

NATIONAL MASTERS NEWS

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

124th Issue

December, 1988

\$1.95

Schlau's 2:20:40 Wins Overall

by MIKE DAVIS

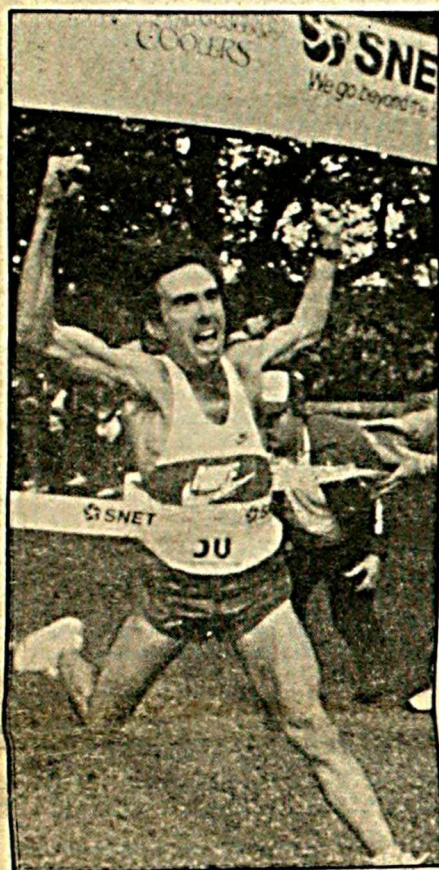
STAMFORD, Conn. — "I will get by, I will survive," say the lyrics to "Touch of Gray," last year's hit song by the Grateful Dead — and in the October 16 Stamford Classic Marathon, the participants with just a "touch of gray" on top of their heads did more than just get by and survive the 26-mile, 385-yard course.

As a matter of fact, 41-year-old Robert Schlau of Charleston, S.C., not only survived — but also won — the overall, as well as the masters, competition.

Schlau, one of the leaders on the ICI/USRA Masters Circuit, ran a smart and patient race, touring the hilly, winding course in 2:20:40. He took the lead at the 23-mile mark and was never headed, finishing more than a minute ahead of the runner-up.

The first masters woman, in 2:52:17, was Jane Hutchison of Webb City, Mo. She also leads the ICI/USRA woman's 40-49 point standings.

A cool cloud cover shaded the course for the first hour of the race — but later the sun began to peek through and temperatures became a bit warm for a marathon. Continued on page 16



Bob Schlau is ecstatic with his 2:20:40 overall win, not to mention his \$12,000 check, in the Stamford Classic Marathon, October 16.

Photo by Sailer Ltd.



Posing before TAC's National Masters Foundation 30K are, from left: Bill Olrich, Gina Faust, Nancy Oshier, Kathy Brown, Wes Wessely, Norm Green, Steve Lester and Robert Nelson.

Photo by Jeff Coleman

Five U.S. Records Set

Lester, Stavalone Storm to Victory in National 30K

by TERI INGRAM

Do you like the cold? How about the wind? Freezing rain? How about running 18.6 miles (30K) in these conditions? If that sounds like fun to you, you should've joined us at the TAC National Masters Foundation 30K in Clarksburg, Calif. (a suburb of Sacramento), November 13.

Under probably the worst conditions ever recorded for a TAC National Championship, an astonishing five national age-group records were set.

Although Steve Lester (45, 13th overall, 1:43:21) and Juana Stavalone (42, 1:58:23) became the fastest TAC 30K champions by virtue of their masters wins in the ICI-sponsored race, the real story of the day was the weather.

With winds gusting up to 40 mph, Norm Green, Jr., 56, added a new M55 record to his collection with his second masters, 21st-overall finish in 1:46:33. Green, Jr., of Pennsylvania, who was accompanied by his parents from nearby Oakland, broke the old record (1:52:42 by Howard Rubin) by over six minutes. "I ran alone most of the way. The wind was tough going out and, because I wear glasses, the rain gave me fits on the way back," Green said.

Green already holds the M55 10K, 10 mile, half-marathon and marathon records, plus nine M50 records. He wasn't alone in finding the weather less-than-ideal.

"That was probably the most miserable race I've ever run," com-

Continued on page 13



Dan Frye (4:15.55) overtaking Byron Dyce (4:15.87) in the men's masters race of the Mercedes Mile on Fifth Avenue, October 15.

Photo by Sailer Ltd.

Marczak, Scott Win in New York Marathon

Fending off a challenge by Bill Rodgers, Ryszard Marczak successfully defended his masters title in the New York City Marathon on November 6. The 42-year-old Polish runner bettered his 1987 winning time by over four minutes with a sparkling 2:15:54.

Rodgers attempted to keep pace with Marczak but fell off the pace and dropped out at 16 miles. Marczak's margin of victory over masters runner-up Frank Weber (2:27:07) of New Jersey was over 11 minutes. Great Britain's

Continued on page 22

INSIDE:

- World and U.S. 5-Year Track & Field Records — pages 17-21
- International Section — pages 23-25
- ICI/USRA Masters Circuit — pages 15-16
- How Ed Benham Does It at Age 81 — page 8

CONTENTS

DEPARTMENTS

TAC Officers.....	2
Letters to the Editor.....	4
Third Wind.....	6
Training Advice — Benham.....	8
Profile — Lester.....	9
Speaker's Corner.....	10
The Foot Beat.....	12
NMN Sustainers.....	12
New Age-Group Athletes.....	13
Track & Field Report.....	14
ICI/USRA Masters Circuit.....	15
Track & Field Age Records.....	17
International Scene.....	23
Countdown to Eugene.....	24
WAVA/TAC Specifications.....	24
Report from Britain.....	25
WAVA Officers.....	25
Masters Scene.....	26
Schedule.....	27
All-American Standards.....	29
Results.....	30



FEATURES

National 30K.....	1
Stamford Marathon.....	1
New York Marathon.....	1
John Dick Drowns.....	7
Prize Money Standings.....	7
Weight Pentathlon Scores.....	8
Tulsa 15K.....	12
Freihofer's 10K.....	12
Hudson Mohawk Marathon.....	12
Portland Marathon.....	13
Staten Half-Marathon.....	13
Fifth Avenue Mile.....	13
Capital Trail 10-Miler.....	15
1988 LDR Winners.....	21
No. Carolina Senior Games.....	22
Club West Meet.....	22
WIGAL Championships.....	23
Davies Runs 30:35 at 50.....	23
Potential Sites Announced.....	25
San Juan Meet.....	25



ENTRY FORMS/RACE & PRODUCT INFO

Mac Wilkins Video Tapes.....	3
NMN Subscription Form.....	4
Hansen & Frank.....	5
NMN Advertising Rates.....	7
Paramount 10K.....	7
Brown Indoor Meet.....	9
1988 Age-Record Book.....	21
Dartmouth Relays.....	22
Get Ready for Eugene.....	24
Classifieds.....	26
Sportapes.....	27
Mastering the Sprints.....	28
All-American Application.....	29
NMN Subscription Form.....	32
NMN Gift Subscription.....	35
ICI/USRA Masters Circuit.....	36

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

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

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

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

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

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WRITE ON:
Please see page 4

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let's face it!
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MEDAL STANDARDS

The current medal standards are inconsistent and have little correlation between events. WAVA copied Europe's standards (for the most part) with errors and all. Little thought was given. (e.g. the women's 800 standards are less than twice the 400.)

There is no need for medal standards. The athletes under age 70 weed themselves out with heats. There should be no medal standards for anyone over age 70 unless there is more aging research to back up the findings.

Marilla Salisbury
San Diego, California

To gain credibility for our sport, we must agree on some common relationship between world records and world medal standards.

WAVA should set medal standards at 75 percent of the world age-group record. Regional and national meets should settle for somewhat less than 75 percent, but should be consistent throughout events and ages.

All meets which adopt medal standards should present medals to all who meet those standards, even though those numbers exceed the traditional 1st, 2nd, and 3rd.

Bob Boal
Raleigh, North Carolina

RACEWALKING

Re: Masters Health and Fitness, October, "Comparing Running With Different Aerobic Exercises," Dr. Morris

states neither walking or running do anything to develop the quadriceps. I disagree. Racewalking definitely develops the quadriceps. I would like to know how many aerobic points Dr. Morris would give to racewalking at a 10/11 min./mile pace.

Jack Ozment
Philomont, Virginia

CLOSE THE NATIONALS

The National Championships of this, or any other country, should not be open to athletes of other countries.

I look forward to meeting the great athletes of other countries in the World Championships. But let's save it and savor it for that moment. Let's not diminish the drama of the event by making lesser competitions so commonplace. And let's keep the Nationals for what they're intended to be: the championships of the Americans.

Phil Mulkey
Atlanta, Georgia

AMERICAN HOSTS WANTED

We will participate in the VIII World Veterans Championships next year in Eugene, and possibly in the U.S. Nationals. We intend to spend a further three weeks touring the U.S., probably the West Coast, before returning home.

We would be delighted to hear from anyone who could host an English athletic couple for a night or two during our travels, since one of the main purposes of these Championships —

and sport, in general — is to further friendships between the people of competing nations.

We would be equally pleased to welcome any American master to our home should any be visiting this country in the future.

Howard and Hazel Darbon
1 St. Augustine's Road
Bedford MK 40 2NB England

NORTH AMERICAN CHAMPIONSHIPS

David Pain was highly complimentary of the North American Masters Track and Field Championships in Toronto, August 27-28. To keep the scale balanced, I take an opposing view:

1) The meet was 52 minutes behind schedule before it reached the second event.

2) A 100-meter finalist didn't show up, yet he was allowed to run in the women's finals and, based on that performance, the actual 100 winner was told to give up his medal.

3) On day 2, the first event started 47 minutes late because no one had put hurdles on the track.

4) The meet, scheduled to end at 2:30 p.m., ended at 7:30 p.m.

5) One runner was not allowed to use a standing start.

6) The hurdles race had no finish judges.

7) Three judges were used for calling discus fouls, but only one marked and measured the throws.

8) There are errors in the final results.

Phil Mulkey
Atlanta, Georgia

KUDOS

Please continue to publish your paper as no one else cares about old age runners. Believe me, your NMN is keeping many older women and men younger.

Howie Ward
Clementon, New Jersey

WIGAL DISSOLVES

On October 8 in Seoul, Korea, the WIGAL (World Association of Veteran Long Distance Runners) dissolved after 21 years of staging World Veterans Championships.

I have championed the proposal to unite both world veteran associations — WAVA and WIGAL — into one association. This idea was realized at the WIGAL General Assembly, which agreed unanimously to confirm the proposal. WAVA President Cesare Beccalli and I witnessed this historic agreement.

However, there is no agreement, yet,



Ed Stotsenberg, on his way to an M70 6:33.2 1500, in the Western Regionals, Los Angeles.

Photo by Jerry Wojcik

about the practical execution of the veterans long distance program. WIGAL preferred the original proposal of the IAAF Veterans Committee to organize the Long Distance World Championships in even-numbered years, and Track and Field in odd-numbered years. This arrangement is already applied in EVAA (European Veterans Athletic Association).

A new proposal has been made by WAVA Vice-President Clem Green to hold both track and field and long distance world championships every other year.

The objections of almost all long distance runners to this were:

Continued on page 25

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Five Years Ago

• David Clark (2:17:30) and Cindy Dalrymple (2:44:01) Top Masters in New York City Marathon.

• XVI World Veterans Distance Running Championships (IGAL) Held in Perpignan, France.

• Sal Vasquez, 43, Leads 1983 Masters 10K Rankings at 30:31.

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JOHN POPPELL WRITES ABOUT CAPS™

June 14, 1988

Dear Dr. Frank:

It is not my intent to get in the middle of a debate on the merits of any product. However, I feel compelled to write because of some things I have seen printed in the National Masters News.

I became aware of your products and ordered them approximately 30 days ago. I have been using them at least that long, and am now on my second order. I suppose long before now, had the difference I noticed been psychological, it would have disappeared.

I am a masters sprinter, age 57, who has been the national 100- and 200-meter champion for the last two years. I attribute my moderate success not to any great talent but rather to a willingness to train hard. Because of my age and the fact that my training occurs in Florida where the climate is very warm and humid, I have constantly battled fatigue at the end of my workouts. It has made for very short days, early dinners, and almost a complete lack of energy for any social life. Since I have been taking your products, I have noticed an amazing change in my physical stamina, my ability to withstand the hard workouts my coach prescribes, and an unbelievable recovery from these workouts which allows me to enjoy many other things well past the time when I normally would be caved in and in bed. I don't know if RACE CAPS and ENDURO CAPS will do the same for others; but, as for me, I can state without hesitation it has been a delightful discovery.

Sincerely yours,
J.S. Poppell

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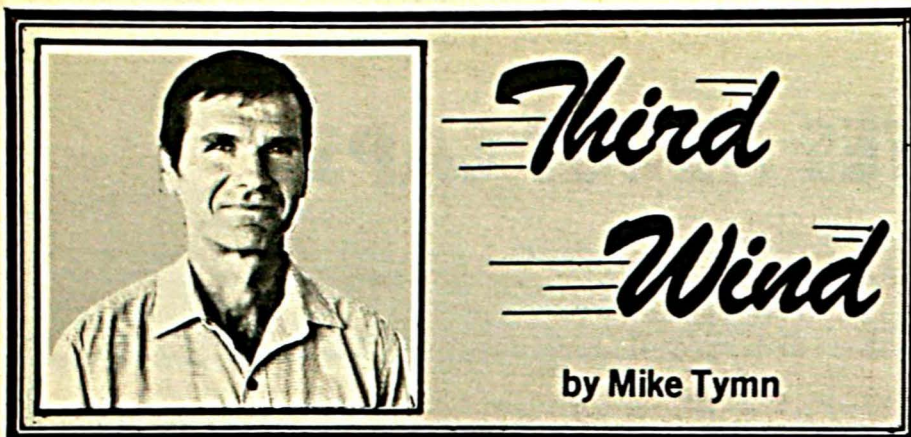
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— Gerald Frank

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Streaking at 100!

Move over Orel Hersher, Edwin Moses, Priscilla Welch, and all you other streakers out there; make room for me. I've got a streak going, too. With this one, I have had 100 consecutive columns in *National Masters News*.

"Big deal," you say. "What's so hard about that?"

Quite honestly, there's nothing hard about it. But when I began the column in August 1980, 100 months ago, I gave myself four or five years before I'd begin running out of topics. After all, how much is there to write about something as simple as putting one foot in front of the other? I've found, however, that there's always someone or something new to discuss or some old something with a new angle to it.

The key to a regular column, I'm convinced, is maintaining a reference filing system. Anytime I see something in a newspaper, magazine, or book that interests me or that pertains to something I might want to write about, I clip it or copy it and file it away. I now have close to 200 subjects indexed, ranging from "abnormalities" and "blunders" and "cheaters" on through "legal issues" and "scandals" and down in the alphabet to "winning," "women" and "youth." I have amassed more than 5,000 clippings or copies that occupy four file drawers.

Whenever I feel like tackling a particular subject, I have a ready-reference file from which to draw knowledge, viewpoints, or quotes.

I also write a regular column for The Honolulu Advertiser and an occasional column for Runner's World magazine, but what makes National Masters News more fun is that editor Al Sheahen doesn't really place any restrictions on me. He allows me to meander all over the place, just as long as there is some link to our sports.

In looking back at my first 99 columns in NMN, as well as around 35 separate profiles, I have these thoughts and recollections:

COLUMN WITH THE MOST FAVORABLE READER RESPONSE: Not many people write complimentary letters, but I do receive quite a few favorable comments from runners when I attend races or race functions. I've also had a number of readers phone me while visiting my home state of Hawaii, so that I know some people read the column. The most favorable reader response was to one of my at-

tempts at humor. It appeared in the September 1986 issue and had to do with loss of vitality in the stream flowing from the bladder. I concluded that there was definitely a positive correlation between intensity of stream, age, and running times.

Had I known that the column was going to force Wendy Miller, then NMN's resident humorist and philosopher, to cower from the competition and hang up his typewriter, I would not have submitted it. Where have you gone, Wendy?

COLUMN WITH THE MOST NEGATIVE RESPONSE: People are more inclined to write when they don't like something. Ironically, that same column on "streaming" brought the most negative letters, including one from a good friend who felt it was very crude and out of character for me.

MOST MEMORABLE EXPERIENCE: I've been fortunate to interview many of the immortals of masters running, including Jack Foster, Joyce Smith, Kjell-Erik Stahl, Priscilla Welch, Piet van Alphen, and Clive Davies, to name a few, but the interview that I most remember wasn't with a masters runner. It was with John Landy, the great Australian miler of the 50s. Landy had stopped over in Honolulu on his way back from home from Canada in June of 1983. When I asked for an interview he invited me to have lunch with him. Since Landy was one of my boyhood idols, it was as if the President of the United States had asked me to join him.

I still find it difficult to understand how Landy can get all the exercise he wants these days from casual walks and gardening.

LEAST MEMORABLE EXPERIENCE: A running idol of more recent times was New Zealand's Jack Foster. I had the opportunity to run with Foster and also dine with him during his visits to Honolulu in the late 70s and early 80s. In my January 1987 column, I pointed out that Foster's 2:11:19 over-40 marathon record, when viewed as a percentage of the open world record, is equal in effort to

a sub-4 minute mile. Attempting to analyze that from a scientific standpoint, I concluded that a sub-4 masters mile is possible, unless the correlation could not be made because of three uncertain premises, one of which was the accurate measurement of the course over which Foster performed.

I certainly didn't intend to impugn Foster's running ability or his reputation as perhaps the greatest masters runner ever. But in a subsequent issue, Jack wrote a letter to the editor really lambasting me for questioning the accuracy of the course.

As I wrote directly to Jack, I was simply attempting to examine my hypothesis objectively. I mentioned to him that the Honolulu Marathon course which he covered in record time in 1975 came up a little short when new, tougher measuring standards were adopted around 1982, as did many other "certified" courses, including the New York City Marathon course. If his 2:11:19 was on a course just 350 yards short, his performance would no longer have equalled a sub-4 mile in effort. That's all I was trying to say. Jack graciously responded that he had reacted too impulsively to the article.

The article prompted further comments in NMN and other publications, including some testimony that the course on which Foster did his 2:11:19 was in fact accurately measured.

MOST DIFFICULT INTERVIEW: Antonio Villanueva, the great Mexican masters runner, had a four-hour stop-over in Honolulu enroute to New Zealand for the World Games of 1981. When Tom Sturak, then a Nike executive, asked me to meet Villanueva and take him for a training run, I welcomed it as an opportunity for an interview. I had hoped to talk with him on the run. However, Villanueva's English was even more limited than what I had retained from my two years of high school Spanish. Still, I thought we might be able to somehow communicate during the 10K run that Villanueva wanted to get in.

After driving Villanueva over the 1.1-mile loop around my neighborhood and explaining that we would do a little less than six loops, I was prepared for a leisurely workout. Without any warmup whatsoever, Villanueva took off at about 4:55-mile pace and maintained that for the entire 10K. Since I was in total oxygen debt for the four loops that I was able to stay with him, there was no chance to talk.

MOST INTERESTING PEOPLE: At Honolulu Marathon time, I have interviewed many of the top young runners in the world for The Honolulu Advertiser. But I'd much rather interview older runners, especially those who have been at it for many years. The young runners haven't experienced enough to have anything worthwhile to say. And there's a certain preten-



California's Stan Whitley edges South Carolina's Thaddeus Bell, 11.05 to 11.16, in the M40 100-meter finals at the Nationals.

Photo by Linda Pain

entiousness with some of them. Give me guys like Ray Mahannah, Albie Thomas, and Ray Hatton. They've been around the block a few times. They know what it is to overcome adversity.

As a class, I also find distance runners better interview subjects than sprinters or field athletes. I don't think it's because I speak the same language or can identify more with them; rather, it is because sprinters and field athletes succeed more on natural ability and don't really have to struggle as much as distance runners. It's the struggle — overcoming adversity — that makes for an interesting interview and story.

FAVORITE SUBJECT: As mentioned in this column before, I have undertaken a pragmatic study of the effects of aging on athletic performance. I first became interested in this subject as I approached the age of 40 and it has continued to intrigue me. One of these days I hope to put everything I have compiled together into a book.

One reader wrote to me that much of what I have written on this subject is negative. He said he doesn't want to read negative things. He wants to think positive. I can understand that. But let's face it, from a strictly physical standpoint, aging is a negative experience. Sure, you can improve with age if you start from a very low level of fitness, but sooner or later your performance will decline. That's the whole reason for masters competition.

My objective in continuing to write about the effects of aging on athletic performance is not to draw attention to the negative, but to try to understand it better so that there might be a positive acceptance within that negative framework.

If you have any thoughts you'd like to share on this subject, I'd appreciate hearing from you. You can write to me at 1524 Uluhao St., Kailua, HI 96734.

Also, if you know of masters, not necessarily the elite, with interesting backgrounds or stories to tell, please drop me a line and tell me about them.

Thank you for your interest in this column. I hope there will be a number 200, which would be the May 1997 issue. □

John Dick Drowns in Fishing Mishap

John A. Dick, 77, one of the most popular and well-known masters athletes in the country, drowned in October while fishing in a lake near his home in Dousman, Wisc. Dick, a long-time participant in masters track and field, held several world and American records and still holds the U.S. decathlon (international) mark of 1986 points for age-53, set in 1965.

A man of modest means who traveled on funds from selling his oil paintings, Dick, nevertheless, had competed in almost every region of the country. He took competition seriously and

had converted his backyard into a miniature track with a long jump pit, a high jump area, and a shot put ring.

Despite a loss of hearing caused by a childhood bout with diphtheria, Dick was a cheerful man, who maintained his zeal for participation in masters athletics throughout the years. He once told a *Milwaukee Journal* reporter, "If I could have anything . . . I'd want to be an Olympic athlete or hear." □

MASTERS 1988 PRIZE MONEY AWARDS thru OCTOBER 31, 1988

\$20,500	Bob Schlauf (SC)	\$29,100	Priscilla Velch (CO/GBR)
15,900	Bill Rodgers (MA)	20,000	Evy Palm (SVE)
15,000	Ryszard Marczak (POL)	16,805	Laurie Binder (CA)
14,500	Mike Hurd (GBR)	14,090	Barbara Filutze (PA)
10,000	Kjell-Brik Stahl (SVE)	9,175	Jane Hutchison (ND)
7,500	Kip Koskel (KEF)	6,450	Angela Hearn (NY/GBR)
6,600	Larry Olsen (MA)	6,100	Gabrielle Andersen (ID)
5,900	Allan Rushmer (GBR)	3,500	Gail Scott-LeDage (CO)
5,440	Web Loudat (NM)	3,000	Francine Pahl (NM)
4,200	Hector Chavez (MEX)	2,600	Harolene Walters (CA)
10		10	
3,000	Bob Knucky (CAN)	1,400	Cindy Dalrymple (HI)
2,900	Barry Brown (NY)	1,050	Nancy McLaren (CAN)
2,900	Kevin Ryan (MA/EZL)	1,250	Joan Zirkelbach (USA)
2,250	Herman Parmentier (BEL)	1,000	Kathleen Arioldi (MA)
1,600	Ken French (CAN)	1,000	Maureen Bixby (OK)
1,500	Nicol Bergeron (CAN)	1,000	L Findley (USA)
1,300	Athol Barton (ND/EZL)	1,000	Claire Johnson (USA)
1,300	Antonio Villanueva (MEX)	1,000	Bobbi Rothman (FL)
1,275	Frank Shorter (CO)	1,000	Christine Tattersall (CT)
1,250	Bernie Allen (MA/GBR)	900	Robin Emery-Rappa (MA)
20		20	
	Compiled by Ken Young	900	Juana Stavalone (CA/ESP)

Quote of the Month:

"What Ben Johnson did was wrong. Sport is valued because it crowns with glory attributes that we associate with good character, not good chemistry.

A society's recreation is charged with moral significance. Sport would be debased, and with it a society that takes sport seriously, if sport did not strictly forbid things that blur the distinction between the triumph of character and the triumph of pharmacology."

— George F. Will

BUD LIGHT

BEER

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 Tenth 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"

ALL-AMERICA CITY

Race Date: January 28, 1989

Race Location: 15550 Downey Ave., Paramount, CA

Race Time: 8:00 A.M. Sharp

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

Course: Flat, fast, certified and sanctioned by TAC

Ribbons

Accommodations: Rodeway Inn
17111 Clark Ave., Bellflower, CA
1-800-228-2000 or 213-920-8853.

20% off. Ask reservationist to specify, "10K race participant."

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

Shirt: Long sleeve, 100% cotton, 3 color

Race fee: \$13.00. No complimentary entries.

Cash Awards: \$6,000.00 available to date.

PACKET PICK-UP: At race site. Look for SPECIAL World Master table, from 6:00 A.M., inside Recreation Building

PRIVATE hospitality area. MASTERS only!

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 of last 3 races, certified courses. This is our seventh year with the Masters. It is a CLASSIC.

Tear & Return

10TH ANNUAL

ROTARY AND
CITY OF
PARAMOUNT

10K RUN

SPECIAL WORLD MASTERS DIVISION

Name _____ Male ☐ Female ☐ Age _____ Phone _____

Address _____ City _____ State _____ 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

1. DISPLAY ADVERTISING RATES

Column Inches	Ad Size	Cost	Examples: Width	Height
52	Back Page	400	10"	13"
52	Full page	300	10"	13"
39	¾ page	250	10"	9 ¾"
			7 ½"	13"
26	½ page	200	5"	13"
			10"	6 ½"
13	¼ page	120	10"	3 ¼"
7	1/8 page	72	5"	3 ¼"
			2 ¼"	6 ½"
3 ½	1/16 page	60	2 ¼"	3 ¼"
1		30	2 ¼"	1"

2. FREQUENCY DISCOUNTS (1-year period)
3 to 5 insertions 10%
6 to 12 insertions 15%

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

4. SPECIAL RATES

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

5. TERMS

Net 10 days from billing date.

6. CLASSIFIED RATES

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

7. MECHANICAL REQUIREMENTS

- See display rates for ad sizes.
- Photo offset printing.
- Negative ok. No mats, cuts or plates.
- 2-colors add \$40.
- Screen: 85 lines per inch.

8. CLOSING DATES

The 10th of month before date of issue.

9. CIRCULATION October 1988

Paid: 4749 Distribution: 6000

Published monthly. Subscriptions \$18.75/year.

Mail order to: National Masters News

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



Benham Has Found the Fountain of Youth at 81

by TERI INGRAM

I think I've found it — the fountain of youth! Or rather, I think Ed Benham has found it. All it takes is 60 miles a week, weights every day, pancakes for breakfast and a dose of religion thrown in for good measure. That's Ed Benham's fountain of youth, and may we all follow his example and live to be 81 and breaking records all over the place.

Perhaps when you hear he's 81, you picture some old geezer slogging around the track, winning only because he's the sole entrant in his division. If that's your picture, you've never seen Benham. In a one-year period he has:

— broken Max Popper's World M80 10K record of 50:48 (that has stood for more than four years) by more than five minutes (45:28)!

— broken Cyril Woods' 15K record of 1:29:04 by over 20 minutes (1:08:09)!

— broken Max Popper's 10-mile record of 1:30:59 by 15 minutes (1:15:25)!

— and continued his assault by breaking Paul Spangler's marathon record of 4:50 by over an hour with his 3:43!

At the 1988 Nationals in Florida, Benham set a world record in the 5000 (21:57) and brought down his own 10K record to 44:29.

Perhaps the usual question "How has your training changed as you've grown older?" doesn't apply to Benham since he didn't begin running until age 72. On the other hand, perhaps it's twice as applicable — after all, he has been running for 13 years at a rather advanced age and has never incurred an injury, let alone surgery. "I have learned more about training and the consistency of it," he admits.

Born in Montreal, Canada, Benham has two sons and was married for the second time at age 79. His wife, Annie, rides her bike with him on his twice-a-day runs. Obviously she's supportive, which is a good thing since Benham declares, "Nothing interferes with my training!"

Each day begins with stretching ("My habit is to stretch first thing in the morning — it helps me to stay fit"), followed by a three-mile run and then pancakes. Later in the day he'll

run 7-10 more. "Be sure and get your training in" Benham recommends. "If you don't, it'll tell on your bad performances and breakdowns...you have to train to be fit. I train all the time. I don't lay off much."

But there's more to Benham than running, although you wouldn't guess it at first sight of his 5'4", ex-jockey 110-pound frame. "We (he and his wife, Annie) fish when we can and we go out dancing and to dinner. I never have time to do all I have to do between keeping our garden going and training. But Annie and I enjoy a rich, full life. We truly live life to the fullest.

"I accepted Christ as my savior at 74, which made all the difference (in his running) — right off, you're on a winning team. Marrying again at age 79 was all I could hope or wish for. God is good to me."

Benham didn't start running until



Ed Benham, 81, after a 46:35 in the National Masters 10K, in Asbury Park, N.J., August 13. Photo by Vic Sailer



Ed Benham, 81, set two world records for men over 80 in the 5000 (21:57.88) and 10,000 (44:29.26). Photo by Linda Pain

age 72, and never ran in school. "I wish I had started sooner because I love it!" His longest run has been 50K (31 miles) and his shortest, 800 meters. He takes a day off before a race; after the race he'll run as much as five miles, followed by stretching. He claims he follows the "trial and error" method of training, although the "error" part doesn't seem to apply.

"My greatest achievement was qualifying for a NIKE trip to Japan, and winning my division of both a marathon and a 10K there." He has been "TAC Runner of the Year" in his age division every year since he first began running and he holds 90 single-age and age-group records in every distance from 3000 meters to the marathon. In 1982, he was inducted into the Road Runners Club Hall of Fame.

"I begin and end each day with a few words to the Lord. I live in-between to the fullest. It has been great for me and mine." □

1987 TOP USA AND CANADIAN WEIGHT PENTATHLON SCORES

Age	Name	Score	Date	
30	Robert Hartman	3335	9-13-87	USA
32	Gary England	4115	9-13-87	USA
39	Mike Deller	3742	12-15-87	USA
39	Norm Bower	3395	9-13-87	USA
39	R. Vlaadingerbroek	3375	2-14-87	USA
44	Ld Hill	4559	9-13-87	USA
46	Carl Wallin	4039	12-7-87	USA
50	Jim Hart	3535	12-15-87	USA
50	Phil Scudieri	3376	5-1-87	USA
51	Bob Humphreys	3630	12-7-87	USA
51	Jay Edwards	3204	5-1-87	USA
52	Tim Tuomey	3398	5-1-87	USA
54	Stu Thomson	4324	12-15-87	USA
54	M. Kintish	3398	9-27-87	USA
55	Pay Carstenson	3234	12-27-87	USA
56	Len Olson	3644	12-7-87	USA
56	Tom Henderson	3337	12-27-87	USA
57	Max Woerle	3397	10-10-87	CAN
58	Cliff Blair	4030	12-7-87	USA
59	Helmut Lange	3321	10-10-87	CAN
60	Phil Bruska	3620	12-7-87	USA
61	Bob Richards	4190	9-28-87	USA
61	Art Jaago	3695	11-7-87	CAN
62	H. Cantor	3540	9-27-87	USA
63	Don Reid	3444	4-25-87	USA
67	Bob Stone	3858	7-4-87	USA
67	Jim Minah	3384	5-1-87	USA
67	Arvids Zakis	3360	10-10-87	CAN
69	Elmer Shaw	3744	2-14-87	USA
70	Ham Morningstar	3416	12-27-87	USA
70	Ed Purgalis	3322	7-12-87	CAN
72	Ian Hume	3487	7-12-87	CAN
74	Jim York	3695	7-4-87	USA
74	W. Eipel	3665	9-27-87	USA

1987 Top USA and Canadian Weight Pentathlon Scores Compiled

by PHIL PARTRIDGE and BOB STONE

Results from 20 weight pentathlons involving USA and Canadian athletes in 1987 have been calculated by the latest Partridge age-factor scoring system. The 1962 IAAF multi-event scoring tables were used to maintain continuity with weight pentathlons from earlier years. The accompanying table lists all scores over 3200.

Some 41 participants in the Melbourne World's Weight Pentathlon, held in conjunction with the VII World Veterans Games, scored over 3200 points using the same age-factor system. Some 120 athletes from more than 20 countries competed at Melbourne. Top scores from the

Melbourne weight pentathlon were published in the July issue of NMN and were therefore not included in the accompanying table. An update of world records for age, based on all weight pentathlons for which data are available, is in preparation.

Due to the success of the World Weight Pentathlon held at Melbourne, and the continued interest in the U.S., efforts will be made to hold a II World's in conjunction with the VIII Games to be held next year at Eugene. However, this event is by no means a sure thing at this date. It would, therefore, be most helpful if those interested would mail in the questionnaire appearing on page 27 of the November issue of NMN. □

PROFILE

Steve Lester: Running High on His Toes These Days

The name Steve Lester, a relative unknown until a year ago, has been appearing in the results of major masters races around the country lately. At 45, Lester is competing with the best young 40s runners in the country. A 30:09 for 10K on July 4 in his hometown of Magna, Utah had a number of National Masters News readers in awe when it was reported in the August issue.

"I don't really count that as my PR," Lester, a grandfather for more than three years, said recently by phone from his home. "It was on a slightly downhill course. I'm a good downhill runner."

Still, Lester, a lanky 6-2 and 150 pounder, ran 31:15 at the Azalea Trail 10K this year, not to mention a couple of 31:30s. He also covered the Lilac Bloomsday 12K in an American 45-49 record of 38:45 and has marathon

times this year of 2:23:10 (Las Vegas) and 2:26:30 (Boston).

Those performances should rank Lester as the number one 45-49 distance runner in the country. Worldwide, only Antonio Villanueva, the great Mexican runner, appears to be ahead of him.

So where has Lester been all these years? Why is he suddenly in the forefront of masters running now?

"Well, actually, I had all my PRs at age 44," he responds, mentioning a 14:22 for 5K and a 38:30 in the Bloomsday race. His marathon best of 2:22:52 was at age 43, but that was also on a downhill course (St. George).

The big breakthrough, Lester explains, came about two years ago when he changed his running form. Demetrio Cabanis, a Brigham Young

"He took me out to a hill and had me run all out for 45 seconds, leaning forward, on my toes. In two weeks I cut a full minute off my 10K time."

University runner, suggested to Lester that he get off his heels and on to his toes.

"He took me out to a hill and had me run all out for 45 seconds, leaning forward, on my toes. In two weeks I cut a full minute off my 10K time."

As Lester sees it, he had been running with his shoulders back and that restricted his breathing. Once he got up on his toes, he was able to take in more air.

Lester began running 10 years ago to protect his wife while she ran and to improve his endurance on the basketball court. "I was playing in two different leagues and I kept dying in the fourth quarter," he says. He covered 10K in 42 minutes in his first year of running.

"It took me three years to get down to 39:30 and then I got real serious," he continues. "I went from about 30 miles a week to 70 in that fourth year and then I ran 33:09. I just sort of stayed around there until I changed my running form."

While Lester played baseball and

basketball during his high school years in Magna, where he was born, he was called upon a few times to help the track team. "They'd come over and get me off the baseball field and I'd run the mile," he says. "I don't think I'd run more than four miles a week. My best mile was 5:06."

In 1987, Lester logged just over 4,000 miles in his training diary, his highest ever. "Training for a marathon, I'd run 400-500 a month, but normally I averaged 85-90 a week throughout the year. If I don't run high mileage, I don't have good times."

Employed as a union man at a copper smelting warehouse, Lester frequently runs to and from work, a round trip of 16 miles. His speed work consists of fartlek on the roads and frequent racing.

"This year, I've cut back a little," he says. "I haven't had any PRs, but I've

been close. I'm trying to do a little more tapering, trying to run smarter. I used to run all out in every race, but now I'm racing only as hard as I have to. I did a 2:32:15 in Stamford (CT) last week and won \$1,500 for third place masters. I could have run faster, but not fast enough to move up a place and earn more money. So I decided to save something for another race."

Lester, who turns 46 on December 29, has his sights set on the 45-49 10K road record of 31:06 by Sal Vasquez of Alameda, Ca. "It's going to be tough to get, but if I can get the right conditions I think I have a chance. I'd like to go after Jim Bowers' marathon record, too, but there's some confusion as to what that record is."

"Beyond that, I'd like to try to hold my times where they are until I'm 50 and go after Norm Green's records." □

— Mike Tymn



Steve Lester

Mike Davis photo

5th ANNUAL BROWN UNIVERSITY MASTERS INDOOR TRACK AND FIELD INVITATIONAL

Sponsored by The Rhode Island Track and Field Foundation

DATE: Sunday, January 15, 1989, 10:30 a.m.
SITE: Brown University Athletic Center, Hope Street and Lloyd Ave., Providence, RI (Adjacent to the Meehan Hockey Rink and Smith Swim Center)
DIRECTIONS: From North: I-95S to Branch Avenue (Exit 24). Turn left on Branch to light. Cross intersection, go up Cypress Street hill to Hope Street, turn right and follow to Athletic Center Complex. From South and East: I-95N to Branch Ave. (Exit 24). Turn right on Branch to light. Cross intersection and follow same as above.
FACILITY: New, ultra-resilient, 200-meter, 6 lane, flat, California Products rubberized surface (field events, too). Use 3/16" spikes. Lockers and showers available.
AWARDS: First three places in all events.
DIVISIONS: Five-year groupings for men and women (30-80+) TAC Sanctioned. (For TAC registration call (617)556-7600.)
ENTRY FEE: Pre-entries will be \$5 first event; \$4 each additional event by Wed., Jan. 11, 1989.
 Post entries will be \$7 first event; \$4 each additional event by 9:30 a.m. (for 10:00 events) and 11:30 for all other events.

ORDER OF EVENTS:		Track	Field
12:00 p.m.	55m Hurdles	10:00 a.m.	Weight Throw (Young to Old)
	55m (Trials/Finals)		Long Jump (Old to Young)
	Mile		Shot Put (Young to Old)
	400m	12:00 p.m.	Triple Jump (Old to Young)
	Mile Walk		High Jump (Bar not lowered)
	800m		Pole Vault
	200m		
	3,000m		
	800m Relay (10 yr. groups - no fees/no awards)	1:30 p.m.	
		1:30p.m.	

