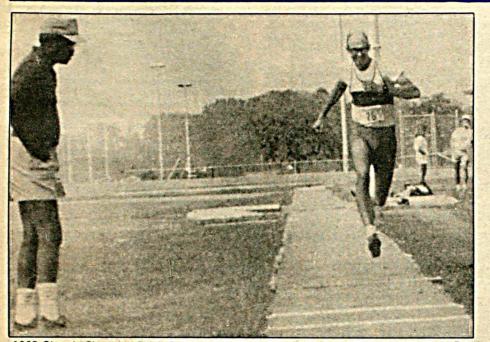


132nd Issue

August, 1989



1960 Olympic Champion Ralph Boston looks on as Johnnie Meisner, M40, captures an 11.5m (37-81/2) 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 afternoon, 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

National Senior Olympics Draws 3396 Athletes

event.

guest.

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 than two miles left on the arduous, upand-down course. He finally outstrode David Tresohlavy (52:16), who took second to make it a 1-2 finish for masters. ¹'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

track and field competition - were

women, a record high for a seniors

participant was 93; the oldest female

was 89. An estimated two out of three participants were accompanied by a

Continued on page 25

Granville, Ohio, took charge with less

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 Continued on page 13



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

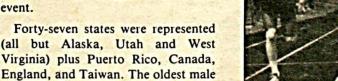
by JERRY WOJCIK

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 submasters and masters by age group. This year, Class 1 featured 11-14-year-olds vs. 50-59 athletes; Class 2, 15-16-yearolds 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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The official world and U.S. publication for Masters track & field, long distance running and race walking.

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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.

TO

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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Wheelchair athlete

Special Olympic athlete

Signature

Signature of Parent or Guardian if under 18.

X

Amputee athlete

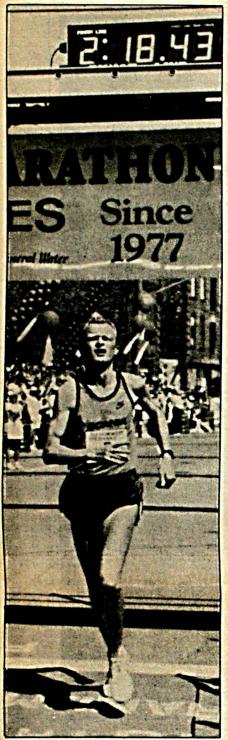
Blind athlete

Deaf athlete

Cerebral Palsy athlete

Resident

page 3



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



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

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. 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.

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 indepth schedule section, and more.

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

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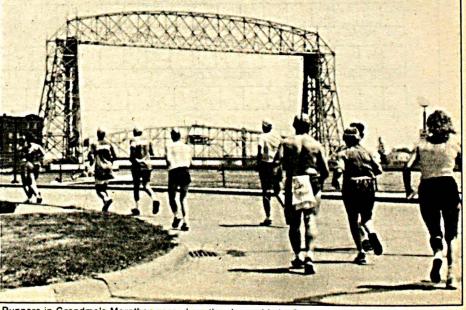
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Runners in Grandma's Marathon race along the shore of Lake Superior, finishing at the foot of the aerial lift bridge in Duluth, Minn.



National Masters News

page 5



YOU CAN'T BE A MAC WILKINS AN AL FEUERBACH A TOM PETRANOFF

A WILLIE BANKS or A YURIY SYEDKH

But—THEY CAN TEACH YOU TO BE THE BEST THAT YOU CAN BE

These VIDEO TEACHING TAPES feature some of the most accomplished throwers in the great history of Track & Field. The teaching techniques have been hailed by peers as the best, and one has received international awards for its excellence.

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produced by SyberVision with Ed Burke (widely renowned U.S. Olympian), Stewart Tougher and Dr. L. Pataki acting as technical advisors and directors.

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world.

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packed into the video teaching cassette and provides some critical keys to progress for Masters shot putters like

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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."

WILLIE BANKS' Banks On Triple Jump

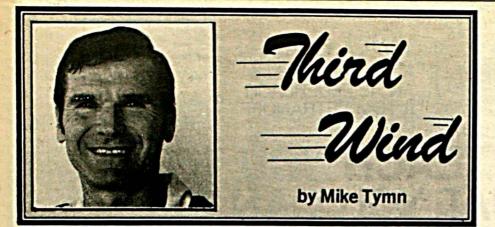


Olympian and World Record holder Willie Banks has created a unique video for triple jumpers to help develop the skills and technique necessary to jump far. Anyone, young and old, aspiring to be a triple jumper or to improve their skills can benefit from this video instructional cassette. The video consists of

training aids for coaches as well, including: drills, flex-ibility, weight training, conditioning and bounding ex-ercises. Demonstrated and narrated by Willie Banks.

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Do Swimmers Age Faster Than Runners?

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.

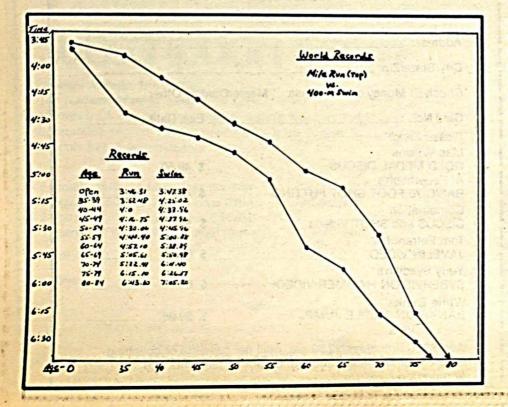
Although not officially recognized as a world 40-44 mile record, the recent 4:07.4 by Wilson Waigwa is well ahead of the 4:33.96 swim record at 400 meters. The gap narrows somewhat at 50, 4:30.06 for the runner to 4:45.96 for the swimmer, then widens again at 60 - 4:57.10 to 5:38.89. At 70, the difference 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 hand a half to two hours 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 August, 1989

"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

National Masters News

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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 secondbest 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.

TAC MASTERS	5 tan 11 to an	Place	Time	Runners Number
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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-minuteper-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 slowtwitch 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.

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A well-structured warm-up sequence is also a great way to deal with the prerace 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

A' CHINA	Second Annual Sri Chinmoy Masters Track & Field
MEN?	50 and Over Only
到為加	Sunday, September 24, 1989 University of California, Irvine
RATHON A	- 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
134 M	TENTATIVE SCHEDULE OF EVENTS

TRAC	CKEVENTS	FIEL	D EVENTS
9:30 a.m.	5000m Race Walk, combined	9:00 a.m.	Hammer
10:30 a.m.	80m Hurdles	10:00 a.m.	Javelin
10:45 a.m.	100m Hurdles	10:00 a.m.	Pole Vault
11:00 a.m.	110m Hurdles	11:00 a.m.	Shot Put
11:15 a.m.	1500m Run, combined	12:00 noon	Break
11:30 a.m.	100m Run	12:30 p.m.	Discus
12:00 noon	Break	1:00 p.m.	High Jump
12:30 p.m.	300m Int. Hurdles	1:45 p.m.	Long Jump
1:00 p.m.	400m Run	2:30 p.m.	Triple Jump
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1:50 p.m.	200m Run		
2:20 p.m.	800m Run		

Mail or call in to the Sri Chinmoy Ma	rathon Team, 19	921 S. Sherbourne	Drive, Los Angeles, C	A 90034, Phone: (213) 838-4746
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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 (5-3³/₄), improving his

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 strideouts. 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 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.

 Congratulations — you are now, ready to race or do your normal workout. May mark by a quarter inch.

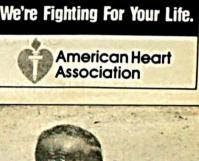
Burl Gist held the former record of 5-2³/₄, set in 1984.

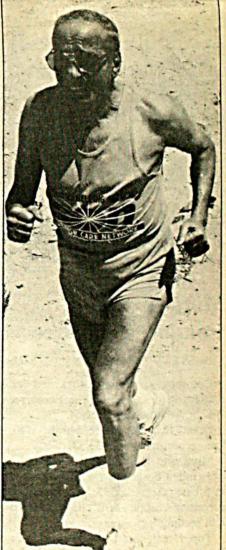
Gillcrist's performance percentage of 92.6 based on the M60 age-group standard of 1.75 divided into 1.62, was the best of the meet.

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 1/4 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.





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

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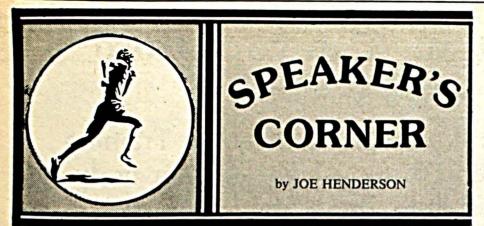
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The Young Old

Competition 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 steaks 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. \Box

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 40year-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 worldranked 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 inlcudes 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 Champonships 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 noheighted.

In the shot put, Heath Howington, the state AAA champion, took the elite Class 4 event with a $58-6\frac{1}{2}$ put from Chuck Chapin, 44, who finished at $57-7\frac{3}{4}$, 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.

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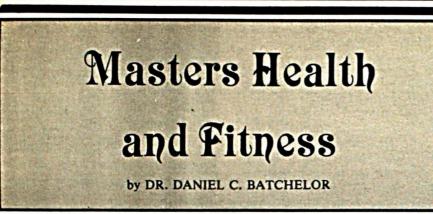
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Special recognition awards were given to top performers. Next year, awards will be given to the top six placers in each event to encourage more non-elite athlete participation.

National Masters News



Acupuncture

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 lastest 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

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% perfor ace 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 Dameron, 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.

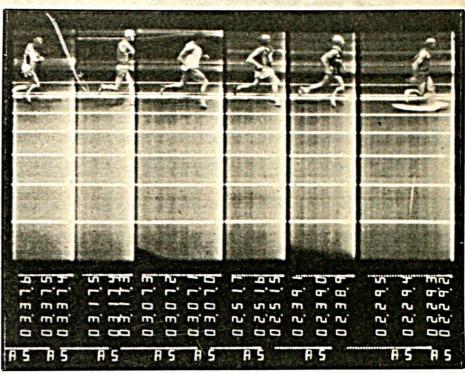
In the field, Brenda Bloomfield, 47, showed the way with four golds, featuring a 3-51/2 high jump (62.7%).

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%)□

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., Rosewell, 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).

NOW AVAILABLE Masters Age-Graded Tables

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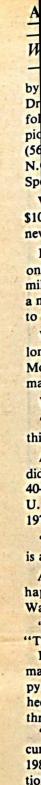
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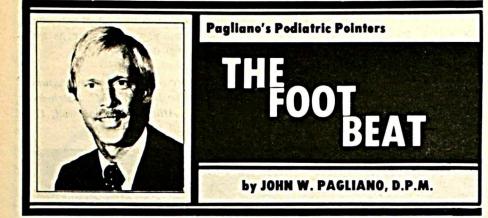
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Heat Exhaustion

7 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.)

	1989 MASTERS PRIZ	ZE MONEY	AWARDS
	THRU 1 J	ULY 1989	
			San I ach is in
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 Schlau (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-	San and Stopped - Training the second state
2.175	Mike Hurd (GBR)	2.395	Ngaire Drake (NZL)
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1.900 Wilson Waigwa (CA/KEN) Sheldon Cowles (GBR) 1.850 Kjell-Erik Stahl (SWE) Larry Olsen (MA) 1,700 1,400 Fred Waybright (WV) 1.250 Steve Lester (UT) Jim O'Neill (OH) 1,150 1,100 1.020 Jerry Tighe (CAN) Hector Chavez (MEX) 1,000 20-

1,000 Bob Rozeski (OH)

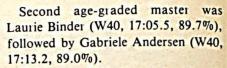
- (CA) rsen (ID) e (PA) WS (NZL) NY/GBR) (FL) (MO) N71) Nancy Oshier (NY)
- Gail Scott-LeDage (CO) Harolene Walters (CA) Wen-Shi Yu (NY) Claudia Ciavarella (NC) Terry Mahr (OH) Mary Wood (CO) Nancy McLaren (USA) Sue McLain (OH)

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

Matthews First Master in Friehofer's 5K

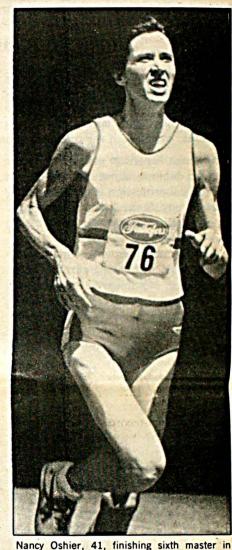
by STEVE LEWALLEN

New Zealand's Heather Matthews, 42, dominated an impressive women's masters field at the Freihofer'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.



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.



17:47.9 at the Freihofer's Run for Women 5K in Albany, N.Y., June 3. Photo by Sailer, Ltd.

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.

Photo by Sailer, Ltd. CLASSIFIEDS

New Zealand's Heather Matthews, 42, first

master in 16:19.4 at the Freihofer's Run for

Women 5K in Albany, N.Y., June 3.

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

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Come Run Delaware on October 1 at the Delaware Distance Classic. A 15K, 5K and 5K racewalk at the home of the 1989 Middle-Atlantic TAC 15K Championships, 5 yr. age groups through 70 plus cash to overall masters M&F. Send a SASE to Joel Schiller, Pike Creek Valley Running Club Inc., 2502 N. Van Buren Street, Wilmington, DE 19802; (302) 762-4020.

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

National Masters News

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 Mieszczak 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 Mieszczak 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 Boilermaker 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

page 13

 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
- Vorld Sprint Records

Total (US\$)

PUBLICATIONS ORDER FORM

Quantity

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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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Official world scoring tables for men's and women's combined-event competitions. \$11.95.

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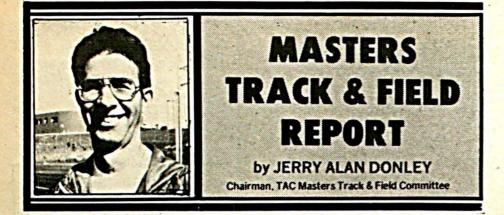
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Welcome to Eugene

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 wellrun 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 headphone 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 REP MONIES COLL AND DISTRIBUT by MASTERS SPORTS AS WORLD VETERANS CH	ECTED	
TOTAL CONTRIBUTIONS INTEREST TOTAL	्राष्ट्रा	\$76,239.82 1,516.53 \$77,756.35
EXPENSES ACCOUNTING BAD CHECKS DISCOUNTED FUNDS OFFICE, CLERICAL, SUPPLIES	\$500.00 \$52.68 \$13.47 \$836.24	n an
NET		\$76,353.96
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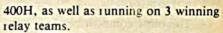
Sally Strazdins (38:16), first W55 at the Vintage 5 Mile Run in Pittsburgh, Pa., May 13. Photo by Beverly Beisgen

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 firstever 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



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 1an 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 (50-4³/₄) 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.)

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

lo Take Team

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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 Lawrence 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 nonstadia 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 agegraded 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,

WAVA HURDLES AND IMPLEMENTS SPECIFICATIONS

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50-59	80m	.762m 30"	12.00m 39'4"	7.0m · 22 · 11 ·	19.00m 62'4"	100m	.914m 36"	13.00m 42.8"	8.50m 27'105"	10.50m 34'5"
60-69	80m	.762m 30"	12.00m 39'4"	7.0m 22'11'	19.00m 62'4"	100m	.840m 33"	13.00m 42'8"	8.50m 27'105"	10.50m 34'5"
70 plus	80m	.762m 30"	12.00m 39'4"	7.0m 22'11'5"	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 114'95"	40.00m 131'25"	-el-it	- Call	24-2	TAN.	11 The
40-49	400m	.762m 30"	45.00m 147"7-1/4"	35.00m 114'95"	40.00m 131'25"	400	.914m 36"	45.00m	35.00m 114'95"	40.00m 131'25"
50-59	300m	.762m 30"	50.00m	35.00m 114'95"	40.00m	300	.840m 33"	50.00m 164'03"	35.00m 114'95"	40.00m 131'25"
60-69	300m .	.762m 30"	50.00m 164'0'j"	35.00m 114'95"	40.00m 131'25"	300m	.762m 30"	50.00m 164'05"	35.00m 114'95"	40.00m 131'25"
70 plus	300m	.762m 30"	50.00m 164'0'	35.00m 114'95"	40.00m 131'2'	300m	.762m 30"	50.00m 164'05"	35.00m 114'95"	40.00m 131'2'
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New I.A.A.F. Specification

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.

PRESIDENT: Cesare Beccalli Via Martinetti 7 20147 Milano, Italy	PERSONATION OF METERS	WOMEN'S DELEGATE: Bridget Cushen 156 Mitcham Road West Croydon, Surrey, England DELEGATE OF: NORTH AMERICA
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4223 Palm Forest Drive Delray Beach, FL 33445 USA	TREASURER: Al Sheahen P.O. Box 2372 Van Nuys, CA 91404 USA	Marine Crescent, Singapore EUROPE: Hans Axmann Eichendorrfstrasse 2 D-800 ANSBACH Federal Republic of Germany
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(Non-Stadia): Clem Green 46 Hargreaves St. Wellington 2 New Zealand	PAST-PRESIDENT: Don Farquharson 269 Ridgewood Road West Hill, Ontario M1C 2x3 Canada	Jim Blair P.O. Box 2910 Wellington, New Zealand AFRICA: Contact President

VII WORLD VETERANS GAMES MELBOURNE - 1987

FINAL ACCOUNTS 1985 - 1989

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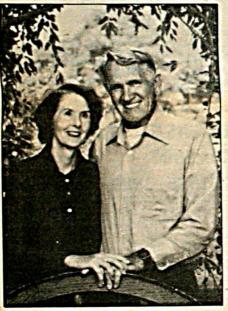


George Billingsley: Going Long and Strong at 67

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



George and Georgia Billingsley.

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

Second and the second	
	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.
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"It's a lot of fun training with Paul

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 agegraded performance (94.4%) in the meet.

Richard Tucker's 1:58.37 in the M40

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-

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.

800 earned him the next best agegraded 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.

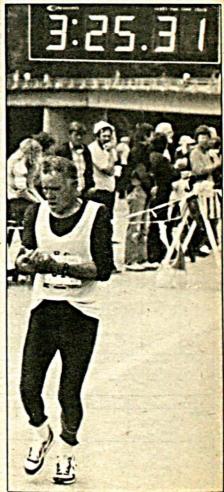
ships to local ones, in the high jump, pole vault, long and triple jumps, shot put, and weight throw.

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. 🗆

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

E

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.

OUALIFYING TIMES

Ac	Quinter Third Thirds									
Age Group	Men	Women	1							
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	1							
65-69	3:45	4:15	i							
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

TACSTATS STATE RECORD KEEPERS

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

- Buck Jones, 7716 Oakridge Dr, Huntsville Al 35802 (205/882-2487 eve) AL
- Frederic Wilson, 2420 Glenwood, Anchorage AK 99508 (907/279-2773 eve) James Harsha, 4664 S Rosette, Tucson AZ 85730 (602/745-5147 eve) AK
- AZ
- Sally Nicoll, 3535 Gleneagles Dr., Augusta Ga 30907 (404/860-0712) GA
- Chuck Hinde, 9916 Mansfield, Oak Lawn, IL 60453 (312/422-4705) IL 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) Joe McDaniel, 1416 S Marion, Tulsa OK 74112 (918/834-3259 eve) OK
- Bill Marable, 123 Burlington Av, Greer SC 29615 (803/244-0224 eve) SC
- Joanne Schmidt, PO Box 722301, Houston TX 77272 (713/498-3208) TX

Finn Hansen, 7018 Ponderosa Dr. Salt Lake City UT 84121 (801/943-4680 eve) UT 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. Jim Lewis, (402/489-4130 eve) Frank Plasso, Sr, (702/873-2684 eve)

NV

NH

- 80
- C. W. Wilson, (501/624-3002 eve) To be appointed Dennis Kavanaugh, (303/790-2634 6-9pm) Peter Leeds (203/456-3175 after 7pm)
- CT DC DE George Banker, (301/248-5619 eve) Doug White, (302/571-7639 day) Joe Burgasser, (813/864-4058 eve)
- FL HI ID Rimini Bartolini, (808/946-1775 day) Tim Severa (208/344-5501 day)
- Mike Lundgren, (315/752-8780 6-10pm) Mike Davis, (317/283-4360 eve) IA IN KY
- Gil Clark, (502/459-5606 day) Clark Ensz, (316/267-6812 day)
- to be appointed
- LA ME MD
- to be appointed Greg Nelson, (207/582-5607 eve) John Sissala, (201/340-8107 eve) Don Allison, (617/566-7600 day) Karen Hubbard, (313/662-9851 8-10pm)
- MA
- MI Jerry Morrison, (816/741-2314)
- To be appointed Debbie Raunig (406/251-4832) MS MT

Bob Teschek, (603/863-2537 eve) Richard Harris, (505/255-7630 eve) To be appointed ND Fred Torres, (201/340-1476 day) NJ

- Jim Brown, (716/773-6274 7-10pm) Jim Brown, (716/773-6274 7-10pm) Alice Schneider, (212/860-2717 day) Don Gammie, (513/433-4063 eve) Mike Cook, (503/684-9282 eve)
- OH OR
- PA/e
- Jay Miller, (215/869-8935) Jay Miller, (215/869-8935) Mark Courtney, (412/458-4435 after 10pm) Merry Nelson, (401/885-1382 after 4pm) PA/w
- RI SD Wally Klawiter, (605/334-9863 eve)
- To be appointed TN
- VT Bob Murphy, (802/476-4328 eve)
- Carole Langenbach,(206/433-8868 day) Bill Grass, (414/332-7589 eve) WA WI WV
- Carl Hatfield, (304/624-9239
- 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



August, 1979 . 413 Compete in 12th National

Ten Years Ago

- Masters T&F Championships in Gresham, Oregon
- South Africans Banned from 3rd World Veterans Championships
- Billups, Hatton, Obera, 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 E-LOCATION SAN FRANCISCO, CA SPOKANE, WA NEW ORLEANS, LA ATLANTA, CA NEW YORK, NY BOULDER, CO HONOLULU, HI AUSTIN, TX LOS ANGELES, CA NEW YORK CITY, NY MILWAUKEE, WI DAVENPORT, IA PITTSBURCH, PA NEW YORK CITY, NY OMAHA, NE BACE NAME BAY TO BREAKERS LILAC BLOOMSDAY RUN CRESCENT CITY CLASSIC PEACHTREE ROAD RACE RNKFINISHERS DATE '88 05/15/88 05/01/88 DIST 12K 12K 10K 73465 E 53127 04/16/88 07/04/88 11/06/88 05/30/88 28477 25000 22405 E NEW YORK CITY BOLDER BOULDER GREAT ALOHA RUN MARA 10K 12K 10K 20094 C2/15/88 C3/27/88 C3/27/88 C3/06/88 C8/04/88 C9/23/88 C7/30/88 C7/14/68 C7/14/68 C7/14/88 C7/24/88 C7/28/88 C7/28/88 C7/28/88 C8/11/88 C8/11/88 C6/23/88 C1/31/88 E 16834 CAPITOL 10.000 12423 LOS ANGELES MARA 12398 E MANUFACTURER'S HANOVER NYC #3 3 510 5MI 7MI 10K 11561 AL'S RUN 10831 BIX SEVEN MILER BIX SEVEN MILLER GREAT RACE MANUFACTURER'S HANOVER NYC #2 OMAHA CORPORATE CUP WHARF TO WHARF MANUFACTURERS HANOVER / BOSTON 10280 9884 E 3.5MI NEW YORK CITY, NY OMAHA, NE CAPITOLA, CA BOSTON, MA WASHINGTON, DC CHICAGO, IL HONOLULU, HI NEW YORK CITY, NY REDONDO BEACH, CA DENVER CO 9699 10K 9000 8938 E 3.5M 8998 MARINE CORPS MARA 8777 E MANUFACTURERS HANOVER / CHICAGO 3 5 40 8770 HONOLULU MARA 3.5MI MANUFACTURER'S HANOVER NYC #1 SUPERBOWL/REDONDO BEACH CHERRY CREEK SNEAK 8325 E 7156 10K 5MI E 04/24/88 6951 DENVER CO DENVER, CO WICHITA, KS PHOENX, AZ PORTLAND, OR LONG ISLAND, NY SAN JOSE, CA NEW YORK, NY MANCHESTER, CT SEATTLE, WA CHICAGO, IL TAMPA, FL TORRANCE, CA CHARLESTON, SC SAN FEATON, SC 05/07/88 11/06/88 06/26/88 6929 6375 BANK IV RIVER RUN 2MI BANK IV RIVER RUN NEW TIMES PHOENIX CASCADE RUN OFF NEWSDAY LONG ISLAND MERCURY NEWS L'ECCS MINI MANCHESTER ST PATNICK'S DAY DASH OLD STYLE/CHICAGO GASPARILA DISTANCE CLASSIC TOM SULLIVAN COOPER RIVER BRIDGE RUN RUN TO THE FAR SIDE E 10K 5481 379 6306 6190 6001 5996 5796 5700 5669 5465 05/26/88 05/01/88 03/20/88 06/04/88 11/24/88 03/13/88 10/30/88 E HMAR 10K 10K 4.75MI 4MI E MARA 10/30/88 02/13/88 03/26/88 11/27/88 09/18/88 02/13/88 02/13/88 04/18/88 10/29/88 05/01/88 05/01/88 05/01/88 04/24/88 11/24/88 03/05/88 E 5K 10K 10K CHARLESTON, SC SAN FRANCISCO, CA PHILADELPHIA, PA TAMPA, FL BOSTON, MA TULSA, OK CLEVELAND, OH DANVILE, CA MILWAUKEE, WI DALLAS, TX JACKSONVILLE, FL DALLAS, TX MINNEAPOLIS, MN MINNEAPOLIS, MN 5453 5351 5328 E RUN TO THE FAR SIDE 5K CA PHILADELPHIA DISTANCE RUN GASPARILLA DISTANCE CLASSIC HMAR HMAK 15K MARA 15K 10K 10K 5K 3MI 15K 8MI 10K GASYARULA DISTANCE CLASSIC BOSTON TULSA RUN REVCO DEVIL MOUNTAIN DINOSAUR DASH DALLAS TURKEY TROT RIVER RUN DALLAS TURKEY TROT GET IN GEAR TWIN CITIES STORM THE BASTILLE ACADEMY JINCLE BELL RUN AZALEA TRAIL RUN MANUTACTURES HANOVER / SAN FRAN. FALMOUTH ROAD RACE AMERICA'S FINEST CITY COWTOWN SHARROCK SHUFFLE CHIL'S NEW JERSEY WA TERFRONT MANUTACTURES HANOVER / ATLANTA ASBURY PARK CLASSIC HEARTLAND HUSTLE, RUN TO THE FAR SIDE GRANDMA'S LICHT THE NICHT RUN CRIME OUT TOWN KENTUCKY DERBY FESTIVAL CARLISAN STAMENON SI, PATRICK'S DAY DEXTER/ANN ARBOR PORTLAND HOULIHAN'S TO HOULIHAN'S BONNE BELL SAN FRANCISCO TUTTS HEALTH PLAN POR WOMEN NIKE CHERY BLOSSOM CRA2Y LEGCS ARMY TEN MILER MANNA SCION MILK RUN HOUSTON TENNECO BEACH TO BAY RELAY BROAD STREET RUN ELIZABETH RUNCER RUN DALLAS SYMPHEN RUN STRONG LECS RUN BOBY CRIM MDA-BOSTON MILK RUN HOUSTON TENNECO BEACH TO BAY RELAY BROAD STREET RUN ELIZABETH RUNCER ANK RUN DALLAS WHITE ROCK FRITZERS RUNFEST HEART MINI BAYOU CITY FUN RUN CHARLOTTE OBSERVER HEART MINI BAYOU CITY FUN RUN COLUMBUS CITY RUN SCIENT RUN COLUMBUS CITY RUN 5261 5255 5242 E E 11/24/88 MINNEAPOLIS MN MARA 5K MINNEAPOLIS, MN MILWAUKEE, WI 10/02/88 07/13/88 E 5MI HOUSTON, TX 12/18/88 MOBILE AL 03/12/88 SAN FRANCISCO CA 151 08/17/88 E FALMOUTH, MA SAN DIEGO, CA FT.WORTH, TX CHICAGO, IL 08/21/88 08/21/88 02/27/88 7110 HMAR 10K 5MI 03/13/88 10K PLANO, D 05/07/88 E TERSEY CITY, NI 04/24/88 ATLANTA GA ASBURY PARK, NJ DAVENPORT, IA 3.510 09/14/88 E 10K 10K 10K MARA 08/13/88 10/01/88 E SAN FRANCISCO, CA DULUTH, MN SAN DIEGO, CA 06/11/88 10K 10K HMAR 5K 10/22/88 04/30/88 03/27/88 CALIFORNIA LOUISVILLE KY CARLSBAD CA HMAR 10K 8K ATLANTA GA PARK CENTRAL TX 11/24/88 ST. PAUL MN 03/13/88 ANN ARBOR, MI PORTLAND, OR 104 05/28/88 MARA 12K 10K 10K SAUSALITO, CA 04/10/88 SAN FRANCISCO, CA 03/27/88 BOSTON, MA WASHINGTON, DC 10/10/8 03/27/88 101 SMI MADISON, WI WASHINGTON, DC 04/29/88 E 10MI 10K 10/16/88 MANHATTAN BEACH CA 10/01/88 8K ATLANTA GA 11/12/88 10MI 10K 08/27/88 BOSTON, MA 04/10/88 01/17/86 05/21/88 05/21/88 05/14/86 05/14/86 05/14/86 05/14/86 05/14/86 05/01/88 05/01/88 03/27/88 03/27/88 03/12/88 03/12/88 03/19/86 MARA HOUSTON, TX CORPUS CHRISTI, TX 4.4MI 10MI 10K 25K MARA E PHILADELPHIA, PA NORPOLK, VA GRAND-RAPIDS, MI

CGRANDRAPIDS, MI DALLAS, TX ROCKVILLE, MD LOS ANGELES, CA PITISBURGH, PA BIRMINGHAM, AL CHARLOTTE, NC CINCINNATI, OH HOUSTON, TX COLUMBUS, OH LOUISVILLE, KY VIRGINIA BEACH, VA MARA 10K 10K 15K 10K MARA 10K 8K

Compiled by TACSTATS

MARA

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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 95plus, 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.

