

# NATIONAL MASTERS NEWS

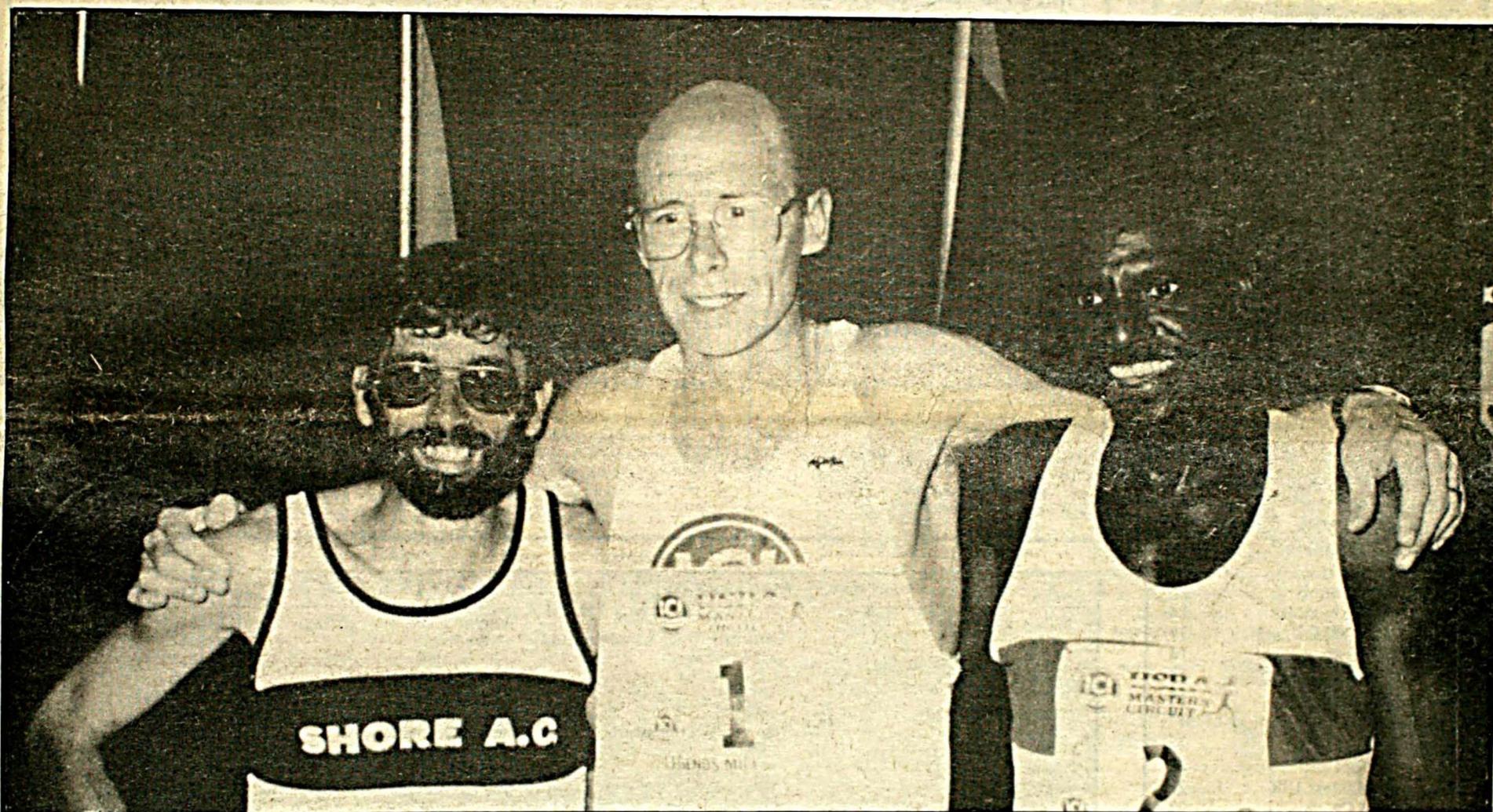
The official world and U.S. publication for Masters track & field, long distance running and race walking.

121st Issue

September, 1988

\$1.95

## 5 Smash World Masters Mile Mark; 21st Nationals Draw 920 to Florida



In one of the most exciting races in the history of masters track and field, five runners smashed the world record in the mile for men over age 40 as a crowd of over 1000 cheered them on at the U.S. National Masters Track and Field Championships in Florida. Harry Nolan, left, took third in 4:15.78.

winner Ron Bell, center, clocked 4:12.58, and Byron Dyce set a new American masters record of 4:13.78. John Dixon (4:15.51) and Ken Sparks (4:16.05) also broke Bell's old world M40 mile mark of 4:16.2.

Photo by Sports Pix, Altamonte Springs, Fla.

## 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.

Continued on page 21

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);

Continued on page 24

CONTENTS

DEPARTMENTS

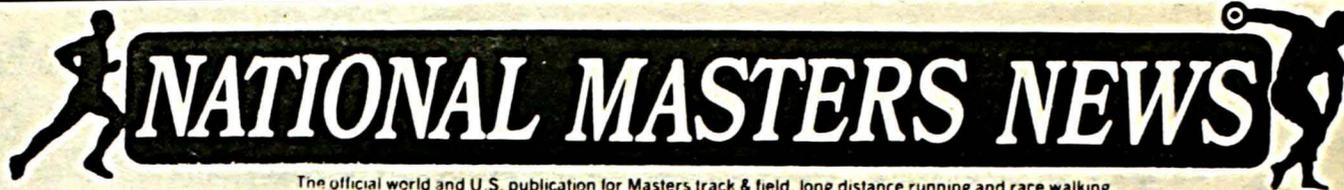
TAC Officers.....2  
 Letters to the Editor.....4  
 NMN Sustainers.....4  
 Third Wind.....6  
 Training Advice - Miller.....8  
 Speaker's Corner.....10  
 The Foot Beat.....12  
 Profile - Knox.....14  
 New Age-Group Athletes.....15  
 International Scene.....17  
 WAVA Officers.....17  
 Countdown to Eugene.....18  
 WAVA/TAC Specifications...18  
 Report from Britain.....19  
 ICI/USRA Masters Circuit...20  
 Club Listings.....30  
 Masters Scene.....31  
 Schedule.....32  
 All-American Standards.....34  
 Results.....35

FEATURES

Greer Wins Florida 5K.....7  
 North Carolina Meet.....7  
 Deseret News Marathon.....7  
 Big Sky State Games.....7  
 Mid-Atlantic Games.....9  
 Larrieu-Smith Eyes Eugene...10  
 Texas Meet.....10  
 Peachtree 10K.....11  
 Northwest Regionals.....11  
 Midnight Madness.....11  
 National 10K Walk.....11  
 National Pentathlon.....12  
 Not Over The Hill 8K.....13  
 Midwest Regionals.....13  
 National One Mile Run.....13  
 Linde Sets 3000 Record.....14  
 Philadelphia Meet.....14  
 Sri Chinmoy Meet.....15  
 Western Regionals.....16  
 European T&F Championships17  
 Utica Boilermaker.....22  
 Harry Koppel Dies.....23  
 National Masters 10K.....23  
 What is TAC?.....23  
 National T&F Championships 24

ENTRY FORMS/RACE & PRODUCT INFO.

Mac Wilkins Viedo Tapes.....3  
 NMN Subscription Form.....4  
 Asbury Park 10K.....5  
 Freihofer's Run for Women...7  
 ICI/USRA Masters Circuit...9  
 NMN Advertising Rates.....9  
 Tulsa Run.....11  
 No. Calif. Senior Games.....12  
 National Masters Marathon...13  
 Sri Chinmoy Meet.....15  
 Rocket City Marathon.....16  
 Kansas Big Guys Classic.....23  
 No. Calif. Srs. Classic.....31  
 All-American Application...34  
 Track & Field News.....47  
 NMN Subscription Form.....47  
 NIKE - Warp Speed.....48



# NATIONAL MASTERS NEWS

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

121st Issue

September, 1988

**Editor and Publisher:** Al Sheahan  
**Senior Editor:** Jerry Wojcik  
**Associate Editor:** Teri Ingram  
**Schedule Editor:** Jerry Wojcik  
**Photo Editor:** Gretchen Snyder  
**Circulation Manager:** Linda Webster  
**Advertising Manager:** Al Sheahan  
**Production:** American Publishing Co.  
**Track & Field Records:** Pete Mundle  
**Long Distance Records:** TACSTATS  
**Racewalking Records:** Bev LaVeck  
**Track & Field Rankings:** Haig Bohigian  
**Contributing Editors:** Jerry Donley, Hal Higdon, Dr. John Pagliano, Mike Tymn  
**Correspondents:** Larry Banuelos (CA), Tom Bell (NM), Frank Bowles (CO), John Boyle (FL), John Brennan (CA), Alex Coffin (NC), Mike Davis (IN), Bob Fine (FL), Dick Green (IL), Carl Hammen (RI), Hal Higdon (IN), Dick Lacey (FL), Bob and Carol Langenbach (WA), Phil Loomis (MI), Gary Miller (CA), Phil Mulkey (GA), Tim Murphy (TX), Paul Murray (NY), Jim Oaks (AL), David Pain (CA), Phil Partridge (FL), Barbara Pike (MA), Phil Raschker (GA), Dean Reinke (FL), Herb Seegert (MI), Bob Stone (CA), Tom Sturak (CA), Pete Taylor (PA), Danny Thiel (LA), Scott Thorn-sley (PA), Mike Tymn (HI), John White (OH), Ken and Jennifer Young (AZ), David Zinman (NY).

**International Correspondents:** Alastair Aitken (GBR), Jorge Alzamora (ARG), Cesare Beccalli (ITA), Bridget Cushen (GBR), Martin Duff (GBR), Don Farquharson (CAN), Clem Green (NZL), Mike Hall (AUS), Alastair Lynn (CAN), Wilf Morgan (GBR), Peg Smith (AUS).  
**Photographers:** Alex Coffin (NC), Gene Cohn (CA), Mike Davis (IN), Teri Ingram (CA), Jim Oaks (AL), Kathy Ruser (DC), Karen Russi (FL), Richard Lee Slotkin (CA), Gretchen Snyder (CA), Tesh Teshima (HI), Danny Thiel (LA), Jerry Wojcik (CA), David Zinman (NY).

**Creative Art:** Eugene Paasinen, Herb Parsons  
**Age-Graded Tables:** Rodney Charnock, Pete Mundle, Charles Phillips.

The *National Masters News* (ISSN-0744216) is published monthly by GAIN Publications, with an annual subscription rate of \$18.75. Main office address: 6320 Van Nuys Blvd., Suite #211, Van Nuys, CA 91401. Mailing address: P.O. Box 2372, Van Nuys, CA 91404. Second class postage paid at Van Nuys, CA 91409.

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

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

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

Generally, anyone age 30 or over may come to a masters event and participate. Some events are limited to ages 40+, 50+ or 55+; (please check the schedule for details). Some events require advance registration. Some require a current TAC card (\$7 to \$11 per year, depending on the region). To inquire about a TAC card, call The Athletics Congress in your area, or 317/638-9155. There are no qualifying standards for any masters athletics event.

NMN welcomes contributions — results, schedule info, photos, letters, articles, and opinions. Manuscripts should be typed, double-spaced, but legibly handwritten material is also acceptable. Results should be typed, single-spaced. Please in-

clude a stamped, self-addressed envelope if return is desired.

**Subscriptions:** It is not mandatory to subscribe to NMN, but it is recommended to keep up on all the masters action. A one-year subscription (12 issues) is \$18.75 (mailed 2nd class). Add \$8 for 1st class (USA & Canada) or \$15 for foreign air mail. Please send all correspondence on subscriptions to NMN, P.O. Box 5185, Pasadena, CA 91107. 818/577-7233.

**Address change:** At least four weeks is required for a change of address. Please furnish your new address and an old label from a recent issue.

**Disclaimer:** All advertisements and articles printed in the *National Masters News* are believed to be from reliable sources. However, the opinions expressed by individuals or advertisers are their own. No statements made in any advertisement or article are to be necessarily construed as a recommendation or an endorsement by NMN.

**Advertising information and rates:** Please call 818/785-1895 and request current rate card. Send all printed material and ad copy to: NMN, P.O. Box 2372, Van Nuys, CA 91404. Closing date for all copy and ad space reservations is the 10th of the month prior to the cover date.

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

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

*National Masters News*, P.O. Box 2372, Van Nuys, CA 91404. Phone: 818/785-1895 Fax: 818/989-7118.

**WRITE ON:**  
Please see page 4

NATIONAL MASTERS OFFICERS OF THE ATHLETICS CONGRESS (TAC)

TRACK & FIELD

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

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

**Indoor Records and Indoor & Outdoor Rankings:**  
Haig Bohigian  
225 Hunter Ave.  
North Tarrytown, NY 10591

**Indoor Meet Coordinator:**  
Ron Salvio,  
Box 116A  
Englishtown, NJ 07726  
(201) 446-4959(d).

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

**Outdoor Meet Coordinator:**  
Bruce Springbett  
P.O. Box 1328  
Los Gatos, CA 95030  
(408) 354-7333

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

**Law Coordinator:**  
Bob Fine  
4223 Palm Forest Dr.  
Delray Beach, FL 33445

**Women's Coordinator:**  
Christel Miller  
1740 Grandview Ave.  
Glendale, CA 91209  
(818) 843-2139

**Multi-Events Coordinator:**  
Rex Harvey  
3815 Lincoln Place Drive  
Des Moines, IA 50312

**Weight Events Coordinator:**  
Chuck Klehm  
1218 North Route 47  
Woodstock, IL 60098

**Race Walking Coordinator:**  
Bev LaVeck  
6633 N.E. Windemere  
Seattle, WA 98115

**Awards Coordinator:**  
Bev LaVeck, above

**Site Selection Coordinator:**  
Max Goldsmith  
481 Marcus  
Lewisville, TX 75067

**Regional Representatives:**

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

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

**Midwest:**  
Dick Green  
8059 Rosemeade  
Rockford, IL 61107

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

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

**West:**  
Gary Miller  
1740 Grandview Ave.  
Glendale, CA 94705  
(818) 843-2139

**Northwest:**  
Jim Puckett  
26000 S.E. Stark Ave.  
Gresham, OR 97030  
(503) 667-7354

LONG DISTANCE RUNNING

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

**Vice Chairman Men:**  
Charles Des Jardins  
5428 Southport Lane  
Fairfax, VA 22032  
(703) 250-7955

**Vice Chairman Women:**  
Ruth Anderson  
1901 Gaspar Drive  
Oakland, CA 94611  
(415) 339-0563 (h)  
(415) 422-5554 (o)

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

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

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

**Championships Coordinator:**  
Phil Benson  
Box 2287  
Ocean, NJ 07712  
(201) 531-4156

**Nominating Committee Chairman:**  
John Woods, Neils Pt. Rd.  
Harpwell, ME 04079  
(207) 725-8006

**Championship Stats:**  
Norm Green  
405 Curtis Ct.  
Wayne, PA 19087  
wk (215) 768-2480

**Awards:**  
Kirk Randall - Men  
71 Bromfield St.  
Newburyport, MA 01950  
(617) 465-9677

Ruth Anderson - Women  
(address above)

**Rules Coordinator:**  
George Kleeman  
5104 Alhambra Valley Rd.  
Martinez, CA 94553

let's face it!  
**MASTERS** throwers



**YOU CAN'T BE**

A MAC WILKINS                      A WILLIE BANKS  
 AN AL FEUERBACH                or A YURIY SYEDKH  
 A TOM PETRANOFF

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

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

**MAC WILKINS' Gold Medal Discus**



"I consider this video training program to be one of my finest achievements in 20 years with the discus." It is a unique instructional package that teaches the mechanical, physical and mental aspects of discus throwing for young and old alike. In addition to my demonstrations, you will learn from studying the techniques of such discus greats, past and present, as L.J. Silvester, Wolfgang Schmidt, Imrich Bugar and Luis Delis with my "voice over" instructional comments. The program contains nine sections: 1. The Throw Part I; 2. The Throw Part II; 3. Drills; 4. Rhythm; 5. Advanced Technique; 6. Visualization; 7. Troubleshooting; 8. Conditioning; 9. Motivation.

"I have found that Masters throwers can be as dedicated to their own pursuit of excellence as youngsters and established competitors. That is why I felt this training program would be of great help to you Masters competitors. Join me in your quest to be the best that you can be."

**YURIY SYEDIKH'S SyberVision Hammer Video**



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

**TOM PETRANOFF'S Javelin Video**



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

**COMBINATION DISCUS & SHOT**

With both teaching cassettes combined into one tape, you have over 40 years' competitive experience by Wilkins and Feuerbach in approximately one hour of instructional viewing and learning. If you follow the pattern of most throwers, you are probably learning and competing in both the discus and the shot. This is your opportunity to be taught both events by two of the best ever competitors and achievers... and at a savings over the cost of two individual cassettes.

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



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

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

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

**WILLIE BANKS' Banks On Triple Jump**



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

**COMPLETE ORDER FORM**

Send to: **MAC WILKINS PRODUCTIONS**  
 P.O. Box 28836 · San Jose, CA 95159  
 (please print)



Name: \_\_\_\_\_

Address: \_\_\_\_\_

City/State/Zip: \_\_\_\_\_

Check  Money order  Visa  MasterCard  Other \_\_\_\_\_

Card No.: \_\_\_\_\_ Exp. Date \_\_\_\_\_

*Please Send:*

- Mac Wilkins' GOLD MEDAL DISCUS \$ 49.50 \_\_\_\_\_
- Al Feuerbach's BASIC 70 FOOT SHOT PUTTING \$ 49.50 \_\_\_\_\_
- Combination DISCUS and SHOT Videos \$ 90.00 \_\_\_\_\_
- Tom Petranoff's JAVELIN VIDEO \$ 68.00 \_\_\_\_\_
- Yuriy Syedikh's SYBERVISION HAMMER VIDEO \$ 60.00 \_\_\_\_\_
- Willie Banks' BANKS ON TRIPLE JUMP \$ 59.95 \_\_\_\_\_
- Beta or VHS

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



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

### 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 sub-masters in attendance owe a great debt of appreciation for the well-organized, and well-officiated event presented by the Florida Athletic Congress headed by Jimmy Carnes and directed by an unflappable and experienced Nick Gailey.

The track was all decked out with pennants, posters, and flags, which created a festive air.

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 winning 4:12.58 as did the other four top finishers. Masters/veterans athletics certainly came of age this night.

Future national championships can

look to the Orlando meet as having set the standard for the national championships and can only hope they will do as well.

The marshalls kept all spectators and contestants not in competition off the track and infield, which added to the importance and enjoyment of the event. Warm-ups, for the most part, were on an adjoining field, with the contestants being escorted in groups to the starting line. Once an event was concluded, the participants were ushered off the track.

A digital clock at the finish line gave instant results to both the spectators and participants. The progress of the meet was not delayed by repetitive medal awards ceremonies. For the most part, lap counting was accurate with a few exceptions.

The race walkers, 105 strong, spoke highly of the venue for the 20km walk, a scenic park and lake complete with amplified chamber music along the course.

The hospitality was excellent with lots of liquid and fruit available both at the track and in the hotel hospitality rooms.

A nice program was sold which included a computer listing of the 920 entrants complete with age group, race number, state, and events entered.

Although exhausted after four major track meets, including ours, in close succession, Nick Gailey's crew of volunteer officials performed profes-

sionally even though many of them worked all four days of the meet.

In a track meet such as this with nearly 100 heats and finals of the 100m alone, the athletes seldom appreciate the dedication of officials who give of themselves so unselfishly day after day.

For those with the time, Orlando's tourist diversions, such as the Kennedy Space center, Disney World, EPCOT Center, and Sea World, were top drawer and well worth the time.

Florida, with its large senior citizen population and dedication to fitness for all ages, ably demonstrated its willingness to invest in the TAC National Masters Championships as well as a desire to host the event in the future.

In spite of a grueling schedule and little sleep the preceding week, Meet Director Nick Gailey proved his willingness to bring the TAC Masters into the forefront by meeting with the next year's meet organizers and NMN Editor for about seven hours reviewing the meet and sharing his expertise.

Those who attend the 1988 Nationals will long and fondly remember it.

David H.R. Pain  
San Diego

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.

Al Carter  
Chicago

### 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 quick wit. At the World Games in Puerto Rico, Don, his brother Oscar and a

Continued on page 19



Former schoolboy wonder Gerry Lindgren, 42, is about to cross the finish line in the Kailua (Hawaii) 4th of July 10K Classic as winner of the 40-44 division. Lindgren clocked 33:04. A week before, Lindgren captured the 40-44 division of the Maui Mile in 4:42. "I still have a 4-minute mile mind, but I've now got 5-minute mile legs," he quipped. Photo by Mike Tymn

## 12 Join 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 McMahan, who has donated several times in the past and again generously donated \$50. Other donators are listed below. Thanks go to all.

Bill Clark	Tim Dyas
Edward B. Curran	Frank Kishi
Robert J. Davan	Donald McWhorter
Keith Davis	Elizabeth Pettersen

## NATIONAL MASTERS NEWS Subscription Form

Masters Athletics is booming!

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

Add postage per year:

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

Name \_\_\_\_\_

Address \_\_\_\_\_

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

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

Or call:  
818-577-7233

'88  
  
**Asbury  
 Park  
 10k  
 Classic**

*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*

**MEN**

40-44 Larry Olsen  
 45-49 Mike Heffernan  
 50-54 Bill Olrich  
 55-59 Norman Green  
 60-64 Howard Rubin  
 65-69 Anthony Napoli  
 70-74 Ed Vuolo  
 75-79 William Brobston  
 80-84 Ed Benham  
 85+ Max Popper

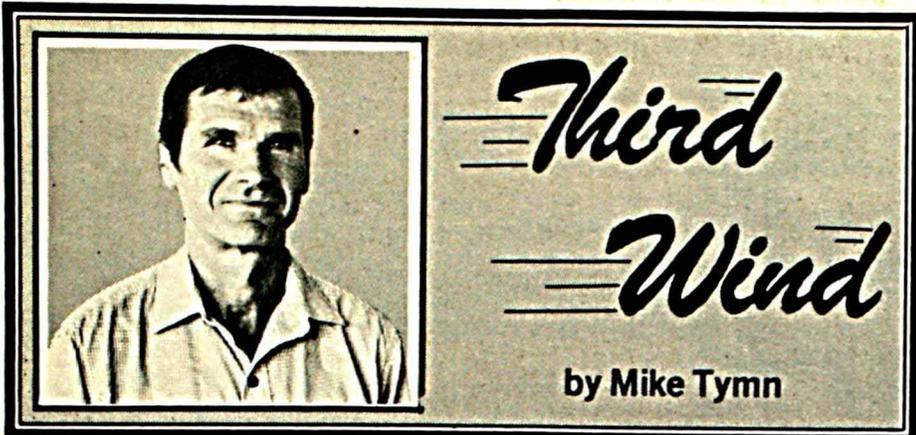
**WOMEN**

40-44 Barbara Filutze  
 45-49 Christine Tattersall  
 50-54 Zofia Turosz  
 55-59 Toshiko d'Elia  
 60-64 Edith Farias  
 65-69 Becky Yencharis  
 70-74 Pearl Mehl

**JCPenney**

Sponsored by:





## Horace Ashenfelter: Still Taking Life's Barriers in Stride

**T**he 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 7½ 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, Pennsylvania farmers, young Horace III lettered in football, basketball, and baseball while also running the mile and high jumping during his high school years in the Collegeville, Pa., area. His best high school mile of 5:20 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 NCAA 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 enroute 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 8:51.0 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 152 pounds on the 5-9¼ 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 5000 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."

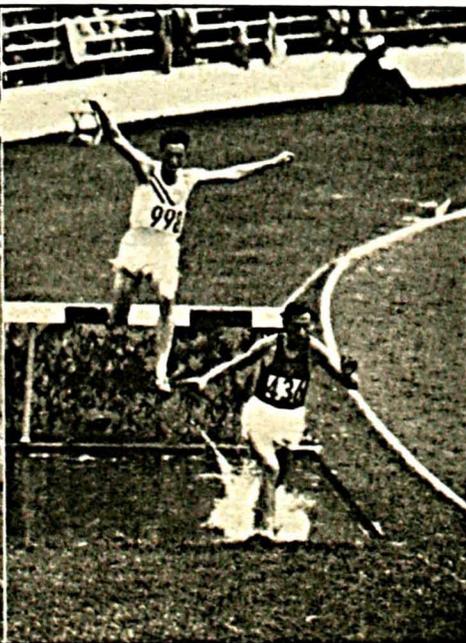
Is he recognized when he turns out for one of those rare races? "Not really," he replies. "One or two people will recognize the name. Which is good, actually. I prefer not to be recognized."

Has he considered getting serious about masters track? "I don't want to. I'm afraid to. I'm too competitive. I 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."

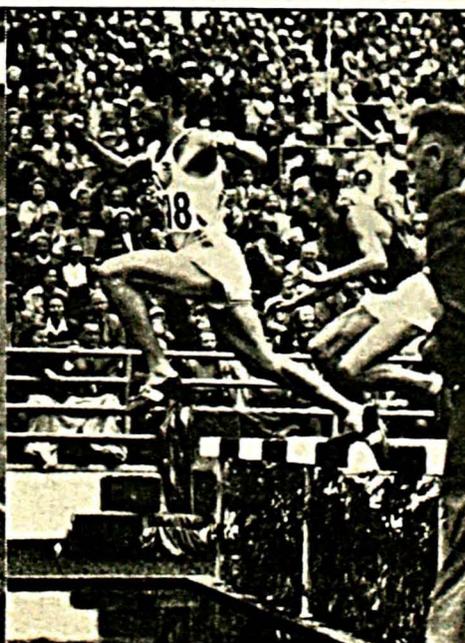
"I've got plenty to keep me occupied. I've got four kids and eight grandchildren now. Three of the boys and I played golf today. We have a lot of fun that way. I hunt, play tennis, do a little gardening. I have a busy enough life." □



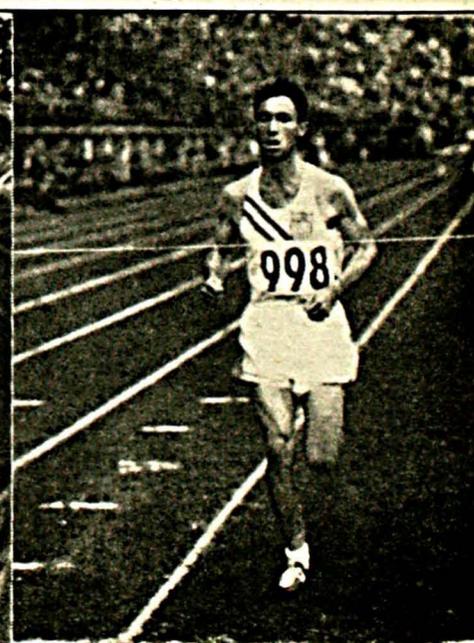
In 3000-meters steeplechase Horace Ashenfelter of US leads, in early going...



...favorite Kazantsev of USSR, leads later in race...



...Ashenfelter recaptures front position on final water jump...



...and wins alone, first US victory in this event in all Olympic annals.

## 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.

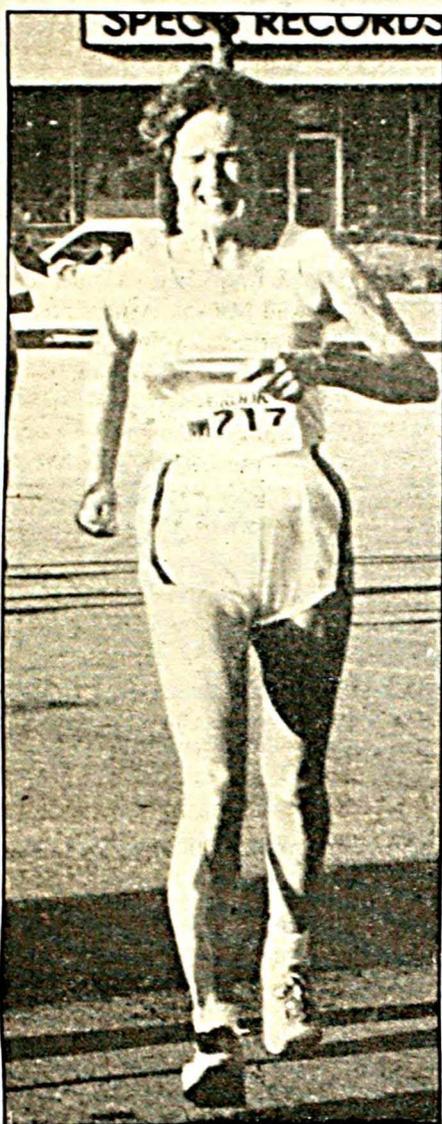
The concept of a nationwide series of road races for ladies originated in 1980 to bring attention to the fact that, at that time, women were only allowed to run 3000 meters in the Olympics. The series certainly contributed to the fact that we now have women's distances, including a marathon.

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. □



Pat Griffin (67, 33:20) was the oldest runner and first W65 in the Women's Distance Festival 5K, DeLand, Fla., July 16.



Judy Greer was the overall winner and first master in the Women's Distance Festival 5K, DeLand, Fla., July 16.

### Race Date Change

Jack Dowling, Race Director for the National Masters 20K Championship, announces a new date. This event is now scheduled for November 27 at 9:30 a.m. in East Meadow, N.Y. Pre-registration is not required. Call 516-579-7466.

## Jorgenson Age-Graded Winner

### Johnson Wins \$1000 in Deseret News Race

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). Claire Johnson would've finished fifth with a 74.8%.

The big race was in the 10K portion of the day, where 1824 runners competed for \$6000 in prize money, cars and a couple of trips to Hawaii. The masters had to settle for trophies, however, since the prize money was again limited to the top ten overall. First Masters were Marilyn Rasmussen (46, 42:20) and Scott Bringham (40, 32:39). An excellent performance was turned-in by Gaylon Jorgensen, who, at 59, won his division by four minutes with a 35:02.

On an age-graded basis the big winners would've been Jorgensen (91.2%), Emmett Parker (63, 38:07, 88%) and Richard Greene (46, 33:39, 87.5%). □

### Gage Nears Burke's Record in Montana

by JERRY WOJCIK

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 Ma-

jerus, who took the M40 400 (57.4) and 800 (2:14.6).

Dale Arthun (28:38.2) and Jean MacInnes (33:34.4), both 45-49, posted the best 5000 walk times of the day.

Don Poole, M45, of Belgrade led all masters javelin throwers with a 173-11.

Manuel White, M70, had notable marks in the shot put (38-0), discus (118-3), and javelin (119-10). □

## 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 he was ready for the Nationals with a sprint double in 11.00 and 23.34. Jerry McCorckle, M30, another favorite in the Nationals, equaled Bell's feat with a double of his own in 10.90 and 22.76. McCorckle then added a N.C.-resident state record

long jump of 23-5½.

Mark Williamson soared to 6-9 in the M30 high jump. Glen Turner, M30, with a 45-2½ 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 discus 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. □

# SYRACUSE

10K ROAD RACE, TAC REGION 1 OPEN  
AND MASTERS CHAMPIONSHIP  
5K FUN AND FITNESS RUN

SUNDAY, OCTOBER 23, 1988  
ONONDAGA LAKE PARK  
LIVERPOOL, NY

For entry information, send self-addressed stamped envelope to: Freihofers Syracuse Run for Women, c/o Kristen Hartnett, 4382 Stonington Circle, Syracuse, NY 13215

Official Radio Station Official TV Station



## Gary Miller: "The Key is Technique"

**H**ow 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 modestly, "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 member of the M35-39 world record-holding 440 relay team in 1976 (43.6); he was *California Track and Running News*' "Masters Athlete of the Year" at age 45 in 1983; he has held the M45 and M35 world records for 400 meters; the list goes on and on.

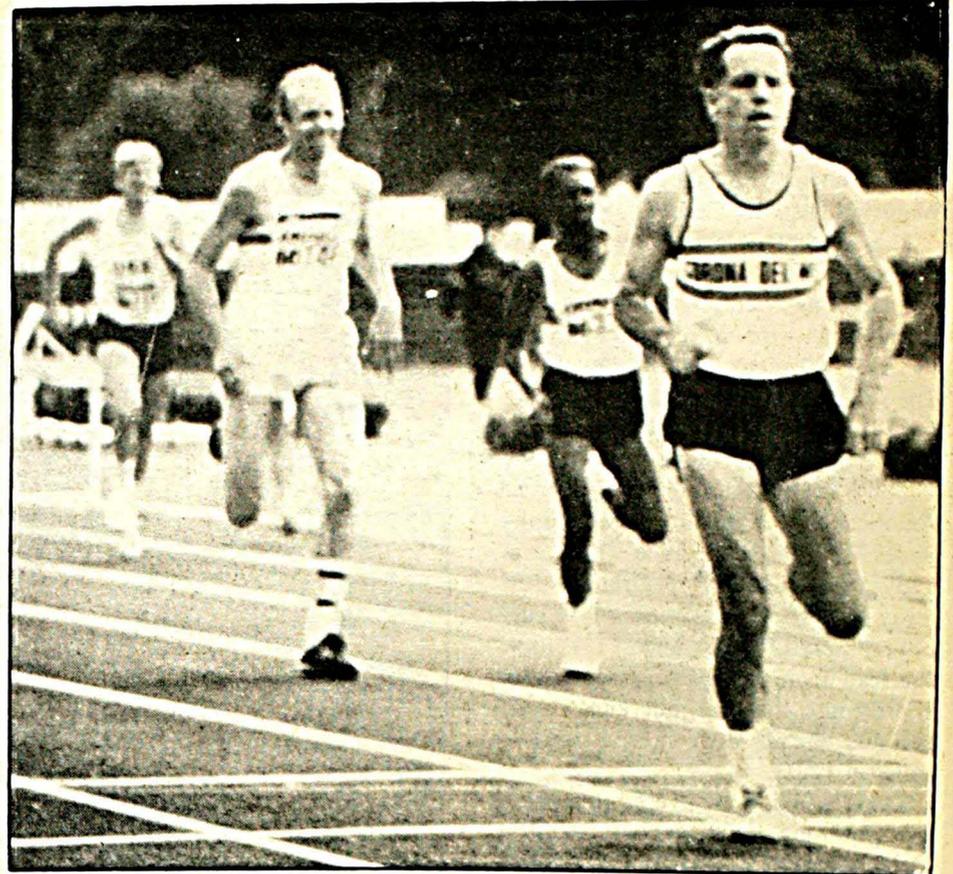
His most recent world record in the M50 decathlon came at Cal State

Univ.-Los Angeles on May 27-28 with a 12.0 100; 5.96 long jump; 12.87 6k shot put; 1.65 high jump; 53.6 400; 15.9 110H; 40.78 1.6k discus throw; 3.70 pole vault; 47.14 "new" javelin throw; and 5:00.4 1500.

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



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

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."

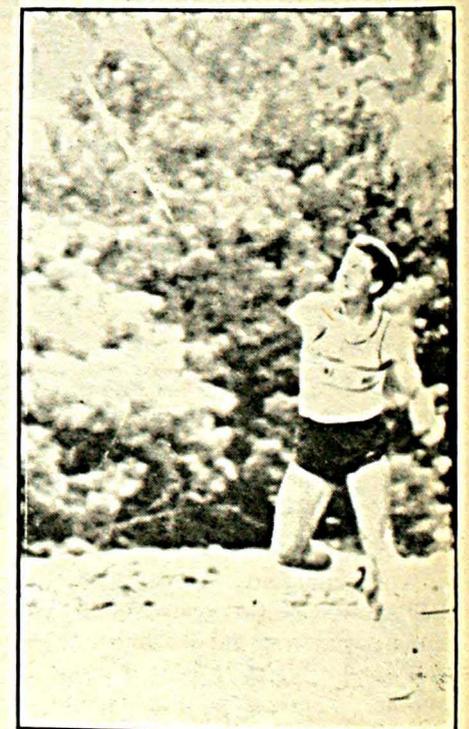
All of his training is done in flats except for the specialty shoes worn for the various throws and jumps. "I do use spikes for serious vaulting. I also feel training poles are very helpful to learn the modern vaulting techniques. In fact, the key to my success is learning the *newest* techniques for 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. Icing 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 throws the javelin 154-0 in the decathlon where he set his M50WR. Cal State Univ. - L.A., May 28.  
Photo by Nils Miller

### DAILY SCHEDULE

<b>Monday</b>	3-6 lap warm up; stretching (20 min.); shot (20 min.); long jump approaches (4x); high hurdle workout (each week adding a hurdle and bringing the second and third hurdles in one foot, 2 feet, etc.) 2 lap warm down. Then the weight room.
<b>Tuesday</b>	Same warm up plus discus (20 min.) and pole vault (45 min.). No weights.
<b>Wednesday</b>	Off
<b>Thursday</b>	Off
<b>Friday</b>	3-6 lap warm up and high jump (20 min.) and javelin (20 min.).
<b>Saturday</b>	Warm up; pole vault (1 hr.); hurdles (20 min.); discus (20 min.); running and warm down.
<b>Sunday</b>	Off
<b>Total Weekly Mileage</b>	12-15



Kay Willoughby, 51, winner of the age-graded Dipsea, California run in June.  
Photo by Gene Cohn

## 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 duelled 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 4-2¼ high jump and a 96-9 discus throw in her several firsts. Claude Hills, M75, also had multiple firsts, including the 100 (16.9) and discus (90-10).

Roger Kamla, M35, topped all shot putters with a 50-3¼, 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. □

## Five Years Ago

• 1900 athletes enter V World Veterans Games in Puerto Rico; to avoid cancelling the Games, WAVA tells South Africans: "stay home."

• Herm Wyatt raises world M50 high jump mark to 6-1¼.

• Antonio Villanueva, 41, runs record 30:01 in Peachtree 10K.

# 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 6 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 roads 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 12—Azalea Trail Run 10K

• Mobile, AL (205-433-3145)

May 30—Cotton Row Run 10K

Huntsville, AL (205-881-5807)

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 10—Utica Boilermaker 15K

Utica, NY (315-797-1310)

August 6—TAC Masters T&F

Championship "Legends" Mile

Orlando, FL (305-628-8850)

August 13—Asbury Park 10K Classic

Asbury Park, NJ (201-531-4156)

For more information and a copy of "Masters

Running '88", contact:

**ICI/USRA MASTERS CIRCUIT**

Dean Reinke, Executive Director

1210 Harding Street

Winter Park, FL 32789

(407) 647-2918

September 25—The Great Race 10K

Pittsburgh, PA (412-255-2493)

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

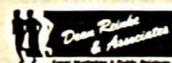
Charlotte, NC (704-379-6896)

TBA—ICI/USRA Masters Championship



United States Running Association Masters Circuit

produced by



1. DISPLAY ADVERTISING RATES				
Column Inches	Ad Size	Cost	Examples: Width Height	
52	Full page	250	10"	13"
39	¾ page	210	10"	9 ¾"
			7 ½"	13"
26	½ page	160	5"	13"
			10"	6 ½"
13	¼ page	100	5"	6 ½"
			10"	3 ¼"
7	1/8 page	60	5"	3 ¼"
			2 ¼"	6 ½"
3 ½	1/16 page	50	2 ¼"	3 ¼"
1		25	2 ¼"	1"

2. FREQUENCY DISCOUNTS (1-year period)

3 to 5 insertions ..... 10%

6 to 12 insertions ..... 15%

3. COMMISSIONS: Agency commission of 15% allowed to recognized agencies.

4. SPECIAL RATES  
25% discount for race and meet notices. No frequency discounts or agency commissions.

5. TERMS  
Net 10 days from billing date.

6. CLASSIFIED RATES  
50 cents per word. Count name and address as 5 words. Race notices are 25 cents per word. Prepayment required with copy.

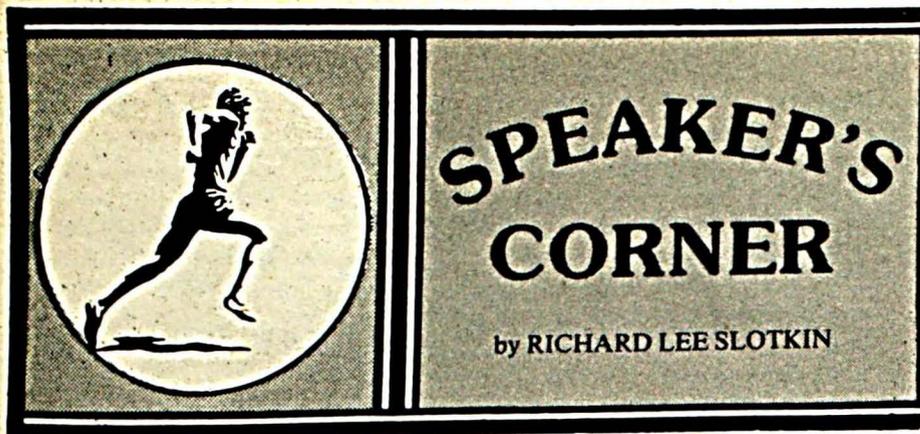
7. MECHANICAL REQUIREMENTS

- See display rates for ad sizes.
- Photo offset printing.
- Negative ok. No mats, cuts or plates.
- 2-colors: add \$35.

8. CLOSING DATES  
The 10th of month before date of issue.

9. CIRCULATION February 1987  
Paid: 4210 Distribution: 5000  
Published monthly. Subscriptions \$18.75/year.

Mail order to: National Masters News  
P.O. Box 2372  
Van Nuys, Calif. 91404  
818/785-1895



## Why Don't They Leave Zola Budd Alone?

Well, they did it. They got rid of Zola Budd. The do-gooders, the liberals, those who goad the consciences of the wicked. They got her. They drummed her out of running.

And for what?

Because she didn't take it upon herself to single-handedly bring about the destruction of apartheid?

No way.

Let's not make any mistakes here. These people responsible for Zola Budd's bashing don't have a decent bone in their bodies. They are not liberals, not even bleeding-heart liberals.

I'll tell you what they are.