HOST HOTEL: Omni Biltmore, \$60/night (1-4 per room). Call (401)421-0700 and mention "Brown Masters Track"

FOR ADDITIONAL INFORMATION CONTACT: Neil Steinberg
 46 Roberta Avenue
 Pawtucket, RI 02860
 (401)728-2869 (Evenings)
 (401)273-5220 (Days)

PLEASE PRINT

Name _____ Phone No. _____

Address _____
 Street City State Zip Code

Age (as of 1/15/89) _____ 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 1989 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 TAC 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 _____



SPEAKER'S CORNER

by STEPHEN JOHNSON
and SHIRLEY DURTSCHI

I'll Run Until I Die — The Motivations and Beliefs of Masters Runners

Masters runners are not, as a rule, morbid. In fact, masters runners seem generally pleased with themselves and with life. However, when asked how long they intend to continue to compete, masters runners overwhelmingly answered that they intend to be buried with their spikes on.

Tom Jordan, 38, was typical of many runners when he answered that he will run "till death." Great numbers of runners answered by simply drawing the infinity symbol. Even older masters runners think they will run for a long time to come. Bill Talmadge, 71, says he will run "20 more years," and Harry McArdle, 81, plans to run until "it's no longer beneficial to my health."

No matter how old they are, masters runners are alive and kicking. Interest in masters running is at an all-time high. To try to understand more about masters running, the authors conducted a survey at the 1987 TAC National Masters Track and Field Championships in Eugene, Oregon. The results of this survey revealed some surprising information about masters runners and the direction masters competition is going today.

Men Differ From Women

First, we discovered that masters running is a much different sport for women than it is for men; most of the women in our survey, 77%, had not previously competed in running before entering the masters program. For men, the situation is the exact opposite, with 83% having competed in high school or college.

This difference in prior participation rates is explained by the lack of opportunity that existed for women prior to the Title IX legislation that increased

awareness of women as athletes. Women who are competing as masters today grew up in communities where local age-group track clubs or public school programs for women were not offered.

Women have entered masters running for a variety of reasons. For many women, masters running has provided a needed social setting. For others, running is seen as beneficial to health, and, for some, as a way to regain fitness. Other women have started masters running with straightforward competitive goals, such as Mary Czarapata, 51, whose goal is to "break American records." Women have also not wanted to be left out, and many have started running for reasons similar to Mim Tallmadge, 70, who, "was going anyway to watch my husband." Some women have started to run for unique reasons, such as part of a recovery program after surgery, or because "I lost all my money and running was cheaper than tennis." Regardless of the reason, women who did not have the opportunity to run when they were young are now entering masters running in ever increasing numbers.

Not only are women starting to compete, many of them are showing themselves to be excellent athletes. Jill Latham, 51, competes in race walking and was the 1987 TAC National 50K racewalking champion. Latham started racewalking less than three years ago and not only continues to improve, but has reached the level where her goal is the same as that of many serious athletes, "to get much faster and one day be in the Olympics."

Took Time Out

The second surprising result from the survey was that almost everyone in masters running who competed when they were young took a period of time out, and then returned to masters run-

ning sometime in the middle 1970s. This means that masters runners in their 30s took from 5 to 10 years off. Masters runners in their 40s took 10 to 20 years off. Masters runners in their 50s took 20 to 30 years off. And masters runners over 60 were away from the sport for more than 30 years.

Again, the reason for this is quite simple. Until the popularization of running in the 1970s, most masters runners had no structure under which to compete. This lack of organization caused many runners to quit running, even though 57% of the runners in our survey said that they had not been satisfied with the level of success they had attained in their early career. When masters running started to grow, it attracted back to the sport people of all ages who had quit running after high school or college.

Additional evidence for the importance of structured running for keeping people in the sport comes from the answers runners gave when asked why they had quit the sport. Next to the need to find a job and the demands of raising a family, the lack of organized running was the most common reason given for dropping out. Even with the demands of a job and family, the desire for athletic competition remained strong and most runners competed during their years away from running in other organized sports, such as basketball, volleyball, or softball.

The factors that kept runners away from organized running prior to the 1970s no longer exist. Today masters running is nationwide and well organized. In addition, programs for women exist from grade school through college. The result of this is that for many younger masters runners there is no break from post-college competition to masters competition. In fact, in the youngest masters age groups, it is not uncommon to find people who compete in both open running and masters running.

Desire to Regain Fitness

When asked why they had decided to return to competition, masters runners gave answers that mirrored what they had missed during the years before masters running was widely available. Thirty-nine percent of masters runners answered that the desire to regain or improve their fitness was the primary reason for returning to running. Additionally, another 38% said that they had never accomplished their early athletic goals, and saw masters running as the chance for such accomplishments. Kirk Randall, 46, is typical of this attitude. Randall returned to running to "train for the Boston Marathon, something I had wanted to do back in my college days." For some, masters running provides another chance to reach the top. According to Joseph Thielman, 46, "Before I never achieved national class; I expect to do so now." Not all masters runners list such serious motives for returning to running.

About the Authors

Stephen Johnson, Ph.D. is a sociologist with the private research firm of Decision Research in Eugene, Oregon. Dr. Johnson is a specialist in national security issues and military decision making. A former college swimmer, he has just turned 40, and is an avid masters athlete who competes in running, swimming, cycling and triathlons. At the 1986 National Masters Swimming Championships he was second in the 35-39 age group 400 freestyle.

Shirley Durtschi, M.S. is a sports psychology consultant in Eugene, Oregon. Ms. Durtschi has been a national caliber runner for the last 10 years, finishing fourth at the 1982 Boston Marathon in 2:39. Ms. Durtschi, age 36, competed in this year's Olympic Trials Marathon. □

Payton Jordan, age 70, simply says, "My old buddies urged me to join them in their fun." Jordan is the dominant sprinter of his age group in the world.

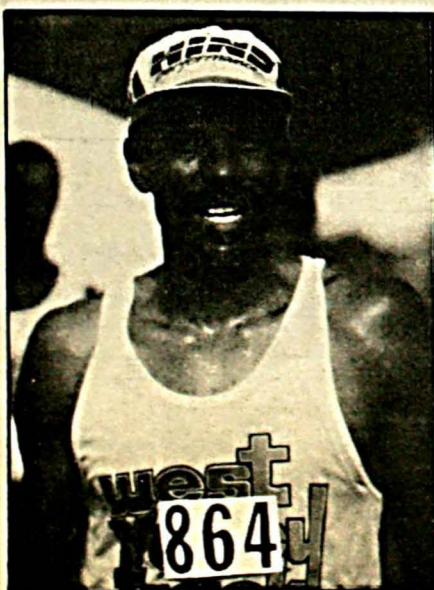
Not only do masters runners want to run for improved fitness and competitive goals, many of them also feel that they are capable of breaking their own personal records. In fact, 22% of masters runners think they can better their all-time previous best times. This belief in breaking all time personal records is more prominent in the younger age groups, reaching as high as 45% in the sub-masters age group 30-34, where for example, Sue Grigsby, age 30, says she intends to break her early records in "everything." Nevertheless, in all age groups, including those over 70 years old, there are runners who feel that their best times are still to come. As for masters records, 67% of masters runners feel that they will better their all-time best masters performance. Grant Towns, age 40, expressed the opinion of many young masters runners when he answered that he intended to better his all time bests in both the 10,000 and the marathon, and to break his best masters times at all distances.

A short list of outstanding masters and sub-masters performances could include examples such as Carlos Lopes' world marathon record at age 37, Jack Foster's first in the world marathon rankings at age 41, Priscilla Welch's win at the 1987 London Marathon in 2:26 when she was 42, Joyce Smith's 2:30 marathon this year at age 50, or Piet Van Alphen's 2:23 marathon at age 51 — a time that was not only a personal record, but faster than the world record when Van Alphen was a teenager.

Continue to Improve

As part of our survey we asked runners to give us their best times for all

Continued on page 11



California's George Mason was the 800 M40 champion at the TAC Nationals Aug. 4-7 with a time of 1:58:39. Photo by Bruce Springbett

Speaker's Corner Continued from page 10

distances in five-year increments from age-group 15-19 to age group 55-59. The results show that many masters runners are running faster in their 30s than they ever ran in high school or college, with 2-to-4-second-per-mile improvements at all distances. In their 40s, many masters runners have continued to improve, although now the improvements are more likely to come at the longer distances, where drops from 15 seconds to 3 minutes, in a 5 or 10K, sometime occur. In their 50s, masters runners often hold on to their best times, or very close to them. However, except for technical field events, such as the pole vault, improvements in all-time personal records are the rare exception rather than the rule for athletes over 50.

There is one group of masters runners who are not running as fast as they did in their earlier running career. This group is made up of former world record holders, Olympic champions, and world-class runners. Runners who were once among the best in the world have not come back to break their all-time-best records. While it may be that the faster they were, as a young runner, the harder it is to break such all time records, the *more* important condition seems to be psychological. Former world-class runners list other goals besides running as more important. When questioned in detail, they state that they either can not, or do not, let themselves take running as seriously as they once did. Former world class miler Sam Bair expressed this attitude when he answered that running is "not a life or death thing anymore."

Mental Toughness

When asked why they think they are running so well, masters runners list conditions or attributes that they did not have when they were competing as young athletes. First among these conditions are self control and mental toughness. According to masters great Tracy Smith, 43, "I can do just about anything I set my mind to doing."

Not only do masters runners have mental and social conditions that they feel enable them to run better, many of them also feel they are training better. When asked how their training differs from the training they did in their early athletic career, masters runners said that, in general, they are doing more distance, more interval workouts, more weight lifting, more cross training, and less sprinting than when they were younger. Some masters runners listed their jobs as part of their training. Part of his alternative training regimen, according to Towns, included such farm work as "picking stones, chasing cows and horses, shoveling manure, throwing bales."

Injuries Pervasive

If there is one factor that affects run-

ners of all ages it is injuries. Because of the pervasiveness of injuries, we asked masters runners about the role injuries had played during their running careers. There is a built-in problem with such a question because runners who have been severely injured, or chronically injured, are not likely to be running at the National Masters Championship. However, even with such a bias, 11% of runners said that they had been forced to quit their early running careers because of injuries. Another 15% said that they had had major injuries, with an additional 32% saying they had suffered from minor injuries.

When questioned further, 24% of all masters runners said that they still suffer from chronic injuries related to their early career. However, of this 24%, a surprising 77% say that they have learned to adjust to their injuries to the point where they feel that they can train as much as they want. This adjustment to injury is made even more remarkable by the prevalent feeling among masters runners that they are more injury prone now than when they were younger, and that if they are forced to quit running the most likely cause will be injury.

Given the importance injuries play in the careers of runners, it is not surprising to find such concern about injuries among runners. It is also not surprising to find that 65% of masters runners have specific injury prevention and recovery programs. Such programs most commonly included stretching and massage, but also included cross-

training (using other sports as supplements for running), more judicious use of rest, professional health care, and careful consideration in the selection of shoes. Former Olympic marathoner Kenny Moore, 43, answered that he suffers from chronic hamstring injury, but that it "can be controlled with deep massage and ice after running," and that he supplements his running with weight lifting and cross training.

Masters are Determined

Masters runners are determined. They are not easily stopped by injury, they seldom feel that age is a barrier to performance, and they enter races with the intention of winning. This sort of determination is not limited to running, but is reflected in other aspects of the lives of masters runners as well. Masters runners have generally succeeded in the workplace. Masters runners are predominately professionals or managers, with teaching and coaching, at both the public school and college level, as a close second. Masters runners consider themselves successful in their work, a third of masters runners said that they are very successful.

Masters running is changing the way we think about sports. The effect of age on athletic ability is neither as dramatic, nor as clear cut as was generally thought only a few years ago. The importance of participation in sports, as an element in a balanced life, is being recognized as a lifelong need. The role of competition in giving meaning to sports participation is

shown clearly in masters running. Masters are proving that you are never too old to be an athlete. Maybe this is what masters athletes mean when they write the symbol for infinity. □



Pennsylvania's Jim Sutton captures the M55 1500 in 4:42.05 at the Nationals on August 6 in Orlando. Photo by Linda Pain



First lap of the men's 5000 walk at the Nationals, Orlando, August 4. Right to left: Jim Heiring (1st, M30), Ray Funkhouser (1st, M35), Gil Amezcua

(3rd, M40), John Fredericks (1st, M40), and Paul Alvord (6th, M40).

Photo by Don Johnson



Pagliano's Podiatric Pointers

THE FOOT BEAT

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

Leg Cramps

Q. I am a masters runner and try to run 20 miles per week . . . I take Vitamin E and Fosfree tablets. Sometimes it works, sometimes it doesn't. I am 56 years old, 39 of which have been working standing at a machine. After I start walking or running my calves start to get hard and ache and feel like they want to cramp. I have stopped running and walking as much as before. Can you give me some advice?

A. Your leg cramps are very difficult to cure. They seem to increase with age and may be related to your vascular system or some type of nutritional deficiency. Your standing at work for 39 years is surely a factor in straining and traumatizing your calf muscle (known as the Gastro Soleus Complex). Hard concrete working surfaces and poor support shoes are factors in the development of calf cramps.

That your calves cramp near the end of exercise may indicate that there is some type of vascular insufficiency. The lack of blood supply to the calf muscle may be causing Ischemia (lack of oxygen to the muscle) and may be causing your cramping. I would advise a consultation with your internist or vascular specialist. You may also wish to add nutritional supplements to your diet.

Calf cramping may also be caused by

certain foot and leg biomechanical abnormalities. Those with a condition known as Equinus Foot Deformity have a very tight heel cord which may cause excessive calf cramping. You may wish to have this examined by your local foot specialist.

Calf stretching exercises are recommended before and after exercise. These are relatively easy to perform and take very little time. This will stretch the calf muscle and increase the blood supply to the area. These exercises may be found in a book called *Stretching* by Bob Anderson.

Obviously a good walking shoe is necessary, one with at least 1/2 inch of support under the heel and a rigid heel counter for additional support. □

(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.)

Hearn Wins Freihofer's 10K in Syracuse

by DAVID OJA

New York City's Angella Hearn successfully defended her masters title in the 1988 Freihofer's Syracuse Run for Women 10K on October 23 in 36:29, faster than her 1987 time.

The race annually serves as the TAC Region I 10K Road Championships for masters women.

Rain, puddles and wet leaves didn't allow the runners to break Fordie Madeira's course record of 36:16, but the masters field still delivered some great performances.

Madeira, of Sherborn, Mass., finished second master in 36:58, while Nancy

Oshier placed third in 37:15.

Hearn's identical twin sister, Christine Hearn Grenning, was fourth (38:01), and Christine Tattersall's 38:07 was good for fifth and first in the 45-49 age group.

Margaret Betz (W50, 41:20), Gloria Brown (W55, 44:32), Dolores Quinn (W60, 50:40), and Betty Howard (W65, 57:26) were other division winners.

Look for them all to be back at Freihofer's in 1989, along with Nancy Mieszcak, who ran 36:12 this year and turns 40 next February. □

14 Join Sustainers

Each month NMN publishes a list of "sustainers," those who support National Masters News and the masters movement by contributing funds. These funds help us offset some of our costs of production and allow us to provide deeper results, more photos, more race coverage and rankings.

Special thanks this month go to Marilla Salisbury and Ed Stotsenberg,

who each very generously donated \$100, and to Anthony Castro, who donated \$50. Thanks also go to:

Burt De Groot	Barbara Meadows
Charles Espy	A.J. Puglizevich
Dr. Richard Gosse	Bob Stone
Rachel Lyga	Velta Tomsons
Tom McCormack	James York
Allen McDaniel	



Athol Barton left, and Frank Shorter pace with Anne Hannam, the overall female winner (48:14) in the Tulsa Run 15K, October 29.

Photo by Randy Jackson

Barton, Andersen Top Masters as Tulsa 15K Draws 11,000

Athol Barton, 40, and Gabriele Andersen, 43, were masters winners in the October 29 running of the Tulsa Run 15K in Tulsa, Okla. Barton (48:15) defeated new master Joseph Babynech of Hungary (48:26), Frank Shorter (49:02), Carl Nicholson (49:27) and Web Loudat (49:45). Andersen

(54:25) bested Jane Hutchison (54:41) and Georgette Green (57:27).

Barton and Andersen each pocketed \$500 as part of a total masters purse of \$2600. Overall winners (\$5000 each) were Jon Sinclair (43:21) and Anne Hannam (48:14) in the 11,000-runner race. □

Weisbrod Runs 2:58 in Mohawk Marathon

by PAUL MURRAY

At age 45, Susan Weisbrod of Skillman, N.J., has emerged as one of America's top female masters marathoners.

When she started the Mohawk Hudson River Marathon on October 30, she was the co-favorite based on her 2:59 winning time in 1987. This year, however, she encountered tougher competition in the person of fellow Jerseyite, Lorraine Gersitz, 32. The pair ran together through the halfway mark when the younger woman began to pull ahead. Weisbrod continued to run strongly and finished with a PR of 2:58:39, just three minutes behind Gersitz. In addition to being the second female finisher, Weisbrod also won the 45-49 age group, bettering the M45 winner's time by 20 seconds.

Masters runners had an excellent day, capturing five of the top spots in the women's race and placing two men among the top ten. Ted DeBonis, 41, of Troy, N.Y. was the male masters winner with a 2:43:51, good for eighth place overall.

A total of 206 runners toured this flat, scenic course between Schenectady and Albany. Temperatures in the 40's and a brisk tailwind for most of the race contributed to an abundance of fast times. The overall winner was Dale Keenan, 38, of Selkirk, New York in 2:24:43.

The sixth edition of the Upstate alternative to the Big Apple Marathon was sponsored by the Energy Answers Corporation and organized by the Hudson Mohawk Road Runners Club. Lee Wilcox was the race director. □

Corkill, Yu Top Masters in Portland Marathon

by TERI INGRAM

Of the 4200 participants in the Sept. 25 Portland (Ore.) Marathon, Jeff Corkill and Wen-Shi Yu turned in the best age-graded performances. Corkill, M45, ran a 2:35:07, which, when divided by the M45 time standard of 2:14:24, gave him 86.6%. Wen-Shi Yu, W50, galloped to a 3:12:03, which, when divided by the W50 time standard of 2:36:29, gave her 81.5%.

Competing in 25-35 mph winds, other top age-graded performances were turned-in by Kenneth Payne (M40, 2:34:47, 84.0%), winner of the M40 division; George Lundin (M65, 3:11:43, 83.9%), winner of the M65 division; and Sonny Conder, second in the M40 division (2:38:01, 82.3%).

Twenty-four percent of the runners participating in the event were women, and some top age-graded performances were turned-in by W40 division winner Gabriele Kolb (3:02:31, 79.5%) and W45 division winner Ricki Vasset (3:18:53, 75.6%). Mavis Lindgren, 81, celebrated her 50th marathon since turning 70 with a 5:57:45.

Although it had rained the day before the race, it ceased in time for the race itself. Amazingly enough, the rain began again five minutes after the last marathoner finished! The 99% finisher rate is the highest of any marathon in the country; perhaps the 2500 volunteers are part of the reason. Forty-two states and eleven foreign countries were represented this year. □

Hall, Johnston Win in Staten Half-Marathon

by JERRY WOJCIK

Art Hall, 41, of the North Shore TC continued his domination of Metropolitan New York masters with a seventh-overall 1:11:27 of 1018 men finishers in the Staten Island Half-Marathon on October 9. Carol Johnston, 45, of the Millrose AA posted a fifth-place 1:27:51 of 221 women runners to outdistance the W40-and-over field.

Both runners also had the best masters performance percentages. Hall's time was 88% of the M40 time standard of 1:03:00, and Johnston's

time was 83% of her W45 standard of 1:12:59.

Alan Fairbrother, 52, of the Millrose club with an M50 division winning time of 1:18:51, had the second-best M40-and-over performance percentage of 87%, based on the M50 standard of 1:07:29.

Lisa Praskins, 54, third woman master, won her division by 17 minutes with a 1:31:45.

Placido Cruz-Martin (38, 1:08:41) and Ann Vazquez (26, 1:21:18) were the open winners. □

Lester, Stavalone Storm to Victory in National 30K

Continued from page 1

mented Shirley Matson, 48, after setting a new W45 record with her 1:59:25. Matson broke Joan Ulyot's record of 2:04:11 and was warmly congratulated by Ulyot herself, who was in her first race since her overall female win in the St. George Marathon, October 1. Ulyot came close to her own record with her 2:05:59 (second W45).

"I'm thrilled, obviously, with my

time," Matson said. "I didn't even know what the record was until today." Matson trains 50-60 miles per week with the unorthodox method of running "how I feel. To me there's no point to running if you don't enjoy it. Why should it be a chore?"

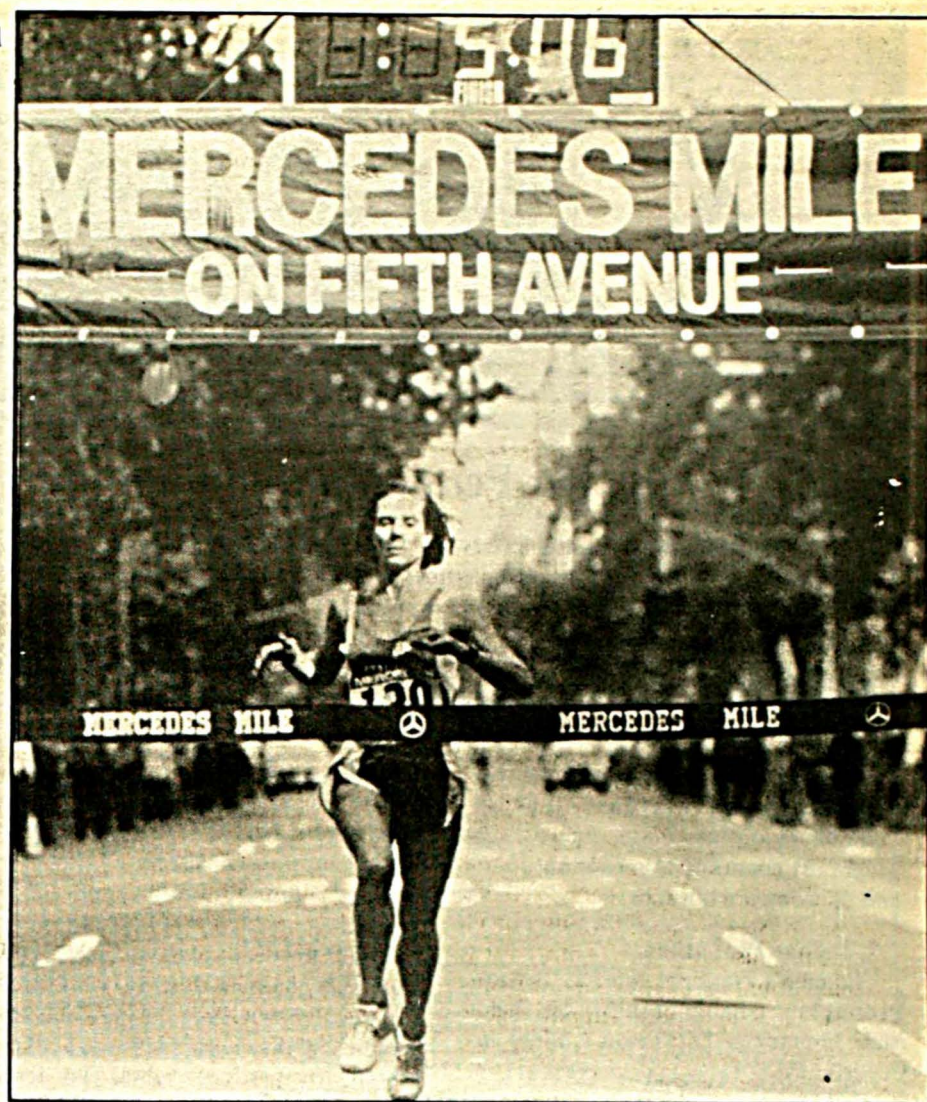
Gina Faust had little trouble smashing the W50 30K record (Ann Stockman's 2:13:51) with her 2:09:32. Before the race she felt very nervous, when Joan Reiss and Heidi Skaden appeared on the scene. "I was so nervous," Faust exclaimed afterward. "But I never saw Joan (who finished second to Faust in 2:16:47) at all, and I heard Heidi dropped-out. I saw her at the beginning of the race — she went out really fast." At one point, when winds gusted particularly hard, Faust, weighing all of 103, nearly got knocked into the returning runners. "I tried to run with a man who helped block the wind, but it was almost impossible to stay out of the way (of returning runners). For a while I thought 'Forget it! Who needs it?' But I kept going. I didn't really lose it until 18, but that last 6/10 was so hard."

Both Mavis Lindgren, 81, and Paul Spangler, nearing his 90th birthday, set records in their division by virtue of the fact that no 30K records have ever been recorded for their groups. They began together two hours before the actual

Continued on page 28



The newest TAC National Masters 30K Champion: Steve Lester, 45, was first master overall (1:43:21) in the ICI sponsored Foundation 30K. Photo by Teri Ingram



Angella Hearn, of New York City, winning (5:07.02) the women's masters segment of the Mercedes Mile on Fifth Avenue, October 15. Photo by Sailer Ltd.

Frye, Hearn Lead Masters in 5th Ave. Mile

by JERRY WOJCIK

Dan Frye of Falmouth, Mass., and Angella Hearn of New York City won the 40-and-over races of the Mercedes Mile On Fifth Avenue in Manhattan on October 15. Frye, the latest claimant for the title of "The New Master On The Block" defeated a solid, national field with a fast 4:15.55. Byron Dyce of Gainesville, Fla., who was ahead in the field of 22 at the 1500 mark, was shaded by Frye into second place (4:15.87). Carl Nicholson of Huntsville, Ala.,

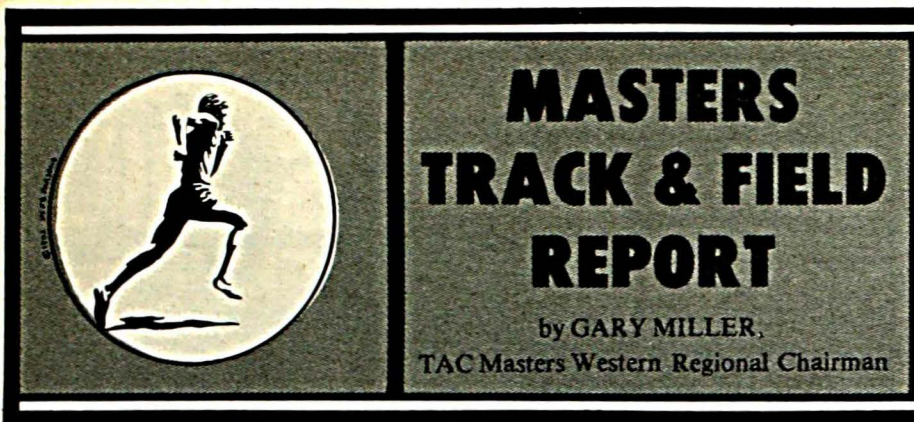
finished third (4:17.01), with Steve Ferraz of San Francisco fourth (4:17.81).

In the women's masters mile, Angella Hearn bested her twin sister, Christine Hearn Grenning, also of NYC, 5:07.02 to 5:22.16. Irene Jackson of NYC took third (5:27.39), and Sylvie Kimche of NYC finished fourth (5:30.79).

Winners of the nationally televised Elite Mile were U.S. 1988 Olympians Steve Scott (3:53.43) and Mary Slaney (4:20.03). □

ATHLETES WHO ENTER A NEW DIVISION THIS MONTH, DEC., 1988

ATHLETE (RESIDENCE)	BIRTHDATE	AGE GROUP
MARJORIE FOX (SMARTVILLE, CA)	12- 3-33	55-59
CARMEN GOMEZ (PUR)	12-25-48	40-44
JOHANNA HARGREAVES (SANTA BARBARA, CA)	12-17-18	70-74
LUCILLE LIGNON (VALLEJO, CA)	12-28-38	50-54
IRENE OBERA (MORAGA, CA)	12- 7-33	55-59
CARRIE PARSI (LEXINGTON, MA)	12-21-38	50-54
WILLARD BENTON (SAN DIEGO, CA)	12-15-03	85-89
WILLIAM BOWERS (POWAY, CAL)	12-17-18	70-74
F. COOLEY (HARTFORD, CT)	12-11-38	50-54
ROBERT DETWEILER (SWARTHMORE, PA)	12-16-13	75-79
DENNIS DEWITT (CA)	12- 1-38	50-54
DAN FITZSIMMONS (CA)	12-25-43	45-49
JOE JOHNSON (APOPKA, FL)	12- 1-43	45-49
SETH LINDGREN (SWE)	12-03-13	75-79
DAVID MORRISON (GB)	12-19-13	75-79
GUIDO MUELLER (WG)	12-22-38	50-54
JOSIAH PACKARD (SAN FRANCISCO)	12-15-03	85-89
JOSE PEREZ (SPA)	12- 2-23	65-69
WOLF REINHARDT (WG)	12-26-28	60-64
NORMAN RUSTAD (US)	12- 3-38	50-54
EINO SALMINEN (FIN)	12- 7-13	75-79
RICHARD STRAUB (SAN DIEGO, CALIF)	12-18-28	60-64
GODFREY SWAKALA (RSA)	12-19-38	50-54
RON TAYLOR (GB)	12- 4-33	55-59
SYDNEY TOABE (FRESNO, CAL)	12-23-23	65-69
JIM WALKER (EUREKA, KS)	12-14-33	55-59
HUEL WASHINGTON (SAN FRANCISCO, CALIF)	12- 8-28	60-64
ROBERT YOUNGS (TOLAND, CT)	12- 6-33	55-59



MASTERS TRACK & FIELD REPORT

by GARY MILLER,
TAC Masters Western Regional Chairman

The Pentathlon

The pentathlon was introduced into the ancient classic Greek Olympic Games, mainly to appease the war-like Spartans. An all-around competition, it consisted of the long jump, javelin throw, a sprint, the discus throw, and wrestling. It was an elimination contest in which all entrants first took part in the long-jumping contest. Those who cleared a specific distance qualified for a second event, and so forth, until the two remaining athletes wrestled each other as a grand finale.

In the masters program, we have five different pentathlons, called "combined events": 1) indoor; 2) weight; 3) runner's; 4) men's outdoor; and 5) women's outdoor.

1. Indoor Pentathlon

The men's National Masters Indoor Pentathlon Championships are held each January at Dickinson College in Carlisle, Pa.

It consists of five events, all done in one day: 1) 55-meter hurdles (Europeans run 60mH); 2) long jump; 3) shot put; 4) high jump; 5) 1000-meter run. European masters use metric shot put weights; U.S. masters have used imperial shot weights. TAC is urging all U.S. masters meets to follow WAVA (metric) standards.

Scoring has been based on the 1985 IAAF tables for the long jump, shot and high jump. Scores for the hurdles and 1000 have been derived from the special 1985 tables for the indoor octathlon. (Since the indoor octathlon does not have a table for the 55mH, a hurdler's 55mH time is multiplied by 1.08 to arrive at a 60mH equivalent.) Starting in 1989, the U.S. meet is expected to stage the 60mH event.

Women may compete in the indoor pentathlon — in the same events as the men — but, there are no separate IAAF women's scoring tables, since few women participate. Thus, women use the men's tables, so their scores are unofficial and not particularly accurate.

There are two scoring problems: 1) the IAAF tables are based on the 16-lb. shot, yet the M50+ throwers use lighter weights. They throw farther and, thus, get more points than their respective efforts in the long jump, high jump and 1000. 2) the IAAF tables are based on 42" hurdles, yet all masters barriers are lower. Again, the scores in this "sub-event" tend to be higher than the LJ, HJ and 1000. Hopefully, better standardization can soon be developed.

2. Weight Pentathlon

The weight pentathlon is a popular combined-event. It's strictly a throwing pentathlon consisting of the shot, hammer, discus, javelin and 35-lb. weight.

The European masters use metric shot and hammer weights, while U.S. throwers have been using imperial weights. U.S. meets will soon likely switch to metric weights. To learn more about the event, send a SASE to TAC Weight Events Coordinator Chuck Klehm at 1218 North Route 47, Woodstock, IL 60098.

In the VII World Veterans Games in Melbourne, the weight pentathlon was added as a post-World Championship event and was well-attended.

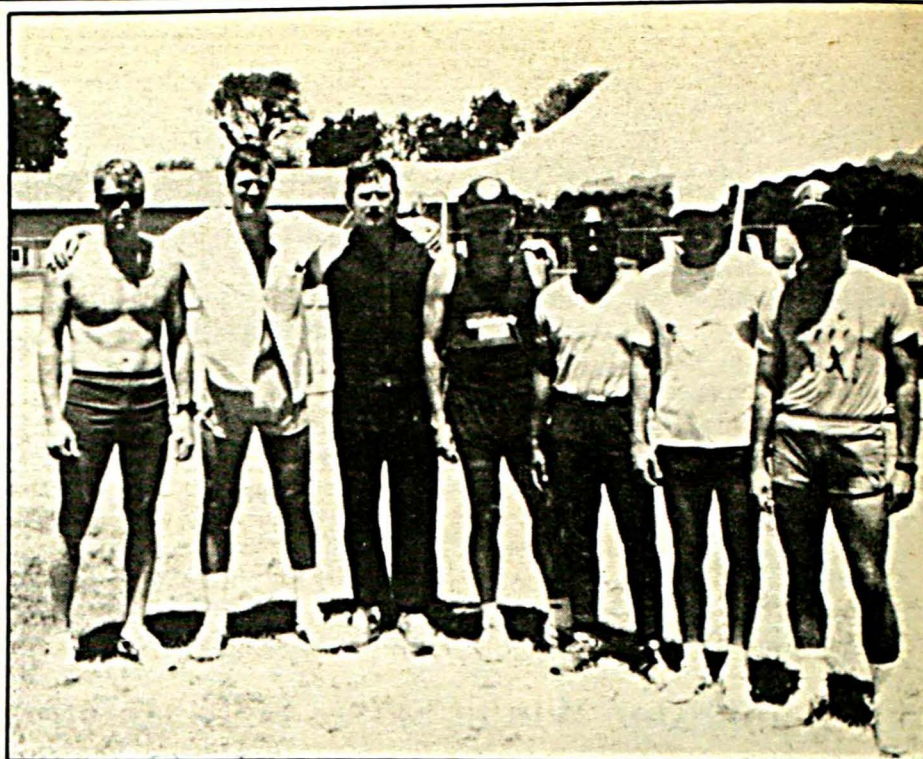
Men's scoring is currently done with the 1985 IAAF tables for the shot, discus and javelin, and weight (using the shot tables). Points for the hammer are derived from the 1962 IAAF tables.

Again, IAAF points assume the competitor threw open implements (16-lb. shot, 2kg discus, etc). But, since 50+ masters use lighter weights, the scoring is skewed.

Phil Partridge has worked out good age-factors for the lighter implements. This month, the WAVA Multi-events Committee, headed by England's Rodney Charnock, will unveil new age-factors which should end the confusion and be used in all future masters combined events. (The Committee is composed of Charnock, Adolf Koch and Walter Fuckert, with input from Rex Harvey, Gary Miller, Pete Mundle, Phil Mulkey, Bob Stone, Christel Miller, Phil Partridge, and Al Sheahan.)

3. Runner's Pentathlon

Runner's pentathlons are just beginning to evolve. They sometimes consist of the 100 through 1500; sometimes the 100 through the marathon. Popular runner's pentathlons are held in Albuquerque, N.M. (3200, 800, 200, 400, and 1600), and in Jackson, Mich. (10K, 100, 400, mile and marathon). The rest between these sub-events is



M30-34 contestants at TAC National Masters Pentathlon Championships, Emmitsburg, Md., June 26, from left: Ron Nelson, 5th; Andy Miller, 3rd; Jeff Watry, 1st; Jessie James, 6th; David Beshears, 4th; and Jeff Bilderbeck, 2nd.

Photo from Jeff Watry

about 45 minutes. Scoring is done by using the new WAVA age-graded tables or a variation thereof.

4. Men's Outdoor Pentathlon

The men's outdoor pentathlon begins with the long jump, followed by the javelin, 200, discus and 1500. It's a one-day event and was part of the Olympics until 1924. In Europe, it is much more popular than in the U.S., both on open and masters levels.

For several years, the outdoor pentathlon was conducted as a separate National Championship. Starting in 1989, it will again be held as part of the U.S. TAC National Masters Track & Field Championships.

It has been a regular event in each WAVA Championships. Last year, however, WAVA voted to substitute the decathlon (for men) and heptathlon (for women) in place of the pentathlon in the 1989 World Championships in Eugene.

Scoring the outdoor pentathlon has been a world by itself. In the World Games, tables compiled by Ian Hume (called "WAVA tables") were generally used. In U.S. pentathlons, the IAAF tables were used for M40-55, and Hume's tables were used for 60+. In the future, all pentathlons will likely be scored using the new "WAVA age-factors" compiled by Charnock's committee.

5. Women's Outdoor Pentathlon

The Women's National Masters Outdoor Pentathlon has been dropped in favor of the heptathlon. This event used to consist of the hurdles, high jump, shot, long jump and 800. It's been contested at the WAVA World Games the past few years. Women may still compete in the National Outdoor Pentathlon, but must compete in the same five sub-events as the men.

Training for the Pentathlon

Training for the pentathlon is

challenging and rewarding. As a 400 and 800 runner, I need to develop biomechanical models for the long jump, javelin and discus. As I am a lightweight (140 lbs.), the discus was my toughest challenge. I had to develop strength and technique to be successful.

A masters athlete can increase his/her strength with weight training, and can become technically more efficient by attending clinics on the skill events.

If you're a thrower, you must develop your sprinting skills for the long jump and 200. Learning to run with proper posture (tall) and with high knees will take hours of practice. You'll need coaching feedback. A second pair of eyes is important. Practicing LJ approaches (after a proper warm-up) will help your sprinting as well as your consistency at the take-off board.

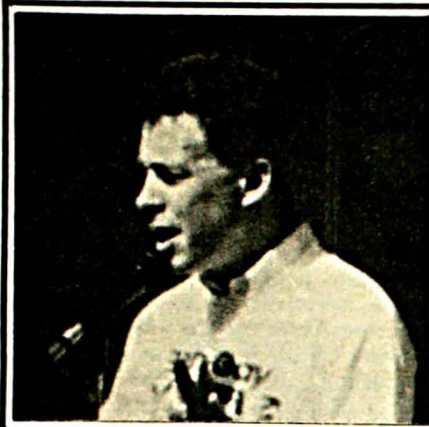
To save your knees, ankles, vertebrae, etc., long jump onto a thick pad, rather than into sand. Practice good arm and leg position while in the air and at landing.

The 1500 is a basic run. Once-a-week interval training is helpful. One-mile warm-up or warm-downs are also beneficial.

I highly recommend the discus clinic by Art Venegas of UCLA. The event takes years to perfect.

