



## National 5K Cross-Country Draws 13 Clubs from 12 States

by BILL O'BRIAN

An impressive turnout of masters harriers took advantage of near-perfect conditions for TAC's National Masters 5K Cross-Country Championships at Green Lakes State Park, Fayetteville, N.Y., on October 7. In total, there were 210 finishers from 12 states, with 13 TAC clubs participating in the team competition.

The closest contest was the M60-64 race in which 2:53 Boston Marathoner Michael Sullivan drove impressively down the finish straight to eclipse Syracuse Charger Howard Rubin by four seconds, 20:22 to 20:26. Syracuse's Ed Stabler finished a strong third (20:40), and Joe Conrad nailed down an M60-69 Syracuse team victory with his 11th-place 22:57.

In another close finish, Dennis LaMountain of Richmond, Va., edged Jerry Smith of Syracuse by five seconds in the M45 division, 17:51 to 17:56. M40 winner, Dale Keenan, Albany, N.Y., was 20 seconds up on Greater Lowell's Tom Carroll with a 16:28, but Greater Lowell piled in three men in the first seven places to give them the M40-49 team win over Shore AC by almost three minutes.

On the other hand, Syracuse Charger Bob Milner ran away and hid in the M55 division, taking it by over a minute in 19:06. Canadian Ben Johns crossed the finish line first in the M50 race, but the American title went to

Continued on page 18

## Campbell Sweeps Masters Triple Crown Again; Wins \$76,000

by MARILYN MITCHELL

NEW YORK, November 4 — The weather was perfect — for almost anything but a marathon.

On this unseasonably warm day, forty-one-year-old John Campbell of New Zealand won the masters division of the New York Marathon in 2:14:34 to complete his second consecutive unprecedented masters sweep of the Los Angeles, Boston, and New York Marathons.

His fifth-place overall finish marked the best by a masters runner in the marathon's history. The previous best was a 15th-place by Poland's Ryszard Marczak.

"I knew I'd be the first master," Campbell said after the race. "That was what was important to me. But with a mile to go, (Tanzanian Juma) Ikangaa was in front of me and I sprinted. I caught him the last half mile, but we were both tired and he beat me by two seconds."

For winning the masters triple crown, Campbell won a new Mercedes 190E, valued at \$34,000, and \$25,000

Continued on page 7



John Campbell

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Front Cover Photo by Evelyn White

# NATIONAL MASTERS NEWS

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



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

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

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

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

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

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

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

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

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

**Postmaster:** Send address changes to: National Masters News, P.O. Box 16597, No. Hollywood, CA 91615.

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## Martinez, Hutchison Win Top Age-Graded Awards in Tulsa

by JERRY WOJCIK

For the first time in its 13-year history, the Tulsa Run 15K in Tulsa, Okla., on October 27, determined masters prize money and division winners by age-grading their finish times using the World Association of Veteran Athletes (WAVA) standards.

Forty-one-year-old Carlos Martinez

of San Luis Potosi, Mexico, whose M40+ first-place 48:07 equaled an age-graded 45:05, received the top men's masters prize of \$500. Jane Hutchison, 44, of Joplin, Mo., with a 56:08 finish time/51:07 age-graded time, also took home \$500 as best W40+ performer, plus \$50 for finishing tenth woman.

Gary Madison, 44, Tulsa won the second M40+ prize of \$375 for his 51:23/47:12 effort, and Carl Nicholson, 43, Huntsville, Ala., received \$275 for his 51:05/47:15 times. Roger Robinson, 51, won \$200 for

fourth (54:16/47:24).

Claudia Ciavarella, 41, Greeneville, Tenn., pocketed \$375 for second master, plus \$150 as eighth woman, for her 55:43/51:51. Martha O'Rourke, 40, Tulsa, collected the W40+ third prize with a 60:12/56:26. Mary Kennard, 51, was fourth (66:42/57:25, \$200).

Mexico's Leonardo Reyes (28, 43:57) and Boston's Lesley Lehan (27, 50:07) each received \$5000 as overall winners. The 14th Tulsa Run is scheduled for November 2, 1991. □

### Five Years Ago

December, 1985

- Sumner Brown Wins National Masters 10K in 34:10
- Guenter Mielke Top New York Marathon Master in 2:29:39
- Fundraising Begins to Bring 1989 World Games to U.S.



Allan Rushmer, M45 winner (20:12), Steamboat Classic 4 Mile, Peoria, Ill.

Photo by Clay Shaw



Al Zeller, M40, of Holt, Mich, first overall (6:03:51), National Masters 50 Mile Championships, Columbus, Ohio.

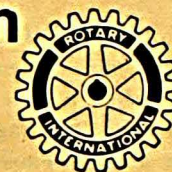
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In Cash Awards

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## Special WORLD MASTERS Division of the Paramount 10K Run



The City of Paramount and the Paramount Rotary Club, in addition to the 12th 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 19, 1991

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

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

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

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

**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 1/12/91.

**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 ninth year with the Masters. It is a CLASSIC.

Tear & Return:

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

**Seeded Start:** You will be on the front line. I.D. Ribbons. Slower runners move to East side of starting line into the "Safe Zone."

**Awards:** 10 deep each division, men and women

**Cash Awards:** FIRST THREE places, each division, men and women. \$3,000.00 to date.

**Overall Cash Awards:** \$250.00 male & female winners.

**Shirt:** Long sleeve, 3 color

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

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

# 12<sup>TH</sup> ANNUAL

# ROTARY AND CITY OF PARAMOUNT

# 10K RUN

## SPECIAL WORLD MASTERS DIVISION

Name \_\_\_\_\_ Male ☐ Female ☐ Age \_\_\_\_\_ Phone \_\_\_\_\_

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

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

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



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

### A PROBLEM WITH PAIN

David Pain is stretching the bounds of reality by suggesting we all missed a good time by not going to Trinidad. It's tantamount to saying that going to a road race in Baghdad was a good time since no one got killed. The meet only drew 175 athletes, of which 100 were from Trinidad.

*Phil Mulkey  
Atlanta, Georgia*

### RUNNING BEHIND BARS

I read an excellent article you published a year ago concerning the Foothills Running Club at the California Medical Facility, South. As an incarcerated runner, I received motivation, and your paper opened the world of masters running to me.

*Tom Bridler  
San Luis Obispo, California*

### POLE VAULT PROPOSAL

The scheduling of the pole vault has been a problem at recent national meets because the organizers did not plan enough time for the event. With each vaulter taking as long as 15 minutes for all his vaults, it is clear that additional facilities or time is required for the pole vault competition.

I offer the following proposal: where only one pole vault runway is used, schedule the pole vault competition by five-year age-groups over two days. Based on the number of entrants at recent national meets, schedule the M30-49

competition the first day, with M50-70+ and all women on the following day. Allow at least 2 hours for each age group.

The benefit of this suggestion is that it would alleviate the problem of rescheduling the event based on the number of entrants. Further, it would allow the vaulters, many of whom compete in just that one event, a better opportunity to maximize their performances.

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

### AGE 95+ RECORDS

Pete Mundle, U.S. Records Chairman, tells me that he does not compile records for the 95+ age group because "there are not enough contestants in the age 95+ category."

I fail to see why not. If any persons, however few, reach an age group which apparently few contestants have lived to enter, they should be entitled to the records they earn.

There is no such restriction in masters swimming. I know because I hold, and have seen published, records in the 95-99 age groups.

*Tom Lane  
San Diego, California*

### DEBBIE ANDERSON

Three years ago, I wrote a brief letter about one of the more worthy participants on the masters circuit — Debbie Anderson of Indiana.

Intending only that I might in a small way bring attention to her wondrous achievements, I was shocked when told by the *National Masters News* that the letter would not be printed because "it was sexist and not in good taste."

I let the matter lie until I recently learned that Ms. Anderson was returning to the "track wars" after a noticeable and disappointing absence of some duration. I showed Ms. Anderson the "letter in question," asking for her approval. Her attitude was what I expected. She was flattered and gave her approval.

Herewith, then, is the long past-due letter of recognition, unedited, in its original form.

"I should let it be known that I now have available (at an outrageous price, of course) the full video tape, start to finish, top to bottom, front to back, of Debbie Anderson, W35, and her spectacular win in the Melbourne World Games 800 meters.

"It is always gratifying, as we watch through heavy lens, to see one of Debbie's stature breasting the tape. She'll always be a winner in my book. In fact, I was so engrossed in the race, I hadn't even noticed that she had won.

## Ten Join NMN Sustainers

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

Our thanks this month goes to:

Otto Essig	Westfield, MA
Fifty-Plus Runners Assoc.	Stanford, CA
Frank & Barbara Bowles	Greeley, CO
Martin Legett	Austin, TX
John Alexander	McCamey, TX
B.W. Deacon	Turner, OR
Bob Cutler	Spartanburg, SC
Edward Matthews, Jr.	Ocean City, MD
G.E. Seifert	Birmingham, AL
Anthony Castro	La Canada, CA

"When the gun goes off, this girl bids everyone goodbye and says, 'Catch me if you can.' (A delightful thought, I suspect, by many shadowy figures and others of that ilk leering hungrily from the stands.)

"Sometime the aggressive ploy is too bold and she runs into trouble by running out of gas. But as we mentioned earlier, start to finish, top to bottom, front to back, this girl in her own way is helping to make the masters program what it could and should be: a terrific spectator sport."

*Phil Mulkey  
Atlanta, Georgia*

### FLAHERTY REPLIES TO BECCALLI

Certain aspects of Cesare Beccalli's article in *International Scene* (October NMN) require clarification.

First, he states that the merger of WAVA and WIGAL was a successful negotiation carried out since his election in Melbourne in 1987. This can reasonably be construed as a claim that Beccalli conducted these negotiations and carried them through to a successful conclusion. That is not the case.

Those negotiations were concluded satisfactorily while Don Farquharson was still President. It is true that the merger did not become effective until 1988, but that was simply because WAVA and WIGAL had already agreed, before Beccalli became President, that the merger would take place only when the 1988 World Long Distance Championships had been run in Korea.

As Secretary of WAVA during the negotiations between WAVA and WIGAL, I am not aware of Cesare Beccalli having played any significant role in concluding those negotiations satisfactorily. Indeed, he is on record (a copy of the correspondence is in my possession) as advocating during those negotiations that WAVA should have no further dealings with WIGAL.

Second, Beccalli states that "never before have we had a situation where two members of the Council were run-

Continued on page 22

## NATIONAL MASTERS NEWS Subscription Form

Masters Athletics is booming!

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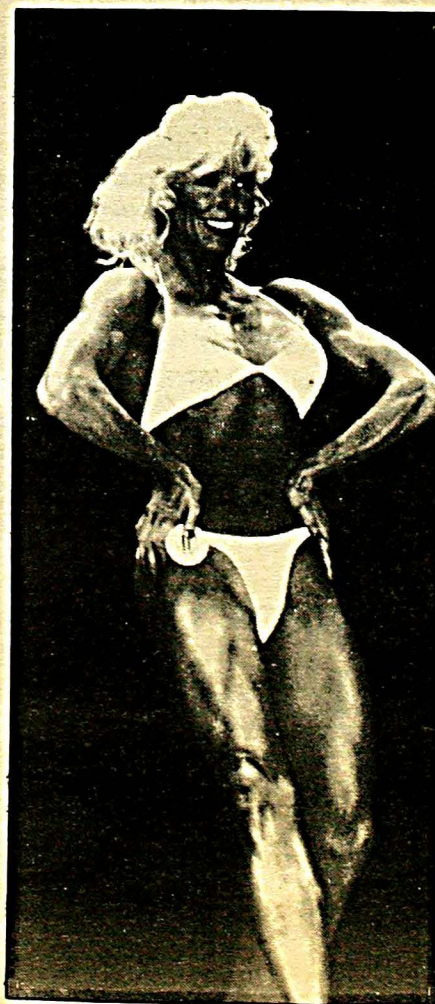
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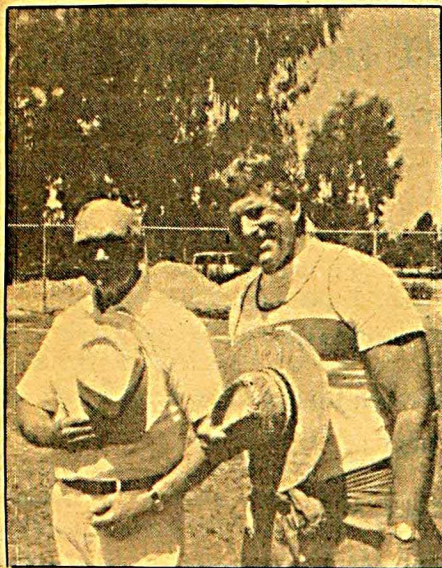
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Debbie Anderson has taken up body building.



Joe Sanz, 72, Hacienda Heights, Calif., a long-time masters thrower now out with a bad knee, and thrower Mike Devlin, 57, of Riverside, Calif., at So. Calif. Striders Meet of Champions, Long Beach, Calif.

Photo by Jerry Wojcik

## COMING NEXT MONTH:

- 1990 Athletes-of-the-Year
- 1991 Schedule
- TAC Convention Report
- Preview of Naples



Sharon Leder, 45, of Laramie, Wyo., first W40+ (10:22:52), Rocky Mountain 50 Mile, Cheyenne, Wyo.  
Photo from Brent Weigner

# 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 racewalking events, age 40 and up, as of Oct. 31, 1989. 52 pages. Lists name, age, state and date of record. Compiled by Peter Mundle, WAVA and TAC Masters T&F Records Chairman. \$4.00.

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

### Masters Track & Field Rankings

Men's and women's 1989 U.S. outdoor track & field, 5-year age-group rankings. 52 pages. Over 100-deep in some events. All T&F events, including 3000, 10,000, weight, relays, and walks (1500, mile, 3000, 5000). Coordinated by Jerry Wojcik, TAC Masters T&F Rankings Chairman, and the National Masters News. \$6.00

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### Masters Age-Graded Tables

Single-age factors and standards from age 21 to 90 for men and women for every common track & field, long distance running, and race-walking event. Shows how to conduct an age-graded event. Tells how to keep track of your progress over the years. Compares performances of different ages/sexes in different events. 66 pages, including samples and charts. Compiled by the National Masters News and the World Association of Veteran Athletes. Includes world and U.S. 5-year age-group records, as of July 1, 1990. \$5.95.

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### Masters 5-Year Age-Group Records

Men's and women's official world and U.S. Outdoor and Indoor 5-year age-group records for all track & field events, age 35 and up, as of July, 1990. 8 pages. Lists name, age, state and date of record. Compiled by Peter Mundle, WAVA and TAC Masters T&F Records Chairman. \$1.50.

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### Competition Rules for Athletics (1990)

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

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### TAC/USA Directory (1990)

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

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

### IAAF Scoring Tables (1985)

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

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### Guide to Prize Money Races and Elite Athletes 1990.

Published by Road Race Management, the Guide includes elite athlete alphabetical listing (including masters) with over 700 contact addresses and phone numbers, calendar and contacts for over 250 prize-money events, plus much more. \$39.00.

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

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

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### Masters Running '89

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

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

### The Masters Running Guide by Hal Higdon

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

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

### Back Issues of National Masters News

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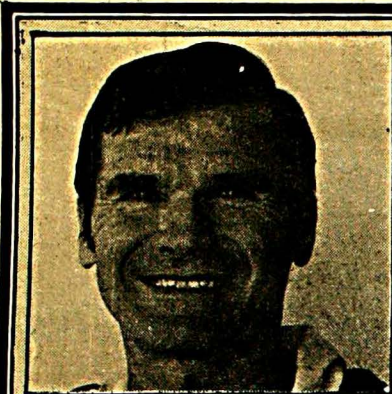
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# Third Wind

by Mike Tymn

## Paul Reese Runs Across The USA

**O**n August 22, 1990, Paul Reese, a 73-year-old Auburn, Calif., resident, splashed into the Atlantic Ocean at Hilton Head Island, South Carolina to end an odyssey that had begun 124 days earlier when he dipped his toe in the Pacific Ocean at Jenner-by-the-Sea in California. It was the culmination of a 3192-mile cross-continent trek through 11 states.

Reese, a retired Marine Corps officer and school administrator, thus became the oldest person on record to have run across the United States. Not counting his first and last days, which Reese says were ceremonial, he averaged 26.08 miles per day.

"We agree that it was an experience we would not trade for a fortune," said Reese who was followed in a 20-foot motorhome by his wife, Elaine. "And one we would not duplicate for a fortune."

RUNXUSA, as Reese labeled it, began on April 21 with George Billingsley, 68, running with Reese, and Billingsley's wife, Georgia, following in a second vehicle. However, the two parted ways in Pueblo, Colorado when

they could not agree on the route to be covered the rest of the way. Billingsley preferred the fastest and most direct route, while Reese was in no particular hurry and wanted to stay on the more scenic roads.

One of the best age-class competitors in the world after fully adapting to the sport in 1972, at age 55, Reese was diagnosed as having prostate cancer two years ago. He did not let that sideline him, though. While undergoing radiation treatments, which appear to have been successful, Reese continued to jog five miles every day.

I put the following questions to Reese after he returned home:

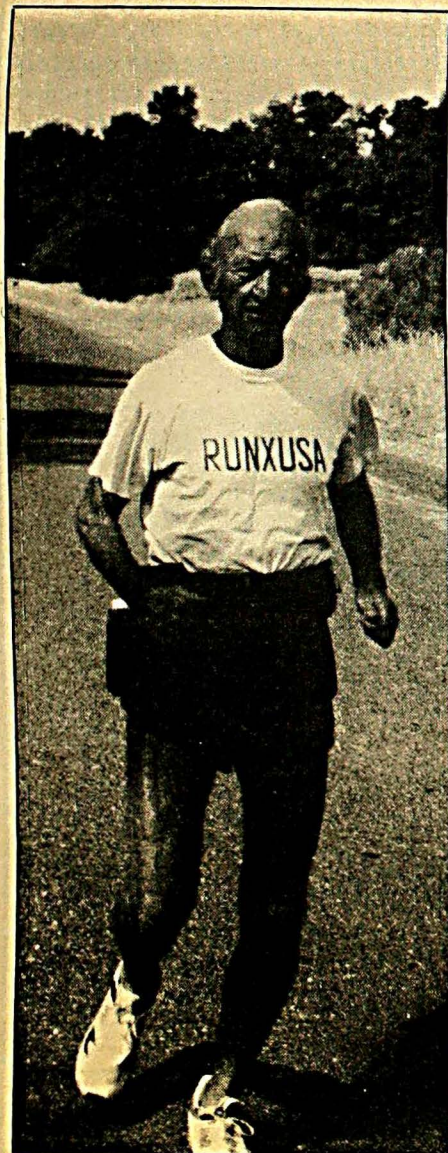
**When did you begin to think about running across the U.S.? Why?**

The idea first dawned on me when I was reading *My Run Across the United States*, by Don Shepherd from South Africa. In 1964, at age 48, Shepherd ran 3200 miles across the U.S. in 73 days.

Why? I guess my best answer would be — for the sheer enjoyment of it. The enjoyment of demonstrating that being over 70 does not necessarily mean being confined to a rocking chair, and, hopefully, moving some people to refocus their thinking about aging. And, yes, the sheer enjoyment and deep gratitude of being mobile at my vintage.

