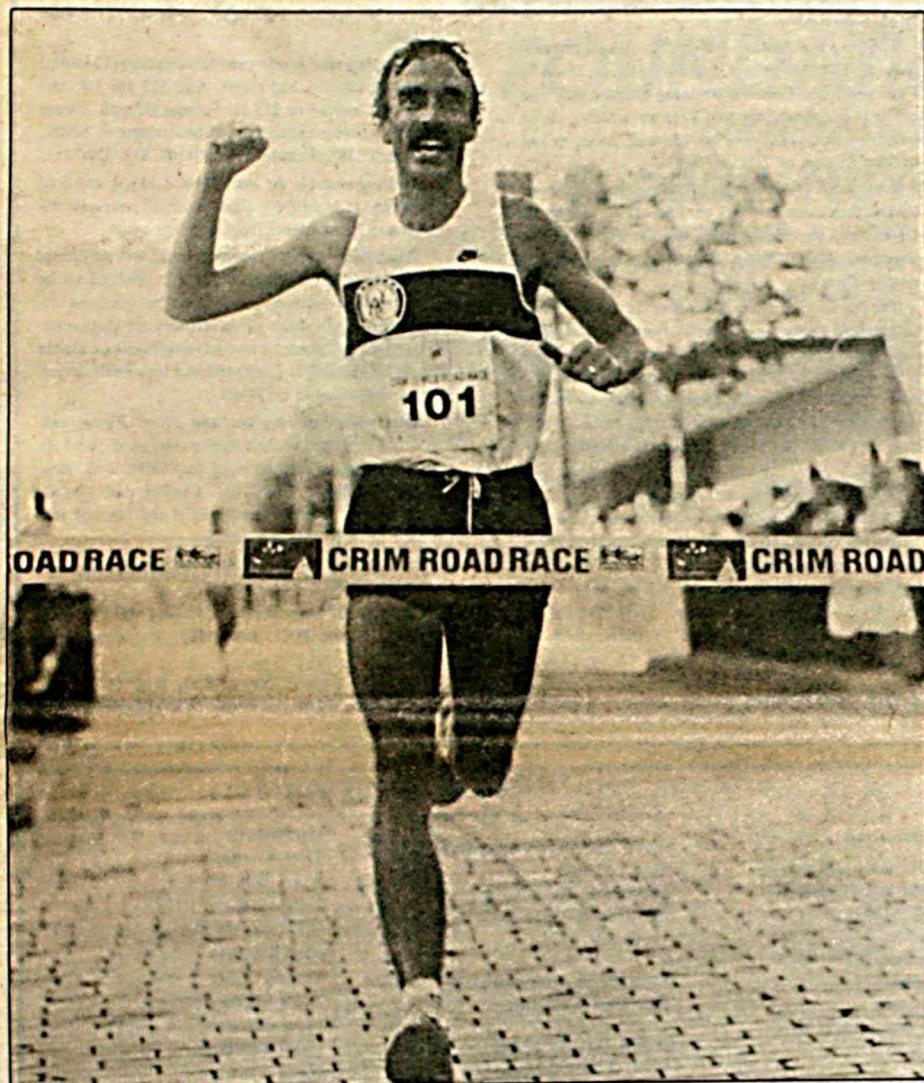


## Stewart, Welch Top Masters in Crim 10-Miler



Canada's Dave Stewart, 41, breaks the tape as the first over-age-40 finisher in 51:12 in the annual Crim 10-mile road run in Flint, Mich., August 26. Photo by Sailer, Ltd.

Canada's Dave Stewart (41, 51:12) and England's Priscilla Welch (44, 55:18) were masters winners in the annual Crim 10-Mile Road Run in Flint, Mich., August 26.

Welch's time converted to an outstanding performance rating of 98.1% (determined by dividing the WAVA W44 10-mile standard of 54:14 by Welch's time) — one of the best age-graded performances of the year.

Brian Sheriff, overall winner of the race in 46:23, had the second-best age-graded effort of 95.9%. Jim O'Neill (51, 53:53) of Holland, Ohio was third-best at 94.5%.

In a close duel for runner-up honors in the M40-44 bracket were Florida's Jim Pearson (40, 52:17) and Canada's Steve Cowley (42, 52:18). California's Laurie Binder (42, 58:00) and New York's Nancy Oshier (41, 59:48) finished 2-3 behind Welch.

Other notable age-group winners were New York's Ralph Zimmerman (48, 55:33), Michigan's Jim Forshee (61, 61:31), California's Gina Faust (52, 66:52), and Ohio's Whaywong Semer (60, 72:55).

The race was the ninth on the 18-city ICI/USRA Masters Circuit, where runners are awarded points on a 10-9-8-7 etc. basis for first through 10th places in each five-year age division. Oshier's eight points moved her to the top of the W40-44 standings with 43 points. Stewart's 10 points moved

him up to fifth place in the M40-44 division behind leader Bill Rodgers (34), Wilson Waigwa (30), Ken Sparks (29), and Wes Wessely (26). Zimmerman's 10 points gave him a perfect Circuit score of 50 points. Welch's 10 points were her first on the Circuit this year.

A total of 1411 masters runners finished the annual event: 1214 men (86%) and 197 women (14%).

Racing weather was near-perfect, with blue skies, a soft breeze, and thermometers pegged at 62 degrees. The annual event was again well organized by Lois Craig and her staff. □

### INSIDE:

- International Section — pages 17-22
- Long Distance Rankings — page 32
- All-time Best Age-Graded LDR Marks — pages 26-27

## Green Leads Asbury Park Masters

Norman Green, 57, of Wayne, Pa., turned in the top age-graded performance in the 1989 renewal of the Asbury Park, N.J. 10K Classic, August 12, in an outstanding time of 33:57.0.

His time earned a performance rating of 95.7% (calculated by dividing the WAVA 10K M57 standard of 32:30 by Green's time).

Kevin Ryan, 41, of Wellesey, Mass., had the next best age-graded performance of 93.0% from his overall masters win in 30:54.0. Third best was the overall winner of the race, Steve Jones, 34, (29:10.7, 92.2%).

In a photo-finish for second master, England's Shel Cowles edged Dunwoody, Georgia's Earl Owens, 31:31.2 to 31:31.7. Fay Bradley took the M50 title in a fast 33:46 (91.3%).

First female master was New York

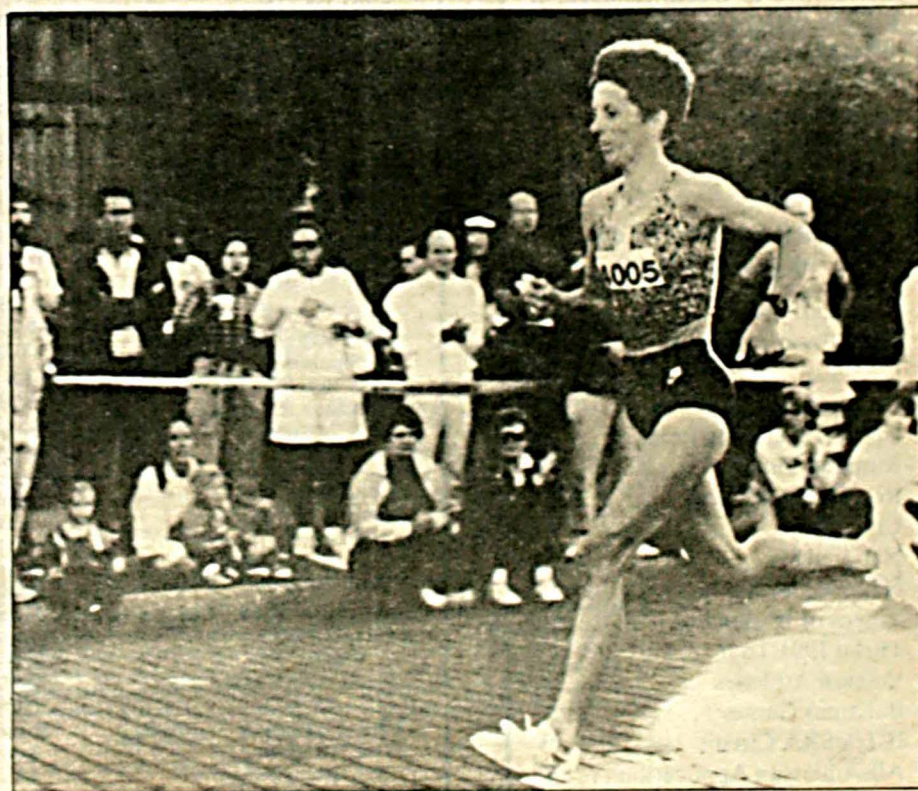
City's Angella Hearn, 43, in 36:07.8 (90.1%), followed by Webb City, Missouri's Jane Hutchison (43, 36:50) and Killingworth, Connecticut's Christine Tatterall, 48, who won the W45 crown in 38:17.1.

Ryan and Hearn were each awarded \$700 for their victories. The 2nd thru 5th masters men and women placers each received \$400, \$300, \$200, and \$100.

This was the eighth stop on the 18-race ICI/USRA Masters Circuit.

Oldest runner in the race was Flushing, New York's Max Popper, 86, who won the M80+ category in 65:50.4.

The race was run under overcast skies with temperatures in the mid-70s and humidity a brutal 98%. A total of 4588 entered the race, which was ably directed, as usual, by Phil Benson. □



England's Priscilla Welch, 44, is the first masters woman in an outstanding 98.1% age-graded performance (55:18) in the Crim 10-Miler. Photo by Victor Sailer



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# NATIONAL MASTERS NEWS

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



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

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

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

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

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

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**Mail Application to:**

Foundation 30K Run

P.O. BOX 20

Clarksburg, CA 95612

For More Information, Call:

(916) 665-1712



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5K - \$11.00  
Kids Race - \$8.00

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Make checks payable to: Foundation Challenge, Inc.

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Men ☐ Women ☐ 30K ☐ 5K ☐ Kids ☐  
Please CIRCLE division: 12 and under, 13-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, 90+

**SPECIAL:**

Wheelchair, Heavyweight (200+ lbs.)

TAC Team (30K only): ☐ Yes ☐ No

**PACE:**

Estimated race pace: \_\_\_\_\_ Minutes: \_\_\_\_\_ Seconds per mile: \_\_\_\_\_

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Forms postmarked after 11/4/89 are considered as "Late Registration". Race Packets can be picked up on race day at Delta High School, Clarksburg starting at 7:30 a.m. All teams must pre-register and also report to team tables on race day morning to declare their team members.  
**WAIVER:** In consideration of your accepting this entry for the Foundation 30K Championship and Associated events, a strenuous footrace, I, for myself, my heirs, executors, and administrators forever waive Yolo County, Community of Clarksburg, Foundation Health, the race directors and their representatives, volunteers, or any other sponsors for all claims, and costs arising out of race which I have entered by filling out the above registration. This waiver applies to all races, and as part of the waiver I acknowledge that I have read and understand all of the above.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

All Entrants Must Sign Waiver (parent/guardian if under 18)

Duplication of this application is acceptable.

Duplication of this application is acceptable.





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

### WORLD CHAMPIONSHIPS

On behalf of the Organizing Committee and the communities of Eugene-Springfield, we would like to extend our thanks to the thousands of competitors and their families from fifty-seven countries for an unforgettable experience. The residents here are still talking about the VIII World Veterans' Championships; it will always hold a special place in our hearts.

Thanks, too, to the *National Masters News* for its superb coverage of the games. Besides presenting the statistics in its usual professional manner, NMN captured the spirit of the

competition and the community as no other publication could.

Best wishes to all of our new-found friends. See you in Turku.

Tom Jordan & Barbara Kousky  
for the Organizing Committee  
Eugene, Oregon

Please accept my deep appreciation to all the people of the Eugene-Springfield area who had a part in making my visit to the track and field championships so meaningful.

During the two years prior to the competition when material was being distributed and throughout the meet, everyone was so helpful. The Committee did an outstanding job. From the food/housing to the officiating/conduct of the meet, everything always appeared to go so smoothly.

As a competitor I enjoyed the facilities, people, transportation and every facet of the event. Barbara Kousky and Tom Jordan gathered together a wonderful group of workers. Thank you. I hated to say "good bye."

Patricia Peterson  
Albany, New York

All the good things written in the September issue about the world meet in Eugene were true. However, I think that Jim Puckett, competition director, did not get as much recognition as he deserved (both at Eugene and in NMN) for running such a difficult undertaking in such a smooth manner. We all

owe him and his volunteer helpers, and all the other volunteers, a huge vote of thanks.

Jim Vernon  
West Covina, California

I looked forward with great anticipation to receiving your issue covering the VIII WAVA World Veterans Athletic Championships. I was not disappointed. Your coverage was excellent, in depth and with the perception we have come to expect from the NMN.

However, there are three points on which I wish to comment:

#### 1. Medal Standards

There was much controversy before the Championships concerning medal standards, introduced to give a level of athletic respectability to the winning of the WAVA medal. The policy of the WAVA Council was clearly upheld by decisive votes in favor of the standards at both the Womens' Meeting and at the General Assembly. I therefore find it both odd and rather sad that you found it necessary to quote Jim Puckett's alleged remarks and to describe the WAVA officials as "squirreling." A melodramatic use of the English language indeed! Is the NMN determined to maintain this campaign despite the clearly expressed feelings of the elected delegates of our international community? I would suggest that there are more important issues on which to spend your intellectual energy.

#### 2. Minimum Age For Women Veterans

I question your statement "early indications are that it will pass" regarding a possible future amendment to raise the minimum age for Women Veterans from 35 to 40. When this has been discussed at previous Championships it was clear that there was no real support to raise the age. At the Eugene General Assembly the attempt to raise this issue was overwhelmingly defeated. I wonder on what basis you make the prediction. Perhaps you consulted the same non-internationally representative group who predicted the defeat of medal standards!

#### 3. ICA/USRA Masters Circuit

Dean Reinke comments that some of the leading runners on the circuit did not compete in Eugene. I share this disappointment but I do not think that the issue is one of "additional sponsorship." In my view, the issue is one of attitude to our sport. Every road runner who wished could have entered at Eugene. The choice was his or hers. As it happened, the races were

## 12 Join NMN Sustainers

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

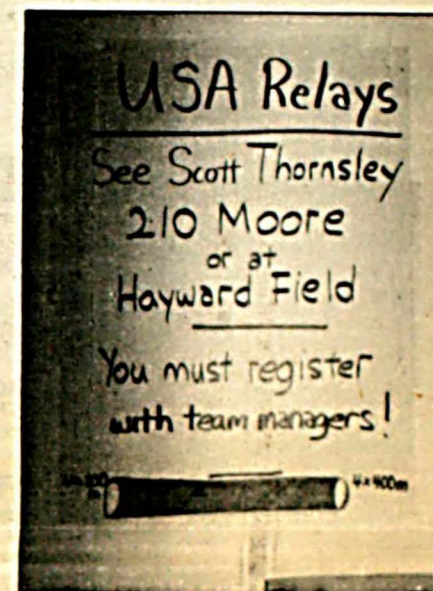
Special thanks this month go to Marilla Salisbury (\$200), Roy Englert (\$100), Haig Bohigian (\$100), and Ovidio de Jesus (\$50).

Thanks also to:

Valden Sadul	Robert Glover
Edward Curran	Rudy Mannaert
A D McKnight	Allen McDaniel
Ed Benham	Paul Flaherty



Photo by Leo Benning



A lot of sprinters wanted to be on the U.S. relay teams at the World Championships.

Photo by Gretchen Snyder

exciting, the winning times were respectable, the participation (which is most important) was large, and the events were probably the most International Veterans' road races ever held. This is a fine achievement and we expect to see future WAVA Road Racing Championships with larger fields, at all levels of ability, attracted by the prospect of competing against athletes from many lands and the possibility of winning World Championship medals.

Finally, I would like to record the WAVA Council's appreciation of the leadership shown by Tom and Barbara, the dedication of the officials and the volunteers, and the friendliness of the citizens of Eugene and Springfield. These Championships, to me, was the most memorable meet in my 42 years as a competitive runner!

Alastair Lynn,  
Secretary, WAVA  
Toronto, Canada

One kudo for the grand show at Eugene must go to Frank Zarnowski's announcing of the Decathlon and Heptathlon. He handled the huge load of information with the ease of Vin Scully doing a ballgame — and made it feel like the Olympic Games.

Thanks also to Kenny Moore for the

Continued on page 16

## NATIONAL MASTERS NEWS Subscription Form

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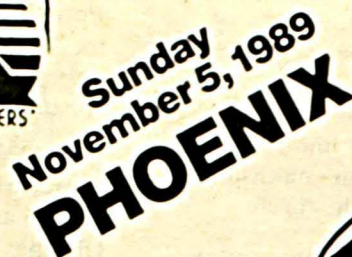
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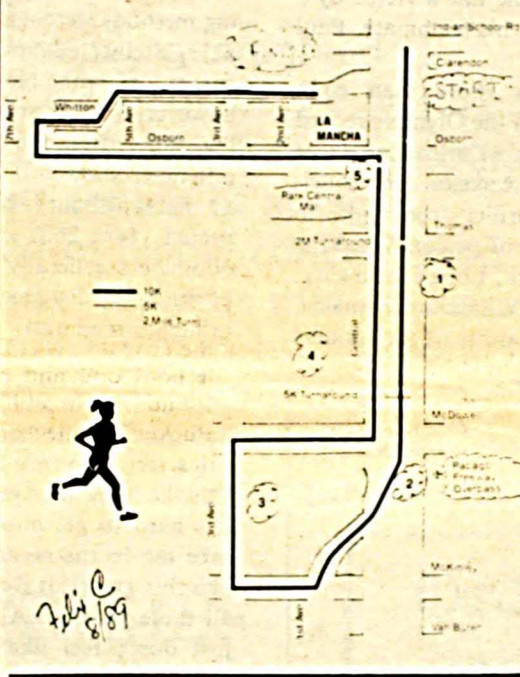
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# Third Wind

by Mike Tymn

## Bill Steiner: His Record Never Made the Book

In their book, *The Marathon Footrace*, David Martin and Roger Gynn list the progression of the "world men's record" in the marathon, beginning with John Hayes of the U.S.A., who recorded a 2:55:18.4 in 1908. Down the list, they show Fusashige Suzuki of Japan running a 2:27:49 in 1935 to break the record of 2:29:01.8 set by American Albert Michelsen nearly 10 years before.

In researching the history of the marathon, Martin and Gynn seem to have overlooked a significant performance turned in on March 25, 1934. On that day, Bill Steiner, a 22-year-old New York City resident representing the German-American Athletic Club, won the Metropolitan (New York) AAU marathon championship in what may have been a world best for the event.

The *New York Times* of the following day reported: "Starting from the steps of City Hall and finishing in

Jamaica, Steiner covered the 26 miles 385 yards in the amazing figures of 2:23:05, crossing the line a victor by a full 220 yards over his teammate, Paul DeBruyn.

"The time was more than eight minutes faster than the Olympic record set in 1932 by Juan Carlos Zabala of Argentina at Los Angeles. The grueling test was a thriller from start to finish. Thousands of persons lined the streets of New York, Long Island City, Bellerose, Queens Village and Jamaica, eager to catch a glimpse of the runners

in action."

The article goes on to say that 37 runners started the race and that Steiner and DeBruyn, winner of the 1932 Boston Marathon, ran "on practically even terms for 25 miles." With only a mile remaining in a race "so grueling" that only 17 finished, Steiner "stepped it up while unleashing a desperate sprint" to the finish.

"That's just peanuts today," Steiner, speaking by phone from his Lakewood, New Jersey home, says of his 2:23:05 55 years ago. "The guys today are much more serious than we were."

Steiner recalls that the great Paavo Nurmi of Finland had done a 2:22 marathon in 1931 or 1932 and that the legendary Clarence DeMar had also run faster in winning Boston some years before, but neither of those "marathons" were at the prescribed 26-385. Since modern course measuring methods were non-existent in those days, Steiner cannot attest to the accuracy of the New York course; however, he remembers someone telling him after the race that a car odometer showed it to be a little over 27 miles (about what would be expected for 26.2 miles, since car odometers generally run a little short of the actual distance, thereby resulting in higher readings).

Now 78, Steiner continues to run, putting in up to an hour a day. "I do it now just for the health," he says. "I run a five-mile race now and then, did 42-something last year for five miles. It's hard to get ahold of someone to take me to the races. I'm not serious like this guy (Ed) Benham who breaks all these records. After 58 years, you just don't feel like pushing yourself that much."

Steiner spent most of his working career as an accounting machine operator in the controller's office of the Manufacturer's Hanover Bank. After retiring, he and Rose, his wife of 52 years, moved to Florida and then to New Jersey.

A clipping in Steiner's scrap book from a 1932 issue of the *New York Herald-Tribune*, following the first of three victories in the Metropolitan AAU marathon championship, explains how Steiner got started: "When he joined the Bronx National Guard Regiment in 1930, Steiner reported to Bill McGrath, veteran athletic instructor, for boxing. McGrath isn't keen on boxing. He dissuaded the buck private of Battery E and invited him to join the cross-country group."

The *Herald-Tribune* quotes McGrath: "The first time I saw him over the Van Cortland Park course I knew he was a real runner. He has a wonderful pair of lungs and a natural elastic stride."

Steiner won regimental champion-

ships at two, three, and five miles, then entered his first marathon in October 1931, placing sixth in the New York to Port Chester race. His first major victory came in the Governor's trophy race, a 15 miler from Schenectady to Albany.

In 1932, Steiner finished fifth in the Boston Marathon, DeBruyn winning in 2:33:36 and earning a spot on the U.S. Olympic team. A month later, Steiner outran DeBruyn by some four minutes while winning the 1932 Metropolitan AAU marathon championship in 2:38:56.

In 1934, Steiner set the pace for the first 13 miles of the Boston Marathon. "He was steaming along at what appeared to be a comfortable gait, and was running under Pawson's record time of last year," a clipping in Steiner's scrap book reads. "Shortly after the field passed through Wellesley Square, Komonen and Kelley doused themselves with water and then started out in earnest to overhaul the faltering Steiner."

Dave Komonen of Finland won in 2:32:53, with Johnny Kelley second in 2:36:40, and Steiner third in 2:40:29.

In 1936, Steiner placed seventh in the U.S. 10,000 meter Olympic qualifier at Princeton. "With Hitler over there, I really didn't feel like going even if I made the team" he says.

Steiner's most memorable competitive experience is a second place finish to Ray Sears in the 1933 National AAU cross-country championship in Chicago. Don Lash, who would go on to win eight cross-country titles, was third.

Although many distance runners of that era were supposedly low-mileage trainers, Steiner recalls averaging about nine miles a day in his workouts. "I used to live near Yankee Stadium. I'd run up to Van Cortland Park by the Harlem River most every day. The day before a race I'd take a long walk."

In 1935, Steiner had to cut back on his running as he put in 14-16 hour days while operating a grocery store. But after a hitch in the army, he got serious again, placing third in the Yonkers Marathon and seventh at Boston in 1947.

"Things were a lot different then," Steiner concluded. "Everybody had to work. They trained when they had time. We didn't have any shoe companies sponsoring us. One time my picture was used in a White Owl cigar advertisement and I was suspended for six months. I had nothing to do with that advertisement, didn't get a penny out of it, but I was suspended for six months. Nobody even asked me about it. They just suspended me. They were tough on you then."

Steiner was inducted to the Road Runners Club of America Hall of Fame in 1983. □



Payton Jordan, 72, winning the M70 200 in 27.09 in Eugene, one of his five gold medals.

Photo by Gretchen Snyder



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# Masters Health and Fitness

by CARL V. FLOWERS II, O.M.D., L.Ac.

## Runner's Knee

**A**ccording to a survey in *Runner's World*, 30% of all runners suffer from a condition called "runner's knee." It seems to affect distance runners the most and can be very debilitating. What is this injury and what can be done about it?

### What Is It?

Runner's knee is an overuse injury, which means exactly what it says — the area was overused. It may frequently begin when a longer-than-normal run is taken and some pain develops after the run. The pain is usually on the outside of the knee and is over a broad area rather than a single point.

Besides the excess training, another frequent cause is foot abnormalities such as low arches (flat feet). This causes the force produced by each foot strike (up to three times body weight) to be transferred up the leg to the knee rather than distributed over the foot.

If training is continued, the pain may worsen, occurring during runs, and eventually may become chronic and continuous.

### How to Treat

As soon as the tenderness is noted, two things should be done: 1) stop training and 2) ice the area 15-20 minutes, twice a day.

As with most overuse injuries, the sooner treatment is begun, the faster recovery may be achieved.

If there is inflammation, aspirin may be taken for the first few days. If aspirin is not suitable, then a homeopathic remedy called Traumeel in tablet form may be used instead. Other homeopathic remedies that may be helpful include: Rhus Tox — when initial motion worsens the pain; Rhododendron — when initial motion lessens the pain; and Ruta — especially when pain is worse going downhill or downstairs.

Acupressure points to use for this condition include: 1) a point found by bending the knee to 90° with the foot on the floor, sliding the fingers down the groove on the outer thigh and pressing just behind the bone; and 2) a point on the thumb side of the index finger at the second knuckle. Pressure should be applied for 5-10 seconds, released, then re-applied 5-6 times using the points on the painful side.

Perhaps the most effective aid to therapy is the use of orthotics in the running shoes. Developed by fellow NMN columnist Dr. John Pagliano, these special inserts help to balance the foot and reduce the strain on the knee.

### To Resume Training

After the initial soreness has passed, easy training may begin. Begin at one-half the regular training distance and check for response. If the pain doesn't return, continue at this level for two-three weeks minimum and if still pain-free, resume normal training. An older athlete may require an additional one-to-two-weeks recovery time.

As always, prompt treatment and sensible rehabilitation is the key to a quick and successful return to training and competition. □

*(Dr. Flowers is a masters long jumper and Acupuncturist practicing in Santa Monica and Irvine, Calif. If you have any questions about musculoskeletal injuries, or suggestions for topics to be addressed in this column, write to Dr. Carl Flowers, NMN, Box 2372, Van Nuys, CA 91404.)*

## Druckrey Lowers Hurdles WR To 13.81

by JERRY WOJCIK

Stan Druckrey of South Milwaukee, Wisc., broke his world record for the M40-44 110H (39") with a 13.81 in the Centre Club Championships in Libertyville, Ill., on July 8. His previous record was 14.66, set in August 1988.

Marion Irvine of Napa, Calif., broke the W55 American record for

the 3000 with an 11:39.42. The former record of 13:33.8 was set by Oregon's Marcia McChesney in 1985.

The meet drew 192 athletes from 11 states. Specially commissioned steins were awarded to athletes who performed to 90% of All-American status. Meet director Dr. Craig Dean was aided by 45 volunteers.



Canada's Earl Fee leads New Zealand's Frank Evans and Britain's James Charman in the M60 800 in Eugene. But New Zealand's Derek Turnbull (4th in black on outside) closes from 6th place to win one of his six gold medals in 2:14.53.

Photo by Leo Benning

## Book Review: *Athletics 89/90*

by JERRY WOJCIK

*Athletics 89/90*, the International Track & Field Association of Statisticians annual, edited by Peter Matthews, is an absolute must for t&f enthusiasts, amateur statisticians, and casual perusers of t&f data. Its 578 pages include details of the 1988 season and the Seoul Olympics with commentary on each event; world and continental records; world all-time lists for men and women; world junior lists; biographical profiles, with performance progressions, of the world's top athletes; national champions; an index of athletes in the world lists; a preview of 1989-90 events; plus photos.

The statistics are definitive and vast. For instance, the world list for the women's 400 is 160-deep and is followed by hand-timed and indoor marks

and a progression of times from 1968. Each entry includes the time, athlete's first and last name, country and date of birth, and the meet, city, and date of the mark.

For roadrunners, there is a section listing '88 X-C national champions by country from Algeria to Yugoslavia, a list of winners of the world's major races, an ultrarunning review with world bests, and more.

If that isn't enough, how about all-time walk lists, and wind-gauge readings in the 100, 200, high hurdles, and long jump? With all of this and more, a statistical wonderment, but not much here for those who suffer from masters myopia.

The annual is distributed in the U.S. by Seven Hills Distributors, 49 Central Ave., Cincinnati, OH 45202, 513/381-3881, and sells for \$24.95.

## Atlanta TC Hosts Southeast Sectionals

by JERRY WOJCIK

TAC's Southeast Sectional Masters T&F Championships on June 10 were staged at Georgia Tech in Atlanta by the Atlanta Track Club.

Team honors went to the host club, which totaled 476 points, with the Carolina Masters AC second (154), and the Birmingham TC third (144).

The best performances based on the 1989 age-graded tables in selected events:

- Jim Law of the Carolina Masters, with 12.74 in the 100, had the top percentage in the event with 91.3. Phil Raschker, W40, of the Atlanta team

ran a 13.05 100, giving her a women's best of 88.0%.

- Ian Dickson's 4:16.9 in the M40 1500 was an event best 87.5%, while Nancy Parker, W50, of the Atlanta TC, ran a 5:24.2 for an 83.3%, tops among the women.

- Charlie Polhamus, M45, also an ATC member, was the best performer in the pole vault with a 3.96 for 78.8%.

- John Harper, M40, with a 41.02 mark and 62.2%, and Lurline Struppeck, W40, of the Louisiana Lightning TC, with a 27.94 and 47.9%, topped the men and women in the discus.

The meet director was Lila Brasher.



## Empire State Games Held in Ithaca

by JERRY WOJCIK

The track and field segment of the Empire State Games this year were held at Ithaca College in Ithaca, N.Y., on August 4-5, followed by a marathon on the 6th. The games, a program of the New York State Office of Parks, Recreation, and Historic Preservation, were open to state residents only, who were required to have met minimum performance standards in a New York or national meet between January 1 and July 4, 1989.

The best performances based on the 1989 age-graded tables in selected events:

- In the 200, Tom Toscano (M45, 24.1) of Shoreham, and Ed Small (M50, 24.9) of NYC were the top men performers with both at 90.2%. Lorraine Tucker (W40, 29.4) of Hartsdale outdid the women with 79.5%.

- In the 800, Anselm Lebourne (M30, 1:54.4) of Brooklyn excelled with 90.3%. Susan Compton (W40, 2:40.9) of Brooktondale, and Katy Gottschalk of Ithaca shared the honors for the women with both at 76.2%.

- Horace Hudson (W35, 16.2) of

Rochester with 82.0%, and JoAnn Harrall (W35, 19.6) of Kenmore with 65.8% had the best performances in the short hurdles.

- High jump bests went to Joe Laferty (M30, 1.83) of Massapequa with 77.2% and Marie Beretey (W35, 1.47) of Staten Island with 76.2%.

- Top javelin throwers were Mike Sayers (M30, 49.46) of Lakewood with 58.0% and Joan Dash (W55, 23.29) of Brooklyn with 59.6%.

Athletes were limited to three events in one day, so the pentathlon for men and women was held in two days rather than the required one. □

### Late Flash!

Mexico's Mario Cuevas (1:05:28) and California's Laurie Binder (1:18:18) were the masters winners in the Philadelphia Half-marathon, September 17.

Bob Schlau was the first American master in 1:07:46. Norm Green, 57, ran 1:13:44.

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### Masters Age Records

Men's and women's world and U.S. age bests for all track & field events, age 35 and up; and for all race-walking events, age 40 and up, as of Oct. 31, 1988. 52 pages. Lists name, age, state and date of record. Compiled by Peter Mundle, WAVA and TAC Masters T&F Records Chairman. \$4.00.

### Masters Track & Field Rankings

Men's and women's 1988 U.S. outdoor track & field, 5-year age-group rankings. 44 pages. Over 100-deep in some events. All T&F events, including 3000, 10,000, weight, relays, 1500 walk, and 5000 walk. Coordinated by Jerry Wojcik, TAC Masters T&F Rankings Chairman, and the National Masters News. ~~\$5.95~~ 3.95

### Masters Age-Graded Tables

Single-age factors and standards from age 21 to 90 for men and women for every common track & field, long distance running, and race-walking event. Shows how to conduct an age-graded event. Tells how to keep track of your progress over the years. Compares performances of different ages/sexes in different events. 66 pages, including samples and charts. Compiled by the National Masters News and the World Association of Veteran Athletes. Includes world and U.S. 5-year age-group records, as of May 1, 1989. \$5.95.

### Masters 5-Year Age-Group Records

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

### Competition Rules for Athletics (1989-1990)

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

### TAC/USA Directory (1989)

Includes TAC By-Laws and operating regulations, as well as listings of National officers and staff, Board of Directors, sports committees, administrative committees, and TAC associations. \$9.95.

### IAAF Scoring Tables (1985)

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

### Guide to Prize Money Races and Elite Athletes (1989).

Published by Road Race Management, the Guide includes elite athlete alphabetical listing (including masters) with over 700 contact addresses and phone numbers, calendar and contacts for over 250 prize-money events, plus much more. \$32.00.

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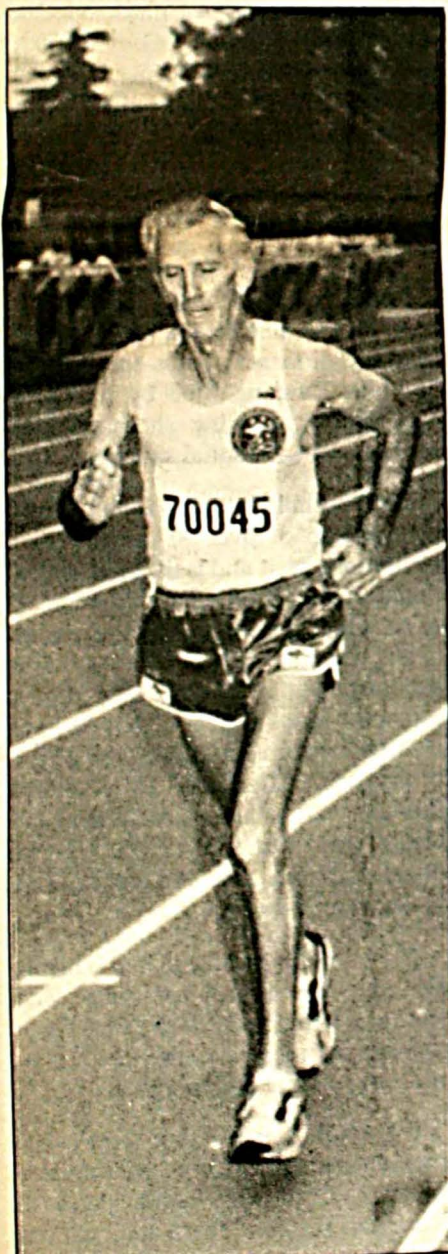
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Australia's legendary John Gilmour, 70, was, indeed, legendary in Eugene, winning five gold medals and setting three world M70 records. Here he breaks the world M70 10,000 mark by over two minutes in 38:49.25.  
Photo by Gretchen Snyder



# PROFILE

## An Inside Look At A Very Unique Group of Runners

by BOB BRUCE

It's 6:00 on a Monday morning and Ron Singler, a 20-year journeyman plumber, wakes his body with some easy stretches as he prepares for his morning run. At 6:15, Ron steps out the door to a brilliant sunrise and the cool desert morning air. Ron ambles over to his familiar starting point, yawns one last time, pushes the button on his watch, and is off. During the next four miles Ron will greet other athletes as his run unfolds. Many of the townfolk in Vacaville, Calif., start their work day in similar fashion.

What makes Ron's run different from the rest of those in Vacaville is that Ron and his fellow runners are observed by rifle positions located on rooftops of housing units at the California Medical Facility — South. Within the confines of concrete, metal fences, and barbed wire, Ron serves as co-director of the Foothills Running Club.

The Foothills Running Club, which is the first and currently only inmate activity group of its type within the California Department of Corrections, starts each weekday with a morning job. Members of the Foothills Running Club who participate in the Early Morning Running Program are released from their cells at 0600 hours for a pre-run stretch and are released to the running track upon notification that the Yard Observers are in position. Jogging on a four-foot wide crushed granite track, these runners form the backbone of a very prestigious and beneficial organization.

Formed in February 1988 by a handful of inmate running enthusiasts, the Foothills Running Club has matured into perhaps the finest inmate activity group in California. Correctional Officer Tim Phillpotts serves as the group's primary sponsor and has been fundamental in the Foothills Running Club initiating many superb programs at CMF-South, and in the club's attaining an excellent rapport with prison authorities as well as the community.

Though the running club provides a vast array of fitness programs for its members, the runners have gone beyond the norm in creating a more wholesome environment in which to live while confined. On June 27, 1989, 70 runners of the Foothills Running

Club participated in "Peace Run 89."

(On April 21, an inaugural Peace Torch was lit in New York City. Over the next fifteen weeks, the torch was carried through more than 1000 communities in all 50 states of the U.S., and through all seven continents as a testament to the determination of humanity's quest for lasting peace among the peoples of the world.)