The javelin should not be thrown more than once a week in practice. Javelin drills are more helpful and prevent injury. The JT is an unnatural pull on the arm. Using a medicine ball, elastics and sand-ring drills will help develop strength and skills.

Training for the pentathlon is more fun because of the variety of events. There is also plenty of camaraderie. It's one of the best recreational events in masters track and field. □



The Director's Corner

by DEAN REINKE

ICI/USRA Circuit May Plug Into TAC Championships

This past summer during the TAC National Masters Track & Field Championship weekend, I received a call from Kirk Randall. Kirk, a professional squash player turned national class master runner, is currently injured but has redirected his enthusiasm into membership in the TAC Masters Long Distance Running Committee. On behalf of the committee, Kirk invited me to meet with them to discuss the ICI/USRA Masters Circuit.

We had a productive meeting discussing a number of ways we could work together for the betterment of masters running. We shook hands and marked our calendars for the November 28 TAC Convention in Phoenix where we would pursue in more detail some of the ideas we bantered around.

Just two weeks ago, I heard TAC's National Masters 8K Championships, traditionally conducted annually at TAC's convention, was cancelled due to a lack of sponsorship. I offered to have our ICI/USRA National Championships in Naples, Florida on January 14, 1989, serve as the TAC National Championship, as well, but

Loudat, Filutze Top Masters in Capital Trail 10-Miler

by MIKE DAVIS

RALEIGH, N.C. — One year ago, Kevin Amigh, the invited runners' coordinator for the October 8 Capital Trail Run, spent a lot of time on the telephone trying to get runners to come to that 10-mile run.

This year, though, there was no time to invite runners — just time to answer requests from those who wanted to be invited to the race chosen by *Running Journal* magazine is North Carolina's favorite.

Among the reasons is that it is now on the ICI/USRA Masters Circuit, as well.

Web Loudat (41, Albuquerque, N.M.), making his third Capital Trail appearance, was the class of the men's masters field. Leading from start to finish, he had a time of 54:21 over the scenic course through gently rolling hills.

Barb Filutze (42, Erie, Pa.) set a course record in winning the women's masters race with a time of 58:12, a mark that also is a pending national age-42 record.

Juana Stavalone of San Jose, Calif., running her first race since the July 10 Utica Boilermaker, was second in 1:00:25. She held the previous record and also beat her own mark.

Continued on page 26

TAC felt there wasn't quite enough time to set it up properly.

We are hoping the Naples Championship will serve as the foundation for future "co-championships" at all distances. Pittsburgh in 1989 will serve as the TAC National Masters 10K Championship and, while most other TAC Masters Championship distances have been spoken for, ICI/USRA Masters Circuit events are putting together their proposals to serve as Championship sites for 1990 and beyond. Once this coinciding of ICI and TAC Masters Championships occurs, then the championships will truly be "championships" and will be able to determine the best masters at

Continued on page 16

Masters Running '88 Available

Copies of Masters Running '88 are available. A 96-page, four-color, attractive magazine, it features articles by Bill Rodgers, Joe Henderson, Al Sheahan, Mike Davis, Barbara Hazen Shaw and others. It profiles masters runners, and offers tips on nutrition, training and fitness. It's a bargain at \$1.00, and makes a nice gift for a masters running friend. Send \$1.00 for each copy to NMN, P.O. Box 2372, Van Nuys, CA 91404. □

ICI/USRA Masters Circuit Point Standings

The ICI/USRA Masters Circuit features a \$20,000 grand prix style prize purse for 1988. Points are awarded in six age categories (men's and women's 40-49, 50-59 and 60 & over) for places first thru tenth with 1st = 10 points, 2nd = 9th, 3rd = 8, 4th = 7, etc. thru 10th = 1 point.

Men's 40-49:	1st = \$3500, 2nd = \$2500, 3rd = \$1500, 4th = \$750
	5th = \$650, 6th = \$550, 7th = \$400, 8th = \$300,
	9th = \$200, 10th = \$100
Women's 40-49:	1st = \$3500, 2nd = \$1000, 3rd = \$500, 4th = \$250,
	5th = \$100
Men's 50-59:	1st = \$750, 2nd = \$250, 3rd = \$100
Women's 50-59:	1st = \$750, 2nd = \$100
Men's 60 & Over:	1st = \$500, 2nd = \$100
Women's 60 & Over:	1st = \$500

There will also be a \$750 bonus for the best age-graded handicap performance of the year! A separate prize purse will be established for the ICI/USRA Masters Circuit Championship.

ICI/USRA MASTERS CIRCUIT POINT STANDING

(after 12 races including Azalea Trail Run, Cotton Row Run, Myrtle Beach Classic, Hospital Hill Half Marathon, Utica Boilermaker 15K, TAC Masters Track & Field "Mile/1500m", Asbury Park 10K Classic, Crim Road Race, Pittsburgh Great Race, Heartland Hustle, Capitol Trail Run and Stamford). Please note: Number following points total is number of races athlete has run. The best 7 may be included.

Men 40-49:			Women 40-49:		
1. Bob Schlau, SC (41)	66/7		1. Jane Hutchison, MO (41)	73/8	
2. Bill Rodgers, MA (40)	42.5/4		2. Nancy Oshier, NY (40)	45/6	
3. Mike Hurd, ENG (40)	37/4		3. Barb Filutze, PA (42)	39/4	
4. Wes Weselley, GA (40)	34/5		4. Kathy Brown, NY (40)	38/6	
5. Web Loudat, NM (41)	30/4		5. Gabrielle Andersen (43)	30/4	
6. Steve Lester, UT (45)	28/4		6. Laurie Binder, CA (40)	27/3	
7. Barry Brown, FL (43)	17/2		7. Anne Mansfield, NC	25/3	
8. Carl Nicholson, AL (41)	15/3		8. Priscilla Welch	20/2	
9. Don Coffman, KY (45)	14/2		9. Angela Hearn (40)	17/2	
10. Dave Stewart, CAN (40)	13/2		10. Maureen Bixby, MO	13.5/1	
10. Glenn Myers, PA	13/2				
Men 50-59:			Women 50-59:		
1. Wm. Johnston, UT (50)	63/7		1. Susie Klutzz, NC (51)	24/3	
2. Bill Olrich, KY (50)	49/5		2. Joyce Hodges, GA (50)	19/3	
3. Jim Larsen, FL (52)	33/4		2. Jill Martin	19/2	
4. John Dugdale, CT	24/3		2. Dolores Albertini	19/2	
5. Dick Ruzicka	18/3		3. Marcia Ann Woodring, KY	18/2	(56)
6. Ymel Yoder	17/2		3. Marcia Herbst, GA (53)	18/2	
7. Jim Blount	16/2		3. Judy Kirchoffer	18/2	
8. Clyde Davison, KS	15/1		4. Patricia Bond, MO	15/1	
			5. Marion Kowalski	14/2	
Men's 60 & Over:			Women's 60 & Over:		
1. Jim O'Neil, CA (63)	61/6		1. Mary Norckauer, LA (63)	28/3	
2. Jerry Morrison, MO	13.5/1		2. Imy Ernst	27.5/3	
3. Logan McGinness, MO	12/1		3. Loretta Shehan	20/2	
4. Bill Hoffman, AR	10/1		4. Edith Farias, NY	19/2	
4. George Sheehan, NJ (69)	10/2		5. Mary Otte, MO	15/1	
4. Archie Messenger, NH	10/1		6. Jean Benear, OK	13.5/1	
4. Howard Rubin, NY	10/1		7. Margaret Wright, SC	10/1	
4. Jim Torschegan, MI	10/1		7. Charlotte Williams, MI	10/1	
4. Mike Shea, NC (60)	10/1		7. Mabel Velge	10/1	
4. Jordan Bisceglia	10/1		7. Marie Betts	10/1	
4. Edmond Vuolo	10/1		7. Esther Cox	10/1	

Coupled with the \$20,000 grand prix style ICI/USRA Masters Circuit prize pool, the 15 circuit events individually combined will distribute over \$125,000 in total prize money. The January 14, 1989 "ICI/USRA Master Circuit Championship 8K" will feature a \$10,000 prize purse. 5 Circuit events individually combined will distribute over \$125,000 in total prize money. The January 14, 1989 "ICI/USRA Masters Circuit Championship 8K" will feature a \$10,000 prize purse.



Missouri's Jane Hutchison, 41, is the leader in the women's age 40-49 ICI/USRA Masters Circuit standings with 73 points. Photo by Sailer, Ltd.

ICI/USRA Masters Circuit "Happenings"

Bill Rodgers went out a bit too hard at New York City and paid the price, dropping out at 16 miles. He went out with eventual master winner Ryszard Marczak of Poland and another runner he thought was a Master. As it turned out, second Master behind Marczak's 2:15 was 2:29. Rodgers told Fred Lebow afterwards that he ought to have the "Masters wear age group designations like the ICI/USRA Masters Circuit" - Thanks Bill!...Priscilla Welch, still not fully recovered from her stress fracture, also dropped out at New York while 34-year-old Grete showed that she still has her stuff with a convincing 2:28 win over Joan Benoit Samuelson - only 6 more years for Grete until Masterhood...Mike Hurd, meanwhile, led the Masters field at Chicago Old Style in 2:24 while Barb Filutze captured the women's title in 2:48 just 6 weeks after her victory at Eriesistible...

Amazing !!! That's what they are still saying after Bob Schlau's 2:20 victory (Steve Lester says the hilly course was worth a good 4 minutes) of the Masters and open divisions at the Stamford Classic Marathon in Connecticut. Gail Scott made her first '88 ICI/USRA Masters Circuit appearance but it was only good enough for second behind Circuit leader Jane Hutchison...Look for Schlau and Rodgers to lead a strong Masters contingent at the year's final regular season Circuit event in Charlotte, January 7...San Francisco's Joan Ulyot's 2:46 in Utah showed she is still very much alive and well as she approaches grand masters country...Several Finnish runners have approached the ICI/USRA Masters Circuit regarding their impending entry into the Masters ranks including Lasse Viren (39) and Jukka Toivola (39)...No word yet on Kjell-Erik Stahl's chest pains from Twin Cities. Not sure when his next marathon is...Look for Bob Schlau and Mike Hurd to go at it at California International in December while infrequent-racer Jacqueline Hansen will lead the women...We're still trying to twist former mile sensations Dick Buerkle and Marty Liquori to lace up the racing flats but they tell me not to hold my breath...Los Angeles Marathon impresario Bill Burke found out how the other half lives with his first marathon effort at last month's New

York City Marathon...New Jersey Waterfront Marathon contemplating finishing in Giants Stadium next spring...

Mark your calendar! The highly successful Myrtle Beach Classic 10K will hold its second edition April 8, sliced between Cherry Blossom and Crescent City. Look for both a Masters and open prize purse...Negotiations are continuing with numerous cities for the 1989 ICI/USRA Masters Circuit with Baton Rouge Half-Marathon, Bahamas Princess 10K, Shamrock 8K in Virginia Beach and Caesar Rodney Half-Marathon in Delaware looking like strong early season contenders...Race Director Guy Morse reports that the Boston Marathon is looking strong again and that a solid prize purse will again await Masters competitors...That was Barry Brown on the Masters awards stand in Baltimore at the Nissan Maryland Human Race 10K while Baltimore's Marge Rosasco, undefeated as a Master, won the women's crown...

The last American to hold the world marathon record was *not* Alberto Salazar, thank you! Try Buddy Edelen. The Tulsa resident set the record of 2:14 back in 1963 while living in England. In '64, he came home to win the U.S. Olympic Trials in Yonkers but sciatica problems prevented him from finishing higher than 5th at the Olympic Games in Tokyo won by Abebe Bikila. The malady still bothers him, limiting him to slow jogging three times per week...Bill Burleigh of Big Sur Marathon reports he is being barraged with marathon requests for arguably one of the world's most scenic marathons, to be held April 23, 1989...

The Chicago Lakefront Marathon, April 30, is looking to offer a Masters purse for the first time...Pittsburgh Marathon's Larry Kuzmanko is still undecided as to whether he will put the majority of his 1989 prize money (\$250,000) into the women's race and he is also considering a \$30-40,000 Masters purse...Tracy Smith reportedly getting ready to celebrate his one-year injury anniversary - hurry back!...From the "you showed me" department comes Mercedes Mile Champion Dan Frye of Falmouth, Massachusetts. Falmouth Roadrace Direc-

Continued on page 28

The Director's Corner

Continued from page 15

various distances and at year's end in Naples.

And with the masters in Naples competing for a \$10,000 "masters only" prize purse, the event will more than justify the "dual championship" distinction with the caliber of the field being put together. The year's two hottest masters, Bill Rodgers and Bob Schlau, will headline the impressive field of 40-and-overs. New Zealand Olympian Kevin Ryan, just 40, and TAC 10K Masters Champion Larry Olsen, both of New Balance, will also run. Former 2-mile relay world record-holding team member Ken Sparks, one of five who recently broke the world masters mile record at the ICI Legends Mile, will bring speed to Naples as will Gainesville's Barry Brown, the former world record holder at the masters 10K.

The 50s division will present Circuit leader William Johnston of Salt Lake City, Kentucky's Bill Olrich, and Pennsylvania's Norm Green doing battle for the Grand Masters title. 1968 Olympic 5000-meter champion Bob Schul, new to the division, could surprise as well. San Diego's Jim O'Neil, who has dominated the 60-and-over category around the Circuit, will headline that division, challenged by archrival Dr. Alex Ratelle of Min-

neapolis.

Women's masters Circuit leader Jane Hutchison of Joplin, Missouri will head a strong women's field that will include Barb Filutze of Erie, Pa. Other women likely headed for Naples include Great Britain's Priscilla Welch, Gabriele Andersen, Laurie Binder, New York's Angella Hearn and Nancy Oshier.

Among the men, final discussions are being conducted with a veritable "who's who in masters running." Possibilities on the starting line include Jim Ryun, Frank Shorter, Mike Hurd, Ron Bell, Alan Rushmer, Web Loudat, Steve Lester, Ken French, Mike Creery, Tracy Smith, Steve Ferraz, Bill Sevald, Wes Wessely, Ed Benham, Hal Higdon, Dick Quax, Jack Foster, Dave Stewart, Bernie Allen, and Athol Barton.

The ICI/USRA Masters Circuit is fast approaching and appears to be living up to our early hopes of bringing together the sport's Legends. It brings to mind back in the mid-70s when Nike held its first ever "Nike-OTC Marathon" and labelled it "a gathering of eagles." Come January 14 in Naples Florida, the running world will see that the eagle may be bald, but it is certainly not extinct! □

Schlau's 2:20:40 Wins Overall in Stamford Marathon

Continued from page 1

"If you asked me at the 5, 10 or 15-mile mark if I was going to win the race, I would have said no," Schlau told Craig Peterson of the *Stamford Advocate*.

The reason was that Dennis Rinde set a fast early pace in the first third of the race, on a part that is essentially flat. Heading away from the seashore he had a two-minute lead — but soon after that, he began to falter on some hills.

"I went too hard, too soon," Rinde said, "but it just felt so easy. I started to feel weaker and weaker on every hill."

Schlau, meanwhile, was slowly whittling down the gap, and by 18 miles had Rinde in sight. "At first I wasn't sure I could catch him, but then I could see I was slowly gaining on him. When I finally passed him at 23 miles, he didn't have much left," he told Jim Gerweck, also of the *Stamford Advocate*.

"This was an excellent race, as good as any I've ever run," Schlau said.

Gail La Dage Scott of Durango, Colo., the second female masters finisher (2:56:11), had praise for the course, saying that although it was hilly, it was beautiful as well.

"All the hills slowed us down, but I really enjoyed looking at all the pretty color in the trees, especially out by the reservoir just off High Ridge Road," she said. "But the greatest thing is the fact that Bobby Schlau came in first overall. I think that is truly outstanding."

Race director Art Layton, who spent most of the afternoon cruising the course in his command car, was relatively pleased with the races.

"Obviously, this isn't an easy course, but it's a good one to race on," he said. "There are some things we need to improve — traffic control, course directions — but overall, I think we did all right for the first time with a new course." □

WORLD TRACK & FIELD AGE-GROUP RECORDS

Compiled by Peter Mundle and the Records Committee of the World Association of Veteran Athletes (WAVA) through performances verified as of November 1, 1988

Men's World Five Year Age Group Records

DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
M35	10.3	EDWARD JEFFERIS(RSA)	35	11-24-71
M40	10.7	THANE BAKER(USA)	41	9-13-72
M45	11.0	THANE BAKER(USA)	48	6-14-80
M50	11.2	KEN DENNIS(USA)	50	7-18-87
M55	11.6	PAYTON JORDAN(USA)	56	6-23-73
M60	11.8	ALFRED GUIDET(USA)	56	6-22-74
M65	12.5	PAYTON JORDAN(USA)	61	5-27-78
M70	13.0	BERNARD HOGAN(AUS)	65	11-30-85
M75	14.3	PAYTON JORDAN(USA)	70	4-25-87
M80	15.4	JOSIAH PACKARD(USA)	75	6-23-79
M85	16.3	JOSIAH PACKARD(USA)	80	2-25-84
		DUNCAN MCCLEAN(SCO)	88	7-6-73

DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
M35	20.8	DELANO MERIWETHER(USA)	35	6-9-78
M40	21.9	PIETRO MENNEA(ITA)	35	- -87
M45	22.3	REGINALD AUSTIN(AUS)	40	8-10-77
M50	22.9	MANUEL ULACIO(VEN)	42	9-4-82
M55	23.6	GEORGE RHODEN(JAM)	45	7-2-72
M60	24.9	KEN DENNIS(USA)	50	7-18-87
M65	25.6	RON TAYLOR(GBR)	52	7-31-86
M70	26.8	ALFRED GUIDET(USA)	55	6-24-73
M75	29.5	PAYTON JORDAN(USA)	60	6-19-77
M80	32.3	BERNARD HOGAN(AUS)	65	12-6-85
M85	41.1	PAYTON JORDAN(USA)	70	6-20-87
		JOSIAH PACKARD(USA)	75	6-24-79
		JOSIAH PACKARD(USA)	80	2-18-84
		DUNCAN MCCLEAN(SCO)	87	8-24-72
		HERB ANDERSON(USA)	85	9-5-87

DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
M35	46.38	JAMES KING(USA)	35	5-25-84
M40	48.75	HAGUES ROGER(FRA)	41	7-16-82
M45	50.46	HANNO RHEINECK(FRG)	45	12-5-87
M50	51.8	JAMES BURNETT(USA)	45	6-29-85
M55	53.98	RON TAYLOR(GBR)	52	9-27-86
M60	57.65	CHARLIE WILLIAMS(GBR)	57	12-5-87
M65	61.4	BERTHOLD NEUMANN(FRG)	55	9-6-86
M70	64.6	JACK GREENWOOD(USA)	60	7-20-86
M75	68.5	PETER MIRKES(FRG)	60	8-28-68
M80	75.4	JOHN ALEXANDER(USA)	67	5-16-87
M85	1:42.2	JOSIAH PACKARD(USA)	73	8-10-77
		HAROLD CHAPSON(USA)	75	6-23-79
		JOSEF GALIA(FRG)	80	7-9-83
		KONRAD BOAS(FRG)	85	9-4-85

DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
M35	1:49.2Y	GEORGE SCOTT(NZL)	35	5-12-72
M40	1:53.5	RON BELL(GBR)	40	6-14-87
M45	1:57.73	NOEL CARROLL(GBR)	40	6-23-82
M50	2:00.70	GEORGE COHEN(USA)	45	8-23-85
M55	2:06.6	KLAUS MAINKA(GFR)	45	- -81
M60	2:17.0	TOM ROBERTS(AUS)	50	4-22-84
M65	2:20.5	DEREK TURNBULL(NZL)	55	5-14-82
M70	2:34.5	JOHN GILMOUR(AUS)	60	1-11-81
M75	2:40.0	FRANK EVANS(NZL)	60	6-25-85
M80	2:53.5	JACK STEVENS(AUS)	65	8-13-82
M85	3:45.5	MONTY MONTGOMERY(USA)	71	9-4-77
		HAROLD CHAPSON(USA)	75	5-14-78
		HAROLD CHAPSON(USA)	80	7-11-82
		HAROLD CHAPSON(USA)	81	10-9-83
		JOSEF GALIA(FRG)	85	9-4-85

DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
M35	3:33.91	MIKE BOIT(KEN)	36	8-21-85
M40	3:52.0	MICHEL BERNARD(FRA)	40	6-20-72
M45	4:01.47	DAVID SIRT(GBR)	45	12-5-87
M50	4:05.2	TOM ROBERTS(AUS)	50	3-22-84
M55	4:17.4	DEREK TURNBULL(NZL)	55	2-20-82
M60	4:30.0	GUNTHER HESSELMANN(FRG)	55	6-23-81
M65	4:41.82	JOHN GILMOUR(AUS)	60	12-22-79
M70	5:11.8	JACK RYAN(AUS)	65	12-5-87
M75	5:30.1	MERV JENKINSON(AUS)	70	1-6-80
M80	6:04.28	HAROLD CHAPSON(USA)	75	8-11-77
M85	7:29.4	ED BENHAM(USA)	80	12-5-87
		JOSEF GALIA(FRG)	87	9-4-85

DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
M35	3:52.48	JOHN WALKER(NZL)	36	7-2-88
M40	4:12.58	RON BELL(GBR)	42	8-6-88
M45	4:16.75	DAVID SIRT(AUS)	45	12-6-87
M50	4:30.06	TOM ROBERTS(AUS)	53	12-6-87
M55	4:40.4	JACK RYAN(AUS)	55	12-15-77
M60	4:57.1	JOHN GILMOUR(AUS)	61	11-13-80
M65	5:05.61	JACK RYAN(AUS)	65	12-6-87
M70	5:42.2	MONTY MONTGOMERY(USA)	70	7-9-77
M75	6:15.1	HAROLD CHAPSON(USA)	78	7-5-81
M80	6:07.1	PAUL SPANGLER(USA)	81	6-7-80
M85	8:04.7	HAROLD CHAPSON(USA)	80	3-4-83
		JOSEF GALIA(FRG)	87	9-4-85

DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
M35	7:52.48	JOHN WALKER(NZL)	35	7-10-87
M40	8:17.4	JACK FOSTER(NZL)	43	1-31-76
M45	8:36.0	BARRY BROWN(USA)	40	7-30-84
M50	8:53.8	LARRY OHARA(GBR)	45	7-8-77
M55	9:12.8	RAY MATTON(USA)	50	6-25-82
M60	9:41.2	JACK RYAN(AUS)	55	1-24-78
M65	10:10.2	GUNTHER HESSELMANN(FRG)	55	7-15-81
M70	11:46.2	JOHN GILMOUR(AUS)	61	11-22-80
M75	13:06.4	HAROLD CHAPSON(USA)	65	11-22-84
M80	14:39.0	JOHN FARRELL(GBR)	70	3-28-76
M85	16:32.0	RICHARD BREDENBECK(USA)	75	6-27-82
		ED BENHAM(USA)	75	6-13-81
		PAUL SPANGLER(USA)	80	7-22-79
		FRITZ HELBER(FRG)	80	9-14-86
		PAUL SPANGLER(USA)	85	5-4-84

DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
M35	13:16.36	CARLOS LOPES(POR)	37	6-28-84
M40	13:45.6	LUCIEN RAULT(FRA)	40	5-21-76
M45	14:23.6	LUCIEN RAULT(FRA)	46	6-19-82
M50	15:31.0	ALAIN MIMOUN(FRA)	50	6-6-71
M55	15:52.8	JEAN OUSELEN(BEL)	50	9-12-84
M60	16:33.4	JACK RYAN(AUS)	55	4-20-78
M65	17:43.3	GUNTHER HESSELMANN(FRG)	55	6-27-81
M70	19:33.0	JOHN GILMOUR(AUS)	61	8-9-80
M75	20:59.0	JOHN FARRELL(GBR)	65	12-1-87
M80	21:57.88	JOHN FARRELL(GBR)	70	6-20-79
M85	26:50.2	EDWARD BENHAM(USA)	75	9-23-83
		EDWARD BENHAM(USA)	81	8-6-88
		JOSEF GALIA(FRG)	87	8-16-85

DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
M35	27:17.48	CARLOS LOPES(POR)	37	7-2-84
M40	28:33.4	LUCIEN RAULT(FRA)	40	6-9-76
M45	30:02.56	ANTONIO VILLANUEVA(MEX)	45	11-29-87
M50	32:05.6	LUCIANO AQUARONE(ITA)	51	10-1-81
M55	33:08.2	DEREK TURNBULL(NZL)	55	2-13-82
M60	34:23.0	GUNTHER HESSELMANN(FRG)	55	6-2-81
M65	36:04.6	JOHN GILMOUR(AUS)	61	11-26-80
M70	40:40.2	TEDDE JENSEN(SWE)	65	9-15-72
M75	42:34.8	ALAN BURGOYNE(AUS)	71	12-16-85
M80	44:29.26	LUIS RIVERA(MEX)	75	9-3-77
M85	54:23.0	EDWARD BENHAM(USA)	81	8-4-88
		JOSEF GALIA(FRG)	87	8-28-85

DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
M35	12:15.99	20.774 GASTON ROELANTS(BEL)	35	9-20-72
M40	11:13.09	18.900 WILLIAM STODART(GBR)	40	8-21-71
M45	11:12.68	18.862 ALAIN MIMOUN(FRA)	45	3-20-66
M50	11:95.4	18.575 ALAIN MIMOUN(FRA)	50	5-16-71
M55	10:11.94	17.185 JOHN GILMOUR(AUS)	55	10-14-74
M60	10:83.1	16.853 JOHN GILMOUR(AUS)	61	10-21-79
M65	9:15.40	15.692 JOHN GILMOUR(AUS)	65	10-7-84
M70	9:17.3	14.642 STAN NICHOLLS(AUS)	72	6-14-83
M75	8:33.5	13.181 LOU GREGORY(USA)	75	12-17-77
M80	7:94.6	13.697 ED BENHAM(USA)	75	4-9-80
M85	6:47.2	12.130 PAUL SPANGLER(USA)	81	11-1-83
		10.088 PAUL SPANGLER(USA)	85	11-18-84

DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
M35	14.1	GHULAM LAZIK(PAK)	36	2-16-69
M40	14.4y 42"	DON FINLAY(GBR)	40	8-1-49
		LEOPOLD MARIEN(BEL)	41	8-13-75
		WALT BUTLER(USA)	40	8-8-81
		STAN DRUCKERY(USA)	40	8-27-88
M45	14.7y	ALBJORN THORLAKSSON(ICE)	45	7-8-79
M50	15.1	JACK GREENWOOD(USA)	51	8-10-77
M55	16.6	ANDRE FINDELI(FRA)	55	9-14-78
M60	14.98	JACK GREENWOOD(USA)	56	8-29-82
M65	16.4	ALBERTOS VAN ZYL(RSA)	60	7-19-86
M70	14.52	HERB MILLER(USA)	65	8-29-87
M75	16.23	TEOFILO COLON(PUR)	70	7-18-86
M80	17.5	ANITI PAJUNEN(FIN)	76	6-23-85
		RUSSELL MEYERS(USA)	80	7-30-86
		HERBERT ANDERSON(USA)	80	7-7-84

DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
M35	49.72	JAMES KING(USA)	35	5-13-84
M40	54.08	LEON HACKER(RSA)	40	7-29-79
M45	54.1	GEORGE MATHE(RSA)	40	6-30-79
M50	55.18	GUIDO MUELLER(FRG)	47	8-1-86
M55	58.1	JACK GREENWOOD(USA)	50	7-3-76
M60	59.85	JACK GREENWOOD(USA)	57	9-27-83
M65	66.01	RUDOLPH VALENTINE(USA)	62	8-23-85
M70	66.56	FRANS BUYS(HOL)	60	6-28-85
M75	71.4	FRANS BUYS(HOL)	60	5-3-85
M80	77.50	ROBERT HUNT(USA)	65	5-18-85
M85	89.58	GILBERTO GONZALEZ(PUR)	70	9-27-83
		RUSSELL MEYERS(USA)	77	5-9-81
		HERBERT ANDERSON(USA)	80	7-24-82

DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
M35	8:33.4	IVAN KABANOV(URS)	36	7-27-75
M40	8:41.5	GASTON ROELANTS(BEL)	40	7-6-77
M45	9:25.28	RON ROBERTSON(NZ)	46	12-5-87
M50	9:58.2	NILS UNDERSAKER(NOR)	45	9-12-84
M55	10:39.0	MAURICE MORRELL(GBR)	50	8-3-83
M60	11:41.6	ELIGIO GALICIA(MEX)	56	8-1-79
M65	12:24.8	OLLE ELVLAND(SWE)	61	8-1-79
M70	13:26.5	NORMAN BRIGHT(USA)	65	8-15-75
M75	15:21.0	STAN NICHOLLS(AUS)	70	4-11-81
		STAN NICHOLLS(AUS)	75	11-15-86

DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
M35	7-1	2.16 VIKTOR BOLSHOV(URS)	35	6-20-74
M40	6-9	2.06 JOHN HARTFIELD(USA)	40	9-1-85
M45	6-2 3/4	1.90 HERM WYATT(USA)	48	4-19-80
M50	6-2	1.88 HERM WYATT(USA)	51	8-21-83
M55	5-9	1.88 NORST MANDL(AUT)	52	6-25-88
M60	5-10 1/2	1.79 HERM WYATT(USA)	55	10-4-86
M65	5-3	1.60 HANS OVERLAND(NOR)	55	5-26-87
M70	5-0	1.52 BURL GIST(USA)	60	8-22-84
M75	4-10 1/4	1.55 HANS BITTER(FRG)	65	5-4-85
M80	4-3 1/4	1.48 IAN HUME(CAN)	65	6-23-85
M85	3-11 1/4	1.30 GULAB SINGH(IND)	70	9-8-84
		1.30 HERBERT ANDERSON(USA)	76	4- -81
		1.32 STAN THOMPSON(USA)	75	3-24-78
		1.20 HERBERT ANDERSON(USA)	75	12-28-85
		1.20 GULAB SINGH(IND)	80	8-28-82
		1.13 BUELL CRANE(USA)	83	12-1-87
			85	7-26-85

DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
M35	17-4 3/4	5.30 KHRISTOS PAPANIKOLAOU(GRE)	36	9-9-77
M40	15-9	5.49 ANTON KALLIOMAKI(FIN)	35	7-4-82
M45	15-5	4.80 RUDOLF TOMASEK(CZE)	40	8-13-77
M50	14-4	4.70 MAURICE HOUVIER(FRA)	45	4-12-80
M55	13-6 1/4	4.37 VIC COOK(USA)	50	7-25-82
M60	12-9 1/2	4.12 RICHMOND MORCOM(USA)	55	8-4-76
M65	12-4 1/2	3.90 HERBERT SCHMIDT(FRG)	61	10-14-71
M70	10-10	3.77 BOO MORCOM(USA)	65	8-3-86
M75	9-6 1/4	3.30 HERBERT SCHMIDT(FRG)	70	7-18-80
M80	6-6 1/2	3.12 JIM VERNON(USA)	71	7-23-88
M85	5-0	2.90 CAROL JOHNSTON(USA)	75	2-7-87
		1.99 BOB MACCOMAGHY(USA)	80	5-28-88
		1.52 A. E. PITCHER(USA)	85	7-25-87
		1.73 A. E. PITCHER(USA)	86	5-14-88
		1.62 A. E. PITCHER(USA)	85	8-2-87

DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
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Continued from previous page

DISCUS THROW (35-49: 2Kg; 50-59: 1.5Kg; 60+: 1Kg)				
DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
M35	233-9	71.24 JOHN POMELL(USA)	36	6-9-84
M40	227-11	69.48 AL OERTER(NY)	43	5-31-80
M45	216-11	66.12 AL OERTER(USA)	45	3-28-82
	p222-9	67.90 AL OERTER(USA)	46	11-12-83
M50	185-9	56.62 PARRY O'BRIEN(USA)	52	8-19-84
	p214-3	65.30 AL OERTER(USA)	50	12-28-86
M55	177-1	53.98 KAUKO JOUPPIILA(FIN)	56	9-3-77
M60	187-2	57.06 KAUKO JOUPPIILA(FIN)	61	7-16-82
M65	182-6	55.62 KONSTANTY MAKSYMCIUK(GBR)	65	9-17-79
M70	156-6	47.70 OLAV REPPEN(NOR)	71	9-11-82
M75	136-6	41.60 OSMO RENVALL(FIN)	76	7-19-86
M80	111-9	34.08 KARSTEN BRODERSEN(CHL)	80	12-4-87
M85	67-2	20.47 BUELL CRANE(USA)	85	7-26-85
	p69-2	21.08 BUELL CRANE(USA)	87	7-3-87
	p67-7	20.60 BUELL CRANE(USA)	86	7-11-86

HAMMER THROW (35-49: 16#; 50-59: 6Kg; 60-69: 5Kg; 70+: 4Kg)				
DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
M35	256-5	78.16 GIAMPAULO URLANDO(ITA)	39	7-25-84
M40	243-11	74.34 ED BURKE(USA)	44	4-28-84
M45	205-1	62.52 HANS POTSCHE(AUT)	48	7-18-81
M50	208-6	63.56 HANS POTSCHE(AUT)	54	11-29-87
M55	197-8	60.26 BOB BACKUS(USA)	55	8-2-81
M60	190-3	58.00 PENITI SAARIKOSKI(FIN)	61	8-26-87
M65	154-2	47.00 WOLFRAM HAUSMANN(FRG)	65	12-4-87
	p156-10	47.80 VEIKKO POHJONEN(FIN)	65	-85
M70	155-11	47.54 ROY FOLEY(AUS)	71	3-20-88
M75	133-5	40.68 OSMO RENVALL(FIN)	75	6-15-86
	p150-8	45.92 AARNE MIETTINEN(FIN)	75	-88
M80	112-5	34.28 KARSTEN BRODERSEN(CHL)	80	12-1-87
M85	89-6 3/4	27.30 FRIEDERICH BENDER(FRG)	85	6-22-85

JAVELIN THROW (35-59: 800 GRAMS; 60+: 600 GRAMS)				
DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
M35	286-1	87.20 JANIS ZIRNIS(URS)	35	5-14-83
M40	259-1	78.98 URS VON WARTBURG(SWI)	42	8-2-79
M45	238-10	72.80 LARRY STUART(USA)	46	5-12-84
	p239-7	73.02 LARRY STUART(USA)	48	6-14-86
M50	215-9	65.76 LARRY STUART(USA)	50	4-30-88
M55	187-5	57.14 VEIKKO KUJALA(FIN)	55	6-28-87
	p189-0	57.62 VEIKKO JAVANAINEN(FIN)	56	-82
M60	191-10	58.48 DELES PICKARTS(USA)	60	11-28-87
M65	156-10	47.80 MAURI MERTAKIVI(FIN)	65	7-28-86
	p168-2	51.26 BILL MORALES(USA)	65	3-13-82
	p160-5	48.90 MAURI MERTAKIVI(FIN)	66	8-31-87
M70	142-2	43.34 BILL MORALES(USA)	70	12-5-87
	p157-9	48.08 BILL MORALES(USA)	70	8-16-87
	p152-1	46.36 BILL MORALES(USA)	70	7-25-87
	p144-6	44.06 HANS SCHNEIDER(FRG)	70	6-11-82
M75	126-4	38.52 GERHARD SCHEPE(FRG)	76	12-5-87
M80	94-6	28.80 HERBERT ANDERSON(USA)	80	7-24-82
	p97-5	29.69 HERBERT ANDERSON(USA)	80	1-29-82
M85	62-5	19.02 BUELL CRANE(USA)	85	6-6-85
	p74-5 1/2	22.69 HERBERT ANDERSON(USA)	85	9-5-87
	p66-0	20.11 HERBERT ANDERSON(USA)	85	8-16-87

DECATHLON(1962 IAAF SCORING TABLES)				
DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
M35	7547	WERNER VON MOLTKE(FRG)	35	5-12-72
M40	6784	WOLFGANG LINKMANN(FRG)	40	6-6-81
M45	5734	GARY MILLER(USA)	47	3-23-85
M50	6212	GARY MILLER(USA)	50	5-27-88
M55	5246	RICHMOND MORCOM(USA)	55	9-11-76
M60	4552	RICHMOND MORCOM(USA)	61	8-28-82
M65	3400	IAN HUME(CAN)	66	6-20-81
M70	3097	GILBERTO GONZALEZ(PUR)	70	7-2-83
M75	1659	HERBERT ANDERSON(USA)	75	3-24-78
M80	994	HERB ANDERSON(USA)	80	8-28-82
M85	252	A. E. PITCHER(USA)	85	9-19-87

PENTATHLON(1985 IAAF SCORING TABLES)				
DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
M35	3806	SILVIO HODOS(FRA)	35	4-17-83
M40	3455	WERNER SCHALLAU(FRG)	40	9-24-78
M45	3117	GARY MILLER(USA)	45	9-30-83
M50	2781	GARY MILLER(USA)	50	12-3-87
M55	2566	RICHMOND MORCOM(USA)	56	8-12-77
M60	2346	RUDY HOCHREITER(AUS)	61	12-3-87
M65	2028	GUDMUND SKRIVERIK(NOR)	65	7-31-86
	p2043w	RICHMOND MORCOM(USA)	65	7-13-86
M70	1685	ADOLF KOCH(FRG)	70	12-3-87
M75	1002	GERHARD SCHEPE(FRG)	76	12-3-87
	p1398	WALTER STRUBEL(FRG)	75	8-24-84
M80	869	KARSTEN BRODERSEN(CHL)	80	12-3-87
M85	372	HERB ANDERSON(USA)	85	12-3-87

MENS BEST KNOWN MARKS TO DATE FOR NEW EVENTS
(UNOFFICIAL RECORDS)

INTERMEDIATE HURDLES (300m: 50-59, 33"; 60+, 30")				
DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
M50	43.16	RICHARD RIZZO(NY)	50	8-4-88
M55	43.29	OVIDIO DE JESUS(PUR)	55	9-17-88
	45.6	WILLIAM CLARK(NJ)	55	8-4-88
M60	45.59	JACK GREENWOOD(USA)	62	7-3-88
M65	48.0	ALBERTUS VAN ZYL(RSA)	65	8-29-87
	p47.82	ARNE PETTERSON(SWE)	65	6-25-88
	p50.1	RUDY VALENTINE(NY)	65	8-5-88
M70	52.5	DAN BULKLEY(USA)	71	8-4-88
M75	61.13	CLAUDE HILLS(USA)	76	8-4-88

2000 METER STEEPLECHASE				
DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
M60	7:43.45	LUIS TORRES(PUR)	60	12-5-87
	p7:20.2	JAMES M. DA SILVA(POR)	60	6-25-88
	p7:41.18	JAN KYSTAD(NOR)	60	-85
M65	8:52.63	EMIL PAUMELS(BEL)	68	7-30-86
M70	8:38.17	DAN BULKLEY(USA)	71	8-5-88
M75	10:32.17	STAN NICHOLLS(AUS)	76	12-5-87
	10:46.0	BOB BOAL(USA)	75	8-15-87

Women's World Five Year Age Group Records

100 METERS				
DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
M35	11.6	ERIKA ROST(FRG)	35	6-2-79
M40	12.0	MAEVE KYLE(IRL)	40	4-25-70
M45	12.5	MAEVE KYLE(IRL)	45	1-21-74
	12.5	WENDY EY(AUS)	45	2-4-84
M50	12.9	IRENE OBERA(USA)	51	6-1-85
M55	13.6	SHIRLEY PETERSON(AUS)	55	1-21-84
M60	14.57	PAULA SCHNEIDERHAN(FRG)	61	9-24-83
M65	15.04h	PAULA SCHNEIDERHAN(FRG)	65	12-4-87
	p14.90	PAULA SCHNEIDERHAN(FRG)	66	6-25-88
M70	16.2	POLLY CLARKE(USA)	70	4-17-81
M75	16.87	POLLY CLARKE(USA)	75	8-31-85

200 METERS				
DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
M35	22.5	MARINA STEPANOVA(URS)	36	6-27-86
M40	25.0	VIVI MARKUSSEN(DEN)	40	8-17-80
M45	26.2	WENDY EY(AUS)	45	3-4-84
M50	27.3	IRENE OBERA(USA)	51	6-1-85
M55	28.9	ELIANA GAETE(CHL)	55	11-1-87
M60	30.26	PAULA SCHNEIDERHAN(FRG)	61	9-26-83
M65	32.15h	AILEEN HOGAN(AUS)	65	11-28-87
M70	34.2	POLLY CLARKE(USA)	71	9-6-81
M75	35.93	POLLY CLARKE(USA)	75	8-31-85

400 METERS				
DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
M35	50.56	AURELIA PENTON(CUB)	35	7-15-78
M40	55.3	MAEVE KYLE(IRL)	41	7-22-70
M45	59.68	COLLEEN MILLS(NZL)	47	1-10-81
	p58.35	JUDY POLLOCK(AUS)	45	8-85
M50	63.2	ANNE MCKENZIE(RSA)	50	10-15-75
M55	68.6	DAPHNE PIRIE(AUS)	55	4-18-87
M60	72.5	AILEEN HOGAN(AUS)	60	9-17-83
	p72.24	PAULA SCHNEIDERHAN(FRG)	63	6-27-85
M65	74.31	PAULA SCHNEIDERHAN(FRG)	65	12-5-87
M70	84.23	POLLY CLARKE(USA)	73	9-28-83
	p79.4	AUDREY REID(RSA)	70	9-17-83
	p79.74	AUDREY REID(RSA)	70	6-27-85
M75	89.62	POLLY CLARKE(USA)	75	8-25-85

800 METERS				
DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
M35	1:56.51	JARMILA KRATOCHVILLOVA(CZE)	35	7-13-86
M40	2:06.5	ANNE MCKENZIE(RSA)	41	7-1-67
M45	2:19.2	ANNE MCKENZIE(RSA)	45	11-13-70
	p2:16.8	JUDY POLLOCK(AUS)	45	8-85
	p2:18.52	GUELIEVE ROGGEHAN(BEL)	45	6-23-85
M50	2:23.1	ANNE MCKENZIE(RSA)	50	10-29-75
M55	2:42.03	VALBERG OSTBERG(NOR)	55	8-1-86
	p2:39.03	OLGA VYSKOVSKA(CZE)	55	6-22-85
M60	2:53.8	ANNE MCKENZIE(RSA)	60	10-16-85
M65	3:09.10	BRITTA TIBBLING(NOR)	68	8-1-86
M70	3:22.43	JOHANNA LUTHER(FRG)	71	8-24-84
	p3:19.03	JOHANNA LUTHER(FRG)	71	6-23-85
M75	3:49.74	POLLY CLARKE(USA)	75	8-23-85

Wishing You
the Happiest
New Year!

