

NATIONAL MASTERS NEWS

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

100th Issue

December, 1986

\$1.95

National Masters Newsletter

Bulk Rate
U.S. Postage
PAID
Lansford, Pa.
18232
Permit No. 7

Published Quarterly

First Issue Summer 1977
A questionnaire of importance to the Masters movement

By ROBERT G. FINE,
Chairman, AAU Masters
Track & Field Committee

Masters should do. The A.A.U.
has been most understanding and
cooperative. It is a problem.

return it to me. Comments on it

National Masters Newsletter

Published Quarterly

\$3 per year

Spring 1979

8th Issue
'We can now run our own show'

Occidental Life sponsoring Masters program;
barriers against 'professionals' come down

Following is the report to the
National AAU Masters Track &
Field Committee and M
the AAU, concerning
the meet, from Bob Fine, with
Bob taking back those awards not
used. Money will also be
critical expense.

not apply to any athletic meeting
which is restricted to it
age groups (40-49
and 50-59)

National Masters Newsletter

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U.S. Postage
PAID
Lansford, Pa.
18232
Permit No. 7

Second Issue

Autumn 1977

Published Quarterly

2,600 from 44 countries compete in Sweden

'Fantastic' may be the best word to describe
the 1977 Second World Masters Championships

part no doubt to
the 137
both the 800-meter and the
10,000-meter; "Boo" Morcum,
40-meter, pentath-
-d jump, took
over 5,000-

Belgium in 14:03.0. Even though
Gaston has been a world caliber
athlete in open competition for
over 5,000-

National Masters Newsletter

Published Monthly

October 1979

3RD WORLD VETERANS
CHAMPIONSHIP ISSUE

100th ISSUE

National Masters News

49th Issue
450 COMPETE IN NATIONALS;
SPORTS FESTIVAL DRAWS 1800

4 World, 5 U.S. Age-
Bests Set in Wichita

WICHITA, Kan., Aug. 4-6
Over 450 over-age-30 athletes converg-
ed on America's broadcast in this
weekend from the annual Penn-
sylvania State University meet.

RESULTS OF 24 T&F MEETS
National Sports Festival
T&F
Hawthorn Classic
Midwest Regional
J&A Meet in NYC
West Valley

Triangular
Virginia
Philadelphia
Lincoln
Lake Erie
West Virginia
Dutch Masters
Hondshu

Previdence
St. Louis
Florida TFA
St. Cloud
Pennsylvania in New
Jersey, New Mexico
and Missouri
Punta Roca Decathlon

*ANNUAL T&F MEETING
*NIKE MASTERS GRAND PRIX FINALS
*1981 10-MILE RANKINGS
*ANDERSON & CHAPMAN TURN 40
*RESULTS OF 29 DISTANCE RUNS

September, 1982

60th Issue
WORLD GAMES THREATENED

Governor Bans
South Africans
by AL SHEAHEN
Because of a dispute over the par-
ticipation of South Afri-
cans in the Games

August, 1983

67th Issue
AT AGE 70, DAVIES WINS \$4000
IN BIGGEST MASTERS PAYDAY EVER

\$27,500 Earned in Twin Cities Marathon
CLARK, SCHLOSSER EACH WIN \$4000 AS TOP MASTERS
When the history of the 20th century running bonny is written

November, 1985

September, 1986

97th Issue

World Games Bid Goes to Eugene
19th Nationals Draw 761 to New York

TAC Panel Picks 'Track Capital of America'
as U.S. Nominee to Host 1989 Event

by HAL HIGDON
When the decision came late Thurs-
Host before the TAC Masters Meet to
bring the 1989 Games to Eugene is not

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NATIONAL MASTERS NEWS

December, 1986 — 100th Issue

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W. MACDONALD MILLER

I rarely bother to read W. MacDonald Miller's trash. It's the only page I routinely skip in the entire paper, because I find no purpose to his crude writing. It's an embarrassment to what is otherwise a very fine and useful newspaper. There is nothing there but the drivel of a two-year old. Maybe Miller's a nice guy, but his writing stamps him as a real jerk. He has a total lack of understanding of human nature, and total disregard for personal feelings, and doesn't deserve the exposure you give him.

Kirk Randall
Wellesley, Massachusetts

I'm a supporter of W. MacDonald Miller. I enjoy his humor and homespun language. I hope you'll continue to publish his "Open Mouth" columns. I doubt you can come up with anything better (as Dick Lacey suggested). I'm greatly impressed with your publication and wish you much success in continuing it.

Larry Patterson
St. James, Missouri

I vote against Wendell Miller's col-

umn. It's a waste of space.

Bill Gentry
Orlando, Florida

I think W. MacDonald Miller is great.

John Cosgrove
Playa Del Rey, California

I am for Big Mouth MacDonald Miller. And just to back it up, I'm putting my money where my mouth is and enclosing a donation to the National Masters News Sustainer Fund. Keep talking wittily and irreverently, MacDonald.

Sylvester Stein
London, England

(Three-month totals on Miller: Year 9, May 5. — Ed.)

OLDER AGE GROUPS

I was disappointed with the views expressed by Paul Spangler in the October Speaker's Corner. He talks about people dropping out of masters competition because some organisers use ten-year age-groups and not five. He says that people are placed in a 'no win' situation because they are asked

to compete with runners more than five years younger, and that this takes away their enthusiasm for the sport.

Because of the shortage of runners of his age (87), he no doubt has to line up with people younger than himself, maybe the 70-plus group. But I can't understand why that should matter to him, he's a winner before he gets to the line. To be running at his age is a remarkable achievement in itself. Surely he doesn't need a gold medal hung around his neck to convince himself that what he is doing is worthwhile. Anybody that drops out of the masters scene because he can't win does himself and the sport no credit at all.

The age-groupings we use are designed to make for something like fair competition, whether they are five-or ten-year divisions. But when, or if, we get to be over 80, to the elder statesman

Continued on page 15

New U.S.
Long Distance Running
Age-Group Records
— page 22

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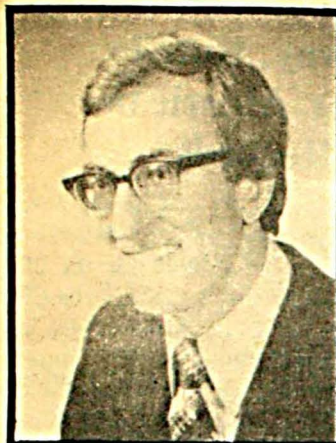
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FROM THE Editor

by AL SHEAHEN

The National Masters News is 100

The National Masters News is 100. Well, not 100 years, but 100 issues. To celebrate, we've added a spot of color to brighten up the issue.

The front cover is a montage of past issues, starting with issue No. 1 from the summer of 1977, when Jimmy Carter was president and we were all nearly 10 years younger.

Some of the highlights from the first 100 (strike up: "The Way We Were," maestro):

Issue No. 1, Summer, 1977. Conceived by Bob Fine in New York and produced and mailed by Ed Gildea in Lansford, Pa., the first issue is an eight-page quarterly called **National Masters Newsletter**, selling for \$3 per year. Fine, National Masters Track & Field chairman, asks athletes and meet directors to send in material, and proposes the AAU form one masters committee, not two. (The idea eventually

tal Life Insurance Co. of North Carolina. NMN subscriptions reach 900.

No. 10, June, 1979. Yours truly takes over as editor in Los Angeles, with Gildea still doing the printing and mailing from Pennsylvania. NMN becomes a monthly and increases to 16 pages.

No. 11, July, 1979. The first 20-pager, with the story of the 9th annual Grandfather Games.

No. 14, October, 1979. One of our best issues, with a new-high 24 pages, the story and results of the 3rd World Veterans Games in West Germany, and "Hannover Diary," a personal log of the trip to Europe and one of my favorite pieces. NMN's price goes to \$10 per year.

No. 17, January, 1980. Occidental drops its sponsorship after eight short months. No more subsidy for NMN or the masters program. Bankruptcy looms, as NMN's subscribers drop to zero (since they were paid only thru 1979). Gildea quits, and the printing and mailing operation is switched from Pennsylvania to Fresno, Calif. Wendell Miller and Ken Bernard are elected masters T&F and LDR chairmen, respectively.

No. 18, February, 1980. Tom Sturak, Masters T&F Vice-President and promotion manager of Nike, bails out NMN with a monthly full-page Nike ad and 160 paid subscriptions for Nike's masters athletes.

No. 19, March, 1980. The masters program finds a new sponsor — Penn Mutual Life Insurance Co., with HQ in Philadelphia and branches nationwide. Subscriptions reach 1000.

No. 23, July, 1980. "Masters Scene" makes its debut.

No. 24, August, 1980. "Gun Lap" and "National Running Data Center" debut. 500 compete in 13th national meet in Philadelphia.

No. 25, September, 1980. The first 28-pager, with results of 14 track & field meets. Subscription price goes to \$12.

No. 29, January, 1981: "Open Mouth" debuts. Jim Weed named Masters T&F Chairman.

No. 30, February, 1981: Another "one-of-the-best" issues, with a report and results of the IV World Veterans Games in New Zealand, including a blow-by-blow of the demonstrations by Christchurch citizens against South African competitors.

No. 32, April, 1981. Printing and mailing of NMN moved from Fresno to Los Angeles. Subscriptions reach 1500.

No. 34, June, 1981. First masters tour to China conducted by Sports Travel International, Ltd.

No. 36, August, 1981. "Phil the Philosopher" column by Phil Conley begins.

No. 37, September, 1981. 602 compete in 14th National meet in Los Gatos.

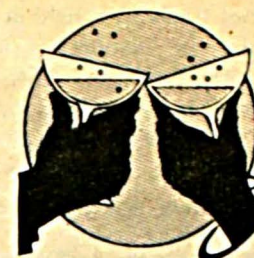
No. 41, January, 1982. Another collector's issue, featuring one of NMN's best-ever articles, "The View from 50" by Hal Higdon. Name changes to "National Masters News," and becomes an official publication of TAC's Masters Committees. Bob Boal named Masters LDR Chairman.

No. 47, July, 1982. NMN goes to 40 pages, with 12 pages of results and nine entry forms. Subscriptions jump to 2200.

No. 49, September, 1982. Penn Mutual sponsors first National Masters Sports Festival in Philadelphia, which draws 1800 masters athletes from 14 sports.

No. 53, January, 1983. Penn Mutual drops its masters sponsorship. NMN

Wishing You
the Happiest
New Year!



subscription list computerized. Price goes to \$15 per year.

No. 54, February, 1983. "Marco Polo, M.D." column, by Alex Ratelle, debuts.

No. 60, August, 1983. Headline: "World Games Threatened" as Governor of Puerto Rico threatens to cancel the V World Veterans Games if South Africans compete. 25th and final "Phil the Philosopher" column.

No. 61, September, 1983. WAVA tells South Africans: "stay home." Subscriptions climb to 2900.

No. 63, November, 1983. Another biggie, 44 pages, with the story and results of the V World Games in San Juan. WAVA names NMN official world veterans publication.

No. 65, January, 1984. Sister Marion Irvine, at age 54, qualifies for U.S. Olympic marathon trials. Jerry Donley elected masters T&F chairman.

No. 72, August, 1984. Another one

Continued on page 4



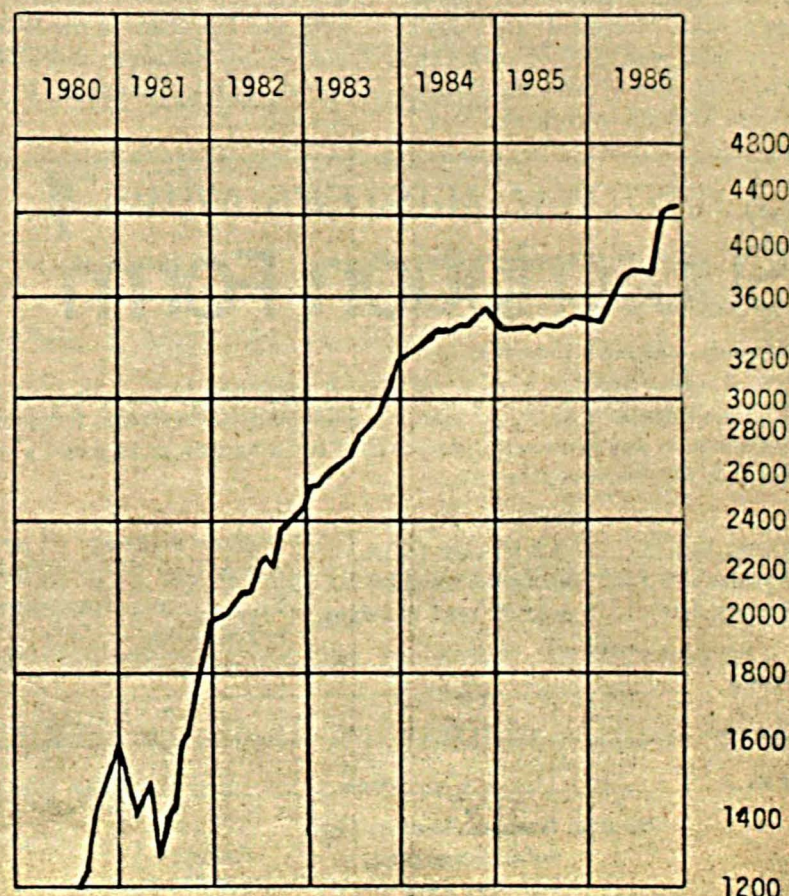
lost, and TAC (nee AAU), to this day, has two masters committees — track & field and long distance running.)

No. 2, Autumn, 1977. 2,600 from 44 countries compete in the 2nd World Masters Championships in Sweden. NMN carries the story and results.

No. 6, Autumn, 1978. A 12-pager, the sixth issue features the story of the 11th National Masters T&F Championships in Atlanta, which draws 450.

No. 8, Spring, 1979. The masters program gets a sponsor — the Occiden-

NATIONAL MASTERS NEWS SUBSCRIPTIONS



Empire of America Finalists Set Three U.S. Records in North American Championships

The Empire of America Masters Sports Series finals were held in Tampa, Florida, on October 25 as the North American Masters Championships, after four preliminary meets in various Florida cities in September and early October.

Three American age-group records were set in the field events.

Georgia's Charlie Polhamus broke Roger Ruth's 14-year-old M40-44 pole-vault record of 15-1¼ with a vault of 15-1¼. Ann Cirulnick, 52, of New York threw the shot put 32-4 to break Christel Miller's W50-54 age-group mark of 31-9¼, set in January, 1985. Lurline Struppeck, 40, of Louisiana, who owns the W35-39 American age-group record for the javelin with 117-5, broke the W40-44 javelin mark with a throw that was five feet better than her previous mark — 122-8. Carole Leaf owned the old record of 113-1, set in August, 1985.

Entrants in the finals did not have to qualify in the prelims, so athletes came from all parts of the U.S., with a sprinkling of Canadians, Puerto Ricans, and Mexicans.

Thad Bell, M40, of South Carolina posted double wins in the 100m (11.6) and 200 (23.5); Bill Knocke of California won the M45 100m (11.8), 200 (23.0), and 400 (55.2); Floridian Ed Schuler took the M55 100m (12.8) and 200 (27.5); Ray Armstrong of Florida tripled in the 100m (13.8), 200 (27.7), and 400 (63.1); and Barry Ivers of Maine zipped to 100m (15.5) and 200 (32.5) wins in the M75 division.

In the 800, Californian George Cohen, M45, recorded the day's masters best with 2:03.0, and Don Gammie of Ohio, who broke the American M55 mile record with 4:46.5

in the Orlando meet on October 5, won the M55 1500 in a near-record 4:25.4. Distance record-holder Barry Brown of Florida ran 15:51.19 to take the M40 5000. Gail Ladage-Scott of Colorado won the W40 5000 in 18:08.0.

The field-event competition featured national, world, and Olympic champions, plus some of the top-ranked masters in the country. Tom Langenfeld of Minnesota high-jumped 5-6 and triple-jumped 35-11 for M50 firsts. Canada's Ian Hume won the M70 high jump with 4-7½. Phil Mulkey of Georgia long-jumped 18-1 for an M50 gold medal.

Shot put and discus fields were deep and strong in almost every division. The men's M40 competition featured two legendary Olympians: Brian Oldfield, now 41, of Illinois, the world's greatest spinning shot-putter, threw 60-5½ and showed his versatility with a 171-2 discus throw; and John Powell, 39, from California threw the discus 187-4.

Len Olson of New York included a 160-1 discus heave in his three M55 throw wins. William Duckworth of Georgia won the M50 javelin with a good 164-0 throw.

The outstanding submasters were Nate Robinson, M35, of Florida, and Phil Raschker, W35, of Georgia, who both had multiple wins with strong marks.

The fastest 5000 racewalker of all divisions was Tom White, 50, from Florida with an outstanding 27:12.0, and the top masters women walkers were also Floridians in the 50-54 division — Joy Clingman did 31:11.0 to defeat Sybil Gerughty by eight seconds. □



Dr. Ken Carmen of Garden City, Michigan shown here in Rome last year after placing 3rd in the World Games M55 Steeplechase. Ken died from a brain tumor on October 24, 1986. Earlier this year he won the National M55 1 mile and 2 mile at Baton Rouge. He won the 3000M run at Raleigh in May but was unable to compete in the Steeplechase because of a sore leg. His last race was a two mile in Ohio, June 28th, two days before the tumor was discovered. Photo by Kelsey Brown

Conway, Ratelle Better American 25K Records

Dan Conway, 47, of Chetek, Wisc., lowered his own pending M45-49 national record of 1:22:49 for the 25K with a masters first 1:22:23 in the City of Lakes 25K in Minneapolis on September 14. Running in intermittent 48-degree heavy rain, which curtailed the post-race award ceremony, Conway, 8th overall of 1,170 finishers, left the closest masters runner, John Emmons, almost four minutes back at 1:26:14.

Alex Ratelle, 61, won the M60+ race in 1:36:19, below his own pending national M60-64 time of 1:37:13 but slower than Jim O'Neil's pending 1:35:27.

Mary Hiatt led the masters women with 1:43:40.

The race, which was the RRCA national championships, was won by Marty Froelick, 28, with 1:16:20. Karyn Schoenrock, 23, was the women's winner with 1:35:44.

Jeff Winter was race director. □



From the Editor Continued from page 3

of my favorite issues. Ed Burke, 44, makes the Olympic team. Al Oerter, 47, doesn't. Parry O'Brien sets two M50 marks. Cindy Dalrymple's 75-race masters winning streak ends.

No. 73, September, 1984. 643 Compete in 17th national meet in Eugene. 27th and final "Marco Polo" column.

No. 75, November, 1984. Barry Brown, 40, (2:15) and Norm Green, 52, (2:26) set records in Twin Cities Marathon, as Diane Palmason, 46, wins \$3000. "The Foot Beat" column begins as subscriptions reach 3400.

No. 84, August, 1985. 4330 Compete in VI World Games in Rome.

No. 87, November, 1985. At age 70, Clive Davies wins \$4000 in Twin Cities Marathon.

No. 88, December, 1985. 1989 World Games Fund Drive kicks off with \$25,000 pledge from John Poppell.

No. 89, January, 1986. Subscription

price goes to \$18.75 with 3500 subscribers.

No. 97, September, 1986. Biggest issue ever — 48 pages — as Eugene is picked as U.S. nominee for 1989 World Games and 761 compete in 19th National T&F meet in New York.

No. 99, November, 1986. Record \$40,750 awarded to masters runners in Twin Cities Marathon. Subscriptions reach 4300.

It's been an interesting 100 issues. What's ahead in the coming months and years? The running boom may have peaked, but there are more masters athletes than ever — and more opportunities to compete.

The VII World Veterans Games next year in Australia may draw as many as 5000 age-35-and-over performers from more than 50 nations. The U.S.A. may host the 1989 Games. Age-handicapping meets and races are beginning to catch on.

Masters athletes have become the scouts of new medical research — how regular exercise can slow down the aging process. Masters have learned that by careful training, they can continue to perform at a high level.

The *National Masters News* retains its original focus: a publication written by masters athletes for masters athletes — providing information that can't be found anywhere else.

I hope you've enjoyed all or part of the first 100 issues, and that you'll still be around and fit when No. 200 comes along. □

NATIONAL MASTERS NEWS Subscription Form

Masters Athletics is booming!

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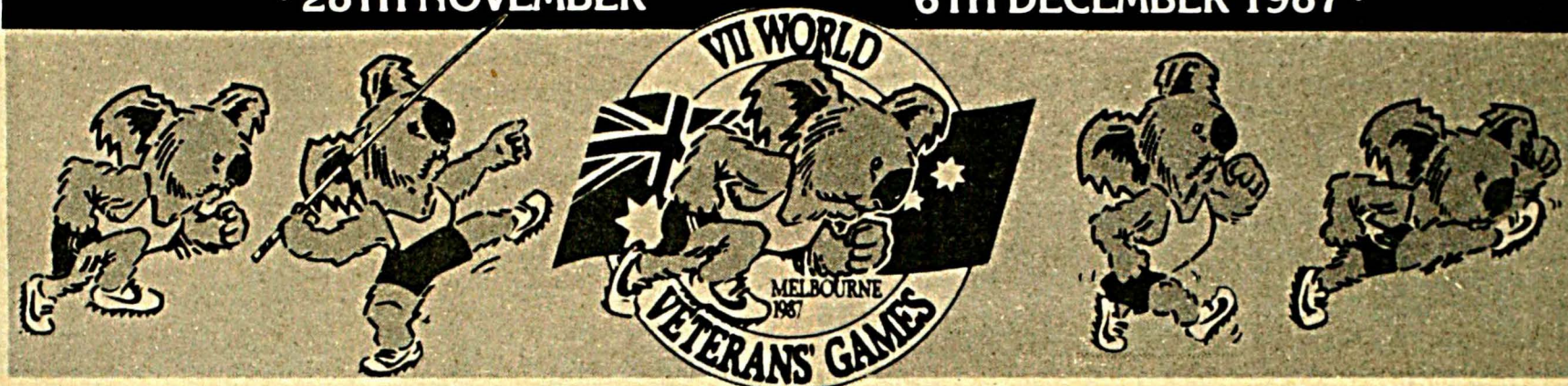


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Melbourne, Australia

• 28TH NOVEMBER

6TH DECEMBER 1987 •



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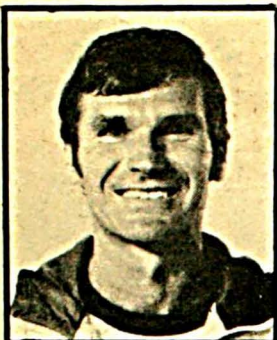
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- Balance of payment will be due 90 days upon our confirmation of your reservation (no later than September 1, 1987).
- Your \$250 Deposit is fully-refundable until July 1, 1987. No refunds can be made after July 1.

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THE GUN LAP

by MIKE TYMN

The Phenomenal Piet Van Alphen

When you talk about the greats of masters distance running, you begin with New Zealand's Jack Foster and England's Joyce Smith. There is another, though, who deserves to be mentioned in the same breath. In fact, an argument can be made that Piet van Alphen of The Netherlands is the greatest masters distance runner ever. Year-for-year, he may be the greatest distance runner of all time.

A 2-hour, 22-minute, 14-second marathon (Rotterdam, 1983) at the age of 52 is reason enough to place the little Dutchman at the top of the list. Among those who have passed the half-century mark, only Foster, just 50 then, has recorded a faster marathon (although his 2:20:28 came in the 1982 New York Marathon on a course later found to be slightly short).

In America's Marathon at Chicago last year, van Alphen, 55, recorded 2:27:54. In June this year, he did 2:25:51 at Antwerp, Belgium. No one his age — not even Foster, who retired from serious competition before his 51st birthday — has approached such times.

If you're not into marathoning, you might consider that the great Emil Zatopek, at the tender age of 29, won the 1952 Olympic Marathon in 2:23:03 and that the fastest marathon on record before June 1952 was 2:25:39.

Conditions, training methods, and incentives have changed since 1952 and therefore it's not really fair to the oldtimers to make such comparisons. But one cannot help wonder how fast a young Piet van Alphen would have been back then. Or how fast he might be now if you take away 25-30 years. It doesn't seem unrealistic to conclude that van Alphen would be running 2:07 marathons, perhaps faster, today if not handicapped by his age.

A 2:35:06 at the Twin Cities Marathon (October 12) was disappointing to van Alphen. He told me beforehand that he felt in good enough condition to run at least 2:31. He said after the race that he was not prepared for the near-freezing temperatures in Minneapolis-St. Paul. "Too cold, too cold," he uttered, squeezing his upper legs.

At a pre-race luncheon, van Alphen pushed aside the pasta-salad main course and made himself a banana sandwich. (He follows no special diet, but eats many grains, vegetables, fruits, and a little red meat.) As I shared the table with him, I attempted

to learn more about this amazing man. It wasn't his running times and achievements, however, that he wanted to talk about. It was the little silver ice-skate pin on his jacket that he seemed most proud of. Because of his very limited English and my totally limited Dutch, I could not quite understand the significance of the pin. Later, I found someone to translate.

The pin, it seems, was given to him for having completed a 200-kilometer skate along a frozen river that flows

Piet van Alphen's
best road times

5-K	15:30	1975
10-K	31:58	1978
15-K	47:58	1979
20-K	1:04:30	1980
½ Mar.	1:07:07	1983
25-K	1:20:58	1982
30-K	1:40:05	1979
Marathon	2:22:14	1983

through eleven villages or towns in Holland. He first completed this endurance test in 1963 after long and hard training. He continued to train for the event, but year after year it was cancelled because the ice was not hard enough. It was not until last year and this year that the event was again staged and van Alphen could once more join with thousands of participants in skating across or around Holland.

It was out of the frustration of having the endurance skating event cancelled each year that van Alphen took up jujitsu and then, in 1969 at age 39, running. He and a friend heard of a 7K beach race in a nearby village and decided to enter. With almost no training, he finished third in a field of several thousand.

Van Alphen continued to run for exercise and enter occasional races over the next few years. In 1972 he joined the Amsterdam Athletic Club. His first marathon, a 2:40:35 effort, came three years later in Athens under very warm conditions.

In 1978, van Alphen turned in a 2:28 at Berlin. In the 1980 Nike-OTC Marathon, at age 50, he recorded a 2:22:49, the fastest over-50 marathon in the world until Foster bettered it in New York two years later.

The seventh of eight children, van Alphen (born 16 August 1930) grew up on a farm. He flexes his arm and pats his bicep to deliver the message that he worked long, hard hours as a boy. "My father was very strict and I feel I still benefit from this upbringing," he says through the interpreter, suggesting that this early influence may have contributed to his later success as a runner. That, plus a 10-kilometer walk to and from school, years of ice skating, and walking to and from work for many years.

Asked if he ever smoked, van Alphen looks embarrassed and then admits that he puffed as many as 50 cigarettes a day until about age 33 when some friends bet him that he couldn't give up the habit.

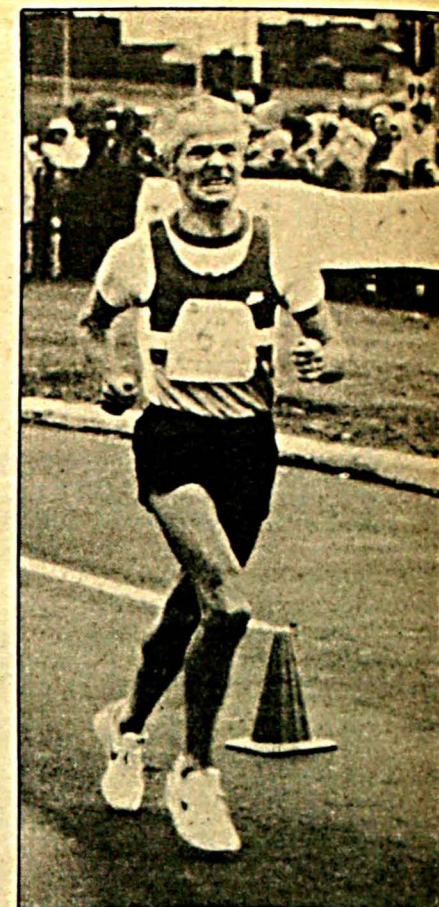
Van Alphen retired from his job as a technician for a biscuit company in 1980. "Since retirement, I have been able to train much better," he says.

To prepare for a marathon, van Alphen puts in 200-kilometers (120-miles) a week. His longest run of the week is 40K, which takes him just over three hours. His speedwork consists of three or four kilometer pickups and frequent short races throughout the year.

Although he has no coach, van Alphen gets advice from Bob Boverman, coach of the Amsterdam Athletic Club and the Dutch national coach. He receives travel and equipment support from Nike.

"She thinks it is wonderful," van Alphen responds with a smile when asked how his wife, Dien, reacts to his running passion. The two have a daughter, Astrid, 22, a physical-therapy student.

Does he enjoy running now as much



Piet Van Alphen, 56, finishing the recent Twin Cities Marathon in 2:35:06.

as he did in the beginning? "Yes," he nods. "It gives me the same pleasure. I know that I cannot run as fast now as I did a few years ago, but I know this only from the race clock. When I am running, I feel just as fast."

He tells the interpreter that he sometimes wonders what he could have done against Emil Zatopek or Jack Foster had he began running earlier, but that he is just thankful that he discovered running at all.

"But the little things still give me the most pleasure," he adds in his native tongue, pointing to his little silver ice-skate pin. □



Finishing 2-3-4 behind Kjell-Erik Stahl of Sweden in the recent Twin Cities Marathon were, from left to right, Trevor Wright, 40, New Zealand (2:21:29), David Clark, 43, United Kingdom (2:22:30), and Guenter Mielke, 43, W. Germany (2:22:41).

Photo by Mike Tymn

Boyd, Yu First Masters in Detroit Marathon

Bull Boyd of Canton, Mich., M45 winner in 2:36:22, was the first master and 22nd overall in the Detroit Free Press International Marathon, which started in Windsor, Ontario, Canada, and finished in downtown Detroit, on October 19.

Ellis Boal of Detroit, M40 winner, was the second master, 20 seconds behind Boyd. Bill Jones of Mt. Clemens, Mich., won the M60 race in 2:58:47.

Wen-Shi Yu, W50-54 winner, from Kew Gardens, N.Y., won the W40-and-over race in 3:17:33.

The top three M55 runners staged

the most exciting age-group race when Art Ketelhut of Garden City, Mich., beat Leonard Riberdy of Windsor, Ont., for first by nine seconds in 2:58:39, with Ed Dibble of Sylvania, Ohio, five seconds behind.

Runners in the 2,788-entrant race found blue skies and temperatures in the mid-40s at the start.

Ahmed Ismail, Fairfax, Va., (2:17:24), and Patricia Wassik-Hinsen, Denver, Colo., (2:47:58), were overall winners.



Pete Gulgin, M70, of Punta Gorda, Florida, died in Puerto Rico after suffering a heart attack at the Pan American Games October 11, 1986. He spent a few days in the hospital in Puerto Rico, then came out and seemed to be doing better, but then had a relapse and died in Puerto Rico. He was buried in Florida October 27, 1986. He won three silver medals (in the M70 shot, discus and hammer) in the U.S. Nationals this year in New York. Shown with Pete last year in Rome is Pauline Bullano, whom he was planning to marry in 1987.

Photo by Kelsey Brown



Winners of the Howmet - Jim Boyle Memorial Award at the Detroit Free Press Marathon on October 19 were Hartley Vezina, 50, (2:39:56) of Roseville, Mich. and Wen-Shi Yu, 51, (3:17:33) of Kew Gardens, N.Y. Howmet provides the award in memory of Jim Boyle, former Howmet executive and a 3:28 finisher in the 1982 Free Press Marathon. The top male and female finishers age 50-or-over win individual trophies, airline tickets to the Boston Marathon, and have their names inscribed on a permanent trophy. Pictured at left (L to R): Mrs. Noreen Boyle (widow of Jim Boyle); Hartley Vezina, 1986 Male Winner; Mike Boyle, (son of Jim Boyle); Scott Hubbard, Race Announcer; Ed Kozloff, Race Director.

Photo by Dave McCloud

DARTMOUTH RELAYS MASTERS MEET JANUARY 9, 1987

AGE GROUPS:	30-39	40-49	50-59	60-69	Men and Women
EVENTS:	55 Meter Hurdles	Men and Women			
	55 Meter Dash	Men and Women			
	1500 Meters	Men and Women			
	400 Meters	Men and Women			
	3000 Meters	Men and Women			
	Long Jump	Men and Women			
	Pole Vault	Men			
	High Jump	Men and Women			
	Shot Put	Men and Women			
	Triple Jump	Men			
	W Throw	Men			

AWARDS: First three places

For further information please write to: Carl Wallin, Meet Director, Dartmouth Relays, Alumni Gym, Hanover, NH 03755 or call (603) 646-2848.



**BUD
LIGHT**



4th BUD LIGHT/PA MASTER'S INDOOR TRACK & FIELD CHAMPIONSHIPS & 1987 TAC/USA MASTERS NATIONAL INDOOR PENTATHLON CHAMPIONSHIPS
SUNDAY, JANUARY 4, 1987; 9:30 A.M.
KLINE SPORTS CENTER, DICKINSON COLLEGE, CARLISLE, PA

EVENTS: 55, 200, 400, 800, 1500, 3200, LJ, TJ, HJ, SP, PV, 55HH, PENTATHLON (consists of 55HH, LJ, SP, HJ & 1000M), OPEN 3200. NO RELAYS.

REGISTRATION & INFORMATION: Scott Thornsley (meet director), 18 Colgate Drive, Camp Hill, PA 17011-7624; (717) 737-2385 to 11:00 p.m.

REGISTRATION: Pre-register by mail before January 4th and save \$2 or you may register the day of the meet. Open to non-PA residents. If entry is received by December 24th your name & other information will appear in a meet program. Pentathlon entries must be received by January 3rd! No late entries for pentathlon! No telephone entries!

DIVISIONS: Standard 5 year age divisions by sex (30-34, 35-39, . . . 60-64, 65-69 etc.) Pennsylvania residents and non residents compete together. No separate awards.

AWARDS: Carlisle/Mid-Atlantic TAC patch for 1st; PA Masters meet patch for 2nd; generic TAC patch for 3rd. Pentathlon: 3" x 3" plaque for 1st, 2nd & 3rd. National championship patch for 1st.

FEE: \$5 for 1st event, \$3 for each additional event. \$2 late fee per person if registering the day of the meet. \$15 for pentathlon. For pentathletes entering in other events, each event is \$3. Runners 18 & under-\$3, regardless when registering. Make checks payable to Scott Thornsley.

FACILITY: 4 lane 200 meter "Tufflight" artificial indoor track. Facility offers spacious locker rooms, shower area, spectator viewing area. Starting blocks and shots provided. No spikes or shoes with plastic plates permitted.

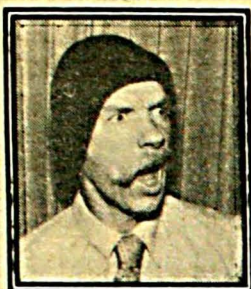
Name _____ Sex _____ Age _____ Tel. # _____

Address _____ City/State _____ Zip _____

Events Entered _____ TAC# _____

WAIVER: In consideration of the acceptance of this entry, I do hereby, for myself, my heirs, executors, administrators and assigns, waive, release and forever discharge the promoter of this meet, and their agents, servants, employees and those having an interest in facilities used to or from the said event to be held on January 4, 1987, for any injuries that may be suffered by me therein. I specifically release and discharge the said promoters, sponsors, and Dickinson College, whose facilities are being used for this event, from all injuries or damages arising from or contributed to by any physical impairment or defect I may have, whether latent or patent, and agree that they are under no obligation to provide a physical examination or other evidence of my fitness to participate in such event, the same being my sole responsibility. I also give permission for the free use of my name and picture in any broadcast, telecast, or other written account of the event.

Signature _____ Date _____



On Approaching Every Problem With an OPEN MOUTH

by W. MacDonald Miller

We Get Letters

(In the spirit of the current "for-or-against Miller" climate, and to help celebrate NMN's 100th issue, we reprint (with a few new additions) W. MacDonald Miller's column of April, 1983.)

Dear Mr. Miller:

You are venal and obscene. You are an insult to anything and everything decent. Yours is the lowest form of communication I have ever witnessed.

Arnold J.

Battle Creek, MI

COMMENT: I suppose that probably means you wouldn't be interested in seeing some poems I've written.

Dear Mr. Miller:

Recently, I ran in America's Marathon in Chicago. You imply you have an important role in the race, so I watched TV and read the papers all week without once hearing your name. Put up or shut up.

Marshall S.
Chicago

COMMENT: I was involved in an extremely sensitive behind-the-scenes role. I can't get into details, but I will say this much: I headed a team of devoted volunteers who conducted random urinalysis tests on over 3,000 runners. The assignment was very difficult because some runners required a great deal of assistance. I'll say this: we sure could have used Mike Tymn.

Dear Mr. Miller,

I've had it right up to here with your continual complaining about Jewish guys. According to you they are either making big business deals or smoking big cigars. Your ethnic shtick is not

funny and your use of Yiddish expressions is usually incorrect.

Bernard B.

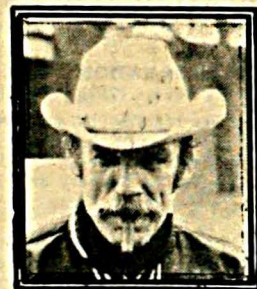
New York

COMMENT: Relax, already!

Dear Mr. Miller,

I am black and proud of this fact. I resent your condescending manner concerning black athletes. Your satirical remarks about Ernie Billups, Hilliard Sumner and Walt Butler have all been in poor taste.

Truman W.
Columbus, OH



COMMENT: It wasn't meant the way you're taking it. I probably shouldn't get into personalities but — I still think

George Cohen is kind of a funny name for a black guy.

Dear Mr. Miller,

I'm Italian and dislike very much your implication that the only thing an Italian is motivated by is their desire to buy another gold chain to wear around the neck. I am a successful businessman and do not wear gold chains around my neck. Knock it off and stick to writing about the Masters program.

Tony V.
Tampa, FL



COMMENT: You're not the first person who has pointed out that this is a newsletter devoted to Track and Field and Road Running and I should confine my remarks whenever possible to these areas. You are also right in accusing me of stereotyping all Italians as wearing gold necklaces. I bet you got a pinky ring though, haven't you?

Dear Mr. Miller,

I am a woman reader of the NMN and highly offended by your remarks making women out to be nothing more than objects to gawk at, to sexually fantasize over and put down athletically. I think you're a warped, malicious homosexual. If I was your mother I'd be ashamed of you.

Lucy W.
Seattle, WA

COMMENT: Never mind my mother, it's my wife who's requiring quite a bit of explaining these days, thanks to you.

Dear Mr. Miller,

I'm a Californian and damn proud of it. You're so jealous it makes me sick. California not only has the most people and the best weather in the entire nation but you don't even seem aware that we produce half the fruit and vegetables for the whole country. Maybe you were born here, just remember, you don't live here anymore. Eat your heart out.

Burley O.
Modesto, CA

COMMENT: When I agreed to be a columnist, I made myself two promises; always allow room for nit-picking by nit-wits.

Dear Mr. Miller,

I am from England and very much enjoy reading the National Masters Newsletter. Because I'm a competitor, I enjoy staying abreast of what's happening in my event in my age category. I have competed in several international affairs and enjoy keeping tabs on my American colleagues. I also enjoy the articles on running, especially the ones by Mike Tymn. You seem like

a decent sort of chap and I feel I would like to learn from your articles. However, to be quite honest, I don't seem to understand them. Sir, could you possibly tell me what they're all about?

Ellsworth C.
London, England

COMMENT: Take my word for it, you really don't want to know.

Dear Mr. Miller,

I've lived in New York all my life, and all my life, I've listened to people like you try to put us down for being Number One. Central Park is the greatest place in the world to run, the New York Marathon is the greatest event in sports and Fred Lebow should be elected Sportsman of the Year every year. I love New York!

Richard F.
Brooklyn, NY

COMMENT: I love Kankakee, too, but that doesn't mean I should make people around me feel I need a saliva test over it.

Dear Mr. Miller,

My wife is an English teacher at our local high school. I've never paid much attention to your articles but she reads them religiously. She also uses them in class as examples of how writing should not be done. Recently she noted you had reached an all-time low — an entire article that made absolutely no sense. Congratulations!

Martin E.
Denver, CO

COMMENT: Picky Picky. Furthermore, that's exactly why art is so difficult today — people want it to make sense.

Dear Mr. Miller,

I live to compete in Masters T/F. It has been a dream that my 22-year-old son would share this interest and be able to take part in this wonderful competition with me. Unfortunately, he has read your articles belittling efforts like mine and has refused to join me in training. I hold you personally responsible for my son's lack of respect for my efforts.

Robert M.
Tracy, CA



COMMENT: You call that a problem? You're all bent out of shape because your kid can't get worked up over a 2 foot high jump. My 22-year-old son is two credits short after five years of solid effort, last month the college infirmary notified us he's got the clap and yesterday, he arrived home for his spring break wearing an earring. Tell you what I'll do, sight unseen, trade you even up. □

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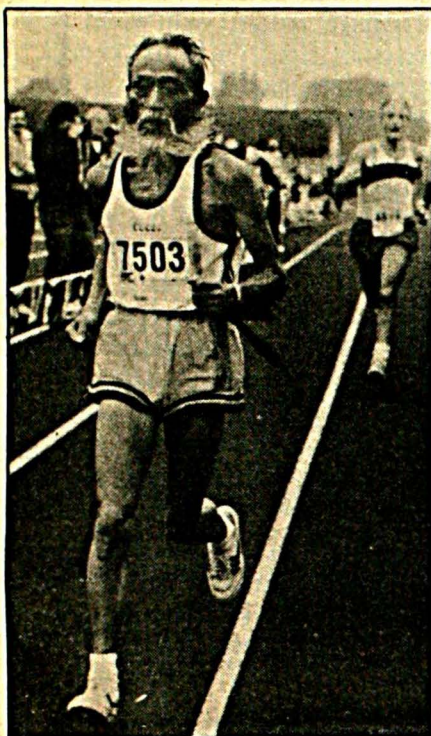
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Masters Winner Disqualified in NY Marathon

John Bell, 44, of Marion, Indiana, the first masters runner to cross the finish line in the New York Marathon on November 2, was disqualified after officials reviewed videotapes of the race.

