

# NATIONAL MASTERS NEWS

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

132nd Issue

August, 1989

\$2.25



1960 Olympic Champion Ralph Boston looks on as Johnnie Meisner, M40, captures an 11.5m (37-8½) masters win in the triple jump at the Tennessee Masters Championships in Fort Sanders, Tenn., June 16.

## Records Fall Despite Rain in Tennessee Meet

by DEAN WATERS

The promise of the first rain-free weekend in weeks lifted the spirits of the Fort Sanders Tennessee Masters Track and Field Championships officials — unfortunately the elation was a few hours premature for the June 16-17 meet. Solid rain greeted participants at the start late Friday after-

noon, leading to a postponement of the jumping events to Saturday.

The rain did not deter the start of a fine two-day competition for Don Gammie, 58, of Ohio, who, while officials were squeezing water off the track, ran nearly six seconds below the single-age world record for the 3000. His 10:04.49 on Friday night was

Continued on page 26

## Sekerak, Burleson Win National 15K

by STEVE LEWALLEN

Masters runners laid seige to the St. Clair Classic in St. Clairsville, OH, on June 17. Dan Sekerak (51:29) and Marie Burleson (1:00:22) sped to convincing wins at the race, which doubled as the TAC National Masters 15K Championships; they took top masters honors as well as finishing first overall.

Sekerak, a school teacher from

Granville, Ohio, took charge with less than two miles left on the arduous, up-and-down course. He finally outstrode David Tresohlavy (52:16), who took second to make it a 1-2 finish for masters. "I bided my time over the first three miles," said Sekerak after the race. He then began to reel in the people in front of him, but he admitted there was a time he wasn't certain he

Continued on page 23

## National Senior Olympics Draws 3396 Athletes

A total of 3396 athletes, including 1367 in track and field, competed in the biennial U.S. National Senior Olympics at Washington University in St. Louis on June 19-24.

Competition was held in five-year age-groups in 13 sports for men and women age-55-and-up at the site of the first American Olympiad in 1904.

Thirty-seven percent of the participants overall — and 38% in the

track and field competition — were women, a record high for a seniors event.

Forty-seven states were represented (all but Alaska, Utah and West Virginia) plus Puerto Rico, Canada, England, and Taiwan. The oldest male participant was 93; the oldest female was 89. An estimated two out of three participants were accompanied by a guest.

Continued on page 25

## Waigwa, Drake Win in Utica 15K

by MARTY LYONS

UTICA, N.Y., July 9 — Wilson Waigwa of Mission Viejo, Calif., by way of Kenya, doesn't like downhill runs.

"Hurts my knees," he said.

But when Victor Mora of Colombia drew near in the last mile of today's Boilermaker 15K, Waigwa forgot about the pain and picked up the pace.

The result: a new masters course record of 46:09, topping last year's mark of 48:32 by Bob Schlau of Charleston, S.C., who did not return.

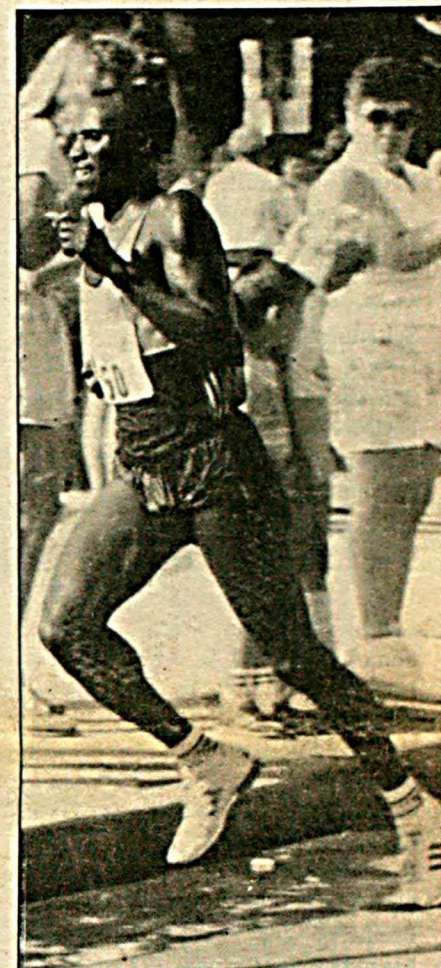
The time was only 11 seconds off the U.S. masters 15K road record of 45:58, set by Bill Stewart in 1983.

It was a good day for the masters, with five runners finishing under Schlau's time, in the fifth race on the 1989 ICI/USRA Masters Circuit.

On his last day in the U.S. before heading home to Bogota, Mora finished in 46:26. Then came England's Tony Simmons, 47:07 in his first U.S. race; 1983 open champion Bill Rodgers, 47:32; and Canadian Dave Stewart, 48:26.

The top four women's masters runners topped the 57:05 record set in 1988

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1989 Utica Boilermaker 15K men's masters winner Wilson Waigwa as he nears the finish line. Photo by Jecen/Watkins

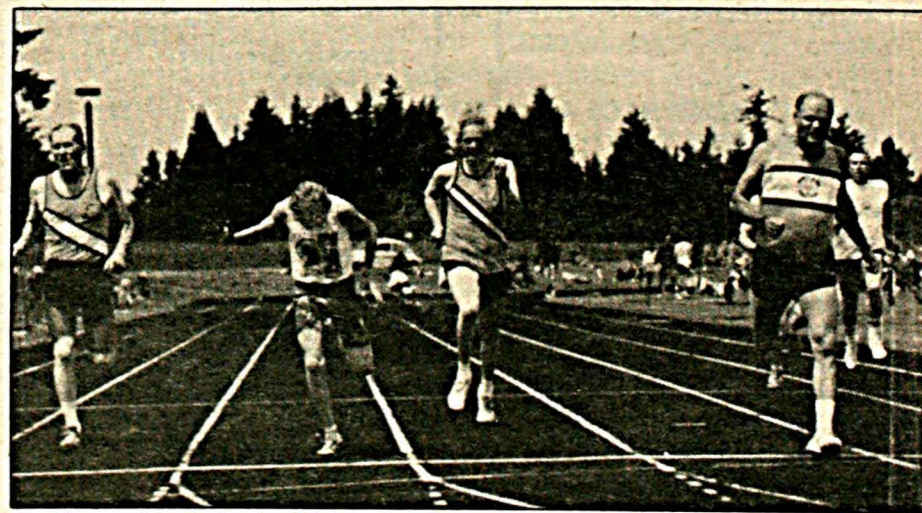
## Masters vs. Students in Oregon Meet

by JERRY WOJCIK

In 1988, the first Scholastic/Masters Track and Field Classic in Oregon City, Oregon, drew 41 competitors and one sponsor. This year's attendance on June 17 was 114 competitors, supported by four sponsors.

The meet was arranged by classes, with high schoolers going against sub-masters and masters by age group. This year, Class 1 featured 11-14-year-olds vs. 50-59 athletes; Class 2, 15-16-year-olds vs. 40-49; Class 3, 17-18-year-olds

Continued on page 10



Paul Stepan, 51, winning the 200 from Sean Thielman, 14, in the Scholastic/Masters Meet, Oregon City, Oregon, June 17. Stepan (27.7) handed Thielman (28.0) his first defeat this season.

Photo by Mike Monahan



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# NATIONAL MASTERS NEWS

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



**Editor and Publisher:** Al Sheahan  
**Senior Editor:** Jerry Wojcik  
**Assistant Editor:** Steve Lewallen  
**Schedule Editor:** Jerry Wojcik  
**Circulation Manager:** Linda Webster  
**Advertising Manager:** Linda Banning  
**Production:** American Publishing Co.  
**Outdoor Track & Field Records:** Pete Mundle  
**Indoor Track & Field Records:** Haig Bohigian  
**Long Distance Records:** TACSTATS  
**Racewalking Records:** Bev LaVeck  
**Track & Field Rankings:** Jerry Wojcik  
**Contributing Editors:** Hal Higdon, Dr. John Pagliano, Mike Tymn

**Correspondents:** Larry Banuelos (CA), Tom Bell (NM), Frank Bowles (CO), John Boyle (FL), John Brennan (CA), Alex Coffin (NC), Mike Davis (IN), Bob Fine (FL), Dick Green (IL), Carl Hammen (RI), Hal Higdon (IN), Dick Lacey (FL), Bob and Carol Langenbach (WA), Phil Loomis (MI), Gary Miller (CA), Phil Mulkey (GA), Tim Murphy (TX), Paul Murray (NY), Jim Oaks (AL), David Pain (CA), Phil Partridge (FL), Barbara Pike (MA), Phil Raschker (GA), Dean Reinke (FL), Herb Seegert (MI), Bob Stone (CA), Tom Sturak (CA), Pete Taylor (PA), Danny Thiel (LA), Scott Thornstley (PA), Mike Tymn (HI), John White (OH), Ken and Jennifer Young (AZ), David Zinman (NY).

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**Creative Art:** Eugene Paasinen, Herb Parsons

The *National Masters News* (ISSN-0744216) is published monthly by GAIN Publications, with an annual subscription rate of \$18.75. Main office address: 6320 Van Nuys Blvd., Suite #207, Van Nuys, CA 91401. Mailing address: P.O. Box 2372, Van Nuys, CA 91404. 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. As an independent publication, its editorial policy is not necessarily that of TAC or WAVA.

TAC/USA is a major funding supporter of NMN. Executive Officers of TAC/USA: Frank E. Greenberg, President; Ollan C. Cassell, Executive Director; Alvin Chriss, Special Asst. to the Executive Director.

The *National Masters News* is devoted exclusively to track & field, long distance running, and racewalking for men and women over age 30. Each month it delivers 24 to 48 pages of results, schedules, entry forms, age records, rankings, photos, articles, training tips, and all the inside scoops and information that affect the world of masters athletics competition.

Some masters events are sponsored by TAC, the national governing body for athletics in the USA. Some are sponsored by individuals, clubs or other senior organizations.

Generally, anyone age 30 or over may come to a masters event and participate. Some events are limited to ages 40+, 50+ or 55+; (please check the schedule for details). Some events require advance registration. Some require a current TAC card (\$7 to \$11 per year, depending on the region). To inquire about a TAC card, call The Athletics Congress in

your area, or 317/261-0500. There are no qualifying standards for any masters athletics event.

**NMN welcomes contributions** — results, schedule info, photos, letters, articles, and opinions. Manuscripts should be typed, double-spaced, but legibly handwritten material is also acceptable. Results should be typed, single-spaced. Please include a stamped, self-addressed envelope if return is desired.

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**Mailing:** The issue is mailed the last week of the month prior to the cover date.

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

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 Van Nuys, CA 91404  
 (818) 785-1895

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

**Indoor Records:**

Haig Bohigian  
 225 Hunter Ave.  
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**Mid-America:**

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 (303) 443-4919

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**West:**

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 (818) 843-2139

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 (617) 465-9677

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 (415) 339-0563 (h)  
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 (305) 255-1405

**Championships****Coordinator:**

Phil Benson  
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 Ocean, NJ 07712  
 (201) 531-4156

**Nominating Committee****Chairman:**

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 Harpswell, ME 04079  
 (207) 725-8006

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**Championship Stats:**

Norm Green  
 405 Curtis Ct.  
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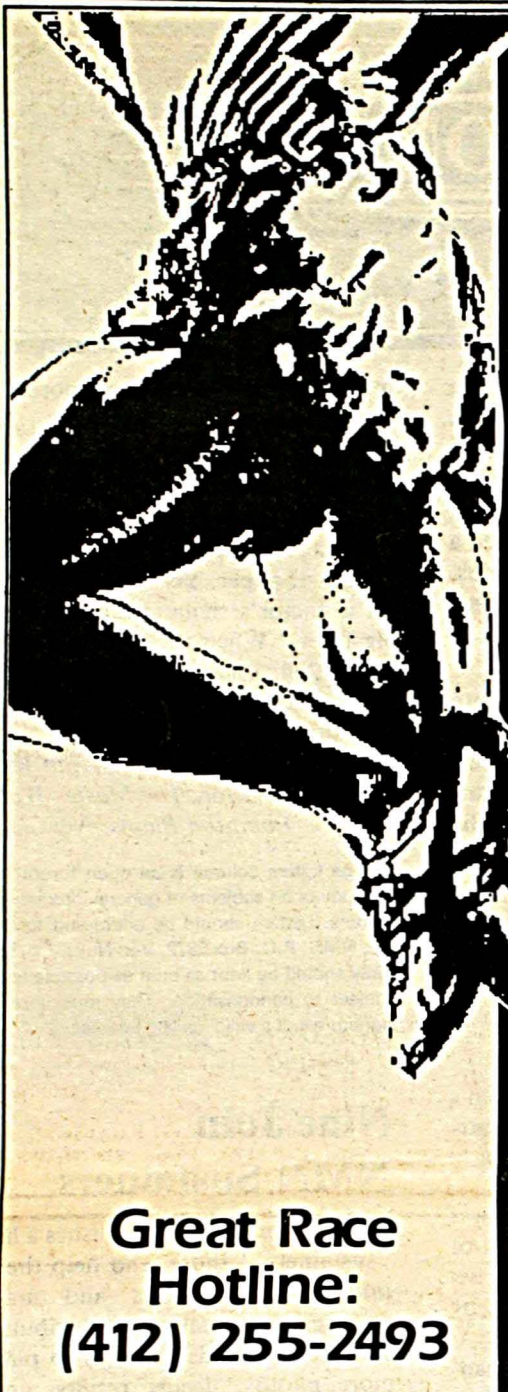
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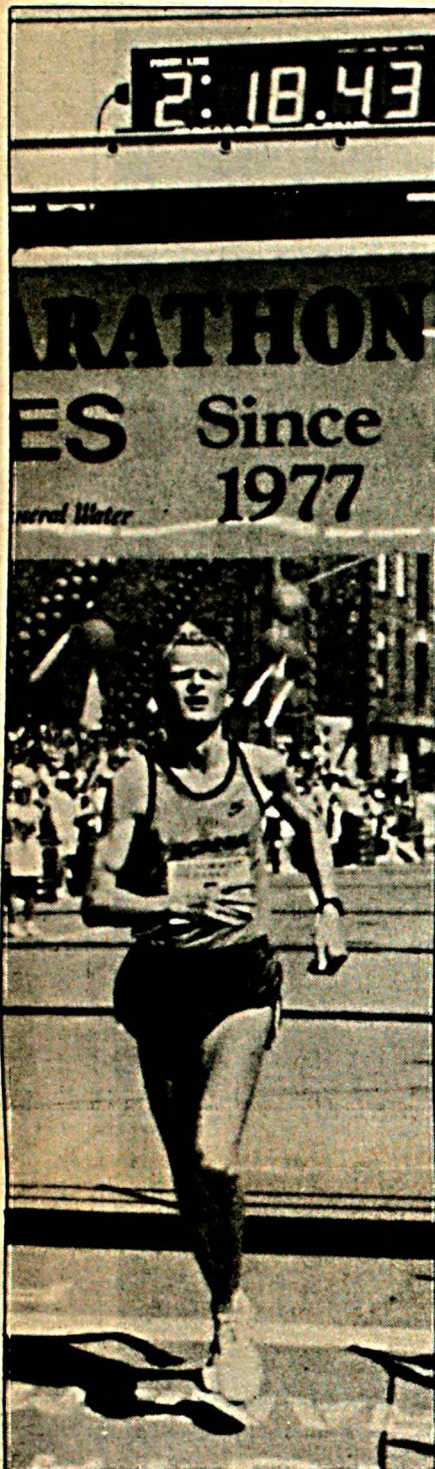
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Kjell-Erik Stahl, 43, crosses the finish line at Grandma's Marathon in Duluth, Minn., June 17. He placed first master and second overall.



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

#### RACE WALK RECORDS

Regarding Richard Oliver's letter (July NMN) about certification of race walking records; I maintain the men's U.S. marks, and am opposed to certification for the following reasons:

1. Participation has been the main goal of masters athletics - not records. Certification leads to over-emphasis.

2. Almost all the marks that I receive for consideration are in line with what that competitor has shown himself to be capable of. The rare time that is out of line is challenged and usually not accepted.

3. It is impossible to provide for every contingency. TACSTATS has tried in running with the result that all

kinds of details confuse the issue: wind, downhill, etc. An analogy: in tournament bridge, the lawmakers made sweeping revisions to provide full justice for every possible infraction. It was so unwieldy, and there was such a public outcry that after a few months, they had to scrap many of the rule changes. Keep walking for the walkers, not for the form-completers.

4. Records as shown presently are not "official" — just "best times". There are official records for track performances (two indoor and five outdoor) for fastest master overall. See the back of the Age-Records booklet.

5. Certification is a form of elitism. Only the seasoned performers will know what the present record is, so

many records could go unreported.

6. Certification is basically a rubber stamp. Is the meet director standing by the watches and verifying the times? No. The final time will invariably be the same whether or not someone signs a piece of paper. Years ago, we had to get a doctor's signature to enter most big meets. When they realized that it was often forged and proved little anyway, the practice was abandoned. This situation is similar.

Alan Wood

Editor, *The Master Walker*  
Pompton Plains, New Jersey

■ 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.

### Stahl Top Master at Grandma's

by STEVE LEWALLEN

Kjell-Erik Stahl, 43, turned in another stellar marathon performance in Duluth, Minn., on June 17, placing first master and second overall in Grandma's Marathon in 2:18:43. This marks Stahl's 24th consecutive masters marathon title since turning 40.

The masters runner-up was Bob Schlau, 41, who was tenth overall in 2:24:06. Said Schlau after the race, "If I'm going to beat Stahl in the marathon, I'd have to pick a race four or five months in advance and really focus on it. Maybe that will be in the Twin Cities Marathon on October 8."

Susan Havens, 42, won the women's masters division in 2:50:02. Judy Greer, 42, was second female master in 2:52:07.

On an age-graded scale, Stahl was first with a 95.6% (age-43 standard of 2:12:36 divided by Stahl's 2:18:43). Second was Schlau's 90.2%, followed by Havens with 86.5%.

Runners battled a southeast headwind for most of the race. "It was just a war," said Stahl. "I thought there would be a nice breeze from the lake, but I was surprised at how hard it was. Under these kind of conditions, I was just happy to get under 2:20."

Overall winners were Doug Kurtis (2:16:49) and Louise Mohanna (2:39:50). Of the field of 4,031 who started the race, 3,743 finished. □

### Nine Join NMN Sustainers

Each month NMN publishes a list of "sustainers," those who help the *National Masters News* and masters athletics by making contributions. These extra funds allow us to publish more photos, deeper results, an in-depth schedule section, and more.

Special thanks this month go to Robert Watanabe, who generously donated \$100.

Thanks also to:

Peter Richardson  
Jay Sponseller  
Ralph Daehler  
Vernon Mattson

Michael Eliastm  
Stan Mathes  
Gary Miller

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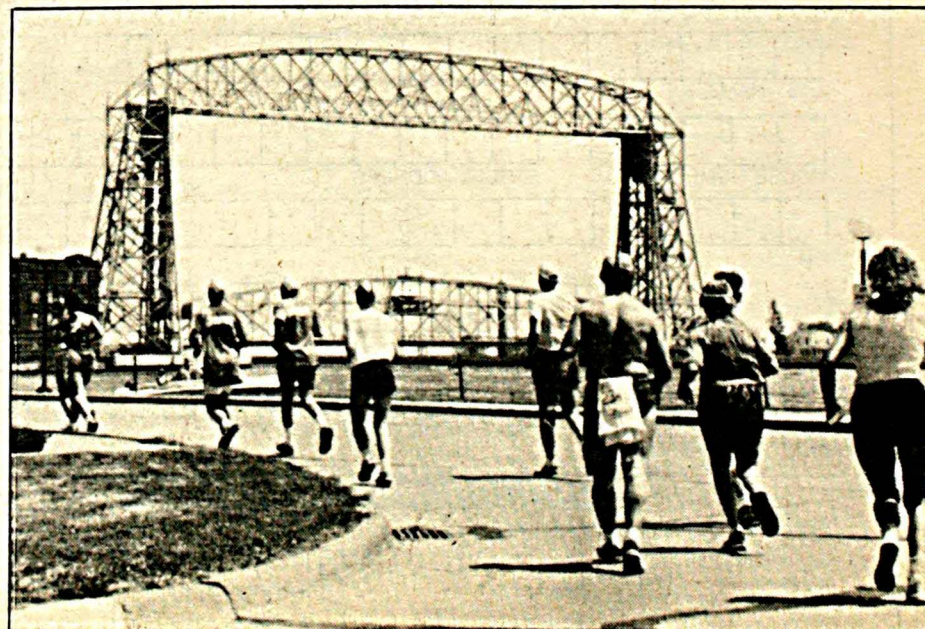
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Runners in Grandma's Marathon race along the shore of Lake Superior, finishing at the foot of the aerial lift bridge in Duluth, Minn.



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East meets West. This one-of-a-kind video teaching tape combines hammer techniques of the East with the latest learning technologies of the West. Emphasis on the basics of the hammer throw takes the mystery out of the event. Instructions cover the 3 turn throw. Featured model, Yuriy Syedikh — USSR. *Winning Hammer Ways* was produced by SyberVision with Ed Burke (widely renowned U.S. Olympian), Stewart Tougher and Dr. L. Pataki acting as technical advisors and directors.

### **TOM PETRANOFF'S Javelin Video**



A video encyclopedia of the javelin throw covers complete instructions on: Drills... Weight Training... Conditioning... Pliometrics... Throwing Technique and Mental Preparation. Your instructor is Tom Petranoff, one of the world's finest competitors and instructors of the javelin throw. In 1983, Tom threw to a World's Record of 327' and in 1986 threw to a World Best, 280' (new javelin) and was ranked #1 in the world.

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### **AL FEUERBACH'S Basic 70 Foot Shot Putting**



"Shot Putting was never a part-time thing with me... it was an obsession." Through a competitive career spanning 22 years and including over 525 competitions in 24 countries, Al was able to experience this event as few athletes have. Every bit of his learning experience is packed into the video teaching cassette and provides some critical keys to progress for Masters shot putters like you.

You will be instructed by Al, Dave Laut (7'2" 3"), Olympic Bronze Medalist 1984, 4 time U.S. National Champion and Mac Wilkins (6'9" 1 1/2"). Dave demonstrates the rotational style throw and Mac instructs on its technique.

*Basic 70 Foot Shot Putting* presents the foundation for personal shot putting progress and is potentially as useful to the 40' thrower as it is to the 70' thrower. "I truly enjoyed my many years of experience with the shot. I'd like to share them with you!"

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Olympian and World Record holder Willie Banks has created a unique video for triple jumpers to help develop the skills and technique necessary to jump far. Anyone, young and old, aspiring to be a triple jumper or to improve their skills can benefit from this video instructional cassette. The video consists of training aids for coaches as well, including: drills, flexibility, weight training, conditioning and bounding exercises. Demonstrated and narrated by Willie Banks.

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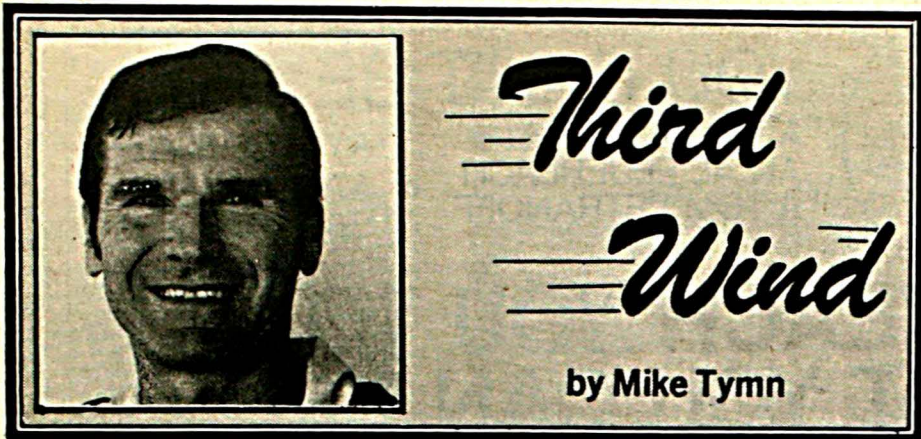
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Add \$3.50 first class/\$2.50 reg. mail per cassette or coaching session for shipping/handling. California residents add appropriate sales tax.





## Do Swimmers Age Faster Than Runners?

While browsing through The World Almanac recently, I noted that the world record for the 400-meter freestyle swim is 3:47.38, just one second slower than the world record in the mile run (3:46.31). From that, I wondered how the age-class records in the two events compared.

I expected to find less of a decline with age in swimming performance. After all, there is more pounding, seemingly more wear and tear on the muscles and joints in running than there is in swimming. Much to my surprise, however, I found that the swimming records dropped off more with age than the running records.

Although not officially recognized as a world 40-44 mile record, the recent 4:07.4 by Wilson Waigwa is well ahead of the 4:33.96 swim record at 400 meters. The gap narrows somewhat at 50, 4:30.06 for the runner to 4:45.96 for the swimmer, then widens again at 60 — 4:57.10 to 5:38.89. At 70, the difference is 39 seconds — 5:32.41 (indoor mile) to 6:11.40.

In searching for an explanation for this significant difference, I first considered the possibility that there are fewer competitive swimmers than competitive runners and, therefore, swimming times are relatively soft. But how many runners compete on the track and how many of those run the mile? A very small percentage. Therefore, that didn't seem to be the answer.

I then discussed my findings with Roger Cundall, 44, a former University of Southern California swimmer and now the top 40-44 swimmer in Hawaii. At first, he could not account for the difference between runners and swimmers. But then, as we discussed training methods, the reason for the difference came to us. It has to do with the fact that today's elite young swimmers spend four to five hours in the pool, while masters swimmers train only a small fraction of that time. Elite young runners, on the other hand, train maybe one hour a day, while the best masters runners approach that.

To put it another way, masters swimmers train much less in relation to elite young swimmers than masters runners do in relation to elite young runners.

"The kids are just putting in so many more miles," said Cundall. "They're putting in four to five hours a day of swimming, not to mention maybe an hour in the weight room. That's a full time job in itself. The masters swimmers today are putting in

an hour, maybe a little over that. If you swim hard for an hour, you can get in 4000 to 5000 meters. It would take a former world-ranked swimmer devoting two-and-a-half hours a day five to six days a week for the (age-graded) swimming records to come down to something close to the mile running times. There are just not that many people willing to devote that much time to the sport."

At USC in 1963-64, Cundall recalls that a typical training session was an hour to an hour and a half. "That was about as much as the eyes would take," he explained. "Back then, we didn't have goggles and the chlorine would get to us. We couldn't keep our eyes open after workouts. We'd have to sleep until about 10 o'clock and then wait until the eyes stopped stinging before we could do our homework. I don't think goggles came in until around 1970, maybe a little before that."

Recalling photos of Florence Chadwick wearing goggles during one of her English Channel swims back in the '50s, I asked Cundall why pool swimmers took so long to start using them. "I don't know," he responded. "I think you were kind of looked upon as a sissy if you wore them. I know there were a few Australians wearing them in the early '60s, but they didn't catch on right away."

Cundall was from the same era as Don Schollander, the first swimmer to win four gold medals at one Olympic Game. In the 1964 Tokyo Olympics, Schollander won the 400 freestyle in a world-record 4:12.2. If we consider that Schollander's training was much closer in quantity to today's masters swimmers and use his world record as a starting point instead of that 3:47.38, we find that decline in swimming performance with age pretty much runs parallel to the running decline.

How do Cundall's performances now compare with those of his college days? "It's hard to say," he answered. "I swim all freestyle now. In college, I did the breaststroke and individual medley. My freestyle times now, at 200 on up, are faster than when I was in college. I never broke 20 minutes for a mile back then, but I know I can do it now. In my specialty, though, I'm nowhere near as fast as I was back in college. In the 100-yard breaststroke, I was usually in the 1:03-1:04 range. Nobody was breaking a minute back then. Today, I'm around 1:13-1:14, about 10 seconds slower."

Cundall's training now approaches what he did in college. "I put in an hour, an hour and fifteen. After that I'm bored. For what I'm trying to accomplish, that's enough. But it seems like each year I have to put in a little bit more mileage in order to swim as fast as I did the prior year."

As Cundall sees it, swimming has gone the way of running. "In running, the standard is no longer what is done on the track," he said. "It's what's

## "Old" at 23

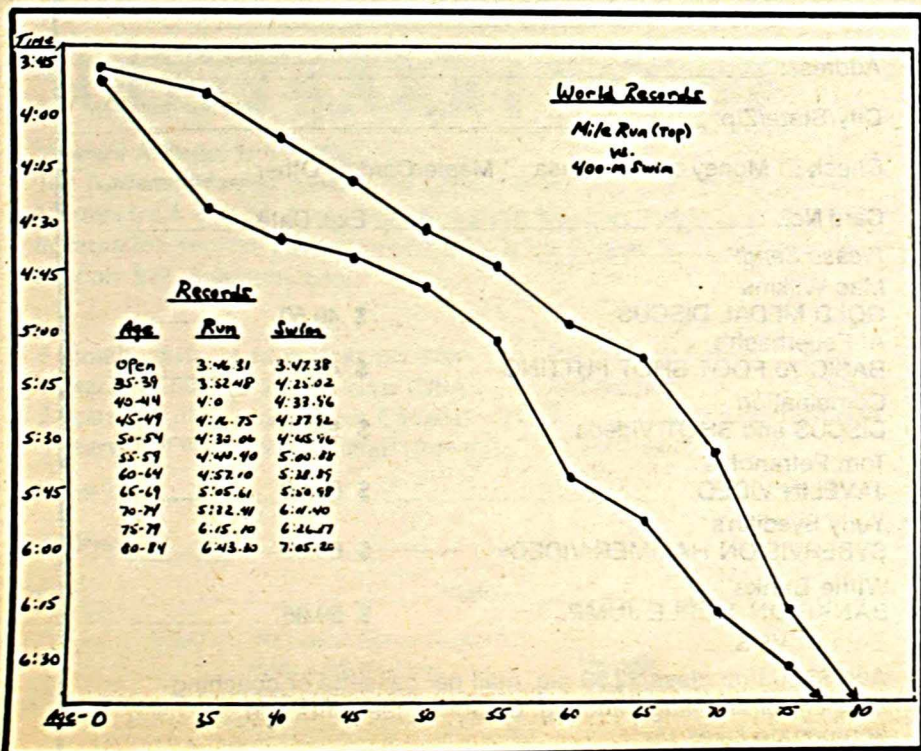
In 1981, when she was 16, Mary T. Meagher broke the world record in the 200-meter butterfly with a 2:05.96. In 1984, at 19, Meagher won the Olympic gold medal with a 2:06.90 clocking. In the Seoul Olympics last year, Meagher, 23, captured the bronze in 2:10.80.

Prior to last year's Olympic Games, Sports Illustrated did a feature on Meagher. "She doesn't recover from one workout to the next anywhere like she used to," Bill Peak, her coach, is quoted. "When she was 16, she could do an 8000-yard workout hard in the morning and again in the afternoon and the next day be ready to go again. She can't do that now."

Said Meagher: "This used to be easy. Now I have to make a conscious decision every day to get up and go train. It was never that way before. It was something I always took for granted, because I didn't know there were other options in life."

Meagher added that she often feels frustrated. "The killer instinct isn't there like it used to be, and even though I'm aware of that, there's nothing I can do about it. Winning just doesn't have the meaning it used to." — Mike Tymn

done on the road, isn't it? It's pretty much the same in swimming now. We train a lot in the pool, but the proof of the pudding is in the ocean. That's how we're measuring ourselves now." □



Sylvie Kimche, W40, first master in 5:43.3 at the TAC Masters Road Mile in Ridgewood, N.J., May 21. Photo from Wayne Bargiel



## Waigwa, Welch Top Cascade Masters

San Diego's Wilson Waigwa, 40, was the first over-age-40 runner in the Cascade Run Off 15K in Portland, Oregon, June 18, in a time of 46:08, only ten seconds over Bill Stewart's American 15K masters record of 45:58.

Close on Waigwa's heels were Colombia's Victor Mora (44, 46:21) and Canada's Chris McCubbins (43, 46:44).

Top female master was the ubiquitous Briton, Priscilla Welch, 44, in 51:52, followed by New Zealand's Heather Matthews (42, 52:03) and California's Laurie Binder (41, 53:34).

Those six won \$1000 (1st), \$500 (2nd) and \$250 (3rd).

Welch claimed top age-graded honors with a 97.04% performance (W44 standard of 50:20 divided by Welch's 51:52). Mora had the second-best age-graded showing with 96.97%, followed by McCubbins (95.5%), Matthews (95.3%), and Waigwa (94.9%).

Other age-group winners included Buz Masters (M60, 1:02:16), Sue Cammack (W45, 1:04:26), and Billie Murphy (W60, 1:12:12). □



Bob Stone, M65, 28.78 in the javelin at Sportarcade VI in Los Angeles. Photo by Jerry Wojcik

## Mora, Binder Conquer Peachtree

by STEVE LEWALLEN

Colombia's Victor Mora led all masters with a 30:00 at the Peachtree 10K in Atlanta, Ga., July 4.

Great Britain's Mike Hurd, M40, was second master in 30:33.

Mora and Hurd finished 1-2 on an age-graded basis as well. Mora turned in a best-of-the-day 95.2 performance percentage, while Hurd's 93.5% placed him second.

Top female master was Oakland's Laurie Binder in 35:29 (89.9%).

Overall winners were Kenya's Ibrahim-Hussein (28:13) and U.S.A.'s Judi St. Hilaire (32:05). □

# THE NATIONAL MASTERS

(Men & Women)

## 15 Kilometer Cross-Country Championships

(TAC Sanctioned)

Sunday, November 26, 1989 - 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, 80-84, 85-89, 90+

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 finishers."

**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 26, 1989**

Place	Time	Runners Number
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FOR OFFICE USE ONLY

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

SIGNATURE

DATE

In consideration of your accepting this entry, I, the above signed, intending to be legally bound, hereby, for myself, any my heirs, executors and administrators, waive and release, and all rights and claims for damages 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.





## Warming Up — Why Do It and How To Do It

by JOHN COSGROVE

A proper warmup is essential to a good performance, especially for masters. Most serious masters runners tell me it takes longer to warm up as they get older. I experience this each morning during my five-miler. A 10-minute-per-mile pace is difficult for the first three blocks, but I know patience will be rewarded. I feel stiff for the first two miles, but am really peppy at the end of the five miles.

Strangely, the fast-twitch muscles of sprinters warm up faster than the slow-twitch muscles of distance runners. Ken Foreman, an experienced coach who has done clinical studies on this issue, explained that it was biologically based and a normal characteristic of the differences in the muscle fiber. The fast-twitch muscles are also more prone to injury if not properly readied. Sprinters can leave their race in the warmup, so it's a fine line that one has to find.

A well-structured warm-up sequence is also a great way to deal with the pre-race jitters. If you go into automatic mode when the sequence is started, this tends to relieve the pressure at the same time that you are preparing for the race in the best possible way. No decisions are required, you are familiar with your physical state at each step and how long each will take. The race time arrives with your mental and physical state at a predictable point. Of course the sequence is never perfect with the

## Gillcrist Ups Own High Jump Record

by JERRY WOJCIK

Jim Gillcrist, who broke the world M60-64 record in the high jump in a meet at Sarasota, Fla., in late May, bettered it in the Northwest Classic held June 10-11 in Miami, when he jumped 1.62 (5-3¾), improving his

May mark by a quarter inch.

Burl Gist held the former record of 5-2¾, set in 1984.

Gillcrist's performance percentage of 92.6 based on the M60 age-group standard of 1.75 divided into 1.62, was the best of the meet. □

normal variations to be expected but having a standard plan is far better than 'winging it' every time.

### Pre-Race Warm Up

1. Easy jog for 7-20 minutes. The emphasis is on 'easy'. Just awaken your body until your muscles feel warm and a mild sweat is broken. Make sure that you have a warmup suit to wear so that your next step is not done while cooling down too much.

2. Stretch using your normal routine. If possible, give yourself plenty of time. Everyone has different needs and there is often no good place to get your full routine in before a race. The key is that the stretch should be done after the warmup jog and with some kind of warmup suit on to retain the heat.

3. Start off with some easy stride-outs. This begins the phase of building up your energy delivery system volume capacity. Think of the thermostat on your car being forced to open up to maximum volume. Your blood system needs to be opened up to get the oxygen in and the waste products out. The first strides are relatively easy with a gradual buildup. Always think about form and relaxation as you slowly build the speed up.

