

NATIONAL MASTERS NEWS

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

112th Issue

December, 1987

\$1.95

Pickarts, Patsalis Set M65 World Records

135 Compete in Age-Graded Meet

Patsalis Named Outstanding Athlete; Corona del Mar Wins Team Trophy

by AL SHEAHEN

The second annual National Masters News Age-Graded Track & Field Meet drew 135 enthusiastic participants to Cal-State U. at Los Angeles, November 14.

Many of the competitors used the meet as a final tune-up for the VII World Veterans Games in Melbourne, Australia.

Threatening rain failed to materialize and the weather was ideal, with temperatures in the low 70s.

The meet again was conducted on an "age-graded" basis. Contrary to most masters meets, there was no "age-group" competition. Instead, all ages and sexes competed in the same "division."

The 5000, 5K walk, hurdles and field events were held in the normal manner, with an age-graded formula determin-

ing the winners after the event was over.

In the 800 and 1500, a "Portsmouth Start" was used; all competitors ran the full distance, with the oldest getting a head start on the youngest. The first one to the finish line was the winner.

In the 100, 200 and 400, each participant got a "distance handicap." The oldest runner started well up the track; the youngest started near the normal starting line; the first to the finish line was the winner.

Engraved trophies were presented to the first, second and third place finishers in each event.

An individual trophy for the outstanding-athlete-of-the-meet was won by Tom Patsalis, 65. Patsalis turned in an incredible performance by scoring 21 points in winning the long jump, triple jump and short hurdles,

Continued on page 22



Masters 400 in the Ultimate Runner, Jackson, Mich., Oct. 3: Paul Deladurantaye (#10), Riverview, Mich.; Al Cohen (cap on backwards), Pearl River, N.Y.; Frank Bozanich (#122), Bothell, Wash.; Carl Nicholson (#124), Huntsville, Ala.; and David Oropeza (#3), Phoenix, Ariz., the masters winner after the five events.

Photo by Marcia Butterfield

Oropeza, Palmason are the Ultimate Runners

by PHIL LOOMIS

JACKSON, Mich., October 3. — Ah, but what \$1,200 won't do for goose bumps!

It never reached 50 degrees, nor did the wind stop blowing during the fifth running of the Ultimate Runner in this southern mid-Michigan community, but that never seemed to bother David Oropeza.

Always flashing a bright smile, the 41-year-old Phoenix, Ariz., fireman and former boxing champion traded warmer climes for the chilly 40's and

\$1,200 in prize money for taking home the Ultimate Runner men's masters crown for the second consecutive year.

Oropeza's toughest competition also came from the south — Huntsville, Ala., resident Carl Nicholson. Nicholson, who came to Jackson after winning the first Ultimate regional competition in mid-September in Newton, Kans., led all male masters going into the marathon.

But, unlike the Jackson event which closes with the marathon, the Com-

Continued on page 8

At 42, Welch Wins New York Marathon

The over-40 generation got a nationally-televised dose of new respect, November 1, as 42-year-old Priscilla Welch won the women's division of the New York Marathon.

The Britisher, whose legs were dubbed "oldies but goodies," proved again that age is no barrier to excellence as she finished first among 4489 women in a time of 2:30:17.

Although running the first 13 miles at a world masters record-breaking pace, she fell four minutes short of her own world over-40 best of 2:26:51.

For her efforts, Welch took home

\$25,000 plus a Mercedes-Benz 190E2.6 Sedan.

She was followed by Scotland's Lor-

Continued on page 15



Start of the 800 at the National Masters News Age-Graded Meet in Los Angeles, November 14. Mary Ames, 84, starts first, to be followed 20 seconds later by Bess James, 78. Others follow in order from oldest to youngest.

Photo by Gretchen Snyder

Coming Next Month

- Story, photos and results of VII World Veterans Games
- Report of TAC Convention
- Results of National Masters Cross-Country and Half-Marathon Races

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GOOD-BYE HUGH AND WENDY

I was disturbed to read Hugh Adams' article in the October "Speaker's Corner" as to why he'll never direct a masters meet again. This coming after Wendy Miller's retirement as a columnist caused me to think about how we treat our volunteers.

The strength of our program is that we are administering it by ourselves. This gives us an independence and freedom not enjoyed by other competitors. In the formative days of the program, it prevented the A.A.U. from exerting dictatorial authority over us. Ultimately, they took the sensible position and left us alone to develop our own program.

The more work that is put in before the day of the meet, the smoother the meet will be. To many competitors, this is not apparent. In a large and complicated undertaking such as a masters meet, which in effect is seventeen concurrent meets, mistakes are bound to happen. Most meet directors are happy to learn from their mistakes. They all take pride in running a well-received event. They are to be helped with constructive criticism. For the few obnoxious individuals who participate

in our meets I advise them that volunteering does not include taking any B.S. I then offer them the opportunity of taking my place. That usually shuts them up.

From some of the letters that were sent to the National Masters News about Wendy's columns, I doubt if many of the writers really appreciated all that Wendy has done for the program. There is no question that Wendy could be vulgar and obscene. Conversely, he can be very sensitive and understanding. Our program started on the West Coast. The East Coast was the next section of the country to develop a program. Then Wendy came forward and started the program in the Midwest. He did this single-handedly for a number of years. He served as the meet director for the Regional Championships and also for the National Championships. He freely gave not only of his time but of his money. He served as National Masters Co-Chairman in Track and Field. Wendy can't stand pomposity or officiousness. Shocking statements were his way of striking them down. He has fully realized that this activity should be fun and should be put in its proper

perspective. If at times he was too raunchy, it was a small price to pay for humor and sincerity from someone who has given so much to our program.

The continuing loss of people like Hugh Adams and Wendy Miller is a cause for concern to all of us. They should be applauded and appreciated.

My "thanks" go to both of them for helping us all out.

Bob Fine

Delray Beach, Florida

GETTING BACK INTO T&F

As a collegiate javelinist at Murray State University 17 years ago, I did pretty well. Of course, I was 15 pounds lighter, had a 32" waist and could go on two hours sleep. Now it takes two hours to get up the courage to whip that javelin out there a whopping 150'.

But it's all great fun — despite the inconvenience of nagging injuries. I want to thank Ron Salvio in New Jersey for his encouragement and for the fine publication, the National Masters News. Keep up the good work. From a future All-American.

Dennis McLelland

Scotch Plains, New Jersey

Continued on page 3

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Write On! Continued from page 2**AGE DISCRIMINATION**

Why is there not more news of 70+ runners? And why are race directors still sticking to 60+ age groups only?

*Jacob Bishen
Los Angeles*

NOT ENOUGH LOCAL MEETS

Your newspaper is fine, but it needs to promote more, or prod the state amateur organizations to put on more meets in other areas besides the West Coast or East Coast.

In other words, Montana needs to recognize and promote amateur track meets for people over 30. Not one meet but several district or divisional ones to alert future masters competitors to pick up where they left off at high school or college upon graduation.

I really enjoyed your Open Mouth column. It feels good to laugh about the up-tight serious world of competition and just lay back to enjoy what you really have — your health. Thanks for the sincerity of NMN; I appreciate it.

*Ross Sager
Bellgrade, Montana*

EMPIRE STATE GAMES

For several years I have been participating in local, regional, and national masters track and field competitions. The rigors of training and the excitement of competition have become a most rewarding part of my life. I thought I had achieved the highlight of my athletic career at the Empire State Games last summer, but finding my picture in your October issue (p. 13) was just as great a reward.

I thoroughly enjoyed the fine article on the Empire State Games; however, I would like you to note the outstanding performances of Barbara Stewart. In her third season of masters competition, she won gold medals in five events in the W45 group: 100, 200, discus, triple jump, and shot put. In the first four of these events, she established new Empire State Games records - truly a remarkable performance.



Barbara Stewart, W45, after winning 5 gold medals in the Empire State Games held in Syracuse, New York, July 31 and August 1.

mance. Your publication continues to be an inspiration; keep up the great work.

*Dr. Tomlinson G. Rauscher
Fairport, New York*

SHOT & HAMMER WEIGHTS

It will really be great when the National headquarters recognizes that the 12-lb. U.S. standard shot put and hammer throw is not the same as the European 6k shot put and hammer throw. Saying one can throw a 12-lb. shot as far as a 13-1½ lb. shot is really not

true. We are required to throw a 6k shot and hammer, etc. at all regional and national events, yet there is no separate age-group record for the metric implements. Some day I hope this will be changed.

*Jim Hart
Walnut, California*

KUDOS

Congratulations to NMN for its excellence through the years. It would be swell if Wendell would write a guest column once in a while. Bravo to

Laurie Binder, a friend and racing rival, for her new masters success. I hope to see you on the starting line soon!

*Bill Catanese
Princeton, Minnesota*

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

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invites you to run the

Special WORLD MASTERS Division of the Paramount 10K Run

The City of Paramount and the Paramount Rotary Club, in addition to the Ninth Annual Paramount 10K Run, will have a very special WORLD MASTERS DIVISION sponsored by Bud Light and L.A. Beers. This division will be for those Master men and women runners that can meet the qualifying standards for their respective age divisions. The ability to meet these time standards will truly make this division a very special one. The race will be run with the Paramount 10K. Yes, you have to be good to enter, but if you place within the time standards you will be eligible for cash awards. If you can meet these standards, then come to Paramount and RUN WITH THE MASTERS.

MASTER STANDARDS: Men 40-44, 34:00; 45-49, 36:00; 50-54, 38:00; 55-59, 40:00; 60-64, 43:00; 65-69, 47:00; 70-74, 52:00; 75-79, 65:00; 80-84, 90:00

MASTER STANDARDS: Women 40-44, 40:00; 45-49, 42:00; 50-54, 44:00; 55-59, 47:00; 60-64, 52:00; 65-69, 60:00; 70-74, 75:00; 75-79, 90:00; 80-84, 100:00

All times are "or faster".

Race Date: January 23, 1988

Race Time: 8:00 A.M. Sharp

Course: Flat, fast, certified and sanctioned by TAC

Accommodations: Tahitian Village, 13535 Lakewood Blvd., Downey, CA 1-800-227-0642, or 213-634-4444. 20% off. Ask reservationist to specify, "10K race participant".

Transportation: To and from race site by Tahitian Village, 6:30 A.M. shuttle time

Information: Oscar Rosales, 15734 Paramount Blvd., Paramount, CA 90723 • (213) 634-3027/(714) 841-5417. NOTE: Each division must have 5 qualifiers, or a reduction per cash award will be taken. All applicants must submit times last 3 races, certified courses. This is our sixth year with the Masters. It is a CLASSIC.

Tear & return with Entry. Waiver.

Race Location: 15500 Downey Ave., Paramount, CA

Seeded Start: You will be on the front line. I.D. Ribbons

Awards: 10 deep each division, plus CASH AWARDS, FIRST FIVE places, each division, men & women

Shirt: Long sleeve, 100% cotton, two color

Race fee: \$12.00. No complimentary entries.

Cash Awards: \$6000.00 available to date.

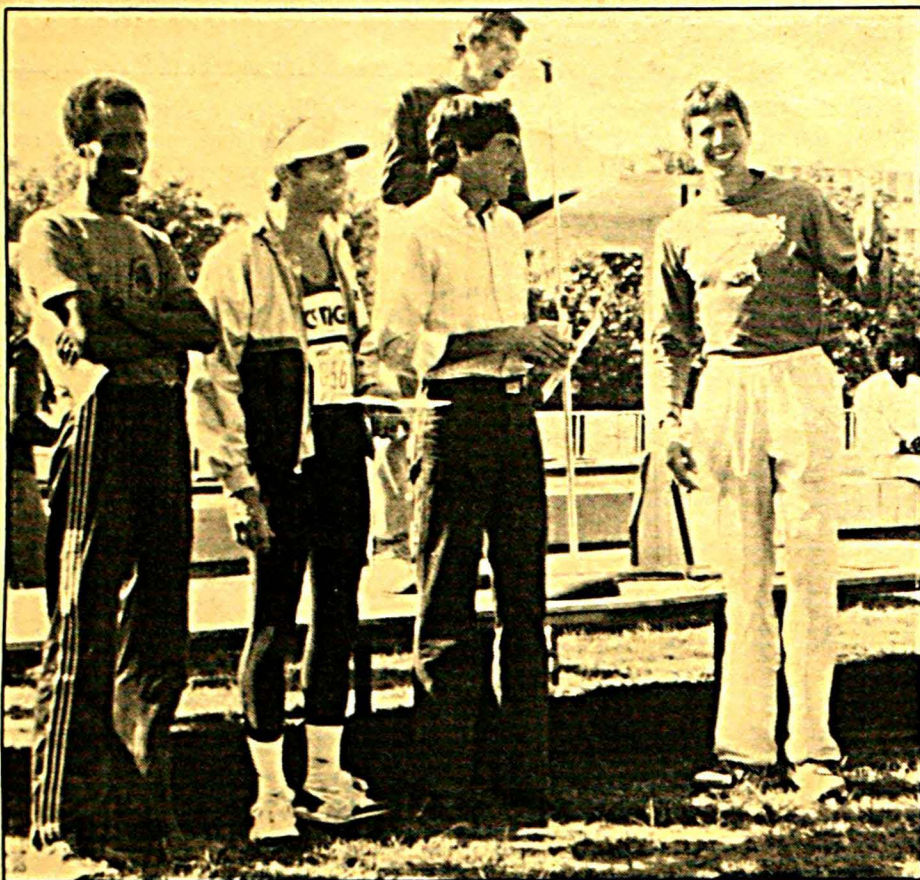
Preregistration Only: Return Entry by 1/18/88.

9TH ANNUAL CITY OF PARAMOUNT 10K RUN

SPECIAL WORLD MASTERS DIVISION

NAME _____ MALE ☐ FEMALE ☐ AGE _____ PHONE _____
ADDRESS _____ CITY _____ ZIP _____

Official Entry Form Will Be Sent Upon Receipt Of This Form. Send SASE.
Send To: PARAMOUNT 10K RUN, 15734 Paramount Blvd., Paramount, CA 90723



Masters winners in the Capital Trail 10-Miler, Raleigh, N.C. on October 10th were: Atlaw Belilgne, 42 (53:22, fourth); Richard Weeks, 40 (53:01, third); Barry Brown, 43 (53:32, second) and winner Web Loudat, 41 (52:14).
Photo by Roger Johnson

22 Join Sustainers List

Each month NMN publishes a list of "sustainers," those who contribute funds to provide additional support to the National Masters News and the Masters Athletics Program. These additional funds have enabled us to increase our LDR coverage, racewalking coverage and recently, World Veterans

Games coverage. We are proud to acknowledge that in the month of October we received an all-time high for donations, with three \$100 donations. Special thanks go to those three: Marilla Salisbury, Corona del Mar Track Club and Dr. Robert Watanabe.

And thanks also go to:

Dave Brown
Noel Byrne
Tom Carber
Tony Castro
Angelo Dalgallo
Pete Fetter
Robert Fine

Fred Gallardo
Richard and Francine Kaye
Earl Kordick
Barb Meadows
Wayne Nicholl
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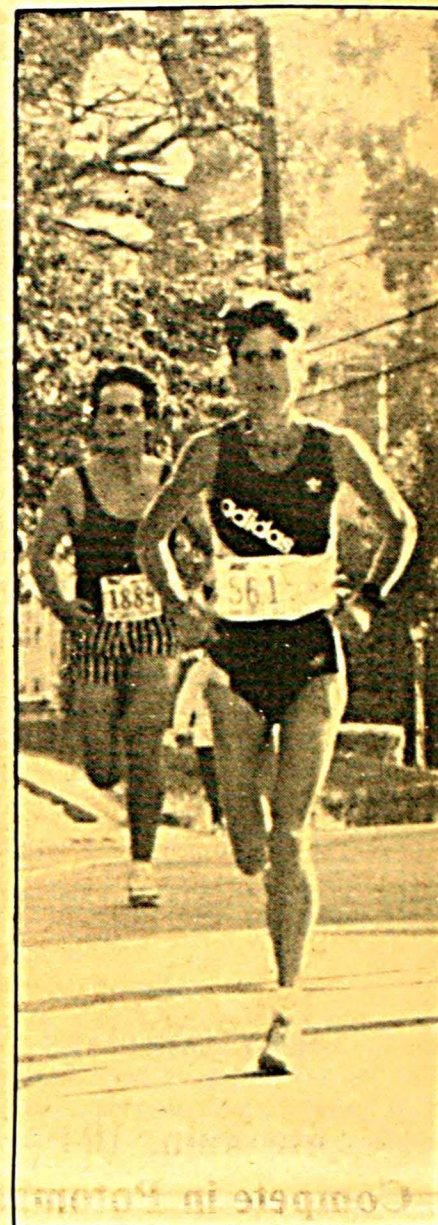
A.J. Puglizevich
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Bruce Springbett
Sid Truckenbrod

Loudat, Rothman Best in Capital Trail 10-Miler

The Capital Trail Run 10-Miler on October 10 in Raleigh, North Carolina has always attracted a strong masters field, and this year was no exception. Three-time winner and course record-holder Barry Brown was back, as were New Mexico's Web Loudat and New York's Atlaw Belilgne — the second- and third place masters last year. Loudat avenged last year's defeat by edging Brown, 52:14 to 52:32. One of the South's newer masters runners, Richard Weeks, was third and Belilgne took fourth.

The defending champion was also back in the women's masters competition. Juana Stavalone, who set the masters course record last year, was coming off a marathon held two weeks earlier. She had strong opposition from Florida's Bobbi Rothman, a past winner of the women's masters title at both the New York and Boston Marathons. Bobbi proved to be the fittest of the day as she ran 62 minutes flat to best Stavalone by 23 seconds.

Other age-group winners were W50, Susie Kluttz (72:03); M45, Dennis La Mountain (54:05); M50, Gerald Koch (58:30); M55, Russ Wolf (66:53); and M60, Jack Gerrans (74:54). □



Bobbi Rothman, 42, one block from the finish of the Capital Trail 10-Miler, Raleigh, North Carolina. Rothman won the masters title with a 62:00 in the October 10th race.

Photo by Roger Johnson

Almberg, Swanson Run Away with National 10K Cross-Country Championships in Seattle

by BOB and CAROLE LANGENBACH

Larry Almberg, 40, of Ellensburg, Wash., pulled away at the start of the TAC National Masters 10K Cross-Country Championships on November 8 in Seattle, Wash., and held on for a 14-second victory over Mike Manley, 45, of Eugene, in a new course record of 33:58.

Graham Garcia, 40, of San Diego, took third in 35:02 when he out-kicked Mike Heffernan, 47, of Portland, in the last 150 yards.

Bob Milner, of Hamilton, N.Y., repeated as M50 National Champion in 37:51. Roger Bryan of San Jose was second in 38:09.

Almberg's 33:58 clocking bettered John Jordeth's course record of 34:55 from last year's U.S.-vs-Canada Cross-Country Challenge. Due to this year's unseasonably warm and dry weather in Seattle, the course was fast, but dry and dusty.

The second race of the day, for men 60+ and all women, was handily won

by Seattle's Orlo Keniston in 41:41. Charlotte Swanson, 45, of Aberdeen, Wash., this year's marathon National Champion, captured the women's title in 42:42.

The M40+ team competition consisted of six teams battling it out, with the "Fast Masters" of the Three Rivers Road Runners of southeast Washington acing out last year's champions, San Diego Track Club, for a 179:07 to 179:57 victory.

Snohomish Track Clubs two 50's teams won the gold and silver but were disappointed that no east coast teams came out to challenge them. "Last year three teams from the west coast travelled to New Jersey for the 10K x-c championship," commented race director Bob Langenbach, "but this year only west coast teams showed up, despite the fact that we sent out entry forms to over 50 masters clubs around the country. The team competition was excellent, but we had hoped for more national participation." □

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Weisbrod, Geiss Pace Masters at Mohawk Hudson Marathon

by PAUL MURRAY

Forty-four-year-old Susan Weisbrod of Skillman, N.J., was the masters winner and second woman overall at the 5th Mohawk Hudson River Marathon on October 25. She covered the scenic course along the banks of the Mohawk and Hudson Rivers from Schenectady to Albany in a masters course record of 3:04:04.

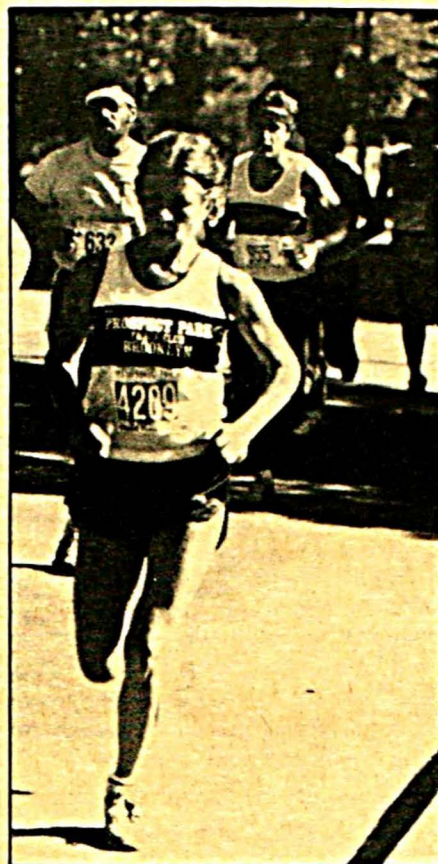
Masters runners dominated the women's results, claiming three of the top five spots. Fifty-two-year-old Wen-Shi Yu from Kew Gardens, Queens, was the fourth woman to finish, with a remarkable 3:12:02 clocking. Judith Swasey of Slingerlands, New York, a newcomer to the masters ranks, took fifth place in 3:18:12.

Mike Geiss, a former Albany resident now living in Clayton, New York, paced the masters men with a 2:42:54 performance good for thirteenth place overall. Gust Svanson, another former Capital District runner transferred to

Washington, D.C., returned to finish second in 2:46:38. Warren Jackson of Schomberg, Canada, took third place in 2:47:59.

Many of the day's best times were recorded in the older age groups. David Reichert of Holland Patent, New York, won the M50 division with a 2:54:42 clocking. The M55 winner was Donald Lloyd of Windsor, Connecticut, who completed the course in 3:02:03. The race's oldest finisher, 66-year-old Roger Ellsbury of Keesville, New York, finished 129th in a field of 230 with an impressive time of 3:34:28.

The Mohawk Hudson River Marathon was organized by the Hudson Mohawk Road Runners Club. The fast, certified course attracted a record 300 entrants from 13 states and Canada. One-fourth of the finishers, including 12 masters, finished in less than three hours. Peter Giunta was the race director. □



Gudrun Philips, 51, takes first place in the W50 division of the Hispanic Half-Marathon in Central Park, New York on August 23 with a time of 1:32:10. Photo by Walt Westerholm

Qualifying Times for Boston Marathon

by JERRY WOJCIK

Qualifying times for the 92nd Boston Athletic Association Boston Marathon on Monday, April 18, are the same as for last year's race (M/F: under 40, 3:00:00/3:30:00; 40-49, 3:10:00/3:40:00; 50-59, 3:20:00/3:50:00; 60+, 3:30:00/4:00:00). Qualifying times must have been run at the 1987 Boston Marathon or any other TAC-sanctioned marathon over a certified course between January 1, 1987 and March 21, 1988, the entry deadline.

Total prizes in cash and cars are valued at \$375,000. In the 1987 race, \$14,000 went to the top three men and women masters (\$5000-\$1500-\$500). Britain's David Clark (2:21:37) and Sweden's Evy Palm (2:36:24) were masters winners. Master course records are held by Palm (2:32:47-1986) and Britain's Mick Hurd (2:19:04-1986).