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 walktional construction

ing. 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.

O. What is TAC's purpose?

Key to Map Numbers

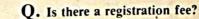
1 Maine	20 Wisconsin	39 Hawaii
2 New England	21 Illinois	40 Iowa
3 Adirondack	22 Ozark	41 Kentucky
4 Niagara	23 Arkansas	42 New Mexico
5 Connecticut	24 Southern	43 South Texas
6 Metropolitan	25 Gulf	44 San Diego-Imperial
7 New Jersey	26 Southwestern	45 Georgia
8 Mid-Atlantic	27 Oklahoma	46 Central California
9 Alabama	28 Missouri Valley	47 West Texas
0 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	States and the state of the state of the

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.



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 associa-

tion (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?

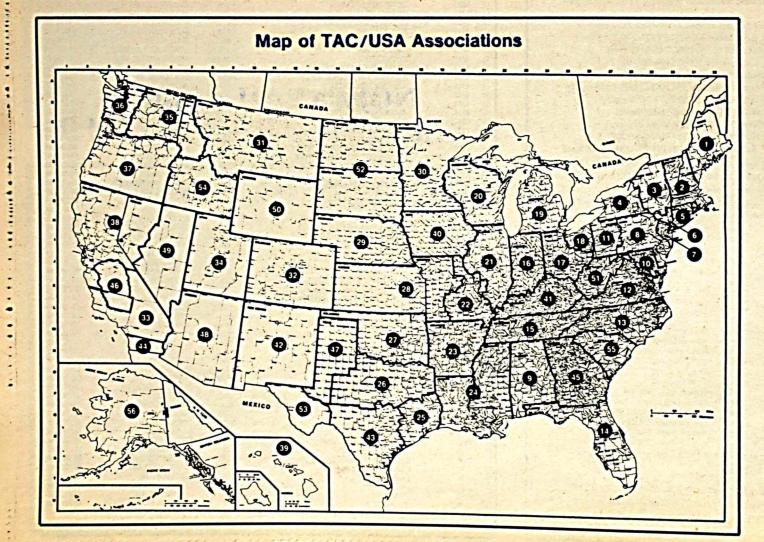
A. Most major events are. The main reason is the liability insurance (that accompanies the sanction) which is required by most municipalities, organizations, and owners of facilities where masters events are held. Some events may have their own private insurance. (For further information on the TAC/USA 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.



National Masters News

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
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The Director's Corner by DEAN REINKE

"Best Fields Getting Better"

t 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

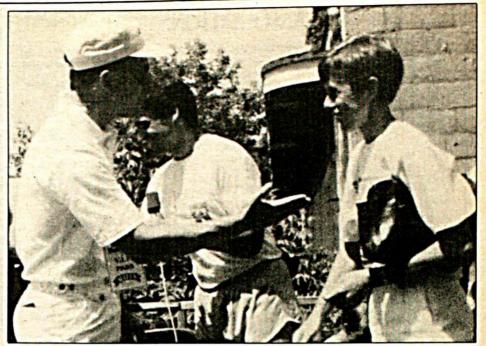
Louis Martin

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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

ICI/USRA Masters Circuit Point Standings After 5 races, including the Nissan Shamrock 8K, Myrtle Beach 10KClassic, Cotton Row 10K, Hospital Hill Half-marathon, and UticaBoilermaker 15K. Other races to count include:Chicago Distance Classic 20KMyriad Gardens 10KQuad City Times Bix 7-MileCapital Trail Run 10-MileAsbury Park 10KFoundation 30KCharlotte Observer 10KCrim Road Race 10-MilePittsburgh Great Race 10KSeattle Half-marathonTwin Cities MarathonICI/USRA National Champs 8K M40-44 W40-44 M50-54 Bill Rodgers Claudia Ciavarella 30 26 Don Sleeman 26 Bob Schlau Jane Hutchison 24 28 Jim Larson 26 Ken Sparks 22 Nancy Oshier 26 Bill Johnston 23 Wilson Waigwa 20 Nancy Miesczak 19 Roger Robinson 10 Dave Stewart 15 Barb Filutze 10 Ben Johns Wes Wesseley 14 Ngaire Drake Dan Conway 10 Graham Tattersall 10 Larry Olsen 10 Jim Pearson Victor Mora W50-54 M55-59 W55-59 Susie Kluttz 27 John Harwick Gloria Brown 30 Gina Faust 10 Norm Green 10 Jean Evans 14 Gerald Koch Nancy Parker 10* 10 Barb Gehringer 10 Tom Ray 10 Diane Palmason 9 Greg Prom 10 M60-64 W60-64 M65-69 Jim O'Neil 20 Mary Norckauer 20 John McManus 20 Herb Chisholm 18 15 Ed Hamilton W65-69 M70+ Charles Evans 11 Loretta Sheehan Ed Benham 20 10 Imy Ernst Claudis Hawkins 10 Howard Calkin 10 John Hosner 10 Bill Fortune 10 Nate White 10 W70+



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 competition 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 nonmarathon 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

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August, 1989

-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 attentiongetter . . . 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 sidelinedMake 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 -

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!

always a good masters contingent . . . prize purse

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

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



ast year Bill Rodgers, Frank Shorter, Jim Ryun and the other "Legends of Running" returned to the roads as Mastersin 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.

August 12 - Asbury Park 10K, NJ

(201) 531-4156 August 26 - Crim Road Race 10 Mile, Flint, MI

(313) 235-3396

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

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

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

ICI/USRA MASTERS CIRCUIT C/O Dean Reinke & Associates
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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

L.A. Patriots P.O. Box 3743 Jayhawk Station Marvin Thompson P.O. Box 2981 Lawrence, KA 66044 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

August 1989

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 52671/2 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 Ardvce 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



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), 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



Nancy Mieszczak 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

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 Ullyot 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 Weslevan 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 thirdplace 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 thirdplace 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 Mieszczak 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.

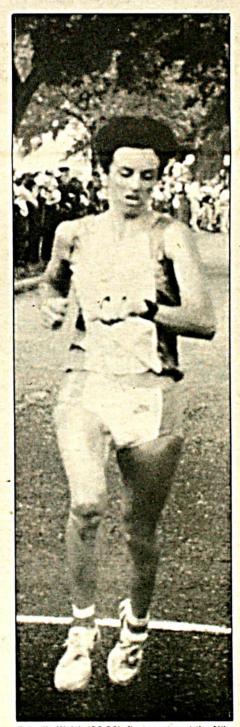
• Francie Larrieu Smith, 36, finished ninth overall in the L'eggs Mini-Marathon 10K in 33:22, June 24, in New York City.

• 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).

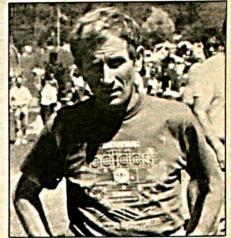
SOUTHEAST

• 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.



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



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.

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National Masters News



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, Colum-

bus. Ohio. Leo Yassenoff Jewish Center,

Coming Next Month:

 Results of World Veterans Championships •Results of Nationals

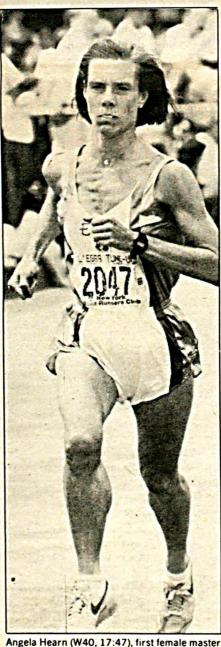
1125 College Ave., Columbus, OH 43209. 614/231-2731.

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



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.



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: Oc-tober 25-27. Sylvia Wunderli, 1604 Walker Center, Salt Lake City, UT 84111. 801/583-6231.



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.



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

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, Arl-ington, 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. NYRRC Mercedes Mile on 5th Ave., NYC. NYRRC, 9-E. 89th St., NY, NY 10128. 212/860-4455.

September 24. The Great Race 10K, Pitt-sburgh, 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(0); 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.

National Masters News

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 Recr. & 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, Stc. 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 Estro, 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 Recr. 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. Berlinmarathon, 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

National Senior Olympics Draws 1367 T&F Athletes

organizing committee of St. Louis community leaders with over 4500 volunteers.

into the Games at 55 local Senior Games throughout the country.

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

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 would 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

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

Games, 1ather than the National

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

However, USNSO lost its two cham-

pions 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

"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

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 runn-

ing the events from each governing

pass legislation giving it permission.

the high jump record of 1.12 (3-8), held

jointly by Shirley Kinsey and Joyce

Continued from page 1

The event was staged by a non-piofit

Participants had to qualify for entry

Other sports (and number of entries)

The large number of track and field

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 Sheahen

0

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

Varney, to 1.17 (3-10).

Senior Olympics.

multi-sport events.

the outside."

Records Fall Despite Rain in Tennessee Meet

Continued from page 1

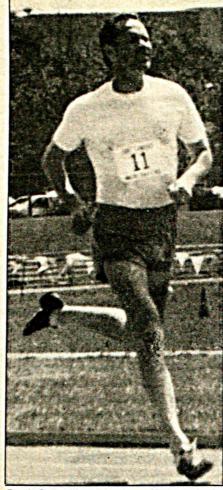
followed by a 4:45.08 1500 the following morning on a dry track - 0.12 under the age-58 American record. His performance was the start of many outstanding efforts on the resurfaced University of Tennessee's Tom Black track.

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.

A	THLETES 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
		8- 3-39	50-54
	CINDY MCELWAIN (HARVARD, MA)		
	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 TRANTHAM (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
5.7	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)	8-18-19 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

A NATIONAL MASTERS NEWS

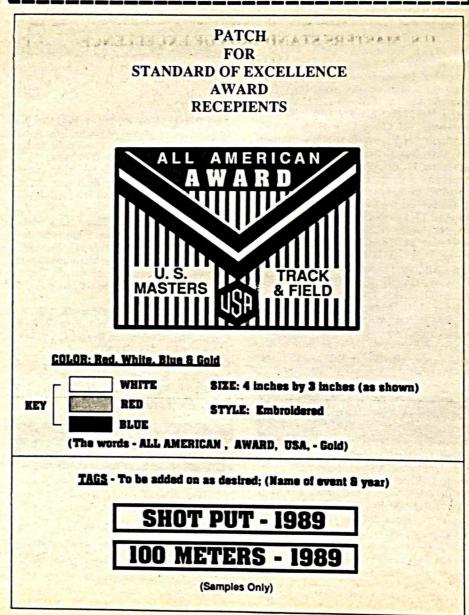
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Phil Martinez

Roosevelt Weaver

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Paul Lehmkuhl

M40

M50

M55

page 27

06/04/89

05/28/89

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National Masters News **RECIPIENTS OF CERTIFICATES AS ALL-AMERICANS FOR** ACHIEVING U.S. STANDARDS OF EXCELLENCE M65 Paul Eberhardinger 35# WT 15-0 06/18/89 W50 05/20/89 2 Mile 20:41 5-10 H.I 25# WT 36-4 06/18/89 Joanna de Keyser 800 2:07.2 04/29/89 M70 HT 143-9 06/03/89 Bill Van Fleet 5000 23:00.4 06/26/88 3000m 19:55 W40 RW 06/18/89 28.9 Lynda Huey 200 100 12.3 06/04/89 **U.S. MASTERS ALL AMERICAN STANDARDS OF EXCELLENCE FOR MASTERS RACE WALKERS** 38-0 06/11/89 SP 15-1112 03/19/89 Hile JK 2-mile SK 108 20% Mile 3K 2-mile LJ N40 7:29.8 14:30 15:40 24:30 51:00 1:45 N45 7:42.8 15:10 16:20 24:30 54:00 1:52 N50 8:25.1 16:20 17:37 27:30 57:00 1:58 N55 8:43.1 16:55 18:15 29:00 60:00 2:10 N50 9:19.9 18:07 19:32 30:30 63:00 2:10 W40 8:55.4 17:20 18:40 29:00 1:00 2:04 W45 9:12.4 19:53 19:17 31:00 1:04 2:12 W50 10:30.2 20:24 21:39 33:00 1:08 2:20 W55 10:55.4 21:13 25:51 35:00 1:12 2:28 W60 11:45.0 22:49 24:35 38:00 1:18 2:40 American No.5 9:44.7 18:54 20:23 32:00 66:00 2:16 M70 16:25.4 20:15 21:49 34:00 70:00 2:24 M75 10:59.9 21:20 23:00 36:00 76:00 2:32 N6C 11:40.7 22:40 24:25 38:00 78:00 2:40 N85 12:29.3 24:15 26:08 40:00 d2:07 2:48 W65 12:20.2 23:59 25:50 41:00 1:24 2:52 W70 13:28.5 26:10 28:12 44:00 1:30 3:04 W75 14:19.5 27:49 29:58 47:00 1:36 31:06 W80 15:20.7 29:48 32:08 50:00 1:42 3:28 W85 16:35.7 32:13 34:44 53:00 1:48 3:40 This is to cartify that U.S. MASTERS STANDARDS OF EXCELLENCE FOR WOMEN in the

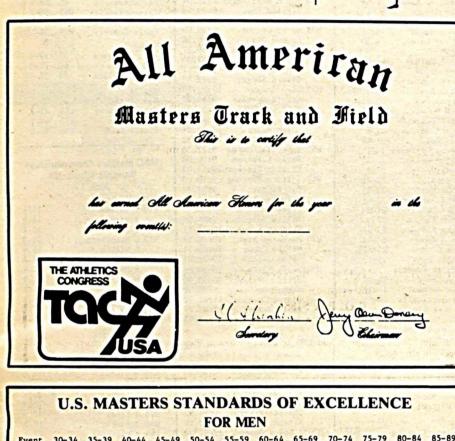
FOR WOMEN											
Event	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84
100 200 400 800	13.8 28.0 63.5 2:32	14.2 29.2 65.5 2:35	14.6 30.3 67.5 2:40	15.0 31.4 69.5 2:46	15.6 32.5 71.5 2:54	16.2 34.0 73.5 3:05	16.9 35.7 78.5 3:19	17.8 37.5 83.7 3:36	18.8 40.0 90.0 3:56	20.0 43.5 96.5 4:09	21.2 47.0 103.3 4:35
1500 Mile 5000 10000	5:10 5:34 19:45 41:00	5:19 5:44 20:30 42:40	5:29 5:35 21:20 44:40	5:40 6:07 22:16 47:00	5:58 6:26 23:12 49:30	6:20 6:49 24:16 52:00	6:48 7:19 26:08 56:00	7:23 7:46 28:08 60:00	8:04 8:47 30:08 66:00	8:52 9:39 32:21 76:00	9:48 10:45 34:26 86:00
100H 80H 400H 300H	17.2 75.5	18.2 79.9	15.0 84.4	15.8 88.8	16.5 66.0	17.6 72.0	18.7 79.0	20.2 87.0	22.2 96.0	25.0	28.0
HJ	1.42 4-8	1.35 4-5%	1.27 4-2	1.19 3-11	1.12 3-8	1.07 3-62	1.02 3-4%	.97 3-2%	.92 3-05	.89 2-11	.84 2-9
ម	5.00	4.60	4.25 13-114	3.90 12-95	3.55	3.20	2.85 9-44	2.60 8-64	2.35 7-84	2.10 6-11	2.00 6-7
TJ	10.00 29-75	9.20 28-3	8.60 26-8	7.80 25-D-2	7.18 23-5%	6.40 22-8	5.70 20-5%	5.20	4.70 16-5	4.20	3.80
Shot	10.30 33-95	9.30 30-6½	8.40 27-7	7.70 25-32	7.95 26-1	7.20 23-75	6.50 21-4	5.80 19-0%	5.25 17-3	4.70 15-5	4.25 13-114
Jav	39.50 129-7	33.50 109-11	27.50 93-6	21.50 70-6½	25.00 82-0	19.00 62-4	18.00 59-1	16.00 52-6	15.00 49-2	14.00 45-11	13.50 44-4
Discus	30.0 98-5	27.8 91-2	26.0 85-4	24.0 78-9	22.0 72-2	20.0 65-8	18.0 59-1	16.0 52-6	15.0 49-2	14.0 45-11	13.5 44-4
Hammer	40.0 131-3	35.0 114-10	30.0 98-5	25.0 82-0	2.1.0 75-6	22.0 72-2	20.0 65-8	18.0 59-1	14.0 45-11	12.0 39-5	9.0 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: 4k; 40+: 3k. 4) Jávelin: 30-49: 600gm; 50+: 400gm. 5) Hammer: 30-49: 4k; 40+: 3k. 6) Metric heights and distances are the standard; feet and inches listed for convenience. 											

APPLICATION FOR AN ALL-AMERICAN CERTIFICATE/PATCH

NAME	AGE	GROUP	14/2
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or \$15 for both a certificate and each.) Send to: All-American, Nat	d of excellence, please send \$10 for a patch. (A patch tag, showing ev tional Masters News, P.O. Box 237 which issue they appeared) A 3-cold	ent and year, is an ex 2, Van Nuys, CA 914	tra \$5 04. (En

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.)



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		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
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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
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Sa NET	21-6			17-10-2		15-7	14-5%		11-115	11-0	9-10	8-84
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
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Discus	44.80		40.60	38.00	40.00			36.80	31.60	26.40	21.40	16.20
A STATE	147-0	139-9	133-2	124-8	131-3	119-5	131-3	120-9	103-8	86-7	70-25	53-2
Hammer	47.24	44.20	41.14	38.10	38.40	36.00	36.00	33.00	29.00	25.00	22.50	18.00
Part 2		145-0	135-0	125-0	126-0	118-1	118-1	108-3	95-2	82-0	73-10	60-0
Jav	62.00	57.00	52.60	48.00	43.00	38.50	40.00	35.00	29.00	24.00	19.00	15.00
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HOLES:	2) Short	t hurdle	s: 30-49	: 39":	50-59:	36"; 6	0-69: 33	3"; 70+:	30".	18-12		
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National Masters News

August, 1989

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

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NATIONA		W65 Angie S
		Victoria Margare
U.S. National Senior C St. Louis, MO		W70 Anna Ra
June 19-24		Molly M Mavis B
100m M55 Harry Brown	12.59	W75 Polly C
Harold Hitt	12.93	Pearl M Margare
Earl Ventura M60 Jim Law	12.94 12.63	W80 Allie W Anna Wo
Edmund Schuler Gene Harte	12.95 12.97	Bernice
M65 Melvin Larsen Paul Saunders	13.31	800m
Tim Murphy	13.42 13.47	M55 Chas Win James S
M70 Bill Weinacht John Davison	13.90 14.10	Arnie G M60 Jonatho
Jeff Bloomfield M75 Milo Lightfoot	14.55 15.53	Jack Ger Fred Fr
Fred White Virgil McIntyre	15.54	M65 Carl Ha
M80 Byron Fike	17.99	Bill Os Paul Sc
George Richards Myron Bishop	19.92 20.00	M70 Jay Spor Dan Bull
W55 Joan Dugan Janet Freeman	14.97 15.33	Austin M75 William
Jane Clarkson W60 Pat Peterson	15.90 15.92	Sam Mona
Helen Darnall	16.78	Vernon (M80 Ed Benha
Barbara Reese W65 Lavina Haefele	16.79 16.75	Byron Fi George I
Lillian Berg Ettie Handelman	16.78 17.56	W55 Peggy At Janet Fi
W70 Mary Bowermaster Lucille Monroe	16.86 18.48	Billie S
Molly Mackown	18.87	W60 Nancy Sr Dorothy
W75 Polly Clarke Marie Uebel	18.15 20.26	Betty Be W65 Angie Sm
Marie Quarterman W80 Kate Phillips	20.68 24.30	Vivian I
Anna Word	25.77	Samia Do W70 Anna Rom
Allie Walker	26.95	Mavis Be Louise I
200m M55 Harry Brown	25.70	W75 Pearl M Josephi
Harold Hitt Ted Sjogren	26.20 26.77	Ivy Gra W80 Allie W
M60 Jim Law	25.72	1500m
Charles Sochor Gene Harte	26.82 27.24	M55 Chas Wi
M65 Paul Saunders Tim Murphy	27.57 27.80	Hal Hig James S
Richard Herzer M70 Bill Weinacht	28.11 28.51	M60 Jonatho Jack Ge
Jeff Bloomfield	30.01	Fred Fr M65 Carl Ha
J Jones M75 Kilo Lightfoot	31.53 32.36	Bill Os
Fred White Virgil McIntyre	33.48	Bart Ro M70 Austin
M80 Byron Fike Myron Bishop	35.26 38.40	Dan Bul A Cokey
Oscar Baer	40.08	M75 Jack Pa William
W55 Janet Freeman Jane Clarkson	32.15 33.14	Vernon
Sally Stiegelmein W60 Pat Peterson	er34.18 34.21	M80 Ed Benh Bernard
Helen Darnall Dorothy Brill	35.24 36.06	W55 Liz Sza Peggy A
W65 Lavina Haefele	35.31	Janet F W60 Nancy S
Irene Sutherland Florence Berry	42.15	Betty B
W70 Mary Bowermaster Velma Jacobs	36.84 43.80	Dottie W65 Vivian
Velma Jacobs Ellen Charlie W75 Polly Clarke	44.57 41.19	Samia D Vadine
Marie Uebel	44.71	W70 Mary Va Anna Ro
Margaret Jackson W80 Allie Walker	57.97	Louise
Flora Mendoza Anna Word	60.55 64.67	W75 Pearl M Ivy Gra
100	the tot	Helen J W80 Allie W
400m M55 Harold Hitt	58.23	Anna Wo Harriet
Harry Brown Ted Sjogren	58.35 59.77	5000m
M60 Jim Law Charles Sochor	58.89 59.85	M55 Leon Fe Arnie G
Gene Harte	61.11	Phillip
M65 Thomas Lacey Oscar Harris	66.50	M60 Jack Ge Bill Ca
M70 Bill Weinacht	66.60	Foster M65 Carl Ha
M70 Bill Weinacht Jay Sponseller Jeff Bloomfield M75 Milo Lightfoot Fred White Murphy Domingues	68.11	Bill Os Bart Ro
M75 Milo Lightfoot	1:17.03	M70 A Cokey
nur pily bouringues	1.24.07	Austin Paul Am
M80 Byron Fike Oscar Baer	1:25.77	M75 William Vernon
John Glawe W55 Janet Freeman	2:00.03	Cleo Ca M80 Ed Benh
John Glawe W55 Janet Freeman S Stiegelmeier Jane Clarkson	1:16.91	Byron F
Woo Helen Darnall	1:20.90	Warren W55 Peggy A
Pat Peterson Dorothy Brill	1:23.17	Billie Loretta
borotiny brill		

26580	and the second second second	State State Street	
W65	Angie Smith	1:33.52	4
	Victoria Memmel	1:37.32	
W70	Margaret Hagert	1:34.93	1
1.0	Anna Ramagna Molly Mackown Mavis Borthick	1:42.49	
		1:46.35	5
W75	Polly Clarke Pearl Mehl	1:41.28	2
	Pearl Mehl	1:48.51	1
W80	Margaret Jackso Allie Walker	2:23.48	3
1	Anna Word	2:36.50	ł
	Bernice Reid	4:03.44	j
800	and the second second	in the second	ŝ
	Chas Wimberley	2:15.70	1
	James Schirber	2:23.06	4
M60	Arnie Green	2:26.02	
MOU		2:21.07 2:22.09	1
	Jack Gentry Fred Frost	2:23.41	
M65	Carl Hammen	2:34.80	1
	Bill Osburn Paul Schmitt	2:38.49	
M70	Jay Sponseller	2:39.83	1
1	Dan Bulkley	2:41.82	
300	Austin Newman	2:46.76	Ľ,
M75			
	Sam Monastero Vernon Geary	3:22.22 3:29.82	1
M80	Ed Benham	3:10.37	
	Byron Fike	3:32.41	
HEE	George Hawks	5:11.63 3:00.83	
#33	Peggy Ainslie Janet Freeman	3:00.83	
	Billie Stacy	3:09.81	
W60	Nancy Smalley	3:16.54	
	Dorothy Brill	3:20.90	
W65	Betty Benkert Angie Smith	3:21.10 3:45.90	
	Vivian Koehn.	3:50.39	
1944	Samia Doro	3:57.20	
W70	Anna Romagna	3:51.47	
	Mavis Borthick Louise Martin	4:14.14 4:16.06	1
W75	Pearl Mehl	3:54.38	2
24	Josephine Gregg	4:42.57	1
WRO	Ivy Granstrom Allie Walker	4:48.27 5:30.31	
-00	mille walker	5.50.51	1
150	Om	1 - martin	
M55	Chas Wimberley	4:37.15	
· # 1 / 2	Hal Higdon James Schirber	4:52.90 4:57.27	
M60	Jonathon Tobey	4:57.27	1
	Jack Gentry	4:58.65	3
	Fred Frost	5:08.29	
M65	Carl Hammen Bill Osburn	5:20.75 5:26.46	
	Bart Ross	5:40.61	1
M70	Austin Newman	5:44.11	
	Dan Bulkley	5:44.76	
M75	A Cokey Daman Jack Pardee	5:49.36 6:29.45	1
	William Brobsto	n6:30.61	1
	Vernon Geary	7:13.72	
MBC	a seringin	6:14.90	
WSS	Bernard Fulghum Liz Szawlowski	6:11.74	
- delate	Peggy Ainslie	6:15.19	
1	Janet Freeman	6:21.15	
W60	Nancy Smalley Betty Benkert	6:49.93 6:57.30	
1 8	Dottie Grav	7:09.64	
W65	Dottie Gray Vivian Koehn	7:31.30	
10	Samia Doro	8:19.28	
W70	Vadine Koenig Mary Varani	8:20.12 7:57.08	1
50	Anna Romagna	7:57.30	1
200	Louise Martin	8:28.22	
W75		8:19.27	
2.	Ivy Granstrom Helen Johnson	9:22.43 9:29.00	
W80) Allie Walker	11:02.04	
19.5	Anna Word	12:43.79	
1 North	Harriet Rogers	15:55.21	I
500	Om	- 1- 11 S	I
MSS	Leon Fennell	17:32.2	1
100	Arnie Green Phillip Giaconi	18:18.8 a 19:27.5	L
M60	Jack Gentry	17:27.1	I
3	Bill Carey	17:27.1 18:32.3	
M65	Foster Doty Carl Hammen	19:51.7 19:44.3	I
1103	Bill Osburn	19:44.3	I
and a	Bart Ross	20:09.4	
M70	A Cokey Daman	20:17.7	I
TIN	Austin Freeman Paul Amadio	20:44.5 20:53.7	1
M75		n 23:20.0	I
1.111	Vernon Geary	25:23.7	
320	Cleo Casady	26:15.9	I
M80	Ed Benham Byron Fike	** 21:46.8	ľ
120	Warren Ling	31:51.0 39:30.2	I
W55	Peggy Ainslie	21:02.4	
Ser.	Billie Stacy	21:59.3	
-	Loretta Hopkins	24:30.3	'