4. Coach John Smith recommends six 100-meter out-and-back strides with a jog on the turn. No stopping or walking. Doing them in 100 increments is not the same as a 600 because you have a sense of building to a full stride in stages. This is followed by a 100 walk. Never stop completely.

5. The six 100s are followed by three 100s at a faster pace. One rule we use is that the six 100s should finish at your mile race pace, the three 100s at your half mile race pace with the final three at quarter mile race pace. This second set of 100s are also done continuously with only a short jog at the turn. Again, the pace is faster and more emphasis is placed on getting your hips under you and landing more forward on your feet. This set is followed by a 100 walk.

6. The last three 100s are usually the most fun because you hit them harder and are warm enough to feel good about it. Each of these is followed by a 100 walk so you are not getting tired. You can run these fast but still hold back on the intensity. The idea is to experience speed without losing your relaxation and smooth form.

7. Congratulations — you are now ready to race or do your normal workout.

8. If the race is delayed or you begin to cool down before the workout starts, do a few rolling starts. These are only 20-40 meters with a quick acceleration to get your blood flowing but without any build-up of waste products. In fact, Coach Smith uses these rolling starts to invigorate your leg muscles by clearing out leftover waste products after a hard race or workout. It really works! Coach Laszlo Tabori has a similar routine.

9. After the work, some easy jogging for ¼ mile to a mile is a good idea. Coach Smith always says 'give me two laps' after the workout. □

*John Cosgrove is the director of the Annual Mammoth Athletics Camp.*

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**American Heart Association**



### Second Annual Sri Chinmoy Masters Track & Field 50 and Over Only

Sunday, September 24, 1989 University of California, Irvine

— TAC SANCTIONED —

**DATE:** Sunday, September 24, 1989  
**LOCATION:** University of California, Irvine, CA 92717  
**DIRECTIONS:** Fwy 405 (or 5) to Culver Blvd., South to Campus Drive, right on Campus Drive to Bridge Road, left on Bridge Road to parking lot 6 or 6A.  
**DIVISION:** 10 year age division, from oldest to youngest.  
**ENTRY FEE:** First event \$10.00, additional events \$5.00 each, unlimited entries \$20.00, includes multi-colored T-shirt. No refunds.  
**DEADLINE:** All entries must be postmarked no later than September 14, 1989. Complete entry form information may be phoned in as late as Sunday, September 17, 1989. Late entries add \$1.00.  
**AWARDS:** Sri Chinmoy Race rainbow-colored ribbons to first three men and women in each event and age group.  
**REFRESHMENTS:** Water, fruit and refreshments throughout day to participants.  
**MAIL ENTRY TO:** Sri Chinmoy Marathon Team, 1921 S. Sherbourne Dr. Los Angeles, CA 90034

### TENTATIVE SCHEDULE OF EVENTS

#### TRACK EVENTS

9:30 a.m. 5000m Race Walk, combined  
 10:30 a.m. 80m Hurdles  
 10:45 a.m. 100m Hurdles  
 11:00 a.m. 110m Hurdles  
 11:15 a.m. 1500m Run, combined  
 11:30 a.m. 100m Run  
 12:00 noon Break  
 12:30 p.m. 300m Int. Hurdles  
 1:00 p.m. 400m Run  
 1:20 p.m. 3000m Run, combined  
 1:50 p.m. 200m Run  
 2:20 p.m. 800m Run

#### FIELD EVENTS

9:00 a.m. Hammer  
 10:00 a.m. Javelin  
 10:00 a.m. Pole Vault  
 11:00 a.m. Shot Put  
 12:00 noon Break  
 12:30 p.m. Discus  
 1:00 p.m. High Jump  
 1:45 p.m. Long Jump  
 2:30 p.m. Triple Jump

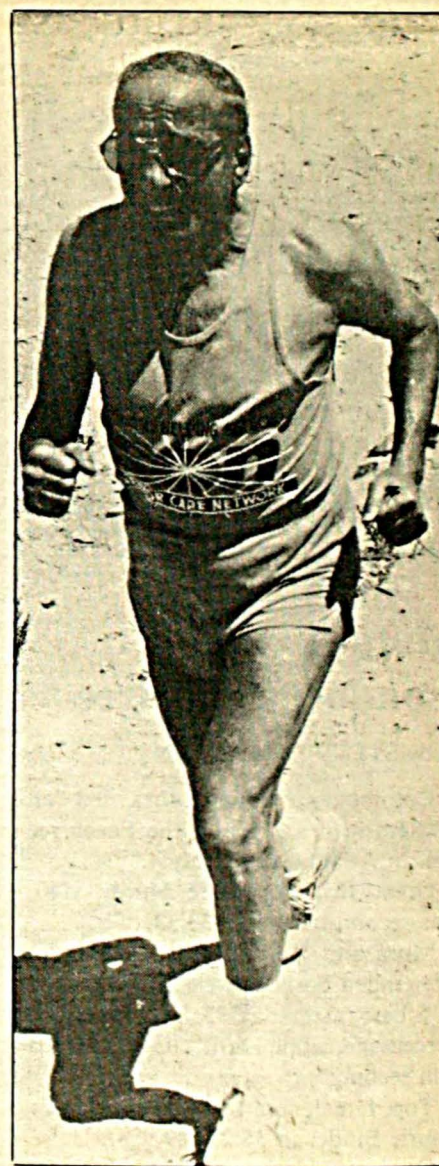
### ENTRY FORM

Mail or call in to the Sri Chinmoy Marathon Team, 1921 S. Sherbourne Drive, Los Angeles, CA 90034, Phone: (213) 838-4746

NAME (Last) \_\_\_\_\_ (First) \_\_\_\_\_  
 AGE \_\_\_\_\_ SEX \_\_\_\_\_ DATE OF BIRTH \_\_\_\_\_ TAC # \_\_\_\_\_  
 ADDRESS \_\_\_\_\_ CITY \_\_\_\_\_  
 STATE \_\_\_\_\_ ZIP \_\_\_\_\_ TELEPHONE \_\_\_\_\_  
 T-SHIRT SIZE S M L Ex-L \_\_\_\_\_ AMOUNT ENCLOSED \_\_\_\_\_  
 PLEASE ENTER ME: 1) \_\_\_\_\_ 2) \_\_\_\_\_ 3) \_\_\_\_\_  
 4) \_\_\_\_\_ 5) \_\_\_\_\_ 6) \_\_\_\_\_

**ADULT'S WAIVER.** In consideration of your acceptance of my entry, I hereby for myself and executors, heirs, assigns and all other persons discharge and release the American Heart Association, its officers, directors, agents, employees, volunteers, and all other persons from and against all claims for damages which I may have, or may hereafter accrue, against the American Heart Association, its officers, directors, agents, employees, volunteers, and all other persons, for any damages which may be suffered by me. I certify that I am in good health and that my level of training is such that I am prepared to compete in this event.

Athlete's Signature: \_\_\_\_\_ Date: \_\_\_\_\_



Peter Bolos, 76, St. Clair Shores, Mich., completed 111 TAC-sanctioned races in 1988



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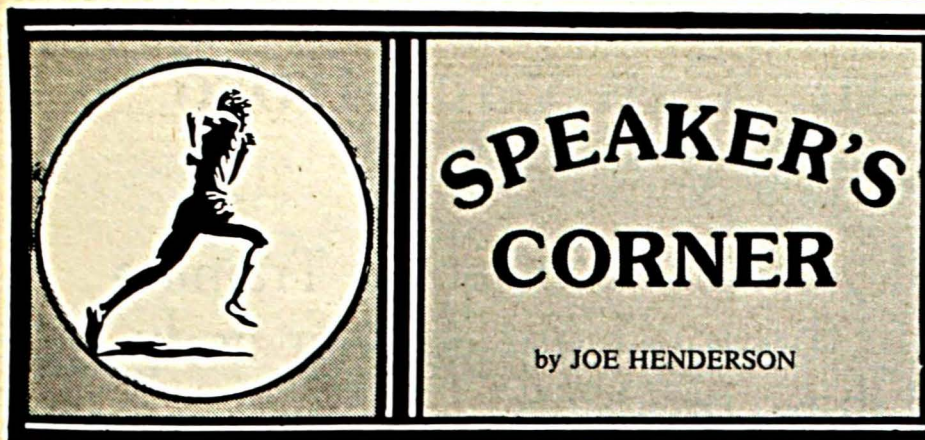
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## The Young Old

**C**ompetition for Veterans — or “masters,” as older American runners still call ourselves — is still a young movement. The World Veterans Championships, coming to the U.S. for the first time this month, are only 14 years old.

Like a child of that age, vets running is both growing and maturing quickly. We're just beginning to see what its adult identity might be.

In its short life, this arena already has produced three generations of winners. First came the new or renewed athletes.

These people who hadn't competed since their youth, if then, started training for fitness as adults and couldn't stop with that. They created the first demand for separate veterans' meets, and won most of the early prizes.

This generation included Jim O'Neil and Dr. Alex Ratelle, who both remain active in their 60s. O'Neil, a Californian, rediscovered running at about 40 and has competed in every national and world meet. Ratelle, from Minnesota, ran for the first time at about 40 and much later broke 2:30 in the marathon.

The new opportunities for masters gave longtime runners in their 30s a new reason to continue. Soon, a second generation of winning vets was born — formerly near-great athletes who won by outlasting the people who had outrun them in their youth.

Hal Higdon of Indiana and Ray Hatton, a Briton transplanted to Oregon, best represent this generation. Neither made an Olympic team in his prime years, but both set vet records in their 40s and 50s.

Now, the third generation is emerging. Superstars who remained competitive until they reached veteran status include Kenyan miler Mike Boit, who won an Olympic medal at 23, and U.S. marathoner Bill Rodgers, who started his Boston and New York winning streaks in his 20s.

Women have evolved more slowly because they got a later start in this sport. But they've followed the same pattern.

Three Americans personify the generational shifts: (1) early winner Ruth Anderson; (2) near-great Laurie Binder, and (3) many-time Olympian Francie Larrieu Smith, who at 36 counts as a veteran under international rules and plans to run in Eugene.

For both sexes, the quality of competition has improved vastly. So has

the quantity of competitors. The World Veterans Championships have more than tripled in size since the first edition at Toronto in 1975.

But while growing bigger and better, these Championships haven't forgotten their original purpose: to serve the athletes, not the interests of nations or fans. Contrast this with the conduct of older international meets for young athletes, the World Championships and Olympic Games.

The Youth Worlds are limited to members of national teams (and no more than three athletes per country per event). Vets enter their Worlds as individuals.

The Youth Worlds cater to spectators by limiting the size and number of races conducted. The Vets Worlds make room for anyone who wants to compete, no matter how unwieldy the program grows (and the meet doesn't even charge an admission fee for spectators).

No one is turned away because of advanced age, lack of ability or overcrowded fields. The meet just adds more age-groups and heats as demand warrants.

While previewing the meet in Eugene, it's tempting to dwell on a few of those athletes and events. The medal-winners, record-setters and superstars will have to read about themselves someplace else, because they aren't the biggest story here.

The top story concerns all these people who will come to Oregon to compete — not to win, in most cases, but to do whatever they can. This is a meet for getting out on the track, field or road and doing one's best — not for sitting by and worshipping the winners.

As the World Veterans Championships have grown, they've stayed truer to the original Olympic ideal than the Olympics have. The glory at the Vets Worlds isn't reserved for the athletes who place first but extends to everyone who takes part. □

*Reprinted from Running Commentary, a monthly publication available for \$18 per year from Joe Henderson, 441 Brookside Drive, Eugene, OR 97405.*

## King is King in San Diego

by ED OLEATA

James King, in his first meet as a 40-year-old, stole the show at the San Diego-Imperial TAC Masters Championships in San Diego, June 25. He started the day by breaking Leon Hacker's 10-year-old world record of 54.08 in the 400-meter hurdles with a time of 53.88. King, who was world-ranked in the top ten in this event for ten years, ran a smooth, easy race that showed that this record will probably go lower before the year is over. He came back an hour later and clocked 49.49 in the flat 400 and finished off the day with 22.71 in the 200. A nice day's work for the ex-San Diego State athlete.

Larry Stuart also broke the age 51 world record with the new javelin with a throw of 61.00 (200-1).

Every result from the meet includes a performance rating calculated from the standards in the 1989 Masters Age-Graded Tables. King's and Stuart's marks head a list of 14 performances which exceeded 90% ratings. Burl Gist

and Cliff Bedell also had outstanding days as they each exceeded 90% in two events.

The meet was a test of the computer system which will be used in the National Championships at the end of July. The system worked perfectly. All the entry information was in the computer before the meet began. There was no hand timers at the finish line. Accutrack pictures were taken to the press box, read, and the results punched into the computer, then printed out by age group.

The meet ran very smoothly because there were no delays. It was an indication of how much easier a track meet can be if it uses the latest technology and doesn't allow day-of-race registration. Doing most of the work before the meet makes the meet day much smoother and less hectic. All you need is a good computer man to do all the work the week before. Ours was Frank Whittemore, who did a great job programming the first computerized track meet in San Diego history. □



Start of the Class 2 400 in the Scholastic/Masters T&F Classic, Oregon City, Oregon, June 17, in which high schoolers competed against masters. Here, 16-year-old Jim Carkner, winner in 51.4, is on the far left, with second place Simon Timani, 41, third from left. Photo by Mike Monahan

## Masters vs. Students in Oregon Meet

Continued from page 1

vs. 30-39; Class 4 was composed of top open and scholastic athletes vs. elite masters of all ages; and Class 5 was made up of 60-and-over competitors, who tested each other's skills.

Some of the best match-ups, which in other events pitted parent against sibling, came in the pole vault. Larry Holmes, the 1988 M45 outdoor champion, won the Class 2 competition over a top Oregon high-schooler, John Patterson, 12-0 to 11-6. Mike Monahan, the meet's originator, opted for the elite Class 4 division and won it with a 13-6, as the scholastic vaulter no-heighted.

In the shot put, Heath Howington, the state AAA champion, took the elite

Class 4 event with a 58-6½ put from Chuck Chapin, 44, who finished at 57-7¼, after the lead changed hands several times.

Other outstanding performances came from Mike Tierney, the state AAA 800 champion, who took no chances with a tough masters field and posted the best time of the event with a 1:57.2, and from Pat Dixon, who ran the 1500 in 6:51.0 for a U.S. W70-74 record.

Special recognition awards were given to top performers. Next year, awards will be given to the top six placers in each event to encourage more non-elite athlete participation. □



# Masters Health and Fitness

by DR. DANIEL C. BATCHELOR

## Acupuncture

**A**cupuncture is an ancient Chinese medical system in which needles are inserted at specific points under the skin to cure or alleviate pain. In recent years, it has also been used in the Orient as a general anesthetic for major surgery. Under acupuncture anesthetic, the patient can talk and eat, and, in some instances, walk out of the operating room after surgery.

Although American physicians were initially dubious about acupuncture, the medical profession is now giving it careful study. Some doctors, including myself, are incorporating a form of it into our practices.

My first encounter with acupuncture came when I was having chronic pain in my knee. Needles were inserted an inch or so into my knee. I was shocked that it was completely painless. Sensory nerve endings are scattered and the needle is so thin, it barely stimulated any to cause pain. A group of eight needles were inserted into various specific points. Since that treatment five years ago, I've experienced no pain in that knee and have become a proponent for alternative therapy for pain relief.

It is staggering to see the many people who have had back or knee surgery without giving thought to any type of non-invasive, unconventionally-based therapy. Surgery has its place in the

treatment of running-related injuries, but only as a last resort.

The latest state-of-the-art therapy involves electrical acupuncture. It's non-invasive and most often painless. We have been using it successfully at our clinic for the past year. It is effective for world-class or masters athletes.

Electricity follows the path of least resistance. The body's electrical currents tend to flow around an injured area instead of through it. Electrical acupuncture administers a painless low-frequency stimulation that allows the body to heal itself at a greatly accelerated rate. Application of extremely minute electrical charges (500 millionths of an amp) to the skin cells increases amino acid and ATP (adenosine triphosphate) production within the cells and also accelerates the transports of nutrients and wastes through the cell membranes.

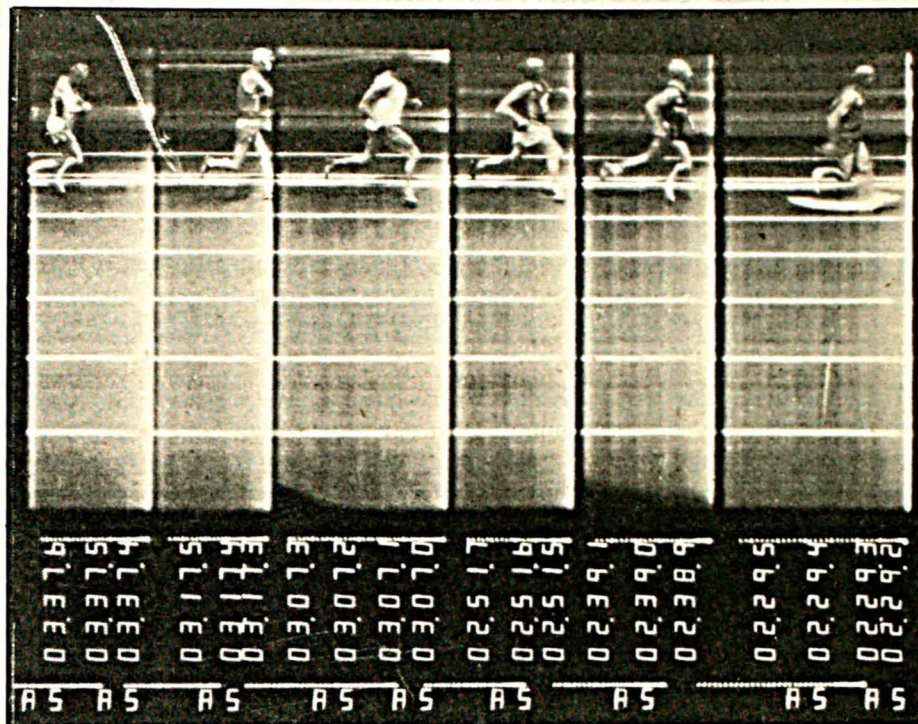
The body does not build up a tolerance to acupuncture. An average

treatment lasts from 10 to 30 minutes. The average patient with a chronic injury usually requires six to ten treatments over a two-to-three-week period. By the second treatment, there should be definite improvement.

Within the next ten years, we will see acupuncture in use in most of the

clinics that deal with pain. It will simply take time to gain acceptance, as most new therapies do. □

(For more information on acupuncture, write to Dr. Daniel C. Batchelor, 270 South Atlanta St., Roswell, GA 30075 or call 404/992-2002.



The automatic timer catches New York's Archie Messenger in a new world indoor record 2:29.38 in the M65 800 at the U.S. Nationals in Columbus, April 1. Trailing are Valden Sadul (2:38.93), Howard Strassenburg (2:51.56), Buzzy Hood (3:07.09), David Pain (3:17.34) and Richard Cavicchi (3:37.58).

## Law Tops North Carolina Masters

by JIM SAXON

A field of 120 athletes took part in the NC/TAC Masters Championships over the Memorial Day weekend in Thomasville, N.C.

Jim Law, 63, topped all performers with three sprint wins, 100 in 12.83 (92.6% performance percentage), 200 in 26.44 (93.8%) and 400 in 60.36 (95.3%). Thad Bell, 45, prevented a Law "grand slam" by outleaning him to take the *Running Journal* Fastest Master age-handicap 100 in 10.93 (90.1%). Maurice McDonald scored a strong double in the 400 in 55.68 (90.1%) and 800 in 2:06.5 (91.4%).

Jerry McCorkle, 32, led the men in the field events with a 22-2 (79.9%) long jump. Jack Gilmore, 54, trailed close behind with a 4-9 high jump (77.3%).

New master Bill Walker, 40, made his track debut with a 5000 in 15:49.3 (86.8%). Sub-master Jeff Martin, 31, led the 5000 in 14:51.8 (87.6%).

Trophy for best women's perfor-

mance went to Beth Howell, 33, with a 10:27.7 3000 meters (82.0%). Top grand master Betty Dameon, 53, won the overall age-graded 10,000 plaque with a factored 39:41 (75.3%). She came back the second day to top that performance with a 78.3% 5000 of 18:21.2. Betty Vosburgh, 57, continued her hot spring campaign with multiple wins led by a 77.3% 200 of 34.28. Running newcomer Anne Yudell, 56, showed promising speed in her first masters outing with 74.5% and 72.8%, respectively, in the 200 and 100.

In the field, Brenda Bloomfield, 47, showed the way with four golds, featuring a 3-5½ high jump (62.7%).

A good field of 14 race walkers contested the 5000 walk. Veterans Ray McKinnis, 49, John Murphy, 50, and E.B. Lloyd, 66, captured the top men's places with 24:28.1 (86.0%), 26:16.7 (85.1%) and 31:37.3 (75.7%) respectively. Eleanor Miller, 74, paced the women with a fine 39:46.9 (75.2%) □

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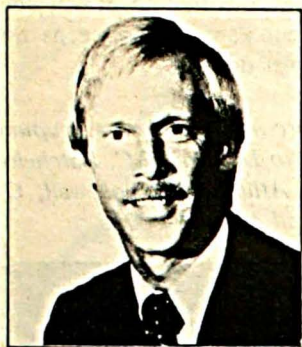
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## Pagliano's Podiatric Pointers

# THE FOOT BEAT

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

## Heat Exhaustion

**W**ith the recent heat waves on the West Coast and in the Midwest, it is prudent that we discuss one of the more common long distance running injuries: heat exhaustion — the inability of the body to keep body temperature from rising during activity.

These recent hot days are really not ones in which the masters runner should compete. The danger of heat exhaustion and cardiovascular collapse are just too great.

Essentially, the body produces heat during a run, usually at a rate at which it is unable to reduce that heat. At races past the 10K distance, increased body heat or hyperthermia occurs along with a feeling of exhaustion or dizziness. These are warning signs and should be heeded by terminating the run and seeking aid immediately.

If you are to run in the heat, the American College of Sports Medicine recommends the wearing of correct clothing to help keep the body cool. White or light-colored jerseys of natural fibers such as cotton to promote air cooling are preferred over a heavier-weight dark garment which may absorb heat.

In longer races, the loss of body fluids from heating can cause weight loss and dehydration. Once the body stops sweating, its heat regulatory

mechanism is no longer working. Heat stroke, heat exhaustion, and muscle cramping may then occur. Body temperatures of 105 degrees have been reported.

The ACSM also recommends cool water prior to and during a race or long workout. This is superior to sugar solutions or soft drinks.

Hyperthermia is a serious medical condition which can be fatal. So make sure the race organizers have provided for proper fluid replacement prior, during, and after the run. Avoid running on hot days or start your runs earlier in the morning. Replace lost body fluids by drinking before and during the run. Most of all, recognize the symptoms of dehydration and seek aid immediately. You can always return and run another day. □

*(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.)*

## Matthews First Master in Friehofer's 5K

by STEVE LEWALLEN

New Zealand's Heather Matthews, 42, dominated an impressive women's masters field at the Friehofer's 5K Run for Women on June 3 in Albany, N.Y., placing first master in 16:19.43. Matthews was tenth overall and was also top age-graded master with a 93.9% (W40 standard of 15:20 divided by Matthews 16:19.43). Matthews was the 3000-meter silver medalist at the 1978 Commonwealth Games.



New Zealand's Heather Matthews, 42, first master in 16:19.4 at the Friehofer's Run for Women 5K in Albany, N.Y., June 3.

Photo by Sailer, Ltd.

Second age-graded master was Laurie Binder (W40, 17:05.5, 89.7%), followed by Gabriele Andersen (W40, 17:13.2, 89.0%).

Other notable age-group winners were Christine Tattersall (W45, 18:22.7), Gina Faust (W50, 18:45.9), and Margarete Deckert (W55, 21:46.1).

Overall winner was Judi St. Hillaire in 15:25.3. □



Nancy Oshier, 41, finishing sixth master in 17:47.9 at the Friehofer's Run for Women 5K in Albany, N.Y., June 3. Photo by Sailer, Ltd.

## 1989 MASTERS PRIZE MONEY AWARDS

THRU 1 JULY 1989

29,300	John Campbell (NZL)	24,680	Priscilla Welch (CO/GBR)
8,126	Victor Mora (COL)	12,900	Laurie Binder (CA)
7,260	Bill Rodgers (MA)	8,650	Gabrielle Andersen (ID)
4,450	Ryszard Marczak (POL)	6,000	Evy Palm (SWE)
3,625	Dave Stewart (CAN)	5,100	Barbara Filutze (PA)
3,495	Graham Tattersall (NZL)	4,500	Judy Greer (FL)
3,375	Bob Schlauf (SC)	3,100	Heather Matthews (NZL)
3,300	Jim Pearson (FL)	2,800	Angela Hearn (NY/GBR)
2,700	John Custy (CO)	2,650	Karen Macharg (FL)
2,300	Athol Barton (MD/NZL)	2,525	Jane Hutchison (MO)
-10-		-10-	
2,175	Mike Hurd (GBR)	2,395	Ngairé Drake (NZL)
1,900	Wilson Waigwa (CA/KEN)	2,325	Nancy Oshier (NY)
1,850	Sheldon Cowles (GBR)	1,383	Gail Scott-LeDage (CO)
1,700	Kjell-Erik Stahl (SWE)	1,250	Harolene Walters (CA)
1,400	Larry Olsen (MA)	1,250	Wen-Shi Yu (NY)
1,250	Fred Waybright (WV)	1,100	Claudia Ciavarella (NC)
1,150	Steve Lester (UT)	1,000	Terry Mahr (OH)
1,100	Jim O'Neill (OH)	818	Mary Wood (CO)
1,020	Jerry Tighe (CAN)	800	Nancy McLaren (USA)
1,000	Hector Chavez (MEX)	750	Sue McLain (OH)
-20-		-20-	
1,000	Bob Rozeski (OH)		

Compiled by Competitive Road Racer, PO Box 42888, Tucson AZ 85733

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Let the government finance your small business. Grants/loans to \$500,000 yearly. Free recorded message! 707-449-8600. (LJ5)

## Waigwa — 4:05.39!

Wilson Waigwa, 40, again lowered the world masters mile record in the Prefontaine Classic in Eugene, Oregon, with a time of 4:05.39. The official world mile record for men over 40 is 4:07.4, set by Waigwa in Modesto, Calif., on May 7, and approved by the World Association of Veteran Athletes. □

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.



## Waigwa, Drake Win in Utica 15K

Continued from page 1

by Barbara Filutze of Erie, Pa. Ngaire Drake of New Zealand won, in 55:05, followed by 1980 women's open champion Nancy Mieszcak of Buffalo (56:05), Claudia Ciavarelli of Cary, N.C. (56:30), and Nancy Oshier of Spencerport, N.Y. (56:47).

Waigwa and Drake each received \$1000 for winning and \$500 for setting new course records.

Drake, who turned 40 in May, said once she passed Mieszcak after one mile, "I ran comfortably at six minutes a mile. I knew that would be sufficient to break the record."

Waigwa didn't have it so easy. The long downhill grade took a toll, and Mora caught him with about a mile remaining.

Waigwa wasn't about to lose.

"I came this far," he remembered thinking to himself.

Although Mora challenged, he didn't think he had the kick to catch the 40-year-old Waigwa, who raced for the U. of Texas-El Paso track team from 1973 to 1977.

"He's too fast," said Mora. "Speed is a problem for me."

Age was also a factor. Mora, 44, was happy he could even challenge Waigwa.

"There's a difference," said Mora. "This is a good race for me."

Rodgers, who won the 1983 Boiler-maker in a then-record 44:38, was happy with his effort, especially because a heel injury kept him from training for three months.

"I tried to do my best, under the circumstances," said Rodgers, 41, the 1988 ICI/USRA U.S. Racing Association masters champion. "The next step is becoming competitive with Waigwa and Mora. Give me about another month, month and a half."



Yong Teruya (W50) shows excellent form after the Hawaiian Style 8K in Honolulu, Hawaii. Teruya finished third in her division in 39:19. Photo from Tesh Teshima

In the women's race, Drake was optimistic, especially after race day broke cool with low humidity. Temperature at 8:20 a.m. racetime was in the mid-60s.

"I thought I'd have to run poorly not to break the record," said Drake. "I can go faster. I expected to run in 53 minutes, so I had three or four minutes up my sleeve," she said. "It would be silly to break the record by too much because I might want to come back next year and break it again. But you

can't be too cheeky, because there might be someone who can beat you."

Drake will return home to train in New Zealand for October's Twin Cities Marathon in Minnesota.

"I've got to get away from racing," she said. "It's too tempting traveling around the countryside and having a good time."

Jon Sinclair (44:06) and Michele Bush-Cuke (52:35) were the overall winners. □

## Five Years Ago

August, 1984

- Ed Burke, 44, Makes Olympics, but Al Oerter, 47, Doesn't
- Shirley Matson ends Cindy Dalrymple's 75-race masters winning streak in Peachtree 10K (35:59 to 36:05)
- Parry O'Brien Sets Two World M50 Shot Records
- Irene Obera Sets Two W50 World Sprint Records

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Men's and women's official world and U.S. Outdoor and Indoor 5-year age-group records for all track & field events, age 35 and up, as of June 1, 1989. 8 pages. Lists name, age, state and date of record. Compiled by Peter Mundle, WAVA and TAC Masters T&F Records Chairman. \$1.50.

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U.S. rules of competition for men and women for track & field, long distance running and race walking — youth, open and masters. \$9.95.

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## MASTERS TRACK & FIELD REPORT

by JERRY ALAN DONLEY

Chairman, TAC Masters Track & Field Committee

### Welcome to Eugene

**A**s a representative of the U.S.A. masters athletes, I welcome all the competitors, their friends and families to the World Championships in Eugene-Springfield, Oregon, U.S.A.

Masters competitors from the United States not only will be present to compete, but their generous financial gifts have helped to make this Championship successful.

The communities of Eugene and Springfield reflect many of the qualities that represent the United States of America, and you are encouraged to get to know the area, the scenery, and the people so that these qualities can be demonstrated.

You will find a wonderful spirit in these communities, combining both close fellowship and tough competition.

The communities of Eugene and Springfield have dedicated themselves to this Championship and will provide you with a warm welcome, great scenery, friendly people, and a well-run Championship.

Compete well, have a great time, and return soon. □

### Texas Masters Championships Held in Dallas

by TIM MURPHY

The Texas Masters Championships were run under beautiful conditions, under the lights starting at 6:00 p.m. on the U. of Texas-Arlington track, June 24. There were many good track times and field event marks, with 26 Texas records set or broken.

John Alexander, 69, ran a 62.8 400 for a world single-age record. Marion Coffee, W50, set three state records in the 100 (17.0), 200 (37.0), and 400 (1:25.5). Francisco Colon, M70, set

three Texas records in the high jump (4-3), long jump (14-2), and discus (100-0).

Again our thanks for a meet that went like clockwork because of the efforts of our coordinator, Pat Mitchell, and his crew who have worked this meet for years. Awards were Texas Championships patches and head-phone radios for first place.

Thanks to Chuck Miller, who did not run — out with a hamstring pull, and the 7UP Co. for sponsoring the Texas Raging Bull singlets. □

### FINAL REPORT MONIES COLLECTED AND DISTRIBUTED

by MASTERS SPORTS ASSOCIATION for  
WORLD VETERANS CHAMPIONSHIP

TOTAL CONTRIBUTIONS	\$76,239.82
INTEREST	1,516.53
<b>TOTAL</b>	<b>\$77,756.35</b>
EXPENSES	
ACCOUNTING	\$500.00
BAD CHECKS	\$52.68
DISCOUNTED FUNDS	\$13.47
OFFICE, CLERICAL, SUPPLIES	\$836.24
	<b>\$1,402.39</b>
<b>NET</b>	<b>\$76,353.96</b>
DISTRIBUTED TO ORGANIZING COMMITTEE	<b>\$75,953.96</b>
BALANCE IN ACCOUNT	<b>\$400.00</b>



Sally Strazdins (38:16), first W55 at the Vintage 5 Mile Run in Pittsburgh, Pa., May 13.

Photo by Beverly Beisgen

### Final Report of World Games Trust Fund

On this page is the final report of monies collected and distributed by the Masters Sports Association for the World Veterans Championships.

These monies represent the best of the United States amateur competition. Not only have you competitors taken time off from work, and paid your way to Eugene-Springfield, you have had a significant impact on the capabilities of the Organizing Committee. You are a marvelous bunch of people! It has been a pleasure to see this event through to a completion.

Thanks from the Trustees for all you have given. □

— Jerry Donley

### Over the Hill and Buffalo Take Team Titles in Cleveland

by JEFF GERSON

The host Over The Hill Track Club won the men's team title, while the Buffalo Belles & Brawn won the women's championship at the 11th Annual Cleveland Track Classic, held June 17 at Wickliffe High School. Over The Hill held off the challenge of a strong Detroit Fitness contingent to retain their men's title. Buffalo defeated Over The Hill by 50 points to win their first-ever women's title.

Among the outstanding performers was Terry Halmi, of Erie, who destroyed the M40 meet javelin record with a throw of 225-10. Stan Allen took the 40-49 MVP as he won the HJ and

400H, as well as running on 3 winning relay teams.

Grover Coats of Over The Hill was the M50 MVP, winning the LJ, TJ, 200, 400, HJ, and 100H, setting a meet record of 19.0.

The 30-39 MVP was Ben James of Rochester, who took the 400 (50.1), 200 (22.8), and ran a sub-50 relay split in the 4x400.

Jack Greenwald and Fred Hirsimaki shared the MVP award in M60+, as they combined for 11 victories.

Over The Hill's Nancy Noonan-Oliver was chosen the outstanding masters woman after obliterating the old records in the W40 mile (5:25.1) and 800 (2:31.5). □

### Tiff Breaks Own Triple Jump WR in L.A.

by CHRISTEL MILLER

According to the weather forecast, the Southern California Association/TAC Masters Championships at Occidental College, Los Angeles, June 18, should have been held in mid-70s temperatures, but by mid-day they were in the 90s.

Despite the heat, Milan Tiff coolly broke his M40-44 triple jump WR of 15.36 (50-4¾) with a 15.49 (50-10); Kenny Dennis, M50, and Payton Jordan, M70, tied their own age-group WRs in the 100; and Shirley Kinsey celebrated her 60th birthday (on Father's Day!) with a W60-64 U.S. record of 19.1 in the 80mH.

Other highlights included:

• Eric Owers passing George Cohen with 300m to go to take the M45 800 from Cohen, 2:03.2 to 2:05.1. Cohen

had out-dueled Owers for the M40 world title in 1981 in the WAVA Championships in Christchurch, New Zealand.

• Joe Greenberg, M35, and Larry Stuart, M50, setting U.S. single-age records in the javelin.

• Gene Harte outstriding Rocky McPherson in the M60 100 to win in 12.6, with McPherson turning it around in the 200 with a 26.1 victory.

Thanks to The Athletics Congress officials who, with the help of numerous soft drinks, made it through the heat, and a special "Thank you" to Dr. Studenmund, the clerk of the course. □

(Editor's note: The Miller family, Gary and Christel and their children, as they have been in the past, were primarily responsible for the success of the meet.)





## Report from Britain

by ALASTAIR AITKEN (of Athletics Today)

Pete Browne, 40, in his first major outdoor veterans competition, won the 800 (2:01.7) and 1500 (4:19.7) in the Southern Veteran Championships at Bromley's Norman Park, June 4. Browne was the British AAA 800 champion in 1971. Jocelyn Ross, 61, ran an impressive 6:10.9 1500. Steve Warzee, 45, won the 5000 in the rain in 15:40 from road and cross-country veterans club champion Peter Hamilton (15:41.2). Marjorie Hocknell ran the 200 in 27.2 as a guest runner but no

wind gauge cost her a W45 U.K. record.

Former Horsham footballer Paul Toms, 40 in January, was 7th in 170 in 73:32 in the Ranelagh Half-Marathon, May 20. World Cup representative Anne Roden, 42, of South London was easily first woman in 20th position of the entire field. The M50 runner was Pete Lawence of Hastings in 80:56; Ron Franklin was 40th and first M60. □

## European Veterans Road Championships Held in Belgium

by MARTIN DUFF  
(of Athletics Weekly)

The weekend of June 24-25 in Brugge, Belgium, was further extended this year to accommodate all non-stadia events under the EVAA (WAVA) guidelines. There were 10K and marathon running events for men and women, plus a 30K walk for men and a 20K walk for women.