"Bell did not appear at key checkpoints along the course," said Cynthia Bock of the New York Road Runners Club. "Several people couldn't locate him, so his name will not appear in the official results, and he will not receive any prize money."



Fa-Pin Li, 76, of China, winner of M75 division (42:32), World Veterans 10K Championships, Vancouver, British Columbia, October 4.

Photo by Wayne Chose

Bell had been listed in the unofficial results as placing 69th overall in 2:25:15, twenty seconds ahead of the next age-40-and-over runner, David Clark of England, and 1:38 ahead of John Loeschhorn, 42, of Irvine, California.

That raised eyebrows, since Clark and Loeschhorn are two of the top veteran runners in the world, and Bell is virtually unknown in the running community.

Clark was awarded first-place masters prize money of \$3,000. Loeschhorn got \$2,000 for second (2:26:43) and Dirk Van Santen, 41, won \$1,000 for third 40+ runner in 2:29:08.

Contacted at his home in Marion, Bell told NMN that he did not cheat and ran the entire race. "I took my singlet off during the race because it was hot," he said. "I put it back on before the finish line."

Bell, who was nationally ranked by the NRDC for a reported 2:35 in last year's New York Marathon, said he only runs the Boston and New York marathons in competition.

"I have my own company (Bell Fiber Products in Marion) and don't have time to enter local or other races," he said. "I train about 90 miles a week by myself on the roads here in Marion."

Women masters winners were Anne Roden, 40, (2:49:52) of England, Ann Whiteman, 43, (3:01:08), also of England, and Helene Bedrock, 51, (3:07:50) of New Jersey. They won \$2,000, \$1,000 and \$500, respectively.

Complete results next month. □



Paul Spangler, 87, running in M80+ division, lost to Canadian Hugh Clifford (4:19:55) but set M85-89 U.S. record of 5:12:59 in the World Veterans Marathon Championships, Vancouver, B.C., October 5.

Photo by Wayne Chose

Gammie Breaks American M55 Mile Record

Don Gammie, 55, of Centerville, Ohio, who had impressive times in the distance races in the Empire of America Masters Sports Series held in various Florida cities in September, put it all together for a striking 4:46.5 mile in the final preliminary in Orlando, on October 5, breaking the American M55-59 record of 4:55.3 set by William Fraser in July, 1985. The world record is 4:40.4, set by Jack Ryan of Australia in December, 1977.

In other events, Nick Gailey, 42, of Maitland, Fla., defeated Willie Davenport, 43, of Baton Rouge, La., in the M40 110mH, 14.9 to 14.91. Davenport represented the U.S. in the 110mH in the 1964, 1968, 1972, and 1976 Olympic Games, winning the gold medal in the 1968 Mexico City Games with an Olympic record 13.3 and the bronze in the 1976 Montreal Games with 13.38. In 1980, he also took part in the Winter Olympics, in the 4-man bobsled event.

□



WAVA BY-LAWS - Appendix A: Hurdles and Implements Specifications

HURDLES

AGE	WOMEN					MEN				
	Race Distance	Hurdle Height	To 1st Hurdle	Between Hurdles	To Finish	Race Distance	Hurdle Height	To 1st Hurdle	Between Hurdles	To Finish
35-39	100m	.840m 33"	13.30m 42'8 1/2"	8.5m 27'10 1/2"	10.5m 34'5"					
40-49	80m	.762m 30"	12.00m 39'4"	8.0m 26'3"	12.00m 39'4"	110m	.914m 36"	13.72m 45'1"	9.14m 30"	14.02m 46'
50-59	80m	.762m 30"	12.00m 39'4"	8.0m 26'3"	12.00m 39'4"	110m	.914m 36"	13.72m 45'1"	9.14m 30"	14.02m 46'
60-69	-	-	-	-	-	100m	.840m 33"	13.00m 42'8 1/2"	8.50m 27'10 1/2"	10.50m 34'5"
70 plus	-	-	-	-	-	37m	.762m 30"	12.00m 39'4"	8.00m 26'3"	12.00m 39'4"
35-39	400m	.762m 30"	45.00m 147'7 1/2"	35.00m 114'9 1/2"	20.00m 131'2 1/2"	400m	.914m 36"	45.00m 147'7 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"
40-49	400m	.762m 30"	45.00m 147'7 1/2"	35.00m 114'9 1/2"	20.00m 131'2 1/2"	400m	.840m 33"	45.00m 147'7 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"
50-59	300m	.762m 30"	50.00m 164'0 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"	300m	.762m 30"	50.00m 164'0 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"
60-69	-	-	-	-	-	300m	.762m 30"	50.00m 164'0 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"
70 plus	-	-	-	-	-	-	-	-	-	-

Steepchase distance for age-groups 36-39 and 40-49 shall be 2000m; there is no steepchase for age-groups 40-49 and above.

IMPLEMENTS

AGE	SHOT PUT	DISCUS	HAMMER	JAVELIN
WOMEN				
35-49	4.00K	1.00K	-	600 gms.
50 plus	3.00K	1.00K	-	400 gms.
MEN				
40-49	7.26K (16lbs.)	2.00K	7.26K (16lbs.)	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.

ATHLETES WHO ENTER A NEW DIVISION THIS MONTH DEC. 1986

ATHLETE (RESIDENCE)	BIRTHDATE	AGE GROUP
CHESTINE BARNES (CULVER CITY, CA)	12-2-46	40-44
BEATRICE BLONSKY (TARZANA, CA)	12-16-21	65-69
GLORIA BROWN (GRAND ISLAND, NY)	12-20-31	55-59
MARIE HEISSLER (PANORAMA CITY, CA)	12-24-26	60-64
MARY MARSOLAIS (EAGLE RIVER, AK)	12-13-36	50-54
PHYLLIS SCHWANDT (DECATUR, IL)	12-31-21	65-69
ELS TUINZING (MILL VALLEY, CA)	12-3-21	65-69
BARBARA VAIL (CA)	12-11-31	55-59
KIRSTEN GARBO (NOR)	12-14-26	60-64
ROBIN HAMES (NZ)	12-5-36	50-54
DAPHNE PIRIE (AUS)	12-12-31	55-59
TATYANA SEVRYUKOVA (URS)	12- -16	70-74
VERONICA WELGEMOED (RSA)	12-1-31	55-59
JAMES ALLEN (EL CERITO, CA)	12-24-21	65-69
MICHEL BERNARD (FRANCE)	12-21-31	55-59
RUSS BONHAM (BLOOMINGTON, IN)	12-10-31	55-59
STANLEY BROOKS (GB)	12-26-26	60-64
CHARLES BUCHTA (SKILLMAN, NJ)	12-12-41	45-49
ARTHUR CONRO (MA)	12-26-36	50-54
BARRY CURTIS (BRONX, NY)	12-10-36	50-54
BURT DEGROOT (PACIFIC PALISADES, CA)	12- -06	80+
ROY FOLEY (AUSTRALIA)	12-8-16	70-74
GEORGE FRENCH (CA)	12-26-41	45-49
BROR-RICKARD GUSTAFSSON (SWE)	12-16-36	50-54
CAROL JOHNSTON (WHITTIER, CA)	12-24-11	75-79
MIKE KELLY (TYBEE IS., GA)	12-13-46	40-44
VANCE KOERNER (ORANGEVALE, CA)	12-26-26	60-64
ARTHUR LAMBERT (WG)	12-24-91	80+
ALEX LAMPARD (AUSTRALIA)	12-2-16	70-74
TOM LAVERY (RSA)	12-18-11	75-79
EDWIN LUKENS (SYRACUSE, NY)	12-9-21	65-69
MATT MCGRATH (US)	12-30-76	80+
JIM NOLAN (CAN)	12-1-26	60-64
MAYNARD ORME (MONTE SERENO, CA)	12- -36	50-54
TOM PATSALIS (ALHAMBRA, CA)	12-6-21	65-69
A. E. PITCHER (INDIANAPOLIS, IN)	12-2-01	80+
JOHN REEVES (CAN)	12-1-26	60-64
GEORGE RHODEN (JAM-SAN DIEGO, CA)	12-13-26	60-64
HENRI SALAVARDA (BEL)	12-1-36	50-54
DOUG SMART (WA)	12-4-36	50-54
FRIEDRICH TEMPEL (WG)	12-15-01	80+
DEREK TURNBULL (NZ)	12-5-26	60-64
JIM VERNON (WEST COVINA, CAL)	12-28-16	70-74
WILLIAM WEINACHT (ROCKY RIVER, OH)	12-1-16	70-74

PROFILE

Kjell-Erik Stahl: Swedish Marathon Machine

Mention the name Kjell-Erik Stahl to an elite marathon runner and that person will probably shake his or her head in wonderment. *Awesome! Unbelievable! He's something else! Crazy!* — some of the more abbreviated comments about Stahl.

"He's got a lot of strength. I would never attempt what he did." That was the reaction of Jon Anderson, a former Olympian and Boston Marathon winner, to Stahl several years ago.

"It makes you wonder what he might do if he didn't do so much," comments English Olympic marathoner and masters legend Joyce Smith.

Anderson, Smith, and the others were all reacting to Stahl's iron man feat of running nearly a marathon a month. We're talking quality

Stahl has run as many as 13 marathons in one year, and occasionally has run marathons a week apart.

marathons, not the kind that some characters run to establish streaks and get a little recognition.

Your average world-class marathoner will not consider running more than two, three at most, marathons a year. The physical and psychic energy extracted from the body is just too much. There is usually a two-to-three month buildup to the race and then a like period of recovery.

Stahl, who hails from Sweden and whose first name is pronounced Shell-Erik, has run as many as 13 marathons

in one year, and occasionally has run marathons a week apart.

The Twin Cities Marathon on October 12 was Stahl's sixth of the year. But that's only because he got a late start this year. He took a little time off at the beginning of the year to let an injury fully heal. And, he may have waited to make a fresh start as a masters runner, having celebrated his 40th birthday on February 17.

The Swedish marathon machine began with a 2:19 in Los Angeles on March 9. He followed with a 2:16 at London on April 21, another 2:16 at Jersey City on May 4, a 2:12 at Stockholm on June 7, a 2:13 in the European Championships on August 31, and a 2:14 in Oslo on September 13.

That 2:12, more exactly 2:12:33, is the second fastest marathon ever by an over-40 runner, exceeded only by the 2:11:19 of New Zealand's great Jack Foster way back in 1973.

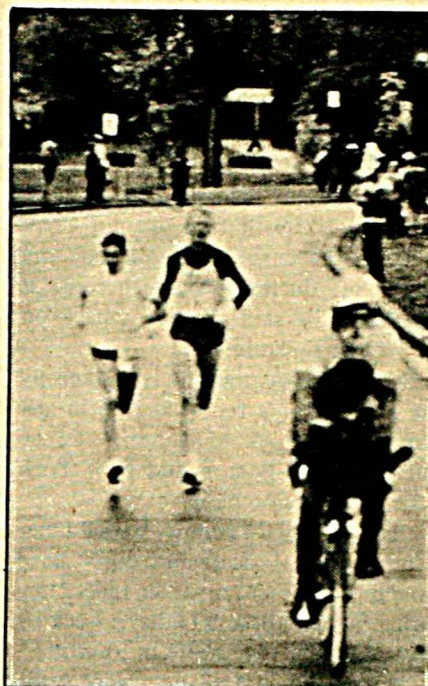
Incidentally, Stahl won both the Oslo and Stockholm Marathons.

The near-freezing temperatures and high-wind chill factor at Twin Cities slowed Stahl to a 2:18:30, still good enough to win the "masters and masses" portion of the race (the younger elite runners started a little earlier) by three minutes over new masters competitor Trevor Wright of New Zealand.

Stahl did not seem to think the fact

that he had run a hard 30-K race just one week before Twin Cities was a significant factor in his "slow" time. Moreover, he does not believe that he runs too many races. "I just recover very rapidly," he says, somewhat matter of factly.

The 6-foot-3, 148-pound Stahl shrugs when asked if he thinks he can break Foster's over-40 record. He had said just before turning 40 that he was not eyeing it, and that his aim was simply to become the best masters run-



Trevor Wright, 40, (L) of New Zealand and Kjell-Erik Stahl, 40, of Sweden, share the lead in the Masters Race of the Twin Cities Marathon. Stahl won in 2:18:28. Photo by Mike Tymn

ner in the world. But Stahl couldn't help think about the record after *Runner's World* magazine offered \$10,000 to anyone breaking it.

"I knew already Friday it was not good weather, so I put the record out of mind," Stahl told a Minneapolis Star and Tribune reporter after the Twin Cities race.

When pressed about his chances of breaking Foster's record in a future race, Stahl mentions that he has run faster than Foster's record, his personal best being a 2:10:38, which came in a fourth-place finish at the 1983 World Championships. The possibility that he may have lost a little since then does not seem to occur to him.

"I think age is an individual thing," he says. "If you have a young mind, as I do, it helps."

Stahl took up running in 1978, at age 32, after a number of years of soccer and orienteering. He ran his first marathon, a 2:16:48 effort, a year later.

"I had trained quite hard when I was orienteering, and I knew I was better at running than at orienteering," he says. "But I was very surprised at running 2:16 in my first marathon."

Since that first one seven years ago, Stahl has completed 61 marathons, and has been under 2:20 in 55 of them. No

one else ever has run that many sub-2:20 marathons.

In 1982, his 13-marathon year, he bettered 2:20 in every race. He has been under 2:15 on 20 occasions. He represented Sweden in both the Moscow and Los Angeles Olympics, finishing 19th in Moscow and dropping out in L.A. due to dehydration. His only other *dnf* was in Honolulu last year.

Stahl often works as much as 50 hours a week in his job as an operations manager for a Swedish telecommunications company. However, he is single and gets eight weeks vacation every year. "I'm living like mad," he says, smiling. "I couldn't be married and do what I do."

To keep himself racing fit, Stahl puts in 100-110 miles of training a week, including some track and hill intervals. He seldom races at anything other than the marathon distance.

Stahl's only injuries were suffered in 1985 — a pulled leg muscle in May and a hip injury in July.

"I never thought an injury could happen to me," he says. "It was terrible not being able to run for two months."

Upon leaving Minneapolis, Stahl was looking ahead to the New York Marathon on November 2 and the Honolulu Marathon on December 7.

—Mike Tymn □

KJELL-ERIK STAHL'S FABULOUS 55

1. Oshtanar, 9/9/79	2:16:48
2. Karl-Marx-Stadt, 5/3/80	2:18:20
3. Moscow, 8/1/80	2:17:44
4. Stockholm, 8/24/80	2:18:26
5. Montreal, 9/7/80	2:17:02
6. Columbus, 11/16/80	2:18:00
7. Miami, 1/17/81	2:18:14
8. Frankfurt, 5/17/81	2:13:20
9. Waron, 6/27/81	2:17:04
10. Orebro, 7/4/81	2:15:09
11. Stockholm, 8/15/81	2:19:36
12. Agen, 9/13/81	2:19:20
13. Beijing, 9/27/81	2:15:20
14. New York, 10/25/81	2:13:32
15. Fukuoka, 12/6/81	2:14:13
16. Honolulu, 12/13/81	2:17:39
17. Miami, 1/16/82	2:14:35
18. Beppu, 2/7/82	2:17:16
19. Rome, 3/14/82	2:15:24
20. Boston, 4/19/82	2:12:46
21. Rotterdam, 5/22/82	2:16:05
22. Stockholm, 6/5/82	2:19:21
23. Orebro, 7/3/82	2:12:55
24. Rio de Janeiro, 8/7/82	2:18:25
25. Chicago, 9/26/82	2:19:54
26. New York, 10/24/82	2:15:02
27. Honolulu, 12/12/82	2:17:57
28. Miami, 1/22/83	2:19:23
29. Tokyo, 2/13/83	2:15:14
30. Barcelona, 3/13/83	2:16:51
31. Bremen, 4/24/83	2:12:38
32. Munich, 5/8/83	2:13:33
33. Stockholm, 6/4/83	2:12:47
34. Orebro, 7/2/83	2:15:01
35. Helsinki, 8/14/83	2:10:38
36. Antwerp, 9/10/83	2:13:48
37. Chicago, 10/16/83	2:19:14
38. Manila, 1/22/84	2:19:24
39. Tokyo, 2/12/84	2:16:57
40. Bremen, 5/6/84	2:13:47
41. Svanstein, 7/7/84	2:18:51
42. Oslo, 9/1/84	2:13:01
43. Seoul, 9/30/84	2:13:57
44. Chicago, 10/21/84	2:14:16
45. Sacramento, 12/2/84	2:12:00
46. Honolulu, 12/9/84	2:18:46
47. London, 4/21/85	2:16:46
48. Frankfurt, 5/19/85	2:14:50
49. Los Angeles, 3/9/86	2:19:20
50. London, 4/20/86	2:16:00
51. Jersey City, 5/4/86	2:16:44
52. Stockholm, 6/7/86	2:12:33
53. Stuttgart, 8/31/86	2:13:47
54. Oslo, 9/13/86	2:14:59
55. Minneapolis, 10/12/86	2:18:30



Stahl approaching finish line in Twin Cities Marathon.

Photo by Mike Tymn

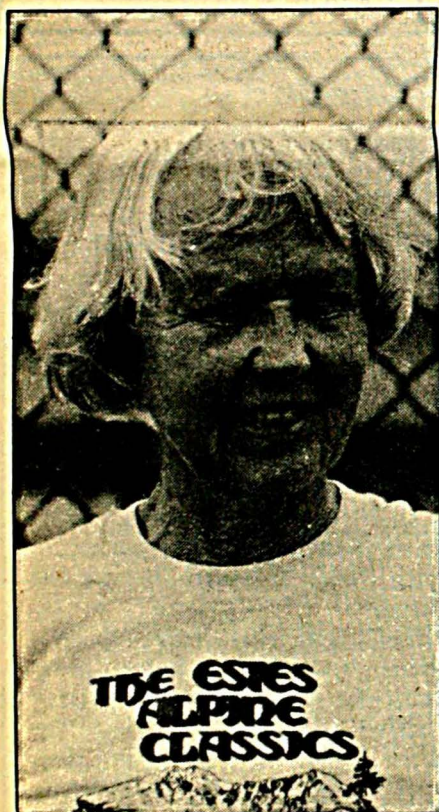


Polly Clarke

"I actually got started running by jumping rope," said the 1985 U.S. female masters track & field athlete-of-the-year, Polly Clarke. "I had taken a year's leave of absence from teaching to take care of my terminally ill mother, and felt I had to do something to get a little energy going; so I would go out in the driveway and jump rope."

At about the same time she read Dr. Cooper's book on aerobics and decided she should do something to get herself in better shape. That winter (1968), at age 58, she began jogging in the basement with her husband, and when she went outside in the spring, she went with him. "I could hardly go 100 meters without stopping then," she remembers.

Now 76, Clark has been competing for 10 years. Her first serious meet was the 1st World Veterans Games in Toronto in 1975. Since then she has



Polly Clarke
Photo by Gretchen Snyder

become one of the super-stars of masters track, holding world and American records in the 100, 200, 400 and 800M. She is currently the W75-79 world record holder in each of these events.

She has been chosen TAC Female Masters Athlete of the Year three times, in 1981, 1983 and, most recently, 1985. "I was thrilled, honored and very surprised," she says of her latest award, presented to her during the

TAC National Track and Field Championships on Long Island, New York, in July.

Clarke trains all year round in Estes Park, Colorado, but has two seasons due to the severe Colorado winters. From late September to April she runs only on the roads — "either up or down hills - there's not much on the level" — in the mountains near her home.

Her pace is usually about a 10-11 minute/mile, depending on the weather. In the spring, she starts picking up speed very gradually, running 100, 400 and 800M distances, which have been measured on the road. She returns to the track in April, depending on the weather and the date of her first competition but, in any case, only within 6-8 weeks of competition.

Her husband goes to every workout. He's my coach, my supporter; he got me started and he's taught me everything I know about running. He's never insistent that I follow his suggestions, but most often I do. If I feel a little tired that day I won't go as hard or do as much."

She has had remarkably few injuries during her running career. I think it's the stretching exercises I do. I follow Bob Anderson's routines from his book, *Stretching*. In addition, I do some neck stretching exercises (for a chronic stiff neck), leg lifts, and also 30 'ladies' push-ups. Good shoes are also important."

A year ago she sprained her ankle stepping on the edge of a snow-covered highway. "I applied ice immediately and frequently with good results."

She wears flats for most of her training. "Usually I try to train in shoes a little heavier than the ones I'll race in. Within three weeks of a meet I'll use training spikes (with a heel) for the 100 and 200M. The week before the meet I go to regular spikes."

She does no special workouts before a meet. "I always rest one day before a meet (usually a travel day); no heavy training two days before." Afterwards

she takes easy runs on the roads for a day or two before getting back to her training routine.

Since she began competing, her workouts have changed to include more track work. Now I do more walking between speed trials. Usually I work on starts, the 100 and 400M one day; then the 200 and 800 the next, but not always. I 'listen' to my body and do what I feel like doing."

She follows no special diet. "In the last five years we've held back on salt, eaten more poultry and fish, pushed whole wheat flour and bread and use oil rather than hard fats. We include plenty of vegetables and fruit and have milk at least twice a day. Our weakness is peanut M&M's!"

One of the rewards of running, she says, has been inspiring younger runners to continue. "They'll come up to me and say, 'I want to be like you when I get to be your age. You're such an inspiration to me.' It really makes me feel good to know I'm encouraging them."

As for her future plans for competition, she says everything is on hold right now. "In August I was bitten on the elbow by a poisonous spider (a brown recluse or fiddle-back spider). I had surgery, was hospitalized twice, and was on intravenous antibiotics for over a month. It's still trying to heal. I'm gradually getting stronger, but I'm not back to normal yet. I'll be 79 when the 1989 World Veterans Games come around, and at the top of my age group," she says. But... it will be terribly tempting to go to the World Games if they're held in Eugene..." □

—Gretchen Snyder



Polly Clarke, winning the W75 400M in 91.1, TAC National Masters Track and Field Championships, July 18-20, Long Island, New York.
Photo by Gretchen Snyder

Daily Training Schedule—Polly Clarke

Off-Season Training - September to April

Average off-season weekly mileage, about 16 miles on hilly roads. 10-11 min/miles (5 times a week, 3-3 1/2 miles), Sunday and one other day off (no track work). Races: local 5K's, one or two during winter.

Alternate training — When too windy, cold, snowy or icy to run outside: Exercise bicycle, 3-5 miles total. After each mile, 100 pulls on rowing machine. Occasionally; cross-country skiing, hiking (once a week), lap swimming.

Every morning (year around): Jogs for 5 minutes on mini-trampoline.

Race-Season Training

Monday (About 2 miles) 800M warm-up jog. *Stride 900M. 400M walk. 800M (near race-pace; about 3:52). 400M walk. 5 starts, about 25M each. 150M fairly hard (about 85% of 200M race pace). 400M cool-down jog. Entire workout on 400M asphalt track. "Striding" — Faster than a jog - picking it up to get a good stride, but not at a hard pace.)

Tuesday (About 2 miles) 800M warm-up jog. 400M fairly hard. 400M jog. 40M fairly hard; walk back. 60M fairly hard; recovery walk. 200M fairly hard. 800M cool-down jog.

Wednesday (About 2 miles) 800M warm-up jog. Stride 430M. Recovery walk. Stride 110M. 400M jog. 400M, alternating 100M jog with 100M fairly hard. 400M cool-down jog.

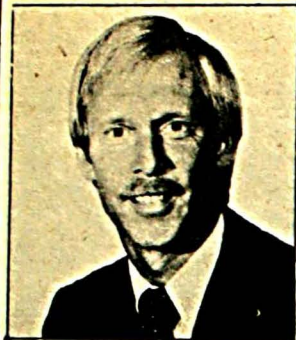
Thursday (off track) Home: Exercise bicycle — 3-5 miles total, with varying tension. After each mile, 100 pulls on rowing machine.

Friday (About 2 miles; or 3-3 1/2 miles on road at 10-11 min/mile pace if racing) 800M warm-up jog. 800M fairly hard. Walk 400M. 2x75M fairly hard. Walk 400M. 175M fairly hard. Stride 100M, knee lifts, on grass. 3 starts: 800M cool-down jog.

Saturday (About 2 miles; or off if racing) 800M warm-up jog. 400M fairly hard. 400M jog. 3 starts. 100M fairly hard. Recovery walk. 200M fairly hard. 800M cool-down jog.

Sunday (Hike 1-10 miles or race) 1-10 mile hike on mountain road; 1/2 uphill; 1/2 downhill.

Average race-season weekly mileage, April to September: 9-11 miles on the track. □



Pagliano's Podiatric Pointers

THE FOOT BEAT

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

Masters Toe

Q I am a masters middle-distance runner and do a lot of training on the track in spikes. I've developed a painful large toe joint on my right foot. It has become difficult to run in spikes and my mileage has dropped drastically. I'm not sure if the toe is broken or what I should do about it. Any advice?

A I guess we could call your condition "masters toe." It's similar to turf toe or tennis toe. It usually occurs when you jam your big toe against the end of the shoe. Spikes usually fit snugly, so when you sprint, the foot slides forward in the shoe and jams the toe. The large toe becomes hyperextended.

This condition can be painful and should be treated at once. I recommend applying an ice pack to the big-toe joint during the first 36 to 48 hours. Ice the toe for 10 minutes at a time, up to six times daily. If you have access to physical therapy, galvanic stimulation is recommended. Elevate the foot and apply a gel cast or foam wrap. This reduces the fluid accumulation in the large toe.

After the swelling has subsided, you can either use a hot whirlpool or contrast-bath treatment (two minutes in hot water, one-minute in cold water, repeated for 20 minutes, three times a day).

Once the pain and swelling have subsided, it's important to maintain the range of motion of the great toe and not allow it to become stiff. Swim, bicycle, and apply heat. Your physical therapist can aid in the mobilization of the toe.

Prevention, however, is the best treatment. Your spikes are probably too short. Try a racing or lightweight training flat, rather than a spike. Save the spikes for time trials and races. Allow at least 1/4-inch between the longest toe and the end of the shoe.

You may want to tape the toe during the first few weeks of resumed training, but be sure to ice the toe after workouts, and use hot-water soaks in the evening. □

(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.)

NOW AVAILABLE Masters Age-Records 1986

Compiled by National TAC Masters T&F Records Chairman Pete Mundle with Lori Maynard 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 Jan. 1, 1986
- U.S. Age Bests for Men & Women for all race-walking events, age 40 and up, as of Jan. 1, 1986
- Men's U.S. Masters Indoor & Outdoor Championship Records.
- 48 pages. Thousands of entries. Lists name, age, state and date of record.

Send \$2.00 plus \$1 postage and handling to:
NATIONAL MASTERS NEWS
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Pasadena, CA 91107

Name _____
Address _____
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U.S. Bests Canada in Cross-Country Match

from BOB LANGENBACH

SEATTLE — The U.S. won seven and tied one of the 14 contested divisions in the 10th Annual Canada vs. USA Masters 10K Cross-Country Challenge on November 1. The 243-to-258 victory was only the third for the U.S. since the competition for the Fleischmann's Cup began.

John Jordeth of Seattle was the winner in 34:55, 58 seconds ahead of Bill Wirtanen of Delta, B.C. Places two through seven were hotly contested as finish times spanned just 21 seconds. The first M50, Hans Fenz (36:40) of Vancouver, B.C., finished eighth.

Julie Stiles of Seattle was an easy W40 winner with 41:38.

Competition was keen over the challenging three-loop, 10K course, even though none of the U.S. runners,

except for Arne Johnson, M70 winner from Ocean City, Wash., was from outside the greater Seattle area.

Next year's battle for the Fleischmann's Cup will be hosted by Canada, tentatively in Toronto. Jerry Smith (449 S. Salina, Syracuse, NY 13201. 315/422-7121) is already actively recruiting competitors for next year's U.S. team. □

Fourteen Join Sustainer List

Fourteen more masters supporters have joined the National Masters News Sustainers — those who contribute funds to provide additional support to the National Masters News and the Masters athletics program.

They are: Tom and Lolita Bache, Bob Stone, Carl Oates, Bernie Hollander, Joe Cote, Fred Kjer, Chuck Nelson, Bob Roemer, Richard Stepp, Herb Chisholm, John MacLachlan, A.J. Puglizevich, Sylvester Stein and Tom Talbott.

We welcome your support. Send your contributions to NMN, PO Box 5185, Pasadena CA 91107. □



Volunteers Needed for Exercise Research

Wanted: At least 150 masters athletes — age 40 and up, both men and women who are active competitors in track, field or long distance running.

Reason: To serve as volunteers in a long-term study being undertaken by the Department of Physical Education and Exercise Science at the University of Southern California.

Purpose: To compile information on the performance potential of older athletes; to determine the benefits of life-long exercise; and to learn the amount of exercise needed to bring improvement.

Researchers have demonstrated there is a significant relationship between diet, exercise habits and the quality of life in old age. Now that they know a little exercise is good, they want to find out if perhaps "more is better," and how much more.

A grant from the Mary Pickford Foundation of which masters runner Ed Stotsenberg is president, will initiate the 10-20 year study. Initially, the volunteer athletes will be tested every two years.

Tests will measure the V02max via treadmill, percentage of body fat via underwater weighing, blood chemistry, strength and flexibility, health risk appraisal, and diet assessment. Volunteers will receive an accurate assessment of fitness and nutritional status which they can compare from year to year. The study could prove to be an invaluable aid for training and coaching programs for older athletes.

Fill Out and Mail the Coupon To:

Dr. Robert Wiswell
Associate Professor and Chair
Dept. of Physical Education & Exercise Science
U.S.C.
Los Angeles, Ca. 90089-0652
(213) 743-7360

I AM INTERESTED IN BECOMING A VOLUNTEER IN THE STUDY OF MASTER ATHLETES

Name _____ Age _____
Address _____ Zip _____
I compete in _____
Years in competition _____ Telephone () _____

CLUBS

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

NEW ENGLAND

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

Liberty AC
14 Rutland St.
Cambridge, MA 02138

EAST

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

N.Y. Masters Sports Club
77 Prospect Place
New York, NY 11217

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

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

Elkins Park Road Runners
7905 High School Rd.
Elkins Park, PA 19117

West Pennsylvania TC
1245 Alamae Rd.
Washington, PA 15301

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

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

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

North Jersey Masters
P.O. Box 56
Ridgewood, NJ 17450

New Jersey Striders
P.O. Box 885
Maywood, NJ 07607

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

New York Pioneer Masters
c/o G. Shane
2400 Sedgwick Ave., Suite 2-5C
Bronx, NY 10468
212/733-8767

Atlanta Track Club
c/o Bob Glover
4 East 75th Street
New York, NY 10021

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

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

Philadelphia Masters
c/o Fred Mannis
104DW. Montgomery Ave.
Ardmore, PA 19003
215/642-5989

Master Key Track Club
c/o Larry Williams
18 Mitnick Ct.
Baltimore, Md. 21236



SOUTHEAST

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

Richmond T&F Club
PO Box 6701
Richmond VA 23230
Attn: Bill Cole

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

Huntsville TC
8811 Edgehill Dr.
Huntsville, AL 35802

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

Charlotte TC
P.O. Box 11364
Charlotte, NC 28220

Memphis Runners TC
P.O. Box 17981
Memphis, TN 38187-0981

Charlottesville TC
311 Westminster Rd.
Charlottesville, Va 22901

Palm Beach T&F Assoc.
5300 Cannon Way
West Palm Beach, FL 33415
305/471-1891

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

Virgin Islands Pace Runners
Box 2720
Christiansted, St. Croix
U.S. Virgin Islands 00820
809/773-7171

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

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

Greenville Track Club
PO Box 16262
Greenville SC 29607
Jack Gilmore: 803/242-6600

MIDWEST

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

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

Legend Harriers
Roger Toothman
6543 Beecher Rd.
Granville OH 43023

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

Dayton Masters Track Club Inc.
Robert Jones
4867 Germantown Pike
Dayton, OH 45418

Over The Hill TC
6509 Marsol Rd. #308
Mayfield Heights, OH 44124

Second Wind Running Club
Al Morris
1207 S. Oak
Champaign, IL 61820

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

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

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

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

Ann Arbor Track Club
PO Box 7551
Ann Arbor MI 48107
Don Sleeman
313/426-5430

Ohio River RRC
Jim Gerard
61K Winchester Pl.
Dayton OH 45459

Peabody TC
Wayne Roberts
P.O. Box 127
Columbus OH 43216

Clifton TC
Mike Boylan
300 Atlas Bank Bldg.
Cincinnati OH 45202

Toledo RRC
Tom Kovacs
3262 N Reach Dr.
Oregon OH 43616

MID-AMERICA

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

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

Lincoln TC
2900 John Ave.
Lincoln, NE 68502

Plains TC
P.O. Box 14102
W. Omaha Station
Omaha, NE 68124

Prairie Striders
Box 267
Brookings, SD 57006

Gateway Athletics-St. Louis
13453 Chesterfield Plaza
Chesterfield, MO 63017
314/434-9577

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

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

SOUTHWEST

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

Space City Masters
John Hartfield
15106 Chaschill Dr.
Missouri City, Texas 77489
713/721-9388

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

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

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

Houston Masters Sports Assoc.
14 Sandalwood
Houston, Texas 77024
713/781-2810

Palm City Masters
P.O. Box 220
McAllen, Texas 78501

San Antonio TC
Steve Smith
126 Brightwood
San Antonio TX 78209

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

Oklahoma City Running Club
P.O. Box 18113
Oklahoma City, OK 73154
405/751-6073

WEST

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

California Road Runners Club
P.O. Box 891
Tarzana, CA 91356
818/888-5526

Hawaii Masters Track Club
Jack Karhens, President
3138 Wai'alae Ave. #1003
Honolulu, HI 96816

Hawaii Masters Track Club
c/o Stan Thompson, President
2164 Halekua Drive
Honolulu, HI 96821

Corona del Mar TC
1740 Grandview Ave.
Glendale, CA 91201
818/843-2139

Walkers Club of Los Angeles
358 W. California Blvd. 101
Pasadena, CA 91105
818/577-2123

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

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

LA Valley Athletic Club
1801 Avenue of the Stars
Suite 415
Los Angeles, CA 90067

Pegasus USA Masters Track Club
c/o Wayne Douglas
5267 1/2 Village Green
Los Angeles, CA 90016

San Fernando Valley Track Club
13722 Burbank Blvd.
Van Nuys, CA 91401
818/780-7719

USA West Track Club
Skip Stolley
15425 Sherman Way No. 220
Van Nuys CA 91406
818/787-4377

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

Southern California Striders
Mike Castaneda
5975 E. Avenida La Vida
Anaheim, CA 92807
714/974-6499

Trojan Masters TC
1147 W. Rowland Ave.
West Covina, CA 91790

South Coast Runners Assoc.
3857 Birch, Suite 442
Newport Beach, CA 92660

San Diego Athletic Assoc.
P.O. Box 829
Del Mar, CA 92014
619/755-3658

West Valley TC
P.O. Box 459
San Carlos, CA 94070

West Valley Joggers & Striders
1124 Kensington Ave.
Sunnyvale, CA 94087

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

Empire Runners
4700 Fougler Dr.
Santa Rosa, CA 95405

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

Complete Runner Track Club
24074 Willow Creek Rd.
Diamond Bar, CA 91765

Maccabi Union USA
2080 Century Park East
Suite 401
Los Angeles, CA 90067

NORTHWEST

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

Snohomish TC
4206 242nd St. SW
Mountlake Terrace, WA 98043

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

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



MASTERS TRACK & FIELD REPORT

by JERRY ALAN DONLEY

Chairman, TAC Masters Track & Field Committee

Glancing Back and Looking Forward

Nearly 20 years have passed since organized masters track & field competition began, and 10 years since it became part of the national governing body for athletics.

Competition now involves thousands in local, regional, state, national and world-wide events. From a few running events years ago, we now have full track & field meets, decathlons, pentathlons, weight pentathlons and multi-weight throwing events — for both men and women.

The bidding to host the 1989 World Games was a dramatic and challenging activity. Masters came together to pledge \$100,000 to support the Games. Cities from throughout the nation prepared first-class bids. Eugene/Springfield, Oregon was chosen to be the U.S. nominee, but faces a strong

challenge from Split, Yugoslavia.

In 1987, the national championships will be hosted by Madison, Wisconsin (indoors) and by Eugene (outdoors). We've appreciated the support from the national offices of TAC, and look forward with excitement to the coming year.

Among the items on the agenda at the meetings at the national convention of TAC in Tampa from December 3-6 will be: awards, rules, regional boundaries, budget, insurance, meet safety, meet supervision, indoor records, All-

American standards, sponsorship, publicity, election of national chairman, appointment of committee chairmen, election of WAVA representatives, contracts for U.S. meets and the World Games, and a joint meeting with LDR.

Meetings are scheduled for Wed. Dec. 3, 8:30 p.m.; Thu. Dec. 4, 1 p.m.; Fri. Dec. 5, 9 a.m. and 2 p.m.; and Sat. Dec. 6, 9 a.m.

All meetings take place at Tampa's Hyatt Regency Hotel. Everyone is welcome.

McKinnis, Cashman Win U.S. 40K Walk

Ray McKinnis, M45 winner from Raleigh, N.C., finished first in the TAC National Masters 40K Racewalk Championships at Ft. Monmouth, N.J., on September 28, in 3:58:45. Bob Mimm, 1960 Olympian, second master and first M60-64, paced his Shore AC "A" team to the men's masters title. Florida's Tom White, first M50-54, finished in 4:12:21 for the third masters spot.

Stella Cashman, W40-49 winner

from New York, led all women finishers in 4:42:05, which gave her a "double" because the race was also TAC's Open 40K Championships. Emily Hewitt of Boston was second W40-49 and second woman overall in a close 4:43:45.

John Slavonic, 31, of Nevada City, Calif., was first in 3:29:01. The Shore AC staged the event, and Elliott Denman served as director. □

Tattersall Takes It All in Freihofer's 10K

by DAVID OJA

The 3rd Annual Freihofer's Syracuse 10K Run For Women in Syracuse, N.Y., on October 26 served as the 1986 TAC Region I Masters Championships. In addition to crowning 5-year age-group champions through 60+, the race offered team competition in the 40+ and 50+ categories.

On a cool and very wet morning, the 40+ competition shaped up as a duel between Christine Tattersall, 45, of Killingworth, Conn., and Mary Leivers, 40, of Syracuse. Tattersall took the lead early and won unchallenged with a PR 37:39. Leivers finished second in 38:04. Fordie

Madeira's masters course record 36:16 wasn't threatened.

The 50-54 race was a bit more wide open, with four runners of impressive credentials entered. After the spray had settled, Margaret Betz, 50, of Conklin, N.Y., a newcomer to the age group, had won in an impressive 39:43. Helene Bedrock, 51, Cliffside Park, N.J., was second (40:43) and Anny Stockman, 54, Rensselaer, N.Y., third (41:20). Gloria Brown, 54, Grand Island, N.Y., ran 42:43 and didn't even place in her age group!

The Syracuse Chargers TC "O" trio won the 40+ team contest, and Finger Lakes RC took the 50+ club race. □

Runner Barred From San Diego Competition

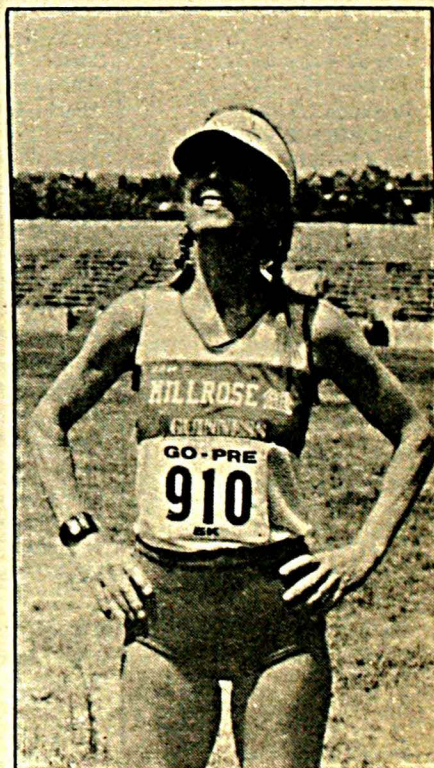
At a hearing of the San Diego/Imperial Valley Association of The Athletics Congress on November 18, TAC officials unanimously ruled that Peter Kanfer, 37, of Pasadena, California:

"1) did not run the full course in America's Finest City Half-Marathon in San Diego on August 24, and

2) should not be eligible to compete in TAC-sanctioned events in the San Diego/Imperial Valley area."

The group also authorized President Ken Bernard to pursue possible national action at the annual TAC convention in Tampa this month.

Kanfer had been invited to appear, but did not attend. □



Anna Thornhill, 46, of New York was overall women's winner of Prefontaine Classic cross-country 5-K, Van Cortlandt Park, N.Y., July 6, in 20:34.

Photo by Walt Westerholm

3RD ANNUAL BROWN UNIVERSITY MASTERS INDOOR TRACK AND FIELD INVITATIONAL

Sponsored by The Rhode Island Track and Field Foundation

DATE: Sunday, January 11, 1987, 10:30 a.m.
SITE: Brown University Athletic Center, Hope St. and Lloyd Ave., Providence, RI (Adjacent to the Meehan Hockey Rink and Smith Swim Center)
DIRECTIONS: From North: I-95S to Branch Avenue (Exit 24). Turn left on Branch to light. Cross intersection, go up Cypress Street hill to Hope Street, turn right and follow to Athletic Center Complex. From South and East: I-95N to Branch Ave. (Exit 24). Turn right on Branch to light. Cross intersection and follow same as above.
FACILITY: New, ultra-resilient, 200-meter, 6-lane, flat, California Products rubberized surface (field events, too). Installed summer 1986. Lockers and showers available.
AWARDS: First three places in all events.
DIVISIONS: Five year groupings for men and women (30-80+)
ENTRY FEE: Pre-entries \$5.00 first event; \$4.00 each additional event by Wed., Jan. 7, 1987.