4. If possible,		M
hite space.		W
W60 Nancy Smalley Mary Norckauer	23:32.7	W
Dottie Gray	24:41.5 25:04.9	W
W65 Vivian Koehn Angie Smith	26:12.6 28:21.8 28:41.4	2
Vadine Koenig W70 Louise Martin Mary Haines	28:41.4 28:41.4 30:12.3	W
Mavis Borthick W80 Pearl Mehl	33:23.9 29:52.4	W
Shirley Wasser 10,000m	33:40.9	W
M55 Leon Fennell Arnie Green	38:08 40:30	
Bill Turley M60 Jack Gentry Bill Carey	40:52 38:29	SM
Bill Carey Len Olson M65 Bart Ross	40:56 41:24 43:13	
Bill Osburn Bill Schmitt	43:44 43:50	M
M70 A Cokey Daman Austin Newman	43:48 44:50	M
Paul Amadio M75 William Brobston	44:55 51:24	M
Cleo Casady Vernon Geary	54:12 55:39	100
M80 Ed Benham • Warren Ling	47:05 79:37	M
Ahrend Muehring W55 Billie Stacey	97:35 46:50	M
Harriet Locke Dorothy Akin	48:58 54:10	1
W60 Nancy Smalley Dottie Gray	50:40 54:08	W
Betty Benkert W65 Vivian Koehn	55:04	W
Wanda Hall Samia Doro	63:17 63:21	
W70 Mary Varani Louise Martin Mary Haines	58:54 61:47	We
W75 Pearl Mehl W80 Susie Hughes	70:27 67:58 84:05	W
Allie Walker **Age-group WR	88:26	
A CARLEND AND AND AND AND AND AND AND AND AND A	and the second	W
High Jump M55 Phil Mulkey	5-1	W
Bill Butterworth David Norton	4-10	
M60 Sam Griffith Bill Honaker	4-7 4-6	D
Harry Guth M65 Charles Obye	4-6 4-7	
-Richard Herzer Joe Hessell	4-5 4-5	M
M70 Ham Morningstar Victor Jones	4-4 4-1	M
Andy Jones M75 Virgil McIntyre	4-1 4-1	
Milo Lightfoot Barney Martin	3-9 3-9	M
M80 John Eichman William Maine	3-2 3-0	M
Bernard Fulghum W55 Joan Dugan	1-10 3-11	M
Barbara Brandt W60 Lonnie Proctor	3-4 3-8	
Pat Peterson Sara Overton	3-7 3-5	W
W65 Ruth Manger Harriet Boyd	3-2 3-2	W
Mary Holland Bernie Kleinschm	idt ²⁻¹⁰	
W75 Inga Von Hortena Marie Uebel	3-0	W
W70 Mary Bowermaster Dorothea Fordney		W
Cornelia Spivey	3-0	W
Pole Vault M55 Fhil Mulkey	11-1	
Walter Diggs Bill Butterworth		W
M60 Sam Griffith Bob Ackerman Robert Thompson	8-6 8-0 7.6	J
M65 Boo Morcom Jim Johnson	7-6 10-6 8-6	M
Armando Ricciard M70 Ham Morningstar	i 8-0 7-6	M
M75 John Mays Stan Thompson	6-0 5-6	M
Long Jump	1. 47	d
M55 Phil Mulkey Earl Ventura	18-5 16-15	M
Ronald Houck M60 Ed Schuler	16-11 15-91 16-11	M
Bob Ackerman Bill Honaker	16-1 ¹ / ₂ 15-11 ¹ / ₂ 15-11 ¹ / ₂	A
Boo Morcom	15-7 ¹ / ₂ 15-4	M
Melvin Larsen	15-3 I	

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	H - Destricted in	A STATE	
M/U	wade Alexander	13-61	
	Leonard Ringle	12-4 3/4	
M75	Andy Jones Milo Lightfoot	12-2	
	Milo Lightfoot John Mays	11-5 1 11-0	
	Leslie Thomas	10-4 3/4	Ľ
M80		9-11 3/4	L
	William Maine	7-61	L
	George Hawks	6-9	L
W55		10-3/4	L
	Joan Dugan Vera Whiteside	9-1	L
	Rosalia Gioia	8-8 3/4	L
W60	Rosalia Gioia Barbara Reese	11-1	L
	Jos Sullivan	11-0	l
-	L McDaniels	10-31	L
W65		9-10	L
	L H Haefele	9-6	l
	Fran Rutledge	9-3	L
₩70		10-4	I
	Molly Mackown	8-41	L
	Florida Staton	8-23	l
W75	Marie Uebel	6-10 3/4	l
	Marg Jackson	6-61	I
	Viv Nelson	6-4 3/4	l
W80		5-2	L
	Rose Monda	5-13	I
She	Pansy Love	4-10	I
M55	Phil Mulkey	44-0	I
	Len Olson	44-0	۱
	Earl Ventura	39-9	I
M60	Earl Ventura Phil Brusca	43-5 3/4	I
	Jav Brown		I
	A D McCullough	40-11 3 39-4 3	I
M65	Bill Bangert	43-61	I
100	Scott Herman	37-6	۱
	Don Reid	37-41	I
M70	Jerry Cysewski		۱
	Bob Powell	38- 1 37-31	I
	Andy Jones	37-1	I
M75	E Dennison	33-71	۱
	John Mays	32-91	I
	Hans Rosenberg	30-91	I
M80	hike Calvin	27-8	I
	Vern Kennedy	27-5	I
	John Eichman Joan Dash	25-31	۱
W55		27-11	I
	D L Gidard	25-113	I
	Sally Polk	25-91	I
W60	Lonnie Proctor	27-11 3/4	I
	M Lockman	25-3	I
Ver	Lee Anthony	25-21	1
W65	El Martinelli	24-8	I
-	M L Frazier	24-3 3/4 23-111	I
W70	Ann Toya Helen Stephens	26-1 3/4	I
	M L Bowermaster	23-91	I
	Rose Ruston	22-61	1
W75	Claire Vieth 20)-3	I
W75	Svivia Swartzig	-81	
W75	Svivia Swartzig	-81	
W75	Svivia Swartzig	-81	
W75 W80	Svivia Swartzig	-81	
W75 W80	Sylvia Swartzle Helen Sutter 19	-81	
	Sylvia Swartzle Helen Sutter 19 C'Rumple 16 Rose Monda 16 A Weitzel 13	-81	
Dise	Sylvia Swartzle Helen Sutter 19 C Rumple 16 Rose Monda 16 A Weitzel 13 Cus	0-81 0-41 0-71 0-6 3/4 0-101	
	Sylvia Swart215 Helen Sutter 15 C'Rumple 16 Rose Monda 16 A Weitzel 13 Cus Martin Kintish Len Olson	0-8 -4 	
Dise M55	Sylvia Swart215 Helen Sutter 15 C Rumple 16 Rose Monda 16 A Weitzel 13 Cus Martin Kintish Len Olson Paul Rosia	0-8 	
Dise	Sylvia Swart215 Helen Sutter 15 C Rumple 16 A Weitzel 13 Cus Martin Kintish Len Olson Paul Rosia Phil Brusca	0-8 	
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<u>Disa</u> M55 M60	Sylvia Swart215 Helen Sutter 15 C'Rumple 16 Rose Monda 16 A Weitzel 13 Cus Martin Kintish Len Olson Paul Rosia Phil Brusca Jerry Reichart Fritz Nilsson	0-8 	
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<u>Disa</u> M55 M60 M65	Sylvia Swart215 Helen Sutter 15 C Rumple 16 Rose Monda 16 A Weitzel 13 Cus Martin Kintish Len Olson Paul Rosia Phil Brusca Jerry Reichart Fritz Nilsson Don Reid John Allen Richard Herzer Andy Jones	8 4 7 7 7 7 7 7 7	
<u>Disa</u> M55 M60 M65	Sylvia Swart215 Helen Sutter 15 C Rumple 16 Rose Monda 16 A Weitzel 13 Martin Kintish Len Olson Paul Rosia Phil Brusca Jerry Reichart Fritz Nilsson Don Reid John Allen Richard Herzer Andy Jones Ham Morningstam	$-8\frac{1}{2}$ $-4\frac{1}{2}$ $-7\frac$	
Di se M55 M60 M65 M70	Sylvia Swart215 Helen Sutter 15 C Rumple 16 A weitzel 15 Cus Martin Kintish Len Olson Paul Rosia Phil Brusca Jerry Reichart Fritz Nilsson Don Reid John Allen Richard Herzer Andy Jones Ham Morningstan Harold Swanton		
<u>Disa</u> M55 M60 M65	Sylvia Swart215 Helen Sutter 15 C Rumple 16 A weitzel 15 Cus Martin Kintish Len Olson Paul Rosia Phil Brusca Jerry Reichart Fritz Nilsson Don Reid John Allen Richard Herzer Andy Jones Ham Morningstan Harold Swanton		
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<u>Dis</u> M55 M60 M65 M70 M75 M80	Sylvia Swart215 Helen Sutter 15 C Rumple 16 Rose Monda 16 A Weitzel 13 Cus Martin Kintish Len Olson Paul Rosia Phil Brusca Jerry Reichart Fritz Nilsson Don Reid John Allen Richard Herzer Andy Jones Ham Morningstan Harold Swanton Harold Swanton Harold Swanton Harold Swanton John Mays Burt DeGroot Vern Kennedy	$-8\frac{1}{2}$ $-4\frac{1}{2}$ $-7\frac$	
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-61	M60 Vance Genzlinger 8:28.64 William Peet 8:29.48	V
-4 3/4	Robert Moore 8:33.85	s
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-61	M80 Byron Fike 10:44.36 Dolph Raney 11:10.87	PS
-6	Harold Hoffman 11:39.33	
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-8	Millie Bolton 9:54.55	,
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-8	Josephine Gregg 11:05.59 W80 Louise Swanson 11:42.92 Allie Walker 12:02.27	1
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10.93 Thad Bell, 45 11.07 11.02 Jerry McCorkle, 32 1 11.43 Greg Manhall, 41 1 11.43 Sam Howell, 40 1 11.88 Evin Mutchell, 50 1 MENS Age-Group P Place 1 Age-Cr (Actual Age-Group P Place 1 10.064 (1283) Jamme, age Place 1 9 10.064 (1283) Jamme, age Place 1 9 11.06 (11.72) Bob Green, 40 1 88 11.16 (11.72) Bob Green, 40 1 88 11.35 (14.78) Don Hull, 70 1 88 11.36 (122) Sam Howell, 46 2 7 11.35 (13.1027) Bill Bubsh, 45 1 88 11.36 (12.21) Don Hull, 70 1 88 12.38 (13.30) Jam Shoaf, 46 2 7 12.34 (13.90) Jam Kau Kaurada, 58 1 7 12.35 (13.60) <th< td=""><td>So B2 (73.98) .9012 57.37 (58.74) .9012 57.37 (58.74) .9012 57.37 (58.74) .8018 58.13 (71.52) .8618 58.13 (71.52) .8618 58.13 (71.52) .8013 59.69 (97.18) .8291 60.11 (80.68) .62.30 (71.04) 62.31 (84.52) .64.35 (72.28) 54.76 (88.79) .71.14 (91.72) Perf. </td><td>Maurice McDonald, 48 1 99 Bob Green, 40 3 38 Sam Howcil, 40 2 38 Don Hull, 70 1 38 Charles Jordan, 32 2 38 John Danforth, 41 3 38 Tom Blodgett, 50 1 38 David Murr, 33 3 38 Thomas Little, 37 1 81 David Ayers, 47 2 86 Mike Adams, 27 .76 76 Ken Long, 61 2 .76 George McCarroll, 31 4 .72 Harold Stephen, 66 1 .72 Bill Howard, 41 4 .73 Jim Shoaf, 46 3 .66 Jerome Kuuffman, 65 2 .66 George Clictte, 45 4 .67 E.B. Lloyd, 66 3 .66 Ed Hamilton, 60 5 .60 Murice McDonald, 48 1 .91 Tony Mcle, 40 1 .87 Bill Weldon, 13 .80 Russ Glatz, 57 1</td><td>14:35:2 (15:49.3) Bill V 15:48.7 (15:48.7) Time 14:35:2 (15:49.3) Time 14:35:70 (18:53.7) Ole 1 17:32.2 (21:49) Ed H 17:32.2 (21:49) Ed H 17:32.2 (21:49) Ed H 17:35:81:11.8) Charm 18:98 (24:05.9) E.B. 19:04.3 (25:35.7) Bert 30:04:3 (25:35.7) Bert 30:07:0 WOMEN 40:4:3 (47:43) Joec C 30:37 (69:26) M 30:37 (69:26) M 30:37 (69:26) M 31:3 31:3 32:4 44:47 (15:10) T 31:3 32:5 31:3 31:3 32:4 MEN 4:4:7 (15:10) T 31:3 32:5 31:3 32:5 31:4:47 (15:10) T<td>verhart, 33 1 8278 Todd, 37 2 .7847 Todd, 37 2 .7847 Chiton, 30 2 .7820 lamilton, 60 1 .7255 ld Stephns, 66 1 .7141 e Hudson, 64 2 .7129 Kirkman, 49 1 .6608 J Gibbs, 39 3 .6011 Howell, 33 1 .8198 Busby, 37 1 .4778 S000 METERS Martin, 31 1 Martin, 31 1 .8760 Walker, 40 1 .6680 Anderson, 27 - .8190 Holsti, 55 1 .8119 Mullen, 36 1 .7385 lamiton, 60 1 .7385 Bailey, 67 2 .6790 Dameron, 53 1 .7102 Bailey, 67 1 .6224 Rowen, 58 1 .6019 Age-Group Perf. 1 .7504 Alargaret Hagerty, 66 1 .5904</td><td>Time time) name, spe 6-314 (5-1) Tom Blodgett, 50 6-14 (6-3) Jack Gimore, 54 6-0 (4-11) Nat Carter, 49 5-114 (5-3) Jerry McCorkle, 32 5-119 (5-1) Goorge Clicite, 45 5-10 (4-5) Garland Thomas, 56 5-9% (3-9) Don Hull, 70 5-7 (4-9) Bill Busby, 45 5-5% (4-11) Bob Green, 40 5-5% (4-11) Bull Anderson, 37 5-5% (4-11) Bill Anderson, 37 5-2% (3-9) George Course, 60 4-4% (1-20) Mark Richards, 58 5.4 (1-10) Mike McGinnis, 34 14-4% (13-0) Johnnie Dye, 39 13-2% (1-0) Bob Boal, 77 MEN IAVELIN</td><td>1 1 .6928 1 .6933 2 2 .6780 5 5 1 .6533 2 .6405 1 1 .6257 3 .6212 2 .5666 4 .4073 1 .6950 2 .5666 4 .4073 1 .4953 1 .7622 1 .6950 2 2 .5661 .6662 1 .6457 1 .6274 2 .4653 Age-Group Pert. </td></td></th<>	So B2 (73.98) .9012 57.37 (58.74) .9012 57.37 (58.74) .9012 57.37 (58.74) .8018 58.13 (71.52) .8618 58.13 (71.52) .8618 58.13 (71.52) .8013 59.69 (97.18) .8291 60.11 (80.68) .62.30 (71.04) 62.31 (84.52) .64.35 (72.28) 54.76 (88.79) .71.14 (91.72) Perf.	Maurice McDonald, 48 1 99 Bob Green, 40 3 38 Sam Howcil, 40 2 38 Don Hull, 70 1 38 Charles Jordan, 32 2 38 John Danforth, 41 3 38 Tom Blodgett, 50 1 38 David Murr, 33 3 38 Thomas Little, 37 1 81 David Ayers, 47 2 86 Mike Adams, 27 .76 76 Ken Long, 61 2 .76 George McCarroll, 31 4 .72 Harold Stephen, 66 1 .72 Bill Howard, 41 4 .73 Jim Shoaf, 46 3 .66 Jerome Kuuffman, 65 2 .66 George Clictte, 45 4 .67 E.B. Lloyd, 66 3 .66 Ed Hamilton, 60 5 .60 Murice McDonald, 48 1 .91 Tony Mcle, 40 1 .87 Bill Weldon, 13 .80 Russ Glatz, 57 1	14:35:2 (15:49.3) Bill V 15:48.7 (15:48.7) Time 14:35:2 (15:49.3) Time 14:35:70 (18:53.7) Ole 1 17:32.2 (21:49) Ed H 17:32.2 (21:49) Ed H 17:32.2 (21:49) Ed H 17:35:81:11.8) Charm 18:98 (24:05.9) E.B. 19:04.3 (25:35.7) Bert 30:04:3 (25:35.7) Bert 30:07:0 WOMEN 40:4:3 (47:43) Joec C 30:37 (69:26) M 30:37 (69:26) M 30:37 (69:26) M 31:3 31:3 32:4 44:47 (15:10) T 31:3 32:5 31:3 31:3 32:4 MEN 4:4:7 (15:10) T 31:3 32:5 31:3 32:5 31:4:47 (15:10) T <td>verhart, 33 1 8278 Todd, 37 2 .7847 Todd, 37 2 .7847 Chiton, 30 2 .7820 lamilton, 60 1 .7255 ld Stephns, 66 1 .7141 e Hudson, 64 2 .7129 Kirkman, 49 1 .6608 J Gibbs, 39 3 .6011 Howell, 33 1 .8198 Busby, 37 1 .4778 S000 METERS Martin, 31 1 Martin, 31 1 .8760 Walker, 40 1 .6680 Anderson, 27 - .8190 Holsti, 55 1 .8119 Mullen, 36 1 .7385 lamiton, 60 1 .7385 Bailey, 67 2 .6790 Dameron, 53 1 .7102 Bailey, 67 1 .6224 Rowen, 58 1 .6019 Age-Group Perf. 1 .7504 Alargaret Hagerty, 66 1 .5904</td> <td>Time time) name, spe 6-314 (5-1) Tom Blodgett, 50 6-14 (6-3) Jack Gimore, 54 6-0 (4-11) Nat Carter, 49 5-114 (5-3) Jerry McCorkle, 32 5-119 (5-1) Goorge Clicite, 45 5-10 (4-5) Garland Thomas, 56 5-9% (3-9) Don Hull, 70 5-7 (4-9) Bill Busby, 45 5-5% (4-11) Bob Green, 40 5-5% (4-11) Bull Anderson, 37 5-5% (4-11) Bill Anderson, 37 5-2% (3-9) George Course, 60 4-4% (1-20) Mark Richards, 58 5.4 (1-10) Mike McGinnis, 34 14-4% (13-0) Johnnie Dye, 39 13-2% (1-0) Bob Boal, 77 MEN IAVELIN</td> <td>1 1 .6928 1 .6933 2 2 .6780 5 5 1 .6533 2 .6405 1 1 .6257 3 .6212 2 .5666 4 .4073 1 .6950 2 .5666 4 .4073 1 .4953 1 .7622 1 .6950 2 2 .5661 .6662 1 .6457 1 .6274 2 .4653 Age-Group Pert. </td>	verhart, 33 1 8278 Todd, 37 2 .7847 Todd, 37 2 .7847 Chiton, 30 2 .7820 lamilton, 60 1 .7255 ld Stephns, 66 1 .7141 e Hudson, 64 2 .7129 Kirkman, 49 1 .6608 J Gibbs, 39 3 .6011 Howell, 33 1 .8198 Busby, 37 1 .4778 S000 METERS Martin, 31 1 Martin, 31 1 .8760 Walker, 40 1 .6680 Anderson, 27 - .8190 Holsti, 55 1 .8119 Mullen, 36 1 .7385 lamiton, 60 1 .7385 Bailey, 67 2 .6790 Dameron, 53 1 .7102 Bailey, 67 1 .6224 Rowen, 58 1 .6019 Age-Group Perf. 1 .7504 Alargaret Hagerty, 66 1 .5904	Time time) name, spe 6-314 (5-1) Tom Blodgett, 50 6-14 (6-3) Jack Gimore, 54 6-0 (4-11) Nat Carter, 49 5-114 (5-3) Jerry McCorkle, 32 5-119 (5-1) Goorge Clicite, 45 5-10 (4-5) Garland Thomas, 56 5-9% (3-9) Don Hull, 70 5-7 (4-9) Bill Busby, 45 5-5% (4-11) Bob Green, 40 5-5% (4-11) Bull Anderson, 37 5-5% (4-11) Bill Anderson, 37 5-2% (3-9) George Course, 60 4-4% (1-20) Mark Richards, 58 5.4 (1-10) Mike McGinnis, 34 14-4% (13-0) Johnnie Dye, 39 13-2% (1-0) Bob Boal, 77 MEN IAVELIN	1 1 .6928 1 .6933 2 2 .6780 5 5 1 .6533 2 .6405 1 1 .6257 3 .6212 2 .5666 4 .4073 1 .6950 2 .5666 4 .4073 1 .4953 1 .7622 1 .6950 2 2 .5661 .6662 1 .6457 1 .6274 2 .4653 Age-Group Pert.