For an entry form, send a self-addressed, stamped envelope to B.A.A. Boston Marathon, 17 Main St., Hopkinton, MA 01748, or call 617/435-6905. □



Despite Rain, 100 Compete in Potomac Valley Games

by SHARON GOOD

The 12th Annual Potomac Valley Games, sponsored by the Potomac Valley Seniors Track Club, were held on September 6 at St. Stephens Episcopal Day School in Alexandria, Va. Despite a downpour that lasted most of the day, over 100 competitors participated in the meet, which served as the PVAC Masters Championships and also had open categories in all events.

In the PVAC Masters Championships, Rolland Elliott, competing in the M50-59 age group for PVSTC, won the 800, 1500, 5000, and, to top a busy day, the gruelling 3000 steeplechase. Larry Colbert, PVSTC, won the 100, 200, and 400 in the M50-59 races. Jordan Simmons, PVSTC, won the 200 and 800 in the M40-49 division.

Outstanding M60-69 in the shot and discus was Robert Hewitt, Memphis, Tenn. The javelin best came from Jim McFayden, 40, PVSTC. Claude Hills of Flourtown, Pa., won most of the nine M70-70 events he entered.

The pole vault was not held because of the heavy rain.

The 15K PVAC Walk Championships were held near the Reflecting Pool in Washington, D.C., on Monday to end the games. Alan Price, PVSTC, who was first masters walker (23:27) on Sunday, also won the 15K overall (1:15:45). □

Dartmouth Relays and Leverone Field House



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

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

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

Nineteenth DARTMOUTH RELAYS

Friday
January 8, 1988

Leverone Field House
Hanover, New Hampshire

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

Men and Women Age 30-69

Prizes - Glass Mugs

Events - Sprints Hurdles

Middle Distance - Distance

Shotput Wt. Throw

High Jump Long Jump

Pole Vault Triple Jump

Entries Close December 28, 1987

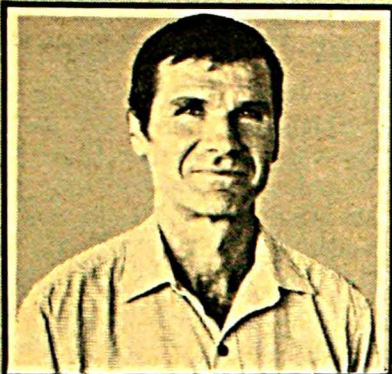


For further information call or write Carl Wallin, Head Track Coach, Dartmouth College, Alumni Gym, Hanover, NH 03755. 603/646-2848

646-2540

646-2571

646-3570



Third Wind

by Mike Tymn

A Masters Lobby in the Making

You've heard of MADD — Mothers Against Drunk Driving. Now, there's MAAD — Masters Against Age Discrimination.

There is no real organization to it yet, but Jim O'Neil and Paul Reese, two of the nation's top masters runners, hope there will be enough interest to get it off the ground and into full operation during 1988. They see MAAD as a combination public relations and lobbying group aimed at promoting greater acceptance and recognition of masters runners in road-racing events and track meets.

O'Neil and Reese both acknowledge that masters running has come a long way in recent years. But they believe there's still much to accomplish before masters runners have achieved anything close to equality with younger, more advantaged runners.

"There are so many ways we're being subtly discriminated against," explains O'Neil, a San Diego area runner who competes in the 60-64 division. He points-out that there are still many road races, including some major ones, which have only two or three divisions for over-40 runners, lumping everyone 50-and-over or 60-and-over into a single division.

"The ultimate discrimination is putting sub-masters with masters," Reese offers, referring to track meets which

One of the goals of MAAD would be to promote five-year age groups on up to at least 80.

allow 30-39 runners in the same race with masters. "Some of those guys are in their prime, and it's unfair to the masters. The whole purpose of masters competition is to compete with someone at the same general disadvantage you are."

Even though O'Neil often wins his division when he's in with 50-year-olds, and Reese, who is 70, can usually win a "60 & over" division, both recognize they're rare exceptions. Most runners are at a significant disadvantage when competing with someone ten years or more younger and many are discouraged from entering by this. Even five years can make a big difference.

One of the goals of MAAD would be to promote five-year age groups on up to at least 80. And if enough 80-year-olds enter the event, there should be five-year age divisions there, too.

O'Neil has observed that some race directors are giving prize money to masters, but only to the faster masters — that is, those in the 40-44 division.

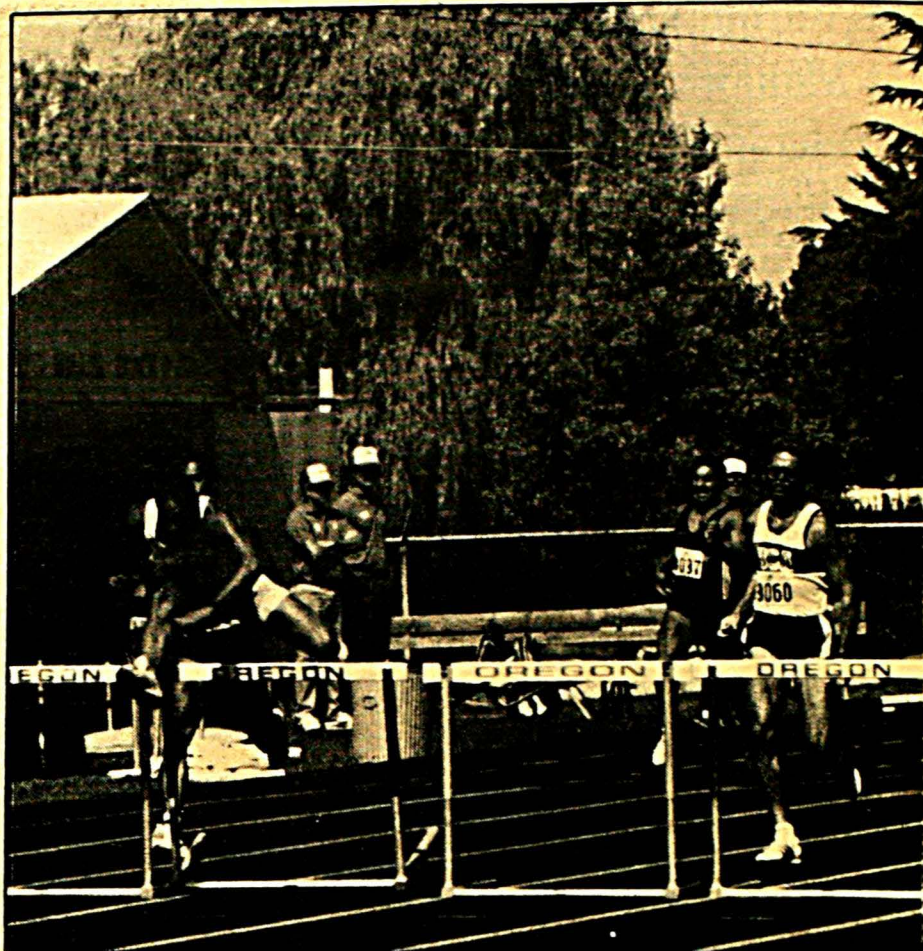
"Some of the worst discrimination now is within the masters category itself," he says, citing several big name road races in which prize money is awarded to the top masters finishers. "There should be no single masters winner," he continues. "There are winners in each age group. Why should the best 40-44 runners get prize money while all the other winners get a paper weight or some other token prize?"

With Frank Shorter and Bill Rodgers joining the masters ranks this year, O'Neil foresees things getting worse. "Believe me, the situation isn't going to improve any," he remarks. "They're both legends and so I think we can expect race directors to favor them. If Shorter and Rodgers put a masters circuit together, it's going to be interesting to see the format. I can't imagine they'd have a masters-only circuit without divisions, but I wouldn't be surprised.

"I'm not saying that 70-year-olds should be treated equally in the money situation. They shouldn't, because they don't go as deep (in numbers) as the 40-44 division, but something should be done in a more fair manner than it has been done. Do we have to wait for Shorter and Rodgers to turn 50 and 60 and so on before those divisions get any kind of attention?"

O'Neil also mentions inequities at masters world track and field championships in New Zealand, Sweden, and Puerto Rico. "They've had to use several venues in these events, and almost always the younger masters have been given the number one facility while the older age groups have been shuffled off to some second class facility. I went to Sweden hoping to run on the track John Walker set the world record on, but I had to run on a very poor track while the 40-year-old guys got to run on the number-one track. We complained about it, but they didn't pay any attention to us."

Still another area in which older masters are discriminated against,



James McCraney of Los Angeles nicks the 9th hurdle at the TAC Nationals, but goes on to win the M30 one-lapper in 55.95 over Mike Pannell (3060, 56.10) and Horace Hundson (3037). McCraney also won the highs in a sizzling 13.52.

Photo by Gretchen Snyder

O'Neil feels, is in media coverage. "Look at *National Masters News*, it's always (Barry) Brown and (Cindy) Dalrymple win this or win that. Clive Davies could have been in the race and might have run a slower time but a better effort. But he gets buried down in the last paragraph."

Along this line, O'Neil recalls that the now defunct *Runner* magazine would, in their results section, usually list the top overall masters finishers, i.e., those in the 40-44 division, without any recognition given to the older masters. The same now seems to be true of *Runner's World*, he adds.

The only time an older masters runner is recognized is when he or she sets a national record.

O'Neil and Reese would like to see a chart of comparative efforts, such as that set forth in this column in the July issue, used by race directors and publications to determine which masters runner had the best performance. For example, by referring to the chart, it can be determined that a 70-74 winner with a 41:30 10K actually did better than a 40-44 winner with a 33:20 for the same distance.

The big problem now, they believe, is that very few race directors or editors are capable of comparing efforts among age groups. The only time an older masters runner is recognized is when he or she sets a national record.

Reese feels that consideration should be given to having seeded numbers for the top masters in each age division.

"Take the Boston Marathon as a case in point," he says. "A 2:30 marathoner, or maybe it goes down to 2:25, I don't remember, can get a seeded number and be off to a smooth start. But the best 50- or 60- or 70-year-old in the nation has to start miles back. This person, given a good start, is capable of running to a record; whereas the 2:25 or 2:30 runner, will, at best, finish mediocre by world standards."

MAAD will work to correct all of these inequities. "It won't be a 'gimme, gimme, gimme' type approach," says O'Neil. "We simply want to promote awareness and encourage people who have control of these things to correct them."

Adds Reese: "And we want to get the message across that we're not a bunch of side-show freaks, as some of the media seem to view us."

O'Neil and Reese would like to hear from others who share their view. If there is enough interest, area coordinations will be designated. With a small budget, MAAD will then have stationery made and a newsletter sent out. Area coordinators will be asked to contact race directors and media representatives in their area to promote the objectives of MAAD.

"Look at what the women accomplished with their lobby," says O'Neil. "I don't see why we can't do the same."

O'Neil would like to hear from anyone supporting the objectives of MAAD. You can write to him at: 6497 Caminito Formby, La Jolla, CA 92037. □



MASTERS TRACK & FIELD REPORT

by JERRY ALAN DONLEY
Chairman, TAC Masters Track & Field Committee

1987 Report to TAC/ USA Executive Committee

Every year it is necessary for the Chairman of the Masters Track and Field Committee to report on what has gone on of importance in our program. Generally, it was a great year.

Our major disappointment in 1987 was in not being able to initiate the new Hayward Track at our Outdoor National Championship. The meet itself was moved to Springfield and held at Silke Field. It proved that the success of a meet is not dependent on where it is held, but how well it is run. The meet was a success! The fellowship was at an all time high, and all events were hotly contested.

The Indoor Championships were also quite successful. Both Championships had increased participation and the level of officiating and competition continues to improve. Plans are being made to establish four or more locations to host the Indoor Championships. We will then establish a round-robin rotation sequence. This plan would allow for better continuity of our meets, and make it simpler and more profitable for the host organizations.

As our Committee develops, the identification of it as "athletics" becomes more appropriate.

Our multi events are becoming increasingly popular. Decathlons are being held all over the country. The National Decathlon Championships in Boulder had over 50 participating com-

petitors. Local decathlons are drawing 20 - 30 competitors. Heptathlons are becoming more popular, and women are beginning to find the multi events a good challenge. Weight throws in all sizes, shapes and descriptions are being held throughout many cities. Age-graded scoring is used in many meets. Several age-handicap meets have been held that have proven to be quite popular, even involving open competitors, and race walkers are now in abundance.

While I am primarily a track & field person, the use of the term Track & Field simply does not describe our Committee with clarity. In all likelihood the Committee ought to be described as the Masters Athletics Committee, and some thought should be given to revising our name in the Rules and By-Laws. This is a matter we will review at the 1987 Convention.

The efforts to obtain the World Veterans Championships in 1989 are proceeding quite well. The decision will be made on December 2, and an up-to-date report will be made in Honolulu.

Our continuing thanks and appreciation for the support coming from Indianapolis. It is getting better all the time. □



Top masters in the North Carolina Oyster Festival 5K/10K, Charlotte, Oct. 10, from left: Erskine Harkey, George Austin, Alex Coffin, and Randy Whitt. Photo from Alex Coffin

Half of 1987 Masters T&F Meets Show Profit

Of ten masters track & field meets held in 1987 (including two in late 1986), five made money and five lost money, according to figures submitted by meet directors to TAC's Masters Track & Field Committee.

The detailed chart on this page shows the biggest money-maker was the 1987 National T&F Championships, held in Eugene, which turned a profit of \$3589. The biggest loser was the 1986 National Decathlon, which lost only \$45.

None of the ten meets were able to show a profit from entry fees alone; all meets generated other revenues from sponsors, donations, TAC, etc.

Expenses vary, but unavoidable costs seem to be medals, and food and drink for officials and volunteers. Three meets were able to avoid expenses for a track facility; patches are apparently out of favor, as no meet spent anything there; some items were donated. Expenses per athlete varied from \$13 to \$33.

All meets were staged by volunteers. Only four of the 10 paid for any labor. If fair-market labor costs were to be factored in, all meets would show a staggering loss.

We hope the chart provides valuable information for participants and meet directors. TAC has encouraged directors to compile financial statements, and even offers an extra subsidy to national and regional directors who do

so. (Despite requests, four of the seven regional directors did not submit their profit & loss statements to TAC, and, thus, only received half their potential grant.)

If you direct — or have directed — a meet, we encourage you to send your financial statement to NMN. We'll pass it along to TAC and publish it in our next chart. If you have suggestions on how masters meets can turn a profit, please send us your advice. □

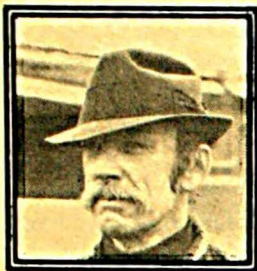


Al Henry won the 110-hurdles and takes a bronze medal with a 19-2 1/4 long jump at the Nationals in Eugene.

Photo by Gretchen Snyder

PROFIT & LOSS STATEMENTS — MASTERS TRACK & FIELD MEETS — 1987

	Out- door 1986 TAC Penn.	1986 TAC Dec. Iowa	In- door 1987 TAC Penn.	In- door 1987 Mid-Am. Regional Nebr.	Out- door 1987 TAC Regional L.A.	1987 N.W. Regional Oregon	1987 West. Regional Fresno	1987 Midwest Region Ill.	1987 TAC National Eugene	1987 TAC Dec. Cal.
REVENUES:										
Entry fees	550	1020	300	765	780	2510	2933	925	18970	825
Advertising									2222	
Sponsors				400					9100	
TAC	150	400	100	100	400	400	400	400	2400	450
T-shirts/souvenirs				225		63	744		2421	
Concessions							52			
Donations								100	370	
Brunch									188	
Interest									350	
Miscellaneous									75	
TOTAL REVENUES	\$700	\$1420	\$400	\$1490	\$1180	\$2973	\$4129	\$1425	\$36096	\$1275
EXPENSES:										
Accounting/legal										
Administration										
Advertising/promotion		132	37		75	200	195	75	555	
Announcer						80	75	40	300	
Automatic timing					100		218		448	
Commissions									747	
Daily News									928	
Data Processing					15		40	40	786	
Entertainment/travel							24			
Equipment									450	
Medals/awards	142	650	154	410	111	1067	1313	600	5093	160
Medical/trainer						50			1811	
Miscellaneous					20		12		101	300
Numbers/pins							85	20	400	
Office rent										
Officials	160	70	100	100	145	698	102	280	525	
Patches					44	25	98	71	500	100
Postage	22	118		45					492	
Printing/copies	10	48		40	80	125		23	2580	
Program					50	150			750	
Salaries/labor									203	
Security									115	
Supplies	69				5	433	720	100	8336	
T-shirts/souvenirs				308		134				
TAC Sanction	35	15	35	25	40		45	55	200	
Telephone	3			39	67		43	31	490	
Track facility	150		100	100	295	60			2944	500
Transportation								20		100
Volunteers (food)	113	432	15		165	15	146	33	525	55
Social Function				400			177		3228	
TOTAL EXPENSES	\$704	\$1465	\$441	\$1467	\$1212	\$2604	\$3726	\$1388	\$32517	\$1215
NET PROFIT (LOSS)	(\$4)	(\$45)	(\$41)	\$23	(\$32)	(\$31)	\$403	\$37	\$3589	\$60



ON APPROACHING EVERY PROBLEM WITH AN OPEN MOUTH

BY W. MACDONALD MILLER

Miller Lives

Editor's note: NMN columnist/social critic W. MacDonald Miller has plunged wholeheartedly into his newest pursuit — owning, training, racing and riding steeplechase horses.

Quoting from the publication The Chronicle of the Horse:

The featured race of the afternoon was the St. James Perpetual Hunt Cup Steeplechase, run for a \$2500 purse and the Derbyshire Cup, a lovely silver trophy circa 1882. Run over 17 brush and timber fences on a three-mile course, the race attracted only two horses — Ralph My Boy, owned and ridden by Wendell Miller, and Moose, owned by Mrs. Fred Iozzo and ridden by Morgan McDonnell. Ralph My Boy opened a big early lead, but Moose closed the gap and challenged Ralph going into the last fence, a vertical timber on flat ground . . . McDonnell failed to steady, and Moose flipped dramatically. Neither horse nor rider was hurt, and they reunited to gallop in second for their share of the purse. Ralph My Boy finished pulling like a train and looking extraordinarily fit.

The St. James Cup, the most prestigious steeplechase race in the Midwest, reminded me of many past experiences with the Midwest Masters.

First, it was a masters-type dream come true; only four competitors, two of which demurred at the starting gate, leaving only two of us. Calling upon my valuable experiences as a master competitor, my mind raced — a cinch second and, who knows, the other guy could always trip.

You would have been proud of me. I bitched about the splits. I whined about the fact that there wasn't enough water (I was barely able to hydrate myself, let alone the horse). I saved my best complaints for the awards. Oh, boy, did I let them have it. "Cheap and

shabby" were my exact words, as I recall.

Furthermore, the entry fee was ridiculous. "A hundred dollars for this junk; you've got to be kidding!" And, of course, I lied. "At Midwest Masters, the entry fee was only half this much and we received trophies, ribbons, trips, food, and women."

How I wish I could go back to the good old days. Trouble is, what would I do with all these road apples I've won?

Carry on, old friends. I'll be reporting in from time to time. □

Oropeza is the Ultimate Runner

Continued from page 1

plete Feet (in Kansas) closed with the 5K.

"I just haven't trained for one (a marathon) in three years," a disappointed Nicholson said, although he has a history of 12 under his belt. Despite walking the last six miles, he finished second in the masters competition. Frank Bozanich, 43, of Botell, Wash., was third.

Oropeza broke the masters 10K course record earlier in the day with a 32:25. He finished second in the 400 (59.1); first in the 100 (13.3); third in the mile (4:50) and first in the marathon (2:43).

Ann Arbor's Bill Stewart won the mile with a 4:28. Nicholson won the 400 in 57.3.

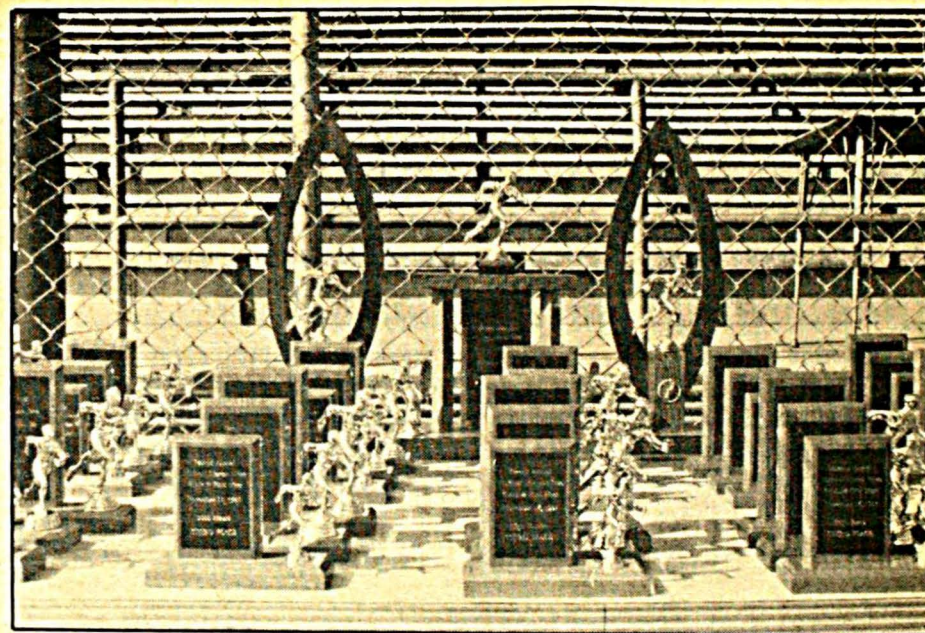
Canadian distance record holder, Diane Palmason, 49, of Ottawa, dethroned Nina Bovio, 41, of Brighton, Mich., as female masters winner. The Canadian governmental worker won all events except the 10K, which Bovio won by almost a minute and a half.

The mother of six exclaimed immediately after finishing the marathon, "Tell Mike McClynn (race director) to invite Diane back next year. I plan on beating her."



Diane Palmason, 49, Ottawa, Canada, women's masters winner, Ultimate Runner, Jackson, Mich., Oct. 3. Photo by Marcia Butterfield

Palmason was awarded a check for \$1,150. Bovio's efforts were worth \$550. Third place, but out of the money, went to Dana Cook, 40, of Chatham, Ont. □



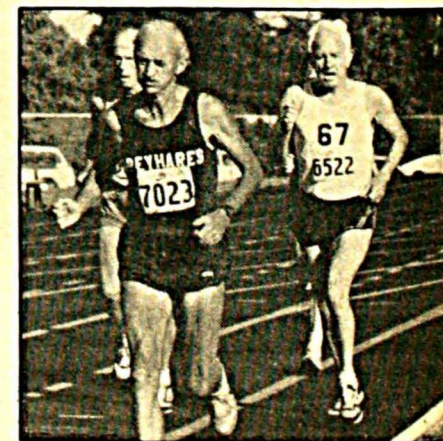
Trophies at NMN Age-Graded Meet, held in Los Angeles, November 14 (Story on page 1).

Photo by Gretchen Snyder

Rodgers, Shorter to Meet in Charlotte

Bill Rodgers, who turns 40 on December 23, will make his debut as a masters runner on January 2 in the Charlotte Observer 10K, when he goes up against his old friend and rival, Frank Shorter, who hit the big four-oh on October 31.