1500 METERS				
DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
M35	3:57.73	MARICICA PUICA(ROM)	35	8-30-85
M40	4:20.7	JOYCE SMITH(GBR)	40	5-21-78
M45	4:49.2	ANNE MCKENZIE(RSA)	49	11-16-74
	p4:40.35	JUDY POLLOCK(AUS)	45	8-85
	p4:43.84	GUELIEVE ROGGEHAN(BEL)	45	6-28-85
M50	4:54.5	ANNE MCKENZIE(RSA)	50	10-15-75
	p4:51.19	I. HELLWAGNER(AUT)	50	6-25-88
M55	5:15.7	JEAN ALBURY(AUS)	55	4-6-85
M60	5:44.9	MARGARET MILLER(USA)	60	7-16-86
	5:44.81	SHIRLEY BRASHER(AUS)	61	12-5-87
M65	6:10.17	BRITTA TIBBLING(SWE)	66	8-25-84
M70	6:45.49	JOHANNA LUTHER(FRG)	71	8-25-84
M75	7:30.01	BERTA NIELSCHER(FRG)	75	8-25-84

ONE MILE				
DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
M35	4:17.33	MARICICA PUICA(ROM)	35	8-21-85
M40	4:54.69	DORIS HERITAGE(USA)	40	4-23-83
M45	5:28.9	MARYLIN HARBIN(USA)	45	2-29-83
M50	5:29.39	JEANNE HOAGLAND(USA)	51	12-6-87
M55	5:50.6	MARGARET MILLER(USA)	55	2-7-81
M60	6:35	PAT DIXON(USA)	63	7-23-82
M65	6:55.6	PAT DIXON(USA)	66	6-22-85
M70	8:09.97	EWA ERIKSSON(SWE)	70	12-6-87

3000 METERS				
DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
M35	8:27.83	MARICICA PUICA(ROM)	35	9-7-85
M40	9:11.2	JOYCE SMITH(GBR)	40	4-30-78
M45	10:23.4	URSULA BLASCHKE(FRG)	45	7-30-77
	p9:31.38	EVY PALM(SWE)	45	-87
	p9:34.7	JOYCE SMITH(GBR)	46	9-15-84
M50	10:34.2	VALBERG OSTBERG(NOR)	50	7-5-81
	p10:24.01	EDELTRAUD POHL(FRG)	51	8-25-88
M55	11:29.0	LYDIA BACKES(FRG)	55	9-9-81
M60	12:26.8	LIESELOTTE SCHULTZ(FRG)	61	6-13-81
M65	13:15.6	JACLYN CASELLI(USA)	65	7-6-86
M70	14:25.2	JOHANNA LUTHER(FRG)	71	9-22-84
M75	17:37.2	BESS JAMES(USA)	75	8-10-85

5000 METERS				
DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
M35	15:15.2	FRANCIS LARRIEU(USA)	35	7- 2-88
M40	16:02.88	EVY PALM(SWE)	43	7-17-85
M45	17:52.18	SHIRLEY MATSON(USA)	45	6- 7-86
	p16:17.6	EVY PALM(SWE)	45	- -87
	p17:33.4	DOT BROWNE(AUS)	45	3-28-86
	p17:41.24	ANNA MARIE GRUENER(FRG)	45	6-25-85
M50	18:15.0	VALBORG OSTBERG(NOR)	50	8- 7-81
	p17:46.2	EDELTRAUD POHL(FRG)	51	7-1-88
M55	18:49.0	JEAN ALBURY(AUS)	55	4- 7-85
M60	21:14.6	SHIRLEY BRASHER(AUS)	61	12- 1-87
M65	22:41.8	JACLYN CASELLI(USA)	65	7- 5-86
M70	24:58.26	JOHANNA LUTHER(FRG)	70	9-23-83
M75	29:19.8	BESS JAMES(USA)	75	6-25-85
	p27:03.2	BERTA HIELSCHER(FRG)	77	10- 2-86

Continued from previous page

JAVELIN THROW (30-49: 600G; 50+: 400G)				
DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
W35	193-4	58.94 ANNELESE GERHARDS(FRG)	37	8-13-72
	p209-4	63.80 NINA NIKANOROVA(URS)	35	9-4-82
W40	170-1	51.84 ANNELI VIRKKALA(FIN)	40	8-2-87
W45	156-7	47.74 ANNELESE GERHARDS(FRG)	45	5-30-81
W50	137-4	41.86 GERTRUDE SCHONAUER(AUT)	51	9-24-88
W55	118-7	36.14 LENA GROBLER(RSA)	57	5-2-81
W60	92-10 1/4	28.30 BERNICE HOLLAND(USA)	60	11-29-87
	p97-2 1/4	29.62 MARIANNE HAMM(FRG)	60	6-25-88
W65	84-7 3/4	25.80 HANNA GELBRICH(FRG)	67	8-6-80
W70	81-11	24.97 HANNA GELBRICH(FRG)	70	9-26-83
W75	74-2 1/2	22.62 IRJA SARNAMA(FIN)	77	9-26-83



World Women's Best Known Marks To Date For New Events (Unofficial Records)

INTERMEDIATE HURDLES (400m: 35-49, 30"; 300m: 50+, 30")				
DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
W35	52.94	MARINA STEPANOVA(URS)	36	9-17-86
W40	63.58	JAN HYNES(AUS)	43	12-5-87
	p62.8	JAN HYNES(AUS)	43	11-7-87
W45	67.33	ANNELESE OLESON(DEN)	45	12-5-87
W50	52.01	PIRKKO MARTIN(FIN)	50	12-5-87
	p49.78	BRENDA PARKINSON(AUS)	50	12-5-87
W55	56.92	ASTA LARSSON(SWE)	56	12-5-87
	p56.3	ASTA LARSSON(SWE)	56	6-25-88
W60	71.74	PATRICIA PETERSON(USA)	62	8-4-88

2000 METER STEEPLECHASE				
DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
W35	p12:45.32	DIANE HUGHES(NZ)	37	3-14-87
W40	9:02.13	ERICA MERCER(AUS)	44	12-5-87
	p8:31.18	FAY RILEY(NZL)	44	3-14-87
W45	8:43.79	FAY RILEY(NZL)	45	12-5-87
	p8:32.47	FAY RILEY(NZL)	45	4-2-88
W55	10:06.2	RUTH CARRIER(CAN)	56	8-2-87
W60	p10:29.90	NAN LITTLE(NZL)	61	4-2-88

HAMMER THROW (35-49: 4Kg; 50+: 3Kg)				
DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
W35	132-5	40.36 CHRISTINE SCHULTZ(AUS)	36	11-29-87
W40	102-11	31.38 CHRISTINE BATTERSBY(AUS)	43	11-29-87
	p102-11	31.38 BEV SAVAGE(NZ)	41	11-29-87
W45	111-10	34.10 IRENE MITCHELL(AUS)	46	11-28-87
W50	108-4	33.02 ANNEMARIE SCHOLTEN(FRG)	53	12-4-87
W55	115-2	35.10 ROSEMARY CHRIMES(GBR)	55	9-18-88
W60	99-11 1/4	30.46 LYDIA WIDERA(AUS)	61	12-5-87
W65	91-9 1/2	27.98 ILSE BELLIN(FRG)	66	11-28-87
W70	30-10	9.40 BERYL SYRINGER(USA)	70	10-9-83
W75	41-9 1/2	12.74 RUTH FRITH(AUS)	78	3-27-88
W80	56-6	17.22 IRJA SARNAMA(FIN)	82	11-28-87

TRIPLE JUMP				
DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
W35	37-7 1/2	11.47 EILEEN HINDLE(AUS)	38	1-16-88
W40	35-7 1/4	10.85 PHIL RASCHKE(USA)	40	8-15-87
W45	30-8 1/4	9.35 JOAN GRISOM(USA)	45	9-18-83
	p32-1 1/2	9.79 PAT MCNAB(GBR)	45	7-24-88
W50	30-5 1/2	9.28 DOROTHY WHITMAN(AUS)	51	12-5-87
W55	29-11	9.12 ROSEMARY CHRIMES(GBR)	55	7-24-88
W60	21-5	6.53 JOSEPHINE SULLIVAN(USA)	63	9-2-88
W65	15-10 1/2	4.84 ERNESTINE YEOMANS(CAN)	66	3-24-85
W70	19-9 1/2	6.03 SHIELA EVANS(RSA)	70	8-24-85
W75	15-7	4.75 EDITH MENDYKA(USA)	75	5-17-86

AMERICAN TRACK & FIELD AGE-GROUP RECORDS

Compiled by Peter Mundle and the Records Subcommittee of the TAC Masters T&F Committee
through performances verified as of November 1, 1988

100 YARDS				
DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
W35	9.7	WALT BUTLER(CA)	37	6-11-78
W40	9.8	THANE BAKER(TX)	42	7-13-74
	9.8	PERCY KNOX(CA)	41	7-11-75
W45	10.0	THANE BAKER(TX)	46	5-27-78
W50	10.4	THANE BAKER(TX)	52	6-23-84
W55	10.7	PAYTON JORDAN(CA)	55	3-25-72
	10.7	ALFRED GUIDET(CA)	55	7-14-73
	10.7	CHARLES BEAUDRY(TX)	55	8-10-74
W60	10.9	PAYTON JORDAN(CA)	61	5-6-78
W65	12.1	HARRY KOPPEL(CA)	66	7-19-79
W70	13.4	BARRY IVERS(ME)	72	8-6-83
W75	13.4	HERBERT ANDERSON(CO)	75	10-1-77
W80	15.1	HERBERT ANDERSON(CO)	80	7-24-82
W85	22.2	HARRY JACKSON(PA)	87	8-13-83

100 METERS				
DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
W35	10.3	RUBEN WHITNEY(TX)	35	6-14-80
W40	10.7	THANE BAKER(TX)	41	9-13-72
W45	11.0	THANE BAKER(TX)	46	6-14-80
W50	11.2	KEN DENNIS(CA)	50	7-18-87
W55	11.6	PAYTON JORDAN(CA)	56	6-23-73
	11.6	ALFRED GUIDET(CA)	56	6-22-74
W60	11.8	PAYTON JORDAN(CA)	61	5-27-78
W65	12.6	PAYTON JORDAN(CA)	65	6-12-82
W70	13.0	PAYTON JORDAN(CA)	70	4-25-87
W75	14.3	JOSIAH PACKARD(CA)	75	6-23-79
W80	15.4	JOSIAH PACKARD(CA)	80	2-25-84
W85	18.7	BUELL CRANE(ID)	85	7-26-85

200 METERS				
DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
W35	20.8	DELANO MERIWETHER(US)	35	6-9-78
W40	22.20	STAN WHITLEY(CA)	42	8-7-88
W45	22.9	RICHARD STOLPE(NB)	45	6-20-70
	22.9	MILTON NEWTON(CA)	46	6-22-80
W50	22.9	KEN DENNIS(CA)	50	7-18-87
W55	23.6	ALFRED GUIDET(CA)	55	6-24-73
W60	24.9	PAYTON JORDAN(CA)	60	6-19-77
W65	26.1	PAYTON JORDAN(CA)	65	6-12-82
W70	26.8	PAYTON JORDAN(CA)	70	6-20-87
W75	29.5	JOSIAH PACKARD(CA)	75	6-24-79
W80	32.3	JOSIAH PACKARD(CA)	80	2-18-84
W85	45.45	BUELL CRANE(ID)	85	8-24-85
	p40.83	HERB ANDERSON(CO)	85	9-5-87

400 METERS				
DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
W35	46.38	JAMES KING(US)	35	5-25-84
W40	49.2	STAN WHITLEY(CA)	42	5-28-88
W45	50.59	JAMES BURNETT(IL)	45	8-25-85
	p50.46	JAMES BURNETT(IL)	45	6-29-85
W50	52.79	LARRY COLBERT(MD)	50	12-5-87
W55	54.56	RUDOLPH VALENTINE(NY)	55	6-9-79
W60	57.65	JACK GREENWOOD(KS)	60	7-20-86
W65	61.4	JOHN ALEXANDER(TX)	65	5-16-87
W70	64.6	JOSIAH PACKARD(CA)	73	8-10-77
W75	68.5	JOSIAH PACKARD(CA)	75	6-23-79
W80	75.4	HAROLD CHAPSON(HI)	80	7-9-83
W85	1:43.74	HERBERT ANDERSON(CO)	85	12-5-87

800 METERS				
DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
W35	1:52.1	RALPH LEE(CA)	37	6-7-79
W40	1:54.9	GEORGE COHEN(CA)	40	8-16-80
W45	1:57.73	GEORGE COHEN(CA)	45	8-23-85
W50	2:01.1	BILL FITZGERALD(CA)	50	6-29-75
W55	2:08.9	BILL FITZGERALD(CA)	55	7-5-80
W60	2:18.87	DEAN SMITH(IL)	61	8-16-87
W65	2:25.3	FRANK FINGER(VA)	65	7-5-80
W70	2:34.5	MONTY MONTGOMERY(CA)	71	9-4-77
W75	2:40.0	HAROLD CHAPSON(HI)	75	5-14-78
W80	2:53.5	HAROLD CHAPSON(HI)	80	7-11-82
	p2:49.4	HAROLD CHAPSON(HI)	81	10-9-83
W85	3:58.3	PAUL SPANGLER(CA)	85	5-5-84

1500 METERS				
DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
W35	3:52.7	RAMSEY THOMAS(MD)	35	7-11-79
	p3:50.9	BILL STEWART(MI)	37	5-24-80
W40	3:56.2	BILL STEWART(MI)	40	9-27-83
	p3:54.9	BILL STEWART(MI)	40	4-23-83
W45	4:04.4	ERNEST BILLUPS(IL)	46	9-27-83
	p4:03.13	MIKE MANLEY(OR)	45	8-15-87
W50	4:05.8	RAY HATTON(OR)	50	7-8-82
W55	4:25.24	JIM SUTTON(PA)	55	7-19-86
W60	4:49.8	DON LONGENECKER(NM)	62	6-24-78
W65	4:59.1	WILLIAM ANDBERG(MN)	65	7-4-76
W70	5:19.38	AUSTIN NEWMAN(NJ)	70	7-19-86
W75	5:30.1	HAROLD CHAPSON(HI)	75	8-11-77
W80	6:04.28	ED BENHAM(MD)	80	12-5-87
	p5:54.5	HAROLD CHAPSON(HI)	80	7-17-82
W85	7:44.96	PAUL SPANGLER(CA)	85	5-5-84



ONE MILE				
DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
W35	4:12.4	RAMSEY THOMAS(MD)	35	7-26-79
W40	4:13.78	BYRON DYCE(FL)	40	8-6-88
W45	4:29.5	BILL FITZGERALD(CA)	46	4-23-72
	p4:28.02	MIKE MANLEY(OR)	46	6-25-88
W50	4:32.2	BILL FITZGERALD(CA)	50	7-13-75
W55	4:55.3	WILLIAM FRASER(MN)	55	7-22-85
	p4:45.1	RAY HATTON(OR)	55	5-16-87
	p4:46.5	DON GAMMIE(OH)	55	10-5-86
W60	5:15.2	CLIVE DAVIES(OR)	63	6-9-79
W65	5:22N	MONTY MONTGOMERY(CA)	65	4-8-72
W70	5:42.2	MONTY MONTGOMERY(CA)	70	7-9-77
W75	6:15.1	HAROLD CHAPSON(HI)	78	7-5-81
W80	8:07.1	PAUL SPANGLER(CA)	81	6-7-80
	p6:43.3	HAROLD CHAPSON(HI)	80	3-4-83
W85	12:23.6	HERB KIRK(MT)	87	8-26-83

3000 METERS				
DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
W35	8:31.5	RAMSEY THOMAS(MD)	35	8-4-79
W40	8:43.7	WEB LOUDAT(NM)	40	6-13-87
	p8:17.4	BARRY BROWN(FL)	40	7-30-84
W45	9:06.6	KIRK RANDALL(MA)	45	6-13-87
W50	8:53.8	RAY HATTON(OR)	50	6-25-82
W55	9:37.88	RAY HATTON(OR)	56	6-26-88
W60	10:41.8	GUNNER LINDE(CA)	60	7-29-88
W65	10:51.0	NORMAN BRIGHT(WA)	65	6-17-75
W70	11:46.2	HAROLD CHAPSON(HI)	73	3-28-76
W75	13:06.4	RICHARD BREDENBECK(OH)	75	6-13-81
	p12:23.4	ED BENHAM(MD)	75	5-7-83
W80	14:39.0	PAUL SPANGLER(CA)	80	7-22-79
W85	16:32.0	PAUL SPANGLER(CA)	85	5-4-84

TWO MILES				
DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
W35	9:21.4	GLYNN WOOD(DC)	35	10-26-69
W40	9:17.6N	RAY HATTON(OR)	40	4-1-72
	p9:06.6	BARRY BROWN(FL)	40	7-30-84
W45	9:37.8	DENNY MEYER(WA)	45	5-5-78
W50	10:15.2	DAVID STEVENSON(CA)	50	7-26-79
W55	10:35.0	BILL MCCHESENEY(OR)	55	7-15-83
W60	11:09	DON LONGENECKER(NM)	62	6-25-78
W65	11:30.0N	MONTY MONTGOMERY(CA)	66	3-25-73
W70	12:40.0	HAROLD CHAPSON(HI)	73	3-14-76
W75	14:30	LOU GREGORY(FL)	76	9-30-78
W80	15:47.2	PAUL SPANGLER(CA)	80	7-28-79

THREE MILES				
DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
W35	13:44.2	PETER MCARDLE(NY)	35	6-11-64
W40	14:29.2	RAY HATTON(OR)	42	6-15-74
W45	15:07	PETER MUNDLE(CA)	46	7-7-74
W50	15:37.8	JAMES O'NEIL(CA)	50	1-10-76
W55	16:51.2	CLIVE DAVIES(OR)	59	7-13-75
W60	16:59.2	DON LONGENECKER(NM)	62	6-25-78
W65	17:59.2	NORMAN BRIGHT(WA)	65	7-22-75
W70	19:20	JOHN STEVENS(US)	70	6-16-79
W75	21:10.8	LOU GREGORY(FL)	75	5-6-78
W80	24:08.2	PAUL SPANGLER(CA)	80	7-28-79

5000 METERS		
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Continued from previous page

HURDLES
110M: 35-39,42"; 40-49,39"; 50-59,36";
100M: 60-69,30"; 80M: 70+,30"

DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
M35	14.7	MIKE KELLY(CA)	37	6-16-84
M40	14.67	WALT BUTLER(CA)	40	8-8-81
	14.66	STAN DRUCKERY(WI)	40	8-27-88
M45	15.0	JACK GREENWOOD(KS)	46	9-14-72
M50	15.1	JACK GREENWOOD(KS)	51	8-10-77
M55	16.8	CHARLES BEAUDRY(TX)	55	8-24-74
	p16.3	JACK GREENWOOD(CO)	56	8-29-82
M60	14.98	JACK GREENWOOD(CO)	60	7-19-86
M65	17.43	ROBERT HUNT(CA)	65	5-18-85
M70	14.52	HERB MILLER(CA)	70	7-18-86
M75	16.35	CLAUDE HILLS(PA)	75	8-14-87
M80	17.5	RUSSELL MEYERS(FL)	80	7-7-84

DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
M35	49.72	JAMES KING(CA)	35	5-13-84
M40	55.9	ROM WHITNEY(CA)	40	10-26-83
M45	55.7	JACK GREENWOOD(KS)	46	8-24-72
M50	58.1	JACK GREENWOOD(KS)	50	7-3-76
M55	59.85	JACK GREENWOOD(KS)	57	9-27-83
M60	66.01	RUDOLPH VALENTINE(NY)	62	8-23-85
M65	71.4	ROBERT HUNT(CA)	65	5-18-85
M70	77.50	GILBERTO GONZALEZ(PR)	70	9-27-83
M75	89.58	RUSSELL MEYERS(FL)	77	5-9-81
M80	1:51.0	HERBERT ANDERSON(CO)	80	7-24-82

DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
M35	8:38.8	MIKE MANLEY(OR)	38	-80
M40	9:18.6	NAL HIGDON(IN)	44	8-15-75
M45	9:39.0	NAL HIGDON(IN)	46	8-11-77
M50	10:50.0	DON SLOCOMB(US)	51	8-4-85
M55	10:59.2	KEN CARMAN(MI)	56	7-28-84
M60	12:33.2	BOB BOAL(NC)	64	4-3-76
M65	12:24.8	NORMAN BRIGHT(WA)	65	8-15-75
M70	13:43.27	EUGENE KELLER(OH)	70	8-24-85
M75	19:04.8	LOU GREGORY(FL)	76	8-20-78

DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
M35	6-8 3/4	2.05 JOHN DOBROTH(CA)	38	5-13-79
	p6-9	2.06 JOHN HARTFIELD(TX)	37	8-7-82
M40	6-9	2.06 JOHN HARTFIELD(TX)	40	9-1-85
M45	6-2 3/4	1.90 HERM WYATT(CA)	48	4-19-80
M50	6-2	1.88 HERM WYATT(CA)	51	8-20-83
M55	5-9	1.75 HERM WYATT(CA)	55	10-4-86
	p5-10 1/2	1.79 HERM WYATT(CA)	55	5-23-87
M60	5-2 3/4	1.59 BURL GIST(CA)	64	4-28-84
M65	5-0	1.52 BURL GIST(CA)	65	5-4-85
M70	4-8	1.42 HAMILTON MORNINGSTON(MI)	70	7-25-87
M75	4-3 1/4	1.30 HERBERT ANDERSON(CO)	75	3-24-78
	p4-4	1.32 STAN THOMPSON(HI)	75	12-28-85
M80	3-11 1/4	1.20 HERBERT ANDERSON(CO)	80	8-29-82
M85	3-8 1/2	1.13 BUELL CRANE(ID)	85	7-26-85

DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
M35	16-7	5.05 STEPHEN SMITH(OR)	36	7-15-88
M40	15-1 1/4	4.60 ROGER RUTH(CAN)	44	9-7-72
	p15-3	4.65 CHARLES POLHAMUS(CA)	41	6-28-85
M45	15-0	4.57 ROGER RUTH(CAN)	45	7-21-73
M50	14-4	4.37 VIC COOK(CA)	50	7-25-82
M55	13-6 1/4	4.12 RICHMOND MORCOM(PA)	55	8-4-76
M60	12-3 1/2	3.74 BOO MORCOM(PA)	63	8-2-84
M65	12-4 1/2	3.77 BOO MORCOM(PA)	65	8-3-86
M70	10-3	3.12 JIM VERNON(CA)	71	7-23-88
M75	9-6 1/4	2.90 CAROL JOHNSTON(CA)	75	2-7-87
M80	6-6 1/2	1.99 BOB MACCONAGHY(CA)	80	5-28-88
M85	5-0	1.52 A. E. PITCHER(IN)	85	7-25-87
	p5-8	1.73 A. E. PITCHER(IN)	86	5-14-88
	p5-4	1.62 A. E. PITCHER(IN)	85	8-2-87

DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
M35	25-11	7.90 TOM CHILTON(TN)	35	6-8-72
M40	24-4 3/4	7.43 TOM CHILTON(TN)	40	3-24-78
M45	21-11	6.68 SHIRLEY DAVISSON(CA)	45	10-4-75
M50	21-1	6.42 SHIRLEY DAVISSON(CA)	50	4-12-80
M55	20-1 1/4	6.10 TOM PATSALIS(CA)	59	7-18-81
M60	19-11	6.07 TOM PATSALIS(CA)	60	7-10-82
M65	17-4 1/4	5.29 TOM PATSALIS(CA)	65	12-1-87
M70	14-10 1/4	4.53 CLAUDE HILLS(PA)	70	7-3-82
M75	12-10 1/2	3.92 HERBERT ANDERSON(CO)	76	8-5-78
M80	11-7	3.53 WALT WEBBROOK(CA)	80	6-24-78
M85	9-1	2.77 BUELL CRANE(ID)	85	6-6-85

DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
M35	49-11 1/2	15.23 DAVE JACKSON(CA)	36	5-16-88
M40	50-4 3/4	15.36 MILAN TIFF(CA)	40	7-16-88
M45	45-2 1/4	13.77 DAVE JACKSON(CA)	45	8-11-77
M50	43-3 1/2	13.19 DAVE JACKSON(CA)	50	7-10-82
M55	41-5	12.62 GORDON FARRELL(CA)	57	1-8-75
M60	39-3	11.96 TOM PATSALIS(CA)	60	7-10-82
M65	35-6 3/4	10.84 TOM PATSALIS(CA)	65	12-5-87
M70	29-5 1/4	8.97 JOHN DAMSKI(CA)	70	5-25-85
M75	28-2 3/4	8.60 WINFIELD MCFADDEN(CA)	75	8-17-80
M80	22-8	6.91 HERBERT ANDERSON(CO)	80	7-24-82
	p25-4	7.72 WINFIELD MCFADDEN(CA)	81	10-4-86
	p24-5	7.44 WINFIELD MCFADDEN(CA)	80	5-25-85
M85	20-2 1/4	6.15 BUELL CRANE(ID)	85	8-23-85

DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
M35	72-9 3/4	22.19 BRIAN OLDFIELD(CA)	38	5-26-84
M40	70-3	21.41 BRIAN OLDFIELD(CA)	40	8-22-85
M45	55-2 1/2	16.83 ED HILL(MO)	45	8-23-88
M50	58-1 1/2	17.71 PARRY O'BRIEN(CA)	52	7-1-84
M55	51-8	15.75 GEORGE KER(CA)	55	5-13-78
M60	55-4	16.86 GEORGE KER(CA)	60	5-21-83
M65	48-3 3/4	14.72 JACK THATCHER(CA)	65	10-3-81
M70	47-3	14.40 ROSS CARTER(OR)	73	7-12-87
M75	41-8 1/2	12.71 VERNON CHEADLE(CA)	75	5-4-85
M80	30-1 1/2	9.18 BUELL CRANE(ID)	84	7-13-84
M85	26-6	8.08 BUELL CRANE(ID)	85	7-26-85

DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
M35	233-9	71.24 JOHN POWELL(US)	36	6-9-84
M40	227-11	69.48 AL OETER(NY)	43	5-31-80
M45	216-11	66.12 AL OETER(NY)	45	3-28-82
	p222-9	67.90 AL OETER(NY)	46	11-12-83
M50	185-9	56.62 PARRY O'BRIEN(CA)	52	8-19-84
	p214-3	65.30 AL OETER(NY)	50	12-28-86
M55	182-0	55.48 WENDELL PALMER(TX)	56	6-5-88
M60	174-1	53.06 DANIEL ALDRICH(CA)	62	8-17-80
M65	163-1	49.72 THOMAS MCDERMOTT(CT)	66	5-1-84
	p164-10	50.24 DANIEL ALDRICH(CA)	65	4-28-84
M70	141-6	43.14 HY BOOTH(CA)	70	8-11-88
M75	118-0	35.96 A. REDMOND DOMS(CA)	75	5-8-82
M80	91-4	27.84 BURT DEGROOT(CA)	80	8-15-87
M85	67-2	20.47 BUELL CRANE(ID)	85	7-26-85
	p69-2	21.08 BUELL CRANE(ID)	87	7-3-87
	p67-7	20.60 BUELL CRANE(ID)	86	7-11-86

DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
M35	232-5	70.84 HAROLD CONNOLLY(CA)	37	7-20-69
M40	243-11	74.34 ED BURKE(CA)	44	4-28-84
M45	198-5	60.48 ED BURKE(CA)	45	5-19-85
M50	182-6	55.62 BOB BACKUS(MA)	50	6-12-77
M55	175-0	53.34 BOB BACKUS(MA)	55	8-9-81
M60	161-5	49.20 BOB RICHARDS(CA)	61	9-12-87
M65	126-10	38.66 NOLAN FOWLER(TN)	67	1-14-80
M70	104-1	31.72 STANLEY HERRMANN(CA)	71	10-4-75
M75	97-8	29.77 STANLEY HERRMANN(CA)	75	5-12-79
	p100-8	30.68 PHIL PARTRIDGE(FL)	75	5-3-86
M80	66-3	20.19 JOHN WHITTEMORE(CA)	80	6-7-80
M85	51-4	15.64 JOHN WHITTEMORE(CA)	85	10-5-85
	p52-1	15.87 BUELL CRANE(ID)	85	7-27-85

DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
M35	268-1	81.72 WILLIAM FLOERKE(KS)	35	7-21-79
M40	242-9	74.00 LARRY STUART(CA)	41	6-9-79
M45	238-10	72.80 LARRY STUART(CA)	46	5-12-84
	p239-7	73.02 LARRY STUART(CA)	48	6-14-86
M50	215-9	65.76 LARRY STUART(CA)	50	4-30-88
M55	180-9	55.10 BILL MORALES(CA)	56	4-19-73
M60	191-10	58.48 DELES PICKARTS(CA)	60	11-28-87
M65	148-3	45.18 BILL MORALES(CA)	67	5-26-84
	p168-2	51.26 BILL MORALES(CA)	65	3-13-82
M70	142-2	43.34 BILL MORALES(CA)	70	12-5-87
	p157-9	48.08 BILL MORALES(CA)	70	8-16-87
	p152-1	46.36 BILL MORALES(CA)	70	7-25-87
M75	108-0	32.92 EMERY CURTICE(CA)	75	7-24-82
M80	94-6	28.80 HERBERT ANDERSON(CO)	80	7-24-82
	p97-5	29.69 HERBERT ANDERSON(CO)	80	1-29-82
M85	62-5	19.02 BUELL CRANE(ID)	85	6-6-85
	p66-0	20.11 HERBERT ANDERSON(CO)	85	8-16-87
	p74-5 1/2	22.69 HERBERT ANDERSON(CO)	85	9-5-87

DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
M35	6230	PHIL MULKEY(ALA)	38	3-26-71
M40	6212	DAVE THORESON(CA)	40	6-6-81
M45	5734	GARY MILLER(CA)	47	3-23-85
M50	6212	GARY MILLER(CA)	50	5-27-88
M55	5246	RICHMOND MORCOM(PA)	55	9-11-76
M60	4552	RICHMOND MORCOM(PA)	61	8-28-82
M65	2783	CLAUDE HILLS(PA)	65	6-24-77
	p3064	RICHMOND MORCOM(PA)	65	7-26-86
M70	2513	CLAUDE HILLS(PA)	70	7-3-82
M75	1659	HERBERT ANDERSON(CO)	75	3-24-78
M80	994	HERB ANDERSON(CO)	80	8-28-82
M85	252	A. E. PITCHER(USA)	85	9-19-87

DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
M35	3377	FRANK REILLY(CA)	39	6-20-87
	p3432	MIKE HILL(US)	36	6-20-87
M40	3055	GARY MILLER(CA)	43	8-16-81
	p3157w	REX HARVEY(IA)	40	7-13-86
M45	3117	GARY MILLER(CA)	45	9-30-83
M50	2781	GARY MILLER(CA)	50	12-3-87
M55	2566	RICHMOND MORCOM(PA)	56	8-12-77
M60	2301	JOHN ALEXANDER(TX)	61	5-8-81
M65	1988	RICHMOND MORCOM(PA)	66	6-20-87
	p2043w	RICHMOND MORCOM(PA)	65	7-13-86
M70	1384	BILL MORALES(CA)	71	12-3-87
M75	886	CLAUDE HILLS(PA)	75	12-3-87
	p943	KEN CARNINE(CA)	77	6-22-85
	p922	HERBERT ANDERSON(CO)	75	8-12-77
M80	706	HERBERT ANDERSON(CO)	80	9-4-82
M85	372	HERBERT ANDERSON(CO)	85	12-3-87

Women's American Five Year Age Group Records

DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
W35	12.3	ALMETA PARISH(CA)	38	5-17-75
W40	11.4	IRENE OBERA(CA)	42	5-15-76
W45	11.7	IRENE OBERA(CA)	45	4-28-79
W50	13.5	SHIRLEY KINSEY(CA)	51	2-7-81
W55	14.8	SALLIE STIEGELMEIER(OH)	55	10-14-87
W60	14.7	JOSEPHINE KOLDA(CA)	64	5-1-82
W65	15.2	POLLY CLARKE(CO)	67	5-21-78
W70	26.6	MARILLA SALISBURY(CA)	73	8-1-81
W75	27.5	MARILLA SALISBURY(CA)	75	7-23-83

DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
W35	11.9	PHIL RASCHKER(GA)	36	6-25-83
W40	12.31H	PHIL RASCHKER(GA)	40	12-1-87
	p12.3	PHIL RASCHKER(GA)	40	6-6-87
W45	12.63	IRENE OBERA(CA)	45	7-7-79
W50	12.9	IRENE OBERA(CA)	51	6-1-85
W55	14.6	RUTH CHRISTIAN(CA)	55	8-18-79
W60	15.5	JOSEPHINE KOLDA(CA)	63	10-3-81
W65	16.1	POLLY CLARKE(CO)	67	5-6-78
W70	16.2	POLLY CLARKE(CO)	70	4-17-81
W75	16.87	POLLY CLARKE(CO)	75	8-31-85

200 METERS				
DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
W35	24.63	PHIL RASCHKER(GA)	36	9-24-83
	24.69	JANE FREDERICK(CA)	35	8-31-87
W40	25.72	PHIL RASCHKER(GA)	40	12- 4-87
	p25.7	PHIL RASCHKER(GA)	40	6- 6-87
W45	26.21	IRENE OBERA(CA)	47	1-13-81
W50	27.3	IRENE OBERA(CA)	51	6- 1-85
W55	32.29	NIKKI RYAN(WA)	56	6-26-88
W60	33.3	JOSEPHINE KOLDA(CA)	63	2-27-82
W65	34.2	JOSEPHINE KOLDA(CA)	67	5-18-85
W70	34.2	POLLY CLARKE(CO)	71	9- 6-81
W75	35.93	POLLY CLARKE(CO)	75	8-31-85

Continued from previous page

5000 METERS				
DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
W35	15:15.2	FRANCIS LARRIEU(TX)	35	7-2-88
W40	16:57.4	JUDY FOX(CA)	40	8-16-81
	p16:44.8	GABRIELLE ANDERSON(ID)	40	6-25-85
W45	17:52.18	SHIRLEY MATSON(CA)	45	6-7-86
W50	18:44.6	MILA KANIA(NY)	50	6-13-82
W55	20:05.0	HELEN DICK(CA)	55	4-29-84
	p19:45.6	MARION IRVINE(CA)	55	6-25-85
W60	22:26.4	PAT DIXON(OR)	62	8-16-81
	p22:19.4	JACLYN CASELLI(CA)	62	8-22-83
W65	22:41.8	JACLYN CASELLI(CA)	65	7-5-86
W70	27:25.8	BESS JAMES(CA)	74	9-23-83
W75	29:19.8	BESS JAMES(CA)	75	6-25-85

