Ron Bell Leads Record Assault in 4:12.58; 12 World, 9 U.S. Marks Set

by TIM HIPPS

ORLANDO — Great Britain’s Ron Bell led the parade in 4 minutes, 12.58 seconds as five masters milers eclipsed his previous world record of 4:16.2 in the ICI Legends Mile as part of the 13-city ICI/USRA Masters Circuit.

Bell, 42, held off a strong challenge in the final 200 meters by Jamaican Byron Dyce of Gainesville to win the race by two strides. The race was held on August 6 as part of the TAC National Masters Track and Field Championships at Showalter Field.

Dyce, who ran the 800 for the Jamaican Olympic teams of 1968 and 1972, finished second in an American record of 4:13.78. Harry Nolan of Middletown, N.J., a former University of Nebraska standout, was third in 4:15.38.

by AL SHEAHEN

A total of 920 athletes, age-30-and-over, took part in the 21st Annual U.S. TAC National Masters Track and Field Championships on August 4-7 in Winter Park, Florida.

The number was the second-largest ever for a U.S. masters meet, surpassed only by the record 976 who came to Eugene, Oregon last year.

Forty-seven states — all except Utah, Vermont and North Dakota — were represented in the meet, along with participants from Puerto Rico, the Virgin Islands, Washington, D.C., Chile, the Phillipines, Australia, Great Britain, Trinidad, Canada, and Mexico.

The largest contingent was from the host state, Florida (194). Next were California (122), Texas (56), New York (44) and Georgia (40);
National Masters News September, 1988

21st Issue

September, 1988

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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 35. 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 organizations.

Generally, anyone age 30 or over may enter masters events and participate. Some events are limited to ages 40 to 55 or 55 plus. (Please check the schedule for details.) Some events require registration, and some require attendance at a TAC card to $11 per year, depending on the region. To inquire about a TAC card, call the Athletics Congress in your area, or 313-619-9515.

No matter what your age or sex, there are masters athletics programs to suit your needs. Masters athletics clubs are not necessarily located in major cities, but there are masters athletics programs in most cities and virtually all states.

The National Masters News welcomes contributions — results, schedule offers, letters, articles, and opinions. Manuscripts should be typed, double-spaced, and legible. 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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1988 NATIONALS

Those who passed up this year's TAC National Masters Championships due to distance or expected tropical heat, missed just about the best-run nationals in 20 years.

Although Orlando came replete with up to 100 degrees and high humidity, as well as torrential rains, which added excitement but did not strike the meet venue, Showalter Field, during major competition hours, the heat diminished during the evening when most of the action took place.

The 920 U.S. masters and submasters in attendance owe a great debt of appreciation for the well-organized, and well-officiated event presented by the Florida Athletic Congress headed unflappable and experienced Nick Gailey.

The track was all decked out with pennants, posters, and flags, which occurred in formation for the well-organized, and well-officiated event presented by the Florida Athletic Congress headed unflappable and experienced Nick Gailey.

The highlight of the four day event occurred Saturday evening when ICI Corporation, sponsor of the USRA Masters Circuit, brought nine of the world's top masters middle distance runners to contest the age 40-44 world mile record of 4:16.7. In almost perfect conditions, Ron Bell of Great Britain shattered his existing mark with a win.

As to being a finalist in the National Masters Championship M45 800 in Orlando, it was a pleasure to compete but appalling to find out that the original schedule of events had been altered on the final day, and proper notice had not been given.

The schedule stated clearly that the M45 800 was to be run at 9:30 a.m. on August 7, but it was moved up. This inconsiderate schedule change caused serious inconvenience. By not getting to the stadium until 8:50 a.m., I was not prepared to run the race I was capable of although there are no sour grapes here; the better runner won on that day.

DON HARRIS

I was greatly saddened when I heard about the passing of Don Harris. I was reading "Write On," and saw Jim Manno's letter. It was quite a shock to us on the West Coast, not knowing that Harris was ill in any way.

I have never been to a big masters meet of any kind without seeing Don there; from indoor and outdoor Nationals to world meets.

Like Jim, I would like to comment on Don's sense of humor and quiet wit. At the World Games in Puerto Rico, Don, his brother Oscar and a

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NMN Sustainers

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

Special thanks this month go to several: Jack Greenwood and James Erwin, who each generously donated $50; Albert Cruzado, who made his third donation in three months; and Charles McMahon, who has donated several times in the past and again generously donated $50. Other donors are listed below. Thanks go to all.

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Continued on page 19
Congratulates all the Masters who took part in this year’s National TAC 10K Men’s and Women’s Masters Championship in Asbury Park on August 13, 1988

A special salute goes to the TAC Winners

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Horace Ashenfelter: Still Taking Life's Barriers in Stride

The gold medal won by Horace Ashenfelter in the 1952 Olympic steeplechase won't be found hanging over the mantel. He keeps it in a slightly less prominent place — his sock drawer.

"It's usually there," Ashenfelter says by phone from his home in Glen Ridge, N.J. "But for the last three months it's been out in Michigan with one of the grandchildren. She wanted to take it to show 'n tell. That's all it is. It's got a lot of intrinsic value, of course, but I don't keep it on the wall. I've got an attic full of trophies. That's all in the past."

Ashenfelter, a 29-year-old FBI agent, wasn't given much of a chance in the Helsinki Summer Olympics. Although he had won the 3000 steeplechase in American record time of 9:06.4 at the Olympic tryouts that year, Ashenfelter was a definite underdog. Vladimir Kazantsev of the Soviet Union, the world-record holder at 8:48.6, was undefeated in the event and a strong favorite. Even after Ashenfelter won his heat in Olympic record time of 8:51.0, there were few who gave him a chance against the Russian.

In the final, Ashenfelter moved up to share the lead with Kazantsev on the third lap of the 7 1/2 lap event, which involves hurdling four barriers and clearing a water jump on each lap. The two continued nearly abreast of each other until the final lap when the Russian moved to the front. Ashenfelter battled back and went ahead off the final water jump. He pulled away in the stretch to defeat Kazantsev by 6.2 seconds in world-record time of 8:45.8.

"I sped up going to the last water jump," Ashenfelter was quoted after the race, "and when Kazantsev stumbled coming out of it, I really laid it on. I hit the last hurdle with my leg. It threw me off balance, but I was going so fast, I knew I was all right."

It was the first Olympic victory by an American at a distance over 800 meters in 44 years. No American had won the steeplechase since James Lightbody at the 1904 Games. No American has won it since.

Ashenfelter won the Sullivan Award as the nation's outstanding amateur athlete in 1952. That was at a time when runners were truly amateurs. Unlike today's athletes, Ashenfelter had to fit his training in between job and family responsibilities. "I was in the FBI then and had two kids," he recalls. "Much of my training was after work. About two nights a week I'd try to get out for a good hard workout before dinner. I'd do repeat half miles or repeat three quarters or miles, run one, walk one. You know, you do three miles like that and you bust your butt.

"The other nights I'd get out as late as 9:30 or 10 o'clock after we put the kids to bed. You could do only so much. I guess I was running an average of five to six miles a night, no more than that. I don't think I ran 30 miles a week, but it was quality work."

The oldest of four children born to Horace (Jr.) and Martha Ashenfelter, young Horace III lettered in football, baseball, and basketball while also running the mile and high jumping during his high school years in the Collegeville, Pa., area. His best high school mile of 3:20 gave no indication of the success to come.

After serving as an aerial gunnery instructor during World War II, Ashenfelter enrolled at Pennsylvania State University. He captured the IC4A outdoor 2-mile championship in 1948 and 1949 and the NCA A 2-mile championship in 1949. The following year he won the AAU 10,000 title, the first of 13 indoor and outdoor AAU championships. He ran his first steeplechase in the 1950 AAU championships, finishing fifth, but won the event the following year.

After his victory in Helsinki, Ashenfelter continued competing while representing the New York Athletic Club. At the 1954 Millrose Games, he broke Paavo Nurmi's 29-year-old 3000 indoor record with an 8:17.7 en route to victory in the 2-mile. At the NYAC Games that year, he erased Fred Wilt's 2-mile mark by two-tenths of a second with an 8:50.5 clocking.

In the 1956 Olympic Games at Melbourne, Ashenfelter duplicated his 1952 qualifying time of 8:31.0 in his heat, but it was not fast enough to make the final. He retired from competition shortly thereafter.

Now 65, Ashenfelter is employed as marketing manager for a metallurgical company. He says he has no immediate plans to retire. Carrying 192 pounds on the 5'9 1/4 frame that supported 128 pounds in 1952, Ashenfelter runs three to four miles every other day for fitness. But he has raced as part of his company team in the Manufacturers Hanover Corporate Challenge the past few years.

"I ran 24:21 for 3.5 miles the last time," he said when asked how fast he now runs. "The time before I broke 24. That's not really a good gauge, because you're running with 4000 or 6000 people. For older guys, it's sort of herky-jerky running trying to make your way through the crowd. I don't think I went past the starting line until 30 seconds had elapsed."

Pressed to find out what kind of shape he's really in, Ashenfelter mentioned that he ran the 3.25-mile Ridge Run in his hometown in 21:30. "I would say I probably run miles in about 6:30. I don't really pay that much attention to it."

Is he recognized when he turns out for one of those rare races? "Not really," he replies. "One or two people will recognize the name. Which is good, actually. I prefer not to be recognized."

Has he considered getting serious about masters track? "I don't want to. I'm too old to. I want to have one big heel spur and I can only do so much as far as training goes and I know damn well I can't train hard enough to get into the kind of shape I'd want to get into. And I'd have to stop drinking beer.

"I've got plenty to keep me occupied. I've got four kids and eight grandchildren now. Three of the boys and I played golf today. We have a lot of fun that way. I hunt, play tennis, do a little gardening. I have a busy enough life."
Judy Greer Wins Women's 5K in Florida
by JOHN BOYLE

On July 16, a small group of lady runners gathered in Deland, Fla., for a celebration of women's running in the Women's Distance Festival 5K.

The concept of a nationwide series of road races for ladies originated in 1980 to being attention to the fact that, at that time, women were only allowed to run 3000 meters in the Olympics. The series certainly contributed to the fact that we now have women's distances, including a marathon.

The Road Runner's Club of America, in conjunction with Brooks Shoes, supported the race which saw Judy Greer (18:49) of Orlando run away with the win. Greer, a 41-year-old mother of four (youngest 1½) took the lead from open runner Jill Bates shortly into the first mile and was 30 seconds ahead when she passed two miles in 12:03.

Greer's taking the overall title opened the master's crown to Pat Beidelschies (41, 22:12). Anna Rush, who just recently-turned 60, took the grand-masters title with a classy 26:48.

An early start and a shady route further enhanced the celebration.

North Carolina Meet Draws 108
by JIM SAXON

THOMASVILLE, N.C. — One hundred and eight athletes took advantage of perfect Carolina weather to compete in the second edition of these championships held July 23-24 on the fast Thomasville High track.

World champion M40 sprinter Thad Bell showed was he ready for the Nationals with a sprint double in 11.00 and 23.34. Jerry McCorkle, M30, another favorite in the Nationals, equaled Bell's feat with a double of his own in 10.90 and 22.76. McCorkle then added a N.C.-resident state record long jump of 23-5¼.

Mark Williamson soared to 6-9 in the M30 high jump. Glen Turner, M30, with a 45-2¼ triple jump, and Charles Strode, M35, at 15-3 in the pole vault, also posted noteworthy marks.

Bob Conroy, M35, hurled the javelin 196-6, while Bob Green, M35, had a strong throwing double with a put of 41-1 and a discuss spin of 120-6. A field of 16 5K walkers was led around the track by Ray McKinnis, M45, in 24:40.

After the walk, McKinnis took a ten-minute break, then clocked a fine 19:07 5000 for a tough distance double.

Jorgenson Age-Graded Winner
by TERI INGRAM

In the July 25 running of the Deseret News Marathon, Salt Lake City, Claire Johnson (43, 3:16:01) won herself $1000 by finishing second female overall of 366 finishers in the race.

Johnson took the masters division by 35 minutes. No male master was within the top ten finishers. Top master was Charles Nak, 41, with a 2:49:07. He was out of the money, however, since prize money was only awarded in the open category.

On an age-graded basis, top winner would've been Darryl Beardall (51, 2:53:37) who finished with an 81.3% of his age-graded standard. Second would've gone to Michael Jarman (49, 2:56:17), who earned 77.1% and third would've gone to J. Garn McBride (55, 3:12:20).

Johnson Wins $1000 in Deseret News Race
by JERRY WOJCICK

Submasters and masters competitors made up a large portion of the Montana Big Sky State Games held in Billings on July 16-17.

Hammer thrower Tom Gage was near Ed Burke's M45-49 U.S. record of 198-5 with a 195-10 throw.

Multiple winners included Mark Macinnes (33:34.4), both 45-49, posted marks in the shot put (38-0), and javelin (119-10).
Gary Miller: “The Key is Technique”

How does a 140-lb. weakling become a world record holder in the decathlon? According to 50-year-old Gary Miller, it’s easy: technique. “As a master, I personally have capitalized on both learning the techniques and becoming very strong (through weight training). My approach has been one of being thorough and patient and learning the skills.”

At 5-10, 140 lbs., a relatively small size for a decathlete, Miller considers weight training extremely important. “It enhances my performance, prevents injuries, increases flexibility and allows an athlete of my stature to be extremely competitive in the throws. I do free weights or Olympic lifts, squat, power cleans, etc. However, the proper background, instruction and equipment are essential.” He adds immodestly, “I believe I have become one of the strongest men in the world for my size!”

The source of his confidence is the endless number of awards and both American and world age-group records which he has earned; he is currently the world record holder in both the M50 decathlon (6031 points) and pentathlon (2976); he held the world record in both the M40 and M45 pentathlon; he was the M50 champion in the 400 hurdles in Melbourne; he was a holding 440 relay team in 1976 (43.6); both the ‘News’ masters are essential.” He adds my background, instruction and equipment are essential.”

Taking a glance at Miller’s schedule shows how time-consuming training for the decathlon is. Although he only works out 4 days a week, each workout day is extensive. But he keeps it in perspective, saying, “The decathlon is a lot of fun to practice. There is always some technique to be refined and it is never boring! If you aren’t hurdling well one day, you may find you’re putting well. Therefore, training is usually a fun, positive time!”

Miller ran the 440 and relays in high school and continued to do so at USC, along with the 880, while he attended dental school. He is now a clinician and dental educator and has five children, the youngest of whom is 16. His wife, Christel, is an excellent Masters competitor, herself.

“I feel I’m a much more enthused and productive person because of my recreation. I believe I do more for the university (the U. of Southern California, where he teaches) and my patients because of my good physical and mental health.”

With all the non-running events a decathlon consists of, Miller’s weekly mileage totals only about 12-15. Before he works out, he runs a mile or a mile-and-a-half slowly, does “static” stretches, particularly the Achilles tendon; followed-by what he calls “dynamic stretching,” i.e. full range of motion stretches; followed-by drills of high knees, bounding and skipping. To cool down, he jogs ½ mile and ices his Achilles tendons.