The two will vie for part of a \$10,000 purse being offered to masters in the 10K and marathon, held annually in the western North Carolina city in the Foothills of The Appalachian mountains. □



Paul Reese leads Phil Jones (6522) in the 5000. On June 28, Reese set a M70 U.S. 20K road record of 1:26:43 in Ventura, Calif.

Photo by Gretchen Snyder

NOW AVAILABLE Masters Age-Records 1987

Compiled by National TAC Masters T&F Records Chairman Pete Mundle with Lori Maynard, Shirley Dietderich, Gordon Wallace and Alan Wood.

- Men's and Women's World and U.S. Age Bests for all Track & Field Events, age 35 and up, as of Oct. 31, 1986
- U.S. Age Bests for Men & Women for all race-walking events, age 40 and up, as of Oct. 31, 1986.
- Men's U.S. Masters Indoor & Outdoor Championship Records.
- 48 pages. Thousands of entries. Lists name, age state and date of record.

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PROFILE

Mary Bowermaster

"After we raised the boys and got them off, we started doing what we wanted to do," says Mary Bowermaster of Fairfield, Ohio.

One of the things the 70-year-old Fairfield, Ohio resident likes to do these days is compete in athletic events. At the 20th annual TAC National Masters Championships in Eugene, Oreg., in August, she won 70-74 division titles in the 100 (16.78), 200 (37.25), high jump (3-6) and long jump (11-5 3/4). The high jump mark is pending as a 70-74 World-Record. The long jump was a foot-and-a-half more than the world-record, but was wind aided, as was a 15.9 (also under the World-Record) in a 100 heat.

"I was a little disappointed at not making 3-8 in the high jump," she says. "I have done 3-9. But I don't practice for these things until I go to the meets. We have a real good track here in Fairfield, where I do sprints, but they don't have their high jump equipment out. I'd have to go clear to Cincinnati to the university there to practice. But why bother? When you get my age you just try to have a good time and that's it."

Born Mary Bowling in Wellsville, Ohio on July 26, 1917, Bowermaster got into track and field seven years

ago, at age 63. "I'd had a cancer operation and was really down on myself," she explains. "I needed something, but I didn't know what. I just happened to see on TV the Golden Age Games in Sanford, Florida and I said, 'Gee, I can do that.' My husband encouraged me to give it a try, and I really came to enjoy it."

Before getting into track and field, Bowermaster had taken up tennis at age 55. At first it was just a social and fitness activity, but after entering the competitive arena of track and field, she also began entering tennis tournaments. "I think I'm better at tennis than I am at anything else," she says. "I play with girls a lot younger, most under 50, and I don't mean to boast, but I think I do pretty well."

While growing up and attending school in Franklin, Ohio, Bowermaster had no real opportunity to participate in sports. "There wasn't much for girls to do when I was in school, a little running for exercise on Friday and maybe some basketball in the gym class, but that was about it. I could always run well, though, even with my



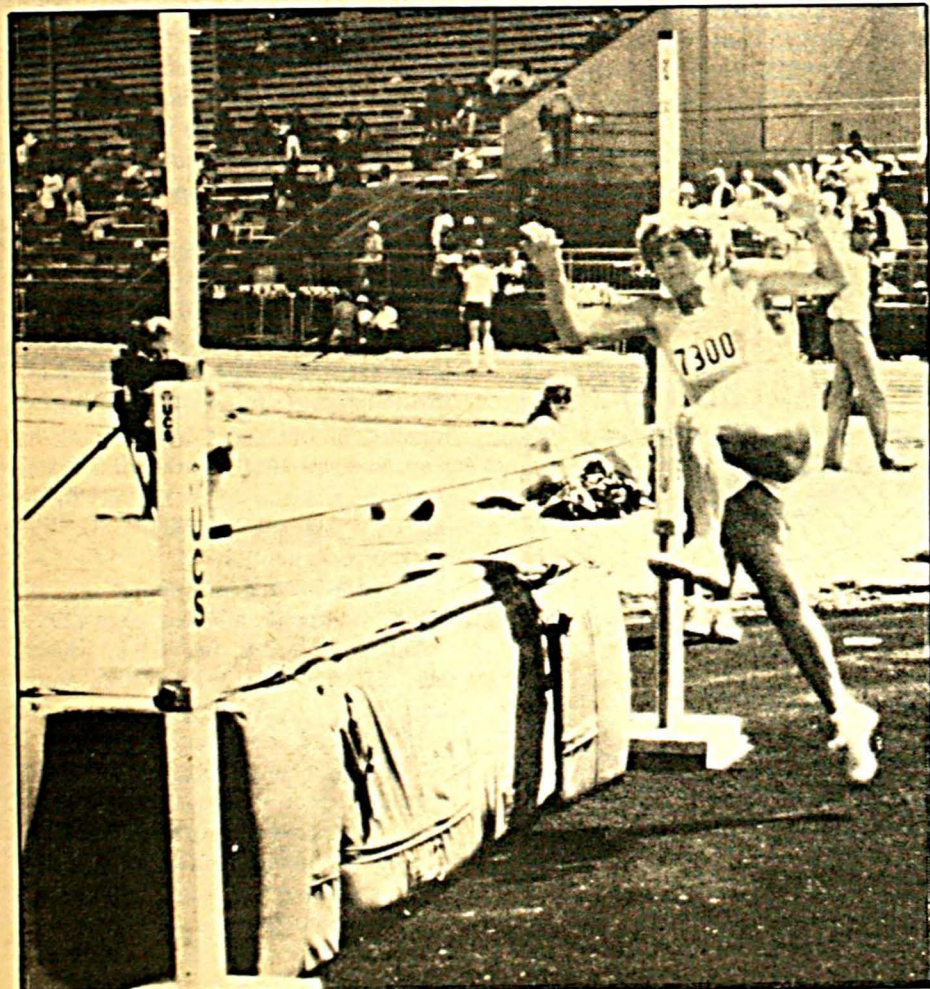
two boys when they were growing up. They were both very athletic. Don, my husband, played football in high school and then was into golf and tennis. So we always were sort of an athletic family."

It didn't take long for Bowermaster to demonstrate her talents. At the Puerto Rico World Games four years

ago, she won a gold in the long jump, silver in the 100 and shot, and a bronze at 200 meters. "I think a certain amount of it comes from the genes," she says in explaining her quick rise to championship status.

To maintain fitness for competition, Bowermaster hits the track twice a week to run a few sprints. On other days she walks, jogs, and runs three miles around her neighborhood. She practices with the shot, discus, and javelin in her back yard. "And the tennis helps keep me in condition," she adds. She has no special diet, although she eats very little red meat. "It's not that I can't or won't eat it; I just don't care for it that much any more."

At the time of this interview, Bowermaster was preparing for the World Games in Melbourne. "Don and I try to make a vacation out of all these trips," she concludes. "Everyday when I get up I think how wonderful all this is, and I'm just glad that I can be part of it. The people you meet are all so beautiful, and I get great satisfaction out of seeing them and taking part in the events." □ — Mike Tymn



Mary Bowermaster, 70, about to high jump 3-6 for first in the W70 division at the TAC Nationals in Eugene.

4th ANNUAL BROWN UNIVERSITY MASTERS INDOOR TRACK AND FIELD INVITATIONAL Sponsored by The Rhode Island Track and Field Foundation

DATE: Sunday, January 17, 1988, 10:30 a.m.
SITE: Brown University Athletic Center, Hope St. and Lloyd Ave., Providence, RI (Adjacent to the Meenan 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). This track was the site for the current world indoor masters-only mile record—4:18.5. Use 3/16" spikes. Lockers and showers available.
AWARDS: First three places in all events.
DIVISIONS: Five year groupings for men and women (30-39+)
ENTRY FEE: Pre-entries \$5.00 first event; \$4.00 each additional event by Wed., Jan. 13, 1988.

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:		Field	
12:00 p.m.	Track	10:30 a.m.	Weight Throw
	55m Hurdles		Long Jump
	55m (Trials & Finals if necessary)		
	Mile	12:00 p.m.	Shot Put
	500m		Triple Jump
	Mile Walk		
	800m	1:30 p.m.	High Jump
	300m		Pole Vault
	3,000m		
	800m Relay (10 yr. groups-no fees/no awards)		

HOTEL: Marriott Inn, \$59/night (1-4 per room). Contact Paul Adams (401) 272-2400.

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

Please Print

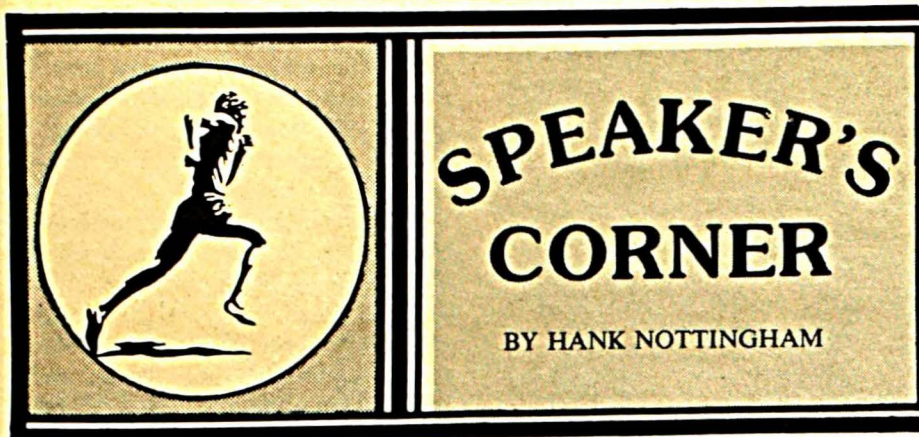
Name _____ Phone No. _____
Address _____
Street _____ City _____ State _____ Zip Code _____
Age (as of 1/17/88) _____ Male _____ Female _____
Club _____ TAC# _____ Date of Birth _____
Event _____ Best Recent Mark _____ Event _____ Best Recent Mark _____
1. _____ 4. _____
2. _____ 5. _____
3. _____ 6. _____

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 1988 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 _____



Drop the "No-False-Start" Rule

(Editor's note: Last month, Hank Nottingham, a masters sprinter and certified starter, outlined a plan to improve the "starting situation" in sprints and hurdles for athletes, officials and spectators. This article is a continuation of that proposal.)

The Execution rule (No-False-Start rule) is a change of significant proportions as it drastically alters the structure of Speed Racing by eliminating the Start as a viable factor in the race — in direct contrast to the true nature of Speed Racing.

Historically speaking, the "Start" has always been an important part of the Speed Race; and a "good starter" will have a 1-2 meter lead over most of the field in the first part of the race. However, the "Execution" rule causes the majority of the runners to go "passive" at the line (for fear of false starting, etc.) and the better starters are penalized unjustly (and unnecessarily) — while the poorer starters gain an unfair advantage they don't deserve.

Comment: As an analogy, it is like a "No-Double-Fault" rule would be in Tennis (no "fault" on the serve). You can imagine how that would affect the better server's serve (like McEnroe, etc.). The "No-False-Start" rule affects runners in the same manner. It takes away the better starter's start and changes the entire speed competition.

The "No-False-Start" rule does not eliminate all false starts, but it does eliminate runners. While coaching high school, I kept statistics of the regional and state meets I attended; and about 25% of the sprinters and hurdlers were eliminated from the races (and these were the better runners in the state). It should be kept in mind that starters cause/contribute to false starts by holding the runners "too long" (as previously discussed) or calling false starts incorrectly (for movement with, not before, the gun); and that runners false start for reasons other than "guessing", etc.

Objective analysis of masters meets before and after the "No-False-Start" rule shows that times are generally slower and fewer records are being set now — just as one of my friends, a

world record holder, predicted. Subjective analysis of other levels of competition also indicate the same trend, with most of the "records" coming in competitions where the "Regular False Start" rule was used, etc.

The negative effect on spectators is to "rob" them of seeing the athletes run. I will never forget going to the Golden South Invitational a few years ago (a four-hour drive) to view the best high school sprinters in the South compete — only to see the favorite (and the athlete I most wanted to watch) disqualified on a questionable false start — I didn't go back the next year. A few years ago, at the Texas Relays, the three best high school sprinters in the United States were to compete (Martin, DeLoach, and Thomas). Thomas, who came all the way from California, was disqualified for a false start — certainly a disappointment to all the spectators who came to see that great race.

False Starting and Masters Competition

A "No-False-Start" rule, at any level of competition, is both unnecessary and excessively punitive (as discussed before); but it becomes even more so at the masters level of competition. Masters compete entirely "on their own", etc. and to kick anyone out of a race, who has spent up to 3-5 days of their life and up to \$500-1000 of their own money, for such a "minor" offense is beyond any comprehension of reason or fairness — and can only severely damage the masters movement in the long run.

Note: I continually hear the word "fun" being associated with masters competition; but where is the "fun" in getting kicked out of a race? — especially when such an excessively punitive rule is unnecessary, as the



Back in action is David Pain, with a 3:07.31 in the M65 800 at the Nationals.

Photo by Gretchen Snyder

same results can be accomplished by better means.

While there may have been isolated instances of excessive false starting in some areas of the country, it was not a significant problem overall; and the passage of a "No-False-Start" rule was in direct contrast to the wishes of the vast majority (80-90%) of the athletes directly involved (sprinters and hurdlers).

The best solution for masters as well as other levels of competition, would be to go to the time (or distance) penalty — as previously discussed, instead of the destructive "Execution" method (No-False-Start Rule). Let us move forward in our sport by adopting a reasonable penalty for the first false start; and lead the way in sensibly solving the "starting problem" for all levels of Competition.

Recommended Rule Change

1987 Competition Rules, page 129:

Amend Rule 252, Section 8, which sets forth the "Competitive Rules and Standards for Masters Track and Field" to read as follows:

At all National and Regional Championships, Indoor and Outdoor, exclusive of multi-event competition, any competitor making a false start in all events starting in lanes shall be penalized 0.10 seconds for time and placement purposes for the first offense, and shall be disqualified from further participation in that event, for a second offense.

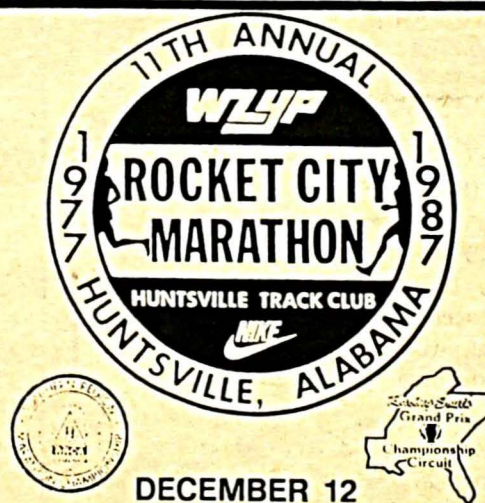
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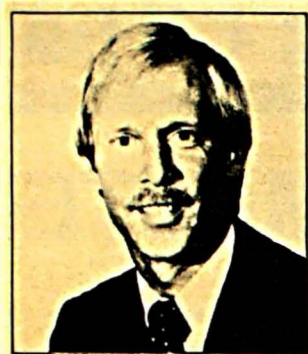
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Pagliano's Podiatric Pointers

THE FOOT BEAT

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

Compartment Syndrome of the Lower Leg

One of the lesser-known running injuries is pain and swelling on the outside of the lower leg. It's called *Compartment Syndrome*, or, more specifically, *Anterior Compartment Syndrome*.

The malady is usually caused by increased fluid pressure within a closed space. This causes inflammation, reduced circulation, damage to muscle and nerves, and pain.

Exercise may cause a compartment syndrome, especially in the peroneal muscles and tendons of the lower leg. There may be a related numbness down into the top of the foot.

Upon resting, the athlete will notice a reduction in pressure. During exercise, pressure will rise.

The initial treatment is a reduction in mileage or complete rest for 6-8 weeks. Anti-inflammatory medication may help.

If the pain persists, see your physician for more treatment. In severe cases, a fasciotomy is recommended to decompress the compartment. □

(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.)

Bang Andersen Explodes to Record

by JERRY WOJCIK

Bang Andersen of Norway broke Hermann Hombrecher's M50-54 world record of 57-7½ (17.56) for the 6k shot put with a 58-4 (17.78) throw in a dual meet between Norwegian and Swedish throwers on September 26-27. The former record, set by the West German in August 1975, was the oldest M40-and-over shot mark.

Parry O'Brien's 58-1½ (17.71) in July 1984 is often referred to as the M50-54 world record. O'Brien's mark

was done with the 12-lb. implement, which is just over 1½ pounds lighter than the 6k and is used by M50-59 throwers in most meets in the U.S. The most recent WAVA track & field records, as of October 15, list O'Brien's mark as an American record.

In the Norway-Sweden meet, in which athletes threw the shot, discus, javelin, and hammer, Norway outscored Sweden, 37,366 to 36,726. □



Report from Britain

by ALASTAIR AITKEN

More than 500 entered the National Veterans 10K at Barnesly on September 27. It was a high-standard event and a race worth winning with £300 for first. After a mile, Mick Hurd was ahead with Sheldon Cowles, national veteran 10,000 track champion, and Ernie Cunningham next. After a long hill, Hurd went away and was never again headed, winning in 30:20 from Cunningham (30:52) and Cowles (31:05).

The first M45 was 1979 double World Vets champion Taff Davies (31:56). Cyril Leigh was first M50 and 13th overall (32:02). (On October 10, Leigh ran 31:40 at Rhyl, Wales.) Other division winners were M55 Eddy Kirkup (34:53); M60 Malcom Stewart (39:54); M65 Eric Smith (38:30); and M70 George Scutts (43:30).

In the Veterans 10K, first woman

was Dot Fellows, W40, in 37:39, ahead of Jane Beckford (W40 37:54) and Anne Rogers (W35 39:09). First W45 was fifth-overall Ann Nally (40:28). Judy Rowntree won the W50 contest (41:55).

In the Asda Mersey Marathon, September 27, Harry Clague, M40, was third overall in 2:27:31.

In the Glasgow Marathon, September 20, Leslie Watson was first woman veteran and second woman (2:45:03), and Peter Carton was first veteran (2:24:57).

Paula Fudge, W35, 17th (2:42:42) in the World Championship marathon in Rome, won (55:08) the Nescafe Women's National 10K at Hendon, October 4. The race was for any senior age group but not a veterans championship. □



Bill Stewart leads a strong M40 800 field through the first lap and finishes 6th in 2:01.06 at the TAC Nationals. Others are Searcy Barnett (4005, 5th, 2:01.00), Wally Herrala (4061, 2:03.43), Richard Tucker (4142, 3rd, 2:00.29), Gary Carr (4020, 2:03.86). George Mason (not shown) won in 1:59.87 as 16 runners broke 2:04.

Photo by Gretchen Snyder



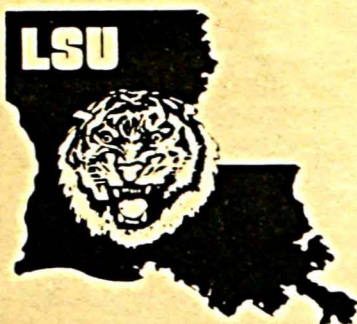
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1988 NATIONAL MASTERS IN

Saturday, March 19 and

LSU FIELD HOUSE • LOUISIANA STATE

SATURDAY TRACK EVENTS

TIME	EVENT	DIVISION	ROUND
12:00 PM	60 Yard Dash	30-80+	Semifinal
1:00 PM	Mile Run	30-80+	Final
2:30 PM	60 Yard Dash	30-80+	Final
3:00 PM	600 Yard Run	30-80+	Final
4:00 PM	300 Yard Run	30-80+	Final
5:00 PM	4 x 880 Yard Relay	30-80+	Final
5:45 PM	Two Mile Walk	30-80+	Final

SATURDAY FIELD EVENTS

TIME	HIGH JUMP	LONG JUMP	POLE VAULT	SHOT PUT
9:00 AM	30-34M 30-49W	35-39M 60-80+W	45-49M 60-80+M	50-59M 50-80+W
10:00 AM		50-59W		35-39M 30-49W
11:00 AM	35-39M 50-80+W	45-49M 40-49W	40-44M 50-59M	30-34M
12:00 PM		30-39W		40-44M
1:00 PM	40-44M	30-34M	35-39M	
1:30 PM		55-59M		
3:00 PM	45-49M	40-44M 60-80+M	30-34M	
4:30 PM	50-54M			
5:00 PM				45-49M 60-80+M

* * * * *

CAJUN FOOD FEST

Saturday, March 19, 7:00 PM
Across street from Hilton Hotel

Masters competitors and their guest are invited to
"COME PASS A GOOD TIME"
Cajun Band * Cochon-de-lait * Festive Drink
\$7.00 per person -- See entry blank

* * * * *

MEET SITE LSU Field House is a 3,018-seat facility with wall-to-wall tartan floors; the 220-yard track has 42-inch-wide lanes with seven (7) lanes around the turn and ten (10) lanes down the straightaway. All runways and take-off areas are tartan. Throw circles are plywood. Quarter inch (1/4") spikes or smaller. LSU Field House is located just off Nicholson Drive on the LSU Campus.

ELIGIBILITY Competition is open to all men and women (no qualifying standards) age thirty (30) and over. All competitors must be registered with The Athletics Congress (TAC) for 1988.

DIVISIONS Individual Events (same for Men & Women): 30-34 35-39 40-44 45-49 50-54 55-59 60-64 70-74 75-79 80+.

Relays: Men-30-39 40-49 50-59 60+. Women-30-39 40+. NOTE: All relay team members must be members of the same club.

ENTRIES All entries must be postmarked by March 8, 1988. There will be no refunds or changing of events after your entry is received. NOTE: Late entries will be taken until 10:00 PM on Friday, March 18 at double the regular entry on a space available basis.

ENTRY LIMITATIONS Athletes must limit events entered to fit time schedule. Event progress will not be held up awaiting athletes.

ENTRY FEE	Before Entry Deadline	After Entry Deadline
First Event	\$7.00	\$14.00
Next Events	\$5.00 per event	\$10.00 per event
Relay Events	\$16.00 per team	\$32.00 per team

REGISTRATION & PACKET PICK-UP Friday, March 18--Orleans Room (Second Floor), Hilton Hotel, 5500 Hilton Avenue, 1:00 PM to 11:00 PM. Saturday, March 19 and Sunday March 20--Northeast Portal, LSU Field House, 8:00 AM to 4:00 PM.

RULES AND STANDARDS As set forth by WAVA and adopted by TAC Masters.

IMPLEMENT WEIGH-IN Shot puts and weights will be inspected in room 103 (Northwest Portal) of the LSU Field House beginning at 7:30 AM Saturday.

ATHLETE CHECK-IN Running event athletes must check in one event prior to their own event at the check-in area (Clerk of Course) located in the Southwest corner of the LSU Field House. Field event athletes must check in fifteen (15) minutes prior to the start of their event with the head judge of that event at the event site.

TRIALS Will be run in age groups in the 60 yard dash and 60 yard hurdles starting with oldest women to youngest men that have more than ten (10) entries. Age groups having less than ten (10) entries reporting will be run at scheduled final times.

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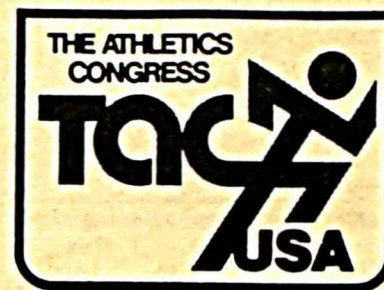
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INDOOR CHAMPIONSHIPS

and Sunday, March 20

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FINALS Will be run in sections against time starting with oldest women to youngest men. NOTE: Age groups may be combined into one race.

