

# NATIONAL MASTERS NEWS

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

136th Issue

December, 1989

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## Bradley, Sekerak, Burleson Win in U.S. 5K X-C

by JOHN WHITE

Dan Sekerak and Marie Burleson, both local runners, were the top masters finishers at TAC's National Masters 5K Cross-Country Championships in Columbus, Ohio on November 5, while Fay Bradley, 51, of Washington, D.C. turned in the day's best age-graded time.

The event drew 90 masters and 85 open and submasters runners, making it the most successful Ohio masters cross-country event ever held.

The race, which served as the Columbus Invitational for younger runners, was held on the Airport Golf Course, just east of the Port Columbus airport. The weather was clear with temperatures in the 50s. Runners followed a painted white line on the single-loop course, as 25 Ohio TAC officials monitored the proceedings.

Sekerak, a high school cross-country coach, broke away from a tightly-packed group before the two-mile mark to finish strongly in 15:53. Peter Hallop, of Ann Arbor, Mich., took second in 16:11, followed by Dennis Grantz (16:18).

Bradley was fourth in 16:25 to claim the M50 title. His age-graded time of 14:27 (calculated by multiplying his

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Daniel Sekerak captures a 15:53 masters win at the National Masters 5K Cross Country Championships. Photo by John White



Marie Burleson, first female master in 18:43.5 at the National Masters 5K Cross Country Championships. Photo from John White

## Schlau, Hutchison, Green Top Masters in National 30K

South Carolina's Bob Schlau sped to a 1:39:20 win at the U.S. TAC National Masters 30K Championships (Foundation 30K) in Clarksburg, Calif., November 12.

Schlau finished almost seven minutes ahead of second master James Press (1:46:29).

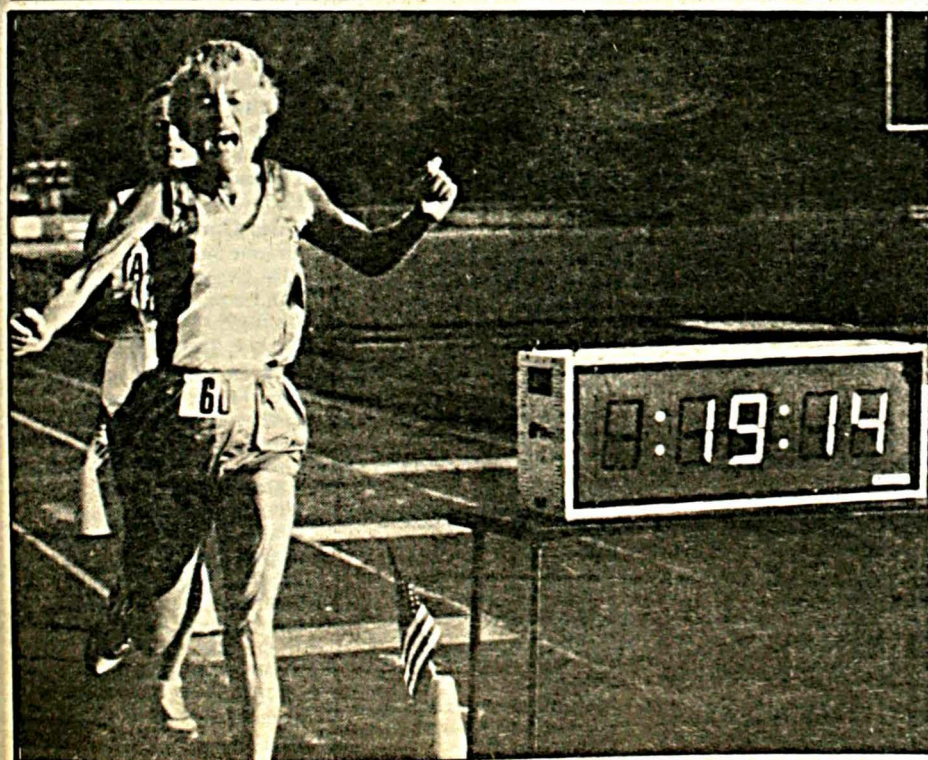
First master on the women's side was Missouri's Jane Hutchison in 1:57:03, closely followed by Nancy Oshier (1:58:21).

Pennsylvania's Norm Green easily took the M55 age-group with a blazing 1:49:14. Green and Hutchison were top male and female age-graded runners (95.4% and 89.2%, respectively), and were awarded \$100 each by Sorbothane.

About 1800 runners participated in the 24th annual Foundation 30K races, which included a corporate relay, 5K, and youth one-mile run. The race was organized by Skip Seebeck, with 350 local volunteers pitching in.

Other age-group winners included Jim Wisener (M45, 1:53:00), Joan Ullyot (W45, 2:12:15) and Ruth Anderson (W60, 2:41:44).

Clarksburg was the 14th stop on the ICI/USRA Masters Circuit. □



Sister Marion Irvine celebrates her 60th birthday, October 18, with a new world age 60-64 5000-meter record of 19:14 in Kentfield, Calif. Her time demolished the world W60 mark of 20:51.63, set last August by Australia's Shirley Brasher at the Eugene World Veterans Championships. Photo by Gene Cohn

## Campbell, Welch Win in New York Marathon

Forty-year-old John Campbell of New Zealand won the masters division of the New York Marathon on November 5 in 2:16:15, to complete an unprecedented masters sweep of the Los Angeles, Boston and New York Marathons.

He won a \$25,000 bonus from Mercedes-Benz for winning the LA-NY double, and another \$25,000 from John Hancock Insurance for the LA-Boston-NY triple.

Campbell finished 15th overall in the 20,000-runner race to defeat two-time masters winner Ryszard Marcsak of Poland, who placed 21st in 2:18:18.

Great Britain's Priscilla Welch, who turned 45 on November 22, took female masters honors in 2:36:15, followed by New York's Angella Hearn (2:43:48).

New Zealand's Roger Robinson ran an outstanding 2:28:02 to win the

50-and-over title.

Welch edged Campbell and Robinson for the best age-graded performance of the day, 95.5% to 95.4% to 94.1%. Welch's age-graded time was 2:24:27, the best of any female. Camp-

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# NATIONAL MASTERS NEWS

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



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

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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

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### WORLD VETERANS CHAMPIONSHIPS

On behalf of all New Zealand Participants at the VIII World Veterans Championships in Eugene, I want to say how much we enjoyed it. The whole atmosphere and organization was terrific and an outstanding success for Tom and Barbara, the officials, and the citizens of Eugene. I also consider the announcing and description of races was of the highest standard and really brought "alive" these events for spectators.

Bruce McPhail  
Ashburton, New Zealand

I was please to see in NMN a photo of the massage tent at Hayward Field

during the World Championships in Eugene.

I'm proud to report that more than 2500 free massages were given at the various venues by over 100 volunteer massage therapists. A core group of about 25 worked over 20 hours each, some as many as 60 hours. We had two world-renowned sports massage experts (Rick Phaigh and Dr. M.K. Hungerford) working with us.

There was a continuous line waiting. I feel we did an excellent job of preparing athletes for their events and helping them recover. All the therapists loved every minute, inspired by the atmosphere of the event and, especially, by the athletes, themselves.

Les Castle, L.M.T.  
Director, Massage Facilities  
World Veterans Championships  
Eugene, Oregon

The World Championships were a marvelous experience. Eugene was extremely hospitable. And your coverage in the September issue was enjoyable reading.

However, a correction needs to be made in the description of the M55 track 10K. I was being "nicked on the heels" by a European, though the competitor who was with me for the first half of the race was Rolf Conzelman of the Federal Republic of Germany, not Gerard Van Nuffelen of Belgium. I do not want the good name of my friend Gerard to have any blemish cast upon

it by other runners believing he would resort to such attempts at intimidation.

It was my attempt to get away from Rolf Conzelman that pushed me to the world record performance. I have experienced that European intimidation technique on other occasions and often with a personal-best result to show for it. Some day European runners may learn that some competitors are "helped" by their pressure. Perhaps these Europeans will then revert to the courtesies of track which I learned as a high school sophomore — give the other runner his/her running room and run your own race.

Norman Green, Jr.  
Wayne, Pennsylvania

The complete absence of illicit South Africans gatecrashing the World Championships meant that there was no unpleasantness at any stage. The youngsters at the University would certainly have shown a strong reaction if we had collided with the South Africans as had been threatened.

Sylvester Stein  
London, England

Coverage of the VIII World Veterans Championships was excellent, with one exception, namely results. Why did NMN fail to recognize those of us who couldn't make the final eight? Both Rome (1985) and Australia (1987) saw fit to give a rundown on U.S. participants and how they finished.

Also, I feel a participation finishing medal for all who ran the marathon would have been appropriate. It was done first in Australia and was a great idea for middle-of-the-pack runners to take something home as a memento of the Games. Why didn't Eugene follow their lead?

John McCarthy  
Waymart, Pennsylvania

(Only about 400 Americans competed in Rome and Australia; 2248 took part in Eugene. To produce the results of each American finisher would have taken many hours of Eugene's computer time and many pages of NMN. Instead, all the results are in the official results book, being mailed shortly to all who paid \$10 in Eugene. Finishing medals weren't given in the marathon because they weren't given in any other event; the marathon was treated equally. Australia made the marathon a special event, with special sponsorship and a "fun run" atmosphere. — Ed.)

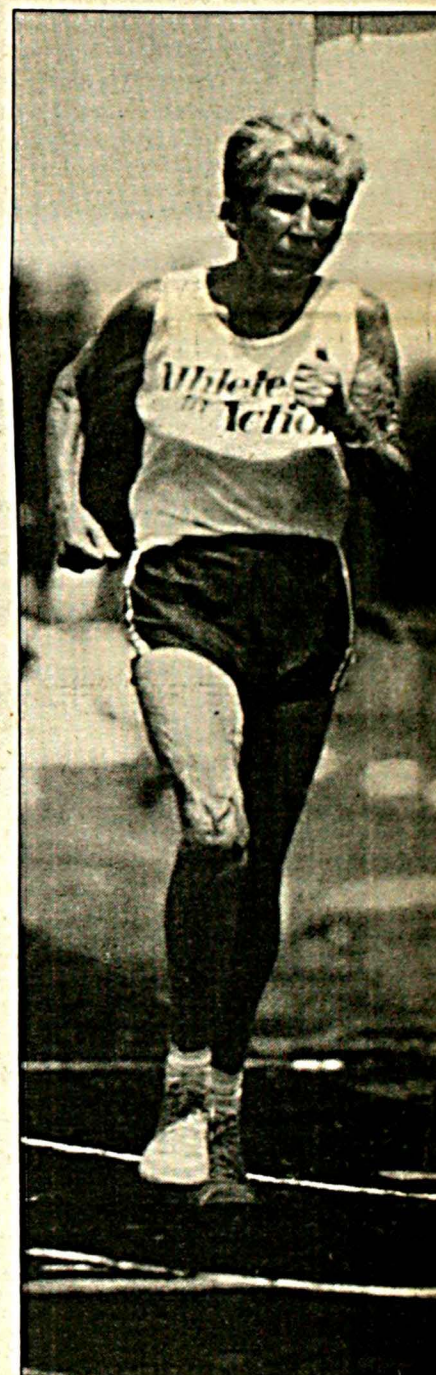
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## 13 Join NMN Sustainers

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

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Oregon's Pat Dixon, 70, won four gold medals at the World Veterans Championships, setting world W70 records in the 5000 (24:52.83) and 10,000 (50:28.33). Photo by Mike Monahan

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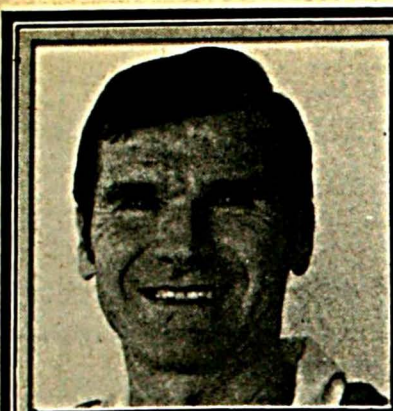
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## Third Wind

by Mike Tymn

### Paul Dungan: The Dynamic Diabetic

**H**ad the World Veterans Championships in Eugene this year been a prize fight, Paul Dungan would have been its "Rocky." In the fight for a quality life, Dungan has been down for an eight or nine count on numerous occasions. Each time, though, he has struggled to his feet, bloodied and battered, to battle back.

In winning the M45 200-meter dash in 23.05 seconds at Eugene, Dungan scored the equivalent of a dramatic final-round knockout.



Paul Dungan

"After having lost all hope of being an athlete, I have fulfilled a dream that was virtually destroyed," says Dungan, a 45-year-old resident of Portland, Oregon. "It was a marvelous experience and I'm extremely grateful to have had the opportunity to just participate in such a wonderful athletic activity."

Twenty-eight years ago, at the age of 17, Dungan hit the canvas hard for the first time. That was when he became an insulin-dependent diabetic. The illness, which robs the body of normal growth and eliminates normal energy utilization, left Dungan floundering on the ropes until he was 31. His weight dropped to 103 pounds from the normal 125 he had carried on a 5-foot-7 frame and he began showing symptoms of retinopathy, a condition that leads to blindness in diabetics.

"They were considering using laser beam treatment on my eyes, and I didn't want that," Dungan says in explaining how he took up running and then got into sprinting. "So I said I'm going to do something that the medical profession is not telling me. All they would say is to do the best you can and hopefully you won't be a victim of diabetes. I did a lot of research on the subject, and it turned out that most of the research was related to controlling heart attacks. In controlling diabetes, you have to control not only the blood sugar but also the blood fats and blood pressure. It was (Dr. Kenneth) Cooper's initial books on how to control cholesterol and that type of thing that inspired me to really get into exercise."

"It took many years to regain my weight and strength, but even now, doing everything possible to stay healthy, I still remain at very high risk for severe physical debilitation and premature death."

Dungan began in 1975 by running 3-5 miles a day. "I found that I was getting bigger and stronger, and the next year I entered a track meet and ran a competitive 100 meters," Dungan relates. "So there was a little hope there."

Born in Portland, Dungan spent 11 years in California and returned to Portland after graduating from the University of Santa Clara. At Serra High School in San Mateo, Calif., Dungan turned out for the junior varsity and had a brief, unspectacular year as a sprinter before the onset of diabetes floored him.

By the summer of 1982, Dungan had his weight up to 145 and his sprint times down to 10.8 for 100 meters, 21.8 for 200, and 49.6 for 400. Then 38, he began looking ahead to entering the masters arena. "I had a lot of great expectations in 1984, but then I ripped out my hamstring just before the nationals," he says of another trip to the canvas. "I didn't compete again until 1987. I came back very pessimistically, because I didn't want to go through that all over again."

There were other knockdowns during that period. He lost his job in 1985 because his condition made it difficult for him to get through a 40-hour week. The following year the woman he loved walked out on him. Those losses greatly diminished his enthusiasm for life. Perhaps as a result, he experienced his first and only diabetic coma. Then, last year, he went down again as his mother passed away.

Underemployed, lonely, lame, and continuing to struggle with diabetes, Dungan somehow persevered, looking ahead to the summer of '89 and the World Veterans Games in Eugene. The only thing that made that dream remotely possible was the fact that the event was taking place just 100 miles from his home.

To prepare for Eugene, Dungan trained with weights two or three times a week and did long runs of 5-6 miles, four times a week between September 1988 and March of this year. "But there was a lot of anaerobic training in those long runs," he mentions. In April, he went to four days a week of



Oregon's Paul Dungan battled back from near-fatal diabetes to win the M45 200 in 23.05 in Eugene. Photo by Gretchen Snyder

sprint training on the track, a typical workout being a mile warmup followed by 6-8 200s in 26-28 seconds each.

"A diabetic has to be very careful about what time of the day he exercises, what he eats, and how he eats," Dungan says. "If you don't do it just right, you can end up having a severe insulin reaction that will knock you into a coma. I have to get out there and do the exercise when the food is turning to glucose in the system. That means having to run a lot of times when I still have food in my stomach. It was a real tough situation at the championships because of the scheduling. On a couple of days I postponed taking my insulin injection. I had to come back for the semifinal in the 200 with pretty much a full stomach and had to drop out of the 400 because it was 5:25 in the afternoon and that coincides with when I have to have a lot of food in my system."

Dungan took fourth in the 100 final before his victorious 200. "I thought I might make the final in the 200, but I didn't expect to win," he says. "The timing was right for me. I remained injury-free and in good diabetic control and peaked at just the right time. Having turned 45 just three days before the meet was also a big factor in my favor. I just wish I could have done the 400. I'm more of a long sprinter than a short sprinter, and I think I might have been able to break 50 seconds."

That 200 might have been Dungan's last race. "I have no plan to run com-

Continued on page 11



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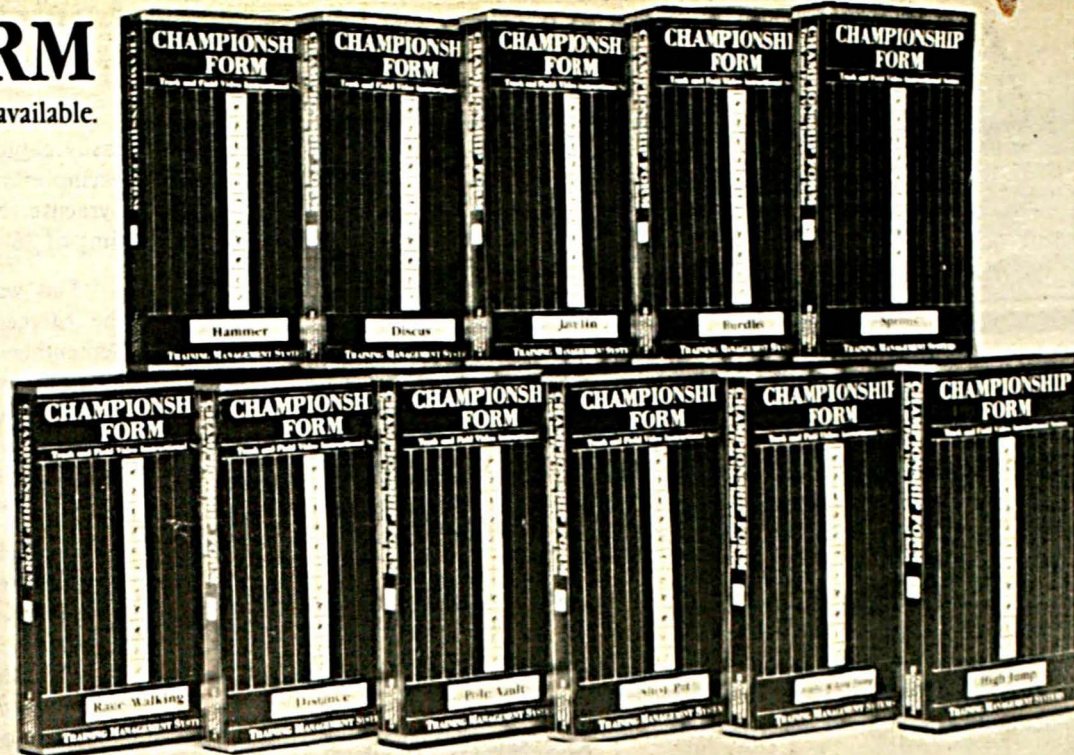
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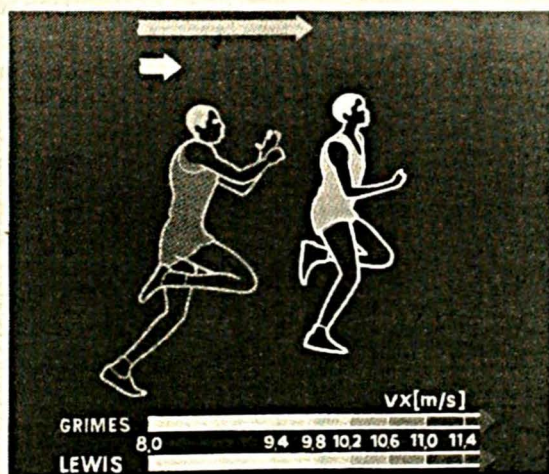
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## The Value of Ice and Stretching

**"Ice increases circulation more than heat. Use ice for all overuse injuries."** That was the message of Dr. Lee Rice who spoke at the Sports Symposium at the U.S. TAC National Masters Track and Field Championships in San Diego.

Some physical therapists have long recommended using ice for the first 48 hours following an athletic injury, followed by heat and/or alternate ice/heat. Rice is an advocate of ice only.

"Apply ice for the first five or 10 minutes after an injury," Rice suggests. "Then stretch, applying pro-

gressive resistance to the injured area. Then ice for 20 minutes. Follow the same procedure every day."

### Stretching

Rice said stretching is crucial for injury-prevention. "Static stretches work well. Lie on your back with one leg straight up. Push your leg against a towel. Hold for 10-20 seconds."

Rice recommends training specifically for one's event, e.g. don't do bench presses to train for the javelin.

"Sportsmedicine has found that 30% of running injuries occur to the knee; 13% are shin splints; 11% achilles; 7% plantar fasciitis; 7% stress fractures; and 32% miscellaneous.

"Proper warm up is essential to help prevent injuries," Rice said. "Warm-up slowly for 5-10 minutes. Then exercise. Then work out, going from easy to harder. Then warm down. Then stretch. And stretch each night just before going to bed." □

## Five Years Ago

December, 1984

- At age 47, Sandra Kiddy beats everyone in Duluth 100K.
- David Clark (2:21:04) and Evy Palm (2:45:18) Win in New York Marathon.
- San Diego Hosts TAC Convention.

## Oshier Wins in Freihofer's 10K

by JAMES O'BRIEN

Nancy Oshier, 41, of Rush, N.Y., easily captured masters honors in the Freihofer's Run for Women 10K in Syracuse, N.Y., on October 22, in a time of 36:42.

"This was my first good race since the Mercedes Mile," she said. (On September 23, Oshier won that event, along New York's 5th Avenue, in 5:10.7). "I was injured for quite a while, so now I like to do some shorter stuff. I'll use the winter track season for speed work."

Nonetheless, from the outset Oshier appeared to have no aversion to racing a hard 10K. Behind her, Christine Tattersall (48, 37:45) and Susan Wehl (42, 38:29) were, essentially, racing for second and third positions. Oshier's time was 42 seconds shy of her year-old PR.

Mary Shaver (48, 40:18) took fourth, followed by Margaret Betz, 53, who impressively captured the W50 title in 40:43.

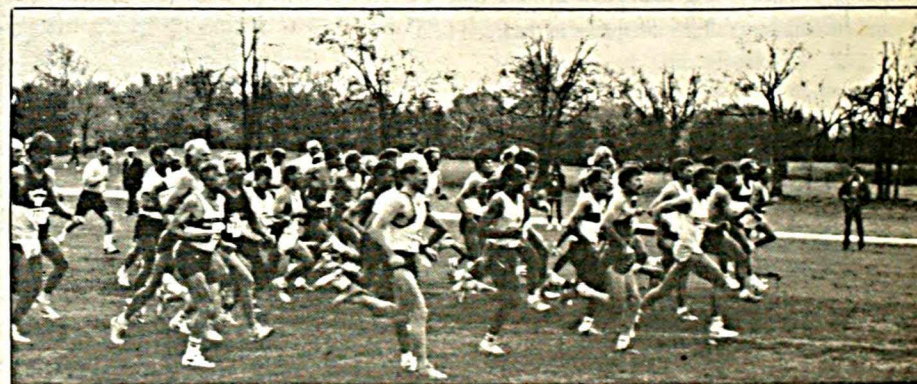
The race was run on a flat, winding, out-and-back road in cold rain with a blustery wind blowing. Lynn Jennings was the overall winner among the 300 women in 32:18.

A slight departure from tradition occurred when a field of over 300 men lined up to race a 5K before the women stepped into the spotlight. Richard Hoebeke won masters honors in 16:17, while Vincent Colgan was best over-50 in 18:20. □



Nancy Oshier on her way to a 36:41.4 masters win at Freihofer's Run For Women 10K in Syracuse, N.Y., October 22.

Photo by Sailer Ltd.



Start of the men's National Masters 5K Cross-country Championships in Columbus, November 5. Photo from John White

## National 5K Cross-Country

Continued from page 1

time by the M50 5K age-factor of .8804) was the day's best, followed by Lew Faxon (M50, 16:51/14:40), Bob Schul (M50, 16:53/14:42), and Sekerak (M40, 15:53/14:59).

The women's master field was small (eight runners) and no match for Burleson, the 1989 W40 1500 indoor champion. The women's race combined all ages and she finished third overall in 18:45.

Overall winners were Stan Clark (M30, 15:34), and Pam Key (W35, 18:14).

The hottest team competition was in the M40+ division, where the Grand

Rapids TC (87:55) got the best of the Columbus Wolfpack TC (90:20) and Cleveland's Over The Hill TC (95:05). The Michigan team consisted of Grantz, Buzz Wynbeek, Mike Persak, Greg Osmun, and Al Owens.

The Bob Schul Racing Team's 50+ harriers clocked a fast 90:20, with Schul, Gary Walters, Ron Rohrer, Lloyd Laubach, and Marvin Haunn.

The event was sponsored by the Columbus Recreation and Parks Department and by Exceed Sports Nutritionals. Hosts for the meet were the Wolfpack and Over the Hill Track Clubs. John White was the meet director. □

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# Masters Health and Fitness

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

## Shoulder Injuries

**S**houlder injuries in masters athletes usually occur as a result of overuse. Throwers are most frequently affected, as well as anyone who lifts weights overhead.

Shoulder pain should be treated immediately. Apply ice for the first day or two. The pain should quiet. Rest to allow the inflammation to subside.

Acupuncture and/or acupressure can also be useful. Apply pressure to any tender point for 5-10 seconds and release for 5-10 seconds. Do this for about one minute at each point. If the points are too sensitive, use the same

points on the opposite shoulder. If someone can work with you, move the injured shoulder through range of motion while your partner presses on the points of the opposite shoulder.

Another technique is to work along the pathway of the involved acupuncture meridian. Consult an acupuncture or acupressure text for specific information.

Natural remedies include a Chinese herb called Gan Cao or, more commonly, Chinese Licorice. This can be made into a tea and has a strong cortisone-like effect. Thus, it is useful for inflammation and pain. Helpful homeopathic remedies include Rhus Tox — if pain is worse on first motion and then lessens; or Ruta Grava — if pain is constant throughout activity.

### Getting Back in Action

After the pain and inflammation have subsided, strengthening should begin. Bend over, with one hand holding a chair or table, and let the injured arm hang freely. Pick up a light weight; let it rotate back and forth in your hand, rotating your arm freely. Do this at a comfortable level and don't strain. As your arm gets stronger, you can begin to swing back

and forth from the same position. Lastly, let the arm swing to the side and then across the body.

In all these exercises begin with small movements and, as the shoulder heals, increase the range of motion.

As always, if these self-help measures do not respond, consult a qualified health care practitioner for further treatment. □

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



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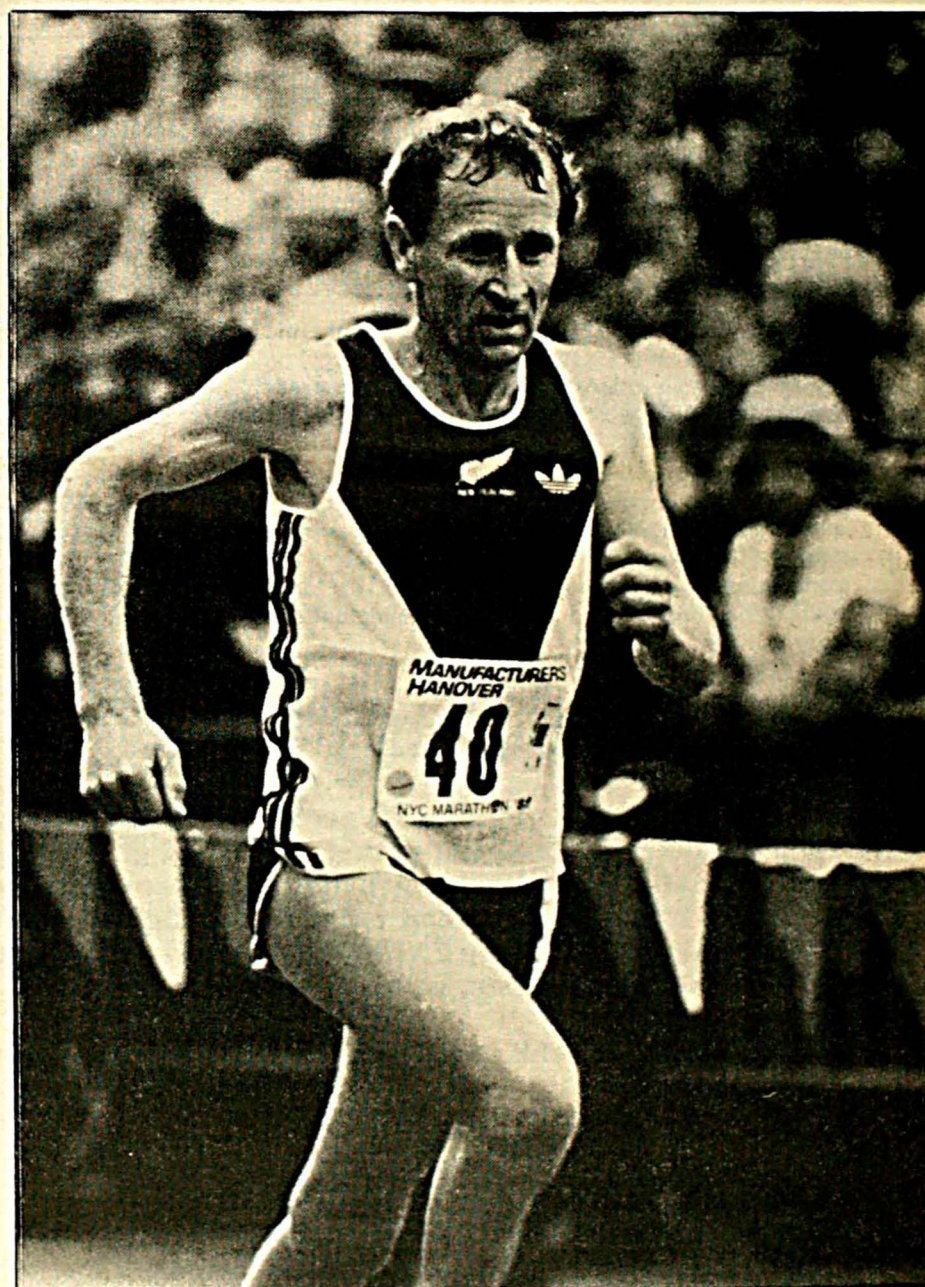
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New Zealand's John Campbell, 40, winning bonuses of \$50,000 for sweeping masters titles in the Los Angeles, Boston, and New York Marathons, with a 2:16:15 in the Big Apple, November 5.

Photo by Sailer, Ltd.

### Campbell, Welch Win in New York Marathon

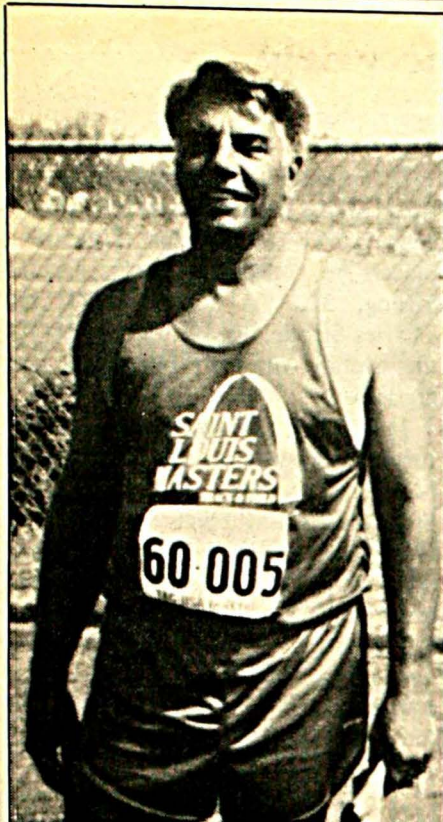
Continued from page 1

bell's was 2:10:15, fourth best behind the three open runners.

Juma Ikangaa of Tanzania won the

nationally-televised race in 2:08:00. Norway's Ingrid Christiansen led all women in 2:25:30. Complete results next month. □





Phil Brusca of St. Louis, hampered by a leg injury, was third U.S. M60 in the hammer (28.34), TAC National Masters T&F Championships, San Diego, July 20-23.

Photo by Jerry Wojcik

## Bednarski, Chalmers Top Baby Boomers

John Bednarski (40, 30:58) and Josie Chalmers (46, 41:51) were first masters at the Baby Boomers West 10K in Phoenix, Ariz., November 5.

Bednarski, who was followed across the line by David Oropeza (43, 32:49) and Steve Ferraz (42, 32:54), also stole top age-graded honors with a 92.2 performance percentage (M40 standard of 28:33 divided by Bednarski's 30:58).

Those on Chalmers' heels were Judy Pratt (46, 42:41) and Sue Robles (55, 43:29).

Bednarski and Chalmers picked up \$500 each for their wins.

Overall winners were Hector Perez (28, 29:35) and Angela Espinoza (26, 35:07). □

## Third Wind

Continued from page 6

petitively again unless I'm fortunate enough to be the recipient of a cure for diabetes," he explains. "It's one thing for me to train to stay healthy. That I do anyway. But it's another thing to put in the intense anaerobic training necessary to be competitive in the sprints. There are some people who have natural ability in the sprints, but I'm not one of them. I have to work at it. I'll keep myself in good condition, but I won't fine-tune for anything.

"Basically, my goal now is the same as it has been for the last 28 years: to try and remain alive and stay as healthy as I can. That's my primary motivation. The fact that I turned out to be a fairly competitive sprinter is just frosting on the cake, because I didn't start out to attain any athletic goals." □

## Campbell, Mieszczak First Masters at Capital Trail 10-Mile Run

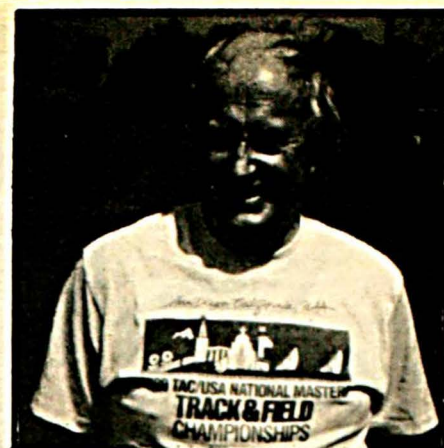
John Campbell claimed top masters honors in 49:37 at the Capital Trail Run in Raleigh, N.C., October 14. Best age-graded showing of the day also belonged to Campbell with a 95.1% performance.

Trailing Campbell were Bill Rodgers, 51:09, and Dave Stewart, 51:35, in the annual 10-mile run.

First female master was Nancy Mieszczak in 60:08, ahead of Nancy Oshier, 61:28.

Capital Trail was also the 13th stop on the ICI/USRA Circuit.

Other notable age-group winners were Lew Faxon (M45, 55:17), Mike Shea (M60, 65:18), and Martha Klopfer (W50, 71:51). □



Arthur Grayburn of New Zealand, after the M60 hammer, TAC National Masters T&F Championships, San Diego, July 20-23.

Photo by Jerry Wojcik

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The City of Paramount and the Paramount Rotary Club, in addition to the 11th Annual Paramount 10K Run, will have a very special WORLD MASTERS DIVISION sponsored by Bud Light. 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; 85-89, 100:00; 90+, 100:00**

**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; 85-89, 100:00; 90+, 100:00**

All times are "or faster"

**Race Date:** January 20, 1990

**Race Time:** 8:00 A.M. Sharp

**Course:** Flat, fast, certified and sanctioned by TAC

**Accommodations:** Rodeway Inn  
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20% off. Ask reservationist to specify, "10K race participant."

**Transportation:** To and from race site by Paramount Rotary Club, 6:30 A.M. shuttle time. Call 714-841-5417 ASAP, if needed.

**Preregistration Only:** Return Entry by 1/23/89.

**Race Location:** 15550 Downey Ave., Paramount, CA

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

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

**Shirt:** Long sleeve, 100% cotton, 3 color

**Race fee:** \$15.00. No complimentary entries.

**Cash Awards:** \$3,000.00 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, 7846 Connie Dr., Huntington Beach, CA 92648 • (714) 841-5417.

**NOTE:** Each division must have 3 qualifiers, or a cash reduction to the next "place" will be taken. All applicants must submit times of last 3 races, certified courses. This is our eighth year with the Masters. It is a CLASSIC.

Tear & Return

# 11<sup>TH</sup> ANNUAL

# ROTARY AND CITY OF PARAMOUNT

# 10K RUN

## SPECIAL WORLD MASTERS DIVISION

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

Official Entry Form Will Be Sent Upon Receipt Of This Form. Send SASE.

Send To: PARAMOUNT 10K RUN, 7846 Connie Dr., Huntington Beach, CA 92648





Pagliano's Podiatric Pointers

## THE FOOT BEAT

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

### Leg Length Discrepancies

**L**eg length discrepancy is common in masters athletes. Among jumpers, we often find a longer and more developed takeoff leg. A careful history of the athlete may reveal a previous injury or disease which may have affected the soft tissue. If one leg looks shorter than the other, a more precise measurement should be made with a tape measure. Measure from the hip to the ankle.

A careful history of the athlete may reveal a previous injury or disease which may have affected the soft tissue. If one leg looks shorter than the other, a more precise measurement should be made with a tape measure. Measure from the hip to the ankle.

Treating a shortage is difficult. For

the masters athlete, one school says if it isn't broken, don't fix it. There are many 2:30 marathoners with one short leg. A leg-lift insert may cause havoc with a stride and actually cause more damage than good.

In other cases, the leg length discrepancy may lead to sciatica, lower back pain, and overpronation on the long side. A complete biomechanical evaluation should be performed and a determination made as to whether to correct the discrepancy or not. In many cases, a simple 1/8" lift or the use of a functional foot orthoses may correct the condition.

In general, any leg length discrepancy over 1/4" is considered meaningful. Most of us have at least 1/8" difference, which is not significant.

So, it all boils down to a matter of degree. If there is a major leg length discrepancy that could be leading to pain and discomfort, by all means see that it is treated. On the other hand, if you just have a minor difference, leave it alone. It's probably caused by running around the track all these years. □

*(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.)*

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## First Coastal Carolina Meet Held

by JIM SAXON

WILMINGTON, N.C. — A mid-day deluge flooded streets and blocked access to the beautiful new UNC-Wilmington track facility, August 19-20, for the First Coastal Carolina Masters Track and Field Meet.