They are bullies. They are thugs. They are hypocrites of the first order. They don't care about apartheid or any other kind of oppression. What they do care about is finding a socially acceptable means of shoving people around; beating up on them; and, yes, oppressing them. With Budd, they found a golden opportunity. Being a white South African gave her automatic pariah status. Being a small female made her fair game for any dimwitted goon who could jump in front of her and give her a shove.

Here was a 17-year-old kid who loves to run and found herself as good or better at it than most everyone in the world. The trouble was that the only way she could run with and against her peers was to leave her home and run for another country. You see, a lot of people who should know better think that the way to make a hard-headed Dutchman see things your way is to hit him over the head. Well, they don't call them hard-headed for nothing. All those sanctions, all that disinvestment, all that pressure not only hasn't budged the Boers of South Africa, but it has made them even harder-headed.

Budd was fortunate in that she was technically qualified to become a British citizen and have an opportunity to make an Olympic team. So, she took that route.

If she had only known what she was in for.

All it cost her was her home, her family, her physical safety and damned near her sanity. What she got, from day one, was abuse from beer-swilling goons clear up to Members of Parlia-

ment. No one else in the world had to declare his political philosophy to qualify for the Olympics. Of Budd, not only was it demanded that she declare herself but that she do something to end apartheid, something that she was, and is, no more responsible for than you or I.

Those who screamed the loudest had the least cause to talk. Who has oppressed black Africans more than the governments of black African nations? Surely, you haven't forgotten Idi Amin, just to name one. But the African states threatened to boycott, again, the Olympics if Budd participated. The IAAF, to their shame, threatened to disqualify the British team if Budd was on it. And the British seemed about to tell Budd that of all the citizens of the Commonwealth, her rights alone were to be revoked. For Zola Budd only, the Magna Carta was repealed. No one ever explained how all this would benefit anyone, let alone those suffering under apartheid.

Statesmen don't use an innocent girl in awkward circumstances to further their high-sounding-but-empty-of-all-but-rhetoric causes. Hypocritical politicians do that.

So, Budd has gone home. The hard-heads still run the country, and it's about to blow up in their faces. and the irony is almost staggering. A mixed-race South African Olympic team, including Zola Budd and, say, marathoner Mark Plaatjes, might have done more towards bringing the South African hardliners just a bit closer to the 20th century than all those sanctions have done.

I'm sorry, Zola. You were shafted. Some of us will miss you. Hugh Jones, a marathoner and a gentleman as ever there was, was willing to chance losing his opportunity to go to Seoul as the price of backing your bid to be on the team. So was the great Daley Thompson.

It wasn't enough. The zealots won. Lions 3, Christians 0.

Still, I'd love to have seen a Slaney-Budd rematch in Seoul. Goodbye, Zola. Some of us will miss you. □

## Sets Two World W35 Records

### Larrieu-Smith Eyes Eugene in '89

by MIKE DAVIS

Though her sights right now are on the Olympic Games in Seoul, Francie Larrieu-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.

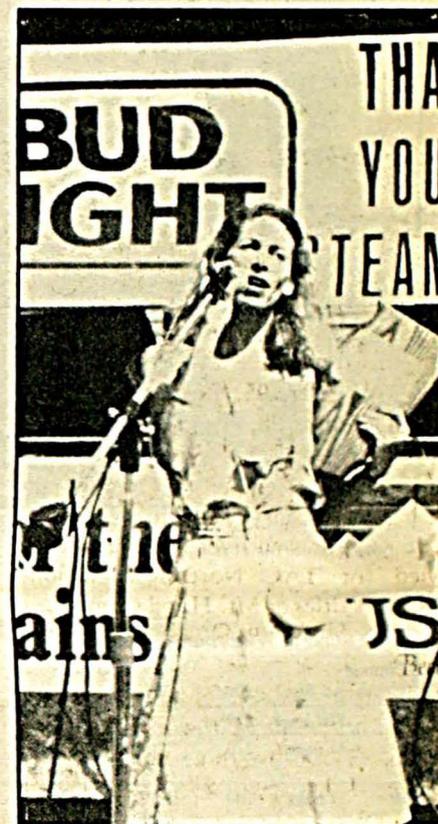
"If you want to continue, if this is really what you want, then go for it. You just have to do what make you happy.

"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: Larrieu-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. Larrieu-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.)



Francie Larrieu-Smith, 35, won the women's open race, set a new course record (20:11) and a world's best for 4-miles at the Steamboat Classic, Peoria, Ill., June 18.

Photo by Paul Nenkrase

## 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 turn out ever, over 250 entries.

Lurline Struppeck, 41, of Baton Rouge, La., upped 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 (53.1); 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. □

## 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 Schlauf.

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 Schlauf, 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 AFREMOW

A quintet of indomitable and renowned age-80+ athletes—Dr. Collier 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.

An incredible 68 meet records were broken or established, and three meet records were equalled on two ideal warm, cloudless evenings. □

## Rodgers Takes Midnight Madness from Loudat

"Boston Billy" Rodgers clocked 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. □



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

## 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.

The 50-59 division winners were Jan

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. □

## Why Not Try the Tulsa Run?

When you're planning your fall races, plan on the Tulsa Run October 29th. In its 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!
- ★ Prize money of \$25,000.
- ★ An ARRA circuit race.
- ★ 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.



October 29



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

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



Pagliano's Podiatric Pointers

# THE FOOT BEAT

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

## 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 splint 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.

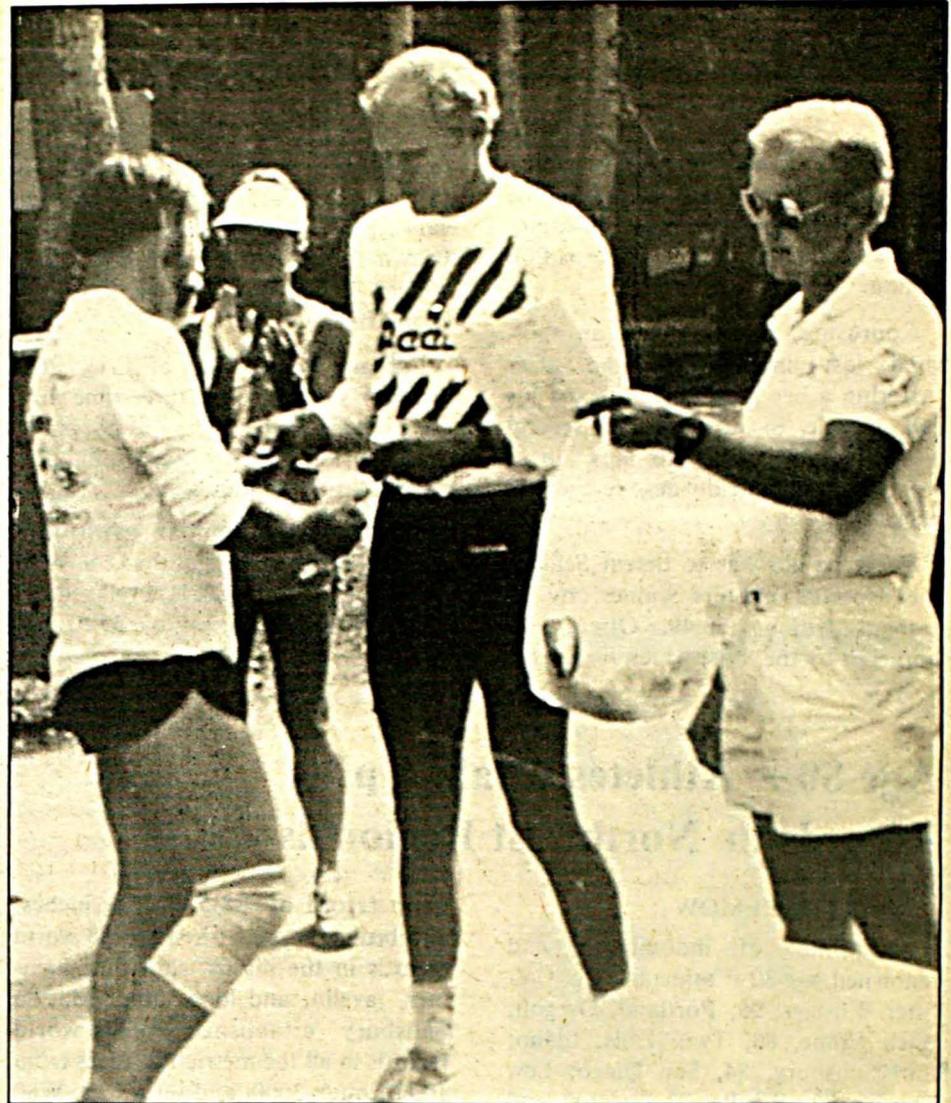
Rest is the primary treatment. If the condition is mild, switching to a good, supportive training shoe is essential. Avoid any type of down-hill running or interval training until the condition becomes asymptomatic. At this time, a good stretching and strengthening pro-

gram 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. □

*(Dr. Pagliano is a runner and a podiatrist in Long Beach, California. He is a member of the American College of Sports Medicine. If you have a foot, ankle or achilles question, write to Dr. John Pagliano, The Foot Beat, NMN, Box 2372, Van Nuys, CA 91404.)*



Coaches Tracy Smith (center) and Skip Stolley (right) award Dan Henderson (30:08) first place in the M45 division of the Mammoth Athletics Camp 4-Mile X-C run. The run was held July 30 at 9000 ft. altitude to cap off a week of running camp. Photo by Teri Ingram

California's only sanctioned

### NORTHERN CALIFORNIA SENIOR GAMES

(50 years and older)

presents on September 17, 1988

#### TRACK AND FIELD

at

U.C. BERKELEY

EDWARD'S STADIUM

These are preliminary qualifiers for the National Senior Games

Entry Form \_\_\_\_\_ Entry Fee \$10

Name: (last) \_\_\_\_\_ (first) \_\_\_\_\_ (age) \_\_\_\_\_

Address: \_\_\_\_\_ (city) \_\_\_\_\_ (zip) \_\_\_\_\_

Home Phone: \_\_\_\_\_ Business Phone: \_\_\_\_\_

Entry deadline: Sept. 12, 1988

 DISCUS  RUNNING LONG JUMP SHOTPUT  JAVELIN 2 MILE RACE WALK

RACES:

 50 METERS  400 METERS 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

## Miller Captures World Record in Pentathlon

by SCOTT THORNSLEY

Gary Miller, 50, 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 6.13/20-1½. 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 Thornsley, 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 Thornsley 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. □

September, 1988

National Masters News

page 13



Gina Faust, 51, of Thousand Oaks, Calif., the featured runner in the Not Over The Hill 8K, Providence Point, Wash., July 17, leads the pack on her way to the women's first overall (32:17) in the 50+ race. Photo from The Fearey Group

## 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.

Archie Messenger, M65, registered his best times in four years with near-national marks in the 800 (2:26.9) and 1500 (5:00.6).

Rachel Lyga, W50, had an outstanding day, including a 91-4 javelin mark and a 25-½ shot put.

Arling Pitcher, who has a pending world record of 5-4 for M85 pole vault,

## National Masters Road Mile Championships

Rick Kleyman, M45, of Plymouth, Minn., recorded the best time (4:44.0) in the U.S. TAC National Masters Road Mile Championships in Hibbing, Minn., on July 23. Robert Wagner, M40, followed in 4:44.8 for second.

John Keston, 63, of Bemidji won the M60 race in 5:18.2, a course record. Ann Day, W40, of Willmar, Minn., was the first W40-and-over in 5:47.0.

equaled 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.

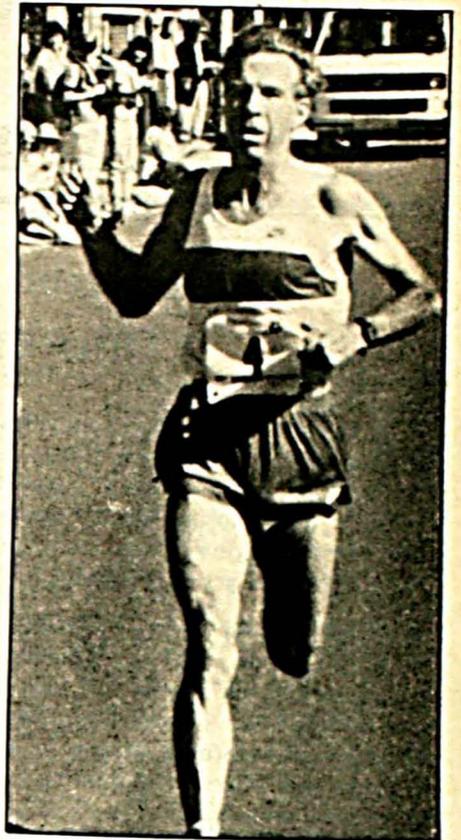
"I thought it was a challenging course," commented Hatton. "But my strength is on the downhill and that's where I pulled away from my competition."

Hatton and Faust each received \$500 for being the winners overall and \$75 for being division winners. More than \$3000 was 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 Leavenworth, 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 Layayette, 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



Ray Hatton, 56, of Bend, Oreg., sails 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+ event. Photo from The Fearey Group

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 is special." □



## National Masters Championship



# CALIFORNIA INTERNATIONAL MARATHON

## DECEMBER 4, 1988



FOR ENTRY SEND SELF-ADDRESSED, STAMPED ENVELOPE TO  
CALIFORNIA INTERNATIONAL MARATHON • P.O. BOX 161149 • SACRAMENTO, CA 95816  
PHONE: (916) 447-2786



# PROFILE

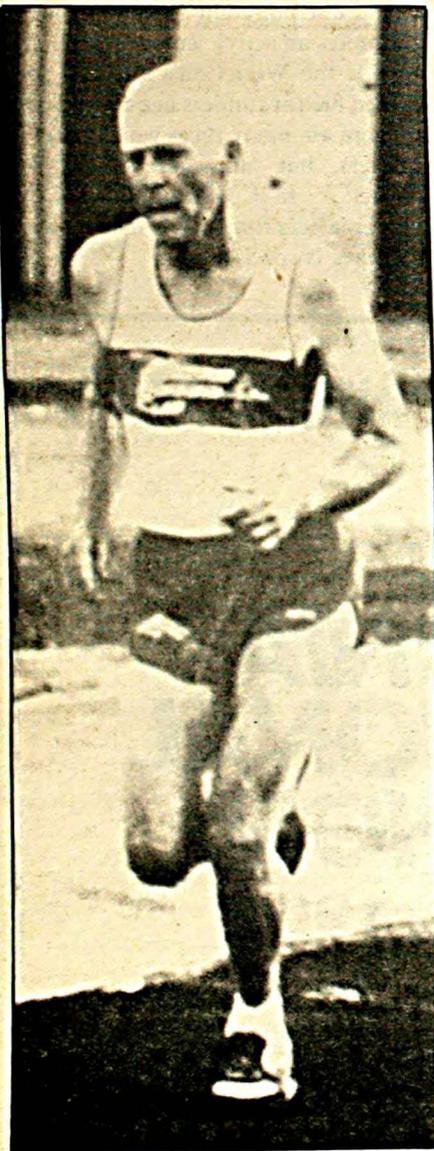
## The Reverend Howard Knox: Often on Sunday

**H**oward 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, 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."



Reverend Howard Knox competes in a 3-mile run in Mililani, Hawaii. Knox was first M60+ with a 20:30.

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, 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

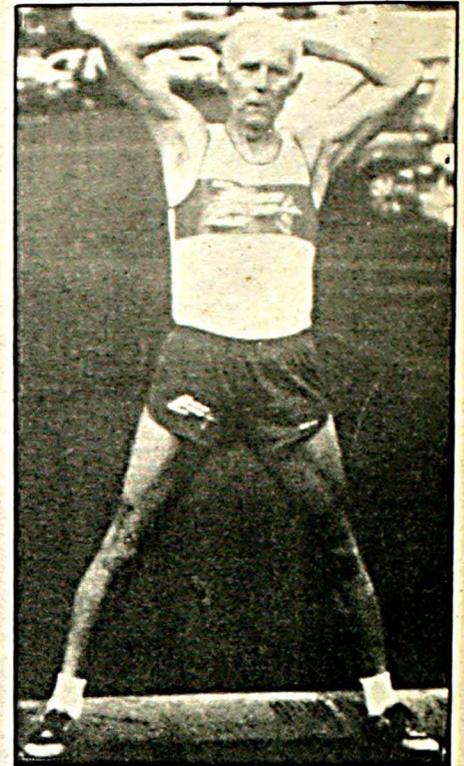
with a program that I have found good."

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



Howard Knox

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. Sprinters 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., deadheaded 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 downed 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 (1.5k) 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). □

Oerter Throws 191-9

# Rivadeneira, Martin Top Athletes in Sri Chinmoy Meet

from BHIKSHUNI WEISBROT

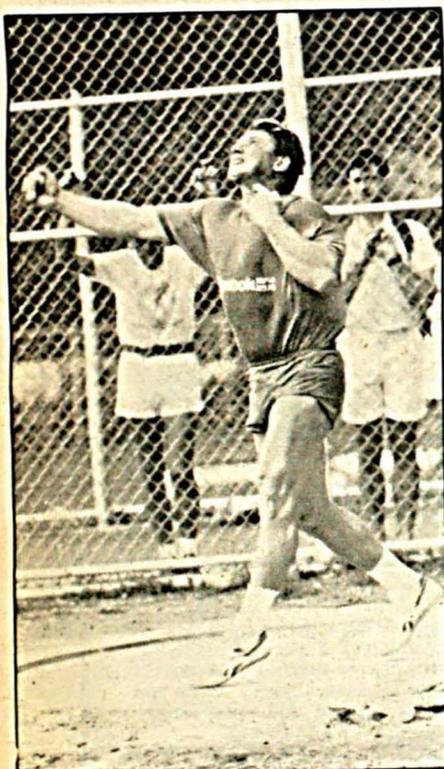
The men's top athlete of the 4th Annual Sri Chinmoy Masters Games at Forest Hills, N.Y., July 23, was Raul Rivadeneira, 60, of Whitestone, N.Y., with 22 points. Leading the women with 18 points was Jill Martin, 50, of Brooklyn.

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.

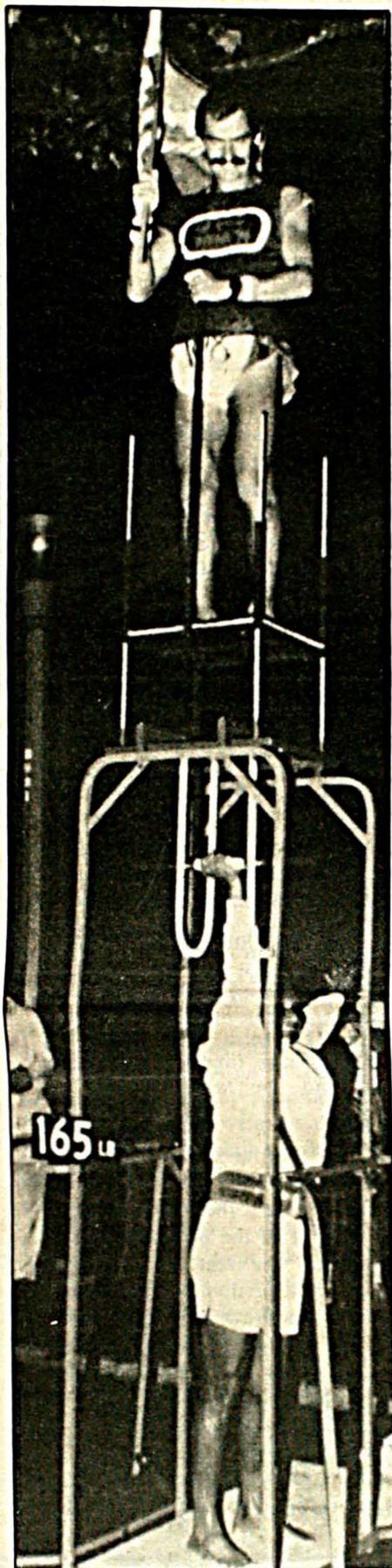
Other highlights included Dr. Roosevelt Weaver's winning 11.97 in the M50-59 100, and Marilyn Fitzgerald's sweep in the W50-59 division of the 100 (14.27), 200 (30.46), and 400 (1:10.2).

Indicative of the rising standard of athlete 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-race 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 Kouros 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. Kouros ran the race — the official 1988 International Association of Ultramarathoners 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

ATHLETE (RESIDENCE)	BIRTHDATE	AGE GROUP
DARLEEN ANDERSON (SPRINGFIELD, MO)	9-21-33	55-59
HARRIETT BOYD (LAKE MARY, FL)	9- 5-23	65-69
RUTH CHRISTIAN (CORONA, CA)	9-24-23	65-69
BETTY CONOVER (WESTFIELD, NJ)	9-25-48	40-44
DIXIE GRIFFIN (OR)	9- 2-38	50-54
MAL ANDREWS (CA)	9-11-33	55-59
R. BAXTER (RALEIGH, NC)	9-15-38	50-54
LEONARD BEACHLEY (AUS)	9-24-38	50-54
ALAN BEARDALL (LAKE OSWEGO, ORE)	9-20-38	50-54
CHARLES BEAUDRY (EDINBURG, TX)	9- 4-18	70-74
WARREN BLANEY (LOS ANGELES)	9-10-03	85-89
GEORGE BRACELAND (DREXEL HILL, PA)	9-22-13	75-79
DON BRODIE (AUSTRALIA)	9- 4-28	60-64
HARRY BRYCE (LA JOLLA, CALIF)	9-16-08	80-84
JOE BURGASSER (PALOS VERDES, CA)	9-13-38	50-54
BILL BURKE (SAN GABRIEL, CA)	9-23-18	70-74
ED CHYNOWETH (INDIANOLA, CA)	9- 1-23	65-69
ANDREW CRICHTON (MAMARONECK, NY)	9- 2-23	65-69
RAY EDWARDS (US)	9- 1-13	75-79
CLEM FIELDS (GUY)	9-21-28	60-64
DAVID FOWLER (SAN DIEGO, CALIF)	9-19-98	90-94
VINCENT GODFREY (LA MESA, CA)	9- 2-13	75-79
LAWRENCE HARVEY (POTTSTOWN, PA)	9-22-13	75-79
PHIL HENN (BLANCHARD, FL)	9-21-13	75-79
KURT HERRMAN (WG)	9-17-23	65-69
RON HILL (GB)	9-25-38	50-54
ALFONS IDA (WG)	9-20-33	55-59
BEN MOSTOW (SKOKIE, IL)	9- 5-03	95-99
VANDOLPH PARISH (MENLO PARK, CA)	9-23-33	55-59
ROBERT PETERS (CHAPEL HILL, NC)	9- 3-23	65-69
CHARLES POLHAMUS (FITZGERALD, GA)	9- 1-43	45-49
PHIL PRESBER (BELVEDERE, CA)	9-18-33	55-59
WERNER SCHALLAU (WG)	9- 8-38	50-54
GEORGE SMITH (CAN)	9- 3-43	45-49
PERCY STEPHENS (ESCONDIDO, CA)	9- 6-03	85-89
DAVID STEVENSON (PALO ALTO, CA)	9- 6-28	60-64
TOIVO VIKMAN (FIN)	9-10-23	65-69
JOHN WALL (BALTIMORE, MD)	9- 6-13	75-79
HERBERT WORTMANN (WG)	9- 1-23	65-69
Rudolph Benoit	9-28-32	55-59



### FIRST ANNUAL SRI CHINMOY MASTERS TRACK AND FIELD — 50 AND OVER ONLY

SATURDAY, SEPTEMBER 24, 1988, UNIVERSITY OF CALIFORNIA, IRVINE

TAC SANCTIONED

**DATE:** Saturday, September 24, 1988  
**LOCATION:** University of California Irvine, Irvine, CA. 92717  
**DIRECTIONS:** Hwy 405 to Culver Blvd., South to Campus Drive, right on Campus Drive to Bridge Rd., left on Bridge Rd. to parking lot 6 (named after bridge)  
**DIVISION:** 10 year age division, women first, and men from oldest to youngest  
**ENTRY FEE:** First event \$10.00, additional events \$5.00 each, unlimited entries \$20.00, includes multi-colored T-shirt. No refunds.  
**DEADLINE:** All entries must be postmarked no later than September 15, 1988. Complete entry form information may be phoned in as late as Sunday, September 19, 1988. Late entries add \$1.00.  
**AWARDS:** Sri Chinmoy Race multi-colored medals to first three men and women in each event and age group. Trophy to overall winner.  
**REFRESHMENTS:** Water, Excess and fruit and refreshments throughout day to participants.  
**MAIL ENTRY TO:** Sri Chinmoy Marathon Team, 1921 S. Sherbourne Dr., Los Angeles, CA. 90034, Telephone (213) 838-4746.

#### Tentative Schedule of Events

TRACK EVENTS	FIELD EVENTS
10:00 a.m. 5000m Race Walk, combined	10:00 a.m. Hammer
10:45 a.m. 80m Hurdles	10:00 a.m. Shot Put
11:00 a.m. 100m Hurdles	10:30 a.m. Javelin
11:15 a.m. 110m Hurdles	12:00 noon Discus
11:45 a.m. 150m Run, combined	1:00 p.m. High Jump
12:15 p.m. 100m Run	1:15 p.m. Pole Vault
12:45 p.m. Break	2:00 p.m. Long Jump
1:15 p.m. 400m Run	2:30 p.m. Triple Jump
2:00 p.m. 3000m Run, combined	
2:45 p.m. 200m Run	

#### OFFICIAL ENTRY FORM (Please Print)

NAME: (Last) \_\_\_\_\_ (First) \_\_\_\_\_  
 ADDRESS: \_\_\_\_\_ CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_  
 SEX: P M DATE OF BIRTH: \_\_\_\_\_ AGE: \_\_\_\_\_ TAC #: (opt.) \_\_\_\_\_  
 T-SHIRT SIZE: S M L XL AMOUNT ENCLOSED: \$ \_\_\_\_\_ # OF EVENTS: \_\_\_\_\_  
 MAIL TO: SRI CHINMOY MARATHON TEAM, 1921 S. Sherbourne Dr., Los Angeles, CA. 90034  
 Tel.: (213) 838-4746  
 ATHLETE'S WAIVER: I hereby waive all rights that I or my heirs or assigns may have against UC Irvine, SMT and anybody associated with this event arising from any injury, illness or accident that I may sustain or incur participating in this event or at this event. I declare that I am in good health to participate in this event.  
 Signature \_\_\_\_\_ Date \_\_\_\_\_

## Vernon Soars While Western Regionals Sizzle

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 directorship 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.

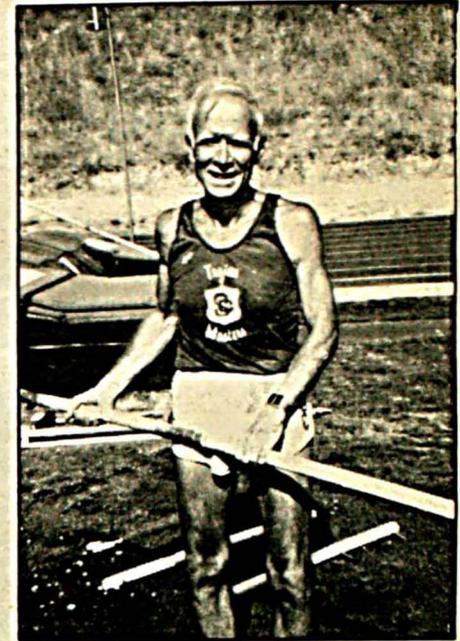
Despite the heat, 800-meter entrants showed up in full force. Nolan Smith, M35, had the best submasters time (1:57.81). In the M45 race, George Cohen, 48, held off Harvey Franklin, 45, 2:02.53 to 2:02.89, in perhaps the best match of the meet. Cliff Bedel took the M50 race in 2:09.05. Robert Culling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

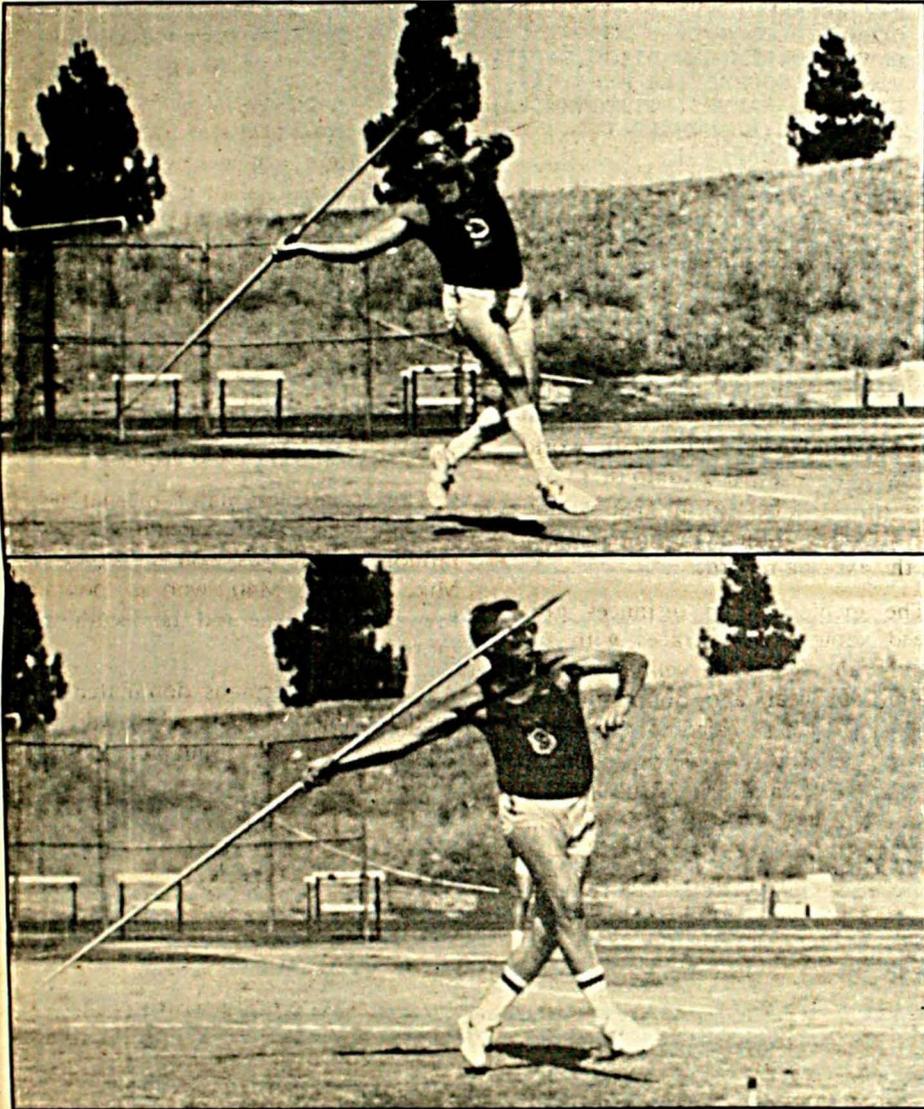
In the pentathlon, Frank Reilly, a new M40, scored 2499 points in between performing other meet chores.

In the 200, Stan Whitley, M40, scorched to a hot 22.91. Gene Harte won the M60 race easily in 27:52. Irene Obera, at the top of her age group at 54, ran 27.67. In the 400, Whitley ran another blazing time of 49.62, and Obera 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." □

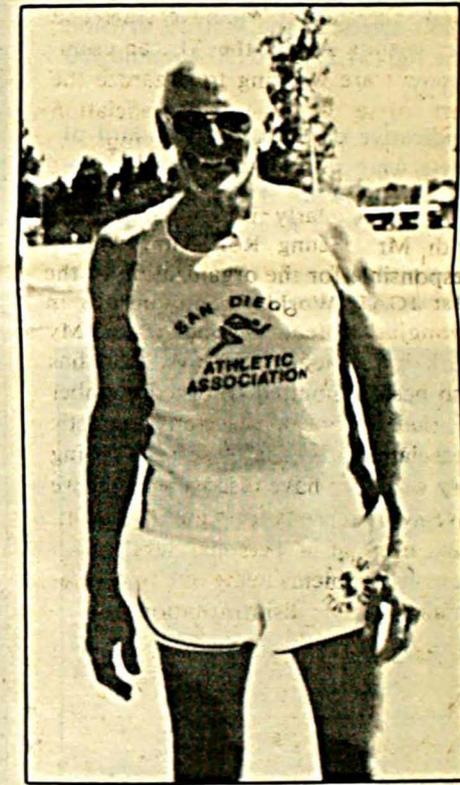


Jim Vernon, after an M70 world record of 10-2, at the Western Regionals, Los Angeles, July 16. Photo by Jerry Wojcik

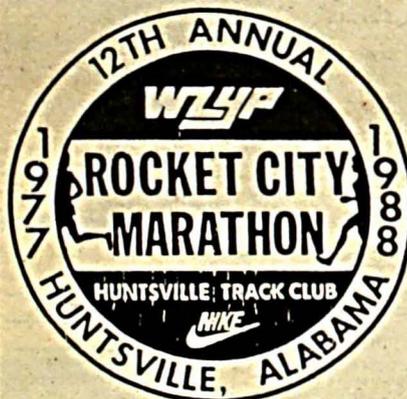


Chuck Coutts, M55, (bottom) emulates world-holder Larry Stuart, M50, in the Western Regionals, Los Angeles, July 17. Same Trojan Masters uniform, same cross-over style (Well, almost!), same check point. The difference? Eighty feet. Stuart finished with a 192-10; Coutts with a 114-5.

Photos 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



DECEMBER 10, 1988

**EASTERN**  
OFFICIAL AIRLINE  
SPECIAL 85% MARATHON DISCOUNT



HUNTSVILLE TRACK CLUB  
c/o HAROLD TINSLEY  
8811 EDGEHILL DRIVE  
HUNTSVILLE, AL 35802

OR CALL HAROLD OR LOUISE TINSLEY  
205-881-9077



### HAVE YOU HEARD ABOUT OUR:

- FINISH LINE SYSTEM AND HOW WE TAKE CARE OF OUR FINISHERS
- FLAT, FAST AND CERTIFIED COURSE - 74 FOOT MAX ELEVATION CHANGE
- COMPUTERIZED PA SYSTEM - THE SPECTATORS KNOW WHO YOU ARE WHEN YOU FINISH A MARATHON IN HUNTSVILLE
- CARBO SUPPER, CLINIC, FUN RUN, MINI EXPO AND GABFEST ON FRIDAY
- 84 PAGE INFORMATION BOOK AND 40 PAGE RESULTS BOOK
- UNIQUE SYSTEM THAT GETS YOUR FINISH PICTURE TO YOU BEFORE MOST RACES CAN GET JUST THE PHOTO PROOF TO YOU
- COURSE RECORDS: OPEN-2:12:21/2:32:22 AND MASTERS-2:19:37/2:49:34
- SPECIAL MOTEL RATES AND FANTASTIC AIR FARE DISCOUNTS - UP TO 85%
- AWARDS: SHIRT, CAP, MEDALLION AND CERTIFICATE TO ALL FINISHERS AND MANY OTHER SPECIAL AWARDS AND PRIZE MONEY
- POST RACE SNACK AND EXCITING AWARDS CEREMONY
- RADIO, TV AND NEWSPAPER COVERAGE - FREE NEWSPAPER WITH ALL RUNNERS LISTED, ARTICLES AND PICTURES FRIDAY AT GABFEST
- SPECTATOR FLYER, ORIGINAL ART POSTER AND BOOSTER SIGN CONTEST

### DID YOU KNOW THAT:

- THE ROCKET CITY MARATHON HAS BEEN RATED MANY TIMES IN THE TOP 10 MARATHONS AND TOP 25 ROAD RACES IN AMERICA
- THE WORLD'S BIGGEST AND BEST SPACE CENTER MUSEUM IS IN HUNTSVILLE
- THE ONLY MARATHON ON THE PRESTIGIOUS RACING SOUTH GRAND PRIX
- HUNTSVILLE HAS BEEN RATED AS ONE OF THE TOP 25 RUNNING CITIES IN AMERICA
- THE HUNTSVILLE TRACK CLUB CONDUCTS THE COTTON ROW RUN 10K ON MEMORIAL DAY, ANOTHER TOP 25 NATIONALLY RATED ROAD RACE
- HUNTSVILLE TRACK CLUB MEMBERS HAVE WON MORE NATIONAL RRCA SERVICE AWARDS THAN ANY OTHER CLUB IN THE NATION
- WE USE MORE THAN ONE THOUSAND VOLUNTEERS TO SEE THAT YOU HAVE A SAFE, FAST AND ENJOYABLE RACE

IF YOU DIDN'T KNOW THESE THINGS AND ARE CONSIDERING RUNNING A MARATHON YOU SHOULD WRITE US FOR AN ENTRY FORM. BETTER STILL, SEND \$5 AND WE WILL SEND YOU COPIES OF LAST YEAR'S TWO BOOKS, THE LATEST HTC NEWS, SPECTATOR FLYER AND OUR SPECIAL MARATHON TRAINING SCHEDULE.

### \$15,000 PRIZE MONEY

OPEN MEN & WOMEN: 1/\$1,500; 2/\$750; 3/\$500; 4-12/\$250  
MASTERS MEN & WOMEN: 1/\$1,000; 2/\$500; 3-6/\$250

\$3,000 COURSE RECORD BONUSES  
OPEN-\$1,000 & MASTERS-\$500



# International Scene

by CESARE BECCALLI,  
President of WAVA

## Report From the President

**A**fter 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. Tatyana 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.

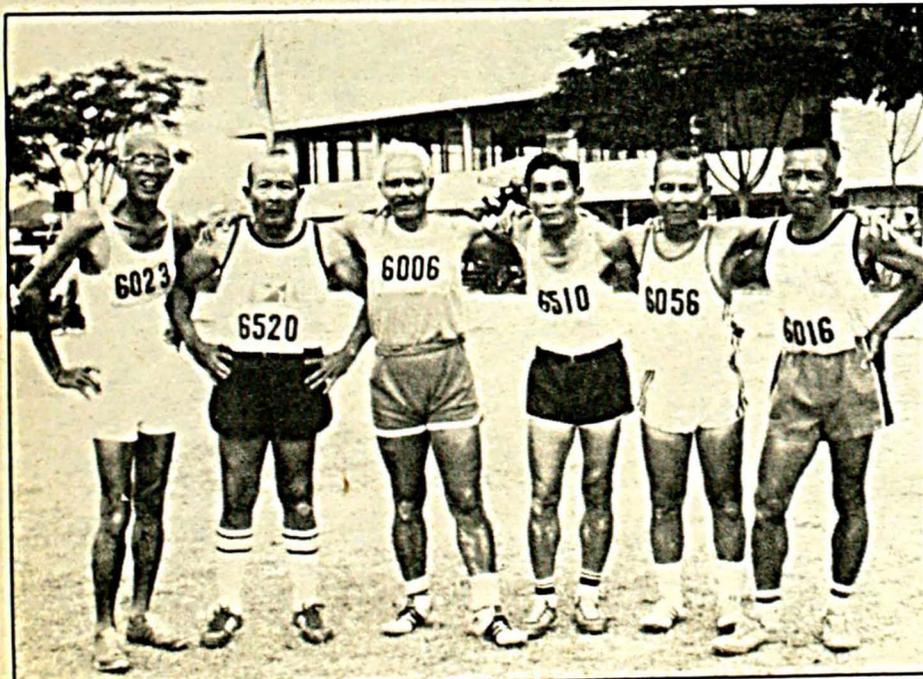
I am regularly in correspondence with Mr. Heung Rok Kim, who is responsible for the organization of the 21st IGAL World Championships in Kyongju, Korea, October 7-10. My work with Jacques Serruys, who has also been appointed co-opted member of the European Veterans Athletic Association for road races, 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. □



Indonesian M60-69 sprinters after a recent meet in Bandung, from left: Rasidjan, from Jogjakarta; Sarbe Bupono, from Bandung; Salamoen, from Banyumas; Roesli Siahidiman, (gold medalist in the M65 100 and silver medalist in the 200 in the World Games in Melbourne); W. Th. Sigar, from Jakarta; and Soewarna, from Surabaya.  
Photo from W. Th. Sigar

## 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-July 3, were marred by poor Italian organization and blatant attempts at "Evangelisti"-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 semis 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 discus (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 13.61/44-8 (the third best of all groups) and then 1.88/6-2 in the high jump, equalling the existing record.

The men's middle distances produced some exciting races with the Dutchman Ron Marcelina, as in Malmo two years ago, dominating the M40 class. He revealed to this writer that he actually set a world record in the Hengelo Grand Prix in July 1987 of 1:51:52 (easily verifiable), after he completely overran Britain's Ron Bell in both the 800 and 1500. His 1:56.0 in the 800 was very good, but the 1500

time of 4:01.7 was achieved with a 56-second last lap. Marcelina will be in Eugene next year and will certainly be one of the stars of the Games.

Ralph Conzelman of West Germany won the 1500, 5000, and 10,000 in the M55 group, depriving Britain's Tony Churchill of a win in the 1500, while Aldegelega of Portugal added the same distances in the M50 group.

Bruges 25K winner Francois Blommaerts of Belgium won a high quality M40 10,000 (30:51.9), where the writer's 31:24.8 was good enough for only fourth. Blommaerts then took second in the 5000 behind a thrusting Alun Roper of the U.K., before braving the Verona heat and traffic to win the marathon, which saw many runners adding 2K to their distance due to marshalling errors.