AWARDS National Championship medals to top three (3) in each division in each event including all relay team members.

RECORDS Anyone wishing to check their performance against an existing record or needing proper verification and signatures for submittal of performance for record purposes should proceed to records table located at the Southeast corner of the LSU Field House.

RESULTS Will be posted after the conclusion (as soon as they can be processed) of each event at the Southeast corner of the LSU Field House.

DRESSING FACILITIES Locker room and shower facilities are available in the LSU Field House for both men and women. You must furnish your own towel.

FURTHER INFORMATION Until Friday, March 12 contact LSU Track and Field Office at 504-388-8627. Beginning Tuesday, March 15 contact Masters Track and Field Championships at Hilton Hotel, 504-924-5000.

SUNDAY TRACK EVENTS

TIME	EVENT	DIVISION	ROUND
12:00 PM	Two Mile Run	30-80+	Final
2:00 PM	60 Yard Hurdles	30-80+	Semifinal
3:00 PM	60 Yard Hurdles	30-80+	Final
3:30 PM	1000 Yard Run	30-80+	Final
4:00 PM	4 x 440 Yard Relay	30-80+	Final

SUNDAY FIELD EVENTS

TIME	HIGH JUMP	TRIPLE JUMP	WEIGHT THROW
9:00 AM	50-59M	40-49M 30-49W	30-39M 40-49M
10:30 AM		50-80+W	50-59M 60-80+M
12:00 PM	60-80+M	30-39M	
2:00 PM		50-59M 60-80+M	
2:30 PM			30-80+W

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PHONE _____ 1988 TAC# _____ YOUR CLUB _____

EVENTS ENTERED _____

BEST MARK 86-88 _____

OTHER RELAY TEAM MEMBERS _____
(Send one entry only per team)

INDIVIDUAL FEES \$ _____ RELAY FEES \$ _____ CAJUN FEST \$ _____ TOTAL AMOUNT ENCLOSED \$ _____

MAKE CHECKS PAYABLE TO: NATIONAL MASTERS INDOOR CHAMPIONSHIPS MAIL TO: NATIONAL MASTERS INDOOR CHAMPIONSHIPS
TRACK OFFICE, LSU, BATON ROUGE, LA 70893

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 Masters Athletic Committee, The LSU Track and Field Officials Association, all other meet sponsors and sports facilities or their officers or agents, for any damages which may be 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.

DATE _____ ATHLETE'S SIGNATURE _____

Masters Health and Fitness

by CRAIG DEAN, M.D.

Diet and Longevity

Long-term studies have shown that reducing cholesterol in the blood reduces risk of heart attacks.

Each 1% reduction in blood cholesterol means 2% fewer heart attacks, on average. Arteriosclerotic heart disease has caused more deaths and it is the greatest epidemic mankind has experienced, including the Black Death of the Middle Ages.

Over 50% of the GI's in the Korean War showed autopsy evidence of the disease at a mean age of 19, compared to less than 5% of similar Koreans. We often incorrectly link this disease to the aging process; whereas, it is over 50% attributable to one's lifestyle, according to the National Institute of Health.

In the book *The 120-Year Diet*, Rob Walford, M.D. points out that in animals there is no doubt that lifespan can be extended by more than 50% by dietary means alone. That would mean humans living to 110 years.

Such a diet includes high-nutrient low calorie foods: fruit, whole grains, skim milk, soups, pasta, breads and cereals made from whole grains, chicken, fish, rice and vegetables. Volunteers placed on such a diet and allowed to eat as much as they want will usually take in 1500 calories per day and be satisfied; whereas, similar volunteers placed on "refined foods" such as are typically found in the average American diet

take in 3000 calories per day until satisfied.

Animals fed the low-nutrient/high calories diets undergo growth and sexual development faster, which is good for species survival. But, they age prematurely and have a shorter lifespan, which is not good for the individual.

Exercise and Basal Metabolism

With aging, there is a decrease in resting metabolic rate, which is why some older individuals eat the same number of calories, yet gain weight. Resting metabolic rate is a function of the amount of lean muscle we have; if we lose muscle with age, our metabolism shifts down.

Dr. Peter Wood from Stanford University suggests that after aerobic exercise our resting metabolism is increased by up to 25% for up to 16 hours. This means that if we exercise in the morning, we may burn up to 25% more calories sitting down at a sedentary job.

Exercise and Cancer of the Colon

Aging often is associated with a diminished bowel transit time, which leads to constipation, diverticulosis and, probably because of retention of carcinogens, an increased risk of cancer of the colon.

Additionally, the small bowel loses some of its ability to make lactase, an enzyme needed to break down milk sugar lactose. As a result, the lactose sugar moves to the colon where bacterial fermentation occurs, causing bloating, diarrhea, etc. When symptoms are due to the latter, avoiding dairy products or taking lactase tablets can eliminate symptoms.

Additionally, with aging, the stomach produces less acid secretion, making absorption of folic acid and certain minerals — especially calcium — more difficult. Exercise can increase bowel transit time from the average 36 hours to as little as 12 hours. This change favors less retention of carcinogens and less symptoms of constipation. The Framingham Heart Study has shown that, with exercise, the risk of colon cancer is less. □



Winners of the 50-59 4 x 800 relay at the TAC Nationals in Eugene are the Snohomish TC, from left: Dave Pitkethly, Mike Christiansen, Bob Langenbach and Ralph Miller. Photo by Linda Taylor

Upstate N.Y. Masters Runners Do Well in Open Competition

by PAUL MURRAY

The masters competition in Upstate New York gets tougher every year. No longer content to fight it out for age-group honors, they are challenging open runners for top spots. At the Fort-to-Fort Adirondack TAC 30K championship on October 3, four masters were among the first eight finishers. Forty-six-year-old Peter van Garderen of Glens Falls, New York, finished second overall in 1:53:09. Darryl Ferguson, 40, of Broadalbin, New York, was fourth overall, while Lee Wilcox, 49, of Troy, New York, and Michael Rosenthal of Hackettstown, New Jersey, were sixth and eighth.

James Ritson won the M50 division in 2:07:49, while 66-year-old Roger Ellsbury of Keesville, New York, was 72nd overall in 2:25:03.

The following weekend Van Garderen kept the younger runners honest by pressing a fast early pace in the Clifton Park Stampede 10K. He finished fourth overall in 33:27, but was the second master behind Pat Glover, 41, of Clifton Park, New York, who took third place overall in 33:16. Jack Wilson, 43, of Plattsburgh, New York, was the third master in 35:29, barely edging Mark Kutner, 40, of Troy, New York. □

World Masters Tune-Up Turnout Slightly Dampened by Rain

by JERRY WOJCIK

Despite a day-long rain that caused a few problems (no accurate times in the 5000 walk), the turnout for the World Masters Track & Field Tune-Up II on October 31 was better than expected. However, competing at an excellent facility, the University of California — Irvine track in Orange County, athletes managed to produce good marks.

Walt Butler, M45, topped all times in the 100 (11.99) and 110H (15.95). Jim Johnson, M65, won the 100 in 14.94. Nadine O'Connor won the 100 (15.00), 200 (31.03), and 400 (1:07.76).

John Conner of the New York AC took the M50 800 (2:09.04) and 1500 (4:46.05). Jim Hampton (4:16.04) won the M40 1500 over Jerry Hackett (4:18.08).

Submaster Roger Trujillo, M35, managed a 20-4 long jump and 41-2½ triple jump in the wet. Boo Morcom included a 15-3 long jump in his several

M65 firsts. Christel Miller, W50, high jumped 4-2.

Discus throwers were paced by M65 Dan Aldrich, who, throwing on his former "turf", when he was Irvine's Chancellor, hit the 132-4 mark.

In spite of a treacherous run-up, javelin throwers were out in full force (21 competitors) and were led by Joseph Greenberg (M35, 186-1) and Del Pickarts (M60, 173-9).

The hammer throw saw the reappearance of Gordon Bobell, an active West Coast thrower several years ago, who, now in the M50 division, had the day's best with a 161-3.

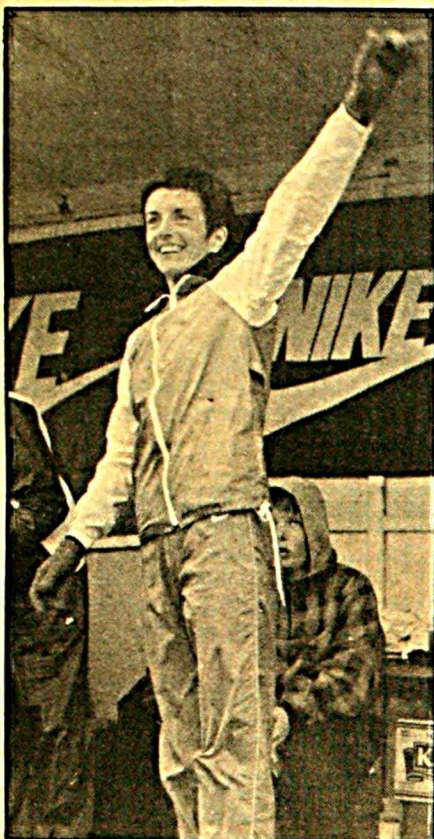
Ham Morningstar, M70, of Michigan, and Herb Anderson, M85, of Colorado, left the site with fistful of medals.

Marvin Thompson, president of the Los Angeles Patriots club, was meet director. □



James Harvey of Los Angeles, winning M35 400 heat in 51.65, 1987 Nationals in Eugene-Springfield.

Photo by Jerry Wojcik



Priscilla Welch

Photo by Kathy Ruser

Welch Wins Marathon

Continued from page 1

na Irving (2:38:36) and New York's Lina Connors (2:59:30).

The men's masters title went to Poland's Ryszard Marczak, whose 2:19:49 gave him a 5-minute victory margin over France's Rolans Vuilleminot. Ohio's Richard Aurelio (2:26:57) was the only American to crack the top five masters positions.

New York's Fritz Mueller, and Gudrun Phillips were the 50-and-over winners in 2:38:18 and 3:15:58, respectively.

Frank Shorter, who turned 40 the day before, made his masters debut, but dropped out after 18 miles.

The TV cameras did not show the overall winner crossing the finish line, and ABC-TV is being accused of racism in some quarters. Ibrahim Hussein, a 29-year-old Kenyan, was the first black man to win the 17-year-old race, but the network's cameras were focused on the two white runners struggling for behind to finish second.

A record 22,059 entrants ran through the five New York burroughs in mild weather. The race was directed by Fred Lebow, Allan Steinfeld and the New York Road Runners Club. □



AGE-GROUP WINNERS OF MAJOR MASTERS RACES IN 1987

U.S. TAC MARATHON PINE MOUNTAIN, GA JANUARY 10	MASTERS 10K PARAMOUNT, CA JANUARY 31	U.S. TAC 15K SAN DIEGO, CA MARCH 8	FASTEST MASTERS 10K, SAN DIEGO MARCH 11	U.S. TAC 5K ATLANTA, GA MARCH 14
M40 Lloyd Sampson M45 David Buddington M50 Norman Green Jr M55 --- M60 John Keston M65 --- M70 --- M75 Ed Benham M80 --- M85 --- W40 Charlotte Swanson W45 --- W50 Joan Baker W55 --- W60 --- W65 --- W70 --- W75 --- W80 ---	David Oropeza Michael Heffernan Ray Hatton Gaylon Jorgensen Emmett Parker Bob Page Eddie Lewin Mel Shine Chet Crabb Paul Spangler Erna Kozak Gina Faust Vicki Bigelow Barbara Meadows Helen Dick Pat Dixon Lucille Adney Bess James Mary Ames	Bill Sevald Sal Vasquez Richard Rodriguez Gaylon Jorgensen Jim O'Neil Jim McCown Wayne Zook --- Willard Benton --- Joni Pendleton Agatha-Sue Lee Gina Faust --- Virginia Hastings Gerry Davidson --- Bess James ---	George Keim John Beach Warren Osborn Marsh Haraden Luis Ojeda Jim McCown Wayne Zook --- --- --- Kathy Loper Ursula Rains Caroline Murray --- Mary Storey Gerry Davidson Judy Simon Bess James ---	Carl Nicolson Bobby Dannelley Rusty Lamade Casey Jones Charles Scott Bill Eppright Rick Sasser --- --- --- Missy Kahn Julia Emmons Nancy Parker --- --- Rita Tomassini --- ---
XX WORLD VETS 8K X-C NETANYA, ISRAEL MARCH 15	XX WORLD VETS 10K NETANYA, ISRAEL MARCH 16	XX WORLD VETS 25K NETANYA, ISRAEL MARCH 17	PRICE CHOPPERTON HALF-MARATHON ALBANY, NY, APRIL 5	NIKE CHERRY BLOSSOM 10 MILE, WASHINGTON, DC, APRIL 5
Antoine Borowski Manguan Santiago Cyril Leigh Derek Wood Hermann Baudisch Nils Roupe Herman Nummelin --- --- Paul Spangler Hillevi Syvatera Susan Lambert Denise Alfvoet Emmi Wirths Gunnel Lundkvist Judith Kazdan Margareta Nyberg --- ---	M40 Antoine Borowski M45 Pierre Voets M50 Cyril Leigh M55 Derek Wood M60 Terence Goodlad M65 Herbert Larsson M70 Otto Ludzuweit M75 Ernest Harrison M80 Max Raschke M85 Paul Spangler W40 Helga Meyer W45 Ingrid Nilsson W50 Denise Alfvoet W55 Sheila Jennings W60 Gunnel Lundkvist W65 --- W70 Ewa Eriksson W75 --- W80 ---	Antoine Borowski Hubert Carnol Norman Green Jr Derek Wood Lage Carlsson Herbert Larsson Lucien Aellen Ernest Harrison --- Paul Spangler Hilda Fueter Marie Wichser Denise Alfvoet Sheila Jennings Agathe Mooser Elfriede Falke --- ---	Pat Glover Eric White Dave Reichert Bob Gauvreau Ted Turone Al Savicki Bill Shrader --- --- Mary Lievers Dee Maruszczak Anny Stockman Nan Gerstenberger --- --- --- --- ---	Barry Brown Richard Stotlar Norman Green Jr Hal Higdon Arlo Keniston --- Vince Carnevale --- --- Priscilla Welch Sharon Hamilton Gudrun Phillips --- Harriet Wever --- ---
BOSTON MARATHON BOSTON, MA APRIL 20	U.S. TAC 25K Grand Rapids, MI MAY 9	INTERNATIONAL 25K BRUGGE, BELGIUM JUNE 21	CASCADE 15K PORTLAND, OR JUNE 28	PEACHTREE 10K ATLANTA, GA JULY 4
David Clark Raymond Swan Brendan Spratt Robert Featherstone Michael Memi Jack Start --- --- --- --- Rejane Plante Evy Palm Carolyn Cappetta Billie Stacy Agnes Reinhard --- --- Ruth Rothfarb (85)	M40 Peter Hallop M45 John Beach M50 Bob Paklaian M55 Norm Eastman M60 Ed Allen M65 --- M70 --- M75 --- M80 --- M85 --- W40 Carol Swaney W45 Gania Rode W50 Caroline Murray W55 --- W60 --- W65 --- W70 --- W75 --- W80 ---	M40 Mike Hurd M45 Pierre Voets M50 Jean Van Onselen M55 Piet Van Alphen M60 Heinz Lennartz M65 Walter Netzer M70 Lucien Aellen M75 Ernest Harrison M80 --- M85 --- W40 Andrea Van Bost W45 Maus Gatenbein W50 Maria Grob W55 B. De Preter W60 Pina Gurtner W65 --- W70 --- W75 --- W80 ---	Ray McCubbin Antonio Villanueva Hans Fenz Ray Hatton Orlo Keniston Elijah Galloway Clive Davies Edward Smith Gordon Sherbeck --- Priscilla Welch Patti Donley Gina Faust Colleen Mershon Billie Murphy Pat Dixon --- ---	Mike Hurd Roger Robinson Don Mullins Robert Kent --- --- --- --- Priscilla Welch Christine Tattersall --- --- ---
ASBURY PARK 10K ASBURY PARK, NJ AUGUST 8	PROVIDENCE POINT 8K ISSAQUAH, WA JULY 11	U.S. TAC 10K ALBANY, NY SEPTEMBER 20	GREAT RACE 10K PITTSBURGH, PA SEPTEMBER 27	TWIN CITIES MARATHON MINNEAPOLIS, MN OCTOBER 11
Chris McCubbins Mike Heffernan John Dugdale Norman Green Jr John Hosner --- Edmund Vuolo --- Ed Benham --- Barbara Filutze Linda Connors Helene Bedrock Amy Stockman Edith Farias --- Adrian Salmini --- ---	--- --- Hans Fenz Ray Hatton Jim O'Neil Norman Hansen Clive Davies Johnny Kelly --- --- --- Nancy Hellyer Peggy Ainslie Ruth Kasper Pat Dixon Shirley Wasser Helen Stout ---	M40 Laurence Olsen M45 Ralph Zimmerman M50 Bill Olrich M55 Howard Rubin M60 John Hosner M65 Francis DiMarco M70 Austin Newman M75 --- M80 Ed Benham M85 --- W40 Barbara Filutze W45 Chris Tattersal W50 Gina Faust W55 Anny Stockman W60 Anne Trigg W65 --- W70 --- W75 --- W80 ---	Atlaw Belilgne Ralph Zimmerman Ralph Ross Regis Costello Theron Kessinger --- --- --- --- Barbara Filutze Phyllis Feinert Margrette Lutz Shirley Lessick --- --- --- ---	Kjell-Erik Stahl Antonio Villanueva Ardel Boes Norman Green Jr Alex Ratelle Carlyle Sherstad --- --- Ed Benham --- Laurie Binder Joan McNaughton Sylvia Quinn Toshiko d'Elia Margaret Miller Betty Haleen Helen Reiter ---

MASTERS SCENE

NATIONAL

• The Athletics Congress' 1987-88 Cross-Country Handbook Media Guide is now available. Edited by Bruce Tenen, it costs \$6 (\$8 outside the U.S.). Order from Book Order Department, TAC/USA, P.O. Box 120, Indianapolis, IN 46206.

• Apologies to **Bernice Holland** of Cleveland, OH, who threw two W60-64 ARs in the discus (92-6) and javelin (85-10) in the Southeastern Masters Meet, May 1-3. Although Holland, who recently turned 60, broke those records in later meets last season, her marks in the Southeastern Meet were better.

• The National Association of Governor's Councils on Physical Fitness & Sports will hold its National Conference on Fitness and Nutrition in Indianapolis, February 26-27. Sponsored by the Campbell Soup Company, the conference will feature speakers, such as Kenneth Cooper, founder of The Aerobics Center in Dallas, and many health organizations, including the American College of Sports Medicine and the Center for the Study of Aging. Contact, NCFN, Pan American Plaza-Suite 440 201 S. Capitol Ave., Indianapolis, IN 46225. 317/237-5630.

• Two very notable performances occurred in the Heartland Hustle 10K, held in Davenport, Iowa, October 10. **Bill Rodgers**, still 39 but turning 40 December 23, set a new age-39 record for the 10K by running 29:40, breaking Barry Brown's record by 27 seconds. The current American 40-44 record of 29:50, held by Tracy Smith, could be in danger. **Priscilla Welch**, 42, ran an incredible 32:43 at the same race. If Welch were American, she would have broken the American 40-44 record by a minute.

• Wouldn't it be nice to give someone a meaningful gift this year, rather than the same old tie or hickory farms gift pack? How about a gift subscription to the **National Masters News**? For only \$18.75 a year they will receive 12 monthly issues of the newspaper you already love. We'll even send them a special gift card with your name. To start your friend with the January issue, have the check to NMN by December 15. Write or send your check to: NMN, P.O. Box 2372, Van Nuys, CA 91404.

EAST

• **Lina Connors**, 45, simmered to a sixth-place 1:25:36 (431 finishers) in the Taster's Choice Columbian Select Half-Marathon for women, Central Park, NYC, October 4. **Carol Johnston**, 44, was second W40+ (1:28:19). The top six finishers were Atlanta-NY runners. In the adjunct 5K race, **Hal Stern** (41, 16:40) and **Angella Hearn** (41, 17:39) were the 40+ winners. **Witold Bialokur**, 52, won the M50 race with a fast 17:17.

• **Ted Haiman** (M40, 33:37) and **Annette Frisch** (W45, 41:23) corralled masters firsts in

the tough-but-popular (2396 finishers) Great Cow Harbor 10K, Long Island, September 19.

• American single-age records fell like the leaves from the surrounding autumn-painted trees in Lebanon, NH, October 8, when '87 Outdoor champions **Carl Wallin** (M45 shot, 50-4½) and **Cliff Blair** (M55 hammer, 163-8) raked in five records. Wallin, 46, set U.S. records with the 16-lb. shot (53-7) and the 35-lb. weight (51-7). Blair, 57, got a U.S. 16-lb. record (41-1) and WRs for the 12-lb. shot (49-4½) and 12-lb. hammer (175-6).

• **Joe Henderson's Running Commentary** says don't expect **Bill Rodgers** to try for the Olympic Marathon team. Instead he'll be running Boston in April, and for good reason. Rodgers needs the money to pay off creditors who kept his clothing company from going under last year. "The only way I know to pay off debts is to run," Rodgers said.



Gayle Murong, 41, sits on the scooter she won by taking the women's masters division of the Pepsi-Cola Uphill Mile, Oct. 4 in San Francisco with a time of 8:07. Murong finished over a minute ahead of the second masters woman.

Photo from Jim Hampton

SOUTHEAST

• Intrepid masters who showed up for the under-promoted and thinly-attended North Carolina Oyster Festival 5K/10K, in Holden Beach, October 10, ran away with a pile of trophies. **Robert Otto** (40, 18:19) of Charlotte won the 5K overall. Master runners let a younger chap take the 10K but stole the next nine places, led by **Randy Whitt** (41, 38:09).

• Master runners whose stocks have gone south may want to head in the same direction to recoup their losses. The Charlotte Observer Marathon, January 2, in North Carolina is offering \$10,000 in masters prizes in a masters men's 10K, a women's 10K, and a marathon. Deadline is December 8.

Enduring the heat and humidity at Wendy's 10K Classic (Bowling Green, KY, October 31), **Kathy Hardy** of Louisiana won the over-40 division — and \$500 — in 38:58. First male master, South Carolinian **Bob Schlau**, 40, — who just 20 days earlier earned \$5000 at the Twin Cities Marathon — ran a fine 31:17 (17th overall) to bag another \$1000 in prize money.

SOUTH WEST

• **Maureen Bixby**, 45, Norman, OK, smashed a pending U.S. W45-49 record (51:43) for the 12K with a first-woman 46:45 in the Tulsa RC Constitution 200, Tulsa, September 12. **Gary Madison**, 41, Tulsa, was second (41:20) of 200 finishers. In the 7th Annual Woolarac 8K, Bartlesville, OK, October 10, Bixby won a \$250 savings bond for her W40+ first (32:09). **Barbara Manning**, 42, Owasso, OK, took the second award of \$150 (34:29). **Don Wright** (42,



Masters winner Don Wright (left) with overall winner Paul Larkins after the Woolarac 8K, Bartlesville, Okla., Oct. 10. Wright, 42, ran 27:21 over the hilly, windy course to win a \$250 savings bond.

Photo from Bill Adams

27:21), Mobile, OK, and Madison (27:35) collected like amounts in the M40+ race. The Woolarac, which had 788 finishers, is one of the more interesting races in the country because it is run through a private wildlife preserve inhabited by bison, deer, elk, llamas, and other animals, whose appearance on or near the course has enriched every runners' repertoire of racing tales.

