

# NATIONAL MASTERS NEWS

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

147th Issue

November, 1990

\$2.25

## Marczak Top Age-Graded Runner at Twin Cities

*Tibaduiza, Binder First in Marathon*

Poland's Richard Marczak, 45, won the top age-graded prize of \$5000 in the Twin Cities Marathon, October 14, with a time of 2:20:47 over the Minneapolis-to-St. Paul course.

His time gave him an age-graded performance of 95.5%, beating out Pennsylvania's Norm Green (58, 2:37:40, 94.8%), and Utah's Gaylon Jorgensen (61, 2:43:11), 94.4%).

Green won \$3000 while Jorgensen took home \$2000.

Winning \$7000 as a first master across the finish line was Colombia's Domingo Tibaduiza, 40, in 2:18:56 (4th age-graded at 93.6%). Also taking home \$7000 as first female 40+ finisher was Oakland's Laurie Binder, whose 2:39:52 was the fifth-best AG performance at 92.7%.

Continued on page 12

## Nelson, Martinez and Havens Win National Marathon Titles

Robert Nelson, 50, of Salt Lake City, turned in the best age-graded performance of the day (92.1%) to finish eighth overall and win the M50-54 title in 2:31:17 in the TAC/USA National Masters Marathon Championships in St. George, Utah, on October 6.

Jerry Martinez, 40, of Velarde, N.M., had the next best age-graded effort of 88.4% with his masters-leading and fourth overall 2:27:05.

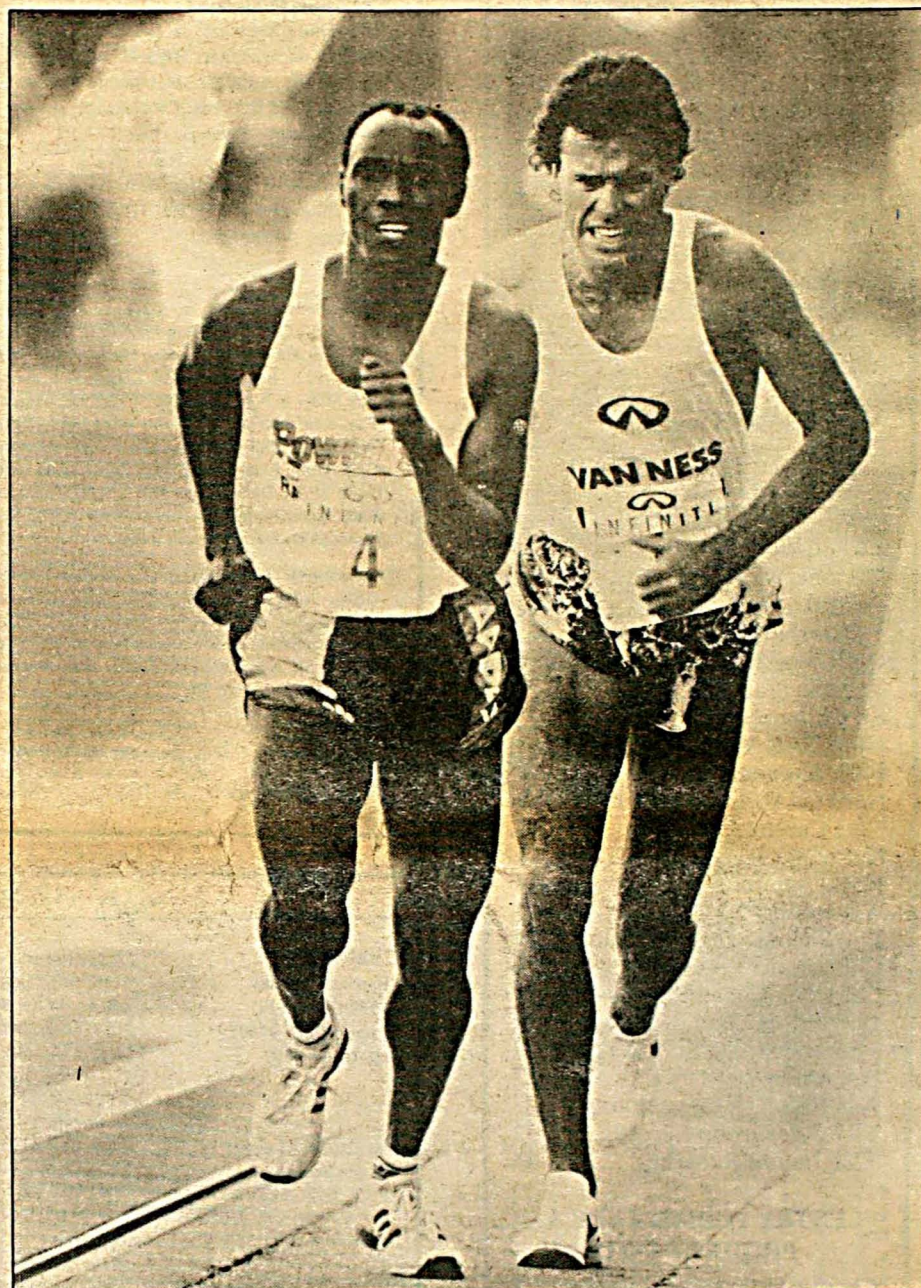
A total of 2308 runners, including 346 masters, entered the 14th annual

race, dubbed "The Biggest Little Marathon in America," which this year doubled as the U.S. National Masters Championships.

Running in his first national race, Martinez was pleased with his performance.

"I felt pretty good," he said after the race. "I just wanted to make a good showing. This was a very hard race, and I was happy with my time."

Susan Havens, 43, of Olympia, Continued on page 3



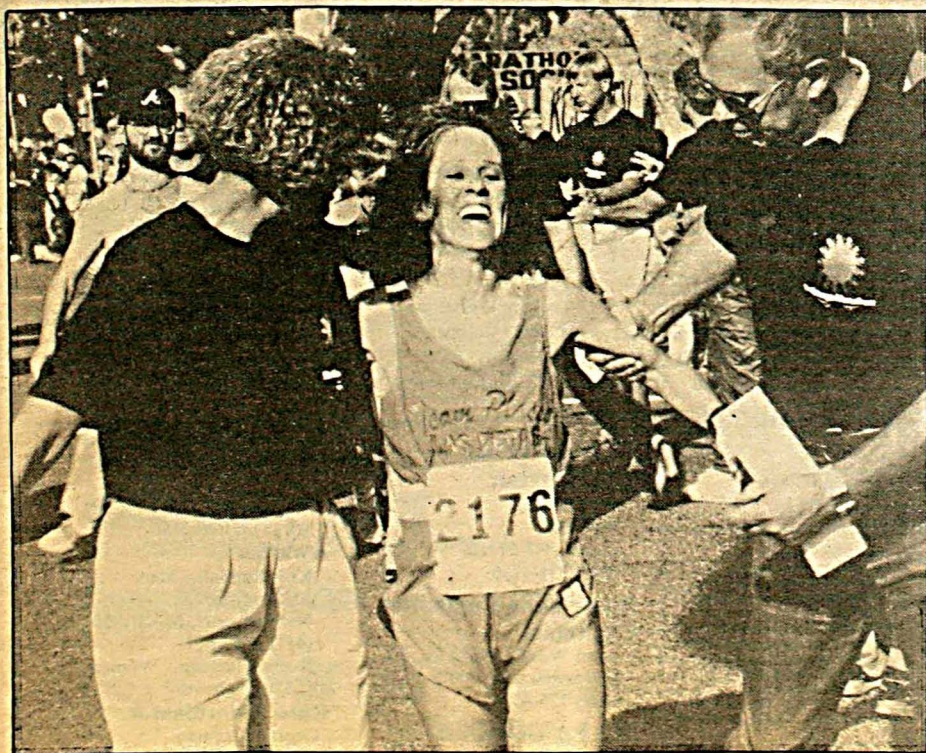
Rod Dixon (r) overtakes Wilson Waigwa in the final two uphill blocks of the California Mile on the streets of San Francisco, October 7. Dixon, making his masters debut, set a new masters course record. Photo by Mike Marcus, Race Director

## Dixon Sets Record in Masters Debut

SAN FRANCISCO, October 7. Olympic medalist Rod Dixon, 40, established a new course record of 5:07.8 in winning the men's masters division of the Sixth Annual Infiniti California Mile. The race, which is considered to be one of the toughest middle-distance running events in the world, climbs nearly 300 feet to the finish in front of the Mark Hopkins Hotel atop Nob Hill.

The New Zealand native easily bested opponents Wilson Waigwa (5:22.0) of Kenya, and former California Mile champion, Steve Ferraz (5:36.3) of San Francisco. After leading by as much as 10 seconds,

Continued on page 10



Jan Sandoval, 40, of Henderson, Nev., finishes third over-40 woman in 3:08:12 in the TAC/USA National Masters Marathon Championships in St. George, Utah. Photo by Rex Winterton

### INSIDE:

- International Section —pages 17-20
- U.S. 10K Rankings —pages 21-22
- New World and U.S. T&F Marks —page 32
- 1990 Indoor Rankings —page 34
- National 15K —page 13



## CONTENTS

## DEPARTMENTS

TAC Officers.....	2
NMN Sustainers .....	4
Letters to the Editor .....	4
Five Years Ago .....	5
Statement of Ownership .....	5
Third Wind .....	6
Athlete-of-the-Month .....	8
New Age-Group Athletes .....	8
Speaker's Corner .....	10
The Foot Beat .....	12
Profile-Pat Peterson .....	14
Masters Health and Fitness .....	16
T&F Rankings Report .....	16
International Scene .....	17
Report from Britain .....	18
WAVA/TAC Specifications .....	20
North American Report .....	20
The Director's Corner .....	24
Masters Racewalking .....	25
Open Mouth .....	26
Masters Scene .....	28
Schedule .....	29
All-American Standards .....	33
Results .....	35

## FEATURES

Twin Cities Marathon .....	1
National Marathon .....	1
Infiniti Mile .....	1
Parkersburg Half-Marathon .....	3
Club West Meet .....	5
Virginia State Meet .....	5
Sri Chinmoy Games .....	7
Gulf/TAC Meet .....	7
Fifth Avenue Mile .....	8
National Weight Pentathlon .....	9
Nike Capital Challenge .....	11
National 15K .....	13
Rocky Mountain Games .....	14
Annapolis 10-Mile .....	15
Philadelphia Distance Run .....	15
Corrections .....	16
Canadian Championships .....	19
1989 10K Rankings .....	22
Thomasville Decathlon .....	27
Decathlon Records .....	27
Age-Factored Decathlons .....	27
T&F Age-Group Records .....	32
T&F Indoor Rankings .....	34

## ENTRY FORMS/RACE &amp; PRODUCT INFO

Charlotte Observer Marathon ..	3
NMN Subscription Form .....	4
Mac Wilkins Video Tapes .....	5
Stim-o-Stam .....	7
Running Research News .....	8
Publications Order Form .....	9
Dartmouth Relays .....	11
Masters Running Guide .....	13
Western Hemisphere Marathon ..	15
Classifieds .....	16
All Star Travel .....	17
Snug Harbour Tours .....	18
Sports Travel International .....	18
Travel Masters .....	19
Ski & Travel International .....	20
HoBoN .....	28
That Personal Touch .....	29
National 8K .....	31
All-American Application .....	33
Age-Graded Tables Book .....	34
T&F Rankings Book .....	34
Track & Field News .....	41
NMN Subscription Form .....	43
NMN Advertising Rates .....	43
Age-Record Book .....	43
TMS .....	44

# NATIONAL MASTERS NEWS

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



**Editor and Publisher:** Al Sheahen

**Senior Editor:** Jerry Wojcik

**Managing Editor:** Jack Hudock

**Circulation Manager:** Katie Williams

**Advertising Manager:** Al Sheahen

**Production Manager:** Herman A. Neufeld

**Production:** American Publishing Co.

**Track & Field Records:** Pete Mundle

**Long Distance Records:** TACSTATS

**Racewalking Records:** Bev LaVeck

**Track & Field Rankings:** Jerry Wojcik

**Contributing Editors:** Hal Higdon, Dr. John Pagliano, Mike Tymn

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

The *National Masters News* (ISSN-07442416) is published monthly by GAIN Publications, with an annual subscription rate of \$22.00. Main office address: 6320 Van Nuys Blvd., Suite #207, Van Nuys, CA 91401. Mailing address: P.O. Box 2372, Van Nuys, CA 91404. Second class postage paid at Van Nuys, CA 91409.

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

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

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

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

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

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

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

**Subscriptions:** A one-year subscription (12 issues) is \$22.00 (mailed 2nd class). Add \$12 for 1st class (USA & Canada) or \$15 for foreign air mail. Please send all correspondence on subscriptions to NMN, P.O. Box 5185, Pasadena, CA 91107. 818/577-7233.

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

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

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

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

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

**National Masters News, P.O. Box 2372, Van Nuys, CA 91404. Phone: 818/785-1895 Fax: 818/782-1135.**

## NATIONAL MASTERS OFFICERS OF THE ATHLETICS CONGRESS (TAC)

### TRACK & FIELD

#### Chairman:

Barbara Kousky  
5319 Donald St.  
Eugene, OR 97405  
(503) 687-8787

#### Secretary:

Marilyn Mitchell  
330 E. 46 St. #4C  
New York, NY 10017  
(212) 697-8216

#### Weight Events:

Chuck Klehm  
1218 North Route 47  
Woodstock, IL 60098  
(312) 551-3720

#### Sectional Coordinators:

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

#### Southwest:

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

#### Outdoor Meets:

Bruce Springbett  
P.O. Box 1328  
Los Gatos, CA 95030  
(408) 354-7333

#### Treasurer:

Al Sheahen  
P.O. Box 2372  
Van Nuys, CA 91404  
(818) 785-1895

#### Site Selection:

Max Goldsmith  
481 Marcus  
Lewisville, TX 75067

#### Southeast:

Phil Mulkey &  
Phil Raschker  
P.O. Box 723452  
Atlanta, GA 30339  
(404) 973-3825

#### West:

Gary Miller  
1740 Grandview Ave.  
Glendale, CA 91201  
(818) 843-2139

#### Indoor Meets:

Scott Thornsley  
18 Colgate Drive  
Camp Hill, PA 17011  
(717) 737-2385

#### Records:

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

#### Race Walking:

Bev LaVeck  
6633 N.E. Windemere  
Seattle, WA 98115  
(206) 524-4721

#### Midwest:

Dick Green  
P.O. Box 6147  
Rockford, IL 61125  
(815) 332-4743

#### Northwest:

Al Phillips  
85995 Bailey Hill Rd.  
Eugene, OR 97405  
(503) 485-6271

#### Multi-Events:

Rex Harvey  
3815 Lincoln Place Drive  
Des Moines, IA 50312  
(515) 277-3608

#### Rankings:

Jerry Wojcik  
P.O. Box 2372  
Van Nuys, CA 91404  
(818) 785-1895

#### Awards:

Bev LaVeck, above

#### Mid-America:

Bill Butterworth  
314 S. Clifton  
Wichita, KS 67218  
(316) 684-2192

#### WAVA Delegates:

Jerry Donley, Pete Mundle,  
Gary Miller; Alternates:  
1) Christel Miller, 2) Rex  
Harvey, 3) Sandy Pashkin

#### Women's Coordinator:

Christel Miller  
1740 Grandview Ave.  
Glendale, CA 91201

#### Rules Coordinator:

Graeme Shirley  
8565 Lake Murray Blvd., #223  
San Diego, CA 92119  
(619) 455-4440

### LONG DISTANCE RUNNING

#### Chairman:

Charles Des Jardins  
5428 Southport Lane  
Fairfax, VA 22032  
(703) 250-7955

#### Secretary:

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

#### Vice Chairman Men:

Kirk Randall  
71 Bromfield St.  
Newburyport, MA 01975  
(508) 465-9677

#### Treasurer:

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

#### Vice Chairman Women:

Ruth Anderson  
1901 Gaspar Drive  
Oakland, CA 94611  
(415) 339-0563 (h)  
(415) 422-5554 (o)

#### Road Records & Rankings:

Basil & Linda Honikman  
TACSTATS  
915 Randolph  
Santa Barbara, CA 93111  
(805) 683-0408

#### Championships Coordinator:

Phil Benson  
Box 2287  
Ocean, NJ 07712  
(201) 531-4156

#### Nominating Committee Chairman:

John Woods, Neils Pt. Rd.  
Harpwell, ME 04079  
(207) 725-8006

#### WAVA Delegates:

Ruth Anderson, Norm Green,  
Alternate: Charles Des Jardins

#### Championship Stats:

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

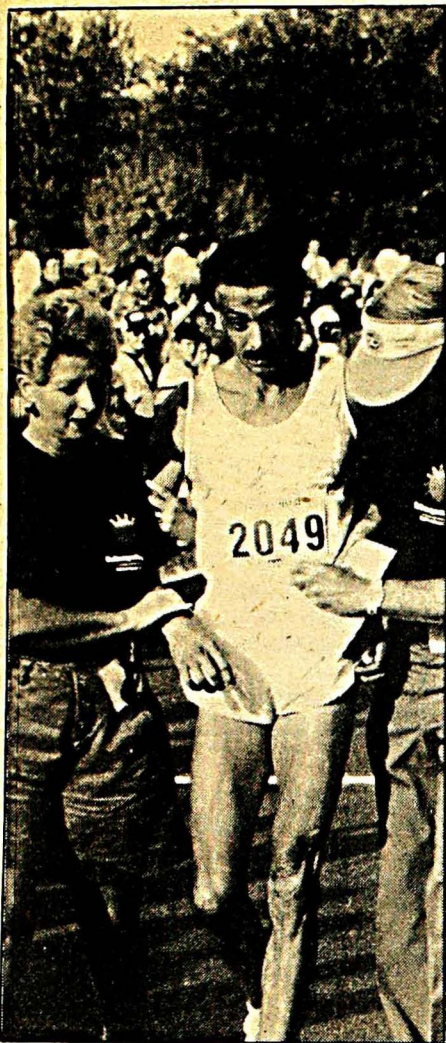
#### Awards:

Kirk Randall - Men  
71 Bromfield St.  
Newburyport, MA 01950  
(617) 465-9677  
Ruth Anderson - Women  
(address above)

#### Rules Coordinator:

George Kleeman  
5104 Alhambra Valley Rd.  
Martinez, CA 94553





Jerry Martinez, 40, Velarde, N.M., M40 winner (2:27:05), at the finish, TAC/USA National Masters Marathon Championships, St. George, Utah, October 6. Photo by Rex Winterton

## Hamilton, Belilgne Tops in Parkersburg

by JERRY WOJCIK

Ken Hamilton, 40, of Ontario, Canada, and Atlaw Belilgne, 45, of Staten Island, N.Y., produced the best age-graded performances in the Parkersburg Half-Marathon in West Virginia on August 18.

Hamilton's M40-44 win with a 1:09:10 earned him a 91.08%, which narrowly shaded Belilgne's 91.07% 1:11:30 victory in the M45-49 race.

First woman master, Nancy Oshier,

42, of Rush, N.Y., garnered the third best age-graded performance with a 1:19:24 for an 88.6%.

In its fourth year, the race hosted the U.S. TAC Senior (open) Men's National Championship. Cash prizes of \$75 for first, \$50 for second, \$25 for third, plus trophies for fourth and fifth places, in 24 age-groups created interest and improved the level of competition this year, resulting in a record number of entrants (1124) and finishers (954). □

## Nelson, Martinez Top Performers in National Marathon

Continued from page 1

Wash., logged the top female masters AG performance of 87.7% with a good 2:50:15, a time which left her closest competition five minutes back.

"I ran it just the way I planned," Havens said. "I wish I could have trained at altitude more, though, I felt a little weedy."

Wen-Shi Yu, of Kew Gardens, N.Y., won the W55 title in 3:12:51, for the next-best women's AG effort of 86.8%.

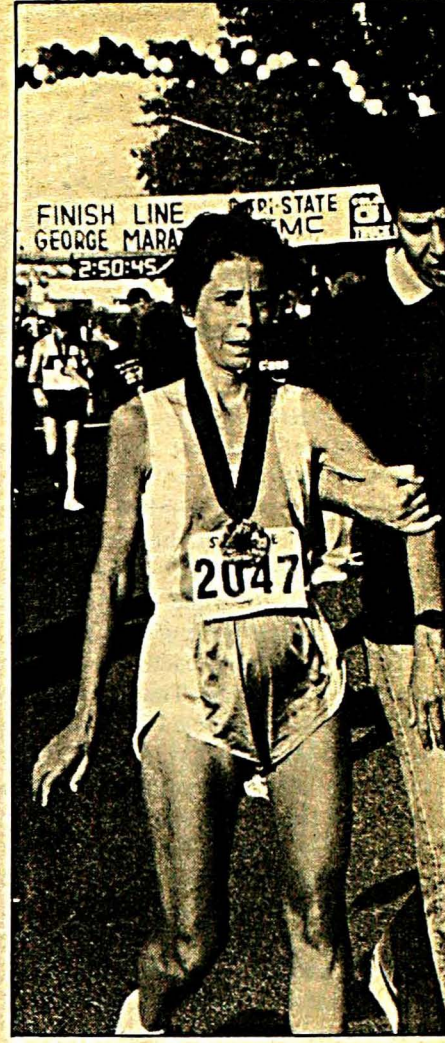
Age-graded performances are calculated by dividing the optimum standard for an age group by a runner's actual time.

Other men's masters division winners were Garry Liston (M45, 2:40:49),

Salt Lake City; Andre Tocco (M55, 2:51:23), San Pedro, Calif.; Pat Devine (M60, 2:53:22), Rancho Palos Verdes, Calif.; Emmett Parker (M65, 3:05:39), South Ogden, Utah; Eddie Lewin (M70, 3:39:19), Brentwood, Calif.; and Dutch Benedetti (M75, 3:57:31), Monterey, Calif.

Other women's masters titlists were Claire Johnson (W45, 3:13:39), Salt Lake City; Sylvia Quinn (W50, 3:23:11), Spokane, Wash.; Ruth Anderson (W60, 3:44:10), Oakland, Calif.; and Annabel Marsh (W65, 5:24:25), San Francisco.

Winners overall were Alvaro Palacios, 29, in 2:21:28, and Janell Burgon, 27, with a 2:42:32. The race was directed by Kent Perkins. □



Susan Havens, 43, Olympia, Wash., W40 first (2:50:15), at the finish, TAC/USA National Masters Marathon Championships, St. George, Utah, October 6. Photo by Rex Winterton

# CHARLOTTE

## SATURDAY JAN. 5

### 1991 CHARLOTTE OBSERVER ENTRY

MAY BE COPIED AT WILL. PRINT PRECISELY. INFORMATION: (704) 358-KICK.

Last Name	First Name	Age On 1/5/91	Birth Date	MONTH	DAY	YEAR
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

Address Or Box	City	State Or Province	Zip	U.S. 5 digits	Canada 61
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

Area Code	Phone	Nation (if not U.S.)	<input type="text"/>
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

CIRCLE gender: Male Female      CIRCLE if wheelchair entry: Yes      CIRCLE T-shirt size: S M L XL

CIRCLE event: [Fun run/walk] [Marathon] [Open 10K] [Masters 10K]      Personal record for race entered: \_\_\_\_\_

NOTE: Open 10K awards and recognition only for 39 and under; Masters 10K awards and recognition only for 40 and over.

ENTRY FEES	Marathon	10K	Fun Run
Postmarked Nov. 30 or before.....	\$15	\$12	\$10
Postmarked Dec. 1-Dec. 21.....	20	15	12
Race-day no mailed registrations after Dec. 21.....	25	20	15

CHECKS PAYABLE TO Charlotte Observer Marathon

MAIL TO Charlotte Observer Marathon, Box 30294, Charlotte, NC 28230

Entry fee (fees on this order form are nonrefundable) \$ \_\_\_\_\_

Tickets: [Carb-Up Dinners @ \$7] [Lunch With Champions @ \$7] \$ \_\_\_\_\_

Mail Jan. 6 Observers @ \$3 each to address above \$ \_\_\_\_\_

TOTAL REMITTANCE \$ \_\_\_\_\_

READ AND SIGN. WAIVER OF LIABILITY: In submitting my entry, I acknowledge that I fully appreciate and assume the risks of participating on a course with vehicular traffic even when the course is policed, the risks of injury, the risks of weather conditions and all other risks. I state that I believe I am physically fit for the race I enter. I waive all claims to damages or liabilities of any kind for myself and for anyone acting in my behalf against The Charlotte Observer, the Knight Publishing Company, the City of Charlotte and all other sponsors and producers named and unnamed, their representatives and successors even if liability arise out of carelessness or negligence. WAIVER OF REFUND: I acknowledge that my registration fee will not be refunded if I change my mind about participating or if the race is canceled because of circumstances beyond the control of the race committee and sponsors. WAIVER FOR PUBLICITY: I grant permission to all of the foregoing to use for legitimate newsworthy or promotional purposes any visual likeness of me taken during or about the same time of this event. RULES AGREEMENT: I agree to abide by the rules of road racing of The Athletics Congress and to submit to interpretations of those rules and subsequent rulings by the race committee.

Entrant's/Adult's Signature \_\_\_\_\_ Date \_\_\_\_\_

Parent or guardian must sign if participant is less than 18 years old.

**FEATURES**

- Marathon (Open & Masters), Open 10K, Masters 10K ■ Ideal Weather ■ Beautiful Course
- Inside Finish ■ Weekend Expo

**OPEN AWARDS: \$34,000**

1-7: \$5,000-2,000-500-400-300-200-100

**MASTERS AWARDS: \$16,000**

1-7: \$2,250-1,000-250-200-150-100-50

**COURSE RECORD BONUSES**

\$500 Per Record





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

### NATIONAL T&F MEET

The incident involving Frank Little and Marshall Goss at the Nationals (Sept. NMN) is very unfortunate. For many years, I have admired Goss. He is always willing to do the menial tasks. In Indianapolis, he was sweeping water out of the tents while other workers just griped about getting their feet wet.

The volunteers needed the tents to do their paper work. These tents were never meant for people to just stand in and visit. Most folks who didn't want to get wet brought the appropriate rain gear with them.

If Little is a "cultured, well-educated gentleman," why didn't he comply with Goss' request to leave the tent? Instead, Little got "smart alecky" and answered the meet director's request with: "I'll leave when I feel like it."

I think this disrespect on Little's part was uncalled for — why should he expect any preferential treatment? For him to say the incident was racist is outlandish!

Marshall Goss did a superb job and deserves everyone's appreciation. Thank you, Marshall — and all those others who helped to make the Nationals a huge success.

*Marilla A. Salisbury  
San Diego, California*

I'm not really certain Marshall Goss needs to be defended, but he certainly deserves to be protected. I speak of the

kangaroo court and self-appointed lynch-mob at the athlete's meeting in Indianapolis that ripped Goss apart in a most undignified, unethical and perhaps illegal manner. Whatever happened to the tenets of proper forum and "the right to face one's accusers?"

Frank Little claimed Goss said "We don't want your kind around here." Perhaps Frank is less traveled than I, but I wish I had a dime for every time someone has said that to me.

Not that I am in accord with Goss' personal policies. A somewhat parallel incident occurred at the stadium during that driving downpour. Cold and wet, about 10 of us slipped into a very warm and dry room in the stadium not being used by any officials at the time. After about 10 minutes, the door was flung open and someone bellowed, "You can't stay in here." Not having borne up under 200 years of the stigma of slavery, we simply conducted ourselves as ordinary white-trash, and filed meekly out the door.

The telling difference is that we accepted his right as the director of the meet to make decisions on policy, scheduling and the use of facilities, regardless of our personal opinion as to whether those decisions were right, wrong, fair, or lacked consideration.

Goss' character and personality was unfairly put on trial without judge or jury, and most importantly, without him. It was a sad display on all our parts to have not put an immediate end

to a crucifixion that should never have had a beginning.

*Phil Mulkey  
Atlanta, Georgia*

In order to improve the Nationals I would like to suggest the following:

1. Divide the Nationals into two parts and hold them in two different areas of the country. This would make it easier for the meet directors, cut down the number of days competitors have to stay for the meet, and cut the cost of the meet for all involved.

2. Have a set schedule for events.

*Don F. Tavalacci  
Billings, Montana*

### PAYS HIS OWN WAY

After reading Jeff Hlinka's article in last month's issue, I feel I should respond. I have been competing in the masters program for 20 years now. I look forward to seeing old friends at each meet, and I am glad to pay my own way.

If Jeff really wants to know what the national masters movement is all about, he should pay attention to the letters that followed his — especially the ones from Richard Richardson and Jim Law. Their letters, donating their prize money to NMN, expressed the true spirit of masters competition.

*Burl Gist  
San Marcos, California*

### JAVELIN REDUX

I would like to add my comments to the javelin discussion that was conducted in the June, 1990 issue.

As a member of the WAVA Technical Committee for a number of years, you can imagine my amazement in reading the new IAAF javelin had been adopted for use in competition by WAVA.

Even though I am a member of the Technical Committee I was not asked for my opinion on the change. Had I been accorded that opportunity, I would have voted against it on the grounds that veteran athletes do not pose a threat to competitors or spectators with throws in excess of 100 meters.

This was an ad hoc decision by someone high up in the WAVA hierarchy and, because it is now the law, we are stuck with it.

Mature thought must be given to any changes affecting the veteran athlete and I feel the decision by WAVA to allow M40-59 to use either the new or old javelins in competition borders on

## Eight Join NMN Sustainers

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

Our thanks this month goes to:

James McLatchie	Houston, TX
Neil Doherty	Los Angeles, CA
Alfreda Iglehart	Los Angeles, CA
Richard Walkup, Sr.	Narvon, PA
Patty MacHewitt	Winchester, MA
Joy MacDonald	Ft. Lauderdale, FL
Jim Press	Menlo Park, CA
Dr. Morren Greenburg	Hermitage, PA.

the ridiculous. No competent javelin thrower in his right mind would throw the new javelin and give his opponent up to a 7-meter advantage.

The ones who will suffer most from this change will be Pete Mundle and the overworked officials who must keep tabs on the one athlete using both javelins in the same competition. I hope Pete does not run out of asterisks.

*Roy Foley  
Murrumbena, Australia*

### RACEWALKING

I was about to let my subscription run out but then Elaine Ward's racewalking column came along.

It's excellent. And so I renewed. Thanks for the racewalking recognition.

*Ralph S. Ashton  
Sherman Oaks, California*

### NORTH AMERICAN MEET

Please add my name to the list of signatories to the Open Letter to David Pain (Oct. NMN). My reason for sending the letter to NMN rather than to Pain was that I tried, unsuccessfully, several times to reach him. An open letter seemed to be the only way to get his attention.

Prior to the meet, a U.S. State Department Advisory was in effect. As a result, many athletes cancelled their reservations.

Even as late as October 8, the State Department's Emergency Center Advisory (202-647-5225) urged travelers to Trinidad to "exercise caution" and that "a night-time curfew remains in effect and conditions are not yet returned to normal."

In August I talked with Trinidadians and other Caribbean diplomats on my street (I live ½ block from the United Nations in New York). They all said, "Don't go."

I communicated my feelings that the meet be cancelled to Bob Fine, WAVA Executive Vice-President; and Don Farquharson, WAVA Past-President.

Continued on page 21

## NATIONAL MASTERS NEWS Subscription Form

Masters Athletics is booming!

The *National Masters News* is the official world and U.S. publication for Masters track & field, long distance running and race walking. It contains information you can't get anywhere else. It's a bargain at 12 issues a year for only \$22. Subscribe now.

- |   |  |  |                                  |
|---|--|--|----------------------------------|
| <input type="checkbox"/> 6 months, \$12   | Add postage per year:                            | <input type="checkbox"/> Payment enclosed          | <input type="checkbox"/> New     |
| <input type="checkbox"/> 1 year, \$22.00  | <input type="checkbox"/> \$12 1st class (USA,    | <input type="checkbox"/> Bill me later             | <input type="checkbox"/> Renewal |
| <input type="checkbox"/> 2 years, \$41.00 | Mexico & Canada)                                 | <input type="checkbox"/> \$_____ as a contribution |                                  |
| <input type="checkbox"/> 3 years, \$59.00 | <input type="checkbox"/> \$15 air mail (foreign) | to your work                                       |                                  |

Name \_\_\_\_\_

Address \_\_\_\_\_

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

Send to: National Masters News

Subscription Dept.

P.O. Box 16597

North Hollywood, CA 91615-6597

Or call:

818-785-1895



## Good Turnout for Club West Meet

by JERRY WOJCIK

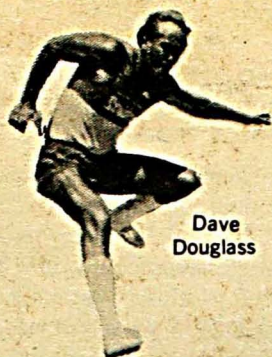
The 17th Annual Club West Masters drew its largest entry ever to Santa Barbara College in Santa Barbara, Calif., on October 6.

The event, held on an excellent track and field site with perhaps the most beautiful view of any sports venue in the U.S., attracted athletes from distant states, including Mark Richards, M60, of Alexandria, Va.; Nate Heard, M70, of Sarasota, Fla.; and Harvey Williams, M70, who came down with a contingent from Washington state.

On the track, Hugh Adams broke the U.S. record for the M60 100H with a 14.7. The old record of 14.87, set in 1988, belonged to Charles Miller.

Every year, the meet awards trophies to athletes who score the most points against their age-group competition. This year, the trophy for the highest points in both track and field events

went to Roger Tsuda, M55, of Thousand Oaks, Calif. The trophy for highest points in track events was captured by Bob Watanabe, M60, of Los Angeles. High-point trophies for field



Dave Douglass

events went to Dave Douglass, M55, of Los Angeles, and Leon Joslin, M75, of Seattle, Wash., who tied in point total.

Next years meet will be held on October 5. □

## Finger Breaks Record in Virginia

Virginian Frank Finger, broke the M75-79 world record for the 80mH with a 15.1 (+0.91w) in the Virginia State Masters Track & Field Championships in Charlottesville on September 1. The former standard of 16.14 was set by Bert Morrow in 1989.

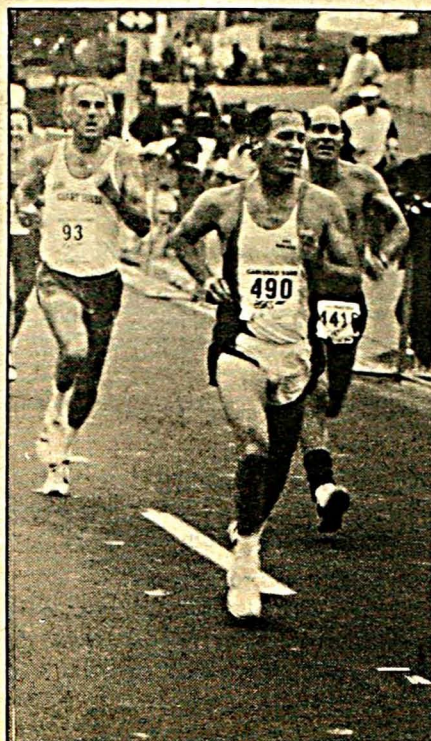
Leonore McDaniels, another Virginian, broke the W60-64 U.S. triple jump record (7.32) that she had set in the Indianapolis Nationals in August

with a 7.64. She also tied her long jump mark set at the Nationals, with a 3.87, and was two centimeters below her third national record of 1.19, also at Indianapolis, in the high jump.

In other action, Wallace Hawkins set M35 meet records with wins in the 200 (22.9) and 400 (51.6). Almand Coleman set an M85 meet record of 17.46 in the javelin. □

## Five Years Ago November, 1985

- Clive Davies, 70, wins \$4000 in Twin Cities Marathon
- Kirk Randall Top Master in TAC National 8K
- Walker, Steigerwalt win U.S. 15K Racewalk



Frank Marshall (490) finishes the 1990 Carlsbad 5000 with an M40 18:15, just moments ahead of Jim O'Neil (93).

## Statement of Ownership Management and Circulation

1a. Title of Publication: National Masters News. 1b. Publication No. 0744216. 2. Date of Filing: 9-30-90. 3. Frequency of Issue: Monthly. 3a. No. of Issues Published annually: 12. 3b. Annual Subscription Price: \$22.00. 4. Publication Mailing Address: P.O. Box 2372, Van Nuys, CA 91404. 5. General Business Office Address: 6320 Van Nuys Blvd., Suite 207, Van Nuys, CA 91401.

6. Publisher: A. Sheahen, 6200 Hazeltine Ave., Suite R, Van Nuys, CA 91401. 7. Owner: Al Sheahen, same address. 8. Bondholders, Mortgages and Other Security Holders: None. 9. Not Applicable.

10. Extent and Nature of Circulation: Average no. copies each issue during preceeding 12 months: A. Total No. Copies (net press run): 6400; B. Paid Circulation: 1) Through dealers: 30; 2) Mail Subscription, 5322; C. Total Paid Circulation, 5352; D. Free Distribution, Complimentary, Promotion, 1023; E. Total Distribution, 6375; F. Copies Not Distributed: 1) Office use, left over, spoiled 25; 2) Return from News Agents: 0; G. Total: 6400.

Actual No. Copies of Single Issue published Nearest to Filing Date: A. Total copies: 6600. B. Paid Circulation: 1) Through dealers: 30; 2) Mail Subscription, 5341; C. Total Paid Circulation: 5371; D. Free Distribution, Complimentary, Promotion, 1204; E. Total Distribution: 6575; F. Copies Not Distributed: 1) Office use, left over, spoiled, 25; 2) Return from News Agents: 0; G. Total: 6600.

I certify that the statements made by me above are correct and complete: Al Sheahen, Publisher.



## TRAIN WITH THE CHAMPIONS

"Still the BEST teaching videos on the market  
for coach and athlete....."

Order video tapes from these Olympic Athletes:

### MAC WILKINS Gold Medal Discus

Training, technique and slomo analysis of Schmidt, Delis, Sylvester, and Bugar

### AL FEUERBACH Basic 70' Shot Putting

Rotational style with Dave Laut. Also weight training and drills.

### YURIY SYEDIKH'S SYBERVISION HAMMER THROW

Eastern hammer technique with drills explained by U.S. Coach Ed Burke

### WILLIE BANKS BANKS ON TRIPLE JUMP

Drills, weight training and bounding demonstrated by Willie Banks

Name \_\_\_\_\_

Address \_\_\_\_\_

Card # \_\_\_\_\_

Exp. Date \_\_\_\_\_

GOLD MEDAL DISCUS	\$49.50
BASIC 70' SHOT PUTTING	\$49.50
DISCUS - SHOT COMBO	\$90.00
BANKS ON TRIPLE JUMP	\$59.95
SYBERVISION HAMMER	\$60.00

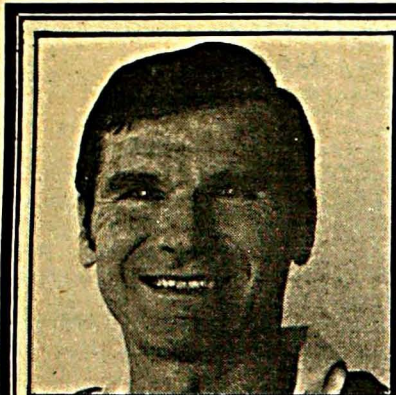
CA Sales Tax &/or Shipping \_\_\_\_\_  
Add \$3.50 1st class/\$2.50 reg. mail

VHS ONLY TOTAL \_\_\_\_\_

MAC WILKINS PRODUCTIONS  
P.O. BOX 28836  
SAN JOSE CA 95159

PHONE ORDERS (408) 358-2669





# Third Wind

by Mike Tymn

## Interview with Fitness Pioneer, Dr. Kenneth Cooper

**“D**on't confuse health with physical fitness,” cautions Dr. Kenneth Cooper, who is credited with kicking off the fitness movement in 1968 with his book *Aerobics*.

“Health has to do with reduction in disease and increase in life span,” remarked Cooper during a recent visit to Honolulu. “That's different from fitness. Health enables me to enjoy a long life, but fitness enables me to enjoy a long life plus a quality life. That's the difference; it's something I've had to clearly delineate since the article was released on November 3, 1989.”

The “article” referred to by the 59-year-old physician, who operates a multimillion dollar research center in Dallas, Texas, was one which reported on the findings of four years of research by Cooper and his staff. It involved 13,400 people, roughly 3500 of which were women, who had been totally inactive at the beginning of the study.

### Strenuous Workout Unnecessary

The crux of the research was that a person need not exercise with the same effort and intensity as previously thought in order to achieve a cardiovascular workout and benefit the heart.

“All you have to do is walk two miles in less than 30 minutes three times a week,” Cooper explained.

“Or, you can walk two miles in less than 40 minutes five times a week — or walk three miles in less than 45 minutes twice a week — or do an equivalent aerobic exercise for 45 minutes twice a week.”

Cooper believes that by exercising in this manner, you can significantly improve your health and increase your life span.

Prior to Cooper's study, the scientific community believed that it was necessary to elevate the heart rate to 65 to 70 percent of maximum in order to achieve any real benefit from exercise. The rule of thumb has been to take 220, subtract one's age, then multiple that number by .65 or .70 to determine the minimum heart rate necessary for a training effect.

“That's a concept I think will soon be passe,” Cooper said, speaking with evangelical zeal. “If you're running or exercising for health, you don't really have to worry about the heart-rate zone. In fact, we (at the Aerobics Center) started getting away from that several years ago, because we were finding people getting into shape and showing an improvement in their maximal oxygen consumption, without

their heart rate exceeding 110 beats a minute. This was one of the most dramatic findings from our study.”

### Four Reasons to Exercise

Cooper was careful to stress that walking two miles in less than 40 minutes five times a week or doing one of the alternatives will lead to better health, but not necessarily to fitness. “In my books, I've always said that you exercise for three reasons: 1) rest and relaxation, 2) muscle building or figure contouring, and 3) cardiovascular-pulmonary aerobic conditioning,” he noted. “But now I realize that there are four reasons.

“The fourth is health and longevity. Number three and number four are not the same. With number three you get all the benefits of number four, but with number four you don't get all the benefits of number three. I'm not



Dr. Kenneth H. Cooper's research indicates that it is not necessary to drastically elevate your heart rate in order to improve your health and fitness.

## Physical Fitness vs. Competitive Fitness

According to Dr. Kenneth Cooper, 15 miles a week of running or jogging is all that is necessary in order to achieve a very high level of cardiovascular fitness. But what about competitive distance runners who are logging in 100 miles a week or more? Are they doing too much for optimum physical fitness?

“It depends upon the age of the individual and the training level of the individual,” Cooper responded. “Frank Shorter could run 100 miles a week without breaking down. Back in 1975 we tested people like Shorter, Don Kardong, Steve Prefontaine, and other world-class runners. They all came from the same mold — small bones and small structure. Even Don Kardong, who is 6-foot-4, is very lean and small-boned. I think these people, who are more the gazelle type, can handle 100 to 140 miles a week in a training program.

“But you'll rarely find a large-boned muscular individual who can train at that level.”

At 15 miles a week, a person can achieve roughly 85 to 90 percent of his or her maximal oxygen consumption, according to Cooper. “The physiologists have shown us that as you increase your mileage, your maximum oxygen consump-

tion increases and then it flattens out,” Cooper continued. “That point seems to be 25 miles a week. That's about the maximum we did when I was running track at the University of Oklahoma back in the late '40s and early '50s.”

Cooper went on to explain that as the mileage increases from 25 to 100 a week, there is a slight increase in maximum oxygen consumption. “That made the difference between a four-minute mile and a sub-four-minute mile,” said Cooper, a 4:30 miler in high school and a 4:18 miler in college — exceptional performances 40 years ago.

“Also, there was a theory in college that you never ran year around. You'd start about six weeks before cross-country season, then lay off between cross-country and track. And you wouldn't run during the summer months. The feeling in those days was that if you ran too much, it would take the spring out of your legs. You'd burn out and wear out much sooner.

“Today, most of our world-class athletes have been running year-round for 15 to 20 years. That seems to be the secret to running those great times. In retrospect, I wish I had known then what I know now. I'm sure my own times would have been much better.” — Mike Tymn

about to cut back to number four, because number four sure won't prepare me for climbing to the top of a 14,000-foot mountain as I did a couple of weeks ago in Colorado. I'm interested in fitness, not just health. My concern is the quality of life.”

### Hope for the Sedentary

“What we're offering with this new study, though, is hope for the person who is doing absolutely nothing — the person who has been turned off to exercise over the years; the person who says I can't do that; the one who says I don't have the time; the person who always has an excuse as to why he or she can't run 15 miles a week.

“We want that person to realize it takes so little time and so little effort to get such a substantial return on his investment.”

### 15 Miles a Week Enough

Cooper, a 4:18 miler at the University of Oklahoma 40 years ago, sticks to the prescription he has recommended in most of his 10 books: 15 miles a week of running or jogging. (He calls anything slower than nine minutes per mile “jogging.”)

“As I've said before, if you're running more than 15 miles a week, about 25 kilometers, you're running for something other than cardiovascular fitness — competition, weight loss, whatever it might be,” he continued. “Beyond 15 miles a week you get minimal health and fitness benefits,

and you increase the risk of muscular skeletal injuries. Our research clearly demonstrates that at 15 miles a week you're roughly at 85 to 90 percent of your capacity as far as maximal oxygen consumption is concerned.”

Cooper has programmed himself to rattle off all kinds of statistics without reference to any notes. He mentions that a woman who is totally unfit — one in the bottom 20 percent of the population — is 16 times more likely to die of cancer than a woman in the top 40 percent. He states that 40 percent of the people who die from heart attacks have no prior symptoms of heart disease. He points out that in 1968 40-60 million Americans were suffering from high blood pressure, and that less than 15 percent had it controlled; at present more than 60 percent control it.

He also cites figures relating to the cost of health care in the United States — from \$12-billion in 1950 to \$70-billion in 1970 to \$700-billion in 1990. He says that if you smoke a pack of cigarettes a day, you're doubling to tripling the risk of having a heart attack, while noting that America has gone from 47 percent smokers in 1968 to 30 percent today.

### Fixx Caused Fitness Decline

In 1968, before his book, *Aerobics*, was released, a Gallup poll reported that 24 percent of the American population did some type of regular ex-

Continued on page 9





Hugh Adams, 50, left, after setting a U.S. M50 best of 41.00 in the 300H, and Christel Miller, 55, center, receive meet certificates from director Bigalita Egger at the Sri Chinmoy Meet, September 23 in Irvine, Calif.

Photo by Bigalita Egger

## 71 Enter Sri Chinmoy Games

by BIGALITA EGGER

The 3rd Annual Sri Chinmoy Masters Games, September 23, drew 71 athletes, including a few out-of-staters, to UC-Irvine in Orange County, Calif., where they found a superb track, ideal weather, and conditions very welcoming for those with their sights on personal, national, or world bests in this 10-year age-group meet for 50-and-over athletes.

Hugh Adams, 50, of Fresno, Calif., set a U.S. M50 record of 41.00 in the 300mH, bettering Richard Rizzo's 43.16 in 1988, and Del Pickarts, Ven-

tura, Calif., bettered the age-63 U.S. record for the 600g javelin with a 48.80.

Hats off to all who came out to participate, and a special thanks to Tom Lane, 96, a blind athlete from San Diego, for his second year of participation.

The Sri Chinmoy Marathon Team also would like to thank Marv Thompson of the L.A. Patriots for his continued assistance and inspiration each year.

Next year's meet will be held on Sunday, September 22. □

## Hot Times in Texas

by JERRY WOJCIK

When the Gulf Association/TAC Masters Championships in Pasadena, Texas, started in the evening of August 18, the temperature was 96° and the humidity was 70%. By 9:45, the start of the last event, the temperature had dropped to 84°, but the humidity had risen to 95%. The wind was 0 mph.

Conditions notwithstanding, times were generally good. The M50 sprints featured tough fields, with Emil Pawlik, 51, taking the M50 100 (12.3) for an age-graded performance of 89.6%, and Robert Cozens, 54, the 200 with a 26.1 (age-graded 88.5%) and the 400 with a 57.5 (AG 91.8%). John Hartfield, 45, posted the best M40+ marks in the 100 (11.5), high jump (4-5), and long jump (19-9).

Charles Wimberley, 55, showed stamina with firsts in the 400 (63.1) and 800 (2:30.3), and several seconds. Ino Cantu, 56, easily won the 1500 (4:37.2) for an age-graded performance of 91.4%.