**Was there any time during the trek that you considered abandoning the effort or regretting the decision to do it?**

Not once did I consider quitting. I've run enough marathons to realize that if a runner mulls quitting, he will most likely quit. When we began, we had planned to take 131 days. I viewed it like a guy who's entering the ring for a 131-round fight, knowing that he'll get knocked down every round, but that he will also last every round and be there for round 131. In that final round, we get off the floor to win.



Paul Reese

## The BEST and WORST from RUNXUSA

### BEST

Most colorful town: Austin, Nevada  
Best for scenery: Colorado  
Friendliest people: Kansas, Missouri  
Most efficient Highway Patrol: Utah  
Best restaurant: Jailhouse, Ely, Nevada  
Most considerate drivers: Utah  
Best sunrises & sunsets: Nevada and Utah deserts  
Best state parks: Georgia  
Best backroad: Abandoned U.S. 50 between Utah & Colo.

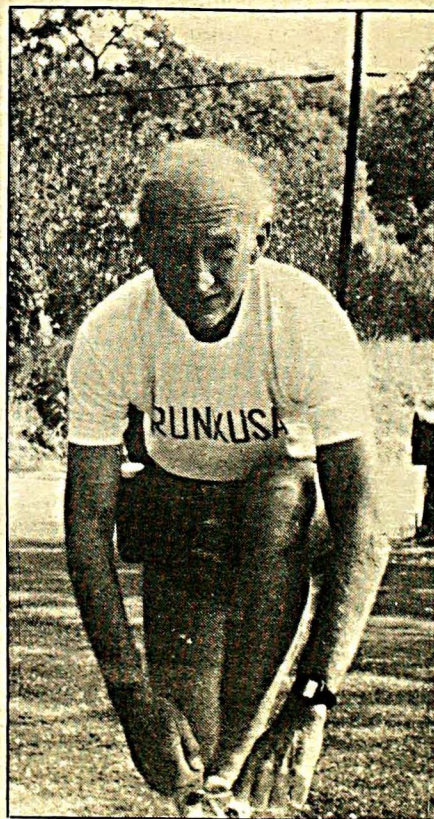
### WORST

Most depressing city: Pueblo, Colo.  
Most depressing small town: Cotton Plant, Miss.  
Most discourteous drivers: Colorado  
Most litter: Mississippi  
Most unfriendly people: Oklahoma  
Most annoying experience: flies in Kansas

—Paul Reese

**Physically, what was the most demanding part of the trek? Blisters? Aching joints?**

I ran 3192 miles sans socks and with nary a blister. In truth, it would be hyperbole to say I ran across the USA, because I walked almost as much as I ran. For a guy 70+, I really didn't have any serious joint problems. I had three latent injuries that would often flicker and send distress signals. But throughout, all of my body components remained fully functional. Nor did I have a sick day. More than anything, as time went on, I was just plain tired — but strong enough to go on each day. I did not take a single rest day.



Paul Reese

**What kind of shoes did you use?**

I wore the New Balance 840s exclusively. I learned that with each 1000 miles I needed a half-size larger shoe. Unfortunately, I could not get the right size for the last 1000 miles, so I ran with half the toe box cut out. I went through seven pairs of shoes.

**Mentally, what was the most demanding part?**

Actually, my foremost concern was for the safety of Elaine as she piloted the motorhome under a variety of trying and demanding circumstances. For myself, the thought always in my head was: monitor the body, don't cause any injury, and pray that a dormant injury does not awaken and debilitate me. Elaine did a masterful job of keeping me mobile while retaining her sense of humor.

**What did you enjoy most about the entire trip?**

The fact that Elaine and I worked so closely, efficiently, and harmoniously together to achieve all our goals. It was from our togetherness that we derived our most fun and enjoyment. And we realized that being together in a 20-foot motorhome for four and a half months was a supreme test of our compatibility.

**What was the worst part of it all?**

The struggle to find running space on the road. I was usually too close to cars or off onto a shoulder of weeds, gravel, or ruts. There were a few times I came perilously close to getting hit by a car.

In the western part of Kansas I was attacked by flies that bite with a fury, and twice, I ran during tornado warnings.

**Did you encounter anything that you had not anticipated?**

Well, our first surprise was in Nevada, which I had envisioned as all flat desert. Instead we crossed 10 mountain summits of over 6000 feet. And there were a number of other somewhat similar running surprises. But the major unanticipated problem was logistics. For example, we did not anticipate that at the end of each day's run we would have so far to drive to find an RV park or a motel. Elaine spent many a long hour in a very warm motorhome waiting for me to appear for a pit stop. This could have been prevented if we had brought a generator with our motorhome.

Continued on page 8

## Campbell Sweeps Masters Triple Crown Again Continued from page 1

from John Hancock Insurance. He also won \$14,000 for fifth overall and \$3000 more for his masters victory for a total of \$76,000.

"I've been holding myself together for this," he said. "This is my 22nd race this year. But this is going to open up a whole new ball game for others. And for me, I found what I'm made of. This is the greatest achievement of my life."

Marczak, 44, was second 40+ finisher in 2:20:51, with Belgium's Julien Grimon third in 2:24:45.

Sweden's Evy Palm, 48, was the top female master in 2:38:00, placing 126th overall of the 25,000 starters.

Nadezhda Gumerova of the Soviet Union was second W40 in 2:52:01, followed by Tennessee's Claudia Ciavarella in 2:54:01.

Ohio's Jim O'Neill (2:32:36) and Holland's Else Bloement (3:13:27) won the 50-59 titles.

The first finisher in the M60-69 division was Florida's Jim McNearney,

but he was disqualified by race officials for not appearing at key video checkpoints. The second announced finisher, Ernst Pfister, of Switzerland, was also DQ'd; he reportedly had given his number to another runner. That meant the legitimate M60 winner was New Zealand's Derek Turnbull, 63, WAVA World Champion, who set a new M60 course record of 2:47:25. Norway's Marianne Aandvik (3:26:23) took the W60 crown.

Pat Dixon of Bend, Oregon was the first over-70 female in 4:41:09.

By the narrowest of margins, Palm edged Campbell for the day's best age-graded time, 97.4% to 97.3%.

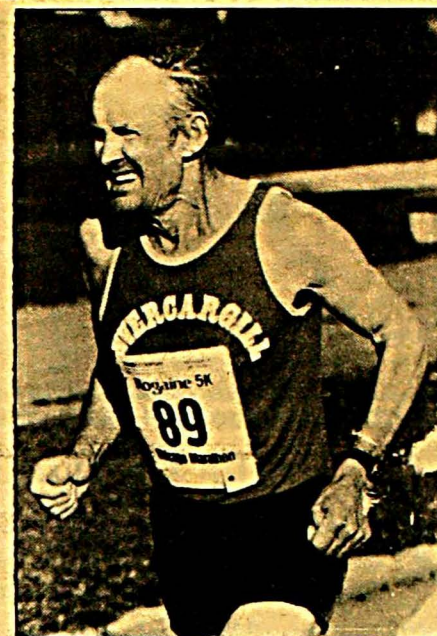
Overall winners in the ABC-nationally televised race were Kenya's Douglas Wakihuri (2:12:39) and Poland's Wanda Panfil (2:30:45).

The oldest finisher was Germany's Josef Galia, 92, who set a new unofficial world 90-and-over marathon best of 7:34:26.

The top masters walkers were Nick Bdera (42, 4:14:49, 10th man), and Joyce Elberfeld (42, 5:10:56, 4th woman). No age-group walking awards were given.

About the only disappointment of the day was that the sponsoring New York Road Runners Club chose, for the first time, to relegate the awards for 50-and-up and 19-and-under age groups to a press reception prior to the main ceremony.

Thus, except for the 40-49 groups, masters winners didn't get full acknowledgement from the thousands attending the main ceremony. We understand the concern about the length of the awards ceremony, but that problem could certainly be solved without diminishing the awards of the youngest and oldest age categories. □



Derek Turnbull, 63, of Invercargill, New Zealand, seen here running in the Chicago Marathon, won the M60-69 title in the New York Marathon in an M60 course record of 2:47:25.

Photo: Victah Sailer/Agence Shot

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

ATHLETE (RESIDENCE)	BIRTHDATE	AGE GROUP
CAROLYN CAPPETTA (CONCORD, MA)	12-27-35	55-59
JANE DODS (N. HOLLYWOOD, CA)	12-21-35	55-59
DOWNIS DRUMGOLE (DECATUR, IL)	12-18-50	40-44
BUNNY FRANCO (NEW YORK CITY, NY)	12-28-30	60-64
YVONNE HENRY (CARSON, CA)	12-2-35	55-59
CAROLE HERRICK (MCCLEAN, VA)	12-25-40	50-54
EVELYN HESS (EUGENE, OR)	12-9-35	55-59
JANE HUTCHINSON (WEBB CITY, MO)	12-16-45	45-49
VELMA JACOBS (GREELEY, CO)	12-6-15	75-79
EVE KARBENS (HONOLULU)	12-25-10	80-84
CAROLE MC RONALD (US)	12-27-40	50-54
EDITH MENDYKA (TUJUNGA, CA)	12-12-10	80-84
MARGARET MILLER (THOUSAND OAKS, CA)	12-12-25	65-69
NOEL MURCHIE (HONOLULU, HI)	12-25-35	55-59
CAROLYN O'NEIL (KALISPELL, MT)	12-6-35	55-59
NELLY WRIGHT (US)	12-17-45	45-49
CHRISTA BAUM (WG)	12-24-35	55-59
BIRGIT BRINGSLED (SWE)	12-6-45	45-49
RUTH CARRIER (CAN)	12-11-30	60-64
A. MADE (WG)	12-9-35	55-59
TRAUDEL HAFELE (WG)	12-28-40	50-54
STEPANKA MERTOVA (CZE)	12-11-30	60-64
FRANCOISE NICOLAS (FRA)	12-2-40	50-54
VALERIE ROBINSON (NZ)	12-2-40	50-54
LYDIA WIDERA (AUS)	12-23-25	65-69
CAROL ANN WILD (GB)	12-19-45	45-49
P. WOOLMAN (NZ)	12-6-40	50-54
ROBIN BALL (GB)	12-14-35	55-59
JAMES BENNETT (HONOLULU, HI)	12-14-15	75-79
NOEL GOFF (AUSTRALIA)	12-12-20	70-74
NARAYANA MURTHY GUDIBANDA (IND)	12-12-0	90-94
FRITZ HELBER (WG)	12-20-5	85-89
HANS HENNINGSSON (SWE)	12-2-25	65-69
SYD HESKETH (AUSTRALIA)	12-4-5	85-89
CLEMENT HUYSSSEN (BEL)	12-27-35	55-59
BARRY IVERS (BREWER, ME)	12-6-10	80-84
AXEL JELTEN (WG)	12-6-40	50-54
JOHN J KELLEY (MYSTIC, CN)	12-24-30	60-64
WALTER KERN (WG)	12-19-5	85-89
JOHN KILBUCK (CHICAGO, ILL)	12-26-20	70-74
RAY MAHANNAH (FREMONT, CALIF)	12-6-15	75-79
BOB MARTIN (TULSA, OKLA)	12-9-20	70-74
LEN MOZHAEV (PHILADELPHIA, PA)	12-25-25	65-69
BERTHOLD NEUMANN (WG)	12-19-30	60-64
GARY OLIPHANT (WICHITA, KS)	12-13-40	50-54
L. ROLLS (GB)	12-10-10	80-84
JAMES STEPHENSON (SAN FRANCISCO, CAL)	12-4-20	70-74
RALPH THOMAS (GARDINER, ME)	12-27-35	55-59
PAUL THURSTON (SILVER SPRING, MD)	12-21-20	70-74
ARNOLDS TICMANIS (CAN)	12-14-5	85-89
MARTTI VAINIO (FIN)	12-30-50	40-44
EDWIN WEBER (WG)	12-17-10	80-84
STAN WHITLEY (POMONA, CA)	12-17-45	45-49
JOSEF WILDMOSER (WG)	12-9-30	60-64
BERNO WISCHMANN (WG)	12-26-10	80-84

### 7th ANNUAL

#### BROWN UNIVERSITY MASTERS INDOOR TRACK AND FIELD INVITATIONAL

Sponsored by The Rhode Island Track and Field Foundation

**DATE:** Sunday, January 13, 1991, 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 \$6 first event; \$5 each additional event by Wed., Jan. 9, 1991.

\*\*Post entries will be \$7 first event; \$5 each additional event by 9:30 a.m. (for 10:00 events) and 11:30 for all other events.\*\*

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

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

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Age (as of 1/13/91) \_\_\_\_\_ Male \_\_\_\_\_ Female \_\_\_\_\_

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

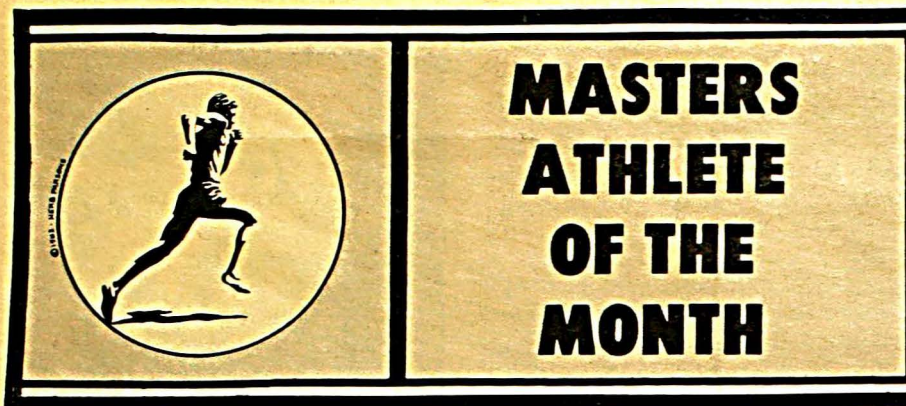
Event	Best Recent Mark	Event	Best Recent Mark
1. _____	_____	4. _____	_____
2. _____	_____	5. _____	_____
3. _____	_____	6. _____	_____

Total fee enclosed \$ \_\_\_\_\_

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

Waiver: In consideration of your accepting this entry for the 1991 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 Agent, 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 ATHLETE OF THE MONTH

### John Campbell and Evy Palm

**F**or dramatic purposes, we've been trying to hold the athlete-of-the-month honor to a single person. (For example, how dramatic would it be if Time Magazine's Man-of-the-Year became Co-Man-of-the-Year?)

Nevertheless, this month it's virtually impossible to separate two incredible performances by John Campbell, 41, of New Zealand, and Evy Palm, 48, of Sweden who won the respective masters male and female titles in the New York Marathon.

Campbell's fifth-place overall time of 2:14:34 was good for \$76,000 in assorted cash and prize bonuses. Palm didn't fare as well financially, but her 2:38:00 barely edged Campbell for the races's age-graded honors, 97.4% to 97.3%.

That's a virtual tie, so our athlete-of-the-month award goes to both Campbell and Palm — two of the finest masters runners in the history of our sport. □

### Last Month's Mystery Athlete

The first three subscribers to identify shotputter Parry O'Brien, Olympian and world-record holder, in the photograph on p. 12 of the November issue were Gilbert Phillips of Texas, Phil Conley, and Payton Jordan, both of California. Admittedly, Conley and Jordan had an edge on everybody else, Conley being an Olympian javelin thrower, and Jordan, a long-time t&f coach at Stanford and acquaintance of O'Brien. □

## Masters Age-Graded Tables

- Keep track of your progress over the years.
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- Score multi-events.
- See how much your performance should decline with age.
- Chart your own performance progress.

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## Track & Field Rankings Report

by JERRY WOJCIK National Masters T&F Rankings Coordinator

This issue contains corrections for 1) 1989 rankings published in the U.S. Masters Track & Field Rankings Book and 2) 1990 indoor rankings published in NMN this year.

Walkers whose best 1990 times in the track 1500 and 5000 have not appeared in the NMN results section by January 1991 should forward them with verification to Dr. Glen Peterson, YM-CA, 230 South Minnesota Ave., Sioux

Falls, SD 57102-0784.

I receive a lot of mail with road race times for rankings and records; both of which do not fall under my jurisdiction. Road race data should be sent to TACSTATS, 915 Randolph, Santa Barbara, CA 93111.

I also get mail concerning t&f records, which are also out of my department. Information about national and world t&f records should be sent to Peter Mundle, 4017 Via Marina #C-301, Venice, CA 90291. □

### Third Wind Continued from page 6

**Are you in better physical condition now than when you started?**

When I started, there was doubt in my mind whether or not I could do 26 miles day after day. After 500 miles or so, there was never any doubt as long as I didn't come down with a debilitating injury. It became as routine as going to work every day. As I went along I got stronger.

**Now that it's over, do you feel let-down? Are there any more big challenges remaining?**

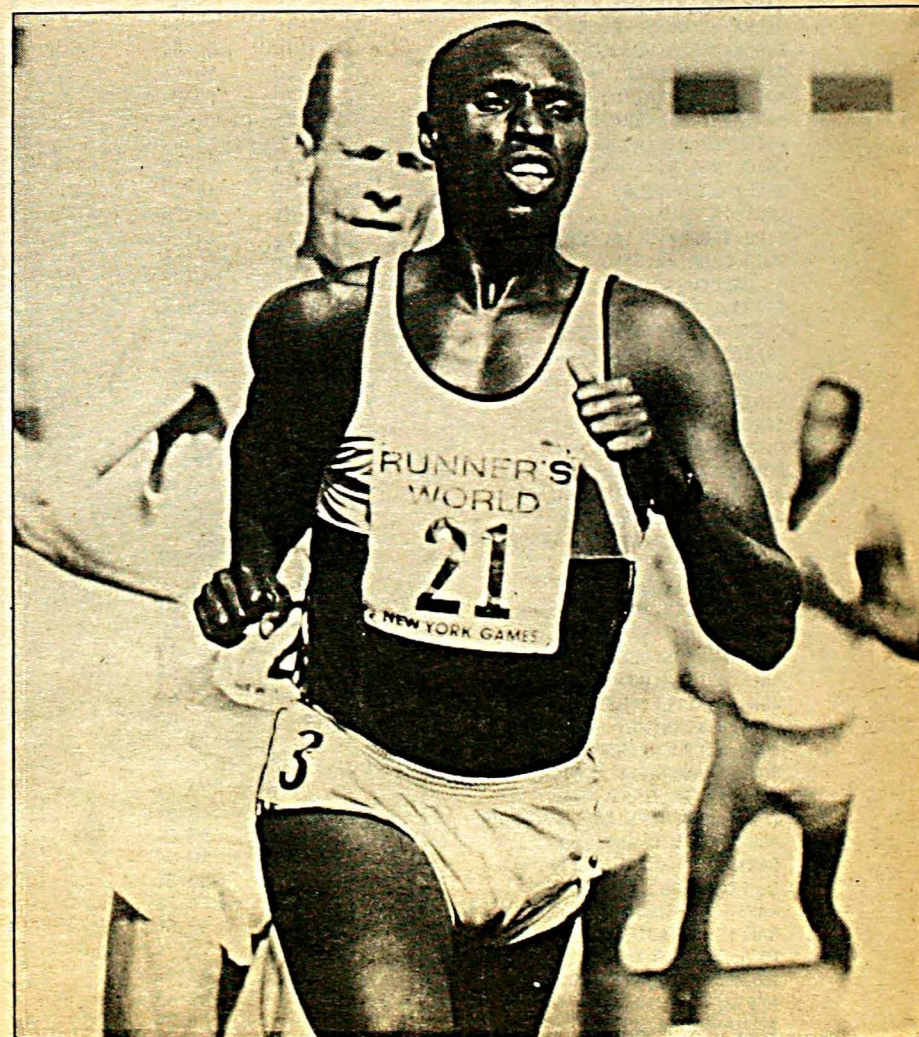
No letdown at all. Sometimes when I look back on the run, I still get a feeling of exhilaration. Other times, just peaceful satisfaction. I realize that the run was no big deal; I was slow. But Elaine and I accomplished all the goals we set, including averaging 26 miles a

day and never taking a day off. The immediate challenge before me is to resume being somewhat competitive in my division.