Post entries will be \$7.00 first event; \$4.00 each additional event by 10:00 a.m. (for 10:30 events) and 11:30 for all other events.

ORDER OF EVENTS:

12:00 p.m.	Mile Walk	10:30 a.m.	Weight Throw
	55m Hurdles		Long Jump
	55m (Trials & Finals if necessary)		
	500m	12:00 p.m.	Shot Put
	1 Mile		High Jump
	300m		
	800m	1:00 p.m.	Triple Jump
	1,000m		Pole Vault
	800m Relay (10 yr. groups-no fees/no awards)		

LOCAL HOTELS: Susse Chalet, (401) 941-6600; Marriott Inn, (401) 272-2400; Biltmore Plaza (401) 421-0700

FOR ADDITIONAL INFORMATION CONTACT: Neil Steinberg
46 Roberta Avenue
Pawtucket, RI 02860
(401) 728-2869 (evening)

NOTE: The 1987 Eastern Regional Masters Indoor Championships will be at this same site on Sunday, March 15. For further information send a SASE to Neil Steinberg at the address above. Mark "Easterns" on the envelope.

Please Print

Name _____ Phone No. _____
Address _____
Street City State Zip Code
Age (as of 1/11/87) _____ Male _____ Female _____
Club _____ TAC# _____ Date of Birth _____
Events Entered 1. _____ 3. _____ 5. _____
2. _____ 4. _____ 6. _____
Total fee enclosed \$ _____

Mail entry form and check, payable to The Rhode Island Track and Field Foundation to: Neil Steinberg, 46 Roberta Avenue, Pawtucket, RI 02860.

Waiver: In consideration of your accepting this entry for the 1987 Brown University Masters Indoor Track and Field Meet, I hereby for myself, my heirs, executors and administrators, waive and release any and all rights and claims for damages I may have against the Rhode Island Track and Field Foundation, or Brown University, their Agents, Representatives, Assignees or Sponsors for any and all injuries, damages and/or claims which I might otherwise have arising out of said event. I attest and verify that I am physically fit and sufficiently trained for this competition.

Date _____ Signature _____

(Please indicate any previous masters awards and championships on the back.)

The International Scene

Veterans Movement Growing in Oceania

by CLEM GREEN, Oceania Delegate to WAVA

The Oceania region of the World Association of Veteran Athletes consists of Australia, New Zealand and island territories of Polynesia, Melanesia and Micronesia.

Some territories are self-governing. Some are administered by France or the United States. Others are dependencies of Australia and New Zealand. They are scattered over a large ocean expanse.

Socio-economic conditions vary greatly throughout the islands. Athletic facilities and technical expertise are meager, but enthusiasm and potential are high.

Development of organized veterans athletics in Oceania has been fostered over the past decade by the Australian Association of Veteran Athletic Clubs (AAVAC) and New Zealand Association of Veteran Athletics (NZAVA).

In Australia, the late Wal Sheppard, who took part in European veterans competition in the early '70s, was the prime mover in organizing domestic veteran track meets, and in coordinating national "outings" with New Zealand counterparts.

Beginning in 1977, Sheppard represented the Oceania region as WAVA delegate, and later as a Vice President, to the time of his death in 1986. I now serve as the region's WAVA delegate, and have been a WIGAL executive since 1978.

By the time of the first WAVA Games in Toronto in 1975, both the AAVAC and NZAVA had developed broad, grassroots administrative networks and competitive opportunities for men and women veterans from club matches to national championships.

The "world championships" boosted national interest among the public and reinforced the softening attitude toward veteran-grade athletics by the national governing bodies.

In New Zealand, veterans soon comprised one-third of all competitive senior athletes and were included as a division in all national long-distance fixtures. With the successful staging of the 1981 WAVA Games in Christchurch, veteran athletics in Oceania had (as it were) come of age.

Expansion into the islands area of Oceania began with the first Oceania Veterans Games in 1982 in Fiji. Delegates agreed to rotate the biennial Games over a 10-year cycle, and began a newsletter among the 22 member territories and countries.

Subsequent Oceania Games were held in Canberra (1984) and Western

Samoa (1986), and are scheduled for New Caledonia (1988) and New Zealand (1990).

The staging of a third Oceania Games and the formation of a Western Samoa AVA are signal achievements. Senior Samoan "tribal chiefs" have encouraged veterans activity, a pattern that could be repeated in other island territories.

Oceania AVA's next objective is to gain the participation of the three major French-speaking Oceania territories. "Down under," we WAVA members are pleased with our progress and look forward to the indigenous island peoples achieving success in Oceania competition — and in future WAVA Games.

With the average hourly wage rate of U.S. 50 cents, however, we need a lot of help to get our top island performers to World Masters Games.



Derek Wood of Britain, M55 winner and fourth overall (2:35:00), World Veterans Marathon Championships, Vancouver, B.C., October 5.

Duff's Marathon Victory Gives British World Championship Double

by JERRY WOJCIK

Great Britain's Martin Duff, M40, maintained a half-minute lead at midpoint over Belgium's Hubert Carnol, M40, to place first in 2:26:31 in the 1986 World Veterans Marathon Championships in Vancouver, B.C., on October 5. Duff's victory and fellow countryman Allan Rushmer's first-place (30:47.9) in the 10K the day before, as reported last month, gave the British running forces an enviable double in international masters road racing.

Carnol, on a 5:36 pace, finished 27 seconds back in 2:26:57. Third place went to Joe Fodor, the first U.S. runner and M45 winner, in 2:34:44.

The British showed amazing strength when the fourth and fifth places went to M55 first-place J. Derek Wood (2:35:00) and M55 second-place William Stoddart of Scotland (2:36:27). If you are not awed by all of this, consider that Duff ran a 6th-place 31:09, Wood a 35:43, and Stoddart a 33:18, which took the M55 title, in the 10K championships on the day before the marathon.

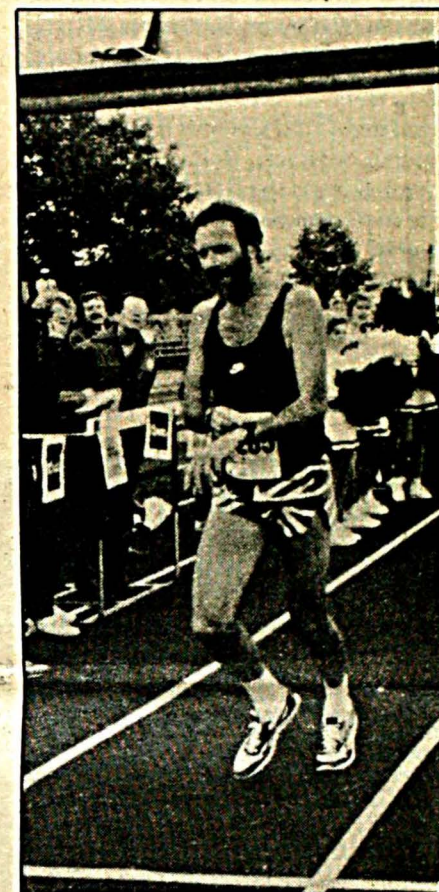
John Bohnet of Canada won the M50 race in 2:48:04. Other men winners included Ed Benham of the U.S. in the M75 race with 3:47:45 (good enough to have won the M70 division by six minutes), and Canadian Hugh Clifford, who handed California's Paul Spangler a rare loss in the M80 division with 4:19:55. Spangler, however, set an age-87 world record of 5:12:59.

The women's age-group contests were dominated by Canadians, led by Wendy Robertson, W40, (3:00:14), Marcia Stromsmoe, W35, (3:03:40), Sylvia MacMahon, W40, (3:10:09), and Eileen Pur, W45, (3:13:41). Judith Kazdan, W65, (4:01:50), claimed her

4th consecutive World IGAL Marathon title.

The marathon was started by John Landy of Australia, who pushed Roger Bannister to the "Miracle Mile" in Vancouver at the 1954 Commonwealth Games. A total of 213 runners, 176 men and 37 women, finished the race, run on a completely flat course, except for two highway overpasses.

Next year's championships will be held in March at Netanya, Israel, and in 1988 in Seoul, Korea. □



Martin Duff, M40, of Britain, first (2:26:30) in the World Veterans Marathon Championships, Vancouver, B.C., October 5.

Photo by Wayne Chose

Write-On Continued from page 2

stage, such things should be unimportant. Until we get dozens of competitors in the over 80 groups, that is.

Wilf Morgan
Birmingham, England

NATIONAL MEET

Re the letter (October) about running distance events in 90-degree heat in the National Masters T&F meet, our national meets are far too often entrusted to individuals who are either unqualified or uncaring enough about what is best for the athletes. Until we run our track meets with the best interests of the athletes in mind, we shall compete in the worst heat of the day, run into adverse wind conditions and compete in field events with long waits between jumps and throws. Athletes must practice reflective intelligence — analyze conditions and demand that events be scheduled for the best in-

terests of the competing athlete at all times.

Paul Dungan
Portland, Oregon

KUDOS

I'm a recent subscriber to NMN and I look forward to each issue. At age 53 and a recent jogger/runner, I feel a much greater kinship and admiration for my contemporaries than for the younger and more elite runners in the more popular magazines.

Eileen McCarthy
Marshfield, Massachusetts

I am a subscriber to your newspaper and have to admit it is superior to anything we have in the U.K. Enclosed is a copy of the Scottish Vets T&F Championships. I'm sure there are vets in the U.S. who may wish to compete here in the future.

Ken Glenesk
Basingstoke, England



Report from Britain

by ALASTAIR AITKEN

Taylor, Higgins Set World Marks in England

Ron Taylor, who ran a world M50 200 best of 22.9 in the European Veterans Championships in August, sped to a new M50 400 record of 51.8 at Swansea, well inside Ingo Vierk's pending world M50 mark of 52.04.

Peter Higgins broke his world M55 400 record of 54.4 with a 54.0 in the Inter-Counties Veterans Championships at Warley on September 20.

Cambridge Harriers were the first 50+ team in the Southern Veterans Road and Cross-Country Relays in fine autumn weather. Robin Dickson of Croydon won the Southern Vets 10K title in September in 33:00 from 50+ veteran "Evergreen" Mike Barratt, who was with him for most of the race.

In the Southern Veterans 3 x 3½ mile road relay at Bexley in September, the winning 40+ team was Barnett AC, which had the fastest runner of

the day, Dave Wilson, who ran 17:44 for his lap, some three weeks after being first veteran (10th of 1000) in the Neu-Isenburg 10K road race near Frankfurt, W. Germany.

In the Wigan 5 Mile, August 12, St. Helen's veteran Harry Clague was outright winner in 24:11. In the Shaftesbury "B" 10-mile road race, a familiar veteran "stateside," Dave Clark of Verlea AC, was the first home in 52:28. In the John Smith Doncaster 10K, September 7, Sheffield's 40-year-old Malcom Martin ran 30:52 for first vet.

In the National 10 Mile Women's Championships at Copthall Hendon, October 5, veterans were well-up. First W35+ were Zena Marchant of Bath (59:33), who was 14th, and Leslie Watson (69:45) of the London Olympiads for 17th and second vet. □

WIGAL Agrees to Merge With WAVA

After heated discussion in Vancouver, B.C. on October 5, the representatives and members of the WIGAL executive council voted, 14-10, to support the merging of WIGAL into WAVA to form one world veterans organization, which would be recognized by the IAAF.

At a session held during the 19th World IGAL 10K/Marathon Championships, the world veterans long distance running governing body adopted the proposal submitted by its President, Jacques Serruys of Belgium.

The decision supports WAVA's plan to form two committees: 1) track & field, and 2) long distance running. WIGAL members would occupy half the board of the LDR committee.

WIGAL pledged to confirm the merger, following the expected signing of the WAVA/IAAF agreement next

year at the IAAF Congress in Rome. (That agreement is dependent upon WAVA solving the South African question to the satisfaction of the IAAF.)

For Serruys, who is also vice-president of WAVA, the majority vote to merge WIGAL into WAVA was the culmination of a year-long effort to be able to present one unified world veterans organization to the IAAF.

Serruys announced his candidacy for the WAVA presidency to succeed retiring five-term president Don Farquharson of Canada. Cesare Beccalli of Italy and Bob Fine of the U.S.A. have previously announced their intentions to run. Voting will be done by WAVA delegates on December 2, 1987 in Melbourne, Australia at the time of the VII World Veterans Games. □

626 Turn Out for Norwegian Championships

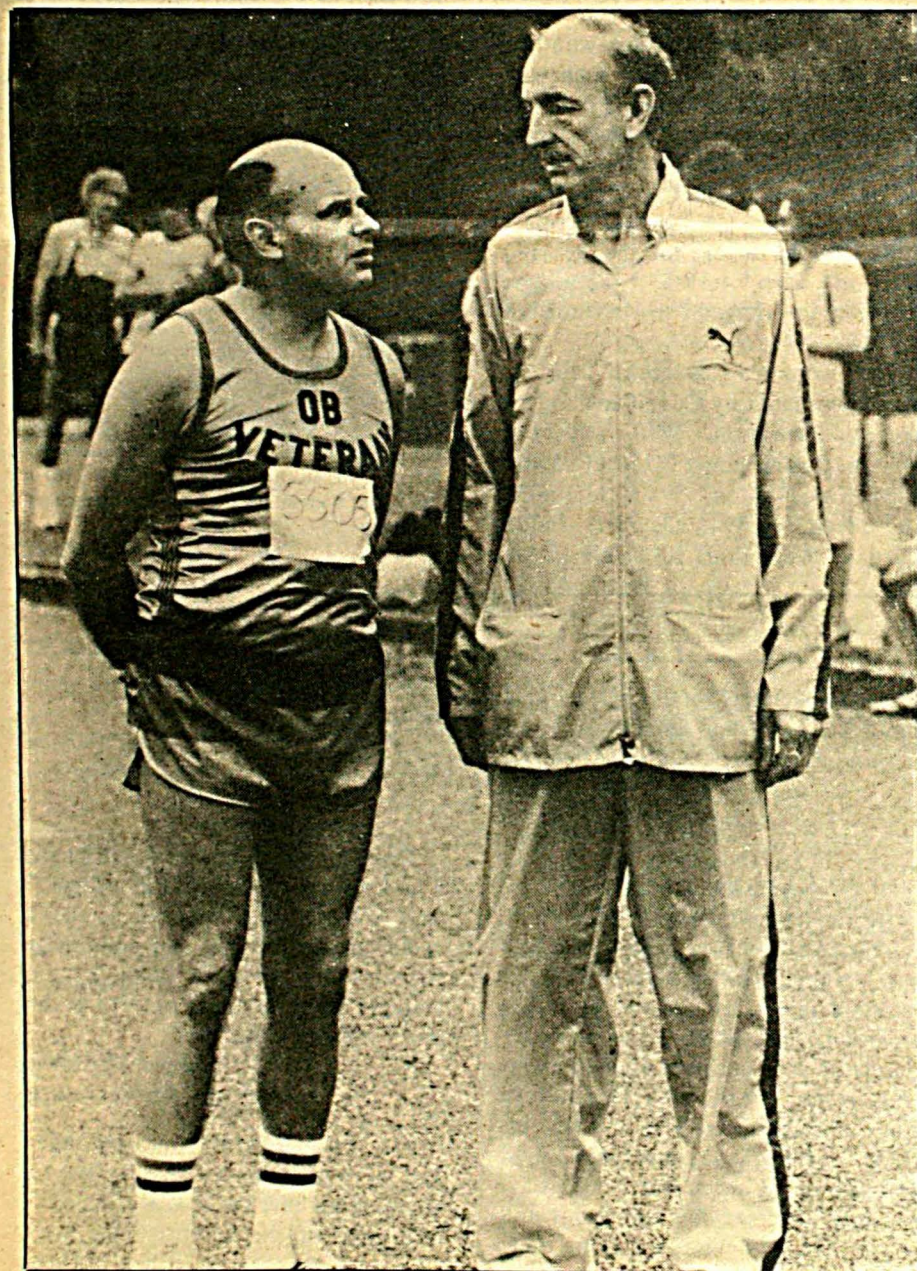
The three-day Norwegian Masters Track & Field Championships, held at Bislet Stadium in Oslo, August 8-10, drew 626 age-35-and-over men and women athletes, who set 56 national records.

Multiple-record getters included Sigurd Tormoen, M80, in the 100m (17.83), 200 (37.79), and high jump (3-3¼); Kirsten Lien Garbo, W60, in the 800 (2:53.94) and 1500 (5:46.24); and Olav Grasbakken, who won the M40 110H and 400H with excellent times of 15.82 and 55.75.

Most of the records came in the field events, particularly the shot put, which had competitors twelve deep in some divisions. Gudmund Skrivervits, M65, broke three field records with fine performances in the long jump (16-8¼), shot put (44-7½), and javelin (143-4). Leif Gundersrud set an M50 shot put record with 48-6, and Per Staven captured the M60 shot put first with a record 50-9¼.

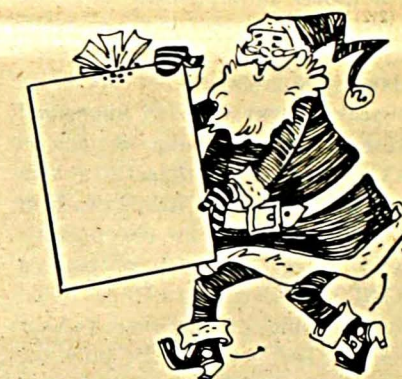
Olav Reppen, M75, threw the 4k hammer 133-5. The world record for his division is held by Stan Hermann of California at 97-8 set with the 5k implement.

In the jump events, new marks were set by Kirsten Hveem, W60, long jump (12-8); Ivar Bredholt, M40, pole vault (12-7½); and Jacob Rypdale, M60, with a notable 38-3½ triple jump. □



WIGAL President Jacques Serruys, left, of Belgium, and WAVA President Don Farquharson, of Canada, hope to see their life's work realized: namely, uniting all veteran athletics organizations. Serruys directs the annual Brugge International 25K and has announced his candidacy to succeed Farquharson as WAVA President.

Photo by Brigitte Otte



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U.S. NATIONAL SENIOR OLYMPICS



U.S. NATIONAL SENIOR OLYMPICS COORDINATORS

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Arizona Senior Olympics
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Date & Location:
Arizona State
2/21-3/1/87

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Information Spec.
Central Arkansas Area
Agency on Aging
706 W. 4th St.
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N. Little Rock, AR 72119
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Date & Location:
Batesville
10/15-16/86

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NCSO Coordinator
Oakland Office of Parks
& Recreation
1520 Lakeside Drive
Oakland, CA 94612
(415) 273-3423
Date & Location:
Oakland
8/2, 8/3, 8/23/86
9/13, 9/14, 9/20/86

COLORADO:
Karen Ruiz, Chairperson
Clements Community
Center
1580 Yarrow
Lakewood, CO 80215
(303) 987-7800
Date & Location:
Univ. of N. Colorado
9/4-7/86

CONNECTICUT:
Will Berger, Coordinator
University of Bridgeport
Bridgeport, CT 06601
(203) 576-4735 or
(212) 598-2386

INDIANA:
Susan Austill,
Coordinator
Indianapolis Department
of Parks & Recreation
Senior Classic
1426 West 29th St.
Indianapolis, IN 46208
(317) 636-1626
Date & Location:
Indianapolis
5/13-16/87

KANSAS:
Heleen R. Miller,
Aging Specialist
Topeka Parks &
Recreation Department
City Hall, Room 250-259
215 E. 7th Street
Topeka, KS 66603
(913) 232-9665
Date & Location:
Topeka
9/26-10/4/86

KENTUCKY:
Ellen J. Cook, Director
Community Resources
Senior Citizens of
Northern Kentucky
34 W. Fifth Street
Covington, KY 41011
(606) 491-1437
Date & Location:
Boone, Campbell
& Kenton, KY
5/18-23/87

LOUISIANA:
Ronald Biereau
Louisiana Senior Olympics
P.O. Box 80374
Baton Rouge, LA
70898-0374
(504) 925-1700
Date & Location:
Louisiana State Univ.
5/11-13/87

MARYLAND:
Robert D. Zeigler,
Chairman
Maryland Senior Olympics

Date & Location:
Univ. of Bridgeport
6/6/87

FLORIDA:
Jim Jemigan, Director
City of Sanford Parks
& Recreation
Golden Age Games
P.O. Box 1778
Sanford, FL 32771
(305) 322-3161 or
(305) 322-6737
Date & Location:
11/10-15/86

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2164 Halekua Dr.
Honolulu, HI 96821
(808) 734-8450
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4/87

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George Hermann
Illinois Senior Olympic
Sanctioning Agent
14 Hickory Bow
Macomb, IL 61455
(309) 837-1023
Date & Location:
Carbondale, 4/24-25/87
Macomb, 5/1-2/87
Edwardsville, 5/8-9/87
DeKalb, 5/14-16/87
Charleston, 6/19-20/86
E. Peoria, 6/25-28/86
Mt. Vernon 6/5-6/87

Annette Fuchs,
Recreational Supervisor
Springfield Recreation
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1415 North Grand East
Springfield, IL 62702
(217) 789-2284
Date & Location:
Springfield
9/26-28/86

MINNESOTA:
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Senior Recreation Director
303 City Hall
Duluth, MN 55802
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Date & Location:
Duluth
8/11-22/86

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(314) 432-5700, Ext. 188
Date & Location:
JCCA
5/25-28/87

Sam Giambelluca
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Poplar Bluff, MO 63901
(314) 686-3797
Date & Location:
5/14-16/87

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P.O. Box 1805 S.S.S.
Springfield, MO 65805
(417) 862-0760
Date & Location:
Springfield
5/18-22/87

4111 June Dr.
Billings, MT 59106
(406) 657-2370
Date & Location:
Butte, Bozeman, Billings
& Missoula
5/30-6/1/87

NEVADA:
Gene Hrdlicka, Chairman
Nevada Senior Games
P.O. Box 70863
Las Vegas, NV 89170-0863
(702) 739-3157
Date & Location:
University of Nevada
4 & 5/87

NEW HAMPSHIRE:
Frank Lucchin
R.F.D. 9 Box 145
Corcord, NH 03301
(603) 774-4802
Date & Location:
Concord
9/14-17/86

Patricia Francis
Golden Age Olympics
North
70 Temple Street
Nashua, NH 03060
(603) 889-6155
Date & Location:
Nashua
5/18-24/87

NEW MEXICO:
Olivia Soos
P.O. Box 2585
Roswell, N.M. 88201
(505) 623-5008
Date & Location:
N.M. Military Institute,
Roswell, N.M.
5/27-30/87

NEW YORK:
Hilary "Bumper" Wagner
Executive Director
New York State
Senior Games
N.Y. State Parks &
Recreation Agency 1
12th Floor
Albany, NY 12238
(518) 474-2324
Date & Location:
SUNY College at
Cortland
6/5-7/87

RHODE ISLAND:
Deiores M. Bergeron
Physical Fitness
Coordinator
Dept. of Elderly Affairs
79 Washington St.
Providence, RI 02903
(401) 277-6880
Date & Location:
Brown University
6/22/86

SOUTH CAROLINA:
Debbie Wall, Director
Florence Recreation
Center
P.O. Box 1476
Florence, SC 29501
(803) 665-3253
Date & Location:
Florence
5/87

SOUTH DAKOTA:
Jaci Casanova
Adult Services & Aging
700 Governor's Drive
Pierre, SD 57501
(605) 773-3656
Date & Location:
9/5 & 6/86
Pierre, SD

TENNESSEE:
Theresa Becker, Sr.
Center Director
Senior Citizens Center
P.O. Box 428
Memphis, TN 37801
(615) 963-9422
Date & Location:
8/86

TEXAS:
Hal Geidon,
Executive Director
Texas Senior Games
P.O. Box 676
Richardson, TX 75080
(214) 231-6889

NORTH CAROLINA:
Margot Raynor
North Carolina
Senior Games
P.O. Box 33590
Raleigh, NC 27606
(919) 851-5456
Date & Location:
Athens Drive High
School
9/25-28/86

NORTH DAKOTA:
Tim Mueller,
Deputy Director
North Dakota Parks &
Recreation Department
Pinehurst Office Park
1424 West Century Ave.,
Suite 202
Bismarck, ND 58501
(701) 224-4887
Date & Location:
Fargo
5/87

OHIO:
Dr. Robert Gondee
Health & Phys. Ed. Dept./
JAR 178
University of Akron
Akron, OH 44325
(216) 864-4659 or
(216) 375-7473
Date & Location:
Univ. of Akron
5/87

OKLAHOMA:
Linda Soos
Project Ayuda
The Salvation Army
Senior Centers
P.O. Box 25516
Oklahoma City, OK 73125
(405) 235-1732
Date & Location:
Oklahoma City
Community College
5/16/87

PENNSYLVANIA:
Frank J. Koller,
Press Secretary
PA. Department of Aging
231 State Street
Harrisburg, PA
17101-1195
(717) 783-1549
Date & Location:
Shippensburg Univ.
8/6-9/86

Date & Location:
Univ. Texas at
Arlington 5/21-24/87

VERMONT:
Marilyn Sheldon
Green Mountain
Senior Games
RR 1, Box 2145
West Rutland, VT 05777
(802) 825-3375
Date & Location:
Green Mountain College
Poultney, VT
9/17-18/86

VIRGINIA:
Gwendolyn Goggin
Parks & Recreation Dept.
P.O. Box 40
Chesterfield, VA 23832
(804) 748-1623
Date & Location:
Lynchburg College
5/28-31/87

WASHINGTON:
Diana Hovland
Senior Sports Festival
Seattle Parks &
Recreation Dept.
100 Dexter Ave. N.
Seattle, WA 98109-5199
(206) 652-2981
Date & Location:
Univ. of Washington
6/7-14/87

WISCONSIN:
Mary Gissal,
Supervisor 60- Program
Milwaukee Public Schools
Recreation Division
2414 West Mitchell
Milwaukee, WI 53204
(414) 643-6664
Date & Location:
Univ. of Wisconsin
5/27-30/87

321 West Port Plaza Drive, Suite 202
St. Louis, MO 63146
(314) 576-1987



U.S. NATIONAL SENIOR OLYMPICS

Fitness and excellence through competition.
U.S. National Senior Olympics is in no way affiliated or associated with either the United States Olympic Committee or the International Olympic Committee and such events are not held under their auspices.

MASTERS GLOSSARY OF TERMS

T&F: Track and Field

LDR: Long distance running

RW: Race walking

Athletics: The sports of track & field, long distance running and race walking.

Masters: Men and women age 40 or over.

Sub-masters: Men and women age 30-39.

Veterans: The international term for "masters," with the exception that "veterans" also include women age 35-39. (The term "veterans" is also unofficially used in some LDR races to define runners age 50-59 or 40-49.)

Seniors: A word of many meanings: 1) A TAC competitor age 20 or over; 2) Unofficially used in some LDR events to define runners age 60 over; 3) Sometimes unofficially used by the media and others as a substitute for "masters."

AR: American record

WR: World record

PR: Personal record

The Athletics Congress (TAC): The "national governing body" (NGB) for athletics in the USA. TAC is the exclusive U.S. member of the IAAF. TAC's home office is in Indianapolis, with district (local) offices throughout the nation. TAC is composed of various committees, including the Masters T&F and Masters LDR committees. The committees meet each December at the TAC Convention.

International Amateur Athletic Federation (IAAF): The international governing body for athletics.

World Association of Veteran Athletes (WAVA): The official international veterans governing body for athletics. WAVA stages a World Veterans Games every odd-numbered year for men 40+ and women age 35+.

IGAL: An official international veterans LDR organization. IGAL holds an annual World Veterans Distance Running Championship (10K & 25K in odd-numbered years; 10K & Marathon in even-numbered years.)

Age-groups: Masters and sub-masters competition is divided into 5- or 10-year age group categories for both men and women (30-34, 35-39, 40-44, etc.). Your date of birth (not year of birth) determines your age.

Masters competition: Every event from the 100-yard dash to the pole vault to the marathon is available. Medals are generally awarded to the first three places in each men's and women's age group. While everyone does his or her best, participation and friendship are the heart of the program. Masters help each other with advice, training tips and health suggestions. Many combine their vacations with trips to regional, national and international competitions.

Local masters T&F: All Masters T&F meets feature competition for anyone age 30 or over. Masters meets are generally directed by a single individual or club. Some local meets are "sanctioned" by TAC; some are not.

Local masters LDR: Local LDR races are generally open to all ages, with masters awards for each 10-year age group.

TAC Regional and National Masters T&F Championships: The TAC Masters T&F Committee sponsors and supervises annual national and regional indoor and outdoor masters and sub-masters T&F Championships.

TAC National Masters LDR Championships: The TAC Masters LDR Committee sponsors and supervises several national LDR championships (10K, 15K, etc.) each year, as well as a few Regional LDR championships.

TAC Membership: It is recommended, but not necessary for a participant to become a member of TAC (\$7 per year) to compete in sanctioned or non-sanctioned masters events.

It is not necessary for a foreign competitor to become a TAC member to compete in TAC events. (A TAC member is automatically insured against injury while competing in, or traveling to, a TAC-sanctioned competition.)

to, a TAC-sanctioned competition.)

Eligibility: There are no other requirements needed to enter masters athletics competition, except to be at least the minimum age. (One should also be reasonably fit.) An athlete may generally compete in a younger age group if he or she so chooses, but one may never compete in an older age group. The masters program operates on the honor system. Lying about one's age violates the spirit and purpose of the masters program and is not tolerated. Violators risk banishment from TAC masters competition for a period of two years.

Standards: There are no entry or award standards in TAC Masters competition.

World Veterans Games: There are no requirements needed to compete in the biennial World Veterans Games, except to be at least age 40 (men) or age 35 (women). "Travel permits" are not needed. No one is banned because of occupation, race, religion, national origin or any other reason.

Uniforms: Some masters athletes compete in their club uniform; some in simple T-shirt and shorts. In the World Games, each participant competes as an individual, not as a representative of any nation. Thus national uniforms are entirely optional.

Sponsorship: Masters events are sometimes supported by local or national sponsors. There is no single national sponsor at the moment.

Senior Olympics: A program unrelated to the TAC Masters program. Open to age 25+ or 55+ depending on the area, and featuring athletics, swimming, softball, etc.

Masters Clubs: Most areas have local running clubs, some of which cater to the masters performer. See the club listings in this issue.

Age Records: An annual book of masters age records for each T&F event is available for \$5 from NMN, PO BOX 2372, Van Nuys CA 91404; and for each LDR event for \$9.95 from NRDC, PO Box 42888, Tucson AZ 85733.

Rankings: An annual book of masters rankings by event and age-group, is available for \$9.95 (LDR) from NRDC, above.

Implements: Lighter implement weights are used in the older age-groups.

Hurdles: The height of the hurdles is lowered for older age-groups.

Rule Books: The IAAF Rule Book (\$10), the IAAF Men's Scoring Tables (\$5), the IAAF Women's Scoring Tables (\$5), and the TAC Rule Book (\$6) are available from TAC, Box 120, Indianapolis IN 46204.

WAVA Standards: WAVA multi-event scoring tables are available from Ian Hume, RR-1, Melbourne, Quebec, Canada (please enclose postage).

Weight Tables: Age-group factoring tables are available for \$1 from Phil Partridge, 337 S.W. 14th Ave., Boynton Beach FL 33435.

IA, IB, etc. Codes which refer to various age-groups, as follows: OA-30-34; OB-35-39; IA-40-44; IB-45-49; 2A-50-54; 2B-55-59; 3A-60-64; 3B-65-69; 4A-70-74; 4B-75-79; 5A-80-84.

Road Runners Club of America (RRCA): An organization of over 400 clubs throughout America which promotes long distance running. **National Masters News (NMN):** The bible of the Masters athletics program. NMN is an official publication of TAC and WAVA. Each month, it delivers 24 to 40 pages of results, schedules, entry blanks, age records, rankings, photos, articles, training tips and all the inside scoops and information that affect the world of masters athletics competition. NMN welcomes contributions from its readers—results, schedule info, photos, letters and opinions. It is not mandatory to subscribe to NMN, but it is recommended to keep up on all the masters action. A one-year subscription (12 issues) is \$18.75 (2nd class), \$26.75 (1st class), or \$33.75 (overseas). Send to NMN, PO Box 5185, Pasadena, CA 91107.

MASTERS SCENE

NATIONAL

• Jennifer Hesketh Young, of the National Running Data Center says "nothing new developed between TAC and the NRDC since last month." But she reports receiving an overwhelming response from individuals and clubs. "It looks like we'll be able to make it through the year. And if donations continue to come in the way they have, we'll be able to ship all the materials to the state record-keeping centers. I'm very pleased that everyone's rallying to help us do that," she said.

• The UNICEF/First Earth Run, after circling the world, touching over 6 million people (1 million in Shanghai alone), and being received by leaders in over 50 nations, is coming back to the U.S.A. on Fri. Dec. 5 in San Diego. Runners are encouraged to buy a \$10 commemorative T-shirt and join the torch relay as it runs up Pacific Coast Highway to the Santa Monica Pier on Sat. Dec. 6. The second leg will go from San Jose to San Francisco on Sun. Dec. 7. The last leg will be started by Joan Benoit Samuelson in Washington, D.C. on Dec. 9 and arrive at the United Nations where a celebration is planned in honor of the 40th anniversary of UNICEF. For West Coast participation sites, call Larry

Price, 213/202-9090. For East Coast locations, call UNICEF, 212/754-2031.

• Art Swarts, 41-year-old discus thrower from Mountainside, N.J., whose 200' throws enable him to compete with world-class open throwers, was one of three athletes suspended by TAC in October for testing positive for banned substances at various meets. TAC reported the suspensions to the IAAF, which could suspend the athletes for life. (Recent suspensions have been lifted after 18 months.)

NEW ENGLAND

• Late results from the Rhode Island Senior Olympics in Providence, June 22, show Gilbert Gonzalez of Puerto Rico winning 8 golds and setting 3 meet records in the M70 division. Vern Mattson, Weston, MA, won the M65 200 in 28.8.

• Priscilla Welch, 42, of Britain won the masters race in 35:00 in the Tufts 10K For Women (formerly the Bonnie Bell), Boston, October 11. Carolyn Cappelletta, 59, took the W50-59 division (40:39), and Araxi Prevot, 60, won the 60+ contest in the 6000-runner event.

• Jim Gray, 44, (27:48) and Carol Crafts, 41, (32:10) took masters kudos in the 4th Annual John Atturio Memorial 5 Miler, Warwick, R.I.,

October 19. Richard Hammond, 55, and Rose Notarianni, 69, ran exceptional times of 30:36 and 49:37 on the flat, figure-8 course.

• Fordie Madeira, 41, the 4th-ranked 1985 10K masters woman (36:16) suffered a hamstring which kept her out of action in 1986. "It's finally healed after months of electric stimulation, ultrasound, ice by the buckets, gentle strengthening exercises, and running backwards (to strengthen and not strain)," the Sherborn, Mass. mother-of-nine-year-old-triplets said. She's back to "comfortable daily runs, but her career as a competitive runner is on the backburner for a while. "For a few years, running was my primary and only focus, and I feel I'm ready for a competitive rest," she said. "I'm just going to run for the pure joy of running, which is why I began anyway, and not feel the intensity, obligation and pressure."

EAST

• Two 43-year-old masters placed 2nd overall in the men's and women's races in the Guiding Eyes For The Blind 10K, Yorktown, NY, October 12: Al Devereaux, Dalton, MA, was 8 seconds out of 1st with 32:57, and Judy Pickert, Yorktown, followed the women's leader with 38:16.

• Ramon Ruiz, 46, was the M40+ winner by far in the Marathon Tune-Up 25K, Central Park, NYC, October 12, with 1:30:25, as was Mimi Barreras, 51, in the W40+ race with 1:47:14.

SOUTHEAST

• Chuck Mammay, 43, cracked out a 2nd overall 18:16 in the North Carolina Oyster Festival 5K, Holden Beach, October 11.

• Gary Robinson, 40, Jacksonville, FL, won the Florida Masters 10K Championships, Pompano Beach, October 26 in 34:25, a 23-second victory over 2nd Don Camamarossa, 40, Miami. Jeff Etherington, 57, Jupiter, FL, captured the men's Grand Masters title (50+) with a fast 37:32. Joy Siegner, 40, West Palm Beach, took the women's race in 44:01. Janet Van Kleec, 50, Boca Raton, FL, women's Grand Masters 1st, was 2nd woman 45:01.1, a step better (45:01.4) than Cindy Jacobsen, 40, Miami.

MIDWEST

• Forty-two-year-old Priscilla Welch of Britain increased her marketability and exchequer with an amazing 3rd-woman 2:31:14 worth \$18,000 in America's Marathon/Chicago, October 26. Japan's Toshihiko Seko (2:08:27) and Norway's Ingrid Kristensen (2:27:08) were men's and women's winners.

• The Illinois Grand Prix culminated in on awards banquet in Rockford, November 1. Awards, sponsored by Illinois TAC, were given for each event in 5-year age groups. To be eligible, an athlete had to be an Illinois resident, and compete in three of the four meets. Points were scored on a 1-2-3 place basis. Dick Green MC'd the affair and Ray Vandersteen, Illinois TAC Director, presented the awards. Next year's events appear in the schedule.

MID AMERICA

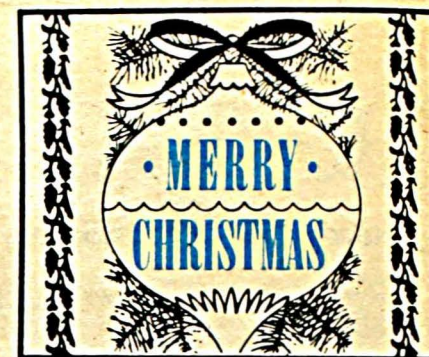
• Larry Jacobsen, 44, Sioux Falls, SD, did 6:46s (1:28:42) to defeat all 40+ runners in the 3rd Annual Striders Half-Marathon, Brookings, SD, October 12.

• Rod Lechtenberger placed 6th with an outstanding 49:46.1 M40 1st in the Governor's Cup 15, Lincoln, NE, October 26. Karen Bestul, W40, winner, placed 5th woman with 1:01:22. Joanne Richardson, W50 1st in 1:07:24, was second W40+. On September 28 in the Mrs. Thurber's 10K For Women in Lincoln, Richardson was 1st W40+ in 43:47.

SOUTH WEST

• Gail LaDage-Scott, W40 winner (1:21:18), placed 3rd woman in the Duke City Half-Marathon, Albuquerque, NM, in October.

• David Williams' 5th place finish of 600 run-



ners in an Oklahoma state masters record 26:21 was the big news in the Woolaroc 8K, Bartlesville, October 11. Williams, who lives in Midwest City, OK, is a 44 year-old Air Force colonel newly-arrived to Sooner country from a tour of duty in W. Germany. In the three months he has lived in Oklahoma, he has smashed the state M40+ 10K and two-mile record with 32:40 and 9:53. Williams' most recent record did not come easy. The Woolaroc course, though scenic, is hilly and winding and was made slick from a morning drizzle. In addition, the race takes place in a private wildlife preserve, inhabited by buffalo, deer, elk, llamas, and other animals, which in past years have caused runners either to stop dead in their tracks or run personal bests. Barbara Manning, 41, was 1st woman masters in 34:15, and Donna Wright, 51, won the W50 division with a swift 34:40.

• Deon Dekkers (33:09) and Marilyn Griffin (43:12) waltzed to masters victories in the 6300-runner, humidity-plagued InterFirst Symphony 10K, Houston, September 12, which raised an estimated \$100,000+ for the Houston Symphony Orchestra.

WEST

• Manny Burrola, 41, won the Child Abuse 5K, Irvine, CA, September 27, with a hot, 4:47-pace, 1st-overall 14:52. Larry Banuelos, 62, won the M60+ race in 19:26.

• Judy Milgram, W40-49 winner, repeated last year's women's 1st with 9:36:24, an improvement of 1 hour and 20 minutes, in the 4th Annual Firetrails 50 Mile, Oakland, CA, October 25. Ray Nicholls, M40-49, took a masters 1st (8:53:52). Thirty-four of 37 starters finished.

• Richard Stepp, 41, has to travel 300+ miles to find masters competition, so he competes in local open meets in the area around Arcata, CA, where he is in the physics department at Humboldt State U. In an October 5 open meet there, Stepp pole vaulted 12-3 for second (his best height in 2 years) and threw the javelin 154-0 for 1st of ten (his best distance in 11 years), a best-ever combination in 27 years of trying.

• The College of the Desert Meet, usually held on the last Sunday of January in Palm Springs, CA, is on hold and may be cancelled. Update next month.

• An important ground-breaking is about to take place in La Jolla, Calif. as work begins on the new UC San Diego track complex, which will include one of the San Diego area's few and much-needed all-weather tracks. We hope to have it completed by the spring of 1988 at a cost of up to \$4 million," says Dr. Jock Jockey, one of the UCSD committee members and president of the San Diego Athletic Association. The track, when completed, will become the permanent headquarters of the San Diego Masters track and road racing group.

INTERNATIONAL

• Alan Rushmer, M40, of Britain, who won (30:47.9) the '86 edition of the World Veterans 10K Road Championships in Vancouver, October 4, tuned-up for it a week before by winning the 1st-ever British Veterans Athletic Federation 10K Road Championships in Barnsley with 31:09. Mike Hurd, M40, was 2nd (31:25).

MASTERS ATHLETIC GROUP TOUR

TO MELBOURNE, AUSTRALIA

FOR THE 7TH WORLD VETERAN GAMES

NOV. 28 - DEC. 6, 1987

Sponsored by: L.A. Valley Athletic Club



We have obtained three (3) excellent air & hotel travel packages from Qantas Airways & Destination Pacific, land operators, for our group. For those athletes and their families and friends who will be going to Melbourne for the 7th World Games in 1987, we invite you to come along with us and we offer the following tour options:

1. **14 DAYS AND 12 NIGHTS.** Roundtrip air transportation from L.A. or S.F. to Melbourne, Australia. Includes 12 nights hotel accommodations, Nov. 26th to December 8, 1987. Transfers between airport and hotel, taxes and portage of two bags each person.

