Fike winning the age 75-79 2-mile run in 17:10.89 at the 1987 U.S. TAC National Indoor Masters Championships in Madison, Wisconsin.

### Profile: Ray Mahannah

Continued from page 13

about five more than when he ran that 5:17 mile ten years ago. He gets in between 40 to 50 miles a week, usually running twice a day.

"I go down to the track and do some 200's once in awhile," he adds, "but they are in neighborhood of 45 to 50 (seconds), nothing fancy. The knee seems to be improving a little lately, so I'm hopeful."

Mahannah is looking ahead to the National Track & Field Championships at Eugene. □ — Mike Tymn



### CLASSIFIEDS

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

Stopwatch. Great for awards. Approx. \$12 in stores. Send \$7, shipping included. MD., add 5% tax. Quantity pricing available. Daniel Marketing Inc., Box 72, College Park MD 20740. 301-441-1988.

### Sports America ANNUAL MASTERS

# 10% OFF SALE

During August on all cataloged items in stock

We also have these HALF-PRICE SPECIALS:

• Adjustable Weight Shot Puts • High Jump Stand • 1.75k Rubber Discus • Reconditioned Men's 50m Javelins • Single Discus Carrying Bags • 1.5k Wood Discus • 500g Javelin • Pole Vault Boxes • 6k Brass Hammers •

CALL TOLL FREE 1-800 633-7777

## Sports America

101 Glover St., Barton, VT 05822

1-802-525-3535



# MASTERS SCENE

## NATIONAL

In a footnote to the National Masters Pentathlon Championships, Los Angeles, June 20, Gary Miller, meet director and participant, suggests that the event be combined with the outdoor T&F championships, as it was in the past. Miller's reasons are that meet costs in money and effort are very high compared to the number of participants (52 this year) and that travel expenses for a one-day competition prohibit athletes who are able to do a pentathlon but not a decathlon from participating.

In an interview with Ed Coyle in N.Y. Running News, masters standout Atlaw Belilgne comments on life in the U.S.: "In another culture I could never have become a runner in my late thirties. You just don't do something like that. Here you can start at 35, 40, 50 or even 60. There are no cultural bars — you have complete emotional freedom."

## EAST

• James Black broke the M50-59 course record in the Bay Bridge Run 10K, Annapolis, MD, May 17, with a 35:26.

• Bobbi Rothman, 41, Coconut Creek, FL, returned to her old stompin' grounds of Long Island, NY, and ran two fine races in a women's masters course record 36:59 in the Shelter Island 10K, and a first woman overall in the Great North Fork Half-marathon in 1:22:23.

• The Boston Athletic Association Board of Governors named Guy Morse, 36, of Centerville, MA, to be race director of the 1988 Boston Marathon, scheduled for April 18. Morse has served as administrator for the BAA since he joined the organization in December, 1984. Faced with responsibilities encompassing all facets of the marathon, Morse said, "I look forward to the challenge and the added responsibility. My aim is to further the many traditions that make Boston so special."

• Ted Haiman, 44, with a 26:21, led the Witold's Runners 5-man master squad to the M40+ team first in the NYRR's Club 5K Championships, Central Park, NYC, June 20. The Central Park TC quintet with Ted Bitter, 42, first (27:45) took second. Christine Hearn Grenning, 41, finished seventh woman (30:25) and sparked the Atlanta-NY W40+ trio the masters women's championship, with Central Park TC, paced by Harriet Oster, 44, (33:44), settling for second again.

• Atlaw Belilgne, 42 (20:28), and Art Hall, 40 (20:53), placed 5th and 6th of 733 finishers in the NYRR's Father's Day 4 Mile, Central Park, NYC, June 21. Other division winners in the men-only event were Ken Jones, 56 (23:45), and Vince Carnevale, 70 (26:57).

• Alan Cohen, 57, of Pearl River, NY, finished 13th at TAC's 100 Mile Championships held at Shea Stadium, NYC, June 13, with a time of 21:07:03. Cohen, who suffered a massive stroke two years ago while running a 10K and has come back with a recovery that reads like a minor miracle or a TV special, was the oldest of the 47 runners to finish of the 103 who started.

• Brian McGoff, 38, was leading the way in a Livingston, N.J. road race when he was struck from behind by a van and killed. McGoff was running in a supposedly traffic-controlled race and was running with traffic, as he was supposed to be.

• Two masters runners won the Sri Chinmoy 1300-mile race overall. Running 1250 miles in the 18-day, June 5-23 race held in Queens, N.Y., was Marty Sprengelmeyer, 40. That's an average of 69 miles per day. In the women's division, Pippa Davis, also 40, ran 832 miles.

• The New York Road Runners Club has voted to sue John Bell for the return of the 1st place masters trophy from last year's New York Marathon. Bell was presented the award at the

victory ceremonies for crossing the finish line as the first over-40 runner. Bell was later DQ'd when videotapes of the race showed him missing at key checkpoints. NYRR asked Bell to return the award, but Bell refused.

## SOUTHEAST

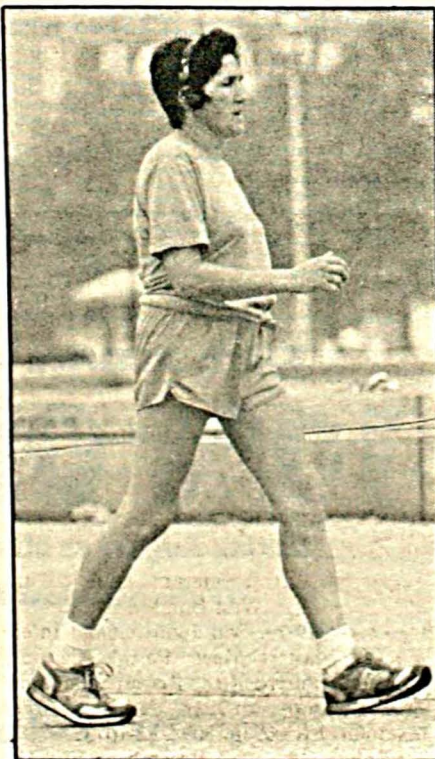
• J. Sullivan set a new (pending) U.S. W60 record of 10-4 in the long jump at the Southeastern Track Classic held in Greenville, South Carolina June 27.

• The Newly-formed Carolina Masters Athletics Club will host the inaugural Carolina Masters T&F Championships on Thomasville, N.C. High School track, Sunday, August 2. The track has a new synthetic surface reportedly equal to that at most major universities. All N.C. resident men and women over 30 are eligible for CMAC membership and masters meet participation. Write CMAC, c/o Jim Saxon, 801 Longbow Rd., Charlotte, N.C. 28211; (800) 642-0513 or (704) 366-1373.

## MID AMERICA

• Four of the top masters men marathoners in the world are among the early entries in October's Twin Cities Marathon: Sweden's Kjell-Erik Stahl, 41, 7th (2:19:22) in Grandma's Marathon in June; New Zealand's Trevor Wright, 41, who beat Stahl in the '85 London Marathon and had a PR 2:12:29 in '83; Britisher Michael Hurd, 41, who ran 2:17:53 in April in the New Jersey Waterfront Marathon; and his countryman, David Clark, 1st master (2:21:37) in the '87 Boston. Masters will compete for a total purse of \$42,000, with both m&w firsts guaranteed \$8000.

• Hampered by air temperatures over 100° on both days, plus a no-height in the pole vault, Rex Harvey, 40, Des Moines, IA, still scored 5147 in the Lincoln TC Decathlon, June 13-14, in Lincoln, NE. Harvey owns the meet record high (7186) set in '79. Other masters in this year's event were Stuart Oxford, 45 (2212); Forrest Doling, 56 (2649); and Leonard Wray, 66 (1882).



Pippa Davis, 40, overall and masters female winner takes a walking break during the Sri Chinmoy 1300-mile race, June 5-23. Davis ran 832 miles over an 18 day period.

Photo courtesy of Ranjit

## SOUTH WEST

• The Tom Kempf Sr. Crosstown 5K, Bartlesville, OK, May 3, honored a running pioneer, now 62, who began running in the '60s, set many state, regional, and national records, many still on the books, and won several medals in the World Veterans Games in Toronto in 1975. Unscathed by a "roast" the night before the race, which was directed by his son, Tom Jr., a triathlete and president of the Osage Hills TC, Tom Sr. placed second M60+ with a 22:01. Top masters were Jeff Fischer, 43, of Denver, in 17:16, and Donna Wright, 51, Bartlesville, in 21:40.

• Ham Morningstar of Michigan broke the U.S. M70-74 high jump record of 4-6 with a leap of 4-7 3/8 in the Dallas Senior Games, April 24. Larry Miller and Wesley Ward shared the old record.

• Yvonne Lee, W40, picked up \$100 for her masters win (20:18) in the Louisiana Milk Run 5K, Baton Rouge, June 6. Mary Cullen, W45 was second W40+ (21:34).

## WEST

• Guilio de Petra, 76, of Carmel, CA, broke the M75-79 U.S. racewalk records for the 15K and the 20K with 1:30:25 and 2:12:56 in the PA/TAC 20K Championships in San Francisco's Golden Gate Park, June 7. Overall winner was submaster Mark Green, 31, whose father, Max, of Michigan, has been setting M54-and-M55 age records right and left.

• Alberto Rivas, 47, led the Forty-Plus-Two Masters relay team to victory in the Schofield 56-Mile Relay in Honolulu in April, running two 7.9 mile legs in 5:30 pace and the final two-mile leg in 10:53. Rivas, a sergeant first-class in the Army Paramedics at Schofield and a member of the All-Army marathon team, began running in 1975 to keep in military shape. He ran the 1983 Frankfurt Marathon in 2:31:57 and did the Diet Pepsi 10K in '86 in 34:34.

• While vacationing in the San Francisco area, NMN columnist Mike Tymn, M50, got under 34 minutes for the first time in two years with a 33:52. However, Norm Green Jr. also happened to be in the Bay area and ran an age-54 record 32:46. Darryl Beardall, Santa Rosa, CA, took third in 34:42. Said Tymn, "I recall only one other race (Asbury Park) where the first three over-50 runners were all under 35 minutes."

• Racewalker Collie Green, 61, set three national women's age records in Pasadena, CA, June 6, for the mile (10:17), 2 mile (20:40), and 5K (32:40).

• As fitting, Harolene Walters, 44, El Toro, Ca, was first woman in 29:54 in the Harolene Walters 8K at Legg Lake near Los Angeles, June 25. Robert McGeogh, 45, Banning, CA, paced the M40+ group with a 28:16.

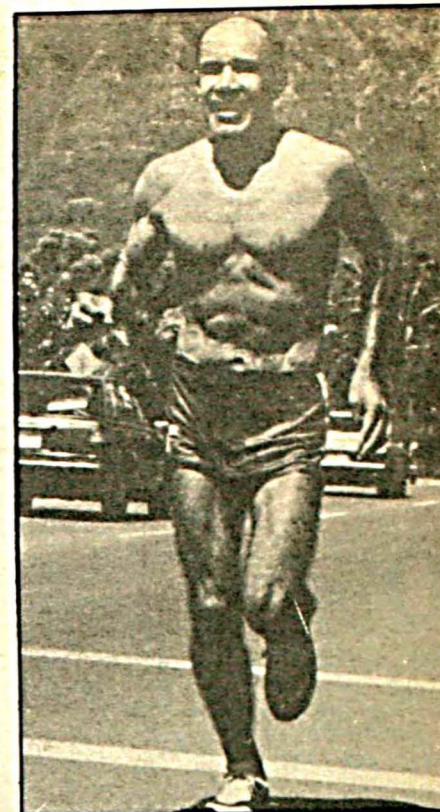
• The L.A. Marathon called NMN to say they made a mistake in the results (July). In the M65 division, the second-place was V.A. (Bill) Granby, 64, in 3:33:31, rather than J. Kirkpatrick (3:42:11). Kirkpatrick moves to third place and W. Norris (3:48:00) moves down to fourth.

• Despite being the oldest runner in the race, Fred Nagelschmidt, 63, of Ventura, Calif., finished 10th overall in the Dave Parker Canyon 40.5-Mile Ultra race in a time of 5:58:13. Nagelschmidt beat over half the field with his 8:50 per mile pace and won his division plus the perpetual "Doc Parker Award."

• Mary Ames of Southern California set a new age-84 American Record on June 21 in the Lompoc, Calif., "Valley of the Flowers" half marathon in 3:08:06.

• Gina Faust, 50, set a national W50 age-group record at the SCA/TAC 8K Championships in Long Beach, Calif., June 21. Faust ran 31:04, 1:03 below the old record, and finished fifth female overall.

• Jacqueline Hansen, now 38, is back with a vengeance. Hansen, whose running has suffered dramatically the last three years due to allergies, a hamstring injury and two foot surgeries, recently re-introduced herself to the running world by running a 4:48 1500 at the Striders Meet of Champions May 30, followed-up by a 36:38 in the Buick San Diego 10K May



Alberto Rivas, 47, of Honolulu, finishing the Schofield 56-Mile Relay in April, after two 7.9-mile legs in 5:30 pace and a final 2-mile leg in 10:53. Photo by Tesh Teshima

31. Hansen's sights are set on the World Veterans Games in Melbourne.

• World M65 100H and 400H record holder Bob Hunt of Anaheim, Calif. will miss this year's nationals. He suffered fractured ribs when broad-sided by a car that ran a stop sign on July 17. His wife sustained a fractured hip. "They hope to recover in time to go to Australia for the World Games," said their daughter, Susan Bell.

## NORTHWEST

• Gabriele Andersen, 42, was second female overall in the 3000-participant Alaska Women's 10K June 6, in 35:23, only 20 seconds behind winner Janine Aiello.

• Running-author Joe Henderson pens his bi-weekly Running Commentary from his Eugene, Oregon home. On becoming a master, he writes: "The legs aren't first to go with age. Recovery powers are. Lost somewhere in early middle-age is the power to recover fully from my preferred hour runs by the next day." So what to do about his streak of never missing a day of running in 4½ years? "There were two choices: either slog or limp ahead at the same level, or run less. I ran less. The streak ended. I take as much as every other day off to run farther again. It was a nice trade — a good old friend, the streak, for an even older and better one, the longer run."

Ross Carter shattered his own M70 8# shot put mark of 45-7¼ by throwing a 47-3 at the Oregon State Games held July 11&12. Carter also won the M70 discus with a 130-0 toss.

• This month, Bob Hottel, 54, of Manhattan Beach, Calif., is running the final leg of his three-year, 2581-mile odyssey from Mexico to Canada. He ran the first leg in 1985; the second last year. He runs it the hard way: along the high-altitude Pacific Coast Trail — average elevation: 9000 feet — while packing his own food and gear. The final leg began in Oregon and will finish near Vancouver, B.C.

## INTERNATIONAL

• In a masters meet in Iquique, Chile, in April, Ricardo Figueroa, M70 of Equique, ran a 5:24.1 1500, and Ariel Standen, M55, also of Iquique, triple-jumped 36-2.

• Garry Hand, 41, who set an Australian masters marathon record of 2:19:00 in April, clocked 2:25:07 in the Sydney Marathon, June 7, to finish 12th of 1500 runners and win \$500.

• Ron Hill's 19-year-old running streak continued on page 25



# schedule

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



## TRACK & FIELD NATIONAL

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

### EAST

**August 1.** Philadelphia Masters Championships, Villanova U. Villanova, Pa. Pre-entry only. Walt Fisher, 263 S. Roberts Rd., Bryn Mawr, PA 19010. 215/525-5081.  
**August 6-8.** Pennsylvania Senior Games, Shippensburg U., Shippensburg. 717/773-1549.

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

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

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

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

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

### SOUTHEAST

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

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

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

**September 19-20.** Thomasville Fall Masters Invitational Decathlon, Thomasville, N.C. Bill Busby, 11 Culbreth Ave., Thomasville, NC 27360. 919/475-0851 (w) 476-1228(h).

**October 1-4.** North Carolina Senior Games, Raleigh, N.C. Margot H. Raynor, P.O. Box 33590, Raleigh, NC 27606. 919/851-5456.

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

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

**December 27.** Holiday Pentathlons (regular & weight), Atlantic H.S., Delray Beach,

Fla. Randy Cooper, Principal, Atlantic Community School, 2501 Seacrest Blvd., Delray Beach, FL 33444.

### MIDWEST

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

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

**Sept. 13.** Wolfpack Throwing Classic. 13 National and World Records set here in 1986. Worthington HS., Worthington, Ohio. Jim Pearce, 2449 Southway Dr., Columbus, OH 43221. 614/294-4606(W).

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



71-year-old Bill Shrader was the oldest finisher in the HMRRC Masters Championship 10K, May 2nd.

### MID-AMERICA

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

**September 5 & 6.** Rocky Mountain Masters Games, Boulder, Colorado. Jim Weed, 11672 E. 2nd Ave., Aurora CO 80010. 303/341-2980.

### SOUTHWEST

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

**September 12.** Arlington Throwing Classic, Arlington H.S., Arlington, Texas. 1:00 p.m. Rick Ryckman, 2307 Sleepy Oaks, CR No. 2901, Arlington, TX 76011. 817/860-2071 (after 8 p.m.).

### WEST

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

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

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

**September 19.** Northern California Senior Olympics, Edwards Stadium, UC-Berkeley. Age 50+ only. NCSO, City of Oakland Parks & Rec. Dept., 1520 Lakeside Dr., Oakland, CA 94612. 415/273-3866.

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

**October 31.** World Masters Tune-Up, Los Angeles. Site to be announced. 213/388-9698.

**November 14.** 2nd Annual National Masters News Age-Graded Meet, Cal-State L.A., Los Angeles. NMN, PO Box 2372, Van Nuys, CA 91404.

### NORTHWEST

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

### CANADA

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

**August 29.** Canadian Masters Inter-Club Championships, York U., Toronto, Arvo Tiidus, 14 Sage Ave., Toronto, Ont., M6B 3W5. 416/781-1169.

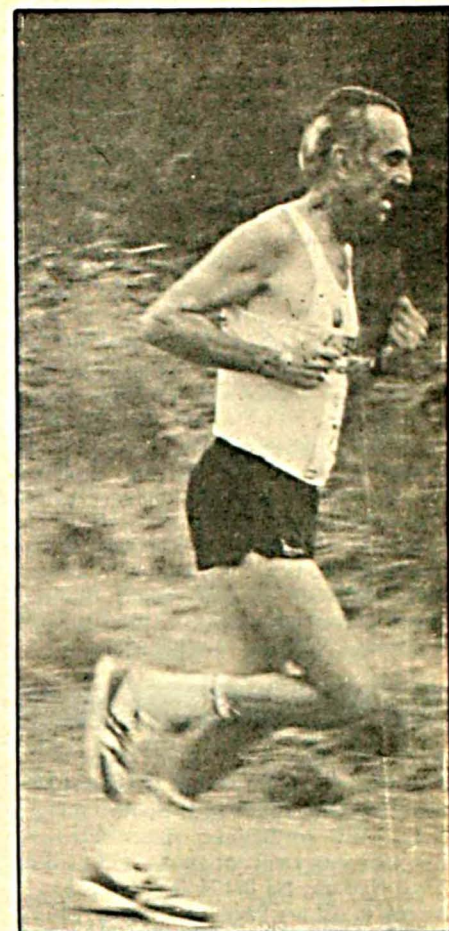
### INTERNATIONAL

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

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

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

**November 28-December 6.** VII World Veterans Games, Melbourne, Australia.



Running legend Jim O'Neil, M60, wins his division of the San Diego Ben Gay-10K in 37:37 May 10.

Men 40+. Women 35+. No qualifying standards. World Veterans Games, P.O. Box 282, Essendon, 3040, Victoria, Australia. (See ads in this issue). Entry deadline: August 31.

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

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

**December 7.** World Veterans Weight Pentathlon Championships, Melbourne, Australia. See ad in this month's issue for fee & weight information. VII World Veterans Games, P.O. Box 282, Essendon, Victoria, 3040, Australia.

## LONG DISTANCE RUNNING NATIONAL

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

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

**September 20.** U.S. TAC National Masters 10K Championships/Corning Cup 10K, Albany, N.Y. \$9000 prize money. Bill Soens, Steuben Athletic Club, 1 Steuben Place, Albany, NY 12207. 518-434-6116.

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

**October 24.** U.S. TAC National Masters 30K Racewalk Championships, East Meadow, N.Y. H. Jacobson, 445 E. 86th St., New York, NY 10128. 212/722-WALK.

Continued on page 20



Continued from page 19

**November 8.** U.S. TAC National Masters 10K Cross-Country Championships, Seattle, Wash. Bob Langenbach, 4261 S. 184th St., Seattle, WA 98188. 206/433-8868.

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

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

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

**December 12.** TAC National Masters 8K Championships, Honolulu, Hawaii. David Lally, 1330 Wilder Ave., No. 321, Honolulu, HI 96822. 808/948-7046.

**December 30.** U.S. TAC National Masters 100K Racewalk Championships, Bellair, Texas. Dave Gwyn, 6502 S. Briar Bayou, Houston, TX 77072. 713/498-0027.

### EAST

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

**August 8.** Asbury Park 10K Classic, Asbury Park, New Jersey. Masters prize money: \$750/500/300/200/100 (M&W). Nancy Ammermuller, Box 2287, Ocean Township, NJ 07712. 201/922-9479.

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

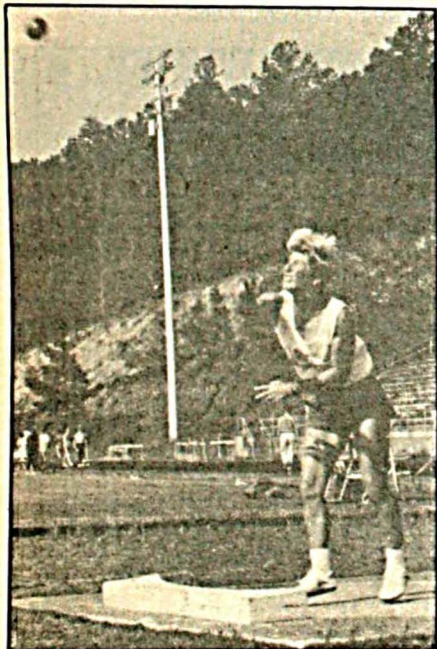
**September 7.** New Haven 20K, New Haven, Conn. George Pawlusch, P.O. Box 1893, New Haven, CT 06508. 203/281-1060.

**September 12.** Peninsula General 5K Health Run/Walk, Salisbury, Md. SASE to Peninsula General 5K, 100 E. Carroll, Salisbury, MD 21808, or call Jeanne Ruff, 301/543-7026.

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

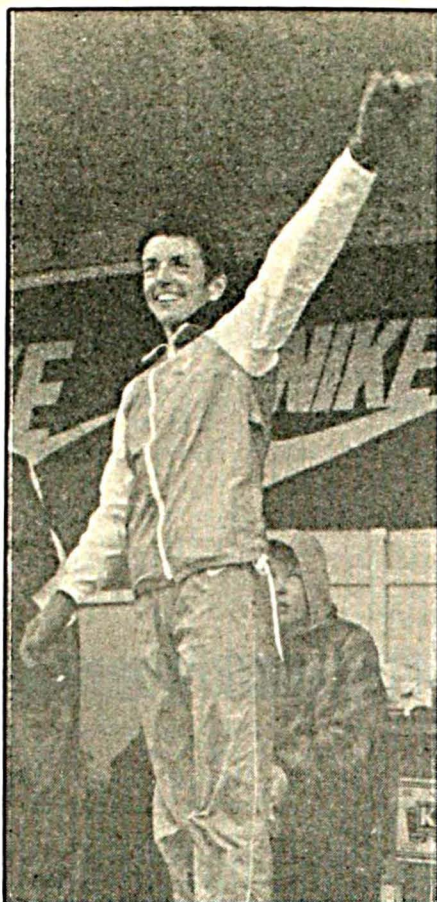
**September 13.** Danbury Times 10K, Danbury, Conn. Rick Langley, Danbury Times 10K, 333 Main St., Danbury, CT 06810. 203/744-5100 X125.

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



Lurline Struppeck, 40, put the shot 33-2½ for first in her division at the Birmingham, Ala. Age-Handicapping Meet May 9.

Photo by Deborah R. Gibson



Priscilla Welch, 42, after winning the W40 division in the Nike Cherry Blossom 10-miler. Welch ran a personal best of 53:51 at the April 5th race.

**September 15.** NIKE Capital Challenge 3 Mile, Washington, D.C. Jeff Darman, NIKE Capital Challenge, 507 Second St., N.E., Washington, D.C. 20002. 202/544-0970.

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

**September 20.** Mercedes Masters Mile on Fifth Avenue, NYC. NYRRC, 9 E. 89th St., New York, NY 10128. 212/860-4455.

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

**October 12.** Tufts 10K for women, Boston, Mass. Sue Smith, Conventures, 45 Newbury, Boston, Ma. 02116. 617/267-0055.

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

### SOUTHEAST

**August 8.** Full Moon Frolic 8 & 4 Mile, DeLand, Fla. 6:45 p.m. John Boyle, P.O. Box 1824, DeLand, FL 32721. 904/736-0002.

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

**September 12.** Run For My House 4 Mile, DeLand, Fla. John Boyle, P.O. Box 1824, DeLand, FL 32721. 904/736-0002.

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

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

### MIDWEST

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

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

**October 3.** The Ultimate Runner (10K, 400, 100m, mile, marathon), Jackson, Mich. Masters money. SASE to Ultimate Runner, Jackson CC, 2111 Emmons Rd., Jackson, MI 49201.

**October 4.** U.S. Sprint Oktoberfest 12K, Itasca, Ill. U.S. Sprint Oktoberfest 12K, Hamilton Lakes, One Pierce Place, Suite 400 W., Itasca, IL 60143-2681. 312/941-6147.

**October 11.** RRCA National 50 Mile/100K Championships, Chicago, Ill. Noel Nequin, M.D., 5145 N. California Ave., Chicago, IL 60625.

**October 18.** Detroit Free Press International Marathon, Detroit, Mich. Pam Weinstein, Race coordinator, Detroit Free Press International Marathon, 321 W. Lafayette, Detroit, MI 48237.

**October 26.** America's Marathon, Chicago, Ill. Bob Bright, 214 W. Erie, Chicago, Ill. 60610. 312/951-0660 or 518/733-5364.

**October 31.** RRCA National 15K Championships, Milwaukee, Wisc. Sid Baskin, 3540 N. Frederick Ave., Shorewood, WI 53211.

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

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

### MID-AMERICA

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

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

**October 31.** Tulsa Run, Tulsa, Oklahoma. Top five m/f masters will receive cash awards. Tulsa Run, Inc., One Williams Center, P.O. Box 2400, Tulsa, OK 74102. 918/588-2431.

### SOUTH WEST

**October 17.** St. Paul Medical Center 12K, Dallas, Texas. Keith Hinton, St. Paul Med. Ctr., 5939 Harry Hines Blvd., Suite 303, Dallas, TX 75235. 214/879-3966.

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

### WEST

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

**August 1, 5, 8, 12, 15, 19, 23, 26, 29.** Legg Lake Runs, So. El Monte, Calif. Some are evening; others morning. Contact Arthur Martinez, 9502 Reichling Lane, Pico Rivera, CA 90660. 213/942-8774. Legal size SASE.

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

**October 10.** West Coast University 50-Miler & SCA/TAC Championships, Mile Square Regional Park, Fountain Valley, Calif. No race-day entry. SASE to Lee Preble, West Coast U., 550 S. Main St., Orange, CA 92668. 714/953-2700.

**December 13.** Honolulu Marathon, Hawaii. Honolulu Marathon Association, 3435 Waialea Ave., Rm. 208, Honolulu, HI 96816. 808/732-1425 or 808/536-7837.

## ON TAP FOR AUGUST

### TRACK & FIELD

Eugene, Oregon, often billed as the "track & field capital of the world," hosts the U.S. TAC National Masters Championships, August 14-16. Before that, Eugene-bound athletes can fine tune on August 1 in the Philadelphia Masters Championships, the Texas Masters Championships, and the Los Angeles City All-Comers Championships, or on August 2, in the North Carolina Masters Championships and the Illinois Grand Prix Series No. 4.

The Montana Masters Meet is a two-day affair, August 7-8. The August 8-9 weekend offers the Buffalo, N.Y. Belles & Brawn Meet for women on Saturday, while the men go at it on Sunday. Midwest Masters will congregate on August 9 in Elmhurst, Ill., for the Regional Championships or in Missouri for the Chillicothe Meet.

The Buffalo Belles & Brawn Pentathlon is on August 22, and the month closes with the Canadian Inter-Club T&F Championship at Toronto and an open/masters meet in San Diego on the 29th.

### LONG DISTANCE RUNNING

Early-month running activity belongs to the East Coast, with the Asbury Park 10K in New Jersey, August 8, and the Falmouth 12K in Massachusetts, August 16, but it jogs west on August 22 with the Bobby Crim 10 Mile in Michigan and the Pikes Peak Marathon in Colorado, and ends on the West Coast in San Diego, August 23, with America's Finest City Half-Marathon. □

### NORTHWEST

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

**September 19.** Garrie Franklin Memorial Cross-Country Classic, Eugene, OR. Judy Ward or Gary Knapp, LCC, 4000 E. 30th Ave., Eugene, OR 97405. After August 24: 503/726-2215.

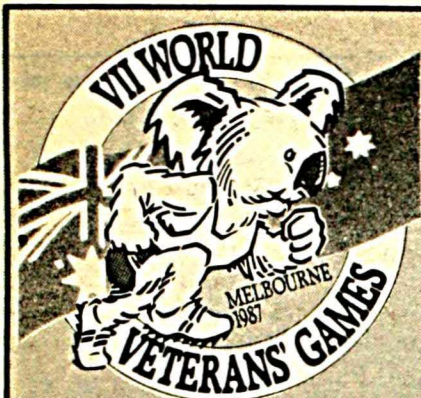
**September 27.** Portland Marathon, Portland, Oregon. Portland Marathon, P.O. Box 4040, Beaverton, OR 97076.

### CANADA

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

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





3 Months To Go

## Countdown to Melbourne

### Entry Deadline is August 31

**T**he entry deadline for the VII World Veterans Games is less than a month away. The Games will be held in the beautiful city of Melbourne, Australia from November 28 to December 6, 1987. They are open to any man over age 40, or woman over 35.

More than 5000 athletes from over 50 nations are expected to participate. A full complement of track & field events will be staged, along with road walks, cross-country runs, and a marathon. The Australians are well organized, and the event promises to be the best World Games ever.

All entries must be received in Melbourne no later than August 31, 1987. Six U.S. masters tours are handling entries and accommodations for their tour participants. Entries can be sent to your tour organizer, who will, at no charge, convert your U.S. dollars into Australian dollars and forward to Melbourne. Those traveling on their own may send their entry directly to Melbourne with a bank draft in Australian or U.S. dollars. (However, U.S. banks will charge for the service).

#### Olympic Park Complex

The Olympic Park No. 2 track will be used as the secondary track for the Games. That means more than 75 percent of the competition will take place on the Olympic Park grounds, less than a mile from the center of town. The twin-track setup will make the Olympic Park complex the center of everything. It will provide a strong feeling of togetherness and add to the efficient operation of the event.

Although the No. 2 track is only a 374-meter oval, and has only four lanes (six lanes on the main straightaway), the fact that is part of the main competition complex, and has a superior surface to the alternative (now No. 3) track at Melbourne University, were compelling factors in the final decision.

"We obtained opinions from many athletes and administrators in this country and around the world," said Peg Smith, Executive Director of the Games. "The response has been very strongly in favor of the use of this track in preference to the 400m rubberized bitumen surface at the University."

Smith added that, although the WAVA Executive Committee members indicated that they would prefer the standard size track be used, "they

have, in the main, indicated that they will accept our decision."

The main concern about holding events on the short track was record-approval. "We received confirmation from the technical officer of the IAAF (Mike Gee) and the chairman of the World Veterans Records Committee (Pete Mundle) that, providing the track has the proper certification of measurements, there will be no concerns about the approval of records. We will, of course, have that official certification," Smith assured.

The track will be used for some of the 5K and 10K runs and some 5K walks. If necessary, some 800 and 1500 heats will be scheduled. Heats of the 100 may also be held on the six-lane straight. The majority of competition will, of course, be on the Olympic Park No. 1 track.

#### Murals and Greenery

"Olympic Park is now really taking shape," Smith said. "The two grounds are being groomed to perfection by the Olympic Park management. There are murals being painted on the walls of the concourse of the No. 1 Ground. The main entrance will have enough flagpoles to fly the flags of all the nations. Special shrubs and greenery have been ordered so there will be a light and bright atmosphere to welcome people as they arrive."

#### Host-a-Vet

The Games organizers were on five radio stations promoting the Games, and asking for "host-a-vet" volunteers.

"We had a wonderful response from listeners, who called to offer local sightseeing and hospitality during the Games." (Note: "Host-a-Vet" means locals will host veterans for dinner, sightseeing, etc., but not for accommodations.)

Five Melbourne TV stations plan to cover the Games on their sports and news programs.

#### Sponsorship Slows

Sponsorship, however, has slowed a bit. "We ran into a problem, that the Americas Cup in Perth had so much hype. Millions of dollars are poured in-

Continued on page 22

## Hurd, Ilands First in Brugge 25K

by JERRY WOJCIK

Michael Hurd of Great Britain left an excellent M40-44 field far behind, winning by 1½ minutes, in the 14th International Veterans 25K in Brugge, Belgium on June 21.

The next four M40-44 runners made a race of it, though, finishing just 11 seconds apart. Herman Parmentier of Belgium took second (1:19:37); defending champion Barry Brown of the U.S.A., who won last year in 1:21:07, was third (1:19:40); Jos Van De Water of Belgium, who came in second last year in 1:21:38, was fourth (1:19:47); and Les Roberts of Great Britain placed fifth (1:19:48).

Winners who repeated 1986 division victories were Pierre Voets, Belgium, M45 (1:23:05); Jean Van Onselen, Belgium, M50 (1:24:14); and Piet Van Alphen, Holland, M55 (1:26:37).

The other men winners were Len-nartz Heinz, West Germany, M60 (1:38:22); Walter Netzer, West Germany, M65 (1:41:18); Lucien Aellen, M70 (2:03:22); and Ernest Harrisson, Great Britain, M75 (2:24:48).

Great Britain's trio of Hurd, Roberts, and Jeff Norman (1:20:17) won the men's national team title by exactly three minutes over Belgium. British squads went one-two in the club championship, with Blackheath Harriers an easy winner (4:14:18) over the Hillingdon AC (4:26:44).

Belgium's Magda Ilands, W35 winner (international masters competition starts at age 40 for men and age 35 for



Mike Hurd, M40-44, of Great Britain after finishing first (1:18:08) in the 14th International Veterans 25K Brugge, Belgium, June 21, with meet director Jacques Serruys.

women), had an even easier time than Hurd, taking the women's race by over 3½ minutes with a 1:30:20. In 1986, Linda Delveaux, W35, ran 1:35:47 to win.

Rita Krombach, W35, of Luxembourg was second to Ilands in 1:33:43. Andrea Van Bost, W40 winner, took third place with a 1:36:04.

Maus Gantenbein of Luxembourg repeated as W45 winner in 1:43:37, three seconds above her 1986 time. Maria Grob, West Germany, won the W50 division in 1:49:21.

Belgium's Berthilia De Preter successfully defended her W55 title with a 1:59:40, well below her 1986 time of 2:04:24.

Pina Gurtner, West Germany, won the W60 race in a fast 2:03:23.

Five-hundred-twenty-four runners finished the race — up from 497 last year — which is annually directed by Jacques Serruys. □



### SNUG HARBOUR SPORTS TOUR

invites you to attend the  
VII World Veterans Games Melbourne, Australia  
28 November-6 December 1987

**\*After the Games Special\***

9 - night New Zealand North/South Island Tour  
Very limited space.

For full details of all our programs -  
call or write us, NOW

Diana Schneider  
Snug Harbour Cruises, Ltd.  
403 East 58th Street  
Lower Floor  
New York, N.Y. 10022  
(212) 593-1133

new address

Serving the Masters community for over six years.



## Countdown to Melbourne

# IN TRAINING



## FOR THE VII WORLD VETERANS' GAMES

Continued from page 21

to the sponsorship; many of the firms got their fingers burnt and are staying clear of sporting sponsorships. Also, many business firms are holding their sponsorship for the Bicentennial World Expo and the Olympics in 1988. Even so, our latest revised budget is looking very good without having to cut into areas which will affect competitors," Smith said.