**This question is for Elaine. What is it like being married to a guy who does such crazy things? Did you ever hope he would give it up along the way so that you could return home?**

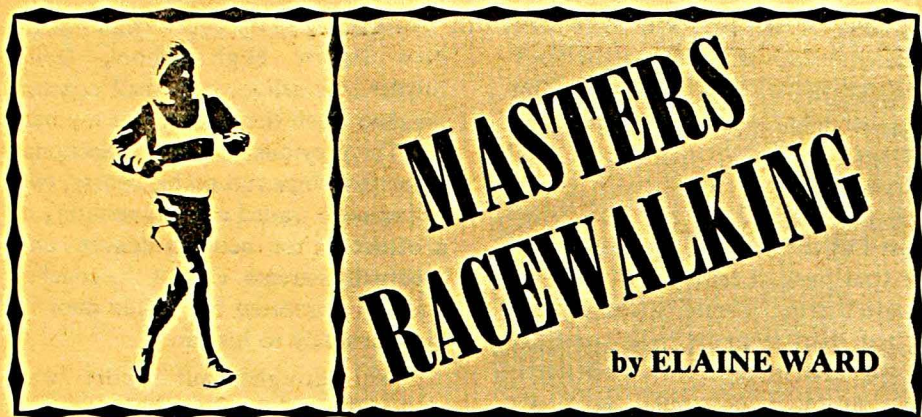
One of the things that attracted me to Paul was that he is vitally alive and eager to experience new things. He certainly keeps life interesting.

No — I never once hoped that he'd quit. I would have enjoyed a day off once in a while, but I understood Paul's reasons for not taking one. I was there to give him encouragement and support. I wanted the trip to be a success every bit as much as he did. □



At 1500 meters Wilson Waigwa, 41, is clocked at a new world masters record of 3:49.21, but he was overtaken by Larry Almberg in the final 100 meters of the New York Games Masters Mile, July 29. Waigwa finished in 4:07.36, Almberg in 4:06.70.

Photo by Victah Sailer Agence Shot



## Interview With John Knifton

In a time of 1:50:58, John Knifton placed first in his age division of M50-54 and third overall at the North American Masters 20K Championships, October 21, 1990 in Midland, Texas. John holds the following American Masters Age Records 5K—(47) 22:09; (48) 22:31; (49) 23:24; (50) 23:33. 10K—(48) 45:12; (46) 46:24. 20K—(43) 1:36:51. 50K—(42) 4:47:29; (44) 4:41:07.

EW: Max Green, Marie Henry and some other superstars began racewalking in their 50s. When did you start?

JK: I started racewalking when I was in high school in London. I went to a school where you had to compete in three events, so I ran the half-mile and mile, and racewalked the mile. I continued racewalking through the first part of college. Then I moved to Texas in 1965 and didn't do anything for two years.

Later, I moved to New York, joined the New York Athletic Club, and competed as a racewalker from 1967 to 1976. When I returned to Texas, I took up running because there were not that many local racewalkers.

EW: There seems to be two groups: those who think running and racewalking are compatible, and those who strongly oppose combining running with racewalking.

JK: If you're talking about someone whose goal is to keep fit, then I think alternating running and racewalking works well and helps prevent injuries. However, when it comes to the 20-year-olds who are trying to make the National Team, I'm not sure. I think a top flight racewalker probably ought to concentrate on walking.

EW: What motivates you?

JK: I racewalk and run because I believe that if you stay physically fit, it keeps you sharp mentally. You feel better about yourself, so your mental outlook is better. And I enjoy the competition. I don't think I would be able to train if I didn't have something to train for.

EW: What is your training schedule?

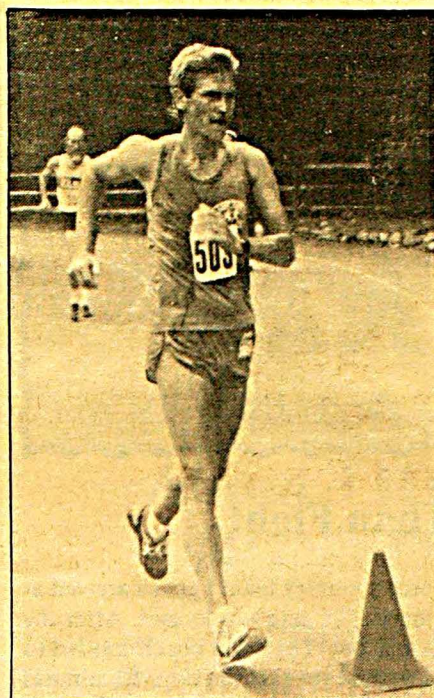
JK: If I am training for a short walk — a 5K, 10K or 20K — I do time trials on the track to make sure that I really do have the speed that I think I have. In getting ready for a 20K, like the recent Masters 20K in Midland, I start with a 3-mile time trial. Each week I add one mile up to a total of 12 miles. When I train for a longer race such as the 50K, I do more four-hour workouts.

EW: Is it flat in Austin where you live?

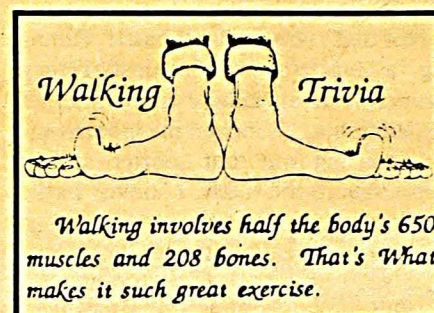
JK: No, actually it is very hilly. My house is about 1000 feet above sea level and there are lots of lakes. However, it is hot and humid from May through September. Many times I will go out after work and train when it is 90° or more. During the heat, I train about 60 miles a week — one-third or so running and the rest racewalking. □



Harry Drazin, M75 first in 5:27:05, National Masters 40K RW Championships, New Jersey, September 9. Photo by Elliott Denman



Nick Bdera, M40 first in 3:37:15, TAC/USA National Masters 40K RW Championships, New Jersey, September 9. Photo by Elliott Denman



## Mimm, Smith Best Walkers in North American 20K

by JERRY WOJCIK

The North American Masters 20K Racewalk Championships were held in Midland, Texas, on October 21, drawing 21 men age-40-and-over, and 11 women age 35-and-up. Robert Mimm, 66, of Willingboro, N.J., topped all performers with an age-graded 83.3% for his M65 division win in 1:59:10. Runner-up for age-graded performance honors was Shiela Smith, 54, of Riverton, N.J., 13th overall in 2:05:37 with an 80.6%.

Division-winners Robert Knifton (51, 1:50:38, 79.4%), Austin, Texas, and Bob Fine (59, 1:58:47, 78.7%), Delray Beach, Fla., were the next-best AG performers.

Winners overall were Andrew Smith (41, 1:47:39, 77.0%), Crownpoint, N.M., and Matiji Graham (37, 1:58:34, 76.3%), Albuquerque, N.M.

The event featured walk clinics and an open 5K racewalk, in which James Cline (47, 30:44), Bedford, Texas, and Kathy Frable (45, 33:00), Midland, took masters firsts. □

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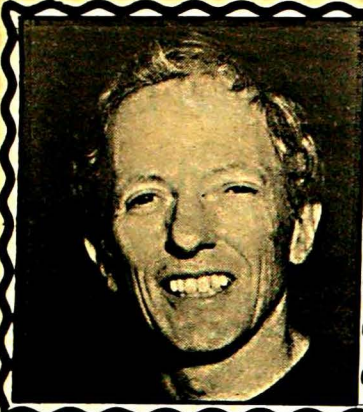
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# On The Run

by Hal Higdon

## Better Flight Than Fight

**I**t was a rainy afternoon. The high school cross-country team I coach arrived at the golf course early to warm up for the meet. The gate was locked. After the other team showed, we found someone with a key. The other coach wanted to start the girls in 20 minutes; I pleaded 30. He wanted to start the boys 10 minutes after that. Too soon, I objected — but it was his home meet.

While cheering our girls, I realized the boys' race was about to begin. I dashed back and found the other team standing on the line. Our team was scrambling to get ready. One runner was tying his shoe; another was in full sprint 100 yards away.

I asked the starter for more time.

The starter glared at me. He fired the gun.

"They had ample time," he explained. I was stunned. This was a dual meet, not a space shuttle launch.

Our team never did catch up. In a race between two close teams, an official determined the victors. I received new insight into why John McEnroe sometimes throws tennis rackets, why Bobby Knight kicks chairs. Most disturbing, the starter was the other team's assistant coach!

Later, I told the starter, "If you ever pull a trick like that again, you better have a live bullet in that pistol."

He repeated his comment about "ample time." The next thing I knew, the starter was on the ground and I was on top of him.

That was a mistake; I didn't know what to do next. My last street fight had been in high school. I got my nose broken and realized I was better equip-

ped for flight than for fight. I went out for track and have been running away ever since.

Not that runners don't battle. Running a masters mile against Henry Krupczyk at an indoor track meet in Philadelphia, he shoved me into the infield during our last-quarter sprint. Returning to the track, I shoved back.

Unfortunately, I pushed Henry forward. He finished first, me second. We were both disqualified, and the third runner won the prize.

Later, I argued with officials, that, since Henry had been disqualified first, technically he wasn't on the track when I retaliated. The officials failed to buy my argument.

Several years ago in the Notre Dame Invitational in South Bend, a runner cut one turn, effectively going from 10 yards behind me to 10 yards ahead. I grabbed his shorts and yanked him back.

The perpetrator yelled in protest. For a moment I thought I might have another fight on my hands, but several other runners moved up beside me. "Way to go, Hal," they growled. I had been protecting their turf, too.

European runners seem to respect

rules less. At the 1977 World Veterans Championships in Sweden, I got blocked at the start on a zig-zag course. Running behind, I noticed that everybody cut the course where possible, so I followed.

A trio of fast-starters had disappeared by the time I moved in front of the trail pack. Leading that group, I couldn't bring myself to cut corners. I'd pull away from the pack, come to a zig-zag, then discover them back on my heels again. I never did catch the leaders, but stayed ahead of the pack, placing fourth. Afterwards, I decided I was the only one running the course as intended.

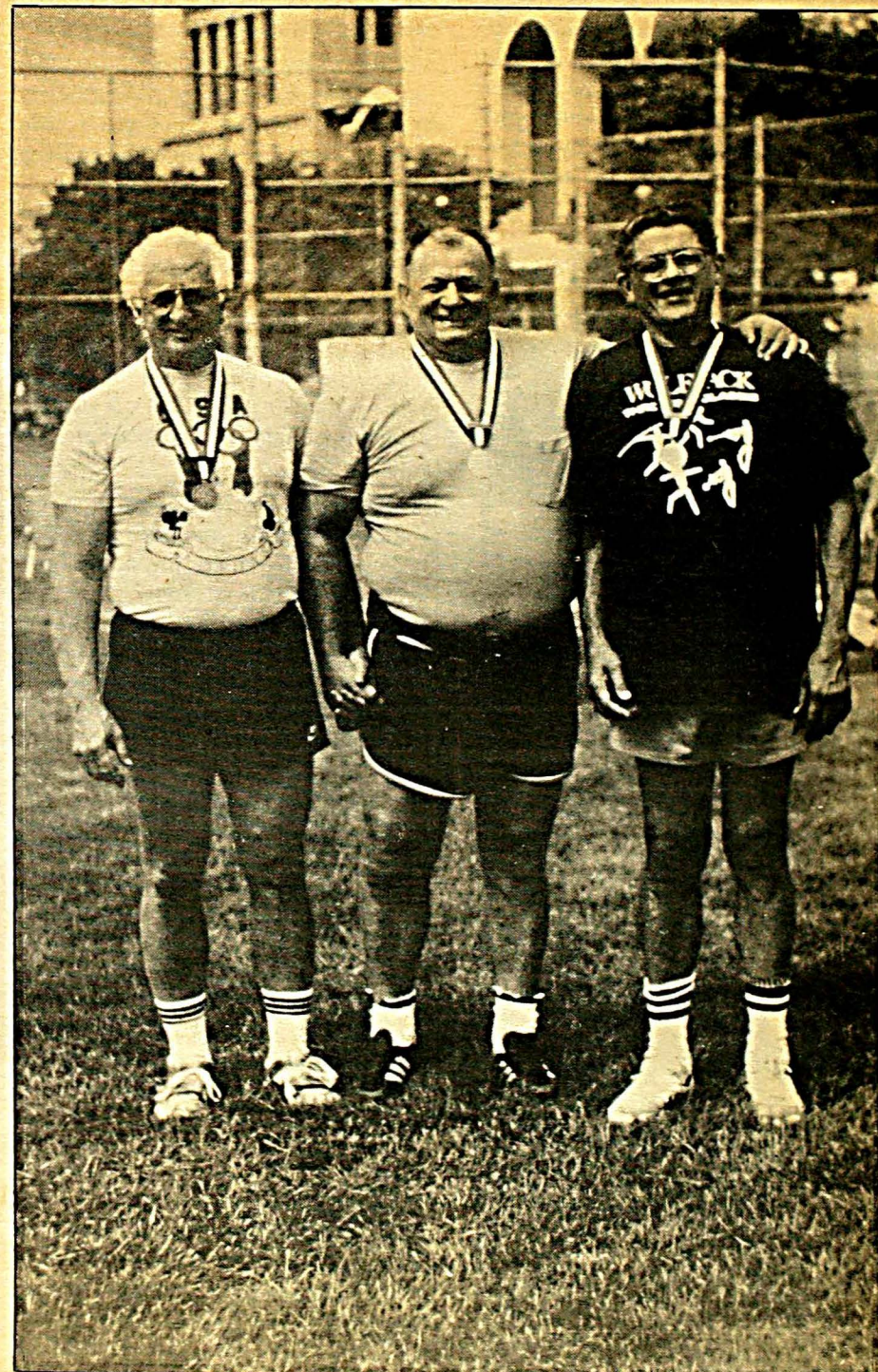
My definition of fairness differed from that of my competitors and — most recently — from that of the starter who refused to allow my team time to come to the line. Eventually, someone pulled me off him, otherwise I'd still be on the ground figuring out what to do next. Ah, the immaturity of old age.

According to the coach from nearby New Prairie High School, Doug Snyder, his school's football coaches laughed when they learned of my battle. The previous year at the Sectional Championships run on his course, two girl runners traded elbows, resulting in a confrontation between coaches and eventually parents. One of the coaches had to be escorted out a side door to get him safely to his car.

"We thought our sport was violent," cackled the football coaches. "You cross-country guys really play mean."

Maybe so, but I'm still better equipped for flight than fight. I remember that broken nose from high school days. The next time battle brews, I'm running away. □

*Hal Higdon, Senior Writer from Runner's World, is author of "The Masters Running Guide," available from this magazine. See form on page 11.*



Top three M65-69, TAC National Masters 56 lb. Weight Championships, Columbus, Ohio, September 15: (from left) Herb Cantor (14-5 1/4), Bill Walmroth (17-11 1/2), and Dr. Jacob Stein (16-6).

Photo from Jacob Stein

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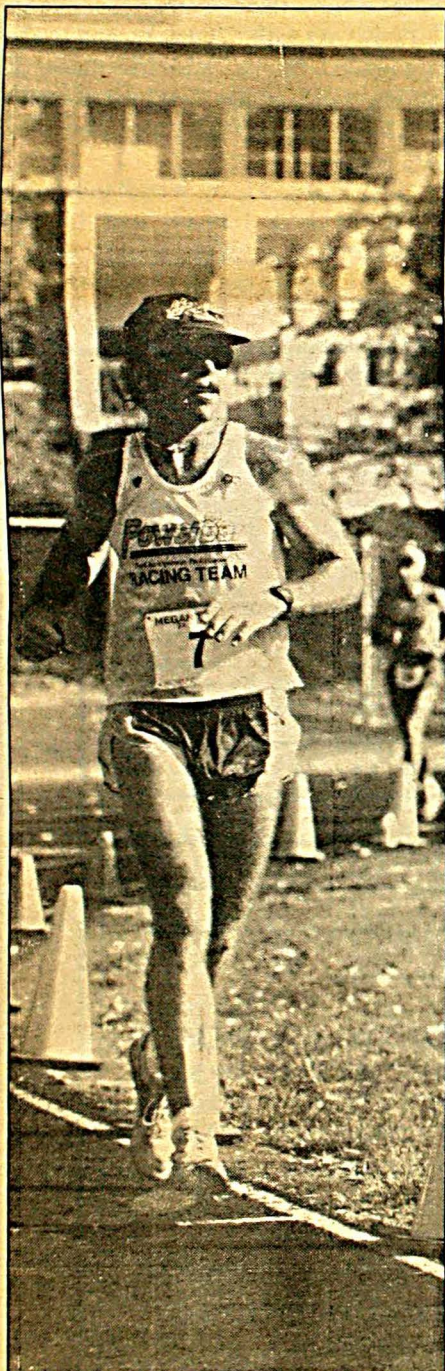
## Stillman, Klein Win in 24-Hour Championships

Randy Klein, 40, covered 138 miles/484 yards to finish third overall and first master of 40 entrants in the TAC/USA National Masters 24-Hour Championships held in Portland, Oregon on September 29-30.

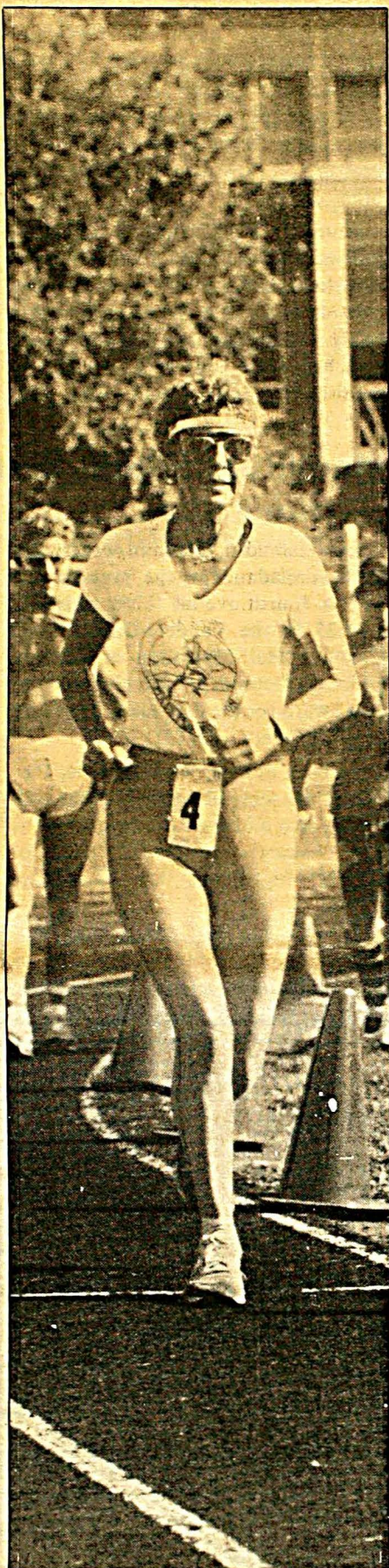
The oldest finisher, Helen Klein, 67, was the first W40-and-over with 101m/66y. On the way, she broke her U.S. W65 records at every distance from 30 miles to 100K.