A. Townhouse Hotel or similar economy class hotel:	\$ 1,299.00
B. Chateau Hotel or similar 1st class hotel:	\$ 1,365.00
C. Hilton Hotel or similar Deluxe hotel:	\$ 1,533.00
D. Airfare only: (For those staying at the University facility or with Australian nationals)	\$ 922.00

2. **19 DAYS AND 17 NIGHTS.** Includes plan #1 plus 3 days in Sydney and 2 days in Cairns, Australia.

A. Ramada Gazebo Hotel & Colony Club Hotel:	\$ 1,569.00
B. Hyatt Kingsgate Hotel & Ramada Reef Hotel: (1st Class)	\$ 1,695.00
C. Hyatt Kingsgate Hotel & Ramada Reef Hotel: (Deluxe)	\$ 1,866.00

3. **25 DAYS AND 23 NIGHTS.** Includes plan #1 plus Sydney, Australia; Auckland & Rotorua, New Zealand and Tahiti & Moorea (hotels in Tahiti & Moorea are all 1st class)

A. Quality Inn, The Rotorua, Beachcomber, Bali Hai:	\$ 2,325.00
B. Sheraton Auckland, Sheraton Rotorua, Beachcomber, Bali Hai. (1st Class)	\$ 2,500.00
C. Sheraton Auckland, Sheraton Rotorua, Beachcomber, Bali Hai. (Deluxe)	\$ 2,700.00

L.A. - Valley Group Tour
1801 Ave. of Stars, Suite 1136
L.A., Ca. 90067

Telephone: (213) 557-2422

Attn: Bill Adler

I/We _____ are going to Melbourne to attend the 7th World Games and wish to take advantage of the "Early Reservation Option". Enclosed please find \$_____ (\$25 per person non-refundable registration fee) for _____ persons to hold reservations until June 15, 1987 when the full deposit of \$150 per person is due and payable. (It is understood that reservations made after December 31, 1986, the full deposit of \$150 plus \$25 registration fee will be required.) Please make checks payable to: L.A. Valley Group Tour.

Please make the following reservations:

Group Package No. 1. A. _____ B. _____ C. _____ D. _____
Group Package No. 2. A. _____ B. _____ C. _____
Group Package No. 3. A. _____ B. _____ C. _____

THE MASTERS TOUR

to the



• 28TH NOVEMBER – 6TH DECEMBER 1987 •

Fiji New Zealand Australia Tahiti

- Host-a-vet (hospitality in private homes).
- Free entertainment in the parks.
- All venues within 4km of accommodation and city centre.
- Exciting tours arranged.
- Flat, fast marathon course.
- Special travelcard for local transport.
- Mild late Spring weather.
- Superbly organized competition.

UNDER RULES OF IAAF AND WAVA

**OPEN TO ATHLETES
OF ALL STANDARDS
WOMEN 35 YEARS AND OVER
MEN 40 YEARS AND OVER**

Your hosts will be:

Al Sheahan Editor of the National Masters News

David Pain Founder of the U.S. Masters program who organized the first international masters tours from 1971-75

Helen Pain President of Sports Travel International and organizer of dozens of masters tours — including tours to all six previous World Veterans Games

Entry Forms Available Next Month

PLEASE NOTE: TLC is provided for all participants with staff coverage on all tours plus processing of all entry forms and fees.

****Among the special restrictions applying to Tour I is that it may NOT be combined with an optional extension except on a waitlist basis, the possibility to be determined by July 1.**

All tour prices quoted are subject to airline fare or currency exchange fluctuation decrease or increase.

* TOUR POSSIBILITIES

- I. MELBOURNE ONLY: "Bare Bones" NOV 23-DEC 8 \$1,399.**
Air transportation, Los Angeles/Melbourne/Los Angeles
+ Melbourne transfers airport/university/airport
+ 13 nights university dormitory housing
+ breakfast & supper daily on campus
+ Thanksgiving Day Reception (STI's traditional WELCOME party)
+ TLC
**Special restrictions apply. See specific flyer.
- II. FIJI & MELBOURNE: "HOUSING/BASIC" NOV 22-DEC 7**
Air transportation, Los Angeles/Nadi/Melbourne/Los Angeles
+ Nadi & Melbourne transfers airport/hotel/airport
+ 2 nights accommodations at Shangri-La's THE FIJIAN + breakfast daily + Meke (Fijian feast)
+ 11 nights housing in Melbourne + Thanksgiving Day Reception
A. First class hotel (per person, twin occupancy) with breakfast daily. Near Olympic Stadium **\$1,990.**
B. Medium class hotel (per person, twin occupancy) with breakfast daily. **\$1,750.**
C. Apartments - Fully equipped, no meals provided
Studio: per person, dbl. occupancy } **\$1,525.**
2-bedroom: per person, quad occupancy }
D. University dormitory housing (single rooms only) breakfast & supper daily on campus **\$1,550.**
- III. INDEPENDENT TRAVEL:**
Custom-tailored package to your individual travel needs for dates of travel, but not necessarily to include the group reservations applying to Tours I or II.
Price is dependent upon services provided.
- IV. OPTIONAL EXTENSIONS:** Not available in conjunction with Tour I**
Possible with Tour II or III. Prices to be determined.
A. Australia - Outback & Great Barrier Reef 2 weeks
B. Australia - Great Barrier Reef 7-10 days
C. New Zealand 7-10 days
D. Tahiti 1 week

SPORTS TRAVEL INTERNATIONAL, LTD.

P.O. Box 7823, San Diego, CA 92107 (619)225-9555

I am interested in VII WAVA - AUSTRALIA '87. Enclosed please find my check for \$_____ (Deposit: \$250. per person + \$25. non-refundable application fee) for _____ reservations for the following people,

for Tour I _____ or Tour II, A _____ B _____ C _____ D _____

Please send me information on Tour III - Independent Travel. My special wishes are _____

ASAP send me info on the Optional Extension(s):

Australia: Outback & Great Barrier Reef _____

Australia: Great Barrier Reef _____

New Zealand _____

Tahiti _____

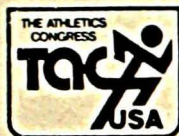
NAME _____

ADDRESS _____ street _____ city _____ state _____ zip _____

PHONE (work) _____ (home) _____

schedule

Track and field events feature competition for men and women over age 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 newsletter 30-60 days prior to the event. Please send any additions or corrections to NMN, P.O. Box 2372, Van Nuys CA 91404.



December 3-7. 8th Annual Convention of The Athletics Congress, Hyatt Regency, Tampa, Florida. TAC, PO Box 120, Indianapolis IN 46206 317/638-9155.

TRACK & FIELD NATIONAL

January 4. U.S. TAC National Masters Indoor Pentathlon Championships, 9:30 a.m., Dickinson College, Carlisle, Pa. Scott Thornsley, 18 Colgate Drive, Camp Hill PA 17011-7624. 717/737-2385 till 11 p.m. Entry form in December issue.

March 28-29. U.S. TAC National Masters Indoor Championships, Madison, Wisconsin.

sin. Ron Dennis, c/o WUAC, 6408 Westgate Rd., Monona, WI 53716. 608/221-8020.

June 20. U.S. TAC National Masters Pentathlon Championships, Occidental College, Los Angeles. Gary Miller, 1740 Grandview Ave., Glendale, CA 91201. 818/843-2139.

July 11-12. U.S. TAC National Masters Decathlon/Heptathlon Championships, Potts Field, U. of Colorado, Boulder, Colorado. Jim Weed, 11672 E. 2nd Ave., Aurora CO 80010. 303/341-2980.

August 7-9. 20th U.S. TAC National Masters Championships, Eugene, Oregon, Frank Anderson, 939 East 21st Ave., Eugene, OR 97405. 503/345-2820.

NEW ENGLAND

January 9. Dartmouth Relays Masters Meet, Hanover, N.H. Carl Wallin, Alumni Gym, Hanover NH 03755. 603/646-2848.

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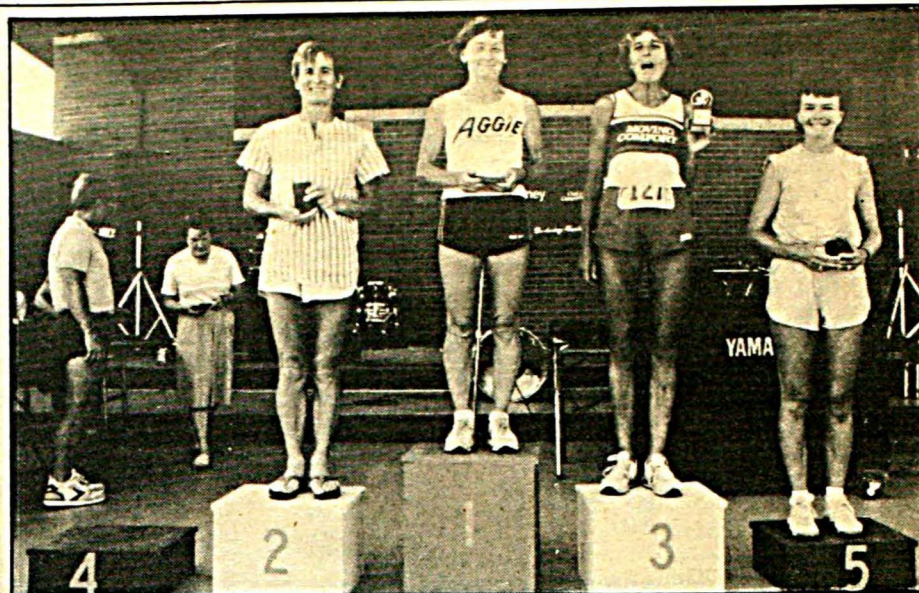
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Winners in the women's age 50-54 category at the TAC National Masters 10K Championships in Asbury Park, N.J. on August 9 are, from left: Helene Bedrock (40:55), Vicki Bigelow (40:25), Anny Stockman (41:32) and Betty Dameron (44:00). Missing: Margarete Deckert (43:29).

Photo by Valentine

January 11. Brown Indoor Invitational, Providence, R.I. Neil D. Steinberg, 46 Roberta Ave., Pawtucket, RI 02860. 401/728-2869 (eve). SASE.

March 15. TAC Masters Eastern Regional Indoor Championships, Brown U., Providence, R.I. Neil D. Steinberg, 46 Roberta Ave., Pawtucket, RI 02860. 401/728-2869 (eve). SASE.

EAST

January 4. Bud Light/PA Masters Indoor Championships, Dickinson College, Carlisle, Pa. Scott Thornsley, 18 Colgate Drive, Camp Hill PA 17011-7624. 717/737-2385, till 11 p.m.

February 1. West Penn Track Club Open & Masters Indoor Championships, 11 a.m., Slippery Rock U., Slippery Rock, Pa. Sue Kline, 1245 Alamae Lakes Rd., Washington PA 15301. 412/228-1872, before 9:30 p.m.

March 8. New Jersey TAC Masters Indoor Championships, Peddie School, Hightstown N.J., New Jersey Striders, P.O. Box 742, Madison, NJ 07940.

May 31. New Jersey TAC Masters Outdoor Championships, Rutgers University. Matt Brown, 20 Southfield Road, Edison, N.J. 08820.

August 9. Tri-State TC Classic, Hagerstown, Md. Wayne Vaughn, 734 W. Franklin St., Hagerstown, MD 21740. 301/733-6076.

September 6. Potomac Valley Games, Washington, D.C. area. Sal Corrallo, 3466 Roberts Lane, N. Arlington, Va. 22207.

SOUTHEAST

December 28. Holiday Weight & Regular Pentathlon, Delray Beach, Fla. Randy Cooper or Phil Partridge, 222 NE 22 Lane, Delray Beach FL 33444. 305/278-2241.

April 24-26. 22nd Annual Palm Beach Championships, Lake Worth, Fla. Palm Beach T&F Championships, 6301 Dockside Circle, Greenacres City, FL 33463. Joe Valdes, 305/968-7171.

June 6. TAC Southeast Regional Masters Championships, National Club Championship, Emory U., Atlanta, Ga. Lila Brasher, Atlanta TC, Inc., 3097 E. Shadowlawn Ave. N.E., Atlanta, GA 30305. 404/231-9065.

June 13-14. 12th Annual Northwest Classic, Miami-Dade C.C., Miami, Fla. Jesse Holt, 1310 N.W. 90 St., Miami, FL 33147. 305/836-2409.

September 5. Blue Cross/Blue Shield of Virginia 12th Annual Virginia State Masters Championships, Charlottesville, Va. Karen Beaver, 311 Westminster Rd., Charlottesville, VA 22901.

MIDWEST

January 3. Lake Erie Open & Masters Indoor Championships, Maple Heights High, Maple Heights, Ohio. 9 a.m. Charlie Hall, 18616 Restor Ave., Cleveland OH 44122. 216/561-5092.

January 18. Illinois Masters Indoor Grand Prix. Location tba. Dick Green, P.O. Box 6147, Rockford, IL 61125. 818/397-5685.

February 1. Illinois Masters Indoor Classic, Westwood Sports Center, Sterling. Dick Green, P.O. Box 6147, Rockford, IL 61125. 815/397-5685.

February 14. 3rd Annual Athlete's Foot Open & Masters Indoor Championships, Augustana College, Rock Island, N.Y. Pete Stopoulos, 1029 16th Ave., E. Moline, IL 61244. 309/755-2655.

March 1. Illinois Masters Indoor Grand Prix. Location tba. Dick Green, P.O. Box 6147, Rockford, IL 61125. 815/397-5685.

March 15. TAC Midwest Regional Masters Indoor Championships, Westwood Sports Center, Sterling, Ill. See March 1.

April 25. North Coast Relays Championships, Mayfield H.S., Mayfield, Ohio. James A. Barrett, 3801 Shannon Rd., Cleveland Heights, OH 44118.



MID-AMERICA

May 25-28. St. Louis Senior Olympics, St. Louis, Mo. Suzy Seldin, Coordinator, No. 2 Millstone Campus, St. Louis, MO 63146.

June 27-July 2. U.S. National Senior Olympics, swimming, archery, etc. 55-and-up. Joy Rice, Administrative Director, 321 West Port Plaza, Suite 202, St. Louis MO 63146. 314/576-1987.

August 9. Chillicothe Masters Meet, Chillicothe, Mo. Joe J. Shy, Jr., P.O. Box 745, Chillicothe, MO 64601.

August 29-30. Rocky Mountain Masters Games, Boulder, Colorado. Jim Weed, 11672 E. 2nd Ave., Aurora CO 80010. 303/341-2980.

SOUTHWEST

May 20-23. Texas Senior Games, University of Texas-Arlington. 50-plus. Dorothy Franey Langkop, P.O. Box 676, Richardson, TX 75080. 214/351-3125.

July 11. West Texas Masters Meet, Ozona, Texas. Pete Maldonado, P.O. Box 1584, Ozona, TX 76943. 915/392-3802; 392-5501, X218.

Continued on page 21

Continued from page 20

WEST

1986-1987. Hawaii Masters TC All-Comers Meet, Punahoa School, Hawaii. Each Saturday 3:00 p.m. Stan Thompson, 2614 Halekoa Dr., Honolulu, HI 96821. 808/734-8450.

December 13-14. 17th Annual Winter Decathlon/Heptathlon, Long Beach State College, Long Beach, Calif. Open and 10-year age groups from 30 to 70 + for decathlon. Heptathlon: one division only. Masters rules applied. Scoring with 1985 IAAF tables. Mark Reiff, CSULB Athletic Dept., 1250 Bellflower Blvd., Long Beach CA 90840. 213/498-4666.

December 27. Christmas Pole Vault Classic, Long Beach State College, Calif. Masters division. 213/498-4666.

February 14. The Cal-State Bakersfield/Bakersfield Californian Invitational, Bakersfield, Calif. masters events start at 10:00 a.m. Charles Craig, 9001 Stockdale Hwy., Bakersfield, CA 93311. 805/833-2347; 833-2189.

February 14. All-comers meet, Long Beach State College, Calif. 213/498-4666.

March 14. Sport-Arcade II, Los Angeles. Marvin Thompson, PO Box 2981, Beverly Hills, CA 90213-2981. 213/388-9689.

April 25. The Ken Carnine Classic, California State U. at Sacramento. Michael Ackley, 4649 Oakbough Way, Carmichael, CA 95608. 916/966-8987.

May 16. Pacific Association/TAC Open & Masters Championships, Los Gatos H.S., Los Gatos, Calif. Willie Harmatz, P.O. Box 1328, Los Gatos, CA 95031. 408/354-5660.

May 23. Anteaters Masters Classic, U. of California, Irvine, Calif. Dave Lewis, 505

Begonia Ave., Corona del Mar, CA 92625. 714/673-2025.

May 30. Southern California Striders Meet of Champions. Site to be determined. Hugh Cobb, 2963 Galena, Simi Valley, CA 93065.

June 20. SCA/TAC Masters Championships, Occidental College, Los Angeles, Calif. SASE to Woody Studenmund, 1256 Clubhouse Dr., Pasadena, CA 91105.

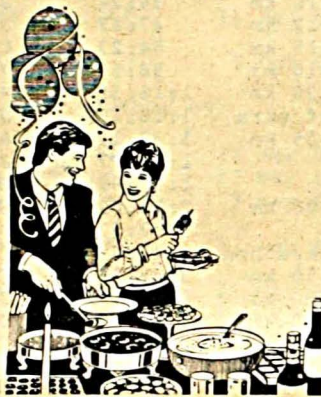
June 27. Trojan Masters Invitational, Los Angeles, Calif. Entry deadline June 17. Jim Vernon, 1147 W. Rowland Ave., West Covina, CA 91790. 818/338-1623.

July 11. 3rd Annual Patriots Summer Relays and 2nd Annual California Masters Team Championships, Southwest College, Los Angeles. Marvin Thomason, PO Box 2981, Beverly Hills CA 90213-2981. 213/388-9689.

July 25-26. TAC Masters Western Regional Championships, Fresno, Calif. Hugh Adams, 7904 S. McCall, Selma CA 93662. 209/896-2435.

NORTHWEST

July 3-4. TAC Northwest Regional Masters Championships. Mt. Hood CC, Gresham, Oregon. Jim Puckett, Gresham, OR 97030. 503/667-7354.

**INTERNATIONAL**

November 28-December 6, 1987. VII World Veterans Games, Melbourne, Australia. Men 40+. National Masters News VII World Veterans Games Tours, Sports Travel International, P.O. Box 7823, San Diego, CA 92107. 619/225-9555. Telex 295443.

LONG DISTANCE RUNNING NATIONAL

December 6. U.S. TAC National Masters 8K Championships, Tampa, Florida. Dick Lacey, 1207 S. Duncan Ave., Clearwater FL 33516. 813/447-7161.

January 10. U.S. TAC National Masters Marathon Championships, Calloway Gardens, Pine Mountain, Georgia. Theus W. (Buddy) Rogers, Jr., Columbus TC, 4529 Heddingham Lane, Columbus, GA 31907. 404/568-1625.

March 14. U.S. TAC National Masters 5K Championships. Piedmont Park, Atlanta, Georgia. Bill Eppright, 3097 E. Shadowlawn Ave., NE, Atlanta, GA 30305. 404/231-9065.

NEW ENGLAND

April 20 (Monday). Boston Marathon, Hopkinton to Boston, Mass. Deadline March 23, 1987, SASE to Boston Marathon, 17 Main St., Hopkinton, MA 01748. 617/435-6905.

EAST

December 7. Brian's Run 10K, West Chester, Pa. Brian's Run, West Chester U., P.O. Box 2440, West Chester, PA 19383. 215/436-3383.



William Stoddart of Britain, first M55 in the 10K (33:18) and second in the marathon (2:36:27), October 5, World Veterans Championships, Vancouver, B.C.

SOUTHEAST

December 13. Humana Rocket City Marathon, Huntsville, Ala. Huntsville TC, c/o Harold Tinsley, 8811 Edgehill Dr., Huntsville AL 35802.

January 3. Charlotte Observer Marathon & Women's 10K, Charlotte, N.C. Cash prizes to M&W40+ in both races. Do Fleck, Charlotte Observer Marathon, P.O. Box 30294, Charlotte, NC 28230. 704/379-6896.

February 7. 10th Gasparilla Distance Classic 15K/5K, Tampa, Fla. Gasparilla Distance Classic, P.O. Box 1881, Tampa, FL 33601. 813/229-7866.

SOUTH WEST

January 18. 15th Annual Houston-Tenneco Marathon, Houston, Texas. Houston-Tenneco Marathon, P.O. Box 56682, Houston, TX 77027.

February 15. 22nd Annual Mardi Gras Marathon, New Orleans TC, P.O. Box 52003, New Orleans, LA 70152-2003. 504/362-0090.

WEST

December 7. NIKE/San Francisco Half-Marathon, Golden Gate Park, San Francisco, Calif. SASE to Pamakid Runners, P.O. Box 27557, San Francisco, CA 94127. 415/681-RACE.

December 13. 1st Annual Brethren Races (1K, 5K, 8K), Paramount, Calif. Randall Shelley, 15733 S. Orange Ave., Paramount CA 90723. 213/865-8434. Special awards. 5-year age-groups thru 90+.

December 20. George Guerrero 8K, S. El Monte, Calif. Arthur Martinez, 9502 Reichling Lane, Pico Rivera, CA 90660. 213/942-8774.

January 18. 23rd Annual Mission Bay Marathon, San Diego, Calif. Ron Yellin, Director, 11315 Cascada Way, San Diego, CA 92124. 619/569-7338 (eve).

January 25. 9th Annual Redondo Beach Super Bowl Sunday 10K, Redondo Beach, Calif. SPS 10K Run Committee, P.O. Box 637, Redondo Beach, CA 90277. 213/548-4288.

ON TAP FOR DECEMBER

The 8th annual national convention of The Athletics Congress gets under way in Tampa on the 2nd. Masters Track & Field and Long Distance Running Committees will meet continuously from the 4th through the 6th. Everyone is welcome.

TRACK & FIELD

It's a quiet month, with a smattering of all-comers and decathlon events in warmer climes, and the annual Holiday Pentathlons in Florida on the 28th.

LONG DISTANCE RUNNING

The final U.S. National Masters Championship of the year — the 8K — is set for Tampa on the 6th during the convention. Brian's 10K Run in Pennsylvania and the Nike-San Francisco half-marathon are set for the 7th.

The Rocket City Marathon, which stages its 11th annual affair in Huntsville, Ala. on the 13th, always puts out the red carpet for masters runners.

Happy holidays! □



January 31. 8th Annual Paramount 10K, Paramount, Calif. SASE to Paramount 10K, 15734 Paramount Blvd., Paramount, CA 90723. 213/531-3503 or 714/841-5417.

January 31. Paramount 10K Special World Masters Division. Run as part of Paramount 10K. Entrants must meet age-group qualifying standards. Cash awards 1st through 5th, all divisions, m & w. Contact: see above.

February 7. 21st Las Vegas Marathon, Las Vegas, Nev. Over \$10,800 masters prize money. Las Vegas Marathon, Al Boka, Director, P.O. Box 81262, Las Vegas, NV 89180.

March 1. Los Angeles Marathon, Los Angeles. No race-day registration. SASE to L.A. Marathon, P.O. Box 67750, Los Angeles, CA 90067. 213/879-1987.

INTERNATIONAL

March 15-17. 20th World Veterans (IGAL) Cross Country, 10K and 25K Championships, Israel. Men 40+, Women 35+. Barry Shaw, 6 Shmuel Hanatziv Street, Netanya, Israel 42281. Telephone: 053-31343. Telex: 341929. □



Alan Rushmer, M40, of Britain, finishing first in 30:47 in the World Veterans 10K Championships, Vancouver, B.C., October 4.

Photo by Wayne Chose

AMERICAN FIVE-YEAR AGE-GROUP LONG DISTANCE ROAD RECORDS

AS OF NOVEMBER 1, 1986

(Compiled by the National Running Data Center, and recognized as the official U.S. road records by The Athletics Congress (TAC) and the Road Runners Club of America (RRCA).)

Abbreviations

a point-to-point course
d pending verification of date of birth by birth certificate
p pending remeasurement of the course or receipt of stopped times
R mark submitted for ratification
y mark established at 5 miles rather than 8 kilometers

Men- 40 thru 44

5 km	14:59	pd	Bill Sevald (40,CA)	15 Jun 86
8 km	25:12		Kirk Randall (42,MA)	25 Jul 84
	25:05ay		Tony Mifsud (40,MI)	18 Mar 84
	24:56aypd		Bruce Mortenson (42,MN)	16 Mar 86
10 km	29:57		Barry Brown (40,NY)	18 Aug 84
12 km	39:04	pd	Mike Heffernan (42,OR)	5 May 83
15 km	45:58		Bill Stewart (40,MI)	5 Feb 83
10 mi	49:46		Barry Brown (40,NY)	31 Mar 85
20 km	1:05:36		Tony Mifsud (41,MI)	14 Apr 85
	1:05:14	pd	Bruce Mortenson (42,MN)	12 Apr 86
hf mara	1:07:54		Herb Lorenz (40,NJ)	16 Sep 79
	1:06:25	R	Barry Brown (40,NY)	16 Sep 84
	1:06:31a	p	Mike Manley (40,OR)	22 Aug 82
25 km	1:21:25	pd	Bruce Mortenson (41,MN)	15 Sep 85
30 km	1:40:52		Hal Higdon (42,IN)	23 Sep 73
	1:38:25a	d	Bruce Mortenson (41,MN)	6 Oct 85
marathon	2:23:08		William Hall (42,NC)	12 Sep 82
	2:17:10	p	Mike Manley (40,OR)	16 Jan 83
	2:15:15a		Barry Brown (40,NY)	30 Sep 84
50 km	3:00:00		Jeff Wall (40,CA)	6 Nov 82
50 mi	5:10:13		Bernd Heinrich (41,VT)	4 Oct 81
100 km	6:38:21		Bernd Heinrich (41,VT)	4 Oct 81
100 mi	15:54:05	p	Jack Sheridan (44,TX)	19 Feb 83

Men- 45 thru 49

5 km	15:05	p	Sal Vasquez (45,CA)	16 Jun 85
8 km	25:49y	p	Herb Lorenz (46,NJ)	18 May 85
10 km	31:06		Sal Vasquez (45,CA)	4 Aug 85
	30:51	p	Sal Vasquez (45,CA)	27 May 85
12 km	40:31	pd	William Johnston (46,UT)	20 May 84
15 km	47:28	p	Sal Vasquez (45,CA)	16 Mar 85
10 mi	51:55	p	Sal Vasquez (45,CA)	17 Nov 85
20 km	1:06:26	p	Darryl Beardall (45,CA)	6 Feb 82
	1:06:23	pd	Mike Heffernan (45,OR)	12 Apr 86
hf mara	1:09:15		Oscar Moore (45,NJ)	18 Sep 83
25 km	1:22:49	pd	Dan Conway (45,WI)	9 Sep 84
30 km	1:45:43	d	Jim McDonagh (47,NY)	28 Mar 71
marathon	2:28:46		John Brennan (45,CA)	13 Sep 81
	2:25:50	p	Jim Bowers (45,CA)	14 Oct 84
	2:26:45a		William A Johnston (45,UT)	2 Oct 82
	2:21:32a	R	Jim Bowers (45,CA)	16 Jun 84
50 km	3:10:15	d	Mel Williams (46,VA)	1 Apr 84
50 mi	5:29:44	d	Roger Rouiller (47,GA)	13 Oct 85
100 km	8:22:29	p	Lary Webster (49,WA)	24 Apr 83
100 mi	14:58:34	pd	Don Jewell (46,NY)	7 Nov 84

Men- 50 thru 54

5 km	15:55.8pd		Bill Foulk (51,NH)	8 Sep 84
8 km	25:42y		Norm Green (52,PA)	27 Jun 84
	25:25a	p	Ray Hatton (51,OR)	5 Jun 83
10 km	31:48		Ray Hatton (50,OR)	23 May 82
12 km	40:07	p	Hal Higdon (51,IN)	31 Oct 82
15 km	49:24		Norm Green (53,PA)	30 Jun 85
	49:15	p	Norm Green (51,PA)	13 May 84
10 mi	52:53		Norm Green (50,PA)	27 Mar 83
20 km	1:05:50		Norm Green (50,PA)	29 May 83
hf mara	1:09:30		Norm Green (52,PA)	16 Sep 84
25 km	1:24:12		Norm Green (51,PA)	27 May 84
30 km	1:46:42	p	Norm Green (51,PA)	17 Dec 83
marathon	2:29:11		Norm Green (51,PA)	6 May 84
	2:25:51	p	Norm Green (52,PA)	2 Dec 84
	2:26:06a		Norm Green (52,PA)	30 Sep 84
50 km	3:19:33		John L Sullivan (50,MA)	13 Mar 82
50 mi	5:35:03		Ted Corbitt (50,NY)	18 Oct 70
100 km	7:38:43		John L Sullivan (50,MA)	3 Oct 82
100 mi	17:02:04	pd	Herb Fred (53,TX)	19 Feb 83

Men- 55 thru 59

5 km	16:59.6pd		Tony Sapienza (56,MA)	14 Sep 85
8 km	27:54		Ross Smith (55,NV)	19 May 83
	27:54y	d	Jack Angel (55,OK)	11 Jul 82
10 km	33:49	p	Alex Ratelle (57,MN)	27 Mar 82
12 km	44:35	p	Orlo Kenniston (58,WA)	19 May 85
15 km	50:57	p	Alex Ratelle (56,MN)	29 Aug 81

10 mi	58:12		Hubert Morgan (58,PA)	30 Mar 80
20 km	1:13:23		Ross Smith (55,NV)	29 May 83
	1:09:59	p	Alex Ratelle (56,MN)	5 Sep 81
hf mara	1:15:26		Ed Almeida (55,CA)	4 Jul 77
	1:14:47	pd	Gaylon Jorgensen (56,UT)	17 Nov 85
	1:14:20a	pd	Patrick Devine (57,CA)	19 Apr 86
25 km	1:31:36	p	Alex Ratelle (58,MN)	11 Sep 83
30 km	1:57:49		Bob Bartling (55,SD)	27 Sep 81
	1:52:42	p	Howard Rubin (55,NY)	17 Dec 83
marathon	2:37:40		Alex Ratelle (58,MN)	12 Sep 82
	2:30:41a	R	Alex Ratelle (56,MN)	20 Jun 81
50 km	3:56:15	pd	Conrad Carr (56,MN)	7 Nov 81
50 mi	5:53:08		Alex Ratelle (57,MN)	4 Oct 81
100 km	9:32:50	pd	John Stowers (56,TX)	19 Jan 85
	9:31:32	pd	James Maganas (57,MI)	13 Oct 85

Men- 60 thru 64

5 km	17:00	R	Jim O'Neil (61,CA)	1 Jun 86
8 km	30:44y	d	Rudy Nimmons (61,SC)	1 Aug 81
	28:15	p	Jim O'Neil (60,CA)	14 Jul 85
10 km	34:27		Jim O'Neil (60,CA)	4 Aug 85
12 km	47:27	pd	Joe Powers (60,IL)	6 Oct 85
15 km	54:23		Clive Davies (62,OR)	25 Jun 78
10 mi	58:55		John Hosner (60,VA)	31 Mar 85
20 km	1:16:55	p	Hubert Morgan (62,PA)	23 Sep 84
hf mara	1:18:10		John Hosner (60,VA)	15 Sep 85
25 km	1:37:13	p	Alex Ratelle (61,MN)	15 Sep 85
	1:35:27	p	Jim O'Neil (61,CA)	7 Sep 86
	1:41:07a		Don Longenecker (64,NM)	25 Jan 81
30 km	2:03:02	p	Gerald Horton (61,HI)	28 Aug 84
	2:02:57a		Don Longenecker (64,NM)	25 Jan 81
marathon	2:42:44		Clive Davies (64,OR)	28 Oct 79
50 km	3:48:56	p	Frans Pauwels (62,OR)	18 Apr 81
50 mi	6:24:18	p	Frans Pauwels (60,OR)	29 Oct 78
100 km	9:31:25	p	George Billingsley (60,CA)	25 Apr 82

Men- 65 thru 69

5 km	19:31.4pd		John Rastani (66,NY)	20 Oct 85
8 km	29:46		Clive Davies (67,OR)	19 May 83
10 km	35:52		Clive Davies (66,OR)	23 May 82
12 km	44:11	p	Clive Davies (67,OR)	5 May 83
15 km	55:16		Clive Davies (65,OR)	28 Jun 81
10 mi	1:07:42	R	Fletcher Hanks (65,MD)	27 Mar 83
	1:05:33	p	Jack Start (65,NJ)	16 Mar 86
20 km	1:25:59		Ed Vuolo (68,CT)	3 Sep 84
hf mara	1:23:50	d	Michael Bertolini (65,NJ)	15 Sep 85
	1:20:29a	pd	James Talley (65,CA)	19 Apr 86
25 km	1:49:35	p	John Holoubek (66,CA)	19 Sep 82
30 km	1:58:12		Clive Davies (66,OR)	6 Feb 82
marathon	2:42:49		Clive Davies (66,OR)	13 Sep 81
50 km	4:10:34		Victor Harkoff (65,WA)	5 Jan 85
50 mi	7:49:35		Cleo Casady (68,MO)	4 Oct 81
	7:40:00	p	Wilfredo Rios (67,NY)	3 Dec 83
100 km	15:03:46		George Knox (69,OH)	12 Apr 81
	14:05:15	p	Wilfredo Rios (68,NY)	7 Nov 84
100 mi	23:03:25	p	Wilfredo Rios (68,NY)	27 Sep 85

Men- 70 thru 74

5 km	21:10	d	Don Bradley (70,CA)	1 Jun 86
8 km	34:09y		Sandy MacLean (70,NH)	21 Nov 82
	31:32	p	Clive Davies (70,OR)	16 Mar 86
10 km	41:09		Alfred Funk (70,MT)	21 Sep 84
12 km	1:02:03	R	Clive Davies (70,OR)	29 Jun 86
15 km	1:04:00		Eugene Keller (70,OH)	9 Feb 85
	1:02:03	R	Clive Davies (70,OR)	29 Jun 86
10 mi	1:12:05		Ed Benham (73,MD)	5 Apr 81
	1:09:11	pd	Mac Osborn (70,CA)	8 Jan 84
	1:11:39a	pd	Fred Ely (70,NJ)	5 May 85
20 km	1:27:42	p	William Andberg (70,MN)	5 Sep 81
hf mara	1:34:22		Mac Osborn (70,CA)	5 Feb 84
	1:34:15	p	Eugene Keller (71,OH)	29 Sep 85
	1:31:38a	pd	Adrian Villagran (70,CA)	19 Apr 86
25 km	1:59:08		Vernon Geary (70,VA)	22 Jan 83
	1:39:59	R	Clive Davies (70,OR)	8 Sep 85
30 km	2:25:58		Vernon Geary (70,VA)	5 Feb 83
marathon	3:07:26		Monty Montgomery (71,CA)	16 Oct 77
	3:04:16a	R	Clive Davies (70,OR)	6 Oct 85
50 km	4:34:51		Ed Benham (74,MD)	13 Mar 82
50 mi	12:39:18		George Knox (72,OH)	1 Apr 84
	10:04:17	d	Bill Shrader (70,NY)	6 Apr 86
100 km	15:03:53	pd	Steve Cole (71,CA)	19 Apr 86

Continued on next page

Continued from previous page

Men- 75 thru 79

5 km	21:11.1p	Ed Benham (76,MD)	5 Feb 84
8 km	34:40	Ed Benham (75,MD)	4 Dec 82
	34:21 p	Ed Benham (78,MD)	29 Sep 85
10 km	43:24	Ed Benham (75,MD)	25 Jun 83
12 km	1:06:34 R	Ed Benham (75,MD)	3 Oct 82
15 km	1:06:34	Ed Benham (75,MD)	3 Oct 82
10 mi	1:12:13	Ed Benham (76,MD)	1 Apr 84
	1:12:11 p	Ed Benham (78,MD)	13 Oct 85
20 km	1:30:10	Ed Benham (75,MD)	29 May 83
hf mara	1:37:51	Ed Benham (75,MD)	13 Apr 83
25 km	1:56:18	Ed Benham (75,MD)	6 Nov 82
30 km	2:51:40	Ed Benham (77,MD)	23 Sep 84
	2:28:00 R	Ed Benham (78,MD)	7 Dec 85
marathon	3:34:42	Ed Benham (76,MD)	6 Nov 83
	3:33:27 p	Ed Benham (77,MD)	2 Dec 84
50 km	5:03:38	Ed Benham (77,MD)	23 Oct 84
50 mi	11:22:44	Ben Mostow (78,IL)	4 Oct 81

Men- 80 thru 84

5 km	31:10 p	Max Popper (83,NY)	16 Aug 86
8 km	41:23y p	Max Popper (80,NY)	9 Jul 83
10 km	53:45a	Max Popper (81,NY)	1 Jul 84
12 km	1:09:05 pd	Cyril Woods (81,OR)	5 May 83
15 km	1:29:04	Cyril Woods (81,OR)	26 Jun 83
10 mi	1:44:34	Waldo McBurney (80,KS)	30 Jul 83
	1:30:59 p	Max Popper (80,NY)	28 Apr 84
20 km	1:58:35 p	Paul Spangler (81,CA)	27 Apr 80
hf mara	1:59:21 p	Max Popper (80,NY)	28 Aug 83
25 km	2:23:43	Max Popper (80,NY)	2 Oct 83
30 km		no marks	
marathon	4:53:11	Paul Spangler (84,CA)	24 Jul 83
50 km		no marks	
50 mi	12:13:35	Ben Mostow (80,IL)	2 Oct 83

Men- 85 thru 89

5 km	38:36.3p	Jacob Bishin (85,CA)	22 Mar 86
8 km	47:03y p	Paul Spangler (85,CA)	17 Mar 85
10 km	58:50	Paul Spangler (85,CA)	3 May 84
12 km		no marks	
15 km	1:32:00	Paul Spangler (85,CA)	13 Oct 84
10 mi		no marks	
20 km	2:07:49 p	Paul Spangler (85,CA)	25 Mar 84
hf mara	2:50:53a d	Noel Johnson (85,CA)	19 Aug 84
25 km		no marks	
30 km		no marks	
marathon	5:21:51 p	Paul Spangler (85,CA)	2 Dec 84

Men- 90 thru 94

5 km	45:41 pd	Herb Kirk (90,MT)	31 May 86
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Women- 40 thru 44

5 km	17:00 pd	Gabriele Anderson (40,ID)	16 Jun 85
8 km	28:41	Judy Fox (40,CA)	4 Jan 81
	28:12y p	Cindy Dalrymple (41,NY)	9 Jul 83
10 km	34:44	Cindy Dalrymple (41,NY)	13 Aug 83
	34:29 p	Cindy Dalrymple (41,NY)	15 May 83
	34:01a pd	Gabriele Anderson (41,ID)	28 Sep 86
12 km	44:49 p	Carol Flexer (42,WA)	19 May 85
15 km	54:46	Cindy Dalrymple (40,NY)	27 Jun 82
10 mi	58:28	Cindy Dalrymple (41,NY)	27 Mar 83
20 km	1:18:22 d	Jane Arnold (43,CT)	3 Sep 84
hf mara	1:20:47	Shirley Matson (41,CA)	5 Jul 82
	1:19:54 p	Shirley Matson (43,CA)	29 Sep 84
	1:18:44 pd	Madeline Harmeling (40,NY)	23 Mar 86
	1:19:33a p	Cindy Dalrymple (41,NY)	19 Jun 83
25 km	1:39:11 d	Karen Lanterman (40,CA)	22 Jul 84
30 km	1:59:04 pd	Elaine Kirchen (41,NY)	17 Dec 83
	1:57:41a	Cindy Dalrymple (41,NY)	20 Mar 83
marathon	2:43:36	Cindy Dalrymple (40,NY)	26 Sep 82
	2:39:11a	Miki Gorman (41,CA)	24 Oct 76
50 km	3:58:42	Vicki Johnson (41,TN)	15 Dec 84
50 mi	6:24:19	Sandra Kiddy (44,CA)	3 May 81
100 km	9:43:03	Vicki Johnson (41,TN)	15 Dec 84
	9:10:39 p	Lydi Pallares (40,FL)	27 Jan 79
100 mi	17:58:13 p	Kay Moore (42,CO)	7 Nov 84

Women- 45 thru 49

5 km	18:49.3pd	Gina Faust (49,CA)	18 May 86
8 km	31:22 pd	Gina Faust (48,CA)	8 Dec 85
10 km	36:29	Mila Kania (49,NY)	5 Oct 80
12 km	52:12 pd	Sue Nebel (45,IL)	6 Oct 85
15 km	58:18	Dorothy Stock (48,CA)	6 Dec 80
	57:10 pd	Shirley Matson (45,CA)	1 Mar 86
	55:52 d	Shirley Matson (45,CA)	29 Jun 86
10 mi	1:03:29	Joan Reiss (45,CA)	9 Jan 83
	1:03:19 p	Karen Scannell (45,CA)	8 Jan 84
	1:01:12 pd	Shirley Matson (45,CA)	24 Apr 86
20 km	1:19:08	Anne Bing (45,CT)	3 Sep 84
hf mara	1:24:07	Dorothy Stock (47,CA)	4 Jul 80
	1:20:26 pd	Shirley Matson (45,CA)	8 Dec 85
25 km	1:38:50	Karen Scannell (45,CA)	22 Jul 84
30 km	2:05:31 p	Sandra Kiddy (46,CA)	29 Oct 83
marathon	2:53:22	Sandra Kiddy (45,CA)	11 Jul 82

50 km	3:32:34	Sandra Kiddy (47,CA)	17 Dec 83
50 mi	6:09:09	Sandra Kiddy (47,CA)	1 Apr 84
100 km	7:59:59	Sandra Kiddy (45,CA)	3 Oct 82
	7:49:17a	Sandra Kiddy (47,CA)	27 Oct 84
100 mi	15:12:54 p	Sandra Kiddy (49,CA)	14 Dec 85