### A Throwers Delight

Special conditions for the throwing competitors will be implemented. A three-ring throwing area is being set up in the parkland beside Olympic Park so that the throwers in the larger age groups can be divided into smaller groups. This will save them from the interminable wait for their turn when competing with 30 to 60 others of their own age.

"This also means that the throwers will no longer feel like the poor relations of the athletic world," says Ray Callaghan, competition director for the Games. "The aim has been to bring

the feeling of games' participation to these athletes who are often banished to an isolated area for their event. There will be a lot of activity in this area."

### Weight Pentathlon

A World Veterans Weight Pentathlon Championship will be held at Olympic Park on Monday, December 7, the day after the close of the Games. To complete this feast for throwers, there will be a three-day festival of throwing, including a Hammerfest, a Discorama, a Shotorama, and a Heavy Throws competition. Submasters who are not eligible for the Games will be catered to in the Weight Pentathlon and throwing competition.

### Olympians Participating

Among the participants expected for the Games are Olympians Al Oerter, Jim Ryun, Tommy Smith, Raelene Boyle, Bob Richards, Boo Morcom and many others. Sweden's Kjell-Erik Stahl, 41, who ran a 2:12 marathon last year, will be there. Bri-

## 1985 GAMES LOWEST MARKS

### LAST PLACE MARKS IN VI WORLD VETERANS GAMES—ROME, ITALY—JUNE 22-30, 1985

(If you can better the mark in your event in your age group, you wouldn't have finished last in Rome)

	100	200	400	800	1500	5000	10000	30000	110H	400H	HJ	PV	LJ	TJ	SP	DT	HAM	JAV	MAR
M40	14.0	29.5	1:14	2:35	5:22	20:52	46:34	13:31	20.7	1:12	1.40	3.20	4.50	9.54	9.14	18.06	32.24	20.12	5:41
M45	15.2	32.7	1:13	2:41	5:31	21:43	50:46	13:13	23.2	1:10	1.53	2.22	4.22	10.17	7.05	24.74	30.14	36.22	5:01
M50	15.3	32.2	1:15	2:48	5:36	21:39	48:39	13:18	20.8	1:14	1.40	2.80	3.50	9.93	7.91	20.06	27.02	19.72	5:02
M55	17.5	33.9	1:14	3:00	6:30	24:15	53:06	15:20	22.8	1:27	1.30	2.40	3.13	9.16	6.63	19.48	13.12	17.40	5:14
M60	16.6	35.2	1:22	3:10	7:00	27:26	53:33	11:35	25.5	1:32	1.20	2.20	3.67	8.60	7.40	22.12	23.68	21.22	5:35
M65	19.0	43.5	1:42	2:53	6:21	25:17	54:09	9:03	25.2	1:36	1.25	1.80	3.37	8.26	6.87	22.03	21.58	18.20	5:14
M70	18.0	50.4	1:45	4:11	8:09	31:49	70:34	11:42	24.6	2:02	1.15	1.80	2.85	7.06	8.01	23.78	21.26	13.60	7:20
M75	20.7	49.4	2:11	3:48	8:11	28:47	77:14	11:29	21.8	--	1.00	1.80	2.66	6.15	6.84	17.54	13.28	18.80	5:24
M80	26.7	56.8	1:36	4:56	7:50	28:31	55:08	--	41.2	2:05	1.00	1.75	2.80	5.34	4.61	10.12	11.80	8.00	7:20
M85	23.8	51.7	1:56	5:04	8:05	28:54	63:58	--	--	--	--	--	--	--	--	--	27.30	--	--
M90	100	200	400	800	1500	5000	10000	100H	HJ	LJ	SP	DT	JAV	MAR					
M36	17.7	32.0	1:17	3:03	6:11	23:39	43:35	--	18.4	--	1.38	--	3.22	--	5.48	24.26	--	18.04	4:32
M40	21.3	34.0	1:16	2:52	5:34	26:20	56:11	--	17.7	--	1.35	--	3.55	--	5.31	16.44	--	11.04	4:34
M45	19.5	35.5	1:16	3:30	5:53	25:06	52:31	--	15.4	--	1.23	--	3.39	--	5.80	18.32	--	19.60	4:29
M50	22.2	38.8	1:17	3:41	7:42	22:37	57:22	--	19.1	--	1.13	--	3.13	--	4.95	9.34	--	15.86	4:57
M55	19.0	41.6	1:30	3:22	7:20	25:46	59:42	--	18.6	--	.80	--	2.24	--	4.55	17.18	--	15.24	4:05
M60	18.9	41.8	1:44	4:11	6:32	29:03	51:03	--	15.5	--	1.08	--	3.11	--	5.58	--	--	12.76	4:30
M65	22.8	40.3	1:38	3:49	7:47	30:19	--	--	--	--	.98	--	2.49	--	5.26	--	--	9.40	6:12
M70	20.4	48.0	1:45	4:42	8:21	29:23	64:55	--	--	--	.98	--	2.31	--	5.32	--	--	11.70	--
M75	20.9	68.7	2:58	6:13	7:42	30:54	65:58	--	--	--	--	--	2.35	--	5.64	--	--	8.62	5:46

tain's Priscilla Welch is expected, as are top U.S. masters distance runners Tracy Smith, Web Loudat, Gabriele Andersen and others. Dr. George Sheehan and Dr. John Pagliano will be among the panelists at a Sports Medicine seminar.

### Transportation

The transportation will be the smoothest of any World Games. Trams (trolleys, streetcars) and trains run everywhere. Athletes can buy a two-week, hassle-free pass for A\$22 (US\$16) — a bargain.

The City of Melbourne is a delightful city. The people are friendly and there is much to see and do. The rest of Australia — Sydney, Tasmania, the Great Barrier Reef, Ayers Rock — plus many optional South Pacific islands, offers the traveler a wide variety of post-Games sight-seeing activity.

Prices on the entry form are expressed in Australian dollars. At press time, one Australian dollar is worth US 72 cents. Or, one U.S. dollar is worth A\$1.39. Thus, the first event, which costs A\$25, translates to US\$18, and each subsequent event (A\$10) costs US\$7.20.

### University Dorms

The University is composed of 11 colleges. Each college has its own dining room. One central cafeteria serves

all 11 colleges, and will be a likely meeting place for athletes staying in the dorms.

Dorm residents can use the University's gym, tennis courts, swimming pool and other facilities. Games' massueses will be stationed at the University. Dorm residents receive two free meals per day, and, if you're at the track all day, you can arrange for a hot meal to be waiting for you in the microwave.

### A Memorable Event

The Games promise to be an exciting and dramatic event. Participants will meet and make friends with others from throughout the world. It is rewarding and just plain fun to get to know people from other cultures — to exchange ideas and experiences.

While competition will be keen in all events, the Games are not only for elite athletes. They are for everyone. The whole idea is to participate. A medal is just icing on the cake. The last place marks in the VI World Games in Rome in 1985 are within reach of most of us. (See chart on this page). And even if you finish last, what's the difference? You can still have a good time.

The VII World Veterans Games will be a memorable experience. The air fares and accommodations are remarkably low. Contact one of the masters tours. The time to enter is now. □

## Less Than 1 Month To Go Until ENTRY DEADLINE Have You Registered Yet?



One Word Says It All... **Australia** ... One Call Does It All  
(University Rooms Still Available)

## NATIONAL MASTERS NEWS TOUR

SPORTS TRAVEL INTERNATIONAL, LTD.

(619) 225-9555

P.O. Box 7823, San Diego, CA 92107

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



Gill Ross leading J. Haskins, W35, and Elsa Gertenbach, W40, in 800, South African Masters Championships, Durban, April 25. Ross won the W35 race (2:33.2). Gertenbach took the W40 contest (2:41.8)

Photo by L. Benning



## MELBOURNE 1987

Approximate track starting time 11.00 hrs (5km & 10km 17.00 to 22.00 hrs) Marathon 6.00hrs  
Pentathlon and Cross Country 8.00 hrs Events listed in probable order.

	MEN 40	MEN 45	MEN 50	MEN 55	MEN 60	MEN 65	MEN 70	MEN 75	MEN 80PL
SAT 28TH NOV	400mH h Triple J 100m h 800m h Discus 100m sf 10km	400mH h High J 100m h 800m h Hammer 100m sf	400mH h Pole V 100m h 800m h 100m sf	400mH h 100m h 800m h 100m sf Shot 10km	300mH h Long J 100m h 800m h 100m sf Javelin 10km	300mH h Javelin 100m h 800m h 100m sf Long J 10km	Shot 800m h 100m h	800m h Shot 100m h	Shot 200m h
SUN 29TH NOV	20K Walk Long J 400mH sf 100m f Javelin 800m f 200m h	20K Walk Triple J 400mH sf 100m f Discus 800m f 200m h 10km	20K Walk High J 400mH sf 100m f Hammer 800m f 200m h 10km	20K Walk Pole V 400mH sf 100m f 100m f 200m h	20K Walk 100m f 800m f 200m h	20K Walk Shot 100m f 800m f 200m h	20K Walk Pole V 800m f 200m h 10km	20K Walk Pole V 800m f 200m h 10km	20K Walk 80H f 800m f Pole V 200m f 10km
TUES 1ST DEC	400mH 200m sf 200m f Shot 5km	400mH Long J 200m sf 200m f Javelin 5km	400mH Triple J 200m sf 200m f Discus 5km	400mH High J 200m sf 200m f Hammer 5km	300mH Pole V 200m sf 200m f 5km	300mH 200m sf 200m f 5km	Hammer 200m f High J 5km	Hammer 200m f High J 5km	Hammer High J 5km
THURS 3RD DEC	C/C PENT.	C/C PENT.	C/C PENT.	C/C PENT.	C/C PENT.	C/C PENT.	C/C PENT.	C/C PENT.	C/C PENT.
FRI 4TH DEC	110mH h Pole V 400m h 1500m h 400m sf 5k Walk	110mH h 400m h 1500m h Shot 400m sf 5k Walk	110mH h Long J 400m h 1500m h 400m sf Javelin 5k Walk	110mH h Triple J 400m h 1500m h 400m sf Discus 5k Walk	110mH h High J 400m h 1500m h Hammer 400m sf 5k Walk	110mH h Hammer 400m h 1500m h High J 400m sf 5k Walk	80mH h Discus 400m h Triple J 1500m h 5k Walk	80mH h 400m h 1500m h Discus Triple J 400m h 5k Walk	100m h Discus Triple J 400m h 5k Walk
SAT 5TH DEC	110mH h High J 3k Stple 1500m f Hammer 400m f	110mH h Pole V 3k Stple 1500m f 400m f	110mH h 3k Stple 1500m f Shot 400m f	110mH h Long J 3k Stple 1500m f 400m f Javelin	110mH h 2k Stple Triple J 1500m f 400m f Discus	110mH h 2k Stple Discus 1500m f Triple J 400m f	80mH h 2k Stple Javelin 1500m f 400m f Long J	80mH h 2k Stple 1500m f 400m f Javelin Long J	1500m f 150m f Javelin 400m f Long J
SUN 6TH DEC	Mara 4x100m relays for groups M40 plus / 45 plus / 50 plus / 55 plus / 60 plus / 70 plus.	Mara 4x100m relays for groups M40 plus / 45 plus / 50 plus / 55 plus / 60 plus / 70 plus.	Mara 4x100m relays for groups M40 plus / 45 plus / 50 plus / 55 plus / 60 plus / 70 plus.	Mara 4x100m relays for groups M40 plus / 45 plus / 50 plus / 55 plus / 60 plus / 70 plus.	Mara 4x100m relays for groups M40 plus / 45 plus / 50 plus / 55 plus / 60 plus / 70 plus.	Mara 4x100m relays for groups M40 plus / 45 plus / 50 plus / 55 plus / 60 plus / 70 plus.	Mara 4x100m relays for groups M40 plus / 45 plus / 50 plus / 55 plus / 60 plus / 70 plus.	Mara 4x100m relays for groups M40 plus / 45 plus / 50 plus / 55 plus / 60 plus / 70 plus.	Mara 4x100m relays for groups M40 plus / 45 plus / 50 plus / 55 plus / 60 plus / 70 plus.

## VII WORLD VETERANS GAMES

The WOMENS HAMMER and TRIPLE JUMP are NEW CHAMPIONSHIP EVENTS

	WOMEN 35	WOMEN 40	WOMEN 45	WOMEN 50	WOMEN 55	WOMEN 60	WOMEN 65PL
SAT 28TH NOV	100mH h 1500m h 400m h 10km	80mH h 1500m h 400m h 10km	80mH h Hammer 1500m h High J 400m h 10km	80mH h 1500m h Javelin 400m h Long J 10km	80mH h Discus 1500m h Triple J 400m h 10km	80mH h Discus 200m h Triple J 10km	Hammer 80mH h High J 200m h 10km
SUN 29TH NOV	10K Walk 100H f Hammer 400m f 1500m f High J 100m h	10K Walk 80H f Hammer 400m f 1500m f 100m h	10K Walk 80H f Discus 400m f 1500m f 100m f	10K Walk 80H f 400m f Shot 1500m f 100m h	10K Walk 80H f Javelin 1500m f Long J	10K Walk 80H f 800m f 200m f Long J	10K Walk 80H f Discus 200m f Triple
TUES 1ST DEC	100 sf 100m f Discus Triple J 5km	Discus 100m sf 100m f Triple J 5km	Javelin 100 sf 100m f Long J 5km	100m sf 100m f 5km	100m sf Shot 100m f 5km	Shot 5km	Javelin Long J 5km
THURS 3RD DEC	C/C PENT.	C/C PENT.	C/C PENT.	C/C PENT.	C/C PENT.	C/C PENT.	C/C PENT.
FRI 4TH DEC	400mH h 200m h 800m h Javelin 200m sf Long J 5k Walk	400mH h Javelin 200m h 800m h 200m sf Long J 5k Walk	400mH h Shot 200m h 800m h 200m sf 5k Walk	300mH h Hammer 200m h 800m h 200m sf 5k Walk	300mH h 200m h 800m h 200m h 5k Walk	100m h 400m h 5k Walk	100m h Shot 400m h 5k Walk
SAT 5TH DEC	400mH f 800m f Shot 200m f	400mH f Shot 800m f 200m f	400mH f 800m f 200m f	300mH f 800m f Discus 200m f Triple J	300mH f Hammer 800m f 200m f High J	1500mH f Hammer 100m f 400m High J	1500mH f 100m f 400m f
SUN 6TH DEC	Mara 4x100m relays for groups W35 plus / 40 plus / 50 plus.	Mara 4x100m relays for groups W35 plus / 40 plus / 50 plus.	Mara 4x100m relays for groups W35 plus / 40 plus / 50 plus.	Mara 4x100m relays for groups W35 plus / 40 plus / 50 plus.	Mara 4x100m relays for groups W35 plus / 40 plus / 50 plus.	Mara 4x100m relays for groups W35 plus / 40 plus / 50 plus.	Mara 4x100m relays for groups W35 plus / 40 plus / 50 plus.



## ENTRY FORM

VII World Veterans' Games, P.O. Box 282,  
ESSENDON, VICTORIA, 3040, AUSTRALIA.

TO ARRIVE AT THE ABOVE ADDRESS  
NO LATER THAN 31st. AUGUST 1987.

FAMILY NAME ..... PREFERRED FIRST NAME .....  
STREET NAME and NUMBER .....  
CITY ..... STATE .....  
COUNTRY ..... POST CODE .....  
NATIONALITY ..... DATE OF BIRTH .....  
SEX (MAN WOMAN) ..... AGE GROUP .....

## EVENTS ENTERED

(A maximum of 7 events only is allowed) Check the Entry Book for the Events you can enter

EVENT BEST PERFORMANCE \*

No. 1. Entry .....  
No. 2. Entry .....  
No. 3. Entry .....  
No. 4. Entry .....  
No. 5. Entry .....  
No. 6. Entry .....  
No. 7. Entry .....  
Compulsory -

WAVA Fee ..... AUD \$15.00

First Event ..... AUD \$25.00

Additional Events ..... x AUD \$10.00 each AUD \$ .....

(Maximum 6 extra events (AUD \$60.00))

Total Registration and Entry Fee ..... AUD \$ .....

AUD = AUSTRALIAN DOLLAR (see section 31 for currency conversion)

\*Best Performance 1986/87 or estimate of what is expected at these Games, providing it is not better than previous performances of 1986/87.

(List of performances submitted, will be sent to various national bodies for verification)

PLEASE LIST YOUR OUTSTANDING PERFORMANCES

OLYMPIC / NATIONAL / STATE

## PAYMENT DETAILS

AUD\$

1 Registration and Entry Fees .....  
2 Australian "BUSH BASH" ..... x \$25.00 each .....  
3 Transport Card ..... x \$22.00 each .....  
4 Accommodation Deposit .....  
TOTAL PAYMENT ENCLOSED AUD\$ .....

ALL OVERSEAS payments must be made by BANK DRAFT in AUSTRALIAN DOLLARS  
Payable to: VII WVG Bank Draft (No personal cheques accepted)

## DECLARATION

1. I declare that I am in good health and have conditioned myself properly for competition  
2. I relieve WAVA (World Association of Veteran Athletes) and VII World Veterans Games Organising Body Inc. Their sponsors, and any person appointed by them, absolutely of any responsibility for any injury or loss sustained in connection with the Games  
3. I understand and accept that the Games are staged in accordance with the WAVA Constitution and Bylaws. Also any individual from IAAF sanctioned countries can compete regardless of race, religion, politics, colour, nationality or place of residence

Signature ..... Date .....



## South African Championships Held in Durban

by LEO BENNING

CAPE TOWN, South Africa. The annual South African Masters Track & Field Championships, held on the east-coast city of Durban on April 24-25, produced some top performances. Among them:

- M40: Stan Wald won the 100 (11.00) and 200 (22.9). Lucas Halweendu took the 1500 (4:21.0), 5000 (15:47.2) and 10000 (31:52.9 SAR).

- M45: George Mathe, co-holder of the world M40 400-hurdle record with countryman Leon Hacker (both with 54.1 in 1979), has given up hurdling, but won the 400 (55.10) and 800 (2:11.8). Hacker was a non-starter due to injuries.

- M50: Jimmy Rabie captured the 100 (11.8) and 200 (24.4). Hacker's brother, Monty, was also sidelined with an injury.

- M55: David Bawden took three golds in the 100 (12.8), 200 (26.2) and 400 (58.7).

- M60: Kallie Van Zyl won the pentathlon (3450 points, Rome tables), and the 300H (52.9), discus (34.40) and javelin (37.12).

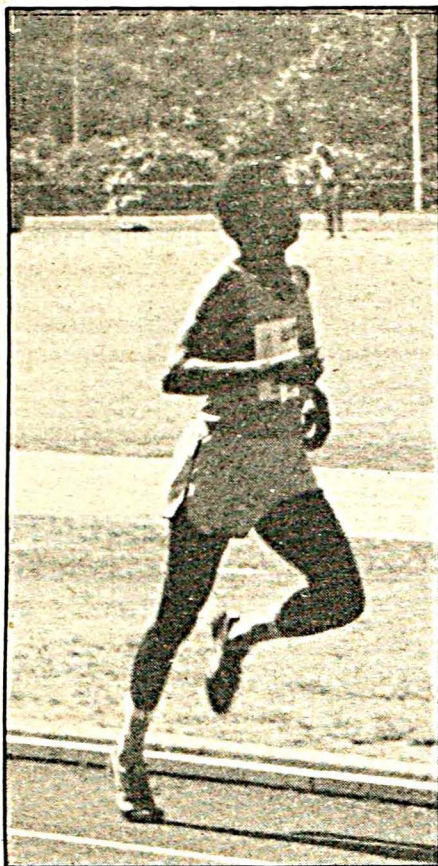
- M65: Hannes Booysen, the President of the South Africa Masters Association, took firsts in the discus (30.80) and shot (10.82). Louis Botha purloined the 100 (14.00), 200 (29.1), 400 (69.4 SAR) and hammer (25.62).

- M75: E. P. Malan won the discus (30.22) javelin (26.16) and shot (9.67). World sprint record-holder, Fred Reid, was on the shelf with injuries.

- W35: Gail van Niekerk set S.A.

records in the 100 (12.2) and 200 (25.3), and won the long jump in 4.91. Annelie de Bod

Continued on page 26



George Mathe comes in second to F. DuToit in the M45 800, with a time of 2:11.8 in the South African Masters Championships in Durban, S.A. April 25.

### In Memoriam: Piet Van Alphen

by JACQUES SERRUYS,  
WAVA Vice President

It is hard to believe that Piet Van Alphen, a fine veteran athlete and a good friend, passed away on June 24, 1987, at age 57. A cerebral bleeding was fatal to this strong man who, just the week before, showed his enormous talent by winning his age-group at Bruges, Belgium in the 25K, with a time of 1:26:37, almost the same as he ran in 1975!

Being together "on the road" for so many years makes it hard to realize that a partner in friendship and a companion in veterans sports has left forever. We now realize that this will only be physically, as Piet will stay forever in our minds and even more in our hearts. His enormous will power was his label, and it brought him the successes and victories he deserved so much. Above all, Piet remained the friendly and honest competitor we all admired. The sportsman has gone; the friend will stay.

His friends in sport: Gerard Nyboer, Kor Vriend, Jan Van Ginkle, and so many others, were there in Amsterdam for a last



Piet Van Alphen, finishing the 1986 Twin Cities Marathon in 2:35:06, at age 56.

farewell. We all felt that this could not be a final good-bye, but the start of a legend without a finishing point. This legend is Piet Van Alphen, a monument of veterans athletics. Next year, at the Open European Championship in Bruges, the "Piet Van Alphen Cup" will be dedicated to the memory of this unique man.

## WORLD VETERANS' WEIGHT PENTATHLON CHAMPIONSHIP



will be held in MELBOURNE on MONDAY 7 DECEMBER 1987 commencing at 0800 hours. This event has been sanctioned by the Executive of W.A.V.A. and sponsored by the VII WORLD GAMES ORGANISING BODY.

The weight pentathlon championship shall consist of:

	HAMMER	SHOT	DISCUS	JAVELIN	HEAVY WEIGHT
<b>WOMEN</b>					
50 +	3kg	3kg	1kg	400g	7.260kg (161b)
35 - 49	4kg	4kg	1kg	600g	9.072kg (201b)
<b>MEN</b>					
70 +	4kg	4kg	1kg	600g	11.340kg (251b)
60 - 69	5kg	5kg	1kg	600g	11.340kg (251b)
50 - 59	6kg	6kg	1.5kg	800g	15.880kg (351b)
40 - 49	7.260kg	7.260kg	2.00kg	800g	15.880kg (351b)

Depending on the number of entries, six (6) throws may be allowed.

Entries will be received up to 17:00 hours (5pm) on 2 December 1987.

Entry fee will be \$AUD 10.00 and a certificate detailing results will be issued to all competitors. Name and address is essential on all entry forms.

On succeeding days TUESDAY - THURSDAY there will be a further throwing bonanza comprising:

**HAMMERFEST:** 3kg (W50+); 4kg; 5kg; 6kg; 7.260kg & W30 - 49 - 9.072kg & W50+ 7.260kg  
M35 - 59 - 15.880kg & M60+ - 11.340kg.

**DISCORAMA:** 1.00kg 1.25kg 1.50kg 1.75kg & 2.00kg

**SHOTORAMA:**

**WOMEN**

30 + 3kg 4kg 5kg 6kg & 7.260kg

**MEN**

60 + 4kg 5kg 6kg 7.260kg 8kg

35 - 59 4kg 5kg 6kg 7.260kg 10kg

**HEAVY THROWS:** 7.260kg (161b) 9.072kg (201b) 11.340kg (251b) 15.880kg (351b) 25.040kg (561b)

The heavy throw implements comprise a hammer handle with overall length of 41cm (16ins). The only change will be for the WEIGHT PENTATHLON CHAMPIONSHIP.

PLEASE DIRECT ALL ENTRIES AND ENTRY FEE TO

**DIRECTOR ROY FOLEY**

VII World Veterans' Games, P.O. Box 282,  
ESSENDON, VICTORIA, 3040, AUSTRALIA.

### ENTRY FORM



## WORLD VETERANS' WEIGHT PENTATHLON CHAMPIONSHIP

FAMILY NAME ..... PREFERRED FIRST NAME .....  
STREET NAME and NUMBER .....  
CITY ..... STATE .....  
COUNTRY ..... POST CODE .....  
NATIONALITY ..... DATE OF BIRTH .....  
SEX (MAN/WOMAN) ..... AGE GROUP .....

### EVENTS ENTERED

WORLD VETERANS' WEIGHT PENTATHLON

HAMMERFEST

DISCORAMA

SHOTORAMA

HEAVY THROWS


ENTRY FEE - \$10.00

Payment can be included with VII World Veterans' Games entry fees or paid in Melbourne before December 2nd.

VII World Veterans' Games, P.O. Box 282,  
ESSENDON, VICTORIA, 3040, AUSTRALIA.



## Eastern European Marathon Records

Masters marathon age records for the U.S., Great Britain, and other countries are relatively easy to come by for long-distance statistics enthusiasts. However, few running statistics are available from Eastern Europe countries. Wolfgang Loscher, a German Democratic Republic statistician, has made available to the National Masters News listings of men age-record holders (35-and-over) from Czechoslovakia, and men and women (35-and-over) from Poland.

The Czechoslovakian list was compiled by Milan Skocovsky and is dated June 6, 1986. The list of Polish men marathoners comes from Tadeusz Dziekonski and covers up to 1987. The list of the top twenty all-time Polish women marathoners, compiled by Henryk Paskal, includes runners who are considered masters runners, at age 35, by international standards. □

### 20 BEST POLISH WOMEN MARATHONERS IN 1986

2:32:30	Renata Waleńdzia	50
2:33:24	Gabriela Górczyńska	56
2:33:44	Grażyna Mierzejewska	57
2:36:11	Renata Kokowska	58
2:38:00	Irina Hulanicka	56
2:39:36	Małgorzata Szumińska	59
2:40:10	Ewa Szydłowska	60
2:40:30	Czesława Mentlewicz	56
2:41:15	Ewa Wzosek	55
2:42:02	Anna Król	49
2:42:34	Barbara Faczos	60
2:42:53	Maria Kawiorska	56
2:42:54	Kamila Gradus	67
2:42:59	Anna Buško - Iskra	62
2:45:52	Stefania Kozik	59
2:46:15	Krystyna Chylińska	64
2:51:33	Helena Kozłoryńska	57
2:52:16	Ewa Bober	55
2:55:35	Janina Juszek	61
2:57:40	Kazimiera Zyzak	62

### CZECHOSLOVAKIAN VETERAN MARATHON AGE RECORDS

35	2:18:47	Jiří Kaňka, 44	.79
36	2:18:10	Josef Jánásky, 40	.76
37	2:18:54	Josef Jánásky, 40	.77
38	2:16:53	Josef Jánásky, 40	.78
39	2:16:44	Josef Jánásky, 40	.79
40	2:14:26	Josef Jánásky, 40	.80
41	2:13:38	Jiří Kaňka, 44	.85
42	2:12:33	Nikolai Cametis, 42	.84
43	2:12:37	Nikolai Cametis, 42	.85
44	2:12:11	Ivan Ullsperger, 31	.7
45	2:14:07	Josef Sindelář, 35	.80
46	2:13:40	Josef Sindelář, 35	.81
47	2:17:03	Jaroslav Strupp, 16	.63
48	2:14:14	Bedřich Rehberger, 36	.64
49	2:14:45	Josef Nemeth, 35	.64
50	2:14:41	Jindřich Stránský, 41	.77
51	2:17:25	Josef Janíček, 24	.75
52	2:14:02	Jindřich Stránský, 27	.79
53	2:17:37	Jan Pech, 32	.65
54	2:15:52	Jindřich Krause, 41	.65
55	2:15:15	Karel Matzner, 29	.64
56	2:15:56	Karel Urbánek, 27	.63
57	2:15:19	Oldřich Zeman, 19	.76
58	2:15:12	Jaroslav Strupp, 16	.74
59	2:17:27	Jaroslav Strupp, 16	.72
60	2:10:00	Jaroslav Strupp, 16	.76
61	2:10:15	Otta Hobst, 17	.75
62	2:10:01	Otta Hobst, 17	.79
63	2:10:59	Jan Piro, 17	.60
64	2:13:30	Otta Hobst, 17	.61
65	2:12:39	Přemysl Dolenský, 20	.85
66	2:11:05	Adolf Donát, 18	.84
67	2:14:22	František Mirovský, 13	.60
68	2:14:11	František Mirovský, 13	.61
69	2:15:28	Michal Hanic, 11	.80
70	2:13:14	Michal Hanic, 11	.81
71	2:14:57	Jozef Česla, 09	.80
72	2:14:13	Jozef Česla, 09	.81
73	2:14:06	Jaroslav Kočí, 06	.79
74	2:15:00	Jaroslav Kočí, 06	.80

### POLISH MEN'S VETERANS MARATHON BESTS

35-39	2:11:35	Marczak, Wyszard 45
35	12:21	Pierzyński, Zbigniew 51
36	11:35	Marozak
37	12:44	Marozak
38	13:20	Marozak
39	15:19	Marozak
40-44	22:58	Marozak
45-49	29:37	Wójcik, Michał 36
47	30:06	Wójcik
48	29:37	Wójcik
49	32:46	Wójcik
50-54	33:58	Wójcik
55-59	3:08:39	Lewandowski, Józef 31
60-64	05:58	Wojtkowski, Kazimierz 26
65-69	09:12	Mielczarek, Stefan 17
70-74	31:51	Brudecki, Andrzej 13
75-79	-	-
over 80	5:39:53	Brożyna, Dariusz 00



SAN JUAN ANNUAL MASTERS TRACK AND FIELD CHAMPIONSHIPS - 1987  
PARQUE CENTRAL, SAN JUAN, P.R.  
19-20 SEPTEMBER 1987.



SPONSORED BY THE CITY OF SAN JUAN AND THE PUERTO RICO MASTERS ASSOCIATION.

AGE DIVISIONS: 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80 and over.

ELIGIBILITY: Open to all men and women 30 years of age and older.

ENTRY FEE: \$5.00 First Event, \$3.00 each additional event. \$20.00 per relay.

AWARDS: Medals to first three in each event in each age division.

DEADLINE FOR ENTRIES: September 8, 1987. No post entries.

FACILITIES: Parque Central is an 8 lane tartan track with all modern facilities (1/4 inch spikes maximum length permitted.)

RELAYS: By countries with divisions in 10 years increments. Entries for Relays must be turned in by 6:00 P.M. Saturday and Sunday.

ENTRIES: Send the entry form below with check to FUNDEPORTE, P.O. Box 3946, San Juan, P.R. 00936. No entry will be accepted without fee.

REGISTRATION: At Parque Central from 10:00 A.M. to 7:00 P.M., Friday September 18, and from 10:00 A.M. to 12:00 Noon Saturday 19, 1987.

HOTELS: Accommodations should be arranged by individual participants. The following hotels are in the vicinity of the Parque Central:

Caribe Hilton	Tel (809) 721-0303	Ocean Side	Tel (809) 722-2410
Holiday Inn	" (809) 721-1000	Gran Bahia	" (809) 725-1212
Excelsior	" (809) 721-7400	Miramar	" (809) 722-5239
Hotel Toro	" (809) 725-5150	Tanamá	" (809) 724-4160
Olimpo Court	" (809) 724-0600		

### SCHEDULE OF EVENTS

Time	Saturday Sept. 19	Sunday Sept. 20
3:30 P.M.	400 M. Hurdles	400 M (W-M)
4:00 P.M.	300 M. Hurdles Pole Vault Hammer	Shot Put (W-M) High Jump (W-M)
5:00 P.M.	110 M. Hurdles (M) 100 M. Hurdles (W-M) 80 M. Hurdles (M)	800 M (W-M) Javelin (W-M)
5:30 P.M.	Discus (W-M)	5000 M (W-M)
6:30 P.M.	3000 M. Steeplechase 2000 M. Steeplechase	200 M. Triple Hump
7:30 P.M.	100 M. (W-M)	5K Walk (W-M)
8:00 P.M.	1500 M (W-M)	After 5K walk 4 X 400 Relay (W-M)
8:30 P.M.	10000 M (W-M)	
After 10000	4 X 100 Relay (W-M)	

ORDER OF COMPETITION WILL BE: Men and women - Old to young.

OFFICIAL ENTRY FROM SAN JUAN ANNUAL MASTERS TRACK AND FIELD CHAMPIONSHIPS 1987

NAME \_\_\_\_\_ SEX: M ( ) P ( )

ADDRESS \_\_\_\_\_ AGE AS OF SEPT. 19, 1987 \_\_\_\_\_

DATE OF BIRTH: \_\_\_\_\_

TELEPHONE: HOME \_\_\_\_\_ BUSI: \_\_\_\_\_ AGE CATEGORY: \_\_\_\_\_

PLEASE REGISTER ME IN THE FOLLOWING EVENTS:

Best Mark 86-87	Best Mark 86-87	Best Mark 86-87
( ) 100 Mts. _____	( ) 3,000 Mts. Steeple (M) _____	( ) Long Hump _____
( ) 200 Mts. _____	( ) 2,000 Mts. Steeple (M) _____	( ) Triple Jump _____
( ) 400 Mts. _____	( ) 110 Mts. Hurdles _____	( ) Shot Put _____
( ) 800 Mts. _____	( ) 100 Mts. Hurdles _____	( ) Discus _____
( ) 1,500 Mts. _____	( ) 80 Mts. Hurdles _____	( ) Javelin _____
( ) 5,000 Mts. _____	( ) 400 Mts. Hurdles _____	( ) Hammer _____
( ) 10,000 Mts. _____	( ) 300 Mts. Hurdles _____	( ) 5,000 Mts. Walk _____
( ) High Jump _____	( ) Pole Vault _____	( ) Relays _____

I enclose herewith my check for \$ \_\_\_\_\_ to cover:

First Event \$5.00 Additional Events \$ \_\_\_\_\_ TOTAL \$ \_\_\_\_\_

### ATHLETIC RELEASE:

In consideration of the right to participate in the San Juan Annual Masters Track & Field Championships, I do HEREBY: for myself, my heirs and executors, waive, release and forever discharge any and all claims for damages which I may have, or which may hereafter accrue to me against the City of San Juan, the Organizing Committee or their Officers or agents and the Parque Central Stadium and any and all sponsors of the aforementioned championships. I further CERTIFY: that I am in good physical condition and have recently undergone a thorough examination by a certified doctor.

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

## MASTERS SCENE

Continued from page 18

tinues, but the 48-year-old Britisher has terminated his popular *Running Review* magazine, a British staple for several years. "We were not getting the revenues to make it viable," Hill said. "It was impossible to continue working hard to lose money each month." Despite an operated knee, Hill continues to run and race. He has competed in races in 43 foreign countries in his career. "I hope to have run in 50 different countries before I turn 50 (Sept. 1988)."

• **Veteran Athletics**, the British counterpart to the NMN and other publications devoted to masters running and t&f, made its debut with the June/July 1987 issue. Sent free to all members of BVAf regional clubs, the magazine (6 bimonthly issues) is available outside the UK for 12 British pounds from Veterans Athletics Subscriptions, 57-61 Mortimer Street, London, W1N 7TD. A masters-only publication in Britain has not been available since the passing of *Veteris* magazine several years ago.

• The first-ever South African Masters Cross-Country Championships will be held in Cape Town, August 22. Masters runners from throughout the world are invited. For accommodations, contact Leo Benning, 10 Bennington Rd., Tamerskloof 8001, Cape Town, South Africa.

• **Evy Palm**, 45, followed-up her Boston

masters victory (2:36:24) with an even better 2:35:14 to win the Stockholm Marathon as first woman overall for the second year in a row on May 30th. In July, she ran an astonishing 32:42 in an Oslo, Norway 10K.

• **Basketball Hall of Famer Wilt Chamberlain**, who will be 51 Aug. 21, wants to compete in the discus in the 1988 Olympics in Seoul, South Korea. **Al Oerter**, 51, who attended the University of Kansas with Chamberlain, remembers trying to teach Wilt how to throw "way back when." Oerter, who won gold medals in the discus in four Olympics (1956-68), told *USA Today*. "To compete in open competition would require a great deal of work, and I don't know if Wilt's willing to put that in." Oerter said Chamberlain's strength and arm length are advantages, but his height is a disadvantage. "He's so dad-gum tall... here's a guy 7-2 in an 8-foot circle. It's very difficult to move from the back to the front with aggression." Oerter has his sights on next year's Olympic Trials. In November, he will compete in the World Masters Championships at Melbourne, Australia, site of his first Olympic victory.