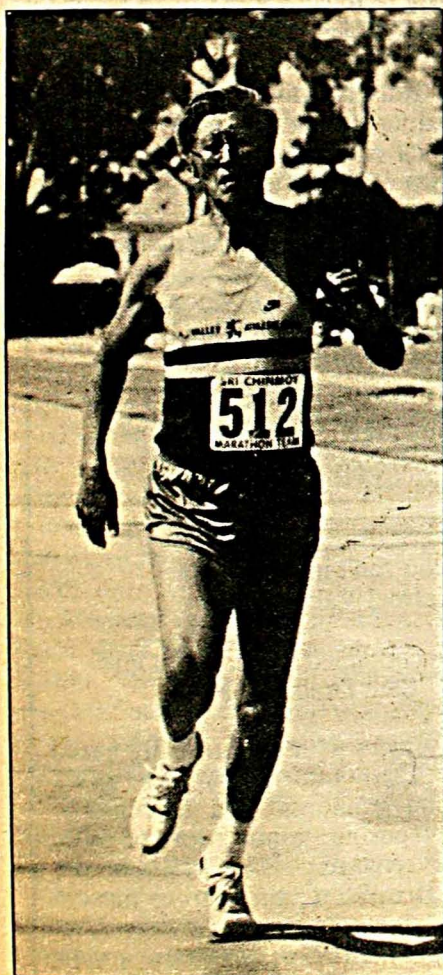
William Conrad, 62, took the M60 5000 in 19:25.0 (AG 84.7%).

Sandie Lambert, 32, had an eventful outing, which included firsts in the hurdles (17.1/71.9) and the shot put (28-5). □



Tom Lane, 96, of San Diego, with his daughter, after he competed in the Sri Chinmoy Meet, Irvine, Calif., September 23.

Photo by Bigalita Egger



Frank Kishi, 59, finishing 400 in Sri Chinmoy Meet, September 23, Irvine, Calif.

Photo by Bob Watanabe



100 Tablets \$ 9.95  
250 Tablets \$17.95  
500 Tablets \$27.95

These  
masters chose **STIM-O-STAM**  
for enhanced performance.

"With regular use of **STIM-O-STAM** supplements I notice increased endurance in workouts and races. Also, I recover faster and have less muscle soreness."

Don Wright, 45  
Mobile, AL  
8K: 26:10  
10K: 32:25  
Half Mar: 1:11:18

"Discovering **STIM-O-STAM** has changed my training radically. I no longer fear muscle soreness after a strenuous workout. I have more energy and am looking forward to setting PR's in all distances I run. I have regained my enthusiasm at 64. Everything promised for this product has proven more than true."

Margie Withrow, 64  
U.S. Masters, 1989  
Outdoor 1500  
7th: 7:03:07

"I have personally used this product and find it essential to my effective training. I began supplying **STIM-O-STAM** to my athletes this spring and have some very positive results."

Danny Thiel, 41  
100M: 11.1  
200M: 22.2  
400M: 50.9

"**STIM-O-STAM** allows me to run further, faster, more often with less pain, in spite of increased mileage. No other product I encountered can make that claim. What more can be said?"

Roy Earl, 40

**STIM-O-STAM** the proven phosphate fuel. .

is now available in both tablets and a new, delicious honey-nut flavored sports bar, power-packed to improve your running.

For information or ordering  
CALL

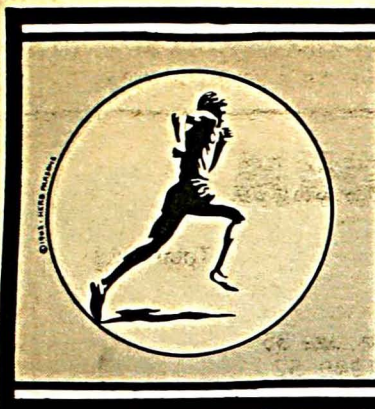
TOLL FREE 1-800-562-7514

Available at: GNC and other fine health stores,  
sporting goods, and running shops.



Calories: 230  
Protein: 11g  
Carbohydrates: 46g  
Fat less than: 2g  
Sugg. Retail \$1.69 ea.





## MASTERS ATHLETE OF THE MONTH

### Larry Almborg

The good news is that, for the third time this year, Larry Almborg, 43, is the Masters Athlete-of-the-Month. The Ellensburg, Wash. educator broke the masters course record with a 4:08.66 in the Mercedes Fifth Avenue Mile in New York City on September 22 — an age-graded effort of 97.4%, albeit aided by the point-to-point course.

The bad news is that Almborg won't be receiving the usual \$100 prize because ICI has dropped its sponsorship of this monthly feature.

Notwithstanding, the money is gone but the honor remains.

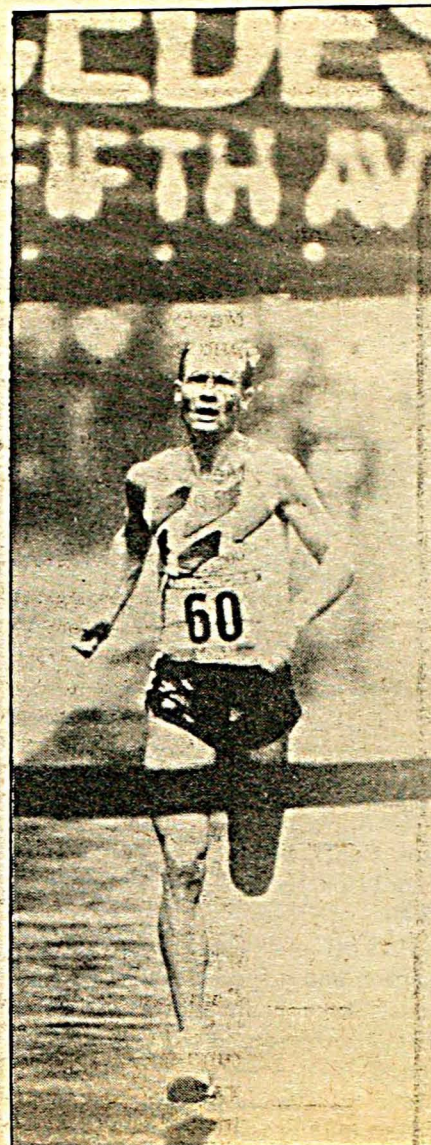
Runner-up to Almborg was Poland's Richard Marczak, 45, the top age-graded runner (95.5%, 2:20:47) in the Twin Cities Marathon on October 14.

Also in the hunt were Pennsylvania's Norm Green, 58, with his 2:37:40 (94.8%) at Twin Cities; Utah's Gaylon Jorgensen, 61, with a 2:43:11 (94.4%),

also at Twin Cities; New Zealand's Rod Dixon, 40, with a new masters course record of 5:07.8 in California's Infiniti Mile; and Texan John Alexander, 71, with a 6925-point pentathlon in the Thomasville, N.C., Decathlon.

Previous monthly winners were Dave Stewart, Gabriele Andersen, John Campbell, Don Parker, Jim Law, and Ralph Romain.

Congratulations to Larry Almborg — the Masters Athlete-of-the-Month. □



Larry Almborg wins Masters Fifth Avenue Mile in 4:08.66. Photo by Vicah Sailer / Agency Shot

## Almborg, Oshier Win Fifth Avenue Mile

by JERRY WOJCIK

Larry Almborg, 43, of Ellensburg, Wash., broke his masters course record (4:10.16 in 1989) with a 4:08.66 in the M40-49 portion of the 10th Annual Mercedes Mile on Fifth Avenue in Manhattan on September 22. Dan Frye (43, 4:13.66) of Woods Hole, Mass., edged Ken Sparks (45, 4:13.85) of Chagrin Falls, Ohio, for second place.

Fay Bradley of Washington, D.C. won the 50-and-over race in 4:35.83. Dan Hammer (4:47.60) of New York City was second, and Sid Howard (4:49:08) of Plainfield, N.J., third.

Nancy Oshier, 42, of Rush, N.Y., took the women's masters mile race with a 5:08.36. Kathy McIntyre (41, 5:09.27) and Sylvie Kimche (43, 5:10.25) followed for second and third. Anna Thornhill, 50, of New York City, finished seventh of the twelve women with an American W50-54 road mile record of 5:24.79.

The weather was cool with occasional pouring rain. The race course street surface had been newly finished a day or two before the race with a glacene surface, which may have contributed to all of the open men running under 4:00. □

### ATHLETES WHO ENTER A NEW DIVISION THIS MONTH, NOV., 1990

ATHLETE (RESIDENCE)	BIRTHDATE	AGE GROUP
JANE ARNOLD (BLOOMFIELD, CT)	11-22-40	50-54
CLAIRE BROCK (OH)	11-1-35	55-59
EMMA CHILDERS (US)	11-25-35	55-59
WENDY DAME (EUGENE, OR)	11-5-50	40-44
LYNNE DIEZI (NY)	11-8-50	40-44
JANIE DUFF (LOS GATOS, CA)	11-20-45	45-49
TINA HAYWARD (VICKSBURG, MI)	11-20-40	50-54
JEANIE JONES (CA)	11-20-35	55-59
SHIRLEY MATSON (SAN DIEGO, CA)	11-7-40	50-54
ALENE PARK (HUNTSVILLE, AL)	11-1-25	65-69
JEAN PRICE (US)	11-8-20	70-74
ADRIENNE SALMINI (ALBUQUERQUE, NM)	11-20-15	75-79
JUDY SIMON (LA MESA, CA)	11-8-15	75-79
JESSIE SMITH (WESTMINSTER, CA)	11-3-30	60-64
JUANA STAVOLONE (SAN JOSE, CA)	11-25-45	45-49
NATASA BEZJAK-URBANCIC (JUG)	11-25-45	45-49
ERICA BRIENICK (WG)	11-19-40	50-54
CHRISTINE DREWRY (GB)	11-30-45	45-49
FRANCOISE DUPONT (FRA)	11-3-45	45-49
ELFRIEDE FALKE (WG)	11-30-20	70-74
AILSA FORBES (NZ)	11-19-10	80-84
ELSE LAINE (FIN)	11-25-25	65-69
GEORGE CARTY (SAN JOSE, CA)	11-10-45	45-49
TRUMAN CLARK (LOS ANGELES)	11-26-35	55-59
VAINO COLLAN (FIN)	11-17-10	80-84
WILLIAM COLLINS (HOUSTON, TX)	11-20-50	40-44
MATHEWS CULLEN (GB)	11-11-0	90-94
CHICK DAHLSTEN (LOS ANGELES)	11-4-10	80-84
ED DEMARRAIS (NEEDHAM, MA)	11-27-30	60-64
WILLARD FREDERICKSON (S. GERONIMO, CA)	11-9-30	60-64
DON GAMMIE (CENTERVILLE, OH)	11-29-30	60-64
BERNARD HOGAN (AUSTRALIA)	11-15-20	70-74
JOSEF JANSKY (CZE)	11-24-40	50-54
CHORLY LASSEN (DEN)	11-30-5	85-89
GIUSEPPE MARABOTTI (ITA)	11-7-15	75-79
RYSZARD MARCZAK (POL)	11-21-45	45-49
AUSTIN NEWMAN (NJ)	11-21-15	75-79
HARALD PALMOVIST (SWEDEN)	11-4-20	70-74
OSMO RENVALL (FIN)	11-10-10	80-84
PAUL SEREGHY (NEW YORK CITY, NY)	11-5-15	75-79
ERIK STAI (NOR)	11-29-15	75-79
ART WAGGONER (FAIR OAKS, CA)	11-26-25	65-69
ROY WIGGINGTON (CA)	11-30-25	65-69
MAC WILKINS (CA)	11-15-50	40-44
CHARLES WILLIAMS (GB)	11-15-30	60-64
GAIL WETZORK	11-4-30	60-64

### HERE'S WHAT PEOPLE ARE SAYING ABOUT RUNNING RESEARCH NEWS:

"Running Research News is the indispensable running newsletter."  
Amby Burfoot, Executive Editor, *Runner's World*

"Running Research News is the nation's  
premier journal on running."  
Gabe Mirkin, M.D., Georgetown Univ. School of Medicine

"The May-June issue of *Running Research News*  
is the best thing you will ever read about running."  
Tom Henderson, *The Detroit News*

"Running Research News is the most worthwhile running  
publication I have seen during my 35 years of coaching."  
Jack Warner, Cornell University Cross Country Coach

"If you can't improve your race times after reading  
*Running Research News*, you can't improve your  
times." Bob Tarozzi, Carmel Valley, CA

"The recent article on 10K training contained more useful info.  
than any 60 running books." Sam Graceffo, M.D.

*Running Research News* provides runners with scientifically based training strategies, discusses the latest information on sports nutrition, and evaluates commercial products sold to runners. Recent issues contained articles on tapering, training for the mile, preparing for 10K competition, overcoming the "wall" in the marathon, conducting "5-5" interval training, preventing muscle cramps, and rising above a performance "plateau." To subscribe, please send \$16 for one year (6 issues), \$26 for two years, and/or \$64 for all thirty back issues. *Running Research News*, P. O. Box 27041, Lansing, MI 48909. Telephone 517-393-3150.



## Bloomfield, Grissom Top National Weight Championships

by JOHN WHITE

Dick Bloomfield, 50, of Greer, S.C. and Joann Grissom, 52, of Indianapolis were the top throwers at the 1990 TAC National Masters 56-lb Weight Throw Championships held in Columbus, Ohio on September 15.

Bloomfield, who turned in a winning toss of 27-6½, easily captured the M50 crown when his chief rival, Carl Klehm, showed up at the meet with a back injury. Second place overall went to Rick Meindl (M30, 28-6¾) of Gahanna, Ohio.

Grissom, who sets records so often that she brings her own record forms to every meet, topped the women with a throw of 14-1¾. □

### Third Wind Continued from page 6

ercise, while less than 100,000 ran or jogged. By 1984, those numbers were up to 59 percent and 32 to 34 million runners and joggers. Since then, the percentage of the American population exercising regularly has dropped to around 45 percent and 20 to 25 million joggers.

Cooper examines the possible reasons for the decline, first mentioning burnout, then going to what he feels is the more likely explanation — an event that took place on July 20, 1984. That's the day that 52-year-old Jim Fixx, the author of a best seller on running, died of a heart attack after finishing his daily run.

"That sent shock waves around the world," Cooper said. "And people began to question the benefits of exercise and running."

" 'Why did jogging kill Jim Fixx?' people often ask me. My response is that jogging didn't kill Jim Fixx; heart disease killed him."

Cooper noted that Fixx had a genetic predisposition to develop heart disease — his father died of a heart attack at 43. He further pointed out that Fixx had been a heavy smoker prior to taking up running, that he had been about 60 pounds overweight, that he had been under considerable stress for some time prior to his death, and that he had a cholesterol level of more than 250.

Moreover, Fixx had rejected a treadmill stress test in the years before his death. The conclusion Cooper reaches is that "even with the dramatic changes that occurred in Fixx's lifestyle and in his outward appearance, the way had already been paved for coronary danger and death."

He goes on to point out that exercise, while it can significantly reduce the risk of heart disease, does not provide a guarantee that the person will not be struck down by a heart attack.

Cooper notes that the reduction in the number of Americans exercising

regularly seems to have stabilized over the last few years. "We haven't seen a

sharp decline the last four years," he said. "It seems to have flattened out. I

hope once people see the results of our study we'll see an upswing." □

## PUBLICATIONS ORDER FORM

Quantity

Total (US\$)

### 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 racewalking events, age 40 and up, as of Oct. 31, 1989. 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 1989 U.S. outdoor track & field, 5-year age-group rankings. 52 pages. Over 100-deep in some events. All T&F events, including 3000, 10,000, weight, relays, and walks (1500, mile, 3000, 5000). Coordinated by Jerry Wojcik, TAC Masters T&F Rankings Chairman, and the National Masters News. \$6.00

\$ \_\_\_\_\_

### 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 July 1, 1990. \$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 July, 1990. 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 (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 (1990)

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 1990.

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. \$39.00.

\$ \_\_\_\_\_

### TAC/USA Patches. Embroidered, 4" x 3" \$2.50

\$ \_\_\_\_\_

### U.S. Track and Field Team Patches. Embroidered, 4" x 2". \$2.50

\$ \_\_\_\_\_

### U.S. Track and Field Team Lapel Pins. Cloissone enamel, 1½" x 5/8", bar pin with safety catch. \$5.00.

\$ \_\_\_\_\_

### Masters Running '89

Published by Dean Reinke & Associates. 64-page, four color magazine. Highlights USRA Masters Circuit. Tips on nutrition, training and fitness for masters. Articles by Elliot Denman, Hal Higdon, Dick Patrick, Al Sheahen and others. \$1.95.

\$ \_\_\_\_\_

### The Masters Running Guide by Hal Higdon

160-page paperback. Higdon reveals tips that helped him win three world championships in masters competition: base fitness, improving with age, training smart, maintaining mobility, minimizing injury, motivation, diet, increasing your youthspan. \$9.95.

\$ \_\_\_\_\_

### Back Issues of National Masters News

Issues: \_\_\_\_\_ \$2.25.

\$ \_\_\_\_\_

Postage and handling

\$ 1.00

Overseas Air Mail (add \$5.00 per book)

\$ \_\_\_\_\_

TOTAL

\$ \_\_\_\_\_

Send to: National Masters News Order Dept.  
P.O. Box 2372  
Van Nuys, CA 91404

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_

Zip \_\_\_\_\_





## SPEAKER'S CORNER

by JOE HENDERSON

### Oldies But Goodies

**P**ricilla Welch thinks she can run with the leaders at the New York Marathon this month, shortly before her 46th birthday. She thinks she can make the 1992 British Olympic team at almost 48.

"I haven't resigned myself to the fact that I'm an old fart," says Welch. "I still want to be up with the open girls."

Even if Welch beats them all at New York, she still wouldn't become the oldest winner of a big marathon. Evy Palm won Stockholm last year at age 47.

Even if Welch runs at Barcelona, she still might not be the oldest woman ever to run in the Olympics. Palm could be on the Swedish team at 50.

Even while saying she competes with the "open girls," Welch betrays her strongest competitive instincts when the older woman's name comes up. Palm now shares ground that Welch once held alone.

"I like the fact that Evy's doing so well," says Welch. "I look at her results and think, 'If she can run her fastest marathon (2:31:05) at 47, I'm damn sure I can.'"

Yet Welch shows annoyance with unfavorable comparisons between her and Palm. One appeared in a Mike Tymn column rating Palm's age-graded times faster than Welch's.

"Mike Tymn may have his little formulas," says Welch. "But no masters woman has ever come near to what I've achieved."

That's true for the marathon. Welch's record of 2:26:51 leads the next-fastest master, Joyce Smith, by almost three minutes and Palm by more than four.

Welch notes, "I've beaten Evy in both of the marathons that we ran together, the 1984 Olympics and '85 New York City. And my road time of 32:14 for 10K is faster than hers from the track."

At age 44, the Swede ran 33:00.78 — which was more than a minute faster than the previous world masters best. Her PRs then dropped each of the next three years: to 32:42.25 at 44, 32:41.98 at 45 and 32:34.05 at 46.

"Evy is the greatest master track woman to date," says Welch. "But great as she is, I think I'm capable of running at her level or better."

Which means that Welch is thinking of running some track in 1991. She

says, "It would fit nicely into my plans that year, when I'll probably run a spring marathon and then not do another until 1992 while attempting to make the Olympic team. I plan to work a lot on my speed in '91, and this of course would prepare me to race on the track."

Her background there is limited but promising. At age 39, she won the British Championships 10,000 by a lap (with 33:34.7 in high winds). At 41, she set her only world masters mark — a single-age 5000 at 16:13.8.

"That 5000 record is something of a joke," she says, "because I've averaged faster times than that for both halves of a road 10K." Palm holds the over-40 mark of 16:02.88.

Running track would cost Welch money. She would pay her own way to meets, earn nothing there and give up income from the roads.

And yet she's "toying with the idea of going to the World Veterans Championships in Turku, Finland, next summer. The plan would be to compete in the 5000, 10,000 or both."

Will someone please sell Evy Palm on the same plan?

#### Old Times

Where have you gone Lucien Rault? Or more to the point, just who are you?

By rights, Rault should be as legendary a master runner as Jack Foster. Now that Foster has lost his world marathon best to fellow New Zealander John Campbell, Rault now holds two of the three longest-lasting distance marks — all dating from 1976.

But while Foster has been the subject of an autobiography (Tale of the Ancient Marathoner) and elevation to mythical status since running his 2:11:19 marathon, Rault is worse than forgotten. He never really became known.

While researching the book *Masters Running*, I wanted to praise Rault. All I could find about him were a dozen lines in Masters Age Records 1990, one for each of the marks he still holds.

Lucien Rault is French. He was born in late 1935 or early '36.

He began setting masters records in

### Dixon Wins Infiniti Mile

Continued from page 1

Waigwa watched helplessly as Dixon stormed by him in the final two blocks to win. This was Dixon's first competition since recovering from pneumonia earlier this year, and he showed no signs of any lingering side effects from his illness.

The Infiniti California Mile continued to break new ground this year with the first ever race handicapped by distance, as well as gender and age. The aptly named "Dipsea Division" required runners to plummet down the steep California Street Hill, and then

quickly turn around and race back up to the top. Sal Vasquez, 50, of Suisun City, Calif. outsprinted Megan McGowan, 8, of Torrance, Calif., to take first place.

Another fun contest was the Celebrity Relay race which pitted the Grateful Dead team composed of group members Mickey Hart and Bob Weir, Olympic gold medalist Frank Shorter, and Sister Marion Irvine, a 60-year-old nun from Sonoma, Calif. in a grudge match against rock music promoter Bill Graham's team. The "Dead" won, 5:07.3 to 5:18.1. □



BAARC members (l to r) Jack Norton (42, 4:34), Dan Frye (43, 3:06.8), Roger Pierce (45, 52.4), and Bic Stevens (45, 2:00.9) combined to set a pending M40 distance medley WR of 10:34.6 at the Brown University Invitational, August 12, Providence, RI. Photo by Bic Stevens

1976, before many people noticed such things. Even Foster's marathon time drew less comment when he set it in '74 than on its 10th and 15th anniversaries.

Road running had boomed by then, and most of the masters were roadies who could appreciate what Foster had done. Few of them had run track, so Rault's best work inspired little awe.

On June 9th, 1976, the Frenchman ran the single greatest race in masters history — track or road. The distance: 10,000 meters. The time: 28:33.4.

No master has come close to that mark the past 14 years. The winning time for the 40-44 group at last year's World Veterans Championships was almost two minutes slower.

John Campbell still has a half-minute's improving to do before he catches Rault's old time. Campbell's world road 10K best is 29:04.

Rault wasn't a one-race wonder. He ran 28:50.4 at age 41 and 29:02.6 at 42. He also holds the masters 5000 record of 13:45.6 and kept setting single-age marks at that distance through 46.

There, his statistical trail abruptly ends. I know nothing else about him, including if he still runs or even survives.

Assuming he remains active, someone should invite him to next year's World Veterans Championships in Finland. Maybe someone could go so

far as to arrange a dream matchup.

Rault, the "Jack Foster" of masters track, would be 55 years old then. Sharing his age group would be Foster himself at age 59.

Foster was more than a marathoner. His range reached all the way down to 3000 meters on the track.

As a 43-year-old in 1976, Foster ran the 3000 in 8:17.4. This time has stood as a masters record even longer than Rault's 10,000 and 5000.

Can't someone call both men back for an encore in front of all the masters who missed seeing them the first time? While at it, add at least two more names to the list of invitees.

Gaston Roelants of Belgium was a marvel of longevity. Thirteen years after winning the Olympic steeplechase, he set the masters record of 8:41.5. That mark has lasted another 13 years. Roelants is now 53.

Joyce Smith of Britain enjoyed acclaim as a marathoner, the first master woman to break 2:30. That record fell to Priscilla Welch. But Smith's track marks of 4:20.7 in the 1500 and 9:11.2 in the 3000 have endured since 1978. She turns 53 this month.

Bring them all back. Let us marvel at these oldtimers whose old times become greater with each new year. □

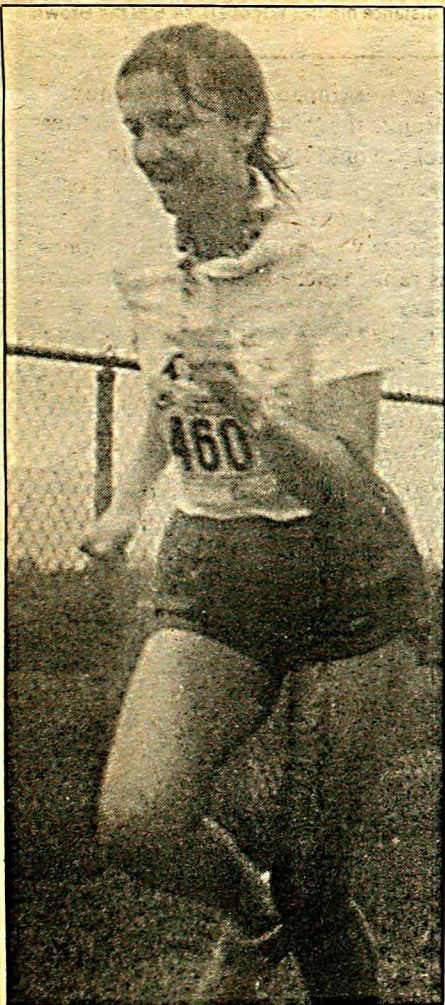
Reprinted from the monthly *Running Commentary*, available for \$18 per year from Joe Henderson, 441 Brookside Drive, Eugene, OR 97405.





Senator Max Baucus (D-MT), repeated his victory (20:40) over the Senate contingent in the 10th Annual Nike Capital Challenge 3 Mile, Washington, D.C., September 13.

Photo by Katherine A. Ruser



Representative Claudine Schneider (R-RI), won the Female Representative division for the second time with a 27:19, 10th Annual Nike Capital Challenge 3 Mile, Washington, D.C., September 13.

Photo by Katherine A. Ruser

from JEFF DARMAN,  
Race Director

Close to 600 runners participated in the Tenth Annual Nike Capital Challenge 3 Mile on September 13 in Washington, D.C.'s East Potomac Park. Scantily clad VIPs, including a Supreme Court Justice, members of Congress, the nation's anti-drug czar, TV correspondents and eight White House teams, took off as celebrity guest runner and Official Whistle Blower Kim Jones of Spokane, Wash., the nation's top-ranked female marathoner in 1989, sounded the signal for the start of this fall tradition.

As in the past, the well-over 100 teams entered were captained by a U.S. Senator, Representative, Cabinet Member, or Sub-Cabinet Presidential appointee, Federal Judge, or a media person whose publication covers Washington. The captain's job was not honorary as each had to complete the course for his/her team to count.

Tennessee Democrat Bart Gordon, 41, defended his title as fastest Con-

gressman, running 18:23 and leading his team (The Gordon Lightfoots) to a second place in the House Division. Senator Max Baucus (D-Mont.), again took the Senate race in 20:40. Congresswoman Claudine Schneider (R-R.I.), was the first Female Representative in 27:19.

Another outstanding performance was that of Senator Bob Kerrey (D-Nebr.), who led an elite Navy SEAL team in Vietnam until he was severely wounded in combat, forcing the amputation of his right leg above the knee. But with the use of an artificial limb, Kerrey, a Congressional Medal of Honor winner, obviously is able to run quite well, taking second place among the Senators in 22:01.

Overall winners were Scott Celley (14:48), press secretary to Senator John McCain and Megan Othersen (17:13) of the *Runner's World* team.

The Nike Capital Challenge highlighted the ability of many of the nation's busiest leaders to stay fit and raised almost \$6000 for the District of Columbia's Special Olympics, to which

Nike donated all entry fees and an additional \$2000, and paid all race expenses.

The race had a festive air with the U.S. Army Band serenading runners at the start and finish. Two race officials dressed as a donkey and an elephant "worked" the race crowd. Post race, the runners sipped Perrier and munched on almond and chocolate croissants, bananas, and watermelon.

As usual, there was hot competition for the special awards. Best Team Name honors went to "Read My Splits" from the White House, who edged out the "Al Gore-Rhythms," captained by Senator Al Gore (D-Tenn.). Losers included "USDA Footstamps" of the Executive Branch; "Bench Warmers" from the U.S. Circuit Court of Appeals; and "The Headline Gnu" from CNN.

Senator Richard Lugar, 58, (R-Ind.) and Representative Beverly Byron (D-Md.) were honored with "Perfect 10" awards as the two Co-Chairs of the Race Advisory Committee who have completed all ten Challenges. □

### Dartmouth Relays and Leverone Field House



Since its inception in 1970, the Dartmouth-United States Track & Field Federation Relay Meet has grown from a field of 300 competitors to the top indoor attraction in the Northeast. Dartmouth Coach Clark Wallin, who serves as the director, expects over 3,500 participants for this year's event.

Leverone Field House, site of the Dartmouth Relays, is considered one of the finest and fastest indoor facilities in the East. The Astro-trak is a six-lane, 220-yard layout comprised of three-eighths inch poured-in-place polyurethane.

At the west end of the field house is a 17,440-square foot area of astroturf for weight events. The track also includes a 60-yard sprint and hurdles segment. The track and out-laying area is rust red color, providing the perimeter for the long jump, high jump and pole vault pit plus runway on the green infield. Leverone Field House was designed by Pier Luigi Nervi, who gained fame for his creation of the complex used for the 1960 Olympic Games in Rome.

## 22nd DARTMOUTH RELAYS

Friday  
January 4, 1991

Leverone Field House  
Hanover, New Hampshire

Masters Track and Field  
Sponsored By NIKE  
COCA COLA and BILLINGS DAIRY

Men and Women Age 30-69

Prizes - Glass Mugs

Events - Sprints Hurdles

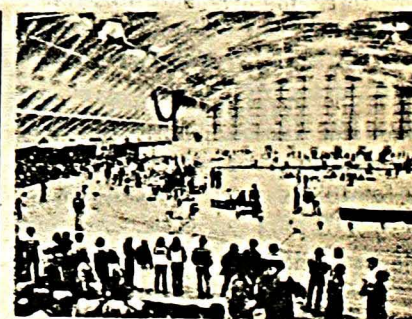
Middle Distance - Distance

Shotput Wt. Throw

High Jump Long Jump

Pole Vault Triple Jump

Entries Close December 26, 1990



For further information call or write Carl Wallin, Head Track Coach, Dartmouth College, Alumni Gym, Hanover, NH 03755.

603/646-2848  
646-2540  
646-2571  
646-3570





Pagliano's Podiatric Pointers

## THE FOOT BEAT

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

### Plantaris Tendon Rupture

**Q.** I'm a masters runner who's been diagnosed as having a ruptured plantaris tendon. Two doctors have given me the same diagnosis and have advised rest as the best treatment. Could you explain in laymen's terms exactly what my problem is, and is there anything I can do to speed up my recovery?

**A.** Though not very common in runners, plantaris tendon ruptures can be extremely painful and very slow to heal. When the tendon, which is deep in the back of the leg, tears, it is often accompanied by secondary injuries — either to the calf muscle or the Achilles tendon. If the calf muscle has been damaged, you should notice swelling in the back of the calf — if the Achilles is injured, the pain will be below the calf muscle.

In order to hasten your recovery, I would recommend physical therapy under your doctor's supervision as soon as the pain subsides. This would include moist heat treatments, direct ultrasound to increase the healing process at the molecular level, and perhaps some electrical stimulation.

Avoid ice treatments and do not do any stretching that causes discomfort. You can also try a heel lift in your shoes of up to 1/4-inch to reduce some of the stress on the calf muscles. In addition, a few research studies suggest that adding calcium, magnesium, and potassium supplements to your diet promotes faster healing.

Once you are pain-free, you can

return to a gradual workout schedule that avoids stretching. Take a 1/2-mile walk, followed by a 1/4-mile jog. Do this every other day for ten days. If this is successful, you may increase your daily mileage 1/4 to 1/2 mile every two weeks.

Change to a highly-cushioned, stable training flat. Avoid hill running and keep your speed slow to moderate. This gradual approach should get you back on the running track in the shortest possible time. □

*(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.)*

### Twin Cities Marathon

Continued from page 1

Masters runners won \$36,500 overall, the largest masters purse anywhere in 1990.

With new sponsors and in response to the "30% separation-1% drop rule" passed by TAC last December, the race moved its start in downtown Minneapolis to the Metrodome.

Rain was forecast, but at race start the temperature was 46 degrees with calm winds and a thin overcast, which burned off after an hour. In other words, conditions were perfect for a marathon.

Mexico's Mario Cuevas, 41, ran 2:22:30 for 6th age-graded effort of 91.8% and \$2000. Next was New York's Nancy Oshier (42, 2:41:46, 90.9%), who won \$3000 as second 40+ female. She was followed by Luis Lopez (41, 2:23:59, 90.9%, \$1000); Oregon's Mike Heffernan (50, 2:34:21, 90.2%, \$250); and Missouri's Jane

Hutchison (44, 2:46:03, 89.9%, \$2000).

The TCM rules stated "an athlete will receive the larger award and the lesser award will not be given to anyone else." This means that masters athletes received cash awards based on their larger amount as overall place or age-graded.

Other age-group winners included Ohio's Sandra Kiddy, W50; and Minnesota's Alex Ratelle, M65. Sweden's Kjell-Erik Stahl, 44, and Maryland's Ed Benham, 82, came down with flu symptoms Saturday night and were unable to compete.

All aspects of the race, from travel assistance, hospitality arrangements, race-course management, and the usual masters-friendly Twin Cities attitude were excellent. The new start area proved to be spectacular. There were spectators cheering the marathoners throughout the entire course. We will return next year. □

—From Norman Green



Who is this? The first three people, other than the athlete himself, to correctly identify him will receive a free copy of the Masters Age Records 1990. Answer in next month's issue.



Top masters finishers in the 100 at the Northern Calif. Seniors T&F Classic in Berkeley on September 8. From left to right: Bill Bigelow, 80 (18.01), Clarence Trahan, 75 (16.24), John Satti, 76 (16.44), Clarence Killion, 72 (15.29), and Dick Bennett, 70 (16.63).

Photo by Shirley Dietderich



## Storey, McCoy Set Record in National 15K

by JACK MORAN

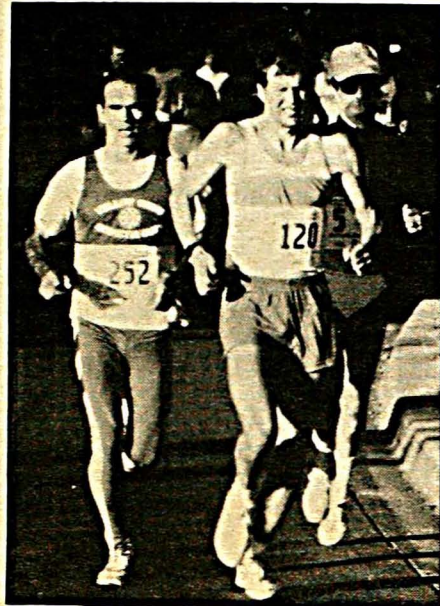
After six years in the suburbs, the 11th Annual Minnesota Masters 15K, which served as the TAC/USA National Masters Championships, returned to the river roads of Minneapolis and St. Paul on September 23, taking runners up one side and down the other as it did in its early years. The great course and near-perfect weather (40° with winds of 10-12 mph) no doubt contributed to the excellent times.

Two U.S. age-group and three single-age records were set. Mary Storey, 66, Riverside, Calif., took 1:50 off of Pat Dixon's three-year-old mark of 1:17:07 for W65-69 with a 1:15:17. Ellen McCoy, 70, St. Paul, Minn., ran a 1:22:55, a full five minutes under the four-year-old record of Judy Simon for W70-74.

Single-age records were run by Norm Green, 58, Wayne, Pa., 52:33; Gaylon Jorgensen, 61, Henderson, Nev., 54:49; and Ed Benham, 83, Ocean City, Md., 1:12:43.

Overall winner was Mark Gibbens (42, 49:47), Madison, Wisc., who took Grant Towns (43, 51:45), Winnipeg, Manitoba, Canada, and Dan Conway (51, 51:46), Chetek, Wisc., out with him but left them far behind after the first 5K and finished with the first sub-50:00 in this all-masters race since 1985. For only the second time since 1982, no woman was able to crack the one-hour barrier.

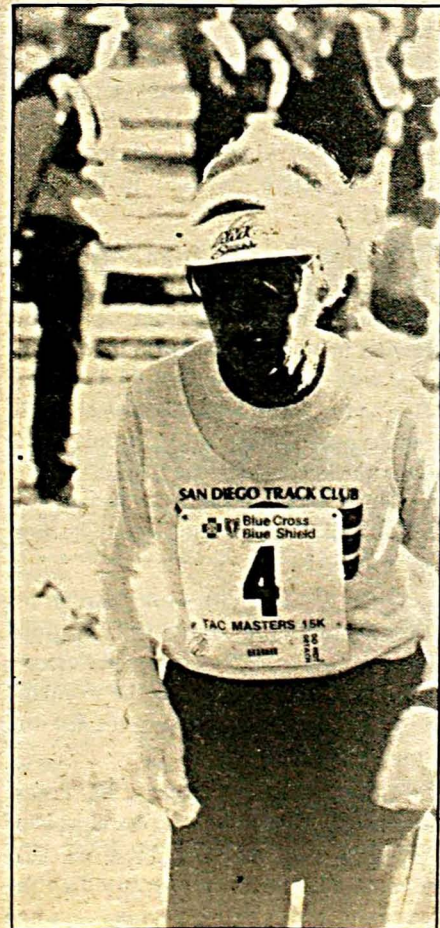
Generally, there was little competition within the age groups with every runner taking aim at his or her own goal. For the age-group record betters, this led to financial reward as well as personal satisfaction. A prize-money purse of about \$1500 was split up on an age-graded basis, with runners' times being handicapped with the U.S. record for their age/sex group. The purse was donated by eight-year sponsor Blue Cross and Blue Shield of Minnesota and this year's special sponsor, ICI Americas, Inc. □



Grant Towns (252) and Don Conway (5) raced together the entire way in the National Masters 15K in Edina, Minn. Towns, 43, from Winnipeg, Canada, placed second M40 in 51:45, while Conway, from Chetek, Wisc., was the M50 winner in 51:46. Photo by Dennis Hahn



Dudley Healy, 76, Chatham, N.J., winner (75:10) of the M75 race, TAC/USA National Masters 15K Championships, Edina, Minn., September 23. Photo by Dennis Hahn



Mary Storey, 66, Riverside, Calif. took nearly two minutes off of the U.S. W65-69 record with a 75:17 in the National Masters 15K Championships, Edina, Minn., September 23. Photo by Dennis Hahn

# Read The Reviews

## Here's What Readers Say About THE MASTERS RUNNING GUIDE

"Higdon writes not of our limitations, but our possibilities as we grow older. A readable collection of advice."

—Michael Beebe, *The Buffalo News*

"It would have been nice to have had Hal Higdon's newest book a dozen years ago when I started running. It provides, in handy, concentrated form, information that it has taken me years to acquire."

—Maurice Hobbs, *Minneapolis Tribune*

"I generally stay away from endorsing books, but this one is worth making an exception for."

—Jim Ferstle, *St. Paul Pioneer-Press*

"I prefer books that will teach me something and that will assist me in improving my running. (This one) seems to touch that chord."

—Susan Kalish, *Executive Director American Running & Fitness Association*

"Easy to read with the large print helpful. Good information for masters runners."

—Ed Hamilton, *Greensboro (NC) Running Club*

"The job of President of a running club can sometimes get to be a chore. (This) book arrived at just the right time to give me a needed boost."

—Joyce Rankin (VA), *Reston Runners*

**Buying this book may be the best move you make during the 1990 season**

**Yes!** I want to order \_\_\_\_\_ copies of Hal Higdon's new work, **THE MASTERS RUNNING GUIDE**. Please send to:

Name \_\_\_\_\_

Address \_\_\_\_\_

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

Send \$10.95 (includes mailing charges) to:

NATIONAL MASTERS NEWS, P.O. Box 2372, Van Nuys, CA 91404



# PROFILE

## Pat Peterson: Cancer Won't Slow Her Down

by GENE LEVY

**P**at Peterson knew she shouldn't have run that masters 200 at the Dartmouth Invitational track meet last January. It's just that her competitive instincts replaced her common sense.

"I thought I was feeling pretty good," recalled Peterson, who at 64 is only in her fourth year of competitive track. "But I shouldn't have gone. I was running 200s like I usually run 400s. One of the guys said, 'You look terrible.'"

When she ran that meet, Peterson was three months into chemotherapy treatments for cancer.

### First Noticed Cancer in 1989

She first noticed it at the VIII World Veterans Championships in Eugene, Oregon, in August, 1989. There, barely

two years after taking up running at age 61, she won a world championship in the 300H and finished second in the 100 and 200.

"I had suspected it. My sister had the same disease and I knew what to look for," Peterson said. "Finally, I got the nerve to call the doctor."

She was diagnosed as having lymphoma, a non-Hodgkins form of cancer, which had struck throughout her body. After four months of chemotherapy, the cancer went into remission last February.

"I don't have a kick yet," the white-haired, former school teacher/coach smiled. "It's so hard getting back to where I was. Each and every time I'm getting better, but it's so gosh darn hard to get back in there."

### Started Running at 61

Pat Peterson's saga is truly remarkable. At 61, she entered her first track competition in the 1987 New York State Senior Games where she placed second in the 100 and 200, and third in the 400. After setting W60 records for the 100, 200, 400, and 800 at the Empire State Games in Syracuse that same year, she joined the Syracuse Chargers Track Club and started traveling the circuit of indoor and outdoor meets. During this period, she met Paul Murray, former president of the Hudson-Mohawk RRC.

"Paul told me about masters competition," she said. "Then I was hooked."

By 1989, Pat had evolved into the second fastest W60 runner in the world. She has been named TAC's Outstanding W60 Track Athlete for two years in a row. In Eugene, she set two American W60 age-group records for the 300H (68.01) and high jump (3-9½).

In three short years she has gone from a track neophyte to a world champion — and, finally, at 64, to one who has proven that cancer doesn't have to be disabling.

### Credits Track for Rapid Recovery

Peterson has no question in her mind that track is chiefly responsible for her being able to overcome the cancer.

"I had a goal to get back running

again," she said. "I don't think I would come back if I couldn't come back and be the best again. Track gives you a goal, just like in a race. Sports is sort of like a make-believe world — it enables you to challenge yourself."

### Track People Provided Support

She noted that masters track has provided her with a steady support group. Peterson credits Phil Mulkey, a former Olympian and now one of the top male masters competitors, and Philippa Raschker, one of the world's dominant women's masters, with easing her path — both as a rookie and as a recovering cancer patient.

"It's the people and the friendships you develop that are important," she noted.

Raschker thinks Peterson is a remarkable woman. "Pat mastered the 300 hurdles, which is a grueling event, and the high jump," Raschker said. "Now she's making great progress coming back from cancer. Without track, I don't think she would have the strength and the attitude to get through the cancer."

Although her comeback is proceeding slowly, Pat hopes that she'll be in top form in time for the World

Games in Turku, Finland in 1991.

At the recent U.S. Nationals in Indianapolis, Peterson won the 80H (21.75) and 300H (85.10), took second in the high jump (3-7¼), and garnered thirds in the 100 (16.94), 200 (36.43), and 400 (1:41.61).

"I've had some terrible times," she lamented. "But I've finished the races. It's not as though I'm trying to beat anyone. I'm not trying to break an American record."

### Wants to Put Cancer Behind Her

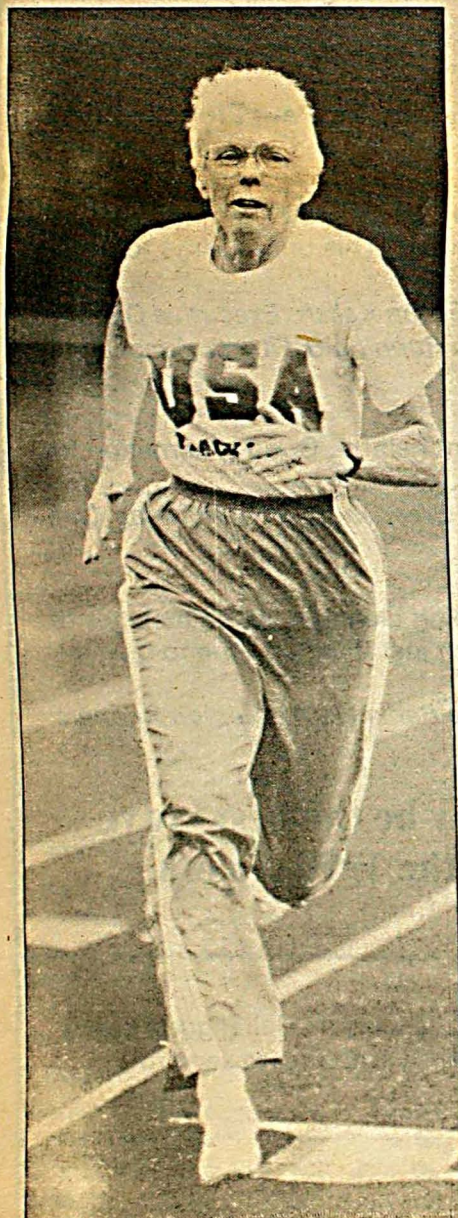
Meanwhile, she's making a valiant effort to put the cancer behind her. She's never felt better, and she's found that she's not alone in her battle.

"There are so many runners out there with all kinds of cancer," she explained. "It's unbelievable how they make a marvelous support team."

Right now, Peterson has two main goals. One is to break one or more of her own records.

The other is "to be known as a runner rather than a recovering cancer patient." □

*Reprinted and condensed by permission of the Albany Times Union.*



Pat Peterson, 64, is determined to regain her 1989 World Record form. Here she's shown practicing at the Albany Academy track in Albany, N.Y.

Photo by Skip Dickstein of the Albany Times Union

## Rocky Mountain Games

by FRANK BOWLES

The 10th Annual Rocky Mountain Games in Boulder, Colorado on September 1-2 saw many fine performances to match the marvelous weather. Robert Siemering, 30, Texas; Robert Zahn, 36, Colo; Gordon Albury, 51, N.M.; and Coloradans Robb Bong, 44, Hugo Hartenstein, 55, and John Davidson, 71, all dominated their respective divisions in the three sprints.

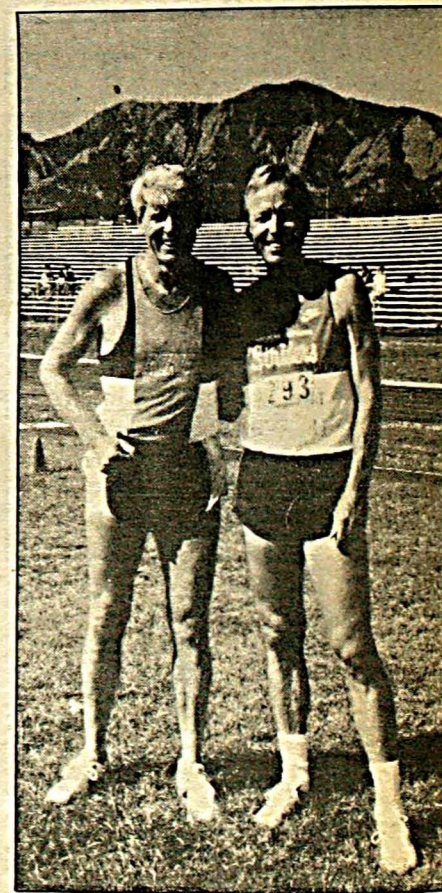
But, 70-year-old John Alexander, Texas, who was making his initial appearance in these games, probably turned in the best performance of the day with an outstanding 63.47 in the 400, very close to his own world M70 record. Alexander had captured the overall first place in the pentathlon the previous day edging out 39-year-old Mike Hill, Colo., in age-factoring, 4020 to 3813.

Hugh Hackett, 70, took part in his first pentathlon ever and finished third overall with 3479 points. Charlotte Carter, 37, Texas, earned the women's top honors in the multi-event for the third straight year.

Tireless Hector Cisneros, 56, Texas, appeared in eight events, winning six of them, a feat matched by Fred Hirsimaki, 55, Ohio, who captured all the hurdling and jumping events in his age group.

On the distaff side, Joan Dugan, 58, Colo., won her three sprints (7.80, 15.79, and 35.75), as well as the high

jump (3-8) and the discus (73-1); Pat Peterson, 64, N.Y., also garnered the three sprints (8.57, 16.48, and 35.89), then triumphed in the 400, the 80m hurdles and the high jump as well. □



Chuck Miller (left) was top master in the M50 100H with a time of 15.09 at the Rocky Mountain Masters Games in Boulder, Colo., on September 2. Fred Niedermeyer (right) bested the M50 competition in the 100, turning in a 12.44.

Photo by Fred Niedermeyer



**Benham's 89.4% is Best AG****Malloy First Woman In Annapolis 10 Mile**

by JERRY WOJCIK

Rose Malloy, 42, of Annapolis, Md., was first woman overall with a masters course record 60:40 in the Annapolis 10-Mile Run on August 26. Anthony Grier, 40, of Baltimore, Md., placed 18th overall in 54:26 to share open prize money.

But the best performance on the age-graded tables came from Ed Benham, 83, of Ocean City, Md., who won the M70-and-over-division race with a 1:18:45 for an 89.4%. Malloy's time figured to an 86.8%, just edging Grier's 86.7%.