Women- 50 thru 54

5 km	19:09 pd	Vicki Bigelow (51,CA)	15 Jun 86
8 km	30:47y p	Marion Irvine (54,CA)	14 Jan 84
10 km	37:43	Marion Irvine (52,CA)	31 May 82
12 km	52:00 pd	Faith Walkwitz (51,IL)	6 Oct 85
15 km	57:52 p	Marion Irvine (54,CA)	8 Apr 84
10 mi	1:03:46	Marion Irvine (53,CA)	9 Jan 83
20 km	1:23:16	Marion Irvine (52,CA)	25 Oct 81
hf mara	1:23:16	Marion Irvine (52,CA)	25 Oct 81
25 km	1:45:14	Margaret Miller (54,CA)	2 Mar 80
30 km	2:13:51 d	Anny Stockman (53,NY)	7 Dec 85
marathon	2:52:02	Marion Irvine (54,CA)	12 May 84
	2:51:01a p	Marion Irvine (54,CA)	4 Dec 83
50 km	4:15:12 pd	Matilee Christman (53,IL)	30 Dec 84
50 mi	7:10:58 p	Ruth Anderson (50,CA)	17 Feb 80
100 km	10:58:31 d	Joan Baker (50,TN)	14 Dec 85
	10:34:15 pd	Marty Maricle (52,CA)	19 Apr 86

Women- 55 thru 59

5 km	20:08.1p	Margaret Miller (59,CA)	19 May 85
8 km	32:42y	Margaret Miller (57,CA)	22 Oct 83
	32:10	Margaret Miller (58,CA)	18 Nov 84
10 km	40:08 p	Helen Dick (59,CA)	27 May 84
12 km	52:57 pd	Melba Hatch (57,MI)	6 Oct 85
15 km	1:03:28	Margaret Miller (58,CA)	13 Oct 84
10 mi	1:09:55	Barbara Meadows (55,AZ)	16 Jun 85
	1:08:50 R	Toshiko D'Elia (56,NJ)	6 Apr 86
	1:06:42 p	Margaret Miller (58,CA)	3 Jun 84
20 km	1:29:22	Margaret Miller (58,CA)	25 Mar 84
hf mara	1:28:42	Margaret Miller (58,CA)	26 Aug 84
	1:28:39 p	Margaret Miller (56,CA)	20 Jun 82
25 km	1:52:46	Mary Storey (55,CA)	2 Mar 80
	1:46:37 p	Margaret Miller (58,CA)	23 Sep 84
30 km	2:19:00 p	Helen Dick (55,CA)	10 May 80
marathon	3:07:21	Margaret Miller (56,CA)	11 Jul 82
50 km	6:13:42 d	Carmen Haney (58,VA)	13 Mar 82
	6:01:38 pd	Angela Saldana (56,FL)	31 Dec 83
	5:34:03 d	Adele Milicevic (59,AZ)	4 Jan 86
50 mi	9:28:57 p	Helen Klein (59,KY)	27 Mar 82
	8:51:18 pd	Ruth Anne Bortz (55,CA)	16 Feb 86
100 km	17:11:01 pd	Sarama Minoli (57,NY)	7 Nov 84
	10:55:00 p	Ruth Anderson (56,CA)	19 Apr 86

Women- 60 thru 64

5 km	20:32.6p	Margaret Miller (60,CA)	30 Mar 86
8 km	34:58	Helen Dick (60,CA)	21 Jul 85
	34:13y p	Helen Dick (61,CA)	17 Nov 85
10 km	43:55	Helen Dick (60,CA)	16 Sep 84
	42:15 p	Helen Dick (60,CA)	23 Sep 84
	41:21 p	Helen Dick (60,CA)	2 Dec 84
	40:57 p	Helen Dick (60,CA)	17 Mar 85
12 km	1:05:28 pd	Lillian Olson (62,OR)	20 May 84
15 km	1:11:55	Mary Storey (60,CA)	13 Oct 84
	1:07:33 p	Helen Dick (60,CA)	4 Jul 85
10 mi	1:10:17 R	Helen Dick (60,CA)	16 Jun 85
20 km	1:36:31 pd	Patricia Dixon (63,OR)	10 Apr 82
	1:29:08 p	Margaret Miller (60,CA)	23 Mar 86
hf mara	1:39:01	Helen Dick (60,CA)	26 Aug 84
	1:35:02 p	Helen Dick (60,CA)	4 Apr 85
25 km	2:03:41	Mary Storey (60,CA)	22 Jul 84
30 km	2:54:13 p	Mary Rodriguez (62,NY)	17 Dec 83
	2:35:22a	Althea Wetherbee (61,NY)	25 Jan 81
marathon	3:15:30	Helen Dick (60,CA)	21 Oct 84
50 km	5:00:29 p	Josephine Hess (64,WA)	25 Apr 82
50 mi	9:01:38 p	Helen Klein (61,KY)	19 Feb 84
100 km	13:01:43	Helen Klein (60,KY)	2 Oct 83

Women- 65 thru 69

5 km	24:27 R	Gerry Davidson (65,CA)	1 Jun 86
	22:33 p	Jaclyn Caselli (65,CA)	15 Jun 86
8 km	39:33	Edna Laflin (65,AZ)	27 Aug 83
	37:51a pd	Patricia Dixon (66,OR)	2 Jun 85
10 km	47:55	Kay Atkinson (65,CA)	31 May 82
12 km	1:01:08 p	Algene Williams (69,IL)	6 Oct 85
15 km	1:18:04	Algene Williams (69,IL)	9 Feb 85
10 mi	1:23:00	Algene Williams (68,IL)	3 Sep 84
20 km	1:49:39 p	Algene Williams (67,IL)	24 Sep 83
	1:44:36 pd	Patricia Dixon (67,OR)	12 Apr 86
hf mara	2:09:21	Evelyn Havens (66,NY)	19 Sep 82
	2:04:50 pd	Margaret Lee (65,HI)	12 May 85
	2:01:59 pd	Margaret Lee (66,HI)	18 May 86
	1:47:56a R	Josephine Hess (67,WA)	29 Sep 85
25 km	2:49:02 p	Adeline Baptista (65,MA)	12 Jun 83
30 km	2:47:51 p	Edna Laflin (65,AZ)	29 Oct 83
marathon	3:49:26 p	Marcie Trent (65,AK)	8 May 83
	3:47:24a	Marcie Trent (65,AK)	18 Apr 83
50 km	5:11:50 p	Josephine Hess (65,WA)	24 Apr 83

Continued on next page

AGE-GROUP WINNERS OF MAJOR MASTERS RACES IN 1986

MASTERS 10K PARAMOUNT, CA JANUARY 25	PRICE CHOPPERTON 30K, ALBANY, NY MARCH 23	AZALEA TRAIL 10K MOBILE, AL MARCH 8	NIKE CHERRY BLOSSOM 10 MILE, WASHINGTON-APRIL 6	BOSTON MARATHON BOSTON, MA APRIL 21	COTTON ROW 10K HUNTSVILLE, AL MAY 26
M40 Tracy Smith	Lee Sargent	Atlaw Belilgne	Barry Brown	Mick Hurd	Atlaw Belilgne
M45 George Cohen	Lee Wilcox	A Migue	Fay Bradley	---	Dan Conway
M50 John Brennand	John Dugdale	Bill Olrich	Norm Green	John Weston	Bill Olrich
M55 Gaylon Jorgensen	Howard Rubin	B Morton	Gaylon Jorgenson	Gaylon Jorgensen	Ben Morton
M60 Jim O'Neil	Hubert Morgan	G English	John Hosner	Francesco DeMarco	Gordon English
M65 Don Dilworth	Dan Geer	S Hudson	---	Hiroshi Onuma	---
M70 Dorse Dubois	Bill Shrader	---	W Barkas	---	---
M75 Mel Shine	Bill McNeil	---	---	---	---
M80 Willard Benton	---	---	---	---	---
M85 Paul Spangler	---	---	---	---	---
W40 Harolene Walters	Fordie Madeira	Gabriele Andersen	Carol Lasseter	Evy Palm	Judy Pickert
W45 Gina Faust	R Truncali	Mary Anne Wehrum	Ines Kerch	Joan Reiss	Nancy Parker
W50 Vicki Bigelow	Anny Stockman	M Herbst	Toshiko d'Elia	Wen Shi Yu	Barbara Ramsey
W55 ---	Nancy Gerstenberger	J Arnold	---	J Glassman	---
W60 Helen Dick	E Farias	Alene Park	Alene Park	Margaret Miller	Alene Park
W65 ---	---	M McIntosh	---	---	---
W70 Judy Simon	---	---	---	---	---
W75 Bess James	---	---	---	---	---
W80 ---	---	---	---	Ruth Rothfarb	---
U.S. TAC 15K ST. CLAIRSVILLE, OHIO -- JUNE 7	INTERNATIONAL 25K BRUGGE, BELGIUM JUNE 29	U.S. TAC MARATHON OLYMPIA, WASH. JULY 27	U.S. TAC 10K ASBURY PARK, N.J. AUGUST 9	CASCADE 15K PORTLAND, OR JUNE 29	U.S. TAC HALF- MARATHON PHILADELPHIA, SEPT 14
M40 George Keim	Barry Brown	John Jordeth	Chris McCubbins	Chris McCubbins	Moses Mayfield
M45 Dick Ashley	Pierre Voets	Maurice Pratt	Sal Vasquez	John Davies	Ralph Zimmerman
M50 Roger Bryan	Jean Van Onselen	Norm Green	Bill Olrich	Ray Hatton	Norm Green
M55 Don Gammie	Piet Van Alphen	Buz Masters	Ken Jones	Earle Ketrick	Ed Stabler
M60 Dean Wilgus	Georg Deschacht	George Boecklin	Jim O'Neil	Bill Williams	Herb Chisholm
M65 ---	Brynmor Jenkins	John Thun	Jack Start	B Lauderback	Jack Start
M70 Don Bradley	Adolf Heunick	Andrew Webster	Austin Newman	Clive Davies	Don Bradley
M75 Ed Benham	Henri Bastien	---	Ed Benham	---	Ed Benham
M80 ---	---	---	---	---	---
M85 ---	---	---	---	---	---
W40 Iris Black	Carol Wild	Charlotte Swanson	Priscilla Welch	Priscilla Welch	Barbara Filutze
W45 Georgette Lacey	Maus Gantenbein	---	Shirley Matson	Shirley Matson	---
W50 ---	Denise Alfvoet	Wen-Shi Yu	Vicki Bigelow	Nancy Hellyer	---
W55 ---	Barbara DePreter	Madonna Buder	Toshiko d'Elia	Colleen Mershon	---
W60 ---	Elfriede Falke	---	Mary Storey	Doris Tisch	Juanita Goldman
W65 ---	---	---	Becky Yencharis	Josephine Hess	Becky Yencharis
W70 ---	---	---	Pearl Mehl	---	Evelyn Havens
W75 Aita Truex	---	---	---	---	---
W80 ---	---	---	Ruth Rothfarb	---	---
U.S. TAC 25K JOLIET, ILL. SEPTEMBER 21	TWIN CITIES MARATHON MINNEAPOLIS, MINN. OCTOBER 12	XIX WORLD VETS 10K VANCOUVER, B.C. OCTOBER 4	WORLD VETS MARATHON VANCOUVER, B.C. OCTOBER 5		
M40 Patrick Davis	Kjell-Erik Stahl	Allan Rushmer	Martin Duff		
M45 Ernie Billups	Mike Heffernan	Dan Conway	Joe Fodor		
M50 Norm Green	Ben Johns	Wilfried Chiau	John Bohnet		
M55 Laurin Blasier	Piet Van Alphen	William Stoddart	John Derek Wood		
M60 Joe Powers	Jim O'Neil	Donald Madge	Herman Baudisch		
M65 Warren Utes	---	William Jenkins	Heinrich Keller		
M70 John Williams	Clive Davies	Lucien Aellen	Naomi Kurkik		
M75 Ed Benham	---	Fa-Pin Li	Ed Benham		
M80 ---	---	Karl Peters	Hugh Clifford		
M85 ---	---	---	Paul Spangler		
W40 Katie Vandergraaf	Gabriele Andersen	Arlene Kasper	Wendy Robertson		
W45 Rosie Anderson	Joyce Smith	Barbara Purdey	Eileen Pue		
W50 Dorothy Koehler	Denise Alfvoet	Vicki Bigelow	Caroline Murray		
W55 Matilee Christman	Toshiko d'Elia	Ruth Carrier	Heidi Muckle		
W60 ---	Margaret Miller	Dorly Brechbuehl	Hazel Cameron		
W65 Carol Peebles	---	Mitsuru Machida	Judith Kazdan		
W70 Algene Williams	---	Ivy Granstrom	---		
W75 Anne Clarke	---	---	---		
W80 ---	---	---	---		

Continued from previous page

Women- 70 thru 74

5 km	26:08	d	Judy Simon (70,CA)	1 Jun 86
8 km	47:57		Bess James (74,CA)	8 Oct 83
	42:42y	p	Algene Williams (70,IL)	1 Jun 86
10 km	57:08	p	Anne Clarke (74,IL)	9 Sep 84
12 km	1:10:09	p	Anne Clarke (73,IL)	31 Oct 82
15 km	1:31:29	p	Anne Clarke (71,IL)	16 Aug 81
	1:28:03	pd	Judy Simon (70,CA)	1 Mar 86
10 mi	1:34:12		Anne Clarke (74,IL)	3 Sep 84
	1:33:29	p	Anne Clarke (73,IL)	30 May 83
	1:28:46	p	Algene Williams (70,IL)	26 May 86
20 km	1:56:49	p	Anne Clarke (74,IL)	24 Sep 83
hf mara	2:20:15		Bess James (73,CA)	4 Jul 83
	2:12:06	d	Ada Thomas (70,CA)	5 Feb 84
	2:06:07a	pd	Judy Simon (70,CA)	24 Aug 86
25 km	2:51:54		Bess James (73,CA)	19 Sep 82
30 km	3:40:33a		Veallon Hixson (74,AZ)	30 Oct 82
marathon	4:37:37		Mavis Lindgren (72,CA)	9 Sep 79

5 km	31:08	R	Bess James (76,CA)	1 Jun 86
8 km	48:29		Bess James (75,CA)	6 Oct 84
	47:18y	p	Anne Clarke (76,IL)	1 Jun 86
10 km	57:34	p	Mavis Lindgren (77,CA)	28 Oct 84
12 km	1:08:21	p	Anne Clarke (76,IL)	6 Oct 85
15 km	1:29:33		Anne Clarke (75,IL)	9 Feb 85
10 mi	1:37:04		Anne Clarke (75,IL)	2 Sep 85
	1:34:09	p	Anne Clarke (75,IL)	27 May 85
20 km	2:18:27	p	Bess James (75,CA)	6 Apr 85
hf mara	2:28:46	p	Bess James (76,CA)	8 Dec 85
25 km	2:59:50	p	Bess James (75,CA)	22 Dec 84
	2:49:48	d	Leona Lugers (79,MI)	10 May 86
30 km			no marks	
marathon	4:56:30		Mavis Lindgren (75,CA)	3 Oct 82
	4:41:45a	pd	Ida Mintz (75,IL)	26 Apr 81

Women- 80 thru 84

8 km	59:47		Mia Wilshusen (80,AZ)	30 Apr 83
10 km	1:05:14	d	Ruth Rothfarb (80,MA)	9 Jan 82
15 km	1:39:44	d	Ruth Rothfarb (80,FL)	22 Nov 81
10 mile			no marks	
20 km	2:26:34	d	Ruth Rothfarb (80,FL)	6 Mar 82
hf mara			no ratifiable marks	
25 km			no marks	
30 km			no marks	
marathon	5:28:37	d	Ruth Rothfarb (80,FL)	16 Jan 82
	5:10:04a	d	Ida Mintz (80,IL)	20 Oct 85

Women- 85 thru 89

5 km			no marks	
8 km			no marks	
10 km	1:36:02	p	Hulda Crooks (86,CA)	7 Nov 82
	1:26:01	pd	Ruth Rothfarb (85,MA)	9 Aug 86

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			2½"	6½"
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30 kilometers				Men- 35 thru 39				30 kilometers				Men- 70 thru 74			
1:44:37	William Knapp	35	Reno	NV	19	Oct,NV-A		2:32:50a	William Brobston	72	Saugerties	NY	24	Mar,NY-A	
1:45:13	Bob Wolfe	38		TX	7	Dec,TX-A		2:36:26a	Vernon Geary	72	Williamsburg	VA	24	Mar,NY-A	
1:48:08a	Steven Campagna	39			29	Sep,OR-A		2:42:33	Dorse DuBois	72	San Antonio	TX	7	Dec,TX-A	
1:48:22a	Steve Perks	38	Poughkeepsie	NY	24	Mar,NY-A		2:43:25	Bill Shrader	70	Middleburgh	NY	7	Dec,TX-A	
1:48:49a	Eric Olsen	37		OR	29	Sep,OR-A		2:54:24a	O.I.L. Webster	71			29	Sep,OR-A	
1:49:00a	Kevin Coughlin	35	Tannersville	NY	24	Mar,NY-A		2:58:03	Masato Shibasaki	73	Honolulu	HI	25	Aug,HI-A	
1:49:43a	Dick Hudson	38	Troy	NY	24	Mar,NY-A		3:00:47vt	Edson Sower	70	Yuma	AZ	31	Dec,AZ-A	
1:49:50a	Dave McKinney	37			29	Sep,OR-A		3:11:46a	John Freeman	70			29	Sep,OR-A	
1:50:12a	John Dancks	35	Syracuse	NY	24	Mar,NY-A									
1:51:06	Giovanni Bartolini	39	Honolulu	HI	25	Aug,HI-A									
30 kilometers				Men- 40 thru 44				30 kilometers				Women- 35 thru 39			
1:38:25a	Bruce Mortenson	41	Minnetonka	MN	6	Oct,MN-A		1:53:04a	Nancy Mieszczyk	36	Buffalo	NY	24	Mar,NY-A	
1:41:50a	Derck Frechette	40	Rochester	NY	24	Mar,NY-A		1:55:27a	Karen Hubbard	35	Ann Arbor	MI	6	Oct,MN-A	
1:42:31a	Ralph Zimmerman	43	Nth Tonawanda	NY	24	Mar,NY-A		1:56:37a	Kathleen Northrop	35	Durham	NH	6	Oct,MN-A	
1:47:22	Robert Gray	40		TX	7	Dec,TX-A		2:04:16a	Elaine Delsman	39	Ashland	OR	29	Sep,OR-A	
1:47:33vt	John Loeschhorn	41	Irvine	CA	26	Dec,CA-A		2:06:26	Georgette Green	37		TX	7	Dec,TX-A	
1:47:47a	Jeff Corkill	42			29	Sep,OR-A		2:07:15a	Linda Strobl	36			29	Sep,OR-A	
1:48:40	Kirk Randall	44	Wellesley	MA	7	Dec,TX-A		2:09:39	Shirley Lindsay	37		TX	7	Dec,TX-A	
1:48:43a	Charles Parmalee	41	Morris	NY	24	Mar,NY-A		2:11:20	Cynthia Kendrick	37		TX	7	Dec,TX-A	
1:49:02a	Warren Finke	43	Portland	OR	29	Sep,OR-A		2:11:22a	Christina Olson	38			29	Sep,OR-A	
1:49:13a	Alan Graves	41			29	Sep,OR-A		2:13:53a	Susan Then	37	Yorktown Hgts	NY	24	Mar,NY-A	
30 kilometers				Men- 45 thru 49				30 kilometers				Women- 40 thru 44			
1:49:11	Jim Gallup	49	Honolulu	HI	25	Aug,HI-A		1:50:49a	Gabriele Andersen	40	Sun Valley	ID	6	Oct,MN-A	
1:51:48a	Jack Meegan	49	Buffalo	NY	24	Mar,NY-A		2:13:10a	Levi Query	40	Portland	OR	29	Sep,OR-A	
1:55:17a	David Haugen	47			29	Sep,OR-A		2:13:24	Susan Weisbrod	41	Nth Brunswick	NJ	25	Aug,HI-A	
1:55:20a	David Reichert	49	Holland	NY	24	Mar,NY-A		2:16:58a	Sue Morgan	41			29	Sep,OR-A	
1:55:33a	Lee Wilcox	46	Troy	NY	24	Mar,NY-A		2:17:06a	Marge Rajczewski	44	Ballston Lake	NY	24	Mar,NY-A	
1:57:09a	Norm Marincic	49	Glens Falls	NY	24	Mar,NY-A		2:18:35a	Juanita Nye	44			29	Sep,OR-A	
1:58:10a	Grant Smith	48			29	Sep,OR-A		2:18:40a	Marilyn Riley	40			29	Sep,OR-A	
1:59:15a	Don Jewell	46	East Islip	NY	24	Mar,NY-A		2:21:33	Margy Ferrara	40			7	Dec,TX-A	
1:59:19a	Robert Murphy	45	Barre	VT	24	Mar,NY-A		2:22:20a	Patti Young	41			29	Sep,OR-A	
2:00:04a	George Buckner	46	Castle Rock	WA	29	Sep,OR-A		2:23:53a	Dorie Quam	41			29	Sep,OR-A	
30 kilometers				Men- 50 thru 54				30 kilometers				Women- 45 thru 49			
1:55:41a	Jay Sturdevant	54	Ridgefield	CT	24	Mar,NY-A		2:10:58a	Rose Gardner	46	Tacoma	WA	29	Sep,OR-A	
1:55:49a	Thomas Barclay	53	Yorktown Hgts	NY	24	Mar,NY-A		2:13:59a	Nancy Hellyer	49	Steilacoom	WA	29	Sep,OR-A	
2:00:14a	Wade Stockman	50	Rensselaer	NY	24	Mar,NY-A		2:21:15	Susie Bartels	48	Kailua	HI	25	Aug,HI-A	
2:00:22a	Lary Webster	52	Seattle	WA	29	Sep,OR-A		2:22:29	Patti Buholm	49	Honolulu	HI	25	Aug,HI-A	
2:02:23	Michael Seich	51		TX	7	Dec,TX-A		2:23:23a	Sara Hopkin	47			29	Sep,OR-A	
2:02:24	Carl Ellsworth	54	Kailua	HI	25	Aug,HI-A		2:24:31a	Marino Kraabel	48	Seattle	WA	29	Sep,OR-A	
2:03:19a	Dennis Dempster	52	Rhinebeck	NY	24	Mar,NY-A		2:27:08	Christa Obara	47	Honolulu	HI	25	Aug,HI-A	
2:03:24a	Cameron Forster	50			29	Sep,OR-A		2:34:32	Barbara Thorne	46			7	Dec,TX-A	
2:03:31a	William Beyer	50	Hyde Park	NY	24	Mar,NY-A		2:35:20a	Isabelle Moser	45			29	Sep,OR-A	
2:03:45a	Tom Whelan	53	Kenmore	NY	24	Mar,NY-A		2:35:22a	Rhoda Stodd	46			29	Sep,OR-A	
30 kilometers				Men- 55 thru 59				30 kilometers				Women- 50 thru 54			
1:58:40	Patrick Devine	57	San Pedro	CA	7	Dec,TX-A		2:13:51	Anny Stockman	53	Rensselaer	NY	7	Dec,TX-A	
2:00:39	Al Lawrence	55	Houston	TX	7	Dec,TX-A		2:18:12	Donna Wright	50	Missouri City	TX	7	Dec,TX-A	
2:03:38a	Buz Masters	56	Troutdale	OR	29	Sep,OR-A		2:22:30a	Natalie Tickner	51	Norwalk	CT	24	Mar,NY-A	
2:07:44a	Harry Chafetz	55	Poughkeepsie	NY	24	Mar,NY-A		2:23:56	Nancy McCormick	50	Omaha	NE	7	Dec,TX-A	
2:09:01	Sonny Santarelli	58		TX	7	Dec,TX-A		2:27:41	Libby Marks	50	Houston	TX	7	Dec,TX-A	
2:09:10a	James Edwards	55	Burnt Hills	NY	24	Mar,NY-A		2:29:27	Barbara Meadows	54	Tucson	AZ	5	Jan,AZ-A	
2:09:12a	Richard Laine	55			29	Sep,OR-A		2:37:03a	Arty Brown	52			29	Sep,OR-A	
2:09:26a	Richard Sullivan	56	Buffalo	NY	24	Mar,NY-A		2:37:27a	Jo Ann Phillips	50			29	Sep,OR-A	
2:09:36a	George Lundin	56	Seattle	WA	29	Sep,OR-A		2:39:25a	Carol Gross	51			29	Sep,OR-A	
2:12:02a	Robert Dolphin	55			29	Sep,OR-A		2:42:26a	Beryl Wilson	51			29	Sep,OR-A	
30 kilometers				Men- 60 thru 64				30 kilometers				Women- 55 thru 59			
2:04:38a	Hubert Morgan	63	Sayre	PA	24	Mar,NY-A		2:22:29	Ruth Anderson	56	Oakland	CA	7	Dec,TX-A	
2:05:22a	Don McWilliams	60	Canandaigua	NY	24	Mar,NY-A		2:27:51a	Billie Jean Murphy	58	Tacoma	WA	29	Sep,OR-A	
2:12:02a	Wesley Olsen	62			29	Sep,OR-A		2:39:26a	Joan Sullivan-Morris	55			29	Sep,OR-A	
2:12:16	Naoto Inada	64	Honolulu	HI	25	Aug,HI-A		2:42:47a	Betty Willis	57			29	Sep,OR-A	
2:15:28	Jim Smith	63	Oklahoma City	OK	7	Dec,TX-A		2:47:40a	Pauline Vigil	57	Denver	CO	29	Sep,OR-A	
2:16:32a	Sam Gratch	60	Utica	NY	24	Mar,NY-A		2:49:35	Miki Horton	58	Kula	HI	25	Aug,HI-A	
2:29:47a	Robert DeVries	62	Burnt Hills	NY	24	Mar,NY-A		2:50:29	Joyce McConnell	56			7	Dec,TX-A	
2:30:51a	Paul Ryman	62			29	Sep,OR-A		2:53:35a	Dolores Quinn	57	Whitesboro	NY	24	Mar,NY-A	
2:30:56a	Don Sill	60	Remson	NY	24	Mar,NY-A		2:57:24a	Regina Tumidajewicz	58	Amsterdam	NY	24	Mar,NY-A	
2:32:49a	Robert Lopez	62	Westport	NY	24	Mar,NY-A		3:17:03a	Ethel Autorino	55	Valley Cottage	NY	24	Mar,NY-A	
30 kilometers				Men- 65 thru 69				30 kilometers				Women- 60 thru 64			
2:21:31	Bill Eppright	65	Norcross	GA	7	Dec,TX-A		2:56:15a	Virginia Hastings	60	Santee	CA	29	Sep,OR-A	
2:22:28	Paul Reese	68	Auburn	CA	19	Oct,NV-A		3:17:39a	Edith Farias	61	Salisbury Mlls	NY	24	Mar,NY-A	
2:29:34	Gene Askew	65	Houston	TX	7	Dec,TX-A		3:25:26a	Melba Henderson	62	Gladstone	OR	29	Sep,OR-A	
2:30:34	Masaru Morikawa	65	Waianae	HI	25	Aug,HI-A		3:28:19	Florence Lang	60		TX	7	Dec,TX-A	
2:31:35a	Albert Savicki	65	Clinton	NY	24	Mar,NY-A		3:42:53	Grayce Miji	63	Honolulu	HI	25	Aug,HI-A	
2:38:42a	Merle Crain	65			29	Sep,OR-A		4:36:28	Lillian Fishman	60	Honolulu	HI	25	Aug,HI-A	
2:40:04	Alex Roth	65	Honolulu	HI	25	Aug,HI-A									
2:40:53a	Donald McClure	69			29	Sep,OR-A									
2:45:17	Paul Katsuro	69	Houston	TX	7	Dec,TX-A									
2:45:44a	George Weinzetl	66			29	Sep,OR-A									
30 kilometers				Men- 70 thru 74				30 kilometers				Women- 65 thru 69			
								3:04:18a	Josephine Hess	67	Selah	WA	29	Sep,OR-A	
								3:07:55	Margaret Lee	65	Honolulu	HI	25	Aug,HI-A	
								4:19:49	Bonnie Kolsom	68	Honolulu	HI	25	Aug,HI-A	

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10 miles					Men- 35 thru 39					10 miles					Men- 80 thru 84				
47:28	Bill Rodgers	37	Sherborn	MA	24 Aug,MI-A	1:35:58	Percy Perry	81	Jersey City	NJ	31 Mar,DC-A	81	Jersey City	NJ	31 Mar,DC-A				
50:46	James Tracy	35	San Francisco	CA	17 Nov,CA-A	1:39:05	Max Popper	82	Flushing	NY	15 Dec,NY-A	82	Flushing	NY	15 Dec,NY-A				
51:09	Kim Hartman	36	Snowmass Vlg	CO	24 Aug,MI-A														
51:57	Robert Busby	35	Lee's Summit	MO	23 Feb,NE-A														
52:32	Robert Darling	36	San Francisco	CA	17 Nov,CA-A	10 miles					Women- 35 thru 39								
52:35	Jesse Garcia	35	Chicago	IL	2 Sep,IL-A	57:28	Marge Rosasco	36	Fallston	MD	31 Mar,DC-A	36	Fallston	MD	31 Mar,DC-A				
52:35	Richard Weeks	38	Nashville	TN	26 Oct,NC-A	57:51	Jane Buch	37	Smithville	OH	24 Aug,MI-A	37	Smithville	OH	24 Aug,MI-A				
52:42	Ken Hamilton	35			17 Mar,PA-A	58:33	Barbara Filutze	38	Erie	PA	17 Mar,PA-A	38	Erie	PA	17 Mar,PA-A				
52:51	Lucious Anderson	39	Silver Spring	MD	31 Mar,DC-A	58:49	Leslie McMullin	35	Oakland	CA	17 Nov,CA-A	35	Oakland	CA	17 Nov,CA-A				
52:55	Gary Barrett	36	Bolingbrook	IL	27 May,IL-A	58:54	Karen Hubbard	35	Ann Arbor	MI	24 Aug,MI-A	35	Ann Arbor	MI	24 Aug,MI-A				
						59:41	Mary Ellen Williams	38	Gaithersburg	MD	31 Mar,DC-A	38	Gaithersburg	MD	31 Mar,DC-A				
10 miles					Men- 40 thru 44	1:01:35	Anne Mansfield	36	Winston-Salem	NC	26 Oct,NC-A	36	Winston-Salem	NC	26 Oct,NC-A				
49:46	Barry Brown	40	Glens Falls	NY	31 Mar,DC-A	1:01:49a	Michele Tiff	35	Los Angeles	CA	22 Dec,CA-A	35	Los Angeles	CA	22 Dec,CA-A				
52:20	George Keim	42	Waynesboro	PA	24 Aug,MI-A	1:02:05	Eileen Portz	37	Mertztown	PA	17 Mar,PA-A	37	Mertztown	PA	17 Mar,PA-A				
52:45	John Beach	44	Traverse City	MI	24 Aug,MI-A	1:02:23	Joanne Portaro	36	Suffern	NY	17 Mar,PA-A	36	Suffern	NY	17 Mar,PA-A				
52:46	Bruce Mortenson	41	Minnetonka	MN	23 Feb,NE-A														
53:28	Jeff Galloway	40	Marietta	GA	26 Oct,NC-A	10 miles					Women- 40 thru 44								
53:50	Joachim Bechtle	42	San Francisco	CA	17 Nov,CA-A	1:00:55	Shirley Matson	44	Solana Beach	CA	31 Mar,CA-A	44	Solana Beach	CA	31 Mar,CA-A				
53:54	Derck Frechette	40	Rochester	NY	17 Mar,PA-A	1:01:48	Cindy Dalrymple	43	Arlington	VA	31 Mar,DC-A	43	Arlington	VA	31 Mar,DC-A				
53:54	Stephen Lester	42	Magna	UT	24 Aug,MI-A	1:03:20a	Erlene Michener	43	Lincoln Univ	PA	5 May,PA-A	43	Lincoln Univ	PA	5 May,PA-A				
54:05	Richard Aurelio	40	Madison	CT	31 Mar,DC-A	1:04:24	Charlene Catalina	40	Port Huron	MI	24 Aug,MI-A	40	Port Huron	MI	24 Aug,MI-A				
54:12	Joe Carr	41	Danville	VA	26 Oct,NC-A	1:04:31a	Judy Kewley	41	Simi Valley	CA	22 Dec,CA-A	41	Simi Valley	CA	22 Dec,CA-A				
10 miles					Men- 45 thru 49	1:04:33	Lina Connors	42	New York	NY	27 Apr,NY-A	42	New York	NY	27 Apr,NY-A				
51:55	Sal Vasquez	45	Oakland	CA	17 Nov,CA-A	1:04:42	Carol Lasseter	43	Dumfries	VA	26 Oct,NC-A	43	Dumfries	VA	26 Oct,NC-A				
53:07	Herb Lorenz	45	Willingboro	NJ	17 Mar,PA-A	1:04:42	Sandy Coffey	40	Yuba City	CA	17 Nov,CA-A	40	Yuba City	CA	17 Nov,CA-A				
53:55	Lew Faxon	45	Hampton	VA	26 Oct,NC-A	1:05:29	Natalie Spalding	40	Atlanta	GA	26 Oct,NC-A	40	Atlanta	GA	26 Oct,NC-A				
53:56	Fay Bradley	47	Washington	DC	31 Mar,DC-A	1:05:48	Karen Bestul	42	Lincoln	NE	23 Feb,NE-A	42	Lincoln	NE	23 Feb,NE-A				
55:39	Robert Paklaian	49	Detroit	MI	24 Aug,MI-A														
55:44	Alton Miguez	45	Pensacola	FL	26 Oct,NC-A	10 miles					Women- 45 thru 49								
55:45	Ed Brinkley	45	Chesapeake	VA	26 Oct,NC-A	1:03:59	Mary Ann Wehrum	47	Memphis	TN	26 Oct,NC-A	47	Memphis	TN	26 Oct,NC-A				
56:00	Ernest Billups	48	Chicago	IL	27 May,IL-A	1:04:56	Gina Faust	48	Woodland Hills	CA	16 Jun,CA-A	48	Woodland Hills	CA	16 Jun,CA-A				
56:10	Dick Hipp	45	Columbia	MD	31 Mar,DC-A	1:05:53	Patti Sudduth	46	Tallahassee	FL	26 Oct,NC-A	46	Tallahassee	FL	26 Oct,NC-A				
56:18	Warren Ohlrich	46	Columbia	MD	31 Mar,DC-A	1:06:02	Margret Betz	48	Conklin	NY	27 Apr,NY-A	48	Conklin	NY	27 Apr,NY-A				
10 miles					Men- 50 thru 54	1:06:03	Joan Ulliyot	45	San Francisco	CA	17 Nov,CA-A	45	San Francisco	CA	17 Nov,CA-A				
53:18	Norm Green	52	Wayne	PA	31 Mar,DC-A	1:06:30	Patty Lee Parmalee	45	New York	NY	15 Dec,NY-A	45	New York	NY	15 Dec,NY-A				
54:08	Bill Olrich	50	Lexington	KY	26 Oct,NC-A	1:08:49a	Gloria Jenkins	47	Mount Holly	NJ	5 May,PA-A	47	Mount Holly	NJ	5 May,PA-A				
56:00	Ben Hyser	50	York	PA	31 Mar,DC-A	1:09:02	Birthe Kirsch	46	Kensington	CA	17 Nov,CA-A	46	Kensington	CA	17 Nov,CA-A				
57:32	Gerald Koch	51	Clarksville	TN	26 Oct,NC-A	1:09:07	Lynne Lauck	45	Pittstown	NJ	17 Mar,PA-A	45	Pittstown	NJ	17 Mar,PA-A				
58:45	Bob Elwood	51	Lincoln	NE	10 Nov,NE-A	1:09:49a	Sandra Folzer	45	Wyncote	PA	5 May,PA-A	45	Wyncote	PA	5 May,PA-A				
58:50	William Hoss	50	Reston	VA	31 Mar,DC-A														
59:30	Phil Pearson	52	Ames	IA	22 Sep,IA-A	10 miles					Women- 50 thru 54								
59:38	Ray Harrison	50	Crownsville	MD	31 Mar,DC-A	1:07:13	Helene Bedrock	50	Cliffside Park	NJ	27 Apr,NY-A	50	Cliffside Park	NJ	27 Apr,NY-A				
59:39	Donald Farley	51	Ithaca	NY	4 Jul,NY-A	1:08:57	Martha Klopfer	50	Durham	NC	26 Oct,NC-A	50	Durham	NC	26 Oct,NC-A				
59:44	Richard Hanagan	51	Philadelphia	PA	17 Mar,PA-A	1:09:43t	Barbara Meadows	54	Tucson	AZ	12 Jan,AZ-A	54	Tucson	AZ	12 Jan,AZ-A				
10 miles					Men- 55 thru 59	1:09:53	Margarete Deckert	52	Lagrangeville	NY	27 Apr,NY-A	52	Lagrangeville	NY	27 Apr,NY-A				
58:04	Tony Sapienza	55	Bradford	MA	31 Mar,DC-A	1:10:54a	Alma Kunes	52	Levittown	PA	5 May,PA-A	52	Levittown	PA	5 May,PA-A				
59:41	Herb Chisholm	58	Alexandria	VA	31 Mar,DC-A	1:11:37	Nancy McCormick	50	Omaha	NE	23 Feb,NE-A	50	Omaha	NE	23 Feb,NE-A				
59:41	Ed Stabler	56	Nth Syracuse	NY	4 Jul,NY-A	1:12:37	Martha Maricle	52	San Francisco	CA	17 Nov,CA-A	52	San Francisco	CA	17 Nov,CA-A				
59:56	Howard Rubin	57	New Hartford	NY	4 Jul,NY-A	1:13:22	Gloria Brown	53	Grand Island	NY	17 Mar,PA-A	53	Grand Island	NY	17 Mar,PA-A				
1:00:30	Jim Forshee	59	Ann Arbor	MI	24 Aug,MI-A	1:14:08	Lisa Praskins	50	Staten Island	NY	27 Apr,NY-A	50	Staten Island	NY	27 Apr,NY-A				
1:00:46	Jim O'Neil	59	La Jolla	CA	31 Mar,CA-A	1:14:32a	Atsuko Fujimoto	50	Pacific Plsds	CA	22 Dec,CA-A	50	Pacific Plsds	CA	22 Dec,CA-A				
1:01:26	Konrad Bald	56	Barrington	IL	27 May,IL-A														
1:01:38	John Kolmetz	56	Warren	MI	29 Sep,MI-A	10 miles					Women- 55 thru 59								
1:01:41a	Wally Evertz	56	Santa Ana	CA	22 Dec,CA-A	1:09:55	Barbara Meadows	55	Tucson	AZ	16 Jun,CA-A	55	Tucson	AZ	16 Jun,CA-A				
1:01:57	Maurice Schepers	56	Philadelphia	PA	17 Mar,PA-A	1:10:15	Toshiko D'Elia	55	Ridgewood	NJ	31 Mar,DC-A	55	Ridgewood	NJ	31 Mar,DC-A				
10 miles					Men- 60 thru 64	1:10:32	Janet Glassman	56	Allentown	PA	17 Mar,PA-A	56	Allentown	PA	17 Mar,PA-A				
58:55	John Hosner	60	Blacksburg	VA	31 Mar,DC-A	1:10:54	Ann Kahl	55	Apopka	FL	31 Mar,DC-A	55	Apopka	FL	31 Mar,DC-A				
1:01:28	Hubert Morgan	63	Sayre	PA	31 Mar,DC-A	1:11:39	Rachel Bourn	55	Fairfax	VA	31 Mar,DC-A	55	Fairfax	VA	31 Mar,DC-A				
1:02:30	Jack Start	64	Trenton	NJ	17 Mar,PA-A	1:11:44	Melba Hatch	57	Canton	MI	24 Aug,MI-A	57	Canton	MI	24 Aug,MI-A				
1:04:03	Paul Lackey	60	Arlington	VA	31 Mar,DC-A	1:14:22	Ruth Anderson	56	Oakland	CA	17 Nov,CA-A	56	Oakland	CA	17 Nov,CA-A				
1:04:41	Terence McGinnis	60	New York	NY	15 Dec,NY-A	1:18:39a	Betty Ann Fireman	56	Philadelphia	PA	5 May,PA-A	56	Philadelphia	PA	5 May,PA-A				
1:04:46	Warren Johnson	63	Chicago	IL	2 Sep,IL-A	1:18:59	Josephine Miles	57	Elgin	IL	27 May,IL-A	57	Elgin	IL	27 May,IL-A				
1:05:46	Chuck Davey	60	Birmingham	MI	29 Sep,MI-A	1:22:52	Charlotte Williams	57	Grand Blanc	MI	24 Aug,MI-A	57	Grand Blanc	MI	24 Aug,MI-A				
1:05:55	Michael Bertolini	64	Bridgeton	NJ	17 Mar,PA-A														
1:06:46	Augustus Prince	61	Upton	NY	31 Mar,DC-A	10 miles					Women- 60 thru 64								
1:07:14	Thomas Gibbons	64	Bellerose	NY	27 Apr,NY-A	1:10:17	Helen Dick	60	Los Angeles	CA	16 Jun,CA-A	60	Los Angeles	CA	16 Jun,CA-A				
10 miles					Men- 65 thru 69	1:18:46	Mary Storey	61	Riverside	CA	17 Nov,CA-A	61	Riverside	CA	17 Nov,CA-A				
1:09:06	John Fredette	65	Bloomfield	NJ	15 Dec,NY-A	1:19:17	Jaclyn Caselli	64	San Jose	CA	17 Nov,CA-A	64	San Jose	CA	17 Nov,CA-A				
1:09:07	Warren Utes	65	Park Forest	IL	2 Sep,IL-A	1:23:44	Virginia Terry	60	Long Beach	CA	3 Mar,CA-A	60	Long Beach	CA	3 Mar,CA-A				
1:09:45	Wayne Zook	68	San Diego	CA	31 Mar,CA-A	1:24:13	Gloria Horvat	60	Alma	MI</									

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20 miles		Men- 35 thru 39	
1:55:12	Hector Vargas	36	NY 24 Feb, NY-A
1:56:22	Ben Beach	36	Bethesda MD 28 Dec, MD-A
2:01:17	David Sellers	38	24 Feb, NY-A
2:01:58	Frank Ahearn	35	24 Feb, NY-A
2:06:26	Mike Mendelson	39	New York NY 24 Feb, NY-A
2:06:45	William Hart	36	24 Feb, NY-A
2:07:12	Manuel Caneva	37	New York NY 24 Feb, NY-A
2:09:21	Carl Nacht	35	New York NY 24 Feb, NY-A
2:10:31	Tom Kampman	39	Brooklyn NY 24 Feb, NY-A
2:10:35	John Tonti	39	Worthington OH 31 Mar, OH-A