The 70 runners circled the exercise yard in a mile run, for world peace and global harmony. A lead Peace Torch was exchanged at the beginning of each of the five laps by club directors Darrell Cooper, Ron Singler, Ruben Cota, and Tink Farris. The second Peace Torch was exchanged throughout the run and held high by all the runners.

The enthusiasm which followed the run was the highlight of the event as all the runners congratulated each other. A butterfly elm tree has been planted

**"Members of the Foothills Running Club are released from their cells at 0600 hours for their morning run."**

on the grounds of CMF-South as a lasting tribute to the first Peace Run and to inspire others. A plaque was dedicated to the institution as well. The ceremonies concluded with a moment of silent contemplation for personal and world peace.

The Peace Run was only one of many programs sponsored by the Foothills Running Club. The runners organized a trust fund contribution to the young Carmina Salcido, the victim of one of Northern California's most brutal crimes. The runners collected \$290 from the general population and then added an additional \$50.00 from the club's trust account.

The running club is totally self-sufficient and receives no funding from the State. To raise funds to cover operating expenses, the runners sell pizza to the general population.



Foothill Running Club directors Ron Singler (right) and Darrell Cooper lead a group of runners in Peace Run 89. Three other runners, from left to right: David Renteria, Colima Dominguez, and Vern Gardner. Photo by Astika Mason

When it gets down to competition, the running club is at its best. Each month the running club sponsors several different types of contests, such as Predict-Your-Time-Miles, fun runs, relays, and races of varying distances. The competitive season climaxes each year with the Thanksgiving Day 10K. All the competitive races are contested by age division to assure an equal distribution of awards and glory. The age divisions are open (age 29 & under), submasters (age 30 to 39), and masters (age 40 & over).

All the race distances have been accurately measured. The race committee provides excellent officiating. Race numbers are worn by the runners. Each racer has his own individual lap counter. Accurate timing is provided by The Time Machine, the club's computerized timing unit, which has a 4000-entry memory and can handle every type of race. In the longer races, the runners are provided liquid refreshment during the race.

All race results and other club news are printed each month in the Club Bulletin. Age-division records are kept and incentives are provided for breaking records in the mile, 3000m, 5000m, 5 mile, and 10K. Prizes are awarded to the first three finishers in each age division and sometimes even deeper if the fields are large. The types of prizes awarded vary from Polaroid pictures taken with the club's Impulse camera to trophies, shirts, socks, headbands, coffee mugs, and an array of practical items an inmate may need.

To educate the runners in the area of fitness, the club has established an excellent sports library. The running club also receives complimentary subscrip-

tions of *National Master News*, *Track & Field News*, *Triathlete* magazine, Joe Henderson's *Running Commentary*, and *Ultrarunning* magazine, and is a member of the Gatorade Sports Science Exchange. A video library is currently being established to show fitness videos to the entire population of the CMF-S via the institutional cable.

Hi-Tec Sports U.S.A., which sponsors the 146-mile Death Valley to Mt. Whitney ultramarathon, helps sponsor the Foothills Running Club by providing high quality running shoes to club members at substantial savings.

The Foothills Running Club boasts a membership of over 90 runners on a continuous basis and is the only institutional organization in which members of all ethnic groups participate and interact harmoniously. Sportsmanship and participation are emphasized over competitiveness and the club is perhaps the best organized and operated activity group at CMF-South. The Foothills Running Club has exceptional and highly motivated sponsors in Correctional Officers Tim Phillpotts, Pete Frost, and S. Barnes.

The Foothills Running Club is highly regarded by prison officials who recognized the club for the benefits it provides its members, the institution, and surrounding community.

It's good to know that worthwhile programs such as that of the Foothills Running Club are taking place in American prisons. These men will one day return to society bringing with them the brotherhood and sportsmanship they shared with fellow athletes rather than the negativeness often associated with prison life. □

**We need you.**







Ninety-year-old Paul Spangler, who grew up in Eugene, won six gold medals and set four world M90+ records in the World Championships. Photo by Gretchen Snyder

## Five Years Ago

September, 1984

- 853 Compete in Nationals in Eugene
- 51 Compete in National Decathlon
- Inglis, Dalrymple Win National 15K
- 220 Compete in Western T&F Regionals in L.A.

## Wojcik Retires From NMN

Jerry Wojcik, Senior Editor of the National Masters News for the past seven years, is moving to Florida this month and will no longer be working for NMN on a daily basis.

He will still be coordinating the annual t&f rankings, and will be a frequent contributor from the field.

Jerry has been primarily responsible for the schedule, t&f results and stories, Masters Scene, and proofreading. He will be missed.

We wish him well in his early

retirement (he was an English professor at Los Angeles Valley College for over 20 years), and thank him for his outstanding contributions to NMN and to the masters program during the past seven years. □



# Running Times

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### 9. CIRCULATION July 1989

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Mail order to: National Masters News

P.O. Box 2372  
Van Nuys, CA 91404  
818/785-1895





Pagliano's Podiatric Pointers

## THE FOOT BEAT

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

### Sciatic Nerve Inflammation

**Q.** This letter concerns the great deal of pain that I am experiencing in my hamstring and buttocks. The pain started September, 1988 after I ran a hilly marathon. I couldn't run over 10 miles after that with the exception of a 13.1 mile race two weeks later in 1:29. I ran a 10K three weeks later in 41:00 and another marathon one week after that in quite a bit of pain in a time of 3:16. My times have gotten worse as has the pain and also my stride gets shorter and shorter.

**A.** Your condition certainly sounds like a sciatic nerve inflammation or entrapment. This can also accompany a hamstring strain. These usually occur after a sudden dose of speed work on a track or running hills as you did.

This condition is quite painful. Obviously your running so many marathons is not helping the condition. At this point, you should do minimal mileage. Stretching at this point will just aggravate your condition.

You should see a sports orthopedist who is willing to be very aggressive, treatment-wise. First, you need to apply moist heat twice a day for a minimum of 20 minutes. If you have a physical therapist, he or she can perform this. Also, if you are going to use ultra sound, it should be three times a week and has to be applied aggressively and directly over the injured area. Deep massage is also of some help.

If this is not helping, you really need

to get cortisone shots. If given properly, these can be very helpful.

When this clears up, you should start running at a lower mileage and avoid stretching the area prior to running. Walk to warm up instead.

I hope this is of some help. You cannot really let this go too long or the scar tissue deposits become permanent. If you can't find a sports orthopedist, drop me a line and I will find one for you. □

*(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.)*

### Montana Masters Championships

by MIKE CARIGNAN

The 11th Montana Masters Championships were held again, on August 11-12, at Montana State University in Bozeman, where local athletes turned in national-caliber performances.

Tom Gage, 46, of Billings, AAU champion in 1971 and the U.S. best in the hammer in the 1972 Olympics, took the hammer (193-6), shot put (46-11¼), and discus (136-0).

Al Funk, 75, of Bozeman doesn't get much recognition even in his home town, but he won two events in the World Games in Eugene. Here, at 4900

feet, he ran a 5:52.0 1500, with his first 400 in 82 seconds.

Terry Kennedy, 42, of Bozeman ran a 62.6 400. She suffers from chronic plantar fasciitis and can only run once a week, so she has cross-training with water-runs, lifting, and bike riding down to a science.

Bill Foulk, 56, of Bozeman, who took two silvers in Eugene, then took a hard fall in the steeplechase, was still hurting at this meet, but won the 1500 (4:47.3) and 5000 (17:59.2).

Herb Kirk of Bozeman, who turns 94 in October, ran four events. □

### 18th National Decathlon/Heptathlon Draw 47 to North Carolina

by REX HARVEY

The 18th consecutive National Masters Decathlon/Heptathlon Championships were held in Thomasville, N.D., on June 17-18.

Forty-five men and two women showed up under sunny skies. Awards were presented, as always, in the normal five-year age groups. But, for the first time, we also used the new 1989 WAVA Age-Factor Tables, which added a great deal to the event. In addition to all age groups being able to compare their scores, individuals could compare their results to their own past performances. The new scores can be understood by the regular track fan who is not familiar with the age dropoff; the age-factors produce scores that directly compare to regular open-competition scores.

Atlanta's Phil Mulkey, 56, who held the world decathlon record in his open-competition days, showed his stuff again by winning the overall competition for the second year in a row with an age-factored total of 7806 points. Dale Lance, 51, was second with 7160 points, with Ken Ellis, 31, third with 7074.

Phil Raschker, 42, of Atlanta, set a

new world W40 heptathlon record of 4744 IAAF points (5498 WAVA age-factored points), breaking her own WR and winning her third consecutive national heptathlon title. Barbara Stewart, 47, was the only other female competitor and scored 2300 WAVA points.

The lack of more women participants was discussed at the athletes' meeting. It was agreed the event needs more publicity.

Bill Busby, meet organizer, held a fine meet ably assisted by Bill Weldon, meet director; Charles Busby, referee; Jim Saxon, announcer; Stan Styers, starter; and a host of other volunteers all showing fine Carolina hospitality. Bill and his lovely wife Lorri opened their home to all athletes, spouses, friends and officials for a barbecue. □



Accepting congratulations from the crowd are M50 400 medalists, from left: Reg Austin, Australia (3rd, 53.24); Guido Mueller, West Germany (1st, 52.31); Larry Colbert, USA (2nd, 52.86), at the World Veterans Championship in Eugene. Photo by Gretchen Snyder



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## An Open Letter to all Race Directors

Dear Race Director,

The Masters Long Distance Running Committee of The Athletics Congress, governing body for running in the United States, urges your cooperation in assisting us to promote fitness and to provide competition opportunities for men and women from age 40 through age 100 and over.

Specifically, we are asking you to recognize older runners in your event by including 10-year age divisions (five-year divisions ideally) for men and women ages 40-90+ regardless of how many competitors you assume will attend your event.

The realization of this request is vital because:

1. It will provide incentive for older runners to compete and keep fit, which is essential for maximum health and longevity,

2. It will provide recognition for hard work, especially by those who have loyally supported running for many years, and

3. It will encourage participation and growth of the sport in the older age divisions, which will in turn promote your event.

Our committee is aware of any reluctance you may have for various reasons, so we would also offer these ideas:

1. Having older divisions will eventually attract more runners to your event, as will the publicity about certain older competitors.

2. By complying with our request, your event will set an example for other races, and the older runners themselves can set good examples for their peers.

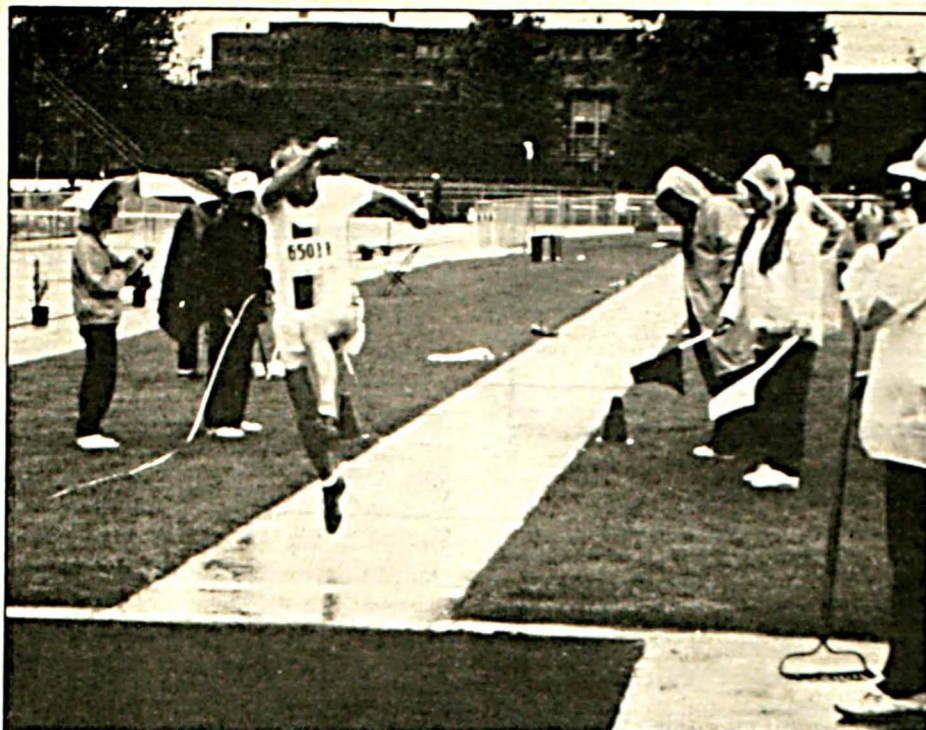
3. It is not necessary to date awards for the upper divisions, so awards not used one year may be used the following year.

4. The recognition itself is what's important, not the actual award, which could be procured and sent to the athlete after the event when exact results are known. In some cases, the awards themselves may be different from the type of awards given in younger divisions.

Many of our committee members are race directors too, as well as athletes, and we realize that many factors enter into the decision regarding age divisions and that the goals may not be realized after just one year. We are asking this for the betterment of the sport - we are all growing older and want to receive recognition for our efforts.

Thank you for your assistance.

*TAC Masters Long Distance  
Running Committee,  
Charles DesJardins, Chairman*



Tuesday's rain didn't stop West Germany's Norbert Barth, who triple jumped 9.13 (29-11 1/2) to place sixth in the M65 category in Eugene.  
Photo by Gretchen Snyder

## CLASSIFIEDS

Classified ad rates are 60c a word. Count name and address as 5 words. Race notices are 40c per word. Prepayment required with copy. Deadline is the 10th of the month prior to issue date. Send to NMN, PO Box 2372, Van Nuys, CA 91404

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

Dec. 2. MN Masters Early Morning "R" T&F. First indoor records. All-Comers. SASE to Mrs. Rachel Lyga, 122 63 1/2 Way NE, Fridley, MN 55432.

**Photos from Nationals.** For the athletes who competed in the 1989 TAC/USA Nationals in July in San Diego, we have 5" x 7" photographs available for \$5 each plus \$2 shipping and handling. Please call Phil at Pro Photo, 619-287-5346. Please have your bib number available. Or write Pro Photo, 6325 El Cajon Blvd., San Diego CA 92115 USA.

## TAC NATIONAL MASTERS 8K CHAMPIONSHIPS/ MISTLETOE RUN

(Final Event of TAC National Convention)

- Washington DC
- W. Potomac Park
- Computerized Finish Line
- Masters 5 Yr. Age Groups
- Registration \$10 (\$12 After 27 Nov.)
- 3 Dec 1989 8:30 a.m.
- Flat/Fast Course
- T-Shirts/Refreshments
- Random Awards

Sunday Dec 3rd TAC National Masters/Mistletoe 8K

8:30 A.M.

Entry Fee \$10.00

Make payable to Mistletoe 8K, P.O. Box 554, Springfield, VA 22150. Please Mail By Nov 27th.

In consideration of my application being accepted, I hereby, for myself, my heirs and executors waive release, and forever discharge any and all rights and claims for damages which I may have or may hereafter accrue to me against the organizers and sponsors of the Mistletoe, Colonial Running Company, other sponsors and their representatives, successors and assigns, for any and all injuries suffered by me in said event. I attest and verify that I am physically fit and have sufficiently trained for the completion of this race, and my physical condition has been verified by a licensed medical doctor. Further, I hereby grant full permission to any and all of the foregoing to use my name, photographs, videotapes, motion pictures, recordings or any other record of this event for any legitimate purpose without compensation or remuneration.

RACE CARD #

X

(Signature of athlete (Signature of Parent or Guardian if Athlete is under 18 years of age))

NAME

LAST FIRST M

ADDRESS

CITY

STATE

ZIP

M F

HOME TELEPHONE

MONTH DAY YEAR

GENDER

S M L X

AGE

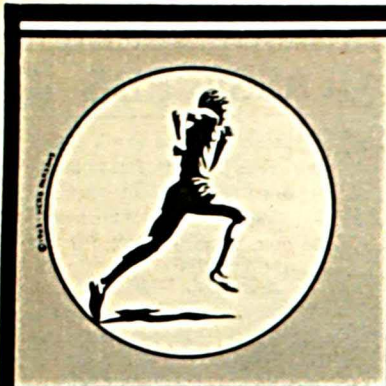
Best 10K time

BIRTHDATE

SHIRT SIZE

WRR30





# MASTERS TRACK & FIELD REPORT

by SCOTT THORNSLEY,  
U.S. Co-Team Manager

## World Games Relay Recap

All but one U.S. men's relay team (M55 1600) claimed world titles at the World Veterans Championships in Eugene on August 6.

Interest in the relays was high, with 53 men bidding for 24 spots in the 400 relay, and 68 vying for 24 legs in the 1600 relay.

Criteria called for athletes to be chosen by the fastest 100 and 400 times posted in either San Diego (nationals) or Eugene. This caused problems, as several San Diego 400 times were better than those made by American men in the Eugene 400 finals.

Each potential runner was supposed to contact a team manager to verify that he/she would be available to run on Sunday morning. Several runners

falsely assumed that since they advanced to the finals they were automatically awarded a relay leg. One runner, who had posted the fourth-fastest time (in San Diego) for the 400 relay, didn't show up in Eugene, assuming he would simply show up on Sunday and run his relay leg. He was removed from the team after several attempts to contact him in Eugene failed.

Two M50 sprinters posted identical 12.18 times in the 100, tying for the fourth spot. A run-off was scheduled, but only Gary Miller came prepared to run.

Runners persisted in signing up for a relay and then bowing out at the last minute because of airline reservations. Alternates came to the track not dress-

ed to run. One relay team had to reach to its third alternate to fill the team. Moral: come prepared to run, no matter how far down the list you are.

Jack Greenwood expressed interest in the 400 relay, yet accepted the decision he could not run because he had no 100 time to compare to the other relay candidates.

World M40 400 record-holder James King said he'd be unable to run on the 1600-relay team because of work obligations. Richard Tucker moved up to replace King. At the last minute, King was able to run. Tucker could have retained his leg on the team but graciously stepped aside to permit the team to have a chance to set a world masters record. Then, Stan Whitley suffered a leg injury, which allowed Tucker to run. The team set a world M40 record.

### Recommendations for Finland

- 1) Post criteria for relay-team selec-

tion in NMN six months before the Championships.

- 2) Limit relay selection to only those running the 100 and 400 at the World Championships.

- 3) Pick runners by their place in the finals, then by their times in the heats.

- 4) Post the four relay members regardless of whether they contact the team manager.

- 5) Require confirmation that the chosen runners will be able to compete.

- 6) Have TAC's Masters T&F Committee pay all relay fees.

- 7) Hold runoffs for ties on an off day. No coin-flip.

- 8) Publish a photo of the team manager in NMN, so runners know who to look for.

- 9) Develop a thick skin and expect bickering and confrontations.

- 10) Plan to spend about 80 hours during the nine days of competition, as I did, at the venues. □

## TAC To Hold 11th Annual Convention

The Athletics Congress' 11th Annual National Convention will be held from November 27 to December 2, 1989, at the Hyatt Regency/Capitol Hill in Washington, D.C.

On this page are:

- 1) Convention Registration Form
- 2) Hotel Reservation Form

If you need additional registration forms or hotel reservation cards, please contact Tref Lowe at TAC, Box 120, Indianapolis, IN 46206 (317/261-0481).

United Airlines, the official carrier for the Convention, is offering a 5% discount off any published round-trip fares, or a 40% discount off unrestricted round-trip coach fare. To obtain the United discount, call 800/521-4041; use the special TAC account number of 9192J.

If you're an Association delegate, you should be receiving these materials from your Association. □

THE ATHLETICS CONGRESS/USA ELEVENTH ANNUAL NATIONAL CONVENTION NOVEMBER 27-DECEMBER 2, 1989				RESERVATION REQUEST BOOKING # G-85617	
Type of Room		No. of Rooms	Competition Rates	Regency Club*	
Single (1 person)			\$99		
Double (2 people)			\$109		
1 bdrm Suite					
2 bdrm Suite					
Regency Club accommodations include a full American breakfast and use of Regency Club lounge in addition to special guest room services and amenities.					
Mail to: Hyatt Regency, 400 New Jersey Ave. N.W., Washington DC 20001					

Date of Arrival	Reservations received after 11/18/89 or after the room block has been filed are subject to availability and prevailing rates.
Time of Arrival	
Date of Departure	
Check in Time 3 p.m. Check out Time 12 noon	
Name	Guaranteed by one of the following
Company	<input type="checkbox"/> American Express <input type="checkbox"/> Carte Blanche
Address	<input type="checkbox"/> VISA <input type="checkbox"/> MasterCard <input type="checkbox"/> Diners Club
Telephone No.	<input type="checkbox"/> Discover
Gold Passport No.	<input type="checkbox"/> Check or money order enclosed
Sharing Room with	Amount \$
	Card #
	Expiration Date
	Signature

THE ATHLETICS CONGRESS/USA ELEVENTH ANNUAL NATIONAL CONVENTION NOVEMBER 27-DECEMBER 2, 1989 • WASHINGTON, D.C.			
PLEASE PRINT—COMPLETE ALL ENTRIES			
LAST NAME	FIRST NAME	INITIAL	TAC ASSOCIATION or AMATEUR SPORTS ORGANIZATION
STREET ADDRESS		CITY	STATE ZIP
I WILL BE ATTENDING THE CONVENTION AS (Check One Only)			
<input type="checkbox"/> TAC Delegate <input type="checkbox"/> TAC Alternate Delegate <input type="checkbox"/> Amateur Sports Organization Delegate <input type="checkbox"/> Athlete Representative Delegate <input type="checkbox"/> National Committee Representative <input type="checkbox"/> Observer			
<b>CONVENTION PACKAGE — \$60.00</b> Consists of the following: Registration Package Wednesday Night Social (Capitol Hill Hospitality) Sponsored by NIKE Thursday Awards Luncheon Friday Night Jesse Owens Award Banquet Sponsored by Atlantic-Richfield Company			
<b>SUSTAINING MEMBER PACKAGE — \$75.00</b> Consists of the following: Registration Package Wednesday Night Social (Capitol Hill Hospitality) Sponsored by NIKE Thursday Awards Luncheon Friday Night Jesse Owens Award Banquet Sponsored by Atlantic-Richfield Company 1990 Sustaining Membership Includes Membership Card, 1990 Directory, 1989-90 Competition Rules For Athletics, Subscription to The Athletics Record, and TAC/USA Sustaining Member Lapel Pin.			
<b>IMPORTANT</b> The following fees are in effect for all registrations postmarked after October 16. Convention Package \$70.00 Sustaining Member Package \$85.00			
Mail ALL COPIES of this form and CHECK to: <b>TAC/USA NATIONAL CONVENTION</b> P.O. BOX 120 INDIANAPOLIS, IND. 46206			
Make checks payable to: <b>THE ATHLETICS CONGRESS/USA</b>			
Fees submitted with this Registration — Convention Package \$ — Sustaining Member Package \$ TOTAL FEES SUBMITTED \$			

## Tentative Schedule of Masters T&F Committee at TAC Convention in Washington, D.C.

### Monday, November 28

p.m.  
8:30-11:00 Executive Committee of Masters T&F; plan agenda; review legislation proposals.

### Tuesday, November 28

p.m.  
8:00-11:00 Sub-committee meetings; awards, sectional coordinators; budget, law & legislation, site-selection presentations.

### Wednesday, November 29

a.m.  
8:00-12:00 TAC General Meeting

p.m.  
1:00- 5:00 Awards, site-selection, rules review, miscellaneous  
8:30-10:00 Election of Masters Chairman (2-year term).

### Thursday, November 30

a.m.  
8:30-11:30 Organizational planning, new Chairman's choice.

p.m.  
2:30- 6:30 New Chairman's choice.

### Friday, December 1

a.m.  
9:00-12:00 Committee appointments; organizational.

p.m.  
1:00- 5:00 Joint meeting with Masters LDR.

The election is tentatively scheduled for a specific time so all masters delegates can clear his or her committee meetings and be in attendance at this election. The election will be run under the direction of the Membership Committee, and only duly elected and designated committee members will be permitted to vote.



## Philadelphia Masters Meet

by PETE TAYLOR

COLLEGEVILLE, Pa., August 19 — Longtime masters superstars Jim Sutton, 58, and Claude Hills, 77, turned in record-setting efforts today as the Philadelphia Masters conducted their annual outdoor invitational at Ursinus College. The threat of rain which, unfortunately, did materialize, undoubtedly held down the number of competitors.

Sutton bolted out to an early lead in the 1500 (he ran in the 30-34 group) and held on for an age-58 U.S. mark of 4:44.4. He continued another 120 yards to finish a mile in 5:05.7, also a single-aged standard.

The redoubtable Hills ran the 100H in 22.8, beating Herb Anderson's standard.

Emerging sprint star Warren Spikes, 38, put on a show by trouncing his opponents in times of 11.5, 22.4, and 50.5. Bob Keegan, M55, ran 12.4 and 26.3 in the sprints, while Marilyn Mitchell, W45, did 14.0 and 28.5. William Corsey, M40, won four golds.

A number of strong people were on hand: Tim Williams, M40, spun the discus an excellent 45.52, while John Abbott won the M45 with 42.20. Chuck Yost won the M50 shot with a heave of 11.59, while Ray Feick took the M55 in 11.73. □

## Brown University Invitational

by NEIL STEINBERG

Despite heavy downpours throughout the day, we had 175 entrants and several fine performances in the Brown University Master T&F Invitational in Providence, R.I., on August 13.

M40 double winner Roger Pierce had a fine day (100 11.3; 200 23.2). Ed Fern's 6-7 high jump in the M35

division was a highlight. Boo Morcom, M65, won four events. Pat Peterson, W60, and Libby Hagemann, W65, were multi-winners on the women's side.

Over 60 meet records were broken or tied.

Brown University will host an indoor meet on January 14. □



New Zealand's Derek Turnbull (left) and Italy's Cesare Bini battle in the age 60-64 bracket of the 1500 at the VIII World Veterans Championships in Eugene. It took a world M60 record of 4:28.66 by Turnbull to win over the determined Bini, who had upset Turnbull in the 5000. Turnbull won six gold medals. Photo by Gretchen Snyder

## NATIONAL MASTERS CHAMPIONSHIPS

### 5 Km Cross-Country Run

Columbus, Ohio, November 5, 1989



Columbus  
Recreation & Parks  
Department

**Exceed**  
SPORTS NUTRITIONALS

**HOST CLUBS:** Wolfpack Track Club and Over-the-Hill Track Club

**SPONSORS:** Columbus Recreation and Parks Dept./Exceed Sports Nutritionals

**PLACE:** Airport Golf Course, 900 N Hamilton, Columbus, Ohio (614) 645-3127

**EVENTS:** Open and Submasters Men (39 & Under) at 9:30 a.m.  
Open, Submasters, and Masters Women at 10:15 a.m.  
Masters Men (40 & Over) at 11:00 a.m.

**INDIVIDUAL AGE GROUPS:** Open, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, ..... 80 & O

**INDIVIDUAL AWARDS:** TAC medals to the top 3 runners per age group; 6 TAC medals for Open division; special award for Open and Masters Champion; other finishers will receive a Victory medal.

**INDIVIDUAL CHAMPION PATCHES:** awarded to Masters age group champions

**TEAM AGE GROUPS (M&W):** Open, 30 & Over, 40 & Over, 50 & Over, ..... 80 & Over

**TEAMS:** Best 5 of 8 runners; Men - Open, 30 & Over, 40 & Over, 50 & Over;  
Best 3 of 5 runners; All Women; Men - 60 & Over, 70 & Over, 80 & O.

**TEAM SCORING:** Masters - aggregate (total) time of scoring members;  
Open and Submasters - simple scoring by position.

**TEAM AWARDS:** Medals to each scoring member of the top three teams;  
Small team trophy awarded to the top three teams.

**TEAM CHAMPION PATCH:** awarded to scoring members of Masters team champions

**TEAM ROSTERS:** identify by 11/1/89 - register each athlete individually;  
submit separate list for each age-group-team on the team entry form;  
coach/manager should be given as the point-of-contact for any questions.

**LONG SLEEVE T-SHIRT:** meet T-shirt awarded to the first 200 entries.

**ENTRY FEE:** \$10.00 before 11/1/89; \$15.00 thereafter; no phone entries.

**MAKE CHECKS PAYABLE TO:** John White, Wolfpack Track Club

**MEET DIRECTOR:** John White, 4865 Arthur Place, Columbus, Ohio 43220-3102  
days: (614) 424-7011 evenings: (614) 459-2547

**COURSE:** single figure-8 loop on golf course perimeter with inspectors;  
mostly grass with some dirt; moved, coned, and flag marked;  
rolling golf course rough with a 40-foot total altitude change.

**FACILITIES:** adequate parking, water, restrooms, central spectator viewing;  
no locker rooms available - athletes should come ready to run;  
for post race showers, ask the motel for a late checkout time.

**DIRECTIONS:** The golf course is 2 miles directly east of the Port Columbus  
Int Airport terminal just inside the east side of the city beltway I-270.  
From I-270 exit at Hamilton Rd and go north 4.4 miles. From I-270 exit at  
Hamilton Rd and go south 0.7 miles. GC is on east side. From the airport  
take Sawyer Rd eastward to Hamilton Rd and GC. The Headquarters Motel is  
located 1.5 miles south of the golf course at Hamilton Rd and Broad St.

**CONVENIENT MOTELS** (all located 2-5 miles from airport and golf course):

-BQS- Quality Inn	4801 E Broad St (at Hamilton Rd)	800-228-5151 \$40 single 614-861-0321 \$43 double
Concourse Motel	4300 E 17th Av (at the airport)	800-325-3535 \$69 single 614-237-2515
Cross-Country Inn	4240 E 17th Av (at the airport)	800-621-1429 \$37 single 614-237-3403

**SATURDAY NIGHT PROGRAM:** All runners, coaches, and meet workers are  
invited to a lecture and social hour at the Quality Inn on Saturday,  
Nov. 4 at 7 p.m. The featured speaker will be Dr. Keith Wheeler,  
speaking on "Nutrition for the Masters Athlete," followed by a  
social hour, including free beer and soft drinks, which will be  
hosted by Exceed Sports Nutritionals, a division of Ross Labs.

**AIRLINE DISCOUNT:** American Airlines, Star #S05N49A, 1-800-433-1790;  
35% off of full coach fare with 7 day advanced purchase, \$30 to cancel;  
5% off of any other published airfare offers including first class.

**CAR DISCOUNT:** Budget Car Rental (airport), Paul Negulescu, 614-471-2434;  
24 hr/150 free mi, economy \$19.79, intermediate \$22.79, full \$25.79.

Individual Entry Form - Submit to Meet Director

NAME: \_\_\_\_\_ SEX: \_\_\_\_\_ PHONE: \_\_\_\_\_  
ADDRESS: \_\_\_\_\_ CITY/STATE/ZIP: \_\_\_\_\_  
AGE AS OF 11/5/89: \_\_\_\_\_ BIRTHDATE: \_\_\_\_\_ TAC CLUB: \_\_\_\_\_  
IF RUNNING ON A TEAM, PLEASE GIVE THE AGE GROUP: \_\_\_\_\_  
1989 OR 1990 TAC CARD #: \_\_\_\_\_ (required of all Masters)  
LONG SLEEVE T-SHIRT SIZE (circle one): small medium large x-large

IN CONSIDERATION OF THIS ENTRY BEING ACCEPTED, I HEREBY FOR MYSELF, MY  
HEIRS, EXECUTORS, ADMINISTRATORS, AND ASSIGNS WAIVE AND RELEASE ANY AND  
ALL CLAIMS FOR DAMAGES, INCLUDING CONSEQUENTIAL, I MAY HAVE AGAINST THE  
WOLFPACK TRACK CLUB, THE OVER-THE-HILL TRACK CLUB, THEIR MEMBERS,  
COLUMBUS RECREATION AND PARKS DEPARTMENT, THE SPONSORS, THE RACE  
COMMITTEE, THE RACE OFFICIALS, AND THEIR REPRESENTATIVES, SUCCESSORS, AND  
ASSIGNS FOR ANY AND ALL INJURIES SUFFERED BY ME OR MY CHILD (ATHLETE) AT  
THIS RACE. I CERTIFY THAT THE ATHLETE HAS TRAINED SUFFICIENTLY TO  
PARTICIPATE IN THIS CROSS-COUNTRY RACE.

(SIGNED) \_\_\_\_\_ ATHLETE (PARENT, if under 18 years old)



**Write On** Continued from page 4

nice account in *Sports Illustrated*.

When the meet returns to the U.S., let's have it in Eugene again!

*Bill Forsyth  
Albuquerque, New Mexico*

Eugene has by far the best track, facilities, and people in the United States, and I'll be back. One plea: please do not schedule the pole-vault in the mornings. It makes injuries more apt to occur. Lastly, my fellow competitors and I would much prefer a T-shirt with "1989 National Champion" on it rather than another medal to keep in a box.

*Charles Polhamus  
Atlanta, Georgia*

**NATIONAL CHAMPIONSHIPS**

I want to acknowledge and say "Thank you" to all the medical service people from San Diego State University at the Nationals and the World Games medical personnel in Eugene who helped me compete in spite of injury.

*Phil Brusca  
Maryland Heights, Missouri*

The National Masters T&F Championships left me with a bad taste because of the attitude of the administrators of the meet.

For example, when I asked why the

800s were being run in lanes rather than the usual "waterfall" start, an official said: "This is the nationals, welcome to the big time." Hardly a proper remark.

Only two men ran the first heat of the M50 800, but several ran in all other heats. The result was that those two ran 2:17 and 2:27, yet, since the first two went to the finals, they both made the final. Others in later heats had to run under 2:12 to make the final.

When an official protest was lodged, the reason given for disallowing the protest was that the computer had set up the heats and nothing could be changed. (If that's the case, then why bother to check in?) Two races were, in fact, changed: the M35 400, where heats one and two were combined into one heat; and the W40 400, where a runner was allowed to run in the final even though she hadn't checked in for scheduled heats.

These improprieties dilute the validity of the National Championships. I don't want some overzealous volunteer official ruining our program.

*Cliff Pauling  
Bronx, New York*

My perspective on the National Championships in San Diego: We were

blessed with wonderful weather, first class facilities, and volunteer officials that were pleasant and accommodating. Meet management did not, however, uphold the same standard. Three basic complaints:

1. We were charged an unprecedented \$30 entry fee for one event!

2. A simple error in scheduling, coupled with the refusal to make a correction, demonstrated a complete disregard for competitors. The "tentative schedule" (the only one available to competitors prior to arrival at the meet) listed "11:00 Pole Vault (9 hours)." The "final schedule" (this one was only available upon arrival at the meet site) listed two divisions starting at 9 a.m. This problem was brought to the attention of meet director Dixon Farmer on the afternoon prior to competition. He chose to stick with the 9 a.m. starting time, even though all competitors were not present at that time. A written protest was filed by several competitors.

3. Four hours after the competition ended, we were unable to pick up medals because "the results have not been checked." After approximately one hour of literal "run around," a confrontation produced a written promise to send the medals. It's been a month now, and no medals yet.

To the San Diego meet organizers: If you'll return my \$30 entry fee, I'll try to forget I was ever there. My appeal to the site selection committee is: Please don't send us back to a place where the fellowship of competition is buried under the purpose of staging a money making event.

*Joe Johnston  
Apopka, Florida*

**REPLY TO COMPLAINTS**

Since the conclusion of the National Championships, we have been pleased to receive many letters and calls complimenting the manner in which the Championships were presented.

Because the event this year was tied to the World Championships in Eugene by their proximity in time, it was the intention of the Nationals Organizing Committee to offer certain amenities to all competitors, including our foreign guests. We hope these extras were noted and appreciated by those in attendance.

Still, not everything went exactly as the competitors would like, or as the Organizing Committee had planned.

As to the specific complaints above:

1) **M50 800.** The number of entries required four heats with the first two places and the next fastest time going to a 9-lane, computer-programmed final. Only two runners showed up for one heat. Both automatically qualified for the final, causing complaints from athletes who had to run hard in other heats to try to qualify.

**ACCOUNTING STATEMENT  
NATIONAL MASTERS T&F  
CHAMPIONSHIPS  
SAN DIEGO — JULY 20-23, 1989**

REVENUES:	
Entry fees	\$59,195
Fiesta (569 x \$15)	8,535
T-shirts and souvenirs	7,166
Interest	864
TAC Contribution	2,500
Sponsorship	6,413
Medal engraving	520
<b>Total Revenues</b>	<b>\$85,193</b>

EXPENSES:	
Advertising/promotion	10,736
Automatic timing	2,826
Computer/results	957
Communications	1,217
Credit card bank charges	1,469
Bad Checks	451
Bank charges	58
Equipment rental	3,000
Medals/awards	9,622
Numbers/pins	1,116
Officials	2,993
Office Supplies	3,521
Office Rent	1,800
Salaries/labor	1,513
Postage	4,414
Printing	5,559
Signs	847
Telephone	2,727
Sanction fees	390
T-shirts	10,873
Track facilities	5,060
Transportation	6,963
Social function	9,166
Miscellaneous	1,306
<b>Total Expenses</b>	<b>\$88,584</b>
<b>Net Profit (Loss)</b>	<b>(\$3,391)</b>

In retrospect, the computer could have permitted a 10- or 12-person final, but the meet director, made an on-the-spot decision to run a 9-man final, as scheduled.