Running pioneer Dr. George Sheehan, 71, of Ocean Grove, N.J., finished second to Benham in 1:24:37, and helped in the medical tent after the race.

The 15th running of the event attracted a full field of just over 3500 entrants, who had to contend with fog, 100% humidity, and temperatures in the low 70s — the toughest race conditions in recent memory, according to race director Evan Thomas. □

**Campbell Continues Record Pace in Philadelphia**

by JERRY WOJCIK

John Campbell, 41, of New Zealand added another masters world-best to his growing collection with a fourth place 1:02:28 in the Philadelphia Distance Run Half-Marathon on September 16. Campbell stayed with the leaders for the first five miles, but Dionicio Ceron, 24, of Mexico left everybody way back on his way to a world best 1:00:46.

The previous masters best (1:05:28) was set in 1989 by Mexico's Mario Cuevas. This year, Cuevas, 41, finished second to Campbell in 1:06:15, followed by Don Paul, 40, of San Francisco with a 1:09:22.

Norm Green, Jr., 58, of Pennsylvania won the M50-59 division race with a 1:14:18. William Conrad, 62, of New York took the M60-and-over race in 1:26:15.

Priscilla Welch, 45, of Great Britain finished seventh female in 1:13:22, 15 seconds off her 1985 course record. Her closest masters competition came from last year's W40-49 winner, Laurie Binder (43, 1:17:58) of California, and Claudia Ciavarella (41, 1:18:40) of Tennessee.

Wen-Shi Yu, 55, of New York City won the W50-59 race in 1:31:34. Mary Oppenheimer, 62, of Pennsylvania took the W60+ division (2:11:58). The top woman was Cathy O'Brien, 23, of New Hampshire with a 1:09:39.

A record field of 7500 starters found conditions ideal, with temperatures in the low 60s and the air crisp and windless. □

Benefitting youth programs in the Culver area, including Toys for Tots and the Juvenile Justice Connection Project

Join this list of winners by becoming a sponsor of this remarkable event.

WESTERN HEMISPHERE MARATHON 1990

CITY OF CULVER CITY INCORPORATED 1917

Antoinette Delgado, First Place Finisher, Women's Division, 1989 Western Hemisphere Marathon

**THE TRADITION IS THAT OF A WINNER**

**SUNDAY  
DECEMBER 2, 1990**

The Second Oldest Consecutively Run Marathon in America.  
1st AAU Sanctioned Meet to Run Women and Men Together.  
Three Women's World Best Records Set on this Course.  
Site of 1977 Women's National Championships.  
1964 Olympic Marathon Trials.  
1990 SCA-TAC District Men's & Women's Masters Championship

LAST NAME FIRST NAME MIDDLE INITIAL

STREET ADDRESS APT

CITY COUNTRY STATE ZIP

AREA CODE PHONE NUMBER

YES NO

WAVE FORM FOR WESTERN HEMISPHERE MARATHON

In consideration for the City of Culver City's Permission to participate in the WESTERN HEMISPHERE MARATHON, I, the undersigned, hereby waive and release the City of Culver City, its officers, employees and representatives and all other organizations and individuals affiliated with the WESTERN HEMISPHERE MARATHON from any and all loss and/or liability, including expenses and costs arising out of bodily injury to myself, damage to my property, and/or my death, that may result from my participation in and travel to and from the marathon, whether such injury, damage, or death is caused by the negligent act or omission of the City of Culver City, its officers, representatives and/or employees, and/or any other organization and individual affiliated with the WESTERN HEMISPHERE MARATHON, or any other cause, except a willful or grossly negligent act or omission.

In addition, I grant permission for the use of my likeness relating to my participation in the WESTERN HEMISPHERE MARATHON and waive any and all rights to any compensation to which I may otherwise be entitled for such use.

Signature

Parents Signature (if under 18)

**ENTRY FORM**

Make non-refundable check payable to:  
**WESTERN HEMISPHERE MARATHON**  
P.O. Box 707, Culver City, CA 90232

213.287.3850

Early Entry Fee: \$18.00 (Prior to 10 November)  
Late & Race Day Entry Fee: \$23.00 (After 10 November)

AMOUNT ENCLOSED \$

Division Codes (circle one)

AGE	MALE	FEMALE
Under 18	A	N
19-29	B	O
30-34	C	P
35-39	D	Q
40-44	E	R
45-49	F	S
50-54	G	T
55-59	H	U
60-64	I	V
65-69	J	W
70+	K	X
WHEELCHAIR	L	Y
RACEWALKER	M	Z



# Masters Health and Fitness

by NANCY HAMILTON, Ph.D.

## Stride Length Declines With Age

The 1989 World Games in Eugene and Nationals in San Diego are only a memory. I'm a little luckier than many in respect to memories, I guess. I have hours of videotape of sprinters in those two meets. If you were at either of these two events, you probably saw me on the infield during the 100 and 200 races with my video camera. Almost a year (and hundreds of analysis hours) later, I'm ready to share with you what I've learned from that videotape.

My primary purpose in shooting all that videotape was to determine the changes in sprint technique as runners get older. While we know, based on earlier research, that some of the decline in sprint speed is due to loss of muscle strength and nervous system function, no one has yet looked at how aging affects running mechanics.

My hypothesis was that part of the decline in sprint performance with aging might be due to mechanical factors such as range of motion in the joints and the effect on stride length and stride rate. The videotapes I recorded of each heat of each 100 and 200 race were brought back to the University of Northern Iowa. The running strides of each of the fastest runners in each age group were "digitized" into a computer and analyzed. All the data across all age groups was then compared to see which aspects of sprint-stride mechanics were changing as runners got older.

### Stride Length

Once this analysis process was completed, several things started to emerge. The two basic components of sprint speed are stride length and stride rate, so it was apparent from the start that there would be changes in one or the other or both of these characteristics.

In fact, I found that both stride

length and stride rate did change. The somewhat surprising thing was that stride rate changed only a little (not statistically significant) while the changes in stride length were quite large. The runners in the M35-39 age-group 100, for instance, ran at 2.2 strides (4.4 steps) per second while the 90-year-old men ran at 1.7 strides per second, a decrease of only 22%. In other words, older runners are still turning it over at close to the same pace. Stride length, on the other hand, ranged from 4.72 meters per stride (2.36m per step) by M35s to 2.84m per stride (1.42m per step) for 90-year-olds, a decline of 40%. Even though the legs are still moving quickly, they are not gaining as much distance on each step.

### More Ground Contact

In investigating why these changes occur, I found that as age increased so did the amount of time each foot spent in contact with the ground. This may, in fact, be due to changes in the nervous system, which are difficult to combat. The changes in stride length, however, turned out to be more closely related to changes in the range of motion in the hip and knee than to an increase in contact time. Between the ages of 35 and 90, the range of motion in the knee decreases from 123 degrees to 95 degrees, a 33% drop. Range of motion in the hip goes from 92 degrees to 51 degrees, a 38% drop. In other words, between the ages of 35 and 90 a sprinter loses one-third of the mobility in the legs. While this decline in range of motion is fairly constant, the greatest changes seem to occur after the age of 50 in the knees and after 60 in the hips. Of these two joints, the hip seems to be slightly more important to sprint speed than the knee.

What does this actually mean for the aging sprinter? Within the limits of joint and muscle health, the range of motion can be improved with conditioning. In sprinting, the key to hip mobility is to increase the mobility in *extension*, the kick or drive phase of the stride. To do this it is necessary to

## Track & Field Rankings Report

by JERRY WOJCIK  
National Masters T&F Rankings  
Coordinator

Rankings for the 1990 indoor triple jump, indoor mile racewalk, and indoor 3000 racewalk appear in this issue. Charles Mercurio of California compiled the triple jump. Marks from December 1989 meets have been included in all three lists.

I compiled the racewalks to further interest in the fastest-growing event in masters track, and with the hope of recruiting walk compilers for the 1991

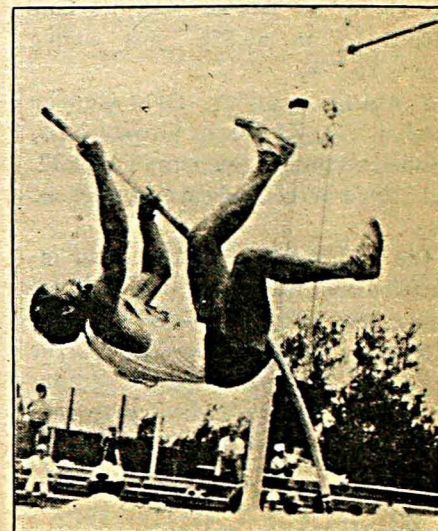
indoor and 1990 outdoor track seasons. Subscribers with walk interests and expertise who are interested in volunteering should contact me through NMN.

For all 1990 outdoor season track rankings, athletes should send their best marks, if not published in NMN, to the compilers listed in the October issue. Athletes can also contribute to the accuracy of the rankings by correcting errors in athletes' names, age-groups, and results from meets in which they participated. □

## Corrections

• In the National T&F Championships results in the September issue, Marty Engel, 58, was listed as second in the M50 HT with a 41.44. He should have been in third place in the M55 division. Also in the HT at the Nationals, Walter Slovenski, 70, was omitted from the M70 results. He should have been credited with a second place silver with a 39.50.

• Omitted from the 1989 World Top Weight Pentathlon Scores in the August NMN, p. 9, was the 3339 by Ham Morningstar, USA, 72, on December 30.



Henry Hopkins of Indiana clears 13-0 to take the M45 pole vault bronze medal, TAC National Masters Championships, Indianapolis, August 4.  
Photo by Jeff Loubet

spend time stretching the quads, the muscles on the front of the thigh. The safest way to stretch these muscles is to warm up for 10-15 minutes, then assume a position where the knee is fully flexed and the hip is fully extended. It is much safer if you are *not* using your body weight to force this stretch. Two very good stretch positions are 1) lying on the stomach, bend one knee and then lift that same knee off the ground as high as possible *without* letting the hip bone come off the ground, and 2) use the yoga position called "the dancer" — from a stand, bend one knee then reach back and grab that ankle. Pull the leg up as high as possible while bending forward at the hips. When the chest is parallel to the floor, push the ankle against the hand and continue to lift the leg.

### Static Stretches

Both of these stretches are static stretches and should be held for 10 seconds on each leg, repeated three times. *No bouncing* should be done while stretching. This is when muscle injuries occur. It is safer and more effective to get to a position of maximum stretch and hold it.

Another technique that may help increase sprint speed through greater hip extension is to use the muscles of the buttocks to push backward on each step. Rather than reaching out with the foreleg to get maximum distance forward, think about pushing back as hard as you can on each step. Use the

buttocks and the hamstrings, very much the way you push off hard out of the starting blocks. One word of caution — it is critical that the quads be warmed up and well stretched. Increasing the backward push will stretch the quads hard just before they contract to bring the leg through.

Beyond these two general suggestions (increase flexibility and push backward) for overcoming a decrease in hip range of motion, individual runners show changes in a number of other ways. While it is not possible to catalog all of these differences, it is possible to provide individual stride analysis to any runner who was videotaped during this study.

### Personal Stride Analysis

If you participated in the 100 or 200 at either the 1989 TAC/USA National Masters Track and Field Championships (San Diego) or the 1989 World Veterans Games (Eugene) and would like your sprint stride analyzed using the latest in computer technology, I can do this. Send me your name, age at that time, the heat(s) you ran in, your lane assignment(s) and your finish place(s) along with a check for \$25.00 made out to the University of Northern Iowa and I will send you an individual stride analysis along with suggestions for improving your stride mechanics. Write to: Dr. Nancy Hamilton, Biomechanics Lab, 203 West Gymnasium, University of Northern Iowa, Cedar Falls, IA 50614-0241. □

## 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

• **SPORT QUILTS:** Personalized quilts made from your favorite T-Shirts. For brochure, send SASE to Anne Tiffanie, Rt. 2, Box 139, Leesburg, VA 22075; (703) 338-2835.

• **RUNNERS LOG FOR COMPUTER:** Keeps track of daily miles, times, description of workout, road races, and track meets. Predictions, IBM compatible, Send \$9.95 to RUNNERS LOG, P.O. Box 4100, Florissant, MO 63032.





## The International Scene

by DON FARQUHARSON, Past President, WAVA

### The Way It Is

In the October issue of the *National Masters News*, WAVA President Cesare Beccalli asserted that at the WAVA General Assemblies in Melbourne (1987) and Eugene (1989), the indication was clearly made that *integration* with the IAAF was desired by the WAVA membership.

In fact, *cooperation* has always been the keyword. As the former President and current Historian of WAVA, I feel it is important that corrections be made concerning this and other assertions made by Cesare.

#### IAAF Meeting

Not only in his article, but also at the IAAF Veterans Committee meeting in Budapest, Hungary (July 1, 1990) did Cesare state that the General Assembly supported "integration" of WAVA with the IAAF.

The minutes of that meeting state: "Mr. Beccalli... fully agreed with (Hans Skaset's) view of cooperation and integration which... the WAVA General Assemblies had voted for at their 1987 Congress in Melbourne and their 1989 Congress in Eugene."

The minutes further state: "Mr. Beccalli informed the IAAF Committee that the WAVA Council, at its last meeting in Turku, Finland, adopted a different line to that of himself, to that of the IAAF, and to that agreed to by the WAVA General Assembly... and in spite of the position of his Council, he would continue to pursue the line decided by the WAVA General Assembly, which was one of *integration* with the IAAF."

As a result of these statements by Cesare, the IAAF Veterans Committee reported: "The IAAF Committee fully understood that while certain members of the WAVA Council did not agree with the line of cooperation with the IAAF, this was not the feeling of the WAVA General Assembly who had twice voted at Congresses to pursue *integration* with the IAAF."

#### Misleading Statements

The statements clearly make it appear that the majority of the WAVA Council members are betraying the expressed wishes of the General Assembly. The facts are these:

In May, 1984, at a WAVA Council meeting in Rome which I chaired, August Kirsch, IAAF Council member, and John Holt, IAAF

General Secretary, officially approached us with the excellent idea of cooperation between WAVA and IAAF. As a result, the WAVA-IAAF Veterans Committee was formed to explore the advantages therein.

Meetings were held and a report was made the following year (1985) to the WAVA General Assembly in Rome. After considerable discussion, a motion was passed by the WAVA Assembly that "the Executive (Council) continue discussion with the IAAF and, if they considered it advantageous, they be empowered to enter an agreement with the IAAF for future cooperation, which agreement must face ratification by a future WAVA Assembly." Minutes of the 1985 General Assembly bear this out.

As a result of this motion, discussion continued at the WAVA-IAAF Veterans Committee. But no agreement was entered into, primarily because WAVA had a South African affiliate. This affiliate was suspended by WAVA at its 1987 Assembly in Melbourne. *No action of any kind re the IAAF was taken at the 1987 WAVA Assembly.* The WAVA-IAAF Veterans committee was disbanded unilaterally by the IAAF, who then formed their own IAAF Veterans Committee which contains some WAVA Council members.

*At the 1989 WAVA General Assembly in Eugene, no motion or intentions were expressed by the membership.* Beccalli stated "WAVA does not, at this stage, see a need for developing a form of contract with the IAAF" (from the minutes of the General Assembly Meeting).

Now, in his October NMN article, Cesare has completely changed his statements, while at the same time accusing other council members of actions contrary to General Assembly wishes. The President has overstepped his authority, and that is why he does not have the confidence of the Council. You must draw your own conclusions from these easily-checked facts.

#### History of WAVA-IAAF

To another consideration, in his opening paragraph and again in his curriculum vitae, Cesare tries to give the impression that he is the first, the best, and the only person to have succeeded in gaining IAAF recognition of WAVA.

In 1977, Arne Anderson, one of the world's great runners of the 1940s, was bitterly disappointed when his plea for reinstatement of amateur status (which

he had lost 33 years before for accepting expense money) was refused. Now, at age 57, he could not take part in the second World Masters (since renamed Veterans) Championships in his native city of Gothenburg.

Since many suspended former athletes were enthused with the idea of returning to competition as masters (veterans), an appeal was made to the then-IAAF President, Adriaane Paulens. Mr. Paulens kindly came to

Continued on page 19



W45 hammer thrower at XII Indian National Veterans Athletic Championships, Lal Bahadur Stadium, Hyderabad.

Photo from V. Suryanarayana



W60 20K racewalkers in three different styles of sportswear, XII Indian National Athletic Championships, at Lal Bahadur Stadium, Hyderabad.

Photo from V. Suryanarayana

## TURKU, 1991!

### IX. World Championships

July 18 - 28, 1991

Travel with Jim Puckett, Competition Director of the VIII. World Championships, Mike Heffernan, and other top American Athletes to Turku!

The airline is SAS, many times selected as the best airline in the world. Fifty people will be traveling in the group. Space is limited, so early reservation is highly recommended to guarantee space. A down payment of \$100.00 per person is required to hold space.

#### What is it going to cost?

	Double	Single
Los Angeles RT.....	\$1,790	\$2,065
Seattle RT .....	1,840	2,120
Chicago RT .....	1,720	2,000
Newark RT.....	1,640	1,920

Prices include RT air, lodging for 12 nights, and breakfasts. There is a minimum three night stay required. Air only, plus side trip arrangements can be made. But remember, *July 16, 1991 is closer than we think!*

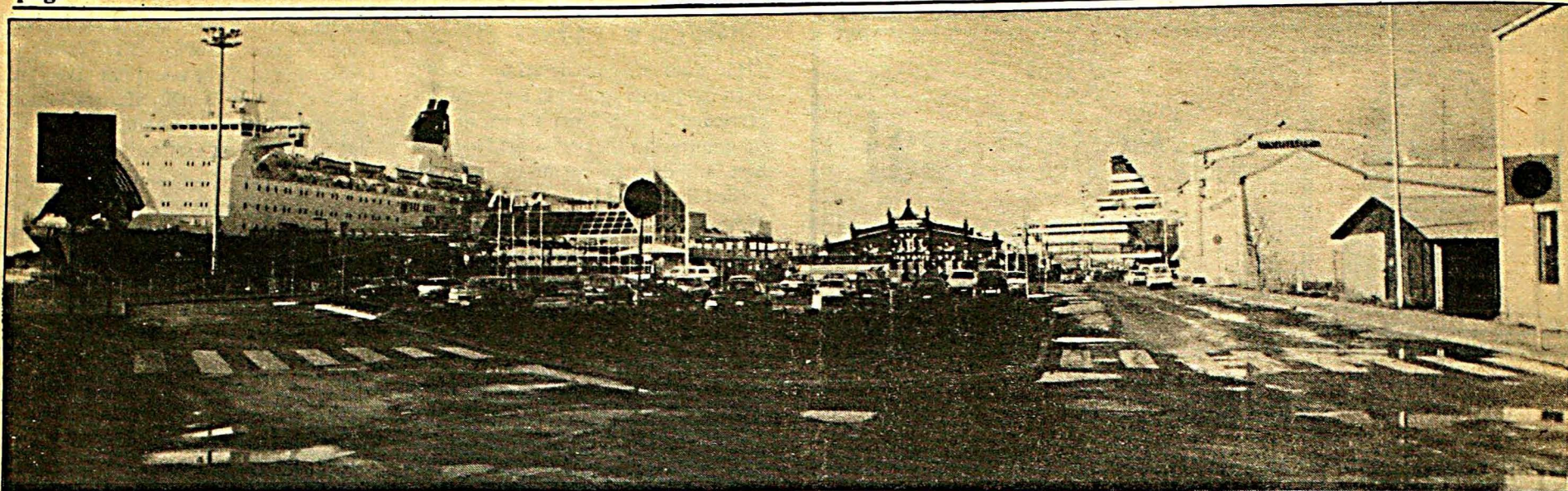
All prices are subject to change until paid in full. Change and cancellation penalties will apply.

Call 1-800-669-7052 for information.

Turku, 1991, c/o All Star Travel  
7958 S.E. Foster Rd. • Portland, OR 97206







Port area of Turku, Finland, site of IX World Veterans Games, July 18-28, 1991.

Photo by Olavi Niemi



## Report from Britain

By ALASTAIR AITKEN of *Athletics Today*, and  
MARTIN DUFF of *Athletics Weekly*

Les Presland, who was 51 on September 25, broke the M50-54 WR in the Berks Track Championships with a 31:59.5 on August 21. After the race, he said, "I did not run it evenly, going through in a group at 5000 in 15:48, but hung on to beat the old time of 32:05.5."

Presland was part of the Aldershot team that took second behind surprise winner Brighton in the Southern Veterans Road Relay Championships, September 30, at Rushmoor Army Arena near Aldershot. Keith Penny of the Cambridge Harriers ran the fastest M40 time of the day with an 18:37, ahead of Peter Standing (19:03), while Martin Duff (19:36), Presland (19:11), and Steve Charton (22:21) were the best M45, M50 and M60 respectively, over the 6K course. Over 120 four-man, veteran teams took part.

Standing, an ex-international cross-country runner, led all the way to win the Portfolio AAA's 10K out of 132 veterans in 31:35 at Battersea Park, August 12. Will Chapman, a day after turning 84, covered the course in 58:34.

Dave Spencer was the winner (4:39.3) in the Noel Noble Veterans track mile, August 29, with Peter

Hamilton second (4:42.3).

The first veteran in the Wrexham Town Centre 5K, September 16, was ex-world veteran mile record holder Ron Bell in 15:38.

Zina Marchant, running in the non-veteran women's Midland Road Relay Championships, broke the course lap record with a 16:27, 31 seconds below the old record, and took her City of Bath team to the victory at Birmingham, September 29.

One of the more farcical races in Great Britain recently has been a "Tour de France" type stage relay over three weeks between Glasgow and London. Daily stages were between 10K and 16 miles.

The early period was dominated by Kenyan Kip Kosgei, who claimed to be 43-years-old. However, as with fellow countryman Joe Nzau, he is believed to be only in his late thirties. Kosgei won several of the opening stages in the first week, but, after getting involved in a fist fight (during the race!), Kosgei was relegated to the back of the field.

Rod Dixon began the race, but after uninspiring performances in the first two days, withdrew, claiming to be suf-

fering from a virus. The dropout rate by the end of the third week was 30%, but Tony Simmons, 41, ran solidly throughout and eventually wound up 35th overall, some 90 minutes behind the overall winner, Paulo Catarino of Portugal.

Other veterans fared less well. John Fry and Alan Rushmer were at the back of the field, nearly 3½ hours down.

The race was staged by Sun-Life Insurance Company for a minor TV station. □

**LET'S DO IT!**  
**TURKU**  
**WAVA '91**

**Travel is our business . . . our only business**



Join Snug Harbour Tours for the  
**IX WORLD VETERANS  
CHAMPIONSHIPS IN TURKU**

**Limited space – Write or Call NOW**

*Book before November 1 to avoid probable airfare increase*

SNUG HARBOUR TOURS 1372 Broadway, Suite 902,  
New York, NY 10018 attn: Diana Schneider  
Telephone: (212) 391-5611 Fax (212) 704-0376

**Reliability you've grown to trust . . .  
serving the Masters for over eleven years**

**SPORTS TRAVEL INTERNATIONAL, LTD.**

4869B Santa Monica Ave. P.O. Box 7823

San Diego, CA 92107

Ph (619) 225-9555 Fax (619) 225-9562





## 20 Canadian Records Set in Championships

The Canadian Masters Track & Field Championships on August 11-12 in Montreal yielded 20 age-group Canadian records. The meet attracted over 165 athletes, 40 of them women, and included a handful of U.S. citizens and two Australians.

Fifteen of the 20 records were Canadian open and native records, while the U.S. contingent accounted for five Canadian open bests. Ontario's Judith Kazdan set three Canadian native marks in the W70 1500 (7:24.09); 5000 (26:15.08); and 10,000 (53:30.62). Jutta Riegel, W50, of Quebec broke

records in the 100 (15.27) and 200 (31.73). Laura Lynn, W40, of Ontario set new standards in the 5000 (18:18.32) and 10,000 (37:45.88).

Double Canadian open record-getters were Ross Carter, M75, of Oregon, in the shot (11.94) and discus (36.76), and Barbara Stewart, W45, of New York, in the pole vault (1.80) and weight (6.74).

Peter Crombie, M45, of Australia unleashed the best 100m time (11.77) of the day and easily won the 200 (23.98) and 400 (53.95). □

### The International Scene Continued from page 17

the Gothenburg Championships and, together with Roland Jerneryd and Jacques Serruys, I outlined WAVA's aims and made our viewpoint known to him. Mr. Paulens agreed to discuss the matter, provided WAVA championships involved men no younger than 40 years of age and women no younger than 35.

As a result of this, following the next IAAF Council meeting, the IAAF Bulletin #22 of January, 1978 stated:

**"Veterans Athletics.** This movement for men athletes over 40 and women athletes over 35 years of age is growing in importance year by year. In Goteborg in 1977, we saw Championships for World Veterans (N.B. - Not World Championships, as only the IAAF can organize World Athletic Championships), and it is planned this year to stage Championships for European Veterans in Italy. Many of these veterans come to our sport fresh, having practised other sports and, in some cases, they have even been professionals in other sports. The Council has been asked to give its opinion on how the IAAF can best cooperate with the masters (veterans) movement and this can be summed up as follows:

"We welcome the movement of Veteran Athletics and acknowledge the fact that it contributes towards extra propaganda for the sport of Athletics. It is also realized that many of these Veterans will not only practice the sport themselves, but will encourage younger athletes and will act, in many cases, as judges and coaches.

"As far as **Technical Rules** are concerned, Council believes that there can only be one set of basic athletic Rules at all levels and ages, which should be practised worldwide. (This does not mean, of course, that the younger or older age groups cannot use lighter implements for example.)

"On the question of Eligibility Rules, however, the Council believes that the IAAF should not be concerned with the eligibility status of athletes competing in Games or Championships which are restricted to the Veteran age groups. It feels that some allowance must be made, so that once an athlete has become a Veteran, his or her eligibility should be decided by the rules formulated by the organizing committee responsible for that particular meeting, Games or Championships.

"Finally, under this system, Veteran events should not be included in an athletics meeting held under IAAF Rules.

"There is no doubt, having witnessed the Goteborg Veteran Championships, that these athletes derive a great amount of pleasure from their sport, particularly as they are able to pit their skill and prowess against fellow athletes of their own age, and the Council decided at its last meeting to formulate proposals to bring the above principles into effect, subject to the approval of the Puerto Rico Congress in October 1978. This approval was given."

Clearly WAVA recognition by IAAF goes as far back as 1978. Further to this, in my capacity as President of WAVA I was also invited to address the entire IAAF Congress in 1986 at Stuttgart. After briefly outlining our aims I dwelt on the advantages of WAVA-IAAF Co-operation.

In the matter of the drug testing the position of the WAVA Council was outlined by Alastair Lynn in the September issue of NMN. WAVA accepts the need for drug tests in principle but first a study on the unusual aspects of the necessary use of drugs (prescribed) by older persons should be made and testing introduced at the Xth championships in 1993. At the 1989 WAVA Assembly President Beccalli, in his report stated (Quote minutes 2.3) "WAVA had no plans to introduce such testing."

Why now is there such a hurry to enforce tests in 1991 before the General Assembly can offer an opinion?

Finally, I would draw your attention to Cesare's second-to-last paragraph. Having spent his entire article declaring his determination to guide WAVA to IAAF Integration, he ends by saying that if the Assembly disagrees with his views they should still re-elect him President and he would carry out their wishes faithfully. I am sure that you would feel hard pressed to accept that statement.

Alastair Lynn also published an article in NMN in September 1990 and if you will read both articles it must occur to you that when Alastair thinks veteran athletics, he thinks WAVA with IAAF cooperation. When Cesare thinks veteran athletics, he thinks IAAF and WAVA integration. □

## TURKU, FINLAND '91

9th World Games

July 18 - 28, 1991

*Join Travel Masters at the 9th World Games and beyond!*

### Package A - TURKU only

12 NIGHTS HOTEL  
ROUNDTrip AIRPORT TRANSFERS  
HOTEL TAXES & SERVICE CHGS  
BREAKFAST DAILY  
ONSITE TOUR ESCORT  
& MUCH MORE  
from \$1249.00pp

### Package B - TURKU & LENINGRAD

ALL OF PACKAGE A PLUS  
R/T TRAIN TO LENINGRAD  
1 OVERNIGHT ON TRAIN WITH  
SLEEPING ACCOMMODATIONS  
2 NIGHTS HOTEL LENINGRAD  
ALL MEALS IN USSR  
1 NIGHT HOTEL IN HELSINKI  
RUSSIAN VISA FEE  
2 DAYS TOURING IN RUSSIA  
from \$2399.00pp

### Package C - TURKU, LENINGRAD & STOCKHOLM

ALL OF PACKAGES A & B PLUS  
OVERNIGHT CRUISE TO SWEDEN WITH  
STATEROOM  
2 NIGHTS HOTEL IN STOCKHOLM  
BREAKFAST DAILY  
STOCKHOLM CITY TOUR  
TRANSFERS  
from \$2749.00pp

**AIRFARE: from \$850.00pp**

RT NYC - HELSINKI

AIR ADD-ONS FROM HOME CITY  
QUOTED ON REQUEST

ALL AIR ON SCHEDULED IATA  
CARRIERS

*call or write  
for further  
information*

"We hope you will take  
this opportunity to travel  
to TURKU with us!"

**Travel Masters**

124 ROUTE 10  
RANDOLPH, N.J. 07869  
201-361-3220



# NORTH AMERICAN REPORT

by DAVID PAIN  
Regional Delegate, WAVA

## Biennial Meeting Held

The delegates to the WAVA North America Region met on August 26, 1990 at the Hotel Normandie in Port-of-Spain, Trinidad and Tobago. Present were representatives from the USA, Canada, Mexico, Trinidad and Tobago, Puerto Rico, and the U.S. Virgin Islands.

### Bid Presentations

Bid presentations were made for the 1992 Regional Championships from Jalapa, Mexico and Victoria, Mexico. The final selection will be made during the WAVA Championships next year in Turku, Finland.

Canada said Edmonton may submit a bid in Turku for the 1994 Games. Trinidad also expressed an interest in bidding for a future championships.

### Non-Stadia Events

Norman Green, Non-stadia Chair-

man, reported that the 1990 WAVA North American Marathon, staged in the Yukon, was well organized but lightly contested, due to the remote location.

Green suggested WAVA contact the Old Kent River Run 25K organizers in Grand Rapids, Michigan, to host the 1991 Championships.

Green also proposed a 10K or marathon be held in 1992 in conjunction with the North American T&F Championships. He suggested a half-

marathon or marathon in 1993. His motions carried.

### Racewalking

Bob Fine, Racewalking Chairman, said he was seeking more sanctioned events.

### Treasurer's Report

Al Sheahen, Treasurer, reported a cash balance of \$1700 on hand plus an undetermined amount due from the Trinidad organizers.

### Elections

The following agreed to continue in office: David Pain, Chairman and WAVA Regional Delegate; Don Farquharson, Vice-Chairman; Al Sheahen, Treasurer; Ruth Anderson, Women's Chairwoman; Norm Green, Non-stadia Chairman; Brian Oxley, Stadia Chairman; Bob Fine, Racewalking Chairman; Rex Harvey, Multi-events Chairman.

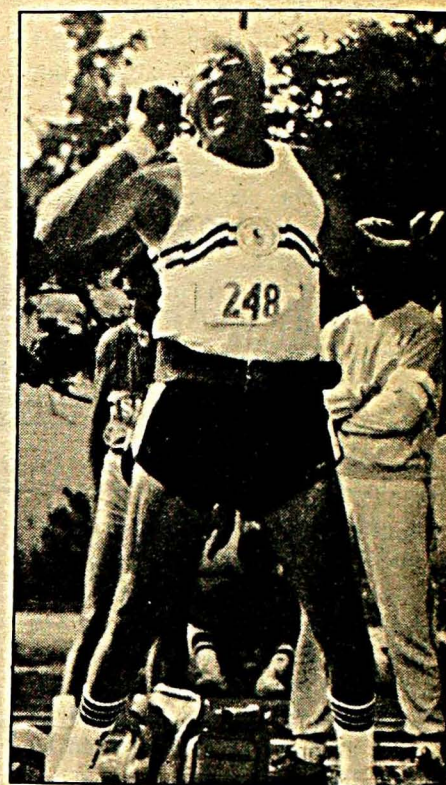
There were no further nominations and the above were approved by acclamation.

### New Business

Guyana said it has applied for affiliation with WAVA. Although it is located on the South American Continent, Guyana, for historical reasons, wishes to be affiliated with the North American Region. Fine said Guyana should first contact the South American Region to gain its approval.

### Secretary

Following the meeting, Zeno Constance agreed to act as secretary pro-tem until the committee could act on his appointment in Turku. □



Mike Castaneda, 71, of Rancho Mirage, Calif., in the 15th Mexican Masters National Championships, July 20-21, in Aguascalientes, his birthplace. Competing for the Aguascalientes track team, Castaneda set Mexican records in the shot and discus.

## IX WORLD VETERANS CHAMPIONSHIPS IX WORLD VETERANS CHAMPIONSHIPS TURKU, FINLAND — JULY 18-28, 1991 TRAVEL TOGETHER AND SAVE!!!

Complete package includes: round-trip airfare, selected accommodations, transfers, personal escort by Paul Geyer, masters race walker. Optional: local tours in Finland, Norway and Sweden.

Package will cover to and from all destinations in USA, Canada, Central and South America.

Please write to Paul Geyer for all information which is now available and will be sent to you immediately. Time is running out to get select reservations for Turku. Don't wait. Do it now!

**SKI & TRAVEL INTERNATIONAL, INC.**  
P.O. Box 630096, Miami, FL 33163

## WAVA/TAC Hurdles and Implements Specifications

### HURDLES

WOMEN					
Age	Race Distance	Hurdle Height	To 1st Hurdle	Between Hurdles	To Finish
30-39	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					
30-39	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	110m	.991m 39"	13.72m 45'	9.14m 30'	14.02m 46'
40-49					
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"
30-49	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				
30-49	4.00k	1.00k	4.00k	600gms.
50 plus	3.00k	1.00k	3.00k	400 gms.
Men				
30-49	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

### PRESIDENT:

Cesare Beccalli  
P.O. Box 76  
37010 Assenza di Brenzone  
(Vr) Italy

### EXECUTIVE

### VICE PRESIDENT:

Bob Fine  
4223 Palm Forest Drive  
Delray Beach, FL 33445  
USA

### VICE-PRESIDENT

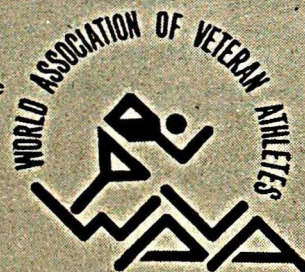
#### (Stadia):

Bill Taylor  
17 Poplar Farm Close  
Milton-under-Wychwood  
Oxford, OX7-6LX  
Great Britain

### VICE PRESIDENT

#### (Non-Stadia):

Jacques Serruys  
Postbox 7  
B8000, Brugge, Belgium



### SECRETARY:

Alastair Lynn  
161 Harrison Drive  
Newmarket, Ontario  
L3Y6B8 Canada

### TREASURER:

Al Sheahen  
P.O. Box 2372  
Van Nuys, CA 91404  
USA

### PAST-PRESIDENT:

Don Farquharson  
269 Ridgewood Road  
West Hill, Ontario  
M1C 2x3 Canada

### WOMEN'S DELEGATE:

Bridget Cushen  
156 Mitcham Road  
West Croydon,  
Surrey, England

### DELEGATE OF:

#### NORTH AMERICA

David Pain  
5643 Campanile Way  
San Diego, CA 92115  
USA

#### SOUTH AMERICA

Jose Figueras  
Juncal 1395  
Floor 2 of 15  
Montevideo  
Uruguay

#### ASIA:

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

#### EUROPE:

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

#### OCEANIA:

Jim Blair  
P.O. Box 2910  
Wellington, New Zealand

#### AFRICA:

Contact President



## Write On Continued from page 4

Both told me Pain, WAVA North American Chairman, was the only one to make a decision to cancel.

The meet organizers called some U.S. competitors prior to the meet. None of those to whom I spoke agreed to attend. I'm confounded that meet directors would go ahead with the meet when faced with the knowledge that many of the foreigners were not going to attend. One was told she could have a refund. Why is she being treated differently than the rest of us?

The Ministers of Sport and Tourism were hoping to create a favorable impression of Trinidad and to enhance its reputation as a tourist destination. Are they aware that the ill-will created over the refusal to refund fees has created negative feelings. Trinidad would probably be the last place many of us would want to go on a vacation. As for having a return meet there, without the return of fees from this meet, don't even think about it.

In sum, more than 50% of the registered competitors don't show up for the meet and Pain persists in calling them "defectors." Has it occurred to him that one of his options was to represent his constituency, and that perhaps the meet should not have been held?

*Marilyn Mitchell  
New York City*

It was with surprise that I read the letter of criticism directed at David Pain concerning his decision to maintain WAVA sanction of the 1990 North American Championships in light of the Trinidad political situation.

When the coup attempt occurred one month before the championships, it was decided, after discussion between various members of the North American WAVA Executive, to wait and see how effectively law and order could be restored in Trinidad.

I personally spoke to the Trinidad and Tobago Consular General, as well as to Air Canada, and received assurances that all was under control. I relayed those assurances to many of those who subsequently signed the letter.

Though shocked and hurt by what had happened, the Trinidadians were absolutely peaceful, most friendly, and anxious to resume their normal lives. Although the absent entrants were missed, the meet was well-conducted and otherwise a success.

I regret that the signatories found it necessary to write their letter.

*Don Farquharson  
Toronto, Canada*

I am a member of the North American non-stadia committee, and am also a travel agent, and wearing either hat, consider the attack on David Pain to be totally unwarranted.

As David said in his reply, the situation in Trinidad was rapidly stabiliz-

ing, and as he pointed out he had to give consideration not only to the North American athletes, but those of the other countries involved, as well as the meet organizers, the tour companies who had cooperated with WAVA and sent funds etc.

At the time David made his decision, I sent him a congratulatory fax, and I have had no reason to change my mind since.

The organization was remarkably smooth, considering the problems they had had, and the Trinidad people were delightful.

The biggest drawback was of course the cancellations and the no shows, which spoiled what could have been a fantastic meet. The trip was certainly a worthwhile experience, and I would not have missed it for anything.

*Ken S. Richardson  
Maple Ridge, British Columbia*

### AGE-GRADING

At the Thomasville, N.C. decathlon the over-all winner, John Alexander of Texas, said he thought the age-factoring favored the older athletes. I pointed out to John that in the special men's age-factored 100 in Indianapolis, except for Hugo Hartenstein, everyone finished in perfect order — youngest to oldest.

In the women's special 100 the three youngest ladies finished one, two, three.

Perhaps the age-graded curve needs a little more bend. Gentlemen, start your computers.

*Boo Morcom  
Wilmot Flat, New Hampshire*

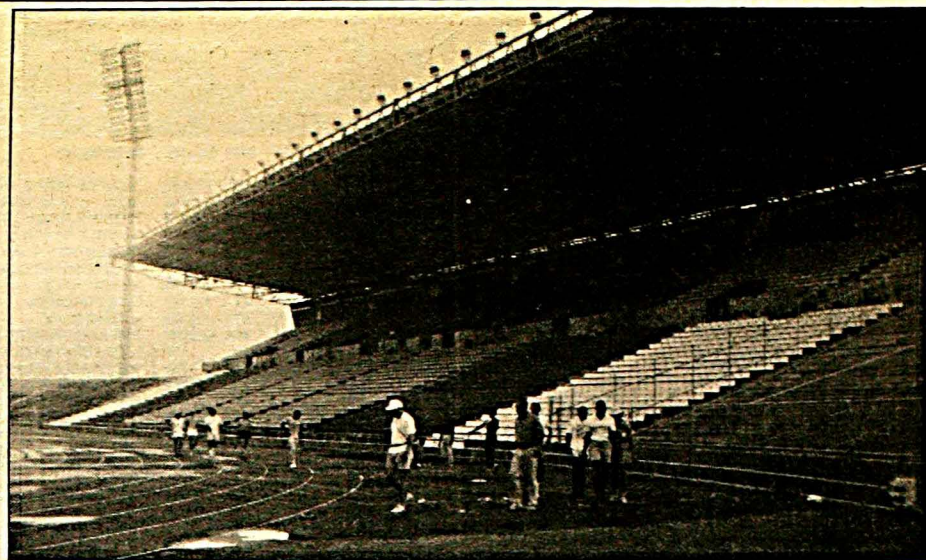
### THEOBALD REMEMBERED

I was informed a few days ago that Albert (Gus) Theobald was hit by a car and killed.

Gus Theobald was one of the great masters athletes of all time; there just hasn't been anyone close to him in the M90 age division as a racewalker. When I knew him in his 80s and 90s he was outwalking many younger athletes as he won the Australian and World Championships with ease. Last year in Eugene his 2:41:43 in the 20K Racewalk at age 92 was almost 12 minutes faster than that of Sigurd Tormoen, the gold medalist in the M80 division.

Just two weeks before his death, Gus won his division in the 10K at the Victorian mid-winter championships. He also took the 20K at the Australian championships in Easter. He had even competed locally on the night before the accident.

His loss as a friend and competitor, as well as a gentleman of the highest order, is tragic. But those of us who knew him and walked with him can take some solace in the knowledge that, though he seemed destined to go on forever, he died at 93 still com-



Competitors inspect National Stadium, site of track competition, WAVA North American Regional Championships, Trinidad & Tobago, August 23-26.  
Photo by Linda Pain

peting and winning even up to the last night of his life.

The sport of racewalking will never be the same without Gus Theobald. He was indeed a remarkable man.

*Gordon Wallace  
Prescott, Arizona*

### NEW AGE-GROUP ATHLETES

May I suggest that you examine more closely the NMN feature entitled "Athletes Who Enter A New Age Division This Month."

In your August issue, you reported that Piet van Alphen of Holland would be entering the M60-64 age group as of 8-16-90. Perhaps you've forgotten the In Memoriam piece NMN ran in August 1987 on Piet's death the week after he won the Brugge 25K with a time of 1:26:37 at age 57.

*Max Jones  
West Yorkshire, England*

### TYMN'S CONCLUSIONS FLAWED

Mike Tymn's column (July) attempted to compare performances at different distances. The clear explanation why the masters mile record is poorer than the masters marathon record (on an absolute, non age-graded scale) is obvious: runners lose speed faster than they lose endurance.

There is considerable evidence for this. Recall, for example, Carlos Lopes' trashing of the world marathon best in 1985 at age 38. We would certainly be surprised if a 38-year-old miler took several seconds off the mile world record. Tymn presented, but misinterpreted, the evidence.

One would expect the best masters performances to improve as the distance increases. Tymn's table of open and masters men's world records at various distances clearly demonstrates this. The difference between the masters best and the open world best decreases systematically from 11.1% at 200m to 3.3% at the marathon — rather dramatic evidence that one loses speed faster than endurance as one gets older.

*Alan Kleinsasser  
Putnam Valley, New York*

*(I agree we lose speed faster than we lose endurance. I wasn't aware that I*

*indicated otherwise. I tried to present objective data and let the reader come to his own conclusion.*

*I think it's really leg and hip-flexor strength that we lose more than leg turnover time (speed?). That loss of strength results in a shorter stride.*

*What people often refer to as "speed" is really power, i.e., strength x speed. So it might be more appropriate to say we lose power faster than endurance. — Mike Tymn.)*

### KUDOS

I participated in the Philadelphia Masters Meet at Ursinus College in August. It was a thoroughly enjoyable experience.

My thanks to Walt Fisher for conducting such a well-run meet, and a tip of the hat to the courteous and dedicated officials who toiled without complaint on such a hot, humid day.

*Ed Lukens  
Skaneateles, New York*

In the September issue, while reporting the javelin results at the Fort Sanders Tennessee Masters Track and Field Championships in Knoxville, Dean Waters mistakenly wrote that I was a member of the 1964 Olympic team. I wish! I tried out for the '56 and '60 teams, but an ulna nerve transplant and a subsequent injury kept me off both.

On a more serious note, I would like to commend the people who put on the Knoxville meet. The officiating, the facilities, and equipment were all first rate. I highly recommend this event to all athletes — especially those who throw the javelin. I can assure you that they will have a steel tape and all of the proper equipment, and that the javelin will not be run off the way it was at the Nationals in Indianapolis.

*W.H. Duckworth, Jr.  
Jonesboro, Georgia*

■ 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.