Miller takes a week off both before and after a decathlon. He also stops lifting ten days before an event and gradually tapers off the track work. “I may spend five or ten minutes reviewing technical skills with each sub-event during the week before the event. I do no explosive exercise whatsoever. After the event, I may jog, stretch or lift lightly near the end of the week. I believe taking the week off before and after makes the decathlon a real treat.”

All of his training is done in flats except for the specialty shoes worn for the various throws and jumps. “I do use spikes for serious vaulting. I also feel training poles are very helpful to learn the modern vaulting techniques. In fact, the key to my success is learning the newer techniques for all sub-events. Attending clinics has been most valuable.”

Miller has been coached by a decathlon coach since 1987. “Prior to that time I pieced together coaching advice, articles, clinics, etc. I now train with five other decathletes and two heptathletes. Four of these athletes qualified for the trials and one has gone to the junior nationals. Nice company!”

Although he has never had any surgeries, he has had problems with “soleus cramps bilaterally,” which is cramping on both sides of the lower calf muscle. “I stretch several times daily and in warm-ups I believe it’s essential. Iscuing down after training is strongly recommended and massage has its benefits. The podiatrist also made cork inserts for my running shoes to help relieve stress on the soleus (lower calf).”

Miller’s future sights are set, of course, for the 1989 World Championships. “My plans are to be healthy and fit for Eugene.” —Teri Ingram

Gary Miller, M50, winning the 400 hurdles at the World Veterans Games in Melbourne with a 59.89. Behind him are Colin Shafto (GBR, 61.32), Gunasena Migale (SIN, 61.32) and Chuck Miller (USA, 64.20). Photo by Will Robinson
Mid-Atlantic TAC Masters Games

by JERRY WOJCIK

The Mid-Atlantic TAC Masters Games took place in Ambler, Pa., on June 18.

Greg Marshall was a one-man track club with wins in the M40 100, 200, 400, and long jump. The 200 victory (24.1) came from a tough, eight-man field.

Oscar Harris and Bert Lancaster dueled in the M60 sprints, with Harris taking the 100 (14.2) and Lancaster nabbing the 200 (28.2).

Sam Huckel, M45, hurried to the best 800 time of the meet with a 2:09.0.

Kathy Pierce, W40, included a 4-2/4 high jump and a 96-9 discus throw in her several firsts. Claude Hillis, M75, also had multiple firsts, including the 100 (16.9) and discus (90-10).

Roger Kamla, M35, topped all shot putters with a 50-3/4, as did Tim Williams among the discus throwers, with a 155-9.

Long-time masters thrower Herb Cantor, 62, of New York set a U.S. single-age record for the 16-lb. shot with a 32-10½ put.

The Legends Return!

The men who made running have just turned 40. Far from over the hill, the legends of the sport are going head to head once again joined by the likes of Bill Rodgers, Frank Shorter and others new to the Masters scene. This time it’s the ICI/USRA MASTERS CIRCUIT, featuring 13 of America’s top races, vying for a $20,000 Grand Prix style purse in men and women’s age divisions, and “ICI/USRA Masters Championship” 1989.

A special newsletter, “The ICI/USRA Masters Report”, will highlight Circuit events and profile the new stars of the road monthly within the pages of “National Masters News” magazine. “Masters Running ’88”, edited by some of running’s top writers, will serve as the official program of the Circuit and provide in-depth interviews and reports from the exciting Masters scene.

The ICI/USRA MASTERS CIRCUIT is a series whose time has come. The Legends are back and it’s better than ever!

- March 22 - Azalea Trail Run 10K Mobile, AL (205-433-3145)
- May 30 - Cotton Row Run 10K Huntsville, AL (205-881-8087)
- June 4 - Myrtle Beach Classic 10K Myrtle Beach, SC (919-876-8347)
- June 5 - Hospital Hill Run Half Marathon Kansas City, MO (913-362-7223)
- July 8 - Ulica Boilermaker 15K Utica, NY (315-797-1300)
- August 6 - TAC Masters T&F Championship "Legends" Mile Orlando, FL (305-628-8850)
- August 13 - Asbury Park 10K Classic Asbury Park, NJ (201-531-4126)

For more information and a copy of "Masters Running ’88", contact:
ICI/USRA MASTERS CIRCUIT
Dean Reineke, Executive Director
120 Harding Street
Winter Park, FL 32789
(407) 647-2918

September 25 - The Great Race 10K Pittsburg, PA (412-255-2939)
August 27 - Crim Road Race 10 Mile Flint, MI (313-235-3396)
October 1 - Heartland Hustle 10K Davenport, IA (319-359-9197)
October 8 - Capital Trial Run 10 Mile Raleigh, NC (919-876-8347)
October 16 - Stamford Classic Marathon Stamford, CT (203-325-4688)
January 7 - Charlotte Observer 10K Charlotte, NC (704-379-8986)
TBA - ICI/USRA Masters Championship

produced by
United States Running Association Masters Circuit
Larriu-Smith Eyes Eugene in '89

by MIKE DAVIS

Though her sights right now are on the Olympic Games in Seoul, Francie Larriu-Smith is looking forward to the 1989 World Championships in Eugene, Oregon.

An Olympian in 1972 and 1976 in the 1500, and now in the 10,000, she is far from retirement. But at 35, she's constantly surprising people by continuing to run.

"The bottom line is I love what I do," she said after finishing second (32:03.63) in the women's 10,000 in the Trials. "I just can't imagine ever retiring at this point in time.

"Actually, when I was in Eugene a few weeks ago for a race, I discovered that the World Championships are going to be there next summer. Masters women start at age 35, so if it works into my schedule, I very well may go to Eugene for the fun of it and compete.

"And why not? Now I'm really happy and I say I'm going to continue to compete — but there's just no reason for me ever to stop."

She had three words of advice — "Follow your heart" — for people wondering whether or not they should continue to run.

"If you want to continue, if this is really what you want, then go for it. You just have to do what makes you happy.

"If you're not happy being a runner, and competing, then by all means give it up.

"You need to be running for the right reasons, not for the money, not for any other reason, just because you love what you're doing."

(Editor's note: Larriu-Smith's 10,000-meter time in the Trials of 32:03.63 is a new world record for women 35-39, breaking the old standard of 32:43.7, set by East Germany's Charlotte Teske in 1985. Larriu-Smith also broke Maricica Puica's W35 mark of 15:32.76 in the 5000 with an amazing 15:15.2. She added an American W35 record of 8:56.7 in the 3000.)

Struppeck Sets Javelin Record in Texas Meet

by TIM MURPHY

The 8th Annual Texas Masters Track and Field Championships at Arlington, July 23, drew the largest turnout ever, over 250 entries.

Lurline Struppeck, 41, of Baton Rouge, La., upset her W40-44 national javelin record of 127-0 by a large margin with a 139-3. Fifty-five new meet records were set, and 106 performances exceeded the All-American Standards of Excellence. John Alexander, 68, ran the 400 in 63.2 for a U.S. age record.

There were many multiple winners, including 1987 M45 sprint champion Roy Turner, with wins in the 100 (11.3), 200 (23.4), and 4x400 relay (3:31); Ocie Boyer, M55, returning after suffering a back injury in a car accident, with victories in the 100 (12.6), 200 (26.6), and 400 (59.9); and Dr. Fred White, M75, with meet records in the 100 (15.2), 200 (33.0), and 400 (1:22.9).

The Dallas Masters T&F club staged the meet, which went smoothly under the direction of Pat Mitchell, who was aided by a support group of TAC officials and volunteers, including Max Goldsmith and his wife; Joe Murphy and Thane Baker (both out of the meet with injuries); and the Roy Turner family.

Instead of the usual medals, the top three places were awarded sport watches.

In the future, this meet will be scheduled as a tune-up meet two weeks before the National Masters Championships.

— National Masters News

September, 1988
Olsen Surprises at Peachtree 10K in Atlanta

As Larry Olsen, the masters winner in the Peachtree 10K, was crossing the finish line in the July 4th race in Atlanta, the announcer gave his name as Bob Schlau.

Confusing? Not to Olsen, an uninvited, last-minute entry, who, after suffering a bee sting that affected his calf muscle in a marathon several weeks before, decided to show up to see what he could do despite the setback.

What he did was to defeat Schlau, the expected masters winner, by 13 seconds with a 30:49. Olsen, not bothered by the hills, which he is used to in Boston, where he runs, pushed to the lead after Cardiac Hill and took advantage of the final downhills. Barry Brown finished third, and last year's winner, Mick Hurd of England, finished ninth.

Barbara Filutze, 42, of Erie, Pa., last-year's runner-up to three-time winner Priscilla Welch, who did not show this year, had little trouble winning by more than two minutes.

Comfortably familiar with the course, Filutze, owner of the U.S. W40 record in the 10K (33:41), relaxed on the downhills and glided to a 35:57 victory.

Age 80+ Athletes Chalk Up
Records in Northwest Regionals

by ART AFREMOV

A quintet of indomitable and renowned age-80+ athletes—Dr. Col­lister Wheeler, 95, Portland, Oregon; Buell Crane, 88, Twin Falls, Idaho; Earl Salisbury, 84, San Diego; Lew Thorne, 83, Pendleton, Oregon; and Marilla Salisbury, 80, San Diego—led the way, as well over 200 competitors vied for TAC Northwest Regional Masters titles at Mt. Hood Community College, Gresham, Oregon, July 22-23.

Records were set on a wholesale basis. Jim Vernon, 71, West Covina, Calif., broke his M70 world pole vault record of 10-0 by three inches. Crane shattered his own 85+ world high jump record of 3-8½ by 2½ inches, and broke or established age-88 world records in the discus, shot put, hammer, javelin, and long jump. Marilla Salisbury established W80 world records in all the metric flat races from 100 through 3000, and set a U.S. W80 record in the javelin. Wheeler established M95 records in the discus, javelin, and long jump.

Not listed in the official results, Leon Joslin, Seattle, spun the 2k discus to an age-76 world record of 72-5.

Null, Dicker, 10K Walk Champions

from GENE DIX

A field of 69 masters walkers gathered at Niagara Falls, N.Y., on July 9 for the TAC National Masters 10K Racewalk Championships, held along with the senior men's national championship. The masters walkers represented 19 clubs from the U.S. and Canada.

The overall masters winners were Gary Null (40-49) of New York in 48:56, and Lois Dicker (40-49) of Maryland with a 59:52.

Roos of Canada with a fast 50:13, and Helen Jo Hickman of Washington, D.C., in 64:56.

Harold Wright of Colorado and Lavonne Hottensmith of Ohio won the 60-69 races in 62:58 and 71:51, respectively.

Max Gould, like Roos a resident of Toronto, won the M70-79 contest with an excellent 61:31.

First overall were Dave McGovern (44:04) and Sue Klappa (57:27). The total field numbered 124.

Rodgers Takes Midnight Madness from Loudat

"Boston Billy" Rodgers cocked 31:06 to claim a one-minute victory over Web Loudat of Albuquerque in the rain-dampened 16th Annual Midnight Madness 10K in Ames, Iowa, on July 19. Frank Shorter, the 1972 Olympic gold medalist, coming off foot surgery, was third in 32:42.

Rodgers opened up a 30-second lead on Loudat at the half-way point as part of his strategy, "I can't kick with Web. The last time we raced (the Myrtle Beach 10K in June), I beat him only by five seconds, and he was gaining on me at the end."

Rodgers earned $3000, while Loudat got $2000.

The 10:00 p.m. race capped off a frenetic day for Rodgers. After a clinic in New Jersey on Saturday morning and an easy five miler, he flew to Des Moines, arriving in the late afternoon.

Why Not Try the Tulsa Run?

When you're planning your fall races, plan on the Tulsa Run October 29th. In it's 11th year, the Tulsa Run is one of America's great road races. Come see why!

• An improved 15 km course that's even faster!
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• 12,000 runners including 2 km fun run.
• Custom awards in age groups to 70-and-over.
• Complete results within 30 days.
• A scenic run along the beautiful Arkansas River.
• Special guest Dr. Kenneth Cooper.
• 3,000 children running for their schools.
• A world-class race in a friendly atmosphere.

Payton Jordan and John Satti prepare to start the 100 Meters at the PAC/TAC Championships, Los Gatos, Calif., June 11. Jordan won the M70 in 13.18.

Photo by Huel Washington

1987 winners Gidamis Shahanga, (44:33, above) and Nancy Timari (49:59).

Write or call Tulsa Run '88 for entry:
One Williams Center
P.O. Box 2400
Tulsa, OK 74102,
(918) 588-2431

11/98
September, 1988 National Masters News page 11
Anterior Compartment Syndrome

One of the most misdiagnosed and little understood running injuries is Anterior Compartment Syndrome or Lateral Shin Splints. This is a condition which produces pain on the outside of the shin area rather than the more common shin split which occurs on the inside of the lower leg.

This condition is usually caused by interval training, speed workouts, running down hill, or running on the toes.

All these conditions can overload the Anterior Compartment Muscles and cause pain and swelling along the associated tendons.

Rest is the primary treatment. If the condition is mild, switching to a good, supportive training shoe is essential. Avoid any type of down-hill running or interval training until the condition becomes asymptomatic. At this time, a good stretching and strengthening program of the Anterior Muscle Groups should be attempted.

If the condition has become chronic, a fasciotomy may be performed to allow more room for muscle swelling in the compartment.

If this condition is suspected, it may be worthwhile to have an x-ray of the lower leg to rule out stress fracture.

(John 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, 2372, Van Nuys, CA 91404.)

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NORTHERN CALIFORNIA SENIOR GAMES

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Address: (city) (zip)

Home Phone: Business Phone:

Entry deadline: Sept. 12, 1988

[ ] DISCUS [ ] RUNNING LONG JUMP
[ ] SHOTPUT [ ] JAVELIN
[ ] 2 MILE RACE WALK

RACES:

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[ ] 100 METERS [ ] 1500 METERS
[ ] 200 METERS [ ] 5000 METERS

Mail entry forms:

Oakland Office of Parks and Recreation

1520 Lakeside Drive

Oakland, CA 94612-4598

or call (415)273-3896

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Miller Captures World Record in Pentathlon

by SCOTT THORNSLEY

Gary Miller, 30, of California, still celebrating his recent world record of over 6000 points in the National Masters Decathlon Championships, had even more to celebrate, as he won the M50-54 TAC National Masters Pentathlon Championships with 2976 points, beating his own M50 world best of 2781, set last December in Melbourne. This year's Championships were held in Emmitsburg, Md., on June 26.

Miller shared the best javelin throw of the day with Andy Miller, 30, of Connecticut, with a throw of 51.70/169-7, and had the fourth best long jump with a 6.13/20-1¼. Final results indicated that Miller would not even have had to score in the 1500 to win the title.

Other titles were not as easily decided. Jeff Watry, 33, of Virginia, and Meet Director Scott Thornley, 36, of Pennsylvania had to wait until after the 1500 results were tabulated to find out they had won their respective age-group championships. Both had toed the 1500 start in third place, but each then won titles with a margin of 90 points, demonstrating that consistent scoring is the key to multi-event victories. Watry won only the 1500, while Thornley could not claim even one individual event.