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. □



**PRESIDENT:**  
Cesare Beccalli  
Via Martinetti 7  
20147 Milano, Italy

**EXECUTIVE VICE PRESIDENT:**  
Peg Smith  
P.O. Box 67  
Williamstown 3016  
Victoria  
Australia

**VICE-PRESIDENT (Track & Field):**  
Bob Fine  
4223 Palm Forest Drive  
Delray Beach, FL 33445  
USA

**VICE-PRESIDENT (Distance Running):**  
Clem Green  
46 Hargreaves St.  
Wellington 2  
New Zealand



**SECRETARY:**  
Alastair Lynn  
161 Harrison Drive  
Newmarket, Ontario  
L3Y6B8 Canada

**TREASURER:**  
Al Sheahan  
P.O. Box 2372  
Van Nuys, CA 91404  
USA

**PAST-PRESIDENT:**  
Don Farquharson  
269 Ridgewood Road  
West Hill, Ontario  
M1C 2x3 Canada

**WOMEN'S DELEGATE:**  
Bridget Cushen  
156 Mitcham Road  
West Croydon,  
Surrey, England

**DELEGATE OF: NORTH AMERICA**  
David Pain  
5643 Campanile Way  
San Diego, CA 92115  
USA

**SOUTH AMERICA**  
Juan H. Kulzer  
Estrada 3429  
Olivos (1536)  
BUENOS AIRES  
Republica Argentina

**ASIA:**  
Mr. Hariomataram  
Medan Medaka  
Selantan 10,  
Jakarta, Indonesia

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

**OCEANIA:**  
Jim Blair  
P.O. Box 2910  
Wellington, New Zealand

**AFRICA:**  
Contact President



WORLD ASSOCIATION OF VETERAN ATHLETES

10 Months To Go

# Countdown to Eugene

## 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

### EUGENE WEATHER - 1988

Date	High	Low	Rain
July 26	101	60	.00
July 27	89	50	.00
July 28	89	51	.00
July 29	89	54	.00
July 30	91	53	.00
July 31	81	52	.00
Aug 1	78	48	.00
Aug 2	86	48	.00
Aug 3	95	54	.00
Aug 4	95	54	.00
Aug 5	85	56	.00
Aug 6	75	50	.00
Aug 7	78	49	.00

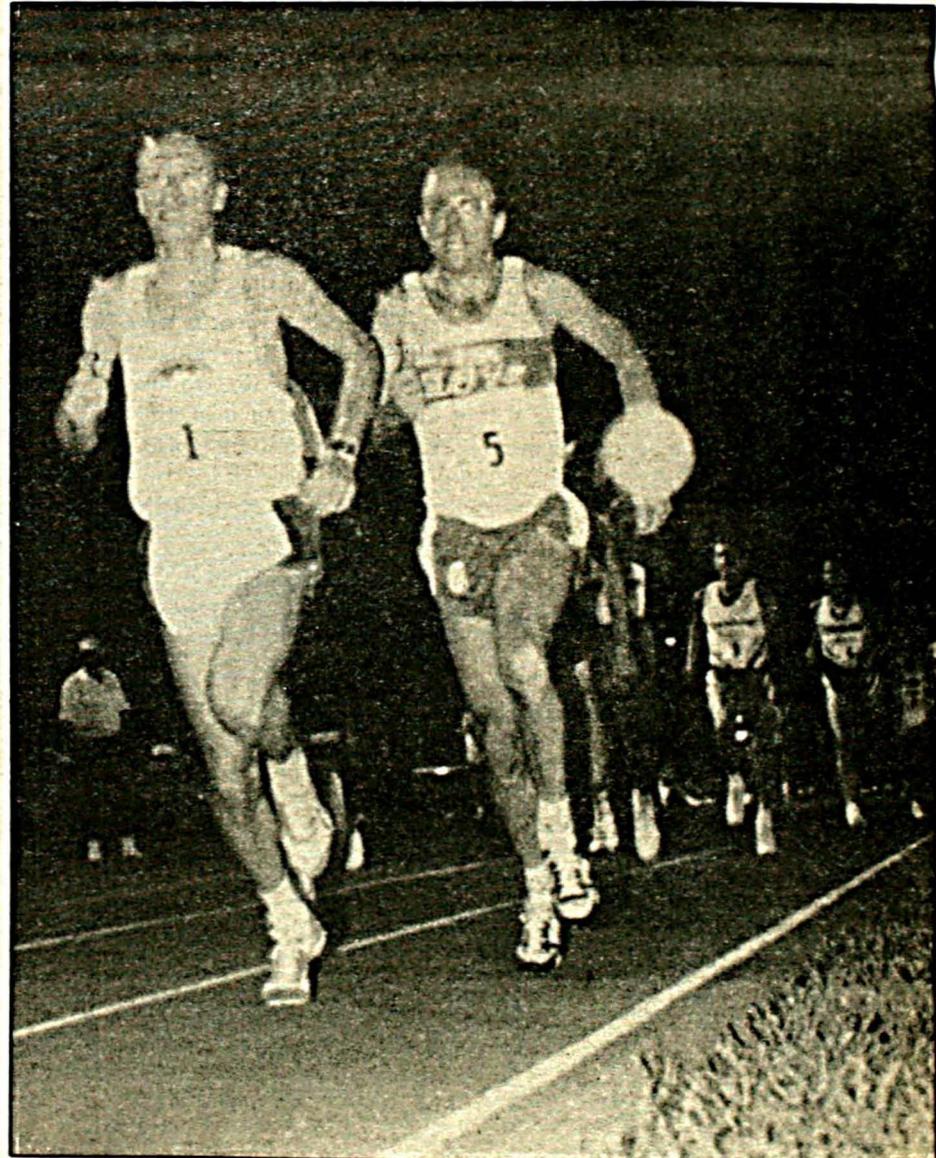
year during the Games’ time slot of July 27 to August 6. The daytime temperatures ranged from a mild 78 to a hot 101, while the nighttime lows varied from 60 to a cool 48. In short, it was pleasant-to-hot in the daytime, and decidedly cool in the evening. Bring your sweater.

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

### WAVA/TAC Hurdles and Implements Specifications

Age	Race Distance	Hurdle Height	HURDLES		
			To 1st Hurdle	Between Hurdles	To Finish
<b>WOMEN</b>					
35-39	100m	.840m	13.00m	8.5m	10.5m
		33"	42'8½"	27'10½"	34'5"
40-49	80m	.762m	12.00m	8.0m	12.00m
		30"	39'4"	26'3"	39'4"
50-59	80m	.762m	12.00m	7.0m	19.00m
		30"	39'4"	22'11½"	62'4"
60-69					
70 Plus					
35-39	400m	.762m	45.00m	35.00m	40.00m
		30"	147'7½"	114'9½"	131'2½"
40-49	400m				
50-59	300m	.762m	50.00m	35.00m	40.00m
		30"	164'0½"	114'9½"	131'2½"
60-69					
70 plus					
<b>MEN</b>					
30-39					
40-49	110m	.991m	13.72m	9.14m	14.02m
		39"	45'	30'	46'
50-59	100m	.914m	13.00m	8.50m	10.50m
		36"	42'8"	27'10½"	34'5"
60-69	100m	.840m	13.00m	8.50m	10.50m
		33"	42'8"	27'10½"	34'5"
70 plus	80m	.762m	12.00m	8.00m	12.00m
		30"	39'4"	26'3"	39'4"
40-49	400m	.914m	45.00m	35.00m	40.00m
		36"	147'7½"	114'9½"	131'2½"
50-59	300m	.840m			
		33"			
60+	300m	.762m	50.00m	35.00m	40.00m
		30"	164'0½"	114'9½"	131'2½"
<b>IMPLEMENTS</b>					
<b>AGE</b>	<b>SHOT PUT</b>	<b>DISCUS</b>	<b>HAMMER</b>	<b>JAVELIN</b>	
<b>Women</b>					
35-49	4.00k	1.00k	4.00k	600gms.	
50 plus	3.00k	1.00k	3.00k	400 gms.	
<b>Men</b>					
40-49	7.26k (16 lbs.)	2.00k	7.26k (16 lbs.)	800 gms.*	
50-59	6.00k	1.50k	6.00k	800 gms.*	
60-69	5.00k	1.00k	5.00k	600 gms.	
70 plus	4.00k	1.00k	4.00k	600 gms.	

\*New IAAF Specifications



Great Britain’s Ron Bell and New Zealand’s John Dixon fight for the lead in the special masters mile in Florida, August 6, at the U.S. Masters T&F Championships. Bell won in 4:12.58 as five men broke Bell’s world masters mile record of 4:16.2. Dixon, the M40 1500 meter champion in Melbourne, placed fourth in 4:15.51, behind Byron Dyce (4:13.78) and Harry Nolan (4:15.38).

Photo by Sports Pix, Altamonte Springs, Fla.



## 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 Chrimes, 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 800, 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 Scotsman 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 Temperton 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 Effingham. 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 woman overall (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."

My prayers are with the family. He will be greatly missed as a good friend and masters athlete.

Burl 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.

Soon after the show began, it became clear that Beccalli did not understand the plot. He proposed that Jacques Serruys (Belgium) be created Vice-President for Road Races. He did not understand that the requisite proposed amendment to the EVAA Constitution had not been tabled properly. Nor did he understand, apparently, that even if such a proposed amendment were to be adopted, it would not have become effective until after the meeting. The first election for the post would therefore have been at the next Regional Assembly.

All of this had to be explained to him several times, with increasing impatience, by delegates from France, Portugal, Cyprus, and the United Kingdom. He also had to have it explained to him that the glaringly obvious expedient was for the Council simply to co-opt (include) Jacques. Eventually, this was agreed to by the Assembly. However, Beccalli then made no attempt to have the Assembly create the post of Vice-President for Road Races as a necessary preparation for an election in two-years time. Eyebrows began to be raised at the way he was fluffing his lines.

Despite suggestions before the Assembly that he might not do so, Beccalli did resign the Presidency of EVAA. Vice-President Hans Axmann (West Germany) won the election to replace him until the 1990 European

Championships, the venue of which will be Budapest.

Nothing had been heard until now from the chief supporting actor, EVAA Secretary Robert Wurch (France). Was he suffering from stage-fright, perhaps? Eventually he did move into the spotlight as a candidate for the Vice-Presidency being vacated by Hans Axmann. Had he resigned as Secretary, he was asked? He confirmed that he had indeed resigned two days earlier. This was a strange twist in the plot, particularly when Beccalli made no move to arrange any consequential election of a new Secretary. It appears that EVAA does not need one.

Beccalli prepared to distribute voting papers listing Robert Wurch and Torsten Carlus (Sweden) as candidates for the Vice-Presidency. Bill Taylor (United Kingdom), defeated earlier by Axmann for the Presidency, declared himself to be a third candidate. Beccalli rejected this declaration, claiming that Bill had not been nominated in time, until it was pointed out that the preparatory papers for the Assembly had failed to call for nominations for the Vice-Presidency.

The performance then suffered an unscheduled interval of some fifteen minutes while new voting papers, including Bill Taylor's name, were prepared. When the curtain went up once more, Tortsen won the Vice-Presidency with a handsome overall majority on the first vote.

It was pointed out that there had been no wind-gauge in operation during the Championships. This would invalidate any world records in the sprints, the sprint hurdles, the long jump, and triple jump. With a shrug of the shoulders and a weary shake of the head, Beccalli could offer no reason for this failure. One sensed his longing for the final curtain.

Indeed, following Axmann's election to the Presidency, Beccalli allowed Axmann to conduct what was left of the Assembly. Apparently, Beccalli was unaware that the normal practice is for an outgoing President, with the consent of the incoming President, to continue as Chairman until the end of the meeting.

By now, one would not have been surprised if Beccalli had fallen through a trap-door.

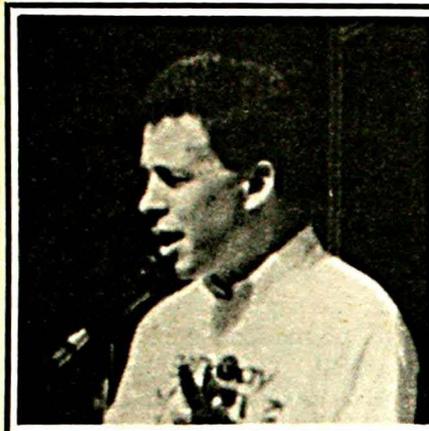
Beccalli has a duty under the WAVA Constitution to chair the General Assembly in Eugene next year. Unless he gets his act together before then, the General Assembly could turn out to be a tragedy - albeit with elements of farce. □

Wilf Morgan  
London

■ The letters column is an open forum for all viewpoints on subjects of general interest to our readers. Letters should be addressed to: Write On, NMN, P.O. Box 2372, Van Nuys, CA 91404. They should be kept as brief as possible and are subject to condensation. They must include a signature and a valid mailing address.



Olympic legendary distance runner Emil Zatopek (l) visits with Jacques Serruys, organizer of the European IGAL 10K/25K Championships, Bruges, Belgium, June 18-19.



# The Director's Corner

by DEAN REINKE

## Masters Running '88 Available Soon

**M**ASTERS RUNNING '88, the "official program annual" of the ICI/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.



### ICI/USRA MASTERS CIRCUIT POINT STANDINGS

(after 6 races including Azalea Trail Run, Cotton Row Run, Myrtle Beach Classic, Hospital Hill Half Marathon, Utica Boilermaker 15K and TAC Masters Track & Field "Mile/1500m")

#### Men 40-49:

1. Bob Schlau, SC (40) 29
2. Bill Rodgers, MA (40) 22 1/2
3. Wes Wesseley, GA (40) 21
4. Web Loudat, NM (41) 20
5. Mike Hurd, GBR (42) 19
6. Carl Nicholson, AL (41) 15
7. Chris Chambers, CO (40) 12
7. Steve Lester, UT (45) 12
9. Alan Rushmer, GB (43) 11
10. Barry Brown, FL (43) 10

#### Women: 40-49:

1. Jane Hutchison, MO 43
2. Ann Mansfield, NC (40) 18
3. Gabriele Andersen, ID 15
4. Kathy Brown, NY (40) 14
5. Maureen Bixby, OK (45) 13 1/2
6. Polly Roth, MO 12
6. Kathy Hardy, LA (41) 12
8. Bobbi Rothman, FL (42) 11
9. Priscilla Welch, GBR (43) 10
9. Barb Filutze, PA (42) 10
9. Nancy Oshier, NY 10

#### Men 50-59:

1. Wm. Johnston, UT (50) 30
2. Jim Larson, FL (52) 18
3. Clyde Davison, KS 15
4. Gerald Glass, MO 13 1/2
5. Mel Yoder, KS 12
5. Gerald Koch, TN (53) 12

#### Women: 50-59:

1. Mary Ann Woodring, KY (56) 18
1. Marcia Herbst, GA (53) 18
3. Patricia Bond, MO 15
4. Susie Klutzz, NC (51) 14
5. Jennifer Maloney, MO 13 1/2

#### Men's 60 & Over:

1. Jim O'Neil, CA (63) 35
2. Jerry Morrison, MO 13 1/2
3. Logan McGinness, MO 12
4. Bill Hoffman, AR 10
4. George Sheehan, NJ (69) 10

#### Women's 60 & Over:

1. Mary Norckauer, LA 19
2. Mary Otte, MO 15
3. Jean Benear, OK 13 1/2
4. Loretta Sheehan, NY 10
4. Pepper Davis, FL 10

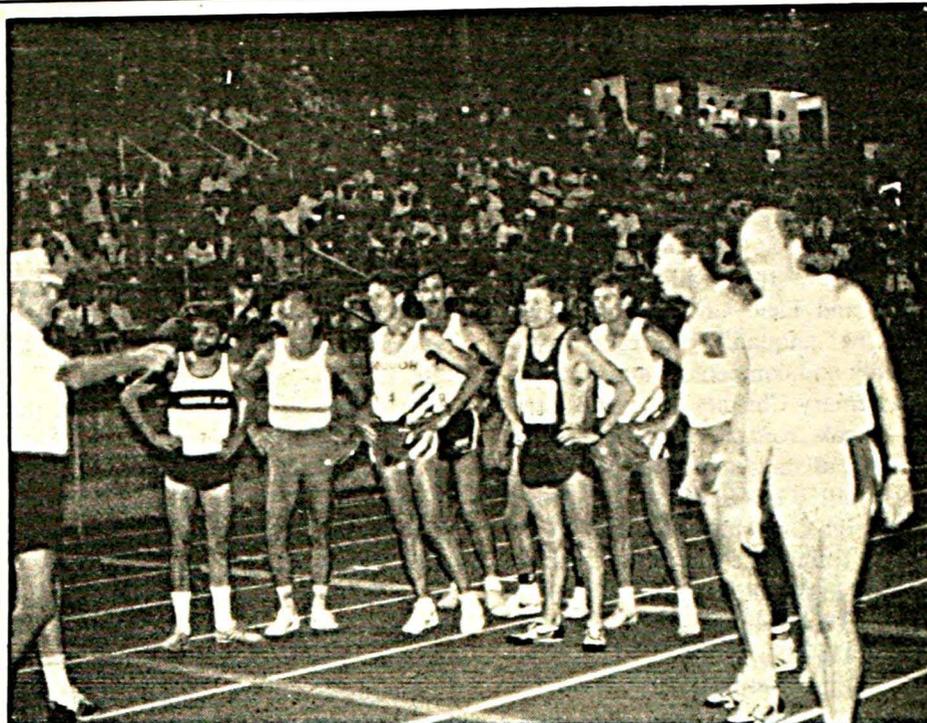
#### Prize Money Structure:

40-49	Men	Women
1st	\$3500	\$3500
2nd	2500	1000
3rd	1500	500
4th	750	250
5th	650	100
6th	550	
7th	400	
8th	300	
9th	200	
10th	100	

50-59	Men	Women
1st	750	750
2nd	250	100
3rd	100	

60 & over	Men	Women
1st	500	500
2nd	100	

A \$750 bonus will be awarded to the top "age-graded" performance of the year!



Runners in the ICI Legends Mile receive their instructions from the starter as the crowd waits in anticipation. Photo by Carl Simpson

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.

"We are very pleased to be a part of this exciting addition to the ICI/USRA Masters Circuit," spoke Bill Adams, General Manager of Public Affairs for title sponsor ICI. "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 Tom Voss, former editor of *Prevention* magazine, a Rodale Press publication. Included among the editorial staff are David Bumke, former editor of *Runner's World* magazine; former American record holder Dick Buerkle;

*Athletics Magazine* writer Brian Lenton; masters record holder Jim O'Neil; *National Masters News* editor Al Sheahen; noted West Coast medical writer Barbara Shaw; "Running Stats" editor Paul Christman; "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 ICI/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! □



United States Running Association Masters Circuit



Rabbit Phil Barker (10) sets the pace on the second lap, followed by Ron Bell (1), John Dixon (5), Harry Nolan (7), and Byron Dyce. Photo by Carl Simpson



The "back of the pack" is only two seconds from the front. From right: Byron Dyce, Ken Sparks, Ron Jensen, Al Swenson (behind Jensen), Steve Ferraz, Web Loudat (behind Ferraz).

Photo by Carl Simpson

### 5 Smash World Masters Mile Record Continued from page 1

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 Olympian 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 1:46.800 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 mak-

ing 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



United States Running Association Masters Circuit

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 Ryun and other great masters milers worldwide to form such a circuit.

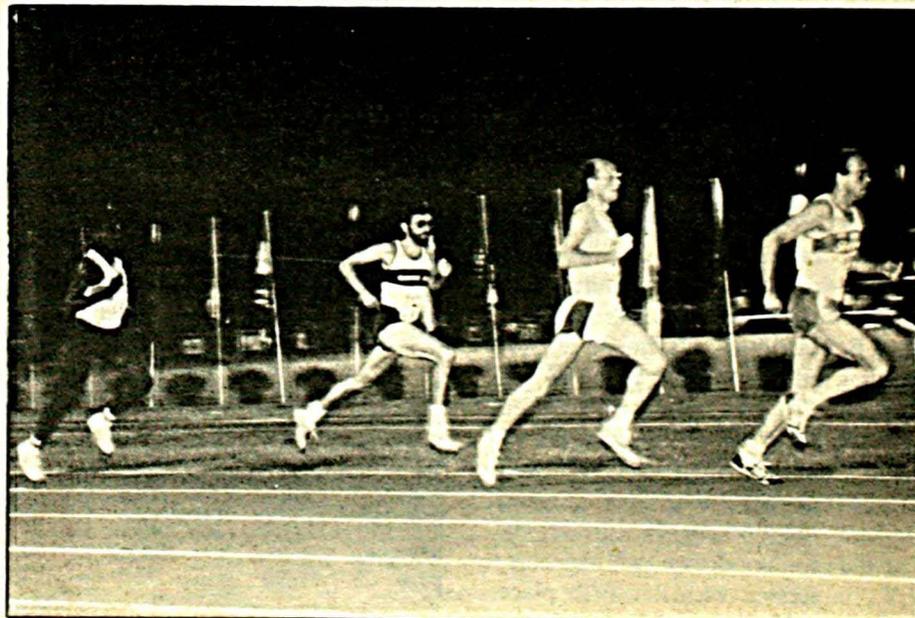
The ICI Legends Mile was the sixth event on the 13-city ICI/USRA Masters Circuit, where runners in six age-groups (40-49, 50-59 and 60-and-over, men and women) earn grand-prix style points toward a season ending \$20,000 prize purse. Remaining events on the 13-city 1988 ICI/USRA Masters Circuit in August 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 prix 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. □

### 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 \$10,000-15,000 masters 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" at the finals. A Satur-

day evening banquet, where the \$20,000 grand prix 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. □



John Dixon pushes the pace on the third lap as Ron Bell, Harry Nolan and Byron Dyce keep pace. Photo by Sports Pix, Altamonte Springs, Fla.

## ICI/USRA Masters Circuit "Happenings"

by DEAN REINKE

Californian Ron Jensen, 40, has only been running for seven years, but his 1:57 800 and 4:21.18 mile bests are among the fastest ever for American masters. Jensen trains with U.S. Olympian Regina Jacobs in Long Beach . . . Englishman and world masters mile record holder Ron Bell ran a 1:57 the week prior to his record-setting mile performance. He also holds the 800 world record at 1:53 . . . Plans are underway by the ICI/USRA Masters Circuit to form a "sub-circuit" for the Legends Mile. Discussions are being held with New York, Long Beach, Birmingham, Alabama, and several major indoor and outdoor track meets to form a circuit of 6-10 road, indoor and outdoor track miles that would bring together the world's best masters. One thought is to bring in the top 10 milers next April to Florida and let them go after the mile record one week and the 800 the next (that was Byron Dyce's idea). Another "record attempt" would occur at the TAC

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 Sparks just happened to be at the National Championships when he was spotted by an ICI/USRA Masters Circuit official. Sparks informed the official that he was running again, "marathons and road racing," and that he was entered in the 1500 and 800. Sparks, teammate of Olympic champion Rick Wohlhuter, confessed he had started training again, motivated by the "Legends Mile" concept. Within 10 minutes, Sparks 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 primed with \$10,000 for a "sub-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 30K 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 Circuit 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 Mortenson, former University of Oregon star, third in 37:22. Priscilla 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 . . . Kudos to NMN publisher/editor Al Sheahan 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 Steve Cowley (20:12) on the victory stand at the 4-mile Buffalo Subaru Chase recently . . .

## Schlau Takes Lead with Boilermaker Victory

by JOE KACY

Charleston, South Carolina's Bob Schlau proved once again why he is the hottest master on the roads this year with a victory, July 10, at the Utica Boilermaker 15K over Britain's Mike Hurd and a stellar field. His victory allowed him to dethrone Bill Rodgers from the top of the standings and open up a 6½ point lead over the field.

Defending Boilermaker masters champion and course record holder Atlaw Belilgne of Staten Island (by way of Ethiopia) chopped 16-seconds off his 1987 record time, but it didn't make much difference as it was good for only fifth in the strong ICI/USRA Masters Circuit field. "I knew it was going to be tough," the 43-year-old university professor said in admiration for his opponents.

Belilgne's 50:10 performance and his '87 record of 50:26 were overwhelmingly shattered by Schlau, the new kid on the block who defeated Rodgers earlier this summer at the Myrtle Beach Classic and in the Los Angeles Marathon. Schlau's winning 48:32 effort over the challenging 15K course on a blazing hot and humid morning earned him a \$1000 top prize and a \$500 bonus for a new course record, and netted him 18th overall.

Forty-two-year-old Barb Filutze, running her first '88 ICI/USRA Masters Circuit event this year, passed Circuit leader Jane Hutchison of Joplin, Mo., in the last half mile to eke out the win with a 57:05. Her time bettered Bobbi Rothman's course record, enabling Filutze to take \$1500 to her home in Erie, Pa. Hutchison netted \$500 for her 57:26 to finish ahead of Idaho's Gabriele Andersen (58:29) and Sherborne, Massachusetts' Fordie Madeira (58:56). Newly turned 40-year-old Kathy Brown of Fairport, N.Y., impressed with her fifth place showing in 59:57. Diane Palmason of Canada captured the 50-59 category

with an impressive 3-minute victory over Brooklyn's Jill Martin, running 1:03:00.

Hurd summed up the prevailing opinion of several of the top masters following the race. "There's no such thing as an easy masters race anymore," he commented while Belilgne stood by and nodded in agreement. Following Hurd across the line with a surprising effort was former Miami of Ohio runner and Canadian Dave Stewart (immediate post-Bob Schul era) in 49:31 while Massachusetts' Bernie Allen placed 4th, 10 seconds back. Great Britain's Alun Rushmer followed Belilgne by 28 seconds.

Salt Lake City's William Johnston continued his domination of the 50-59 age group running 54:45 for a 40-second win over Connecticut's John Dugdale. San Diego's Jim O'Neil also cruised to a win in the 60-&-over category and also maintained a commanding lead in his ICI/USRA Masters Circuit age category as well. □



Bell breaks the tape and the record in 4:12.58. Photo by Sports Pix, Altamonte Springs, Fla.



From left: Dean Reinke, director of the ICI/USRA Masters Circuit, Ken Sparks (9), John Dixon (5), Harry Nolan (7), Ron Bell (1), Byron Dyce (2),

Ron Jensen (8), Steve Ferraz (6), Web Loudat (4), Al Swenson (3), Phil Barker (10), and Nick Gailey, meet director. Photo by Carl Simpson

## 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 □

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

## Harry Koppel Dies

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." □

## 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 4½ mile point and beat him by seven seconds.

Bob Schlaw was third (31:59), followed by Barry Brown (32:07) and Atlaw Belilgne (32:19).

Barbara Filutze won the W40 title in 36:07, defeating Laurie Binder (36:40), Gabriele Andersen (37:11), Angella Hearn (37:33) and Nancy Oshire (38:15).

Other division winners included: Mike Heffernan (M45, 33:26), Norm Green (M55, 34:43) and Ed Benham (M80, 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. □

# KANSAS BIG GUYS CLASSIC

WHEN: October 22, 1988

WHERE: Kansas University, Lawrence, Kansas

WHAT: Weight Pentathlon-SP, DT, JT, HT, 35 #WT. Standard Pentathlon-HH, LJ, SP, HJ, 800 M.

WHO: Mens and Womens: 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 1-100% cotton Big Guys Shirt, and a water squeeze bottle.

OUTSTANDING COMPETITOR AWARD: (Elwyn Does Award) will be given on a point system.

TEAM TROPHY: A traveling team trophy will be awarded on an NCAA 9 place system.

STARTING TIMES: Masters 9:30, Sub-Masters 10:00, Open 10:30.

IMPLEMENTS: Standard WAVA and IAAF Spec.

Weight in: Will open 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.

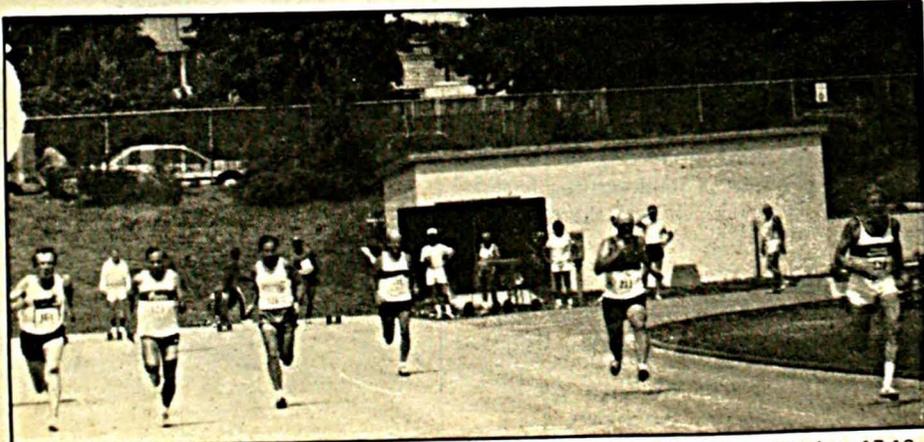
DRESSING FACILITIES: With shower available before and after the meet.

TRAINERS: There will be one on site during the meet.

TRANSPORTATION: Lawrence is 45 minutes west of Kansas City, Braniff seems to have the best fares in and out of Kansas City. Recommended Hotels: Travelodge (913) 842-5100, All Seasons (913) 843-9100 and the Holidome (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.



M50-59 sprinters run the 100 together in the Tennessee/TAC Masters Meet, Knoxville, June 17-18, from left: John Poppell (M55, 13.07), Al Clark (M55, 14.00), Tom Vickers (M55, 15.03), Harold Herrington (M50, 27.37), Barry Bertram (13.95), Chuck Miller (M50, 12.26). Photo from Dean Waters

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.



Marilyn Mitchell, 45, of New York City, is happy after she won the 100 (13.97) and 200 (27.96) at the Nationals in Orlando.

Photo by Sports Pix, Altamonte Springs, Fla.

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 80H (20.78) and high jump (3-8).

Other world marks were set in the 300H by Richard Rizzo (M50, 43.16), Bill Clark (M55, 45.60), and Claude Hills (M75, 61.13); in the 200 by Konrad Boas (M85, 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 — 8-½. Raschker won eight 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.,



With 150 meters to go, Graeme Shirley kicks and draws out to win the prestigious M40 1500-meter run in 4:03.93 at the U.S. Nationals. Wally Herrala (4:06.80) and Dennis Tracy (4:07.54) trail. Photo by Carl Simpson

made a dramatic entrance into submasters competition with four impressive wins in the 200 (21.72), 400 (48.71), 110H (14.58) and 400H (53.10).

• Jerry McCorkle, 31, of Charlotte, N.C., captured the 100 (11.19) and long jump (23-0¼). 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, Wisc., 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 champion 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 (4:09.93), 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-

U.S. TAC NATIONAL MASTERS TRACK & FIELD CHAMPIONSHIPS

ENTRIES BY STATE

AK 4	LA 13	OH 31
AL 6	MA 14	OK 3
AR 3	MD 8	OR 31
AZ 8	ME 2	PA 15
CA 122	MI 20	PR 10
CO 17	MN 1	RI 2
CT 10	MO 15	SC 8
DE 2	MS 2	SD 1
FL 194	MT 1	TN 11
GA 40	NC 24	TX 56
HI 1	ND 0	UT 0
IA 2	NE 2	VA 18
ID 1	NV 3	VI 2
IL 16	NH 5	WA 16
IN 11	NJ 30	WI 18
KS 7	NM 6	WV 3
KY 9	NY 44	WY 1
DC 1	AUS 1	CAN 5
CHI 1	GBR 3	MEX 12
PHI 3	TRI 1	
Total pre-entries:		896
Total late entries:		24
Total entries:		920

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 1987 titles in the 100 (11.05), 200 (22.20) and 400 (49.30), and added a fourth gold medal with a 22-1½ long jump.

• Two other Californians turned 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



A.U. Ricciardi of Reno wins the M65 javelin with a 95-10 heave.

Photo by Sports Pix, Altamonte Springs, Fla.

U.S. TAC NATIONAL MASTERS TRACK & FIELD CHAMPIONSHIPS

ENTRIES BY AGE-DIVISION

	'88	'87		'88	'87
M30	96	93	W30	28	30
M35	109	109	W35	23	31
M40	128	154	W40	29	27
M45	98	109	W45	22	29
M50	83	98	W50	17	27
M55	67	80	W55	8	11
M60	61	63	W60	16	5
M65	43	51	W65	5	12
M70	31	33	W70	4	6
M75	18	21	W75	1	5
M80	6	13	W80	0	1
M85	3	1	W85	0	0
	743	825		153	184

	'88	'87
Total pre-entries:	896	1009
Total late entries:	24	39
Total entries:	920	1048

Nationals Draw 920 to Florida

Continued from page 24

Tucker and then California's Don Parker took the lead. With less than 50 meters to go, Mason dug down deep to find more and passed the tiring 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 Herala 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 Hallop, 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 (57.24) 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 (6-1½) and Florida's Bob Neutzling pole vaulting 13-6.

- Edwin Morland of Westmoreland, Kans., 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 WVTC evened the score with a close win in the 4 x 400, 3:32.31 to 3:33.50.



"I'm beat," says Ellen Amirkhan, 32, of Dallas, after winning two bronze (100 and 400) and a silver (200) medal in the U.S. Nationals in Florida, August 4-7.

Photo by Sports Pix, Altamonte Springs, Fla.

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 (51.49) 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 5-7¼ for a high jump win.

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

Continued on page 26



Atlanta's Phil Raschker won nine gold medals in the U.S. National Masters Track & Field Championships in Winter Park, Fla. Here she hurdles to a 12.79 in the 80-meter event.

Photo by Sports Pix, Altamonte Springs, Fla.

COMING NEXT MONTH:

- 1987 Rankings for Shot Put and Hurdles
- 1987 Rankings for 8K, 15K and Half-marathon
- National 10K Results

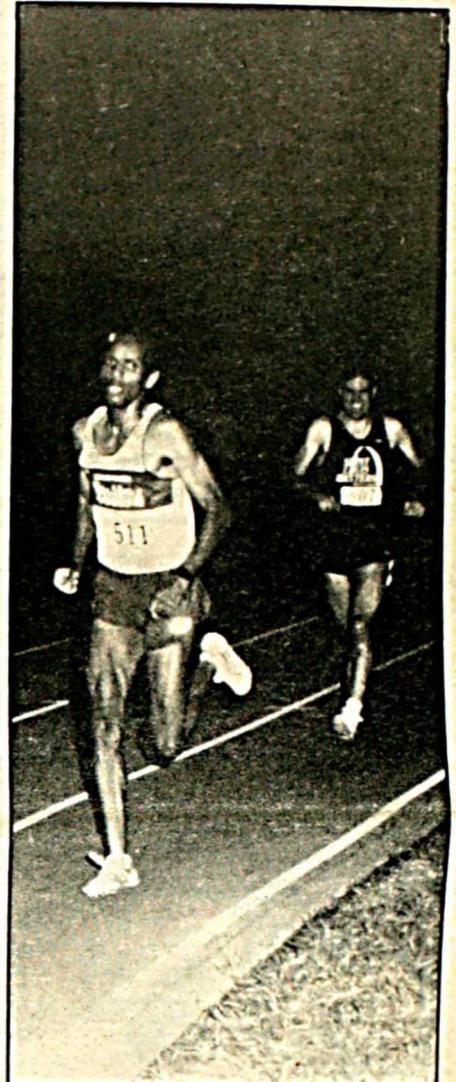


Sheila Carpenter, 32, of El Toro, Calif., throws the hammer 94-0 to win a gold medal in the W30-34 division.

Photo by Sports Pix, Altamonte Springs, Fla.

Photos From Nationals

Photos from the National Masters Track & Field Championships are available. Contact Sports Pix, 745 Orienta Ave., Suite 1161, Altamonte Springs, FL 32701. 407/260-9229.



California's Mark Cobb leads Missouri's Tom Berry in the M30 1500. Cobb finished 6th in 4:21.03; Berry was 7th in 4:22.06. Kent Burno won in 4:00.09.

Photo by Sports Pix, Altamonte Springs, Fla.

PENDING AGE-GROUP RECORDS SET AT 21ST U.S. TAC NATIONAL MASTERS TRACK & FIELD CHAMPIONSHIPS -- ORLANDO, FLORIDA -- AUGUST 4-7, 1988

WORLD RECORDS

Event	Age	New Mark	Name	State	Old Mark	Held by
Mile	M40	4:12.58	Ron Bell	GBR	4:16.2	Ron Bell
5000	M80	21:57.88	Ed Benham	MD	22:31.82	Ed Benham
10000	M80	44:29.26	Ed Benham	MD	45:49.4	Ed Benham
300H	M50	43.16	Richard Rizzo	NY	44.63	Charley Miller
300H	M55	45.60	William Clark	NJ	46.3	Phil Mulkey
300H	M70	52.50	Dan Bulkley	OR	53.84	Dan Bulkley
2K-SC	M70	8:38.17	Dan Bulkley	OR	8:52.74	Eugene Keller
300H	M75	61.13	Claude Hills	PA	61.75	Claude Hills
300H	M60	71.74	Pat Peterson	NY	None	
PV	W40	2.45	Phil Raschker	GA	None	
200	M85	38.30	Konrad Boas	NY	40.83	Herb Anderson
400	M85	1:35.52	Konrad Boas	NY	1:42.2	Josef Galia

AMERICAN RECORDS

Mile	M40	4:13.78	Byron Dyce	FL	4:20.9	Web Loudat
JAV	M40	61.44	Edwin Morland	KS	None	
JAV	M45	52.44	George Reynolds	PA	None	
JAV	M55	45.96	Jack Shields	GA	None	
80H	M60	20.78	Pat Peterson	NY	None	
HJ	M60	1.12	Pat Peterson	NY	1.12	Pat Peterson
TJ	M55	8.41	Magdalena Kuehne	CA	7.96	Magdalena Kuehne
TJ	M60	6.97	Bernice Holland	OH	4.42	Mary Holbert
5K-RW	M60	32:11	Ruth Leff	WI	32:51	Ruth Leff

## Nationals Draw 920 to Florida

Continued from page 25

the 300 hurdles, upsetting world 400H champion Gary Miller.

- Cliff Bedell, 50, of Scottsdale, Ariz., capping a brilliant year, won both the 800 and 1500 over the tough Pete Richardson, 53, of Manteca, Calif., 2:08.39 to 2:09.46 and 4:23.93 to 4:29.23.

- Joe Fodor, 50, of Akron, Ohio captured the 5000 (16:44) and 10,000 (33:59).

- Al Henry, of Carson, Calif., won his second straight M50 hurdle title, winning the new 100-meter distance in 14.89 over Charley Miller of Saginaw, Texas (14.98), and added a long jump gold at 19-3½.

- Bob Humphries, 52, of Camarillo, Calif., heaved the discus (163-0) and hammer (151-2), while world M50 javelin record-holder (215-9), Larry Stuart, of El Toro, Calif., threw 194-6.

- The Arizona Masters won both the 4 x 100 and 4 x 400 relays. The Southern California Striders took the 4 x 800.

### M55-59

- Bruce Springbett, 56, of Los Gatos,

Calif., the National Masters Outdoor Coordinator, looked magnificent in winning the 100 (12.09) and 200 (24.63) by Florence Griffith-style margins.

- Oregon's Harold Hitt took the 400 (58.00), while Seattle's Ralph Miller, 56, repeated his front-running victory of 1987 with a 61-68 = 2:09.64 in the 800. Jim Sutton, 57, of Reading, Pa., tried to stay with Miller on the first lap, but faded to a 2:19.85, still good for second.

- Sutton successfully defended his 1500-meter crown, however, with a convincing win over Louisiana's Jimmie Tension, 4:42.05 to 4:46.01.

- Atlanta's Phil Mulkey, 55, the U.S. M55 decathlon champion, won four close personal battles to top off a big year with four gold medals, three silvers and a bronze. In the 100H, he outleaned Larry Pratt, 15.53 to 15.67. In the pole vault, he dethroned U.S. and world champion, Jerry Donley, 12-0 to 11-6. "Beating Jerry made my week," Mulkey said. "He's so tough, I've only beaten him a couple of times in 36 tries." In his last long jump attempt,

Mulkey bested defending champion, Dave Jackson, 18-1¼ to 17-4¼. His shot put win was perhaps the most dramatic. The shot was scheduled at the same time as the vault, so Mulkey missed the first four rounds. He finished his vault, raced to the shot put ring, and found there were two rounds left. With a leading throw of 43-5, Virginia's Len Olsen probably felt he had the event won, but he couldn't match Mulkey's final toss of 44-2½.

- One of Mulkey's silvers came in the 300H, where he couldn't catch New Jersey's Bill Clark, who set a new world M55 record of 45.60.

- Dave Jackson again won the triple jump (39-11¼) and Atlanta's Jack Shields established a new U.S. M55 record of 150-9 with the new IAAF javelin.

- Tom White, 56, of St. Petersburg, Fla., shocked defending champion, Max Green, of Taylor, Mich., in the 5000 walk, 27:11 to 27:12. But Green evened the score with a win in the 20K walk, 1:57:12 to 1:58:49.

### M60-64

- The sprints were divided between Florida's Ed Schuler (100, 12.87), North Carolina's Jim Law (200, 26.16) and Alabama's Gordon Siefert (400, 60.34).

- Gunnar Linde, 60, of Venice, Calif., won the 800 (2:24.57) and 1500 (5:04).

- Jim O'Neil, 63, of La Jolla, Calif., kept his 10,000 title in 37:36 (possibly one lap short), but withdrew because of an injury from the 5000, which Georgia's Dick Benson handled in 20:05. It was the 21st consecutive appearance for O'Neil — the only athlete to have competed in all 21 national championships.

- Alabama's Buck Bradberry notched the 100H (15.60), long jump (17-4½) and triple jump (33-5¼), while Phil Brusca, 61, of St. Louis, annexed the shot (47-0), discus (143-3) and javelin (129-8).

- Bob Mimm, 63, of New Jersey, walked to easy wins in the 5000 (27:22) and 20K (1:59:35).

- Gene Harte (61.3) and Bob Watanabe (60.6) each made up about 40 meters on other runners in their 3rd and 4th legs to dramatically win the 4 x 400 relay. Dallas T&F Club won the 4 x 100, while Birmingham TC took the 4 x 800.

### M65-69

- Floyd Simmons, 65, of Charlotte, N.C., dominated the throws with three victories in the shot (38-8), discus (114-11) and javelin (139-0).

- There were five double winners, including John Alexander, who edged fellow Texan and 100-meter champ, Tim Murphy, in the 200, 27.75 to 27.80, and easily won the one-lapper in 63.19.

- Archie Messenger of Campton, N.H., was impressive with big wins in the 800 (2:29.94) and 1500 (5:03.53).