The most competitive races were in the 10K, which was held over a course officially described as "400 meters over-distance," but probably about 30 seconds long for the faster runners.

The Belgian Omer Van Noten, who won in Czechoslovakia in 1987 and was second last year, narrowly squeezed a repeat win in the M40 group over four U.K. runners: Brian O'Neill, Malcolm Martin, new veteran Jim Dingwall, and

1988 winner Ernie Cunningham. Dingwall's effort was marred by one of several crashing falls 50m after the start, caused by chaotic start-line conditions. Van Noten sprinted clear to record 31:23 (worth 30:50), to O'Neill's 31:26.

Another faller, but later in the race, was Tecwyn (Taff) Davies, but he too recovered to produce the best age-graded performance (94.78), in finishing eighth overall, to win the M50 in 32:15. Club-mate Les Presland took the M45 from your correspondent; one of the better wins came from Scotsman Willie Marshall, who collected the M60 in 36:21.

Briton Bronwen Cardy-Wise was an easy winner of the W35 class in 35:18, but there were also fast times from Elaine Statham, W45 winner in 39:03,

and Myfanwy Loudon, M55 runner in 41:50.

Forty-year-old Frenchman Daniel Herlem, a 2:17 performer in 1980, easily took the marathon championships in 2:24:56, while Britain's Pat Beckett took the women's in 3:03:29. Gordon Porteous of Scotland added the M75 marathon to his 10K win with

a 3:23:12. The best older age-group among the ladies came from W65 Jose Waller, who jogged the 26.2 miles in 3:43:07.

In the walks, Britain's Bob Dobson was outstanding in the 30K, winning by nearly four minutes in 2:32:25, while Freda De Wolf of Belgium took the women's 20K in 1:50:37. □

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Cesare Beccalli  
Via Martinetti 7  
20147 Milano, Italy

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P.O. Box 67  
Williamstown 3016  
Victoria  
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### DELEGATE OF: NORTH AMERICA

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USA

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Juncal 1395  
Floor 2 of 15  
Montevideo  
Uruguay

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Hari Chandra  
#24-12 Block 44,  
Marine Crescent, Singapore

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Hans Axmann  
Eichendorffstrasse 2  
D-800 ANSBACH  
Federal Republic of Germany

### OCEANIA:

Jim Blair  
P.O. Box 2910  
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## VII WORLD VETERANS GAMES MELBOURNE - 1987

### FINAL ACCOUNTS 1985 - 1989

Advertising Sales	15,609
Accommodation Surplus	43,950
Entry Fees	201,414
Merchandising Surplus	53,004
Gate Takings	15,472
Government Grants	298,550
Interest Received	47,480
Sponsorship	176,182
Sundry Income	5,428
	-----
	857,089

Less:	Advertising Paid	30,655
	Bank Charges	5,708
	Consultants	43,645
	Sponsorship Servicing	41,094
	Interest Paid	6,638
	Salaries	211,780
	Telephone	11,956
	Postage	24,744
	Travel & Accommod.	45,526
	Promotions	28,522
	Printing & Stationery	78,661
	Competition Expenses	308,122
	Sundry Expenses	10,595
	-----	

847,646

### SURPLUS

9,443

### Distribution

W.A.V.A. (US\$3000)	3,688
O.A.V.A. (NZ\$2000)	1,530
A.A.V.A.C.	2,000
V.V.A.C.	2,225
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9,443

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### WAVA HURDLES AND IMPLEMENTS SPECIFICATIONS

HURDLES										
WOMEN						MEN				
Age	Race Distance	Hurdle Height	To 1st Hurdle	Between Hurdles	To Finish	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 39'6"	110m	.991m 39"	13.72m 45'	9.14m 30'	14.02m 46'
50-59	80m	.762m 30"	12.00m 39'4"	7.0m 22'11 1/2"	19.00m 62'4"	100m	.914m 36"	13.00m 42'8"	8.50m 27'10 1/2"	10.50m 34'5"
60-69	80m	.762m 30"	12.00m 39'4"	7.0m 22'11 1/2"	19.00m 62'4"	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"	7.0m 22'11 1/2"	19.00m 62'4"	80m	.762m 30"	12.00m 39'4"	8.00m 26'3"	12.00m 39'4"
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"	45.00m 147'7-1/4"	35.00m 114'9 1/2"	40.00m 131'2 1/2"	400m	.914m 36"	45.00m 147'7 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"
50-59	300m	.762m 30"	50.00m 164'0 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"	300m	.840m 33"	50.00m 164'0 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"
60-69	300m	.762m 30"	50.00m 164'0 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"	300m	.762m 30"	50.00m 164'0 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"
70 plus	300m	.762m 30"	50.00m 164'0 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"	300m	.762m 30"	50.00m 164'0 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"

Steeplechase distance: All females, and male age-groups M60 and above - 2000m.  
: Male age-groups younger than M60 - 3000m.

### IMPLEMENTS

Age	Shot put	Discus	Hammer	Javelin
WOMEN				
35-49	4.00K	1.00K	4.00K	600 gms.
50 plus	3.00K	1.00K	3.00K	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.

\* New I.A.A.F. Specifications



# PROFILE

## George Billingsley: Going Long and Strong at 67

**A**t 67, George Billingsley still has some ambitious goals: to break his 3:06 PR in the marathon; to set a new American record for his age division at 100 kilometers; and to break 7:28 in the next Jed Smith 50-Miler.

"And to be able to run with the Great One when I'm 70," Billingsley adds. The "Great One," as he is known around the Sacramento, Calif., area, is 72-year-old Paul Reese, long one of the top age-class competitors in the country. Billingsley and Reese frequently train together.

Billingsley is one of the best age-class ultra runners in the country. Last February, he clocked 7:28:35 in the Jed Smith 50, chopping nearly four minutes off his own 65-69 American record of 1987. He holds the 60-64 and

65-69 national records at 100K (9:31:25 and 9:54:59).

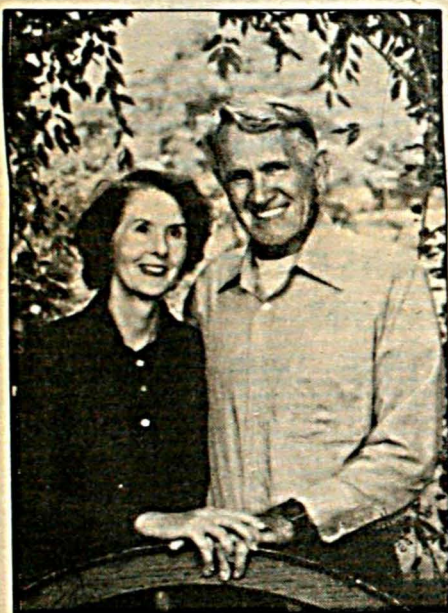
"I'm best at ultra-marathons on a flat course," he says. "So far I've competed best at 50 miles and 100K, but I have dreams of being a competitive 100 miler."

Dr. Kenneth Cooper's book, *Aerobics*, got Billingsley started running a little over 20 years ago. "The initial test indicated I was only in fair condition," he says, "and that jarred me into action. For 10 years I ran about two miles in a cow pasture three or four times a week. When I was 56, a friend at work talked me into a three-mile fun run. The competition was so much fun that I've been competing ever since. I don't have to win my age division to feel fulfilled, but I have to try."

Born in Hardy, Arkansas, Billingsley grew up in California and Oregon, but did not take part in sports at Redmond Union High School in Redmond, Oregon. "Those of us who rode the school bus didn't get to participate," he explains.

In 1961, Billingsley retired from the Air Force as a chief master sergeant and settled down in the Sacramento area. He then attended California State University at Sacramento and the University of California at Davis, earning a masters degree in economics.

After working as an economist for the state of California for several



George and Georgia Billingsley.

## NOW AVAILABLE

### 1988 U.S. Masters Outdoor T&F Rankings Book

- Men's and women's 1988 U.S. 5-year track & field age-group rankings.
- 44 pages, over 100-deep in some events.
- All T&F events, including 3000, 10,000, weight, relays, 1500 walk, 5000 walk.
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## Hayward Meet Tests World Games Site

by JERRY WOJCIK

The Eighth Annual Hayward Classic on June 24-25 gave competitors an opportunity to check out the primary venue of the VIII World Veterans Championships in Eugene, Oregon.

Sprinter Harold Morioka of Canada found the track to his liking and posted a 51.88 400, which was the best age-graded performance (94.4%) in the meet.

Richard Tucker's 1:58.37 in the M40

800 earned him the next best age-graded effort of 92.4%. Ray Hatton, with a 9:43.71 in the M55 3000, garnered the third-best performance with 92.0%.

The best age-graded mark among the javelin throwers came from W50 Becky Sisley, whose 32.16m equalled 72.9%.

Carolyn Kortge, with a 77.0% for her 17:38.30 in the W45 3000 walk, was the top performer in that event.

The meet was hosted by the Oregon Track Club Masters. □

## 1989 Indoor Field Event Rankings Available

The first U.S. masters rankings of indoor field events has been completed by Jerry Wojcik, TAC Masters Rankings Coordinator, and is now available. The compilation contains 11 pages of rankings for men and women ages 30 through 89 who competed in 1989 masters meets, ranging from the National Masters Indoor Champion-

ships to local ones, in the high jump, pole vault, long and triple jumps, shot put, and weight throw.

The price for each copy is \$2.50, plus \$1.00 for postage and handling. Send orders to Jerry Wojcik, Indoor Rankings, P.O. Box 2372, Van Nuys, CA 91404. □

years, Billingsley decided he'd had enough. The job was conflicting with his running goals. "About 10 years ago, I ran out the door at work and haven't gone back since," he says, laughing. "There's no doubt loving my wife and family comes first, but after that it's running, not some damn job."

Although he ran a 3:06 in the 1982 Avenue of the Olives Marathon, Billingsley's fondest memory is of finishing his first marathon, a 3:32 effort in the 1978 West Valley Marthon. "We ran in a frigid rainstorm through puddles ankle deep," he recalls. "The course consisted of five five-mile loops and then finally ended on a high school track. At one point, I saw Jim O'Neil go by me like a gazelle. I thought it must be that he goes out slowly and then picks it up. But later I realized that he had lapped me. The Great One was in the same race running securely, knowing that there wouldn't be any rattlesnakes to contend with."

Billingsley also recalls the Hornitos Half-Marathon in 1978 when he and Reese finished in an intentional tie just a shade over 1:30. "It was no small feat for me, but it was just a routine workout for Paul," he says. "The amusing thing was that they gave me first place and Paul second in our division."

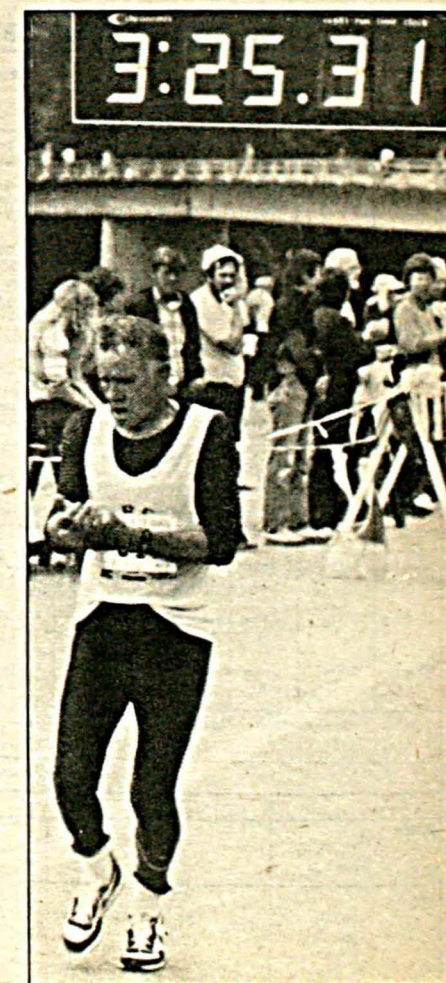
Although he ran as much as 100 miles a week in preparation for the Western States 100 in 1982, Billingsley now averages about eight miles a day while pushing it up to 10 a day in the weeks before a big event. "The training has been a bit haphazard lately," he remarks. "I do a lot of LSD (long, slow distance), some of it with hills. I try to get to the track once a week for some not-too-hard speed work. I use slow marathons as trainers. In 1987, I ran one a month.

"It's a lot of fun training with Paul

Reese. We've developed insulting each other to an art form."

Billingsley says that he is as motivated now as ever. "My best motivator is curiosity. I wonder if I can run all the way around Lake Tahoe without walking, I wonder if I can still nail a PR in the marathon. As long as I can put one foot in the front of the other, I'll be wondering what I can do as a result of my current training.

"Advancing in age groups gives your life real zest. It's more fun as you get older. Life begins at 65!" □ — Mike Tymn



George Billingsley.



## Qualifying Standards Eased for Boston

The Boston Athletic Association has announced new qualifying standards for the 1990 Boston Marathon on April 6. Based on new five-year-age increments, the new times for open and masters divisions will add a minimum of 10 minutes and as much as 15 minutes to previous requirements, depending on age category.

"The new standards represent more equitable requirements for all athletes," said Race Director Guy Morse. "While eased, the qualifying times remain a vitally important part of the Boston Marathon, and will be maintained as one of the 'traditions' that set Boston apart from other non-Olympic events."

All qualifying times must have been run at a TAC/USA certified and sanctioned marathon between January 1, 1989 and March 11, 1990, and are based on the age of the athlete on the day of the Boston Marathon.

### QUALIFYING TIMES

Age Group	Men	Women
18-34	3:10	3:40
35-39	3:15	3:45
40-44	3:20	3:50
45-49	3:25	3:55
50-54	3:30	4:00
55-59	3:35	4:05
60-64	3:40	4:10
65-69	3:45	4:15
70-over	3:50	4:20



Lou Lodorico (32:42), first M65 at the Vintage 5 Mile Run in Pittsburgh, Pa., May 13.  
Photo from Beverly Beisgen

## Ten Years Ago

August, 1979

- 413 Compete in 12th National Masters T&F Championships in Gresham, Oregon
- South Africans Banned from 3rd World Veterans Championships
- Billups, Hatton, Obara, Mundle Set Records

## Sedlak Breaks 10K Walk Mark

Viisha Sedlak, 40, of Boulder, Colo., set a new U.S. masters 10K racewalk record of 51:47 at TAC's open National Championships in Houston in June. Her time broke the old mark of 52:00, set by Lori Maynard in 1980. Sedlak will attempt to repeat as a double gold-medalist at the World Veterans Championships this month in Eugene. □

## THE 100 LARGEST RACES

E = ESTIMATE

RANK	FINISHERS	RACE NAME	DIST	LOCATION	DATE '88
1	73465	E BAY TO BREAKERS	12K	SAN FRANCISCO, CA	05/15/88
2	53127	LILAC BLOOMSDAY RUN	12K	SPOKANE, WA	05/01/88
3	28477	E CRESCENT CITY CLASSIC	10K	NEW ORLEANS, LA	04/16/88
4	25000	E PEACHTREE ROAD RACE	10K	ATLANTA, GA	07/04/88
5	22405	NEW YORK CITY	MARA	NEW YORK, NY	11/06/88
6	20094	BOLDER BOULDER	10K	BOULDER, CO	05/30/88
7	17250	E GREAT ALOHA RUN	12K	HONOLULU, HI	02/15/88
8	16834	E CAPITOL 10,000	10K	AUSTIN, TX	03/27/88
9	12423	LOS ANGELES	MARA	LOS ANGELES, CA	03/06/88
10	12398	E MANUFACTURER'S HANOVER NYC #3	3.5MI	NEW YORK CITY, NY	08/04/88
11	11561	E AL'S RUN	5MI	MILWAUKEE, WI	09/23/88
12	10831	BIX SEVEN MILE	7MI	DAVENPORT, IA	07/30/88
13	10280	GREAT RACE	10K	PITTSBURGH, PA	09/25/88
14	9884	E MANUFACTURER'S HANOVER NYC #2	3.5MI	NEW YORK CITY, NY	07/14/88
15	9699	OMAHA CORPORATE CUP	10K	OMAHA, NE	09/11/88
16	9000	E WHARF TO WHARF	6MI	CAPITOLA, CA	07/24/88
17	8938	E MANUFACTURERS HANOVER / BOSTON	3.5MI	BOSTON, MA	07/28/88
18	8998	MARINE CORPS	MARA	WASHINGTON, DC	11/06/88
19	8777	E MANUFACTURERS HANOVER / CHICAGO	3.5MI	CHICAGO, IL	08/11/88
20	8770	HONOLULU	MARA	HONOLULU, HI	12/11/88
21	8325	E MANUFACTURER'S HANOVER NYC #1	3.5MI	NEW YORK CITY, NY	06/23/88
22	7156	SUPERBOWL/REDONDO BEACH	10K	REDONDO BEACH, CA	01/31/88
23	6951	E CHERRY CREEK SNEAK	5MI	DENVER, CO	04/24/88
24	6929	BANK IV RIVER RUN	2MI	WICHITA, KS	05/07/88
25	6375	E NEW TIMES PHOENIX	10K	PHOENIX, AZ	11/06/88
26	481	CASCADE RUN OFF	15K	PORTLAND, OR	06/26/88
27	379	E NEWSDAY LONG ISLAND	HMAR	LONG ISLAND, NY	05/01/88
28	6306	MERCURY NEWS	10K	SAN JOSE, CA	03/20/88
29	6190	L'EGGS MINI	10K	NEW YORK, NY	06/04/88
30	6001	MANCHESTER	4.75MI	MANCHESTER, CT	11/24/88
31	5996	E ST PATRICK'S DAY DASH	4MI	SEATTLE, WA	03/13/88
32	5796	OLD STYLE/CHICAGO	MARA	CHICAGO, IL	10/30/88
33	5700	E GASPARRILLA DISTANCE CLASSIC	5K	TAMPA, FL	02/13/88
34	5669	TOM SULLIVAN	10K	TORRANCE, CA	03/13/88
35	5465	COOPER RIVER BRIDGE RUN	10K	CHARLESTON, SC	03/26/88
36	5453	E RUN TO THE FAR SIDE	5K	SAN FRANCISCO, CA	11/27/88
37	5351	PHILADELPHIA DISTANCE RUN	HMAR	PHILADELPHIA, PA	09/18/88
38	5328	GASPARRILLA DISTANCE CLASSIC	15K	TAMPA, FL	02/13/88
39	5261	BOSTON	MARA	BOSTON, MA	04/18/88
40	5255	TULSA RUN	15K	TULSA, OK	10/29/88
41	5242	REVCO	10K	CLEVELAND, OH	05/15/88
42	5050	DEVIL MOUNTAIN	10K	DANVILLE, CA	05/01/88
43	5025	E DINOSAUR DASH	5K	MILWAUKEE, WI	04/24/88
44	4948	E DALLAS TURKEY TROT	3MI	DALLAS, TX	11/24/88
45	4947	RIVER RUN	15K	JACKSONVILLE, FL	03/05/88
46	4931	E DALLAS TURKEY TROT	8MI	DALLAS, TX	11/24/88
47	4912	GET IN GEAR	10K	MINNEAPOLIS, MN	04/30/88
48	4751	TWIN CITIES	MARA	MINNEAPOLIS, MN	10/02/88
49	4613	E STORM THE BASTILLE	5K	MILWAUKEE, WI	07/13/88
50	4582	E ACADEMY JINGLE BELL RUN	5MI	HOUSTON, TX	12/18/88
51	4505	AZALEA TRAIL RUN	10K	MOBILE, AL	03/12/88
52	4445	E MANUFACTURERS HANOVER / SAN FRAN.	3.5MI	SAN FRANCISCO, CA	08/17/88
53	4352	FALMOUTH ROAD RACE	7.1MI	FALMOUTH, MA	08/21/88
54	4315	AMERICA'S FINEST CITY	HMAR	SAN DIEGO, CA	08/21/88
55	4295	COWTOWN	10K	FT. WORTH, TX	02/27/88
56	4221	SHAMROCK SHUFFLE	5MI	CHICAGO, IL	03/13/88
57	4200	E CHIL'S	10K	PLANO, TX	05/07/88
58	4178	NEW JERSEY WATERFRONT	10K	JERSEY CITY, NJ	04/24/88
59	3977	E MANUFACTURERS HANOVER / ATLANTA	3.5MI	ATLANTA, GA	09/14/88
60	3949	ASBURY PARK CLASSIC	10K	ASBURY PARK, NJ	08/13/88
61	3873	E HEARTLAND HUSTLE	10K	DAVENPORT, IA	10/01/88
62	3856	E RUN TO THE FAR SIDE	10K	SAN FRANCISCO, CA	11/27/88
63	3829	GRANDMA'S	MARA	DULUTH, MN	06/11/88
64	3798	LIGHT THE NIGHT	10K	SAN DIEGO, CA	10/22/88
65	3792	RUN CRIME OUT TOWN	10K	CALIFORNIA	10/22/88
66	3733	KENTUCKY DERBY FESTIVAL	HMAR	LOUISVILLE, KY	04/30/88
67	3697	CARLSBAD 5000	5K	CARLSBAD, CA	03/27/88
68	3680	ATLANTA	HMAR	ATLANTA, GA	11/24/88
69	3677	DALLAS SYMPHONY RUN	10K	PARK CENTRAL, TX	03/05/88
70	3653	ST. PATRICK'S DAY	8K	ST. PAUL, MN	03/13/88
71	3652	DEXTER/ANN ARBOR	10K	ANN ARBOR, MI	05/28/88
72	3587	PORTLAND	MARA	PORTLAND, OR	09/25/88
73	3452	HOULIHAN'S TO HOULIHAN'S	12K	SAUSALITO, CA	04/10/88
74	3418	BONNE BELL SAN FRANCISCO	10K	SAN FRANCISCO, CA	03/27/88
75	3395	TUFTS HEALTH PLAN FOR WOMEN	10K	BOSTON, MA	10/10/88
76	3389	NIKE CHERRY BLOSSOM	10MI	WASHINGTON, DC	03/27/88
77	3375	E CRAZY LEGGS	5MI	MADISON, WI	04/29/88
78	3336	ARMY TEN MILE	10MI	WASHINGTON, DC	10/16/88
79	3270	MANHATTAN BEACH OLD HOME TOWN	10K	MANHATTAN BEACH, CA	10/01/88
80	3240	STRONG LEGS RUN	8K	ATLANTA, GA	11/12/88
81	3211	BOBBY CRIM	10MI	FLINT, MI	08/27/88
82	3087	MDA-BOSTON MILK RUN	10K	BOSTON, MA	04/10/88
83	3073	HOUSTON TENNECO	MARA	HOUSTON, TX	01/17/88
84	3002	E BEACH TO BAY RELAY	4.4MI	CORPUS CHRISTI, TX	05/21/88
85	2961	BROAD STREET RUN	10MI	PHILADELPHIA, PA	05/01/88
86	2930	ELIZABETH RIVER RUN	10K	NORFOLK, VA	04/30/88
87	2908	OLD KENT RIVER BANK RUN	25K	GRAND-RAPIDS, MI	05/14/88
88	2907	DALLAS WHITE ROCK	MARA	DALLAS, TX	12/14/88
89	2905	FRITZBE'S RUNFEST	10K	ROCKVILLE, MD	04/17/88
90	2900	HEART OF THE CITY	5K	LOS ANGELES, CA	06/29/88
91	2889	PITTSBURGH (+WOMEN'S OLYMPIC TRIALS)	MARA	PITTSBURGH, PA	05/01/88
92	2874	PEPSI VULCAN RUN	10K	BIRMINGHAM, AL	11/19/88
93	2807	CHARLOTTE OBSERVER	10K	CHARLOTTE, NC	01/02/88
94	2797	HEART MINI	15K	CINCINNATI, OH	03/27/88
95	2776	E BAYOU CITY FUN RUN	10K	HOUSTON, TX	03/19/88
96	2759	COLUMBUS	MARA	COLUMBUS, OH	11/13/88
97	2751	E CITY RUN	10K	LOUISVILLE, KY	03/12/88
98	2731	SHAMROCK	8K	VIRGINIA BEACH, VA	03/19/88

Compiled by TACSTATS

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Events in the states listed below should send results and reporting forms to the state record keeper listed below.

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 MN Jack Moran, 5429 Wooddale Av, Minneapolis MN 55424 (612/920-0558 eve)  
 NC Carl Johnson, 729 Berkeley, Charlotte NC 28203 (704/377-3679 eve)  
 OK Joe McDaniel, 1416 S Marion, Tulsa OK 74112 (918/834-3259 eve)  
 SC Bill Marmale, 123 Burlington Av, Greer SC 29615 (803/244-0224 eve)  
 TX Joanne Schmidt, PO Box 722301, Houston TX 77272 (713/498-3208)  
 UT Finn Hansen, 7018 Ponderosa Dr, Salt Lake City UT 84121 (801/943-4680 eve)

Events in the states listed below should send results and reporting forms to:

TACSTATS, 7745 SW 138 TERR., MIAMI FL 33158 (305/253-8448).

Results should include sex, age and home towns of all finishers. Age group place order is preferable but overall place order is acceptable. TACSTATS will forward all material to the appropriate record keeper for state record and ranking processing.

AR	C. W. Wilson, (501/624-3002 eve)	NE	Jim Lewis, (402/489-4130 eve)
CA	To be appointed	NV	Frank Plasseo, Sr, (702/873-2684 eve)
CO	Dennis Kavanaugh, (303/790-2634 6-9pm)	NH	Bob Teschek, (603/863-2537 eve)
CT	Peter Leeds (203/456-3175 after 7pm)	NM	Richard Harris, (505/255-7630 eve)
DC	George Banker, (301/248-5619 eve)	ND	To be appointed
DE	Doug White, (302/571-7639 day)	NJ	Fred Torres, (201/340-1476 day)
FL	Joe Burgasser, (813/864-4058 eve)	NY	Jim Brown, (716/773-6274 7-10pm)
HI	Rimini Bartolini, (808/946-1775 day)	NYC	Alice Schneider, (212/860-2717 day)
ID	Tim Severa (208/344-5501 day)	OH	Don Gammie, (513/433-4063 eve)
IA	Mike Lundgren, (515/752-8780 6-10pm)	OR	Mike Cook, (503/684-9282 eve)
IN	Mike Davis, (317/283-4360 eve)	PA/e	Jay Miller, (215/869-8935)
KY	Gil Clark, (502/459-5606 day)	PA/w	Mark Courtney, (412/458-4435 after 10pm)
KS	Clark Enaz, (316/267-6812 day)	RI	Merry Nelson, (401/885-1382 after 4pm)
LA	To be appointed	SD	Wally Klawiter, (605/334-9863 eve)
ME	Greg Nielson, (207/582-5607 eve)	TN	To be appointed
MD	John Siasala, (301/340-8107 eve)	VA	To be appointed
MA	Don Allison, (617/566-7600 day)	VT	Bob Murphy, (802/476-4328 eve)
MI	Karen Hubbard, (313/662-9851 8-10pm)	WA	Carole Langenbach, (206/433-8868 day)
MO	Jerry Morrison, (816/741-2314)	WI	Bill Grass, (414/332-7589 eve)
MS	To be appointed	WV	Carl Hatfield, (304/624-9239 eve)
MT	Debbie Raurig, (406/251-4832)	WY	Nathan Breen, (307/788-7652 eve)

The work and records of the National Running Data Center have contributed to the listings published in TACTIMES.

TACSTATS 1987 Records and Ranking booklets may be obtained for \$5.00 per distance or \$35 for the entire set with binder or \$5.00 for all records only. Send orders with check to TACSTATS/USA, 7745 SW 138 Terrace, Miami Florida 33158.



## Questions and Answers About The Athletics Congress

### Q. What does TAC do?

**A.** Through its nationwide membership of some 2500 clubs, schools, colleges and universities, and other organizations interested in track and field, long distance running, and race walking, TAC promotes programs of training and competition for men and women from ages 10-under to 95-plus, protects the interests and eligibility of its some 150,000 registered athletes, and establishes and maintains the sports' rules of competition. Additionally, certain of TAC's National Championships each year serve as the means of selecting the teams which will represent the United States in international competition.

### Q. What is TAC's purpose?

**A.** A federal statute — The Amateur Sports Act — established The Athletics Congress as the national governing body for track and field, long distance running and race walking. TAC, therefore, is the statutorily authorized body which is specifically designed to serve athletes, clubs and athletic events. TAC can be the voice for everyone involved in the sport and through its status the various members of the sport can 'get things done' to help the sport grow and prosper. TAC needs everyone involved to become members and be active in its endeavors. Perhaps the most important benefit you will receive from participation in TAC is the opportunity to influence the future of the sport.

### Q. How are various groups organized within TAC?

**A.** Through their membership in one of the 56 Associations which constitute the basic national organizational constituency of The Athletics Congress, and which represent its principal constituency. Each Association's territory represents a geographic area defined in The Athletics Congress' By-Laws — and each Association establishes its own By-Laws, and elects its own officers. Association responsibilities include the registration of athletes, enrollment of organization members (i.e. clubs), and the sanctioning of events in its geographic area.

### Q. Who runs TAC?

**A.** Democracy is the keynote — and the essential fact is that The Athletics Congress is run by people involved in track and field, long distance running, and race walking. TAC's programs are established by National Committees — all of which have at least 20 percent athlete representation. The programs are administered by a small paid staff headquartered in Indianapolis. TAC's By-Laws define the structure, make-up and function of the Committees — all of which meet minimally once a year at TAC's annual National Convention in late November or early December. Delegates to the Convention are elected by each of TAC's Associations and member national organizations — and athletes comprise at least 20 percent of the delegate roll.

### Q. Is there a registration fee?

**A.** Yes — and the maximum is \$11.00, of which \$4.00 is remitted to TAC's National Headquarters for national programs and athlete benefits; the balance remains with the Association for administrative and local program costs. Registrations are on a calendar basis, and expire on December 31; however, they can encompass a 14-month period inasmuch as a registration year commences on November 1 of the preceding year (i.e. November 1, 1988 through December 31, 1989).

### Q. How do I get a TAC number?

**A.** Write or call your local association (see list on the following page), or call TAC's national office at 317-261-0500.

### Q. Do I have to get a TAC number?

**A.** No, except for those events which require TAC numbers for participation (Boston Marathon, New York Marathon, National Masters Championships, etc.).

### Q. What benefits do I get from joining TAC?

**A.** 1) Receiving TAC's quarterly newsletter. 2) \$5000 in coverage under TAC's Group Accident Insurance Program (a brochure defining the insurance program is available from your Association). 3) Access to current local information on athletics events. 4) Enjoyment from more masters activity at the national and local levels. 5) Representation at the national and local levels which helps improve the masters program.

### Q. Why are some events sanctioned by TAC and others are not?

**A.** Most major events are. The main reason is the liability insurance (that accompanies the sanction) which is required by most municipalities, organizations, and owners of facilities where masters events are held. Some events may have their own private insurance. (For further information on the TAC/USA Liability Insurance Program, send an SASE to: Insurance Brochure 10, TAC/USA, P.O. Box 120, Indianapolis, IN 46206.)

### Q. If an event is sanctioned by TAC, do I need a TAC number to compete?

**A.** Not necessarily. Those events which are sanctioned by TAC *may* require participants to have TAC numbers. It is up to the event directors.

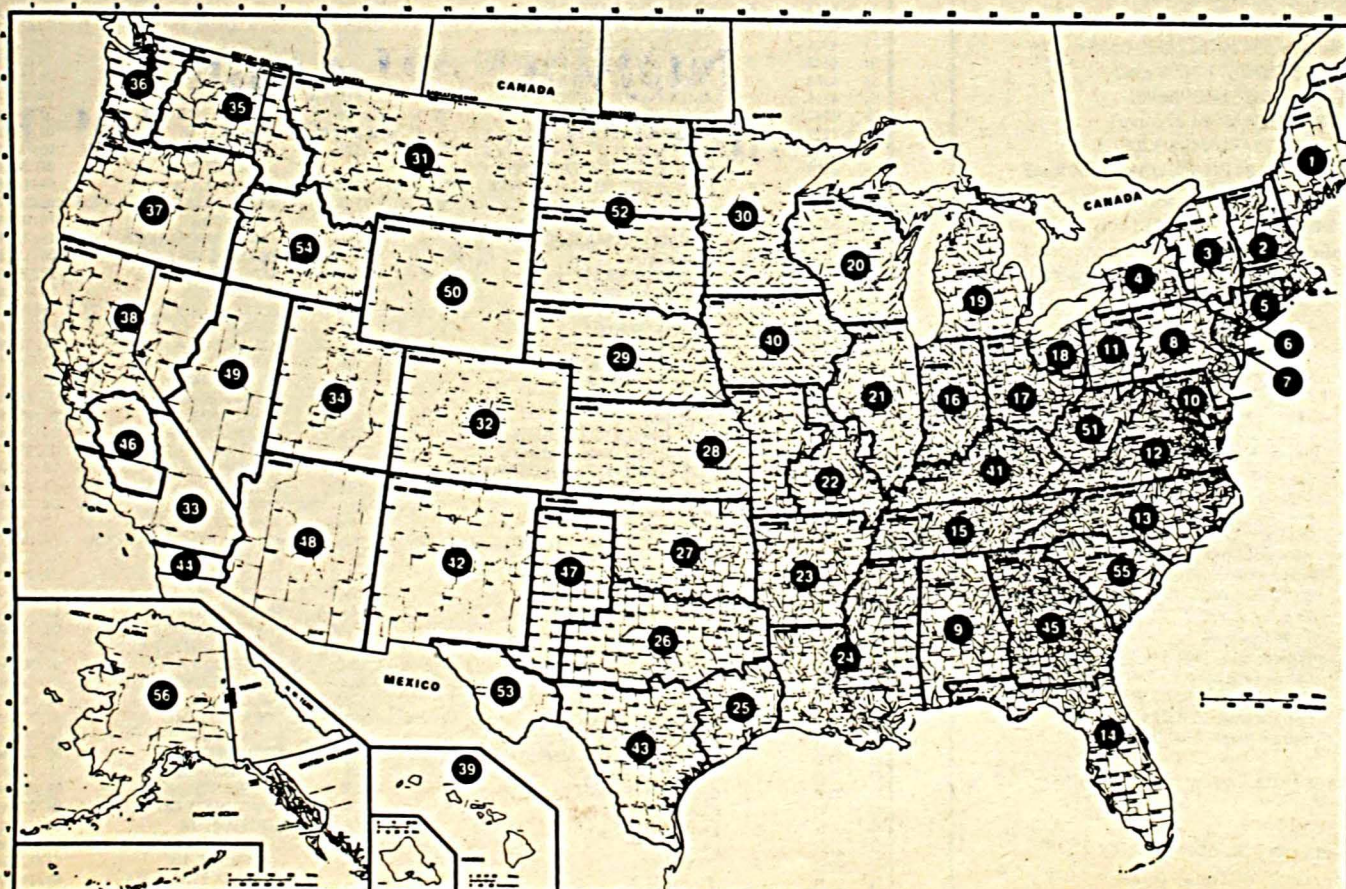
### Q. Why do some events require TAC numbers and others don't?