10,000 METERS				
DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
W35	31:35.52	FRANCIS LARRIEU(TX)	35	9-30-88
W40	35:33.6	JUDY FOX(CA)	40	8-15-81
	p35:20.59	LAURIE BINDER(CA)	40	8-14-87
W45	38:19.8	VICKY BIGELOW(CA)	48	8-21-83
W50	38:53.6	MILA KANIA(NY)	51	6-26-82
W55	41:32.2	TOSHIKO D'ELIA(NJ)	55	8-23-85
W60	44:51.0	PAT DIXON(OR)	63	7-16-82
W65	49:22.41	JACLYN CASELLI(CA)	65	7-18-86
W70	60:01	BESS JAMES(CA)	70	7-13-80
	p58:25.98	PEARL MEHL(CO)	73	8-14-87
W75	89:49.8	MARILLA SALISBURY(CA)	75	7-9-83

ONE HOUR RUN				
DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
W35	9-1124	15.512 MARYLIN PAUL(OR)	36	7-20-74
W40	9-1197	15.579 LINDA SIPPRELLE(DC)	43	7-29-78
W45	9-376	14.828 MARILYN MARBIN(CA)	45	3-26-83
W50	8-1355	14.114 WICKI HOBSON(CA)	50	8-4-81
	p8-1909	14.620 NOLA BRUHN(US)	51	5-18-80
W55	7-1021	12.199 MARCIE TRENT(AK)	58	7-18-76
W60	8-10	12.884 MARCIE TRENT(AK)	61	7-28-79
W65	5-1194	9.139 EDNA BERG(MT)	67	2-5-83
W70	6-52	9.704 ALICE WERBEL(CA)	70	9-14-86
W75	4-167	6.590 MARILLA SALISBURY(CA)	76	6-7-84

HURDLES (35-39: 100M,33"; 40+: 80M,30")				
DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
W35	13.77	JANE FREDERICK(CA)	35	8-31-87
W40	12.10H	PHIL RASCHKER(CA)	40	11-28-87
	p12.0	PHIL RASCHKER(CA)	40	6-6-87
W45	12.5	CHERRIE SHERRARD(CA)	45	7-14-84
W50	14.6	CHRISTEL MILLER(CA)	50	6-1-85
W55	16.6	SHIRLEY KINSEY(CA)	55	7-14-84
W60	19.7	PATRICIA PETERSON(NY)	62	5-28-88

HIGH JUMP				
DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
W35	6-1 1/4	1.86 JANE FREDERICK(CA)	36	6-15-88
W40	5-1	1.55 PHIL RASCHKER(GA)	40	7-11-87
W45	4-4	1.32 SHIRLEY SMITH(FL)	47	7-16-82
W50	4-4 1/2	1.33 CHRISTEL MILLER(CA)	51	3-29-86
W55	3-8	1.12 SHIRLEY KINSEY(CA)	56	3-29-86
	3-8	1.12 JOYCE VARNEY(NI)	57	9-17-83
W60	3-8	1.12 PATRICIA PETERSON(WY)	60	5-28-88
W65	3-8	1.12 MARY BOWERMASTER(OH)	67	8-17-84
W70	3-8 1/2	1.13 MARY BOWERMASTER(OH)	70	11-28-87

LONG JUMP				
DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
W35	21-4	6.50 WILLYE WHITE(US)	35	10-26-74
W40	16-10 3/4	5.15 JOANNE GRISSOM(IN)	44	7-20-83
	p17-10	5.43 PHIL RASCHKER(GA)	40	6-6-87
W45	15-9	4.80 IRENE OBERA(CA)	45	4-7-79
W50	14-6 1/2	4.43 IRENE OBERA(CA)	54	7-30-88
W55	12-0	3.66 SHIRLEY KINSEY(CA)	55	7-1-84
	p12-2 1/2	3.72 MAGDALENA KUEHNE(CA)	56	6-20-87
	p12-0	3.66 MAGDALENA KUEHNE(CA)	57	8-4-88
W60	11-7	3.53 JEAN CAMPBELL(VA)	62	4-30-88
W65	10-5 1/4	3.18 MARY BOWERMASTER(OH)	66	9-23-83
W70	10-2 1/2	3.11 MARY BOWERMASTER(OH)	70	12-1-87
W75	8-2 3/4	2.51 POLLY CLARKE(CO)	78	8-13-88

TRIPLE JUMP				
DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
W35	36-7	11.15 PHIL RASCHKER(GA)	36	9-18-83
W40	36-7 1/2	11.16 PHIL RASCHKER(GA)	40	12-1-87
W45	30-8 1/4	9.35 JOAN GRISSOM(IN)	45	9-18-83
W50	28-9 3/4	8.78 CHRISTEL MILLER(CA)	52	12-5-87
W55	26-1 1/2	7.96 MAGDALENA KUEHNE(CA)	56	7-11-87
W60	21-5	6.53 JOSEPHINE SULLIVAN(SC)	63	9-2-88
W65	p9-10 1/2	3.01 AMY ROBERTSON(US)	67	6-12-82
W70	16-9 3/4	5.12 EDITH MENDYKA(CA)	73	1-29-84
W75	15-7	4.75 EDITH MENDYKA(CA)	75	5-17-86

SHOT PUT (30-49: 8#/4Kg; 50+: 6#/3kg)				
DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
W35	53-5 3/4	16.30 JANE FREDERICK(CA)	35	8-31-87
W40	42-4	12.90 JOANNE GRISSOM(IN)	41	7-22-80
W45	39-7 3/4	12.08 JOANNE GRISSOM(IN)	45	7-22-84
W50	32-4	9.85 ANNE CIRULNICK(NY)	52	10-25-86
	p34-10 1/4	10.62 MARJORIE LARNEY(CA)	50	8-15-87
W55	31-6	9.60 BERNICE HOLLAND(OH)	58	8-25-85
	p31-11 1/2	9.74 BERNICE HOLLAND(OH)	58	6-23-85
W60	31-4	9.55 EDITH MENDYKA(CA)	61	6-17-72
	p36-2 1/2	11.03 HELEN STEPHENS(MO)	64	6-1-82
W65	35-4	10.77 HELEN STEPHENS(MO)	65	6-1-83
W70	29-3	8.91 EDITH MENDYKA(CA)	70	5-9-81
W75	26-4	8.02 EDITH MENDYKA(CA)	75	1-19-86

DISCUS THROW (1kg)				
DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
W35	146-11	44.78 JANET WILSON(CA)	35	7-3-88
W40	107-5	32.74 LURLINE STRUPPECK(LA)	40	8-15-87
	p111-4	33.94 MARY PRIEST(OR)	43	8-15-87
W45	106-5	32.44 JOANNE GRISSOM(IN)	45	8-7-83
W50	90-4	27.53 SHIRLEY KINSEY(CA)	53	7-10-82
	p97-3	29.64 MARJORIE LARNEY(CA)	50	8-15-87
W55	100-8	30.68 BERNICE HOLLAND(OH)	57	6-30-84
W60	90-2 3/4	27.50 BERNICE HOLLAND(OH)	60	11-28-87
W65	63-6	19.35 EDITH MENDYKA(CA)	68	10-6-79
W70	62-6	19.05 EDITH MENDYKA(CA)	70	8-8-81
W75	58-1	17.70 EDITH MENDYKA(CA)	75	1-19-86

JAVELIN THROW (30-49: 600 GRAMS; 50+: 400 GRAMS)				
DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
W35	152-11	46.62 JANE FREDERICK(CA)	35	9-1-87
W40	139-3	42.44 LURLINE STRUPPECK(LA)	41	7-23-88
W45	102-8	31.30 CHRISTEL MILLER(CA)	48	3-23-83
W50	108-7	33.10 CHRISTEL MILLER(CA)	50	3-10-85
W55	88-10	27.07 SHIRLEY KINSEY(CA)	55	10-6-84
W60	92-10 1/4	28.30 BERNICE HOLLAND(OH)	60	11-29-87
W65	74-0	22.55 EDITH MENDYKA(CA)	65	6-27-76
W70	72-7	22.12 EDITH MENDYKA(CA)	72	5-14-83
W75	65-7 1/2	20.00 EDITH MENDYKA(CA)	76	6-20-87

US WOMENS BEST KNOWN MARKS TO DATE FOR NEW EVENTS
(UNOFFICIAL RECORDS)

INTERMEDIATE HURDLES (400m: 35-49, 30"; 300m: 50+, 30")				
DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
W40	65.03	PHIL RASCHKER(USA)	40	12-5-87

TRIPLE JUMP				
DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
W35	36-7	11.15 PHIL RASCHKER(USA)	36	9-18-83
W40	35-7 1/4	10.85 PHIL RASCHKER(USA)	40	8-15-87
W45	30-8 1/4	9.35 JOAN GRISSOM(USA)	45	9-18-83
W50	27-2 1/2	8.29 CHRISTEL MILLER(USA)	52	8-15-87
W55	26-1 1/2	7.96 MAGDALENA KUEHNE(USA)	56	7-11-87
W60	21-5	6.53 JOSEPHINE SULLIVAN(USA)	63	9-2-88
W65	15-10 1/2	4.84 ERNESTINE YEOMANS(CAN)	66	3-24-85
W70	19-9 1/2	6.03 SHIELA EVANS(RSA)	70	8-24-85
W75	15-7	4.75 EDITH MENDYKA(USA)	75	5-17-86

HAMMER THROW (35-49: 4kg; 50+: 3kg)				
DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
W35	117-5	35.80 JOAN STRATTON(USA)	35	11-29-87
W40	51-6	15.70 MARYLIN KNIGHT(USA)	44	6-23-85
	p73-1 1/4	22.28 BRENDA BLOOMFIELD(USA)	44	5-3-86
W45	68-5 3/4	20.87 SHIRLEY SMITH(USA)	48	12-17-83
W50	60-6	18.44 CHRISTEL MILLER(USA)	50	1-5-86
W55	93-10	28.60 SALLY POLK(USA)	58	10-1-88
W65	30-0	9.14 ELIZABETH PARTRIDGE(USA)	67	12-1-82
W70	30-10	9.40 BERYL SYRINGER(USA)	70	10-9-83

AGE-GROUP WINNERS OF SELECTED MAJOR MASTERS RACES IN 1988

CHARLOTTE MARATHON, NC JANUARY 2	PARAMOUNT 10K PARAMOUNT, CAL. JANUARY 23	GASPARILLA 15K TAMPA, FL FEBRUARY 13	NATIONAL 15K TUCSON, AZ MARCH 13	NATIONAL 5K DELAND, FL MARCH 27
M40 Bill Rodgers	Steve Ferraz	Mike Hurd	Peter Hallop	Peter Hallop
M45 Larry Fox	Stephen Lester	Don Ardell	David Mellady	Gale Pfeuller
M50 Bob Schul	Bill Johnston	Jim Larson	Roger Bryan	Bob Schul
M55 Robert Jones	Patrick Devine	Jim McCilham	Norm Green	Jim Blount
M60 Gordon English	Orlo Keniston	Myron Meyer	Rubin Vigil	Larry Rush
M65 Ed Nicholson	Ed Hornung	Bart Ross	Don Dilworth	Bart Ross
M70 *	Mac Osborn	Dudley Healey	Paul Reese	Max Quackenbos
M75 *	Bill Brobston	*	Bill Brobston	Bill Brobston
M80 *	Chet Crabb	Ed Benham	---	Ed Root
W40 Bobbi Rothman	Gail LaDage Scott	Laurie Binder	Mary Nichols	Judy Greer
W45 Nancy Lowden	Christine Tattersall	Maria-Carmen Wade	Chris Tattersall	Margaret Conner
W50 Susie Kluttz	Cina Faust	Laura Tingle	Grace Rome	Joan Still
W55 Gloria Brown	Pinkie Fisher	Whayong Semer	Barbara Meadows	Anna Rush
W60 Margaret Wright	Helen Dick	Pepper Davis	Kit Pickles	---
W65 *	Gerry Davidson	Juanita Williams	Imy Ernst	---
W70 *	Judy Stone	Helen Reiter	---	---
W75 *	---	*	---	---
W80 *	Mary Ames	*	---	---
FASTEST MASTERS SAN DIEGO, CA APRIL 24	NATIONAL 10K ASBURY PARK, NJ AUGUST 13	CRIM 10-MILER FLINT, MI AUGUST 27	NATIONAL 25K EUGENE, OR SEPTEMBER 11	TULSA RUN 15K TULSA, OK OCTOBER 29
M40 Patrick Murphy	Larry Olsen	Bill Rodgers	Michael Taylor	Athol Barton
M45 Caterino Gonzal	Mike Heffernan	Don Sleeman	Ron Kroeker	David Williams
M50 Andre Tocco	Bill Olrich	Jim O'Neill	Marv Rexius	Karlton Naylor
M55 Marsh Haraden	Norm Green	John Kolmetz	John Hepner	Arturo Melendez
M60 Jim O'Neill	Howard Rubin	Jim Forshee	Dick Benson	Jack Gentry
M65 Lowell Tozer	Anthony Napoli	Marlynn Bandlow	Don Johnson	Jim Smith
M70 Wayne Zook	Ed Vuolo	Joe Thornburg	---	Gerald Sibley
M75 *	Bill Brobston	*	Bill Brobston	*
M80 *	Ed Benham	*	---	*
W40 Patti Hurl-Tuff	Barbara Filutze	Laurie Binder	Sue Cammack	Gabriele Andersen
W45 Kathy Loper	Chris Tattersall	Christ Tattersall	Nini Monroe	Maureen Bixby
W50 Caroline Murray	Sofia Turosz	Gina Faust	Shirley Ingram	Donna Wright
W55 Beatrice Lovell	Toshko d'Elia	Terri Fanelli	Ruth Anderson	Marilyn Thompson
W60 Mary Storey	Edith Farias	Charlotte William	---	M. Andersen
W65 Gerry Davison	Becky Yencharis	Stella Klebba	---	Wanda Groves
W70 Judy Simon	Pearl Mehl	*	---	Patricia Rine
W75 *	---	*	---	*
W80 *	---	*	---	*

*No division awards offered
--- No entrants in divisionRaces selected include those which offered
and reported age divisions through at least 70+

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North Carolina Senior Games

by JIM SAXON

A much deeper and stronger field of age 55-and-over athletes than last year competed in the fourth edition of the North Carolina Senior Games in Raleigh, September 24-25.

In the 5K road race, 16 of the 26 men entrants bested the previous meet records in their respective divisions. Peter Klopfer, M55, led the men in 19:39. Milt Bliss, M60, who placed fourth in the Nationals in Orlando, ran 22:41, several seconds under his time in the Nationals, and ended in fifth place in his division.

On the track, Bill Hottinger won every M55 race from the 100 to the 1500 in meet record times. Mary Turner, W55, lowered meet records in the 400 and 800, and set the standard in the 200, a new event.

Bill Waugh, M60, had the meet's best discus throw of 102-9, while Lonnie Proctor, W55, topped all women shot putters with a 28-11. □



Dr. Boyce Jacques, M60, of Reno, Nev., winner (18:51.8) of this year's Ray Williams Memorial 5000, held in conjunction with the Club West Masters Meet, Santa Barbara, Calif., October 1. Photo from Ruth Williams

Club West Meet Closes Track Season

by JERRY WOJCIK

The 15th Annual Club West Masters Meet this year returned to its original venue, Santa Barbara Community College, on October 1, after being held for several years in the city of Goleta. As usual, the final meet of the track season in the West drew a relatively small but powerful field of "Who's Who in the Masters Movement" old-timers in their third decade of competition and newcomers testing their mettle in this relaxed meet.

One potential masters standout at this meet was former Olympian Eddie Hart, who turns 40 on April 24 and, according to his Northern California acquaintances, is looking forward to the World Games in Eugene. Hart flashed to a 10.6 in the 100. The M40 world record is 10.7 and is held by Thane Baker, another ex-Olympian.

In other contests, Pete Ganahl won the M70 400 in 1:14.8; Dan Aldrich took three weight wins from good M70 fields; and John Damski was the M70 high and triple jump winner.

Dr. Boyce Jacques, M60, of Reno, won the Ray Williams Memorial 5000 with an 18:51, for the second time (1986 was the first) over last year's winner, Ray Gil. The Ray Williams Memorial honors, with a perpetual trophy, physicist Ray Williams of the Santa Barbara area, a world and national record holder who passed away in 1984.

The meet was directed by George H. Adams, with the help of the Santa Barbara Recreation Department, and is again scheduled for the first Saturday in October next year. □

Marczak, Scott Win in N.Y.

Continued from page 1

Andy Holden took third in 2:27:38.

Priscilla Welch failed to repeat as women's overall and masters winner as she also dropped out. Female masters honors went to Colorado's Gail LaDage Scott, the U.S. women's masters marathon record-holder (2:37:13) with a strong 2:47:33, over nine minutes ahead of Britain's Elaine Statham (2:56:49). Charlotte Swanson of Washington broke the three-hour barrier by four seconds to take third.

Results of other age groups were unavailable at press time. □

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.

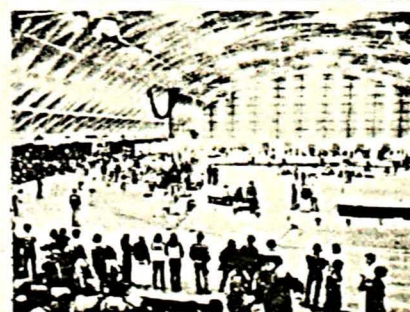
Leverone Field House, site of the Dartmouth Relays, is considered one of the finest and fastest indoor facilities in the East. The Astro-trak is a six-lane, 220-yard layout comprised of three-eighths inch poured-in-place polyurethane.

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.

20th DARTMOUTH RELAYS

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646-2540
646-2571
646-3570



Colorado's Gail LaDage Scott, 41, runs 2:56:11 in the Stamford Marathon, October 16. Three weeks later, she ran 2:47:33 in the New York Marathon to win the female masters title.

Photo by Sailer, Ltd.

The International Scene

WAVA's Non-Stadia Committee

by CLEM GREEN, WAVA Vice-President

The 21st and last annual World IGAL Road Championships were held in Kyongju, South Korea, 8-9 October, 1988. WAVA is now the one world body responsible for veterans athletics.

The WAVA Council has created two committees: Stadia and Non-Stadia, each chaired by an elected WAVA Vice-President, to replace, respectively, its Track and Field and Long Distance Running Committees. Bob Fine chairs the Stadia Committee; I chair the Non-Stadia Committee.

Future WAVA Championships will include non-stadia events: cross-country, road race walking and road races held outside the stadium.

The Non-Stadia Committee consists of 11 members. One can be appointed by each of WAVA's six Regional Delegates within 45 days of the close of each WAVA Championship. One member is appointed by the organizing committee of the next WAVA Championships, and three members are selected by the chairperson.

However, if some regions fail to appoint a member (as has happened this year), the chairperson can make a substitute appointment.

The WAVA Council agreed to initially include a fair representation of the former WIGAL executive on the Non-Stadia Committee, either by regional or chairperson's appointment.

Those who have accepted committee appointments are:

1) Joan Ulliot, San Francisco, Doctor of Medicine, author, and women's running advocate;

2) Paula Kash, Los Angeles, Doctor

of Chiropractic and Physiologist, whose main interest in racewalking.

3) Carlos A. Mocskos, Argentina, national coach with interests in sports medicine, road running and cross-country.

4) Professor Takayoshi Kotoh, Japan, ex-WIGAL Asian representative.

5) Jacques Serruys, Belgium, Europe representative, past president of WIGAL and vice-president of WAVA from 1977-1987, and noted road race organizer.

6) Jim Seymon, Oceania representative, medal winner in the steeplechase, road and cross-country. Member of the VII WAVA Games Organizing Committee.

7) Gusthelm Schlabit, President, IGAL, West Germany. Vice-president of WIGAL.

8) Murray Dickenson, Australia, Racewalking Committee member of the VII World Games and an Australian racewalking champion.

9) Ed Kousky, Eugene, USA, representing the VIII World Championships Organizing Committee for non-stadia events.

As Chairman, my background includes the ex-vice-presidency of WIGAL, with an interest in road, cross-country, marathon, steeplechase and multi-sports.

A circular on the objectives, composition and operation of the committee are in each committee member's hands. The committee will meet in Eugene at the WAVA Championships to review its areas of concern, plan projects for the next two years, consider technical matters, and make recommendations to the WAVA Council.

Constructive input to the Non-

Stadia Committee is welcomed from WAVA affiliates and individual athletes. Please send your comments to your Regional Secretary. His duty is to ensure that the suggestion is within the scope of WAVA's Constitution and By-Laws and, when applicable, complete an English translation. In return, a reply from the Non-Stadia Committee, in English, will be returned through the Regional Secretary. □



Finish line, 21st World Veterans Championships, Kyongju, Korea, October 8-9.

Final WIGAL Event Draws 1468 Entrants

by JERRY WOJCIK

The XXI World Veterans 5K/10K/Marathon Championships held in Kyongju, Korea on October 8-9 attracted 1468 participants from 22 countries. While most entrants were naturally from the host nation and Japan, which has a very active masters program, others came from as far away as Lebanon, West Germany, and the U.S.A.

After two days of meetings and an opening ceremony, the 5K championships were held on the 8th at the race venue, Lake Pomuns. Two Korean runners provided the closest finish of the three races when Jong Hun Kim, M45, edged Jae Cheol Park, M40, by one second with an 18:11 for the overall win. The third finisher was Seong

Tae Kim, M50, of Korea in 18:44. The first woman was Na Young Ahn, W35, of Korea with an easy 20:42 win. The top performance among the women came from Japan's Taikawa Atsuko, who won the W70 division by 11 minutes with a 34:14. The oldest man and woman runners of the two-day affair were Kenkichi Saito, 92, of Japan who ran 55:39, and Suzuki Yasuko, 76, also of Japan, who ran 45:53. All division races went to Korean or Japanese runners.

In the 10K, held on the same day, Omer Van Oten, M40, of Belgium broke the Asian grip on first places with a 32:29 and was followed by two Canadian M40s, Colin O'Brien (33:42) and Mike Creery (34:08). Fourth

Continued on page 25

At Age 50, Davies Runs 30:35 10K

by MARTIN DUFF of
Athletics Weekly

Fifty-year-old Welshman Tecwyn (Taff) Davies continues to burn up the roads in the U.K.

Two world bests in two weeks are his latest exploits: 1) On October 16, he ran a sensational 30:35 in a 10K in Reading, west of London; and 2) he won a half-marathon in Stroud in 1:17:09.

In the 10K, he tracked Mike Hurd before passing the world 10K road record-holder (29:40) at 3K. But Hurd came on again to win in 30:25. Mike Green was third in 31:01.

In the half-marathon, Davies finished just adrift of Shel Cowles, a 31:08 10K runner.


International marathoner Andy Holden turned 40 in October and helped his club to a second place in the National Road Relay Championships, while Tony Simmonds, who also became 40 in October, is beginning to make his mark.

Jim O'Brien, M50, ran a solid 70:48 half-marathon in Wales.

Paula Fudge, who had to turn down a place on the U.K. Olympic Marathon team due to injury, is now back in form, with a 2:30 in the Dublin Marathon on October 31. □



Kim Heung-Rok, president of the Korean Association of Veteran Athletes, presents Cesare Beccali, president of WAVA, with an honorary plaque at the opening ceremony, 21st World Veterans Championships, Kyongju, Korea, October 7.



EUGENE-SPRINGFIELD
OREGON, USA 1989

7 Months To Go

Countdown to Eugene

Entry and Housing Update

by TOM JORDAN and BARBARA KOUSKY

Athletes in the World Veterans Championships are coming from every continent (okay, maybe not from Antarctica), but the real story of the games is the athletes themselves. Participants in the eighth edition will include University of Oregon alum Paul Spangler, who will be 90 when he returns to his alma mater to compete; M40 sprinter George Daniels, who will be the first athlete from Ghana to compete in the Championships; and 1988 U.S. Olympian Francie Larrieu-Smith, W35 world record-holder at 10,000.

With the large numbers of American sprinters expected to compete in the Championships, the selection process for the U.S. relay teams will be more formalized than in the past. The exact selection procedure will be determined at TAC's Convention in Phoenix in early December. Watch these pages for more information.

Entry and housing update:

If you have sent in your *competition entry* already, your cancelled check is

your immediate confirmation that it has been received and processed. If you have sent in your *housing reservation*, you will receive written confirmation from the WVC Organizing Committee around December 1.

With your entry, you *must* include a copy either of your birth certificate or your passport. Please send them in now if you did not include them with your original entry.

Also, for U.S. entrants who have

already entered, when you receive your 1989 TAC membership card, be sure to send a photocopy of the actual card to the WVCOC at Box 10825, Eugene, OR 97440, so that we may enter it along with your entry. Every U.S. entrant *must* be a TAC member, and early notification to us will help avoid a bottleneck at the Championships themselves.

Awareness in the Eugene-Springfield community of the World Veterans Championships is increasing week by week, particularly as early projections become actual housing reservations, tour and banquet bookings, and we hear from the people behind the names on the entry forms. We look forward to meeting you next summer. □



Organizers of the VIII World Veterans Championships after participating in the Eugene Celebration parade.

Get Ready for Eugene



Get your official "In Training For..." t-shirts in either short- or long-sleeve styles. Start your preparations for the World Veterans' Championships with these handsome white Ts, with colorful running Eagle mascot or official WVC emblem.

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Short-sleeves (50-50 blend) are \$10 each; long-sleeves (100% cotton) \$14 each. Add \$2 postage & handling for one shirt; add \$4 if ordering 2 or more. Make check out to "WVC T-shirts"; or use your Visa/Mastercard (see below). Allow 4-6 weeks for delivery.

Indicate quantity of each shirt desired:

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Official Emblem						Total Amount Enclosed = \$ _____
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WAVA/TAC Hurdles and Implements Specifications

HURDLES

WOMEN

Age	Race Distance	Hurdle Height	To 1st Hurdle	Between Hurdles	To Finish
35-39	100m	.840m 33"	13.00m 42'8½"	8.5m 27'10½"	10.5m 34'5"
40-49	80m	.762m 30"	12.00m 39'4"	8.0m 26'3"	12.00m 39'4"
50-59	80m	.762m 30"	12.00m 39'4"	7.0m 22'11½"	19.00m 62'4"
60-69					
70 Plus					
35-39	400m	.762m 30"	45.00m 147'7¾"	35.00m 114'9½"	40.00m 131'2½"
40-49					
50-59					
60-69	300m	.762m 30"	50.00m 164'0½"	35.00m 114'9½"	40.00m 131'2½"
70 plus					

MEN

30-39		.991m 39"	13.72m 45'	9.14m 30'	14.02m 46'
40-49	110m	.914m 36"	13.00m 42'8"	8.50m 27'10½"	10.50m 34.5"
50-59	100m	.840m 33"	13.00m 42'8"	8.50m 27'10½"	10.50m 34.5"
60-69	100m	.840m 33"	13.00m 42'8"	8.50m 27'10½"	10.50m 34.5"
70 plus	80m	.762m 30"	12.00m 39'4"	8.00m 26'3"	12.00m 39'4"
40-49	400m	.914m 36"	45.00m 147'7½"	35.00m 114'9½"	40.00m 131'2½"
50-59	300m	.840m 33"			
60 +	300m	.762m 30"	50.00m 164'0½"	35.00m 114'9½"	40.00m 131'2½"

IMPLEMENTS

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

*New IAAF Specifications



Report from Britain

by ALASTAIR AITKEN

Glynnis Penny, W35, was first woman in the Chelmsford 10K in 35:35 on September 4.

On September 18, Graham Bagnall was 15th and first veteran in 70:04 in the Wolverhampton Half-Marathon. Also on that day, Dick Cooper of Worcester was first M50 runner in the Crack Cancer Half-Marathon in 75:36, and Dick Francis, M40, of Westbury was fourth overall with a 2:31:14 in the Torbay Marathon. First M45 was insurance man Graham Ashdown in 2:39:43.

Taff Davies, who was 50 in May, ran

the fastest time for a veteran in the Ron Hill Southern Six Stage Road Relay at Aldershot, September 24; Sheldon Cowles, M40, had the second veterans best time (18:48). Aldershot's Ernie Cunningham was fourth-overall (52:40) in the Claude Fenton 10 at Reading, September 25.

Three veteran walkers were well-up overall in the London Postal Region Walking Festival 10K at Blackheath Park, September 4. Carl Lawton finished fifth (49:52); Shaun Lightman, sixth (50:22); and Peter Cassidy, seventh (50:32). □

Potential Sites Announced

Finland and Greece have expressed an interest in hosting the 1991 World Veterans Championships, reports Alastair Lynn, WAVA Secretary.

Puerto Rico and Trinidad-Tobago will bid for the 1990 WAVA North American Regional Masters Track and

Field Championships, reports Dave Pain, North American Chairman. Pain is seeking additional bids from the Caribbean area. The North American Board will confer in August in Eugene to make the final decision. □

de Jesus Breaks Hurdle WR

260 Masters in San Juan Meet

A total of 260 masters, ages 30 to 82, competed in the San Juan Masters Track and Field Meet at Sixto Escobar Stadium in Puerto Rico, September 17-18. In addition to Puerto Rico, athletes came from the U.S., Canada, and the Virgin Islands.

Ovidio de Jesus, president of the Puerto Rico Masters Association, set a world best for the M55 300mH with a sparkling 43.29.

Archie Messenger of the U.S. had

brilliant performances in the 1500 (5:01.74) and the 800, where he missed the American record by just 3/10ths of a second, clocking 2:25.59.

Phil Raschker, W40, put on a display of her multi-talents, and Barbara Stewart, W45, became the first woman master to throw the hammer in Puerto Rico.

Thad Bell won the M40 100 (11.20) and 200 (22.72). □

Write On

Continued from page 4



WAVA President Cesare Beccalli (left) and WIGAL President Jacques Serruys at the final WIGAL Championships in Korea.

- 1) It would take at least two weeks.
 - 2) A lot of veterans, age 40-60, would be excluded because they have a limited amount of holiday time.
 - 3) Many countries (especially in Europe) can organize road races, but do not have facilities for track and field. (e.g. Brugge, Belgium, which can organize LDR, but not T&F).
 - 4) Athletes from faraway continents will have to wait four years to compete.
- I also propose nothing should be included in the long distance program which has not been in the IAAF program. We worked years to have the veterans program accepted as a mature sport. New events will devalue our sport into a recreational sport.

Jacques Serruys
President, WIGAL
Brugge, Belgium

■ 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.



Jon Hun Kim (r) of Korea nips countryman Jae Cheol Park by one second with an 18.41 in the M40 5K race, 21st World Veterans Championships, Kyongju, Korea, October 8.

Final WIGAL Event Draws 1468 Entrants

Continued from page 23

finisher, Norman Green, Jr., of Pennsylvania won the M50 contest in 34:12 for the only victory by a U.S. runner in the championships.

Canadian Nancy McLaren, W40, also broke the Korean and Japanese women's hold on first place with a fast 37:14. Ide Masak, W45, of Japan was second in 38:56, with Frances Stein, W50, of Canada, third in 42:51.

On the 9th, G. Blommaerts, M40, of Belgium took the marathon with a 2:30:15, 14 minutes ahead of the second-place Kiyoto Nagata, M50, of Japan. Derek Wood of Great Britain, second to Green in the M55 10K, returned to win his division with a third-place 2:45:58. In the M45 division, Young Lee of Korea won by two seconds with a 2:53:44 from coun-

tryman Young Soo Lee. D. R. Underwood, W35, of Great Britain, was the first woman in 3:01:05.

The event, a joint WAVA/WIGAL effort, was the last in which WIGAL participated because it has been merged into WAVA, whose president, Cesare Beccalli of Italy, presided over the final WAVA/WIGAL meeting on the 6th.

The executive director of the championships was Han Shik Kim of the Korean Association of Veteran Athletes. The race director was Tae Bong Han of the Korean Amateur Athletics Federation, and the organizer was Kim Heung-Rok, the president of KAVA.

Kyongju is located approximately 150 miles southeast of Seoul near the Sea of Japan. □

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Contact President

MASTERS SCENE

NATIONAL

• **Bev LaVeck**, the RW representative of masters t&f, has formed a committee to assist her in furthering the cause of masters walking. Members (who can be contacted by interested walkers) are **Elaine Ward**, **Richard Oliver**, **Rose Kash**, **Ruth Leff**, **Bob Sedlak**, **Frank Alongi**, **Elliott Denman**, **Lori Maynard**, **Bernie Finch**, **Alan Wood**, **John MacLachlan**, and **Ray Funkhouser**. LaVeck can be reached at 6633 NE Windermere Rd., Seattle, WA 98115.

EAST

• The masters winner in the Del Passatore 100K, October 1, Washington D.C., was **Vittorio Illume** of Italy (52, 8:54:02). First American was **Norm Roof** of Ohio (51, 9:11:44). No masters women were entered. In the 50K counterpart, first masters were **Doug Taylor** of New Jersey (45, 4:15:05) and **Nancy Hamilton** of Maryland (39, 4:52:35).

• **Harry Nolan**, 41, of the Shore Athletic Club, ran off with the overall title at the Sea Bright Chamber of Commerce's 5-Mile Run in New Jersey, October 30, in 25:30. Shore's **Ray Funkhouser**, 36, was the winner of the racewalk in 35:24.

• The results of the Eastern Regionals (Oct.) inadvertently omitted the M60+ medalists, which are printed in this issue. **Sparks Sorlien** set an M70 triple jump AR of 30-2½, bettering **John Damski's** 3-year-old mark of 29-5¼.

• **Cheryl Ralya**, 42, of the NY-Atlanta TC placed 23rd (1142 finishers) with a masters first 24:53 in the *New York Woman* 4 Miler, Central Park, NYC, October 2. **Irene Jackson**, 41, of the Central Park TC followed in 25:06. **Carol Johnston** (45, 25:58); **Julie Hoffman** (52, 26:27); and **Bertha Bellinghausen** (55, 27:24); and **Aslaug Tomas** (61, 31:51) won their division races. **Gordon Bloch**, 27, was first in 22:02.

• Despite an all-day drizzle and temperatures in the 50s, 22 of the 28 pre-registered entrants showed up for the 2nd Annual NY Masters Weight Pentathlon at Downing Stadium on Randall's Island, October 8. Top point-getters included **Paul Corrigan** (38, 3161); **Meemo Maasik** (54, 2481); and **Herb Cantor** (63, 3040). According to **Jai Singh**, meet director, next year's event will be held in late September, and a spring meet is planned for May.

• Out of the East comes another soon-to-be masters contender, **Bobby Doyle**, 39, who was overall winner of the John Atturio Memorial 8K, Warwick, RI, October 23, in a fast 24:57. **Carol Crofts**, 43, won the W40+ title with a 33:42.

• **Barbara Filutze**, 42, running in her home town in the Eriesistible Marathon had the rare pleasure of winning the women's race overall (2:51:50) and doing it for her employer, The First National Bank of Pennsylvania, the event's chief sponsor. Filutze missed the course record

by just four seconds. **Athol Barton**, 40, of Rockville, MD, made an impressive first marathon debut with a tenth-place 2:34:53.

• **Glen Shane**, 49, of the Bronx, who has won the 800 every year in the Empire State Games since 1983, and holds the M40 record (2:07.6), was told by a well-meaning high school teacher that he would never be a runner. Primarily a middle-distance man, Shane, however, has run several NYC Marathons, with a PR of 2:58 in 1980, the same year he ran an M40 American-best 1:15.5 600 indoors.

SOUTHEAST

• **Tom McDermott**, 70, broke the M70-74 hammer (4kg) WR with a 150-8 toss in a weight meet in Bradenton, FL, October 8. **Roy Foley** of Australia set the old record (148-5/45.24) in the VII World Games in Melbourne.

• **Tom O'Connor**, 40, of Smyrna, GA, with a 50:56 was third-overall and first M40+ in the Peachtree City Classic 15K, Peachtree City, GA, which served as the RRCA National Championships, October 15. **Carolyn Spillman**, 40, Decatur, GA, paced the W40+ with a 1:01:19. Second W40+ was **Nancy Parker**, 52, Dunwoody, GA, in 1:02:41.

MIDWEST

• **Eugene Paasinen** of Taylor, MI, whose cartoons of masters athletes appear in the NMN, offers this tid-bit for aging athletes: "I'm not great shakes in the throws these days but have been a lifter for over 35 years. The other day I passed through our high school's weight room on some business with the coach. The coach asked me to demonstrate the bench press for the kids, mostly football players. An English teacher, age 56, with a shirt and tie on, with no warm-up, performed a 360-lb. bench for them. New respect for us tottering old folks."

• **Ruff Leff**, 61, of Milwaukee, set three pending W60 racewalk records this year. On June 27, she walked 5K in 30:43; on October 9, she walked 10K in 1:05:26; and on October 16, she walked 20K in 2:19:06.

• **Mike Hurd** (2:24:15) and **Barbara Filutze** (2:48:49) each won \$5000 for their masters victories in the Old Style Chicago Marathon on October 30.

MID AMERICA

• **Mae Horns**, 54, and **Ruth Anderson**, 59, were second and third females overall in the October 22 Edmund Fitzgerald 100K, Duluth, Minn. Horns took second to **Cheryl Popowski** (37, 8:54:25) in 9:43:27. Anderson, a nuclear chemist from Oakland, CA, took third in 11:59:10. In the accompanying 50K, **Bruce Mortonson**, 44, was the overall winner in 2:59:36. **Nancy Seeley**, 38, was overall female winner in 4:42:35.

• Masters winners in the Omaha Riverfront Marathon, October 30, were **Sylvia Wiegand** (3:32:23) and **Gary Julin** (2:42:16). Despite a new, faster course, times were ruined by the 28° weather and 15 mph winds.

• **Patricia Farrar**, W55, of Britton, SD, with three walk victories, including a best overall 9:45.0 in the 1500, and **Clarence Riggs**, M80, of Spearfish, SD, with sprint-and field-event wins were named outstanding athletes in the 5th Annual South Dakota Senior Olympics in Pierre, September 9-10.

SOUTH WEST

• Twenty-five All-American standards were surpassed by participants in the Gulf Association/TAC Masters Championships, Pasadena, TX, August 20. **Robert Mitchell**, M40, of the



Winning U.S. W40+ 4x100 relay team (43.45), North American Championships, Toronto, Canada, August 28, from left: Barbara Stewart, Phil Raschker, Marilyn Mitchell, and Kathy Pierce.