Rex Harvey, 41, of Iowa, bested Ken Brinker of New Jersey by only 46 points. Brinker, current world M40 champion in the high hurdles, was competing in his second pentathlon and held back in the 1500 too long, which may have cost him his first national multi-event title. Harvey's experience was aided by a day's best discus throw of 40.56/133-1.

Tom Cronan, 46, of Tennessee wore his competition down before reaching the 1500, with earlier marks so superior that his competition withdrew from it. George Taylor, 57, of Delaware; Boo Morcom, 67, of New Hampshire; and Claude Hills, 76, of Pennsylvania also relaxed and did their best without competition. Gil Gonzalez, 75, of Puerto Rico started with Hills but pulled out after the long jump. Both Harvey and Hills established American age records.

It was with much sadness that the meet started with the announcement that Don Harris, M60, had recently died. A fine competitor, Don was always ready to congratulate a winner, console a loser, and thank the meet director. The sport will be the less for his absence. Oscar Harris, 64, of Pennsylvania persevered through the day and accepted his M60 national title in honor of his brother.
Hill Breaks Shot Record in Midwest Regionals

The Midwest Regional Masters Track and Field Championships, held in Elmhurst, Ill., on July 24, produced 60 All-American Standard of Excellence performances and an American age-group record.

In the shot put, Ed Hill broke Carl Wallin's M45-49 record of 53.7 with a 55.2 toss.

Rachel Lyga, W50, had an outstanding day, including a 91-4 javelin mark and a 25-3½ shot put.

Arling Pitcher, who has a pending world record of 5-4 for M85 pole vault,
equalled his official world best of 5-0.

The best contest of the meet came in the M40 800, in which six of the seven runners achieved All-American status.

Hatton Sets Records in Not Over The Hill 8K

ISSAQUAH, Wash. — Two national records fell at Providence Point’s Third Annual Not Over The Hill Run on July 17. The 1987 champion, Ray Hatton, 56, of Bend, Oregon again finished first with a 27:42, topping the course record of 28:10, which he set last year, and breaking the U.S. M55 8K record of 27:54, held by Jack Angel since 1982.

Gina Faust, the featured runner for the Not Over The Hill Run, set a course record for W50-54 with a 32:17, beating last year’s record by 1:06. Faust, 51, was 21st of 255 finishers.

“I thought it was a challenging course,” commented Hatton. “But my strength is on the downhill and that’s where I pulled away from my competition.”

Hatton and Faust each received $500 for being the winners overall and $75 for being division winners. More than $3000 were awarded to forty runners.

Spokane resident June Machala, 57, was the winner of the W55 division. The winners of the 60-64 divisions were Boyce Jacques, 61, of Reno, and Billie Murphy, 61, of Tacoma. Jack Kerr, 65, of Bellingham, Wash., and Alyce Lindberg, 67, of Lebanon, Wash., placed first in the 65-69 races.

The winners of the 70-74 contests were George Boulden, 72, of Spokane, and Josephine Hess, 70, of Selah, Wash. The two oldest participants won their 75-79 races: Mel Shine, 79, of Lafayette, Calif., and Helen Stout, 78, of Seattle.

The theme of the Not Over The Hill Run is “Run for the Next Generation,” and each year a children’s non-profit organization receives the proceeds from the entry fees. This year, nearly $3000 was raised for Seattle’s Ryther Child Center.

The race is sponsored by Providence Point, a senior adult community which promotes an active senior lifestyle. The race is the West Coast’s largest sanctioned 8K for runners age 50-and-over.

“There are many races which focus on masters but not necessarily older masters,” said Hatton. “When the older masters runners get the attention, it makes it special.”

Hatton, 56, of Bend, Ore., races across the finish line of the 3rd Annual Not Over The Hill 8K, Providence Point, Wash., July 17, with a winning time of 27:42, an M55 U.S. record, in the 50-64 event. Photo from The Fearey Group.
The Reverend Howard Knox: Often on Sunday

Howard Knox says he's competitive but not a competitor. At the same time, he runs for health and fitness but is not strictly a fitness or fun runner.

"I'm a clock runner," says Knox, a 68-year-old semi-retired Lutheran minister from Kenosha, Wis. "I shoot for a certain time and try to maintain the pace necessary to do it. I want to do the best I can for the moment, but I'm not going to kill myself getting ready for it. It isn't that important."

Knox had just finished a 20:30 effort for a three-mile run in Mililani, Hawaii, Hawaii, leading all those 60 and over. After cooling down, he would be off to give a Sunday morning sermon in a nearby church where he was filling in for a vacationing pastor.

"I'm not a conservative theologian, one who takes the Bible literally," he responds when asked about running on the Sabbath. "I think a day of rest each week is essential for the body, but it doesn't have to be Sunday. It's common sense more than the Bible."  

And, no, Knox doesn’t feel that competition is contrary to his Christian teaching. "It's doing the best you can with your body and training. It's challenging yourself."

Knox hasn’t always been a casual competitor. At the University of Wisconsin, he was a member of the cross-country and track teams from 1937-40. As captain of the cross-country team during his senior year, he finished 11th in the national championships in Lansing, Mich., and earned All-American honors. On the track, he recorded a 4:23 mile and a 9:25 two-mile, very respectable performances at that time.

"The big difference is that in those days we didn't think of distance as being distance as we do today," he says. "It wasn't until Peter Snell and the boys came along that things began to change. I often wonder what might have been had we used the training techniques and equipment available to runners today."

Knox recalls that the long run of the week was a six-mile jog on a golf course. The quality workout was three halves in 2:15-2:20 with a half-mile jog between each one. "We were seasonal runners — cross-country in the fall, mostly on golf courses, and the track during the spring," he continues. "We never ran on the roads."

After graduating with a degree in agriculture, Knox served with the Navy in the South Pacific during World War II. He then returned to Wisconsin as a 4-H Club agent before entering the seminary and being ordained at the age of 35.

"It wasn't popular to run back then," he says, "but I've always been a fit person. I did a lot of biking, walking, tennis, and golf. I didn't get into running again until 1978. My brother Merle suggested I try it, and said it would give me better results than golf. I read (Dr. Kenneth) Cooper's book and the Canadian program, listened to them, listened to my own body, and came up with a program that I have found good."

Knox's routine calls for running three to five miles every other day at about 7:45-mile pace. "I find that if I run two days in a row the recovery is not there. I need rest as much as I need work."

On that very limited training regimen, Knox has recent times of 20:48 for 5K and 43:20 for 10K and usually wins his age group in Milwaukee-Kenosha area races while representing the Kenosha Running Club. He considers 5K his best distance and feels 10K is a bit too long. He has no desire to attempt a marathon.

Asked if he has considered adding to his training load and logging perhaps 60-70 miles a week as some elite runners in his age division, Knox responds in the negative:

"I've been real thrilled the way it's been going over the nine years I've been running. I've been running the same speed and I'm really happy about that. I have annual physicals every year and come out so good that my doctor and I feel that what I'm doing is best for me."

"I'm a pastor, not a runner." — Mike Tynn

Gunner Linde Sets 3000-Meter Record

Gunnar Linde of Venice, Calif., who turned 60 on July 14, running in the open 3000 and cheered on by his Santa Monica TC teammates at a Los Angeles School District all-comers meet at Santa Monica City College, July 29, broke the U.S. M60-64 record of 10:47, set by Bill Andberg in 1975, with a 10:41.6.  

Philadelphia Invitational Heats Up

by PETE TAYLOR

COLLEGEVILLE, Pa. July 16. Sprints had all the heat they could want — and then some — while distance runners struggled as the Philadelphia Masters conducted their invitational today at Ursinus College under sweltering conditions (102 degree at the end of meet).

Ken Brinker, Jennifer Pinto, Jay Sponseller, and numerous other speedsters put on a show, while some of the throwers and jumpers posted good marks as well. The 41-year-old Brinker, from Flanders, N.J., clocked 14.9 in the high hurdles and followed that with a 51.0 in the 400 and a 22.7 in the 200.  

Pinto, a 40-year-old from Brooklyn, N.Y., deadheated with Skipper Clark in the 100 (13.0) and won the 400 (1:03.4) and 200 (27.4). Ocean View, N.J., resident Jay Sponseller, 70, ripped off wins in the 100 (14.4), 200 (30.3) and 400 (1:08.0). Jay drowned U.S. Senator Alan Cranston (D-California) in the shorter races, as the Senator ran 16.5 and 37.2.

Former national-level competitor Bert Lancaster won the M60 100 in 13.0 and 200 in 27.2. Popular New Yorker Marilyn Mitchell, W45, was also quick, running 13.5 and 28.4, while Marilyn Fitzgerald, W50, turned in good times of 14.4, 30.6, and 1:12.9 in the dashes. Robert Williams, M45, was also impressive, running 11.7 and 23.6.

Steve Zander (1:58.9 in the M35 800) was one of several runners who were able to hold their speed for two laps — Adrian Sterrett won the M30 in 2:02.5; Sam Huckle, M45, in 2:06.2; Cliff Pauling, 2:19.1 in M50; Irwin Bernstein, 2:25.4 in M55; and Howie Ward, 3:47.8 in M75.

Several javelin throwers stood out: David Reiss, M40, threw 221-4, as Bob Sing led M35 with 213-3. Claude Hills threw 81-9½ in the M75. In the discus, 56-year-old Virginian Len Olson won M55 (1.3k) with 38.22 and then came back with the 1k implement to set an American single-age record of 45.62.

William Clark (16-8½ in M55) and Vivian Nelson (7-4 in W75) stood out in the long jump, as did William Corsey (20-0 in M35).
Rivadeneyra, Martin
Top Athletes in
Sri Chinmoy Meet
from BHIKSHUNI WEISBROT

The men's top athlete of the 4th Annual Sri Chinmoy Masters Games at Forest Hills, N.Y., July 23, was Raul Rivadeneyra, 60, of Whitestone, N.Y., with 22 points. Leading the women with 18 points was Jill Martin, 50, of Brooklyn.

Four-time Olympic gold medalist Al Oerter, 51, West Islip, N.Y., led the men's discus with a throw of 191-9 (58.44). His throw inaugurated the Sri Chinmoy Peace Discus throw circle donated by the Sri Chinmoy Marathon Team to the users of Victory Field, the site of the meet.

Other highlights included Dr. Roosevelt Weaver's winning 11.97 in the M50-59 100, and Marilyn Fitzgerald's sweep in the W50-59 division of the 100 (14.27), 200 (30.46), and 400 (1:10.2).

Indicative of the rising standard of athletes were the 16 meet records, including a 4:32 1500 by Witold Bialokur, 53, of Rego Park, N.Y.

Entrants came from as far as Virginia and Florida.

Four-time Olympic gold medalist Al Oerter, 51, of West Islip, N.Y., displays winning form for a 191-9 discus throw, 4th Annual Sri Chinmoy Masters Games, Forest Hills, N.Y., July 23.

Photo by the Sri Chinmoy Marathon Team

Sri Chinmoy and members of his international marathon team recently sponsored the longest running race in the world — a triple ultra-marathon event of 700, 1000 and 1300 miles held at New York City's Flushing Meadows Park over an 18-day period. To celebrate a new and phenomenal 1000-mile running record set by Yiannis Kouris of Tripolis, Greece, Sri Chinmoy lifted the champion on a platform to full extension using only his right arm! The total weight raised was 165 pounds, 17 pounds over the 57-year old lifter's bodyweight. Kouris ran the race — the official 1988 International Association of Ultrarunners World Championships — in a phenomenal time of 10 days, 10 hours, 30 minutes and 35 seconds, bettering the former record by one day and 10 hours! Sri Chinmoy, a worker for world peace and leader for peace meditations at the United Nations, lifts weights and sponsors ultra-events as a means of encouraging people to go beyond their own preconceived limits.

ATHLETES WHO ENTER A NEW DIVISION THIS MONTH SEP. 1988

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<th>ATHLETE (RESIDENCE)</th>
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<td>Harriett Boyd (Lake Mary, FL)</td>
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<td>Ruth Christian (Corona, CA)</td>
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<td>Betty Connor (Westfield, NJ)</td>
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by JERRY WOJCIK

The Western Regional Masters Track and Field Championships, held at California State University—Northridge in the San Fernando Valley area of Los Angeles, July 16-17, were marred by temperatures in the high 90s, heavy smog, and very high humidity. But for the most part, the event, sponsored by the Los Angeles Patriots T &F Organizing Committee under the direction of Marvin Thompson, LAPOC president, went off well with the help of quality TAC officials, a host of volunteers, and an "airy" schedule, which allowed competitors ample between events.

The highlight of the first day was a potential world record by Jim Vernon, M70, who pole vaulted 10-2, bettering his mark of 10-0, shared with Carol Johnston of the U.S. Herbert Schmidt of West Germany has a pending height of 10-10.

Earlier, on the first day, Jesus Orendain, M45, posted the day's best 5K walk time of 27:33, with John Kelly, M55, three seconds back. Joann Nedelco, W45, was minutes ahead of the next woman walker with a 26:37.

In the hurdles, Annelies Steekelenburg, W40, ran the 80m in 13.7. Robert Hunt, M65, did the 100m in 18.67. Richard Katus, M40, decathlon bronze medalist for Poland in the 1972 Munich Olympics, won the 110m in 15.89.

Despite the heat, 800-meter entrants showed up in full force. Nolan Smith, M35, had the best submasters time (1:57.81). In the M45 race, George Cohen, 48, held off Harvey Franklin, 45, 2:02.53 to 2:02.89, in perhaps the best match of the meet. Cliff Bedel took the M50 race in 2:09.05. Robert Culling won from a tough W55 field in 2:21.79.

At the hammer area, Mike Deller, 39, threw a personal best 166-0 to top all throwers. Dan Aldrich, M70, won with a 140-10.

In the pentathlon, Frank Reilly, a new M40, scored 2499 points in between performing other meet chores.

In the 200, Stan Whitley, M40, scorched to a hot 22.91. Gene Harte won the M60 race easily in 27.52. Irene Obara, at the top of her age group at 54, ran 27.67. In the 400, Whitley ran another blazing time of 49.62, and Obara had the women's best of 1:05.87.

The site of the meet, although a popular venue for high school and college meets during the regular season, appeared not in the best of shape at this time of the year. The school's location, in a predominantly residential area, does not provide near-by amenities that out-of-town masters look for, such as reasonably-priced motels, eateries, shops, and places of interest. Beyond the track, there isn't much else. Even CSU-Northridge students recognize this and refer to the campus as "CSU-Nowhere."

Chuck Coutts, M55, (bottom) emulates world-holder Larry Stuart, M50, in the Western Regions, Los Angeles, July 17. Same Trojan Masters uniform, same cross-over style (Well, almost!), same check point. The difference? Eighty feet. Coutts finished with a 1:14.5.

Jim Vernon, after an M70 world record of 10-2, at the Western Regionals, Los Angeles, July 16. Photo by Jerry Wojcik

Jerry Siefert, M70, won his division in the Western Regionals, Los Angeles, July 17, with a 111-3 javelin toss. Photo by Jerry Wojcik
International Scene
Report from the President

After the Council's survey and meeting at Eugene, Oregon, last May, many important things have happened; here is a quick review of our activities.