## 1989 U.S. MASTERS 10K LONG

(Compiled by TACSTATS/USA, The National Center for Long Distance Running)

DIVISION	RANK	TIME	ATHLETE NAME	CTZ	HOM	AGE	BDATE	RACE NAME	ST	RACE DATE	DIVISION	RANK	TIME	ATHLETE NAME	CTZ	HOM	AGE	BDATE	RACE NAME	ST	RACE DATE
40-44		29:19a	JOHN CAMPBELL	NZL		40	020649	INTERNATIONAL PEACE RACE	OH	10/22/89	45-49	29	34:05	GEORGE MASON	USA	CA	45				
40-44		29:25.4	JOHN CAMPBELL	NZL		40	020649	AZALEA TRAIL RUN	AL	03/18/89	45-49	30	34:07a	BILL SMITHAM	USA		45				
40-44		29:57a	RYSZARD MARCZAK	POL		44	112545	INTERNATIONAL PEACE RACE	OH	10/22/89	45-49	31	34:11a	CHARLES PARMALEE	USA	NY	45				
40-44	1	30:00	BILL RODGERS	USA	MA	41	122347	MYRTLE BEACH CLASSIC	SC	04/08/89	45-49	32	34:13.8	BOBBY DANNELLEY	USA	MS	47				
40-44		30:00a	VICTOR MORA	COL		44		PEACHTREE ROAD RACE	GA	07/04/89	45-49	33	34:17a	JOSEPH ABERNETHY	USA	NY	46				
40-44		30:07	VICTOR MORA	COL		44		RED LOBSTER CLASSIC	FL	03/11/89	45-49	34	34:18	GREG KING	USA	FL	46				
40-44		30:15a	WILSON WAIGWA	KEN	TX	40	021549	GREAT RACE	PA	09/24/89	45-49	35	34:18a	BOBBY DANNELLEY	USA	MS	47				
40-44	2	30:26	BILL RODGERS	USA	MA	41	122347	BABY BOOMER	FL	12/03/89											
40-44	3	30:26a	BILL RODGERS	USA	MA	40	122347	GREAT RACE	PA	09/24/89											
40-44		30:29	JOHN CAMPBELL	NZL		40	020649	MANUFACTURERS HANOVER LILAC	NY	05/21/89	50-54	1	32:08a	DAN CONWAY	USA	WI	80	012639			
40-44		30:30	DAVE STEWART	CAN		40		RED LOBSTER CLASSIC	FL	03/11/89	50-54	2	32:31a	FAY BRADLEY	USA	DC	81	011338			
40-44		30:31	VICTOR MORA	COL		44		REVCO-CLEVELAND	OH	05/21/89	50-54	3	32:34a	ROGER ROBINSON	NZL	VA	80	051539			
40-44		30:33a	WILSON WAIGWA	KEN	TX	40	021549	CRESCENT CITY CLASSIC	LA	04/15/89	50-54	4	32:52a	DONALD SLEEMAN	USA	MI	80	100838			
40-44		30:35	SHEL COWLES	GBR		42	022447	RED LOBSTER CLASSIC	FL	03/11/89	50-54	5	32:53.55	JIM O'NEILL	USA	OH	81	040138			
40-44		30:37	KEVIN RYAN	NZL	MA	41	072248	MYRIAD GARDENS RUN	OK	09/30/89	50-54	6	33:08	DAN CONWAY	USA	WI	80	012639			
40-44		30:44	WILSON WAIGWA	KEN	TX	40	021549	PEPSI VULCAN RUN	AL	11/18/89	50-54	7	33:08a	WILLIE KAYE	USA	NY	80	051339			
40-44	4	30:47	BOB SCHLAU	USA	SC	41	092847	RED LOBSTER CLASSIC	FL	03/11/89	50-54	8	33:44	DOUGLAS MACGREGOR	USA	NH	80	012639			
40-44	5	30:51	BILL RODGERS	USA	MA	41	122347	CHARLOTTE OBSERVER	NC	01/07/89	50-54	9	33:44	ROGER ROBINSON	NZL	VA	80	051539			
40-44		30:51	GRAHAM TATTERSALL	NZL		43	061345	GUM TREE	MS	05/13/89	50-54	10	33:46.1	FAY BRADLEY	USA	DC	81	011338			
40-44	6	30:52	BOB SCHLAU	USA	SC	42	092847	PEPSI VULCAN RUN	AL	11/18/89	50-54	11	33:47	DOUGLAS MACGREGOR	USA	NH	80	012639			
40-44	7	30:53a	BOB SCHLAU	USA	SC	41	092847	GREAT RACE	PA	09/24/89	50-54	12	34:00a	BOB SCHUL	USA	OH	81	012639			
40-44		30:54	KEVIN RYAN	NZL	MA	41	072248	ASBURY PARK CLASSIC	NJ	08/12/89	50-54	13	34:13.7	ARDEL BOES	USA	CO	81	082437			
40-44		30:55	KEVIN RYAN	NZL	MA	40	072248	KIWANIS CHARITY CLASSIC	NH	06/28/89	50-54	14	34:22	HERB LORENZ	USA	NJ	80				
40-44		30:56	GRAHAM TATTERSALL	NZL		43	061345	REVCO-CLEVELAND	OH	05/21/89	50-54	15	34:26a	WILLIAM JOHNSTON	USA	UT	81	082937			
40-44		30:56.7	SHEL COWLES	GBR		42	022447	AZALEA TRAIL RUN	AL	03/18/89	50-54	16	34:33.7	ALAN FAIRBROTHER	USA	NY	83	060236			
40-44	8	30:57	EARL OWENS	USA	GA	40		PEPSI VULCAN RUN	AL	11/18/89	50-54	17	34:39	BEN JOHNS	CAN	MI	83	030736			
40-44		30:58	MIKE HURD	GBR	OX	43	121945	GUM TREE	MS	05/13/89	50-54	18	34:40	DONALD SLEEMAN	USA	MI	80	100838			
40-44	9	31:00	JOHN BEDNARSKI	USA	NM	40		BABY BOOMER	AZ	11/05/89	50-54	19	34:43	DAN CONWAY	USA	WI	80	012639			
40-44		31:00	RON BELL	GBR		43	100146	RED LOBSTER CLASSIC	FL	03/11/89	50-54	20	34:43.4	BILL OLDRICH	USA	KY	83	091335			
40-44	10	31:03a	JIM PEARSON	USA	FL	40	011449	GREAT RACE	PA	09/24/89	50-54	21	34:47.6	WILLIE KAYE	USA	NY	80	051339			
40-44	11	31:04a	WEB LOUDAT	USA	CA	42	082746	DRAKE RELAYS ROAD RACE	IA	04/29/89	50-54	22	34:48.6	GABRIEL BERNAL	USA	NY	80	072939			
40-44		31:06	DAVE STEWART	CAN		41		MYRTLE BEACH CLASSIC	SC	04/08/89	50-54	23	34:50	JEFFREY PAYNE	USA		80				
40-44		31:08.2	MIKE HURD	GBR	OX	43	121945	AZALEA TRAIL RUN	AL	03/18/89	50-54	24	34:52	DARRYL BEARDALL	USA	CA	82	102238			
40-44		31:10a	MIKE HURD	GBR	OX	42	121945	PEACHTREE ROAD RACE	GA	07/04/89	50-54	25	34:53a	FAY BRADLEY	USA	DC	81	011338			
40-44	12	31:11	JIM PEARSON	USA	FL	40	011449	GUM TREE	MS	05/13/89	50-54	26	34:54a	DARRELL NATTER	USA	UT	82	061237			
40-44	13	31:14a	JOHN CUSTY	USA	CO	40	110348	CRESCENT CITY CLASSIC	LA	04/15/89	50-54	27	34:59	JOE BURGASSER	USA	FL	80	091338			
40-44	14	31:15	ROBERT SCHLAU	USA	CO	41	092847	MANUFACTURERS HANOVER LILAC	NY	05/21/89	50-54	28	35:00	CLYDE DAVIDSON	USA	KS	81				
40-44		31:16	GRAHAM TATTERSALL	NZL		44	061345	COTTON ROW RUN	AL	05/29/89	50-54	29	35:03	GERALD LOPEZ JR.	USA	NY	81	110537			
40-44	15	31:19	JIM PEARSON	USA	FL	40	011449	COTTON ROW RUN	AL	05/29/89	50-54	30	35:10a	JOHN PELTON	USA	VT	80				
40-44		31:22	MIKE HURD	GBR	OX	42	121945	CHARLOTTE OBSERVER	NC	01/07/89	50-54	31	35:10a								
40-44	16	31:23	STEVE FERRAZ	USA	CA	41	081147	RED LOBSTER CLASSIC	FL	03/11/89	50-54	32	35:10a								
40-44	17	31:27	JIM PEARSON	USA	FL	40	011449	BABY BOOMER	FL	12/03/89	50-54	33	35:10a								
40-44	18	31:29	BOB SCHLAU	USA	SC	41	092847	CHARLOTTE OBSERVER	NC	01/07/89	50-54	34	35:10a								
40-44	19	31:30	LARRY OLSEN	USA	MA	42		RED LOBSTER CLASSIC	FL	03/11/89	50-54	35	35:10a								
40-44	20	31:30	BOB SCHLAU	USA	SC	41	092847	MYRTLE BEACH CLASSIC	SC	04/08/89	50-54	36	35:10a								
40-44		31:31	SHEL COWLES	GBR		42	022447	ASBURY PARK CLASSIC	NJ	08/12/89	50-54	37	35:10a								
40-44	21	31:32	EARL OWENS	USA	GA	40		LAKE COUNTY	IL	04/30/89	50-54	38	35:10a								
40-44	22	31:33a	BOB SCHLAU	USA	SC	41	092847	BABY BOOMER	FL	12/03/89	50-54	39	35:10a								
40-44	23	31:34	BOB SCHLAU	USA	SC	42	062847	MANUFACTURERS HANOVER LILAC	NY	05/21/89	50-54	40	35:10a								
40-44		31:37	STEVE COWLEY	CAN		42		MYRIAD GARDENS RUN	OK	09/30/89	50-54	41	35:10a								
40-44	24	31:40	EARL OWENS	USA	GA	40		ASBURY PARK CLASSIC	NJ	08/12/89	50-54	42	35:10a								
40-44	25	31:40.6	JIM PEARSON	USA	FL	40	011449	REVCO-CLEVELAND	OH	05/21/89	50-54	43	35:10a								
40-44	26	31:42	BILL RODGERS	USA	MA	41	122347	MIDNIGHT MADNESS	IA	07/15/89	50-54	44	35:10a								
40-44		31:44	MIKE HURD	GBR	OX	43	121945	MYRIAD GARDENS RUN	OK	09/30/89	50-54	45	35:10a								
40-44	27	31:45	JOHN BEDNARSKI	USA	NM	40		PACIFIC SUN	CA	05/29/89	50-54	46	35:10a								
40-44	28	31:45	BILL SEVALD	USA	CA	43	043146	NASHUA TRUST SERIES	NH	05/13/89	50-54	47	35:10a								
40-44	29	31:46	LARRY OLSEN	USA	MA	40		AZALEA TRAIL RUN	AL	03/18/89	50-54	48	35:10a								
40-44	30	31:46.0	WEB LOUDAT	USA	CA	42	082746	PEACHTREE ROAD RACE	GA	07/04/89	50-54	49	35:10a								
40-44		31:47a	BERNIE ALLEN	GBR	MA	43	030146	STRAWBERRY CLASSIC	FL	02/25/89	50-54	50	35:10a								
40-44	31	31:48	JIM PEARSON	USA	FL	40	011449	BELLIN	WI	06/10/89	50-54	51	35:10a								
40-44	32	31:50	NELSON WILLIAM	USA	IA	40		DRAKE RELAYS ROAD RACE	IA	04/29/89	50-54	52	35:10a								
40-44	33	31:54a	RICK SCUPHAM	USA	WI	42		ASBURY PARK CLASSIC	NJ	08/12/89	50-54	53	35:10a								
40-44	34	31:55.8	HAROLD NOLAN	USA	WA	42		PEACHTREE ROAD RACE	GA	07/04/89	50-54	54	35:10a								
40-44	35	31:57a	DON KAROWNG	USA	WA	40	122248	PEACHTREE ROAD RACE	GA	07/04/89	50-54	55	35:10a								
40-44	36	32:01a	BOB SCHLAU	USA	SC	41		PEACHTREE ROAD RACE	GA	07/04/89	50-54	56	35:10a								
40-44	37	32:04	BOB BUSBY	USA	MO	40		MYRIAD GARDENS RUN	OK	09/30/89	50-54	57	35:10a								
40-44	38	32:04a	THOM SUDDETH	USA	VA	40		GREAT RACE	PA	09/24/89	50-54	58	35:10a								
40-44	39	32:05	MIGUEL MENDEZ	USA	CA	44		BRENTWOOD	CA	05/28/89	50-54	59	35:10a								
40-44	40	32:05	DUANE SPITZ	USA	MI	40		BIG BOY	MI	05/07/89	50-54	60	35:10a								
40-44	41	32:08	JOHN CUSTY	USA	CO	40	110348	MIDNIGHT MADNESS	IA	07/15/89	50-54	61	35:10a								
40-44	42	32:09	CARL NICHOLSON	USA	AL	42	021947	GUM TREE	MS	05/13/89	50-54	62	35:10a								
40-44	43	32:09	FRANK SHORTER	USA	CO	42	103147	BABY BOOMER	FL	12/03/89	50-54	63	35:10a								



## LONG DISTANCE RANKINGS

ance Running &amp; Race Walking Records and Research)

BDATE	RACE NAME	ST	RACE DATE	DIVISION	RANK	TIME	ATHLETE NAME	CTZ	HOME	AGE	BDATE	RACE NAME	ST	RACE DATE
	PACIFIC SUN	CA	05/29/89	80-84	1	48:48	ED BENHAM	USA	MD	81	07/12/07	FRITZBE'S RUNFEST	MD	04/18/89
	GOVERNOR'S CUP	CO	09/10/89	80-84	2	50:04	BERNARD DATHE	USA	CA	83	02/10/08	DEVIL MOUNTAIN	CA	05/07/89
	GREAT RACE	PA	09/24/89	80-84	3	51:04	MEL SHINE	USA	CA	80	03/12/09	PACIFIC SUN	CA	05/29/89
	AZALEA TRAIL RUN	AL	03/18/89	80-84	4	51:12	MEL SHINE	USA	CA	80	03/12/09	ALAMEDA RUN FOR PARKS	CA	08/13/89
	GREAT RACE	PA	09/24/89	80-84	5	52:33	JOHN OVERTON	USA	AZ	83	01/25/08	BABY BOOMER	AZ	11/05/89
	JACKSONVILLE JUBILATION	FL	11/18/89	80-84	6	53:14	JOHN OVERTON	USA	AZ	83	01/25/08	METROCHALLENGE	AZ	05/21/89
	CRESCENT CITY CLASSIC	LA	04/15/89	80-84	7	1:06:28	JIM RAMSEY	USA	MI	81		BIG BOY	MI	05/07/89
				80-84	8	1:07:12	NICHOLAS CALZONE	USA	OH	82		REVCO-CLEVELAND	OH	05/21/89
				80-84	9	1:14:16	BERNARD BLECH	USA	CA	84		REVCO-CLEVELAND	OH	05/21/89
012839	GREAT RACE	PA	09/24/89	85-89	1	1:05:14a	MAX POPPER	USA	NY	86	08/15/03	GREAT RACE	PA	09/24/89
011338	GREAT RACE	PA	09/24/89	85-89	2	1:05:50.4	MAX POPPER	USA	NY	86	08/15/03	ASBURY PARK CLASSIC	NJ	08/12/89
051539	PEACHTREE ROAD RACE	GA	07/04/89	85-89	3	1:10:02	MAX POPPER	USA	NY	85	08/15/03	NORTH WIND	NY	01/14/89
100838	GREAT RACE	PA	09/24/89	85-89	4	1:25:52	JACOB BISHIN	USA	CA	87	03/19/01	SUPERBOWL/REDONDO BEACH	CA	01/22/89
040138	ROSE RUN	MI	08/10/89											
012839	GET IN GEAR	MN	04/29/89	40-44	1	33:19	PRISCILLA WELCH	GBR	CO	44	11/22/44	RED LOBSTER CLASSIC	FL	03/11/89
051339	GREAT RACE	PA	09/24/89	40-44	2	34:16.6	LAURIE BINDER	USA	CA	41	08/10/47	AZALEA TRAIL RUN	AL	03/18/89
011839	FRED J. HACKETT AUTUMN RUN	NH	11/05/89	40-44	1	34:16a	LAURIE BINDER	USA	CA	42	08/10/47	GREAT RACE	PA	09/24/89
051539	SOUNDTRACK	CO	09/04/89	40-44	3	34:24	GABRIELE ANDERSEN	USA	ID	43	03/20/45	RED LOBSTER CLASSIC	FL	03/11/89
051539	MAIN COURSE CHALLENGE	CO	09/04/89	40-44	4	34:29	LAURIE BINDER	USA	CA	41	08/10/47	RED LOBSTER CLASSIC	PA	09/24/89
011338	MYRIAD GARDENS RUN	OK	09/30/89	40-44	4	34:34a	GABRIELE ANDERSEN	SUI	ID	44	03/20/45	GREAT RACE	OH	05/21/89
011338	ASBURY PARK CLASSIC	NJ	08/12/89	40-44	5	34:35	HEATHER MATTHEWS	NZL	MO	42	12/18/45	REVCO-CLEVELAND	PA	09/24/89
011839	KIWANIS CHARITY CLASSIC	NH	08/26/89	40-44	5	34:40a	JANE HUTCHISON	USA	MO	43	12/18/45	GREAT RACE	NY	08/24/89
	GREAT RACE	PA	09/24/89	40-44	5	34:43	GRAZIELLA STRIULI	ITA	CO	40		LEGG'S MINI	NY	08/24/89
092437	GOVERNOR'S CUP	CO	09/10/89	40-44	5	34:47	PRISCILLA WELCH	GBR	CO	44	11/22/44	LEGG'S MINI	NY	08/24/89
092937	ASBURY PARK CLASSIC	NJ	08/12/89	40-44	6	35:06	PRISCILLA WELCH	GBR	CO	44	11/22/44	CHARLOTTE OBSERVER	NC	01/07/89
060236	COTTON ROW RUN	AL	05/29/89	40-44	6	35:09.1	GABRIELE ANDERSEN	USA	ID	44	03/20/45	AZALEA TRAIL RUN	AL	03/18/89
030736	GREAT RACE	PA	09/24/89	40-44	7	35:12	LAURIE BINDER	USA	CA	41	08/10/47	PACIFIC SUN	CA	05/29/89
100838	DEXTER/ANN ARBOR	NJ	08/12/89	40-44	8	35:15	LAURIE BINDER	USA	CA	42	08/10/47	TUFTS HEALTH PLAN FOR WOMEN	MA	10/07/89
012839	COTTON ROW RUN	MI	05/27/89	40-44	8	35:19	NGAIRE DRAKE	NZL	MO	40		MYRIAD GARDENS RUN	OK	09/30/89
061335	REDDY RIVER RUN	SC	03/04/89	40-44	9	35:20	BARBARA FILUTZE	USA	PA	42	08/21/48	MYRTLE BEACH CLASSIC	SC	04/08/89
	REVCO-CLEVELAND	OH	05/21/89	40-44	10	35:20a	GABRIELE ANDERSEN	USA	ID	43	03/20/45	CRESCENT CITY CLASSIC	LA	04/15/89
051339	ASBURY PARK CLASSIC	NJ	08/12/89	40-44	11	35:28	GABRIELE ANDERSEN	USA	ID	44	03/20/45	BABY BOOMER	FL	12/03/89
072939	ASBURY PARK CLASSIC	NJ	08/12/89	40-44	12	35:29a	LAURIE BINDER	USA	CA	41	08/10/47	PEACHTREE ROAD RACE	GA	07/04/89
	ASBURY PARK CLASSIC	NJ	08/12/89	40-44	13	35:30a	ANGELLA HEARN	GBR	NY	43	02/15/48	GREAT RACE	PA	09/24/89
102236	PACIFIC SUN	CA	05/29/89	40-44	13	35:31	JANE HUTCHISON	USA	MO	43	12/18/45	MYRIAD GARDENS RUN	OK	09/30/89
011338	CHERRY BLOSSOM CHASER	DC	04/09/89	40-44	14	35:36a	NGAIRE DRAKE	NZL	MO	40		PEACHTREE ROAD RACE	GA	07/04/89
	GOLDEN SPOON CLASSIC	UT	09/02/89	40-44	14	35:38	JANET JORDAN	USA	OR	40	12/07/48	GREAT RACE	PA	09/24/89
081237	DESERET NEWS	UT	07/24/89	40-44	15	35:38	BARBARA FILUTZE	USA	PA	43	08/21/48	BABY BOOMER	FL	12/03/89
091338	RED LOBSTER CLASSIC	FL	03/11/89	40-44	16	35:41	LAURIE BINDER	USA	CA	41	08/10/47	LEGG'S MINI	NY	08/24/89
	RIVER RUN	KS	05/13/89	40-44	17	35:45	BARBARA FILUTZE	USA	PA	42	08/21/48	RED LOBSTER CLASSIC	FL	03/11/89
110537	NEW JERSEY WATERFRONT	NJ	04/30/89	40-44	18	35:46a	BARBARA FILUTZE	USA	PA	42	08/21/48	CRESCENT CITY CLASSIC	LA	04/15/89
	GREAT RACE	PA	09/24/89	40-44	19	35:50a	GABRIELE ANDERSEN	USA	ID	43	03/20/45	CAPITAL BANK BAY BRIDGE RUN	FL	02/04/89
				40-44	20	35:53	JANE HUTCHISON	USA	MO	43	12/18/45	RED LOBSTER CLASSIC	FL	03/11/89
				45-49	1	34:24	PRISCILLA WELCH	GBR	CO	45	11/22/44	BABY BOOMER	FL	12/03/89
062732	PACIFIC SUN	CA	05/29/89	45-49	1	36:19	JOAN COLMAN	USA	CA	45	03/16/44	ALAMEDA RUN FOR PARKS	CA	08/13/89
062732	GREAT RACE	PA	09/24/89	45-49	2	36:23a	SHIRLEY MATSON	USA	CA	48	11/07/40	HOY'S SPORTS	CA	09/17/89
062732	ASBURY PARK CLASSIC	NJ	08/12/89	45-49	3	36:29a	JOAN COLMAN	USA	CA	45	03/16/44	HOY'S SPORTS	CA	09/17/89
062732	PHILADELPHIA BAR/PACKARD PRESS	PA	08/04/89	45-49	4	36:49	JOAN COLMAN	USA	CA	45	03/16/44	PACIFIC SUN	CA	05/29/89
122833	CAPITOL	TX	03/12/89	45-49	4	37:03a	CHRISTIN TATTERSALL	NZL	CT	48	08/16/41	GREAT RACE	PA	09/24/89
121032	GREAT RACE	PA	09/24/89	45-49	6	37:10	SHIRLEY MATSON	USA	CA	48	11/07/40	ALAMEDA RUN FOR PARKS	CA	08/13/89
	CRESCENT CITY CLASSIC	LA	04/15/89	45-49	7	37:11a	SUSAN WEISBROD	USA	NJ	45	10/16/43	GREAT RACE	PA	09/24/89
080433	GOVERNOR'S CUP	MT	08/13/89	45-49	8	38:17.1	CHRISTINE TATTERSALL	NZL	CT	48	08/16/41	ASBURY PARK CLASSIC	NJ	08/12/89
040234	GREAT RACE	PA	09/24/89	45-49	8	38:23a	LINA CONNORS	USA	NY	47	05/09/42	GREAT RACE	PA	09/24/89
	COTTON ROW RUN	AL	05/29/89	45-49	9	38:24a	PATTI DONLEY	USA	AK	49	07/02/40	ALASKA CLASSIC	AK	07/30/89
	RED LOBSTER CLASSIC	FL	03/11/89	45-49	9	38:32	CHRISTINE TATTERSALL	NZL	CT	47	08/16/41	CHARLOTTE OBSERVER	NC	01/07/89
	ASBURY PARK CLASSIC	NJ	08/12/89	45-49	10	38:39	BARBARA MILLER	USA	CA	49	01/10/40	PACIFIC SUN	CA	05/29/89
	GREAT RACE	PA	09/24/89	45-49	11	38:39a	YVONNE RODGERS	USA	FL	47	03/11/42	GREAT RACE	PA	09/24/89
	GREAT RACE	PA	09/24/89	45-49	12	38:52a	BETTY POPPERS	USA	CO	48	12/17/42	DESERET NEWS	UT	07/24/89
012232	AZALEA TRAIL RUN	AL	03/18/89	45-49	13	38:56.2	SUSAN WEISBROD	USA	NJ	45	10/16/43	ASBURY PARK CLASSIC	NJ	08/12/89
061731	COMMUNITY CENTER CLASSIC	IL	09/17/89	45-49	14	39:09	SUSAN WEISBROD	USA	NJ	45	10/16/43	NORTH WIND	NY	01/14/89
	COUNTRY CLASSIC	IL	08/19/89	45-49	15	39:15	SUSAN WEISBROD	USA	NJ	45	10/16/43	NEW JERSEY WATERFRONT	NJ	04/30/89
	PACIFIC SUN	CA	05/29/89	50-54	1	38:38a	GINA FAUST	USA	CA	52	02/23/37	GREAT RACE	PA	09/24/89
112231	BELGIAN DAYS	WI	07/09/89	50-54	2	39:48	EVE PELL	SWE	CA	52		PACIFIC SUN	CA	05/29/89
	YMCA LABOR DAY RUN	OK	09/02/89	50-54	3	39:53a	JILL MARTIN	USA	NY	51	05/29/38	GREAT RACE	PA	09/24/89
				50-54	4	40:54	DOLORES ALBERTINI	USA	MO	51	08/13/37	CHARLOTTE OBSERVER	NC	01/07/89
				50-54	4	40:56a	EVE PELL	SWE	CA	52		HOY'S SPORTS	CA	09/17/89
091224	GOLDEN SPOON CLASSIC	UT	09/02/89	50-54	4	41:03a	NANCY PARKER	USA	GA	52	07/26/38	CHARLES HARRIS RUN FOR LEUKEMIA	GA	04/29/89
062628	VICTORY	MN	09/04/89	50-54	5	41:07a	JO JOHNSON	USA	IA	53		DRAKE RELAYS ROAD RACE	IA	04/29/89
062628	GREAT RACE	PA	09/24/89	50-54	5	41:08	ZOFIA TUROSZ	POL	CT	51	07/27/38	CUTTER CHALLENGE	CT	02/05/89
101028	BRENTWOOD	CA	05/28/89	50-54	6	41:13	CAROLYN CAPPETTA	USA	MA	53		NASHUA TRUST SERIES	NH	05/13/89
051425	TOM SULLIVAN	CA	03/12/89	50-54	7	41:14a	DOLORES ALBERTINI	USA	MO	52	08/13/37	PRIME HEALTH KANSAS CITY	MO	10/29/89
022625	DESERET NEWS	UT	07/24/89	50-54	8	41:15	VICKI BIGELOW	USA	CA	53	07/22/35	PACIFIC SUN	CA	05/29/89
101028	SUPERBOWL/REDONDO BEACH	CA	01/22/89	50-54	9	41:16	NANCY PARKER	USA	GA	52	07/26/38	COTTON ROW RUN	AL	05/29/89
120524	GET IN GEAR	MN	04/29/89	50-54	10	41:17	MARGRET BETZ	USA	NY	53	09/12/38	OCTOBER FAST	NY	09/14/89
091224	GET IN GEAR	MN	04/29/89	55-59	1	40:31a	MARION IRVINE	USA	CA	59	10/19/29	HOY'S SPORTS	CA	09/17/89
082628	NORTH WIND	NY	01/14/89	55-59	2	42:25	MARION IRVINE	USA	CA	59	10/19/29	PACIFIC SUN	CA	05/29/89
112628	CONDELL DISTANCE CLASSIC	IL	09/24/89	55-59	3	43:16a	BARBARALEE MARTINDALE	USA	UT	55	07/05/33	DEMETRIO CABANILLAS MAGNA CLASSIC	UT	07/04/89
080928	ONEIDA CITY HOSPITAL	NY	10/15/89	55-59	4	43:29	SUE ROBLES	USA	NM	55	09/16/34	BABY BOOMER	AZ	11/05/89
100628	ROAD TO GOOD HEALTH	MA	08/04/89	55-59	5	43:45	TOSHIKO DELIA	USA	NJ	59	01/02/30	NORTH WIND	NY	01/14/89
101028	TOM SULLIVAN	CA	03/12/89	55-59	6	44:03	GLORIA BROWN	USA	NY	57	12/20/31	REVCO-CLEVELAND	OH	05/21/89
	GREAT RACE	PA	09/24/89	55-59	7	44:10a	MARION IRVINE	USA	CA	59	10/19/29	LAKE COUNTY	IL	04/30/89
080928	NEW JERSEY WATERFRONT	NJ	04/30/89	55-59	8	44:14a	MARY WOODRING	USA	KY	57		FIESTA RUN	FL	05/08/89
	ALAMEDA RUN FOR PARKS	CA	08/13/89	55-59	9	44:45a	BARBARALEE MARTINDALE	USA	UT	56	07/05/33	DESERET NEWS	UT	07/24/89
112628	COMMUNITY CENTER CLASSIC	IL	09/17/89	55-59	10	44:52	MAE HORNS	USA	MN	55	03/20/34	LADY EQUITABLE FOR WOMEN	MD	04/09/89
051120	PARKERSBURG	WV	06/10/89	60-64	1	45:57a	MARGRETT LUTZ	USA	PA	60		GREAT RACE	PA	09/24/89
	PACIFIC SUN	CA	05/29/89	60-64	2	46:24	HELEN DICK	USA	CA	64	08/04/24	SANTA MONICA PIER	CA	04/18/89
062520	CONDELL DISTANCE CLASSIC	IL	09/24/89	60-64	3	46:52	HELEN DICK	USA	CA	64	08/04/24	HEART RUN	CA	02/12/89
062520	ST. FRANCIS TWIN CLASSIC	IL	08/04/89	60-64	4	47:00	HELEN DICK							





## Circuit Races Heating Up

The Sorbothane/USRA Masters Circuit rankings are tightening up with two months left in the 23-city 1990 season. Reno, Nevada's Domingo Tibaduiza leads the men's circuit by a narrow margin over New Zealander John Campbell. Besides Campbell, Wilson Waigwa, Bill Rodgers, and Canadian Ken Hamilton appear to have the best shot at catching Tibaduiza.

On the women's side, Columbia, South Carolina's Nancy Grayson continues to star in her rookie season as a master. California's Laurie Binder is expected to make her usual late season surge, while Tennessee's Claudia Ciavarella's consistency could move her up in the standings. Gabriele Andersen has had injury problems this year, and Barb Filutze and Nancy Oshier have made infrequent appearances on the circuit.

### Masters Prize Money

Sorbothane/USRA Masters Circuit leader Nancy Grayson has been catapulted to national prominence for her efforts as a master runner this past year. For years she had competed and been loyal to her hometown's Governor's Cup Run in late September. However, she was quite disgruntled when she learned that she could not

receive both Open and prize money in the event. After first pulling out, she agreed to run at the last minute and finished third overall. She was forced to accept the higher prize amount, not both.

With more and more masters the caliber of Grayson, John Campbell, Bill Rodgers, and others finishing high among the "Open" rankings, race directors have to face this issue on a recurring basis. The Sorbothane/USRA Masters Circuit believes that, in a mixed race, masters should be able to earn prize money both as masters and Open runners. If an athlete is good enough at age 40 or over to earn prize money among the Open, he or she should not be held back — particularly since the masters prize money is often significantly less than the Open purse.

### CIRCUIT HAPPENINGS

Sincere apologies to our friends at the Tandem-Dayton River Corridor Classic Half-Marathon — we omitted them last month in our monthly preview. This event holds a special place in my heart as it was one of the great events during my formative running years in the Midwest. It has continued its fine tradition, and we're very proud that it's a member of the Sorbothane/USRA Masters Circuit... City officials are enthusiastically planning the 1991 edition of the Pittsburgh Marathon. Race Director Larry Kuzmanko and his accompanying board disbanded but the city appears ready and able to bring the event back in their words, "even bigger and better"... The November 11 Columbus Marathon marks the beginning of qualification for U.S. men for the 1992 Olympic Trials to be held in the same city. The flat, fast layout and superb organization present a quality opportunity for American athletes... Jim Ryun's getting in the "miling" spirit. He just participated in the California Mile this past month, and is heading to Greenville, S.C. for the Motor Mile on November 11.

Hilton Head 10K appears to be back on track, tentatively scheduled for February 23, 1991. Contact Dean Reinke & Associates, (407) 647-2918... 4th edition of the Myrtle Beach Classic is on tap for March 30, 1991, in the famous Carolina resort community. Past winners have included Bob Schlau and Bill Rodgers... L.A. Joe, an 8-state, 60-store West Virginia-based retailing chain is looking to get involved with running in 1991... Saturn, the new automobile division of General Motors, also plans to promote running during 1991 or 1992... The annual Road Race Management meeting in Washington, D.C. is scheduled for November 9-11. While several World Class runners dot the faculty list, disappointingly there are not any masters runners represented on the panel... Mazda's considering an involvement with the events side of the sport in 1991.

Look for John Campbell to continue his dominating ways at the New York City Marathon on November 4th... Manchester, Connecticut's Annual Thanksgiving Day Run is a very popular event with over 7000 entrants and \$35,000 in prize money. Unfortunately, no money is awarded to masters... The Old Reliable Run in Raleigh on November 11th has attracted a strong masters field with its \$1,000 prize purse... Still no word on the status of the controversial Baby Boomer Race in Miami which limited its masters prize purse to selected invitees. Word has it that sponsor Magnavision has lost interest and dropped out, so the race's status is uncertain... Capital Trail Run is back and healthy with Centel Cellular taking over the sponsorship position with additional support from Diet Coke.

Race Director John Pernel in San Antonio (512/732-1332) reports a strong number of entries for the November 11th first of two marathons... Our condolences to the Runner's World family and Rodale Press family at the passing of pioneer Robert Rodale. His Runner's World and bicycling publications appear to be in good hands... Race Director Frank Fleetham (206/525-1295) reports all conditions go for a successful Seattle Half-Marathon November 24th... Canadian Ken Hamilton captured first place honors at the New Haven 20K Road Race in Connecticut on Labor Day Weekend running 1:05.25 and beating newcomer Luis Lopez who finished 29 seconds back. Claudia Ciavarella took

### SORBOTHANE AGE GRADED RANKINGS (After 16 Races)

Overall Men		
John Campbell	41 Crim	.9906
John Campbell	41 Utica	.9765
Warren Utes	70 Chicago Classic	.9717
Wilson Waigwa	41 Arvida World Class	.9685
John Campbell	41 SuperPlace	.9611
Jim O'Neal	52 Crim	.9607
John Campbell	41 Asbury Park	.9589
Norman Green	58 Asbury Park	.9558
Domingo Tibaduiza	40 Hospital Hill	.9519
Bill Rodgers	42 Crim	.9465

Overall Women		
Barbara Filutze	44 Asbury Park	.9175
Laurie Bender	42 Crim	.9124
Gabrielle Andersen	44 Shamrock	.9058
Nancy Oshier	42 Asbury Park	.9032
Theresa Hahr	41 Crim	.8999
Laurie Binder	42 Arvida World Class	.8928
Linda Cash	40 Hospital Hill	.8813
Nancy Grayson	40 Utica	.8810
Jane Hutchinson	44 Hospital Hill	.8810
Heeri Bodelid	45 Utica	.8806

### SORBOTHANE CUP AGE GRADED POINT STANDINGS (After 16 Races)

Men		
John Campbell	41	20/4
Domingo Tibaduiza	40	20/5
Bill Rodgers	42	13/3
Wilson Waigwa	41	11/3
Dick Benson	65	11/4
Ken Hamilton	41	10/3

Women		
Nancy Grayson	40	23/5
Laurie Binder	42	10/2
Margarete Deckert	57	9/2
Linda Cash	40	8/2
Susie Kluttz	53	6/2
Elizabeth Ervin	48	5/1

the women's first place prize in 1:17:03.

There aren't many better-organized events in the U.S. than the annual WZYP Rocket City Marathon December 8th in Huntsville. Harold Tinsley & company can always be counted on for a superb effort (205/881-9077)... \$16,000 in masters prize money will be awarded at the Charlotte Observer 10K & Marathon, the last regular-season event on the Sorbothane/USRA Masters Circuit. This is shaping up to be one of the most competitive races on the Circuit this year, headlined by course record-holder Bill Rodgers. The event is one of the few U.S. meets to have a separate masters race for the 40 and overs... Priscilla Welch finished 8th overall in the elite, all-women's Governor's Cup 5K in Denver recently, running 17:25. Watch for her to impress at New York... Bill Rodgers won the masters division and the overall crown, running 15:25 in the Hardee's Southern Jubilee 5K in Macon on September 29th.

Word out of Columbia, S.C. is that the Carolina Marathon's accompanying 10K will go heavy on masters with a \$10,000 prize purse... Domingo Tibaduiza captured the men's honors at the Denver Main Course Challenge 10K on Labor Day, running 31:28. Nancy Grayson won the women's race in 38:07... John Campbell continued his usual world record-setting ways at the Philadelphia Run, easily beating last year's champion Mario Cuevas... Campbell also demolished the strong masters field at the Pittsburgh Great Race conquering the downhill 10K layout in 29:16 followed by Wilson Waigwa (29:30)... Greg Owings led a strong masters field, running a 34:41, in the Myriad Gardens 10K in Oklahoma City. Mary Wood captured the women's race over Diane Perry... The Music City Championship 5K also attracted a strong masters field. Ignacio Jimenez led the men with a 15:23, while Erika Inman (20:29) won the women's contest. □

### SORBOTHANE/USRA MASTERS CIRCUIT (After 16 Races)

40-44 Men		50-54 Men		55-54 Women	
Domingo Tibaduiza	45/5	Bill Fortune	25/5	Gina Faust	15/3
John Campbell	40/4	Dick Benson	17/4	Susie Kluttz	14/3
Wilson Waigwa	32/4	Herb Chisholm	14/3	Himi Alevera	5/1
Bill Rodgers	29/3	Joe Fernandez	5/1	Judith Flanner	5/1
Ken Hamilton	26/3	Jack Gentry	5/1	Marilyn Potter	5/1
Earl Owens	24/3	65-69 Men		55-59 Women	
Robert Schlau	21/3	John Hossner	11/4	Wen Shi Yu	19/4
Richard Hoebeke	17/3	Dick Benson	15/3	Margarete Deckert	10/2
Nash Jimenez	14/2	Dan McCarthy	5/1	Jeanette Chambers	7/2
Fred Waybright	14/2	Ralph Ratcliff	5/1	Gloria Brown	6/2
45-49 Men		70+ Men		Anny Stockman	5/1
Barry Brown	19/4	Corey Daman	5/1	60-64 Women	
Ken Sparks	13/3	Sam McNeely	5/1	Joanne Long	5/1
Hickey Lackey	8/2	Nathaniel White	5/1	Susan McDavid	5/1
Allan Rushmere	5/1	Frank Coughlan	5/1	P. Phelan	5/1
Glenn Jarrell	5/1	Ed Burnham	5/1	Betty McNeely	5/1
50-54 Men		40-44 Women		Kate Washman	5/1
Fay Bradley	17/4	Nancy Grayson	38/4	65-69 Women	
Robert McAndrews	16/4	Laurie Binder	20/2	Willie Albea	5/1
Gerald Tilley	5/1	Linda Cash	18/2	Mary Otte	5/1
Sam Stone	5/1	Linda Banning	17/2	Lucille Mancini	5/1
Jim O'Neal	5/1	Claudia Ciavarella	16/2	Teresa Ramirez	5/1
55-59 Men		Nancy Hieszcak	16/2	Edith Farias	5/1
Jay Sturdivant	17/4	Kathy McIntyre	13/2	70+ Women	
James Collins	5/1	Gabrielle Andersen	10/1	Louise Martin	5/1
Jim Thomas	5/1	Barbara Filutze	10/1	Athea Jureidini	5/1
J. Koward	5/1	Katie Vandergraff	10/1	Margorie Piscopo	5/1
Norman Green Jr.	5/1	45-49 Women		Tave Sieger	5/1
		Mary Wood	10/2	Mary Sarvis	5/1
		Anne Noore	9/2		
		Nancy Frisillo	7/2		
		Judy Stellar	5/1		
		Elizabeth Ervin	5/1		





# MASTERS RACEWALKING

by ELAINE WARD

## Racewalking With Marie Henry

**M**arie holds the following Women's Masters Age Records: 2-mile: (63) 23:05; (64) 21:54; 5K: (65) 33:49; 10K: (65) 1:09:30; 15K: (58) 1:46:46; (59) 1:45:17; (64) 1:49:13; (65) 1:50:31; 20K: (58) 2:21:06; (59) 2:28:15; (64) 2:27:48; (65) 2:28:01; 25K: (63) 3:07:59; (64) 3:06:01.

**EW:** What do you enjoy in competition?

**MH:** I don't enjoy competition whatsoever. I have never enjoyed it. When I get out there I do my very, very best, no matter what race I am in. It doesn't matter whether it is on a national or local level. I will do my very best, and if I can pass somebody, I will give it my best shot. I know there are many masters who enjoy competition. I am not one of them.

**EW:** Why do you enter races?

**MH:** Because at some point I knew if I didn't compete, I wouldn't train.

**EW:** Then competition motivates you to keep training?

**MH:** It gives me discipline.

**EW:** What do you say to women who want to get into competitive racewalking?

**MH:** Many times, women will stop me when I am walking and say, "I want to walk like that." I might be walking in the park or in the supermarket. I racewalk everywhere.

I used to spend a lot of time trying to show them how to racewalk. But I learned a valuable lesson. Now I ask them what they want to do? What is their purpose? Why do they want to walk like I do?

### Fullfillment

Everybody competes against his or her own potential. Whether or not you win an award in your age category at a race depends in part on the caliber of competitor on the starting line. Less subject to chance is the fullfillment obtained from having tried to the best of your ability, having made the most of what you came with. That should motivate all of us to stay in competition — if only within ourselves — for the rest of our lives.

Adapted from *The Masters Running Guide* by Hal Higdon.

If they say they want to go fast and compete, then I ask them if they are willing to put in long hours of training; if they are prepared to dedicate a lot of time to it; and if they are ready to accept the discipline that is involved. Then I ask what appears to be a silly question, but one which I take quite seriously. I want to know if they are willing to have a brain drain. Are they willing to put aside things that they know are very, very important, and put them on the back burner? Because to me that is what being a good competitive racewalker is all about.

If you don't have a goal, racewalking is not the kind of thing you just take up. Don't even talk about racewalking competitively unless you want to get out there because doing it makes you feel good.

**EW:** With your competitive record, would you encourage women in their 50's or 60's to go into competition?

**MH:** I don't think you can really encourage anyone. I think you're either competitive or you're not.

What I believe keeps older women from competing is worrying about embarrassing themselves. It's fear. You have to have confidence in your abilities. With me, there was never any choice. I saw racewalkers and I wanted to do THAT.

However, I, too, had to gain confidence. When I first raced, I would defer to runners if it was a mixed race. I would move over. I would lower my arms so as not to poke them in the ribs.

Then all of a sudden I said to myself, "Hey, why am I doing this? I have as much right to be out here. I am an athlete. I deserve, and have earned the right, to be out here."

Older women are apt to see themselves as wives, mothers, grandmothers, housekeepers — everything and anything but not as athletes. They become embarrassed. Initially, I found it embarrassing to have the ambulance and police following me because I was last. Then came the day when I waved them on — that was a big step forward. I knew what I was doing and I wasn't going to fall flat on my face.

But all of this takes time. Once an older woman experiences the joy of racewalking, she may decide to become competitive. But if she doesn't, it makes no difference as long as she is racewalking for the right reason — feeling good. □



Walkers Jill Latham (1), 53, of Panorama City, Calif., and Joan Rowland, 63, of New York City, at the National Masters Championships, Indianapolis, August 2-5. Photo by Jerry Wojcik

## COMING NEXT MONTH:

- New Long Distance Age-Group Records
- New York Marathon
- Long Distance Rankings
- National Masters 10K Cross-Country



National M65 champion Bob Mimm of New Jersey's Shore A.C. leads masters racewalkers on the track.

## Competitors Have a Good Time

If a masters woman new to racewalking expressed interest in competing, but had doubts, I would take her to a race and show her that there are people her age and older racewalking and they don't look foolish. I would introduce her to these people and let them talk to her. She will find that they are having a good time.

One reason I became so dedicated to masters racewalking is when Marie and I go to a supermarket and see older people barely able to hang on to their carts, I know that with a little more exercise, they could become more fit. And I am not just talking about physical fitness. I am also talking about mental fitness. Competitive racewalking requires mental alertness and discipline. I think it is a shame to see people deteriorate when they don't have to. — Don Henry

## Racewalking in Texas

by BARBARA AYERS



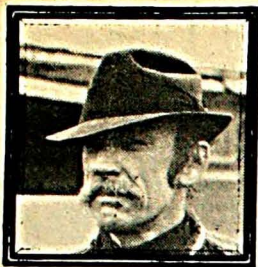
Texas is such a huge state and we have so much racewalking potential. In Austin we have a good core group of avid walkers, led by Richard Charles and John Knifton. Richard Frable and Jim Bozzell live and compete in the Midland area. Dave Gwyn, John Evans and others are active in Houston and recently Tracy Wilson in the Dallas-Ft. Worth area has started promoting the sport.

Over the last few years, the Houston group has offered many competitive walks of varying distances and John Knifton, based in Austin, puts on two 5K races each year through his running club. However, communication between the various groups hasn't been too good and the number of competitive walkers has remained small.

All this is beginning to change. The word about racewalking events is starting to get out. Last year in Austin, we put on a 5K competitively-judged walk in addition to a 2K fitness walk and invited Debbie and Don Lawrence to participate. This October, Norman and Jim staged the 20K Masters Championships in Midland with an accompanying program of walks, clinics and a pre-race dinner. It's nice to see that the racewalking movement in Texas has finally shifted into high gear. □

(Barbara Ayers lives in Austin and has been a key figure in the promotion and development of racewalking in Texas.)





## ON APPROACHING EVERY PROBLEM WITH AN OPEN MOUTH

BY W. MACDONALD MILLER

### On the Road Again

I used to be a runner, big time. I ran more marathons than I could count, primarily because I lied. Remember Mark Twain's line, "When I was young I could remember everything, whether it happened or not." I ran so many 10Ks I began lying in kilometers, about foot races, my sex life, my income, everything. I ran on the track, even tried the high hurdles (bad for M55 hemorrhoids), and before the main puke light in my body turned a bright red, I tried an ultramarathon. Ouch! They carried me off the Ice Age 50-mile course, unfortunately at the 35-mile mark. I was laid in the back of the meat wagon with the door open. Of course, my left leg wouldn't bend, fold, or staple.

About that time I decided to look for another sport. I got heavily into tongue lashing but its appeal seemed temporal. I tried golf but wearing green pants for five hours in order to drink at the bar seemed contrived. I started going to public bars but instead of meeting "Miss Everything," I met a guy who got me into steeplechase horses. As far as one-way-tickets to the poorhouse go, it's fun. I mean, it was fun.

Recently this ex-friend convinced me he couldn't live unless I became his partner in a Ride and Tie. Sound kinky? Forget it, pal, we're talking sport and furthermore, our other partner was a horse. You got it, a team consists of two people and a horse. Is this a great country or what? When all three have crossed a finish line, many miles away, the humans get a belt buckle and the horse gets a kiss, wherever you kiss a horse.

It's kind of a relay thing; the teams gather in one of those strategically located places like Armpit, Nev., one partner mounts the horse and rides off to an agreed point, dismounts, ties the horse to a tree, and takes off running. The other partner, who has started on

***"They carried me off the Ice Age 50-mile course, unfortunately at the 35-mile mark. My left leg wouldn't bend, fold, or staple. About this time I decided to look for another sport."***

foot, comes upon the horse, mounts, and rides beyond his partner, ties the horse, takes off running, etc. It all sounds rather fun, I guess, if your idea of fun is running 20 miles, riding a horse another 20 miles on a diet of Power Bars and sharing all the water you can drink from a mountain stream with your horse. Once in practice I tried the sharing-a-drink routine but was turned off when I looked up and

saw the horse taking a piss upstream.

This event was held outside Trinidad, Calif. on land owned by Louisiana Pacific. I don't care if you do know where Trinidad, Calif., is, it sure the hell isn't Golden Gate Park. The race was about 40 miles long; one 20-mile loop to a vet check for the horse, the second and third loops 10 milers. Each team could ride and run in any combination or distance they pleased. The only requirement was that everyone, humans and horse, cross the finish line be ye running, riding or crawling.

I met my ex-friend in Trinidad the day before the race and knew immediately I'd hit a weird group. First

***"Most people wore bandanas around their necks, and we all painted our horses rear ends in different colors so you could tell your partner from some look-alike."***

of all, everyone wore cowboy boots and talked incessantly about their kids. I found out later they were talking about their horses. Most people wore bandanas around their necks, and we all painted our horses rear ends in different colors so you could tell your partner from some look-alike.

By race time Saturday, my ex-friend had abandoned me for a 2:30 marathoner and my new partner was a 22-year-old kid from Montana named Kip. He'd been married two weeks to an endurance horse trainer, who had a rose tattooed above her left breast.

My new partnership looked shaky from the beginning. He'd done some riding but hadn't run much since high school. To make matters worse, he mentioned he wasn't feeling too well and his bride kept making comments about how she'd make him feel much better that night. Just what I needed, a guy, who, on top of everything else,

would probably be honeymooned to death the night before the race. I shared my trusty worst-case bromide with him.

"Cheer up young fellow," I said, "what's the worst thing that could happen?" Before he could answer, his horse-trainer bride said, "The horse could break a leg and if she does, get the word ahead as fast as you can so a monitor can get down there and shoot her." All of a sudden, the handling of a DNF in a marathon seemed quite civil. Be honest, do you think anyone really gives a shit if you don't finish another 3:40 marathon? Certainly not your wife, let alone your kids.

One hundred teams were entered, and Kip started the race on horseback while I lined up with the other runners. Our plan called for him to ride to the top of the first rise about one mile away and tie the horse. The climb was steep, but with adrenaline pumping, I reached the horse in about 10 minutes.

I leaped on our silent partner and galloped up the trail. After a mile or so I spotted Kip. Instead of tying the horse, I got off and told him to ride about 10 minutes. There's about a 2 to 1 ratio, so it meant I'd be running for

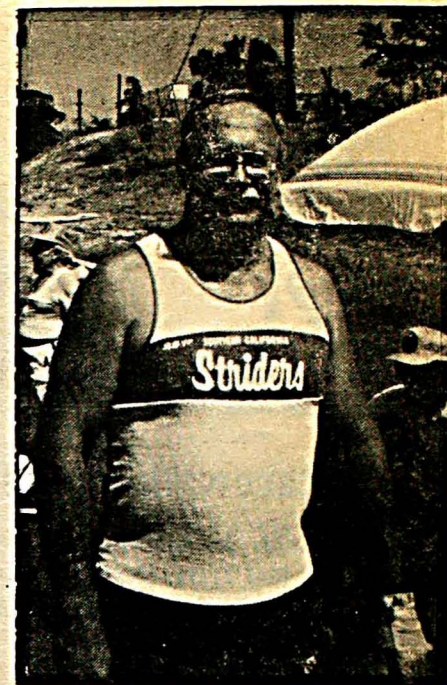
***"One woman with a stethoscope is pinching the skin on my arm and shaking her head. All I could think was, 'They're going to shoot me.'"***

about 20 minutes. No prob — I was feeling great! The course was still uphill but no question — it was exciting; horses, runners and giant redwoods.

In spite of all this activity and scenery I did notice that I had one small problem. I had now run 30 minutes, then 40 minutes, an hour, and now it was two hours and still no sign of either partner. I did see people running in the opposite direction (they'd missed their horse) and a couple loose horses running wildly up the trail (they came untied), but I'll be damned if I saw anyone from our team.

Finally a lady came riding up behind me and said, "Number 52, I'm passing on a message from other competitors, your partner is behind you running." That's all well and good I thought, but I wonder where our horse is?

Frankly, I didn't quite know what to do, so rather than just stand there I started back down the trail. Sure enough, in about 30 minutes I met my human partner. What a sad story; he followed several riders off course for two or three miles before they discovered their mistake and turned back. When he got back on course he immediately tied the horse for me. Alas, I had already passed. Things did not look good. Unfortunately, strategy in the middle of nowhere seemed perfunctory. Kip felt somewhat guilty and volunteered to go back for the horse



Allan Brown, M55, took three firsts in the weights, SCA/TAC Championships, Los Angeles. Photo by Jerry Wojcik

that he felt was a 'couple miles' away.

In my most avuncular manner I said, "Kip, my boy, no prob. I'll trot, walk and sit until you catch me and we'll take it from there." As I'm padding along I begin trying to put the whole thing onto some kind of time schedule. It didn't work out. If I've been running two hours plus my 30-minute return run, it has to mean the horse is not two, but maybe six-miles back which means young Kip is going to have about a 17-mile ride uphill when he finally gets there. Things are now looking worse than bad. Unless that horse is Secretariat, I'm in for a 20-miler and, as I said, this isn't exactly a run in the park.