Photo from Barbara Stewart

Hurricane Sports Club picked up three All-American marks in the 400 (52:39) and, with meet's bests, in the 100 (11.09) and 200 (22.93). Open internationalist **Carol McLatchie**, W35, romped in the 800 (2:21.37) and 1500 (4:48). The **Bandicoots AC**, with 218, outscored the **Bay Area RC** by four points for team honors.

WEST

• In the Western States 100 Miler, Squaw Valley to Auburn, CA, June 25-26, **Jussi Hamalainen**, 42, ran 17:41:59 to be third overall — all for a silver belt buckle, proof of a sub-24-hour finish! **Bobbie Dixon**, 41, was first masters female in 22:01:37. **Doug Latimer**, 50, ran his 10th Western States, all under the 24-hour goal. This year he finished 10th overall in 18:43:58. **Joan Reiss** became the first woman over-50 to receive the belt buckle on the "long course," some eight miles longer than the original course. **Bjorg Austrheim-Smith**, 45, received her ninth buckle with a time of 23:46:00.

• **Echo Edmonson**, 45, who reportedly is running with only one lung, was the overall winner in the West Coast University 50-Miler, Fountain Valley, CA, October 8 in 6:30:08. **Fred Nagelschmidt**, 64, ran an admirable 7:44:26 for 10th position of 131 entrants. First over-forty female was **Irma Hutton**, 42, 9:56:42.

• **Duncan MacDonald**, 39, cruised to an easy overall win in 14:45 in the Hawaii 5K Road Championships, October 2. In 1976, MacDonald broke **Steve Prefontaine's** 5000 track AR with a 13:19.4, six seconds off the WR. "I've definitely lost some speed, but I think there's room for improvement with a little more training," said MacDonald, after the two-lapper around Honolulu's Kapiolani Park. The ex-Olympian (1976) is preparing for some major masters races on the Mainland after his 40th birthday in January. The U.S. M40 5K record is 14:46.9, set by **Larry Olsen** in late 1987. In the Hawaii 5K, **Gerald Horton**, 65, of Maui set a state record of 18:49. **Judy Huber-Cogswell**, W40, dominated the W40+ race with a 19:42.

• Excellent performances were turned-in by **Laurie Binder** and **Gina Faust** in the Moonlight 8K, Alhambra, CA, October 29. **Binder** ran the second fastest 8K ever run by an American woman over-40 with her 28:31. The fastest is **Gabriele Andersen's** pending AR of 28:14. **Faust** came within reasonable range of **Marion Irvine's** W50 AR of 30:47 with her 31:19 in the race which served as TAC's National Women's 8K Championships. Top masters male in the Open event was M50 **Brian Fernee** (28:12).

NORTHWEST

• **Marilyn Osgood-Knight**, 47, a competitor in the 1984 National Masters T&F Championships in her hometown of Eugene, OR, committed

suicide on November 8. She brought her moped into her room, turned on the motor and died of asphyxiation. **Osgood-Knight** suffered from multiple sclerosis and manic-depression, but still managed to write articles and compete in track meets and road races.

• For a copy of the results of the 1987 Eugene research project by **Porter Foster** and **Integrated Research**, please write to: **Dr. Steven Ungerleider**, Integrated Research Services, 66 Club Road, Suite 370, Eugene, OR 97401, (503) 683-9278.

INTERNATIONAL

• In a letter to WAVA President **Cesare Becalli**, **Heinrich Clausen** of the Veterans Association of West Germany, complained about the lack of a pentathlon in next year's World Veterans Games.

"We think WAVA's decision to substitute the decathlon/heptathlon for the pentathlon is not responsible, since most athletes cannot practice some events due to medical reasons... we ask you to maintain the pentathlon in the program."

• **Viisha Sedlak**, world and U.S. W35 racewalk champion, will organize a Racewalkers Training Camp in Cancun, Mexico, on February 19-26. The camp will feature daily group workouts and seminars, video recording, individual coaching, and "lots of fun and sun." To register, send a deposit of \$195 to American Racewalk Association, PO Box 18323, Boulder, CO 80388-8323. □

Loudat, Filutze Tops

Continued from page 15

One of the most exciting competitions of the day was in the men's 60-and-over division. When Virginia's **John Hosner** spotted California's **Jim O'Neil** in the crowd, he decided to hang onto O'Neil — the runaway leader in the ICI/USRA over-60 standings — and try to out-kick him at the finish.

The strategy worked, but **Hosner** was surprised to find out he was second, after all. "Who was that guy?" he asked — and "that guy" turned out to be **Mike Shea**, father of **Julie** and **Mary Shea**, two of America's top women runners in the late '70s.

Shea, who celebrated his 60th birthday just seven days earlier, finished in 1:04:04 — 14 seconds ahead of **Hosner** and 22 seconds in front of **O'Neil**. □

CLASSIFIEDS

Classified ad rates are 50c a word. Count name and address as 5 words. Race notices are 25c per word. Prepayment required with copy. Deadline is the 10th of the month prior to issue date. Send to NMN, PO Box 2372, Van Nuys, CA 91404.

• **EXERCISE EQUIPMENT:** Weights, Bars, Benches, Bikes, Gold's Gym Vitamins, Supplements. SAVE \$\$ Institutional Prices. Send \$2 for catalogs to: Fitness First, PO Box 251, Shawnee Mission, KS 66201, 913-362-1983.

schedule

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



TRACK & FIELD NATIONAL

March 19. TAC National Masters Indoor Pentathlon Championships, Carlisle, Pa. SASE for application. Scott Thornsley, 18 Colgate Dr., Camp Hill, PA 17011-7624. 717/737-2385 until 11:00 p.m. Pre-entry only.

March 31-April 2. U.S. TAC National Masters Indoor Championships, French Field House, Ohio State U., Columbus, Ohio. James Pearce, 2449 Southway Drive, Columbus, OH 43221. 614/481-8766 (evenings).

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

July 20-23. 22nd U.S. TAC National Masters Championships, San Diego, Calif. Dixon Farmer, 8453 Sunrise Ave., La Mesa, CA 92041. 619/469-1010.

EAST

January 6. Dartmouth Relays, Hanover, N.H. Carl Wallin, 603/646-2848. See ad on page 22.

January 15. Brown University Masters Indoor Championships, Providence, R.I. SASE to Neil Steinberg, 46 Roberta Ave., Pawtucket, RI 02860.

March 19. Bud Light/Penn Masters Indoor Meet, Carlisle, Pa. See "Nationals." No PV this year.

SOUTHEAST

January 28. 7th Annual Running Pentathlon (Masters & Open), Clearwater, Fla. Dick Lacey, 1207 S. Duncn Ave., Clearwater, FL 34616. 813/447-7161.

MIDWEST

January 7. Lake Erie Indoor Championships, Maple Heights, Ohio. Charlie Hall, 18616 Restor Ave., Cleveland, OH 44122. 216/561-5092.

January 8. Illinois Grand Prix Indoor Meet, Westwood Sports Center, Sterling, Ill. 11 a.m. Dick Green, P.O. Box 6147, Rockford, IL 61125. 815/397-5685.

January 21. 5th Annual The Athlete's Foot Masters Indoor Meet, Augustana College, Rock Island, Ill. A Grand Prix meet. Pete Stopoulos, 1029 16th Ave., E. Moline, IL 61244. 309/755-2655.

February 5. Illinois Grand Prix Indoor Meet, Westwood Sports Center, Sterling, Ill. 11 a.m. Dick Green, P.O. Box 6147, Rockford, IL 61125. 815/397-5685.

February 19. Illinois Grand Prix Indoor Meet, see February 5.

March 19. TAC Midwest Regional Masters Indoor Championships, Westwood Sports Center, Sterling, Ill. 11 a.m. Dick Green, P.O. Box 6147, Rockford, IL 61125. 815/397-5685.

SOUTH WEST

April 21. Dallas Senior Games, P.C. Cobb Athletic Complex, Dallas. 50+. Ed Toliver, 2750 Bachman Dr., Dallas, TX 75220. 214/670-6258.

WEST

February 11. CSU-Bakersfield/Bakersfield Californian Relays, Bakersfield, Calif. Charles Craig, 805/664-2347.

March 5. Palm Springs Invitational Senior Olympics, Palm Springs HS, Palm Springs, Calif. 55+. Ben Green, 401 S. Pavilion, Palm Springs, CA 92262. 619/323-8274.

INTERNATIONAL

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

LONG DISTANCE RUNNING NATIONAL

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

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

January 14. ICI/USRA Masters Circuit \$10,000 National 8K Championships, Naples, Fla. Dean Reinke, 400 N. New York Ave., Winter Park, FL 32789. 407/647-2918.

EAST

December 4. Achilles Handicap 10K, Central Park, NYC, Handicaps by age and sex. The Achilles TC, 9 E. 89th St., New York, NY 10128. 212/967-9300.

December 4. Brian's 10K Run, West Chester, Pa. Lawrence Brandon, 206 Brooke Dr., West Chester, PA 19380. 215/692-5643.

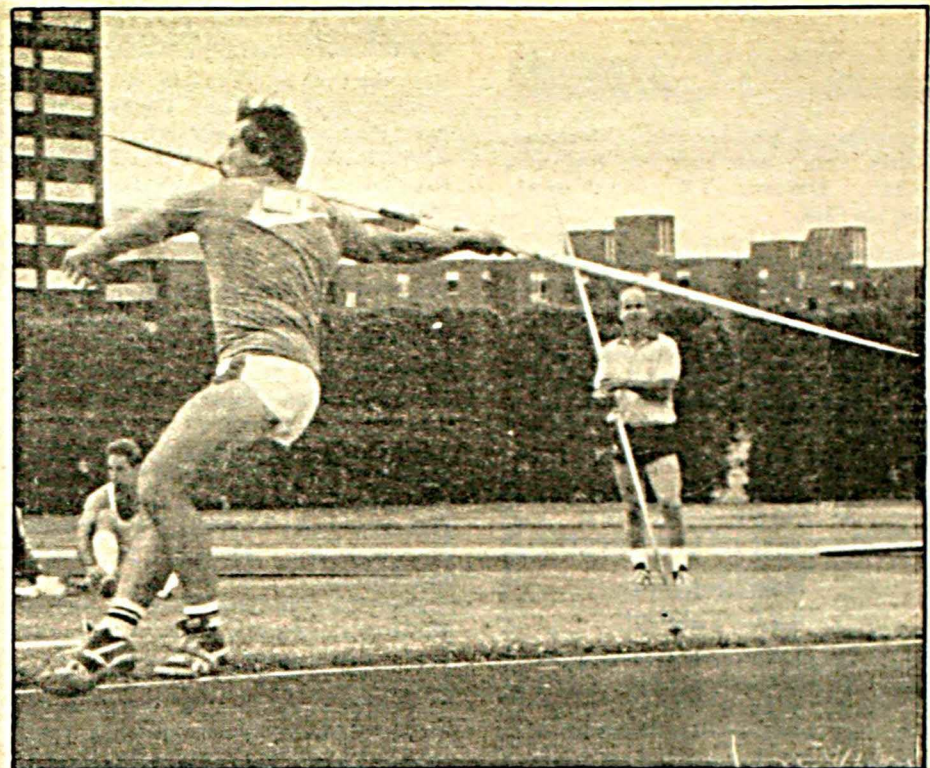
April 17. 93rd Annual BAA Boston Marathon, Boston. Masters prize money. SASE to: Boston Athletic Association, 17 Main St., Hopkinton, MA 01748.

SOUTHEAST

December 3. Blue Angel Marathon/10K, Pensacola, Fla. BA Marathon, Naval Air Station, Pensacola Recr. Dept., Building 632, Pensacola, FL 32508. 904/452-4391.

December 4. 1st Tennessee Memphis Marathon, Memphis, Tenn. c/o Health & Fitness First, P.O. Box 84, Memphis, TN 38101-8469.

December 10. Rocket City Marathon, Huntsville, Ala. Harold Tinsley, 8811 Edgehill Dr., Huntsville, AL 35802. 205/881-9077.



Bob Sing, M35, has both feet off the ground! Here he throws 213-8 for first in his division at the Waltham Track Club Masters Meet.
Photo by Suzette Hal

December 10. Tampa Bay Marathon, MacDill Air Force Base, Tampa, Fla. Also 5-person relay marathon. Donald W. Clark, Dir., Brandon Running Assn., P.O. Box 1564, Brandon, FL 34299-1564. 1-800-826-8358.

December 11. Boca Raton, Fla. Masters money. Boca Raton RR, Boca Pointe 10K, Boca Raton, FL 33429. 305/483-1023.

January 7. Charlotte Observer 10K, Charlotte, N. C. Charlotte Observer Marathon, Dept. RG, Box 30294, Charlotte, NC 28230. 704/379-6896.

January 7. Jacksonville Marathon,

Jacksonville, Fla. Jacksonville Marathon, 3853 Baymeadows Rd., Jacksonville, FL 32217. 904/739-1917.

January 28. 7th Annual Running Pentathlon (Masters & Open), Clearwater H.S., Clearwater, Fla. 8:00 a.m. Dick Lacey, 1207 S. Duncan Ave., Clearwater, FL 34616. 813/447-7161.

February 11. Gasparilla Distance Classic 15K, Tampa, Fla. SASE to Gasparilla '89, P.O. Box 1881, Tampa, FL. 33601-1881. 813/229-RUNN.

Continued on page 28



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Continued from page 27

SOUTH WEST

December 4. White Rock Marathon, Dallas, Texas. Bob Hancock, P.O. Box 74335, Dallas, TX 75374-3335. 214/526-5318.

December 11. Fiesta Bowl 10K, Phoenix, Ariz. Rob Wallach, 6102 N. 16th St., Phoenix, AZ 85016. 602/277-4333.

January 15. Houston-Tenneco Marathon, Houston. Steve Sawyer, H-T Marathon, P.O. Box 56682, Houston, TX 77027. 713/757-2700.

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

WEST

December 3, 4, 10, 11, 17, 18, 24, 31. Legg Lake Runs, S. El Monte, Calif. A. Martinez, 9502 Reichling Ln., Pico Rivera, CA 90660. 213/949-0394.

December 4. 41st Western Hemisphere Marathon, Culver City, Calif. Jack Nakanishi, 4117 Overland Ave., Culver City, CA 90230. 213/202-5689.

December 10. Holiday Bowl Marathon, San Diego. Tim Murphy, 3456 Ingraham, San Diego, CA 92109. 619/483-9501.

December 11. San Diego International Marathon, San Diego. Ten-year age groups, m&w, thru 70+. SDIM, c/o In Motion, Inc., 2204 Garnet Ave., Ste. 303, San Diego, CA 92109. 619/483-9501.

December 11. Honolulu Marathon, Honolulu. Larry Goldstein, 3435 Waialae St., Rm. 208, Honolulu, HI 96816. 808/734-7200.

January 21. The Great Race of Agoura 2K/5K/10K, Agoura Hills, Calif. The Great Race-Agoura, 5699 Kanan Rd., Agoura Hills, CA 91301. 818/707-2243.

January 28. Paramount 10K, Special World Masters Division, Paramount, Calif. Cash awards for 1st thru 5th, each division (\$6000 available to date). Oscar Rosales, 15734 Paramount Blvd., Paramount, CA 90723. 213/634-3027; 714/841-5417.

January 28. 10th Paramount 10K, Paramount (L.A. suburb), Calif. SASE to Paramount 10K, 15734 Paramount Blvd., Paramount, CA 90723. City Rec. Dept. 213/531-3503. Finish Line International 714/841-5417; 213/634-3027.

February 4. 23rd Las Vegas Marathon, Las Vegas, Nev. Al Boka, P.O. Box 81262, Las Vegas, NV 89180.

March 5. Los Angeles Marathon, Los Angeles. L.A. Marathon, P.O. Box 67750, Los Angeles, CA 90067. 213/879-1989.

RACE WALKING NATIONAL

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

SOUTHEAST

December 11. Tree Tops Park 5K Racewalk, Broward County, Fla. Broward Co. Parks & Rec., 950 N.W. 38th St., Oakland Park, FL 33309. 305/357-8100.

INTERNATIONAL

February 19-26. Racewalkers Training Camp, Cancun, Mexico. Organized by Viisha Sedlak, World and U.S. W35 champion. American Racewalk Association, P.O. Box 18323, Boulder, CO 80308-8323.



Paul Spangler, 89, set a new M85 30K record at the Foundation 30K, November 13, with a 4:39:30. Photo by Jeff Coleman

Lester, Stavalone Victory

Continued from page 13

start so that they could finish with the pack, and it was truly an awe-inspiring sight to see them returning, in the pouring rain, while we ran out. They were wildly applauded at the finish by the crowd hearty enough to stay in the rain. Lindgren ran 4:12:33 and Spangler 4:39:30.

Juana Stavalone, 42, and Nancy Oshier, 40, went head-to-head in the W40 division, finishing in 1:58:23 and 1:58:57, respectively. Both broke the course record of 2:01:08 held by Nellie Wright. Wright ran 2:09:18 for fifth W40. Oshier, of Rochester, N.Y., commented, "I wish I could've won, but I'm glad I broke the course record...Be sure and write about the weather!" She, Faust and Kathy Brown (2:11:24, sixth W40) headed back to their hotel to warm up and celebrate with a little champagne.

With the withdrawal of Bob Schlau (not recovered from his overall victory in the October 16th Stamford Marathon), the masters race was between Wes Wessely, 40, of Atlanta, and Lester. Wessely's "I need to get first here to overtake Mike Hurd for third in the ICI point standings" reflected the interest of masters runners in Dean Reinke's brainchild. Wessely's third master overall finish (behind Lester and Green) gave him 9 points, good enough for the third he was looking for.

Although the weather couldn't have been worse for the 800 30K entrants, the course was excellent and the hot beef stew served after the race was a welcome sight to the freezing finishers. Skip Seebeck did a smooth job of directing the race.

A total of \$8700 in prizes was given out. Masters age-group winners received \$100 with \$50 going to second place.

ON TAP FOR DECEMBER

The 10th annual convention of The Athletics Congress continues through December 3 in Phoenix. Everyone is welcome.

TRACK & FIELD

Track activity is almost nil, except for a decathlon/heptathlon in Long Beach, Calif., on the 10th-11th, and the Asian Veterans Athletic Championships in Taiwan on the 3rd-5th.

LONG DISTANCE RUNNING

The National Masters Marathon Championships in Sacramento, Calif., on the 4th is offering \$28,200 masters money and a \$100,000 bonus for a new masters world best. The National Half-Marathon Championships will take place on the other coast, in DeLand, Fla., on the 10th.

In the East, Brian's 10K in Pennsylvania should draw its usual good field of masters. The Southeast plays hosts to several major races, including the Rocket City Marathon in Huntsville, Ala., on the 10th, and the Boca Raton 10K in Florida. In the Southwest, the White Rock Marathon is scheduled for the 4th in Dallas, and the Fiesta Bowl 10K happens on the 11th in Phoenix. In the West, marathons are set for the 4th in Los Angeles, and the 11th in San Diego. The increasingly popular Honolulu Marathon also goes off on the 11th.

RACEWALKING

The National Masters 10K Championships will be decided in North Carolina on the 18th. □

Overall masters received \$300 each.

Overall winners were Rich McCandless, 32, in 1:35:32 and Linda Somers, 27, 1:52:28. □

ICI/USRA "Happenings"

Continued from page 16

tor Rich Sherman called just prior to this past summer's Legends Mile and informed me that he had a miler who should be in the race. I politely informed him his 4:23 miler could not qualify for our Legends field which already had 8 runners, all who had broken 4:20. Guess who won the Mercedes Mile? Mr. Frye ran a 4:15.3 besting the likes of Ken Sparks and Web Loudat and qualifying for our next Legends Mile...We hope to be able to announce plans for the inaugural 1989 "Legends Mile" Circuit, a spinoff of the Orlando world record event this past summer...Duncan MacDonald, who will turn 40 January 15, one day after the Naples ICI Championship - is already attempting to set up some Masters road races in New Zealand and Australia to join the ICI/USRA Masters Circuit for 1990 - the year he turns 40 on July 12. He already has his eyes set on the first Masters sub-4 minute mile! It may or may not be Dixon, but you can bet your laundry money that it is going to happen - and soon! See you next month in Naples, January 14! □

— by Dean Reinke

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ALL-AMERICAN ACHIEVERS FOR NOVEMBER, 1988

NAME	EVENT	MARK
M30		
PAUL FALGOUT	800 Meters	1:58.70
CHRIS POLAKOWSKI	Pentathlon	2877 pts.

M35		
STEPHEN FOSTER	200 Meters	23.06

M40		
DUSTIN DAVIS	10,000 Meter	34:45
VERNON SMITH	Long Jump	5.93 M

M45		
JERALD EDWARDS	200 Meters	25.05
TIMOTHY JOSLIN	10,000 Meter	35:08

M50		
JIM BRADLEY	300 IH	46.31
JIM BRADLEY	400 IH	67.7
SPIKE HARSHBARGER	Discus	136'10"
ROBERT E. MILLER	100 Meters	12.07
ROBERT E. MILLER	200 Meters	24.2
ROBERT E. MILLER	400 Meters	57.0
JEFF WENIG	Shot Put	50'5"

M60		
FREDRIK HIRSIMAKI	High Jump	4'8"
FREDRIK HIRSIMAKI	Triple Jump	32'0"
FREDRIK HIRSIMAKI	Long Jump	15'9 3/4"
FREDRIK HIRSIMAKI	Pole Vault	9'0"

M65		
WILLIS JOHNSTON	Pole Vault	8'6"
JOHN H. BAKER	Hammer Throw	73'4"

M40		
LURLINE STRUPPECK	100 Meters	14.5
LURLINE STRUPPECK	Shot Put	35'4 3/4"
LURLINE STRUPPECK	Discus	107'4"
LURLINE STRUPPECK	Javelin	139'3"

M60		
RUTH LEFF	5K Racewalk	30:43
RUTH LEFF	10K Racewalk	65:26
RUTH LEFF	20K Racewalk	2:19:06

M65		
OLIVIA S. NEWSOME	5K Racewalk	39:40

M70		
PEARL HALL MEHL	5000 Meters	26:35
PEARL HALL MEHL	10,000	54:57
PEARL HALL MEHL	15,000	1:36:25
PEARL HALL MEHL	Half-Marathon	2:06:27



HAPPY HOLIDAYS
AND A
HEALTHY NEW YEAR!



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.*

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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 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		
110mH	15.0	16.4	17.75	18.75	19.14	20.25	20.57	21.65	22.60	26.0	29.8	33.7
100mH							18.0	20.0				
80mH									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
	6'4 1/2"	6'3 3/4"	5'9 1/2"	5'6"	5'2 1/2"	4'11"	4'7 1/2"	4'4"	4' 1/2"	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' 1/2"	18'8 1/2"	17'4 1/2"	16'3 3/4"	14'9"	13'6 1/2"	12'2 1/2"	10'11"	9'6 1/2"	8'4 1/2"	7' 1/2"
P.V.	4.11	3.89	3.66	3.43	3.20	2.97	2.74	2.44	2.13	1.83		
	13'6"	12'9"	12'0"	11'3"	10'6"	9'9"	9'0"	8'0"	7'0"	6'0"		
T.J.	12.90	12.30	11.60	10.90	10.20	9.55	8.90	8.20	7.50	6.80	6.10	5.50
	42'4"	40'4 1/2"	38'3 3/4"	35'9 1/2"	33'5 1/2"	31'4"	29'2 1/2"	26'11"	24'7 1/2"	22'3 1/2"	20' 1/2"	18' 1/2"
Discus	44.80	42.60	40.60	38.00	40.00	36.40	42.00	36.80	31.60	26.40	21.40	16.00
	147'	139'9"	133'2"	124'8"	131'3"	119'5"	137'9"	120'9"	103'8"	86'7"	70'2 1/2"	52'6"
Javelin	62.00	57.00	52.00	48.00	43.00	38.50	40.00	35.00	29.00	24.00	19.00	15.00
	203'5"	187'0"	170'7"	157'6"	141'1"	126'4"	131'3"	114'10"	95'2"	78'9"	62'4"	49'2 1/2"
Hammer	47.24	44.20	41.14	38.10	38.40	32.50	36.00	30.50	25.00	20.00	15.00	11.00
	155'0"	145'0"	135'0"	125'0"	126'0"	106'8"	118'1"	100'1"	82'0"	65'7 1/2"	49'2 1/2"	35'4 1/2"
S.P.	15.20	14.10	13.00	12.00	13.00	11.80	13.00	11.80	10.70	9.50	8.40	7.20
	49'10 1/2"	46'3"	42'8"	39'4 1/2"	42'8"	38'8 1/2"	42'8"	38'8 1/2"	35'1 1/2"	31'2"	27'6 1/2"	23'7 1/2"
PEN	2800	2600	2400	2200	2000	1800	3000	3000	3000	2500	2000	1000
DEC	5500	5250	5000	4750	4500	4250	6000	5500	5000	4000	2000	1500

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

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 1/2"	4'2"	3'11"	3'7 1/2"	3'6 1/2"	3'4 1/2"	3'2 1/2"	3'0 1/2"	2'11"	2'9"
LJ	5.0m	4.60	4.30	3.90	3.55	3.20	2.85	2.60	2.35	2.10	2.0
TJ	9.03	8.61	8.12	7.63	7.14	6.40	6.23	5.74	5.00	4.25	4.00
	29'7 1/2"	28'3"	26'7 3/4"	25 1/2"	23'5 1/2"	22'7 3/4"	20'5 1/2"	18'10"	16'5"	13'11 1/2"	13'1 1/2"
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

APPLICATION FOR AN ALL-AMERICAN CERTIFICATE

NAME: _____ PHONE: _____

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MEET: _____ WEIGHT OF IMPLEMENT _____

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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

TAC Eastern Regional Masters Team Results Rhode Island College August 2

Place	Team	Points
1	Syracuse Chargers	69
2	New York Masters	38
3	Merrill Lynch RAC	30
4	New York Athletic C	23
5	Buffalo Belles	20
6	Greater Rochester TC	10
7	Westchester Puma	8
8	CSU	8
9	Maryland Masters	5
10	North Medford	5
11	Philadelphia Masters	2

Place	Team	Points
1	New York Masters	62
2	Merrill Lynch RAC	36
3	Syracuse Chargers	35
4	Liberty	18
5	West Valley TC	15
6	CSU	15
7	Greater Rochester	13
8	North Medford	13
9	Philadelphia Masters	12
10	New York Pioneers	11
11	Millrose	10

Place	Team	Points
10	Boston AA	9
11	Cape	9
12	North Jersey	7
13	North Medford	5
14	Reebok	5
15	Etonic	3

Place	Team	Points
1	New York Masters	45
2	Potomac Valley	28
3	New York Pioneers	27
4	North Medford	23
5	Central Park TC	15
6	Syracuse Chargers	11
7	Philadelphia Masters	10
8	Buffalo Belles	5
9	Hudson	4

Place	Team	Points
1	Syracuse Chargers	99
2	New York Masters	85
3	Philadelphia Masters	42
4	Merrill Lynch RAC	30
5	North Jersey	25
6	Boston AA	25
7	New York Pioneers	20
8	New York AC	14
9	North Medford	3

OVERALL SCORING

Place	Team	Points
1	New York Masters	230
2	Syracuse Chargers	214
3	Merrill Lynch RealityAC	96
4	Philadelphia Masters	66
5	New York Pioneers	58
6	New York Athletic Club	37
7	North Medford	36
8	Boston Athletic Assoc	32
9	North Jersey Masters	31
10	Potomac Valley	28
11	Buffalo Belles	25
12	Greater Rochester TC	23
13	CSU	23
14	Hartford	18
15	Liberty	18
16	Central Park TC	15
17	West Valley TC	15
18	Hudson	11
19	Millrose	10
20	Cape Cod	9
21	Westchester Puma	9
22	Maryland Masters	5
23	Reebok	5
24	Etonic	3

Place	Team	Points
1	Syracuse Chargers	99
2	New York Masters	85
3	Philadelphia Masters	42
4	Merrill Lynch RAC	30
5	North Jersey	25
6	Boston AA	25
7	New York Pioneers	20
8	New York AC	14
9	North Medford	3

2nd Annual New York Masters Weight Pentathlon Randall's Island, NYC; October 8

NAME	Age	Shot	Hammer	Discus	Javelin	Weight	Points	Pl.
Kathy Pierce	M41	8.47	17.83	27.59	27.30	6.86	1984	1st.
Barbara Stewart	M47	5.84	16.39	14.48	17.70	5.36	1307	1st.
Both ladies threw 20 lb. Weight.								
Scott Bull	30	12.54	26.84	37.49	50.72	10.43	2847	1st.
Peter Collins	31	11.17	43.69	27.85	29.35	11.77	2592	2nd.
Paul Corrigan	38	11.69	38.54	43.79	39.45	11.58	3161	1st.
Al Walton	37	8.98	21.29	28.26	36.65	6.96	1892	2nd.
John Buckley	40	10.38	26.31	27.97	37.16	9.28	2368	1st.
Ron Salvio	40	7.98	27.43	26.94	28.74	8.64	1987	2nd.
Karl Klehm	49*	12.35	38.16	35.81	22.70	11.11	2829	2nd.
F. Manfredi	48	6.58	14.73	21.22	21.00	6.10	1336	3rd.
Brian McKenna	47	10.65	31.68	33.69	29.87	10.31	2889	1st.
Haig Bohigian	52	9.61	21.01	30.17	30.54	6.55	2178	4th.
Tom Jackson	54	10.49	26.47	31.13	26.80	7.42	2451	3rd.
Kurt Krastin	54	10.86	26.23	26.84	26.50	8.59	2469	2nd.
Meemo Maasik	54	10.88	25.27	30.04	28.10	7.72	2481	1st.
Pay Carstensen	56	--	34.41	--	--	8.87	1230	--
Herb Cantor	63	9.93	32.85	39.07	29.33	8.71	3040	1st.
Don Henry	61	8.88	21.79	24.30	18.64	9.80	2072	2nd.
Manny Herscher	62	6.97	17.02	24.18	17.99	6.79	1556	3rd.
Dr. A. Ricciardi	68*	9.17	35.74	29.88	26.14	8.05	2947	1st.
Bob Detweiler	74	7.77	26.68	21.52	18.30	6.83	2593	1st.
Alfred Skonberg	75	8.74	22.98	23.08	17.35	5.81	2587	1st.

*Karl Klehm used age-50 implements.

*Dr. Ricciardi used 4k Shot and Hammer.

Above figures, in meters, are actual distances thrown- then age factored as per Phil Partridge then taken off IAAF tables.

SOUTHEAST

North Carolina Senior Olympics; Raleigh September 24-25

100m	Place	Team	Points
M55 Bill Hottinger	13.6		
Garland Thomas	14.7		
Bill Livengood	14.8		
M60 Jim Law	13.5		
Dick Taylor	14.2		
Norm Walters	15.5		
M65 Paul Dzielzyk	14.9		
John Tripp	15.1		
Louis Gay	15.2		
M70 Owen Lewis	15.5		
Floyd Lennon	15.7		
Bill Alexander	15.9		
M75 Clyde Leslie	19.5		
Weldon Coway	19.9		
Waldo Prescod	21.6		
M55 Lonnie Proctor	17.1		
Minniejo Gay	17.8		
Mary Turner	18.7		
M60 Aurelia Law	18.3		
Jean Spaulding	20.2		
Maude Bryson	20.5		

Place	Team	Points
1	New York Masters	45
2	Potomac Valley	28
3	New York Pioneers	27
4	North Medford	23
5	Central Park TC	15
6	Syracuse Chargers	11
7	Philadelphia Masters	10
8	Buffalo Belles	5
9	Hudson	4

M60 Ken Long	2:58.6
Milt Bliss	2:58.8
Bruce Hudson	3:01.0
M65 H Stephens	3:08.7
Bert Bailey	3:12.8
Arnold Hecht	3:33.7
M70 C Brelsford	3:23.7
F Lenon	3:38.1
Ralph Birchard	3:38.2
M75 Caldwell Nixon	3:40.8
M55 Mary Turner	4:01.1
M60 Marie Betts	4:08.0
Eliz McBride	4:59.7
M65 Margaret Hagerty	4:45.3

1500m	
M55 B Hottinger	5:43.2
Dick Dunn	5:44.9
J Pilkington	5:59.6
M60 Bruce Hudson	6:13.0
Ken Long	6:54.4
Taft Dantzler	7:19.0
M65 Harold Stephens	6:03.1
John Montgomery	6:05.0
E B Lloyd	6:15.9
M70 Clayton Brelsford	6:40.5
M75 C Nixon	7:49.8
M55 Dolores Grumbaugh	7:36.2
Mary Turner	8:30.1
M60 Marie Betts	8:00.5
Eliz McBride	9:56.9
M65 M Hagerty	9:25.9

Shot Put	
M55 George Campbell	34-10 1/2
J G Packett	31-8
Tom Williamson	29-4 1/2
M60 J V Brown	38-1
Bill Waugh	31-9 1/2
Norm Walter	29-2 1/2
M65 Francis Mebane	31-5
George Burgess	29-6
P A Cline	27-7 1/2
M70 Joe Dillon	31-6
Paul Cole	31-3
Bill Alexander	26-6 1/2
M75 Jack Wood	31-8
Ed Green	26-6 1/2
M80 Albert Hoffman	23-8
Albert Hewitt	---
Burt Moss	18-3
M55 Lonnie Proctor	28-11
Elsie Draper	21-3
Eliz Lumadue	20-1
M60 Irene Willis	25-1
Maxine Bodham	23-1
Frances Crawford	21-7
M65 Raye Woodcock	19-1 1/2
Jewell Wovack	18-8 1/2
Clara Earl	18-4 1/2
M70 Ruth Gamble	21-0
Ursula Dalton	20-6
Mary Warren	18-11
M75 Vida Hester	39-1
Ina Franklin	33-8
Lois Pass	32-4

Discus	
M55 Bill Hottinger	91-10
J G Packett	89-8
George Campbell	75-3
M60 Bill Waugh	102-9
Taft Dantzler	83-3
Ernest Larsen	81-11
M65 John Montgomery	95-1
C Cleetwood	92-5
Henry Coghill	86-1
M70 Joe Dillon	58-2
Bill Alexander	57-5
Andrew Bias	57-1
M75 Jack Wood	86-7
Roger Smith	86-2
Tom Mayhew	62-3
M80 Alvin Franklin	44-4
Harold Hoffman	43-2
Albert Hewitt	37-5
M55 Lonnie Proctor	58-8
Elsie Draper	50-6
Margaret Marler	48-3
M60 Irene Willis	59-6
Maxine Redham	56-6
H Binkley	48-5
M65 Hazel Trexler	53-0
Raye Woodcock	47-11
Dorothy Coley	38-6

Discus	
M55 Bill Hottinger	91-10
J G Packett	89-8
George Campbell	75-3
M60 Bill Waugh	102-9
Taft Dantzler	83-3
Ernest Larsen	81-11
M65 John Montgomery	95-1
C Cleetwood	92-5
Henry Coghill	86-1
M70 Joe Dillon	58-2
Bill Alexander	57-5
Andrew Bias	57-1
M75 Jack Wood	86-7
Roger Smith	86-2
Tom Mayhew	62-3
M80 Alvin Franklin	44-4
Harold Hoffman	43-2
Albert Hewitt	37-5
M55 Lonnie Proctor	58-8
Elsie Draper	50-6
Margaret Marler	48-3
M60 Irene Willis	59-6
Maxine Redham	56-6
H Binkley	48-5
M65 Hazel Trexler	53-0
Raye Woodcock	47-11
Dorothy Coley	38-6

DeLand All-Comers Meet DeLand, FL; October 16

50y	
M35 Cleveland Smith	5.58
M40 Tommy Dobbs	7.00
M60 John Davidson	7.00
M75 Igor Storojoff	10.77
100m	
M35 Cleveland Smith	11.83
M60 John Davidson	13.98
220y	
M35 Rob Wallace	27.58
M40 John Branam	28.66
M60 John Davidson	30.02
440y	
M35 Rob Wallace	65.30
M75 Igor Storojoff	1:59.7
880y	
M75 I Storojoff	4:44
2 Mile Racewalk	
M35 Steve Christlier	19:35
M60 Charlie Forbes	26:17

Long Jump	
M75 C Hirshey	8-10
Triple Jump	
M75 C Hirshey	16-7
Shot Put	
M35 Gene Eller	45-7
M40 John Branam	37-8
M60 John Davidson	31-6
M75 Charles Hirshey	32-5
Discus	
M35 Gene Eller	38-1
M40 Joe Johnson	82-7
M75 Gordon Powell	90-2
M65 Harriet Boyd	60-2
from John Boyle	



MIDWEST

Wolfpack Fall Throwing Classic Weight Pentathlon Results Columbus, OH; September 11