Afternoon sun and some impromptu drainage engineering by meet participants let the show go on for the more than 100 masters athletes from seven states and one foreign country. The meet was conducted by the Carolina Masters Athletics Club in cooperation with the Wilmington Road Runners and UNC-Wilmington.

World Games gold medalist Jim Law, 63, NC, was the top performer in the meet with three over-90% age-graded performances. Included was a close win over Sam Howell, 40, SC, in the age-handicapped Coca-Cola Seabreeze 400.

Leo Benning, 57, Switzerland, had a strong meet, taking the Running Pentathlon (100, 400, 800, 1500, 3000) the first afternoon, following the next day with wins in the high jump, 300H, 100, and 200, plus a third in the Seabreeze.

Maurice McDonald, 48, NC, took the overall age-graded win in a hotly contested 800. McDonald's 2:07.2 graded to 90.9% and narrowly trailed Al Everhart, 33, NC, whose 2:06.5 winning time was only good for an age-graded third behind the winner and Bill Weldon, 44, NC, 2:08.1. Weldon came back to take the overall 1500 with a percentage performance of 87.5.

The high jump saw Mark Williamson, 31, MD, soar 6-8 (6-10 age-graded). Jerry McCorkle, 32, NC, kept pace through 6-4, but Bob Boal, 77, NC slipped by both them to take the

age-graded overall with a leap of 4-1(6-11).

Pole vaulting was outstanding with three of the competitors from the recent World Games plus three other placers in recent Nationals. Jeridan Strong, 31, VA topped 15-0, but Charles Strode, 30, NC edged him for the overall win with 14-6 (16-4 age-graded).

In addition to Law, fast sprints were turned in by veteran competitors Greg Marshall (41, VA), Sam Howell (40, SC), and Erin Mitchell (50, NC). Two newcomers, Craig Suggs (34, NC), and Joe Mack (39, VA), showed well with near 90% graded efforts.

The top women's performance was notched by Gail Segal, 32, PA, in the 100. Gail and husband Daryl planned their vacation around the meet. □



Pentti Saarikoski of Finland, first in the M60 hammer (53.54), TAC National Masters T&F Championships, San Diego, July 20-23.

Photo by Jerry Wojcik

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

ATHLETE (RESIDENCE)	BIRTHDATE	AGE GROUP
FORDIE MADEIRA (SHERBORN, MA)	12-10-44	45-49
MERRY VAN SANT (CA)	12-25-29	60-64
SHIRLEY SMITH (ST. PETERSBURG, FL)	12-30-34	55-59
WANDA SNELL (ALBUQUERQUE, NM)	12-26-39	50-54
JOAN VACHALEK (LONG BEACH, CA)	12-24-39	50-54
ROSEMARIE CHEVALLEY (WG)	12-30-34	55-59
JUTTA HAASE (WG)	12-21-39	50-54
HILDEGARD KEUCHEL (WG)	12-24-14	75-79
INGE PFEIFFER (WG)	12-11-39	50-54
VERNA LE ROSSIGNOL (AUS)	12- 9-19	70-74
SHIRLEY YOUNG (AUS)	12-24-29	60-64
ROBERT BIANCALANA (MILL VALLEY, CAL)	12-26-24	65-69
FRED BIERLEIN (BERKELEY, CA)	12-18- 9	80-84
KAMIL BILEK (CZE)	12-25- 9	80-84
JOHN C. BROWN (GLADSTONE, MO)	12- 4-29	60-64
LUTHER BURDELL (PHILADELPHIA, PA)	12- 7-24	65-69
L. H. BURNETT (GB)	12-14-19	70-74
AL BURTON (SANTA MONICA, CALIF)	12-25- 9	80-84
JOE CARUSO (PALM SPRINGS, CA)	12-26- 9	80-84
R. CLARKE (AUSTRALIA)	12-22-24	65-69
WILLIAM CLARK (LOS ALTOS, CA)	12- 2-34	55-59
BILL COYNE (AUSTRALIA)	12-27-24	65-69
TAD DOBBS (PENSACOLA, FL)	12-11-19	70-74
SOTSWOOD HALL (RICHMOND, VA)	12-28-24	65-69
GOSTA JOHANSSON (SWE)	12-24-19	70-74
EUGENE KAMRASS (FAYETTEVILLE, NC)	12-11-29	60-64
GEORGE MCGRATH (AUSTRALIA)	12-21-19	70-74
AHITI PAJUNEN (FIN)	12- 3- 9	80-84
TED RADEMAKER (FRESNO, CA)	12-19-24	65-69
HOWIE RYAN (TX)	12-13-44	45-49
CHARLES SMART (GB)	12- 9- 9	80-84
SALVADOR VASQUEZ (ALAMEDA, CA)	12-15-39	50-54
CAHIT YETER (BRONX, NY)	12-31-34	55-59



## Buford, Faust Win at Hardee's 8K

by MARK CREPEAU

MEMPHIS, October 13 — A strong masters field highlighted the inaugural Hardee's Oktoberfest 8K in Memphis today.

The race was presented by Coca-Cola and featured the first major U.S. road race sponsored by Hardee's restaurants.

The race was the 12th stop on the 18-city ICI/USRA Masters Circuit. Reedy Buford, 42, a Navy commander, captured masters honors and second-place overall in 25:43. California's Gina Faust, 53, placed second overall in the women's race in 31:48.

Buford and Faust also turned in the top Sorbothane age-graded performances of .878 and .856, respectively. They were each awarded \$100 by Sorbothane which provides this bonus to the top male and female masters age-graded performance at every

ICI/USRA Masters Circuit event.

Other division winners included Bill Fortune (M60, 30:42), John McManus (M65, 32:45), and Mary Norckauer (W60, 43:38).

Over 600 runners turned up for the inaugural event. "We're very happy

with our first venture into the sport of running," said Randy Pritchard, Vice-President of Marketing of Boddie-Noell, a Hardee's franchisee.

The overall winners were Patrick Alexander (24:47) and Francee McKown (31:34). □



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## PUBLICATIONS ORDER FORM

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### Masters Age Records

Men's and women's world and U.S. age bests for all track & field events, age 35 and up; and for all race-walking events, age 40 and up, as of Oct. 31, 1988. 52 pages. Lists name, age, state and date of record. Compiled by Peter Mundle, WAVA and TAC Masters T&F Records Chairman. \$2.00.

### Masters Track & Field Rankings

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

### Masters Age-Graded Tables

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

### Masters 5-Year Age-Group Records

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

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

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

### TAC/USA Directory (1989)

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

### IAAF Scoring Tables (1985)

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

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

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

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

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

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Gabriele Andersen, 44, third master in 17:13.2 at the Freihofer's Run for Women 5K in Albany, N.Y.

Photo by Sailer, Ltd.







## Twin Cities Marathon Awards \$69,000 to Masters Runners

Sixty-five-year-old Anne Trigg won the top age-graded prize of \$6000 by

running 4:12:29 in the Twin Cities Marathon on October 8.



Goran Hogberg (85) pulled away from Mike Hurd (40) to win the masters title in 2:23:08 in Chicago's Old Style Marathon, October 29. Hurd placed 4th master in 2:30:18. Photo by Sailer, Ltd.

Trigg's finishing time was 6:50 under the W65 "target time" of 4:19:19. Betty Haleen, 67, won the second age-graded award of \$3000 with a time of 4:13:52, 5:27 under the same target time.

Mexico's Mario Cuevas, 40, had the third-best age-graded performance. His 2:18:35 was 3:20 under the M40 target time of 2:21:55, but he won \$10,000 as the first masters finisher.

Utah's Gaylon Jorgensen, 60, won \$2000 with the fourth-best age-graded time of 2:45:22, 2:49 under the M60 target of 2:48:22. New Zealand's Ngaire Drake had the 5th-best age-graded effort of 2:41:25, 2:30 under the W40 target time. She also won \$10,000 as the first female master.

All told, the race awarded a record \$69,000 to masters runners — \$42,000

in the age-graded categories and \$27,000 to the top age-group finishers. Another \$162,000 went to open runners.

The target times were determined by the same formula Twin Cities has used the past several years, which is generally based on U.S. age-group marathon records. Had the new WAVA age-graded standards been applied, the age-graded winner would have been Norm Green, 57, whose 2:33:12 gave him a performance of 96.6%. Roger Robinson (50, 2:28:03) had 94.1%. Cuevas had 93.8%. Trigg had 70.9%.

"We were committed to using the old formula this year," said race coordinator Bruce Mortenson, "but next year we'll definitely use the WAVA tables." □

### 6th ANNUAL BROWN UNIVERSITY MASTERS INDOOR TRACK AND FIELD INVITATIONAL

Sponsored by The Rhode Island Track and Field Foundation

**DATE:** Sunday, January 14, 1990, 10:00 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)566-7600.)  
**ENTRY FEE:** Pre-entries will be \$5 first event; \$4 each additional event by Wed., Jan. 10, 1990.  
 \*\*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.
		55m (Trials/Finals)	Weight Throw (Young to Old)
		Mile	Long Jump (Old to Young)
		400m	Shot Put - Following WT (Young to Old)
		Mile Walk	Triple Jump - Following LJ (Old to Young)
		800m	High Jump (Bar not lowered)
		200m	Pole Vault (Bar not lowered)
		3,000m	
		800m Relay (10 yr. groups - no fees/no awards)	
			12:30 p.m.

**HOST HOTEL:** Howard Johnson, \$55/room (401) 723-6700 mention "Brown Masters Track."  
**FOR ADDITIONAL INFORMATION CONTACT:** Neil Steinberg

46 Roberta Avenue  
 Pawtucket, RI 02860  
 (401)728-2869 (Evenings)

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Age (as of 1/14/90) \_\_\_\_\_ Male \_\_\_\_\_ Female \_\_\_\_\_

Club \_\_\_\_\_ TAC # \_\_\_\_\_ Date of Birth \_\_\_\_\_

Event	Best Recent Mark	Event	Best Recent Mark
1. _____	_____	4. _____	_____
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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 1990 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 \_\_\_\_\_

### MASTERS AGE-GRADED AWARDS — TWIN CITIES MARATHON

	NAME	TAG	TIME	DIFF	REFERENCE	PRIZE
1	ANNE TRIGG	295 65 F	04:12:29.00	-6:50	04:19:19.00	\$6000
2	BETTY HALEEN	51 67 F	04:13:52.00	-5:27	04:19:19.00	3000
3	MARIO CUEVAS	7 40 M	02:18:35.00	-3:20	02:21:55.00	10000*
4	GAYLON JORGENSEN	43 60 M	02:45:33.00	-2:49	02:48:22.00	2000
5	NGAIRE DRAKE	2 40 F	02:41:25.00	-2:30	02:43:55.00	10000*
6	CHRISTA VAHLENSIECK	3 40 F	02:43:22.00	-0:33	02:43:55.00	1500
7	NORMAN GREEN JR	31 57 M	02:38:12.00	-0:25	02:33:37.00	1250
8	ROGER ROBINSON	21 50 M	02:28:03.00	-0:12	02:28:15.00	1000
9	KEVIN RYAN	4 41 M	02:22:17.00	+0:22	02:21:55.00	750
10	BRUCE MORTENSON	13 45 M	02:26:18.00	+0:50	02:25:28.00	3500*
11	BOB SCHLAU	2 42 M	02:27:11.00	+1:16	02:25:28.00	5000*
12	LESLIE DAVIS	201 46 M	02:23:38.00	+2:10	02:25:28.00	1500*
13	JANE HUTCHISON	6 43 F	02:46:30.00	+2:35	02:43:55.00	5000*
14	MARY WOOD	4 44 F	02:46:36.00	+2:41	02:43:55.00	3500*
15	KJELL ERI STAHL	1 43 M	02:24:51.00	+2:56	02:21:55.00	150
16	JOAN COLMAN	14 45 F	02:58:50.00	+5:48	02:53:02.00	500
17	SUSAN WEISBROD	63 45 F	02:58:56.00	+5:54	02:53:02.00	0
18	JOAN ULLYOT	11 49 F	02:59:10.00	+6:08	02:53:02.00	0
19	DON COFFMAN	14 46 M	02:32:43.00	+7:15	02:25:28.00	0
20	GABRIELE ANDERSEN	1 44 F	02:51:48.00	+7:53	02:43:55.00	1500*

\*Age-group award



# CLUBS

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

## EAST

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N.Y. Masters Sports Club  
363 Edgecombe Ave. #54  
New York, NY 10031

Atlanta TC  
c/o Bob Glover  
236 E. 78th, Box 6  
New York, NY 10021

Annapolis Striders  
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Annapolis, MD 21404

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Alexandria, VA 22304  
703/370-5646

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Washington, PA 15301

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Howell, NJ 07731

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212/398-0348

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Bronx, NY 10468  
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Merrill Lynch AC  
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201/446-4959 (bus.)  
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Atlanta, GA 30305

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901/683-MRTC

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Cleveland, OH 44128  
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Columbus, OH 43221  
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Indianapolis, IN 46223  
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Kettering, OH 45429  
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Lenexa, KS 66215

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St. Louis, MO 63117  
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San Diego, CA 92107  
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La Puente, CA 91744  
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Inland Empire Racewalkers  
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Kent, WA 98031  
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208/322-6048

Bigfoot Masters  
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Spokane, WA 99207-5399

Snohomish TC  
4261 S. 184th  
Seattle, WA 98188

Portland Masters Track Club  
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Oregon Track Club Masters  
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Eugene, OR 97440

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c/o R.G. Andersen-Wyckoff  
P.O. Box 2315  
Salem, OR 97308  
503/399-7057



## Miller, McKee Lead Masters at Mohawk-Hudson Marathon

by PAUL MURRAY

Jack Miller, a 44-year-old physical fitness instructor with the Canadian Forces, demonstrated his superb physical condition by finishing fourth overall and running to a 2:32:38 masters course record at the Mohawk-Hudson River Marathon on October 29.

The Orleans, Ontario resident took advantage of the flat course which follows riverside bike paths from Schenectady to Albany, to record his best marathon time as a master and come within one minute of his all-time best.

Barbara McKee, 43, of Hillsborough, N.J., was a surprise women's masters winner. Her time of 3:11:30 was good for third place among all

women. Judith Swasey, of Slingerlands, N.Y., was second in the W40 age-group and the fifth woman finisher overall with a 3:19:29 clocking.

George Wodicka, a retired New York City policeman, celebrated his arrival in the M60 division with a sparkling 3:23:50. San Gratch, 65, of Utica was the oldest finisher with a time of 4:03:23.

The Mohawk-Hudson River Marathon was organized by the Hudson Mohawk Road Runners Club and sponsored by the Energy Answers Corporation. Two hundred and fifty-three

runners finished, 49 of them in less than three hours. Lee Wilcox was the race director. □

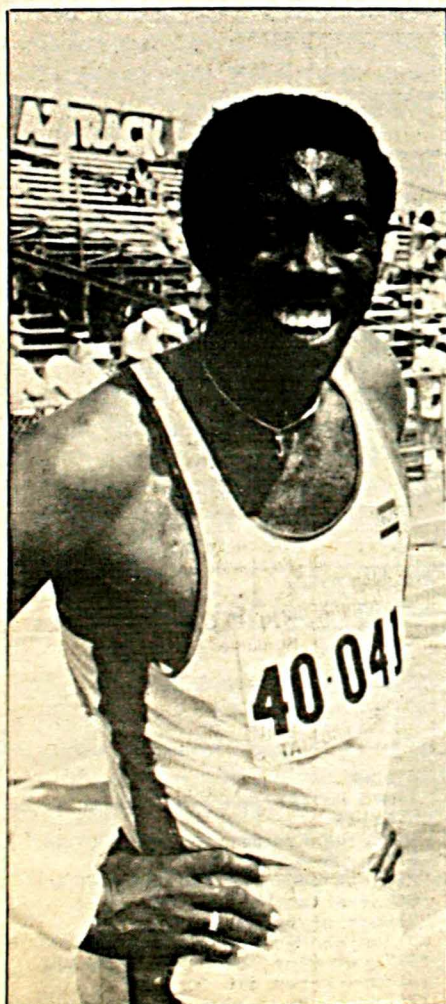
## TACSTATS Compiles 1989 LDR Rankings

TACSTATS, the official road record-keeping arm of The Athletics Congress, has compiled the best road race performances of 1989 in five-year age groups.

The rankings convert a time to the equivalent 10K time, adjusting for difficulty of course. The top age 40-44 runners are John Campbell, with a

29:04 10K at the Boston Milk Run on April 9, and Priscilla Welch, whose 55:18 at the Crim 10-Miler on August 26 equates to a 33:13 10K time, using a TACSTATS formula.

Top American-ranked masters are Bill Rodgers (2:22:34 marathon = 30:34 10K) and Laurie Binder (52:22 15K = 33:56 10K.) See page 32. □



James King is all smiles after setting a world masters record of 48.61 in the 400 at the U.S. Nationals. Photo by Gretchen Snyder



## WOMEN RUNNING SMART

The Road Runners Club of America's  
TIPS FOR RUNNING SAFETY

- 1 — Carry identification or write your name, phone number, and blood type on the inside sole of your running shoe. Include any medical information. Don't wear jewelry.
- 2 — Carry a quarter for a phone call.
- 3 — Run with a partner.
- 4 — Write down or leave word of the direction of your run. Tell friends and family of your favorite running routes.
- 5 — Run in familiar areas. In unfamiliar areas contact a local RRCA club or running store. Know where telephones are, or open businesses or stores. Alter your route pattern.
- 6 — Always stay alert. The more aware you are, the less vulnerable you are.
- 7 — Avoid unpopulated areas, deserted streets and overgrown trails. Especially avoid unit areas at night. Run clear of parked cars or bushes.
- 8 — Don't wear headsets. Use your ears to be aware of your surroundings.
- 9 — Ignore verbal harassment. Use discretion in acknowledging strangers. Look directly at others and be observant, but keep your distance and keep moving.
- 10 — Run against traffic so you can observe approaching automobiles.
- 11 — Wear reflective material if you must run before dawn or after dark.
- 12 — Use your intuition about a person or an area. React on your intuitions and avoid if you're unsure.
- 13 — Carry a whistle or other noisemaker.
- 14 — CALL POLICE IMMEDIATELY if something happens to you or someone else, or you notice anyone out of the ordinary.

FOR MORE INFORMATION CALL YOUR LOCAL RRCA CHAPTER.



The Road Runners Club of America is a national organization of over 400 clubs in 46 states. For more information write RRCA, 628 S. Washington Street, Alexandria 22314. Phone: (703) 636-0888.



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MASTERS MALE: JIM PEARSON — 15:06 (1989); MASTERS FEMALE: JUDY GREER — 18:15 (1989)

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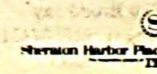
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## Write On Continued from page 4

## CUT THE DISTANCE

I fully support Hal Higdon's excellent proposal (Oct. NMN) to eliminate the 10,000-meter track event.

Martin Duff's remark (Nov. NMN) that "we mirror the Olympics" is no justification for retaining this archaic

event. Instead, we should work to eliminate it as an Olympic event, as well. All except the "lunatic fringe" would prefer running the 10K as a road race rather than as a track event. Why not compromise by running the 10K on the road and finishing the last ¼ mile

on the track?

The overwhelming majority of distance runners are free spirits who regard running around in circles for more than 5K as deadly monotonous. Other lengthy track events (such as one- and two-hour runs) have gradually faded from the scene and gone the way of the dodo.

Regarding cross-country, many masters have fond memories of collegiate cross-country competition. I try to enter at least one such event each year. However, as Hal indicated, the

propensity for injury increases with age.

Which brings up one of my pet peeves — what's the rationale for including a 15K cross-country event as a TAC national championship? The longest collegiate distance is 10K. The 15K X-C should be consigned to history.

Herb Chisholm

Masters LDR Chairman, PVAC  
Washington, D.C.

I agree with Hal Higdon (October Speaker's Corner) that a World Veterans Championship cross-country course should include varied terrain with natural hazards like water, hills, trails, grass, even fallen logs. But to cut the distance from 10K would be a travesty to older athletes.

Cross-country should be a test of endurance and fitness, as well as speed. I've spoken to no runner who agrees with his proposal. Safety should be

Continued on page 19

## 1989 MASTERS PRIZE MONEY AWARDS

(thru 8 October 1989)

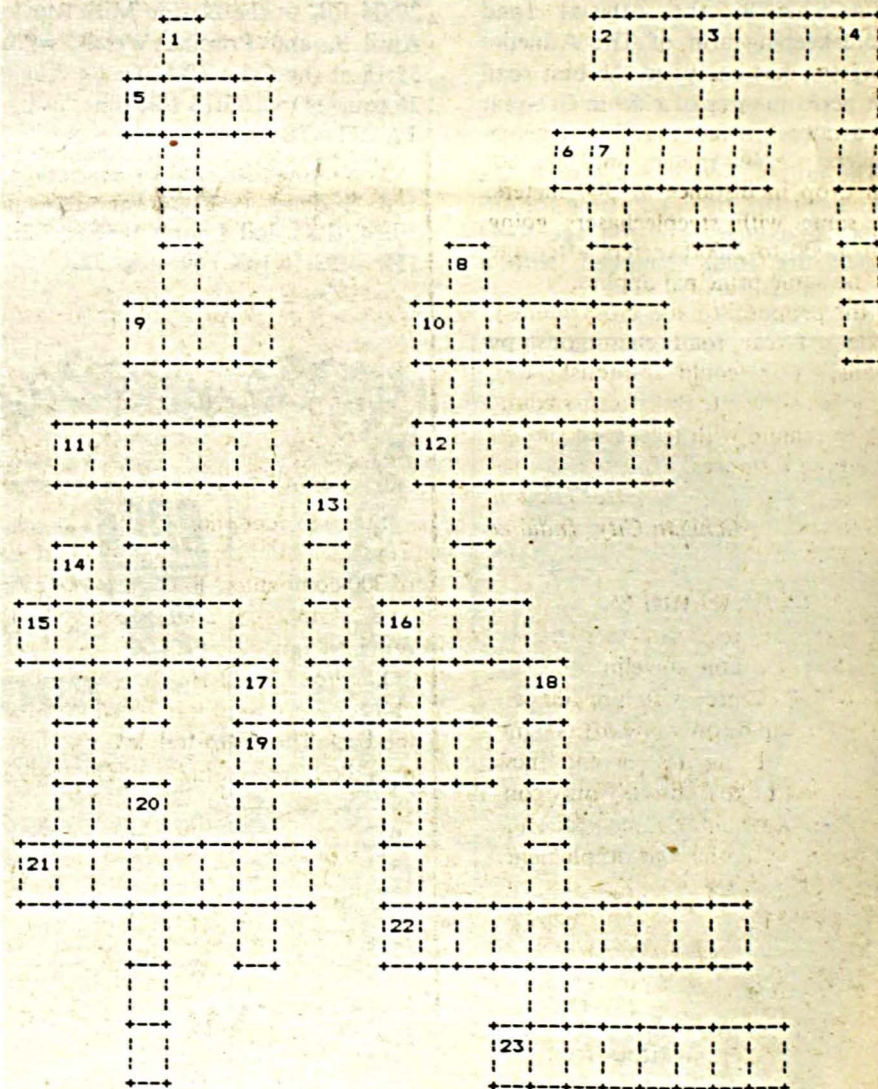
30,600	John Campbell (NZL)	24,980	Priscilla Welch (CO/GBR)
11,000	Mario Cuevas (MEX)	21,100	Laurie Binder (CA)
9,626	Victor Mora (COL)	15,295	Ngairé Drake (NZL)
9,425	Bob Schlauf (SC)	11,700	Gabrielle Andersen (ID)
9,110	Bill Rodgers (MA)	9,975	Jane Hutchison (MO)
6,400	Wilson Waigwa (CA/KEN)	6,150	Judy Greer (FL)
5,640	Ryszard Marczak (POL)	6,100	Cesarina Taroni (ITA)
5,000	Goren Hogberg (SWE)	6,000-N	Evy Palm (SWE)
4,900	Mike Hurd (GBR)	5,100	Barbara Filutze (PA)
4,350	Kevin Ryan (MA/NZL)	4,200	Karen Macharg (FL)
-10-		-10-	
4,225	Dave Stewart (CAN)	4,050	Angela Hearn (NY/GBR)
4,100	Jim Pearson (FL)	3,775	Nancy Oshier (NY)
3,495	Graham Tattersall (NZL)	3,100	Heather Matthews (NZL)
3,200	John Custy (CO)	2,550	Nancy Mieszczyk (NY)
3,000	Earl Owens (GA)	2,400	Claudia Ciavarella (FL)
2,550	Athol Barton (MD/NZL)	2,000	Carolyn Mather (NY)
2,500	Margarito Juarez (IL)	1,540	Terry Mahr (OH)
2,250	Sheldon Cowles (GBR)	1,500	Harolene Walters (CA)
2,000	Hector Chavez (MEX)	1,485	Colleen Stephens (AUS)
1,850	Kjell-Erik Stahl (SWE)	1,383	Gail Scott-LeDage (CO)
-20-		-20-	
1,700	Carl Nicholson (AL)	1,250	Wen-Shi Yu (NY)
1,600-0	Roger Robinson (VA/NZL)	1,150-N	Shirley Matson (CA)
1,450	Larry Olsen (MA)	1,100	Maureen Bixby (OK)
1,425	Wes Wessely (GA)	1,068	Mary Wood (CO)
1,250	Jack Fultz (MA)	900	Jane Buch (OH)
1,250	Fred Waybright (WV)	900	Susan Havens (WA)
		900-N	Susan Weisbrod (NJ)

Compiled by Competitive Road Racer, P.O. Box 42888, Tucson AZ 85733

## Answers to last month's puzzle

Across	Down
3 Hurdles	1 Welch
5 Green	2 Tymn
6 Chrimes	3 Harvey
8 Naples	4 Reinke
11 Sector	5 Gillcrist
12 Turku	7 Madison
13 Utica	9 Sadul
14 Triple Jump	10 Burke

## Masters Crossword Puzzle



## ACROSS

- 2) Top-ranked M75 15K '88
- 5) L. Walker's event
- 6) First M85 '89 Great Race 10K
- 9) UK runner/entrepreneur
- 10) Controversial implement
- 11) First W40+ Great Race 10K
- 12) First M40+ '89 Mercedes Mile
- 15) TAC Masters RW Coordinator
- 16) Top-ranked M65 10K '88
- 19) Top-ranked M60 5K '88
- 21) The Foot Beat columnist
- 22) M. Kuehne's event
- 23) B. Gist's event

## DOWN

- 1) M75 Polish-American jumper from Calif.
- 3) Top-ranked M50 8K '88
- 4) Top US W75 HJ-er
- 7) First W40+ '89 Mercedes Mile
- 8) Walker/author Gordon
- 9) Home of Dartmouth Relays
- 13) Top-ranked W50 8K '88
- 14) First M40+ '89 Great Race 10K
- 16) Top-ranked W45 10K '88
- 17) Top-ranked W70 marathon '88
- 18) Top-ranked W65 20K '88
- 20) TAC Masters Weight Events Boss

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**Write On!** Continued from page 18

considered, true, but it should be the runner's own decision. For example, I'd love to try the steeplechase, but have accepted the injury potential as too great.

Jacques Serruys, WAVA's Non-Stadia Vice-President, has submitted a proposal to hold LDR world veterans championship events, excepting the marathon, in even-numbered years. Perhaps a 5K, 10K, 25K, 10K X-C, and 20K road walk could be offered. Thus, there would be no 10K road race or cross-country run at the T&F championships in the odd-numbered years, but the 10,000 track run and marathon would remain. The even-year LDR races would be a prestigious international event.

*Ruth Anderson  
Oakland, California*

**HIGDON REPLIES**

I disagree that "less than 10K caters to speed only at any age." Not when it takes winners in the upper age brackets 40 to 60 minutes to finish the course. I'd rather see the focus on time, defining cross country as an event as lasting about a half hour for the leaders, regardless of age or sex. Then juggle the distance accordingly. Endurance would remain the prime criteria.

We accept the fact that intermediate hurdlers run 400 meters until age 60, then drop in distance to 300 meters. The same with steeplechasers going from 3,000 to 2,000 meters after age 60. The same principal applies.

If the proposal to add cross country to the off-year road championships prevails, you could establish any distances you want. But if cross country is to remain with track, we should shorten the distances.

*Hal Higdon  
Michigan City, Indiana*

**JAVELIN RULES**

In response to Tom Geryerson's comments on "One Javelin, Please" (Nov. NMN), I agree with him 100 percent. There can be only one official implement, that being the current "new rules." I don't like it, but my only concern was what would become of the age records set with the old implement. They are legitimate.

*Larry Stuart  
El Toro, California*

The IAAF adopted the new javelin to prevent open competitors from endangering the crowd with a 300-plus foot throw. No masters athlete can throw the old javelin that far.

The IAAF did not correct the April 1985 IAAF tables for the impact of new-rule javelin performances. Hence, all multi-event javelin throwers have been hindered with less performance points.

Our masters standards only have to comply with our own TAC and WAVA

standards and not with the IAAF. For masters competition, varying implements and standards already apply to the javelin, discus, hurdles, and steeplechase.

I don't want to be subservient to the IAAF for their many stupid and politically-motivated rules. As masters competitors, I don't think we have to.

*Edward Martin  
Anaheim Hills, California*

**TIMING, HURDLES AND DECATHLON**

Dave Douglass is right (Nov. NMN) when he says sprint times are wrongly reported. Meet directors should either round up hand times to the next tenth of a second, or should designate all hand times as "h".

I don't run the long hurdles, but agree with Douglass that the 300H produced more participants than the 400H for the 50-59 groups. The hurdlers, themselves, should be surveyed.

Rather than switch the M60s to a heptathlon, as Douglass suggests, all



decathletes over age 50 should be queried.

*Edward Martin  
Anaheim Hills, California*

As a former national masters pentathlon and decathlon champion (I'm 59), replacing the decathlon with the heptathlon is not likely to have any meaningful impact. Dropping the pole

vault might be humane, but all other events call for explosive activity, the root cause of most injury.

The decathlon is demanding. That's part of its appeal. Sufficient attention has already been paid to the aging process by lightening the implements and introducing an age-graded scoring method. Let us not tamper with a time-honored and prestigious event.

*Brayton Norton  
Honolulu, HI*

**NAME THAT ATHLETE**

I am disturbed over the continuing lack of properly identifying athletes that compete in track and field meets — both open and masters.

In football, baseball and basketball, athletes last names are put on their uniforms. In track and running, we have the obscure use of numbers pinned to the athletes' jerseys. Worse, most meets don't have programs that list the numbers or participants by name.

If an observer attends a track meet to see an athlete, it is most difficult to

Continued on page 20

**Dartmouth Relays and Leverone Field House**

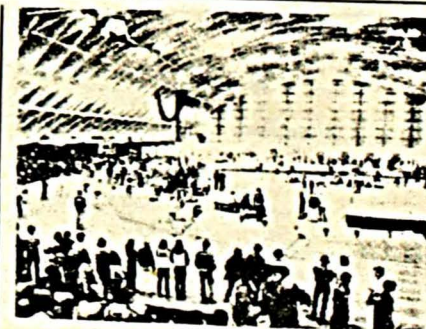
Since its inception in 1970, the Dartmouth-United States Track & Field Federation Relay Meet has grown from a field of 300 competitors to the top indoor attraction in the Northeast. Dartmouth Coach Clark Wallin, who serves as the director, expects over 3,500 participants for this year's event.

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.

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**Write On** Continued from page 19

do so. As a competitor, you want to know who your competition is, and the number system doesn't tell you.

Some thought should be given to using names in hopes of raising the interest in track and field. This sport needs some adrenalin to increase its following. Many companies in local communities are capable of putting letters on T-shirts. Or, letters could be sold at the meets.

*Donald Mather  
Mt. Prospect, Illinois*

**RACE WALK DQs**

At age 82, I competed in the 5K and 20K race walks at the Nationals in San Diego. I was disqualified because I did not straighten my legs fully when in the upright position.

I bear no grudges, but I cannot straighten my left leg due to a road accident in 1982, which left me with permanent damage to both legs.

I was astonished to learn that at least four other walkers in San Diego were also disqualified. If this trend in disqualification continues, it could discourage the elderly from competing in race walks.

The straight-leg rule should be reviewed. It's whole purpose is to ensure the walker doesn't gain an unfair advantage, and the slightly-bent leg does not increase speed.

On a positive note, I traveled 4500 miles on my four-week visit to the USA, through California, Oregon, Washington, Utah and Idaho, thanks to my friend, Gordon Wallace. I deeply appreciated the magnificent scenery



and the many friendly people I met. Eugene was an experience in itself: the organization, the accommodations at the U. of Oregon (oh, those meals!), and the friendliness of the townsfolk were all something to be remembered with gratitude.

*Connor Johnston*

**COLOR-CODED IMPLEMENTS**

Please make constructive efforts to color-code the track and field throwing implements.

As a new field-event official, I find it frustrating to visually determine what weight the athlete is throwing. Masters use five different shot put weights, depending on age and sex. It puts an unfair burden upon both the judge and competitor to try to visually, or by lifting, determine the correct shot.

Establishing a standard color code for all throwing implements would solve the problem. I urge its implementation.

*Joe Kemp  
Florence, Oregon*

**THE FLYING FINNS**

Finland was only the seventh largest team in the Eugene World Championships, but they took a disproportionate number of medals home. I salute them.

However, considering the odds, were they really that good or were we really that bad? Considering the numbers, we would have to be 1) not training hard enough, 2) totally disinterested in the sport, or 3) genetically inferior.

For example, who in the hell is Erkki Knapp, M55? He simply blew away U.S. Olympian Josh Culbreath and former medalist Matt Brown by more than two seconds in the 300 hurdles, breaking the world M55 record of Ovidio deJesus. Checking back through the past four World Championships, I can't find this guy listed anywhere. Where has he been for the last 15 years?

And what about Olavi Niemi? It's hard to fault Herm Wyatt, world high jump record holder. He jumped two inches higher than he did in Melbourne two years ago and still couldn't beat Niemi, a guy he had beaten by five inches in Melbourne. Apparently, two years of hard work, or maybe just his genetic superiority enabled Niemi to improve from 5-3 to 5-10.

It didn't end there. He went on to soundly thrash Dave Jackson, many times world champion and world record-holder, in the long jump and triple jump. In Melbourne, Dave had beaten Niemi, 18-9 to 17-7, in the LJ, but got whipped in Eugene, 18-8 to 18-4. Niemi may have gone easy on Jackson, since he jumped 19-5 at the San Diego Nationals.

The triple jump was, however, performed without mercy. Even though Dave had bettered him, 42-6 to 39-10 in Rome, and 40-6 to 39-3 in Melbourne,

Niemi turned it around with a 41-7 to 39-5 victory. He had jumped 41-11 in Finland before coming to Eugene.

I know Dave has never stopped training since graduating from college, but, offering no excuses, Dave is either going to have to start training harder, caring more, or get his genes rearranged.

While other jumpers are falling off in their performances from year-to-year (the natural state of affairs), the Finns — and perhaps others — are showing a remarkable ability to improve with age. They're "not getting older, they're getting better."

Knowing that a Finn was going head up with me in the M55 Decathlon worried me, even though he had never been to a World Championship. I had won the National Decathlon Championships for the past two years with 7912 and 7806 points, respectively. I knew I was ready, but what about this unknown Finn?

All I knew about him was the information he gave me: a list of his personal bests in each of the 10 events that he had established between his prime years of age 21 to 26. They only totaled a paper score of 6285. Having made the Pan-Am team in 1959 and the Olympic team in 1960, I had been able to put together a score of 8049 in 1961 which bettered the world record. My best paper total at that time was 8325.

On the surface, I shouldn't have been concerned, but, in fact, I was quite nervous. I figured I could score over 7400 points, enough to win considering the competition. Still, there were the nagging thoughts of the Finns, and how they have, of late, seemed to be improving with age.

It turns out my fears were justified. I did get my 7400 (7449), but it wasn't enough, as Ilpo Sopanen turned an almost supernatural hand to produce 7682.

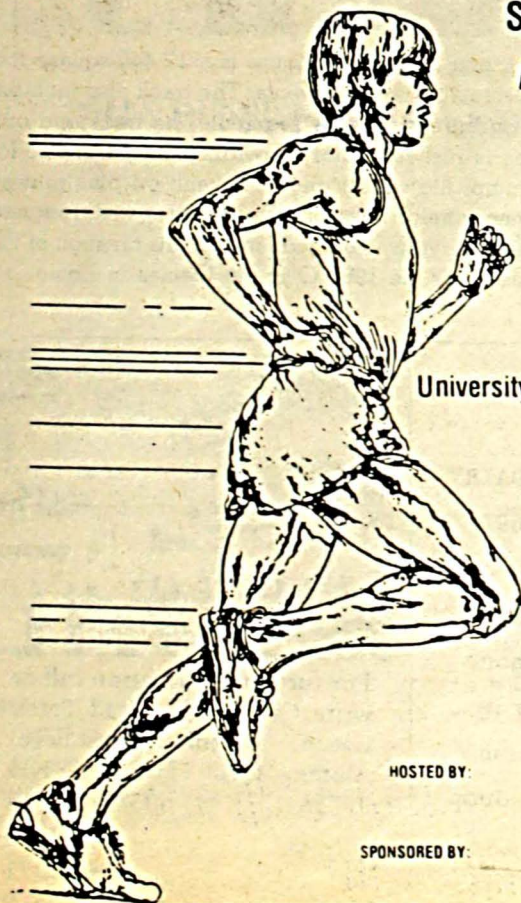
Maybe it's the water they drink over there. All I know is that if you think they (and other individuals who have discovered the secret of reversing the aging process) were tough at Eugene, remember that you heard it here first: you ain't seen nothin' yet. Just wait till you see the performances at the World Championships in Turku in 1991, as more Finns and others continue to discover and implement physical rejuvenation.