I run, I walk, I try going uphill backwards, I start thinking crazy stuff; Is Owen Flaherty still networking the lobby of the Hilton in Eugene, Oregon; I imagine Hal Higdon writing a book about other runners, unbelievable. Shortly thereafter, I began to cry openly and as I near the five-hour mark I'm falling completely apart.

Mercifully, I was almost upright, pretending to power walk as I entered the 20-mile vet station at 5:12 and change. People are looking at me. One woman with a stethoscope is pinching the skin on my arm and shaking her head. All I could think was, "They're going to shoot me."

She started hooking something to my arm but I assured them I merely needed fluids and although they looked disappointed, I was led to a water trough. I dropped to all fours and drank. I vowed to not go another step whether Kip showed up in a Ben Hur chariot, or as he did, at about the 6-hour mark, slumped over the horse's neck like the Indian scout who made it back to camp even though he'd been dead for sometime.

Kip's bride raced over to help him get off. "Oh, darling, I knew you'd make it. I just knew you would." Make it, I thought, that's a good one.

(Continued on page 27)



## Alexander, 71, Places First in Thomasville Decathlon

by BILL BUSBY

John Alexander, 71, of McCamey, Texas, scored 6925 age-factored (AF) points at the Thomasville Fall Masters Decathlon held September 22-23 in Thomasville, N.C. to turn in the second highest AF score (behind Gary Miller's 7493) recorded this year. Com-

### Open Mouth

Continued from page 26

We just made the half-way mark! The Kipper fell right through her arms and slumped comfortably into a soft bed of fresh road apples. The people with tubes descended upon him and enthusiastically hauled him off to the vet's tent. Hey, what can I say - we gave it a shot.

After about 30 minutes, I decided to walk down and see how my partner was doing and who do I run into but Kip himself, arm in arm with his wife surrounded by people in cowboy boots.

"C'mon partner", says Kip, "we're going for that belt buckle." Wife chimes in, "Kip has never quit before, and he's not quitting now." I'm dumbstruck. I can't believe my ears or eyes. We're both as close to the happy hunting grounds as we ever want to be and he wants more! Like round off our finish time at an even 12 hours.

"C'mon partner, let's go for it!" screams Kip again. I panic. I walk briskly to the edge of the clearing and step into the forest. It's dense like the old Tarzan movies, and my brain isn't working. It takes about 10 minutes for me to get hold of myself. I'm a mature person, what I have to do is go back, reason logically with these cowboys and point out the facts — we couldn't possibly make another mile, let alone 20.

At the same time I'm thinking of the pre-race instructions about the area being full of mountain lions and bears. With as much conviction as possible, I step out of the forest primeval and back into the aid station for my appeal to reason. Alas, mother nature has been watching. Kip has crumpled to the ground a second time and is being hauled off to the medical tent once again.

With modesty I mention that yes, I was ready to go on and frankly toying with the idea of going ahead with the horse, realizing of course that Kip would have wanted it that way. In spite of what I was saying my mind was focusing on more important issues, namely getting the hell back to civilization and secondly, come Monday morning — getting me some new friends.

peting in his first decathlon in nearly 10 years, Alexander surpassed 1000 points in the LJ (1002 AF) and 400 (1054 AF) to finish first overall.

Topeka, Kansas resident Steve Rogers, 47, racked up an impressive AF point total of 6684 to sweep the M45 division. Second place went to Joe Johnston, 46, of Apopka, Fla., with 6448 AF points. Meet organizer Bill Busby, also 46, placed third with 6395 AF points.

The contest, which was held on the newly-resurfaced Rekortan track at Thomasville High School, saw mostly sunny, breezy weather with temperatures in the high 70s and low 80s. Accutrak timing was used, and aiding winds did not exceed the legal limit of 2.0m per sec in any of the heats.

### TOP TWENTY AGE-FACTORED MASTERS DECATHLONS IN THE U.S.

1990

1. Gary Miller 52	CA	7493	TAC
2. John Alexander 71	TX	6925	Thom
3. Phil Mulkey 57	GA	6903	TAC
4. Boo Morcom 69	NH	6866	TAC
5. Rex Harvey 44	IA	6827	TAC
6. Buck Bradberry 63	AL	6763	TAC
7. Steve Rogers 47	KS	6684	Thom
8. Jack Greenwood 64	CO	6489	Denv
9. Dan Bulkley 73	OR	6471	TAC
10. Joe Johnston 46	FL	6448	Thom
11. Bill Busby 46	NC	6395	Thom
12. Denver Smith 64	OH	6358	Thom
13. Allen Phillips 47	OR	6250	TAC
14. Henry Hopkins 47	IN	6174	Thom
15. Bob Green 41	SC	5988	Thom
16. Marlen McWilliams 70	NC	5942	Thom
17. Claude Hills 78	PA	5913	TAC
18. Jeff Loubet 47	NM	5889	Thom
19. Dale Lance 51	OK	5817	Hous
Bill DeHorn 43	Montreal, Canada	5711	Thom
20. Doug McFetters 57	AZ	5692	TAC

Compiled by Bill Busby

TAC - National Masters Decathlon, Tacoma Jul 14-15  
Thom- Fall Masters Decathlon, Thomasville, NC Sep 22-23  
Denv- Denver Track Club Decathlon May 26-27  
Hous- Houston Mennonite T C Decathlon May 26-27

### TAC NATIONAL MASTERS DECATHLON CHAMPIONSHIP MEET RECORDS

(Current thru 1990) (1989 WAVA Implements)

30-34	11.2 DOUG WELLS	SANTA BARBARA	CA 1977	60-64	12.5 JOHN ALEXANDER	SAN ANTONIO	TX 1981
100M	6.81 LLOYD SIGLER	SAN ANTONIO	TX 1981	100M	4.89 BUCK BRADBERRY	TACOMA	WA 1990
LJ	15.96 MIKE BAILEY	LOS ANGELES	CA 1988	LJ	10.83 DICK NORDQUIST	LOS ANGELES	CA 1988
SP(16#)	2.00 PAUL TITUS	THOMASVILLE	NC 1989	SP(5K)	1.46 RICHMOND MORCOM	SAN DIEGO	CA 1985
HJ	51.4 JOHN GREEN	GRESHAM	OR 1982	HJ	59.0 JOHN ALEXANDER	SAN ANTONIO	TX 1981
400M	14.6 TONY CICCONE	LOS ANGELES	CA 1988	400M	19.8 DICK NORDQUIST	LOS ANGELES	CA 1988
HH(110M,39")	47.66 DOUG WELLS	SANTA BARBARA	CA 1977	HH(100M,33")	39.80 JOHN ALEXANDER	SAN ANTONIO	TX 1981
DT(2K)	4.75 WILL FREEMAN	DES MOINES	IA 1986	DT(1K)	3.64 RICHMOND MORCOM	SAN DIEGO	CA 1985
PV	60.30 LEE WEBB	LOS ANGELES	CA 1988	PV	38.36 RICHARD PARKINSON	SAN ANTONIO	TX 1981
JT(800G)	4:23.0 JERRY OTT	DES MOINES	IA 1986	JT(600G)	5:13.8 BUD DEACON	HONOLULU	HI 1972
1500				1500M			
35-39	11.4 KENNETH ROBERTS	MERCED	CA 1983	65-69	13.3 GILBERTO GONZALES	DENVER	CO 1980
100M	11.4 MIKE HILL	DES MOINES	IA 1986	100M	5.17 RICHMOND MORCOM	BOULDER	CO 1987
LJ	6.93 MIKE HILL	DES MOINES	IA 1986	LJ	10.61 ARTURO RICCIARDI	LOS ANGELES	CA 1988
SP(16#)	12.58 REX HARVEY	INDIANAPOLIS	IN 1984	SP(5K)	1.47 RICHMOND MORCOM	BOULDER	CO 1987
HJ	2.01 JOHN DOBROTH	SAN ANTONIO	TX 1981	HJ	65.4 RICHMOND MORCOM	BOULDER	CO 1987
400M	51.5 MIKE HILL	DES MOINES	IA 1986	400M	65.4 RICHMOND MORCOM	THOMASVILLE	NC 1989
HH(110M,39")	15.0 MIKE HILL	DES MOINES	IA 1986	HH(100M,33")	18.98 RICHMOND MORCOM	DES MOINES	IA 1986
DT(2K)	40.76 REX HARVEY	INDIANAPOLIS	IN 1984	DT(1K)	35.48 RICHMOND MORCOM	BOULDER	CO 1987
PV	4.45 REX HARVEY	SAN DIEGO	CA 1985	PV	3.50 RICHMOND MORCOM	BOULDER	CO 1987
JT(800G)	66.35 RICHARD LEGAS	SAN ANTONIO	TX 1981	JT(600G)	33.42 FRANK BOWLES	BOULDER	CO 1987
1500	4:22.0 MIKE HILL	DES MOINES	IA 1986	1500	5:45.6 BUD DEACON	SAN DIEGO	CA 1979
40-44	11.3 JAKE COSS	SANTA MARIA	CA 1974	70-74	13.3 GILBERTO GONZALES	MERCED	CA 1983
100M	6.46 DAVE THORESON	SAN ANTONIO	TX 1981	100M	4.59 GILBERTO GONZALES	MERCED	CA 1983
LJ	14.37 WOLFGANG LINKMAN	SAN ANTONIO	TX 1981	LJ	10.46 HAM MORNINGSTAR	TACOMA	WA 1990
SP(16#)	1.91 DAVE THORESON	SAN ANTONIO	TX 1981	SP(4K)	1.39 HAM MORNINGSTAR	BOULDER	CO 1987
HJ	53.4 REX HARVEY	DES MOINES	IA 1986	HJ	68.1 GILBERTO GONZALES	DES MOINES	IA 1986
400M	15.2 WOLFGANG LINKMAN	SAN ANTONIO	TX 1981	400M	15.8 DAN BULKLEY	TACOMA	WA 1990
HH(110M,39")	44.22 WOLFGANG LINKMAN	SAN ANTONIO	TX 1981	HH(80M,30")	34.88 HAM MORNINGSTAR	BOULDER	CO 1987
DT(2K)	4.57 REX HARVEY	DES MOINES	IA 1986	DT(1K)	2.59 HAM MORNINGSTAR	BOULDER	CO 1987
PV	53.86 WOLFGANG LINKMAN	SAN ANTOINIO	TX 1981	PV	32.20 GILBERTO GONZALES	INDIANAPOLIS	IN 1984
JT(800G)	4:22.0 FAY BRADLEY	SAN ANTONIO	TX 1981	JT(600G)	5:48.1 DAN BULKLEY	TACOMA	WA 1990
1500				1500			
45-49	11.5 GARY MILLER	BOULDER	CO 1987	75-79	15.2 CLAUDE HILLS	BOULDER	CO 1987
100M	6.27 GARY MILLER	SAN DIEGO	CA 1979	100M	4.10 CLAUDE HILLS	BOULDER	CO 1987
LJ	6.27 GARY MILLER	INDIANAPOLIS	IN 1984	LJ	7.96 CLAUDE HILLS	TACOMA	WA 1990
SP(16#)	12.40 HARRY HAWKE	SANTA MARIA	CA 1979	SP(4K)	1.25 HERB ANDERSON	SAN ANTONIO	TX 1981
HJ	1.67 JAMES CAWLEY	LOS ANGELES	CA 1988	HJ	75.4 HERB ANDERSON	SAN ANTONIO	TX 1981
400M	1.67 ALLEN PHILLIPS	TACOMA	WA 1990	400M	17.7 CLAUDE HILLS	TACOMA	WA 1990
HH(110M,39")	53.9 GARY MILLER	INDIANAPOLIS	IN 1984	HH(80M,30")	26.76 JOHN WITTEMORE	SANTA BARBARA	CA 1977
DT(2K)	16.0 HUGH ADAMS	SAN DIEGO	CA 1985	DT(1K)	2.05 CLAUDE HILLS	TACOMA	WA 1990
PV	38.76 HARRY HAWKE	GRESHAM	OR 1976	PV	29.12 HERB ANDERSON	SAN ANTONIO	TX 1981
JT(800G)	3.96 BRUCE HESCOCK	SAN DIEGO	CA 1979	JT(600G)	7:05.5 HERB ANDERSON	SAN ANTONIO	TX 1981
1500	50.26 BRUCE HESCOCK	SAN DIEGO	CA 1979	1500			
4:42.0 ED OLEATA	INDIANAPOLIS	IN 1984					
50-54	12.2 GARY MILLER	TACOMA	WA 1990	80-84	17.0 ARLING PITCHER	INDIANAPOLIS	IN 1984
100M	5.90 GARY MILLER	LOS ANGELES	CA 1988	100M	3.11 BUELL CRANE	DENVER	CO 1980
LJ	12.15 GARY MILLER	TACOMA	WA 1990	LJ	1.17 BUELL CRANE	DENVER	CO 1980
SP(6K)	1.70 HARVEY SCHELLENBERG	MERCED	CA 1983	SP(2.0K)	91.0 ARLING PITCHER	INDIANAPOLIS	IN 1984
HJ	55.6 GARY MILLER	LOS ANGELES	CA 1988	HJ	37.21 WIN MCFADDEN	SAN DIEGO	CA 1985
400M	15.4 GARY MILLER	LOS ANGELES	CA 1988	400M	17.30 ARLING PITCHER	INDIANAPOLIS	IN 1984
HH(100M,36")	15.4 ED OLEATA	LOS ANGELES	CA 1988	HH(80M,30")	1.70 ARLING PITCHER	INDIANAPOLIS	IN 1984
DT(1.5K)	42.14 HARRY HAWKE	SAN DIEGO	CA 1979	DT(1K)	21.03 BUELL CRANE	DENVER	CO 1980
PV	4.00 JERRY DONLEY	DENVER	CO 1980	PV	10:46.24 WIN MCFADDEN	SAN DIEGO	CA 1985
JT(800G)	48.12 GARY MILLER	TACOMA	WA 1990	JT(600G)			
1500M	4:53.0 JOHN HEPNER	GRESHAM	OR 1982	1500			
55-59	12.2 EARL VENTURA	DES MOINES	IA 1986	85-89	19.43 ARLING PITCHER	THOMASVILLE	NC 1989
100M	5.96 RICHMOND MORCOM	GRESHAM	OR 1976	100M	1.93 ARLING PITCHER	THOMASVILLE	NC 1989
LJ	13.27 PHIL MULKEY	LOS ANGELES	CA 1988	LJ	5.73 ARLING PITCHER	THOMASVILLE	NC 1989
SP(6K)	1.52 RICHMOND MORCOM	GRESHAM	OR 1976	SP(2.0K)	1.00 ARLING PITCHER	THOMASVILLE	NC 1989
HJ	1.52 PHIL MULKEY	LOS ANGELES	CA 1988	HJ	121.7 ARLING PITCHER	THOMASVILLE	NC 1989
400M	57.8 ROBERT HUNT	GRESHAM	OR 1976	400M			
HH(100M,36")	15.5 PHIL MULKEY	LOS ANGELES	CA 1988	HH(80M,30")	13.18 ARLING PITCHER	THOMASVILLE	NC 1989
DT(1.5K)	41.78 PHIL MULKEY	LOS ANGELES	CA 1988	DT(1.0K)	1.52 ARLING PITCHER	THOMASVILLE	NC 1989
PV	3.96 RICHMOND MORCOM	GRESHAM	OR 1976	PV	14.04 ARLING PITCHER	THOMASVILLE	NC 1989
JT(800G)	40.18 PHIL MULKEY	LOS ANGELES	CA 1988	JT(400G)	11:43.8 ARLING PITCHER	THOMASVILLE	NC 1989
1500M	5:06.6 JOE MALLON	GRESHAM	OR 1976	1500			



# MASTERS SCENE

## NATIONAL

• In the middle pages of this issue are 10K rankings for 1989. A complete list of all 1989 road race rankings is available for \$30 from TACSTATS, the official record-keeping arm of The Athletics Congress. Individual distances (10K, 15K, etc.) are available for \$5 each. Send to TACSTATS, 915 Randolph, Santa Barbara, CA 93111.

• On page 32 are the new world and U.S. masters five-year age-group track & field records, compiled by WAVA and TAC, as of October 1, 1990. (Only the marks are listed. The complete names and marks will be published early next spring.)

• Road Race Management, Inc., the publisher of *Road Race Management*, a monthly newsletter for race directors and officials, will publish its fifth annual *Road Race Management Guide to Prize Money Races and Elite Athletes* on February 1, 1991. The 1991 *Guide* will include an alphabetical elite athlete directory with over 800 phone contacts and addresses, a listing of top finishers in over 50 1990 races, 1990 racing records of 50 top ranked athletes, a chronological listing of the 1991 prize structures for 350 races with contact lists, and much

more. The 1991 edition will be a totally revised book reflecting new athletes and events, plus changes for athletes' addresses, race dates, prize structures, and contacts for major races. Pre-publication orders for the book are being accepted until January 19, 1991 for \$39.00 plus \$2.70 per copy for postage and handling (\$8.30 foreign) at: Road Race Management Guide, 2101 Wilson Blvd., Suite 437, Arlington, VA 22201 (703) 276-0093. A check (U.S. funds only), payable to Road Race Management, must accompany all orders, and VA residents should add 4.5% sales tax.

• TAC's Masters LDR Committee met during the T&F Nationals in Indianapolis. It considered bids for 1991 Championships, prepared for the Seattle convention next month, and developed proposed rule changes. It did not award any bids for 1991. All bids received are still under consideration. The Committee will continue to receive bids for all distances for 1991 and 1992. Bids received to date and all new bids will be acted upon at the 1990 Seattle TAC Convention.

• **Ham Morningstar's** age-72 pentathlon score of 3339 points on December 30, 1989, was omitted from the World Weight Pentathlon 1989 list, published last month.

## EAST

• **Priscilla Welch**, 45, of the UK, finished fourth overall with a masters course record 34:02 in the Tufts 10K For Women, Boston, October 8. **Lynn Jennings** defended her title with a 32:39 first.

• **Ferdinand Saglio**, 44, Grove City, PA, defeated the M40+ field with a 2:51:18 in the Eriesible Marathon, Erie, PA, September 16. **Patty Twargowski**, 46, of Erie, toured the course in a W40+ best of 3:48:41.

• **William Fortune**, 62, produced the top masters age-graded percentage of 87.1 in winning (38:27) the M60 race in the NYRRC Roosevelt Island 10K, NYC, September 9. **Manfred Konrad**, 51, M50 winner (35:21), was second best M40+ with an 87.2%. Among the W40+, **Toshiko d'Elia** (60, 44:10), with an 86.3%, edged **Marilyn Greeley** (46, 40:33, 82.2%) for best performance.

• **Fortune** went to the head of the M40+ class with an 86.4% M60 win (18:39) in the NYRRC Coed 5K, Central Park, NYC, September 16. **Katherine McIntyre**, 41, had an 84.4% with a W40 victory (18:10) to lead the W40+ who attended.

• **Angella Hearn**, 44, with a 1:22:07 had a masters best age-graded percentage of 85.4 in

the NYRRC Women's Half-Marathon, Central Park, September 16. **Zofia Turosz**, 52, earned second best honors with an 82.4% 1:32:10, while **Lina Connors**, 48, was third best with an 80.5% 1:30:42.

• **Ruben Cordon**, 57, ran 1:19:40 to win the M55 race and masters age-graded laurels with an 88.3% in the Staten Island Half-Marathon, Central Park, September 23. **Toshiko d'Elia**, 60, with an 86.1% 1:37:39 outperformed the rest of the W40+ field.

• **Marc Neuhoof**, an architectural photographer whose work appeared in publications in the United States and abroad, died on August 23 in White Plains, NY. He was 75 years old and lived in Larchmont, NY. His family said his death followed a stroke. Mr. Neuhoof's work appeared over four decades in *Architectural Record*, *Architectural Forum*, *House & Home*, *Housing* and other magazines in the building field. He was also an accomplished amateur athlete and won four gold medals in sprints, hurdles and the high jump at the National Masters Track and Field Championships in Indianapolis on August 2-5.

## SOUTHEAST

• **Carl Hatfield**, 43, Clarksburg, WV, winner overall in the first six races and holder of the course record (31:46), was first M40+ (35:49) in the 10th Milk & Honey 10K, Canaan Valley, WV, September 16. **Linda McCall**, 44, Charleston, WV, took the W40+ race (49:45). **Jack Whitcomb**, 53, Williamstown, PA, was second master (39:34).

• **Bill Adams** celebrated his 50th birthday, September 23, with an M50 first place 18:59 in a Miami RC 5K at Florida International U., where he's teaching journalism. About 600 runners took part.

• One of the country's top female masters runners has joined the staff of *Running Journal* in Greenville, TN as advertising director. **Claudia Ciavarella**, 41, ran the Boston Marathon this year in 2:52:09 and has a marathon PR of 2:48:18, set in 1987. She ran in the Olympic Trials in 1988 and was overall winner of the Virginia Beach, VA, Marathon in 1987.

## MID AMERICA

• **Thane Baker**, 59, was elected as one of the charter members of the Kansas State University Athletic Hall of Fame. Baker, holder of the M45 100m WR (11.0), ran track at KSU in the early '50s.

• **Bill Rodgers**, 42, led the four-man Wesleyan team to a masters victory with a third-place (500 m & w finishers) 24:48 in the Alamo Alumni 5 Mile, Denver, September 23. **Frank Shorter**, 42, finished ninth (25:38) to pace his second-place Yale squad. **Ardel Boes**, 52, was fifth master in 27:51. **Linda Cash** (41, 31:15) was eighth woman, and **Jan Hughes** (40, 31:45) tenth. The third Alamo race was held in San Francisco, October 28; five are scheduled for 1991.

## WEST

• **Dr. George Sheehan** will speak at the 8th Annual 50+ 8K race at Stanford on March 24. The race had nearly 200 entries last year. Cash awards will again be presented to national single-age record breakers.

• **Joan Colman**, 46, set a new W45 WR of 10:19.2 at the Northern California Seniors TC meet on September 8 in Berkeley. Her time broke the official WR of 10:23.4, set by Germany's **Ursula Blaschke** in 1977, and lowered the AR of 10:41.8, established by **Vicki Bigelow** in 1984. She was pressed all the way by **Shirley Matson**, 49, in an outstanding duel.

• Four masters course records fell in the 11th Prefontaine Memorial 10K, Coos Bay, OR, September 15. **Jack Kirkpatrick**, 70, Drain, OR, reduced the M70 record by three seconds to 47:29; **Shirley Ingram**, 53, Roseburg, OR, shaved nearly a minute off of the W50 record with a 47:19; **Marcia McChesney**, 60, Eugene, OR, cut 2½ minutes from the W60 best with a 55:37;

and **Roberta Burles**, 75, Lakeside, OR, shrank the W75 record to 1:38:04. **Gene Solomon** (41, 32:57), Springfield, OR, and **Kate Sharples** (40, 43:02), North Bend, OR, were masters firsts in the 724-finisher race.

## INTERNATIONAL

• In the August NMN, we reported that New Zealand's **John Campbell** set a new world 15K masters best of 45:10. However, on February 20, 1983, Mexico's **Antonio Villanueva**, then 42, ran a 15K in Phoenix, AZ, in 45:07.

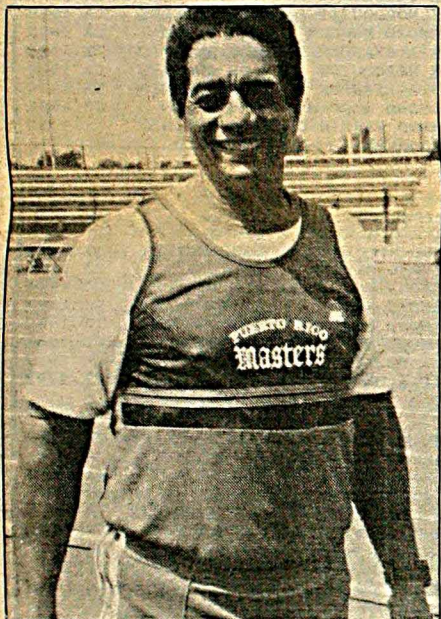
• It's conceivable that South Africa could return to Olympic and masters competition by 1996. "The signs are very favorable," said **Sam Ramsamy**, executive chairman of the South African Non-Racial Olympic Committee in an interview with **Julie Cart** of the Los Angeles Times. "The situation 18 months ago was very gloomy, but today, there is a very different look to South Africa." South Africa last competed in the Olympic Games in 1960. In 1970, it was expelled from the IOC because of its policy of apartheid. Masters living in South Africa competed in World Veterans Championships officially until 1979 and unofficially through 1985. In 1987, the South American Masters Assoc. was expelled by WAVA. On October 15, 1990, the Separate Amenities Act, one of the pillars of apartheid, was abolished.

• **Francie Larrieu-Smith**, 36, raced to a 2nd-place overall finish in the women's World 15K Road Championships in Dublin, Ireland, October 14. Her time of 50:15 was only three seconds behind the winner.

• Three of New Zealand's top masters runners will participate in the New York Marathon, November 4: **John Campbell**, 41; **Roger Robinson**, 51; and **Derek Turnbull**, 63. They were given a rousing send off at the New Zealand Embassy in Washington, D.C., October 30, by **Ambassador Tim Francis** and a host of well wishers.

• **Ailsa Forbes**, 79, one of New Zealand's oldest marathon runners, died in Auckland, September 30, after she was hit by a car while riding her bicycle. She placed second in the 5000 walk (36:52) and set an age-78 WR in the 5000 (34:47) at the World Championships last year in Eugene. "She was a grand lady and we all loved and admired her," said her daughter.

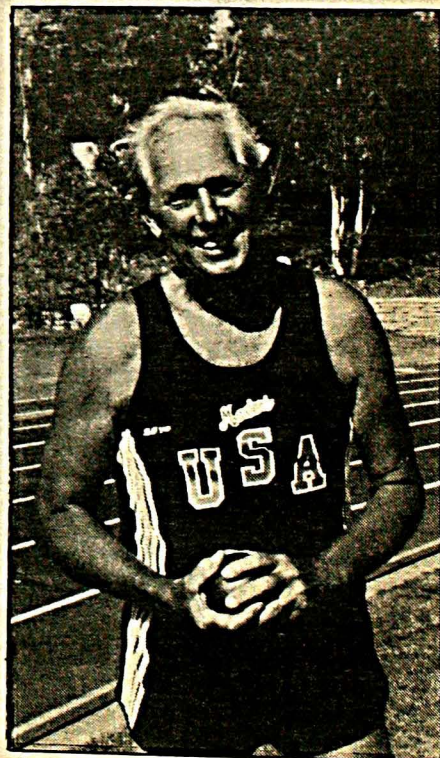
• **Taffy Martin**, 45, a U.S. citizen living in France, raced to a U.S. W45 record of 2:25.12 in the European Veterans Championships in Budapest in July. She placed second in both the 800 and 400 (64.70). The old W45 800 mark was 2:26.39 set by **Carol Flexer** last year.



Luis Velez, 61, of Puerto Rico, first in the M60 hammer with a 40.44-meter throw at the Nationals. Photo by Jerry Wojcik



salutes the Masters athletes  
**Homoeovitic + Bio + Nutritional**  
 Call 800 + 521 + 7722 to obtain  
 the name of a practitioner.



Jim Sullenger, M70, 10.01 in the shot, SCA/TAC Championships, Los Angeles. Photo by Jerry Wojcik



# 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

**November 27 - December 1.** 12th annual TAC Convention, Sheraton Hotel & Towers, Seattle, Wash. TAC/USA, P.O. Box 120, Indianapolis IN 46260. 317/261-0500.

**February 16.** TAC/USA National Masters Indoor Pentathlon Championships, National Institute For Fitness and Sports, Indianapolis, Ind. Suzanne Hopkins, 833 N. Center Rd., Plainfield, IN 46168. 317/839-7736.

**March 23-24.** TAC/USA National Masters Indoor Championships, National Sports Center, Blaine, Minn. (near Minneapolis). Dixon Farmer, National Sports Center, 1700 105th NE, Blaine, MN 55434.

**June 22-23.** TAC/USA National Masters Decathlon/Heptathlon Championships, Univ. of Nebraska, Lincoln, Neb. Ross Greathouse, 2826 South 25, Lincoln, NE 68502. 402/423-3864 or 475-7712.

**July 4-7.** 24th TAC/USA National Masters Championships, North Central College, Naperville, Ill. (Near Chicago). Dick Green, P.O. Box 6147, Rockford, IL 61125. 815/332-4743.

### EAST

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

**December 16.** Philadelphia Masters Development Meet, Haverford, Pa. (Haverford College). Peter Taylor, 3120 School House Lane (JA-9), Philadelphia, PA 19144. 215/842-3807.

**January 4.** 22nd Dartmouth Relays, Hanover, N.H. Carl Wallin, Dartmouth College, Alumni Gym, Hanover, NH 03755. 603/646-2848; 646-2540.

**January 6.** Tom Robinson Memorial Mile & Phila. Masters Development Meet, Haverford, Pa. (Haverford College). Peter Taylor, 3120 School House Lane (JA-9), Philadelphia, PA 19144. 215/842-3807.

**January 13.** 7th Annual Brown Univ. Masters Indoor Track & Field Invitational, Brown University, Providence, R.I. SASE to Neil Steinberg, 46 Roberta Ave., Pawtucket, R.I. 02860.

**January 15.** Philadelphia Masters Development Meet, Haverford, Pa. (Haverford College). Peter Taylor, 3120 School House Lane (JA-9), Philadelphia, PA 19144. 215/842-3807.

**January 27.** Greater Boston TC Invitational, Cambridge, Mass. Includes masters competition. Jim O'Brien, Meet Director, P.O. Box 183, Back Bay Annex, Boston, MA 02117-0183. 617/282-5537.

**February 24.** New Jersey TAC Masters Indoor Championships. 10:30 a.m. Fairleigh

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

### SOUTHEAST

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

**November 4-10.** Golden Age Games, Sanford, Fla. 55+. Jim Jernigan, P.O. Box 1788, Sanford, FL 34210. 407/330-5600.

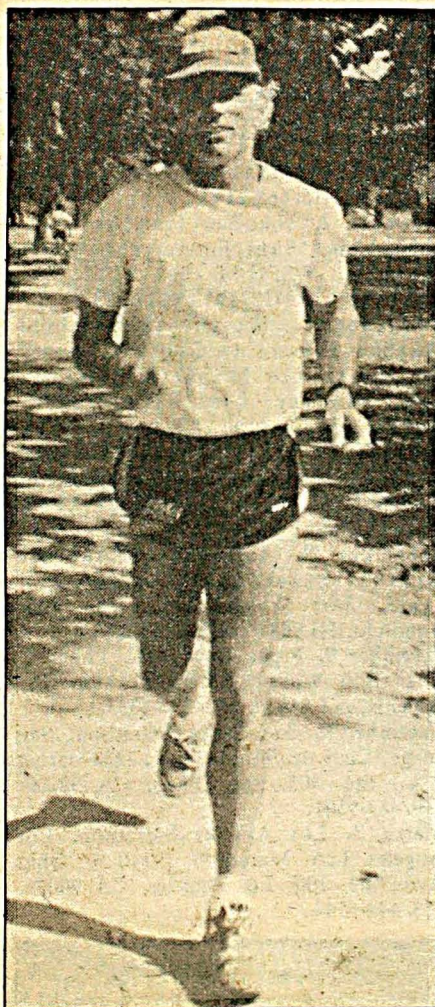
**November 13-18.** Good Life Celebration Games, St. Petersburg, Fla. 55+. Shirley Lewis, P.O. Box 12288, St. Petersburg, FL 33733. 813/892-1521.

## Ten Years ago November, 1980

Lorenz, Rapp win National 20K

2250 Compete in European Championships in Helsinki

Hal Higdon's 1:11:40 breaks M45 half-marathon mark



Don McCarthy, 46, 1st overall (16:45), Legg Lake 5K, South El Monte, Calif.

Photo by A. Martinez

**December 29.** Don Pierotti Memorial Weight Pentathlon, Atlantic HS, Delray Beach, Fla. Phil Partridge, 337 S.W. 14th Ave., Boynton Beach, FL 33435.

### WEST

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

**December 8-9.** Winter Decathlon/Heptathlon. Long Beach St. U., Long Beach, Calif. Andy Sythe, CSU-Long Beach, 1250 Bellflower Blvd., Long Beach, CA 90840. 213/985-4666.

### INTERNATIONAL

**November 2-6.** 5th WAVA Oceania Games, Auckland, New Zealand. Men 40+, Women 35+. Fifth Oceania Games, P.O. Box 21-309, Henderson, Auckland 8, New Zealand. Fax: 0064 9 837-0154.

**November 9-11.** WAVA Asian Regional Championships, Kuala Lumpur, Malaysia. Asians only.

**November 11.** Guyana Masters Games, Georgetown, Guyana. Complete T&F program. Secretary, Guyana Masters Athletic Association, P.O. Box 10870, Georgetown, Guyana.

**November 24-27.** South American Veterans Championships, Montevideo, Uruguay. CAVU, Canelones 982, 11000 Montevideo, Uruguay. South Americans only.

**July 18-28, 1991.** IX WAVA World Veterans Athletics Championships, Turku, Finland. (M40+, W35+). Pirkko Martin, Urheilupuisto, SF 20810, Turku, Finland. Telephone: 358-21-503526. Fax: 358-21-503106.

**August 2-4.** Soviet Union Veterans Championships, Moscow. Vadim Marshiev, 10813 Moscow Center, Proezd Ceroba 4, Moscow, Soviet Union. Fax: 095-939-0877.

**August 3-4.** Veterans meet, Baden, Switzerland (15 miles from Zurich). Jurg Saxer, Nouackerstrasse 10, CH-5400, Ennetbaden, Switzerland. Fax: 1 840 00 25.

## LONG DISTANCE RUNNING NATIONAL

**November 3.** TAC/USA National Masters 10K Cross-Country Championships, Pasco, Wash. Don Sandberg, 10209 Maple Dr., Pasco, WA 99301. 509/545-9242.

**December 2.** TAC/USA National Masters 8K Championships, Steilacoom, Wash. Gerry Evanson, 506 Main St., Steilacoom, WA 98388. 206/584-9208.

**January 12.** 1990 Sorbothane/USRA Masters Circuit Grand Championships 8K, Naples, Fla. Dean Reinke, 400 N. New

## ON TAP FOR NOVEMBER

The 12th annual convention of The Athletics Congress will be held in Seattle on November 26-December 1. Everyone is welcome.

### TRACK & FIELD

The sparse U.S. schedule includes the Golden Age Games (55+) in Sanford, Fla., on the 4th-10th. The international scene offers the WAVA Oceania Games in New Zealand, 2nd-6th; WAVA Asian Regional Championships in Malaysia, 9th-11th; Guyana Masters Games in Georgetown, 11th; and South American Veterans Championships in Uruguay, 24th-27th.

### LONG DISTANCE RUNNING

The TAC/USA National Masters 10K Cross-Country Championships are set for Pasco, Wash., on the 3rd.

The month is heavy with marathons, starting on the 4th with the New York City, Marine Corps in D.C., and Omaha Riverfront. They continue on the 11th in Columbus, Ohio, Atlantic City, and San Antonio, Texas, a USRA Masters Circuit event. Two other major races are set for that date, the Foundation 30K, another Masters Circuit race, and the Old Reliable 10K in Raleigh, N.C.

The 18th finds the New England Marathon in Boston; the St. Louis Marathon; and the Phoenix 10K in Arizona.

Thanksgiving Day races include the Atlanta Marathon and a NYRRC 5K.

The Seattle Half-Marathon on the 24th is a USRA Masters Circuit contest.

York Ave., Winter Park, FL 32789. 407/647-2918; FAX 407/647-0433.

Continued on page 30

## Attention Field Event Athletes Custom Embroidered Shirts With Your Field Event Figure

Circle

Choice: DISCUS SHOT JAVELIN HAMMER WEIGHT

White Polo Shirt(s) @ \$27.00 = \_\_\_\_\_ Sizes - S M L XL XXL

White Sweatshirt(s) @ \$30.00 = \_\_\_\_\_ Sizes - S M L XL XXL

Ill. residents + 6.5% \_\_\_\_\_ + Shipping & Handling \$3

Total Enclosed \$ \_\_\_\_\_ Check or Money Orders Only

Name \_\_\_\_\_ Phone ( ) \_\_\_\_\_

Address \_\_\_\_\_

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

Send to: THAT PERSONAL TOUCH  
421 Breckenridge Dr.  
Aurora, IL 60504

(708) 820-9975  
For Special Requests



Continued from page 29

**EAST**

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

**November 4.** New York City Marathon, New York, N.Y. Fred Lebow, NYRR, P.O. Box 881, FDR Station, New York, NY 10128. 212/860-4455.

**November 4.** Marine Corps Marathon, Washington, D.C. P.O. Box 188, Quantico, VA 22134. 703/640-2225.

**November 11.** Giralda Farms 10K, Madison, N.J. \$100 1st 40+ m&w, \$50 2nd, \$25 3rd. Giralda Farms Run, c/o Adams Drive, Whippany, NJ 07981.

**November 11.** Atlantic City Marathon, Atlantic City, N.J. Diane Santos, c/o Boardwalk Runners, P.O. Box 7336, Atlantic City, NJ 08404. 609/646-7932.

**November 18.** New England Marathon, Boston, Mass. Marathon, P.O. Box 60, Boston, MA 02130. 617/524-5454.

**November 25.** Half Hollow Hills MAC 5 Mile Long Island Championships. Bob Weiner, 516/499-6207 after 4:00 p.m.

**November 25.** 33rd Annual Pete McCordle Memorial X-C 15K, Van Cortlandt Park, NYC. NYRR, 9 E. 89th St., NY, NY 10128. 212/860-4455.

**December 2.** Brian's Run 10K, West Chester, Pa. Bob Aughe, 1117 E. Cardinal Dr., West Chester, PA 19382. 215/399-3318.

**April 15.** 95th Boston Marathon, Boston, Mass. Qualifying times: M35-3:15; M40-3:20; M45-3:25; M50-3:30; M55-3:35; M60-3:40; M65-3:45; M70+ -3:50; W35-3:45; W40-3:50; W45-3:55; W50-4:00; W55-4:05; W60-4:10; W65-4:15; W70+ -4:20. SASE to: Boston AA, P.O. Box 1991, Hopkinton, MA 01748. 508/435-6905; FAX 508/435-6590.

**SOUTHEAST**

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

**November 11.** Motor Mile Run, Greenville, S.C. Erwin-Penland Associates, 55 S. Pleasantburg Dr., Greenville, SC 29607. 803/251-0500.

**November 11.** Old Reliable 10K, Raleigh, N.C. Butch Robertson, P.O. Box 1229, Raleigh, NC 27602. 919/829-4843.

**November 17.** Pepsi Vulcan 10K, Birmingham, Ala. Pepsi Vulcan Run, Box 590105, Birmingham, AL 35259. 205/941-1026.

**November 22.** Thanksgiving 10-Miler, DeLand, Fla. Masters RR Series, P.O. Box 1824, DeLand, FL 32721. 904/746-0002.

**November 22.** Atlanta Marathon/Half-Marathon, Atlanta, Ga. Julia Emmons, Atlanta TC, 3097 E. Shadowlawn Ave., NE, Atlanta, GA 30305. 404/231-9064.

**November 22.** SouthPark Turkey Trot 8K/1.5M, Charlotte, N.C. Dean Reinke & Associates, 400 N. New York Ave., Winter Park, FL 32789. 407/647-2918.

**December 1.** Capital Trail 10 Mile, Raleigh,

N.C. Sorbothane/USRA Masters Circuit. 919/876-8347, or Dean Reinke & Associates, 407/647-2918.

**December 2.** First Tennessee Memphis Marathon, Memphis, Tenn. First Tennessee Bank, P.O. Box 84, No. 1001, Memphis, TN 38101. In Tenn., 800/582-6201 ext. 4726. Outside Tenn., 800/238-7561 ext. 4726.

**December 2.** Baby Boomer Race, Miami, Fla. Masters RR Series, P.O. Box 1824, DeLand, FL 32621. 305/227-1500.

**December 8.** Rocket City Marathon, Huntsville, Ala. Harold Tinsley, Huntsville TC, 8811 Edgehill Dr., Huntsville, AL 35802. 205/881-9077.

**December 8.** Brandon Marathon, Brandon, Fla. Jim Moohan, Brandon Running Assoc., P.O. Box 1564, Brandon, FL 33509. 813/685-8635.

**February 9.** Gasparilla Distance Classic 15K/5K, Tampa, Fla. Jeanette Parke, Race Director, P.O. Box 1881, Tampa, FL 33601. 813/229-7866.

**MIDWEST**

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

**November 4.** TAC Midwest Masters 5K Cross-country Championships, Airport Golf Course, Columbus, Ohio. John White, 614/459-2547.

**November 10.** Ohio TAC Masters X-C Championships, Lancaster. John White, 4865 Arthur Pl., Columbus, OH 43220. 614/459-4547.

**November 11.** Columbus Marathon, Columbus, Ohio. \$5700 in masters money. Kathy Kehres, 6290 Busch Ave., Columbus, OH 43229. 614/433-0395.



Harvey Williams of Mountlake Terrace, Wash., top-ranked M65 in the discus in 1989, should repeat in 1990 with a 41.70 in a Seattle all-comers meet. Photo by Signe Wheelwright

**MID-AMERICA**

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

**November 4.** Omaha Riverfront Marathon, Omaha, Nebr. John Thomas, 502 N. 40th St., Omaha, NE 68131. 402/558-9076.

**November 18.** St. Louis Marathon, St. Louis, Mo. Tom Eckel, St. Louis TC, 6611 Clayton Rd., Ste. 200, St. Louis, MO 63117. 314/862-SLTC.

**SOUTHWEST**

Louisiana, Mississippi, Texas.

**November 3.** Dallas White Rock Half-Marathon, Dallas, Texas. Gene Millet, DWRH-M, 7021 Prestonshire Ln., Dallas, TX 75225. 214/363-5883.

**November 11.** San Antonio Marathon, San Antonio, Texas. Sorbothane/USRA Masters Circuit. 512/732-1332, or Dean Reinke & Associates, 407/647-2918.

**November 18.** Larry Fuselier 25K State Championships, New Orleans. New Orleans TC, P.O. Box 52003, New Orleans, LA 70152-2003. 504/482-6682.

**December 2.** Dallas White Rock Marathon, Dallas, Texas. Bob Hancock, DWRM, P.O. Box 743335, Dallas, TX 75374-3335. 214/997-5102.

**WEST**

Arizona, California, Hawaii, New Mexico, Utah.

**November 3, 4, 10, 11, 18, 24, 25.** Legg Lake Runs, South El Monte, Calif. Arthur Martinez. 213/949-0394.

**November 11.** Foundation 30K, Sacramento, Calif. Sorbothane/USRA Masters Circuit. 916/631-5603, or Dean Reinke & Associates, 407/647-2918.

**November 17.** Solidarity Free World 10K/5K, Griffith Park, Los Angeles. Solidarity Run, P.O. Box 492, Whittier, CA 90608.

**November 17.** Mission Bay 25K, San Diego. SASE to: Joni Shirley, Race Director, 8565 Lake Murray Blvd., No. 223, San Diego, CA 92119. 619/465-1049.

**November 18.** Phoenix 10K, Phoenix, Ariz. Harvey Beller, 1201 E. Jefferson St., Phoenix, AZ 85034. 602/229-1060.

**November 25.** Run to the Far Side 5K/10K, San Francisco, Calif., RhodyCo. Productions, 3929 California St., San Francisco, CA 94118. 415/668-2243.

**December 2.** Nike-San Francisco Half-Marathon, San Francisco. Scott Thomason, N-SFH-M, Box 27557, San Francisco, CA 94127. 415/681-2323.

**December 2.** Western Hemisphere Marathon, Culver City, Calif. Prize money for masters. Lee Jordan, 3882 Midway Ave., Culver City, CA 90230. 213/287-3850.

**December 2.** California International Marathon, Sacramento, Calif. Norm Klein, P.O. Box 161149, Sacramento, CA 95816. 916/447-2786.

**December 9.** Honolulu Marathon, Honolulu, Hawaii. Larry Goldstein, HM Assoc., 3435 Wai'ale'ale Ave., No. 208, Honolulu, HI 96816. 808/734-7200.

**December 9.** Fiesta Bowl 10K, Phoenix, Ariz. Bob Wallach, 6505 N. 16th St., Phoenix, AZ 85016. 602/277-4333.

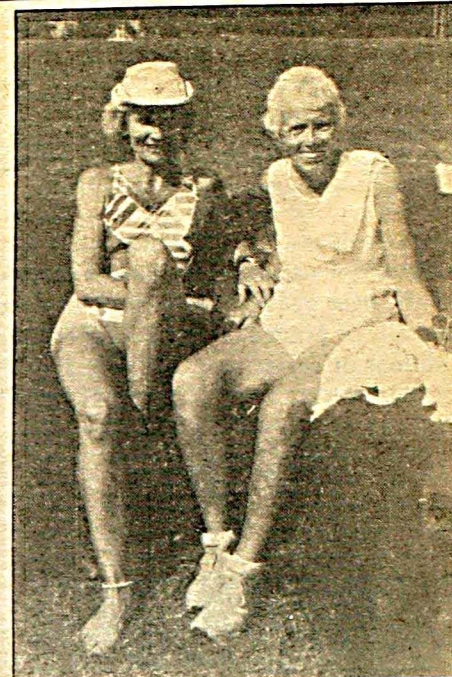
**December 9.** San Diego Marathon, San Diego, Calif. In Motion, Inc., 2204 Garnet Ave., Ste. 303, San Diego, CA 92109. 619/483-9501.

**March 3.** Los Angeles Marathon, Los Angeles. L.A. Marathon, 11110 W. Ohio Ave., Ste. 100, Los Angeles, CA 90025. 213/444-5544.

**NORTHWEST**

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

**November 24.** Seattle Marathon, Seattle, Wash. Marathon, P.O. Box 25172, Seattle, WA 98125-2072. 206/323-0320.



Canadian Gean Hemming, W45, after 1.23 HJ, rests with American Pat Peterson, W60 (HJ, 1.05), Canadian Masters Championships, Montreal, August 11-19. Photo by Barbara Stewart

**INTERNATIONAL**

**November 3.** Rosarito Beach Holiday 5K/10K, Rosarito Beach, Baja California, Mexico. SASE to: Finish Line International, 7846 Connie Dr., Huntington Beach, CA 92648. 714/841-5417.

**November 4.** International X-Country, Amphylla Bedford, England. D.J. Rose, 42 Woodstock Rd., Bedford MK 404JY. (O) 234-56570.

**November 18.** AAA Veterans 10K Road Championships, Barnsley, Yorkshire, England. Barnsley 10K, 9 Richard Road, Darton, Barnsley, Yorkshire, 575, 5NP.

**July 18-28, 1991.** IX WAVA World Veterans Athletics Championships, Turku, Finland. (M40+, W35+). Pirkko Martin, Urheilupuisto, SF-20810, Turku, Finland. Phone: 358-21-503526. Fax: 358-21-503106.

**RACE WALKING**

**January 1 to December 31.** Shore AC One-Hour Postal Racewalk. Five-year age groups thru 85+. Gerald Kiss, 18 Rutland Place, Eatontown NJ 07724. 201/542-1779.



Jason Grimes, ex-All-American at the U. of Tennessee, in his first competition since 1985, took the M30 long jump (23-8¾), Fort Sanders Meet, Knoxville, Tenn.

**FAX-A-SUB**

A quick way to subscribe to the National Masters News. Make a copy of this form and fax it to 818-782-1135. We'll start your subscription immediately.

Please start my one-year subscription to the National Masters News. Bill me later for the \$22 subscription price.

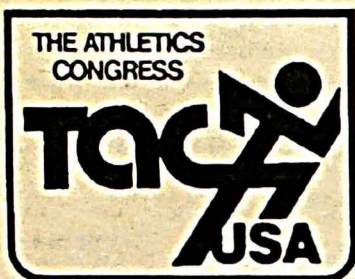
Name \_\_\_\_\_

Address \_\_\_\_\_

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



# 1990 TAC 8KM Masters National Championship



Sunday, December 2  
8:30 a.m.



**ELIGIBILITY:** All men and women 40 years old or older on race day are eligible to compete. U.S. residents **must** be registered with TAC (The Athletics Congress) with either a 1990 or 1991 card. TAC cards will be available on race day.

**AWARDS:** TAC awards will be given to the top three finishers in each age division. All members of the top 3 teams in each age division will receive TAC awards. All runners must be U.S. citizens to win championship awards or score on a team. (Special medals to non-citizens in top 3).