**A.** It's added insurance protection for the meet organizers if a participant has a TAC number. □

### Key to Map Numbers

1 Maine	20 Wisconsin	39 Hawaii
2 New England	21 Illinois	40 Iowa
3 Adirondack	22 Ozark	41 Kentucky
4 Niagara	23 Arkansas	42 New Mexico
5 Connecticut	24 Southern	43 South Texas
6 Metropolitan	25 Gulf	44 San Diego-Imperial
7 New Jersey	26 Southwestern	45 Georgia
8 Mid-Atlantic	27 Oklahoma	46 Central California
9 Alabama	28 Missouri Valley	47 West Texas
10 Potomac Valley	29 Nebraska	48 Arizona
11 Three Rivers	30 Minnesota	49 Nevada
12 Virginia	31 Montana	50 Wyoming
13 North Carolina	32 Colorado	51 West Virginia
14 Florida	33 Southern California	52 Dakota
15 Tennessee	34 Utah	53 Border
16 Indiana	35 Inland Empire	54 Snake River
17 Ohio	36 Pacific Northwest	55 South Carolina
18 Lake Erie	37 Oregon	56 Alaska
19 Michigan	38 Pacific	

### Map of TAC/USA Associations





## TAC/USA ASSOCIATIONS

As of March 1, 1989

- 3 ADIRONDACK  
PO Box 1200  
Troy NY 12181  
518-273-5552
- 9 ALABAMA  
2301 Airport Blvd.  
Mobile AL 36606  
205-434-7472
- 56 ALASKA  
John Herring, Pres.  
6939 Gemini  
Anchorage AK 99504  
907-333-7547
- 48 ARIZONA  
8436 E. Hubbell St.  
Scottsdale AZ 85257  
602-994-5132
- 23 ARKANSAS  
W. Randy Taylor, Pres.  
13610 Beckenham Rd.  
Little Rock AR 72212  
501-378-1217
- 53 BORDER  
Julius Lowenberg, Pres.  
222 Hermosa  
El Paso TX 79922  
915-581-8333
- 46 CENTRAL CALIFORNIA  
Larry Lung, Pres.  
1509 S. Cain St.  
Visalia CA 93277  
209-738-1440
- 32 COLORADO  
Stephen Kaeuper, Pres.  
2263 Krameria St.  
Denver CO 80207  
303-388-8180
- 5 CONNECTICUT  
85 Courtland Ave #10  
Stanford CT 06902  
203-327-6360
- 52 DAKOTA  
Myron Loberg, Pres.  
805 5th St.  
Devils Lake ND 58301  
701-662-4006
- 14 FLORIDA  
1330 N.W. 6th St., Suite D  
Gainesville FL 32601  
904-336-2120
- 45 GEORGIA  
Lewis Gainey, Pres.  
Univ. of Georgia  
P.O. Box 1472  
Athens GA 30613  
404-542-7915
- 25 GULF  
3201 Wheeler  
TSU Box 382  
Houston TX 77004  
713-527-7087
- 39 HAWAII  
David Lally, Pres.  
1330 Wilder Ave. #321  
Honolulu HI 96822  
808-948-8892
- 21 ILLINOIS  
Ray Vandersteen, Pres.  
111 W. Butterfield Rd.  
Elmhurst IL 60126  
312-833-7303
- 16 INDIANA  
Gene Edmonds, Pres.  
215 Lincoln St.  
Rensselaer IN 47978  
219-866-4661
- 35 INLAND EMPIRE  
Lawson Van Kuren, Pres.  
418 Cocolalla  
Cheney WA 99004  
509-359-6285
- 40 IOWA  
3510 University Ave.  
Des Moines IA 50311  
515-255-2114
- 41 KENTUCKY  
1515 Tyler Park Dr.  
Louisville KY 40204  
402-458-4989
- 18 LAKE ERIE  
Larry Seifert, Pres.  
8280 Craighigh Dr.  
Parma OH 44129  
216-842-2142
- 1 MAINE  
John Page, Pres.  
Hyde School  
616 High St.  
Bath ME 04530  
207-443-5584
- 6 METROPOLITAN  
Box 1512  
Ansonia Station  
New York NY 10023  
712-595-9640
- 19 MICHIGAN  
10102 W. Carpenter Rd.  
Flushing MI 48433  
313-236-5189
- 8 MID-ATLANTIC  
P.O. Box 7231  
Philadelphia PA 19101  
215-843-MAAC
- 30 MINNESOTA  
14667 Chicago Ave. S. #5  
Burnsville MN 55337  
612-431-6978
- 28 MISSOURI VALLEY  
620 W. 26th St.  
Kansas City MO 64108  
816-842-3311
- 31 MONTANA  
James Moore, Pres.  
30-5th East St.  
Box 1198  
Kalispell MT 59903  
406-752-8020
- 29 NEBRASKA  
Pat O'Byrne, Pres.  
St. Joseph's Church  
Colon NE 68018  
402-433-4151
- 49 NEVADA  
Al McDaniels  
Univ. Nevada-Las Vegas  
4505 Maryland Parkway  
Las Vegas NV 89154  
702-739-3256
- 2 NEW ENGLAND  
P.O. Box 1905  
Brookline MA 02146  
617-566-7600
- 7 NEW JERSEY  
Edward Koch, Pres.  
47 Brandywine Dr.  
Florham Park NJ 07940  
201-822-8085
- 42 NEW MEXICO  
Kathy Fones  
120 Amherst NE  
Albuquerque NM 87106  
505-255-0299
- 4 NIAGARA  
110 Larned Ln.  
Orchard Park NY 14127  
716-662-7952
- 13 NORTH CAROLINA  
P.O. Box 10825  
Raleigh NC 27605  
919-782-0182
- 17 OHIO  
541 Osborn  
Dayton OH 45424  
513-878-4040
- 27 OKLAHOMA  
Loretta Hinkle  
5312 N. Vermont  
Oklahoma City OK 73112  
405-942-6733
- 37 OREGON  
Paul Banta, Pres.  
P.O. Box 11822  
Eugene OR 9744  
503-683-5115
- 22 OZARK  
Charles Lewis, Pres.  
2075 Gerard Park Ln.  
Hazelwood MO 63042  
314-694-4757
- 38 PACIFIC  
800 Bonita Dr.  
Folsom CA 95630  
916-933-4913
- 36 PACIFIC NORTHWEST  
4261 S. 184th St.  
Seattle WA 98188  
206-762-2754
- 10 POTOMAC VALLEY  
P.O. Box 1065  
College Park MD  
301-225-6820
- 44 SAN DIEGO-IMPERIAL  
Judy Ortwein  
1135 Garnet Ave. #K  
San Diego CA 92109  
619-275-6542
- 54 SNAKE RIVER  
425 Dubois  
Twin Falls ID 83301  
208-733-1274
- 55 SOUTH CAROLINA  
William Keesling, Pres.  
26 Elmwood Dr.  
Taylors SC 29687  
803-294-3467
- 43 SOUTH TEXAS  
John Purnell  
442 Thelma  
San Antonio TX 78212  
512-732-1332
- 24 SOUTHERN  
P.O. Box 806  
Port Gibson MS 39150  
601-437-5495
- 33 SOUTHERN CALIFORNIA  
12458 Rives Ave #204A  
Downey CA 90242  
213-869-4574
- 26 SOUTHWESTERN  
P.O. Box 530354  
Grand Prairie TX 75050  
214-988-6215
- 15 TENNESSEE  
Harold Canfield, Pres.  
502 Alandale Rd.  
Knoxville TN 37920  
615-577-1537
- 11 THREE RIVERS  
H. William Phelps, Pres.  
73 Elmore Rd.  
Pittsburgh PA 15221  
412-647-3021
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Salt Lake City UT 84117  
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Richmond VA 23230  
804-353-9348
- 47 WEST TEXAS  
P.O. Box 7705  
Amarillo TX 79114  
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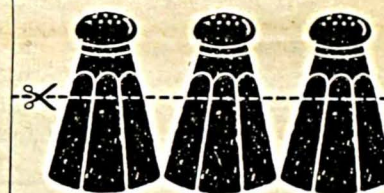
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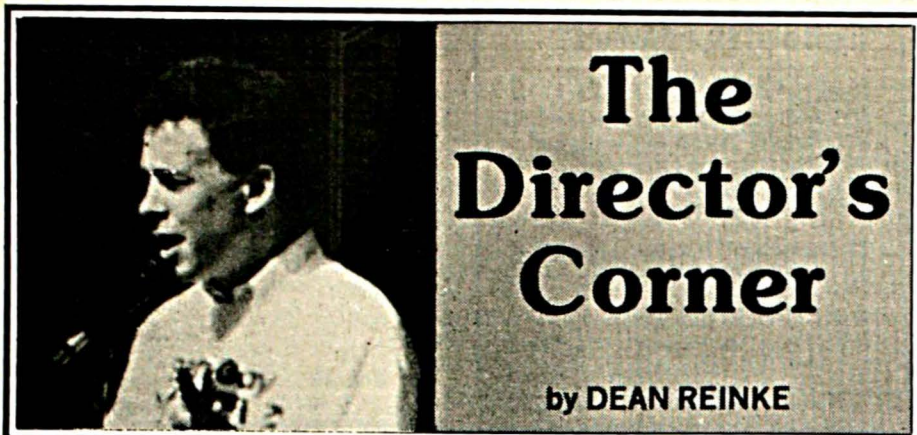
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## The Director's Corner

by DEAN REINKE

### "Best Fields Getting Better"

At its pre-race press gathering, Utica Boilermaker Road Race officials touted its Masters field as the "best masters field ever assembled since Naples". On the surface, quite an extraordinary claim considering the quality and depth of the gathering at this past January's first ever "ICI/USRA Masters National Championship."

But "The Boilermaker", the 5th stop on the '89 ICI Circuit, certainly put its best foot forward in staking its claim as a legitimate world class masters event. Kenya's Wilson Waigwa, who had already defeated last year's national champion Bill Rodgers at the Nissan Shamrock 8K, joined Colombia's Victor Mora, Canadian Dave Stewart (runnerup at Naples) and '76 British Olympian Tony Simmons, running not only his first Circuit event, but first-ever U.S. road race.

On the women's side, yet another Kiwi Masters sensation, Ngaire Drake of New Zealand, making her ICI/USRA Masters Circuit debut, joined one of last season's "rookies of the year" Nancy Oshier. Also on hand

were two of this year's "recently turned" 40 year olds in Buffalo's Nancy Mieszczak and North Carolina's Claudia Ciaverella.

Add to this distinguished group "recently turned 50" Roger Robinson of New Zealand, 57-year-old superstar Norm Green, Gina Faust, Diane Palmason, Don Sleeman and Bill Johnston, to name a few, and you have a veritable who's who in road racing. But these type of "Naples-like" fields are becoming all too common on the ICI Circuit. A \$25,000 grand prix purse and over \$150,000 distributed to masters at all events, combined, makes for a tremendous second year with even more ambitious plans for 1990.

Probably the most frustrating thing



Ngaire Drake, 1989 Utica Boilermaker women's masters winner, accepts congratulations from Dean Reinke. Photo by Jecen/Watkins

for masters competitors is the "new kid on the block" syndrome. Your first year as a "40-year-old" (or 45, 50, 55, etc. for that matter), you are flying high as the youngster of the age group but with each passing year it inevitably gets more challenging with the new entrants to the age group. Bill Johnston of Salt Lake, for example, last year's ICI/USRA Masters Circuit National Grand Master Champion, won the title by defeating arch rival Bill Olrich at the Naples Championship after a heated season-long battle. At Utica, Johnston finished in 6th place, nearly four minutes behind "young" Robinson. Olrich has had a sporadic spring and Wisconsin's Dan Conway wasn't even there, and we are still waiting to hear of "newly turned 50" Herb Lorenz' plans. And we didn't even mention Ohio's Jim O'Neill, who defeated an injured Bill Rodgers at the Yorktown (Indiana) 8K in late June.

With Gaylon Jorgenson joining the ranks of the 60-64 class, which already includes Jim "Maad" O'Neill, John Hosner and Herb Chisholm, to name a few, we see the same exciting things happening in each of the 5-year ranks. Of course, with this increase in com-

petition and notoriety in the Masters division, those valuable ICI Circuit points are going to become harder to come by.

Unfortunately, yet understandably, we are now seeing athletes more carefully choosing their races with a more sensitive eye to "who's entered." With the increased financial stakes, athletes should not be entirely blamed, but it will become more difficult to put together that "dream" field we all aspire to.

Our goal with the ICI/USRA Masters Circuit National Championship is to try to bring that "dream" field together at this year's National Championship in Naples, Florida, January 13, 1990. With many of the ICI Circuit Grand Prix divisions to be decided by the 8K in Naples, \$40,000 will be at stake, the largest non-marathon prize purse ever. Add to that nearly \$3000 in "Sorbothane Age-Graded Bonus" monies and it presents an impressive package.

And just to clarify one of the most frequently asked questions on the Circuit — exactly how many races count

Continued on page 21

### ICI/USRA Masters Circuit Point Standings

After 5 races, including the Nissan Shamrock 8K, Myrtle Beach 10K Classic, Cotton Row 10K, Hospital Hill Half-marathon, and Utica Boilermaker 15K. Other races to count include:

M40-44		W40-44		M50-54	
Bill Rodgers	26	Claudia Ciaverella	30	Don Sleeman	26
Bob Schlauf	24	Jane Hutchison	28	Jim Larson	26
Ken Sparks	22	Nancy Oshier	26	Bill Johnston	23
Wilson Waigwa	20	Nancy Mieszczak	19	Roger Robinson	10
Dave Stewart	15	Barb Filutze	10	Ben Johns	9
Wes Wesseley	14	Ngaire Drake	10	Dan Conway	9
Graham Tattersall	10				
Larry Olsen	10				
Jim Pearson	9				
Victor Mora	9				
M50-54		M55-59		M55-59	
Susie Klutts	27	John Harwick	16	Gloria Brown	30
Gina Faust	10	Norm Green	10	Jean Evans	14
Nancy Parker	10*	Gerald Koch	10		
Barb Gehringer	10	Tom Ray	10		
Diane Palmason	9	Greg Prom	10		
M60-64		M60-64		M65-69	
Jim O'Neill	20	Mary Norckauer	20	John McManus	20
Herb Chisholm	18				
Ed Hamilton	15				
Charles Evans	11				
John Hosner	10				
Bill Fortune	10				
M70+		M65-69		M70+	
Louis Martin	10	Loretta Sheehan	20	Ed Benham	10
		Imy Ernst	9	Claudio Hawkins	10
				Howard Calkin	10
				Nate White	10

### Sorbothane Age-Graded Rankings

TOP TEN MEN					
Bill Rodgers	41	HA	30:00	Myrtle Beach Classic	.9512
Wilson Waigwa	40	CA	23:54	Nissan Shamrock 8K	.9453
Bill Rodgers	41	HA	24:14	Nissan Shamrock 8K	.9322
Dave Stewart	41	CAN	31:06	Myrtle Beach Classic	.9176
Graham Tattersall	43	NY	31:16	Cotton Row Run	.9129
Jim Pearson	40	FL	31:19	Cotton Row Run	.9114
Bob Schlauf	41	SC	31:30	Myrtle Beach Classic	.9058
Don Coffman	46	KY	32:38	Cotton Row Run	.9037
Bob Schlauf	41	SC	25:05	Nissan Shamrock 8K	.9006
Larry Olsen	42	HA	1:10:42	Hospital Hill Run	.8913
TOP TEN WOMEN					
Barbara Filutze	40	PA	35:20	Myrtle Beach Classic	.9024
Jane Hutchison	43	MO	35:55	Myrtle Beach Classic	.8826
Jane Hutchison	43	MO	1:19:47	Hospital Hill Run	.8819
Nancy Mieszczak	40	NY	28:55	Nissan Shamrock 8K	.8727
Nancy Oshier	40	NY	36:33	Cotton Row Run	.8725
Claudia Ciaverella	40	NC	36:47	Myrtle Beach Classic	.8666
Jane Hutchison	43	MO	36:53	Cotton Row Run	.8645
Karen Macharg	40	FL	37:15	Cotton Row Run	.8558
Nancy Oshier	40	NY	29:33	Nissan Shamrock 8K	.8538
Judy Greer	42	FL	37:34	Cotton Row Run	.8486



## ICI/USRA Masters Circuit "Happenings"

Great Britain's Tony Simmons is obviously pleased with his first ever ICI/USRA Masters Circuit event and his 47:07 15K road effort. He's a full time teacher so he will not be able to make it over as frequently as some of his fellow Brits, but look for him more and more on the Circuit . . . Discussions taking place with Lasse Viren to get him to some ICI Circuit events now that he's turned 40 as of July 22 . . . ICI/USRA Masters Circuit contemplating some "Masters Preview" events for 35-39 year olds on an "exhibition basis." With the likes of Francie Larrieu-Smith, Jacqueline Gareau, Eamon Coghlin, Steve Scott, John Walker, Rod Dixon in the category, it might be an attractive media attention-getter . . . Keep an eye on New Zealanders Ngaire Drake and Heather Matthews, both anxious to increase their appearance on the Circuit . . . Top female master Claudia Ciaverella has joined Dean Reinke & Associates as an Account Executive . . . Joseph Nzau appears to be accepting the fact that race directors are still considering him an open runner as he has not protested as of late . . . Barb Filutze has a stress fracture but no word on how long she'll be sidelined . . . Make that an Achilles tendon problem for Bill Rodgers that caused him to miss an entire week of training — the first such layoff in 15 years...

Bernie Allen, making a consistent presence on the Masters scene, is in the shoe design area for Saucony and a former International Sport apparel company employee . . . Make Seattle a definite addition to the ICI/USRA Masters Circuit — a Half Marathon to be held November 25. Contact Dave Ranney at (206-363-6070) . . . Hardee's has taken sponsorship of the "Hardee's Oktoberfest" 15K in October in Memphis . . . Steve Lester of Salt Lake City won his debut '89 season ICI Circuit event at Utica Boilermaker but Canada's Ken Inglis gave him a strong challenge . . . '88 ICI Legends Mile Champ Ron Bell of England is living in U.S. for three months this summer while on hiatus from his teaching . . . Make that masters defeat number two for Priscilla Welch. This time by Italian 40-year-old Graziella Stiuli who ran 34:43, some four seconds ahead of Welch. Laurie Binder nabbed 3rd ahead of Ngaire Drake . . . Joining Roger Robinson in his inaugural ICI Circuit debut was wife Katherine Switzer who also ran the 15K...

Bill Rodgers reports that Rodale Press will publish and Joe Henderson will write his "masters-oriented" training book with Priscilla Welch. He and wife Gail are looking for a publisher for a book on "the inside stories of his years in the sport". . . Phil Benson (201-531-4156) reports that there is still time to enter the annual Asbury Park 10K Classic scheduled August 12 —

always a good masters contingent . . . August 26 Crim Road Race shaping up to be what could be the year's best masters 10 miler. Race Director is Lois Craig (313-235-3396) . . . Bill Rodgers will be running the Pittsburgh Great Race, which, besides membership on the ICI Circuit, is the National 10K TAC Championship. Mike Radley coordinating invited runners (412-255-2493) . . . Word out of New Zealand is that John Campbell, having sold his store, is now running full time and is racing more than ever, some thinking a bit too much. He'll return for Falmouth August 20 and vie for part of the \$10,000

prize purse...

Jim O'Brien has been selected as Managing Editor of Masters Running '89, the second edition of the successful annual published as the official publication of the ICI/USRA Masters Circuit . . . A sponsor is very close to signing on with the Philadelphia Marathon, which has been around approximately 25 years . . . Race Director Jeannie Giles (405-231-2597) reports field beginning to shape up at the September 30 Myriad Gardens Run 10K in Oklahoma City . . . Talk of the fall marathons is the October 8 Twin Cities 26.2 miler, the only marathon on the ICI

Masters Circuit. Masters money will be over \$50,000 — athletes coordinator is Skip Burke (612-881-3863) . . . A new course will await competitors at the October 14 Capital Trail Run 10 Miler October 14 in Raleigh. Good masters purse: contact Jim Young (919-876-8347) . . . Great homecoming for 82-year-old Ed Benham returning to Bel Air, Maryland to set a new 5K single-age standard. He had been there 50 years earlier as a "jockey" on many occasions . . . Great Labor Day Weekend: Charleston Distance Run 15 Miler September 2 and the annual classic — New Haven 20K Road Race in Connecticut... □ —Dean Reinke

## The Tradition Continues...



Last year Bill Rodgers, Frank Shorter, Jim Ryun and the other "Legends of Running" returned to the roads as Masters in the inaugural ICI/USRA MASTERS CIRCUIT. This year the tradition continues as over \$125,000 in prize money will be awarded featuring Grand Prix competition in 5-year age groups through age 70. The Circuit will again culminate with the season ending ICI/USRA Masters National Championship won last year by Bill Rodgers and Priscilla Welch.

Masters Running '89, the official magazine of the ICI/USRA MASTERS CIRCUIT, will also be published featuring in-depth profiles and reports from the exciting Masters scene. "National Masters News" will again serve as the "official newsletter" of the Circuit and provide monthly results and Circuit coverage.

So, if you're 40 or over, it's sure to be a tradition you'll want to continue!

March 18 - Nissan Shamrock 8K, Virginia Beach, VA  
(804) 481-5090

April 8 - Myrtle Beach Classic, 10K, SC  
(919) 847-3109

May 29 - Cotton Row Run 10K, Huntsville, AL  
(205) 881-5807

June 4 - Hospital Hill Run Half Marathon,  
Kansas City  
(816) 561-1085

July 9 - Utica Boilermaker 15K, Utica, NY  
(315) 797-6929

July 16 - Chicago Distance Classic 20K, IL  
(312) 243-2000

July 29 - Quad City Times Bix 7 Mile, Davenport, IA  
(319) 359-9197

August 12 - Asbury Park 10K, NJ  
(201) 531-4156

August 26 - Crim Road Race 10 Mile, Flint, MI  
(313) 235-3396

September 24 - Pittsburgh Great Race 10K, PA  
(412) 255-2493

September 30 - Myriad Gardens Run 10K,  
Oklahoma City, OK - (405) 231-2597

October 8 - Twin Cities Marathon, Minneapolis, MN  
(612) 881-3863

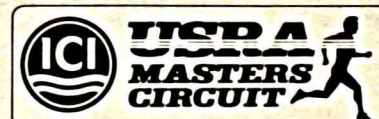
October 14 - Capital Trail Run 10 Mile, Raleigh, NC  
(919) 876-8347

November 12 - Foundation 30K Championship  
Clarksburg, CA - (916) 636-0707 or (916) 665-1712

January 6 - Charlotte Observer 10K, NC  
(704) 379-6898

January, 1990 - ICI/USRA Masters  
Championship 8K, Florida  
(407) 647-2918

For more information and a copy of "Masters Running '89," send \$2 to:  
ICI/USRA MASTERS CIRCUIT  
c/o Dean Reinke & Associates  
400 N. New York Ave., Winter Park, FL 32789  
(407) 647-2918



Sorbothane Nitroplex

## The Director's Corner

Continued from page 20

towards the final Circuit points standing? Five, which can include Naples! You may run as many of the ICI Circuit races as you desire and take your five "best" efforts. As we approach the mid-way point of the season, it will only get better as we move toward determining the best masters on the ICI/USRA Masters Circuit for 1989! □



# CLUBS

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

## EAST

**Greater Boston Track Club**  
P.O. Box 236  
West Newton Village  
MA 02165  
617/969-9808

**Liberty AC**  
14 Rutland St.  
Cambridge, MA 02138

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

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

**Atlanta TC**  
c/o Bob Glover  
236 E. 78th, Box 6  
New York, NY 10021

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

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

**West Pennsylvania TC**  
1245 Alamae Rd.  
Washington, PA 15301

**Shore Athletic Club**  
Sanford Kalb  
22 Addison Road  
Howell, NJ 07731

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

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

**North Jersey Masters**  
P.O. Box 56  
Ridgewood, NJ 07450

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

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

**Pike Creek Valley R.C., Inc.**  
2502 N. Van Buren St.  
Wilmington, DE 19802  
302/762-4020

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

**Central Park TC**  
250 W. 89th St., #P4F  
New York, NY 10024  
212/619-4240

**New York Pioneer Masters**  
c/o G. Shane  
2400 Sedgwick Ave., Suite 25C  
Bronx, NY 10468  
212/733-8767

**Merrill Lynch AC**  
525 Highway 33  
Englishtown, NJ 07726  
201/446-4959 (bus.)  
609/259-0923 (res.)

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

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

**Taconic RRC**  
P.O. Box 99  
Baldwin Place, NY 10505  
212/370-7577

**Sugarloaf Mountain AC**  
P.O. Box 659  
Amherst, MA 01002  
Mr. Don Grant  
413/584-7725

**Philadelphia Masters Track Assoc.**  
c/o Peter Taylor  
3120 Schoolhouse Lane (J-A9)  
Philadelphia, PA 19144  
215/842-3807

**New York AC**  
180 Central Park South  
New York, NY 10019

**Richmond T&F Club**  
P.O. Box 6701  
Richmond, VA 23230  
Attn: Bill Cole

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

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

## SOUTHEAST

**Carolina Masters AC**  
Jim Saxon  
3120 Libeth St.  
Charlotte, NC 28205  
800/642-0513

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

**Huntsville TC**  
8811 Edgehill Dr.  
Huntsville, AL 35802

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

**Memphis Runners TC**  
P.O. Box 17981  
Memphis, TN 38187-0981  
901/683-MRTC

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

**Spartanburg Striders**  
266 South Pine Street  
Spartanburg, SC 29302  
Attn: Becky Littlefield

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

**Greenville Track Club**  
P.O. Box 16262  
Greenville, SC 29607  
Jack Gillmore: 803/242-6600

**Nashville TC**  
2709 Linmar Ave. #5  
Nashville, TN 37215

**Palm Beach T&F Assoc.**  
6301 Dockside Circle  
Greenacres City, FL 33463  
407/968-7171

**North Carolina RRC**  
P.O. Box 26761  
Raleigh, NC 27611  
919/876-8347

## MIDWEST

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

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

**Legend Harriers**  
Roger Toothman  
6543 Beecher Rd.  
Granville, OH 43023

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

**Dayton Masters Track Club Inc.**  
Robert Jones  
4867 Germantown Pike  
Dayton, OH 45418  
513/268-7341

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

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

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

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

**Wolfpack Track Club**  
Jim Pearce  
2449 Southway Dr.  
Columbus, OH 43221  
614/481-7745

**Ann Arbor Track Club**  
P.O. Box 7551  
Ann Arbor, MI 48107  
Don Sleeman  
313/426-5430

**Indianapolis TC**  
c/o Mark Daly  
901 W. New York St.  
Indianapolis, IN 46223  
317/274-6780

**Ohio River RRC**  
933 Kenosha  
Kettering, OH 45429  
513/299-7461

## MID AMERICA

**Omaha RC**  
P.O. Box 31219  
SaddleCreek Station  
Omaha, NE 68132

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

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

**Lincoln TC**  
2900 John Ave.  
Lincoln, NE 68502

**Prairie Striders**  
Box 267  
Brookings, SD 57006

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

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

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

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

## SOUTH WEST

**Space City Masters**  
John Hartfield  
15106 Chasehill Dr.  
Missouri City, TX 77087  
713/721-9388

**Houston Masters Sports Assoc.**  
Tom McBrayer  
7733 Moline  
Houston, TX 77087

**Dallas Masters T&F Club**  
Joe Murphy  
4707 W. Lover's Lane  
Dallas, TX 75209  
214/357-5613

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

**King of the Hill TC**  
Charles Wimberley  
48 Chateau Haut Brion  
Kenner, LA 70065  
504/467-1197

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

**New Orleans TC, Inc.**  
P.O. Box 52003  
New Orleans, LA 70152-2003  
504/482-6682

## WEST

**Sante Fe Striders**  
P.O. Box 1818  
Sante Fe, NM 87501

**Tahoe T&F Club**  
c/o Joan Stratton  
P.O. Box 9809  
South Lake Tahoe, CA 95731

**Valley Isle RRA**  
P.O. Box 330099  
Kahului, HI 96733  
242-6042

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

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

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

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

**Trojan Masters TC**  
Russ Reabold  
1125 Stimson  
La Puente, CA 91744  
818/917-6289

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

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

**West Valley Joggers & Striders**  
1124 Kennington Ave.  
Sunnyvale, CA 94087  
408/246-2651

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

**Empire Runners**  
4700 Fougler Dr.  
Santa Rosa, CA 95405

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

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

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

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

**So. California Striders**  
John Cosgrove  
7411 Earldom Ave.  
Playa Del Rey, CA 90293

**Walkers Club of L.A.**  
Membership Chairman  
610 Woodward Blvd.  
Pasadena, CA 91107  
818/792-4573

**All-American TC**  
Frank Reilly  
8307 Joan Lane  
West Hills, CA 91304  
818/716-7280

**Hawaii Masters TC**  
P.O. Box 15763  
Honolulu, HI 96830-5763

**Club West**  
George H. Adams  
P.O. Box K  
Goleta, CA 93116  
805/687-6323

**Corona Del Mar TC**  
David F. Brown  
10208 Hamage Ave.  
Whittier, CA 90604  
213/ 941-9968

**Easy Striders Walking Club**  
2718 Monogram Ave.  
Long Beach, CA 90815  
213/429-5739

**Gardena Valley Runners**  
Daniel Ashimine  
1345 W. 168th St.  
Gardena, CA 90247  
213/327-6960

**Loeschhorn's Running Club**  
Dave Reynolds  
10810 Warner Ave.  
Fountain Valley, CA 92708  
714/964-4567

**L.A. Valley Athletic Club**  
George Simon  
15355 Mulholland Drive  
Los Angeles, CA 90077  
818/784-0496

**Pegasus USA Masters TC**  
Wayne Douglas  
5267 1/2 Village Green  
Los Angeles, CA 90016  
213/295-9497

**Pico Rivera Athletic Club**  
9502 Reichling Lane  
Pico Rivera, CA 90660  
213/942-8774

**Point Fermin Flyers**  
Jeffrey Dobra  
1454 W. 25th St.  
San Pedro, CA 90732  
213/548-6865

**A Running Experience**  
Bob Brown  
P.O. Box 3209  
Long Beach, CA 90803  
213/433-7722

**San Fernando Valley TC**  
Laurie Kulchin  
10631 Lindley Ave. #220  
Northridge, CA 91326  
818/780-7719

**So. Calif. Corporate**  
Athletics Assoc.  
Kevin Browning  
20839 Marshall Way  
Saugus, CA 91350  
818/847-8076 (work)  
805/251-7572 (eve.)

**Active 5**  
William K. Sumner  
P.O. Box 7132  
Newport Beach, CA 92660  
714/722-9465

## NORTHWEST

**Avia Re-Treads**  
c/o Gina Blanchette-Cupp  
2533 125th Ave. NE  
Bellevue, WA 98005  
206/885-4372

**South Sound Striders**  
c/o Rick Baggett  
9807 S. 248 B6  
Kent, WA 98031  
206/852-8645

**Idaho Mountain Masters**  
10271 Ardyce St.  
Boise, ID 83704  
208/322-6048

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

**Snohomish TC**  
4261 S. 184th  
Seattle, WA 98188

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

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

**Phidippides Running Club**  
c/o R.G. Andersen-Wyckoff  
P.O. Box 2315  
Salem, OR 97308  
503/399-7057



# MASTERS SCENE

## NATIONAL

• A survey taken by American Sports Data, a polling firm, found 5½ million Americans trained at least three times a week last year — 10% higher than in 1987. According to TACSTATS, the number of people finishing at least one road race increased by about five percent in 1988. Among the nation's 100 largest races (see list on page 24), the jump was seven percent. "It's hard to find a running participation number that isn't up," said Basil and Linda Honikman in *TACTIMES*. The total racing population topped a million for the first time. The number of reported events (900) and their average size (about 1100) both reached record highs. The

10K remained the most popular distance, accounting for 36 of the 100 largest races. The total number of marathoners dropped, but only by three percent from 1984.

• ESPN's Larry Rawson is acknowledged to be one of the top t&f announcers in the nation. A 4:06 miler at Boston College, Rawson, now 47, has run 4:46 as a master. "I'm always pushing my producers to cover more masters running," he told NMN. "They're starting to come around. I think masters are an exciting part of our sport." Good as he does it, announcing is not Rawson's major field. He's an investment counselor in Manhattan. This month he's working the UCLA meet on the 6th and the Zurich meet on the 16th — both for ESPN.

• Running authors Hal Higdon, Joan Ulyot and Don Kardong will be autographing their books on Monday, July 31, at the U. of Oregon Bookstore in Eugene. Dr. George Sheehan will be signing on Tuesday, August 1. Higdon will pass out flyers, and the store will accept orders on his upcoming work: *The Masters Book*.

• The dates of the 1990 TAC National Masters T&F Championships in Indianapolis will be August 2-5.

## EAST

• Bill Rodgers, 41, with a first M40+, seventh-overall 26:35 led a Wesleyan alumni quartet to the men's masters win in the Alamo Alumni 5 Mile in Central Park, NYC, June 10. The race included team competition based on the runners' alma maters. Tim Hassall, 42, running unattached, was second master in 27:14, with Frank Shorter, 41, a close third in 27:19. Shorter's Yale team finished second. The third-place Iona team was spearheaded by Jim Fillis (51, 29:28). Top W40+s were Judy Harrigan, 41, ninth woman in 32:27; Jessie-Lea Hayes (46, 33:09); and Barbara Yardy (40, 36:13). Carol Gellman, 40, with a 39:08 paced the W40+ winning Hunter College trio. Suzanne Taliaferro (41, 47:36) led the second-place NYU team, and Katie Raab, (42, 48:21) the third-place Brooklyn College grads. 513 men and 256 women finished the race.

• Luis Guachichulca, 41, with a 21:46 was presented with the first masters gifts in the Father's Day 4 Mile, Central Park, June 18. The next masters were in a tough M50-54 race, won by Willie Kaye (50, 21:59), with Dennis Barham (51, 22:12) second, Sidney Howard (50, 22:16) third, and Gerald Lopez Jr. (51, 22:25) fourth. 819 finished. Two weeks earlier in the Westchester Half-Marathon, from White Plains to New Rochelle, NY, Lopez was first M40+ and 11th-overall (601 m/finishers) in 1:19:37, with Fred Barnett, 41, second (1:21:40), and Jim Fillis, third (1:21:42). First W40+ Patty Parmalee, 49, was fourth woman (132 finishers) with a 1:35:23. Wen-shi Yu, 54, took the ninth spot (1:40:58).

• On May 6, Guachichulca (57:40) and Christine Hearn Grenning (43, 1:03:30), top masters in the Trevira Twosome 10 Miler, Central Park, were also the winning couple of the combined age 80-to-99 category (2:01:10). Alan Fairbrother (52, 1:00:20) and Jill Martin (50, 1:10:18) took the age-100-to-119 contest (2:10:38). Don McKenzie (67, 1:08:22) and Yu (1:12:41) joined for the age-120-and-over win (2:21:03). Winners overall in 1:44:19 were Pat Porter (29, 47:55) and Francoise Bonnet (32, 56:24).

• New Zealand's John Campbell, 40, added another masters victory to his collection, racing to a fast 30:29 in the Manufacturers Hanover Lilac 10K in Rochester, NY on May 21. Second

master was South Carolina's Bob Schlau in 31:15. Buffalo's Nancy Mieszcak was first female master in 35:56. England's Allan Rushmer took the M45 title in 32:29. Campbell was also the top age-graded master with a 96.8% performance.

• Francie Larrieu Smith, 36, finished ninth overall in the L'eggs Mini-Marathon 10K in 33:22, June 24, in New York City.

• Neil Steinberg had the best age-graded score (91.5%) in the MAC T&F Championships on Randall's Island in New York, June 17, with a 22.4 in the M35 200. Next best were T. Toscanco (90.5%, 24.0, M45 200), and Sid Howard (90.1%, 4:26.8, M50 1500).

## SOUTHEAST

• The North Carolina Masters Meet in Wilmington, August 19, will include a different awards wrinkle. In addition to the 2-4 awards for each event, based on age-graded performance percentages, recognition ribbons will be awarded, three for each five-year age group in every event. Jim Saxon is the director. See Southeast schedule.

• Charlie Rose, 56, ran a 5:04 mile at the Charlotte, NC, All-Comers Championships, June 27. Dwight Stewart, 42, won the 40-49 mile in 4:55.



John Campbell, M40, after the Manufacturers Hanover Lilac 10K in Rochester, N.Y., May 21. Campbell finished first master in 30:29.

Photo by Ed Cloos

## WEST

• Cherrie Sherrard smashed the W50-54 AR for the 3kg shot with a 11.46 (37-7½) put in the Pacific Association/TAC Masters Championships in Los Gatos, CA, June 10. The former record of 10.62 was held by another Californian, Marjorie Larney, who set it in 1987.

## NORTHWEST

• Peggy Ainslie of Seattle won two W55 gold medals in the 800 (3:00.83) and 5000 (21:02.4) in the U.S. National Senior Olympics in St. Louis, June 19-24.

## INTERNATIONAL

• Tom Jordan, Executive Director of the World Veterans Championships, wants it known that he was unaware of the mailing which invited all participants to visit the Crystal Cathedral in California.