	160 Shot	2 k Discus	800 g Javelin	16 k Hammer	35 k Weight	
Blon Schneider (21) Stanford	15.08 795	51.44 908	42.02 471	45.04 744	13.98 722	3,432
Robert Hartman (31) UCTC	9.44 453	31.74 499	33.72 352	41.46 478	11.44 572	2,554
Age Factored	453	499	361	478	572	2,543 AF
Gary England (33) UWT	15.57 825	44.24 751	55.22 644	40.84 469	12.89 661	3,572
Age Factored	839	751	693	469	661	3,613 AF
Norm Bower (40) OTH	12.42 432	39.72 459	38.74 424	40.84 469	14.08 733	3,117
Age Factored	489	491	478	715	742	3,315 AF
Dave Stebing (40) UWT	13.38 484	36.58 595	45.88 527	38.74 434	13.02 648	3,112
Age Factored	747	625	592	681	674	3,321 AF
Jim Kirkpatrick (41) UWT	12.11 413	38.96 442	47.48 553	31.94 371	12.14 614	2,948
Age Factored	474	483	638	371	634	3,194 AF
Jim Pearce (43) UWT	10.74 530	32.18 504	33.24 343	38.30 429	13.04 671	2,481
Age Factored	401	552	411	498	714	2,974 AF
John White (49) UWT	6.58 283	17.54 227	23.24 205	15.14 174	6.22 242	1,153
Age Factored	357	279	288	255	328	1,499 AF
	4 k Shot	1.5 k Discus	800 g Javelin	4 k Hammer	35 k Weight	
Jerry England (54) UWT	11.01 544	33.48 532	25.04 238	40.22 459	10.35 507	2,474
Age Factored	471	598	398	791	709	3,159 AF
Len Olsen (57) PV	12.04 418	39.18 448	35.54 378	35.48 358	11.18 557	2,779
Age Factored	742	743	632	722	795	3,454 AF
	5 k Shot	1.8 k Discus	600 g Javelin	5 k Hammer	25 k Weight	
Full Busca (61) STLM	13.44 494	43.08 727	40.08 442	32.74 537	12.47 635	3,035
Age Factored	840	744	736	646	714	3,688 AF
Don Henry (61) SAC	9.52 457	30.44 473	22.98 201	24.36 32	9.79 473	1,984
Age Factored	558	485	368	476	534	2,413 AF
Jacob Stein (64) UWT	8.74 418	34.36 551	35.08 371	29.74 484	9.70 448	2,284
Age Factored	539	608	487	426	573	3,833 AF
A. C. Riccardi (68) RT	10.08 490	33.18 527	27.30 261	33.38 548	8.50 394	2,222
Age Factored	708	652	579	739	558	3,248 AF
	4 k Shot	1 k Discus	600 g Javelin	4 k Hammer	25 k Weight	
Elmer Shaw (71) SC	11.28 543	35.94 583	24.12 217	32.84 538	10.38 508	2,489
Age Factored	774	786	553	766	763	3,584 AF
Man Morningstar (71) PM	10.47 514	32.36 511	29.38 289	26.88 414	8.84 378	2,098
Age Factored	709	692	704	563	566	2,236 AF
George Knox (77) UWT	6.27 245	16.54 208	14.88 94	14.28 153	5.23 284	924
Age Factored	454	349	375	333	488	1,939 AF
Women	4 k Shot	1 k Discus	600 g Javelin	8 k Hammer	28 k Weight	
Deborah Eckhardt (28) GRTC	7.75 383	23.42 337	22.82 341	17.78 240	6.22 285	1,584
Barbara Stewart (44) UWT	5.72 254	17.38 223	17.72 247	20.20 295	4.29 298	1,309
Age Factored	405	330	547	372	481	2,075 AF
	3 k Shot	1 k Discus	400 g Javelin	8 k Hammer	14 k Weight	
Bernice Holland (61)	9.17 475	27.54 416	24.78 377	21.22 317	9.35 487	2,872
Age Factored	889	1035	1128	598	859	2,502

Continued from previous page

M50 Frank Carson	113-4
M55 Len Olsen	128-6
Jerry England	109-7
G Swankhouse	106-3
M60 Phil Brusca	141-4
Jacob Stein	112-9
Don Henry	99-11
M65 A C Ricciardi	108-10
M70 Elmer Shaw	117-11
H Morningstar	106-2
M75 George Knox	54-3
W45 Barbara Stewart	57-0
W60 B Holland	90-4
Hammer	
M30 Bob Hartman	136-0
G England	134-1
M40 N Bower	134-1
D Stebing	127-1
Jim Pearce	125-8
J Kirkpatrick	104-9
M45 John White	49-8
M50 Jerry England	131-11
Len Olsen	117-1
M60 Phil Brusca	107-5
Jacob Stein	97-7
Don Henry	79-11
M65 A T Ricciardi	109-6
M70 E Shaw	107-9
H Morningstar	85-4
M75 George Knox	46-10
W45 B Stewart	8#
W60 B Holland	8#
Javelin	
M30 Gary England	181-2
R Hartman	110-7
M40 Jim Kirkpatrick	156-2
Dave Stebing	150-3
Hilary Goerge	146-4
Norm Bower	127-1
Jim Pearce	109-1
M45 John Sloan	114-1
John White	76-3
M50 Len Olsen	116-8
Jerry England	82-2
M60 P Brusca	131-3
Jacob Stein	114-10
Don Henry	75-1
M65 A T Ricciardi	89-7
M70 Ham Morningstar	96-1
Elmer Shaw	79-1
M75 George Knox	48-10
W45 B Stewart	58-1
W60 B Holland	81-0
Weight Throw 30+ 35#; 60+ 25#	
M30 G England	42-3 1/2
R Hartman	37-6 1/2
M40 Norm Bower	46-2 1/2
Jim Pearce	42-10 1/2
Dave Stebing	42-8 3/4
J Kirkpatrick	39-10 3/4
M45 John White	20-5
M55 Len Olsen	36-8 1/2
Jerry England	33-11 1/2
M60 P Brusca	40-11
D Henry	32-1 1/2
J Stein	31-10
M65 A T Ricciardi	27-10 3/4
M70 E Shaw	34-3/4
H Morningstar	26-5 1/2
M75 George Knox	17-1 1/2
W45 B Stewart	20-7 3/4
W60 B Holland	30-8 1/2
56# Weight Throw	
M30 R Hartman	20-11 3/4
M40 Norm Bower	30-3 1/2
Dave Stebing	25-7 1/2
Jim Pearce	25-4 3/4
J Kirkpatrick	25-3 1/2
M45 John White	13-6
M55 L Olsen	19-8
M60 P Brusca	18-8 3/4
D Henry	17-3/4
J Stein	16-5 1/2
M70 E Shaw	15-11 1/2
M75 G Knox	4-4

MID-AMERICA

South Dakota Senior
Olympics
Pierre; September 9-10

50m	
M55 Frank Farrar	8.70
M60 Fred Frost	7.77
M65 Bob Hinkle	8.58
M70 Delbert Bender	8.58
M75 Emmett Bennett	8.86
M80 Clarence Riggs	9.60
W60 Dorothy Frost	10.63
W65 Maricie Nipe	13.15
W70 Mary Kay	11.06
100m	
M55 Jim Brown	14.46
M60 Fred Frost	14.32
M65 Charles Obye	14.79
M70 Delbert Bender	15.89
M75 Emmett Bennett	16.92
M80 Clarence Riggs	18.68
W55 Alice Donovan	18.76
W60 Lee Anthony	16.86
W65 Maricie Nipe	24.35
W70 Mary Kay	20.70
W75 Alice Humphrey	24.03
200m	
M55 Don Phillips	33.13
M60 F Frost	29.67
M65 Bob Hinkle	36.99

M70 Glen McDougall	37.65
M75 E Bennett	37.24
M80 C Riggs	42.67
W55 Alice Donovan	44.50
W60 Ginny Anderson	42.76
W65 Maricie Nipe	60.10
W70 Belle Hinrichs	62.63

400m	
M55 Jim Brown	65.55
M60 F Frost	66.26
M70 Del Bender	79.74
M75 E Bennett	91.29
M80 C Riggs	2:12.76
W55 A Donovan	2:15.35
W70 Frances Fitch	2:25.78

800m	
M55 Dwight Schaeffer	2:38.69
M60 Fred Frost	2:32.39
M65 George Tivis	4:02.12
M70 Del Bender	3:12.53
M75 E Bennett	3:35.36
W55 A Donovan	4:05.49
W60 Ginny Anderson	4:36.88
W65 Thelma Anderson	7:30.67
W70 Frances Fitch	5:00.52

1500m	
M55 Frank Farrar	6:10.54
M60 Fred Frost	5:14.26
M70 Lorne Bartling	6:53.24
W55 Alice Donovan	10:02.51
W70 Frances Fitch	11:25.82

5000m	
M55 Robert Bush	22:08.30
M60 Darrell Welch	25:36.67
W70 Frances Fitch	44:19.2

Long Jump

M55 Roland Kleinschmidt	11-2
M60 Lee Stadium	11-9 1/2
M65 Bob Knutson	11-4 1/2
M70 Carl Sundall	10-9
M80 Clarence Riggs	8-9 1/2
W55 J Marzluff	8-3 1/2
W60 Carol Price	7-2
W65 Maricie Nipe	5-3 1/2
W70 Mary Kay	7-6
W75 Alice Humphrey	6-1 1/2

Standing Long Jump

M55 Jim Brown	7-5
M60 Lee Stadium	6-6
M65 Charles Obye	7-1
M70 Carl Sundall	6-4
M80 Clarence Riggs	5-3 1/2
W55 Julianne Marzluf	5-7
W60 Norma Lee Hassels	4-4 1/2
W65 Maricie Nipe	3-5 1/2
W70 Mary Kay	4-3
W75 Alice Humphrey	4-4

Shot Put

M55 Al Weisbecker	40-5 1/2
M60 Ken Kessinger	34-11
M65 Andy Brenden	33-1
M70 Bob Helgesen	40-8
M75 Emmett Bennett	28-4
M80 Clarence Riggs	27-7
W55 L Brucklacher	26-7 1/2
W60 Lee Anthony	24-4
W65 Thelma Anderson	19-9
W70 Mary Kay	21-2
W75 Alice Humphrey	19-3

Discus

M55 A Weisbecker	98-6
M60 Vern Anthony	82-3
M65 Bob Hinkle	73-1
M70 Delbert Bender	67-4
M75 E Bennett	64-6
M80 Clarence Riggs	62-11
W55 L Brucklacher	68-2
W60 Lee Anthony	69-1
W65 Thelma Anderson	36-9
W70 Frances Fitch	43-0
W75 Alice Humphrey	38-6 1/2

1500m Racewalk

M55 Ray McDermott	12:34.79
M60 Charles Roberts	10:00.95
M65 Vince Durkin	9:45.63
M70 Delbert Bender	10:02.23
M75 Maurice Johnson	12:38.96
W55 Patricia Farrar	9:45.00
W60 Norma Lee Hassel	10:40.21
W65 Marie Houchin	11:49.12
W70 Mary Kay	12:14.94
W75 Hazel Johnson	12:51.16

2400m Racewalk

M55 Glen Peterson	14:51.24
M60 Charles Roberts	16:55.40
M65 Vince Durkin	15:56.75
M70 Tom Callahan	17:44.40
M75 E Bennett	21:04.94
M80 Clarence Riggs	21:22.23
W55 Pat Farrar	16:13.57
W60 Norma Hassels	18:27.16
W65 Marie Houchin	18:46.88
W70 Mary Bennett	21:48.73

5000m Racewalk

M55 Glen Peterson	30:49.50
M60 Charles Roberts	35:44.70
M65 Vince Durkin	34:06.32
M70 T Callahan	37:03.38
W55 Patricia Farrar	33:55.96
W60 Norma Hassels	38:50.29
W65 Marie Houchin	41:14.58
W70 Frances Fitch	45:04.47

SOUTHWEST

Gulf Association/TAC Masters
Championships, Pasadena TX
August 20

100m

M30 Mrk Fuster	11.42
Whitney Provost	12.20
Randy Unruh	12.49
M35 Ken Endris	12.23
Bill Vogt	14.11
M40 Robert Mitchell	11.09
Herb Stein	11.84
M45 Fred Lentjes	12.01
Larry Silver	12.73
David Gentry	14.08
M50 Bob McGlashan	14.02
Bill January	18.74
M55 Warren Prescott	14.01
Sammy McWherter	14.02
W30 Sande Lambert	13.58
Charlotte Griffen	15.47
Karen Thibodeau	17.01
W35 Norva Stewart	13.56
W55 Joann McMahon	18.84

200m

M30 Whitney Provost	23.24
Randy Unruh	26.60
M35 Billy Smith	23.06
Ken Endres	24.74
Bill Vogt	31.72
M40 Robert Mitchell	22.93
Herb Stein	24.01
Bob Sebesta	25.35
M45 Fred Lentjes	26.24
David Lloyd	34.64
M50 Bob Cozens	25.29
Mac Stewart	25.84
Bob McGlashan	28.07
M55 Warren Prescott	29.42
Sam McWherter	31.12
David Dallas	34.04
M65 Louis Vicaccio	43.87
W30 C Griffen	31.51
W35 Judy Harrison	35.01
W55 Joann McMahon	38.37

400m

M30 W Provost	51.52
Pat Chimes	55.0
Ken Yanowski	56.89
M35 Billy Smith	51.11
Ken Endres	54.94
Rick McMahon	57.11
M40 R Mitchell	52.39
Herb Stein	53.98
Bob Sebesta	56.41
Craig Lee	59.20
M50 Mac Stewart	56.96
Bill January	1:29.55
M60 William Conrad	1:09.35
M65 Louis Vicaccio	1:29.48
W30 C Griffen	1:12.55
Jeanette Burris	1:13.17
W35 Debbie Warner	1:09.06
W40 Karen Moreno	1:27.48

800m

M30 Ken Yanowski	2:05.02
Chuck Hull	2:05.59
Joe McCarthy	2:11.94
Paul Spence	2:13.43
M35 Rick McMahon	2:12.20
Marco Toran	2:18.84
Bill Vogt	2:27.32
M40 Jim Whitehead	2:12.9
Craig Lee	2:14.45
Mike Knap	2:24.23
Brian Hardy	2:24.60
M45 Jim McLatchie	2:24.52
Gib Brown	2:25.51
Bob Duzan	2:39.0
M50 Mack Stewart	2:12.54
Bob Cozens	2:13.90
Jerry Brown	2:41.95
M55 Robert Culling	2:24.55
David Dallas	2:39.0
Morton Grant	2:47.85
M65 Louis Vicaccio	3:27.84
W30 Jeanette Burris	2:47.44
Rebecca Vogt	2:58.5
Charlotte Griffin	3:04.77
W35 Carol McLatchie	2:21.37
Sharon Stebbens	3:02.88
W45 Mary Jo Gillespy	3:00.72

1500m

M30 Paul Falgout	4:10.02
Chuck Hull	4:16.79
Pat Chimes	4:24.30
M35 Billy Johnston	4:36.89
Marco Toran	4:46.85
Jim Darcy	4:48.87
M40 Jim Whitehead	4:38.70
Gil Renya	4:47.50
Mike Knap	4:52.11
Brian Hardy	4:52.32
M45 Jack Petty	4:26.66
Jim McLatchie	4:58.47
Bob Duzan	5:03.13
M50 Jerri Brown	5:28.24
M55 Robert Culling	4:59.90
David Dallas	5:43.35
P M Grant	5:56.51
M60 William Conrad	5:23.01
Tom Bass	5:58.30
M65 Louis Vicaccio	7:13.52
Rebecca Vogt	6:07.4
W30 Rebecca Vogt	4:48.22
W35 Carol McLatchie	5:35.33
Debbie Warner	5:39.34
W45 Marlin Griffen	5:50.40
Mary Jo Gillespy	5:50.40
M Montgomery	7:26.73

5000m	
M30 Chuck Hull	16:43
Ken Yanowski	18:05
Pete Gonzalez	19:13
M35 B Johnston	17:37
Jim Darcy	17:49
Bill Vogt	19:18
M40 Andy Greenwood	20:35
Gil Renya	21:31
M45 Jack Petty	18:23
Gib Brown	18:30
Bob Duzan	19:24
M50 Jerri Brown	21:33
Bill January	27:54
M60 Tom Bass	22:22
W30 R Vogt	22:43
W35 Georgette Green	17:34
Debbie Warner	21:31
M40 Cindy Kendrick	20:18
W45 M Montgomery	28:20

400mH

M35 Jim Darcy	1:18.30
Bill Vogt	1:24.34
W30 Sande Lambert	1:13.38

3000mSC

M30 Wayne Rutledge	11:01.1
M35 Jim Darcy	11:12.52
M40 Bruce Woodstock	13:50.06

High Jump

M35 Bill Vogt	4-2
M45 Fred Lentjes	5-2
M50 Bob McGlashan	4-10

Pole Vault

M30 Coy Akers	13-0
M35 Thomas Wilson	15-6

Long Jump

M30 W Prevost	18-1 1/2
M35 Bill Vogt	15-3 1/2
M40 Herb Stein	18-10 1/2
Bob Sebesta	15-6 3/4
Ken Black	12-6 1/2
M45 Fred Lentjes	16-9
David Gentry	13-7
M50 Bob McGlashan	15-9 1/2
M55 David Dallas	11-10 1/2
W30 Sande Lambert	16-1
C Griffen	7-8 1/2

Shot Put

M30 Pete Gonzalez	30-2 1/2
Ken Yanowski	29-5 3/4
M35 Jim Darcy	27-3/4
Bill Vogt	22-1
M45 Jack Whitley	32-4 1/2
Larry Silver	29-5
Fred Lentjes	27-2 1/2
M55 Sam McWherter	31-3 3/4
Charles Frazier	26-8 1/2
M65 Gordon Nordgren	30-8
W30 Sande Lambert	27-10
K Thibodeaux	21-0
R Vogt	19-1 1/2

Discus

M30 Ken Yanowski	84-1
Pete Gonzalez	76-6
M35 Bill Vogt	66-9
Dave Gwyn	39-0
M45 J Whitley	95-10
F Lentjes	79-2
Ted Jagen	57-11
M55 S McWhirter	93-4
M65 G Nordgren	91-5
W30 S Lambert	87-8
K Thibodeaux	43-11
C Griffen	40-9

Javelin

M30 K Yanowski	97-2
M35 Bill Vogt	87-1
M40 Mike Eggers	113-8
M45 J Whitley	110-3
Fred Lentjes	94-9
M65 G Nordgren	122-5
W30 K Thibodeaux	54-6
C Griffen	52-3
W35 Judy Harrison	75-1

Continued from previous page

INTERNATIONAL**San Juan International Masters Championships, San Juan, PR; September 17-18**

*US **Canada *Virgin I.

100m	
M30 Anibal Monte	11.66
Foots Williams	*12.36
Jorge Roman	12.41
M35 Rene Graham	12.28
Pedro Pagan	12.69
Felix Munoz	13.61
M40 Thad Bell	*11.20
Wilf Picorelli	11.49
Santos Delgado	11.56
M45 Agustin Rodriguez	12.32
A Alvarado	12.51
Juan Rivera	13.00
M50 Ruben Diaz	11.93
Charley Miller	*12.16
Pedro Pacheco	12.88
M55 Phil Mulkey	*13.21
Felix Archeval	13.28
Jesus Galvez	13.97
M60 Raul Gonzalez	14.39
Elpidio Torres	14.40
Luis Gonzalez	16.39
M65 David Rohena	13.93
Max Goldsmith	13.97*
Santos Pietri	16.47
M70 Francisco Colon	14.28
Don Hull	14.69*
Sam Vazquez	18.69
M75 Gil Gonzalez	15.50
Jose Ortiz	18.16
M80 Ramon Cordero	31.34
M30 Maria Gonzalez	13.96
M35 Jossie Mojica	14.23
Carmen Aguayo	14.46
Mirna Rivera	15.03
M40 Phil Raschker	13.08*
Carmen Audifred	16.79
M45 Barbara Stewart	14.65*
Trinidad Oquendo	16.04
M50 Maria Garcia	18.93
M55 Irma Rossy	17.69
200m	
M30 A Monte	23.44
Foots Williams	25.16*
Jorge Roman	26.71
M35 R Graham	24.60
Pedro Pagan	26.04
M40 Thad Bell	22.72*
Santos Delgado	23.81
Wilf Picorelli	23.90
M45 A Rodriguez	25.63
A Alvarado	25.99
Luis Parrilla	27.15
M50 Charley Miller	24.57*
P Pacheco	27.38
M55 O de Jesus	24.59
P Mulkey	27.77*
Ruben Rodriguez	28.15
M60 Luis Cano Gandia	31.35
Elpidio Torres	31.40
Jim McShane	36.35*
M65 David Rohena	28.28
Max Goldsmith	29.63*
Ross Waltzer	30.25*
M70 Don Hull	30.44*
Antonio Gonzalez	32.22
Sam Vazquez	41.85
M75 Gil Gonzalez	32.28
Jose Ortiz	38.78
M30 M Gonzalez	30.25
Mirna Rivera	31.55
Marta de Jesus	36.60
Zaida Martinez	45.70
M40 Phil Raschker	27.13*
Carmen Audifred	35.73
M45 Gloria de Jesus	31.42
T Oquendo	33.45
M50 Maria Garcia	39.83
M55 Emilia Morales	43.86
400m	
M30 A Monte	52.51
F Williams	56.53*
M35 Rene Graham	56.47
Pedro Pagan	57.92
Carlitos Pacheco	63.88
M40 Santos Delgado	53.73
Humberto Medina	56.81
M45 A Rodriguez	58.76
A Alvarado	59.20
Eugenio Davila	59.99
M55 Ovidio de Jesus	55.23
Jesus Galvez	67.66
Alfonso Muniz	72.56
M60 Luis Velez	65.78
Jose Salgado	67.47
Francisco Moya	69.48
M65 Ross Waltzer	66.28*
David Rohena	68.88
John McCarthy	70.02
M70 Don Hull	89.66
Sam Vazquez	1:53.20
M75 Gil Gonzalez	1:21.70
Jose Ortiz	1:32.32
M80 Ramon Cordero	2:08.45
M30 Maria Gonzalez	1:10.62
M35 Mirna Rivera	1:10.69
Maria Melendez	1:17.26
Marta de Jesus	1:24.82
M40 Carmen Audifred	1:16.78
Juanita Vegas	1:21.45
M45 T Oquendo	1:16.93
M Caballero	1:30.18
Gloria de Jesus	1:42.84
M50 Maria Garcia	1:33.26

800m	
M30 Pablo Colon	2:04.36
William Mayoral	2:08.21
Rafael Avila	2:16.67
M35 S Rodriguez	2:18.08
Pedro Rivera	2:19.25
Miguel Quiles	2:24.83
M40 F Gonzalez	2:35.78
M45 Hector Loubriel	2:22.85
Juan Rivera	2:24.10
Victor Cruz	2:46.13
M55 Raymond Baez	2:43.81
Alfonso Muniz	3:05.43
M60 Jose Salgado	2:44.79
H Illingsworth	3:00.82*
M65 Arch Messenger	2:25.59*
Ross Waltzer	2:38.65*
John McCarthy	2:58.23*
M75 Jose Ortiz	4:29.34
M80 Ramon Cordero	5:29.88
M30 Ilka Carbo	2:54.83
M35 Mirna Rivera	2:57.89
Norma Rodriguez	3:02.35
M40 Carmen Audifred	3:03.87
M45 T Oquendo	3:00.52
M50 Maria Garcia	3:57.39

1500m	
M30 L Rodriguez	4:23.78
Robert Nieves	4:23.98
Carlos Davila	4:32.33
M35 Carlitos Pacheco	5:02.23
Hector Oquendo	5:30.68
Anibal Munoz	5:20.26
F Gonzalez	5:30.56
M45 Teddy Seymour	4:48.75*
Juan Rivera	5:07.16
Fernando Montanez	5:49.44
M50 Gil Robles	5:20.21
Roberto Bonilla	5:36.42
Mariano Morales	5:40.67
M55 Ray Baez	5:53.33
M60 Luis Torres	5:24.94
Jose Salgado	5:48.22
Joselin Alonso	5:57.83
M65 A Messenger	5:01.74*
M70 Don Johnson	6:46.94*
M35 Norma Rodriguez	6:06.93
Lillian Menendez	6:49.21
Marta de Jesus	7:10.59
M40 Juanita Vegas	6:32.61
M45 Gloria de Jesus	7:33.28
M50 Carmen Estrada	7:18.97

5000m	
M30 Rafael Avila	22:08.8
Felix Velez	24:07.3
M35 S Rodriguez	18:29.0
A Lafontaine	18:52.4
Miguel Quiles	21:39.5
M40 Angel Manzano	18:21.0
Steve McWilliams	18:42.4*
A Munoz	19:44.3
M45 Jerome McFadden	19:21.0*
Juan Rivera	19:53.8
Richie Pietri	20:44.9
M50 Gil Robles	21:32.4
M55 Juan Seise	21:47.1
Alfonso Muniz	24:21.0
M60 Jose Diaz	25:17.9
M65 Ross Waltzer	24:48.5*
M30 Ilka Carbo	20:04.6
M35 N Rodriguez	23:37.1
M45 M Caballero	26:39.1

10,000m	
M30 Carmelo Rosario	40:51.1
M35 Greg Johnson	36:58.3*
Antonio Acevedo	38:28.7
M40 F Vazquez	38:06.0
F Gonzalez	48:26.5
M45 David Torres	39:47.7
Juan Rivera	40:40.3
Victor Cruz	47:19.5
M50 Gil Robles	43:52.8
Jose Rodriguez	48:40.9
M55 Gregorio Angulo	43:48.7
M60 Luis Torres	43:14.7
Jose Diaz	52:44.0
M65 Pedro Rivera	57:38.1

400mH	
M30 Pablo Colon	1:00.23
Marcos Carmona	1:00.27
Foots Williams	1:05.22
M35 Herminio Calo	1:07.42
Pedro Pagan	1:11.05
M45 Jose Irizarry	1:15.99

300mH	
M50 G Rodriguez	55.46
M55 Ovidio de Jesus	43.29
(age-group WR)	
Phil Mulkey	47.57*
Felix Archeval	54.54
M60 Luis Velez	51.24
Francisco Moya	53.59
Luis Gandia	56.36
M65 Max Goldsmith	54.70*
M70 Don Hull	1:25.76*

110mH	
M35 Herminio Calo	21.75
M40 Jose Silva	20.70
Jorge Suarez	22.49

100mH	
M50 Charley Miller	14.45*
G Rodriguez	18.88
M55 Phil Mulkey	15.23*
Felix Archeval	18.27
M60 Luis Velez	19.83
Luis Gandia	23.34
M65 A U Ricciardi	21.78*
M35 Carmen Aguayo	20.30

80mH	
M70 Don Hull	21.86*
M40 Phil Raschker	12.48*
M45 Barbara Stewart	17.16*

3000mSC	
M30 Carmelo Rosario	13:06.0
M35 Antonio Acevedo	11:18.1
Herminio Calo	12:56.6
M40 Angel Manzano	11:57.7
Steve McWilliams	12:19.6*
Eduardo Burgos	13:44.3
M55 Ray Baez	14:16.7

4x100m Relay	
M30 Monte-Nieves-Pagan-Colon	47.11
Hernandez-Munoz-Miranda-Cruz	55.67
M40 Delgado-Rivera-Picorelli-Bell	47.22
Rodriguez-Medina-Alvarado-Montanez	47.33
M50 Archeval-Pacheco-Pillot-Rondon	52.20
M60 Gonzalez-Rohena-Cano-Gonzalez	59.01
Rivera-Pietri-Torres-Salgado	59.78
Vazquez-Illingsworth-Gonzalez-Hull	67.83

4x400m Relay	
M30 Colon-Graham-Pagan-Monte	3:41.53
M40 Alvarado-Medina-Delgado-De Jesus	4:00.45
M60 Salgado-Cano-Moya-Rohena	5:03.04
M70 Ortiz-Vazquez-Horta-Gonzalez	7:04.53
M30 Carbo-Audifred-Del Valle-Rosa	5:32.58

High Jump	
M35 Carlos Sosa	4-11
Ron Salvio	4-11*
M40 Jose Silva	4-11
M45 Angel Cintron	4-5
M50 Gervasio Rodriguez	4-5
Pablo Garcia	4-1
Luis Fonseca	4-1
M55 Juan Seise	3-9
Hector Marrero	3-9
Domingo Pillot	3-4
M60 Art Jaago	4-1**
Raul Gonzalez	3-6
M65 A U Ricciardi	3-11*
Tommy Acevedo	3-9
M70 H Morningstar	4-1*
Santiago Verdejo	3-9
Don Hull	3-9*
M75 Antonio Gotay	3-11
M35 Carmen Aguayo	3-11
Nancy Olmo	3-8
M40 Phil Raschker	5-1 1/2*

Pole Vault	
M35 Carlos Sosa	7-6
M40 T Rauscher	12-6*
Sivan Martinez	9-0
Eduardo Burgos	8-6
M60 Luis Gandia	6-2
M65 A U Ricciardi	6-2*
M55 Phil Mulkey	11-0*
M70 H Morningstar	6-0*
M75 Antonio Gotay	6-2
M40 Phil Raschker	7-0*

Long Jump	
M30 Juan Hernandez	12-11
M35 Pedro Pagan	16-10
M40 Pedro Vargas	19-5 1/2
Ivan Ortiz	16-4 3/4
Jose Silva	15-7 1/2
M45 Angel Cintron	18-10
Luis Parrilla	14-11
Jorge Suarez	14-8 1/2
M50 Pablo Garcia	16-3 1/2
Pedro Pacheco	14-10 1/2
M55 Phil Mulkey	17-8 1/2*
Hector Renta	13-10 1/2
D Pillot	12-6
M60 Art Jaago	12-6 1/2**
Raul Gonzalez	11-3 1/2
James McShane	10-2*
M65 David Rohena	13-7 1/2
A U Ricciardi	12-10 1/2*
Tommy Acevedo	10-2 3/4
M70 Francisco Colon	12-10 1/2
A Gonzalez	12-8
Don Hull	11-11 1/2*
M75 Antonio Gotay	12-4
M30 Maria Gonzalez	14-3
M35 Jossie Mojica	14-6
Carmen Gomez	11-6
M40 Phil Raschker	15-8 1/2*
Mary Ann Torres	8-3
M50 M Aguayo	4-6
M45 Barbara Stewart	11-10 1/2*

Triple Jump	
M35 Pedro Pagan	35-6
M40 Julio Vargas	36-11
M45 Angel Cintron	36-0
H Loubriel	32-6
Jose Miranda	19-9
M50 Pablo Garcia	33-10
G Rodriguez	29-8 1/2
M55 Phil Mulkey	34-6*
Hector Renta	26-9 1/2
Hector Marrero	24-6
M60 Luis Velez	29-5
M65 Tommy Acevedo	19-4
M70 S Verdejo	20-8
M40 Phil Raschker	32-8*
M45 B Stewart	22-11*

Shot Put	
M30 Jose Aquino	10.67
J Hernandez	8.40
Frank Lugo	7.85
M35 Esteban Morales	10.08
M40 Rafael Garcia	11.27
Hector Hernandez	10.22
Victor Cruz	8.84
M45 Ramon Oliveras	9.02
Jorge Seise	8.66
Jose Miranda	8.10

Discus	
M30 Juan Hernandez	25.68
M40 H Hernandez	30.84
Victor Cruz	27.88
Sivan Martinez	22.72
M45 Jose Miranda	22.74
Ramon Oliveras	22.34
M50 E Martino	33.28
Luis Martinez	32.66
P Candelaria	26.76
M55 D Gonzalez	46.68
Martin Kintish	42.80*
Phil Mulkey	35.25*
M60 Art Jaago	34.56**
Elpidio Torres	29.22
M65 A U Ricciardi	32.68*
John McCarthy	31.04*
Jose Delgado	29.16
M70 H Morningstar	30.68*
Francisco Colon	28.60
Don Hull	26.04*
M75 Gil Gonzalez	28.24

Hammer	
M30 Juan Hernandez	15.00
M35 Ron Salvio	31.14*
Esteban Cruz	29.62
M45 Fernando Montaner	31.28
Ramon Oliveras	25.20
Jose Miranda	22.24
M50 P Candelaria	32.48
E Martino	28.58
Armando Pietri	23.88
M55 Luis Velez	33.14
Martin Kintish	32.70*
Phil Mulkey	28.34*
M60 A Jaago	32.70**
M65 Jose Delgado	29.20
A U Ricciardi	29.20*
M70 Don Hull	28.20*
A Gonzalez	24.58
Jubal Horta	24.00
M45 Barbara Stewart	18.86*

Javelin	
M30 Casimiro Colon	38.00
J Hernandez	24.38

W30 Nancy Olmo	
W35 Carmen Gomez	24.08
Aida Rivera	20.76
W40 Phil Raschker	12.10
W45 Carmen Franco	18.67*
Barbara Stewart	17.90
W50 Maria Aguayo	16.42*
M Reyes	20.38
Carmen Cotti	14.82
W55 Irma Rossy	10.76
	16.86

M35 Felix Munoz	
Hector Oquendo	37.38
Esteban Cruz	35.18
M40 Victor Cruz	34.80
Phillip Lowry	47.48
M45 Jorge Seise	45.00
Emilio Ocasio	41.83
M50 Pedro Candelaria	36.74
A Pietri	35.10
M55 Tomas Binetmieses	30.34
Juan Seise	41.60
Phil Mulkey	31.53
M60 E Torres	31.50*
Art Jaago	34.30
M65 A U Ricciardi	30.92**
Tommy Acevedo	27.28*
Jose Delgado	26.43
M70 Ham Morningstar	24.94
Jubal Horta	29.63*
Francisco Colon	27.44
W30 Nancy Olmo	24.05
W35 Carmen Gomez	26.82
W40 Mary Ann Torres	26.82
Phil Raschker	18.28
W45 Barbara Stewart	16.40*
W50 Maria Aguayo	17.96*
Carmen Franco	16.71
W55 Irma Rossy	14.62
	15.69

5K Racewalk	
M35 Ron Salvio	30:27.9*
M50 Jose Rodriguez	39:06.6
M70 Don Johnson	32:03.9*
W55 Irma Velez	45:08.2
Emilia Morales	45:21.3

Continued from previous page

Honda Central Masters Games
Alice Springs, Australia
October 15-25
100 Meters

M35 D Jones	12.15
M40 R Quarrell	11.79
M45 A Elliott	12.59
M50 H Coogan	12.23
M55 S McIntosh	14.21
M60 R Hochreiter	12.56
M65 T Hishon	13.49
M70 P Clarke	13.43
M35 A Sullivan	14.39
M40 E Holmes	15.13
M45 S Westbrook	15.02
M50 R Stranks	16.33
M55 D Pirie	15.11
M60 M MacKinnon	18.20
M65 S Murnane	19.00
M70 M Collins	20.16
M75 N Jeffreys	22.30

200 Meters

M35 R Thomas	26.04
M40 R Quarrell	24.70
M45 A Elliott	25.86
M50 H Coogan	25.25
M55 S McIntosh	29.34
M60 R Hochreiter	26.82
M65 T Hishon	28.49
M70 T O'Byrne	31.85
M35 A Sullivan	30.77
M40 B Hamill	32.59
M45 S Westbrook	31.84
M50 R Stranks	34.59
M55 D Pirie	31.40
M60 M MacKinnon	36.50
M65 T Davies	40.74

400 Meters

M35 G Samuels	56.93
M40 M Pye	54.91

M45 A Elliott	72.74
M50 H Coogan	58.74
M55 S McIntosh	73.32
M60 L Kent	64.34
M65 T Hishon	64.85
M70 J Stevens	78.77
M75 S Nicholls	1:40.36
M30 T O'Byrne	72.44
M35 A Sullivan	72.83
M40 M Robb	73.62
M45 S Westbrook	74.92
M50 R Stranks	1:26.43
M55 O Webb	1:26.89
M60 C DeGroot	1:31.88
M65 T Davies	1:34.40
M75 A Nicholls	2:14.53

800 Meters

M35 A Wellington	2:10.07
M40 J Bell	2:05.91
M45 A Rose	2:13.04
M50 J May	2:16.67
M55 T McDonald	2:37.95
M60 F Bettella	2:39.02
M65 G McKeown	2:33.81
M70 J Stevens	2:56.97
M75 S Nicholls	3:46.18
M30 K Gamlen	2:42.99
M35 M Robb	2:40.79
M40 M Caogan	2:53.53
M45 B Wilson	3:39.50
M50 O Webb	3:40.36
M60 C DeGroot	3:37.47
M75 A Nicholls	4:44.79

1500 Meters

M35 A Wellington	4:24.38
M40 J Bell	4:26.38
M45 A Rose	4:41.21
M50 J May	4:53.95
M55 T McDonald	5:28.16
M60 F Bettella	5:32.87
M65 G McKeown	5:25.89
M70 J Stevens	6:32.99
M75 S Nicholls	8:05.98

M30 K Gamlen	5:40.09
M40 M Robb	5:38.28
M45 M Cadogan	6:10.52
M50 J Henry	8:31.68
M55 C DeGroot	6:59.24
M60 T Davies	7:00.94
M70 M Collins	8:57.86
M75 A Nicholls	9:09.01

3000 Meters

M35 A Wellington	9:09.74
M40 J Bell	9:12.56
M45 A Rose	10:01.59
M50 J Bennetts	11:40.68
M55 P Couttie	11:42.15
M60 D Weston	11:51.43
M65 G McKeown	12:49.38
M75 S Nicholls	17:05.28
M30 T O'Byrne	11:55.46
M35 P Hallagan	13:29.97
M40 M Robb	12:15.86
M45 M Cadogan	13:54.03
M50 J Henry	17:54.37
M55 S Redhead	13:42.04
M60 C DeGroot	15:33.67
M65 T Davies	14:36.27
M75 A Nicholls	19:44.44

10,000 Meters

M35 A Wellington	32:52
M40 C Hodges	41:21
M45 R Cruickshank	39:13
M50 F Carpenter	39:59
M55 P Couttie	43:10
M60 D Weston	45:22
M65 G McKeown	41:21
M75 S Nicholls	62:12
M30 K Gamlen	44:56
M35 P Hallagan	47:57
M40 M L'Huillier	47:25
M45 S Westbrook	58:25
M50 S Redhead	49:03
M65 T Davies	52:07

M35 A Wellington	4:47.17
M40 D Telford	4:30.73
M45 A Rose	5:01.43
M50 J May	5:08.39
M55 T McDonald	5:47.09
M60 D Weston	6:06.77
M65 G McKeown	5:39.43
M70 J Stevens	7:26.43
M75 S Nicholls	8:54.24
M30 T O'Byrne	5:51.23
M35 P Hallagan	6:32.23
M40 M L'Huillier	6:10.28
M45 S Westbrook	6:28.63
M50 A Miller	7:44.84
M55 O Webb	7:30.86
M60 C DeGroot	7:30.53
M65 T Davies	7:16.94
M75 A Nicholls	10:11.04

Half Marathon

M35 A Wellington	1:10:56
M40 D Telford	1:10:28
M45 R Cruickshank	1:20:03
M50 J Bennetts	1:27:51
M55 D Fitzpatrick	1:32:28
M60 D Weston	1:37:12
M65 K Bird	1:45:44
M30 K Gamlen	1:35:12
M35 P Hallagan	1:40:59
M40 M Robb	1:37:39
M45 B Campbell	1:48:32
M50 J Cornish	2:02:52
M55 S Redhead	1:44:57
M65 T Davies	1:48:32

Shot Put

M35 G McVicar	7.39
M40 T Gadsby	12.38
M45 O Jones	8.14
M50 M Rose	7.82
M55 S McIntosh	7.47
M60 A Pavulins	11.95
M65 P Colthup	6.09
M70 F Welz	9.25

M35 L Ireland	5.77
M40 E Holmes	6.88
M45 M Ryde	5.29
M50 B Wilson	6.69
M55 O Webb	7.57
M60 M MacKinnon	6.50
M65 E Woods	6.08

Discus

M35 R Thomas	22.18
M40 T Gadsby	31.40
M45 R Kimber	20.44
M50 M Rose	25.36
M55 S McIntosh	24.86
M60 A Pavulins	40.50
M65 P Colthup	20.58
M70 F Welz	26.66
M30 S Nelson	15.10
M35 L Ireland	17.26
M40 B Hamill	22.02
M45 M Nunn	16.70
M50 B Wilson	16.14
M55 O Webb	16.40
M60 M MacKinnon	17.02
M65 E Woods	14.68
M70 M Stevens	10.08

Javelin

M35 R Thomas	35.24
M40 S Selby	43.30
M45 A Rose	28.70
M50 M Rose	28.72
M55 L Powlerza	21.22
M60 R Hochreiter	39.76
M65 K Bird	17.70
M70 F Welz	26.92
M30 T O'Byrne	12.10
M35 L Ireland	16.72
M40 B Hamill	16.94
M45 M Ryde	15.60
M50 M Roberts	17.68
M55 O Webb	16.28
M60 M MacKinnon	15.50
M65 E Woods	15.70
M70 M Stevens	8.40

M40 C Watters	1.45
M50 D McMahon	1.48
M55 L Powlerza	1.05
M60 J Burgazoff	1.45
M70 F Welz	1.00
M35 M McKell	1.22
M40 W Mann	1.10
M45 S Westbrook	1.00
M50 B Wilson	1.08
M60 M MacKinnon	1.14

Long Jump

M35 G Miers	4.85
M40 R Laidlaw	4.84
M45 A Rose	4.37
M50 D McMahon	5.46
M55 L Powlerza	3.64
M60 R Hochreiter	4.68
M65 K Bird	2.92
M70 F Welz	3.16
M35 M McKell	4.24
M40 P Wheeler	3.70
M45 M Nunn	3.13
M50 B Wilson	2.94
M55 O Webb	2.78
M60 M MacKinnon	3.00
M65 E Woods	2.57

Triple Jump

M35 G Samuels	9.71
M40 C Watters	9.91
M45 A Rose	10.35
M50 D McMahon	11.99
M60 R Hochreiter	9.79
M65 K Bird	7.15
M70 F Welz	7.96
M35 L Ireland	8.00
M40 B Hamill	6.77
M45 M Nunn	7.62
M50 M Roberts	6.12
M55 O Webb	6.12
M65 E Woods	5.02

M35 G Miers	1362.75
M40 V Jermacans	2066.94
M45 R Kimber	906.28
M50 C Butcher	2549.30
M60 R Hochreiter	3456.74
M65 P Colthup	1215.30
M70 F Welz	1412.24
M35 L Ireland	1268.04
M40 E Holmes	1462.82
M45 S Westbrook	1626.74
M50 O Webb	1606.56
M60 M MacKinnon	1862.80

3000 Meter Racewalk

M40 K Law	14:58.6
M45 J Salter	16:33.7
M50 J Breen	17:33.7
M55 C Silcock	20:24.1
M60 R Harris	22:35.3
M65 S Nicholls	22:19.9
M70 T O'Byrne	28:55.9
M35 J Gillies	22:13.6
M40 M Robb	17:55.2
M45 P Hall	17:14.0
M50 A Miller	17:56.0
M55 O Webb	19:37.0
M60 C DeGroot	20:17.9
M65 S Murnane	20:53.9
M70 R Harris	26:15.1
M75 N Jeffreys	24:13.1

10K Racewalk

M40 K Law	53:50.1
M45 J Salter	55:45.3
M50 J Breen	59:13.7
M55 P Derrick	61:28.8
M60 R Harris	1:20:40.9
M65 A MacKay	1:44:53.5
M70 M Robb	62:24.9
M45 P Hall	60:16.9
M50 A Miller	63:18.4
M55 O Webb	68:08.6
M60 C DeGroot	1:10:24.1
M70 R Harris	1:44:51.3
M75 N Jeffreys	1:21:16.3

LONG DISTANCE RESULTS

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

NATIONAL
 (See Page 35)
EAST
Big Two 10K
Blakeslee, PA;
September 11

Overall	
Terry Croyle 25	29:41
Shelly Steely 25	33:58
M40 Barry Gately	35:16
Robert Gebert	36:53
Dave Shelmire	36:55
M45 Mardens Umanec	36:24
Frank Whitbeck	36:56
Tom Thorn	41:06
M50 Tony Cerminard	36:21
Frank Dudley	41:03
Salty Gutierrez	42:24
M60+Rick Derenzis	44:19
H L Reynold	52:11
Peter Muessig	52:36
M40 Jeannie Famulari	50:39
Beth Reilly	52:46
Karen Selby	55:02
M45 Carol Hopson	46:05
Louantha Putnam	52:55
Sandy Mahoney	54:04
M50 Elsie Sprague	68:36
Mary Hirthler	69:00
Claire Service	84:10
M60+Jean Husack	89:37

New York Woman 4 Miler
Central Park, NYC;
October 2.