In the future, perhaps all major meets should use the method employed by Melbourne and Eugene, where scratches and heats are determined an hour before the race. It's difficult, but can be done.

2) **\$30 Entry Fee.** The writer is apparently unaware of the costs involved in producing an event of this magnitude (see accounting statement on this page). Each competitor received, with no extra charge:

- a) free transport to and from the airport, train or bus (cab fare one way is \$25).
- b) free T-shirt (retail value \$10).
- c) free pre-meet reception with food, drinks and entertainment (value \$10).
- d) free program (value \$2).
- e) unlimited free fruit during meet.
- f) free nightly entertainment on the green.
- g) free shuttle service to four venues.

3) **Error in Scheduling.** The entry form listed nine hours of pole vault competition in bold type as "tentative." Each entrant was instructed to check, on arrival, the final meet schedule. The earlier start time was dictated by the large number of entries. The competition at SDSU had to be completed before dark as the facility had no lights.

4) **Delay in confirmation of results**  
Continued on page 23

## VIDEOTAPE REPLAYS!

### 1989 NATIONAL MASTERS TRACK CHAMPIONSHIP - SAN DIEGO, CALIFORNIA JULY 20-23, 1989

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\*all finishers

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Event	No. of tapes	Price
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2. 200M Finals	_____	\$50.00
3. 400M Heats & Finals	_____	\$50.00
4. 800M Finals	_____	\$50.00
5. 1500M Heats & Finals	_____	\$50.00
6. 80M/100M/110M Hurdles Finals	_____	\$50.00
7. 300M/400M/ Hurdles Finals	_____	\$50.00
8. 2000M/3000M Steeplechase Finals	_____	\$50.00
9. 4x100M; 4x400M; 4x800M Relays	_____	\$50.00
10. Individual Requests (Up to 3 Events) Specify race, M/W, Age.	_____	\$35.00
1. _____	_____	
2. _____	_____	
3. _____	_____	

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# The International Scene

## Thanks for the Memories

by RON BELLAMY

**I**t was the kind of event that will glow for years, softly and warmly, in the memories of those who shared it.

When the competitors, especially, look back on the World Veterans' Championships, it will be with the thought that no one had done it better.

No place ever organized the meet better, or officiated it better, or treated the visiting athletes with greater hospitality, or responded to their efforts with more enthusiasm.

For the veterans' championships that will follow, beginning in 1991 in Finland, Eugene has set the standard. In future years, when masters track and field athletes gather to compete, they'll talk about Eugene fondly, and they'll smile at the memories.

And if, in those memories, the track at Hayward Field becomes a little brighter, or the volunteers at Silke Field become more tireless, or the applause at the opening ceremony becomes even louder, even longer, even more spontaneous, even more touching than it really was, well, so be it.

Remember Eugene, they'll say. Remember the year this meet was held in Eugene.

And so I'm not sure it will really matter exactly how many athletes competed, or exactly how much money, down to the last decimal point, was "pumped into the local economy," as

the phrase goes.

Somehow, for Eugene-Springfield residents who were willing and able to be involved, this meet struck a chord, evoking our best feelings about athletics and sportsmanship, and about staying young and setting goals, and about working hard and having fun.

The veterans' games sparked a willingness to display our community and to display our feelings, not just for the sport of track and field, but for competition itself, and for the people who compete.

During the week, someone observed that the meet was like a combination of the Olympic Trials and the Eugene Celebration. Although I found the comparison to be somewhat off the mark — this was assuredly not the Olympic Trials, but then the sense of friendly, low-pressure competition was part of the charm — it hit close enough.

Honestly, I didn't expect that atmosphere. Didn't expect so many of the performances to be so admirable,



Nearly 10,000 spectators greeted the athletes for the opening ceremonies in Eugene.

Photo by Gretchen Snyder

from the efforts of multi-medal winners such as Antonio Villanueva of Mexico and Bronwyn Cardy-Wise of Wales to those of store managers and hospital administrators running PRs after months of training.

And I didn't expect the community to respond with so much warmth or interest. But then this track meet was the Ultimate Human Interest Story, in which the line between spectator and athlete was very blurred, partly because so many of the spectators were competitors, but also because most of the athletes (and how often do lawyers and salesmen get to read themselves described thusly?) are usually spectators.

Only once was the action ludicrous; in a meet in which last-place finishers were often cheered as loudly as the winners, too many of the competitors in the women's steeplechase Saturday were simply unprepared for, or inept at, the demanding event. Amid splashes and pratfalls, fun turned into farce.

Thankfully, the enduring memories of the meet will be more inspiring and more touching, the most poignant moment being the 200 meters in which 94-year-old Ching-Chang Wang of Taiwan held off 90-year-old Herbert Kirk of Montana at the finish line and then for 100 meters more as both old runners, unsure the race was over, kept going, the winner unwilling to let the challenger pass.

The moment captured the movement, because the old competitors would not give in to each other, just as they had not given in to age, or to the smothering thought that they couldn't do something.

Many athletic events are noteworthy for the stakes involved, but the charm of this low-key meet rested in the athletes themselves and the range of talents on display. If you were left breathless by a Villanueva, the winner in the M45 5000- and 10,000-meter

runs, or if you relished the blasts from the past — the guys such as Bob Richards, Al Oerter and Eddie Hart — you also could watch an average competitor in this very big all-comers' meet and think that with effort and a modicum of talent maybe that could be you, if you were willing to sacrifice, willing to train in the rain and the heat, willing to set a goal and strive for it.

The all-comers' aspect turned out to be part of the charm of the meet. But it also presents, I think, a future dilemma for the growing masters track movement. Within the coming decade the world championships meet will get too



large unless there are entry standards to keep it from shattering the already-strained bounds of manageability.

Alas, the inevitable development of entry standards will change everything else. There would have to be national qualifying meets to produce certifying marks. There would be a wedge driven among the competitors, former Olympians pitted against former joggers. There would be more politics, more intensity, more arguments and more guys with noses in the rule books.

If that happens, the refreshing charm and spirit of the meet at Hayward Field will be lost, and the older vets will have even more reason to cling to their memories of Eugene, and the way it was. □

(Reprinted from the Eugene Register-Guard.)



At the closing ceremony, competitors from the Federal Republic of Germany express the athletes' feelings.

Photo by Gretchen Snyder





## Cut the Distance

**W**e run too many distance races in the World Veterans Championships. At the biennial meeting of the world's best masters recently concluded in Eugene, Oregon, I saw runner after runner racing their legs stiff on a relentless pursuit of medals and glory — though perhaps little honor.

Counting events from 800 meters up, there are eight races in which a vet can win a medal. These are the 800, 1500, 5000, 10,000, steeplechase, road race, cross-country, and marathon. Since team medals can be earned in cross-country and the marathon, that's ten medals for someone showing both talent and tenacity. Multiply that by three medals in each age group, then by 20 for the approximate number of age groups, and you come up with 600 gold, silver and bronze medals showered upon the distance runners of the world.

Forget for a moment the cost of those medals; consider the amount of effort required to organize all the distance races required to win them: the timers and lap-counters and other folk needed so that we can have our moments of triumph.

And if we are ever interested in making our sport palatable to spectators, think what this proliferation of distance does to the appeal of masters track. Because of the large number of entrants, there were six heats scheduled for the M40 5000 meters alone, lasting two and a half hours. Many age groups required three heats each in the 10,000, lasting three hours. It probably takes

more endurance to watch (or officiate) these races than to run in one of them.

I tallied the amount of time required to run all of the 10,000 track heats in all of the age groups. The total: 21 hours. In contrast, the 10K contested on the road occupied little more than an hour.

Arthur Lydiard, the New Zealand coach, once described how you determine what event an individual should run: "You shine a flashlight in one ear. If the light comes out the other ear, he's a distance runner." I believe it.

Distance running — at least as contested at the World Veterans Championships — is definitely in need of reform.

Certainly, I don't want to eliminate distance running from the World Vets calendar. But that calendar needs to be streamlined. One of the most exciting evenings in Eugene was Tuesday, the night of the 800-meter finals in all age categories, male and female. Twenty-two finals were held within three hours, and it was masters track at its best. Saturday night's series of 1500 finals (lasting just over three hours) may have been next in spectator appeal, particularly coming on the heels of the 400 finals. Who can forget the



Eugene's Pearl Street Pipers play to a full house at the opening ceremonies at Hayward Field.

Photo by Gretchen Snyder

M40 finals at 400 meters with James King of San Diego chasing Stan Whitley of Alta Loma, California through two turns, finally passing on the last straightaway? King ran 48.44 to Whitley's 48.87.

But the 800 may be the perfect masters spectator event, blending the speed of the 400 with the tactics of the 1500. The race is long enough (two laps) so that runners run tactically against each other in packs. (In the 400, runners are separated from each other in lanes.) The 800 also is short enough so that you don't get bored waiting for something to happen. Both the runners, and the program, move faster than is true with longer races. Australian Alan Bradford's near-miss at being the first 50-plus half-miler to break two minutes was one of the high points of the Championships. Hayward Field echoed to cheers and staccato applause. It was good track and good theatre.

Alas, immediately following were three "slow" heats of the M45 5000 before — two hours later — the finals of that event. By that time, I had left the stadium and was having dinner with friends.

Those in charge of technical matters need to consider changes that would help alleviate the glut of distance races and bring sense to this area of masters track:

**1. Run trials in the 5000.** Move these trials to the secondary track with finals on the main track. This wouldn't necessarily mean more races, since you could crowd more runners into preliminary trials. Instead of three "final" heats in a specific age group, you might have two trials and one final, aesthetically more appealing to the fans.

**2. Eliminate the track 10,000.** In 1989, a 10K road race was added to the World Vets program. With a 10,000 on

the track and 10K the length for cross country, we now have three races at this distance. That makes little sense. The road race proved a popular means of involving many runners who might otherwise feel self-conscious finishing laps behind on the track. I suggest we keep the road event and dump the track 10,000.

**3. Shorten cross-country distances.** Let's recognize the fact that as we age, it takes us longer to complete any given distance. As a result, runners in the older divisions spend more time on course. In Eugene, a half dozen runners in M60 cross country needed treatment. They weren't necessarily less fit than the younger runners; they may simply have been in the sun longer. The winners in the M40, M45, and M55 races all ran similar times in the 33-minute range; tenth place finishers (perhaps a more accurate barometer) declined about a minute moving

Continued on page 19



Eugene/Springfield merchants had the welcome mat out for visiting athletes.

Photo by Gretchen Snyder



Oregon's Dan Bulkley won three gold medals and set two world M70 records in Eugene, including this 52.44 in the 300 hurdles.

Photo by Gretchen Snyder



## Speaker's Corner Continued from page 18

through each of those age groups. Past M55, times jumped several minutes a group with large jumps beyond M70. The M75 winner took more than 50 minutes, M80 over an hour, M90 an hour and a half. Females showed similar declines.

To come closer to equalizing time on course, I recommend we revise cross-country distances as follows:

M40, M45, M50: 8000  
M55, M60, M65: 6000  
M70 and up: 4000  
W35, W40, W45: 8000  
W50, W55: 6000  
W60 and up: 4000

**4. Eliminate artificial barriers.** Cross-country also needs to be purged of artificial wooden barriers, such as the one constructed at Lane Community College in Eugene. Lane's course was challenging enough without the barrier, which had to be negotiated three times. Because of its design, we're lucky somebody didn't twist or break an ankle. Paul Spangler, the only M90 competitor (thus winner), wisely chose to run around the barrier each lap. Technically, he should have been disqualified.

Two years ago in Melbourne, the Australians offered a legal detour around their artificial barrier, the thought being that it was quicker to go over than go around. I'm in favor of challenging courses featuring hills and rough ground, but our vets courses should not be hazardous.

**5. Lower steeplechase barriers.** The 3000 (or 2000) steeplechase has been described as plastic cross country. But vet steeplechasers face a problem not experienced by athletes in other technique events. Aging 110 and 400 (or 300) hurdlers go over decreasingly lower hurdles. Also, nobody expects high jumpers and pole vaulters to continue clearing the same heights. Yet steeplechasers are required to jump the same heavy and unyielding barriers

used by young Olympians. That's unfair. It's also dangerous. The women's steeplechase in Eugene was intended to demonstrate that females also deserved a chase. Instead, all it demonstrated was that women could look as awkward vaulting barriers as older men. Only if barriers can be lowered at least to low hurdle height, should women and older men continue to contest the steeplechase.

For some time, I thought that once a women's steeplechase was added to the Olympic program, someone would create adjustable barriers that then could be used in masters competition. Now I'm inclined to feel that Vets should be leaders rather than followers. How much would it cost to build low barriers at least for the next World Veterans Championships in Turku, Finland? If we can't afford that cost, we can't afford the steeplechase.

The World Association of Veteran Athletes will hold a council meeting in Turku, Finland in the summer of 1990 at which technical matters can be considered. I have discussed the above changes in the distance program with North American representative David H. R. Pain, who has urged me to submit a proposal reflecting by views.

Before I do so, I want to solicit comments and opinions from other distance runners. Perhaps these radical moves also should be subject for discussion at the masters long distance running committee meeting at The Athletics Congress convention this fall in Washington, D.C. Anyone wishing to be heard on the subject, can state their opinions for publication in *National Masters News*. Or contact me direct at 2815 Lake Shore Drive, Michigan City, IN 46360; (219) 879-0133. □

*Hal Higdon, Senior Writer for Runner's World, has participated in seven of the eight World Veterans Championships.*



Free massages were given to hundreds of athletes at the World Championships.

Photo by Gretchen Snyder



Viisha Sedlak (USA, top) set a world W40-44 record of 50:47 in the 10K walk. Julie Ratner (USA, 53:22, right) was second; Jacqueline Bonnet (France, 54:10) was third, at the World Veterans Championships in Eugene.

Photo by Gretchen Snyder

## TURKU, 1991!

**The IXth World Veterans' Championships are set for Turku, Finland at the end of July/early August of 1991, less than two years away.**

History, natural beauty, and track & field tradition are all combined in Turku. The oldest city in Finland, Turku was also the home of the legendary Paavo Nurmi. Castles, museums, and a busy harbor offer plenty of sight-seeing opportunities for competitors and their families.

**The Co-Directors of the VIII World Veterans' Championships, Tom Jordan and Barbara Kousky, are organizing a "TURKU '91" tour, which will include air travel, choice of accommodations, transfers, and an experienced staff — all designed to make your trip a memorable one.**

Costs are of course not determined yet, but the advantages of making group travel and housing arrangements will keep the price as low as possible. Tour extensions to other destinations will also be available.

If you are interested in more information about the "TURKU '91" tour with Jordan and Kousky, please write to: **Turku '91, Box 10825, Eugene, Oregon 97440.** A brochure outlining the specifics of the tour will be sent to you in the spring of 1990. If you already know that you wish to go with "TURKU '91", send \$50 deposit now to reserve your space. Make the check payable to "TURKU '91 TOUR".

**TURKU '91 TURKU '91 TURKU '91 TURKU '91 TURKU '91**





## Report from Britain

by MARTIN DUFF (of *Athletics Weekly*)  
and ALASTAIR AITKEN (of *Athletics Today*)

Three British M40 records have fallen recently, led by 800 world champion Peter Browne, who shaved two-tenths from Ron Bell's time with a 1:53.3 at Perivale on August 19.

Former Commonwealth champion Mike Bull, 43, improved the longstanding British pole vault record to 4.30 when winning the Northern Irish Open Championship on August 18.

Two athletes put disappointing World Games fourth places behind them with season's bests: Mike James lifted the M40 long jump record to 7.04, while Martin Duff ran 31:55 in the M45 10,000. Both marks topped the U.K. rankings and would have yielded silver medals in Eugene.

Elsewhere, Henry Emerton posted a British season's best steeplechase of 9:32.2 to win the Post Office Championships, adding the 5000 in 15:05.5. Malcolm Martin, 44, posted a 31:32 10,000, and M40 Eugene silver medalist Peter Jones, 41, had a 14:47 5000 just four days after his 14:37 in the World Games.

On the road, Andy Holden won the British Vets 10 Mile Championships in 51:32. Malcolm Martin was first vet in 51:48 in the Brewash Sabaco 10-mile run. Brian Emerson clocked 31:26 for 10K. Pete Wood won the Bridgnorth 6-miler outright in 31:48. Brian O'Neil logged a 31:59 10K. Emerson registered 15:48 in the Felixtowe 5K. □

## Cowles Retains Half-Marathon Title

by MARTIN DUFF (of *Athletics Weekly*)

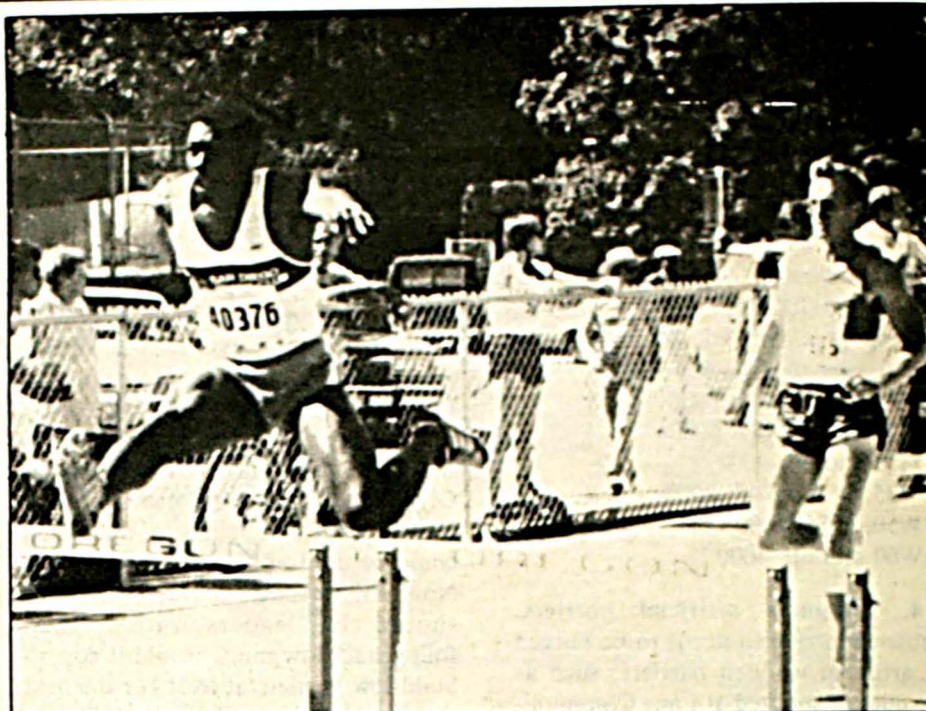
Shel Cowles retained his title in the British Veterans Athletic Federation Half-Marathon Championships over a surprisingly difficult course at Stoke Ferry in Norfolk on September 4.

The Oxford man, with a best time this year of 66:29, was held to 69:00 as he won comfortably enough from Fred Reeves (69:36). Les Davis, who was responsible for upping the pace to the

five-mile mark (26:27), took the M45 title, and national 10,000 champion, Alan Griffiths, the M50.

Former international Hugh Foord had a solid M60 victory over Ron Franklin in 82:42.

Felicity Sperte won the women's section in 83:34, but the best performances came from Pam Jones, W50, in 1:30:47, and Jose Waller, W65, whose 1:42:59 is almost certainly a world best. The course was a loon. □



San Diego's James King, a 1972 Olympian, en route to a new world masters record of 52.76 in the 400-meter hurdles at the VIII World Veterans Championships in Eugene. Second is Wisconsin's Stan Druckrey, who also bettered the old mark of 54.08 in 53.96. Photo by Gretchen Snyder



California's Jim Vernon, M70, won his eighth consecutive World Games pole vault gold medal in Eugene, clearing 9-6. Photo by Gretchen Snyder

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

ATHLETE (RESIDENCE)	BIRTHDATE	AGE GROUP
GLORIA FINE (BROOKLYN, NY)	10-7-29	60-64
KAREN FRANK (CA)	10-15-39	50-54
NORMA HARGER (MUNISING, MICH)	10-24-29	60-64
MARION IRVINE (SAN RAFAEL, CA)	10-12-29	60-64
KAREN KING (GLENDALE, CA)	10-0-39	50-54
GERI OWENS (NEW PAITZ, NY)	10-19-34	55-59
PADDY REDDAWAY (WEST LINN, OR)	10-1-44	45-49
KATE SHARPLES (NORTH BEND, OR)	10-24-49	40-44
MARYLIN WHITE (CA)	10-17-44	45-49
KARIN BORKENHAGEN (WG)	10-7-39	50-54
SUSANNA CRONJE (RSA)	10-17-44	45-49
DIANNE HUGHES (NZ)	10-29-49	40-44
SIV LARSSON (SWE)	10-23-39	50-54
MARIA MARCIBALOVA (CZE)	10-23-34	55-59
VIVI MARKUSSEN (DEN)	10-24-39	50-54
ED AUSTIN (REDONDO BEACH, CALIF)	10-22-29	60-64
MILTON BASS (RICHMOND, VA)	10-18-19	70-74
RUNE BERGMAN (SWE)	10-8-24	65-69
WOLFGANG BONEDER (WG)	10-20-94	95-99
TOM BOWMAN (AUBURNDALE, FLA)	10-25-24	65-69
CHUCK CHAPIN (ALBANY, NY)	10-13-44	45-49
TORBJORN DAHL (SWEDEN)	10-29-29	60-64
JOHN DAMSKI (VAN NUYS, CA)	10-11-14	75-79
PERCY DUNCAN (CANADA)	10-19-14	75-79
BILL DYER (PRARIE VILLAGE, KANS)	10-21-14	75-79
WILLIAM FRASER (EDINA, MN)	10-30-29	60-64
GILBERT GAUTHIER (FRA)	10-30-34	55-59
JOHN KELLY (SANTA MONICA, CA)	10-6-29	60-64
BILL KNOCKE (FRESNO, CA)	10-20-39	50-54
MARIO LANZI (ITALY)	10-10-14	75-79
TERRY MANNERS (NZ)	10-19-39	50-54
UNTO MATTSSON (FIN)	10-29-29	60-64
HOWARD MCNIECE (LAKEWOOD, CALIF)	10-6-19	70-74
RALPH MOUREAU (WINSTON-SALEM, NC)	10-6-4	85-89
WALTER PALMER (PHILADELPHIA, PA)	10-7-34	55-59
GEORGE PUTERBAUGH (LAKE OSWEGO, ORE)	10-24-24	65-69
RICHARD RZEHAH (WG)	10-13-29	60-64
FRITZ SCHREIBER (SWE)	10-12-94	95-99
JACK SHIELDS (ATLANTA, GA)	10-27-29	60-64
GULAB SINGH (IND)	10-13-4	85-89
DOUG WORLING (AUSTRALIA)	10-11-34	55-59

## British Veterans T&F Championships

by MARTIN DUFF (of *Athletics Weekly*)

The 19th British Veterans Athletic Association T&F Championships were staged in Reading, July 8-9, this year. There were a host of new British age records and several world records, two coming in the last event of the final day, the 10,000, by Joselyn Ross (W60, 43:11.1) and Jose Waller (W65,

45:52.2). In the 5000 on the day before, Ross broke the record with a 21:02.3.

Rosemary Chrimes, W55, upped her high jump record from 1.36 to 1.37. Jo Ogden, W60, increased the javelin record from 28.30 to 31.40.

In the M40s, new veterans pulled off some notable performances. Former sprint international Roger Walters scored a superb sprint double (11.36 and 22.98). Mike James took two jump golds (LJ 8.81 and HJ 1.80) to go with two silvers in the short hurdles and triple jump.

There were surprises in the middle-distance races. Welsh international Clive Thomas outsprinted three other Welshmen in the M40 1500 to win in 4:53, as Ron Bell was shunted out of the medals by Alun Roper and Bernie Plain.

New veteran Pete Browne made no mistake in the M40 800 (1:56.6), outsprinting Bell after winning the 400 in 51.23.

### Follow the Sport!

Catch up with recent fantastic O35 performances in Britain; compare times and marks of British vets with your own; check on former English, Scottish, Welsh internationals now entering the vet movement.

All and more in *Veteran Athletics*, the newspaper of Britain's vets.

Send for annual subscription A\$20 (A\$30 by air) to *Veteran Athletics*, 67 Goswell Road, London EC1.





Great Britain's Ron Taylor raced to a phenomenal 23.03 — 101.0% on the WAVA age-graded scale — to easily win the M55 200 over a strong field, while bettering the 17-year-old record of 23.6. But the wind was over the

allowed maximum so it will be asterisked in the record book with a "w" Action at the World Veterans Championships in Eugene.

Photo by Gretchen Snyder



The Beer Garden, across the street from Hayward Field, was a popular spot for athletes to relax and socialize.

Photo by Gretchen Snyder

### Corrections to World Championships Results

•The winning height of the M55 high jump was listed in last month's issue as 1.77. It should have read 1.73. The old world record of 1.75 still stands.

•Carol Johnston and Mazumi Morita were listed as co-winners of the M75 pole vault. Johnston was the actual winner, based on fewer misses. Morita was second.

•A copy of the complete results book may be obtained by sending \$10 to the WVCOC, P.O. Box 10825, Eugene, OR 97440. □

### Ten Years Ago

October, 1979

•South Africans Compete as Rhodesians in World Games in Germany

•WAVA Women's Committee Unanimously Opposes Medal Standards

•"Hannover Diary" Details III World Championships



## Bahamas Invitational Games Dec. 16th 1989



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Contact President





Some of the participants in the International Weight Pentathlon in Eugene. Photo from Bob Stone

## International Weight Pentathlon Draws 80 Participants from 15 Nations

by BARBARA STEWART and BOB STONE

Over eighty world throwers participated in the 2nd International Weight Pentathlon, held in Eugene, Oregon, August 7, the day following the World Veterans Games.

The weight pentathlon is a one-day, multi-event test of the athlete's endurance and versatility in five throwing events: hammer, shot put, heavy weight throw, discus, and javelin. Weights and implements vary according to WAVA specifications for each age group.

Events ran on schedule, allowing four throws for each event. Three officials were assigned to each flight and stayed with that same flight through each of the five events. Four rings/runways were available for use simultaneously throughout the day.

Outstanding U.S. throwers included Carl Wallin, M45; Dick Hotchkiss, M50; Wendell Palmer, M55; Dan Aldrich, M70; and Herb Anderson, M85. Top foreign athletes included: Chile's Karsten Brodersen, 82; Sweden's Rolf Stradli, M60; Australia's Roy Foley, M70; Australia's Rod Guy, M40, West Germany's Almut Brommel, W50 (tops among all women in age-factor scoring); West Germany's Annemarie Scholton, W55, and Chile's Marus Fleckner, oldest woman at age 69.

Results in this issue include one-year age factor scores developed specifically

for weight pentathlons. Co-directors Bob Stone and Phil Partridge say thanks to John Tansley, meet-day director; Jerry Jenson, for providing Oregon TAC officials; Jim Puckett, for his help and advice; and particularly to the financial support from a great many masters athletes without which this event would not have been possible.

Following the Pentathlon, the World Thrower's Organization (WTO) had its first organizational meeting. The purpose of the group is to focus on issues of special interest to masters participants in throwing events. Current goals under consideration are to:

- Promote the Weight Pentathlon on a national and international level.
- Give economic and physical aid to organizers of national and international throwing competitions.
- Ensure "drug free" competition on all levels.
- Organize instructional clinics for field event techniques.
- Computerize a membership list in order to disseminate information important to throwing events.

All members will receive a "World Throwers" T-Shirt. Any interested men or women throwers may join by sending a check for \$25.00 to: Brian McKenna, 2482 Harrison Avenue, Baldwin, New York 11510, USA. □

### WAVA/TAC Hurdles and Implements Specifications

#### HURDLES

##### WOMEN

Age	Race Distance	Hurdle Height	To 1st Hurdle	Between Hurdles	To Finish
35-39	100m	.840m 33"	13.00m 42'8½"	8.5m 27'10½"	10.5m 34'5"
40-49	80m	.762m 30"	12.00m 39'4"	8.0m 26'3"	12.00m 39'4"
50-59	80m	.762m 30"	12.00m 39'4"	7.0m 22'11½"	19.00m 62'4"
60-69					
70 Plus					
35-39	400m	.762m 30"	45.00m 147'7½"	35.00m 114'9½"	40.00m 131'2½"
40-49					
50-59	300m	.762m 30"	50.00m 164'0½"	35.00m 114'9½"	40.00m 131'2½"
60-69					
70 plus					

##### MEN

30-39					
40-49	110m	.991m 39"	13.72m 45'	9.14m 30'	14.02m 46'
50-59	100m	.914m 36"	13.00m 42'8"	8.50m 27'10½"	10.50m 34'5"
60-69	100m	.840m 33"	13.00m 42'8"	8.50m 27'10½"	10.50m 34'5"
70 plus	80m	.762m 30"	12.00m 39'4"	7.0m 22'11½"	19.0m 62'4"
40-49	400m	.914m 36"	45.00m 147'7½"	35.00m 114'9½"	40.00m 131'2½"
50-59	400m	.840m 33"			
60 +	300m	.762m 30"	50.00m 164'0½"	35.00m 114'9½"	40.00m 131'2½"

#### IMPLEMENTS

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

\* Either "old" or "new" javelin may be used

## World Association of Veteran Long Distance Runners

### OFFICIAL INCOME AND EXPENDITURE ACCOUNT AND BALANCE SHEET



#### INCOME :

PROFIT 1987 : 4,968.54 \$  
KOREA 1988 : 2,000.00 \$

#### EXPENDITURE :

1988  
Accountant 29.25 \$  
annual account charges 19.00 \$  
Expenses secretary 18.00 \$  
Travel expenses Korea  
Executive 5,930.00 \$  
General Assembly 87.00 \$  
Executive meeting 59.25 \$  
telefax (Belgium-Korea) 90.00 \$

6,968.54 \$

6,232.50 \$

Excess of income over  
Expenditure

736.04 \$

6,968.54 \$

6,968.54 \$

Cash in hand  
July 89

736.04 \$

736.04 \$

BALANCE SHEET  
Excess of Income over  
Expenditure

736.04 \$

736.04 \$

1989 July  
Hannelore Guschmann (Treasurer)

*[Signature]*



## Write On Continued from page 16

and availability of medals. Many events were completed at the same time. They were processed as soon as possible by a very dedicated, hard working computer-results crew which worked countless volunteer hours and never saw the light of day during the entire meet.

More than 120 unclaimed medals were mailed in August after our return from Eugene. In a meet with 1500 entrants and 4500 event entries, where the computer crew must not only deal with multiple final results in multiple events, but also heats and/or final seedings simultaneously, complaint of a four-hour delay is unreasonable.

Competitors are advised to stay away from the results and medals crew because harassment of these people only causes additional delay and unnecessary emotional distress.

The next time the Nationals take place in Florida (the residence of this complainant), he should be sentenced to full time assignment in the results room for all four days. After having done this penance, he may then think twice about registering such complaints.

David Pain,  
National T&F Meet Organizer,  
San Diego, California

### WAVA RULE CHANGES

I read in the September issue of NMN, with considerable dismay, that the spacing of hurdles for men's 70-plus has been dropped from 8 meters to 7 meters. It is noted that "the older hurdlers are satisfied." I am wondering what the basis is for that

statement. There were 17 entries in the men's 80-meter hurdles, 70-74, at Eugene. Was some attempt made to question them about the desirability of this change? Here is one who was not questioned, and who is strongly opposed. Was there some advance warning to us that such a change was contemplated, so we could volunteer an opinion? The fact is that I heard only one comment, during the two West Coast meets, about the spacing, and it was from a female who complained about having had to shift to 7 meters.

Continuing my quest for information: Since the listing of specifications on that same page still indicates that the spacing is 8 meters, and since the article states that "The changes will formally take effect on May 1, 1990," am I to assume that meets before that date (National Indoor Championships) will retain the 8-meter spacing?

Frank W. Finger  
Charlottesville, Virginia

(Since TAC follows WAVA rules, the change will likely be implemented for all national and regional meets in 1990. — Ed.)

It seems fair that something as drastic as changing the 80mH spacings should be decided by all those affected by that change.

I'm still learning the technique for 8m spacings; 7m is awkward. I wonder how many men 70-plus were in that 40-1 decision to change to 7m.

Rachel Lyga  
Fridley, Minnesota

### WHO NEEDS TV?

Thank heavens the next WAVA World Games will be held in Turku, Finland. Even I, a veteran of four unsuccessful World Games TV attempts, would not have the audacity to try placing the world's largest track meet on U.S. national television for that one. Perhaps the Finns, working backwards across the Atlantic, will be able to unlock the cold hearts of U.S. sponsors and networks where I have so far failed.

What is there about our sport that turns off major support of the kind it takes to bring about full national coverage on American TV? And it isn't just TV that won't give us the time of day. Neither the *Los Angeles Times* nor the *New York Times*, both of which I take daily, devoted a single line of type to the WAVA championships.

Having made professional and costly presentations to more than 25 of our nation's largest corporations and biggest advertisers, I am still at a loss to know why our sport "won't sell."

The first three times around it may have been because the championships were held on foreign soil, but this time, for "The Eugene Experience" we would have been beaming in from the

track capital of the nation. In addition, we had full and terrific support from WAVA officials and the Eugene Organizing Committee. Furthermore, I obtained the services of topflight advertising agency people and the largest media company on Madison Avenue. So we had a lot of big time clout going for us. Nevertheless, not one of these Fortune 500 firms we called on would sign on the dotted line. We aren't talking millions of dollars here; just the price of one single 30-second commercial on the Seoul Olympics; something in the neighborhood of \$300,000 for full national sponsorship. I think America missed out on some exciting and inspiring television.

Another way of looking at it: "Who needs TV? Aren't these games being held for our own enjoyment, and don't we get enough kicks just by being there?" I'd really like to know what NMN readers think about this.

In closing, I want to thank Dave Pain, Tom Jordan, Barbara Kousky, George Hatzfeld, Al Sheahan, The Widmann Company (advertising, New York), and Vitt Media International for their great support of our efforts. Twenty-five of the largest corporations in the U.S. received our pitch and learned about our sport, most of them for the first time.

Jack Noble  
Pasadena, California

### WEST VIRGINIA MEET

The history of masters athletics competition is replete with shortages of competent officials and sometimes lack of first-class implements and facilities.

The only thing missing at Marshall University Masters Midwest T&F Championships July 8-9 was enough athletes.

The group of outstanding West Virginia TAC officials will try again next year. Led by Don McWhorter and a corps of enthusiastic officials of the W. Va. TAC and ably assisted by the effervescent Charlie Renter at the microphone, their new meet got off to a great start.

Watch for announcements about 1990 and schedule yourself for a good time on the banks of the beautiful Ohio River.

Bob Boal  
Wake Forest, North Carolina

### THANK YOU PEPSI

I would like to thank Pepsi-Cola for believing in me and assisting me with their sponsorship for the 1989 Masters Track & Field season. The most outstanding thing is that the sponsorship was offered to me upon my word and

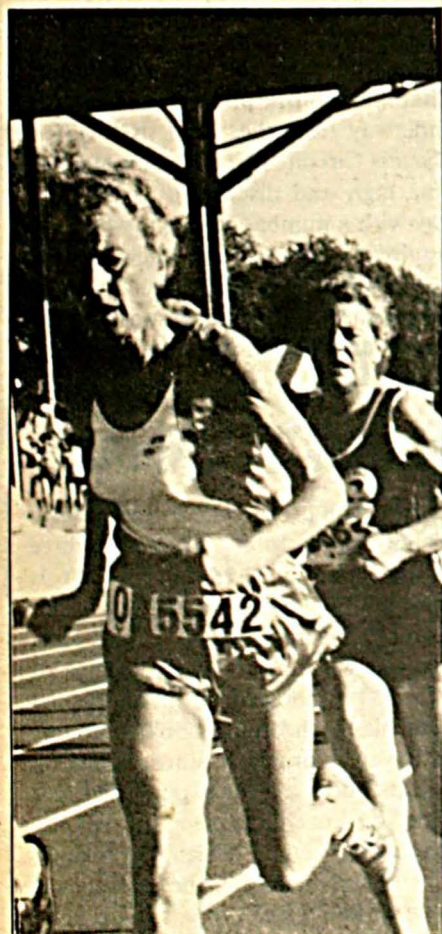


Janet Wilson

desire to excel in 1989. I felt honored to be asked to represent this fine company during the entire year. Thank you again for helping me fulfill my dream of competition for this year. It is nice to see a company like Pepsi-Cola sponsoring Master Athletes.

Janet Wilson  
Orange, California

■ 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.



The USA's Sister Marion Irvine (5542) won five gold medals in the W55 division in Eugene.