- Bart Ross of Florida couldn't keep up with Messenger in the 1500, but rolled to solid wins in the 5000 (19:55) and 10,000 (40:22).

- World Games gold medalist, Bob Hunt, of Anaheim, Calif., won both hurdles in 18.52 and 51.33.

## It's In The Genes

Three generations in one family competed in the same events in the 1988 TAC National Masters Championships: Uncle: Burt DeGroot, 81, San Clemente, Calif.; Niece: Sally DeGroot Polk, 58, Albuquerque, N.M., and Grand Niece: Linn (DeGroot) Polk Dunton, 31, San Diego, Calif. (Linn is Sally's daughter.)

All three competed in the weight events, and, collectively, they won eight gold and three silver medals.

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 Olympian Boo Morcom, 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 2:14:43.

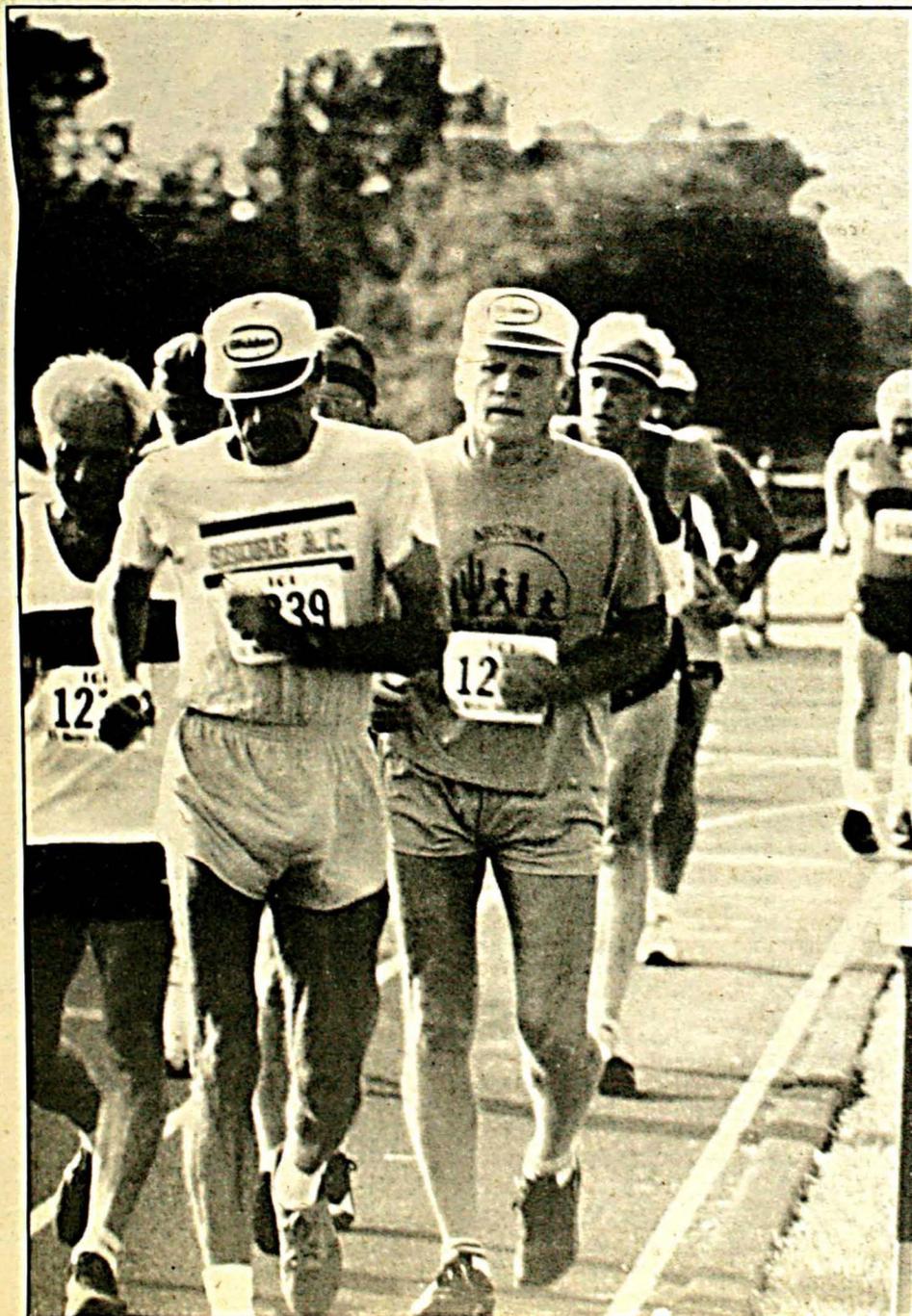
### M70-74

- 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 Bulkley, 71, of Phoenix, Oreg., who had won four gold medals in Melbourne, won the same four events in Orlando and set two world M70 records in the 300H (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

Continued on page 27



New Jersey's Bob Mimm, 63 (1339), wins the M60 5000-meter racewalk in 27:21.9, at the U.S. National Masters Track & Field Championships in Winter Park, Fla.

Photo by Sports Pix, Altamonte Springs, Fla.

Nationals Draw 920 to Florida

Continued from page 26

Bradenton, Fla., able to win two, in the shot (38-9½) 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 (32.64) and 80H (16.62), while New York's Bill Brobston took golds 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 (25-3½).

• 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 (56-0).

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 Boas, 85; and Indiana's Arling Pitcher, 86; went head-to-

Continued on page 28



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.

1988 U.S. NATIONAL MASTERS TRACK & FIELD CHAMPIONS — ORLANDO, FLORIDA — AUGUST 4-7

	M30	M35	M40	M45	M50	M55	M60	M65	M70	M75	M80	M85
100	McCorkle	McCoy	Whitley	Little	Miller B	Springbett	Schuler	Murphy	Weinacht	Morrow	Fike	Anderson
200	Liddell	McCoy	Whitley	Little	Miller B	Springbett	Law	Alexander	Weinacht	Morrow	Fike	#Boas
400	Liddell	Thiel	Whitley	Johnson	Rizzo	Hitt	Seifert	Alexander	Weinacht	White	Fike	#Boas
800	Burno	Isaac	Mason	Franklin	Bedell	Miller R	Linde	Messenger	Bulkley	Zekitamer	Benham	---
1500	Burno	Isaac	Shirley	Holbrook	Bedell	Sutton	Linde	Messenger	Bulkley	Brobston	Benham	---
5000	Avita	Isaac	Hallop	Coffman	Fodor	Tennison	Benson	Ross	Quakenbos	Brobston	#Benham	---
10000	Cohen	Banning	Brown B	Heffernan	Fodor	Blount	O'Neil	Ross	Woods	Brobston	#Benham	---
HH	Liddell	Williams	Brinker	Viltz	Henry	Mulkey	Bradberry	Hunt	Guidet	Morrow	---	---
IH	Liddell	Druckrey	Kelly	Morioka	#Rizzo	#Clark	Watanabe	Hunt	#Bulkley	#Hills	---	---
SC	Everhart	Merville	Barker	Faxon	Slocumb	Culling	Bryant	Granby	#Bulkley	Espy	---	---
HJ	Haynie	Howard	Rader	Winters	Newton	Richardson	Gillchrist	Morcom	Morningstar	Hills	---	Pitcher
PV	Rogers	Wilson	Neutzling	Holmes	Miller G	Mulkey	Grosh	Morcom	Vernon	Johnston	---	Pitcher
LJ	McCorkle	Kruse	Whitley	Vener	Henry	Mulkey	Bradberry	Johnson J	Broadbent	Gonzalez	---	Anderson
TJ	Turner G	Woolfolk	Lucci	Winters	Kelly J	Jackson	Bradberry	Kennell	---	Hills	---	Anderson
SP	Silvers	Kamla	Neville	Klehm	Bolton	Mulkey	Brusca	Simmons	McDermott	York	Garthune	Anderson
DT	Bull	Umshler	Truckenbrod	Higgins	Humphreys	Gonzalez	Brusca	Simmons	Aldrich	Joslin	DeGroot	Anderson
HT	Collins P	Daniels	Martinez	Higgins	Humphreys	England	Bergenback	Ricciardi	McDermott	*York	DeGroot	---
JAV	Bull	Sing	Morland	*Reynolds	Stuart	*Shields	Brusca	Simmons	Colon	Wood	Coleman	---
5K-W	Heiring	Funkhouser	Fredericks	Skinner	Bocci	White	Mimm	Wright	Gould	Nellis	---	---
20K-W	Heiring	Funkhouser	Fredericks	Knifton	Oliver	Green	Mimm	Wright	Gould	---	---	---
4X100	Hurricane Sports Club	Dallas Masters	Dallas Masters	Arizona Masters	Arizona Masters	Dallas T&F Club	Dallas T&F Club	West Florida Runners	West Florida Runners	West Florida Runners	---	---
4X400	Greater Rochester TC	West Valley TC	West Valley TC	Arizona Masters	Arizona Masters	Los Angeles Valley TC	Los Angeles Valley TC	West Florida Runners	West Florida Runners	West Florida Runners	---	---
4X800	East Cobb Striders	St. Louis Masters	St. Louis Masters	So. Calif. Striders	So. Calif. Striders	Birmingham TC	Birmingham TC	West Florida Runners	West Florida Runners	West Florida Runners	---	---
	W30	W35	W40	W45	W50	W55	W60	W65	W70	W75	W80	
100	Bryant	Drumgole	Raschker	Mitchell	Obera	Kuehne	Peterson	Peebles	Smith M	---	---	
200	Bryant	Farster-G	Raschker	Mitchell	Obera	Stiegelme'r	Peterson	Peebles	Smith M	---	---	
400	Bryant	Searcy	Pinto	MacDonald	Obera	Stieg'meier	Peterson	Peebles	Jacobs	---	---	
800	Corr	Shafer	Houlton	Upton	Hoagland	St'gelmeier	Davis	Peebles	Mehl	Granstrom	---	
1500	Sedwick	Shafer	Oshier	Cleveland	Hoagland	Cavicchi	Davis	Peebles	Mehl	---	---	
5000	Vogt	Green	Greer	Cullen	Dameron	---	Davis	Pembroke	Mehl	Granstrom	---	
10000	Vogt	---	Brown	Cullen	Hodges	---	Davis	---	Mehl	---	---	
HH	---	---	Raschker	Carter A	Miller C	---	*Peterson	---	---	---	---	
IH	---	---	Raschker	---	---	---	#Peterson	---	---	---	---	
HJ	---	---	Raschker	Primmer	Miller C	---	*Peterson	---	---	---	---	
PV	---	---	#Raschker	---	---	---	---	---	---	---	---	
LJ	Thompson	Farster-G	Raschker	Carter A	*Obera	Kuehne	Sullivan	---	---	---	---	
TJ	---	---	Raschker	Carter A	Miller C	*Kuehne	*Holland	---	---	---	---	
SP	Dunton	Searcy	Struppeck	Hilliard	Miller C	Polk	Holland	---	---	---	---	
DT	Dunton	Green L	Struppeck	Hilliard	Miller C	Polk	Holland	---	---	---	---	
HT	Carpenter	---	---	---	---	Polk	---	---	---	---	---	
JAV	Carpenter	Green L	Struppeck	---	Miller C	Polk	Holland	---	---	---	---	
5K-W	Nelson	Sedlak	Kroesen	Bocci	Smith S	Peare	*Leff	Hottensmith	Jacobs	---	---	
20K-W	Nelson	Sedlak	Kroesen	Bocci	Smith S	---	Henry	Hottensmith	---	---	---	
4X100	Atlanta TC	---	---	---	---	---	---	---	---	---	---	
4X400	Track Shack	---	Track Shack	---	---	---	---	---	---	---	---	
4X800	---	---	Track Shack	---	---	---	---	---	---	---	---	

#Pending World Age-Group Record

\*Pending American Age-Group Record

## 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 1:57 or 1:58 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 1:58.80 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 gold 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 40-44, 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 torrential 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 competition. 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 Showalter Field with five gold medals; Boas had two world M85 records; and Pitcher had two golds and a fistful of silvers. 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 Josef 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 Linn Dunton, 31, in the shot (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 (5000, 32:28 and 20K, 2:21:41).

### W35-39

• Penny Farster-Gilkey, 36, of Rogue River, Ore., lost her national 100 title to Georgia's Donnis Drumgole (13.08 to 13.27), but won the 200 (27.50) and long jump (15-1).

• Betty Searcy, 37, of the Bronx, N.Y., took a tough 400 in 61.86 and added the shot (31-¼) for an unusual double.

• Nancy Shafer, 37, of Bowling Green, Ohio, 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 Raschker was the star of this division, again, with wins in the 100 (12.81), 200 (26.04), 80H (12.79), 400H (75.03), HJ (4-9¼), PV (WR 8-½), LJ (14-7¼), and TJ (33-1). Her ninth gold medal came as the anchor leg of the Atlanta TC's 4x100 relay (55.00).

• Lurline Struppeck, 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 Greer in the 1500, 4:57 to 5:11; Greer topped New York's Kathy Brown in the 5000, 18:23 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 Hilliard took the shot (33-2) and discus (90-7).

• Georgia's Ann Carter won three golds in the 80H (18.03), long jump (11-½) and triple jump (22-¼), and Michigan's Jeanne Bocci repeated in the walks (30:03 and 2:05:33).

### W50-54

• Christel Miller's six wins came in the 80H (15.46), high jump (4-1¼), triple jump (27-2½), shot (31-3¼), 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 Obera of Fremont, Calif. At age 54, she's at the end of her age-group, but Obera 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 Berea, Ohio, and Magdalena Kuehne of Tujunga, Calif., each won three. Kuehne edged Stiegelmeier in the 100 (16.47 to 16.51); Stiegelmeier got

Continued on page 29



Some of the masters athletes, now in their 60s, 70s and 80s, who competed in Balboa Stadium's first track meet in 1968 and their 20-year-reunion meet in San Diego are, from left, Joe Maclaughlin, Hal Wallace, Ray Gil,

Merle Hamilton, Avery Bryant, Dave Pain, Augie Escamilla, Bob Tetrick, Sing Lum, Charles McMahon, Jerry Seifert and Pete Mundle.

## 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 steeplechase 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 2:07, and pushed a 64-second third lap to hit the bell lap at 3:11. Meanwhile, Harry Nolan was running a strong third.

With 300 to go, Bell moved to the front, as Dyce moved up.

"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 flourishes in the off-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 McEachran 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 Mulkey.

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 too much. 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 was ragged.

"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 tartan 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 61.3 and 60.6, respectively, in a marvelous effort. But the next day, they had nothing left for their individual 400 races.

The hotel locations dimmed the ambience 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

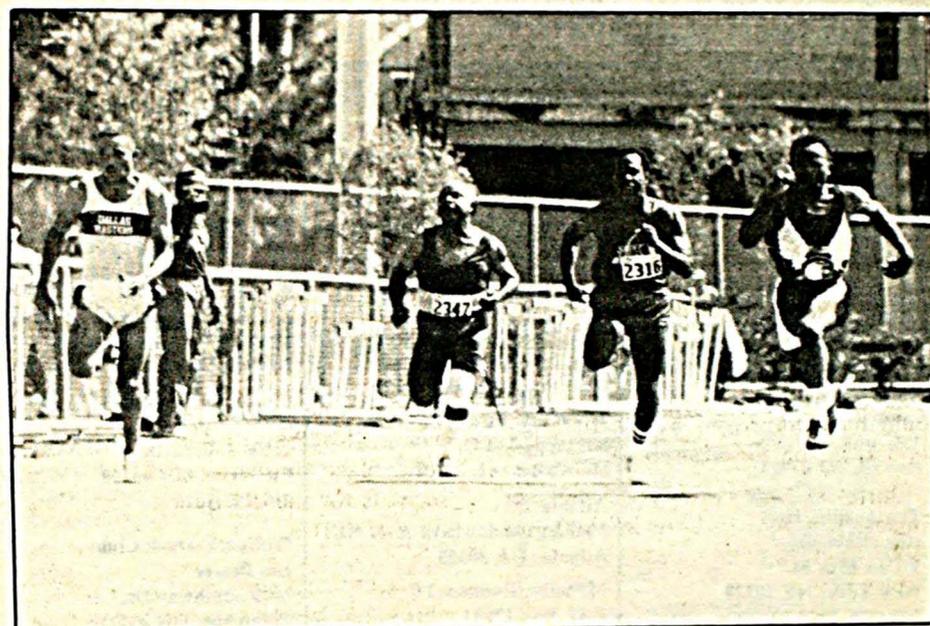
was no shuttle service between the hotels. People were all spread out.

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 Epcot 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 Sheahan



M45 100 runners strain for the finish, Southwest Regional Championships, May 28, New Orleans.

### Nationals Draw 920 to Florida

Continued from page 28

revenge 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), 80H (AR 20.78), 300H (WR 71.74), and HJ (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 22-10½, along with the shot (30-11¼), 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, Wisc., 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 (7:59.75).

• Three of those five entered the 5000 walk, won by Ohio's Lavonne Hottensmith (35:06), who also captured the 20K in 2:36:55.

#### 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) outleaned Brooklyn's Marjorie Smith (1:43.80) and Mehl (1:45.90).

• Smith won the 100 in 20.00 over Jacobs (20.60) and Mehl (21.70), and the 200 in 43.90 over Mehl (45.60) in the closest 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 Hoebergs. She won the 800 (4:21) and 5000 (31:33).

# CLUBS

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

## EAST

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

Liberty AC  
14 Rutland St.  
Cambridge, MA 02138

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

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

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

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

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

West Pennsylvania TC  
1245 Alamae Rd.  
Washington, PA 15301

Shore Athletic Club  
Sanford Kalb  
438 Addison Road  
Howell, NJ 07731

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

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

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

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

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

Merrill Lynch Athletic Club  
517 Highway 33  
Englishtown, NJ 07726

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

Central Park TC  
945 Fifth Ave., #3A  
New York, NY 10021

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

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

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

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

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

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

## SOUTHEAST

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

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

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

Huntsville TC  
8811 Edgehill Dr.  
Huntsville, AL 35802

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

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

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

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

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

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

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

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

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

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

## MIDWEST

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

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

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

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

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

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

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

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

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

Wolfpack Track Club  
Jim Pearce  
2449 Southway Dr.  
Columbus, OH 43221  
614/294-4606 (days)

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

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

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

## MID AMERICA

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

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

Lincoln TC  
2900 John Ave.  
Lincoln, NE 68502

Prairie Striders  
Box 267  
Brookings, SD 57006

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

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

## SOUTH WEST

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

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

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

Dallas Masters T&F Club  
Joe Murphy  
4308 N.C. Expressway, S-206  
Dallas, TX 75206  
214/824-3800

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

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

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

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

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

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

## WEST

Tahoe T&F Club  
c/o Joan Stratton  
P.O. Box 9089  
South Lake Tahoe, CA 95731

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

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

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

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

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

Southern California Striders  
John White  
200 Costa Court  
Fullerton, CA 92631  
714/871-6532

San Diego Athletic Assoc.  
P.O. Box 829  
Del Mar, CA 92014  
619/755-3658  
West Valley TC  
P.O. Box 459  
San Carlos, CA 94070

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

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

Empire Runners  
4700 Fougler Dr.  
Santa Rosa, CA 95405

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

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

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

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

Trojan Masters TC  
1404 Wilson Ave.  
San Marino, CA 91108

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

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

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

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

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

Nike Coast  
Dave Rodda  
3315 Ladoga Ave.  
Long Beach, CA 90808  
213/421-8334

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

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

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

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

Olympic City Sprinters  
Willie Martin  
2710 Oregon Ave.  
Long Beach, CA 90806  
213/427-8633

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

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

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

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

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

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

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

## NORTHWEST

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

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

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

Snohomish TC  
4261 S. 184th  
Seattle, WA 98188

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

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

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

# MASTERS SCENE

## NATIONAL

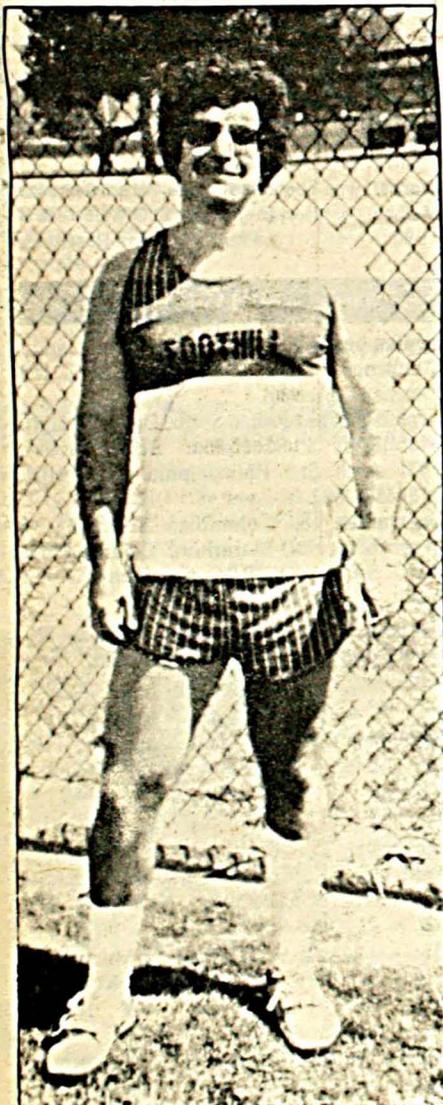
• The 6th Annual Road Race Management Race Director's Meeting and Trade Exhibit is scheduled for November 11-13 in Washington, DC. Keynote luncheon speaker will be John B. Holt, General Secretary of the IAAF. For a program schedule, write to Jeff Darman, RR Management, 1201 S. Eads St., Suite 2, Arlington, VA 22202. 703/979-4366.

## EAST

• Masters winners didn't hide their talents in the 9th Annual Shelter Island 10K, Long Island, NY, June 4. Jim Crawford (31:50) finished 21st of 1500 runners, and Judy Pickert (39:11) was 17th woman. Don MacKenzie won the M60+ section in 39:33. Winners overall were Zak Barie (29:19) and Christine McMiken (33:44).

• Susan Weisbrod, 44, of Skillman, NJ, steamed to a seven-second 40-and-over win and 20th overall in the heat-plagued (90°) 8th Annual Catch The Sun Run, the largest women's 5-miler in the U.S., on July 17, Westfield, NJ. Second 40+, Irene Jackson, 41, of NYC, was 21st of the 1000+ runners. Jill Martin, 50, of Brooklyn won the 50-54 race with an excellent 32:56 to place 36th.

• Ken Skelly, 42, Barrington, RI, was outright winner (31:31) in the Sharon Independence Day 10K, Sharon, MA, in early July. Ken



Gary Kelmenson, 38, of Santa Cruz, CA, pictured at the Western Regionals, Los Angeles, July 16, wearing his Foothill Community College track uniform that he wore last season as the team's top hammer thrower.

Photo by Jerry Wojcik

Mueller, 51, Bellingham, MA, won the M50 race in 34:05. Ginny Paper, 41, Norwood, MA, was first W40+ in 39:21.

• Masters winners in the Empire National Securities, Inc. (ENSI)/Checkers AC Classic 8K, Buffalo, NY, July 30, were Ken Tocha (28:16) and Joan Zirkelbach (31:37). \$2000 was distributed among the open and masters divisions.

• In a town with a population of 713, it's quite a feat to put on a race where 457 runners show up. What's even better is when Barbara Filutze shows up and sets a new W40 5K record. That is what happened on August 5 at the Fredonia, PA, Fireman's 5K, a TAC-certified, out-and-back, slightly-hilly course where the overall winners ran 15:00 and 17:26. Open runner Diane East was the only one who beat second-female overall Filutze's 17:40 AR.

• Masters winners in the Jim Latz 5 Mile Beach Run at Twilight in Ventnor, NJ, July 23, were Bill Moreland (41, 29:09) and Debbie Sykes (40, 32:38).

## SOUTHEAST

• Buddy Halle, an M60 shot putter and discus thrower, reportedly passed away on July 19. No further information was available at time of publication.

• Vicki Johnson (44, 21:26) was the overall female winner in the Old Dominion 100-Miler, Arlington, June 3. The masters male winner was Dennis Herr (41, 19:27) better known as "The Animal." The Old Dominion is known as an "easy" 100-miler because of the high number of finishers (71 out of 98 this year).

• Masters winners in the Florida Racewalkers Handicap 5K, DeLand, FL., July 16, were Ed Feslenfeld (50, 37:49 with a six-minute handicap) and Goldie Shapiro (60, 42:17 with a four-minute handicap).

• Phil Raschker, 41, was the only female masters athlete competing in the 1988 Olympic Trials in Indianapolis in July. The Atlanta resident leaped 10.90 (35-9) in the triple jump.

## 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.

• On a hot (82°) and windy day (15-20 mph headwinds) in Duluth, Kjell-Erik Stahl managed a ninth-overall 2:25:14 in the June 11 Grandma's Marathon. Surprisingly, Stahl wasn't far ahead of second master Bruce Mortenson (2:26:49). At 38, Jacqueline Gareau was overall female winner with a 2:43:27. In the W40-49 division, Patricia Palmer-Case barely out-did Dorie Quam, 3:23:05/3:23:38.

• At the Longest Day Marathon Weekend in Brookings, SD, July 9-10, masters winners were: marathon: Gary Schmidt (51, 3:18:21) and Sharon Hunger (47, 5:41:45); 10K: Bert Moore (45, 38:34); 5K: Elwood Vetos (45, 18:40) and Maxine Swanson (41, 22:38); 5K Racewalk: 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

## 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."

Laurie Binder set a new 3000 W40-44

American record of 9:58.2, bettering Miki Gorman's previous record of 10:04. Irene Obera long jumped 14-6½ in the W50-54 age group, bettering the 13-3 American record held by Christel Miller.

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. □

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. Marty Froelich (31:10) and J'ne 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 Everoski. 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.

## SOUTH WEST

• Ultra-event walker Al Cruzado, 48, of El Paso placed 12th, defeating half the field, in the Weston Memorial 6 Day Race in New Jersey on Memorial Day weekend, finishing with 312 miles. Never involved with sports in his life, Cruzado began racewalking competitively two years ago. Because there are no racewalking ultras, he competes in ultra-running events, and has never been beaten by a walker in an ultra. In January 1986, Cruzado weighed in at 211, on a 5-7 frame. In September 1986, after a 1000-calorie-a-day diet, walking, and cycling, he weighed 151.

## WEST

• Physically, Gary Kelmenson, 38, of Santa Cruz, CA, doesn'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. Kelmenson, a San Jose State grad, who 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 t&f 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 131-4 discus and a 38-7½ shot put. Kelmenson, tongue in cheek, says that unless he is offered a full athletic scholarship at a four-year university while he works on a post-grad degree, he'll be competing for Foothill next year because he says, "I've never had so damned much fun in my life."

• Collie Green set a U.S. age-62 record for the 10K walk with a 1:08:25 in the 2nd Annual Tournament of Walkers, Pasadena, CA, July 9.

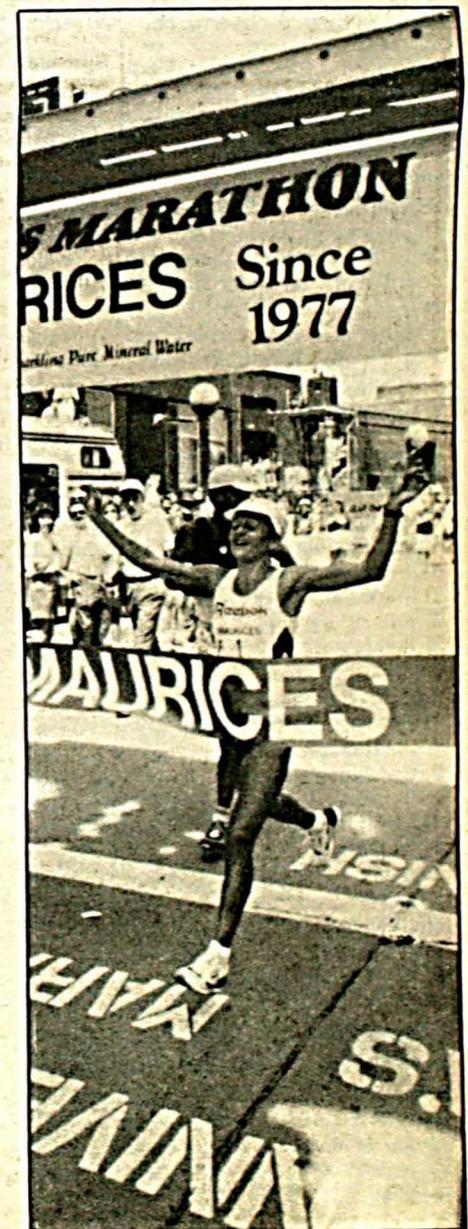
• West Coast M50-54 middle-distance runners will be saddened to hear that Mel Elliot

reached the half-century mark in July, and John Cosgrove followed suit early in August.

• Mel Shine was first in the M75 division of the Stanford 50+ 5-Miler with a 40:23.

## INTERNATIONAL

• Sylvester Stein and Wilf Morgan stood down as President and Secretary, respectively, of the British Veterans Athletics Federation on July 23. New officers are chairman: Bill Taylor; vice chair: Ruth Alcock; secretary: Martin Duff. Keith Whittaker stays on as treasurer. □



Jacqueline Gareau (38, 2:43:27) of Canada was overall womens winner in the Grandma's Marathon, Duluth, Minn., June 11.

# schedule

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



## TRACK & FIELD NATIONAL

**April 1-2.** U.S. TAC National Masters Indoor Championships, Columbus, Ohio.

**June 24-25.** U.S. TAC National Masters Decathlon/Heptathlon Championships, Thomasville, N.C.

**July 20-23.** 22nd U.S. TAC National Masters Championships, San Diego, Calif.

### EAST

**September 4.** Potomac Valley Games, Washington, D.C. area. Sal Corrallo, 3446 Roberts Ln., N. Arlington, VA 22207. 703/243-1290.

**September 23-24.** Senior Games of New Jersey, Jersey City. 55+. State residents only. Tina DiRienzo, coordinator, Harbor-side Financial Financial Center, Plaza 3, 2nd Floor, Jersey City, NJ 07302. 201/432-5530.

**September 29-October 1.** Maryland Senior Olympics, Towson State U, Baltimore. 55+. State residents only. Robert Zeigler, coordinator, Towson State U, Baltimore, MD 21204. 301/321-3163.

**October 8.** 2nd Annual NY Masters Weight Pentathlon, NYC. Pre-entry only. Jai Singh, 254-24 75 Ave., Glen Oaks, NY 11004. 718/347-1903.

### SOUTHEAST

**September 3.** 13th Annual Blue Cross/Blue Shield Virginia Masters Championships, U. of Virginia, Charlottesville. Karen Beaver, 311 Westminster Rd., Charlottesville, VA 22901.

**September 22-25.** North Carolina Senior Games, Raleigh. 55+. State residents only. Margot Raynor, coordinator, P.O. Box 33590, Raleigh, NC 27606. 919/851-5456.

**September 24-25.** 4th Annual Thomasville Fall Masters Decathlon, Thomasville, N.C. Bill Busby, 105 Pineywood Rd., Thomasville, NC 27360. 919/474-0851-w; 476-1228-h.

**September 30-October 1.** Georgia Golden Olympics, Atlanta. 55+. Vicki Pilgrim, coordinator, Division of Health, 878 Peachtree St., NE No. 102, Atlanta, GA 30309. 404/894-4451.

### MIDWEST

**September 11.** Ohio TAC 2-Hour Track Run, Worthington H.S. Columbus. John White, 4865 Arthur Place, Columbus, OH 43220. 614/459-2547; 424-7011.

**September 11.** Wolfpack Throwing Classic, Worthington H.S., Columbus, Ohio. Jim Pearce, 2244 Neil Ave., Columbus, OH 43201. 614/294-4606.

**September 22-25.** Illinois Senior Olympics,

Springfield. 55+. Annette Fuchs, coordinator, 1415 N. Grand Ave. E. Springfield, IL 62702. 217/789-2284.

### MID-AMERICA

**September 3-4.** Rocky Mountain Games, U. of Colorado, Boulder. Jim Weed, 11672 E. 2nd Ave., Aurora, CO 80010. 303/342-2980.

**September 9-10.** South Dakota Senior Olympics, Pierre. 55+. Jaci Casanova, coordinator, 700 Governor's Dr., Pierre, SD 57501. 605/773-3656.

**October 22.** Kansas Big Guys Classic Weight Pentathlon and Pentathlon. Open, submasters, and masters. Gary England, Kansas U. Track Office, Allen Field House, Lawrence KS 66045. 913/864-5635.

### SOUTHWEST

**September 21-25.** Oklahoma Senior Olympics, Tulsa. 55+. Craig Thompson, coordinator, Parks & Rec., 707 S. Houston, Ste. 201, Tulsa, OK 74127. 918/592-7877.

### WEST

**September 3.** 4th Annual Patriots Summer Relays '88, Rancho Cienega Sports Center, Jackie Robinson Stadium, Los Angeles. Marvin Thompson, P.O. Box 2981, Beverly Hills, CA 90213-2981. (o) 213/666-7341; (h) 213/388-9689.

**September 17.** Northern California Senior Games T&F Meet, Edwards Stadium, UC-Berkeley. 50+. 5-yr. age groups. NCSG, c/o Oakland Office of Parks & Rec., 1520 Lakeside Dr., Oakland, CA 94612. 415/273-3091.

**September 24.** Seniors (50+) Meet, UC Irvine, Sri Chinmoy Marathon Team, Bigalita Egger, 213/838-4746.

**October 1.** Club West Masters Meet, Santa Barbara Community College, Calif. George Adams, 16128 Village 16, Camarillo, CA 93010.

**October 22-November 5.** World Corporate Games, San Francisco. Limited T&F/LDR events, individual & relay. World Corporate Games, Shaklee Terraces, 444 Market St., San Francisco, CA 94111. 415/781-1988.

### NORTHWEST

**October 18-22.** Senior Games, St. George, Utah. 50+. Sylvia Wunderli, 1291 S. Wasatch Dr., Salt Lake City, UT 84108. 801/583-6231.

### INTERNATIONAL

**September 17-18.** San Juan Annual International Masters Meet, Sixto Escobar Stadium, San Juan, Puerto Rico. Gilberto Gonzalez, P.O. Box 11074, Caparra, San Juan, PR 00922. 809/765-5702.

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

**October 8-9.** South American Champion-

ships, Arequipa, Peru. Power Shoe Co., Jose Luis Lozano, Casilla 65, Lima 100, Peru. Phone: 350343. Telex: 25304.

**October 15-16.** International Veterans Meet, Hong Kong, 35+. Mrs. M. Brooke, Hon. Secretary, AVOHK, GPO Box 10368, Central, Hong Kong.

**October 15-25.** Central Australian Masters Games, Alice Springs, Northern Territory. P.O. Box 1095, Alice Springs, NT 5750. Tel (089) 528222.

**October 29-November 2.** IV Oceania Veterans Track and Field Championships, Noumea, New Caledonia. Entry deadline: October 4. 4th Oceania Veteran Games, B.P. 1075, Noumea, New Caledonia. (Postponed from June, 1988).

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

**July 27-August 6, 1989.** VIII World Veterans Championships, Eugene, Oregon, USA. Men 40+, women 35+. No qualifying standards. World Veterans Games, P.O. Box 10825, Eugene, OR 97440. Barbara Kousky: 503/687-9064; Tom Jordan: 503/683-5635.

## LONG DISTANCE RUNNING NATIONAL

**January 1-December 31, 1988.** Shore Athletic Club One-Hour Postal Racewalk. Not a TAC national championship. Don Henry, Postal Racewalk Coordinator, 24 Fairview Ave., Bricktown, NJ 08724.

**September 11.** U.S. TAC National Masters 25K Championships, Eugene, Oregon. Marcia McChesney, 4965 W. Hillside Dr., Eugene, OR 97404. 503/344-8106.

**September 24-25.** U.S. TAC National Masters 24-Hour Run Championships, Atlanta, Ga. Larry Robbins, 4654 Latimer Ct., Kennesaw, GA 30144. 404/529-7196.

**October 22.** U.S. TAC National Masters 100K Championships, Duluth, Minn. William Wenmark, 1829 Portland Ave. So., Minneapolis, MN 55402. 612/593-9041.

**November 13.** U.S. TAC National Masters 30K Championships, Clarksburg, Calif. Skip Sebeck, P.O. Box 20, Clarksburg, CA 95612. 916/665-1712.

**November 20.** U.S. TAC National Masters 10K Cross-Country Championships, Holmdel, N.J. Ron Salvio, Box 116A, Hwy. 33, Englishtown, NJ 07726. 201/446-4959.

**November 25.** U.S. TAC National Masters 5K Cross-Country Championships, Raleigh, N.C. Bob Baxter, 800 Purdue, Raleigh, NC 27609. 919/876-5674.

**November 27.** U.S. TAC National Masters 15K Cross-Country Championships, Agoura (L.A. suburb), Calif. Bruce Robinson, 6322 Eileen Ave., Los Angeles, CA 90043. 213/291-4045.

**November 27.** U.S. TAC National Masters 20K Championships, East Meadow, N.Y. Jack Dowling, 25-47 Beech St., East Meadow, NJ 11554. 516/579-7466.

**December 3.** U.S. TAC National Masters 8K Championships, Phoenix, Ariz. Mike Copeland, 115 W. Echo Lane, Phoenix, AZ 85021. 602/997-6494.

**December 4.** U.S. TAC National Masters Marathon Championships, Sacramento, Calif. \$28,200 masters prize money. John Mansoor, 10513 Fair Oaks Blvd., No. J, Fair Oaks, CA 95628. 916/966-6185.

**December 10.** U.S. TAC National Masters Half-Marathon Championships, Orlando, Fla. John Boyle, P.O. Box 1824, DeLand, FL 32721. 904/736-0002.



Alice Werbel, 72, at the Women's Distance Festival 5K, July 16, San Luis Obispo, Calif. Werbel, who competed in the World Games in Melbourne, also ran the first SLO WDF race in 1980. Photo by Elaine Rosenfield

### EAST

**September 15.** 8th Annual Nike Capital Challenge 3 Mile, Washington, D.C. Jeff Darman, director.

**September 18.** Philadelphia Distance Half-Marathon, Philadelphia. Betsy Jacobs, 1421 Arch St., Philadelphia, PA 19102. 215/557-0082.

**September 18.** Colombian Select 5K & Women's Half-Marathon, Central Park, NYC. SASE to NYRR, 9 E. 89th St., New York, NY 10128. 212/860-4455.

**September 24.** Footlocker Partners 8K, Washington, D.C. Sal Corrallo, 3466 Roberts Ln., Arlington, VA 22207. 703/243-1290.

**September 25.** The Great Race 10K, Pittsburgh, Pa. Mike Radley, 419 County Bldg., Pittsburgh, PA 15219. 412/255-2493.

**September 25.** New York City Marathon Tune-Up 25K, Central Park, NYC. SASE to NYRR, 9 E. 89th St., New York, NY 10128. 212/860-4455.

**October 2.** New York Woman 4 Miler, Central Park, NYC. SASE to NYRR, 9 E. 89th St., New York, NY 10128. 212/860-4455.

**October 9.** Taylor Wineglass Marathon, Corning, N.Y. Divisions: M & W 60+, TW Marathon, P.O. Box 98, Corning, NY 14830-0900. 607/937-8371.

**October 10 (Monday).** Tufts 10K For Women, Boston. Sue Smith or Dan Salera, 250 Summer St., Boston, MA 02210. 617/439-7700.

Continued on page 33

Continued from page 32

**October 15.** Mercedes Mile on Fifth Avenue, NYC. Invitation or qualifying only. NYRRC, 9 E. 89th St., New York, NY 10128. 212/860-4455.

**October 16.** Stamford Classic Marathon, Stamford, Conn. Masters money. Art Layton, Stamford Marathon, 880 Canal St., Stamford, CT 06902. 203/359-1248.

**October 16.** Army 10-Miler, Washington, D.C. SASE to: HQ Army Recreation, P.O. Box 46594, Washington, DC 20050-6594.

**October 23.** Maryland Marathon, Baltimore. Len Kinion, 1363 Halstead Rd., Baltimore, MD 21239. 301/882-5455.

**October 23.** Freihofer's Syracuse 10K For Women Syracuse, N.Y. c/o Kristen Hartnett, 4382 Stonington Circle, Syracuse, NY 13215.

**November 6.** New York City Marathon, NYC. Applications (by first-come, first-served and by lottery) processed in mid-May. Fred Lebow, 8 E. 89th St., New York, NY 10128. 212/860-4455.

**November 6.** Marine Corps Marathon, Washington, D.C. Lt. Andy Caldwell, P.O. Box 188, Quantico, VA 22134. 703/640-2225 or 2720.

**November 27.** Philadelphia Independence Marathon, Philadelphia. Chris Tatreau, Memorial Hall, Philadelphia, PA 19131.

### SOUTHEAST

**September 24.** Virginia 10 Miler, Lynchburg, Va. Marilyn Reynolds-Straub, 3020 Cranehill Dr., Lynchburg, VA 24503. 804/384-1692; 384-6816.

**October 8.** Capital Trail Run 10 Mile, Raleigh, N.C. 919/876-8347.

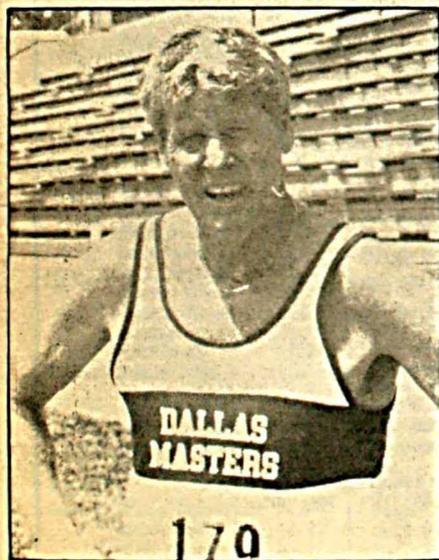
**October 8.** RRCA National 10 Mile Championships, Raleigh, N.C. Jim Young, P.O. Box 26761, Raleigh, NC 27611. North Carolina RRC.