page 30	and the stand of the	National N	lasters News			August, 19	89
Continued from previous page		HAMMER	TOP 5 TRACK PERFORM	ANCES	TOP 5	FIELD PERFORMERS	
MEN Age-Gr (Actual Time time) 114-8 (83-9) Don Hull, 70 104-4 (85-10) Garland Thomas, 56 103-10 (92-3%) Ervin Mitchell, 50 103-5% (87-8) George Clicitle, 45 84-8 (82-0%) Bcasey Hendria, 33 83-8% (72-9%) WOMEN	MEN 170-0 MEN 170-0 place pct. 156-0% 109-1 132-8% 106-5% 1 4530 1 4554 4 4537 2 3671 2 3671 85-2 (59-3) 35-10% (48-0%	Dick Bloomfield, 49 1 5264 Mike Valle, 48 2 5221 Jack Wood, 75 1 .4548 Beasey Hendrix, 33 1 .3659 Clete Cleetwood, 66 1 .3378 Billy Hogans, 33 2 .3305 Pete Stockunas, 40 1 .2733	Maunce McDonald, 48 800 Thad Bell, 45 Bob Green, 40 Bob Green, 40 400 Sam Howell, 40 WOMEN Beith Howell, 33 Betthy Dameron, 53	(9379), 100 (9260) (9140), 400 (9009) 200 (9084) (8972), 100 (8908) 400 (8948) 3000 (8198) 7828), 10000 (.7530) (.7735), 800 (.7395)	MEN Jerry McCorkle, 32 Tom Biodgett, 50 Jack Gilmore, 54 Nat Carter, 49 Floyd Simmons, 66 WOMEN Brenda Bioomfield, 47 Ann Yudell, 56 Anita Zetts, 63		7794) 7727) 7562) 7564) 4699) 4953)
88-111/4 (49-3) Anita Zetta, 63 77-9% (44-11%) Audrey Bergenbork,	1 3779 65 1 3591 <u>WOMEN</u> 113-0 (85-8)	Brenda Bloomfield, 47 1 .5740		(.7452), 100 (.7279) 100 (.6893)	Linda Jones, 42 Audrey Bergenback, 6	s DT (2	
SHOT PUT		Den	Marks age graded, actual in ().	PENTAT	<u>NU.UN</u>		
MFN Floyd Simmons, 66 50-7% (38-6%) Floyd Simmons, 66 47-8 30-0) Jack Wood, 76 46-4% (37-6%) Darwin Newton, 60 43-6 (38-0) Tom Biodgett, 50 43-5% (35-3%) Mike Valle, 48 43-5% (29-7) Fred Geiter, 69 42-8% (31-10) Bill Waugh, 64 42-9 (34-0) 42-8% (31-10) Bill Waugh, 64 41-0% (39-9) Charets Thiret, 34 41-2% (39-5%) Billy Hogans, 33 40-0% (28-10%) Diet Clectwood, 66 39-10% (34-10%) Ervin Mitchell, 50 37-10% (33-8%) Pete Stockunas, 40 33-6 (22-2) George Cliette, 45 31-10% (37-5) Mike Hodges, 43 31-10% (37-16%) Beasey Hendrix, 33 WOMFN 30-9 (19-1) 30-2% (22-11) Brenda Bloomfield,	1 .6509 1 .6499 2 .6490 1 .6382 2 .6333 1 .6275 1 .6260 2 .6157 3 .6152 3 .5152 4 .659 2 .5985 5 .5980 6.99 .2 2 .5961 7.24 1 1 .5657 3 .5065 7.48 .4760 9.26 .926 10.82 .10.82	ON-AGE GRADED EVENTS SO METERS MEN ACC Fuller, 38 Acc-Group Place ACC Fuller, 38 Richard Carter, 34 Nat Carter, 49 Ervin Mitchell, 50 Jim Shoaf, 46 Jim Shoaf, 46 Mike Hodges, 43 Mike Mike Mike Mike Mike Mike Mike Mike	Name/Age LJ Tom Biodgett, 50 6.46 (5.05) 62.4 Tom Biodgett, 50 6.46 (5.05) 62.4 Nat Carter, 49 6.55 (5.19) 40.1 709 5 5 David Ayers, 47 5.87 (4.77) 44.3 559 Jack James, 50 5.79 (4.53) 48.7 Jack James, 50 5.79 (4.53) 62.4 5 George Cliette, 45 5.90 (4.98) 39.8 36.5 Jack Gilmore, 54 5.65 Jack Gilmore, 54 5.56 (4.94) 41.3 49.4 45.4 Bob Boal, 77 DQ 46.7 5.8 48.4 5.8 Bruce Beall, 39 4.40 (3.93) 24.5 273 2.4 273 2.4 Mike Hodges, 43 3.80 (3.36) 37.0 3.5 <td< td=""><td>$\begin{array}{c ccccccccccccccccccccccccccccccccccc$</td><td>$\begin{array}{c} & 695 \\ 1.11 & 37.95 (30.42) \\ & 623 \\ 7.35 & 32.83 (27.08) \\ & 520 \\ 9977 & 39.69 (35.28) \\ & 658 \\ 659 & 31.99 (30.36) \\ & 504 \\ 7.99 & 31.99 (27.06) \\ & 502 \\ 0.141 & 36.23 (32.20) \\ & 588 \\ 7.30 & 31.37 (19.26) \\ & 492 \\ 1.29 & - \\ & - \\ 1.23 & 22.70 (20.68) \\ & 323 \\ \end{array}$</td><td>1500 T 5:05:0 (5:50.3) 531 531 \$01.3 (5:43.3) 549 (5:01.9) 752 (5:36.5) 601 (5:23.3) 531 (5:36.5) 601 (5:23.3) 4:534 (5:36.3) 601 (5:23.5) 536 (5:30.9) 596 (5:25.9) 6:23.5) (9:32.4) 168 5:26.7) 5:26.7) (5:47.4) 419 DNF</td><td>COTAL. 3363 3119 3083 2800 2680 2680 2680 2680 2680 2680 1976 1593 1131</td></td<>	$\begin{array}{c ccccccccccccccccccccccccccccccccccc$	$\begin{array}{c} & 695 \\ 1.11 & 37.95 (30.42) \\ & 623 \\ 7.35 & 32.83 (27.08) \\ & 520 \\ 9977 & 39.69 (35.28) \\ & 658 \\ 659 & 31.99 (30.36) \\ & 504 \\ 7.99 & 31.99 (27.06) \\ & 502 \\ 0.141 & 36.23 (32.20) \\ & 588 \\ 7.30 & 31.37 (19.26) \\ & 492 \\ 1.29 & - \\ & - \\ 1.23 & 22.70 (20.68) \\ & 323 \\ \end{array}$	1500 T 5:05:0 (5:50.3) 531 531 \$01.3 (5:43.3) 549 (5:01.9) 752 (5:36.5) 601 (5:23.3) 531 (5:36.5) 601 (5:23.3) 4:534 (5:36.3) 601 (5:23.5) 536 (5:30.9) 596 (5:25.9) 6:23.5) (9:32.4) 168 5:26.7) 5:26.7) (5:47.4) 419 DNF	COTAL. 3363 3119 3083 2800 2680 2680 2680 2680 2680 2680 1976 1593 1131
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 Evart 12.28 Mike Ollivierre 12.53 W40 Tyrone Carlis 11.65 Jon Davis 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 W35 Sonia Aarons 16.54 W40 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 M45 Wayne De Young 26.15 Dave Oliver 27.13 W35 Sonia Aarons 36.73 W40 Pat Pessoa 37.77 400 M30 Oscar Hadley 51.93 Sheldon Plowright 52.51 Conover Allen 54.18 W30 Bernadine Bush 1:12.76	M45 Dave Oliver11-10M50 Bill Mondell12-8M7C+Joe Broadbent11-41Triple Jump35 Mike OllivierreM35 Mike Ollivierre31-9M40 Tyrone Carlis37-2Shot Put37-2M35 Don Heaven53-11Leo Brown50-51Carlos Alvacinza43-2M70+Jce Broadbent24-81DiscusM35 Carlos Abuanza.ohn Rembert113-1M40 Riley Crews63-7M45 Dave Oliver63-4M60 J Gilchrist140-1Javelin131-9M40 John Fredericks7:05.M45 Al Cruzado8:06.Bill Naldorf8:41.M55 Bob Fine8:09.Len Conner10:27.M65 Paul Geyer10:15.W30 Lisa Epstein9:58.Mary Gallagher10:26.W40 Elizabeth Hadden10:57.W45 Adriene Green12:19.Vickie Herman13:51.W65 L Hottensmith10:24.5 Mile Run (stadium & road)M30 Mark Riley27:59.Anthony Watson27:59.Errol Bogle28:484M35 Roy Saunders29:40.Whitfield Sand30:16.J D Norcross32:20.M40 John Moore32:09.g Murgieta33:54.	Inomas Little 12.03 Jeff Stevens 12.78 M40 Ralph Wallace 12.39 Douglas Spencer 12.43 Wilf Rivera 12.43 Wilf Rivera 12.43 Wilf Rivera 12.47 M55 Frank Galbraith 13.56 Jim Shoal 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 M30 D Pope-Green 14.31 W40 Lorraine Tucker 14.59 Jay Mathis 23.76 Jay Mathis 23.76 M35 Ellis Liddel1 22.43 Kevin McCarragher 23.68 Jay Mathis 23.76 M40 Cauglas Spencer 24.80 M40 Cauglas Spencer 24.80 M40 Cauglas Spencer 24.80 M40 Cauglas Spencer 24.94 Ralph Wallace 25.06 M45 Frank Galbrai	800m M30 Steve Prince 2:21.97 M35 Guy Giles 2:04.02 M40 Ian Dickson 2:04.02 M40 Ian Dickson 2:04.48 Ron Hayden 2:13.83 Gerald Kernick 2:16.26 M45 James Huffman 2:22.96 Lowell Charlton 2:35.13 M50 Maurice Fast 2:25.63 william Dameron 2:31.90 Dennis O'Connor 2:40.17 M60 Louis Schneider 2:40.30 M65 Jack Rice 2:57.89 W30 Marina Hyman 3:29.87 W45 Rosanne Douglass3:27.36 1500m M30 Don Carter 4:47.8 M35 Guy Giles 4:12.7 M40 Ian Dickson 4:15.9 Rich Davis 4:24.8 Gerald Kernick 4:57.9 M45 Ron Rohrer 4:51.2 Lowell Charlton 5:25.5 M50 Ted Wilson 4:52.2 Willard Dameron 5:18.7 Dennis O'Connor 5:24.6 M65 Jack Rice 6:49.0	Steeplechase M30 Alvin Evert High Jump M30 Beasey Kend M35 Gene Hoffma M40 James Sauer Johnnie Mei M45 Frank Galbh Dave Ellis M50 Lou Vodopya W30 Zippy Free W45 Brenda Bloc Pole Vault M35 Michael Ko Tom Newsom M45 William Eu M55 Walter Dig Cong Jump M30 Marvin Thom M35 Walter Dig M30 Marvin Thom M35 Lamar Becko M40 Larry Jones M45 Dave Ellis Donald Smit M30 Dwain Hardi Hall Haynes M55 Alvin Clark W30 D Pope-Gree Triple Jump M30 Johnnie Mei Larry Jones M50 Dwain Hardi Hall Haynes Shot Put M30 Jeff Baty M40 Tom Carmich James Sauer M50 Lou Vodopya M55 Walter Digg M75 Gordon Powe W30 D Pope-Gree W40 L Struppeck	hart 9:52 drix 4-0 an 4-10 rs 6-1 isner 5-101 raith 5-1 3/4 4-6 a 4-2 han 3-6 banks 9-0 gs 8-6 Mass 5.09 m 5.09 m 5.09 m 5.09 m 5.09 m 5.09 m 5.70 m 5.70 derson15.04 sner 11.55 m 8.56 m 8.56 m 8.56 m 8.56 m 8.56 m 8.56 m 9.52 n 8.56 m 8.56 m 8.56 m 9.52 n 8.56 m 8.56 m 9.52 n 8.56 m 8.56 m 8.56 m 9.52 n 8.56 m 8.56 m 9.52 n 8.56 m 8.56 m 8.56 m 9.52 n 8.56 m 8.56 m 9.52 n 8.56 m 9.52 n 8.56 m 8.56 m 9.52 n 8.56 m 8.06 10 11 24-8 n 30-2 3/4 31-91 11 11 12 12 11 12 12 11 12 12	450 Bill Duckworth 53 Lou Vocopya 29 Ron Brown 28 855 Walter Diggs 23 160 Richard Bergenbeck 36 165 Charles Marriott 28 175 Gordon Powell 17 170 Zippy Freeman 19 140 Lurline Struppeck 39 Linda Jones-Bass 16 165 Audrey Bergenbeck 9 1640 Tom Carmichael 14 145 Dick Bloomfield 12 160 Richard Bergenbeck 11 175 Nolan Fowler 11 Gordon Powelr 11 176 Ordon Powelr 11 177 Nolan Fowler 11 178 Dick Bloomfield 2 145 Dick Bloomfield 8 145 Dick Bloomfield 8 145 Dick Bloomfield 7 150 Gerdon Powell 3 155 Albert Michel 21:21 175 Max Springer 22:24 180 Joe Haase 25:07 35 Jill Overholt 24:02 0,000m Walk 155 Albert Michel 1:09:5 100 Mark 1:09:5 110 Overholt 24:02 111 Overholt 24:02 111 Overholt 24:02 112 Overland 11 113 Overholt 24:02 114 Overland 11 115 Nater Michel 1:09:5 115 Overland 11 115 Overland 11 115 Nater Michel 1:09:5 116 Overland 11 115 Overland 1	3.68 9.28 3.96 5.40 7.06 5.48 9.06 5.48 9.06 5.44 9.04 9.54 9.54 9.24 5.22 1.2 5.34 9.24 5.34 9.26 5.34 9.26 5.34 9.26 5.34 9.26 5.40 9.24 5.40 7.22 5.40 7.20 7.20 7.20 7.20 7.20 7.20 7.20 7.2
M30 Errol Bogle 2:05.1 Sheldon Plowright2:05.3 Anthony Watson 2:07.2 M35 Harry Hoston 2:02.7 M30 Anthony Watson 4:50 Errol Bogle 4:50 M35 Harry Hoston 4:29 2 Kile M30 Anthony Watson 10:21.9 M35 Harry Hoston 9:52.9 Clarence Ramsey Clarence Ramsey 10:47.6 120YH M30 Oscar Hadley 15.63 M35 Nate Robinson M35 Carlos Abaunza 6-0 60	M50 Singer Joseph 31:56. Don Kemp 35:14. Jim Richardson 35:41. M55 Jerry Utter 37:42. Landahl Gray 38:57. H Clare 50:05. M60 Joel Matos 34:59. Wes Reuter 36:19. Robert Levy 36:39. M70+Max Rhodes 31:56. F Bettelheim Jr 46:02. W45 Kitty Zavaletta 44:02. W55 Judy Bagatt 43:10. W70+Ruth Usatorres 1:10:21.	1 Ervin mitchell 20.11 3 Barry Bertram 28.88 3 M55 John Poppell 26.59 4 Tom Vickers 30.31 3 M60 Jim Law 25.76 4 W30 D Pope-Green 26.99 8 W30 D Pope-Green 29.56 9 W40 Lorraine Tucker 29.56 9 M40 Jay Mathis 52.21 1 K McCarragher 53.07 7 Steven Prince 57.54 M35 Ellis Mayfield 52.87 7 Thomas Little 55.83		Discus M30 Jeff Baty Beasy Hendr M40 Tom Carmich M45 Frank Galbr. Dave Ellis M50 Henry Daven Ron Brown Lou Vodopya M55 Walter Digg M65 Charles Mar M75 Gordon Powe W30 Zippy Freem W40 Lurline Str W45 Brenda Bloo W65 Audrey Berg <u>Hemmer</u> M30 Jeff Baty	130-8 1x 84-3 ael 122-10 aith 109-8 70-10 port 124-9 M 74-9 s 83-8 iott 63-3 11 87-11 an 71-10 uppeck 95-4 M mfield 56-11 apack 41-8	Frank Makozy 1 Kevin Lozano 1 40 Clarence Ray 1 Charles Allie 1 Gerald Woolfolk 1 50 Paul Williams 1 Grover Coats 1 LeRoy McClain 1 60 Alfonzo Wilson 1 Jack Greenwald 1 Dick Edmonds 1 70 Bill Weinacht 1 30 Sandy Beichler 1 Joree Kleinhenz 1 40 Josephine Cross 1 Deborah Davis 1	1.2 1.3 1.3 1.0 1.2 2.0 1.2 2.4 1.0 1.2 2.0 1.2 4.0 1.3 5 14.5 14.5 14.5 14.5 14.5 14.5

H35 harry noston
Clarence Ramsey 10
120yH
H30 Oscar Hadley
H35 Nate Robinson
High Jump
H35 Carlos Abaunza
Mike Ollivierre
M50 Bildhrist
(Age-group WR)
M70xJoe Broadbent
Long Jump
M30 Chandler Williams
Charles McClure
Rob Johnson
M35 William Street
Mike Ollivierre
Ernest Adams
M40 Emilio Labori 15.63 14.01 6-0 17-11 17-91 14-0 17-2

6-0 4-8 4-6 5 3 3/4	Fort Sanders/Tennessee M Championships - Fort San June 16-17	
3-10	55m M30 Chris Randolph	6.59
	Kevin McCarragher	6.64
3 22-1	Robert Douglass	7.31
20-3	M35 Thomas Little	7.38
17-1	Tim Oesch	7.41
	1	3 10

4C0m
M30 Jay Mathis52.21
K McCarragher
53.07
Steven Prince57.54
84
51.07
Steven PrinceM35 Ellis Mayfield52.87
Thomas Little55.83
Lamar Beckom
58.53
M40 Ralph Wallace54.81
Doug SpencerM00 Ralph Wallace54.41
Doug Spencer56.49
1an Dickson
56.01
M50 James Mathis56.57
Dennis O'ConnorM50 James Mathis56.57
Dennis O'Connor66.67
Barry Bertram
68.65
M55 Tom Vickers69.01
Walter DiggsM55 Jack Rice69.71
H75 Max Springer1:34.54
V30 Marina Hyman
1:22.73
W35 Lola Woosley1:15.52
W45 Rosanne Douglass1:25.61

1	174		199 •
T	800m	Mana a	Ste
	M30 Steve Prince	2:21.97	M30
	M35 Guy Giles	2:04.02	Hig
	M40 Ian Dickson	2:04.48	M30
1	M30 Steve Prince M35 Guy Giles M40 Ian Dickson Ron Hayden	2:13.83	M35
	Gerald Kernick	2:16.26	M40
	Gerald Kernick M45 James Huffman	2:22.96	1.154
	Lowell Charlton	2:35.13	M45
	Lowell Charlton M50 Maurice Fast	2:25.63	1. 1. 1.
	william Dameron	2:31.90	M50
	Dennis O'Connor	2:40.17	W30
	M60 Louis Schneider M65 Jack Rice W30 Marina Hyman	2:40.30	W45
	M65 Jack Rice	2:57.89	
1	W30 Marina Hyman	3:29.87	Po M3
- 12.00	W45 Rosanne Douglas	\$3:21.30	10,10
	1500m	A PARTY AND	M4
13	M30 Don Carter	4:47.8	MS
1	M35 Cuy Giles	4:12.7	
7.2	M35 Guy Giles M40 Ian Dickson	4:15.9	Lon
	Rich Davis	4:24.8	M30
10	Gerald Kernick	4:57.9	M35
-	M45 Ron Rohrer Lowell Charlton	4:51.2	M40
1	Lowell Charlton	5:25.5	M45
12	M50 Ted Wilson	4:52.2	alter P
			M50
-	Willard Dameron Dennis O'Connor	5:29.2	1 total
	M55 Don Gammie	4:45.1	M55
	M60 Richard Benson	5:45.6	W30
13	Willard Dameron Dennis O'Connor M55 Don Gammie M60 Richard Benson M65 Jack Rice	6:49.0	T
120	2000-	Land Collins	Tri
125	3C00m	10.11 20	M30
1	M30 Don Carter Sam Roberts Conley Hathorn	10:14.30	M40
	Sam Roberts	10:13.40	MSO
1	MAC Bich Down	0.20 57	MOU
-	MAS Pas Pabras	10.06 /9	
	M55 Don Gammie	10:00.48	Shot
	M6G kichard Benson	11.35 43	M30
	M40 Rich Davis M45 Ron Rohrer M55 Don Gammie M6C kichard Benson Sam Fowler	12:18.28	M40
	W45 Rosanne Douglass	\$15:23.30	2 3 2
	5000m		M50
1	M30 Greg Johnson Sam Roberts	16:01.8	M55
	Sam Roberts	18:01.0	M75 W30
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	M35 John Habel J Woodward M40 Frank Cornett M45 Harry Harper M50 Paul Barrette Charlie Engle M55 Tony Pugliese John Burroughs Stu Eichel	17:00.9	.40
	J Woodward	21:14.7	Dise
15	M40 Frank Cornett	16:38.2	M30
12	M45 Harry Harper	20:53.0	
1 6	M50 Paul Barrette	19:48.6	M40
	Charlie Engle	20:14.4	M45
	Moo lony Pugliese	20:06.6	
1	John Burroughs	21:30.0	M50
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	HOU KIChard Benson	19:38.9	1.1.
	Stu Eichel M60 Richard Benson Chuck Boston M65 Charles Mariott	20:37.2	M55
	M65 Charles Mariott M75 Max Springer	24.49 5	M65
	his hax springer	24:40.3	M75
1	Mile		W30
	M30 Conley Hathorn	5:46.4	W40
	Randy Schultz	6:03.2	W45
	M40 Ron Hayden	4:55.7	W65
	M45 Lowell Charlton	5:49.2	Ham
1 16	M50 Paul Barrette	5:56.0	M30
	M60 Richard Benson	5:48.8	343
	Chuck Boston	5:58.0	M45
	Short Hurdles		M60
	M30 Ellis Liddell	14 40	M75
	M35 Robbie Short	14.68	
	Gene Hoffman	15.51	W30
	M40 Johnnie Meisner	17.70	W45
	Paul Garron	19.32	1
	Long Hurdles		Jave
1	M35 Robbie Short	57.54	M30
	Gene Hoffman	68.30	M35
	M40 Johnnie Meisner	66.76	CC.
1	Paul Garron	68.91	M40

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High Jump M30 Beasey Kendrix 4-0	ME
M35 Gene Hoffman 4-10	M5 M6
MAD lamoe Sauere h-t	MG
Johnnie Meisner 5-101	M7
M45 Frank Galbraith 5-1 3/4	W3
Dave Ellis 4-6	W4
M50 Lou Vodopya 4-2	
W30 Zippy Freeman 3-6 W45 Brenda Bloomfield 3-3	W6.
the second s	He
Pole Vault M35 Michael Kollros 12-0	M3
Tom Newsom 8-6	
M45 William Eubanks 9-0	M40
M55 Walter Diggs 8-6	M6
and the second se	· . M7
Long Jump M30 Marvin Thomas 5.09	
M30 Marvin Thomas 5.09 M35 Lamar Beckom 5.09	W30
M40 Larry Jones 4.45	W4
M35 Lamar Beckom5.09M40 Larry Jones4.45M45 Dave Ellis4.42	56
Donald Smith 4.05	M40
M50 Dwain Hardin 4.75	M4
Hall Haynes 4.30	M50
M55 Alvin Clark 3.76	M75
W30 D Pope-Green 5.70	1
Triple Jump	300
M30 Douglas Henderson15.04	M55
M40 Johnnie Meisner 11.55	M75
	MBC
M50 Dwain Hardin 8.56	W35
Hall Haynes 8.06	10,
Shot Put	M55
M30 Jeff Baty 40-1	The second
M40 Tom Carmichael 43-2	1.0
James Sauers 37-1 3/4 M50 Lou Vodopya 33-7	-
M50 Lou Vodopya 33-7 M55 Walter Diggs 29-4 3/4	The Tar
M55 Walter Diggs 29-4 3/4 M75 Gordon Powell 24-8 W30 P Pope-Green 30-2 3/4 W40 L Struppeck 31-91	
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M45 Frank Galbraith 109-8	M40
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	Harter Diggs	23.40
60	Richard Bergenbeck Charles Marriott	36.88
65	Charles Marriott	28.40
75	Gordon Powell	17.06
30	Ziene Freeli	17.06 19.48
40	Zippy Freeman	19.48
40		39.06
	Linda Jones-Bass	16.04
65	Audrey Bergenbeck	9.54
ea	vy Weight Jeff Baty	
30	Jeff Baty .	10.24
	Beasy Hendrix Tom Carmichael	6.70
40	Tom Carmichael	14.02
45	Dick Bloomfield	12.18
60	Richard Bergenbeck	11.12
25	Nolan Fowler Gordon Powell Zippy Freeman Brenda Bloomfield	11 02
	Corden Beugli	11.82
20	Gordon Powell	1.20
30	Zippy Freeman	1.34
45	Brenda Bloomfield	7.26 7.34 8.36
67	Weight	
40	Weight Tom Carrichael Dick Bloomfield Henry Davenport	8.76
45	Dick Bloomfield	7.48
50	Henry Davenport	7.32
75	Gordon Powell	3.28
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200	Om Walk	
55	Albert Michel 21	:21.9
75	Max Springer 22	:24.0
80	Joe Haase 25	:07.2
35	Jill Overholt 24	:07.2
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,0	00m Walk	
5	Albert Michel 1:09	9:53
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001 30	Cleveland Track Class Cleveland, OH June 17 Morris Blueford Frank Makozy Kevin Lozano Clarence Ray Charles Allie Gerald Woolfolk Paul Williams Grover Coats	11.2 11.3 11.3 10.8 11.0 11.2 12.0 12.4
<u>00r</u> 30 40	Cleveland Track Class Cleveland, OH June 17 Morris Blueford Frank Makozy Kevin Lozano Clarence Ray Charles Allie Gerald Woolfolk Paul Williams Grover Coats LeRoy McClain	11.2 11.3 11.3 10.8 11.0 11.2 12.0 12.4 12.9
<u>607</u> 30 40	Cleveland Track Class Cleveland, OH June 17 Morris Blueford Frank Makozy Kevin Lozano Clarence Ray Charles Allie Gerald Woolfolk Paul Williams Grover Coats LeRoy McClain Alfonzo Wilson	11.2 11.3 11.3 10.8 11.0 11.2 12.0 12.4 12.9
<u>607</u> 30 40	Cleveland Track Class Cleveland, OH June 17 Morris Blueford Frank Makozy Kevin Lozano Clarence Ray Charles Allie Gerald Woolfolk Paul Williams Grover Coats LeRoy McClain Alfonzo Wilson	11.2 11.3 11.3 10.8 11.0 11.2 12.0 12.4 12.9 13.7
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Frank Makozy24.440 Charles Allie23.2Glennie Johnson23.9Bert Peters24.750 Grover Coats26.0Paul Williams26.0LeRoy McClain27.9Continued on next page

Continued from previous page M6C Jack Greenwald Alfonzo Wilson Dick Edmonds 29.5 29.8 30.5 M70 Bill Weinacht W30 Joree Kleinhenz 29.5 W40 Josephine Cross Deborah Davis W50 Sallie Stiegelmeier W60 Mary Patterson 32.1 34.8 34.8 35.9 4COm M30 Ben James Frank Makozy 50.1 52.6 52.9 Claude Holland M40 Glennie Johnson Tony Alfieri Bob Clasen 52.9 56.7 60.3 61.7 M50 Grover Coats M60 Jack Greenwald Dick Edmonds M70 Bill Weinacht 65.2 73.4 72.1 W30 Joree Kleinhenz 74.4 W40 Elsa Johnson 1:33.4 W50 Sallie Stiegelmeiel:22.9 W60 Mary Patterson 1:26.3 800m M30 Glenn Andrews Peter Dipirro Bob Thomas M40 Dustin Mann 2:04.8 2:07.2 2:08.3 2:04.9 2:11.0 2:16.2 George Jenkins Lou Scott M6C J Greenwald W40 N Noonan-Oliver 3:21.7 2:31.5 Mile M30 John Metz Russ Zornick Vince Walls 4:36.5 4:40.1 4:53.4 M40 Tony Mele Jim Waldorf 4:53.8 5:04.0 5:05.9 Lou Scott M50 Charlie Hall Billy Gibson M60 Jack Greenwald W40 N Noonan-Oliver 6:05.7 6:31.5 8:02.6 5:25.1 5:59.8 W50 Sandra Knott Grace Butcher 6:53.9 2 Mile M30 Mike Gallagher Ricky Williams M40 Foland Ford Bob Kuebler 10:38.8 10:45.1 10:38.8 10:46.0 Jim Rehmer 11:27.3 Short Hurdles M30 Robert Stanley Ken Repeta Dan Glushefski M40 James Crutcher Ralph Hughley Walter Davis M50 Grover Coats H51 Machey 14.3 14.5 15.7 18.0 19.0 19.1 19.0 21.5 24.4 Hal Mayhew M60 Fred Hirsimaki Long Hurdles M30 Dolan Street M40 Stan Allen Walter Davis Jerry Plate 61.9 67.8 75.7 4x100m Relay M30 Detroit Fitness Dayton Masters Ohio Alumni 4x200m Relay M30 Buffalo B&B Dayton Masters 45.3 48.1 49.1 1:38.4 1:40.3 1:43.1 Dayton Masters Ohio Alumni 4x400m Relay M30 Over The Hill 4x800m Relay M30 Ohio Alumni 3:42.2 9:28.0 4x100m Relay M40 Detroit Fitness Four Winds 46.8 46.9 Over The Hill-A <u>4x200m Relay</u> M40 Four Winds 51.8 1:37.6 Detroit Fitness Over The Hill 4x400m Relay M40 Detroit Fitness 1:44.6 1:48.9 3:57.8 4x800m Relay M40 Detroit Fitness Over The Hill 9:12.6 9:56.8 Over The Hill <u>High Jump</u> M30 Rick Christoph Dave Johnson M4C Stan Allen Allen Ray Presley Yates M50 Grover Coats Ted Swanson M6C Fred Hirsimaki 5-8 3-6 5-6 5-1 5-0 4-8 4-6 4-0 4-4 3-8 3-6 4-0 M6C Fred Hirsimaki Jack Greenwald Ned Curran W40 Deborah Davis Pcle Vault M30 Rick Christoph 14-0 12-6 Kevin Hill Mike Drozin 11-0 M40 Matti Kilpelainen 14-0 James Trott 10-6 Allen Ray 10-0 James Trott Allen Ray Allen Ray Long Jump M30 Gerald Woolfolk 20-9 Lamont Wilson 20-5 Gene Cacciatore 19-11 M40 Wm McClellon 21-3 Jerry Boswell 20-5 Stan Allen 19-1