Photo by Gretchen Snyder



West Germany's Mathias Walenta (65267) won the M65 10,000 (39:26.37) in a close race over Belgium's Remi Boterberg (65025, 39:29.50) and Sweden's Georg Samuelson (65221, 39:32.60) at the World Veterans Championships in Eugene.

Photo by Gretchen Snyder







## ICI/USRA Masters Circuit Happenings

The October 7 J. Paul's/Nissan Georgetown 10K will kick off the Nissan Human Race Series, a 5-city circuit featuring a \$10,000 cash/merchandise prize purse to be distributed in 20 five-year age divisions. Runners will earn points from their best four of five performances. Other events include the 1st Federal/Nissan Capital Trail 10 Mile (October 14), Nissan Maryland Marathon 10K (October 22), Charlotte Observer Marathon 10K (January 6) and the Nissan Shamrock Marathon 8K (March 17) . . . Mike Radley (412-255-8983) reports field shaping up well for Pittsburgh Great Race September 24, 10th stop on the ICI/USRA Masters Circuit . . . \$2600 Masters prize money at Myriad Gardens 10K September 30 in Oklahoma City — 11th event on the 189-city ICI/USRA Masters Circuit.

Rhode Island's Bobby Doyle scored an upset win over New Zealand's Kevin Ryan, running 1:04:56 at the American National Bank/SNET New Haven 20K. Nancy Mieszcak captured the women's masters crown in 1:15:29 . . . The field for the Twin Cities Marathon, the only marathon on the '89 ICI/USRA Masters Circuit, is nearly set, reports Skip Burke (612-341-7150), athletes coordinator. Kjell Erik-Stahl of Norway, who has run some of his best performances at the event but rarely runs in the U.S., will compete, while Bob Schlau, last year's ICI Circuit grand prix champion, will make one of his rare '89 appearances.

No word out of New Zealand yet as to John Campbell's health status, as he was reported injured. Hoping to pick up \$50,000 bonus for LA-NY double this fall . . . Myrtle Beach Classic's tentative 1990 date is February 3; it has attracted a strong field and good reviews in its first two years . . . Field picking up for October 13 Hardee's Oktoberfest 8K, to be run on a fast and flat course under the lights in downtown Memphis. Athlete inquiries (901-683-6782) . . . April 16 Boston Marathon standards have been loosened by 10-15 minutes. Age 40-44 men must break 3:20 and 40-44 women must break 3:55 to qualify. Standards must be achieved between January 1, 1989 and April 11, 1990.

Rod Dixon was at the Chicago NSGA show recently and spoke enthusiastically of

his 40th birthday, on tap for 1990. He's planning on getting back into shape and is attempting to promote a major masters mile road record assault in New Zealand . . . Rhode Island Marathon October 22 to feature \$500 first prize for top master . . . Race director Les Kinion reports masters money available October 22 for Nissan Maryland/10K event. Contact Kinion at (301-882-5455) . . . Phoenix New Times 10K will feature \$300 masters first prize November 18 . . . Big 4 fall marathons fast approaching — Twin Cities (October 8), Old Style Chicago (October 29), New York City (November 5) and Columbus, Ohio

(November 12). All feature masters prize money. . . Tulsa Run October 28 to go 5-deep with masters money (\$500, 375, 250, 150 and 75).

Bill Rodgers and Priscilla Welch on the masters victory stand at the Charleston Distance Run 15-Miler. Billy still hobbling with an Achilles injury. Despite injury, he ran a 5K race in Jersey the day after but at least rested on Labor Day — hmm, can't imagine how he could have become injured? . . . Bowling Green Classic set for Bowling Green, Kentucky, October 7 but no masters money being awarded — one of the few . . . Magnivision adding another "Baby

Boomer" event to its December Miami event with a new event in Phoenix in November. Masters prize money will be awarded.

October 7 Tufts race for women in Boston to award \$500-300-200 for top masters women . . . Rodgers will run the Delaware Distance Classic October 1 in Wilmington . . . SanDestin Resort on Florida's west coast looking to create a new "masters" race in December . . . Foundation 30K will feature masters prize money as the 15th stop on the ICI/USRA Masters Circuit. Race director is Skip Seebeck (916-665-1712) . . . —Dean Reinke

## The Tradition Continues...



### OVERALL SORBOOTHANE AGE-GRADED PERFORMERS

Name	Age	Pct. Perf.
1. Bill Rodgers	41	.9512
2. Wilson Waigwa	40	.9487
3. Victor Mora	40	.9429
4. Ronn Baker		.9423
5. Norm Green	57	.9391
6. Roger Robinson	50	.9323
7. Tony Simmons	40	.9292
8. Dave Stewart	41	.9212
9. Graham Tattersall	43	.9129
10. Jim Pearson	40	.9114

1. Priscilla Welch	44	.9526
2. Barbara Filutze	42	.9024
3. Jane Hutchinson	43	.8826
4. Ngair Drake	40	.8815
5. Nancy Oshier	40	.8686
6. Claudia Clavarella	40	.8666
7. Christine Tattersall	47	.8626
8. Nancy Mieszcak	40	.8616
9. Gina Faust	52	.8575
10. Karen Macharg	40	.8558

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

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

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

March 18 - Nissan Shamrock 8K, Virginia Beach, VA. (804) 481-5090  
 April 8 - Myrtle Beach Classic, 10K, SC. (919) 847-3109  
 May 29 - Cotton Row Run 10K, Huntsville, AL. (205) 881-5807  
 June 4 - Hospital Hill Run Half Marathon, Kansas City, (816) 561-1085  
 July 9 - Utica Boilermaker 15K, Utica, NY. (315) 797-6929  
 July 16 - Chicago Distance Classic 20K, IL. (312) 243-2000  
 July 29 - Quad City Times Bix 7 Mile, Davenport, IA. (319) 359-9197  
 August 12 - Asbury Park 10K, NJ. (201) 531-4156  
 August 26 - Crim Road Race 10 Mile, Flint, MI. (313) 235-3396

September 24 - Pittsburgh Great Race 10K, PA. (412) 255-2493  
 September 30 - Myriad Gardens Run 10K, Oklahoma City, OK. (405) 231-2597  
 October 8 - Twin Cities Marathon, Minneapolis, MN. (612) 881-3863  
 October 13 - Hardee's Oktoberfest 8K, Memphis, TN. (901) 683-6782  
 October 14 - First Federal/Nissan Capital Trail Run 10 Mile, Raleigh, NC. (919) 876-8347  
 November 12 - Foundation 30K Championship, Clarksburg, CA. (916) 636-0707 or (916) 665-1712  
 November 25 - Seattle Half Marathon, Seattle, WA. (206) 363-6070

January 6, 1990 - Charlotte Observer 10K, NC. (704) 379-6896

January 13 - ICI/USRA Masters Championship 8K, Naples, FL. (407) 647-2918

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



Sorbothane Performance Nutrition



## Clive Davies Has Best Ever Age-Graded 10K and Marathon Performances

On an age-graded basis, which single-age U.S. 10K record is the best? Which half-marathon mark? Which marathon record?

Norm Green's computer gives us the answer in the charts on these pages. It shows the best 10K single-age record is Clive Davies' 35:52 at age 66. When divided by the age-66 10K standard of

35:42, Davies gets a performance of 99.5%. Davies' marks at age 68 and 69 are the next-best efforts, followed by Jim O'Neil's 34:27 at age 60 and Ray Hatton's 31:51 at age 51.

Green, himself, has the best age-graded half-marathon performance: a 100.0% for his 1:10:23 at age 55. Davies had the best marathon time: a 2:42:49 (99.9%) at age 66.

The standards for each were developed by the World Association of Veteran Athletes, and generally represent the potential world record for each age, based on past performances and the expected decline with age.

For a copy of the age-graded standards and factors, complete with examples, explanation, and personal performance charts, send \$5.95 for the 66-page Masters Age-Graded Tables to NMN, P.O. Box 2372, Van Nuys, CA 91404. Add \$1.30 for postage and handling. □

### Need Back Issues?

Most back issues of the *National Masters News* are available for \$2.25 each, plus \$1.00 postage and handling for each order.

Send to:

*National Masters News*  
P.O. Box 2372  
Van Nuys, CA 91404



Finland's Pirkko Martin, a leader of the successful Turku bid to host the 1991 Games, repeated her Melbourne triumphs in the W50 800 (2:31.13) and 1500 (5:31.85) at the World Championships in Eugene.

Photo by Gretchen Snyder

## Masters Running 89

Continued from page 24

nist, John Hanc from *Newsday*, will disclose the competitive instincts that drive Ed Benham, Paul Spangler, Mavis Lindgren and Max Popper, four of America's best over-80 athletes; former Olympian, Elliott Denman will document some of the most outstanding masters performances of the past 12 months; Al Sheahan, publisher of *National Masters News*, will provide all the highlights from the successful World Master's Games in Eugene, Oregon; and Mark Winitz, publisher of the *RunCal* newsletter in California, will take readers on a tour of the ICI/USRA Masters Circuit, which will culminate in the Circuit Grand Prix Final in Naples, Florida next January.

*Masters Running 89* will be distributed this fall throughout the country at major masters running events. In addition, the magazine will be distributed to an extensive list of specialty running stores, health and fitness centers and key administrators within the sport of running. Over 100,000 copies will be distributed. □

## TAC STANDARDS AND RECORDS FOR 10K

Recrd	AGE	STIME	RTIME	%	RECORD HOLDER
=====	=====	=====	=====	=====	=====
1	M66	35:42	35:52	99.5	CLIVE DAVIES
2	M68	36:32	37:04	98.6	CLIVE DAVIES
3	M69	36:58	37:57	97.4	CLIVE DAVIES
4	M60	33:29	34:27	97.2	JIM O'NEIL
5	M51	30:49	31:51	96.8	RAY HATTON
6	M49	30:20	31:26	96.5	RAY HATTON
7	M67	36:07	37:26	96.5	DON LONGENECKER
8	M56	32:11	33:22	96.5	ALEX RATELLE
9	M50	30:34	31:48	96.1	RAY HATTON
10	M57	32:30	33:49	96.1	ALEX RATELLE
11	M55	31:53	33:20	95.7	NORM GREEN
12	M59	33:09	34:40	95.6	JIM O'NEIL
13	M42	28:55	30:14	95.6	TRACY SMITH
14	M45	29:30	30:51	95.6	SAL VASQUEZ
15	M47	29:54	31:21	95.4	DAN CONWAY
16	M40	28:33	29:57	95.3	BARRY BROWN
17	M43	29:06	30:34	95.2	SAL VASQUEZ
18	M44	29:18	30:46	95.2	SAL VASQUEZ
19	M53	31:19	32:54	95.2	NORM GREEN
20	M52	31:04	32:46	94.8	RAY HATTON
21	M58	32:49	34:38	94.8	ALEX RATELLE
22	M70	37:25	39:39	94.4	CLIVE DAVIES
23	M61	33:49	35:51	94.3	ALEX RATELLE
24	F54	35:42	37:52	94.3	MARION IRVINE
25	F59	37:40	40:08	93.9	HELEN DICK
26	M54	31:36	33:43	93.7	NORM GREEN
27	M80	42:36	45:28	93.7	ED BENHAM
28	F49	34:07	36:29	93.5	MILA KANIA
29	M48	30:07	32:17	93.3	SAL VASQUEZ
30	M62	34:11	36:41	93.2	HUBERT MORGAN
31	M77	40:53	43:59	93.0	ED BENHAM
32	F60	38:06	40:57	93.0	HELEN DICK
33	F52	35:02	37:43	92.9	MARION IRVINE
34	F42	32:20	34:52	92.7	GABRIELE ANDERSEN
35	F41	32:06	34:44	92.4	CINDY DALRYMPLE
36	M41	28:44	31:06	92.4	WEB LOUDAT
37	F40	31:53	34:32	92.3	GABRIELE ANDERSEN
38	F58	37:15	40:27	92.1	MARGARET MILLER
39	F43	32:34	35:23	92.0	MIKI GORMAN
40	M46	29:42	32:17	92.0	HERB LORENZ
41	M63	34:32	37:32	92.0	JACK START
42	M75	39:50	43:24	91.8	ED BENHAM
43	F53	35:22	38:36	91.6	MARION IRVINE
44	F78	48:38	53:08	91.5	LAURA HANRAHAN
45	F47	33:34	36:43	91.4	SHIRLEY MATSON
46	M71	37:52	41:31	91.2	EUGENE KELLER
47	M79	42:01	46:06	91.1	ED BENHAM
48	F50	34:25	37:50	91.0	VICKI BIGELOW
49	M64	34:55	38:23	91.0	DON LONGENECKER
50	F51	34:43	38:08	91.0	MARION IRVINE
51	F44	32:49	36:16	90.5	SHIRLEY MATSON

Recrd	AGE	STIME	RTIME	%	RECORD HOLDER
=====	=====	=====	=====	=====	=====
52	F61	38:33	42:36	90.5	HELEN DICK
53	M65	35:18	39:04	90.4	JIM SMITH
54	F55	36:04	39:59	90.2	MARGARET MILLER
55	F46	33:19	37:04	89.9	VICKI BIGELOW
56	M76	40:21	45:01	89.6	ED BENHAM
57	F48	33:51	37:49	89.5	VICKI BIGELOW
58	F80	50:13	56:14	89.3	LEONA LUGERS
59	M74	39:19	44:06	89.2	ED BENHAM
60	M72	38:21	43:10	88.8	EUGENE KELLER
61	F45	33:04	37:18	88.7	HAROLINE WALTERS
62	F57	36:51	41:32	88.7	HELEN DICK
63	F56	36:27	41:08	88.6	MARY STOREY
64	M82	43:50	49:43	88.2	JOHN OVERTON
65	M73	38:50	44:09	88.0	NORMAN BRIGHT
66	F63	39:29	44:53	88.0	HELEN DICK
67	F71	43:50	50:08	87.4	ALGENE WILLIAMS
68	F77	47:53	54:58	87.1	LEONA LUGERS
69	F62	39:00	44:54	86.9	HELEN DICK
70	F75	46:27	53:40	86.6	LEONA LUGERS
71	F67	41:31	48:25	85.7	PATRICIA DIXON
72	F70	43:14	50:31	85.6	MARDIE BROWN
73	F74	45:46	53:32	85.5	LEONA LUGERS
74	F64	39:58	46:47	85.4	HELEN DICK
75	M81	43:12	50:43	85.2	JOHN OVERTON
76	M78	41:27	48:46	85.0	JOHN A KELLEY
77	F65	40:28	47:55	84.5	KAY ATKINSON
78	F72	44:28	52:45	84.3	ALGENE WILLIAMS
79	F76	47:09	56:06	84.0	LEONA LUGERS
80	F69	42:39	51:03	83.5	ALGENE WILLIAMS
81	F66	40:59	49:25	82.9	PATRICIA DIXON
82	F68	42:05	51:04	82.4	ALGENE WILLIAMS
83	M85	45:49	58:50	77.9	PAUL SPANGLER
84	F82	51:55	67:04	77.4	RUTH ROTHFARB
85	F83	52:49	70:55	74.5	RUTH ROTHFARB
86	F81	51:03	68:33	74.5	RUTH ROTHFARB
87	F73	45:06	61:11	73.7	BESS JAMES
88	F79	49:25	67:17	73.4	IDA MINTZ
89	M86	46:31	63:31	73.2	PAUL SPANGLER
90	M83	44:28	63:21	70.2	MAX BAYNE
91	F85	54:43	78:15	69.9	RUTH ROTHFARB
92	M84	45:08	65:50	68.6	MAX POPPER
93	F86	55:43	81:44	68.2	RUTH ROTHFARB
94	F84	53:45	80:48	66.5	RUTH ROTHFARB
95	M87	47:15	81:12	58.2	IVOR WELCH
96	M88	48:00	85:23	56.2	RUDY FAHL
97	M89	48:47	90:35	53.9	IVOR WELCH
98	F88	57:51	07:41	53.7	HULDA CROOKS
99	F87	56:46			
100	M90	49:35			
101	F89	58:58			
102	F90	60:08			



## TAC STANDARDS AND RECORDS FOR HALF MARATHON

Recrd	AGE	STIME	RTIME	%	RECORD HOLDER
=====	=====	=====	=====	=====	=====
1	M55	1:10:23	1:10:23	100.0	NORM GREEN
2	M52	1:08:34	1:09:30	98.7	NORM GREEN
3	M56	1:11:03	1:12:15	98.3	NORM GREEN
4	M54	1:09:45	1:12:15	96.5	NORM GREEN
5	M66	1:18:50	1:21:41	96.5	CLIVE DAVIES
6	M51	1:08:01	1:10:33	96.4	NORM GREEN
7	M53	1:09:09	1:12:37	95.2	RAY HATTON
8	M65	1:17:57	1:21:53	95.2	CLIVE DAVIES
9	M63	1:16:16	1:20:16	95.0	JACK START
10	M40	1:03:00	1:06:25	94.9	BARRY BROWN
11	M79	1:32:45	1:37:55	94.7	ED BENHAM
12	M60	1:13:55	1:18:10	94.6	JOHN HOSNER
13	F54	1:18:48	1:23:27	94.4	MARION IRVINE
14	M49	1:06:58	1:10:58	94.4	BILL OLRICH
15	M45	1:05:07	1:09:15	94.0	OSCAR MOORE
16	M42	1:03:49	1:08:14	93.5	SAL VASQUEZ
17	M78	1:31:30	1:38:05	93.3	ED BENHAM
18	F52	1:17:19	1:23:16	92.9	MARION IRVINE
19	M44	1:04:40	1:09:45	92.7	HERB LORENZ
20	F58	1:22:13	1:28:42	92.7	MARGARET MILLER
21	M58	1:12:27	1:18:09	92.7	JIM O'NEIL
22	F40	1:10:22	1:16:00	92.6	BARBARA FILUTZE
23	M43	1:04:14	1:09:28	92.5	OSCAR MOORE
24	M64	1:17:06	1:23:26	92.4	JACK START
25	M48	1:06:29	1:12:00	92.3	BILL OLRICH
26	M57	1:11:44	1:17:48	92.2	JIM O'NEIL
27	M47	1:06:00	1:11:38	92.1	BILL OLRICH
28	M41	1:03:24	1:08:54	92.0	MOSES MAYFIELD
29	M46	1:05:33	1:11:18	91.9	JAMES GALLUP
30	M61	1:14:41	1:21:20	91.8	JACK START
31	M62	1:15:28	1:22:36	91.4	JACK START
32	M50	1:07:29	1:14:17	90.8	BILL FOULK
33	F56	1:20:27	1:28:39	90.8	MARGARET MILLER
34	F45	1:12:59	1:20:26	90.7	SHIRLEY MATSON
35	M69	1:21:38	1:30:21	90.4	PAUL REESE
36	F43	1:11:54	1:19:54	90.0	SHIRLEY MATSON
37	M75	1:27:56	1:37:51	89.9	ED BENHAM
38	F61	1:25:05	1:35:12	89.4	HELEN DICK
39	M68	1:20:41	1:30:40	89.0	PAUL REESE
40	F42	1:11:22	1:20:17	88.9	IRIS BLACK
41	M71	1:23:37	1:34:15	88.7	EUGENE KELLER
42	M76	1:29:05	1:40:26	88.7	ED BENHAM
43	F63	1:27:08	1:38:22	88.6	HELEN DICK
44	F60	1:24:06	1:35:02	88.5	HELEN DICK
45	F51	1:16:37	1:26:47	88.3	MARGARET DECKERT
46	F47	1:14:06	1:24:07	88.1	DOROTHY STOCK
47	F50	1:15:57	1:26:20	88.0	GINA FAUST
48	M72	1:24:39	1:36:21	87.9	FRED ELY
49	M67	1:19:45	1:30:43	87.9	PAUL REESE
50	F41	1:10:52	1:20:47	87.7	SHIRLEY MATSON
51	F55	1:19:36	1:30:53	87.6	MARGARET MILLER
52	M70	1:22:37	1:34:22	87.5	MAC OSBORN
53	M59	1:13:10	1:23:44	87.4	JERRY MORRISON
54	F57	1:21:19	1:33:09	87.3	JEANNE OFENLOCH
55	F44	1:12:26	1:23:19	86.9	JANE ARNOLD
56	F46	1:13:32	1:24:37	86.9	JOAN REISS
57	F59	1:23:09	1:35:48	86.8	HELEN DICK
58	F19	1:15:18	1:27:06	86.5	HELENE BEDROCK
59	F48	1:14:41	1:26:47	86.1	HELENE BEDROCK
60	F53	1:18:03	1:30:53	85.9	PATRICIA HURST
61	F64	1:28:12	1:44:31	84.4	HELEN DICK
62	F72	1:38:08	1:59:02	82.4	ALGENE WILLIAMS
63	M74	1:26:49	1:45:49	82.0	LUIS MARTIN
64	F62	1:26:05	1:46:12	81.1	SUSAN YEAGER
65	F70	1:35:26	1:58:27	80.6	MARCIE TRENT
66	M80	1:34:03	1:59:21	78.8	MAX POPPER
67	F66	1:30:28	1:54:51	78.8	JACLYN CASELLI
68	F71	1:36:46	2:05:23	77.2	ALGENE WILLIAMS
69	M89	1:47:43	3:21:01	76.4	IVOR WELCH
70	F67	1:31:39	2:00:45	75.9	ELLEN MCCOY
71	M73	1:25:43	1:52:58	75.9	DUTCH BENEDETTI
72	F65	1:29:19	1:58:31	75.4	MARGARET WRIGHT
73	F68	1:32:53	2:05:43	73.9	BECKY YENCHARIS
74	F80	1:50:50	2:30:41	73.6	RUTH ROTHFARB
75	F77	1:45:40	2:26:24	72.2	ANNE CLARKE
76	F74	1:41:00	2:20:20	72.0	FELICITAS SALAZAR
77	F73	1:39:33	2:20:15	71.0	BESS JAMES
78	M77	1:30:16	2:07:12	71.0	NAT PISCIOITTA
79	F76	1:44:04	2:28:46	70.0	BESS JAMES
80	M84	1:39:38	2:25:40	68.4	PAUL SPANGLER
81	F75	1:42:31	2:30:58	67.9	BESS JAMES
82	F69	1:34:08	2:23:58	65.4	ALTHEA JUREIDINI
83	M81	1:35:23	2:38:30	60.2	NAT PISCIOITTA
84	M82	1:36:45	2:56:44	54.7	BEN MOSTOW
85	M83	1:38:10	3:33:30	46.0	BEN MOSTOW

## TAC STANDARDS AND RECORDS FOR MARATHON

Recrd	AGE	STIME	RTIME	%	RECORD HOLDER
=====	=====	=====	=====	=====	=====
1	M66	2:42:42	2:42:49	99.9	CLIVE DAVIES
2	M64	2:39:07	2:42:44	97.8	CLIVE DAVIES
3	M52	2:21:32	2:25:51	97.0	NORM GREEN
4	M68	2:46:30	2:52:45	96.4	CLIVE DAVIES
5	M40	2:10:03	2:17:10	94.8	MIKE MANLEY
6	M58	2:29:31	2:37:40	94.8	ALEX RATELLE
7	M55	2:25:17	2:33:49	94.5	NORM GREEN
8	F54	2:42:23	2:52:02	94.4	MARION IRVINE
9	M53	2:22:44	2:31:20	94.3	NORM GREEN
10	M51	2:20:23	2:29:11	94.1	NORM GREEN
11	M67	2:44:35	2:55:15	93.9	CLIVE DAVIES
12	M65	2:40:53	2:51:27	93.8	CLIVE DAVIES
13	M63	2:37:24	2:48:04	93.7	CLIVE DAVIES
14	M57	2:28:04	2:38:07	93.6	ALEX RATELLE
15	M44	2:13:29	2:23:16	93.2	JIM BOWERS
16	M54	2:23:59	2:34:40	93.1	NORM GREEN
17	M69	2:48:28	3:00:57	93.1	MONTY MONTGOMERY
18	M41	2:10:53	2:20:41	93.0	BOB SCHLAU
19	M43	2:12:36	2:22:48	92.9	JIM BOWERS
20	M46	2:15:18	2:26:21	92.4	JIM BOWERS
21	M56	2:26:39	2:38:55	92.3	ALEX RATELLE
22	M45	2:14:24	2:25:50	92.2	JIM BOWERS
23	M71	2:52:42	3:07:26	92.1	MONTY MONTGOMERY
24	M42	2:11:44	2:23:08	92.0	WILLIAM HALL
25	M62	2:35:44	2:49:17	92.0	CLIVE DAVIES
26	M48	2:17:12	2:30:45	91.0	JIM KERR
27	M60	2:32:33	2:47:46	90.9	CLIVE DAVIES
28	M50	2:19:17	2:34:51	89.9	ULRICH KAEMPF
29	M72	2:54:54	3:14:48	89.8	MONTY MONTGOMERY
30	M59	2:31:01	2:48:25	89.7	ALEX RATELLE
31	F40	2:25:01	2:42:29	89.3	LAURIE BINDER
32	M49	2:18:13	2:34:51	89.3	BILL FOULK
33	M47	2:16:14	2:32:43	89.2	BILL FOULK
34	F53	2:40:49	3:00:29	89.1	MARION IRVINE
35	F44	2:29:16	2:47:33	89.1	HAROLINE WALTERS
36	F41	2:26:02	2:44:18	88.9	CINDY DALRYMPLE
37	F60	2:53:15	3:15:30	88.6	HELEN DICK
38	F56	2:45:45	3:07:21	88.5	MARGARET MILLER
39	F43	2:28:10	2:47:27	88.5	MARY LOUISE WOOD
40	F52	2:39:18	3:01:23	87.8	MARION IRVINE
41	F47	2:32:40	2:54:56	87.3	SANDRA KIDDY
42	M70	2:50:30	3:15:45	87.1	MONTY MONTGOMERY
43	F57	2:47:33	3:12:46	86.9	HELEN DICK
44	F45	2:30:24	2:53:22	86.8	SANDRA KIDDY
45	M77	3:05:11	3:33:27	86.8	ED BENHAM
46	F42	2:27:05	2:49:34	86.7	BOBBI ROTHMAN
47	M61	2:34:07	2:57:45	86.7	EDWARD ROGINSKI
48	F62	2:57:20	3:25:05	86.5	VILA HANCOCK
49	F50	2:36:29	3:02:01	86.0	MARION IRVINE
50	M73	2:57:06	3:26:05	85.9	MONTY MONTGOMERY
51	F46	2:31:30	2:56:37	85.8	SANDRA KIDDY
52	M76	3:03:14	3:34:42	85.3	ED BENHAM
53	F63	2:59:29	3:31:24	84.9	MARCIE TRENT
54	M78	3:07:20	3:42:57	84.0	ED BENHAM
55	F48	2:33:53	3:04:19	83.5	RUTH ANDERSON
56	F55	2:44:01	3:18:08	82.8	HELEN DICK
57	M79	3:09:42	3:49:23	82.7	ED BENHAM
58	M74	2:59:18	3:37:07	82.6	ED BENHAM
59	F51	2:37:52	3:11:43	82.3	NICKI HOBSON
60	F49	2:35:09	3:09:23	81.9	SYLVIA QUINN
61	F58	2:49:23	3:30:31	80.5	BILLIE MURPHY
62	F65	3:03:59	3:49:26	80.2	MARCIE TRENT
63	F61	2:55:16	3:42:42	78.7	MARCIE TRENT
64	F64	3:01:42	3:54:10	77.6	JOSEPHINE HESS
65	M75	3:01:29	3:54:58	77.2	ED BENHAM
66	F66	3:06:21	4:01:30	77.2	MARCIE TRENT
67	F59	2:51:17	3:47:55	75.2	ALENE PARK
68	F79	3:44:33	5:03:54	73.9	IDA MINTZ
69	F78	3:41:01	5:00:37	73.5	IDA MINTZ
70	F67	3:08:47	4:17:44	73.2	ALGENE WILLIAMS
71	F85	4:08:39	5:40:52	72.9	RUTH ROTHFARB
72	F72	3:22:06	4:37:37	72.8	MAVIS LINDGREN
73	F71	3:19:17	4:34:38	72.6	ILONE PAULAS
74	F74	3:28:02	4:48:35	72.1	IDA MINTZ
75	F75	3:31:08	4:56:30	71.2	MAVIS LINDGREN
76	M84	3:25:26	4:53:11	70.1	PAUL SPANGLER
77	F77	3:37:36	5:13:12	69.5	MAVIS LINDGREN
78	F80	3:48:13	5:28:33	69.5	RUTH ROTHFARB
79	F76	3:34:18	5:08:47	69.4	MAVIS LINDGREN
80	F73	3:25:01	4:56:44	69.1	MAVIS LINDGREN
81	F70	3:16:33	4:45:02	69.0	MAVIS LINDGREN
82	F69	3:13:53	4:44:24	68.2	ADA THOMAS
83	M81	3:15:32	4:50:00	67.4	PAUL SPANGLER
84	M85	3:28:47	5:21:51	64.9	PAUL SPANGLER
85	F68	3:11:18	4:56:53	64.4	PEARL MEHL
86	M82	3:18:48	5:10:38	64.0	MAX BAYNE
87	M83	3:22:06	5:20:08	63.1	MAX BAYNE
88	M86	3:32:10	5:40:10	62.4	IVOR WELCH
89	M80	3:12:17	5:23:12	59.5	NAT PISCIOITTA
90	F83	4:00:02	6:50:37	58.5	RUTH ROTHFARB
91	M87	3:35:34	6:48:44	52.7	IVOR WELCH



# MASTERS SCENE

## NATIONAL

• **Peter (Duffy) Maloney**, 44, of Manchester Center, Vt., has been added to the national staff of The Athletics Congress. Duffy will succeed **Berny Wagner**, who retired last month. Wagner's title was National Coach/Coordinator, but Mahoney will serve as an assistant to the Executive Director, **Ollan Cassell**.

• Who will succeed **Jerry Donley** as Chairman of TAC's Masters T&F Committee? **David Pain** has declared his candidacy. Also rumored to be considering the post are **Barbara Kousky** and **Jim Puckett**.

• Clubs interested in sponsoring the 1991 TAC National Masters Indoor T&F Championships should begin discussing that possibility with the appropriate facility managers, club officers and indoor coordinator **Scott Thornsley**.

Thornsley will forward necessary bid information to the interested parties, with the hope that formal bids can be made in time for the 1989 TAC Convention in Washington, D.C., November 27-December 2. While bids are encouraged to be made by the prospective clubs, they can be made in absentia.

• In the past year, 193 U.S. races have offered masters prize money, according to researcher **Ken Young**.

• Preliminary accounting for the 1989 TAC/USA National Masters Track & Field Championships shows revenues of \$85,193 and expenses of \$88,584, for a net loss of \$3391. (See detailed chart on page 16.) The organizers have applied to the city of San Diego for a grant. Whether the city awards a grant depends on its review of whether the event stimulated tourism.

## EAST

• **Ric Perry** (2:42:20) and **Marylou Hamm** (3:33:28) garnered top masters honors at the Nissan Buffalo Marathon in New York, August 9. Other notable age-group winners were **Gary Clements** (M45, 2:52:36), **Anthony Napoli** (M65, 3:38:56), and **Edith Mallzia** (W50, 4:16:41).

• **Graziella Striuli**, 40, of Italy handed England's **Priscilla Welch**, 44, her first-ever masters defeat in the L'eggs Mini-Marathon 10K, Central Park, NYC, June 24. Surging by a struggling Welch at the stretch, Striuli finished four seconds in front with a 34:43. Laurie

**Binder**, 41, of California was third W40+ (35:41). Other division winners were **Jill Martin** (51, 41:04); **Muriel Merl** (63, 51:24); and **Althea Wetherbee** (70, 57:17). **Lynn Williams**, 28, of Canada was first of 5686 finishers in 32:09.

## SOUTHEAST

• **Wayne Yarbrough** (27:39), and **Carolyn Spillman** (31:50) placed first masters at the Dilworth Jubilee 8K in Charlotte, N.C., August 12. Best age-graded performance belonged to **Charles Rose**, M55. His 29:43 converts to an 84.9%, tops of the day.

## SOUTH WEST

• Contestants in the Gulf Association/TAC Masters T&F Championships at Pasadena, Texas on August 19, set 57 meet records and met the All-American standards 27 times. **Sande Lambert**, W30, of the Bay Area TC, garnered the most All-American honors with four wins, in the 100 (13.5) 100H (16.9), HJ (4-8), and LJ (16-8½). The Houston Harriers club, bolstered by 80 points in the relays, took the club championship with a total of 472 to the Bandicoot AC's 409.

## CANADA

• A well-staged Canadian Masters Athletic Association Championships in Edmonton, Alberta, on June 17-18 resulted in 11 open and 3 Canadian records. **Earl Fee**, M60, received the Albe Travel "Athlete of the Meet" award for his efforts in the 400 (57.8) and 300H (48.3). **Hazel Cameron**, set a Canadian W65 record in the 400 (86.2). The meet was hosted by the newly-formed Alberta Masters club.

## INTERNATIONAL

• The American Racewalk Association's Racewalkers Training Camp will be held in Mazatlan, Mexico on December 6-10. All levels of walkers are welcome. The head coach is **Viisha Sedlak**, double gold medalist in both the Melbourne and Eugene World Veterans Games. To register, send \$350 to ARA, PO Box 18323, Boulder, CO 80308. Costs go up after November 1. Inexpensive travel arrangements are through B.T. Thorvilson at Destination Travel in Boulder; 800-326-2929.

# 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

**March 24-25.** U.S. TAC National Indoor Masters Championships, Madison, Wisc. **Peter Tegen**, 1702 Lynndale, Madison, WI 53711.

**August 2-5.** 23rd U.S. TAC National Masters Championships, Indianapolis, Ind. **Marshall Goss**, Track Office, Indiana U., Bloomington, IN 47405. 812/855-8583.

## EAST

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

**January 5-7.** 21st Dartmouth Relays, Hanover, N.H. **Carl Wallin**, Dartmouth College, Hanover, NH 03755. 603/646-2848.

**January 14.** Brown University Indoor Invitational Meet, Providence, R.I. **SASE** to **Neil Steinberg**, 46 Roberta Ave., Pawtucket, RI 02860.

## MID-AMERICA

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

**October 21.** Kansas Big Guys Classic II, University of Kansas, Lawrence. Weight pentathlon/pentathlon, open, submasters, m&w. **Gary England**, Rm. 145, Allen Fieldhouse, Lawrence, KS 66045. 913/864-5635(o); 749-2865(h).

**December 2.** Minnesota Masters Indoor Meet. **SASE** to **Mrs. Rachel Lyga**, 122 63½ Way N.E., Fridley, MN 55432.

## WEST

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

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

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

## INTERNATIONAL

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

**October 14-22.** 2nd Australian Masters Games, Adelaide.

**November 11-12.** Uruguay Veterans Championships, Montevideo. (M35+, W30+. **Hector Acosta**, Calle Canelones 982,

Montevideo 11.000, Uruguay.

**August 23-26.** WAVA North American Championships, Trinidad and Tobago.

## LONG DISTANCE RUNNING NATIONAL

**October 1.** U.S. TAC National Masters 25K Championships, New York. **Jack Dowling**, 25-47 Beech St., East Meadow, NY 11554. 516/579-7466.

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

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

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

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

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

**December 3.** U.S. TAC National Masters 8K Championships, Washington, D.C. **Herb Chisholm**, c/o Mistletoe Run, P.O. Box 554, Springfield, VA 22150. (703) 644-4322.

## EAST

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

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

**October 15.** Army 10 Miler, Washington, D.C. Army 10 Miler, P.O. Box 46594. Washington, DC 250-6594. 202/697-3816.

**October 15.** Stamford Marathon, Stamford, Conn. Stamford Marathon, 880 Canal St., Stamford, CT 16902. 203/359-1248.

**October 15.** New York Woman 4 Miler, NYC. **Bill Noel**, NYRR, P.O. Box 881, FDR Stn., NY 10150. 212/860-4455.

**October 22.** Nissan Maryland Marathon Festival Marathon/10K, Baltimore. Masters 55. **Les Kinion**, P.O. Box 11394, Baltimore MD 21239. 301/882-5455.

**October 22.** Harrisburg Marathon, Harrisburg, Pa. **Don Halke**, 526 Kingston Rd., Harrisburg, PA 17112. 717/657-8848 (before 9:30 p.m.).

**October 22.** Freihofer's Run For Women 10K, Syracuse, N.Y. TAC Regional 10K Championship. **Kris Hartnett**, 4382 Stonington Circle, Syracuse, NY 13215. 315/488-8961.

Continued on page 29



Athletes wave to the cheers of 10,000 people at the opening ceremonies of the VIII World Veterans Championships in Eugene on July 28. Photo by Gretchen Snyder



Continued from page 28

**October 29.** Mohawk Hudson River Marathon, Schenectady to Albany, N.Y. Lee Wilcox, 10 Eaton Rd., Troy, NY 12180. 518/274-7444.

**October 29.** Cape Cod Marathon, Falmouth, Mass. SASE to Cape Cod Marathon, P.O. Box 699, W. Falmouth, MA 02574. 508/548-0348.