*Phil Mulkey  
Atlanta, Georgia*

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

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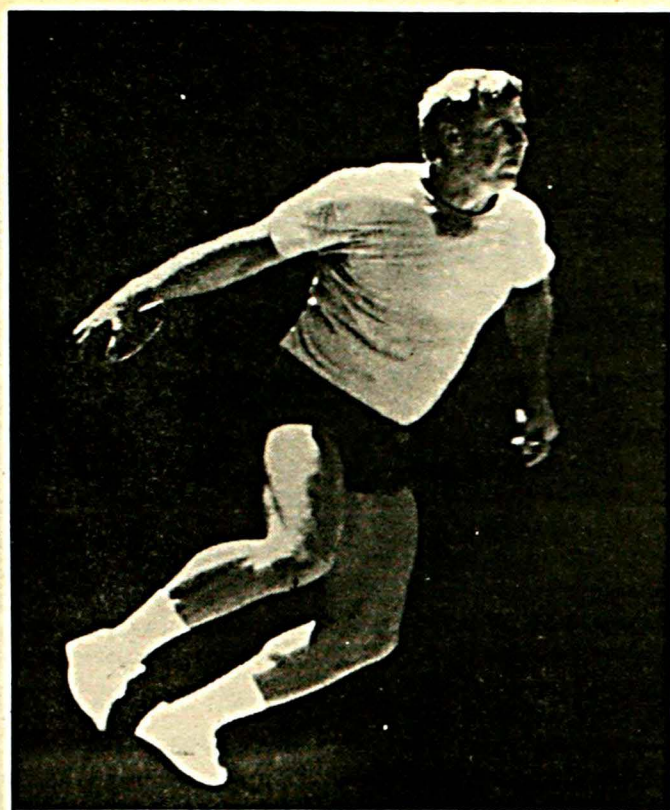
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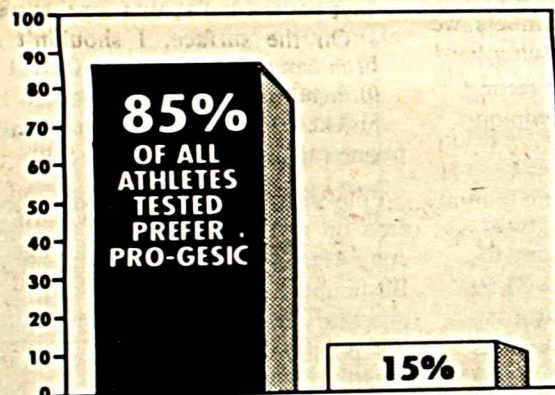
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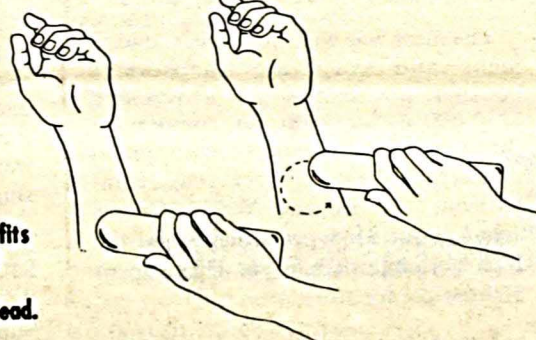
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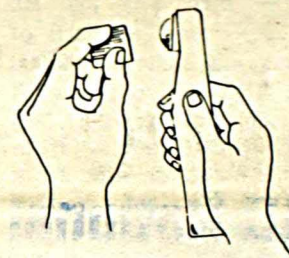
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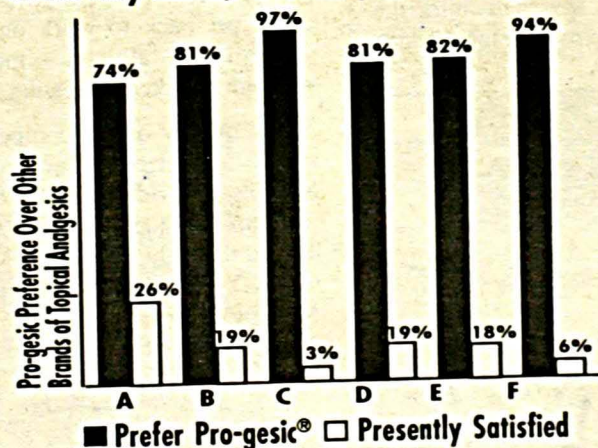


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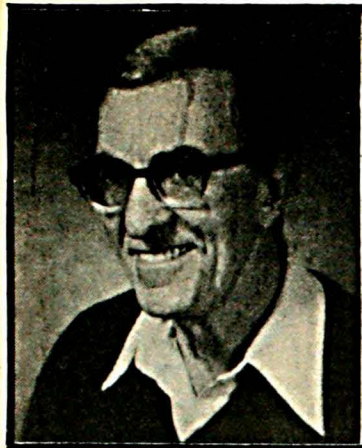
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# FROM THE Editor

by AL SHEAHEN

## Japan In 1993?

I had the pleasure of being the guest of Kiyoshi Konoike, the Chairman of the Board of Directors of the Nippon Masters Athletic Union, at the 10th annual Japanese Masters Track and Field Championships, October 14-16.

The Japanese Masters are seriously considering bidding for the X WAVA World Veterans Championships in 1993. They wanted me, along with Hari Chandra, WAVA's Asian Secretary, and Bob Boal, a U.S. member of the IAAF Veterans Committee, to experience this national meet and offer our opinions as to whether Japan should bid for 1993.

The national meet drew more than 700 athletes — men over age 30; women over 25 — from all parts of Japan to Wakayama, a city of 400,000 located about 400 miles southwest of Tokyo and celebrating its 100th anniversary. About 20 athletes from foreign nations, including nine from the United States, also competed in ideal weather conditions.

The meet was well organized and professionally run. The people we met are competent, caring, and conscientious individuals. A visitor feels love and affection in the way the Japanese treat their guests and in the way they treat each other. They take pride in the completion of any task, no matter how small. One can understand why the quality of Japanese autos and TV sets is so high. They are consummate perfectionists. As a result, they are hesitant to take on the enormous task

of staging a World Veterans Championship. But if they do, we can expect a first-class affair.

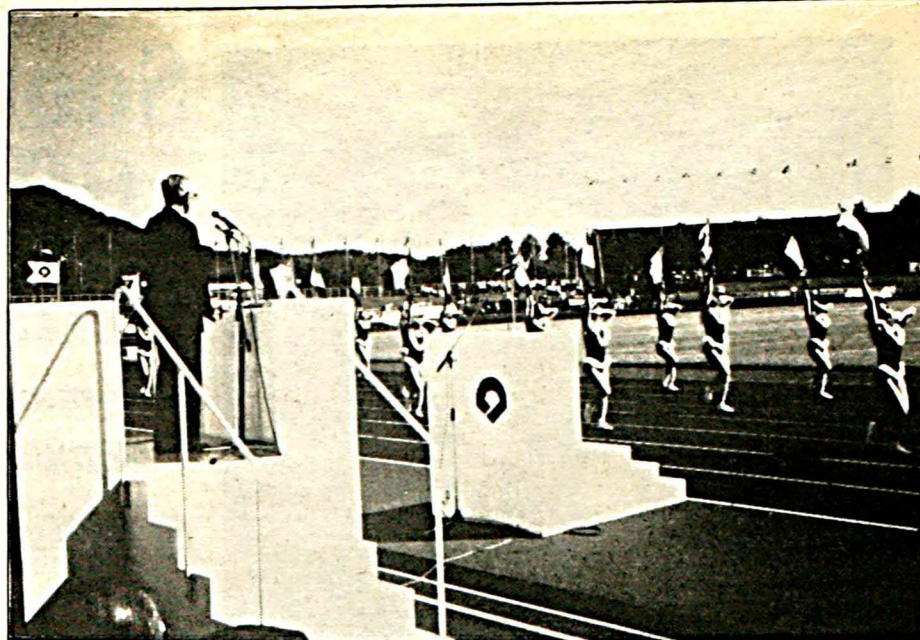
We strongly encouraged them to bid.

### A Major Event

The national championship meet was a major event in Wakayama. The Governor and Mayor spoke at a three-hour opening ceremony. The local and prefecture (state) governments were involved. Local and national media covered the event. There seemed to be as much space devoted to the meet in the local paper as there was for the World Games in the Eugene papers.

The meet was well financed. Government and corporate sponsorship boosted the budget to a reported \$210,000 — or \$300 per competitor, the highest per-capita expenditure in masters athletics history. (By comparison, the Eugene World Games spent about \$185 per athlete; and the U.S. national meet in San Diego spent \$60 per competitor).

Lavish banquets were provided for the athletes on opening and closing nights. Medals were of the finest quality. The opening ceremony rivaled Eugene. Athletes marched into the stadium in age groups with local bands



Opening ceremonies at the Japan Masters Championships in Wakayama, Oct. 15. On the podium is Shuhei Nishida, 1936 Olympic pole vault silver medalist, Vice-President of the Japan Masters Association, and member of the IAAF Veterans Committee.

playing and students carrying flags of all nations.

Results were available — in both Japanese and English — within 10 minutes after an event. The meet ran on schedule.

At the closing ceremony, a special plaque was presented to those who had competed in all 10 national meets. Athletes hugged their goodbyes while *Auld Lang Syne* played over the loudspeaker.

In short, it was one of the most professional and certainly the most elaborate staging of a national masters meet that I've experienced. The feeling was not unlike a World Championships.

The meet took place over a Saturday-to-Monday weekend, rather than the U.S. tradition of Thursday-to-Sunday. The competition for the 25-59 age groups was all staged on Saturday and Sunday, while Monday was devoted exclusively to the 60+ age groups. Thus, the younger participants could get back to work on Monday, while the 60+ athletes — many retired — spent the day competing.

The quality of the competition was surprisingly strong. Canada's Harold Morioka, world M45 400 champion, won the 200 (23.87) and 400 (51.93). Tetsuo Kawashima won the M60 400 in 60.69. Yoshihisa Hosaka captured the M40 1500 in 4:12.36. Yoshikatsu Amimoto took the M45 1500 in 4:18.87 in a close finish.

Several marks would have won in Eugene: M65 100 (13.20), M75 100 (15.11), M75 1500 (6:11.64). World Games medalist Mazumi Morita, M75, won the long (4.21) and triple (9.47) jumps.

In addition to managing the meet and supervising hundreds of volunteers, Konoike won the M50 300H in 46.21. There were no heats. All races were run as sectioned finals, with place determined by time.

### Is Japan Too Expensive?

The main apprehension about awarding the World Championships to Japan is the cost. Would it be too expensive to spend 10 days in Japan?

Well, I can tell you that Japan is expensive. But it's not *that* expensive.

#### Examples:

1) A chicken dinner, including dessert, at a good Wakayama restaurant was \$15.40 — a bit higher than the U.S., but not way out of line. And the price included the tip.

2) Bananas at the local market were about 50¢ a pound.

3) A can of Coca Cola was 70¢.

4) A subway ticket was 70¢.

5) The best bargain in Japan was a phone call — only seven cents.

Following the meet, I spent three days on my own and with Gene and Joan Harte, and Juan and Alejandra Bustamonte in Kyoto, and with Bob and Mary Watanabe in Tokyo. I found it's possible to splurge if you're not careful. In Tokyo's first-class New Otani Hotel, a glass of orange juice costs \$9.10. Apple pie is \$5.50. A room is \$150. A fish dinner at a Tokyo restaurant is \$56. City tours are overpriced, from \$35 for a half-day tour to \$125 for a full day. Worse, in Kyoto, the "English-speaking guide" spoke unintelligible English.

But the air fares to Japan, and the train transportation costs within Japan, are reasonable. Round-trip economy fare from Los Angeles to Tokyo is currently \$943. A one-week rail pass costs \$194.

If a visitor avoids the pricey tourist hangouts, the cost of a trip can be fairly reasonable. The adequate hotels near the train stations in Tokyo and Osaka are only \$52 a night. And I stayed at a charming Japanese-style inn in Kyoto for just \$35.

Chandra and I encouraged Konoike to try to find university-type accommodations for between \$25-\$40 per athlete per night, including meals,

Continued on page 23



A big spread is put on for the athletes at the Japan Masters T&F Championships in Wakayama, Oct. 14-16.



## Japan in 1993? Continued from page 22

similar to Eugene. Perhaps the government or a corporation might provide an accommodation subsidy. Konoike said the Games could be held in either Osaka or Kobe, both major cities in central Japan.

### Polite, Courteous People

Japan is a fascinating and stimulating country. The people are polite, courteous, soft-spoken and likeable. Chandra, Boal and I had the luxury of having several interpreters virtually to ourselves during our three days in Wakayama. Thanks to the kindness and caring of Yuji Watanabe, Yoshie Okazaki, Kayoko Kohzaki, Yumi Uchishiba and others, we were able to learn more about the country than if we had been simply tourists.

Americans shake hands; Japanese

bow. At the award presentations, both the presenters and the recipients bowed in unison to each other. Waiters bow to their customers. Speakers bow to their audience. Businessmen bow to each other. As runners were introduced at the starting line, they either waved or bowed to the crowd.

A visitor gets used to the politeness and civility. Once during the meet, an official yelled at a volunteer. It was so startling to hear someone raise his voice, everyone looked up.

"The Japanese have a violent streak, just like anyone else," said Tim Brando, an American working for the Wakayama government to help promote tourism. "But it's so crowded here, they have to keep it under control to avoid confrontation."

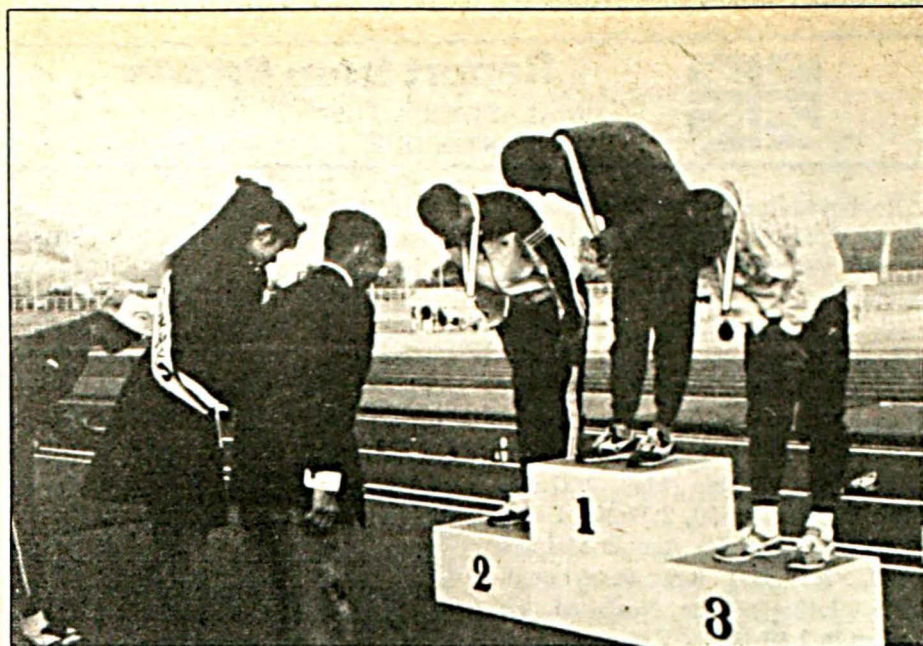
Japan is smaller than California, yet has 122 million people. And the whole country is so mountainous that less than a fifth of it is level enough to permit farming. With the exception of city states like Hong Kong and Singapore, Japan has by far the highest density of population per square mile of habitable land of any country on earth.

As a result, the Japanese are more likely than Westerners to operate in groups. Olympian Willie Banks, who is spending two years in Japan teaching physical fitness and Constitutional Law, said the Japanese are "loyal to the authority of their elders. In the U.S., we're taught to be individualistic. In Japan, they're taught to conform to the group."

Japan thinks small. They tend to understate. The portions of food, the chairs, the tables, the elevators, the doorways . . . virtually everything is smaller than in the West. At 6-3, I was the tallest person — besides Banks — in Wakayama.

### Women Are Second-Class Citizens

Women are still second-class citizens in Japan. Nearly all Japanese top- and middle-management is male. Women tend to be full-time housewives or



Bowing in unison on the victory stand at the Japan Masters Championships.

## Americans Compete in Japan

Nine Americans made the trip to Wakayama for the 10th annual Japan Masters Track and Field Championships, October 14-16.

Gene Harte, M60, won silver (200, 26.64) and bronze (400, 61.36) medals, and took fourth in the 100 (13.12).

"I really tried to peak for this meet," he said. "The competition was very tough. I'm thrilled to come home with two medals."

Sheldon Varney won the M60 high jump gold in 1.53m (5-0). Barbara Butler took the W35 shot in 10.35m (33-11½). Bob Watanabe, admittedly "passed my season peak," still ran well: (100, 6th, 13.14), (200, 5th, 27.19), (400, 6th, 64.65). Bob Boal took third (1.20) in the M75 high jump, and ran the 1500 and 5000. Barney Phillips, Dan Hillman, and Juan Bustamonte also competed. □

teachers, much like the USA 40 years ago. There are the beginnings of a women's movement, but women are conditioned to believe they belong in the home. Change, if it comes, will be slow.

"Women are trained to be slaves," said Banks.

Perhaps, but the women interpreters we met were charming, personable, and anxious to help their guests in any way they could. It was easy to understand why Western men often fall in love with Japanese women.

### Japan's Economic Strength

Before I arrived in Japan, I wondered if the Japanese would flout their new economic strength, much as the "Ugly American" did in Europe after World War II.

Just the opposite was true. The Japanese still act gracious and even subservient. In no way do they display a "nouveau riche" attitude.

Japan's wealth hasn't trickled down to the average citizen. People still live in small homes. Children often live with their parents until they marry. A small apartment rents for \$350 per month. The average person doesn't relate to or visibly benefit from Japanese businessmen buying Columbia Pictures, Rockefeller Center, CBS Records, or 52% of downtown Los Angeles. They still regard the United States as the premier economic power of the world. Japan has been called "the richest country of poor people in the world."

The Japanese work long hours and often don't take earned vacations. It's their tradition, amplified by World War II. Virtually every city except Kyoto (a prime tourist attraction with its undamaged, 1000-year-old shrines and temples) was heavily bombed in 1944-45. After the war, the Japanese realized they had to rebuild their country. Every adult and child was en-

Continued on page 24



A typical morning in downtown Tokyo.

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### WOMEN'S DELEGATE:

Bridget Cushen  
156 Mitcham Road  
West Croydon,  
Surrey, England

### DELEGATE OF:

#### NORTH AMERICA

David Pain  
5643 Campanile Way  
San Diego, CA 92115  
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#### SOUTH AMERICA

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P.O. Box 2910  
Wellington, New Zealand

#### AFRICA:

Contact President





## Report from Britain

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

Roland Marczak (2:21:26) and Anne Roden (2:43:06) were the first veterans in the Vax Birmingham marathon, September 24.

As reported last month, Allan Adams, M45, was the first finisher (2:29:32) in the British Veterans Marathon, October 1. John Davis, M45, ran 2:29:55. Division winners included: Mike Noble (M40, 2:32:16), Evan Williams (M50, 2:37:20), Derek Wood (M55, 2:45:34), Alastair McInnes (M60, 2:59:38), Reg Fernyhough (M65, 3:12:47). Sue Neal led the women in 2:59:33.

Malcolm Martin, M45, ran a 31:39.5 10K at Blackburn, October 1. Maurice Morrell (35:14) was the first 55+.

Brian O'Neil won the BVA 5K Road Championships at Aldershot, September 24, in 15:22. Dave Littlewood was the first veteran in the Fly Mo Half-Marathon the same day in 71:20.

Ian Thompson, who turned 40 on October 16, won the Sheffield

Marathon outright the following week in 2:26:39. Tony Simmons edged Andy Holden by two seconds on the opening lap of the National Senior Relay.

First half-marathon times were turned in by Mike Hurd (M40, 65:43), Alastair Kean (M40, 68:23), and Bronwyn Cardy-Wise (W35, 75:22).

New veteran Sandra Branney defeated Cardy-Wise, 55:26 to 57:30, in the Birchfield 10-miler.

Malcolm Martin ran a 31:40 to top the M45 10,000 track rankings, and then ran a good 31:07 10K on the road.

Eugene 10K road winner Alun Roper came back from an injury to clock 25:00 (5 miles) and 31:20 (10K) in Wales.

Rosemary Ellis, 36, logged a 27:16 5-miler in Harrow to top the 1989 Veteran Road lists, while Glynis Penny, 37, won the women's 10K at Southend in 34:14. Pat Trickett, 67, notched a W65 world best 1:40:59 half-marathon. □



Japanese schoolboys on a field trip in Kyoto.

## Japan in 1993?

Continued from page 23

couraged and trained to work long and hard.

"But they forgot to stop," said Banks. "They're still at it, even though they've passed us, economically."

One view of Japan compares it to the U.S. of 30 years ago, just before the movement for civil rights.

### Everyone Is Slender

I saw no one in Japan who was overweight. Virtually everyone looked trim and fit. Yet many people smoke. Of the 16 cars on a train, only four were reserved for non-smokers.

Earthquakes are so common in Japan, no one takes notice. A stiff jolt rocked the stadium during the M50

800s. I looked for the nearest exit, but the race continued and officials barely looked up.

The ceremonies at the stadium were very formal. All the speakers projected their voices loudly over the microphone. There were no jokes or light asides. It was serious business.

### Respect for Older People

One of the most impressive aspects of Japan is its respect for older people. Examples:

1) At the opening ceremony, special tribute was paid to Olympic athletes from the 20s. In fact, Shuhei Nishida, who spoke to the crowd, is a masters

Continued on page 25

## Tony Simmons Wins British Cross-Country

by MARTIN DUFF

AMPTHILL, Bedfordshire, England, November 5. The Swiss Company Suchard pumped 4500 pounds (\$7200) into the Milka-Toblerone Home Countries International Veterans Cross-Country race today and brought together the best field of veterans ever assembled in the United Kingdom.

England took six of the seven individual and team awards (M40, M45, M50, M60, W35, W40, W50) in this second annual fixture. The only titles to elude the home side came in the prestigious M40 division, where European 5000 silver medalist Tony Simmons repeated

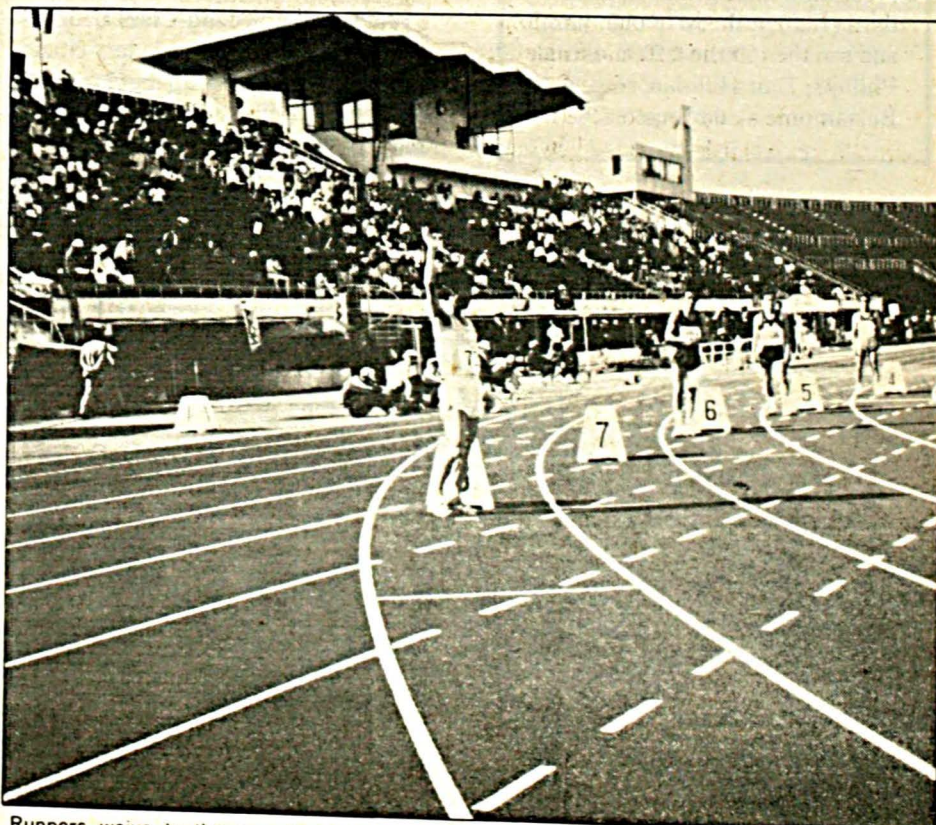
his 1988 victory, leading Wales to the M40 team title in the process.

Simmons progressed during the race from 15th to 8th and then fourth before striking up the final hill to win in 33:45. Ross, omitted from the England team, wound up a comfortable second (33:58) ahead of an off-form Andy Holden (flu the week before), Brian O'Neill and Alun Roper.

Steve Warzee (5th in the 5000 in Eugene) took the M45 in 35:53. Less Presland, now M50, defeated an off-form Tecwyn Davies in 34:56. Glynis Penny, 38, captured W35 honors in 19:20. □



Gene Harte (2nd, 26.64) and Yoshiyuki Hieta (1st, 26.07) after the M60 200 at the Japan Masters Championships. Photo by Bob Watanabe



Runners wave to the crowd as they're introduced at the Japan Masters Championships in Wakayama, Oct. 14-16.



## Japan in 1993? Continued from page 24

administrator who won a silver medal in the pole vault in the 1936 Olympics.

2) As part of the opening ceremony, hundreds of adults and youngsters exercised and ran laps on the track together.

3) In the Kyoto Hotel lobby, two students asked the Hartes and me to read into a tape recorder their English-written article, so they could learn the correct pronunciation. The article encouraged young people to listen to and have respect for their older relatives.

### No Street Signs

A downside to touring Japan is the paucity of street signs in either Japanese or English. In fact, there are few street names. The Japanese traditionally lived in small areas, and there was no need to name streets, since everyone in the village knew where things were. Even with a detailed map, it's hard to walk the streets without getting lost. Taxi drivers often have trouble; they use buildings and landmarks to guide them.

Few Japanese speak English. But signs at the airport and train stations are in both Japanese and English. Announcements on the Shinkansen trains (but not on the local trains) are in Japanese and English. Numbers are always written in the familiar Western style.

Riding the Shinkansen (bullet train) is one of the true joys of visiting Japan. Averaging 115 mph, it speeds the 343 miles from Tokyo to Osaka in three hours. A 120-mile trip — the same distance it takes Amtrak three hours to go from Los Angeles to San Diego — takes 63 minutes.

Downtown Tokyo resembles downtown New York or London. The men wear dark suits and ties, and carry briefcases. The streets are packed. You have to be quick to avoid collisions. Traffic moves on the left, a la England.

All the hotels — and even the Japanese inns — have color TV. Occasionally, an English-language newscast

appears. The major hotels have piped-in CNN.

### Japan Is Safe

Japan is a safe place. In Tokyo, the homicide rate in 1987 was 1.3 per 100,000 people. In New York City, it was 23 per 100,000. In Japan, there were 1.6 robberies per 100,000 in 1986. In the United States, the figure was 225 per 100,000. A woman is 25 times more likely to be raped in the United States than in Japan. In Tokyo, a person can



Canada's Harold Morioka wins the M45 400 in 51.37 at the Japan Masters T&F Championships, Oct. 14-16. Photo by Bob Watanabe

walk the streets without fear.

We had an enjoyable evening at a Wakayama "karaoke bar." These bars have music videos. Patrons request a



Kiyoshi Konoike, meet director of the Japan Masters T&F Championships in Wakayama, finds time to win the M50 300 hurdles in 46.21. Photo by Bob Watanabe

piece of music and accompany it by singing the song into a microphone while reading the words to the song from the bottom of the video screen. Videos are in both Japanese and English, and we were all in fine voice that night.

To sum up, Japan is a fascinating, exciting and absorbing place to visit. It's history is rich. It's people are warm and friendly. The Japan Masters are well organized and would be dedicated to putting on a quality event. The world's veteran athletes have never gone to Asia for a World Veterans Championships. 1993 would seem like a good time to go. □

## Follow the Sport!

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

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

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## WAVA/TAC Hurdles and Implements Specifications

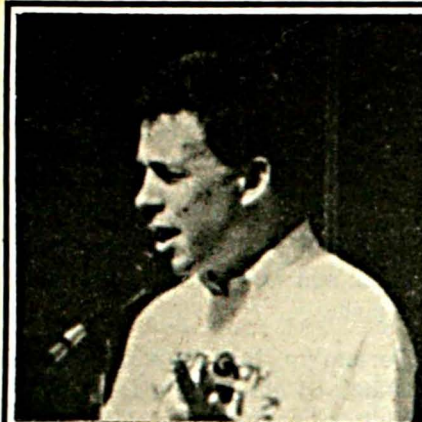
HURDLES					
WOMEN					
Age	Race Distance	Hurdle Height	To 1st Hurdle	Between Hurdles	To Finish
35-39	100m	.840m 33"	13.00m 42'8½"	8.5m 27'10½"	10.5m 34'5"
40-49	80m	.762m 30"	12.00m 39'4"	8.0m 26'3"	12.00m 39'4"
50-59	80m	.762m 30"	12.00m 39'4"	7.0m 22'11½"	19.00m 62'4"
60-69					
70 Plus					
35-39	400m	.762m 30"	45.00m 147'7½"	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					
40-49	110m	.914m 36"	13.72m 45'	9.14m 30'	14.02m 46'
50-59	100m	.914m 36"	13.00m 42'8"	8.50m 27'10½"	10.50m 34'5"
60-69	100m	.840m 33"	13.00m 42'8"	8.50m 27'10½"	10.50m 34'5"
70 plus	80m	.762m 30"	12.00m 39'4"	7.0m 22'11½"	19.0m 62'4"
40-49	400m	.914m 36"	45.00m 147'7½"	35.00m 114'9½"	40.00m 131'2½"
50-59	400m	.840m 33"			
60 +	300m	.762m 30"	50.00m 164'0½"	35.00m 114'9½"	40.00m 131'2½"
IMPLEMENTS					
AGE	SHOT PUT	DISCUS	HAMMER	JAVELIN	
Women					
35-49	4.00k	1.00k	4.00k	600gms.	
50 plus	3.00k	1.00k	3.00k	400 gms.	
Men					
40-49	7.26k (16 lbs.)	2.00k	7.26k (16 lbs.)	800 gms.*	
50-59	6.00k	1.50k	6.00k	800 gms.*	
60-69	5.00k	1.00k	5.00k	600 gms.	
70 plus	4.00k	1.00k	4.00k	600 gms.	

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



Yoshie Okazaki, English interpreter at the Japan Masters T&F Championships, outside the stadium in Wakayama.





## The Director's Corner

by DEAN REINKE

### ICI/USRA Masters Circuit Report

With the second season of the ICI/USRA Masters Circuit drawing to a close, enthusiasm continues to grow for the Naples Championship race set for January 13, 1990. With \$15,000 at stake for the 8K, also designated as the first ever TAC National Masters Grand Championship, along with \$25,000 in season-ending Grand Prix money to be awarded, it is hard to look ahead to the 1990 circuit. But despite all of our energy being directed to the Championship, considerable planning is also taking place for next year's third edition of the Circuit.

Discussions are currently taking place with over 100 races that are interested in joining the elite ranks of the Masters Circuit — the only one of its kind in the sport. The USRA continues to strive for a "geographical" balance

with the west coast still lacking in strong representation on the Circuit. We also plan to announce our first "international" event with Canada in 1990, with discussions being held with Japan and England for 1991 and

beyond. Not a day passes when Reinke & Associates does not receive an inquiry from a sub-master about to return to training or someone venturing yet another opinion on our scoring system or some other aspect of the Circuit.

While we have experienced the usual growing pains, we could not be more enthusiastic as we enter our third year with plans to again offer over \$100,000 at all Circuit events combined, representing nearly one quarter of all money to be distributed to masters in the coming year.

Now back to Naples! Last month we featured a men's field preview of the Naples National Championship and this month I'd like to present an update on the Circuit women:

\* Priscilla Welch — Recently celebrated her 45th birthday and reports she is fitter than ever. A bit disappointed in her New York City Marathon effort but she is ready to defend her championship in Naples. Her 98.07% Sorbothane Age-Graded performance at Crim should stand pat for her to capture the season's top Sorbothane Cup performance.

\* Grazielle Striuli — A recent 2:40 in Venice and her win over Welch in New York City in June should give her the confidence to challenge at Naples.

\* Laurie Binder — While only 6th in the Circuit rankings, she is positioned to win the Circuit if she can muster a solid performance prior to Naples.

\* Gabriele Andersen — Has not raced much in '89 but is always a tough competitor when she toes the line.

\* Jane Hutchison — Could defend her Circuit crown again if she has a solid performance at Naples but the "Empire Twins" are breathing down her back.

\* Nancy Oshier — Last season's "rookie of the year" is one point behind after 14 races of the 18-city Circuit. The Rochester resident, one of the "Empire Twins" from upstate New York, may falter if its too warm on race day as she comes off cold January training.

## Masters Running '89 Now Available

Masters Running '89, the official magazine of the ICI/USRA Masters Circuit, is now available from publisher Dean Reinke Publications in Winter Park, Florida. Managing Editor Jim O'Brien has compiled an excellent staff of feature writers including USA Today's Dick Patrick, Runner's World Magazine's Hal Higdon, Olympian Jeff Galloway, Newsday's John Banc, Olympic racewalker Elliott Denman, National Masters News' Al Sheahan, United States Running Association Executive Director Dean Reinke, RunCal's Mark Winitz and National Running Data Center founder Ken Young. For a copy, send \$2 to Masters Running '89, Dean Reinke Publication, 400 N. New York Ave., Suite 102, Winter Park, FL 32789. Tel.: (407) 647-2918/FAX: (407) 647-0433. □

\* Nancy Mieszczyk — In third place, 4 points back after 14 events, the Buffalo half of the "Empire Twins" is always tough when the money is on the line.

\* Ngaire Drake — New Zealand's top master roadster, her challenge has been just getting to the USA enough to score valuable Circuit points. She's been a victor through the races she has run and could move up from her fifth position with two Circuit efforts.

\* Barb Filutze — After a feature appeared on her and her running family in Runners' World Magazine, she suffered the "covergirl jinx" and has been injured the remainder of the year. She's still a question mark for Naples.

Continued on page 28

### ICI/USRA MASTERS CIRCUIT SORBOTHANE AGE GRADED \$100 WINNERS

#### Nissan Shamrock 8K:

Wilson Waigwa, .9453  
Nancy Mieszczyk, .8727

#### Myrtle Beach Classic:

Bill Rodgers, .9512  
Barbara Filutze, .9024

#### Cotton Row Run 10K:

Graham Tattersall, .9126  
Nancy Oshier, .8925

#### Hospital Hill Run Half Marathon:

Larry Olsen, .8913  
Jane Hutchison, .8819

#### Utica Boilermaker 15K:

Wilson Waigwa, .9480  
Ngaire Drake, .8870

#### Chicago Distance Classic 20K:

Marco Pina, .9001  
Johni Cansino, .8178

#### Quad City Six Times Six 7 Mile:

Wilson Waigwa, .9407  
Laurie Binder, .8984

#### Asbury Park 10K:

Norm Green, .9570  
Angela Hearn, .9010

#### Crim Road Race 10 Mile:

Jim O'Neill, .9450  
Priscilla Welch, .9810

#### Pittsburgh Great Race 10K:

Norm Green, .9880  
Laurie Binder, .9500

#### Myriad Gardens Run 10K:

Kevin Ryan, .9380  
Jane Hutchison, .9170

#### Twin Cities Marathon:

Norm Green, .9643  
Ngaire Drake, .8983

#### Hardee's Oktoberfest 8K:

Reedy Buford, .8767  
Gina Faust, .8721

#### 1st Federal/Nissan Capital Trail Run:

John Campbell, .9506  
Christine Tattersall, .8880

### SORBOTHANE CUP AGE GRADED RANKINGS After 14 Races

#### MALE LEADERS

1. Norm Green	57	Pitt.	.9880
2. Michael Heffernan	49	Pitt.	.9740
3. Norm Green	57	TCH	.9643
4. Bill Rodgers	41	MBC	.9512
5. Dan Conway	50	Pitt.	.9510
6. John Campbell	40	CTR	.9500
7. Wilson Waigwa	40	Utica	.9487
8. Fay Bradley	51	Pitt.	.9480
9. Wilson Waigwa	40	Sham.	.9453
10. Bill Rodgers	41	Pitt.	.9441

#### FEMALE LEADERS

1. Priscilla Welch	44	Crim	.9807
2. Laurie Binder	42	Pitt.	.9500
3. Gabrielle Andersen	44	Pitt.	.9498
4. Jane Hutchison	43	Pitt.	.9394
5. Angela Hearn	43	Pitt.	.9173
6. Jane Hutchison	43	Myriad	.9170
7. Christine Tattersall	48	Pitt.	.9160
8. Mary Wood	44	Pitt.	.9120
9. Gina Faust	52	Crim	.9070
10. Barbara Filutze	42	MBC	.9024

## Green, Welch, Rodgers, Hutchison in Lead

by DEAN REINKE

Winter Park, FL, November 9 — With just four races to go on the 1989 ICI/USRA Masters Circuit, last year's national champion Bill Rodgers and 1988's Grand Prix Champion Jane Hutchinson lead the ICI/USRA Master Circuit. Performance wise, 57-year-old Norm Green of Pennsylvania and Great Britain's Priscilla Welch lead the race for the Sorbothane Cup with the year's top age-graded performances.

The Sorbothane Cup, new addition this year to the ICI/USRA Masters Circuit, compares the performances of older and younger runners and selects the best performance in the race among all age groups. The standards are

generally based on the potential world records for each age group and have been compiled by the World Association of Veteran Athletes (WAVA).

Green's performance earlier this year at the Pittsburgh Great Race earned him a 98.80% performance level, ahead of 49-year-old Oregonian Michael Heffernan's 97.40% at the same event.

Olympian Welch's 98.07% leading performance level in the women's Sorbothane Cup rankings was performed at the Crim Road Race in Flint, Michigan. Trailing her are California's Laurie Binder with her 95% performance at the Pittsburgh Great Race, followed by Olympian Gabriele Andersen's 94.98%, also at Pittsburgh. □



## ICI/USRA Masters Circuit Happenings

Plans for the 1990 Circuit progressing with organizers planning on having most of the schedule in place by Naples, January 13. Nissan Shamrock 8K and Utica Boilermaker are the first two to re-sign. Discussions currently being held with 100 others. . . Yes, the Chuck Davey who is currently the 5th fastest 60-64 10-miler at 66:11, is the same Chuck Davey of "Kid Gallahad" boxing fame and the father of former Tennessee All-American Pat. . . Look for former Eastern Michigan University standout Terry Furst (1:23:11 25K) on the Circuit starting in 1990. . . 39-year-old Rod "New Zealand" Dixon finished an impressive 2nd in the California "uphill" Mile to Danny Aldridge, finishing ahead of Olympian Pat Porter. Steve Ferraz finished ahead of Frank Shorter in the masters race. . .