**TEAM INFORMATION:** A maximum of 8 team members must be declared to the race director in writing by November 30, 1990. For men's teams 40-49 and 50-59, the top five finishers will be scored. For all women's teams and men's teams 60-69 and 70+, the top three finishers will be scored. Team scoring shall be the aggregate time of the scoring members; lowest aggregated time wins. All members of the top 3 teams in each division will receive TAC awards. Entry fee: \$2 per member (plus \$10 Individual Entry Fee per member) and must be accompanied by a copy of the team's TAC club certificate or a letter from the Association Registration Chairman if it is a 1991 club registration. **All team members must be U.S. citizens and registered as individual runners.**

**RUNNERS' FAIR** Because of our National Championship Race, a Runners' Fair has been added to this year's activities. Booths featuring sporting goods, health information, cholesterol screening, and nutritional information will be presented. Workshops and clinics on sports medicine, nutrition, masters running, and ethics in sports will be presented by area experts. There will be no charge for these events and all runners and spectators are urged to attend.

**Transportation to Race** A chartered bus will be available at the TAC Convention Headquarters (Sheraton/Seattle), on a **first-come, first-served basis**, leaving at 7:00 a.m. and returning at Noon (approx.). Return trip will stop at the Sea-Tac airport for those with early flights. Cost: \$7.00.



## — 1990 8KM MASTERS NATIONAL CHAMPIONSHIP —

### FOR OFFICIAL USE ONLY

(PLEASE PRINT) PHOTOCOPYING ALLOWED. 1 ENTRY PER FORM.

\_\_\_\_\_

Last Name

\_\_\_\_\_

First Name

\_\_\_\_\_

Birthdate

\_\_\_\_\_

Age on D.O.R.

\_\_\_\_\_

Sex

☐ M. ☐ F.

Address

\_\_\_\_\_

City

\_\_\_\_\_

State

\_\_\_\_\_

Zip Code

\_\_\_\_\_

\_\_\_\_\_ Telephone — Day

\_\_\_\_\_ Telephone — Night

TEAM \_\_\_\_\_

CLUB # \_\_\_\_\_

T.A.C. # \_\_\_\_\_

U.S. CITIZEN: ☐ YES ☐ NO  
ALL TEAM MEMBERS MUST BE U.S. CITIZENS

### ENTRY FEES — PRIOR TO NOV. 30, 1990:

- ☐ \$10—INDIVIDUAL  
☐ \$2—ADDITIONAL  
PER TEAM MEMBER

### DAY-OF-RACE:

- ☐ \$15—**EVERYONE**  
—NO TEAM ENTRIES ACCEPTED D.O.R.

DIVISIONS FOR INDIVIDUALS IN 5 YR.  
INCREMENTS, BEGINNING AT AGE 40;  
TEAMS IN 10 YR. INCREMENTS.

### MAKE CHECKS PAYABLE TO:

FT STEILACOOM RUNNING CLUB (F.S.R.C.)

MAIL ENTRY FORM WITH  
APPROPRIATE NON-REFUNDABLE  
FEES TO: F.S.R.C.

506 MAIN ST., STEILACOOM, WA 98388

### DECLARATION: STATEMENT OF

**RELEASE:** I hereby release the Roman Meal Company, Town of Steilacoom, Steilacoom Historical School District, Ft. Steilacoom Running Club, PNAC-TAC, North Star Glove, or any other sponsors or individuals from responsibility for any injuries or damages I may suffer as a result of my participation in this event. I hereby certify that my training and health are adequate for me to compete safely in this event.

Signature of Athlete \_\_\_\_\_

### FOR FURTHER INFORMATION:

PHONE (206) 584-9208 Evenings



## Men's World Five-Year Age-Group Records As of Oct. 1, 1990

event	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85-89	90+
100m	10.28	10.6	11.0	11.2	11.6	11.8	12.5	13.0	14.3	15.4	16.3	19.9
200m	20.62	21.9	22.3	22.9	23.6	24.9	25.6	26.8	29.5	32.3	39.3	48.6
400m	46.38	48.44	50.46	51.8	52.6	57.64	61.29	62.2	68.5	75.4	91.54	2:00.2
800m	1:49.27	1:51.25	1:56.27	2:00.40	2:05.07	2:12.62	2:20.5	2:34.5	2:40.0	2:53.5	3:29.42	4:39.59
1500m	3:33.91	3:49.47	4:00.53	4:05.2	4:17.4	4:28.66	4:41.82	5:09.73	5:30.1	6:04.28	7:03.38	9:25.2
one mile	3:52.48	4:07.4	4:16.75	4:30.06	4:40.4	4:57.1	5:05.61	5:42.2	6:15.1	8:07.1	8:04.7	13:43.6
3000m	7:47.61	8:17.4	8:36.0	8:53.8	9:12.8	9:41.2	10:10.2	11:46.2	13:06.4	14:39.0	16:32.0	20:08.4
5000m	13:16.36	13:45.6	14:23.6	15:31.0	15:52.8	16:33.3	17:43.4	18:46.62	20:36.0	21:57.88	26:50.2	37:39.38
10,000m	27:17.48	28:33.4	30:02.56	31:59.6	33:00.66	34:23.0	36:04.6	38:27.0	42:03.4	44:29.4	54:23.0	71:40.78
one hour	12:15.99	11:13.09	11:12.68	11:95.4	10:11.94	10:83.1	9:15.40	9:10.83	8:33.5	7:94.6	6:47.2	10:08.8
marathon	2:11:36	2:11:19	2:17:29	2:20:28	2:26:35	2:41:08	2:42:08	3:07:03	3:31:42	4:23:55		
3k stple	8:33.4	8:41.5	9:25.28	9:50.96	10:39.0	11:41.6	12:24.8	13:26.5	15:21.0			
2k stple						7:13.93	8:23.74	8:38.17	10:32.17	14:22.44		
shrt hdl	14.1	14.24	14.7y	15.1	16.6	14.98	16.4	14.50h	15.1	17.29		
100m hdl				14.3	15.28							
400m hdl	49.72	52.7	55.18	58.1	59.85	66.01	71.4	77.50	89.58	1:51.0		
300m hdl				39.96	43.28	43.49	47.82	52.44	61.13	68.0		
h j	7-1 2.16	6-9 2.06	6-2 3/4 1.90	6-2 1.88	5-9 1.75	5-5 1/2 1.66	5-1 1.55	4-10 1/4 1.48	4-8 3/4 1.44	3-11 3/4 1.21	3-8 1/2 1.13	3-2 3/4 0.98
pv	17-4 3/4 5.30	16-6 5.03	15-5 4.70	14-4 4.37	13-6 1/4 4.12	12-9 1/2 3.90	12-4 1/2 3.77	10-10 3.30	9-6 1/4 2.90	6-6 1/2 1.99	5-8 1.73	
l j	25-11 1/2 7.91	24-4 3/4 7.43	23-10 1/4 7.27	21-5 1/2 6.54	20-1/4 6.10	19-11 6.07	17-4 1/4 5.29	16-2 1/4 4.93	14-4 4.37	12-11 1/2 3.95	9-1 2.77	8-0 1/4 2.44
t j	55-7 1/4 16.95	51-6 1/4 15.70	46-6 1/4 14.18	44-5 1/2 13.55	41-10 12.75	39-4 3/4 12.01	36-5 11.10	32-1 1/2 10.12	31-2 3/4 9.79	27-2 1/2 8.29	20-7 1/4 6.28	16-9 5.10
sp	72-9 3/4 22.19	70-3 21.41	58-1 1/4 17.71	57-7 1/4 17.56	51-9 15.77	49-2 1/4 14.99	48-2 3/4 14.70	46-1 1/4 14.05	41-5 3/4 12.64	31-9 1/2 9.69	25-0 7.62	22-10 1/2 6.97
dt	233-9 71.24	227-11 69.48	216-11 66.12	205-10 62.74	177-1 53.98	187-2 57.06	182-6 55.62	156-6 47.70	136-6 41.60	111-9 34.08	72-11 1/2 22.24	67-6 20.57
ht	256-5 78.16	243-11 74.34	205-1 62.52	208-6 63.56	204-8 62.40	190-3 58.00	160-3 48.84	155-11 47.54	133-5 40.68	112-5 34.28	89-6 3/4 27.30	55-8 16.97
jt	286-1 87.20	259-1 78.98	238-10 72.80	215-9 65.76	189-3 57.70	191-10 58.48	160-5 48.90	151-6 46.18	126-4 38.52	94-6 28.80	62-5 19.02	54-2 16.51
*decathlon	7547	6784	5734	6212	5246	4552	3400	3097	1659	994	252	
*pentathlon	3806	3455	3117	2976	2566	2346	2028	1685	1002	869	372	

\*IAAF tables

## Men's American Five-Year Age-Group Records As of Oct. 1, 1990

event	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85-89	90+
100y	9.7	9.8	10.0	10.4	10.7	10.9	12.1	13.4	13.4	15.1	18.8	19.6
100m	10.3	10.87	11.0	11.2	11.66	11.8	12.6	13.0	14.3	15.4	18.7	23.4
200m	20.8	22.20	22.9	22.9	23.6	24.9	26.1	26.8	29.5	32.3	40.29	48.6
400m	46.38	48.44	50.59	52.79	54.56	57.64	61.4	62.2	68.5	75.4	94.95	2:00.2
800m	1:52.1	1:53.99	1:56.27	2:01.1	2:08.9	2:18.87	2:25.3	2:34.5	2:40.0	2:53.5	3:58.3	4:39.59
1500m	3:52.7	3:53.18	4:00.53	4:05.8	4:25.24	4:46.96	4:59.1	5:19.38	5:30.1	6:04.28	7:44.96	9:25.2
one mile	4:12.4	4:12.24	4:18.83	4:32.2	4:55.3	5:14.2	5:22h	5:42.2	6:15.1	8:07.1	12:23.6	13:43.6
3000m	8:31.5	8:43.7	9:06.6	8:53.8	9:37.88	10:31.4	10:51.0	11:46.2	13:06.4	14:39.0	16:32.0	20:08.4
two mile	9:21.4	9:17.6	9:37.8	10:15.2	10:35.0	11:08.2	11:30.0	12:40.0	14:30	15:47.2		
3 mile	13:44.2	14:29.2	15:07	15:37.8	16:51.2	16:59.2	17:59.2	19:20	21:10.8	24:08.2		
5000m	13:51.7	14:59.6	15:12.25	15:43.58	16:27.1	17:19.0	18:30	20:02.57	20:55.39	21:57.88	28:03.8	37:39.38
6 mile	28:02.4	29:59.0	30:47.0	32:40	35:05	36:41.6	38:17.4	42:14	44:35			
10,000m	29:03.4	30:50.37	31:48	32:10.4	33:00.66	35:19.8	38:38.0	41:21.0	43:54.75	44:29.4	63:58.4	71:40.78
one hour	11:1070 18.681	11:740 18.379	11:223 17.907	10:1335 17.314	10:775 16.802	10:201 16.277	9:604 15.036	8:1131 13.909	8:335 13.181	7:946 12.130	6:472 10.088	
marathon	2:11:59	2:17:10	2:26:45	2:29:53	2:34:47	2:42:44	2:42:08	3:07:03	3:39:51	4:23:55		
3k stple	8:38.8	9:18.6	9:39.0	10:31.01	10:59.2	12:33.2	12:24.8	13:43.27	19:04.8			
2k stple						7:40.10	8:23.74	8:38.17	10:46.0	14:22.44		
shrt hdl	14.7	14.24	15.0	15.1	16.8	14.98	17.43	14.50h	15.1n	17.5		
100m hdl				14.87	15.28							
400m hdl	49.72	52.76	55.7	58.1	59.85	66.01	71.4	77.50	89.58	1:51.0		
300m hdl				43.16	43.36	43.49	49.80	52.44	60.78			
h j	6-11 3/4 2.13	6-9 2.06	6-2 3/4 1.90	6-2 1.88	5-9 1.75	5-5 1/2 1.66	5-1 1.55	4-8 1.42	4-3 1/4 1.30	3-11 1/4 1.20	3-8 1/2 1.13	3-2 3/4 0.98
pv	16-7 5.05	16-6 5.03	15-0 4.57	14-4 4.37	13-6 1/4 4.12	12-3 1/2 3.74	12-4 1/2 3.77	10-3 3.12	9-6 1/4 2.90	6-6 1/2 1.99	5-8 1.73	
l j	25-11 7.90	24-4 3/4 7.43	21-11 6.68	21-1 6.42	20-1/4 6.10	19-11 6.07	17-4 1/4 5.29	16-2 1/4 4.93	12-10 1/2 3.92	11-7 3.53	9-1 2.77	8-0 1/4 2.44
t j	55-7 1/4 16.95	51-6 1/4 15.70	45-2 1/4 13.77	43-3 1/2 13.19	41-5 12.62	39-3 11.96	35-6 3/4 10.84	29-5 1/4 8.97	28-2 3/4 8.60	22-8 6.91	20-7 1/4 6.28	16-9 5.10
sp	72-9 3/4 22.19	70-3 21.41	55-2 1/2 16.83	52-7 1/2 16.04	44-2 1/2 13.47	47-4 1/2 14.44	42-11 1/2 13.09	43-11 1/2 13.40	41-5 3/4 12.64	27-8 3/4 8.45	25-0 7.62	22-10 1/2 6.97
dt	233-9 71.24	227-11 69.48	216-11 66.12	205-10 62.74	171-0 52.12	174-1 53.06	163-1 49.72	142-6 43.44	127-10 38.96	91-4 27.84	72-11 1/2 22.24	67-6 20.57
ht	232-5 70.84	243-11 74.34	198-5 60.48	182-6 55.62	197-8 60.26	155-0 47.24	140-2 40.90	119-6 42.72	116-3 36.42	81-3 1/2 24.78	54-3 1/2 16.55	55-8 16.97
jt	268-1 81.72	242-9 74.00	238-10 72.80	215-9 65.76	180-9 55.10	191-10 58.48	148-3 45.18	151-6 46.18	108-0 32.92	94-6 28.80	62-5 19.02	54-2 16.51
*decathlon	6230	6394	5734	6212	5246	4552	2783	2513	1659	994	252	
*pentathlon	3377	3055	3117	2976	2566	2301	1988	1384	927	710	372	

\*IAAF tables

## Women's World Five-Year Age-Group Records As Of Oct. 1, 1990

event	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84
100m	11.6	12.0	12.5	12.9	13.6	13.9	15.04h	16.2	16.87	20.93
200m	22.5	24.84	26.2	27.3	28.48	30.0	31.65	34.2	35.93	45.27
400m	50.56	55.3	57.8	63.2	66.99	69.00	73.71	84.23	89.62	1:40.45
800m	1:56.51	2:06.5	2:19.2	2:23.1	2:42.03	2:52.66	3:03.10	3:14.90	3:32.98	4:18.12
1500m	3:57.73	4:20.7	4:45.84	4:54.5	5:15.7	5:44.81	6:10.17	6:39.04	7:09.72	11:09.2
one mile	4:17.33	4:54.69	5:20.7	5:29.39	5:50.6	6:35	6:41.64	7:26.0		
3000m	8:27.83	9:11.2	10:19.4	10:24.01	11:20.2	12:26.8	13:15.6	14:25.2	17:37.2	25:09.0
5000m	15:15.2	16:02.88	17:45.03	17:46.2	18:49.0	19:14.8	22:16.8	24:52.83	25:43.39	30:21.85
10,000m	31:35.52	33:00.78	37:34.45	36:51.6	38:38.6	43:58.66	46:54.87	50:28.33	53:20.50	98:38
marathon	2:33:50	2:29:43	2:40:01	2:55:17	3:07:22	3:21:35	3:49:14	4:00:28		
2k stple	8:37.19	7:57.65	7:45.96	12:28.54	9:52.28	10:29.90				
shrt hdl	13.8	11.78	12.28	13.02h	14.06	15.5	18.62	20.89	33.66	
long hdl	52.94	63.58	64.8	50.28	55.40	65.1				
h j	6-2 1.88	5-5 3/4 1.67	5-1 1.55	4-10 1.47	4-6 1.37	4-0 1/2 1.23	4-0 1.22	3-8 1/2 1.13	3-3 1/2 1.00	2-10 3/4 0.88
l j	21-4 6.50	19-1 1/2 5.83	17-11 5.46	16-6 1/2 5.04	15-1 1/4 4.60	14-3 3/4 4.36	14-8 4.47	10-2 1/2 3.11	8-5 3/4 2.58	6-6 3/4 2.00
t j	37-7 1/2 11.47	37-3 11.35	33-2 1/2 10.12	31-8 1/4 9.66	31-9 1/4 9.68	27-2 8.28	24-9 1/4 7.55	20-9 1/4 6.33	20-1 1/4 6.13	
sp	70-1 3/4 21.38	62-10 1/2 19.16	46-6 1/4 14.18	48-8 3/4 14.85	42-6 3/4 12.97	35-8 3/4 10.89	32-11 3/4 10.05	25-5 1/2 7.76	25-7 7.80	24-0 1/4 7.32
dt	228-4 69.60	206-5 62.92	160-7 48.94	142-10 43.54	134-0 40.86	107-2 32.68	94-9 3/4 28.90	76-7 3/4 23.36	63-9 1/2 19.44	56-4 1/2 17.86
ht	132-5 40.36	114-6 34.90	130-0 39.62	137-3 41.84	122-6 37.34	99-11 1/4 30.46	98-6 3/4 30.04	57-5 17.50	65-7 1/2 20.00	62-8 3/4 19.12
jt	194-6 59.28	170-1 51.84	156-7 47.74	143-9 43.82	131-7 40.10	103-0 31.40	84-7 3/4 25.80	81-11 24.97	74-2 1/2 22.62	58-7 1/4 17.86



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

M30-34				
Mark Furkis	5000	15:20.66	8-4-90	
Remo Biagioni	100	10.8	6-9-90	
	200	22.35	7-15-90	

M35-39				
Ezra Abdullah	200	23.2	9-1-90	
	Long Jump	6.3m	9-1-90	

M40-44				
Ben Brockwell	1 Mile Run	4:37.12	6-16-90	
Johnnie B. Dye	Pole Vault	13-0	8-2-90	
Michael McDermott	Hammer 16#	45.78	7-15-90	
P.G. Felton	200	23.0	6-4-89	
Sakshat Flowers	100	11.64	8-5-90	

M45-49				
Jeff Loubet	Pole Vault	12-2	9-2-90	
	110H	15.84	9-2-90	
Joe A. Johnson	200	24.88	7-28-90	
Scott Tyler	60M	7.3	4-7-87	

M50-54				
Turk Markishtun	Javelin	142-7	7-27-90	
Scott Tyler	100	12.3	6-30-90	
	100H	15.3	6-30-90	

John Sloan	Pentathlon	2761	8-2-90	
Fred Pamentor	Javelin	44.12m	8-2-90	
George E. Silver	300H	47.2	8-11-90	
Walter Lancaster	100	12.3	6-16-90	
Sam Stone	800	2:17.90	7-14-90	
	1500	4:39.14	6-23-90	

M55-59				
Don B. Lee	5K Racewalk	25:59.87	8-2-90	

M60-64				
Alan D. Cohen	400	61.1	8-11-90	
Alan Maxwell	100H	18.49	7-27-90	
Emmett Edwards	Long Jump	14-9	7-7-90	
Bob Fisher	Discus	140-0	7-27-90	
William D. Hill	High Jump	1.42m	6-2-90	

M65-69				
Jim Platis	Long Jump	17-3½	7-15-90	
	Triple Jump	34-5½	8-2-90	
	High Jump	5-0	7-22-90	
	Long Jump	16-11 3/4	7-22-90	
	Triple Jump	34-6	7-22-90	
	Weight 56#	13-3	7-7-90	
Graeme W. Dalzell	Triple Jump	8.41m	7-15-90	
Jack P. Doorlay	Long Jump	4.27m	7-15-90	

M70-74				
Angelo D. Oliver	200	31.5	7-14-90	
	100	14.8	7-14-90	
Norton M. Jacobs	5000	22:34	7-15-90	
Jack Hagemann	Discus	104-0	6-24-90	

M75-79				
Charles W. Roloff	Shot Put	29-7½	7-21-90	

M55-59				
Betty Vosburgh	400	73.41	6-9-90	
	80H	16.9	7-14-90	
	Javelin	24.04m	7-15-90	
	Shot Put	7.48m	7-14-90	

M60-64				
Eliza Dalzell	Weight 20#	16-3	7-7-90	
Leonore McDaniels	100	16.09	8-2-90	
	200	35.62	8-2-90	
	High Jump	1.19m	8-2-90	
	Long Jump	3.87m	8-2-90	
	Triple Jump	7.32m	8-2-90	

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

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	90-94
Mile	7:12	7:24	7:36	7:49	8:04	8:21	8:41	9:18	9:42	10:30	11:48	12:36	14:03
3000	13:59	14:23	14:46	15:12	15:36	16:12	16:54	18:00	19:00	20:30	24:36	27:18	
5000	23:36	24:13	24:48	25:33	26:24	27:18	28:24	30:24	31:54	34:33	41:24	45:54	
10K	48:08	49:10	50:27	51:54	53:33	55:26	59:06	63:21	66:30	70:09	78:36	84:06	93:18
15K	1:12	1:14	1:16	1:19	1:23	1:27	1:31	1:35	1:40	1:47	1:58	2:10	2:22
20K	1:38	1:40	1:43	1:47	1:52	1:57	2:02	2:09	2:17	2:27	2:40	2:55	3:10

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	90-94
Mile	8:00	8:15	8:30	8:45	9:03	9:42	10:18	11:30	12:09	12:54	13:48	15:21	16:48
3000	15:30	16:00	16:30	17:00	17:33	18:48	20:06	22:12	23:33	25:00	26:48	29:48	32:36
5000	26:13	26:56	27:42	28:33	29:36	31:33	33:48	37:30	39:36	42:06	45:09	50:18	55:12
10K	53:25	54:41	56:12	58:00	63:12	65:48	70:33	76:06	82:42	87:54	94:12	1:01:11	1:08:11
15K	1:24	1:26	1:29	1:32	1:35	1:39	1:46	1:55	2:04	2:13	2:22	2:33	2:48
20K	1:54	1:57	2:01	2:05	2:09	2:14	2:23	2:34	2:47	3:00	3:13	3:38	3:47

A minimum of two judges must be present and the competition must be limited to race walkers (i.e. no runners).

## 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	10:13
5000	15:30	15:42	16:06	16:44	17:30	18:24	19:36	21:08	23:30	26:00	29:00	32:30
10000	32:11	32:35	33:30	34:45	36:15	38:10	40:30	44:15	48:30	54:30	61:15	68:30
110H	15.3	16.4	17.75	18.75								
100H					18.0	19.0	20.0	21.3				
80H									18.0	21.0	25.0	30.0
400H	57.6	59.7	62.0	64.4	67.2	70.6			66.5	74.5	84.0	95.0
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
	6-4½	6-3¾	5-9½	5-6	5-2½	4-11	4-7½	4-4	4-½	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
	14-5½	13-7½	12-9½	11-9½	10-10	10-0	9-2½	8-4½	7-6½	6-8½	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	20-4½	19-2½	17-10½	16-9	15-7	14-5½	13-1½	11-11½	11-0	9-10	8-8½
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
	43-9½	41-6	39-½	36-7	34-1½	31-8	29-2½	26-11	24-7½	22-4	20-½	18-½
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
	49-10½	46-3½	42-8	39-4½	40-8½	36-9	39-4½	35-5½	33-0	28-10½	25-1½	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	70-2½	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	52.00	48.00	43.00	38.50	40.00	35.00	29.00	24.00	19.00	15.00
	203-5	187-0	170-7	157-6	141-1	126-4	131-3	114-10	95-2	78-9	62-4	49-2
35#Wt.	15.00	14.00	13.00	12.00	10.00	9.00						
25#Wt.							11.00	10.00	9.00	8.00	7.00	6.00
56#Wt.	9.50	9.00	8.50	8.00	6.00	5.00	4.50	4.00	3.50	3.00	2.50	2.00
Pen	2800	2600	2600	2600	2600	2600	2600	2600	2600	2600	2600	2600
Dec	5500	5250	5250	5250	5250	5250	5250	5250	5250	5250	5250	5250

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#); 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#); 50-59: 6k; 60-69: 5k; 70+: 4k.  
 7) Javelin: 30-59: 800g; 60+: 600g.  
 8) Metric heights and distances are the standard; feet and inches listed for convenience.  
 9) Pen/Dec: 30-39 IAAF pts.; 40+ WAVA factoring (new WAVA).

## 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		



# U.S. MASTERS TRACK & FIELD RANKINGS

(Coordinated by Jerry Wojcik, T&F Rankings Chairman)

1990 Indoor Mile Racewalk Rankings Compiled by Jerry Wojcik		1990 Indoor 3000 Racewalk Rankings Compiled by Jerry Wojcik		1989-90 Indoor Season Triple Jump Rankings Compiled by Charles Mercurio		1989-90 Indoor Season Triple Jump Rankings Compiled by Charles Mercurio	
M30-34		M30-34		M30-34		M30-34	
Tim Good	7:02.8	Henry Buck	15:05	1 Doug Henderson	14.58	1 Curt Trevor	9.93
Will Desrosiers	7:03.4	Tim Saiter	16:28.06	2 Joe Lafferty	12.40	2 Buck Bradberry	9.86
Steve Beck	10:03.2	N C Haugeard	19:29.85	3 Scott Evans	12.33	3 Bob Ackerman	9.61
M35-39		M35-39		4 Glenn White	12.27	4 Denver Smith	9.60
Brian Savolinis	7:10.1	Bob Korn	14:27.52	5 Jeff James	12.14	5 Bill Townsend	8.80
Phil McGaw	7:28.2	James Brochin	14:59.7	6 Kevin Mulcahey	12.09	6 Chuck Olson	8.08
Justin Kuo	7:37.0	Pete Williams	15:19.01	7 Frank Santos	11.73	7 Emmett Edwards	7.98
Jim Brochin	7:49.1	Tom Cotti	15:53.34	8 Bill Harris	11.30	8 Jack Doorley	7.80
P Williams	8:15.7	Gene Harrison	16:53.0	9 Mike Campbell	11.16	9 Jerry Reichar	7.47
M40-44		M40-44		10 Mora Albritton	11.01	10 Des Margeson	7.38
Bob Ullman	7:51.0	Brian Schultz	15:19.05	11 Ed Laurelli	10.66	11 George Hoferer	6.72
John Johnson	8:06.8	D Easterlund	15:43.3	12 Scott Briney	9.25		
D Easterlund	8:21.4	Peter Widulski	16:26.1	M35-39		M65-69	
Dave Gustafson	10:02.8	Ron Salvio	16:39.4	1 Darney Gripper	13.33	1 Jim Platis	10.21
Stan Kaufmann	10:29.2	Jim Oliver	21:44.3	2 Bill Thornale	12.33	2 Ed Lukens	10.13
M45-49		Martin Sheets	22:12.2	3 Ron Standley	10.83	3 George Rajcovich	9.25
Larry Simmons	8:20.8	M45-49		4 Bob Laurelli	10.65	4 Fred Hirsimaki	9.19
D Mowles	8:32.7	Gary Null	13:27.0	5 Don Knapp	10.62	5 Jim Johnson	8.42
Bob Jennings	8:47.9	Norm Browne	14:41.21	6 Ed Laurelli	8.95	6 Vern Mattson	8.31
Dave Eidahl	8:59.0	Ron Daniel	14:50.56	7 D Potter	8.75	7 H Saareste	7.70
Charles Mansbach	9:10.9	T McKoskey	14:52.24			8 Ed Matthews	7.60
Frank Weibel	9:25.3	Manny Eisner	14:59.8			9 Mel Buschman	7.47
Jim Hess	12:18.1	Larry Simmons	15:07.7			10 Jan Hutchinson	7.09
M50-54		Don Mowles	16:11.93			M70-74	
Dick Rugust	7:42.6	G O'Daniels	16:12.10			1 John Alexander	9.40
Gerry Patrick	7:43.3	F Weibel	17:25.1			2 Sparks Sorlien	8.23
Gus Davis	8:42.8	Kendrick Sanders	18:09.6			3 Earl Cole	6.62
Alan Beresner	9:56.0	Bob Brzenk	18:15.10				
Romin Koebel	10:15.6	Paul Hamilton	19:56.8			M75-79	
M55-59		George LeFleur	20:11.0			1 Claude Hills	7.20
Jack Boitano	7:58.0	Carl Burk	23:04.96			2 George Braceland	7.07
Al Friedl	9:04.56	M50-54				3 Leslie Thomas	6.40
Frank Brown	9:41.6	John Elwarner	14:42.97			4 Bob Detweiler	4.78
Ed Quier	10:58.8	Gerald Bocci	16:36.12				
M60-64		E R Premo	20:11.69			M80-84	
W Peet	9:34.5	M55-59				1 Henry Sachman	3.72
Ed Gawinski	9:37.0	Jack Boitano	14:59.4				
Allen Jackson	10:22.01	Leo Rivera	14:59.6			M85-89	
Ray McKeeman	11:00.0	Max Green	15:35.55			1 Konrad Boas	4.70
		F Brown	17:17.2			2 Arling Pitcher	4.09
		Charles Deuser	17:54.0				
						M90-94	
						1 Phil Raschke	10.19
						2 Beth McBridge	9.27
						3 Mary Lou Platis	8.79
						M45-49	
						1 Barbara Stewart	7.47
						2 Jutta Riegel	7.44
						M50-54	
						1 Becky Sisley	7.70
						2 Rachel Lyga	7.26
						M55-59	
						1 Christel Miller	7.98
						M60-64	
						1 Virginia O'Connor	4.02
						M65-69	
						1 Josephine Sullivan	6.30
						2 Libby Hagemann	4.91
						3 F Berry	3.66
						M70-74	
						1 Ernestine Yeomans	4.76

## Masters Age-Graded Tables

- Keep track of your progress over the years.
- Compare performances of older and younger individuals in the same or different events.
- Select the best performance in an event among all age groups.
- Score multi-events.
- See how much your performance should decline with age.
- Chart your own performance progress.

- Includes single-age factors and standards for each age from 21 to 90 for men and women for every common track & field, long distance running, and racewalking event.
- Includes 5-year world and U.S. T&F age-group records, as of July, 1990.
- Shows how to conduct an age-graded track & field meet, road race or race walk.

- 66 pages. Easy to use.
- Detailed explanations, sample competitions, personal performance examples and charts.
- Compiled by the World Association of Veteran Athletes and the National Masters News.

Send \$5.95 plus \$1.00 postage and handling to:

NATIONAL MASTERS NEWS  
P.O. Box 2372  
Van Nuys, CA 91404

Name \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

## NOW AVAILABLE

### 1989 U.S. Masters Outdoor T&F Rankings Book

- Men's and women's 1988 U.S. 5-year track & field age-group rankings.
- 52 pages, over 100-deep in some events.
- All T&F events, including 3000, 10,000, weight, relays, 1500 walk, 5000 walk.
- Deeper rankings in most events than published in NMN.

Send \$5.95 plus \$1.00 postage and handling to:

NATIONAL MASTERS NEWS  
P.O. Box 2372  
Van Nuys, CA 91404

Name \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_





# TRACK & FIELD RESULTS

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

## NATIONAL

TAC National Masters 56 lb.  
Weight Throw Championships  
Columbus, OH; September 15

M30 Rick Meindl	28-6 3/4
Chris Mitko	25-5 3/4
M35 Pat Burns	27-3
M40 Steve Kaye	27-3 1/2
Dave Stebing	26-10 3/4
Norm Bower	20-4 1/2
M45 Mickey Bitsko	26-3 3/4
Jim Pearce	24-8 3/4
M50 Dick Bloomfield	27-6 1/2
Lee Slick	16-9 1/2
John White Sr	15-5
Robert Premo	12-4
M55 Jerry England	20-4 1/2
Jack Twet	14-3 3/4
M65 Bill Walmoth	17-1 1/2
Jake Stein	16-6
Herb Cantor	14-5 1/2
M70 Ham Morningstar	14-8 1/2
A U Ricciardi	10-6 3/4
M75 Nolan Fowler	18-3 1/2
Phil Partridge	9-4 1/2
W30 Debbie Eckhardt	8-2 1/2
W45 Brenda Bloomfield	9-3 1/2
W50 Joann Grissom	14-1 3/4
W65 Mary Norckauer	5-2 1/2

## EAST

Empire State Games  
Syracuse, N.Y.  
August 3-5

100m	
M20 Fred Feaster	11.1
Gary Tarrick	11.1
Adrian Sterrella	11.4
M25 Jesse Thomas	10.7
Fred Denworth	11.6
Bernard Gasle	11.9
M40 Ed Howard	12.0
John Morrison	12.1
Bob Smith	12.3
M45 Tom Toscano	11.8
Sam Hall	12.0
Tracey Whitehead	12.0
M50 Rich Rizzo	12.3
Carlos Veron	12.7
George Silver	12.8
M55 Andrew Branch	12.2
Br Hassan	12.9
Gus France	13.2
M60 Tom Brooks	13.6
Howard MacMillan	14.2
M65 Elia McFarlane	14.0
Russell More	14.7
Francis Marino	15.3
M70 Bob Vaccaro	16.6
Roger Clancy	19.2
Sid Zecher	20.8
M30 Kim Dalton	13.0
Barbara Fishbaugh	13.5
Rebecca Delass	14.2
M35 Marcia Frederick	12.8
Sharon Osborne	13.4
Darbie McCubbin	14.4
M40 Marie Beretty	13.7
Kathy Pierce	14.0
Josephine Cross	14.0
M50 Sally Rusby	17.4
Morna Schilloff	19.3
M55 Ruth Smith	16.9
Edna Hyer	18.1
Posalie Gioia	19.3
M60 Verne Engstrom	19.5
M65 Angie Smith	18.9

200m	
M30 Fred Fester	23.0
Adrian Stevvett	23.7
Rod Gooden	23.9
M35 Jessie Thomas	22.5
Benworth	
Frederick	24.5
Frank Pecorella	25.6
M40 Ellsworth	
Pobinson	24.3
Ed Howard	24.8
John Morrison	25.1
M45 Bill Burrell	24.7
Sam Hall	24.9
Walter Thorne	25.8

M50 Rich Rizzo	25.4
Tom Fondy	27.1
Chris Rugh	28.2
M55 A. Branch	25.9
Al-Sayee Hassan	27.7
Ted Swanson	28.7
M60 Ed Cox	28.9
Howard McMillan	30.2
Ralph Furness	34.1
M65 Blair McFarlane	30.9
Russell More	32.8
Francis Mariano	34.1
M70 Vern Rockcastle	33.0
Bob Vaccaro	34.1
Roger Clancy	38.9

400m	
M30 Fred Feaster	51.3
A. Sterrett	52.0
Phil Rougeux	53.1
M35 Don Holzshu	57.1
Vernon Wilson	59.8
M40 Don Hodge	53.0
Morris Morgan	55.6
Bob Nicho	56.2
M45 Bill Burrell	55.4
Anthony Alfieri	57.1
Paul Stelmaszyk	58.0
M50 Glen Shane	56.9
Bob Colton	59.8
Chris Rush	62.9
M55 Fritz Schlereth	58.1
Hassan Al-Sayee	62.0
Ron Peoples	64.4
M60 Joe Kelly	63.7
Bob Gauvreau	72.8
Bob Warner	73.3
M65 Blair McFarlane	81.3
Francis Mariano	81.9
Don Kasprzak	88.5
M70 Verne Rockcastle	73.8
Bob Vaccaro	86.6
Ed Straub	97.5
M75 Chas. Jorgenson	90.8
M30 Kim Dalton	66.1
Kathryn Mead	73.1
M35 Barbie McCubbin	63.4
M40 Kathy Pierce	65.4
Ellie Mastie	70.1
Kate McKenna	73.2
M45 Katy Gottschalt	73.0

M45 Don Masterson	2:05.6
Joe McVeigh	2:12.4
Paul Stelmaszyk	2:12.6
M50 Glen Shane	2:10.1
John Allen	2:12.7
Ron Brown	2:16.9
M55 Bruce Marsh	2:24.9
Walt Morris	2:32.2
Tom Whelan	2:32.8
M60 Bill Cooney	2:22.9
Bob Warner	2:42.1
Jack O'Sullivan	3:05.3
M70 Roger Clancy	3:29.9
Bill Shrader	3:54.4
Ed Straub	3:57.3
M75 Bill Brobston	3:24.4
M80 Charles Hackenheimer	4:12.9

1500m	
M30 Kevin St. John	4:13.9
Dan Dengler	4:16.9
Al Schaidt	4:18.3
M35 Kevin Kelly	4:16.7
Mike Moran	4:17.5
Tom Bebee	4:24.2
M40 Rob Jackson	4:18.6
Mike Wilson	4:20.0
Frank Myers	4:36.9
M45 Don Masterson	4:28.5
Tom Carr	4:39.9
Mike Cannon	4:45.1
M50 Seth Kaminsky	4:31.3
Larry Decker	4:35.3
John Allen	4:44.4
M55 Don Farley	5:01.5
Pete Hettrich	5:04.6
Bruce Marsh	5:05.8
M60 Bill Cooney	4:58.1
Rich Sullivan	6:05.0
Jack O'Sullivan	6:22.9
M65 Don Carter	5:31.8
Tom Walnut	6:10.9
M70 Roger Clancy	7:22.8
Bill Schrader	8:20.3
Ed Straub	8:26.9

M75 Bill Brubston	6:51.9
M80 Charles Hackenheimer	8:43.4
M30 Kathryn Mead	6:20.3
M35 Ann Michale	5:04.6
Maureen McLeod	5:10.0
Diane Sherder	5:26.0
M40 Eliz. Mastin	5:05.3
K. Keltenberg	5:29.2
Lorraine Vail	6:05.5
800m	
M30 Kevin St. John	2:01.8
Rich Vair	2:02.4
Phil Rougeux	2:03.0
M35 Kevin Kelly	2:08.6
Bob Pertak	2:10.8
Rod Briscoll	2:15.7
M40 Rob Jackson	2:03.6
Mike Wilson	2:06.4
David Condordia	2:17.0

5000m	
M30 Mike Rockow	17:19.2
M35 Mike Hoban	16:22.1
Steve Jones	16:27.1
Lewis White	16:31.1
M40 David DelFavero	17:21.8
Jim Ascioti	17:28.2
Lee Chaffee	17:35.9
M45 David Winn	17:12.2
Tim Hagee	18:52.6
Mike Williams	19:04.1
M50 Vince Colgan	17:43.3
Lee Wilcox	17:46.2
George Groome	17:57.0
M55 Pete Hettrich	18:00.4
Don Farley	18:01.3
Bob Miller	18:06.8
M60 Bob Gauvreau	19:35.6
Rich Sullivan	21:13.0
David Ryder	21:13.5
M65 Tom Walnut	22:22.4
M70 Nate White	22:59.2
M75 Bill Brobston	24:00.5
Charles Jorgenson	27:26.2
M80 Charles Hackenheimer	30:37.6
M30 Mary Steffan	20:20.4
M35 Mary Hasenauer	19:49.6
Diane Sherr	19:59.7
Jean Queal	20:11.9
M40 Eliz Mastin	18:46.4
Joyce Hagee	20:28.3
Carolyn Brown	22:19.3
M45 Mary Thompson	23:37.2
M50 Sally Rusby	22:58.2
Ellie White	26:58.7
M55 Lois Bell	24:15.3
Mary Zepetello	31:39.6

10,000m	
M35 S Schallenkamp	33:40.6
Tom Nelson	37:23.6
Mike Fogle	37:37.6
M40 Jim May	35:42.1
Mike Geise	36:08.9
Jim Ascioti	36:42.5
M45 Mike Aiello	38:20.3
Mike Williams	39:48.3
M50 Lee Wilcox	36:56.6
Greg Groome	37:03.3
Sam Graceffo	37:42.4
M55 John Garrity	42:04.9
M60 Bob Gauvreau	42:04.9
Jack O'Sullivan	42:14.3
Rich Sullivan	42:17.0
M65 Don Sill	57:54.8
M70 Nate White	46:58.2
Roger Clancy	55:11.6
M75 Bill Brobston	48:20.0
M35 Diane Mav	44:59.7
M40 Carolyn Brown	45:34.6
M50 Ellie White	55:57.6
M55 Lois Bell	48:28.0
Elaine Zack	53:19.7
M60 R. Tumidajewicz	56:50.1
M65 E McIntyre	62:50

400/300 Int. Murd. (36")	
M35 Jim Cole	67.7
M45 T. Rogan	64.2
Paul Gansle	70.1
Mike DeJesus	74.3
M50 Rich Rizzo (33")	66.5
George Silver	70.2
Bill Drake	71.2
M55 Ralph Bacote	88.9
M65 Don Kasprzak (30")	68.1

100/110 High Murd.	
M30 Dan Glushski	15.4
Glen White	15.4
Rob Vives	16.6
M35 Jim Cole	18.5
J. Kapturowski	19.6
M45 Mike Milove	17.7
Gene Zastawny	20.0
M50 George Silver	17.7
Bill Drake	19.2
Jim Remenick	22.6
M55 Geo Farnworth	19.8
Ralph Bacote	24.7
M30 R. Delass (33")	19.7

3000 Steeple	
M35 Jim Zimmons	10:49.0
Bill Weigel	11:06.5
Jim Cole	11:11.1
M40 Reinhold Motawa	10:55.2
M45 Tom Rogan	11:38.8
M50 Al Fairbrother	11:42.7
M60 Wal Sidero witz	16:25.6

Triple Jump	
M30 Glen White	11m 01
M35 Bob Doran	13m 04
Rod Driscoll	11m 21
Mike Sayers	10m 38
M40 Darney Gripper	13m 70
Charley Klempke	11m 24
Bob LaBarbera	10m 80
M45 Mike Milove	11m 06
Paul Gansle	9m 39
Tom Kilroy	8m 73
M50 Ed Kent	9m 40
Don Ritter	9m 0
Carlos Vernon	8m 86
M55 Ron Peoples	9m 16
Ralph Bacote	9m 05
Ted Swanson	8m 91

High Jump	
M30 Tom Schulz	1.81m
M35 Bob Doran	1.78m
Dale Bosworth	1.63m
Kevin Donovan	1.57m
M40 Alan Taylor	1.54m
Jim Larmondra	1.46m
Ron Coleman	1.42m
Jan Decker	1.42m
M50 W. Lightfoot	1.51m
George Silver	1.45m
Don Ritter	1.36m
M55 Roger Burke	1.39m
Ralph Bacote	1.33m
G Farnworth	1.33m
M60 David Rider	1.33m
Bob Raimo	1.08m
M65 Don Kasprzak	1.24m
Blair McFarland	1.17m
David Welsh	1.14m
M30 Pat Golus	1.32m
Rebecca Delass	1.32m
M40 Marie Beretty	1.33m
Josephine Cross	1.18m
M55 Rosa Gioia	0.95m

Long Jump	
M30 Glen White	5m 74
M35 Tim Herman	5m 83
Mike Sayers	5m 40
Pick Plunkett	5m 34
M40 Darney Hall	6m 48
Bill Wood	5m 91
Pete Hall	5m 54
M45 Bruce Adams	5m 72
Tom Rogan	5m 67
Mike Milove	5m 51
M50 Bill Drake	4m 73
Carlos Vernon	4m 58
Rich Mickelson	4m 57
M55 B.R. Hassan	4m 78
Ron Peoples	4m 75
Ted Swanson	4m 64
M60 Bob Raimo	3m 68
M65 Lloyd Archer	3m 52
Dave Welch	3m 25
M30 Rebecca Delass	4m 27
M40 Jo Cross	4m 22
Marie Beretty	4m 14
M45 Maicia Przybyla	2m 79
M55 Ruth Smith	3m 12
Rosalie Gioia	2m 62

Javelin	
M30 T. Wood	44.08
M. Bellanca	35.48
M35 M. Sayers	45.84
S. Suto	43.64
M40 G. Spaneup	40.06
J. Larmondra	39.00
G. Aines	36.76
M45 G. Schreif	35.34
R. Kaye	25.76
M50 B. Decker	37.54
W. Schilloff	32.80
B. Smullens	17.52
M55 M. Kintiah	31.54
F. Ryan	29.50
L. Capano	28.50
M60 R. Holloway	39.64
J. Sheridan	24.28
M65 D. Kasprzak	24.60
M70 R. Williams	22.14

M30 Debbie Eckhardt	22.86
M. Lavack	20.96
D. Sayers	18.64
M40 K. Pierce	28.04
J. Sieslki	20.26
A. Whitehead	16.24
M45 K. Wright	22.34
M. Przybyla	9.68
M50 M. Schilloff	14.50
M55 J. Dash	21.66
E. Hyer	17.68
R. Gioia	15.32

Pole Vault	
M30 Everett Baker	14'0"
Wayne Bequette	11'6"
M35 Kevin Donovan	12'0"
Mike Sayers	11'6"
Brad Hall	11'0"
M40 Doug Perrine	10'7"
Jan Decker	10'6"
Jim Trot	10'6"
M50 Bill Drake	9'6"
Don Ritter	8'11 1/2"
M55 Ted Swanson	7'0"

Hammer	
M30 Joe Benoit	149'6"
M40 James Alexander	69'9"
M45 Ron Cross	95'8"
M50 Bob Decker	128'8"
Oscar Jensen	111'6"
M55 Martin Kintiah	100'4"
Kurt Krasin	78'9"
M60 Avin Phillip	138'4"
M65 Erwin Sorki	57'11 3/4"
M70 Ralph Williams	76'11"
M30 Debbie Eckhardt	54'6 3/4"
M35 Nancy Lachusa	53'7"
M40 Judy Sieslki	45'2"
Ann Whitehead	21'10"
M45 Marcia Przybyla	45'10 1/2"
M55 Dortha Swanson	64'5"

Discus	
M30 Joe Benoit	46m 14
John Irion	41m 52
Tom Winiacki	39m 42
M35 Mike Sayers	34m 43
M40 Jim Heizman	32m 20
Arnie Schwan	30m 94
Bill Coles	30m 56
M45 Gary Tocke	39m 25
Ken Straley	35m 84
Ron Cross	34m 86

M50 Bob Decker	38m 63
Walt Schilloff	34m 02
Oscar Jensen	26m 80
M55 Martin Kintosh	39m 68
Chuck Yost	33m 00
Lou Capane	29m 98
M60 Bob Chotoff	35m 92
Rich Holloway	33m 90
John Sheridan	31m 59
M65 Bill Russo	34m 11
Erwin Rice	25



## Continued from previous page

Art Thomas	4-2	Hammer	M50 Gordon Bobell	41.64
M45 Mike Valle	4-6		Phil Scudieri	36.22
M50 John Sloan	3-10		M55 Len Olson	33.50
M70 Ed Matthews	3-10		M60 Ned Curran	23.32
Vern Mattson	3-10		M65 Don Reid	35.90
M75 Charles Hirshey	2-6		Norb Weckstein	17.72
			M60 Jimmie Reid	14.08
<b>Pole Vault</b>			M40 Art Thomas	22.10
M35 Nathan Taylor	11-2		M45 Mickey Bitsko	45.96
M45 Jack Hasty	10-8		Mike Valle	34.26
David Ayers	9-8		M55 Pay Carstensen	31.94
Mike Weaver	7-2		M65 Herb Cantor	35.90
M50 Ed Zuraw	7-8		M75 Jack Wood	22.90
M60 Don Grey	8-6		Chas Hirshey	19.60
			<b>Javelin</b>	
M40 John Dye	12-3		M30 William Pirtle	50.44
Bob Green	11-2		Bob Shelton	45.78
M45 William Busby	11-8		M35 Nathan Taylor	51.02
William Eubanks	9-8		M40 Jim Gibson	36.48
M50 Henry Davenport	9-2		M45 Mike Harrington	42.12
			David Ayers	36.02
<b>Long Jump</b>			M50 Phil Scudieri	40.04
M30 Bob Shelton	6.26		Ed Barbour	33.06
M35 Keith Witherspoon	6.63		M55 Len Olson	34.36
Wallace Hawkins	6.53		Russ McDaniels	22.56
Ezra Abdullah	6.30		M60 Mark Richards	31.60
M40 Greg Marshall	5.67		Don Grey	29.38
Jim Gibson	4.59		Ned Curran	26.02
M45 Palmer Sweet	4.45		M65 Don Reid	28.60
M50 Ed Barbour	4.61		Norb Weckstein	21.86
M55 Russ McDaniels	3.60		M85 Almand Coleman	17.46
M60 Don Grey	3.63		W30 Maia Cunningham	24.70
M65 Norb Weckstein	3.45		Keg Good	21.44
Frank Crayton	3.46		M40 Caroline Richards	13.74
M75 Jeremiah Gaines	3.48		M60 Jimmie Reid	14.50
M60 Leonore McDaniels	3.87			
			M40 Art Thomas	36.72
M30 Jerry McCorkle	6.45		Larry Jones	28.62
M40 Larry Jones	4.31		M50 John Sloan	35.74
M45 Mike Valle	4.71		M65 Herb Cantor	34.60
Wm Eubanks	4.57		M75 Jack Wood	28.38
M50 Nate Carter	4.84		Chas Hirshey	18.58
John Sloan	3.87		M40 Linda Bass-Jones	20.30
M55 Pay Carstensen	4.44		M50 Sharon Good	11.92
M70 Ed Matthews	4.45			
Vern Mattson	4.40			
M75 Chas Hirshey	2.30			
			<b>Onondaga County Senior Games</b>	
<b>Triple Jump</b>			<b>Syracuse, NY; September 10</b>	
M35 Keith Witherspoon	10.80			
M40 Greg Marshall	10.94			
Bill Tucker	8.73			
M45 Palmer Sweet	9.43			
M55 Russ McDaniels	7.20			
Dil Cook	7.16			
M60 Leonore McDaniels	7.64			
M40 Larry Jones	9.45			
M45 Mike Valle	9.00			
M50 Nathaniel Carter	10.24			
M55 Pay Carstensen	8.80			
M70 Ed Matthews	8.96			
Vern Mattson	8.32			
<b>Shot Put</b>				
M30 William Pirtle	12.88			
M35 Paul Schultz	7.81			
M45 Mike Harrington	10.80			
Palmer Sweet	10.32			
M50 Phil Scudieri	11.74			
M55 Len Olson	11.82			
Dil Cook	10.49			
M60 Ned Curran	10.30			
Don Grey	8.29			
M65 Don Reid	11.24			
Bob Seligman	9.59			
Norb Weckstein	8.37			
W50 Ecris Williams	6.13			
M60 Jimmie Reid	6.69			
M40 Bob Green	12.30			
Art Thomas	7.46			
M45 Mickey Bitsko	11.54			
Mike Valle	10.71			
M50 Ervin Mitchell	10.29			
M55 Pay Carstensen	10.22			
M65 Herb Cantor	11.71			
M75 Jack Wood	9.61			
Charles Hirshey	9.05			
M50 Sharon Good	5.57			
<b>Discus</b>				
M35 Paul Schultz	16.02			
M40 Jim Gibson	29.26			
M45 Mike Harrington	36.88			
Palmer Sweet	29.56			
David Ayers	26.92			
M50 Phil Scudieri	40.12			
Ed Barbour	25.26			
M55 Len Olson	41.26			
M60 Don Grey	30.50			
Ned Curran	27.36			
M65 Don Reid	36.62			
Bob Seligman	34.30			
Norb Weckstein	24.70			
M75 Jeremiah Gaines	21.34			
Bob Reid	18.48			
M60 Jimmie Reid	15.16			
M40 Bob Green	30.84			
M45 Mike Valle	33.10			
William Busby	28.32			
M50 Henry Davenport	36.10			
Nate Carter	33.56			
Ervin Mitchell	32.02			
M60 Robert Hewitt	29.66			
M65 Herb Cantor	35.32			
M75 Jack Wood	24.40			
Chas Hirshey	19.24			
M50 Sharon Good	13.80			