Rae Clark (38, 165m/427y) and Randi Bromka (38, 132m/882y) were first male and female overall respectively, both with U.S. records for the 24-hour track run. Clark (16:55:12) and Bromka (22:40:59) also set records for 200K.

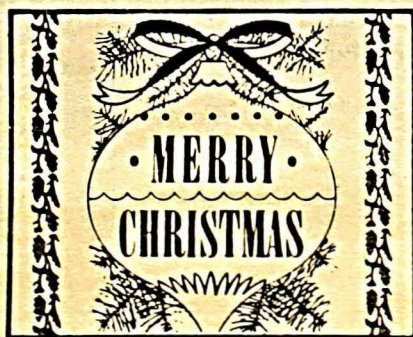
The event, held under the title of Megan's Run, was directed by Phil Edmunds, and was one of six events in the Portland Marathon's weekend of activities. □



Rae Clark, 38, of California, first overall (165 miles-427 yards), TAC/USA National Masters 24-Hour Championships, Portland, Oreg., September 29-30. Photo by Bruce Beaton



Helen Klein, 67, of California, broke her own U.S. records at every distance from 30 miles to 100K, TAC/USA National Masters 24-Hour Championships, Portland, Oreg., September 29-30. Photo by Bruce Beaton



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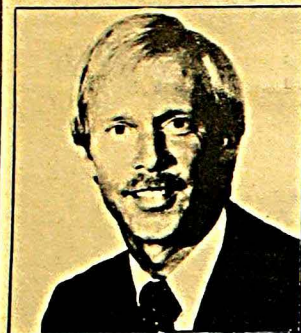
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## THE FOOT BEAT

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

### Unequal Leg Length and Sciatica

**Q.** I am a 42-year-old female who has been running for 12 years. I average about 40 miles per week. Recently, I have developed sciatic nerve pain in my left buttock and occasionally down the back of my left leg. I went to a chiropractor who prescribed wearing a 3/16-inch lift in my shoe and the pain miraculously disappeared. Lately, though, the pain has been coming back. Is the lift just a temporary solution, and is there anything more I can do to get rid of the pain for good?

**A.** Unequal leg length and sciatica are two problems that seem to plague runners to varying degrees. There are several theories as to the cause of unequal leg length. Usually, we are not too concerned if the measurements are under 1/4 of an inch and there are no complaints of pain.

But you should have the condition thoroughly examined to determine the source of the problem. Strength, range of motion, pain and leg circumference should also be checked.

Start a therapy program under a doctor's supervision at once. It should include strengthening, range of motion exercise or biomechanical devices to reduce any type of structural abnormality.

It appears that your condition could have been caused by running excessively and it may be wise to find a coach or trainer to develop a cross training program that will not aggravate your condition.

Sciatica is a general term used to describe irritation of the sciatic nerve, which is formed by the nerve roots in the spine, passes through the pelvis in-

to the leg, and terminates in the toe area.

Pain is usually caused by a pinching or irritation to the nerve. In many instances it becomes compressed by some of the muscles in the hip area. In your case, perhaps the leg instability could be causing the problem. Pelvic tilt or pressure on a disc could be a few of the other causes.

Runners often confuse hamstring pull with sciatic nerve pain and try to run through the problem. If the pain extends down into the foot, it is probably a sciatic problem and you should seek help from your back specialist or neurologist. Sciatic pain often lasts

longer, and comes and goes.

In either case, you should seek out professional help prior to continuing your running program. Often simple lower back exercises can help this condition. Leg exercises may irritate it. You may also wish a complete biomechanical examination of the lower leg to determine if there is any type of orthopedic problem that could be causing the pain. Moist heat packs and aspirin, along with your shoe lift should help.

*(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.)*

### Hamilton, Filutze Best Age-Graded at Dayton

by JERRY WOJCIK

Ken Hamilton, M40, of Maple, Ontario, Canada, won the masters title with a fourth-overall (1768 finishers) 1:07:25 in the Tandem-Dayton River Corridor Half-Marathon at Dayton, Ohio, on October 14. He also won the race award for the best age-graded time of all finishers with 1:03:33.

Barbara Filutze, W40, of Erie, Pa., shared the same honors: the W40-and-over crown and the race award for the best women's age-graded time of 1:11:33 based on her 98th-place 1:18:35.

The race directors calculated the age-graded times by using the finishers' actual ages, not the age-group standards,

which is why Don Coffman, 47, of Frankfort, Ky., with an M45-49 second-place 1:11:09 (AG 1:04:02) beat out Ken Sparks, 45, of Chagrin Falls, Ohio, M45 winner and second master in 1:10:34 (AG 1:04:23), for second-place age-graded honors.

Debbie Wagner, W35, of Perrysburg, Ohio, third woman overall in 1:17:49 (AG 1:13:57) was second in the age-graded results, and Iris Black of Spring Valley, Ohio, W45 winner with a 1:23:09 (AG 1:14:01) took the third AG spot.

Gina Faust, 53, of Woodland Hills, Calif., with a 1:30:42, and Loretta Shehan, 67, of West Seneca, N.Y., with a 1:54:12, ran to U.S. single-age records. □



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## Men's Pentathlon Rankings

by ED MARTIN

On this page is a summary of the top 20 masters pentathlons of all time — based on the WAVA age-factors.

Although the pentathlon was dropped from the Olympics after 1924, and official open pentathlon records are no longer kept, the event continues to be an official IAAF competition. It is especially suited for one-day masters track and field meets.

The winner of the first Olympic pentathlon (1912, Stockholm) was Jim Thorpe, who also won the initial Olympic decathlon six days later. Thorpe's marks were: long jump 7.07m (830

points), javelin 46.71m (540), 200m 22.9 (772), discus 35.57m (575), 1500 4:44.8 (650). Total: 3367 points (based on the 1985 IAAF tables).

In 1969, at the Crystal Palace in London, Bill Toomey set the current world pentathlon record. At age 30, one year after his winning Olympic decathlon effort, Toomey scored: LJ 7.58m (955), JT 66.16m (831), 200m 21.3 (929), DT 44.52m (757), 1500m 4:20.3 (810). Total: 4282.

Using the age-30 factors, Toomey's 4282 translates to an age-factored performance of 4435 points — the ultimate pentathlon achievement.

The leading all-time masters pen-

tathlon was by Great Britain's Sydney Clarke at the II World Veterans Games in Goteborg, Sweden, on August 12, 1977. Clarke, then 44, scored an age-factored 4359 points.

The top five all-time masters performers are: Clarke (44, 4359); Walter Schrieber (62, 4341); Adolf Koch (70, 4304); Werner Schallau (40, 4301), and Gary Miller (50, 4301).

It is interesting that the top 50 masters AF pentathlons range from Clarke's 4359 points to 3965, whereas the top 50 open pentathlons range from Toomey's 4282 to 3887. This implies a 78-point bias exists in favor of masters, indicating the AF tables may be too generous for masters. However, the 78-point differential is only a 1.9% variation.

The masters scores assume automatic timing in the 200. Wind-aided performances are included.

The tables summarize the following: age-factored score, competitor's name, age, birth date (if known), country, city of performance, and date of record.

I apologize in advance for any omissions, and would welcome any performance updates. Send to Ed Martin, 5221 Nantucket Lane, Anaheim Hills, CA 92807. □

### TOP 20 MEN'S MASTERS PENTATHLON ALL-TIME RANKINGS

4359	Sydney Clarke	(44)	1/5/33	GBR	Goteborg	8/12/77
	5.88 56.38 24.0 42.28 4:33.0					
	807 900 902 855 895					
4341	Walter Schrieber	(62)	[ ]	FRG	San Juan	9/29/83
	4.94 47.00 26.47 35.72 5:39.14					
	920 952 972 694 803					
4304	Adolf Koch	(70)	[ ]	FRG	Melbourne	12/3/87
	4.73 37.96 31.65 38.68 6:35.8					
	1063 893 745 933 670					
4301	Werner Schallau	(40)	9/8/38	FRG	Gelsenkirchen	9/24/78
	6.74 59.20 23.0 43.76 5:05.7					
	965 905 943 840 648					
4301	Gary Miller	(50)	[ ]	USA	Emmitsburg	6/26/88
	6.13 51.70 24.50 38.90 5:18.8					
	1020 902 943 741 695					
4276	Richard Morcom	(66)	5/1/21	USA	Glendale	6/20/87
	5.24 32.60 28.91 36.66 5:49.4					
	1154 670 857 787 808					
4271	Gudmund Skrivervik	(65)	[ ]	NOR	Malmö	7/31/86
	5.11 42.06 29.49 35.76 5:53.36					
	1071 893 793 746 768					
4268W	R. Morcom	(65)		USA	Shippensburg	7/13/86
	5.38 33.30 28.4 37.28 5:55.9					
	1180 672 876 784 756					
4258	W. Schallau	(42)		FRG		10/26/80
	6.47 57.30 23.4 40.22 4:56.9					
	932 892 931 781 722					
4255	Silviu Hodos	(35)	[ ]	FRA	Paris	4/17/83
	6.59 63.18 23.6 46.54 4:25.5					
	828 910 824 850 843					
4227	R. Morcom	(56)		USA	Goteborg	8/12/77
	5.40 36.42 25.6 36.8 5:00.2					
	930 703 940 761 893					
4206	W. Schallau	(40)		FRG	Dortmund	10/15/78
	6.64 55.90 23.5 42.70 4:54.7					
	937 844 896 816 713					
4196	Adolf Koch	(69)		FRG	Mindelheim	9/28/86
	4.55 36.98 30.5 38.00 6:23.7					
	957 843 803 889 704					
4184	Rudy Hochreiter	(61)	[ ]	AUS	Melbourne	12/3/87
	4.91 40.54 27.14 39.36 5:21.58					
	883 779 899 764 859					
4173	Matti Jarvinen	(57)	[ ]	FIN	San Juan	9/29/83
	5.46 38.46 25.5 40.46 6:01.1					
	977 780 965 867 584					
4171	W. Schallau	(39)		FRG	Dortmund	10/16/77
	6.93 52.46 23.4 41.76 4:50.5					
	997 771 892 784 727					
4160	Roy Williams	(46)	[ ]	NZ	Christchurch	1/10/81
	6.46 46.84 24.37 43.12 5:27.29					
	1022 741 896 903 598					
4158	A. Koch	(66)		FRG	Rothenbach	7/17/83
	4.88 37.18 28.8 36.82 6:09.9					
	1007 787 865 792 707					
4156	W. Schallau	(45)		FRG	San Juan	9/30/83
	6.25 52.70 24.16 39.52 5:10.78					
	935 842 902 800 677					
4144	John Alexander	(61)	[ ]	USA	Rayleigh	5/8/81
	5.20 35.86 26.1 38.37 5:40.4					
	990 670 985 741 758					

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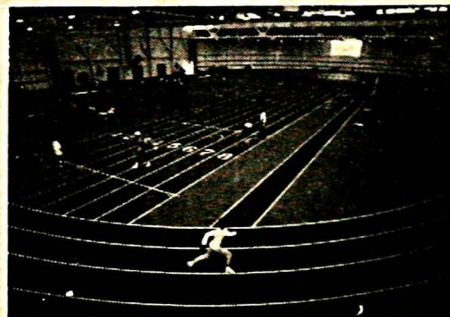
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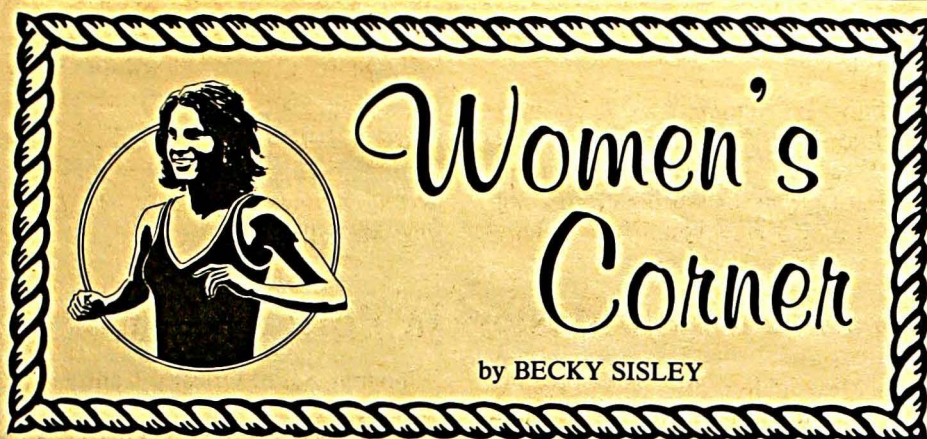
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## Interview with Barbara Kousky

**B**arbara Kousky is the chair of TAC's Masters Track and Field Committee and was co-director of the VIII WAVA World Veterans Athletics Championships.

**B.S.** What do you see as the role of the women's committee?

**B.K.** The Women's Committee's role is to: 1) promote women's participation in the sport, 2) disseminate information pertinent to women (the institution of a Women's Corner in NMN can help fulfill this purpose), 3) be a liaison with the athletes in response to issues, 4) serve as an advocate for women's issues with the full Masters T & F Committee, and 5) make women aware of resources which are available.

**B.S.** How can women participants make their concerns known to the women's committee and the leadership in masters track & field?

**B.K.** Now that we have a three-person women's committee it will be more active and visible. It is important for individuals to ask questions and make their views known. Here is a list of the current members of the committee:

Christel Miller (chair)  
1740 Grandview Ave  
Glendale, CA 91210  
(818)843-2139

Susan Houlton  
P.O. Box 20288  
Atlanta, GA 30325  
(404) 350-8555

Becky Sisley  
Coordinator, Women's Corner  
310 E. 48th  
Eugene, OR 97405  
(503) 342-3113

**B.S.** What do you believe are the most effective ways to promote women's involvement in master's track & field in the United States?

**B.K.** I think its very important for women to encourage other women to participate. Perhaps we should conduct clinics for novice female athletes in conjunction with track meets. We need to look at ways to provide basic and ongoing instruction. Individual assistance, personal feedback, and a feeling of satisfaction are important for maintaining involvement in the sport.

**B.S.** How does women's participation in the United States compare with other countries you have visited?

**B.K.** I don't have any numbers to use as a comparison. Nor do I have marks to address the quality of performance. I have been impressed by the commitment and performance of the women I observed in several countries. Participating in a three-day women's running camp outside of Melbourne was wonderful. It was great to observe a women's meeting in Frankfurt.

Women's participation at the World Veterans Championships increased 59% between the 1985 and 1987 Games. At the 1987 Games, women made up 22% of the participants and the percentage rose to 25% at the 1989 Games in Eugene.

**B.S.** Who is the women's representative to WAVA and what are her responsibilities?

**B.K.** Bridget Cushen from Great Britain. One of her major responsibilities is to conduct the Women's Assembly at the World Veterans Championships. This is a two-year position with the election held at the WVC. The WAVA By-Laws spell out the duties of this position as follows: 1) to insure that due consideration is given at all times to the particular interests of female participants, 2) to respond to instruction of the WAVA Council, and 3) to cooperate with the WVC organizing committee to insure female interests are taken into consideration. When issues are voted on at the Women's Assembly at the WVC, the U.S. is allowed five votes. The number of votes for each WAVA affiliate is determined by the number of participants from each country at previous WVCs.

**B.S.** Do you believe WAVA will take action at Turku to raise the age of female participants to 40? If so, when would this change go into effect?

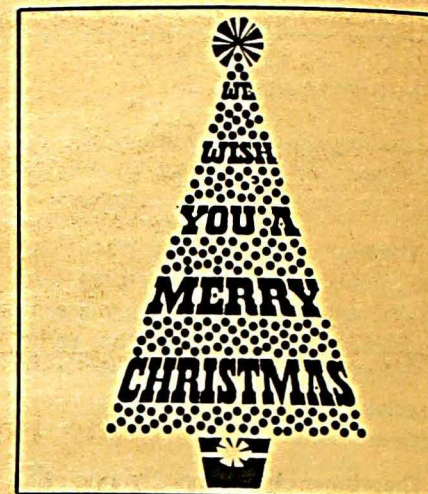
**B.K.** This issue is on the agenda for Turku. There has been a great deal of discussion on the current lower age limit for women participants. The feelings of people in other countries are very strong on both sides. The straw vote taken in Indianapolis was 23 for age 40 and 5 for age 35. If the WAVA General Assembly votes to change the age, there probably would be a phase-in period so that females who are 35 at the time of the vote will not be denied the opportunity to compete. Those under 35 will not be able to compete until age 40.

**B.S.** What kind of concerns were brought up by women at the 1989 World Veterans Championships and the 1990 USA/TAC National Championship meets?

**B.K.** The minutes of the women's meetings at these two events addressed the following on some of the issues:

**1989 WAVA - Eugene** — It was clarified that each affiliate (country) was responsible for publicizing the minutes of this meeting within its own country. Cushen noted "that a good standard of quality had been achieved in these new WAVA Championship events (steeplechase, hammer, triple jump and pole vault)." The Assembly voted (Yes 29 - No 11) to retain the medal standards.

Discussion revealed there was lack of coordination of women's activities within the regions. (The U.S. is in the



North American region.) It was noted there should be a Women's Representative on each Regional Council.

The following motions were passed: "Women's team competition for non stadia events be based on three people in each age group," (Vote 33-4); "Women in stadia relay events have the same age group breakdowns as men in W40-W55; W35 and W60 and over remain as a present," (Vote 18-13). The issue of women's veterans starting age being 40 instead of 35 was also raised. The Secretary (Alastair Lynn) commented that so fundamental a matter would have to be circulated beforehand so that the WAVA National Affiliates could give it the discussion it deserved.

**1990 Indianapolis** — Some athletes voiced the opinion that some All-American Standards were inconsistent. A committee was appointed to review the standards and propose adjustments. Concerns were addressed on the issue of who has jurisdiction for women age 35-39. At the most recent TAC/USA meetings in Seattle, rule changes were proposed to address this matter. The question of adding a women's 3000m to the national championship was discussed. This event is not held for men and thus would deviate from the policy of offering the same events for men and women. The suggestion was referred to the Masters T & F Committee for further study.

**B.S.** How can we insure records are maintained for women's multi-events (pentathlon and heptathlon) just as they are for men's multi-events?