"Now that's where Wilt should be," he said.

• **Derek Turnbull**, 60, of Invercargill, New Zealand, set a world M60 marathon best of 2:38:47 in Adelaide, Australia, July 19. Clive Davies holds the U.S. M60 mark of 2:42:44. □





## Report from Britain

by ALASTAIR AITKEN

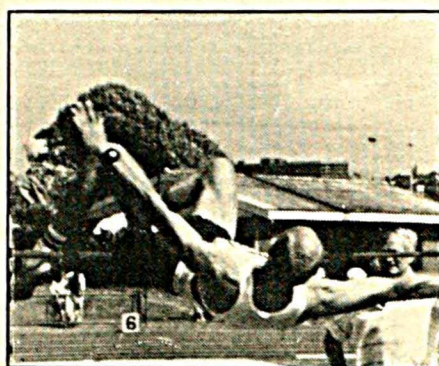
World vets steeplechase and cross-country champion in 1979, Taff Davies, now 49, ran back into form recently after a long layoff, winning a 10K road race on slippery pathways at Copthall Hendon, June 14, in 31:50. Martin Duff had a very good run in the Ranelagh Half-Marathon at Effingham, May 30, coming in 3rd (1:08:38). In that race (over 200 runners), Tim Johnston, 1968 Olympian and ex-world vet champion, was first over-45 (1:10:29). First over-50 runner was Pete Lawrence (1:14:30). Forty-year-old Mike Hartley, who was 9th in the Ranelagh race (1:10:56), went on to win the Veteran Athletic Club 5 + Mile Road Championships at Battersea Park, June 16.

Chris Ellis, M40, won the Kent County open discus title with a respectable 49.30/161-9. In June, Janis Kerr, the international discus and shot competitor from 1969-77, was back at age 40, winning the shot (13.03/42-9) and discus (42.0/137-9).

At a meet in Copthall, 71-year-old Colin Fairey, who ran a world best

8.6 60m indoors earlier this year, won the over-70 100m (13.7) and the 200 (29.2). Bob Bush, M40, of Highgate Harriers was 2nd in the 100m (11.8), one-tenth behind ex-international Ian Green of Luton. Bush won the 200 (23.5) and 400 (52.2).

Adrian James won the Vets AC walk from Amos Seddon, June 16, and was 2nd outright in the Leicester Mercury Walk (2:33:22), May 9. □



Eldridge Lansdell, M40, was one of the first to jump 7 feet in South Africa. Here he jumps 1.70 meters at the South African Masters Championships held in Durban, S.A. April 25.

## South African Championships Held in Durban

Continued from page 24

won the 1500 (4:46.6) and 3000 (10:05.7).

- W40: Susan Cranje set an S.A. record of 12.70 in the 80 hurdles, and took the 400H (70.7).

- W45: Marie-Louise Uys set an S.A. shot mark of 11.60.

- W70: As usual, Audrey Reid picked up golds in the 100 (17.0), 200 (34.7) and 400 (85.4).

In all, 14 men's and seven women's

South African records were broken in the two-day meet.

Despite the progress (albeit slow) towards integration being made in our country, South African athletes — both black and white — are not welcome in Australia, so we will not be participating in this year's World Veterans Games. We will miss the Games, and we extend our best wishes to our friends in sport from all nations. □



Mondi Tutani leads up a steep slope in the Interprovincial Cross-Country 12K in George, South Africa June 6.

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

Hurdles Women					
Age	Race Distance	Hurdle Height	To 1st Hurdle	Between Hurdles	To Finish
35-39	100m	.840m 33"	13.00m 42'8 1/2"	8.5m 27'10 1/2"	10.5m 34'5"
40-49	80m	.762m 30"	12.00m 39'4"	8.0m 26'3"	12.00m 39'4"
50-59	80m	.762m 30"	12.00m 39'4"	8.0m 26'3"	12.00m 39'4"
60-69	—	—	—	—	—
70 Plus	—	—	—	—	—
35-39	400m	.762m 30"	45.00m 147'7 1/4"	35.00m 114'9 1/2"	40.00m 131'2 1/2"
40-49	400m	.762m 30"	50.00m 164'0 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"
50-59	300m	.762m 30"	50.00m 164'0 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"
60-69	—	—	—	—	—
70 plus	—	—	—	—	—

MEN					
35-39	110m	.991m 39"	13.72m 45'	9.14m 30'	14.02m 46'
40-49	110m	.914m 36"	13.72m 45'	9.14m 30'	14.02m 46'
50-59	100m	.840m 33"	13.00m 42'8"	8.50m 27'10 1/2"	10.50m 34'5"
60-69	100m	.840m 33"	13.00m 42'8"	8.50m 27'10 1/2"	10.50m 34'5"
70 plus	80m	.762m 30"	12.00m 39'4"	8.00m 26'3"	12.00m 39'4"
40-49	400m	.914m 36"	45.00m 147'7 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"
50-59	400m	.840m 33"	50.00m 164'0 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"
60+	300m	.762m 30"	50.00m 164'0 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"

IMPLEMENTS				
AGE	SHOT PUT	DISCUS	HAMMER	JAVELIN
Women				
35-49	4.00K	1.00K	—	600 gms.
50 plus	3.00K	1.00K	—	400 gms.
Men				
40-49	7.26K (16 lbs.)	2.00K	7.26K (16 lbs.)	800 gms.
50-59	6.00K	1.50K	6.00K	800 gms.
60-69	5.00K	1.00K	5.00K	600 gms.
70 plus	4.00K	1.00K	4.00K	600 gms.

#### PRESIDENT:

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

#### EXECUTIVE

##### VICE-PRESIDENT:

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

##### VICE-PRESIDENT:

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

##### VICE-PRESIDENT

(Track and Field):  
Hans Axmann  
Eichendorffstrasse 2  
D-8800 ANSBACH  
Federal Republic of Germany



#### SECRETARY:

Owen Flaherty  
CN. UTR. 207  
Javea  
ALICANTE Spain

#### TREASURER:

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

#### WOMEN'S DELEGATE:

Bridget Cushen  
156 Mitcham Road  
WEST CROYDON  
Surrey England

#### DELEGATE OF: NORTH AMERICA

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

#### SOUTH AMERICA

Juan H. Kulzer  
Estrada 3429  
Olivos 1536  
BUENOS AIRES  
Republica Argentina

#### ASIA:

Mr. Hariomataram  
Medan Medaka  
Selantan 10,  
Jakarta, Indonesia

#### EUROPE:

Cesare Beccalli  
IMITT  
Via Martinetti 7  
20147 MILANO Italy

#### OCEANIA:

Clem Green  
46 Hargreaves Street  
WELLINGTON 2  
New Zealand

#### AFRICA:

Contact President



## 905 Tracksters Compete in Senior Olympics

An astonishing total of 2461 athletes — all age 55 and older — participated in the first U.S. National Senior Olympics in St. Louis from June 27 to July 2. Of those, an amazing 905 competed in track and field.

Men and women took part in 11 different sports: archery, bowling, cycling, golf, horseshoes, swimming, table tennis, tennis, track & field, volleyball and long distance running.

Competition was held in five-year age groups, with medals awarded to the first three finishers.

"We are looking at people who are able to achieve great things based on their fitness and health," said Ken Marshall, President of the National Senior Olympics.

The event was featured in a page-one story on June 26 by *U.S.A. Today*, which followed up with daily stories and results. Its July 6 edition published a state-by-state breakdown of each participant's performance.

The St. Louis Post-Dispatch gave front sports-page coverage daily, as well as printing all results.

There were 36 heats in the 100, and the 65-69 women had to run qualifying heats. By contrast, last year's TAC U.S. National Masters Championships drew a total of 761 over-age-30 athletes, only about 225 of whom were 55-or-over.

In the track competition, several performers stood out, most of whom are familiar names on the masters circuit:

- California's Bob Watanabe won three gold medals in the 60-64 100 (12.86), 200 (26.16) and 400 (61.84).

- Ohio's Mary Bowermaster won four golds in the W65 100 (16.74), 200 (36.30), high jump (3-7) and long jump (10-7). Her long jump is a new American W65-69 record, breaking the mark of 10-5¼ which she set in 1983. Bowermaster turned 70 on July 26, so look for her to rewrite the women's 70-74 record book this year.

- Another Ohioan, Bill Weinacht, captured three firsts in the M70 100 (13.70), 200 (28.56) and 400 (66.84) — all exceptional times.

- Local athlete Jane Clarkson got a lot of press with her three triumphs in the W55 100 (15.75), 200 (32.94) and 400 (78.23).

- Harry Brown of Illinois notched M55 wins with fast times in the 100 (12.77), 200 (25.76) and 400 (59.01).

- Another Ohioan and subject of this issue's "Training Advice" column, Byron Fike, racked up five firsts in the M75 100 (15.89), 200 (33.07), 400 (75.67), 800 (3:07.38) and 1500W (10:09.58).

- Ed Benham, who turns 80 in time for this year's World Veterans Games in Australia, wowed everyone with a 9-minute M75 10K win in 45:35, and added the 5K (22:02) and 1500 (6:12.74) to leave many months open in wonder.

- Michigan's Ham Morningstar, who won the M70 National Masters Pentathlon title a week earlier in Los Angeles, easily snared the high jump (4-7), pole vault (7-6), discus (115-1) and javelin (118-½).

- Another National Pentathlon champ, Boo Morcom, a 1948 Olympian, was as busy doing TV interviews as he was winning the M65 pole vault (11-0), high jump (4-6) and long jump (17-1½).

The event was not without problems. "Older runners had to wait up to three hours to compete in qualifying heats," the Post-Dispatch reported. "Some endured that only to find their heats canceled because potential competitors scratched. Long delays occurred in the awarding medals. It took two hours to tabulate the results of the 5000. Regardless, athletes seemed pleased with the competition."

Bob Hope wrapped up the festivities with an appearance on July 2. Hope is reportedly under contract to the Silver Pages, one of the prime sponsors of the event.

"We hope to begin to move the event around the country," Marshall said. "East coast and west coast cities have expressed interest in hosting the event in 1989 and 1991."

The recent Supreme Court decision which upheld the right of the U.S. Olympic Committee to control the use of the word "Olympics" (forcing the "Gay Olympics" to change its name) did not affect the Senior Olympics. □

## Write-On Continued from page 2

tion to running, we're still in the major leagues!

Maury Dean  
Patchogue, New York

Your masters coverage is greater and better with every issue. Keep up the great work. Looking forward to qualifying for All-American status soon in the javelin. It's been a long time coming, and your award gives us the chance to complete some more youthful dreams.

Bob Daniel  
College Park, Maryland

## PLAUDITS FOR THREE EVENTS

It was a pleasure to participate in the Southern California Masters TAC Championships at Occidental on June 20th. What a super fine facility the "Tigers" have there. It was a joy running on that fast surface and the wide turn! Woody Studenmund and his staff ran a great meet!

Payton Jordan  
Los Altos, CA

While in California on a visit I heard about a track meet in Los Gatos and decided to go on a lark. It was a great day, even though I only did 13.39 in the 100m, and pulled a hamstring in the 200. I'm shy, but other runners were so friendly and helpful, I just had to write and thank them. It was amazing to see men and women, ages 20-88, all having such a good time and sharing their expertise with the beginners. The medical help was fantastic (my hamstring), and I enjoyed watching and listening to National record holders run and converse with everyone with a most humble attitude. Caroline McCleod and her husband, of Ridgefield, Wash., and Steve Ricard, of Fulton, Calif., were especially friendly.

A humble track man from the '60s,  
Roland Davenport  
Clinton, WA

After hearing complaints galore from some of your readers about meet problems, I can say the Valley of the Flowers full/half marathon in Lompoc, Calif. was an exceptional event. The race was very well-managed throughout by Lee Heinz, a gentleman of charm and humor who made himself readily accessible throughout the day. The day before the race, my coach, Jim Kelly, phoned Lee, who welcomed us to come and do the half-marathon. He even had a personalized plaque made up in advance. Lee knew that I am 84 years old and that, if I completed the race, I would be setting a new American age-84 record. I ran the fairly-hilly course in 3:08:06 and heartily recommend this race to all runners!

Mary Ames  
Van Nuys, Calif.

## LACK OF CALIFORNIA MEETS

Where have many of the California masters T&F meets gone? Before we were taken under the "protective" wing of the AAU/TAC, we had many more meets per season. Why?

We've lost meets in Visalia, Porterville, Fresno, Chula Vista, San Diego, Palm Desert, the old Senior Olympics, the Grandfather Games, the Don Palmer relays and others.

I hate to use the cliché "give me the good old days," but that's the way it was before a TAC card was a requirement.

Al Guidet  
California City, California

(TAC stages national, regional and local championships, but local meets are created by individuals and clubs, not TAC. The average masters meet costs the equivalent of \$5000 in labor, equipment, stadium rental, officials, etc. Individuals such as Jim Vernon, Dave Lewis, Mike Castaneda, Woody Studenmund, Larry Sallinger, Gary & Christel Miller, Bruce Springbett, Marv Thompson and others care enough about the masters program to personally assume those costs — or else they find a sponsor to absorb them. But after seven or eight years, burnout sets in and new blood is needed. Anyone who wants more meets is encouraged to organize one in his or her own hometown. — Ed).

## KUDOS

Keep up the good work with the National Masters News. It's a lovely journal.

Jack Foster  
Rotorua, New Zealand

You are all great - NMN is getting better all the time.

Donald Hull  
Allandale, Fla.

Congratulations on a very fine magazine.

Matti Hannus  
Suomi, Finland

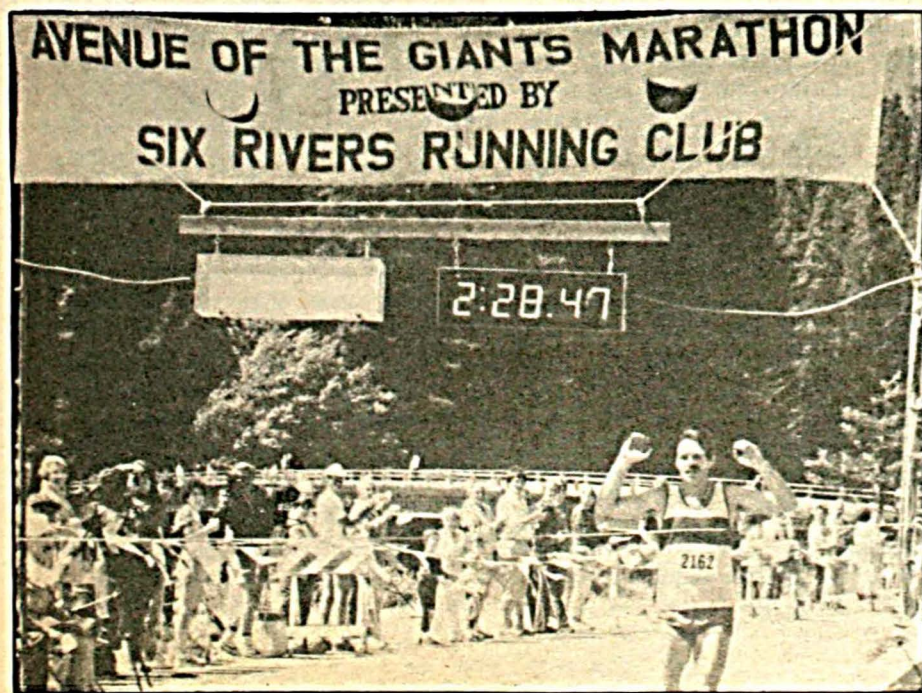
NMN is a great publication but the price is high, considering magazines I can get for less. I wish NMN was half as big (I don't have time to read long articles) and cost half as much.

William Boggs  
Tulsa, Oklahoma

Great publication, keep up the good work.

Barb Filutze  
Erie, Pennsylvania

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



Richard O'Brien, 38, winning the Avenue of the Giants Marathon, May 3. Photo by Ken Yanosko





Her brother had Duchenne Muscular Dystrophy. Which means that though she herself is unaffected by the disease, she could be carrying it in her genes.

And if she is, there's a one-in-four chance her child will inherit Duchenne.

One of the most common and devastating forms of muscular dystrophy, Duchenne is usually passed from mother to child by a defective gene. MDA researchers have taken the first step toward a cure—the discovery of the Duchenne gene.

The discovery also brings us closer to a 100% certain way to identify parents at risk. Now we're closer than we've ever been to conquering this deadly disease.

**MDA®**

Muscular Dystrophy Association  
Jerry Lewis, National Chairman

# 1. DISPLAY ADVERTISING RATES

Column Inches	Ad Size	Cost	Width	Examples: Height
52	Full page	250	10"	13"
39	¾ page	210	10"	9 ½"
			7 ½"	13"
26	½ page	160	5"	13"
			10"	6 ½"
13	¼ page	100	5"	6 ½"
			10"	3 ¼"
7	1/8 page	60	5"	3 ¼"
			2 ¼"	6 ½"
3 ½	1/16 page	50	2 ¼"	3 ¼"
1		25	2 ¼"	1"

# 2. FREQUENCY DISCOUNTS (1-year period)

3 to 5 insertions	10%
6 to 12 insertions	15%

3. COMMISSIONS: Agency commission of 15% allowed to recognized agencies.

# 4. SPECIAL RATES

25% discount for race and meet notices. No frequency discounts or agency commissions.

# 5. TERMS

Net 10 days from billing date.

# 6. CLASSIFIED RATES

50 cents per word. Count name and address as 5 words. Race notices are 25 cents per word. Prepayment required with copy.

# 7. MECHANICAL REQUIREMENTS

- See display rates for ad sizes.
- Photo offset printing.
- Negative ok. No mats, cuts or plates.
- 2-colors: add \$35.

# 8. CLOSING DATES

The 10th of month before date of issue.

# 9. CIRCULATION February 1987

Paid: 4210 Distribution: 5000  
Published monthly. Subscriptions \$18.75/year

Mail order to: National Masters News  
P.O. Box 2372  
Van Nuys, Calif. 91404  
818/785-1895

# ALL AMERICAN STANDARDS FOR MASTERS RACE WALKERS

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

# U.S. MASTERS STANDARDS OF EXCELLENCE FOR WOMEN

event	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84
100m	13.8	14.2	14.6	15.0	15.6	16.3	16.9	17.5	18.8	20.0	21.2
200m	28.0	29.2	30.3	31.4	32.5	34.2	35.7	37.3	40.5	43.8	48.7
400m	63.5	66.5	67.5	69.5	71.5	73.5	78.5	83.7	90.0	95.0	103.3
800m	2:32	2:35	2:40	2:45	2:54	3:07	3:17	3:27	3:34	3:49	4:02
1500	5:13	5:15	5:19	5:39	5:50	6:15	6:45	7:16	7:45	8:19	8:49
5000	20:40	20:56	21:36	22:16	23:12	24:16	26:08	28:08	30:08	32:21	34:26
10000	41:00	42:40	44:40	47:00	49:30	52:00	56:00	60:00	66:00	76:00	86:00
100/80mH	17.0	18.6	16.1	17.1	18.1	19.1	20.1	21.1	28.0	32.0	37.0
400/300mH											
HJ	1.42	1.35	1.27	1.19	1.10	1.07	1.02	0.97	0.92	0.89	0.84
	4'8	4'5 ½	4'2	3'11	3'7 ½	3'6 ½	3'4 ½	3'2 ½	3'0 ½	2'11	2'9
LJ	5.0m	4.60	4.30	3.90	3.55	3.20	2.85	2.60	2.35	2.10	2.0
TJ	9.03	8.61	8.12	7.63	7.14	6.40	6.23	5.74	5.00	4.25	4.00
	29'7 ½	28'3	26'73/4	25 ½	23'5 ½	22'73/4	20'5 ½	18.10	16'5	13'11 ½	13'1 ½
SP	10.30	9.30	8.20	7.20	8.90	8.30	7.70	7.30	6.90	6.60	6.30
Javelin	39'50	33.50	27.50	21.50	25.0	19.0	18.0	16.0	15.0	14.0	13.50
Discus	30.0	27.8	26.0	24.0	22.0	20.0	18.0	16.0	15.0	14.0	13.50

# U.S. MASTERS STANDARDS OF EXCELLENCE FOR MEN

event	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85-89
100m	11.0	11.33	11.67	12.0	12.5	13.0	13.5	14.0	15.0	16.0	17.0	18.0
200m	22.4	23.3	24.2	25.1	26.0	27.3	28.5	29.8	32.4	35.0	38.9	42.8
400m	51.0	52.5	54.0	55.5	57.5	59.0	62.5	67.0	72.0	76.0	82.5	87.6
800m	2:01	2:04	2:08	2:12	2:19	2:29	2:37	2:45	2:54	3:03	3:13	3:24
1500m	4:11	4:12	4:15	4:31	4:40	5:00	5:24	5:49	6:12	6:39	7:03	7:30
5000m	15:30	15:42	16:12	16:42	17:24	18:12	19:36	21:06	22:36	24:16	25:50	27:30
10000	33:00	34:00	35:00	36:00	37:00	38:30	40:30	44:30	48:30	54:30	60:30	66:30
SC 3K	10:00	10:20	11:10	11:50	12:30	13:20	13:50	14:40	17:30	20:00		
SC 2K							9:30	10:30	12:45	14:00		
110mH	15.0	16.4	17.75	19.75	19.14	20.25	20.57	21.65	22.60	26.0	29.8	33.7
100mH							18.0	20.0				
80mH									18.0	21.0		
300mH							57.0	62.0	66.0	71.0	75.0	81.0
400mH	57.6	59.6	62.0	64.4	68.2	72.0	76.0	82.0	88.0	94.0	100.0	106.0
100Y	1.94	1.85	1.76	1.66	1.59	1.50	1.41	1.32	1.23	1.12	1.02	.92
	6'4 ½	6'3 ¼	5'9 ½	5'6"	5'2 ½	4'11"	4'7 ½	4'4"	4'½	3'8"	3'4"	
LJ	6.50	6.10	5.70	5.30	4.90	4.50	4.12	3.72	3.35	2.90	2.55	2.15
	21'4"	20'½"	18'8"	17'4 ½	16'3/4"	14'9"	13'6 ½	12'2 ½	10'11"	9'6 ½	8'4 ½	7'½"
P.V.	4.11	3.89	3.66	3.43	3.20	2.97	2.74	2.44	2.13	1.83		
	13'6"	12'9"	12'0"	11'3"	10'6"	9'9"	9'0"	8'0"	7'0"	6'0"		
TJ	12.90	12.30	11.60	10.90	10.20	9.55	8.90	8.20	7.50	6.80	6.10	5.50
	42'4"	40'4 ½	38'3/4"	35'9 ½	33'5 ½	31'4"	29'2 ½	26'11"	24'7 ½	22'3 ½	20'½"	18'½"
Discus	44.80	42.60	40.60	38.00	40.00	36.40	42.00	36.80	31.60	26.40	21.40	16.00
	147'	139'9	133'2	124'8	131'3	119'5	137'9	120'9	103'8	86'7	70'2 ½	52'6
Javelin	62.00	57.00	52.00	48.00	43.00	38.50	40.00	35.00	29.00	24.00	19.00	15.00
	203'5	187'0	170'7	157'6	141'1	126'4	131'3	114'10	95'2	78'9	62'4	49'2 ½
Hammer	47.24	44.20	41.14	38.10	38.40	32.50	36.00	30.50	25.00	20.00	15.00	10.00
	155'0	145'0	135'0	125'0	126'0	106'8	118'1	100'1	82'0	65'7 ½	49'2 ½	39'4 ½
S.P.	15.20	14.10	13.00	12.00	13.00	11.80	13.00	11.80	10.70	9.50	8.40	7.20
	49'10 ½	46'3	42'8	39'4 ½	42'8	38'8 ½	42'8	38'8 ½	35'1 ½	31'2	27'6 ½	23'7 ½

- notes: 1) 100m standards are for auto time, will use standard conversion for hand time  
2) All High Hurdles are for 110m, 39" 30-49, 36" 50-59, 33" 60-69, 30" 70+  
3) Weights S.P. 16# 30-49 12# 50-59 8# 60+  
Dis 2kg 30-49 1.6 50-59 1.0 60+  
Jav 800gm 30-59 600gm 60+  
Hammer 16# 30-49 12# 50-59 8# 60+  
4) Metric heights and distances are the standard, feet and inches for convenience.

# 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

# 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.

# APPLICATION FOR AN ALL-AMERICAN CERTIFICATE

NAME: \_\_\_\_\_ PHONE: \_\_\_\_\_

ADDRESS: \_\_\_\_\_ AGE GROUP: \_\_\_\_\_

SEX: M \_\_\_\_\_ F \_\_\_\_\_

EVENT: \_\_\_\_\_ MARK: \_\_\_\_\_

MEET: \_\_\_\_\_ WEIGHT OF IMPLEMENT \_\_\_\_\_

DATE OF MEET: \_\_\_\_\_ HURDLE HEIGHT \_\_\_\_\_

MEET SITE: \_\_\_\_\_

If you have bettered the standard of excellence, please send \$10.00 and this form to: All American, National Masters News, P.O. Box 2372, Van Nuys, CA 91404. (Enclose copy of results, or note in which issue they appeared.) A 3-color, 8 ½ x 11 certificate, suitable for framing, will be mailed to you within two weeks.



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

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

## LONG JUMP

Mark	Athlete	Residence	Date
17-10½	Phil Raschker	CA	7-27
16-10½	Phil Raschker	CA	2-22
15-7½	Kathleen Pierce	NY	4-26
15-3½	Cassandra Clark	NY	8-30

40-44			
15-9½	Pamela Calvert	MD	10-25
15-4½	Pam Calvert	MD	8-30
13-0½	Jean Hemming	US	4-26
11-1½	Jean Hemming	US	5-3
11-5½	Marion Sorensen	US	3-23

45-49			
13-7½	Evelyn Hobbs	NY	6-15
12-5½	Susan Redfield	MA	2-22
12-4½	Essie Kea	OH	5-3

50-54			
13-1½	Irene Obera	CA	7-19
13-2	Susan Redfield	MA	2-22
12-10½	Christel Miller	CA	5-17
12-9½	Christel Miller	CA	10-4
11-7½	Susan Redfield	MA	6-22
11-4½	Sally Stiegelmeier	OH	11-2

55-59			
12-1½	Shirley Kinsey	CA	5-17
11-1½	Magdalene Kuehne	CA	8-30
11-10½	Shirley Kinsey	CA	6-28
10-9½	Bernice Holland	OH	2-22
9-0	Penny Taylor	US	5-29
7-11	Jeanne Glaub	US	5-29

60-64			
10-1½	Florence Reardon	OH	2-22
7-11½	Barbara Humel	OH	11-2
7-8½	Harriet Boyd	FL	11-9
7-8½	Mary Holbert	MD	5-29
5-11½	Hilde Rutkowski	OH	4-26

65-69			
11-2½	Mary Bowermaster	OH	7-19
8-8	Evelyn Lercher	WA	6-7
6-6½	Ernestine Yeomans	OH	2-23

70-74			
8-8½	Marie Uebel	MD	5-29
8-6½	Vivian Nelson	PA	7-19
8-1	Vivian Nelson	PA	1-5
5-11½	Mary Parsons	TX	2-22

75-79			
7-1½	Edith Mendyka	CA	5-31
2-11	Mitzi Probst	IL	5-29

## SHOT PUT (8 lb 5 oz 13/16")

35-39			
33-9½	Lurline Struppeck	LA	2-22
33-6	Kathleen Pierce	NY	10-10
30-2½	Latanya Glass	CA	5-24
24-6½	Phil Raschker	CA	6-22
19-1½	Mary Chadbourne	US	5-25

40-44			
29-10	Carole Leaf	NY	7-18
28-1	Karen Huff	IL	7-18
26-0½	Laurie Rothrock	MA	6-29
24-9½	Jean Hemming	UA	4-26
21-0½	Marilyn Osgood	OR	8-3
20-8½	Brenda Bloomfield	SC	5-3
20-6	Sandy Pashkin	NY	8-17

45-49			
28-2½	Joyce Bowerman	IN	7-26
22-4½	Alexandria Johnson	NY	3-23
19-9½	Marilyn Osgood	OR	7-14

50-54			
32-4	Anne Cirulnick	NY	10-25
31-3½	Christel Miller	CA	2-22
30-5½	Joan Dash	NY	3-23
27-5½	Lee Paysinger	CA	1-19
26-7	Alexandria Johnson	NY	7-27
23-11	Joyce Hals	MA	7-18
20-1½	Marilyn Gray	OR	7-11

55-59			
32-4½	Bernice Holland	OH	2-22
30-7	Shirley Kinsey	CA	2-22
26-7½	Katie Joocy	CA	6-7
24-2½	Magdalene Kuehne	CA	8-23
23-3	Evelyn Schmidt	US	5-28
21-3	Hilde Rutkowski	OH	11-2
21-0	Jeanne Glaub	US	5-28
20-8½	Jimmie Reid	US	5-3
17-6	Elizabeth Messenger	NH	8-3

60-64			
26-6	Polly Bailey	MD	5-28
23-6	Harriett Boyd	FL	4-26
22-2½	Hilde Rutkowski	OH	10-25
21-6	Dorothy Hassler	MD	5-28
20-2½	Mary Holbert	MD	11-2
19-9	Harriett Boyd	FL	6-15
19-8½	Nell Nordgren	LA	7-18
17-9½	Hazel Ross	MD	8-17
15-0½	Mary Schanzle	FL	4-26

65-69			
32-6½	Helen Stephens	MD	5-28
26-5	Mary Bowermaster	OH	7-18
19-4½	Ricky Corvello	CA	7-5
19-0½	Ernestine Yeomans	OH	2-23
16-3	Jean Stevens	WA	8-2

70-74			
21-5	Emetta peressin	MD	5-28
19-6½	Marie Uebel	MD	5-28
17-0½	Elizabeth Partridge	FL	4-26
14-0½	Lenka Seda	OH	10-25

75-79			
26-4	Edith Mendyka	CA	1-19
17-8½	Ruby Fowler	TN	5-3
16-7½	Carolyn Clark	MD	7-12
14-1½	Mitzi Probst	IL	5-28
12-4	Marilla Salisbury	CA	5-24

## DISCUS (1 kg)

35-39			
100-6	Kathleen Pierce	NY	7-13
67-10½	Phil Raschker	CA	7-27
61-9½	Mary Chadbourne	US	7-26
60-10	Latanya Glass	CA	9-6

40-44			
97-10	Lurline Struppeck	LA	10-25
86-10	Carole Leaf	NY	5-18
74-1	Laurie Rothrock	MA	6-29
70-10½	Karen Huff	IL	7-19
67-0½	Sandy Pashkin	NY	6-15
56-3	Marilyn Osgood	OR	7-14

45-49			
87-0	Joanne Grissom	IN	6-14
86-11½	Joyce Bowerman	IN	7-26
84-5	Cherrie Sherrard	CA	5-17

67-11½	Joan Youngs	CT	7-19
61-5½	Dapha Cotton	OH	5-3
52-10	Marilyn Osgood	OR	8-2

50-54			
78-8½	Christel Miller	CA	7-19
75-9	Anne Cirulnick	NY	10-25
54-1½	Joan Dash	NY	8-31
57-7½	Susan Redfield	MA	6-22

55-59			
92-1½	Bernice Holland	OH	5-3
83-9½	Shirley Kinsey	CA	1-5
54-2	Magdalene Kuehne	CA	8-30
48-8½	Jeanne Glaub	US	5-29
47-8½	Jimmie Reid	US	5-3
46-1	Hilde Rutkowski	OH	11-2
46-0	Elizabeth Messenger	NH	4-26
35-11½	Beverly Cohen	NY	5-3

60-64			
69-3	Harriett Boyd	FL	7-20
50-5	Mary Holbert	MD	11-2
50-3	Hazel Ross	MD	8-17
50-2½	Hilde Rutkowski	OH	4-26
46-8	Audrey Bergenback	TN	5-10
44-1½	Nell Nordgren	LA	6-7
42-3½	Mary Schanzle	FL	4-26
36-0½	Polly Bailey	MD	5-29
30-7½	Denise Rogers	MD	5-29

65-69			
53-7½	Mary Bowermaster	OH	7-19
42-4½	Ricky Corvello	CA	7-5

70-74			
35-5½	Lenka Seda	OH	10-25
32-5½	Elizabeth Partridge	FL	4-26

75-79			
58-1	Edith Mendyka	CA	1-19
40-4	Carolyn Clark	MD	7-12
34-4½	Ruby Fowler	TN	5-3
28-6	Marilla Salisbury	CA	5-24

## JAVELIN (600g)

35-39			
100-3	Kathleen Pierce	NY	5-18
47-9½	Mary Chadbourne	US	9-14

40-44			
122-8	Lurline Struppeck	LA	10-25
101-11½	Karen Huff	IL	7-20
101-7	Carole Leaf	NY	7-20
80-4½	Janie Duff	CA	5-18
79-1	Patty Reddaway	OR	7-25
74-7½	Laurie Rothrock	MA	6-29

45-49			
87-5½	Frances Conley	CA	9-6
79-4	Joyce Bowerman	IN	6-14
72-4	Joanne Grissom	IN	6-14
65-8	Joan Youngs	CT	6-22
65-5½	Dapha Cotton	OH	5-3
45-1½	Marilyn Osgood	OR	8-3

50-54			
106-5	Christel Miller	CA	7-20
77-5½	Joan Dash	NY	5-18
63-7	Anne Cirulnick	NY	10-25
40-2	Marilyn Gray	OR	8-3

55-59			
92-4	Bernice Holland	OH	5-3
88-5	Shirley Kinsey	CA	6-7
61-8	Katie Joocy	HI	7-20
59-4½	Magdalene Kuehne	CA	8-30
44-1½	Jimmie Reid	US	6-29
42-8	Elizabeth Messenger	NH	10-25
33-10½	Beverly Cohen	NY	5-3
33-9	Jeanne Glaub	US	5-30

60-64			
47-10	Hilde Rutkowski	OH	10-25
46-0½	Nell Nordgren	LA	7-20
41-11½	Audrey Bergenback	TN	5-3
40-4	Mary Holbert	MD	5-30
39-5½	Harriet Sargent	MD	5-30
39-4	Lillian Rankin	US	5-30

65-69			
72-10	Helen Stephens	MD	5-30
20-2	Ricky Corvello	CA	4-26

70-74			
48-6½	Marie Uebel	MD	5-30
43-10½	Claire Vieth	MD	5-30

75-79			
68-0	Edith Mendyka	CA	5-31
27-3	Mitzi Probst	IL	5-30



## ATHLETES WHO ENTER A NEW DIVISION THIS MONTH AUG. 1987

ATHLETE (RESIDENCE)	BIRTHDATE	AGE GROUP
LAURIE BINDER (SAN DIEGO, CA)	8-10-47	40-44
KATHARINE BRIEGER (BERKELEY, CA)	8-5-32	55-59
ALBERTA CODD (CA)	8- -37	50-54
MARY FARNSWORTH (US)	8-12-32	55-59
MAEANN GARTY (SAN DIEGO, CA)	8-26-27	60-64
INGRID GOODBODY (US)	8-13-37	50-54
MARILYN HARBIN (MARTINEZ, CA)	8-30-37	50-54
KAREN HUFF (WILMETTE, ILL)	8-7-42	45-49
CAROLYN ISHIDA (HARBOR CITY, CA)	8-9-42	45-49
ANN JANKORSKI (LOS ANGELES, CA)	8-21-47	40-44
GLADYS LEHMAN (REEDLEY, CA)	8-2-22	65-69
ELIZABETH MESSENGER (NY)	8-30-27	60-64
BARBARA MOELLER (US)	8-20-37	50-54
MOLLY MONHEIT (LAFAYETTE, CA)	8-5-22	65-69
MARILLA SALISBURY (SAN DIEGO, CA)	8-18-07	80 +
EVELYN SCHMIDT (US)	8-29-27	60-64
DIANE YOUNG (SARATOGA, CA)	8-10-42	45-49
ANNETTE HORSNELL (NZ)	8-7-37	50-54
ILSE KIRSTEN (WG)	8-17-27	60-64
HEATHER MAY (NZ)	8-2-22	65-69
SUSAN ELEANOR THOMSON (GB)	8-7-32	55-59
CHRISTA VOSS (WG)	8-20-42	45-49
VALERIE YOUNG (NZ)	8-10-37	50-54
GEOFF BACON (RSA)	8-31-42	45-49
DICK BARTEK (SANTA BARBARA, CAL)	8-10-32	55-59
LEE BLOUNT (ST. LOUIS, MO)	8-14-32	55-59
JOHN CLARKE (LOVELAND, COLO)	8-25-07	80 +
DAVE DAVIS (SAN JOSE, CA)	8-20-37	50-54
HUBERT DUKE (LOS ANGELES)	8- -22	65-69
GERALD ENGLAND (IN)	8-5-32	55-59
JOHN GETAS (US)	8-11-22	65-69
ENRIQUE HELF (WG)	8-9-32	55-59
BILL JAMES (WICHITA, KANS)	8-28-22	65-69
CORDELL LINDSEY (LOS ANGELES, CALIF)	8- -32	55-59
THOMAS O'HORA (PITTSBURGH, PA)	8-26-42	45-49
P. PIPER (AUSTRALIA)	8-10-27	60-64
HANS PROBST (WG)	8-24-32	55-59
GEORGE SCUTIS (GB)	8-14-17	70-74
RUDOLF TOMASEK (CZE)	8-11-37	50-54
GEORGE VANG (NOR)	8-7-02	80 +

## NATIONAL MASTERS NEWS Subscription Form

The *National Masters News* is the official world and U.S. publication for Masters track & field, long distance running and race walking.