**November 5.** New York City Marathon, NYC. NYRR, P.O. Box 881, FDR Station, New York, NY 10150-0881. 212/860-4455.

**November 5.** Marine Corps Marathon, MCM, P.O. Box 188, Quantico, VA 22134. 703/640-2225.

**November 12.** Atlantic City Marathon, N.J. Boardwalk Runners, P.O. Box 7336, Atlantic City, NJ 08404. 609/344-0809.

**November 12.** Cape Cod Marathon, Falmouth, Mass. Courtney Bird, P.O. Box 699, W. Falmouth, MA 02574. 508/548-0348.

**November 19.** Boston Peace Marathon, Boston. BPM, P.O. Box 60, Boston, MA 02130. 617/524-5454.

**November 23.** Turkey Trot 5 Mile, Prospect Park, NYC. NYRR, 9 E. 89th St., NY, NY 10128. 212/860-4455.

**November 26.** Half Hollow Hills 5 Mile, Dix Hills, N.Y. M&W 40+ \$300/200/100. Bob Wiener, 10 Parkwood La., Dix Hills, NY 11746. 516/499-6207.

### SOUTHEAST

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

**October 7.** Georgia Public TV 8K, Braselton. Masters \$5. Ray Myrand, 404/756-4790.

**October 13.** Hardee's Oktoberfest 8K, Memphis Tenn. 10/USRA event. Memphis Runners TC, P.O. Box 17961, Memphis, TN 38187-7481. 901/683-6782.

**October 14.** Capital Trail Run 10 Mile, Raleigh, NC. ICI/USRA Masters Circuit event. 919/876-8347.

**November 12.** Old Reliable 10K, Raleigh, N.C. Masters money. Butch Robertson, P.O. Box 1229, NC 27602. 919/829-4843.

**November 23.** Jacksonville Distance Classic Half-Marathon, Jacksonville, Fla. M&W 40+ \$300/200. Doug Alfred, 3853 Baymeadows Rd., Jacksonville, FL 32217. 904/739-1917.

**November 23.** Atlanta Marathon, Atlanta, Ga. Atlanta TC, 3097 E. Shadowlawn Ave. NE, Atlanta, GA 30305. 404/231-9064.

### MIDWEST

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

**October 15.** Summit City 10K, Ft. Wayne, Ind. Masters \$5 1st four; \$500 for CR. Michael Ducey, 2317 2B Point West Dr., Ft. Wayne, IN 46808. 219/482-9606.

**October 15.** Detroit Free Press Marathon, Detroit. Masters money. Kathy Goltz, 321 W. Lafayette, Rm. 744, Detroit, MI 48231. 313/222-6676.

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England's Eleanor Adams, 41, of Ron Hill Sports ran 149½ miles in a 24-hour international race in Australia August 20 for an unofficial world W40 record.

Photo from Nick Peach

**October 22.** Dayton River Corridor Half-Marathon, Dayton, Ohio. DRCC, Wright Bros. Box 9154, Dayton, OH 45409.

**October 29.** Old Style Marathon, Chicago, OSM, 223 W. Erie, Chicago, IL 60610. 312/951-0660.

**October 29.** Ohio TAC 20/50K Championships/Wolfpack Fall Classic, Whetstone Park, Columbus. John White, 4865 Arthur Pl., Columbus, OH 43220. 614/459-2547.

**November 11.** Ohio TAC Cross-Country Championships, Lancaster HS, Lancaster. John White, 4865 Arthur Pl., Columbus, OH 43220. 614/459-2547.

**November 12.** Columbus Marathon, Columbus, Ohio. Mike Collins, 6290 Busch Blvd., Columbus, OH 43229. 614/433-0395.

### MID-AMERICA

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

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

**November 5.** Omaha Riverfront Marathon, Omaha. John Thomas, 502 N. 40th St., Omaha, NE 68131. 402/558-9076.

**November 19.** St. Louis Marathon, St. Louis, Mo. SASE to St. Louis TC, 6611 Clayton Rd., St. Louis, MO 63117. 314/682-SLTC.

### SOUTHWEST

Louisiana, Mississippi, Texas.

**October 7.** Challenger 8K, Tulsa, Okla. \$100 for 1st place M35 through M55; \$100 for 1st place W35 through W45. Ken Bays, 7223 S. Urbana, Tulsa, OK 74136. 918/492-8091.

**October 29.** Redmen Run Half-Marathon/5K, Nacogdoches, Texas. Masters money. Jim Harrison, P.O. Box

630527, Nacogdoches, TX 75963. 409/569-0192.

**November 4.** Dallas White Rock Half-Marathon, Dallas. SASE to Cross Country Club of Dallas, 6834 Dalhart Ln., Dallas, TX 75214.

**November 18.** Tulsa Marathon, Tulsa, Okla. John Castillo, P.O. Box 700814, Tulsa, OK 74170. 918/742-4127.

**November 18.** First Victoria 10K, Victoria, Texas. M&W40+. \$500/300/200. Tom Curtis, P.O. Box 1338, Victoria, TX 77902. 512/573-6321.

### WEST

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

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

**October 28.** City of Alhambra Women's Moonlight 8K, Alhambra, Calif. \$1000-1st W40+ and \$500 bonus for W40+ AR. 2nd-\$500; 3rd-\$250. Alhambra Human Service Dept., 111 So. First St., Alhambra, CA 91801. 818/570-5044.

**November 5.** First Annual Baby Boomers West 10K and 10K Masters Race, Phoenix. \$2500 masters money. SASE to: Arizona Road Racers, P.O. Box 37876, Phoenix AZ 85069-7876. Mike or Peggy, 602/933-2425.

**November 12.** Fresno Marathon, Fresno, Calif. Fresno Joggers, P.O. Box 17097, Fresno, CA 93744-7097.

**November 19.** New Times Phoenix 10K, Phoenix, Ariz. Harvey Beller, P.O. Box 2510, NTP 10K, Phoenix, AZ 602/229-1060.

**November 19.** 23rd Mission Bay 25K, San Diego. Joni Pendleton, 619/287-8694.

**November 26.** Run To The Far Side 10K, San Francisco. Dave Rhody, Calif. Academy of Science, Golden Gate Park, San Francisco, CA 94118. 415/750-7144.

**December 10.** Honolulu Marathon, Honolulu, Hawaii. Honolulu Mara. Assn., 3435 Waialaw Ave., No. 208, Honolulu, HI 96816. 808/734-7200. FAX 808/732-7057.

### NORTHWEST

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

**October 28.** Moscow Masters Run 7.1 Mile, Moscow, Ida. Glen & Iris Murray, P.O. Box 8431, Moscow, ID 83843. 208/882-7020.

**November 25.** Seattle Marathon, Seattle. David Ranney, 3709 N.E. 180th, Seattle, WA 98155. 206/363-6070.

### INTERNATIONAL

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

**October 1.** British Veterans Marathon Championships, Stone, Staffordshire. Monica Darlington, Race Secretary, The Radfords, Stone, Staffordshire, ST15 8DJ.

**October 1.** Metro Toronto Marathon, Toronto, Ontario, Canada. \$5000 M40+; \$3000 W40+. John Craig, 1220 Sheppard Ave. East, Willowdale, Ontario, Canada. M2K 2X1. 416/495-4057; 495-4311.

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

### RACE WALKING NATIONAL

**October 8.** U.S. TAC National 1-Hour Racewalk Championships, Cambridge, Mass. Phillip McGaw, 156 Blue Hill Ave., Milton, MA 02174. 617/698-1806.

## ON TAP FOR OCTOBER

### TRACK & FIELD

The month opens with the annual Club West Meet, Santa Barbara, Calif., on the 7th and closes with the Big Guys Throwing Classic, Lawrence, Kansas, on the 21st, and the World Senior Games (50+), St. George, Utah, on the 25th-27th.

### LONG DISTANCE RUNNING

Scheduled TAC national championships are the 25K on the 1st in NYC, and the marathon at the Twin Cities Marathon, which has a \$50,000 masters payout and is also an ICI/USRA race, on the 8th.

The 1st also offers marathons in Sacramento, Calif., and Toronto, and the Delaware Distance Classic races. On the 7th, events for women are bicoastal with the Moving Comfort 8K in San Diego, and Tuft's 10K in Boston, and the fast St. George Marathon in Utah in between.

The Southeast hosts two ICI/USRA races on the next weekend: Hardee's Oktoberfest 8K in Memphis on the 13th and the Capital Trail 10 Mile in Raleigh on the 14th, also the date for the Heartland Hustle 10K in Davenport, Iowa. Races on the 15th include the Stamford, Conn., and Detroit marathons, and the New York Woman 4 Mile in Central Park.

On the 22nd, Freihofer's 10K For Women goes off in Syracuse, N.Y. On the following weekend, the Tulsa 15K and Alhambra 8K, near Los Angeles, are scheduled for the 28th, and the Old Style Marathon in Chicago, the Cape Cod Marathon, and Mohawk Hudson River Marathon are set for the 29th.

### RACEWALKING

The U.S. TAC National One-Hour Racewalk Championships will be held at Cambridge, Mass., on the 8th.

### SOUTHEAST

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

**October 14.** 5K Racewalk Championships, Coconut Creek, FL. FAC, 14223 Palm Forest Dr. N., Delray Beach, FL 33445.

### INTERNATIONAL

**October 28.** British Veterans Athletic Federation 20K (men)/10K (women) Walk Championships. D. Withers, 14 Cottage Lane, Marlbrook, Bromsgrove B60. IDW England.

**December 6-10.** American Racewalk Association's Racewalkers Training Camp, Mazatlan, Mexico. \$350 ARA. PO Box 18323, Boulder CO 80508. 800/326-2929.



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

<b>M30</b>				
Robert B. Hall	5000m	15:28	07/02/89	
James Brown	400m	50.9	05/13/89	
Derek Shelton	Long Jump	6.73	07/20/89	
	Triple Jump	14.66	07/20/89	

<b>M35</b>				
Tom Thompson	100m	11.22	07/21/89	
	200m	22.9	06/24/89	
	400m	51.7	07/21/89	

<b>M40</b>				
Dan McCaulley	100m	11.53	07/09/89	
	200m	24.28	07/09/89	
Ben Brockwell	1500m	4:18.56	07/20/89	
Rich Davis	5000m	15:53	08/01/89	
James Ulrich	Javelin	195-11	07/02/89	
Bill Mitzian	800m	2:07.6	06/17/89	
Jerry Whitten	Pentathlon	2874 pts	06/11/89	

<b>M45</b>				
Lyle Johnston	Javelin	161-8	06/26/89	
Terry Simons	Discus	124-11 1/2	07/16/89	
Dan Hinckley	110mH	18.62	07/16/89	
Jim Pauli	35# Wt.	43-2 1/2	01/20/89	
John Hayward	800m	2:08.79	07/30/89	

<b>M50</b>				
Bruce Mills	100mH	17.9	07/16/89	
Bill Houck	Javelin	174-11	06/27/87	
Carl Klehm	35# Wt.	11.08	04/02/89	
	56# Wt.	7.69	04/30/89	
	Hammer	39.66	07/20/89	

<b>M55</b>				
R. Ted Greiner	10K RW	56:59	01/28/89	
Melvin Miller	800m	2:24	06/25/88	
	1500m	4:56	06/25/88	
	3K	10:37	07/23/88	
	5K	18:06	07/23/88	
Eugene Hess	High Jump	4-11	07/16/89	

<b>M65</b>				
Claude Taggart	400m	1:06.9	05/27/89	
J. Walker Pierson	100mH	20.20	05/13/89	
Angelo Oliver	100m	13.76	06/25/89	
	200m	30.00	06/25/89	
Jim Platis	Long Jump	14-8	06/11/89	
	Long Jump	15-10 1/2	06/16/89	
	Long Jump	15-2	07/09/89	
	Long Jump	14-9 1/2	06/04/89	
	Triple Jump	28-10 1/2	06/04/89	
	Triple Jump	31-8 1/2	07/09/89	
	Triple Jump	26-11	06/11/89	
	Javelin	119-6	07/09/89	

<b>M70</b>				
Bill Patterson	5K RW	33:59.9	04/28/89	
Chuck Whitney	400m	1:15.08	06/21/89	
Joseph Sanz	Discus	104-6	06/04/88	
	Hammer	97-3	06/04/88	

<b>M75</b>				
Jeremiah Gaines	55m	7.97	09/01/88	
	100m	15.9	09/01/88	
	200m	32.4	09/01/88	
	Long Jump	4.23	09/01/88	

<b>M80</b>				
Frank Campbell	Shot Put	25-7 1/2	05/27/89	
	Discus	71-10	05/27/89	

<b>M30</b>				
Mary Malloy	800m	2:31.6	01/14/89	

<b>M40</b>				
Mary Lou Platis	Shot Put	27-7 1/2	07/09/89	
	Long Jump	14-5	07/09/89	
	Long Jump	14-3	06/16/89	
	Long Jump	14-10 1/2	07/08/89	
	Long Jump	14-3	06/11/89	
	Triple Jump	28-9 1/2	07/08/89	

<b>M50</b>				
M. Seewerker	2 Mile RW	20:18.09	09/17/88	
Mildred Toman	Hammer	31.76	08/05/89	



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

Event	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84
100	13.8	14.2	14.6	15.0	15.6	16.2	16.9	17.8	18.8	20.0	21.2
200	28.0	29.2	30.3	31.4	32.5	34.0	35.7	37.5	40.0	43.5	47.0
400	63.5	65.5	67.5	69.5	71.5	73.5	78.5	83.7	90.0	96.5	103.3
800	2:32	2:35	2:40	2:46	2:54	3:05	3:19	3:36	3:56	4:09	4:35
1500	5:10	5:19	5:29	5:40	5:58	6:20	6:48	7:23	8:04	8:52	9:48
Mile	5:34	5:44	5:55	6:07	6:26	6:49	7:19	7:46	8:47	9:39	10:45
5000	19:45	20:30	21:20	22:16	23:12	24:16	26:08	28:08	30:08	32:21	34:26
10000	41:00	42:40	44:40	47:00	49:30	52:00	56:00	60:00	66:00	76:00	86:00
100H	17.2	18.2									
80H			15.0	15.8	16.5	17.6	18.7	20.2	22.2	25.0	28.0
400H	75.5	79.9	84.4	88.8							
300H					66.0	72.0	79.0	87.0	96.0		
HJ	1.42	1.35	1.27	1.19	1.12	1.07	1.02	.97	.92	.89	.84
	4-8	4-5 1/2	4-2	3-11	3-8	3-6 1/2	3-4 1/2	3-2 1/2	3-0 1/2	2-11	2-9
LJ	5.00	4.60	4.25	3.90	3.55	3.20	2.85	2.60	2.35	2.10	2.00
	16-5	15-1	13-11 1/2	12-9 1/2	11-8	10-6	9-4 1/2	8-6 1/2	7-8 1/2	6-11	6-7
TJ	10.00	9.20	8.60	7.80	7.18	6.40	5.70	5.20	4.70	4.20	3.80
	29-7 1/2	28-3	26-8	25-0 1/2	23-5 1/2	22-8	20-5 1/2	18-10	16-5	13-11 1/2	13-1 1/2
Shot	10.30	9.30	8.40	7.70	7.95	7.20	6.50	5.80	5.25	4.70	4.25
	33-9 1/2	30-6 1/2	27-7	25-3 1/2	26-1	23-7 1/2	21-4	19-0 1/2	17-3	15-5	13-11 1/2
Jav	39.50	33.50	27.50	21.50	25.00	19.00	18.00	16.00	15.00	14.00	13.50
	129-7	109-11	93-6	70-6 1/2	82-0	62-4	59-1	52-6	49-2	45-11	44-4
Discus	30.0	27.8	26.0	24.0	22.0	20.0	18.0	16.0	15.0	14.0	13.5
	98-5	91-2	85-4	78-9	72-2	65-8	59-1	52-6	49-2	45-11	44-4
Hammer	40.0	35.0	30.0	25.0	21.0	22.0	20.0	18.0	14.0	12.0	9.0
	131-3	114-10	98-5	82-0	75-6	72-2	65-8	59-1	45-11	39-5	29-7
20Pwt.	10.00	9.00	8.00	7.00	6.00	5.00	4.00	3.50	3.25	3.00	2.75

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

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

Event	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85-89
100	11.0	11.33	11.67	12.0	12.5	13.0	13.5	14.0	15.0	16.5	18.0	20.0
200	22.4	23.3	24.2	25.1	26.0	27.2	28.5	29.8	32.4	35.8	39.8	44.0
400	51.0	52.5	54.0	56.0	58.5	61.5	65.0	70.0	76.5	84.5	94.0	105.0
800	2:01	2:04	2:08	2:13	2:19	2:27	2:37	2:49	3:06	3:27	3:54	4:24
1500	4:11	4:15	4:22	4:32	4:45	5:02	5:24	5:47	6:22	7:03	7:59	9:15
Mile	4:31	4:35	4:42	4:53	5:07	5:25	5:49	6:14	6:51	7:38	8:42	10:10
5000	15:30	15:42	16:06	16:44	17:30	18:24	19:36	21:08	23:30	26:00	29:07	33:30
10000	32:11	32:35	33:30	34:45	36:15	38:10	40:30	44:15	48:30	54:30	61:15	69:30
110H	15.3	16.4	17.75	18.75								
100H					18.0	19.0	20.0	21.3				
80H									18.0	21.0	25.0	30.0
400H	57.6	59.7	62.0	64.4								
300H					48.0	51.0	55.0	60.0	66.5	74.5	84.0	95.0
3K-SC	10:00	10:20	10:55	11:40	12:30	13:20						
2K-SC							9:30	10:30	12:00	14:00	16:30	19:30
HJ	1.94	1.85	1.76	1.68	1.59	1.50	1.41	1.32	1.23	1.13	1.02	.92
	6-4 1/2	6-3 3/4	5-9 1/2	5-6	5-2 1/2	4-11	4-7 1/2	4-4	4-4	3-8	3-4	3-1
PV	4.40	4.15	3.90	3.60	3.30	3.05	2.80	2.55	2.30	2.05	1.80	1.50
	14-5 1/2	13-7 1/2	12-9 1/2	11-9 1/2	10-10	10-0	9-2 1/2	8-4 1/2	7-6 1/2	6-8 1/2	5-11	4-11
LJ	6.55	6.20	5.85	5.45	5.10	4.75	4.40	4.00	3.65	3.35	3.00	2.65
	21-6	20-4 1/2	19-2 1/2	17-10 1/2	16-9	15-7	14-5 1/2	13-1 1/2	11-11 1/2	11-0	9-10	8-8 1/2
TJ	13.35	12.65	11.90	11.15	10.40	9.65	8.90	8.20	7.50	6.80	6.10	5.50
	43-9 1/2	41-6	39-1 1/2	36-7	34-1 1/2	31-8	29-2 1/2	26-11	24-7 1/2	22-4	20-1 1/2	18-1 1/2
Shot	15.20	14.10	13.00	12.00	12.40	11.20	12.00	10.80	10.00	8.80	7.65	6.50
	49-10 1/2	46-3 1/2	42-8	39-4 1/2	40-8 1/2	36-9	39-4 1/2	35-5 1/2	33-0	28-10 1/2	25-1 1/2	21-4
Discus	44.80	42.60	40.60	38.00	40.00	36.40	40.00	36.80	31.60	26.40	21.40	16.20
	147-0	139-9	133-2	124-8	131-3	119-5	131-3	120-9	103-8	86-7	70-2 1/2	53-2
Hammer	47.24	44.20	41.14	38.10	38.40	36.00	36.00	33.00	29.00	25.00	22.50	18.00
	155-0	145-0	135-0	125-0	126-0	118-1	118-1	108-3	95-2	82-0	73-10	60-0
Jav	62.00	57.00	52.60	48.00	43.00	38.50	40.00	35.00	29.00	24.00	19.00	15.00
	203-5	187-0	170-7	157-6	141-1	126-4	141-1	114-10	95-2	78-9	62-4	49-2
35Pwt.	15.00	14.00	13.00	12.00	10.00	9.00						
25Pwt.							11.00	10.00	9.00	8.00	7.00	6.00
56Pwt.	9.50	9.00	8.50	8.00	6.00	5.00	4.50	4.00	3.50	3.00	2.50	2.00
PEN	2800	2600	2400	2200	2000	1800	3000	3000	3000	2500	2000	1000
DEC	5500	5250	5000	4500	4000	3000	6000	5500	5000	4000	2000	1500

notes: 1) 100 standards are for automatic time; use standard conversion for hand time.  
 2) Short hurdles: 30-49: 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: 7.26k (16 1/2); 50-59: 6k; 60-69: 5k; 70+: 4k.  
 5) Discus throw: 30-49: 2kg; 50-59: 1.5kg; 60+: 1.0kg.  
 6) Hammer: 30-49: 7.26k (16 1/2); 50-59: 6k; 60-69: 5k; 70+: 4k.  
 7) Javelin: 30-59: 800g; 60+: 600g.  
 8) Metric heights



## Five Years Ago

October, 1984

- European T&F Championships Draw 3030
- Barry Brown Sets U.S. Masters 10K Mark of 29:57
- Ken Inglis, Tina Hayward Win in Bobby Crim 10-Miler

## 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.*

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

	1Mile	3K	2-mile	5K	10K	20K		1Mile	3K	2-mile	5K	10K	20K
M40	7:29.8	14:30	15:40	24:30	51:00	1:45	M40	8:55.4	17:20	18:40	29:00	1:00	2:04
M45	7:42.8	15:10	16:20	26:00	54:00	1:52	M45	9:12.4	17:53	19:17	31:00	1:04	2:12
M50	8:25.1	16:20	17:37	27:30	57:00	1:58	M50	10:30.2	20:24	21:59	33:00	1:08	2:20
M55	8:43.1	16:55	18:15	29:00	60:00	2:04	M55	10:55.4	21:13	22:51	35:00	1:12	2:28
M60	9:19.9	18:07	19:32	30:30	63:00	2:10	M60	11:45.0	22:49	24:35	38:00	1:18	2:40
M65	9:44.7	18:54	20:23	32:00	66:00	2:16	M65	12:20.2	23:59	25:50	41:00	1:24	2:52
M70	10:25.4	20:15	21:49	34:00	70:00	2:24	M70	13:28.5	26:10	28:12	44:00	1:30	3:04
M75	10:59.9	21:20	23:00	36:00	74:00	2:32	M75	14:19.5	27:49	29:58	47:00	1:36	3:16
M80	11:40.7	22:40	24:25	38:00	78:00	2:40	M80	15:20.7	29:48	32:08	50:00	1:42	3:28
M85	12:29.3	24:15	26:08	40:00	82:00	2:48	M85	16:35.7	32:13	34:44	53:00	1:48	3:40

## 1988 LDR Rankings Compiled

On page 32 are the top ten U.S. 1988 Rankings for the 5K, 10K, and Marathon, compiled by TACSTATS, the official LDR record-keeping arm of The Athletics Congress.

The complete set of rankings and single-age records (256 pages with a binder and index tabs) for all LDR events for all age groups, up to 166 deep, are available for \$35 from TAC-

STATS, 7745 SW Terrace, Miami FL 33158. A set of rankings/records for one event is \$5.00. Top ten rankings from other distances will be published next month.

To be ranked, a runner had to meet the following qualifying standards. (e.g. an M40 runner had to run at least 33:00 to be ranked). □

### Qualifying Standards for National, Annual and All-Time Rankings

Each year, TACSTATS compiles and publishes the names and performances of all athletes who achieve the qualifying standard for their age-group and race distance. The latest edition is just back from the printer and includes 8,971 annual rankings and 9,718 all-time rankings. Complete sets of 1988 and All-Time Official TAC Rankings of US Long Distance Runners for each age-group and for 12 distance events together with National Age-Group and Single Age Records are available for \$35 (including commemorative binder and shipping). Send checks to TACSTATS 7745 SW 138 Terrace Miami FL 33158.

#### Women's Qualifying Standards

Age	5km	10km/7mi	10km	12km	15km	20km	25km	30km	10mi	20mi	H-Mar	Martha
open	17:30	28:30	33:30	46:30	55:00	1:19:00	1:43:00	2:02:00	59:00	2:11:00	1:20:00	2:50:00
35-39	19:30	31:00	37:00	53:30	1:03:00	1:26:30	1:52:00	2:15:00	1:07:00	2:30:00	1:28:00	3:05:00
40-44	20:00	33:00	38:00	56:00	1:06:00	1:29:00	2:00:00	2:25:00	1:10:00	2:40:00	1:30:00	3:10:00
45-49	21:30	35:30	42:00	1:02:00	1:12:00	1:39:00	2:08:00	2:35:00	1:15:00	2:55:00	1:40:00	3:30:00
50-54	24:00	38:00	44:00	1:08:00	1:18:00	1:44:00	2:20:00	2:50:00	1:22:00	3:10:00	1:45:00	3:45:00
55-59	27:30	43:00	50:00	1:15:00	1:30:00	2:02:00	2:50:00	3:25:00	1:35:00	3:40:00	2:05:00	4:30:00
60-64	30:00	52:00	57:00	1:25:00	1:45:00	2:17:00	3:00:00	3:40:00	1:50:00	3:50:00	2:20:00	5:15:00
65-69	40:00	1:00:00	1:05:00	1:30:00	2:00:00	2:30:00	3:10:00	3:50:00	2:05:00	4:05:00	2:40:00	6:00:00
70-74	45:00	1:15:00	1:20:00	1:40:00	2:10:00	2:45:00	3:25:00	4:05:00	2:15:00	4:20:00	2:50:00	6:15:00
75-79	50:00	1:20:00	1:30:00	1:50:00	2:20:00	2:55:00	3:35:00	4:20:00	2:25:00	4:40:00	3:00:00	6:30:00
80-84	55:00	1:25:00	1:40:00	2:00:00	2:30:00	3:10:00	3:50:00	4:35:00	2:35:00	4:55:00	3:15:00	6:45:00
85-89	1:00:00	1:35:00	1:45:00	2:10:00	2:45:00	3:20:00	4:10:00	5:00:00	2:50:00	5:20:00	3:40:00	7:30:00
90+		1:45:00	1:50:00									8:00:00

#### Men's Qualifying Standards

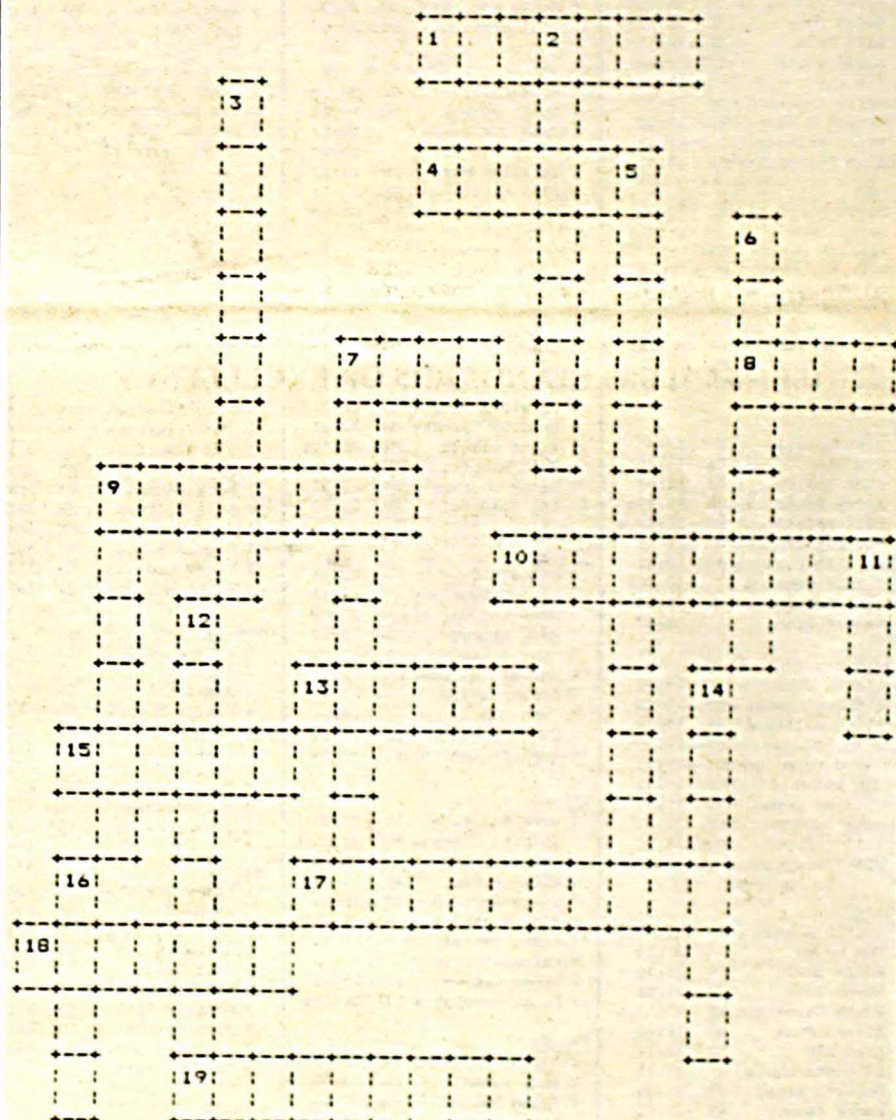
Age	5km	8km/5mi	10km	12km	15km	20km	25km	30km	10mi	20mi	Half-Mar	Marathon
open	15:00	24:00	29:15	37:45	46:30	1:05:30	1:24:00	1:39:00	49:30	1:47:30	1:07:00	2:20:00
35-39	16:00	26:00	32:00	42:30	50:00	1:12:00	1:30:00	1:52:00	55:00	2:03:00	1:12:30	2:30:00
40-44	16:30	27:00	33:00	44:30	53:00	1:13:00	1:33:30	1:55:00	57:00	2:08:00	1:15:00	2:35:00
45-49	17:30	29:00	35:00	47:00	56:00	1:18:00	1:38:00	2:02:00	59:00	2:18:00	1:20:00	2:45:00
50-54	18:30	30:00	36:00	49:00	1:00:00	1:23:00	1:43:00	2:08:00	1:03:00	2:23:00	1:25:00	2:55:00
55-59	19:30	32:30	38:00	55:00	1:05:00	1:28:00	1:50:00	2:15:00	1:07:00	2:35:00	1:30:00	3:05:00
60-64	20:30	35:00	41:00	58:00	1:10:00	1:33:00	2:04:00	2:35:00	1:15:00	2:55:00	1:35:00	3:20:00
65-69	25:00	40:00	47:00	1:05:00	1:20:00	1:48:00	2:26:00	3:05:00	1:27:00	3:15:00	1:50:00	3:45:00
70-74	35:00	55:00	55:00	1:15:00	1:40:00	1:58:00	2:40:00	3:20:00	1:45:00	3:35:00	2:00:00	4:45:00
75-79	40:00	1:00:00	1:05:00	1:25:00	1:50:00	2:20:00	3:05:00	3:50:00	2:00:00	4:00:00	2:25:00	5:30:00
80-84	45:00	1:10:00	1:15:00	1:35:00	2:00:00	2:55:00	3:35:00	4:20:00	2:15:00	4:40:00	3:00:00	6:15:00
85-89	50:00	1:20:00	1:30:00	1:50:00	2:15:00	3:10:00	4:00:00	4:50:00	2:30:00	5:10:00	3:30:00	7:00:00
90+		1:30:00	1:40:00									7:30:00

## 1989 Masters Prize Money Awards (thru 3 September 1989)

\$29,300	John Campbell (NZL)	\$24,680	Priscilla Welch (CO/GBR)
9,626	Victor Mora (COL)	15,900	Laurie Binder (CA)
7,810	Bill Rodgers (MA)	10,850	Gabrielle Andersen (ID)
5,900	Wilson Waigwa (CA/KEN)	6,000	Evy Palm (SWE)
4,450	Ryszard Marczak (POL)	5,500	Judy Greer (FL)
4,100	Mike Hurd (GBR)	5,100	Barbara Filutze (PA)
4,100	Jim Pearson (FL)	4,145	Ngaire Drake (NZL)
4,025	Dave Stewart (CAN)	3,925	Jane Hutchison (MO)
3,875	Bob Schlauf (SC)	3,750	Angela Hearn (NY/GBR)
3,495	Graham Tattersall (NZL)	3,700	Karen Macharg (FL)
-10-		-10-	
3,200	John Custy (CO)	3,475	Nancy Oshier (NY)
2,550	Athol Barton (MD/NZL)	3,100	Heather Matthews (NZL)
2,450	Kevin Ryan (MA/NZL)	2,100	Claudia Ciavarella (FL)
2,250	Sheldon Cowles (GBR)	2,000	Carolyn Mather (NY)
1,700	Kjell-Erik Stahl (SWE)	1,550	Nancy Miesczak (NY)
1,550	Carl Nicholson (AL)	1,440	Terry Mahr (OH)
1,400	Larry Olsen (MA)	1,383	Gail Scott-LeDage (CO)
1,400	Roger Robinson (VA/NZL)	1,250	Harolene Walters (CA)
1,325	Wes Wessely (GA)	1,250	Men-Shi Yu (NY)
1,250	Jack Fultz (MA)	1,100	Maureen Bixby (OK)
-20-		-20-	
1,250	Fred Waybright (WV)	1,068	Mary Wood (CO)
1,150	Steve Lester (UT)	900	Susan Havens (MA)
1,150	Jim O'Neill (OH)	850	Margor Remington-Oman (MA)
1,150	Earl Owens (GA)	800	Nancy McLaren (USA)
1,020	Jerry Tighe (CAN)	750	Carol Bellora (MO)
		750	Sue McLain (OH)

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

## Masters Crossword Puzzle



#### ACROSS

- 1) Site of '89 National Sr Olympics
- 2) Site of '88 US outdoor championships
- 3) Winner of M60 5000 RW in '88
- 4) US woman who holds two indoor walk WR's
- 5) Outstanding M60 from NZ
- 6) US outdoor records guru
- 7) Seven-event athlete
- 8) Famous track in Oregon
- 9) M35 400M WR-holder

#### DOWN

- 1) Site of '88 US outdoor championships
- 2) What masters are called in UK
- 3) Race with barriers and water
- 4) M55-M60 5P AR-holder from Ohio
- 5) Site of VII MV Games
- 6) Great M55 sprinter from UK
- 7) Governing body of US t&f
- 8) US road records & rankings acronym
- 9) Site of VIII MV Games
- 10) International masters governing body acronym

Answers in next month's issue



# 1988 U.S. MASTERS LONG DISTANCE RANKINGS

(Compiled by TACSTATS/USA, The National Center for Long Distance Running & Race Walking Records and Research)

## 5 KILOMETERS

<b>M35-39</b>			
1	Wilson Waigwa	KEN	14:13
2	Bob Daniels		14:46
3	Tom Carter	NY	14:56
4	Gary Nixon	CT	14:59
5	Rick Ranfrow		15:10a
6	Jeff Rigdon		15:12
7	Len Beard	MN	15:19
8	Ernie McKee	FL	15:21
9	Mike Seaman	MN	15:22
10	Dan Morse	MN	15:23

<b>M40-44</b>			
1	Bill Rodgers	MA	14:21a
2	Allan Rushmer	GBR	14:38a
3	Larry Olsen		14:43a
4	Web Loudat	NM	14:59
5	Byron Dyce		15:05
6	Bob Schla	SC	15:07
7	Steve Myhro	CA	15:07a
8	Harold Nolan		15:11a
9	Atlaw Belilgne	ETH	15:20a
10	Rick Katz	CO	15:30a

<b>M45-49</b>			
1	Stephen Lester	UT	14:34a
2	Robert Nelson	UT	15:07a
3	Tom Tushingham	CAN	15:39a
4	Sam Huckel	NJ	15:54
5	Tom Burns		15:57
6	Herb Lorenz	NJ	15:58
7	Richard Greene	NV	16:19
8	Neil Doherty		16:20
9	Jim Ferris	NY	16:23
10	Jerry Smith		16:29

<b>M50-54</b>			
1	William Johnston	UT	15:50a
2	Brian Fernee	CA	16:10a
3	Ardel Boes	CO	16:17a
4	Bill Crum	CA	16:57a
5	Larry Worth	TX	17:00
6	Jim Way		17:05a
7	Myron Anderson	MN	17:25
8	Ernest Billups	IL	17:25
9	Brian Delaney		17:31
10	Alan Fairbrother	NY	17:31

<b>M55-60</b>			
1	David Long	FL	17:55
2	Ray Gibson		18:08a
3	Patrick Devine	CA	18:16
4	Bill Fortune	NY	18:18
5	Efrain Sanchez		18:18a
6	Steve Blanchard	OK	18:20
7	Earl Hebdon	NY	18:21
8	Jim Smedema	IA	18:23
9	James Parks	FL	18:23
10	Laurin Blasier	IL	18:28.9