The VI European Championships took place in Verona, Italy, from June 25 to July 2. About 3000 competitors participated, including the largest number ever from Eastern-bloc countries — 50 from Czechoslovakia, 100 from Hungary, and smaller but important groups from Yugoslavia, Poland, and Bulgaria. Tatiana Kazankina of the Soviet Union was expected, but personal problems at the last moment prevented her from competing.

We have been officially in touch with the USSR Federation, and, at last, we can affirm, that thanks to the IAAF Secretariat, we have started a relationship. As for the African countries, we are working to organize the start of a Continental Association formed with three or four countries, which we are discussing now.

I am regularly in correspondence with Mr. Heung Rok Kim, who is responsible for the organization of the 21st IGAJ World Championships in Kyongju, Korea, October 7-10. My work with Jacques Serruys, who has also been appointed co-opted member of the European Veterans Athletic Association for road races, is going very well. We have discovered that we have many reasons for a good relationship, even at a personal level, with previous problems being due to misunderstandings or disinformation.

The WAVA/IGAL meeting in Korea should be a milestone in veterans athletics history. The aim is the unification of all veterans athletics activity. If it comes about, and I am convinced that it will, due to talks in Korea, we will proceed with our 1989 plans in a good position with cooperation from the IAAF. After this, we will not be in a hurry. We can proceed in our own manner, our own Council and Assemblies, and our own decisions about when, how, and where to hold our championships.

The cooperation of the IAAF could result in full integration, if and when honorable, reciprocal conditions are realized. Of course we are working to facilitate this integration, which will benefit everybody interested in promoting veterans sports.

Many world records were broken in Verona. Indeed, looking at all of the performances, we wonder what the limits of veteran men and women, in each age group, really are.

Chrimes Sets Three World Records in European Veterans Championships

by MARTIN DUFF of Athletics Weekly

The brilliant individual performances of the 6th European Veterans Championships in Verona, June 25-30, were marred by poor Indian organization and blatant attempts at "Evangelist"-type manipulation. The best Italian distance specialists in each age group appeared to have been placed in the slow heats in order to run virtual time trials, and some gold medals were won from those positions; locals were grouped in heats or semi's in order to assure Italian progress to the next rounds, and so on.

Former U.K. discus international Rosemary Chrimes (previously Payne) collected five gold medals and three world records, in the W55 high jump (1.36/4.5½), shot put (11.74/38.6¼), and discuss (35.84/117.7). The amazing West German Paula Schneiderhan took four golds in the W65 group, with her 100 (14.90) and 200 (31.47), easily world age-group records. In the men's field, the equally amazing Austrian Horst Mandl set two M50 world records: firstly a triple jump of 13.61/418.8, and then 1.88/6.2 in the high jump, equaling the existing record.

The men's middle distances produced some exciting races with the Dutchman Ron Mercelina, as in Malmo two years ago, dominating the M40 class. He revealed to this writer that he actually set a world record in Britain. 0

Another notable field world record came from Bulgarian Yordanka Blagoeva, who leaped over 1.70/5.7 in the W40 high jump.

The best javelin effort came from Frenchman Serge Leroy with a 66.64/218.8 in the M40 group.

This was the last major international veterans meeting to include a pentathlon, which was won by Britisher Mike Corden, M40, who is looking forward to Eugene and the decathlon, more his specialty.

The West Germans dominated the medals table finishing with over 100 golds, well ahead of Finland and Great Britain.

WOMEN'S DELEGATE: Bridget Cushen 154 Milham Road West Croydon, Surrey, England
DELEGATE OF NORTH AMERICA: David Paine 5643 Campavelle Way San Diego, CA 92115 USA
DELEGATE OF SOUTH AMERICA: Jean H. Kuten Estrada 3429 Olivos (1123) BUENOS AIRES Republica Argentina
ASIA: Mr. Sultan Motanyan Medan Medaka Selatan 10, Jakarta, Indonesia EUROPE: Hans Assmann Eibendorffstrasse 2 D-800 ANSBACH Federal Republic of Germany
OCEANIA: Jim Birt P.O. Box 2910 Wellington, New Zealand
AFRICA: Contact President

INTERNATIONAL SPRINTERS: Sandie Hickey, from Wollongong; Mary Ann Ellis, from New Zealand; and Maureen Onslow, from Australia. Photo from W. Th. Sigur

Country:

1. Indonesia
2. Australia
3. New Zealand

INDONESIAN M60-69 SPRINTERS after a recent meet in Bandung, from left: Rasidian, from Jogjakarta; Sarbe Bupono, from Bandung; Salamoen, from Banjumas; Roesi Suhailisdin, gold medalist in the M65 100 and silver medalist in the 200 in the World Games in Melbourne; W. Th. Sigur, from Jakarta; and Soewarna, from Surabawa. Photo from W. Th. Sigur
University Rooms Going Fast

"Get your room reservations in early." That's the word from Barbara Kousky, Executive Secretary of the VIII World Veterans Championships." We've already sold 2600 beds, mostly to the Europeans, and most of those are in the university residence halls."

All told, the University of Oregon has 2500 dormitory beds, which could well be sold out by the end of this month. Most of the motel/hotel rooms in the Eugene/Springfield area are being reserved by the World Championships' Committee.

The event will be held from Thursday, July 27 to Sunday, August 6, 1989. The competition schedule was published in the July issue of NMN. More than 5000 athletes from over 55 nations are expected to attend. Competition will be held in five-year age groups, beginning at age 40 for men and 35 for women.

It's the first time the prestigious event has ever been held in the U.S.A. There are no qualifying standards; anyone who meets the age requirement is eligible to participate.

Many entrants are expected to compete in the U.S. TAC National Masters Track and Field Championships in San Diego, July 20-23, and then journey up the beautiful California coast, en route to Eugene.

In June, Eugene played host to the U.S. National Collegiate Track & Field Championships. Track and Field News reported: "The new Hayward Field track, a version which features much wider turns than its predecessor — not to mention an unquestionably fast surface — helped cause a rash of new NCAA records."

In an editorial entitled "Eugene Is Back," T&F News wrote: "We can't imagine a better place in the whole country in which to have a meet when things are right, which they usually are. We know that pollen is often a problem for hay fever sufferers, but that can be controlled. And we're not ignoring the rain, but every major meet outside of Los Angeles gets that.

"We're also not saying the track is any better than anyone else's, although the times at the NCAA meet indicate it's ready to hold its own against anyone. But it's not the track itself which is the big plus. What still sells at the University of Oregon is the atmosphere. There are no fans anywhere in the country — and few in the world — who are more informed or more involved. The rhythmic clapping echoes in your mind for hours after a meet, continuing to evoke the most marvelous of memories."

Eugene organizers, while acknowledging that it often rains in the winter, fall and spring, confidently predict no rain for the World Veterans Championships. Indeed, as is shown in the adjacent chart, there was no rain this year during the Games' time slot of July 27 to August 6. The daytime temperatures ranged from a mild 78 to a hot 101, while the nighttime lows varied from 60 to a cool 48. In short, it was pleasant-to-hot in the daytime, and decidedly cool in the evening. Bring your sweater.

For more information, write P.O. Box 10825, Eugene, OR 97440, USA. Or call Barbara Kousky at (503) 687-9064.

EUGENE WEATHER - 1988

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*New IAAF Specifications
Report from Britain

by ALASTAIR AITKEN

Despite the traditional Welsh inclement weather at Cwmbran Stadium on July 23-24, the National Veterans Track and Field Championships was the usual unqualified success, with a friendly and competitive atmosphere.

Rosemary Chimes, who had a ten-year break from athletics after her international days (she won the Commonwealth Games discus in 1970 in Edinburgh), was back as keen, but less heavily trained, setting world bests for W55-59 in the discus (39.04/128-1), the shot (12.19/40-0), and hammer (35.10/115-2).

Two-time National Veterans cross-country champion and this year’s European 5000 champion Alun Roper outkicked Ron Bell in the 1500 in 4:00.7, and went on in the afternoon to easily win the 5000 (15:02.2), but Bell, who was unlucky to cramp up in the last few meters in the European 8000, lead all the way at Cwmbran to win in 1:58.2.

Also in the M40 group, Dave Cowley, a teacher from Rugby, who came into veterans athletics last year with a win in the national decathlon in September (5122 points), was in fine form in blustery conditions, winning the 200, 400, 110H, 400H, and triple jump.

That outstanding character, 84-year-old Bill Baker, the father of Ken Baker, the middle-distance runner and actor who resides in the U.S., ran the 100 and 200, placing not very far behind 76-year-old Roy Evans, but semi-blind Scotman Ernie Plinner, 70, was the fastest of the older sprinters, doing the 100 in 14.5. Dave Burton, M50, still looks impressive as he won the 100 (12.4) and 200 (25.00).

Marjorie Hocknell, who will be in the W45 group next year and says that she will be faster next year, having only started athletics in 1982, won the W40 200 (27.9) and the 400H (69.3).

Pat McNab won four golds in the W45 age group.

Bernie Plain, fourth in the European Games marathon in 1974, had to wait for a year of competition to win his first major veterans title, going away from John Temperon and Pete Hamilton in the last three laps of the 10,000 to win in 32:37.5. In other events, Roger Robinson, who was the first veteran in the 1984 New York Marathon and world 10K IGAL champion in Glasgow in 1980, was the veterans winner in the Ranelagh Half-Marathon, June 25, over an undulating course at Eiffingham. He was sixth overall in 70:54. The New Zealand literature professor, now 49, is married to Kathy Switzer, the first woman in the 1975 New York Marathon. Kathy went around the Ranelagh in a modest 1:41:33.

Paula Fudge, 35, who will represent the U.K. in the Olympics was third overall woman (71:37) in the Great North Run, July 24. Oxford City’s Sheldon Cowles was the outright winner of the Harrogate Centre 10K, July 17, in 30:36.

Pete Jones, 40, keeping away from the veterans-only races and competing for his club in the British Open T&F League, ran the 5000 in the first two matches in 14:41 and 14:43, but he improved massively to 14:32 in the Southern Open.□

Write-On continued from page 4

couple of other Philadelphia Masters were always sitting on one particular bench near the lobby of the hotel. I told them I didn’t see their name on it and Don snapped back, "This is the Philly Bull Pen." Most players are with the family. He will be greatly missed as a good friend and masters athlete. Burt Gist San Marcos, Calif.

Two Gentlemen of Verona

In Verona, the scene of Romeo and Juliet, the stage was set.

We were half-way through the European Veteran Games and seats were being taken for the Regional Assembly. One looked forward eagerly to an interesting performance with lots of audience participation. Then things started to go wrong.

Even before the curtain rose, the leading man, Cesare Beccalli, was involved in a dramatic confrontation. He insisted that the audience would consist only of delegates and that observers would not be allowed to attend. No reason was given for this departure from tradition. It was, he claimed, a decision of the EVAA Council (although one Council member later said privately that he did not recall the Council taking such a decision). Under pressure, Beccalli relented just at the point where the British Veteran Athletics Federation were considering whether to walk out in protest. It was, he claimed, a decision of the EVAA Council (although one Council member later said privately that he did not recall the Council taking such a decision). Under pressure, Beccalli relented just at the point where the British Veteran Athletics Federation were considering whether to walk out in protest. It was, he claimed, a decision of the EVAA Council (although one Council member later said privately that he did not recall the Council taking such a decision). Under pressure, Beccalli relented just at the point where the British Veteran Athletics Federation were considering whether to walk out in protest. It was, he claimed, a decision of the EVAA Council (although one Council member later said privately that he did not recall the Council taking such a decision). Under pressure, Beccalli relented just at the point where the British Veteran Athletics Federation were considering whether to walk out in protest. It was, he claimed, a decision of the EVAA Council (although one Council member later said privately that he did not recall the Council taking such a decision). Under pressure, Beccalli relented just at the point where the British Veteran Athletics Federation were considering whether to walk out in protest.
Masters Running '88 Available Soon

MASTERS RUNNING '88, the "official program annual" of the ICl/USRA MASTERS CIRCUIT, will be released this month, and we are genuinely excited with the reception we have received all throughout the running community. Printed in a 4-color, perfect bound magazine format, the Annual will feature the most in-depth coverage ever compiled on masters running. The response has been so strong that we have increased it from 64 pages to a whopping 96 pages to provide a depth of coverage that has never been given to the masters runner.

Contained in the first edition of MASTERS RUNNING '88 will be profiles of the 13-city "ICI/USRA Masters Circuit" events; exclusive "Legends" interviews, including Herb Elliott, Jack Foster, Doris Brown Heritage, and Arthur Lydiard; the "World Class 100" rankings of the top 1988 masters running events; injury Prevention Tips especially for masters; the "First Masters Race"; complete listing of masters road records by 5-year age groups; profiles of the masters stars of today and much more.

"We are very pleased to be a part of this exciting addition to the ICl/USRA Masters Circuit," said Bill Adams, General Manager of Public Affairs for title sponsor ICl. "The Circuit is designed for more than just the elite athlete and MASTERS RUNNING '88 provides an opportunity to reach masters runners of all ages and ability."

MASTERS RUNNING '88 will feature a number of well-known writers in the sport. Managing Editor is Tim Voss, former editor of Preventon magazine, a Rodale Press publication. Included among the editorial staff are David Umke, former editor of Runner's World Magazine, and former American record holder Dick Buerkle;

Coordinating the project for the ICI/USRA MASTERS CIRCUIT is former Runner's World Special Projects Director Larry Eder. Eder has been the creative energy behind numerous innovative programs in the sport. He also served as the launch publisher of SportCare & Fitness magazine, a critically acclaimed sports medicine and fitness publication.

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Athletics Magazine writer Brian Lenton; masters record holder Jim O'Neil; National Masters News editor Al Sheehan; noted West Coast medical writer Barbara Shaw; "Running Stats" editor Paul Christian; "RunCal" Editor Mark Winitz; "ICI/USRA Masters Report" editor Mike Davis; Running Times Senior Editor Alex Ayres; and former Runner's World magazine senior writer Jim Harmon.

MASTERS RUNNING '88 will be distributed free to over 50,000 runners through events on the ICl/USRA MASTERS CIRCUIT, other running events in major markets and key running stores around the country. If you too would like to receive a copy of the magazine, please send $1 for handling to Masters Running '88, 33A Martine Ct., Newark, DE 19711. We hope you enjoy it!