Considerable interest still pouring in on the ICI/USRA Masters Circuit's first Northwest foray at the Seattle Half Marathon November 25. Contact Dave Ranney (206) 363-6070. . . Bill Rodgers is expected to de-

fend his masters record in the Nissan Masters 10K of the Charlotte Observer Marathon Weekend, January 6. . . Kiwi John Campbell impressively captured the LA-NY double prize bonus of \$50,000 with his win over Ryszard Marczak in the Big Apple. Reports that he "may retire" after the Commonwealth Games, citing "cheating" and other similar aspects of the US road racing scene. . . Joe Nzau's "age" status will be discussed at the TAC Convention in D.C., November 27-December 2. 1991 TAC Championships to also be awarded at that time. . . 1990 TAC Masters Championships include DeLand, Florida (5K), Washington (8K), Salt Lake City (10K), Edina, MN (15K) and St. George, Utah (Marathon). . .

3rd annual Myrtle Beach Classic set for February 24, 1990. . . The TAC Legends Mile, which produced 5 new masters all-time bests at the 1988 TAC Masters Track & Field Championship, will be discussed at this year's convention. The event, the catalyst for the surge in masters miling interest during the past year, was voted down by the local organizing committee in San Diego at the '89 Championship. The USRA is hoping to receive the event at the '90 Championship meet in Indianapolis. . . TAC Masters Championship Selection

Committee Chairman Phil Benson is marketing the "Shoe Sentry", to effectively solve the problem of "wet running shoes". . . Popular dietician Nancy Clark, author of *The Athlete's Kitchen*, has a new book entitled *The Sports Nutrition Guidebook*. . . The Long Beach Marathon will be the host of the U.S. Women's Olympic Marathon Trials in February, 1992. \$150,000 in prize money will be awarded; no word yet on masters money. Numerous women have expressed interest in the "1990" Grandmas' Marathon in Minnesota, the first race to count towards qualifying. . . Rich Nichols reports the City of San Francisco is back and healthy for July, 1992 with a long term goal of joining the level of Los Angeles, just up the turnpike. . . Bill Rodgers will be featured in a series of training tips for both the Charlotte Observer and Los Angeles Marathon. . . From the "can't wait till she's 40 file" comes Francie Larrieu Smith's 37th birthday this month. . . Japan making a strong bid to host the 1993 World Veterans Games. . .

Mark Winitz's "RunCal" newsletter has been purchased by the Pacific Association of TAC and it will become a monthly magazine starting in 1990. . . Lesley Fuller will serve as elite athletes coordinator for

the Los Angeles Marathon. . . Put Gina Faust and Shirley Matson on the grandmasters and masters awards stand at the Alhambra 8K in California. . . Sweden's Goren Hogberg captured the Old Style Chicago Marathon in 2:23:08 with Italy's Cesarina Taroni winning the women's masters in 2:44:04. . . Ireland's Neil Cusack, fast approaching the masters ranks, recently finished strong in the Paris-to-Versailles, just behind Kenya's Julius Korir. . . Laurie Binder bested Angela Hearn and Ellie Mendonca at Boston's women-only Tufts 10K. . . New Jersey Waterfront Marathon is no longer, but 10K will be held June 24 with a \$50,000 prize purse — no word yet on Masters money. . .

— by Dean Reinke



## ICI/USRA Masters Circuit Point Standings (13 Races)

(Standings include the following events: Nissan Shamrock 8K, Myrtle Beach Classic 10K, Hospital Hill Run Half Marathon, Utica Boilermaker 15K, Chicago Distance Classic 20K, Bix 7, Asbury Park 10K, Crim 10 Mile, Pittsburgh Great Race, Myriad Gardens 10K, Twin Cities Marathon, Memphis Hardee's Oktoberfest and 1st Federal/Nissan Capital Trail Run. Circuit events yet to be included are Foundation 30K, Seattle Half Marathon, Charlotte Observer 10K and ICI/USRA TAC National Masters Grand Championship 8K.)

### 40-44

Men:					Women:				
1.	Bill Rodgers	MA	41	45/5	1.	Jane Hutchison	MO	43	46/5
2.	Robert Schlaue	SC	41	40/5	2.	Nancy Oshier	NY	41	45/5
3.	Wilson Waigwa	CA	40	40/4	3.	Nancy Mieszczaek	NY	40	42/5
4.	Kevin Ryan	MA	40	38/4	4.	Claudia Ciavarella	FL	40	39/5
5.	Dave Stewart	CAN	41	33/4	5.	Ngairé Drake	CA	40	30/3
6.	Ken Sparks	OH	44	33/6	6.	Laurie Binder	CA	42	29/3
7.	Jim Pearson	FL	40	32/4	7.	Mary Wood	CO	44	19/3
8.	Wes Wessely	GA	41	31/5	8.	Diane Langston	MO	42	18/3
9.	Earl Owens	GA	40	24/3	9.	Angella Hearn	NY	43	17/2
10.	Laurence Olsen	MA	42	15/2	10.	Gabrielle Andersen	ID	44	15/2
10.	Victor Mora	CA	40	15/2	11.	Judy Greer	FL	42	13/3
12.	Wally Herrala	MI	44	14/3	12.	Susan Compton	NY	44	13/2
13.	David Treshohlavy	NY	42	12/3	13.	Christine Grenning	NY	43	11/2
14.	Thom Suddeth	VA	40	11/2	14.	Barbara Filutze	PA	42	10/1
15.	Graham Tattersall	NY	43	10/1		Ginger Semple			10/1
15.	Mario Cuevas	FL	40	10/1	14.	Priscilla Welch	CO	44	10/1
15.	John Campbell	NZ	40	10/1	14.	Irma Russell			10/1
15.	Reedv Buford	TN		10/1					

### 45-49

1.	Ralph Zimmerman	NY	47	50/5	1.	Christine Tattersall	CT	48	50/5
2.	Don Coffman	KY	46	27/2	2.	Susan Weisbrod	NJ	45	48/5
3.	Thomas Hare	NC	45	17/2	3.	Karen Bestul	NE	47	35/4
4.	Michael Heffernan	OR	49	16/2	4.	Mary Shaver	NY	47	19/2
5.	William Gould	IL	45	12/2	5.	Linda Connors	NY	47	16/2
6.	Steve Lester	UT	46	10/1	6.	Carol Lasseter	VA	46	15/2
7.	Charles Parmelee	NY	45	10/2	7.	Nancy Friscillo	NY	46	12/2
8.	Pat Cosgrove	NJ	47	10/1	8.	Sharon Markoski	OH	45	10/1
9.	Robert Stuenkel	OK	45	10/1	9.	Judy Tolliver			10/1
10.	Bruce Morentson	MN	45	10/1	10.	Joan Colman	CA	45	10/1
11.	Lew Faxon	VA	49	10/1	11.	Sue Rowe			10/1

### 50-54

1.	Don Sleeman	MI	50	44/5	1.	Jo-Wright Whitten	NY	51	40/5
2.	Fay Bradley	DC	51	38/4	2.	Gina Faust	CA	52	40/4
3.	Dick Ruzicka	FL	52	34/4	3.	Susie Klutetz	NC	52	36/4
4.	William Johnston	UT	51	32/4	4.	Mary Anne Wehrum	TN	51	27/3
5.	Jim Larson	FL	53	29/4	5.	Wen-Shi Yu	NY	54	19/2
6.	Willie Kaye	NY	50	21/3	6.	Jeanette Chambers	MD	54	17/3
7.	Roger Robinson	VA	50	20/2	7.	Mary Cullen	TX	50	16/2
8.	Dan Conway	WI	50	19/2	8.	Nancy Parker	GA	52	10/1
9.	Ben Johns	CAN	53	17/2	9.	Barbara Gehringer	MO	51	10/1
10.	David Whitten	NY	51	13/2	10.	Marjorie Peterson	GA	52	10/2
11.	Marco Pina			10/1	11.	Zofia Turosz	CT	51	10/1
12.	Jim O'Neill	OH	51	10/1	12.	Martha Klosser	NC	54	10/1

### 55-59

1.	Norman Green	PA	57	40/4	1.	Gloria Brown	NY	57	30/3
2.	John Harwick	SC	56	37/5	2.	Jean Evans	NC	57	14/2
3.	Gerald Koch	TN	55	20/2	3.	Vera McIlwham	OH	56	14/2
4.	Jay Sturdevant	CT	58	18/2	4.	Maisie Cromie	MN	57	13/2
5.	Frank Dudley	PA	56	15/2	5.	Mary Anne Woodring	KY	57	10/1
6.	Tom Ray	NY	55	10/1	6.	Dolores McCabe			10/1
7.	Greg Prom	MN	58	10/1	7.	Thelma Wilson	NY	57	10/1
8.	Stanley Witomski	MD	55	10/2	8.	Rayna Dixon	CN	58	10/1
9.	Larry Engle			10/1	9.	Sally Strazdins	CT	55	10/1
10.	Edward Hardy	MI	56	10/1	10.	Anita Foss	OK	56	10/1
11.	Arturo Hernandez	OK	58	10/1	11.	Mary Bonstrom			10/1
12.	Ole Holsti	NC	56	10/1	12.	Joan Engle			10/1

### 60-64

1.	Bill Fortune	NY	61	49/5	1.	Mary Norckauer	LA	62	47/5
2.	Jim O'Neill	CA	64	35/4	2.	Cecile Maples	AL	62	10/1
3.	Ed Hamilton	NC	61	25/4	3.	Mary Otte	MO	64	10/1
4.	Jack Gentry	AR	61	19/2	4.	Flabby Jackson			10/1
5.	Len Olson			19/2	5.	Dolores Quinn	NY	61	10/1
6.	Herbert Chisholm	VA	62	18/2	6.	Cassie Bazar	NJ	60	10/1
7.	Dick Benson	GA		15/2	7.	Charlotte Williams	MI	61	10/1
8.	Charles Evans	NC	60	14/3	8.	Margrett Lutz	PA	60	10/1
9.	John Hosner	VA	64	10/1	9.	Billie Murphy	WA	62	10/1
10.	Laurin Blasler			10/1	10.	Charlotte Baker	FL	63	10/1
11.	Richard Lammeyer	IL	60	10/2					
12.	James Forshee	MI	63	10/1					
13.	Gaylon Jorgensen	WV	60	10/1					
14.	Nike Shea	NC	61	10/1					

### 65-69

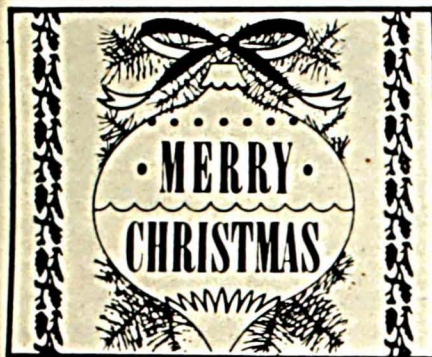
1.	John Bart	NY	66	49/5	1.	Loretta Shehan	NY	66	49/5
2.	John Burton	MN	66	45/5	2.	Edith Farias	MI	65	19/2
3.	Dewey McMickle	WI	65	18/2	3.	Morjorie Piscopo			10/1
4.	Bill Tribou	CT	68	15/2	4.	Anne Trigg	FL	65	10/1
5.	Robert White	VA	65	10/1					
6.	Isoids Hernandez	MI	66	10/1					
7.	Jim Smith	OK	67	10/1					
8.	Lou Lodovico	PA	65	10/1					
9.	Alex Ratelle	MN	65	10/1					
10.	Peter Murtos	NC	67	10/1					

### 70 & Over

1.	Ed Benham	MD	81	20/2	1.	Louise Martin	VA	72	10/1
2.	Nathaniel White	NY	70	19/2	2.	Janice Johnson	IA		10/1
3.	Claudia Hawkins	AL	71	10/1	3.	Althea Wetherbee	NY	70	10/1
4.	Howard Calkin	MO	78	10/1	4.	Norma Perlmutter	PA	72	10/1
5.	Ed Campbell			10/1					
6.	Vernon Shaefer	IA		10/1					
7.	Austin Newman	NJ	73	10/1					
8.	Joe Thornburg	MI	72	10/1					
9.	Eugene Keller	OH	75	10/1					
10.	Gerald Sibley	OK	72	10/1					



# MASTERS SCENE



## NATIONAL

• Copies of the 1989-90 U.S. Cross Country Handbook Media Guide are now available from the Book Order Department of The Athletics Congress. This edition is edited by Hal Bateman and Tom Surber and sells for \$6 in the U.S. and Canada (\$8 elsewhere). Send check or money order to Book Order Department, TAC/USA, P.O. Box 120, Indianapolis, IN, 46206.

• Total prize money given away this year through October 8 in road racing is nearly \$4.8 million, according to Ken Young of the Competitive Road Racer. The final total should surpass \$5.5 million, a 15% increase over 1988.

## EAST

• Larry Alberg, M40, finished first overall at the Manhattan Park 10K in New York City, September 24, with a 31:37. Alberg was also top age-graded runner with a 90.3 performance percentage. Irene Jackson, W40, was first female master in 40:31. Other notable age-group winners were Sam Skinner (M45, 35:11), George Hirsch (M55, 38:40), and Aslaug Tomas (W60, 52:45).

• Masters mile races will be held at the Millrose Games (Feb. 2), the Mobil One (Feb. 4), and the Meadowlands Meet (Feb. 10). Marc Bloom will coordinate the fields.

• More than 2400 questionnaires were sent to athletes in the Philadelphia area by Norm Green, coordinator of the area's Standing Sports Committees. Of the 1050 questionnaires received, 11% were youth, 47% open, and 42% masters, divided into T&F (29%), LDR (70%), RW (1%), and male (80%), female (20%). Preferred events were: marathon

(18%), 10K (16%), any road distance (15%), half-marathon (7%), 5K (4%), 800 (4%), 10-miles (4%). Events wanted were: T&F meets (11%), more races (7%), cross-country (6%), marathons (4%).

## SOUTHEAST

• The Fifth Annual Thomasville Fall Masters Decathlon was held on September 23-24 in North Carolina, one day after Hurricane Hugo passed through with 50 to 60 mph winds. Top age-graded competitor was Steve Rogers, 46, of Topeka, KS, with 6448 points. Rogers finished second in the World Games M45 decathlon in July. Coming in behind Rogers was Bill Busby, 45, from Thomasville, with 6244 points. Participation was held down somewhat by the hurricane, but 16 competitors started, with 15 finishing. Wind was brisk at times on day one (especially on the backstretch of the 400), but the weather was surprisingly good.

• Nancy Grayson, of Columbia, S.C., will turn 40 next April 24. This year, she's run 10Ks in 35:48 and 35:43; a half-marathon in 1:18:27 and clocked 1:36:32 for a 25K — all national-class times.

• Hot, humid conditions greeted runners at the Grits Run 5K in St. George, S.C., September 2. Top masters honors went to Paul King (17:28) and Barbara Davidson (22:22). Best age-graded showing of the day belonged to M45 age-group winner Chuck Barton; his 17:55 resulted in a 79.3 performance percentage. All runners received a package of grits in their race packets. In addition, each of the division winners was awarded a two-pound box of grits.

• Nash Jimenez (15:40) and Irma Russell (21:30) were first masters at the Elvis Presley Memorial 5K in Memphis, Tenn., August 19. Jimenez was also top age-graded runner with an 87.7% performance. No sightings of Elvis were reported.

## MIDWEST

• Last month's Masters Scene incorrectly listed John Ryder as the male masters winner of the Wolfpack 50-Miler in Columbus, April 9. Bill Misner was the male masters winner in 6:32:45; Ryder started the race but dropped out.

## WEST

• Steve Ferraz, M40, shook up a strong field in San Francisco with a 5:33.7 masters win at the California Mile, October 8. Frank Shorter was second master on the tough, uphill course in 5:46.6.

• The San Diego Track Club holds workouts at 5:30 p.m. each Tuesday and Thursday under the direction of Coach Paul Greer in Balboa Stadium.

## NORTHWEST

• Clive Davies is the all-time best age-graded 10K and marathon runner of any age in the



Chico Scimone leads the Sicilian Orchestra.

## INTERNATIONAL

• Chico Scimone, 75-year-old racewalker from Italy, is also a renowned orchestra conductor. Scimone conducted the Sicilian Orchestra in a series of acclaimed concerts across the U.S. this October. Scimone won the M75 5K Racewalk at the U.S. Nationals in 31:37.

## Ten Years Ago

December, 1979

- AAU Turns Reigns Over to TAC at Las Vegas Convention.
- Herb Lorenz (2:27:05) Wins National Masters Marathon.
- Occidental Insurance Co. Drops Sponsorship of Masters.

## CANADA

• Mike Scott (M45, 15:29) led all masters at the CMAA 5K Championships in Sunnybrook Park, Toronto, September 16. Scott was still trailing Dan Soucoup (M40, 15:49) by 35 meters at the 3K mark; he then put on his famous finishing kick to lead the parade home. First female master was Anne Emmett (W40, 19:12), followed by Nancy Wells (W40, 19:39).

## The Director's Corner

Continued from page 26

• Christine Tattersall — Will likely defend her 45-49 crown in a tough division.

• Gina Faust — The spunky Californian will have to fight off New York's Jo-Wright Whitten and defending Grand Prix champ Susie Kluttz to capture the Grand Masters group.

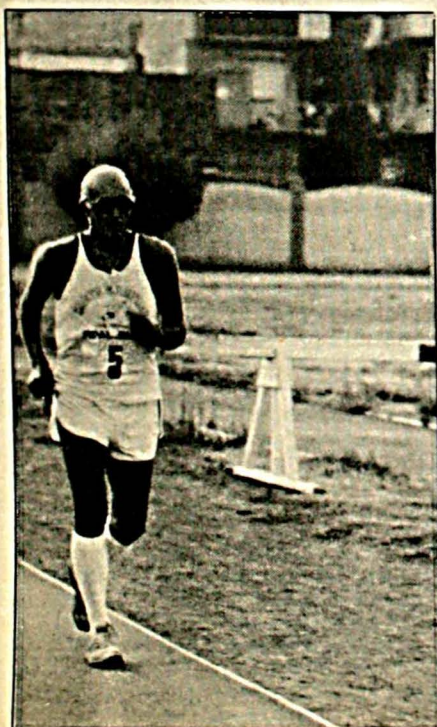
• Gloria Brown/Loretta Shehan — The upstate New York region has had a strong showing each of the last two years and these two lead the chase in the 55-59 and 65-69 age groups, respectively.

• Mary Norckauer — This Baton Rouge resident has probably traveled more than any other master this year in dominating the 60-64 category. Look for her to again defend her crown from a year ago.

• Sister Marion Irvine — The "running nun" picked up where she left off in '84 when she was the oldest Olympic Trials Marathon qualifier. She's been

hot in '89 and a recent cover on Running Times on her performance at the World Vets Games shows she's for real.

To say the ICI/USRA Master Circuit National Championship finale will be interesting is the sport's all time understatement. Athletes' coordinator Kevin Amigh (919) 847-3109 is working hard on the field of athletes and those interested in invited runner status should contact him asap. We are trying to assist as many as possible with priority be given to those who have supported the Circuit during the season. The local Naples community has been extremely supportive as has major sponsor ICI. With \$15,000 in prize money including \$100 to each individual 5-year age group winner, Naples will be the largest ever masters non-marathon prize purse awarded. With a flat and furiously fast course on tap, the record books are primed once again for the return to Naples. □



Chico Scimone trains in Italy for the World Games racewalk.

## Coming Next Month

- 1989 TAC T&F Athletes-of-the-year
- 1989 TAC LDR Athletes-of-the-year



# schedule

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



## TRACK & FIELD NATIONAL

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

July 14-15. U.S. TAC National Masters Decathlon/Heptathlon, Tacoma, Wash. Mark Salzman, 8615 47th St. West, Tacoma WA 98466. 206/565-7840.

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

### EAST

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

December 7. Philadelphia Masters Development Meet, Haverford, Penn. Held at Haverford College. Peter Taylor, 3120 Schoolhouse Lane (J-A9), Philadelphia, PA 19144. 215/842-3807.

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

January 7. Tom Robinson Memorial Mile and Philadelphia Masters Development Meet, Haverford, Penn. Held at Haverford College. Peter Taylor, 3120 Schoolhouse Lane (J-A9), Philadelphia, PA 19144. 215/842-3807.

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

### MID-AMERICA

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

December 3. Minnesota Masters Indoor Meet. SASE to Mrs. Rachel Lyga, 122 63 1/2 Way N.E., Fridley, MN 55432.

### WEST

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

January 21. Fifth Annual Patriots Relays. Birmingham High School, Calif. Marvin Thompson, 213-666-7341.

### INTERNATIONAL

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

## LONG DISTANCE RUNNING NATIONAL

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

### EAST

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

December 3. Brian's Run 10K, West Chester, Pa. Masters \$\$\$. Larry Brandon, 206 Brook Dr., W. Chester, PA 19380. 215/692-5643.

December 17. Holiday 4-Miler/MAC 30K Championships, Central Park, NYC. 9 E. 89th St., NY, NY 10128. 212/860-4455.

### SOUTHEAST

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

December 3. Baby Boomer 10K (Miami event), Miami, Fla. Masters money (m/w \$500/\$350/\$200/\$125/\$75). Miami Runners Club, 7920 SW 40th St., Miami, FL 33155. 305/227-1500.

December 3. First Tennessee Bank Memphis Marathon, Memphis. Masters money. First Tennessee Bank, Suite 1001, 165 Madison, Memphis, TN 38103.

December 9. U.S. Air Force-Tampa Bay Marathon, MacDill AF Base, Tampa, Fla. Brandon Running Assn., P.O. Box 1564, Brandon, FL 34299-1564. Jim Moohan, 813/685-8635.

December 9. Rocket City Marathon, Huntsville, Ala. Huntsville TC, 8811 Edgehill Dr., Huntsville, AL 35802. 205/881-9077.

### SOUTHWEST

Louisiana, Mississippi, Texas.

December 2. Jingle Bell Run 5K, Tulsa, Okla. Masters \$\$\$. Mary Ann Massey, 1902 E. 71st St., Tulsa, OK 74136. 918/493-7000.

December 3. Dallas White Rock Marathon, Dallas, Texas. DWR Marathon, P.O. Box 743335, Dallas, TX 75374-3335. 214/526-5318.

January 14. Houston-Tenneco Marathon, Houston. \$7500 masters money. Houston-Tenneco Marathon, P.O. Box 56682, Houston, TX 77027. 713/757-2700.

### WEST

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

December 3. Western Hemisphere Marathon, Culver City, Calif. Jack Nakanishi, 4117 Overland Ave., Culver City, CA 90230. 213/202-5689.

December 3. California International Marathon, Sacramento. CI Marathon, P.O. Box 161149, Sacramento, CA 95816. 916/447-2786.

December 10. Rialto Rotary Polio-Plus 5K, Rialto, Calif. Masters m & w: \$100, \$50. Vern Craig, P.O. Box 397, Rialto, CA 92377. 714/875-6040.

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

December 10. San Diego International Marathon, San Diego, Calif. In Motion, Inc., 2204 Garnet Ave., Ste. 303, San Diego, CA 92109. 619/483-9501.

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

January 20. Paramount 10K World Masters Division, Paramount, Calif. Oscar Rosales 714/841-5417, 213/634-3027. Rated as one of the top 10 races in the country. Masters money. Must meet qualifying standards: M40: 34:00; M45: 36:00; M50: 38:00; M55: 40:00; M60: 43:00; M65: 47:00; M70: 52:00; M75: 65:00; M80: 90:00; M85: 100:00; M90: 110:00.

W40: 40:00; W45: 42:00; W50: 44:00; W55: 47:00; W60: 52:00; W65: 60:00; W70: 75:00; W75: 90:00; W80: 100:00.

## RACE WALKING INTERNATIONAL

December 6-10. American Racewalk Association's Racewalkers Training Camp, Mazatlan, Mexico. \$350. ARA, PO Box 18323, Boulder CO 80308. 800/326-2929.



Meet director Dave Pain congratulates James King on his new world masters 400 record of 48.61 in San Diego. Photo by Gretchen Snyder

## ON TAP FOR DECEMBER

### TRACK AND FIELD

The indoor season opens in Minnesota on the 3rd. The Bahamas Invitational Games offers the lure of sun and surf on the 16th. Philadelphia hosts a meet on the 17th. Throwers will head to Florida for the Holiday Weight Pentathlon on the 30th.

### LONG DISTANCE RUNNING

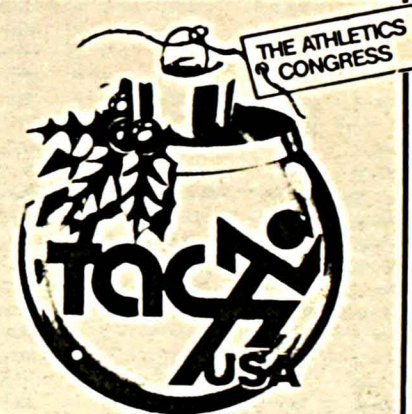
The 8K TAC/USA Championships on the 3rd in Washington, D.C., follows the last day of The Athletics Congress Convention.

Holiday spending money for masters can be had at the Jingle Bell 5K in Tulsa on the 2nd, and in most of these races on the 3rd: Brian's Run 10K in Pennsylvania; Baby Boomer 10K in Miami; First Tennessee Bank Marathon in Memphis; Dallas White Rock Marathon; Western Hemisphere Marathon in Los Angeles; and California International Marathon in Sacramento.

The Southeast features the Tampa Bay and Rocket City marathons on the 9th. On the 10th, the Fiesta Bowl 10K in Phoenix and San Diego International and Honolulu marathons are highlights in the West.

### RACEWALKING

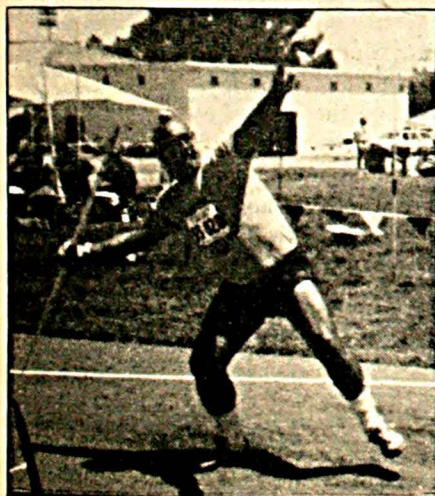
The American Racewalk Association training camp meets on the 6th through 10th in Mazatlan, Mexico. □



## Need Back Issues?

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



Ray Feick of Pennsylvania, third M55 in the javelin (40.00), TAC National Masters T&F Championships, San Diego, July 20-23.

Photo by Jerry Wojcik



## NATIONAL LONG DISTANCE RUNNING RECORDS

COMPILED BY TACSTATS / USA 7745 SW 138 TERRACE MIAMI FLORIDA 33158. [305 / 253 8448]

## Key to Codes

a - Point to point course, possibly aided by wind or slope (elevation drop more than 2M/Km or start and finish separated by more than 10% of total distance)  
P - Pending - application or more information needed

R - Ratified record  
U - Unvalidatable, cannot be ratified  
W - Open record set in 'women only' race  
D - Proof of birthdate needed

## MASTERS LONG DISTANCE RUNNING : MEN'S ROAD RECORDS

AGE GROUP	DISTANCE	MARK	CODE	ATHLETE NAME	AGE	ST	RACE NAME	ST	R DATE
M40-44	5 km	14:45.9	P	JIM PEARSON	40	FL	RUN FOR THE PIES	FL	061089
M40-44	5 km	14:22a	R	BILL RODGERS	40	MA	SPORTSTOP FIRECRACKER	AR	070288
M40-44	5 km	14:46.9	R	LARRY OLSEN	40	MA	BUD LIGHT COUPLES	NH	091387
M40-44	8 km	23:51		BILL RODGERS	40	MA	INDIANA GOVERNOR'S CUP	IN	092488
M40-44	8 km	25:12	R	KIRK RANDALL	42	MA	LITE BEER CHALLENGE	MA	072584
M40-44	10 km	29:48	P	BILL RODGERS	40	MA	HEARTLAND HUSTLE	IA	100188
M40-44	10 km	29:57	R	BARRY BROWN	40	NY	ASBURY PARK	NJ	081884
M40-44	10 km	29:50a	R	TRACY SMITH	42	CA	CRESCENT CITY	LA	040487
M40-44	12 km	38:32	R	STEPHEN LESTER	44	UT	LILAC BLOOMSDAY	WA	050387
M40-44	15 km	45:58	R	BILL STEWART	40	MI	GASPARILLA	FL	020583
M40-44	20 km	1:03:58	R	LARRY OLSEN	40	MA	NEW BEDFORD (SPLIT)	MA	031587
M40-44	25 km	1:21:25	U	BRUCE MORTENSON	41	MN	CITY OF LAKES	MN	091585
M40-44	30 km	1:38:25a	R	BRUCE MORTENSON	41	MN	TWIN CITIES (SPLIT)	MN	100685
M40-44	30 km	1:40:52	R	HAL HIGDON	42	IN	NATIONAL AAU CHAMPIONSHIP	IL	092373
M40-44	50 km	3:00:00	R	JEFF WALL	40	CA	CA	CA	110682
M40-44	50 km	2:59:36a		BRUCE MORTENSON	44	MN	EDMUND FITZGERALD/TAC NAT	MN	102288
M40-44	100 km	6:38:21	R	BERND HEINRICH	41	VT	AMJA ULTRAMARATHON	IL	100481
M40-44	10 mi	49:46		BARRY BROWN	40	NY	NIKE CHERRY BLOSSOM	DC	033185
M40-44	20 mi	1:48:25	U	GARY MUHRCKE	40	NY	MIKE HANNON	NY	022281
M40-44	20 mi	1:42:08a	R	BARRY BROWN	40	NY	TWIN CITIES (SPLIT)	MN	093084
M40-44	50 mi	5:10:13	R	BERND HEINRICH	41	VT	AMJA ULTRAMARATHON	IL	100481
M40-44	100 mi	14:37:32	U	ROY PIRRUNG	40	WI	TAC NATIONAL CHAMPIONSHIP	GA	091888
M40-44	half mar	1:06:25	R	BARRY BROWN	40	NY	MAPLE LEAF	VT	091684
M40-44	marathon	2:17:10	U	MIKE MANLEY	40	OR	HOUSTON	TX	011683
M40-44	marathon	2:15:15a	R	BARRY BROWN	40	NY	TWIN CITIES	MN	093084
M40-44	12 hr	12:42:67 m	P	LARRY BUTLER	42	CA	SRI CHINMOY 12 HR	CA	112888
M40-44	24 hr	23:46:93 m	U	ROY PIRRUNG	40	WI	TAC NATIONAL CHAMPIONSHIP	GA	091888
M45-49	5 km	14:34a		STEVE LESTER	45	UT	MAGNA'S FINEST	UT	092488
M45-49	5 km	15:26.8	P	STEVE LESTER	46	UT	CARLSBAD	CA	040289
M45-49	5 km	15:03a	R	ROBERT NELSON	47	UT	QUELESSEBOUGOU	UT	091987
M45-49	8 km	25:32		BRUCE MORTENSON	45	MN	ICI - USRA MASTERS	FL	011489
M45-49	8 km	25:08a		DON COFFMAN	45	KY	GOVERNOR'S CUP	SC	100888
M45-49	10 km	30:51	U	SAL VASQUEZ	45	CA	PACIFIC SUN	CA	052785
M45-49	10 km	30:10a		STEVE LESTER	45	UT	DEMETRIO CABANILLAS RUN	UT	070488
M45-49	10 km	31:06	R	SAL VASQUEZ	45	CA	RUN FOR PARKS	CA	080485
M45-49	12 km	38:47		STEVE LESTER	45	UT	LILAC BLOOMSDAY	WA	050188
M45-49	15 km	47:28	U	SAL VASQUEZ	45	CA	ROSS VALLEY	CA	031685
M45-49	20 km	1:06:23		MIKE HEFFERNAN	45	OR	PEAR BLOSSOM	OR	041286
M45-49	25 km	1:22:24	R	DAN CONWAY	47	WI	CITY OF LAKES	MN	091486
M45-49	30 km	1:43:21		STEPHEN LESTER	45	UT	FOUNDATION	CA	111388
M45-49	30 km	1:42:33a	R	MIKE HEFFERNAN	46	OR	TWIN CITIES (SPLIT)	MN	101286
M45-49	30 km	1:41:41	U	SAL VASQUEZ	47	CA	CLARKSBURG (SPLIT)	CA	111686
M45-49	50 km	3:10:15	U	MEL WILLIAMS	46	VA	VA	VA	040184
M45-49	100 km	8:22:29	R	LARY WEBSTER	49	WA	YAKIMA VALLEY	WA	042483
M45-49	10 mi	51:41	P	SAL VASQUEZ	47	CA	CALIFORNIA 10	CA	011887
M45-49	20 mi	1:49:10a	R	JIM BOWERS	45	CA	TWIN CITIES (SPLIT)	MN	093084
M45-49	20 mi	1:49:10a	R	DAN CONWAY	45	WI	TWIN CITIES (SPLIT)	MN	093084
M45-49	20 mi	1:50:14.2	U	SAL VASQUEZ	47	CA	CLARKSBURG	CA	111686
M45-49	50 mi	5:29:44	P D	ROGER ROULLIER	47	GA	AMJA ULTRAMARATHON	IL	101385
M45-49	100 mi	14:58:34	U	DON JEWELL	46	NY	SRI CHINMOY	NY	110784
M45-49	half mar	1:09:15	R	OSCAR MOORE	45	NJ	PHILADELPHIA DIST	PA	091883
M45-49	marathon	2:25:50	U	JIM BOWERS	45	CA	HUMBOLDT REDWOODS	CA	101484
M45-49	marathon	2:21:32a	R	JIM BOWERS	45	CA	GRANDMA'S	MN	061684
M45-49	marathon	2:28:46	R	JOHN BRENNAND	45	CA	NIKE OTC	OR	091381
M45-49	12 hr	10:50:96 m	P D	STEPHEN DERENZO	46	CA	SRI CHINMOY 12 HR	CA	112888
M45-49	24 hr	20:76:73 m	U	KEN BREWER	46	AL	TAC NATIONAL CHAMPIONSHIP	GA	091888
M50-54	5 km	15:57.5		JAMES DALEY	51	NH	BUD LIGHT COUPLES	NH	091387
M50-54	5 km	15:45a	R	BILL OLRICH	52	KY	ALL FOR ONE CLASSIC	OH	101787
M50-54	8 km	25:25a	U	RAY HATTON	51	OR	THE RACE	OR	060583
M50-54	8 km	25:42	R	NORM GREEN	52	PA	TWILIGHT RIVER	PA	062784
M50-54	10 km	31:48	R	RAY HATTON	50	OR	VIKING CLASSIC	OR	052382
M50-54	12 km	40:07	U	HAL HIGDON	51	IN	OKTOBERFAST	IL	103182
M50-54	15 km	49:24	R	NORM GREEN	53	PA	CASCADE RUN OFF	OR	063085
M50-54	20 km	1:05:50	R	NORM GREEN	50	PA	TAC MASTERS	DC	052983
M50-54	25 km	1:24:12	R	NORM GREEN	51	PA	TAC MASTERS	DC	052784
M50-54	30 km	1:46:42	U	NORM GREEN	51	PA	CENTRAL PARK	NY	121783
M50-54	50 km	3:19:33	R	JOHN L SULLIVAN	50	MA	MA	DC	031382
M50-54	100 km	7:38:43	R	JOHN L SULLIVAN	50	MA	MA	IL	100382
M50-54	10 mi	52:53	R	NORM GREEN	50	PA	CHERRY BLOSSOM	DC	032783
M50-54	20 mi	1:57:25	U	JIM O'NEIL	51	CA	CLARKSBURG	CA	112876
M50-54	20 mi	1:51:44a	R	NORM GREEN	52	PA	TWIN CITIES (SPLIT)	MN	083084
M50-54	50 mi	5:35:03	R	TED CORBITT	50	NY	NY	NY	101870
M50-54	100 mi	17:19:00		DON JEWELL	50	NY	SRI CHINMOY 24 HR RUN	NY	082488
M50-54	100 mi	18:00:00	U	PHILLIP PARKER	50	AL	TAC NATIONAL CHAMPIONSHIP	GA	091888
M50-54	half mar	1:09:30	R	NORM GREEN	52	PA	PHILADELPHIA DIST	PA	091684
M50-54	marathon	2:25:46a		JIM O'NEIL	50	OH	LAS VEGAS	NV	020489
M50-54	marathon	2:29:11	R	NORM GREEN	51	PA	LINCOLN	NE	050681
M50-54	marathon	2:25:51	P	NORM GREEN	52	PA	WIGAL CHAMP	CA	120284
M50-54	marathon	2:26:06a	R	NORM GREEN	52	PA	TWIN CITIES	MN	083084
M50-54	24 hr	21:40:42 m	P	DON JEWELL	50	NY	SRI CHINMOY 24 HR	NY	082488
M55-59	5 km	17:05	P D	RON POSTON	55		STAR FESTIVAL	CA	070889
M55-59	5 km	16:09a	P	JIM BROWNFIELD	55	CA	FONTANA	CA	040487
M55-59	8 km	27:54	R	JACK ANGEL	55	OK	RAINBOW COUPLES CLASSIC	KS	071182
M55-59	8 km	26:33a	P	RAY HATTON	55	OR	THE RACE	OR	060687
M55-59	8 km	27:54	R	ROSS SMITH	55	NV	VIKING CLASSIC	OR	052283
M55-59	8 km	27:42	P	RAY HATTON	56	OR	NOT OVER THE HILL RUN	WA	071788
M55-59	10 km	33:20	P	NORM GREEN	55	PA	PACIFIC SUN	CA	053088
M55-59	10 km	33:44a	U	ALEX RATELLE	57	MN	CRESCENT CITY	LA	040482