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

**November 13.** Old Reliable 10K, Raleigh, N.C. Butch Robertson, P.O. Box 1229, Raleigh, NC 27602-1229. 919/829-4843.

### MIDWEST

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



Chuck Miller, M50, ran the new 100mH in 14.4 at the Southwest Regional Championships, May 28, New Orleans. Photo from Danny Thiel

**September 18.** Eriesistible Marathon, Erie, Pa. \$1700 masters money last year. First National Bank Eriesistible Marathon, Mark Dobrowski, 717 State St., Erie, PA 16566. 814/871-3680.

**September 24.** Al's Run 5 Mile, Milwaukee. Mark Sebljek, P.O. Box 661, Milwaukee, WI 53201. 414/224-2427.

**October 1.** The Ultimate Runner (10K, 400, 100m, mile, marathon), Jackson, Mich. Masters money. 125 total entry limit. SASE to U.R., Jackson Comm. Coll., 2111 Emmons Rd., Jackson, MI 49201.

**October 2.** Oktoberfest 12K and 5K, Itasca, Ill. Rick Staback, 500 Park Blvd., Itasca, IL 60143.

**October 9.** Milwaukee Lakefront Marathon & Marathon Relay, Milwaukee, Wis. Divisions: M thru 60+; W thru 50+. Lakefront Marathon, c/o Hallmark Building Supplies, Inc., 6050 N. 77th St., Milwaukee, WI 53218. 414/464-9990.

**October 16.** Detroit Free Press Marathon, Detroit, Dr. Edward Kozloff, 321 W. Lafayette, Detroit, MI 48231. 313/222-6676.

**October 30.** Ohio TAC 20K/50K Championships, Columbus. John White, 4865 Arthur Place, Columbus, OH 43220. 614/459-2547 (h); 424-7011 (w).

**October 30.** Old Style Marathon/Chicago, Chicago, Ill. Sheri Johnson, 223 W. Erie, Chicago, IL 60610. 312/951-0660.

**November 13.** 9th Annual Columbus Marathon, Columbus, Ohio. Michael L. Collins, 6290 Busch Blvd., Suite 20, Columbus, OH 43229. 614/433-0395.

### MID-AMERICA

**September 11.** RRCA National 25K Championships, Minneapolis. Mpls Park & Rec., 310-4th Ave. S, Minneapolis, MN 55415. 612/348-2226.

**October 1.** Heartland Hustle 10K, Davenport, Iowa. Heartland Holdings, 3737 W. River Drive, Davenport, IA 52808. Ed Froehlich, 319/359-9197.

**October 2.** Twin Cities Marathon, Minneapolis. TWM, P.O. Box 24193, Minneapolis, MN 55424. 612/929-8646.

**October 9.** 29th Annual Heart of America Marathon, Columbia, Mo. Joe Duncan, 2980 Maple Bluff Dr., Columbia, MO 65203.

**October 30.** Omaha Riverfront Marathon, Omaha, Nebr. John Thomas, 502 W. 40th St., Omaha, NE 68131. 402/444-7086.

**November 20.** St. Louis Marathon, St. Louis, Mo. St. Louis TC, 6611 Clayton Rd., No. 200, St. Louis, MO 63117. 314/862-7582.

### SOUTH WEST

**October 1.** Myriad Gardens 10K, Oklahoma City. Masters money: M-\$1600; W-\$1100. SASE to Myriad Gardens Run 88, P.O. Box 24065, OKC, OK 73124. 405/232-1199.

**October 8.** Del Webb Memorial Hospital Masters 10K, Sun City West, Ariz. Peggy Sheedy, 10522 W. Royal Palm, Peoria, AZ. 85345. 602/974-9458.

**October 8.** El Paso-Juarez International 15K, El Paso, Texas. Ted Jablonsky, 4105 Rio Bravo St., El Paso, TX 79902. 915-533-8387.

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

**November 6.** New Times Phoenix 10K, Phoenix, Ariz. Harvey Beller, 3625 N. 16th St., Phoenix, AZ 85016. 602/241-0995.

### WEST

**September 1, 3, 10, 24.** Legg Lake Runs, S. El Monte, Calif. A. Martinez, 9502 Reichling Ln., Pico Rivera, CA 90660. 213/949-0394.

**October 8.** Run For The Homeless 5/10K, Griffith Park, Los Angeles. 8:30 a.m. Pre-emptor or race day entry. John Dillon, 702 S. San Pedro St., Los Angeles, CA 90014. 213/623-2932.

**October 8.** West Coast University 50-Miler, SCA/TAC Championships, 12-hr. time limit. Lee Preble, WCU, 550 S. Main St., Orange, CA 92668. 714/952-2700(w); 213/532-5043(h).

**October 29.** 8th Annual Bellflower 5K/10K, Bellflower, Calif. George Sturtz, 16600 Civic Center Dr., Bellflower, CA 90706-5494. 213/804-1424 x262.

**October 29.** Alhambra Moonlight 8K (Open Women's TAC Championships), Alhambra, Calif. Judy Feuer, PR Director, City of Alhambra, 111 S. First St., Alhambra, CA 91801. 818/570-5012.

### NORTHWEST

**September 11.** Nike/Oregon TC 25K, Eugene, Oregon. Oregon TC, P.O. Box 1107, Eugene, OR 97440. Pete Gribskov, 503/342-8082.

**September 17.** Steve Prefontaine Memorial 10K, Coos Bay, Oregon. Bob Huggins, P.O. Box 1380, Coos Bay, OR 97420. 503/269-1103.

**September 25.** Portland Marathon, Beaverton, Oregon. Les Smith, P.O. Box D, Beaverton, OR 97075. 503/226-1111.

**October 1.** St. George Marathon, St. George, Utah. Kent Perkins, 86 S. Main, St. George, UT 84770. 801/634-5860.

**October 29.** Idaho Mountain Masters 4 Mile, Boise, Idaho. Gary Senry, 10271 Ardyce St., Boise, ID 83704. 208/322-6048.

### CANADA

**September 20.** Metro Toronto Wang Marathon, Toronto, Ontario. MTWM, 1220 Sheppard Ave. East, Willowdale, Ontario, M2K 2X1, Canada.

### INTERNATIONAL

**October 7-10.** 21st World Veterans (IGAL) 5K/10K/Marathon Championships, Kyongju, Korea. Heung Rok Kim, Executive Director, 21st World Veterans Championships, Korean Assn. of Veteran Athletes, 701-3 Yeoksam Dong, Kangnam Ku, Seoul, Korea 135. Tel. 02/553-8474.

**October 9.** Berlin Marathon, Berlin, W. Germany. Sport-Club Charlottenburg e.V.—BERLIN-MARATHON—Meinekesstrasse 13, D-1000 Berlin 15.

**November 27-December 4.** International Running Tour of Israel 1988. Includes 5K in Jerusalem and Tiberias Marathon. Barry Shaw, International Running Tour of Israel, 6 Shmuel Hanatziv St., Netanya 42281, Israel. Tel: 053-381343. Telex: 341929 SHAR IL.

### RACE WALKING NATIONAL

**September 11.** U.S. TAC National Masters 40K Walk Championships, Ft. Monmouth, N.J. Elliot Denman, 28 N. Locust Ave., W. Long Branch, NJ 07764. 201/221-9213.

**October 16.** U.S. TAC National Masters 30K Walk Championships, E. Meadow, N.Y. Gary Westerfield, P.O. Box 440, Smithtown, NY 11787. 516/979-9603.

**December 18.** U.S. TAC National Masters 100K Walk Championships, Research Triangle Park, N.C. Carl Birk, 8915 Broadway, #9262, Houston, TX 77061. 713/645-3917.

## ON TAP FOR SEPTEMBER

### TRACK & FIELD

The masters track world did not come to an end after the Nationals in Orlando. September finds meets 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 Championships on the 3rd, and the Thomasville Fall Decathlon in North Carolina on the 24th-25th.

In the Midwest, Ohio hosts a two-hour track run and the Wolfpack Throwing 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 Sri Chinmoy Meet at UC-Irvine 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 25K 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 18th; the Footlocker Partners 8K in DC, and the Virginia 10 Miler 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. | |

### SOUTHEAST

**September 10.** Tradewinds Park 5K Handicap Racewalk, Broward County, Fla. Broward Co. Parks & Rec., 950 N.W. 38th St., Oakland Park, FL 33309. 305/357-8100.

### NORTHWEST

**September 17-18.** 50 & 100 Mile Walks, Billings, Mont. Carl McCoun, Box 576, Columbus, MT 59019. 406/322-5690 (after 6 p.m.)

# RECIPIENTS OF CERTIFICATES AS ALL-AMERICANS FOR ACHIEVING U.S. STANDARDS OF EXCELLENCE

ALL-AMERICAN ACHIEVERS FOR AUGUST, 1988

NAME	EVENT	MARK
<b>M30-34</b>		
ROBERT HARTMANN	Hammer	52.78 Meters
<b>M35-39</b>		
RUSS REABOLD	Discus	143'10"
TOM THOMPSON	100 Meters	10.88
TOM THOMPSON	200 Meters	22.14
TOM THOMPSON	Long Jump	21'0"
<b>M40-44</b>		
LEE FITZ GERALD	800 Meters	2:06
LARRY NORRIS	800 Meters	2:05.5
LARRY NORRIS	3000 Steeple	11:08.98
<b>M45-49</b>		
MICHAEL AKERMAN	High Jump	5'6"
RONALD AUGUST	Triple Jump	36'0"
THOMAS BALCOM	3000 Steeple	11:25.29
JOHN E. JAMES	Pentathlon	2365 points
RON JENSEN	400 Meters	54.7
JOE A. JOHNSON	Long Jump	17'7½"
JEFF LOUBET	Long Jump	5.62 Meters
BOB STEEL	100 Meters	12.0
<b>M50-54</b>		
JORDON BOBELL	Hammer	161'3¼"
DENNIS G. RIETZ	Discus	41.42 Meters
JEROME L. WILLS	100 Meters	12.3
JEROME L. WILLS	200 Meters	26.3
<b>M55-59</b>		
IRWIN F. BERNSTEIN	800 Meters	2:27.1
CHARLES E. LEVERONE	High Jump	5'0"
CHARLES E. LEVERONE	Long Jump	4.66 Meters

NAME	EVENT	MARK
<b>M60-64</b>		
TED ENSSLIN	Decathlon	6157 points
TED ENSSLIN	Decathlon	6305 points
JOCK JOCCY	Long Jump	15'6"
JOCK JOCCY	Pentathlon	3118 points
JOCK JOCCY	Decathlon	6374 points
JAMES K. McSHANE	Long Jump	13'7"
CHUCK OLESON	Long Jump	15'1"
CHUCK OLESON	Triple Jump	32'6"
DR. CHESTER STUDDARD	Long Jump	13'9¼"
CLAUDE E. TAGGART	200 Meters	28.3
<b>M65-69</b>		
J. WALKER PIERSON	110 High Hurdles	19.87
J. WALKER PIERSON	200 Meters	29.67
BOYD PORCH	Javelin	130'1"
<b>M75-79</b>		
ANTHONY DE NARDIS	200 Meters	34.34
HARRY KOPPEL	100 Meters	14.2
HARRY KOPPEL	200 Meters	30.0
RAY WYLIE	High Jump	3'8"

NAME	EVENT	MARK
<b>W35-39</b>		
NANCY OLIVEIRA	Discus	92'6"
<b>W40-44</b>		
SHARON HUDDLESTON	Javelin	94'1"
<b>W45-49</b>		
BECKY SISLEY	High Jump	4'0"
BECKY SISLEY	Triple Jump	27'1"
BECKY SISLEY	Javelin	82'3"
<b>W50-54</b>		
JANE DODS	800 Meters	2:52
<b>W55-59</b>		
SHARON SAHONCHIK	Shot Put	26'3"
SHARON SAHONCHIK	Javelin	73'1½"
<b>W65-69</b>		
IMOGENE WATKINS	5000 Race Walk	36:50



### ALL AMERICAN STANDARDS FOR MASTERS RACE WALKERS

MEN	5km	10km	20km	WOMEN	5km	10km	20km
M40	24:30	51:00	1:45	W40	29:00	1:00	2:04
M45	26:00	54:00	1:52	W45	31:00	1:04	2:12
M50	27:30	57:00	1:58	W50	33:00	1:08	2:20
M55	29:00	1:00	2:04	W55	35:00	1:12	2:28
M60	30:30	1:03	2:10	W60	38:00	1:18	2:40
M65	32:00	1:06	2:16	W65	41:00	1:24	2:52
M70	34:00	1:10	2:24	W70	44:00	1:30	3:04
M75	36:00	1:14	2:32	W75	47:00	1:36	3:16
M80	38:00	1:18	2:40	W80	50:00	1:42	3:28
M85+	40:00	1:22	2:48	W85+	53:00	1:48	3:40

### U.S. MASTERS STANDARDS OF EXCELLENCE FOR WOMEN

event	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84
100m	13.8	14.2	14.6	15.0	15.6	16.3	16.9	17.5	18.8	20.0	21.2
200m	28.0	29.2	30.3	31.4	32.5	34.2	35.7	37.3	40.5	43.8	48.7
400m	63.5	66.5	67.5	69.5	71.5	73.5	78.5	83.7	90.0	95.0	103.3
800m	2:32	2:35	2:40	2:45	2:54	3:07	3:17	3:27	3:34	3:49	4:02
1500	5:13	5:15	5:19	5:39	5:50	6:15	6:45	7:16	7:45	8:19	8:49
5000	20:40	20:56	21:36	22:16	23:12	24:16	26:08	28:08	30:08	32:21	34:26
10000	41:00	42:40	44:40	47:00	49:30	52:00	56:00	60:00	66:00	76:00	86:00
100/80mH	17.0	18.6	16.1	17.1	18.1	19.1	20.1	21.1	28.0	32.0	37.0
400/300mH											
HJ	1.42	1.35	1.27	1.19	1.10	1.07	1.02	0.97	0.92	0.89	0.84
	4'8"	4'5 ¼"	4'2"	3'11"	3'7 ¾"	3'6 ¾"	3'4 ¾"	3'2 ¾"	3'0 ¾"	2'11"	2'9"
LJ	5.0m	4.60	4.30	3.90	3.55	3.20	2.85	2.60	2.35	2.10	2.0
TJ	9.03	8.61	8.12	7.63	7.14	6.40	6.23	5.74	5.00	4.25	4.00
	29'7 ½"	28'3"	26'73/4"	25 ½"	23'5 ½"	22'73/4"	20'5 ½"	18.10	16'5"	13'11 ½"	13'1 ½"
SP	10.30	9.30	8.20	7.20	8.90	8.30	7.70	7.30	6.90	6.60	6.30
Javelin	39'50	33.50	27.50	21.50	25.0	19.0	18.0	16.0	15.0	14.0	13.50
Discus	30.0	27.8	26.0	24.0	22.0	20.0	18.0	16.0	15.0	14.0	13.50

### U.S. MASTERS STANDARDS OF EXCELLENCE FOR MEN

event	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85-89
100m	11.0	11.33	11.67	12.0	12.5	13.0	13.5	14.0	15.0	16.0	17.0	18.0
200m	22.4	23.3	24.2	25.1	26.0	27.3	28.5	29.8	32.4	35.0	38.9	42.8
400m	51.0	52.5	54.0	55.5	57.5	59.0	62.5	67.0	72.0	76.0	82.5	87.6
800m	2:01	2:04	2:08	2:12	2:19	2:29	2:37	2:45	2:54	3:03	3:13	3:24
1500m	4:11	4:12	4:15	4:31	4:40	5:00	5:24	5:49	6:12	6:39	7:03	7:30
5000m	15:30	15:42	16:12	16:42	17:24	18:12	19:36	21:06	22:36	24:16	25:50	27:30
10000	33:00	34:00	35:00	36:00	37:00	38:30	40:30	44:30	48:30	54:30	60:30	68:30
SC 3K	10:00	10:20	11:10	11:50	12:30	13:20	13:50	14:40	17:30	20:00		
SC 2K							9:30	10:30	12:45	14:00		
110mHH	15.0	16.4	17.75	18.75	19.14	20.25	20.57	21.65	22.60	26.0	29.8	33.7
100mHH							18.0	20.0				
80mHH								18.0	21.0			
300mLH							57.0	62.0	66.0	71.0	75.0	81.0
400IMH	57.6	59.6	62.0	64.4	68.2	72.0	76.0	82.0	88.0	94.0	100.0	106.0
L.J.	1.94	1.85	1.76	1.66	1.59	1.50	1.41	1.32	1.23	1.12	1.02	.92
	6'4 ¾"	6'3 ¼"	5'9 ¾"	5'6"	5'2 ½"	4'11"	4'7 ½"	4'4"	4'½"	3'8"	3'4"	
L.J.	6.50	6.10	5.70	5.30	4.90	4.50	4.12	3.72	3.35	2.90	2.55	2.15
	21'4"	20'¼"	18'8 ¾"	17'4 ¾"	16'3 ¼"	14'9"	13'6 ¾"	12'2 ½"	10'11"	9'6 ¼"	8'4 ¾"	7'½"
P.V.	4.11	3.89	3.66	3.43	3.20	2.97	2.74	2.44	2.13	1.83		
	13'6"	12'9"	12'0"	11'3"	10'6"	9'9"	9'0"	8'0"	7'0"	6'0"		
T.J.	12.90	12.30	11.60	10.90	10.20	9.55	8.90	8.20	7.50	6.80	6.10	5.50
	42'4"	40'4 ¼"	38'3 ¼"	35'9 ¾"	33'5 ½"	31'4"	29'2 ½"	26'11"	24'7 ¾"	22'3 ¾"	20'½"	18'½"
Discus	44.80	42.60	40.60	38.00	40.00	36.40	42.00	36.80	31.60	26.40	21.40	16.00
	147'	139'9"	133'2"	124'8"	131'3"	119'5"	137'9"	120'9"	103'8"	86'7"	70'2 ½"	52'6"
Javelin	62.00	57.00	52.00	48.00	43.00	38.50	40.00	35.00	29.00	24.00	19.00	15.00
	203'5"	187'0"	170'7"	157'6"	141'1"	126'4"	131'3"	114'10"	95'2"	78'9"	62'4"	49'2 ½"
Hammer	47.24	44.20	41.14	38.10	38.40	32.50	36.00	30.50	25.00	20.00	15.00	11.00
	155'0"	145'0"	135'0"	125'0"	126'0"	106'8"	118'1"	100'1"	82'0"	65'7 ½"	49'2 ½"	35'4 ¾"
S.P.	15.20	14.10	13.00	12.00	13.00	11.80	13.00	11.80	10.70	9.50	8.40	7.20
	49'10 ½"	46'3"	42'6"	39'4 ¾"	42'8"	38'8 ¾"	42'8"	38'8 ¾"	35'1 ¼"	31'2"	27'6 ¾"	23'7 ½"
PEN	2800	2600	2400	2200	2000	1800	3000	3000	2500	2000	1000	
DEC	5500	5250	5000	4750	4500	4250	6000	5500	5000	4000	2000	1500

### APPLICATION FOR AN ALL-AMERICAN CERTIFICATE

NAME: \_\_\_\_\_ PHONE: \_\_\_\_\_

ADDRESS: \_\_\_\_\_ AGE GROUP: \_\_\_\_\_

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

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

MEET: \_\_\_\_\_ WEIGHT OF IMPLEMENT \_\_\_\_\_

DATE OF MEET: \_\_\_\_\_ HURDLE HEIGHT \_\_\_\_\_

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

If you have bettered the standard of excellence, please send \$10.00 and this form to: All American, National Masters News, P.O. Box 2372, Van Nuys, CA 91404. (Enclose copy of results, or note in which issue they appeared.) A 3-color, 8 ½ x 11 certificate, suitable for framing, will be mailed to you within two weeks.

notes: 1) 100 standards are for auto time; use standard conversion for hand time  
 2) Short hurdles: 30-49: 39"; 50-59: 36"; 60-69: 33"; 70+: 30"  
 3) Long hurdles: 30-49: 36"; 50-59: 33"; 60+: 30"  
 4) Shot put: 30-49: 160; 50-59: 120; 60+: 80  
 5) Discus throw: 30-49: 2kg; 50-59: 1.6kg; 60+: 1kg  
 6) Javelin: 30-49: 800g; 60+: 600g  
 7) Hammer: 30-49: 160; 50-59: 120; 60+: 80  
 8) Metric heights and distances are the standard; feet and inches listed for convenience

# TRACK & FIELD RESULTS

Please send masters meet results to NATIONAL MASTERS NEWS, PO BOX 2372 VAN NUYS CA 91404. If possible, please type single space with minimum of white space.

## NATIONAL

### U.S. TAC National Masters Championships Orlando, Florida August 4-7, 1988

#### 100m Semi-finals

M30-34	Heat 1	Reg Turnbore	11.99
		Foots Williams	12.61
	Heat 2	T J Lester	11.56
		J McCorkle	11.63
		Cal Saulsberry	11.90
		Tom Bloxon	11.96
		Tom Rewolinski	11.96
		Joe Wilson	12.46

M35-39	Heat 1	Steve Foster	11.65
		Randy Kruse	12.01
		Al Woods	12.43
		Earl Bryant	12.50
		Joe Greenberg	12.91
	Heat 2	Bill Collins	11.57
		Tom Thompson	11.67
		Glen Johnson	11.68
		Danny Thiel	11.73
		Rich Finnie	12.11
		Frank Demby	12.57
		Rick Thoman	12.63

M40-44	Heat 1	Thad Bell	11.45
		R L Mitchell	11.73
		Jim Vicks	12.24
		Tyrone Carlis	12.40
		J P Davis	12.51
		David Lee	12.56
	Heat 2	Stan Whitley	11.47
		Mike Fray	11.49
		Charles Allie	11.91
		Ken Morris	12.40
		Ray Yeck	12.41
		Wilfredo Rivera	12.67
		Roddy Michele	12.82
		Ron Pinard	21.00

M45-49	Heat 1	John Battaglia	12.25
		Greg Marshall	12.26
		H Lightbourne	12.31
		Kent Dickinson	12.46
		Ralph Wallace	12.47
		J A Topliss	12.57
		John Stiehl	13.10
		Joe Johnston	13.11

M50-54	Heat 1	Frank Little	11.97
		Scott Tyler	12.05
		Jim Puckett	12.68
		Carl Espenship	12.50
		Dave Dreifurst	13.71
	Heat 2	Glennie Johnson	12.00
		Roy Turner	12.23
		Paul Dorsey	12.56
		Mike Smith	12.99
		Leroy McLain	13.37
		Jack Karbens	13.64
		Doug Brown	15.73

M55-59	Heat 1	Bruce Springbett	12.44
		Harold Hitt	12.97
		Dick Marlin	13.22
		Al Clark	13.47
		Ted Sjogren	13.49
		Jesse Johnson	13.64
		E Mehmedbasich	14.43

M60-64	Heat 2	Bob Keegan	12.64
		John Poppell	12.75
		Huel Washington	13.14
		Tony Nasralla	13.15
		Doug McFetters	13.38
		E McLean	14.05
		Richard Hauqe	15.27

M65-69	Heat 1	Max Goldsmith	14.59
		Tom Kennell	14.60
		Ross Waltzer	14.74
		David Robena	14.75
		Richard Caviochi	14.89
	Heat 2	Tim Murphy	13.85
		Bob Hunt	14.55
		Angelo Oliver	14.68
		Don Hull	15.17
		Jim Stephenson	20.37

M70-74	Heat 1	Bill Weinacht	14.12
		Francisco Colon	14.60
		Jeff Bloomfield	14.91
		Nate Heard	15.11
		Al Guidet	15.15
		Milo Lightfoot	16.06
		Bill Collins	16.45
		Bob Hans	17.05

M75-79	Bert Morrow	CA	15.68
	Gil Gonzalez	FL	15.87
	Fred White	TX	15.95
	Claude Hills	PA	15.96
	Mehmet Zekitamer	FL	18.03

M80-84	Byron Fike	OH	16.04
	Sing Lum	CA	19.75

M85-89	Herb Anderson	CO	18.94
	Konrad Boas	NY	19.20
	Arling Pitcher	IN	20.13

M90-94	Rosalyn Bryant	CA	12.50
	Ellen Amirkhan	TX	13.18
	Irene Thompson	NY	13.22
	Cathy Seeley	OR	13.28
	Vickie Heierman	KY	13.67
	Sheila Carpenter	CA	14.16
	Theresa Dudley	OH	14.54
	C Mehmedbasich	CA	15.78

M95-99	Donnis Drumgole	GA	13.08
	P Farster-Gilkey	OR	13.27
	Lou Bloxon	TX	14.57
	Marian Furst	CO	14.93
	Susan Burr	FL	16.13

M100-104	Phil Raschker	GA	12.81
	Jennifer Pinto	NY	13.73
	Linda Sikes	TX	14.63
	Hassie Cherry	FL	15.05
	Carol Rhodes	FL	15.68

M105-109	Marilyn Mitchell	NY	13.97
	Mary Luker	TX	14.43
	Joy MacDonald	FL	14.67
	Anne Draper	FL	14.83
	Cathy Primmer	IN	16.02

M110-114	Irene Obera	CA	13.48
	Marilyn Fitzgerald	PA	14.58
	Essie Kea	OH	15.80
	Louise Mead Tricard	FL	15.84
	Marti Thielman	WA	16.10

M115-119	Magdalena Kuehne	CA	16.37
	S Stiegelmeier	OH	16.41
	Mary Moore	CA	17.44
	Betty Sjogren	FL	20.34
	M A Caviochi	OH	24.68

M120-124	Pat Peterson	NY	16.84
	S Dieterich	CA	17.30
	Jos Sullivan	SC	18.00
	M N Munoz		19.42

M125-129	Carl Peebles	WI	19.78
----------	--------------	----	-------

M130-134	Marjorie Smith	NY	20.00
	Velma Jacobs	CO	20.60
	Pearl Mehl	CO	21.70

M135-139	Bruce Springbett	CA	12.09
	Bob Keegan	PA	12.43
	John Poppell	VA	12.66
	Harold Hitt	OR	12.80
	Huel Washington	CA	13.12
	Tony Nasralla	CA	13.22
	Dick Marlin	CA	13.23
	Al Clark	GA	13.78

M140-144	Ed Schuler	FL	12.87
	Bob Watanabe	CA	12.92
	Jim Law	NC	13.09
	Vernon Regier	CA	13.17
	Buck Bradberry	CA	13.54
	Barney Phillips	CA	13.93
	Manny Herscher	NY	14.45
	Billy Davis	KY	15.17

M145-149	Tim Murphy	TX	13.86
	David Rowena	PR	14.37
	Tom Kennell	FL	14.43
	Max Goldsmith	TX	14.57
	Ross Waltzer	OK	14.71
	Bob Hunt	CA	14.76
	Don Hull	FL	15.63
	Angelo Oliver	RI	16.22

M150-154	Bill Weinacht	OH	14.12
	Francisco Colon	PR	14.60
	Jeff Bloomfield	TX	14.91
	Nate Heard	MA	15.11
	Al Guidet	CA	15.15
	Milo Lightfoot	IN	16.06
	Bill Collins	FL	16.45
	Bob Hans	OH	17.05

M155-159	John Alexander	TX	1:03.19
	Bob Hunt	CA	1:06.31
	Jack Rice	FL	1:06.57
	Archie Messenger	NH	1:07.02
	David Domenech		1:10.23
	Bart Ross	FL	1:14.32
	Richard Caviochi	OH	1:24.60

M160-164	Bill Weinacht	OH	1:07.99
	Jay Sponseller	FL	1:08.92
	Jeff Bloomfield	TX	1:09.67
	Milo Lightfoot	IN	1:18.75
	Lou Nadreau	FL	1:37.19

M165-169	John Alexander	TX	1:03.19
	Bob Hunt	CA	1:06.31
	Jack Rice	FL	1:06.57
	Archie Messenger	NH	1:07.02
	David Domenech		1:10.23
	Bart Ross	FL	1:14.32
	Richard Caviochi	OH	1:24.60

Heat 3	T Thompson	23.24
	D Thiel	23.38
	G Johnson	23.42
	R Hahn	24.36
	F Demby	24.76
	E Bryant	24.77
	B Bracken	25.65

M40-44	Heat 1	Stan Whitley	23.77
		H Lightbourne	24.30
		T Bell	24.37
		J Davis	24.81
		T Carlis	25.23
	Heat 2	K Brinker	23.63
		G Marshall	23.46
		R Wallace	24.89
		D Lee	24.91
		J Stiehl	25.89
		C Frederickson	---

M45-49	Heat 3	R Mitchell	23.21
		D Parker	23.48
		J Vicks	24.23
		J Topliss	24.39
		R Yeck	24.47
		J Rodney	25.03

M50-54	Heat 1	Frank Little	23.83
		H Morioka	23.90
		H Tolliver	24.83
		W Patrick	26.09
		M Smith	27.36
	Heat 2	G Johnson	24.23
		R Turner	24.47
		J Puckett	25.53
		J Karbens	26.97
		C Espenship	27.68
		R Hill	45.00

M55-59	Heat 3	M Brooks	23.51
		D Duffy	24.19
		S Ireland	24.72
		J Thielman	24.83
		L Gunn	25.82
		L McClain	26.99

M60-64	Heat 1	J Mathis	25.36
		M Newton	25.59
		C Dudley	26.03
		N Wedepohl	26.23
		H Cisneros	26.47
		J Muxen	27.76
	Heat 2	R Miller	25.15
		B Lida	25.63
		P Williams	25.75
		N Mosley	25.83
		M Ralls	26.36
		N Delaneville	27.00
		E Mege	29.26

M65-69	Heat 1	Bruce Springbett	26.06
		B Keegan	26.46
		Al Clark	27.81
		H Washington	28.07
		E Mehmedbasich	29.07
		H Oliver	30.01
	Heat 2	John Poppell	26.47
		Harold Hitt	26.76
		T Nasralla	27.35
		W Robinson	28.38
		E McLean	29.37

M70-74	Heat 1	Ellis Liddell	GA	21.72
		Daryl Bovell	NY	22.62
		Jerry McCorkle	NC	22.93
		Reginald Turnbore	NY	23.22
		T J Lester	TX	23.33
		Tom Rewolinski	WI	23.41
		Cal Saulsberry	TN	23.42

M75-79	Marion McCoy	CA	22.57
	Willard Thompson	TX	22.72
	Tom Thompson	TX	23.04
	Steve Foster	GA	23.06
	Danny Thiel	LA	23.18
	M Blueford	FL	23.27
	G C Johnson	CA	23.28

M80-84	Stan Whitley	CA	22.20
	Ken Brinker	NJ	22.72
	Don Parker	CA	22.77
	Robert Mitchell	TX	22.86
	Thad Bell	SC	22.99
	Jim Vicks		24.05
	Herm Lightbourne	WI	24.43
	Greg Marshall	VA	24.93

M85-89	Frank Little	CA	23.12
	Glennie Johnson	MI	23.18
	Mel Brooks	CA	23.35
	Harold Morioka	CAN	23.47
	Roy Turner	TX	23.87
	Dennis Duffy	CA	24.27
	Steve Ireland	TX	24.99
	Harry Tolliver	OH	25.05

M90-94	Bob Miller	WA	24.47
	Nick Newton	CA	24.90
	Jim Mathis	TN	24.94
	Paul Williams	OH	25.67
	Charles Dudley	OH	25.69
	Bob Lida	KS	25.77
	Norm Mosely	NH	25.90
	Norb Wedepohl	AZ	25.98

M95-99	Bruce Springbett	CA	24.63
	Harold Hitt	CA	25.55
	John Popell	VA	25.83

M100-104	Bob Keegan	PA	25.86
	Will Robinson	CA	27.14
	Alvin Clark	CA	27.32
	Huel Washington	CA	27.57

M105-109	Jim Law	NC	26.16
	Bob Watanabe	CA	26.59
	Gene Harte	CA	26.84
	Vernon Regier	CA	27.05
	Gordon Siefert	AL	27.28
	Ray Armstrong	FL	28.55
	Richard Klein	CA	29.61
	Manny Herscher	NY	29.70

M110-114	John Alexander	TX	27.75
	Tim Murphy	TX	

Continued from previous page

Table of race results for various distances including M75-79, W30-34, W45-49, W50-54, W55-59, W60-64, W65-69, W70-74, and 800m Semi-finals.

800m Semi-finals

Table of race results for 800m semi-finals, including Heat 1 and Heat 2.

Heat 2 results for George Cohen, Sam Huckel, Al Carter, M MacDonald, John Shenk, Larry Williams, and M Shamkin.

800m FINALS

Table of race results for 800m finals, including M30-34, M40-44, M45-49, M50-54, M55-59, M60-64, M65-69, M70-74, M75-79, M80-84, and M85-89.

1500 SEMI-FINALS

Table of race results for 1500 semi-finals, including M40 HEAT 1, M40 HEAT 2, M30-34, M35-39, M40-44, M45-49, M50-54, M55-59, M60-64, M65-69, M70-74, M75-79, M80-84, M85-89, and M90-94.

Table of race results for 1500m semi-finals, including Pat Beidelschies, Brenda Pantaja, Gayle Murphy, May Cleveland, Mary Cullen, Pat Debolt, W50-54, W55-59, W60-64, W65-69, W70-74, and Pearl Mehl.

Legends Mile (M40)

Table of race results for Legends Mile (M40), including Ron Bell, Byron Dyce, Harry Nolan, John Dixon, Ken Sparks, Al Swenson, Web Loudat, Steve Ferraz, and Ron Jensen.

5000m FINALS

Table of race results for 5000m finals, including M30-34, M35-39, M40-44, M45-49, M50-54, M55-59, M60-64, M65-69, M70-74, M75-79, M80-84, M85-89, and M90-94.

Table of race results for 5000m semi-finals, including W40-44, W45-49, W50-54, W55-59, W60-64, W65-69, W70-74, and Ivv Granstrom.

10,000m FINALS

Table of race results for 10,000m finals, including M30-34, M35-39, M40-44, M45-49, M50-54, M55-59, M60-64, M65-69, M70-74, M75-79, M80-84, M85-89, and M90-94.

Table of race results for 10,000m semi-finals, including M35-39, M40-44, M45-49, M50-54, M55-59, M60-64, M65-69, M70-74, M75-79, M80-84, M85-89, and M90-94.

Continued from previous page

Kevin Smith	NY 11:47.37
Ruben Colon	PR 12:02.37
<b>M45-49</b>	
Low Faxon	VA 10:29.00
Joe Burgasser	FL 12:14.74
John Shaw	MI 12:21.80
Bernie Finch	WY 12:47.80
Ron Hill	FL 13:17.85
<b>M50-54</b>	
Don Slocomb	TX 11:17.50
John Cosgrove	CA 11:36.35
Tom Butterfield	CT 11:54.62
Frank Haviland	NJ 13:01.77
<b>M55-59</b>	
Robert Culling	CA 12:04.05
Jerry Withers	CA 13:40.84
<b>M60-64</b>	
Avery Bryant	CA 8:34.16
Walt Atcheson	CA 8:59.34
Dick Packard	MA 9:11.54
<b>M65-69</b>	
Bill Granby	FL 9:55.71
Tim Dyas	NJ 10:08.37
Richard Cavicchi	OH 10:38.79
Frank Bowles	CO 11:15.10
<b>M70-74</b>	
Dan Bulkley**	OR 8:38.17
<b>M75-79</b>	
Charles Espy	FL 12:23.80
<b>4x100m RELAY</b>	
<b>M30-Hurricane Sports</b>	Clu42.12
LA Patriots	42.68
Mid America Masters	44.27
Atlanta TC	44.51
Badgerland Striders	45.96
Carolina Masters	TC46.10
Jacksonville TC	46.74
Gray Hares	47.19
<b>M40</b>	
Dallas Masters	45.43
West Valley TC	45.44
Atlanta TC	45.74
Over The Hill TC	46.64
<b>M50</b>	
AZ Masters	50.00
West Valley	50.20
<b>M60</b>	
Dallas T&F Club	52.70
LA-Valley TC	53.00
Birmingham TC	57.10
<b>M70</b>	
West Florida Runner	76.9
W-- Atlanta TC	55.00
<b>4x400m RELAY</b>	
<b>M30</b>	
Greater Rochester	3:21.58
Hurricane Sports	3:22.64
Anderson TC	3:30.41
LA Patriots	3:30.94
<b>M40</b>	
West Valley	3:32.31
Dallas Masters	3:33.50
St. Louis Masters	3:36.42
Atlanta TC	3:46.57
<b>M50</b>	
Arizona Masters	4:00.50
LA-Valley TC	4:31.84
<b>M60</b>	
So Calif Striders	4:33.47
NY Masters	4:35.00
<b>M70</b>	
West Florida	6:34.69
<b>W30</b>	
Track Shack	4:41.49
<b>W40</b>	
Track Shack	4:53.97
<b>4x800m RELAY</b>	
<b>M30</b>	
East Cobb Strid	8:16.14
Carolina Masters	8:39.55
Denver TC	8:54.10
Florida TC	9:14.86
Track Shack	10:42.40
<b>M40</b>	
Track Shack	11:29.20
<b>M50</b>	
So Calif Strid	10:09.95
Carolina Masters	11:00.96
<b>M60</b>	
Birmingham TC	10:52.54
So Calif Strid	11:05.79
<b>M70</b>	
West Fla Y Runners	16:04.42
<b>HIGH JUMP</b>	
<b>M30-34</b>	
Greg Haynie	CO 6-11 1/2
Ed Fern	NJ 6-7 1/2
Mel Embree	CA 6-5 1/2
Eruce McBarnette	MD 6-5 1/2
Allen Pendleton	PA 5-10
<b>M35-39</b>	
Eric Howard	MD 6-2
Walden Curry	LA 6-2
Dan Weckstein	VA 5-10
Paul Katauskas	FL 5-8
Dick Christoph	OH 5-8
Richard Watson	TN 5-4
<b>M40-44</b>	
Charlie Rader	CA 6-1 1/2
Jim Sauers	GA 5-10
Jim Johnson	OK 5-10
Johnnie Meisner	IL 5-8
Joe Johnston	FL 5-6
Bob Neutzling	FL 5-2
<b>M45-49</b>	
Ken Winters	KS 5-5 3/4
Paul Dorsey	OH 5-5 3/4
Emil Paulik	MS 5-3 3/4
Don Dvorak	CA 5-1 3/4
Henry Hopkins	IN 4-11 3/4
John Ewing	WI 4-9 3/4
<b>M50-54</b>	
Milton Newton	CA 5-7 3/4
Tom Langenfeld	MN 5-1 3/4
John Head	TX 4-9 3/4
Harold Creson	AZ 4-7 3/4
Earl Mege	PA 4-4
<b>M55-59</b>	
Dick Richardson	IL 5-7 3/4
Phil Mulkey	GA 4-11 3/4
Charles Leverone	MA 4-9 3/4
Richard Hauge	FL 4-2

<b>M60-64</b>	
-- Gillcrist	FL 5-1 3/4
Gordon Seifert	AL 5-1 3/4
Harry Guth	MO 4-8
Ed Schuller	FL 4-4
<b>M65-69</b>	
Boo Morcom	NH 4-4
Dave Brown	CA 4-4
Frank Bowles	CO 4-2
R H Cavicchi	OH 4-2
A U Ricciardi	NV 4-0
Jom Gross	TX 4-0
<b>M70-74</b>	
Ham Morningstar	MI 4-2
Jim Vernon	CA 3-10
<b>M75-79</b>	
Claude Hills	PA 4-0
Gil Gonzalez	PR 3-10
Dick Lacey	FL 3-8
<b>M85-89</b>	
Arling Pitcher	IN 3-4
<b>W40-44</b>	
Phil Raschker	GA 4-9 3/4
Cassandra Clark	NY 4-6
<b>W45-49</b>	
Cathy Primmer	IN 3-8
<b>W50-54</b>	
Christel Miller	CA 4-1 3/4
Essie Kea	OH 3-10
<b>W60-64</b>	
Pat Peterson*	NY 3-8
<b>POLE VAULT</b>	
<b>M30-34</b>	
Rick Rogers	IN 15-0
Pete McGinnis	CO 14-0
Wilson Soohoo	CA 14-0
Charles Barnard	FL 14-0
Mike McGinnis	NC 13-6
<b>M35</b>	
Tom Wilson	TX 15-0
Charles Strode	NC 15-0
Rich Christopher	OH 14-6
Jerry Hock	FL 14-0
Don Knott	MO 14-0
Paul Katauskas	FL 13-0
<b>M40-44</b>	
Bob Neutzling	FL 13-6
M Kilpelainen	MI 13-0
Charlie Polhamus	GA 13-0
Bill Busby	NC 12-6
<b>M45-49</b>	
Larry Holmes	OR 12-6
Ed Zuraw	VA 11-6
Henry Hopkins	IN 11-6
Dave Dreifuferst	FL 8-0
<b>M50-54</b>	
Gary Miller	CA 11-6
Henry Davenport	WV 11-0
Hector Cisneros	TX 10-0
Jim Hayslett	FL 9-0
<b>M55-59</b>	
Phil Mulkey	GA 12-0
Jerry Donley	CO 11-6
<b>M60-64</b>	
Don Grosh	OR 9-0
Hall Wallace	ID 5-0
<b>M65-69</b>	
Boo Morcom	NH 10-4
Dave Brown	CA 9-0
Jim Johnson	CA 8-0
Les Hintz	OR 7-6
A U Ricciardi	NV 7-0
<b>M70-74</b>	
Jim Vernon	CA 9-6
H Morningstar	MI 7-0
Bill Patterson	NC 7-0
<b>M75-79</b>	
Carol Johnston	CA 9-0
Claude Hills	PA 6-6
<b>M85-89</b>	
Arling Pitcher	IN 5-0
<b>W40-44</b>	
Phil Raschker**	GA 8-1 1/2
<b>LONG JUMP</b>	
<b>M30-34</b>	
Jerry McCorkle	NC 23-1 1/2
Tony Brooks	FL 21-10
Joe Wilson	OH 19-7 3/4
<b>M35-39</b>	
Randy Kruse	OR 21-2 1/2
Nate Robinson	FL 20-9 1/2
Tom Thompson	TX 20-4 1/2
John Kuechle	CA 20-4 1/2
Jerry Woolfolk	MI 19-7 3/4
Paul Katauskas	FL 19-3
<b>M40-44</b>	
Stan Whitley	CA 22-1 1/2
Ed Jones	TX 20-7
Ken Brinker	NJ 20-3 3/4
Tyrone Carlis	FL 19-11
John Nortcn	OR 19-3/4
J A Topliss	UK 18-6 3/4
<b>M45-49</b>	
Kirt Vener	MD 18-10 1/2
Emil Paulik	MS 17-9 3/4
Leroy McClain	OH 16-10 3/4
Scott Tyler	16-8 1/2
John Ewing	WI 16-6 3/4
Don Dvorak	CA 16-4 1/2
<b>M50-54</b>	
Alvin Henry	CA 19-3 1/2
Paul Williams	OH 18-4 3/4
John Kelly	NM 18-2
Rick Schmidt	CA 18-1 1/2
Tom Parrigin	FL 15-5 3/4
N Delaneville	FL 15-3 3/4