• England's Ron Hill turned 50 and won two 50-59 division titles in the Big Boy 20K (1:16:09) in Wheeling, WV, and the Great Race 10K (34:38) in Elkhart, IN, before returning to England.

## Sekerak, Burleson Win National 15K

Continued from page 1

could catch Tresohlavy. Burleson had no such trouble; Donna Goodman (1:03:23) finished over three minutes behind Burleson to make it a 1-2 masters finish for the women as well.

Burleson, a microbiologist from Columbus, won at St. Clair in 1987, but passed up the chance for a title defense last year. Burleson said frankly, "It just took me two years to forget how terribly difficult this course really is. I came back this year because it was a national championship and because the people here are so great."

Top age-graded performance of the day belonged to Sekerak with an 85.0% (M40 standard of 43:47 divided by Sekerak's 51.29). Tresohlavy was second with an 83.7%, followed by M50 age-group winner Joe Fodor (56.10, 83.5%).

Runners competed on a sunny and bright day, with temperatures in the mid 60's. Dianna Vargo was race director. □



Priscilla Welch (26:26), first master at the Nike Women's 8K in Washington, D.C., May 14.

Photo by Kathy Ruser



Nancy Mieszcak of Buffalo leads women masters in the Manufacturers Hanover Lilac 10K in Rochester, N.Y., May 21. She placed first master in 35:56. Photo by Ed Cloos



# 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 EAST

Connecticut, Delaware, Massachusetts, Maryland, Maine, New Hampshire, New Jersey, New York, Pennsylvania, Rhode Island, Virginia, Vermont.

**August 12.** TAC Eastern Sectional Masters Weight and Track Pentathlon Championships, State University at Buffalo, North Campus, Amherst, N.Y. Arnold Walker, 74 Franklin St., Buffalo, NY 14202. 716/851-4590.

**August 13.** Brown U. Masters Invitational, Providence, R.I. Neil Steinberg, 46 Roberta Ave., Pawtucket, RI 02860. 401/728-2869 (eve.).

**August 13.** Tri-State TC Classic, Hagerstown, Md. Wayne Vaughn, 734 W. Franklin St., Hagerstown, MD 21740. 301/733-6076.

**August 19.** Philadelphia Masters Invitational, Ursinus College, Collegeville, Pa. Pre-entry only. Walter Fisher, 263 So. Roberts Rd., Bryn Mawr, PA 19010. 215/525-5081.

**September 2.** Virginia State Masters Championships, Charlottesville, Va. Karen Beaver, 311 Westminster Rd., Charlottesville, VA 22901.

**September 3.** 14th Annual Potomac Valley Games & PVAC Masters Championships, St. Stephen's School, Arlington, Va. Sal Corrallo, 3466 Roberts Ln., Arlington, VA 22207. 703/243-1290.

## SOUTHEAST

Alabama, Florida, Georgia, N. Carolina, S. Carolina, Tennessee.

**August 19-20.** Coastal Carolina Masters Meet, Wilmington, N.C., UNC-W. CMAC, Jim Saxon, 3120 Libeth St., Charlotte, NC 28205. 704/536-6266.

## MIDWEST

Illinois, Indiana, Kentucky, Michigan, Ohio, Wisconsin, West Virginia.

**August 26.** Masters Scottish Games (throws), Woodstock, Ill. Carl Klehm, 1218 North Route 47, Woodstock, IL 60098.

**September 3-4.** Senior Olympics, Columbus, Ohio. Leo Yassenoff Jewish Center,

1125 College Ave., Columbus, OH 43209. 614/231-2731.

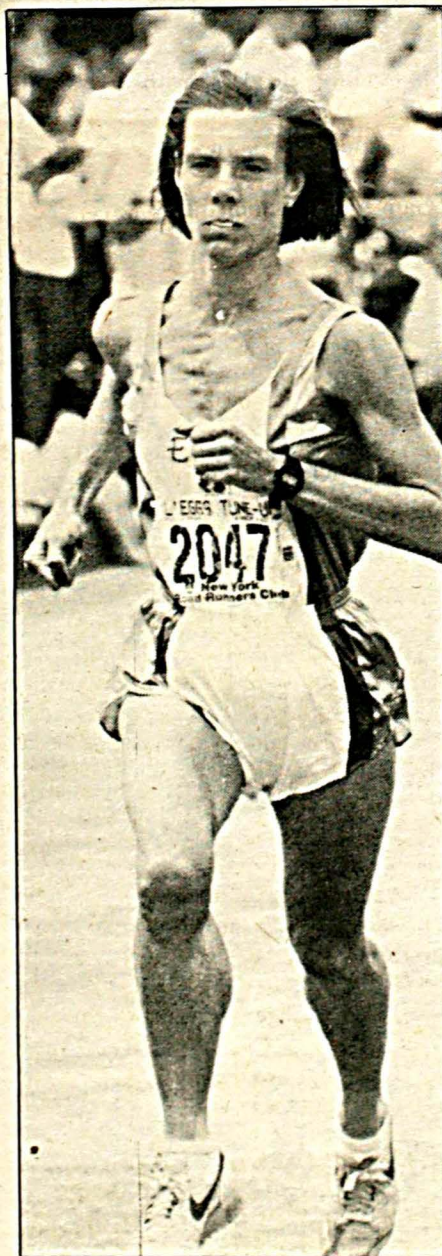
**September 10.** Wolfpack Throwing Classic & Ohio TAC Two-Hour Run, Worthington HS, Worthington. John White, 4865 Arthur Pl., Columbus, OH 43220. 614/459-2547.

## MID-AMERICA

Arkansas, Colorado, Iowa, Kansas, Minnesota, Missouri, N. Dakota, Nebraska, Oklahoma, S. Dakota.

**September 2-3.** Rocky Mountain Masters Games, U. of Colorado, Boulder. Jim Weed, 1167 E. 2nd Ave., Aurora, CO 80010. 303/341-2980.

**September 23-24.** Nebraska Senior Olympics, Kearny. 55+. Barbara McQuitty, USNSO National Director, 222 S. Central, St. Louis, MO 63105. 314/726-4550.



Angela Hearn (W40, 17:47), first female master at the L'Eggs 5K Tune-up, Central Park, NYC, May 14. Photo by Sailer, Ltd.

## WEST

Arizona, California, Hawaii, Nevada, New Mexico, Utah.

**August 3, 12.** South Lake Tahoe Recr. Dept. All-Comers Meets, So. Lake Tahoe, Calif. Finals-12th. Call So. Lake Tahoe Recr. Dept. for information.

**August 12-13; August 19-20.** Hawaii International Masters Games, Kaiser High School, Honolulu. Stan Thompson, 2164 Halekoa Dr., Honolulu HI 96821. 808/734-8450. Or Marvin Thompson, LAPOC, 2301 Hyperion Ave., Suite P, Los Angeles, CA 90027. 213/666-7341.

**September 2.** 5th Annual Patriots Summer Relays, Los Angeles. Marvin Thompson, LAPOC, 2301 Hyperion Ave., Suite P, Los Angeles, CA 90027. 213/666-7341.

**September 16.** Northern California Seniors Classic, UC-Berkeley. Jim Johnson, 415/697-1889.

**September 24.** Sri Chinmoy Seniors (50+) Meet, UC-Irvine, Calif. Sri Chinmoy Marathon Team, 1921 S. Sherbourne Drive, Los Angeles, CA 90034. Bigalita Egger, 213/838-4746.

**October 7.** Club West Masters Meet, Santa Barbara, Calif. George H. Adams, P.O. Drawer K, Goleta, CA 93116. 805/484-5982.

**October 16-27.** World Senior Games, St. George, Utah. 50+. T&F/Road Races: October 25-27. Sylvia Wunderli, 1604 Walker Center, Salt Lake City, UT 84111. 801/583-6231.

## NORTHWEST

Alaska, Idaho, Montana, Oregon, Washington, Wyoming.

**August 11-12.** 11th Montana Masters Championships, Montana St. U. track, Bozeman. Mike Carignan, P.O. Box 5132/MSU, Bozeman, MT 59717-5132. 406/587-8726.

## INTERNATIONAL

**July 27-August 6.** VIII World Veterans Championships, Eugene, Oregon, USA. Men 40+, women 35+. No qualifying standards. World Veterans Games, P.O. Box 10825, Eugene, OR 97440. Barbara Kousky; Tom Jordan: 503/687-1989.

**August 7.** Masters International Weight Pentathlon, Eugene, Oregon. Advance registration not required. Entries accepted on site in Eugene on or before 5 p.m., August 5.

**September 16-17.** San Juan International Masters Meet, Escobar Stadium, San Juan, Puerto Rico. Ovidio de Jesus, P.O. Box 31300, 65th Infantry Stn., Rio Piedras, PR 00929-0300.

**October 14-16.** 10th Annual Japan Masters Championships. Tokyo Travel, 5-1-2 Misono-cho, Wakayama City, Wakayama Prefecture, Japan. Phone: 0734-25-3211. Fax: 0734-24-1683.

**October 14-22.** 2nd Australian Masters Games, Adelaide. Masters Games, G.P.O. Box 1865, Adelaide, 5001, Australia.

## LONG DISTANCE RUNNING NATIONAL

**September 17.** U.S. TAC National Masters Half-Marathon Championships,

## ON TAP FOR AUGUST

The VIII World Veterans Championships, which opened on July 27, in Eugene, Oregon, continue with intensity through the closing events on the 6th. The Masters International Weight Pentathlon in Eugene follows on the 7th.

## TRACK & FIELD

On the East Coast, the Eastern Sectional Masters Weight and Track Pentathlons are scheduled in Buffalo on the 12th; the Brown U. Masters Invitational in Pawtucket, R.I., and the Tri-State TC Classic in Hagerstown, Md., are set for the 13th; and the Philadelphia Masters Invitational in Collegeville, Pa., happens on the 19th.

In the Southeast, the Coastal Carolina AC conducts a two-day age-graded affair in Wilmington, N.C., on the 19th-20th.

The Hawaii International Masters Games offers stragglers from the World Championships two meets, on the 12th-13th and 19th-20th.

Events in the U.S. Masters Scottish Games in Woodstock, Ill., on the 26th, include the caber toss, stone throw, and sheaf toss.

## LONG DISTANCE RUNNING

On the 12th, the schedule includes the Asbury Park 10K, an ICI/USRA Masters Circuit race, in New Jersey, and the Dilworth Jubilee 8K in Charlotte, N.C., with unlimited five-year age groups.

A week later, runners can opt for the Pikes Peak Ascent on the 19th or the marathon on the 20th in Manitou Springs, Colo. The Parkersburg Half-Marathon goes off in West Virginia on the 19th. San Diego puts on America's Finest City Half-Marathon, and Falmouth, Mass., hosts its popular 7.1 miler on the 20th.

The Bobby Crim 10 Miler, another ICI/USRA event, in Flint, Mich., and the Maggie Valley Moonlight 5 Miler in North Carolina are the 26th's feature events. The city of Santa Monica, Calif., caps the month's action on the 27th with a marathon. □

Philadelphia, Pa. Mark Stewart, c/o Philadelphia Distance Run, P.O. Box 43111, Philadelphia, PA 19129. 215/636-4975; 735-6958(h).

**September 24.** U.S. TAC National Masters 10K Championships, Pittsburgh, Pa. Mike Radley, The Great Race, Room 400, City-County Bldg. Pittsburgh, PA 15219. 412/255-2493.

**October 1.** U.S. TAC National Masters 25K  
Continued on page 25

## Coming Next Month:

- Results of World Veterans Championships
- Results of Nationals



Continued from page 24

Championships, New York. Jack Dowling, 25-47 Beech St., East Meadow, NY 11554. 516/579-7466.

**October 8.** U.S. TAC National Masters Marathon Championships, St. Paul, Minn. Gary Iverson, 1200 Town Square, 445 Minnesota St., St. Paul, MN 55101. 612/291-1822.

**November 5.** U.S. TAC National Masters 5K Cross-Country Championships, Columbus, Ohio. John White, 4865 Arthur Pl., Columbus, OH 43220. 614/424-7011.

**November 12.** U.S. TAC National Masters 30K Championships, Clarksburg, Calif. Skip Seebeck, P.O. Box 20, Clarksburg, CA 95612. 916/665-1712; 916/775-1318.

**November 19.** U.S. TAC National Masters 15K Cross-Country Championships, NYC. Joe Kleineram, 9 E. 89th St., New York, NY 10128. 212/860-4455.

**November 25.** U.S. TAC National Masters 10K Cross-Country Championships, San Francisco. John Mansoor, 800 Bonita Dr., Folsom, CA 95630. 916/933-4913.

**December 3.** U.S. TAC National Masters 8K Championships, Washington, D.C. Herb Chisholm, 1001 Rynex Dr., Alexandria, VA 22312. 703/354-3461.

**EAST**

Connecticut, Delaware, Massachusetts, Maryland, Maine, New Hampshire, New Jersey, New York, Pennsylvania, Rhode Island, Virginia, Vermont.

**August 6.** New Jersey Blue Cross/Shield 10K, South Orange, N.J. Also 3K X-C, and masters 100, 800, mile. Summer Track Festival, Essex County Dept. of Parks, 115 Clifton Ave., Newark NJ 07104. Bill Indek, 201/338-3893.

**August 12.** Asbury Park 10K Classic, Asbury Park, N.J. M&W 40+: \$500/300/100. Phil Benson, P.O. Box 2287, Ocean Township, NJ 07712. 201/531-4156.

**August 20.** Falmouth 7.1 Miler, Falmouth, Mass. John Carroll/Rich Sherman, P.O. Box 732, Falmouth, MA 02541. 617/540-7000.

**September 14.** 9th Annual Nike Capital Challenge 3 Mile, Washington, D.C. Jeff Darman, 1201 S. Eads St., Ste. 2, Arlington, VA 22202. 703/979-4366.

**September 16.** Great Cow Harbor 10K, Northport, N.Y. SASE to Cow Harbor 10K, P.O. Box 1, Northport, NY 11768.

**September 17.** Eriesistible Marathon, Erie, Pa. Frank Witgen, P.O. Box 1906, Erie, PA 16507-0906. 814/871-2468.

**September 23.** NYRR Mercedes Mile on 5th Ave., NYC. NYRR, 9 E. 89th St., NY, NY 10128. 212/860-4455.

**September 24.** The Great Race 10K, Pittsburgh, Pa. (TAC U.S. Masters Championships) \$10,000 masters money. Citiparks, 400 City-County Bldg., Pittsburgh, PA 15219. Bill Backa, 412/255-2350.

**October 1.** Delaware Distance Classic 15K/5K/5K RW, Wilmington, Del. Cash to overall m&w 40+ winner. Joel Schiller, Race Director, 2502 N. Van Buren St., Wilmington, DE 19802. 302/762-4020 (h); 792-4741 (w).

**SOUTHEAST**

Alabama, Florida, Georgia, N. Carolina, S. Carolina, Tennessee.

**August 12.** Dilworth Jubilee 8K, Charlotte, N.C. Unlimited 5-year age groups. Carl Johnson, Race Director, Dilworth RRC, 729 Berkeley Ave., Charlotte, NC 28203. 704/377-8327(o); 704/377-3679(h).

**August 19.** Homecoming Half-Marathon, Parkersburg, W.Va. Dorsey Cheuvront, P.O. Box 417, Parkersburg, WV 26102. 304/424-2601.

**August 26.** Maggie Valley Moonlight 5 Miler, Maggie Valley, N.C. Rick Lee, P.O. Box 870, Waynesville, NC 28786. 704/465-7363.

**August 26.** Seascape Escape 3000, Destin, Fla. Separate 3000 race for masters. Azalea City TC, 5508 Kaiser Court, Mobile, AL 36618. Lonn Spencer, 205/342-9489, after 6:30 p.m.

**September 2.** Charleston 15 Mile Run, Charleston, W. Va. Jim Hamrick, P.O. Box 2749, Charleston, WV 25330. 304/348-3464.

**September 30.** Virginia 10 Miler, Lynchburg, Va. Marilyn Reynolds-Straub, 3020 Cranehill Dr., Lynchburg, VA 24503. 804/384-1692; 384-6816.

**MIDWEST**

Illinois, Indiana, Kentucky, Michigan, Ohio, Wisconsin, West Virginia.

**August 26.** Bobby Crim 10 Miler, Flint, Mich. Lois Craig, P.O. Box 981, Flint, MI 48501. 313/235-3396.

**September 4.** Park Forest Scenic 10 Mile, Park Forest, Ill. Masters money. Park Forest Rec. & Parks Dept., 200 Forest Blvd., Park Forest, IL 60466. 312/748-2005.

**MID-AMERICA**

Arkansas, Colorado, Iowa, Kansas, Minnesota, Missouri, N. Dakota, Nebraska, Oklahoma, S. Dakota.

**August 19-20.** Pikes Peak Ascent (19th)/Pikes Peak Marathon, Manitou Springs, Colo. TCR, P.O. Box 38235, Colorado Springs, CO 80937. 719/473-2625.

**September 10.** City of Lakes 25K, Minneapolis. Jeff Winter, Minneapolis Parks & Rec. Dept., 310 4th Ave. So., Minneapolis, MN 55415. 612/348-2226.

**October 8.** Twin Cities Marathon, St. Paul, Minn. \$50,000 masters money. TCM, 9633 Lyndale Ave. S, St. 209, Minneapolis, MN 55420. 612/881-3863.

**WEST**

Arizona, California, Hawaii, Nevada, New Mexico, Utah.

**August 2, 5, 10, 24, 31.** Legg Lake Runs, S. El Monte, Calif. A. Martinez, 9502 Reichling Lane, Pico Rivera, CA 90660. 213/949-0394.

**August 6.** YMCA Women's 10K, Pacific Grove, Calif. Fabia Massaro, Monterey Peninsula YWCA, 404 Camino El Estero, Monterey, CA 93940. 408/649-0834.

**August 13.** 7th Annual Magic Mile, Albuquerque, N.M. Pt. to pt. road mile. SASE to Eleanor Smith, 335 62nd NW, Albuquerque, NM 87105.

**August 20.** America's Finest City Half-Marathon, San Diego. Neil Finn, P.O. Box 3879, San Diego, CA 92103. 619/297-3901.

**August 27.** Santa Monica Marathon, Santa Monica, Calif. Santa Monica Rec. Dept., 2600 Ocean Park Blvd., Santa Monica, CA 90405. 213/458-8311.

**September 9.** Say No To Drugs 5K/10K, Irvine, Calif. SASE to Oscar J. Rosales, 7846 Connie Dr., Huntington Beach, CA 92648. 714/841-5417; 213/634-3027.

**October 7.** 13th Annual St. George Marathon, St. George, Utah. St. George Marathon, 86 So. Main, St. George, UT 84770. 801/634-5850.

**NORTHWEST**

Alaska, Idaho, Montana, Oregon, Washington, Wyoming.

**September 24.** Portland Marathon, Portland, Oregon. Les Smith, Portland Marathon, P.O. Box D, Beaverton, OR 97075. 503/226-1111.

**INTERNATIONAL**

**July 27 - August 6.** VIII World Veterans Championships, Eugene, Oregon, USA. 10K on July 27; marathon on August 6.

Men 40+, women 35+. World Veterans Championships, P.O. Box 10825, Eugene, OR 97440. 503/687-1989.

**September 3.** AAA Veterans Half-Marathon Championships, Kings Lynn, Norfolk, East Anglia, England. G. Reid, 3 Church Lane, Shouldham Thorpe, Kings Lynn, Norfolk, England.

**September 24.** Toronto/Wang Marathon, Toronto, Canada. MTWM, 1220, Sheppard Ave. E, Willowdale, Ontario, Canada M2K 2X1.

**October 1.** Berlin Marathon, Berlin, W. Germany. August 17 deadline. Berlin-marathon, Meinekestrasse 13, D-1000 Berlin 15. Tel. 030/882 64 05. Telex 186102 broko d.

**November 19.** Romacapitale Marathon, Rome, Italy. Organizing Committee, Via Paulucci De Calboli 60-00195, Rome, Italy. Tele: 06/318462.

**Two American Records Fall in Volcano**

by JERRY WOJCIK

Two W55-59 American records fell in the VI Annual Volcano Classic meet held at St. Helens, Oregon, on June 10. Nikki Ryan, 57, broke her own record of 32.29, set last year, in the 200 with a

**RACE WALKING NATIONAL**

**September 10.** U.S. TAC National Masters 40K Racewalk Championships, Union, N.J. Elliott Denman, 26 No. Locust Ave., W. Long Branch, NY 07764. 201/222-9213.

**October 1.** U.S. TAC National 1-Hour Racewalk Championships, Cambridge, Mass. Phillip McGaw, 156 Blue Hill Ave., Milton, MA 02174. 617/698-1806.

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31.84, and Sharon Sahonchik upped the high jump record of 1.12 (3-8), held jointly by Shirley Kinsey and Joyce Varney, to 1.17 (3-10).

Ryan also set a single-age AR in the 100 with a 14.99. □

**National Senior Olympics Draws 1367 T&F Athletes**

Continued from page 1

The event was staged by a non-profit organizing committee of St. Louis community leaders with over 4500 volunteers.

Participants had to qualify for entry into the Games at 55 local Senior Games throughout the country.

Other sports (and number of entries) were: swimming (559), tennis (481), bowling (392), softball (286), volleyball (191), cycling (182), table tennis (167), hoiseshoes (176), golf (213), shuffleboard (89), archery (100), and badminton (83). The sport with the highest percentage of women (51%) was shuffleboard.

The large number of track and field competitors required heats in many of the events. Rather than seeding heats in the traditional manner, the fastest runners were put in the first heat, next fastest in the second heat, and so forth. Places in the final were chosen by time.

Some top national masters talent showed up. North Carolina's Jim Law turned in the best age-graded performance of the meet (94.8%) with a fast 58.89 in the M60 400. Maryland's Ed Benham had the next best age-graded effort of 94.1% and broke his own world M80 record by 11 seconds with a 21:46.8 in the 5000.

Law also logged a 93.0% for his 200 in 25.72, while Charles Sochor earned 93.2% for his fast 58.89 behind Law in the M60 400.

Steve Allen was the master of ceremonies at the closing banquet.

Because of a legal agreement recently reached between the U.S. National Senior Olympics and the U.S. Olympic Committee, the name of the 1991 event may be called the National Senior

Games, rather than the National Senior Olympics.

The USOC legally controls the "Olympics" name, and has refused to permit the USNSO to use the name in its events. USNSO did so anyway, and threatened to ask the U.S. Congress to pass legislation giving it permission.

However, USNSO lost its two champions in Congress; Daniel Melcher was defeated and Claude Pepper died. The USNSO Board decided to accept the USOC invitation to change its name to apply for "Class B" membership in USOC and be authorized by USOC to be the official U.S. organizer of senior multi-sport events.

"We still would like to use the word 'Olympics' in the biennial event," said the USNSO's Ken Marshall, "but we feel we can push our case better from the inside of USOC rather than from the outside."

Marshall said his organization hopes to work closely with the national governing bodies of each sport. (TAC is the U.S. governing body for track and field.) "We follow the rules of each sport's national organization," he said, "unless it conflicts in some way with our program; then we set our own guidelines. We welcome help in running the events from each governing body."

Sports Illustrated Magazine (July 3) did a four-page feature on the 1989 Senior Olympics. A one-hour show will be broadcast on ESPN-TV on Friday, August 4 at 9 p.m. EDT, and repeated on Monday, August 7 at 1 p.m. EDT.

The third biennial National Games will be held in Syracuse, N.Y., in 1991, and USNSO officials hope a host city can be named by the fall of 1990 for the 1993 event. □ —Al Sheahan



## Records Fall Despite Rain in Tennessee Meet

Continued from page 1

followed by a 4:45.08 1500 the following morning on a dry track — 0.12 under the age-58 American record. His performance was the start of many outstanding efforts on the resurfaced University of Tennessee's Tom Black track.

In the field events, Bill Duckworth passed the javelin world record for age-54 with a 53.38 throw. Gordon Powell set an age-79 U.S. record for the 25-lb. weight with a 7.26 toss.

Brenda Bloomfield, 47, obliterated the U.S. W45-49 hammer record of 20.87 with a 29.60 heave.

Over 50 meet records were broken or set in this third annual meet.

Although participation was down slightly from 1988 due to the weather and the conflicting date with the National Decathlon Championships, the quality of the field continues to improve. Officiating provided by University of Tennessee's Physical Education Department under Buck Jones kept the events on time and well-managed throughout the competition. □



Frank Galbraith strides to an M45 win in the 200 (27.14) at the Tennessee Masters Championships in Fort Sanders, Tenn., June 16.

### ATHLETES WHO ENTER A NEW DIVISION THIS MONTH, AUG., 1989

ATHLETE (RESIDENCE)	BIRTHDATE	AGE GROUP
JOAN ARSENAULT (ELKTON, OR)	8-17-29	60-64
RUDY BURR (HONOLULU)	8-12-14	75-79
HELEN DICK (LOS ANGELES)	8- 4-24	65-69
SYLVIA DOUGLAS (COLLEGE PLACE, WA)	8-20-19	70-74
REIKO DUBA (GLENDALE, CA)	8-10-44	45-49
JANICE GERVAIS (SAN DIEGO, CA)	8- 5-44	45-49
ANN KAHL (ORLANDO, FL)	8- 3-29	60-64
HELENE LAURENT (SAN DIEGO, CA)	8- 9-34	55-59
CINDY MCELWAIN (HARVARD, MA)	8- 3-39	50-54
BEVERLY NOLAN (BRUNSWICK, ME)	8-22-34	55-59
BLANCH PAINE (WATERTOWN, MA)	8-29-29	60-64
SANDRA STEPP (ARCATA, CA)	8-24-49	40-44
DOROTHY THOMAS (FRESNO, CA)	8- 7-24	65-69
ANGELINE TRANHAM (HALTON CITY, TEX)	8-22-24	65-69
SILVANA ACQUARONE (ITA)	8-18-44	45-49
GISELA BLADH (SWE)	8-10-24	65-69
DORLY BRECHBUEHL (CAN)	8-24-24	65-69
LAUREL FRAWLEY (AUS)	8-28-24	65-69
RUTH FRITH (AUS)	8-23- 9	80-84
ELIZABETH HAULE (WG)	8- 9-19	70-74
ROSEMARIE WENZELER (WG)	8- 3-34	55-59
MARFARET YATES (NZ)	8-30-44	45-49
MARK BODLEY (LOS BANOS, CA)	8-15-34	55-59
JIM BROWN (SAN FRANCISCO)	8- 4-39	50-54
GEORGE BUCK (AUSTRALIA)	8-18-14	75-79
NEEL BUELL (VILLA PARK, CALIF)	8-23-14	75-79
ANTHONY CASTRO (LA CANADA, CA)	8- 3- 9	80-84
WILLIAM COCKE (NASHVILLE, TN)	8- 2-34	55-59
PHILIP CONLEY (WOODSIDE, CA)	8-17-34	55-59
RAFAEL FORTUN (CUBA)	8- 5-19	70-74
AL HALL (US)	8- 2-34	55-59
DARREL HORN (LAFAYETTE, CA)	8- 5-39	50-54
IAN HUME (CAN)	8-20-14	75-79
RON JONES (GB)	8-19-34	55-59
TOM KEMPF (BARTLESVILLE, OKLA)	8-16-24	65-69
MARTIN LEGETT (AUSTIN, TX)	8-26-24	65-69
WALTER LONG (EAST LANSING, MICH)	8- 3-19	70-74
K. F. MAIER (WG)	8-30-19	70-74
MOHAMMED NAWAZ (PAKISTAN)	8-15-24	65-69
HAROLD NIEBEL (KENSINGTON, MD)	8-21-14	75-79
HANS OVERLAND (NOR)	8- 3-24	65-69
DON PALMER (SAN JUAN CAPISTRANO, CA)	8- 1-29	60-64
CLIFFORD PAULING (BRONX, NY)	8-26-34	55-59
GORDON POWELL (US)	8- 1- 9	80-84
ED REINER (SAN DIEGO, CALIF)	8-18-19	70-74
TOM VON RUDEN (CA)	8-22-44	45-49
CHRISTOPHER THOMPkins (US)	8- 1- 9	80-84
HOMER VANGELDER (SANTA ROSA, CA)	8- 9- 4	85-89
W.J. SELDON (SAN ANTONIO, TEX)	8- 8-14	75-79

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M40  
 Jim Johnson HJ 5-10 05/20/89  
 Max Naegle 800 2:07.2 04/29/89  
 Phil Martinez HT 143-9 06/03/89

M50  
 Roosevelt Weaver 100 12.3 06/04/89

M55  
 George McGinnis SP 38-0 06/11/89  
 Paul Lehmkuhl LJ 15-11 03/19/89

M65  
 Paul Eberhardinger 35# WT 15-0 06/18/89  
 25# WT 36-4 06/18/89  
 M70  
 Bill Van Fleet 5000 23:00.4 06/26/88  
 W40  
 Lynda Huey 200 28.9 06/18/89

W50  
 Joanna de Keyser 2 Mile 20:41 06/04/89  
 RW  
 3000m 19:55 05/28/89  
 RW



## All American

### Masters Track and Field

*This is to certify that*

*has earned All American Honors for the year* *in the*  
*following event(s):*



*Secretary* *Chairman*

## 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
100	11.0	11.33	11.67	12.0	12.5	13.0	13.5	14.0	15.0	16.5	18.0	20.0
200	22.4	23.3	24.2	25.1	26.0	27.2	28.5	29.8	32.4	35.8	39.8	44.0
400	51.0	52.5	54.0	56.0	58.5	61.5	65.0	70.0	76.5	84.5	94.0	105.0
800	2:01	2:04	2:08	2:13	2:19	2:27	2:37	2:49	3:06	3:27	3:54	4:24
1500	4:11	4:15	4:22	4:32	4:45	5:02	5:24	5:47	6:22	7:03	7:59	9:15
Mile	4:31	4:35	4:42	4:53	5:07	5:25	5:49	6:14	6:51	7:38	8:42	10:10
5000	15:30	15:42	16:06	16:44	17:30	18:24	19:36	21:08	23:30	26:00	29:00	32:30
10000	32:11	32:35	33:30	34:45	36:15	38:10	40:30	44:15	48:30	54:30	61:15	68:30
110H	15.3	16.4	17.75	18.75								
100H					18.0	19.0	20.0	21.3				
80H									18.0	21.0	25.0	30.0
400H	57.6	59.7	62.0	64.4								
300H					48.0	51.0	55.0	60.0	66.5	74.5	84.0	95.0
3K-SC	10:00	10:20	10:55	11:40	12:30	13:20						
2K-SC							9:30	10:30	12:00	14:00	16:30	19:30
HJ	1.94	1.85	1.76	1.68	1.59	1.50	1.41	1.32	1.23	1.13	1.02	.92
	6-4 1/2	6-3/4	5-9/4	5-6	5-2 1/2	4-11	4-7 1/2	4-4	3-8	3-4	3-1	
PV	4.40	4.15	3.90	3.60	3.30	3.05	2.80	2.55	2.30	2.05	1.80	1.50
	14-5 1/2	13-7 1/2	12-9 1/2	11-9 1/2	10-10	10-0	9-2 1/2	8-4 1/2	7-6 1/2	6-8 1/2	5-11	4-11
LJ	6.55	6.20	5.85	5.45	5.10	4.75	4.40	4.00	3.65	3.35	3.00	2.65
	21-6	20-4 1/2	19-2 1/2	17-10 1/2	16-9	15-7	14-5 1/2	13-1 1/2	11-11 1/2	11-0	9-10	8-8 1/2
TJ	13.35	12.65	11.90	11.15	10.40	9.65	8.90	8.20	7.50	6.80	6.10	5.50
	43-9 1/2	41-6	39-1 1/2	36-7	34-1 1/2	31-8	29-2 1/2	26-11	24-7 1/2	22-4	20-1 1/2	18-1 1/2
Shot	15.20	14.10	13.00	12.00	11.20	10.40	9.60	8.80	8.00	7.25	6.50	5.75
	49-10 1/2	46-3 1/2	42-8	39-4 1/2	36-9	33-4 1/2	30-0	28-10 1/2	25-1 1/2	21-4		
Discus	44.80	42.60	40.60	38.00	36.40	34.00	31.60	29.40	26.40	23.40	20.40	17.40
	147-0	139-9	133-2	124-8	113-3	109-5	103-8	96-7	86-7	70-2 1/2	53-2	
Hammer	47.24	44.20	41.14	38.10	36.00	33.00	30.00	27.00	24.00	21.00	18.00	15.00
	155-0	145-0	135-0	125-0	118-1	111-1	103-3	95-2	82-0	73-10	60-0	
Jav	62.00	57.00	52.00	48.00	43.00	38.50	34.00	29.00	24.00	19.00	15.00	11.00
	203-5	187-0	170-7	157-6	141-1	126-4	114-10	95-2	78-9	62-4	49-2	
35#Wt.	15.00	14.00	13.00	12.00	10.00	9.00						
25#Wt.					11.00	10.00	9.00	8.00	7.00	6.00		
56#Wt.	9.50	9.00	8.50	8.00	6.00	5.00	4.50	4.00	3.50	3.00	2.50	2.00
PEN	2800	2600	2400	2200	2000	1800	3000	3000	3000	2500	2000	1000
DEC	5500	5250	5000	4500	4000	3000	6000	5500	5000	4000	2000	1500

notes: 1) 100 standards are for automatic time; use standard conversion for hand time.  
 2) Short hurdles: 30-49: 19"; 50-59: 36"; 60-69: 33"; 70+: 30".  
 3) Long hurdles: 30-49: 36"; 50-59: 33"; 60+: 30".  
 4) Shot put: 30-49: 7.26kg (16#); 50-59: 6kg; 60-69: 5kg; 70+: 4kg.  
 5) Discus throw: 30-49: 2kg; 50-59: 1.5kg; 60+: 1.0kg.  
 6) Hammer: 30-49: 7.26kg (16#); 50-59: 6kg; 60-69: 5kg; 70+: 4kg.  
 7) Javelin: 30-59: 800g; 60+: 400g.  
 8) Metric heights and distances are the standard; feet and inches listed for convenience.  
 9) Dec/Pentathlon: 30-59: IAAF points; 60+: Ian Hume points (old WAVA).