Masters competition is sponsored worldwide by the World Association of Veteran Athletes and in the USA by The Athletics Congress. The *National Masters News* gives you information that's available nowhere else: schedule information, meet and race results, training advice, race and meet stories, profiles, photos and articles by the top Masters writers in the nation. It's the best — if not the only — source of world, national, regional and local Masters information.

The *National Masters News* is only \$18.75 a year for 12 information-packed issues. Or you can take advantage of our special two-year rate of \$35 — a 25% savings off the single-copy price. A 3-year subscription saves 29%.

- ☐ 1 year, \$18.75    Add postage per year:    ☐ Payment enclosed    ☐ New  
☐ 2 years, \$35    + \$8 1st class (USA,    ☐ Bill me later    ☐ Renewal  
☐ 3 years, \$50    Mexico & Canada)    ☐ \$\_\_\_\_\_ as a contribution  
    + \$15 air mail (foreign)    to your work

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Send to: National Masters News  
Subscription Dept.  
P.O. Box 5185  
Pasadena, CA 91107

Or call:  
818/577-7233



# TRACK & FIELD RESULTS

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

## NATIONAL

National Pentathlon Championships  
Occidental College, Los Angeles, California June 20, 1987

	AGE	LJ	JT	200M	DT	1500M	TOTAL
30-34 IAAF TABLES 1985							
BILDERBECK, J	30	6.33M	49.20M	24.94	32.86M	4:53.7	2965
MILLER, A	30	6.17M	48.14M	25.20	39.20M	5:08.2	2935
BOOVER, D	33	5.64M	39.18M	24.49	25.32M	4:28.2	2719
VAUGHN, S	30	4.19M	36.38M	24.66	31.18M	4:32.1	2481
WATSON, R	34	4.78M	41.52M	28.20	34.08M	4:55.1	2404
SCHMIDT, G	34	5.75M	46.54M	25.81	36.08M	6:18.3	2389
REABOLD, R	34	4.42M	43.76M	30.49	40.24M	7:47.6	1669

35-39							
REILLY, F	39	5.94M	55.94M	24.84	48.18M	4:41.1	3377
(AMERICAN RECORD - AGE GROUP 35-39)							
HILL, M	36	6.37M	55.40M	24.23	38.14M	4:31.1	3374
SAAFIR, M	35	5.40M	33.68M	26.09	30.74M	5:28.5	2215
JARVIS, S	39	5.27M	54.78M	27.03	23.44M	5:43.8	2212
KENNEDY, S	36	5.12M	32.74M	26.00	24.28M	4:57.9	2191
PERKINS, R	38	4.57M	31.76M	27.14	23.54M	4:41.8	2072
ROOK, R	38	4.51M	34.30M	28.66	19.46M	4:41.3	1919
SUTO, S	35	5.44M	41.02M	DNF			

40-44							
HARVEY, R	40	5.62M	45.58M	24.43	39.26M	5:13.6	2818
HOLLISTER, J	42	5.91M	39.02M	24.13	27.18M	4:36.8	2786
BETTS, W	42	5.73M	42.68M	25.07	27.30M	4:31.2	2759
SELBY, D	42	4.46M	38.22M	27.02	25.56M	4:46.6	2162
PFEIFFER, W	40	4.12M	31.52M	26.97	21.80M	4:44.1	1957
FORSYTH, B	40	5.43M	43.40M	DNF	33.70M	5:59.5	1763
SLOCUM, K	43	DNF					

45-49							
MILLER, G	49	6.15M	46.26M	24.32	33.28M	5:10.4	2847
CROWAN, T	45	5.69M	38.48M	25.55	33.04M	5:11.4	2522
LANCE, D	49	5.53M	42.44M	25.75	32.44M	5:16.3	2492
KARBERS, J	45	4.81M	37.78M	27.21	29.76M	5:22.7	2084
JONES, R	47	4.80M	32.34M	26.26	20.20M	5:13.2	1943
WALSH, R	48	6.36M	31.76M	33.72	21.60M	6:53.2	945
TREAR, C	49	DNF					

50-54							
OLEATA, E	50	5.05M	34.66M	25.23	39.20M	5:06.3	2492
HOLMES, S	50	4.79M	50.80M	27.33	44.72M	5:44.1	2461
GILMORE, J	52	5.37M	41.08M	27.64	33.64M	5:14.0	2332
GROVER, W	53	4.81M	28.04M	26.27	27.22M	5:43.7	1865
MARTIN, E	53	4.79M	41.20M	28.79	33.32M	6:18.6	1865
RIETZ, D	53	4.11M	35.24M	31.14	36.92M	7:12.7	1437
FITZBUGH, R	52	5.01M	32.72M	28.89	29.20M	DNF	

55-59							
HEPNER, J	55	4.64M	36.50M	28.62	26.96M	4:48.8	2072
HAWKE, M	57	4.48M	37.62M	30.56	41.42M	6:31.3	1759
REISERER, J	57	4.66M	36.02M	29.57	31.10M	5:57.0	1742
SKARTVEDT, D	56	5.11M	32.46M	28.85	28.90M	7:09.1	1556
BREDA, A	58	4.71M	26.94M	29.30	26.86M	6:27.9	1442
DOUGLASS, D	55	4.69M	31.06M	28.76	18.32M	DNF	

60-64 WAVA TABLES 1987							
ROEMER, R	62	4.53M	40.54M	27.69	32.34M	6:10.9	3775
JOCOV, J	61	4.33M	30.34M	28.91	25.72M	5:56.5	3187

65-69							
MORCOM, B	66	5.24M	32.60M	28.91	36.66M	5:49.4	4700
(WORLD RECORD - AGE 65-69 in the long jump & pentathlon)							
RICCIARDI, A	67	3.54M	28.38M	DNF	27.94M	DNF	1577

70-74							
MORNINGSTAR, B	70	3.85M	32.98M	31.70	30.30M	7:16.8	3780
(AMERICAN RECORD - AGE 70-74)							
GONZALEZ, G	74	4.06M	27.66M	30.13	35.02M	8:13.7	3714

\* U.S. age record \*\* World age record

## EAST

Western Pennsylvania T&F  
Championships  
Washington, Pa.; May 30

110mH	
M40 G Coates 39"	20.9
M60 F Hirsimaki 33"	19.6

400mH	
M40 B Kline Sr	1:36.0

100m	
W40 E Kea	14.9
P Thomas	15.5

M30 T King	11.9
L Grey	12.1
B Reck	12.2

M40 B Holmes	12.1
G Coates	13.0
G Augustine	13.8

M50 P Williams	12.2
E Sutton	13.0
R Taylor	15.9

M60 R Bower	13.3
F Malick	16.8
M70 D Ernst	17.5

200m	
W40 E Kea	31.6
P Thomas	42.8
W30 W Henderson	22.8
T King	24.6
L Grey	25.0
M40 G Coates	25.9
L McClain	27.6
G Augustine	29.8
M50 P Williams	25.8
E Sutton	27.8
R Taylor	34.1
M60 R Bower	28.7
M70 D Ernst	28.7

400m	
M30 T King	54.0
S Snider	57.3
M40 G Coates	58.8
D Galloway	61.1
K Gailley Sr	62.3
M50 E Sutton	66.3
R Taylor	75.6

800m	
M30 D Yoder	2:08.8
N Thomas	2:13.0
J Holzinger	2:29.6
M40 J Gerson	2:25.6
K Gailley Sr	2:35.9
M50 J Lacey	2:43.3

1500m	
M30 D Yoder	4:20.0
G Ruozzi	4:24.0
N Thomas	4:46.5
M40 J Gerson	5:02.0
M50 J Lacey	5:16.0
B Anderson	5:40.0
M60 F Malick	6:30.7

2-Mile Walk	
W30 P Burke	34:07
M70 D Ernst	34:02

5000m	
M30 J Holzinger	19:51.0
M50 J Lacey	19:08.0
M60 F Malick	26:21.9

4x100m Relay	
M30 OTHTC(Thomas, King, Williams, Henderson)46.4	
WPTC(Galloway, Turner, Kline, Silverio) 51.3	
M40 OTHTC(Coates, Gailley, Gerson, McClain) 49.8	

4x400m Relay	
M30 OTHTC(Gerson, Thomas, Glessner, Hoyle) 3:57.7	

High Jump	
M30 M Turner	4-11
M40 B Kline Sr	5-5 1/2
G Coates	4-4
K Gailley Sr	4-4
M60 F Hirsimaki	4-4
M70 C Hirshey	2-10
W40 E Kea	4-0

Pole Vault	
M50 E Hoyle	12-9
M60 F Hirsimaki	7-6

Long Jump	
M30 J Brown Jr	17-0
J Silverio	15-9 3/4
M40 G Coates	16-8
M60 F Hirsimaki	14-7 1/2
M70 C Hirshey	7-5 1/2

Triple Jump	
M30 J Brown Jr	34-7 1/2
J Glessner	34-5 1/2
M Turner	34-2 1/2
M40 G Coates	32-0
M60 F Hirsimaki	29-5 1/2
M70 C Hirshey	16-9 1/2

Shot Put	
M30 A Miholovich	43-6 1/2
S DeBoer	43-1/2
B DeBoer	40-2
M40 B Kline Sr	31-11 1/2
M60 F Hirsimaki	37-6
M70 C Hirshey	28-11 1/2

Discus	
M30 A Miholovich	112-4
C Burke	90-0
M40 B Kline Sr	81-6
M60 F Hirsimaki	107-7
M70 C Hirshey	64-1

Hammer 16#	
M70 C Hirshey	36-6

Javelin	
M40 B Kline Sr	105-3
J Gerson	79-4
M60 F Hirsimaki	97-0
M70 C Hirshey	54-3

TAC Eastern Regional  
Masters Championships,  
Long Island, N.Y.-June 7th

100 METERS	
F30 J ANGIOTTI SYR	12.8
I THOMPSON SYR	12.9
R PEARL PAL	13.5
F35 J PINTO NYH	13.8
K PIERCE SYR	14.2
S OSBORNE PAL	14.2
S THOMPSON SY	NY
F40 M SIMMONS NYH	13.3
N MITCHELL WS	14.0
F45 B STEWART NYH	14.7
F50 A JOHNSON NYH	16.7
F70 M SMITH NYH	20.5
N30 N STEINBERG UN	11.8
A HARDEN KEY	12.0
P CONZENTINO U	12.0
S AHMAD U	12.3
N35 I WALTON SYR	11.3
P CALDOWN UN	12.3
L MILLER NYH	15.0
N40 T TOSCANO NYH	12.1
R WALLACE NYH	12.4
T RAUSCHER RCH	12.7
J LEWZAK MLY	13.5
A REVIS NYH	13.5

400 METERS	
F35 CLAIR-SEARCY NYH	63.8
F40 SIMMONS-MCCORD NYH	60.4
F70 M SMITH NYH	1:44.0
N30 A STERRETT UN	51.8
MILLER UN	54.0
N35 R PENN UN	49.6
R McDONALD NYP	52.1
D HODGE AND	53.9
G WILSON HAWI	55.7
D BROWN NYP	57.1
N40 R WALLACE UN	55.3
C TEUBNER TWIN	58.9
N45 E SMALL NYP	55.5
J BANTUM PHIL	57.5
M BURRELL UN	58.1
N50 L COLBERT PHIL	54.4
C PAULING CPTC	56.1
D PRATT PHIL	56.6
B PERRY NYAC	57.2
F HAVILLAND SHR	57.7
M BOHIGIAN NYH	59.2
T TALBOTT NYH	72.3
N55 T STAFFORD SHR	66.2
N60 R VALENTINE NYP	61.7
O HARRIS PHIL	67.4
A BRADLEY NYH	75.4

M45 R WILLIAMS NYP	11.6
J BANTUM PHIL	11.7
C GRANT OHMI	12.3
D ABAYOMI PHIL	12.4
E SMALL NYP	12.6
H SIMON NYH	13.3
M50 L COLBERT POT	12.3
D PRATT PHIL	12.5
B KEEGAN PHIL	12.5
R RIZZO NYP	12.6
T TALBOTT NYH	15.7
M55 L PRATT UN	13.2
T BROOKS NYP	13.2
A MUKIN NYP	13.9
T MCCORMACK NYH	14.1
N60 R VALENTINE NYP	13.3
O HARRIS PHIL	14.5
N65 K JACK NYP	13.6
D HALL PHIL	15.3
N70 R SORLIEN URI	15.2
M NEUMANN NYH	16.0
N75 M D'ELIA MoJ	16.9

200 METERS	
F30 J ANGIOTTI SYR	26.8
I THOMPSON SY	26.9
F35 J PINTO NYH	28.1
CLAIR-SEARCY NY	28.6
K PIERCE SYR	29.4
F40 M SIMMONS NYH	27.2
H WITCHELL WS	29.3
F45 B STEWART NYH	31.3
F50 A JOHNSON NYH	34.5
F70 M SMITH NYH	43.5
N STEINBERG UN	23.0
A HARDEN KEY	23.6
A STERRETT UN	24.1
P CONZENTINO UN	25.4
N35 A WALTON SYR	22.7
G WILSON HAWI	23.3
R McDONALD NYP	23.7
D PETERS UN	24.1
J LANGLEY UN	24.4
D BROWN NYP	24.4
D GOODRIDGE UN	24.9
N40 T TOSCANO NYH	24.5
R WALLACE UN	24.9
E HOWARD NYF	25.1
T RAUSCHER RCH	25.5
N45 R WILLIAMS NYP	23.7
D ABAYOMI PHIL	24.3
R STANFORD CRD	24.6
J BANTUM PHIL	24.7
E SMALL NYP	24.7
C GRANT OHMI	2



Continued from previous page

**SOUTHEAST**Southeast Regional Championship  
(National Club Championship)  
Atlanta, June 6**34 MEN**

100m	CHERRY E VOLLMER	11:16
100m	WILLIAM NORMAN MCKENZIE	12:57
110m	ROBBIE L SHORT	14:25
1500m	DAVID V POTEET	4:06:24
1500m	JOHN H BARBOUR	4:14:30
1500m	MARK ALAN EDWARDS	4:19:19
1500m	JAMES ALFRED SMITH	4:48:00

200m	ROBBIE L SHORT	23:27
200m	EDWARD DEANDRE BUTLER	23:29
200m	JOHN "SPEEDY" FISHER	24:25
200m	WALDEN CURRY	24:46
400m	EDWARD DEANDRE BUTLER	51:21
400m	ROBBIE L SHORT	53:01
400m	W. CURRY	54:21
400m	JAMES RICKY FISHER	54:54

5000m	DAVID HENRY MADDLE	23:48:09
5000m	LARRY MARINEZ AVILES	31:07
5000m	MIKE OBERDORFER	46:20
5000m	JOHN H BARBOUR	15:20
5000m	WILLIAM V REEDY	16:03
5000m	TIMOTHY PETER LODZINSKI	16:13
5000m	JAMES ALFRED SMITH	16:40

800m	JOHN "SPEEDY" FISHER	2:05:23
800m	MICHAEL JAY BAIRD	2:07:18
800m	JAMES ALFRED SMITH	2:16
800m	GREGORY ALAN ECHOLS	112' 2"
800m	WALDEN CURRY	6' 4"
800m	GREGORY ALAN ECHOLS	5' 6"

100m	DAVID L BESHEARS	142' 4"
100m	WILLIAM NORMAN WELDON	105' 9"
100m	LARRY K VOLLMER	21' 7 1/2"
100m	WILLIAM NORMAN WELDON	20' 11 1/4"
100m	DAVID L BESHEARS	19' 3"

**30 - 39 MEN**

4x100m Relay	ATLANTA TRACK CLUB	46:21
4x100m Relay	BIRMINGHAM TRACK CLUB	48:42
4x400m Relay	ST. LOUIS METRO KANGAROO	3:48:44
4x400m Relay	ATLANTA TRACK CLUB	3:51:42

**35 - 39 MEN**

100m	WARREN ALVUSIUS WOODS II	11:41
100m	RICHARD B FINNIE	11:57
100m	MARC IRA LAWSON	11:59
100m	JEFFREY LEE STEVENS	11:55
110m	RICHARD B FINNIE	15:54
110m	CHESTER MORRIS FORSH	16:30
1500m	HARRY R HOBSON	4:06:08
1500m	TOM MILLEN	4:22:57
1500m	JIM T WESTMORELAND	4:25:03
1500m	RONALD BRYAN MERVILLE JR	4:27

**35 - 39 MEN**

400m	VIC GRAFFED	56:97
500m	HARRY R HOBSON	15:29
500m	MES J WESSLEY	15:40
500m	PHILLIP B SPARLING	16:30
500m	KIRK PFRANGLE	16:34

800m	DAVID WILLIAM HARRIS	2:01:78
800m	JACK TODD	2:05:48
800m	RONALD BRYAN MERVILLE JR	2:05:02
800m	JOHN A BRASELL	2:06:57
800m	DAVID WILLIAM HARRIS	54:08
800m	FOSTER	54:47

**35 - 39 MEN**

400m	ROGER D KAPLA	146' 1"
400m	EARL RUSSEL BAKER II	119' 6"
400m	JIM ROY ACCARDI	104' 2"
400m	KIRK T KISSACK	88' 10"
400m	ROGER D KAPLA	115' 4"
400m	CHESTER MORRIS FORSH	5' 8"

**40 - 44 MEN**

100m	THADDEUS J BELL	10:76
100m	MANC C COOPER	11:71
100m	TOM A BREWER	11:78
110m	MICHAEL GARCIN KELLY	15:35

**40 - 44 MEN**

1500m	EDWARD A DAW	4:06:184
1500m	JEFF GALLOWAY	4:08
1500m	JAMES R IRWIN	4:28:77
1500m	JOE CARTER	4:30

200m	THADDEUS J BELL	23:27
200m	TOM A BREWER	24:58
200m	GREGORY HILTON MARTIN	24:86
200m	MANC C COOPER	24:93

400m	EDWARD M HILL	50' 10 1/2"
400m	TONY BIANCHI	32' 11 1/2"
400m	THADDEUS J BELL	53:34
400m	MICHAEL GARCIN KELLY	53:52
400m	TOM A BREWER	54:55
400m	GREGORY HILTON MARTIN	55:70

500m	MICHAEL GARCIN KELLY	59:18
500m	JOE COSGROVE FARRELL	29:30
500m	JOE CARTER	16:40
500m	MARRIS QUITON JOHNSON	16:52
500m	JOHN GEORGE RINKER	16:57
500m	ANTHUR WILLIAMS	16:58

500m	EDWARD M HILL	32' 4"
500m	TONY BIANCHI	21' 7 1/2"
500m	EDWARD A DAW	2:01:90
500m	GORDON REITER	2:03:74
500m	JAMES R IRWIN	2:04:92
500m	ALLEN P MCDANIEL	2:06

500m	EUGENE RHODES	135' 10"
500m	EDWARD M HILL	123' 2"
500m	TONY BIANCHI	104' 1"
500m	EDWARD M HILL	163' 2"
500m	TONY BIANCHI	124' 1"

500m	HAT NORVELL MOTTOM	5' 8"
500m	TIMOTHY M ORTON	5' 4"
500m	GORDON GRAHAM	4' 8"
500m	N CREIGHTON ALEXANDER	4' 8"
500m	RICHARD JOSEPH SANDER	194' 11"
500m	WILLIAM JARVIS BUSBY	166' 2"
500m	ROY THOMAS SCHELL	164' 9"
500m	TONY BIANCHI	113' 8"

**40 - 49 MEN**

4x100m Relay	ATLANTA TRACK CLUB	46:08
4x100m Relay	CAROLINA MASTER ATH CLUB	54:64

**45 - 49 MEN**

100m	BENTZ P TOZER	11:67
100m	ERVIN THOMAS MITCHELL	11:73
100m	DONALD V SHARP	13:56
100m	ALAN PILLING	4:22
100m	EARL DONALDSON	4:33:30
100m	DAVID A KIRKMAN	4:55
100m	ALFRED O ENLOE	4:51

200m	BENTZ P TOZER	24:59
200m	ERVIN THOMAS MITCHELL	25:14
200m	MICHAEL PAUL BOUDREAU	25:15
200m	MAURICE McDONALD	26:49
200m	RICHARD L BLOOMFIELD	39' 9"

400m	BRUCE EURE	20' 3"
400m	MICHAEL PAUL BOUDREAU	56:09
500m	ALAN PILLING	15:57
500m	GEORGE P SHARP	17:30
500m	ALFRED O ENLOE	18:07
500m	TOMMY ELLIOTT TRIPPE	18:23

500m	RICHARD L BLOOMFIELD	25' 11"
500m	MAURICE McDONALD	2:09:10
500m	JOHN E JAMES	102' 2"
500m	ERVIN THOMAS MITCHELL	87' 9"
500m	ISSAC LATIMORE	82' 6"
500m	BRUCE EURE	64' 4"

500m	RICHARD L BLOOMFIELD	111' 4"
500m	BRUCE EURE	53' 4"
500m	SAHMY L WHITE	5' 6"
500m	ALONZO LITTLEJOHN JR	5' 4"
500m	CHUCK B MILLER	4' 10"
500m	JOHN E JAMES	4' 6"

500m	JOHN E JAMES	111' 10"
500m	ISSAC LATIMORE	82' 8"
500m	BRUCE EURE	67' 3"
500m	JOHN E JAMES	15' 10"
500m	ERVIN THOMAS MITCHELL	15' 8"

500m	JOHN E JAMES	1962
500m	CHARLES ROBERT FUTCH	1472
500m	RICHARD EDWARD HARMON	1279
500m	EDWARD M ZURAW	12'
500m	RICHARD L BLOOMFIELD	32' 11"
500m	ERVIN THOMAS MITCHELL	31' 1"
500m	BRUCE EURE	22' 7"

500m	ALONZO LITTLEJOHN JR	29' 11"
500m	CHARLES ROBERT FUTCH	29' 3 1/4"
500m	JIM WILLIAM MATHIS	12:12
500m	JIM BAGGETT	13:04
500m	PHIL MULKEY	16:92
500m	JACK GILMORE	17:83

500m	ADRIAN J CRAVEN	4:48:50
500m	BOB WOOD	5:18:76
500m	JIM WILLIAM MATHIS	24:77
500m	TIM J THOMEY	38' 6"

400m	JIM WILLIAM MATHIS	54:95
400m	BOB WOOD	1:05:17
400m	PHIL MULKEY	46:75
400m	CURTIS FLETCHER WATSON	35:26
400m	SHAIL P LADANY	48:40

400m	ADRIAN J CRAVEN	17:36
400m	BOB WOOD	18:44
400m	BOYD P HOGLUND	19:31
400m	TIM J THOMEY	24' 2 1/2"
400m	BOYD P HOGLUND	2:39:87

400m	HENRY B DAVENPORT	129' 8"
400m	PHIL MULKEY	121'
400m	TIM J THOMEY	116'
400m	WILLIAM H DUCKWORTH JR	110'
400m	TIM J THOMEY	141' 5"

400m	JACK GILMORE	5' 2"
400m	PHIL MULKEY	5' 2"
400m	JIM BAGGETT	4' 6"
400m	WILLIAM H DUCKWORTH JR	179' 9"
400m	JACK GILMORE	132' 10"

400m	JACK GILMORE	17' 9 1/4"
400m	PHIL MULKEY	17' 3 1/2"
400m	JIM BAGGETT	14' 11"
400m	JACK GILMORE	2331
400m	HENRY B DAVENPORT	9'
400m	PHIL MULKEY	11' 6"

400m	JIM BAGGETT	9'
400m	RUSTY HAMILTON	9'
400m	PHIL MULKEY	39' 5 3/4"
400m	TIM J THOMEY	37' 7 1/2"
400m	WILLIAM H DUCKWORTH JR	39' 4 1/2"

400m	PHIL MULKEY	33' 10"
400m	JIM BAGGETT	30' 5"
400m	RUSTY HAMILTON	30' 4 1/2"
400m	JACK GILMORE	2331
400m	HENRY B DAVENPORT	9'
400m	PHIL MULKEY	11' 6"

400m	JIM BAGGETT	9'
400m	RUSTY HAMILTON	9'
400m	PHIL MULKEY	39' 5 3/4"
400m	TIM J THOMEY	37' 7 1/2"
400m	WILLIAM H DUCKWORTH JR	39' 4 1/2"

400m	PHIL MULKEY	33' 10"
400m	JIM BAGGETT	30' 5"
400m	RUSTY HAMILTON	30' 4 1/2"
400m	JACK GILMORE	2331
400m	HENRY B DAVENPORT	9'
400m	PHIL MULKEY	11' 6"

400m	JIM BAGGETT	9'
400m	RUSTY HAMILTON	9'
400m	PHIL MULKEY	39' 5 3/4"
400m	TIM J THOMEY	37' 7 1/2"
400m	WILLIAM H DUCKWORTH JR	39' 4 1/2"

400m	PHIL MULKEY	33' 10"
400m	JIM BAGGETT	30' 5"
400m	RUSTY HAMILTON	30' 4 1/2"
400m	JACK GILMORE	2331
400m	HENRY B DAVENPORT	9'
400m	PHIL MULKEY	11' 6"

400m	JIM BAGGETT	9'
400m	RUSTY HAMILTON	9'
400m	PHIL MULKEY	39' 5 3/4"
400m	TIM J THOMEY	37' 7 1/2"
400m	WILLIAM H DUCKWORTH JR	39' 4 1/2"

400m	PHIL MULKEY	33' 10"
400m	JIM BAGGETT	30' 5"
400m	RUSTY HAMILTON	30' 4 1/2"
400m	JACK GILMORE	2331
400m	HENRY B DAVENPORT	9'
400m	PHIL MULKEY	11' 6"

400m	JIM BAGGETT	9'
400m	RUSTY HAMILTON	9'
400m	PHIL MULKEY	39' 5 3/4"
400m	TIM J THOMEY	37' 7 1/2"
400m	WILLIAM H DUCKWORTH JR	39' 4 1/2"

400m	PHIL MULKEY	33' 10"
400m	JIM BAGGETT	30' 5"
400m	RUSTY HAMILTON	30' 4 1/2"
400m	JACK GILMORE	2331
400m	HENRY B DAVENPORT	9'
400m	PHIL MULKEY	11' 6"

400m	JIM BAGGETT	9'
400m	RUSTY HAMILTON	9'
400m	PHIL MULKEY	39' 5 3/4"
400m	TIM J THOMEY	37' 7 1/2"
400m	WILLIAM H DUCKWORTH JR	39' 4 1/2"

400m	PHIL MULKEY	33' 10"
400m	JIM BAGGETT	30' 5"
400m	RUSTY HAMILTON	30' 4 1/2"
400m	JACK GILMORE	2331
400m	HENRY B DAVENPORT	9'
400m	PHIL MULKEY	11' 6"

400m	JIM BAGGETT	9'
400m	RUSTY HAMILTON	9'
400m	PHIL MULKEY	39' 5 3/4"
400m	TIM J THOMEY	37' 7 1/2"
400m	WILLIAM H DUCKWORTH JR	39' 4 1/2"

400m	PHIL MULKEY	33' 10"
400m	JIM BAGGETT	30' 5"
400m	RUSTY HAMILTON	30' 4 1/2"
400m	JACK GILMORE	2331
400m	HENRY B DAVENPORT	9'
400m	PHIL MULKEY	11' 6"

400m	JIM BAGGETT	9'
400m	RUSTY HAMILTON	9'
400m	PHIL MULKEY	39' 5 3/4"
400m	TIM J THOMEY	37' 7 1/2"
400m	WILLIAM H DUCKWORTH JR	39' 4 1/2"

400m	PHILLIP FRANK BRUSCA	133' 9"
400m	VICTOR GOLDWASH	102' 1"
400m	JIM M DYKES	89' 4"
400m	RICHARD E BERGENBACK	127' 11"
400m	PHILLIP FRANK BRUSCA	110' 5"
400m	VICTOR GOLDWASH	88' 2"

400m	BUCK BRADBERRY	4' 6"
400m	VICTOR GOLDWASH	3' 8"
400m	PHILLIP FRANK BRUSCA	134' 6"
400m	RICHARD E BERGENBACK	127' 5"
400m	JIM M DYKES	91' 10"
400m	VICTOR GOLDWASH	84' 6"



Continued from previous page

The Tennessee TAC Masters  
T&F Champs  
Knoxville, TN; June 19-21

## 100 METER DASH

DIVISION	AGE	TIME
1 CASSANDRA ANTHONY	30	14.00

DIVISION	AGE	TIME
1 PHIL RASCHER	40	11.90
2 BARBARA WINTERS	44	16.25
3 BARBARA RENTENBACH	42	16.33

DIVISION	AGE	TIME
1 SUSIE KLUTTZ	50	16.99

DIVISION	AGE	TIME
1 W. ALLAN HARDEN	33	11.20
2 JAMES SUTTLE	32	12.22

DIVISION	AGE	TIME
1 JOHN GLOVITENKA	39	11.50
2 JOHN STEHL	39	11.90
3 JIM YOUNG	39	11.95

DIVISION	AGE	TIME
1 THADEUS BELL	43	11.20
2 WILFREDO RIVERA	42	11.83
3 TOM BREMER	41	11.90
4 PAT GUETTER	41	12.23

DIVISION	AGE	TIME
1 BENITZ TOZER	47	11.95T
2 ERVIN MITCHELL	48	11.95T
3 MALACHI MCGUIDER	45	12.60
4 FRANK GALBRAITH	46	12.79
5 MELVIN HERRING	48	13.00
6 MIKE VALLE	46	13.07
7 GERALD SMITH	45	13.20

DIVISION	AGE	TIME
1 JAMES MATHEIS	52	12.20
2 HERRELL AKERS	53	13.01
3 THOMAS VICKERS	54	15.01

DIVISION	AGE	TIME
1 JOHN POPPELL	56	12.80
2 BILL GENTRY	57	13.72
3 ROY BIDDLE	57	13.90

DIVISION	AGE	TIME
1 JIM LAW	61	13.10
2 BUCK BRADBERRY	60	13.20

DIVISION	AGE	TIME
1 TOM KENNEL	66	13.50
2 CHARLES MARIOTT	65	17.50

## 200 METER DASH

DIVISION	AGE	TIME
1 CASSANDRA ANTHONY	30	27.0

DIVISION	AGE	TIME
1 PHIL RASCHER	40	25.9
2 BARBARA WINTERS	44	35.7

DIVISION	AGE	TIME
1 RACHEL LYGA	52	34.7
2 SUSIE KLUTTZ	50	36.4

DIVISION	AGE	TIME
1 GARY HOWARD	33	23.3
2 W. ALLAN HARDEN	33	23.7
3 ROBBIE SHORT	33	24.0
4 TIM DESCH	33	25.2
5 JAMES SUTTLE	32	25.7
6 GARY PRINCE	32	26.2

DIVISION	AGE	TIME
1 BILLY SMITH	36	23.1
2 STEVE FOSTER	36	23.7
3 ELLIS MAYFIELD	35	24.0
4 JOHN GLOVITENKA	39	24.5
5 JOHN STEHL	39	25.6
6 MEL ADAMS	39	26.8

DIVISION	AGE	TIME
1 THADEUS BELL	43	23.5
2 TOM BREMER	41	25.2
3 WILFREDO RIVERA	42	25.9
4 RANDALL BRADY	41	26.4
5 JOEL LILES	41	26.5
6 REG SHARLEY	43	26.6
7 PATRICK GUETTER	41	27.9
8 GENE AUNTUNN	43	29.4

DIVISION	AGE	TIME
1 BENITZ TOZER	47	25.1
2 ERVIN MITCHELL	48	26.3
3 DAVE ELLIS	47	27.4
4 FRANK GALBRAITH	46	28.1
5 DOUGLAS KITCHEN	45	28.6
6 MACK GRAY	46	28.7

DIVISION	AGE	TIME
1 JAMES MATHEIS	52	24.0
2 DAVID MARTIN	52	27.8
3 THOMAS VICKERS	54	30.9
4 HERRELL AKERS	53	33.4

DIVISION	AGE	TIME
1 JOHN POPPELL	56	26.1
2 ALVIN CLARK	55	27.3
3 GEORGE COUSE	58	29.9
4 ROY BIDDLE	57	30.0

DIVISION	AGE	TIME
1 JIM LAW	61	27.3

DIVISION	AGE	TIME
1 WILBUR RAGLAND	70	35.6

DIVISION	AGE	TIME
1 BARBARA WINTERS	44	1:17.9

DIVISION	AGE	TIME
1 SUSIE KLUTTZ	50	1:18.6
2 RACHEL LYGA	52	1:23.1

DIVISION	AGE	TIME
1 ROBBIE SHORT	33	53.8
2 STEVEN PRINCE	30	56.5

DIVISION	AGE	TIME
1 BILLY SMITH	36	50.2
2 MIKE RIDGLE	38	51.1
3 ELLIS MAYFIELD	35	52.5
4 JOHN GLOVITENKA	39	53.0
5 MEL ADAMS	39	59.2
6 HARRY SAVAGE	37	1:00.9

DIVISION	AGE	TIME
1 THADEUS BELL	43	54.1
2 TOM BREMER	41	54.9
3 RANDALL BRADY	41	59.3
4 ALLAN MORGAN	42	1:01.6

DIVISION	AGE	TIME
1 MIKE VALLE	46	1:00.6
2 SAMUEL STONE	48	1:01.7
3 MACK GRAY	46	1:01.8

DIVISION	AGE	TIME
1 JAMES MATHEIS	52	55.2
2 JAMES BRADLEY	51	1:00.3
3 DENNIS O'CONNOR	52	1:03.1
4 THOMAS VICKERS	54	1:10.5

DIVISION	AGE	TIME
1 LARRY HALL	57	1:05.6
2 ROY BIDDLE	57	1:06.6
3 JUNIOR MORGAN	56	1:07.4

DIVISION	AGE	TIME
1 JIM LAW	61	1:03.9

DIVISION	AGE	TIME
1 JAMES MATHEIS	52	12.20
2 HERRELL AKERS	53	13.01
3 THOMAS VICKERS	54	15.01

DIVISION	AGE	TIME
1 JOHN POPPELL	56	12.80
2 BILL GENTRY	57	13.72
3 ROY BIDDLE	57	13.90

DIVISION	AGE	TIME
1 JIM LAW	61	13.10
2 BUCK BRADBERRY	60	13.20

DIVISION	AGE	TIME
1 TOM KENNEL	66	13.50
2 CHARLES MARIOTT	65	17.50

DIVISION	AGE	TIME
1 SUSAN HOULTON	39	2:38.8
2 REBECCA CANNON	35	3:13.7

DIVISION	AGE	TIME
1 BARBARA WINTERS	44	2:55.2

DIVISION	AGE	TIME
1 SUSIE KLUTTZ	50	2:52.1

DIVISION	AGE	TIME
1 STEVEN PRINCE	30	2:11.9
2 MICHAEL MCCANN	31	2:18.0

DIVISION	AGE	TIME
1 RANDY TAYLOR	39	2:03.5
2 FRANK CORNETT	39	2:04.0
3 GUY GILES	35	2:08.0
4 JOHN DANFORTH	39	2:09.4
5 HARRY SAVAGE	37	2:23.2