<b>M55-59</b>	
Phil Mulkey	GA 18-1 1/2
Dave Jackson	CA 17-4 3/4
Doug McFetters	AZ 16-4 1/2
Pay Carstensen	NY 14-3 1/2
Alvin Clark	GA 13-9
Richard Hauge	FL 13-3
<b>M60-64</b>	
Buck Bradberry	AL 17-4 1/2
Ed Schuller	FL 16-4 3/4
Jim McShane	FL 11-2 1/2
Manny Herscher	NY 13-6 1/2
<b>M65-69</b>	
Jim Johnson	CA 14-4 3/4
Tom Kennell	FL 14-4 3/4
R H Cavicchi	OH 13-8 1/2
Boo Morcom	NH 13-7 3/4
D R Domenech	12-8 3/4
Frank Bowles	CO 12-1 1/2
<b>W30-34</b>	
Irene Thompson	15-8 1/2
C Mehmedbasich	CA 10-2 1/2
<b>W35-39</b>	
Farster-Gilkey	OR 15-1
<b>W40-44</b>	
Phil Raschker	GA 14-7 1/2
Cassandra Clark	NY 4-6
<b>W45-49</b>	
Ann Carter	GA 11-1 1/2
<b>W50-54</b>	
Irene Obera	CA 14-1 1/2
Essie Kea	OH 11-5
<b>W55-59</b>	
M Kuehne	CA 12-0
M A Cavicchi	OH 5-7
<b>W60-64</b>	
Joe Sullivan	SC 9-11 1/2
M E Norckauer	LA 7-10
<b>TRIPLE JUMP</b>	
<b>M30-34</b>	
Glen Turner	GA 43-7
Allen Pendleton	PA 42-10 3/4
Tom Stuthard	AR 40-5 1/2
<b>M35-39</b>	
Jerry Woolfolk	MI 42-5 1/2
Scott Thomsley	PA 39-7 3/4
Ivan Black	NY 36-0
<b>M40-44</b>	
Bob Lucci	FL 43-2 1/2
Johnnie Meisner	IL 38-1 1/2
Ed Jones	TX 37-6
Bill Busby	NC 34-4 3/4
<b>M45-49</b>	
Ken Winters	KS 38-6 1/2
John Ewing	WI 36-6 1/2
Kirt Vener	MD 36-4 3/4
Harold Drumgole	GA 32-10 1/2
Jack Karbens	NV 32-3/4
<b>M50-54</b>	
John Kelly	NM 39-9 3/4
Al Henry	CA 39-6 3/4
N Delaneville	FL 33-8 1/2
Earl Mege	PA 29-1 1/2
<b>M55-59</b>	
Dave Jackson	CA 39-11 1/2
Phil Mulkey	GA 35-10 3/4
Doug McFetters	AZ 35-5 1/2
Bill Clark	NJ 32-5 1/2
Tony Nasralla	CA 31-6 3/4
Al Clark	GA 28-8 1/2
<b>M60-64</b>	
Buck Bradberry	AL 33-5 3/4
Ed Schuler	FL 30-1 1/2
<b>M65-69</b>	
Tom Kennell	FL 30-5
Dave Brown	CA 29-7 1/2
Jim Johnson	CA 29-4 3/4
Boo Morcom	NH 27-10 1/2
R H Cavicchi	OH 27-3 3/4
Frank Bowles	CO 26-9 3/4
<b>M75-79</b>	
Claude Hills	PA 25-3 1/2
Fred White	TX 24-7 1/2
Al Nellis	SC 7-11 1/2
<b>M85-89</b>	
Herb Anderson	CO 20-1 1/2
Arling Pitcher	IN 15-11 1/2
<b>W40-44</b>	
Phil Raschker	GA 33-1
<b>W45-49</b>	
Ann Carter	GA 22-1 1/2
<b>W50-54</b>	
Christel Miller	CA 27-2 1/2
<b>W55-59</b>	
Magdalena Kuehne*	CA 27-7 1/2
M A Cavicchi	OH 12-8 3/4
<b>W60-64</b>	
Bernice Holland*	OH 22-10 1/2
<b>SHOT PUT</b>	
<b>M30-34</b>	
Roy Silvers	FL 44-5
Jeffrey Baty	LA 42-1
Scott Bull	MD 41-11 1/2
Pete Collins	MD 39-2
D Prevatt*	FL 38-8 1/2
Rod Atherton	FL 36-3 1/2
<b>M35-39</b>	
Roger Kamla	TX 51-6
Mark Dupuis	MA 43-6
Don Morrison	TX 43-2
Paul Brwn	FL 41-8
Jim Accardi	AL 40-5
John Kirchner	FL 38-3 1/2
<b>M40-44</b>	
Al Neville	NH 40-11

<b>M45-49</b>	
Carl Klehm	IL 37-5 1/2
Virgil Johnson	MO 35-4
Ed Broadway	PA 34-10
Morris Corsey	NJ 31-1 1/2
<b>M50-54</b>	
Bill Bolton	FL 45-7
Hal Smith	CA 45-0
Jeff Wenig	NY 43-10 1/2
Tom Wesselowski	KS 43-4 1/2
Stan Zak	GA 36-5
J Nunez Arana	30-9
<b>M55-59</b>	
Phil Mulkey	GA 44-2 1/2
Len Olson	VA 43-5
Jerry England	IN 39-3 1/2
Jim Brady	FL 35-10 1/2
Martin Kintish	NY 35-5 1/2
<b>M60-64</b>	
Phil Brusca	MO 47-0
Don Reid	FL 36-9 1/2
Hal Wallace	ID 36-8
Don Henry	NJ 31-11
Jacob Stein	KY 31-4
<b>W30-34</b>	
Linn Dunton	CA 37-3
Vicki Johnson	IA 25-2 3/4
<b>W35-39</b>	
B C Searcy	NY 31-1 1/2
<b>W40-44</b>	
L Struppeck	LA 34-0
Brenda Pantaja	GA 18-6
<b>W45-49</b>	
V Hilliard	FL 33-2 1/2
<b>W50-54</b>	
C Miller	CA 31-3 3/4
<b>W55-59</b>	
Sally Polk	NM 25-1 1/2
M J Cavicchi	OH 16-8
<b>W60-64</b>	
Bernice Holland	OH 30-11 1/2
Aida Amoroz	21-6 3/4
M E Norckauer	LA 20-10 1/2
Jimmie Reid	VA 19-4
<b>DISCUS</b>	
<b>M30-34</b>	
Scott Bull	MD 130-8
Jeff Baty	LA 130-7
Rod Atherton	FL 120-1
<b>M35-39</b>	
Dennis Umshler	NM 160-7
Barry White	VA 159-10
Mark Dupuis	MA

Continued from previous page

Table of race results for various categories including W30-34, W35-39, W40-44, W45-49, W50-54, W55-59, W60-64, W65-69, and W70-74.

Table of race results for 20K WALK, M30-34, M35-39, M40-44, M45-49, M50-54, M55-59, M60-64, and M65-69.

Table of race results for M65-69, M70-74, M75-79, M80-84, M85-89, M90-94, M95-99, and M100-104.

Table of race results for 400m, 800m, 1500m, 3000m, 110m hurdles, 100m hurdles, 4 x 100m relay, high jump, long jump, shot put, discus, 5000m walk, 10,000m walk, and 400m.

Table of race results for Garden State Games Masters, Edison, NJ, July 7-10, including 100m, 400m, 800m, 1500m, 3000m, 110m hurdles, 100m hurdles, 4 x 100m relay, high jump, long jump, shot put, discus, 5000m walk, 10,000m walk, and 400m.

Conditions: hot, humid. Temp. reached 100 degrees later in the day. Scoring: M30-34 by 1977 IAAF scoring table; other ages by age factoring based on 1987 world records and 5-year master records.

Philadelphia Invitational Collegeville, PA, July 16

Table of race results for Philadelphia Invitational, including 100m, 400m, 800m, 1500m, 3000m, 110m hurdles, 100m hurdles, 4 x 100m relay, high jump, long jump, shot put, discus, 5000m walk, 10,000m walk, and 400m.

TAC National Masters Pentathlon Championships Emmitsburg, MD June 26

Table of race results for TAC National Masters Pentathlon Championships, including 100m, 400m, 800m, 1500m, 3000m, 110m hurdles, 100m hurdles, 4 x 100m relay, high jump, long jump, shot put, discus, 5000m walk, 10,000m walk, and 400m.



EAST

Mid-Atlantic TAC Masters Games, Ambler, PA, June 18

Table of race results for Mid-Atlantic TAC Masters Games, including 100m, 400m, 800m, 1500m, 3000m, 110m hurdles, 100m hurdles, 4 x 100m relay, high jump, long jump, shot put, discus, 5000m walk, 10,000m walk, and 400m.

Table of race results for Mid-Atlantic TAC Masters Games, including 100m, 400m, 800m, 1500m, 3000m, 110m hurdles, 100m hurdles, 4 x 100m relay, high jump, long jump, shot put, discus, 5000m walk, 10,000m walk, and 400m.

Table of race results for Mid-Atlantic TAC Masters Games, including 100m, 400m, 800m, 1500m, 3000m, 110m hurdles, 100m hurdles, 4 x 100m relay, high jump, long jump, shot put, discus, 5000m walk, 10,000m walk, and 400m.

Table of race results for Mid-Atlantic TAC Masters Games, including 100m, 400m, 800m, 1500m, 3000m, 110m hurdles, 100m hurdles, 4 x 100m relay, high jump, long jump, shot put, discus, 5000m walk, 10,000m walk, and 400m.

Table of race results for Mid-Atlantic TAC Masters Games, including 100m, 400m, 800m, 1500m, 3000m, 110m hurdles, 100m hurdles, 4 x 100m relay, high jump, long jump, shot put, discus, 5000m walk, 10,000m walk, and 400m.

Philadelphia Masters Runner's Pentathlon Camden, NJ, July 10

Table of race results for Philadelphia Masters Runner's Pentathlon, including 100m, 400m, 800m, 1500m, 3000m, 110m hurdles, 100m hurdles, 4 x 100m relay, high jump, long jump, shot put, discus, 5000m walk, 10,000m walk, and 400m.

Continued on next page

Continued from previous page

Table of athletic results for 800m, 1500m, 3000m, 10,000m, 100m hurdles, 800m hurdles, high jump, pole vault, long jump, triple jump, and 4th Annual Sri Chinmoy Masters Games.

Table of athletic results for shot put, discus, javelin, weight throw, and 1500m walk.

Table of athletic results for 200m, 400m, 800m, 1000m, 1500m, 2000m, 3000m, 4000m, 5000m, 6000m, 7000m, 8000m, 9000m, 10000m, 11000m, 12000m, 13000m, 14000m, 15000m, 16000m, 17000m, 18000m, 19000m, 20000m, 21000m, 22000m, 23000m, 24000m, 25000m, 26000m, 27000m, 28000m, 29000m, 30000m.

Table of athletic results for Tennis Ball Throw, Mile Walk, Reading TC Championships, 100m, 200m, 400m, 800m, 1000m, 1500m, 2000m, 3000m, 4000m, 5000m, 6000m, 7000m, 8000m, 9000m, 10000m, 11000m, 12000m, 13000m, 14000m, 15000m, 16000m, 17000m, 18000m, 19000m, 20000m, 21000m, 22000m, 23000m, 24000m, 25000m, 26000m, 27000m, 28000m, 29000m, 30000m.

Table of athletic results for Triple Jump, Shot Put, Discus, SK Road Race, 50 METERS, 100 METERS, 200 METERS, 400 METERS, 800 METERS, 1000 METERS, 1500 METERS, 3000 METERS, 5000 METERS, 100 HURDLES, 200 HURDLES, 400 HURDLES, 800 HURDLES, 1000 HURDLES, 1500 HURDLES, 3000 HURDLES, 5000 HURDLES, 10000 HURDLES, 15000 HURDLES, 20000 HURDLES, 30000 HURDLES, 40000 HURDLES, 50000 HURDLES, 60000 HURDLES, 70000 HURDLES, 80000 HURDLES, 90000 HURDLES, 100000 HURDLES.



NCNB Carolina Masters Championships

Thomaspville, NC; July 22-24

SOUTHEAST

All-Comers Meet & 5K RR DeLand, FL; June 12

Table of athletic results for 50v, 100m, 200m, 400m, 800m, 1000m, 1500m, 2000m, 3000m, 4000m, 5000m, 6000m, 7000m, 8000m, 9000m, 10000m, 11000m, 12000m, 13000m, 14000m, 15000m, 16000m, 17000m, 18000m, 19000m, 20000m, 21000m, 22000m, 23000m, 24000m, 25000m, 26000m, 27000m, 28000m, 29000m, 30000m.

Table of athletic results for 800 METERS, 1500 METERS, 3000 METERS, 5000 METERS, 10000 METERS, 15000 METERS, 20000 METERS, 30000 METERS, 40000 METERS, 50000 METERS, 60000 METERS, 70000 METERS, 80000 METERS, 90000 METERS, 100000 METERS.

Continued on next page

Continued from previous page

LONG JUMP
M30 Jerry McCorkle 25-5 1/2
M40 Greg Marshall 17-8 1/2
Gary Kochman 17-8 1/2
George Cliette 14-11 1/2
M50 Jack Gilmore 15-2 1/2
M55 Tom Bartenfeld 11-5
M70 Charles Hirshey 6-5 1/2
M75 Vivian Nelson 5-10 1/2

TRIPLE JUMP
M30 Glen Turner 45-2 1/2
M40 Larry Jones 25-2 1/2
M45 Nat Carter 35-10
M55 Tom Bartenfeld 27-5 1/2
M70 Charles Hirshey 14-5 1/2

SHOT PUT
Open Bill Waugh 46-10
M30 Billy Hogans 39-2 1/2
Beasey Hendrix 30-8 1/2
M35 Bob Green 41-1
Pete Stockunas 36-2
Bill Buchanan 33-11
M40 Jerry Bennett 36-6 1/2
Joseph Carter 35-6 1/2
M45 Mike Valle 36-7
Dick Bloomfield 32-9
Ervin Mitchell 31-7
M55 Len Olson 41-2
Darwin Newton 34-9
M60 Bob Seligman 34-9
Bill Waugh 31-7 1/2
M65 Floyd Simmons 39-6
M70 Chas. Hirshey 32-9 1/2
M75 Jack Wood 30-8 1/2
M60 Anita Zetts 19-1

DISCUS
M30 Billy Hogans 123-5
Beasey Hendrix 79-5
M35 Bob Green 120-6
Pete Stockunas 115-0
Bill Buchanan 97-3
M40 Jerry Bennett 117-10
Joseph Carter 92-11
George Cliette 86-2
M45 Jack James 101-6
Ervin Mitchell 98-6
Mike Valle 96-11
M50 Jack Gilmore 105-9
M55 Len Olson 137-1
Darwin Newton 84-9
M60 Bob Seligman 117-3
Bill Waugh 98-3
M65 Floyd Simmons 122-4
M70 Chas. Hirshey 71-2
M75 Jack Wood 78-8
M60 Anita Zetts 44-11

HAMMER THROW
M30 Beasey Hendrix 82-2
M35 Pete Stockunas 81-8 1/2
M45 Mike Valle 117-9 1/2
Dick Bloomfield 113-1
M55 Len Olson 120-1 1/2
M70 Chas. Hirshey 72-11

JAVELIN
M30 Al Rodd 167-4
Mark Williamson 118-1
Billy Hogans 97-11
Beasey Hendrix 97-9
M35 Bob Conroy 196-6
Bob Green 131-3
Pete Stockunas 113-6
M40 Bill Busby 160-1
Jerry Bennett 109-1
George Cliette 101-9
Larry Jones 99-11
M45 Bill Jeffrey 118-2
Jack James 111-4
Ervin Mitchell 68-1
M55 Len Olson 106-5
M65 Floyd Simmons 141-8
M70 Chas. Hirshey 57-9
M75 Jack Wood 73-7

WEIGHT THROW-25#
M30 Beasey Hendrix 40-0
M40 Joseph Carter 34-9 1/2
M45 Dick Bloomfield 50-7
Mike Valle 42-6
M55 Len Olson 44-3 1/2
M60 Bill Waugh 23-11 1/2
M70 Chas. Hirshey 18-4

One Mile RACE WALK
M30 Alvia Gaskill 7:56.4
M45 Jim Shoaf 11:20.1
M65 E. B. Lloyd 10:47.4

5000 METER RACE WALK
M30 Alvia Gaskill 27:54
M35 Bob Lakey 32:05
M40 Pete Sexton 31:53
M45 Ray McInnis 24:40
M50 Bob Hastings 32:52
M65 E. B. Lloyd 32:34
M70 Caldwell Nixon 38:38
M35 Anne Blair 35:52
M40 Hope Kerr 32:42
June Hastings 39:13
Janet McNeely 42:03
M45 Carlene Manion 33:58
M55 Betty Petterson 33:42
M65 Margaret McGee 43:40
M70 Eleanor Miller 38:40

DeLand All-Comers & 5K RR DeLand, FL; July 24

50y
M40 Kent Dickinson 6:07
Graham Hockaday 6:31
M45 Dave Driefuerst 6:67
100m
M35 John Long 16:22
M40 K Dickinson 12:22
G Hockaday 12:45
M45 D Driefuerst 13:25
220y
M45 Ron Hill 27:00
D Driefuerst 27:87
440y
M45 R Hill 60:35
880y
M30 Randy Reagor 2:03.4
M35 Vin Ambrico 2:03.8
M50 Claude Midgett 2:32.6
1 Mile
M30 Joe Martinez 5:06.1
M50 C Midgett 5:40.4
One Mile Walk
M30 Robert Carver 10:35
M35 Chris Rotchstein 11:03
2 Mile Walk
M30 R Carver 21:25
M35 C Rotchstein 21:25
5K RR
M45 R Hill 21:55
M50 C Midgett 20:03
M60 Larry Rush 22:02



MIDWEST

The Northern Illinois Championship, 2nd Meet Masters Grand Prix Series July 17

All American -
100 Meter dash
M75 J. Dick 29.6
M70 Blake 15.8
M65 Walsh 18.9
M60 Larsen 12.9
Reistrotfer 16.3
Lewis 17.7
M55 Bolewski 13.1
M50 Dobrovlny 12.6
Haroux 15.2
M45 L. Stopoulos 12.6
G. LaBelle 13.0
Grotevant 14.0
F40 Esposito 19.1
M40 Coston 12.4
Hess 12.9
D. LaBelle 13.1
Love 13.6
M35 Blueford 11.4
Lutz 12.2
C. Johnson 12.2
M30 Zahn 11.4
Revelinski 11.5
Dothard 11.9
Best 13.8

200 Meter dash
M75 J. Dick 61.0
M70 Ragland 36.9
Taylor 48.0
M65 Rajcevic 34.3
Cole 47.9
M60 Larsen 27.9
Walsh 31.4
M50 Davidson 27.1
Fetersen 27.3
Haroux 30.5
M45 L. Stopoulos 26.6
Grotevant 31.4
M40 Rice 24.9
Reiter 25.4
Coston 26.2
Lillis 26.3
D. LaBelle 26.9
Love 35.4
M35 Druckrey 23.2
Matthew 23.5
Blueford 23.6
Lutz 25.5
F30 L. Revelinski 33.2
M30 T. Revelinski 23.8
Wilquet 27.1

400 Meter dash
M75 J. Dick 2:43.5
M70 Blake 1:27.8
Taylor 1:47.9
M65 Rajcevic 1:21.8
Schmidt 1:25.3
M60 Walsh 1:10.35
M55 Brown 55.9
Bienfang 1:17.7
M50 Davidson 1:01.3
Haroux 1:12.8
M45 Nuccio 1:07.2
Grotevant 1:03.2
M40 Lillis 57.2
D. LaBelle 1:05.8
Love 1:05.6
M35 Matthews 52.4
F30 Revelinski 1:13.5
M20 Wilquet 59.8
Ligman 1:00

800 Meter run
M70 Blake 3:23.9
M65 Schmidt 3:28
Cole 3:35
M60 Lewis 3:55
M55 Lindsey 2:29.2
Bienfang 2:47
M45 Nuccio 2:24.2
Grotevant 2:20
M40 Reiter 2:25.5
Rice 2:07.1
Carr 2:03
Jenkins 2:00.8
Irvin 2:00.8
F35 Stiles 2:41
M35 Deidrich 2:17
M30 Bergstrom 2:09.6

1500 Meter run
M60 Lewis 7:05
M55 Bienfang 5:50
M45 Hutchcroft 4:45
DeGrande 4:49
Grotevant 5:21
M40 Jenkins 4:28

3000 Meter run
M65 J. Schmidt nt
Cole nt
M60 Lewis nt
M45 Hutchcroft 10:36
DeGrande 10:44
Grotevant 12:13
M40 Lofye 10:18.8
Augustine 10:44

H. hurdles
M60 Walsh 19.4
M50 Peterson 17.7
M55 Richardson 19.4
A. G. LaBelle 19.8
M40 Meisner 17.3
M35 Druckrey 14.5

400 Meter hurdles
M35 Druckrey 54.3

Long jump
M75 Dick 5'1"
M70 Taylor 8'3"
M65 Cole 10'4"
M60 Larsen 14'5 1/2"
Orr 9'10"
M55 Richardson 16'1"
Ackerman 15'10 1/2"
Peterson 16'0"
Smith 13'1"
M45 L. Stopoulos 16'0"
LaBelle 14'0"
Schultz 12'9"
M40 Reiter 18'8"
Coston 15'4 1/2"
M30 Dothard 20'4 1/2"
Ligman 16'11"

Triple jump
M75 Dyke 10'6 1/2"
M70 Taylor 16'7 1/2"
LaBelle 23'11"
M65 Rajcevic 23'1 1/2"
Cole 23'1 1/2"
M55 Ackerman 32' 1/2"
Peterson 32'8"
F. Brown 31'5"
Smith 29'0"
M45 LaBelle 28'5"
M40 Meisner 37'9"
M35 Standley 33'5 1/2"
M30 D. Smith 31'6 1/2"

High jump
M75 Dick 2'8"
M70 Ragland 4'1"
Taylor 3'0"
M65 Rajcevic 4'0"
Cole 3'6"
M60 Larsen 4'2"
M55 Richardson 5'4"
Ackerman 4'6"
M50 Smith 5'0"
Davidson 4'8"
Peterson 4'4"
Kemp tie 4'4"
M40 Meisner 5'8"
D. LaBelle 5'3"
Reiter 5'2"
M35 Standley 4'6"
M30 Dothard 5'6"
Smith 4'10"
Ligman 4'4"

Pole vault
M65 Rajcevic 7'0"
Cole 5'6"
M55 Ackerman 5'6"
M50 Kemp 7'0"
F. Brown 7'6"
M40 Petranek 12'0"
Suiter 12'0"
M30 T. Revelinski 6'0"
Pettera 6'0"
Smith 6'0"

Shot put
M75 Dick 21'2"
M70 Taylor 30' 1/2"
Swisher 25'1 1/2"
M65 Rajcevic 31'4 1/2"
M60 Brusca 44'3 1/2"
Orr 35' 1/2"
M55 Richardson 36'3"
M50 Hendrix 41'1"
Kemp 40'11"
Peterson 37'9"
Smith 35'3"
M45 Neppi 38'5"
Klehm 37'6"
Schmidt 34'7"
M40 Woosencraft 40'7 1/2"
D. LaBelle 37'0"
Hess 33'4 1/2"
Truckenbrod 33'7 1/2"
M35 Burns 46'10"
F30 V. Johnson 26'1 1/2"
M30 D. Smith 33'1 1/2"

Discus
M75 Dick 63'5"
M70 Taylor 77'9"
M65 Cole 59'7"
M60 Brusca 146'8"
Orr 51'6"
M55 H. Brown 80'6"
Ackerman 76'9"
Hardy 122'0"
Hendrix 119'1"
Kemp 113'2 1/2"
Peterson 105'11 1/2"
M45 Klehm 109'4 1/2"
Schmidt 108'9"
Neppi 94'5"
Schultz 90'2"
M40 Truckenbrod 121'7"
Woosencraft 117'9"
Hess 102'11"
M35 Burns 124'2"
F35 V. Burns 73'11"

Javelin
M75 Dick 52'10 1/2"
M70 Taylor 84'9"
M60 Brusca 133'9"
Orr 46'8 1/2"
M55 Richardson 107'4"
Ackerman 96'5"
M50 F. Brown 107'7 1/2"
M45 G. LaBelle 121'10 1/2"
Schultz 91'10"
Klehm 89'2"
M40 Hess 121'10 1/2"
D. LaBelle 120'3"
M30 Smith 102'5"



Weight toss
20#
M70 Taylor 31'10"
M45 Klehm 51'0"
Schmidt 44'0"
G. LaBelle 39'3"

25#
M75 Dick 12'3"
M70 Taylor 51'0"
M60 Brusca 42'7"
M55 Kemp 37'11"
M45 Klehm 37'3"
Schmidt 35'11"
G. LaBelle 32'2"
M30 Smith 33'1"
Crocker 24'5"

35#
M75 Dick 8'8"
M70 Taylor 20'6"
M55 Kemp 28'6"
M45 Klehm 32'7"
Schmidt 27'5 1/2"
G. LaBelle 26'2"
M40 Hess 24'6"
M30 Smith 24'7"
Crocker 20'1"

56#
M70 Taylor 8'6"
M45 Klehm 21'9"
Schmidt 15'0"
G. LaBelle 13'6"
M30 Crocker 13'8"
Ligman 13'7"

98#
M75 Dick 1'8"
M70 Taylor 3'10"
M55 Kemp 9'3"
M45 Klehm 9'7"
Schmidt 8'2"
G. LaBelle 7'7"
M30 Ligman 9'4"
Crocker 7'1"

200#
M70 Taylor 10"
M45 Klehm 4'2"
G. LaBelle 2'10"
Schmidt 1'8"
Hess 2'3"
M30 Crocker 2'1"
300#
M45 Klehm 2'5"
G. LaBelle 1'6"
M40 D. LaBelle 1'5"
M30 Ligman 1'9"
Crocker 1'1"

1500 Meter racewalk
M60 Reistrotfer 9:27
Orr 10:31
M50 F. Brown 7:39.4
M40 Padilla 6:55
Love 9:23
Shaw 9:24
M35 Easterlund 8:19
F30 Vinar 8:47
Ballinger 9:01
M30 Crocker 7:40.7
R. Carlson 8:20

3000 Meter racewalk
M60 Reistrotfer 19:27
Brown 15:26
M40 Padilla 14:15
Love 16:31
Shaw 19:12
M35 Jordan 17:31
Easterlund 17:38
F30 Ballinger 18:26
M30 Crocker 15:57
R. Carlson 19:12

TAC Midwest Regional Masters Championships Elmhurst, IL; July 24

100 meter run
M30-34 Revelinski 11:7
LaBeau 12:2
Wilquet 12:9
M35-39 Blueford 11:4
C. Johnson 12:2
M40-44 Hess 13:1
F40-44 Platis 18:1
M45-49 Johnson 11:3
Lee 12:2
Gunn 12:5
M50-54 Dobrovlny 12:1
Pliner 13:2
Haugo 13:2
Haroux 14:4
M60-64 Robinson 12:8
Sochor 13:5
Lewis 18:8
M65-69 Cole 21:4
M70-74 Taylor 23:1
M75-79 Dick 29:12
M85-89 Pitcher 20:4

200 meter run
M30-34 Revelinski 23:5
Zahn 23:6
Wilquet 27:12
M35-39 Blueford 22:9
M40-44 Dyse 23:7
Harvey 23:9
Rice 25:19
M45-49 Johnson 23:2
Lee 25:1
Gunn 25:3
M50-54 Pliner 28:1
Haugo 28:1
Davidson 35:9
F50-54 Lyga 31:45
M60-64 Robinson 27:5
Sochor 27:9
Pollack 29:1
M65-69 Cole 43:5
M70-74 Lightfoot 32:9
Taylor 51:9
M75-79 Dick 64:1
M85-89 Pitcher 34:1

400 meter run
M30-34 Wilquet 59:1
M35-39 Matthews 51:6
Gibson 54:9
Schooler 56:7
C. Johnson 58:5
M40-44 Dyce 53:2
Lillis 57:5
M45-49 Johnson 51:2
Gunn 56:5
Nuccio 66:8
M50-54 Davidson 63:7
Haroux 64:1
M55-59 H. Brown 63:3
M60-64 Sochor 64:5
D. Smith 64:9
Sealwood 78:1
M65-69 Cole 1:43.3
M70-74 Lightfoot 1:16.3
Taylor 1:58.9

800 meter run
M30-34 Matzinger 2:03.6
Geisthardt 2:04.8
F30-34 Revelinski 2:49.9
M35-39 Feldhauser 2:06.8
M40-44 Porter 2:01.9
Rice 2:02.5
Jenkins 2:03.9
Fenning 2:04.4
Carr 2:06.9
Mathes 2:07.2
Lillis 2:15.9
F40-44 Fenning 2:40.2
Baum 2:46.2
M45-49 Romack 2:13.7
Sullivan 2:14.4
Munin 2:33.6
M50-54 Ruber 2:41.21
M55-59 Lindsey 2:35.3
M60-64 D. Smith 2:30.6
Lewis 3:29.7
M65-69 Messenger 2:26.9

1500 meter run
M30-34 Dahl 4:15.1
Zalig 4:28.5
M40-44 B. Fenning 4:14.5
Dean 4:30.9
Jenkins 4:32.1
F40-44 Baum 5:02.2
M45-49 Sullivan 4:29.6
Rcmack 4:39.69
Beckman 5:14.2
M50-54 Ruber 5:14.2
M55-59 H. Brown 5:34
M60-64 Sochor 5:36.6
Lewis 7:01
M65-69 Messenger 5:00.6

5000 meter run
M35-39 Byrne 18:14.5
M50-54 Ruzicka 17:54.7
M60-64 Lewis 26:12.1
M65-69 Cole 26:36.9

Hurdles
M30-34 Zahn 15:5
M40-44 Meisner 17:1
M45-49 LaBelle 19:9
M60-64 Hirsimaki 19:5
Walsh 19:6

300 meter hurdles
M50-54 Pliner 54:0
M60-64 Walsh 57:6
Hirsimaki 63:1

High jump
M30-34 Smith 4'10"
M35-39 Axelrod 5'8"
Schooler 5'2"
M40-44 Meisner 6'1 1/2"
M45-49 G. LaBelle 4'5"
M50-54 Smith 5'2"
Langenfeld 5'2"
Davidson 4'10"
Lyga 3'9"
M55-59 Ackerman 4'6"
Hirsimaki 4'8"
Robinson 4'2"
Beaudry 4'0"
Cole 3'5"
M70-74 Taylor 3'1"
M85-89 Pitcher 3'3"

Pole vault
M30-34 LaBeau 19'3"
F40-44 Platis 9'11 1/2"
M45-49 August 16'9"
G. LaBelle 13'4"
M50-54 F. Smith 13'10"
F50-54 Lyga 11"
M55-59 Ackerman 15'9 1/2"
M60-64 Hirsimaki 15'4"
Robinson 14'7"
M65-69 Cole 7'10"
M70-74 Lightfoot 11'8 1/2"
Taylor 7'7"
M75-79 Dick 5'1 1/2"
M85-89 Pitcher 6'4 1/2"

Long jump
M30-34 LaBeau 19'3"
F40-44 Platis 9'11 1/2"
M45-49 August 16'9"
G. LaBelle 13'4"
M50-54 F. Smith 13'10"
F50-54 Lyga 11"
M55-59 Ackerman 15'9 1/2"
M60-64 Hirsimaki 15'4"
Robinson 14'7"
M65-69 Cole 7'10"
M70-74 Lightfoot 11'8 1/2"
Taylor 7'7"
M75-79 Dick 5'1 1/2"
M85-89 Pitcher 6'4 1/2"

Triple jump
M30-34 LaBeau 41'1"
Smith 31'9 1/2"
M40-44 Meisner 38'10"
M45-49 August 34'11"
G. LaBelle 34"
M50-54 Smith 28'7 1/2"
Ackerman 32'10 1/2"
M60-64 Hirsimaki 32'0"
M65-69 Cole 21'9 1/2"
M70-74 Taylor 17'4"
M85-89 Pitcher 14'4"

Shot put
M30-34 D. Smith 32'4"
Hartman 29'6"
F30-34 V. Johnson 28'3"
M35-39 Burns 47'2"
M40-44 Kirkpatrick 38'9"
Hess 34'7"
M45-49 Hill AR 55'2"
Schmidt 35'11"
F45-49 Huff 32'3"
M50-54 Haugo 44'7"
Hendrix 39'6"
Smith 33'9 1/2"
Slick 33'4"
F50-54 Lyga 25' 1/2"
M55-59 Pike 32'7"
M60-64 Robinson 37'9 1/2"
Hirsimaki 37'1"
Wallace 37"
M65-69 J. Beaudry 34'8 1/2"
C. Beaudry 41'1"
Cole 22'7 1/2"
F65-69 H. Swisher 14'8"
M70-74 Taylor 29'3"
Swisher 23'4"
M75-79 Dick 28'4 1/2"
Powell 25'6"

Discus
F30-34 V. Johnson 73'8"
M35-39 Burns 128'4"
Readman 115'8"
M40-44 Harvey 127'11"
Kirkpatrick 124'10"
F40-44 Platis 68'10"
M45-49 Mooney 117'8"
Klehm 106'4"
Schmidt 105'4"
F45-49 Huff 61'0"
M50-54 Haugo 120'7"
Harvey 120'3"
Hendrix 118'9"
Slick 103'9"
M55-59 Pike 111'9 1/2"
Ackerman 75'10 1/2"
M60-64 Wallace 139'5 1/2"
M75-79 Powell 85'2 1/2"
Dick 64'1"
M85-89 Pitcher 53'4"

Hammer
M30-34 Hartman 63'10"
M40-44 Kirkpatrick 99'7"
M45-49 Klehm 125'10"
M50-54 Slick 149'2"
F50-54 Lyga 61'7"
M55-59 Hill 163'6"
Pike 83'6"
M65-69 C. Beaudry 119"
M75-79 Powell 69'3"
Dick 52'8"

Continued on next page

Continued from previous page

Table with 3 columns: Event, Name, Time/Score. Includes 100m, 200m, 400m, 800m, 1600m, 50m, 100m, 200m, 400m, 800m, 1600m, 50m, 100m, 200m, 400m, 800m, 1600m.

Table with 3 columns: Event, Name, Time/Score. Includes 25m, 50m, 100m, 200m, 400m, 800m, 1600m, 50m, 100m, 200m, 400m, 800m, 1600m.

Table with 3 columns: Event, Name, Time/Score. Includes 25m, 50m, 100m, 200m, 400m, 800m, 1600m, 50m, 100m, 200m, 400m, 800m, 1600m.

Table with 3 columns: Event, Name, Time/Score. Includes 50m, 100m, 200m, 400m, 800m, 1600m, 50m, 100m, 200m, 400m, 800m, 1600m.

Table with 3 columns: Event, Name, Time/Score. Includes 100m, 200m, 400m, 800m, 1600m, 50m, 100m, 200m, 400m, 800m, 1600m.

Table with 3 columns: Event, Name, Time/Score. Includes 1 mile, 5000 meter, 100m, 200m, 400m, 800m, 1600m, 50m, 100m, 200m, 400m, 800m, 1600m.

Table with 3 columns: Event, Name, Time/Score. Includes 100m, 200m, 400m, 800m, 1600m, 50m, 100m, 200m, 400m, 800m, 1600m.

Table with 3 columns: Event, Name, Time/Score. Includes 100m, 200m, 400m, 800m, 1600m, 50m, 100m, 200m, 400m, 800m, 1600m.

Table with 3 columns: Event, Name, Time/Score. Includes 60m, 100m, 200m, 400m, 800m, 1600m, 50m, 100m, 200m, 400m, 800m, 1600m.

Table with 3 columns: Event, Name, Time/Score. Includes 100m, 200m, 400m, 800m, 1600m, 50m, 100m, 200m, 400m, 800m, 1600m.

Table with 3 columns: Event, Name, Time/Score. Includes 100m, 200m, 400m, 800m, 1600m, 50m, 100m, 200m, 400m, 800m, 1600m.

Table with 3 columns: Event, Name, Time/Score. Includes 100m, 200m, 400m, 800m, 1600m, 50m, 100m, 200m, 400m, 800m, 1600m.

Table with 3 columns: Event, Name, Time/Score. Includes 100m, 200m, 400m, 800m, 1600m, 50m, 100m, 200m, 400m, 800m, 1600m.

Table with 3 columns: Event, Name, Time/Score. Includes 100m, 200m, 400m, 800m, 1600m, 50m, 100m, 200m, 400m, 800m, 1600m.

Table with 3 columns: Event, Name, Time/Score. Includes 100m, 200m, 400m, 800m, 1600m, 50m, 100m, 200m, 400m, 800m, 1600m.

Table with 3 columns: Event, Name, Time/Score. Includes 100m, 200m, 400m, 800m, 1600m, 50m, 100m, 200m, 400m, 800m, 1600m.

Table with 3 columns: Event, Name, Time/Score. Includes Discus 1.616 kg, Discus 1.000 kg, Javelin.

SOUTHWEST

8th Annual Texas Championships, Arlington; July 23

Table with 3 columns: Event, Name, Time/Score. Includes 100m, 200m, 400m, 800m, 1600m, 50m, 100m, 200m, 400m, 800m, 1600m.

Table with 3 columns: Event, Name, Time/Score. Includes 100m, 200m, 400m, 800m, 1600m, 50m, 100m, 200m, 400m, 800m, 1600m.

Table with 3 columns: Event, Name, Time/Score. Includes 100m, 200m, 400m, 800m, 1600m, 50m, 100m, 200m, 400m, 800m, 1600m.

Table with 3 columns: Event, Name, Time/Score. Includes 100m, 200m, 400m, 800m, 1600m, 50m, 100m, 200m, 400m, 800m, 1600m.

Table with 3 columns: Event, Name, Time/Score. Includes 100m, 200m, 400m, 800m, 1600m, 50m, 100m, 200m, 400m, 800m, 1600m.

Table with 3 columns: Event, Name, Time/Score. Includes M65 John Alexander, M70 Jeff Bloomfield, M75 Fred White, W30 Chris Jones, W35 Charlotte Carter, W40 Linda Sikes, W45 Mary Luker.

Table with 3 columns: Event, Name, Time/Score. Includes M30 Rick Easley, M35 Pete Bernardin, M40 Gordon Reiter, M45 Larry Toathacre, M50 Hector Cisneros, M55 Bill Gaedke, M60 Wayne Hanson, M65 Bob Wingo, M70 Charlie Ogilvie, W40 Lorriane Dekkers.

Table with 3 columns: Event, Name, Time/Score. Includes M30 Steve Ray, M35 Tom Acton, M40 J Lee, M45 Roy Turner, M50 Charlie Miller, M55 Ocie Boyer, M60 Gil Phillips, M65 Tim Murphy, M70 Jeff Bloomfield, M75 Fred White, W30 Chris Jones, W35 Lou Bloxom, W40 Linda Sikes, W45 Mary Luker.

Table with 3 columns: Event, Name, Time/Score. Includes M30 Tom Acton, M35 C Rickenstein, M40 J Lee, M45 John Keefe, M50 Jim Stevens, M55 R T Coffee, M60 Tom Bass, M65 J Ogilvie, W40 Lana Tighe, Kathy Hoffman.

Table with 3 columns: Event, Name, Time/Score. Includes M30 Charley Miller, M35 H Cisneros, M40 Sheridan Groves, M45 Roy Turner, M50 Steve Ireland, M55 Jerry Reiserer, M60 Tom Bass, M65 J Ogilvie, W40 Lana Tighe, Kathy Hoffman.

Table with 3 columns: Event, Name, Time/Score. Includes M30 Darrell Johnson, M35 Ken Ellis, M40 R Mitchell, M45 J Reiserer, M50 H Cisneros, M55 J Reiserer, M60 Mike Conn, M65 Jim Gross, W30 Irma Rodriguez, W35 Cindy Arbelbide.

Table with 3 columns: Event, Name, Time/Score. Includes 4x100m Relay, 4x400m Relay, High Jump.

Table with 3 columns: Event, Name, Time/Score. Includes Pole Vault, M30 Ken Ellis, M35 Tom Wilson, M40 Joe Tighe, M50 H Cisneros, M55 Jerry Donley, M60 Bob Richards, M65 Chet Henninger, Park Bingham.

Table with 3 columns: Event, Name, Time/Score. Includes Long Jump, M35 Rick Thomas, M40 Josh Owusu, M45 Dave Drennan, M50 Rick Schmidt, M55 Dick Hein, M60 Bob Richards, M65 Bill Carter, Park Bingham, Doc Bennett.

Table with 3 columns: Event, Name, Time/Score. Includes Triple Jump, M30 Tom Stuthard, M40 Josh Owusu, M50 D Hardin, M55 Dick Hein, M60 Bob Richards, M65 Bill Carter, Doc Bennett, W60 Corral Bennet.