## U.S. MASTERS ALL AMERICAN STANDARDS OF EXCELLENCE FOR MASTERS RACE WALKERS

Mile	3K	2-mile	5K	10K	20K	Mile	3K	2-mile	5K	10K	20K
M40 7:29.8	14:30	15:40	24:30	51:00	1:45	W40 8:55.4	17:20	18:40	29:00	1:00	2:04
M45 7:42.8	15:10	16:20	26:00	54:00	1:52	W45 9:12.4	19:53	19:17	31:00	1:04	2:12
M50 8:25.1	16:20	17:37	27:30	57:00	1:58	W50 10:30.2	20:24	21:59	33:00	1:08	2:20
M55 8:43.1	16:55	18:15	29:00	60:00	2:04	W55 10:55.4	21:13	22:51	35:00	1:12	2:28
M60 9:19.9	18:07	19:32	30:30	63:00	2:10	W60 11:45.0	22:49	24:35	38:00	1:18	2:40
M65 9:44.7	18:54	20:23	32:00	66:00	2:16	W65 12:20.2	23:59	25:50	41:00	1:24	2:52
M70 10:25.4	20:15	21:49	34:00	70:00	2:24	W70 13:28.5	26:10	28:12	44:00	1:30	3:04
M75 10:59.9	21:20	23:00	36:00	74:00	2:32	W75 14:19.5	27:49	29:58	47:00	1:36	3:16
M80 11:40.7	22:40	24:25	38:00	78:00	2:40	W80 15:20.7	29:48	32:08	50:00	1:42	3:28
M85 12:29.3	24:15	26:08	40:00	82:00	2:48	W85 16:35.7	32:13	34:44	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
100	13.8	14.2	14.6	15.0	15.6	16.2	16.9	17.8	18.8	20.0	21.2
200	28.0	29.2	30.3	31.4	32.5	34.0	35.7	37.5	40.0	43.5	47.0
400	63.5	65.5	67.5	69.5	71.5	73.5	75.5	78.5	83.7	90.0	103.3
800	2:32	2:35	2:40	2:46	2:54	3:05	3:19	3:36	3:56	4:09	4:35
1500	5:10	5:19	5:29	5:40	5:58	6:20	6:48	7:23	8:04	8:52	9:48
Mile	5:34	5:44	5:55	6:07	6:26	6:49	7:19	7:46	8:47	9:39	10:45
5000	19:45	20:30	21:20	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
100H	17.2	18.2									
80H			15.0	15.8	16.5	17.6	18.7	20.2	22.2	25.0	28.0
400H	75.5	79.9	84.4	88.8							
300H					66.0	72.0	79.0	87.0	96.0		
HJ	1.42	1.35	1.27	1.19	1.12	1.07	1.02	.97	.92	.89	.84
	4-8	4-5 1/2	4-2	3-11	3-8	3-6 1/2	3-4 1/2	3-2 1/2	3-0 1/2	2-11	2-9
LJ	5.00	4.60	4.25	3.90	3.55	3.20	2.85	2.60	2.35	2.10	2.00
	16-5	15-1	13-11 1/2	12-9 1/2	11-8	10-6	9-4 1/2	8-6 1/2	7-8 1/2	6-11	6-7
TJ	10.00	9.20	8.60	7.80	7.18	6.40	5.70	5.20	4.70	4.20	3.80
	29-7 1/2	28-3	26-8	25-0 1/2	23-5 1/2	22-8	20-5 1/2	18-10	16-5	13-11 1/2	13-1 1/2
Shot	10.30	9.30	8.40	7.70	7.95	7.20	6.50	5.80	5.25	4.70	4.25
	33-9 1/2	30-6 1/2	27-7	25-3 1/2	26-1	23-7 1/2	21-4	19-0 1/2	17-3	15-5	13-11 1/2
Jav	39.50	33.50	27.50	21.50	25.00	19.00	18.00	16.00	15.00	14.00	13.50
	129-7	109-11	93-6	70-6 1/2	82-0	62-4	59-1	52-6	49-2	45-11	44-4
Discus	30.0	27.8	26.0	24.0	22.0	20.0	18.0	16.0	15.0	14.0	13.5
	98-5	91-2	85-4	78-9	72-2	65-8	59-1	52-6	49-2	45-11	44-4
Hammer	40.0	35.0	30.0	25.0	21.0	22.0	20.0	18.0	14.0	12.0	9.0
	131-3	114-10	98-5	82-0	75-6	72-2	65-8	59-1	45-11	39-5	29-7
20#Wt.	10.00	9.00	8.00	7.00	6.00	5.00	4.00	3.50	3.25	3.00	2.75

notes: 1) 100 standards are for automatic time; use standard conversion for hand time.  
 2) Short hurdles: 30-39: 33"; 40+: 30"  
 3) Shot put: 30-49: 4kg; 40+: 3kg.  
 4) Javelin: 30-49: 600gm; 50+: 400gm.  
 5) Hammer: 30-49: 4kg; 40+: 3kg.  
 6) Metric heights and distances are the standard; feet and inches listed for convenience.

## APPLICATION FOR AN ALL-AMERICAN CERTIFICATE/PATCH

NAME \_\_\_\_\_ AGE-GROUP \_\_\_\_\_

ADDRESS \_\_\_\_\_ SEX: M \_\_\_\_\_ F \_\_\_\_\_

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

MEET \_\_\_\_\_ DATE OF MEET \_\_\_\_\_

MEET SITE \_\_\_\_\_

EVENT: \_\_\_\_\_ MARK: \_\_\_\_\_

HURDLE HEIGHT \_\_\_\_\_ WEIGHT OF IMPLEMENT \_\_\_\_\_

☐ CERTIFICATE ☐ PATCH ☐ PATCH TAG

If you have bettered the standard of excellence, please send \$10 for a certificate, \$10 for patch, or \$15 for both a certificate and a patch. (A patch tag, showing event and year, is an extra \$5 each.) Send 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 1/2" by 11" certificate — suitable for framing — and/or a 3-color, 3" x 4" patch will be mailed to you within two weeks. (Allow four weeks for patches with tags.)



# 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

### U.S. National Senior Olympics St. Louis, MO June 19-24

100m		
M55 Harry Brown	12.59	
Harold Hitt	12.93	
Earl Ventura	12.94	
M60 Jim Law	12.63	
Edmund Schuler	12.95	
Gene Harte	12.97	
M65 Melvin Larsen	13.31	
Paul Saunders	13.42	
Tim Murphy	13.47	
M70 Bill Weinacht	13.90	
John Davison	14.10	
Jeff Bloomfield	14.55	
M75 Milo Lightfoot	15.53	
Fred White	15.54	
Virgil McIntyre	15.64	
M80 Byron Fike	17.99	
George Richards	19.92	
Myron Bishop	20.00	
W55 Joan Dugan	14.97	
Janet Freeman	15.33	
Jane Clarkson	15.90	
W60 Pat Peterson	15.92	
Helen Darnall	16.78	
Barbara Reese	16.79	
W65 Lavina Haeefe	16.75	
Lillian Berg	16.78	
Ettie Handelman	17.56	
M70 Mary Bowermaster	16.86	
Lucille Monroe	18.48	
Molly Mackown	18.87	
W75 Polly Clarke	18.15	
Marie Uebel	20.26	
Marie Quarterman	20.68	
W80 Kate Phillips	24.30	
Anna Word	25.77	
Allie Walker	26.95	

200m		
M55 Harry Brown	25.70	
Harold Hitt	26.20	
Ted Sjogren	26.77	
M60 Jim Law	25.72	
Charles Sochor	26.82	
Gene Harte	27.24	
M65 Paul Saunders	27.57	
Tim Murphy	27.80	
Richard Herzer	28.11	
M70 Bill Weinacht	28.51	
Jeff Bloomfield	30.01	
J Jones	31.53	
M75 Milo Lightfoot	32.36	
Fred White	33.48	
Virgil McIntyre	33.80	
M80 Byron Fike	35.26	
Myron Bishop	38.40	
Oscar Baer	40.08	
W55 Janet Freeman	32.15	
Jane Clarkson	33.14	
Sally Stiegelmeier	34.18	
W60 Pat Peterson	34.21	
Helen Darnall	35.24	
Dorothy Brill	36.06	
W65 Lavina Haeefe	35.31	
Irene Sutherland	42.11	
Florence Berry	42.15	
M70 Mary Bowermaster	36.84	
Velma Jacobs	43.80	
Ellen Charlie	44.57	
W75 Polly Clarke	41.19	
Marie Uebel	44.71	
Margaret Jackson	46.96	
W80 Allie Walker	57.97	
Flora Mendoza	60.55	
Anna Word	64.67	

400m		
M55 Harold Hitt	58.23	
Harry Brown	58.35	
Ted Sjogren	59.77	
M60 Jim Law	58.89	
Charles Sochor	59.85	
Gene Harte	61.11	
M65 Thomas Lacey	66.50	
Oscar Harris	66.55	
Edward Goddin	66.60	
M70 Bill Weinacht	67.66	
Jay Sponseller	68.11	
Jeff Bloomfield	68.16	
M75 Milo Lightfoot	1:17.03	
Fred White	1:20.68	
Murphy Domingues	1:22.07	
M80 Byron Fike	1:25.77	
Oscar Baer	1:36.06	
John Glave	2:00.03	
W55 Janet Freeman	1:15.36	
S Stiegelmeier	1:16.91	
Jane Clarkson	1:18.24	
W60 Helen Darnall	1:20.90	
Pat Peterson	1:23.17	
Dorothy Brill	1:23.51	

W65 Angie Smith	1:33.52
Victoria Memmel	1:37.32
Margaret Hagerty	1:39.86
W70 Anna Ramagna	1:34.93
Molly Mackown	1:42.49
Mavis Borthick	1:46.35
W75 Polly Clarke	1:41.28
Pearl Mehl	1:48.51
Margaret Jackson	1:56.75
W80 Allie Walker	2:23.48
Anna Word	2:36.50
Bernice Reid	4:03.44

800m		
M55	Chas Wimberley	2:15.70
	James Schirber	2:23.06
	Arnie Green	2:26.02
M60	Jonathon Tobey	2:21.07
	Jack Gentry	2:22.09
	Fred Frost	2:23.41
M65	Carl Hammen	2:34.80
	Bill Osburn	2:38.49
	Paul Schmitt	2:39.70
M70	Jay Sponseller	2:39.83
	Dan Bulkley	2:41.82
	Austin Newman	2:46.76
M75	William Brobston	3:10.11
	Sam Monastero	3:22.22
	Vernon Geary	3:29.82
M80	Ed Benham	3:10.37
	Byron Fike	3:32.41
	George Hawks	5:11.63
W55	Peggy Ainslie	3:00.83
	Janet Freeman	3:03.89
	Billie Stacy	3:09.81
W60	Nancy Smalley	3:16.54
	Dorothy Brill	3:20.90
	Betty Benkert	3:21.10
W65	Angie Smith	3:45.90
	Vivian Koehn	3:50.39
	Samia Doro	3:57.20
W70	Anna Romagna	3:51.47
	Mavis Borthick	4:14.14
	Louise Martin	4:16.06
W75	Pearl Mehl	3:54.38
	Josephine Gregg	4:42.57
	Ivy Granstrom	4:48.27
W80	Allie Walker	5:30.31

1500m		
M55	Chas Wimberley	4:37.15
	Hal Higdon	4:52.90
	James Schirber	4:57.27
M60	Jonathon Tobey	4:53.71
	Jack Gentry	4:58.65
	Fred Frost	5:08.29
M65	Carl Hammen	5:20.75
	Bill Osburn	5:26.46
	Bart Ross	5:40.61
M70	Austin Newman	5:44.11
	Dan Bulkley	5:44.76
	A Cokey Daman	5:49.36
M75	Jack Pardee	6:29.45
	William Brobston	6:30.61
	Vernon Geary	7:13.72
M80	Ed Benham	6:14.90
	Bernard Fulghum	5:44.31
W55	Liz Szawowski	6:11.74
	Peggy Ainslie	6:15.19
	Janet Freeman	6:21.15
W60	Nancy Smalley	6:49.93
	Betty Benkert	6:57.30
	Dottie Gray	7:09.64
W65	Vivian Koehn	7:31.30
	Samia Doro	8:19.28
	Vadine Koenig	8:20.12
W70	Mary Varani	7:57.08
	Anna Romagna	7:57.30
	Louise Martin	8:28.22
W75	Pearl Mehl	8:19.27
	Ivy Granstrom	9:22.43
	Helen Johnson	9:29.00
W80	Allie Walker	11:02.04
	Anna Word	12:43.79
	Harriet Rogers	15:55.21

5000m		
M55	Leon Fennell	17:32.1
	Arnie Green	18:18.8
	Phillip Giaconia	19:27.5
M60	Jack Gentry	17:27.1
	Bill Carey	18:32.3
	Foster Doty	19:51.7
M65	Carl Hammen	19:44.3
	Bill Osburn	19:55.1
	Bart Ross	20:09.4
M70	A Cokey Daman	20:17.7
	Austin Freeman	20:44.5
	Paul Amadio	20:53.7
M75	William Brobston	23:20.0
	Vernon Geary	25:23.7
	Cleo Casady	26:15.9
M80	Ed Benham	** 21:46.8
	Byron Fike	31:51.0
	Warren Ling	39:30.2
W55	Peggy Ainslie	21:02.4
	Billie Stacy	21:59.3
	Loretta Hopkins	24:30.3

W60 Nancy Smalley	23:32.7
Mary Norckauer	24:41.5
Dottie Gray	25:04.9
W65 Vivian Koehn	26:12.6
Angie Smith	28:21.8
Vadine Koenig	28:41.4
M70 Louise Martin	28:41.4
Mary Haines	30:12.3
Mavis Borthick	33:23.9
W80 Pearl Mehl	29:52.4
Shirley Wasser	33:40.9

10,000m	
M55 Leon Fennell	38:08
Arnie Green	40:30
Bill Turley	40:52
M60 Jack Gentry	38:29
Bill Carey	40:56
Len Olson	41:24
M65 Bart Ross	43:13
Bill Osburn	43:44
Bill Schmitt	43:50
M70 A Cokey Daman	43:48
Austin Newman	44:50
Paul Amadio	44:55
M75 William Brobston	51:24
Cleo Casady	54:12
Vernon Geary	55:39
M80 Ed Benham	47:05
Warren Ling	79:37
Ahrend Muehring	97:35
W55 Billie Stacey	46:50
Harriet Locke	48:58
Dorothy Akin	54:10
W60 Nancy Smalley	50:40
Dottie Gray	54:08
Betty Benkert	55:04
W65 Vivian Koehn	56:43
Wanda Hall	63:17
Samia Doro	63:21
M70 Mary Varani	58:54
Louise Martin	61:47
Mary Haines	70:27
W75 Pearl Mehl	67:58
W80 Susie Hughes	84:05
Allie Walker	88:26

\*\*Age-group WR

High Jump		
M55	Phil Mulkey	5-1
	Bill Butterworth	4-11
	David Norton	4-10
M60	Sam Griffith	4-7
	Bill Honaker	4-6
	Harry Guth	4-6
M65	Charles Obye	4-7
	Richard Herzer	4-5
	Joe Hessel	4-5
M70	Ham Morningstar	4-4
	Victor Jones	4-1
	Andy Jones	4-1
M75	Virgil McIntyre	4-1
	Milo Lightfoot	3-9
	Barney Martin	3-9
M80	John Eichman	3-2
	William Maine	3-0
	Bernard Fulghum	1-10
W55	Joan Dugan	3-11
	Barbara Brandt	3-4
W60	Lonnie Proctor	3-8
	Pat Peterson	3-7
	Sara Overton	3-5
W65	Ruth Manger	3-2
	Harriet Boyd	3-2
	Mary Holland	2-10
	Bernie Kleinschmidt	2-10
W75	Inga Von Hortenau	3-3
	Marie Uebel	3-0
W70	Kary Bowermaster	3-7
	Dorothea Fordney	3-0
	Cornelia Spivey	3-0

<u>Pole Vault</u>		
M55	Phil Mulkey	11-1
	Walter Diggs	9-0
	Bill Butterworth	8-0
M60	Sam Griffith	8-6
	Bob Ackerman	8-0
	Robert Thompson	7-6
M65	Boo Morcom	10-6
	Jim Johnson	8-6
	Armando Ricciardi	8-0
M70	Ham Morningstar	7-6
M75	John Mays	6-0
	Stan Thompson	5-6
<u>Long Jump</u>		
M55	Phil Mulkey	18- $\frac{1}{2}$
	Earl Ventura	16- $\frac{1}{2}$
	Ronald Houck	15-9 $\frac{1}{2}$
M60	Ed Schuler	16- $\frac{1}{2}$
	Bob Ackerman	15-1 $\frac{1}{2}$
	Bill Honaker	15-1 $\frac{1}{2}$
M65	Paul Saunders	15-7 $\frac{1}{2}$
	Boo Morcom	15-4
	Melvin Larsen	15-3

M70 Wade Alexander	13-6
Leonard Ringle	12-4 3/4
Andy Jones	12-2
M75 Milo Lightfoot	11-5
John Mays	11-0
Leslie Thomas	10-4 3/4
M80 Oscar Baer	9-11 3/4
William Maine	7-6
George Hawks	6-9
W55 Joan Dugan	10-3/4
Vera Whiteside	9-1
Rosalina Gioia	8-8 3/4
W60 Barbara Reese	11-1
Jos Sullivan	11-0
L McDaniels	10-3
W65 Fern Kramer	9-10
L H Haeefe	9-6
Frank Rutledge	9-3
M70 M Bowermaster	10-4
Molly Mackown	8-4
Florida Staton	8-2
W75 Marie Uebel	6-10 3/4
Marg Jackson	6-6
Viv Nelson	6-4 3/4
W80 Flora Mendoza	5-2
Rose Monda	5-1
Pansy Love	4-10

Shot Put		
M55 Phil Mulkey	44-0	
Len Olson	42-3½	
Earl Ventura	39-9	
M60 Phil Brusca	43-5	3/4
Jay Brown	40-11½	
A D McCullough	39-4½	
M65 Bill Bangert	43-6½	
Scott Herman	37-6	
Don Reid	37-4½	
M70 Jerry Cysewski	38-½	
Bob Powell	37-3½	
Andy Jones	37-½	
M75 E Dennison	33-7½	
John Mays	32-9½	
Hans Rosenberg	30-9½	
M80 Mike Calvin	27-8	
Vern Kennedy	27-5	
John Eichman	25-3½	
W55 Joan Dash	27-11	
D L Gidard	25-11½	
Sally Polk	25-9½	
W60 Lonnie Proctor	27-11	3/4
M Lockman	25-3	
Lee Anthony	25-2½	
W65 El Martinelli	24-8	
M L Frazier	24-3	3/4
Ann Toya	23-11½	
W70 Helen Stephens	26-1	3/4
M L Bowermaster	23-9½	
Rose Ruston	22-6½	
W75 Claire Vieth	20-3	
Sylvia Swartz	19-8	
Helen Sutter	19-4½	
W80 C Rumble	16-7½	
Rose Monda	16-6	3/4
A Weitzel	13-10½	

<u>Discus</u>		
M55	Martin Kintish	133-10
	Len Olson	128-3
	Paul Rosia	113-9
M60	Phil Brusca	138-8
	Jerry Reichart	126-0
	Fritz Nilsson	124-2
M65	Don Reid	125-5
	John Allen	120-11
	Richard Herzer	117-3
M70	Andy Jones	116-0
	Ham Morningstar	110-2
	Harold Swanton	103-5
M75	Harold Tschantz	95-0
	Ernest Dennison	88-4
	John Mays	85-7
M80	Burt DeGroot	88-8
	Vern Kennedy	85-1
	John Eichman	80-2
W55	Vera Whiteside	70-0
	Sally Polk	68-11
	Joan Dash	68-1
W60	Helen Darnall	62-4
	Tjitske Hartoog	62-3
	Lee Anthony	61-10
W65	Harriet Boyd	64-6
	Ann Toya	62-9
	Pearl Auerbach	52-6
W70	Helen Stephens	60-0
	Nora Young	59-1
	Betty Jarvis	58-4
W75	Sylvia Swartz	50-8
	Alice Humphrey	46-7
	Marie Uebel	42-6
W80	Carmelita Rumble	28-6
	Mil Heitschmidt	26-3

<u>Javelin</u>		
M55	Earl Ventura	134-7
	David Norton	131-4
	Len Olson	126-1
M60	Phil Brusca	133-1
	Bob Ackerman	131-11
	John Barrilleaux	123-5
M65	Charles Obye	121-11
	Hugh Hackett	112-7
	Robert Norman	108-0
M70	Bruce McDonald	112-1
	Ham Morningstar	102-9
	Andy Jones	97-1
M75	Eevald Aarma	94-8
	Jack Wood	89-4
	Doug Latimer	88-5
M80	John Eichman	76-3
	Vernon Kennedy	74-4
	● Mike Calvin	68-4

W55	Barbara Brandt	81-8
	Joan Dash	79-1
	Sally Polk	71-6
W60	Mary Jane Miller	66-0
	Mary Norckauer	57-9
	Helen Darnall	52-6
W65	Pearl Auerbach	61-11
	Ann Toya	59-3
	Renee Roloff	58-4
W70	Helen Stephens	58-1
	Rose Ruston	50-9
	Mary Bowermaster	50-4
W75	Marie Uebel	43-5
	Sylvia Swartz	42-9
	Claire Veith	37-5
W80	Milbrue Heitschmidt	23-2
	Cicelia Lanning	15-10







Continued from previous page

MFN		Age-Group Perf.	
Age-Gr (Actual Time)	name, age	place	pt.
114-8 (83-9)	Don Hull, 70	1	5030
104-4 (85-10)	Garland Thomas, 56	1	4576
103-10 (92-3)	Ervin Mitchell, 50	1	4554
103-5 1/2 (87-8)	George Cliette, 45	4	4537
84-8 (82-0)	Beasey Hendrix, 33	4	3715
83-8 1/2 (72-9)	Mike Hodges, 43	2	3671
WOMEN			
88-11 1/2 (49-3)	Anita Zetta, 63	1	3779
77-9 1/2 (44-11 1/2)	Audrey Bergenback, 65	1	3591

MFN		Age-Group Perf.	
Age-Gr (Actual Time)	name, age	place	pt.
50-7 1/2 (38-6 1/2)	Floyd Simmons, 66	1	7564
47-8 (30-0)	Jack Wood, 76	1	7123
46-4 1/2 (37-6 1/2)	Darwin Newton, 60	1	6926
43-6 (38-0)	Tom Blodgett, 50	1	6500
43-5 1/2 (35-3 1/2)	Mike Valle, 48	1	6495
43-5 1/2 (29-7)	Fred Geiter, 69	2	6490
42-8 1/2 (31-2)	Don Hull, 70	1	6382
42-5 1/2 (31-10)	Bill Waugh, 64	2	6343
42-0 (34-0)	Garland Thomas, 56	1	6275
41-10 1/2 (39-9)	Charles Thiret, 34	1	6260
41-2 1/2 (39-1)	Jay Dorsett, 34	2	6157
41-2 1/2 (39-5 1/2)	Billy Hogans, 33	3	6152
40-0 1/2 (32-1 1/2)	Nat Carter, 49	2	5985
40-0 1/2 (28-10 1/2)	Clete Cleetwood, 66	3	5980
39-10 1/2 (34-10 1/2)	Ervin Mitchell, 50	2	5961
37-10 1/2 (33-8 1/2)	Pete Stockunas, 40	1	5657
33-6 (28-2)	George Cliette, 45	3	5065
31-10 1/2 (27-5)	Mike Hodges, 43	2	4760
31-5 1/2 (30-1 1/2)	Beasey Hendrix, 33	4	4696
WOMEN			
30-9 (19-1)	Anita Zetta, 63	1	4785
30-2 1/2 (22-11)	Brenda Bloomfield, 47	1	4699

HMMFR		Age-Group Perf.	
Age-Gr (Actual Time)	name, age	place	pt.
170-0 (125-4)	R. Bergenback, 63	1	6743
156-0 1/2 (109-11)	Don Hull, 70	1	6190
132-8 1/2 (106-5)	Dick Bloomfield, 49	1	5264
131-7 (106-10)	Mike Valle, 48	2	5221
114-7 1/2 (88-2)	Jack Wood, 75	1	4548
92-3 (88-5)	Beasey Hendrix, 33	1	3659
85-2 (59-3)	Clete Cleetwood, 66	1	3378
83-4 (79-10)	Billy Hogans, 33	2	3305
68-10 1/2 (61-3)	Pete Stockunas, 40	1	2733
55-10 1/2 (48-0 1/2)	Mike Hodges, 43	2	2216
WOMEN			
113-0 (85-8)	Brenda Bloomfield, 47	1	5740



## NON-AGE GRADED EVENTS

50 METERS		Age-Group Place	
Actual Time	MFN	Age-Group	Place
6.63	A.C. Fuller, 38	1	
6.78	Richard Carter, 34	1	
6.92	Nat Carter, 49	1	
6.99	Ervin Mitchell, 50	1	
7.24	Bill Busby, 45	2	
7.28	Jim Shoaf, 46	3	
7.48	Mike Hodges, 43	1	
7.49	Mike Valle, 48	4	
8.52	Ken Long, 60	1	
9.26	Bruce Hudson, 64	2	
10.82	Caldwell Nixon, 80	1	
WOMEN			
9.00	Anne Yudell, 56	1	

## TOP 5 TRACK PERFORMANCES

MFN		Age-Group Perf.	
Age-Gr (Actual Time)	name, age	place	pt.
400 (9529)	200 (9379)	100 (9260)	
Maurice McDonald, 48	800 (9140)	400 (9009)	
Thad Bell, 45	200 (9084)		
Bob Green, 40	400 (8972)	100 (8908)	
Sam Howell, 40		400 (8948)	
WOMEN			
Beth Howell, 33	3000 (8198)		
Betty Dameron, 53	5000 (7828)	10000 (7530)	
Betty Vosburgh, 57	200 (7735)	800 (7395)	
Anne Yudell, 56	200 (7452)	100 (7279)	
Anne Lamb, 30		100 (6893)	

## TOP 5 FIELD PERFORMERS

MFN		Age-Group Perf.	
Age-Gr (Actual Time)	name, age	place	pt.
Jerry McCorkle, 32	LJ (7986)	HJ (7521)	
Tom Blodgett, 50	HJ (7893)	PV (7794)	
Jack Gilmore, 54	HJ (7727)		
Nat Carter, 49	TJ (7622)	HJ (7562)	
Floyd Simmons, 66		SP (7564)	
WOMEN			
Brenda Bloomfield, 47	HJ (6268)	HT (5740)	SP (4699)
Ann Yudell, 56			LJ (4953)
Anita Zetta, 63			SP (4785)
Linda Jones, 42			JT (4244)
Audrey Bergenback, 65			DT (3591)

## PENTATHLON

Marks age graded, actual in ( )

Name/Age	LJ	JT	200	DT	1500	TOTAL
Tom Blodgett, 50	6.46 (5.05)	62.60 (45.70)	24.24 (27.74)	41.49 (36.88)	5:05.0 (5:50.3)	3363
	688	777	672	695	531	
Nat Carter, 49	6.55 (5.19)	46.13 (34.30)	23.85 (27.11)	37.95 (30.42)	5:01.3 (5:43.3)	3119
	709	531	707	623	549	
David Ayers, 47	5.87 (4.77)	44.34 (34.04)	24.38 (27.35)	32.83 (27.08)	4:28.8 (5:01.9)	3083
	559	505	659	520	752	
Jack James, 50	5.79 (4.53)	48.74 (35.58)	26.19 (29.97)	39.69 (35.28)	4:53.0 (5:36.5)	2800
	542	570	509	658	601	
David Behear, 35	6.17 (5.76)	50.31 (44.52)	24.51 (25.59)	31.99 (30.36)	5:23.3 (5:36.1)	2803
	624	593	648	504	434	
George Cliette, 45	5.90 (4.98)	39.80 (31.34)	25.27 (27.99)	31.93 (27.06)	4:54.6 (5:12.3)	2680
	565	439	583	502	591	
Jack Gilmore, 54	5.56 (4.94)	41.39 (30.20)	26.34 (30.14)	36.23 (32.20)	4:52.8 (5:36.3)	2644
	494	462	498	588	601	
Bob Boal, 77	DQ	46.79 (21.40)	25.51 (37.30)	31.37 (19.26)	4:53.5 (7:30.9)	2195
	0	541	564	492	598	
Don Hull, 70	5.99 (3.50)	40.84 (22.08)	23.16 (31.29)	-	6:25.9 (9:32.4)	1976
	584	454	770	-	168	
Bruce Beall, 39	4.40 (3.93)	24.55 (20.70)	28.30 (30.23)	22.70 (20.68)	5:26.7 (5:47.4)	1593
	273	223	355	323	419	
Mike Hodges, 43	3.80 (3.36)	37.08 (29.94)	31.70 (34.06)	25.47 (22.98)	DNF	1131
	174	399	163	395	-	

Northwest Classic  
Miami, FL  
June 10-11

## Legend 50y Dash

Harvey Jackson	5.29
Sheldon Plowright	5.59
Wilf Rivera	5.84
Anthony Holmes	6.08

## 100m

M35 Nate Robinson	11.48
Phillips Ewart	12.28
Mike Ollivierre	12.53
M40 Tyrone Carlis	11.65
Jon Davis	11.85
Wilf Rivera	12.08
M45 Wayne De Young	13.4
Dave Oliver	15.7
M65 Tom Kennedy	18.2
M35 Sonia Aarons	16.54
M40 Pat Pessoa	16.25

## 100m

M30 Shel Plowright	11.25
Harvey Jackson	11.57
Anthony Holmes	11.76

## 220y

M30 Oscar Hadley	22.96
S Plowright	23.08
Tom Quigg	24.01
M40 Tyrone Carlis	24.2
Jon Davis	24.89
Wilfredo Rivera	24.97
M45 Wayne De Young	26.15
Dave Oliver	27.13
M35 Sonia Aarons	36.73
M40 Pat Pessoa	37.77

## 440y

M30 Oscar Hadley	51.93
Sheldon Plowright	52.51
Conover Allen	54.18
M30 Bernadine Bush	1:12.76

## 800y

M30 Errol Bogle	2:05.1
Sheldon Plowright	2:05.3
Anthony Watson	2:07.2
M35 Harry Hoston	2:02.7

## 1 Mile

M30 Anthony Watson	4:50
Errol Bogle	4:50
M35 Harry Hoston	4:29

## 2 Mile

M30 Anthony Watson	10:21.9
M35 Harry Hoston	9:52.9
Clarence Ramsey	10:47.6

## 120yH

M30 Oscar Hadley	15.63
M35 Nate Robinson	14.01

## High Jump

M35 Carlos Abanza	6-0
Mike Ollivierre	4-8
M50 Bill Mondell	4-6
M60 J Gilchrist	5 3 3/4

## (Age-group WR)

M70+Joe Broadbent	3-10
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## Long Jump

M30 Chandler Williams	22-1
Charles McClure	20-3 1/2
Rob Johnson	17-1 1/2
M35 William Street	17-11
Mike Ollivierre	17-9 1/2
Ernest Adams	14-0
M40 Emilio Labori	17-2

## M45 Dave Oliver

M50 Bill Mondell	12-8
M70+Joe Broadbent	11-4 1/2

## Triple Jump

M35 Mike Ollivierre	31-9
M40 Tyrone Carlis	37-4
Emilio Labori	37-2

## Shot Put

M35 Don Heaven	53-11
Leo Brown	50-5 1/2
Carlos Alvacinza	43-2
M70+Joe Broadbent	24-8 1/2

## Discus

M35 Carlos Abanza	117-5
John Rembert	113-10
M40 Riley Crews	63-7
M45 Dave Oliver	63-4
M60 J Gilchrist	140-1

## Javelin

M35 Nate Robinson	165-3
M40 Bill Mondell	131-9

## Mile Racewalk

M40 John Fredericks	7:05.2
M45 Al Cruzado	8:06.9
Bill Naldorf	8:41.7
M55 Bob Fine	8:09.3
Len Conner	10:27.1
M65 Paul Geyer	10:15.0
M30 Lisa Epstein	9:58.9
Mary Gallagher	10:26.5
M40 Elizabeth Hadden	10:54.1
Adrienne Halford	10:57.0
M45 Adrienne Green	12:19.1
Vickie Herman	13:51.0
M65 L Hottensmith	10:24.2

## 5 Mile Run (stadium &amp; road)

M30 Mark Riley	27:50.2
Anthony Watson	27:59.0
Errol Bogle	28:48.4
M35 Roy Saunders	29:40.8
Whitfield Sand	30:16.4
J D Norcross	32:20.7
M40 John Moore	32:09.0
g Murgleta	33:54.9
Michael Webster	41:32.7
M45 Willie Jackson	36:18.6
M50 Singer Joseph	31:56.1
Don Kemp	35:14.3
Jim Richardson	35:41.0
M55 Jerry Utter	37:42.6
Landahl Gray	38:57.9
H Clare	50:05.3
M60 Joel Matos	34:59.4
Wes Reuter	36:19.8
Robert Levy	36:39.8
M70+Max Rhodes	31:56.4
F Bettelheim Jr	46:02.9
M45 Kitty Zavaletta	44:02.0
M50 Mary Boyd	50:57.8
M55 Judy Bagatt	43:10.3
M70+Ruth Usatorres	1:10:21.7

## Fort Sanders/Tennessee Masters

Championships - Fort Sanders	
June 16-17	

## 55m

M30 Chris Randolph	6.59
Kevin McCarragher	6.64
Robert Douglass	7.31
M35 Thomas Little	7.38
Tim Oesch	7.41
Jeff Stevens	7.45
M40 Tom Brewer	7.02
Ralph Wallace	7.18
Wilfredo Rivera	7.19

## M45 Jim Shoaf

M50 Ervin Mitchell	7.54
Dwayne Hardin	7.83
Barry Bertram	8.12
M55 Stanley Lemons	8.56
Thomas Vickers	8.66
M60 Jim Law	7.73
M30 Donna Pope-Green	7.65
M40 Lorraine Tucker	8.16

## 100m

M30 Ellis Liddell	11.43
Chris Randolph	12.03
Kevin McCarragher	12.14
M35 James Haslam	12.43
Thomas Little	12.63
Jeff Stevens	12.78
M40 Ralph Wallace	12.39
Douglas Spencer	12.43
Wilf Rivera	12.47
M45 Frank Galbraith	13.56
Jim Shoaf	13.79
M50 Ervin Mitchell	12.90
Barry Bertram	14.62
M55 John Poppell	13.42
Alvin Clark	15.26
Tom Vickers	15.48
M60 Jim Law	13.30
M75 Max Springer	19.10
M30 D Pope-Green	14.31
M40 Lorraine Tucker	14.59
Irma Brooks	16.17

## 200m

<u>100m</u>		
M30	Ellis Liddell	11.43
	Chris Randolph	12.03



## Continued from previous page

M60 Jack Greenwald	29.5
Alfonzo Wilson	29.8
Dick Edmonds	30.5
M70 Bill Weinacht	29.5
W30 Joree Kleinhenz	32.9
W40 Josephine Cross	32.1
Deborah Davis	34.8
W50 Sallie Stiegelmeier	34.8
W60 Mary Patterson	35.9
<b>400m</b>	
M30 Ben James	50.1
Frank Makozzy	52.6
Claude Holland	52.9
M40 Glennie Johnson	52.9
Tony Alfieri	56.7
Bob Clasen	60.3
M50 Grover Coats	61.7
M60 Jack Greenwald	65.2
Dick Edmonds	73.4
M70 Bill Weinacht	72.1
W30 Joree Kleinhenz	74.4
W40 Elsa Johnson	1:33.4
W50 Sallie Stiegelmeier	1:22.9
W60 Mary Patterson	1:26.3
<b>800m</b>	
M30 Glenn Andrews	2:04.8
Peter Dipirro	2:07.2
Bob Thomas	2:08.3
M40 Justin Mann	2:04.9
George Jenkins	2:11.0
Lou Scott	2:16.2
M60 J Greenwald	3:21.7
W40 N Noonan-Oliver	2:31.5
<b>1 Mile</b>	
M30 John Metz	4:36.5
Russ Zornick	4:40.1
Vince Walls	4:53.4
M40 Tony Mele	4:53.8
Jim Waldorf	5:04.0
Lou Scott	5:05.9
M50 Charlie Hall	6:05.7
Billy Gibson	6:31.5
M60 Jack Greenwald	8:02.6
W40 N Noonan-Oliver	5:25.1
W50 Sandra Knott	5:59.8
Grace Butcher	6:53.9
<b>2 Mile</b>	
M30 Mike Gallagher	10:38.8
Ricky Williams	10:45.1
M40 Roland Ford	10:38.8
Bob Kuebler	10:46.0
Jim Rehmer	11:27.3
<b>Short Hurdles</b>	
M30 Robert Stanley	14.3
Ken Repeta	14.5
Dan Glushefski	15.7
M40 James Crutcher	18.0
Ralph Hughley	19.0
Walter Davis	19.1
M50 Grover Coats	19.0
Hal Mayhew	21.5
M60 Fred Hirsimaki	24.4
<b>Long Hurdles</b>	
M30 Dolan Street	61.9
M40 Stan Allen	67.8
Walter Davis	75.7
Jerry Plate	77.4
<b>4x100m Relay</b>	
M30 Detroit Fitness	45.3
Dayton Masters	48.1
Ohio Alumni	49.1
<b>4x200m Relay</b>	
M30 Buffalo B&B	1:38.4
Dayton Masters	1:40.3
Ohio Alumni	1:43.1
<b>4x400m Relay</b>	
M30 Over The Hill	3:42.2
<b>4x800m Relay</b>	
M30 Ohio Alumni	9:28.0
<b>4x100m Relay</b>	
M40 Detroit Fitness	46.8
Four Winds	46.9
Over The Hill-A	51.8
<b>4x200m Relay</b>	
M40 Four Winds	1:37.6
Detroit Fitness	1:44.6
Over The Hill	1:48.9
<b>4x400m Relay</b>	
M40 Detroit Fitness	3:57.8
<b>4x800m Relay</b>	
M40 Detroit Fitness	9:12.6
Over The Hill	9:56.8
<b>High Jump</b>	
M30 Rick Christoph	5-8
Dave Johnson	3-6
M40 Stan Allen	5-6
Allen Ray	5-1
Presley Yates	5-0
M50 Grover Coats	4-8
Ted Swanson	4-6
M60 Fred Hirsimaki	4-4
Jack Greenwald	3-8
Ned Curran	3-6
W40 Deborah Davis	4-0
<b>Pole Vault</b>	
M30 Rick Christoph	14-0
Kevin Hill	12-6
Mike Drozin	11-0
M40 Matti Kilpelainen	14-0
James Trott	10-6
Allen Ray	10-0
<b>Long Jump</b>	
M30 Gerald Woolfolk	20-9 1/2
Lamont Wilson	20-5
Gene Cacciatore	19-11
M40 Wm McClellon	21-3 1/2
Jerry Boswell	20-5 1/2
Stan Allen	19-1