DIVISION	AGE	TIME
1 STEVE McWILLIAMS	40	2:16.4
2 RANDALL BRADY	41	2:28.5

DIVISION	AGE	TIME
1 JIM HUFFMAN	46	2:23.7
2 EDWARD SEXTON	45	2:28.1

DIVISION	AGE	TIME
1 DENNIS O'CONNOR	52	2:24.6
2 PAUL BARRETTE	51	2:39.0
3 HERRELL AKERS	53	2:53.0

DIVISION	AGE	TIME
1 CASEY JONES	56	2:23.9
2 LARRY HALL	57	2:35.9
3 JUNIOR MORGAN	56	2:38.3

DIVISION	AGE	TIME
1 JACK RICE	66	2:39.7
2 CHARLES MARIOTT	65	3:13.6

DIVISION	AGE	TIME
1 SUSAN HOULTON	39	5:17.5
2 REBECCA CANNON	35	6:17.0

DIVISION	AGE	TIME
1 SUSIE KLUTTZ	50	5:56.3

DIVISION	AGE	TIME
1 TOMMY SMITH	33	4:04.5
2 JOHN TONEY	30	4:56.6

DIVISION	AGE	TIME
1 RANDY TAYLOR	39	4:14.2
2 FRANK CORNETT	39	4:20.5
3 D. LEE BOGGS	36	4:22.2

DIVISION	AGE	TIME
1 STEVE McWILLIAMS	40	4:31.2
2 RICK ALDERFER	43	4:43.9

DIVISION	AGE	TIME
1 SAMUEL STONE	48	4:32.5
2 DAVID KIRKMAN	46	5:00.8

DIVISION	AGE	TIME
1 JACK RICE	66	5:55.3
2 CHARLES MARIOTT	65	6:22.1

DIVISION	AGE	TIME
1 MAXWELL SPRINGER	73	7:08.6

DIVISION	AGE	TIME
1 ANGELYN CAMPBELL	33	15:03

DIVISION	AGE	TIME
1 SUSIE KLUTTZ	50	12:25

DIVISION	AGE	TIME
1 CHARLES SHARPE	33	11:24
2 CONLEY HATHORN	32	11:59

DIVISION	AGE	TIME
1 GUY GILES	35	9:45
2 ROBERTO LEMARUZZI	38	10:25
3 JOHN JENKINS	36	10:32

DIVISION	AGE	TIME
1 RICK ALDERFER	43	9:59

DIVISION	AGE	TIME
1 DAVID KIRKMAN	46	10:57
2 PAT MURPHY	47	11:51

DIVISION	AGE	TIME
1 DEAN WATERS	51	11:10
2 PAUL BARRETTE	51	11:25

DIVISION	AGE	TIME
1 TONY PUGLIESE	56	12:14
2 JIM SAXON	57	14:20

DIVISION	AGE	TIME
1 CHARLES MARIOTT	65	14:25

DIVISION	AGE	TIME
1 DONNA PORCELLA	18	23:24

DIVISION	AGE	TIME
1 JANE GARY	35	22:22

DIVISION	AGE	TIME
1 SUSIE KLUTTZ	50	21:50

DIVISION	AGE	TIME
1 BRIAN MACCUBBIN	16	16:24

DIVISION	AGE	TIME
1 PHIL VITTETORE	30	19:02
2 JIM INGRAM III	34	20:22
3 CONLEY HATHORN	32	20:47

DIVISION	AGE	TIME
1 RANDY TAYLOR	39	16:30
2 JOHN JENKINS	36	18:21
3 BILL JACKSON	28	18:11

DIVISION	AGE	TIME
1 ALLAN MORGAN	42	17:25
2 RICK ALDERFER	43	17:10

DIVISION	AGE	TIME
1 ROYCE SAYER	46	18:01
2 JAW OXLEY	46	18:31
3 CHUCK PATE	46	21:15

DIVISION	AGE	TIME
1 PAUL BARRETTE	51	19:36
2 HERRELL AKERS	53	20:34
3 GEORGE REECE	52	20:38

DIVISION	AGE	TIME
1 STU EICHEL	55	20:24
2 LARRY HALL	57	20:48
3 HAROLD DIFTLER	59	22:39

DIVISION	AGE	TIME
1 CHARLES MARIOTT	65	23:23

DIVISION	AGE	TIME
1 MAXWELL SPRINGER	73	26:45

DIVISION	AGE	TIME
1 PHIL RASCHER	40	14:10

DIVISION	AGE	TIME
1 ROBBIE SHORT	33	15.0
2 AL RODO	33	16.1

DIVISION	AGE	TIME
1 GENE HOFFMAN	36	16.4

DIVISION	AGE	TIME
1 REG SHARLEY	43	16.9
2 WILLIAM BUSBY	43	17.3
3 JOHNSTON EWING	43	19.6

DIVISION	AGE	TIME
1 DAVE ELLIS	47	17.6

DIVISION	AGE	TIME
1 PHIL MULKEY	54	18.7
2 JAMES BRADLEY	51	21.2
3 RUSTY HAMILTON	51	23.7

DIVISION	AGE	TIME
1 BUCK BRADBERRY	60	16.4

DIVISION	AGE	TIME
1 TOM KENNEL	66	21.3

## 400 METER HURDLES

DIVISION	AGE	TIME
1 GENE HOFFMAN	36	1:02.6

DIVISION	AGE	TIME
1 JAMES BRADLEY	51	1:05.9

DIVISION 28-TRAIL				
1	BILL	GENTRY	57	1:10.0
2	STEWART	DANIEL	56	1:11.9



Continued from previous page

Southeastern Track Classic  
Greenville, S.C.  
June 27\*\* Pending national record  
\* New record

## 100 MTR. HURDLES

55-59 L. Pratt 17.3  
60-64 B. Bradberry 15.6

## 110 MTR. HURDLES

30-34 A. Rood 16.5  
35-39 S. Smith 18.8  
50-54 R. Hamilton 22.4

## 400 MTR. HURDLES

30-34 E. Cota 78.7  
35-39 S. Smith 72.6  
F. Reinhardt 84.7

## 100 MTR. DASH

30-34 G. Reid 11.7  
R. Phillips 11.8  
S. Keyes 14.035-39 B. Green 11.7  
W. Josey 12.0  
J. Stiehl 12.0  
A. C. Fuller 12.1  
D. Purinton 12.1  
S. Howell 12.3  
S. Smith 12.3  
J. Chambers 12.9  
J. McLeod 15.940-44 T. Bell 11.2  
T. Brewer 11.8  
J. Clifford 11.945-49 R. Stanford 11.8  
E. Mitchell 12.0  
S. White 12.3  
R. Utley 12.4  
A. Kegl 12.7  
T. Jackson 12.8  
M. Valle 12.950-54 R. Hamilton 14.4  
C. Major 15.3

55-59 L. Pratt 12.6

## 200 MTR. DASH

30-34 E. Butler 23.2  
R. Phillips 24.1  
G. Reid 24.3  
M. Baird 24.8  
M. McGinnis 26.135-39 S. Foster 23.9  
B. Green 24.0  
W. Josey 25.0  
S. Howell 26.040-44 T. Bell 23.4  
J. Payne 25.7  
J. Clifford 26.3  
P. Boles 28.1  
J. Shoaf 29.245-49 R. Stanford 24.7  
E. Mitchell 25.5  
F. Kjer 25.5  
S. White 25.5  
R. Utley 25.7  
M. Valle 28.3

50-54 C. Major 33.0

55-59 L. Pratt 26.8  
J. Saxon 34.4

60-64 J. Dykes 32.5

## 400 MTR. DASH

30-34 E. Butler 51.2  
G. Reid 52.7  
M. Baird 53.4  
W. Twitty 59.3  
T. Willis 65.035-39 S. Foster 54.2  
W. Josey 55.1  
S. Howell 56.2  
D. Hall 57.0  
B. Whitmore 60.240-44 T. Bell 54.8  
J. Payne 57.8  
T. Jones 58.5  
S. McWilliams 58.7  
P. Boles 64.3  
J. Shoaf 69.045-49 R. Stanford 55.1  
F. Kjer 56.1  
R. Utley 58.2  
J. Jackson 75.0

50-54 C. Major 73.6

55-59 C. Jones 61.6  
J. Saxon 81.0

65-69 C. Futrell 94.7

## 800 MTR. RUN

30-34 D. Poteet 1:56.5  
M. Baird 2:06.3  
A. Everhart 2:13.635-39 J. Todd 2:06.9  
40-44 S. McWilliams 2:23.1  
50-54 L. Johnson 2:34.3  
55-59 C. Jones 2:23.6  
J. Saxon 3:08.3  
65-69 C. Futrell 3:36.4

## 1500 MTR. RUN

30-34 J. Champion 4:38.2  
G. White 4:57.1  
B. McAmis 5:34.835-39 F. Reinhardt 5:16.1  
40-44 S. McWilliams 4:35.1  
P. Boles 5:23.8  
45-49 B. Brawley 4:47.9  
55-59 J. Saxon 6:09.9  
60-64 J. Dykes 7:11.7  
65-69 C. Futrell 7:21.9

## 3000 MTR. RUN

30-34 A. Everhart 9:35.1  
F. Mullen 10:32.6  
B. McAmis 12:23.935-39 J. Todd 10:23.5  
J. Roberts 11:09.9  
F. Reinhardt 11:43.9  
40-44 T. Jones 11:38.7

## 5000 MTR. RUN

30-34 J. Cash 17:12.0  
F. Mullen 17:48.2  
T. Willis 21:40.9  
35-39 J. Roberts 18:59.4  
B. Griffen 19:33.7  
60-64 D. Lyons 20:09.6  
L. Rush 21:06.9

## 3000 MTR. STEEPLECHASE

30-34 A. Everhart 9:59.4  
G. White 13:05.6  
35-39 B. Griffen 13:10.8  
F. Reinhardt 13:39.4  
50-54 B. Cutler 14:30.1

## HIGH JUMP

30-34 R. Phillips 5'6"  
S. Keyes 5'4"  
35-39 D. Purinton 5'4"  
S. Smith 4'10"  
K. Kissack 4'6"  
40-44 J. Payne 4'2"  
W. Eubanks 4'0"  
45-49 S. White 5'4"  
M. Valle 4'8"  
D. Bloomfield 4'0"  
50-54 C. Major 3'10"  
55-59 L. Pratt 4'6"  
T. Bartenfeld 4'4"  
70-74 C. Hirshey 2'6"  
75-79 R. Wylie 3'4"

## POLE VAULT

30-34 M. McGinnis 14'0"  
R. Phillips 12'0"  
G. Reid 10'0"  
35-39 C. Strode 15'0"  
J. Dye 12'6"  
S. Green 11'0"

## LONG JUMP

30-34 G. Turner 19'83/4  
G. Reid 17'73/4  
J. Champion 16'93/4  
E. Cota 14'63/4  
S. Keyes 14'43/4  
35-39 D. Purinton 17'4"  
S. Smith 15'93/4  
J. McLeod 11'3"  
40-44 G. Kochman 19'43/4  
J. Brewer 18'103/4  
J. Payne 13'53/4  
45-49 S. White 17'10"  
A. Kegl 16'9"  
M. Valle 15'33/450-54 R. Hamilton 13'23/4  
C. Major 11'5"  
55-59 T. Bartenfeld 13'73/4  
J. Saxon 11'63/4  
L. W. Evans 11'43/4  
60-64 B. Bradberry 16'13/4  
J. Dykes 13'3/4  
70-74 C. Hirshey 7'93/4  
75-79 R. Wylie 7'53/4

## TRIPLE JUMP

30-34 G. Turner 43'2"  
S. Keyes 27'7"  
35-39 J. McLeod 20'83/4  
45-49 M. Valle 32'3"  
50-54 K. Hamilton 29'4"  
55-59 T. Bartenfeld 29'11"  
70-74 C. Hirshey 16'8"

## SHOT PUT

30-34 R. Davis 41'73/4  
D. Ashe 40'93/4  
J. Dorsett 37'3"  
C. Thiret 34'2"  
35-39 B. Green 40'23/4  
K. Kissack 34'43/4  
D. Purinton 31'7"  
J. McLeod 30'1"  
40-44 W. Hardy 46'9"  
W. Busby 31'73/4  
45-49 M. Valle 37'10"  
E. Mitchell 32'83/4  
D. Bloomfield 32'53/4  
I. Latimore 27'2"  
55-59 D. Gaskin 36'3"  
J. Saxon 29'9"  
70-74 C. Hirshey 30'13/4  
75-79 R. Wylie 27'13/4

## DISCUS

30-34 C. Thiret 122'5"  
J. Dorsett 111'5"  
35-39 B. Green 117'4"  
K. Kissack 90'10"  
D. Purinton 84'5"  
J. McLeod 78'  
40-44 W. Hardy 137'8"  
W. Busby 100'7"  
45-49 M. Valle 110'2"  
J. Jones 97'10"  
E. Mitchell 94'  
I. Latimore 89'6"  
A. Kegl 80'43/4  
50-54 R. Hamilton 90'8"  
55-59 D. Gaskin 94'5"  
T. Bartenfeld 78'53/4  
J. Saxon 67'93/4  
60-64 J. Dykes 88'23/4  
70-74 C. Hirshey 76'4"  
75-79 R. Wylie 71'3"

## HAMMER

30-34 S. Keyes 32'5"  
35-39 J. McLeod 40'2"  
45-49 M. Valle 127'1"  
D. Bloomfield 120'9"  
D. Gaskin 99'63/4  
T. Bartenfeld 55'5"  
60-64 D. Bergenback 122'43/4  
70-74 C. Hirshey 52'3"  
75-79 R. Wylie 47'5"

## JAVELIN

30-34 A. Rodd 155'5"  
M. McGinnis 140'5"  
S. Keyes 101'8"  
J. Champion 96'2"  
35-39 B. Conroy 199'63/4  
K. Kissack 123'5"  
D. Purinton 121'6"  
40-44 W. Busby 155'113/4  
45-49 J. James 112'4"  
A. Kegl 103'9"  
I. Latimore 75'  
50-54 W. Duckworth 168'103/4  
55-59 T. Bartenfeld 83'6"  
J. Saxon 61'11"  
60-64 D. Bergenback 119'8"  
J. Dykes 77'5"  
70-74 C. Hirshey 48'11"  
75-79 R. Wylie 44'11"

## WOMEN'S RESULTS

## 100 MTR. DASH

45-49 A. Carter 15.5  
60-64 J. Sullivan 17.9

## 200 MTR. DASH

35-39 J. Bell 32.4  
55-59 A. Rush 47.5

## 400 MTR. DASH

35-39 J. Bell 68.9  
45-49 A. Carter 82.3

## 800 MTR. RUN

35-39 J. Bell 2:35.1

## 1500 MTR. RUN

40-44 M. Roberts 6:33.5

## 5000 MTR. RUN

35-39 J. Melton 20:38.2  
40-44 M. Roberts 22:38.9  
55-59 A. Rush 26:31.3

## JAVELIN

60-64 A. Bergenback 32'7"

## HIGH JUMP

45-49 B. Bloomfield 3'4"

## DISCUS

45-49 B. Bloomfield 61'103/4  
A. Carter 53'73/4  
S. Bartenfeld 40'83/4  
60-64 A. Bergenback 49'33/4

## SHOT

45-49 B. Bloomfield 22'113/4  
A. Carter 19'8"  
S. Bartenfeld 15'6"

## HAMMER

45-49 B. Bloomfield 86'3"

## LONG JUMP

45-49 A. Carter 11'83/4  
S. Bartenfeld 5'83/4

60-64 J. Sullivan 10'43/4

## WEIGHT THROWS (EXHIBITION)

## 56# WEIGHT - MEN

45-49 D. Bloomfield 26'103/4

## 35# WEIGHT - MEN

45-49 D. Bloomfield 41'93/4  
M. Valle 36'13/4  
55-59 D. Gaskin 32'8"

## 25# WEIGHT - MEN

60-64 D. Bergenback 34'10"  
70-74 C. Hirshey 19'13/4

## WOMEN

45-49 B. Bloomfield 21'53/4

## NORTHWEST

Hayward Masters Classic  
Silke Field  
Springfield, Oregon  
June 27-28

## 100

W35 P Farster-Gilkey 12.89  
Hillary Gilmore 13.49  
W45 Shirley Ingram 16.24  
W60 Dawn Russell 20.20

## 200

M30 Randy Kruse 11.04  
M35 Bruce Webber 12.77  
Mike Monahan 12.97  
Dave Goodright 14.16  
M40 John Norton 11.15  
Ron Pinard 12.04  
Emil Torquato 12.40

## 400

M45 R Andersen-Wycoff 12.31  
Jerry Hayes 14.28  
M50 Joe Hoffman 12.26  
Harold Hitt 12.55  
Peter Hafner 13.84

## 800

M55 Jack Coy 13.05  
Art Afremow 13.29  
Jim Steinmetz 16.43  
M60 Tom Norwood 14.21  
M65 Cal Boyd 13.49  
M70 Harry Preckwinkle NT  
M80 Lew Thorne, Sr. 20.3

## 1600

M30 T. Trahan 18.05

## 100H

W35 P Farster-Gilkey 18.69  
M60 Richard Nordquist 18.43

## 110H

M30 Mike Jones 16.97  
M35 Mike Monahan 17.88  
M45 Lew Thorne 21.37  
M50 Don Gray NT  
M55 Loren Swanson NT

## 300H

M60 Richard Nordquist 52.86

## 400H

M45 Lew Thorne 66.58  
M55 John Hepner 70.51

## HIGH JUMP

M30 Jerry Anderson 4-4  
M35 Al Huffstutter 4-8  
M40 Ron Ackerman 4-6  
M60 Hal Buck 4-6  
Dick Nordquist 4-2  
M50 Don Gray 4-4  
M55 Bob Litton 4-4

## POLE VAULT

M35 Mike Monahan 13-8  
Don Griffin 9-0  
M45 Larry Holmes 12-4  
M50 Don Gray 9-6  
M55 John Hepner 8-0  
M60 Dick Nordquist 9-0  
Don Grosh 8-0

## 400

M30 P Farster-Gilkey 65.70  
Hillary Gilmore 69.80  
W45 Shirley Ingram 78.15  
W50 Mary Czarapata 78.47  
M30 David Hagmeier 50.95  
Rick Cottle 53.63  
M35 Dave Goodright 67.82  
M40 Harold Morioka 52.04  
Wayne Gripp 53.76  
Ron Ackerman 60.22  
M45 Jerry Hayes 65.78  
M50 Joe Hoffman 58.87  
Harold Hitt 58.94  
Bob Bannister 60.27  
M55 Tom Brinton 63.81  
Jim Steinmetz 74.99  
M60 Richard Nordquist 68.75  
Tom Norwood 70.97  
M65 Cal Boyd 70.56  
Byron Krog 80.37

## 800

W30 Pam Pulice 2:18.73  
W45 Letha Figg-Hoblyn 2:39.01  
W50 Mary Czarapata 2:48.94  
M30 Bruce Lang 2:05.42  
Paul Bolin 2:08.89  
M35 Michael Daly 2:12.65  
Rick Brown 2:20.99

## 1400

M40 Wayne Gripp 2:04.71  
Vic Wolfe 2:08.64  
Denny Harrington 2:10.69  
M45 Edgar Kousky 2:15.82  
Desmond O'Rourke 2:18.05  
Roger Johnson 2:24.36  
M50 Ken Ogden 2:23.89  
Bob Bannister 2:24.59  
M55 Tom Brinton 2:29.79  
Jim Steinmetz 3:06.71  
M60 Lowell Russell 3:40.67

## 1500

W30 Pam Pulice 5:12.00  
Mary Russell 5:37.19  
W35 Kathy Holmstrom 5:49.39  
W40 Jane McLelland 6:18.14  
W45 Letha Figg-Hoblyn 5:52.88  
Shirley Ingram 6:36.46  
W50 Mary Czarapata 6:24.63  
W65 Marie Stafford 8:34.36

## MILE

M30 Patrick Rarick 5:16.02  
M35 Michael Daly 4:59.72  
Rick Brown 5:23.22  
M40 Vic Wolfe 4:44.28  
Ed Shattuck 4:54.01  
Denny Harrington 5:05.54  
M45 Edgar Kousky 5:05.55  
Desmond O'Rourke 5:06.47  
David Morris 5:18.42  
M50 Ken Ogden 6:33.02  
M60 Harry Perry 6:49.55  
Lowell Russell 8:13.84

## 3000

W30 Mary Russell 11:21.71  
W45 L Figg-Hoblyn 11:46.61  
M35 Jerry Durant 11:11.02  
M40 Gary Rust 9:48.63  
Larry Wilson 10:07.66  
Larry Norris 10:20.18  
M45 Tom Blacom 11:02.76  
Nat Teich 12:06.57  
M50 Ken Ogden 10:46.78  
Ralph Hatleberg 13:10.83  
M55 Jim Steinmetz 14:25.86  
M60 Harry Perry 13:34.88

## 5000

W35 Marilyn Nippold 19:29.55  
M30 Jerry Anderson 17:46.58  
M35 Richard Norris 21:17.99  
M40 Dick Weeks 16:52.17  
Ron Ackerman 18:16.96  
M45 Russ Pickering 17:20.61  
David Morris 17:56.73

## 10,000

M30 Jerry Anderson 37:00.67  
M35 Gene Solomon 33:36.58  
M45 Russ Pickering 38:23.87  
Steve Cole 42:04.60  
M55 John Hepner 39:19.02

## 800H

M70 C T Trahan 18.05

## 100H

W35 P Farster-Gilkey 18.69  
M60 Richard Nordquist 18.43

## 110H

M30 Mike Jones 16.97  
M35 Mike Monahan 17.88  
M45 Lew Thorne 21.37  
M50 Don Gray NT  
M55 Loren Swanson NT

## 300H

M60 Richard Nordquist 52.86

## 400H

M45 Lew Thorne 66.58  
M55 John Hepner 70.51

## HIGH JUMP

M30 Jerry Anderson 4-4  
M35 Al Huffstutter 4-8  
M40 Ron Ackerman 4-6  
M60 Hal Buck 4-6  
Dick Nordquist 4-2  
M50 Don Gray 4-4  
M55 Bob Litton 4-4

## POLE VAULT

M35 Mike Monahan 13-8  
Don Griffin 9-0  
M45 Larry Holmes 12-4  
M50 Don Gray 9-6  
M55 John Hepner 8-0  
M60 Dick Nordquist 9-0  
Don Grosh 8-0

## 400

M30 P Farster-Gilkey 65.70  
Hillary Gilmore 69.80  
W45 Shirley Ingram 78.15  
W50 Mary Czarapata 78.47  
M30 David Hagmeier 50.95  
Rick Cottle 53.63  
M35 Dave Goodright 67.82  
M40 Harold Morioka 52.04  
Wayne Gripp 53.76  
Ron Ackerman 60.22  
M45 Jerry Hayes 65.78  
M50 Joe Hoffman 58.87  
Harold Hitt 58.94  
Bob Bannister 60.27  
M55 Tom Brinton 63.81  
Jim Steinmetz 74.99  
M60 Richard Nordquist 68.75  
Tom Norwood 70.97  
M65 Cal Boyd 70.56  
Byron Krog 80.37

## 800

W30 Pam Pulice 2:18.73  
W45 Letha Figg-Hoblyn 2:39.01  
W50 Mary Czarapata 2:48.94  
M30 Bruce Lang 2:05.42  
Paul Bolin 2:08.89  
M35 Michael Daly 2:12.65  
Rick Brown 2:20.99

## 1400

M40 Wayne Gripp 2:04.71  
Vic Wolfe 2:08.64  
Denny Harrington 2:10.69  
M45 Edgar Kousky 2:15.82  
Desmond O'Rourke 2:18.05  
Roger Johnson 2:24.36  
M50 Ken Ogden 2:23.89  
Bob Bannister 2:24.59  
M55 Tom Brinton 2:29.79  
Jim Steinmetz 3:06.71  
M60 Lowell Russell 3:40.67

## LONG JUMP

W35 P Farster-Gilkey 15-11  
W40 Susan Weeks 10-3  
M30 Randy Kruse 22-3  
Mike Lariza 21-11  
M40 John Norton 19-8  
Frank Lulich 15-6  
Ron Ackerman 15-1  
M50 Pete Hafner 14-10  
Larry Gower 14-3  
John Murray 13-9  
M55 Bob Litton 17-3  
Art Afremow 14-7  
Jack Coy 13-11  
M70 C T Trahan 11-6  
M75 Leon Joslin 11-3

## TRIPLE JUMP

M30 Mike Lariza 47-11  
Tony Valley 22-3  
M40 Ron Ackerman 32-4  
M60 Hal Buck 28-0

## SHOT PUT

W45 Shirley Ingram 25-0  
Barbara Kousky 19-8  
W60 Patricia Osmon 21-2  
M30 Tony Valley 29-5  
M40 Chuck Chapin 53-10  
M45 Dick Brown 49-7  
Bob Crumacker 39-0  
M55 Sherrell Sears 35-6  
Jack Coy 30-7  
Jim Steinmetz 26-11  
M60 Ralph Hassman 27-6  
Jake Wilson 20-9  
M65 Walter Jenkins 31-3  
Byron Krog 23-1  
M70 Ross Carter 42-10  
Ross Carter (8 lb) 44-7  
M75 Leon Joslin 32-3

## DISCUS

W60 Patricia Osmon 42-6  
M30 Tony Valley 85-10  
M40 Chuck Chapin 147-3  
M45 Dick Brown 141-4  
Bob Roy 127-2  
Bob Crumacker 112-0  
M55 Sherrell Sears 109-9  
M60 Hal Buck 106-11  
Ralph Hassman 103-9  
M65 Walter



## Continued from previous page

## 800

M30	Bruce Vermilyea	2:00.5
M35	Craig Dean	2:09.0
M40	Stan Mathes	2:05.1
M50	Robert Urdiales	2:20.9
M60	Dick Green	2:46.6
M70	Sheree Robertson	2:31.4

## 1500

M30	Bruce Vermilyea	4:03.1
M35	Craig Dean	4:22.4
M40	Harold Link	4:35.6
M55	Gerald Gilberts	6:09.8
M30	Peg Cronin	5:25.4
M65	Carol Peebles	8:15.2

## 5000

M30	Steve Wikner	16:32.7
M40	Rich Rathmann	17:48.0
M55	Ed Schten	21:50.9
M35	Mary Ziska	27:00.0

## 2 Mile Walk

M35	Tom Coti	14:48.7
M40	Robert Steffen	18:20.0
M45	Bob Brzenk	17:05.0
M50	Oscar Rohr	23:19.0
M55	Andy Orr	23:14.0

## 110MH

M30	Bob Zahn	14.9
M35	Ed Nuttycombe	16.2

## HIGH JUMP

M30	Brian Owen	5-0
M35	Tom Ziska	5-6
M40	Roger Batneski	4-8
M45	Rudy Wieland	4-8
M50	Tom Langenfeld	5-2
M60	Bill Wambach	4-8
M75	John Dick	2-8

## LONG JUMP

M30	Brian Owen	16-3
M35	Ed Nuttycombe	20-3
M40	Roger Bagneski	15-11
M45	Al Ramsden	15-2½
M50	Ken Mc Fern	13-11
M55	Frank Giaimo	15-0
M60	Chuck Olsen	13-½
M75	John Dick	4-0

## TRIPLE JUMP

M30	Bob Zahn	39-6½
M35	Bob Wundrock	39-1
M40	Roger Bagneski	33-9
M45	Al Ramsden	30-9
M50	Tom Langenfeld	34-9
M60	Chuck Olsen	28-5
M75	John Dick	11-9½

## POLE VAULT

M30	John Anderson	13-6
M30	Dennis Mengeling	42-3
M40	John Irish	36-5½
M45	Carl Klehm	34-2½
M50	John Haugo	40-10½
M55	Ivars Veldre	32-10
M60	Chuck Olsen	30-2½
M75	John Dick	29-2½

## DISCUS

M30	Dennis Mengeling	147-8
M35	Lee Wright	104-7
M40	Sid Truckenbrod	117-7
M45	Carl Klehm	104-1
M50	John Haugo	107-8
M55	Ivars Veldre	97-11
M60	Chuck Olsen	118-2
M75	John Dick	81-5

## JAVELIN

M30	Paul Rosholt	122-9
M35	John Daniel	163-6
M40	Bob Brown	148-2
M45	Al Ramsden	100-6
M50	Bob Lynch	87-2
M55	Andy Orr	40-5
M60	Chuck Olsen	81-0
M75	John Dick	56-1

Hoosier Track Classic  
Indianapolis, Ind.; June 21

M30	M Blueford	5.6
M35	M Smith	6.3
M40	B Bowen	6.6
M35	R Bowen	6.3
M40	J Rehm	7.5
M40	T Bassett	5.8
M40	G Johnson	6.1
M40	C Ray	6.2
M45	G Oliphant	5.8
M45	H Gorden	6.1
M45	A Singh	6.3
M50	P Williams	6.1
M50	J Tunstall	6.7
M55	R Saidel	7.0
M55	R Brown	8.4
M60	P Brusca	7.2
M60	J Davison	7.4
M60	E Goddin	7.5

M65	T Murphy	6.9
M70	C Whitney	8.1
M70	M Lightfoot	8.3
M80	F Furniss	9.9
M30	D Pope Green	6.7
M40	T Dalton	7.3
M40	P Calvert	7.0
M45	E Kea	7.8
M50	J Bowerman	8.4
M50	J Keaton	10.5
M70	S Evans	9.4

## 100m

M30	M Blueford	10.6
M35	R Williams	11.4
M35	C Sursa	12.4
M35	Jeff Rehm	14.1
M40	R Bowen	14.7
M40	C Ray	10.5

## \*better's age-group WR

M45	G Johnson	10.9
M45	G Oliphant	11.2
M45	A Singh	11.7
M45	H Gorden	12.0
M50	P Williams	11.3

## =equals age-group AR

M45	D Katte	12.5
M45	J Tunstall	12.8
M55	B Saidel	11.9
M55	R Brown	15.1
M60	E Goddin	13.5
M60	J Davison	14.0

## M65 T Murphy

M65	C Whitney	13.1
M70	M Lightfoot	15.4
M80	F Furniss	17.1
M85	A E Pitcher	22.2
M30	D Pope Green	12.5
M40	T Graves	15.6
M40	B Baum	16.1
M45	E Kea	15.0
M50	J Brumley	18.1
M50	F Crume	19.6
M50	J Keaton	21.1

## 200m

M30	R Williams	22.5
M35	M Blueford	22.8
M35	C Jackson	23.0
M40	C Ray	22.2

## \*\*better's age-group AR

M45	T Bassett	22.6
M45	G Johnson	25.2
M45	G Oliphant	23.9
M45	A Singh	24.1
M45	H Gorden	26.9
M50	P Williams	25.5
M50	J Tunstall	26.9
M50	J Ware	27.2
M60	E Goddin	28.4
M60	J Davison	29.8
M65	T Murphy	28.3
M65	C Whitney	32.9
M70	M Lightfoot	32.9
M85	A E Pitcher	47.8
M30	D Pope Green	26.3
M40	T Graves	28.1

## 400m

M30	R Williams	50.6
M35	D Thomas	55.9
M35	C Sursa	63.3
M35	J Rehm	66.8
M40	G Johnson	56.0
M40	G Carr	56.6
M40	J Irwin	57.6
M45	L McClain	65.6
M50	J Ware	64.3
M60	E Goddin	66.7
M65	C Whitney	1:19.8
M70	M Lightfoot	1:24.4
M80	H McArdle	1:44.1
M30	A Hitch	71.5
M35	D Anderson	62.7
M40	C Primmer	72.3
M40	B Baum	76.6
M50	J Brumley	94.0

## 800m

M35	M Fletcher	2:06.7
M35	S Wareham	2:12.5
M35	J Woosley	2:15.2
M40	L Scott	2:05.7
M40	J Irwin	2:08.2
M40	G Carr	2:10.3
M45	F Romack	2:15.2
M50	K Combs	2:25.1
M55	W Dawkins	2:30.4
M55	J Griffith	2:31.1
M55	M Kast	2:40.8
M60	M Meyer	2:46.5
M60	W Harrier	2:50.7
M80	H McArdle	4:20.8
M30	A Hitch	2:45.1
M35	D Anderson	2:26.2
M40	B Baum	2:49.5

## 1500m

M35	P Zitzelsberger	4:20.6
M35	S Wareham	4:21.1
M40	K Sparks	4:22.8
M40	L Scott	4:23.1
M45	F Romack	4:32.0
M50	K Combs	4:43.0
M55	J Griffith	5:14.9
M55	M Kast	5:19.5
M60	S Crawford	6:23.2
M60	M Meyer	5:33.6
M60	W Harrier	6:09.9

M35	D Anderson	4:55.5
M40	D Paine	6:55.1
M40	B Baum	5:47.0
M45	C Lowe	7:55.1
M50	F Crume	6:11.3
M50	J Brumley	6:57.5

## 110H

M30	R Williams	15.0
M35	C Jackson	15.3
M40	J Meisner	18.1
M60	J Davison	21.9

## 80H

M40	P Calvert	13.55
-----	-----------	-------

## High Jump

M30	R Williams	6-0
M35	S Allen	5-8
M40	J Meisner	6-0
M45	S Bly	4-8
M45	J Rhoades	4-8
M50	J Sharp	4-6
M50	R Jones	5-0
M50	M Thompson	4-8
M60	E Trier	4-4
M70	M Lightfoot	3-6
M75	D Erskine	3-6
M80	F Furniss	3-2
M85	A E Pitcher	3-1
M30	N Neal	3-7½
M45	E Kea	3-11½
M50	J Bowerman	3-8½
M70	S Evans	3-4½

## Pole Vault

M30	M Smith	12-0
M35	M Davis	12-0
M40	R Kochert	12-0
M40	M Kilpelain	12-0
M50	J Stafford	11-0
M50	J Sharp	10-6
M50	M Thompson	9-6
M70	R Jones	7-0

## Long Jump

M35	L Rodenbeck	20-4
M40	J Rehm	14-1½
M40	J Meisner	17-4
M45	S Bly	14-1
M45	H Gorden	19-11
M45	G Oliphant	18-3½
M50	B Bowen	13-11
M50	P Stopoulos	18-3
M50	P Williams	18-1½
M55	J Sharp	17-6 3/4
M55	B Saidel	15-½
M60	P Brusca	13-6½
M75	D Erskine	9-9½
M80	F Furniss	9-9½
M85	H McArdle	8-5
M85	A E Pitcher	6-7½
M30	D Pope Green	20-3/4

## Triple Jump

M30	D Goodwin	39-1
M35	L Rodenbeck	44-5
M35	S Allen	38-2
M40	J Meisner	38-6
M45	H Gorden	36-8
M45	M Richey	22-2
M50	R Jones	30-9½
M75	D Erskine	21-4
M70	S Evans	**19-5

## \*\*better's age-group AR

M30	J Hiatt	40-11
M30	W Leigh	38-6
M35	M Davis	32-6½
M40	B Donovan	41-11 3/4
M40	J Honegger	36-3/4
M45	D Wiekert	30-6
M45	J Rhoades	31-9½
M50	C Donlon	37-1½
M50	J Mueller	36-3 3/4
M55	G Gosling	31-4 3/4
M55	D Holst	35-3 3/4
M60	H Trier	34-0
M60	P Brusca	43-8
M60	J Davison	31-11
M60	E Trier	28-7 3/4
M70	M Lightfoot	28-9
M80	F Furniss	24-9 3/4
M80	H McArdle	20-6½
M30	D Pope Green	29-11
M45	N Neal	25-3½
M45	J Bowerman	25-9 3/4

## Shot Put

M30	J Hiatt	40-11
M30	W Leigh	38-6
M35	M Davis	32-6½
M40	B Donovan	41-11 3/4
M40	J Honegger	36-3/4
M45	D Wiekert	30-6
M45	J Rhoades	31-9½
M50	C Donlon	37-1½
M50	J Mueller	36-3 3/4
M55	G Gosling	31-4 3/4
M55	D Holst	35-3 3/4
M60	H Trier	34-0
M60	P Brusca	43-8
M60	J Davison	31-11
M60	E Trier	28-7 3/4
M70	M Lightfoot	28-9
M80	F Furniss	24-9 3/4
M80	H McArdle	20-6½
M30	D Pope Green	29-11
M45	N Neal	25-3½
M45	J Bowerman	25-9 3/4