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M50 Grover Coats	16-101
Ted Swanson M60 Jack Greenwald	$14-3\frac{1}{2}$ $14-10\frac{1}{2}$
Dick Edmonds	14-101
Fred Hirsimaki M80 Everett Hosack	9-6 ¹ / ₂ 7-1 ¹ / ₄
W40 Josephine Cross	12-5
Deborah Davis W50 Dortha Swanson	$11-4\frac{1}{2}$ 9-6 $\frac{1}{2}$
Triple Jump	9-01
M30 Gene Cacciatore	43-8
Gerald Woolfolk Lamont Wilson	43-1 38-4
M40 wm McClellon	43-71
Jerry Boswell Stan Allen	39-11 ¹ / ₂ 38- ¹ / ₂
M50 Grover Coats	32-6
Ted Swanson Pay Carstensen	29-6
M60 Fred Hirsimaki	27-91 25-71
Ned Curran	22-71
Shot Put M30 kick Meindl	10 51
M30 Lick Meindl Steve Kaye	49-5 1 39-10
Kevin Hill	36-9
M4C Mike Cavotta Norm Bower	42-51
Dave Morgan	38-21 36-61
M50 George Mirka Pay Carstensen	44-1 37-2
Rudy Bredenbeck	
M60 Ned Curran	34-5 1 34-7 1
Fred Hirsimaki Jack Greenwald	31-9 20-4
M70 Grover Coats Sr	23-61
M80 Eve Hosack W30 Sandra Beichler	18-11
Nancy LaChiusa	29-6 21-1
W40 Ann Whitehead	25-8
Barb Halmi W50 Dortha Swanson	22-81 24-31
W60 Bernice Holland	30-2
Discus	1.3.12
M30 Rick Meindl	147-8
Kevin Hill	133-8
Steve Kaye M40 Norm Bower	131-3 122-6
Mike Cavotta	121-4
Doug Weikert M50 George Mirka	110-1 140-5
Everett Hardy	121-7
Frank Caron	109-4
M60 Fred Hirsimaki Ned Curran	101-2 84-10
M80 Everett Hosack	40-8
W30 Nancy LaChiusa W40 Barb Halmi	55-1 66-6
Ann Whitehead	65-6
USO F	1221
W50 Dortha Swanson W60 Bernice Holland	49-10 88-10
W60 Bernice Holland	49-10 88-10
W60 Bernice Holland	No.
W60 Bernice Holland Hammer M30 Chris Mitko M40 Mike Bitsko	108-0 146-0
W60 Bernice Holland <u>Hammer</u> M30 Chris Mitko M40 Mike Bitsko Norm Bover	108-0 146-0
W60 Bernice Holland Hammer M30 Chris Mitko M40 Mike Bitsko Norm Bower Jim Pearce	108-0 146-0
W60 Bernice Holland <u>Hammer</u> M30 Chris Mitko M40 Mike Bitsko Norm Bower Jim Pearce M50 Joe Chadbourne Pay Carstensen	108-0 146-0 137-5 125-10 156-6 115-10
W60 Bernice Holland Hammer M30 Chris Mitko M40 Mike Bitsko Norm Bower Jim Pearce M50 Joe Chadbourne Pay Carstensen Dick Mann M60 Ned Curran	108-0 146-0 137-5 125-10 156-6 115-10 103-3
W60 Bernice Holland <u>Hammer</u> M30 Chris Mitko M40 Mike Bitsko Norm Bower Jim Pearce M50 Joe Chadbourne Pay Carstensen Dick Mann M60 Ned Curran M80 Eve Hosack	108-0 146-0 137-5 125-10 156-6 115-10 103-3 81-6 47-8
W60 Bernice Holland Hammer M30 Chris Mitko M40 Mike Bitsko Norm Bower Jim Pearce M50 Joe Chadbourne Pay Carstensen Dick Mann M60 Ned Curran M80 Eve Hosack W50 Lortha Swanson	108-0 146-0 137-5 125-10 156-6 115-10 103-3
W60 Bernice Holland <u>Hammer</u> M30 Chris Mitko M40 Mike Bitsko Norm Bower Jim Pearce M50 Joe Chadbourne Pay Carstensen Dick Mann M60 Ned Curran M80 Eve Hosack W50 Lortha Swanson Javelin	108-0 146-0 137-5 125-10 156-6 115-10 103-3 81-6 47-8 38-0
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W60 Bernice Holland Hammer M30 Chris Mitko M40 Mike Bitsko Norm Bower Jim Pearce M50 Joe Chadbourne Pay Carstensen Dick Mann M60 Ned Curran M60 Ned Curran M60 Eve Hosack W50 Lortha Swanson Javelin M30 Gene Cacciatore	108-0 146-0 137-5 125-10 156-6 115-10 103-3 81-6 47-8 38-0
 W60 Bernice Holland Hammer M30 Chris Mitko M40 Mike Bitsko Norm Bower Jim Pearce M50 Joe Chadbourne Pay Carstensen Dick Mann M60 Ned Curran M80 Eve Hosack W50 Lortha Swanson Javelin M30 Gene Cacciatore Rick Christoph Gary Sutton M40 Terry Halmi 	108-0 146-0 137-5 125-10 156-6 115-10 103-3 81-6 47-8 38-0 150-11 140-5 135-0 225-10
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400m M55 Rod Langston Richard Strinni Merle Langford

Merie Langiord M60 Curt Davison Joseph Bell Herm Martinelli M65 Jack Haefele Paul Saunders

Paul Saunders Erich Dahl M70 Chuck Whitney Larry Patterson Harry Kublin M75 Emmett Bennett J C Byers Stan Thompson

1:04.7

1:11.3 1:14.5 1:09.5

1:10.0

1:11.4 1:06.9 1:07.8

1:08.9 1:21.3 1:26.6 1:35.6

1:30.1 1:33.2 1:57.3

	The Armstein
National N	lasters News
	M80+George Lat
MID-AMERICA	W55 Jane Clark
10th Annual St. Louis Senior	Mary Wilso W60 Helen Darr
Olympics	Dottie Gra
St. Louis, MO May 29-June 1	W65 Polly Bail
STATISTICS CONTRACTOR	Mary Garth
50m M55 Carl Bruns 7.1 Vern Scheve 7.1	W75 Mary Parso
Richard Campbell 7:2	M55 Rod Langst
M60 Peter Kronberg 7.2 Phil Brusca 7.5	Richard St
Robert Hewitt 7.6	M60 Hank Kiess
M65 Paul Saunders 6.8 Jack Haefele 7.4	
Marlen McWilliams 7.5	M65 Paul Schmi
M70 Chuck Whitney 8.4 James Newton 9.8	
Adolph Peschke 9.8 M75 J C Byers 8.9	M70 Neal Emers
Emnett Bennett 9.2	
Stan Thompson 11.1 M80+George Laidlaw 14.4	M75 J C Byers Emmett Ber
W55 Jane Clarkson 8.5	Stoke West
Barbara Banks 10.3 Mary Wilson 11.2	
W60 Helen Darnall 8.9	Contraction and
Dottie Gray 9.5 Mildred Ross 9.8	M55 Lerr Fenne
W65 Lavina Haefele 8.6 Fran Rutledge 9.0	Al Smith
Mary Garth 10.1	MoO Hank Kiess
W70 Margaret Bills 9.6 Mary Crotzer 10.8	
Phoebe Winholt 13.4	M65 Erich Dahl
W75 Marie Uebel 10.5 Eliz Kawelaske 12.7	Carl Seal Christian
<u>100m</u>	M70 Neal Emers
M55 Vern Schewe 13.5 Richard Campbell 14.2	
Carl Bruns 14.3 Rod Langston 14.3	M75 J C Byers
Tom Pontius 14.3	W55 Katie Stro
M60 Peter Kronberg 13.3 Harry Keough 14.6	
Robert Hewitt 14.6	Dottie Gra
M65 Paul Saunders 13.1 Jack Haefele 14.3	W65 Polly Bail
M70 Chuck whithey 18:0	5000m
Marvin Schmidt 20.4 M75 J C Byers 17.0	
Emmett Bennett 18.4	James Weav
Ken Eise 24.9 M80+Geoge Laidlaw 23.2	M60 Hank Kiese Harry Berr
W55 Jane Clarkson 15.80	Jim Boland
Barbara Banks 21.20 Mary Wilson 22.58	Paul Heire
W60 Helen Darnall 17.1 Dottie Grav 18.6	Charles Le M70 Larry Patt
Mildred Ross 19.3 W65 Lavina Haefele 16.4	Bonnard Mo Neal Emers
Polly Bailey 20.4	W55 Katie Stro
Mary Garth 21.1 W70 Lucille Monroe 18.5	Ruth Schne W60 Dottie Gra
Margaret Bills 18.8	W65 Polly Bail
Mary Crotzer 22.4 W75 Marie Uebel 20.3	
Mary Parsons 22.5	10,000m
States and the second second	M55 Leon Fenne Jim Weaver
D [*]	Chi Chen M60 Jim Boland
1-	Richard Ma
200m M55 Vern Schewe 28.4	Ray Fortha M65 Bill Schmi
Rod Langston 29.0	Paul Heire Charles Le
Gordon Barnes 30.2 M60 Peter Kronberg 28.2	M70 John Brald
Mac McDaniels 30.7	Lorn Gwalt Harry Kubl
Curt Davison 30.8 M65 Paul Saunders 27.6	M75 Stoke West M80+Ahrend Mue
Jack Haefele 29.6 Haydn Parks 30.5	W55 Ruth Schne
M70 Chuck Whitney 35.3	W60 Dottie Gra Betty Benk
Milton Hoffman 43.2 Marvin Schmidt 45.2	W65 Polly Bail
M75 J C Byers 36.4	1500m Racewalk
M75 J C Byers 36.4 Emmett Bennett 38.1 Stan Thompson 47.6 M80+George Laidlaw 55.6	M55 Earl Robb
M80+George Laidlaw 55.6 W55 Jane Clarkson 34.0	Fred Adams Wes Purtee
Mary Wilson 49.9	M60 Justin McC
Dorothy Martinelli51.9 W60 Helen Darnall 37.2	Carl Mays Herm Marti
Dottie Gray 40.1	M65 Vinson Fre Robert Lus
W65 Lavina Haefele 36.6	John Killo
Polly Balley 40.7	M70 Eldon Scho Chuck Whit
W70 Margaret Bills 44.6 W75 Marie Uebel 47.7	Clifford G M75 J C Byers
Mary Parsons 52.1 Eliz Kawelaske 69.1	Bill Gray
400m	Harry Inuk

M80+George Laidlaw	2:15.5
W55 Jane Clarkson Mary Wilson	1:19.8
W60 Helen Darnall	1:24.8
Dottie Gray	1:33.9
Betty Benkert W65 Polly Bailey	1:37.9 2:05.6
Mary Garth	2:21.3
W75 Mary Parsons	2:12.2
800m	
M55 Rod Langston	2:34.3
Richard Strinni	2:48.8
Chi Chen	2:52.0
M60 Hank Kiessel Joseph Bell	2:42.9 2:46.3
Gorman Stroud	2:50.4
M65 Paul Schmitt	2:55.8
Erich Dahl Robert Lusskin	3:04.3 3:05.6
M70 Neal Emerson	3:01.2
Larry Patterson	3:08.9
Herbert Cavin M75 J C Byers	3:55.8
M75 J C Byers Emmett Bennett	3:40.6 3:41.1
Stoke Westcott	5:35.2
W55 Katie Stroud W65 Polly Bailey	4:11.7 4:27.9
wos rolly balley	4:21.9
1500m	
M55 Lerr Fennell	5:05.6
Al Smith Chi Chen	5:24.3 5:56.8
M60 Hank Kiessel	5:40.5
Joseph Bell	5:45.6
Harry Berndt M65 Erich Dahl	5:53.6 6:23.8
Carl Seal	6:39.9
Christian Zust	7:20.9
M70 Neal Emerson Larry Patterson	6:08.5 6:15.0
John Braloski	6:42.3
M75 J C Byers	8:02.4
William Westcott W55 Katie Stroud	8:16.2
Mary Wilson	8:16.2 8:51.7
W60 Betty Benkert	6:55.4
Dottie Gray W65 Polly Bailey	7:12.3 8:53.6
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5000m .	
M55 Leon Fennell Al Smith	18:31.4
James Weaver	20:52.2
M60 Hank Kiesel	21:26.3
Harry Berndt Jim Boland	21:49.0 21:55.4
M65 Bill Schmitt	22:53.5
Paul Heires Charles LeBrell	24:06.0
M70 Lange Debreil	26:04.7
HIO Larry Patterson	23:37.7
M70 Larry Patterson Bonnard Moseley	24:28.7
Bonnard Moseley	24:28.7
Bonnard Moseley Neal Emerson W55 Katie Stroud	24:28.7 24:49.2 30:07
Bonnard Moseley Neal Emerson W55 Katie Stroud Ruth Schneider	24:28.7 24:49.2 30:07 32:20
Bonnard Moseley Neal Emerson W55 Katie Stroud	24:28.7 24:49.2 30:07 32:20
Bonnard Moseley Neal Emerson W55 Katie Stroud Ruth Schneider W60 Dottie Gray Betty Benkert W65 Polly Bailey	24:28.7 24:49.2 30:07 32:20
Bonnard Moseley Neal Emerson W55 Katie Stroud Ruth Schneider W60 Dottie Gray Betty Benkert W65 Polly Bailey	24:28.7 24:49.2 30:07 32:20 26:28.3 28:28.9 32:49.1
Bonnard Moseley Neal Emerson W55 Katie Stroud Ruth Schneider W60 Dottie Gray Betty Benkert W65 Polly Bailey	24:28.7 24:49.2 30:07 32:20 26:28.3 28:28.9 32:49.1 38:08.3 46:45.2
Bonnard Moseley Neal Emerson W55 Katie Stroud Ruth Schneider W60 Dottie Gray Betty Benkert W65 Polly Bailey 10,000m M55 Leon Fennell Jim Weaver Chi Chen	24:28.7 24:49.2 30:07 32:20 26:28.3 28:28.9 32:49.1 38:08.3 46:45.2 47:02.1
Bonnard Moseley Neal Emerson W55 Katie Stroud Ruth Schneider W60 Dottie Gray Betty Benkert W65 Polly Bailey 10,000m M55 Leon Fennell Jim Weaver Chi Chen	24:28.7 24:49.2 30:07 32:20 26:28.3 28:28.9 32:49.1 38:08.3 46:45.2 47:02.1 43:12.3 45:48.9
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Bonnard Moseley Neal Emerson W55 Katie Stroud Ruth Schneider W60 Dottie Gray Betty Benkert W65 Polly Bailey 10,000m M55 Leon Fennell Jim Weaver Chi Chen M60 Jim Boland Richard Marx Ray Forthaus M65 Bill Schmitt	24:28.7 24:49.2 30:07 32:20 26:28.3 28:28.9 32:49.1 38:08.3 46:45.2 47:02.1 43:12.3 45:48.9 57:17.6 44:23.2
Bonnard Moseley Neal Emerson W55 Katie Stroud Ruth Schneider W60 Dottie Gray Betty Benkert W65 Polly Bailey 10,000m M55 Leon Fennell Jim Weaver Chi Chen M60 Jim Boland Richard Marx Ray Forthaus M65 Bill Schmitt Paul Heires Charles LeBroll	24:28.7 24:49.2 30:07 32:20 26:28.3 28:28.9 32:49.1 38:08.3 46:45.2 47:02.1 43:12.3 45:48.9 57:17.6 44:23.2 51:58.8 54:12 1
Bonnard Moseley Neal Emerson W55 Katie Stroud Ruth Schneider W60 Dottie Gray Betty Benkert W65 Polly Bailey 10,000m M55 Leon Fennell Jim Weaver Chi Chen M60 Jim Boland Richard Marx Ray Forthaus M65 Bill Schmitt Paul Heires Charles LeBrell M70 John Braloski	24:28.7 24:49.2 30:07 32:20 26:28.3 28:28.9 32:49.1 38:08.3 46:45.2 47:02.1 43:12.3 45:48.9 57:17.6 44:23.2 51:58.8 54:12.1 53:12.3
Bonnard Moseley Neal Emerson W55 Katie Stroud Ruth Schneider W60 Dottie Gray Betty Benkert W65 Polly Bailey 10,000m M55 Leon Fennell Jim Weaver Chi Chen M60 Jim Boland Richard Marx Ray Forthaus M65 Bill Schmitt Paul Heires Charles LeBrell M70 John Braloski Lorn Gvaltney	24:28.7 24:49.2 30:07 32:20 26:28.3 28:28.9 32:49.1 38:08.3 46:45.2 47:02.1 43:12.3 45:48.9 57:17.6 44:23.2 51:58.8 54:12.1 53:12.3 55:09.9
Bonnard Moseley Neal Emerson W55 Katie Stroud Ruth Schneider W60 Dottie Gray Betty Benkert W65 Polly Bailey <u>10,000m</u> M55 Leon Fennell Jim Weaver Chi Chen M60 Jim Boland Richard Marx Ray Forthaus M65 Bill Schmitt Paul Heires Charles LeBrell M70 John Braloski Lorn Gwaltney Harry Kublin	24:28.7 24:49.2 30:07 32:20 26:28.3 28:28.9 32:49.1 38:08.3 46:45.2 47:02.1 43:12.3 45:48.9 57:17.6 44:23.2 51:58.8 54:12.1 53:12.3 55:09.9 56:52.2
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-	R	Fisher	12.24
	E	Bryant	12.25
	L	Barthomolew	12.36
M40		Dayton	11.28
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	D	Detlefsen	12.00
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S Beyer 13.96	W55 G Snyder 3:0	.4 D Dewitt 10-0 M6C Al Brenda 8-6	M50 P Conley 162-2 D Rose 144-4	W40 Linda Hue 28.9	M30 Gerald Goblirsch 12:44.1
M50 M Adamson 11.88	1500m M30 P P O'heiley 4:00		D Rose 144-4 K Mayer 142-11	LaTanya Glass 31.7	M45 John Patterson 12:17.1
P Maresca 13.00	S Petto 4:1		M60 D Pickarts 166-1	Kandy Shannon 36.4	M50 John Cosgrove 11:58.4
Murray Ralls 13.10 M55 B Feaster 12.96	S McNutt 4:33		J Morrill 100-6	W45 Jean Carter 30.0	M55 Jerry Withers 14:13.8
M55 B Feaster 12.96 D Marlin 13.30	M35 J Bordoni 4:1		M Orlich 95-7	W55 Gretchen Snyder 32.8 Magdalena Kuehne 34.3	M65 Avery Bryant 8:57.1
J Cauldwell 14.80	S Hackerson 4:19		M65 B Stone 95-7 M70 D Mack 80-3	Magdalena Kuehne 34.3	High Jump
M60 B Stevens 13.05	J Price 4:22 M40 S Ferraz 4:10	·· NOO C C (1-14 01 10	M70 D Mack 80-3 M80 C Emery 81-1	400m	M30 Mel Embree 1.93
C Orr.doff 14.41	M40 S Ferraz 4:10 J Hampton 4:11	· C B- 1-1 17 1	W45 F Conley 92-10	M30 Joseph Smith 51.1	Jason Meisler 1.93
T Page 15.00	D Tracy 4:1	.6 J Scileny 10-3	B Stewart 47-2	Byron Henderson 52.2 M Streetes 52.8	M40 Charlie Rader 1.88
M65 R Hunt 14.21 J Johnson 15.00	J Gorman 4:2	4 M35 R Trujillo 20-9	W60 S Dietderich 68-11	M Streetes 52.8 M35 Dallas Jones 54.0	George Birnbaum 1.62 Bill Sevilla 1.32
W Toaspern 15.40	M45 T Laris 4:1		and the second states of the second states	Spencer Robinson 54.9	Bill Sevilla 1.32 M50 Jerry Stanners 1.50
M70 C Oates 15.48	J Deitchman 4:3	.0 I Nalliatar 10 71	5000m Walk	M40 Herm Castillo 51.8	Ray Fitzhugh 1.22
B Fairbank 16.36	M50 D Richardson 4:43 S Vandenberge 4:50	··· II F	M30 J Scileny 33:23	Frank Reilly 54.5	M55 Nick Newton 1.62
C Trahan 16.46	S Vandenberge 4:50 F Mattos 4:53	1 1 1 1 1 1 1 1 1	M35 S Bochoven 29:52	Gary Patterson 56.8	M60 A Unger 1.22
M75 J Satti 15.56	M55 J Hepner 4:4	.3 M45 L Bond 19-5	M40 B Henderson 25:36	M45 Jolin Aldridge 54.0 M50 Don Boyd 60.3	M65 Chuck McFate 1.27
L Holgquist 18.58 W35 P Farster-Guilkey 13.55	D Basye 5:17	.4 J Lawson 18-2	B Penner 26:44 L Wright 27:13	Will Robinson 64.9	W40 LaTanya Glass 1.27 W60 Shirley Kinsey 1.09
D Borges 15.19	J Greyson 5:4		M45 R Daniel 25:19	Dave Douglass 67.5	W60 Shirley Kinsey 1.09
I Herman 15.93	M60 D Stevenson 4:55 B Jacques 4:55		R Wilson 32:08	M60 Louis Beadle 64.3	Pole Vault
W40 F Dennis 16.28	J King 5:01		M50 B Schulte 30:44	M70 Bob Hunt 71.3	M40 Steve Morris 4.26
¥50 F Chou 16.47	M65 A Bryant 5:32	.8 M65 J Johnson 14-3	M55 R Wheeler 31:51	W35 Tina Stough 64.8 W40 Kandy Shannon 81.4	M45 Mike Morris 3.96
M Furlong 20.33 W55 M Moore 17.29	M70 B Van Fleet 6:31		M60 F Dunn 26:51.8 G Peter 30:30.1	W45 Lolitia Bache 68.7	M50 Tom Woodring 3.81
W55 M Moore 17.29 W60 S Dietderick 17.73	M90 P Spangler 9:25	.2 M70 C Oates 12-4 C Trahan 12-0	R Hansen 31:43.0	Jean Carter 68.9	Jerry Stanners 3.20 Ray Fitzhugh 2.74
W65 D Smith 18.45	W40 T Goodman 5:3	5.8 M75 J Satti 12-9	M65 D Cotner 32:25	W75 D Stotsenberg 2:05.7	M60 John Cleveland 2.44
	G Murphy 5:4	C. Johnson 11-6	S Sorensen 34:23	Jane Monteagle 2:25.0	M65 R Biesemeyer 2.59
200m	W50 V Bigelow 5:1	L Holmquist 8-7	W30 K Wilkinson 24:53.2 N Barbieau 26:58.3	800m	Dave Brown 2.44
M30 G Canfield 22.86 L Pope 24.22	5000m	W35 D Borges 12-33	L Cribbins 28:59.9	M30 Peter Mogg 1:57.3	Tom DeVaughn 1.98
L Pope 24.22 J Seileny 33.52	M30 B Nelson 15:4		D Gilliland 29:36.1	Bryan Henderson 1:58.4	M70 Jim Vernon 2.89 M75 Carol Johnston 2.59
M35 C Johnson 23.39	P Griley 16:2	4.1 WSS M Moore 10_81	W40 S Womack 29:36.5	Frank Borgeman 2:03.7	· · · · · · · · · · · · · · · · · · ·
E Driver 23.73	S Petto 17:1 M35 M Undbald 15:1		E Weill 34:08.3	M35 Ian Cumming 2:00.5 Rex Hall 2:05.4	Long Jump
R Fisher 24.40	S Hockerson 16:5		T Harvey 38:09.9 W45 J Nedelco 25:34.0	Greg Cash 2:09.6	M35 John Kuechle 5.91
F Demloy 24.41 M40 M Pruitt 23.06	M40 J Press 16:0	3.1 S McNutt 32-51	L Coppola 33:50.6	M40 Graeme Shirley 2:01.2	M40 Carl Flowers 6.28 Bill Weinstock 5.56
A Thomas 24.03	G Brock 16:0	4.2 R Ulrick 31-21	S Mullen 38:39.0	Lee Fitzgerald 2:04.3	M50 Al Henry 5.31
D Detlefsen 24.60	T Robinson 16:5		W55 S Parlan . 36:31.3	Wayne Douglas 2:06.6	Roger Tsuda 5.31
G Patterson 24.88	D Tracy 16:5 M45 P Krause 16:4		G Moremen 38:18.0	M45 Eric Owers 2:03,2 George Cohen 2:05,1	M65 Phil Jones 3.62
R Yeck 25.15	M50 F Mattos 18:3		W65 R Van Sandt 33:56.7 R Kash - 35:21.4	Bill Perry 2:18.5	M75 Carol Johnston 3.02
R Rutedge 25.10	R Livingston 19:1		J Cotner 35:46.7	M50 Cliff Bedell 2:08.4	W30 Yvette Powell 4.65 W50 Christel Miller 3.77
M45 T Cain 24.35 W Emert 24.46	M55 J Hepner 18:3	2.1 M45 J Lawson 36-61	R Sorenson 36:36.9	Jesse Carrington 2:22.9	W60 Shirley Kinsey 3.09
D Duffy 24.75	J Czamaska 19:3	- Diolan - SS -	W75 E Dutton 51:23.7	Don Garsh 2:35.9	W75 Edith Mendyka 1.71
M50 R Irving 25.90	J Greyson 21:0 M65 J King 19:1	A numer 54 5	Contraction of the second s	M55 Ross Dunton 2:22.4	and the state of the
P Maresca 26.47	A Bryant 21:2		Later to the Suffrage strength and	Rob Culling 2:22.5 Marsh Haraden 2:23.7	Triple Jump
D Lieberman 27.15 M55 B Feaster 26.80	M70 B Van Fleet 25:0		Southern Colifornia (TAC	M60 Louis Beadle 2:33.6	M30 Andy Heckler 10.60
A Pappas 28.23	W30 L Ulrich 21:4	7.1 W75 J Satti 28-63	Southern California/TAC Masters Championships	Alfonso Escarosa 2:40.3	M35 Marcel LaCroix 7.57
M60 B Stevens 27.20	W40 D Grafins 20:1	3.4 W35 D Borges 25-2	Occidental College,	Marcel Draison 2:51.2	M40 Milan Tiff 15.49 (Breaks own age-group WR)
T Page 28.95 M65 R Hunt 29.36	110mH	Shot Put	Los Angeles - June 18	M65 Larry Banuelos 2:33.9 W30 Claudia Laza 2:44.9	Doug Shaw 12.09
M70 B Fairbank 35.00		.8 M30 J Scileny 25-10 3/4 .99 M35 I Hart 40-11	A A CALLER AND A CALLER AND	C Rodriquez 3:02.6	Jack Whitehead 11.82
W35 P Farster-Guilkey 28.33		M35 J Hart 40-11 G Kelmenson 35-10	1COm	M35 Michelle Triff 2:28.2	M50 Al Henry 12.01
N Frost 30.35	F Johnson 16	.0 M45 M Parker 37-75	M30 Joseph Smith 10.7	W40 Laurie Olson 2:33.4 W45 Lolitia Bache 2:29.5	M65 Charles Mercurio 8.65 M75 Art Vesco 5.35
W40 M Barrins 30.08 W45 N O'Connor 29.09	M50 D Dewitt 15	J Bustamante 24-8 3/4	Dennis Scott 11.2 James Bonillas 11.2	W45 Lolitia Bache 2:29.5 W55 Gretchen Snyder 3:02.7	in shire vesco
W50 F Chou 34.73	R Hickman 15 S Richmond 28	HOUS hait 40-92	M35 Glen Johnson 11.3	W60 Sum Onodra 3:20.0	Shot Put 50+6kg 60+5kg 70+4kg
C Lawson 40.09	M65 R Hunt 19	1 J NUSS 41-41	Mike Black 11.8	W85 Mary Ames 6:38.6	M35 Bill Pendleton 15.39
W55 G Snyder 33.42	A REAL PROPERTY AND A REAL	M55 K Mayer 45-1 B Feaster 38-5	James Uyechi 13.0	1500m	Russ Reabold 12.06 M4U Mike Nash 13.92
M Moore 37.00	80mH W40 B Stewart 19	.8 M60 M Dorlick 43-23	M40 Mike Frey 11.5 Hem Castillo 11.7	M30 David Hunter 4:20.3	Mike Deller 13.21
W65 D Smith 45.09	The off of the state of the state of the	M65 M Quinto 33-5	Hem Castillo 11.7 Gary Patterson 12.1	Marc Cobb 4:20.4	Bill Sevilla 9.23
400m	400mH M30 T Melody 57	B Stone 30-2	Rus Rutledge 12.4	M35 Fred Kimbell 4:59.7	M45 Juan Bustamante 7.26
M30 P Grimes 50.26		.5 M70 D Mack 26-4 .8 M75 R Carter 40-1	M45 Frank Little 11.3	Marcel LaCroix 5:09.7	M50 John White 11.87 Clarence Treat 11.70
T Melody 53.44		.3 J York 33-111	Walt Butler 11.6	M40 James Gelsomini 4:16.1 Gilbert Varela 4:39.0	Allan Brown 10.50
T Wright 54.36 M35 C Kilpatrick 53.78		.0 W45 B Stewart 21-5	Juan Bustamante 12.3 M50 Ken Dennis 11.2	Conrad Brooks 4:54.8	M55 Stu Thomson 12.99
R Hall 56.19		4 W50 C Sherrard 37-7	(Ties own age-group WR)	M45 Neil Doherty 4:24.6	Don Sharp 10.96
J Martinez 56.59	M45 T Cain 61	.9 (age-group AR)	Lewis Smith 12.9	Bob Van Sickle 4:35.8	Dave Douglass 9.45
M40 S Jones 54.44	300mH	W55 B Racine 24-0 M Gray 18-8	Roger Tsuda 12.9	Larry Main 4:51.4 M50 Ron Larrieu 4:46.4	M65 Tony Lombardi 9.09 W40 LaTanya Glass 8.40
G Shirley 55.29 R Rutlege 56.09	- find the second se	4 M65 R Corvello 20-1	M55 Bruce Springbett 12.1	Peter Faush 4:50.7	Sue Ward 7.96
R Rutlege 56.09 M45 J Aldridge 54.41		6	Nick Newton 12.3 Tony Nasralla 13.4	Don Garsh 5:27.9	W75 Edith Mendyka 6.48
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B McMillen 56.55	The state of the section of the	M30 J Scileny 67-2	M60 Gene Harte 12.6	Rob Culling 5:00.1	M30 Russ Reabold 37.92
M50 0 Legend 66.8	4x100m Relay Submasters Men:	M35 G Kelmenson 119-10 L Silver 113-9	Cliff McPherson 12.7	Martin Hicks 5:35.2 M60 Alfonso Escobasa 5:46.3	M40 Frank Reilly 50.98
M55 B Feaster 63.41 W35 P Farster-Guilkey 65.14		15 M45 M McCormick 123-6	Bob Watanabe 13.2 Ted Vick 14.0	M65 Avery Bryant 5:45.9	Mike Deller 43.86
I Adams 74.6		.61 J Karbens 102-10	M65 Byron Walls 15.4	W35 Darsie Bowden 4:45.1	Mike Nash 37.20
W40 M Behrens 65.89	4x400m Relay	A Hunken 97-11	George Simon 15.8	W40 Joni Pendleton 4:55.0	Tino Martinez 36.58 M45 Lloyd Higgins 47.20
J Pendleton 68.69	SFTC 3:49		M70 Payton Jordan 13.0	Mary Leivers 5:03.8 W60 Sum Onodra 6:56.3	M45 Lloyd Higgins 47.20 Ed Kohler 40.40
W45 N O'Connor 65.13	Bay Vista TC 4:32	.3 J Hart 147-1	(Ties own age-group WR) Dave Lawyer 14.1	W60 Sum Onodra 6:56.3	Abe Sheinker 25.86
800m	High Jump	K Mayer 137-6	Dave Lawyer 14.1 M75 Bert Morrow 15.6	5000m	M50 Allan Brown 43.98
800m M30 D Nolte 1:56.6	M30 M Hoenig 6	J Orsini 109-1	M80 John Rust 18.0	M45 Michael Figueroa 16:54.1	Clarence Treat 35.48
G Carpenter 1:57.6	F Ulrick 5	0 M Orlich 134-8	W45 Jean Carter 14.7	M50 D Leivers 19:51.5	John White 33.62 Jerry Stanners 30.00
T Melody 2:02.0	M35 Baskauskas 5	4 I Morrill 91-10	W55 Magdalena Kuehne 16.0	M55 M Hicks 22:28.6 M60 Pat Devine 18:19.0	Jerry Stanners 30.00 M55 Stu Thomson 47.77
T Wright 2:04.9 W35 D Katcher 2:02.9	M40 H Freeman 5 D Stewick 5	4 M65 M Quinto 109-4	M85 Mary Ames 36.5	M65 Larry Banuelos 19:49.1	Don Sharp 33.40
R Hall 2:06.1	D Stevick 5- M45 J Brown 5-	B Stone 96-9	200m	State State State State State	Dave Douglass 31.80
T Shannon 2:07.3		M70 D Mack 72-9 M75 R Carter 123-2	M30 Joseph Smith 21.7	Short Hurdles M30 Roosevelt Wells 15.7	Jerry Wojcik 27.20
J Martinez 2:08.8	M50 D Dewitt 5		James Bonilla 23.2	M40 Richard Katus 15.0	M60 Arnie Gaynor 41.74
M40 S Poarnett 2:00.8 J Seale 2:06.0	D Rose 5	G Chou 62-6	Mike Williams 25.4	Bill Sevilla 21.9	Del Pickarts 41.68 M70 Jim Suffenger 31.94
M Phillips 2:08.7	M55 H Wyatt 5- M60 J King 4-	8 W55 B Racine 44-10	M35 Glen Johnson 22.9 Mike Black 23.7	M45 Theo Viltz 15.0	M75 Art Vesco 20.20
M45 G Mason 2:02.8	C Orndoff 4	H Gray 08-J	Spencer Robinson 24.4	Walt Butler 15.5	M80 Burt DeGroot 24.66
H Franklin 2:03.4	M65 W Dahlin 4	8 R Corvello 38-11	M40 Ferm Castillo 23.7	M50 Al Henry 15.5 Jackson Steffes 16.3	W60 Shirley Kinsey 20.08
R Thomas 2:03.6	J Johnson 4	0	Gary Patterson 24.5	Jackson Steffes 16.3 Jerry Stanners 17.3	W75 Edith Mendyka 14.20
A Dunkell 2:07.2 M50 M Adamson 2:09.5		10 Hammer	Rus Rutledge 24.7	M65 Bob Hunt 19.0	Home we we we we we we we
P Richardson 2:09.5		10 M35 G Kelmenson 44.72	Frank Reilly 25.3	M70 Chia Tsung Pao 17.9	Hammer M50+6kg M60+5kg
R Irving 2:18.2	M75 L Holmquist 3 c Johnson 3		M45 Jan Lomax 25.2 Juan Bustamante 26.3	M75 Bert Morrow 16.7	M40 Mike Deller 48.38 M45 Lloyd Higgins 45.60
M55 D Easye 2:25.7	W45 B Stewart 3		M50 Ken Dennis 23.4	W60 Shirley Kinsey 19.1	Abe Scheinker 28.86
J Greyson 2:51.0	Pole Vault	M65 B Stone 29.54	Clarence Treat 26.2	(Age-group AR)	M50 Bob Humphrey 44.34
N Walters 2:57.0 M60 D Stevenson 2:29.4	M30 0 Eachmiller 16 M35 C Boyak 15	0 M75 J York 31.64	Roger Tsuda 26.8	Long Hurdles	Allen Brown 38.64
L Sorensen 2:33.4	M35 C Boyak 15 J Williams 14		M55 Tony Nasralla 26.8 Frank Kishi 28.9	M30 Roosevelt Wells 61.1	John White 34.30
M Diraison 2:49.1	S Morris 13		Frank Kishi 28.8 Al Sheahen 29.8	Mike Merrigan 63.5	MSS Stu Thomson 50.60
M65 A Bryant 2:41.7	E Seese 13	6 M30 T Silva 207-10	M60 Cliff McPherson 26.1	Andy Hecker 63.9 M40 Bill Sevilla 82.8	Dave Douglass 36.92 Dennis Rietz 34.24
M70 B Van Fleet 3:08.4	M40 C Regers 14	0 J Scileny 104-10	Gene Harte 26.4	M5C Jackson Steffes 46.5	Jerry Wojcik 27 74
R Manannah 3:16.3 M80 M Shine 3:17.0	T Rauscher 13- J Miyoshi 12-		Bob Watanabe 26.8	Ray Fitzhugh 69.0	M60 Emson Grimm 13.72
M90 P Spangler 4:39.5	R Stepp 12-	0 G Kelmenson 125-6	M65 Byron Walls 32.5 George Simon 35.6	M55 Will Robinson 49.9	M65 Tom DeVaughn 28.92
		125-0	George Simon 35.6	Al Sheahen · 52.5	Continued on next page
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National Masters New