Table with 3 columns: Event, Name, Time/Score. Includes Discus, M35 Dennis Umshler, M40 B Stuart, M50 Jim Lindsay, M55 J Reiserer, M60 George Nelson, M65 Max Goldsmith, M70 George Nelson, R Sharley, M80 Alfred Sealey, W40 Lurline Struppeck, W60 Carol Bennett.

Table with 3 columns: Event, Name, Time/Score. Includes Javelin, M30 Ken Ellis, M35 Rick Easley, M40 George Nelson, M45 Ronnie Rawls, M50 Dave Clark, M55 J Reiserer, M60 Bob Richards, M65 Doc Bennett, M80 Alfred Sealey, W40 Lurline Struppeck, W60 Carol Bennett.

Table with 3 columns: Event, Name, Time/Score. Includes 1600m Walk, M35 Mike Conn, M40 Tom Bass, M45 Jim Gross, W30 Irma Rodriguez, W35 Cindy Arbelbide.

Table with 3 columns: Event, Name, Time/Score. Includes 2 Mile Walk, M40 Rich Wadleigh, M55 Mel Back, M65 Gene Dix, W45 Joanna Dekeyser.

Table with 3 columns: Event, Name, Time/Score. Includes M55 Gordon Alburg, M60 Roger Assink, M65 Lee Hirst, M70 Fred Praeger, M75 Ed Bost, M80 Anthony Denardis.

Table with 3 columns: Event, Name, Time/Score. Includes 200m, M30 Fred Polich, M35 Dan Radiff, M40 Roger Assink, M45 Dennis Duffy, M50 C Miller, M55 Gordon Alburg, M60 Roger Assink, M65 Lee Hirst, M70 Fred Praeger, M75 A Denardis.

Table with 3 columns: Event, Name, Time/Score. Includes 400m, M30 Dan Radiff, M35 Dave Salazar, M40 Ed Sanchez, M45 Steve Ireland, M50 Paul Johnson, M55 Jim Schirber, M60 Jack Greenwood, M65 Lee Hirst, M75 A Denardis.

Table with 3 columns: Event, Name, Time/Score. Includes 800m, M30 James Garson, M35 Dave Salazar, M40 Ed Sanchez, M45 Steve Ireland, M50 Paul Johnson, M55 Jim Schirber, M60 Jack Greenwood, M65 Lee Hirst, M75 A Denardis.

Table with 3 columns: Event, Name, Time/Score. Includes 1000m, M50 Charley Miller, M55 Jerry Berry, M60 Jack Greenwood, M65 J W Pierson, M70 George Nelson, R Sharley, M80 Alfred Sealey, W40 Lurline Struppeck, W60 Carol Bennett.

Table with 3 columns: Event, Name, Time/Score. Includes 1100m, M30 Ken Ellis, M35 Rick Easley, M40 George Nelson, M45 Ronnie Rawls, M50 Dave Clark, M55 J Reiserer, M60 Bob Richards, M65 Doc Bennett, M80 Alfred Sealey, W40 Lurline Struppeck, W60 Carol Bennett.

Table with 3 columns: Event, Name, Time/Score. Includes Pole Vault, M45 Jeff Loubet, M50 Charley Miller, M60 Jack Greenwood, M65 Max Goldsmith, M70 George Nelson, R Sharley, M80 Alfred Sealey, W40 Lurline Struppeck, W60 Carol Bennett.



MID AMERICA

Blue River Valley Track Meet Marysville, KS; June 5

Table with 3 columns: Event, Name, Time/Score. Includes 20m, M50 Jerry Reiserer, M55 Stan Giles, M60 Ed Schmitz, W50 Cathy Utecht.

Continued on next page

Continued from previous page

Discus
M35 Dennis Umshler 45.75
D Dowling 32.76
M40 Phil Martinez 35.36
Bill Clark 34.55
George Nelson 32.47
M50 Jim Rothrock 38.68
M55 Wendell Palmer 55.49
M60 C Polk 21.22
M65 S Sadofsky 38.38
W35 Larbara Butler 37.77
W45 Laurie Rothrock 20.26
W55 Sally Polk 22.70
Andrew Dix 14.23

Javelin
M30 Ken Janson 56.34
Mike Yashonski 37.46
M35 Pete Farmer 67.76
M40 Phil Martinez 42.64
Bill Forsyth 24.00
Bill Clark 19.04
M50 Jim Rothrock 33.70
M55 Wendell Palmer 35.78
M60 Gene Polk 18.68
M70 Jack Pardee 23.82
Fred Praeger 21.96
M75 Ed Host 22.58
W35 Barbara Butler 24.78
W40 Laurie Rothrock 19.04
W55 Sally Polk 23.32

Pentathlon
M35 Roger Perkins 2409
M40 Bill Forsyth 2631
M55 Gordon Albury 3836
M65 Lee Hirst 3083
Weight Pentathlon
M40 B Forsyth 2329
Bill Clark 1967
Phil Martinez 1794
M50 Jim Rothrock 2964
M55 W Palmer 3305
W35 Barbara Butler 2211
W45 Laurie Rothrock 1405
W55 Sally Polk 1649

WEST
Western Regionals
Northridge, CA
July 16 & 17

100 Meter Sprint W/M
W61 Shirley Dietderich 17.81
W57 Magdalena Kuehne 16.53
W55 Marj Moo e 17.76
W54 Irene Obera 13.55
W48 Jeanne Carter 14.96
W40 Annelies Steekelenburg 15.00
W35 Carlene Nightingale 14.64
W32 Cheng-Er Mehmedbasich 15.79
M75 Bert Morrow 15.93
M74 Chia-Tsung Pao 18.71
M71 Hung Lu Yu 17.54
M70 Alfred Guidet 14.87
M68 Robert Hunt 14.59
M64 Thomas Miller 15.17
M63 Robert Dorren 16.60
M62 Barney Phillips 14.21
M62 Claude Taggart 14.52
M62 Gene Harte 13.27
M62 Robert Watanabe 13.12
M62 Frank Kishi 14.11
M56 Erver Mehmedbasich 14.46
M55 Tony Nasralla 13.31
200 Meter Sprint W/M
W61 Shirley Dietderich 36.80
W55 Marj Moore 36.74
W54 Irene Obera 27.67
W48 Jeanne Carter 29.56
W32 Tracey Watts 29.70
W32 Cheng Er Mehmedbasich 31.54
W32 Rosalyn Bryant 26.42
M68 Chas Mercurio 30.32
M68 Robert Hunt 29.53
M64 Claude Taggart 29.74
M64 Thomas Miller 31.30
M62 Gene Harte 27.52
M57 Will Robinson 27.37
M57 Frank Kishi 28.52
M56 Samuel Flory 28.00
M56 Erver Mehmedbasich 29.32
M56 Juan Pedevilla 30.86
M55 Tony Nasralla 27.02
M55 Bruce Springbett 25.27
M54 Nick Newton 24.63

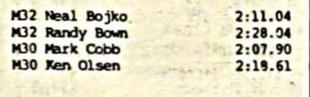
500 Meter Run W/M
W51 Jeanne Hoagland 5:53.84
M70 Ed Stotsenberg 6:33.21
M60 Al Escobosa 5:52.64
M60 Gunnar Linde 5:17.14
M64 Avery Bryant 5:53.15
M58 Jerry Withers 5:48.35
M56 Robert Culling 5:00.82
M52 Dan Kies 5:02.61
M46 William Waight 4:53.01
M45 Mike Mahler 4:36.48
M44 Tom Tomlinson 5:06.83
M42 Jim Hampton 4:07.53
M39 James Gelsomini 4:18.64
M35 Nolan Smith 4:03.73
M34 John Hall 4:04.70
M34 Gregory Lash 4:39.36
M32 Randy Bown 5:24.46
M30 Robert Radnoti 4:05.73
5000 Meter Run W/M
W40 Susan Ward 24:55.9
M60 Gunnar Linde 20:50.5
M59 Patrick Devine 18:08.6
M55 Schultz Mec 20:32.0
M48 James McDiarmid 18:52.2
M44 Michael Figueroa 16:49.3
M35 Dave Hunter 15:59.5
M35 Dan McKenna 16:01.2
M32 Randy Bown 21:19.8
M30 Roberto Avila 15:58.5
80 Meter Hurdles W/M
W53 Christel Miller 15.6
W40 Annelies Steekelenburg 13.7
M74 Chia-Tsung Pao 17.1
M70 Alfred Guidet 15.1

M52 Roger Tsuda 26.04
M51 Bob Lida 25.69
M51 Ed Oleata 25.74
M50 Ross Irving 26.11
M47 Mel Brooks 23.77
M45 Dennis Duffy 25.06
M44 Frank Little 22.91
M43 Joe Perry 26.29
M42 Stan Whitley 22.76
M41 George Birnbaum 27.18
M41 Bill Weinstock 25.04
M41 Russell Rutledge 23.65
M40 Raymond Yeck 24.85
M38 Earl Bryant 25.14
M38 Glenn Johnson 23.46
M38 Marion McCoy 23.29
M37 Bob Myers 25.40
M35 Frank Demby 25.08
M35 Rick Thoman 25.02
M35 Mike Black 23.99
M34 Marley Corey 27.53
M32 Neal Boyko 26.12
M30 Glen Reid 25.40
M30 Danny O'Connell 25.07
400 Meter Sprint W/M
WE: Mary Ames 2:50.22
W74 Dorothy Stotsenberg 1:57.04
W54 Irene Obera 1:05.87
W48 Jeanne Carter 1:07.06
W32 Cheng Er Mehmedbasich 1:11.09
W32 Rosalyn Bryant 1:44.00
M74 Ed Stotsenberg 1:21.87
M62 Robert Watanabe 1:04.74
M57 Will Robinson 1:03.97
M56 Erver Mehmedbasich 1:06.90
M55 Tony Nasralla 1:00.16
M55 Bruce Springbett 59.08
M52 Roger Tsuda 1:01.55
M51 Bob Lida 56.35
M50 Ross Irving 59.22
M47 Mel Brooks 52.52
M49 Phil Cordero 1:06.49
M45 Dennis Duffy 53.52
M44 Frank Little 51.42
M43 Don Parker 51.47
M42 Stan Whitley 49.62
M41 Bill Weinstock 58.09
M37 Jerry Williams 57.48
M34 Spencer Robinson 52.02
M32 Kevin Smith 52.49

800 Meter Run W/M
W51 Jeanne Hoagland 2:43.19
W49 Betty Simmons 4:25.67
W39 Jo Ann Douglas 4:44.27
W30 Mehmed Basich 2:48.99
M64 Avery Bryant 2:43.47
M60 Al Escobosa 2:39.09
M60 Gunnar Linde 2:31.18
M58 Jerry Withers 2:36.54
M57 Marsh Haraden 2:26.22
M56 Robert Culling 2:21.79
M56 Ross Dunton 2:31.40
M56 Lloyd McGuire 2:32.09
M55 Joe Harper 2:32.99
M53 Pete Richards 2:11.15
M50 Cliff Bedell 2:09.05
M50 Ross Irving 2:20.21
M49 Kelsey Dwight 2:29.90
M49 John Cosgrove 2:15.92
M48 George Cohen 2:02.53
M45 Harvey Franklin 2:02.89
M45 Dennis Duffy 2:13.25
M44 Don Parker 1:59.21
M44 George Mason 1:59.52
M42 Graeme Shirley 2:01.35
M41 Searcy Barnett 2:11.83
M41 Dustin Mann 2:04.45
M39 James Gelsomini 2:00.24
M38 Daryl Kacher 2:03.51
M38 Rex Hall 2:08.70
M35 Nolan Smith 1:57.81
M32 Neal Boyko 2:11.04
M32 Randy Bown 2:28.04
M30 Mark Cobb 2:07.90
M30 Ken Olsen 2:19.61

1500 Meter Run W/M
W51 Jeanne Hoagland 5:53.84
M70 Ed Stotsenberg 6:33.21
M60 Al Escobosa 5:52.64
M60 Gunnar Linde 5:17.14
M64 Avery Bryant 5:53.15
M58 Jerry Withers 5:48.35
M56 Robert Culling 5:00.82
M52 Dan Kies 5:02.61
M46 William Waight 4:53.01
M45 Mike Mahler 4:36.48
M44 Tom Tomlinson 5:06.83
M42 Jim Hampton 4:07.53
M39 James Gelsomini 4:18.64
M35 Nolan Smith 4:03.73
M34 John Hall 4:04.70
M34 Gregory Lash 4:39.36
M32 Randy Bown 5:24.46
M30 Robert Radnoti 4:05.73
5000 Meter Run W/M
W40 Susan Ward 24:55.9
M60 Gunnar Linde 20:50.5
M59 Patrick Devine 18:08.6
M55 Schultz Mec 20:32.0
M48 James McDiarmid 18:52.2
M44 Michael Figueroa 16:49.3
M35 Dave Hunter 15:59.5
M35 Dan McKenna 16:01.2
M32 Randy Bown 21:19.8
M30 Roberto Avila 15:58.5
80 Meter Hurdles W/M
W53 Christel Miller 15.6
W40 Annelies Steekelenburg 13.7
M74 Chia-Tsung Pao 17.1
M70 Alfred Guidet 15.1

4 X 100 Meter Relays
L.A. Valley A.C. 55.19
(Ambrose,Phillips,Harte,Watanabe)
So. Cal. Striders 59
(Bustamante,Cosgrove,Cobb,Viltz)
San Francisco T.C. 47.21
(Bryant,Denby,O'Connell,Thoman)
4 X 200 Meter Relays
L.A. Valley A.C. (60-69) 2:07.67
(Taggart,Harte,Ambrose,Watanabe)
L.A. Valley A.C. (40-49) 1:38.31
(Duffy,Parker,Birnbaum,Litt'e)
San Francisco T.C. (30-39) 1:38.08
(Bryant,Denby,O'Connell,Thoman)
Team Patriots USA (30-39) 1:37.11
(Kirkpatrick,Johnson,Williams,McCoy)
4 X 400 Meter Relays
So. Cal. Striders (50-59) 5:13.01
So. Cal. Striders (40-49) 4:49.69
San Francisco T.C. (30-39) 3:56.99
(Bryant,Denby,O'Connell,Thoman)
West Valley T.C.(B) (30-39) 3:47.11



High Jump W/M
W54 Christel Miller 4'4"
W40 Annelies Steekelenburg 4'8"
M76 Carol Johnston 3'7"
M65 Jim Johnson 4'1"
M63 Robert Dorren 3'9"
M54 Nick Newton 5'4"
M53 Jerry Stanners 4'10"
M46 Mike Wilhite 4'8"
M41 George Birnbaum 5'4"
M40 Charlie Rader 6'2"
M36 Joe McLean 6'0"
Pole Vault W/M
M76 Carol Johnston 8'6"
M71 Jim Vernon 10'2"
M68 A.U. Ricciardi 7'6"
M65 Thomas DeVaughn 7'0"
M65 Jim Johnson 9'0"
M56 Dave Douglas 8'6"
M53 Jerry Stanners 10'6"
M52 Hal Smith 8'6"
M51 Ed Oleata 11'0"
M50 Gary Miller 12'6"
M45 David Baumsteiger 10'6"
M45 Jim Evanson 11'0"
M39 Bert Serrano 12'6"
M39 Gordon Robertson 9'0"
M37 Greg Hull 12'6"
M32 Tim Werner 14'0"
Long Jump W/M
W54 Irene Obera 14'2 3/4"
W32 Cheng Er Mehmedbasich 12.8 1/2"
M68 Chas Mercurio 12'3 1/4"
M68 A.U. Ricciardi 11'11 3/4"
M52 Roger Tsuda 18'1 1/4"
M51 Joe Iseri 17'1 1/4"
M39 Gordon Robertson 16' 10"
M36 John Kuehne 18'6 1/4"
M35 Mike Black 18'6 1/4"

100 Meter Hurdles (M)
M68 Robert Hunt 18.67
M61 Ted Enslin 20.80
M56 Dave Douglass 19.1
M53 Jerry Stanners 17.88
M51 Ed Oleata 16.92
110 Meter High Hurdles (M)
M45 Theo Viltz 15.81
M45 Larry Sallenger 16.99
M44 Cornelius McCormick 16.19
M41 Richard Katus 15.89
M42 Fred Johnson 16.16
M33 Roosevelt Wells 15.35
300 Meter Intermediate Hurdles (M)
M70 Alfred Guidet 55.39
M68 Robert Hunt 53.76
M61 Wayne Ambrose 57.45
M62 Robert Watanabe 52.14
400 Meter Intermediate Hurdles (M)
M57 Will Robinson 47.57
M56 Dave Douglass 52.48
M55 Tony Nasralla 45.99
M51 Ed Oleata 45.42
M35 Russell Acea 58.09
M34 David Hoover 58.68
M34 John Kirkpatrick 56.98
M33 Andrew Hecker 1:02.5

2000 Meter Steeple Chase (M)
M64 Avery Bryant 9:06.23
3000 Meter Steeple Chase (M)
M54 Ted Oviatt 14:04.95
M49 John Cosgrove 12:25.73
M39 Roger Perkins 12:55.99
M35 Don Robinson 11:59.21

4 X 100 Meter Relays
L.A. Valley A.C. 55.19
(Ambrose,Phillips,Harte,Watanabe)
So. Cal. Striders 59
(Bustamante,Cosgrove,Cobb,Viltz)
San Francisco T.C. 47.21
(Bryant,Denby,O'Connell,Thoman)
4 X 200 Meter Relays
L.A. Valley A.C. (60-69) 2:07.67
(Taggart,Harte,Ambrose,Watanabe)
L.A. Valley A.C. (40-49) 1:38.31
(Duffy,Parker,Birnbaum,Litt'e)
San Francisco T.C. (30-39) 1:38.08
(Bryant,Denby,O'Connell,Thoman)
Team Patriots USA (30-39) 1:37.11
(Kirkpatrick,Johnson,Williams,McCoy)
4 X 400 Meter Relays
So. Cal. Striders (50-59) 5:13.01
So. Cal. Striders (40-49) 4:49.69
San Francisco T.C. (30-39) 3:56.99
(Bryant,Denby,O'Connell,Thoman)
West Valley T.C.(B) (30-39) 3:47.11

Triple Jump W/M
W57 Magdalena Kuehne 7.86
M76 Art Vesco 5.69
M73 John Demski 8.48
M68 Chas Mercurio 8.41
M65 Jim Johnson 9.11
M56 Dave Johnson 12.35
M55 Tony Nasralla 9.53
M50 Alvin Henry 11.31
M46 Mike Wilhite 9.49
M40 Milan Tiff 15.36
M39 Joel Whitfield 11.73
M35 Robertson Gordon 10.35
Shot Put W/M
W35 Janet Wilson 9.56
M81 Burt DeGroot 8.43
M76 Art Vesco 7.86
M75 James York 10.24
M70 Dan Aldrich 7.37
M70 Jerry Siefert 11.40
M68 Bob Stone 9.90
M68 A.U. Ricciardi 8.74
M64 Bill Bangert 12.22
M65 Tony Lombardi 8.60
M61 Michael Orlich 13.05
M59 Harry Hawke 12.29
M58 Jerry Wojcik 8.33
M56 Dave Douglass 10.35
M54 Dennis Rietz 12.49
M53 Rick Ross 12.91
M52 Hal Smith 14.14
M51 James Hart 14.28
M50 Allan Brown 10.35
M49 John White 9.97
M39 Mike Deller 13.87
M38 Gary Kelmenson 10.82
M35 Bill Pendleton 14.95
M35 Russ Reabold 13.32

Discus Throw W/M
W61 Shirley Dietderich 20.14
W53 Christel Miller 23.76
W35 Janet Wilson 40.78
M81 Burt DeGroot 25.48
M75 James York 27.40
M70 Dan Aldrich 42.16
M69 Jim Sullenger 29.80
M68 A.U. Ricciardi 33.30
M68 Bob Stone 36.24
M64 Bill Bangert 39.50
M61 Michael Orlich 37.66
M61 Del Pickarts 44.10
M59 Harry Hawke 40.46
M58 Jerry Wojcik 25.00
M56 Dave Douglass 29.66
M54 Dennis Rietz 37.78
M52 Hal Smith 38.28
M51 James Hart 42.48
M50 Bob Humphreys 46.80
M50 Allan Brown 41.22
M49 John White 29.18
M46 Lloyd Higgins 51.12
M45 Michael Woodward 37.62
M40 Frank Reilly 47.74
M39 Mike Diller 40.68
M38 Dennis Umshler 47.54
M38 Gary Kelmenson 32.86
M35 Russ Reabold 41.58
M32 Tim Werner 34.62

Hammer Throw W/M
M76 Art Vesco 28.58
M75 James York 31.14
M70 Dan Aldrich 42.94
M68 A.U. Ricciardi 28.42
M68 Bob Stone 31.80
M65 Thomas DeVaughn 31.42
M65 Bill Bangert 36.54
M62 Enson Grim 13.94
M58 Jerry Wojcik 29.12
M56 Dave Douglas 38.76
M50 James Hart 37.58
M50 Bob Humphreys 42.74
M49 John White 29.94
M48 Abe Sheinker 30.60
M46 Lloyd Higgins 45.88
M39 Mike Deller 50.60
M38 Gary Kelmenson 45.28

Javelin Throw W/M
W61 Shirley Dietderich 19.58
W53 Christel Miller 29.90
W34 Sheila Carpenter 45.60
M76 Art Vesco 18.76
M75 James York 17.66
M70 Jerry Siefert 33.92
M68 Bob Stone 29.54
M68 A.U. Ricciardi 27.44
M65 Tony Lombardi 37.12
M61 Del Pickarts 55.66
M58 Jerry Wojcik 31.00
M55 Chuck Coutts 34.88
M52 Hal Smith 36.06
M50 Larry Stuart 58.78
M50 Dennis Rietz 35.66
M46 H. Kelsey 48.16
M45 Michael Woodward 41.52
M40 Richard Selby 51.40
M40 Warren Jarvis 59.12
M40 Steve Wilke 56.08
M40 Richard Rook 39.10
M39 Ron Rook 40.06
M38 Joseph Greenberg 60.60

\*Pentathlon 200 Meter\*
M80 Ken Carnine 35.5
M68 A.U. Ricciardi 36.1
M62 Jock Jacoy 29.1
M55 Ed Martin 29.0
M48 Robert Jones 26.1
M44 Cornelius McCormick 27.1
M41 Bill Sevilla 30.0
M40 Frank Reilly 25.0
M39 Ron Rook 29.3
M37 Marcel Lacroix 29.6
M30 Bernard Wooten 26.0

\*Pentathlon 1500 Meter\*
M80 Ken Carnine 8:02.9
M68 A.U. Ricciardi DNF
M62 Jock Jacoy 6:22.1
M62 Jock Jacoy 6:24.9
M65 Ed Martin 5:57.7
M68 Robert Jones 6:01.8
M44 Cornelius McCormick 6:47.6
M41 Bill Sevilla DNF
M40 Frank Reilly 5:00.2
M39 Ron Rook 5:23.8
M37 Marcel Lacroix 4:56.6
M30 Bernard Wooten 4:56.6

\*Pentathlon Long Jump\*
M80 Ken Carnine 2.79
M71 Hung Yu 2.62
M68 A.U. Ricciardi 3.75
M62 Jock Jacoy 4.29
M55 Ed Martin 4.74
M48 Robert Jones 4.94
M44 Cornelius McCormick 5.02
M41 Bill Sevilla 3.34
M40 Frank Reilly 5.58
M39 Ron Rook 4.65
M37 Marcel Lacroix 4.04
M30 Bernard Wooten 4.91

\*Pentathlon Discus Throw\*
M80 Ken Carnine 26.60
M68 A.U. Ricciardi 30.98
M62 Jock Jacoy 26.22
M65 Ed Martin 32.68
M48 Robert Jones 21.74
M44 Cornelius McCormick 35.00
M41 Bill Sevilla 27.34
M40 Frank Reilly 46.66
M39 Ron Rook 22.94
M37 Marcel Lacroix 20.82
M30 Bernard Wooten 20.74

\*Pentathlon Javelin Throw\*
M80 Ken Carnine 25.72
M71 Hung Yu DNF
M68 A.U. Ricciardi 27.36
M62 Jock Jacoy 29.32
M65 Ed Martin 37.74
M48 Robert Jones 31.84
M44 Cornelius McCormick 44.92
M41 Bill Sevilla 31.64
M40 Frank Reilly 51.74
M39 Ron Rook 43.18
M37 Marcel Lacroix 29.68
M30 Bernard Wooten 26.74

5K Track Walk W/M
W65-69 Rose Kash 36:40
W60-64 Collie Greene 32:41
W55-59 Sandra Johnson 33:26
W50-54 Sheila Smith 30:22
W45-49 Jill Latham 32:53
W45-49 Joann Nedelco 26:37
W45-49 Virginia Scales 28:41
W45-49 Espie Lassanyi 33:31
W45-49 Helen Smith 35:12
W40-44 Donna Cunningham 30:45
W30-34 Joan Smith 30:24
M80-84 Ches Thrush 40:00
M60-64 John Burns 31:03
M55-59 John Kelly 27:36
M55-59 Joe Weston 32:15
M55-59 Tom Hodgkin 35:55
M50-54 Richard Oliver 26:57
M50-54 Al Brumer 27:43
M50-54 Robert Meador 27:45
M50-54 Carl Meador 28:30
M45-49 Jesus Orenkain 27:33
M45-49 Dave Snyder 28:12
M45-49 Wayne Wurzbarger 29:15
M45-49 Don Richmond 31:20

20k Track Walk W/M
W60-64 Collie Greene 2:33:42
W50-54 Jill Latham 2:15:54
W45-49 Virginia Scales 2:22:35
W40-44 Linda Kroesen 2:26:34
W30-34 Joan Smith 2:20:25
M50-54 Richard Oliver 1:58:08
M50-54 Carl Acosta 2:04:28
M50-54 Robert Meador 2:08:15
M45-49 Jim Coots 1:55:14
M45-49 Dave Snyder 1:59:55
M45-49 Wayne Wurzbarger 2:17:47

100 Meter Sprint W/M
W61 Shirley Dietderich 17.81
W57 Magdalena Kuehne 16.53
W55 Marj Moo e 17.76
W54 Irene Obera 13.55
W48 Jeanne Carter 14.96
W40 Annelies Steekelenburg 15.00
W35 Carlene Nightingale 14.64
W32 Cheng-Er Mehmedbasich 15.79
M75 Bert Morrow 15.93
M74 Chia-Tsung Pao 18.71
M71 Hung Lu Yu 17.54
M70 Alfred Guidet 14.87
M68 Robert Hunt 14.59
M64 Thomas Miller 15.17
M63 Robert Dorren 16.60
M62 Barney Phillips 14.21
M62 Claude Taggart 14.52
M62 Gene Harte 13.27
M62 Robert Watanabe 13.12
M62 Frank Kishi 14.11
M56 Erver Mehmedbasich 14.46
M55 Tony Nasralla 13.31
200 Meter Sprint W/M
W61 Shirley Dietderich 36.80
W55 Marj Moore 36.74
W54 Irene Obera 27.67
W48 Jeanne Carter 29.56
W32 Tracey Watts 29.70
W32 Cheng Er Mehmedbasich 31.54
W32 Rosalyn Bryant 26.42
M68 Chas Mercurio 30.32
M68 Robert Hunt 29.53
M64 Claude Taggart 29.74
M64 Thomas Miller 31.30
M62 Gene Harte 27.52
M57 Will Robinson 27.37
M57 Frank Kishi 28.52
M56 Samuel Flory 28.00
M56 Erver Mehmedbasich 29.32
M56 Juan Pedevilla 30.86
M55 Tony Nasralla 27.02
M55 Bruce Springbett 25.27
M54 Nick Newton 24.63

1500 Meter Run W/M
W51 Jeanne Hoagland 5:53.84
M70 Ed Stotsenberg 6:33.21
M60 Al Escobosa 5:52.64
M60 Gunnar Linde 5:17.14
M64 Avery Bryant 5:53.15
M58 Jerry Withers 5:48.35
M56 Robert Culling 5:00.82
M52 Dan Kies 5:02.61
M46 William Waight 4:53.01
M45 Mike Mahler 4:36.48
M44 Tom Tomlinson 5:06.83
M42 Jim Hampton 4:07.53
M39 James Gelsomini 4:18.64
M35 Nolan Smith 4:03.73
M34 John Hall 4:04.70
M34 Gregory Lash 4:39.36
M32 Randy Bown 5:24.46
M30 Robert Radnoti 4:05.73
5000 Meter Run W/M
W40 Susan Ward 24:55.9
M60 Gunnar Linde 20:50.5
M59 Patrick Devine 18:08.6
M55 Schultz Mec 20:32.0
M48 James McDiarmid 18:52.2
M44 Michael Figueroa 16:49.3
M35 Dave Hunter 15:59.5
M35 Dan McKenna 16:01.2
M32 Randy Bown 21:19.8
M30 Roberto Avila 15:58.5
80 Meter Hurdles W/M
W53 Christel Miller 15.6
W40 Annelies Steekelenburg 13.7
M74 Chia-Tsung Pao 17.1
M70 Alfred Guidet 15.1

4 X 100 Meter Relays
L.A. Valley A.C. 55.19
(Ambrose,Phillips,Harte,Watanabe)
So. Cal. Striders 59
(Bustamante,Cosgrove,Cobb,Viltz)
San Francisco T.C. 47.21
(Bryant,Denby,O'Connell,Thoman)
4 X 200 Meter Relays
L.A. Valley A.C. (60-69) 2:07.67
(Taggart,Harte,Ambrose,Watanabe)
L.A. Valley A.C. (40-49) 1:38.31
(Duffy,Parker,Birnbaum,Litt'e)
San Francisco T.C. (30-39) 1:38.08
(Bryant,Denby,O'Connell,Thoman)
Team Patriots USA (30-39) 1:37.11
(Kirkpatrick,Johnson,Williams,McCoy)
4 X 400 Meter Relays
So. Cal. Striders (50-59) 5:13.01
So. Cal. Striders (40-49) 4:49.69
San Francisco T.C. (30-39) 3:56.99
(Bryant,Denby,O'Connell,Thoman)
West Valley T.C.(B) (30-39) 3:47.11

Triple Jump W/M
W57 Magdalena Kuehne 7.86
M76 Art Vesco 5.69
M73 John Demski 8.48
M68 Chas Mercurio 8.41
M65 Jim Johnson 9.11
M56 Dave Johnson 12.35
M55 Tony Nasralla 9.53
M50 Alvin Henry 11.31
M46 Mike Wilhite 9.49
M40 Milan Tiff 15.36
M39 Joel Whitfield 11.73
M35 Robertson Gordon 10.35
Shot Put W/M
W35 Janet Wilson 9.56
M81 Burt DeGroot 8.43
M76 Art Vesco 7.86
M75 James York 10.24
M70 Dan Aldrich 7.37
M70 Jerry Siefert 11.40
M68 Bob Stone 9.90
M68 A.U. Ricciardi 8.74
M64 Bill Bangert 12.22
M65 Tony Lombardi 8.60
M61 Michael Orlich 13.05
M59 Harry Hawke 12.29
M58 Jerry Wojcik 8.33
M56 Dave Douglass 10.35
M54 Dennis Rietz 12.49
M53 Rick Ross 12.91
M52 Hal Smith 14.14
M51 James Hart 14.28
M50 Allan Brown 10.35
M49 John White 9.97
M39 Mike Deller 13.87
M38 Gary Kelmenson 10.82
M35 Bill Pendleton 14.95
M35 Russ Reabold 13.32

Discus Throw W/M
W61 Shirley Dietderich 20.14
W53 Christel Miller 23.76
W35 Janet Wilson 40.78
M81 Burt DeGroot 25.48
M75 James York 27.40
M70 Dan Aldrich 42.16
M69 Jim Sullenger 29.80
M68 A.U. Ricciardi 33.30
M68 Bob Stone 36.24
M64 Bill Bangert 39.50
M61 Michael Orlich 37.66
M61 Del Pickarts 44.10
M59 Harry Hawke 40.46
M58 Jerry Wojcik 25.00
M56 Dave Douglass 29.66
M54 Dennis Rietz 37.78
M52 Hal Smith 38.28
M51 James Hart 42.48
M50 Bob Humphreys 46.80
M50 Allan Brown 41.22
M49 John White 29.18
M46 Lloyd Higgins 51.12
M45 Michael Woodward 37.62
M40 Frank Reilly 47.74
M39 Mike Diller 40.68
M38 Dennis Umshler 47.54
M38 Gary Kelmenson 32.86
M35 Russ Reabold 41.58
M32 Tim Werner 34.62

Hammer Throw W/M
M76 Art Vesco 28.58
M75 James York 31.14
M70 Dan Aldrich 42.94
M68 A.U. Ricciardi 28.42
M68 Bob Stone 31.80
M65 Thomas DeVaughn 31.42
M65 Bill Bangert 36.54
M62 Enson Grim 13.94
M58 Jerry Wojcik 29.12
M56 Dave Douglas 38.76
M50 James Hart 37.58
M50 Bob Humphreys 42.74
M49 John White 29.94
M48 Abe Sheinker 30.60
M46 Lloyd Higgins 45.88
M39 Mike Deller 50.60
M38 Gary Kelmenson 45.28

Javelin Throw W/M
W61 Shirley Dietderich 19.58
W53 Christel Miller 29.90
W34 Sheila Carpenter 45.60
M76 Art Vesco 18.76
M75 James York 17.66
M70 Jerry Siefert 33.92
M68 Bob Stone 29.54
M68 A.U. Ricciardi 27.44
M65 Tony Lombardi 37.12
M61 Del Pickarts 55.66
M58 Jerry Wojcik 31.00
M55 Chuck Coutts 34.88
M52 Hal Smith 36.06
M50 Larry Stuart 58.78
M50 Dennis Rietz 35.66
M46 H. Kelsey 48.16
M45 Michael Woodward 41.52
M40 Richard Selby 51.40
M40 Warren Jarvis 59.12
M40 Steve Wilke 56.08
M40 Richard Rook 39.10
M39 Ron Rook 40.06
M38 Joseph Greenberg 60.60

\*Pentathlon 200 Meter\*
M80 Ken Carnine 35.5
M68 A.U. Ricciardi 36.1
M62 Jock Jacoy 29.1
M55 Ed Martin 29.0
M48 Robert Jones 26.1
M44 Cornelius McCormick 27.1
M41 Bill Sevilla 30.0
M40 Frank Reilly 25.0
M39 Ron Rook 29.3
M37 Marcel Lacroix 29.6
M30 Bernard Wooten 26.0

\*Pentathlon 1500 Meter\*
M80 Ken Carnine 8:02.9
M68 A.U. Ricciardi DNF
M62 Jock Jacoy 6:22.1
M62 Jock Jacoy 6:24.9
M65 Ed Martin 5:57.7
M68 Robert Jones 6:01.8
M44 Cornelius McCormick 6:47.6
M41 Bill Sevilla DNF
M40 Frank Reilly 5:00.2
M39 Ron Rook 5:23.8
M37 Marcel Lacroix 4:56.6
M30 Bernard Wooten 4:56.6

\*Pentathlon Long Jump\*
M80 Ken Carnine 2.79
M71 Hung Yu 2.62
M68 A.U. Ricciardi 3.75
M62 Jock Jacoy 4.29
M55 Ed Martin 4.74
M48 Robert Jones 4.94
M44 Cornelius McCormick 5.02
M41 Bill Sevilla 3.34
M40 Frank Reilly 5.58
M39 Ron Rook 4.65
M37 Marcel Lacroix 4.04
M30 Bernard Wooten 4.91

\*Pentathlon Discus Throw\*
M80 Ken Carnine 26.60
M68 A.U. Ricciardi 30.98
M62 Jock Jacoy 26

Continued from previous page

Table with 2 columns: Name and Time. Includes entries like M70 Bill Van Fleet 6:36.1, M80 Sid Madden 7:50.7, M50 Vicki Bigelow 5:23.3.

Table with 2 columns: Name and Time. Includes entries like M40 Ramney Thomas 9:30.4, M50 Ken Allen 11:34.3, M55 Dave Stevenson 10:57.8.

Table with 2 columns: Name and Time. Includes entries like M55 Marion Sanchez 49.1, M30 James Weems 56.2, M30 Jerry Stanners 17.4w.

Table with 2 columns: Name and Time. Includes entries like M55 Marion Sanchez 19.3w, M30 James Weems 14.6w, M35 Ed Baskauskas 14.6w.

Table with 2 columns: Name and Time. Includes entries like M40-49 West Valley T.C. 50.1, M40-49 S.B. Artists 1.41.1.

Table with 2 columns: Name and Time. Includes entries like M30-39 IDN's S.F. TC 1.34.8, M40-49 S.B. Artists 1.41.1.

Table with 2 columns: Name and Time. Includes entries like M35 Ed Baskauskas 5-10, M40 Drew Stevick 4-4, M45 Don Dvorak 4-10.

Table with 2 columns: Name and Time. Includes entries like M35 Bert Serrano 12-6, M40 Richard Ying 12-0.75, M50 Jerry Stanners 10-6.75.

Table with 2 columns: Name and Time. Includes entries like M30 Jim Scileny 11-9.5, M35 Maurice Valentine 19-3.5, M40 James Hollister 18-7.5.

Table with 2 columns: Name and Time. Includes entries like M30 Ric. Quilantang 35-7.5, M35 Maur. Valentine 35-2, M40 James Hollister 38-1.25.

Table with 2 columns: Name and Time. Includes entries like M30 Rich Gorbet 14.90, M35 Gary Schmidt 12.02, M40 Mike Holzgang 10.84.

Table with 2 columns: Name and Time. Includes entries like M30 Rich Gorbet 38.68, M35 Gary Schmidt 36.14, M40 Mike Holzgang 30.90.

Table with 2 columns: Name and Time. Includes entries like M45 Joe Ursini 30.92, M50 Jim Hart 37.80, M60 Jack Morrill 29.48.

NORTHWEST Northwest Masters Championships, July 22-23 Gresham, OR.

Table with 2 columns: Name and Time. Includes entries like M30 SEELEY, CATHERINE 17.55, M35 PASTER-GILBERT, PENE 13.02, M40 HURRAT, PAMELA 15.69.

Table with 2 columns: Name and Time. Includes entries like M-45 MORIOKA, HAROLD 11.90, M-45 JENSEN, BOB 12.25, M-45 PUCKETT, JIM 12.45.

Table with 2 columns: Name and Time. Includes entries like M-30 SEELEY, CATHERINE 26.84, M-35 BIRCH, DAWN 30.15, M-40 HURRAT, PAMELA 30.16.

Table with 2 columns: Name and Time. Includes entries like M-30 SEELEY, CATHERINE 1:01.16, M-35 HURRAT, PAMELA 1:14.34, M-40 HURRAT, PAMELA 1:21.46.

Table with 2 columns: Name and Time. Includes entries like M-30 SEELEY, CATHERINE 2:30.47, M-35 RUSSELL, MARY 2:30.61, M-35 HOLMSTROM, KATY 2:34.88.

Table with 2 columns: Name and Time. Includes entries like M-30 SEELEY, CATHERINE 5:06.06, M-40 BALLARD, BARBARA 5:27.93, M-45 HURRAT, PAMELA 5:28.27.

Table with 2 columns: Name and Time. Includes entries like M-30 BIRCH, DAWN 11:47.69, M-35 HURRAT, PAMELA 16:35.69, M-40 BALLARD, BARBARA 12:28.41.

Table with 2 columns: Name and Time. Includes entries like M-30 MCLAUGHLIN, GREG 16.49, M-35 BURL, ROBERT 16.75, M-55 REPPER, JOHN 19.53.

Table with 2 columns: Name and Time. Includes entries like M-30 MCLAUGHLIN, GREG 1:01.42, M-35 BAKER, HARVEY 1:01.94, M-40 ANDERSON, RAY 1:14.21.

Table with 2 columns: Name and Time. Includes entries like M-35 JANE, BARRY 10:34.98, M-40 SCHULTZ, VALDENAR 12:29.51, M-55 REPPER, JOHN 11:54.47.

Table with 2 columns: Name and Time. Includes entries like M-45 SISELY, BECKY 27:01.00, M-30 LARITA, NIKI 46:03.50, M-40 KOBIC, KARL 31:10.50.

Table with 2 columns: Name and Time. Includes entries like M-45 MCCURRY, JAN 32:10, GILMORE, CARMEN 24:04, SISELY, BECKY 20:02.

Table with 2 columns: Name and Time. Includes entries like M-45 SISELY, BECKY 65:04, GILMORE, CARMEN 55:01, SHEPHERD, SHARON 51:07.

Table with 2 columns: Name and Time. Includes entries like M-30 OSBORN, BRITT 111:02, VALLEY, TONY 62:03, M-35 BRALY, PAT 181:01.

Table with 2 columns: Name and Time. Includes entries like M-45 SISELY, BECKY 82:03, SCHLEWITZ, ROSA 53:05, M-40 SALLISBURY, MARILLA 28:04.