## Discus

M30	J Hiatt	127-3
M35	W Leigh	103-5
M35	M Davis	107-0
M40	D Wiekert	119-7
M40	B Donovan	117-0
M40	J Honegger	114-6
M45	J Rhoades	103-5
M45	M Richey	87-7
M50	E Hardy	122-7
M50	J Mueller	113-3
M50	G Gosling	104-9
M55	J Vann	117-0
M55	A Pike	112-11
M60	D Holst	111-3
M60	P Brusca	138-11
M80	F Furniss	72-1
M80	H McArdle	61-8
M85	A E Pitcher	53-7
M30	D Pope Green	69-3
M45	J Bowerman	86-0
M50	J Keaton	41-1

## Javelin

M30	C Youngbrew	218-11
M35	M Davis	138-2
M40	J Rehm	88-9
M40	D Wiekert	121-11
M45	M Richey	92-11
M50	G Gosling	107-11
M55	D Holst	96-4
M60	H Trier	84-11
M60	P Brusca	125-8
M65	C Whitney	79-1
M70	M Lightfoot	93-6
M85	A E Pitcher	47-9

## 10m

M50	S Gile	1.81
M50	B Butterworth	2.15
M60	C Utecht	2.91

## 20m

M70	E Schmitz	4.74
M80	E Blackney	11.04

## 60m

M30	R Post	7.26
M30	J Gould	7.4</



Continued from previous page

# National Senior Olympics St. Louis, Mo. June 27

## 100 M Dash Finals

### Women 55-59

1. Jane Clarkson	St. Louis, Mo	15.75
2. Mary Patterson	Broadview Hts, OH	15.91
3. Helen Darnall	Melbourne, AR	16.13
4. Barbara L. Reese	Kettering, OH	16.35
5. Alice Kellogg	Macomb, IL	16.96
6. Anne Witt	Florence, SC	17.09

### Women 60-64

1. Betty Whitaker	Poplar Bluff, MO	16.52
2. Patricia Peterson	Albany, MI	16.99
3. Ruth Hayward	Denver, AZ	17.11
4. Dorothy Brill	Columbia, MA	17.27
5. Jean Campbell	Alexandria, VA	17.39
6. Dottie Gray	St. Louis, MO	17.70

### Women 65-69

1. Mary Bowermaster	Sanford, FL	16.74
2. Molly Mackown	Silvehaus, CO	18.55
3. Florence Berry	Merry, IL	18.89
4. Carla Convery	Alexandria, VA	19.25
5. Evelyn Lercher	Enumclaw, WA	19.47
6. Rose Seadorf	Wyoming, MI	19.99

### Women 70-74

1. Lucille Monroe	Webster Groves, MO	17.98
2. Velma Jacobs	Greeley, CO	18.75
3. Ellen Charlie	Ferndale, MI	19.02
4. Mildred I. Crews	Lancaster, WI	19.11
5. Alice Hill	Las Cruces, NM	19.52
6. Mary J. Parsons	Garland, TX	20.51

### Women 75-79

1. Margaret Jackson	Sinlinetti, UH	20.60
2. Marie Quarterman	Magnolia, NC	21.31
3. Donna Foor	Albuquerque, NM	23.45
4. Elizabeth Kawelaske	St. Louis, MO	24.23
5. Kate Phillips	Waynesville, NC	24.55
6. Dillie Kendrick	Mountainview, ARK	26.97

### Women 80+

1. Rose Monda	Tucson, AZ	25.75
2. Katherine Marshall	Youngstown, OH	35.10

## 100 M Dash Finals

### Men 55-59

1. Harry Brown	Wauconda, IL	12.77
2. Earl Ventura	Paola, KN	12.78
3. A. E. Batiansila	Luxemburg, WI	12.91
4. Bill Donelson	Troy, MO	13.03
5. Dusty Wright	Phoenix, AZ	13.08
6. Lawrence Anderson	Albuquerque, NM	13.27

### Men 60-64

1. Robert Watanabe	Los Angeles, CA	12.86
2. Willie Blackmon	Columbus, OH	13.12
3. Melvin Larsen	Springfield, IL	13.13
4. Paul Saunders	St. Louis, MO	13.29
5. Alfonso Wilson	Toledo, OH	13.81
6. Peter Kronberg	St. Louis, MO	13.90

### Men 65-69

1. Tim Murphy	Irving, TX	13.80
2. J. Paul Jones	Albuquerque, NM	14.76
3. Wilfred Wright	Meza, AZ	14.97
4. Charles Lucy	Brookfield, OH	14.98
5. Phillip Protheroe	Penn Hills, PA	15.09
6. William Canterna	Irwin, PA	15.11

### Men 70-74

1. Bill Weinacht	Rocky River, OH	13.70
2. Andy Collins	Los Angeles, CA	14.78
3. Harold Niebel	Kensington, MD	14.99
4. Fred White	Dallas, TX	15.23
5. Eugene Abdenour	Akron, OH	15.24
6. Emanuel Hershkowitz	Reston, VA	15.28

### Men 75-79

1. Byron Fike	Tallmadge, OH	15.89
2. Clarence Skinner	River Park, IL	16.02
3. John Mays	Lyons, KS	16.25
4. Anthony Denardis	Albuquerque, NM	16.58
5. George Richards	Oreland, PA	17.03
6. Emmett Bennett	Rapid City, SD	17.14
Louis Chaves	Denver, CO	

### Men 80+

1. Myron Bishop	Edwardsville, IL	16.88
2. Ken Babcock	Frostburg, MD	17.93
3. Sam Dorman	Springfield, IL	18.97
4. John Glawe	Cherokee Vlg. ARK	20.82
5. A. E. Fitcher	Towson, MD	20.86
6. Harold Simon	Gothebury, NE	23.37

## 200 M Dash

### Women 55-59

1. Jane Clarkson	St. Louis, MO	32.94
2. Mary Patterson	Broadview Hts, OH	33.99
3. Billie Stacy	Beavercreek, OH	34.58
4. Alice Kellogg	Macomb, IL	35.46
5. Sharon Whitfield	Gonzales, LA	37.63
6. Ann Caire	St. Louis, MO	39.20

### Women 60-64

1. Betty Whitaker	Poplar Bluff, MO	34.66
2. Patricia Peterson	Albany, NY	36.32
3. Dottie Gray	Kirkwood, MO	37.94
4. Jean Campbell	Alexandria, VA	39.62
5. Pauline P. Sessions	Memphis, TN	39.96
6. Elaine Penn	Milwaukee, WI	40.97

### Women 65-69

1. Mary Bowermaster	Fairfield, OH	36.30
2. Margaret Lambert	Dillon, CO	40.77
3. Carla Convery	Alexandria, VA	41.14
4. Carol Peebles	Fond Du Lac, WI	41.86
5. Deborah Haimo	St. Louis, MO	45.90
6. Martha Kuchae	Sun City, AZ	46.20

### Women 70-74

1. Pearl Mehl	Boulder, CO	43.20
2. Vivian Nelson	Harrisburg, PA	46.40
3. Helen Birch	Dayton, OH	48.37
4. Frances Wesolowski	Phoenix, AZ	49.10
5. Ellen Charlie	Ferndale, MI	49.47
6. Mary Parsons	Garland, TX	NT

### Women 75-79

1. Margaret Evans	Wilson, LA	54.27
2. Elizabeth Kawelaske	St. Louis, MO	59.92

### Women 80+

1. Rose Monda	Tucson, AZ	57.51
---------------	------------	-------

## 200 M Dash

### Men 55-59

1. Harry Brown	Wauconda, IL	25.76
2. Bill Donelson	Troy, MO	26.19
3. A. E. Batiansila	Luxemburg, WI	26.26
4. Earl Ventura	Paola, KS	26.32
5. Dusty Wright	Phoenix, AZ	26.58
6. Jack Greenwald	N. Ridgeville, OH	27.08

### Men 60-64

1. Robert Watanabe	Los Angeles, CA	26.16
2. Willie R. Blackmon	Columbus, OH	26.36
3. Paul Saunders	St. Louis, MO	27.54
4. Alfonso Wilson	Cleveland Hts, OH	28.71
5. Jack Haeefe	Topeka, KS	29.17
6. Robert Novak	Darien, IL	30.07

### Men 65-69

1. Tim Murphy	Irvine, TX	28.89
2. James Smith	Horseshoe Bend AR	30.63
3. John Findley	Zachary, LA	31.90
4. Bill Canterna	Irwin, PA	32.36
5. Charles Lucy	Brookfield, OH	33.83
6. Art Holland	Comstock Park, MI	34.41

### Men 70-74

1. Bill Weinacht	Rocky River, OH	28.56
2. Fred White	Duncanville, TX	31.99
3. Milo Lightfoot	Warsaw, IN	32.41
4. Francis Mitchell	Peoria, IL	33.01
5. Emanuel Hershkowitz	Reston, VA	33.15
6. Eugene Cottrell	Ellinwood, KS	33.40

### Men 75-79

1. Byron Fike	Tallmadge, OH	33.07
2. Anthony Denardis	Albuquerque, NM	34.84
3. Emmett Bennett	Rapid, SD	35.10
4. Gordon Powell	Holly Hill, FL	36.03
5. Anthony Range, Sr	Cincinnati, OH	37.38
6. Sam Monastero	Norristown, PA	41.32

### Men 80+

1. Myron Bishop	Edwardsville, IL	35.21
2. Konrad Boas	Ghent, NY	38.14
3. Sam Dorman	Springfield, IL	42.31
4. John Glawe	Hardy, AR	43.70
5. A. E. Fitcher	Indianapolis, IN	44.43
6. Dominic Zalmeni	Ashtabula, OH	54.13

## 400 M Dash Finals

### Men 55-59

1. Harry Brown	Wauconda, IL	59.01
2. Jack Greenwald	N Ridgeville, OH	1:01.47
3. Bill Donelson	Troy, MO	1:01.67
4. Lawrence Anderson	Albuquerque, NM	1:02.42
5. Stanley McConnor	Chicago, IL	1:03.62
6. Bill Snailwood	Monmouth, IL	1:04.34

### Men 60-64

1. Robert Watanabe	Los Angeles, CA	1:01.84
2. Harold Johnson	Clarkston, GA	1:02.81
3. Glenn Bradd	Bloomington, IL	1:05.48
4. Allan Jackson	Akron, OH	1:08.09
5. Gordon Kovar	Denver, CO	1:08.87
6. Paul Schmitt	Florissant, MO	1:09.28

### Men 65-69

1. James Smith	Horseshoe Bend ARK	1:09.34
2. Erich Dahl	St. Louis, MO	1:09.99
3. Philip Protheroe	Penn Hills, PA	1:10.00
4. Harry Carnes	Morningside, MD	1:10.59
5. Oscar Hartmann	Lemay, MO	1:11.81
6. Harry Fleenor	Englewood, CO	1:12.25

### Men 70-74

1. Bill Weinacht	Rocky River, OH	1:06.84
2. Milo Lightfoot	Warsaw, IND	1:14.64
3. Everett Bolton	Brookland, ARK	1:14.68
4. Fred White	Duncanville, TX	1:15.41
5. Paul Ganahl	Corona, CA	1:15.47
6. Harold Niebel	Kinsington, MD	1:16.58

### Men 75-79

1. Byron Fike	Tallmadge, OH	1:15.67
2. Anthony Denardis	Albuquerque, NM	1:21.98
3. Emmett Bennett	Rapid City, SD	1:23.27
4. Caldwell Nixon	Lincolnton, NC	1:27.64
5. Casimir Bechner	Los Cruces, NM	1:28.60
6. Gordon Powell	Holly Hills, FL	1:28.94

## 400 M Dash Finals

### Women 75-79

1. Margaret Jackson	Cincinnati, OH	2:02.70
2. Margaret Evans	Wilson, LA	2:14.15

### Men 80+

1. Konrad Boas	Ghent, NY	1:37.76
2. Sam Dorman	Springfield, IL	1:41.22
3. Dominic Zalmeni	Alexandria, OH	2:31.73
4. Robert Drewery	Cincinnati, OH	2:46.42

### Women 55-59

1. Jane Clarkson	St. Louis, MO	1:18.23
2. Helen Darnall	Melbourne, AR	1:19.52
3. Mary Patterson	Broadview Hts. OH	1:20.73
4. Peggy Ainslie	Seattle, WA	1:22.11
5. Jane Arnold	Springville, TN	1:23.46
6. Sharon Whitfield	Gonzales, LA	1:26.14

### Women 60-64

1. Dottie Gray	Kirkwood, MO	1:24.95
2. Dorothy Brill	Columbia, MO	1:26.63
3. Patricia Peterson	Albany, NY	1:30.28
4. Pauline Sessions	Memphis, TN	1:30.94
5. Elizabeth Gann	Little Rock ARK	1:42.37
6. Penny Barsha	St. Louis, MO	1:43.71

### Women 65-69

1. Anna Romagna	Joppa, MD	1:31.64
2. Jane Dougherty	Philadelphia, PA	1:38.01
3. Carol Feebles	Fond De Lac, WI	1:38.83
4. Ann Royer	Douglasville, PA	1:40.65
5. Carla Convery	Alexandria, VA	1:42.60
6. Helen Fluke	Salfordville, PA	1:44.67

### Women 70-74

1. Velma Jacobs	Greeley, CO	1:32.59
2. Pearl Mehl	Boulder, CO	1:36.52
3. Susie Nevergold	Vinton, VA	1:50.31
4. Alyce McCormick	PA no home town given	1:54.14
5. Mary Readal	Fole, PA	2:04.74
6. Edna Seibert	Baltimore, MD	NT

### Women 80

no participants

## 800 M Run

### Men 55-59

1. Jack Gentry	Fayetteville, AR	2:26.71
2. Jac Griswold	Ballwin, MO	2:27.90
3. Stanley McConnell	Chicago, IL	2:29.11
4. Wayne Hanson	Mooringsport, LA	2:29.56
5. Joseph Fuselier	Baton Rouge, LA	2:31.05
6. Al Smith	Creve Coeur, MO	2:31.94

### Men 60-64

1. Richard Widener	Arlington, TX	2:28.03
2. Carl Hammen	Souderstown, RI	2:34.20
3. Glenn Bradd	Bloomington, IL	2:34.98
4. Paul Schmitt	Florissant, MO	2:36.89
5. William Osburn	Bethesda, MD	2:37.09
6. Dennis Egly	Los Altos, CA	2:38.72

### Men 65-69

1. Jack Rice	Sun City Center FL	2:35.06
2. Howard Strassenburg	Monaca, IL	2:43.42
3. Erich Dahl	St. Louis, MO	2:46.02
4. Oscar Hartmann	Lemay, MO	2:46.69
5. Cokey Damon	Virginia Beach, VA	2:50.59
6. Harry Carnes	Morningside, MD	2:51.28

### Men 70-74

1. Paul Ganahl	Corona, CA	2:55.70
2. Harry Lindower	Batavia, OH	2:57.90
3. Larry Patterson	St. James, MO	2:57.99
4. Everett Bolton	Brookland, ARK	3:01.10
5. Jack Pardee	Albuquerque, NM	3:07.05
6. Delbert Bender	Mitchell SD	3:08.61

### Men 75-79

1. Byron Fike	Tallmadge, OH	3:07.38
2. Caldwell Nixon	Lincolnton, NC	3:18.09
3. Sam Monastero	Norristown, PA	3:20.18
4. Emmett Bennett	Pierre, SD	3:30.86
5. Stanley Thompson	Honolulu, HI	4:29.80

### Men 80+

1. William Maine	Youngstown, OH	6:19.49
------------------	----------------	---------

## 800 M Run

### Women 55-59

1. Peggy Ainslie	Seattle, WA	3:00.70
2. Billie Stacy	Beavercreek, OH	3:02.74
3. Jane Arnold	Springville TN	3:14.63
4. Mary Patterson	Broadview Hts, OH	3:26.83
5. Vera Whiteside	Mt Vernon, IL	3:30.83
6. Lonnie Procter	Sielly, NC	4:20.22

### Women 60-64

1. Pauline P. Sessions	Memphis, TN	3:17.51
------------------------	-------------	---------



Continued from previous page

## 1500 Meter Run Finals

## Women 55-59

1. Peggy Ainslie	Seattle, WA	6:07.16
2. Jane Arnold	Springville, TN	6:29.99
3. Eleanor Wallace	Rock Island, IL	6:34.71
4. Marie Betts	Raleigh, NC	6:03.67
5. Loretta Riggle	Vandergriffe, PA	9:37.33
6. Mary Cavicchi	Fairview Park, OH	10:46.61

## Women 60-64

1. Dottie Gray	St. Louis, MO	7:03.28
2. Pauline Sessions	Memphis, TN	7:07.16
3. Mary Norckauer	Baton Rouge, LA	7:08.29
4. Elizabeth Gann	Springfield, IL	7:29.85
5. Angie Smith	Endicott, NY	7:40.12
6. Joyce DeMille	Thomasville, GA	8:32.31

## Women 65-69

1. Jane Dougherty	Philadelphia, PA	7:45.51
2. Millie Bolton	Dayton, OH	8:02.68
3. Vadine Koenig	Hamilton, OH	8:05.34
4. Helen Quanstrum	Chicago, IL	8:10.83
5. Carol Peebles	Fond De Lac, WI	8:11.35
6. Samia Dord	Albuquerque, NM	8:24.40

## Women 70-74

1. Pearl Mehl	Boulder, CO	7:42.90
2. Mavis A. Borthick	TN no home town given	8:55.44
3. Mary Nichols	Dearborn, MI	9:38.92
4. Frances Patterson	St. James, MO	13:22.95

## Women 75-79

1. Harriet Rogers	Joppa, MD	14:20.06
-------------------	-----------	----------

## Women 80+ No participants

## 1500 Meter Run Finals

## Men 55-59

1. David Colton	State College, PA	4:45.51
2. Jim Schirber	Albuquerque, NM	4:50.79
3. Jack Gentry	Fayetteville, AR	4:53.82
4. Jac Griswold	Ballwin, MO	5:03.72
5. Jack Sunderland	Louisville, KY	5:08.93
6. Wayne Hanson	Morningsport, LA	5:16.37

## Men 60-64

1. Richard Widener	Topeka, KS	5:10.88
2. Richard Green	Rockford, IL	5:18.44
3. William Carey	Akron, OH	5:19.82
4. Bob Bartling	Indianapolis, IN	5:20.87
5. Gonzalo Rosales	Las Cruces, NM	5:21.76
6. Carl Hammen	Saunderstown, RI	5:25.27

## Men 65-69

1. Paul Amadio	Cuyahoga Fls OH	5:38.43
2. Howard Strassenburg	Momence, IL	5:43.28
3. Milton Durdella	Mayfield Hts, OH	5:51.33
4. Oscar Hartmann	Lemay, MO	5:53.18
5. Neal Emerson	Collinsville, IL	5:53.31
6. Arthur Boyd	Harrisburg, Pa	5:53.98

## Men 70-74

1. Eugene Keller	Cincinnati, Ohio	5:58.37
2. Harry Lindower	Batavia, Ohio	5:58.96
3. Larry Patterson	Poplar Bluff	6:05.31
4. Jack Fardee	Albuquerque, NM	6:26.79
5. Jerry Wible	Emmaus, PA	6:36.75
6. Pasquel Romagna	Joppa, MD	6:57.15

## Men 75-79

1. Ed Benham	Ocean City, MD	6:12.74
2. Byron Fike	Tallmadge, OH	7:03.69
3. Caldwell Nixon	Lincolnton, NC	7:07.62
4. James Mead	Greely, CO	8:13.69
5. Stanley Thompson	Honolulu, HI	9:15.73
6. Ferry Vanagteren	Toledo, OH	9:31.03

## Men 80+

## No Participants

## 1500 M Walk

## Women 55-59

1. Nilli Ryan	Vancouver, VA	10:08.67
2. Fat Karrar	Batten, SD	10:20.00
3. Marie Betts	Garner, NC	10:22.89
4. Ruth Gurtis	Sanford, NC	10:25.51
5. Doris Liberman	St. Louis, MO	10:32.05
6. Lillian Szarkowski	Norridge, IL	10:37.91

## Women 60-64

1. Ruth Leff	Milwaukee, WI	9:21.35
2. Tjitske Hartoog	Phoenix, AZ	9:29.28
3. Frances Kenney	Grand Rapids, MI	9:45.25
4. Eloise Carnes	Morningside, MD	10:14.81
5. Jean Benear	Tulsa, OK	10:20.51
6. Ruby Zipser	Wilmington, NC	10:21.08

## Women 65-69

1. Margaretta Lambert	Dillon, CO	9:04.08
2. Millie Bolton	Alexandria, VA	10:18.34
3. Anna Chilcoat	Capitol Hts, MD	10:45.26
4. Minnie Crump	Edgewater, MD	10:46.76
5. Eleanor Ford	Greenville, NC	10:56.07
6. Bernice Kleinschmidt	Annandale, VA	11:03.22

## Women 70-74

1. Velma Jacobs	Greeley, CO	9:42.56
2. Mildred Crews	Lancaster, WI	10:18.97
3. Helen Sutter	Largo, FL	10:27.34
4. Angeline Matts	Tower, MN	10:34.16
5. Lucille Monroe	Webster Groves, MO	10:54.82
6. Eleanor Miller	Winston Salem, NC	10:56.86

## Women 75-79

1. Laura Payne	Victoria, TX	11:04.81
2. Louise Swanson	Seattle, WA	11:59.74
3. Carmelita Rumble	Dayton, OH	12:16.94
4. Allie Walker	Springfield, TN	12:19.12
5. Hazel Johnson		12:21.66
6. Ruth Bender	Avon, CT	12:22.35

## Women 80+

1. Anna Ward	Sullivan, MO	12:21.67
2. D. Manheim	Seattle, WA	13:10.11
3. Constance Schwab	Columbia, MD	13:57.05
4. Mel Lida	Marion, NC	14:35.63
5. Seata May Myers	St. Louis, MO	14:39.96
6. Annie Lee Toome	Leland, NC	18:46.03

## 1500 M Walk

## Men 55-59

1. James Spitzer	Baltimore, OH	7:33.95
2. James Bryan	South Colby, WA	8:08.92
3. Jack Oment	Philmont, VA	8:08.98
4. Vance Genzlinger	Bloomfield Hills, MD	8:12.30
5. Ken J. Long	Raleigh, NC	8:34.67
6. Robert Spillman	Floral Park, NY	8:41.79

## Men 60-64

1. Klaus Timmerhaus	Boulder, CO	8:08.8
2. George Peterson	Scarborough, ON	8:32.0
3. Allan Jackson	Akron, OH	8:34.7
4. Karl Muller	Chicago, IL	8:37.7
5. Anis Grinius	Lockport, IL	8:42.0
6. Vinson Freeman	Aston, MO	8:48.0

## Men 65-69

1. Howard Channell	Englewood, CO	8:30.67
2. Harvey Geller	Greenbelt, MD	8:31.40
3. Pete Culbertson	Las Cruces, NM	9:02.46
4. Oscar Hartmann	Lemay, MO	9:03.18
5. Jack Rice	Sun City, FL	9:12.30
6. Mel Bushman	Lansing, MI	9:21.68

## Men 70-74

1. Edward Seeger	Falls Church, VA	9:07.96
2. Harold Muenzer	Tempe, AZ	9:08.70
3. Philip Lawrence	Sun Lake, AZ	9:13.41
4. Richard Stark	Las Cruces, NM	9:16.19
5. Bob Rhodes	Phoenix, AZ	9:35.71
6. Bernard Giedeman	Springfield, IL	9:35.83

## Men 75-79

1. Byron Fike	Toledo, OH	10:09.58
2. Millard Mabis	Leesburg, FL	10:15.19
3. Sam Monastero	Norristown, PA	10:32.82
4. Frederico Acosta	Lanash, NM	10:59.18
5. Ferry Vanagteren	Toledo, OH	11:12.70
6. John Ey	Frederick, MD	11:25.17

## Men 80+

1. Sam Dorman	Springfield, IL	11:48.05
2. Ernest Case	Tallmadge, OH	12:31.46
3. Julius Spielberg	Southfield, MI	12:33.47
4. Harrison Liebrum	St. Louis, MO	12:36.76
5. Albert Hewitt	Marion, IL	13:23.03
6. Guy Sibler	Princeville, IL	14:58.99

## 5 K Run

## Women 55-59

1. Billie Stacey	Beaver Creek, OH	22:08
2. Sharon Whitfield	Gonzales, LA	23:13
3. Jane Arnold	Springville, IN	24:00
4. Eleanor Wallace	Rock Island, IL	24:20
5. Jeanne Gruender	Topeka, KA	30:15
6. Marie Betts	Garner, NC	31:20

## Women 60-64

1. Pepper Davis	Orlando, FL	23:11
2. Kit Fickells	Oakland, CA	25:10
3. Mary Norckauer	Baton Rouge, LA	25:27
4. Dottie Gray	Kirkwood, MO	25:53
5. Elizabeth Gann	Little Rock, AR	27:06
6. Pauline Sessions	Memphis, TN	27:41

## Women 65-69

1. Jane Dougherty	Philadelphia, PA	26:41
2. Margaret M Mullen	Detroit, MI	28:56
3. Millie Bolton	Dayton, OH	29:03
4. Vadine Koenig	Hamilton, OH	30:18
5. Helen Quanstrum	Chicago, IL	30:23
6. Sis Warneke	Las Cruces, NM	31:40

## Women 70-74

1. Mary Haines	Newington, CT	29:03
2. Pearl Mehl	Boulder, CO	30:08
3. Shirley Wasser	Seattle, WA	33:02
4. Amelia Quintellia		50:01
5. Frances Patterson	St. James MO	51:22
6.		

## Women 75-79

## No Participants

## Women 80+

1. Rose Monda	Tucson, AZ	40:17
---------------	------------	-------

## 5 K Run

## Men 55-59

1. David Colton	State College, PA	17:52
2. Hal Higdon	Michigan City, IN	18:26
3. Jack Gentry	Fayetteville, AR	18:28
4. Jack Sunderland	Louisville, KY	19:01
5. Arturo Melendez	Tulsa, OK	19:10
6. Al Smith	Creve Coeur, MO	19:18

## Men 60-64

1. William Carey	Mogadore, OH	19:35
2. Gonzalo Rosales	Las Cruces, N	19:39
3. Bart Ross	Casselberry FL	19:53
4. Carl Hammen	Saunderstown, RI	20:07
5. Jim Boland	Ballwin, MO	20:24
6. William Osburn	Bethesda, MD	20:39

## Men 65-69

1. Bill Schmidt	Godfrey, IL	20:47
2. Calance Osborn	Lincoln NV	20:39
3. Cokey Daman	Virginia Beach, VA	20:58
4. Clyde Johnson	Springfield, MO	21:31
5. Robert McIntyre	Austin, TX	22:08
6. Oscar Hartmann	Lemay, MO	22:09
6. Anthony Silvini	Kent, OH	22:09

## Men 70-74

1. Eugene Keller	Cincinnati, OH	21:33
2. John Evans	Byron Center, MI	22:17
3. Larry Patterson	St. James, MO	22:50
4. Jack Fardee	Albuquerque, NM	23:03
5. Clayton Brelsford	Wilmington, NC	23:40
6. Robert Matteson	Bennington, VT	24:10

## Men 75-79

1. Ed Benham	Ocean City, MD	22:02
2. Oliver Langenberg	St. Louis, MO	26:09
3. Byron Fike	Tallmadge, OH	27:36
4. Caldwell Nixon	Lincolnton, NC	27:41
5. James Mead	Greely, CO	30:51
6. Frank Rum Baon	Oakland, MD	32:02

## Men 80+

1. Chet Crabb	Farmdale, OH	28:47
2. Warren Ling	Taipei, Taiwan	34:54
3. Edmund Deuss	Sun City, AZ	42:02

## High Jump

## Women 55-59

1. Jennie Stone		3' 9"
-----------------	--	-------

## Women 60-64

1. Sara Overton	Memphis, TN	3' 2"
2. Jean Campbell	Alexandria, VA	3' 0"
3. Ann McGowan	Providence, RI	2' 10"
3. Harriett Boyd	Lakemary, FL	2' 10"
5. Estelle O'Connor	West Warwick, RI	2' 6"

## Women 65

1. Mary L. Bowermaster	Fairfield, OH	3' 7"
2. Bernice Kleinschmidt	Annandale, VA	2' 10"
3. Mary Louise Holbert	Kirkwood, MO	2' 8"

## Women 70-74

1. Vivian C. Nelson	Harrisburg, PA	3' 0"
---------------------	----------------	-------

## Women 75-79

1. Marie Uebel	Brentwood, MO	3' 2"
----------------	---------------	-------

## No Women 80+

## High Jump

## Men 55-59

1. David Norton	Caholia, IL	4' 8"
2. William Fardue	Ft Worth, TX	4' 6"
3. Ron Jehner	Phoenix, AZ	4' 3 1/4"
4. Don Meyers	N. Canton, OH	4' 2"
5. Maury Werness	Phoenix, AZ	4' 0"

## Men 60-64

1. Harry Guth	Ferryville, MO	4' 10"
2. Samuel Griffith	Beltsville, MD	4' 6"
3. Denver Smith	Louisville, OH	4' 6"
4. Gordon Kovar	Denver, CO	4' 3 1/4"
5. Richard Herzer	Sun City, AZ	4' 3 1/4"
6. Peter Hendry	Elgin, IL	4' 3 1/4"

## Men 65-69

1. Boo Marcom	Wilmot Flat, NH	4' 6"
2. Charles Obye	Sun City, AZ	4' 3 1/4"
3. Mel Buschman	East Lansing, MI	4' 3 1/4"
4. George Hoferer	Topeka, KS	4' 0"
5. Andy Jones	Cincinnati, OH	4' 0"
5. Victor Finkl	Ontario, Canada	4' 0"

## Men 70-74

1. Hamilton Morningstar	Flint, MI	4' 7 1/8"
2. Wilbur Ragland	Pinkneyville, IL	4' 4"
3. Victor Jones	Las Vegas, NV	4' 2"
4. Paul Ganahl	Corona, CA	4' 2"
5. John Vandenberg	Grand Rapids, MI	3' 10"
6. Glin Casey	Colonia, CA	3' 0"

## Men 75-79

1. John Mays	Lyons, KS	3' 8"
2. Stanley Thompson	Honolulu, HI	3' 8"
3. Gordon Powell	Holly Hills, FL	3' 6"
4. Clarence Skinner	River Forest, IL	3' 4"
4. Sylvester Capalbo	N. Kingstown, RI	3' 4"
6. William Gooder	Duluth, MN	3' 4"

## Men 80+

1. John Eichman	Salida, CO	3' 2"
2. A. E. Pitcher	Indianapolis, IN	3' 2"
3. Konrad Boas	Ghent, NY	2' 10"

## Men's Pole Vault

## Men 55-59

1. John Sloan	Houston, TX	8' 0"
2. Donald Myers	N. Canton, OH	6' 6"

## Men 60-64

1. Denver Smith	Louisville, OH	9' 6"
2. James K. Johnson	Millbrae, CA	9' 0"
3. Samuel Griffith	Beltsville, MD	7' 6"

## Men 65-69



Continued from previous page

<b>Men 70</b>		
1. Hamilton Morningstar	Flint, MI	7' 6"
<b>Men 75</b>		
1. Stanky Thompson	Honolulu, HI	6' 0"
2. John Mays	Lyons, KA	6' 0"
<b>Men 80+</b>		
1. A. E. Pitcher	Indianapolis, IN	5' 0"
<b>Long Jump</b>		
<b>Women 55-59</b>		
1. Alice Kellogg	Macomb, IL	11' 5 1/4"
2. Barbara Reese	Kettering, OH	11' 4"
3. Jennie Stone	Seattle, WA	10' 11 1/2"
4. June Wahl	Grand Junction, CO	9' 4"
5. Denver Ellen Smith	Louisville, OH	9' 1 3/4"
6. Juliette Wentz	Aurora, CO	9' 1"
<b>Women 60-64</b>		
1. Betty Whitaker	Poplar Bluff, MO	10' 10"
2. Jean Campbell	Alexandria, VA	10' 5"
3. Ann Toya	Albuquerque, NM	9' 7 7/8"
4. Sara Overton	Memphis, TN	9' 3"
5. Toni Davidson	Jonesboro, AR	9' 9 1/2"
6. Marjorie Millis	Aurora, CO	8' 2 1/2"
<b>Women 65-69</b>		
1. Mary L. Bowermaster	Fairfield, OH	10' 7"
2. Molly Mackown	Silverthorne, CO	9' 7"
3. Earlyne Garton	Wichita, KS	9' 3"
4. Agnes Chambers	Rapallstown, MD	8' 7 3/8"
5. Florence Berry	Maroa, IL	8' 0 1/2"
6. Evelyn Lercher	Enumclaw, WA	7' 11"
<b>Women 70-74</b>		
1. Vivian Nelson	Harrisburg, PA	6' 9"
2. Verda Copes	Baton Rouge, LA	6' 1 1/2"
3. Mary J. Parsons	Garland, TX	5' 9"
4. Elli Hochberger	Jasper, AR	5' 5 1/2"
5. Jennie Sanshu	Old Laguna, NM	5' 2"
6. Gertrude Law		3' 3"
<b>Women 80+</b>		
1. Rose Monda	Tucson, AZ	5' 3 3/4"
<b>Long Jump</b>		
<b>Men 55-59</b>		
1. Earl Ventura	Paola, KN	17' 5 3/4"
2. Gene Ayers	Champaign, IL	15' 5"
3. Richard Grater	St. Louis, MO	15' 2 1/2"
4. Jack Greenwald	N. Riggeville, OH	15' 2"
5. Burton Saidel	Dayton, OH	15' 1"
6. Ted Swanson	Newpane, NY	14' 7"
<b>Men 60-64</b>		
1. Melvin Larsen	Springfield, IL	15' 6 3/4"
2. Peter Kronberg	St. Louis, MO	15' 2 1/4"
3. James K. Johnson	Milbrae, CA	14' 3"
4. Merle Nickell	Ft. Thomas, KY	14' 3"
5. Cecil Clark	St. Louis, MO	14' 2 1/2"
6. Samuel Griffith	Beltsville, MD	14' 1 1/2"
<b>Men 65-69</b>		
1. Boo Morcom	Wilmot Flat, NH	17' 1 1/2"
2. Charles Obye	Sun City, AZ	14' 5 3/8"
3. Wade Alexander	Houston, TX	13' 6 1/2"
4. Johnny Gibson	Tucson, AZ	13' 4 1/4"
5. Charles Lucy	Brrrofield, OH	13' 3 1/4"
6. Mel Buschman	E. Lansing, MI	13' 1 1/2"
<b>Men 70-74</b>		
1. Chris Christy	St. Louis, MO	12' 10 1/4"
2. Bill Weinacht	Rocky River, OH	12' 7 1/4"
3. Francis Hitchell	Peoria, IL	12' 5"
4. Harold Niebel	Kingsington, MD	12' 3"
5. Hamilton Morningstar	Flint, MI	11' 9"
6. Emanuel Hershkovitz	Reston VA	11' 7"
<b>Men 75-79</b>		
1. John Mays	Lyons, KS	11' 7"
2. Emmett Bennett	Rapid City SD	10' 11"
3. Clarence Skinner	River Forest, IL	10' 6"
4. Oscar Baer	Flagstaff, AZ	10' 1"
5. Sylvester Capalbo	N. Kingstown, RI	9' 0 1/4"
6. William Gooder	Duluth, MN	8' 7 1/8"
<b>Men 80+</b>		
1. William Maine	Youngstown, OH	7' 3"
2. Harrison Liebrum	St. Louis, MO	6' 2 1/2"
3. Wallace Crews	Lancaster, WI	5' 0"
4. Guy R. Sibley	Princeville, IL	4' 10 1/2"
5. Carl Kuffner	Cumberland, MD	4' 8"
<b>SHOT PUT</b>		
<b>Women 55-59</b>		
1. Lonnie Procter	Shelby, NC	30' 8"
2. Miriam Lockman	Arcanum, OH	27' 1 1/2"
3. Lucille Sampson	Middletown, OH	27' 1 1/2"
4. June Jordan	Bridgeton, MO	27' 8"
5. Evelyn Schmidt	St. Louis, MO	23' 9"
6. Vera Whiteside	Mt. Vernon, IL	23' 2 1/2"
<b>Women 60-64</b>		
1. Tjitske Hartoog	Phoenix, AZ	26' 1"
2. Shirley Carroll	Hammond, LA	23' 10 1/2"
3. Harriett Boyd	Lake Mary, FL	23' 7 1/2"
4. Verna Patin	Baton Rouge, LA	22' 7"
5. Estelle O'Connor	W. Warwick, RI	22' 6"
6. Jeanne Glaub	Manchester, MO	21' 7"
<b>Women 65-69</b>		
1. Helen Stephens	Florissant, MO	30' 10 3/4"
2. Eluna Martinelli	Prosser Co.	26'
3. Alice Bible	Delhi, LA	25' 10 1/4"
4. Pearl Auerbach	Jackson Hts, NY	24' 2 1/2"
5. Thayer Clarke	Golden, CO	23' 1"
6. Bernice Kleinschmidt	Annadale, VA	20' 10 1/2"