20 miles		Men- 40 thru 44	
1:45:49a	Bruce Mortenson	41	Minnetonka MN 6 Oct, MN-A
1:55:50vt	John Loeschhorn	41	Irvine CA 26 Dec, CA-A
1:59:40	Joe Cavanaugh	40+	17 Nov, CA-A
2:02:03	Dan Alarid	43	Elk Grove CA 17 Nov, CA-A
2:02:29	Bruce Von Borstel	40+	17 Nov, CA-A
2:03:17	Charles Elkins	41	NY 24 Feb, NY-A
2:03:44	Martin Hillyer	40+	17 Nov, CA-A
2:04:30vt	Ken Young	44	Tucson AZ 1 Dec, AZ-A
2:04:34	Rafael Bordonaba	43	Brooklyn NY 24 Feb, NY-A
2:05:46	Bernard Hollander	40+	17 Nov, CA-A

20 miles		Men- 45 thru 49	
1:54:56	Jim Bowers	47	Santa Rosa CA 17 Nov, CA-A
2:08:20	Jerzy Sulek	47	Brooklyn NY 24 Feb, NY-A
2:08:20	Ben Mathews	47	Columbia MD 28 Dec, MD-A
2:10:29vt	Bernd Heinrich	45	Burlington VT 24 Aug, ME-A
2:12:46	Bill Loughran	46	West New York NJ 24 Feb, NY-A
2:15:48	Otis Williamson	49	Arlington VA 28 Dec, MD-A
2:17:01vt	Bill Misner	45	Spokane WA 5 Oct, WA-A
2:19:31	Michael Frankfurt	49	New York NY 24 Feb, NY-A
2:24:01	Jerry Domask	45	Columbus OH 31 Mar, OH-A
2:24:50	Don Villeneuve	45	NY 24 Feb, NY-A

20 miles		Men- 50 thru 54	
2:09:08	Gard Leighton	51	Napa CA 17 Nov, CA-A
2:09:34	Richard Murphy	50	Northport NY 24 Feb, NY-A
2:12:23	Everett Riggle	53	Chico CA 17 Nov, CA-A
2:15:54	Al Kirkman	50+	17 Nov, CA-A
2:16:49	Jay Sturdevant	53	CT 24 Feb, NY-A
2:19:43	Paul Mitchell	50+	17 Nov, CA-A
2:20:13	Max Schindler	52	New York NY 24 Feb, NY-A
2:23:23	Al Marcy	50	Centerville VA 28 Dec, MD-A
2:26:58	Keith Olson	54	Silver Spring MD 28 Dec, MD-A
2:28:17	Elvio Levri	52	Rockville MD 28 Dec, MD-A

20 miles		Men- 55 thru 59	
2:04:07	Otho Perkins	55	Columbus OH 31 Mar, OH-A
2:08:46	Don Dixon	57	Hastings/Hudson NY 24 Feb, NY-A
2:19:12	Robert Malain	58	Redding CA 17 Nov, CA-A
2:22:49	Jerry Mahrer	55	New York NY 24 Feb, NY-A
2:31:30vt	Walter Connelly	55	Waterloo NY 3 Nov, NY-A
2:44:49	George Wodicka	55	NY 24 Feb, NY-A
2:58:42	Jerry Solin	57	NJ 24 Feb, NY-A

20 miles		Men- 60 thru 64	
2:05:12	Jim O'Neil	60	La Jolla CA 17 Nov, CA-A
2:21:57	Walter Brown	60	Queens NY 24 Feb, NY-A
2:32:59	Peter Mahta	62	New York NY 24 Feb, NY-A
2:50:14	Mel Freidel	64	Dix Hills NY 24 Feb, NY-A
2:50:50	William Coyne	63	New York NY 24 Feb, NY-A
2:56:58	Ulysses Ratti	60+	17 Nov, CA-A
3:01:15	William Redmond	60+	17 Nov, CA-A
3:04:35	Frank Timoni	61	Long Island NY 24 Feb, NY-A
3:21:52	Sab Koide	61	NY 24 Feb, NY-A
3:23:56vt	Don McNelly	64	Rochester NY 3 Nov, NY-A

20 miles		Men- 65 thru 69	
2:29:45	Paul Reese	68	Auburn CA 17 Nov, CA-A

20 miles		Men- 70 thru 74	
3:00:27	Luis Martin	73	Upr Montclair NJ 24 Feb, NY-A
3:01:45	Abe Wasserman	73	San Francisco CA 17 Nov, CA-A
3:20:51vt	Edson Sower	70	Yuma AZ 31 Dec, AZ-A
4:33:50	George Knox	73	Gahanna OH 31 Mar, OH-A

20 miles		Men- 75 thru 79	
2:47:01	Ed Benham	78	Ocean City MD 28 Dec, MD-A

20 miles		Men- 85 thru 89	
3:44:31	Paul Spangler	86	San Luis Obspo CA 17 Nov, CA-A

20 miles		Women- 35 thru 39	
2:01:59	Laurie Binder	38	Oakland CA 17 Nov, CA-A
2:04:09a	Karen Hubbard	35	Ann Arbor MI 6 Oct, MN-A
2:04:22a	Nancy Mieszczyk	36	Buffalo NY 6 Oct, MN-A
2:05:45a	Kathleen Northrop	35	Durham NH 6 Oct, MN-A
2:09:54	Eileen Portz	37	Mertztown PA 24 Feb, NY-A
2:14:07	Kathleen Horton	36	New York NY 24 Feb, NY-A
2:30:10	Marilyn Moir	37	New York NY 24 Feb, NY-A
2:30:25	Christiane Avin	36	Brooklyn NY 24 Feb, NY-A
2:41:48	Micaela Lothrop	38	NY 24 Feb, NY-A
2:48:28	Barbara Nager	38	New York NY 24 Feb, NY-A

20 miles		Women- 40 thru 44	
1:59:17a	Gabriele Andersen	40	Sun Valley ID 6 Oct, MN-A
2:32:02	Mimi Meyers	42	Brooklyn NY 24 Feb, NY-A
2:33:59	Barbara Miller	40+	17 Nov, CA-A
2:40:44	Wijdan Cadura	40+	17 Nov, CA-A
2:42:25	Ginger Behm	40+	17 Nov, CA-A
2:42:34	Nouria Harris	40+	17 Nov, CA-A
2:43:11	Ann Grove	40+	17 Nov, CA-A
2:45:21	Mary Hauck	40+	17 Nov, CA-A
2:47:53	Ninett Texidor	41	Jersey City NJ 24 Feb, NY-A
2:48:08	Cynthia Milford	40+	17 Nov, CA-A

20 miles		Women- 45 thru 49	
2:29:46	Joan Reiss	48	Sacramento CA 17 Nov, CA-A
2:52:23	Samara Balfour	49	New York NY 24 Feb, NY-A
2:52:56	Janet Nelson	49	New York NY 24 Feb, NY-A
2:53:08	Anna Berdahl	47	Silver Spring MD 28 Dec, MD-A
3:19:06	Kate Knight-Perry	49	New York NY 24 Feb, NY-A
3:23:26	Billie Moten	45	New York NY 24 Feb, NY-A
foreign			
2:11:59a	Diane Palmason	47	Ottawa ON 6 Oct, MN-A/

20 miles		Women- 50 thru 54	
2:28:47	Alice Rose	50	Orinda CA 17 Nov, CA-A
2:54:44	Ardie Arnis	50+	17 Nov, CA-A
3:06:18	Kathy Iseri	50+	17 Nov, CA-A
3:12:19	Marian McKone	50+	17 Nov, CA-A

20 miles		Women- 55 thru 59	
2:30:35	Janet Glassman	56	Allentown PA 24 Feb, NY-A
3:51:21	Audrey Jacobson	56	Long Beach NY 24 Feb, NY-A

20 miles		Women- 60 thru 64	
3:24:55	Kit Pickles	60	Cobb CA 17 Nov, CA-A
3:36:02	Po Adams	60+	17 Nov, CA-A
3:43:08	Marjorie Lawson	61	Sacramento CA 17 Nov, CA-A

half marathon		Men- 35 thru 39	
1:06:44a	Gary Tuttle	37	Ventura CA 25 Aug, CA-A
1:08:22	Duncan Macdonald	36	Kailua HI 12 May, HI-A
1:08:22a	Kim Hartman	36	Snowmass Vlg CO 13 Oct, CO-A
1:08:48	Lee Fidler	35	Stone Mtn GA 12 Jan, GA-A
1:08:51	Phil Kircher	35	Philadelphia PA 15 Sep, PA-A
1:08:57a	Peter Kanfer	36	Pasadena CA 25 Aug, CA-A
1:09:09	Jim Murphy	35	Worcester MA 28 Sep, NH-A
1:09:25a	Peter Hallop	38	Ann Arbor MI 25 May, MI-A
1:09:37	Richard Weeks	37	Nashville TN 12 Jan, GA-A
1:09:48a	Chuck Koeppen	39	Carmel IN 24 May, IN-A

half marathon		Men- 40 thru 44	
1:09:48	Barry Brown	41	Glens Falls NY 15 Sep, VT-A
1:10:06	George Keim	42	Waynesboro PA 15 Sep, VT-A
1:10:09	Mike Heffernan	44	Portland OR 13 Jan, OR-A
1:10:21a	Tony Mifsud	41	Allen Park MI 25 May, MI-A
1:10:59	Joe Becerra	42	Burlingame CA 2 Mar, CA-A
1:11:09	Marshall Matye	42	Chula Vista CA 22 Sep, CA-A
1:11:13	Lee Sargent	42	29 Sep, OH-A
1:11:44	Sumner Brown	41	Belmont MA 17 Mar, MA-A
1:12:06	David Storey	42	Orlando FL 7 Dec, FL-A
1:12:16	Albert Allen	40	Pascoag RI 17 Mar, MA-A

half marathon		Men- 45 thru 49	
1:11:51	Bill Fuller	46	Livonia NY 15 Sep, PA-A
1:11:55a	Pete Ybarra	45	Greeley CO 13 Oct, CO-A
1:12:09	Victor Zwolak	46	Greenville DE 15 Sep, PA-A
1:12:23	Sal Vasquez	45	Oakland CA 8 Dec, CA-A
1:12:44	Fred Uelses	45	Boyetown PA 16 Sep, PA-A
1:13:53	Mel Williams	47	Virginia Beach VA 15 Sep, PA-A
1:14:33	Rick Whiting	47	Richmond WA 2 Mar, WA-A
1:15:03	Ed Geisendaffer	45	Fallston MD 15 Sep, PA-A
1:15:11	Robert Clarke	46	Randolph MA 17 Mar, MA-A
1:15:12	Andre Tocco	49	San Pedro CA 25 Aug, CA-B

half marathon		Men- 50 thru 54	
1:13:21	Norm Green	53	Wayne PA 15 Sep, PA-A
1:13:40	Bill Foulk	51	Raymond NH 17 Mar, MA-A
1:15:14	John Dugdale	50	Ridgefield CT 15 Sep, VT-A
1:16:30	Alex Kasten	50	Bridgewater NJ 15 Sep, PA-A
1:17:12	Don Gammie	54	Centerville OH 29 Sep, OH-A
1:17:14	Jim Landsfeld	51	Detroit MI 3 Nov, MI-A
1:17:24	Norman Eastman	54	Lansing MI 3 Nov, MI-A
1:18:12	David Long	54	7 Dec, FL-A
1:18:27	Gerald Koch	50	Clarksville TN 12 Jan, GA-A
1:18:32	Albert Wick	52	New Britain PA 15 Sep, PA-A

half marathon		Men- 55 thru 59	
1:14:47	Gaylon Jorgensen	56	Highland UT 17 Nov, CA-A
1:19:14	Michael Sullivan	55	Norwood MA 17 Mar, MA-A
1:20:38	Patrick Devine	56	San Pedro CA 25 Aug, CA-B
1:21:57	Wally Evertz	56	Santa Ana CA 17 Nov, CA-A
1:22:12	Patrick Nutt	55	Kennett Square PA 15 Sep, PA-A
1:22:23	Joseph Fernandez	56	Fairhaven MA 17 Mar, MA-A
1:23:16	Jim Blount	56	Winter Park FL 7 Dec, FL-A
1:23:27	Robert Malain	57	Redding CA 2 Mar, CA-A
1:23:58a	Bennie Anaya	55	Indianapolis IN 24 May, IN-A
1:24:03	Alan Bellon	58	Ukiah CA 13 Oct, CA-A

Continued on next page

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half marathon		Men- 60 thru 64	
1:18:10	John Hosner	60	Blacksburg VA 15 Sep, PA-A
1:18:14	Jim O'Neil	60	La Jolla CA 4 Jul, CA-A
1:23:26	Jack Start	64	Trenton NJ 15 Sep, PA-A
1:24:56	James Minor	60	Philadelphia PA 15 Sep, PA-A
1:25:49	Gerald Horton	62	Kula HI 12 May, HI-A
1:25:59	Ray Chappelle	63	Milford Center OH 29 Sep, OH-A
1:28:25	Fred Nagelschmidt	61	Ventura CA 22 Sep, CA-A
1:28:48	Jimmy Low	60	Sacramento CA 31 Mar, CA-B
1:29:52	Rudy Iglesias	61	San Diego CA 4 Jul, CA-A
1:30:02	Richard Johnson	61	Temple PA 15 Sep, PA-A

half marathon		Men- 65 thru 69	
1:23:50	Michael Bertolini	65	Bridgeton NJ 15 Sep, PA-A
1:30:39	Paul Reese	68	Auburn CA 6 Oct, CA-A
1:33:44	Wayne Zook	68	San Diego CA 4 Jul, CA-A
1:36:30	Louis Preys	68	Madison WI 12 Jan, GA-A
1:40:06	Danforth Geer	65	Bennington VT 15 Sep, VT-A
1:41:24	Don Bradley	69	Encinitas CA 4 Jul, CA-A
1:42:17	Wilson Vible	67	Wilmington DE 24 Mar, DE-A
1:42:30	Hank Vandenberg	65	Clementon NJ 15 Sep, PA-A
1:42:32	Alex Roth	65	Honolulu HI 12 May, HI-A
1:42:46	Fred Cox	66	Springfield PA 15 Sep, PA-A

half marathon		Men- 70 thru 74	
1:34:15	Eugene Keller	71	Cincinnati OH 29 Sep, OH-A
1:36:37	Don Lundberg	70	Modesto CA 3 Nov, CA-A
1:42:51	Dutch Benedetti	70	Monterey Park CA 17 Nov, CA-A
1:43:13	Dudley Healy	71	Chatham NJ 15 Sep, PA-A
1:45:19	Bill Van Fleet	70	Eureka CA 13 Oct, CA-A
1:49:53	Dean Scofield	72	Los Angeles CA 25 Aug, CA-B
1:50:49	John Hampton	70	Jacksonville FL 12 Jan, GA-A
1:50:50	Fred Wing	70	25 Aug, CA-B
1:52:58	Vernon Geary	73	Williamsburg VA 5 Oct, VA-A
1:54:30	Jack Frost	70+	Sparks NV 2 Mar, CA-A

half marathon		Men- 75 thru 79	
1:38:05	Ed Benham	78	Ocean City MD 15 Sep, PA-A
2:02:50	Jim Bole	78	Long Beach CA 22 Sep, CA-A
2:10:48a	Edward McKean-Smith	76	Coquille OR 29 Sep, OR-A
3:02:20	James Ramsey	77	Detroit MI 21 Apr, MI-A

half marathon		Men- 80 thru 84	
2:38:30	Nat Pisciotta	81	Whittier CA 8 Dec, CA-B

half marathon		Women- 35 thru 39	
1:16:45	Jane Buch	37	Smithville OH 29 Sep, OH-A
1:16:48	Barbara Filutze	39	Ernie PA 15 Sep, PA-A
1:17:37a	Laurie Binder	38	Oakland CA 25 Aug, CA-A
1:18:33	Joanne Portaro	37	Jefferson Vly NY 15 Sep, PA-A
1:18:55	Karen Hubbard	35	Ann Arbor MI 3 Nov, MI-A
1:20:31	Betty Conover	36	Westfield NJ 15 Sep, PA-A
1:21:43	Betty Nelson	39	Columbia City IN 29 Sep, OH-A
1:21:44	Lesley Cens-McDowell	39	Johnstown PA 15 Sep, PA-A
1:22:34	Kathy Kennedy	36	8 Dec, CA-A
1:22:38	Eileen Portz	38	Mertztown PA 15 Sep, PA-A

half marathon		Women- 40 thru 44	
1:19:49	Gabriele Andersen	40	Sun Valley ID 22 Sep, NY-A
1:20:17	Iris Black	42	Spring Valley OH 29 Sep, OH-A
1:23:19	Jane Arnold	44	Bloomfield CT 15 Sep, VT-A
1:23:32	Erlene Michener	43	Lincoln Univ PA 15 Sep, PA-A
1:24:18a	Harolene Walters	42	El Toro CA 25 Aug, CA-A
1:26:10a	Charlene Catalina	40	Port Huron MI 25 May, MI-A
1:26:15	Christine Tattersall	44	Killingworth CT 15 Sep, VT-A
1:26:37	Lina Connors	43	New York NY 22 Sep, NY-A
1:26:51	Harriet Oster	43	Philadelphia PA 15 Sep, PA-A
1:27:17	Gail Bailey	40+	14 Dec, SC-A

half marathon		Women- 45 thru 49	
1:20:26	Shirley Matson	45	Solana Beach CA 8 Dec, CA-A
1:27:31	Cindy Bienkowski	45	Princeton NJ 15 Sep, PA-A
1:27:59	Gloria Jenkins	48	Mount Holly NJ 15 Sep, PA-A
1:28:16	Nancy Parker	48	Atlanta GA 27 Jan, GA-A
1:30:21	Patti Sudduth	45	Crawfordville FL 12 Jan, GA-A
1:31:10	Bonnie Robinson	45	25 Aug, CA-B
1:31:11	Jeanette Wells	47	Quartz Hill CA 22 Sep, CA-A
1:31:18a	Rose Gardner	46	Tacoma WA 29 Sep, OR-A
1:31:35	Sandra Folzer	46	Wyncote PA 15 Sep, PA-A
1:32:03	Cecily Parke	45	25 Aug, CA-B

half marathon		Women- 50 thru 54	
1:30:42	Janet Buckendahl	51	Petaluma CA 8 Dec, CA-A
1:30:54	Anny Stockman	53	Rensselaer NY 15 Sep, VT-A
1:31:07	Helene Bedrock	50	Cliffside Park NJ 22 Sep, NY-A
1:32:16	Margarete Deckert	52	Lagrangeville NY 22 Sep, NY-A
1:33:35	Catherine Grow	50+	Paradise CA 2 Mar, CA-A
1:34:19	Wen-Shi Yu	50	Kew Gardens NY 30 Jun, CT-A
1:35:44	Laurette Rindlaub	51	Riverside CT 15 Sep, VT-A
1:37:29	Sue Medaglia	50	Bronx NY 22 Sep, NY-A
1:38:52	Alma Kunes	52	Levittown PA 15 Sep, PA-A
1:39:27	Billie Stacy	53	29 Sep, OH-A

half marathon		Women- 55 thru 59	
1:28:45	Janet Glassman	56	Allentown PA 15 Sep, PA-A
1:35:04	Toshiko D'Elia	55	Ridgewood NJ 22 Sep, NY-A
1:35:49	Melba Hatch	57	Canton MI 3 Nov, MI-A
1:37:07	Anne Johnson	56	Olivenhain CA 4 Jul, CA-A
1:37:38	Barbara Meadows	55	Tucson AZ 15 Dec, AZ-A
1:40:25	Betty Ann Fireman	56	Philadelphia PA 15 Sep, PA-A
1:42:16	Darrah Ellerson	55	Montpelier VT 15 Sep, VT-A
1:43:35a	Billie Murphy	58	Tacoma WA 29 Sep, OR-A
1:43:40	Alix Gravenstein	56	Gainesville FL 12 Jan, GA-A
1:44:18	Alene Park	59	Huntsville AL 12 Jan, GA-A

half marathon	
1:35:02	Helen Dick
1:44:13	Mary Storey
1:48:12	Jaclyn Caselli
1:49:16	Kaino Syvari
1:55:23	Margaret Wright
1:55:53a	Gerry Davidson
1:58:08	Lillian Miller
1:58:52	Virginia Hastings
1:59:52	Esther Cox
2:03:14	Els Tuinzing

half marathon	
1:47:56a	Josephine Hess
2:04:50	Margaret Lee
2:12:44	Judy Golding
2:24:14	Grace Andrews
2:25:45	Doris Pugh
2:27:21	Grace Schweitzer
2:28:55	Evelyn Havers
2:39:01	Dolores Milers
2:42:15	Althea Jureidini

half marathon	
2:34:05	Mayme Bdera
2:38:02	Fenya Crown

half marathon	
2:28:46	Bess James
2:32:27a	Mavis Lindgren
2:43:55a	Felicitas Salazar

marathon	
2:14:46	Bill Rodgers
2:16:52a	Peter Kanfer
2:17:43	Ed Swiatocha
2:19:16	Thomas Bernard
2:21:32	Bob Schla
2:22:55a	Steve Molnar
2:23:50a	Bob Bardwell
2:24:08a	Robert Busby
2:25:28a	Frank Shorter
2:25:51a	Charles Thompson

marathon	
2:20:22a	Barry Brown
2:22:24a	Bruce Mortenson
2:27:42	Don Coffman
2:27:53a	Ralph Zimmerman
2:29:12a	Steve Naylor
2:29:12a	John Loeschhorn
2:30:35a	Joe Vega
2:30:53a	Thomas Iredale
2:31:34	Damien Koch
2:31:59a	Jeff Galloway

marathon	
2:24:35a	Dan Conway
2:26:21	Jim Bowers
2:26:43a	Mike Heffernan
2:26:53a	Robert Nelson
2:30:23a	Ardel Boes
2:30:55a	William Tobin
2:30:59a	Fay Bradley
2:31:51	Bill Fuller
2:32:34	Robert Abbott
2:34:12a	William Johnston

marathon	
2:29:43a	Norm Green
2:35:52a	Jim Gallup
2:36:19a	Bill Foulk
2:38:16a	Andre Tocco
2:38:47	Bill Olrich
2:38:51	Lary Webster
2:40:16	Fredrick Hagerman
2:40:43	Craig Roland
2:42:04a	Michael McGie
2:45:31	Gerald Koch

marathon	
2:35:42a	Gaylon Jorgensen
2:44:37a	Paul Nance
2:45:10	Don Gammie
2:47:15	Norm Alsbrook
2:47:23	Patrick Devine
2:47:50a	Michael Sullivan
2:48:53	Tom Bailey
2:49:17	Lester Trujillo
2:50:23	Otho Perkins
2:51:44a	Don Dixon

marathon	
2:48:21a	Alex Ratelle
2:56:55a	Gerald Horton
3:00:05a	Jim O'Neil
3:03:00a	Warren Johnson
3:04:59a	James Talley
3:05:08	Hubert Morgan
3:05:37a	Joe Powers
3:06:22a	John Hosner
3:07:30a	Bernard O'Keefe
3:08:28	Fred Nagelschmidt

Women- 60 thru 64	
60	Los Angeles CA 4 Apr, NV-A
61	Riverside CA 13 Oct, CA-A
64	San Jose CA 8 Dec, CA-A
61	Fitchburg MA 28 Sep, NH-A
63	Folly Beach SC 12 Jan, GA-A
64	Fallbrook CA 25 Aug, CA-A
60	8 Dec, CA-B
60	Santee CA 4 Jul, CA-A
60+	30 Jun, CT-A
63	Mill Valley CA 13 Oct, CA-A

Women- 65 thru 69	
67	Selah WA 29 Sep, OR-A
65	Honolulu HI 12 May, HI-A
65	San Mateo CA 8 Dec, CA-A
68	Eagles Mere PA 15 Sep, PA-A
65	Kaneohe HI 8 Sep, HI-A
68	Santa Barbara CA 22 Sep, CA-A
69	New York NY 15 Sep, PA-A
65	Mesa AZ 4 Jul, CA-A
67	Brooklyn NY 22 Sep, NY-A

Women- 70 thru 74	
70	East Elmhurst NY 22 Sep, NY-A
72	Beverly Hills CA 25 Aug, CA-B

Women- 75 thru 79	
76	San Jacinto CA 8 Dec, CA-B
78	Orleans CA 29 Sep, OR-A
76	San Diego CA 25 Aug, CA-A

Men- 35 thru 39	
37	Sherborn MA 5 May, NJ-A
36	Pasadena CA 20 Oct, IL-A
35	Dallas TX 8 Dec, TX-A
37	Hayes VA 3 Nov, DC-A
37	Isle of Palms SC 19 May, OH-A
36	Johnstown PA 6 Oct, PA-A
38	Stewartville MN 7 Sep, MN-A
36	Lee's Summit MO 6 Oct, MN-A
37	Boulder CO 27 Oct, NY-A
35	San Francisco CA 10 Mar, CA-A

Men- 40 thru 44	
40	Gainesville FL 5 Jan, FL-A
41	Minnetonka MN 6 Oct, MN-A
42	Frankfort KY 14 Dec, AL-A
44	Nth Tonawanda NY 20 Oct, IL-A
41	Centerville UT 5 Oct, UT-A
41	Irvine CA 15 Dec, CA-A
41	Chicago Hgts IL 20 Oct, IL-A
40	Spokane WA 20 Oct, IL-A
41	Ft Collins CO 6 Oct, NM-A
40	Marietta GA 6 Oct, MN-A

Men- 45 thru 49	
46	Chetek WI 6 Oct, MN-A
46	Santa Rosa CA 13 Oct, CA-A
45	Portland OR 6 Oct, MN-A
45	Salt Lake City UT 15 Jun, MN-A
48	Golden CO 13 Oct, CO-A
46	Sharon PA 15 Jun, MN-A
47	Washington DC 6 Oct, MN-A
46	Livonia NY 3 Nov, DC-A
45	8 Dec, TX-A
48	Salt Lake City UT 5 Oct, UT-A

Men- 50 thru 54	
53	Wayne PA 6 Oct, MN-A
50	Honolulu HI 8 Dec, HI-A
52	Bozeman MT 6 Oct, MN-A
50	San Pedro CA 5 Oct, UT-A
50	Lexington KY 14 Dec, AL-A
51	Seattle WA 14 Apr, WA-A
50	Athens OH 13 Oct, OH-A
50	Santa Rosa CA 5 May, CA-B
50	Chico CA 21 Jul, CA-A
51	Clarksville TN 14 Dec, AL-A

Men- 55 thru 59	
56	Provo UT 6 Oct, MN-A
55	Brigham City UT 5 Oct, UT-A
55	Centerville OH 14 Dec, AL-A
55	TX 8 Dec, TX-A
56	San Pedro CA 3 Feb, CA-A
55	Norwood MA 9 May, ME-A
55	Denver CO 5 May, CO-A
57	Norwalk CA 3 Feb, CA-A
55	Columbus OH 13 Oct, OH-A
58	Hastings/Hudsn NY 27 Oct, NY-A

Men- 60 thru 64	
60	Edina MN 15 Jun, MN-A
62	Kula HI 8 Dec, HI-A
60	La Jolla CA 6 Oct, MN-A
63	Chicago IL 20 Oct, IL-A
64	Lancaster CA 5 Oct, UT-A
62	Sayre PA 17 Feb, MD-A
60	Oak Park IL 20 Oct, IL-A
60	Blacksburg VA 27 Oct, NY-A
61	Olympia Fields IL 15 Jun, MN-A
61	Ventura CA 25 May, OK-A

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marathon		Men- 65 and 69	
3:07:59	Rudy Nimmons	65	Seneca SC 3 Nov,DC-A
3:12:56a	Jack Start	65	Trenton NJ 24 Nov,PA-A
3:13:23	Paul Reese	68	Auburn CA 13 Oct,CA-A
3:17:14	Fletcher Hanks	68	Oxford MD 3 Nov,DC-A
3:24:24a	Andrew Neidnig	66	Sag Harbor NY 27 Oct,NY-A
3:25:40	Charles Ogilvie	67	Ben Wheeler TX 23 Feb,TX-A
3:33:35	Harold Copeland	65	Richland WA 14 Apr,WA-A
3:34:24a	Wilfredo Rios	69	Queens NY 27 Oct,NY-A
3:35:14	Joe Federici	66	Dubois PA 19 May,OH-A
3:35:23a	Phil Zamudio	65	Anaconda MT 1 Jun,MT-A

marathon		Men- 70 thru 74	
3:04:16a	Clive Davies	70	Tillamook OR 6 Oct,MN-A
3:39:12	Don Lundberg	70	Modesto CA 8 Dec,HI-A
3:40:38	Jerzy Kuszakiewicz	70	6 Jan,TX-A
3:47:49a	Vernon Geary	73	Williamsburg VA 24 Nov,PA-A
3:50:23	Dutch Benedetti	70	Monterey Park CA 9 Mar,CA-A
4:02:29a	Donald Iwanashi	73	Daly City CA 21 Jul,CA-A
4:03:44a	Woodrow Sigley	71	Colorado Spgs CO 15 Jun,MN-A
4:05:05a	Abe Wasserman	72	San Francisco CA 21 Jul,CA-A
4:05:08	Cromer Heatwole	71	Hershey PA 3 Nov,DC-A
4:05:45	S W Fugitt	71	Sheffield AL 25 May,OK-B

marathon		Men- 75 thru 79	
3:42:57	Ed Benham	78	Ocean City MD 3 Nov,DC-A
4:40:43	Jim Bole	77	Long Beach CA 14 Apr,WA-A
4:45:18	Edward McKean-Smith	76	Coquille OR 29 Sep,OR-A
5:30:05	John Newdorp	75	Oakton VA 3 Nov,DC-A
5:34:33a	James Ramsay	77	Detroit MI 13 Oct,MI-A
5:40:39	William McNeil	77	Middletown NY 23 Jun,NY-A
6:17:11a	John Petroff	76	PA 27 Oct,NY-A
foreign			
5:41:23a	Marcel Ichac	79	FRA 27 Oct,NY-A
6:20:55a	Raulino Cercal	75	BRA 27 Oct,NY-A

marathon		Men- 80 thru 84	
6:15:07	Nat Pisciotta	80	Whittier CA 3 Feb,CA-A
7:11:13a	Ben Mostow	82	Skokie IL 27 Oct,NY-A
8:48:16a	Theodore Hyde	81	The Dalles OR 8 Dec,HI-A
foreign			
6:01:10a	Pierre Ponthieu	80	FRA 27 Oct,NY-A
8:06:12a	Masayoshi Nakatomi	80	JPN 8 Dec,HI-A

marathon		Men- 85 thru 89	
foreign	no-US runners		
5:51:44a	Johann Bossmann	87	FRG 26 Oct,NY-A

marathon		Women- 35 thru 39	
2:40:16a	Laurie Binder	37	Oakland CA 21 Jul,CA-A
2:42:42a	Leslie McMullin	35	Oakland CA 8 Dec,CA-A
2:44:37a	Karen Hubbard	35	Ann Arbor MI 6 Oct,MN-A
2:45:06a	Barbara Filutze	39	Erie PA 24 Nov,PA-A
2:46:48a	Nancy Mieszczyk	36	Buffalo NY 6 Oct,MN-A
2:50:32a	Kathleen Northrop	35	Durham NH 6 Oct,MN-A
2:51:45	Betty Conover	37	Westfield NJ 13 Oct,OH-A
2:52:55a	Rebecca Baum	38	Springfield IL 20 Oct,IL-A
2:53:30	Betty Nelson	39	Columbia City IN 5 May,IN-A
2:53:31a	Mary Ellen Williams	39	Darnestown MD 15 Jun,MN-A

marathon		Women- 40 thru 44	
2:41:01a	Gabriele Andersen	40	Sun Valley ID 6 Oct,MN-A
2:47:03a	Sue Petersen	41	Laguna Beach CA 5 Oct,UT-A
2:50:28a	Elaine Kirchen	42	New York NY 20 Oct,IL-A
2:54:21a	Bobbi Rothman	40	Hauppauge NY 27 Oct,NY-A
2:56:43a	Elizabeth Sonne	40	Salt Lake City UT 5 Oct,UT-A
2:57:37a	Claire Johnson	40	Salt Lake City UT 5 Oct,UT-A
2:58:37a	Jane Arnold	44	Bloomfield CT 27 Oct,NY-A
2:59:06a	Harolene Walters	43	El Toro CA 15 Dec,CA-A
2:59:36a	Lina Connors	43	New York NY 27 Oct,NY-A
3:00:04a	Ann Jamison	41	Leo IN 20 Oct,IL-A

marathon		Women- 45 thru 49	
2:56:24a	Sandra Kiddy	48	Palm Springs CA 21 Jul,CA-A
3:04:12a	Joan Reiss	48	Sacramento CA 21 Jul,CA-A
3:07:02	Rose Gardner	46	Tacoma WA 29 Sep,OR-A
3:07:31a	Evelyn Leiter	46	Bourbon IN 20 Oct,IL-A
3:08:20	Sharon Cooper	45	Claremore OK 6 Jan,TX-A
3:08:32	Margret Betz	48	Conklin NY 23 Jun,NY-A
3:09:55	Mary Anne Wehrum	47	Memphis TN 14 Dec,AL-A
3:10:25	Nancy Hellyer	49	Steilacoom WA 29 Sep,OR-A
3:11:26a	Anne Bing	46	Old Lyme CT 6 Oct,MN-A
3:11:30	Nancy Parker	49	Atlanta GA 14 Dec,AL-A

marathon		Women- 50 thru 54	
3:10:30a	Helene Bedrock	50	Cliffside Park NJ 27 Oct,NY-A
3:15:26a	Alice Rose	50	Orinda CA 8 Dec,CA-A
3:16:23a	Wen-Shi Yu	50	Kew Gardens NY 15 Jun,MN-A
3:19:20	Wilma Maddock	50	Costa Mesa CA 3 Feb,CA-A
3:24:21a	Patti Buholm	50	Honolulu HI 8 Dec,HI-A
3:25:36	Nancy McCormick	50	Omaha NE 3 Nov,NE-A
3:25:59a	Suzi Gillis	51	San Diego CA 5 Oct,UT-A
3:26:51a	Sue Medaglia	50	Bronx NY 24 Nov,PA-A
3:27:02a	Mae Horns	51	Edina MN 15 Jun,MN-A
3:28:48a	Mickey Armstrong	54	Edina MN 15 Jun,MN-A

marathon		Women- 55 thru 59	
3:12:35a	Janet Glassman	56	Allentown PA 27 Oct,NY-A
3:19:23a	Toshiko D'Elia	55	Ridgewood NJ 6 Oct,MN-A
3:23:41a	Margaret Miller	59	Thousand Oaks CA 6 Oct,MN-A
3:27:05	Ruth Anderson	56	Oakland CA 3 Nov,DC-A
3:30:31	Billie Murphy	58	Tacoma WA 14 Apr,WA-A
3:38:16a	Adele Milicevic	59	Scottsdale AZ 5 Oct,UT-A
3:38:30	Hildy Fosse	56	Holderness NH 27 Oct,NH-A
3:42:22	Semer Whayong	56	Fremont OH 19 May,OH-A
3:46:05	Joan Sullivan-Morris	55	29 Sep,OR-A
3:46:19i	Marge Trenckmann	55	6 Jan,TX-A

marathon		Women- 60 thru 64	
3:36:50	Alene Park	60	Huntsville AL 14 Dec,AL-A
3:55:00	Ellie Kughn	61	Westlake OH 19 May,OH-A
4:01:35	Ilone Paulus	63	Long Beach CA 3 Feb,CA-A
4:06:56	Araxi Preudt	61	Lexington MA 3 Nov,DC-A
4:13:47	Virginia Hastings	60	Santee CA 29 Sep,OR-A
4:17:33	Gerry Davidson	63	Fallbrook CA 3 Feb,CA-A
4:24:07	Loretta Shehan	62	West Seneca NY 19 May,OH-A
4:24:43a	Marybelle Russell	63	Las Vegas NV 5 Oct,UT-A
4:26:05a	Margorie Lawson	61	Sacramento CA 8 Dec,CA-A
4:28:24	Carmel Smilanic	61	Aurora CO 5 May,CO-A

marathon		Women- 65 thru 69	
4:18:05	Althea Wetherbee	66	Huntington Stn NY 3 Nov,DC-A
4:27:39	Josephine Hess	67	Selah WA 26 Oct,WA-A
4:29:06a	Mary Varani	67	Detroit MI 13 Oct,MI-A
4:34:24a	Margaret Lee	66	Honolulu HI 8 Dec,HI-A
4:59:03a	Helen Kuziara	65	Santa Rosa CA 27 Oct,NY-A
5:20:41a	Evelyn Havens	69	New York NY 27 Oct,NY-A
5:34:07	Priscilla Libby	67	Los Angeles CA 3 Feb,CA-A
5:45:26a	Marion Epstein	67	Brooklyn NY 27 Oct,NY-A
5:58:02a	Althea Jureidini	67	Monticello NY 8 Dec,HI-A
5:58:19a	Doris Pugh	65	Kaneohe HI 8 Dec,HI-A

marathon		Women- 70 thru 74	
6:00:07a	Olive Rohrer	70+	Frazier Park CO 8 Dec,HI-A
6:10:31a	Mayme Bdera	70	East Elmhurst NY 27 Oct,NY-A
6:47:16a	Lucille Adney	72	Long Beach CA 8 Dec,HI-A
7:48:41a	Helene Stanfield	74	San Bernardino CA 8 Dec,HI-A
8:22:11a	Ethel Lane	73	Loma Linda CA 8 Dec,HI-A
foreign			
4:32:29a	Kikue Murakami	70+	JPN 8 Dec,HI-A
7:33:29a	Asako Suzuki	70+	Shizuoka JPN 8 Dec,HI-A

marathon		Women- 75 thru 79	
4:49:08a	Anne Clarke	76	Glen Ellyn IL 20 Oct,IL-A
5:10:37	Bess James	75	San Jacinto CA 3 Feb,CA-A
5:27:51	Mavis Lindgren	77	Orleans CA 3 Feb,CA-A
6:06:40a	Ethel Furne	76	Wabasha MN 6 Oct,MN-A

marathon		Women- 80 thru 84	
5:10:04a	Ida Mintz	80	Glencoe IL 20 Oct,IL-A

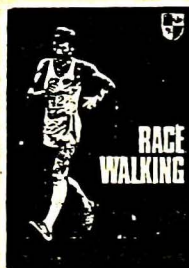
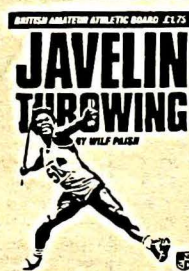
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NATIONAL

North American Masters T&F Championships and Empire of America Series
Tampa Florida
October 25

100 METER - MEN 100

AGE DIV	NAME	TIME
30-34	Harvey Jackson	11:41
	Calvin Saulsberry	11:86
	Rex Gwynn	11:90
	James Gill	12:20
	William Weldon	12:30
	Louis Lozada	13:40
35-39	Nate Robinson	11:40
	Gary Schuler	11:08
	Michael Latson	12:30
	William Jackson	12:40
	Jon Davis	12:50
	George Berry	12:70
	Robert Wallace	12:80

DIV	NAME	TIME
40-44	Thaddeus Bell	11:60
	Ronald Johnson	11:70
	Joe Rooney	12:30
	Ron Hampton	14:30
45-49	William Knocke	11:80
	Jim Garrison	12:60
	Richard Deere	13:00
	Dave Ellis	13:10
	John Hackem	13:20
50-54	James Mathis	12:50
	Stanley Williams	12:60
	Frederick Pinkston	13:20
	James Ware	13:50
	Bob Santine	13:60
55-59	Edmund Schuler	12:80
	Bill Gentry	13:60
	Luis Cano	14:40
	Sam Jones	14:40
	Harvey Carlen	15:50
60-64	Raymond Armstrong	13:80
	Don Hall	15:90
	Peanuts McAnally	16:30
65-69	Tim Murphy	13:80
	David Domenech	14:40
	Tom Kennell	14:40
	Donald Hull	14:60
	William Carmen	15:60
	Ham Morningstar	16:20
70-74	Santos Pietri	16:10
	Harold Niebel	14:80
	Milo Lightfoot	15:70
	Eugene Cottrell	15:90
	Joseph Broadbent	31:00
75-79	Barry Ivers	15:50
	Manfred D'Elia	16:10
	Dick Lacey	16:70
80-84	Herbert Anderson	18:30
	Konrad Boggs	19:30

100 METER - WOMEN

DIV	NAME	TIME
35-39	Phil Raschker	12:60
	Emily Milgram	13:50
	Marilyn Ciociola	19:60
40-44	Pamela Talvert	13:70
45-49	Joy MacDonald	15:20
	Jane Beightol	20:00
50-54	Barbara Counts	18:00
	Betty Sjogren	20:00
60-64	Hazel Niebel	23:80

200 - MEN

DIV	NAME	TIME
30-34	Harvey Jackson	23:60
	Calvin Saulsberry	23:80
	Rex Gwynn	24:80
	William Weldon	25:61
35-39	William Jackson	25:60
	Jon Davis	25:60
	Stephen Kennedy	26:20
	Jerry Day	26:70
	Robert Wallace	27:00
	Frank Bonaccorso	27:30
40-44	Thaddeus Bell	23:50
	Ronald Johnson	23:70
	Joe Rooney	24:70
	Joe Johnston	26:60
	Doug Brown	30:20
45-49	William Knocke	23:00
	Dave Ellis	27:30
	James Plautz	27:30
	Jim Wharton	28:80

50-54	James Mathis	25:70
	James Ware	27:80
	Frederick Pinkston	28:10
	Henry Davenport	29:90
	Bill Bosworth	30:60
55-59	Edmund Schuler	27:50
	Sam Jones	29:80
	Ruis Cano	30:30
60-64	Raymond Armstrong	27:70
	Peanuts McAnally	35:20
65-69	Jim Manno	29:20
	Tim Murphy	29:50
	David Domenech	30:00
	Tom Kennell	32:00
	Santos Pietri	35:70
	Ham Morningstar	36:60
70-74	Milo Lightfoot	36:80
	Eugene Cottrell	34:90
	Wilbur Ott	37:50
75-79	Barry Ivers	32:50
80-84	Herbert Anderson	39:10
	Conrad Boas	39:90

WOMEN

DIV	NAME	TIME
35-39	Phil Raschker	26:50
	Emily Milgram	27:50
40-44	Pamela Calvert	28:70
45-49	Joy MacDonald	30:80
50-54	Betty Sjogren	45:40

400 Meters Men

30-34	Charles Smith	52.6
	Calvin Saulsberry	52.6
	Rex Gwynn	53.5
	Paul White	53.6
	Banton Angier	54.8
	James Giles	59.0
35-39	David Colpits	55.4
	Reggie Russell	55.5
	George Berry n	57.9
	Jerry Day	58.4
40-44	Nick Gailley	55.6
	Bill Hammer	60.8
	Doug Brown	67.2
45-49	Bill Knocke	55.2
	Jack Brocksmith	57.4
	James Plautz	61.5
	John Pickman	66.5
	Lou Titwell	72.2
50-54	James Mathias	56.3
	James Ware	61.9
	Dennis O'Connor	64.5
	Ted Sjogren	75.6
55-59	Sam Jones	65.8
	Luis Cano	70.8
60-64	Ray Armstrong	63.1
65-69	Jay Sponseller	65.3
	Jim Mano	66.5
	David Domenech	67.8
	Jack Rice	69.5
	Ham Morningstar	85.4
	Bill Granby	88.7
70-74	Harold Niebel	74.7
	Milo Lightfoot	76.1
	Wilbur Ott	90.5
75-79	Gordon Powell	83.5
	Dick Lacey	86.8
80-84	Conrad Boggs	99.2

400 Meters Women

AGE DIVISION	NAME	TIME
35-39	Phil Raschker	1:00.7
	Debbie Stikes	1:08.6
40-44	Pamela Calvert	1:03.00

800 Meters Men

30-34	Bart Angier	2:01.
	Charles Smith	2:03.6
	Paul White	2:04.3
	Frank Reguero	2:07.3
	Tom Ochoa	2:08.3
	Joe Whitelock	2:17.5

35-39	Lindsay Bowden	2:03.9
	Reggie Russell	2:06.9
	Glen Cable	2:10.1
	Steve Christlive	2:30.3

40-44	Oscar Relliham	2:10.2
	Bill Hemmer	2:12.9
	Otis Fesler	2:19.7

45-49	George Cohen	2:03.
	Jack Brocksmith	2:14.2
	Jim Wharton	2:19.9

50-54	Charles Wimberley	2:11.6
	Dennis O'Connor	2:25.3
	Ron Gerugthy	2:37.2
	Miram Byrd	2:37.8
	Ted Sjojen	2:50.0
	Richard Hauge	2:53.