M50 Grover Coats	16-10 1/2
Ted Swanson	14-3 1/2
M60 Jack Greenwald	14-10 1/2
Dick Edmonds	14-10 1/2
Fred Hirsimaki	9-6 1/2
M80 Everett Hosack	7-1 1/2
W40 Josephine Cross	12-5
Deborah Davis	11-4 1/2
W50 Dortha Swanson	9-6 1/2
<b>Triple Jump</b>	
M30 Gene Cacciatore	43-8
Gerald Woolfolk	43-1
Lamont Wilson	38-4
M40 Wm McClellon	43-7 1/2
Jerry Boswell	39-11 1/2
Stan Allen	38-1
M50 Grover Coats	32-6
Ted Swanson	29-6
Pay Carstensen	27-9 1/2
M60 Fred Hirsimaki	25-7 1/2
Ned Curran	22-7 1/2
<b>Shot Put</b>	
M30 Rick Meindl	49-5 1/2
Steve Kaye	39-10
Kevin Hill	36-9
M40 Mike Cavotta	42-5 1/2
Norm Bower	38-2 1/2
Dave Morgan	36-6 1/2
M50 George Mirka	44-1
Pay Carstensen	37-2
Rudy Bredenbeck	34-5 1/2
M60 Ned Curran	34-7 1/2
Fred Hirsimaki	31-9
Jack Greenwald	20-4
M70 Grover Coats Sr	23-6 1/2
M80 Eve Hosack	18-11
W30 Sandra Beichler	29-6
Nancy LaChiusa	21-1
W40 Ann Whitehead	25-8
Barb Halmi	22-8 1/2
W50 Dortha Swanson	24-3 1/2
W60 Bernice Holland	30-2
<b>Discus</b>	
M30 Rick Meindl	147-8
Kevin Hill	133-8
Steve Kaye	131-3
M40 Norm Bower	122-6
Mike Cavotta	121-4
Doug Weikert	110-1
M50 George Mirka	140-5
Everett Hardy	121-7
Frank Caron	109-4
M60 Fred Hirsimaki	101-2
Ned Curran	84-10
M80 Everett Hosack	40-8
W30 Nancy LaChiusa	55-1
W40 Barb Halmi	66-6
Ann Whitehead	65-6
W50 Dortha Swanson	49-10
W60 Bernice Holland	88-10
<b>Hammer</b>	
M30 Chris Mitko	108-0
M40 Mike Bitsko	146-0
Norm Bower	137-5
Jim Pearce	125-10
M50 Joe Chadbourne	156-6
Pay Carstensen	115-10
Dick Mann	103-3
M60 Ned Curran	81-6
M80 Eve Hosack	47-8
W50 Dortha Swanson	38-0
<b>Javelin</b>	
M30 Gene Cacciatore	150-11
Rick Christoph	140-5
Gary Sutton	135-0
M40 Terry Halmi	225-10
Malachi McGruder	163-1
Presley Yates	161-0
M50 Dick Mann	102-6
Frank Caron	101-4
Rudy Bredenbeck	88-3
M60 Fred Hirsimaki	98-8
Ned Curran	87-1
M80 Eve Hosack	40-8
W40 Ann Whitehead	76-5
Barb Halmi	67-9
Deborah Davis	56-7
W50 Dortha Swanson	59-10
W60 Bernice Holland	79-9
<b>Weight Throw</b>	
M30 Chris Mitko	39-7
M40 Norm Bower	46-11
Mike Bitsko	45-10 1/2
Jim Pearce	40-4 1/2
M50 Joe Chadbourne	44-4
Pay Carstensen	36-6
M60 Ned Curran	29-2
W50 Dortha Swanson	25-9 1/2
<b>1 Mile Racewalk</b>	
M40 Norm Browne	7:19.8
John Shaw	10:06.0
M50 Charlie Hall	8:59.0
W30 Cathi Sullivan	9:16.3
W50 Lola Hall	12:37.0
<b>Masters Men Teams</b>	
1 Over The Hill TC	631
2 Detroit Fitness	221
3 Buffalo Belles&Brawn	89
4 Wolfpack	86
5 Dayton Masters	70
<b>Masters Women Teams</b>	
1 Buffalo Belles&Brawn	136
2 Over The Hill TC	86
3 Detroit Fitness	40
4 Millcreek/Erie	26

## MID-AMERICA

10th Annual St. Louis Senior Olympics  
St. Louis, MO  
May 29-June 1

<b>50m</b>	
M55 Carl Bruns	7.1
Vern Schewe	7.1
Richard Campbell	7.2
M60 Peter Kronberg	7.2
Phil Brusca	7.5
Robert Hewitt	7.6
M65 Paul Saunders	6.8
Jack Haefele	7.4
Marlen McWilliams	7.5
M70 Chuck Whitney	8.4
James Newton	9.8
Adolph Peschke	9.8
M75 J C Byers	8.9
Emmett Bennett	9.2
Stan Thompson	11.1
M80+George Laidlaw	14.4
W55 Jane Clarkson	8.5
Barbara Banks	10.3
Mary Wilson	11.2
W60 Helen Darnall	8.9
Dottie Gray	9.5
Mildred Ross	9.8
W65 Lavina Haefele	8.6
Frank Rutledge	9.0
Mary Garth	10.1
W70 Margaret Bills	9.6
Mary Crotzer	10.8
Phoebe Winholt	13.4
W75 Marie Uebel	10.5
Eliz Kavelaske	12.7
<b>100m</b>	
M55 Vern Schewe	13.5
Richard Campbell	14.2
Carl Bruns	14.3
Rod Langston	14.3
Tom Pontius	14.3
M60 Peter Kronberg	13.3
Harry Keough	14.6
Robert Hewitt	14.6
M65 Paul Saunders	13.1
Jack Haefele	14.3
Marlen McWilliams	14.3
M70 Chuck Whitney	16.0
Marvin Schmidt	20.4
M75 J C Byers	17.0
Emmett Bennett	18.4
Ken Eise	24.9
M80+George Laidlaw	23.2
W55 Jane Clarkson	15.80
Barbara Banks	21.20
Mary Wilson	22.58
W60 Helen Darnall	17.1
Dottie Gray	18.6
Mildred Ross	19.3
W65 Lavina Haefele	16.4
Polly Bailey	20.4
Mary Garth	21.1
W70 Lucille Monroe	18.5
Margaret Bills	18.8
Mary Crotzer	22.4
W75 Marie Uebel	20.3
Mary Parsons	22.5
<b>200m</b>	
M55 Vern Schewe	28.4
Rod Langston	29.0
Gordon Barnes	30.2
M60 Peter Kronberg	28.2
Mac McDaniels	30.7
Curt Davison	30.8
M65 Paul Saunders	27.6
Jack Haefele	29.6
Haydn Parks	30.5
M70 Chuck Whitney	35.3
Milton Hoffman	43.2
Marvin Schmidt	45.2
M75 J C Byers	36.4
Emmett Bennett	38.1
Stan Thompson	47.6
M80+George Laidlaw	55.6
W55 Jane Clarkson	34.0
Mary Wilson	49.9
Dorothy Martinelli	51.9
W60 Helen Darnall	37.2
Dottie Gray	40.1
Mildred Ross	43.9
W65 Lavina Haefele	36.6
Polly Bailey	46.7
W70 Margaret Bills	44.6
Marie Uebel	47.7
Mary Parsons	52.1
Eliz Kavelaske	69.1
<b>400m</b>	
M55 Rod Langston	1:04.7
Richard Strinni	1:11.3
Merle Langford	1:14.5
M60 Curt Davison	1:09.5
Joseph Bell	1:10.0
Herm Martinelli	1:11.4
M65 Jack Haefele	1:06.9
Paul Saunders	1:07.8
Erich Dahl	1:08.9
M70 Chuck Whitney	1:21.3
Larry Patterson	1:26.6
Harry Kublin	1:35.6
M75 Emmett Bennett	1:30.1
J C Byers	1:33.2
Stan Thompson	1:57.3



M80+George Laidlaw	2:15.5
W55 Jane Clarkson	1:19.8
Mary Wilson	1:48.8
W60 Helen Darnall	1:24.8
Dottie Gray	1:33.9
Betty Benkert	1:37.9
W65 Polly Bailey	2:05.6
Mary Garth	2:21.3
W75 Mary Parsons	2:12.2
<b>800m</b>	
M55 Rod Langston	2:34.3
Richard Strinni	2:48.8
Chi Chen	2:52.0
M60 Hank Kiesel	2:42.9
Joseph Bell	2:46.3
Gorman Stroud	2:50.4
M65 Paul Schmitt	2:55.8
Erich Dahl	3:04.3
Robert Lusskin	3:05.6
M70 Neal Emerson	3:01.2
Larry Patterson	3:08.9
Herbert Cavin	3:55.8
M75 J C Byers	3:40.6
Emmett Bennett	3:41.1
Stoke Westcott	5:35.2
W55 Katie Stroud	4:11.7
W65 Polly Bailey	4:27.9
<b>1500m</b>	
M55 Lerr Fennell	5:05.6
Al Smith	5:24.3
Chi Chen	5:56.8
M60 Hank Kiesel	5:40.5
Joseph Bell	5:45.6
Harry Berndt	5:53.6
M65 Erich Dahl	6:23.8
Carl Seal	6:39.9
Christian Zust	7:20.9
M70 Neal Emerson	6:08.5
Larry Patterson	6:15.0
John Bralowski	6:42.3
M75 J C Byers	8:02.4
William Westcott	11:46
W55 Katie Stroud	8:16.2
Mary Wilson	8:51.7
W60 Betty Benkert	6:55.4
Dottie Gray	7:12.3
W65 Polly Bailey	8:53.6
<b>5000m</b>	
M55 Leon Fennell	18:31.4
Al Smith	20:52.2
James Weaver	22:22.2
M60 Hank Kiesel	21:26.3
Harry Berndt	21:49.0
Jim Boland	21:55.4
M65 Bill Schmitt	22:53.5
Paul Heires	24:06.0
Charles LeBrell	26:04.7
M70 Larry Patterson	23:37.7
Bonnard Moseley	24:28.7
Neal Emerson	24:49.2
W55 Katie Stroud	30:07
Ruth Schneider	32:20
W60 Dottie Gray	26:28.3
Betty Benkert	28:28.9
W65 Polly Bailey	32:49.1
<b>10,000m</b>	
M55 Leon Fennell	38:08.3
Jim Weaver	46:45.2
Chi Chen	47:02.1
M60 Jim Boland	43:12.3
Richard Marx	45:48.9
Ray Forthaus	57:17.6
M65 Bill Schmitt	44:23.2
Paul Heires	51:58.8
Charles LeBrell	54:12.1
M70 John Bralowski	53:12.3
Lorn Gwaltney	55:09.9
Harry Kublin	56:52.2
M75 Stoke Westcott	69:31.8
M80+Ahrend Muehring	70:39.9
W55 Ruth Schneider	67:51.9
W60 Dottie Gray	54:34.0
Betty Benkert	55:12.5
W65 Polly Bailey	68:13.0
<b>1500m Racewalk</b>	
M55 Earl Robb	9:52.0
Fred Adams	10:02.1
Wes Purtee	10:10.4
M60 Justin McCarthy	9:30.8
Carl Mays	9:36.4
Herm Martinelli	9:37.2
M65 Vinson Freeman	9:50.2
Robert Luskin	9:56.5
John Killoran	9:59.0
M70 Eldon Scholl	10:01.5
Chuck Whitney	10:16.2
Clifford Gouge	10:18.7
M75 J C Byers	10:38.1
Bill Gray	10:50.9
Harry Inukai	11:36.0
M80+Carey Browne	12:49.2
Mike Calvin	13:32.2
George Laidlaw	14:01.3
W55 Ruth Eberle	8:26.6
Maurine Lia	9:06.3
Doris Liberman	10:16.8
W60 Ginny Rosenberg	10:47.2
Sue Fisher	11:10.2
Margaret Wesser	11:41.7
W65 Imogene Watkins	10:23.6
Polly Bailey	10:39.6
Lucy McCartland	11:14.9
W70 Hazel Schaberg	14:26.2
W75 Mary Parsons	11:40.4



Continued from previous page

	J Hollister	12.06
	R York	12.17
M45	W Amert	12.17
	J Bustamante	12.55
	S Beyer	13.96
M50	M Adamson	11.88
	P Maresca	13.00
	Murray Ralls	13.10
M55	B Feaster	12.96
	D Marlin	13.30
	J Cauldwell	14.80
M60	B Stevens	13.05
	C Orrdoff	14.41
	T Page	15.00
M65	R Hunt	14.21
	J Johnson	15.00
	W Toasperm	15.40
M70	C Oates	15.48
	B Fairbank	16.36
	C Trahan	16.46
M75	J Satti	15.56
	L Holquist	18.58
W35	P Farster-Guilkey	13.55
	D Borges	15.19
	I Herman	15.93
W40	E Dennis	16.28
W50	F Chou	16.47
	M Furlong	20.33
W55	M Moore	17.29
W60	S Dietderick	17.73
W65	D Smith	18.45

200m		
M30	G Canfield	22.86
	L Pope	24.22
	J Seileny	33.52
M35	C Johnson	23.39
	E Driver	23.73
	R Fisher	24.40
	F Demloy	24.41
M40	M Pruitt	23.06
	A Thomas	24.03
	D Detlefsen	24.60
	G Patterson	24.88
	R Yeck	25.15
	R Rutledge	25.10
M45	T Cain	24.35
	W Emert	24.46
	D Duffy	24.75
M50	R Irving	25.90
	P Maresca	26.47
	D Lieberman	27.15
M55	B Feaster	26.80
	A Pappas	28.23
M60	B Stevens	27.20
	T Page	28.95
M65	R Hunt	29.36
M70	B Fairbank	35.00
W35	P Farster-Guilkey	28.33
	N Frost	30.35
W40	M Barrins	30.08
W45	N O'Connor	29.09
W50	F Chou	34.73
	C Lawson	40.09
W55	G Snyder	33.42
	M Moore	37.00
W65	D Smith	45.09

400m		
M30	P Grimes	50.26
	T Melody	53.44
	T Wright	54.36
M35	C Kilpatrick	53.78
	R Hall	56.19
	J Martinez	56.59
M40	S Jones	54.44
	G Shirley	55.29
	R Rutlege	56.09
M45	J Aldridge	54.41
	W Emert	56.29
	B McMillen	56.55
M50	O Legend	66.8
M55	B Feaster	63.41
W35	P Farster-Guilkey	65.14
	I Adams	74.6
W40	M Behrens	65.89
	J Pendleton	68.69
W45	N O'Connor	65.13

800m		
M30	D Nolte	1:56.6
	G Carpenter	1:57.6
	T Melody	2:02.0
	T Wright	2:04.9
W35	D Katcher	2:02.9
	R Hall	2:06.1
	T Shannon	2:07.3
	J Martinez	2:08.8
M40	S Poarnett	2:00.8
	J Seale	2:06.0
	M Phillips	2:08.7
M45	G Mason	2:02.8
	H Franklin	2:03.4
	R Thomas	2:03.6
	A Dunkell	2:07.2
M50	M Adamson	2:09.5
	P Richardson	2:09.8
	R Irving	2:18.2
M55	D Easye	2:25.7
	J Greyson	2:51.0
	N Walters	2:57.0
M60	D Stevenson	2:29.4
	L Sorensen	2:33.4
	M Diraison	2:49.1
M65	A Bryant	2:41.7
M70	B Van Fleet	3:08.4
	R Manannah	3:16.3
M80	M Shine	3:17.0
M90	P Spangler	4:39.5

W30	D Frampton	2:25.6
W35	N Frost	2:36.7
W40	D Gellerman	2:25.8
	J Pendleton	2:31.0
	T Goodman	2:39.8
W55	G Snyder	3:07.4
<u>1500m</u>		
M30	P P O'keiley	4:07.3
	S Petto	4:17.7
	S McNutt	4:32.9
M35	J Bordonì	4:15.3
	S Hackerson	4:19.7
	J Price	4:22.2
M40	S Ferraz	4:10.7
	J Hampton	4:11.7
	D Tracy	4:15.6
	J Gorman	4:25.4
M45	T Laris	4:17.0
	J Deitchman	4:31.6
M50	D Richardson	4:43.8
	S Vandenberg	4:50.0
	F Mattos	4:53.9
M55	J Hepner	4:45.3
	D Basye	5:17.4
	J Greyson	5:45.2
M60	D Stevenson	4:55.6
	B Jacques	4:57.7
	J King	5:01.5
M65	A Bryant	5:32.8
M70	B Van Fleet	6:31.5
M90	P Spangler	9:25.2
W40	T Goodman	5:35.8
	G Murphy	5:46.9
W50	V Bigelow	5:18.6

5000m		
M30	B Nelson	15:40.7
	P Griley	16:24.1
	S Petto	17:12.9
M35	M Undbald	15:16.6
	S Hockerson	16:50.6
M40	J Press	16:03.1
	G Brock	16:04.2
	T Robinson	16:52.1
	D Tracy	16:58.7
M45	P Krause	16:49.4
M50	F Mattos	18:34.2
	R Livingston	19:11.4
M55	J Hepner	18:32.1
	J Czamaska	19:31.6
	J Greyson	21:08.4
M65	J King	19:14.2
	A Bryant	21:24.1
M70	B Van Fleet	25:09.2
W30	L Ulrich	21:47.1
W40	D Grafins	20:13.4

<u>110mH</u>		
M25	D Roberts	15.8
	E Beskawskas	16.99
M45	M McCormick	15.8
	F Johnson	16.0
M50	D Dewitt	15.5
	R Hickman	15.5
	S Richmond	28.7
M65	R Hunt	19.4
<u>80mH</u>		
W40	B Stewart	19.8
<u>400mH</u>		
M30	T Melody	57.5
	R Cummings	65.8
M35	J Kirkpatrick	61.3
M40	- Pruitt	60.0
	T Rauscher	65.4
M45	T Cain	61.9
<u>300mH</u>		
M50	R Hickman	46.5
	O Legend	52.4
M65	R Hunt	53.6
	W Dahlin	55.3

<u>4x100m Relay</u>	
Submasters Men:	
San Fran TC	47.15
W Valley TC	50.61
<u>4x400m Relay</u>	
SFTC	3:49.1
Bay Vista TC	4:32.3

<u>High Jump</u>	
M30 M Hoenig	6-3
F Ulrick	5-0
M35 Baskauskas	5-4
M40 H Freeman	5-4
D Stevick	5-0
M45 J Brown	5-4
D Dvorak	5-0
M50 D Dewitt	5-2
D Rose	5-0
M55 H Wyatt	5-8
M60 J King	4-6
C Orndoff	4-4
M65 W Dahlin	4-8
J Johnson	4-0
R Bennet	3-10
M70 J Vernon	3-10
M75 L Holmquist	3-8
c Johnson	3-8
W45 B Stewart	3-6
<u>Pole Vault</u>	
M30 J Eschmiller	16-0
M35 C Boyak	15-6
J Williams	14-6
S Morris	13-6
E Seese	13-6
M40 C Rogers	14-0
T Rauscher	13-0
J Miyoshi	12-6
R Stepp	12-0

M45	B Hotaling	13-6
	M Morris	12-6
	R Weme	12-6
M50	T Woodring	12-6
	T Gray	10-6
	D Dewitt	10-0
M6C	Al Brenda	8-6
M65	J Johnson	8-6
	R Bennett	7-6
M70	J Vernon	9-6
M75	C Johnston	8-6

Lcng Jump	
M30 G Canfield	21-10
C Beultler	17-1
J Scileny	10-3
M35 R Trujillo	20-9
S Kemp	20-1½
M40 D Tanabe	19-4½
J Hollister	18-7½
H Freeman	18-2
J Manor	17-8½
M45 L Bond	19-1
J Lawson	18-2
D Dvrak	18-1½
A Hunkin	17-3½
M50 D Dewitt	17-9½
M55 J Hepner	15-0
M65 J Johnson	14-3
R Bennett	11-9½
M70 C Oates	12-4
C Trahan	12-0
M75 J Satti	12-9
C Johnson	11-6
L Holmquist	8-7
W35 D Borges	12-3½
W40 E Dennis	11-3½
W45 B Stewart	11-4
W55 M Moore	10-8½

Triple Jump	
M30	D O'Connell 37-6½
	S McNutt 32-5½
	R Ulrick 31-2½
M35	R Trujillo 41-10½
	E Baskauskas 39-2 3/4
M40	J Hollister 36-4½
	J Manor 34-10½
	H Freman 31-4½
M45	J Lawson 36-6½
	D Dvorak 35-9
	A Hunken 34-3
M50	D Dewitt 35-3½
	O Legend 30-9½
M65	J Johnson 28-6
W75	J Satti 28-6½
W35	D Borges 25-2

Shoc Put	
M30	J Scileny 25-10 3/4
M35	J Hart 40-11
	G Kelmenson 35-10
M45	M Parker 37-7½
	J Bustamante 24-8 3/4
M50	J Hart 46-9½
	J Ross 41-2½
M55	K Mayer 45-1
	B Feaster 38-5
M60	M Dorlick 43-2½
M65	M Quinto 33-5
	B Stone 30-2
M70	D Mack 26-4
M75	R Carter 40-1
	J York 33-11½
W45	B Stewart 21-5
W50	C Sherrard 37-7½
(age-group AR)	
W55	B Racine 24-0
	M Gray 18-8
M65	R Corvello 20-1

<u>Discus</u>	
M30	J Scileny 67-2
M35	G Kelmenson 119-10
	L Silver 113-9
M45	M McCormick 123-6
	J Kerbens 102-10
	A Hunken 97-11
	M Parker 95-9
M50	J Ross 154-2
	J Hart 147-1
	K Mayer 137-6
	J Orsini 109-1
M60	D Pickarts 142-5
	M Orlich 134-8
	J Morrill 91-10
M65	M Quinto 109-4
	B Stone 96-9
M70	D Mack 72-9
M75	R Carter 123-2
W50	C Sherrard 81-1
	G Chou 62-6
W55	B Racine 44-10
	M Gray 68-5
W60	S Dietderich 62-5
	R Corvello 38-11

<b>Hammer</b>		
M35	G Kelmenson	44.72
M50	J Orsini	37.78
	J Hart	37.64
M60	J Morrill	28.08
M65	B Stone	29.54
M75	J York	31.64
W45	B Stewart	18.18
<b>Javelin</b>		
M30	T Silva	207-10
	J Scileny	104-10
M35	S Kemp	140-1
	N Carroll	136-10
	G Kelmenson	125-6

M40	D Stevick	170-8
	R Stepp	138-11
M45	A Moshos	164-11
	J Karbens	122-5
	M Parker	97-8
M50	P Conley	162-2
	D Rose	144-4
	K Mayer	142-11
M60	D Pickarts	166-1
	J Morrill	100-6
	M Orlich	95-7
M65	B Stone	95-7
M70	D Mack	80-3
M80	C Emery	81-1
M45	F Conley	92-10
	B Stewart	47-2
M60	S Dietderich	68-11

5000m Walk		
M30	J Scileny	33:23
M35	S Bochoven	29:52
M40	B Henderson	25:36
	B Penner	26:44
	L Wright	27:13
M45	R Daniel	25:19
	R Wilson	32:08
M50	B Schulte	30:44
M55	R Wheeler	31:51
M60	F Dunn	26:51.8
	G Peter	30:30.1
	R Hansen	31:43.0
M65	D Cotner	32:25
	S Sorensen	34:23
W30	K Wilkinson	24:53.2
	N Barbieau	26:58.3
	L Cripps	28:59.9
	D Gilliland	29:36.1
W40	S Womack	29:36.5
	E Weill	34:08.3
	T Harvey	38:09.9
W45	J Nedelco	25:34.0
	L Coppola	33:50.6
	S Mullen	38:39.0
W55	S Parlan	36:31.3
	G Moremen	38:18.0
W65	R Van Sandt	33:56.7
	R Kash	35:21.4
	J Cotner	35:46.7
	R Sorenson	36:36.9
W75	E Dutton	51:23.7

**Southern California/TAC  
Masters Championships  
Occidental College,  
Los Angeles - June 18**

ICOM		
M30	Joseph Smith	10.7
	Dennis Scott	11.2
	James Bonillas	11.2
M35	Glen Johnson	11.3
	Mike Black	11.8
	James Uyechi	13.0
M40	Mike Frey	11.5
	Hem Castillo	11.7
	Gary Patterson	12.1
	Rus Rutledge	12.4
M45	Frank Little	11.3
	Walt Butler	11.6
	Juan Bustamante	12.3
M50	Ken Dennis	11.2
	(Ties own age-group WR)	
	Lewis Smith	12.9
	Roger Tsuda	12.9
M55	Bruce Springbett	12.1
	Nick Newton	12.3
	Tony Nasralla	13.4
	Frank Kishi	13.7
M60	Gene Harte	12.6
	Cliff McPherson	12.7
	Bob Watanabe	13.2
	Ted Vick	14.0
M65	Byron Walls	15.4
	George Simon	15.8
M70	Payton Jordan	13.0
	(Ties own age-group WR)	
	Dave Lawyer	14.1
M75	Bert Morrow	15.6
M80	John Rust	18.0
M45	Jean Carter	14.7
M55	Magdalena Kuehne	16.0
M85	Mary Ames	36.5

200m	
M30	Joseph Smith 21.7
	James Bonilla 23.2
	Mike Williams 25.4
M35	Glen Johnson 22.9
	Mike Black 23.7
	Spencer Robinson 24.4
M40	Herm Castillo 23.7
	Gary Patterson 24.5
	Rus Rutledge 24.7
	Frank Reilly 25.3
M45	Jan Lomax 25.2
	Juan Bustamante 26.3
M50	Ken Dennis 23.4
	Clarence Treat 26.2
	Roger Tsuda 26.8
M55	Tony Nasralla 26.8
	Frank Kishi 28.8
	Al Sheahan 29.8
M60	Cliff McPherson 26.1
	Gene Harte 26.4
	Bob Watanabe 26.8
M65	Byron Walls 32.5
	George Simon 35.6

M70	Payton Jordan	27.3
	Dave Lawyer	29.2
M75	Bert Morrow	33.3
M80	John Rust	40.6
W30	Yvette Powell	26.6
W35	Tina Stough	28.6
W40	Linda Hue	28.9
	LaTanya Glass	31.7
	Kandy Shannon	36.4
W45	Jean Carter	30.0
W55	Gretchen Snyder	32.8
	Maadalea Kuehne	34.3

400m		
M30	Joseph Smith	51.1
	Byron Henderson	52.2
	M Streetes	52.8
M35	Dallas Jones	54.0
	Spencer Robinson	54.9
M40	Herm Castillo	51.8
	Frank Reilly	54.5
	Gary Patterson	56.8
M45	Jolin Aldridge	54.0
M50	Don Boyd	60.3
	Will Robinson	64.9
	Dave Douglass	67.5
M60	Louis Beadle	64.3
M70	Bob Hunt	71.3
W35	Tina Stough	64.8
W40	Kandy Shannon	81.4
W45	Lolitia Bache	68.7
	Jean Carter	68.9
W75	D Stotsenberg	2:05.7
	Jane Monteagle	2:25.0

	800m	
M30	Peter Mogg	1:57.3
	Bryan Henderson	1:58.4
	Frank Borgeman	2:03.7
M35	Ian Cumming	2:00.5
	Rex Hall	2:05.4
	Greg Cash	2:09.6
M40	Graeme Shirley	2:01.2
	Lee Fitzgerald	2:04.3
	Wayne Douglas	2:06.6
M45	Eric Owers	2:03.2
	George Cohen	2:05.1
	Bill Perry	2:18.5
M50	Cliff Bedell	2:08.4
	Jesse Carrington	2:22.9
	Don Garsh	2:35.9
M55	Ross Dunton	2:22.4
	Rob Culling	2:22.5
	Marsh Haraden	2:23.7
M60	Louis Beadle	2:33.6
	Alfonso Escarosa	2:40.3
	Marcel Draison	2:51.2
M65	Larry Banuelos	2:33.9
W30	Claudia Laza	2:44.9
	C Rodriguez	3:02.6
M35	Michelle Triff	2:28.2
W40	Laurie Olson	2:33.4
W45	Lolitia Bache	2:29.5
W55	Gretchen Snyder	3:02.7
W60	Sum Onodra	3:20.0
W85	Mary Ames	3:38.6

<u>1500m</u>		
M30	David Hunter	4:20.3
	Marc Cobb	4:20.4
M35	Fred Kimbell	4:59.7
	Marcel LaCroix	5:09.7
M40	James Gelsomini	4:16.1
	Gilbert Varela	4:39.0
	Conrad Brooks	4:54.8
M45	Neil Doherty	4:24.6
	Bob Van Sickle	4:35.8
	Larry Main	4:51.4
M50	Ron Larrieu	4:46.4
	Peter Faush	4:50.7
	Don Garsh	5:27.9
M55	John Weldy	4:49.5
	Rob Culling	5:00.1
	Martin Hicks	5:35.2
M60	Alfonso Escobasa	5:46.3
M65	Avery Bryant	5:45.9
W35	Darsie Bowden	4:45.1
W40	Joni Pendleton	4:55.0
	Mary Leivers	5:03.8
W60	Sum Onodra	6:56.3

<u>5000m</u>	
M45 Michael Figueroa	16:54.
M50 D Leivers	19:51.
M55 M Hicks	22:28.
M60 Pat Devine	18:19.
M65 Larry Banuelos	19:49.
 <u>Short Hurdles</u>	
M30 Roosevelt Wells	15.7
M40 Richard Katus	15.0
Bill Sevilla	21.9
M45 Theo Viltz	15.0
Walt Butler	15.5
M50 Al Henry	15.5
Jackson Steffes	16.3
Jerry Stanners	17.3
M65 Bob Hunt	19.0
M70 Chia Tsung Pao	17.9
M75 Bert Morrow	16.7
M60 Shirley Kinsey	19.1
(Age-group AB)	

<u>Long Hurdles</u>		
M30	Roosevelt Wells	61.1
	Mike Merrigan	63.5
	Andy Hecker	63.9
M40	Bill Sevilla	82.8
M50	Jackson Steffes	46.5
	Ray Fitzhugh	69.0
M55	Will Robinson	49.9

M60	Bob Watanabe	49.9
M65	Bob Hunt	53.6
	George Simon	63.1
M70	Chia Tsung Pao	76.3

### Steeplechase

M30	Gerald Goblirsch	12:44.1
M45	John Patterson	12:17.1
M50	John Cosgrove	11:58.4
M55	Jerry Withers	14:13.8
M65	Avery Bryant	8:57.1

### High Jump

M30	Mel Embree	1.93
	Jason Meisler	1.93
M40	Charlie Rader	1.88
	George Birnbaum	1.62
	Bill Sevilla	1.32
M50	Jerry Stanners	1.50
	Ray Fitzhugh	1.22
M55	Nick Newton	1.62
M60	A Unger	1.22
M65	Chuck McFate	1.27
W40	LaTanya Glass	1.27
W60	Shirley Kinsey	1.09

### Pole Vault

M40	Steve Morris	4.26
M45	Mike Morris	3.96
M50	Tom Woodring	3.81
	Jerry Stanners	3.20
	Ray Fitzhugh	2.74
M60	John Cleveland	2.44
M65	R Biesemeyer	2.59
	Dave Brown	2.44
	Tom DeV Vaughn	1.98
M70	Jim Vernon	2.89
M75	Carol Johnston	2.59

### Long Jump

M35	John Kuechle	5.91
M40	Carl Flowers	6.28
	Bill Weinstock	5.56
M50	Al Henry	5.31
	Roger Tsuda	5.31
M65	Phil Jones	3.62
M75	Carol Johnston	3.02
W30	Yvette Powell	4.65
W50	Christel Miller	3.77
W60	Shirley Kinsey	3.09
W75	Edith Mendyka	1.71

### Triple Jump

M30	Andy Heckler	10.60
M35	Marcel LaCroix	7.57
M40	Milan Tiff	15.49
	(Breaks own age-group WR)	
	Doug Shaw	12.09
	Jack Whitehead	11.82
M50	Al Henry	12.01
M65	Charles Mercurio	8.65
M75	Art Vesco	5.35

Shot Put	50+6kg	60+5kg	70+4kg
M35	Bill Pendleton		15.39
	Russ Reabold		12.06
M40	Mike Nash		13.92
	Mike Deller		13.21
	Bill Sevilla		9.23
M45	Juan Bustamante		7.26
M50	John White		11.87
	Clarence Treat		11.70
	Allan Brown		10.50
M55	Stu Thomson		12.99
	Dou Sharp		10.96
	Dave Douglass		9.45
M65	Tony Lombardi		9.09
W40	LaTanya Glass		8.40
	Sue Ward		7.96
W75	Edith Mendyka		6.48

### Discuss

M30	Russ Reabold	37.92
M40	Frank Reilly	50.98
	Mike Deller	43.86
	Mike Nash	37.20
	Tino Martinez	36.58
M45	Lloyd Higgins	47.20
	Ed Kohler	40.40
	Abe Sheinker	25.86
M50	Allan Brown	43.98
	Clarence Treat	35.48
	John White	33.62
	Jerry Stanners	30.00
M55	Stu Thomson	47.77
	Don Sharp	33.40
	Dave Douglass	31.80
	Jerry Wojcik	27.20
M60	Arnie Gaynor	41.74
	Del Pickarts	41.68
M70	Jim Suffenger	31.94
M75	Art Vesco	20.90
M80	Burt DeGroot	24.66
M60	Shirley Kinsey	20.08
W75	Edith Mendyka	14.20

## Hammer M50+61: M60+51:

M40	Mike Deller	48.38
M45	Lloyd Higgins	45.60
	Abe Scheinker	28.86
M50	Bob Humphrey	44.34
	Allen Brown	38.64
	John White	34.30
M55	Stu Thomson	50.60
	Dave Douglass	36.92
	Dennis Rietz	34.24
	Jerry Wojcik	27.74
M60	Emson Grimm	13.72
M65	Tom DeVaughn	28.02



## Continued from previous page

<b>Javelin</b>		
M35 Joe Greenberg	59.30	
Frank Rook	40.94	
M40 Steve Jarvis	54.38	
Bill Weinstock	43.18	
Ron Rook	42.38	
Richard Rook	38.04	
M45 D Kelsey	47.32	
M50 Larry Stuart	60.00	
Clarence Treat	37.20	
Ray Fitzhugh	27.96	
M55 Jerry Wojcik	27.20	
M60 Del Pickarts	52.59	
M65 Tony Lombardi	33.64	
M70 Art Vesco	17.00	
M60 Shirley Kinsey	21.38	
M75 Edith Mendyka	17.34	

<b>5K Racewalk</b>		
M40 Ed Bouldin	21:33	
M45 Larry Walker	21:39	
Jesus Orendain	27:55	
Dave Snyder	28:08	
M50 Richard Oliver	27:24	
John Kelly	27:48	
Clyde Hatfield	29:02	
M55 Robert Meador	28:08	
Carl Acosta	28:32	
Allen Havens	30:01	
M60 John Burns	31:37	
Richard O'Hara	31:59	
Arnold Unger	37:54	
M65 Jorge Newbery	35:07	
M80 Tony Perona	35:33	
M40 Donna Cunningham	30:59	
Linda Kroesen	31:15	
Joy Bevilacqua	31:23	
M45 Jolene Steigerwalt	28:15	
Jaye Horowitz	31:22	
M50 Jill Latham	31:04	
Shirley Capps	34:36	
M55 Helen Oakley	34:04	
Ann Dunn	35:51	
M60 Collie Greene	33:48	
Joann Beers	36:21	
Rose Plouot	41:36	

More T&F West Results  
On Page 35**NORTHWEST**2nd Annual Scholastic/  
Masters Meet  
Oregon City, OR  
June 17