M55-59	12 km	45:21		KONRAD BALD	57	IL	OKTOBERFAST	IL	100586
M55-59	12 km	44:35	U	ORLO KENNISTON	58	WA	RUN BETWEEN THE STATES	OR	051985
M55-59	15 km	50:45	R	NORM GREEN	55	PA	NIKE CHERRY BLOSSOM/SPLIT	DC	032788
M55-59	20 km	1:13:23	R	ROSS SMITH	55	NV	TAC MASTERS	DC	052983
M55-59	20 km	1:08:06.7		NORM GREEN	56	PA	PEAR BLOSSOM	OR	040889
M55-59	25 km	1:29:56	P	RAY HATTON	55	OR	NIKE/OTC	OR	091387
M55-59	30 km	1:57:49	R	BOB BARTLING	55	SD	SUE THOMAS	SD	092781
M55-59	30 km	1:46:33		NORM GREEN	56	PA	FOUNDATION	CA	111388
M55-59	50 km	3:56:15	U	CONRAD CARR	56	MN		MN	110781
M55-59	100 km	9:31:32	U	JAMES MAGANAS	57	MI	AMJA ULTRAMARATHON	IL	101385
M55-59	10 mi	54:28	R	NORM GREEN	55	PA	NIKE CHERRY BLOSSOM	DC	032788
M55-59	20 mi	2:04:07	U	OTHO PERKINS	55	OH	WOLFPACK	OH	033185
M55-59	50 mi	5:53:08	R	ALEX RATELLE	57	MN	AMJA ULTRAMARATHON	IL	100481
M55-59	100 mi	22:04:37	U	RICHARD COZART	58	FL	TAC NATIONAL CHAMPIONSHIP	GA	091888
M55-59	half mar	1:10:23	R	NORM GREEN	55	PA	PHILADELPHIA DISTANCE	PA	092087
M55-59	marathon	2:33:49		NORM GREEN	55	PA	LINCOLN	NE	050188
M55-59	marathon	2:27:42a	R	NORM GREEN	55	PA	TWIN CITIES	MN	101187
M55-59	marathon	2:37:40	R	ALEX RATELLE	58	MN	NIKE OTC	OR	091282
M55-59	24 hr	17:15:39 m	U	RICHARD COZART	58	FL	TAC NATIONAL CHAMPIONSHIP	GA	092488
M60-64	5 km	17:00	R	JIM O'NEIL	61	CA	CARLSBAD	CA	060186
M60-64	8 km	28:15	U	JIM O'NEIL	60	CA	EL CAJON BOULEVARD	CA	071485
M60-64	10 km	34:27	R	JIM O'NEIL	60	CA	RUN FOR PARKS	CA	080485
M60-64	12 km	47:27	R	JOE POWERS	60	IL	OKTOBERFAST	IL	100685
M60-64	12 km	44:40a	P	PATRICK DEVINE	60	CA	CALIFORNIA FEDERAL	CA	042389
M60-64	15 km	54:23	R	CLIVE DAVIES	62	OR	CASCADE RUN OFF	OR	062578
M60-64	20 km	1:17:29		PATRICK DEVINE	60	CA	PEAR BLOSSOM	OR	040889
M60-64	20 km	1:16:55	U	HUBERT MORGAN	62	PA	WYOMING VALLEY STRIDERS	PA	082384
M60-64	25 km	1:35:27	P	JIM O'NEIL	61	CA	NIKE/OTC	OR	090786
M60-64	25 km	1:36:20	R	ALEX RATELLE	62	MN	CITY OF LAKES	MN	091486
M60-64	30 km	1:59:22		PATRICK DEVINE	60	CA	SCATAC CHAMPIONSHIP	CA	021289
M60-64	30 km	2:00:41a	R	JIM O'NEIL	61	CA	TWIN CITIES (SPLIT)	MN	101286
M60-64	50 km	3:48:56	U	FRANS PAUWELS	62	OR	TAC NATIONAL	OR	041881
M60-64	50 km	3:45:55a		ALEX RATELLE	64	MN	EDMUND FITZGERALD/TAC NAT	MN	102288
M60-64	100 km	9:31:25	U	GEORGE BILLINGSLEY	60	CA	YAKIMA VALLEY	WA	042582
M60-64	10 mi	58:55	R	JOHN HOSNER	60	VA	NIKE CHERRY BLOSSOM	DC	033185
M60-64	20 mi	2:05:12	U	JIM O'NEIL	60	CA	CLARKSBURG	CA	111785
M60-64	20 mi	2:08:51a	R	JIM FORSHEE	60	MI	TWIN CITIES (SPLIT)	MN	101286
M60-64	50 mi	6:24:18	U	FRANS PAUWELS	60	OR		OR	102978
M60-64	50 mi	6:56:06	R	FRED NAGELSCHMIDT	62	CA	WEST COAST UNIVERSITY	CA	122786
M60-64	100 mi	19:59:10		ROBERT JOHNSON	62	FL	TAC NATIONAL CHAMPIONSHIP	GA	091888
M60-64	half mar	1:18:10	R	JOHN HOSNER	60	VA	PHILADELPHIA DIST	PA	091585
M60-64	marathon	2:42:44	R	CLIVE DAVIES	64	OR	PORTLAND	OR	102879
M60-64	24 hr	18:29:01 m	P	JIM MAGANAS	61	MI	TOLEDO 24 HR RUN	OH	081989
M65-69	5 km	18:26	R	ANTHONY NAPOLI	65	NY	JP BULLFEATHERS	NY	082986
M65-69	8 km	29:45	R	CLIVE DAVIES	67	OR	VIKING CLASSIC	OR	0522



Continued from previous page

M75-79	5 km	21:11.1	R	ED BENHAM	76	MD	TAC MASTERS	FL	020584
M75-79	8 km	34:20.5	R	ED BENHAM	78	MD	PREGO NAT'L TAC MASTERS	NY	082985
M75-79	10 km	43:24	R	ED BENHAM	75	MD	DIABETES DERBY	DC	062583
M75-79	12 km	1:06:34	R	ED BENHAM	75	MD		DC	100382
M75-79	12 km	1:03:58a	P	MEL SHINE	79	CA	HOULIHANS	CA	041088
M75-79	15 km	1:06:34	R	ED BENHAM	75	MD	TAC NATIONAL MASTERS	DC	100382
M75-79	20 km	1:30:10	R	ED BENHAM	75	MD	TAC MASTERS	DC	052983
M75-79	25 km	1:56:18	R	ED BENHAM	75	MD		NC	110682
M75-79	30 km	2:28:00	R	ED BENHAM	78	MD	NATIONAL TAC	TX	120785
M75-79	50 km	5:03:38	R	ED BENHAM	77	MD		DC	102384
M75-79	10 mi	1:12:13	R	ED BENHAM	76	MD	CHERRY BLOSSOM	DC	040184
M75-79	10 mi	1:12:11	U	ED BENHAM	78	MD	PENTAGON	DC	101385
M75-79	20 mi	2:42:38	U	ED BENHAM	77	MD	GREENBELT	MD	122284
M75-79	50 mi	11:22:44	R	BEN MOSTOW	78	IL	AMJA ULTRAMARATHON	IL	100481
M75-79	half mar	1:37:51	R	ED BENHAM	75	MD	COLONIAL	VA	031383
M75-79	marathon	3:34:42	R	ED BENHAM	76	MD	MARINE CORPS	DC	110683
M75-79	marathon	3:33:27	P	ED BENHAM	77	MD	WIGAL CHAMP	CA	120284
M80-84	5 km	22:26	P	ED BENHAM	80	MD	UIC GERIATRIC RESEARCH	IL	041788
M80-84	5 km	25:01.4	R	JOHN OVERTON	81	AZ	SOCK-IT-TO-ME	AZ	072687
M80-84	8 km	36:35	R	ED BENHAM	81	MD	SHAMROCK	AZ	031889
M80-84	8 km	40:09	R	JOHN OVERTON	81	AZ	LOVE RUN	AZ	102587
M80-84	10 km	45:28	R	ED BENHAM	80	MD	ASBURY PARK	NJ	080887
M80-84	12 km	1:03:55a	P	MEL SHINE	80	CA	DOME TO DELTA	CA	042989
M80-84	12 km	1:09:05	U	CYRIL WOODS	81	OR	RUN BETWEEN THE STATES	OR	050583
M80-84	15 km	1:10:23	R	ED BENHAM	80	MD	NIKE CHERRY BLOSSOM SPLIT	DC	052188
M80-84	15 km	1:08:37	R	ED BENHAM	81	MD	NIKE CHERRY BLOSSOM SPLIT	DC	040289
M80-84	15 km	1:07:00a	P	ED BENHAM	81	MD	GREAT ALLEGANY	MD	100888
M80-84	20 km	1:33:56	R	ED BENHAM	81	MD	PEAR BLOSSOM	OR	040889
M80-84	25 km	2:23:43	R	MAX POPPER	80	NY	MARATHON TUNE UP	NY	100283
M80-84	10 mi	1:15:25	R	ED BENHAM	80	MD	NIKE CHERRY BLOSSOM	DC	032788
M80-84	10 mi	1:13:23	R	ED BENHAM	81	MD	NIKE CHERRY BLOSSOM	DC	040289
M80-84	50 mi	12:13:35	U	BEN MOSTOW	80	IL	AMJA ULTRAMARATHON	IL	100283
M80-84	half mar	1:59:21	U	MAX POPPER	80	NY	HISPANIC	NY	082883
M80-84	half mar	1:40:30	R	ED BENHAM	81	MD	CITRUS BOWL	FL	121088
M80-84	marathon	3:43:27a	R	ED BENHAM	80	MD	TWIN CITIES	MN	101187
M80-84	marathon	4:50:00	U	PAUL SPANGLER	81	CA	AVENUE OF GIANTS	CA	050480
M80-84	marathon	4:53:11	R	PAUL SPANGLER	84	CA	SAN FRANCISCO	CA	072483
M85-89	5 km	32:55	P	MAX POPPER	85	NY	POST RAISIN BRAN	NY	091888
M85-89	8 km	47:03	U	PAUL SPANGLER	85	CA	FIFTY-PLUS RUNNERS	CA	031785
M85-89	10 km	58:50	R	PAUL SPANGLER	85	CA	SOUTHEASTERN MASTERS	NC	050384
M85-89	15 km	1:32:00	R	PAUL SPANGLER	85	CA	RUN AGAINST CRIME	TX	101384
M85-89	20 km	2:07:49	U	PAUL SPANGLER	85	CA	CAPITOL CITY CLASSIC	CA	032584
M85-89	30 km	4:39:30	R	PAUL SPANGLER	86	CA	FOUNDATION	CA	111388
M85-89	20 mi	3:44:31	U	PAUL SPANGLER	86	CA	CLARKSBURG	CA	111785
M85-89	half mar	2:26:46	P	MAX POPPER	85	NY	BROOKLYN	NY	031289
M85-89	marathon	5:21:51	P	PAUL SPANGLER	85	CA	WIGAL CHAMP	CA	120284
M90+over	5 km	45:41	P	HERB KIRK	90	MT	GOVERNOR'S CUP	MT	053186
M90+over	8 km	58:35.2	R	PAUL SPANGLER	90	CA	FIFTY PLUS	CA	031989
M90+over	12 km	1:08:59a	P	PRENTIS RAGLAND	91	KY	RIVER ARTS FESTIVAL	IN	051389
M90+over	marathon	4:25:27a	P D	ARTHUR CABRAL	90	CA	SAN FRANCISCO AUDI	CA	071987

## MASTERS LONG DISTANCE RUNNING : WOMEN'S ROAD RECORDS

AGE GROUP	DISTANCE	MARK	CODE	ATHLETE NAME	AGE	ST	RACE NAME	ST	R DATE
F40-44	5 km	16:54.5		LAURIE BINDER	41	CA	CARLSBAD	CA	040289
F40-44	5 km	16:58.6	R	BARBARA FILUTZE	41	PA	FREDONIA	PA	071587
F40-44	8 km	28:41	R	JUDY FOX	40	CA		CA	010481
F40-44	8 km	27:54		GABRIELE ANDERSEN	43	ID	ICI - USRA MASTERS	FL	011489
F40-44	10 km	34:32	R	GABRIELE ANDERSEN	40	ID	AZALEA TRAIL	AL	030886
F40-44	10 km	33:41a	R	BARBARA FILUTZE	41	PA	THE GREAT RACE	PA	092787
F40-44	10 km	34:24		GABRIELE ANDERSEN	43	ID	RED LOBSTER	FL	031189
F40-44	12 km	44:28	R	BOBBI ROTHMAN	41	FL	LILAC BLOOMSDAY	WA	050387
F40-44	15 km	52:40	R	LAURIE BINDER	40	CA	GASPARILLA	FL	021388
F40-44	15 km	52:22		LAURIE BINDER	41	CA	GASPARILLA	FL	021189
F40-44	20 km	1:15:28.1	P	NANCY MIESCZAK	40	NY	NEW HAVEN	CT	090489
F40-44	20 km	1:18:15.6	R	GABRIELE ANDERSEN	41	ID	ELBY'S DISTANCE CLASSIC	WY	052387
F40-44	25 km	1:38:22	P D	TERRY MAHR	40	OH	OLD KENT RIVER BANK	MI	051389
F40-44	25 km	1:39:11	R	KAREN LANTERMAN	40	CA	PA-TAC	CA	072284
F40-44	30 km	1:58:57		NANCY OSHIER	40	NY	FOUNDATION	CA	111388
F40-44	30 km	1:56:37a	R	GABRIELE ANDERSEN	41	ID	TWIN CITIES (SPLIT)	MN	101286
F40-44	50 km	3:44:32		JAN KREUZ	41	OH	WOLFPACK FALL CLASSIC	OH	103088
F40-44	50 km	3:58:42	R	VICKI JOHNSON	41	TN	ULTRA DISTANCE CLASSIC	FL	121584
F40-44	100 km	9:10:39	U	LYDI PALLARES	40	FL		FL	122779
F40-44	100 km	9:43:03	R	VICKI JOHNSON	41	TN	ULTRA DISTANCE CLASSIC	FL	121584
F40-44	100 km	9:37:53		SUE ELLEN TRAPP	43		SRI CHINMOY 24 HR/TAC NAT	NY	091789
F40-44	10 mi	58:28	R	CINDY DALRYMPLE	41	NY	CHERRY BLOSSOM	DC	032783
F40-44	10 mi	58:00		LAURIE BINDER	42	CA	BOBBY CRIM	MI	082689
F40-44	20 mi	2:12:12	U D	NELLY WRIGHT	40		CLARKSBURG	CA	111686
F40-44	20 mi	1:59:17a	R	GABRIELE ANDERSEN	40	ID	TWIN CITIES (SPLIT)	MN	100685
F40-44	50 mi	6:19:05		JAN KREUZ	41	OH	WOLFPACK 50 MILE	OH	040989
F40-44	50 mi	6:24:19	R	SANDRA KIDDY	44	CA	YAKIMA VALLEY	WA	050381
F40-44	100 mi	17:58:13	U	KAY MOORE	42	CO	SRI CHINMOY	NY	110784
F40-44	100 mi	16:04:21		SUE ELLEN TRAPP	43		SRI CHINMOY 24 HR/TAC NAT	NY	091789
F40-44	half mar	1:16:00	R	BARBARA FILUTZE	40	PA	PHILADELPHIA DIST	PA	091486
F40-44	marathon	2:42:29	P	LAURIE BINDER	40	CA	PITTSBURGH/OLYMPIC TRIALS	PA	050188
F40-44	marathon	2:37:13a	R	GAIL LADAGE SCOTT	41	CO	ST GEORGE	UT	100387
F40-44	12 hr	122310 m		SUE ELLEN TRAPP	43		SRI CHINMOY/TAC NATIONAL	NY	091789
F40-44	24 hr	220255 m		SUE ELLEN TRAPP	43		SRI CHINMOY/TAC NATIONAL	NY	091789
F45-49	5 km	18:44	P	HAROLENE WALTERS	45	CA	HEART OF THE CITY	CA	062988
F45-49	5 km	18:11a	P	HAROLENE WALTERS	45	CA	ROUND ORANGE	CA	041088
F45-49	8 km	28:35	U	SHIRLEY MATSON	45	CA	MOVING COMFORT	CA	101986
F45-49	10 km	36:18a	R	SHIRLEY MATSON	45	CA	PEACHTREE	GA	070486
F45-49	10 km	35:44a		SHIRLEY MATSON	47	CA	WOMEN'S PATAC (HOYS)	CA	090488
F45-49	10 km	36:29	R	MILA KANIA	49	NY	MONTE CARLO	NJ	100580

F45-49	12 km	46:45	R	MAUREEN BIXBY	45	OK	CONSTITUTION 200	OK	091287
F45-49	12 km	44:34a	P	JOAN COLMAN	45	CA	DOME TO DELTA	CA	042989
F45-49	15 km	55:51	R	SHIRLEY MATSON	45	CA	CASCADE RUN OFF	OR	062986
F45-49	20 km	1:19:08	R	ANNE BING	45	CT	NEW HAVEN	CT	090384
F45-49	25 km	1:38:50	R	KAREN SCANNELL	45	CA	PA-TAC	CA	072284
F45-49	30 km	2:04:11	U	JOAN ULLYOT	46	CA	CLARKSBURG (SPLIT)	CA	111686
F45-49	30 km	2:05:12a	R	JOAN ULLYOT	46	CA	TWIN CITIES (SPLIT)	MN	101286
F45-49	30 km	1:59:25		SHIRLEY MATSON	48	CA	FOUNDATION	CA	111388
F45-49	50 km	3:32:34	R	SANDRA KIDDY	47	CA	ULTRA DISTANCE CLASSIC	FL	121783
F45-49	100 km	7:59:59	R	SANDRA KIDDY	45	CA	AMJA ULTRAMARATHON	IL	100382
F45-49	10 mi	1:01:12	P	SHIRLEY MATSON	45	CA	BREAKERS/MISSION BEACH	CA	042486
F45-49	20 mi	2:11:42	P D	KATHY CULLA	45		MIKE HANNON	NY	022287
F45-49	20 mi	2:11:26a	R	KAREN SCANNELL	46	CA	TWIN CITIES (SPLIT)	MN	093084
F45-49	50 mi	6:09:09	R	SANDRA KIDDY	47	CA	WOLFPACK	OH	040184
F45-49	100 mi	15:12:54	R	SANDRA KIDDY	49	CA	ULTRA DISTANCE CLASSIC	FL	121485
F45-49	half mar	1:20:26	U	SHIRLEY MATSON	45	CA	NIKE SAN FRANCISCO	CA	120885
F45-49	half mar	1:24:07	R	DOROTHY STOCK	47	CA	CORONADO	CA	070480
F45-49	marathon	2:53:01	P	HAROLENE WALTERS	45	CA	PHOENIX	AZ	010988
F45-49	marathon	2:53:22	R	SANDRA KIDDY	45	CA	SAN FRANCISCO	CA	071182
F45-49	marathon	2:47:40a	R	JOAN ULLYOT	48	CA	ST GEORGE	UT	100188
F45-49	12 hr	127,777m	R	SANDRA KIDDY	49	CA	ULTRA DISTANCE CLASSIC	FL	121485
F50-54	5 km	18:18	R	GINA FAUST	50	CA	CARLSBAD	CA	072687
F50-54	8 km	30:47	U	MARION IRVINE	54	CA	WILLY'S ROAD RACE	CA	011484
F50-54	10 km	37:43	R	MARION IRVINE	52	CA	PACIFIC SUN	CA	053182
F50-54	12 km	47:17a	P	GINA FAUST	52	CA	CALIFORNIA FEDERAL	CA	042389
F50-54	12 km	49:51	R	WILMA PARKER	53	WA	LILAC BLOOMSDAY	WA	050387
F50-54	15 km	57:52	U	MARION IRVINE	54	CA	AVON	CA	040884
F50-54	20 km	1:22:36	R	GINA FAUST	50	CA	SCATAC CHAMPSHP/VALENCIA	CA	021488
F50-54	25 km	1:45:14	R	MARGARET MILLER	54	CA	SPA CHAMPIONSHIP	CA	030280
F50-54	30 km	2:09:32		GINA FAUST	51	CA	FOUNDATION	CA	111388
F50-54	30 km	2:13:51	R	ANNY STOCKMAN	53	NY	NATIONAL TAC	TX	120785
F50-54	50 km	4:15:12	U	MATILEE CHRISTMAN	53	IL	RUNNING CENTRAL	IL	123084
F50-54	100 km	10:58:31	R	JOAN BAKER	50	TN	ULTRA DISTANCE CLASSIC	FL	121485
F50-54	100 km	10:34:15	U	MARTY MARICLE	52			CA	041986
F50-54	100 km	9:43:27a	R	MAE HORNS	54	MN	EDMUND FITZGERALD/TAC NAT	MN	102288
F50-54	10 mi	1:03:46	R	MARION IRVINE	53	CA	CALIFORNIA 10	CA	010983
F50-54	10 mi	1:02:59	U	MARION IRVINE	54	CA	CALIFORNIA 10	CA	010684
F50-54	20 mi	2:22:41	U	RUTH ANDERSON	50	CA	CLARKSBURG	CA	111879
F50-54	20 mi	2:28:15a	R	WEN-SHI YU	51	NY	TWIN CITIES (SPLIT)	MN	101286
F50-54	50 mi	7:10:58	U	RUTH ANDERSON	50	CA	KINGWOOD	TX	021780
F50-54	50 mi	8:24:00a	R	MAE HORNS	52	MN	EDMUND FITZGERALD	MN	102586
F50-54	half mar	1:23:16	R	MARION IRVINE	52	CA	HAYWARD	CA	102581
F50-54	marathon	2:52:02	R	MARION IRVINE	54	CA	WOMEN'S OLYMPIC TRIALS	WA	051284
F50-54	marathon	2:51:01a	U	MARION IRVINE	54	CA	SACRAMENTO	CA	120483
F50-54	24 hr	135134 m	U	HELEN REED	52	TN	TAC NATIONAL CHAMPIONSHIP	GA	091888
F55-59	5 km	20:08.1	U	MARGARET MILLER	59	CA	WESTLAKE FLORIST	CA	051985
F55-59	8 km	32:10	R	MARGARET MILLER	58	CA	MCDONALDS MCCLASSIC	CA	111884
F55-59	10 km	39:59	U	MARGARET MILLER	55	CA	BEVERLY HILLS PERRIER	CA	120681
F55-59	12 km	52:57		MELBA HATCH	57	MI	OCTOBERFAST	IL	100685
F55-59	12 km	52:03a	P	MARION IRVINE	58	CA	HOULIHAN'S	CA	041088
F55-59	15 km	1:03:28	R	MARGARET MILLER	58	CA	RUN AGAINST CRIME	TX	101384
F55-59	20 km	1:29:22	R	MARGARET MILLER	58	CA	CAPITOL CITY CLASSIC	CA	032584
F55-59	25 km	1:52:46	R	MARY STOREY	55	CA	SPA CHAMPIONSHIP	CA	030280
F55-59	25 km	1:46:37	U	MARGARET MILLER	58	CA	SPA-TAC	CA	092384
F55-59	30 km	2:19:00	U	HELEN DICK	55	CA	AVON	CA	051080
F55-59	30 km	2:27:34	U	RUTH ANDERSON	57	CA	CLARKSBURG (SPLIT)	CA	111686
F55-59	50 km	5:01:12	P	MATILEE CHRISTMAN	56	IL	AMJA ULTRA	IL	100487
F55-59	50 km	5:34:03	R	ADELE MILICEVIC	59	AZ		AZ	010486
F55-59	100 km	10:55:00	U	RUTH ANDERSON	56	CA		CA	041986
F55-59	10 mi	1:08:50		TOSHIO D'ELIA	56	NJ	NIKE CHERRY BLOSSOM	DC	040686
F55-59	10 mi	1:04:42	P	MARION IRVINE	57	CA	CALIFORNIA 10	CA	011887
F55-59	20 mi	2:30:25	D	JANET GLASSMAN	56	PA	MIKE HANNON	NY	022485
F55-59	20 mi	2:29:53a	R	TOSHIO D'ELIA	56	NJ	TWIN CITIES (SPLIT)	MN	101286
F55-59	50 mi	8:51:18	U	RUTH ANN BORTZ	59	CA		CA	021686
F55-59	half mar	1:28:42	R	MARGARET MILLER	58	CA	SANTA MONICA	CA	082684
F55-59	marathon	3:07:21	R	MARGARET MILLER	56	CA	SAN FRANCISCO	CA	071182
F60-64	5 km	20:32.6	U	MARGARET MILLER	60	CA	WESTLAKE	CA	033086
F60-64	8 km	34:58	R	HELEN DICK	60	CA	CONEJO/WESTLAKE VILLAGE	CA	072185
F60-64	8 km	34:13	U	HELEN DICK	61	CA	WOMEN ON THE RUN	CA	111785
F60-64	10 km	40:57	U	HELEN DICK	60	CA	TOM SULLIVAN	CA	031785
F60-64	10 km	43:55	R	HELEN DICK	60	CA	LA OPINION	CA	091684
F60-64	12 km	1:02:44	R	JOSEPHINE MILES	60	IL	OCTOBERFAST	IL	090787
F60-64	12 km	56:02a	P	HELEN DICK	64	CA	CALIFORNIA FEDERAL	CA	042389
F60-64	15 km	1:07:08		WHAYONG SEMER	60	OH	GASPARILLA	FL	021189
F60-64	15 km	1:11:56	R	MARY STOREY	60	CA	RUN AGAINST CRIME	TX	101384
F60-64	20 km	1:29:08	P	MARGARET MILLER	60	CA	VALENCIA	CA	032386
F60-64	25 km	2:03:41	R	MARY STOREY	60	CA	PA-TAC	CA	072284
F60-64	30 km	2:21:32a	R	MARGARET MILLER	60	CA	TWIN CITIES (SPLIT)	MN	101286
F60-64	30 km	2:40:40	U	MARY STOREY	62	CA	CLARKSBURG (SPLIT)	CA	111686
F60-64	50 km	5:00:29	U	JOSEPHINE HESS	64	WA	YAKIMA VALLEY	WA	042582
F60-64	100 km	13:01:43	R	HELEN KLEIN	60	KY	AMJA ULTRAMARATHON	IL	100283
F60-64	10 mi	1:10:17	R	HELEN DICK	60	CA	MONTY MONTGOMERY	CA	061685
F60-64	20 mi	2:32:16a	R	MARGARET MILLER	60	CA	TWIN CITIES (SPLIT)	MN	101286
F60-64	20 mi	2:54:00	U	MARY STOREY	62	CA	CLARKSBURG	CA	111686
F60-64	50 mi	9:01:38	U	HELEN KLEIN	60	CA	JEDIDIAH SMITH	CA	021984
F60-64	half mar	1:35:02	U	HELEN DICK	60	CA	TROPICANA	NV	040485
F60-64	half mar	1:39:01	R	HELEN DICK	60	CA	SANTA MONICA	CA	082684
F60-64	marathon	3:15:30	R	HELEN DICK	60	CA	AMERICA'S	IL	102184
F65-69	5 km	21:35	P	OLBA MOROFSKI	65	NY	POST RAISIN BRAN	NY	091888
F65-69	5 km	24:24	R	ELLEN MCCOY	67	MN	HOMECOMING	MN	101787
F65-69	8 km	39:33	R	EDNA LAFUN	65	AZ	KOY SUMMER SERIES	AZ	082783
F65-69	8 km	37:51a	U	PATRICIA DIXON	66	OR	THE RACE III	OR	060285
F65-69	10 km	47:55	R	KAY ATKINSON	65	CA	PACIFIC SUN	CA	053182
F65-69	12 km	1:01:08	R	ALGENE WILLIAMS	69	IL	OCTOBERFAST	IL	100685
F65-69	15 km	1:17:06.3	R	PATRICIA DIXON	68	OR	CASCADE RUN OFF	OR	062887
F65-69	20 km	1:42:50	P	JACLYN CASELLI	67	CA	OAKLAND DOUBLE	CA	062688



## LDR Records (Continued from page 31)

F85-89	20 km	1:44:38	P	PATRICIA DIXON	67	OR	PEAR BLOSSOM	OR 041288
F85-89	25 km	2:10:56	U	GERRY DAVIDSON	65	CA	MISSION BAY	CA 122888
F85-89	30 km	2:48:18	U	JACLYN CASELLI	65	CA	CLARKSBURG (SPLIT)	CA 111686
F85-89	30 km	2:47:51	U	EDNA LAFLIN	65	AZ	CLARKSBURG	AZ 102983
F85-89	50 km	5:11:50	U	JOSEPHINE HESS	65	WA	YAKIMA VALLEY	WA 042483
F85-89	10 mi	1:20:22	R	HARRIET WEVER	65	MI	NIKE CHERRY BLOSSOM	DC 040587
F85-89	20 mi	3:02:01	U	JACLYN CASELLI	65	CA	CLARKSBURG	CA 111686
F85-89	half mar	1:58:31		MARGARET WRIGHT	65	SC	SAVANNAH	GA 011787
F85-89	half mar	2:00:32	R	MARGARET WRIGHT	65	SC	THE ISLAND	SC 021386
F85-89	half mar	1:47:56a	R	JOSEPHINE HESS	67	WA	PORTLAND(SPLIT)	OR 082985
F85-89	marathon	3:48:26	U	MARCIE TRENT	65	AK	GLACIER	AK 050883
F85-89	marathon	3:47:24a	R	MARCIE TRENT	65	AK	BOSTON	MA 041883
F70-74	5 km	24:53	R	ALGENE WILLIAMS	71	IL	PARK RIDGE CHARITY	IL 082287
F70-74	8 km	38:25		HEDY MARQUE	71	VA	NIKE WOMEN'S RACE	DC 051489
F70-74	8 km	47:57	R	BESS JAMES	74	CA	MOVING COMFORT	CA 100883
F70-74	10 km	50:00.3	P	PAT DIXON	70	OR	TRACK CAPITAL CLASSIC	OR 051389
F70-74	12 km	1:01:57	R	ALGENE WILLIAMS	70	IL	OKTOBERFAST	IL 100586
F70-74	15 km	1:28:03	U	JUDY SIMON	70	CA	SUE KRENN	CA 030186
F70-74	15 km	1:22:35a		HEDY MARQUE	70	VA	GEORGE WASHINGTON PARK	VA 042488
F70-74	15 km	1:30:12		JOSEPHINE HESS	71	WA	CASCADE RUN OFF	OR 051889
F70-74	15 km	1:31:29	R	ANNE CLARKE	71	IL		IL 081681
F70-74	20 km	1:46:21		PAT DIXON	70	OR	PEAR BLOSSOM	OR 040889
F70-74	25 km	2:28:29	U	ANNE CLARKE	73	IL	TAC NATIONAL	IL 082883
F70-74	25 km	2:51:54	R	BESS JAMES	73	CA		CA 091982
F70-74	30 km	3:40:33a	R	VEALLON HIXSON	74	AZ	MAGICAL	AZ 103082
F70-74	10 mi	1:25:33.2	R	ALGENE WILLIAMS	71	IL	VALLEY FOX TROT	IL 052587
F70-74	20 mi	3:25:59	U	MAVIS LINDGREN	71	CA	CLARKSBURG	CA 111978
F70-74	half mar	1:58:27	R	MARCIE TRENT	70	AK	GLACIER	AK 052888
F70-74	marathon	4:11:54a		MARCIE TRENT	70	AK	NAPA VALLEY	CA 031388

## Best Road Race Performances by Males 35+ years in 1989 - Preliminary List

M35-39	Distance	Time	AdjTime	Race	Date
Joe Nzau	10K	28:09a	28:09	Crescent City Classic	04/15
Joe Nzau	15K	43:41	28:20	Cascade Run Off	06/18
Joe Nzau	10K	29:29	28:29	Revco-Cleveland	05/21
Nick Rose	12K	35:38a	29:20	Arts Festival Run	05/13
Doug Kurtis	HMAR	1:05:07a	29:22	Dexter/Ann Arbor	05/27
M40-44					
John Campbell	10K	29:04	29:04	MDA-Boston Milk Run	04/09
John Campbell	MARA	2:14:19a	29:20	Boston	04/17
Wilson Waigwa	7.1M	34:01a	29:25	Falmouth Road Race	08/20
John Campbell	10K	29:25	29:25	Azalea Trail Run	03/18
Ken Frenette	HMAR	1:05:13	29:25	Philadelphia Distance	09/17
M45-49					
Victor Mora	15K	46:40	30:16	River Run	03/04
Antonio Villanueva	10K	30:51	30:51	Red Lobster Classic	03/11
Allan Rushmer	4M	19:42	31:31	Steamboat Classic	06/17
Allan Rushmer	10K	31:33	31:33	Gum Tree	05/13
Bruce Mortenson	25K	1:23:52	31:34	City Of Lakes	09/10
M50-54					
Roger Robinson	15K	49:43	32:15	Cascade Run Off	06/18
Jim O'Neill	MARA	2:25:46	32:17	Las Vegas	02/04
Jim O'Neill	25K	1:26:03	32:23	Old Kent River Run	05/13
Jim O'Neill	10M	53:53	32:25	Bobby Crim	08/26
Jim O'Neill	8K	25:47	32:43	Downriver Treadmill	
M55-59					
Norm Green	20K	1:08:07	32:31	Pear Blossom Run	04/08
Norm Green	10M	54:40	32:53	Nike Cherry Blossom	04/02
Norm Green	HMAR	1:14:07	33:26	Parkersburg Homecoming	08/19
Norm Green	15K	51:57	33:42	Gasparilla Distance	02/11
Norm Green	10K	33:57	33:57	Asbury Park Classic	08/12
M60-64					
Alex Ratelle	10K	36:28	36:28	Victory	09/04
Joe Fernandez	10K	36:39	36:39	MDA-Boston Milk Run	04/09
Edward Stabler	25K	1:37:25	36:40	Coldwell Banker Run	10/01
James Forshee	10M	1:01:31	37:00	Bobby Crim	08/26
Patrick Devine	20K	1:17:30	37:00	Pear Blossom Run	04/08
M65-69					
Alex Ratelle	15K	57:22	37:13	Minnesota Masters	09/24
Warren Utes	10M	1:02:07	37:22	Park Forest Scenic	09/04
Warren Utes	10K	38:31	38:31	St. Francis Twin Class	06/04
Warren Utes	10K	38:41	38:41	Gargoyle Gallop	05/07
Warren Utes	5M	30:46	38:48	Shamrock Shuffle	03/12
M70-74					
Charles Ishimaru	15K	1:02:49	40:45	Cascade Run Off	06/18
Vince Carnevale	5M	34:55	44:02	Central Park	03/05
Austin Newman	10K	44:41	44:41	Asbury Park Classic	08/12
Eddie Lewin	HMAR	1:39:13	44:48	McDonald's Lakewood	02/05
Vince Carnevale	HMAR	1:39:30	44:53	Brooklyn	03/12
M75-79					
Dudley Healy	10K	47:59	47:59	Asbury Park Classic	08/12
Arthur Ballou	10K	50:47	50:47	Don't Break/Heart	05/14
Arthur Ballou	10K	50:50	50:50	MDA-Boston Milk Run	04/09
Vernon Geary	10M	1:25:01	51:09	Nike Cherry Blossom	04/02
Vernon Geary	10K	54:25	54:25	Asbury Park Classic	08/12
M80-84					
Ed Benham	10M	1:13:23	44:09	Nike Cherry Blossom	04/02
Ed Benham	15K	1:08:37	44:31	Nike Cherry Blossom	04/02
Ed Benham	20K	1:33:56	44:50	Pear Blossom Run	04/08
Ed Benham	8K	36:35	46:26	Shamrock	03/18
Ed Benham	20K	1:38:11	46:52	Bethesda Chase	03/05
M85-89					
Max Popper	10K	1:05:51	1:05:51	Asbury Park Classic	08/12
Max Popper	HMAE	2:26:46	1:06:12	Brooklyn	03/12
Max Popper	10K	1:10:02	1:10:02	North Wind	01/14
Max Popper	5K	33:29	1:10:07	You Gotta Have Park	05/20
Max Popper	8K	58:42	1:14:30	MHT Season Opener	01/08
M90+					
Paul Spangler	8K	59:36	1:15:37	Fifty Plus Runners	03/19
Herbert Kirk	5K	50:58	1:46:44	Governor's Cup	06/13

F70-74	marathon	4:37:37	R	MAVIS LINDGREN	72	CA	NIKE UTC	OR 080979
F70-74	marathon	4:34:08a	U	MAVIS LINDGREN	73	CA	NAPA VALLEY	CA 030881
F75-79	5 km	27:16.1	R	ANNE CLARKE	77	IL	PARK RIDGE CHARITY	IL 082287
F75-79	8 km	48:29	R	BESS JAMES	75	CA	MOVING COMFORT	CA 100884
F75-79	8 km	47:18	P	ANNE CLARKE	78	IL	OAK LAWN ROTARY RUN	IL 080186
F75-79	10 km	54:58	U	LEONA LUGERS	77	MI	TUNNEL PARK	MI 090884
F75-79	10 km	53:08	P D	LAURA HANRAHAN	78		SEAL BEACH	CA 040288
F75-79	12 km	1:08:21	R	ANNE CLARKE	78	IL	OKTOBERFAST	IL 100685
F75-79	15 km	1:29:33	R	ANNE CLARKE	75	IL	GASPARILLA	FL 020885
F75-79	20 km	1:52:57	U	LEONA LUGERS	77	MI	TULIP TIME	MI 052684
F75-79	25 km	2:43:42.2	P	ANNE CLARKE	77	IL	DEERBROOKS	IL 082087
F75-79	25 km	2:48:47.61	R	LEONA LUGERS	79	MI	OLD KENT RIVER BANK	MI 051086
F75-79	30 km	4:04:24		BESS JAMES	79	CA	SCATAC CHAMPIONSHIP	CA 021289
F75-79	10 mi	1:34:09	U	ANNE CLARKE	75	IL	VALLEY FOX TROT	IL 052785
F75-79	10 mi	1:37:04	R	ANNE CLARKE	75	IL	SCENIC 10	IL 090285
F75-79	half mar	2:26:24	R	ANNE CLARKE	77	IL	CLUB NORTH SHORE	IL 061487
F75-79	half mar	2:14:19a	P	BESS JAMES	77	CA	FONTANA	CA 040487
F75-79	half mar	2:22:38	P	ANNE CLARKE	78	IL	MARCH MADNESS	IL 032088
F75-79	marathon	4:56:30	R	MAVIS LINDGREN	75	CA	PORTLAND	OR 100383
F75-79	marathon	4:41:45a	U	IDA MINTZ	75	IL	LAKE CO HEART RUN	IL 042681
F80-84	5 km	37:38	P	IDA MINTZ	82	IL	UIC / GERIATRIC RESEARCH	IL 041788
F80-84	8 km	59:47	R	IDA MINTZ	80	AZ	CINCO DE MAYO	AZ 043083
F80-84	8 km	55:07.3		EDITH ENOS	83	NJ	FIFTY PLUS RUNNERS	CA 031989
F80-84	10 km	56:14	P	LEONA LUGERS	80	MI	TULIP CITY	MI 050287
F80-84	15 km	1:39:44	R	RUTH ROTHFARB	80	FL	AVON	AZ 112281
F80-84	20 km	2:26:34	U	RUTH ROTHFARB	80	FL	AVON	DC 030682
F80-84	30 km	4:13:32		MAVIS LINDGREN	81	CA	FOUNDATION	CA 111333
F80-84	half mar	2:30:41	U	RUTH ROTHFARB	80	MA	AVON	NY 082681
F80-84	marathon	5:28:33	R	RUTH ROTHFARB	80	FL	ORANGE BOWL	FL 011682
F80-84	marathon	5:10:04a	R	IDA MINTZ	80	IL	AMERICA'S	IL 102085
F85-89	half mar	3:23:06	P	MARY AMES	85	CA	VALLEY OF THE FLOWERS	CA 061983
F85-89	5 km	37:32a	P	MARY AMES	85	CA	FONTANA DAYS	CA 041688
F85-89	5 km	43:00.0		RUTH ROTHFARB	87	FL	FREIHOFFER'S WOMEN'S	NY 060389
F85-89	10 km	1:18:15	P	RUTH ROTHFARB	85	MA	BERKSHIRE	MA 091486
F85-89	marathon		P	RUTH ROTHFARB	85	MA	MARINE CORPS	DC 100286