Thomasville Fall Masters Decathlon  
Thomasville, NC; September 22-23

Age-factored scoring was used, using five year age group factor. Example: 40-44 use age 40 factor											
NAME	100	LJ	SP	HJ	400	HURD	DT	PV	JT	1500	TOTAL
John Alexander	13.75	4.59	9.28	0.91	1:04.66	15.82	31.34	1.93	23.37	7:00.4	6925
71		15-04	30-54	3-0			102-10	6-4	76-8		
McCamey, TX	912	1002	650	324	1054	775	724	431	489	564	6925
Steve Rogers	13.12	5.08	11.66	1.60	1:00.36	17.30	38.66	3.00	46.12	5:27.5	
47		16-8	38-34	5-3			126-10	9-10	151-4		
Topeka, KS	631	608	720	687	666	781	779	511	716	585	6684
Joe Johnston	12.68	5.75	9.76	1.60	1:01.48	17.54	27.86	4.00	30.94	5:47.3	
46		18-104	32-04	5-3			91-5	13-14	101-6		
Apopka, FL	713	790	583	687	625	757	521	856	432	484	6448
Bill Busby	13.10	5.72	9.90	1.45	1:03.90	18.22	29.76	3.80	47.63	5:37.9	
46		18-94	32-54	4-9			97-8	12-54	156-3		
Thomasville, NC	635	781	593	536	540	687	566	781	745	531	6395
Denver Smith	14.51	4.80	10.14	1.35	1:13.29	17.54	36.95	2.70	34.78	7:13.0	
64		15-9	33-34	4-5			121-2	8-104	114-1		
Louisville, OH	595	821	638	679	527	830	693	612	631	332	6358
Henry Hopkins	13.50	5.58	9.93	1.58	1:02.99	19.35	29.64	3.80	32.57	5:17.0	
47		18-4	32-7	5-24			97-3	12-54	106-10		
Plainfield, IN	565	743	595	620	572	581	563	781	462	642	6174
Boo Morcom	14.75	4.80	8.89	1.35	1:11.17	23.06	31.80	3.00	22.84	DNF	
69		15-9	29-2	4-5		(fell)	104-4	9-10	74-11		
Wilmot Flat, NH	639	947	612	776	704	456	646	834	415	0	6029
Bob Green	12.11	4.76	11.98	1.60	53.8H	18.05	31.39	3.20	38.68	5:57.5	
41		15-74	39-34	5-3			102-11	10-6	126-11		
Seneca, SC	767	457	696	610	836	627	560	517	536	382	5988
Marlen McWilliams	13.71	4.00	8.31	1.17	1:10.20	18.86	22.10	2.24	17.17	7:55.7	
70		13-14	27-34	3-10			72-6	7-4	56-4		
Shallotte, NC	919	760	569	644	863	465	470	570	324	358	5942
Jeff Loubet	12.69	5.52	9.07	1.55	1:03.08	17.60	27.50	3.10	32.23	5:54.0	
47		18-14	29-94	5-1			90-3	10-2	105-8		
Albuquerque, NM	711	727	533	636	569	750	513	543	455	452	5889
Bill DeHorn	13.14	5.48	9.52	1.73	1:00.3H	18.39	28.54	3.30	43.84	5:54.1	
43		17-114	31-24	5-8			93-8	10-10	143-10		
Montreal, QUE	574	630	528	740	577	594	497	546	627	398	5711
David Ayers	13.67	4.58	8.35	1.35	1:01.76	21.15	25.94	2.90	32.07	4:55.0	
48		15-04	27-44	4-5			85-1	9-64	105-2		
Richmond, VA	538	481	481	449	615	429	476	480	453	769	5171
Jim Rose	12.80	5.00	10.46	1.50	59.68	20.21	32.83	3.00	34.27	6:15.2	
43		16-44	34-4	4-11			107-8	9-10	112-5		
Long Beach, MS	635	514	592	520	607	430	593	457	458	306	5114
Reid Hilton	13.67	4.77	9.05	1.55	59.8H	20.06	25.77	2.60	39.61	4:59.1	
40		15-74	29-84	5-1			84-6	8-64	129-11		
Chapel Hill, NC	485	459	496	560	597	445	437	345	552	687	5063
Jon Ewing	13.81	4.34	7.73	1.50	1:01.78	20.08	22.28	3.00	28.46	5:37.3	
46		14-24	25-4	4-11			73-1	9-10	93-4		
Memphis, TN	515	423	437	585	615	516	392	511	386	535	4915
Mike Valle	13.90	4.59	10.64	1.40	1:08.41	20.99	33.30	2.44	33.78	6:10.6	
49		15-04	34-11	4-7			109-3	8-0	110-10		
Burlington, NC	499	483	647	496	397	441	650	342	484	377	4816
Bob Boal	17.99	3.03	6.06	1.07	1:31.85	19.70	17.46	1.63	16.93	7:57.0	
78		9-114	19-11	3-6			57-34	5-44	55-6		
Wake Forest, NC	401	487	449	602	403	499	407	362	373	456	4439
Jan Decker	14.11	4.75	7.85	1.45	1:05.74	21.01	26.93	3.20	29.59	6:14.7	
44		15-7	25-9	4-9			88-4	10-6	97-0		
Saratoga Springs, NY	415	455	416	472	401	368	462	517	373	309	4188
Charles Polhamus	14.94	4.52	7.35	1.50	1:15.95	21.64	20.60	4.00	23.14	7:12.5	
47		14-10	24-14	4-11			67-7	13-14	75-11		
Fitzgerald, GA	344	465	410	585	203	391	354	856	290	153	4051
George Cliette	13.50	Fouls	9.15	1.50	1:07.29	21.60	26.10	2.24	30.76	6:45.0	
46			30-0	4-11			85-7	7-44	100-11		
Durham, NC	565	0	539	585	431	394	480	284	429	242	3949
Don Hull	16.42	3.08	8.67	1.07	1:28.50	25.08	21.91	1.63	18.67	8:14.8	
72		10-14	28-54	3-6			71-11	5-44	61-3		
Port Orange, FL	490	423	599	512	356	71	464	305	363	297	3905
Harold Lilly	13.49	4.85	9.32	1.40	1:15.32	22.52	24.36	Injured			
44		15-11	30-7	4-7			79-11				
Asheboro, NC	515	479	515	434	156	262	406	Withdrew			2767
Arling Pitcher	21.20	1.59	4.81	0.91	2:05.3	DNF	13.66	NH	12.27	12:51.4	
88		5-24	15-94	3-0			44-10		40-3		
Indianapolis, IN	335	118	477	544	110	0	417	0	342	22	2365

## SOUTHEAST



Continued from previous page

W60	Wanell Reichert	40:20
	Pinky Henry	42:20
	Gert West	42:50
W65	Coory Moolenaar	38:30
	Virginia Barron	47:40
	Ruby Johnson	48:50

## MIDWEST

10th Annual Wolfpack  
Fall Throwing Classic  
Columbus, Ohio  
September 15-16

1.6 k Men's Discus		
15-16	Chad Higgins	37.98

2 k Men's Discus		
Open	David Witt	VPI 42.50

30-4	Rick Meindl	VPI 42.86
30-4	John Hall	VPI 30.00
30-4	Chris Mitko	VPI 29.78

35-9	Pat Burns	RH 40.00
40-4	Steve Kaye	VPI 38.24
40-4	Dave Stebing	VPI 37.44

45-9	Larry Pratt	- 40.44
45-9	Edgar Evans	HTC 36.86
45-9	Jim Pearce	VPI 32.10

1.5 k Men's Discus		
50-4	Harold Koch	- 33.00
50-4	John Campbell	VPI 32.42
50-4	John Sloan	OTH 29.28
50-4	Lee Slick	OTH 28.70
50-4	Robert Premo	DHH 21.50

55-9	Frank Caron	VPI 32.34
55-9	Jack Tvet	ABG 32.18
55-9	Jerry England	ABG 29.92
55-9	Malcolm Wright	HTC 28.32

1.0 k Men's Discus		
60-4	Don Mather	- 38.02
60-4	Lloyd Smith	BIN 29.48
60-4	Nat Cirulnick	MYH 19.80
65-9	Herb Cantor	MYH 37.66
65-9	Jacob Stein	- 30.82

70-4	Sam Morningstar	NH 31.48
70-4	A U Ricciardi	- 30.86
80-4	Frank Furness	- 21.78

1.0 k Women's Discus		
30-4	Debbie Eckhardt	GRTC 23.32
50-4	Joann Grissom	CE 29.02
55-9	Ann Cirulnick	MYH 19.92
60-4	Bernice Holland	CH 25.96
65-9	Mary Norckauer	BRTC 18.32

12 Pound Men's Shot Put		
15-16	Chad Higgins	13.07

16 Pound Men's Shot Put		
Open	David Witt	VPI 11.72

30-4	Rick Meindl	VPI 13.88
30-4	Chris Mitko	VPI 10.87
30-4	John Hall	VPI 9.84

35-9	Pat Burns	RH 13.74
40-4	Steve Kaye	VPI 12.08
40-4	Dave Stebing	VPI 13.41

45-9	Nickey Bitoko	DM 11.14
45-9	Jim Pearce	VPI 10.29
45-9	Edgar Evans	HTC 10.06

65-9	Bill Valmroth	- 10.27
------	---------------	---------

6 k Men's Shot Put		
50-4	Harold Koch	- 10.95
50-4	John Campbell	VPI 9.55
50-4	John Sloan	OTH 9.37
50-4	Lee Slick	OTH 9.93
50-4	Robert Premo	DHH 6.91

55-9	Jerry England	ABG 10.27
55-9	Jack Tvet	- 9.84
55-9	Malcolm Wright	HTC 9.00

6 k Men's Shot Put		
60-4	Lloyd Smith	BI 11.30
65-9	Herb Cantor	MYH 10.88
65-9	Jacob Stein	- 7.82

4 k Men's Shot Put		
70-4	Sam Morningstar	NH 10.08
70-4	A U Ricciardi	- 9.20
80-4	Frank Furness	- 6.34

3 k Women's Shot Put		
50-4	Joann Grissom	CE 12.85
55-9	Ann Cirulnick	MYH 8.72
60-4	Bernice Holland	CH 8.62
65-9	Mary Norckauer	BRTC 6.10

Wolfpack Fall Throwing Classic Weight Pentathlon Results  
Ohio State University, Columbus, Ohio; September 15-16

Name	Age	Discus	Shot	Javelin	Hammer	Weight	Total
David Witt	24	42.50	11.72	40.58	35.76	10.27	2,846
Chris Mitko	33	29.78	10.87	37.28	35.42	10.97	2,527
Age Factored		460	548	420	582	544	2,554AP
Pat Burns	37	40.00	13.74	39.84	35.52	11.55	2,980
Age Factored		665	712	440	584	579	3,099AP
Dave Stebing	42	37.44	13.41	44.06	40.14	12.35	3,104
Age Factored		619	692	513	658	635	3,365AP
Jim Pearce	45	32.10	10.29	29.64	37.56	10.38	2,428
Age Factored		506	503	294	617	562	2,788AP

Name	Age	Discus	Shot	Javelin	Hammer	Weight	Total
Harold Koch	53	33.00	10.95	31.46	25.78	9.01	2,223
Age Factored		624	643	320	410	426	2,667AP
Robert Premo	54	21.55	6.91	21.86	15.00	5.28	1,167
Age Factored		300	302	186	172	207	1,619AP
Jack Tvet	56	32.18	9.84	12.12	22.72	7.52	1,728
Age Factored		571	476	130	446	482	2,216AP
Malcolm Wright	57	28.32	9.00	25.36	22.08	6.59	1,710
Age Factored		498	426	234	335	419	2,305AP
Jerry England	58	29.92	10.27	20.48	35.98	8.99	2,149
Age Factored		463	502	168	591	425	2,876AP

Name	Age	Discus	Shot	Javelin	Hammer	Weight	Total
Lloyd Smith	60	26.94	11.30	40.58	24.44	12.36	2,431
Age Factored		405	564	451	383	628	2,968AP
Herb Cantor	65	37.66	10.88	33.00	34.58	10.79	2,599
Age Factored		617	529	342	568	633	3,484AP
Jacob Stein	66	30.82	7.82	31.40	28.78	9.51	2,078
Age Factored		481	356	319	466	456	2,926AP

Name	Age	Discus	Shot	Javelin	Hammer	Weight	Total
A U Ricciardi	70	30.86	9.20	27.68	35.02	8.06	2,131
Age Factored		481	428	634	732	548	3,148AP
Sam Morningstar	75	31.48	10.08	31.00	31.04	8.89	2,237
Age Factored		494	490	315	521	419	3,580AP
Frank Furness	83	21.78	6.34	15.84	14.92	5.84	1,091
Age Factored		306	269	106	170	240	2,757AP

Name	Age	Discus	Shot	Javelin	Hammer	Weight	Total
Jenny Hardesty	16F	34.74	11.80	34.96	27.58	9.90	2,8247
Age Factored		658	648	571	444	623	3,116
Ami Jackson	25F	49.50	12.50	19.58	43.26	10.71	3,116
Age Factored		860	694	281	705	576	3,116
Elena Bavel-Goldberg	28F	37.88	8.88	-	29.00	11.59	2,182
Age Factored		622	456	-	470	634	2,021AP

Name	Age	Discus	Shot	Javelin	Hammer	Weight	Total
Debbie Eckhardt	30F	23.32	7.57	21.18	16.04	8.05	1,619
Age Factored		335	372	311	198	403	1,691AP
Joann Grissom	52F	29.02	12.85	25.42	31.06	11.67	2,698
Age Factored		445	717	390	607	639	4,839AP
Bernice Holland	63F	25.96	8.62	24.62	25.26	9.42	2,092
Age Factored		386	440	375	399	492	4,540AP
Mary Norckauer	65F	18.32	6.10	18.80	20.02	5.26	1,502
Age Factored		241	278	267	291	225	3,271AP

Name	Age	Discus	Shot	Javelin	Hammer	Weight	Total
Joann Grissom	52F	29.02	12.85	25.42	31.06	11.67	2,698
Age Factored		445	717	390	607	639	4,839AP
Bernice Holland	63F	25.96	8.62	24.62	25.26	9.42	2,092
Age Factored		386	440	375	399	492	4,540AP
Mary Norckauer	65F	18.32	6.10	18.80	20.02	5.26	1,502
Age Factored		241	278	267	291	225	3,271AP

Name	Age	Discus	Shot	Javelin	Hammer	Weight	Total
Open	David Witt	VPI	40.58				
30-4	Chris Mitko	VPI	37.28				
35-9	Pat Burns	RH	39.84				
40-4	Dave Stebing	VPI	44.06				
45-9	Jim Pearce	VPI	29.64				
50-4	John Sloan	OTH	37.04				
50-4	Harold Koch	-	31.46				
50-4	Lee Slick	-	29.52				
50-4	Robert Premo	DHH	21.86				
55-9	Frank Caron	VPI	30.30				
55-9	Malcolm Wright	HTC	25.36				
55-9	Jerry England	ABG	20.48				
55-9	Jack Tvet	-	12.12				
70-4	Sam Morningstar	NH	26.58				

400 g Women's Javelin		
60-4	Bernice Holland	CH 24.62
65-9	Mary Norckauer	BRTC 18.80

16 Pound Men's Hammer Throw		
Open	Brian Burkhardt	ABG 50.02
Open	Brett Burkhardt	ABG 46.36
Open	Matt Gaston	ABG 40.94
Open	David Witt	VPI 35.76
Open	Matt Purthallier	ABG 34.94

30-4	Chris Mitko	VPI 35.42
35-9	Pat Burns	RH 35.52

40-4	Dave Stebing	VPI 40.14
45-9	Nickey Bitoko	DM 44.16
45-9	Jim Pearce	VPI 37.56

6 k Men's Hammer Throw		
50-4	Dick Bloomfield	- 40.50
50-4	John Campbell	VPI 26.20
50-4	Harold Koch	- 25.78
50-4	Robert Premo	DHH 16.00

55-9	Jerry England	ABG 35.98
55-9	Jack Tvet	- 22.72
55-9	Malcolm Wright	HTC 22.08

5 k Men's Hammer Throw		
60-4	Lloyd Smith	BI 24.44
65-9	Herb Cantor	- 34.58
65-9	Jacob Stein	- 28.78

4 k Men's Hammer Throw		
70-4	A U Ricciardi	- 35.02
70-4	Sam Morningstar	NH 31.84
80-4	Frank Furness	- 14.92

4 k Women's Hammer Throw		
30-4	Deborah Eckhardt	GRTC 16.04
45-9	Brenda Bloomfield	- 28.74

3 k Women's Hammer Throw		
50-4	Joann Grissom	CE 31.06
50-4	Mildred Toman	VPI 29.22
60-4	Bernice Holland	CH 25.26
65-9	Mary Norckauer	BRTC 20.02

35 Pound Men's Weight Throw		
Open	Vade Coleman	- 16.43
Open	David Witt	VPI 10.27
35-9	Partick Burns	RH 11.55
35-9	Chris Mitko	VPI 10.97

40-4	Dave Stebing	VPI 12.35
45-9	Nickey Bitoko	DM 12.47
45-9	Jim Pearce	VPI 10.38

50-4	Dick Bloomfield	- 11.71
50-4	Harold Koch	- 9.01
50-4	John Campbell	VPI 9.07
50-4	Lee Slick	- 8.51
50-4	Carl Elwan	- 8.43
50-4	Robert Premo	DHH 5.28

55-9	Jerry England	ABG 8.99
55-9	Jack Tvet	- 7.52
55-9	Malcolm Wright	HTC 6.59

70-4	Sam Morningstar	NH 6.65
75-9	Nolan Fowler	VAC 7.93
75-9	Phil Partridge	PAC 4.51

25 Pound Men's Weight Throw		
60-4	Lloyd Smith	BIN 12.36
65-9	Bill Valmroth	- 13.79
65-9	Herb Cantor	MYH 10.79
65-9	Jacob Stein	- 9.51

70-4	Sam Morningstar	NH 8.89
70-4	A U Ricciardi	- 8.06
75-9	Phil Partridge	PAC 6.02
80-4	Frank Furness	- 5.84

25 Pound Women's Weight Throw		
30-4	Debbie Eckhardt	GRTC 6.59
45-9	Brenda Bloomfield	GTC 8.53

16 Pound Women's Weight Throw		
Open	E Bavel-Goldberg	LTC 11.59
30-4	Debbie Eckhardt	GRTC 8.05
50-4	Joann Grissom	CE 11.67
50-4	Mildred Toman	VPI 8.13
60-4	Bernice Holland	CH 9.42
65-9	Mary Norckauer	BRTC 5.26

35-9	Partick Burns	RN	11.53
35-9	Chris Mitko	VPR	10.97
35-9	Robert Stinson	MTF	10.85



## Continued from previous page

5000m RW	
M55 Frank Page	32:40.00
M60 Glen Peterson	31:19.00
Elliot Thoreson	37:23.00
M65 Charles Roberts	35:48.00
M70 Vincent Durkin	35:03.00
Ray Sherman	35:04.00
M75 Tom Callahan	39:13.00
W55 Jeanne Kirsch	34:00.00
W70 Marie Houchin	41:02.00
Frances Fitch	44:03.00
W75 Dorothy Jost	48:00.00

Lincoln Track Fall Classic  
Lincoln, NE  
September 30

100	
M30-39	
Larry Marrow	11.3
Bob Van Schoelaudt	11.6
Fred Franklin	11.9
Gerald Slezak	12.5
M40-49	
Tom Bassett	11.8
Berry Engebretsen	12.4
M50-59	
Gordon Greene	16.3
M70-79	
Harold Massie	23.4
M40-49	
Sandy Maryott	15.8
Nancy Weinberger	16.9
M60-69	
Dorothy Ekblad	21.5

200	
M30-39	
Larry Marrow	23.7
Bob Van Schoelaudt	24.2
Dan Vandenberg	24.7
Chris Johnson	31.9
M40-49	
Tom Bassett	24.0
David Lee	25.4
M50-59	
Howard Weisser	27.0
M60-69	
Jerry Matz	36.9
M70-79	
Harold Massie	55.7
M30-39	
Linda Peniska	39.2
M40-49	
Sandy Maryott	36.2
Nancy Weinberger	37.9
M60-69	
Dorothy Ekblad	50.9

400	
M30-39	
Bob Van Schoelaudt	53.7
Dan Vandenberg	54.7
Fred Franklin	55.3
Mike Maryott	59.6
M40-49	
David Lee	58.1
M50-59	
Howard Weisser	1:00.8
M70-79	
Harold Massie	4:27.8

800	
M30-39	
John Clark	2:03.3
M40-49	
Don Showen	2:22.2
Mark Peniska	2:24.2
M50-59	
Ross Greathouse	2:26.4
Howard Weisser	2:39.4
M60-69	
George Luce	2:53.9
M70-79	
Harold Massie	4:27.8

1500	
M30-39	
Ray Schlegel	4:48.7
M50-59	
Howard Erickson	5:24.3
M60-69	
George Luce	6:17.2
M70-79	
Harold Massie	9:15.7

5000	
M30-39	
Ray Schlegel	18:38.9
M40-49	
Don Showen	19:16.1
Rico Kotrous	19:27.4
M50-59	
Howard Erickson	19:42.2

110H	
M30-39	
Gerald Slezak	20.2
M50-59	
Charles Bacon	22.4
Gordon Greene	32.9

High Jump	
M30-39	
David Caldwell	5-8
M40-49	
Thomas Thelen	5-4
Bob Everoski	4-6

M50-59	
Glen Brazee	4-8
M60-69	
J.C. Brown	5-2
Jerry Matz	3-10
M70-79	
Harold Massie	2-6

Long Jump	
M50-59	
Glen Brazee	15-8
Charles Bacon	14-11
James Wagner	12-11
M60-69	
Robert Thomas	13-3
Jerry Matz	11-1
M70-79	
Harold Massie	7-10

Shot Put	
M40-49	
Tom Thelen	41-14
M50-59	
Tom Wesselowski	42-14
Bob Warren	37-1
M60-69	
Darwin Newton	35-4
Robert Thomas	29-24
M70-79	
Harold Massie	20-2 3/4
M30-39	
Julie Rogers	34-10
M60-69	
Dorothy Ekblad	17-8

## SOUTH WEST

South Texas TAC  
Vintage Classic Masters  
San Antonio  
July 21

400M Hurdles	
M30-34	R. Stallingsworth 1:04.34
M40-44	Jim Reitman 1:07.48
M50-54	Don Austin 1:13.45
M55-59	Hector Cisneros 1:13.25
1600M Race-Walk	
MOpen	James Fulkerson 11:01.21
	Kevin Parker 11:12.78
WOpen	Erin Parker 12:59.31
200M	
MOpen	Lance Kopper 22.90
	Kyle Leland 23.67
	David Phillips 24.31
M30-34	Terry O'Connell 23.92
	Sam Willis 24.52
M35-39	Tom Thompson 22.63
	Tom Bloxom 23.70
M45-49	John Kellman 24.08
	Jim Cauley 26.80
	Elias Mendiola 28.74
M50-54	Tomas Ramirez 28.22
	Les Bleamaster 28.27
	Don Austin 29.51
W20-29	Diana Taylor 29.38
W30-39	Pamela King 26.83
	Lou Bloxom 30.37
W40-49	Marion Coffee 35.00

1500M	
M30-34	Robert Gutierrez 4:16.80
M35-39	Peter Matthews 5:17.53
M40-44	Mike McCracken 4:37.88
M55-59	Ino Cantu 4:42.00
W20-29	Norma Ayala 5:37.50
W40-49	Olga Ortega-Bella 5:43.00
400M	
MOpen	Lance Kopper 53.76
	Ben Hooker 74.70
M30-34	Terry O'Connell 54.63
	David Anderson 57.00
	Aldin Johnson 61.61
M35-39	Tom Thompson 52.94
	John Kellman 58.79
	Peter Matthews 67.00
W20-29	Norma Ayala 76.10
100M	
MOpen	Lance Kopper 10.92
	Kyle LaLand 11.37
	David Phillips 11.85
M30-34	Sammy Willis 11.63
	Mike Burton 11.66
	Terry O'Connell 11.92
M30-39	Tom Thompson 11.15
	Tom Bloxom 11.61
M45-49	John Kellman 11.77
	Jim Cauley 12.82
	Elias Mendiola 13.61
M50-54	Tomas Ramirez 12.69
	Don Austin 14.30
M55-59	Gordon Marquette 13.35
M60-64	Henry Garcia 14.38
M65-69	Max Goldsmith 14.33
W30-39	Pamela King 12.64
	Diana Taylor 13.83
	Lou Bloxom 14.37
W40-49	Marion Coffee 15.79

800M	
MOpen	Eddie Martinez 2:14
	James Fulkerson 2:42
	Ben Hooker 2:44
M30-34	Frank Hernandez 2:00
	Robert Gutierrez 2:01

M40-45	Mike McCracken 2:11
	Peter Matthews 2:39
M50-54	Dan McCormack 2:16
	Les Bleamaster 2:36
M55-59	Ino Cantu 2:26
	Hector Cisneros 2:39
W30-39	Susan Willis 2:59

Pole Vault	
MOpen	Troy Smith 14'6"
	Richard Gartner 12'6"
	Tim Gonzalez 7'0"
M20-25	Bobby Dehollander 16'0"
M30-34	James Fountain 15'0"
M40-44	J.G. Gonzales 8'0"
M55-59	Hector Cisneros 11'0"

High Jump	
MOpen	Kacy McKinsey 5'8"
	Ben Hooker 4'4"
M20-24	Willie McKinsey 6'4"
M30-34	David Anderson 6'0"
	Tim Hooker 5'10"
	Mike Burton 4'8"
M40-44	Jim Lawley 5'2"

WOpen	Amber Wilson 4'8"
	Jody Anderson 3'8"
W20-29	Angie Sqliyres 10'4"
110M Hurdles	
M30-34	David Anderson 15.67
	Tim Hooker 16.56
M55-59	Hector Cisneros 18.25

Triple Jump	
M30-34	Mike Burton 32'5"
M35-39	Tom Stuthard 39'7 1/2"
M45-49	Jim Canley 37'0"
M65-69	Max Goldsmith 26'10 1/4"
Discus	
MOpen	John Gordon 132'6"
	Andrew Gillam 109' 1/2"
M30-34	Tim Hooker 95'8"
	Herman Lampkin 54'5"
M40-44	Alvin Lampkin 81'1 1/2"

Long Jump	
M25-29	Phil Villarreal 17'5 1/2"
M30-34	David Anderson 19'10 1/2"
	Mike Burton 15'9 1/2"
	Herman Lampkin 15'8"
M50-54	Rudy Sifuentes 11'0"
M65-69	Max Goldsmith 12'11"
W30-39	Pamela King 14'4 1/4"

Shot Put	
MOpen	John Gordon 42'9"
M30-34	Andrew Gillam 51'3"
	Tim Hooker 32'9 1/4"
	Herman Lampkin 28'4"
M40-44	Alvin Lampkin 35'9"
M55-59	Don Crook 28'2"

5000M	
MOpen	Eddie Martinez 20:12
M25-29	David Jackson 15:58
M30-34	Miguel Ferreira 16:45
	Neal Bumgartner 16:49
	Tim Monahou 20:18
M35-39	Peter Matthews 21:06
M40-44	Abe Rodriguez 18:14
	Art Jennings 18:32
	Mike Henderson 18:46
M45-49	George Saldana 18:13
M50-59	Al Llano 21:18

G.A.C. Masters  
Championships  
Pasadena, TX; August 18

100m	
M30	James Perry 11.1
	Willie Taylor 11.2
	Chas Simon 12.4
M35	Burnette Thompson 12.1
	Bill Vogt 14.3
M40	Bob Mitchell 12.0
	Herb Stein 12.2
	Ken Endris 12.5
M45	John Hartfield 11.5
	Bob Sebesta 11.9
	Steve Kent 12.9
M50	Emil Pawlik 12.3
	Fred Lentjes 13.1
	Mac Stewart 13.6
M55	Rudy Gonzales 14.0
	Sammy McWhorter 14.9
M65	William Lynch 16.2
	Louis Ciccio 20.3
W30	Sandie Lambert 13.8
W35	Alida White 14.2
	Charlotte Griffin 15.8
W40	Barbara Locke 19.5
W45	Vinne Lloyd 26.1
W55	Sadie Greenman 20.5

200m	
M30	Chas Simon 25.7
M35	B Thompson 24.3
	Bill Vogt 31.7
M40	Herb Stein 24.5
	Ken Endris 25.3
M45	J Hartfield 24.9
	Bob Sebesta 25.0
	Steve Kent 28.5
M50	Bob Cozens 26.1
	Mack Stewart 26.9
	Fred Lentjes 27.7
M55	Ian Goldfoot 27.9
	Chas Whitlerley 28.6
	Rudy Gonzalez 29.3

M60	David Dallas 34.9
M65	William Lynch nta
	Louis Ciccio 44.3
W35	Alida White 31.4
	C Griffin 34.5
W40	Barbara Locke 43.4
W45	Vinnie Lloyd 56.2
W55	Sadie Greenman 44.1

400m	
M30	Herman Banett 50.8
	Brian Pottinger 53.9
	David Boudreaux 56.2
M35	Bill Vogt 72.0
M40	Bob Mitchell 55.9
	Ken Endris 58.6
	Don Arnold 63.7
M45	John Sumner 59.3
	Steve Kent 67.2
	Ralph Melillo 70.3
M50	Bob Cozens 57.5
	Mack Stewart 59.0
	F Lentjes 59.4
M55	C Wimberley 63.1
	Rudy Gonzalez 64.2
M60	David Dallas 76.1
M65	Wm Lynch 80.7
	Louis Ciccio 1:45
M70	Ray Casella 1:43
W55	Sadie Greenman 99.2

800m	
M30	Pat Chimes 2:01.9
	Ed Gonzalez 2:02.2
	Brian Pottinger 2:03.3
M35	Chuck Hull 2:05.3
	Jerry Smith 2:17.4
	Wylie Morrell 2:21.1
M40	Kirk Coverstone 2:16.1
	Mike Knapp 2:21.9
	Romeo Gutierrez 2:24.0
M45	John Sumner 2:14.9
	Jim McLatchie 2:25.1
	Ralph Melillo 2:28.6
M50	Ted Jagen 2:31.9
	Louis Whittaker 2:43.5
M55	Chas Wimberley 2:30.3
	Rudy Gonzalez 2:32.3
	Jeri Brown 3:01.5
M60	David Dallas 2:50.8
M65	William Lynch 3:13.5
	Louis Ciccio 3:41.3
M70	Ray Casella 3:54.6
W30	Rita Melilla 2:38.1

1500m	
M30	Pat Chimes 4:23.6
	Paul Falgout 4:23.3
	Jeff Frayser 4:28.1
M35	Chuck Hull 4:15.5
	Darrell Sterns 4:33.6
	Jerry Smith 4:43.4
M40	Romeo Gutierrez 5:07.7
M45	Cecil Smith 4:38.2
	Jim McLatchie 4:55.6
	Bob Duzan 5:33.2
M50	Ted Jagen 5:07.5
	Larry Jensen 6:03.0
M55	Ino Cantu 4:37.2
	Jeri Brown 6:05.5
M60	David Dallas 5:55.1
W30	Rita Melilla 5:27.1
W40	Susy Cox 6:49.0

5000m	
M30	Paul Falgout 17:18.7
	Roger Redding 18:57.2
	Wayne Rutledge 19:55.0
M35	Chuck Hull 17:06.8
	Darrell Sterns 19:01.2
	Bill Vogt 21:34.5
M45	Cecil Smith 18:17.3
	Bob Duzan 19:40.2
	Dale Cox 20:13.3
M55	Jeri Brown 23:28.9
M60	Wm Conrad 19:25.0
W30	Windsand-Dausman 18:55.9

Short Hurdles	
M35	Dale Smith 15.7
	Steve Kent 21.1
M50	Emil Pawlik 15.0
W30	Sandie Lambert 17.1
Long Hurdles	
M35	Dale Smith 60.2
	Wiley Murrell 75.0
W30	Sandie Lambert 71.9

Steeplechase	
M30	Wayne Rutledge 12:21.3
4x100M Relay	
M30	Elite 43.7
	Beaumont TC 44.7
	BARC 56.6
M40	Harriers 53.8
M50	Bandicoots 52.4
	Harriers 55.9
W30	Bandicoots 64.5

4x400M Relay	
M30	Elite 3:39.3
	Terlingua 3:43.0
	Harriers 4:20.2
	BARC 4:27.6
M40	Harriers 4:12.5
M50	Harriers 4:43.8
W30	Bandicoots 6:02.2

Shot Put	
M30	Ken Yanowski 30-2
	Charles Simon 27-7 1/2
	Ed Chesney 26-9 1/2
M35	Bill Vogt 23-1 1/2
M45	Steve Kent 30-0
	Jim McLatchie 26-6 1/2
M50	Fred Lentjes 34-6 1/2
	Jack Whitley 33-9
	Louis Whittaker 32-0
	Mac Stewart 31-6 1/2

High Jump	
M30	Don Arnold 5-3
	Coy Akers 5-1
M35	Bill Vogt 4-1
M45	John Hartfield 4-5
M50	Emil Pawlik 5-5
	Fred Lentjes 5-1

Pole Vault	
M30	Coy Akers 12-6
	Don Arnold 10-0
Long Jump	
M35	Bill Vogt 15-1
M40	Bob Mitchell 18-10 1/2
	Herb Stein 18-9 1/2



Continued from previous page

Club West 17th Annual  
Masters Meet  
Santa Barbara, October 6

## 50 METERS

M-30	JAMES BONILLA	6.1
M-35	BARRY CALDWELL	6.4
	FRANK DEMY	6.5
	ALEXANDER HATCHWELL	6.8
M-40	EARL BRYANT	6.1
	ANGEL CACHINERO	6.2
	JOS. MIYOSHI	6.3
M-45	JUAN BUSTAMANTE	6.6
	WALT BUTLER	6.8
M-50	FRED NIEDERMEYER	6.5
M-55	ROGER TSUDA	6.8
	BEN RIVERA	7.1
M-60	ROBERT WATANABE	7.0
	JOHN NELSON	7.2
	MARK RICHARDS	7.2
M-65	TOM PATSALIS	7.0
M-70	CHAS. MERCURIO	7.8
	BURL GIST	7.8
	NATHANIEL HEARD	8.4
M-75	BERT MORROW	9.1

## 100 METERS

M-30	JAMES BONILLA	11.5
M-35	FRANK DEMY	11.9
	BARRY CALDWELL	12.0
	ALEXANDER HATCHWELL	12.6
	DALE GORSKI	12.5
	BILL CHEADLE	12.6
M-40	EARL BRYANT	11.9
	HERMAN CASTILLE	12.1
M-45	WALT BUTLER	11.9
	JUAN BUSTAMANTE	12.5
M-50	FRED NIEDERMEYER	12.2
	BILL KNOCKE	12.5
M-55	ROGER TSUDA	13.1
	RONALD COLLINS	13.5
	BEN RIVERA	14.2
	FRANK KISHI	14.6
M-60	ROBT. WATANABE	13.3
	JOHN NELSON	14.3
	MARK RICHARDS	14.4
M-65	JAS. MARTE	13.5
	TOM PATSALIS	13.9
	TOMAS MILLER	15.0
M-70	DAVID LAYNER	14.8
	NATHANIEL HEARD	15.3
	BURL GIST	15.5
M-75	BERT MORROW	17.0
	LEON JOSLIN	18.0
M-85	SING LUM	21.5

## 200 METERS

M-30	JAMES BONILLA	23.5
M-35	FRANK DEMY	24.4
M-35	BILL CHEADLE	24.6
	BARRY CALDWELL	24.7
	MARTIN MORRIS	25.3
	MICHAEL WILLIAMS	25.9
M-40	EARL BRYANT	23.9
	HERMAN CASTILLE	23.9
	DOUG SHAW	24.2
M-50	BILL KNOCKE	24.9
	FRED NIEDERMEYER	25.0
	MEL SACKS	26.4
M-55	ROGER TSUDA	26.3
	RONALD COLLINS	27.4
	ED MURRAY	28.6
	JOHN CAULDWELL	29.9
M-60	ROBT. WATANABE	27.4
	MARK RICHARDS	29.7
	JOHN NELSON	30.6
	DON MURRAY	32.3
M-65	GENE MARTE	27.6
	JAMES WARREN	31.3
	THOMAS MILLER	31.6
M-70	DAVID LAYNER	30.3
	NATHANIEL HEARD	32.7
	MARK HENDERSON	34.4
M-75	BERT MORROW	35.2
M-85	SING LUM	48.0

## 400 METERS

M-35	BILL CHEADLE	54.3
M-40	HERMAN CASTILLE	54.7
	CHAS. STURTEVANT	57.8
M-50	BILL KNOCKE	56.6
	HUGH ADAMS	57.1
	TOM WOODRING	57.6
	MEL SACKS	62.1
M-55	AL SREAHEN	1:04.4
	BEN RIVERA	1:06.8
	DAVE DOUGLASS	1:07.8
M-60	ROBT. WATANABE	1:03.9
	DON MURRAY	1:12.4
M-65	GENE MARTE	1:03.3
M-70	PETE GANHL	1:18.3
M-90	PAUL SPANGLER	2:28.5

## 800 METERS

M-30	KEVIN YOUNG	2:19.8
M-35	RITCHARD ULRICH	2:32.6
M-40	GARY RUST	2:07.4
M-50	MARTIN ADAMSON	2:18.3
	TOM LORAY	2:20.1
M-55	LLOYD MCGUIRE	2:20.1
	BOB HOLMES	2:54.9
	DON MURRAY	3:02.0
M-70	PETE GANHL	3:08.3
M-90	PAUL SPANGLER	5:29.9

## 1500 METERS

M-30	TOM MARUALLA	4:54.8
M-35	PHIL MARSHALL	4:40.2
	GARY STARK	4:40.4
M-45	TIM JOSLIN	4:37.9
	MARTIN ADAMSON	5:08.3
M-60	BOYCE JACQUES	5:19.2
M-90	PAUL SPANGLER	10:07.6

## 5000 METERS

M-35	GARY STARK	18:48.4
M-40	JOHN RUPP	18:16.9
M-45	TIM JOSLIN	17:21.0
M-70	JOHN HOLUBEK	22:17.5

## 1 X 100

M-60-69	L.A. VALLEY	1:03.9
M-35-39	PASADENA PACERS	47.9

## 1 X 200

M-60-69	L.A. VALLEY	2:23.8
M-35-39	PASADENA PACERS	1:46.3

## 1 X 400

M-35-39	PASADENA PACERS	4:18.2
---------	-----------------	--------

## 80 M HURDLES

M-70	BURL GIST	15.1
M-75	BERT MORROW	17.0
M-80	WILFRED BIGELOW	20.1

## 110 M HURDLES

M-30	MICHAEL WILLIAMS	17.0
M-35	RICHARD ULRICH	17.1
M-45	JOHN DOBROTH	16.6

## 100 M HURDLES

M-50	HUGH ADAMS	14.7
M-55	DAVE DOUGLASS	19.9
M-60	ROBT. WATANABE	19.6
M-60	MARK RICHARDS	21.1

## POLE VAULT

M-75	CARL JOHNSON	7'6"
M-65	JIM JOHNSON	8'0"
M-60	BOB HOLMES	7'6"
M-55	DAVE DOUGLASS	7'6"
M-50	GARY MILLER	12'0"
M-45	DANIEL BORRIS	12'0"
M-40	ROGER WERNE	11'6"
M-40	WARREN WILKE	13'9"
	GREG MIGUEL	13'6"
	STEVE MORRIS	12'6"
	THOMAS TAPT	12'0"
	JOS MIYOSHI	12'0"

## HIGH JUMP

M-75	JOHN DAMSKI	3'10"
	TED HATLEN	3'4"
M-70	BURL GIST	4'6"
	MARK HENDERSON	4'2"
	PETE GANHL	3'10"
M-65	JIM JOHNSON	3'10"
	JERRY SILSDORF	3'10"
M-60	MARK RICHARDS	4'2"
M-55	DAVE DOUGLASS	4'4"
	ED MARTIN	4'0"
M-50	JIM BROWN	5'5"
M-45	JOHN DOBROTH	5'8"
	DAVE THORSON	5'2"
M-40	CHARLIE RADER	6'5"
	JAS MANOR	4'8"

## JAVELIN

M-90	JOHN WHITTEMORE	32'4"
M-80	A.J. PUGLIZEVICH	55'3"
M-75	LEON JOSLIN	70'10"
	BOB BOUCKE	67'2"
M-70	GERALD CYSEWSKI	81'5"

M-70	BOB STONE	77'1"
M-65	HARVEY WILLIAMS	111'0"
M-60	DEL PECKARDS	157'6"
	MARK RICHARDS	157'6"
M-55	PHIL CONLEY	169'6"
	ED MARTIN	128'10"
	BILL DODS	96'10"
M-50	LARRY STUART	192'4"
	STEVE WOODILL	131'1"
M-45	MARTIN ADAMSON	122'2"
	FRAN CONLEY	94'9"
	RUDIN FAULSEN	130'0"
	DAVID NUTTALL	111'0"
M-40	WARREN WILKE	178'4"
	BOB POWERS	171'7"
	DOUG SHAW	153'1"
M-35	JOS MIYOSHI	117'2"
	RICHARD ULRICH	104'9"

## DISCUS

M-90	JOHN WHITTEMORE	47'4"
M-80	VERN CHEADLE	90'5"
	A.J. PUGLIZEVICH	51'1"
M-75	ROSS CARTER	114'0"
	LEON JOSLIN	96'6"
M-70	BOB BOUCKE	81'4"
	DON CUMLEY	128'8"
	GERALD CYSEWSKI	116'1"
	JIM SULLINGER	102'10"
	MARK HENDERSON	102'4"
M-65	HARVEY WILLIAMS	129'9"
	BILL BANGERT	126'0"
	STAN SADOFSKY	122'6"
M-60	JERRY SILSDORF	121'10"
	MICHAEL ORLICH	121'1"
	JERRY WOJCIC	98'10"
	JOHN NELSON	94'9"
M-55	F.S. THOMSON	151'7"
	ED MARTIN	110'2"
	DAVE DOUGLASS	94'3"
M-50	GARY MILLER	127'7"
	ABE SHEINKER	96'10"
	STEVE WOODILL	84'3"
M-45	DAVID NUTTALL	85'4"
	JUAN BUSTAMANTE	79'2"
	LUIGI SCHIAVO	61'2"
M-40	MIKE DELLAN	181'2"
	GARY KELMENSEN	108'5"
	THOMAS TAPT	97'9"
M-35	RUSS REABOLD	132'5"
M-30	VAL OLOTOA	120'3"

## HAMMER

M-85	JOHN WHITTEMORE	14.40
M-75	JAMES YORK	29.40
	LEON JOSLIN	24.22
	BOB BOUCKE	19.52
M-70	JIM MINAH	41.80
	NATHANIEL HEARD	30.76
	GERALD CYSEWSKI	28.92
	DON CUMLEY	27.94
	BOB STONE	27.68
M-65	BILL BANGERT	35.90
	JERRY SILSDORF	19.10
M-60	MICHAEL ORLICH	35.62
	JERRY WOJCIC	31.30
M-55	F.S. THOMSON	41.05
	BOB HOPKINS	40.18
	ABE SHEINKER	29.98
M-45	JUAN BUSTAMANTE	16.78
	MIKE DELLAN	45.54
	GARY KELMENSEN	41.28

## SHOT PUT

M-85	JOHN WHITTEMORE	6.04
M-80	A.J. PUGLIZEVICH	7.11
M-75	ROSS CARTER	12.54
	BOB BOUCKE	9.21
	LEON JOSLIN	8.91
M-70	DON CUMLEY	11.99
	JIM MINAH	11.66
	MARK HENDERSON	11.40
	GERALD CYSEWSKI	11.30
	HAL CROWHITE	10.66
M-65	BILL BANGERT	12.75
	HARVEY WILLIAMS	10.48
	STAN SADOFSKY	9.84
	JERRY SILSDORF	8.37
M-60	JOHN NELSON	8.64
M-55	F.S. THOMSON	12.52
	DAVE DOUGLASS	8.71
	ED MARTIN	8.43
	BILL DODS	8.12
M-40	MIKE DELLAN	13.16
	GARY KELMENSEN	10.78
M-35	RUSS REABOLD	12.19
M-30	VAL OLOTOA	12.96

## LONG JUMP

M-75	JOHN DAMSKI	3.49
	BURL GIST	3.66
M-65	TOM PATSALIS	4.54
	JIM JOHNSON	3.88
	JAMES WARREN	3.31
M-55	ROGER TSUDA	5.38
	ED MARTIN	4.13
	BILL DODS	4.10
M-40	ANGEL CACHINERO	2.85
	JAS MANOR	5.31
M-35	RICHARD ULRICH	4.94
	BARRY CALDWELL	4.72
M-30	JAMES BONILLA	4.50

## TRIPLE JUMP

M-75	JOHN DAMSKI	24'24"
M-70	CHAS. MERCURIO	26'11"
M-65	TOM PATSALIS	31'24"
	JIM JOHNSON	25'11"
M-55	DAVE JACKSON	35'8"
M-50	JOEL WHITFIELD	38'3"
	ANGEL CACHINERO	35'5"
	JAS MANOR	36'7"
	THOMAS TAPT	34'9"

## WOMEN

## 50 METERS

M-30	VALERIE SCOTT	7.2
M-55	FEI-MEI-LEE CHOU	8.5
	CAROLINE RICHARDS	11.2

## 100 METERS

M-30	MICHELLE DEMY	13.5
	VALERIE SCOTT	13.8
M-55	CHRISTEL MILLER	15.2
	FEI-MEI-LEE CHOU	16.4
M-60	SHIRLEY DIETDERICH	18.0

## 200 METERS

M-30	MICHELLE DEMY	28.4
	VALERIE SCOTT	29.6
	FEI-MEI-LEE CHOU	35.7
M-60	SHIRLEY DIETDERICH	38.6

## 1500 METERS

M-40	MIMI BARANOWSKI	5:49.3
------	-----------------	--------

## JAVELIN

M-60	SHIRLEY DIETDERICH	73'9"
M-55	CHRISTEL MILLER	96'10"
	CAROLINE RICHARDS	47'5"

## DISCUS

M-60	SHIRLEY DIETDERICH	63'4"
M-55	CHRISTEL MILLER	73'8"
	FEI-MEI-LEE CHOU	63'9"
M-50	LORRAINE COPPOLA	57'6"
M-35	JANET WILSON	138'10"

## SHOT PUT

M-55	FEI-MEI-LEE CHOU	6.34
M-35	JANET WILSON	10.12

## LONG JUMP

M-55	CHRISTEL MILLER	3.64
------	-----------------	------

## NORTHWEST

Wyoming Senior Games  
Cheyenne, August 9-12

## 50m

M50	Darrel Short	7.09
M55	Mike Cassidy	7.22
M60	Alan Cohen	7.72
M65	George Butchko	8.01
M70	Jack Davison	7.27
M80	Emmett Bennett	10.02
M55	Doris Gwynn	8.81
M75	Bette Keefer	10.77

## 100m

M50	Paul Dunham	13.28
M55	Mike Cassidy	14.06
M60	Alan Cohen	14.89
M65	George Butchko	15.99
M70	Jack Davison	13.66
M55	Grace Wilwand	18.06
M60	Helen Underwood	23.04
M65	Gladys Sajwaj	25.56
M70	Molly McKown	17.97
M75	Opal Butcher	24.33

## 200m

M50	Joseph Stewart	27.03
M60	Helen Underwood	49.58
M50	Paul Dunham	63.00
M55	Richard Rolle	2:02
M60	Alan Cohen	77.0
M70	Lloyd Houston	87.00
M80	Emmett Bennett	92.00
M70	Molly Mackown	1:57

## 800m

M50	Paul Dunham	2:24
M55	Alan Wilwand	2:53
M60	Alan Cohen	3:15
M80	Emmett Bennett	3:54
M55	Della Works	4:10
M50	Paul Dunham	5:08
M55	Alan Wilwand	6:14
M60	Alan Cohen	6:39

## High Jump

M50	Darrell Short	4-3
M55	Harold Rhode	4-3
M60	Ivan Kindt	4-0
M65	Gene Harn	3-8
M70	Tom Regan	4-2 1/2



**November, 1990**

1500m

<u>Steeplechase</u>		
M30		
Anthony Appoy	T&T	9:46.2
M35		
Curtis Archer	GUY	11:06.6
Greg Phillip	T&T	12:48.6
M45		
Luigi Schiavo	USA	14:36.2
M65		
Carlton Michael	T&T	10:39.1
M70		
Don Dilworth	USA	9:24

<u>4x100m Relay</u>	
M30-39	
T&T "A"	44.76
T&T "B"	45.34
M40-49	
T&T "A"	45.37
South America	46.51
USA	51.19
T&T "B"	52.27
M50-59	
T&T	49.31
M60-69	
T&T	59.46
W30-39	
Venezuela "A"	54.00
T&T	56.39
Venezuela "B"	59.39
W40-49	
T&T	60.24
USA	63.55
M50-59	
Canada	1:24.63

<u>4x400m Relay</u>	
M30-39	
T&T	3:30.07
Guyana	3:44.96
M40-49	
Mexico/Venezuela	3:49.62
T&T	4:14.56
M50-59	
T&T	3:54.07
USA	4:14.39
W30-39	
Venezuela	4:22.85
T&T	5:14.86
W40-49	
Combined Team	5:12.70
<u>Pole Vault</u>	
M65	
Boo Morcom	USA 3.05
M70	
Ham Morningstar	USA 1.90

<u>Triple Jump</u>		
M45		
	N Rivello Acosta	URA 12.09
M70		
	Ham Morningstar	USA 6.51
W40		
	Liz McBlain	CAN 9.48
<u>Discus</u>		
M40		
	Gary Kelmensen	USA 35.12
	G Covarrubias	MEX 28.70
	Selwyn Rougier	T&T 26.46
	Kenrick Russell	T&T 25.70
M45		
	Luigi Schiavo	USA 19.84
	David Walker	T&T 16.22
M50		
	Arnaldo Rodriguez	MEX 28.26
	Winston Rudder	T&T 23.26
	Dan Laurence	T&T 17.62
M55		
	Santiago Durham	MEX 33.34
	Oscar Gonzales	MEX 25.36
M60		
	Art Jaago	CAN 34.28
	Zeno Constance	T&T 26.06
M65		
	Boo Morcom	USA 34.32
M70		
	Ham Morningstar	USA 30.46
W30		

Elizabeth Ashford	T&T	27.58
Verna Edwards	T&T	25.58
Lucrecia Warner	T&T	16.10
W35		
Donna Nichols	CAN	17.76
Claire Hutchinson	T&T	17.12
Niasha Williams	T&T	16.68
W40		
Joyce Thomas	T&T	32.20
Lynette Jones Pina	VEN	23.88
W45		
Yvonne Mitchell	T&T	28.28
Irma Riley	T&T	23.16
W60		
Bernice Holland	USA	25.26
Sally Polk	USA	21.44
M MunozDeParra	MEX	11.64
W65		
Helgi Pedel	CAN	17.02
<u>Hammer</u>		
M40		
Gary Kelmensen	USA	42.60
Selwyn Rougier	T&T	19.84
M50		
Analdo Rodriguez	MEX	32.28
Winston Rudder	T&T	13.24
M60		
Awin Phillips	USA	41.34
Art Jaago	CAN	28.40
M70		
Ham Morningstar	USA	20.10

Continued on next page



## Continued from previous page

W30	Verna Edwards	T&T 17:36
	Lucricia Warner	T&T 12:36
W45	Yvonne Michelle	T&T 17:36
W60	Sally Polk	USA 25:20

## 25K Road Race

M30	Anthony Appoy	T&T 1:17:27
M35	A Ramdall	CAN 1:19:39
M40	I Stewart	T&T 1:23:56
M45	E Ottley	T&T 1:30:24
M50	P Beckles	GUY 2:03:44
M55	Norman Green	USA 1:22:10

M70	D Dilworth	USA nta
10K Racewalk		
W65	Queenie Thompson	USA 1:21:55
W70	Lenore Marvin	CAN 1:14:24
20K Racewalk		
M40	Gildardo Pineda	MEX 1:54:05
	G Abbenetto	GUY 1:58:54
M50	Richard Oliver	USA 1:59:34
	Wes Thorne	T&T 2:15:28
M55	Bernard Kaufman	USA 2:23:02
M60	L Valentine	T&T 2:17:17
M65	Bob Mimm	USA 2:02:11
M70	Don Johnson	USA 2:22:13
	James Jackson	T&T 2:23:55

## LONG DISTANCE RESULTS

Please send master's race results to: National Masters News, P.O. Box 2372, Van Nuys, CA 91404. Please include date, distance and city.