<b>Women 70-74</b>		
1. Julia Carr	Dayton, OH	25' 3 1/2"
2. Rose Ruston	Jackson Hts, NY	23' 7 3/4"
3. Thelma Witchey	Mesa, AZ	22' 4 1/2"
4. Verda M. Copes	LaPlace, LA	21' 1 1/4"
5. Elli Hochberger	Jasper, AR	20' 3 1/2"
6. Betty Jarvis	Southern Pines, NC	19' 10"

<b>Women 75-79</b>		
1. Sylvia Swartz	Forest Hills, NY	20' 9 1/2"
2. Elizabeth Kawelaske	St. Louis, MO	20' 1 1/4"
3. Carmelita Rumble	Dayton, OH	19' 8 3/4"
4. Alice Humphrey	Sioux Falls, SD	19' 5"
5. Elizabeth Dow	Monkton, MD	18' 9 3/4"
6. Carolyn Clark	St. Louis, MO	17' 4"

<b>Women 80+</b>		
1. Rose Monda	Tucson, AZ	17' 9"

<b>Men 55-59</b>		
1. Leonard Olson	Endwell, NC	45' 3 3/4"
2. Jack L. Erickson	Grand Prairie, TX	43' 7"
3. John Kahner	Lutherville, MD	43' 7"
4. William Garrahan	Narragansett, RI	38' 1 1/4"
5. Earl Ventura	Paola, KN	35' 2 1/2"
6. Maury Werness	Phoenix, AZ	35' 1"

<b>Men 60-64</b>		
1. Phillip Brusca	St. Louis, MO	50' 3"
2. Fritz Bangert	Tustin, CA	46' 2"
3. Bill Bangert	Tustin, CA	45' 5"
4. Adam McCullough	Festus, MO	44' 11 1/2"
5. Floyd Simmons	Charlotte, NC	43' 5"
6. Cliff Sampson	Middletown, OH	42' 6"

<b>Men 65-69</b>		
1. Don Cumley	Apache Jct, AZ	44' 1"
2. Elias Castaneda	Anaheim Hills, CA	42' 0"
3. Andy Jones	Cincinnati, OH	40' 8"
4. Jack Blalock	Loranger, LA	40' 5"
5. Dale Buysse	Longmont, CO	40' 3"
6. John Allen	Collinsville, IL	40' 1/2"

<b>Men 70-74</b>		
1. Robert Powell	Creve Coeur, MO	40' 6 1/2"
2. Hamilton Morningstar	Flint, MI	39' 11 3/4"
3. Robert Bachhuber	Wauwatosa, WI	38' 5"
4. John Boesenhoer	Toledo, OH	34' 9 1/2"
5. Eugene Abdenour	Akron, OH	34' 3 1/2"
6. Francis Hitchell	Peoria, IL	34' 3/4"

<b>Men 75-79</b>		
1. John Mays	Lyons, KS	37' 6 3/4"
2. William Smith	Mansfield, OH	36' 1 1/4"
3. Sylvester Capalbo	N. Kingstown, RI	35' 4 1/2"
4. Harold Tschantz	Cuyahoga Falls, OH	34' 10 1/4"
5. Joseph Nawrocki	St. Louis, MO	34' 10"
6. Peter Fester	Scottsdale, AZ	34' 9"

<b>Men 80+</b>		
1. Vernon Kennedy	Mendon, MO	35' 9"
2. Kenneth Babcock	Frostburg, MD	33' 9"
3. Burt De Groot	San Clemente, CA	31' 2 1/2"
4. Ernest Case	Tallmadge, OH	31' 7 1/2"
5. John Eichman	Salida, CO	30' 10 1/4"
6. William Maine	Youngstown, OH	26' 1"

<b>Women 55-59</b>		
1. Leona Anthony	Rapid City, S.D.	69' 11"
2. Vera Whiteside	Mt. Vernon, IL	69' 4"
3. Mary Jane Miller	St. Louis, MO	61' 3"
4. Evelyn Schmidt	St. Louis, MO	58' 8"
5. Eileen Smith	Akron, OH	56' 4"
6. Miriam Lockman	Arcanum, OH	51' 6"

<b>Women 60-64</b>		
1. Tjitske Hartoog	Phoenix, AZ	62' 2"
2. Harriett Boyd	Lakemary, FL	60' 6"
3. Mary Norcklauer	Baton Rouge, LA	57' 4"
4. Estelle O'Connor	W. Warwick, RI	51' 2"
5. Hazel Niebel	Kensington, MI	50' 9"
6. Jeanne Glaub	Manchester, MO	50' 7"

<b>Women 65-69</b>		
1. Helen Stephens	Florissant, MO	68' 7"
2. Pearl Auerbach	Jackson Hts, NY	59' 9"
3. Polly Herzer	Sun City, AZ	59' 1"
4. Mary Bowermaster	Fairfield, OH	55' 9"
5. Marie Holbert	Kirkwood, MO	51' 6"
6. Florence Berry	Maroa, IL	50' 10"

<b>Women 70-74</b>		
1. Betty Jarvis	Southern Pines, NC	56' 5"
2. Rose Ruston	Jackson Hts, NY	56' "
3. Julia Carr	Dayton, OH	49' 1"
4. Libby McCants	Ballwin, MO	46' 6"
5. Marie Martie	Alexandria, VA	45' 11"
6. Elli Hochberger	Jasper, AR	45' 10"

<b>Women 75-79</b>		
1. Alice Humphrey	Sioux Falls, SD	41' 10"
2. Sylvia Swartz	Forest Hills, NY	40' 11"
3. Carolyn Clark	St. Louis, MO	40' "
4. Elizabeth Kawelaske	St. Louis, MO	3' 3"
5. Bozena Drozda	Florissant, MO	30' 3"
6. Ernestine Englade	Reserve, LA	24' 8"

<b>Women 80+</b>		
No Participants		

<b>Men 55-59</b>		
1. Leonard Olson	Endwell, NY	136' 3"
2. Jack Erickson	Grand Prairie, TX	129' 6"
3. William Garrahan	Narragansett, RI	117' 7"
4. Don Holst	Lebanon, IL	115' 4"
5. Richard Higginbotham	Tucson, AZ	86' 8"
6. Fred Vero	Chittenango, NY	82'

<b>Men 60-64</b>		
1. Phillip Brusca	St. Louis, MO	142' 10"
2. Bill Bangert	Tustin, CA	139' 5"
3. Dr. Cliff Sampson	Middletown, OH	137' 10"
4. Fritz Nilsson	Goffrey, IL	135' 9"
5. Denver Smith	Louisville, OH	135' 1"
6. Floyd Simmons	Charlotte, NC	128' 4"

<b>Men 65-69</b>		
1. Elias Castaneda	Anaheim Hills, CA	137' 9"
2. Andy Jones	Cincinnati, OH	126' 11"
3. Dale Buysse	Longmont, CO	125' 11"
4. John Allen	Collinsville, IL	125' 4"
5. Boo Morcom	Wilmot Flat, NH	119' 9"
6. Roy McCoy	Apopka, FL	115' 1"

<b>Men 70-74</b>		
1. Hamilton Morningstar	Flint, MI	115' 1"
2. Robert Bachhuber	Wauwatosa, WI	109' 9"
3. Roy Allen	Worden, IL	96' 4"
4. Ward Farler	St. Louis, MO	86' 2"
5. Robert Powell	Creve Coeur, MO	85' 7"
6. Edwin Reed	E. Lowell, AK	84' 4"

<b>Men 75-79</b>		
1. Harold Tschantz	Cuyahoga Falls, OH	107' 5"
2. Eugene Grant	Delalb, IL	103' 10"
3. Ernie Tokman		97' 6"
4. Gordon Powell	Holly Hill, FL	89' 1"
5. John Mays	Lyons, KS	85' 5"
6. Peter Fester	Scottsdale, AZ	84' 3"

<b>Men 80+</b>		
1. Burt De Groot	San Clemente, CA	90' 4"
2. Vernon Kennedy	Mendon, MO	90' 3"
3. John Eichman	Salida, CO	83' 2"
4. Harold Simon	Gothenburg, NE	65' 7"
5. A. E. Pitcher	Indianapolis, IN	58' 5"
6. John Hedges	Emporia, KS	54' 6"

## Javelin

<b>Women 55-59</b>		
1. Mary Jane Miller	St. Louis, MO	65' 1"
2. Miriam Lockman	Arcanum, OH	60' 1"
3. June Jordan	Bridgeton, MO	56' 6"
4. Helen Darnall	Melbourne, AR	52' 9"

<b>Women 60-64</b>		
1. Harriet Boyd	Lake Mary, FL	54' 8"
2. Lillian Rankin	St. Louis, MO	35' 5"
3. Estelle O'Connor	W. Warwick, RI	33' 7"
4. Jeanne Glaub	Manchester, MO	32'

<b>Women 65-69</b>		
1. Helen Stephens	Florissant, MO	64' 2"
2. Polly Herzer	Sun City, AZ	55' 8"
3. Pearl Auerbach	Jackson Hts, NY	51' 11"
4. Mary Bowermaster	Fairfield, OH	48'
5. Bernice Kleinschmidt	Annadale, VA	46'
6. Marie Holbert	Kirkwood, MO	42'

<b>Women 70-74</b>		
1. Thelma Witchey	Mesa, AZ	55' 6"
2. Rose Ruston	Jackson Hts, NY	51' 3"
3. Betty Jarvis	Southern Pines, NC	46' 4"
4. Libby McCants	Ballwin, MO	43' 9"
5. Claire Veith	Webster Groves, MO	38' 11"
6. Sylvia Simons	Peel, ARK	32' 6"

<b>Women 75-79</b>		
1. Marie Uebel	Brentwood, MO	45' 9"
2. Sylvia Swartz	Forest Hills, NY	45' 5"
3. Alice Humphrey	Sioux Falls, SD	34' 3"

## Javelin

<b>Men 55-59</b>		
1. Earl Ventura	Paola, KN	134' 6"
2. David Norton	Cahokia, IL	122'
3. Maury Werness	Phoenix, AZ	104' 6"
4. Hank Galeotti	Manchester, MO	98'
5. Theodore Sjogren	Herrando, FL	92'
6. Gene Forster	St. Louis, MO	91' 1"

<b>Men 60-64</b>		
1. Phillip Brusca	St. Louis, MO	136' 1"
2. John Barrilleaux	Baton Rouge, LA	129' 3"
3. Denver Smith	Louisville, OH	127' 1"
4. Harvey Williams	Mt. Lake Ter. WA	119' 5"
5. Richard Herzer	Sun City, AZ	113' 4"
6. Alan Jackson	Akron, OH	112' 3"

<b>Men 65-69</b>		
1. Charles Obye	Sun City, AZ	117' 9"
2. Bruce McDonald	St. Louis, MO	111' 9"
3. Andy Jones	Cincinnati, OH	105' 2"
4. Armando Ricciardi	Reno NV	102' 11"
5. Boo Morcom	Wilmot Flat, NH	98' 2"
6. Mel Buschman	East Lansing, MI	96' 1"



Continued from previous page

**SOUTHWEST****Dallas Senior Games  
Dallas, Texas; April 24**

<b>50m</b>	
M50 J Weaver	6.31
M55 J Murphy	7.24
M60 J Gresham	7.21
M65 T Murphy	6.19
M70 H Morningstar	8.14
75 E Bost	8.38
<b>100m</b>	
M50 J Weaver	11.91
M55 N Wells	13.50
M60 P Bingham	15.54
M65 T Murphy	13.68
M70 E Jarvis	17.05
M75 E Bost	15.92
<b>200m</b>	
M50 J Weaver	24.81
M55 N Wells	28.53
M60 P Bingham	33.02
M65 J Alexander	27.16
M70 E Jarvis	nta
<b>400m</b>	
M50 T Deatherage	1:03.52
M55 J Stanton	1:10.11
M60 R Widener	1:10.07
M65 J Alexander	1:02.80
M75 E Bost	1:27.18
<b>800m</b>	
M50 R Shumake	3:40.28
M60 R Widener	3:43.09
<b>1500m</b>	
M50 J Stanton	5:09.57
M60 R Widener	5:21.85

<b>110HH</b>	
M55 N Wells	18.41
M65 P Garfield	30.79
M70 H Morningstar	24.05

<b>Long Jump</b>	
M50 T Deatherage	16-4
M55 J Scoggins	12-5
M60 P Bingham	10-8
M70 L Hayden	13-8
M70 M Parsons	5-10

<b>Standing Long Jump</b>	
M50 T Deatherage	6-11
M55 J Holloway	6-10
M60 P Bingham	6-8
M65 T Murphy	7-3
M70 L Hayden	7-2
M60 R Miller	3-9
M70 M Parsons	3-9

<b>High Jump</b>	
M55 N Wells	4-7
M60 P Bingham	3-6
M65 L Wray	3-11
M70 H Morningstar	4-7 3/8
(national age-group record)	
M60 T Moore	---
M70 M Moore	---

<b>Triple Jump</b>	
M55 N Wells	29-5
M65 P Bingham	24-4
M70 L Hayden	27-11

<b>Pole Vault</b>	
M55 B Holloway	5-6
M60 P Bingham	5-6
M70 H Morningstar	5-4

<b>Shot Put</b>	
M50 L Knight	36-10
M55 J Erickson	45-2
M60 J Gresham	35-2
M65 L Wray	34-6
M70 H Morningstar	39-1
M75 E Bost	29-4
M60 R Miller	16-1

<b>Discus</b>	
M50 L Knight	80-2
M55 J Erickson	123-4
M60 J Gresham	93-2
M65 L Wray	100-7
M70 H Morningstar	110-10
M60 R Miller	34-10

<b>Javelin</b>	
M50 L Knight	113-6
M55 C Tyler	90-2
M60 A Miller	76-4
M65 T Murphy	84-10
M70 H Morningstar	100-5
M75 E Bost	57-8
M60 R Miller	31-3

**Oklahoma TAC State Age Group  
Championships  
Owasso H.S.; May 23-24**

<b>Masters Men</b>	
<b>100m</b>	
C Birkhead	11.84
D Harrel	12.35
M Roark	13.02
<b>200m</b>	
D Harris	25.01
D Lance	25.55
C Birkhead	26.35

<b>400m</b>	
M Winters	1:00.91
M Roark	1:06.59
B Baker	1:11.65
<b>800m</b>	
P O'Neil	2:09.29
V Fairbanks	2:10.54
D Duren	2:17.81
<b>5000m</b>	
D Duren	18:11
B Baker	20:24
R Kelly	27:08
<b>3000m Race Walk</b>	
J McFadden	14:10.00
<b>High Jump</b>	
V Fairbanks	4-9
C Birkhead	4-9
M Wilhite	4-7
<b>Pole Vault</b>	
J Hanock	12-7
D Lance	11-0
M Wilhite	7-9
<b>Long Jump</b>	
D Harris	19-5 1/2
D Lance	17-7 3/4
J Hanock	17-4 1/2
<b>Triple Jump</b>	
M Wilhite	27-7 1/2
M Roark	26-1
<b>Discus</b>	
R Oliver	112-0
D Houtman	105-10
B Santine	78-11
<b>Masters Women</b>	
<b>100m</b>	
J Murphy	14.92
<b>200m</b>	
M Birkhead	40.10
M65 M Castaneda	45-1

**TAC Southern Association  
Championships  
New Orleans, LA.; May 30****Men's 100 meters**

<b>Open</b>	
1. Agnew	11.50
<b>30-34</b>	
1. Willis	10.92
2. Bell	10.96
3. Thompson	11.19
4. Madison	11.34
5. Sincere	11.48
6. Riley	11.60
7. Prevost	11.89
8. Collins	11.91

<b>35-39</b>	
1. Mitchell	10.84
2. Thiel	11.39
3. Kennedy	12.31
4. Moore	12.38
<b>40-44</b>	
1. Bell	11.06
2. Vicks	11.90
3. Dunn	12.06
4. Francois	12.27
5. Black	12.31
6. Banes	12.59

<b>45-49</b>	
1. Turner	11.70
2. Hurd	11.82
3. Anselno	13.03
4. Patrick	NT
5. Johnson	13.28
<b>50-54</b>	
1. McGlashan	12.80
2. Bertirotti	15.52
<b>55-59</b>	
1. Cal onese	16.50
<b>60-64</b>	
1. Goldsmith	13.88
<b>65-69</b>	
1. Murphy	13.75
<b>75-79</b>	
1. Campbell	18.14

<b>Men's 200 meters</b>	
<b>Open</b>	
1. Ruffin	21.52
2. Ferdinand	21.74
<b>30-34</b>	
1. Thompson	22.75
2. Madison	23.39
3. Howard	23.61
4. Kirshbaugh	24.35

<b>35-39</b>	
1. Mitchell	22.13
2. Thiel	22.89
3. Muster	23.54
4. Moore	24.47
5. Haydell	25.62
6. Kennedy	25.81

<b>40-44</b>	
1. Bell	22.70
2. Vicks	24.21
3. Dunn	25.66

<b>Men's 5000 meters</b>	
<b>Open</b>	
1. Ferrera	17:22
<b>30-34</b>	
1. Brungard	17:26
2. Hetrick	20:21
<b>45-49</b>	
1. Keck	17:56
<b>50-54</b>	
1. Fuselier	18:41
2. Lee	20:42
<b>55-59</b>	
1. Tonnison	18:10
<b>65-69</b>	
1. Rice	21:35

<b>Men's 110 meter hurdles</b>	
<b>45-49</b>	
1. Miller	18.48
<b>55-59</b>	
1. Murphy	16.89

<b>45-49</b>	
1. Turner	23.92
2. Hurd	25.09
3. Miller	25.11
4. Lentjes	26.22
5. Johnson	26.43
6. Patrick	27.79

<b>50-54</b>	
1. McGlashan	NT
2. Bertirotti	NT
<b>55-59</b>	
1. Cal onese	35.94
<b>60-64</b>	
1. Goldsmith	26.55
<b>65-69</b>	
1. Alexander	27.38
2. Murphy	28.53
<b>75-79</b>	
1. Campbell	39.47

<b>Men's 400 meters</b>	
<b>Open</b>	
1. Azore	49.02
2. Watkins	51.73
3. Thiel	52.56
4. Walker	53.60
<b>30-34</b>	
1. Prevost	51.93
2. Mayfield	52.86
3. Bolemaro	53.31
4. Howard	53.50
5. Walker	54.03
6. Curry	54.66

<b>35-39</b>	
1. Smith	50.73
2. Moore	53.02
3. Haydell	55.37
<b>40-44</b>	
1. Vicks	53.97

<b>45-49</b>	
1. Turner	52.41
2. Boudreaux	57.17
3. Lentjes	59.30
<b>55-59</b>	
1. Cal onese	73.72
<b>60-64</b>	
1. Mertrotti	72.51
<b>65-69</b>	
1. Alexander	62.30
2. Rice	72.41

<b>Men's 800 meters</b>	
<b>Open</b>	
1. Reider	2:10.30
<b>30-34</b>	
1. Mitchell	2:00.95
2. Jensen	2:14.18
3. Hetrick	2:16.00
<b>35-39</b>	
1. Hall	2:02.30
2. Nelson	2:12.00
<b>40-44</b>	
1. Malone	2:09.87
<b>45-49</b>	
1. Witkin	2:15.19
2. Williams	2:28.00
3. Eubanks	2:29.98

<b>50-54</b>	
1. Wemberly	2:20.17
<b>55-59</b>	
1. Fuselier	2:35.00
<b>65-69</b>	
1. Rice	2:33.00
2. Boots	2:49.00

<b>Men's 1500 meters</b>	
<b>Open</b>	
1. Reider	4:20.17
<b>35-39</b>	
1. Nelson	4:30.63
<b>45-49</b>	
1. Witkin	4:30.28
<b>50-54</b>	
1. Wemberly	4:29.66
2. Lee	5:15.17
3. Bertirotti	6:13.00
<b>55-59</b>	
1. Tonnison	4:46.05
2. Fuselier	5:35.00
<b>65-69</b>	
1. Boots	5:52.00

<b>Men's 5000 meters</b>	
<b>Open</b>	
1. Ferrera	17:22
<b>30-34</b>	
1. Brungard	17:26
2. Hetrick	20:21
<b>45-49</b>	
1. Keck	17:56
<b>50-54</b>	
1. Fuselier	18:41
2. Lee	20:42
<b>55-59</b>	
1. Tonnison	18:10
<b>65-69</b>	
1. Rice	21:35

<b>Men's 110 meter hurdles</b>	
<b>45-49</b>	
1. Miller	18.48
<b>55-59</b>	
1. Murphy	16.89

<b>Men's 400 meter hurdles</b>	
<b>55-59</b>	
1. Murphy	70.13

<b>Men's 300 meter hurdles</b>	
<b>60-64</b>	
1. Goldsmith	52.00

<b>Men's 4x100 meter relay</b>	
<b>Open</b>	
1. Tulane TC	42.13
<b>30-34</b>	
1. Dallas Masters	43.80
<b>45-49</b>	
2. Louisiana Lightning	44.06
<b>50-54</b>	
3. Hurricane	44.57

<b>40-49</b>	
1. HURD relay	46.86
2. Louisiana Lightning	48.28

<b>Men's 4x400 meter relay</b>	
<b>Open</b>	
1. Louisiana Lightning	3:49.26
<b>30-39</b>	
1. Hurricane	3:30.43
2. Louisiana Lightning	3:34.29

<b>40-49</b>	
1. Dallas Masters	3:34.93

<b>Men's high jump</b>	
<b>30-34</b>	
1. Curry	6'2"
2. Baty	5'6"
<b>35-39</b>	
1. Smith	6'0"
2. Dalton	5'2"
<b>40-44</b>	
1. Baker	5'2"
2. Rose	4'10"
3. Black	4'6"

<b>45-49</b>	
1. Lentjes	5'3"
2. Miller	5'0"
<b>50-54</b>	
1. McGlashan	4'10"
<b>55-59</b>	
1. Bartenfield	4'4"

<b>Men's pole vault</b>	
<b>Open</b>	
Webre	NH
Jeansonne	NH
Baus	NH
<b>35-39</b>	
1. Cooper	9'0"
<b>40-44</b>	
1. Wood	12'6







Continued from previous page

<b>400m</b>	
M40 R Puelles	56.3
J Olazabal	59.1
M45 P Siqueira	58.8
E Rodriguez	1:02.2
M50 F Mels	1:07.9
E Araya	1:08.4
M55 A Villalobos	1:04.5
J Gutierrez	1:08.5
M60 V Huaco	1:07.9
C Salazar	1:08.5
M70 R Figueroa	1:14.0
<b>800m</b>	
M40 J Alvarez	2:17.2
J Olazabal	2:17.6
M45 E Rodriguez	2:18.6
G Caceres	2:25.7
M50 E Araya	2:31.2
H Delgado	2:52.5
M55 A Villalobos	2:30.1
M Guerra	2:59.5
M60 V Huaco	2:35.5
G Duran	2:48.7
M70 R Figueroa	2:37.6
<b>1500m</b>	
M40 J Chandia	4:37.8
F Rojas	4:39.0
M45 E Rodriguez	4:41.1
M Maragano	5:11.7
M50 E Araya	5:14.3
H Delgado	6:12.0
M60 V Huaco	5:23.3
G Duran	5:47.9
M70 R Figueroa	5:24.1
<b>5000m</b>	
M40 J Chandia	17:43.5
F Rojas	18:45.1
M45 M Maragano	19:13.0
C Carpio	21:53.7
M50 L Carral	21:40.3
M60 L Rebolledo	21:34.2
G Duran	22:08.0
<b>110mH</b>	
M55 A Standen	18.7
M Vidal	nta
<b>400mH</b>	
M40 J Olazabal	1:20.4
P Chavez	1:33.2
M45 P Siqueira	1:11.2
M55 A Standen	1:11.1
A Villalobos	1:17.2
M60 C Salazar	1:23.7
<b>Shot Put</b>	
M40 C Valdebenito	11.35
O Zuniga	10.32
M45 H Veras	9.52
A Mendoza	8.72
M50 J Chavez	10.15
L Crispieri	9.05
M55 L Aros	10.16
A Neverman	9.53
M60 E Ohaco	10.28
C Marin	5.48
M65 E Gundlach	8.78
A Giovagnoli	8.65
<b>Discus</b>	
M40 C Valdebenito	35.72
O Zuniga	34.20
M45 H Veras	28.46
J Hervas	26.34
M50 J Chavez	35.33
L Crispieri	34.00
M55 A Neverman	31.98
J Alfaro	29.42
M60 E Ohaco	37.90
F Zuniga	32.08
M65 E Gundlach	29.40
D Duvingelo	28.04
<b>Javelin</b>	
M40 F Bereta	42.64
O Zuniga	37.50
M45 A Acevedo	31.36
U Olivares	31.24
M50 F Gallego	33.68
H Segura	25.60
M55 J Alfaro	33.52
L Aros	31.32
M60 E Ohaco	34.04
M65 A Giovagnoli	26.00
D Duvingelo	25.92
<b>Hammer</b>	
M40 C Valdebenito	33.60
R Freres	24.89
M45 H Veras	26.03
J Hervas	18.92
M50 L Crispieri	41.34
M55 A Neverman	29.09
M Thim	26.28
M60 C Marin	25.89
M65 E Gundlach	24.53
<b>High Jump</b>	
M40 G Alvarez	1.55
D Juarez	1.40
M45 P Naveas	1.20
M50 D Verdugo	1.35
J Chavez	1.35
<b>Pole Vault</b>	
M40 E Polar	1.90
M50 A Gonzalez	2.30
M55 G Martin	2.50
M65 D Duvingelo	2.30

<b>Long Jump</b>	
M40 R Puelles	5.12
D Juarez	4.89
M45 P Naveas	4.46
H Olivares	3.74
M50 J Chavez	4.33
D Verdugo	3.31
M55 A Standen	4.88
G Martin	4.38
M60 F Zuniga	3.71
O Bravo	3.59
M65 H Bravo	3.16
E Gundlach	2.72
<b>Triple Jump</b>	
M40 L Jordan	8.15
M45 P Naveas	9.46
H Olivares	8.08
M50 F Gallego	9.50
M55 A Standen	11.02
J Alfaro	8.45
<b>4x100m Relay</b>	
M40 Chavez, Olazabal, Zuniga, Juarez	53.4
M45 Gallegos, Caceres, Naveas, Perea	53.1
M50 Galindo, Chavez, Zuniga, Mel	57.0
M55 Ortiz, Salazar, Figueroa, Standen	58.4
<b>4x400m Relay</b>	
M40 Puelles, Villalobos, Rojas, Alvarez	4:04.2
M50 Rodriguez, Martinez, Stande, Siquiera	4:12.3
M55 Delgado, Huaco, Zuniga, Chavez	4:50.6
M60 Rebolledo, Ortiz, Montecinos, Salazar	5:16.2
<b>WOMEN</b>	
<b>100m</b>	
W35 X Vega	15.0
M Flores	15.2
W40 G Perez	16.2
N Lopez	17.2
W45 S Perez	18.2
B Figueroa	18.7
W50 J Balbontin	17.1
E Tapia	18.0
W55 A Henriquez	23.3
W60 A Molina	21.4
T Gonzalez	23.0
W65 R Guiza	23.8
<b>200m</b>	
W35 X Vega	31.5
S Jimenez	51.5
W40 G Perez	34.9
A Ponce	36.3
W45 R Beizan	33.3
S Perez	39.4
W50 J Balbontin	36.8
E Tapia	37.5
W55 A Henriquez	53.1
W60 A Molina	46.2
T Gonzalez	52.4
<b>400m</b>	
W35 X Vega	1:11.6
S Soto	1:40.8
W40 N Ponce	1:19.8
G Perez	1:21.2
W45 R Beizan	1:16.4
S Perez	1:35.3
W50 J Balbontin	1:39.4
E Tapia	1:40.9
W60 A Molina	1:54.6
T Gonzalez	2:09.5
<b>800m</b>	
W35 X Vega	2:44.3
L Martinez	3:20.2
W40 A Zegarra	3:00.1
N Ponce	3:07.2
W45 R Beizan	2:55.8
W60 A Molina	4:07.2
<b>1500m</b>	
W35 L Martinez	7:11.2
W40 A Zegarra	6:15.1
N Ponce	6:26.8
W45 R Beizan	6:20.1
E Saavedra	7:28.9
W50 Z Gonzalez	8:09.0
<b>3000m</b>	
W35 L Martinez	15:10
W40 N Ponce	14:37
M Sanchez	15:20
W45 E Saavedra	16:36
<b>5000m Walk</b>	
W40 M Sanchez	36:34
W45 E Saavedra	45:34
<b>80mH</b>	
W50 M Salas	18.1
<b>Shot Put</b>	
W35 J Hoks	9.16
M Camacho	8.83
W40 O Andrade	7.10
T Acevedo	5.44
W45 S Dezulovic	7.20
B Figueroa	6.28
W50 A Castro	7.05
M Salas	6.24
W55 M Hofman	6.60
W65 M Fleckner	6.20
R Guiza	5.28

<b>Discus</b>	
W35 J Hoks	31.00
M Camacho	28.92
W40 O Andrade	23.10
A Ponce	20.04
W45 E Dezulovic	24.24
B Figueroa	17.26
W50 A Castro	23.80
W55 M Hofman	21.96
M Diaz	9.26
W65 M Fleckner	13.90
R Guiza	12.30
<b>Javelin</b>	
W35 M Dias	25.30
M Flores	22.44
W40 A Ponce	20.10
O Andrade	16.90
W45 E Dezulovic	20.54
L Bravo	11.20
W50 A Castro	20.72
M Salas	12.50
W55 M Hofman	21.92
W60 T Gonzalez	10.18
W65 M Fleckner	10.88
R Guiza	7.64
<b>High Jump</b>	
W35 J Hoks	1.33
<b>Long Jump</b>	
W35 M Flores	3.95
J Hoks	3.56
W40 A Ponce	3.29
N Lopez	3.30
W45 S Dezulovic	3.02
W50 J Balbontin	2.98
E Tapia	2.74
W55 M Hofman	2.58
<b>4x100m Relay</b>	
W40 Flores, Farias, Hume, Vega	1:02.8
W45 Ponce, Sanchez, Perez, Avalos	1:11.9
W50 Castro, Beizan, Saavedra, Dezulovic	1:14.2
<b>4x400m Relay</b>	
W35 Beizan, Flores, Martinez, Vega	5:16.5
W40 Perez, Ponce, Tapia, Balbontin	6:06.2
<b>South African Masters Championships</b>	
<b>Durban: April 25</b>	
<b>100m</b>	
<b>** SA age-group recon</b>	
<b>M60-64</b>	
1. N. FRYLINCK	11.40
2. H. WEISS	11.80
3. W. GROBELAAR	12.01
4. C. WALKER	12.02
5. J. VAN VUUREN	12.70
<b>35-39</b>	
1. W. HAGER	11.10
2. J. VAN GREVEN	11.20
3. C. BASSON	11.40
4. A. CLAASSENS	11.40
5. P. HABER	11.60
6. P. BECUIDENHOUT	11.80
7. A. VAN WYK	11.90
8. H. ENGELBRECHT	12.00
9. C. VAN WYK	12.30
10. R. FOUCHE	12.30
<b>40-44</b>	
1. S. WALD	11.00
2. D. BROWN	11.40
3. D. CLOETE	11.70
4. A. PETZER	11.80
<b>45-49</b>	
1. B. PHILLIPS	12.00
2. D. AUGUSTYN	12.10
3. F. DU TOIT	12.30
4. C. BOOYSEN	12.50
5. J. GROENEWALD	13.00
<b>50-54</b>	
1. J. RABIE	11.80
2. C. PISTORIUS	12.30
3. I. GORDON	12.40
<b>55-59</b>	
1. D. BAWDEN	12.80
2. J. BRAND	12.80
3. J. GRUNDLINGH	13.00
<b>60-64</b>	
1. C. BEETAR	13.60
2. N. SHARPLEY	13.80
<b>65-69</b>	
1. L. BOTHA	14.00
<b>75-79</b>	
1. C. DU PLESSIS	16.90
<b>100m</b>	
<b>M30-34</b>	
1. A. ROHRS	12.70
<b>35-39</b>	
1. G. VAN NIEKERK	12.20
2. B. CUFF	13.00
3. M. FERREIRA	13.10
4. N. VAN TONDER	13.20
5. A. ENGELBRECHT	13.70
6. B. DU PLESSIS	14.00

<b>40-44</b>	
1. G. VILJOEN	13.10
2. E. GERTENBACH	13.70
3. P. PIETERSEN	13.80
<b>45-49</b>	
1. R. GIRAUD	13.70
2. A. VAN NIEKERK	14.50
<b>50-54</b>	
1. Q. DU TOIT	15.40
2. B. SAFFER	15.50
3. P. BRINK	16.70
4. G. SCHULTZ	17.00
5. L. HUGO	17.40
<b>55-59</b>	
1. J. RUDMAN	16.30
<b>60-64</b>	
1. CAMPBELL	15.60
<b>70-74</b>	
1. W. REID	17.00
2. E. PAVELEY	21.80
<b>75-79</b>	
1. E. MALAN	30.22
2. C. STERLEY	25.54
3. J. BURG	21.80
4. C. DU PLESSIS	16.36
<b>M200m</b>	
<b>30-34</b>	
1. N. FRYLINCK	23.30
2. W. GROBELAAR	24.10
3. C. WALKER	25.60
<b>35-39</b>	
1. J. BREYTENBACH	22.60
2. W. HAGER	23.10
3. J. VAN GREVEN	23.40
4. A. CLAASSENS	23.60
5. C. BASSON	23.70
6. L. SCHIMPER	23.80
7. P. HABER	24.20
8. L. CLAASSENS	24.50
9. C. DU PREEZ	24.60
10. G. VAN WYK	24.90
11. R. FOUCHE	25.00
<b>40-44</b>	
1. S. WALD	22.90
2. D. BROWN	24.00
3. D. CLOETE	24.30
4. A. PETZER	24.70
5. P. CLAASSENS	25.90
<b>45-49</b>	
1. D. AUGUSTYN	24.90
2. B. PHILLIPS	25.10
3. C. BOOYSEN	25.20
4. J. GROENEWALD	26.10
5. J. VAN HYSSTEEN	26.90
<b>50-54</b>	
1. J. RABIE	24.40
2. I. GORDON	25.70
3. L. BENNING	26.70
4. D. SEPUMA	27.60
5. D. CUNNINGHAM	27.60
<b>55-59</b>	
1. D. BAWDEN	26.20
2. J. BRAND	26.80
<b>60-64</b>	
1. C. BEETAR	28.20
2. N. SHARPLEY	28.70
<b>65-69</b>	
1. L. BOTHA	29.10
<b>75-79</b>	
1. C. DU PLESSIS	36.00
<b>W200m</b>	
<b>30-34</b>	
1. A. ROHRS	25.40
<b>35-39</b>	
1. G. VAN NIEKERK	25.30
2. C. CUFF	27.30
3. N. VAN TONDER	28.40
4. A. ENGELBRECHT	28.60
<b>40-44</b>	
1. G. VILJOEN	27.30
2. S. CRONJE	27.80
3. E. GERTENBACH	28.80
4. A. MAAS	31.20
<b>45-49</b>	
1. R. GIRAUD	28.60
2. H. KONIG	29.60
3. A. VAN NIEKERK	30.60
<b>50-54</b>	
1. G. DU TOIT	32.10
2. B. SAFFER	32.90
<b>55-59</b>	
1. J. RUDMAN	33.90
<b>60-64</b>	
1. G. CAMPBELL	32.60
<b>70-74</b>	
1. W. REID	34.70
<b>M400m</b>	
<b>35-39</b>	
1. J. BREYTENBACH	51.70
2. L. SCHIMPER	53.99
3. L. CLAASSENS	54.60
4. H. ENGELBRECHT	55.60
5. G. VAN WYK	57.90
6. R. FOUCHE	58.04