<b>M60-64</b>			
1	Alex Ratelle	MN	17:45
2	Jim O'Neil	CA	17:49
3	Jack Gentry	AR	18:01
4	Larry Banuelos	CA	18:13a
5	Bill McCaffrey	NH	18:19.6
6	Jeffrey Crockett	OK	18:26
7	William Fortune	NY	18:31
8	Delmar Gourley		18:38a
9	John Keston	MN	18:45
10	Gunnar Linde		18:47

<b>M65-69</b>			
1	Warren Utes	IL	18:38
2	Anthony Napoli	NY	18:56
3	Glenn Williams	NY	19:14
4	John McManus	NY	19:15
5	Lloyd Young	WI	19:50
6	Jim Smith	OK	19:52
7	William Coyne	NY	20:37
8	John Burton	MN	21:14
9	Bill Tribou	CT	21:15
10	Joe Fleischmann		21:20a

<b>M70-74</b>			
1	Austin Newman	NJ	21:09
2	Tom Mason		21:14
3	Eddie Lewin	CA	21:39
4	Wayne Zook	CA	21:51
5	Vince Carnevale	NJ	21:59.6
6	Alfred Funk	MT	22:10
7	Fred Ely	NJ	22:12
8	Ed Stotsenberg		22:31
9	Roberto Renny	NY	23:45
10	James Keeney	NY	23:52

<b>M75-79</b>			
1	Ed Rumble	CA	23:09a
2	William Andberg	MN	24:41a
3	Walt Kuetzing	CA	25:31
4	Vernon Geary	VA	27:52
5	Dean Scofield		28:17
6	Don Leatherman		32:33
7	Fred Bettelheim		32:45
8	Alvin Shough	NJ	36:49.9

<b>M80-84</b>			
1	Ed Benham	MD	22:26
2	John Lincoln		28:42
3	C Hackenheimer	NY	29:40
4	Max Popper	NY	33:24
5	Paul Bernd	CA	38:47
6	K Mooibroek	IA	40:10

<b>M85-89</b>			
1	Max Popper	NY	32:55
2	Portia Anderson		34:54
3	Jacob Bishin	CA	40:05a

<b>M35-39</b>			
1	Michele Tiff		16:45a
2	Martha O'Rourke	OK	16:53
3	Karen Miles	FL	17:11
4	Nancy Grayson	SC	17:11a
5	Laura Caldwell	GA	17:14.2
6	Jacqueline Hans	CA	17:26
7	Gail Ogle	AL	17:30a
8	Mary Heilman		17:36a
9	Marie Burleson	OH	17:45
10	Karen Macharg	FL	17:45.8

<b>M40-44</b>			
1	Angella Hearn	GBR	17:28
2	Elizabeth Sonne	UT	17:55a
3	Judy Greer	FL	18:06
4	Gail Bailey	SC	18:08
5	Eileen Shovlin	PA	18:13a
6	Hilary Naylor	CA	18:15
7	Melody Daniel		18:18
8	Liz Sonne		18:26a
9	Judy Kewley		18:26a
10	Kathy Brown		18:34

<b>M45-49</b>			
1	Harolene Walters	CA	18:11
2	Jane Argold	CT	18:54
3	Lina Connors	NY	19:02
4	Marilyn Rasmussen		19:34a
5	Trish Cook		19:40
6	Suzanne Gardinier		19:47
7	Sharon Martin		19:56a
8	Lydia Borges	OK	20:00
9	Bette Poppers	CO	20:05a
10	Jill Martin	NY	20:07

<b>M50-54</b>			
1	Gina Faust	CA	18:50
2	Zofia Turosz	CT	19:16
3	June Dickinson		19:57
4	Susie Kluttz		20:17
5	Caroline Murray	CA	20:27
6	Jill Martin	NY	20:51
7	Martha Klopfer	NC	20:55
8	B Bellingham	NY	21:05
9	Maryann Potocnik		21:29a
10	Joyce Momita	CA	21:34

<b>M55-59</b>			
1	Toshiko D'Elia	NJ	20:52
2	Gloria Brown	NY	22:07
3	Aurora Cabrer		22:12
4	Mickey Armstrong		22:16
5	Patricia Pruitt	CA	22:21a
6	Dorothy Spencer	MN	22:39
7	Irene Olbers	CA	22:39a
8	Joan Klopfer	OR	23:02
9	Kenny Goering	NM	23:10
10	Amy Goldstein	CA	23:20

<b>M60-64</b>			
1	Helen Dick	CA	22:06
2	Babs Dalsheimer		22:32
3	Mary Lou Carlson		23:23
4	Mary Storey	CA	23:24
5	Raye Johnson	NV	23:45
6	Barbara Andersen		23:47
7	Doris Breeding		23:57
8	June Rahn		24:07
9	Dorothy Bright	MD	24:08
10	Adeline Kearney	CT	24:36

<b>M65-69</b>			
1	Olba Morofsky	NY	21:35
2	Juanita Goldman	NJ	22:56.6
3	Carrol Starner		23:49
4	Ellen McCoy	MN	24:59
5	Gerry Davidson	CA	26:00
6	Rita Richards		27:57
7	Irene Decker		28:11
8	Margaret Wright		28:12
9	Wanda Groves	KS	28:43
10	Becky Yenchais	DE	29:00a

<b>M70-74</b>			
1	Algene Williams	IL	26:20.2
2	Judy Simon	CA	26:58
3	Helen Reiter	MN	30:48
4	Bernyce Roe		31:08.9
5	Mary Haines	CT	32:13
6	Althea Jureidini		32:53
7	Irene Crane	OR	33:15
8	D Stotsenberg		33:16
9	Edith Greene	MN	33:29a
10	Emily Pecoraro	FL	34:11

<b>M75-79</b>			
1	Anne Clarke	IL	29:05.3
2	Bess James	CA	35:41

<b>M80-84</b>			
1	Ida Mintz	IL	37:38
2	Helen Hops		45:19
3	Tiny Riley	MT	48:29

<b>M85-89</b>			
1	Mary Ames	CA	37:32a
2	Ruth Rothfarb	MA	44:29

<b>10 KILOMETERS</b>			
<b>M35-39</b>			
1	Nick Rose	GBR	29:02
2	Wilson Waigwa	KEN	29:08
3	Zak Barie	TAN	29:09a
4	James Pittman		29:35
5	Randy Thomas	MA	29:38
6	Ken Hudson		30:00a
7	Robert Wallace	AUS	30:08a
8	Tim Cook		30:29a
9	Solomon Perez	MEX	30:30a
10	Bob Daniels		30:38

<b>M40-44</b>			
1	Bill Rodgers	MA	30:09
2	Ryszard Marczak	POL	30:18
3	Web Loudat	NM	30:22a
4	Allan Rushmer	GBR	30:23
5	Bob Schla	SC	30:31a
6	Mick Hurd	GBR	30:42
7	Barry Brown	FL	30:48
8	Larry Olsen	MA	30:49a
9	Byron Dyce	FL	30:52
10	Steve Cowley	CAN	31:05

<b>M45-49</b>			
1	Steve Lester	UT	30:10a
2	Mick Hurd	GBR	30:46
3	A Villanueva	MEX	30:54
4	Don Coffman	KY	32:31
5	Donald Sleeman	MI	32:33a
6	Mario Gonzalez	MEX	32:44a
7	Mike Holbrook	CA	32:54
8	Ralph Zimmermann	NY	32:54a
9	Sumner Brown	CA	32:57
10	Bob Nelson	UT	33:01

<b>M50-54</b>			
1	Bill Olrich	KY	32:36a
2	Bill Johnston	UT	33:32a
3	Ardel Boes	CO	33:39
4	Bob Schul	OH	33:49
5	Joe Fodor	OH	34:06a
6	Dick Rampenthal	WI	34:47
7	Clyde Davidson	CA	34:50
8	Joe Burgasser	FL	34:55
9	Don Mullins	GA	35:01a
10	Daryl Beardall	CA	35:05

<b>M55-59</b>			
1	Norm Green	PA	33:20
2	Gaylon Jorgensen	UT	34:21a
3	Dave Long	FL	36:13
4	Hal Higdon	IN	36:24
5	Carl Trimmer		36:31a
6	Norm McAbee		36:47
7	Konrad Bald	IL	36:58
8	Jim Blount	FL	37:00
9	Fred Karter	ME	37:09

<b>M60-64</b>			
1	Alex Ratelle	MN	36:22
2	Joe Fernandez	MA	36:22a
3	Jim O'Neil	CA	37:13
4	Jim O'Neil	MI	38:13
5	Dick Benson	GA	38:14a
6	Bill Hoffman	AR	38:23
7	John Keston	MN	38:38
8	Howard Rubin	NJ	38:42
9	Larry Banuelos	CA	36:42
10	Patrick Devine	CA	38:47

<b>M65-69</b>			
1	Warren Utes	IL	36:35
2	Lloyd Young	WI	39:02
3	Jim Smith	OK	40:40
4	Hubert Morgan	PA	41:02
5	Anthony Napoli	NY	41:19
6	Bart Ross	FL	41:46
7	Warren Johnson	IL	42:07
8	Carl Hammen	RI	42:17
9	Bill Osburn	MD	42:24
10	John McManus	NY	42:35

<b>M70-74</b>			
1	Max Quackenbos	FL	43:47
2	Wayne Zook	CA	43:57
3	Ed Vuolo	CT	44:20
4	Ed Lewin	CA	44:20
5	Paul Reese	CA	44:55
6	Fleet Fesmaire	TN	45:26a
7	Charles Ogilve	TX	43:35
8	Herb Wright	UT	46:21a
9	Dutch Benedetti	CA	46:27
10	Charles Pereida	OR	46:28a

<u>M75-79</u>			
1	Bill Brobston	NY	46:15a
2	Mel Shine	CA	50:21
3	Arthur Ballon	MA	51:08
4	Peter Bolos	MI	52:02
5	Walt Kuetzing	CA	54:41



# 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.

## TAC National Masters Decathlon Thomasville, NC June 17



### 30 - 34 AGE GROUP RESULTS

PL	AGE	NAME	100M	LJ	SP	HJ	400M	800M	1500M	5K	10K	20K	30K	40K	50K	60K	70K	80K	90K	100K	TOTAL	
1	31	ELLIS, KEN	11.74	703	6.49	695	12.21	619	1.93	740	51.52	746	15.36	807	37.26	609	4.40	731	48.27	563	4:53.10	6813
		FT-IN		21- 3 1/2	40- 0 1/2	6- 3 3/4																
2	32	LAWSON, BILL	11.88	675	6.41	677	13.53	700	1.93	740	54.06	637	17.23	600	36.80	600	4.30	702	48.26	563	4:55.90	594
		FT-IN		21- 0 1/4	44- 4 1/2	6- 3 3/4																
3	33	ATHERTON, RODNEY	12.12	628	5.48	477	11.46	574	1.90	714	56.89	525	16.55	672	37.60	616	3.80	562	37.78	410	5:41.10	346
		FT-IN		17-11 1/2	37- 7	6- 2 3/4																
4	33	POLAKOWSKI, CHRIS	12.36	582	5.85	554	10.45	513	1.85	670	55.14	593	17.47	576	27.69	419	2.80	309	34.30	360	7: 1.20	70
		FT-IN		19- 2 1/4	34- 3 1/4	6- 0 3/4																
5	34	SZARMACH, STEVE	12.12	628	3.51	132	10.88	539	1.60	464	69.57	147	20.07	344	35.63	576	3.30	431	34.24	359	0: 0.00	0
		FT-IN		11- 6	35- 8 1/4	5- 2 3/4																
6	30	TITUS, PAUL	12.10	631	5.96	578	9.65	465	2.00	803	68.80	164	0.00	0	28.70	439	2.20	179	33.40	347	0: 0.00	0
		FT-IN		19- 6 1/2	31- 7 3/4	6- 6 1/2																

### 35 - 39 AGE GROUP RESULTS

PL	AGE	NAME	100M	LJ	SP	HJ	400M	800M	1500M	5K	10K	20K	30K	40K	50K	60K	70K	80K	90K	100K	TOTAL		
1	36	RICKS, DAVE	12.02	647	5.83	550	10.74	530	1.70	544	54.02	639	18.64	464	33.77	539	4.10	645	45.80	527	4:45.20	648	5733
		FT-IN		19- 1 1/2	35- 2 3/4	5- 6 3/4									110- 9 1/2	13- 5 1/4	150- 3						
2	35	BESHEARS, DAVE	12.36	582	5.71	525	11.71	589	1.60	464	57.29	510	17.76	547	36.05	585	4.20	673	42.42	477	5:14.70	478	5430
		FT-IN		18- 8 3/4	38- 5	5- 2 3/4									118- 3 1/4	13- 9 1/4	139- 2						
3	35	CLARY, RICHARD	11.73	705	6.31	655	9.52	457	1.70	544	52.95	684	16.23	707	22.32	316	2.70	286	40.00	442	4:43.70	657	5453
		FT-IN		20- 8 1/4	31- 2 3/4	5- 6 3/4									73- 2 1/2	8-10 1/4	131- 2 3/4						
4	39	DAVIS, MIKE	12.93	480	5.31	443	10.16	495	1.65	504	59.05	446	18.61	467	31.88	502	3.80	562	39.82	440	5: 8.80	510	4849
		FT-IN		17- 5	33- 3 3/4	5- 4 3/4									104- 7	12- 5 1/2	130- 7 1/2						
5	36	WATSON, RICH	14.35	264	4.88	360	10.57	520	1.55	426	62.91	319	22.53	177	32.35	511	3.00	357	46.59	538	5:10.20	502	3974
		FT-IN		16- 0	34- 8	5- 1									106- 1 1/2	9-10	152-10 1/4						
6	37	THORNLEY, SCOTT	11.98	655	5.86	556	10.22	499	1.50	389	53.91	643	19.64	378	27.62	418	1.92	125	0.00	0	0: 0.00	0	3663
		FT-IN		19- 2 1/2	33- 6 1/4	4-11									90- 7 1/4	6- 3 1/2	0- 0						

### 40 - 44 AGE GROUP RESULTS

PL	AGE	NAME	100M	LJ	SP	HJ	400M	800M	1500M	5K	10K	20K	30K	40K	50K	60K	70K	80K	90K	100K	TOTAL		
1	43	HARVEY, REX	11.99	653	6.16	621	12.10	612	1.65	504	57.15	515	17.21	603	37.62	616	4.20	673	43.02	486	5:47.80	316	5599
		FT-IN		20- 2 1/2	39- 8 1/4	5- 4 3/4									123- 5		13- 9 1/4	141- 1 1/2					
2	42	ROSE, JIM	12.68	523	5.25	431	10.82	535	1.50	389	58.74	457	20.92	280	29.66	458	3.30	431	39.75	439	5:41.10	346	4289
		FT-IN		17- 2 1/2	35- 5 3/4	4-11									97- 3 1/2	10- 9 3/4	130- 4 3/4						
3	40	BUCKLEY, JOHN	13.59	373	4.87	358	10.74	530	1.50	389	60.52	396	20.72	295	30.00	464	3.00	357	40.00	442	5:38.70	357	3961
		FT-IN		15-11 1/2	35- 2 3/4	4-11									98- 5		9-10	131- 2 3/4					
4	42	DEHORN, BILL	13.52	383	5.39	459	9.86	477	1.60	464	63.28	308	21.79	222	30.08	466	2.74	296	42.53	479	6:23.10	178	3732
		FT-IN		17- 8	32- 4	5- 2 3/4									98- 8 1/4		8-11 3/4	139- 6 1/4					
5	44	SHOENAKER, JIM	12.71	518	4.77	339	9.74	470	1.40	317	63.80	293	0.00	0	24.40	356	2.50	242	31.88	326	5:33.70	381	3242
		FT-IN		15- 7 3/4	31-11 1/4	4- 7									80- 0 1/2		8- 2 1/4	104- 7					
6	41	MCDONALD, HARRY	13.41	401	5.11	404	11.01	546	1.50	389	68.86	162	0.00	0	31.13	487	2.90	333	42.54	479	0: 0.00	0	3201
		FT-IN		16- 9	36- 1 1/4	4-11									102- 1 1/2		9- 6	139- 6 3/4					

### 45 - 49 AGE GROUP RESULTS

PL	AGE	NAME	100M	LJ	SP	HJ	400M	800M	1500M	5K	10K	20K	30K	40K	50K	60K	70K	80K	90K	100K	TOTAL	
1	46	HOPKINS, HENRY	13.39	404	5.62	506	10.85	537	1.65	504	61.85	352	18.89	442	30.87	482	3.70	535	39.81	439	5:21.40	443
		FT-IN		18- 5 1/4	35- 7	5- 4 3/4								101- 3 1/4	12- 1 1/2	130- 7 1/4						
2	45	BUSBY, BILL	13.15	443	5.24	429	9.44	452	1.45	352	63.16	312	18.89	442	30.19	468	3.80	562	46.57	538	5:47.50	317
		FT-IN		17- 2 1/4	30-11 1/2	4- 9								99- 0 1/2	12- 5 1/2	152- 9 1/4						
3	47	AYERS, DAVID	13.27	423	4.73	332	8.35	387	1.40	317	61.02	379	21.16	263	27.76	421	2.80	309	34.43	362	4:59.10	565
		FT-IN		15- 6	27- 4 1/2	4- 7								91- 0 3/4	9- 2	112-11 1/2						
4	48	VALLE, MIKE	13.71	354	4.64	315	11.13	554	1.40	317	65.76	238	20.89	282	32.63	516	2.22	183	34.12	358	5:52.60	295
		FT-IN		15- 2 1/2	36- 6	4- 7								107- 0 1/2	7- 3 1/4	111-11 1/4						
5	45	CLLETTE, GEORGE	14.19	286	4.53	295	8.77	412	1.50	389	67.32	198	24.09	99	28.58	437	1.60	70	29.41	291	5:50.70	303
		FT-IN		14-10 1/4	28- 9 1/4	4-11								93- 9	5- 2 3/4	96- 5 3/4						
6	45	EWING, JOHNSTON	19.80	0	2.13	0	8.10	372	1.55	426	0.00	0	0.00	0	23.63	341	0.00	0	0.00	0	0: 0.00	0
		FT-IN		6-11 3/4	26- 6 3/4	5- 1								77- 6 1/4	0- 0	0- 0						

### 50 - 54 AGE GROUP RESULTS

PL	AGE	NAME	100M	LJ	SP	HJ	400M	800M	1500M	5K	10K	20K	30K	40K	50K	60K	70K	80K	90K	100K	TOTAL	
1	51	LANCE, DALE	12.51	554	5.73	529	9.87	478	1.45	352	60.45	398	15.12	835	32.80	520	3.80	562	38.91	426	5:57.80	273
		FT-IN		18- 9 1/2	32- 4 1/2	4- 9																
2	54	GILMORE, JACK	14.41	257	4.27	250	9.84	476	1.48	374	68.14	179	18.69	460	34.88	561	2.60	264	30.70	309	5:45.00	329
		FT-IN		14- 0	32- 3 1/4	4-10 1/4																
3	54	MARTIN, DAVID	13.81	340	4.79	343	8.76	411	1.35	283	68.80	164	19.30	407	25.10	369	2.90	333	24.40	221	6:56.00	82
		FT-IN		15- 8 1/2	28- 8 3/4	4- 5																
4	53	ZIMMERMAN, DON	14.81	207	4.11	224	8.15	375	1.10	131	90.22	0	0.00	0	26.26	391	2.20	179	19.81	159	0: 0.00	0
		FT-IN		13- 5 3/4	26- 8 3/4	3- 7 1/4																
5	50	BLOODGETT, THOMAS	12.58	541	4.73	332	0.00	0	0.00	0	0.00	0	0.00	0	0.00	0	0.00	0	0.00	0	0: 0.00	0
		FT-IN		15- 6	0- 0	0- 0																

## EAST

### Empire State Games Ithaca, NY August 4-5

100m		
M30	Kevin Lozano	11.3
	Gene Cacciatore	11.4
	Rodney Goodman	11.6
M35	Griffin Graham	11.5
	Perry Jenkins	11.7
	Walt Powell	12.0
M40	Wm Overby	11.5
	Sam Hall	11.8
	M Heidelberg	12.0
M45	Tom Toscano	11.6
	Gene Ballard	11.8
	Trent Jackson	11.9
M50	George Hole	12.0
	Cliff Pauling	12.3
	Tom Fondy	12.7
M55	Andrew Branch	12.5
	Ed Biondi	13.3
	Art Clements	13.3
M60	Tom Brooks	13.2
	Ed Cox	13.7
	H MacMillan	14.0
M65	Blair McFarlane	14.0
	Frank Mariano	14.7
	James Clinton	16.3
M70	Toby Johnson	15.4
	Nathan Hacker	23.5
W30	Barb Fishbaugh	13.2
	Becky Delass	14.2
	C Cornell-McKeavel	14.3
W35	Marie Beretey	13.9
	JoAnn Harrall	14.1
	Darbie Maccubbin	14.5
W40	Lorraine Tucker	13.4
	Josephine Cross	14.6
	Carole Ozark	15.0
W50	Norma Schilliff	18.9
W55	Ruth Smith	16.8
	Edna Hyer	17.9
	B J Sotile	17.9
W65	Angie Smith	19.5

200m		
M30	David Cherry	23.4
	Gene Cacciatore	23.5
	Kevin Lozano	24.1
M35	Perry Jenkins	24.1
	Griffin Graham	24.2
	Horace Hudson	24.4
M40	Wm Overby	24.0
	Tom VanAcker	24.6
	Sam Hall	24.9
M45	Tom Toscano	24.1
	Gene Ballard	25.1
	Tony Alfieri	25.4
M50	Ed Small	24.9
	Cliff Pauling	25.1
	Tom Fondy	25.7
M55	Nassau Al-Sayeed	27.4
	Ed Biondi	28.1
	Al Romano	31.7
M65	B McFarlane	30.5
	Frank Mariano	31.3
	Leonard Levine	35.4
M70	Toby Johnson	33.7
	Chas Jorgensen	38.5
	Nathan Hacker	58.8
W30	Jean Gallo	29.5
	C Cornel-McKever	30.7
W40	Lorraine Tucker	29.4
	Josephine Cross	31.0
	Kate Ozark	33.2
W45	Carly Gottschalk	33.4
W55	Ruth Smith	38.1
	Edna Hyer	38.69
	B J Sorile	42.03



## Decathlon Continued

## 55 - 59 AGE GROUP RESULTS

PL	AGE	NAME	100M	LJ	SP	HJ	400M	NH	DT	PV	JT	1500M	TOTAL										
1	56	MULKEY, PHIL	13.30	4.18	5.41	4.63	12.26	6.22	1.55	4.26	63.50	302	15.99	734	37.49	614	3.80	562	38.68	423	6:31.50	150	4714
		FT-IN		17- 8 3/4	40- 2 1/2	5- 1			122-11 3/4	12- 5 1/2	126-10 3/4												
2	56	MCFETTERS, DOUG	12.91	4.83	5.37	4.55	9.18	4.37	1.55	4.26	64.02	287	16.77	648	29.24	450	3.00	357	24.22	219	6:38.00	130	3892
		FT-IN		17- 7 1/4	30- 1 1/4	5- 1			95-11	9-10	79- 5 1/2												
3	55	CISNEROS, HECTOR	13.61	3.70	3.99	2.04	8.78	4.13	1.35	2.83	59.92	416	19.17	418	28.30	431	2.80	309	25.09	231	5:42.20	341	3416
		FT-IN		13- 1	28- 9 1/2	4- 5			92-10	9- 2	82- 3 3/4												
4	56	THOMAS, GARLAND	15.16	1.68	3.68	1.56	9.06	4.29	1.30	2.50	72.12	97	20.80	289	28.96	444	1.82	107	30.65	308	6:42.60	117	2365
		FT-IN		12- 0 3/4	29- 8 1/2	4- 3			95- 0	5-11 1/2	100- 6 1/2												
5	58	TAYLOR, GEORGE	15.53	1.30	3.39	1.15	7.46	3.34	1.10	1.31	79.10	10	21.94	212	20.10	274	2.22	183	27.22	260	7: 1.90	69	1718
		FT-IN		11- 1 1/4	24- 5 1/2	3- 7 1/4			65-11 1/4	7- 3 1/4	89- 3 1/2												

## 60 - 64 AGE GROUP RESULTS

PL	AGE	NAME	100M	LJ	SP	HJ	400M	NH	DT	PV	JT	1500M	TOTAL										
1	63	SMITH, DENVER	14.04	3.07	4.80	3.45	10.93	5.42	1.40	3.17	72.00	99	16.82	643	37.15	607	2.80	309	32.88	340	6:51.40	94	3603
		FT-IN		15- 8 3/4	35-10 1/4	4- 7			121-10 1/2	9- 2	107-10 1/4												
2	62	BRADBERRY, BUCK	13.67	3.60	4.94	3.71	9.41	4.50	1.40	3.17	69.40	150	16.55	672	33.79	540	2.70	286	24.32	220	6:36.00	136	3502
		FT-IN		16- 2 1/4	30-10 1/4	4- 7			110-10 1/4	8-10 1/4	79- 9 1/4												
3	61	ENSSLIN, TED	13.92	3.24	4.15	2.30	8.52	3.97	1.25	2.18	70.10	136	19.85	361	26.51	396	2.20	179	28.50	278	7:41.40	8	2527
		FT-IN		13- 7 1/4	27-11 1/4	4- 1			86-11 1/2	7- 2 1/2	93- 6												
4	61	GREY, DONALD	16.10	81	3.47	1.26	9.00	4.26	1.20	1.88	84.48	0	26.39	24	23.38	336	2.40	220	25.67	239	6:36.70	134	1774
		FT-IN		11- 4 1/2	29- 6 1/4	3-11			76- 8 1/4	7-10 1/4	84- 2 1/2												
5	60	SCOTT, DICK	16.13	78	3.58	1.42	10.60	5.22	1.30	2.50	83.35	0	0.00	0	31.80	500	2.12	163	19.98	161	9: 4.00	0	1816
		FT-IN		11- 8 3/4	34- 9 1/4	4- 3			104- 3 3/4	6-11 1/4	65- 6 1/2												

## 65 - 69 AGE GROUP RESULTS

PL	AGE	NAME	100M	LJ	SP	HJ	400M	NH	DT	PV	JT	1500M	TOTAL										
1	68	MORCOM, BOO	14.97	189	4.63	313	9.19	437	1.25	218	69.69	144	18.98	434	34.30	550	3.00	357	22.36	193	6:55.20	84	2919
		FT-IN		15- 2 1/4	30- 1 3/4	4- 1			112- 6 1/4	9-10	73- 4 1/4												
2	69	RICCIARDI, A.U.	16.12	79	3.79	173	8.78	413	1.10	131	96.38	0	21.66	230	31.47	493	2.20	179	29.03	286	9: 4.00	0	1984
		FT-IN		12- 5	28- 9 1/2	3- 7 1/4			103- 2 3/4	7- 2 1/2	95- 2 3/4												
3	68	WRAY, LEONARD	15.40	143	3.60	145	8.64	404	1.20	188	80.18	4	29.99	0	28.12	428	1.92	125	26.93	256	7:43.00	7	1700
		FT-IN		11- 9 1/2	28- 4	3-11			92- 3	6- 3 1/2	88- 4												

## 70 - 74 AGE GROUP RESULTS

PL	AGE	NAME	100M	LJ	SP	HJ	400M	NH	DT	PV	JT	1500M	TOTAL										
1	70	HULL, DONALD	15.00	185	3.44	122	9.36	4.47	1.20	1.88	71.28	112	20.84	286	26.77	401	1.60	70	24.53	223	8: 7.10	0	2034
		FT-IN		11- 3 1/4	30- 8 1/2	3-11			87- 9 3/4	5- 2 3/4	80- 5 1/2												

## 75 - 79 AGE GROUP RESULTS

PL	AGE	NAME	100M	LJ	SP	HJ	400M	NH	DT	PV	JT	1500M	TOTAL
1	77	BOAL, BOB	17.26	14 2.88	52 5.99	248 1.10	131 86.58	0 19.37	401 19.05	254 1.60	70 17.78	132 7:19.70	35 1337
		FT-IN		9- 5 1/4	19- 7 3/4	3- 7 1/4			62- 5 3/4	5- 2 3/4	58- 4		

## 85 - 89 AGE GROUP RESULTS

PL	AGE	NAME	100M	LJ	SP	HJ	400M	NH	DT	PV	JT	1500M	TOTAL
1	87	PITCHER, ARLING	19.43	0 1.93	0 5.73	233 1.00	0121.70	0 0.00	0 13.18	147 1.52	57 14.04	8311:43.80	0 520
		FT-IN		6- 3 3/4	18- 9 1/2	3- 3 1/4			43- 2 3/4	4-11 3/4	46- 0 3/4		

## OVERALL AGE FACTORED RESULTS (1989 WAVA AGE FACTORS) (1985 IAAF SCORING TABLES)

PL	AGE	NAME	100M	LJ	SP	HJ	400M	NH	DT	PV	JT	1500M	TOTAL										
1	56	MULKEY, PHIL	11.62	7.28	7.40	909	14.96	787	2.02	824	51.61	742	14.40	924	44.98	766	5.23	980	59.56	731	5:26.90	415	7806
2	51	LANCE, DALE	11.24	808	7.33	893	11.30	564	1.79	619	51.32	755	14.49	912	36.88	601	4.88	875	53.30	638	5:11.61	495	7160
3	31	ELLIS, KEN	11.56	740	6.63	726	12.36	628	1.97	777	50.64	785	15.24	821	37.28	609	4.51	763	51.16	606	4:49.99	619	7074
4	43	HARVEY, REX	11.31	793	6.97	807	13.61	705	1.84	663	52.46	705	16.18	713	41.74	700	4.77	840	51.62	613	5:24.39	427	6966
5	68	MORCOM, BOO	12.23	606	7.29	883	12.50	637	1.83	655	51.38	752	15.41	801	42.18	709	4.76	836	37.34	404	5:13.02	487	6770
6	63	SMITH, DENVER	11.89	673	7.03	821	13.50	698	1.93	745	55.84	565	14.53	907	41.60	697	4.13	654	49.96	588	5:27.10	414	6762
7	32	LAWSON, BILL	11.70	711	6.54	708	13.69	710	1.97	777	53.14	676	17.10	614	36.82	600	4.41	733	51.14	605	4:52.76	602	6736
8	56	MCFETTERS, DOUG	11.28	799	7.34	896	11.20	558	2.02	824	52.04	723	15.11	836	35.08	565	4.13	652	37.28	403	5:32.33	388	6644
9	62	BRADBERRY, BUCK	11.58	736	7.24	871	11.62	583	1.93	745	53.83	647	14.30	936	37.84	621	3.98	612	36.96	398	5:14.86	477	6626
10	46	HOPKINS, HENRY	12.34	586	6.75	755	12.91	662	1.93	744	54.67	612	17.00	624	36.42	592	4.46	748	50.54	597	4:50.10	618	6538
11	36	RICKS, DAVE	11.59	734	6.25	641	11.45	573	1.81	638	51.37	753	18.11	514	35.58	575	4.41	733	51.74	614	4:34.33	716	6491
12	35	BESNEARS, DAVE	11.92	667	6.12	613	12.48	636	1.71	549	54.48	620	17.25	598	37.98	624	4.52	765	47.92	558	5: 2.71	544	6174
13	35	CLARY, RICHARD	11.31	793	6.76	758	10.15	495	1.81	638	50.35	799	15.77	759	23.52	339	2.90	334	45.20	518	4:32.89	726	6159
14	45	BUSBY, BILL	12.12	628	6.29	651	11.23	560	1.70	544	55.83	566	17.00	624	35.62	576	4.58	783	59.14	725	5:13.65	484	6141
15	55	CISNEROS, HECTOR	11.90	671	5.45	472	10.71	528	1.76	595	48.70	876	17.27	596	33.96	543	3.85	576	38.62	422	4:45.74	645	5924
16	33	ATHERTON, RODNEY	11.94	663	5.60	501	11.60	582	1.94	749	55.92	562	16.42	686	37.62	616	3.89	588	40.04	443	5:37.48	363	5753
17	39	DAVIS, MIKE	12.47	562	5.69	521	10.83	536	1.76	593	56.15	553	18.08	516	33.60	536	4.09	641	44.98	515	4:57.03	577	5550
18	42	ROSE, JIM	11.96	659	5.94	574	12.17	617	1.67	523	53.92	643	19.67	376	32.92	522	3.75	548	47.70	555	5:18.14	460	5477
19	70	HULL, DONALD	11.75	701	5.83	550	12.82	656	1.87	686	49.72	828	20.58	305	36.66	597	2.74	295	45.38	521	5:46.57	321	5460
20	47	AYERS, DAVID	12.23	606	5.68	519	9.94	482	1.64	496	53.94	562	16.05	428	32.74	519	3.37	450	43.72	496	4:29.97	745	5383
21	54	GILMORE, JACK	12.95	476	5.46	473	11.27	562	1.83	651	57.84	490	17.91	533	39.24	649	3.34	441	42.04	472	5: 0.46	557	5304
22	61	ENSSLIN, TED	11.79	693	6.08	604	10.52	517	1.73	567	54.37	624	17.15	609	29.68	458	3.25	417	43.32	490	6: 6.86	237	5216
23	40	BUCKLEY, JOHN	12.82	499	5.51	484	12.08	611	1.67	523	55.55	577	19.48	391	33.30	530	3.41	458	48.00	559	5:15.91	472	5104
24	48	VALLE, MIKE	12.64	531	5.57	496	13.24	682	1.64	496	58.13	479	18.81	449	38.50	634	2.68	281	43.32	490	5:18.26	459	4997
25	42	DEHORN, BILL	12.76	509	6.01	609	11.09	551	1.79	615	58.08	481	20.48	312	33.38	531	3.11	384	51.02	604	5:57.32	275	4871
26	77	BOAL, BOB	12.86	492	5.26	433	9.28	443	1.82	645	56.83	527	17.95	529	29.52	455	2.97	349	36.98	399	4:53.90	595	4867
27	33	POLAKOWSKI, CHRIS	12.17	618	5.97	581	10.58	520	1.89	704	54.20	631	17.34	589	27.70	419	2.87	326	36.34	389	6:56.74	80	4857
28	54	MARTIN, DAVID	12.41	573	6.13	614	10.03	487	1.67	518	58.40	469	18.50	477	28.22	430	3.73	542	33.42	348	6: 2.29	255	4713
29	36	WATSON, RICH	13.84	335	5.23	427	11.27	562	1.65	506	59.82	419	21.89	215	34.08	545	3.23	412	52.64	628	4:58.38	569	4618
30	69	RICCIARDI, A.U.	13.17	439	5.97	579	11.94	603	1.61	474	71.05	117	17.58	565	38.70	638	3.49	479	48.48	566	6:50.12	97	4557
31	56	THOMAS, GARLAND	13.25	426	5.03	388	11.05	549	1.70	541	58.62	461	18.74	455	34.74	558	2.50	242	47.20	547	5:36.17	369	4536
32	68	WRAY, LEONARD	12.58	541	5.67	516	11.75	591	1.76	593	59.11	444	24.35	88	34.58	555	3.04	367	44.96	514	5:49.06	310	4519
33	45	CLLETTE, GEORGE	13.08	454	5.44	469	10.44	512	1.76	592	59.50	430	21.69	228	33.72	538	1.93	126	37.34	404	5:16.54	468	4221
34	44	SHOEMAKER, JIM	11.99	653	5.40	461	10.96	543	1.56	436	58.56	463	0.00	0	27.08	407	2.84	318	38.24	417	5:11.24	497	4195
35	37	THORNSLEY, SCOTT	11.55	742	6.28	648	10.89	540	1.60	464	51.26	757	19.08	425	29.10	447	2.06	152	0.00	0	0: 0.00	0	4175
36	41	MCDONALD, HARRY	12.65	529	5.78	540	12.39	630	1.67	523	63.21	310	0.00	0	34.54	554	3.29	429	51.04	604	0: 0.00	0	4119
37	61	GREY, DONALD	13.64	365	5.08	398	11.12	553	1.66	510	65.52	245	22.80	162	26.18	390	3.54	493	39.00	428	5:15.42	474	4018
38	34	SZARMACH, STEVE	11.94	663	5.58	142	11.01	547	1.63	491	68.38	173	19.92	356	35.66	577	3.38	452	36.28	388	0: 0.00	0	3789
39	30	TITUS, PAUL	11.92	667	6.09	605	9.77	472	2.04	842	67.62	191	0.00	0	28.72	439	2.26	190	35.40	376	0: 0.00	0	3782
40	60	SCOTT, DICK	13.66	362	5.24	430	13.09	673	1.80	624	64.65	269	0.00	0	35.60	576	3.13	388	30.36	304	7:12.53	47	3673
41	58	TAYLOR, GEORGE	13.57	376	4.63	314	9.10	432	1.44	342	64.29	279	19.76	368	24.12	350	3.05	370	41.90	470	5:52.29	296	3597
42	87	PITCHER, ARLING	12.68	523	4.14	229	11.75	591	1.87	689	69.32	152	0.00	0	26.62	398	3.38	452	37.76	410	6:48.98	100	3544
43	53	ZIMMERMAN, DON	13.31	417	5.26	432	9.33	446	1.36	289	76.59	32	0.00	0	29.54	455	2.83	316	27.12	259	0: 0.00	0	2646
44	45	EWING, JOHNSTON	18.25	0	2.56	21	9.64	464	1.82	641	0.00	0	0.00	0	27.88	423	0.00	0	0.00	0	0: 0.00	0	1549
45	50	BLOODGETT, THOMAS	11.31	793	6.05	597	0.00	0	0.00	0	0.00	0	0.00	0	0.00	0	0.00	0	0.00	0	0: 0.00	0	1390