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ICI/USRA MASTERS CIRCUIT POINT STANDINGS
(after 6 races Including Azaleas Trail Run, Cotton Row Run, Myrtle Beach Classic, Hospital Hill Half Marathon, Ute Tower Race and 10th 100 Mile Race)

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<thead>
<tr>
<th>Men 40-49</th>
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<td>1. Bob Slaw, SC (40)</td>
<td>1. Jane Hutchison, MO (40)</td>
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<td>2. Bill Rodgers, MA (40)</td>
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<td>3. Wes Wesley, GA (40)</td>
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<td>4. Web Loudat, NM (41)</td>
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<td>5. Mike Hurd, GBR (42)</td>
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<td>7. Chris Chambers, CO (40)</td>
<td>7. Cathy Hardy, LA (41)</td>
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<td>8. Steve Lester, UT (43)</td>
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<td>9. Alan Rusher, GB (43)</td>
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<tr>
<td>1. Joe Johnson, UT (50)</td>
<td>1. Mary Ann Noddin, KY (56)</td>
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<td>2. Jim Larson, FL (52)</td>
<td>2. Marcia Herbet, CA (53)</td>
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<td>3. Clyde Davis, KS</td>
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<td>4. Gerald Glass, MO</td>
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<td>5. Mel Yofer, KS</td>
<td>4. Susie Klotz, NC (51)</td>
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<th>Men's 60 &amp; Over</th>
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<tr>
<td>1. Jim O'Neil, CA (63)</td>
<td>1. Mary Norrkauer, LA</td>
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<td>2. Jerry Morrison, MO</td>
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<td>3. Logan McClellan, MO</td>
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<td>5. George Sheehan, NJ (69)</td>
<td>5. Pepper Davis, FL</td>
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Prize Money Structure:

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A $750 bonus will be awarded to the top "age-graded" performance of the year.
Also finishing under the previous world mark were World Veterans 1500-meter champion John Dixon, of New Zealand (4:15.81) and Ken Sparks (4:21.18) of Cleveland, Ohio. Dixon is the older brother of New York City Marathon Champion and New Zealand Olympic Rod Dixon, and coach of U.S. Olympic marathoner Nancy Ditz. He is the reigning World Veterans 1500 gold medalist, defeating Bell last November in Melbourne. The 43-year-old Sparks ran a 1:46.80 as an open runner when he was a teammate of Olympic champion Rick Wohlhuter on a world record-setting 2-mile relay team, a mark that still stands.

Rounding out the finest masters mile field ever assembled were Connecticut's Al Swenson (4:17.05), Albuquerque's Web Loudat (4:19.69), San Francisco's Steve Ferraz (4:20.34), and Ron Jensen (4:21.18) of Long Beach, Calif.

England's Phil Barker volunteered to be the rabbit and took the pack through a brisk 61.8 first quarter and hit the halfway point in 2:07.8. When Barker departed, Dixon surged to the front to maintain the world record pace.

"I had the strength, but I didn't think I had the speed," said Dixon, who left the dead of winter in New Zealand to run in the 88 degree, 95% humidity of Orlando. "I had to try to wear their speed out. I thought maybe I had done it when we were going down the backstretch on the last lap, but Ron and Byron shifted into a gear that I didn't have in me."

The winner had nothing but praise for Dixon.

"John played the hero's role on that third lap," Bell said. "I did the easy bit. He's as much responsible for the record as I am."

Crowd favorite Dyce, who turned 40 on March 27, is the one who forced the issue once Dixon had conceded. Dyce made his move in the final curve, pulled alongside Bell, but never quite overtook him.

"Hindsight is always better, I know, but boy, was he strong," Dyce said. "I was on the outside of him, so I was having to run farther."

"But back in the good old days I was a 45-second quarter-miler," said Dyce, now a math professor and track coach at Santa Fe Community College in Gainesville, Fla. "I thought I was making the right move. But now I wish I would've waited a little longer."

Bell, too, originally thought Dyce had made the right move.

"There he goes, this one is for the home-boy. That's what I was thinking when he pulled up beside me," Bell said. "It was even Steven all the way around the last curve. But he had farther to go. This was a great race to be in, no matter where you finished. You just never find this much quality in a masters meet."

Dean Reinke, director of the ICI/USRA Masters Circuit, was responsible for assembling the field.

"He took the bull by the horns and the boys all came to the party," Dixon said of Reinke.

Reinke was aglow after watching the show he put together.

"Just fantastic," he said. "There's no question that within a few years we're going to get a sub-four-minute mile in the masters division."

"I've been waiting for this for 40 years," Dyce said. "Although I was one who never quit training altogether, it's tough competing when you're running really well for a 36-year-old and still getting your butt beat. I think this is just fantastic."

It's doubtful that Dyce and the others in the ICI Legends Mile will have to wait too much longer. "Everything fell into place; the athletes, the crowd and media responded far beyond our wildest dreams," said meet director Nick Gailey, one of the organizers of the ICI Legends Mile. "Florida is on the threshold of national prominence in track & field, and we want to support future attempts at the classic mile distance."

ICI General Manager of Public Affairs, Bill Adams, agreed with Gailey.

"There is a tremendous amount of energy out there for the 40-and-over athlete," he commented. "This unprecedented world-record breaking performance will cause us to take a serious look at the ICI Legends Mile becoming a 'sub-circuit' of the ICA/USRA Masters Circuit. The sub-4 minute mile by a master will someday be a reality."

Bell's record-breaking performance earned him $1000 from running apparel maker Sub-4 of California, supporting sponsor of the ICI Legends Mile. ICI/USRA Masters Circuit Executive Director Dean Reinke announced immediately following the race that plans are underway to organize a 6-10 event circuit of mile races including events on the track, indoors and outdoors, and on the roads. Discussions are being held with former American mile record holder Jim Ryan and other great masters milers worldwide to form such a circuit.

The ICI Legends Mile was the sixth event on the 13-city ICI/USRA Masters Circuit, where runners in six age-groups (40-49, 50-59 and 60-and-over, men and women) earn grand-prix style points toward a season ending $20,000 prize purse. Remaining events on the 13-city 1988 ICI/USRA Masters Circuit in August were the Asbury Park 10K Classic (August 13), and Crim Road Race 10 Mile in Flint, Mich., (August 27). Next are the Pittsburgh Great Race (September 25); Heartland Hustle 10K in Davenport, Iowa (October 1); Capital Trail Run in Raleigh (October 8); Stamford Classic Marathon (October 16); and Charlotte Observer 10K (January 7, 1989) in North Carolina.

Coupled with the $20,000 grand prize style ICI/USRA Masters Circuit prize purse, the Circuit events individually combined will distribute over $125,000 in total prize money. Negotiations are currently being held with a number of cities, including several on the West Coast, to expand the Circuit. In addition, an ICI/USRA Masters Circuit Championship is being planned for early 1989.

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Championship January 14

Late-breaking news out of Naples, Fla., is that plans are being finalized for the first ever "ICI/USRA Masters Circuit National Championship" 8K to be held January 14, 1989. A $10,000 15-00 masters prize purse is being discussed and one of the best-ever fields assembled is being put together. Any ties in final points standings will be "run-off" to the finals. A Saturday evening banquet, where the $20,000 grand prize purse will be distributed, will cap a full weekend of activities in this scenic Gulf of Mexico location. Discussions are being held with Bill Rodgers, Priscilla Welch, Frank Shorter, Jim Ryun, and a host of other masters stars about running and participating in the weekend. More details will be presented next month.
Masters Track & Field Championships in San Diego followed by the World Veterans Games in Eugene next summer — stay tuned! ... Former University of Chicago Track Club half-miler and member of the still-existing world-record 2-mile relay team, Ken Sparkes just happened to be at the National Championships when he was spotted by an ICI/USRA Masters Circuit official. Sparkes informed the official that he was running again, "marathons and road racing," and that he was entered in the 1500 and 800. Sparkes, teammate of Olympic champion Rick Wohlhuter, confessed that he had started training again, motivated by the "Legends Mile" concept. Within 10 minutes, Sparkes was entered in the Legends event, and by the end of the race, he had run the 5th fastest ever mile by a master (4:16.05) at age 43! ... Barry Brown made the right choice scratching out of the Legends Mile after running a hard 10,000 two days prior to the Mile ... Stamford Classic Marathon has confirmed a $21,000 masters prize purse for its October 16 event, with points weighted 1.5 times toward the season-ending $20,000 prize purse ... Sub-4 awarded Ron Bell $1000 for his world mile record and was prized with $10,000 for a "4-under-4 minute" mile. President Tom Steiner is interested in supporting the "Masters Mile" concept so you'll likely be hearing more in the near future ... Circuit officials are very close to signing a deal with the Foundation 3K in Sacramento (formerly the Pepsi 20 Miler) to become the 14th city on the circuit. Points would be weighted 1.5 times like Stamford and Hospital Hill Half-Marathon ... London, Bahamas and Barbados have expressed interest in hosting ICI/USRA Masters events ... Bill Rodgers is confirmed for the Pittsburgh Great Race, September 25, the site of the 1989 National Masters 10K Road Championship ... Discussions are taking place with the TAC Long Distance Running Committee to become more closely aligned with the ICI/USRA Masters Circuit. With Asbury Park and Pittsburgh (1989) already serving as championships, and all of the Circuit races TAC-sanctioned, one thought is for Circuit events to serve as National TAC Championships to insure the best possible fields ... '87 road standout (and professional squash player) Kirk Randall of Boston has been injured most of '88 and does not look like he'll return this year ... "Bix Billy" (as they call him in Iowa) beat Frank Shorter at the 12,400-runner Bix 7, running 36:16 to Frank's 37:03 with Minnesota's Bruce Mortensen, former Underwear of Oregon star, third in 37:22. Pricilla Welch won the women's masters handily and finished fourth overall in 40:09. She is currently nursing an injury although husband Dave says she should be ready for Seoul ... Cilla, by the way, is knocking them dead in a Nike television ad spot now playing nationally ... Billy and Frank will take their "match race" show to Charleston, W.Va., for the 17th running of the Charleston Distance Run, September 5. They'll join ICI/USRA Masters Circuit Executive Director Dean Reinke at the popular pre-race clinic ... It was great seeing Dayton, Ohio's Bob Schul, the last American to win the Olympic 5000 (1964), finishing 3rd at age 52 in the 1500 at the TAC National Championships ... CB Sports, owner of Frank Shorter Sports Apparel, and W.L. Gore are finalizing negotiations on a poster deal with the ICI/USRA Masters Circuit ... Kodak to NMN publisher/editor Al Sheehan for his superb job on the microphone at the National Championships ... Tom Jordan and his troops from the World Veterans Games in Eugene were in force promoting next summer's Championships ... 1989 National TAC Championship meet director David Pain of San Diego spent seven hours after the Orlando meet reviewing details with 1988 Meet Director Nick Gailey ... Following the meet, Gailey announced his plans to take over the Directorship of the successful Florida State Sunshine Games, which also includes his involvement with several major track meets coming to the Sunshine state ... "Temperature Transition" award to New Zealand's John Dixon for traveling from New Zealand (nighttime lows in mid-30s) to Orlando (daytime highs of 95) ... Myrtle Beach Classic very close to confirming April 8 as date for 1989 event — confirmation next issue ... Discussions are being held with the Miami Grand Prix auto race to host an ICI/USRA Masters Circuit event (5K) on the speedway the weekend of the event March 5. More next month ... Make that Barb Filutze (22:57) and Allie the meet, Gailey announced on the circuit stand at the 4-mile Buffalo Subaru Chase recently ...
The Athletics Congress of the USA

What is TAC? Americans usually call it track and field. But around the world when people say “Athletics,” they’re talking about track and field, cross-country and race walking.

In 1888 the Amateur Athletic Union (AAU) was founded and athletics was the Union’s principal activity. Ninety years later the Amateur Sports Act was passed by Congress and signed by President Carter, stripping the AAU of its governing powers over athletics. Two years later The Athletics Congress (TAC/USA) was formed. TAC is the new national governing body for “Athletics” in America and is a member of the world governing body, the International Amateur Athletics Federation (IAAF).

Most organizations in the United States that offer competition in track and field, cross-country and race walking are members of TAC/USA, e.g. the NCAA and the National Federation of High School Associations.

TAC is divided into 14 geographic regions and 56 associations. Association and regional competitions are offered annually, particularly on the youth athletics level. National championships are held for youth, seniors and masters competitors.

An athlete pays $7.00 to $11.00 per year, depending on the association, to be a member of TAC. Besides being eligible for TAC events, such as the highly acclaimed Junior Olympics, membership provides medical insurance for all club practices and TAC sanctioned events.

Marcia McChesney

LATE FLASH

Larry Olsen was the first finisher in the National Masters 10K Road Racing Championships in Asbury Park, N.J., August 13, with a time of 31:34.

Olsen overtook the early leader, Mick Hurd, at the 4 1/2 mile point and beat him by seven seconds.

Bob Schau was third (31:59), followed by Barry Brown (32:07) and Atia Willgell (32:19).

Barbara Flute won the 40 title with 36:03, defeating Laurie Binder (36:10), Gabrielle Andersen (37:11), Angella Earn (37:33) and Nancy Osbure (38:15).

Other division winners included: Mike Heffernan (M45, 33:26), Norm Green (M55, 34:43) and Ed Benham (M60, 46:35).

For a complete list of winners, please see page 5.

The open men ran in one race; the masters men (1200) and all women (1300) ran separately. It was the seventh of the 13-city ICI Masters Circuit.

“The weather was brutal,” said race director Phil Benson. “It was 90% with over 75% humidity. Everyone ran a minute or two slower.”

Complete results, story and photos will appear in next month’s issue.

Harry Koppel Dies

Harry Koppel, of Belmont, Calif., one of the finest masters sprinters in the world, unexpectedly died at age 75 on August 13 of a massive heart attack. The funeral was held August 16 with Payton Jordan, Koppel’s long-time friend and training partner, delivering the eulogy.

Koppel, who turned 75 this year, had just set a new world age 75-79 record of 14.27 in the 100-meter dash in an all-comers meet the previous week. His time broke Joe Packard’s nine-year-old mark of 14.3.

Jordan, who had paced Koppel to the record, worked out with him two days before the attack.

“He complained of pain in both arms,” Jordan said. “I told him not to work out, and he didn’t.”

Koppel had been taking medicine for high blood pressure.

“But it wasn’t working,” Jordan said. “He’d had the problem for years, and just tried to keep it under control.”

Koppel successfully fended off cancer of the throat several years ago, and once survived a near-fatal snake bite.

“He was a courageous and a kind man,” Jordan said. “He was in good spirits and really excited about turning 75 so he could go after some new age-group records. The sport will miss him.”

KANSAS

BIG GUYS

CLASSIC

WHEN: October 22, 1988
WHERE: Kansas University, Lawrence, Kansas
WHO: Weight Pentathlon-SP, DT, JT, HT, 25 & M, Standard Pentathlon-HI, LI, SP, HI, 800 M
WIN: Men and Women: Open, Sub-Master, Master
ENTRY FEE: $15.00 for one or all events, University and College $10.00
ENTRY DEADLINE: October 17, 1988, $5.00 late fee.
AWARDS: Each entrant will receive a 100% cotton Big Guys Shirt, water bottle, and a water squeeze bottle.
OUTSTANDING COMPETITOR AWARD: (Elwyn Does Award) will be given on a point system.
TEAM TROPHY: A traveling trophy will be awarded on an NCAA 9 place system.
STARTING TIMES: Masters 9:00, Sub-Masters 10:00, Open 10:30
IMPLEMENT: Standard WAA and IAAF Spec.
Weight: 240 lb for Open and one and one-half hours before each starting event and will close to that group one hour before their starting time.
KANSAS TRACK AND FIELD: Does have a limited amount of implements, competitors are encouraged to supply their own.
TAC CARD: Required for all non-NCAA competitors.
DRESSING FACILITIES: With shower available before and after the meet.
TRAIERS: There will be one on site during the meet.
TRANSPORTATION: Lawrence is 45 minutes west of Kansas City, Bransiff seems to have the best fares in and out of Kansas City. Recommended Hotels: Crowlodges (913) 844-5100, At Season (913) 844-9100 and the Holdione (913) 841-7077.
NOTICE: Meet management reserves the right to alter and set new schedules. In case of an overly large field, management reserves the right to limit the throws and jumps to four efforts.
FOR FURTHER INFO: Contact: Kansas University Track and Field Office (913) 864-3486 or Allen Field House Rm. 143 Lawrence, Kansas 66045. C/O: Gary England, Throws and Multi Event Coach.
Nationals Draw 920 to Florida

Continued from page 1

547 were from east of the Mississippi; 311 from west; and 38 from outside the U.S.