## NATIONAL

TAC/USA National Masters 15K Championships  
Edina, MN; September 23

M40	1 Mark Gibbens	49:47
	2 Grant Towns	51:45
	3 Kerry Parcel	52:49
	4 John Naslund	53:19
	5 Pete Sandberg	53:32
	6 Albert Andersen	54:17
	7 Tom Bricko	54:21
	8 Charles Black	54:34
	9 William Hidding	54:56
	10 Keith Tvedten	56:20
	11 Fred Clayton	56:39
	12 Ed May	56:54
	13 Jake Czapiewski	57:15
	14 John Cretzmeier	57:17
	15 Keith Fritze	57:31
	16 Mark Andrews	57:46
	17 Dick Draymont	58:44
	18 Ron Magnuson	59:02
	19 Doug VanErem	59:09
	20 Robert Tierney	59:10
M45	1 Bruce Mortenson	54:52
	2 Larry Ochsendorf	56:24
	3 Franlyn McCoy	56:28
	4 Pat Ross	56:36
	5 Denny Wintheiser	56:59
	6 Clark Anderson	57:40
	7 John Brown	58:01
	8 Dan Shannon	58:08
	9 Lee Stauffacher	58:47
	10 Tom Hoves	58:50
	11 Andy Deters	59:01
	12 Tom Tinkham	59:40
	13 Ed Dallman	59:49
	14 Dan O'Hara	61:18
	15 Craig Clark	61:55
	16 Jim Ogg	63:02
	17 Lee Sonderup	63:42
	18 Luther Thompson	64:39
	19 David Jones	65:05
	20 Jeremy Gottstein	65:07
M50	1 Dan Conway	51:46
	2 Duane Fjelstad	53:13
	3 Jim Mayerle	56:15
	4 Pat Riddell	57:18
	5 John Quinton	59:06
	6 Thom Weddle	61:56
	7 John Bond	63:17
	8 Don McGrath	64:21
	9 William Archard	66:24
	10 Charles Desjardins	67:23
	11 Steve Winnick	68:21
	12 Ernest Ogren	69:08
	13 Allen Rothe	69:50
	14 Robert Vangen	71:14
	15 Ed Johnson	71:29
M55	1 Norm Green Jr	52:33
	2 Arlen Sunn	58:16
	3 Dale Urbain	58:44
	4 Ralph Koening	59:05
	5 Ray Garrity	60:20
	6 Floyd Bouley	69:20
	7 Manny Husebo	70:40
	8 John Victory	71:26
	9 Larry Boies Jr	72:28
	10 Arnie Gilbertson	73:01
	11 Jim Hancock	75:02
	12 Bob Andersen	75:51
	13 Peter Butler	77:47
	14 Claus Pierach	78:53
	15 Richard DeLyser	80:16

M60	1 Gaylon Jorgensen	54:49
	2 Bill Galbrecht	62:49
	3 Charles McJilton	65:30
	4 Jerry McEllistrem	65:53
	5 Rogers Anderson	67:07
	6 Robert Thorbus	69:59
	7 Lee Johnston	74:37
	8 Ted Esau	76:00
	9 Cyril Paul	79:36
	10 Stuart Friedell	80:06
M65	1 Alex Ratelle	60:43
	2 Lloyd Young	63:19
	3 Bob Hennig	67:03
	4 John Burton	67:18
	5 Howard Brady	87:57
	6 John McQuillan	90:37
M70	1 Nathaniel White	70:24
	2 Emil Balz	73:05
M75	1 Dudley Healey	75:10
M80	1 Ed Benham	72:43
W35	1 Gwen Kobbervig	61:11
	2 Linda Getling	63:34
	3 Kathy Klesmit	67:20
	4 Nancy Camp	69:12
	5 Kitty McClelland	69:35
	6 Ann Rongitsch	69:46
	7 Audrey Lincoff	69:56
	8 Barbara Bullemer	71:50
W40	1 Linda Schissel	60:39
	2 Diane Stoneking	61:24
	3 Jo Vos	62:25
	4 Carol Klitzke	62:33
	5 Janice Pearson	64:00
	6 Catherine Agee	69:39
	7 Diane Thompson	71:01
	8 Marilyn Stimac	71:36
W45	1 Gfeorgine Cook	63:27
	2 Kathy McFarland	65:20
	3 Kathy Buehler	68:31
	4 Janet Boughner	69:26
	5 Judie Kleyman	73:10
	6 Pat Clabo	73:38
	7 Diane Anderson	75:16
	8 Judy Lambricht	75:46
W50	1 Patricia Larson	65:03
	2 Judy Cronen	67:42
	3 Lou Nelson	73:11
	4 Phyllis Kahn	76:20
	5 Ada Alden	90:05
W55	1 Mae Horns	67:29
	2 Mary Bonstrom	77:08
	3 De Ette Andersen	90:09
W60	1 MaryLou Carlson	80:51
W65	1 Mary Storey	75:17
	(US age-group record)	
	2 Barbara Andersen	78:25
	3 Betty Haleen	83:54
W70	1 Ellen McCoy	82:55
	(US age-group record)	
	2 Helen Reiter	1:45:46
Team Championships:		
Men: Band of 10000 Aches		
(Sandberg, Black, Daymont, Foley, 42, 60:04, Shannon, 41, 60:15)		
Women: Reebok Club Sota		
(Stoneking, Klitzke, Klesmit)		

AGE-GRADED RESULTS  
Times were handicapped by U.S. age-group records.

PLACE	FINISHER	HANDICAPPED TIME	ACTUAL TIME	
1	Ellen McCoy, 70*, St. Paul	5:08	1:22:55	\$500
2	Mary Storey, 66*, Riverside, Ca	1:50	1:15:17	\$300
3	Gaylon Jorgensen, 61, Henderson, Nv	0:26	54:49	\$250
4	Barbara Andersen, 65*, St. Louis Park	1:18	1:18:25	\$200
5	Norman Green, Jr, 58, Wayne, Pa	1:48	52:33	\$150
6	Dan Conway, 51, Chetok, Wi	2:22	51:46	\$100
7	Duane Fjelstad, 52, Chetok, Wi	3:49	53:13	\$50
7	Mark Gibbens, 42, Madison, Wi	3:49	49:47	\$50

National Masters Marathon  
St. George, UT; October 6

M40-44	1 Jerry Martinez	NM 2:27:05
	2 Thomas Burnett	CO 2:31:46
	3 Mike Patton	UT 2:33:42
	4 Kenneth Harper	UT 2:35:35
	5 Paul Hart	UT 2:39:59
	6 Gary Penn	AZ 2:40:33
	7 Charles Nak	CO 2:40:38
	8 Charles Otero	NM 2:40:45
	9 Steve Shopoff	TX 2:42:01
	10 Ralph Smith	CA 2:42:43

M44-49	1 Garry Liston	UT 2:40:49
	2 Aubrey Lavizzo	CO 2:45:32
	3 Ernest Baer	CO 2:46:22
	4 Paul Peacock	UT 2:48:04
	5 Juan Cabeza	CA 2:48:37
	6 David Buddington	CT 2:49:03
	7 Walt Peet	MT 2:52:22
	8 Ron Peterson	ID 2:54:12
	9 Jack Edgar	TX 2:56:18
	10 Michael Reago	NV 3:01:42

M50-54	1 Robert Nielsen	UT 2:31:17
	2 Darrell Natter	TX 2:40:40
	3 Larry Worth	TX 2:45:53
	4 Ron Rohrer	OH 2:46:00
	5 Richard Carling	UT 2:54:30
	6 Don Van Dyke	CA 2:57:34
	7 Kent Topham	UT 2:59:05
	8 Bob Mano	CA 3:00:18
	9 Jim Nelson	UT 3:03:32
	10 Brent Palmer	UT 3:05:19

M55-59	1 Andre Tocco	CA 2:51:23
	2 Eric Piper	CA 2:59:44
	3 Patrick Quinn	WA 3:04:39
	4 Max Elliott	UT 3:05:40
	5 Kenneth Calvin	CA 3:22:04
	6 George Marrett	CA 3:25:49
	7 Richard Olson	CA 3:28:43
	8 Steve Dibble	CA 3:30:05
	9 Russ Akers	WA 3:31:25
	10 Bob Messersmith	CA 3:36:56

M60-64	1 Patrick Devine	CA 2:53:22
	2 Leroy Peterson	UT 3:12:53
	3 Edwin Mighell	NV 3:28:10
	4 Dick Shaffer	AZ 3:42:33
	5 Thomas R. Hill	ID 3:45:27
	6 Bob Shurtle	CO 3:46:27
	7 Rao Paladugo	CA 3:49:47
	8 Shoro Budo	NV 3:52:49
	9 Ray Paskett	UT 3:54:17
	10 Albert Nobuto	CA 4:07:16

M65-69	1 Emmett Parker	UT 3:05:39
	2 Sid Smith	UT 3:32:57
	3 Ray Gil	CA 3:36:52
	4 Tom Edwards	CA 3:39:19
	5 Lane Walton	UT 3:40:46
	6 Bill Collings	UT 4:09:40
	7 Paul Gionfriddo	WI 4:15:02
	8 Don McNelly	NY 4:19:44

M70-74	1 Eddie Lewin	CA 3:39:10
	2 Joe Norris	CA 4:30:44

M75-79	1 Dutch Benedetti	CA 3:57:31
	2 Fraser Macminn	CA 4:34:38

W40-44	1 Susan Havens	WA 2:50:15
	2 Merle Heimberg	CA 3:01:15
	3 Jan Sandoval	NV 3:08:12
	4 Tonya Prescott	CA 3:19:39
	5 Kathleen English	UT 3:26:39
	6 Linda Brooks	MT 3:28:26
	7 Lorraine Sorensen	UT 3:37:09
	8 Carol Johnston	NV 3:38:46
	9 Elaine Dalton	UT 3:39:12
	10 Joy Blevins	CA 3:40:55

W45-49	1 Claire Johnson	UT 3:13:39
	2 Margie Lindsey	CA 3:19:35
	3 Theresa Riley	CA 3:31:44
	4 Mary Orr	AZ 3:32:10
	5 Nancy Buchanan	CA 3:37:58
	6 Jackie Lewis	UT 3:38:02
	7 Sue Cooper	CA 3:43:40
	8 Josie Chalmers	AZ 3:49:47
	9 Patsy Dorsey	CA 3:58:02
	10 Lillian Mahoney	CA 4:00:47

W50-54	1 Sylvia Quinn	WA 3:23:11
	2 Gaby McQuitty	CA 3:30:02
	3 Ida Hendrick	CA 3:47:19
	4 Erika Williams	UT 4:04:27
	5 Bobbi Beck	UT 4:18:38

W55-59	1 Wen-Shi Yu	NY 3:12:51
	2 Amy Goldstein	CA 4:16:24
	3 Marie Williamson	ID 4:48:33

W60-64	1 Ruth Anderson	CA 3:44:10
	2 Yukie Mochida	CA 4:03:05
	3 Velma Earl	UT 4:07:43
	4 Caroline Earl	AZ 4:10:17
	5 Margie Withrow	CA 4:34:56

W65-69	1 Annabel Marsh	CA 5:24:25
--------	-----------------	------------

Barbara Fitz	75:14
Dee Nelson	76:33
W50 Eleanor Clift	78:16
Donna Mehler	80:02
Jill Mottus	81:07
Betty Tucker	81:23
W55 Barbara Field	80:48
Joanne Mallet	84:23
Sue Barbieri	94:28
W60 Monica Friedman	86:06
W70+Hedy Marque	89:16

## Masters Teams:

Men: Gnats Masters (Lowe, Sherlock, Tolbert, Myers, Davies, Henderson)  
Women: Montgomery County #1 (Stockdale, Villano, Nelson, Newburgh, Mallet)

Roosevelt Island 10K  
NYC; September 9

Overall	Andrew Whitney	28	30:58
	Diane Kee	30	38:31
M40	Hector Vargas	34	34:38
	Art Linden	36	20:20
	Fernando Sarmiento	38	16:16
M45	Sam Skinner	35	21:35
	Justino Valentin	37	24:37
	R Bordonaba	38	52:38
M50	Manfred Konrad	35	21:35
	Ramon Ruiz	37	11:37
	Joe Roche	39	11:39
M55	Ruben Cordón	37	50:37
	Cliff Gerenz	39	43:39
	Eric Seiff	41	31:41
M60	William Fortune	38	27:38
	Jack Haar	43	28:43
	Hector Pacheco	45	24:45
M65	William Coyne	44	31:44
	Wallace Cutler	48	25:48
	Hugh Bowen	52	53:52
M70+Vince Carnevale		49	46:49
	Wilfredo Rios	51	43:51
	George Jaffe	55	09:55

M55	Ruben Cordon	37:50
	Cliff Gerenz	39:43
	Eric Seiff	41:31
M60	William Fortune	38:27
	Jack Haar	43:28
	Hector Pacheco	45:24
M65	William Coyne	44:31
	Wallace Cutler	48:25
	Hugh Bowen	52:53
M70+	Vince Carnevale	49:46
	Wilfredo Rios	51:43
	George Jaffe	55:09

Philadelphia Half-Marathon  
September 16

<u>Overall</u>			
	Dionicio Ceron	MEX	1:00:46
	Cathy O'Brien	NH	1:09:39
M40	John Campbell		1:02:28
	Mario Cuevas		1:06:15
	Don Paul		1:09:22
	Anthony Grier		1:11:11
	Thom Suddeth		1:11:21
M50	Norman Green	58	1:14:18
	Bill Fuller		1:14:48
M60+	William Conrad		1:26:15
	Patrick Nutt		1:31:40
W40	Priscilla Welch		1:13:22
	Laurie Binder		1:17:58
	C Ciavarella		1:18:40
	Jenny Smith		1:21:23
	Rose Malloy		1:21:43
W50	Wen-Shi Yu	55	1:31:34
	Cindy Clark		1:36:15
W60+	Mary Oppenheimer		2:11:58
	Peggy Schofield		2:18:21
Continued on next page			



Continued from previous page

**Eriesistible Marathon  
Erie, PA; September 16**

M40 Ferdinand Saglio	2:51:18
Larry Gaiser	2:52:01
Gary McKee	2:52:55
Elliot Cruz	2:56:33
Ted Baca	2:56:40
Howard Andrews	2:59:23
Bruce Yount	3:00:52
Thomas Hayden	3:01:09
John Barber	3:02:20
Ernest Jansky	3:06:26
M45 Norm Shea	2:53:21
Raymond Renaud	3:02:36
John Doeblich	3:03:14
Tom Fetterman	3:04:12
Gene Ruckman	3:12:12
Jim Lombardi	3:14:44
Mike Williamson	3:15:15
Dave Bauer	3:17:35
M50 Rob Vieyra	2:57:44
Richard Sitter	3:01:11
Ron Findley	3:10:23
James Mulrenin	3:30:26
M55 Carl Pegels	3:16:55
Mike Marinelli	3:30:08
Tom Daley	3:34:35
M60+Jordan Biscaglia	3:28:46
Harrison Smith	3:40:21
John Clough	4:13:05
Bob Schoewe	4:14:21
Don McNelly	4:54:15
W40 Pat Davis	4:07:53
Ann Bromley	4:10:54
Diana Benedetto	4:14:20
Gail Fox	4:17:52
Carolyn Mozlack	4:28:56
W45 Pat Twargowski	3:48:41
Pat Longboat	3:55:40
Elaine Marenovic	4:06:44
W50 Joan Gary	3:52:30
W55 Jean Olcese	3:54:54
W60+Stella Auer	6:39:02

**NYRR Coed 5K  
Central Park, NYC  
September 16**

Overall	
David Clark 28	15:14
Esther Harris 23	18:05
M40 Rob Jackson	17:04
Robert Hansen	18:10
Manuel Borges	18:25
M45 Justino Valentin	18:05
Kevin Smith	18:54
Julio Virella	18:58
M50 Alan Fairbrother	18:16
Roland St. Paul	19:29
Joseph Lackner	21:23
M55 Ruben Cordon	18:27
Eric Seiff	19:42
Ted Rogers	21:29
M60 Wm Fortune	18:39
Lewis Schwartz	23:05
Les Buckland	23:15
M65 Hugh Boven	24:39
Dominick Morea	24:45
Joe O'Neill	24:47
M70+Roberto Renny	24:16
Vince Carnevale	24:53
Max Popper 87	34:33

Racewalkers	
1 John Scivoletto 29	28:51
2 Wm Weinstein 42	36:38
3 Ernest Minott 71	41:00
W40 Kathy McIntyre	18:10
Jean Perry-Wolf	20:40
Barbara Tsao	22:31
M45 Jessie-Lea Hayes	20:35
Nancy Youngbeck	24:05
Teryle Wilder	24:53
M50 Jill Martin	22:19
Joan Bondell	23:43
Kathy Nitscheim	23:59
W55 Ester Marcus	24:06
Jennifer Pigeon	26:20
Agnes O'Byrne	27:52
W60 Florence Rose	29:07
Arlene Kernie	29:59
Jozi Neulinger 66	31:42
W70+Mayme Bdera 75	40:17

Racewalkers	
1 Kaisa Ajaye 26	30:06
3 Marcella Tobias 65	37:29
Finishers: 384m, 275w	
Weather: 63°, sunny, no hum	

**NYRR Staten Island  
Half-Marathon  
Central Park, NYC  
September 23**

Overall	
Itamar DaSilva 27	1:06:41
Alicia Moss 29	1:17:28
M40 Hector Vargas	1:14:11
Ed Sandoval	1:16:00
Don Pierce	1:17:39
M45 Sam Skinner	1:17:20
Alan Turner	1:20:32
Julio Lugo	1:22:31
M50 Manfred Konrad	1:19:08
Ramon Ruiz	1:21:51
Alan Fairbrother	1:23:24

M55 Ruben Cordon	1:19:40
George Stassa	1:37:36
John Balan	1:39:07
M60 Robert Reiss	1:36:52
Parker Jones	1:37:30
Jean Argerich	1:37:57
M65 Wm Coyne	1:42:11
Wallace Cutler	1:47:56
John Sweeney	1:47:59
M70+Andrew Neidnig	1:43:55
Wilfredo Rios	1:54:48
Chas Feldman	1:58:40
W40 Ann Davies	1:29:16
DonnaLee bain	1:32:57
Lily Kosaka	1:34:14
W45 Carol Johnston	1:32:30
S Beltrandi	1:43:27
Ruth Greher	1:46:41
W50 Edith Jones	1:37:38
Cindy Sutliff	1:45:17
Carmen Calle	1:51:17
W55 Sue Medaglia	1:41:57
Rosa Nales	1:48:44
Kate Perry	1:57:47
W60 Toshiko d'Elia	1:37:39
Cassie Bazar	1:56:28
Aslaug Tomas	1:59:34
W70+Althea Wetherbee	2:06:39
Althea Jureidini	2:25:41
Finishers: 1137m; 283w	
Weather: 64°, sunny, w13 mph	

**SOUTHEAST****Hurricane 5K  
Mobile, AL; September 8**

Overall	
Marlon Smith	16:04
Cheryl Bednosky	17:42
Top Masters	
Mike Sealy	17:47
Martha Harris	21:54
Top Grandmaster	
Leon Mattics	18:55
Mary Watson	24:33
M35 Danny Young	17:02
M40 Truett Chapman	18:16
M45 George Davidson	19:23
M50 Marion Matchett	19:27
M55 Chas Stinnett	20:32
M60 Jim Mitchell	23:39
M65 S P Hudson	22:31
M70 Mike Mickelo	26:41
W35 Lu Jeffrey	19:49
W40 Elaine Evans	22:57
W45 Phyllis Logsdon	22:58
W55 Faye Cauley	31:05
W60 Faye Eisenacher	26:18
W65 Daphne Dvorak	32:03

**Yiasou Greek Festival 5K  
Charlotte, NC  
September 8**

Open Bill Will	14:50.0
Janice High	17:38.2
M40 Larry Frederick	16:17.4
Buddy Hyman	18:30.5
Bob Moss	18:58.0
Tony Esposito	19:25.9
Mike Ambrose	19:26.2
M50 Alex Coffin	19:49.6
David Duncan	22:13.9
Don Devore	23:48.4
W40 Linda Martin	28:43.0
Kathy Honeycutt	28:55.0
Barb Whittington	29:14.0
from Alex Coffin	

**MIDWEST****Parkersburg  
Half-Marathon  
Parkersburg, WV  
August 18**

Top Male Masters	
Ken Hamilton 40	CAN1:09:10
Atlaw Belligne 45NY	1:11:30
Alna Oman 40	NY 1:11:47
Tony Grier 40	MD 1:12:27
M40 Carl NicholsonAL	1:13:27
Fred WaybrightWV	1:13:50
O S Marshall SC	1:17:18
D Blankenship OH	1:17:55
Jeff Hlinka OH	1:18:46
M45 Don Coffman KY	1:15:55
M D Williams GA	1:17:20
Gene Ruckman OH	1:22:26
Ray Kitchen WV	1:23:48
Ben Lane VA	1:23:53
M50 Ron Rohrer OH	1:20:09
Jerry McGath MS	1:20:31
C E Teseniar SC	1:22:20
M Choquette TN	1:23:06
M55 Jack Cagot OH	1:27:09
Bob Haertsch PA	1:28:14
Johnny McGowanFL	1:31:48
Jim Hamrick WV	1:34:18
M60 Jim Blount FL	1:28:21
Don Robins OH	1:35:12
Matt Norris OH	1:39:47
M65 Paul Lackey VA	1:32:48
Lou Lodovico PA	1:33:45
Phil Hall KY	1:38:56
M70+Louis Cinci78 WV	2:15:29

Top Female Masters	
Nancy Oshier 42 NY	1:19:24
Nancy Grayson 40 SC	1:19:32
C Ciavarella 41 TN	1:20:37
Judith Bugy 44 PA	1:30:15
W40 Jeannie Rice OH	1:32:14
Karen Kinel OH	1:32:23
Darlene NormanWV	1:32:37
W45 Eliz Ervin WV	1:31:44
P Smith-Hite VA	1:40:19
Deb Bramlage OH	1:46:51
W50 Ellen Nitz MI	1:48:22
Jean Hogan AL	1:49:21
M L Seidner NY	2:02:39
W55 M A Woodring TN	1:52:06
Nancy White OH	2:11:45
Norma PhillipsWV	2:23:11
W60 Julia Jones OH	2:48:16

**Wo-Zha-Wa 4 Mile  
Wisconsin Dells, WI  
September 15**

Overall	
Barry Smanz M40	21:54
Ann Limberg	26:14
M45 John McWilliams	23:44
M50 Phil Leader	26:35
W40 Ann Gasner	31:19
W45 Ann Seamonson	32:14

**10th Annual Mercedes Mile  
on Fifth Avenue  
NYC; September 22**

M40-49	
1 Larry Almborg WA	4:08.66
2 Dan Frye MA	4:13.66
3 Ken Sparks OH	4:13.85
4 Dave Stewart CAN	4:15.04
5 Harold Nolan NJ	4:15.46
6 Steve Ferraz CA	4:16.33
7 John Serrao PA	4:19.52
8 Al Swenson CT	4:24.39
9 John Potts UK	4:27.96
10 Mike Wilson NY	4:29.76
11 Rob Jackson NY	4:31.78
12 Mike Blake NY	4:40.60
13 Bob Moritz NY	4:46.60
*Masters record	

M50+	
1 Fay Bradley DC	4:35.83
2 Dan Hammer NY	4:47.60
3 Sid Howard NJ	4:49.08
4 Seth Kaminsky NY	4:49.95
5 Gabriel Bernal NY	4:51.69
6 John Conner NY	4:55.24
7 W Bialokur NY	4:57.00
W40+	
1 Nancy Oshier NY	5:08.36
2 Kathy McIntyre NY	5:09.27
3 Sylvie Kimche NY	5:10.25
4 Adrian Lilburn FL	5:16.33
5 Jane MillsbaughPA	5:23.10
6 Marilyn GreeleyNY	5:23.76
7 Anna Thornhill NY	5:24.79
8 Anne Schmitt MA	5:25.61
9 Mary Ryan NY	5:31.64
10 Linda Upton MA	5:37.96
11 Mary Rosado NY	5:40.30
12 Debbie Stiles MO	5:44.45

**10th Milk & Honey 10K  
Canaan Valley, WV  
September 16**

Overall	
Jeff Smith 35	33:43
Shelley Ralston 34	41:29
M40 Carl Hatfield	35:49
Roger Arthur	40:29
M45 Glen Jarrell	40:55
David Buch	42:17
M50 Jack Whitcomb	39:34
Marvin Bridges	42:55
M55 Robert Grady	42:31
Jim Hamrick	42:45
M60+Gied Stroombeek 65	46:35
Kermit Long	50:40
W35 Ruthann Gebhard	47:01
W40 Linda McCall	49:45
Kathy Edelman 47	52:33
W50 Janet Hayden 56	54:11

**MID-AMERICA****Riverfront Mile  
St. Louis, MO; August**

M40 Dave Gocken	4:51
Gordon Reiter	4:54.1
Bob Bellora	4:54.8
M45 Gary Carr	5:04
Steven Cottle	5:19
Tony Murray	5:20
M50 Harold Salomon	5:27
Bob Hyten	5:30
Derek Redmore	5:38
M55 Leon Fennell	5:17
Vern Bradshaw	5:32
Bill Stewart	5:34
M60+Carl Schaeffer	5:45
Hank Kiesel	6:05
Paul Schmitt	6:32
W40 Debbie Stiles	5:42.9
Carol Bellora	5:55
Karen Lester	6:33

W45 Marie Woodman	7:53
Kathleen Dreon	8:00
G Maisenhelder	8:35
W50 Donna Nagle	6:53
Sue Fay King	7:15
W55 Audrey Sullivan	7:34
W60+Dottie Gray 65	7:23
Betty Benkert	7:50
P Bailey-McCarthy679:13	

**St. Luke's Hospital  
Women's 10K  
Kansas City, MO  
September 16**

Overall	
Cindy Blakeley 25	38:36
W40 Diane Taylor	42:46
Suzi Kibride	42:59
Laura Mortimer	48:24
W45 Nancy Moore	45:35
Margi Sells	47:14
Chris Shea	47:48

W50 Marilyn Potter	45:39
Kay Clemons	50:31
Wanda Pruetting	52:22
W55 Fritz Hazelrigg	55:39
Nancy Hamaker	55:44
Eileen Montell	66:46
W60+Dottie Gray 65	52:29
Mary Specking	52:48
Kate Hashman	53:39

**Alamo Alumni 5 Mile  
Denver; September 23**

Overall	
Pat Porter 31	24:18
Kirsten Russell 25	27:48
Masters Men	
1 Bill Rodgers 42	24:48
2 Frank Shorter 42	25:38
3 Larry Ioste 42	26:55
4 Ray Hammit 42	27:44
5 Ardel Boes 52	27:51
6 Rich Castro 42	28:46
7 Harry Doyle 42	28:47

**Twin Cities Marathon  
Minneapolis, MN; October 14, 1990  
Age-Graded Results**

Name	Tag	Age	Time - Secs.	Std - Secs	%
1 Richard Marczak	68	45	M 02:20:47 = 8447	2:14:24 = 8064	95.47%
2 Norman Green Jr	53	58	M 02:37:40 = 9460	2:29:31 = 8971	94.83%
3 Gaylon Jorgensen	56	61	M 02:43:11 = 9791	2:34:07 = 9247	94.44%
4 Domingo Tibaduiza	63	40	M 02:18:56 = 8336	2:10:03 = 7803	93.61%
5 Laurie Binder	51	43	F 02:39:52 = 9592	2:28:10 = 8890	92.68%
6 Mario Cuevas	52	41	M 02:22:30 = 8550	2:10:53 = 7853	91.85%
7 Nancy Oshier	55	42	F 02:41:46 = 9706	2:27:05 = 8825	90.92%
8 Luis Lopez	61	41	M 02:23:59 = 8639	2:10:53 = 7853	90.90%
9 Michael Heffernan	55	50	M 02:34:21 = 9261	2:19:17 = 8357	90.24%
10 Jane Hutchison	63	44	F 02:46:03 = 9963	2:29:16 = 8956	89.89%
11 Ardel Boes	57	53	M 02:41:55 = 9715	2:40:49 = 8564	88.15%
12 Alex Ratelle	54	66	M 03:04:37 = 11077	2:42:42 = 9762	88.13%
13 Rick Raimor	59	41	M 02:29:26 = 8966	2:10:53 = 7853	87.59%
14 Mary Wood	52	45	F 02:52:26 = 10346	2:30:24 = 9024	87.22%
15 Duane Fjelsted	82	52	M 02:43:00 = 9780	2:21:32 = 8492	86.83%
16 Derck Frechette	60	45	M 02:37:31 = 9451	2:14:24 = 8064	85.32%
17 Judith Hine	62	41	F 02:51:15 = 10275	2:26:02 = 8762	85.27%
18 John Ivory	2657	41	M 02:33:54 = 9234	2:10:53 = 7853	85.04%
19 Grant Towns	65	43	M 02:36:11 = 9371	2:12:36 = 7956	84.90%
20 Emil Balz	81	71	M 04:08:48 = 14928	2:52:42 = 10362	69.41%

These results use the Single Year Age Standards of the "Masters Age-Graded Tables, 1989 Edition"**WEST****Haleakala Run To The Sun  
36.2 Mile  
Maui, HI; August 25**

<u>Overall</u>	
Wes Kessenich 28	4:58:
Diane Ridgway 41	6:21:
M35 Rae Clark	5:17:
M40 Joe Cash	5:51:
M45 Bobus Smithton	6:16:
M50 Vince Devlin	7:27:
M55 Robert LaCross	7:26:
M60 Del King	8:36:
M56+Ed Fishman	8:46:
W30 Connie Comiso	6:25:
M40 Lynn O'Malley	6:55:
W50 Bonnie Smolenski	7:59:
(starts at sea level, climb to 10,000 ft.)	



Continued from previous page

10 Cannon, Thomas	1:28:15	132
11 Duran, Tomas	1:28:22	136
12 Valdez, Lawrence	1:28:50	144

50-64		
1 Hughes, Dathan	1:22:30	66
2 Trebilcock, Bill	1:26:58	114
3 Bangston, Roy	1:31:12	185
4 Hayes, Stan	1:31:13	186
5 Tefelski, Robert	1:32:08	203
6 Goldblum, Kenneth	1:33:11	220
7 Trujillo, Willie	1:34:25	245
8 Richards, George	1:34:32	247

55-69		
1 Kiddy, Fred	1:25:36	91
2 Nasayowma, Gilbert	1:34:10	242
3 Hart, Don	1:34:51	256
4 Coffield, James	1:40:37	411
5 Fragua, Robert	1:48:04	621

60-64		
1 Goering, Dale	1:26:59	148
2 Vigil, Ruben	1:29:45	182
3 Garcia, John Tony	1:41:04	419
4 Wehlender, Oz	1:49:45	666
5 Ritchey, Harold	1:50:08	681
6 Henderson, Wallace	1:53:58	780
7 Tucker, T J	2:00:41	886
8 Rosenblatt, Woody	2:02:24	896
9 Eckles, Wayne	2:08:03	941
10 Russell, Charles	2:10:30	971
11 Elder, R.D.	2:21:11	1007
12 Bush, Donald	2:27:19	1019

65-69		
1 Friedman, Irving	1:53:23	750
2 Verstyman, John W	2:03:29	899
3 Doran, Robert	2:27:18	1018

70-74		
1 Lewin, Eddie	1:48:25	634
2 Johnson, Larry	1:52:48	740

75-99		
1 Moore, Jason	2:35:44	1024

## Women's Results

40-44		
1 Scott, Gail	1:27:25	7
2 Garle, Jean M	1:32:08	18
3 Fuentes, Alice	1:34:53	25
4 Chase, Vicki	1:35:44	30
5 Bouchard, Connie	1:40:04	42
6 Hammond, Ginny	1:43:01	54
7 Duda, Joanne	1:44:21	63

45-49		
1 Reinikainen, Vivian	1:42:02	50
2 Bullock, Anne	1:45:54	79
3 Horve, Linda	1:47:30	92
4 Trebilcock, Joan	1:49:21	110
5 Thorstland, Sylvia	1:50:22	119

50-54		
1 Kiddy, Sandra	1:31:47	18
2 Dupichan, Kay	1:47:35	93
3 Martinez, Constance	1:52:32	146
4 Schaeferman, Amy	1:52:33	147
5 Wilken, Gretchen	1:53:36	155

55-59		
1 Cotton, Mary Ann	1:54:04	160
2 Downey, Kate	1:57:38	191
3 Howell, Clara	2:06:45	289
4 Watson, June	2:11:24	330
5 Garcia, Cecilia	2:26:27	404
6 Rose, Alexandria	2:41:23	438

60-64		
1 Marjon, Lili	2:13:15	348
2 Romero, Margaret B	2:30:35	416
70-74		
1 Doro, Samia	2:31:01	418
2 Vainerman, Elizabeth	2:33:35	423

## 5K Run

## Men's Results

40-44		
1 Salazar, David W	0:16:38	8
2 Sargent, Gordon	0:17:28	22
3 Yuaris, David	0:17:37	27
4 Anderson, Andy	0:17:40	30
5 Nicolaus, Nick	0:17:51	32
6 Navarro, Tony	0:18:36	42
7 Layba, Hector	0:19:06	49
8 Jopola, Bart	0:19:31	61
9 Farrow, John	0:19:46	68
10 Nolan, Steve	0:19:47	69

45-49		
1 Gienberg, Robert	0:17:25	21
2 Avalos, Jimmy	0:18:55	46
3 Hubbs, Jim	0:19:07	50
4 Cornell, Adolfo	0:19:27	58
5 Irwin, Marc	0:19:32	62
6 Koziewicz, Stan	0:20:31	87

50-54		
1 Harris, Charles	0:17:39	29
2 Jury, George	0:18:59	47
3 Baker, Bob L	0:21:31	121
4 Pomerooy, Fred	0:21:57	130
5 Devereaux, Rick	0:22:11	149

55-59		
1 Patania, Frank	0:20:13	82
2 Kell, Paul	0:23:15	203
3 Love, Donald Jr	0:24:26	277
4 Dalton, John	0:25:03	320
5 Bush, Ken	0:26:07	384

60-64		
1 Elliott, Mel	0:22:30	183
2 Struse, Manfred	0:24:06	257
3 Weider, Ed	0:26:00	377
4 Hoeks, Fredrick E Jr	0:28:57	524
5 Atkinson, George	0:29:32	549
6 Housey, Richard J	0:33:52	643
7 Eddleman, Troy	0:35:17	656

65-69		
1 Graham, Francis	0:25:16	339
2 Reimann, Dick	0:25:31	352
3 Weed, John	0:26:26	401
4 Weider, Frank	0:29:47	580
5 Whitman, Ozzie	0:32:33	619
6 Norton, Owen	0:48:26	701
7 Hill, James	0:49:19	702

70-74		
1 Montoya, Ricardo	0:28:57	523
2 Steinhaus, David	0:30:03	567
3 Tinkpaugh, Ken	0:36:12	663
75-99		
1 Pardee, Jack	0:25:53	372
2 Endres, Carl	0:32:37	620

## Women's Results

40-44		
1 Weiss, Pat	0:20:35	11
2 Flanagan, Margaret	0:20:42	13
3 Irwin, Colombina	0:22:38	28
4 Zabel, Judith	0:23:30	42
5 Devine, Barbie	0:23:35	45
6 Bobeli, Ariene	0:24:51	68
7 McHugh, Teddi	0:24:54	69
8 Greenholt, Nancy	0:25:05	79

45-49		
1 Busch, Bette	0:24:58	73
2 Lawton, Jean	0:26:40	136
3 West, Mary Beth	0:27:37	176
4 Ellis, Elaine	0:27:38	177
5 Brown, Carol	0:28:06	196

50-54		
1 Gutierrez, Oma	0:24:19	59
2 Powers, Pat	0:25:12	82
3 Hubert, Edwina	0:28:03	194
4 Halbleib, Betty	0:31:36	357
5 Hart, Priscilla	0:32:22	386

55-59		
1 Dickinson, June	0:22:39	29
2 Struse, Helga	0:28:25	217
3 Smith, Eleanor	0:29:30	273
4 Martinez, Gloria	0:29:42	280
5 Sanchez, Charlotte	0:31:08	338
6 Brown, Judith	0:36:31	489

60-64		
1 Atkinson, Ruth	0:31:15	347

65-69		
1 Kirsling, Mary	0:33:40	420
2 Doss, Lillie	0:35:04	455
3 Hill, Emily	0:49:22	564

75-99		
1 Endres, Marjorie	0:32:36	391

## NORTHWEST

Prefontaine Memorial 10K  
Coos Bay, OR; September 15

## Overall

Don Clary 33	30:36
Stephanie Wessell 21	34:56
M40 Gene Solomon	32:57
Don Kardong	34:15
Buck Bowling	36:00
Tom Brown	37:57
Luis Lopez	40:45
M45 Dave McJunkin	35:47
John Seggie	38:13
Tom Balcom	38:36
Arlo Pade	40:14
Ladd Zastoupil	41:58
M50 Reed Miller	36:21
Emery Phillips	39:48
Erich Kaufman	40:54
M55 Dean Hatfield	45:37
Claire Bennett	50:25
Archie Martin	50:30
M60 Ken Oliver	41:53
Bill McChesney	42:06
Dennis Depuy	53:58
M65 Alfred Acord	46:53
Ken Stevens	49:00
Jim Dunne	55:36
M70 Jack Kirkpatrick	47:29
Bill Hutchinson	50:51
Howard Hansen	59:17
M80 Ed McKean-Smith	64:56
W40 Kate Sharples	43:02
Kathy Roberts	47:27
Judith Brown	48:32
Barbara Bjerke	48:50
Barb Hall	49:21
W45 Susan Bradley	44:05
M Kathy Wolf	54:43
Susan Hyde	56:20
W50 Shirley Ingram	47:19
Jane Dods	50:33
Jean Johnson	54:46
W55 Lois Humphrey	76:04
Sally Roberts	1:40:31
Rita Horning	1:42:55
W60 Marcia McChesney	55:37
Lorraine Sharman	56:33
Betty Gillette	66:51
W75 Roberta Burles	98:04



## 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.

Some readers provide additional support to the National Masters News and to the Masters program by sending contributions of \$25, \$50 or \$100 a year. If you are able, we urge you to join them. All contributors will receive a free copy of the new Masters Age Record book and will be listed in the paper as a National Masters News sustainer.

## 1. DISPLAY ADVERTISING RATES

Column	Ad Size	Cost	Width	Height
52	Back Page	600*	10"	13"
52	Full Page	460	10"	13"
39	1/4 Page	380	7 1/2"	13"
26	1/2 Page	300	5"	13"
			10"	6 1/2"
			7 1/2"	8 1/2"
13	1/4 Page	180	5"	6 1/2"
			10"	3 1/4"
7	1/8 Page	120	5"	3 1/4"
			2 1/4"	6 1/2"
3 1/2	1/16 Page	72	2 1/4"	3 1/4"
1		36	2 1/4"	1"

\*Includes 2-colors.

## 2. FREQUENCY DISCOUNTS (1-year period)

3 to 5 insertions ..... 10%

6 to 12 insertions ..... 15%

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

## 4. SPECIAL RATES

25% discount for race and meet notices, (1/2 discount for races and meets under 200 participants.) Inserts: \$300. No frequency discounts or agency commissions.

## 5. TERMS

Net 10 days from billing date.

## 6. CLASSIFIED RATES

75 cents per word. Count name and address as 5 words. Race notices are 50 cents per word. Prepayment required with copy.

## 7. MECHANICAL REQUIREMENTS

- a. See display rates for ad sizes.
- b. Photo offset printing.
- c. Negative ok. No mats, cuts or plates.
- d. 2-colors add \$50
- e. Screen: 85 lines per inch.

## 8. CLOSING DATES

The 10th of the month before date of issue.

## 9. CIRCULATION October 1990

Paid: 5374 Distribution: 7500

Published monthly. Subscriptions \$22.00/year.

Mail order to: **National Masters News**  
P.O. Box 2372  
Van Nuys, CA 91404  
Phone: 818/785-1895  
Fax: 818/782-1135

## NOW AVAILABLE

## Masters Age Records 1990

Compiled by WAVA and TAC Masters T&F Records Chairman Pete Mundle with Don Henry, Shirley Dietderich, Gordon Wallace and Alan Wood.

- Men's and Women's World and U.S. Age Bests for all Track & Field Events, age 35 and up, as of Oct. 31, 1989.
- U.S. Age bests for Men & Women for all race-walking events age-40 and up, as of Oct. 31, 1989.
- Men's U.S. Masters Indoor & Outdoor Championship Records.
- 52 pages. Thousands of entries. Lists name, age, state, and date of record.

Send \$4 plus \$1.00 postage and handling to:

NATIONAL MASTERS NEWS

P.O. Box 2372  
Van Nuys, CA 91404

Name \_\_\_\_\_

Address \_\_\_\_\_

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

# NATIONAL MASTERS NEWS

## Subscription Form

The *National Masters News* is the official world and U.S. publication for Masters track & field, long distance running and race walking.

Masters competition is sponsored worldwide by the World Association of Veteran Athletes and in the USA by The Athletics Congress. The *National Masters News* gives you information that's available nowhere else: schedule information, meet and race results, training advice, race and meet stories, profiles, photos and articles by the top Masters writers in the nation. It's the best — if not the only — source of world, national, regional and local Masters information.

The *National Masters News* is only \$22 a year for 12 information-packed issues. Or you can take advantage of our special two-year rate of \$41 — a 24% savings off the single-copy price. A 3-year subscription saves 27%.

- |   |  |  |                                  |
|---|--|--|----------------------------------|
| <input type="checkbox"/> 6 months, \$12 | Add postage per year:                            | <input type="checkbox"/> Payment enclosed          | <input type="checkbox"/> New     |
| <input type="checkbox"/> 1 year, \$22   | <input type="checkbox"/> \$12 1st class (USA,    | <input type="checkbox"/> Bill me later             | <input type="checkbox"/> Renewal |
| <input type="checkbox"/> 2 years, \$41  | Mexico & Canada)                                 | <input type="checkbox"/> \$_____ as a contribution |                                  |
| <input type="checkbox"/> 3 years, \$59  | <input type="checkbox"/> \$15 air mail (foreign) | to your work                                       |                                  |

Name \_\_\_\_\_

Address \_\_\_\_\_

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

Send to: **National Masters News**  
Subscription Dept.  
P.O. Box 16597  
North Hollywood, CA 91615-6597

Or call:  
**818/785-1895**

(Canadian checks accepted; add 20% to cover exchange. Please notify address changes four weeks in advance.)