Continued from previous page

M55 O Niemi	FI 11.83
A Joaniquet	SP 11.12
D Marshall	GB 10.97
M60 A Compri	IT 11.10
M65 O Aura	FI 9.27
M70 A Gustavson	SWE 9.43
M75 V Colo	IT 8.38

Shot Put

M40 J Forst	WG 17.28
J Pink	AU 15.09
K Weimann	WG 14.30
M45 M Buchmeuller	WG 16.04
H Liedtke	WG 15.89
P Spiller	WG 15.52
M50 P Speckens	WG 16.05
M55 H Poetsch	AU 14.89
M60 R Strandli	SWE 15.16
M65 H Bitter	WG 12.86
M70 E Voitto	FI 13.42
M75 O Renali	FI 11.42
M80 L Cicconi	IT 9.15
W35 V Hohenberg	WG 13.77
S Pallay	HU 13.71
M Thomas	HO 12.59
M40 E Anderes	SW 13.49
B Terry	GB 11.33
W45 B Lange	WG 11.68
W50 A Ruhlow	WG 13.15
W55 R Chrimes	GB*11.74
W60 M Hamm	WG 11.17
W65 P Schneiderhan	WG 8.41
W70 A Binder	WG 7.62
W75 H Gelbrich	WG 6.87

Discus

M40 K Weiffenbach	WG 49.50
J Pink	AU 49.26
J Forst	WG 47.34
M45 U Reulung	WG 45.30
P Spiller	WG 44.12
K Albers	WG 43.50
M50 P Speckens	WG 52.72
C Rado	IT 51.58
G Haraczko	WG 46.44

M55 H Brandt

M55 H Brandt	WG 45.78
E Kelf	WG 44.38
R Rzhak	WG 44.06
M60 J Vyskousky	CZ 45.20
R Strandli	SWE 45.08
S Franz	WG 43.14
M65 H Bitter	WG 43.36
C Lindstedt	SWE 41.46
M Batby	FR 41.44
M70 E Ruuska	FI 42.50
A Gustavson	SWE 40.20
M75 O Renvall	FI 37.74
M80 V Viitala	FI 27.80
W35 S Pallay	HU 54.78
U Kokonber	WG 44.36
C Berkout-Kuys	HO 41.72
W40 G Heinrich	WG 41.10
B Moller	WG 41.02
E Aneres	SW 40.36
W45 G Stetcher	WG 34.02
K Schallahu	WG 32.00
B Lange	WG 30.66
W50 A Ruhlow	WG 41.86
S Wussingeme	HU 38.62
W55 R Chrimes	GB*35.84
J Schaefer	WG 29.82
W60 M Hamm	WG*32.22
K Jortikka	FI 24.34
M Barth	WG 24.06
W65 H Groth	WG 20.52
W70 A Reille	WG*24.12
W75 H Gelbrich	WG 17.78

Hammer

M40 R Schneider	SW 55.28
A Orn	FI 53.74
J Pedroso	POR 50.78
M45 S Stiglic	YU 59.14
R Krzesinsky	POL 55.58
H Wehrli	SW 51.62
M50 P Nemeth	HU 53.66
I Tuomela	FI 51.82
W Kiener	WG 50.78
M55 H Poetsch	AU 58.68
R Rzhak	WG 56.84
S Giovanetti	IT 48.80
M60 H Merry	WG 46.44
A Fischer	SW 45.90
H Okokum	DE 44.94
M65 E Antilla	FI 45.18
A Sonneck	WG 42.18
H Gross	WG 40.30
M70 E Ruuska	FI 40.82
E Schottle	WG 39.32
M75 O Renvall	FI 36.84

Javelin

M40 S Leroy	FR 66.64
T Sorlie	NO 59.08
J Kolar	CZ 58.44
M45 T Huotilainen	FI 58.38
B Wehrli	SW 58.30
G Gandrich	WG 57.58
M50 V Von Wartburg	SW 59.24
O Varis	FI 54.26
H Urpinen	FI 52.80
M55 J Kopitar	YU 53.86
M Koffman	WG 50.26
R Rzfak	WG 50.26
M60 V Jaranainen	FI 52.74
H Werthner	AU 47.12
M65 M Mertakivi	FI 48.40
W Barth	WG 43.84
G Lockner	AU 40.50

M70 V Ojaranta	FI ----
L Sahlstrom	FI 37.60
A Koch	WG 37.30
M75 G Skepe	WG 37.68
B Benetollo	IT 31.56
M80 B Baker	GB 20.68
W35 Berkcut-Kuys	HO 51.10
K Wachter	SW 40.12
I Laine	FI 31.50
W40 O Thiele	WG 42.72
J Klimesova	CZ 42.28
N Bezjac	YU 41.78
W45 S Meili	SW 30.68
J Kertesz	HU 29.54
W50 S Sckonauer	AU 37.46
U Reinacha	WG 37.26
C Graham	GB 31.54
W55 L Leiss	WG 33.70
W60 M Hann	WG 29.62
W65 M Ronni	FI 20.10

Pentathlon

M40 M Corden	GB 3816
F Malchau	DE 3687
R Bruhne	WG 3594
M45 L Carvalho	POR 3796
K Marila	FI 3699
G Plucker	WG 3660
M50 G Braun	WG 4019
P Vademann	WG 3958
J Ross	GB 3868
M55 H Packler	WG 4237
K Jakobs	WG 4101
H Probst	WG 3991
M65 W Schreiber	WG 4217
M70 A Koch	WG 4592
M75 R Rechwarot	WG 4376
W35 D Mandl	AU 3706
W40 M Dakler	SM ---
W45 E Graff	BE ---
P McNab	GB ---
W55 G Mjelde	NO 3719

5000m Track Walk

M40 A Zambaldo	IT 21:57.3
R Care	GB 22:23.8
J C Berton	FR 22:24.7
M45 D Zschiesche	WG 23:46.2
H Nigro	IT 24:07.1
A Smallwood	GB 24:13.6
M50 D Stevens	GB 23:28.4
M Sciarretta	IT 24:27.9
A Jordana	FR 24:37.4
M55 K Svensson	SWE 26:03.1
W Baier	WG 26:21.0
P Worth	GB 26:22.0
M60 I Petterson	SWE 27:21.7
E Alcaine	BE 27:45.8
D Withers	GB 28:10.1
M65 A Sturni	FR 26:56.4
C Bomba	IT 27:05.4
E Canals	SP 28:50.0
D Sanviek	NO 27:53.6
O Kankaanpaa	FI 30:12.9
T Stale	SWE 30:59.9
M75 F Scinone	IT 30:34.9
G DePetra	IT 32:20.8
M80 S Tormoen	NO 34:22.2
W35 A Larsson	SWE 26:18.5
M Robertson	FI 27:02.5
G Kutze	WG 28:40.6
W40 J Bonnet	FR 25:38.5
M Bianchi	IT 26:08.6
C Bean	GB 27:04.2
W45 K Lindgren	SWE 29:10.3
P Wilson	GB 31:23.3
R Girards	WG 31:23.7
W50 G Migliasso	IT 27:41.6
L Kalweit	WG 31:31.7
A Maimbourg	FR 31:42.5
W55 H Worth	GB 28:18.1
I Heq	BE 32:24.3
W60 O Meyer	WG*28:08.3
K Larsson	SWE 31:29.3
R Scott	GB 32:06.8
W70 B Tibbling	SWE*30:08.9

10K Road Walk Women

W35 A Larsson	SWE 52:13.9
K Malin	SWE 53:28.3
M Robertson	FI 54:45.7
W40 J Bonnet	FR 53:26.8
C Bean	GB 55:20.3
E Kuchebecker	WG 56:42.5
F De Wolf	-- 54:39.0
K Lindgren	SWE 58:48.0
P Wilson	GB 62:27.6
W50 G Migliasso	IT 55:52.9
Kalweit-Marloth	WG 56:58.9
A Sawyer	GB 62:12.5
W55 M Worth	GB 57:28.2
A Bjorkhan	SWE 64:53.6
W60 O Meyer	WG*56:38.0
K Larsson	SWE 61:40.0
R Scott	GB 64:46.9
W65 M Bengtsson	SWE 62:02.5
W70 B Tibbling	SWE*60:17.6
W75 F Bonnans	FR*72:02.7

\*Age-group world record

20K Road Walk Men

M40 L Zambaldo	IT 1:31:34
M Kattila	FI 1:37:01
J C Berton	FR 1:38:51
M45 D Zschiesche	WG 1:34:08
M Nigro	IT 1:35:52
G Bordou	IT 1:41:34

M50 R Pelliccia	IT 1:41:39
D Stevens	GB 1:43:51
M Sciarretta	IT 1:44:35
M55 K E Svensson	SWE 1:47:40
P Worth	GB 1:48:34
W Baier	WG 1:49:29
M60 R Austermeuhle	WG 1:54:24
I Petterson	SWE 1:55:17
M65 A Sturni	FR 1:53:51
E Stazi	IT 2:03:15
M Canals	SP 2:05:09
M70 O Sandvick	NO 1:58:37
O Kankaanpaa	FI 2:04:21
M75 F Scinone	IT 2:08:31
G De Petra	IT 2:09:04
M80 S Tormoen	NO 2:27:37

Marathon	
M40 F Blommaerts	BE 2:26:26
O Van Noten	BE 2:27:56
R Vuillemont	FR 2:28:37
M45 G Pruni	IT 2:35:47
M50 P Manisti	IT 2:44:42
M55 L Acquarone	IT 2:42:35
M60 E Schunacher	SW 2:58:17
M65 K Karasniemi	FI 3:14:48
W35 C Taroni	IT 2:46:40
W40 M Stenbach	NO 3:03:47
W45 M Schroder	WG 3:03:03
W50 E Pohl	WG 3:07:58



**LONG DISTANCE RESULTS**

Please send masters race results to: National Masters News, P.O. Box 2372, Van Nuys, CA 91404. Please include date, distance and city.

**NATIONAL**

**U.S. National Masters Mile Championships**  
Hibbing, MN; July 23

M40 Robert Wagner	4:44.8
Jerome Schaubach	4:52.6
Larry Holmberg	5:04.5
M45 Rick Kleyman	4:44.0
Marty Lunnann	5:25.2
John Mullen	6:13.7
M50 George Savanick	4:54.8
Gary DeFrance	5:14.9
M55 Bill Fraser	5:21.7
Don Rivard	5:50.2
M60 John Keston	5:18.2
Dick Benson	5:20.3
M65 Floyd Young	5:31.7
John Burton	6:07.3
W40 Ann Day	5:47.0
W55 Ruth Dean	8:03.1

**EAST**

**Old Dominion 100-Miler**  
Arlington, VA; June 3

1. Dave Horton	38 18:38
2. Dennis Fugate	36 19:12
3. Dennis Herr	41 19:27
4. David Powell	35 19:55
6. Dick Brainard	42 20:14
7. Wendell Robinson	36 20:22
8. Tom Green	37 20:27
10. W. Christopherson	39 20:41
11. Scott Mills	36 21:03
13. Russ Moore	48 21:23
14. Vicki Johnson	F44 21:26
15. Greg Brooks	40 24:42
17. Dave Samuelson	38 21:44
18. Tom Bunk	46 21:49
19. Dennis Hagele	44 21:49
20. Mike Ranck	36 21:50
21. Dana Gard	43 22:01
23. Dick Sitter	49 22:03
24. Jim Orr	41 22:14
26. Ron Shaw	35 22:26
27. Gordon Hardman	37 22:46
28. Larry Williams	39 23:06
29. Anstr Davidson	42 23:06
30. Harlow Akins	43 23:07
31. Laura Perry	F36 23:16
33. Dick West	46 23:24
34. Nancy March	F41 23:26
35. Jay Norman	50 23:28
37. Mike Robertson	37 23:33
38. Ron Zadroga	48 23:33
43. Linda Sledge	F40 25:28
44. G. Ruttenberg	42 25:39
45. Nick Klaiach	42 25:59
46. B. Higgenbotham	38 26:08
49. Don Kessinger	49 27:10
50. Steve March	42 27:14
52. Louis Aguilar	36 27:20
53. Ron Lane	38 27:21
54. David Holland	44 28:01
55. Dan Harshburg	40 28:01
56. Ed Feller	42 28:06
57. Peter Artz	44 28:13
58. Joe George	57 28:13
59. Tony Jankowski	35 28:14
61. Robert Boeder	45 28:24
62. Max Hooper	41 28:40
63. Dick Collins	54 28:47
64. Dennis Werth	47 28:54
65. Craig Remner	37 28:52
66. Don Adolph	51 28:52
67. Chuck Bundy	56 28:58
68. Howard Figzer	48 29:06
69. Bob Figuli	59 29:19
70. H. Glen Klein	65 29:40

**9th Annual Shelter Island 10K**  
Long Island, NY; June 4

Overall	
Zak Barie	29:19
Christine McKen	33:44
M30 Malcolm Fast	30:52
M40 Jim Crawford	31:35
M50 John Connor	36:41
M60 Don McKenzie	39:33
W30 Judy Anker	40:07
W40 Judy Pickert	39:12
W50 Janet Nelson	47:41
W60 Victoria Savage	1:00:02
(1500 Finishers)	

**Rich Classic 5-Miler**  
Johnston, RI  
June 5

Masters:	
Larry Olsen	MA 25:01
Bernie Allen	ENG 25:18
Atlaw Belligne	NY 25:21
Ken Kelly	RI 25:45
W40 Robin Rappa	MA 30:28
W50 Kenneth Mueller	MA 27:40

**8th Annual Catch The Sun 5 Mile**  
Westfield, NJ;  
July 17

Overall	
Grete Waitz	34 26:39
W40 Susan Weisbrod	31:44
Irene Jackson	31:51
Sylvie Kinche	32:40
Debbie Adams	32:55
Linda Toretzsky	33:30
W45 Dorothy McMartin	33:07
Robin Villa	34:00
Cindy Clark	34:59
Helen Valent	36:28
Kathy Engle	37:23
W50 Jill Martin	32:46
Helene Brodack	33:44
Gloria Jenkins	35:15
Ann Haie	35:29
W55 Toshiko D'elia	34:30
Margaret Deckert	35:40
Beatrice Dolan	38:43
W60 Trudy Schmidt	52:19
W65 Doris D'Andrea	53:14
Marie Stover	60:25
Iola Hitt	63:14

**NEAC 5K**  
Goddard State Park, RI;  
July 17

Masters Teams:	
Greater Lowell RR	83:10
Bob Hall	15:57
Lenny Sheehan	16:00
Will Mason	16:48
Collin Coulson	16:55
Dick Marchand	17:50
Cambridge Sports Union	83:14
Jose Solorzano	15:29
Sumner Brown	15:42
Hank Gedman	17:13
Robert Clarke	17:18
Duke Hutchinson	17:52

Central Mass. Striders	
Neil Faugno	15:41
Tom Sadin	16:48
Ernie Dumas	16:56
Howard Bottomly	17:21
George Kasierski	17:27
Waltham Track Club	91:06
Stoddard Melhado	16:28
Jim Dolan	17:22
Stan Chlapowski	18:50
Jim Brusstar	18:55
Bernie Lorge	19:31

Seniors	
Cambridge Sports Union	56:09
John White	18:11
Joe O'Connor	18:36
Willard Eastman	19:22
Greater Lowell RR	
Don Lambert	19:12
Joe Vail	20:20
Grant Whiteway	22:52
Gr. Springfield Harrier	68:34
Doug Blanchard	20:58
Jack	

Continued from previous page

**Women's Distance Festival 5K  
DeLand, FL; July 16**

**Overall:**

Judy Greer	41	18:49
W35 Nina Ehmer		20:54
Nancy Pegg		24:07
Susan Adams		24:31
Pam Burke		26:43
Gini Eckert		28:42
Lynda Lincoln		33:34
W40 Pat Beidelschies		22:12
Wanda Roberts		24:24
Kathleen Jacobsen		26:11
W45 Maggie Dobson		25:34
Rita Schafer		25:42
Joyce Pedanti		28:43
W60 Anna Rush		26:48
W65 Patricia Griffin		33:20

**MIDWEST**

**Grand Rapids TC Mini-Meet  
Grand Rapids, MI; July 12**

**800m**

M40 Ole Kristensen	2:11
Mike Persak	2:13
Bruce VanDerMeulen	2:22
M50 Eric Snyder	2:55

**Mile**

M40 Ole Kristensen	4:43
Bruce VanDerMeulen	5:16
M50 Roger Ritsema	5:34
M60+Wally Ypma	6:45
W40+Mary Namey	6:30

**Metro-Macomb Runners 2  
Mile, Mt. Clemens, MI;  
July 13**

**Overall**

Pat Wilson	10:20
Becky Vogt	12:59
M40 Pat Wilson	10:20
Dan Campbell	11:17
Tim Klinkhamer	11:34
M50 Herb Seegert	11:53
Terry Wild	12:02
Darrell McKee	12:34
M60+Ed Aikman	13:07
Zeke Vogt	15:02
Peter Bolos 76	16:43
from Herb Seegert	

**Metro-Macomb Runners 4  
Mile, Mt. Clemens, MI;  
July 20**

**Overall**

Jim Conyers	22:15
Windi Guntch	30:24
M40 Andy Chochol	22:51
George Geck	23:11
Tim Klinkhamer	23:45
M50 Herb Seegert	24:58
Terry Wild	25:21
Darrell McKee	25:34
M60+Zeke Vogt	30:08
Ralph Barnowski	31:05
W C Dorr	34:00
Pete Bolos	34:03
from Herb Seegert	

**Metro-Macomb Runners 2  
Mile, Mt. Clemens, MI;  
August 3**

**Overall:**

Sam Aleman	10:15
Melissa Bahner	13:37
M40 George Gambert	11:21
Tim Klinkhamer	12:04
Byron Clemens	13:10
Jim Bahne	13:25
Ron Walker	13:50
M50 Herb Seegert	11:50
Terry Wild	12:20
Darrell McKee	12:34
M40 Zeke Vogt	14:47

**MID-AMERICA**

**Grandma's Marathon  
Duluth, Minn. June 11**

**Overall:**

Arnando Azocar	2:20:07
Jacqueline Gareau	2:43:27
M40 Kjell-Erik Stahl	2:25:14
Bruce Mortenson	2:26:49
Leslie Davis	2:31:31
Larry Olsen	2:32:57
Robert Nelson	2:37:14
M50 William Johnston	2:43:09
Jay Sturdevant	2:55:00
Arlyn Sunn	2:58:04
M60 Alex Ratelle	2:57:37
M70+Clarence Osborn	4:08:24

W35 Jacqueline Gareau	2:43:27
Judith Hines	2:54:27
Helen Sherk	2:56:36
Barbara Jacobson	2:58:01
Linda Schissel	3:04:12
W40 Pat Palmer-Case	3:23:05
Dorie Quam	3:23:38
Faye Berger	3:24:21
Rotraut Cahill	3:26:47
Carmel Vrabel	3:28:04
W50 Wen-Shi-Yu	3:20:51
W60 Mary Carlson	4:20:30
W70+Edith Wenmark	5:05:55

**Coca-Cola/Community  
Federal VP 10K  
St. Louis, MO; July 3**

**Overall**

Greg Orman	29:56
Laura Byrne	34:23

**Men's Masters Overall**

Ken Feigenbutz	34:08
Fred Betz	34:30
Paul Atwood	34:46
M40 Rich Friedlander	35:33
M45 Ron Gibson	36:11
M50 Vernon Bradshaw	39:35
M55 E P Brown	38:31
M60 Ernie Hirschfeld	40:29
M65 Arthur Friskel	52:40
M70+Larry Patterson	49:45

**Women's Masters Overall**

Carol Bellora	41:43
Joy Gilbert	41:57
Linda Dietrich	46:16
W40 Teena Orling	47:15
W45 Joan Stepzinski	48:57
W50 Joyce Maret	49:24
W55 Ruth Schneider	63:01
W60+Polly Bailey	66:28

**Longest Day 10K  
Brookings, SD;  
July 9**

**Overall:**

Scott Laplante	29	33:56
Vicki Coyle	27	37:59
M40 Bert Moore	45	38:34
Edwood Vetos	45	38:47
Charles Tiltrus	42	42:41
Doug Miron	47	48:31
M50 James Thvedt	54	47:24
Robert Maunu	51	51:49

**MARATHON**

**Overall:**

Kevin Osborn	31	2:35:11
Sharon Mordorski	36	3:44:47
M40 Alan Kolp	43	3:42:40
Rex Wilson	46	3:48:47
Fred McCornin	44	3:54:14
Bob Hunger	45	3:59:24
Tom Detore	40	4:53:30
Howard Langston	5:03:24	
(age 49; walker)		
M50 Gary Schmidt	51	3:18:21
Edward Abramic	55	3:37:02
Glen Zirbel	57	3:50:46
Peter Butler	56	3:52:28
G. Turnipseed	56	4:05:11

**5K**

**Overall:**

James Harrey	30	17:57
Kay Schmidt	30	20:30
M40 Edwood Vetos	45	18:40
Bob Ritter	46	19:10
L. Pierstorff	40	20:44
Larry Piersel	47	20:57
James Odenbach	41	22:20
Dennis Pike	41	24:46
M50 Bruce Blake	57	26:54
M60 Harvey Mills	62	22:44
M70 Lorne Bartling	73	25:25
Boyd Shank	73	29:12
W35 Nola Matthews	37	25:16
Kathy Anderson	39	28:15
W40 Maxine Swanson	41	22:38
Becki Bray	40	22:45
Jane Gardner	43	28:01
Geni Moore	44	29:31

**5K RACEWALK**

**Overall:**

Glen Peterson	59	31:11
Kelly Smith Keller	32	32:38
Patricia Farrar	56	33:33
Dave Allardyce	46	34:00
Mary Egart	33	34:58
Sally Odenbach	38	36:47
Paula Schumacher	39	37:26
Mary Lee Meyer	43	37:32
Brenda Andersen	31	38:21
Carrie Appino	40	39:26
Midge Mills	60	41:00
Ruth Foreman	67	41:00
Nancy Zuercher	52	44:10

**Midnight Madness 10K  
Ames, Iowa  
July 10**

**Overall:**

Richard Kaitany	29:15
Louise Mohanna	35:28
M40 Bill Rodgers	31:06
Web Loudat	32:08
Frank Shorter	32:32
Don Zile	34:28
Paul Appell	35:16
M45 Jerry Anders	36:17
Vern Ryan	37:06
Richard Smith	37:27
Leon Fox	38:10
Jim Floyd	38:24
M50 Jerry Knox	37:43
Jim Lamson	39:43
Don Muff	40:42
Bill Poley	42:20
Ken Marshall	43:46
M55+Jim Smedema	38:06
Phil Pearson	39:04
Bob Bartling	41:15
Ken Lane	42:31
Gene Harding	42:37
W35 Jane Asimus	37:33
Vicki Kelsay	44:03
Donna Starck	48:25
Pam German	48:28
Jan Fuegen	49:12
W40 Mary Durov	48:08
Helen Crew	50:07
Lizabeth Osborne	50:54
Rebecca Darling	54:28
Jan Laville	58:33
W45 Bernie Weeks	48:55

**5K**

**Overall:**

Mike Carney	15:07
Heather Sterbenz	18:21
M40 Carl Purscell	16:41
Mel Langston	17:04
Steve Collis	17:50
Steve Betts	17:59
Bill Roudabush	18:14
M45 Ron McKay	17:57
Robert Kaldenberg	18:04
Bob Brown	18:29
Bob Baldus	18:49
John Goodwin	19:47
M50+Jerry Triplett	19:22
Dick Dougherty	20:48
Wayne Winans	21:07
Jack Carlson	21:26
Don Novak	21:31
W35 Claudia Scott	19:17
Connie Robinson	20:29
Deborah Hubbell	21:36
Veronica Dark	21:58
Laraine Anderson	22:22
W40 Diane Langston	21:26
Marty McHane	23:16
Janice Ott	23:51
Jackie Manatt	24:51
Joann Kinart	25:00
W45 Patricia Carlson	26:21
Sharon Billingston	27:52
Delores Reints	28:16
Joan Larson	28:32
Patricia Judge	28:41
W50+Bonnie Maschka	25:09
Wanda Glade	26:41
Dorothy Novak	28:48
Peg Barnett	32:13
Rosalie Amos	32:44

**Colorado Springs 10K Classic  
July 17**

**Overall:**

Marty Forelick	30	31:10
J'ne Day	27	35:23
M35 Dan Dwyer	32:26	
Al Grimme	33:24	
Dave Thurston	33:41	
Rick Renfrow	33:48	
Richard Kinney	34:48	
Mike Bair	35:16	
Ron Hendricks	35:38	
M40 Tom Burnett	33:25	
John Swartz	34:08	
Robert Pratte	34:48	
Chris Chambers	35:03	
Mark Stogsdill	35:15	
Ben Chavez	35:52	
Ronald Davis	36:56	
M45 Bob McAndrews	36:28	
Gene McKerlie	37:10	
Richard Johnson	37:18	
Harold Jones	37:29	
P. Vandergathen	37:57	
Mike Bender	38:40	
M50 Phillip Mann	37:55	
Eldon Cornish	40:35	
Frank Valentine	40:55	
Glen Ash	41:10	
Ray Nelson	41:56	
Carl Schwenk	42:50	

M55 Ernie Black	38:59
Milt Johnson	41:33
Ed Stevenon	44:58
Jamieson Kennedy	46:24
Jerry Berkowitz	46:44
M60 Ruben Vigil	41:52
Matt Stokan	45:23
Glann Dody	49:58
M65 Rodge Rodgers	50:26
Bill Burnett	52:31
Sam Simon	53:05
M70 Edson Sower	52:19
Clark Gates	60:10
Carl Mapps	63:05
Linda Cash	38:57
W35 Linda Quinlisk	40:15
Beatrice Zurcher	41:12
Michelyn Caskey	42:09
Lorraine Caldwell	42:49
Brenda Lebrasse	42:53
Louise Hecht	44:35
W40 Rosalia Gehling	41:39
Lorraine Hoyle	42:59
Carol Stewart	43:51
Jane Sheffer	45:26
Judy Connally	45:53
Barbara Spannaus	47:26
C. Aldridge	47:26
W45 Corky Keefe	41:25
Wanda Snell	46:07
Betty Duran	46:58
Brenda Bottoms	47:55
Diane Nichols	49:38
Carole Baker	50:44
W50 Grace Rome	46:02
Susie McKillop	48:53
Martha Kinsinger	53:19
Elke Abitol	54:13
Roberta Fletcher	54:30
W55 Nelma Burnett	52:07
Marne Deverell	57:14
Joan Muir	67:10
W60 Arlen Simon	76:39
M. Hedemark	89:27
W65 Juanita Loomis	82:51

**SOUTHWEST**

**Larry Aduddell 5 Mile  
Tulsa, OK; June 4**

**Overall**

Doug Thurston 27	27:18
Johnnie Hamilton 22	30:53
M35 Curt Long	29:32
M40 Robert Anderson	27:31
M45 Dan Vasicek	29:24
M50 Russ Bennett	29:49
M55 Larry Miller	31:11
M60 Harold McDonald	35:48
W35 Mary Bates	32:42
W40 Barbara Manning	33:46
W45 Lydia Borges	37:11
W50 Pat Reed	41:30
W55 Marilyn Thompson	43:11

**Tulsa Pow Wow 8K  
Tulsa, OK; July 16**

M40 Robert Anderson	27:49
M45 Jay Minor	28:42
M50 Larry Worth	27:58
M55 Calvin Ellis	33:49
M60+Bob Lake	39:02
W40 Barbara Manning	34:32
W45 Lydia Borges	35:50
W50 Donna Wright	34:41
W55 Marilyn Thompson	42:08

**Mohawk 5000  
Tulsa, OK July 30**

**Overall:**

Tom Maher	15:29
Johnnie Hamilton	18:17
M40 Bob Anderson	16:34
Rick Brover	17:33
Peter O'Neil	17:56
M45 Jay Minor	17:22
Dan Vasicek	17:39
Richard Martin	18:27
M50 Larry Worth	17:00*
J.B. Bennett	19:24
Joe McDaniel	20:07
M55 Arturo Melendez	19:03
Rich Thompson	20:39
Dick Hughes	21:35
M60+Jack Gentry	18:01*
Jim Smith	19:52
Nocus McIntosh	21:08
W40 Barbara Manning	20:33
Irene Harvell	20:54
Sheryl Drevo	21:27
W45 Linda Brown	22:56
JoAnn Alderman	23:01
Sherry Morgan	24:24
W50 Joy Austin	24:01
Sue Neil	26:17
Judy McKnight	28:05
W55 Dorothy Akin	24:17
Marilyn Thompson	24:54
Opal Alexander	28:57
W60+Jean Benaar	33:39
*New State Age-Group Record	



**WEST**

**Legg Lake Evening 5K  
S. El Monte, CA; June 30**

**Overall**

George Marquez	15:53
Candace Pett 17	24:40
M40 Mike Mendez	18:45
M45 Gary Riley	18:26
M50 Frank Vasquez	19:05
M55 Leonard Walts	20:49
M60 Jim Johnson	24:15
M65 Wiley Nelson	25:27
M70 Dutch Benedetti	23:55
M80 Jack Bishin	44:00
W50 Mary Salinas	28:57
W55 Lillian Esqueda	31:28

**Women's Distance Festival 5K  
San Luis Obispo, CA; July 16**

**Overall**

Tammy Misner 27	19:11
W40 Peggy Boedecker	22:22
Joan Henry	25:13
W45 Ellen Kanthack	27:14
W55 Phyllis Rodenberger	26:04
W60 Elizabeth Baker	32:34
W70 Alice Werbel	34:06

**Chart House 10K, Mammoth,  
CA. July 23**

<b>MEN</b>		
35-39		
1. Bill McKinley	39:38	
2. Dave Gabraun	39:49	
3. C. Schweitzer	41:12	
40-44		
1. Don McCarthy	36:55	
2. Bob Beach	38:57	
3. Marc Reynolds</		

Continued from previous page

**Deseret News Marathon  
Salt Lake City, UT  
July 25**

**Overall:**

Dennis Rinde	29	2:22:35
Kathy Matson	28	2:52:27

**M40**

Charles Nak	2:49:07
Vic C. Jensen	2:54:56
Adrian Van Hest	3:00:14
Ted Heal	3:01:34
Barry L. Johnson	3:02:53

**M45**

Michael C. Jarman	2:56:17
Garry Liston	2:57:13
Brent Palmer	2:58:08
Bob Derbridge	2:59:00
Ronald Peterson	2:59:51

**M50**

Darryl Beardall	2:53:37
Richard Carling	3:05:38
Dean W. Cordner	3:31:14
John M. Farrell	3:33:15
M. Byron Fisher	3:37:13

**M55**

Garn McBride	3:12:20
Kaye Nelson	3:15:52
Al Kirkman	3:25:30
Lovell Walker	3:37:51
Marvin Hanson	3:37:59

**M60**

Dennis Egly	3:28:52
Rolf Duerr	3:57:58
John Robertson	4:14:10
Randolph Smith	4:28:07
Alvin Anderson	4:32:35

**M65**

John Coles (70)	4:30:26
Bob Poppe	4:43:28

**M70**

Nancy Stover	3:34:19
Melinda Yessick	4:37:28

**M75**

Claire Johnson	3:16:01
Linda Wahlquist	3:51:43
Janet Hancock	3:55:49
Enid Hancock	3:58:34
Anne Marie Jones	4:28:30

**M80**

Erika Williams	4:14:00
Sharon S. Call	4:28:52

**M85**

Elfriede Schmitt	3:39:28
Sharee McDaniels	4:42:29
Marie Haney	5:06:31

**Deseret News 10K**

**Overall:**

Geir Kvernmo	32	27:44
Kellie Cathey	26	31:51

**M40**

Scott Bringham	32:39
Ken Harper	34:50
Darwin Syversen	36:01
Keith Young	36:18
Rex Loker	36:20

**M45**

Richard Greene	33:39
Paul Peacock	34:06
Ross Higgins	36:57
Don Kirby	37:33
Chuck Osborn	37:36

**M50**

James A. Way	36:09
Kent S. Topham	36:19
Karrell Natter	36:38
Harry Ewing	37:06
Patrick Watkins	37:15

**M55**

Gaylon Jorgensen	35:02
Clay Puckett	39:04
Ronald L. Molen	39:29
Monty Groesbeck	40:39
Burt Cassity	45:03

**M60**

Emmett Parker	38:07
Elmer Tucker	43:00
Boone Newson	43:33
Carl Pearce	46:15
George Brookes	48:09

**M65**

Bill Collings	48:40
Earl Thomas	48:48
Herb Wright (74)	48:58
Larry Pino	49:48
Gerald Klemm	52:01

**W35**

Jo Garuccio	38:18
Laurie Carter	40:33
Betty Gamble	41:11
Colleen Hanks	41:22
Kathy Bardsley	41:49

**W40**

M.J. Jackson	43:13
Ellie Arguello	43:14
Julie McKay	43:43
Jeanie Groves	44:03
Susan Daynes	44:40

**W45**

Marilyn Rasmussen	42:20
Carol Watkins	42:53
Ina Smith	45:46
Mary Olson	46:44
Jackie Lewis	47:25

**W50**

Marilyn Nelson	50:43
Bobbie Beck	54:54
Geraldine Short	57:17
Mary Lou Gray	57:19
Kathleen Coyne	63:12

**W55**

Barbara Martindale	46:08
Carol Howlett	48:37
Elaine Stuart	54:22
Judith Bullough	54:49
Daryl Healy	59:38

**W60+Helen Carlson**

Helen Carlson	57:03
Beverly Sudbury	58:27
Eliz. Vainerman	68:14

**INTERNATIONAL**

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

**Overall**

Chris Buckley	23:28
Karen McLeod	13:18

**M40**

Steve Walker	24:48
--------------	-------

**M50**

George Blackburn	26:22
------------------	-------

**W35**

Glynis Penny	13:36
--------------	-------

**W40**

Marilyn Palmer	13:45
----------------	-------

**Leek 4 Mile  
Leek, England; June 5**

Alastair Kean	20:10
Tony Keller	20:36
Graham Bagnau	20:44
Arnie Maxwell	21:23
Bob Luca	24:42

from Martin Duff, of Athletics Weekly

**Elm Bridge 10K  
Elm Bridge, England; July 10**

**Overall**

Bill Snelgrove	31:43
Lynn Harvey	36:38

**M40**

Martin Duff 2nd	32:04
-----------------	-------

**M50**

John Chandler	37:19
---------------	-------

**W40**

Caroline Oxton	37:42
----------------	-------

(wet, muddy course) from Howard Duff, of Athletics Weekly

**RACE WALKING NATIONAL**

**TAC National Masters 10K  
Walk Championships  
Niagara Falls, NY; July 9**

**M40**

Gary Null	NY 48:56
Bob Keating	NH 49:44
Alan Price	DC 49:53
Victor Sipes	MI 51:52
John Elwarner	MI 52:25

**M50**

Jan Roos	CAN 50:13
Max Green	MI 53:59
Gerald Bocci	MI 55:45
Sal Corrallo	VA 56:05
Jim Higgins	KY 61:23

**M60**

Harold Wright	CO 62:58
George Heller	NH 63:26
Joe Vitucci	CJ 64:32
Joe Lavenberg	NJ 67:20
Gene Dix	NM 67:28

**M70**

Max Gould	CAN 61:21
Bill Tallmadge	KY 69:36
Don Johnson	NJ 70:35
Harry Drazin	NJ 75:13
Martin Bartels	IL 80:55

**W40**

Lois Dicker	MD 59:52
Stella Castman	NY 60:29
Emily Hewitt	MA 62:34
Beth Alvarez	VA 64:07
Roberta Boyle	MI 64:41

**W50**

Helen Jo Hickman	DC 64:56
Cecilia Roth	CAN 65:40
Audrey Dix	NM 69:09
Gail Starler	MI 72:13
Lola Hall	OH 88:07

**W60**

L. Hottensmith	OH 71:51
Martha Vitucci	OH 78:14

**SOUTHEAST**

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

**M35**

Joseph Chiazza	29:19
----------------	-------

**M40**

John Fredericks	24:51
(overall winner)	

**M45**

Dan Stanek	28:57
------------	-------

**M50**

Shelly Weinstein	33:27
------------------	-------

**M55**

Bob Fine	28:23
----------	-------

**M60**

Tullio Carrillo	30:14
-----------------	-------

**M70+Bill Stone**

Bill Stone	35:35
------------	-------

**W35**

Karen Cobern	34:42
--------------	-------

**W40**

Adrienne Halford	35:47
------------------	-------

**W45**

Doris Miller	33:53
--------------	-------

**W50**

Bev Beavers	37:03
-------------	-------

**W55**

Elizabeth Gosden	30:14
------------------	-------

**W60**

Anne Bellenger	44:23
----------------	-------

**W65**

Martha Coble	39:25
--------------	-------

**W70+Ruth Usatorres**

Ruth Usatorres	40:16
----------------	-------

**TRACK & FIELD NEWS**



**"Everything for  
Track and Field Athletics"**

Since 1948, Track & Field News has been the major source of periodicals, books, films, and other merchandise and equipment to the athletics world. Write today for our complete catalog.

• **TRACK & FIELD NEWS.** With subscribers in more than 60 countries, T&FN is the standard of accuracy and completeness for reporting of U.S. and worldwide track and field athletics. Published monthly: \$24.95 USA, \$31.50 rest of world.

• **TRACK TECHNIQUE.** Now resumed as a quarterly under the auspices of The Athletics Congress of the USA, Track Technique has been one of the sport's technical publications since 1960. Now \$10.00 yr., USA; \$11.00 foreign.

• **BOOKS.** Our publishing division, Tafnews Press, is the world's major publisher of track books. Write for free booklet.

• **TOURS.** 1988 Olympics (Seoul), 1992 Olympics (Barcelona), 1991 World Championships (Tokyo), 1990 Commonwealth Games (Auckland), etc. Popular sports tours since 1952. Write for information.

**TRACK & FIELD NEWS**  
P.O. Box 296 • Los Altos, CA 94023-0296 USA

**NATIONAL MASTERS NEWS**  
**Subscription Form**

The *National Masters News* is the official world and U.S. publication for Masters track & field, long distance running and race walking.

Masters competition is sponsored worldwide by the World Association of Veteran Athletes and in the USA by The Athletics Congress. The *National Masters News* gives you information that's available nowhere else: schedule information, meet and race results, training advice, race and meet stories, profiles, photos and articles by the top Masters writers in the nation. It's the best — if not the only — source of world, national, regional and local Masters information.

The *National Masters News* is only \$18.75 a year for 12 information-packed issues. Or you can take advantage of our special two-year rate of \$35 — a 25% savings off the single-copy price. A 3-year subscription saves 29%.

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

Name \_\_\_\_\_

Address \_\_\_\_\_

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

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

**Or call:**  
**818/577-7233**

(Canadian checks accepted; add 30% to cover-exchange. Please notify of address changes four weeks in advance.)

**Need Back  
Issues?**

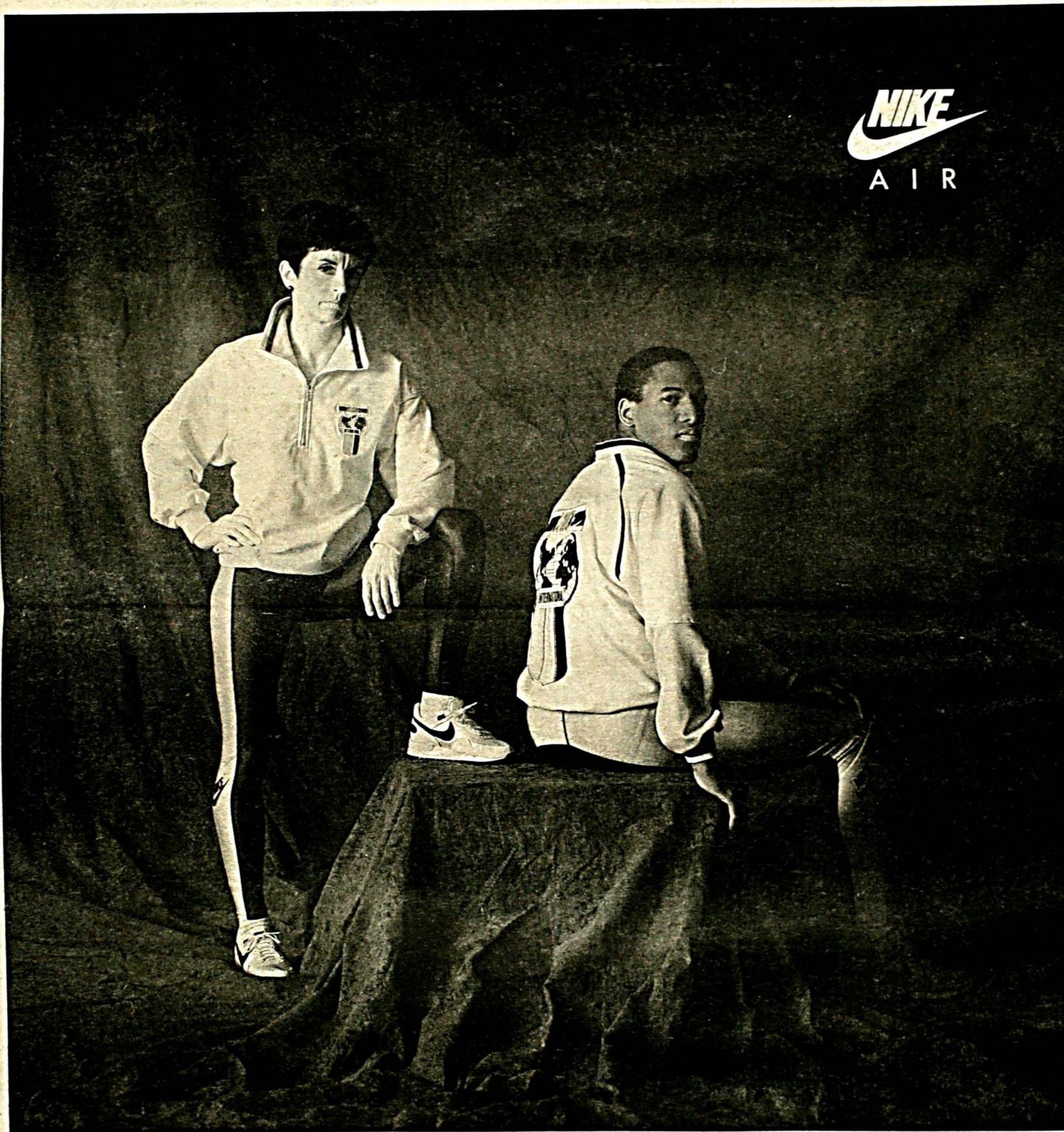
Most back issues of the *National Masters News* are available for \$1.95 each, plus \$1 postage and handling for each order.

Send to:  
**National Masters News**  
P.O. Box 2372  
Van Nuys, CA 91404

**DEADLINE**

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





## WARP SPEED, CAPTAIN KIRK.

Star date 1988. Seoul. The final frontier. Priscilla Welch and Kirk Baptiste. These are the voyagers of athletic enterprise.

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