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August,	989
Continued from	n previous page
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M35 Joe Gree	
Frank Ro M40 Steve Ja	ok 40.94 rvis 54.38
Bill Wei	nstock 43.18
Ron Rook Richard	
M45 D Kelsey	47.32
M50 Larry St	uart 60.00
Clarence Ray Fitz	
M55 Jerry Wo	jcik 27.20
M60 Del Pick	arts 52.59 bardi 33.64
M65 Tony Lom M70 Art Vesc	0 17.00
W60 Shirley	Kinsey 21.38
W75 Edith Me	ndyka 17.34
5K Racewalk	
M40 Ed Bould	in 23:33 lker 21:39
M45 Larry Wa Jesus Or	endain 27:55
Dave Sny	der 28:08
M50 Richard John Kel	
Clyde Ha	tfield 29:02
M55 Robert M	
Carl Aco Allen Ha	
M60 John Bur	
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M65 Jorge Ne	wbery 35:07
M80 Tony Per	
W40 Donna Cu Linda Kr	oesen 31:15
Joy Bev	llacqua 31:23
W45 Jolene S Jaye Hor	Steigerwalt 28:15 rowitz 31:22
W50 Jill Lat	ham 31:04
Shirley W55 Helen Oa	
Ann Dun	
W60 Collie (
Joann Be Rose Plo	
	F West Results
	Page 35
NOR	THWEST
	ual Scholastic/
1.7	ters Meet
	on City, OR June 17
	4 yr. olds vs.
50-5	9 The second sec
Class 2=15-1	6 yr. olds vs.
Class 2=15-1 40-4 Class 3=17-1	6 yr. olds vs. 9 18 yr. olds vs.
Class 2=15-1 40-4 Class 3=17-1 30-3	6 yr. olds vs. 9 18 yr. olds vs.
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Class 2=15-1 40-4 Class 3=17 30-3 Class 4=Elit mass Class 5=60+ M=Masters Sean Thiele Paul Stepar Jack Coy M Class 1 Sean Thiele Paul Stepar Jack Coy M Class 2 Simon Timar Larry Schet Tim Timani Class 4 Bill McKinn Bernard Ald Richard Am Class 5 William Bro Vomen's 100m Class 1 April Simme Marti Thiel Class 2 Hillary Gilb	6 yr. olds vs. 9 18 yr. olds vs. 9 18 yr. olds vs. 9 10 ages, including ters 13.7 14 13.8 13.8 13.8 13.8 13.8 13.8 13.8 13.8 13.8 13.8 13.7 14.0 14.0 15.2 Iman M 16.0 14.4
Class 2=15-1 40-4 Class 3=17 30-3 Class 4=Elit mass Class 5=60+ M=Masters Sean Thiele Paul Stepar Jack Coy M Class 1 Sean Thiele Paul Stepar Jack Coy M Class 2 Simon Timari Larry Schet Tim Timani Class 4 Bill McKinn Bernard Ald Richard Am Class 5 William Bro Vomen's 100m Class 1 April Simme Marti Thiel Class 2 Hillary Gile Rose Schlew	6 yr. olds vs. 9 18 yr. olds vs. 9 18 yr. olds vs. 9 10 ages, including ters 13.7 14 13.8 13.8 13.8 13.8 13.8 13.8 13.8 13.8 13.8 13.8 13.7 14.0 14.0 15.2 Iman M 16.0 14.4
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Class 2=15-1 40-4 Class 3=171 30-7 Class 4=Elin mass Class 5=60+ MeM_sters Sean Thiele Paul Stepan Jack Coy M Class 1 Sean Thiele Paul Stepan Jack Coy M Class 2 Simon Timan Class 4 Bill McKinn Bernard Ald Richard Am Class 5 William Bro Vomen's 100m Class 1 April Simme Marti Thiel Class 3 Katherine S Men's 200m Class 1 Paul Stepan Sean Thiele Class 1 Paul Stepan Class 1 April Simme Marti Thiel Class 1 Paul Stepan Class 1 Paul Stepan Class 1 Paul Stepan Class 1 Paul Stepan Sean Thiele Jack Coy M Class 2 Simon Timan	6 yr. olds vs. 18 yr. olds vs. 9 ters 13 14 15 15 16 17 18 18 11 13.8 13.1 14.0 14.0 15.2 14.0 15.2 15.2 16.0 16.0 16.0 16.0 16.0 16.0 16.0 16.0 16.0 <t< th=""></t<>
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Class 2=15-1 40-4 Class 3=17 30-3 Class 4=Elin mass Class 5=60+ Men's 100m Class 1 Sean Thiele Paul Stepar Jack Coy H Class 2 Simon Timani Class 4 Bill McKinn Bernard Ald Richard Am Class 5 William Bro Vomen's 100m Class 1 April Simme Marti Thiel Class 2 Hilary Gils Ross Schlee Class 3 Katherine S Men's 200m Class 1 Paul Stepar Sean Thiele Jack Coy H Class 2 Simon Timan Mike Granu Tim Timani Class 3 Doug Huebm Steve Brow Wayne KueC Class 4 Todd Gibson Bernard Ald Gernard Ald Class 5	66 yr. olds vs. 18 yr. olds vs. 19 18 yr. olds vs. 18 yr. olds vs. 19 11 11 11 11 11 11 11 11 11 12 12 13 13 14 15 11.4 11.7 11.7 11.7 12.2 12.4 14.0 12.2 11.4 11.7 </th
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Class 2=15-1 40-4 Class 3=17 30-3 Class 4=Elin mass Class 5=60+ MeM sters Sean Thiell Paul Stepar Jack Coy M Class 1 Sean Thiell Paul Stepar Jack Coy M Class 2 Simon Timan Class 4 Bill McKinn Bernard Ald Richard Am Class 5 William Bro Women's 1000 Class 1 April Simac Marti Thiel Class 2 Hilary Gill Rose Schles Class 3 Katherine 5 Men's 2000 Class 1 Paul Stepar Sean Thiell Jack Coy M Class 2 Simon Timan Class 2 Hilary Gill Rose Schles Class 3 Statherine 5 William Bro Women's 2000 Class 1 Dug Huebno. Steve Brown Wayne Kuecl Class 5 William Bro Class 5 Mike Granu Tim Timani Class 5 William Steve Brown Wayne Kuecl Class 5 William Steve Brown Wayne Kuecl Class 1 Sandy Met: Martin Thi Class 2 Hilary Gill Rose Schler Class 3	66 yr. olds vs. 99 88 yr. olds vs. 99 91 92 93 94 95 95 96 97 98 97 98 97 98 97 98 97 98 97 98 97
Class 2=15-1 40-4 Class 3=17-1 30-3 Class 4=Elin mass Class 5=60+ MeMasters Sean Thiele Paul Stepan Jack Coy M Class 1 Sean Thiele Paul Stepan Jack Coy M Class 2 Simon Timan Class 4 Bill McKinn Bernard Ald Richard Am Class 5 William Bro Women's 100m Class 1 April Simme Marti Thiel Class 2 Hilary Gils Rose Schlee Class 1 Paul Stepan Sean Thiele Jack Coy M Class 1 Paul Stepan Sean Thiele Jack Coy M Class 1 Paul Stepan Sean Thiele Jack Coy M Class 2 Simon Timan Class 3 Katherine 3 Men's 200m Class 3 Doug Huebno Steve Brow Wayne Kuech Class 5 William Bro Women's 2000 Class 1 Sandy Metz Sandy Metz Class 2 Hilary Gils Steve Brow Wayne Kuech Class 3 Sub Steve Brow Wayne Kuech Class 5 William Bro Women's 2000 Class 1 Sandy Metz Class 2 Hilary Gils Steve Brow Wayne Kuech Class 3 Sub Steve Brow Wayne Kuech Class 4 Todd Gibsor Bernard Ald Terry Howan Class 1 Sandy Metz Martin Thiel Class 2 Hilary Gils	66 yr. olds vs. 99 88 yr. olds vs. 99 91 92 93 94 95 95 96 97 98 97 98 97 98 97 98 97 98 97 98 97

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Men's 400m	Pole Vault
Class 2	Class 1
Jim Carkner S 51.4	Don Gray M
Simon Timani M 53.6	Class 2
Mike Granum M 53.8	Larry Holmes
Class 4	John Patters
Todd Gibson S 51.0	Class 3
Women's 400m	Rich Bagget
Class 1	Harry Webber Class 4
Sandy Metzger S 62.5 Class 2	Mike Monahan
Hilary Gilmore M 64.9	Pete Gbelia
Class 3	Class 5
Katherine Seeley M 60.1	Don Grosh
Men's 800m	Les Hintz
Class 2	Men's Long J
Rich Henkes S 2:03.7	Class 1
Marc Wiitala M 2:06.3	Paul Stepan
Class 3	John Nelson
Terry Selby M 2:01.3	Class 2
Joe Manning M 2:05.4	Frank Lulic
Robert Rittierodt S 2:05.8	Emil Torqua
Class 4	Class 3
Mike Tierney S 1:57.2 Terry Howard S 2:03.9 Class 5	Pete Gbelia Dough Huebe
Len Tritsch 2:44.1	Wayne Kuech
Women's 800m	Class 4
Class 1	Doug Gbelia
Sandy Metzger S 2:40.0	Eric Losnes
Class 2	Class 5
Barb Ballard M 2:48.2	William Bro
Class 3 Betsey Haydock M 2:24.3	Women's Long
Mary Russell M 2:35.5	Class 1 Johanna Gam
Men's 1500m	Sandy Metzg
Class 1	April Simmo
Roger Tumasonis M 4:11.8	Class 2 Marni Kralm
Joe Manning M 4;14.9	Men's Triple
Bernard Rate M 4:25.6	Class 1
Class 2 Jason Aleksa S 4:28.4 Jerry Hackett M 4:30.5	John Gambil Class 2
Bob Tysoe M 5:16.0	Wayne Kuech Class 3
Class 3 Robert Rittierodt S 4:22.6 Class 4	Doug Huebne Class 4
Ray Hatton M 4:48.1 Class 5	Pete Gbelia
Joe Mallon 5:57.5	Women's Trip Class 2
Women's 1500m Class 1 Marie Davis S 5:26.9	Joanna Gamb
Anne Davis S 6:14.4 Class 2	Men's Shot Pr Class 1 Neil Saling
Betsey Haydock M 4:50.8	Stan Zak M
Mary Russell M 5:09.0	Brian Webber
Heidi VanBorkulo S 5:15.5	Class 2
Class 3	John Gambil
Barbara Ballard M 5:34.6	Norman Lee M
Class 5	Joel Juve S
Pat Dixon 6:51.0	Class 3
(U.S. W70-74 record)	Wayne Kuechl
Men's 3000m Class 1 Ray Hatton M 9:55.5	Class 4 Heath Howing
Ray Hatton M9:55.5Rich Henkes S10:48.5John Luccio M12:34.2	Chuck Chapin Mark Malek S
Class 3	Class 5
Roger Tumasonis M 9:04.4	Phil Walden
Dan Cobine M 9:20.7	Ward Church
Bernard Rate M 9:45.6	Dude Rice
Class 5	Women's Shot
Joe Mallon 13:00.9	Class 1
Women's 3000m	Johanna Gam Heather Gam
Class 1	Marilyn Gray
Heidi VanBrokulo S 11:21.8	Class 4
Classs 3 Betsey Haydock M 11:20.1	Cristi Bell
Class 5	Men's Discus
Pat Dixon 15:04.0	Class 1
Men's 110mH	Neil Saling
Class 2	Frank Mille
Billy McKinney M 18.7	Stan Zak M
Harvey Baker M 20.5	Class 2
Class 3	Norman Lee I
Pete Gbelia S 16.0	John Gambil
Jim Hollman S .16.0	Jerry Jenso
Class 4	Class 3
Doug Gbelia S 16.1	Carl Baker Wayne Kuech
Men's 300mH	Class 4
Class 2	Heath Howin
Harvey Baker M 48.7	Chuck Chapi Mark Malek
Men's 400m Relay	Class 5
Class 2	Ward Church
Masters-Torquato, Lulich,	Women's Disc
Thielman, Casey 48.9	Class 1
Class 4	Johanna Gam
Masters-Gibson, Robinson,	Heather Gam
Baker, McKinney 45.6	Marti Theil
Scholastic-Gbelia, Gbelia,	Class 2
Wright, Livingston 46.2	Tanya Bowcu
Men's High Jump	Alice Panow
Class I	Women's Hamme
Jim Schlewitz M 4-6	Class 4
Class 2	Cristie Bell
Jerry Cash M 5-8	Men's Hammer
Harrison Roberts M 5-6	Class 1
Jack Casey M 5-2	Frank Miller
Class 3	Class 2 ,
Jim Hollman S 6-0	John Bakkens
Class 5	Jerry Jenson
Les Hintz 3-6	Class 5
Women's High Jump	Ward Church Phil Walden
Amo Olson S 5-2	Dude Rice
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National M	lasters News
The state of the	Men's Javelin Class 2
9-0	Patrick Errico S Doug Watson S
es M 12-0 rson S 11-6	Ora Banister M Class 3
tt M 13-0	Mark Wechter S Class 4
er M 9-0	Ron Uhl M Mark Malek S
an M 13-6 a S nh	John Nelson S Class 5
10-0	Ward Church Phil Walden
6-0	Women's Javelin
Jump	Class 1 Heather Gambill
n M 13–3/4 n M 11–91	Class 2
ch M 15-7	Alice Panowicz Tonya Bowcutt S
ato M 13-5	Rose Schlewitz
a S 20-4 er S 19-3	8th Annual Hayw
hler M 18-10	Eugene, June 24
a S 18-11 ess S 17-7	A State of the state
onson 13-81	100m M30 Bill McKinne
ng Jump	Roman Robins Bruce Sinkbo
ambil S 17-1	Greg West M35 Dave Hagmeid
ager S 14-9t 14-8t 14-8t	Randy Kruse M45 Harold Morio
lman S 17-0	Juan Bustama Ron Pinard
le Jump	Joe Thielman M50 T Cannon
111 M 33-71	J C Hoffman Paul Stepan
thler M 33-61	M55 Harold Hitt Jim Schlewin
ner S 37-1	Jack Coy M60 Tom Norwood
a S 44-0	M65 Stan Whipple M70 Carl Oates
ple Jump	W35 Catherine Se P Farster-G
bill S 35-31	Susan Miller W40 Hilary Gilmo
Put	W45 Rose Schlews W50 Nancy Davis
g M 41-1 36-10	Marti Thielm W65 Marie Staffe
er S 34-11	200m
M 47-61 M 40-11	M30 John Morris M40 Paul Dungan
S 37-3	Robert Lewis
hler M 38-5 3/	4 M45 Farold Morio Lynn Eves
ngton S 58-61 in M 57-7 3/	Lauri Iorquar
S 53-61	M50 J C Hoffman M55 Jack Coy
n 35-5 1 h 33-5	Jim Schlewit M60 Tom Norwood
. 27-8 t Put	M65 Walter Dahli Lowell Russe
mbillS 41-}	Stan Whipple M70 Carl Oates
mbill S 33-t ay M 18-11	W35 Catherine Se P Farster Gi
1 S 41-6	Mary Ann Ber W40 Hilary Gilmo
<u>s</u>	W45 Rose Schlewi W50 Nancy Davis
g M 136-0	Marti Thiela W65 Marie Staffo
er M 110-2 106-4	4COm
M 131-5	M30 John Morris M35 Dave Hagmeie
11 M 129-3 on M 111-0	Jim Hiebert Steven Brown
S 123-7	M40 Richard Tuck Wayne Gripp
hler M 102-10	
ngton S 173-2 in M 159-4	Frank Lulich M45 Harold Morio
s 153-2	John Hayward Lynn Eves
h 109-9	M50 J C Hoffman Bob Banniste
cus	Paul Stepan John Forsyth
mbill S 111-9 mbill S 95-7	M55 Harold Hitt Jim Schlewit
1man M 52-8	M60 Tom Brinton Rich Nordqui
utt S 83-6 witz S 78-9	W35 Catherine Se Mary Ann Ber
<u>mer</u>	Jacqueline M W40 Hilary Gilmo
11 S 146-3 <u>r</u>	Wo5 Marie Staffo
er M 134-0	800m M35 Rick Barberg
nsen M 128-0	Bert Dunn Neil Chinn
on M 123-9	M40 Richard Tuck James Gelson
h 91-5 n 69-3	Wayne Gripp Denny Harrin
n 69-3 66-3	Tom Jordan

rs News	R	A. C.
en's Javelin	103	M4
	160-2	
Dra Banister M	158-3 108-5	MS
ass 3 lark Wechter S	164-7	
ass 4	218-6	M5
lark Malek S	191-5	M6
John Nelson S ass 5 Jard Church	86-5	W3
Phil Walden	83-11	₩4
men's Javelin ass l	872	W6
leather Gambill S larilyn Gray M	77-0	Mi M3
ass 2	09-10	
onya Bowcutt S lose Schlewitz M	80-5 56-7	M4
th Annual Hayward Cla	ssic	M4
Eugene, OR June 24-25		MS
State of the state of the state of the		MS
00m 30 Bill McKinney	11.08	
Roman Robinson Bruce Sinkbeil	11.99	M6 W3
Greg West 35 Dave Hagmeier	12.59	W3
Randy Kruse 5 Harold Morioka CAN	11.40	W4
Juan Bustamante Ron Pinard	12.20	W5 W7
Joe Thielman 50 T Cannon	12.52	30
J C Hoffman	12.66	M3
Paul Stepan 55 Harold Hitt	13.23	M3
Jim Schlewitz Jack Coy	13.44 13.60	M4
50 Tom Norwood 55 Stan Whipple 70 Carl Oates	14.09 17.69	MS
35 Catherine Seeley	15.08	MS
P Farster-Gilkey Susan Miller	13.37	MG
O Hilary Gilmore 5 Rose Schlewitz	13.43	W3
0 Nancy Davis Marti Thielman	14.78 16.70	W4 W5
55 Marie Stafford	18.69	WS
00m 30 John Morris	26.06	50 M3
O Paul Dungan	26.86	M3 M4
Robert Lewis Fred Pietrzak 5 Farold Morioka CAN	26.66	
Lynn Eves	25.67	M4 M5
Juan Bustamante Emil Torquato	25.77 26.88	MS
50 J C Hoffman 55 Jack Coy	26.11 28.21	M6
Jim Schlewitz 0 Tom Norwood	28.23 28.86	W3 W4
5 Walter Dahlin Lowell Russell	30.66 37.20	WS
Stan Whipple O'Carl Oates	38.90 33.70	₩6
S Catherine Seeley P Farster Gilkey	26.04 26.42	W6
Mary Ann Berg O Hilary Gilmore	26.96 28.31	10 M4
5 Rose Schlewitz 10 Nancy Davis	34.65 31.70	
Marti Thielman 55 Marie Stafford	33.80	MS W3
the set of	40.20	11
20m 30 John Morris	59.68	M3
5 Dave Hagmeier Jim Hiebert	53.40 56.48	10 M5
Steven Brown O Richard Tucker	56.91 52.43	MS
Wayne Gripp Robert Lewis	54.44	40 M4
Fred Pietrzak Frank Lulich	59.61 60.61	M4
5 Harold Morioka CAN John Hayward	51.88	W3
Lynn Eves 50 J C Hoffman	57.24 57.77 59.72	MS
Bob Bannister	60.90 62.42	1
Paul Stepan John Forsyth 55 Harold Hitt	65.80 58.93	M6
Jim Schlewitz	64.41 64.70	St M3
Rich Nordquist	68.73 58.85	M4
S Catherine Seeley Mary Ann Berg	60.48	M4 M5
Jacqueline Manley O Hilary Gilmore S Marie Stafford 1	70.70	MS
	:30.42	Po M3
	04.88	M4
Neil Chinn 2:	10.35	
James Gelsomini 2:	58.57	M4 M5
Wayne Gripp 2: Denny Harrington 2: Tom Jordan 2:	04.21	
Iom Jordan 2	U/. 90	