• **Robert Abbott**, with a 40:24, knocked seven seconds off of William Johnston's pending U.S. M45-49 record for the 12K, and **Orlo Keniston** with a 45:40 obliterated a pending U.S. M60-64 record of 47:27 by Joe Powers, in the St. Paul Medical Center/Texas Stadium 12K, Irving, October 17.

Top Masters at the Tulsa 15K Run, October 31, were **Carl Nicholson**, 40, of Alabama (49:53) and Missourian **Jane Hutchinson**, 41, (56:58). Each winner took home \$375 prize money.

WEST

• The City of Los Angeles Marathon, March 6, will include walk divisions for m & w (18-29; 30-39; 40-49; 50+), according to a letter by Nick Curl, Executive Director, published in the October Southern California Racewalking News.

• **Judy Simon**, 71, La Mesa, CA, who holds three U.S. W70-74 records, may have added another with a 45:26 in the Moving Comfort 8K For Women, San Diego, October 10. **Algene Williams**, Park Forest, IL, has a pending 41:27. **Bess James**, 78, San Jacinto, CA, who holds the old record (47:57), was second to Simon in the W70+ race with a 52:59. **Lolita Bache** (45, 33:07), San Diego, and **Cheryl Allen** (41, 34:19), Huntington Beach, CA, were first and second W40+. In the San Diego TC 8K For Men, held along with the women's race, **Willard Benton**, San Diego, picked up a U.S. age-83 record (52:57). The masters contest went to **Ron Wells**, 41, Alpine, CA, with an M40 race-record 26:35. Every men's division course record (14 in all) from M12 through the wheelchair division was broken.

Gary Tuttle, who turned 40 in October, thinks that he may have to hang it up for good. A leg injury has kept him sidelined for 11 months, and he says, "I think it's a possibility that my competitive career might be finished." On the other hand, the man who finished second in the Boston Marathon in 1985 says, "I may come back better than ever."

Overall winners in the West Coast University 50-Miler in Fountain Valley, Calif., October 10 were **David Warady** (5:58:29) and **Susan Gimbel** (7:29:18). Warady, 30, barely beat-out first-time-ultra runner **Bill Scobey**, 42, of Ventura, Calif. (6:01:11).

NORTHWEST

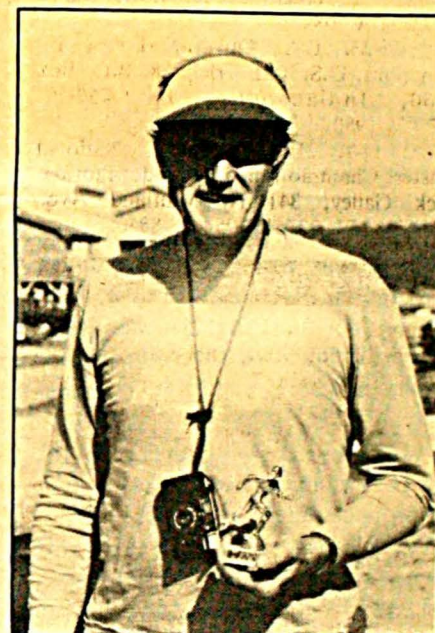
Pat Dixon set a W65 U.S. 10K record in the Bigfoot 10K in Bend, Oregon in early October with a time of 47:41.1. Dixon's 7:41 pace broke the old record of 47:55 held by **Kay Atkinson**. Dixon already holds the W65 8K, 15K and 20K records.

CANADA

• **Ron Jeperson**, 40, of Nova Scotia outlegged the field in the Canadian Masters Half-Marathon Championships, Halifax, Nova Scotia, October 4, with a 72:44. **Jack Miller**, 40, Nova Scotia, finished second (73:35), and **Art Meaney**, 43, St. Johns, Newfoundland, took third (74:04) in the race, run in warm temperatures and a torrential rain.

INTERNATIONAL

• **Eliana Gaete** of Santiago, Chile, trimmed Anne McKenzie's W55-59 400 WR of 70.9 (May 1981) down to 70.1 in a veterans meet in Santiago, September 12. Gaete also set South American records in the 100 (14.5) and 200 (30.8). □



George Austin of Charlotte, N.C., M50+ winner (22:14), North Carolina Oyster Festival 5K, Charlotte, Oct. 10. Photo from Alex Coffin

DEADLINE

NMN is written by masters athletes for masters athletes. We need and welcome your reports of meets, races, schedules, photos, comments, etc. Deadline for editorial material and advertising is the 10th of the month before date of issue. Send to **National Masters News, P.O. Box 2372, Van Nuys, CA 91404.**



schedule

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



December 8-13. 8th Annual Convention of The Athletics Congress. Honolulu. TAC, 317/638-9155.

TRACK & FIELD NATIONAL

January 3. U.S. TAC National Masters Indoor Pentathlon Championships. Dickinson College, Carlisle, Pa. Scott Thornsley, 18 Colgate Dr., Camp Hill, PA 17011-7624. 717/737-2385 to 11 p.m.

March 19-20. TAC National Masters Indoor Championships, L.S.U., Baton Rouge, La. Track Office, LSU, Baton Rouge, LA 70893.

July 15-23. U.S. Olympic Trials, Indianapolis. U.S. T&F Trials/88, P.O. Box 6060, Indianapolis, IN 46206. 317/636-1988.

August 4-7. 21st U.S. TAC National Masters Championships, Orlando, Florida. Nick Gailey, 341 N. Maitland Ave., Maitland, FL 32751. 305/628-8850.

EAST

January 3. Bud Light/Pennsylvania Masters Indoor Meet, Dickinson College, Carlisle, Pa. Scott Thornsley, 18 Colgate Dr., Camp Hill, PA 17011-7624. 717/737-2385 to 11 p.m.

January 3. Lake Erie Indoor Championships, Cleveland. Charlie Hall, 18616 Restor Ave., Cleveland, OH 44122. 216/561-5092.

January 17. Brown Indoor Masters Invitational Meet, Brown U., Providence, R.I. SASE to Neil Steinberg, 46 Roberta Ave., Pawtucket, RI 02860.

January 24. West Penn Track Club Open and Masters Championships, 11 a.m. Slippery Rock University. Barry Klein, 1245 Alamae Lakes Road, Washington, PA 15301. 412/228-1872 before 10 p.m. E.S.T. **March 27.** TAC Eastern Regional Masters Indoor Championships, Manley Field House, Syracuse, N.Y. Nate or Evelyn White, 18 Foxcroft Dr., Fayetteville, NY 13066. 315/637-6211.

SOUTHEAST

December 27. Holiday Pentathlons (regular & weight), Atlantic H.S., Delray Beach, Fla. Randy Cooper, Principal, Atlantic Community School, 2501 Seacrest Blvd., Delray Beach, FL 33444.

MIDWEST

January 17 & 31. Illinois Masters Grand Prix Series, Westwood Sports Center, Sterling, Ill. Dick Green, P.O. Box 6147, Rockford, IL 61125. 815/397-5685.

February 6. 4th Annual Athlete's Foot Open & Masters Indoor Meet, Augustana College, Rock Island, Ill. Masters Meet, 1029 16th Ave., E. Moline, IL 61244. 309/755-2655.

February 28. Illinois Masters Grand Prix Series, Westwood Sports Center, Sterling, Ill. Dick Green, P.O. Box 6147, Rockford, IL 61125. 815/397-5685.

March 13. TAC Midwest Regional Masters Indoor Championships, Westwood Sports Center, Sterling, Ill. Dick Green, P.O. Box 6147, Rockford, IL 61125. 815/397-5685.

MID-AMERICA

January 9. TAC Mid-America Regional Meet, sponsored by Norden Labs & Lincoln TC, Nebraska Wesleyan U., Lincoln, Nebr. Bob Gies, 2910 Dudley, Apt. 5, Lincoln, NE 68503. 402/477-5409.

WEST

1987. Hawaii Masters TC All-Comers Meet. Punahou School, Hawaii. Each Sunday 2:30 p.m. Stan Thompson, 2164 Halekoa Dr., Honolulu, HI 96821. 808/734-8450.

December 5-6. Long Beach Winter Decathlon/Heptathlon, Long Beach St. U., Long Beach, Calif. Ralph Lindeman, Track Coach, Cal State-Long Beach, 1250 Bellflower Blvd., Long Beach, CA 90840. 213/498-4666.

December 28-30. Pole Vault/Throws Camps, Long Beach St. U., Long Beach, Calif. See Dec. 5-6.

January 2. New Year's All-Comers, Long Beach St. U., Long Beach, Calif. Ralph Lindeman, Track Coach, Cal-State Long Beach, 1250 Bellflower Blvd., Long Beach, CA 90840. 213/498-4666.

February 13. Cal-State Bakersfield/Bakersfield Californian Invitational, Bakersfield, Calif. Charles Craig, Cal State Bakersfield Track Office, 9001 Stockdale, Hiway, Bakersfield, CA 93311. 805/833-2347; 833-2189.

February 13. Pre-Season All-Comers, Long Beach St. U., Long Beach, Calif. Ralph Lindeman, Track Coach, Cal-State Long Beach, 1250 Bellflower Blvd., Long Beach, CA 90840. 213/498-4666.

INTERNATIONAL

April 1-4. Australian Veterans Athletic Championships, Brisbane. Pauline Burns, 141 Sirius St., Coorparoo, Queensland 415. 07/397-1356.

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

LONG DISTANCE RUNNING NATIONAL

December 30. U.S. TAC National Masters 100K Racewalk Championships, Bellair, Texas. Dave Gwyn, 6502 S. Briar Bayou, Houston, TX 77072. 713/498-0027.

March 13. U.S. TAC National Masters 15K Championships, Tucson, Ariz. Bruce Stevenson, 2628 N. Tyndall, Tucson, AZ 85719 602/882-4382.

March 27. U.S. TAC National Masters 5K Championships, DeLand, Fla. John Boyle,

P.O. Box 1824, DeLand, FL 32721. 904/736-0002.

April 10. U.S. TAC National Masters 50 Mile Championships, Columbus, Ohio. John White, 4865 Arthur Place, Columbus, OH 43220. 614/459-2547.

EAST

December 6. Brian's Run 10K, West Chester, Pa. West Chester U., P.O. Box 2440, West Chester, PA 19383.

April 18 (Monday). 92nd Annual B.A.A. Boston Marathon, Hopkinton to Boston. Qualifying times. Deadline March 21. SASE to BAA Boston Marathon, 17 Main St., Hopkinton, MA 01748. 617/435-6905.

April 24. New Jersey Waterfront Marathon, Jersey City. 1988 Men's Olympic Marathon Trials. Harborside Financial Center, Plaza Two, 10th Fl., Jersey City, NJ 07302. 201/432-5530.

SOUTHEAST

December 12. Rocket City Marathon, Huntsville, Ala. \$3500 masters money. SASE to Huntsville TC, 8811 Edgehill Dr., Huntsville, AL 35802. 205/881-9077.

January 2. Charlotte Observer Marathon & 10Ks (Open, women, masters men), Charlotte, N.C. Masters prizes: Men's 10K, \$2000-1000-500-400-250; Women's 10K and marathon men & women, \$1000-500-250-125-75. Charlotte Observer Marathon, Dept. RG, box 30294, Charlotte, NC 28230. 704/379-6896.

February 13. Gasparilla Distance Classic 15K, Tampa, Fla. Masters m & w, 1st-3rd: \$1000-500-250. Gasparilla 15K, P.O. Box 1881, Tampa, FL 33601. 813/229-7866.

SOUTHWEST

December 6. White Rock Marathon, Dallas. White Rock Marathon, Box 743335, Dallas, TX 75374. 214/526-5318.

January 17. Houston-Tenneco Marathon, Houston, Texas. U.S. Corporate Athletics Association team championships (for entry, contact Mike Tallman, 7311 Redding Rd., Houston, TX 77036. 713/960-2642). Houston-Tenneco Marathon, P.O. Box 56682, Houston, TX 77027.

WEST

December 6. Beverly Hills Perrier 10K, Beverly Hills, Calif. Bill Banks, BH Recreation & Parks Dept., 450 N. Crescent Dr., Rm. 600, Beverly Hills, CA 90210.

December 6. California International Marathon, Sacramento, Calif. Sacramento LDR Assn., P.O. Box 161149, Sacramento, CA 95816. 916/447-2786.

December 6. Western Hemisphere Marathon, Culver City, Calif. Jack Nakanishi, 4117 Overland Ave., Culver City, CA 90230. 213/202-5689.

December 6, 13, 19 (George Guerrero 8K), 20, 26. Legg Lake Runs, S. El Monte, Calif. A. Martinez, 9502 Reichling Lane, Pico Rivera, CA 90660. 213/949-0394.

December 13. Honolulu Marathon, Hawaii. Honolulu Marathon Association, 3435 Waialea Ave., Rm. 208, Honolulu, HI 96816. 808/732-1425 or 808/536-7837.

January 17. 27th Annual WCLA 10 Mile Handicap & 3 Mile Walk, Rose Bowl, Pasadena, Calif. Walkers Club of Los Angeles, 11431 Sunshine Terrace, Studio City, CA 91604. 818/985-9854.

January 23. 9th Annual Paramount 10K, Paramount, Calif. SASE to Paramount 10K, 15734 Paramount Blvd., Paramount, CA 90723. 714/841-5417; 213/634-3027.

January 23. 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.

ON TAP FOR DECEMBER

The 9th annual national convention of The Athletics Congress gets under way in Honolulu on the 8th. Masters Track & Field and Long Distance Running Committees will meet continuously from the 10th thru the 12th. Everyone is welcome.

TRACK & FIELD

After the VII World Veterans Games finish on the 6th in Melbourne, athletes yearning for more competition can find it in various meets in Sydney and Hobart, Tasmania, through the 17th. Multi-eventers can head for the all-comers decathlon/heptathlon in Long Beach, California, 5th-6th, or the perennial Florida pentathlons on the 27th in Delray Beach.

LONG DISTANCE RUNNING

Some walkers may stride well into 1988 in the final U.S. National Masters Championships — the 100K walk — which steps off on the 30th in Bellair, Texas. The 6th commands the most attention, with Brian's 10K Run in Pennsylvania; the White Rock Marathon in Dallas; the California International Marathon in Sacramento; and the Western Hemisphere Marathon (one of the oldest in the U.S.) and Beverly Hills Perrier 10K, both in Los Angeles.

Huntsville, Ala., hosts the Rocket City Marathon, which makes a special effort to draw masters, on the 12th.

Marathoners lucky enough to be in Honolulu on the 13th can vie for gold, glory, and garlands in the increasingly popular Honolulu Marathon (10,354 entries last year). □

HAPPY HOLIDAYS AND A HEALTHY NEW YEAR!



January 23. 4th Annual McClassic 10K, San Diego. \$500 1st m & w masters, plus other masters money. Una Marie Pierce, 619/563-5677; Anne Steinberger, 234-5101. **January 31.** 10th Annual Super Bowl Sunday 10K, Long Beach, Calif. SBS 10K, P.O. Box 3884, Long Beach, CA 90803. Dennis McCabery, 213/548-4288.

March 6. Los Angeles Marathon, Los Angeles. L.A. Marathon, P.O. Box 67750, Los Angeles, CA 90067. 213/879-1988.

RECIPIENTS OF CERTIFICATES AS ALL-AMERICANS FOR ACHIEVING U.S. STANDARDS OF EXCELLENCE ALL-AMERICAN ACHIEVERS FOR 1987

MEN 30-34		
STEWART M. BRASE	400 Meters	49.9
ROBERT HARTMANN	Hammer Throw	156-1
ROBERT HARTMANN	Hammer Throw	160-0
GARY TIFFANY	400 Meter Hurdles	56.8
MEN 35-39		
MORRIS H. MORGAN III	800 Meters	2:03.6
MEN 40-44		
KEN BLACK	Long Jump	18-10½
MICHAEL G. GREEN	Steeple 3000 Meters	10:55.10
WAYNE GRIPP	200 Meters	24.2
WAYNE GRIPP	400 Meters	53.29
WAYNE GRIPP	800 Meters	2:01.7
JOHN WRIGHT	100 Meters	11.53
MEN 45-49		
WILLIAM L. JEFFREY	Long Jump	17-7½
BILL SIMON	Javelin	158-11
GLEN H. SHANE	800 Meters	2:02.9
MEN 50-54		
JIM BRADLEY	400 Meter Hurdles	65.4
JIM BRADLEY	800 Meters	2:18
JIM HART	Shot Put	50-7
JIM HART	Discus	152-2
JIM HART	Hammer Throw	132-11
FRANK HAVILAND	400 Meters	55.8
STAN KING	100 Meters	12.25
STAN KING	200 Meters	24.5
STAN KING	400 Meters	56.3
T.A. LEHMKUHL	10,000 Meters	36:24
MEN 55-59		
ROGER HOCKER	200 Meters	26.8
JAMES G. SPITZER	10,000 Meters	58:47.9
GERRY WILLIAMS	5000 Meters	18:04

MEN 60-64		
JACK P. DOORLAY	Long Jump	14-4½
BLAIR MC FARLANE	Long Jump	4.14 Meters
MERLE NICKELL	Triple Jump	30-5½
MEN 65-69		
HAROLD WRIGHT	10,000 Walk	1:03.02
MEN 70-74		
JOSEPH BROADBENT	Long Jump	12-11 3/4
JOSEPH BROADBENT	High Jump	4-0 3/4
CHARLES JORGENSEN	1500 Meters	6:00
EDWARD SEFGER	5000 Meter Walk	32:24
EDWARD SEEGER	10,000 Meter Walk	65:49
GENE WOOD	Shot Put	35-1½
MEN 80-84		
BURT DE GROOT	Discus	91-4
WOMEN 30-34		
PEG CRONIN	5000 Meters	19:09.3
WOMEN 40-44		
LURLINE STRUPPECK	Javelin	127-0
LURLINE STRUPPECK	Shot Put	33-6
LURLINE STRUPPECK	Discus	107-3
WOMEN 50-54		
SUSIE KLUTTZ	5000 Meters	20:43
SUSIE KLUTTZ	10,000 Meters	44:08
AUDREY DIX	10,000 Walk	70:51

WOMEN 55-59		
RENATE G. HANNE	5000 Meter Walk	33:58
ELEANOR WALLACE	10,000 Meters	47:25

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ALL AMERICAN STANDARDS FOR MASTERS RACE WALKERS

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

U.S. MASTERS STANDARDS OF EXCELLENCE FOR WOMEN

event	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84
100m	13.8	14.2	14.6	15.0	15.6	16.3	16.9	17.5	18.8	20.0	21.2
200m	28.0	29.2	30.3	31.4	32.5	34.2	35.7	37.3	40.5	43.8	48.7
400m	63.5	66.5	67.5	69.5	71.5	73.5	78.5	83.7	90.0	95.0	103.3
800m	2:32	2:35	2:40	2:45	2:54	3:07	3:17	3:27	3:34	3:49	4:02
1500	5:13	5:15	5:19	5:39	5:50	6:15	6:45	7:16	7:45	8:19	8:49
5000	20:40	20:56	21:36	22:16	23:12	24:16	26:08	28:08	30:08	32:21	34:26
10000	41:00	42:40	44:40	47:00	49:30	52:00	56:00	60:00	66:00	76:00	86:00
100/80mH	17.0	18.6	16.1	17.1	18.1	19.1	20.1	21.1	28.0	32.0	37.0
400/300mH											
HJ	1.42	1.35	1.27	1.19	1.10	1.07	1.02	0.97	0.92	0.89	0.84
	4'8"	4'5"	4'2"	3'11"	3'7"	3'6"	3'4"	3'2"	3'0"	2'11"	2'9"
LJ	5.0m	4.60	4.30	3.90	3.55	3.20	2.85	2.60	2.35	2.10	2.0
TJ	9.03	8.61	8.12	7.63	7.14	6.40	6.23	5.74	5.00	4.25	4.00
	29'7½"	28'3"	26'73/4"	25½"	23'5½"	22'73/4"	20'5½"	18.10	16'5"	13'11½"	13'1½"
SP	10.30	9.30	8.20	7.20	8.90	8.30	7.70	7.30	6.90	6.60	6.30
Javelin	39'50	33.50	27.50	21.50	25.0	19.0	18.0	16.0	15.0	14.0	13.50
Discus	30.0	27.8	26.0	24.0	22.0	20.0	18.0	16.0	15.0	14.0	13.50

U.S. MASTERS STANDARDS OF EXCELLENCE FOR MEN

event	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85-89
100m	11.0	11.33	11.67	12.0	12.5	13.0	13.5	14.0	15.0	16.0	17.0	18.0
200m	22.4	23.3	24.2	25.1	26.0	27.3	28.5	29.8	32.4	35.0	38.9	42.8
400m	51.0	52.5	54.0	55.5	57.5	59.0	62.5	67.0	72.0	76.0	82.5	87.6
800m	2:01	2:04	2:08	2:12	2:19	2:29	2:37	2:45	2:54	3:03	3:13	3:24
1500m	4:11	4:12	4:15	4:31	4:40	5:00	5:24	5:49	6:12	6:39	7:03	7:30
5000m	15:30	15:42	16:12	16:42	17:24	18:12	19:36	21:06	22:36	24:16	25:50	27:30
10000	33:00	34:00	35:00	36:00	37:00	38:30	40:30	44:30	48:30	54:30	60:30	68:30
SC 3K	10:00	10:20	11:10	11:50	12:30	13:20	13:50	14:40	17:30	20:00		
SC 2K							9:30	10:30	12:45	14:00		
110mHH	15.0	16.4	17.75	18.75	19.14	20.25	20.57	21.65	22.60	26.0	29.8	33.7
100mHH							18.0	20.0				
80mHH									18.0	21.0		
300mLH							57.0	62.0	66.0	71.0	75.0	81.0
400mH	57.6	59.6	62.0	64.4	68.2	72.0	76.0	82.0	88.0	94.0	100.0	106.0
H.J.	1.94	1.85	1.76	1.68	1.59	1.50	1.41	1.32	1.23	1.12	1.02	.92
	6'4½"	6'3/4"	5'9½"	5'6"	5'2½"	4'11"	4'7½"	4'4"	4'½"	3'8"	3'4"	
L.J.	6.50	6.10	5.70	5.30	4.90	4.50	4.12	3.72	3.35	2.90	2.55	2.15
	21'4"	20'½"	18'8½"	17'4½"	16'3/4"	14'9"	13'6½"	12'2½"	10'11"	9'6½"	8'4½"	7'½"
P.V.	4.11	3.89	3.66	3.43	3.20	2.97	2.74	2.44	2.13	1.83		
	13'6"	12'9"	12'0"	11'3"	10'6"	9'9"	9'0"	8'0"	7'0"	6'0"		
T.J.	12.90	12.30	11.60	10.90	10.20	9.55	8.90	8.20	7.50	6.80	6.10	5.50
	42'4"	40'4½"	38'3/4"	35'9½"	33'5½"	31'4"	29'2½"	26'11"	24'7½"	22'3½"	20'½"	18'½"
Discus	44.80	42.60	40.60	38.00	40.00	36.40	42.00	36.80	31.60	26.40	21.40	16.00
	147'	139'9"	133'2"	124'8"	131'3"	119'5"	137'9"	120'9"	103'8"	86'7"	70'2½"	52'6"
Javelin	62.00	57.00	52.00	48.00	43.00	38.50	40.00	35.00	29.00	24.00	19.00	15.00
	203'5"	187'0"	170'7"	157'6"	141'1"	126'4"	131'3"	114'10"	95'2"	78'9"	62'4"	49'2½"
Hammer	47.24	44.20	41.14	38.10	38.40	32.50	36.00	30.50	25.00	20.00	15.00	11.00
	155'0"	145'0"	135'0"	125'0"	126'0"	106'8"	118'1"	100'1"	82'0"	65'7½"	49'2½"	35'4½"
S.P.	15.20	14.10	13.00	12.00	13.00	11.80	13.00	11.80	10.70	9.50	8.40	7.20
	49'10½"	46'3"	42'8"	39'4½"	42'8"	38'8½"	42'8"	38'8½"	35'1½"	31'2"	27'6½"	23'7½"

- notes: 1) 100m standards are for auto time, will use standard conversion for hand time
2) All High Hurdles are for 110m, 39" 30-49; 36" 50-59; 33" 60-69; 30" 70+
3) Weights S.P. 16# 30-49 12# 50-59 8# 60+
Dis 2kg 30-49 1.6 50-59 1.0 60+
Jav 800gm 30-59 600gm 60+
Hammer 16# 30-49 12# 50-59 8# 60+
4) Metric heights and distances are the standard, feet and inches for convenience

APPLICATION FOR AN ALL-AMERICAN CERTIFICATE

NAME: _____ PHONE: _____

ADDRESS: _____ AGE GROUP: _____

SEX: M _____ F _____

EVENT: _____ MARK: _____

MEET: _____ WEIGHT OF IMPLEMENT _____

DATE OF MEET: _____ HURDLE HEIGHT _____

MEET SITE: _____

If you have bettered the standard of excellence, please send \$10.00 and this form to: All American, National Masters News, P.O. Box 2372, Van Nuys, CA 91404. (Enclose copy of results, or note in which issue they appeared.) A 3-color, 8½ x 11 certificate, suitable for framing, will be mailed to you within two weeks.