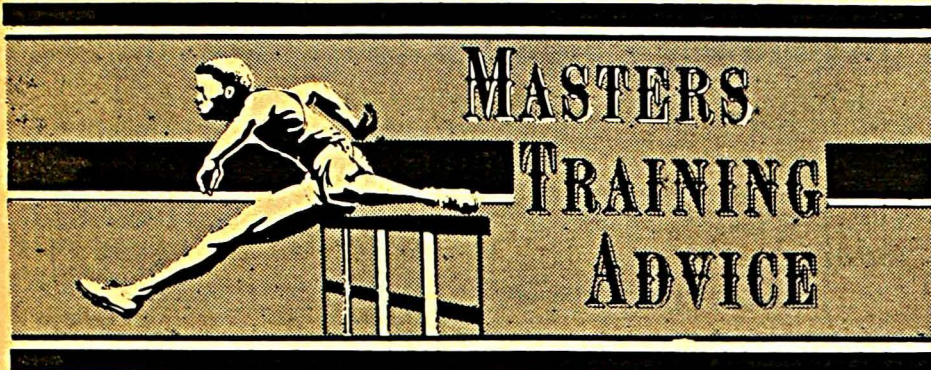
**B.K.** According to Pete Mundle, TAC Records Chairman, somebody needs to volunteer to manage this responsibility. There are several problems which have made it impossible to keep records.

First, the contests held in these multi-events have not been consistent. For example, the pentathlon held at San Diego did not have the same five events as indicated in the rules.

Second, until recently there have not been standard conversion tables and thus events have been scored differently. And finally, there was some indication that not enough women have participated in the events to keep records. □



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## Training For the 10K — Should You Go Long or Short?

by OWEN ANDERSON, Ph.D.

**T**raining for the 10K presents a real dilemma since you need to develop both speed and endurance. Not surprisingly, there are conflicting theories about how to prepare for the race.

Today, most knowledgeable masters runners wisely do a mixture of both speed (interval) training and endurance work. And many respected running coaches believe that running 60+ miles per week helps give runners the psychological and physical toughness required to be a first rate 10K performer.

On the other hand, Jack Daniels, a highly-regarded coach at the State University of New York at Cortland, feels that high mileage isn't for everyone.

### Few Benefits From High Mileage

"There are plenty of people who have boosted their training volume and then fallen flat on their faces," Daniels points out. "For many runners, training for a 10K should really not be that much different from preparing for a 5K."

Daniels contends that there is very little benefit derived from marathon-training. He claims that running long distances teaches the muscles to rely on fat for some of their needed energy so that they can better withstand the glycogen depletion that occurs near the end of a 26.2 mile race. But, in an intense 28-minute 10K, there is very little need for fat utilization.

And, the latest research seems to bear him out.

### Interval Training

An important goal of training is to establish a strong relationship between your training pace and the speed you hope to achieve in the race. You either want to practice your race pace — or do a lot of the kind of running that will make your race pace seem easier.

Good masters runners utilize oxygen at about 90-92% of their maximal possible rate during a 10K. During a 5K, they use 95-100%. They have an 86% utilization rate during a nine- to ten-mile race, and negotiate a marathon at around 80%.

Interval training is commonly carried out at an intensity of 90-100%. That's in the same range as the intensity used for 10K racing, and suggests that interval training is an excellent preparation for the rigors of the 10K.

### Preparing for a 10K

You should start training at least 10-12 weeks before the race — 15 weeks before is ideal. To avoid over-training, you should average no more than 2½ "quality" (stressful) workouts per week (three workouts one week and two the next, etc.).

Begin your regimen with a nice four-week block emphasizing speed-building "reps." Reps involve running 200- or 400-meter work intervals at a pace which is 5 seconds per 400 meters faster than your 5K pace. In order to maintain good running form, each rest interval should be about five times as long as each work interval.

Some of your more experienced running friends may think you're delirious when you mention this long rest interval, but the 1:5 ratio really works. To avoid overtraining yourself, you shouldn't exceed 5% of your weekly mileage in any rep session.

### Ten "Quality" Workouts

During this initial four-week block, shoot for a total of about 10 quality workouts. Four of these can involve reps, three should be intervals (running 2-5 minutes at a 5K pace with a rest interval of equal duration), and three should be "lactate" sessions, which involve running for 20-25 minutes at a pace about 10-15 seconds per mile slower than your 10K racing pace.

During weeks 5-8, increase your interval workouts and lactate sessions to four, and cut back your reps to two. Weeks 9-12, move up to five intervals, supplemented by three lactates and two reps. In the final three weeks before the race, it's wise to save your speed for the actual contest. Four quality lactate sessions and two interval workouts make sense.

### Running 5K Important

If you can, it would be wise to substitute a 5K race for one of the interval workouts — as long as the 5K doesn't take place during the week before the 10K.

The 5K is important because it gives you feedback on how well your training has gone, and lets you make train-

ing adjustments, if necessary, before the 10K.

In my next column, I'll give you two of Jack Daniels' favorite workouts which can be used successfully during the last four weeks leading up to a big race. I'll also show you a typical daily

10K training schedule which can be adapted to your individual needs — and I'll discuss 10K race strategy. □

*This article was condensed and reprinted with permission of Running Research News, P.O. Box 27041, Lansing, MI 48909.*

## Dean, Yu Top Masters in Portland Marathon

Steven Dean, 40, of Spokane, Wash., captured the M40-44 title, a masters first, and the masters age-graded best (87.2%) with a 2:29:10 in the Portland Marathon in Portland, Oregon on September 30.

Sonny Conder, 45, of Portland, won his division race in 2:34:53 for the second-best AG performance (86.8%), and Roger Daniels, 54, of Bend, Oregon, M50 winner in 2:49:25, had the third highest M40+ AG (85.0%).

Wen-Shi Yu, 55, of Kew Gardens, N.Y., with a 3:11:43, topped all W40-and-over division winners with a third-overall 85.5%. Ana Letinsky, 52, of Manitoba, Canada, was second W40+ with a 79.7% for her 3:19:58 win.

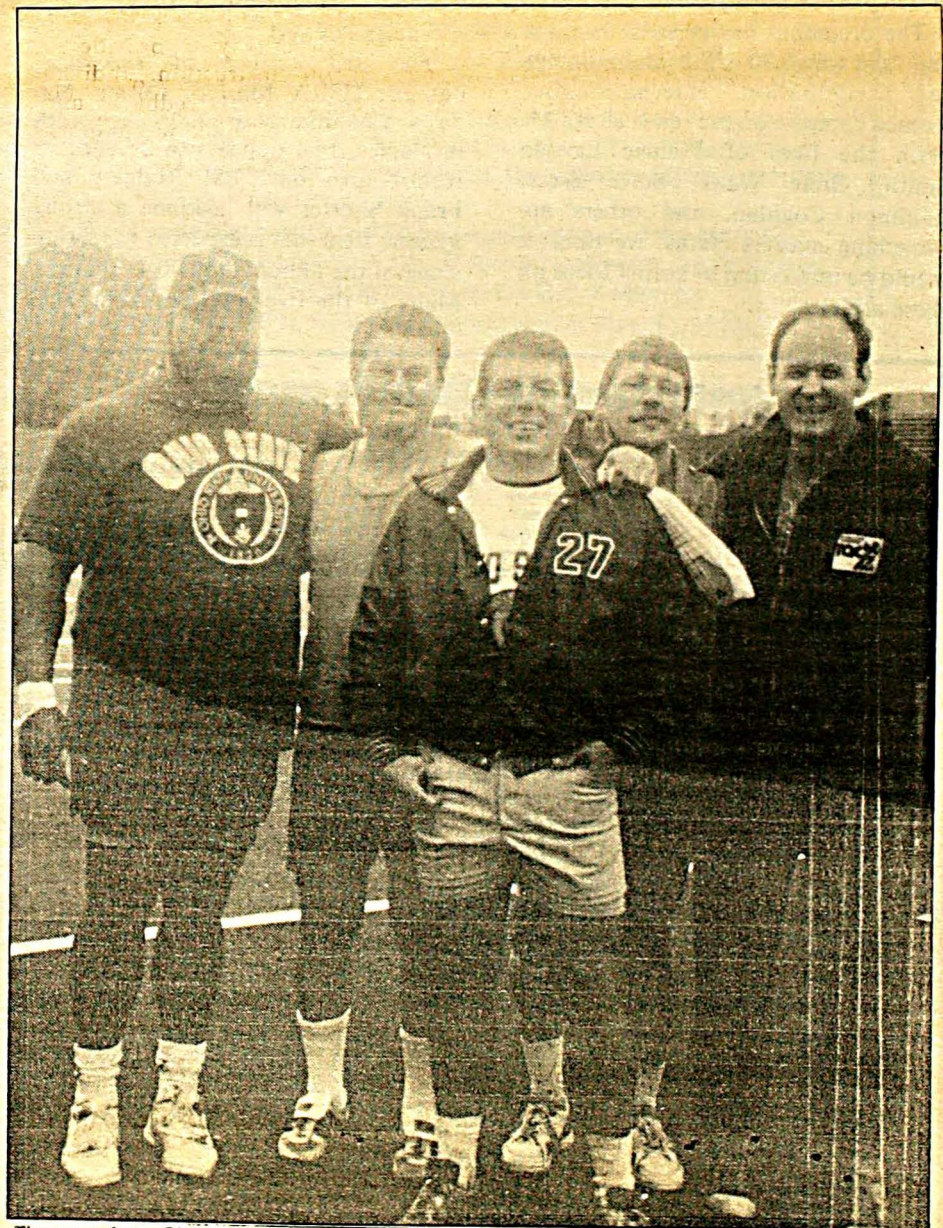
G.N. Sherbeck, 84, of Vancouver, Wash., finished in 5:57:47, and Mavis

Lindgren, 83, of Orleans, Calif., ran a 6:33:25.

Over 4000 of the 11,000 participants in the six-event weekend registered for the marathon, which was conducted by the Oregon RRC. A record 26.5% of the marathon registrants were women, the highest percentage ever registered for a U.S. marathon. Forty-three states and fifteen foreign countries were represented. The estimated economic impact of all six events' participants was between 1.3 and 1.5 million dollars.

Masters firsts in the adjunct five-miler were Alan Beck (44, 26:55) of Heppner, Oregon, and Janet Jordan (41, 30:16) of Portland. Reed Miller, 52, of Springfield, Oregon, won the M50 division in 28:26.

Next year's program is scheduled for September 29. □



Throwers from Ohio who competed in the Ohio Sports Festival at Brea in July, from left: Larry Wilson, M35, Huntsburg; Wayne Owen, M40, Akron; John Fell, M35, Norwalk; Tom Bauman, M35, Toledo; and Joe Kiamar, M35, Twinsburg.

Photo from Joe Kiamar



## CUMULATIVE PRIZE MONEY EARNINGS MASTERS 9/30/90

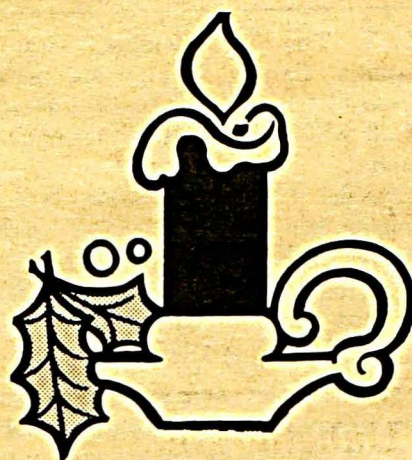
RANK	NAME	ST/MAT	CUM PRIZE	0	1989	0	899
1	Campbell, John	NZL	\$56,150	17	\$84,700	6	
2	Hamilton, Ken	CAN	\$13,600	18			
3	Tibadueza, Domingo	COL	\$10,406	13			
4	Schlaue, Bob	SC	\$9,400	13	\$16,375	17	
5	Rodgers, Bill	MA	\$8,750	10	\$9,960	14	
6	Waigwa, Wilson	KEN	\$7,925	10	\$8,200	9	
7	Harczak, Ryszard	POL	\$7,600	7	\$7,840	5	
8	Cuevas, Mario	MEX	\$7,356	9	\$11,500	3	
9	Navarro, Antonio	MEX	\$5,500	5			
10	Stahl, Kjell-Erik	SWE	\$4,200	2	\$1,850	17	
11	Alberg, Larry	WA	\$2,900	7	\$1,600	3	
12	Owens, Earl	GA	\$2,700	11	\$3,875	13	
13	Beligne, Atlav	NY	\$2,000	5	0	0	
14	Dyce, Byron	JAM	\$1,800	4	\$500	2	
15	Hughson, Richard	CAN	\$1,700	3			
16	Olsen, Larry	MA	\$1,650	5	\$1,550	4	
17	Keenan, Dale	NY	\$1,500	2			
18	Custy, John	CO	\$1,500	1	\$3,475	7	
19	Custy, John	CO	\$1,500	2			
20	Ingram, Larry	CO	\$1,500	1			
21	McManus, Tony	NZL	\$1,350	2			
22	Brown, Barry	FL	\$1,250	4	90	0	
23	Meri, J. Socorro	MEX	\$1,200	2	\$1,000	1	
24	Stewart, Dave	CAN	\$1,150	4	\$4,225	7	
25	Knuckey, Bob	CAN	\$1,150	2			
26	Sparks, Ken	OH	\$1,100	3	\$1,850	3	
27	Pearson, Jim	FL	\$1,100	8	\$5,050	12	
28	Wolfe, Bob	TX	\$1,000	1			
29	Stern, Peter	CA	\$1,000	1			
30	Molnar, Steve	PA	\$1,000	1			
31	Carroll, Tom	MA	\$950	7	0	0	
32	Baird, Peter	TX	\$900	2	\$500	1	
33	Shorter, Frank	CO	\$850	4	\$550	4	

CUMULATIVE PRIZE \$ LEADERS  
MASTERS 9/30/90

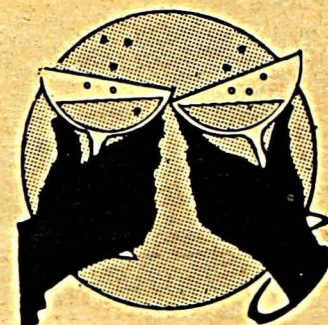
RANK	NAME	ST/MAT	CUM PRIZE	0	1989	0	899
1	Anderson, Gabrielle	SUI/ID	\$14,280	14	\$15,500	18	
2	Oshier, Nancy	NY	\$11,700	16	\$4,125	11	
3	Striuli, Graziella	ITA	\$11,000	4	\$23,000	1	
4	Filutze, Barbara	PA	\$10,600	17	\$5,350	7	
5	Welch, Priscilla	GBR	\$10,247	10	\$29,580	13	
6	Binder, Laurie	CA	\$8,850	12	\$21,300	18	
7	Grayson, Nancy	SC	\$7,100	11	\$2,125	9	
8	Greer, Judy	FL	\$4,650	11	\$6,200	13	
9	Hacharg, Karen	FL	\$3,850	7	\$4,950	12	
10	Ciavarella, Claudia	FL	\$3,500	13	\$2,500	12	
11	Lynn, Laura	CAN	\$3,100	2			
12	Hutchison, Jane	NO	\$3,100	7	\$10,750	1	
13	Roden, Anne	GBR	\$3,000	1	\$3,975	1	
14	Vahlensieck, Christa	FRG	\$2,700	3	\$5,450	1	
15	Hendonca, Eleonora	MA	\$2,450	7	\$600	2	
16	Havens, Susan	WA	\$2,300	2	\$900	1	
17	Ilands, Magda	BEL	\$2,000	1	\$2,000	1	
18	Hatsuda, Chel	JAP	\$1,500	1			
19	Stroonscoe, Marcia	CAN	\$1,500	2			
20	Lilburn, Adrian	FL	\$1,350	5	\$900	3	
21	Osantowski, Odette	CA	\$1,250	1			
22	Kozak, Erna	CAN	\$1,200	2	\$100	1	
23	Cash, Linda	CO	\$1,100	3	\$825	1	
24	Yu, Wen-Shi	NY	\$1,075	4			
25	Smith, Jenny	NZL	\$1,000	1			
26	Carnes, Sue		\$1,000	1			
27	Lindsay, Shirlee	TX	\$1,000	1	\$500	1	
28	Pease, Andrea	GA	\$975	5			
29	Hillsbaugh, Jane	PA	\$950	3	\$175	1	
30	Banning, Linda	SC	\$950	5	\$150	2	
31	Lodge Scott, Gail	CO	\$850	3	\$1,383	3	
32	Kreuz, Janice	OH	\$750	1	\$2,500	1	
33	Langston, Diane	NO	\$750	5	\$190	2	
34	Walters, Marlene	CA	\$750	1	\$1,750	4	
35	Prejean, Nancy	TX	\$695	2			
36	Faust, Gina	CA	\$600	3	\$1,250	4	
37	Fegley, Vicki	OK	\$600	2	\$510	4	
38	McIntyre, Kathy	NY	\$600	2			
39	Wood, Mary	CO	\$600	2	\$5,918	6	
40	Bugyi, Judith	PA	\$550	4	\$450	2	
41	Hansfield, Anne	NC	\$550	5	\$450	3	
42	Edwards, Sally	CA	\$525	1			
43	Harshbarger, Betsy	MA	\$525	3	\$400	2	
44	Lirtlebach, Joan		\$500	1			
45	Hevett, Sandra	N/R	\$500	1			
46	Matthews, Heather	NZL	\$500	1	\$3,100	5	
47	Knopf, Meredith		\$500	1			
48	McCoy, Ellen 70	MI	\$500	1			
49	Toth, Jean		\$500	1			
50	McKeown, Jan	CT	\$450	2	\$250	1	
51	Thewatt, Nancy	AZ	\$400	1			
52	Aireldi, Kathy	CT	\$400	3	\$150	2	

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34	Ruckert, Steve	MO	\$825	6			
35	Hessely, Wes	GA	\$775	5			
36	Wilborn, Gary	OR	\$750	2			
37	Gagnon, Jaques	CAN	\$750	1			
38	Frederick, Larry	NC	\$725	5	\$700	2	
39	Thompson, Charles	CA	\$700	2			
40	Nicholson, Carl	AL	\$675	4	\$2,650	11	
41	Mora, Victor	COL	\$650	2	\$9,626	10	
42	Hackenberg, Jim	MI	\$625	2			
43	Jimenez, Ignatio	MEX	\$600	2	\$650	1	
44	McCluskey, Terry	PA	\$600	2			
45	Grier, Anthony	MD	\$600	3			
46	Hall, Bob	MI	\$575	5			
47	Green, Mora	PA	\$550	4			
48	Ferris, Morean	CAN	\$500	1			
49	Spataru, David		\$500	1			
50	Faucher, Dave	MI	\$500	2			
51	Lee, Junior	TX	\$500	1	\$600	1	
52	Thompson, Paul		\$500	1			



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June 3  
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July 8  
Ulrich Bollemaier 15K  
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October 6  
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November 24  
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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 the United States Running Association, Sorbothane, the City of Naples, 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, Sorbothane 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)

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

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☐ Grand Championship  
☐ Naples Open 8K  
☐ 5K Family Healthwalk

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First Name  Last Name

Street Address

City  State  Zip Code

Are You a U.S. Citizen? Yes ☐ No ☐

Telephone

## Thirteen Clubs Vie In Cross-Country National 5K

Continued from page 1

Boston's Ken Mueller, who clocked 18:19 to lead the Boston AA to the M50-59 team title.