	sters riens		
- martin	Men's Javelin	M45 John Hayward 2:12.70	M60 Don Grosh
9-0	Class 2 Patrick Errico S 160-2	Vic Wolfe 2:13.19 Lynn Eves 2:14.22	R Nordquist
9-0	Doug Watson S 158-3	Edgar Kousky 2:14.22	M65 Les Hintz M70 Stan Pelland
12-0	Ora Banister M 108-5	M50 Bob Bannister 2:25.97	Nich Junio
11-6	Class 3 Mark Wechter S 164-7	B Mac Gilliavary 2:32.27 Robert Eskue 2:56.77	High Jump M30 Greg West
13-0	Class 4	M55 Ralph Miller 2:13.45	M40 Dennis Olafs
9-0	Ron Uhl M 218-6 Mark Malek S 191-5	Don Kane 2:30.65 M60 Tom Brinton 2:29.35	Kevin Sulliv Drew Stevick
13-6	John Nelson S 183-1	W30 Mary Russell 2:25.86	A Huffstuter
nh	Class 5 Ward Church 86-5	W35 Sandra Newton 2:29.45 Kathy Holmstrom 2:37.74	M45 Mike Akerman M50 Jerry Newcom
10-0	Phil Walden 83-11	Claudia Cottrell 2:38.64	F Brandenfel
6-0	Women's Javelin	W40 Hilary Gilmore 2:54.20 W65 Marie Stafford 3:34.74	Thomas White M55 Herm Wyatt
	Class 1	woo marie Startora 5:54.74	- Jim Schlewit
12 2/4	Heather Gambill S 77-0 Marilyn Gray M 32-10	Mile M35 Rick Barbero 4:38.07	Loren Swanso
13-3/4 11-91	Class 2	Bernard Rate 4:47.15	M6C Hal Buck Ward Church
Cardinal State	Alice Panowicz S 109-10	Jim Hiebert 4:48.88	M65 Walter Dahli
15-7 13-51	Tonya Bowcutt S 80-5 Rose Schlewitz M 56-7	Bert Dunn 5:04.95 M40 James Gelsomini 4:41.43	Linn Spauldi Les Hintz
S. Think		Denny Harrington 4:45.72	W30 Kathy Kathma
20-4 19-31	Personal and the same	Fred Pietrzak 4:58.77	W50 Becky Sisley
18-10	8th Annual Hayward Classic	Larry Wilson 5:08.44 M45 Edgar Kousky 5:05.02	Nancy Davis W55 Sharon Sahon
10 11	Eugene, OR June 24-25	M50 Mike Christiansen5:06.26	and a main of the
18-11 17-7	Julie 24-25	Robert Eskue 6:52.53 M55 Raymond Hatton 4:58.33	M30 frue Sinkbe
	100m	Ralph Miller 5:01.37	M35 Fandy Kruse
13-81	M30 Bill McKinney 11.08 Roman Robinson 11.99	Allie Rudy 5:41.16 M60 Bill McChesney 5:27.64	M40 Steve Craig
1. 5.	Bruce Sinkbeil 12.01	W30 Betsey Haydock 5:05.62	M45 Joe Johnson M50 Paul Stepan
17 11	Greg West 12.59 M35 Dave Hagmeier 11.33	Mary Russell 5:27.98	Jerry Newcom
17-11 14-91	Randy Kruse 11.40	W35 Sandra Newton 5:27.88 W40 Sharon Gerl 5:45.66	M55 Alan Maxwell M60 Rich Nordqui
14-81	M45 Harold Morioka CAN 11.63	Connie Gilbert 5:51.92	M70 Carl Oates
17-0	Juan Bustamante 12.20 Ron Pinard 12.34	W55 Marcia McChesney 7:19.54 W70 Pat Dixon 7:26.00	Clarence Tra W35 P Farster-Gi
	Joe Thielman 12.52	Control of States of the states	W50 Becky Sisley
17	M50 T Cannon 12.41 J C Hoffman 12.66	3000m M30 Steve Cain 9:08.90	Nancy Davis
33-71	Paul Stepan 13.23	Mike Dilley 9:33.98	Triple Jump
33-6 1	M55 Harold Hitt 12.96	M35 Ron Dimmerman 11:36.60	M45 Mike Akerman
37-1	Jim Schlewitz 13.44 Jack Coy 13.60	M40 Gary Rust 9:40.12 Fred Pietrzak 9:55.12	M55 Loren Swanso W50 Becky Sisley
the de	M60 Tom Norwood 14.09	Larry Wilson 10:08.27	
44-0	M65 Stan Whipple 17.69 M70 Carl Oates 15.08	M50 Reed Miller 9:56.98 Nat Teich 11:50.00	Shot Put
	W35 Catherine Seeley 12.83	M55 Raymond Hatton 9:43.71	M45 Allen Philli Juan Bustama
35-31	P Farster-Gilkey 13.37 Susan Miller 13.60	Jim Steinmetz 14:42.10 M60 Bill McChesney 10:44.03	M50 Nei: Saling
	W40 Hilary Gilmore 13.43	Boyce Jacques 10:59.60	Thomas White Larry Hamble
all the	W45 Rose Schlewitz 16.37 W50 Nancy Davis 14.78	W35 Claudia Cottrell10:52.20 W45 Connie Manley 11:49.80	M55 Loren Swanse
41-1	Marti Thielman 16.70	W50 Kathleen Reed 16:18.0	M60 Harvey Will: Ward Church
36-10 34-1 1	W65 Marie Stafford 18.69	W55 Marcia McChesney14:43.10	M75 Foss Carter
	200m	5C00m	Leon Joslin Robert Hunt
47-63 40-11	M30 John Morris 26.86 M40 Paul Dungan 23.84	M30 B Mobley-Oorthuy17:00.33 M35 Roger Robb 20:12.50	W35 Candice Bje
37-31	M40 Paul Dungan 23.84 Robert Lewis 26.66	M40 Rod Malone 16:47.83	W45 Deanne Golio W55 Sharon Saho
38-5 3/4	Fred Pietrzak 27.40 M45 Farold Morioka CAN 23.38	Paul Kaplan 17:06.88 Michael Lamm 17:19.04	Marilyn Gray
co (1	Lynn Eves 25.67	M45 Jack Anderson 18:30.92	W65 Melanie Res
58-6 1 57-7 3/4	Juan Bustamante 25.77	M50 Mike Christiansel7:48.68 M55 William Cupp 18:26.76	Discus
53-61	Emil Torquato 26.88 M50 J C Hoffman 26.11	William Beckwith19:19.70	M45 Allen Philli Juan Bustama
35-5	M55 Jack Coy 28.21	Allie Rudy 19:28.10 M65 Byron Krog 22:53.30	M50 Neil Saling
33-5	Jim Schlewitz 28.23 M60 Tom Norwood 28.86	W35 Marilyn Nippold 18:39.10	Richard Lee
27-8	M65 Walter Dahlin 30.66	W45 Rita Rudder 23:38.70 W50 Shirley Smith 23:24.50	John Forsyth Gerard Dumas
1.2	Lowell Russell 37.20 Stan Whipple 38.90	W60 Dawn Russell 27:09.80	M55 Frank Miller
41-1	M70 Carl Oates 33.70	Helen Lachman 28:18.70	M60 Harvey Willi Ward Church
33- 1	W39 Catherine Seeley 26.04 P Farster Gilkey 26.42	W65 Jean Mitchell 30:21.10	M70 Stan Pelland
18-11	Mary Ann Berg 26.96	1C,000m	M75 Loss Carter Leon Joslin
41-61	W-O Hilary Gilmore 28.31	M40 Gene Solomon 32:56.32 Steve Barron 41:37.17	W35 Candice Bjer
	W45 Rose Schlewitz 34.65 W50 Nancy Davis 31.70	Dusty Moller 42:25.89	W45 Mary Priest
101	Marti Thielman 33.80	M50 David Pitkethly 39:39.00 W35 Claudia Cottrel138:43.38	W50 Marti Thielm W55 Marilyn Gray
136-0	W65 Marie Stafford 40.20	110mH	States and the second
106-4	400m	M35 Rich Reinhart 16.80	Hammer MS5 Frank Miller
131-5	M30 John Morris 59.68 M35 Dave Hagmeier 53.40	100mH	M60 Ward Church
129-3	Jim Hiebert 56.48	M50 Lew Thorne 15.56	M75 Robert Hunter Leon Joslin
111-0	Steven Brown 56.91 M40 Richard Tucker 52.43	M55 Loren Swanson 19.17 Alan Maxwell 19.71	M35 Jeff Carter
123-7	Wayne Gripp 54.44	Alan Maxwell 19.71 400mH	Bill Wilson M40 Drew Stevick
102-10	Robert Lewis 57.93	M40 Larry Norris 1:05.76	Bob Engelsta
173-2	Fred Pietrzak 59.61 Frank Lulich 60.61	M45 Harold Morioka 1:00.45	Joe Stefanile Richard Step
159-4	M45 Harold Morioka CAN 51.88	W30 Kathy Kathman 1:21.65	Paul Wilson
153-2	John Hayward 57.24 Lynn Eves 57.77	300mH M50 Lew Thorne 45.11	M45 Ladd Zastoup
	M50 J C Hoffman 59.72	T Cannon 45.23	Tom Balcom M50 Bob Darling
1000	Bob Bannister 60.90 Paul Stepan 62.42	Fred Brandenfels 54.30 John Forsyth 56.24	Kirk Nieland
111-9	John Forsyth 65.80	M65 Walter Dahlin 55.39	John Forsyth M60 Harvey Willia
95-7	M55 Harold Hitt 58.93 Jim Schlewitz 64.41	Steeplechase	Ward Church
52-8	M60 Tom Brinton 64.70	M35 Barry Jahn 9:55.60 M40 James Gelsomini 10:16.61	M75 Leon Joslin W35 Arlene Platt
83-6	Rich Nordquist 68.73 W35 Catherine Seeley 58.85	Larry Norris 11:07.66	W45 Deanne Gorlie
78-9	Mary Ann Berg 60.48	M45 Gale Pfueller 10:54.59 M50 Robert Langenbac12:01.27	W50 Becky Sisley
11111	Jacqueline Manley 70.70 W40 Hilary Gilmore 64.57	M55 Rod Wood 12:55.81	W55 Sharon Sahong
146-3	W65 Marie Stafford 1:30.42	Pole Vault	Marilyn Gray
	800m	M30 John Winters III4.25 M40 Stuart Jones 4.25	3COOm RW
134-0	M35 Rick Barbero 2:04.88	Bert Serrano 4.01	· M30 William Boyd
NE STA	Bert Dunn 2:10.35 Neil Chinn 2:17.19	Richard Stepp 3.70	M35 Joel Estrin David McNayr
128-0 123-9	M40 Richard Tucker 1:58.57	J Patterson 3.61 M45 Larry Holmes 3.81	M40 C D Monismith
+	James Gelsomini 2:03.01	M50 Gerard Dumas 3.30	Jim Bean M45 Funn Marvin
91-5 69-3	Denny Harrington 2:07.87	Don Gray 3.10 John Forsyth 2.90	Bob Brewer
66-3	T 1-1- 2.07 00	F Brandenfels 2.40	Continued
			and the second second

160 Don Grosh	
	2.90
R Nordquist	2.80
M65 Les Hintz M70 Stan Pelland	2.10.
	A PROPERTY.
High Jump 130 Greg West	1.63
440 Dennis Olafse	on 1.78
Kevin Sulliva Drew Stevick	an 1.63
A Huffstuter	1.57
445 Mike Akerman	1.63
F Brandenfels	
Thomas White	1.19
155 Herm Wyatt	1.74
Jim Schlewit: Loren Swanson	
16C Hal Buck	1.33
Ward Church	1.19
165 Walter Dahlin Linn Spauldin	
Les Hintz	1.02
30 Kathy Kathman	1.35
Noncy Davis	1.22
55 Sharon Sahond	
Long Jump M30 frage Sinkbe	11 6.79
M30 frue Sinkbe M35 Fandy Kruse	6.71
M40 Steve Craig M45 Joe Johnson	4.80
M50 Paul Stepan	5.26 4.35
Jerry Newcom	b 4.33
M55 Alan Maxwell M60 Rich Nordqui	4.55 st 4.10
M70 Carl Oates	3.90
. Clarence Tra	han 3.83
W35 P Farster-Gi W50 Becky Sisley	1key 4.33 3.49
W50 Becky Sisley Nancy Davis	3.48
	100 Mar.
Triple Jump M45 Mike Akerman	9.69
M55 Loren Swanso	n 9.09
W50 Becky Sisley	8.31
Shot Put	
M45 Allen Philli	ps 8.98
Juan Bustama M50 Nei: Saling	nte 7.50
Thomas White	12.28 9.78
	n 7.68
Larry Hamble	n 9.25
M60 Harvey Wills Ward Church	ams 11.21 8.81
	12.17
M75 Foss Carter	
Leon Joslin	9.79
Leon Joslin Robert Hunt W35 Candice Bjer	9.79 7.31 ke 8.04
Leon Joslin Robert Hunt W35 Candice Bjer	9.79 7.31 ke 8.04 k 7.57
Leon Joslin Robert Hunt	9.79 7.31 ke 8.04 k 7.57 kk 8.09
Leon Joslin Robert Hunt W35 Candice Bjer W45 Deanne Golic W55 Sharon Sahor	9.79 7.31 ke 8.04 k 7.57 ichik 8.09 5.94
Leon Joslin Robert Hunt W35 Candice Bjer W45 Deanne Golic W55 Sharon Sahor Marilyn Gray W65 Melanie Resk	9.79 7.31 ke 8.04 k 7.57 ichik 8.09 5.94
Leon Joslin Robert Hunt W35 Candice Bjer W45 Deanne Golić W55 Sharon Sahor Marilyn Gray W65 Melanie Resk <u>Discus</u> M45 Allen Philli	9.79 7.31 ke 8.04 k 7.57 ichik 8.09 5.94 e 6.34
Leon Joslin Robert Hunt W35 Candice Bjer W45 Deanne Golic W55 Sharon Sahor Marilyn Gray W65 Melanie Resk Discus M45 Allen Philli Juan Bustama	9.79 7.31 ke 8.04 kk 7.57 kchik 8.09 5.94 e 6.34 ps 28.28 nte 22.60
Leon Joslin Robert Hunt W35 Candice Bjer W45 Deanne Golic W55 Sharon Sahor Marilyn Gray W65 Melanie Resk Discus M45 Allen Philli Juan Bustama M50 Neil Saling	9.79 7.31 ke 8.04 kk 7.57 ichik 8.09 5.94 e 6.34 ps 28.28 nte 22.60 39.28
Leon Joslin Robert Hunt W35 Candice Bjer W45 Deanne Golic W55 Sharon Sahor Marilyn Gray W65 Melanie Resk Discus M45 Allen Philli Juan Bustama M50 Neil Saling Richard Lee John Forsyth	9.79 7.31 7.86 8.04 7.57 7.57 7.57 7.57 8.09 6.34 9.46 7.57 6.34 9.46 9.42 9.28 39.28 39.28 39.22 35.52
Leon Joslin Robert Hunt W35 Candice Bjer W45 Deanne Golic W55 Sharon Sahor Marilyn Gray W65 Melanie Resk Discus M45 Allen Philli Juan Bustama M50 Neil Saling Richard Lee John Forsyth Gerard Dumas	9.79 7.31 7.86 8.04 7.57 1.05 1.05 1.05 1.05 1.05 1.05 1.05 1.05
Leon Joslin Robert Hunt W35 Candice Bjer W45 Deanne Golic W55 Sharon Sahor Marilyn Gray W65 Melanie Resk Discus M45 Allen Philli Juan Bustama M50 Neil Saling Richard Lee John Forsyth Gerard Dumas M55 Frank Miller M60 Harvev Willie	9.79 7.31 rke 8.04 rk 7.57 ichik 8.09 5.94 e 6.34 ps 28.28 nte 22.60 39.28 39.02 35.52 29.44 34.74
Leon Joslin Robert Hunt W35 Candice Bjer W45 Deanne Golic W55 Sharon Sahor Marilyn Gray W65 Melanie Resk Discus M45 Allen Philli Juan Bustama M50 Neil Saling Richard Lee John Forsyth Gerard Dumas M55 Frank Miller M60 Harvey Willi Ward Church	9.79 7.31 7.86 8.04 8.04 7.57 7.57 7.57 8.04 8.09 5.94 6.34 9.28 39.28 39.28 39.28 39.28 35.52 29.44 34.74 ams 41.40 32.88
Leon Joslin Robert Hunt W35 Candice Bjer W45 Deanne Golic W55 Sharon Sahor Marilyn Gray W65 Melanie Resk Discus M45 Allen Philli Juan Bustama M50 Neil Saling Richard Lee John Forsyth Gerard Dumas M55 Frank Miller M60 Harvey Willi Ward Church	9.79 7.31 7.86 8.04 8.04 7.57 1.05 1.05 1.05 1.05 1.05 1.05 1.05 1.05
Leon Joslin Robert Hunt W35 Candice Bjer W45 Deanne Golic W55 Sharon Sahor Marilyn Gray W65 Melanie Resk Discus M45 Allen Philli Juan Bustama M50 Neil Saling Richard Lee John Forsyth Gerard Dumas M55 Frank Miller M60 Harvey Willi Ward Church M70 Stan Pelland M75 Koss Carter Leon Joalin	9.79 7.31 7.86 8.04 7.57 7.57 7.57 7.54 8.09 5.94 9.5 9.6 34 9.28 39.02 35.52 29.44 34.74 ams 41.40 32.88 37.80
Leon Joslin Robert Hunt W35 Candice Bjer W45 Deanne Golic W55 Sharon Sahor Marilyn Gray W65 Melanie Resk Discus W45 Allen Philli Juan Bustama M50 Neil Saling Richard Lee John Forsyth Gerard Dumas M55 Frank Miller M60 Harvey Willi Ward Church M70 Stan Pelland M75 Koss Carter Leon Joslin W33 Candice Bjer	9.79 7.31 7.86 8.04 8.05 9.594 9.594 9.634 9.634 9.634 9.28 39.28 39.28 39.28 39.22 35.52 29.44 34.74 ams 41.40 32.88 20.28 37.80 31.08 ke 23.91
Leon Joslin Robert Hunt W35 Candice Bjer W45 Deanne Golic W55 Sharon Sahor Marilyn Gray W65 Melanie Resk Discus M45 Allen Philli Juan Bustama M50 Neil Saling Richard Lee John Forsyth Gerard Dumas M55 Frank Miller M60 Harvey Willi Ward Church M75 Foss Carter Leon Joslin W35 Candice Bjer W45 Marv Priest	9.79 7.31 7.86 8.04 8.05 9.594 9.594 9.594 9.594 9.594 9.594 9.594 9.28 39.02 35.52 29.44 34.74 ams 41.40 32.88 20.28 37.80 31.08 ke 23.91 35.35
Leon Joslin Robert Hunt W35 Candice Bjer W45 Deanne Golic W55 Sharon Sahor Marilyn Gray W65 Melanie Resk Discus W45 Allen Philli Juan Bustama M50 Neil Saling Richard Lee John Forsyth Gerard Dumas M55 Frank Miller M60 Harvey Willi Ward Church M70 Stan Pelland M75 Koss Carter Leon Joslin W33 Candice Bjer	9.79 7.31 7.86 8.04 8.05 9.594 9.594 9.594 9.594 9.594 9.594 9.594 9.28 39.02 35.52 29.44 34.74 ams 41.40 32.88 20.28 37.80 31.08 ke 23.91 35.35
Leon Joslin Robert Hunt W35 Candice Bjer W45 Deanne Golic W55 Sharon Sahor Marilyn Gray W65 Melanie Resk Discus M45 Allen Philli Juan Bustama M50 Neil Saling Richard Lee John Forsyth Gerard Dumas M55 Frank Miller M60 Harvey Willi Ward Church M70 Stan Pelland M75 Koss Carter Leon Joslin W35 Candice Bjer W45 Mary Priest W50 Marti Thielm	9.79 7.31 7.86 8.04 8.05 9.594 9.594 9.594 9.594 9.594 9.594 9.594 9.594 9.28 39.02 35.52 29.44 34.74 ams 41.40 32.88 20.28 37.80 31.08 ke 23.91 35.35 an 19.13
Leon Joslin Robert Hunt W35 Candice Bjer W45 Deanne Golic W55 Sharon Sahor Marilyn Gray W65 Melanie Resk Discus M45 Allen Philli Juan Bustama M50 Neil Saling Richard Lee John Forsyth Gerard Dumas M55 Frank Miller M60 Harvey Willi Ward Church M70 Stan Pelland M75 Foss Carter Leon Joslin W35 Candice Bjer W35 Candice Bjer W35 Marti Thielm W55 Marilyn Gray	9.79 7.31 7.86 8.04 7.57 9.594 e 6.34 ps 28.28 39.02 35.52 29.44 34.74 ams 41.40 32.88 20.28 37.80 31.08 ke 23.91 35.35 an 19.13 14.37
Leon Joslin Robert Hunt W35 Candice Bjer W45 Deanne Golic W35 Sharon Sahor Marilyn Gray W65 Melanie Resk Discus M45 Allen Philli Juan Bustama M50 Neil Saling Richard Lee John Forsyth Gerard Dumas M55 Frank Miller M60 Harvey Willi Ward Church M70 Stan Pelland M75 Foss Carter Leon Joslin W35 Candice Bjer W45 Mary Priest W50 Marti Thielm W55 Marilyn Gray M55 Frank Miller M50 Frank Miller	9.79 7.31 7.86 8.04 7.57 7.57 7.57 7.57 8.09 7.6 9.5 9.4 7.57 7.57 7.57 7.57 7.57 7.57 7.57 7.
Leon Joslin Robert Hunt W35 Candice Bjer W45 Deanne Golic W55 Sharon Sahor Marilyn Gray W65 Melanie Resk Discus W45 Allen Philli Juan Bustama M50 Neil Saling Richard Lee John Forsyth Gerard Dumas M55 Frank Miller M60 Harvey Willi Ward Church M70 Stan Pelland M75 Koss Carter Leon Joslin W35 Candice Bjer W55 Marilyn Gray Wammer M55 Frank Miller M60 Ward Church M75 Kobert Hunter	9.79 7.31 7.86 8.04 7.57 8.04 8.09 5.94 6.34 9.28 39.02 35.52 29.44 34.74 ams 41.40 32.88 20.28 37.80 31.08 ke 23.91 35.35 an 19.13 14.37 36.50 21.84 23.60
Leon Joslin Robert Hunt W35 Candice Bjer W45 Deanne Golic W55 Sharon Sahor Marilyn Gray W65 Melanie Resk Discus M45 Allen Philli Juan Bustama M50 Neil Saling Richard Lee John Forsyth Gerard Dumas M55 Frank Miller M60 Harvey Willi Ward Church M70 Stan Pelland M75 Foss Carter Leon Joslin W35 Candice Bjer W35 Cardice Bjer W35 Marti Thielm W55 Martilyn Gray Hammer M55 Frank Miller	9.79 7.31 7.86 8.04 7.57 7.57 7.57 8.09 6.34 9.59 9.28 39.02 39.28 39.02 35.52 29.44 34.74 ams 41.40 32.88 20.28 37.80 31.08 ke 23.91 35.35 an 19.13 14.37 36.50 21.84 23.60 21.88
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M60 William Kinder 20:09.60	M4
M65 Byron Krog 19:18.20	W4
C Hutcheson 20:11.90 M70 George O'Neal 19:50.20	1.32
W30 Judy Suhanek 16:22.10	50 M3
W35 Donna Houle 17:16.70	
C Schleiger 19:37.00 Kerry Frost 20:15.60	M4
W40 C Langenbach 21:51.50	MG
W45 Carolyn Kortge 17:38.30	Hi
Joan Finholt 21:06.20	M4
VI Volcano Classic	
St. Helens, OR	1.24
June 10	M4
100m	
M30 Billy McKinney 11.3	- M
Brian Valley 11.7 Roman Robinson 12.1	M
M35 Dave Hagmeier 11.5	1.80
Wingman 12.76	W
M40 Sam Autry 11.9 M45 Roy Semmel 12.23	W
Joe Johnson 12.99	L
MSO Paul Stenan 13.38	
M55 Don Kane 13.26 Stan Zak 14.71	M
Charles Spray 15.95	
M65 William Bronson 13.59	
W35 Catherine Seeley 12.93	M
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200m M30 Billy McKinney 23.01	Po
M35 Steve Brown 25.26	M4
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M45 Joe Thielman 25.21 Roy Semmel 25.95	MS
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M55 Don Kane 27.10	M4
M65 William Bronson 28.84 W35 Catherine Seeley 26.93	
W40 Hilary Gilmore 28.93	~ <
W50 Marti Thielman 35.47	MS
W55 Nikki Ryan 31.84 (Age-group AR)	MS
Sharon Sahonchuk 36.73	MG
400m	MG
M30 Brian Valley 57.55 M35 Dave Hagmeier 55.91	Di M4
M40 Frank Lulich 58.63 Peter Schludermann 59.93	S. F. F.
Peter Schludermann 59.93 M45 Joe Thielman 57.70	M
Harvey Baker 1:02.51	1
M50 Paul Stepan 1:03	M
M55 Don Kane 1:02.07 Charles Spray 1:13.69	W
W35 C Seeley 1:00.24	Ha
Kathy Holmstrom 1:09.00	H4
W40 D McLarty 1:18.90 W50 Marti Thielman 1:27.37	M
800m	Ja
M35 C Seeley 2:40.81	M
W40 Barbara Ballard 2:45	M4
Hilary Gilmore 2:47.25 Connie Gilbert 2:47.35	M
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nal Buck 4-4	
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Mike Lariza 19-9 3/4	
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Joe Johnson 15-85	W50 Sa
Jack Kondrasuk 14-6	Jo
Ignazzito 13-6	
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Please send masters race results to: National Masters News, P.O. Box 2372, Van Nuys, CA 91404, Please include date, distance and city.