TRACK & FIELD RESULTS

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

EAST

All-Comers Meet Lebanon, N.H.; October 18

16# Shot Put		
Carl Wallin	46	53-7
(U.S. age record)		
Cliff Blair	57	41-1
(U.S. age record)		
Russ Foreger	49	40-3
1.5k discus		
C Blair	57	133-8
R Foreger	49	124-9
12# Shot Put		
C Blair	57	49-4½
(World age record)		
R Foreger	49	44-9
Bud Atwood	53	30-0
35# Weight Throw		
C Wallin	46	51-7
(U.S. age record)		
C Blair	57	48-5
Hammer		
C Wallin	16#	46 158-2
C Blair	12#	57 175-6
(World age record)		
B Atwood	12#	53 76-4



12th Annual Potomac Valley Athletic Club Masters Championships Alexandria, Va.; September 6-7

100m		
M30 W Harden	11.3	
A Walton	11.4	
S Howell	12.1	
M40 C Grant	12.1	
R Stanford	12.4	
M Valle	13.6	
M50 L Colbert	12.3	
M Richards	15.1	
M60 G Drummond	14.1	
J Martin	14.7	
R Hewitt	16.6	
M70 C Hills	15.3	
W30 G McCarthy	15.1	
W40 K Pierce	13.9	
W50 P Willis	18.4	
200m		
M30 A Walton	22.9	
W Harden	23.1	
K Castro	25.8	
M40 J Simmons	24.2	
R Stanford	25.1	
C Grant	25.3	
M50 L Colbert	24.7	
M60 T Kennell	30.5	
J McCarthy	32.4	
M70 C Hills	35.8	
W40 K Pierce	29.7	
400m		
M30 A Walton	53.7	
S Howell	53.9	
M40 T O'Hara	53.5	
J Simmons	55.5	
M Smith	58.6	
M50 L Colbert	54.0	
M60 J McCarthy	70.9	
R Englert	86.5	
W30 K Good	70.2	
800m		
M40 J Simmins	2:09.8	
J Demma	2:13.1	
R Weiner	2:14.2	
M50 R Elliott	2:33.3	
D Sheehan	2:47.0	
M60 J McCarthy	2:47.9	
E MacDonald	2:51.5	
R Englert	3:17.7	
W50 P Willis	4:20	
1500m		
M30 P Zink	4:14.1	
G Williams	4:54.7	
M40 J Verdier	4:39.0	
R Weiner	4:50.9	
J Haubert	5:00.2	
M50 R Elliot	5:16.2	
M60 R Englert	7:14.5	
5000m		
M40 J Haubert	18:34.1	
S Kennamer	20:53.0	
M50 R Elliot	18:47.3	
L Dickerson	19:54.5	
W30 A Wass	25:37.5	

3000m Steeplechase		
M40 B Earheart	12:09.7	
A Price	12:51.7	
M50 R Elliott	12:49.9	
110H		
M30 L Jeremiah	15.4	
E Hoffman	18.7	
400mH		
M30 E Hoffman	64.6	
T Tunstall	70.8	
B Cashman	77.6	
M50 J Bradley	65.3	
5000m Walk		
M30 B Briggs	23:03	
J Wass	26:15	
M40 A Price	23:27	
N Stone	27:14	
S Bentley	29:50	
M50 J Ozmert	30:56	
C Croneberg	34:34	
M60 R Lukes	33:43	
F Luff	33:44	
J Trach	36:56	
M70 E Seeger	32:38	
W Dexter	37:29	
M Wood	38:09	
W40 M Hartz	32:34	
J Schindel	38:00	
High Jump		
M30 J Watry	6-0	
D Weckstein	5-8	
M40 J Dickerson	5-4	
M Valle	4-8	
M50 M Hahn	3-8	
M70 C Hills	3-8	
Pole Vault	cancelled-rain	
Long Jump		
M30 J Watry	5.70	
T Tunstall	5.10	
M40 J Dickerson	5.95	
M50 M Hahn	3.14	
M70 C Hills	2.98	

Triple Jump		
M30 T Tunstall	10.74	
M40 J Dickerson	11.94	
M50 M Hahn	5.66	
M70 C Hills	6.84	
Shot Put		
M30 P Corrigan	37-11	
P Collins	37-10	
J Watry	32-9	
M40 M Valle	35-3	
M50 P Carstensen	36-10	
N Curran	33-7½	
M Hahn	24-11½	
M60 R Hewitt	36-10	
M70 B Garthune	26-2	
C Hills	23-11	
M80 B DeGroot	26-6½	
W40 K Pierce	31-1½	
Discus		
M30 T Williams	142-7	
P Corrigan	128-4	
B Cashman	83-2	
M40 M Valle	105-3	
M50 P Carstensen	92-8	
N Curran	82-9	
M Hahn	49-1	
M60 R Hewitt	116-7	
J McCarthy	89-6	
M70 C Hills	78-2	
S Laski	71-6	
M80 B DeGroot	76-4	
W30 K Good	55-11	
W40 K Pierce	81-6	
W50 S Wood	49-8	
Hammer		
M30 P Collins	135-4	
P Corrigan	115-1	
M40 M Valle	115-2	
M50 P Carstensen	114-11	
N Curran	60-8	
M60 L Mozhaev	135-2	
M70 S Laski	123-8	
C Hills	55-11	
Javelin		
M30 B Cashman	106-2	
M40 J McFayden	153-0	
M50 M Hahn	89-2	
M Richards	88-9	
N Curran	84-2	
C Hills	81-8	
S Laski	59-11	
W30 K Good	72-6	
W40 K Pierce	87-6	
W50 S Good	33-11	

WEST

Club West Meet Santa Barbara, Calif.; October 3

800m		
M55 B Culling	2:23.7	
L McGuire	2:26.7	
B Holmes	2:29.2	

World Masters Tune-Up Games II U. of C-Irvine, Calif.; October 31

100m		
M30 M Corrin	12.26	
M35 M Black	12.04	
R Lehmann	14.16	
M40 T Viltz	12.37	
T Lee	12.40	
C Flowers	12.46	
M45 W Butler	11.99	
F Niedermeyer	12.41	
J Bustamante	12.97	
M50 E Oleata	12.93	
M55 B Springbett	12.44	
J Poppel	12.79	
T Nasralla	14.21	
M60 R Watanabe	13.75	
T Miller	15.56	
G Simon	15.99	
M65 J Johnson	14.94	
M70 B Morales	15.0½	
H Miller	15.56	
M75 A Castro	15.31	
M80 S Lum	19.07	
M85 H Anderson	19.05	
W45 N Connor	15.00	
J Carter	15.62	
W50 F Chou	16.92	
W55 M Moore	17.33	
W65 G Davidson	19.40	
200m		
M30 M Corrin	24.06	
M35 M Black	23.70	
J Williams	28.01	
M40 C Flowers	25.20	
M45 F Niedermeyer	25.47	
B Waight	27.72	
J Bustamante	30.87	
M55 B Springbett	25.81	
R McPherson	26.64	
J Poppel	26.30	
M60 R Watanabe	27.82	
T Clayton	30.99	
T Miller	32.11	
M70 H Miller	35.28	
M75 A Castro	32.61	
M85 H Anderson	42.76	
W45 N O'Connor	31.03	
W50 F Chou	35.85	
W55 M Moore	38.21	
W65 G Davidson	40.12	
400m		
M30 R Gabriele	56.63	
M40 J Hampton	56.24	
S Barnett	1:06.68	
M45 F Niedermeyer	1:01.54	
M55 T Nasralla	1:03.41	
R Culling	1:05.18	
M60 R Watanabe	1:03.96	
M65 R Hunt	1:09.96	
C Shuck	1:20.37	
W40 G Murphy	1:17.60	
W45 N O'Connor	1:07.76	
J Carter	1:38.05	
W50 F Chou	1:25.61	

800m		
M35 J Kilroy	2:05.79	
M40 G Mason	2:00.56	
S Barnett	2:03.64	
M45 G Cohen	2:02.07	
---	2:03.01	
C Bedell	2:07.93	
M50 J Conner	2:09.04	
L Walts	2:22.02	
P Richardson	2:09.85	
F Karlin	2:21.95	
M55 R Culling	2:24.07	
L McGuire	2:28.15	
G Linde	2:28.67	
A Bangs	2:40.30	
M70 P Ganahl	2:49.05	

1500m		
M40 J Hampton	4:16.04	
J Hackett	4:18.08	
G Murphy	5:56.07	
M50 J Conner	4:46.05	
M65 D Cotner	5:56.03	
M70 H Morningstar	9:53.09	
5000m		
M40 C Foote	16:38.01	
F Marshall	18:04.58	
M55 J Selby	21:06.11	
M65 J McGilvray	26:11.57	
W50 J Hoagland	20:04.16	
3000m Steeplechase		
M40 S Barnett	12:23.24	
M45 J Cosgrove	13:28.16	
110mH		
M45 W Butler	15.95	
H Adams	16.61	
G Banes	17.91	

100mH		
M50 C Miller	16.59	
E Oleata	16.76	
C Coutts	25.04	
M60 G Simon	21.75	
80mH		
M70 H Miller	15.03	
C Pao	15.92	
H Morningstar	18.08	

High Jump		
M35 R Lehman	4-10	
M40 B Bly	5-0	
J Wallek	4-6	
W Sevilla	3-8	
M50 D Rose	5-2	
D Reitz	3-8	
M55 D Douglass	4-4	
B Perry	3-8	
M65 B Morcom	4-6	
J Johnson	4-0	
M70 H Morningstar	4-2	
H Miller	3-8	
M75 J Angelman	3-6	
W50 C Miller	4-2	
T Graf	3-10	

Pole Vault		
M40 B Bly	10-6	
D Baumsteiger	10-0	
M65 B Morcom	9-0	
J Johnson	8-0	
R Biesemeyer	8-0	
A Ricciardi	6-0	
M70 H Morningstar	6-0	

Long Jump		
M35 R Trujillo	20-4	
M40 C Flowers	19-1	
B Bly	18-5	
W Sevilla	13-3	
M45 J Lawson	16-9	
M55 R Hein	14-8½	
B Ottinger	14-2	
M60 A Unger	11-0	
M65 B Morcom	15-3	
B Gist	14-2	
J Johnson	14-4½	
M70 W Morales	12-8½	
H Miller	12-8	
M70 H Morningstar	11-8	
M85 H Anderson	7-6	

Triple Jump		
M35 R Trujillo	41-2½	
M45 J Lawson	36-2	
M65 J Johnson	27-6½	
M70 H Miller	24-7	
H Morningstar	22-7	
M85 H Anderson	19-1½	
W50 C Miller	25-8½	
Discus		
M35 J Williams	85-8	
M40 B Sevilla	89-0	
S Chaton	95-0	
M50 G Miller	121-1	
D Reitz	120-3	
R Kennerly	113-3	
M55 D Douglass	98-6	
M60 M Orlich	107-11	

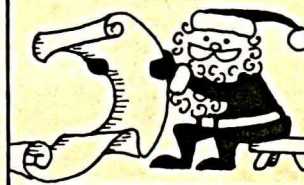
M65 D Aldrich	132-4	
A Ricciardi	108-7	
M Oguss	98-0	
S Lampert	96-4	
M70 H Morningstar	98-9	
M85 H Anderson	---	
M60 S Dietderich	60-7	

Javelin		
M35 J Greenberg	186-1	
J Williams	117-6	
R Lehman	84-0	
M40 J Wallek	133-11	
W Sevilla	87-3	
M50 G Miller	150-3	
D Lietz	123-9	
C Coutts	110-0	
M55 R Hudson	150-1	
D Douglass	98-5	
M60 D Pickarts	173-9	
P Fetter	128-3	

M65 A Ricciardi	96-6	
M70 W Morales	132-7	
J Seifert	109-9	
H Morningstar	97-10	
M75 J Angelman	80-8	
M85 H Anderson	63-9	
W60 S Dietderich	70-5	
T Ricciardi	57-7	

Hammer		
M50 G Bobell	49.16	
M55 D Douglass	39.80	
B Perry	21.84	
E Grimm	15.38	
M60 B Bangert	36.04	
M65 S Lampert	28.65	
A Ricciardi	27.71	

Continued on page 22



INTERNATIONAL

International Championship For Veterans Santiago, Chile, September 12

100 METERS WOMEN		
30 Ana Novillo	BOL.	14.0
Susana Bett	ARG.	18.9
35 R. Pussetto	ARG.	14.5
Maria Diaz	VINA	15

Continued from previous page

SHOT PUT MEN

35 A. Zuniga	AREQ	11.22
40 O. Zuniga	AREQ	10.83
45 P. Weitz	VALP	10.72
L. Lee	ARIC	10.36
55 H. Strutz	STGO	9.46
C. Vasquez	STGO	8.72
60 V. Combeau	SCAR	6.76
65 Fco. Mora	STGO	9.85
E. Gundlach	STGO	8.69
80 J. Muñoz	STGO	4.96

Discus WOMEN

35 Joy Hoks	AREQ	32.88
H. Rebolledo	STGO	29.64
40 R. Bravo	STGO	25.46
M. Silva	STGO	22.70
45 E. López	ARG.	32.50
F. Massini	ARG.	14.16
50 S. Dezulovic	STGO	23.66
Sanguinetti	ARG.	20.16
55 Riveros	STGO	24.00
Martinez	CONC	19.38
60 M. Navarrete	STGO	15.94
A. Caro	SCAR	15.52
65 E. Salinas	SCAR	14.38
M. Fleckner	STGO	13.86
70 I. Carter	MONT	13.48
L. Macleod	STGO	11.84

Discus MEN

35 A. Zuniga	AREQ	30.44
40 O. Zuniga	AREQ	34.04
M. Schmuck	STGO	22.90
45 P. Weitz	VALP	30.14
L. Lee	ARIC	29.30
50 T. Figueroa	CHIL	27.84
C. Vasquez	STGO	26.68
55 H. Strutz	STGO	42.00
C. Blumenfeldt	STGO	37.54
60 J. Campos	STGO	28.64
V. Combeau	SCAR	22.12
65 F. Mora	STGO	40.46
E. Gundlach	STGO	24.58
80 J. Muñoz	STGO	14.72

Hammerthrow MEN

40 M. Schmuck	STGO	23.14
45 P. Weitz	VALP	34.18
55 C. Blumenfeldt	STGO	44.02
J. Alzamora	STGO	30.92
60 F. Mella	VALP	32.68
J. Campos	STGO	30.66
65 Fco. Mora	STGO	41.56
E. Gundlach	STGO	22.92
80 J. Muñoz	STGO	16.68

JAVELIN WOMEN

30 A. Novillo	BOL.	14.52
35 Joy Hocks	AREQ	28.62
M. Diaz	VIÑA	28.40
40 R. Bravo	STGO	33.46
M. Silva	STGO	20.10
50 S. Dezulovic	STGO	23.08
G. Espinoza	MONT	14.36
55 M. Hofmann	STGO	24.42
F. Martinez	CONC	16.62
60 I. Mardones	SCAR	19.10
M. Navarrete	STGO	14.48
65 P. Aranguiz	STGO	15.12
M. Fleckner	STGO	11.58
70 L. Macleod	STGO	12.44
I. Carter	MONT	11.30

JAVELIN MEN

40 W. Miranda	STGO	46.63
O. Zuniga	AREQ	39.64
45 P. Weitz	VALP	40.22
E. Narvaez	STGO	29.32
55 H. Strutz	STGO	31.42
B. Leighton	STGO	30.92
60 S. Retamal	SCAR	23.86
65 F. Mora	STGO	25.90
E. Gundlach	STGO	25.24
75 C. Diaz	STGO	21.22

Sweden-Norway Dual Throw
Meet (DT SP JT HT)
September 26-27

Discus		
M35 Hjeltne	N	62.44
Hoguelius	S	45.78
Blomberg	S	41.78
Fens	S	40.34
M40 Avesson	S	53.70
Lorentzen	N	43.68
Hole	N	42.80
M45 Lislard	N	44.28
Heggund	N	43.02
Wittbom	S	41.68
M50 B Andersen	N	49.20
Forkner	S	39.94
Tapaninen	S	38.68
Johansson	S	28.80
M55 Tallberg	S	52.24
Buch	N	41.90
Homme	N	41.60

M60 Strandli	S	47.72
Evjenth	N	43.86
Jonsson	N	43.30
Stavem	N	42.78
M65 Linstedt	S	43.08
Svennevik	N	38.40
Constantin	S	37.60
M70 Nilsson	S	32.58
Hamre	N	30.82
Johansson	S	30.18

Shot Put		
M35 Hjeltne	N	18.17
Palmberg	S	11.20
M40 Akesson	S	13.89
Hedmark	S	11.39
M45 Wittbom	S	13.19
Heggund	N	11.71
M50 Bang Andersen	N	17.78
(age-group WR)		
Borstad	N	14.90
Forkner	N	12.18
M55 Saether	N	13.84
Tallberg	S	12.83
Persson	S	10.47
M60 Stavem	N	14.35
Strandli	S	14.34
Tinholt	N	13.51
M65 Svennevik	N	12.11
Bjornberg	S	12.10
Nordam	N	11.86
M70 M Sundal	N	10.35
Johansson	S	9.97
Andersson	S	9.82

Javelin		
M35 Pihl	S	65.02
Hjeltne	N	62.64
Hagen	N	56.08
M40 Lorentzen	N	57.34
Svenssohn	S	57.24
Hedmark	S	53.18
M45 Wittbom	S	47.18
M50 Jordfald	N	45.26
M55 Oye	N	42.78
Tullerud	N	34.04

Hammer		
M35 Palmberg	S	37.24
Hjeltne	N	36.04
M40 Nilsson	S	46.58
Kusby	N	42.54
Lorentzen	N	39.26
M45 Crantz	S	54.06
Claesson	S	42.48
M50 Pettersson	S	55.32
Holme	N	46.46
Vaernes	N	42.20
M55 Saether	N	43.80
Buch	N	34.60
Moller	S	33.08
M60 Berglund	S	48.24
Love	S	43.74
M65 Svennevik	N	31.22
M70 Nilsson	S	38.22
Johansson	S	36.34
M75 Andersson	S	24.42

LONG
DISTANCE
RESULTS

Please send masters
race results to: National
Masters News, P.O. Box
2372, Van Nuys, CA
91404. Please include
date, distance and city.

TAC National 10K X-C Championship
Nov. 8, 1987, Seattle, WA

1. Larry Alaberg	40	33:58
2. Michael Manley	45	34:12
3. Graham Garcia	40	35:02
4. Michael Heffernan	47	35:05
5. Dennis Kasischke	41	35:24
6. William Leahy	45	35:27
7. Ron Wells	41	35:42
8. Alan Beck	41	36:00
9. Frank Boenisch	43	36:12
10. Michael Daly	40	36:22
11. Rolly Moore	42	36:24
12. Gale Pfuehler	44	36:31
13. Wayne Mitton	47	36:44
14. Hal Goforth	43	36:45
15. John Hahn	40	36:47
16. Vic Wolfe	43	36:49
17. Lynn Harmon	42	36:50
18. Jim Pearson	43	36:52
19. Robert Ladum	42	36:53
20. Mike Palazzo	44	36:55

All Women and Men 60+

1. Orlo Keniston	60	41:41
2. Charlotte Swanson	F45	42:42
3. Christine Curtis	F50	46:31
4. Nancy Hellyer	F51	47:14
5. Joani Wright	F40	48:21
6. Norman Hansen	F46	48:25
7. June Hubbard	F46	49:29
8. Andrea Hatch	F44	50:41
9. Liz Szavlovski	F54	52:02
10. Laura Baggett	F46	53:31
11. Billie Murphy	F50	54:39
12. Bev LaVeck	F51	55:08
13. Maury Cummings	71	55:34

50-59 years
1. STC

EAST

Potomac Valley AC Masters
Championships 15K Walk
Reflecting Pool,
Washington, D.C.; September 7

1 A Price	M40	1:15:45
3 J Wass	M35	1:20:34
4 N Stone	M45	1:31:37
5 S Bentley	M45	1:35:35
6 E Seeger	M70	1:49:12
7 J Trach	M60	1:56:10
8 D Lukes	M65	1:58:34
9 M Wood	M70	2:00:30

1 B Alvarez	W40	1:40:57
2 H Hillman	W50	1:48:23
3 P Willis	W50	1:56:38

First National Bank
Eriesistible Marathon
Erie, Pa.; September 27

Overall		
D Rubadue	2:22:29	
C Ventura-Merkel	2:51:46	
First 3 Masters Men		
Tom Buch	2:42:52	
Mike Filutze	2:45:49	
Russell Arndt	2:49:16	
First 3 Masters Women		
Kathy Digione	3:16:24	
Liz Bugbee	3:31:28	
Janet Kester	3:46:42	

M40 Fred Beckwith	2:51:59
M45 Dick Sitter	2:55:08
M50 Jack Cagot	2:50:55
M55 Robert Friel	3:18:13
M60+J Bisciegia	3:16:46
M70+John Petroff	5:16:49
W40 Pat Twardowski	3:48:50
W45 Carol Kussmaul	3:50:31
W50 Betty Wendle	4:44:43
W60+Bev LaFollette	4:28:08

Colombian Select Half-
Marathon For Women & Open
5K Central Park, NYC;
October 4

---Half-Marathon---

Overall		
K Young	33	1:21:51
W40 C Johnstone	1:28:19	
W45 L Connors	1:25:36	
W50 G Philips	1:33:46	
W55 H Close	2:13:57	
W60+D Klein	2:00:01	

Walkers		
E Edelstein	48	2:31:22
M Herscher	41	2:44:51

---5K---

Overall		
J McCutchen	28	15:42
G Bakoulis	26	17:24
M40 H Stern	16:40	
M45 N Dobry	18:11	
M50 W Bialokur	17:17	
M55 R Kahn	19:45	
M60 J McManus	19:27	
M65 J McHugh	20:02	
M70+V Carnevale	22:25	
W40 A Hearn	17:39	
C Hearn Grenning	18:52	
W45 P Parmalee	20:45	
W50 M Howard	26:40	
W55 F Steward-Gordon	29:03	
W60+H McGinnis	29:21	