The host Syracuse Chargers entered the only complete M70+ team, led by individual titlist Nate White, who ran 25:24 to win his race by over a minute and a half. But White had to hustle to cross the finish ahead of M75 champion Eugene Keller of Cincinnati, who ran 25:36. Syracuse's Charlie Hackenheimer, without competition, won the M80 race in 35:07.

Two nationally-ranked 66-year-olds clashed in the M65 division, with Don Carter, Vestal, N.Y., beating out Don McWilliams, Canandaigua, N.Y., 22:23 to 23:26. Carter attributes his recovery from almost five years of injuries to an alkaline diet, which included tons of raw fruits and vegetables. You certainly can't argue with the results.

Female participation was far lower than hoped for but greater than usual for this event. Kathy Brown, Fairport, N.Y., staged a great final kick to take the W40 race, 20:36 to 20:56, over Syracuse Charger Elizabeth Mastin. Judy Pickert-Hetkowski took the M45 win in 21:24, and Grand Rapid TC's Carol Bender was W50 winner in

22:22. The W55 winner, Grand Rapid's Carole Schuiteman, who clocked 23:51, actually finished ahead of all W50 finishers except teammate Bender.

Marsha Tillson, Shortsville, N.Y., running her first cross-country race (though she has been nationally-ranked as a roadrunner for several years) rounded out the female champions with a W65 win in 36:54.

Female teams were entered in two age divisions. The host Chargers took the W40-49 title by ten minutes over Boston AA, and Grand Rapids downed the Chargers by nearly the same margin for the W50-59 title.

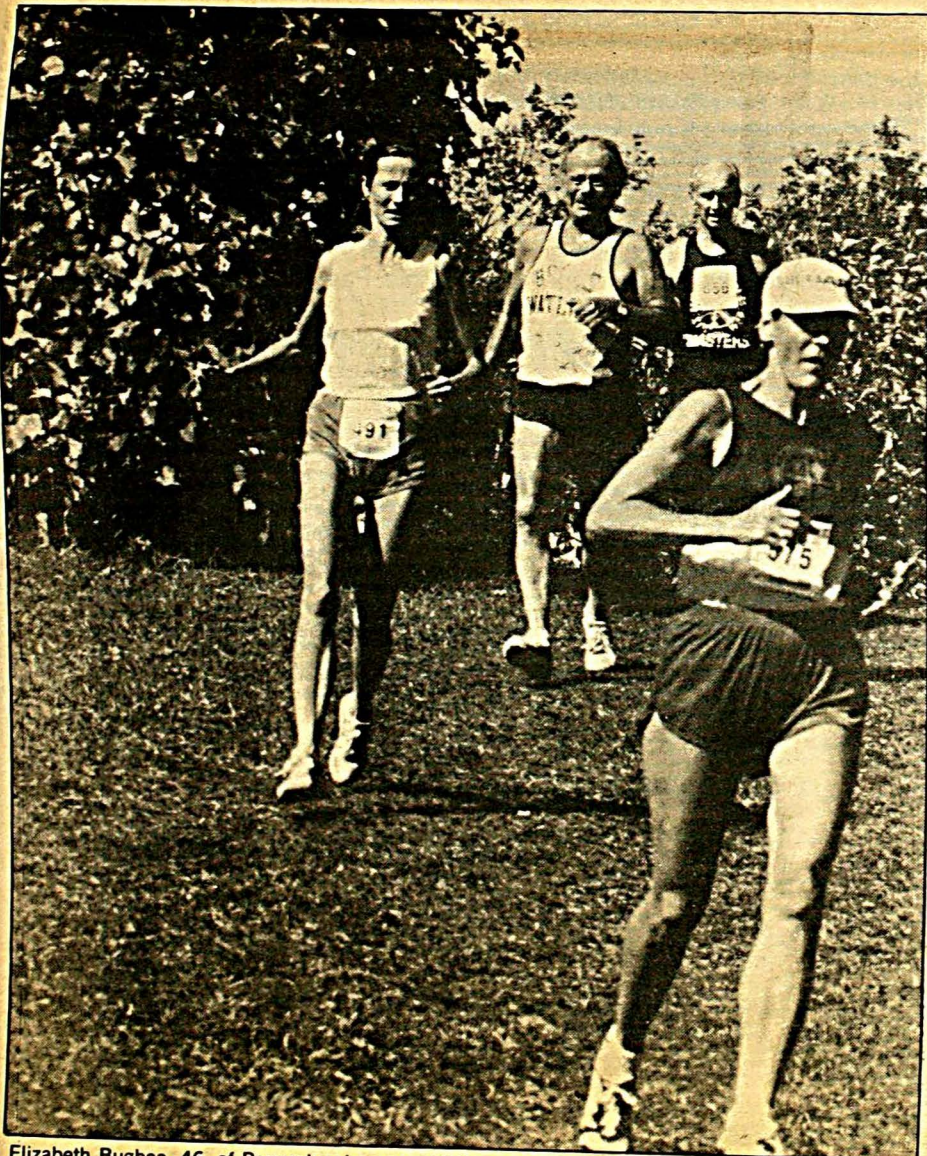
The competition was staged in three separate age-group races and was administered by volunteers from the Syracuse Chargers. The event was ably directed by Nate and Evelyn White.

After the races, the runners got down to the serious business of consuming enormous amounts of food. Three bushels of Empire apples disappeared down their gullets, along with 20 gallons of cider, 700 homemade cookies and brownies, and 20 loaves of French bread. Fifty-three pounds of hot dogs also were eaten (but not a single one by Don Carter). □



Action at the National 5K X-C in Fayetteville, N.Y. October 7. Bob Clark and Henry Sarnowski lead a mid-pack of 50-59 runners.

Photo by Walter Rudy



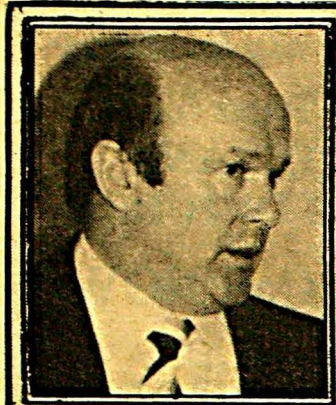
Elizabeth Bugbee, 46, of Pennsylvania, second W45 (22:28) leads Diane Colbert-Mauboussin, 44, of New York, third W40 (22:29), TAC National Masters 5K Cross-Country Championships, Fayetteville, N.Y., October 7. Richard Sullivan, 60, of New York, tenth M60 (22:48) has the edge on Don McWilliams, 66, of New York, second M65 (23:26).

Photo from Evelyn White



Kathy Brown, 42, Fairport, N.Y., first W40 (20:36), and Ed Stabler, 61, third M60, Syracuse, N.Y. (20:40), National Masters 5K Cross-Country Championships, Fayetteville, N.Y., October 7.

Photo from Evelyn White



# International Scene

by CESARE BECCALLI,  
President of WAVA

## A Message from the President

Since the decisions to be taken by the WAVA General Assembly in Turku are of such importance to the Veterans program, I feel it is necessary to respond to Don Farquharson's article "The Way It Is" (Nov. NMN).

Let's go over the points raised in Don's article:

### 1. Drug Testing

Don writes that I stated in 1989: "WAVA has no plans to introduce such testing."

Therefore his question is: Why now is there such a hurry?"

The answer is that the WAVA Championships have been recognized by the IAAF as the official World Championships for Veterans. The IAAF rules require that there be drug testing at all World Championships. If drug testing is not permitted, then the event cannot be sanctioned as a World Championship. IAAF officials, without whom the event cannot take place, would not be available.

At the WAVA Council meeting in Turku, I advised not to make any decision until the IAAF position was understood. The Secretary stated: "There is nothing to wait for. WAVA does not accept directions from the IAAF."

The WAVA General Assembly has already endorsed the position that Veterans should be subject to drug testing. There is a question regarding banning those Veterans who, for medical purposes, may require drugs banned by the IAAF. This was made clear at the IAAF Veterans Committee meeting. The IAAF recognizes this problem, so that a solution (for in-

stance, a doctor's certificate) can be found.

### 2. Cooperation or Integration with the IAAF

On the two occasions I was elected President of WAVA, I presented a program of cooperation with the IAAF. It was always made clear that the ultimate objective would result in the integration of WAVA with the IAAF.

Don insinuates that the IAAF is seeking integration because it has been influenced by my declaration that our Assembly has so decided. This is certainly not the case.

The IAAF Congress has already taken its position last September in Barcelona — voting to recognize WAVA as the sole administrative body for Veterans. In so doing, WAVA's continued existence is guaranteed.

Integration would mean that National Veterans Associations affiliated with WAVA would be officially recognized or affiliated with the local IAAF member. WAVA and the IAAF have already adopted policies to this effect. If anything, WAVA will have more of an effect on the IAAF (via its national governing bodies) than the IAAF will have on WAVA.

Assuming that we take the position that WAVA does not want any affiliation with the IAAF, why have we been negotiating for over five years?

If that is the position of WAVA, then we reasonably can expect that the IAAF will create their own Veterans division without WAVA. Those WAVA affiliates who are presently members of the IAAF would go with the IAAF. The IAAF could organize its own official World Veterans Championships. In any case, it would no longer recognize WAVA's Championships. Could we expect any support from IAAF officials and from local and national governments for our events?

To date, the IAAF has supported WAVA's position in boycotting the "Masters Games." Without integration, there would be nothing to prevent the IAAF from changing its position in the future. Can the WAVA affiliates not affiliated with the IAAF member

withstand a challenge in their respective countries? Of what value would it be to the Veterans movement to have such a split?

The fact is that WAVA cannot survive without being integrated into the IAAF.

The fact is that the Veterans program is now well-organized. The IAAF has other problems and is not interested in starting a Veterans program anew, unless it is forced to consider WAVA to be an unacceptable partner.

Don concluded that because I did not want to have a formal contract with the IAAF, I was not thinking of integration, and that now I have changed my mind, overstepping my authority.

A formal contract with the IAAF would clearly set out a statement as to the authority and powers of WAVA. Such a contract, by definition, would be restrictive.

It was — and still is — my position that we could go on as long as possible without a contract. This is the only way

to continue that policy of consolidating our relationship with the IAAF which we need to achieve the assurance of WAVA continuing to administer the Veterans program.

When our position with the IAAF is finalized, the documentation will be realized by amendments to the WAVA Constitution and by those amendments to the IAAF Constitution which could be needed in order to make feasible an integration giving WAVA that functional autonomy we are seeking.

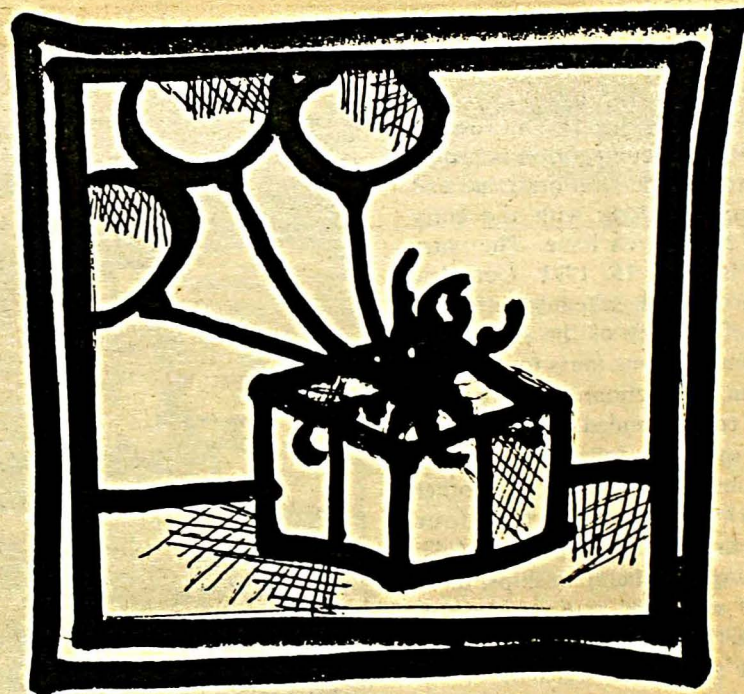
The integrations at the National levels should strengthen the Veterans programs, not weaken them. That is the only way to directly influence in our favor the vote of the IAAF Congress, when it will be called to decide upon WAVA integration.

Facilities, funding, officials and administrative assistance will be fully available. In addition, the Veterans could have an influence over the entire program for athletics in each country.

To date, our negotiations have been

Continued on page 23

# WE DELIVER



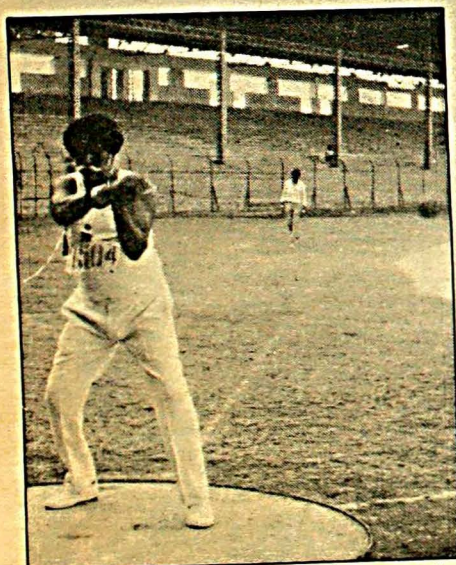
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Hammer thrower Major K. Gill, M75, won the discus and shot put with national records, XII Indian National Veterans Athletic Championships, Hyderabad. Photo by V. Suryanarayana



7 Months To Go

## Countdown to Turku

### Only Seven Months To Go

**O**nly seven months remain before the start of the IX WAVA World Veterans Athletics Championships. The biennial event will be held in Turku, Finland, from July 18-28, 1991. More than 5000 individuals from over 60 nations are expected to attend.

The competition will be held in five-year age groups beginning at age 40 for men and age 35 for women. There are no qualifying standards to enter the event. The only requirement is to be at least the minimum age.

The main purpose of most participants in any World Championships is to have fun. One doesn't have to be a potential medalist to compete. Most of the participants in last year's World Championships in Eugene said the best part of the Games was the friendship and camaraderie they experienced in meeting and making new friends from all over the globe. The competition was the icing on the cake.

On page 23 are the last-place marks in Eugene. If you can better the mark in your event in your age group, you wouldn't have finished last in Eugene.

The tentative competition schedule was printed in the October issue and will be again, along with the entry form, in the March issue. The entry deadline is April 15, 1991. Complete entry forms and schedule info are available from any of the seven U.S. travel agents hosting tours to the event (see ads in this section). Early reservations are recommended.

While the U.S. dollar continues its slide against the Finnmark and other European currencies, the tour packages are reasonably priced.

Following the Championships, there are meets scheduled in both Moscow and Switzerland. NMN and the travel agents are still awaiting details of the Moscow event.

Pirkko Martin, Executive Secretary of the event, says: "The competition office becomes busier day after day. There are already over 5000 hotel reservations. Competition entry forms are received every day."

Martin affirms that a copy of a birth certificate or passport must be included with the entry form.

She also points out that if a competitor's home country is in the following list, entries must first be processed by their own Veterans Federation before being accepted by the Finnish Organizing Committee.

Those countries are: Argentina, Aruba, Belgium, Bolivia, Brazil,

Canada, Chile, Colombia, Czechoslovakia, Denmark, Dominican Republic, Finland, France, Germany, Great Britain, Holland, Hungary, Iceland, India, Indonesia, Ireland, Italy, Japan, Malaysia, Mexico, New Zealand, Norway, Paraguay, Peru, Philippines, Portugal, Singapore, South Korea, Sri Lanka, Sweden, Switzerland, St. Vincent & The Grenadines, Taiwan, Thailand, Trinidad & Tobago, Uruguay, U.S.S.R., U. S. Virgin Islands, Venezuela, Costa Rica, Fiji, Guyana, Ethiopia, Bulgaria, Romania, West Indies, Cook Islands.

Entries from the United States may be sent directly to Finland, or through any of the seven travel agents. □

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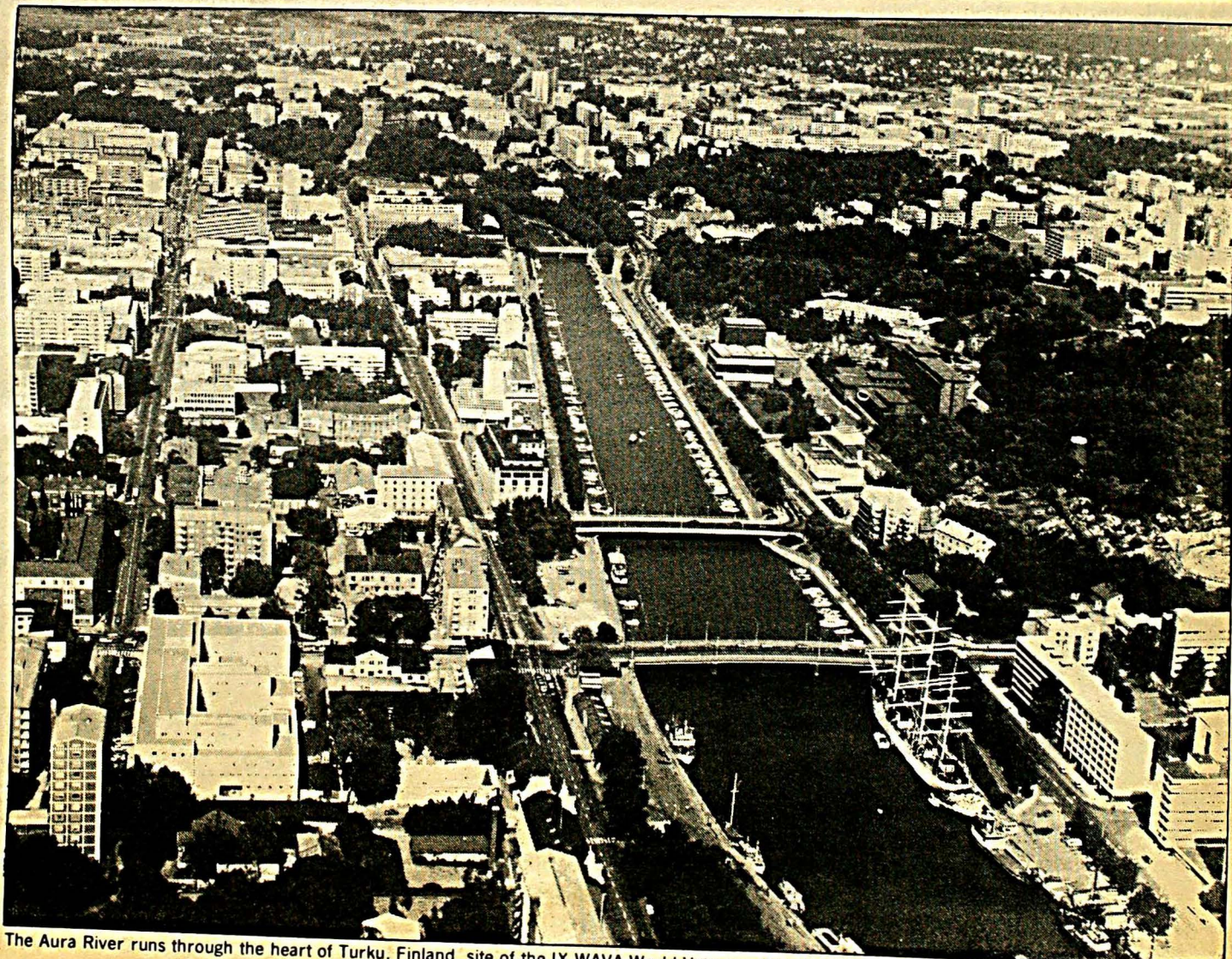
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Complete package includes: round-trip airfare, selected accommodations, transfers, personal escort by Paul Geyer, masters race walker. Optional: local tours in Finland, Norway and Sweden.