<b>40-44</b>	
1. S. WALD	54.40
2. D. CLOETE	54.70
3. D. BROWN	56.40
<b>45-49</b>	
1. G. MATHE	55.10



Continued from previous page

50-54	
1. K. Ball	38:19.72
55-59	
1. W. Mavuna	35:10.60
60-64	
1. T. Powell	41:45.45
2. T. Gee	45:17.23
65-69	
1. W. Northote	51:50.30
70-74	
1. E. Shipton	52:20.39

**2000m STEEPLE**

60-64	
1. J. SCHOLTZ	9-49.60

**3000m STEEPLE**

40-44	
1. T. SMITH	11-01.70
2. B. JARDINE	11-16.40
3. B. FABER	11-22.90

45-49	
1. L. HASS	12-02.00
2. J. PRINSLOO	12-57.20

55-59	
1. I. ACKERMANN	11-42.10

**20 Km WALK**

45-49	
1. J. SPENCER	1-41.59
2. L. LAWSON	2-11.08

**M110m HURDLES**

30-34	
1. N. FRYLINCK	14.70
2. F. BREDEHANN	14.70

35-39	
1. V. VAC	15.60
2. A. VAN WYK	16.70

55-59	
1. J. GRUNDLINGH	29.30

**300m HURDLES**

60-64	
1. A. VAN ZYL	52.90

**W80m HURDLES**

40-44	
1. S. CRONJE	12.70
2. P. PIETERSEN	13.70

45-49	
1. A. VAN NIEKERK	15.40
2. H. KONIG	15.70

**W300m HURDLES**

55-59	
1. V. WELGEMOED	62.20

**W400m HURDLES**

30-34	
1. E. BOARDMAN	71.80

40-44	
1. S. CRONJE	70.70

**M400m HURDLES**

30-34	
1. F. BREDEHANN	60.01

35-39	
1. D. VAN DER MERVE	56.70
2. V. VAC	58.30
3. A. NEL	58.60
4. A. VAN WYK	59.10

50-54	
1. L. BENNING	68.40

55-59	
1. I. ACKERMANN	68.60

**M HIGH JUMP**

30-34	
1. N. GROBBELAAR	1.60

35-39	
1. J. REICELERS	1.76
2. A. VAN WYK	1.50

40-44	
1. E. LANSDALL	1.70
2. H. VAN DEN BERG	1.53

45-49	
1. D. HEUNIS	1.50

50-54	
1. L. BENNING	1.53
2. M. LEWIS	1.35

60-64	
1. A. VAN ZYL	1.40
2. H. GAFFLEY	1.10

70-74	
1. C. NEL	1.20

**W HIGH JUMP**

34-39	
1. M. FERREIRA	1.40
2. Y. CLAYTON	1.30

40-45	
1. H. KONIG	1.38
2. T. WIUM	1.15

50-54	
1. L. ZIMMERMAN	1.20

**POLE VAULT**

35-39	
1. X. A. MULLER	3.67

40-44	
1. J. MOSTERT	3.35

45-49	
1. S. HERBST	3.67

50-54	
1. J. KLOPPER	2.90

**M LONG JUMP**

30-34	
1. N. FRYLINCK	6.59
2. H. WEISS	5.82
3. N. GROBBELAAR	5.55
4. G. FELSER	5.41
5. J. VAN VUUREN	5.19

35-39	
1. W. HAGER	6.67
2. D. VAN DER MERVE	6.23
3. A. CLAAZENS	6.00
4. J. REICELERS	5.95
5. J. JACOBS	5.53

40-44	
1. H. VAN DEN BERG	5.50
2. D. BROWN	5.45

45-49	
1. D. AUGUSTYN	5.61

50-54	
1. G. PISTORIUS	5.35

55-59	
1. I. ACKERMANN	4.83

60-64	
1. J. SCHOLTZ	4.01

**W LONG JUMP**

35-39	
1. G. VAN NIEKERK	4.91
2. M. FERREIRA	4.89
3. G. GUFF	4.74
4. B. DU FLESSIS	4.70
5. Y. CLAYTON	4.49
6. N. VAN TONDER	4.25

40-44	
1. P. PIETERSEN	4.35

45-49	
1. H. KONIG	4.27
2. T. WIUM	3.27

50-54	
1. G. SCHULZ	3.56
2. A. KRUGER	3.46

55-59	
1. J. PLESSIS	2.55

**M SHOT PUT**

30-34	
1. J. DE WET	12.97
2. T. McDONALD	11.96

35-39	
1. J. BOOYSEN	14.70
2. C. THERON	13.22
3. R. SMIT	11.51
4. T. V. D. WESTHUIZEN	10.42
5. F. VAN WYK	8.21

40-44	
1. J. VAN DER LINDE	11.54
2. J. SLABBER	11.36
3. J. VAN NIEKERK	9.82

45-49	
1. J. LOUWRENS	12.16
2. G. POTGIETER	10.05
3. R. BOSCH	9.80
4. G. BARBER	9.33
5. J. VAN DER MERVE	8.77
6. P. VAN WYK	8.37

50-54	
1. A. RZEPCKA	12.14
2. C. ENGLISH	11.69
3. J. KLOPPER	11.35
4. H. NAUDE	10.32
5. H. WILLERS	9.69

55-59	
1. A. COETZEE	11.59

60-64	
1. H. VISSER	10.35

65-69	
1. H. BOOYSEN	10.82

75-79	
1. E. MALAN	9.47
2. C. STERLEY	8.40
3. J. BURG	7.94

**W SHOT PUT**

30-34	
1. E. BOARDMAN	9.91

35-39	
1. M. FERREIRA	9.66
2. A. ENGELBRECHT	8.81

40-44	
1. J. RZEPCKA	9.27

45-49	
1. M/L UYS	11.60
2. T. WIUM	8.60

50-54	
1. L. ZIMMERMAN	10.63
2. A. KRUGER	7.44
3. L. HUGO	7.20

55-59	
1. J. PLESSIS	7.17
2. V. WELGEMOED	6.41

70-74	
1. E. PAVELEY	5.73

**M DISCUS**

30-34	
1. T. McDONALD	31.46
2. J. DE WET	29.90

35-39	
1. J. BOOYSEN	42.10
2. C. THERON	41.82
3. P. HESSEL	32.84
4. F. VAN WYK	25.92

40-44	
1. J. VAN DER LINDE	33.08
2. J. SLABBER	31.96
3. J. VAN NIEKERK	28.84

45-49	
1. J. LOUWRENS	39.98
2. R. BOSCH	37.28
3. G. BARBER	29.84
4. P. VAN WYK	24.80
5. W. SCHUTTE	22.22
6. G. VAN DER MERVE	21.06

50-54	
1. H. NAUDE	29.70
2. K. MARX	19.82

55-59	
1. A. COETZEE	35.40

60-64	
1. A. VAN ZYL	34.40
2. H. VISSER	31.00

65-69	
1. H. BOOYSEN	30.80
2. J. MASEFIELD	24.72

70-74	
1. C. NEL	28.56

75-79	
1. C. NEL	26.08

80-84	
1. E. MALAN	26.16
2. C. STERLEY	21.86

85-89	
1. A. VAN ZYL	34.40
2. H. VISSER	31.00

90-94	
1. A. VAN ZYL	34.40
2. H. VISSER	31.00

95-99	
1. A. VAN ZYL	34.40
2. H. VISSER	31.00

100-104	
1. A. VAN ZYL	34.40
2. H. VISSER	31.00

105-109	
1. A. VAN ZYL	34.40
2. H. VISSER	31.00

110-114	
1. A. VAN ZYL	34.40
2. H. VISSER	31.00

115-119	
1. A. VAN ZYL	34.40
2. H. VISSER	31.00

120-124	
1. A. VAN ZYL	34.40
2. H. VISSER	31.00

125-129	
1. A. VAN ZYL	34.40
2. H. VISSER	31.00

130-134	
1. A. VAN ZYL	34.40
2. H. VISSER	31.00

135-139	
1. A. VAN ZYL	34.40
2. H. VISSER	31.00

140-144	
1. A. VAN ZYL	34.40
2. H. VISSER	31.00

145-149	
1. A. VAN ZYL	34.40
2. H. VISSER	31.00

150-154	
1. A. VAN ZYL	34.40
2. H. VISSER	31.00

155-159	
1. A. VAN ZYL	34.40
2. H. VISSER	31.00

160-164	
1. A. VAN ZYL	34.40
2. H. VISSER	31.00

**60-64**

1. H. VISSER	27.02
--------------	-------

65-69	
1. L. BOTHA	25.62

70-74	
1. C. NEL	23.10

75-79	
1. C. STERLEY	26.58
2. J. BURG	20.18

**M JAVELIN**

30-34	
1. T. LIEBENBERG	61.12
2. F. STANDER	55.74
3. T. McDONALD	37.18
4. J. VAN VUUREN	25.76

35-39	
1. P. HESSEL	49.28
2. E. LUDICK	48.12
3. C. THERON	36.22
4. F. VAN WYK	33.20

40-44	
1. D. PATTENDEN	54.50
2. H. VAN DEN BERG	43.62
3. M. KRUGER	42.38
4. J. VAN NIEKERK	37.12
5. J. SLABBER	30.24

45-49	
1. A. BROWN	39.22
2. J. VAN DER MERVE	38.42
3. C. CHAMBERS	38.42
4. G. VAN DER MERVE	35.58
5. J. LOUWRENS	33.96
6. R. BOSCH	31.74
7. G. BARBER	31.10
8. P. VAN WYK	29.42
9. D. HEUNIS	26.50

50-54	
1. C. ENGLISH	45.00
2. M. WILLERS	29.70

55-59	
1. A. COETZEE	31.98

60-64	
1. A. VAN ZYL	37.12
2. H. VISSER	29.92

60-64	
1. A. VAN ZYL	37.1



## Continued from previous page

M60		
John Burke	34:04	
Joe DePopolo	38:12	
Joe Watson	39:18	
W40		
Mary Shaver	32:17	
Lois Hotchkiss	33:33	
Kim Keller	36:17	
W50		
Beryl Skelton	36:00	
W60		
Marsha Tillson	48:31	

### TAC National 100-Mile Championship

Shea Stadium, Flushing, N.Y.  
June 12

1 R Pirrung	38 14:52:46
2 C Gibson	34 14:54:21
3 S Robinson	33 16:42:46
4 H Lenderking	37 17:11:17
5 F DeLeo	34 17:14:40
6 S Andonie	F31 17:28:01
7 L Rios	39 18:09:56
8 M Kittell III	33 18:43:41
9 J Kenul	43 19:12:59
10 D Obelkevich	43 19:44:00
11 M Yecies	42 20:23:45
12 J Marino	35 20:34:35
13 A Cohen	57 20:49:56
14 J Grabel	41 21:05:14
15 T Podolsky	39 21:41:54

## SOUTHEAST

### Memphis In May 10K

Memphis, Tenn.; May 2

Overall	
M Brewer	30:16
K Balentine	36:28
M35 N Jimenez	33:49
M40 J Whillock	34:36
M45 D Cave	35:56
M50+H Hawk	35:41
W35 S Wright	42:24
W40 M Hogan	48:01
W45 C McClain	47:20
W50+J Ingle	52:33

### Cotton Row 10K

Huntsville, AL; May 25

MALE 35 to 39			
PR	AG	FNAME	LNAME
-----			
30:03	38	LEE	FIDLER
30:41	37	MIKE	CALDWELL
32:55	38	DEWAYNE	KEY
33:21	37	JOHN	HICKEY
33:37	36	RANDALL	HARRIS
33:40	37	MICHAEL	CROUSE
33:43	35	STEPHEN	WELSTEAD
34:19	37	WILLIAM	PEIRCE
35:05	38	WADE	DAVIDSON
35:16	38	BENNY	BRAKE

40 to 44			
MALE	PR	AG	FNAME LNAME
			-----
30:04	40	LARRY	OLSEN
30:11	41	WAYNE	VAUGHN
30:28	42	ATLAW	BELILGNE
30:40	40	RICHARD	WEEKS
30:49	41	DEON	DEKKERS
31:17	44	DON	COFFMAN
31:20	41	JEFF	GALLOWAY
31:31	40	BOB	ULLRICH
31:33	40	CARL	NICHOLSON
32:10	44	ARTHUR	WILLIAMS

MALE 45 to 49			
PR	AG	FNAME	LNAME
-----			
31:20	45	MICHAEL	HORTON
31:56	45	MORGAN	LOONEY
32:17	48	HERB	LORENZE
32:26	46	KEN	PRIOR
33:15	45	BOBBY	DANNELL
33:49	45	CHARLES	ANDERSON
34:32	48	RUSS	BARBER
34:56	45	TONY	ARNOLD
35:11	46	LAURENCE	POUSSELL
35:43	47	SAMMY	MORRIS

MALE 50 to 54			
PR	AG	FNAME	LNAME
33:08	50	ADRIAN	CRAVEN
33:38	53	GERALD	KOCH
34:56	50	DICK	RUZICKA
35:29	51	JIM	LARSON
36:22	54	MALCOLM	GILLIS
36:30	50	TED	WILSON
36:50	52	ELLSWORTH	RICHTER
37:00	53	WAYNE	SMITH
37:29	54	DON	SHEUMAKER
37:50	51	RICHARD	TANKERS

MALE 55 to 59			
PR	AG	FNAME	LNAME
-----	-----	-----	-----
36:28	55	GERRY	WILLIAMS
37:05	55	MARVIN	BROWN
38:30	59	GENE	BROCK
38:50	55	PHIL	SZCEPANSKI
38:56	55	WALLACE	CAMPBELL
39:47	55	PATRICK	FORTON
39:51	55	JOE	CULBERT
41:12	58	B.P.	DANIEL
42:06	57	JIM	JOHNSON
42:12	56	MAR	WHEAT

MALE 60 & OVER			
PR	AG	FNAME	LNAME
-----			
39:30	61	GORDON	ENGLISH
40:40	62	DANIEL	MCCARTY
41:37	60	DELOY	LAWSON
42:16	62	TOM	WHITE
43:11	60	H.W. "BUD"	BELUE
44:08	61	JAY	GROVE
45:12	61	HECTOR	RAMIREZ
45:15	67	PHIL	CURRY
46:03	63	THOMAS	CANTRELL
47:13	67	MICHAEL	BORELLI

FEMALE 35 to 39			
PR	AG	FNAME	LNAME
-----			
36:19	35	GAIL	OGLE
37:20	39	ELLIE	SMITH
38:21	37	KATHY	BOND
40:45	38	CAM	KERST
40:50	39	JUDY	MELTON
40:54	35	NANCY	SHEPPARD
41:49	36	ELLEN	HARRIS
42:00	38	ROSEMARY	MURAY
42:12	39	DONNA	CANCEL
42:31	37	SYLVIA	POLLARD

FEMALE 40 to 44			
PR	AG	FNAME	LNAME
36:20	44	HAROLINE	WALTERS
37:12	41	BOBBI	ROTHMAN
37:54	40	BECKY	BAUM
38:44	41	NATALIE	SPALDING
39:09	40	KATHY	HARDY
40:49	41	ISABELLE	JOFFRION
41:42	41	SAUNDRA	DYE
42:06	40	ALIDA	MORGAN
42:43	43	BARBARA	LOWERY
43:07	42	KATHRYN	MILLER

FEMALE 45 to 49			
PR	AG	FNAME	LNAME
-----			
34:00	45	CINDY	DALRYMPLE
41:45	48	LINDA	ANDREWS
45:10	45	JUDY	STOLLER
47:00	46	SUSAN	EMERSON
47:10	48	CAROLYN	LOONEY
48:30	49	DOT	RICHTER
49:00	45	JEAN	DYER
49:22	47	NANCY	THIBODEA
50:00	45	GENIE	STREET
50:09	46	LINDA	DEHAYE

FEMALE 50 & OVER			
PR	AG	FNAME	LNAME
-----			
38:09	50	NANCY	PARKER
40:44	50	FRANKIE	CRUME
42:13	53	MARCIA	HERBST
43:10	52	BARBARA	RAMSEY
45:30	50	JEAN	HOGAN
45:46	50	YOSHINO	SETSER
46:48	50	MARTHA	MUSKINS
47:00	57	JOANN	LONG
52:00	50	KAROL	LANDRAM
54:00	53	MYRLE	HILL

## MIDWEST

### Rose Run, Jackson, MI; June 6

#### M40-44 72 Runners

Bill Stewart	32:28
Wally Herrala	33:00
Paul Deladuranta	33:30

#### M45-49 38 Runners

Doug Goodhue	35:56
Kenneth Jones	37:19
John Stover	38:17

#### M50-54 28 Runners

Larry Boxson	39:37
Keith Clayton	40:09
Donald Braunreit	40:10

#### M55-59 10 Runners

Norm Eastman	35:24
Bob Hays	40:08
Paul Jackson	43:12

#### M60-64 7 Runners

James Forshee	37:34
Don Greenwood	42:43
Jack Weidenbach	43:24

### W40-44 13 Runners

Carol Swaney	43:57
Dolores Nowlin	48:05
Anne Mill	49:36

### W45-49 10 Runners

Sharon Naughton	42:34
Peggy Collins	47:11
Claudia Ireland	47:17

### W50-54 4 Runners

Lois Kelly	48:29
Dorothy Bodde	50:40
Anne Albright	56:55

### Overall winners:

Stan Mavis	31:04
Diane East	35:50

### Michigan City Ind. 15K

#### June 21

25-39	
1. James Morningstar, 14	55:30
2. Joe Camp, 17	56:05
3. Jerry Proctor, 20	56:56
40-44	
1. Warren Johns, 10	53:27
2. Ron Breischaff, 27	58:02
3. Vaughn Smith, 29	58:15
45-49	
1. Ron Wiencek, 12	54:57
2. Mario Davila, 45	61:04
3. Donald Love, 50	61:41
50-54	
1. Mike Borkowski, 58	63:01
2. Steven Wilson, 75	65:04
3. Leonard Kochendorfer, 92	66:56
55-59	
1. Ray Carey, 74	65:04
2. Roberto Randall, 139	72:28
3. Glen Zubler, 232	80:37
60-64	
1. Louis Serna, 105	68:19
2. Carlton Cook, 180	75:08
3. Melvin Smith, 266	85:29
65-69	
1. Warren Utes, 47	61:27
2. Harry Eaton, 155	73:06
3. George Rasch, 164	73:58
70-74	
1. John Meyer, 297	1:43:34

25-39	
1. Charlene Groot, 112	68:52
2. Patty Rose, 114	69:05
3. Martha Robles, 140	71:30
40-44	
1. Althea Laitinen, 130	71:01
2. Nancy Johnson, 179	75:07
3. Margaret Sheridan, 205	77:07
45-49	
1. Mary Connolly, 185	75:26
2. Rosa Frazier, 269	85:50
50-54	
1. J. O'Brien, 248	82:47
2. Margaret Pather, 300	1:51:09

## MID-AMERICA

### Tom Kempf, Sr., Crosstown 5K

Bartlesville, Okla.; May 3

Overall	
L James	25 15:33
J Daniel	38 20:29
M40 R J Fischer	17:16
J Minor	18:24
P Boczynski	18:45
M50 B Pannell	19:43
J McDaniel	20:28
a Frampton	21:25
M60+M McIntosh	20:26
W40 B Manning	21:51
M Ryan	23:59
W50+D Wright	21:40
N Wilson	35:57
J Benear	36:14

### Garden of the Gods 10 Mile Run

Manitou Springs, Co.; May 7

1 2224 WATZ SUSAN	35 CO 1:08:19
2 2911 DAIBERGER ANN	35 CO 1:10:13
3 2395 CASKEY NICHOLYN	35 CO 1:12:50
4 2269 LEBRASSE BRENDA	37 CO 1:13:23
5 2134 CHASE BEBBIE	35 CO 1:14:34
6 335 FILLEY TRISH	36 CO 1:15:56
7 2410 BECKWITH CHERYL	38 CO 1:16:14
8 2472 KING EVELYN A	39 CO 1:17:23
9 2305 ZURCHER BEATRICE	35 CO 1:17:58
10 2123 RIDDLE MARILYN	35 CO 1:18:06

1 179 GEHLING ROSALIA	42 CO 1:11:35
2 2407 HANSBROUGH ARLENE	41 NM 1:13:02
3 2215 MACARTHUR JAYNE	40 CO 1:16:38
4 2343 NICKELVEY JOYCE	40 CO 1:18:52
5 2317 BRINDISI RENEE	40 CO 1:21:52
6 2382 POSWALK JOYCE	40 CO 1:22:00
7 2413 HOBERT PENNIE	40 CO 1:22:31
8 2105 GARDNER ROSIE	42 NI 1:26:11
9 2409 WELCH J CASEY	41 CO 1:26:13
10 2002 HOWARD MARGRIT	42 CO 1:27:19

1 2042 SNEEL WANDA	47 CO 1:23:15
2 2106 BOTTOMS BRENDA	48 CO 1:23:49
3 2465 MAJOR BRENDA	45 CO 1:25:57
4 2401 VOGEL BETH	45 CO 1:28:31
5 2171 MCKILLIP SUSIE	45 CO 1:30:11
6 2093 PEREZ MYRA	45 CO 1:31:18
7 2045 DEUCHLER ELKE	46 CO 1:32:36
8 2020 TEBAGIE CAROL ANN	49 CO 1:34:28
9 2119 HUNDY SANDRA	49 CO 1:35:01
10 2157 COOK ANN	48 CO 1:35:03

1 2038 GOERING KENNY	54 NM 1:26:43
2 2062 FLETCHER ROBERTA	51 CO 1:36:25
3 2051 ABITBOL ELKE	52 CO 1:38:05
4 2161 MUDRICK RUTH	51 CO 1:40:10
5 2155 PATCHELL SANDRA	51 CO 1:43:59
6 2431 MOSER BETTY	54 IL 1:49:08
7 2300 BORRE ROSE	51 CO 1:49:28
8 2181 CLAWSON ARLENE	52 CO 1:49:42
9 2146 DEVERELL KAREN	54 CO 1:50:51
10 2069 MONTGOMERY CAROL	51 CO 2:07:27

1 2007 WILLIAMS GLADYS	55 NM 1:51:58
63 KOLB LISA	NM 1:20:57
record. Old record 1:47:46 in 1983	

1 14 NENCIN FRANK	35 CO 0:54:52
2 208 GRANE AL	36 CO 0:56:49
3 101 SWARTZ JOHN	39 CO 0:58:01
4 1461 BRADY JIM	39 CO 0:58:40
5 59 REIMER RICK	38 CO 0:58:45
6 1959 BURNETT TOM	38 CO 0:59:03
7 153 FULLER PAUL	35 CO 0:59:26
8 244 ONDEIKI SALEH	36 CO 0:59:39
9 1817 MILLER LARRY	37 CO 1:00:13
10 1692 NIEBURG STU	38 CO 1:01:14

1 42 ROSS DONALD	42 CO 0:58:24
2 1687 INGRAM LARRY	42 CO 0:58:28
3 23 CHAMBERS CHRIS	40 CO 0:59:37
4 333 MELIOR LES	42 CO 1:00:46
5 2942 DODSON GILBERT	41 IL 1:01:43
6 506 JOHNSON RICHARD	44 CO 1:02:05
7 139 JONES HAROLD	43 CO 1:02:07
8 225 CHAVEZ BEN	43 CO 1:02:09
9 2641 SMITHAN BILL	43 CO 1:02:32
10 678 DOYLE PETER	40 CO 1:03:34

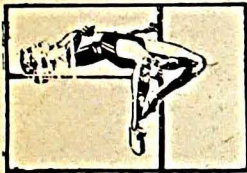
1 676 MCANDREWS ROBERT	47 CO 1:03:38
------------------------	---------------



Continued from previous page

<b>M50-54</b>	
Hans Fenz, 51	53:10
Dwight Obermire, 50	55:40
Roger Bryan, 51	56:46
Val Wiethorn, 51	56:48
Jim Armantrout, 50	57:07
<b>M55-59</b>	
Ray Hatton, 55	51:00
Buz Masters, 58	58:21
Donald Wilson, 57	61:02
Keith Fitch, 56	61:04
Jim Woodhouse, 55	62:00
<b>M60-64</b>	
Orlo Keniston, 60	57:43
Wesley Olsen, 64	59:18
Theodore Lehman, 60	65:56
Jim Bisenius, 60	66:48
Anders Jacobsen, 62	67:44
<b>M65-69</b>	
Elijah Galloway, 66	69:54
Grant Valentine, 69	70:53
Victor Harkoff, 68	71:29
Charles Ishimaru, 69	71:54
Richard Reed, 66	75:15
<b>M70-79</b>	
Clive Davies, 71	61:49
Carol Baker, 71	83:13
Edward Smith, 77	92:01
Bud Deacon, 76	93:28
Eugene Hess, 75	1:40:17
<b>M80+</b>	
Gordon Sherbeck, 80	1:56:07

<b>W40-44</b>	
Priscilla Welch, 42	51:12
Gabriele Andersen, 41	53:42
Carol Flexer, 44	56:47
Levi Query, 42	58:34
Windy Shoup, 41	64:18
<b>W45-49</b>	
Patti Donley, 46	58:12
Shirley Weaver, 45	60:57
Mary Shaver, 46	63:19
Julie Kleyman, 46	70:46
Helen Barney, 45	71:29
<b>W50-54</b>	
Gina Faust, 50	59:37
Nancy Hellyer, 51	62:20
Lyn Cole, 50	71:17
Jeanne Baumgarner, 50	71:34
Kathleen Walls, 54	73:54
<b>W55-59</b>	
Colleen Mereshon, 56	73:29
Joan Klopfer, 55	74:02
Joanne Hegedus, 55	76:43
Joan Morris, 56	77:46
Brita Hazell, 56	80:09
<b>W60-64</b>	
Billie J. Murphy, 60	74:24
Chris Tisch, 62	80:19
Luci Wells, 60	92:50
Naidean Butler, 60	94:18
Merri Coleman, 61	97:33
<b>W65+</b>	
Patricia Dixon, 68	77:06
Josephine Hess, 69	92:39
Irene Crane, 69	94:55
<b>Overall:</b>	
Rolando Vera	42:59
Nancy Tinari	49:08



WEST

### U.S. TAC National Masters 25K Race Walk Championships For Men Long Beach, Calif., May 24

<b>M40-49</b>	
Larry Walker 44 CA	1:59:59
Ron Brennan AZ	2:15:23
Regis Dandar NC	2:20:02
Ron Laird CA	2:22:19
Ed Cardonick HI	2:25:27
Jim Coots CA	2:28:20
<b>M50-59</b>	
Max Green MI	2:14:06
Richard Oliver CA	2:24:03
Glen Wells UT	2:26:46
Karl Krueger CA	2:28:45
John Kelly CA	2:28:45
<b>M60+</b>	
Max Gould DNT, CAN	2:34:51
Bill Talmadge 71 KY	2:52:12
Sidney Wright CO	3:01:06
Tony Perona 78 CA	3:09:03
Gordon Wallace 77 AZ	3:09:45
<b>*U.S. single-age record</b>	

### Southern California Association/TAC 20K Race Walk Championships for Master Women, Long Beach, Calif. May 24

<b>W40-49</b>	
J Steigerwalt	2:07:00
C Butler	2:08:17
E Lassanyi	2:10:32
L Marsh	2:13:32
<b>W50-59</b>	
J Latham	50*2:14:03
A Long	51*2:31:53
A Gibson	2:45:02
<b>W60+</b>	
R Sorensen	65*2:19:30
R Kash	2:33:11
C Greene	2:34:21

### Legg Lake Evening 5K S. El Monte, Calif., June 4

<b>Overall</b>	
A Gutierrez	19 16:30
M Garcia	22 19:36
M35 R Hudgins	20:30
M40 V Redman	19:21
M45 B McGeogh	17:10
M50 C Stolba	19:13
M55 R Cullins	19:53
M60 L Banuelos	20:24
W35 T Verduzco	23:52
W40 B Salorio	26:43
W45 E Casares	24:37
W50 E Kleinsasser	27:06



### Legg Lake Evening 5 Mile S. El Monte, Calif., June 11

<b>Overall</b>	
F Duarte	45 26:59
M Shields	48 37:56
M35 J Grajeda	33:17
M40 G Burton	29:34
M45 F Glover	32:34
M50 C Stolba	31:37
M55 R Culling	34:20
M60 L Banuelos	34:50
W50 A Delkamp	45:30
W60+M Ames 84	1:31:55

### Legg Lake Evening 5K S. El Monte, Calif., June 18

<b>Overall</b>	
B Brizuela	30 16:28
G Ochoa	19 21:42
M35 R Druzio	17:51
M40 M St Andre	17:28
M45 B Washington	19:54
M50 C Stolba	19:16
M55 R Culling	19:29
M60 L Banu	19:58
W35 T Verduzco	23:42
W45 E Casares	25:03
W50 C Thomas	25:20
W60+M Ames 84	41:40

### Harolene Walters 8K So. El Monte, Calif., June 25

<b>Overall</b>	
R Chavez	32 27:10.48
H Walters	44 29:54.00
M35 B Marks	32:08
M40 J Williams	29:47
M45 R McGeough	28:16.28
M50 W Ingram	31:54
M55 R Culling	35:02
M60 L Banuelos	32:48.26
W35 B Leyera	39:18
W40 Walters	
W50 J Dods	39:53

### Legg Lake 5K So. El Monte, Calif., June 28

<b>Overall</b>	
E Garcia	16:21
E Caevias	21:09
M35 D Martinez	18:08
M40 D Smith	21:05
M45 F Glover	18:58
M50 C Stolba	19:11
M60 L Banuelos	22:03
M70 F Mac---	25:09
M80 J Bishin	1:07:18
W40 J Triplett	22:38
W45 M Shields	22:49
W60+M Ames	46:10

## INTERNATIONAL

### 14th International Veterans 25K Brugge, Belgium; June 21

<b>W35-39</b>	
Magda Ilands BEL	1:30:20
Rita Krombach LUX	1:33:43
Schmit Fernande LUX	1:45:36
Barbara Kirk GB	1:47:28
Ann West GB	1:49:38

<b>W40-44</b>	
Andrea Van Bost BEL	1:36:04
Carol Wild GB	1:38:22
Anne Black GB	1:39:59
Annie Selck BEL	1:41:15
Lisette Devooet BEL	1:42:42

<b>W45-49</b>	
Maus Gantenbein LUX	1:43:37
Rose VanLaerhove BEL	1:49:13
Maria Hadorn CH	1:55:52
Sue Barr GB	1:57:49
Norma Cressy GB	2:02:42

<b>W50-54</b>	
Maria Grob WG	1:49:21
Bea Rombaut BEL	2:31:17
Jeanne Coker GB	3:06:53

<b>W55-59</b>	
B. De Preter BEL	1:59:40
Betty Norrish GB	2:03:32
Helene Maeder CH	2:13:26

<b>W60+</b>	
Pina Gurtner CH	2:03:23
H. Jonker-Schalekamp BEL	2:26:27

### National Team Championship

GB Mike Hurd	1:18:08
Les Roberts	1:19:48
Jeff Norman	1:20:17
	3:58:13

BEL H. Parmentier	1:19:37
J. Van DeWater	1:19:47
Omer Van Noten	1:21:49
	4:01:13

LUX Herbert Kosmala	1:24:08
Rita Krombach	1:33:43
Jozef DeClerck	1:33:43
	4:31:34

### Club Championship

BlackHeath Harriers	
Les Roberts	1:19:48
John Baldwin	1:24:27
Chris Woodcock	1:20:03
	4:14:18

Hillingdon AC	4:26:44
Daring Atl. Lommel	4:28:10

### M40-44

Mike Hurd GB	1:18:08
Hrmn Pamentier BEL	1:19:37
Barry Brown USA	1:19:40
Jos Van DeWater BEL	1:19:47
Les Roberts GB	1:19:48

### M45-49

Pierre Voets BEL	1:23:05
Hubert Carnol BEL	1:23:29
Rob't Desaevers BEL	1:26:59
K'th Summersgill GB	1:27:16
John Nettleton GB	1:29:21

### M50-54

Jean Van Onselen BEL	1:24:14
John Baldwin GB	1:24:27
Alfred Lennon GB	1:27:41
Derek Beckett GB	1:31:37
James W. Gordon GB	1:33:59

### M55-59

Piet Van Alphen HOL	1:26:37
Marcel Miserez BEL	1:32:28
J. Derek Wood GB	1:33:17
Laurence Forster GB	1:35:13
Jozef Coulier BEL	1:38:33

### M60-64

Heinz Lennartz WG	1:38:22
Siles Brindley GB	1:41:02
Jack Kirk GB	1:41:57
Gerrit DeBacker BEL	1:42:46
Remi Boterberg BEL	1:46:08

### M65-69

Walter Netzer WG	1:41:18
Eric Smith GB	1:44:21
Brynmor Jenkins GB	1:48:30
Jean Fontaine CH	1:49:01
Phil. Stippelman BEL	1:49:31

### M70-74

Lucien Aellen CH	2:03:22
Frans Christ'ns BEL	2:06:22
Rene Stoll CH	2:10:20
Gerhard Lemke WG	2:16:43
Werner Joerg CH	2:20:20

### M75-79

Ernest Harrison GB	2:24:48
Henri Bastien BEL	2:30:43



## Something Extra!

FOR \$1,299

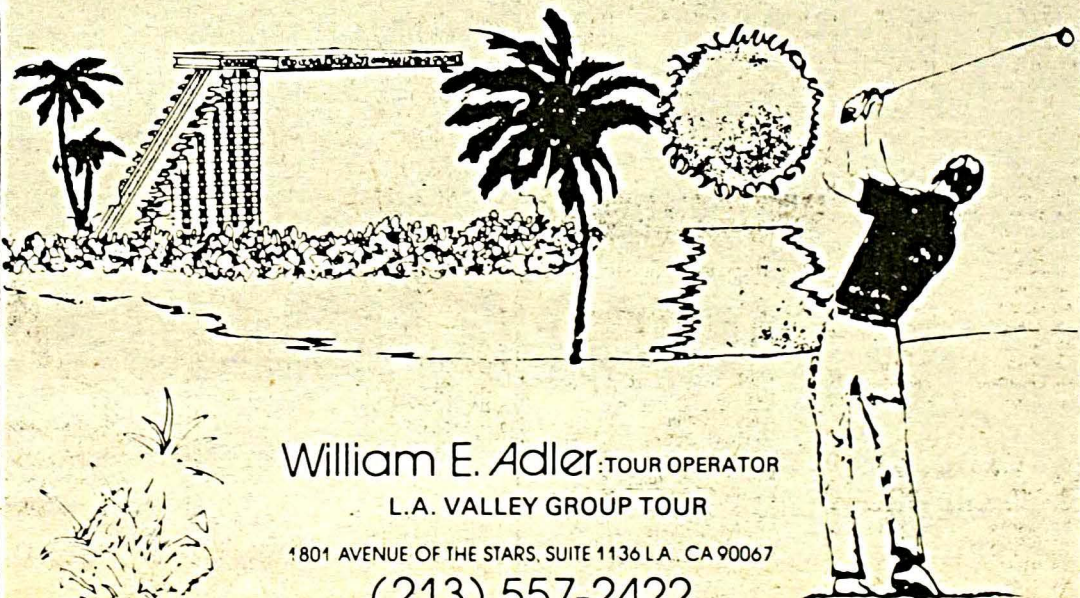
TREAT YOURSELF (AND YOUR SPOUSE TOO)

### MELBOURNE, AUSTRALIA

INCLUDES 14 DAYS AND 12 NIGHTS ACCOMMODATIONS AT THE TOWNHOUSE HOTEL IN MELBOURNE AND ROUNDTRIP AIRFARE FROM LOS ANGELES OR SAN FRANCISCO ON QANTAS AIRWAYS. TRANSFERS BETWEEN AIRPORT AND HOTEL, TAXES & PORTAGE OF TWO BAGS EACH PERSON IS ALSO INCLUDED.

## 7th WORLD VETERAN GAMES MELBOURNE, AUSTRALIA November 28 to December 8, 1987

(WITH OPTIONS TO NEW ZEALAND &amp; TAHITI/MOOREA)



William E. Adler: TOUR OPERATOR  
L.A. VALLEY GROUP TOUR

1801 AVENUE OF THE STARS, SUITE 1136 L.A. CA 90067

(213) 557-2422





## OVER 5 MILLION SERVED.

The Nike Air Pegasus is the fourth generation of the world's best-selling running shoe. It's more stable than ever. Delivers the same great fit and ride. It features special width-sizing for men and women. And comes with twice as much Nike-Air cushioning. A revolution in motion.