Walkers		
F Pantoni	M41	22:19
G Lichter	W35	31:00

Del Passatore
Wheaton, Maryland
October 11

100K		
M30-39		
Andrea Santonastaso	7:46:39	
Vito Lenato	8:08:28	
David Powell	9:21:44	
Larry Grossman	10:04:19	
William Turrentine	10:14:47	
Ray Krolewicz	11:15:15	
Powell Justis	11:57:44	
M40-49		
William Lawder	8:10:15	
Guido Boito	8:46:58	
Larry Tabachnick	10:10:56	
Dave Obelkevich	10:18:35	
Paul Blackman	10:18:40	
William Lusto	11:02:56	
M50+		
Vittorio Illume	8:36:01	
Norm Roof	10:40:35	
Dick Good	10:45:38	
Overall:		
Bernard Rosetti	7:42:27	

50 Miles		
Guisepppe Isopo	37	6:36:38
Chris Scott	38	7:08:39
Steve McGranahan	33	8:51:01
Paul Robertson*	48	10:05:01
*first racewalker		

50K		
M30-39		
Vincenzo Ragusa	3:20:47	
James Chamberlin	5:03:59	
Bill Vogenitz	5:11:59	
Andrew Kendzie	5:31:45	
M40-49		
Brian Stecher	4:08:08	
Bronek Dutkiewicz	4:21:15	
William Kuhn	6:02:07	

first racewalker:		
James Wass	5:10:24	
females		
Elizabeth Dahlslein	5:03:52	
Betty Sue O'Brien	5:32:02	

20K		
M30 Oscar Hernandez	1:35:32	
Ralph Park	1:37:34	
M40 Mario Rispoli	1:35:19	
Sergio Micheli	2:16:22	
M50 Sergio Labonia	1:35:30	
Milton Peverini	1:56:48	
Franco Villa	1:57:48	

females		
2. Carol Lassiter	44	1:37:36
4. Marge Wegenstein	331	53:13
5. Frances Carter	45	1:58:17
6. Dixie Honodel	38	2:44:50

racewalkers		
Frank Long	47	2:27:18
Richard Lukes	68	2:42:24
Paul Fairbank	801	2:42:24

Tufts 10K (Women only)
Boston - October 12

Overall		
Nancy Tinari	CAN	32:22 \$4K
Masters		
Erna Kosak	42	CAN 35:47 \$500
G. Andersen	42	ID 36:28 \$300
C. Tattersol	46	CT 37:15 \$200

John Atturio Memorial 5 Mile
Providence, R.I.;
October 18

Overall		
D Burke	25:00	
K Goff	30:41	
M40+K Skelly	25:47	
J Corcoran	25:57	
M Cabral	27:59	
M50+R Hammond	30:39	
J McGowan	31:10	
H Keenan	35:12	
M60+C Hammen	32:55	
B Gorman	37:02	
F Ward	39:15	
M70+D Davey 79	58:29	
E Notarianni	65:14	
W40 P Maguire	38:10	
R Skelly	38:56	
L Braun	42:56	
W50+M Abbott	43:11	
J Deion	44:13	
E Burke	46:18	
W60+---		
W70+R Notarianni	60:36	

Mohawk Hudson River
Marathon - New York State
October 25

Overall:		
Dale Keenan	2:25:14	
Lori Adams	2:50:12	
M40 Mike Geiss	2:42:54	
Gust Svanson	2:46:38	
Warren Jackson	2:47:40	
W40 Susan Weisbrod	3:04:04	
Judith Swasey	3:18:12	
Mary Barber	3:29:42	
W45 Tom Stanley	2:55:29	
Larry Decker	2:57:34	
Jim Dami	3:03:58	
W45 Eleanor White	4:22:03	
Joan Robinson	4:32:02	
Marilyn Mulgrew	4:54:19	
M50 Dave Reichert	2:54:42	
Dick Jarrett	3:03:19	
Ross Mc Kie	3:09:27	
W50 Wen-Shi Yu	3:12:02	
M55 Donald Lloyd	3:02:03	
Ralph Neurer	3:49:19	
Dave Champagne	3:56:16	
M65 Roger Ellsbury	3:34:38	
Robert Lopez	4:21:41	

Continued from previous page

M50-54	
Peter Kershaw	2:47:04
George A. Tinti	2:50:51
George Duley	2:53:21
Jim Messerschmitt	2:54:19
John Lines	3:01:28
M55-59	
Leonard Riberdy	2:58:28
Manuel Teodoro	3:03:18
Bob Hays	3:04:17
John Kolmetz	3:04:26
Jim Maganas	3:05:03
M60-64	
Wilburn M. Adams	3:11:03
Chuck Davey	3:23:20
James A. Lovel	3:30:14
John H. Tanzer	4:01:34
John A. Dorris	4:12:14
M65-59	
Marlynn Bandlow	3:24:17
Charles H. Brown	3:44:15
Bill Kowalysyn	3:53:16

Robert J. Taylor	3:55:16
Wulfgang Waltzer	4:20:02
M70-74	
Lawrence Woszczyzna	3:55:10
Peter Bolos	4:33:56
H.W. McLaughlin	5:55:37
Stan Connelly	6:04:42
M75-79	
James Ramsey	6:15:12
W35-39	
Karen Hubbard	2:47:36
Terri A. Mahr	2:52:19
Angela Larson	3:17:27
Marcia A. Sabourin	3:21:08
Beverly Clendening	3:21:34
W40-44	
Renee M. Maranian	3:17:11
Susan M. Carnes	3:19:36
Joan E. Murphy-Walk	3:27:43
Jan Spiller	3:29:49
Marianne Bayne	3:30:39

W45-49	
Gania Rode	3:02:38
Marilyn Morehead	3:17:59
Louise M. Miklovic	3:25:10
Marge Potter	3:31:23
Armande Pieschke	3:35:21
W50-54	
Wen-Shi Yu	3:11:09
Sandra A. Studebaker	4:15:45
Gertrude Verhoevan	4:22:27
Ruth Fleck	4:29:41
Patricia Anderson	4:54:35
W55-59	
Stephanie Harrison	3:50:04
Mary L. Dasen	4:12:21
Beth Wood	4:28:46
Mary D. Kelly	5:22:36
Marilyn Hamilton	5:43:03
W60+	
Edith Farias	4:25:22
Edna S. Moody	4:37:49
Georgina Dillon	4:41:22

Ultimate Runner, Jackson, Mich.; October 3

Masters Men	age	10K	Pts	400	Pts	100	Pts	Mile	Pts	Mara	Pts	Total
1 D Oropeza	41	32:25	502.8	59.1	323.7	13.3	281	4:50.5	402.6	2:43:57	444	1954.1
2 C Nicholson	41	33:14	451.2	57.3	352.8	13.6	266	4:47.2	416.7	3:45:44	173	1660.6
3 F Bozanich	43	34:54	373.4	63.2	275.4	13.5	271	5:07.6	345.1	2:49:34	394	1659.7
4 P Deladurantay	41	35:04	367.1	62.4	283.4	13.9	254	4:57.4	376.7	3:48:33	167	1449
5 F Peterson	41	36:50	311.8	63.8	269.8	13.8	258	5:29.3	294.8	3:07:50	286	1420.6
8 Gutdayzke	46	38:29	273.6	64.7	261.9	14.6	230	5:35.1	283.1	3:24:39	224	1273.5
11 A Cohen	58	41:43	220.1	68.3	234.8	14.4	236	6:06.1	236.2	3:45:31	173	1101.2
14 J Mulrenin	50	43:05	202.8	77.6	185.4	15.8	199	6:34.3	202.8	3:39:08	187	997.8
16 N Moyer	53	41:57	217	70.4	221.6	15.4	208	5:53.5	253.8	4:48:33	87	988.7
17 S Hunt	47	42:59	204	68.7	232.2	14.9	221	6:32.7	204.5	4:18:15	121	983.3
19 D Lambert	50	41:21	225.2	74.9	197.7	17.1	174	5:58.9	246	4:18:56	120	963.6
23 J Morrison	58	46:05	171.4	82.2	167	17.2	172	6:36.2	200.8	4:00:17	147	859
25 D Mars	48	47:01	163.1	73.6	204.1	15.8	199	6:48.4	188.4	4:49:41	86	841.8
35 R Coffey	60	47:42	157.3	89.0	144.2	19.6	138	7:11.3	166.5	4:28:12	109	715.8
36 W Ypma	61	48:01	154.7	101.6	111.3	25.9	82	7:44.2	141.5	4:56:38	80	570.6
Masters Women												
1 D Palmason	49	41:29	223.3	75.9	193	15.8	199	6:03.8	239.3	3:20:38	237	1092.-
2 N Bovia	41	39:45	250	80.1	175	17.3	171	6:06.0	203.4	3:24:31	222	1021.8
3 D Cook	40	45:45	174.6	85.5	155.4	17.5	167	6:56.2	181	4:48:32	87	766.-
Overall												
R Soler	27	30:40	640.4	54.7	410.1	12.8	310	4:28.5	529.2	2:48:21	404	2295
N Kubasek	30	36:13	329.1	71.1	217.6	16.4	187	5:22.9	307.9	2:52:18	327	1415.8

SOUTHWEST

El Paso/Juarez International
15K
El Paso, Texas; October 10

Overall	
W Waigwa	44:14
M Trujillo	53:18
M35 B Durden	50:33
M40 M Reyna	49:07
M45 F Goldrich	59:35
M50+J Ibarra	56:28
M60+R Gil	67:46
M70+E Delgado	1:29:25
W35 L Palacios	1:01:16
W40 C Ros	1:16:40
W45 E SmaLi	1:27:50
W50+S Robles	1:16:22

Woolaroc 8K
Bartlesville, OK; Oct. 10

Masters overall:	
Donald Wright	27:21 \$250
Gary Madison	27:36 \$150
Bart Paukune	28:12 \$100

Masters Women overall:	
Maureen Bixby	32:09 \$250
Barbara Manning	34:29 \$150
Donna Wright	35:30 \$100

M40 Robert Stuemky	28:38
Monte Gagliardi	28:54
Robert Maddy	29:18
Daniel Vasicek	29:22
Steve Haigh	29:27
W40 Sheryl Drevo	35:40
Patricia Case	36:01
Diane Langston	36:02
M45 Jay Minor	28:50
Bob Bomer	30:45
Lewis Chandler	31:15
Joe Stocker	31:28
W45 Lydia Borges	37:10
Jean Anderson	37:20
Shirley Wilkinson	38:13
M50 Fred Dice	29:00
Bob Adkins	30:15
Larry Miller	31:24
W50 Marilyn Cunningham	48:47
Carol Southard	49:12
M55 Jack Gentry	30:40
Jerry Crockett	30:59
Art Melendez	31:54
W55 Patricia Pruitt	40:30
Patsy Deglusi	49:13
M60+James Mullins	34:57
Eugene Byrnes	35:58
Frank Miorandi	36:44
W60+Wanda Groves	48:31

WEST

San Gabriel River 5K
S. El Monte, Calif.;
September 5

M35 G Bedoy	18:09
M40 R Wilson	17:04
M45 B Nyman	18:52
M50 S Ramsey	20:47
M55 I Marescal	20:59
M60 B Koch	21:32
M65 W Nelson	28:03
M80 J Bishin	41:21
W35 M Schaefer	41:27
W40 G Nuttall	22:41

Legg Lake 8K
S. El Monte, Calif.;
September 6

M35 M Alvarez	33:40
M40 B Staley	32:10
M45 J McIntosh	36:34
M50 C Stolba	31:57
M55 E Duffley	40:49
M60 B Rach	35:20
M65 W Nelson	45:58

Legg Lake 8K
S. El Monte, Calif.;
September 9

M35 R Chieja	35:07
M40 V Redmon	31:19
M45 B McGeough	28:33
M50 C Stolba	32:22
M55 W Ingram	31:47
M65 W Nelson	47:41
W35 T Verduzco	39:32

Legg Lake 8K
S. El Monte, Calif.;
September 13

M40 M Mendez	31:48
M45 B Ahrens	38:20
M50 C Stolba	32:05
M55 W Ingram	32:11
M65 W Nelson	46:17
M70+F Mac Minn	42:06
W40 T Riley	38:31
W50 D Ahrens	46:37

Legg Lake 5K
S. El Monte, Calif.;
September 19

M35 G Bedoy	18:27
M40 M Lalum	--
M45 F Glover	19:40
M50 F Vasquez	19:49
M55 W Ingram	19:07
M60+L Banuelos	20:08
M80+J Bishin	41:01
W30 W Bracamonte	22:35
W40 G Nuttall	23:07
W45 M Shields	22:25

Legg Lake 5K
S. El Monte, Calif.;
September 23

M35 J Englebright	30:48
M40 A Tovar	31:24
M45 B McGeough	28:50
M50 C Stolba	32:2-
M55 W Ingram	33:29
W30 D Chung	44:28
W35 T Verduzco	38:46

Legg Lake 5K
S. El Monte, Calif.;
September 24

M35 G Bedoy	18:22
M40 J Williams	18:35
M50 B Bernal	22:27
M55 O Bruch	21:04
M65 W Nelson	27:55
W30 D Chung	25:32
W35 T Verduzco	23:08

Legg Lake 5 Mile
S. El Monte, Calif.;
September 30

M35 M Alvarez	34:13
M40 J Williams	31:53
M45 F Glover	34:01
M50 J Bishin	41:18
M55 A Camacho	33:17
M65 W Nelson	43:42
W35 T Verduzco	38:03
W40 B Reukema	40:04
W45 M Shields	39:25

Hawaii 5K Championships
Honolulu; October 4

Overall	
E Littleton	31 14:56
W Howlett	24 18:00
M35 M Georgi	15:45
M40 J Sornberger	16:43
M45 W Stahlberger	18:36
M50 J Tuttle	17:38
M55 C Ellsworth	17:53
M60 G Horton	18:38
M65 N Inada	19:30
M70+M Shibusaki	27:57
W35 V Wheadon	21:12
W40 M Webster	22:29
W45 C Obara	22:10
W50 S Bartels	20:50
W55 B Zamparelli	25:58
W60 M Horton	23:35
W65 M Lee	27:50
W70+B Kolsom	38:12

Arthur Martinez Birthday 5K
S. El Monte, Calif.; October 8

M35 M Alvarez	20:18
M40 B Hamilton	21:40
M45 R Carriveru	20:24
M50 B Lin	19:29
M55 R Culling	19:08
M65 W Nelson	26:36
W35 T Verduzco	22:33
W45 M Shields	23:14
W55 S Onodera	27:10
W60+M Ames	45:36

San Diego TC Moving Comfort
8K Race For Women
San Diego; October 10

Overall	
L Crisp	27:06
W40 C Allen	34:09
W45 L Bache	33:07
W50 T Graf	37:35
W55 D Stock	36:08
W60 G Davidson	40:42
W70+J Simon	45:26
(U.S. 70-74 record)	

San Diego TC Men's 8K
San Diego; October 10

Overall	
S McCormack	24:11
M40 R Wells	26:19
M45 F Saiz	29:07
Herman Rodriguez	28:57
M50 B Crum	28:08
M55 M Haraden	30:51
M60+J McCown	32:28
M70+W Kuetzing	40:32
W Benton age-83	AR52:27

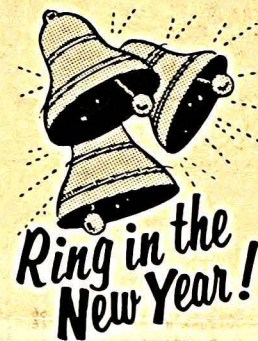
West Coast University
50-Miler, Fountain Valley,
California - October 10

M30 David Warady*	5:58:29
Lion Caldwell	6:09:27
Bob Karwasky	6:44:37
Michael McMahon	6:48:34
Martin Foltz	7:00:00
M40 Bill Scobey**	6:01:11
Ron Lowy	6:51:10
Barry Hawley	7:21:48
Sandy Waddell	7:24:30
J. Montgomery	7:25:38
M50 Lee Preble	7:43:49
Pat Farrell	8:56:33
Donald Matthias	9:45:56
Leon Ransom	12:00:24
M60 Fred Nagelschmit	7:10:30
Tom Edwards	8:41:44
John Lodrski	9:45:56

women

1. Susan Gimbel, 40	7:29:18
2. Kathy Pycior, 38	7:57:04
4. Irma Hutton, 41	8:29:31
5. S. Gundmundsson	10:19:14
Racewalkers	
1. Jill Latham	10:37:16
2. Dave Thorpe	10:43:56
4. Tony Farinella	11:46:16
5. Anne Long	11:46:16

*first overall
**second overall

Legg Lake 5K
S. El Monte, Calif.; October 15

M35 J Engelbrentt	18:49
M40 M Lalum	20:17
M45 R Carriveru	20:13
M50 C Vega	20:51
M55 B Odom	20:22
M65 W N. lson	27:01
W30 D Chung	26:36
W40 B Reukema	24:25
W50 D Vega	30:37

Pumpkin Classic 5K
Encino, CA, October 18

Overall:	
Herman Rodriguez	16:13
Kim Stewart	17:30

M30-39	
Herman Rodriguez	16:13
Edward Voll	17:23
Gordon Robertson	18:23
M40-49	
Jerry Meisner	17:55
Geoffrey Glassner	18:20
Dennis Selby	18:27
M50-59	
Robert Deming	19:21
Bob Gaston	20:28
Phil Sniderman	21:05
M60+	
Larry Banuelos	19:41
S. Melfeld	22:48
Joseph Rossi	24:25
W30-39	
Nancy Lovendosky	19:26
Susan Harmon	19:56
Joan Elvin	21:05
W40-49	
Judy Kewley	19:36
Lynn Walton	24:30
Sandra Ware	25:28
W50-59	
Marjorie West	24:54
Carol Forster	26:31
Norma Surmon	28:32
W60+ Doris Gordon	26:56

NORTHWEST

Prefontaine Memorial 10K
Coos Bay, Oregon
September 20

135 Participate in 2nd NMN Age-Graded Meet

Continued from page 1

and placing third in the 100. His long jump of 5.26m (17-3) broke Boo Morcom's M65 world mark of 5.24 (17-2¼).

A team trophy was won by the defending champion Corona del Mar Track Club, which amassed 85 points to 45 for the Striders and 35 for the L.A. Valley A.C. Scoring was on a 6-4-3-2-1 basis.

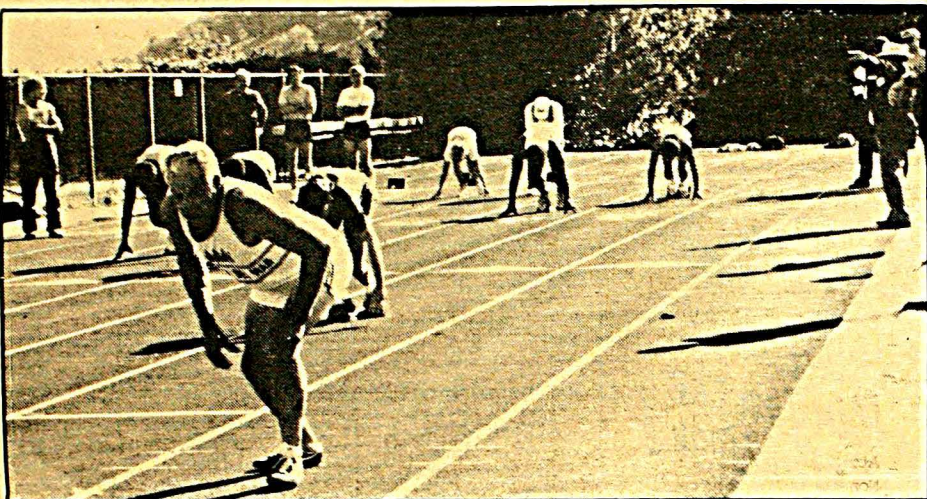
Coming in second to Patsalis for individual honors with 12 points were Mike Castaneda, 68, and Mike Deller, 37. Castaneda won the shot and discus, while Deller took seconds in the shot, discus and hammer. Fourth was Gary Miller with 11 points, followed by Nick Newton (10), Bruce Springbett (10), Boo Morcom (8), Burl Gist (8), Bob

Hunt (7), Bob Wantabe (7), and Bill Morales (7).

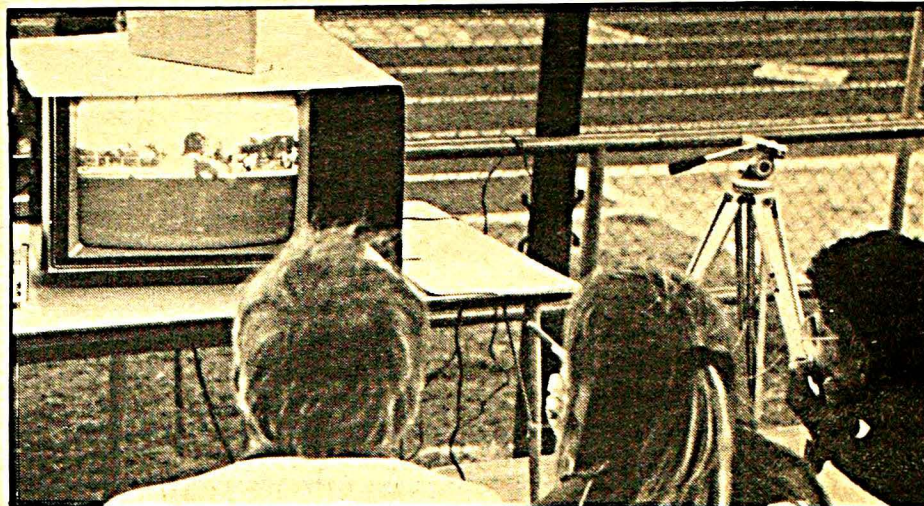
The meet ran smoothly, with an abundance of quality TAC officials. The time and distance handicaps were set in advance, so one simple calculation was all that was needed to determine the winners.

In the 100 through 1500, the first to cross the finish line was the winner, so no calculation was needed. In the other 12 events, winners were determined by each athlete's "performance percentage."

The performance percentage is determined by comparing the athlete's performance with the "standard" for his/her age. The standard is generally based on the world age record for each event, and thus represents an optimum



At the start of the 100, heat 1: Bill Morales, 71 (lane 7, 22.7m hcp); Cynthia Chew, 39 (lane 3, 15.1m hcp); Walt Butler, 46 (lane 4, waiving his hcp and starting at scratch); Scott Tyler, 47 (lane 5, 8.2m hcp); Theo Viltz, 44 (lane 6, 6.8m hcp). Photo by Gretchen Snyder



Athletes watching the videotape replays of the action.

Photo by Gretchen Snyder

(100 %) performance.

The standards were developed by Charles Phillips (Dr. Track), World and U.S. Records Chairman Peter Mundle, and National Masters News editor Al Sheahan.

While most of the standards for the men's running events seem near-perfect, the women's standards and the men's throwing standards are still in the experimental stage. Adjustments will undoubtedly be made as more data is gathered. Comments and suggestions are welcome.

The 100-meter-dash was dramatic. Four heats trimmed 28 entrants to eight finalists, all of varying ages and sexes. Bess James, 78, with her 46-meter head start, led until the final strides when everyone blew by. Ken Dennis, 50, won in 10.4, followed by Springbett (M55, 10.6) and Patsalis (M65, 10.9). Dennis actually ran 90.4 meters; Springbett ran 87.7; Patsalis, 81.6.