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

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

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



The Aura River runs through the heart of Turku, Finland, site of the IX WAVA World Veterans Athletics Championships on July 18-28, 1991.

Photo by Lentokuva Vallas



## NEXT STOP—FINLAND!

Go with the "Turku '91 Tour"  
to the IX World Veterans' Championships  
Turku, Finland  
July 18 to 28, 1991

Picturesque Turku is the second largest city in Finland and home of the legendary Paavo Nurmi. Ancient castles, a bustling seaport, and a fervent interest in track & field make Turku a superior venue for the next World Championships.

To enhance your enjoyment of the Turku experience, Eugene World Games Co-Directors Barbara Kousky and Tom Jordan have organized the "Turku '91 Tour". They will put their experience to work for you, so that you can concentrate on the essentials: competition and recreation.

### THE TURKU '91 TOUR WILL INCLUDE:

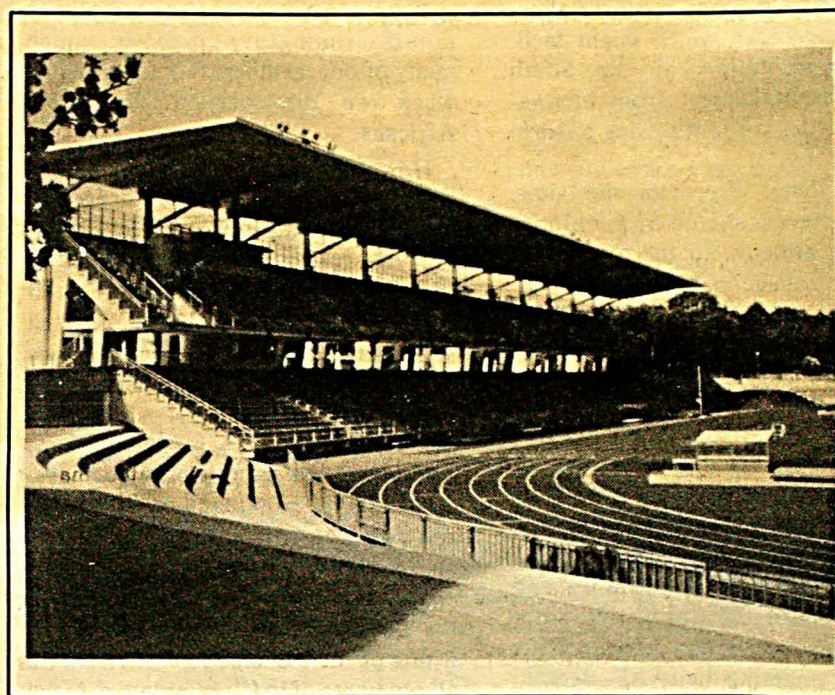
- Round-trip airfare from Los Angeles or New York, with departure from an airport near you at a slightly greater or lesser cost depending on location. (Primary departure date — 7/16/91).
- 12 nights accommodation at prime lodging in Turku, including a choice of First Class or Dormitory housing. Both housing categories include breakfast.
- Transportation by deluxe motorcoach from Helsinki to Turku and return, plus all transfer and portage fees.
- Training advice and clinics by Mike Manley, 1972 Olympian and 1989 World Veterans' Championships Silver Medalist in the steeple. Mike coaches over 30 runners, and can help you get the most out of your training.
- Tour Accessories, including exclusive "Turku '91" t-shirt and lapel pin.
- Entry Processing, to ensure smooth entry into the IX Championships and to save you currency exchange charges.
- Post tours and flexible return will be available for those who wish to take advantage.

After two site visits to Turku, we can tell you that the Finnish organizers are going to put on a first-class competition. The main venue is the impressive Sports Park, right in the heart of Turku. Housing is at a premium and we have reserved space in the prime hotels offering convenience and the best value for your money. All of our Turku '91 hotels are within walking distance of the Sports Park, and we have obtained rooms in the scarce dormitory housing a short bus-ride from the venues.

The "Turku '91 Tour" offers the convenience, camaraderie, and personal attention of group travel, with the freedom to enjoy the Turku experience to the fullest.

### TOUR COST (per person, double occupancy, New York departure)

We estimate that the tour will cost from \$1995 for tour members opting for hotel accommodations, and from \$1695 for those choosing dormitory housing. An exact figure for the tour will depend on the rise or fall of the U.S. dollar against the Finnish markka, and your airport of origin in the U.S. (You may arrange for your own air transportation to Turku and return, and deduct \$819 from the tour cost.)

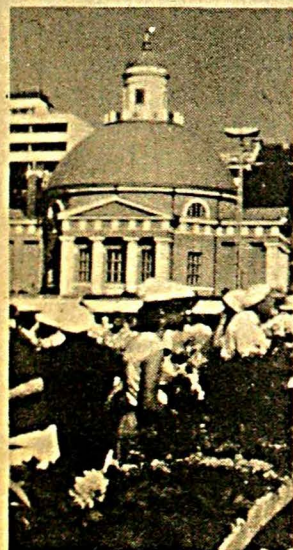


Space on the "Turku '91 Tour" will be limited to 150 persons, and over 100 have already signed up and sent in deposits. We urge you not to delay in joining the tour.

### DEPOSITS

Our deposit schedule is based upon the deposits required of us by the Turku organizers and the airlines.

To join the "Turku '91 Tour", a \$500 per person deposit is required to hold your space(s). A second deposit of \$500 per person is due on or before February 15, 1991.



### TURKU '91 TOUR

Send your deposit(s) to Northwest Event Management, Inc., Box 10825, Eugene, OR 97440.  
Telephone: 503-687-1989 FAX: 503-687-1016

Enclosed please find my deposit for \$ \_\_\_\_\_ for \_\_\_\_\_ persons to reserve space on the "Turku '91 Tour".

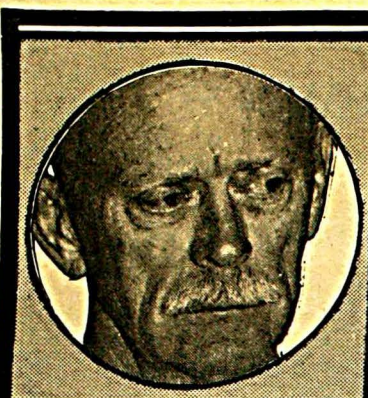
My check is enclosed. If you prefer to use a major credit card please contact us direct.

Name \_\_\_\_\_

Address \_\_\_\_\_

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

Home Phone \_\_\_\_\_ Work Phone \_\_\_\_\_



## SPEAKER'S CORNER

by DAVID H.R. PAIN,  
WAVA North American Regional Delegate

### An Open Letter to Hans Skaset

**O**n June 10, 1990, I sent the following letter to Hans Skaset, Chairman of the IAAF Veterans Committee. I have not yet received a reply.

I am releasing the letter for general publication for three reasons:

1) The letter suggests a course of action for the IAAF which might facilitate the resolution of the South African disengagement from international athletics without raising a storm of protest.

2) The letter expresses the view, which I believe is shared by a majority of veteran athletes, to the effect that we wish to engage in friendly competition with our peers, unfettered by sanctions as to nationality, race, or creed.

3) Cesare Beccalli, WAVA President, refers to this letter in his International Scene article (Oct. NMN), where at the WAVA Council meeting in Turku on June 7, he ruled discussion of the letter out of order. The vote was 5-5 to sustain his ruling. Apparently, it is Beccalli's position that WAVA and the members of the Council may not even discuss the South African issue for fear of angering the IAAF. Beccalli was totally disinterested in the substance of the letter or its merit.

I leave it for NMN readers to determine for themselves the propriety of the letter and Beccalli's position.

The letter follows:

June 10, 1990

Mr. Hans Skaset  
Chairman, IAAF Veterans Committee  
Oslo, Norway

Dear Hans:

In light of the recent developments regarding South Africa, I feel we should re-examine our position regarding South Africa and the disenfranchised South African Masters Association. You may recall that three years ago in Melbourne, Australia, a very divided WAVA General Assembly voted to amend its Constitution and thereby agreed to not affiliate any association unacceptable to the IAAF. This amendment, of course, was directed specifically at the South African Masters.

This action was taken reluctantly as the South African Masters had been involved in our WAVA program since its inception in 1976 and also their program and Charter have been fully integrated for whites, blacks, and coloreds from the outset.

WAVA's Charter also contains a non-discriminatory proviso which many of our members feel was violated when we disassociated the South Africans.

However, recent developments in South Africa with the release of Mandela, the lifting of the emergency act, the government's declaration to address the apartheid situation as well as publicize ongoing talks between South African sports associations with the International Olympic Committee as well as the IAAF, leads us to believe now is the time to give the South African sports community some indication of our goodwill as well as encouragement to proceed to an orderly discontinuation of apartheid.

We realize that certain factions in the IAAF are totally opposed to any lifting of the ban on South Africa until all remnants of its discriminatory racial policies have been eradicated. For anyone remotely familiar with this situation, a rapid and complete termination of the socio-economic system is both unlikely and perhaps even impossible. The internecine tribal bloodshed unrelated to apartheid itself prevents a complete restructuring of the nation's political and social system.

Nevertheless South Africa is, I believe, moving in the right direction and making progress despite great opposition from its far-right neo-Nazi party. It is for this reason I believe a loosening of the ban through the WAVA veterans' program of athletics might send the right signals to South Africa without necessitating a complete reversal of IAAF policy.

South Africa is extremely sensitive to signals such as this and it could well be the harbinger of even greater movement on the part of its government as a result.

WAVA has always had a policy of permitting individuals to compete in its championships even though the governing body may not be a WAVA affiliate. Because of this policy, individual South Africans could be permitted to compete in our championships to be held next year in Turku, Finland, without having to officially

readmit the South African Masters as an affiliate.

It is my opinion the vast majority of veteran athletes want competition open to all those wishing to participate. And, although I am not speaking for the WAVA Council, it is my belief that a majority would share my opinion but for the IAAF ban.

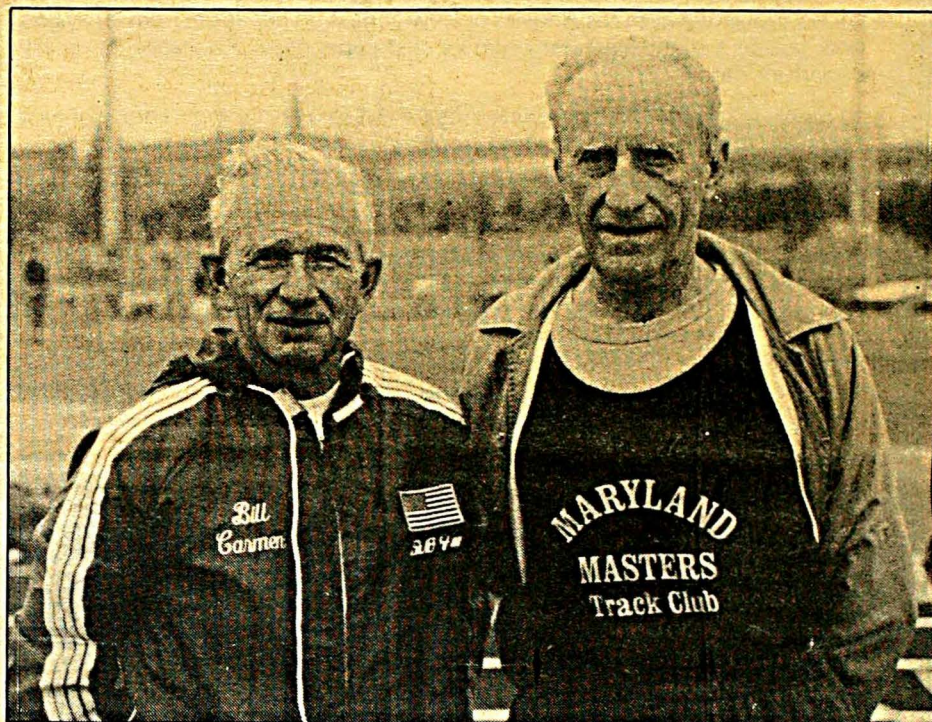
It has occurred to me that the IAAF may be looking for a graceful resolution to the situation as it currently exists. By lifting the restrictions in veterans competition, the door may be opened a crack without incurring the wrath of those so strongly opposed. As you well know, success in politics is achieving the possible and my suggestion could be the beginning of the resolution of this most difficult problem.

Since I have given this matter much thought, I would appreciate your views in your capacity as Chairman of the IAAF Veterans Committee and await your response with considerable anticipation as I would like to share your thoughts with other members of the WAVA Council.

Cesare Beccalli informed me that personal problems prevented your meeting with our Council in Turku June 4-8. We are sorry you could not attend because we would have appreciated being able to discuss this subject with you at that time. I look forward to your reply and trust we will see you in Turku next year.

Very truly yours,

David H.R. Pain  
WAVA North American  
Regional Delegate



Ed Mathews (r) placed first in the M70 100 (14.5), 200 (30.1), and 400 (70.8) at the 1990 British Veterans Championships in Glasgow, Scotland. Bill Carmen (l) of the Boston AC took an M70 first in the 80H (16.5).

Photo by Jeremy Hemming

### Write On Continued from page 4

ning for the Presidency." That is factually incorrect. In Melbourne in 1987, both candidates for the Presidency (Cesare Beccalli and Jacques Serruys) were members of the Council.

Perhaps Beccalli had intended to say that never before had two members of the Council sought the Council's nomination for the Presidency — but even that would have been incorrect. In December 1986, four members of the Council sought the Council's nomination for the 1987 election. Jacques Serruys obtained that nomination and the others accepted the result with good grace.

Third, Cesare Beccalli complains that the Council decided this year on its nominations of candidates for the 1991 elections and that "it would have been fairer if the nominations were made at Turku in 1991." As a member of the WAVA Council for at least eleven

years, Beccalli must be aware that it is normal practice for the Council's nominations to be determined in the year before the World Championships.

Moreover, the Council's nominations could not have been made "at Turku in 1991" (which I assume to mean during the World Championships). The Constitution requires that nominations be in the hands of the Secretary at least ninety days before the meeting of the General Assembly. Nominations by the Council are not exempt from that requirement.

Unfortunately, Cesare Beccalli's failure to understand the Constitution in this matter is not an isolated instance. It is consistent with his transgression at the meeting of the General Assembly in Melbourne when WAVA's Italian affiliate (IMITT), of which Beccalli was President, registered five delegates in accordance with

Continued on page 23



Start of the W45 100, XII Indian National Veterans Athletic Championships, Lal Bahadur Stadium, Hyderabad. Photo from V. Suryanarayana

## The International Scene Continued from page 19

fruitful. The IAAF has not made any unreasonable demands upon WAVA. If and when the IAAF makes unacceptable demands, that is the time for the WAVA General Assembly to reject the IAAF.

### 3. Confidence of the Council

The Secretary did not publicly declare his candidacy for President prior to the meeting of the WAVA Council. Although there is no requirement to do so, some of the Council members were taken by surprise. Two of the Council members were absent.

By-laws have been prepared to prevent this from happening again. With sufficient notice, the voting results may have been different. A total of ten votes were recorded. The vote was not unanimous.

In the past, nominees of the Council have been rejected by the General Assembly. Prior to Melbourne, the Council did not support me.

I am more concerned with the votes of the General Assembly.

### 4. Evolution of the IAAF/WAVA Relationships

I never denied that some contacts with the IAAF took place in the past, prior to my election, or that this could have been helpful to the following evolution.

Nevertheless, Don neglected to note that the first official meeting with the IAAF (Rome, 1984) was made possible because I previously had a series of meetings with Dr. Nebiolo (President of the IAAF) and other leading IAAF officials.

It was through my efforts that the IAAF was not put into the condition to be tempted to create their own Veterans program, but rather to work with WAVA. My continuing efforts with the IAAF culminated in the official recognition of WAVA by the 1989 IAAF Congress in Barcelona.

No matter what word is used — partnership, cooperation, integration — the reality is that either WAVA becomes a part of the IAAF or WAVA will be out of business.

All my efforts have been directed to guaranteeing the continuing presence of WAVA in the Veterans program.

I submit that I am the most effective party to achieve this objective.

### 5. Program

The preparation of a constructive

program to be submitted for the approval of the next General Assembly is running in cooperation with many members of the Council who share the above-mentioned policy and with the IAAF. I have the pleasure to inform you that my position has been officially and unanimously approved by the last European Council (Munich, 26th-27th Oct. '90).

Next March, I will circulate a final report concerning the standing situation and the proposals for our future.

□

## Write On Continued from page 22

its entitlement. However, two of those registered were not eligible to be delegates. One was a man described by Beccalli as his secretary; the other was Beccalli's daughter. Neither was old enough to be a veteran as required and defined by the Constitution.

Having registered only three eligible delegates, IMITT was entitled to cast only three votes throughout the meeting. The two ineligible "delegates" (or those who substituted for them) were not entitled to vote. However, IMITT did cast five votes and Beccalli was elected President by a majority of two votes.

As Secretary of that meeting of the General Assembly, I began work on the preparation of the Minutes several days after the meeting. It was only then that I discovered the irregularity in IMITT's voting and, of course, the significance of that irregularity.

I was in no doubt that Cesare Beccalli's election as President had been invalid. I wrote to him explaining the situation. It seemed to me that it was in his own interests if it was himself who

explained and apologized to the WAVA affiliates. I fully expected him to do so but, instead, he sent me an abusive letter in reply.

Having failed to take the proper course of informing the affiliated organizations and apologizing, there was one other course open to Beccalli by which he might have redeemed himself. He could have raised the matter at the next meeting of the Council (Eugene, mid-1988) and asked the Council for a decision on what action should be taken. Again, he took no action.

Many activists in veteran athletics will be dismayed to learn of these matters. They are relevant, however, to Beccalli's article and they put that article in a different, truer perspective.

Owen Flaherty  
Alicante, Spain

■ 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.