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NATIONAL	M55 Jack Cagot 1:00:03
	Mike Goldman 1:02:09
TION NO. IN ALL ALL	M60 Morris Adkins 1:08:41
TAC National Masters 15K	Russell Taylor 1:24:09
Championships, St. Clair	M65 Lou Lodovico 1:05:17
Classic	Ray Chappelear 1:06:27
St. Clairsville, OH	M70+Dudley Healy 1:15:44
June 17	W40 Marie Burleson 1:00:22
Overall:	Donna Goodman 1:03:23
Daniel Sekerak 51:2	Darlene Norman 1:05:35
Marie Burleson 1:00:2	Pamela Gibson 1:07:35
W(0. D. (.) 0.1	Sherry Defibaugh 1:14:43
M40 Daniel Sekerak 51:2	Carolyn Kupperman1:15:40
David Tresohlavy 52:1 Roger Price 54:4	woordarole Litman 1:24:12
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Thomas Lamme 56:1	
Ron Carlisle 56:2	
Ronald Norman 57:0	
Jack Cubbison 58:4	
James Anderson 58:4	
Jack Kigerl 1:01:0	
M45 Daniel Cook 1:01:3	7
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Leon Evans 1:08:5	
Dennis Blunt 1:12:4	7
M50 Joe Fodor 56:1	0
Bob Ward 58:2	5
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RESULTS

National Masters News

Frank Shorter

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M50 Sam Graceffo Bill Fuller	36:45 36:49	Judy Harri Jessie-Lea
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M60+John Burke Robert Ealy	42:57 43:26	Masters Tea
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Mary Loesch	43:00	Barbara
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Nancy Oshier W45 C. Tattersall	17:47.9	M45 Jim Web
Carol Flexer	18:52.9	Justino Dan Ham
Susan Weisbrod	18:56.9	M50 Willie
Lina Connors Marilyn Greeley	19:06.0	Dennis Sidney
W50 Gina Faust	18:45.9	Gerald
Zofia Turosz Sally Rusby	21:12.8 22:04.0	M55 Ken Jon
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nal M	asters News			
	Masters Teams	a la la constante	15K	and the
	Wesleyan: Bill Rodgers 41	26:35	Overall: Dan Gray	49:16
rer	Bcb Beardslee 42	28:38	Christine Kage-Will:	
Section 1	David Buddington47 Bill Masterson 51	29:20 29:37	M40 Merlin Anderson	54:06
	Yale:	1000	Jim Shimek Greg Morse	55:40 58:11
- 42 A	Frank Shorter 41 Lee Jampol 44	27:19 29:24	M45 William Gould	56:21
29:07	Tony Ruzicka 40 Eric Seiff 56	31:12 32:07	Dennis Werling Joe O'Shea	56:48 58:34
33:14 30:29	Iona:		M50 Harold Dix Jack Gilligan	1:03:49 1:03:56
31:15	Jim Fillis 51 Joe Burns 60	29:28 32:47	Lou Jones	1:05:51
31:37	George Schierle 47	39:26	M60+John Bertsche Roger Neuman	1:02:22 1:17:36
33:45	John Kelly 56	50:19	Paul Crutchfield	1:22:36
36:45	Women Masters . Judy Harrigan	32:27	W35 Susan Schafer Kathleen Chodelk	1:07:04 a1:08:53
36:49 39:44	Jessie-Lea Hayes Barbara Yardy	33:09 36:13	Cindy Ohlsen W40 Carol Bellora	1:09:49 1:04:47
42:57	Masters Teams	50.15	Dona Bailey	1:05:00
43:26	Hunter:		Peggy Fisher W45+Maureen Bixby	1:11:00 1:03:46
35:56 36:27	Carcl Gellman 40 Ruth Greher 47	39:08 40:25	Bonnie Kammin	1:11:14
43:00	Barbara Foley 62 NYU:	52:51	Lorraine Kurz	1:13:26
41:10 45:10	S Taliaferro 41	47:36		
50:19 46:39	Queenie Thompson65 Diana Townsend 49	52:16	MID AMER	ICA
47:49	Brooklyn:		Conden of the Code 1	0.1416
55:33	Katie Raab 42 Lee Nussdorf	48:21 49:24	Garden of the Gods 1 Manitou Springs,	
the get	Barb Schwimmer 53		June 11	
men	Partition Statistics	(and	Overall:	1
C. Sela	Father's Day 4 Mil		Mark Stickley J'ne Day	51:46 1:00:30
	Central Park, NYC		.M40 Tom Burnett	57:52
5:25.3	June 18		John Swartz Charley Perez	58:25 59:03
6:19.4	Overall Victor Padriana 28	10.55	M45 Aubrey Lavizzo	1:01:47
7:05.5 7:13.2	Victor Rodriquez 28 M40 Luis Guachichulca	19:55 21:46	Robert McAndrews Pat McCarty	1:02:04 1:02:06
7:23.8	Jay Hildebrand	22:27	M50 Phillip Mann	1:05:45
7:47.9	James Hudick M45 Jim Weber	22:30 23:16	Herb Lorenz Glen Ash	1:05:59
8:22.7 8:52.9	Justino Valentin Dan Hamner MD	23:28	M55 Dale Goering	1:10:20
8:56.9	M50 Willie Kaye	24:06 21:59	Bill Turley Patrick Quinn	1:13:42 1:15:26
9:06.0	Dennis Barham	22:12 22:16	M60 Al Becken	1:09:52
8:45.9	Sidney Howard Gerald Lopez Jr	22:25	Morris Adkins Bob Shurte	1:19:04 1:21:41
1:12.8	M55 Ken Jones	24:44	M65 Jerry Morrison	1:18:38
2:18.2	Rudy Benoit Eric Seiff	25:47 26:03	Gib Frye Rodge Rodgers	1:22:48
3:07.3	M60 Joe Burns	25:52	M70 Edward Turrou George Boulden	1:25:24
2:52.8	George Thompson Hector Pacheco	26:53 27:08	Orval Lohman	1:27:29 1:32:42
5:22.8	M65 William Coyne Tom Gibbons	27:58 30:48	W35 Debbie Wagner	1:07:35
6:13.5 5:25.5	Stan Neufeld	30:53	Susan Watz Ann Daxberger	1:08:03 1:09:44
7:29.1	M70+Vince Carnevale Roberto Renny	29:03 31:49	W40 Terry Mahr Judy Fellhauer	1:08:19
7:43.3	Wilfredo Rios	32:43	Cheryl Beckwith	1:08:34
3:29.7	ber the second		W45 Corky Keeffe Betty Duran	1:19:59 1:20:47
	SOUTHEAS	ST	Judy Connally	1:22:05
thon	The states of the states of the states	Called States	W50 Diane Palmason Grace Rome	1:16:02 1:18:30
le, NY	Peachtree 10K		Sylvia Quinn	1:24:23
	Atlanta, GA July 4		W55 Kenny Goering Nelma Burnutt	1:30:17 1:31:52
:09:34	The second second second	C. Star	Donna Simmons W60 Mabel Velge	1:44:16
:27:42	Overall: Ibrahim-Hussein	28:13	W65 Julie Mapps	1:39:15 2:25:24
:21:40	Judi St. Hilaire	32:05	Contraction of the second	Careford and
:25:27	M40 Victor Mora Mike Hurd	30:00		Finen
:22:00	Earl Owens W40 Laurie Binder	31:29	Grandma's Marati Duluth, MN	non
:27:30	Ngaire Drake	35:29 35:36	June 16	HE HA
:19:37 :21:42	Mary Wood	36:53	Overall:	1.10
:25:51			Doug Kurtis	2:16:49
:32:30	MIDWEST	1	Louise Mohanna	2:39:50
:36:43	Stanmhart Ol	an an	M40 Kjell-Erik Stahl Robert Schlau	2:18:43 2:24:06
:32:36	Steamboat Classic Peoria, IL	Contra C	Robert Nelson Richard Dorman	2:36:40
:33:11 :56:30	June 17		Jack Miller	2:37:19 2:37:23
:42:49	4 Mile	the state	Greg Frak Greg Larson	2:39:15
:56:33 :03:08	Overall: Andrew Lloyd	17.50	Charles Possin	2:42:47 2:43:05
:41:05	Chris Pfitzinger	17:58 20:37	Don Mathieu Greg King	2:43:38
:45:45	M40 Ron Jensen	20:53	M50 Arlen Sunn	2:44:56 2:54:33
:35:23	Steve Wollny Craig Dean	21:09 21:25	Lyle Cater Ted Tetzlaff	2:56:36 2:56:49
:47:02	M45 Allan Rushmer	19:42	Manuel Rosiles	3:00:14
:40:58	Fred Betz Larry McMasters	21:51 22:27	Jerry Hady Jack Wier	3:00:54 3:03:59
:44:14	M50 Leon Fennell	23:19	Carl Koecher	3:05:47
:58:58	Wayne Giese Auburn Wells	23:54 23:59	Paul Paine Karl Ostrom	3:05:51 3:08:27
:08:20	M60+Jack Gentry	23:35	Kenneth Burns	3:08:59
Viel C	Bill Buster Bill Kennedy	26:51 29:41	M60 Alex Ratelle Harold Hubbard	3:00:44 3:18:49
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	Vickie Fifield Mary Boehm	25:30 25:44	Richard Lamermaye Robert Brown	3:21:07
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25:27 29:40	W45 Jo Austine	29:57	George Sivanich	3:29:58
Carlos and	Linda Watson Sue Adams	30:27 30:32	Larry Nolan M70+Leopold Hardung	3:35:27
26:35 27:14	J50+Barbara Gurtler	28:37	Frank Ruebl	4:09:12 4:23:21
27:14	Lois Brusko Marion Kowalski	29:59 30:24	Clayton Moran	4:46:21
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W40 Susan Havens 15K Overall: Dan Gray 49:16 Christine Kage-Willis 58:22 54:06 55:40 M40 Merlin Anderson Jim Shimek Greg Morse M45 William Gould Dennis Werling Joe O'Shea 58:11 56:21 56:48 58:34 Cheryl Ditch 3:25:33 Brigette Suther113:26:03 W50 Wen-Shi Yu 3:18:56 M50 Harold Dix 1:03:49 1:03:56 Jack Gilligan Lou Jones M60+John Bertsche 1:02:22 Roger Neuman 1:17:36 Paul Crutchfield 1:22:36 W35 Susan Schafer 1:07:04 Kathleen Chodelkal:08:53 Kathleen Chode Cindy Ohlsen W40 Carol Bellora Dona Bailey Peggy Fisher W45+Maureen Bixby Bonnie Kammin Lorreine Kurz 1:09:49 1:04:47 1:05:00 W60 1:11:00 1:03:46 1:11:14 1:13:26 MID AMERICA Ove Ty Lu Garden of the Gods 10 Mile Manitou Springs, CO M40 June 11 Overall: M4 5 Mark Stickley 51:46 J'ne Day M40 Tom Burnett John Swartz 1:00:30 M50 58:2 John Swartz Charley Perez M45 Aubrey Lavizzo Robert McAndrews Pat McCarty M50 Phillip Mann Herb Lorenz Clen Ash M55 Dale Goering Bill Turley Patrick Quinn 59:03 1:01:47 M55 1:02:06 1:05:45 M60 1.05.59 1:10:22 M65 1:13:42 Patrick Quinn M60 Al Becken Morris Adkins Bob Shurte 1:15:26 1:09:52 M70 1:21:41 M7 : M65 Jerry Morrison Gib Frye Rodge Rodgers M70 Edward Turrou 1:18:38 1:22:48 W35 1:25:24 George Boulden Orval Lohman 1:27:29 W40 1:32:42 W35 Debbie Wagner 1:07:35 W45 1:08:03 1:09:44 1:08:19 Susan Watz Susan Watz Ann Daxberger W40 Terry Mahr Judy Fellhauer Cheryl Beckwith W45 Corky Keeffe Betty Duran Iudy Connally W50 1:08:34 1:12:25 1:19:59 WSS Judy Connally W50 Diane Palmason Grace Rome Sylvia Quinn 1:22:05 1:16:02 ¥60 ₩70 1:18:30 1:24:23 W55 1:30:17 Kenny Goering Nelma Burnutt 1:31:52 1:44:16 Donna Simmons W60 Mabel Velge W65 Julie Mapps 2:25:24 Grandma's Marathon Duluth, MN June 16 Overall: Doug Kurtis Louise Mohanna 2-16-49 2:39:50 M40 Kjell-Erik Stahl 2:18:43 Robert Schlau Robert Nelson Richard Dorman Jack Miller 2:24:06 2:36:40 2:37:19 2:37:23 Greg Frak Greg Larson Charles Possin Don Mathieu 2:39:15 2-42-47 2:43:05 2:43:38 Greg King M50 Arlen Sunn Lyle Cater Ted Tetzlaff 2:44:56 2:54:33 2:56:36 2:56:49 Manuel Rosiles 3:00:14 Jerry Hady Jack Wier Carl Koecher 3:00:54 3:05:47 Paul Paine 3:05:51 Karl Ostrom Kenneth Burns 3:08:27 3:08:59 M60 Alex Ratelle 3:00:44 3:18:49 3:21:00 Harold Hubbard Joseph Powers 3:21:00 Richard Lamermaye3:21:07 3:23:29 3:23:56 Robert Brown

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August, 1989

Judy Greer C. Ciaverella

Francine Pahl Sue Trapp Vickie Putnam Carmel Vrabel

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Mary Wood 55.57 W45 Sue Cammack 1:04.26		ionships	2 H Hartung 3 M Sadoc		37:12 37:17	2 H Neiner AUS 40:12	2 B DeFreter	BEL 44:48	W35 1 C Bury	RFI 3	:09:36
Josie Chalmers 1:07.01 .		Belgium 24-25	M65		State 1	3 A Nally UK 42:18 W50	3 S Wisman W65	NET 45:36	W40		
Elaine Paul 1:08.19 H. Bonnlander 1:08:58	10K	State State	1 M Walenta 2 R Boterberg		40:08	1 E Poh1 WG 39:51	1 M Hanokova	CZE 55:38	1 P Beckett W45	UK 3	:03:29
Elaine Tober 1:09.28	M40		3 P Faude		42:21	2 W Jaeger WG 40:59 3 J Aitcheson UK 42:54	W70 1 E Eriksson	• SWE 56:24	1 E Bloemen	NET 3	:05:47
W50 Rose Gardner 1:03.56 Nancy Hellyer 1:05.52	1 O Van Noter 2 B O'Neill	BEL 31:23 UK 31:26	<u>M70</u>	1.14		<u>W55</u>	. E LITKSSON	5#2 30:24	W55 1 T VanDerZw	et BEL 3	:41-11
Lyn Cole 1:08.43	3 M Martin	UK 31:29	1 T Sexe 2 P Nasi		42:36 42:36	1 M Loudon UK 41:53 2 P Fletcher UK 43:41	Marathon	Chief and P	W65 1 J Waller	1. A.	
Shirley Ingram 1:10.45 M. Peterson 1:15.30	4 J Dingwall 5 E Cunningha	UK 31:39 uK 31:46	3 A Donat		42:53	3 E Quinton UK 47:46	M40 1 D Kerlem	FRA 2:24:56	1 J Waller	UK 3:	:43:07
W55 Jo Sullivan 1:13.01	6 J Van Der V	Water BEL 32:06	M75			Men's 30K Walk	2 G Haller	WG 2:30:24	Women's 20	K Walk	
Bernice Martin 1:15.30 Colleen Mershon1:16.23	M45		1 G Porteous 2 A Heuninck		45:20 47:01	M40	3 J Demeuleme	BEL 2:32:45	W35		
Mary Kendler 1:20.28	1 L Presland	UK 32:34	3 L Aellen		49:00	1 P DeWulf FRA 2:43:24 M45	M45	BEL 2:32:43	IS Leinspin W40	sel SPA I:	:50:56
J. Hegedus 1:23:01	2 M Duff 3 J Van Rento	UK 33:23 ergem BEL 33:34	<u>M80</u>			1 R Dobson UK 2:32:25	1 J Nijhuis 2 R Liban	NET 2:40:58 POL 2:44:05	1 D De Wolf	BEL 1:	:50:37
7.00	Section and		1 F Kelber	WG	56:18	M50 1 A Nokela SWE 2:36:12	3 J Desyn	BEL 2:44:03	W45 1 R Broders	WG 1	:59:01
	M50 1 T Davies	UK 32:34	W35 1 B Cardy-Wis	e UK	25.10	M55	M50 1 M Tosa	SPA 2:33:01	W50 1 I Kecg		:18:35
	2 W Chiau	BEL 33:31	2 A Asche	WG	35:18 38:55	1 K Hartwig WG 2:55:51 M60	M55	Plant Bandlant	<u>W55</u>		
	3 N Pleimling	g LIC 34:15	3 E Freidwich	wG	39:42	1 R Schouckens BEL 2:42:49	1 U Paar	WG 2:43:52	1 R Scott	UK 2:	:19:26
The state of the second s	Mintheast Accelering	a factor and a control of the second	A S STORE AND A STORE AND		No. of Concession			-		a financial state	and the second second
Late T&F Result	ts:	M70 L Don B	radley 73	3:06.23	80.0%	300m Hurdles			Discus Throw		
San Diego-Imperial TAC	C Masters	M65 1. Ray Su	ASTER AND THE	2:38.49	86.5%	WSO 1. Tami Graf 52	1:12.43 66.0%	W35 1. Janet	Wilson 36	41.90	68.4%
Championships, San Dieg	go, June 25	M60 1. Bob H		2:33.33	83.8%	M75 1. Bert Morrow 76	1:04.98 85.0%	W30 1. Linn		35.20	54.7%
		2. Marce 3. Jock J	Diraison 62	2:44.72 -	79.7%	M60 1. Bob Holmes 60	54.61 79.6%	M95 1. Tom		10.50	41.25
		and the Design				2. Jock Jocoy 63	56.09 80.5%	States and the	and the second	30.82	62.3%
W45 1. Jeanne Carter 49	14.90 80.9%	M55 1. Marsh 2. Edwin	Oookin 55	2:25.14 2:27.93	86.8% 82.7%	MSO 1. Bob Morgan 50	49.08 80.9%	Charles and the			C. Marine V. J
M55 1. Edward Martin 55 2. Vince Raffa 59	14.42 78.2% 18.34 63.0%	3. Edwar	d Martin 55	2:54.65	70.1%			M60 1. Harr 2. Bob 5	Sieben 62	48.46	78.1% 58.6%
M50 1. Dick Glasgow 54	12.89 86.9%	MSO 1. Ira Pi		2:39.01	74.4%			3. Dick 4. Jock		32.72 29.86	52.7% 50.8%
2. Dan Lieberman 50	13.60 80.6%	M45 1. Cliff E 2. Alan C		2:08.95 2:12.44	91.7% 86.1%	400m Hurdles	an and a second	MSS 1. Edwa	rd Martin 55	32.62	56.3%
and the second second second second	and the second sec	3. Willie		2:12.59	85.4%	W30 1. Antoinette Oliver 31	105.24 84.0%		dy Grover 55	26.20	45.2%
M40 1. Anthony Turnbull 44	12.72 83.6%	M40 1. Conra		2:06.82	86.9%	The state of the second second second	Low the Strangerstering	M50 1. Ed O.	leata 52 ey MacNeil-Black 53	36.18 33.86	60.1% 57.0%
M35 1. Frederick Mintz 36 2. Lou Kartsonis 37	11.87 86.4% 12.49 82.5%	2. Kent I 3. Wayn	Pfeiffer 42	2.09.28	84.7% 82.8%	M40 1. James King 40	53.88 95.9%	M45 1. C Mc	and the first Association of	33.80	63.2%
3. Alvaro Garcia 35 4. Bob Forrest 36	12.63 80.8% 13.54 75.7%	4. James S. Ron R		2.16.97 2:20.08	80.0% 78.2%	M35 1. Alvaro Garcia 35	1:05.39 76.0%	2. Abe 5		27.02	48.5%
M30 1. Oreg Holmes 30	11.10 90.1%	M35 1. John H	laberkern 37	2.01.66	88.4%	M30 1. Tony Melody 30	57.54 03.3%	M40 1. Gary		48.64	81.5%
2. Foots Williams 34 3. Rich Holman 32	11.71 86.8% 12.46 80.9%	2 Ian Cu 3 Ted V	an Arsdale 36	2:03.10 2:04.04	87.4% 86.2%	and the second second second		2. Georg	e Randall 42	34.18	55.9%
4. Eddie Stewart 34	12.62 80.6%	M30 1. Kevin	STREET, STREET	2:01.12	86.7%			M35 1. Alvai	ro Oarcia 35	23.40	35.5%
5. Michael Wagar 34	13.63 74.6%	2. Kevin	McCarey 34	2:02.02	86.6%	3000m Steeplecha	10 A	M30 1. Rich	Holman 32	36.58	53.8%
200m	and the second second	3. Tony 1 4. Marc	Cobb 31	2:02.19 2:04.29	84.5% 83.5%	M35 1. Mike Cour 39	10:51.19 79.9%	1 A	Hammer Throw	r and a second	Contraction of
W45 I. Jeanne Carter 49	30.07 82.7%	5. Michae	the second s	2:21.96	74.4%	M40 1. James Press 40	10.00.11 00.170	W30 1. Linn	Dunton 32	33.56	58.8%
M60 1. Bob Sieben 62 2. Jock Jocoy 63	28.34 86.7% 30.41 81.5%		1500m		A	2. Keith Jeffers 41	10:54.48 80.7%	M45 1. Abe 5	Sheinker 49	28.86	46.8%
3. Ken Bernard 63	30.79 80.5%	W65 1. Gerry	Davidson 68	6:55.52	79.8%	High Jump		and the second	Javelin Throw	Estate 1	
M55 1. Edward Martin 55 2. Vince Raffa 59	29.18 79.7% 43.90 54.6%	W'50 1. Tami 0	Oraf 52	6:36.89	69.5%	WSO 1. Taini Graf 52	1.22 77.7%	W50 1. Tami	Oraf 52	19.30	45.7%
the second second second second		W45 1. Eileen	Pue 49	5:31.08	81.1%	W40 1. Reiko Duba 44	1.27 73.0%	W30 1. Linn	Dunton 32	42.42	72.7%
M50 1. Dick Glasgow 54 2. Ed Oleata 52	26.42 87.4% 27.06 84.1%	W35 1. Christ	ine Purkiss 39	5-38.44	73.7%	M80 1. Win McFadden 84	0.96 73.3%	M95 1. Tout		9.86	39.4%
3. Dan Lieberman 50 4. Frank Nacozy 51	27.07 82.9% 28.47 79.4%	M60 1. Marce	Diraison 62	5:42.0	78.6%	M65 1. Burl Gist 69	147 93.6%	Strate Barris	McFadden 84	17.80	51.5%
M45 1. Mac Amos 45	26.72 81.3%	MSS 1. Marsh	Haraden 58	5:01.0	85.8%	M60 1. Bud Held 61	1.47 85.0%	Sector States		Calle Side	Contract 1
M40 1. James King 40	22.71 92.8%	M50 1. Dan K	ies 53	5.00.0	82.2%	M45 1. David Kuhn 46	1.47 72.1%	Contraction of the second	Angelman 77	23.04	53.0%
2. Herman Castille 40 3. Anthony Turnbull 44	23.92 88.1% 25.72 83.9%	2 Don 0	arab 50	5:28.0	73.3%	M40 1. Charlie Rader 41	1.98 92.1%	M70 1. Jerry		33.84	70.8%
4. Mike Flynn 42	27.43 77.8%	M45 1. Tom E	hurns 46	4:18.62	90.3%	M30 1. Billy Williams 33		M60 L Dick S 2. Jock J		33.62 27.82	56.5% 49.1%
M35 1. Frederick Mintz 36	24.45 84.3%		e Shirley 43 Liberman 40	4:14.00	90.1% 83.7%	and the second strend and the second second	2.04 88.3%	M55 1. Edwa	rd Martin 55	40.02	68.2%
2. Bob Forrest 36	26.00 79.2%	1. Glenn		5:12.16	72.9%	Pole Vault	Sec. 1. Alter	2. Wood		23.72	40.4%
M30 1. Bryan Henderson 30 2. Rich Holman 32	24.13 82.6% 24.82 81.2%	M35 1. John H	laberkern 37	4:20.86	84.5%	M75 1. Jack Angelman 77	1.83 58.3%	M30 1. Larry	Stuart 51	61.00	94.3%
400m	a the state of the second	M30 1. Kevin		4.02.00	89.5%	M60 1. Bob Holmes 60 2. John Cleveland 64	2.44 59.7% 2.44 63.2%	M45 1. David	Kubn 46	41.92	59.6%
The state of the s	1000	2. Norber 3. Ty Mo		4-21.90 5:04.55	81.3% 71.1%	M50 1. Ed Oleata 52	3.51 76.8%	M40 1. Ron R		43.74	58.0%
W65 1 Edna Washington 69	3:08.0 37.6%	Stat Baren	5000m	22.22.2.47	1000	2. Ron Fleming 51	3.05 65.9%	2. Wayn	e Pleiffer 42	35.20	47.7%
W45 1 Jeanne Carter 49	1:08.42 83.1%	W50 1. Donna		24:14.17	69.5%	M45 1. Mardon Connelly 47	3.97 81.5%	1	5000m Walk	-	1.1
W40 1. Joni Pendleton 42 2. Laurie Olson 43	1:07.09 79.7% 1:09.83 77.2%	and and a strong of	otte Thomas 32	16.38.48	87.4%	M35 1. Mike Hogan 35	4.50 80.2%	W65 L Mary	Rice 67	39-15	70.3%
M70 1. Don Bradley 73	1.24.78 73.2%	19 realization			68.9%	Long Jump	Second State		a De Keyser 50	32.51	72.1%
M65 1 Raymond Spencer 66	1:08.78 86.3%	M85 1. Willan	and the second	31:59.98		W30 1. Antoinette Oliver 31	5.37 74.6%	2. Donna	Contraction of the	35:00	68.7%
Contraction of the second second of the second s		M60 1 Jim O		18:25.41	91.2%	M80 1. Win McFadden 84	2.62 63.0%	W45 1. Jayo H		29.54	78.15
M55 1. Woody Grover 55 2. Vince Raffa 59	1.01.87 86.1% 1:29.09 62.0%	M55 1. Al Raj	C	24:47.55	62.5%	Contraction of the second second	Care Land		Blackmer 37 ra Gelsomini 39	28.19 35:21	76.9% 62.3%
M50 1. Bob Morgan 50	58.87 86.6%	M50 1. David 2. David		17 48.73 19 20.25	82.6% 76.1%	M60 1. Jock Jocoy 63	3.84 66.9%	M70 1 Eddie	and the second second	41:56	59.9%
2. Fred Bruns 50 3. Ira Pintzuk 51	1-03.23 80.7% 1:10.70 72.7%	3. Don G		20.26.16	82.6%	M55 1. Edward Martin 55 2. Woody Grover 55	4.50 70.0% 4.31 67.0%	M65 1. Bob D		34.57	68.4%
M45 1 Cliff Bedell 51	56.85 90.5%	M45 L Loren	McKnight 45	17:37.53	80.6%	M40 1. Wayne Pfeiffer 42	3.97 52.3%	M60 1. Ed Ric	and the state of the state	28.56	
2 Mac Amos 45	59.52 82.3%	M40 L Jim C	urry 43	18:36.95	73.8%	M35 1. Alvaro Garcia 35	4.46 54.4%	South and the state	a start of the start		78.5%
M40 1. James King 40	49.49 95.3% 52.41 90.0%	M35 1. Tom H	leimdal 39	17:01.01	80.3%	M30 1. Billy Williams 33	6.44 76.9%		endrickson 59	31-21 32:59	71.8%
2 Herman Castille 40 3 Anthony Turnbull 44	56.99 85.3%	M30 1. Kim R		15 46.78	83.0%	2. Rich Holman 32	. 5.59 66.2%	M50 1. Clyde	Hatfield 54	27:55	77.6%
4. Wayne Pfeiffer 42	59.78 80.1%	2. Norbe	rto Ávila 31 Kleinstuber 32	16:09.16	80.6% 74.8%	Shot Put	19-12-12-201		States and the states of the	- alter and - Training	Contraction of the
M35 1. Daryl Katcher 38	54.69 85.0%		Harrington 33	18-02.54	73.0%	W35 1. Janet Wilson 36	9.87 54.4%		Meet Top Perf		
M30 1. Bryan Henderson 30 2. Kevin Smith 33	52.99 83.1% 54.65 82.2%	The second second	80m Hurdles		1.12.	W30 1 Lina Duntos 32	11.34 60.9%		tes King 40 tes King 40	53.88 49.49	95.9% 95.3%
3. Eddie Stewart 34 4. Michael Wagar 34	55.85 81.0% 1:00.46 74.8%	M75 1. Bert M	lorrow 76	-nt-		M95 1. Tom Lane 95	4.60 62.7%	JT Lar	ry Stuart 51	61.00	94.3%
and the second sec	3 (2) (2)	N. A.				M70 1. Jerry Siefert 71	- 11.35 78.1%		I Gist 69 les King 40	1.47	93.6% 92.8%
600m			100	The second second	10100	M60 1. Harry Hawke 60	12.72 77.0%	HJ Cha	rlie Rader 41	1.98	92.1%
W65 1. Gerry Davidson 68	3:26.26 78.5%	A CONTRACTOR OF THE OWNER	100m Hurdles	10.12	01.07	A REAL PROPERTY AND A REAL PROPERTY A REAL PROPERTY AND A REAL PRO	and the second second		f Bedell 51	18.17 2:08.95	92.0% 91.7%
WSO 1. Tami Oraf 52	3:12.83 65.8%	M65 1. Burl G	ist 69	18.17	92.0%	M55 1. Tom Hill 59	8.66 54.5%	5000 Jim	O'Neil 64	18:25.41	91.2%
W40 1. Mary Leivers 42 2. Laurie Olson 43	2:32.78 81.4% 2:35.44 80.6%	Careful States				M50 L. Mickey MacNeal-Black 53	10.67 62.2%		f Bedell 51 Burns 46	56.85 4:18.62	90.5% 90.3%
2. Laure Olson 43 3. Reiko Duba 44	2:45.89 76.1%	Star a straight	110m Hurdles	12.457	415	M40 1. George Randall 42 2. Steve Chaton 44	12.22 68.9% 11.47 66.1%	1500 Ora	eme Shirley 43	4:14.00	90.1%
W30 1. Jeanne Johnson 31	2:15.01 85.5%	Mis I CHO		16.94	84.6%	M30 1. Rich Holman 32	11.44 57.9%		Holmes 30 man Castille 40	11.10 52.41	90.1% 90.0%
M85 1. Willard Benton 85	2:15.01 85.5% 4:20.76 67.4%	1 1. C MCC					31.37				12.51
			La maria	area.	222	The the second country	a contractor		· · · · · · · · · · · · · · · · · · ·		A States

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