Class 1=11-14 yr. olds vs.		
50-59		
Class 2=15-16 yr. olds vs.		
40-49		
Class 3=17-18 yr. olds vs.		
30-39		
Class 4=Elite athletes of		
all ages, including		
masters		
Class 5=60+		
M=Masters; S=Scholastic		
<b>Men's 100m</b>		
Class 1		
Sean Thielman S	13.7	
Paul Stepan M	13.8	
Jack Coy M	13.8	
Class 2		
Simon Timani M	11.7	
Larry Scheurer M	12.2	
Tim Timani S	12.4	
Class 4		
Bill McKinney M	11.4	
Bernard Alderman S	11.6	
Richard Amburn S	11.7	
Class 5		
William Bronson	14.0	
<b>Women's 100m</b>		
Class 1		
April Simmons S	15.2	
Marti Thielman M	16.0	
Class 2		
Hilary Gilmore M	14.4	
Rose Schlewitz M	16.9	
Class 3		
Katherine Seeley M	13.2	
<b>Men's 200m</b>		
Class 1		
Paul Stepan M	27.7	
Sean Thielman S	28.0	
Jack Coy M	28.3	
Class 2		
Simon Timani M	24.7	
Mike Granum M	25.0	
Tim Timani S	25.4	
Class 3		
Doug Huebner S	25.9	
Steve Brown M	26.2	
Wayne Kuechler M	26.5	
Class 4		
Todd Gibson S	22.6	
Bernard Alderman S	22.9	
Terry Howard M	25.1	
Class 5		
William Bronson	29.7	
<b>Women's 200m</b>		
Class 1		
Sandy Metzger S	28.5	
Martin Thielman M	34.3	
Class 2		
Hilary Gilmore M	29.4	
Rose Schlewitz M	35.3	
Class 3		
Katherine Seeley M	26.7	

<b>Men's 400m</b>		
Class 2		
Jim Carkner S	51.4	
Simon Timani M	53.6	
Mike Granum M	53.8	
Class 4		
Todd Gibson S	51.0	
<b>Women's 400m</b>		
Class 1		
Sandy Metzger S	62.5	
Class 2		
Hilary Gilmore M	64.9	
Class 3		
Katherine Seeley M	60.1	
<b>Men's 800m</b>		
Class 2		
Rich Henkes S	2:03.7	
Marc Wiitala M	2:06.3	
Class 3		
Terry Selby M	2:01.3	
Joe Manning M	2:05.4	
Robert Rittierodt S	2:05.8	
Class 4		
Mike Tierney S	1:57.2	
Terry Howard S	2:03.9	
Class 5		
Len Tritsch	2:44.1	
<b>Women's 800m</b>		
Class 1		
Sandy Metzger S	2:40.0	
Class 2		
Barb Ballard M	2:48.2	
Class 3		
Betsey Haydock M	2:24.3	
Mary Russell M	2:35.5	

<b>Men's 1500m</b>		
Class 1		
Roger Tumasonis M	4:11.8	
Joe Manning M	4:14.9	
Bernard Rate M	4:25.6	
Class 2		
Jason Aleksa S	4:28.4	
Jerry Hackett M	4:30.5	
Bob Tysoe M	5:16.0	
Class 3		
Robert Rittierodt S	4:22.6	
Class 4		
Ray Hatton M	4:48.1	
Class 5		
Joe Mallon	5:57.5	
<b>Women's 1500m</b>		
Class 1		
Martie Davis S	5:26.9	
Anne Davis S	6:14.4	
Class 2		
Betsey Haydock M	4:30.8	
Mary Russell M	5:09.0	
Heidi VanBorkulo S	5:15.5	
Class 3		
Barbara Ballard M	5:34.6	
Class 5		
Pat Dixon	6:51.0	
(U.S. W70-74 record)		
<b>Men's 3000m</b>		
Class 1		
Ray Hatton M	9:55.5	
Rich Henkes S	10:48.5	
John Luccio M	12:34.2	
Class 3		
Roger Tumasonis M	9:04.4	
Dan Cobine M	9:20.7	
Bernard Rate M	9:45.6	
Class 5		
Joe Mallon	13:00.9	
<b>Women's 3000m</b>		
Class 1		
Heidi VanBorkulo S	11:21.8	
Class 3		
Betsey Haydock M	11:20.1	
Class 5		
Pat Dixon	15:04.0	

<b>Men's 110mH</b>		
Class 2		
Billy McKinney M	18.7	
Harvey Baker M	20.5	
Class 3		
Pete Gbelia S	16.0	
Jim Hollman S	16.0	
Class 4		
Doug Gbelia S	16.1	
<b>Men's 300mH</b>		
Class 2		
Harvey Baker M	48.7	
<b>Men's 400m Relay</b>		
Class 2		
Masters-Torquato, Lulich,		
Thielman, Casey	48.9	
Class 4		
Masters-Gibson, Robinson,		
Baker, McKinney	45.6	
Scholastic-Gbelia, Gbelia,		
Wright, Livingston	46.2	
<b>Men's High Jump</b>		
Class 1		
Jim Schlewitz M	4-6	
Class 2		
Jerry Cash M	5-8	
Harrison Roberts M	5-6	
Jack Casey M	5-2	
Class 3		
Jim Hollman S	6-0	
Class 5		
Les Hintz	3-6	
<b>Women's High Jump</b>		
Class 2		
Amo Olson S	5-2	

<b>Pole Vault</b>		
Class 1		
Don Gray M	9-0	
Class 2		
Larry Holmes M	12-0	
John Patterson S	11-6	
Class 3		
Rich Baggett M	13-0	
Harry Webber M	9-0	
Class 4		
Mike Monahan M	13-6	
Pete Gbelia S	nh	
Class 5		
Don Grosh	10-0	
Les Hintz	6-0	

<b>Men's Long Jump</b>		
Class 1		
Paul Stepan M	13-3/4	
John Nelson M	11-9 1/2	
Class 2		
Frank Lulich M	15-7	
Emil Torquato M	13-5 1/2	
Class 3		
Pete Gbelia S	20-4	
Dough Hueber S	19-3 1/2	
Wayne Kuechler M	18-10	
Class 4		
Doug Gbelia S	18-11	
Eric Losness S	17-7	
Class 5		
William Bronson	13-8 1/2	

<b>Women's Long Jump</b>		
Class 1		
Johanna Gambil S	17-1 1/2	
Sandy Metzger S	14-9 1/2	
April Simmons S	14-8 1/2	
Class 2		
Marni Kralman S	17-0	
<b>Men's Triple Jump</b>		
Class 1		
John Gambill M	33-7 1/2	
Class 2		
Paul Stepan	33-23	
Class 3		
Wayne Kuechler M	33-6 1/2	
Class 4		
Doug Huebner S	37-1	
Class 5		
Pete Gbelia S	44-0	
<b>Women's Triple Jump</b>		
Class 2		
Joanna Gambill S	35-3 1/2	

<b>Men's Shot Put</b>		
Class 1		
Neil Saling M	41-1	
Stan Zak M	36-10	
Brian Webber S	34-1 1/2	
Class 2		
John Gambill M	47-6 1/2	
Norman Lee M	40-1 1/2	
Joel Juve S	37-3 1/2	
Class 3		
Wayne Kuechler M	38-5 3/4	
Class 4		
Heath Howington S	58-6 1/2	
Chuck Chapin M	57-7 3/4	
Mark Malek S	53-6 1/2	
Class 5		
Phil Walden	35-5 1/2	
Ward Church	33-5	
Dude Rice	27-8	

<b>Women's Shot Put</b>		
Class 1		
Johanna Gambill S	41-1	
Heather Gambill S	33-1 1/2	
Marilyn Gray M	18-11	
Class 4		
Cristi Bell S	41-6 1/2	

<b>Men's Discus</b>		
Class 1		
Neil Saling M	136-0	
Frank Miller M	110-2	
Stan Zak M	106-4	
Class 2		
Norman Lee M	131-5	
John Gambill M	129-3	
Jerry Jensen M	111-0	
Class 3		
Carl Baker S	123-7	
Wayne Kuechler M	102-10	
Class 4		
Heath Howington S	173-2	
Chuck Chapin M	159-4	
Mark Malek S	153-2	
Class 5		
Ward Church	109-9	

<b>Women's Discus</b>		
Class 1		
Johanna Gambill S	111-9	
Heather Gambill S	95-7	
Marti Thielman M	52-8	
Class 2		
Tanya Bowcutt S	83-6	
Alice Panowicz S	78-9	
<b>Women's Hammer</b>		
Class 4		
Cristi Bell S	146-3	
<b>Men's Hammer</b>		
Class 1		
Frank Miller M	134-0	
Class 2		
John Bakkenen M	128-0	
Jerry Jensen M	123-9	
Class 3		
Ward Church	91-5	
Phil Walden	69-3	
Dude Rice	66-3	

<u>Men's Javelin</u>		
Class 2		
Patrick Errico S	160-2	
Doug Watson S	158-3	
Ora Banister M	108-5	
Class 3		
Mark Wechter S	164-7	
Class 4		
Ron Uhl M	218-6	
Mark Malek S	191-5	
John Nelson S	183-1	
Class 5		
Ward Church	86-5	
Phil Walden	83-1	



## Continued from previous page

M60 William Kinder	20:09.60
M65 Byron Krog	19:18.20
C Hutcheson	20:11.90
M70 George O'Neal	19:50.20
W30 Judy Subanek	16:22.10
W35 Donna Houle	17:16.70
C Schleiger	19:37.00
Kerry Frost	20:15.60
W40 C Langenbach	21:51.50
W45 Carolyn Kortge	17:38.30
Joan Finholt	21:06.20

VI Volcano Classic  
St. Helens, OR  
June 10

100m	
M30 Billy McKinney	11.3
Brian Valley	11.7
Roman Robinson	12.1
M35 Dave Hagmeier	11.5
Wingman	12.76
M40 Sam Autry	11.9
M45 Roy Semmel	12.23
Joe Johnson	12.99
M50 Paul Stepan	13.38
M55 Don Kane	13.26
Stan Zak	14.71
Charles Spray	15.95
M65 William Bronson	13.59
W35 Catherine Seeley	12.93
Sue Autry	15.24
W40 Hilary Gilmore	13.95
W50 Marti Thielman	16.41
W55 Nikki Ryan	14.99
200m	
M30 Billy McKinney	23.01
M35 Steve Brown	25.26
M40 Frank Lulich	26.54
M45 Joe Thielman	25.21
Roy Semmel	25.95
M50 Paul Stepan	28.95
M55 Don Kane	27.10
M65 William Bronson	28.84
W35 Catherine Seeley	26.93
W40 Hilary Gilmore	28.93
W50 Marti Thielman	35.47
W55 Nikki Ryan	31.84
(Age-group AR)	
Sharon Sahonchuk	36.73
400m	
M30 Brian Valley	57.55
M35 Dave Hagmeier	55.91
M40 Frank Lulich	58.63
Peter Schludermann	59.93
M45 Joe Thielman	57.70
Harvey Baker	1:02.51
M50 Paul Stepan	1:03
M55 Don Kane	1:02.07
Charles Spray	1:13.69
W35 C Seeley	1:00.24
Kathy Holmstrom	1:09.00
W40 D McLarty	1:18.90
W50 Marti Thielman	1:27.37
800m	
M35 C Seeley	2:40.81
W40 Barbara Ballard	2:45
Hilary Gilmore	2:47.25
Connie Gilbert	2:47.35

1500m	
M40 Marc Wiitala	4:24
M45 — Hackett	4:33.53
W40 B Ballard	5:30.62
D McLarty	5:46.38
5000m	
M35 Bernard Rate	16:51.1
Ron Dimmerman	21:01.2
M40 Marc Wiitala	16:15.5
Peter Gilmore	17:16.9
M65 Joe Mallon	21:54.4
High Jump	
M40 Sig Jensen	5-6
Kevin Sullivan	5-2
Frank Lulich	5-2
Pete Schludermann	5-2
M45 Mike Akerman	5-4
Roy Semmel	5-2
Joe Johnson	4-10
M50 Jerry Newcomb	4-10
M60 Hal Buck	4-4
Ward Church	3-10
W50 Becky Sisley	4-4
W55 Sharon Sahonchuk	3-10
(Age-group AR)	
Long Jump	
M30 Mike Lariza	19-9 3/4
M35 — Wingman	16-5 3/4
M45 Joe Johnson	15-8 1/2
Jack Kondrasuk	14-6
Ignazzito	13-6
M50 Paul Stepan	14-2
M65 William Bronson	14-6
W50 Becky Sisley	12-7 3/4
W55 Sharon Sahonchuk	9-11 1/2
Triple Jump	
M45 Mike Akerman	31-9 3/4
Pole Vault	
M40 John Patterson	9-0
Josef Pfister	8-6
M45 Ed McLarty	6-6
M50 Jerry Newcomb	6-8
M65 Les Hintz	6-6
Shot Put	
M45 Roy Semmel	34-8
Joe Johnson	32-10 1/2
Jack Kondrasuk	32-8 1/2
M50 Neil Saling	41-3
Paul Stepan	31-1 1/2
M55 Stan Zak	37-11 1/2
M60 Ward Church	33-2
M65 Jim Holland	42-0
Discus	
M45 John Bakkensen	112-8
Jack Kondrasuk	101-3
M50 Neil Saling	138-7
M55 Stan Zak	114-7
Frank Miller	113-6
M60 Hal Buck	107-4
Ward Church	105-6
W50 Marti Thielman	62-4
Hammer	
M40 John Bakkensen	114-11
M55 Frank Miller	128-11
M60 Ward Church	82-7
Javelin	
M35 Bill Wilson	177-6
M45 — Ignazzito	81-7
Joe Johnson 600g	139-8
M60 Ward Church	79-6

EAST  
Manufacturers Hanover  
Lilac 10K  
Rochester, NY  
May 21

Overall:	
Chris Fox	29:07
C. Pfiztinger	33:14
M40 John Campbell	30:29
Bob Schlaw	31:15
Steve Cowley	31:37
M45 Allan Rushmer	32:29
Jim Ferris	33:45
Charles Kellog	36:45
M50 Sam Graceffo	36:45
Bill Fuller	36:49
John Doody	39:44
M60+John Burke	42:57
Robert Ealy	43:26
W40 Nancy Mieszczyk	35:56
Nancy Oshier	36:27
Mary Loesch	43:00
M45 Mary Shaver	41:10
Lois Hotchkiss	45:10
Nancy Wilson	50:19
W50 Sally Rusby	46:39
Jo-Wright Whitten	47:49
W60+Betty Howard	55:33

Freihofer's Run For Women  
5K, Albany, NY  
June 3

Overall:	
Judi St. Hillaire	15:25.3
W40 Heather Matthews	16:19.4
Laurie Binder	17:05.5
G. Andersen	17:13.2
Angella Hearn	17:23.8
Nancy Mieszczyk	17:30.9
Nancy Oshier	17:47.9
W45 C. Tattersall	18:22.7
Carol Flexer	18:52.9
Susan Weisbrod	18:56.9
Lina Connors	19:06.0
Marilyn Greeley	19:35.5
W50 Gina Faust	18:45.9
Zofia Turosz	21:12.8
Sally Rusby	22:04.0
Jo-Wright Whitten	22:18.2
Helen Partyka	23:07.3
W55 Margarette Deckert	21:46.1
N. Gerstenberger	22:52.8
Thelma Wilson	24:31.7
Audrey Cappiello	25:22.8
Joan Maguire	26:13.5
W60+Edith Farias	25:25.5
Betty Howard	27:29.1
Mally Hennig	27:43.3
Marsha Tillson	30:38.2
Toby Rosenblum	33:29.7

Westchester Half-Marathon  
White Plains-New Rochelle, NY  
June 4

Overall	
Michael Keohane	24 1:09:34
Sandra Iona	27 1:27:42
M40 Fred Barnett	1:21:40
Ed Gerrity	1:25:11
Mike Galasso	1:25:27
M45 Sam Skinner	1:22:00
Art Scheinholz	1:24:42
Al Ocampo	1:27:30
M50 Gerald Lopez Jr	1:19:37
James Fillis	1:21:42
Hans Hartmann	1:25:51
M55 Frank Dudley	1:29:13
Ken Jones	1:32:30
Alex Smith	1:36:43
M60 Bill Fortune	1:27:46
Joe Burns	1:32:36
Ken Karcher	1:33:11
M65 Sab Koide	1:56:30
M70 Vince Carnevale	1:42:49
Frank Vaccaro	1:56:33
Wilfredo Rios	2:03:08
W40 Alice Bruck	1:41:05
Sharon Gallagher	1:45:45
Linda Kelley	1:46:42
W45 Patty Parmalee	1:35:23
Sharon Garfunkel	1:47:02
Ruth Greher	1:49:52
W50 Wen-Shi Yu	1:40:58
Sue Medaglia	1:44:14
Rosa Nales	1:46:24
W60 Aslaug Tomas	1:58:58
Barbara Beck	2:29:30
W70+Althea Wetherbee	2:08:20

Alamo Alumni 5 Mile  
Central Park, NYC  
June 10

Overall	
Martin Ryan	25:27
Marylou Dinardo	29:40
Men Masters	
Bill Rodgers	26:35
Tim Hassall	27:14
Frank Shorter	27:19

## Masters Teams

Wesleyan:	
Bill Rodgers	41 26:35
Bcb Beardslee	42 28:38
David Buddington	47 29:20
Bill Masters	51 29:37
Yale:	
Frank Shorter	41 27:19
Lee Jampol	44 29:24
Dennis Werling	40 31:12
Tony Ruzicka	40 31:12
Eric Seiff	56 32:07
Iona:	
Jim Fillis	51 29:28
Joe Burns	60 32:47
George Schierle	47 39:26
John Kelly	56 50:19
Women Masters	
Judy Harrigan	32:27
Jessie-Lea Hayes	33:09
Barbara Yardy	36:13
Masters Teams	
Hunter:	
Carcl Gellman	40 39:08
Ruth Greher	47 40:25
Barbara Foley	62 52:51
NYU:	
S Taliaferro	41 47:36
Queenie Thompson	65 49:06
Diana Townsend	49 52:16
Brooklyn:	
Katie Raab	42 48:21
Lee Nussdorf	49:24
Barb Schwimmer	53 55:13

Father's Day 4 Mile  
Central Park, NYC  
June 18

Overall	
Victor Rodriguez	28 19:55
M40 Luis Guachichulca	21:46
Jay Hildebrand	22:27
James Hudick	22:30
M45 Jim Weber	23:16
Justino Valentin	23:28
Dan Hamner MD	24:06
M50 Willie Kaye	21:59
Dennis Barham	22:12
Sidney Howard	22:16
Gerald Lopez Jr	22:25
M55 Ken Jones	24:44
Rudy Benoit	25:47
Eric Seiff	26:03
M60 Joe Burns	25:52
George Thompson	26:53
Hector Pacheco	27:08
M65 William Coyne	27:58
Tom Gibbons	30:48
Stan Neufeld	30:53
M70+Vince Carnevale	29:03
Roberto Renny	31:49
Wilfredo Rios	32:43

## SOUTHEAST

Peachtree 10K  
Atlanta, GA  
July 4

Overall:	
Ibrahim-Hussein	28:13
Judi St. Hillaire	32:05
M40 Victor Mora	30:00
Mike Hurd	30:33
Earl Owens	31:29
W40 Laurie Binder	35:29
Ngaire Drake	35:36
Mary Wood	36:53

## MIDWEST

Steamboat Classic  
Peoria, IL  
June 17

4 Mile	
Overall:	
Andrew Lloyd	17:58
Chris Pfiztinger	20:37
M40 Ron Jensen	20:53
Steve Wollny	21:09
Craig Dean	21:25
M45 Allan Rushmer	19:42
Fred Betz	21:51
Larry McMasters	22:27
M50 Leon Fennell	23:19
Wayne Giese	23:54
Auburn Wells	23:59
M60+Jack Gentry	23:35
Bill Buster	26:51
Bill Kennedy	29:41
W35 Peg Cronin	25:23
Vickie Fifield	25:30
Mary Boehm	25:44
W40 Sharon Bequeath	26:02
Carol Bogner	26:59
Mary Ann Nelson	28:58
W45 Jo Austine	29:57
Linda Watson	30:27
Sue Adams	30:32
W50+Barbara Gurtler	28:37
Lois Brusko	29:59
Marion Kowalski	30:24

15K	
Overall:	
Dan Gray	49:16
Christine Kage-Willis	58:22
M40 Merlin Anderson	54:06
Jim Shimek	55:40
Greg Morse	58:11
M45 William Gould	56:21
Dennis Werling	56:48
Joe O'Shea	58:34
M50 Harold Dix	1:03:49
Jack Gilligan	1:03:56
Lou Jones	1:05:51
M60+John Bertache	1:02:22
Roger Neuman	1:17:36
Paul Crutchfield	1:22:36
W35 Susan Schafer	1:07:04
Kathleen Chodelkal	08:53
Cindy Ohlsen	1:09:49
W40 Carol Bellora	1:04:47
Dona Bailey	1:05:00
Peggy Fisher	1:11:00
W45+Maureen Bixby	1:03:46
Bonnie Kammin	1:11:14
Lorraine Kurz	1:13:26

## MID AMERICA

Garden of the Gods 10 Mile  
Manitou Springs, CO  
June 11

Overall:	
Mark Stickley	51:46
J'ne Day	1:00:30
M40 Tom Burnett	57:52
John Swartz	58:25
Charley Perez	59:03
M45 Aubrey Lavizzo	1:01:47
Robert McAndrews	1:02:04
Pat McCarty	1:02:06
M50 Phillip Mann	1:05:45
Herb Lorenz	1:05:59
Glen Ash	1:10:22
M55 Dale Coering	1:10:20
Bill Turley	1:13:42
Patrick Quinn	1:15:26
M60 Al Becken	1:09:52
Morris Adkins	1:19:04
Bob Shurte	1:21:41
M65 Jerry Morrison	1:18:38
Gib Frye	1:22:48
Rodge Rodgers	1:34:01
M70 Edward Turrou	1:25:24
George Boulden	1:27:29
Orval Lohman	1:32:42
W35 Debbie Wagner	1:07:35
Susan Watz	1:08:03
Ann Daxberger	1:09:44
W40 Terry Mahr	1:08:19
Judy Fellhauer	1:08:34
Cheryl Beckwith	1:12:25
W45 Corky Keffe	1:19:59
Betty Duran	1:20:47
Judy Connally	1:22:05
W50 Diane Palmason	1:16:02
Grace Rome	1:18:30
Sylvia Quinn	1:24:23
W55 Kenny Goering	1:30:17
Nelma Burnett	1:31:52
Donna Simmons	1:44:16
W60 Mabel Velge	1:39:15
W65 Julie Mapps	2:25:24

Grandma's Marathon  
Duluth, MN  
June 16

Overall:	
Doug Kurtis	2:16:49
Louise Mohanna	2:39:50
M40 Kjell-Erik Stahl	2:18:43
Robert Schlau	2:24:06
Robert Nelson	2:36:40
Richard Dorman	2:37:19
Jack Miller	2:37:23
Greg Frak	2:39:15
Greg Larson	2:42:47
Charles Possin	2:43:05
Don Mathieu	2:43:38
Greg King	2:44:56
M50 Arlen Sunn	2:54:33
Lyle Cater	2:56:36
Ted Tetzlaff	2:56:49
Manuel Rosiles	3:00:14
Jerry Hadly	3:00:54
Jack Wier	3:03:59
Carl Koecher	3:05:47
Paul Paine	3:05:51
Karl Ostrom	3:08:27
Kenneth Burns	3:08:59
M60 Alex Ratelle	3:00:44
Harold Hubbard	3:18:49
Joseph Powers	3:21:00
Richard Lamernaye	3:21:07
Robert Brown	3:23:29
Bill Galbrecht	3:23:56
George Varns	3:24:42
Fred Dodd	3:26:59
George Sivanich	3:29:58
Larry Nolan	3:35:27
M70+Leopold Hardung	4:09:12
Frank Ruehl	4:23:21
Clayton Moran	4:46:21
Henry Dabney	5:35:27

W40 Susan Ravens	2:50:02
Judy Greer	2:52:07
C. Ciaverella	2:55:00
Francine Pahl	3:08:09
Sue Trapp	3:13:01
Vickie Putnam	3:15:13
Carmel Vrabel	3:16:30
Jeane Burke	3:22:36
Cheryl Ditch	3:25:33
Brigitte Sutherland	3:26:03
W50 Wen-Shi Yu	3:18:56
Ada Letinsky	3:22:09
Nancy Schumacher	3:41:29
Mary Bonstrom	3:47:32
Jan Gillum	3:48:01
Lou Nelson	3:56:42
Jean Stewart	3:57:33
Sandra Osborn	3:59:00
Mary Jordal	4:02:19
Dolores Cross	4:07:21
W60 Mary Carlson	4:34:03

## WEST

Cerritos 5K  
Cerritos, CA  
June 10

Overall:	
Tyres Deminter	15:01
Lucinda Reyes	18:07



Continued from previous page

**INTERNATIONAL****European Veterans 10K,  
Marathon, Women's 20K Walk,  
& Men's 30K Walk  
Championships  
Brugge, Belgium  
June 24-25**

## ---10K---

## M40

1 O Van Noten	BEL	31:23
2 B O'Neill	UK	31:26
3 M Martin	UK	31:29
4 J Dingwall	UK	31:39
5 E Cunningham	UK	31:46
6 J Van Der Water	BEL	32:06

## M45

1 L Presland	UK	32:34
2 M Duff	UK	33:23
3 J Van Rentergem	BEL	33:34

## M50

1 T Davies	UK	32:34
2 W Chiau	BEL	33:31
3 N Pleimling	LIC	34:15

## M55

1 J Van Onselen	BEL	34:16
2 A Briers	BEL	34:16
3 F Helber	WG	36:02

## M60

1 W Marshall	UK	36:21
2 H Hartung	WG	37:12
3 M Sadoc	FRA	37:17

## M65

1 M Walenta	WG	40:08
2 R Boterberg	BEL	40:34
3 P Faude	SWI	42:21

## M70

1 T Saxe	WG	42:36
2 P Nasi	ITA	42:36
3 A Donat	CZE	42:53

## M75

1 G Porteous	UK	45:20
2 A Heuninck	BEL	47:01
3 L Aellen	SWI	49:00

## M80

1 F Kelber	WG	56:18
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## W35

1 B Cardy-Wise	UK	35:18
2 A Asche	WG	38:55
3 E Freidwich	WG	39:42

## W40

1 M Lope-Ruiz	SPA	37:25
2 M Ketelslegers	WG	37:30
3 I Leonhard	WG	39:27

## W45

1 E Statham	UK	39:03
2 H Weiner	AUS	40:12
3 A Nally	UK	42:18

## W50

1 E Pohl	WG	39:51
2 W Jaeger	WG	40:59
3 J Aitcheson	UK	42:54

## W55

1 M Loudon	UK	41:53
2 P Fletcher	UK	43:41
3 E Quinton	UK	47:46

## ---Men's 30K Walk---

## M40

1 P DeWulf	FRA	2:43:24
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## M45

1 R Dobson	UK	2:32:25
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## M50

1 A Nokela	SWE	2:36:12
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## M55

1 K Hartwig	WG	2:55:51
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## M60

1 R Schouckens	BEL	2:42:49
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## M65

1 A Sturni	FRA	3:02:46
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## M70

1 R Schoenemann	WG	3:43:06
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## W60

1 J Ross	UK	44:27
2 B DePreter	BEL	44:48
3 S Wisman	NET	45:36

## W65

1 M Hanokova	CZE	55:38
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## W70

1 E Eriksson	SWE	56:24
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## ---Marathon---

## M40

1 D Kerlem	FRA	2:24:56
2 G Haller	WG	2:30:24
3 J Demeulemeester	BEL	2:32:45

## M45

1 J Nijhuis	NET	2:40:58
2 R Liban	POL	2:44:05
3 J Desyn	BEL	2:44:19

## M50

1 M Tosa	SPA	2:33:01
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## M55

1 U Paar	WG	2:43:52
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## M60

1 G Deschacht	BEL	2:53:11
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## M65

1 R Wolzer	AUS	3:14:00
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## M75

1 G Porteous	UK	3:23:12
1 C Bury	BEL	3:09:36

## W40

1 P Beckett	UK	3:03:29
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## W45

1 E Bloemen	NET	3:05:47
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## W50

1 T VanDerZwet	BEL	3:41:11
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## W55

1 J Waller	UK	3:43:07
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## ---Women's 20K Walk---

## W35

1 S Leinspinzel	SPA	1:50:56
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## W40

1 D DeWolf	BEL	1:50:37
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## W45

1 R Broders	WG	1:59:01
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## W50

1 I Kecq	BEL	2:18:35
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## W55

1 R Scott	UK	2:19:26
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## Late T&amp;F Results:

San Diego-Imperial TAC Masters  
Championships, San Diego, June 25

## 100m

W45	1. Jeanne Carter	49	14.90	80.9%
M55	1. Edward Martin	55	14.42	78.2%
	2. Vince Raffa	59	18.34	63.0%
M50	1. Dick Glasgow	54	12.89	86.9%
	2. Dan Lieberman	50	13.60	80.6%
	3. Frank Nacozy	51	14.11	78.1%
M40	1. Anthony Turnbull	44	12.72	83.6%
M35	1. Frederick Mintz	36	11.87	86.4%
	2. Lou Kartsonis	37	12.49	82.5%
	3. Alvaro Garcia	35	12.63	80.8%
	4. Bob Forrest	36	13.54	75.7%
M30	1. Greg Holmes	30	11.10	90.1%
	2. Fouts Williams	34	11.71	86.8%
	3. Rich Holman	32	12.46	80.9%
	4. Eddie Stewart	34	12.62	80.6%
	5. Michael Wagar	34	13.63	74.6%

## 200m

W45	1. Jeanne Carter	49	30.07	82.7%
M60	1. Bob Sieben	62	28.34	86.7%
	2. Jock Jocy	63	30.41	81.5%
	3. Ken Bernard	63	30.79	80.5%
M55	1. Edward Martin	55	29.18	79.7%
	2. Vince Raffa	59	43.90	54.6%
M50	1. Dick Glasgow	54	26.42	87.4%
	2. Ed Oleata	52	27.06	84.1%
	3. Dan Lieberman	50	27.07	82.9%
	4. Frank Nacozy	51	28.47	79.4%
M45	1. Mac Amos	45	26.72	81.3%
M40	1. James King	40	22.71	92.8%
	2. Herman Castille	40	23.92	88.1%
	3. Anthony Turnbull	44	25.72	83.9%
	4. Mike Flynn	42	27.43	77.8%
M35	1. Frederick Mintz	36	24.45	84.3%
	2. Bob Forrest	36	26.00	79.2%
M30	1. Bryan Henderson	30	24.13	82.6%
	2. Rich Holman	32	24.82	81.2%

## 400m

W65	1. Edna Washington	69	3:08.0	37.6%
W45	1. Jeanne Carter	49	1:08.42	83.1%
W40	1. Joni Pendleton	42	1:07.09	79.7%
	2. Laurie Olson	43	1:09.83	77.2%
M70	1. Don Bradley	73	1:24.78	73.2%
M65	1. Raymond Spencer	66	1:08.78	86.3%
M55	1. Woody Grover	55	1:01.87	86.1%
	2. Vince Raffa	59	1:29.09	62.0%
M50	1. Bob Morgan	50	58.87	86.6%
	2. Fred Bruns	50	1:03.23	80.7%
	3. Ira Pintzuk	51	1:10.70	72.7%
M45	1. Cliff Bedell	51	56.85	90.5%
	2. Mac Amos	45	59.52	82.3%
M40	1. James King	40	49.49	95.3%
	2. Herman Castille	40	52.41	90.0%
	3. Anthony Turnbull	44	56.99	85.3%
	4. Wayne Pfeiffer	42	59.78	80.1%
M35	1. Daryl Katcher	38	54.69	85.0%
M30	1. Bryan Henderson	30	52.99	83.1%
	2. Kevin Smith	33	54.65	82.2%
	3. Eddie Stewart	34	55.85	81.0%
	4. Michael Wagar	34	1:00.46	74.8%

## 800m

W65	1. Gerry Davidson	68	3:26.26	78.5%
W50	1. Tami Graf	52	3:12.83	69.8%
W40	1. Mary Leivers	42	2:32.78	81.4%
	2. Laurie Olson	43	2:35.44	80.6%
	3. Reiko Duba	44	2:45.89	76.1%
W30	1. Jeanne Johnson	31	2:15.01	85.5%
M85	1. Willard Benton	85	4:20.76	67.4%

M70	1. Don Bradley	73	3:06.23	80.0%
M65	1. Ray Spencer	66	2:38.49	86.5%
M60	1. Bob Holmes	60	2:33.33	83.8%
	2. Marcel Diraison	62	2:44.72	79.7%
	3. Jock Jocy	63	2:54.59	76.0%
M55	1. Marsh Haraden	58	2:25.14	86.8%
	2. Edwin Gookin	55	2:27.93	82.7%
	3. Edward Martin	55	2:54.65	70.1%
M50	1. Ira Pintzuk	51	2:39.01	74.4%
M45	1. Cliff Bedell	51	2:08.95	91.7%
	2. Alan Olson	46	2:12.44	86.1%
	3. Willie Clarke	45	2:12.59	85.4%
M40	1. Conrad Brooks	41	2:06.82	86.9%
	2. Kent Howard	40	2:09.28	84.7%
	3. Wayne Pfeiffer	42	2:14.04	82.8%
	4. James Press	40	2:16.97	80.0%
	5. Ron Rook	40	2:20.08	78.2%
M35	1. John Haberkern	37	2:01.66	88.4%
	2. Ian Cumming	37	2:03.10	87.4%
	3. Ted Van Arsdale	36	2:04.04	86.2%
M30	1. Kevin Smith	33	2:01.12	86.7%
	2. Kevin McCarey	34	2:02.02	86.6%
	3. Tony Melody	30	2:02.19	84.5%
	4. Marc Cobb	31	2:04.29	83.5%
	5. Michael Wagar	34	2:21.96	74.4%

W65	1. Gerry Davidson	68	6:55.52	79.8%
W50	1. Tami Graf	52	6:36.89	69.5%
W45	1. Eileen Pue	49	5:31.08	81.1%
W35	1. Christine Purkiss	39	5:38.44	73.7%
M60	1. Marcel Diraison	62	5:42.0	78.6%
M55	1. Marsh Haraden	58	5:01.0	85.8%
M50	1. Dan Kies	53	5:00.0	82.2%
	2. Don Garsh	50	5:28.0	73.3%
M45	1. Tom Burns	46	4:18.62	90.3%
M40	1. Graeme Shirley	43	4:14.00	90.1%
	2. David Liberman	40	4:28.26	83.7%
	3. Glenn Erso	42	5:12.16	72.9%
M35	1. John Haberkern	37	4:20.86	84.5%
M30	1. Kevin McCarey	34	4:02.00	89.5%
	2. Norberto Avila	31	4:21.90	81.3%
	3. Ty Moffatt	34	5:04.55	71.1%

W50	1. Donna Gookin	52	24:14.17	69.5%
W30	1. Charlotte Thomas	32	16:38.48	87.4%
M85	1. Willard Benton	85	31:59.98	68.9%
M60	1. Jim O'Neil	64	18:25.41	91.2%
M55	1. Al Ray	56	24:47.55	62.5%
M50	1. David Morris	50	17:48.73	82.6%
	2. David Leivers	50	19:20.25	76.1%
	3. Don Garsh	50	20:26.16	82.6%
M45	1. Loren McKnight	45	17:37.53	80.6%
M40	1. Jim Curry	43	18:36.95	73.8%
M35	1. Tom Heundal	39	17:01.01	80.3%
M30	1. Kim Reedy	32	15:46.78	83.0%
	2. Norberto Avila	31	16:09.16	80.6%
	3. Steven Kleinuber	32	17:30.01	74.8%
	4. Robert Harrington	33	18:02.54	73.0%

M75	1. Bert Morrow	76	-nt-	
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M65	1. Burl Gist	69	18.17	92.0%
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M45	1. C McCormick	45	16.94	84.6%
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## 300m Hurdles

W50	1. Tami Graf	52	1:12.43	66.0%
M75	1. Bert Morrow	76	1:04.98	85.0%
M60	1. Bob Holmes	60	54.61	79.6%
	2. Jock Jocy	63	56.09	80.5%
M50	1. Bob Morgan	50	49.08	80.9%



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