## Best Road Race Performances by Females 35+ years in 1989 - Preliminary List

W35-39					
Grete Waitz	10K	33:21	33:21	Cherry Blossom Chaser	04/09
Magda Ilands	MARA	2:38:03	33:48	Houston Tenneco	01/15
Karen Miles	10K	35:04	35:04	Red Lobster Classic	03/11
Sandra Mewett	8K	27:37	35:04	Nike Women's Race	05/14
Nancy Grayson	10K	35:07	35:07	Springfest Road Race	05/11
W40-44					
Priscilla Welch	10M	55:18	33:13	Bobby Crim	08/26
Priscilla Welch	10K	33:19	33:19	Red Lobster Classic	03/11
Grazielle Striuli	MARA	2:36:42	33:30	Pittsburgh	05/07
Priscilla Welch	8K	26:26	33:34	Nike Women's Race	05/14
Priscilla Welch	15K	51:53	33:37	Cascade Run Off	06/18
W45-49					
Joan Colman	12K	44:34a	36:41	Dome To Delta	04/29
Rita Uebelhor	12K	45:21a	37:19	Arts Festival Run	05/13
C Tattersall	10M	1:02:57	37:49	Nike Cherry Blossom	04/02
Susan Weisbrod	10M	1:03:39	38:14	Bobby Crim	08/26
Harolene Walters	MARA	2:54:11	38:15	Las Vegas	02/04
W50-54					
Gina Faust	5K	18:47	39:23	Freihofer's Run	06/03
Gina Faust	12K	47:17	39:25	California Federal	04/23
Gina Faust	HMAR	1:27:26	39:26	McDonald's Lakewood	02/05
Sandra Kiddy	MARA	3:02:33	40:02	Las Vegas	02/04
Gina Faust	10M	1:06:52	40:10	Bobby Crim	08/26
W55-59					
Marion Irvine	8K	33:54	43:03	Nike Women's Race	05/14
Toshiko D'Elia	10K	43:45	43:45	North Wind	01/15
Marion Irvine	5K	20:53	43:48	Run To The Lake Stride	06/25
Gloria Brown	10K	44:03	44:03	Revco-Cleveland	05/21
Rosa Nales	HMAR	1:37:41	44:03	Brooklyn	03/12
W60-64					
Whayong Semer	15K	1:07:08	43:30	Gasparilla Distance	02/11
Whayong Semer	10M	1:12:55	43:49	Bobby Crim	08/26
Laura Sabo	25K	2:02:19	45:56	Old Kent River Run	05/13
Whayong Semer	5K	22:11	46:32	Edison Pageant of Light	02/18
Helen Dick	12K	56:02	46:37	California Federal	04/23
W65-69					
Raye Johnson	5K	23:15	48:45	Carlsbad 5000	04/02
Raye Johnson	5K	23:24	49:05	Heart Run	02/12
Loretta Shehan	25K	2:12:57	49:55	Coldwell Banker Run	10/01
Jaclyn Caselli	5M	39:39	50:02	Fujitsu	06/17
Loretta Shehan	10M	1:23:28	50:15	Bobby Crim	08/26
W70-74					
Hedy Marque	8K	39:25	50:03	Nike Women's Race	05/14
Pat Dixon	20K	1:46:21	50:40	Pear Blossom Run	04/08
Hedy Marque	10K	50:43	50:43	Waterfront Festival	06/11
Pat Dixon	8K	40:53	51:55	The Race	06/04
Pat Dixon	8K	41:19	52:27	Northwest Gas Classic	04/20
W75-79					
Anne Clarke	10K	1:00:51	1:00:51	Gargoyle Gallop	05/07
Anne Clarke	10M	1:45:08	1:03:10	Valley Fox Trot	05/29
Anne Clarke	5M	50:14	1:03:23	Shamrock Shuffle	03/12
Anne Clarke	12K	1:17:29	1:03:46	La Rabida	04/16
Anne Clarke	10M	1:47:27	1:04:33	Park Forest Scenic	09/04
W80-84					
Edith Enos	8K	55:08	1:10:00	Fifty Plus Runners	03/19
Emma Bridgman	5K	40:29	1:24:55	Jean Mitchell Race	05/06
Kendra Cable	5K	46:07	1:36:44	Lady Foot Locker	06/25
Tiny Riley	5K	47:36	1:39:51	Governor's Cup	06/13
W85-89					
Susan Conroy	5M	1:03:01	1:19:31	Shamrock Shuffle	03/12
Ruth Rothfarb	5K	43:00	1:30:12	Freihofer's Run	06/03
Catherin David	5K	44:07	1:32:33	Pumper Power Road Race	



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

**M35-39**  
 Rob Jackson 800m 2:03.6 08/04/89  
 Thomas Wilson Pole Vault 14-1 07/22/89

**M40-44**  
 Michael Brandt 800m 2:00.74 07/30/89  
 Mike Phillips 800m 2:04.8 07/29/89  
 Mile 4:38.2 08/10/89  
 Tom Rauscher Pole Vault 14-0 04/30/89

**M45-49**  
 Michael Akerman High Jump 1.68 08/05/89  
 Neil MacDonald 800m 1:59.11 07/27/89  
 1500m 4-11 07/27/89  
 Jim Verdier 1500m 4:31.58 07/20/89  
 Allen McDaniel 800m 2:08.19 06/10/85

**M50-54**  
 Paul Johnson 20K Walk 1:56.08 07/30/89  
 Jim Bradley 300mH 46.5 06/04/89  
 Melvin Ramey Triple Jump 11.53 07/27/89  
 Bill Walsh Mile 4:59 04/30/89  
 Gene Thacker Shot Put 40-10 07/15/89

**M55-59**  
 Alan Maxwell 100mH 18.9 07/07/89  
 Bob Sobolewski 100m 13.0 06/04/89  
 200m 27.2 06/04/89

**M65-69**  
 Jim Holland Shot Put 37-10 07/30/89

**M70-74**  
 Jim McGilvray 1500m 6:18.97 07/20/89  
 Frank Crayton Long Jump 11-6 09/03/88

**M75-79**  
 Jerry Satterlee 5000m 25:24 08/01/89

**M80-84**  
 Don Ernst 200m 38.9 08/13/89  
 Don Ernst 100m 17.6 08/13/89

**W45-49**  
 Barbara Stewart Triple Jump 8.01 07/20/89  
 Long Jump 3.92 07/02/89  
 80mH 16.2 07/08/89  
 100m 14.4 07/02/89  
 200m 31.18 07/29/89

**W50-54**  
 Neomi Garcia Long Jump 11-10 08/19/89  
 100m 15.52 06/10/89  
 High Jump 3-8 06/10/89



**W55-59**  
 S Stiegelmeier 100m 15.6 06/30/89  
 Eleanor Wallace 5K 26:20 08/13/89

**W65-69**  
 Riki Corvella Shot Put 20-1 06/10/89



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

	Mile	3K	2-mile	5K	10K	20K		Mile	3K	2-mile	5K	10K	20K
M40	7:29.8	14:30	15:40	24:30	51:00	1:45	W40	8:55.4	17:20	18:40	29:00	1:00	2:04
M45	7:42.8	15:10	16:20	26:00	54:00	1:52	W45	9:12.4	17:53	19:17	31:00	1:04	2:12
M50	8:25.1	16:20	17:37	27:30	57:00	1:58	W50	10:30.2	20:24	21:59	33:00	1:08	2:20
M55	8:43.1	16:55	18:15	29:00	60:00	2:04	W55	10:55.4	21:13	22:51	35:00	1:12	2:28
M60	9:19.9	18:07	19:32	30:30	63:00	2:10	W60	11:45.0	22:49	24:35	38:00	1:18	2:40
M65	9:44.7	18:54	20:23	32:00	66:00	2:16	W65	12:20.2	23:59	25:50	41:00	1:24	2:52
M70	10:25.4	20:15	21:49	34:00	70:00	2:24	W70	13:28.5	26:10	28:12	44:00	1:30	3:04
M75	10:59.9	21:20	23:00	36:00	74:00	2:32	W75	14:19.5	27:49	29:58	47:00	1:36	3:16
M80	11:40.7	22:40	24:25	38:00	78:00	2:40	W80	15:20.7	29:48	32:08	50:00	1:42	3:28
M85	12:29.3	24:15	26:08	40:00	82:00	2:48	W85	16:35.7	32:13	34:44	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
100	11.0	11.33	11.67	12.0	12.5	13.0	13.5	14.0	15.0	16.5	18.0	20.0
200	22.4	23.3	24.2	25.1	26.0	27.2	28.5	29.8	32.4	35.8	39.8	44.0
400	51.0	52.5	54.0	56.0	58.5	61.5	65.0	70.0	76.5	84.5	94.0	105.0
800	2:01	2:04	2:08	2:13	2:19	2:27	2:37	2:49	3:06	3:27	3:54	4:24
1500	4:11	4:15	4:22	4:32	4:45	5:02	5:24	5:47	6:22	7:03	7:59	9:15
Mile	4:31	4:35	4:42	4:53	5:07	5:25	5:49	6:14	6:51	7:38	8:42	10:18
5000	15:30	15:42	16:06	16:44	17:30	18:24	19:36	21:08	23:30	26:00	29:07	33:30
10000	32:11	32:35	33:30	34:45	36:15	38:10	40:30	44:15	48:30	54:30	61:15	69:30
110H	15.3	16.4	17.75	18.75								
100H					18.0	19.0	20.0	21.3				
80H									18.0	21.0	25.0	30.0
400H	57.6	59.7	62.0	64.4								
300H					48.0	51.0	55.0	60.0	66.5	74.5	84.0	95.0
3K-SC	10:00	10:20	10:55	11:40	12:30	13:20						
2K-SC							9:30	10:30	12:00	14:00	16:30	19:30
HJ	1.94	1.85	1.76	1.68	1.59	1.50	1.41	1.32	1.23	1.13	1.02	.92
	6-4 1/2	6-3 1/4	5-9 1/2	5-6	5-2 1/2	4-11	4-7 1/2	4-4	4-1 1/2	3-8	3-4	3-1
PV	4.40	4.15	3.90	3.60	3.30	3.05	2.80	2.55	2.30	2.05	1.80	1.50
	14-5 1/2	13-7 1/2	12-9 1/2	11-9 1/2	10-10	10-0	9-2 1/2	8-4 1/2	7-6 1/2	6-8 1/2	5-11	4-11
LJ	6.55	6.20	5.85	5.45	5.10	4.75	4.40	4.00	3.65	3.35	3.00	2.65
	21-6	20-4 1/2	19-2 1/2	17-10 1/2	16-9	15-7	14-5 1/2	13-1 1/2	11-11 1/2	11-0	9-10	8-8 1/2
TJ	13.35	12.65	11.90	11.15	10.40	9.65	8.90	8.20	7.50	6.80	6.10	5.50
	43-9 1/2	41-6	39-1 1/2	36-7	34-1 1/2	31-8	29-2 1/2	26-11	24-7 1/2	22-4	20-1 1/2	18-1 1/2
Shot	15.20	14.10	13.00	12.00	12.40	11.20	12.00	10.80	10.00	8.80	7.65	6.50
	49-10 1/2	46-3 1/2	42-8	39-4 1/2	40-8 1/2	36-9	39-4 1/2	35-5 1/2	33-0	28-10 1/2	25-1 1/2	21-4
Discus	44.80	42.60	40.60	38.00	40.00	36.40	40.00	36.80	31.60	26.40	21.40	16.20
	147-0	139-9	133-2	124-8	131-3	119-5	131-3	120-9	103-8	86-7	70-2 1/2	53-2
Hammer	47.24	44.20	41.14	38.10	38.40	36.00	36.00	33.00	29.00	25.00	22.50	18.00
	155-0	145-0	135-0	125-0	126-0	118-1	118-1	108-3	95-2	82-0	73-10	60-0
Jav	62.00	57.00	52.00	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	141-1	114-10	95-2	78-9	62-4	49-2
35#Wt.	15.00	14.00	13.00	12.00	10.00	9.00						
25#Wt.							11.00	10.00	9.00	8.00	7.00	6.00
56#Wt.	9.50	9.00	8.50	8.00	6.00	5.00	4.50	4.00	3.50	3.00	2.50	2.00
PEN	2800	2600	2400	2200	2000	1800	3000	3000	3000	2500	2000	1000
DEC	5500	5250	5000	4500	4000	3000	6000	5500	5000	4000	2000	1500

notes: 1) 100 standards are for automatic time; use standard conversion for hand time.  
 2) Short hurdles: 30-49: 39"; 50-59: 36"; 60-69: 33"; 70+: 30".  
 3) Long hurdles: 30-49: 36"; 50-59: 33"; 60+: 30".  
 4) Shot put: 30-49: 7.26k (16#); 50-59: 6k; 60-69: 5k; 70+: 4k.  
 5) Discus throw: 30-49: 2kg; 50-59: 1.5kg; 60+: 1.0kg.  
 6) Hammer: 30-49: 7.26k (16#); 50-59: 6k; 60-69: 5k; 70+: 4k.  
 7) Javelin: 30-49: 800g; 60+: 600g.  
 8) Metric heights and distances are the standard; feet and inches listed for convenience.  
 9) Dec/Pentathlon: 30-59: IAAF points; 60+: Ian Hume points (old WAVA).

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

Event	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84
100	13.8	14.2	14.6	15.0	15.6	16.2	16.9	17.8	18.8	20.0	21.2
200	28.0	29.2	30.3	31.4	32.5	34.0	35.7	37.5	40.0	43.5	47.0
400	63.5	65.5	67.5	69.5	71.5	73.5	75.5	78.5	83.7	90.0	103.3
800	2:32	2:35	2:40	2:46	2:54	3:05	3:19	3:36	3:56	4:09	4:35
1500	5:10	5:19	5:29	5:40	5:58	6:20	6:48	7:23	8:04	8:52	9:48
Mile	5:34	5:44	5:55	6:07	6:26	6:49	7:19	7:46	8:47	9:39	10:45
5000	19:45	20:30	21:20	22:16	23:12	24:16	26:08	28:08	30:08	32:21	34:26
10000	41:00	42:40	44:40	47:00	49:30	52:00	56:00	60:00	66:00	76:00	86:00
100H	17.2	18.2									
80H			15.0	15.8	16.5	17.6	18.7	20.2	22.2	25.0	28.0
400H	75.5	79.9	84.4	88.8							
300H					66.0	72.0	79.0	87.0	96.0		
HJ	1.42	1.35	1.27	1.19	1.12	1.07	1.02	.97	.92	.89	.84
	4-8	4-5 1/2	4-2	3-11	3-8	3-6 1/2	3-4 1/2	3-2 1/2	3-0 1/2	2-11	2-9
LJ	5.00	4.60	4.25	3.90	3.55	3.20	2.85	2.60	2.35	2.10	2.00
	16-5	15-1	13-11 1/2	12-9 1/2	11-8	10-6	9-4 1/2	8-6 1/2	7-8 1/2	6-11	6-7
TJ	10.00	9.20	8.60	7.80	7.18	6.40	5.70	5.20	4.70	4.20	3.80
	29-7 1/2	28-3	26-8	25-0 1/2	23-5 1/2	22-8	20-5 1/2	18-10	16-5	13-11 1/2	13-1 1/2
Shot	10.30	9.30	8.40	7.70	7.95	7.20	6.50	5.80	5.25	4.70	4.25
	33-9 1/2	30-6 1/2	27-7	25-3 1/2	26-1	23-7 1/2	21-4	19-0 1/2	17-3	15-5	13-11 1/2
Jav	39.50	33.50	27.50	21.50	25.00	19.00	18.00	16.00	15.00	14.00	13.50
	129-7	109-11	93-6	70-6 1/2	82-0	62-4	59-1	52-6	49-2	45-11	44-4
Discus	30.0	27.8	26.0	24.0	22.0	20.0	18.0	16.0	15.0	14.0	13.5
	98-5	91-2	85-4	78-9	72-2	65-8	59-1	52-6	49-2	45-11	44-4
Hammer	40.0	35.0	30.0	25.0	23.0	22.0	20.0	18.0	14.0	12.0	9.0
	131-3	114-10	98-5	82-0	75-6	72-2	65-8	59-1	45-11	39-5	29-7
20#Wt.	10.00	9.00	8.00	7.00	6.00	5.00	4.00	3.50	3.25	3.00	2.75

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

## APPLICATION FOR AN ALL-AMERICAN CERTIFICATE/PATCH

NAME \_\_\_\_\_ AGE-GROUP \_\_\_\_\_

ADDRESS \_\_\_\_\_ SEX: M \_\_\_\_\_ F \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

MEET \_\_\_\_\_ DATE OF MEET \_\_\_\_\_

MEET SITE \_\_\_\_\_

EVENT: \_\_\_\_\_ MARK: \_\_\_\_\_

HURDLE HEIGHT \_\_\_\_\_ WEIGHT OF IMPLEMENT \_\_\_\_\_

☐ CERTIFICATE ☐ PATCH ☐ PATCH TAG

If you have bettered the standard of excellence, please send \$10 for a certificate, \$10 for patch, or \$15 for both a certificate and a patch. (A patch tag, showing event and year, is an extra \$5 each.) Send to: All-American, National Masters News, P.O. Box 2372, Van Nuys, CA 91404. (Enclose copy of results, or note in which issue they appeared.) A 3-color, 8 1/2" by 11" certificate — suitable for framing — and/or a 3-color, 3" x 4" patch will be mailed to you within two weeks. (Allow



# 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

### 3rd Annual New York Masters Weight Pentathlon and Throwing Triple Randalls Island, New York City September 23

Name	Age	Shot	Discus	Javelin	Hammer	Weight	Total Points /Place
Dom Concilio	31	13.32	37.33	48.98	32.00	12.75	3138 1st
D.VonLinden	30	12.64	44.51	38.98	26.83	11.51	2893 2nd
Scott Bull	31	13.10	39.56	51.44	27.28	9.50	2875 3rd
Peter Collins	32	11.95	26.50	29.05	44.07	13.00	2685 4th
Paul Corrigan	39	11.24	41.20	DNT.	37.23	11.99	2585 1st
Richard Smith	40	11.35	29.28	32.77	27.21	10.34	2667 1st
Eric Weissbrodt	44	10.06	25.14	29.73	18.91	7.41	2153 2nd
B.McKenna	48	10.86	31.83	30.87	32.06	10.43	3134 1st
F.Manfredi	49	7.05	20.28	24.61	16.14	5.92	1660 2nd
AL Oerter	53	13.63	60.34	18.82	44.90	13.93	3908 1st
Norm Cyprus	51	10.85	36.27	36.38	42.93	10.88	3258 2nd
Jeff Wenig	52	12.46	39.00	31.91	24.55	5.80	2618 3rd
Marty Kintish	56	10.37	39.54	29.66	29.43	9.54	3139 1st
Marty Engel	57	8.86	22.87	21.14	36.90	9.83	2678 2nd
Herb Cantor	64	11.38	37.27	31.59*	32.56	11.55	3536 1st
Dr.W.Garrahan	60	11.77	43.92	34.64	DNT	DNT	2105 2nd
M.Lentsler	63	7.37	10.97	16.56	14.45	5.07	1008 3rd
Wm.Eipel	76	9.16	28.37	28.23*	29.63	7.32	3637 1st
Bob Detweiler	75	7.61	22.01	17.15	24.70	7.59	2685 2nd
Dortha Swanson	W53	7.11	17.06	16.28	19.20	8.66	1942 1st
Betty Clair/searcy	W38	9.82	18.56	17.95	---	---	970 1st
Lorraine Tucker	W42	7.94	19.50	16.91	---	---	926 1st
Ros Katz	W47	6.54	23.82	16.09	---	---	1055 1st
Ann Cirulnick	W54	8.62	19.66	16.85	---	---	1269 1st
Pearl Auerbach	W67	6.82	15.35	16.39	---	---	1445 1st
Rose Ruston	W73	6.87	19.50	15.30	---	---	1856 1st
Fran Schneider	W74	4.29	8.51	6.61	---	---	659 2nd
Sylvia Swartz	W77	5.38	12.14	14.66	---	---	1470 1st

\*Herb Cantor used the 800g Javelin.Wm Eipel set a new American record(M75) for the 800g javelin.  
All above figures(metres) are actual distance thrown.Mens distances were age factored as per Phil Patridge then taken off IAAF tables.Womens distances were read off the Masters age Graded tables in conjunction with IAAF tables.

## SOUTHEAST

### First Coastal Carolina Masters Meet Wilmington, NC August 19, 20

#### COCA-COLA SEABREEZE 400 (Distance Handicapped)

Performance	Level
46.9	Jim Law, 63, NC
47.5	Sam Howell, 40, SC
54.5	Leo Benning, 57 Switzerland
56.8	Nat Carter, 50, NC
57.3	Bob Boal, 77, NC

#### 100 METERS

Age-Gr (Actual)	Time	name, age	Age-Group Perf.
10.6 (12.8)	1	Jim Law, 63, NC	92.8
11.0 (11.4)	1	Craig Suggs, 34, NC	89.2
11.1 (11.8)	1	Greg Marshall, 41, VA	88.9
11.3 (12.6)	1	Ervin Mitchell, 50, NC	87.0
11.4 (14.2)	1	Tom Kennell, 68, FL	87.0
11.4 (12.0)	1	Joe Mack, 39, VA	86.6
11.4 (12.7)	2	Bartow Houston, 50, NC	86.3
11.4 (11.7)	2	Jerry McCorkle, 32, NC	86.2
11.4 (12.3)	2	Gary Bell, 43, SC	86.1
11.6 (12.9)	3	Nat Carter, 50, NC	85.0
11.7 (13.5)	1	Leo Benning, 57, Switz.	84.5
12.2 (12.8)	2	EsQuelin, 38, NC	80.9
12.4 (13.4)	3	Joel Liles, 44, NC	79.4
12.7 (13.8)	1	Jim Shoaf, 46, NC	77.8
12.8 (14.1)	2	Mike Valle, 48, NC	77.0
13.1 (16.9)	1	Bud Varas, 71, SC	75.1
13.3 (15.0)	4	Wendell Curry, 53, KY	74.3
14.7 (15.1)	F1	Gail Segal, 32, PN	73.2
13.5 (16.1)	2	Norm Walter, 62, NC	73.2
15.2 (16.1)	F1	Thelma Mack, 39, VA	71.0
13.9 (16.4)	3	Grady Gaskill, 60	70.9
14.0 (18.8)	1	Ralph Birchard, 75, NC	76.3

#### 200 METERS

Age-Gr (Actual)	Time	name, age	Age-Group Perf.
20.9 (26.4)	1	Jim Law, 63, NC	93.9
22.1 (23.7)	1	Sam Howell, 40, SC	88.9
22.3 (23.8)	1	Joe L. Mack, 39, VA	88.1
22.3 (24.1)	2	Greg Marshall, 41, VA	88.0
22.7 (30.0)	1	Marten McWilliams, 68	86.6
22.7 (26.0)	1	Nat Carter, 50, NC	86.3

Age-Gr (Actual)	Time	name, age	Age-Group Perf.
22.7 (26.0)	2	Ervin Mitchell, 50, NC	86.3
22.8 (23.7)	1	Craig Suggs, 34, NC	86.0
23.0 (27.7)	1	Leo Benning, 57, Switz.	85.2
23.1 (24.7)	2	Bob Underwood, 39, NC	84.9
23.2 (27.1)	3	Jim Bradley, 53, VA	84.6
23.2 (25.4)	3	Gary Bell, 43, SC	84.5
23.2 (26.6)	4	Bartow Houston, 50, NC	84.4
23.3 (30.8)	1	Tom Kennell, 68, FL	84.3
23.5 (24.0)	2	Jeridan Strong, 31, VA	83.5
24.4 (26.9)	4	Joel Liles, 44, NC	80.3
24.5 (25.2)	3	Jerry McCorkle, 32, NC	80.0
24.6 (24.6)	Open	Vince Nelson, 24, VA	79.8
25.2 (26.2)	4	Johnnie Jones, 34, NC	77.8
25.6 (28.5)	1	Jim Shoaf, 46, NC	76.7
25.8 (29.1)	2	Mike Valle, 48, NC	76.1
26.1 (32.2)	2	George Crouse, 60, NC	75.1
26.4 (30.9)	5	Wendell Curry, 53, KY	74.2
26.7 (36.4)	1	Bud Varas, 71, SC	73.6
27.1 (38.6)	1	Ralph Birchard, 75, NC	72.5
27.2 (33.5)	3	Ken Long, 61, NC	72.2
27.4 (35.6)	3	Harold Stephens, 66, NC	71.6

#### 200 METERS (Con't)

Age-Gr (Actual)	Time	name, age	Age-Group Perf.
28.4 (39.1)	2	Wib Ragland, 72, IL	69.2
31.6 (32.6)	F1	Gail Segal, 32, PN	68.2
29.9 (36.8)	4	Grady Gaskill, 60, NC	65.7
DNF/INJ		Thomas Little, 37, NC	
DNF/INJ		Ken Hicks, 48, NC	

#### 400 METERS

Age-Gr (Actual)	Time	name, age	Age-Group Perf.
49.5 (59.8)	1	Jim Bradley, 53, VA	87.5
52.2 (67.3)	1	George Crouse, 60, NC	82.9
52.5 (53.8)	1	June Martin, 32, NC	82.4
52.7 (62.1)	2	Jim Sabella, 50	82.1
53.4 (57.0)	1	Thomas Little, 37, NC	81.0
54.0 (63.7)	3	Ervin Mitchell, 50, NC	80.1
56.6 (59.1)	2	Johnnie Jones, 34, NC	76.5
56.7 (65.7)	1	Ken Hicks, 48, NC	76.3
57.8 (88.0)	1	Ralph Birchard, 75, NC	74.9
58.0 (79.4)	1	Harold Stephens, 66, NC	74.7
58.5 (70.7)	4	Wendell Curry, 53, KY	74.0
60.0 (78.9)	2	Norm Walter, 62, NC	72.2

#### 800 METERS

Age-Gr (Actual)	Time	name, age	Age-Group Perf.
1:51.9 (2:07.2)	1	Maurice McDonald, 48	90.9
1:55.9 (2:08.1)	1	Bill Weldon, 44, NC	87.8
2:02.4 (2:06.5)	1	Al Everhart, 33, NC	83.1
2:05.9 (2:44.1)	1	Giles Tomlinson, 63, NC	80.8
2:15.8 (2:19.5)	1	June Martin, 32, NC	74.9
2:21.5 (3:02.5)	2	Milt Bliss, 62, NC	71.9
2:26.6 (3:17.6)	1	Harold Stephens, 66, NC	69.4
2:49.6 (3:41.0)	3	Taft Dantzier, 63, NC	60.0
3:15.4 (4:05.0)	1	Peggy Bliss, 57, NC	57.8
3:22.7 (3:48.1)	F1	Kathy Sabella, 45, NC	55.7
3:11.6 (3:19.5)	F1	Charles Busby, 36, NC	53.1

#### 1500 METERS

Age-Gr (Actual)	Time	name, age	Age-Group Perf.
3:59.0 (4:23.0)	1	Bill Weldon, 44, NC	87.5
4:11.1 (4:18.4)	1	Al Everhart, 33, NC	83.3
4:35.8 (5:58.4)	1	Giles Tomlinson, 63, NC	76.0
4:42.7 (6:02.9)	2	Milt Bliss, 62, NC	74.1
4:44.8 (6:22.4)	1	Harold Stephens, 66, NC	73.6
5:03.1 (5:17.0)	1	Jeff Blount, 36, NC	69.1
5:44.2 (6:16.7)	F1	Carolyn Jarrell, 42, NC	67.6
5:18.3 (5:54.8)	1	Jim Shoaf, 46, NC	65.9
5:53.4 (5:53.4)	Open	Matt Johnson, 15, SC	59.2
6:47.8 (8:28.6)	F1	Peggy Bliss, 57, NC	57.0
6:20.8 (6:20.8)	Open	Nicholas Johnson, 9, NC	54.9
NTA	2	E.B. Lloyd, 62, NC	

#### 5000 METER RUN

Age-Gr (Actual)	Time	name, age	Age-Group Perf.
16:58.7 (22:31.6)	1	Harold Stephens, 66, NC	76.3
17:20.4 (19:24.0)	1	David Jackson, 48, NC	74.7
18:48.4 (24:57.2)	2	E.B. Lloyd, 66, NC	68.9
20:52.4 (31:30.4)	F1	Berny Roe, 73, NC	68.8
19:28.5 (23:28.5)	1	A.E. Fussell, 57, NC	66.6
19:38.5 (22:08.3)	2	David Kirkman, 49, NC	65.9
20:23.4 (21:05.7)	1	Jeff Blount, 36, NC	63.5
20:48.2 (22:29.6)	1	Bob Grimes, 43, NC	62.3
21:25.4 (27:12.5)	1	Taft Dantzier, 63, NC	60.5
21:48.5 (27:08)	2	Grady Gaskill, 60, NC	59.4
22:02.0 (22:02.0)	Open	Matt Johnson, 15, SC	58.8
25:00 (27:39.8)	F1	Kathy Sabella, 45, NC	57.5
23:50.3 (23:50.3)	Open	Nicholas Johnson, 9, SC	54.3
29:06 (31:29.5)	Open	Rachel Willow, 42, NC	49.4
30:10.6 (35:05.1)	F1	Judy Grimes, 38, NC	47.6

#### STRAIGHT HURDLES

Age-Gr (Actual)	Time	name, age	Age-Group Perf.
15.2 (15.4)	1	Jeridan Strong, 31, VA	84.7
15.8 (16.0)	2	Mark Williamson, 31, MD	81.5
18.8 (19.5)	1	Charles Busby, 36, NC	68.5
19.04 (21.4)	1	Garland Thomas, 56, NC	67.8
19.07 (19.9)	1	Bartow Houston, 50, NC	67.6
19.40 (19.5)	3	Jerry McCorkle, 32, NC	67.1
24.8 (22.40)	1	Bob Boal, 77, NC	57.6
DNF/INJ		George Crouse, 60, NC	

#### INTERMEDIATE HURDLES

Age-Gr (Actual)	Time	name, age	Age-Group Perf.
300 meters: All age-graded times equivalent to 400 meter times.			
48.06 (55.98)	1	Jim Bradley, 53, VA	85.1
52.32 (57.53)	1	Leo Benning, 57, Switz.	81.8

#### STEEPLECHASE

Age-Gr (Actual)	Time	name, age	Age-Group Perf.
9:27.9 (9.46)	1	Al Everhart, 33, NC	85.4
13:10.6 (15:14.2)	1	Mike Valle, 48, NC	61.7
NTA	1	Bob Boal, 77, NC	---

#### 5K RACE WALK

Age-Gr (Actual)	Time	name, age	Age-Group Perf.
23:46 (32:44)	1	Bill Patterson, 74	79.3
25:04 (30:25)	1	Ken Long, 61	75.2
25:35 (32:27)	1	E.B. Lloyd, 66	73.7
25:52 (31:27)	2	John Snaden, 63	72.8
26:17 (26:53)	1	Alvia Gaskill, 34	71.7
26:22 (33:27)	2	Harold Stephens, 66	71.5
27:05 (29:22)	1	Bill Bauer, 45	69.6
27:07 (31:55)	1	Mike Michel, 57	69.5
31:08 (33:23)	F1	Georgia Macrie, 42	67.2
28:06 (33:02)	2	A.E. Fussell, 57	67.1
31:36 (33:27)	F2	Brenda Bauer, 40	66.2
29:55 (32:27)	2	Curt Shepard, 45	63.0
32:57 (34:22)	1	John Simpson, 38	57.2
37:17 (49:12)	F1	Lois Stephens, 67	56.1
35:32 (35:32)	1	John Lauve, 15	53.0

#### LONG JUMP

Age-Gr (Actual)	Time	name, age	Age-Group Perf.
23-9/4 (22-10/4)	1	Jerry McCorkle, 32	82.5
22-1 (113-5)	1	Tom Kennell, 68	76.6
21-9 (18-4)	1	Joel Liles, 44	75.4
20-9 (16-2/4)	1	Nat Carter, 50	71.9
20-0/4 (11-7/4)	1	Bud Varas, 71	69.5
19-8 (16-5)	2	Bob Underwood, 39	68.3
18-7 (16-9/4)	1	Doug Purinton, 38	64.5
18-7 (11-0/4)	2	Wendell Curry, 53	64.4
18-4/4 (14-9)	1	Mike Valle, 48	63.8
17-4 (11-2)	2	Daryl Segal, 45	60.1
15-7/4 (10-4/4)	1	Norman Walter, 62	54.2
11-2/4 (10-6/4)	F1	Gail Segal, 32	45.9
12-11 (7-0/4)	1	Charles Hirshey, 78	44.7

#### 25# WEIGHT

Age-Gr (Actual)	Time	name, age	Age-Group Perf.
54-11 (44-7)	1	Mike Valle, 48	57.9
50-11 (48-10)	1	Billy Hogans, 33	53.7
32-8 (22-9)	1	Gracie Dalzell, 66	34.5
30-6 (22-1)	1	Bill Waugh, 64	32.2
29-1 (25-0)	1	Art Thomas, 43	30.6
29-0 (170-10)	1	Charles Hirshey, 75	30.6

#### HIGH JUMP

Age-Gr (Actual		name, age	Age-Group Perf.
Time	time)		place pct.
6-11	(4-1)	Bob Boal, 77	1 87.3
6-10	(6-8)	Mark Williamson, 31	1 86.4
6-7	(4-11)	Leo Benning, 57	1 82.9
6-7	(6-4)	Jerry McCorkle, 32	2 82.8
6-6	(4-1)	Wib Ragland, 72	1 82.1
6-2	(5-0)	Nat Carter, 50	1 78.1
6-0½	(5-6)	Doug Purinton, 38	1 76.0
5-11	(4-6)	Garland Thomas, 56	1 74.9
5-8	(4-8)	Mike Valle, 48	1 71.0
5-6	(5-2)	Charles Busby, 36	2 69.2
5-5	(4-8)	Joel Liles, 44	1 68.3
5-2	(4-8)	Johnny Dye, 40	2 65.4
5-1	(3-8)	George Crouse, 60	1 64.0
4-3	(3-8)	Art Thomas	3 53.2
4-2	(3-8)	Charles Hirshey	2 52.7
NH		Breton Asbill	4



Continued from previous page  
50 METERS

5.9	Jerry McCorkle, 32, NC
6.1	Craig Suggs, 34, NC
6.3	Sam Howell, 40, SC
6.6	Thomas Little, 37, NC
6.6	Nat Carter, 50, NC
6.7	Bartow Houston, 50, NC
6.7	Ervin Mitchell, 50, NC
6.7	Gary Bell, 43, NC
6.7	Jim Law, 63, NC
6.9	Joel Liles, 44, NC
7.2	Thomas Broadwater, 50
7.2	Leo Benning, 57, Switz.
7.3	Jim Shoaf, 46, NC
7.4	Tom Kennel, 67, FL

## TOP 5 TRACK PERFORMERS

MEN			
Jim Law, 63	200 (93.9)	100 (92.8)	400 (92.3)
Sam Howell, 40		400 (91.1)	200 (88.9)
Maurice McDonald, 48			800 (90.9)
Craig Suggs, 34			100 (89.2)
Greg Marshall, 41			100 (88.9)



## TOP 5 FIELD PERFORMERS

MEN		
Bob Boal, 77	HJ (87.3)	
Mark Williamson, 31	HJ (86.4)	
Tom Kennell, 68	TJ (83.1)	
Leo Benning, 57	HJ (82.9)	
Jerry McCorkle, 32	HJ (82.8), LJ (82.5)	

WOMEN		
Anita Zettis, 63	Shot (47.1), Discus (37.9)	
Gail Segal, 32	LH (45.9)	

1989 Wolfpack Fall Throwing Classic Weight Pentathlon Results  
September 10, Columbus, Ohio

	16 # Shot	2 k Discus	800 g Javelin	16 # Hammer	35 # Weight	
Robert Hartman (32) UCTC	11.72	37.08	39.48	46.32	15.91	3,224
Age Factored	589	405	433	751	846	3,244 AF

Gary England (33) ABG	16.85	47.46	61.44	42.22	15.69	4,004
Age Factored	904	818	760	690	832	4,048 AF

Chris Mitko (34) WPK	9.93	31.80	36.58	34.32	12.57	2,579
Age Factored	481	500	393	564	641	2,613 AF

Dave Stebing (41) WPK	13.44	39.42	47.42	36.78	13.85	3,221
Age Factored	694	653	551	604	719	3,480 AF

Norm Bower (41) OTH	11.41	39.08	38.14	39.30	13.85	2,997
Age Factored	430	485	476	498	739	3,228 AF

	4 k Shot	1.5 k Discus	800 g Javelin	4 k Hammer	35 # Weight	
Frank Carl (51) ABG	11.00	39.78	—	28.14	8.82	2,075
Age Factored	546	440	—	454	521	2,298 AF

E. Robt. Premo (53) OTH	7.18	22.18	22.48	15.38	4.24	1,159
Age Factored	318	313	197	182	149	1,463 AF

	5 k Shot	1 k Discus	400 g Javelin	5 k Hammer	25 # Weight	
Zamir Bavel (60) LTC	9.98	37.18	19.84	33.98	10.83	2,339
Age Factored	480	607	285	655	588	2,707 AF

	4 k Shot	1 k Discus	400 g Javelin	4 k Hammer	25 # Weight	
Elmer Shaw (72) SC	10.43	37.98	22.50	35.18	10.20	2,407
Age Factored	512	624	195	578	498	3,324 AF

Frank Furniss (82) UNAT	6.53	23.34	15.76	13.52	5.57	1,381
Age Factored	280	336	108	133	224	2,751

	4 k Shot	1.5 k Discus	400 g Javelin	4 k Hammer	16 # Weight	
Everett Hossack (87) OTH	6.00	15.24	10.32	12.98	4.33	776
Age Factored	249	184	43	119	181	2,474 AF

	4 k Shot	1 k Discus	400 g Javelin	4 k Hammer	16 # Weight	
Eliana Goldberg (27) LTC	8.75	38.18	24.44	30.06	10.50	2,500
Age Factored	448	628	376	490	562	2,500

Debbie Eckhardt (29) BRTC	8.07	24.88	21.72	15.14	8.78	1,716
Age Factored	404	345	321	176	450	1,716

	3 k Shot	1 k Discus	400 g Javelin	3 k Hammer	16 # Weight	
Bernice Holland (62) UNAT	9.10	27.50	24.94	26.94	9.92	2,224
Age Factored	471	416	381	432	524	4,240 AF

Uses 1985 IAAF tables, except for hammer which uses 1962 IAAF tables. Womens discus and hammer use mens tables. Weight Throw is scored using shot put tables. Age Factored scoring uses Phil Partridge's Age Factor Formulas of 1985.