Twelve runners competed in an exciting 800. Eighty-four-year-old Mary Ames started first, followed by Bess James, 78, and 10 others. Arizona's Cliff Bedell, 49, picked his way

through the pack to a convincing 5-second victory in an age-graded 1:51.4 (actual 2:11.4).

In the long jump, Patsalis soared 5.26m (17-3). Since the distance standard for age 65 is 5.56, his 5.26 gave him a 94.6 % performance percentage, better than Boo Morcom's 82.8% and Bill Morales' 81.1%. Expressed another way, Patsalis leaped an age-graded 27-7½ (8.42m), theoretically what he would have done at age 25. It's the equivalent of a 27-7½ long jump by Carl Lewis.

Two of the top veteran javelin throwers in the world hooked up, and when the dust cleared, Del Pickarts, 65, had defeated Bill Morales, 71, 85.8% to 75.5%, with a new M65 world record throw of 188-7 (57.49m), which broke Ed Chynoweth's WR of 181-10 (55.42). Joe Greenberg, M37, edged Christel Miller, W52, for third.

The relatively low percentage scores in the throwing events suggest adjustments in the tables may be necessary. The problem with the throwing events is that prodigious throws by Al Oerter and Brian Oldfield tend to make other throws look weak by comparison.

The meet was conducted by the staff of The National Masters News (Sheahan, Jerry Wojcik and Teri Ingram) and by Christel Miller, with assistance from John Tansley, Frank Little, Gunner Miller, Gene Harte, Shirley Kinsey, Gary Miller, Carol Forster, Gretchen Snyder, Jay Darmstatter, and Marvin Thompson.

The complete results are printed here. The simplified procedures for conducting an age-graded meet can be had for the asking. Contact NMN, PO Box 2372, Van Nuys CA 91404. (818) 785-1895. □



2nd Annual National Masters News Age-Graded Meet Los Angeles, November 14

100	Club	Age	Time	Hcp	Dist.	Actual and Age-Graded	Perf.
Heat 1:			Std	(meters)	Run	Time	Pct.
1 Scott Tyler	OTH	M47	10.70	8.2	91.8	10.9	90.7
2 Theo Viltz	LAVAC	M44	10.56	6.8	93.2	11.2	88.3
3 Walt Butler	None	M46	10.65	7.7	92.3	11.8	83.8
4 Cynthia Chew	Trojans	W39	11.44	15.1	84.9	12.4	79.5
5 Bill Morales	CDM	M71	12.61	22.7	77.3	12.5	79.1
5 Carl Flowers	CDM	M40	10.39	5.3	94.7	12.5	79.1
5 Gerald Wong	None	M43	10.51	6.5	93.5	12.5	79.1

Heat 2:							
1 Ken Dennis	CDM	M50	10.86	9.6	90.4	10.4	95.1
2 Tom Patsalis	CDM	M65	11.99	18.4	81.6	10.5	94.2
3 Jeanne Carter	CDM	W47	12.07	20.1	79.9	11.6	85.3
4 Lance Pierce	None	M42	10.47	6.1	93.9	12.1	81.7
5 John Arbogast	Trojans	M30	10.11	2.2	97.8	13.1	75.5
6 Arthur Martinez	Pico	M40	10.39	5.3	94.7	13.2	74.9

Heat 3:							
1 Bruce Springbett	WVTC	M55	11.18	12.3	87.7	10.6	93.3
2 Anthony Castro	Striders	M78	13.48	27.8	72.2	10.8	91.6
3 Bess James	SDTC	W78	17.44	46.3	53.7	11.2	88.3
4 Juan Bustamante	Striders	M45	10.60	7.3	92.7	11.9	83.1
5 William Waight	Ath. For.	M45	10.60	7.3	92.7	12.3	80.4
6 Diana Smith	CDM	W65	12.97	34.0	66.0	14.0	70.6
6 Richard Barnaby	Striders	M49	10.81	9.1	90.9	14.0	70.6

Heat 4:							
1 Nick Newton	LAVAC	M54	11.11	11.7	88.3	10.7	92.4
2 Bob Watanabe	LAVAC	M61	11.64	15.9	84.1	10.9	90.7
3 Ed Oleata	SDAA	M50	10.86	9.6	90.4	11.3	87.5
4 Bert Morrow	CDM	M75	13.09	25.8	74.2	11.6	85.3
5 Mike Corrin	None	M30	10.09	2.2	97.8	11.8	83.8
6 Bob Warwick	None	M67	12.19	19.9	80.1	12.3	80.4
7 Carol Forster	None	W50	12.37	22.3	77.7	13.4	73.8

Final:							
1 Ken Dennis	CDM	M50	10.86	9.6	90.4	10.4	95.1
2 Bruce Springbett	WVTC	M55	11.18	12.3	87.7	10.6	93.3
3 Tom Patsalis	CDM	M65	11.99	18.4	81.6	10.9	90.7
4 Anthony Castro	Striders	M78	13.48	27.8	72.2	11.1	89.1
5 Scott Tyler	OTH	M47	10.70	8.2	91.8	11.2	88.3
6 Nick Newton	LAVAC	M54	11.11	11.7	88.3	11.2	88.3
7 Bob Watanabe	LAVAC	M61	11.64	15.9	84.1	11.6	85.3
8 Bess James	SDTC	W78	17.44	46.3	53.7	12.1	81.7



200	Club	Age	Time	Hcp	Dist.	Actual and Age-Graded	Perf.
			Std	(mtrs)	run	Time	Pct.
1 Bruce Springbett	WVTC	M55	23.30	28.2	171.8	20.5	95.8
2 Nick Newton	LAVAC	M54	23.12	27.0	173.0	20.6	95.3
3 Frank Little	LAVAC	M44	21.63	16.7	183.3	20.8	94.4
4 Anthony Castro	Striders	M78	28.82	57.1	142.9	21.4	91.8
4 Fred Niedermeyer	Striders	M47	22.03	19.6	180.4	21.4	91.8
6 Stan King	LAVAC	M50	22.47	22.7	177.3	21.8	90.1
7 Will Robinson	CDM	M57	23.67	41.4	158.6	21.9	89.7
8 Dennis Duffy	WVTC	M44	21.63	16.7	183.3	22.2	88.5
9 Gretchen Snyder	NCSTC	W53	26.37	46.7	153.3	23.5	83.6
9 Bert Morrow	CDM	M75	27.93	53.1	146.9	23.5	83.6
11 Juan Bustamante	Striders	M45	21.76	17.6	182.4	23.6	83.2
11 Mike Corrin	None	M30	20.22	5.7	194.3	23.6	83.2
13 Bob Hunt	Striders	M67	25.81	42.8	157.2	24.0	81.8
14 William Waight	Ath. For.	M45	21.76	17.6	182.4	24.3	80.8
15 Jeanne Carter	CDM	W47	24.80	38.2	161.8	24.5	80.2
16 Lance Pierce	None	M42	21.39	14.9	185.1	24.7	79.5
17 Diana Smith	CDM	W65	CDM	65.9	134.1	30.3	64.8

400	Club	Age	Time	Hcp	Dist.	A.G.	Perf.
			Std	(mtrs)	run	Time	Pct.
1 Bob Watanabe	LAVAC	M61	56.26	77	323	46.3	93.3
2 Dennis Duffy	WVTC	M44	48.74	38	362	47.8	90.4
3 Stan King	LAVAC	M50	51.02	51	349	48.0	90.0
4 Fred Niedermeyer	Striders	M47	49.83	44	356	48.2	89.6
5 John Lomax	None	M47	49.83	44	356	48.6	88.9
6 Will Robinson	CDM	M57	54.19	68	332	48.7	88.7
7 Bob Hunt	Striders	M67	59.71	92	308	48.8	88.5
8 Wallace Cole	None	M44	57.93	85	315	50.7	85.2
9 Boo Morcom	Trojans	M66	59.10	90	310	50.8	85.0
10 Gretchen Snyder	NCSTC	W53	60.21	95	305	51.3	84.2
11 Fred Karlin	Striders	M51	51.44	53	347	51.7	83.5
12 Joe Perry	Striders	M43	48.40	36	364	52.5	82.3
13 Gerald Wong	None	M43	48.40	36	364	55.3	78.1
14 Steve Ryan	None	M46	49.46	42	358	55.5	77.8
15 Juan Bustamante	Striders	M45	49.10	40	360	59.5	72.6
16 Chalchi	None	M51	51.44	54	346	61.9	69.8
17 John Arbogast	Trojans	M30	44.86	12	388	66.7	64.8

Continued on next page

Continued from previous page

800	Club	Age	Time	Hcp	Age-Graded	No. of Seconds	Actual	Perf.
			Std	(sec.)	Time	Gun	Time	Pct.
1 Cliff Bedell	Arizona	M49	1:58	1:45	1:51.4	:20	2:11.4	89.8
2 Robert Culling	Striders	M55	2:04	1:38	1:56.6	:27	2:23.6	86.3
3 Larry Banuelos	Seniors	M63	2:14	1:26	1:59.7	:39	2:38.7	84.4
4 Fred Karlin	Striders	M51	1:59	1:44	2:02.0	:21	2:23.0	83.2
5 Dennis Duffy	WVTC	M44	1:53	1:51	2:03.1	:14	2:17.1	82.4
6 Stan Baker	None	M46	1:55	1:48	2:04.5	:17	2:21.5	81.3
7 John Cosgrove	Striders	M49	1:58	1:45	2:04.8	:20	2:24.8	81.5
8 Lloyd McGuire	SDTC	M55	2:04	1:38	2:06.5	:27	2:33.5	80.8
9 Ray Gil	Seniors	M63	2:14	1:26	2:12.0	:39	2:51.0	78.4
10 Bess James	SDTC	M78	3:10	:20	2:30.6	1:45	4:16.6	74.0
11 Jim Kelly	San.Clar.	M54	2:03	1:39	2:36.4	:26	3:02.4	67.4
12 Mary Ames	None	M84	3:27	:00	3:54.0	2:05	5:59.0	57.7

1500	Club	Age	Time	Hcp	Age-Graded	No. of Seconds	Actual	Perf.
			Std	(sec.)	Time	Gun	Time	Pct.
1 Jacqueline Hansen	SFVTC	W38	4:04	3:05	3:58.2	:43	4:41.2	86.7
2 Tom Sturak	Striders	M56	4:13	2:54	3:59.4	:54	4:53.4	86.2
3 Jeanne Hoagland	Striders	W51	4:41	2:22	4:02.5	1:26	5:28.5	85.5
4 John Patterson	San. Barb.	M46	3:53	3:18	4:11.8	:30	4:41.8	82.7
5 Donald Cotner	CDM	M65	4:38	2:25	4:29.5	1:23	5:52.5	78.9
6 Ben Castro	None	M57	4:16	2:51	4:30.4	:57	5:27.4	78.2
7 John Cosgrove	Striders	M49	3:58	3:12	4:30.5	:36	5:06.5	77.7
8 Brian Oldham	None	M40	3:43	3:30	4:57.8	:18	5:15.8	70.6
9 Teri Ingram	None	W25	3:49	3:23	5:12.1	:25	5:37.1	67.9
10 Carol Forster	None	W50	4:38	2:25	5:35.7	1:23	6:58.7	66.4
11 Wendy Jurutka	None	W37	4:02	3:07	5:45.8	:41	6:26.8	62.5

5000*	Club	Age	Time	Actual	Perf.	Age-Graded
			Std	Time	Pct.	Time
1 Pat Devine	Marathons	M59	15:49	16:50*	94.0*	*
2 Jim Brownfield	None	M56	15:17	16:28*	92.8*	*
3 Brian Oldham	None	M40	13:27	17:55*	75.1*	*
4 Cynthia Chew	Trojans	W39	14:57	22:11*	67.4*	*

Runners ran one lap short: 4600 meters instead of 5000

5000 WALK	Club	Age	Time	Actual	Perf.	Age-Graded
			Std	Time	Pct.	Time
1 Jim Coots	Easy Str.	M46	21:11	24:32.4	86.3	22:21
2 Collie Greene	WCLA	W62	28:31	34:04.3	83.7	23:02
3 Jill Latham	WCLA	W51	25:05	30:48.5	81.4	23:41
4 Rose Kash	WCLA	W65	29:33	36:37.4	80.7	23:54
5 Ed Bouldin	Bauchet	M40	20:23	25:17.2	80.6	23:55
6 Maynard Mickelson	WCLA	M61	24:27	30:36.5	79.9	24:09
7 Lynne Marsh	Easy Str.	W48	24:16	30:45.5	78.9	24:26
8 Richard O'Hara	Easy Str.	M59	23:57	30:33.4	78.4	24:36
9 Ria Marsh	SCW	W55	26:17	33:32.1	78.4	24:36
10 Esparanza Lassanyi	WCLA	W47	24:01	30:58.4	77.6	24:51
11 Helen Palomo	Easy Str.	W46	23:47	30:41.3	77.5	24:52
12 Brian LaBounty	Easy Str.	M36	19:58	26:43.4	74.7	25:49
13 Nikki Ryan	Easy Str.	W55	26:17	35:38.5	73.8	26:08
14 Mel Grantham	In. Emp.	M62	24:43	33:30.5	73.8	26:08
15 Harwood Benton	SCW	M65	25:31	34:42.6	73.5	26:14
16 Arthur Goolsbee	Cal. Walk.	M47	21:21	29:07.6	73.3	26:18
17 John Fujioka	WCLA	M62	24:43	34:24.3	71.9	26:49
18 Christian Holtz	SCW	M32	19:40	27:28.1	71.6	26:56

SHORT HURDLES	Club	Age	Dist.	Time	Actual	Perf.	Age-Graded
			Run	Std	Time	Pct.	Time
1 Tom Patsalis	CDM	M65	100	16.15	17.0	95.0	13.61
2 Burl Gist	CDM	M67	100	16.60	17.7	93.8	13.78
3 Bob Hunt	Striders	M67	100	16.60	17.8	93.3	13.85
4 Theo Viltz	LAVAC	M44	110	14.22	15.3	92.9	13.92
5 Bert Morrow	CDM	M75	80	14.36	15.6	92.1	14.04
6 Christel Miller	CDM	W52	80	13.35	15.3	87.3	14.81
7 Scott Tyler	OTH	M47	110	14.72	17.4	84.6	15.28
8 Ed Oleata	SDAA	M50	110	14.94	18.1	82.5	15.67
9 Chia-Tsung Pao	LA Pat.	M73	80	13.97	17.5	79.8	16.20
10 Brian Arnsperger	None	M44	110	14.22	20.4	69.7	18.55
11 John Arbogast	Trojans	M30	110	13.00	22.4	58.0	22.29

LONG HURDLES	Club	Age	Dist.	Time	Actual	Perf.	Age-Graded
			Run	Std	Time	Pct.	Time
1 Gary Miller	CDM	M50	400	56.50	61.1	92.5	50.8
2 Bob Hunt	Striders	M67	300	48.36	52.3	92.5	50.8
3 Will Robinson	CDM	M57	400	61.40	67.4	91.1	51.6
4 Bob Morcom	Trojans	M66	300	47.69	52.8	90.3	52.1
5 Bob Watanabe	LAVAC	M61	300	44.60	49.7	89.7	52.4
6 Scott Tyler	OTH	M47	400	55.88	64.5	86.6	54.3
7 Al Sheahan	LAVAC	M55	400	59.90	72.4	82.7	56.9
8 Bob Warwick	None	M67	300	48.36	60.5	80.0	58.8
9 Dave Douglass	Striders	M56	400	60.64	77.0	78.8	59.7
10 Chia-Tsung Pao	LA Pat.	M73	300	52.86	72.8	72.6	64.8
11 William Sevilla	None	M41	400	52.58	75.7	69.5	67.7

HIGH JUMP	Club	Age	Ht.	Actual	Perf.	Age-graded
			Std	Met. Ft/in	Pct.	Met. Ft/in
1 Nick Newton	LAVAC	M54	1.86	1.73 5-8	93.0	2.24 7-4 1/2
2 Burl Gist	CDM	M67	1.60	1.48 4-10	92.5	2.23 7-3 1/2
3 John Dobroth	Striders	M46	2.03	1.84 6-0 1/2	90.6	2.18 7-1 1/2
4 Bob Morcom	Trojans	M66	1.62	1.37 4-6	84.5	2.04 6-8 1/2
5 John Damski	LAVAC	M73	1.47	1.22 4-0	83.0	2.00 6-6 1/2
6 Carol Johnston	Trojans	M75	1.43	1.17 3-10	81.8	1.97 6-5 1/2
7 Christel Miller	CDM	W52	1.56	1.27 4-2	81.4	1.96 6-5
8 Bob Warwick	None	M67	1.60	1.22 4-0	76.2	1.84 6-0 1/2
9 Dave Douglass	Striders	M56	1.82	1.32 4-4	72.5	1.75 5-8 1/2
10 Joe Wallek	None	M41	2.14	1.43 4-8	66.8	1.61 5-3 1/2
11 Robert Perry	CDM	M59	1.76	1.17 3-10	66.5	1.60 5-3
12 John Arbogast	Trojans	M30	2.36	1.37 4-6	58.1	1.40 4-7

POLE VAULT	Club	Age	Ht.	Actual	Perf.	Age-graded
			Std	Met. Ft/in	Pct.	Met. Ft/in
1 Carol Johnston	Trojans	M75	3.42	2.75 9-0 1/2	80.4	4.82 15-9 1/2
2 Tom Woodring	Club West	M51	4.67	3.65 11-11 1/2	78.2	4.69 15-4 1/2
3 Gary Miller	CDM	M50	4.72	3.50 11-5 1/2	74.2	4.45 14-7 1/2
4 Ed Oleata	SDAA	M50	4.72	3.50 11-5 1/2	74.2	4.45 14-7 1/2
5 Don Grosh	Portland	M62	4.10	2.90 9-6 1/2	70.7	4.24 13-11
6 Bob Morcom	Trojans	M66	3.89	2.75 9-0 1/2	70.7	4.24 13-11
7 Hal Wallace	CDM	M59	4.25	2.90 9-6 1/2	68.2	4.09 13-5
8 Ralph Beismeyer	Trojans	M67	3.84	2.60 8-6 1/2	67.7	4.06 13-3 1/2
9 Dave Douglass	Striders	M56	4.41	2.90 9-6 1/2	65.8	3.95 12-11 1/2
10 Dave Baumsteiger	Advantage	M44	5.03	3.20 10-6	63.6	3.82 12-6 1/2
11 Stan Pelland	Victoria	M69	3.73	2.00 6-6 1/2	53.6	3.22 10-6 1/2
12 Bob Warwick	None	M67	3.84	2.00 6-6 1/2	52.1	3.13 10-3 1/2

LONG JUMP	Club	Age	Dist.	Actual	Perf.	Age-graded
			Std	Met. Ft/in	Pct.	Met. Ft/in
1 Tom Patsalis	CDM	M65	5.56	5.26 17-3	94.6	8.42 27-7 1/2
2 Mike Deller	Trojans	M66	5.47	4.53 14-10 1/2	82.8	7.37 24-2 1/2
3 Bill Morales	CDM	M71	5.03	4.08 13-4 1/2	81.1	7.22 23-8 1/2
4 Tom Harris	CDM	M30	8.64	6.76 22-2 1/2	78.2	6.96 22-10
5 Christel Miller	CDM	W52	5.24	3.85 12-7 1/2	73.5	6.54 21-5 1/2
6 Scott Tyler	OTH	M47	7.14	5.20 17-0 1/2	72.8	6.48 21-3 1/2
7 John Damski	LAVAC	M73	4.86	3.52 11-6 1/2	72.4	6.44 21-1 1/2
8 Bob Warwick	None	M67	5.38	3.51 11-6 1/2	65.2	5.80 19-0 1/2
9 Edith Mendyka	CDM	W76	3.13	2.00 6-6 1/2	63.9	5.69 18-8

TRIPLE JUMP	Club	Age	Dist.	Actual	Perf.	Age-graded
			Std	Met. Ft/in	Pct.	Met. Ft/in
1 Tom Patsalis	CDM	M65	11.26	10.43 34-2 1/2	92.6	16.64 54-7 1/2
2 Baruch Elias	LBCC	M66	11.05	9.23 30-3 1/2	83.5	15.00 49-2 1/2
3 John Damski	LAVAC	M73	9.62	7.85 25-9 1/2	81.6	14.66 48-1 1/2

SHOT	Club	Age	Wt.	Dist.	Actual	Perf.	Age-graded
			Lb.	Std	Met. Ft/in	Pct.	Met. Ft/in
1 Mike Castaneda	Striders	M68	8	18.27	12.74 41-9 1/2	69.7	15.78 51-9 1/2
2 Mike Deller	CDM	M38	16	20.82	13.95 45-9 1/2	67.0	15.17 49-9 1/2
3 Jack Thatcher	CDM	M71	8	17.60	11.77 38-7 1/2	66.9	15.15 49-8 1/2
4 Dennis Reitz	None	M53	12	19.48	12.23 40-0 1/2	62.8	14.22 46-8
5 Hal Wallace	CDM	M59	12	18.13	11.12 36-5 1/2	61.3	13.88 45-6 1/2
6 Stan Zak	Atlanta	M54	12	19.26	11.74 38-6 1/2	61.0	13.81 45-3 1/2
7 John Tansley	None	M52	12	19.71	11.84 38-10 1/2	60.1	13.61 44-8
8 J Crothers	None	M71	8	17.60	10.12 33-2 1/2	57.5	13.02 42-8 1/2
9 A J Puglizevich	NCSTC	M79	8	15.72	8.46 27-9 1/2	53.8	12.18 39-11 1/2
10 Edith Mendyka	CDM	W76	6	13.76	7.01 23-0	50.9	11.52 37-9 1/2
11 Richard Mack	River City	M70	8	17.82	8.97 29-5 1/2	50.3	11.39 37-4 1/2
12 Joe Wallek	None	M41	16	20.14	9.67 31-8 1/2	48.0	10.87 35-8
13 Gary Mendyka	CDM	M40	16	20.37	8.78 28-9 1/2	43.1	9.76 32-0 1/2
14 A Steekelenberg	None	W39	8	19.80	7.36 24-1 1/2	37.1	8.40 27-6 1/2

DISCUS		kg								
1	Mike Castaneda	Striders	M68	1	58.24	42.12	138-2	72.3	53.55	175-8
2	Mike Deller	CDM	M38	2	68.08	44.52	146-1	65.4	48.44	158-11
3	Dennis Reitz	None	M53	1.5	61.02	38.41	126-2	62.9	46.61	152-11
4	Gary Miller	CDM	M50	1.5	63.20	39.15	128-5	61.9	45.84	150-5
5	Stan Zak	Atlanta	M54	1.5	60.31	36.81	120-9	61.0	45.18	148-3
6	Hal Wallace	CDM	M59	1.5	56.72	34.20	112-2	60.3	44.66	146-5
7	Bill Morales	CDM	M71	1	56.08	33.59	110-2	59.9	44.37	145-6
8	Bob Morcom	Trojans	M66	1	59.68	32.29	105-11	54.1	40.07	131-5
9	Dave Douglass	Striders	M56	1.5	58.88	31.45	103-2	53.4	39.55	129-9
10	John Tansley	None	M52	1.5	61.74	31.72	104-1	51.4	38.07	124-10
11	Richard Mack	River City	M70	1	56.80	26.72	87-8	47.0	34.81	114-2
12	J Crothers	None	M71	1	56.08	24.94	81-10	44.5	32.96	108-2
13	Edith Mendyka	CDM	W76	1	40.48	15.58	51-1 1/2	38.5	28.52	93-7
14	A J Puglizevich	NCSTC	M79	1	50.32	18.75	61-6 1/2	37.3	27.63	90-7

let's face it!
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