Nine athletes were age-80 or over, and 63 were over 70. The largest age group was M40-44, with 128 entrants. The median age was about 45.

Of the 920 participants, 17 percent (157) were women, compared to 19 percent last year.

At age 86, Colorado's Herb Anderson and Indiana's Arling Pitcher were the oldest competitors in the event.

Competition was available in 26 five-year age divisions for men and women from 30-34 to 90+ , with gold, silver, and bronze national championship medals awarded to the top three Americans in each group. Ribbons were presented to each 4th, 5th and 6th place finisher. Per TAC Masters rules, foreigners who placed in the top three were also awarded an identical championship medal.

The quality of the competition was high, as usual, with 12 world and an additional nine American age-group records bettered.

The meet was directed by Nick Gailey with the aid of the Florida Athletics Congress. There were the usual administrative problems, but competitors generally praised the facilities and the officials, and agreed it was one of the best national meets ever held. (See separate story).

The highlight of the four-day event was the special ICI Legends Mile on Saturday evening. A star-studded field of 10 invited masters runners went after the world over-40 mile record of 4:16.2. With the crowd of over 1000 cheering them on, five runners broke the record with Ron Bell of Great Britain leading the pack in 4:12.58. (See separate story).

The performances were outstanding. Eighty-one-year-old Ed Benham of Maryland broke two of his own age 80-84 world records in the 5000 (21:57.88) and 10,000 (44:29.26).

Oregon's Dan Bulkley set two M70 world marks in the 300 hurdles (52.50) and 2000 steeplechase (8:38.17). New York's Patricia Peterson set a W60 WR of 71.74 in the 300 hurdles as the first W60 woman ever to attempt the event. She added two American W60 marks in the 800 (20.78) and high jump (3-8).

Other world marks were set in the 300H by Richard Rizzo (M50, 43.16), Bill Clark (M55, 43.60), and Claude Hills (M75, 61.13); in the 200 by Konrad Boas (M65, 38.30); and in the pole vault by 1987's U.S. female masters track and field athlete of the year, Phil Raschker of Atlanta, who became the first over-40 woman ever to attempt the pole vault in competition. She automatically set a new world W40 standard — 8-11/2. Raschker won four individual gold medals and one relay gold to again rank as the outstanding female athlete of the meet.

After Raschker's nine firsts came Peterson (6 in W60), Christel Miller (6 in W50), Anderson (5 in M85), and Carol Peebles (5 in W65). There were dozens of outstanding performances. Among them:

M30-34
- Ellis Liddell, 30, of Marietta, Ga., made a dramatic entrance into submasters competition with four impressive wins in the 200 (21.72), 400 (48.71), 110H (13.49) and 400H (53.10).
- Jerry McCorkle, 31, of Charlotte, N.C., captured the 100 (11.19) and long jump (23-0 4/8). Kent Burno blazed to quick wins in the 800 (1:55.74) and 1500 (4:00.09), while Baltimore's Scott Bull garnered the discus (130-8) and javelin (166-11).
- Jim Heiring, 32, of Racine, Wis., took the 5000 (21:43) and 20K (1:43:20) walks.
- The relays were popular, with eight teams in the 4 x 100, four in the 4 x 400, and 5 in the 4 x 800. The Hurricane Sports Club, Greater Rochester TC, and East Cobb Striders were the respective winners.

M35-39
- At age 38, Marion McCoy of Los Angeles, a three-time national sprint champ in his early 30s, outraced defending champion Bill Collins in the 100 (10.85 to 10.90), and then bested Texas champ Willard Thompson in the 200 (22.57 to 22.72). TAC's Masters Southwest Regional Chairman, Danny Thiel, won the 400 in 51.48.
- Luis Isaac, 37, of San Juan, P.R., impressed with a triple-win in the 800 (2:00.01), 1500 (4:09.33), and 5000 (15:58).
- Stan Druckrey of Wisconsin lost his high hurdle title to Oklahoma's Colin Williams (14.24), but won the intermediates in 54.00.
- New Jersey's Ray Funkhouser suc-cessfully defended his walk crowns in 22:18 (5000) and 1:43:17 (20K).

M40-44
- The undisputed star of this division was Alta Loma, California's Stan Whitley, 42, who successfully defended his 1975 titles in the 100 (11.05), 200 (22.20) and 400 (49.30), and added a fourth gold medal with a 2:21-1/4 long jump.
- Two other Californians took over in career races: George Mason, 44, of El Cerrito, led down the backstretch of the 800 but dropped back to third as Washington's Richard Continued on page 25

With 150 meters to go, Graeme Shirley kicks and draws out to win the prestigious M40 1500-meter run in 4:03.83 at the U.S. Nationals. Wally Herralla (4:06.80) and Dennis Tracy (4:07.54) trail. Photo by Carl Simpson

A.J. Riccardi of Reno wins the M65 javelin with a 98-0 (29.92m) throw. Photo by Sports Pix, Altamonte Springs, Fla.
Tucker and then California's Don Parker took the lead. With less than 50 meters to go, Mason dug deep to find more and passed the tired leaders to win in 1:58.39. Tucker (1:58.73) and Parker (1:58.97) took the silver and bronze.

San Diego's Graeme Shirley, 42, passed up the 800 to focus on the 1500, and ran the race of his masters career. Following fellow Californian Jim Hampton's pace for much of the race, Shirley kicked at the 200 mark and left everyone behind to win by 25 meters in 4:03.93. Michigan's Wally Herhal got up for second (4:06.80) with California's Dennis Tracy third (4:07.54), and Hampton fourth (4:08.91). Shirley was ecstatic with his first national championship. "It was worth the eight months of training for this moment," he exclaimed.

Florida's Barry Brown, still the American M40 marathon record-holder (2:15) won the 10,000 in an excellent 31:41 in the high humidity.

Michigan's Peter Hallopin, the national M40-44 15K and 5K road champion, won the 5000 in 15:58.

New Jersey's Ken Brinker (14.99) and Georgia's Mike Kelly (37.24) took the high and intermediate hurdles.

Phil Barker, a policeman from northern England, spiced his U.S. vacation with a fast 9:49.31 win in the 3000 steeplechase.

Each field event gold medal went to a different athlete, with California's Charlie Rader taking the high jump (6-1%) and Florida's Bob Neutzling pole vaulting 13-6.

Edwin Morland of Westmoreland, Kan., set a new U.S. M40 record of 201-7 with the new IAAF javelin, while Florida's John Fredericks won both walks in 23:42 (5000) and 1:50:10 (20K).

The Dallas Masters nosed out the West Valley TC of Northern California, 45.43 to 45.44 in the 4 x 100 relay, but WVTCA evened the score with a close win in the 4 x 400, 3:32.31 to 3:33.50.

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M45-49
- Altadena, California's Frank Little turned 45 the day before the meet, and took advantage of his good luck by winning two out of three from Glennie Johnson, 45, of Detroit. Little took the 100 (11.55 to 11.59) and 200 (23.12 to 23.18), while Johnson won the one-lapper at 50.99, with Canada's Harold Morioka second (31.49) and Little third (52.38). Morioka won the 400 hurdles in 59.33.

- Harvey Franklin, 45, of Oakland upset George Cohen, 48, in the 800 (2:02.20 to 2:04.80), reversing their finish in the Western Regionals.

- Cohen took another silver behind Mike Holbrook, 45, of Fair Oaks, Calif., in the 1500 (4:14.83 to 4:16.15).

- Kentucky's Don Coffman and Oregon's Mike Heffernan exchanged wins in the long distance runs; Coffman took the 5000 (15:41 to 15:47), while Heffernan took the 10,000 (32:44 to 32:56).

- Theo Viltz of Long Beach, Calif., picked off the 110 highs (14.89), while Virginia's Lew Faxon, 48, easily won the 3000 steeplechase in a good 10:29.

- Lloyd Higgins of Azusa, Calif., won the discus (168-4) and hammer (154-10), while George Reynolds, 45, of Media, Pa., set a new U.S. M45 AR of 172-0 with the new javelin.

M50-54
- Seattle's Bob Miller, 51, made his national debut with two strong wins over Nick Newton, 54, in the 100 (12.07) and 200 (24.47). Newton leaped 5-7 for a high jump win.

- Richard Rizzo, 51, of Mastic, N.Y., surprised a good 400 field with a fast 54.56, and set a new world M50 record of 43.16 in the 3000 steeplechase.

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Sheila Carpenter, 32, of El Toro, Calif., throws the hammer 94-0 to win a gold medal in the W30-34 division.

Photo by Sports Pix, Altamonte Springs, Fla.
National Masters News

It's In The Genes


Sally won all four weight events in the 55-59 division, Burt set a new American record for age 81 in the discus, to go with his U.S. 80-84 division discus record. Linn won two firsts and two seconds in the 30-34 age division.

Remarkably, Sally has been practicing the weight events for only the past three months prior to the Nationals. She formerly competed in masters' swimming at the national level. She is the daughter of the late Dud DeGroot, Stanford University football captain and All American, 1922, and member of the U.S. Olympic Rugby team which won the gold medal in the Olympics in Paris, 1924.

Burt is a former Stanford pole vaulter, selected to the NCAA Track and Field Honor Roll, 1931.

There must be something to "athletic genes" being inherited.

1948 Olympic Bob Moroco, now living in Wilmot Flat, N.H., edged California's Dave Brown in both the high jump (4-4 for both) and pole vault (10-4 to 9-0).

Colorado's Harold Wright captured both walks in 30:31 and 1:24:14.

M70-74

In the absence of Payton Jordan, Rocky River, Ohio's Bill Weinacht, 71, won the 100 (14.12), 200 (28.72), and 400 (67.99). It was the second straight national 400 title for the world M70 400 gold medalist.

Dan Bulkeley, 71, of Phoenix, Ore., who had won four gold medals in Melbourne, won the same four events in Orlando and set two world M70 records in the 200 (52.64) and 2000-meter steeplechase (8:38:17). He also won the 800 in a close, come-from-behind victory over Florida's Jay Sponseller, 2:36.30 to 2:37.90, and added the 1500 in 5:29.63. He was upset in the 80-meter hurdles by California's Al Guidet, 15.00 to 15.16.

The field events were closely contested, with only Tom McDermott, now living in Arizona, taking a pole vault title in 18.32 and 31.33.
Nationals Draw 920 to Florida

Continued from page 26

Bradyton, Fla., able to win two, in the shot (18-9/6) and hammer (139-0).
- Max Gould, 71, of Toronto, won both walks over New Jersey’s Don Johnson, 29:46 to 32:12, and 2:11:49 to 2:17:00. Both Gould and Johnson (as first American) received two gold medals.
- The West Florida Runners was the only team to contest all three relays.

M75-79
- California’s Bert Morrow notched the 100 (15.68), 200 (23.64) and 800 (16.62), while New York’s Bill Brotston took gold in the 1500 (6:27.76), 5000 (22:52), and 10,000 (46:10).
- Pennsylvania’s Claude Hills lowered his own world M75 record with a 61.13 in the 300H. He also won the high jump (4-0) and triple jump (23-31/6).
- California’s Jim York won two gold medals with a 101-8 hammer throw and a 37-7 shot put.

M80-84
- As mentioned above, Benham was the star of this division with his two world records, and four gold medals, but Byron Fike, 80, of Tallmadge, Ohio wasn’t chopped liver with three wins in the 100 (16.04), 200 (34.26), and 400 (80.35). Fike challenged the great Benham in the middle distances, but Benham prevailed in both the 800 (3:09 to 3:42) and 1500 (6:10 to 8:02).
- Burt DeGroot, 81, of San Clemente, Calif., won the discus (85-5) and hammer (50-0).

M85-89
- Once again, three of the most remarkable athletes on the planet put on quite a show. Colorado’s Herb Anderson, 86; New York’s Konrad Bos, 85; and Indiana’s Arling Pitcher, 86; headed toasts.

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Atlanta’s Phil Mulkey, 55, goes over the bar at 12-0 to win one of four gold medals in the U.S. Nationals in Orlando.

Photo by Sports Pix, Altamonte Springs, Fla.

Continued on page 28
Graeme Shirley's 243 Seconds to Glory

by DAVID PAIN

The two years since Graeme Shirley turned 40 have proved extremely frustrating, as well as disappointing, for this dedicated San Diego Track Club member.

Graeme, on becoming a master, had looked forward to making a mark in his division in the 800 and 1500 and had the performance in local competition to justify his high expectations.

He had trained hard to lead a very disciplined and competition-oriented life in anticipation of winning a national championship at the TAC National Masters Track and Field Championships to be held on Long Island, N.Y., in the summer of 1986.

Graeme settled on the 800 as his objective and believed a 1:37 or 1:38 effort could win. That year, no preliminaries were held. The race was to be decided on two timed sections, and, as luck would have it, Graeme got seeded into the slow section. He protested but the officials were adamant and refused to seed him to the faster section. In his frustration, he blazed through the first 400 in approximately 58 seconds, and had 20 meters on the rest of the field. He held on and finished in a creditable 1:59.05 and tied George Mason, who ran in the prior race, for third. Bill Stewart won the fast heat in 1:58.83 and second place was 1:58.83. Clearly, had Graeme been properly seeded, he could have improved by .25 of a second and won the medal.

Shirley's luck was no better at Eugene last year in both the 800 and 1500, where he placed 10th and 12th, respectively.

This year, at age 42 in Orlando, was a different story, however, as he pointed for the 1500, well-trained, fit, and very determined. Due to the problems experienced in 1986 it had been decided the 800 and 1500 would no longer be run in timed sections and the meet was extended from 3 to 4 days, giving an extra day's rest for those contesting these events.

In the semi, Graeme ran an extremely disciplined 1500, placing himself comfortably in the pack, holding back and finishing 2nd at 4:11, which was faster than the winning time in the other heat. In all, 27 runners, age 49-44, entered, with 12 making the final.

Graeme had run a 4:03 only 2 weeks earlier which could be good enough for a medal.

The weather in Florida, as expected, had been very hot and humid with intermittent torrntial rains. Saturday evening, however, the night was relatively cool and windless. An earlier threat of rain had subsided. (It had rained every day but non fell during the major competition hours.)