## WEST

Club West Masters Meet  
Santa Barbara, CA  
October 7

50m	
M30 B Caldwell	6.7
T Robinson	7.2
M35 F Denby	6.6
E Bryant	6.6
A Hatchwell	6.7
M40 E Hart	5.7
R Ying	6.6
J Birnbaum	6.7
M45 T Craddock	6.9
M50 M Adamson	6.3
M55 B Rivera	7.1
T Nasaralla	7.1
J Nelson	7.7
M65 J Johnson	7.7
T Miller	7.7
M70 C Killion	7.8
N Heard	8.0
E Siegel	9.6
M75 J Angleman	8.9
A Vesco	9.7

100m	
M30 B Caldwell	11.5
A Hecker	12.7
M35 F Denby	11.7
E Bryant	11.8
A Hatchwell	12.4
M40 E Hart	10.3
C Rogers	11.9
L Pierce	12.3

M45 T Craddock	12.5
A LaMorte	13.8
M50 M Adamson	11.5
R Tsuda	12.5
M55 D Glasgow	12.7
R Collins	12.8
T Nasaralla	13.1
M65 T Miller	14.6
R Bennett	15.5
J Warren	15.6
M70 C Killion	15.2
N Heard	15.4
M75 L Joslin	17.6
M30 B Caldwell	25.6
M35 F Denby	24.5
E Bryant	25.4
A Hatchwell	26.3
M40 E Hart	24.7
M45 T Craddock	27.6
M50 M Adamson	24.5
M55 D Glasgow	26.2
P Collins	26.5
T Nasaralla	27.6
M65 T Miller	31.7
C Warren	32.6
M70 N Heard	32.3
C Killion	32.5
M75 J Monteagle	32.0
400m	
M40 C Sturtevant	56.8
T Taft	59.0
K Jewett	60.3
M45 D Jones	53.7
A LaMorte	60.5
M50 M Adamson	53.7
M55 T Nasaralla	61.9
R Culling	66.1
M60 B Holmes	66.4

Continued on next page

Times are actual, age graded performance level in ( ). RUNNING PENTATHLON

Name/Age	100	400	800	1500	3000	AVERAGE PERF
Leo Benning, 57 Switz.	13.7 (80.6)	66.3 (80.6)	2:42.3 (96.9)	5:31 (77.2)	11:31 (79.2)	79.3
Bob Underwood, 39, NC	12.3 (84.5)	54.5 (84.5)	2:27.2 (74.0)	5:15 (70.8)	10:38 (70.8)	77.2
John Dunning, 34, NC	12.5 (78.8)	54.7 (79.1)	2:14.3 (75.7)	4:37 (75.6)	10:16 (73.4)	76.5
David Stubbs, 34, NC	13.9 (73.2)	61.5 (73.5)	2:19.4 (75.8)	4:45 (74.6)	10:18 (75.1)	74.9
Clayton Brelsford, 74, NC	19.8 (66.1)	88.5 (66.1)	3:23.1 (74.3)	6:55 (74.6)	15:04 (73.3)	72.4
Bruce Hudson, 64, NC	17.9 (66.9)	81.6 (66.9)	3:05.7 (72.4)	6:21 (72.1)	13:40 (71.9)	70.9
David Mackenzie, 62, NC	20.3 (58.1)	90.3 (58.1)	3:15.7 (67.1)	7:08 (62.8)	DNF (-)	50.2

9th Annual Thomasville Fall Decathlon  
Thomasville, NC  
September 23-24, 1989

	100	LJ	SP	HJ	400	HURD	DT	PV	JT	1500	TOTAL
Arling Pitcher 87	20.14	2.04	5.34	0.95	2:00.05	DNF	13.93	1.62	14.05	12:27.0	
Indianapolis, IN	444	269	543	610	173	0	428	509	410	45	3431
Bob Boal 77	17.76	2.66	5.68	1.20	1:25.16	19.80	18.67	1.73	17.42	7:40.2	
Wake Forest, NC	430	356	414	794	563	491	444	408	388	517	4805
Boo Morcom 68	15.19	4.47	8.89	1.32	1:12.93	21.75	32.54	2.44	30.42	7:23.1	
Wilmot Flat, NH	573	823	612	749	650	557	660	581	600	380	6190
George Taylor 58	15.76	3.51	7.87	1.15	1:20.76	23.30	20.34	2.23	26.68	7:24.7	
Newark, DE	346	345	462	389	242	275	356	374	458	211	3458
David Ayers 47	13.47	4.67	8.45	1.40	1:02.31	21.35	25.71	3.05	35.93	4:54.9	
Richmond, VA	571	504	489	496	596	413	471	530	524	770	5364
Mike Valle 48	13.56	4.49	11.84	1.40	DNF	Withdrew due to injury					
Burlington, NC	556	459	734	496	0						
Johnston Ewing 45	13.76	4.45	7.82	1.55	1:02.63	20.20	24.00	2.95	27.72	6:00.5	
Memphis, TN	523	449	444	644	584	507	432	496	373	422	4874
Steve Rogers 46	13.02	5.11	12.04	1.60	1:02.12	17.50	29.04	3.25	44.88	5:37.3	
Topeka, KS	651	617	749	696	602	761	549	595	693	535	6448
Henry Hopkins 46	13.89	5.09	10.16	1.55	1:04.04	18.10	30.54	3.66	34.98	5:16.9	
Plainfield, IN	502	610	612	644	536	700	585	734	506	643	6072
Bill Busby 45	13.12	5.39	9.76	1.50	1:04.66	17.75	28.40	3.66	47.54	5:47.8	
Thomasville, NC	633	691	583	593	515	735	534	734	744	482	6244
George Cliette 45	13.61	4.74	9.26	1.50	1:04.73	22.01	26.19	2.13	28.98	6:00.1	
Durham, NC	549	521	547	593	513	364	482	257	396	424	4646
Bill DeHorn 42	13.40	5.31	9.92	1.65	1:02.74	19.25	26.36	2.95	39.33	5:58.1	
Montreal, QUE	531	589	554	661	499	515	450	444	547	380	5170
Dave Beshears 35	12.51	5.79	10.63	1.65	59.26	18.74	34.68	NH	45.44	5:26.3	
Knoxville, TN	637	632	566	593	546	505	595	0	608	483	5165
Charles Busby 36	13.60	4.98	8.99	1.55	1:08.46	21.35	23.35	3.15	41.32	7:19.7	
Edenton, NC	448	449	460	504	256	293	359	454	540	66	3829
Reid Hilton 39	13.72	4.48	9.12	1.55	1:01.28	20.60	28.25	2.75	41.21	5:01.0	
Chapel Hill, NC	430	345	469	504	474	348	460	347	538	622	4537
Breeton Asbill 39	13.14	4.98	8.84	1.45	1:06.94	21.85	24.40	3.10	33.11	6:33.7	
Allendale, SC	525	449	451	426	297	259	381	439	405	193	3825

Scores are age factored using the same age factors for the entire five-year age group. For example, ages 45-49 use age factors for age 45. Same scoring system was used for 1989 National and World Champs..

## MIDWEST

Wolfpack Fall  
Throwing Classic  
Columbus, OH  
September 10

Shot Put	
M30 Gary England	16.85
M40 Dave Stebing	13.44
M50 Frank Carl	11.00
M55 Jerry England	10.39
M60 Zamir Bavel	9.90
M70 Elmer Shaw	10.43
M75 George Knox	7.26
M80 Frank Furniss	6.53
M85 Everett Hossack	6.00
M60 Bernice Holland	9.10
M70 Lenka Seda	4.27

Discus	
M30 Gary England	47.46
M40 Steve Kaye	41.66
M45 John Sloan	24.34
M50 Frank Carl	39.78
M55 Frank Caron	34.66
M60 Zamir Bavel	37.18
M70 Elmer Shaw	37.98
M75 George Knox	17.34
M80 Frank Furniss	23.36
M85 Everett Hossack	15.24
M60 Bernice Holland	27.50
M70 Lenka Seda	10.36

Javelin	
M30 Gary England	61.44
M40 Dave Stebing	47.42
M45 John Sloan	37.42
M50 E. Robert Premo	22.60
M55 Frank Caron	32.24

M60 Zamir Bavel	19.84
M70 Elmer Shaw	22.50
M75 George Knox	11.54
M80 Frank Furniss	15.96
M85 Evert Hossack	10.82
M60 Bernice Holland	24.94

Hammer	
M30 Robert Hartman	46.32
M35 Larry Waithe	44.82
M40 Norm Bower	39.30
M50 Frank Carl	28.14

M60 Zamir Bavel	33.90
M70 Elmer Shaw	35.18
M80 Frank Furniss	13.52
M85 Everett Hossack	12.98
M50 Mildred Toman	30.40
M60 Bernice Holland	26.94



## Continued from previous page

800m	
M30 K Young	2:13.8
M40 G Varela	2:13.6
G Sturevant	2:15.6
H Carter	2:20.0
M45 J Patterson	2:16.0
R Cavalletto	2:22.8
M55 R Culling	2:31.2
L McGuire	2:39.0
M60 B Holmes	2:33.9
H Willis	2:54.4
W35 J Monteagle	2:40.4
W60 J Gunn	5:51.8
1500m	
M40 G Varela	4:29.6
K Jewett	4:40.2
M45 R Cavalletto	4:44.2
T Tomlinson	4:54.6
M55 R Culling	4:55.3
M60 H Willis	6:03.7
W40 M Baranowski	5:28.6
W60 J Gunn	12:04.2
5000m	
M30 T Robinson	19:22.0
M35 D Robinson	18:27.9
M40 S Harney	17:50.3
J Rupp	18:43.1
M50 B Fernee	17:43.8
M60 B Jacques	18:47.1
M65 P Jones	22:43.6
Hurdles	
M30 A Heckers	19.2
B Sevilla	21.1
M50 J Stanners	17.3
M55 D Douglass	19.1
T Nasralla	19.2
4x100 Relay	
M40 S.C. Striders	57.3
4x400 Relay	
M40 S.C. Striders	3:55.7
High Jump	
M30 T Robinson	4-0
M35 R Brown	6-6
M40 C Rader	6-4
R Rozzi	5-6
T Taft	5-2
M50 J Stanners	4-10
M55 D Douglass	4-6
B Dods	4-2
E Martin	4-0
M65 W Cole	4-2
J Johnson	4-0
J Silsdorf	3-10
M70 J Vernon	3-10
Pole Vault	
M40 S Morris	13-6
J Miyoshi	12-6
C Rogers	12-0
M45 M Morris	13-6
M Connelly	12-6
R Werne	12-0
M50 T Woodring	12-6
J Stanners	10-6
M65 J Johnson	8-6
R Bennett	8-0
M70 J Vernon	9-6
E Siegel	6-6
Long Jump	
M30 T Robinson	14-4
M35 R Trujillo	19-5
M40 C Flowers	20-9 1/2
M50 R Tsuda	14-8
M55 T Nasralla	15-4 1/2
E Martin	14-11
B Dods	14-11
M65 J Johnson	14-6
J Warren	13-9
R Bennett	11-4
M75 A Vesco	8-5 1/2
Triple Jump	
M30 A Hecker	35-5
M35 R Trujillo	39-10
M40 M Tiff	48-11
J Whitfield	38-8 1/2
T Taft	37-0
M55 T Nasralla	29-8
M65 J Johnson	28-3
M70 E Siegel	23-2 1/2
M75 A Vesco	16-0
Shot Put	
M50 J Hart	44-3
J White	34-11 1/2
J Stanners	30-10
M55 P Thomson	41-1 1/2
D Douglass	30-4 1/2
E Martin	27-10
M60 M Orlich	41-3
M65 B Bangert	41-5
H Williams	35-9
R Stone	30-4
M70 G Cysewski	36-11 1/2
D Aldrich	36-4
N Heard	35-4
M75 R Carter	39-10 3/4
V Cheadle	31-10 1/2
L Joslin	29-0
M85 A Puglizevich	24-2
J Whittemore	17-4
Discus	
M40 T Taft	103-0
M45 L Higgins	157-2
M50 B Humphreys	157-2
E Oleata	128-10
J White	100-5
M55 P Thomson	163-6
E Martin	103-10
D Douglass	90-3

M60 M Orlich	130-7
J Morrill	84-9
M65 H Williams	136-11
B Bangert	120-9
R Stone	115-8
M70 D Aldrich	136-3
G Cysewski	119-3
W Craft	85-3
M75 R Carter	117-0
L Joslin	100-8
V Cheadle	97-9
M80 A Puglizevich	51-2
M85 N Carter	63-6
J Whittemore	49-6
Hammer	
M50 B Humphrey	139-7
J Hart	128-10
J Waite	114-10
M55 P Thomson	159-1
D Douglass	114-6
M60 J Morrill	89-1
M Orlich	84-10
M65 B Bennett	108-4
R Stone	98-10
M70 D Aldrich	120-3
N Heard	103-0
G Cysewski	94-7
M75 L Joslin	77-7
D Pierotti	74-10
Javelin	
M40 T Taft	138-7
J Miyoshi	118-0
D Caswell	96-2
M55 E Martin	120-8
D Douglass	96-3
B Dods	90-2
M60 J Morrill	90-10
M65 H Williams	113-6
R Stone	87-2
R Bennett	66-10
M70 G Cysewski	84-0
M75 L Joslin	73-3
D Pierotti	72-5
J Angelman	63-6
M80 A Puglizevich	54-5
M85 J Whittemore	46-7

## INTERNATIONAL

10th Annual Japan  
Masters Championships  
Wakayama City, Japan  
October 14-16

100m	
M60 Shouichirou Harada	12.79
Yoshiyuki Hieta	12.85
Tetsuo Kawashima	12.87
M65 Hisaki Tamoto	13.20
Genfuku Nozaki	13.87
Takeshi Oukubo	13.97
M70 Shigehiko Takarabe	14.38
Gentarou Watanabe	14.70
Takeshi Yabe	14.92
M75 Mazumi Morita	15.11
Yuichi Tateishi	15.49
Shigeo Uekama	16.01
M80 Tokutaro Sano	17.18
Juukichi Iwamoto	17.59
Matsuo Inumochi	17.71
M85 Tomonori Takenobu	21.93
M60 Nobue Irie	16.29
Haruko Kojima	16.58
Hatsuko Nishimura	18.41
M65 Mieko Ide	19.64
W70+Akira Gomi	20.65
Kikue Tejima	22.14
Matsue Nishiyama	24.97
200m	
M30 K Matsushita	23.38
Yasushi Baba	23.54
Tooru Adachi	24.22
M35 Yutaka Akata	22.23
Nobuo Niimi	23.55
Tadashi Tabata	23.79
M40 Kouzaburo Kaihara	23.12
Shigeaki Mitsuka	23.48
Hisakazu Suzuki	23.64
M45 Isao Morioka	23.87
Motomi Ikehata	24.38
Shigeru Minagi	24.70
M50 R Tsurumaki	24.38
N Matsukawa	24.99
Motoji Kawamura	25.18
M55 Tamotsu Uchida	25.55
Masahiro Sunami	26.05
Hidehiko Higo	26.21
M60 Yoshiyuki Hieta	26.07
Gene Harte	26.64
Tetsuo Kawashima	26.74
M65 Hisaki Tamoto	28.28
Takeshi Oukubo	28.45
Toshinori Mitsuta	28.54
M70 Gentarou Watanabe	29.57
Iwao Nakashima	30.12
Takeshi Yabe	30.46
M75 Yuichi Tateishi	32.56
Shigeo Uekama	33.14
Yasaburo Okada	33.95
M80 Tokutaro Sano	35.80
Juukichi Iwamoto	36.89
Matsuo Inumochi	37.64
M85+Tomonori Takenobu	47.94
W30 Masae Yoden	27.86
W35 Ritsuko Murayama	25.40
Shizuko Tsuda	29.63
Etsuko Katayama	32.07

W40 Yoshiko Kasai	28.36
Michiko Ozako	29.63
W45 Chieko Nakamura	29.38
Sumiyo Harima	29.95
Fumiko Higa	30.51
W50 Noriko Nakamura	30.37
Kimiko Nakamura	31.09
Toshimi Sekizawa	35.95
W55 Midori Yamamoto	30.00
Mihoko Kanegawa	33.24
Toshie Kikuchi	35.49
W60 Nobue Irie	33.97
Kazue Fujiwara	35.41
Haruko Kojima	35.76
W65 Mieko Ide	41.53
W70+Akira Gomi	46.43
Kikue Tejima	48.23
Matsue Nishiyama	52.60
400m	
M30 Tooru Adachi	55.96
Michikazu Sougawa	58.06
M35 Tadashi Tabata	53.62
Tomio Matsuzuka	56.23
Masaru Asatani	59.33
M40 Shouji Habuta	52.89
Hisakazu Suzuki	54.38
Masamitsu Tanio	55.18
M45 Isao Morioka	51.93
Shigeru Minagi	55.86
Isao Yoshida	56.55
M50 S Kobayashi	57.41
Tatsuro Agou	57.84
Tomio Ishikawa	58.37
M55 Hidehiko Higo	60.02
Taisuke Yamano	60.40
Kenichi Kimura	60.61
M60 Tetsuo Kawashima	60.69
Yoshiyuki Shimizu	61.29
Gene Harte	61.37
M65 Hisaki Tamoto	64.81
Yoshio Uenobe	67.42
Shigeaki Ouyama	69.39
M70 Gentarou Watanabe	69.65
Makoto Tsutsui	73.66
Takeshi Yabe	74.03
M75 Fumitaka Yamada	73.82
Yasushi Higa	80.24
Giichi Suda	80.72
M80 Kanoe Hiramatsu	95.32
Kameo Jin	96.06
Kunio Hosokawa	1:48.07
800m	
M60 Morio Watanabe	2:30.11
Gorou Kawasaki	2:31.03
Hajime Mikami	2:31.91
M65 Yoshio Uenobe	2:32.45
Tsunesuke Tomita	2:36.85
Shigeaki Ouyama	2:37.35
M70 Shouichi Sakamoto	2:51.57
Muneaki Hase	2:56.33
Tatsuo Matsushita	2:59.08
M75 Fumitaka Yamada	2:59.51
Giichi Suda	3:12.00
K Yonenaka	3:14.44
M80 Takeji Morimoto	3:38.98
K Kawakatsu	3:59.63
W60 Haruko Asayama	3:10.42
Fude Shiki	3:40.36
W65 Mieko Ide	4:22.62
W70+Kameo Yamada	5:20.45
1500m	
M30 Yukio Kurosaki	4:13.20
T Nishiyama	4:16.36
K Namikawa	4:18.43
M35 Takeshi Hirano	4:07.54
Kouji Yamashita	4:07.65
Masao Sono	4:07.68
M40 Yoshihisa Hosaka	4:12.36
Yoshio Yamazaki	4:18.28
F Murakami	4:18.71
M45 Y Amimoto	4:18.87
S Shirahama	4:19.98
Seiichi Miwa	4:21.28
M50 Tatsuo Iwamoto	4:30.62
Kazuhiro Suzuki	4:33.23
Sueo Matsuo	4:34.34
M60 Yoshiyuki Yoshida	5:04.92
Gorou Kawasaki	5:07.50
Minao Nagano	5:09.84
M65 Yoshio Uenobe	5:17.90
Takeshi Ueyama	5:20.72
Tsunesuke Tomita	5:21.62
M70 Izou Satou	5:33.84
Kousaku Kanamori	5:46.91
S Sakamoto	5:49.20
M75 Masao Konno	6:11.64
Fumitaka Yamada	6:11.68
T Tsunematsu	6:34.27
M80 Takeji Morimoto	7:26.33
K Kawakatsu	7:37.45
Tanekazu Kokubu	9:02.84
M85+T Takenobu	10:47.78
W30 Shinobu Kurosaki	4:36.34
Tomoe Katou	4:54.85
W35 Shigemi Yukawa	5:33.18
Yukimi Komori	6:08.58
W40 Yoshiko Hirohama	4:50.49
M Takahashi	4:53.62
Reiko Hirohama	5:00.38
M45 M Nishikawa	5:04.37
Shouko Souma	5:22.58
Chiyo Oribe	5:42.27
W50 Yaeko Nishihara	5:29.98
Mitsuko Aoki	5:32.59
Toshiko Sakurai	5:43.60
W55 Masako Shimazaki	6:14.37
Risae Agou	6:21.63
Fujiko Shigeiyo	7:50.03

W60 Haruko Asayama	6:19.14
Fude Shiki	7:30.49
5000m	
M60 Tetsuo Uema	17:57.37
Y Yoshida	18:31.29
T Nakamura	18:50.06
M65 Hiroko Nakatomi	19:57.79
Kazumi Suzuki	20:12.21
S Totani	20:16.36
M70 Kousaku Kanamori	21:34.27
S Sakamoto	21:49.11
Takanori Mizuta	22:13.40
M75 Masao Konno	22:57.07
T Tsunematsu	24:17.76
Rikiya Gotou	24:27.40
M80 K Kawakatsu	29:19.17
W60 Haruko Asayama	23:23.63
Fude Shiki	25:51.39
Chieko Minami	27:47.47
Long Hurdles	
M30 Takaji Yokoyama	69.87
M40 Norio Naitou	59.86
Toshio Kuboguchi	62.28
Tadashi Takahashi	72.26
M45 Ryosuke Tadokuma	67.51
Hidekatsu Osada	68.26
Hiroaki Sano	72.24
M50 Kiyoshi Kounoike	46.21
Masaharu Takeuchi	47.39
Nobuyoshi Matsukawa	47.69
High Jump	
M35 Tatsuo Tatetsu	1.85
Kenichi Oota	1.80
Makoto Kishi	1.75
M50 Kiyoshi Tajima	1.60
Nobuyoshi Higashi	1.55
Makoto Saitou	1.50
M55 Takeshi Oikawa	1.50
Yasumasa Shimada	1.50
M60 Sheldon Varney	1.53
Tomihiko Shimizu	1.47
Shouji Furuta	1.40
M65 Shigeji Tanaka	1.30
Toshikazu Yamauchi	1.30
Tohio Koga	1.20
M70 Kiyoshi Sasayama	1.20
Taiyos Ooura	1.20
Tyongorou Shirai	1.20
M75 Kouichi Nishitani	1.20
Toshirou Hirata	1.20
Bob Boal	1.20
M80 Kameo Jin	.95
W60 Kazue Fujiwara	1.10
Mitsuko Miura	.95
W65 Ilse Pleuger	1.15
Pole Vault	
M40 Tsutomu Sudou	4.00
Fuminori Miyabe	3.90
Kazuo Kinoshita	3.80
M45 Masateru Morio	3.40
Hidekatsu Osada	2.80
Kazukiyo Yamashita	2.50
M60 Saichi Kiuchi	2.70
Mitsuo Hata	2.40
Kazuaki Shigeiyo	2.00
M65 Eiji Yoshida	2.30
Suehiko Mori	2.20
Takeshi Watanabe	2.10
Long Jump	
M40 Kazushi Oomoto	6.60
Yoshihito Imahashi	6.52
Tsuyoshi Okada	6.44
M45 Hiroshi Matsumoto	5.75
Kouji Nakamura	5.68
Katsumi Maruishi	5.61
M60 Noboru Yamamoto	5.15
Michio Kobayashi	5.09
Akio Ishiguro	4.96
M65 Shigeji Tanaka	4.79
Toshikazu Yamauchi	4.50
Toshiharu Inamori	4.40
M70 Satoshi Tsunose	3.89
S Hatsutarou	3.61
Yoshitaka Ide	3.58
M75 Mazumi Morita	4.21
Toshirou Hirata	3.55
Tomoyoshi Nishiuchi	3.53
M80 Kunio Hosokawa	3.46
Saburou Ozawa	3.18
Kameo Jin	3.00
W60 Haruko Kojima	3.54
Kazue Fujiwara	3.09
Chieko Minami	3.04
W65 Kazumi Hara	2.08
Triple Jump	
M30 Takashi Nakaya	14.41
Norihiko Kawahara	13.80
Yukitoshi Isaka	13.05
M35 Masanori Tsutsumi	15.03
Toshiki Ueda	13.89
Kenichi Oota	12.80
M70 Z Ogasawara	8.97
Masayasu Hosokawa	8.32
Minoru Tanaka	8.24
M75 Mazumi Morita	9.47
Yuichi Tateishi	8.61
Toshio Takenaka	8.57
M80 Kunio Hosokawa	6.77
T Kawashima	6.67
W30 Masae Yoden	11.28
W35 Sumie Katou	9.31
Takako Togawa	10.76
Chieko Nakamura	10.35
M50 Sumiko Imoto	8.18
Tokiko Yamaguchi	7.38
Atsuko Asada	7.28
M55 Mihoko Kanegawa	8.46
Kazuyo Yokoi	7.42
Yaeko Andou	6.95

W60 Aiko Arima	6.24
Mitsuko Miura	6.19
Shot Put	
M50 Kenyu Fukuhara	12.39
Takashi Katou	12.04
Minoru Noda	12.04
M60	12.05
Kinzi Itokawa	11.13
Sekitarou Tonomura	11.13
M65 T Motomura	11.48
Matsuo Sasaoka	10.33
Sadao Ishii	9.61
M70 Takashi Yokota	10.70
Shigehiko Takarabe	9.60
Saburou Watanabe	9.51
M75 Takeo Nonaka	9.40
Yoshizou Tsukahara	8.63
Wischmann Berno	8.60
M80 Saburou Ozawa	8.07
Masami Okazaki	7.83
Tadami Takahashi	6.71
M85+Kazuhiko Tsutsumi	5



# LONG DISTANCE RESULTS

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

## NATIONAL

National Masters Marathon  
Championships (Twin Cities)  
Minneapolis, MN  
October 8

### M40

1. MARIO CUEVAS	2:18:35
2. KEVIN RYAN	2:22:17
3. BOB SCHLAU	2:23:11
4. KJELL ERIK STAHL	2:24:51
5. VICTOR MORA	2:29:55
6. RICK REIMER	2:31:21
7. RANDY WINN	2:32:45
8. BOB GORDON	2:33:29
9. FRED L. REEVES	2:34:15
10. RON HABERS	2:36:53
11. JOHN EMMONS	2:37:14
12. HARRY COTTRELL	2:38:11
13. JOHN COSSICK	2:39:25
14. THOMAS ALLISON	2:40:41
15. JIM DONNELLY	2:43:00
16. J.C. MOFFMAN	2:43:15
17. BILL JACKSON	2:43:38
18. DON MATHIEU	2:45:08
19. BILL LEDREW	2:45:21
20. ROGER WROLSTAD	2:45:40
21. DICK ANDERSEN	2:45:50
22. BRIAN HENDRICKSON	2:46:38
23. WAUNE WALVATNE	2:47:34
24. LEONARD CLEGG	2:48:00
25. ROBERT NYBERG	2:49:38
26. JOHN MARTWICK	2:50:09
27. ROGER RODE	2:50:33
28. GERALD LARSON	2:50:36
29. ALBERT ANDERSEN	2:51:03
30. KEN HOFSCULTE	2:51:27
31. GUY HOOKE	2:52:53
32. BILL JOY	2:52:54
33. ROGER FISHER	2:53:23
34. LUTZ PAPE	2:53:56
35. LARRY OCHSENDORF	2:53:58
36. CREIGH KELLEY	2:54:02
37. ED YONLOSKI	2:54:23
38. TERRY LILLIBRIDGE	2:54:30
39. KRIS MARINOFF	2:54:33
40. THOMAS MURPHY	2:54:36
41. MIKE MURRES	2:54:52
42. TED MALONEY	2:55:09
43. JOHN KIMBERLY	2:55:13
44. ROBERT LEE	2:55:29
45. TIM KENNEDY	2:55:48
46. JIM BOHN	2:55:53
47. DENNIS MCGRAW	2:56:13
48. JOE SIDOTI	2:56:18
49. GREGORY DUNWOODY	2:56:30
50. DARYL BLAKEBOROUGH	2:56:35
51. KEANE CAMERON	2:56:37
52. LEROY ANDERSON	2:57:02
53. TIMOTHY DOWNS	2:57:10
54. GREG ENVEY	2:57:22
55. JOHN CRETZMEYER	2:57:24
56. TOM VERTIN	2:57:34
57. LARRY HOLMBERG	2:57:51
58. GARTH POWIS	2:57:54
59. TOM FISCHER	2:58:20
60. KIM THORNTON	2:58:30
61. GARY PENN	2:58:45
62. TOM BLOUNT	2:58:54
63. DONALD NOLAN	2:58:54
64. GREGORY BUSE	2:58:55
65. THOMAS BURR	2:59:01
66. ALAN LONGSTREET	2:59:03
67. TOM BLANKENSHIP	2:59:21
68. ROB JOHNSON	2:59:29
69. CHARLES MCDUGAL	2:59:36
70. RICHARD HARKER	2:59:53
71. ROBERT TIERNEY	2:59:58
72. WILLIE WRIGHT	2:59:59
73. RICHARDO LETOURNEAU	3:01:09
74. JEFFREY TAYLOR	3:01:23

### M45

1. BRUCE MORTENSON	2:26:18
2. LESLIE DAVIS	2:27:38
3. DON COFFMAN	2:32:43
4. ROBERT NELSON	2:36:05
5. MICHAEL HEFFERNAN	2:38:50
6. JARED MONROY	2:42:43
7. WILLIAM GOULD	2:46:46
8. DONALD PATERSON	2:48:32
9. CHUCK FRAWLEY	2:48:33
10. PAT ROSS	2:49:33
11. WALTER PEET	2:50:48
12. BRUCE HOWARD	2:51:19
13. JEFFREY WOLL	2:51:40
14. RICHARD BAILLY	2:52:11
15. TED RILEY	2:53:06
16. MUG THOMPSON	2:53:34
17. JERRY SKYBERG	2:53:56
18. RICK KLEYMAN	2:54:31
19. RANDOLPH KOPPA	2:54:48
20. ANDY DETERS	2:55:44

### M50

21. LEONARD COEQUYT	2:55:58
22. DAN SHANNON	2:56:06
23. DONALD DICKEYER	2:57:11
24. CHUCK SCHULTZ	2:57:14
25. TOM ANDREW	2:57:20
26. KEN SLANKER	2:57:23
27. JOHN SOUCHERAY	2:57:27
28. RANDY MOOD	2:57:56
29. BILL LANGEN	2:57:57
30. TOM DEVINE	2:58:23
31. VERN RYAN	2:58:24
32. STEVE BILBEN	2:58:48
33. CLARK ANDERSON	2:58:52
34. FRANKLIN ZIEVE	2:59:00
35. PETER MUFFMAN	2:59:15
36. JOE CARLSON	2:59:24
37. PETER WADSACK	2:59:37
38. JIM BAILLARGEON	2:59:39
39. ERIC KNOX	3:00:34
40. RAINER ROCHELEAU	3:02:03
41. SCOTT DANIELSON	3:02:03
42. DAVID JOHNSON	3:02:21
43. DICK BOUCHEE	3:02:57
44. ROE ERLANDSON	3:03:25
45. DAVID NELSON	3:04:22
46. JOHN DEJAGER	3:04:39
47. FRED KYCEK	3:05:20
48. ROBERT LAHLER	3:06:17
49. DENNY WINTNEISER	3:06:40
50. GENE DAGIAU	3:07:33
51. EMILE DION	3:08:03
52. DWIGHT VAN WYNGARD	3:08:42
53. JIM SANDNESS	3:08:47
54. BARY EVERSOLE	3:09:04
55. PAUL BAUER	3:09:16
56. GALEN YOUNGSMAN	3:09:17
57. DAVID BERLEY	3:09:33
58. STUART PHILLIPS	3:09:37
59. ROBERT MACK	3:10:07
60. CLIFFORD BROWN	3:10:28
61. DENNIS DUNN	3:10:30
62. DAVID ROSENE	3:10:33
63. WILLIAM TUCK	3:10:56
64. ERVIN HARTMAN	3:11:10
65. BRAD MURALA	3:11:20
66. DEAN NARSEN	3:11:35
67. DOUGLAS BRANDT	3:11:52
68. JOHN HEGG	3:11:53
69. ROBERT WALSH	3:12:08
70. LARRY MCNICHOLS	3:12:32
71. JOHN MCFARLAND	3:12:34
72. BRUCE KOKERNOT	3:12:39
73. JOHN BROWN	3:12:41
74. STEVE PAULSON	3:13:30

### M50

1. ROGER ROBINSON	2:28:03
2. FAY BRADLEY	2:38:58
3. ADAL BOES	2:42:48
4. DUANE FJELSTAD	2:44:23
5. RON GOURDEAU	2:46:06
6. MYRON ANDERSON	2:52:23
7. DICK SEAGRAVE	2:53:37
8. LYLE CATER	2:54:47
9. EDWARD MUDEK	2:56:09
10. TIM LANG	2:58:16
11. CARL KOECHER	3:00:16
12. JIM BENSON	3:00:21
13. JACK WIER	3:01:06
14. DON GILBERTSON	3:04:31
15. EDWARD WHITLOCK	3:06:36
16. JAMES SAARI	3:07:36
17. ED ROUSSEAU	3:07:39
18. DANIEL GRAHAM	3:09:03
19. DAVID ARMSTRONG	3:10:42
20. JOHN POST	3:11:13
21. DON MOONEY	3:12:27
22. GLENN HEGMAN	3:13:50
23. JOHN KOWALCHUK	3:14:58
24. EDWIN KORKIA	3:16:23
25. JAMES SNEER	3:16:46
26. JACK FRATER	3:16:48
27. LESLIE GOENNER	3:16:49
28. DOUGLAS ERRETT	3:17:01
29. DAVID MCNAUGHTON	3:17:05
30. BOB BALDUS	3:17:44
31. DONALD ROBBINS	3:18:10
32. PHILLIP SANDERS	3:18:40
33. LARRY FARMER	3:19:42
34. BOB SCHLOSSER	3:19:45
35. BOB WILSON	3:19:59
36. ALBERT KUHNER	3:21:14
37. ALLEN WASSEMAAR	3:22:10
38. TONY COLLEY	3:22:16
39. KEN WALTER	3:22:43
40. LARRY OYEN	3:22:52
41. MIGUEL MILICH	3:22:57
42. TERRY TOMANN	3:23:22
43. GORDON PITZ	3:24:12
44. PAT BRITT	3:24:17
45. LEON KOHN	3:25:21
46. MIKE BERENS	3:25:21
47. DENNIS NIER	3:25:35
48. RONALD CATTALAN	3:25:42
49. RONALD DECREEUR	3:25:58
50. BOB FUCCI	3:26:19

### M60

1. GAYLON JORGENSEN	2:45:33
2. MAX JONES	3:05:00
3. GEORGE CHAPMAN	3:06:14
4. JIM ONEIL	3:13:16
5. DICK BENSON	3:15:19
6. FRED DODD	3:16:17
7. RICHARD LAMERMAYER	3:16:45
8. BILL GALBRECHT	3:17:30
9. HAROLD HUBBARD	3:18:39
10. BOB BROWN	3:24:44
11. BILL BROMLEY	3:35:51
12. LESLIE MORGAN	3:36:43
13. GEORGE SIVANICH	3:39:29
14. ROBERT THORBUS	3:53:15
15. GEORGE MUNKINS	3:53:20
16. WALTER BEIER	3:54:11
17. RANDOLPH SMITH	3:56:39
18. RICHARD PATTERSON	3:56:48
19. GERRY DAVIES	3:57:11
20. MATTHEW BROWN	3:57:15
21. JACK MANDELKER	3:59:55
22. BYRON VAN DAKE	4:04:04
23. JOHN WHITEHURST	4:06:38
24. DON WANGEN	4:08:31
25. BURT CARLSON	4:12:11

### M65

1. ALEX RATTLE	2:59:38
2. LLOYD YOUNG	3:23:19
3. JOHN BURTON	3:37:35
4. KEN ROBINSON	3:45:32
5. VERNON NELSON	3:54:36
6. ROBERT WAGNER	3:59:24
7. CHARLES S. ROBERTS	4:12:15
8. WILLIAM STYLE	4:13:52
9. CHARLES ROLLINS	4:14:15
10. LEW WORHAM	4:32:42
11. JAKE MCQUILLAN	4:36:01
12. JOHN ENGBRETSON	5:22:26