Continued from previous page

TAC National Masters Heptathlon, Thomasville, NC, 17-18 Jun 89  
(1985 IAAF Scoring Tables)

## 40 - 44 AGE GROUP RESULTS

PL	AGE	NAME	LN	HJ	SP	200M	LJ	JT	800M	TOTAL
1	42	RASCHKER ,PHIL	12.38 1220	1.60 736	7.41 361	25.5 820	5.12 592	23.77 359	2:33.0 656	4744
				5-3	24-3 3/4		16-9 1/2			

## 45 - 49 AGE GROUP RESULTS

PL	AGE	NAME	LN	HJ	SP	200M	LJ	JT	800M	TOTAL							
1	47	STEWART, BARBARA	17.37	555	1.05	180	6.70	316	32.0	337	3.37	174	10.98	124	DNF	0	1686
					3-5	1/4	21-11	3/4			11-3/4						

## OVERALL AGE FACTORED RESULTS (1989 WAVA AGE FACTORS) (1985 IAAF SCORING TABLES)

PL	AGE	NAME	LN	HJ	SP	200M	LJ	JT	800M	TOTAL							
1	42	RASCHKER, PHIL	14.37	927	1.83	1016	8.63	440	23.6	996	5.86	807	31.37	502	2:21.0	810	5498
2	47	STEWART, BARBARA	19.18	374	1.27	379	8.50	432	28.6	566	4.11	333	16.08	216	DNF	0	2300

## Empire Continued

Discus		
M30 Mark Barbano	36.56	
Mike Sayers	27.22	
M35 Jim Tillotson	44.88	
Patrick Lynn	33.84	
George McDearmon	33.30	
M40 M Geoffrey Brown	39.96	
Murray Millson	32.48	
H William Coles	30.96	
M45 Harry Schwarze	39.16	
Gary Tocke	36.68	
Denny Przybyla	29.54	
M50 Oscar Jensen	32.10	
Kurt Krastin	29.96	
Walter Schilloff	29.64	
M55 Martin Kintish	40.62	
Nick Palladino	25.50	
Thomas Armstrong	22.88	
M60 Robert Chotoff	34.16	
John Sheridan	26.92	
M65 William Russo	30.30	
Erwin Rice	24.94	
M70 Elmer Shaw	33.16	
Bill MacMurray	32.54	
Ralph Williams	26.06	
M75 Edward Pens	16.50	
W30 Nancy LaChiusa	18.98	
Mary Coles	16.30	
Donna Sayers	16.30	
W35 Florence Wiggins	17.78	
Pat Brown	17.28	
W40 Judith Sielski	20.08	
W45 Marcia Przybyla	15.12	
W50 Norma Schilloff	16.78	
W55 Joan Dash	20.40	
Edna Hyer	17.20	

Hammer		
M35 Pat Lynn	140-4	
M40 Gary Bartell	134-0	
M45 Robert Decker	127-11	
M50 Oscar Jensen	120-2	
Kurt Krastin	68-7	
M55 Martin Kintish	97-3	
Nick Palladino	84-4	
M65 Erwin Sorkin	69-8	
Bernard Brown	67-6	
M70 Elmer Shaw	103-0	
Bill MacMurray	78-7	
Ralph Williams	73-0	
W35 Pat Brown	13.66	

Javelin		
M30 Mike Sayers	162-3	
Tom Wood	125-2	
M35 Jim Tillotson	126-0	
M40 Gordon Aimes	136-9	
Gene Spanneut	127-1	
James Larmondra	110-9	
M45 Robert Decker	117-7	
Jack Lyda	115-10	
Gary Schrempf	114-8	
M55 Richard Holloway	91-0	
Frank Ryan	88-0	
Nick Palladino	81-4	
W30 Melanie LaVack	61-4	
Donna Sayers	61-0	
W35 JoAnn Harrall	88-0	
Pat Brown	70-0	
W40 Judy Sielski	65-2	
W45 Marcia Przybyla	38-10	
W55 Joan Dash	76-5	
Edna Hyer	48-5	

Pentathlon-Men		
M30 Neal O'Mara	2853	
Dusty Shields	2368	
M35 Al Walton	2574	
M40 Armond LaFramboise	1633	
Ron Piracci	1398	
M45 Tim Collins	2146	
Peter Durham	1504	
M50 Dillon Maier	1426	
Tom Vaughn	1188	
M60 Fred Vero	712	

Pentathlon-Women		
(100, SP, JT, LJ, 800)		
W40 Kathy Pierce	1689	

Tri-State TC Classic  
Hagerstown, MD  
August 13

50m		
M30 Bob Bowen	37	6.1
M40 Greg Marshall	41	6.24
Carl Grant	49	6.63
Woody Disharoon	40	6.63
M50 Ervin Mitchell	50	6.75
Jim Bradley	53	7.2
100m		
M30 B Bowne	37	11.09
M40 G Marshall	41	11.75
W Disharoon	40	12.12
Carl Grant	49	12.12
200m		
M30 Bob Bowne	37	23.45
M40 G Marshall	41	24.32
Carl Grant	49	25.64
Kirt Vener	46	27.28

400m		
M40 Bob Mesaros	46	59.27
M50 Jim Bradley	53	59.6
800m		
M40 Bill Schrantz	43	2:37.37
Rich Durham	48	2:52.58
M50 Jim Demma	50	2:16.49
1500m		
M40 B Schrantz	43	5:26.51
5000m		
M30 Taylor Liver	37	17:30.79
M50 G Lacey	52	23:55.69
10,000m		
M50 G Lacey	52	48:07.38
3000m		
M50 Jim Bradley	53	48.1

High Jump		
M40 W Disharoon	40	4-9 1/2
Long Jump		
M40 Kirt Vener	46	17-10 1/2
W Disharoon	40	17-9 1/2
Palmer Sweet	45	14-5

Triple Jump		
M40 Kirt Vener	46	34-8 1/2

Shot Put (12-lb)		
M30 Scott Bull	31	48-6
Peter Collins	32	45-5 1/2
W Williams Jr	31	39-11 1/2
M40 Palmer Sweet	45	41-8 1/2
W Disharoon	40	36-1
M50 W Williams Sr	51	36-9
Ervin Mitchell	50	34-11 1/2
Bruce Rule	53	30-3 1/2
W40 S Glascock	46	15-1 1/2

Discus		
M30 Scott Bull	31	120-5
Peter Collins	32	103-3
W Williams Jr	31	98-2
M40 W Disharoon	40	98-1
Palmer Sweet	45	94-5
Kirt Vener	46	84-2
M50 E Mitchell	50	97-0
W Williams Sr	51	93-2

Masters Men Team Scoring		
1 Potomac Valley	58	
2 Tri-State TC	39	
3 West Valley TC	30	
4 N Carolina AC	26	
5 W Penn TC	22	
6 Phila Masters	22	

Discus		
M30 Scott Bull	31	120-5
Peter Collins	32	103-3
W Williams Jr	31	98-2
M40 W Disharoon	40	98-1
Palmer Sweet	45	94-5
Kirt Vener	46	84-2
M50 E Mitchell	50	97-0
W Williams Sr	51	93-2

Masters Men Team Scoring		
1 Potomac Valley	58	
2 Tri-State TC	39	
3 West Valley TC	30	
4 N Carolina AC	26	
5 W Penn TC	22	
6 Phila Masters	22	

Masters Men Team Scoring		
1 Potomac Valley	58	
2 Tri-State TC	39	
3 West Valley TC	30	
4 N Carolina AC	26	
5 W Penn TC	22	
6 Phila Masters	22	

Masters Men Team Scoring		
1 Potomac Valley	58	
2 Tri-State TC	39	
3 West Valley TC	30	
4 N Carolina AC	26	
5 W Penn TC	22	
6 Phila Masters	22	

Masters Men Team Scoring		
1 Potomac Valley	58	
2 Tri-State TC	39	
3 West Valley TC	30	
4 N Carolina AC	26	
5 W Penn TC	22	
6 Phila Masters	22	

Masters Men Team Scoring		
1 Potomac Valley	58	
2 Tri-State TC	39	
3 West Valley TC	30	
4 N Carolina AC	26	
5 W Penn TC	22	
6 Phila Masters	22	

Masters Men Team Scoring		
1 Potomac Valley	58	
2 Tri-State TC	39	
3 West Valley TC	30	
4 N Carolina AC	26	
5 W Penn TC	22	
6 Phila Masters	22	

Masters Men Team Scoring		
1 Potomac Valley	58	
2 Tri-State TC	39	
3 West Valley TC	30	
4 N Carolina AC	26	
5 W Penn TC	22	
6 Phila Masters	22	

Masters Men Team Scoring		
1 Potomac Valley	58	
2 Tri-State TC	39	
3 West Valley TC	30	
4 N Carolina AC	26	
5 W Penn TC	22	
6 Phila Masters	22	

Masters Men Team Scoring		
1 Potomac Valley	58	
2 Tri-State TC	39	
3 West Valley TC	30	
4 N Carolina AC	26	
5 W Penn TC	22	
6 Phila Masters	22	

M50 Roosevelt Weaver	12.2
Cliff Pauling	12.5
Haig Bohigian	12.8
M55 Frank Barous	13.5
Pat Ferraro	13.8
Dave Hanlon	13.8
M60 Howard MacMillan	14.0
Joe Kelly	14.3
Dick Klein	14.3
M65 Vern Mattson	13.7
J. Walker Pierson	14.2
Don Knapp	15.3
M70 Bill Carmen	14.7
Sparks Sorlien	15.5
M80 Don Ernst	17.6
W40 Karen Jackson	15.7
Janet Powers	28.2
W50 Alexandria Johnson	16.0
Audrey Boyle	17.0
M60 Pat Peterson	15.4
W65 Ann McGowan	20.6

<u>200m</u>	
M30	Robert Jones 24.2
	Ken Castro 25.1
	Chris Hinds 28.5
M35	Pershing Reid 24.3
	Bob Noyes 26.4
	Lou Miller 30.9
M40	Roger Pierce 23.2
	Angel Nieves 25.7
	Mike Augeri 26.3
M45	Bill Masuck 26.7
	Gary Giragioson 28.1
M50	Cliff Pauling 25.5
	Haig Bohigian 26.6
	Dick Hurley 27.7

M55	Pat Ferraro	28.7
	Dave Hanlon	29.1
	Larry Patz	30.3
M60	Joe Kelly	29.0
	Dick Klein	29.5
	Howard MacMillan	29.8
M65	Vern Mattson	28.8
	J. Walker Pierson	29.2
	Don Knapp	31.7
M70	Sparks Sorlien	33.0
M80	Don Ernst	38.9
W40	Karen Jackson	33.9
	Joyce Hallis	36.8
W50	Alexandria Johnson	33.2
	Audrey Boyle	36.2
W60	Pat Peterson	33.9
	Sally Motherway	42.7
W65	Ann McGowan	44.2

<u>400m</u>		
M30	Mike Neely	55.7
	Ken Castro	57.8
	Mike Farmer	58.2
M35	Rob Walker	53.9
	Bob Noyes	59.7
M40	Steve Walach	58.6
	Bob Nelson	62.1
M50	Cliff Pauling	58.4
	Haig Bohigian	60.1
	Tony DaPonte	64.9
M55	Larry Patz	67.8
M60	Howard MacMillan	70.9
M70	Bill Carmen	72.9
W50	Alexandria Johnson	82.5
W60	Pat Peterson	92.1
	Sally Motherway	101.7

<u>800m</u>		
M30	Rick Smith	2:00.3
	Mike Farmer	2:12.4
	Bill Hurley	2:14.8
M35	Rob Walker	2:03.8
M40	Rick Bayko	2:12.6
	Steve Walach	2:18.1
	Steve Viegas	2:19.8
M45	Jim Verdier	2:17.1
	Fred Bertelsen	2:30.6
M50	Cliff Pauling	2:14.1
	Ted Price	2:34.2
	John Hurley	2:36.5
M55	Arnold Meardon	2:35.7
M65	Sid Toabe	2:57.1

5000m		
M30 Bob Wanamaker	16:17.0	
John Turbak	17:11.7	
M35 Ron Robillard	16:15.1	
Mike D'Meara	19:57.6	
M40 Henry Finch	16:02.4	
Rick Bayko	16:23.0	
Larry Purtell	16:54.2	
M45 Kirk Randall	16:53.0	
Clay Zucker	17:52.4	
M50 Bob Clarke	18:04.6	
M55 Jack Nyham	22:46.5	
M60 Sam Babbitt	31:02.2	
W40 Diane McLaughlin	20:37.1	

W40 Diane McLaughlin 20:37.1	
<u>Short Hurdles</u>	
M35 Peter Hoagland	15.7
Wayne Dailey	20.7
M40 Mike Augeri	19.8
M45 Charles Varnet	20.3
M50 Haig Bohigian	24.8
M55 Mark Richards	29.5
M70 Bill Carmen	16.6

<u>High Jump</u>		
M35	Ed Fern	6-7
M40	Angel Nieves	5-2
M45	Jim Brady	5-0
	Bill Crockett	5-0
	Charles Varnet	4-8
M55	Hank Perry	4-8
	Al Carlson	4-4
	Mark Richards	4-2
M60	Warren Jackson	4-0
	Tony Vivieros	3-10
	Jack Doorlay	3-8
M65	Boo Morcom	4-4
M70	Bill Carmen	3-6
W60	Pat Peterson	3-9½



## Continued from previous page

shotput (TAC weights)	
M30 Warren Taylor	14.64m
Dennis Von Linden	12.45m
Pat Cassidy	11.30m
M35 Kevin Wallace	14.59m
Hank Kalnas	12.84m
Paul Corrigan	11.34m
M40 Craig Shumaker	12.88m
Rich Dunphy	12.00m
Richard Smith	10.91m
Ron Biesiada	9.40m
M45 Joe Kalnas	11.81m
Paul Morrone	11.33m
Jim Quirk	10.05m
M50 Chuck Yost	11.59m
Ed Bradway	11.07m
M55 Ray Feick	11.73m
Tom Jackson	10.21m
Meemo Maasik	10.09m
M60 Al Jankola	9.72m
M65 Paul Eberhardinger	6.54m
M70 Gene Wood	9.92m
M50 Ann Cirulnick	8.85m

discus	
M30 Warren Taylor	43.88m
Dennis Von Linden	43.62m
Dave Moratelli	40.24m
Tom Talbot	37.56m
John Kalnas	35.80m
M35 Kevin Wallace	41.54m
Hank Kalnas	40.86m
Paul Corrigan	40.28m
M40 Tim Williams	45.52m
Rich Dunphy	32.48m
Ron Biesiada	31.36m
Richard Smith	27.48m
Denny Ziemba	23.80m
M45 John Abbott	42.20m
Jim Quirk	24.80m
M50 Ed Bradway	33.84m
Chuck Yost	30.72m
M55 Meemo Maasik	33.90m
Tom Jackson	33.52m
Ron Noreen	28.64m
Ray Feick	27.26m
M60 Al Jankola	28.58m
M65 John McCarthy	26.34m
Ed Cunningham	20.98m
Paul Eberhardinger	20.46m
M70 Gene Wood	21.68m
M50 Ann Cirulnick	18.02m

### Potomac Valley Seniors TC Developmental Meet Alexandria, VA July 9

100m	
Robert Arberg 41	12.83
Bob Goodwin 52	13.17
Joel Holman 58	13.77
Tom Beard 57	13.88
Kathryn Kelley 34	14.18
John Martin 62	15.1
Jean Udell W63	17.09
Buddy Clark 36	19.98
200m	
Robert Arberg 41	25.91
Sidney Wolfe 52	27.20
Albert Smith 37	27.4
Kathryn Kelley 34	29.14
Buddy Clark 36	30.1
Tom Beard 57	30.61
J J Wind 39	30.7
John Martin 62	32.3
Jean Udell W63	38.98
400m	
Ralph Romain 56	55.22
J J Wind 39	61.2
Andy Mullins 38	77.98
800m	
Steve Bell M30	2:05.24
Bob Weiner 42	2:14.8
Kevin Ray 30	2:17.03
J J Wind 39	2:33.39
1500m	
J J Wind 39	4:35
Kevin Ray 30	4:55
Newlie Hewson 66	5:56
3000m	
J J Wind 39	10:07
Shot Put	
Ed McComas 55	44-6
Phil Scudieri 53	35-10
Toli Welihozky 43	35-4
Russ White 45	33-5
Ed Watkins 56	27-5
Bill Garthune 80	26-6
Sharon Good 55	19-1
Discus	
Ed McComas 55	138-11
Phil Scudieri 53	123-10
Toli Welihozky 43	104-4
Russ White 45	102-11
Bob Goodwin 52	62-7
Kate DeAngelis 62	51-3
Ed Watkins 56	44-2
Sharon Good 55	43-4
Russ White 45	97-1

Hammer	
Toli Welihozky 43	118-5
Phil Scudieri 53	93-9
Javelin	
Clay Holbert 31	190-3
Russ White 45	184-5
Jim McFayden 42	163-1
R Scott-Johnson 34	150-6
Phil Scudieri 53	115-9
Patricia Willis 53	39-7
Sharon Good 55	37-0

## SOUTHEAST

### U.S. TAC Southeast Sectional Championships Atlanta, GA June 10

100m	
M30 Ellis Liddell	11.28
Craig Simmons	---
Kevin McCarragher	11.78
M35 Marion McCoy	11.35
Stephen Foster	11.49
Richard Finnie	12.22
M40 Danny Thiel	12.01
Willie Josey	12.24
Rod Coggin	13.17
M45 Thad Bell	11.75
Mance Cooper	12.41
Tobert Utley	12.44
M50 Sammy White	12.51
Jim Mathis	12.54
Ervin Mitchell	12.62
M55 John Poppell	12.86
Al Clark	14.05
Tom Vickers	14.75
M60 Jim Law	12.74
Gordon Siefert	---
Buck Bradberry	13.64
Max Goldsmith	14.52
W30 Myra Love	17.26
W35 Dennis Drumgole	13.40
W40 Phil Raschker	13.05
Cathryn McCain	16.02
W45 Ann Draper	15.42
W50 Ann Holtzclaw	17.8
W55 Betty Vosburgh	16.11
Anne Yudell	17.6
Elizabeth Sjogren	19.71

200m	
M30 Ellis Liddell	22.59
Craig Simmons	23.55
Ken McCarragher	23.81
M35 Marion McCoy	23.36
Stephen Foster	23.60
Ellis Mayfield	23.74
M40 Bob Green	23.40
Daniel Thiel	23.83
Willie Josie	25.34
M45 Thad Bell	23.43
Mance Cooper	25.20
Tobert Utley	25.70
M50 Sammy White	25.53
Mike Boudreaux	25.82
Jim Mathis	25.84
M55 John Poppell	26.50
Al Clark	28.10
Tom Vickers	30.61
W35 Dennis Drumgole	27.89
W40 Phil Raschker	26.30
Cathryn McCain	33.17
W45 Ann Draper	31.14
Ruth Crenshaw	37.27
Edna Bay	39.0
W50 Ann Holtzclaw	36.80
W55 Betty Vosburgh	32.75
Anne Yudell	36.4
Kathryn Welden	37.29

400m	
M30 Jay Mathis	52.82
K McCarragher	53.11
James Fisher	53.41
M35 Ellis Mayfield	52.49
Stephen Foster	53.39
Mike Baird	54.63
M40 Danny Thiel	54.6
Alvin Seale	56.01
Willie Josey	56.78
M45 Harry Tolliver	55.86
Tobert Utley	57.71
Mance Cooper	58.78
M50 Jim Mathis	56.0
Isaac Latimore	---
Marice Fast	66.2
M55 Ted Sjogren	60.7
Casey Jones	65.0
Tom Vickers	68.2
W50 Ann Holtzclaw	83.68
W55 Betty Vosburgh	74.75
W60 Pat Peterson	88.55

800m	
M30 Glenn McIsaac	1:57.51
David Poteet	1:58.09
Eric Bonaparte	2:01.66
W35 Norm Dodson	3.00
Guy Giles	3.09
Mike Baird	2:04.85
M40 Ian Dickson	2:05.02
Wilson Weldon	2:06.90
Jeff Sanborn	2:10.88
M45 Harry Tolliver	2:07.96
Allen McDaniel	2:08.19
Harvey Jones	2:24.15
M50 Maurice Fast	2:25.25

M55 Casey Jones	2:21.16
Billy Barber	2:46.32
Jim Saxon	3:14.17
M60 Harold Johnson	2:38.01
M65 Jack Rice	2:43.33
M70 Wallace McRoy	3:15.10
W30 Sharon Gough	2:37.1
W35 Janet Bell	2:33.1
W40 Susan Houlton	2:24.3
Zoila Melton	2:45.7
Vivian Hammond	3:01.2
W45 Mae Cleveland	2:45.4
Joan Caudill	3:10.2
Ruth Crenshaw	3:13.0
W50 Ann Holtzclaw	3:11.5
W55 Kathryn Welden	3:30.2
W65 Rita Tomassini	3:34.1

1500m	
M30 Mike Jones	4:09.5
Ron Wirick	4:23.2
Jeff Unislawski	4:26.5
M35 Guy Giles	4:13.3
Matt Morrow	4:21.0
Norm Dodson	4:22.2
M40 Ian Dickson	4:16.9
Wilson Weldon	4:28.2
John Rinker	4:43.2
M45 Marshall Nason	4:30.8
Earl Donaldson	4:39.5
Kermitt Bowen	4:39.8
M50 Ted Wilson	4:51.2
Charles Hendry	5:41.7
M55 Casey Jones	5:05
Jim Saxon	6:38.8
M60 Dick Benson	5:26.5
M70 Troy Grove	6:24.7
W30 Barbara Rubel	5:43.5
Susan Martin	5:53.2
M L Carnaggio	6:22.5
W35 Diana Correa	5:26.5
W40 Brenda Pantoja	6:18.4
Vivan Hammond	6:47.8
W50 Nancy Parker	5:24.2

5000m	
M30 Mike Jones	15:25
Alfie Cronon	15:56
Tim Lodzinski	15:52
M35 Earl Owens	15:39
Matt Morrow	16:02
Bill McKenzie	16:54
M40 Lee Fidler	15:46
Tom O'Connor	16:02
Gary Darnell	16:38
M45 George Sharp	17:48
Joel Dubow	18:19
Kermitt Bowen	18:27
M50 Rex Cleveland	19:06
Hod Turner	---
Sid Davis	22:27
M55 Herbert Benario	22:22
Jim Saxon	23:24
M60 Dick Benson	19:19
Bob Brennan	21:43
Leslie Longshore	24:54
W30 Pam Eldridge	18:22
Sharon Gough	18:58
Barbara Rubel	20:21
W35 Laura Murphy	19:49
Diana Correa	20:37
Whit Perrin	22:18
W40 Andrea Pease	20:45
Marlene Heroux	21:35
Brenda Pantoja	21:36
W45 Edna Bay	21:53
Joan Caudill	22:43
Maryjane Kennedy	22:55
W50 Nancy Parker	19:48
Ann Holtzclaw	22:25

Short Hurdles	
M30 Ellis Liddell	15.08
M35 Robbie Short	15.06
Richard Finnie	16.00
John Brasell	16.54
M40 Mike Kelly	16.15
Don Hogan	24.28
M50 N Delaneville	17.7
Jack Gilmore	19.2
M55 Phil Mulkey	15.5
M60 Buck Bradberry	16.1
M70 Donald Hull	20.6
W40 Phil Raschker	12.63
W45 Ann Carter	17.1

Long Hurdles	
M35 Robbie Short	60.0
M50 Sammy White	46.25
M55 Phil Mulkey	47.44
M60 Buck Bradberry	50.09
W60 Pat Peterson	70.5

Steeplechase	
M30 Alvin Everhart	9:46.3
M40 Ian Dickson	10:23.2
Sam Benedict	12:10.2
M60 Dick Benson	13:52.3

High Jump	
M30 David Mosley	5-6
Glenn Reid	5-4
Mark Brayman	4-8
Beasley Hendrix	4-4
M35 Chester Forsh	5-10
M40 James Sauers	5-10
Max Motton	5-6

M45 Nathaniel Carter	5-0
Nate Alexander	4-8
William Busby	4-8
M50 Sammy White	5-4
Jack Gilmore	4-8
M55 Phil Mulkey	5-0
Billy Barber	4-4
M60 Buck Bradberry	4-6
M70 Donald Hull	3-8
M75 Charles Hirshey	2-6
W30 Barbara Rubel	4-0
Lee Freeman	3-8
W40 Phil Raschker	5-0
Vivian Hammond	3-10
W45 Ruth Crenshaw	3-1
W55 Betty Vosburgh	3-8
W60 Pat Peterson	3-6

Pole Vault	
M35 Charles Strode	14-6
Walter Credle	14-0
Johnnie Dye	13-0
Randy Ullom	12-6
M40 Don Hogan	9-6
M45 Charlie Polhamus	13-0
William Busby	12-6
William Eubanks	9-6
M50 Henry Davenport	9-0
Jack Gilmore	9-0
Rusty Hamilton	9-0
M55 Phil Mulkey	10-0
M60 Gordon Seifert	8-0
Buck Bradberry	8-0

Long Jump	
M30 David Mosley	16-8
M35 Lamar Bechen	16-6
Dough Puritan	16-0
Jim Accardi	15-1
M40 Bob Green	16-8
Don Hogan	15-5
Larry Jones	15-0
M45 Harold Drumgole	17-1
Nathaniel Carter	16-0
Nate Alexander	15-4
Charles Futch	15-3
M50 Sammy White	17-11
Mike Boudreaux	16-0
N Delaneville	15-2
John James	15-1
M55 Phil Mulkey	17-3
Al Clark	12-6
M60 Buck Bradberry	15-7
Jim Dykes	12-3
M65 Tom Kennel	13-9
M70 Donald Hull	11-4
M75 Charles Hirshey	7-9
W30 Barbara Rubel	11-1
W35 Terry Ozell	10-1
Whit Perrin	6-8
W40 Phil Raschker	16-10
W45 Ann Carter	11-2
Ruth Crenshaw	9-7
W55 Betty Vosburgh	11-5
Anne Yudell	7-3

Triple Jump	
M30 David Mosley	37-5
M35 Chester Forsh	37-9
M40 Larry Jones	32-1
M45 Nate Carter	39-2
Harold Drumgole	33-9
Nate Alexander	31-7
M50 N Delaneville	33-4
M55 Phil Mulkey	33-11
M60 Buck Bradberry	33-7
M65 Tom Kennel	30-4
M70 Don Hull	23-2
M75 Charles Hirshey	16-1
W40 Phil Raschker	34-11
W45 Ann Carter	23-10
Ruth Crenshaw	18-8

Shot Put	
M30 Kevin Holdaway	32-3
M35 Jim Accardi	41-2
M40 John Harper	40-7 3/4
Charles Booher	34-3
Greg Hardwick	32-8 3/4
Mike Valle	34-6
Mance Cooper	31-1
M50 Ron Carter	41-2
M55 Phil Mulkey	44-7
M60 Buck Bradberry	32-10
Gordon Seifert	30-1
M70 Don Hull	30-6
M75 Jack Wood	29-3
Charles Hirshey	28-5
W40 L Struppeck	32-1
Phil Raschker	25-10
Cathryn McCain	20-7

Discus	
M35 Russ Baker	120-0
Jim Accardi	87-5
M40 John Harper	134-7
Charles Booher	115-3
M45 Mike Valle	102-7
William Busby	91-11
Larry Boots	87-4
M50 Henry Davenport	121-5
Sammy White	113-8
Ron Carter	104-0
M60 Buck Bradberry	103-10
Jim Dykes	79-8
M65 Tom Kennel	98-9
M75 Jack Wood	83-6
W30 Lee Freeman	72-5
W40 Lurline Struppeck	91-8
Phil Raschker	67-4
W65 Audrey Bergenback	43-11

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M40 Wm Schooler	5-4
M50 George LaBelle	4-7
Robert Hansen	4-6
M55 Rich Richardson	5-6
Pete Peterson	4-7
M60 Fred Hirsimaki	4-7
Eugene Hess	4-7
M65 Mel Buschman	4-2
W50 Rachel Lyga	4-4

<b>Pole Vault</b>	
M30 Bob Meekma	13-0
Keith Patranek	13-0
M35 John Anderson	13-9
Mike Davis	11-0
M40 Rex Harvey	14-2 1/2
M50 Robert Hansen	9-6 1/2
M55 Tom Hinkes	10-0
M75 Milo Lightfoot	5-11

<b>Long Jump</b>	
M30 Victor O'Brien	19-10 1/2
Jeff Watry	19-9 1/2
M35 Mike Davis	17-6 1/2
M40 Rex Harvey	20-3 1/2
Herb King	18-4
Greg Miller	13-5 1/2
M45 Hans Gordon	19-3 1/2
G'W Harris	13-6
M50 Robert Hansen	13-9 1/2
George LaBelle	13-6 1/2
M55 Harry Brown	16-11
Rich Richardson	16-2 1/2
M60 Fred Hirsimaki	14-11
Andy Orr	8-11
M65 Jim Platis	15-2
Mel Buschman	13-8
M75 M Lightfoot	11-9
W40 MaryLou Platis	14-10 1/2
W50 Rachel Lyga	11-9 1/2

<b>Triple Jump</b>	
M35 Mike Davis	35-5 3/4
Walter Ewing	34-4 1/2
Doug Wheeler	33-11 1/2
M40 Herbert King	33-10 1/2
M45 Hans Gordon	37-1 1/2
M60 Fred Hirsimaki	30-6
M65 Jim Platis	31-8 1/2
M65 Mel Buschman	24-5 1/2
W40 MaryLou Platis	28-9 1/2

<b>Shot Put</b>	
M30 Skip Beyer	40-4 1/2
Bob Hartmann	39-8 1/2
Jeff Watry	35-9
M35 Patrick Burns	48-5 1/2
Dennis Mengeling	42-10
Larry Readman	37-4
M40 John Hess	32-4 1/2
Greg Miller	28-6
M45 Bill Mauck	37-7
M50 Ed Schmidt	41-5 1/2
Bob Warren	40-11
Frank Carl	36-7 3/4
M55 D E Hendrix	40-6
Wally Czarny	35-2 1/2
Rich Richardson	34-4
M60 Andy Orr	33-1 1/2
M65 Jim Platis	24-9 1/2
W40 MaryLou Platis	24-6
Nancy Hamilton	18-4 1/2
W50 Rachel Lyga	24-1

<b>Discus</b>	
M30 Robert Hartmann	131-2
Skip Beyer	123-6
Mike Sprague	93-9
M35 Dennis Mengeling	145-5
Pat Burns	133-6
Larry Readman	123-2
M40 John Hess	107-5
M45 Sid Truckenbrod	125-1
Bill Mauck	123-11
Terry Simons	116-2
M50 Bob Warren	132-2
Ed Schmidt	129-4
Frank Carl	123-3
M55 D E Hendrix	120-0
Don Mather	110-4
Pete Peterson	82-8
M60 Andy Orr	72-9
M65 Mel Buschman	107-7
Jim Platis	56-9
W35 Marcia Hartmann	39-9
W40 MaryLou Platis	75-9
Nancy Hamilton	63-11
W50 Rachel Lyga	64-6

<b>Javelin</b>	
M30 Phil Singer	152-0
Robert Hartmann	120-0
M35 Mike Davis	122-7
M40 Walt Kuc	151-5
Wm Schooler	147-3
John Hess	114-3
M45 Bill Mauck	122-6
M50 Bob Warren	119-5
George LaBelle	104-3
Carl Klehm	78-1
M55 Rich Richardson	102-4
Pete Peterson	97-0
Wally Czarny	88-10
M60 Andy Orr	58-9
M65 Jim Platis	119-6
Mel Buschman	99-6
M75 M Lightfoot	91-2
W40 MaryLou Platis	87-6
Nancy Hamilton	46-5
W50 Rachel Lyga	83-4

<b>35# Weight</b>	
M30 Bob Hartmann	48-3 1/2
M35 Larry Waithe	53-3 3/4
M50 Carl Klehm	36-10
George LaBelle	28-8
<b>56# Weight</b>	
M30 Bob Hartmann	31-3 1/2
M35 Larry Waithe	24-3
M50 Carl Klehm	25-6
George LaBelle	17-3/4
<b>1500mW</b>	
M35 Augie Hirt	7:09.00
M40 Dean Easterlund	7:31.00
Mike McKenzie	8:58.00
Jim Hess	11:47.00
M45 Don Mowles	7:35.00
M60 Andy Orr	10:18.00
W30 Joanne Gravert	8:35.00
W35 Lyda Enriquez	8:51.00
Judith Gnatzi	9:39.00
W40 Jane Smith	8:59.00
Doris Rohde	9:46.00
W50 Rosa Harrell	9:17.00

<b>3000mW</b>	
M35 Augie Hirt	14:34.20
M40 Dean Easterlund	15:54.45
Jim Hess	22:19.02
M45 Don Mowles	16:16.99
Glenn Schroeder	20:16.29
Fred Sobol	22:02.68
M55 Steve Messenger	18:56.29
Bruce Fowler	20:06.52
Ted Pasquesi	21:39.06
M60 Bill Thomas	21:42.19
M80 Martin Bartels	22:50.58
W30 Joanne Gravert	17:32.28
W35 Lyda Enriquez	17:37.96
W40 Jane Smith	18:34.66
D Graham-Henry	19:17.12
W50 Cathie McCormick	19:41.83
Rosa Harrell	19:45.39
W55 Frances Forsys	19:48.77
W75 Anne Clarke	22:41.94



Cornhusker State Games  
Lincoln, NE  
July 16

<b>100m</b>	
M30 Gary Tarrence	11.63
M40 Tom Bassett	12.02
M50 Jim Muxen	13.35
M60+Bob Hall	14.75
W30 Danis Willet	13.75
W40 Marg Sutter	14.93
W50 Rosemary Kaufman	18.40
W60+Dorothy Ekblad	22.61
<b>200m</b>	
M30 Wayne Reynolds	23.52
M40 Tom Bassett	24.94
M50 Jim Muxen	27.65
W30 Danis Willet	27.27
W40 Marg Sutter	30.55
W50 Joan Ailes	46.01
<b>400m</b>	
M30 Matt Reckmeyer	52.0
M40 Robert Franzere	58.67
M50 Howard Weissner	59.27
M60 George Luce	72.51
W30 Danis Willet	59.96
W40 Marg Sutter	73.66
W50 Rosemary Kaufman	94.30

<b>800m</b>	
M30 Tom Kilcoyne	1:59.7
M40 Warren Whitted	2:05.2
M50 Howard Weissner	2:20.2
M60+Al Weaver	2:51.7
W30 Barbara Baltzell	2:38.2
W40 Laurel Miller	3:07.7
W50 Carol Cross	3:45.5
<b>1500m</b>	
M30 Dale Bradley	4:05.3
M40 John Hawkins	4:30.6
M50 Ernie Nick	4:57.9
M60+Harold Hultquist	6:26.3
W30 Cathy Biltoft	5:52.0
W40 Laurel Miller	6:36.3
<b>3000m</b>	
M30 Mark Fluitt	8:30.4
M40 John Hawkins	9:45.2
M50 Ernie Nick	10:19.5
M60+Al Weaver	12:18.2
W30 Barbara Baltzell	11:43.7
W40 Jayne Snyder	14:26.3
W50 Margaret Stahr	17:13.3

<b>Short Hurdles</b>	
M30 Gerald Slezak	18.50
M40 Ken Kiene	18.2
M50 Lee Appleby	20.3
W30 Sue Ziegler	19.8
<b>High Jump</b>	
M30 Max Kaiser	6-0
M40 Tom VanWinkle	5-0
M50 Glen Brazee	4-10
M60+Bob Hall	4-0
W30 Sue Ziegler	5-0
<b>Long Jump</b>	
M30 Kelly Ellis	21-7 1/2
M40 Danny Watts	19-4
M50 Glenn Brazee	15-10
M60+Berl Damkroger	13-8 1/2
W30 Sue Ziegler	14-5
W40 Sandy Maryott	11-9 1/2
W60+Dorothy Ekblad	7-1