55-59	Kelsey Brown	2:17.8
	Joe Fuselier	2:32.6

60-64	Lois Schneider	2:27.3
	Archie Messenger	2:29.6

65-69	Jay Sponseller	2:34.2
	Jack Rice	2:38.4
	Jim McGilvay	3:03.6
	Bill Gramby	3:09.3
	Bertram South	3:13.6

70-74	Igor Storojeff	4:09.4
	Charles Espy	4:00.6

1500 METERS - MEN

DIV	NAME	TIME
30-34	Tom Ochoa	4:16.2
	Louis Lozada	5:15.7
	Dave Mathia	4:36.4
	Tom Bedford	5:06.3
	George Lattarulo	5:36.7
	Oscar Relihan	4:38.0
40-44	Otis Fesler	4:54.2
	Charles Wimberley	4:36.8
50-54	Ron Gerugthy	5:35.1
	Don Camme	4:25.4
55-59	Casey Jones	4:47.7
	Joe Fuselier	5:20.9
60-64	Archie Messenger	5:16.8
	Lois Schneider	5:26.6
65-69	John Boats	5:19.8
	Jim McGilvay	6:20.9
	James Ward	6:44.1
70-74	Igor Storojeff	9:00.2
75-79	Charles Espy	8:59.9

1500 METERS- WOMEN

30-34	Deborah Anderson	4:54.0
35-39	Susan Holton	4:55.9

5000

DIVISION	NAME	TIME
30-34	Frank Reguero	16:14
35-39	George Lattarulo	20:08
	Ervin Adams	21:07
	Barry Brown	15:51
	Larry Rose	17:35
	Roger Hauck	18:03
	Tom Rucker	18:42
	Robert Young	21:26
45-49	Dick Jackson	17:28
	Tom Meyer	18:10
	Ed Russell	21:24
50-54	Myke Burr	18:19
55-59	Nat Cirulnick	24:42
60-64	Larry Rush	20:44
65-69	Val Granby	21:15
75-79	Charles Espy	29:18

DIVISION	NAME	TIME
30-34	Marie Azzarello	18:46
	Marina Boller-Holt	20:14
35-39	Karen MacHarg	17:23
	Marilyn Ciociola	24:30
40-44	Gail Scott	18:08
50-54	Shirley Taylor	24:45
60-64	Anne Trigg	22:04

5K RACE WALK - MEN

AGE DIV	NAME	TIME
30-34	Jerry Teske	32:40
35-39	George Lattarulo	29:18
	Steve Christlieb	33:19
	Ron Stein	38:29
40-44	Richard Jones	29:23
	Bill Farrell	30:12
	Doug Brown	31:40
	Ron Smith	32:18
45-49	Gordon Hill	34:40
50-54	Tom White	27:12
55-59	Bob Fine	28:10
60-64	Joe Vitucci	30:30
65-69	Bill Granby	30:17
	Erv Luchs	31:33
70-74	Bill Tallmadge	33:57
	Igor Storojeff	37:08
75-79	Ches Unruh	38:58

5K RACE WALK - WOMEN

AGE DIV	NAME	TIME
30-34	Marina Boller	33:01
	Bonnie Stein	34:14
	Barbara Waddle	35:27
35-39	Mary Ann Ingram	31:02
	Nancy Hafris	37:52
	Marilyn Ciociola	37:55
45-49	Gayle Hinton	35:38
	Jane Beightol	37:50
50-54	Joy Clingman	31:11
	Sybil Gerugthy	31:19
55-59	Anna Rush	32:01
65-69	Mim Tallmadge	44:45

HIGH HURDLES

DIVISION	NAME	TIME
35-39	Nate Robinson	15.5
	Don Slevin	16.3
45-49	Dave Ellis	17.7
50-54	Jack Gilmore	20.0
	Richard Hauge	23.6
55-59	Bill Gentry	20.0
	Luis Cano	22.8
60-64	Frederick Hirsimaki	19.7
	Edward Davison	27.0
65-69	Ham Morningstar	20.6
	William Carmen	
	Donald Hull	22.8
70-74	Harold Niebel	15.9
	Wilbur Ott	18.7

HIGH JUMP

DIV	NAME	HEIGHT
30-34	Jeff Baty	5-0
35-39	Ron Purdom	6-4
40-44	Ron Hampton	4-8
	Jose Quiles	4-7
45-49	Larry Judd	5-0
	Mike Valle	4-0
	Jack Russell	4-0
50-54	Tom Langenfeld	5-6
	Jack Gilmore	5-0 3/4
	Phil Muckey	5-0
	James Ware	4-7 3/4
	Richard Hauge	4-4
55-59	Bill Gentry	4-8
	Tom Bartenfeld	4-6
60-64	Bob Richards	4-6
	Frederick Hirsimaki	4-6
65-69	Boo Morcom	4-6
	Ham Morningstar	4-2
	Mato Durovac	4-0
	Don Hull	3-10
70-74	Ian Hume	4-7 1/2
	Joseph Broadbent	4-0 3/4
	Charles Hirshey	2-11 3/4
75-79	Dick Lacey	4-0
	Gordon Powell	3-4
80-84	Herbert Anderson	3-1 3/4
	Everett Hosack	2-11 3/4

POLE VAULT

DIV	NAME	HEIGHT
35-39	Ken Taylor	14- 6
40-44	Charlie Polhamos	15- 2
	Joe Johnston	14- 0
	Jose Quiles	10- 0
45-49	Heath Whittle	11- 0
50-54	Phil Muckey	11- 6
	Henry Davenport	10- 0
	Richard Hauge	8- 0

60-64	Frederick Hirsimaki	8- 0
65-69	Boo Morcom	11- 6
	Ham Morningstar	8- 0
	Armando Ricciardi	7- 6
70-74	Ian Hume	7- 3
	Joe Broadbent	6- 6

LONG JUMP

DIV	NAME	DISTANCE
30-34	Wayne Reese	21-8 1/4
	William Weldon	19-9 1/4
	Louis Lozada	15-11
35-39	Nate Robinson	21-2
	Stephen Kennedy	17-9 1/4
	Gary LaWing	16-11
	Ken Brauman	16-7 1/4
	Frank Bonaccorso	16-3 1/2
	Robert Wallace	16-2 1/2
40-44	Ronald Johnson	19-11 1/4
	Jose Quiles	17-2 1/4
	Ron Hampton	15-11 3/4
45-49	Jim Garrison	17-8 1/4
	Larry Judd	17-2 3/4
50-54	Phil Muckey	18-1
	Jack Gilmore	16-10
	Richard Hauge	13-7 1/4
55-59	Edmund Schuler	17-5 1/2

Continued from previous page

55-59	Leonard Olson	46-4
	Thomas Henderson	44-1 1/4
	Bill Garrahan	47-0 1/2
	David Halle	37-0 1/4
	Laurence Siegel	36-8 1/4
	Luis Velez	29-10 3/4
	Calvin Wedderburn	28-5 3/4
	Harvey Carlen	26-5 3/4
60-64	Bob Richards	47-11 3/4
	Art Joago	44-5 1/4
	Jacob Sterin	32-3 1/2
	Peanuts McNally	28-7 1/2
	Mato Dukovac	39-10
	Ham Morningstar	39-0 1/4
	Boo Morcom	38-6 3/4
	Armando Ricciardi	36-4 1/4
	Don Hull	31-3 1/4
	John Russell	28-8 1/2
70-74	Charles Hirshey	31-2 3/4
	Robert Deliveller	28-6 1/4
	Ge-don Powell	26-1
	Manfred Della	24-2 1/2
80-84	Herbert Anderson	23-7 1/2
	He sack, E.	20-3

DIV	NAME	DISTANCE
50-54	Ann Cirulnick	32-4 *
55-59	Buff Messenger	16-3 3/4
60-64	Hilda Rutkowski	22-2 3/4
70-74	Lenka Seda	14-0 1/4

DISCUS

DIV	NAME	DISTANCE
30-34	Jeff Baty	124-10
	Paul Brown	112-0
35-39	John Powell	187-4
	Richard Chastang	118-11
	Glenn Weaver	99-10
	Stephen Kennedy	85-6
	Rob Wallace	76-2
40-44	Brian Oldfield	171-2
	Jerry Arline	112-10
	Bill Norman	111-10
45-49	Mike Valle	117-9
	Carl Klehm	113-6
	John Russell	98-7
	Julian Arano	94-2
	F. Slick	91-10
50-54	Martin Klatish	149-7
	Philip Scudieri	136-11
	Henry Davenport	129-4
	Phil Mulkey	125-11
	Tim Toney	113-11
	William Duckworth	112-10
	Bill Bolton	107-5
55-59	Leonard Olson	160-1
	Thomas Henderson	120-2
	Bill Garrahan	114-7
	Lawrence Siegel	102-6
	David Halle	100-3
	Calvin Wedderburn	67-2
60-64	Bob Richards	154-3
	Art Joago	125-0
	Jacob Stein	110-4
	Don Hull	94-6
	Peanuts McNally	89-3
65-69	Boo Morcom	125-7
	Ham Morningstar	113-1
	Armando Ricciardi	106-7
	John Russell	97-3
	Mato Dukovac	96-7
	Bill Cranby	69-9
70-74	Charles Hirshey	54-4
80-84	Herbert Anderson	58-8
	Everett Hosack	57-10
	Konrad Boggs	51-8

DIV	NAME	DISTANCE
30-34	Barbara Beckham	106-0
40-44	Lurline Struppek	97-10
45-49	Shirley Bertenfield	44-11
50-54	Ann Cirulnick	75-9
55-59	Buff Messenger	43-8
60-64	Hilda Rutkowski	50-2
	Hazel Nieber	47-1
70-74	Lenka Seda	35-5

JAVELIN

DIV	NAME	DISTANCE
30-34	Michael Brown	212-7
	Jeff Baty	154-9
	Paul Brown	133-6
	William Welden	102-0
35-39	Glenn Weaver	177-8
	Nate Robinson	172-9
	Rob Wallace	147-7
40-44	Stephen Kennedy	110-10
	Richard Sander	103-9
	Ron Hampton	140-0
	Bill Norman	146-0
45-49	Mike Valle	133-0
	F. Slick	112-3
	Jim Garrison	112-0
	Carl Klehm	66-10

50-54	William Duckworth	164-0
	Philip Scudieri	151-3
	Jack Gilmore	129-9
	Bob Santini	97-11
	Jerry Anderson	78-4
	Richard Hauge	72-7
55-59	Len Olson	136-3
	Harvey Carlen	106-7
	Bill Gentry	83-5
	Glenn Wedderburn	77-0
60-64	Bob Richards	130-4
	Jacob Stein	122-5
	Art Joago	118-2
	Frederick Hirsimaki	95-9
65-69	Ham Morningstar	101-10
	Boo Morcom	93-11
	Mato Dukovac	89-7
	Armando Ricciardi	86-3
	Donald Hall	71-6
	John Russell	69-7
	Stan Laski	67-8
70-74	Ian Hume	118-8
	Milo Lightfoot	98-1
	Robert Detweiler	71-1
	Wilbur Ott	65-2
	Charles Hirshey	58-10
75-79	Manfred Della	74-5
80-84	Herbert Anderson	65-9

DIV	NAME	DISTANCE
30-34	Barbara Beckham	102-9
40-44	Lurline Struppek	122-8
50-54	Ann Cirulnick	63-7
55-59	Buff Messenger	42-8
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55-59	Buff Messenger	42-8
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1000m	M40 R Marsland	35:04.6
	M45 E Fromm	36:46
	M50 W Riley	35:32
	M55 R Hammond	38:37
	M60 G Silva	44:11
	M65 E Fenton	48:03
	M70+R Renaud	59:22
1500m Walk	M40 J Singh	10:12
	M45 M Hoffer	9:31
	M50 R Colford	10:10
	M55 M Myerowitz	8:18.9
	M60 A Drapeau	9:43.8
	M65 M Nobrega	10:49
	M70+R Mullikan	9:47
	M40 S Bertrand	12:17
	M45 E Shepherd	11:03
	M50 P Myerowitz	9:55
	M55 E Drapeau	11:12
	M60 M Currier	11:49
	M65 V Doyle	11:50
	M70+J Hamaker	11:57
High Jump	M40 C Varnet	4-9 3/4
	M45 J Downs	4-2
	M50 T Foster	4-7
	M55 D Kraemer	4-10
	M60 J Costine	3-1
	M65 B Morcom	4-7
	M70+G Gonzalez	3-8
	M45 A Boyle	3-5
	M50 S Redfield	3-7
	M65 F Bullock	2-5
Long Jump	M40 C Varnet	15-5 3/4
	M45 J Downs	14-8 1/2
	M50 N Mosley	15-11
	M55 d Kraemer	13-11 1/2
	M60 J Costine	11-1 1/2
	M65 B Morcom	16-0
	M70+G Gonzalez	14-2 1/2
	M45 J Marecsak	9-0
	M50 S Redfield	11-7 1/2
	M55 S Motherway	6-7
	M60 A McGowan	6-9
	M65 E Mayland	6-5 3/4
	M70+M Gorham	4-11 1/2
Shot Put	M40 J Carlsten	36-1
	M45 J Downs	34-9 1/2
	M50 R Carstensen	41-4
	M55 W Garrahan	37-0
	M60 L Nardi	35-9 1/2
	M65 N Heard	41-3
	M70+G Gonzalez	32-10 1/2
	M45 A Boyle	25-7
	M50 S Redfield	22-5 1/2
	M60 E O'Connor	21-10 1/2
	M65 E Mayland	21-7 1/2
	M70+M Gorham	14-3
Discus	M40 R Gourley	105-5
	M45 M Hoffer	97-11
	M50 r Lord	107-10
	M60 L Nardi	101-2
	M65 T McDermott	123-8
	M70+G Gonzalez	101-9*
	M45 J Shepherd	76-0
	M50 A Morris	57-7
	M55 S Motherway	48-0
	M60 A Sullivan	39-6
	M65 R Rathier	39-6
Javelin	M40 B DeMagistris	154-1*
	M45 J Downs	99-1
	M50 B Youngs	158-1
	M55 A Viveiros	84-6
	M60 L Nardi	92-3
	M65 H Morningstar	106-2*
	M70+G Gonzalez	90-3*
	M45 J Youngs	65-8
	M60 A Sullivan	45-2*
	M65 R Rathier	28-9
	M70+M Gorham	29-10
Hammer	M40 R Gourley	149-6
	M45 M Hoffer	66-7
	M50 R Carstensen	127-11
	M55 M Boyle	102-10
	M60 L Nardi	93-1
	M65 T McDermott	124-7
	M70+B Detweiler	93-3
*meet record		

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M50 C Trimmer	36:59
J Lacey	37:42
L Walton	37:56
H Layman	39:17
D Little	39:19
M55 R Costello	38:43
E Ference	42:14
J Mitchell	42:49
B McCandless	43:31
B Friel	44:25
M60+J Bisceglia	38:02
T Schuerger	41:56
H Kirsch	44:55
J Hurst	45:01
A Mascio	46:02
W40 Gabriele Andersen	34:01AR
Barbara Filutze	34:31
Mary Benedetti	42:21
Fran McAleavey	43:21
Linda Oleksak	43:58
W45 G Lacey	44:06
K McDonald	45:02
J Dehl	47:03
S Shaffer	47:11
S Abendroth	47:15
W50 D Smith	54:22
R Hertzberg	55:38
B Wooton	55:53
C Siewers	57:37
J Ayres	57:58
W55 A Tarr	49:18
J Keady	56:29
E Jamison	1:03:25
T Shields	1:06:41
E Livingston	1:08:09
W60+P Schuerger	57:01
M Satz	1:06:08
D Smith	1:06:56
M Makary	1:07:14
D Harris	1:07:24

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Continued from previous page

Discus

M40 E Coyle	35.10
M45 J Kee	35.86
M50 H Ryan	32.72
M55 D Field	31.52
M60 S Johnson	40.40
M35 L Dewar	25.58
M50 M Tipping	31.26

Javelin

M40 P Owen	42.60
M45 J Ross	46.34
M50 M Morrell	38.10
M55 D Field	34.90
M35 L Dewar	31.64

Hammer

M40 E Coyle	34.94
M45 J Kee	43.98

Pentathlon

M40 A Dingwall	2386
M45 J Ross	3310
M50 D Marshall	3215
M55 D Field	2854
M60 G Leete	2961

Norwegian Masters
Championships
Oslo, August 8-10

100m

M35 T Rosen	11.87
M40 F Johannson	11.74
M45 A Svendsen	12.32
M50 K Dalland	12.28*
M55 T Ludvigsen	13.34
M60 G Tonnesen	13.96
M65 W Finnanger	14.72
M70 E Flydahl	14.72
M75 O Jossing	16.57*
M80+ S Tormoen	17.83*
M35 I Kulstad	13.13
M40 S Reimers	13.66
M50 G Mjelde	15.62
M55 B Hestmann	17.20
M60 K Hveem	15.06*

200m

M35 T Sand	23.61
M40 O Kringeland	24.47
M45 A Svendsen	25.15
M50 K Dalland	24.97
M55 P Kojen	27.26
M60 W Olsen	29.60
M65 W Finnanger	31.95
M70 E Fuglesang	30.44*
M75 T Hovik	35.18
M80 S Tormoen	37.79*
M35 I Kulstad	26.87
M40 S Reimers	27.99
M45 A Askvik	30.41
M50 U Saether	32.51
M55 B Hestmann	36.55
M60 K Hveem	31.79

400m

M35 J Torgersen	52.14
M40 O Kringeland	53.20
M45 B Thomassen	56.65
M50 K Dalland	55.65
M55 A Haugland	59.05*
M60 B Oshaug	61.72
M70 E Flydahl	72.97*
M35 I Bekken	61.39
M40 S Reimers	63.57
M45 S Wold	65.00*
M50 J Jansen	69.66*

800m

M35 A Galgerud	1:58.37
M40 P Dahl	2:00.88
M45 K Welstad	2:03.16
M50 K Steinset	2:08.23
M55 A Haugland	2:15.65
M60 V Rogdo	2:24.32
M65 T Haugan	2:30.53
M70 O Lie	2:40.98*
M75 T Hovik	3:17.17*
M35 E Oison	2:30.88
M40 O Haakensveen	2:24.44
M45 B Solheim	2:23.93*
M50 J Jansen	2:35.13
M60 K Garbo	2:53.94*

1500m

M35 O Havrevoll	4:04.77
M40 P Dahl	4:07.39
M45 K Welstad	4:09.27*
M50 J Johansen	4:27.47
M55 O Egeberg	4:38.51
M60 J Kystad	4:54.82
M65 T Holstad	5:20.10
M70 O Lie	5:44.32
M75 R Naesje	6:32.73
M35 A Baevre	5:28.50
M40 O Haakensveen	4:54.00
M45 B Solheim	4:54.63*
M50 J Jansen	5:20.76
M60 K Garbo	5:46.24*

3000m

M60 J Kystad	10:30.18
M65 T Holstad	11:23.43
M70 O Lie	11:45.58*
M75 R Naesje	14:09.51*
M35 B Moen	10:22.9
M40 O Haakensveen	10:26.3*
M45 B Solheim	10:30.7*
M50 A Rekkebo	12:47.0
M55 S Stokkebaek	12:54.2

5000m

M35 G Solfjeld	15:10.7
M40 H Odegard	15:12.0
M45 M Johnsen	15:49.4
M50 T Viken	16:35.5
M55 L Onshus	17:10.9

800m

M70 T Brandvold	17.04*
M40 E Gronmo	14.13*
M50 G Bolstad	15.57*
M55 B Hestmann	19.68
M60 K Hveem	15.80

1000m

M60 H Lund	18.74
M65 G Skrivervik	17.93
M35 G Rivenes	15.80

1100m

M35 E Svendgard	17.48
M40 O Grasbakken	15.82*
M45 A Skog	17.68
M50 L Storhaug	18.17*
M55 H Knudsen	18.90*

400m

M35 J Torgersen	57.94
M40 O Grasbakken	55.75*
M45 A Skog	65.45
M50 J Sommerseth	68.76
M55 H Aanerud	70.29
M60 J Kystad	77.37
M65 W Finnanger	82.64
M35 S Helstad	72.35
M40 O Haakensveen	71.01

High Jump

M35 J Albrigsten	2.00
M40 B Holmeide	1.85
M45 J Skage	1.70
M50 H Sobstad	1.60
M55 O Bjorgen	1.35
M60 H Lund	1.45
M65 G Skrivervik	1.40
M70 E Stai	1.40
M75 A Bjorkaas	1.15
M80 S Tormoen	1.00*
M35 R For	1.55
M40 B Harby	1.25
M50 G Bolstad	1.35*
M60 K Hveem	1.20*

Pole Vault

M35 E Svendgard	4.01*
M40 I Bredholt	3.85*
M45 F Sundstol	3.30*
M50 T Lunde	2.96
M55 K Homme	2.20
M60 H Overland	2.40
M65 W Finnanger	2.30
M70 T Brandvold	2.20

Long Jump

M35 J Anthonisen	6.58
M40 T Furuluv	6.14
M45 A Skog	5.55
M50 J Broholt	5.08
M55 T Ludvigsen	5.42
M60 J Rypdal	5.31*
M65 G Skrivervik	5.09*
M70 E Flydahl	4.52*
M75 O Jossing	3.56
M35 G Rivenes	5.08
M40 R Falch	4.73
M50 G Bolstad	4.34
M55 B Hestmann	3.20
M60 K Hveem	3.86*

Triple Jump

M35 J Albrigsten	14.25
M40 J Myrvang	12.38
M45 H Klakegg	11.56
M50 K Anderdahl	11.46
M50 T Ludvigsen	10.66
M60 J Rypdal	11.67*
M65 O Sletten	9.67
M70 H Isaksen	8.71*
M75 O Jossing	8.05*

Shot Put

M35 A Busterud	13.46*
M40 R Granli	13.38
M45 P Hurn	12.40
M50 L Gundersrud	14.78*
M55 A Saether	13.80*
M60 P Stavem	15.47*
M65 G Skrivervik	13.60*
M70 J Resell	11.36
M75 O Jossing	9.40*
M80 K Solnordal	7.54
M35 I Holmrunn	11.18*
M40 E Gronmo	9.26
M45 R Hanseld	7.89
M50 S Temte	10.08
M55 B Hestmann	7.94*

Discus

M35 P Eide	41.52
M40 R Granli	41.00
M45 T Rothe	35.20
M50 L Gundersrud	44.84
M55 K Homme	42.52
M60 O Bjenth	49.14
M65 E Svennevik	41.52
M70 F Leonard-Nilsen	33.64
M75 O Reppen	36.16*
M80 K Solnordal	24.92
M35 I Ramberg	31.42
M40 E Gronmo	28.69
M50 G Bolstad	27.38*
M55 B Hestmann	21.22

Javelin

M35 J Ringdal	62.18
M40 C Moholt	57.64
M45 A Ruud	54.02
M50 L Gundersrud	43.68
M55 P Oye	43.52
M60 H Overland	47.36
M65 G Skrivervik	39.58*
M70 B Bryntesen	36.64
M75 O Reppen	25.88*
M80 K Solnordal	16.98*
M35 I Kulstad	31.24
M50 G Bolstad	33.46
M55 B Hestmann	17.34

Hammer

M35 A Busterud	50.00
M40 J Myrvang	45.16
M45 K Dalhaug	36.14
M50 A Holme	50.50
M55 A Saether	45.32*
M60 P Stavem	33.88
M65 H Fossum	32.32
M70 E Bryntesen	38.22
M75 O Reppen	40.68*
M80 K Solnordal	20.28

1000m Relay

M35 Moelven IL	2:10.96
M40-49 IL Ros	2:13.09
M50-59 Byasen Idrett	2:29.62
M60+ Oslo Idrettslag	3:12.53

10K Road Race

M60 V Rogdo	40:22.1
M65 H Eriksen	43:53.6
M70 A Solenslok	45:01.2
M35 T Knudsen	43:03.0
M40 S Vaerp	40:26.8
M45 G Karlson	45:30.9
M50 L Stefferud	45:42.7
M55 M Haug	55:42.1

25K Road Race

M35 G Solfjeld	1:25:32.2
M40 H Wibeto	1:25:45.6
M45 R Nilsen	1:27:10.1
M50 A Roste	1:32:25.1
M55 O Brathen	1:35:30.2

*Norwegian National Record
from Erling SvennevikInter-Counties Veterans
Championships
Warley, Great Britain;
September 20

No Age Divisions

100m	
G Sutton	11.4*
J Toole	11.5
J Hannson	11.8

200m

J Toole	23.6
H Henson	23.7
R Austin	24.0

400m

R Austin	53.1*
D Headley	53.6
Peter Higgins	54.0**
WR M55-59	

800m

M Martin	2:04.9
I Pearce	2:06.3
B Clarke	2:07.4

1500m

C Turner	4:27.9
M Theobald	4:29.4
T Farrow	4:31.8

5000m

M Martin	15:19.4
J O'Brien	16:14.3
H Pym	16:16.0

3000m Steeplechase

J O'Brien	11:20.0
J Hush	11:15.2
T Driver	13:59.9

3000m Walk

J Paddick	14:17.0
D Haynes	16:30.1
J Bannister	17:21.9

4x100m Relay

Yorkshire	45.7
Glamorgan	45.8
Leicestershire	49.8

4x400m Relay

Yorkshire	3:48.0
Essex	nta
Glamorgan	4:14.2

High Jump

S Power	1.75*
J Darlington	1.70
R Rudd	
C Shafto	1.55

Pole Vault

G Benson	3.40*
G Sutton	3.20
J Darlington	2.50

Long Jump

S Power	6.20*
W Amos	6.12
M Toole	5.96

USA vs Canada X-C

Continued from page 35

Triple J ump	
S Power	13.65*
J Darlington	12.09
W Amos	11.94
Shot	
C Jennings	16.28
J Walters	12.47
J Smith	10.99
Discus	
J Walters	39.10
J Weightman	35.30
H Richardson	35.00
Hammer	
H Richardson	43.48
W Bushnell	35.54
J Howe	34.26
Javelin	
G Smith	40.20
P Owen	38.62
M Johnson	36.84
*Meet record	

54. Al Schwinkendorf	44:20	53 Edmonds, WA	US 50-16
55. George Agnew	44:27	48 Richmond	CA 45-13
56. Jim Cashman	44:40	42 Olympia	US 40-20
57. Scotty Davidson	44:42	57 Vancouver	CA 55-5
58. Kirpal Bains	45:12	41 Richmond	CA 40-21
59. Barbara Purday	45:16	F15 Seattle	US 45-1 f
60. Hans Sigurd	45:46	54 Vancouver	CA 50-17
61. George Taylor	46:29	51 Richmond	CA 50-18
62. Nora Hansen	46:43	65 Enunclaw, WA	US 65-1
63. Art Porter	47:01	65 Coquitlam	CA 65-2
64. Stan Baldry	47:13	63 Vancouver	CA 60-2
65. Neal Stoddard	47:19	43 Seattle	US 40-22
66. Gerald Magorty	49:33	55 "	US 55-6
67. Josh Fitch	50:20	61 Vancouver	CA 60-3
68. Sverre Heitanen	51:30	66 Delta	CA 65-3
69. Leon Holman	51:34	59 Seattle	US 55-7
70. Jean Tove	51:40	F53 Manano	CA 50-1 f
71. Robert Crawford	51:47	43 Renton	US 40-23
72. Billie Murphy	51:47	F59 Tacoma	US 55-1 f
73. Bev LaVeck	51:45	F50 Seattle	US 50-2 f
74. John Fawcett	55:40	68 "	US 65-4
75. Jean Cleator	56:03	F60 Vancouver	CA 60-1 f
76. Arne Johnson	56:44	74 Ocean City, WA	US 70-1
77. Maury Cummings	57:57	70 Kelso, WA	US 70-2
78. Betty Miller	60:31	F68 Federal Way, WA	US 65-1 f
79. Hugh Clifford	1:07:31	80 Vancouver	CA 80-1

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91404. Please include
date, distance and city.



NATIONAL

U.S. TAC National Masters Half- Marathon Championships Philadelphia, PA September 14

M40-44					
1	Moses Mayfield	41	PA	1:08:54	
2	Derck Frechette	41	NY	1:10:37	
3	Mark Griffin	40	PA	1:10:45	
4	Dennis La Mountain	41	VA	1:11:12	
5	Jerry Smith	43	NY	1:11:36	
6	Lucious Anderson	40	MD	1:11:47	
7	Tec Bitter	42	NY	1:12:16	
8	Rich Myers	40	NJ	1:12:17	
9	Robert Thurston	42	DC	1:12:17	
10	Richard Fitz	42	NY	1:13:13	
11	Jack Bickley	40	DC	1:13:13	
12	Donald Wright	41	AL	1:14:07	
13	Paul Acosta	40	NY	1:14:07	
14	Juan Ramirez	41	NJ	1:15:16	
15	Steve Conroy	41	NY	1:15:24	
16	Edward Doheny	43	DC	1:15:32	
17	Michael Filutze	40	PA	1:15:36	
18	Eamonn McEvilly	44	VA	1:16:36	
19	Walter Taggart	43	PA	1:16:42	
20	Jose Almeida	42	NJ	1:16:59	
21	William Wooden	42	MD	1:17:17	
22	Sam Bair	40	PA	1:17:39	
23	Earl Osborne	40	NY	1:17:47	
24	Rafael Bordonaba	44	NY	1:18:25	
25	Robert Frost	40	VA	1:19:11	
26	Mike Napies	40	NJ	1:19:17	
27	Frank Landy	43	PA	1:19:22	
28	Cliff Held	40	NY	1:19:22	
29	Fred Winkel	42	NY	1:19:22	
30	Doug Davis	43	VA	1:20:35	
31	John Ruth	44	PA	1:20:42	
32	Abelardo Chia	42	NY	1:20:49	
33	Michael Wilson	40	NY	1:20:58	
34	Jim Cain	41	PA	1:21:13	
35	John Tobin	40	MD	1:21:26	
36	Denis Laurencin	40	NY	1:21:33	
37	Dick Walters	44	NY	1:21:54	
38	Herb Babcock	41	PA	1:21:59	
39	Tom Clauser	42	PA	1:22:02	
40	Davitt Dittmann	41	CT	1:22:05	
41	Charles Taylor	40	NJ	1:22:13	
42	Henry De Jong	40	NJ	1:22:25	
43	Willie Johnson	43	PA	1:22:27	
44	Zeke Schofield	42	DE	1:23:28	
45	John Kennedy	43	VA	1:23:45	
46	Alberto Flores	40	NJ	1:23:56	
47	Joe Cynar	44	NJ	1:24:06	
48	Dave Van Dusen	42	PA	1:24:24	
49	Carl Grossman	40	PA	1:24:33	
50	Gregg Atzert	41	PA	1:24:38	
51	Rushworth Armstrong	43	NY	1:24:41	
52	Naty Edwards	40	CT	1:24:41	
53	Cliff LePage	42	PA	1:25:28	
54	William Krause	43	PA	1:25:31	
55	David Schneider	40	NY	1:25:40	
56	Richard Ortiz	42	NY	1:25:45	
57	Bill Fisher	43	NY	1:25:48	
58	G.A. Ungerleider	41	NJ	1:25:53	
59	John Matthews	43	DE	1:25:55	
60	Herb Godwin	40	NJ	1:26:12	

M45-49					
1	Ralph Zimmerman	45	NY	1:10:51	
2	William Tobin	47	PA	1:12:20	
3	Fred Uelses	46	PA	1:12:32	
4	Bill Fuller	47	NY	1:13:02	
5	Mel Williams	48	VA	1:13:20	
6	Ramon Ruiz	46	NY	1:13:48	
7	Richard Harris	45	PA	1:15:34	
8	Russ Bassett	45	NY	1:15:36	
9	Michael Hayney	48	NJ	1:16:25	
10	Rex Reed	47	VA	1:16:33	
11	Rick Kleyman	46	MD	1:16:39	
12	Arthur Scheinholz	47	CT	1:18:56	
13	Bernie Gallagher	45	MD	1:19:27	
14	Norman Goluskin	47	NY	1:19:48	
15	Peter Shovlin	46	PA	1:20:09	
16	Ben Mathews	48	MD	1:20:14	
17	Julian Goldsmith	45	NY	1:20:20	
18	Kirk Davies	49	MD	1:20:27	
19	Ted Strab	46	DE	1:21:20	
20	James Fletcher	46	IN	1:21:49	
21	Richard Brannan	47	VA	1:22:18	
22	Ernest Pongracz	49	PA	1:22:38	
23	Thomas Farr	45	NY	1:23:23	
24	Walter Pierson	49	NJ	1:23:37	
25	Louis Fisher	45	NJ	1:23:50	
26	Kenneth Baker	49	VA	1:24:36	
27	Donald Fessman	47	DE	1:24:51	
28	Andrew Kotulski	46	NJ	1:25:25	
29	Warren Pitts	47	MD	1:26:32	
30	Frank Dockery	45	NJ	1:27:32	
31	Chuck Desjardins	49	VA	1:28:08	
32	Edward Barwick	45	NJ	1:28:21	
33	William Walters	45	CT	1:28:44	
34	Stanton Neumann	47	MD	1:28:48	
35	Charles Paul	45	VA	1:29:16	
36	Thomas Brusca	46	NY	1:29:19	
37	Donald Mason	46	NJ	1:29:35	
38	Giuseppe Porri	47	PA	1:30:53	
39	Gil Reyes	46	DE	1:31:51	
40	William Barrick	47	PA	1:32:03	
41	Thomas Thorn	46	NJ	1:32:47	
42	Harry Berkowitz	46	NJ	1:32:55	
43	Jack Moskowitz	46	NJ	1:33:01	
44	Len Taylor	48	PA	1:33:12	
45	Jack Holloway	49	DE	1:34:01	
46	Jay Chandler	45	DE	1:34:30	
47	Robert Speicher	49	PA	1:35:35	
48	Elliot Rouse	47	NY	1:35:59	
49	Bill Robertson	47	NY	1:38:00	
50	Joe Hammond	48	NJ	1:38:15	
51	James Schwartz	47	PA	1:38:25	
52	James McGrath	48	PA	1:39:44	
53	Mort Goldfein	45	NJ	1:40:43	
54	Allan Oshry	49	MD	1:43:25	
55	Ken Mieleo	46	NY	1:43:56	
56	John Dempsey	46	PA	1:44:07	
57	Joseph Downey	45	PA	1:44:15	
58	George Viener	47	PA	1:44:22	
59	Daniel Napolitano	46	NJ	1:44:43	
60	Grant Larose	47	NY	1:44:48	
61	Richard Junod	45	PA	1:44:52	
62	James Bovaso	48	PA	1:48:55	
63	Thomas Fanning	48	CT	1:49:56	
64	David Sullivan	49	VA	1:50:32	
65	Michael Goodman	46	NJ	1:51:10	
66	Allen Kirkpatrick	49	NY	1:54:45	
67	Dennis Fox	49	PA	1:55:34	
68	Daniel Bostick	45	NY	2:00:05	
69	Alfred Emma	46	PA	2:04:03	
70	Bryan Smith	47	PA	2:05:10	
71	David Skok	45	PA	2:05:43	
72	Ron Ponchak	47	VA	2:06:40	
73	Thomas Julian	46	NJ	2:20:37	

M50-54

1	Norman Green	54	PA	1:12:15
2	Fritz Mueller	50	NY	1:13:14
3	Bob Paklaian	50	MI	1:16:13
4	Al Wick	53	PA	1:17:34

5	Larry Farmer	50	MN	1:18:46
6	Anthony Cerminaro	50	PA	1:19:57
7	Frank Wick	53	PA	1:23:05
8	George Studzinski	53	PA	1:23:18
9	Joel Rosenbaum	52	CT	1:24:01
10	Richard Hause	53	PA	1:24:15
11	Theodore Becker	53	NJ	1:25:51
12	Charles Clark	51	NJ	1:26:04
13	Neal Noble	51	DE	1:27:28
14	John Lash	54	PA	1:27:37
15	David Levin	51	PA	1:28:59
16	David Harris	53	NY	1:29:30
17	Charles Hedrick	51	PA	1:29:44
18	Charles Powell	53	NJ	1:31:07
19	Brad Leonard	52	VA	1:33:15
20	Anthony Celentano	54	NY	1:33:22
21	Robert Williams	51	NJ	1:33:38
22	Carl Davis	52	PA	1:35:46
23	Thomas Jennings	50	MD	1:36:55
24	Joseph Rizzo	51	VA	1:41:02
25	Tom Walsh	50	NJ	1:41:19
26	Thomas McNutt	51	PA	1:42:13
27	Fernando Ruiz	54	NY	1:44:01
28	Anthony Snijders	54	NJ	1:45:43
29	Seth Edelman	53	PA	1:47:01
30	Don Grafer	54	NJ	1:59:15
31	Don Klein	53	PA	2:00:18
32	Mathew McConnell	50	NY	2:00:40
33	Stanley Katzman	53	NY	2:01:17
34	Eugene Rudolph	50	CA	2:01:28

M55-59

1	Edward Stabler	57	NY	1:19:51
2	Bill Johnson	55	PA	1:22:52
3	John Crawford	55	NJ	1:27:41
4	Andrew Mulrain	56	NY	1:28:14
5	Paul Kiell	55	NJ	1:32:14
6	Charles Edwards	58	NY	1:37:51
7	Vincent Mole	59	NJ	1:38:10
8	Paul Wittreich	55	NJ	1:45:32
9	Charles Stainback	55	DE	1:47:52
10	Dan Ross	56	PA	1:48:13
11	Robert Benner	58	NJ	1:55:03
12	Richard Bowman	57	NJ	1:57:09

M60-64

1	Herb Chisholm	60	VA	1:26:27
2	Bart Holm	60	DE	1:27:46
3	Jack Pennington	63	NJ	1:33:40
4	Joe Holland	64	MD	1:37:24
5	John McCarthy	64	PA	1:43:19
6	Len Sacharoff	63	NJ	1:44:56
7	Phil Shiekman	61	PA	1:49:03

M65-69

1	Jack Start	65	NJ	1:26:24
2	Jim Latz	65	NJ	1:43:12
3	Robert Hull	69	NJ	1:57:03

M70-74

1	Don Bradley	70	CA	1:40:20
2	Alan Poole	72	NJ	1:58:27
3	Leon Hayward	74	PA	2:19:18

M75-79

1	Ed Benham	79	MD	1:37:55
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M80-84

1	Barbara Filutze	40	PA	1:16:00
2	Angella Hearn	40	NY	1:17:51
3	Juana Stavolone	40	CA	1:20:37
4	Chris Hearn	40	NY	1:21:20
5	Lina Connors	44	NY	1:23:00
6	Pat McGrath	42	PA	1:24:58
7	Gretchen Kavanaugh	40	NJ	1:30:24

8	Cathrine Baldwin	40	NY	1:32:18
9	Carole Lelli	43	NJ	1:32:45
10	Karen Deveney	42	PA	1:34:13
11	Mimi Meyers	44	NY	1:35:40
12	Ann Waring	44	NJ	1:37:31
13	Patricia Drohan	41	NY	1:41:13
14	Marcia Collins	41	NJ	1:43:42
15	Ingrid Cantarella	42	PA	1:45:06
16	Bonnie Dietrich	42	NY	1:46:30
17	Ann Landy	44	PA	1:47:30
18	Sharon Garfunkel	42	NY	1:49:42
19	Nancy Cyre	40	NJ	1:50:38
20	Claire Weiner	41	PA	1:51:34
21	Lois Ann Brusca	43	NY	1:56:19
22	Carol Steinberg	42	NJ	2:01:43