### M70+

1. ED BENHAM	3:48:35
2. EMIL BALZ	4:04:03
3. CYRIL AMITT	4:11:47
4. CLAYTON MORAN	4:36:21
5. CLARENCE OSBORN	4:53:06

### W40

1. NGAIKE DRAKE	2:41:25
2. CHRISTA VAHLENSTROM	2:43:22
3. JANE HUTCHISON	2:46:30
4. MARY WOOD	2:46:36
5. GABRIELE ANDERSEN	2:51:48
6. SUSAN HAYENS	2:51:51
7. CLAUDIA CIAVARELLA	2:55:02
8. JAN VERMILYE	2:55:49
9. JUDY GREER	2:57:37
10. JANE LAUSCHER	3:02:32
11. MARY GAIL BRAUNER	3:02:51
12. MEG CUMMINS	3:04:14
13. FRANCINE LAPAGE	3:04:53
14. SHARON GILLIGAN	3:05:08
15. JANET JORDAN	3:06:20
16. EILEEN PORTZ-SHOVI	3:11:05
17. BARBARA SPANNAUS	3:12:36
18. MISSY KAHN	3:13:51
19. LAURIE FISHER	3:15:36
20. CAROL KLITZKE	3:16:35
21. CHERYL DITCH	3:17:12
22. CARMEL VRABEL	3:18:27
23. ARDEL BENGTSON	3:19:35
24. LINDA BARTON	3:19:52
25. MARY MAGHARA	3:22:11
26. FAYE BERGER	3:22:32
27. SHAY SCRIVNER	3:25:37
28. MARCY GILLES	3:27:55
29. MARY BRANDT CROFT	3:29:20
30. KATHLEEN WAHLSTROM	3:30:06
31. BONNIE FUGLESTROM	3:30:43
32. CAROL SANTORO	3:30:46
33. SARA JANE OLSON	3:31:23
34. KRIS MCKICHAN	3:31:41
35. JO VOS	3:31:44
36. INGRID MONZAK	3:31:55
37. LYNDA OCKULY	3:32:28
38. RUTHANN NELSON	3:33:38
39. JANICE O'GRADY	3:34:52
40. KAREN BORGLUM	3:34:59
41. THERESA MOONEY	3:35:34
42. MARLENE RAWLES	3:36:34
43. JANE RADA	3:37:13
44. MARY PERCY	3:37:28
45. GAIL JONES	3:37:51
46. MARY MCDEMOTT	3:39:54
47. JUDY WRIGHT	3:41:33
48. IRENE GROSSBACH	3:43:51
49. SARA APPELBAUM	3:44:27
50. LINDA WILCOX	3:44:57
51. DIANE DEMARS	3:46:49
52. MARY EGGING	3:48:00
53. DIANNE LOFTIS ENGE	3:48:20
54. JEAN ANDERSON	3:49:03
55. KATHY BUEHLER	3:49:21
56. KATHLEEN SCHMITT	3:49:32
57. MARY JEAN GOULET	3:49:58
58. PATRICIA POLIKOWSKY	3:50:22
59. ELIZABETH MOLT	3:50:36
60. JOAN ELLINGSON	3:52:21

### W45

1. JOAN COLMAN	2:58:50
2. SUSAN WEISBROD	2:58:56
3. JOAN ULLYOT	2:59:10
4. KAREN BESTUL	3:09:30
5. BRIGITTE SUTHERLIN	3:14:36
6. GEORGINA COOK	3:18:46
7. GAIL RODO	3:25:58
8. JOAN MCNAUGHTON	3:35:22
9. LORETTA HELLING	3:35:35
10. MARGARET MOEL	3:42:19
11. JO ANN LA KOUR	3:42:50
12. SHIRLEY HANSON	3:42:52

### W50

1. WEN SHI YU	3:13:30
2. SANDRA KIDDY	3:17:25
3. PATRICIA LARSON	3:38:07
4. LOU NELSON	3:40:08
5. ALISON ANTOUM	3:40:58
6. NAM NIGGINS	3:49:03
7. PHYLLIS KAHN	3:56:11
8. NANCY MUELLER	4:04:40
9. DOLORES CROSS	4:05:01
10. GAYLE REED	4:09:32
11. JOAN SZARFINSKI	4:10:33
12. JANE ADAMS	4:15:35
13. DEANNA FLESNER	4:17:19
14. ANN KELLY	4:18:50
15. ANN PAULSHYN	4:22:10
16. HELEN PETERS	4:28:25
17. DEETTE ANDERSEN	4:40:17
18. LINDA COOK	4:41:18
19. MARY WINTHROPE	4:43:41
20. SANDRA GIANMONA	4:45:49
21. ELAINE NYQUIST	4:48:26
22. MARILYN WHYTE	4:59:43
23. BARBARA MACKENZIE	5:26:52
24. LAVERNE STEEN	5:30:46
25. JEAN MAGNUMSON	5:32:28
26. JOANN GREEN	5:40:39
27. JANE KLAHR	5:42:29

### W55

1. MARY BONSTROM	3:53:31
2. IRENE MOLITOR	4:02:01
3. PATRICIA WAHLGREN	4:17:01
4. EVA CONNOR	4:20:47
5. LOIS DEGDONA	4:23:56
6. JOE HOFFMAN	4:24:53
7. MAISIE CROMIE	4:33:59
8. JEANNE MURPHY	4:39:44
9. JAN LLOYD	5:00:03
10. JANET ALDOUS	5:26:11

### W60

1. BILLIE MURPHY	3:42:16
2. RUTH ANDERSON	3:54:25
3. MARY LOU CARLSON	4:18:37
4. MARY JANE SNEEHAN	5:06:31
5. JEANNINE JULSON	5:31:24

### W65

1. ANNE TRIGG	4:12:29
2. BETTY MALEEN	4:13:52

## National Masters 5K Cross-Country Championships Columbus, Ohio November 5

M35	Wendell Skelley	15:49
	Dave Stanley	15:59
	Larry Strang	16:27
	Marlon Logston	16:47
	Buddy Barpool	16:51
	Jerry Mounts	16:54
	Tom Wilcox	16:55
	Steve Wilkin	17:17
	Cerald Rexing	17:27
	Don Plunkett	17:32
	Joe Kender	17:46
	Guy Pizzoferrato	17:56
	Jerry Magnoni	19:30
	Gregory Clark	19:36
M40	Daniel Sekerak	15:53
	Peter Bailop	16:11
	Dennis Grants	16:18
	David Blankenship	16:26
	Buss Wynbeek	16:28
	Jim Gossett	16:48
	Dale Loeper	16:51
	Carl Hatfield	16:53
	Jerry Tann	16:59
	Joe Lalonde	17:28
	Barry Firestone	17:34
	Bob Kuebler	17:52
	Frank Marshall	18:03
	John Miller	18:15
	Gary Evans	18:27
	Larey Schaffner	18:36
	Ralph Marinello	18:40
	Norman Thomas	18:49
	Jeff Gerson	18:51
	Robert Metcalf	18:55
	David Baecker	19:10
	Dick Rutledge	19:26
	James Weber	20:11
	David Zgrabik	22:43
	Jerry Plate	23:01
	Allen Ray	24:35



## Continued from previous page

M50 Joe Roche	38:47
Gene Carbine	39:06
Nevio Dobry	39:53
M55 George Hirsch	38:40
Patrick McElroy	42:09
Eduardo Loedel	42:37
M60 Leslie Buckland	45:02
Lewis Schwartz	45:11
Rugh Bowen	48:34
M65 William Coyne	43:12
Stanley Neufeld	46:29
John Burns	nt
M70 Wilfredo Rios	51:47
Eugene Schapiro	65:04
W40 Irene Jackson	40:31
Johana Carter	44:51
Gilda Serrano	45:30
W45 Nicole Cherry	44:56
Miki Rifkin	49:12
Margaret Skelly	52:05
W50 Carmen Calle	52:33
Eileen Skelly	52:56
Florence Rose	54:28
W60 Aslaug Tomas	52:45
Arlene Kernis	62:44
Cecile Rodan	62:50
<b>Racewalkers</b>	
1 Nicholas Bdera	46:48
2 Fred Comolli	76:20
3 Adolph Fuerst	87:31
1 Shirley Street	35 63:21
2 Adelina Rivera	13 67:19
3 Mary McNulty	49 69:05

Ridgefield Half-Marathon  
Ridgefield, CT  
October 1

<b>Overall:</b>	
David Burke	1:09:01
Barbara Mathewson	1:24:19
M40 Joe Porcaro	1:17:16
Ted Chila	1:19:54
Guy Stretton	1:20:43
M50 Bob Sieller	1:17:30
John Dugdale	1:17:40
Art Scheinholz	1:21:01
M60 Phil Mongillo	1:30:23
Woody Lunsford	1:43:47
Hank Williams	1:43:52
W40 Barbara Mathewson	2:14:19
Susan Wehl	1:24:47
Jac McKeown	1:27:30
W50 Wen-Shi Yu	1:34:36
Maureen Jones	1:53:35

Staten Island Half-Marathon  
Staten Island, NY  
October 22

<b>Overall:</b>	
Carlos Roa	1:07:04
Anadella Rios	1:20:59
M40 Edgar Sandoval	1:17:12
L Guachichulca	1:17:17
F Sarmiento	1:20:31
M45 Pat Cosgrove	1:19:54
Justino Valentin	1:22:49
Mike Andreachi	1:23:18
M50 Gerald Lopez Jr.	1:18:19
Sid Howard	1:19:09
Kazimierz Dura	1:25:36
M55 Frank Dudley	1:26:07
Pat McElroy	1:33:58
Daniel Mahala	1:34:09
M60 Bill Fortune	1:24:26
Ken Karcher	1:28:56
Joe Burns	1:31:50
M65 William Coyne	1:39:40
Thomas Gibbons	1:47:11
Mel Freidel	2:07:28
M70+Vince Carnevale	1:40:44
Andrew Neidnig	1:41:09
Wildredo Rios	1:51:07
W35 Lindsey Folsom	1:29:14
Laura Osorio	1:35:28
Marcia White	1:36:39
W40 Debbie Adams	1:32:09
Ann Piccolo	1:33:55
Sylvie Kimche	1:34:38
W45 Marilyn Greeley	1:28:47
Susan Lambert	1:35:17
Patty Parmalee	1:36:39
W50 Gudrun Philips	1:34:05
Ellen Quinn	1:40:47
Sue Medaglia	1:41:02
W55 Lisa Praskins	1:33:04
Rosa Nales	1:41:15
Helena Close	2:11:15
W60 Aslaug Tomas	2:04:14
Barbara Foley	2:48:15
Marcella Tobias	2:52:07
W70+Althea Wetherbee	2:04:22
Althea Jureidini	2:32:07

New York Woman 4 Miler  
Central Park  
October 15

<b>Overall:</b>	
Gordon Bloch	21:09
W30 Roberta Anthes	22:24
Gillian Horowitz	22:26
Barbara Brewer	22:35
W40 Angella Hearn	22:44
Christine Grenning	23:18
Mary Ryan	24:35
W45 Lina Connors	25:18
Marilyn Greeley	25:25
Jessie-Lea Hayes	26:09

W50 Julianne Grace	29:38
Paola Lucentini	31:20
Nina Kuscsik	31:36
W55 Lisa Praskins	27:13
Toshiko D'Elia	29:06
Bunny Franco	30:53
W60 Cecile Rodau	36:35
Sandy Norris	38:44
Ann Coleman	38:44
W70+Althea Wetherbee	35:02
<b>Racewalkers</b>	
1 Elton Richardson	50 37:41
2 Shirley Street	35 41:39
3 Beth Teich	38 42:20

Freihofers Run For Women 10K  
Syracuse, NY  
October 22

<b>Overall:</b>	
Lynn Jennings	32:17.54
W35 Peggy Wiltberger	38:35.81
Liz Mastin	38:43.85
Patricia Delia	39:09.96
W40 Nancy Oshier	36:41.40
Susan Wehl	38:28.49
Carla Amann	42:00.28
W45 C Tattersall	37:44.21
Mary Shaver	40:17.88
Sue Crook	45:08.33
W50 Margaret Betz	40:42.74
Jo Whitten	45:07.97
Sally Rusby	46:30.42
W55 Mary Ann Rusz	48:49.62
Helen Bueme	50:48.64
Lillian Fischer	51:07.58
W60 Dolores Quinn	51:34.41
Nancy Auster	53:30.91
W65 Betty Howard	52:32.64

Freihofers 5K  
Syracuse, NY  
October 22

<b>Overall:</b>	
Bennie McIntosh	14:44.6
Teri Abrahamson	19:10.7
M40 Richard Hoebeke	16:17.3
John Dwyer	17:18.4
Herb Enghen	17:26.9
M45 Ken Parker	19:05.0
David Greer	19:26.1
Tom Rishel	20:00.4
M50 Vincent Colgan	18:20.3
Sam Graceffo	18:32.7
Peter Rath	20:23.3
M55 Wally McRae	22:36.4
Richard Hopper	24:51.0
Alan Coates	26:20.6
M60 Chuck Grime	21:44.3
Howard Machillan	22:27.2
Ed Carsky	23:22.7
W35 D Lovenduski	22:23.4
Heidi Cross	22:51.5
Pat Menotti	24:52.8
W40 Joy Porter	22:28.5
Chary Griffin	22:45.2
Virginia Drake	22:52.7
W45 Suzanne Gardiner	20:29.8

Mohawk-Hudson River  
Marathon  
Schenectady to Albany, NY  
October 29

<b>Overall:</b>	
Gordon Neysmith	2:23:04
Doreen Friedman	2:50:53
M40 Jack Miller	2:32:38
Thomas Powers	2:51:55
Lloyd Hulburg	2:53:19
M45 John Wallace	2:58:54
David Barzilay	3:01:36
Bill Williams	3:03:22
M50 Horst Schwinge	3:06:48
Tom Stanley	3:12:00
Sam Greceffo	3:15:30
M55 Jim Tierney	3:18:37
Doug Vassilatos	3:23:54
Ray Bermm	3:29:42
M60 George Wodicka	3:23:50
Cas Kozak	4:01:47
Ted Turone	4:16:41
M65+Sam Gratch	4:03:23
W40 Barbara McKee	3:11:30
Judith Swasey	3:19:29
Cecily Dexter	3:25:46
W45 Nancy Fitzgibbons	4:19:07

## SOUTHEAST

Elvis Presley Memorial 5K  
Memphis, TN  
August 29

<b>Overall:</b>	
Patrick Alexander	14:41
Brenda Walton	17:27
M40 Nash Jimenez	15:40
Tom Durham	17:35
Jim Suber	17:46
M45 Mike Moffatt	17:22
Glen Stewart	17:37
Darrell Riffie	17:54
M50 Hooley Crittenden	18:51
Mel Davis	19:39
Jim McElroy	20:11
M55 Norris McDivitt	19:50
Leonard Keen	21:12
Cabby Byrne	21:37

M60 Delroy Lawson	21:38
Al Mauer	22:56
Jimmy Robbins	23:06
M65 Dan McCarty	20:12
Robert Sohm	22:54
M70+Don McCune	23:45
Thomas Payne	33:36
W35 Kathy Brotherton	21:37
Mary Lou Stone	22:06
Cheryl Goodman	22:35
W40 Irma Russell	21:30
Lynn Endsley	22:15
Connie Simpkins	22:30
W45 Brenda Crittenden	25:45
Ann Viles	25:49
Hilde Haynes	26:23
W50 Martha Reese	24:52
Joyce Mattox	28:02
Dot Bilsby	32:15
W55 Billy Jo Laws	30:56
Elsie Staats	32:40
Peggy Williams	44:17
W60 Barbara Jackson	47:16
Alice Dickey	48:29
Gladys Quarles	50:37
W65 Mary Wilkerson	54:22
Norma Ruth Harris	57:44
W70+Eleanor Harris	56:33

Grits Run 5K  
St. George, SC  
September 2

<b>Overall:</b>	
Irving Batten	15:32
Terry Bartosh	18:59
M40 Paul King	17:28
Bruce Taylor	18:18
Allen Hoven	19:13
M45 Chuck Barton	17:55
Dupree Elvington	18:07
Russell Brown	18:20
M50 Ken Simmons	21:27
Harley Henderson	22:42
H.B. Wilkes	23:38
M55 John Harwick	20:00
Russ Worrell	23:42
Bill Leopard	25:08
M60+Lee Swofford	20:09
Gilbert Krebs	31:04
W35 Collette Holmes	22:32
Pamela Simmons	23:36
Karen Freischlag	27:13
W40 Barbara Davidson	22:22
Kathy Jagers	22:33
Rita Shuler	24:48
W50 Pat Rhode	22:59
Loraine Sapp	27:21
W55 Adelaide Fletcher	27:19
Camille Daniel	28:02
W60+Margaret Wright	27:32
Evelyn Smith	32:15

Hardee's Oktoberfest 8K  
Memphis, TN  
October 13

<b>Overall:</b>	
Pat Alexander	24:47
Frances McKown	31:34
M40 Reedy Buford	25:43
Nash Jimenez	25:57
Ken Sparks	26:52
M45 Terry Connell	29:37
James Tigner	29:51
Marshall Jones	31:20
M50 Gerald Koch	29:20
Jack Rocket	30:59
Harry Rike	35:04
M55 Dick Ruzicka	29:42
M60 Bill Fortune	30:42
M65+John McManus	32:45
W40 Irma Russell	35:13
Susan Wright	37:33
Carol Bishop	42:00
W45 Susan Rowe	42:06
Ann Nichols	44:23
Kay Price	47:12
W50 Gina Faust	31:48
W55 Joan Ingle	45:51
W60 Mary Norckauer	43:38

Capital Trail Run  
Raleigh, NC  
October 14

<b>Overall:</b>	
John Glidewell	48:31
Mary Alico	56:31
M40 John Campbell	49:37
Bill Rodgers	51:09
Dave Stewart	51:35
Earl Owens	51:51
Bruce Nelson	54:34
William Walker	54:36
Lenny Sheehan	55:00
Bruce Dale	56:34
Wilton Bass	56:38
Robert Bergeron	57:35
M45 Lew Faxon	55:17
Thomas Hare	55:29
Jerry Smith	59:10
Richard Mowat	60:20
Willie Thorne	62:52
Royce Sayer	63:20
Regis Lyons	64:19
Jerry Harris	64:46
Reather Hinson	66:33
Bob Friend	66:43
M50 Don Sleeman	57:31
Paul Farrier	60:13
Robert Morrison	61:17

M55 Ole Holsti	65:46
John Harwick	67:56
Peter Klopfer	68:02
Russ Wolf	68:39
David Fowle	69:40
Charles Lewis	73:59
Fred Haynie	75:16
Walt Lyon	76:15
M60 Mike Shea	65:18
Edward Hamilton	76:57
Jack Gerrans	78:11
Charles Van De Zand	78:55
Casper Holroyd	79:02
M65 Peter Murtos	96:32
E.B. Lloyd	97:51
W40 Nancy Mieszcak	60:08
Nancy Oshier	61:28
C Tattersall	62:58
Claudia Ciavarella	63:11
Sherry Kanoy	65:38
Anne Mansfield	67:55
Jeanne Kruger	68:46
Emily Brown	70:44
Heather Yeowell	75:46
Connie Corson	82:04
W50 Martha Klopfer	71:51
Susie Klutts	74:44
Margrid Krueger	85:18
Jeanette Chambers	86:17
W60 Charlotte Baker	2:07:53

First Wurst 5K  
Winter Haven, FL  
October 15

<b>Overall:</b>	
Keith Lee	17:22
Julie Blazina	24:08
M35 Gary Landry	18:36
M40 Bill Myers	20:07
M45 Robin Penlington	20:46
M50 Patrick Zier	20:41
M55 James Tatum	24:09
M60 Millard Shumate	23:26
M70+Gordon Johnson	27:12
W35 Debra Funkhouser	25:19
W40 Gail Tew	27:57
W45 Sue Moore	26:09
W50 Phyllis Miller	26:54
W55 Carolyn Roberts	31:48
W60 Erma Hickey	28:07

## WEST

St. George Marathon  
St. George, UT  
October 7

<b>M40</b>	
2:35:04	CHARLES WAY
2:39:08	BILL TUDDENHAM
2:39:09	HANK HARPER
2:41:53	STEVE SHOPOFF
2:44:10	TED HEAL
2:45:36	ROBERT CREER
2:45:46	VIC JENSEN
2:46:04	BOB RASMUSSEN
2:47:05	DANIEL KELLY
2:48:21	BOB LINDSEY
2:48:27	KURT GUTHMECHT
2:49:01	MIKE GILBERT
2:49:27	DENNIS HUFFMAN
2:51:16	DON ZIMMERMAN
2:52:21	JOHN HELM
2:53:09	DAVID CROMER
2:53:10	GEORGE CROSHAW
2:54:13	RICHIE THOMAS
2:54:34	PATRICK ENGLISH
2:55:12	RALPH SMITH
2:55:18	CRAIG SIMMONS
2:55:23	RON MYERS
2:55:27	JOHN KLIARSKY
2:56:23	ALAN STEWART
2:56:45	RUSS SKOLL
2:56:47	RICHARD JOHNSON
2:57:33	GENE TURNER
2:58:34	VAL ANDERSON
2:59:10	JACK APES
3:00:51	ROBERT SACRIPANT
3:01:09	WALTER HANSEN
3:01:32	MANNLEY JOHNSON
3:02:30	MITCH SMITH
3:02:30	GARY LADLE
3:03:06	JOSEPH MORZINSKI
3:04:43	JAMES GRISAMER
3:05:27	JIM FLANTIGAN
3:05:45	JAMES STIER
3:06:58	WILLIAM MAXIE
3:07:04	JOHN HUNTER
3:07:15	TOM MCFARLAND
3:07:24	BILL ALLINSON
3:07:48	KENT CHRISTENSEN
3:08:16	WILLIAM BOYD
3:08:54	BILL GARNER
3:09:22	JOHN MACDONALD
3:09:36	TERRY BROWN
3:09:42	PATRICK COPPIN
3:09:45	TAY HULLIMSE

M45	
2:38:41	ERNST BAER
2:41:25	THOMAS CURRY
2:44:07	GARRY LISTON
2:45:51	BRENT PALMER
2:46:44	CHARLES FERGUSON
2:51:03	RICHARD PUGH
2:53:06	RON PETERSON
2:54:27	DON KIRBY
2:54:55	REG PRICE
2:55:02	HARVEY RISHE
2:55:24	JOHN THALMAN
2:56:08	LARRY KELLER
2:57:15	DOUGLAS WELLS
2:57:36	ROBERT HAWKES
2:57:43	MICHAEL REAGO
2:57:50	DAVID LATTIN
2:58:35	RICH COOPER
3:00:08	GEORGE HUTCHINGS
3:00:20	LARRY BROOKS
3:00:24	THOMAS GALLAGHER
3:00:25	RAMON BLOGETT
3:00:47	CARY HOWARD
3:02:06	BUD McANALLAN
3:02:21	RICK HARDY
3:02:24	JAMES FURNISH
3:02:31	MANNY GARCIA
3:02:50	RON LOWY
3:04:27	P. KEITH NELSON
3:06:53	BOB OLIVA
3:07:12	MICHAEL MELCH
3:07:26	VINCENT INTERRANTI
3:08:02	JERRY CRAWFORD
3:08:07	RON OLESON
3:08:08	TOM BRAMBLE
3:10:09	ALAN BROWN
3:11:17	BILL ALLRED
3:11:56	B. JOHN GALBRAITH
3:12:15	TERRY TUCKER
3:12:29	BURK SMITH
3:13:31	JACK SEAL
3:13:37	JIM SHURTS
3:14:23	JIM BOYD
3:15:14	ROLLAND BROWN
3:15:51	HUGO MORALES
3:15:58	BOB KINGERY
3:16:01	NORMAN STARK
3:16:05	ROGER GERARD
3:16:27	REX CARTER
3:17:24	CLAYTON CARTER
3:18:06	DOUG MCALIN



## Continued from previous page

W40 M Acquistapace	7:25.3
Elaine Pierce	7:38.4
Lynn Schur	7:53.7
W50 Vicki Bigelow	7:18.6
Kay Willoughby	8:04.4
Marty Maricle	8:15.2
W60 Betty Baugh	11:00.0

### Baby Boomers West 10K Phoenix, AZ November 5

Overall:	
Hector Perez	29:35
Angela Espinoza	35:07
M40 John Bednarski	30:58
David Oropeza	32:49
Steve Ferraz	32:54
Ed Granchalek	33:50
Rick Glider	34:17
John Wickstrom	35:07
Hayden Smith	35:26
David Liberman	35:39
L.R. Gagnon	35:42
Ron Lorts	36:16
M45 Juan Cabeza	35:30
Bill Nagey	37:36
Perry Taaca	38:07
Richard Fawcett	38:11
Chuck Sorensen	38:14
Donald Tucker	39:42
Bob Oliva	40:20
Andy Forman	40:21
Gary Wall	41:05
Donald Newman	41:11
M50 Don Branaman	37:29
Gordon Foster	37:53
Joe Palais	39:28
Virgil Shrauner	41:34
A Valdenegro	41:42
Bob Hyde	42:24
Robert Berkey	43:00
Mark Matulis	43:47
David Goodell	44:41
Norbert Kirkwood	44:42
M55 John Weldy	36:57
James Williams	40:05
Eddie Simpson	42:27
Les Leslie	43:22
Richard Olafson	43:37
M60 John Rouse	42:34
Novi Milicevic	49:08
Ed Manning	51:18
John Coughlin	51:31
M65 David Pickens	52:29
Roberts Marshall	52:35
Bob Fish	52:41
John Gobins	63:11
Robert Cossman	72:32
M70 Al Clark	49:56
John Overton	52:33
Amos Childers	52:46
Leon Niles	69:22
W40 Linda Rohmer	43:39
Carey Sigler	44:42
Mary Ortega	44:58
Mary Orr	45:57
Susan Wall	46:06
Dianne Hill	46:46
Dorella Ulibarri	48:31
Deanne Penn	49:13
Bonnie Harvey	50:07
Barbara Postorino	52:05
W45 Josie Chalmers	41:51
Judy Pratt	42:41
Leslie Ullstrup	47:36
Mady Smidt	48:17
Judy Overholtzer	48:55
Susie Ryan	49:50
Caroline Orr	52:02
Anne Ruch	53:02
Barbara Meisheid	53:36
Kathy Lintner	55:22
W50 Judy Allard	43:46
Marlene Van Sickle	49:06
Judy Yanover	50:48
Dolores Miller	54:24
Cathy Gobins	64:44
W55 Sue Robles	43:29
Lucinda Ehlers	52:19
Barbara Olafson	53:04
W60 Adele Milicevic	57:25
Emma Bowman	66:49
W65 Evelyn Arnold	56:24
Gurnelle Jones	71:29
W70+Rose Steward	88:53

### CANADA

#### CMAA 5K Road Championships Sunnybrook Park, Toronto September 16

M40 Dan Soucoup	15:49
Brad Simser	16:03
Al Choromanskis	16:37
Jim Wilson	16:41
Tony Teddy	16:44
M45 Mike Scott	15:29
Bob Moore	16:08
Glen Norcliffe	16:47
Ed Shoesmith	17:45
James Herron	17:49
M50 Gary Baker	16:53
Robert Glazier	17:27
Dave Wallace	17:37
Norm Abbott	17:37
Gene Bricker	17:53

M55 Alan Blakey	18:07
Ed Whitlock	18:18
Richard Graves	18:58
John Johnston	19:20
Peter Tink	20:15
M60 Earl Fee	18:39
Richard Maxwell	18:45
Ken Anderson	23:18
Don Farquharson	23:31
Ron Carroll	24:39
M65 Kurt Gelbhaar	19:59
Arthur Wilson	22:03
Bob Madeley	22:49
Leslie Curry	23:09
Bud Crozier	23:25
M70 Aaron Kazdan	24:23
Whitey Sheridan	25:25
Sid Pritchard	27:12
W35 Susan Reed	20:58
Marilyn Pamplin	21:54
Janice Graham	22:33
Lynn Cepin	23:42
Pam Cook	23:56
W40 Anne Emmett	19:12
Nancy Wells	19:39
Shirley Pommier	19:44
Elaine Dembe	20:42
Shari Sadinsky	22:37
W50 Jean Doench	20:47
Anne Vandervleuten	21:57
Wendi Hanger	22:16
Christine Walker	24:49
Sheila Shoemith	26:39
W55 Molly Turner	20:53
Jean Horne	21:06
Rayma Dixon	23:15
W65 Judith Kazdan	25:35

### INTERNATIONAL

#### Gold Coast Marathon Queensland, Australia July 23

Overall:	
Brad Camp	2:10:11
Trudy Fenton	2:42:50
M40 Ted Wagner	2:32:39
Geoff Moore	2:33:40
Derek Nixon-Smith	2:35:52
M45 Ian Graves	2:31:24
Trevor Mitchell	2:36:57
Clive Davies	2:38:08
M50 Rein Evenhuis	2:39:45
Peter Leigh	2:45:57
Eric Porter	2:51:42
M55 Julius Keller	2:55:12
David Rosser	3:04:53
Ken Saunders	3:08:38
M60 Frank Byrne	3:27:39
Norman Walker	3:28:02
Jack Fowler	3:37:33
M65 Theo Orr	3:05:17
John Davidson	3:19:31
John Burns	3:53:01
M70 Norman Gulbrandsen	3:30:57
John Petersen	4:44:49
W35 Margaret Grice	3:06:33
Teresa Quinn	3:07:13
Hazel Edmond	3:32:07
W40 Mollie Whitehorn	2:56:30
Mary Ann Busted	2:59:32
Robyn Meadows	3:03:46
W45 Wendy O'Sullivan	3:39:40
Daphne Coffey	3:41:10
Mavis Garrick	4:11:06
W55 Joan Stubbings	3:45:03

#### Southend 10K Southend, England October 15

Overall:	
Rob Wise	29:06
Glynis Penny	34:14
M40 Tony Nixon	32:55
M45 Martin Duff	32:25
M50 Peter Dobbs	34:06
M60 Frank Copping	40:42
W35 June Webb	37:48
W45 Carol Gould	39:48

#### International Veterans 10K/5K Cross-Country Amphill, England November 5

10K	
M40 A Simmons	33:45
A Ross	33:58
A Holden	34:03
M45 S Wangee	35:17
T Keller	35:53
A Adams	35:57
M50 L Presland	34:56
T Davies	35:50
S James	36:13
M60 B Pearl	40:50
L Foster	41:08
H Foord	42:39
5K	
W35 G Penny	19:20
T Calder	19:29
P Shore	19:45
W40 A Roden	20:21
E Gooch-Harding	20:31
J Stevenson	20:33
W50 P Jones	22:12
M Louden	23:24
J Aitchison	24:19

Teams	
M40 Wales	20
England	28
North Ireland	44
M45 England	12
Scotland	34
Wales	39
M50 England	14
Wales	24
Scotland	57
M60 England	6
Scotland	18
Wales	29
W35 England	8
Scotland	15
Wales	29
W40 England	11
Wales	17
Scotland	20
W50 England	11
Wales	12

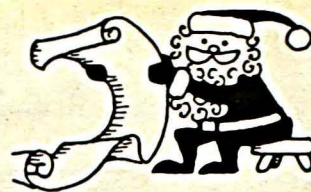
### RACE WALKING NATIONAL

#### North American Masters 5K Racewalk Championships Coconut Creek, FL October 14

M40 John Fredricks	24:41.0
Ed Evors	31:56.6
Allen Menzer	32:29.0
M45 Bill Halford	28:47.5
Peter Black	29:19.0
Gary Canner	30:36.4
M50 Lee Duffner	28:15.6
William Saxton	31:37.8
M55 Tom White	26:44.7
Robert Fine	29:04.5
M60 Robert Mimm	27:40.7
Sigmund Kurz	34:47.2
John Gamba	35:29.5
M65 Charles Poladion	31:55.6
M70 Don Johnson	31:51.0
Paul Geyer	33:19.6
W35 Christine Ingram	32:26.5
Linda Padian	38:53.6
Ellen Goldman	41:49.6
W40 Janette Smith	27:45.0
Ruth Bragman	31:27.1
Marianne Russell	36:38.4
W45 Verna Bucks	31:12.7
Doris Miller	36:12.5
W50 Joan Joesting	36:32.1
Ann Dann	36:43.4
Tanya Mislowsky	37:01.2
W60 Miriam Gordon	33:22.8
W65 L Hottensmith	34:14.2
W70 Ruth Usatorres	41:51.5

#### North American Masters 3K Racewalk Championships Westfield, IN October 21

M45 Victor Sipes	14:43
Paul Alvord	15:34
James Shrauger	16:31
M50 John Elwarner	14:35
Gary Dostater	17:53
Ed Riha	19:25
M55 Max Green	14:30
Ray Everson	18:00
Hugh Boyd	18:35
M60 Bill Peete	18:07
M65 Bob Gardewing	20:30
M70 Bill Tallmadge	19:19
Chuck Whitney	20:36
Hugh Yeomans	20:43
M80 Byron Pike	21:49
W35 Carol Beth Berry	17:52
Ellen Bischoff	19:40
Vivian Burrows	20:16
W40 Gayle Johnson	15:12
Janette Smith	15:21
Kathy Griffey	18:22
W45 Susan Dabagia	18:32
Judy Gardner	18:55
Margie Alexander	19:00
W50 Beth Grady	18:40
Ruth Everson	19:33
W55 Patricia Boyd	22:24
W60 Jo Presser	20:28
Miriam Balef	22:30
W70 Ernestine Yeomans	20:40



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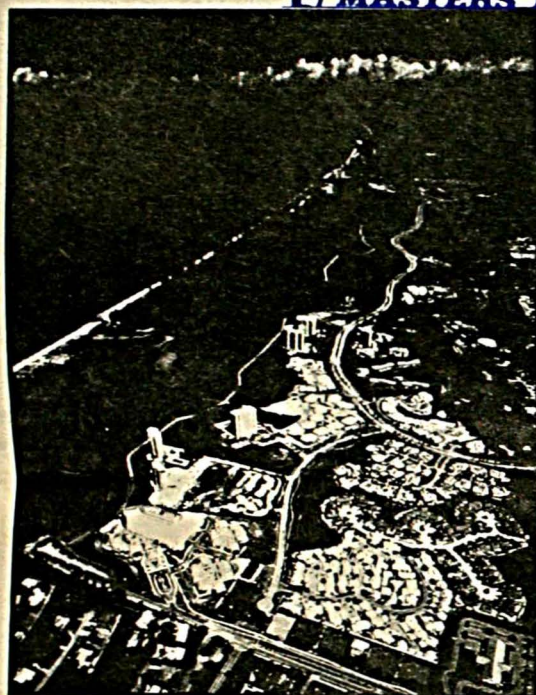
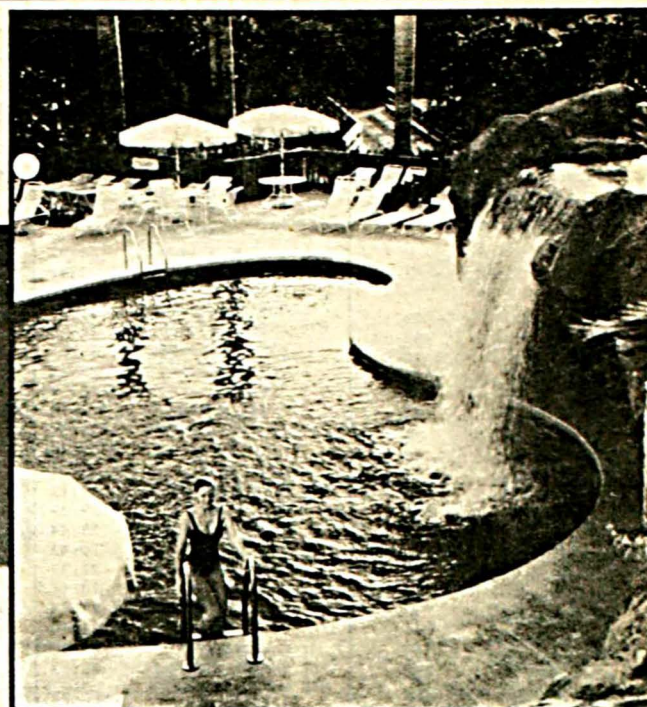
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# Return to Naples



January 13, 1990, the world's top masters' runners will return to Naples, Florida to compete in the 2nd edition of the ICI/USA TAC National Masters' Grand Championship—the culmination of the 1989 ICI/USRA Masters' Circuit. Bill Rodgers, Frank Shorter, Jim Ryun and Priscilla Welch will be among the competitors in one of the most impressive masters' fields ever assembled. Masters will run the 8K course for a \$15,000 prize purse and the season-ending \$25,000 ICI/USRA Masters' Circuit Grand Prix purse will be distributed.

**You don't need to be a World-Class runner to join in on the excitement!** The ICI/USA TAC National Masters' Grand Championship is part of the ICI/NAPLES RUNNING & FITNESS WEEKEND. The weekend includes an open 8K run, 5K family healthwalk, pre-race clinic and expo. The first 500 registrants will receive a free spaghetti dinner with Bill

Rodgers and the other World-Class masters. Race headquarters will once again be the spectacular oceanfront Registry Resort on the Gulf of Mexico. The ICI/Naples Running & Fitness Weekend is produced by Dean Reinke & Associates, 400 N. New York Avenue, Suite 102, Winter Park, FL 32789; (407) 647-2918 / FAX: (407) 647-0433.



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& Associates

## OFFICIAL REGISTRATION FORM

Enclose your \$10 registration fee and a self-addressed, stamped business size envelope. Make your check or money order payable to ICI/Naples Running & Fitness Weekend Entries should be mailed to:

ICI/Naples Running &  
Fitness Weekend  
P.O. Box 8636, Naples, FL 33941  
(407) 647-2918

*No refunds on entry fees. This form can be copied and used for additional registrations.*

**RELEASE AND WAIVER:** I know that running a road race is a potentially hazardous activity. I should not enter unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I also know that while police protection will be provided, there may be traffic on the course. I assume all risks associated with my voluntary participation in this event, including but not limited to, falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me.

Knowing these facts, and in consideration of your accepting my entry, I for myself, my heirs, executors, administrators or anyone else who might claim on my behalf, covenant not to sue and WAIVE, RELEASE AND DISCHARGE United States Running Association, ICI, the City of Naples, the Registry Hotel, Dean Reinke & Associates, race officials, workers or volunteers, their representatives, successors or assigns for ANY AND ALL claims or liability, whether foreseen or unforeseen, for death, personal injury or property damage arising out of, or in the course of my participation in this event.

I further grant to the United States Running Association, ICI and/or agents authorized by them, to use any photographs, video tapes, motion pictures, recordings or any other record of the event for any reasonable purpose.

SIGNATURE (Parent signature for participant under 18 years)

### WHICH EVENT ARE YOU ENTERING?

- ☐ ICI/USA TAC National Masters' Grand Championship  
☐ Naples Open 8K  
☐ 5K Family Healthwalk

PREDICTED TIME:

SEX ☐ M ☐ F DATE OF BIRTH  -  -  AGE  T-SHIRT SIZE ☐ S ☐ M ☐ L ☐ X

FIRST NAME  LAST NAME

STREET ADDRESS

CITY  STATE  ZIP CODE

TELEPHONE  ARE YOU A U.S. CITIZEN? ☐ YES ☐ NO