<b>Shot Put</b>	
M30 Ron Franck Sr	27-5 1/2
M40 Bill Schlachler	39-6 1/2
M50 Tony Divis	36-10 1/2
M60+Berl Damkroger	39-7
W30 Carolyn Neine	32-7 1/2
W60+Ardele Ebberts	17-8
<b>Discus</b>	
M30 Dale Wilcoxson	42.42
M40 Virgil Paulsen	39.36
M50 Tony Divis	38.58
M60+Glenn Ebberts	38.58
W30 June O'Neill	26.48
W40 Shirley Staver	15.40
W60+Ardele Ebberts	14.54

## SOUTHWEST

Gulf Association/TAC Masters  
Championships  
Pasadena, TX  
August 19

<b>100m</b>	
M30 Willie Taylor	11.3
Darrell McDonald	11.4
Leon Aiena Jr	12.2
M35 Billy Smith	11.2
Jimmy Bell	12.6
Ken Endris	12.7
M40 Robert Mitchell	11.1
Herb Stein	12.0
R L Sebesta	12.1
M45 Fred Lentjes	12.6
Steve Kent	12.9
Jim Whitehead	13.4
M50 Bob McGlashan	13.0
Mack Stewart	13.5
Louis Whitaker	13.6
M55 Sammy McWhorter	15.7
M65 Louis Ciacchio	19.5
W30 Sande Lambert	13.5
Sharon McNeil	13.6
Rene Odom	13.7
W35 Alida White	14.3
Debbi Warner	14.8
W40 Connie Brunson	15.3
Karen Moreno	17.4
W45 Vinnie Lloyd	26.6
W50 Neome Garcia	15.9
Elvira Vasquez	17.4

<b>200m</b>	
M30 Willie Taylor	23.0
Glenn Darrah	28.6
M35 Billy Smith	22.9
Ken Endris	25.3
Jimmy Bell	26.2
Marco Teran	27.8
M40 Robert Mitchell	23.3
Herb Stein	24.6
Ed Stewart Jr	25.4
R L Sebesta	25.9
M45 Fred Lentjes	26.3
Steve Kent	27.6
Jim Whitehead	28.0
M50 Bob McGlashan	27.1
Mack Stewart	28.6
Louis Whitaker	29.9
Dan Hawley	32.2
M60 David Dallas	36.9
M65 Louis Ciacchio	48.4
W30 Charlotte Griffin	33.4
Emily Shemp	37.1
Debbie Gentry	39.1
W35 Alida White	29.8
Carol McLatchie	30.9
W45 Vinnie Lloyd	47.0
W50 Neomi Garcia	34.0
Elvira Vasquez	38.7

<b>400m</b>	
M30 Pat Chimes	61.4
Glenn Darrah	63.4
M35 Billy Smith	50.5
Jimmy Bell	62.3
Palmer Harry	63.1
M40 Robert Mitchell	52.7
Herb Stein	55.9
Ed Stewart Jr	56.1
M45 Fred Lentjes	59.4
Jim Whitehead	61.4
M50 Mack Stewart	64.5
Louis Whitaker	66.1
M60 David Dallas	74.0
Louis Ciacchio	97.0
W30 Rene Odom	62.6
Charlotte Griffin	83.7
W35 Carol McLatchie	67.1
W40 Connie Brunson	72.7
Yolanda Uresti	78.3

<b>800m</b>	
M30 Pat Chimes	1:59.9
Brian Pottinger	2:02.3
Ken Endris	2:10.2
David Spalding	2:12.1
M35 Chuck Hull	2:12.7
Darrell Stearns	2:12.7
Marco Teran	2:18.5
M40 Len Hilton	2:15.0
John Sumner	2:15.4
Bill Roach	2:23.9
M45 Jim Whitehead	2:14.3
Mark Scheid	2:15.3
James McLatchie	2:20.4
Ralph Melilo	2:25.7
M50 Louis Whitaker	2:47.8
Jeri Brown	2:55.8

M55 Robert Ellis	2:49.4
M60 Ed Williams	2:35.3
David Dallas	2:42.1
M65 Louis Ciacchio	3:38.4
W30 Rebecca Vogt	2:55.5
Debbie Gentry	3:17.8
W35 Carol McLatchie	2:24.8
Debbi Warner	2:31.2
W40 Yolanda Uresti	2:57.4
W45 Marilyn Griffith	2:48.2
Mary Jo Gillaspay	2:58.5

<b>1500m</b>	
M30 Pat Chimes	4:09.5
David Odom	4:16.5
Ken Yanowski	4:29.0
M35 Chuck Hull	4:10.2
Herbert Jaeschke	4:29.7
Douglas Storey	4:30.7
M40 Terry Foreman	4:29.2
Len Hilton	4:39.1
Bill Roach	4:52.9
M45 Jim Whitehead	4:34.8
Cecil Smith	4:39.4
Ralph De Melillo	5:01.1
David Gentry	5:05.8
M50 Rudy Gonzalez	nta
Carl Maples	5:07.3
M55 Ino Cantu	nta
M60 William Conrad	5:07.5
M65 Louis Ciacchio	nta
W30 Rita Caballero	5:16.4
Emily Shemp	5:43.9
Eddy Spivey	5:48.8
W35 Carol McLatchie	4:52.7
Debbi Warner	5:07.1
Barbara Amelio	5:22.2
W45 Marilyn Griffin	5:41.1
M J Gillaspay	5:51.1

<b>5000m</b>	
M30 Will Lindgren	17:31.9
M35 Chuck Hull	17:15.4
Billy Johnston	17:22.0
James Darcy	17:46.8
M40 Rick Potter	18:34.5
W30 Emily Shemp	21:31.4
Rebecca Vogt	22:12.4
W35 Donna Roark	18:22.3
Cindy Street	20:26.5
Debbi Warner	20:51.9
W40 Lynn Trafton	22:30.2
W45 Yolanda Sterling	23:31.4
<b>Short Hurdles</b>	
M45 Steve Kent	22.2
W30 Sande Lambert	16.9
<b>Long Hurdles</b>	
M30 Brian Pottinger	59.1
Pete Gonzalez	72.6
M35 James Darcy	81.3
Orlando Riley	93.7
M40 Lou Vicens	65.5
W30 Sande Lambert	69.8

<b>Steeplechase</b>	
M30 Dave Brennan	10:06.1
David Odom	10:14.8
Wayne Rutledge	11:09.9
M35 James Darcy	11:29.4
<b>4x100m Relay</b>	
M30 Beaumont TC	47.4
Houston Harriers	51.8
Bay Area RC	52.7
M40 Houston Harriers A	50.9
Houston Harriers B	52.9
Bay Area RC	56.5
M50 Bay Area RC	63.1
W30 Houston Harriers A	62.6
Houston Harriers B	63.1

<b>4x400m Relay</b>	
M30 Bandicoot AC	3:53.9
Houston Harriers	4:03.2
M40 Houston Harriers	3:55.0
M50 Terlingua TC	4:42.1
Bay Area TC	4:59.6
W30 Houston Harriers	4:04.1

<b>High Jump</b>	
M30 Coy Akers	5-0
M35 Tom Wilson	5-6
Bill Vogt	4-4
Jim Darcy	4-4
M45 Fred Lentjes	5-2
M50 Bob McGlashan	4-6
M60 Tom Bass	3-2
W30 Sande Lambert	4-8
W35 Catherine White	4-0
W50 Neomi Garcia	3-6
Elvira Vasquez	3-4

<u>Pole Vault</u>	
M30 Glen VanDerbek	15-0
Jim Fountain	14-0
M35 Tom Wilson	14-0
<u>Long Jump</u>	
M35 Jimmy Bell	17-0
Ken Endris	15-0
Bill Vogt	14-6
M40 Herb Stein	18-9
Ken Black	16-7
R L Sebesta	16-6½
M45 Fred Lentjes	15-8
M50 Bob McGlashan	15-6
Dan Hawley	9-11
M60 Tom Bass	11-3
W30 Sande Lambert	16-8½
Charlotte Griffin	8-10
Debbie Gentry	8-9
W50 Neome Garcia	11-10
Elvira Vasquez	7-4



## Continued from previous page

<b>Discus</b>		
M30 Kurt Ragenold	100-10	
M35 Rob Stark	59-0	
M40 Joe Ashcraft	96-6	
Bob Sager	73-1	
M45 Tom Gage	136-0	
M50 Carl Klehm	99-4	
Jack Sutphin	92-10	
M55 Larry Marsh	107-7	
M60 Don Tavalacci	117-7	
M70 Manuel White	120-9	
M75 Ross Carter	111-5	
W30 Delilah Sullivan	77-2	
W50 Elizabeth Sutphin	44-1	

<b>Hammer</b>		
M35 Dennis McCave	137-7	
M40 Bob Sager	73-1	
M45 Tom Gage	193-6	
M50 Carl Klehm	63-10	
M65 Ed Anacker	66-9	
M70 Manuel White	93-10	

<b>Javelin</b>		
M30 Kurt Ragenold	129-0	
Ken Barnhardt	120-6	
M35 Rob Stark	75-9	
M40 Joe Ashcraft	135-5	
M50 Terry Johnson	108-2	
Carl Klehm	67-3	
M55 Larry Marsh	107-1	
M60 Don Tavalacci	110-3	
M70 Manuel White	123-7	

<b>5000m Walk</b>		
M60 Sandy Crawford	34:55.4	
M65 Ed Anacker	36:29.2	
W45 Mary Chester	34:35.0	
W50 Jean McInnes	32:24.3	
W65 Dorothy Torney	37:33.8	

## CANADA

Canadian Masters AA  
Championships  
Edmonton, Alberta  
June 17-18\*Canadian Open & Native Rec.  
+ Canadian Native Rec.

<b>100m</b>		
M35 Greg Rees	12.0	
Alger Seon	12.8	
M40 Robert Zimmerman	11.6	
Tony Hatt	11.9	
Larry Gardiner	12.2	
M45 Harold Morioka	11.7	
Alan Slater	12.3	
Bruce Selby	13.0	
M50 Charles Agnoo	12.7	
Robert Mitchell	14.3	
M55 Bernie Smith	12.4	
Sidney Truman	13.4	
Walter Mozewsky	14.5	
M60 Earl Fee	12.9	
Stan Egerton	13.8	
Ken Owen	15.9	
M65 Cecil Paul	13.9	
Andrew Thomson	14.0	
Peter Pientka	15.2	
M70 Art Obokata	14.5	
Jim Breslin	15.8	
M80 Blain Till	17.8	
W35 Shirley Robinson	14.6	
W40 Catherine Roberts	13.8	
Pamela Duncan	14.2	
W45 A Rosenitsch	15.0	
Gean Hemming	15.2	
W50 Gina McCaslin	15.0	
W60 Phyllis Goodlad	21.1	
W75 Isobel Saumier	*18.6	
<b>200m</b>		
M35 Alger Seon	26.3	
M40 Robert Zimmerman	23.3	
Tony Hatt	24.6	
Larry Gardiner	25.3	
M45 Harold Morioka	23.7	
Bruce Selby	26.5	
Merv Armstrong	28.2	
M50 Ed Andrade	26.1	
Charles Agnoo	27.1	
Robert Mitchell	30.4	
M55 Sidney Truman	27.8	
Brian Oxley	28.0	
Jack McCracken	32.0	
M60 Ron Welch	31.5	
Ken Owen	33.4	
M65 Andy Thomson	29.6	
Cecil Paul	30.5	
Don Thomson	35.1	
M70 Art Obokata	30.3	
Jim Breslin	33.5	
M80 Blain Till	38.0	
W35 Shirley Robinson	32.8	
W40 Catherine Roberts	29.1	
Pamela Duncan	29.7	
W45 A Rosenitsch	30.9	
Gean Hemming	32.1	
W50 Gina McCaslin	36.0	
W60 Phyllis Goodlad	44.9	
W75 Isobel Saumier	42.3	
<b>400m</b>		
M35 Greg Rees	58.6	
James Speer	78.1	
M40 R Zimmerman	53.1	
Tony Hatt	54.5	
Bruce Mintz	55.5	

M45 Harold Morioka	+51.4	
George Smith	52.6	
Bruce Selby	59.2	
M50 Bill McIlvaine	57.7	
Ed Andrade	58.3	
Mike Clegg	63.1	
M55 Bernie Smith	59.0	
Brian Oxley	64.0	
Sid Truman	66.1	
M60 Earl Fee	*57.8	
Ron Welch	67.2	
Ken Owen	72.1	
M65 Valden Sadul	66.4	
Andy Thomson	68.4	
Don Thomson	77.7	
M70 Art Obokata	70.2	
M75 Hans Weickardt	78.6	
W40 Judy Warick	64.0	
C Roberts	66.1	
Liz McBlain	67.2	
W45 A Rosenitsch	68.8	
Jean Ward	85.2	
W50 Gina McCaslin	80.2	
W60 Dorly Brechbuehl	98.1	
W65 Hazel Cameron	+86.2	
W75 I Saumier	1:53.0	

<b>800m</b>		
M35 David McLeod	2:08.3	
M40 John Picard	2:08.9	
Jake Madderson	2:09.0	
Tony Hatt	2:22.9	
M45 George Smith	2:05.6	
Richard Roberts	2:49.3	
M50 Jim McIlvaine	2:17.1	
Mike Clegg	2:18.5	
Wayne Cosgrove	2:23.9	
M55 Jack McCracken	2:37.1	
Brian Oxley	2:48.0	
M60 Earl Fee	2:15.6	
Ron Welch	2:32.8	
Ken Owen	2:49.1	
M65 Valden Sadul	2:42.2	
John Houlden	2:56.4	
Don Thomson	2:59.2	
M70 Rolie Martin	2:59.2	
M75 Hans Weickardt	*3:05.4	
W40 Judy Warick	2:30.4	
Catherine Roberts	2:46.4	
W45 Gean Hemming	3:26.6	
Jean Ward	3:35.8	
W50 Kim Maxwell	2:43.8	
W55 Ruth Carrier	3:04.6	
W60 Dorly Brechbuehl	3:27.8	
W65 Hazel Cameron	3:18.3	

<b>1500m</b>		
M35 David McLeod	4:36.7	
Jim Speer	5:44.6	
M40 Colin O'Brien	4:09.5	
Jake Madderson	4:25.2	
John Picard	4:25.5	
M45 Dave Thomas	5:07.4	
Rich Roberts	5:38.0	
M50 Mike Clegg	4:45.3	
Bill McIlvaine	4:48.8	
Wayne Cosgrove	4:55.2	
M55 Jack McCracken	5:23.9	
M60 Ron Welch	5:04.9	
Terry Goodlad	5:28.1	
Ken Owen	5:32.1	
M65 Valden Sadul	5:34.9	
John Houlden	5:44.2	
Don Thomson	6:04.8	
M70 Rolie Martin	6:00.3	
M75 Hans Weickardt	*6:10.7	
W40 Judy Warick	5:14.3	
Shirley Pommier	5:27.4	
W45 Judy Willmott	5:35.0	
Maria Hopchin	5:55.1	
Jean Ward	7:19.6	
W50 Armande Pieschke	6:04.0	
Marge Potter	6:13.4	
M55 Molly Turner	5:35.3	
Ruth Carrier	6:08.7	
W60 D Brechbuehl	7:01.5	
W65 Hazel Cameron	*6:13.8	

<b>5000m</b>		
M40 Colin O'Brien	15:45.5	
M45 Herb Phillips	17:13.4	
Dan Gillis	18:20.2	
Dave Thomas	18:49.9	
M55 Don Busch	19:02.3	
M60 Stan Orcheski	19:10.0	
Terry Goodlad	19:59.9	
Ken Owen	21:33.2	
M65 John Houlden	20:27.7	
Don Thomson	22:41.5	
M70 Rolie Martin	*22:14.6	
W35 Laurie Lynn	18:29.1	
Marcia Stromsmoe	20:00.4	
W40 Shirley Pommier	20:16.2	
W45 Judy Willmott	21:45.4	
W45 Jean Ward	27:52.8	
W50 Armande Pieschke	21:27.9	
M55 Molly Turner	20:59.9	
Earla Henderson	24:33.5	
W65 Hazel Cameron	24:12.3	

<b>10,000m</b>		
M45 Herb Phillips	36:11.6	
Rich Roberts	42:35.2	
M50 Neil Parker	37:40.5	
M55 Don Busch	39:40.5	
M60 Stan Orcheski	40:03.9	
Terry Goodlad	41:19.2	
M65 John Houlden	42:39.6	
Don Thomson	45:54.0	
W35 Marcia Stromsmoe	42:43.0	
W45 Jean Ward	55:14.1	

W50 Armande Pieschke	43:30.1	
Marge Potter	44:03.1	
W55 Earla Henderson	51:12.9	
<b>Short Hurdles</b>		
M40 Steve Kashman	22.4	
Bruce Mintz	22.5	
M45 Merv Armstrong	22.6	
M60 Jim Mathers	20.1	
M65 Valden Sadul	19.4	
Andy Thomson	19.4	
M70 Art Obokata	16.1	
W45 Gean Hemming	+17.5	
<b>Long Hurdles</b>		
M45 Harold Morioka	61.8	
Merv Armstrong	85.7	
M50 Ed Andrade	47.5	
M60 Earl Fee	*48.3	
M65 Valden Sadul	53.9	
Andy Thomson	54.1	
M70 Art Obokata	58.3	
<b>Steeplechase</b>		
M40 John Picard	11:10.5	
M50 Wayne Cosgrove	12:42.0	
M55 Brian Oxley	15:21.8	
M60 Terry Goodlad	*8:41.7	
M65 Valden Sadul	*8:52.8	

<b>High Jump</b>		
M35 Greg Rees	1.62	
M40 Bruce Mintz	1.35	
Steve Kashman	1.25	
M50 Ed Andrade	1.52	
M55 Max Woerle	1.45	
Walter Mozewsky	1.35	
M60 Jim Mathers	1.35	
Art Jaago	1.20	
M65 Andy Thomson	1.30	
Peter Pientka	1.15	
W45 Gean Hemming	1.30	
W50 Gina McCaslin	.95	

<b>Pole Vault</b>		
M40 Bruce Mintz	2.30	
M55 Walter Mozewsky	2.40	
M60 Stan Egerton	2.54	
M65 Peter Pientka	1.65	

<b>Long Jump</b>		
M35 Greg Rees	5.62	
M40 George Pachovsky	6.01	
Bruce Mintz	5.02	
Steve Kashman	4.53	
M45 Alan Slater	5.79	
Merv Armstrong	4.47	
Bruce Selby	4.12	
M55 Max Woerle	4.40	
Walt Mozewsky	3.94	
M60 Jim Mathers	4.18	
Art Jaago	3.98	
M65 Andy Thomson	4.12	
Peter Pientka	3.79	
W35 Shirley Robinson	4.01	
W40 Liz McBlain	4.64	
Pam Duncan	4.58	
C Roberts	4.18	
W45 Gean Hemming	4.27	
W50 Gina McCaslin	3.53	
W60 Mary Thomson	2.46	

<b>Triple Jump</b>		
M35 Greg Rees	11.38	
M40 Steve Kashman	8.81	
M45 Alan Slater	11.98	
Bruce Selby	9.14	
Merv Armstrong	8.23	
M50 Ed Andrade	10.12	
M55 Walt Mozewsky	8.27	
Max Woerle	8.17	
M60 Jim Mathers	8.97	
M70 Jim Breslin	6.89	

<b>Shot Put W50+ 6-1b</b>		
M35 Greg Rees	12.68	
Bruce Lange	11.00	
David Darroch	9.16	
M40 Steve Kashman	6.50	
Bruce Mintz	6.40	
M45 John Kasperski	12.06	
M55 Max Woerle	9.67	
Walt Mozewsky	8.62	
M60 Art Jaago	12.38	
Helmut Lange	11.89	
M65 Peder Nielsen	9.64	
Walter Jenkins	9.23	
Peter Pientka	8.58	
M70 Alex Upmalis	10.99	
Mato Dukovac	9.42	
W35 Shirley Robinson	8.00	
W40 C Roberts	7.70	
W45 Gean Hemming	6.78	
W50 June Meyer	9.54	
W60 Velta Tomsons	8.46	
Mary Thomson	7.30	

<b>Discus</b>		
M35 Bruce Lange	36.70	
Greg Rees	34.42	
Pat Hessel	33.16	
M40 Steve Kashman	18.84	
Bruce Mintz	18.74	
M45 John Kasperski	34.46	
M50 Stephen Irvin	27.22	
Mike Clegg	21.32	
M55 Max Woerle	32.72	
Walt Mozewsky	27.02	
M60 Helmut Lange	38.44	
Art Jaago	37.56	
M65 Peder Nielsen	32.04	
Andy Thomson	29.62	
Walt Jenkins	28.46	
M70 Mato Dukovac	28.52	
Alex Upmalis	27.92	

W35 Shirley Robinson	23.56	
W40 Judy Warick	27.64	
Catherine Roberts	25.94	
W50 June Meyer	21.82	
W60 Velta Tomsons	19.78	
Mary Thomson	16.74	

<b>Hammer</b>		
M45 J Kasperski	32.58	
M50 Bob Stavely	37.82	
Stephen Irvin	22.44	
M55 Max Woerle	37.56	
M60 Helmut Lange	36.28	
Art Jaago	32.04	
M65 Walt Jenkins	36.26	
Peder Nielsen	28.18	
Peter Pientka	21.66	
M70 Alex Upmalis	27.18	
Mato Dukovac	23.34	
W50 June Meyer	21.98	
W60 Mary Thomson	19.72	

<b>Javelin</b>		
M35 Mike Finkbeiner	53.12	
Pat Hessel	50.94	
Bruce Lange	46.54	
M40 Steve Kashman	21.74	
Bruce Mintz	21.44	
M45 John Kasperski	39.88	
M50 Stephen Irvin	36.44	
Bob Stavely	30.54	

M55 Walt Mozewsky	33.18	
Max Woerle	31.50	
M60 Art Jaago	41.06	
Helmut Lange	35.80	
M65 Peder Nielsen	29.66	
Andy Thomson	24.18	
M70 Mato Dukovac	20.48	
W35 Shirley Robinson	23.18	
W45 Gean Hemming	19.68	
W50 June Meyer	*26.94	
W60 Mary Thomson	*15.76	

<u>Weight Throw</u>	
M45 John Kasperski	10.64
M50 Stephen Irvin	7.62
M55 Max Woerle	9.32
M60 Helmut Lange	11.40
Art Jaago	11.06
M65 Peder Nielsen	9.86
Walt Jenkins	9.44
Peter Pientka	6.06
M70 Mato Dukovac	6.62
Jim Breslin	6.18
W50 Jane Meyer	8.60
W60 Mary Thompson	7.38



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### Hawaii International Track and Field Classic Wailuku Maui, Hawaii August 12-13

<b>100m</b>	
M30 Creighton Edata	12.09
M35 Glenn Johnson	11.40
Jami Kimmell	11.85
Craig Swift	12.98
M10 David Walker	11.40
M45 Frank Little	11.55
Larry Aldridge	12.97
M50 Roger Tsuda	12.20
Gunter Urban	12.86
W35 Kathleen Cook	15.00
<b>200m</b>	
M30 Creighton Edata	25.55
M35 Glenn Johnson	23.82
Jami Kimmell	24.58
Foots Williams	25.59
M40 David Walker	22.95
M45 Frank Little	23.45
M50 Roger Tsuda	26.00
M60 James Selby	32.35
W30 Debbie Selby	36.80
W35 Kathleen Cook	31.77
<b>400m</b>	
M30 Chris Hotta	60.05
M35 Foots Williams	57.10
M45 Frank Little	56.11
M50 Roger Tsuda	61.86
M60 James Selby	77.31
W35 Isigne Ramstrom	85.35
<b>800m</b>	
M30 Chris Hotta	2:17.53
M35 Foots Williams	2:19.23
M40 Steve Ferraz	2:08.81
Ron Pate	2:13.88
M60 James Selby	3:24.03
W30 Debbie Selby	3:24.00
W40 Mary Trotto	3:12.02

<b>1500m</b>	
M40 Ron Pate	4:45.23
M60 James Selby	6:06.02
W30 Debbie Selby	7:19.13
W40 Sue Ward	6:16.21
<b>5000m</b>	
M40 Justin Costa	19:04.93
M60 James Selby	23:45.75
W40 Mary Trotto	24:51.61
<b>10000m</b>	
M40 Harry Kaplan	39:03.00
M45 Robert Ludurg	41:19.00
W40 Mary Trotto	50:26.00
<b>110mH</b>	
M45 Larry Aldridge	19.65
M50 Gunther Urban	20.73
<b>4x100 Relay</b>	
Team Patriots USA	52.34
<b>4x200 Relay</b>	
Team Patriots USA	1:45.06
Team Pizza Circus	1:46.50
<b>4x400 Relay</b>	
Team Pizza Circus	4:16.93
<b>High Jump</b>	
M45 Larry Aldridge	1.47
M50 Gunther Urban	1.44
M60 Sheldon Varney	1.44
<b>Long Jump</b>	
M50 Roger Tsuda	18-6 1/2
Gunter Urban	16-1 1/2
<b>Triple Jump</b>	
M35 Craig Swift	11.24
M40 Raymond Jenkins	12.93
<b>Shot Put</b>	
M50 Gunther Urban	9.64
W40 Sue Ward	7.87
<b>Discus</b>	
M50 Gunther Urban	9.64
<b>Javelin</b>	
M50 Gunther Urban	26.38

<b>M65 E.B. Lloyd</b>		41:02
Bert Bailey		42:21
Arnold Hecht		42:49
<b>M70 Clayton Breisford</b>		42:05
Herb Keller		43:01
Harold Williams		52:31
<b>M75 Gaither Williams</b>		53:08
M80 Caldwell Nixon		53:37
<b>W35 Bonnie Long</b>		31:06
Sherry Kanoy		31:59
Peg Cronin		32:27
<b>W40 Carolyn Spillman</b>		31:50
Peggy Schug		33:07
Pat Roberts		33:44
<b>W45 Eddy Bay</b>		35:59
Diane Delaware		37:06
Susan Birkenstock		37:46
<b>W50 Nancy Parker</b>		32:39
Susie Kluttz		34:43
<b>W65 Margaret Hagerty</b>		53:56
W70 Frances Keller		65:51

## MIDWEST

### Crim 10-Mile Flint, MI August 26

<b>Overall:</b>		
Brian Sheriff		46:23
Cathy O'Brien		51:47
<b>M40-44</b>		
T.Dave Stewart		0:51:12
2.Jim Pearson		0:52:17
3.Steve Cowley		0:52:18
4.Ken E Sparks		0:53:35
5.Walter J Herrala		0:53:47
6.Bob M Knuckey		0:53:56
7.David J Treschlav		0:54:10
8.Tyrone N Griffin		0:54:36
9.Wes Vessely		0:54:39
10.Derrick Frechette		0:54:58
11.Paul T Deladurantay		0:55:35
12.Rich Davis		0:56:10
13.Wayne W Vaughn		0:56:13
14.Paul A Nilsson		0:56:46
15.Michael S McDowell		0:56:50
16.John T Hunt		0:57:01
17.Bill Rodgers		0:57:39
18.Robert W Cross		0:58:07
19.Roger E Hoke		0:58:11
20.Timothy E Flues		0:58:19
21.David R Cuevas		0:59:16
22.Bob Kuebler		0:59:17
23.Michael A Capraro		0:59:23
24.Giz A Youngerman		0:59:27
25.Xavier V Cook		0:59:45
26.John J Newton		1:00:27
27.Al L Comstock		1:00:34
28.Bill Robson		1:00:54
29.John E Russell		1:01:08
30.Charles T Gorman		1:01:15
31.William E Smith		1:01:18
32.Philip G Oullette		1:01:20
33.George E Girard		1:01:29
34.Alvin J Mozden		1:01:31
35.Bob Larson		1:02:06
36.Curtis Thompson		1:02:11
37.Harland Wolff		1:02:11
38.William J Munault		1:02:12
39.Terry E Neary		1:02:14
40.Ralph A Evans		1:02:14
41.Michael Madison		1:02:16
42.Gregory J Shmanske		1:02:26
43.Thomas C Henderson		1:02:37
44.Steve I Hart		1:02:49
45.Ron A Olson		1:02:49
46.Don D Penna		1:02:50
47.Gregory L Moore		1:02:53
48.Thomas M Harbaugh		1:03:00
49.Gary F Harris		1:03:02
50.Victor Barkoski		1:03:02
51.James D Fielder		1:03:14
52.Roger W Stephens		1:03:25
53.Paul M Faulkner		1:03:37
54.Samuel M Underwood		1:03:38
55.Joshua Jr Thompson		1:03:38
56.Joseph J Rangel		1:03:44
57.Darrell C Thompson		1:03:47
58.James R Schafer		1:03:49
59.William B Birkett		1:03:51
60.Michael E Everrett		1:03:54
61.Michael D Flint		1:04:13
62.Mahlon S Heatwole		1:04:17
63.Laurence J Buckley		1:04:25
64.Stephen Hanway		1:04:27
65.John C Lorentzen		1:04:36
66.Ken Valente		1:04:49
67.Eric L Hoover		1:04:52
68.Richard G Hewitt		1:04:52
69.Barney Fennstra		1:05:01
70.Steve M Kahlan		1:05:04
71.John A Bryl		1:05:07
72.Robert J Seidell		1:05:16
73.James L Borin		1:05:23
74.Jan A Gatz		1:05:31
75.George E Mackney		1:05:39
76.Lynn E Armstrong		1:05:39
77.John D Stark		1:05:52
78.David R Carey		1:05:55
79.John E Loeffen		1:06:01
80.Eric R Jones		1:06:06
81.Dale M Larson		1:06:12
82.Dennis P Cleland		1:06:14
83.David L Kerr		1:06:20
84.John S Lobur		1:06:26
85.Carol J Thompson		1:06:26
86.Raymond A Logan		1:06:27
87.Gary L Childers		1:06:30
88.Maurice V Cartier		1:06:41

<b>M45-49</b>		
1.Ralph J Zimmermann		0:55:33
2.Leslie J Davison		0:56:46
3.Ken Prior		0:58:05
4.James C Park		0:58:26
5.Michael D Persak		0:58:32
6.Douglas Goodhue		0:58:38
7.David R Farlow		0:59:31
8.Fredric M Germaine		1:00:47
9.Robert A Penillo		1:00:51
10.John Beach		1:01:14
11.James B Carlton		1:01:32
12.John W Farah		1:01:45
13.Walter P Adamczak		1:01:57
14.William R Snyder		1:02:18
15.Roger A Brown		1:02:23
16.Keith G Dearstone		1:02:36
17.Dave R Monteith		1:03:23
18.Robert S Marty		1:03:33
19.Gerald E Bruce		1:03:50
20.William E Roney		1:04:38
21.Mewell Clay		1:04:55
22.David C Dvorak		1:04:59
23.Richard J Welsch		1:06:10
24.Sherman Weisbrod		1:06:14
25.Gordon T Goulet		1:06:16
26.Lloyd G Cox		1:06:17
27.James Webb		1:06:24
28.Eduardo Munoz		1:06:37
29.Bernie L Burgette		1:06:41
30.Marian W Vanblaric		1:06:45
31.Carlos M Amey		1:06:56
32.Fred L Vasquez		1:07:07
33.Michael S Kowalski		1:07:16
34.John P Wehrly		1:07:20
35.Thomas P Wascha		1:07:33
36.David V Peck		1:07:39
37.Philip A Meyers		1:07:55
38.Jerry E Lobbezoo		1:08:17
39.Kenneth J Kajkowski		1:08:20
40.Robert L Campbell		1:08:33
41.Joseph D Kostansek		1:08:39
42.James E Fletcher		1:08:46
43.Woodard D Opens		1:08:59
44.Neil J McPhee		1:09:00
45.Cary E Milburn		1:09:06
46.Sid Bolton		1:09:11
47.Stan B Pero		1:09:32
48.Thomas G Donaldson		1:09:43
49.Bernie S Mieslik		1:09:48
50.Vernon J Dipzinski		1:09:52

<b>M50-54</b>		
1.JIM O'NEILL		0:53:53
2.William A Johnston		0:57:35
3.Edwin Skrelunas		0:58:49
4.Dick Ruzicka		1:01:19
5.David M Armentrout		1:04:06
6.James R Fitch		1:04:07
7.Ralph E Judd		1:04:10
8.James A Finlayson		1:05:06
9.Douglas A Scofield		1:05:19
10.David A Lee		1:05:25
11.Gil Gilmore		1:06:02
12.Darrell G Bessey		1:06:24
13.Gene P Peck		1:06:24
14.Francis E Wallace		1:06:44
15.Wiley Walker		1:07:22
16.William E Munger		1:07:42
17.Herb G Burdett		1:08:16
18.Norman J Killop		1:08:19
19.Larry G Flagg		1:08:37
20.James L Bleau		1:08:50
21.Robert L Jones		1:09:12
22.Robert F Scholl		1:09:39
23.Lane Michura		1:09:58
24.Joseph A Carey		1:10:06
25.Francis R Leik		1:10:13
26.John J Shea		1:10:42
27.Paul R Griffin		1:11:32
28.Lee L Lindley		1:11:35
29.Michael A Moule		1:11:41
30.Leo St Amour		1:11:46
31.William C Atkinson		1:12:05
32.Arthur L Kitz		1:12:45
33.Robert C Scherich		1:13:33
34.Kenneth C Isherwood		1:13:48
35.Eric A Minore		1:13:50
36.Freeman L Hershberg		1:14:00
37.David G Badour		1:14:35
38.Daniel L Walter		1:14:53
39.James R Brown		1:14:57
40.Donald L Burke		1:15:25

<b>M55-59</b>		
1.Edward E Hardy		1:04:11
2.Robert L Daly		1:05:14
3.Dick L Wagen		1:05:17
4.Theodore R Fasing		1:05:32
5.James R Campbell		1:07:21
6.Darrell A McKee		1:08:45
7.James D Tolbert		1:08:48
8.John P Connelly		1:09:55
9.Ralph L Palmer		1:09:59
10.Derek B Roberts		1:10:24
11.John A Renaud		1:10:25
12.Jack Hoskins		1:11:55
13.Joseph M Gravin		1:12:17
14.Clemens Weierstah		1:12:48
15.Lon E Galbraith		1:14:45
16.Ted M Stanley		1:15:40
17.Donald B Ellis		1:15:45
18.Herbert A Spence		1:15:53
19.Howard G Lakritz		1:17:31
20.Wally P McLaughlin		1:17:34
21.Bobby D Crim		1:17:52
22.Delton O Hart		1:17:53
23.William M Salot		1:18:09
24.Marvey A Gerdes		1:18:16
25.Earl L Hanson		1:18:38
26.Robert E Ranta		1:18:46
27.Robert E Green		1:18:52
28.James A McManus		1:19:05
29.Eugene R Moore		1:19:07
30.Charles W Davis		1:19:08

<b>M60-64</b>		
1.James W Forshee		1:01:31
2.John G Kolmetz		1:03:46
3.Jim O'Neill		1:04:23
4.Jack D Ross		1:08:05
5.Donald R Maxwell		1:10:19
6.Robert A Semer		1:10:21
7.Archie B Attarian		1:13:04
8.Wallace R Ypma		1:13:32
9.Paul L Jackson		1:15:15
10.Edward Allen		1:18:28
11.George A Pauling		1:19:11
12.William S Hayes		1:19:57
13.Kingsley G Sears		1:20:33
14.Charles L Avery		1:22:45
15.Ralph L Barnowski		1:22:59

<b>M65-69</b>		
1.John C Burton		1:10:29
2.Will G Metz		1:10:45
3.Marilyn M Bandlow		1:12:38
4.Howard S Sheip		1:19:39
5.Robert M Evers		1:19:43
6.Fred Gurot		1:21:22
7.Fred Dye		1:21:53
8.Robert J Taylor		1:22:16
<b>M70-74</b>		
1.Joe Thorburn		1:21:57
2.James H Ramsey		1:48:53

W40-44	
Francilla Welch	0:55:18
Laurie Binder	0:58:00
Nancy L Oshier	0:59:48
Claudia L Ciavarella	1:02:02
Vickie L Putnam	1:04:42
Renee M Maranian	1:09:16
Nina C Bovio	1:09:25
Charlotte Major	1:15:05
Teresa Ashworth	1:16:01
Patricia A Roselli	1:16:20
Kathleen A Morse	1:16:48
Gail A Whitson	1:16:48
Teresa M Shmanske	1:16:51
Nancy M Cross	1:16:51
Nancy A Walter	1:16:54
Marie A Smythe	1:17:50
Judy Balkema	1:17:59
Ardele Shultz	1:18:05
Peggy L Favella	1:18:09
Louise I Hartung	1:18:39
Chari L Sadinsky	1:18:41
Susan M Buxton	1:19:28
Nancy D Chargo	1:20:37
Andrea A Mulligan	1:21:19
Bernice R Lopata	1:21:24
Cheryl L Sadler	1:21:44
Jacquelyn C Sublett	1:22:22
Patricia E Dobzenski	1:22:44



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



**YOU CAN'T BE**

A MAC WILKINS  
AN AL FEUERBACH  
A TOM PETRANOFF

A WILLIE BANKS  
or A YURIY SYEDKH

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