Overall	
Gordon Bloch 27	22:02
M40 Cheryl Ralya	24:53
Irene Jackson	25:06
Marilyn Greeley	25:09
Jean Perry-Wolf	26:36
Joyce Magee	26:47
M45 Carol Johnston	25:58
Robin Villa	26:21
Harriet Oster	27:04
Yathy Nitscheim	28:27
Nina Kusick	29:45
M50 Julie Hoffman	26:27
Jill Martin	26:38
Julianne Grace	30:42
M55 B Bellingham	27:24
Katherine Fichera	36:02
Mathilde Klein	36:20
M60 Aslaug Tomas	31:51
Daisy Klein	34:48

Staten Island Half-Marathon
Staten Island, NYC;
October 9

Overall	
P Cruz-Martin	1:08:41
Ann Vazquez	1:21:18
M40 Art Hall	1:11:27
Ed Sandoval	1:14:17
Hector Vargas	1:15:19
M45 William Janeway	1:19:56
Julio Lugo	1:20:27
Pat Cosgrove	1:20:30
M50 Alan Fairbrother	1:18:51
Gerald Lopez	1:19:30
Angel Gonzalez	1:24:02
M55 Ken Karcher	1:27:10
Frank Dudley	1:27:19
Pat Fitzgerald	1:27:47
M60 Bill Fortune	1:24:55
Herb Higgins	1:34:10
Joe Simonte	1:34:56
M65 John McManus	1:32:51
William Coyne	1:35:00
Tom Gibbons	1:37:11
M70+Vince Carnevale	1:40:03
Wilfredo Rios	1:47:21
Edwin Wroblewski	1:54:46
M40 Humi Imaki	1:36:13
Jill Lazaridis	1:38:29
Kathleen Schultz	1:39:34
M45 Carol Johnston	1:27:51
Anna Thornhill	1:30:18
Linda Geppert	1:35:28
M50 Lisa Praskins	1:31:45
Joyce Maret	1:48:46
Dolores Papirman	1:53:21
M55 Rosa Nales	1:44:49
Helena Close	2:11:47
Joanne Bennis	2:12:34
M60 Aslaug Tomas	1:49:24
Barbara Beck	2:12:55
Bertha McGruder	2:26:46
M70+Althea Jureidini	2:31:02

Indian Summer Masters Run
2.5 Mile;
Ocean City, NJ
October 9

Overall:	
Herb Townsend (50)	13:32
Judith Savarese (40)	17:37
M40 Bill Moreland	13:43
Warren Vitale	14:53
Tom Morris	15:11
M45 Doug McMahon	15:35
George Guss	15:58
Richard Miller	17:24
M50 Herb Townsend	13:32
Charles Richardson	14:31
Louis Ebner	15:24

Mercedes Mile On
5th Avenue
Manhattan, NYC;
October 15

Elite Mile Winners	
Steve Scott US	3:53.43
Mary Slaney US	4:20.03
Men Masters	
1 Dan Frye MA	4:15.55
2 Byron Dyce FL	4:15.87
3 C Nicholson AL	4:17.01
4 Stev Ferraz CA	4:17.81
5 Harold Nolan NJ	4:20.90
6 Ken Sparks OH	4:21.03
7 Web Loudat NM	4:22.79
8 Ron Jensen CA	4:24.10
9 Paul Zink VA	4:28.61
10 Dean Dekkers TX	4:29.57
Women Masters	
1 Angella Hearn NY	5:07.02
2 C H Grenning NY	5:22.16
3 Irene Jackson NY	5:27.39
4 Sylvie Kimche NY	5:30.79
5 Lina Connors NY	5:32.32
6 Marilyn Greeley NY	5:33.00

6th Annual
John Atturio Memorial 8K

Continued from previous page

M60+Mike Shea	64:04
John Hosner	64:18
Jim O'Neil	64:26
Jack Gerrans	74:15
Seth Warner	75:03
Holroyd Casper	75:27
Charles Hucks	78:42
Milton Bliss	81:32
Edwin Lewis	82:50
Bert Bailey	83:23

Peachtree City 15K (RRCA National Championships) & 5K

Peachtree City, GA
October 1

---15K---	
Overall	
Phil Richey 31	48:17
Jean Long 28	58:34
M40 Tom O'Connor 3rd	50:56
Tracy Peugh	51:26
Joe Carter	52:35
M45 John Toole	54:55
Gary Cochran	55:59
George Sharp	56:34
M50 Fred Dyer	57:16
Jesus Romero	57:28
Bob Wood	57:37
M55 Al Becken	59:06
Jim Thomas	60:46
Phil Bohan	64:11
M60 Joe Petrolino	69:59
Bo Lynch	70:38
Doug Jones	75:24
M65+Charles Lewis 70	73:45
W40 Carolyn Spillman	
Susan Houlton	61:19
Zola Melton	63:48
M45 Susan Mendivil	66:51
Eddy Bay	66:07
Julia Emmons	69:50
M50 Nancy Parker	70:50
Marj Peterson	72:41
Sue Wester	71:04
Sue Wester	82:44

---5K---	
Overall	
Guy Avery 24	16:31
Laura Caldwell 36	17:43
M35 Terry Anderson	17:11
M40 Ian Dickson	17:19
M45 Earl Donaldson	17:46
M50 Herb Kerr	18:36
M55 Stewart Daniel	18:53
M60 James Padgett	21:51
M65+Gene Witkowski	27:00
W35 Sue Norwood	20:32
W40 Glenda Miller	21:23
W45 Susan Dewey	24:34
W50 Frankie Little	26:30
W55 Betty Vosburgh	25:39
W60 Tina Anderson	27:30

MIDWEST

Dayton River
Corridor Classic
Half Marathon; Dayton, OH

Overall:	
Paul Aufdenberge	1:05:00
Julie Isphording	1:13:42
M40 Rich Davis \$150	1:13:28
Dan Giner 100	1:15:10
Bob Schul 75	1:16:20
Tom Buch 50	1:17:29
Peter Disalvo 20	1:17:31
M45 Ken Prior \$50	1:16:31
Lloyd Laubach 30	1:18:21
Jon Patton 20	1:19:32
M50 Ken Combs \$50	1:20:35
Philip Miller 30	1:22:49
James Henson 20	1:26:15
M55 Don Gammie \$50	1:22:46
James McCord 30	1:30:26
Walter Blair 20	1:31:20
M60 Rob Davenport \$50	1:34:40
Pete Donahue 30	1:35:08
J. Mezacapa 20	1:36:46
M65 Jack McClain \$50	1:50:31
B. Schmidt 30	2:03:26
Judge Fisher 20	2:09:50
M70+Eugene Keller \$50	1:42:12
Harry Lindover 30	2:05:15
Joe Abbas 20	2:53:08
W40 Jane Buch \$150	1:22:14
D. Goodman \$100	1:25:13
Nina Bovio \$75	1:26:07
Nancy Ayers 50	1:30:15
Mackie Price 30	1:32:56
Jane Schul 20	1:34:31
W45 Iris Black \$50	1:28:42
Pat Mulroney 30	1:37:33
Mitzi Henschel 1:40:08	
W50 Claire Brock \$50	1:31:01
Dolores Miller 30	1:41:32
Elsaine Clapp 20	1:53:40
W55 Billie Stacy \$50	1:42:30
Terru Fanelli 30	1:50:41
Jean Dilworth 20	1:51:03

MID AMERICA

Omaha Riverfront Marathon
Omaha, NE; October 29

Overall:	
Tim Dooling 25	2:21:5f
Louise Mohanna 25	2:42:18
M40 Gary Julin	2:42:16
Ron Olsen	2:42:56
Russell Fry	2:56:34
Robert Keckler	2:57:53
Milton Exline	3:04:31
Michael Manna	3:06:17
Bill Abell	3:07:02
Robert Johnson	3:07:25
Bob Houlihan	3:07:45
John Pepple	3:07:56
M45 Michael Carnes	2:48:42
Earl Williams	2:57:12
Donald Dickmeyer	2:59:48
Tony Jones	3:03:55
Les Schmeltz	3:12:09
Arnie Ban	3:16:30
Robert Pease	3:17:27
Jim Paris	3:19:30
Bill Macy	3:21:31
John Mattson	3:24:23
M50 Ernie Nick	2:55:24
Cyrus Huffman	3:01:22
Earnest Berry	3:03:14
Gary Shubert	3:14:52
Elbert Reed	3:20:45
John Mare	3:24:36
James Talley	3:24:38
Mark Love	3:26:26
Kenneth Deman	3:29:14
Bob Baldus	3:37:39
M55 Charles Smith	3:33:01
Robert Vaughn	3:39:23
Glen Zirbel	3:40:12
George Verschelde	3:44:46
Frederick Lorenz	3:47:11
Norman Sinner	3:50:55
Robert Edgerton	4:00:33
Glenn Smith	4:08:49
Bob Wood	5:05:22
M60 Karzy Leonard Vavr3	3:32:00
Harold Hultquist	3:45:06
Roger Cutshall	4:04:49
Bob Poppe	4:20:20
Robert Barfknecht	4:32:47
Jesse Delgado	4:57:52
M70+Clarence Osborn	4:24:22
W35 Elaine Van Dyck	3:03:32
Janet Skaalen	3:04:44
Pamela Smith	3:22:07
Valerie Oertli	3:24:40
Gail Moreno	3:44:40
Mary Heckert	3:48:06
Denise Cerny	3:51:16
Bonnie Lukowicz	3:51:57
Bonita McMullen	3:55:05
Jerry Thom	4:00:43
W40 Sylvia Wiegand	3:23:23
Pauline Lundgren	3:39:57
Helen Crew	3:53:05
Susanne Milbourn	3:55:06
W45 Diane Humphrey	3:08:53
Mary Belitz	3:38:08
Arlene Craig	3:58:12
Nancy Green	4:14:38

SOUTHWEST

Mohawk 12K
Tulsa, OK; September 10

Overall	
Kevin Mitchell 26	37:36
Susie Meltzer 24	46:50
M35 Terry Lewis	43:24
M40 Robert Anderson	42:15
M45 Dan Vasicek	45:38
M50 Gerald Glass	44:24
M55 Arturo Melendez	46:34
M60+Jim Smith	49:18
W35 Jeannie McDaniel	51:08
W40 Irene Harvell	55:40
W45 Sharon Cooper	55:08
W50 Pat Reed	65:53
The Challenger Eight 8000 Meter Road Run Tulsa, OK; October 8	
M40-44	
Greg Owings	26:27
Robert Anderson	27:16
Gary Madison	27:19
M45-49	
Jim McFadden	28:03
David Edwards	28:39
Daniel Vasicek	28:51
M50-54	
Fred Dice	29:03
Russell Bennett	29:19
Bob Nale	31:07
M55-59	
Arturo Melendez	30:25
Larry Miller	30:46
Steve Blanchard	30:47
M60-64	
Jack Gentry	29:54
Nocus McIntosh	33:53
Whit Mauzy	34:37

M65-69	
Jim Smith	32:02
Vern Whiteside	39:58
Fisher Lewis	42:17
M70 & OVER	
Bernnie Heinze	45:31
A.V. Snyder	53:18
W40-44	
Vicki Fegaly	33:40
Trudy Calloway	34:08
Ann Crawley	34:50
W45-49	
Maureen Bixby	30:34
Linda Brown	36:04
Liddy Doenges	36:26
W50-54	
Shirley Wilkenson	38:33
Sue Neil	43:57
Emily Makala	45:13
W55-59	
Dorothy Akin	40:42
Joan McGraw	43:27
Lawanda Johnson	46:56
W60 & OVER	
Opal Alexander	47:08
Jean Benear	53:46

Over 600 in field
Course Certified by RRTC

Tulsa Run 15K
Tulsa, OK; October 29

Overall:	
Jon Sinclair 31 \$5000	43:21
Anne Hannam 27 5000	48:14
M35 Randy Heierding	50:03
Denton Childs	50:19
Michael Cole	51:00
Terry Ziegler	51:26
Michael Haeger	51:33
Marc Thompson	51:34
David Rothlauf	51:50
William Bandy	52:26
Duke Kern	52:40
M40 Athol Barton \$500	48:15
Jozsef Bainyecz 375	48:26
Frank Shorter	275 49:02
Carl Nicholson	200 49:27
Web Loudat	150 49:45
Donn Skaeff	100 49:49
Gary Madison	50 51:04
Mark Stogsdill	51:31
JC Hoffman	51:45
Robert Stuemky	52:24
M45 David Williams	52:38
Jim McFadden	53:19
Orwood Minor	53:48
Dan Vasicek	55:10
Rick Whitewater	55:33
Ted Riley	55:35
Bobby Bomer	55:50
Gerald Doeksen	55:52
William Adams	55:52
Peter Bernhardt	56:32
M50 Karlton Naylor	55:14
Gerald Glass	55:19
Fred Dice	55:53
Russell Bennett	56:03
Edwin Dukes	57:19
David Hermon	57:27
Bob Adkins	57:41
Bob Nale	59:23
David Smedley	59:37
Robert Campbell	59:45
M55 Arturo Melendez	57:54
Hayes McKinnie	59:16
Tracy Brown	61:16
Tom Briggs	61:44
Kenneth Peterson	63:56
Thomas Sanders	64:01
Bill Rentfro	64:02
Eldon Morgan	64:18
Robert Schmidt	64:39
Jim Adair	64:49
Jack Gentry	56:57
Whit Mauzy, Jr.	65:07
Richard Boggs	66:02
Harold McDonalds	66:03
Nocus McIntosh	66:44
James Elmore	67:59
Willard Samples	68:02
Edward Hamilton	68:29
Laddie Ondracek	68:45
Dan Brannin	69:51
M65 Jim Smith	61:42
Lewis Winters	64:21
Ralph Ratcliff	69:47
Frank Miorandi	1:15:50
Vern Whiteside	1:16:42
Merrick Harmon	1:16:43
Fisher Lewis	1:19:28
Leo Wade	1:21:25
Dan Stokesberry	1:25:05
Lee Bentley	1:26:50
M70+Gerald Sibley	1:20:33
Tomas Palacios	1:20:46
Bennie Heinze	1:28:06
James Kirby	1:34:44
Jim Terry	1:35:12
Dr. Howard Calkin	1:45:14
Melvin Gaasch	1:47:04
Cecil Brookshire	1:49:59
Carly Geisler	2:07:33

W35 Martha O'Rourke	56:39
Mary Kates	60:02
Nora Matthews	61:58
Jeannie McDaniel	63:11
Mary Basore	63:40
Donna Spencer	64:17
Katy Moffett	64:34
Karen Horton	64:47
Nancy Young	64:58
Lona McClanahan	65:24
W40 G. Andersen \$500	54:25
J. Hutchison 375	54:41
Georgette Green250	57:27
Maureen Bixby 150	59:15
Judy Cogswell 75	61:07
Carol Bogner	62:27
Barbara Manning	63:51
Patricia Case	64:57
Trudy Calloway	65:56
Vicky Fegaly	66:04
Claudia Patrick	67:23
W45 Maureen Bixby	59:15
Lydia Borges	65:05
Erika Hull	67:24
Sharon Cooper	69:12
Linda Brown	69:58
Liddy Doenges	1:10:35
Penelope Degance	1:10:55
Mary Kennard	1:11:11
Betty Edgley	1:11:37
Joanne Alderman	1:11:57
W50 Donna Wright	66:34
Susie Klutz	67:33
Kathy Moffitt	1:12:31
Mona Keffler	1:12:51
Shirley Wilkinson	1:15:06
Donna Spence	1:15:27
Eileen Schmidt	1:19:08
Leta Toblar	1:19:59
Phyllis Durham	1:19:59
Carolyn Buckner	1:22:14
Marilyn Thompson	1:25:52
Janet Chadwick	1:29:46
Lowanda Johnson	1:26:23
Joan McGraw	1:26:47
Suzanne Campbell	1:29:28
Peggy Heller	1:31:05
Patsie DeGuisti	1:36:09
Mary Chamblee	1:39:18
Marilyn Hearon	1:41:23
Dot Hostetler	1:45:49
W60 M. Andersen	1:26:53
Nadine Long	1:29:09
Faye Morris	1:39:13
Jean Benear	1:44:30
Colleen Kirby	1:53:21
Beatrice Chargin	1:53:44
Harriet Peake	1:58:12
Lora Woodall	2:05:55
W65 Wanda Groves	1:34:16
Betty Hawkins	1:46:41
W70+Patricia Rine	2:24:56
Lora Townsend	2:26:17

WEST

Balboa 8 Mile
San Diego, CA
September 17

Overall	
Ralph Havens 29	44:45
Oonagh Bruni 32	49:26
M40 Graham Garcia	45:04
M50 Francisco Saiz	50:46
M60 Louie Ojeda	61:04
M70+John Lafferty	64:48
W40 Joni Pendleton	52:14
W50 Caroline Murray	58:40
W60 Mary Storey	66:25

Hawaii 5K Championships
Honolulu; October 3

Overall	
Duncan Macdonald 39	14:45
Cheryl Brady 29	17:27
M35 Gary Ranney	15:44
M40 Ron Pate	16:57
M45 Alberto Rivas	17:09
M50 Peter Schlegel	21:56
M55 Carl Ellsworth	18:15
M60 Scott Hamilton Jr	20:24
M65 Gerald Horton	18:49
M70+Masato Shibasaki	29:42
W35 Diane Ridgeway	19:19
W40 J. Huber-Cogswell	19:42
W45 Sharon Calligan	23:08
W50 Susie Bartels	21:11
W55 Millie Chang	23:29
W60 Miki Horton	23:41
W65 Margaret Lee	27:31
W70+Bonnie Kolsom	38:26

West Coast University
50-Miler
Fountain Valley, CA
October 8

In order of overall finish	
Echo Edmonson 45	6:30:06
John Montgomer	42 6:37:56
Tom Perry	43 6:46:10
Steve Watanabe	35 7:08:17
Don McLean	43 7:14:32
Ken Young	46 7:15:22
Rob McNair	34 7:20:32
Bob King	46 7:25:22
Ken Price	45 7:34:17

Fred Nagelshmidt 64	7:44:26
Rico Ramirez 44	7:46:55
Barbara Shur F34	7:49:59
Saralie Jigman F35	7:49:59
Dan Sheeran 61	7:50:17
Robert Robak 36	7:50:56
Edward Frisch 49	7:51:28
Randy Bowman 31	7:54:46
Jeff Thompson 37	7:57:25
Michael Martin 40	8:01:47
Ruben Alarcon 44	8:14:10
Don Pycior 49	8:18:22
Thomas Pando 34	8:30:50
Van Ryujin 34	8:32:18
Gary Ruttenberg 42	8:45:33
Lee Preble 53	8:47:11
Paul McKenna 30	8:54:06
Gary Zicker 37	8:56:59
Bob Szekeresh 41	8:58:32
Chris Rios 46	9:27:38
Hector Salazar 30	9:40:07
Dale Sutton RW49	9:48:25
Pat Farrell 51	9:50:53
Irma Hutton F42	9:56:42
John Carey 45	10:02:20
Stephen Lee 49	10:06:16
Ken Janis 49	10:06:

Continued from previous page

Virginia Sutphin	4:34:27
Nancy German	4:53:33
Selma Ayre	5:38:43
W60 Luci Wells	4:38:40
Po Adams	5:37:16
Paula Silas	5:55:39
W65 Anabel Marsh	5:14:57
W80+Mavis Lindgren	5:57:45

Idaho Mountain Masters
4-Mile Championships
Boise, ID; October 29

M30 Bruce Bolan	28:54
Larry Seiler	30:01
Johr Post	31:17
M35 Ron Ploger	28:06
Dennis Balmer	28:25
Ron Slead	29:38
LeRoy Fink	30:24
James Roberts	32:17
M40 Ron Barker	22:23
Ole Bergset	23:35
James Long	24:28
Frank Preston	24:57
Gary Cuff	26:31
David Brock	28:33
Darrell Larsen	30:28
Al Kristal	31:03
M45 Paul Sloan	27:21
Gary Schnieder	27:35
Richard Anderson	28:01
Rick Lashbrook	29:40
Bob Meunier	29:46
Dick Gerber	30:26
Earl Butner	31:27
M50 Paul Finkbinder	24:35
Joe Zimmer	27:17
Jerry Merrill	27:25
Mike Anthony	28:16
Merlyn Clark	31:09
M55 Charlie White	29:44
Glen Warwick	33:02
Gene Crewse	33:53
Robert Blome	34:45
M60 Tom Sheehan	27:11
Mervin Acher	35:55
Jack Bowman	46:33
M65 Charlie Baldrige	34:41
W30 Glenda Hoggw	30:07
Pam Meunier	31:50
W35 Janice Fink	28:26
Frances Roper	31:48
Patricia Lachiano	34:05
W45 June Hubbard	29:56
Dee LaMott	29:58
Jackie Anderson	42:53
W50 Janice Burkholder	33:01
Juanell Allman	35:01
W65 Ann Bowman	52:14

INTERNATIONAL

British Women's National
10-Mile Championships
Hendon, England
October 2

Open Sandra Branney	55:32
W35 Glynnis Penny	56:48
W40 Leslie Watson	58:58
W50 Pam Jones	73:20

British Veterans Marathon
Championships
Stafford, England
October 2

M40 Eddie Lee	2:25:15
Colin Youngson	2:29:15
M45 Graham Bagnall	2:33:58
M50 Phil Hampton	2:38:36
M60 Peter Webb	3:11:53
M65 J. Johnston	3:31:02
M70 Bob Brierley	3:28:32

21st World Veterans (IGAL)
5K/10K/ Marathon
Championships
Kyongju, South Korea
October 8-9

---5K---	
M40	
Jae C Park	KOR 18:42
Jeong D Kim	KOR 19:12
Young Won Jo	KOR 19:19
V Ramachandra	IND 19:39
Il Kyu Kwon	KOR 19:40
M45	
Jong Hun Kim	KOR 18:41
M P Shtvanna	IND 18:45
Ki Yong Jang	KOR 22:55
Ki Soo Yoo	KOR 22:58
Yong Kap Lee	KOR 23:04
M50	
Seong Tae Kim	KOR 18:44
Seon Jin Park	KOR 18:51
Chun Kyong Jeong	KOR 19:21
Kap Shik Ban	KOR 19:28
Jin Y Jeong	KOR 20:03
M55	
Hideo Senda	JPN 19:43
Mitsuyuki Beto	JPN 20:25
M N Ramanna	IND 21:02
Han Yong Jo	KOR 21:28
Mitsuji Kritani	JPN 22:30



M60	
Myong Yong Lee	KOR 21:30
Akira Hattori	JPN 21:39
Ki Boong Kim	KOR 22:32
Yang Hyun Yoon	KOR 22:44
Bung Man Na	KOR 22:45
M65	
Young Jo Choe	KOR 21:59
Hong Taek Kim	KOR 22:49
Soon Y Hong	KOR 23:05
Jin S Kim	KOR 23:15
Sang Ik Han	KOR 23:27
M70	
Giichi Harada	JPN 24:34
Jae H Yeom	KOR 25:19
Jang S Lee	KOR 25:34
M75	
T Tsunematsu	JPN 24:23
Sung Ho Baek	KOR 29:18
Doo Chan Park	KOR 29:32
M80	
Misao Yuki	JPN 31:15
Kiichi Ishikawa	JPN 31:43
Myong S Park	KOR 32:25
M90	
Kenkichi Saitsu	JPN 55:39
W35	
Na Young Ahn	KOR 20:42
Soon Ryun Shim	KOR 21:37
Dok S Kwon	KOR 23:07
Choon W Kang	KOR 27:40
Kyong H Lee	KOR 27:49
W40	
Jeong S Hou	KOR 23:47
K Girijakumari	IND 26:39
Sook J Kim	KOR 27:05
Song J Lee	KOR 28:28
Soon J Yang	KOR 28:51
W45	
Jeong B Jo	KOR 23:30
Soon Ae Choe	KOR 24:01
Man H Kang	KOR 25:30
Seong Whang	KOR 27:01
Soo W Park	KOR 27:57
W50	
Seong K Han	KOR 25:23
Jeong S Park	KOR 27:02
Etsuko Kunidomi	KOR 27:33
W55	
Kaneko Maeda	JPN 25:15
Miyako Toshima	JPN 27:16
Hee S Yoon	KOR 28:03
W60	
T Nakagawa	KOR 28:28
Soon H Kim	KOR 31:35
Ok K Kim	KOR 34:54
W65	
Bong S Kim	KOR 36:52
Soon H Hong	KOR 36:57
Woo K Kim	KOR 37:15
W70	
Atsuko Taikawa	JPN 34:14
Kil R Jeon	KOR 45:03
Maki Sato	JPN 45:48
---10K---	
M40	
Omer Van Noten	BEL 32:29
Colin O'Brien	CAN 33:42
Mike Creery	CAN 34:08
Sang C Kim	KOR 35:00
Ji H Choe	KOR 35:02
Young B Kim	KOR 35:31
M45	
- Balasubramanian	IND 37:37
Kyu W Lee	KOR 38:22
Joji Inoue	JPN 38:22
Sam S Moon	KOR 39:48
Nam S Lee	KOR 40:18
Jong S Park	KOR 40:51
M50	
Wilgvid Chiau	BEL 34:40
William Baillie	NZL 36:12
Maurice Bardot	FRA 37:00
Jae W Kim	KOR 37:23
Erik Lars	SWE 39:50
Man S Park	KOR 39:56
M55	
Norm Green Jr	USA 34:12
Derek Wood	GBR 38:03
Iwada Hasegawa	JPN 39:11
Hyrur S Oh	KOR 41:36
Jo S Cheon	KOR 42:51
Seok W Lee	KOR 43:02
M60	
Jeong W Kim	KOR 41:14
Seong M Oh	KOR 41:23
Terence Goodlad	CAN 41:29
Soon K Kang	KOR 41:57
Jeong O Lee	KOR 42:01
Seok W Kang	KOR 42:11
M65	
Myong C Shim	KOR 43:14
Kil W Myong	KOR 43:44
W R Meyer	FRG 45:58
Domoichi Nakao	JPN 46:54
Hae S Oh	KOR 47:31
M70	
Kosaki Kanamori	JPN 44:19
Bong Y Im	KOR 46:41
Rak S Sun	KOR 46:41

M75	
M Aellenlucien	SUI 47:39
Kiyozo Takagi	JPN 50:22
Soon S Mok	KOR 52:59
M80	
Ik S Lee	KOR 1:00:10
Sinichi Yoshida	JPN 1:05:07
Kanae Hiramatsu	JPN 1:11:04
M35	
Kil J Hong	KOR 47:17
Nomi Kang	KOR 50:31
Tomoko Endoh	JPN 51:34
Yong W Jang	KOR 52:08
Sayoko Hayashi	JPN 53:24
M40	
Nancy McLaren	CAN 37:14
Wha J Lee	KOR 50:05
Soon h Jeong	KOR 50:11
Seong S Jang	KOR 51:39
Boo S Yoon	KOR 59:32
M45	
Masako Ide	JPN 38:56
Ok S Park	KOR 43:37
Ayako Matsuda	JPN 50:21
Myong D No	KOR 52:40
Ok S Lee	KOR 54:26
M50	
Frances Stein	CAN 42:51
Hanako Nimura	JPN 45:42
Aiko Jinnai	JPN 49:37
M55	
Sakiko Morishima	JPN 58:03
Ei S Kang	KOR 58:20
Choo W Kim	KOR 1:02:51
M60	
D Brechbuehl	CAN 56:19
Dae K Eom	KOR 1:00:04
Jung N Sung	KOR 1:00:13
M65	
Chie Nagamatsu	JPN 58:50
Nieka Hodo	JPN 1:03:02
Mi S Juwa	KOR 1:03:58
M70	
Ewa Eriksson	SWE 59:10
H Keuchel	FRG 1:01:51
---Marathon---	
M40	
G Blommaerts	BEL 2:30:15
Il M Kim	KOR 2:50:02
R Mannaert	BEL 2:50:13
Young B Kim	KOR 2:51:49
Soon W Jang	KOR 2:52:09
Sung P Park	KOR 2:54:15
M45	
Young Lee	KOR 2:53:44
Young Soo Lee	KOR 2:53:46
Chung W Lee	KOR 3:03:15
Nam S Lee	KOR 3:05:05
Jae S Choe	KOR 3:07:44
M50	
Kiyoto Nagata	JPN 2:44:19
Wilgvid Chiau	BEL 2:47:29
Je W Kim	KOR 3:04:54
Yoshito Murata	JPN 3:08:41
Sang W Han	KOR 3:16:12
M55	
Derek Wood	GBR 2:45:58
Pan S Park	KOR 3:13:51
Kwon Y Son	KOR 3:22:07
Tore Biliman	SWE 3:27:43
Kwan W Lee	KOR 3:28:11
M60	
Imo Akesoder	SWE 3:25:12
Kisab Takahashi	JPN 3:39:38
Shinichi Shibata	JPN 3:43:43
M65	
Do Y Park	KOR 3:14:55
Byong C No	KOR 3:30:08
Ken W Choe	KOR 3:35:00
M70	
Wilg Roctchel	SUI 3:43:32
Nak S Seong	KOR 4:11:16
Naomi Kuriki	JPN 4:21:36
M75	
M Aellen	SUI 3:53:33
Takayoshi Sato	JPN 4:40:13
M80	
Byong H Kwon	KOR 5:25:20
M35	
D R Underwood	GBR 3:01:05
S Shinazaki	JPN 3:51:58
Chun W Kim	KOR 5:19:37
M40	
Athuko Nanbu	JPN 3:30:44
M45	
Ichoko Hokazono	JPN 3:26:38
Ok S Park	KOR 3:50:03
M50	
Frances Stein	CAN 3:22:46
Erika Kruger	FRG 3:30:26
S Kunidomi	JPN 5:16:28
M55	
Miyako Toshima	JPN 4:43:46
S Shimoda	JPN 5:04:37
M65	
Friede Falkeel	FRG 4:31:46
Judith Kazdan	CAN 4:43:23
Tomoko Hayashi	JPN 4:43:28
Julie Rose 10K	
Ashford, England	
October 9	
Open Mike Gratton	29:41
M40 Peter Jones	40 30:45
Les Roberts	44 31:26

Hatch End 5-Mile
Harrow, England
October 15

Open Tony Jackson	23:57
M40 Martin Duff	44 25:26
Brian Standen	25:50
W35 Mary Swindel	32:59

Yellow Pages 10K
Reading, England
October 16

Open Chris Buckley	29:11
M40 Mike Burd	42 30:20
Mike Green	40 31:01
M50 Tecwyn Davies	50 30:35WR
W35 Celia Duncan	36:14
W40 Chris LeFlem	40:12

Stroud Half-Marathon
Stroud, England
October 30

Overall	
Chris Buckley	1:03:05
M40 Shel Cowles	1:06:44
Brian O'Neill	1:07:29
Peter Jones	1:09:20
M45 Les Davies	1:09:23
M50 Tecwyn Davies	1:07:09WR
Dick Coopes	1:15:03
W35 Bronwyn Cardy-	
Rose Ellis	1:14:43
	1:15:51



NATIONAL

Masters TAC National
(Foundation) 30K
Clarksburg, CA;
November 13

Overall:					M45 G. Billingsley	2:17:17	
Steve Lester	\$400	1:43:21			Flory Rodd	2:29:19	
Juana Stavalone	400	1:58:23			Ross Wiltzer	2:46:52	
					Don Wilgus	2:50:47	
M40 Wes Wessely		1:46:38			M70 Paul Reese	2:30:39	
Steve Ferraz		1:46:49			Don Lundberg	2:33:57	
Bob McLennan		1:49:54			Bill Van Fleet	2:47:25	
Jerry Jobski		1:50:24			M75 Bill Brobston	3:07:41	
Frank Ruona		1:51:12			Frank Demers	3:11:35	
Bill Clark		1:53:49			M85 Paul Spangler	4:39:30	
John Cobourn		1:54:57					
Allen Stanbridge		1:55:39					
Perry Hayden		1:56:16					
Jim Minami		1:56:59					
M45 Steve Lester		1:43:21			W40 Juana Stavalone	1:58:23	
Robert Nelson		1:49:07			Nancy Oshier	1:58:57	
Jim Wisener		1:54:42			Joan Colman	2:02:45	
Jose Luis Bravo		1:57:40			Hilary Naylor	2:03:13	
Joe Hurtado		2:03:12			Nelly Wright	2:09:18	
Bill Gardner		2:04:28			Kathy Brown	2:11:24	
Roger Sharpe		2:10:05			Karen Lanterman	2:15:34	
Michael Hawkes		2:10:52			Laury Fisher	2:16:22	
Jerry Lyrly		2:12:12			Cyncl Calvin	2:18:24	
Don Bryan		2:12:37			Toni Belaustegui	2:21:10	
M50 Bill Orlach		1:51:32			W45 Shirley Matson	1:59:25	
Darryl Beardall		1:55:12			Joan Ulliyot	2:05:59	
Jim Bevins		2:02:34			Margie Timberlake	2:12:36	
Fred Mattos		2:03:43			Gail Rodd	2:17:43	
Robert Groff		2:11:05			Sally Hughes	2:32:02	
Dave Ragsdale		2:11:15			Judith Hooper	2:32:16	
Steve Galvan		2:13:41			W50 Gina Faust	2:09:32	
Michael McGie		2:18:48			Joan Reiss	2:16:47	
Terry Fix		2:18:54			Alice K. Rose	2:18:55	
C. Whitakey		2:19:09			Khatoon Tudhope	2:40:37	
M55 Norm Green, Jr.		1:46:33			Dina Fields	2:42:21	
Ron Ogilvie		2:15:42			W55 Marty Maricle	2:35:44	
Richard Carapezza		2:22:29			Joyce Zytoskee	2:41:42	
Jim Pommier		2:27:55			Kathy Iseri	2:43:59	
Cy Weagle		2:28:18			Ruth Anderson	2:45:10	
Gordon Hall		2:30:19			W60 Mary Storey	2:46:10	
John Kalberg		2:31:38			W65 Jaclyn Caselli	2:58:06	
					W80 Mavis Lindgren	4:12:33	

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