M45-49

1	Chris Tattersall	45	CT	1:21:08
2	Sandy Folzer	47	PA	1:26:56
3	Ed Jones	46	NY	1:39:21
4	Bernadine Pongracz	47	PA	1:42:19
5	Nancy Paulauskas	45	NJ	1:58:33
6	Patricia Rudolph	45	CA	2:00:08
7	Janet Baumann	47	NY	2:11:29
8	Trudy Scott	45	IN	2:14:36
9	Maralyn Kenny	46	NJ	2:24:04

M50-54

1	Alma Kunes	53	PA	1:39:37
2	Dolores Randazzo	51	NJ	1:56:55
3	Georgie Sallusteros	53	NY	2:06:29
4	Josephine Krause	53	PA	2:08:40

M55-59

Continued from previous page

October 15K

Memphis, Tenn.; October 11

Overall	
E Merkler	47:02
S Forsythe	55:35
M35 A Terhune	53:27
M40+T Durham	55:06
M50+J Lovelace	1:01:30
M60+D McCarty	1:02:14
W35 M Bachelor	1:06:30
W40+M A Wehrum	1:05:05

MID-AMERICA

City of Lakes 25K

Minneapolis; September 14

Overall	
M Froelick	1:16:19
K Schoenrock	1:35:44
M40 J Emmons	1:26:14
K J Marinoff	1:32:38
D Mathieu	1:32:44
M45 D Conway	1:22:23*
G Savanick	1:32:32
N R Rogers	1:33:14
M50 R Koenig	1:36:48
A Sunn	1:37:05
E Tolkinen	1:37:14
M55 G Prom	1:38:32
R Hardman	1:44:35
G Slovit	1:52:29
M60+A Ratelle	1:36:19*
J Keston	1:40:40
L Young	1:46:22
W40 Mary Hiatt	1:43:40
W50 M Horns	1:59:07
D Spenser	2:10:47
K Broderick	2:33:52
W55 M L Carlson	2:05:54
D Goulett	2:15:45
W60+B Haleen	nta

MIDWEST

Detroit Free Press International Marathon

Windsor, Ont., Canada to Detroit

October 19

Overall	
A Ismail	2:17:24
P Wassik-Hinson	2:47:58
M40 E Boal	2:36:42
P Haase	2:38:03
C Hoogerhyde	2:38:59
M45 B Boyd	2:36:22
D Emery	2:39:43
B Laidlaw	2:41:57
M50 H Vezina	2:39:56
P Kershaw	2:45:02
J Cagot	2:52:56
M55 A Ketelhut	2:58:39
L Riberty	2:58:48
E Dibble	2:58:53
M60 B Jones	2:58:47
J Lovat	3:33:59
R Barnowski	4:01:47
M65 M Bandlow	3:24:27
C Brown	3:45:04
L Woszczyna	4:12:38
M70+P Bolos	4:08:22
L Doherty	4:21:32
J Ramsey	5:15:06
W40 S Blanchard	3:24:15
R Maranian	3:24:49
T Braam	3:31:56
W45 B Flanigan	3:34:50
F Clarke	3:38:27
M Zralk	3:38:45
W50 W Yu	3:17:33
J Paul	3:41:43
Y Miyaguchi	3:41:46
W55 M Dasen	4:02:41
E Moody	4:14:23
S Harrison	4:29:50

SOUTHWEST

Tulsa RC 12K

Tulsa, Okla.; September 13

Overall	
J Hamalainen	24 38:20
M Kates	34 49:29
M35 P Stover	42:24
M40 D Formma	43:15
M45 R Bennett	43:42
M50 B Adkins	50:57
M55 D Lockwood	59:56
M60+E Crook	66:58
W35 J McDaniel	51:33
W40 A Crawley	50:34
W45 S Cooper	51:43
W50+J McKnight	69:02

InterFirst Symphony 10K

Houston; September 27

Overall	
R Reina	30:17
M Hamrin	33:35
M40+D Dekkers	33:09
M50+I Cantu	36:30
M60+L Newman	45:46
W40+M Griffin	43:12
W50+K Duplichan	46:40
W60+J Rhines	nta



Woolaroc 8K Run

Bartlesville, Okla.;

October 11

Overall	
M Hairston	25:01
K Crammond	29:08
MALE (40-44)	
David Williams	26:21
Robert Stuemky	28:11
Doug Formma	28:44
MALE (45-49)	
Jay Minor	28:40
Russell Bennett	29:42
Eddie Dukes	30:27
MALE (50-54)	
Walter Dearman	32:41
Harry Rogers	35:12
Winsford Spears	35:19
MALE (55-59)	
Arturo Melendez	31:45
Bob McHeffey	32:42
Jim Adair	33:52
MALE (60-over)	
Jim Smith	32:22
Tom Kempf	34:15
James Mullins	35:22
FEMALE (40-44)	
Barbara Manning	34:15
Cynthia Jacob	40:23
Gloria McQuade	40:24
FEMALE (45-49)	
Lydia Borges	36:06
Joy Austin	36:26
Jean Anderson	38:13
FEMALE (50-54)	
Donna Wright	34:40
Sarah Lindsey	46:14
Linda Johnson	50:51

WEST

Child Abuse 5K

Irvine, Calif.; September 27

Overall	
M Burrola	41 14:52
M30+R Chavez	15:31
M40+M Burrola	14:52
M50+E Black	18:23
M60+L Banuelos	19:26

Sedona 10K

Sedona, Ariz.; September 8

Overall	
D Janicki	30:23
L Veal	38:39
M35 M McCallister	35:29
M40 F Haney	36:34
M45 D Mellady	36:06
M50 J Weldy	37:07
M55 B Rawn	43:00
M60+H Williams	45:47
M70+Dr S Keith	1:19:28
W35 R Bray	47:44
W40 C Sjoborg	49:50
W45 S Fletcher	44:22
W50 B Bolta	51:41
W55 P Keith	1:19:28

4th Annual Firetrails Fifty 50

San Francisco, Calif.;

October 25

Overall	
D Williams	7:11:18
J Milgram	9:36:24
M40+R Nicholl	8:53:52
M50+F Dunn	10:31:23
M60+D Egle	11:15:46
W40+J Milgram	9:36:24
W50+R Anderson	10:48:57

INTERNATIONAL

British Veterans Athletic Federation 10K Championships

Barnsley, G.B.; September 28

M40 Alan Rushmer	31:09
Mike Herd	31:25
Malcolm Martin	31:27
M45 Cyril Leigh	32:12
Keith Summersgill	33:33
John Clarke	34:01
M50 Derek Lawson	33:27
Derek Beckett	34:26
Alan Griffiths	35:01
M55 Alan Hughes	35:35
Harry Thompson	36:04
Eddie Kirkup	36:09
M60 David Robinson	39:49
Eric Smith	40:02
Ed Joynson	41:07
M65 John Senior	43:10
John Walker	47:07
M70 Ernie Warwick	46:30
W35 Pat Hudson	40:39
Pam McFarland	41:27
Marianne Savage	41:54
W40 Carolyn Oxten	38:02
Dot Fellows	38:13
Pam Cannon	45:50
W45 June Attcheson	44:18
Hetta Morath	45:53
Cecilia McNair	47:15
W50 Vera Robson	46:04
Mary Manterfield	53:27
June Brook	54:49
W55 Betty Norrish	47:32
W60 Monica Shone	48:28

19TH WORLD VETERANS (IGAL) 10K CHAMPIONSHIPS VANCOUVER, B.C. OCTOBER 4

M40

POSITION	NATION	SURNAME	FIRST	TIME
1	BRI	RUSHMER	ALLAN T.	0:30:47.82
2	U.S.	LOUDAT	WEB	0:30:59.89
3	U.S.	BROWN	BARRY J.	0:31:02.21
4	CAN	SURMAN	DAVID	0:31:04.13
5	BRI	DUFF	MARTIN	0:31:09.63
6	CAN	MCBLAIN	WILLIAM	0:31:51.78
7	U.S.	JORDETH	JOHN	0:32:11.59
8	CAN	WIRTANEN	BILL	0:32:42.72
9	CAN	HEANEY	ART T.	0:32:47.10
10	U.S.	WOODRUFF	RICHARD	0:32:47.83
11	CAN	WOODCOCK	JOHN	0:33:00.69
12	U.S.	MARJON	LOUIS S.	0:33:11.77
13	BRI	STEER	CHRIS.	0:33:26.99
14	U.S.	HITTON	WAYNE R.	0:33:54.00
15	U.S.	SCHRELL	DEAN	0:34:07.32
16	CDN	BROWNE	DOUGLAS	0:34:28.82
17	CAN	THOMSON	GORDON	0:35:03.83
18	CAN	GODFREY	TREVOR	0:35:12.86
19	CAN	MADDEROM	JAKE	0:36:07.30
20	CAN	BARNARD	TOMY	0:36:15.32
21	CAN	GARDNER	ROBERT	0:36:32.41
22	CAN	POLLHAMMER	PETER	0:36:34.90
23	CAN	CHRISANTHOPO	THANASIS	0:36:41.02
24	CAN	CORRACK	KEN	0:37:05.75
25	IND	SUBRAMANIAN	BALA	0:37:09.87

M45

POSITION	NATION	SURNAME	FIRST	TIME
1	U.S.	CONWAY	DAN J.	0:31:02.31
2	USA	HEFFERNAN	MICHAEL	0:31:10.59
3	CAN	TUSHINGHAM	THOMAS A.	0:32:28.06
4	BEL	VOETS	PIERRE	0:33:10.47
5	CAN	WHITTING	RICKY	0:33:12.67
6	CAN	MOORE	ROBERT	0:33:27.94
7	BRI	HAMBLY	DAVID	0:34:10.51
8	CAN	SCHWIDT	JEAN-J.	0:34:47.29
9	U.S.	MURPHY	JAMES	0:34:52.22
10	CAN	TAYLOR	JOHN	0:35:42.44
11	U.S.	LANGENBACH	ROBERT	0:36:35.24
12	U.S.	MORRIS	DAVID R.	0:36:46.25
13	U.S.	SCHULTZ	VALDENAR	0:36:53.27
14	U.S.	HUFF	ALBERT S.	0:36:55.48
15	CAN	KRAMER	WILFRIED	0:36:57.11
16	CDN	CORCORAN	JOE	0:37:10.19
17	GER	HEINHARDT	GERD	0:37:15.54
18	CAN	JOHL	NED	0:37:16.54
19	BRI	PROSSER	MICHAEL	0:37:29.77
20	CAN	JOHNSON	N. BRUCE	0:37:29.34
21	CAN	REIMER	FRANK J.	0:38:01.03
22	CAN	MCGORMAN	JIM	0:38:02.25
23	CAN	CAMPBELL	NEIL	0:38:03.37
24	CAN	PEARSON	RICHARD	0:38:15.46
25	U.S.	LAINS	COLIN	0:38:15.97

M50

POSITION	NATION	SURNAME	FIRST	TIME
1	BEL	CHIAU	WILFRIED	0:32:15.49
2	BRI	LAWSON	DEREK	0:32:22.33
3	CAN	HOLTZMAN	BRUCE	0:34:02.46
4	CAN	NASHCHN	WOLF	0:34:23.59
5	U.S.	MAHAFFEY	DEREK	0:34:26.09
6	CAN	CLEGG	NICHAEL	0:34:44.35
7	U.S.	ELLIS	EARL A.	0:34:48.16
8	CAN	FENZ	HANS	0:34:57.12
9	U.S.	CHRISTIANSEN	NICHAEL	0:35:41.32
10	CAN	GRAVES	RICHARD	0:35:58.49
11	CAN	MCDONALD	LES	0:37:06.93
12	U.S.	BOURDEAU	JIM	0:37:16.79
13	U.S.	MATERN	STEGFR.	0:37:19.28
14	CAN	PEARCE	ROSS	0:37:29.21
15	CAN	VERCHERE	DAVE	0:37:41.55
16	CAN	TRETHEWEY	JOHN	0:38:11.61
17	BRI	WESTON	DEREK	0:38:20.91
18	CAN	BROWETT	ROBERT	0:38:31.24
19	U.S.	GREVSTAD	BEN T.	0:38:51.69
20	SPR	BYERS	ALAN	0:38:56.07
21	CAN	TONE	ALAN	0:39:21.08
22	FRG	WIEGMANN	HEINRICH	0:39:24.50
23	U.S.	RYAN	A. FIELD	0:39:26.81
24	CAN	WIGGINS	LORNE	0:39:51.18
25	FRG	BORGSMANN	HANS E.	0:40:01.57

M55

POSITION	NATION	SURNAME	FIRST	TIME
1	SCO	STODDART	WILLIAM	0:33:16.81
2	SCO	MCERIN	WILLIAM	0:35:22.35
3	BRI	WOOD	DEREK	0:35:43.51
4	CAN	TARRANT	MAURICE	0:36:43.98
5	SCO	STEVENSON	THOMAS	0:36:47.04
6	CAN	KURUCZ	FRANK	0:37:13.72
7	FRG	DRISCH	WALDENAR	0:38:50.26
8	CAN	LOVRICIC	MARIO L.	0:40:42.36
9	FRG	SCHLABITZ	GUSTHELM	0:40:48.64
10	CAN	WILSON	BYRON	0:41:22.22
11	CAN	NITCHELL	STANLEY	0:42:09.68
12	BRI	FRANKLIN	RON	0:42:28.68
13	BRI	SMITH	HARRY	0:42:07.20
14	SCO	MCDONALD	RONALD	0:44:57.64
15	BRI	WIDMER	WERNER	0:45:03.55
16	CHI	YANG	YU-YING	0:45:24.16
17	CAN	HATCH	GEOFFREY	0:45:21.72
18	CAN	BEDNISKY	THOMAS	0:45:36.55
19	CAN	SNEPPARD	JACK S.	0:45:38.26
20	U.S.	LUNIAN	MORRIS	0:45:43.42
21	CAN	NUNE	JOHN	0:46:05.05
22	CAN	LANG	DOON	0:46:05.57
23	BEL	VANDERWILDE	JACQUES	0:46:12.62
24	BRI	JARVIS	RAYMOND	0:47:12.33
25	CAN	ROBERTS	BILL	0:46:17.82

M60

POSITION	NATION	SURNAME	FIRST	TIME
1	CAN	MADGE	DONALD T.	0:37:19.53
2	CAN	SOODLAD	TERRY	0:38:24.78
3	FRG	KOTZENBERG	THEO	0:38:36.41
4	CAN	ATHERTON	RONALD	0:39:56.13
5	CAN	NEUFELD	ELDO	0:40:55.69
6	CDN	TONE	AL	0:42:11.19
7	CAN	FITCH	JOHN	0:42:25.54
8	CAN	CUTHBERTSON	JOHN	0:42:05.99
9	CAN	BALDREY	STAN	0:43:02.33
10	CAN	PORTER	HILLSON	0:44:15.35
11	CAN	LEIGHTON	KENNETH	0:44:37.77
12	U.S.	STEPHENS	STEVE D.	0:44:58.51
13	CAN	MULLIGAN	ANDREW	0:46:39.02
14	FRG	BECKER	ADAM	0:47:07.27
15	CAN	FARGHARSON	DON	0:47:20.79
16	U.S.	PAZIN	DAVID H.	0:47:21.47
17	FRG	SCHUELE	OTTO	0:48:10.45
18	LEB	SEADRY	FRANCOIS	0:49:47.08
19	SWI	NEZGER	HENRI	0:50:52.02

Continued from previous page

W40

POSITION	NATION	SURNAME	FIRST	TIME
1	CAN	KASPER	ARLENE	0:38:29.12
2	USA	STILES	JULIE	0:38:41.42
3	U.S.	SWANSON	CHARLOT.	0:38:43.94
4	CAN	RICHARD	DECHANE	0:39:49.83
5	CAN	MCFARLAND	KATHLEEN	0:42:41.56
6	U.S.	DUBA	REIYO	0:45:38.79
7	CAN	WILLIAMS	DENISE	0:46:55.64
8	NZ	MORLAND	JAN	0:49:25.46
9	IRE	SCOTT	MARGARET	0:49:54.24
10	CON	PRIOR	JENLYNN	0:50:47.37
11	CAN	KEEFE	RUTH	0:51:05.89
12	U.S.	LANGENBACH	CAROLE M	1:00:16.71
13	CAN	STEEL	BEV	1:06:43.35

W45

POSITION	NATION	SURNAME	FIRST	TIME
1	CON	MURDEY	BARBARA	0:42:18.62
2	CHI	ZU	SU-HOA	0:42:43.39
3	CAN	STEINFELD	FRANCES	0:42:53.46
4	CON	THOMPSON	MARILYN	0:43:03.06
5	CON	SCHELLENBERG	TERESA	0:45:54.62
6	CAN	CANNON	DONNA	0:46:54.54
7	CON	SAUNDERS	BARBARA	0:47:47.19
8	KOR	SONG	KYUNG-S.	0:47:56.57
9	CAN	TORRANCE	MARLIES	0:48:20.44
10	CAN	NALLORY	BARBARA	0:48:35.87
11	CAN	MCGORMAN	ANN	0:48:45.21
12	CAN	OBMESHER	ANNETTE	0:48:46.05
13	CAN	CHAPMAN	JOSE.	0:49:26.82
14	U.S.	SCHULTZ	NORMA	0:49:29.69
15	CAN	NICHOLAS	DONNA	0:49:58.24
16	BRI	LLEWELLYN	BETTY	0:58:42.60
17	CAN	FALKENHAGEN	ELEANOR	1:00:10.31
18	IND	BABU	SAROJA	1:00:35.06
19	U.S.	VANDEURZEN	JOANNE M	1:01:38.00
20	SCO	GREIG	DALE S.	1:02:20.37
21	BRI	TIPPING	HELENA I	1:12:05.44

W50

POSITION	NATION	SURNAME	FIRST	TIME
1	U.S.	BIGELOW	VICKI	0:38:17.41
2	CAN	OHAGEN	ANNE	0:41:11.34
3	CAN	SUTMOLLER	SONJA	0:43:42.23
4	CAN	MCDONALD	MONIQUE	0:44:02.56
5	CAN	SMITH	SHIRLEY	0:45:06.34
6	CAN	MAXWELL	KIMBERLY	0:46:01.33
7	CAN	TOWE	JEAN M.	0:47:00.08
8	U.S.	CARLSON	BARBARA	0:47:27.81
9	IND	SEELTHALAKS.	VEERARA.	0:49:57.45
10	BR	HENDERSON	EARLA	0:49:58.89
11	CON	PETRIE	DOREEN	0:50:57.72
12	CAN	HUTCHISON	MARY	0:51:03.81
13	FRG	SPIES	ELISABE.	0:52:46.00
14	CAN	REED	LOUISE	0:53:21.19
15	BRI	SMITH	SYLVIA	0:53:52.96
16	CON	KAISER	ALWINE	0:54:22.51
17	CAN	LATENDRESSE	MAY	1:01:31.80
18	CAN	SMITH	KAREN	1:02:23.05
19	KOR	KANG	YOUNG-HE	1:08:16.66

W55

POSITION	NATION	SURNAME	FIRST	TIME
1	CAN	CARRIER	RUTH	0:44:00.36
2	BEL	DE PRETER	BERTHILI	0:45:12.17
3	U.S.	BRUHN	NOLA K.	0:45:19.15
4	CAN	MCHUGH	BETTY J.	0:45:47.04
5	U.S.	ANDERSON	RUTH	0:46:43.87
6	U.S.	HORTON	MIKI T.	0:49:56.52
7	CAN	PEPE	LUCY	0:54:21.44
8	NZ	MOORMAN	ELSIE	0:58:14.30

W60

POSITION	NATION	SURNAME	FIRST	TIME
1	CAN	BRECHBUHL	DORLY	0:50:17.72
2	CAN	DASHWOOD	ROSAMUND	0:50:39.53
3	FRG	HENGER	MARGRET	0:51:24.69
4	U.S.	PICKLES	KIT	0:51:56.63
5	FRG	POLUSCHINSKY	LISELOTE	0:57:34.04
6	FRG	SCHUELE	LISELOTE	0:58:51.40
7	FRG	THIERAJS	ELISBETH	1:01:24.39
8	FRG	BITTER	MARGOT	1:02:57.37

W65

POSITION	NATION	SURNAME	FIRST	TIME
1	JAP	NACHIDA	MITSURU	1:02:44.22
2	U.S.	ZIMMERMAN	MARJORIE	1:02:08.16

W70

POSITION	NATION	SURNAME	FIRST	TIME
1	CAN	GRANSTROM	IVY	0:59:22.39
2	FRG	KEUCHEL	HILDEG.	1:00:21.10
3	CAN	KERSHAW	JOY	1:02:28.09

19TH WORLD VETERANS (IGAL) MARATHON CHAMPIONSHIPS, VANCOUVER, B.C.

M40

POSITION	NATION	SURNAME	FIRST	TIME
1	BRI	DUFF	MARTIN	2:26:30.51
2	BEL	CARNOL	HUBERT	2:26:57.33
3	FRG	SPONSEL	PETER	2:36:34.82
4	U.S.	STEN	ERIK	2:37:53.33
5	CAN	DE VRIES	HEIN	2:40:05.65
6	U.S.	PEARSON	JIM G.	2:41:18.74
7	CON	HOWIE	AL	2:42:43.81
8	CAN	WATTS	FREDRICK	2:43:05.17
9	CAN	SCHMIDT	GARRY	2:47:47.67
10	CAN	BARRY	ALAN	2:50:31.45
11	CAN	SENIOR	NOWELL	2:51:13.72
12	CAN	MACEY	GERALD	2:54:22.71
13	CAN	SCOTT	BEN	2:54:46.60
14	CAN	STEVENSON	PAUL J.	2:57:15.53
15	CAN	SWILLIAM	JOHN C.	2:57:38.30
16	CAN	SOLINAS	MARCO	2:59:32.24
17	U.S.	CHRISTIANSEN	PAUL	3:00:34.80
18	CAN	WIENS	GORDIE	3:00:39.50
19	CAN	PIERCE	DOUG	3:00:57.30
20	CAN	RICHARDSON	JOHN W.	3:01:50.52
21	CAN	BRANT	ROBERT	3:02:17.56
22	CAN	JAKES	GLENN	3:02:30.97
23	CAN	MCNAMARA	TERRY	3:02:54.28
24	CAN	GIDMAN	THOMAS	3:03:30.40
25	CAN	CRAWFORD	PHIL	3:06:21.90

M45

POSITION	NATION	SURNAME	FIRST	TIME
1	U.S.	FODOR	JOE	2:34:44.33
2	CAN	BRICKER	GENE	2:49:16.06
3	CAN	FEATHERSTONE	DENNIS	2:51:57.06
4	BRI	PICKAVANCE	GUY	2:55:32.45
5	SWI	HUGENTOBLE	PETER	2:58:37.57
6	CAN	BOYCHUK	TOM	3:01:14.30
7	CAN	WINCHAR	SID	3:03:13.70
8	CAN	MARCHAND	JOSEPH	3:03:23.90
9	CAN	FREEMAN	STEWART	3:07:10.50
10	CAN	SIEMENS	LORNE	3:08:43.50
11	CHI	CHAI	DA-CHI	3:09:21.62
12	CAN	TOUDY	WINSTON	3:12:28.91
13	CAN	AYLMIN	ROD	3:12:55.80
14	CAN	AKUNE	ROBERT	3:13:05.65
15	CAN	ST. DENIS	GILLES	3:15:11.48
16	CHI	LIU	CHUNSHEN	3:15:21.40
17	U.S.	MURPHY	JAMES	3:15:33.85
18	CAN	MALLORY	BRIAN E.	3:16:36.97
19	LEB	TIMANI	NADIM	3:16:52.01
20	BRI	TIPPING	JOHN R.C	3:18:57.02
21	BRI	HARVEY	PETER	3:19:56.92
22	NZL	MORLAND	HOWARD	3:21:37.36
23	CAN	FISCHER	JOHN	3:22:58.82
24	CAN	MCINTOSH	ROY A	3:23:30.33
25	CAN	WILLIAMS	BRUCE	3:24:39.67

M50

POSITION	NATION	SURNAME	FIRST	TIME
1	CAN	BOHNET	JOHN	2:48:04.08
2	CAN	EDDIE	ROBERT	2:51:33.23
3	CAN	BELL	BOB	2:51:55.04
4	NED	EFTING	GERRIT	2:55:30.64
5	BRI	BYERS	ALAN E.	2:57:05.89
6	FRG	LENZEN	HEINRICH	2:57:56.19
7	CAN	DUNN	TONY	3:01:22.80
8	CAN	EDER	JOE	3:02:37.73
9	U.S.	DES JARDINS	CHARLES	3:06:38.40
10	BRI	WESTON	DEREK	3:09:03.46
11	NED	TADENA	ROGER	3:10:20.68
12	CAN	HEINZMANN	TONI W.	3:10:44.89
13	CHI	REN	ZHENGDE	3:13:08.63
14	U.S.	PRATHER	DENNIS	3:13:29.60
15	CAN	WAGNER	GARRY	3:19:07.41
16	CAN	STURROCK	DOUG	3:21:44.04
17	FRG	SPIES	HANS	3:23:36.00
18	IND	ASHIS	ROY	3:25:21.38
19	CAN	GREGORY	BILL	3:28:51.03
20	CAN	VOMEUGEN	DICK	3:38:31.98

M55

POSITION	NATION	SURNAME	FIRST	TIME
1	BRI	WOOD	J DEREK	2:35:00.38
2	SCO	STODDART	WILLIAM	2:36:27.40
3	BRI	LLEWELLYN	JOHN A.	2:41:51.93
4	BRI	JONES	MAI	3:12:09.13
5	CAN	THOR-LARSEN	BEN	3:18:45.73
6	NZ	WILSON	ROSS	3:26:15.02
7	CAN	HUMENIUK	THOMAS	3:33:07.81
8	CON	PLANTINISIC	JOHN	3:44:41.91
9	CAN	MORRISON	ALLAN	3:52:35.16
10	CAN	SCHARF	KURT A.	4:07:45.53
11	CAN	HEATH	JOHN F.	4:11:31.12
12	CAN	CAPPELLINI	SERGIO	4:15:29.63
13	IRS	MURPHY	JOHN M.	4:22:20.53
14	SCO	MACDONALD	RONALD	4:41:10.99

OCTOBER 5

M60

POSITION	NATION	SURNAME	FIRST	TIME
1		RAUDISCH	HERMANN	2:53:20.1
2	U.S.	HORTON	GERALD F	3:00:06.1
3	CAN	HENDER	BENT	3:02:47.4
4	CAN	GREHAWAY	WILLIS	3:04:55.1
5	CAN	CUTHBERTSON	JOHN D.	3:49:58.78
6	BRI	KIDD	ALEX.	3:49:58.78
7	TAW	LIN	CHIN-FU	3:50:44.69
8	NZL	MOORMAN	MEL	3:53:01.13
9	CAN	HERMAN	MALLY	4:08:40.70
10	CAN	COPSON	BRIAN	4:18:10.50
11	CAN	JUDGE	CHARLIE	5:10:47.20

M65

POSITION	NATION	SURNAME	FIRST	TIME
1	SWI	KELLER	HEINRICH	3:11:33.57
2	KOR	DUCK-KYOO	LEE	3:20:57.76
3	WEL	WILLIAMS	GLYNDR	3:22:00.24
4	CAN	FISCHER	ERNEST A	3:42:25.16
5	U.S.	SAMUELS	IRA	3:42:25.63
6	JAP	NIYATAKE	TAKESHI	4:00:27.55
7	U.S.	WILGUS	DONOVAN	4:01:44.25
8	CAN	SMALL	MURRAY	4:03:31.66
9	CAN	TOBIAS	CYRIL H.	4:17:58.73
10	SCO	HANTON	JOHN	4:40:01.41

M70

POSITION	NATION	SURNAME	FIRST	TIME
1	JAP	KURIKI	NAOMI	3:53:31.78
2	JAP	SATO	TAKAYOSH	4:14:16.54
3	FRG	SCHWAB	HELMUT	4:28:57.31
4	JAP	KOBAYASHI	ISAMU	4:32:45.90
5	FRG	STEIL	KARL	4:46:39.54
6	JAP	SHIMAZU	TAMEKICH	5:26:03.66

M75

POSITION	NATION	SURNAME	FIRST	TIME
1	U.S.	BENHAM	ED	3:47:45.76
2	FRG	SCHAEFER	KARL-H.	4:11:49.60
3	JAP	YAMADA	SEIJI	4:37:07.74
4	BEL	BASTIEN	HENRI	4:49:57.26

M80

POSITION	NATION	SURNAME	FIRST	TIME
1	CAN	CLIFFORD	HUGH	4:19:55.85
2	U.S.	SPANGLER	PAUL E.	5:12:59.20

W35

POSITION	NATION	SURNAME	FIRST	TIME
1	CAN	STROMSHOE	MARCIA	3:03:40.80
2	CAN	NEMETH	ELIZABET	3:14:39.43
3	CAN	JUZIKW	JANET	3:21:22.03

10th Annual U.S. vs Canada Masters 10K Cross Country Challenge

Seattle, WA November 1

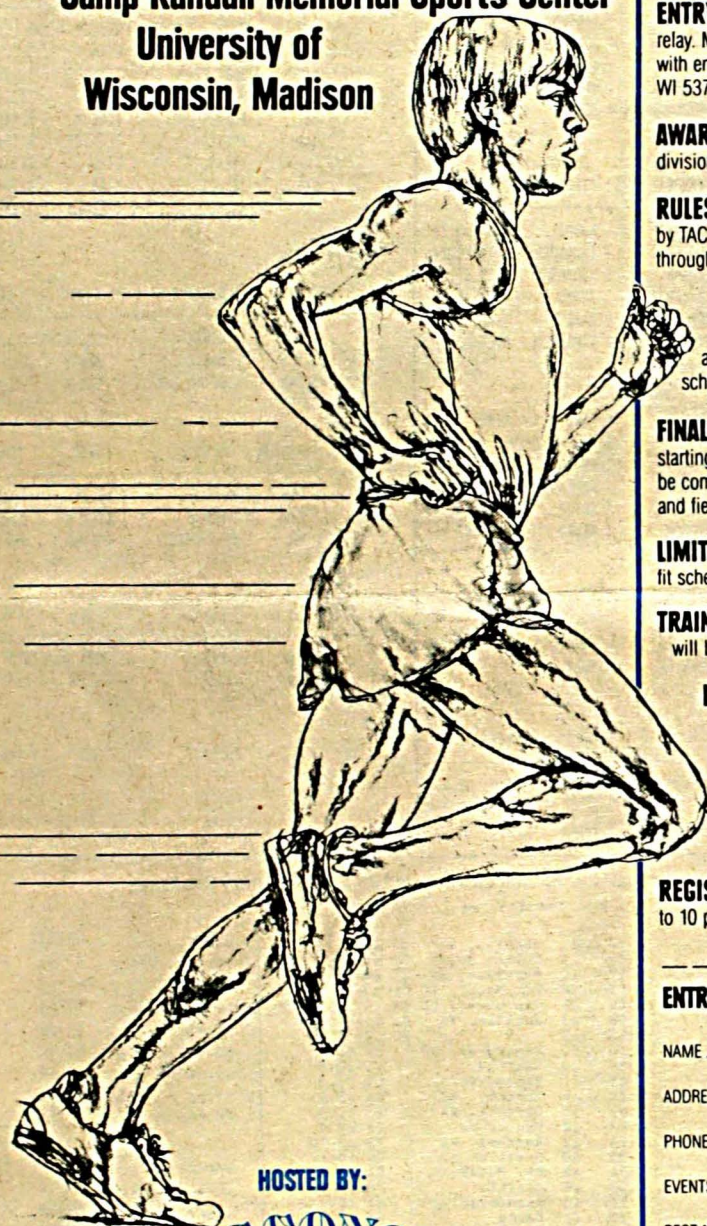
1. John Jordeth	34:55	41	Seattle, WA	U
2. Bill Wirtanen	35:53	43	Delta, BC	C
3. Bill Ripple	35:57	40	Puyallup, WA	U
4. John Woodcock	36:03	42	Pt. Moody, BC	C
5. Tony Barron	36:06	44	Vancouver, BC	U
6. Chris Steer	36:08	43	Seattle, WA	U
7. Wayne Mitton	36:14	40	"	
8. Hans Fenz	36:40	50	Vancouver, BC	U
9. Harry Wong	37:31	40	Seattle	U
10. Bruce Holtsman	37:48	51	Vancouver	U
11. Herb Phillips	37:50	46	Burnaby, BC	U
12. Tom Millett	38:09	50	Olympia, WA	U
13. Barry Adams	38:13	44	Vancouver	U
14. Allan Schuehle	38:23	42	Redmond, WA	U
15. Earl Ellis	38:33	50	Seattle	U
16. John Taylor	38:34	46	Pt. Moody	U
17. Bob Langenbach	39:03	49	Seattle	U
18. Bob Gardner	39:12	40	Vancouver	U
19. Richard Jones	39:30	45	Delta	U
20. James O'Brien	39:36	44	Renton, WA	U
21. Mike Christiansen	39:40	50	Marysville, WA	U
22. Erik Caspolds	39:45	47	North Vancouver	U
23. Neil Caspell	39:53	48	Vancouver	U
24. Orlo Keniston	39:59	59	Seattle	U
25. Jake Madderom	40:00	42	Burnaby	U
26. Ben Grevstad	40:02	52	Seattle	U
27. David Morris	40:05	47	"	
28. Jim Bordeaux	40:06	52	Tacoma, WA	U
29. Bill Kent	40:13	50	Vancouver	U
30. Bill Malinski	40:22	50	Kent, WA	U
31. Al Huff	40:43	48	Belleuve, WA	U
32. Frank Kurucs	40:52	56	W. Vancouver	U
33. Dave Verchere	40:57	53	"	
34. Don Trethewey	41:15	50	Richmond, BC	U
35. John Laverock	41:34	44	"	
36. Peter Hannah	41:36	44	"	
37. Bob Paul	41:50	56	Seattle	U
38. John Furrer	41:45	52	Olympia	U
39. Bruce Graham	41:46	47	Coquitlam, BC	U
40. Alan Tove	41:48	53	Nanaimo, BC	U
41. John Fisher	41:52	47	Vancouver	U
42. Evan Shull	41:55	43	Seattle	U
43. Julie Stiles	41:58	F44	"	
44. Bernard Barton	42:05	56	Delta	U
45. John Wellstead	42:14	53	Seattle	U
46. Dean Fournier	42:22	52	"	
47. Frank Fleetman	42:24	43	"	
48. Ron Freeland	42:30	40	Richmond	U
49. Don Madge	42:48	61	Nanaimo	U
50. Len Olsen	43:27	46	New Westmstr	U
51. John Wilson	43:49	44	Coquitlam	U
52. Charlotte Swanson	43:51	F44	Aberdeen, WA	U
53. Ken Borall	44:07	48	Vancouver	U

1987 TAC National Indoor Masters Track & Field Championships

Saturday & Sunday, March 28-29

Camp Randall Memorial Sports Center

University of Wisconsin, Madison



HOSTED BY:

WISCONSIN
united
ATHLETIC CLUB

SPONSORED BY:

WPS
WISCONSIN PHYSICIANS SERVICE

15837-021-8611

MEET SITE: Camp Randall Memorial Sports Center, adjoining stadium at 1430 Monroe St. The track is a 220-yard, 6-lane (8 for 60), mondo surface with mondo runways. High jump area is smooth urethane and the throwing ring is wood. 1/8" pin spikes recommended for mondo—up to 3/8" for HJ. Lockers and showers available.

ELIGIBILITY: The competition is open to all men and women (no qualifying or standards) age 30 and over. Competition will be in five-year age groups from 30-34 to 80+. All competitors must be registered with The Athletics Congress (TAC) for 1987.

RELAYS: All relay team members must be members of the same club. Runners may move down from their age division. The following events will be held:

4x440: M&W30-39, W40+, M40-49, M50-59, M60+
4x880: M&W30-39, W40+, M40-49, M50-59, M60+

ENTRIES: All entries must be postmarked by March 10. No late or race day entries will be accepted. There will be no refunds or changing of events.

ENTRY FEE: \$7 first event—\$5 each additional event—\$16 per relay. Make checks payable to Wisconsin United Athletic Club. Send with entry to 1987 Indoor National, 6408 West Gate Rd., Monona, WI 53716.

AWARDS: National championship medals to top three in each division in each event including all relay team members.

RULES AND STANDARDS: As set forth by WAVA and adopted by TAC Masters. Electronic timing will be used. Officials are qualified through the University and State high school track programs.

TRIALS: Will be run in age groups starting with older women to youngest men. Age groups in the 60-yard dash and 60-yard hurdles having eight or less reporting will run at scheduled final times.

FINALS: Will be timed finals run in sections (300 and longer) starting with oldest women to youngest men. Some age groups may be combined in one race. Eight will go to finals in 60, hurdles and field events.

LIMITATION OF EVENTS: Athletes must limit events entered to fit schedule. Event progress will not be held up awaiting athletes.

TRAINING AREA: Trainers will be available at the track. The track will be available for running warm up on Friday from 5 to 11 p.m.

IMPLEMENT WEIGH IN: Shot puts and weights will be inspected at the track beginning at 8 a.m. on Saturday.

ATHLETE CHECK IN: Running event athletes must check in one event prior to their own with the Clerk of Course. Field event athletes must check in prior to the start of their event with the Head Judge at the event site.

REGISTRATION: The Innkeeper (meet headquarters), Friday 4 to 10 p.m. Saturday and Sunday at track after 8 a.m.

ACCOMMODATIONS: Three hotels with a total of 280 rooms, reserved until February 27. Indicate you are with the National Masters meet. Additional information from the Greater Madison Convention Bureau, 425 W. Washington Ave., Madison, WI 53703. Phone 1 608 255-0701.

The Innkeeper—80 rooms—\$38S, \$44D—1.1 miles from track (meet headquarters). 2424 University Ave., Madison, WI 53705. Phone 1 608 233-8778.

Howard Johnson—100 rooms—\$45S, \$52D—1 mile from track. 525 W. Johnson St., Madison, WI 53703. Phone 1 608 251-5511.

Sheraton Inn—100 rooms—\$46S, \$58D—3 miles from track. 706 Nolen Dr., Madison, WI 53713. Phone 1 608 251-2300.

Check out our facility on January 3 at the Wisconsin Masters Meet. Entries on race day or from Sue Boyd, 5837 Woods Edge Rd., Madison, WI 53711.

SATURDAY FIELD EVENTS

TIME	EVENT	DIVISION	ROUND
10:00 a.m.	Weight Throw	50-80+	Trials & Final
	Long Jump	30-34	Trials & Final
	Pole Vault	50-80+	Final
11:00 a.m.	Weight Throw	30-49	Trials & Final
	Long Jump	35-39	Trials & Final
12:00 Noon	Shot Put	30-34	Trials & Final
	Long Jump	40-44	Trials & Final
1:00 p.m.	Shot Put	35-39	Trials & Final
	Long Jump	45-49	Trials & Final
2:00 p.m.	Shot Put	40-44	Trials & Final
	Long Jump	50-59	Trials & Final
	Pole Vault	30-49	Final
3:00 p.m.	Shot Put	45-49	Trials & Final
	Long Jump	60-80+	Trials & Final
4:00 p.m.	Shot Put	50-59	Trials & Final
5:00 p.m.	Shot Put	60-80+	Trials & Final

SATURDAY TRACK EVENTS

12:00 Noon	60-Yard Dash	30-80+	Semifinal
1:00 p.m.	1-Mile Run	30-80+	Final
2:00 p.m.	60-Yard Dash	30-80+	Final
3:00 p.m.	1,000-Yard Run	30-80+	Final
4:00 p.m.	300-Yard Run	30-80+	Final
5:00 p.m.	4x880-Yard Relay	30-80+	Final

SUNDAY FIELD EVENTS

10:00 a.m.	Triple Jump	60-80+	Trials & Final
	High Jump	M30-45	Final
11:30 a.m.	Triple Jump	50-59	Trials & Final
12:00 Noon	High Jump	M45-59	Final
1:30 p.m.	Triple Jump	40-49	Trials & Final
2:00 p.m.	High Jump	M60+ and FM	Final
3:00 p.m.	Triple Jump	30-39	Trials & Final

SUNDAY TRACK EVENTS

12:00 Noon	60-Yard Hurdles	30-80+	Semifinal
1:00 p.m.	2-Mile Run	30-80+	Final
2:00 p.m.	60-Yard Hurdles	30-80+	Final
2:30 p.m.	600-Yard Run	30-80+	Final
3:30 p.m.	2-Mile Walk	30-80+	Final
4:00 p.m.	4x440-Yard Relay	30-80+	Final

ENTRY FORM 1987 INDOOR MASTERS, MARCH 28-29

NAME _____ BIRTHDATE _____ AGE ON 3/28 _____ M ☐ F ☐

First _____ MI _____ Last _____

ADDRESS _____ CITY _____ STATE _____ ZIP _____

PHONE () _____ 1987 TAC # _____ (required) YOUR CLUB _____

EVENTS ENTERED _____

BEST MARK 85-87 _____

OTHER RELAY TEAM MEMBERS _____
(Send one entry only per team.)

T-SHIRTS @ \$5 MEN'S SIZE S ☐ M ☐ L ☐ XL ☐ INDIVIDUAL FEES \$ _____ RELAY FEES \$ _____ T-SHIRT \$ _____

Make checks payable to Wisconsin United Athletic Club—entry postmarked by 3/10—send to 6408 West Gate Rd., Monona, WI 53716.

TOTAL AMOUNT ENCLOSED _____

ATHLETE'S RELEASE: In consideration of your acceptance of my entry, I do hereby for myself, my heirs, and executors, waive, release, and forever discharge any and all claims for damages which I may have or which may hereafter accrue against The Athletics Congress, Wisconsin United Athletic Club, The University of Wisconsin, Wisconsin Physicians Service, all other meet sponsors, officials, or their officers or agents for any damages or injury suffered by me. I certify that my level of training is such that I am prepared to compete and recognize the right of any duly authorized member of the medical staff to require my withdrawal from competition, and will do so if directed.

ATHLETE'S SIGNATURE _____

DATE _____