In the final, on the gun, Graeme got good position in the leading group but was forced to run off the shoulder of his competitor. He went through the first 3 laps in 64.4, 66.7, and 66.8, running with his usual quick stride and economic but flowing and effortless style. He appeared confident and moved up to the leader in the final lap, taking the lead with approximately 200 to the finish. At that point, he kicked and knew he had the race in hand. He won with about 10 meters on the second place finisher. He did 60 or 61 seconds for the last quarter for a final time of 4:03.9.

On crossing the finish line, Graeme threw his hands into the air over his head in a gesture of victory, disbelief and final achievement of a goal long sought. Thus did he, in 243 seconds gain his moment of glory in the toughest running event and age division of the National Masters Championships.

Nationals Draw 920 to Florida

Continued from page 27

head in nearly every event. When the dust had cleared, Anderson left Shoulterfield Field with five gold medals; Boas had two world M85 records; and Pitcher had two golds and a fistful of silver. Anderson won the 100 (18.94) in a close contest over the other two. Both Boas and Anderson broke Herb's M80 200 mark of 40.83; Boas clocking a fast 38.30 to Anderson's 40.82. Boas clocked 1:35.52 in the 400 to break Joseph Galia's world standard by seven seconds.

Anderson went on to take the shot, discus, long, and triple jumps, while Pitcher was best in the high jump and pole vault.

W30-34

- Rosalyn Bryant, 32, a national class open runner from Los Angeles, was outstanding with easy wins in the 100 (12.50), 200 (24.92), and 400 (56.48).

- Double winners were Houston's Rebecca Vogt, 32, in the 5000 (20:14) and 10,000 (39:22); San Diego's Lynn Dunton, 31, in the (37-3) and discus (127-7); El Toro, Calif., resident, Sheila Carpenter, 32, in the hammer (94-0) and javelin (165-10); and Kathy Nelson, 33, of Rapid City, S.D., in the walks (3000, 32-28 and 20K, 2:51:41).

W35-39

- Penny Farster-Gilkey, 36, of Rogue Ore., unleashed a tremendous kick to defeat the world W35 champion, Debbie Anderson, of Terre Haute, Ind., 2:19.83 to 2:24.35. Shafer added the 1500 in 4:42.86 for an eight-second win over Georgette Green, 39, of Texas, who won the 5000 in a fast 17:26.

- Colorado's Lorraine Green copped the discus (74-8) and javelin (73-4½).

- Viisha Sedlak, 39, of Boulder, Colo., who won both walks in the World Games in Melbourne, was an easy winner in the 5000 (26:00.9) and 20K (1:55:21). "I turn 40 next month and am looking forward to repeating in Eugene next year," she said.

W40-44

- Phil Rascher was the star of this division, again, with wins in the 100 (12.81), 200 (26.04), 800 (12.79), 400H (57.03), HJ (4-9¼), PV (WR 8-8½, LJ (14-7¼), and TJ (33-3). Her ninth gold medal came as the anchor leg of the Atlanta TC's 4x100 relay (55.00).

- Lurline Strupcek, 41, of Baton Rouge, La., won the shot (34-0), discus (98-11) and javelin (133-1), while Linda Kroesen, 43, of Van Nuys, Calif., took both walks.

- Tough competition in other events prevented any other multiple winners: Jennifer Pinto of Brooklyn, N.Y., bested Atlanta's Susan Houlton in the 400, 64.12 to 65.58; Houlton nosed out New York's Nancy Oshier in the 800, 2:28.24 to 2:28.56; Oshier defeated Orlando's Judy Geller in the 1500, 4:57 to 5:11; Greer topped New York's Kathy Brown in the 1500, 18:32 to 18:39; and Brown ran a strong 10,000 in 38:13.

W45-49

- New York City's Marilyn Mitchell bested Mary Luker, of Austin, Texas, in the 100 (12.81 to 13.73) and 200 (27.96 to 29.59).

- Houston's Mary Cullen garnered the 5000 (22:08) and 10,000 (45:07), while Florida's Vanessa Hillard took the shot (33-2) and discus (127-7).

- Georgia's Ann Carter won three golds in the 800 (1:03.0), long jump (11-14) and triple jump (22-2¼), and Michigan's Jeanne Bocii repeated in the walks (30:03 and 2:03:33).

W50-54

- Christel Miller's six wins came in the 800H (1:55.4), high jump (4-16), triple jump (27-2½), shot (31-3½), discus (78-7), and javelin (96-4). Despite the six triumphs, Miller only asked for one gold medal. "One is all I need," she said. "What would I do with six? I compete for the fun of it, not for medals."

- As usual, the other star of this division was Irene Obara of Fremont, Calif. At age 54, she's at the end of her age-group, but Obara repeated as national champion (she's also the world champion) in the 100 (13.48), 200 (28.43) and 400 (67.09), beating a competitive Marilyn Fitzgerald, Yardley, Pa., in each.

- Jeanne Hoagland, 51, of Los Angeles, who's been running less than two years and who set the W50 mile record (5:29:39) in Australia last December, attempted to break Gretchen Snyder's W50 800 mark of 2:33.0. She came up short, but still won handily in 2:30:30, and added the 1500 in 5:24:81.

- Another Angelino, Sheila Smith, 52, won both walks in 29:47 (5000) and 2:10:29 (20K).

W55-59

- Sally Polk, 58, of Sandia Park, N.M., won all four throws, while Sally Stiegelmeier of Brea, Ohio, and Magdalena Kuehne of Tujunga, Calif., each won three. Kuehne edged Stiegelmeier in the 100 (16.47 to 16.51); Stiegelmeier got 25.
**Reflections on the Nationals**

After the exciting ICI Legends Mile at the 1988 National Masters Track and Field Championships, Ron Bell, who broke his own world M40 mark of 4:16.2 with a blistering 61-second last lap to hold off Florida's Byron Dyce and win in 4:12.58, said he was pleased he didn't disappoint the crowd and the organizers of the event.

"We didn't want a tactical race," he said. "We wanted a fast time."

Bell said he got together with Phil Barker, a fellow Englishman who was vacationing in the states and who won the M40 steepchase on Friday.

"Phil agreed to take it out in 63-63," Bell said. (Barker's actual splits were 62-65). Then John (Dixon) and I agreed one of us would push the pace on the third lap."

Dixon took over after Barker's lap, and pushed a 64-second third lap to hit the bell lap at 3:11. Meanwhile, Harry Nolan was running a strong third.

"I had something left," Bell said, "and I had to use it when Dyce came up on my shoulder around the turn."

Nolan passed a tiring Dixon for third in perhaps the best race (4:15.38) of his masters career.

"It was an honor to beat Dyce," Bell said. "I had to go fast to dull his kick."

Web Loudat, despite finishing seventh, was ecstatic. "My feet never left the ground the whole race," he said.

The conditions turned out to be ideal for the race. "We were worried about rain," meet director Nick Gailey said. "In fact, it was raining two miles away, but it stopped before it got to us. We were lucky."

The weather was cooperative during the entire meet. The heat and humidity of a Florida summer is legendary. And while the heat (95 degrees during the day) and the humidity (usually more than 90%) lived up to their reputations, the rain stayed away except for a couple of brief flushes in the early hours. Tornado warnings were flashed, but the powerhouse Florida storms failed to materialize.

Gailey assembled more than 250 volunteers, some of whom worked every day from 7 a.m. to midnight. The more than 60 officials, led by chairman Brian McEachen and clerk-of-the-course, Herman Mancini, were praised for their professionalism and courtesy.

The Bob Mosher track was first rate and Mosher, himself, was on hand for the opening ceremonies.

The field event facilities at Showalter Field were exceptional. Four long/triple jump pits, double high jump pits, three javelin and shot areas, and two discus areas provided smooth, on-schedule competition.

"The pole vault was handled better than any masters meet I've been in," said Atlanta's Phil Mulfly.

Medical first aid, and massage facilities were available at no cost. There was rarely a long line for a massage, as three or four masseuses were on duty.

Newspaper and TV coverage of the meet was well above average, The Orlando Sentinel printed results on Saturday and Monday, and ran a half-page story and photo on Sunday of the masters mile and related action. Two TV stations covered the meet and reportedly broadcast favorable stories.

Spectators paid a $2 fee to enter, and organizers took in $2000 from this source.

The no-false-start rule was strictly enforced; about four sprinters were disqualified for false-starting.

To appeal an official's ruling, a $25 was required (refundable if the appeal was granted). No appeals were filed.

Some areas, however, were not up to par.

"We didn't do as well as I'd hoped," said Gailey, a perfectionist. "This was our fourth national championship meet this summer, and it was tough. Our officials were exhausted. We had 178 officials signed up, but only 65 showed up. It put a strain on those who came. By the last day, all they wanted to do was go home."

Gailey said he lost a couple of key people just before the meet began. As a result, the flow of paper-work backed up. Results were delayed, were often incorrect, and were not as readily available as Gailey's pre-meet plan had forecast.

The lap-counting in the 10,000 and 5000 wasragged.

"I'm frankly embarrassed," Gailey said, after learning that several 10,000 runners ran a lap short. "I have no excuse. The lap-counters have been doing this for years with no mistakes, but they just weren't used to a masters meet (where runners frequently lap and are lapped by others)."

The javelin runway was criticized. "It wasn't tarred and it wasn't grass," complained Christel Miller. "You just couldn't get any run-up on it."

The idea of scheduling heats in the 1500 and 800 on Thursday and Friday, and the finals on Saturday and Sunday, looked good on paper. But with the 1500 late on Saturday night and the 800 early on Sunday morning, many runners either scratched from one or ran sub-par.

The competition started at 7 a.m. each day, went to about 11 a.m., adjourned to wait out the heat until about 4 p.m., then went until midnight. That generally worked well, except for complaints about having to get out of bed at 5 a.m. The meet kept on schedule, except for Saturday night. A few complained they didn't get word of the 800s being moved up an hour on Sunday.

The relays, normally held on closing day, were run on Friday and Saturday nights, causing some problems. Gene Harte and Bob Watanabe of the Los Angeles Valley TC each made up 40 meters on their rivals to win the 60-69 4x400 relays, clocking 6:13.6 and 6:06.6, respectively, in a marvelous effort. But the next day, they had nothing left for their individual 400 races.

The hotel locations dimmed the ambiance of the meet. Instead of one central hotel, there were three headquarters hotels, separated by over a mile, and many late registrants couldn't get into any of the three. Shuttle buses ran regularly from the three hotels to the track, but it was a 25-40 minute ride, depending on traffic, which was often heavy. And there was no shuttle service between the hotels. People were all spread out.

The ideal location for a major masters meet is at a university with on-campus residence halls and a central cafeteria, all close to the track. Such will be the case next July 20-23, when the 1989 nationals will be held on the campus of San Diego State University.

Many participants and their families added to their enjoyment of the meet by visiting famed Disney World and Epcom Center. Some drove to the Kennedy Space Center. The Orlando area is already a major tourist attraction, with dozens of Disney World imitations dotting the landscape. Money is flowing into the state at a rapid rate, and building proliferates. If it isn't already, Orlando will be a mandatory stop on any foreign tourist's agenda within five years.

- Al Sheehan

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**National Masters News**

**Nationalals Draw 920 to Florida**

**Continued from page 28**

Cathribbons in the 200 (33.39 to 33.99) and easily won the 400 (76.29) and 800 (3:16). Kuehne was rewarded in the LJ (12-0) and TJ (27-7).

W60-64
- Pat Peterson's six wins came in the 100 (16.84), 200 (35.49), 400 (87.24), 800 (20.78), 300H (WR 71.74), and HH (AR 3-9).
- Bernice Holland of Cleveland, Ohio, who won two golds and a bronze in Melbourne, annexed four events, including a U.S. W60 triple jump record of 22-10-10, along with the shot (30-11.4), discus (90-0), and javelin (83-2).
- A record-high six women entered the javelin and discus.

W65-69
- Only five women entered this division, so Carol Peebles, 67, of Fond du Lac, Wis., made the most of her opportunities with five wins in the 100 (19.78), 200 (41.39), 400 (96.12), 800 (3:58.10) and 1500 (7:59.73).

W70-74
- Boulder, Colorado's Pearl Mehl, 74, defended her titles in the 800, 1500, 5000 and 10,000, but lost her 400 crown to fellow Coloradan, Velma Jacobs of Greeley. In a terrific three-way battle, Jacobs (1:43.00) outleamed Brooklyn's Marjorie Smith (1:43.80) and Mehl (1:45.90).
- Smith won the 100 in 20.60 over Jacobs (20.60) and Mehl (21.70), and the 200 in 43.90 over Mehl (45.60) in the closet competition this division has ever seen.

W75-79
- Only one athlete signed up for this division: Ivy Granstrom, 76, of Vancouver, B.C. Granstrom is blind, and runs accompanied by her guide, Paul Hoeberigs. She won the 800 (4:21) and 5000 (31:33).
Binder, Obera Smash Records in Berkeley

by JOSEPHINE F. KOLDA

Under the friendly directorship of Jim Johnson (with the help of all of his family), masters athletes enjoyed competing in the ideal climate of Berkeley on July 30, at Edwards Field, University of California, in the Northern California Seniors T&F Classic. Although some of the contestants who usually compete at this meet were already on their way to Florida, 158 entrants chose to take this opportunity to sharpen up before the Nationals, or to have their own West Coast "nationals."


Another creditable effort was Harry Koppel's M75 100 dash of 14.4, just one tenth off the world record of 14.3 set by Josiah Packard in 1979. Included in exciting competition at the meet was the M40-44 800, with George Mason and Ron Jensen going head to head for the last 150, Mason getting the nod at the wire, and both with a time of 1:59.5.

Mid America

New masters runner Ken Feigenbutz continued his domination of St. Louis masters with a 22-second win in 34:09 in the Coca-Cola Community Federal 10K, July 3. Larry Patterson continued his hold on the M70+ division with a 49:45. Carol Bellora held off joy Gilbert to take the W40+ title in 41:43. Both masters winners received cash awards.


At the Longest Day Marathon Weekend in Brookings, SD, July 9-10, masters runners were: Gary Kemelson, 38, of Santa Cruz, CA, didn't bare much resemblance to Walter Mitty, and also unlike Thurber's Mitty, he was able to fulfill a whimsical daydream during the '88 track season. Kemelson, a San Jose State grad, has been an active submaster thrower for several years, never used any track eligibility at his alma mater. So, last year he met necessary credit requirements for athletic competition at Foothill College in Los Altos, CA, and went out for the '88 team. The results were the hammer championship in the Coast Conference finals, a first place in the junior college hammer division in the Bruce Jenner Classic, and a school record (151-1). His other season bests included a 131-1 discus and a 38-7½ shot put. Kemelson, tongue in cheek, says that unless he is offered a full athletic scholarship at a four-year university while he works on a political degree, he'll be competing for Foothill next year because he says, "I've never had so damned much fun in my life."


West Coast M50-54 middle-distance runners will be saddened to hear that Mel Elliot reached the half-century mark in July, and John Cosgrove followed suit early in August.

For a "-20 club," the biggest story was with Sharron Hughes (51, 3:18:21) and Karen Hunger (47, 5:41:45), 10K: Bert Moore (45, 38:34); SK: Elwood Veto (45, 18:40) and Maxine Swanson (41, 22:38); SK Statewalk, Glen Peterson (59, 31:11) and Pat Farrar (56, 33:33).

On a perfect July 17th, 1733 runners lined the start of the Colorado Springs 10K, the second race in the "Triple Crown of Running" held in the area each year. The first in the series was the Garden of the Gods 10-Mile in June, where Rosalia Gehling and John Swartz were top masters. Gehling managed to top the masters women again with a 41:39, but Swartz took a back seat to Tom Burnett, 33:35/34:08. Masters Froelich (31:10) and Jene Day (35:23) were overall winners on the slightly hilly, scenic course. The third leg in the Triple Crown was a choice of the Pikes Peak Ascent on August 20, or the Pikes Peak Marathon, August 21.

Although Marysville, Kansas is a town of only 4000, its annual Blue River Valley Track Meet always draws a good masters field, reports Bob Eversole. Ken Winters won the M40 high (5:10) and triple (38-0) jumps; Gary Martin won the M30 100 (11:59) and 200 (23:08). Burton Smith, 73, was the oldest participant, while Diana Schultz, W40, won five events.
Track and field events feature competition for men and women over 30 unless otherwise noted. Long distance events generally are open to all age groups with the exception of national masters championships, which may be limited to men and women over age 40. Entry blanks for national and regional championships will generally be printed in the newspaper 30-60 days prior to the event. Please send any additions or corrections to NMN, P.O. Box 2372, Van Nuys, CA 91404.

**TRACK & FIELD NATIONAL**

**EAST**


September 25-26. Senior Games of New Jersey, Jersey City. 55+ state residents only. Tina DiRienzo, coordinator, Towson, MD 21204. 301/321-3163.

**SOUTHWEST**

September 21-25. Oklahoma Senior Olympics, Tulsa. 55+. Craig Thompson, coordinator, P.O. Box 2981, Beverly Hills, CA 90212-2981. 213/666-7348.


**SOUTHEAST**


**NORTHWEST**

October 18-22. Senior Games, St. George, Utah. 50+. Sylvia Wunderli, 1291 S. Wasatch Dr., Salt Lake City, UT 84108. 801/836-0231.

**INTERNATIONAL**


September 17 - October 2. XXIV Olympic Games, Seoul, Korea. T&F News, Box 296, Los Altos, CA 94023. 415/945-8188.


October 15-16. International Veterans Meet, Hong Kong. 35+. Mr. M. Brooke, Hon. Secretary, AVOHK, CPO Box 1026, Central, Hong Kong.

October 15-25. Central Australian Masters Games, Alice Springs, Northern Territory, P.O. Box 1095, Alice Springs, NT 5770. Tel (08) 528223.

October 28-November 2. IV Oceania Veterans Track and Field Championships, Noumea, New Caledonia. Entry deadline: October 4. 4th Oceania Veteran Games, P.P. 1075, Noumea, New Caledonia. (Postponed from June, 1988).

December 3-5. 1988 Asian Veterans Athletics Championships, Taipan, Taiwan. M40+, W35+. Ms. Chi Cheng, Secretary General, Chinese Taipei T&F Assn., P.O. Box 81-611, Taipei, Taiwan.


**LONG DISTANCE RUNNING NATIONAL**


September, 1988

National Masters News

ON TAP FOR SEPTEMBER

TRACK & FIELD

The masters track world did not come to an end after the Nationals in Orlando. September finds events in almost every region. The East offers the Potomac Valley Senior Games on the 4th, and the Southeast has Virginia’s 13th Annual Blue Cross/Blue Shield Championship on the 3rd, and the thinly populated Fall Classic on September 13th in North Carolina on the 24th-25th.

In the Midwest, Ohio hosts a two-hour track run and the Wolf Pack Throw Classic on the 11th. The Rocky Mountain Games in Boulder are set for 3rd-4th. The West lists a full schedule, with the 4th Annual Patriots Summer Relays in Los Angeles on the 3rd, the Northern California Senior Games at Berkeley on the 17th, and the San Francisco Fall Classic in Orange County on the 24th.

Throughout the U.S., Senior Olympics meets continue through the month. Sixto Escobar Stadium is the site of the San Juan Annual International Meet, the 17th-18th.

LONG DISTANCE RUNNING

Two TAC National Masters Championships take place: the 22K in Eugene on the 11th, and the 24-Hour Run in Atlanta on the 24-25th. Major races include the Philadelphia Half-Marathon and Colombian Select races for women in NYC on the 16th; the Footlocker Partners 8K in DC, and the 10K Mile in Lynchburg on the 24th; and Pittsburgh’s Great Race 10K and Oregon’s Portland Marathon on the 25th.

RACE WALKING

The National Masters 10K Championships return to last year’s locale, Ft. Monmouth, N.J., on the 11th.

OLYMPICS

If none of the above whets your appetite, pull up a chair and feast on the XXIV Olympic Games, September 17-October 2, from Seoul, Korea, 1.1

SOUTHEAST


October 8-9. RRCA National 10 Mile Championships, Raleigh, N.C. Jim Young, P.O. Box 26761, Raleigh, NC 27611. North Carolina RRC.

October 15. RRCA National 15K Championships, Peachtree City, GA. Bob Weed, P.O. Box 2377, Peachtree City, GA 30269. Peachtree RC.


MIDWEST

September 15. Wednesday, Golden 5 Mile Run/Mile Walk, Chicago, Ill. Divisions M&W thru 90+. Suzy Tai, 2437 N. Southport, Chicago, IL 60014. 312/248-9300.

SOUTHWEST

October 15. S. TA National Masters 10K, Oklahoma City, Masters money: $1600. W-S100. SASE to Myriade Gardens Run, 88 P.O. Box 24065, OKC, OK 73124. 405/212-1199.

October 8. Del Webb Memorial Hospital Masters 10K, Sun City West, Ariz. Peggy Shedy, 10522 W. Royal Palm, Peoria, AZ 85342. 602/974-9458.


October 29. Tulsa 15K, Tulsa, Okla. Masters money. Al Frampton, P.O. Box 2400, Tulsa, OK 74102. 918/588-2850.


DALLAS MASTERS

Chuck Miller, MSO, ran the new 1000M in 14.4 at the Southwest Regional Championships, May 28, New Orleans. Photo from Danny Thiel
# MASTERS RACE WALKERS

## Women

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### U.S. MASTERS STANDARDS OF EXCELLENCE

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### ALL-AMERICAN CERTIFICATE

**APPLICATION FOR AN ALL-AMERICAN CERTIFICATE**

**NAME:**

**ADDRESS:**

**AGE GROUP:**

**SEX:**

**EVENT:**

**MARK:**

**WEIGHT OF IMPLEMENT:**

**DATE OF MEET:**

**HURDLE HEIGHT:**

**MEET SITE:**

If you have bettered the standard of excellence, please send $10.00 and this form to: All American, National Masters News, P.O. Box 2372, Van Nuys, CA 91404. (Enclose copy of results, or note in which issue they appeared.) A 3-color, 8 1/2 x 11 certificate, suitable for framing, will be mailed to you within two weeks.
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**Note:** The table above shows the times for each heat in the 100m semi-finals of the U.S. TAC National Masters Championships. Each heat contains 8 swimmers, and there are 10 heats in total, each with 6 swimmers. The times are in seconds. The meet was held in Orlando, Florida on August 4-7, 1988. This information is extracted from a newspaper article and may not include all details due to limitations in the extracted text.
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### National Masters News

#### SOU ssEAST

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### 4th Annual Sri Chinnam Masters Games

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<tbody>
<tr>
<td>5000 Meters</td>
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</tr>
<tr>
<td>10000 Meters</td>
<td>41:10.75</td>
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<td>20000 Meters</td>
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### SOU ssEAST Masters Games

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<td>1500 Meters</td>
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### NCBA Carolina Masters Championships

Thomasville, NC, July 22-24

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<tbody>
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**Pentathlon**

<table>
<thead>
<tr>
<th>Event</th>
<th>Name</th>
<th>Score</th>
<th>Rank</th>
</tr>
</thead>
<tbody>
<tr>
<td>1000 Meter Run</td>
<td>Ken Carlson</td>
<td>3:38</td>
<td>1</td>
</tr>
<tr>
<td>Discus</td>
<td>Bob Champion</td>
<td>53.0</td>
<td>1</td>
</tr>
<tr>
<td>Shot Put</td>
<td>John Collins</td>
<td>18.3</td>
<td>1</td>
</tr>
<tr>
<td>Javelin</td>
<td>Peter Allen</td>
<td>75.0</td>
<td>1</td>
</tr>
<tr>
<td>High Jump</td>
<td>Bruce Jenner</td>
<td>2.25</td>
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**Triple Jump**

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<tr>
<td>110 Meter High Hurdles</td>
<td>Donohue</td>
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<td>400 Meter Run</td>
<td>Jim Nielsen</td>
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<td>800 Meter Run</td>
<td>Ken Carlson</td>
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**Northern California Seniors Classic**

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<tr>
<td>1000 Meter Run</td>
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<tr>
<td>High Jump</td>
<td>Bruce Jenner</td>
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**Pentathlon 5000 Meter**

<table>
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<tbody>
<tr>
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<td>Peter Allen</td>
<td>75.0</td>
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<td>High Jump</td>
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**National Masters News**

September, 1988

<table>
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<td>1000 Meter Run</td>
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<tr>
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<td>Bruce Jenner</td>
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**Pentathlon 10000 Meter**

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**Pentathlon 20000 Meter**

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<td>1</td>
</tr>
<tr>
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<td>Bruce Jenner</td>
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### Northwest Masters Championships, July 22-23

**Gresham, OR**

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<tr>
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<td>Arne Tarnowski</td>
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<tr>
<td>11941</td>
<td>George Givens</td>
<td>70</td>
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<tr>
<td>11942</td>
<td>Richard Sacks</td>
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<tr>
<td>11943</td>
<td>Bill Rollins</td>
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<tr>
<td>11944</td>
<td>George Kipp</td>
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<tr>
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<td>Robert Doepke</td>
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<tr>
<td>11946</td>
<td>William Loomis</td>
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<tr>
<td>11947</td>
<td>James M. Baker</td>
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<td>1:10.56</td>
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<tr>
<td>11948</td>
<td>William H. Morris</td>
<td>60</td>
<td>1:10.56</td>
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<td>11949</td>
<td>John A. Holcomb</td>
<td>70</td>
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<tr>
<td>11950</td>
<td>Thomas R. Barteck</td>
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<td>11951</td>
<td>William J. Johnson</td>
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<tr>
<td>11952</td>
<td>Donald L. Smith</td>
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<td>John A. Holcomb</td>
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<td>George Kipp</td>
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<tr>
<td>11960</td>
<td>Richard Sacks</td>
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<td>1:10.56</td>
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**NORTHWEST**
**INTERNATIONAL**

Somerset Men’s 8K/Women’s 4K, Somerset, England; June 1

**Overall**

<table>
<thead>
<tr>
<th>Name</th>
<th>Time</th>
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<tbody>
<tr>
<td>Chris Buckley</td>
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</tr>
<tr>
<td>Karen McLeod</td>
<td>23:18</td>
</tr>
<tr>
<td>Steve Walker</td>
<td>24:48</td>
</tr>
<tr>
<td>George Blackman</td>
<td>26:22</td>
</tr>
<tr>
<td>Glynn Peery</td>
<td>31:36</td>
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<tr>
<td>Marilyn Palmer</td>
<td>31:45</td>
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Leek 4 Mile, Leek, England; June 5

<table>
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<tbody>
<tr>
<td>Malcolm Hoare</td>
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<tr>
<td>Tony Kailor</td>
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<tr>
<td>Graham Haynes</td>
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<tr>
<td>Arnie Maxwell</td>
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<tr>
<td>Rob Lucas</td>
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Elm Bridge 10K, Elm Bridge, England; July 10

<table>
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<th>Time</th>
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<tbody>
<tr>
<td>Bill Bedgrove</td>
<td>31:43</td>
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<tr>
<td>Lynn Harvey</td>
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<tr>
<td>Martin Duff 2nd</td>
<td>32:04</td>
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<tr>
<td>John Cooil</td>
<td>33:19</td>
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<tr>
<td>Caroline Oxton</td>
<td>37:42</td>
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**RACE WALKING NATIONALS**

**TAC National Masters 10K Walk Championships**

Niagara Falls, NY; July 9

<table>
<thead>
<tr>
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<th>Time</th>
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<tbody>
<tr>
<td>Gary Hall</td>
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</tr>
<tr>
<td>Bob Kennedy</td>
<td>1:54:44</td>
</tr>
<tr>
<td>Alan Prine</td>
<td>1:55:53</td>
</tr>
<tr>
<td>Victor Sipes</td>
<td>1:55:52</td>
</tr>
<tr>
<td>John Elmendorf</td>
<td>2:02:25</td>
</tr>
<tr>
<td>Jan Roos</td>
<td>2:03:13</td>
</tr>
<tr>
<td>Max Green</td>
<td>2:05:59</td>
</tr>
<tr>
<td>Gerald Bocci</td>
<td>2:15:45</td>
</tr>
<tr>
<td>Bill Gorallo</td>
<td>2:18:45</td>
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<tr>
<td>Jim Hopkins</td>
<td>2:21:20</td>
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<tr>
<td>Neal Bridge</td>
<td>2:36:28</td>
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<tr>
<td>Joe Vitucci</td>
<td>2:44:32</td>
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<tr>
<td>Joe Haverstock</td>
<td>2:47:20</td>
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<tr>
<td>Gene Duk</td>
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<tr>
<td>Mark Gould</td>
<td>2:50:13</td>
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<tr>
<td>Bill Thalinger</td>
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<td>Dan Johnson</td>
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<td>Harry Dennis</td>
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<td>Martin Bates</td>
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<tr>
<td>Louis Delisle</td>
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<td>Stella Greenman</td>
<td>3:08:29</td>
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<tr>
<td>Emily Weshit</td>
<td>3:13:34</td>
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<tr>
<td>Both Alvarado</td>
<td>3:17:07</td>
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<tr>
<td>Roberta Boyle</td>
<td>3:21:41</td>
</tr>
<tr>
<td>Helen Hooch</td>
<td>3:25:16</td>
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<tr>
<td>Cecilia Roth</td>
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<td>Audrey Duk</td>
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<td>Gill Starlier</td>
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<tr>
<td>Leila Hall</td>
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**SOUTHWEST**

Sunshine State Games 5K, Walk, Lake Worth, FL; June 12

<table>
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</tr>
<tr>
<td>John Phipps</td>
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<td>Dan Stangle</td>
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<td>Shelly Neilstock</td>
<td>33:27</td>
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<tr>
<td>Chuck Savage</td>
<td>37:04</td>
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<td>Bill Gorallo</td>
<td>35:57</td>
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<tr>
<td>Renee Atwood</td>
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<td>Dan Johnson</td>
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<tr>
<td>Joe Haverstock</td>
<td>40:23</td>
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The National Masters News is the official world and U.S. publication for Masters track and field, long distance running and race walking.

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Featured on Priscilla Welch: Air Pegasus; Zurich tight; International Emblem half-zip.