## Last Place Marks in VIII WAVA World Veterans Games in Eugene — July 28-Aug. 6, 1989

(If you can better the mark in your event in your age group, you wouldn't have finished last in Eugene)

	M40	M45	M50	M55	M60	M65	M70	M75	M80	M85	M90	M95
100m	15.99	16.74	17.79	16.15	17.94	19.93	19.48	20.38	25.44	23.40	28.41	
200m	30.87	43.41	43.72	37.42	36.27	37.88	33.92	46.41	52.43	49.05	52.33	
400m	1:06.45	1:08.67	1:16.91	1:16.56	1:31.93	1:23.24	2:03.59	1:41.30	1:44.30	1:49.96	2:30.02	
800m	2:35.59	3:08.77	2:49.58	2:58.07	3:05.99	3:13.62	3:10.83	3:50.87	4:05.42	4:49.28	4:48.89	
1500m	5:25.07	5:22.32	7:00.96	6:19.19	7:38.87	7:06.57	8:54.94	7:36.63	7:57.28	8:50.11	9:30.76	
5000m	22:51.06	24:29.90	27:38.31	30:09.78	24:58.58	31:11.65	28:08.30	29:00.29	37:20.53	29:45.38	37:39.38	
10000m	48:06.74	51:22.54	47:52.65	59:32.83	52:50.63	64:30.08	53:41.30	58:04.03	72:11.98	64:27.65	71:40.78	
800mH			19.84	29.14	21.05	22.78						
100mH												
110mH	21.33	19.15		55.72	58.33	1:00.06	1:05.06	1:07.33	1:10.86			
300mH			57.49									
400mH	1:19.50	1:07.08										
2000m SC					10:54.10	9:53.62	8:59.97	11:19.10				
3000m SC	16:31.77	12:28.49	13:41.04	14:28.62								
10K	1:27:04	58:21	1:05:07	1:51:12	1:17:13	1:14:22	1:27:03	1:52:51	59:19	1:00:01	1:17:35	
10K CC	52:43	59:27	1:13:44	1:07:42	1:36:01	1:20:01	1:10:42	1:17:03	1:37:28		1:36:12	
5000m W	36:16	36:43	30:53	36:40	37:31	39:08	42:33	40:31	59:25		43:51	
20K W	5:01:58	2:14:31	2:11:53	2:38:18	2:41:38	2:39:54	3:08:16	2:35:02	2:53:23		2:41:43	
marathon	4:53:36	5:32:42	5:29:56	6:13:55	6:02:47	5:55:40	4:56:53	6:06:55	6:58:29			
HJ	1.50	1.43	1.42	1.29	1.16	1.15	1.22	.92	1.21	1.02		
PV	3.50	2.70	2.90	2.40	2.10	2.10	2.00	1.80	2.20	1.30		
LJ	4.99	3.22	3.76	3.82	3.19	3.19	2.82	2.21	2.80	1.80		
TJ	10.80	8.27	7.80	8.13	6.91	7.64	6.95	4.94	4.42	3.62	3.56	
SP	8.26	9.27	6.17	6.97	7.11	7.29	7.37	4.88	6.59	5.42	4.15	
DT	12.40	21.66	25.84	24.30	20.42	19.96	23.40	19.40	8.88	8.30	8.60	10.64
HT	25.58	35.06	25.96	30.30	20.02	19.80	24.39	20.54	9.98	9.74		
JT	34.72	28.12	18.62	27.96	22.06	20.06	18.52	18.58	9.32	13.56	7.90	
Decath	3793	3180	3775	4223	3204	3093	5375	4497				

	W35	W40	W45	W50	W55	W60	W65	W70	W75	W80
100m	16.54	18.04	18.01	18.25	26.56	22.62	22.26	24.96	24.98	22.75
200m	29.93	37.22	34.45	37.80	39.61	39.90	48.21	40.33	53.10	73.28
400m	1:15.54	1:22.35	1:29.09	1:31.85	1:39.06	1:29.31	2:03.22	1:48.53	2:00.46	3:09.13
800m	3:01.90	3:10.36	3:31.95	3:25.40	3:42.06	3:57.48	4:28.78	3:51.91	4:39.49	6:55.25
1500m	5:35.45	6:59.82	7:15.12	6:11.96	7:27.38	7:47.55	9:22.43	9:19.98	10:27.65	14:03.65
5000m	22:35.93	26:55.92	27:49.04	28:56.11	35:57.52	30:57.53	29:23.64	34:55.48	34:46.93	38:41.43
10000m	46:40.17	53:06.68	55:43.16	50:48.40	55:00.02	65:46.22	67:19.03	66:19.58	53:20.50	
800mH		15.77	18.26	18.12	19.01	22.78		24.64		
100mH	21.31									
300mH				1:06.11	59.46	1:08.01				
400mH	1:36.59	1:25.26	1:36.93							
2000m SC	11:23.52	10:20.96	8:51.24		10:42.60					
10K	57:05	1:17:54	1:04:21	1:10:55	1:32:37	1:09:43	1:37:17	1:09:26	1:31:10	
10K CC	1:00:05	1:03:50	1:04:13	1:04:43	57:19	1:27:16	1:44:18	1:13:48	1:11:45	
5000m W	37:56	35:37	38:38	46:43	42:07	45:51	46:35	42:38	41:39	44:27
10K W	1:08:15	1:12:39	1:18:32	1:31:03	1:18:55	1:17:50	1:17:18	1:35:11	1:23:34	1:31:03
marathon	5:03:39	5:19:23	5:30:38	5:53:50	3:45:18	4:30:22	4:41:58			
HJ	1.20	1.27	1.14	1.13	1.08	1.11	.98	.88	.88	
PV		2.46	1.60	1.40						2.00
LJ	4.66	2.27	3.36	2.91	2.86	1.91	1.81	1.88	1.26	
TJ	7.45	7.53	5.39	8.03	6.73	6.02	6.51	4.81	3.92	
SP	5.37	7.76	6.21	4.97	5.80	6.27	5.49	4.29	3.80	6.66
DT	17.86	17.68	17.82	12.34	12.34	12.72	13.46	8.76	7.70	11.34
HT	14.32	22.68	15.22	18.84	21.86	18.94	16.86	12.14	5.44	16.30
JT	14.60	24.59	9.38	15.48	11.00	12.84	9.40	7.74	11.48	
Hept	3586	3804	2852	1703	3870	2958	4499			

compiled by Christine Guy



## Report from Britain

by MARTIN DUFF of *Athletics Weekly*

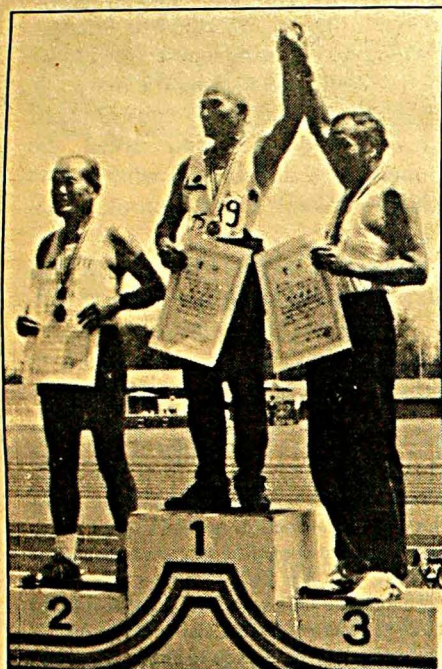
Tony Simmons, M40, completely dominated the third Home Countries Cross-Country International between England, Wales, Scotland, and Nor-

thern Ireland with a third successive victory on November 4. The Welshman burst clear of Tony Ross (33:44) to win over a tough, hilly 10K course in the Bedfordshire countryside in a fast 32:45, with Scotsman Ian Elliott third (34:16) in the M40 race.

Steve Warzee took the M45s in 35:13, but Les Presland again ran exceptionally well to place 11th overall and win the M50s by over a minute with 34:58.

Glynis Penny, 39, scored a repeat win in the 5K women's section with a 19:04 after coming from behind to lead Sally Young, 35, by three seconds, as Zina Marchant, third in 19:21, won the W40s from Anne Roden, just a week after the latter's Chicago Marathon triumph.

Marchant had won the prestigious Stroud Half-Marathon the week before in a personal best 73:38, ahead of W35 Bronwyn Cardy-Wise (76:52). Farther down the women's field, Myfanwy Loudon ran 88:33, for a W55 world best. Mike Hurd, M40, was first in the men's section in 68:51. □



Athletes on the victory stand at the Japan National Masters T&F Championships in Yamanashi Prefecture, August 23-26.

Photo from Yuji Watanabe

### WAVA/TAC Hurdles and Implements Specifications

#### HURDLES

##### WOMEN

Age	Race Distance	Hurdle Height	To 1st Hurdle	Between Hurdles	To Finish
30-39	100m	.840m 33"	13.00m 42'8½"	8.5m 27'10½"	10.5m 34'5"
40-49	80m	.762m 30"	12.00m 39'4"	8.0m 26'3"	12.00m 39'4"
50-59	80m	.762m 30"	12.00m 39'4"	7.0m 22'11½"	19.00m 62'4"
60-69 70 Plus					
30-39	400m	.762m 30"	45.00m 147'7½"	35.00m 114'9½"	40.00m 131'2½"
40-49					
50-59	300m	.762m 30"	50.00m 164'0½"	35.00m 114'9½"	40.00m 131'2½"
60-69 70 plus					

##### MEN

30-39	110m	.991m 39"	13.72m 45'	9.14m 30'	14.02m 46'
40-49					
50-59	100m	.914m 36"	13.00m 42'8"	8.50m 27'10½"	10.50m 34.5"
60-69	100m	.840m 33"	13.00m 42'8"	8.50m 27'10½"	10.50m 34.5"
70 plus	80m	.762m 30"	12.00m 39'4"	7.0m 22'11½"	19.0m 62'4"
30-49	400m	.914m 36"	45.00m 147'7½"	35.00m 114'9½"	40.00m 131'2½"
50-59	400m	.840m 33"			
60 +	300m	.762m 30"	50.00m 164'0½"	35.00m 114'9½"	40.00m 131'2½"

#### IMPLEMENTS

AGE Women	SHOT PUT	DISCUS	HAMMER	JAVELIN
30-49	4.00k	1.00k	4.00k	600gms.
50 plus	3.00k	1.00k	3.00k	400 gms.
Men				
30-49	7.26k (16 lbs.)	2.00k	7.26k (16 lbs.)	800 gms.*
50-59	6.00k	1.50k	6.00k	800 gms.*
60-69	5.00k	1.00k	5.00k	600 gms.
70 plus	4.00k	1.00k	4.00k	600 gms.

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



M55 5000 race, XII Indian Veterans Athletic Championships, Hyderabad. Notice that most runners are without shoes, including the non-Indian at the back of the pack. Photo from V. Suryanarayana

## Canada Bests U.S. in Cross-Country

by DON FARQUHARSON

TORONTO, October 27 — It was hoped that this year's masters Cross-Country match between Canada and the U.S.A. could be held simultaneously in two locations — Ontario and Washington State — using a fax connection to combine the scores.

This interesting endeavor did not prove feasible and the event was staged only in Toronto. Next year, the intent is to hold the Western section in Vancouver, B.C., and the Eastern section — to be awarded at the TAC Convention — in the northeast U.S.A.

Seventy-three runners lined up in beautiful, cool, sunny weather for the 14th annual event. Regrettably, only 13

were from the U.S.A.

Canada's Bob Knuckey led from start to finish to post a 35:59, six seconds ahead of teammate Brad Simser. Canada's Bill Horwich was third. First U.S. finisher and M45 winner was Jerry Smith of Syracuse, N.Y. in 36:23.

Canada's Brenda Baker, 35, took the women's title in 41:18 with Sue Sandstrom (USA) next in 45:48. Anne Vandervleuten (CAN) turned in a good W60 effort in 46:40.

In the team scoring, Canada won all the men's age classes, but the U.S.A. triumphed in the W35 and W55 brackets. Overall, Canada won, 47-90 (low score wins) to take the Fleischmann Cup for the 11th time. □

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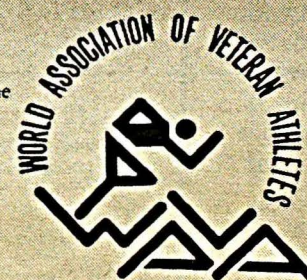
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# MASTERS SCENE

## NATIONAL

• New Yorkers Nick Bdera (M40, 3:37:15) and Elton Richardson (W50, 4:39:59) were first in TAC's National Masters 40K RW Championships, held along with the Senior Men's Championships at Middletown Township, NJ, September 9.

• The Rod Dixon/Wilson Waigwa photo on page 1 of the November issue should have been credited to Ron Schreier.

• Former top TAC executive Alvin Chriss continues to serve the athletics community as a part-time consultant to both TAC and IMG, the sports marketer. He'll be in Seattle for TAC's annual convention.

## EAST

• Bill Rodgers (M42, 14:45) and Harriet Magle (W40, 18:26) were first masters in the Downtown 5K, Providence, RI, October 20.

• Bob Giambalvo (41, 32:50) led a sweep of the first ten masters places by Long Islanders, including ninth by Rick Murphy (56, 37:38) and tenth by Joe Cordero (52, 37:59), in the Great Cow Harbor 10K, Northport, NY, September 15. Laura Schay (45, 43:11) was top W40+.

• Henry Finch, 41, Waban, MA, shaded Kirk

Randall, 49, Newburyport, MA, by one second with a 17:55 for the title in the Yankee Runner Masters 5K X-Country, Byfield, MA, October 14. Maureen Carne, 41, Merrimac, MA, was first W40+ in 24:11.

• Marcus Kantz, M40, Westfield, NJ, strode to an overall first with a 1:56:10 in the Jersey Shore 20K RW from Sea Bright to Asbury Park, October 7. Marcia Shapiro, W50, Adelphia, NJ, was second woman and first W40+ in 2:20:10.

• Elizabeth Mastin, 40, Liverpool, NY, took the lead at the start and went on to 40+ first with a 19:02 in TAC's Region 1 Masters Women's 5K Championships at the 7th Annual Syracuse, NY, Freihofer's Women's Run, September 30. Second masters was 54-year-old Margret Betz, Conklin, NY, who, with an excellent 20:12, combined with her daughter, Linda Zalaffi (28, 20:43) to take the mother-daughter title. Syracuse Charger trios won the W40-49 and W50-59 team contests.

• The lottery for the Northern Telecom Cherry Blossom 10 Mile will be conducted December 1-31 to select 5500 entrants for the Washington, DC, event on April 7. Anyone interested in lottery entry/info can call 301/371-5583 for a recorded message on the lottery procedure.

• October was a sad month for the Philadelphia Masters Track Association as two of its members passed away after bouts with cancer. James A. "Jim" Bantum died at age 50 on October 24 after being hospitalized since June with pancreatic cancer. A fine sprinter, Jim was a mainstay of the Philadelphia Masters sprint relay teams and a true track enthusiast. A physical education teacher at Philadelphia's Roman Catholic High School, Jim also coached a youth track club, the Philadelphia Express.

• On October 9, Rudolf "Rudi" Nilsen passed away, a few months after being informed of a diagnosis of cancer. The affable Norwegian, who never became an American citizen, was 78. Bothered by injuries in recent years, Rudi was an outstanding road runner who had a number of successes in track and field competition, including winning the triple jump in the 1988 Eastern Indoor Regionals at Syracuse. As a young man, Rudi was an active member of the Norwegian Resistance in World War II and also enjoyed some success as a boxer.

## SOUTHEAST

• Nancy Grayson, 40, Columbia, SC, sliced 20 minutes off the W40-44 course record with a 1:35:13 in the NCNB Governor's Cup 25K in Columbia, September 29. Other age-group records went to Avis Allen (50, 2:03:42), Greenville, SC; Bob Schlauf (43, 1:26:26), Charleston, SC; and Gerry Carner (47, 1:32:25), Clemson, SC. Larry Frederick (41, 26:10) and Linda Banning (41, 32:11) were the best masters in the adjunct 8K. Jean Hogan, 53, won the W50 race with a solid 37:52.

• Five masters in the Tom Brown Bash 5 Mile X-Country, Tallahassee, FL, September 8, used the race to start their countdown training for the IX WAVA World Veterans Championships. Aiming for Turku, Finland, next summer were Rex Cleveland (51, 33:14), Lee Cohee (49, 32:27), Bill de Grummond (56, 37:06), Joe Plescia (62, 36:34), and Christine Van Fleet (49, 39:18). Forty-two percent of 172 finishers over the tough, hilly course were 40+.

• Faculty members from Florida International U. swept honors in the Florida State Masters 5 Mile Championships, Coconut Creek, October 21, when Alan Miller, 42, won the Masters (M40-49) race in 27:25, and Bill Adams, 50, took the Grand Masters (M50+) contest with a 30:52. Women's winners were Betty Boppart, 43, of Miami, in 33:39, and Pat Tribbey, 54, of Boynton Beach, with a 41:13.



Top masters money winners at the October 27 Moonlight 8K, Alhambra, Calif. (l to r): Shirley Matson, 49 (\$250, 29:07), Laurie Binder, 43 (\$500, 28:48), and Gabriele Andersen, 45 (\$1000, 28:38). Photo by Richard Lee Slotkin

## MIDWEST

• John Campbell, 41, of New Zealand ran a seventh-place 29:16 in the U.S. International 10K Peace Race, Youngstown, OH, October 20.

• Ken Judson (40, 2:24:09), Ken Sparks (45, 2:29:11), and Dan Soucoup (41, 2:34:27) were first three M40+ in the Columbus Marathon in Ohio, November 11. Laura Lynn (40, 2:54:30), Nina Bovio (44, 3:01:44), and Karen Bestul (48, 3:08:00) were top three W40+. First, second, and third places for masters were worth \$1000, \$750, \$250.

## MID AMERICA

• Glen Peterson, 61, Sioux Falls, SD, and Frances Fitch, W70, Milesville, SD, were named Outstanding Male and Female Athletes of the South Dakota Senior Games held in Pierre in September. Peterson took firsts in four RWs, his forte, and the basketball throw and golf. Fitch competed in 13 events, taking firsts in the 200, 400, 1500, and 1500RW.

## SOUTH WEST

• Francie Larrieu Smith, 37, broke her course record of 15:54 with a first overall 15:32 in the women's Race For The Cure 5K, Dallas, TX, October 19. Then, on October 28, in the Rogaine 5K, an event run along with the Chicago Marathon, she bettered the world-best (15:19) of Canada's Lynn Williams with a 15:05, which added a \$25,000 bonus to the first-place \$3500. Smith holds the W35 WR (15:15.2) for the track 5000.

• Jack Gentry, 62, of Rogers, AR, was the best performer in the Night Tracks 5K, Tulsa, OK, September 14, with an 18:39, which converted to an open age-factored 14:41 to earn him the award. Jane Hutchison, 44, Webb City, MO, was first female overall (18:07) of 646 w/finishers. Robert Anderson, 43, Tulsa, took M40+ honors with a 12th-place 16:24 of 1744 m/finishers.

## WEST

• Domingo Tibaduiza (40, 47:04) was third overall, and Shirley Matson (49, 57:21) second female with masters firsts in the Pacific Association/TAC 15K Championships, Reno, NV, October 7.

• Gabriele Andersen, 45, Sun Valley, ID, collected \$1000 for a first W40+ in 28:38 in the Alhambra Moonlight 8K, Alhambra, CA, October 27. Laurie Binder, 43, Oakland, CA, pocketed \$500 for second (28:48), and Shirley Matson, 49, Moraga, CA, got \$250 for third (29:07). Wilma Maddock, 56, Costa Mesa, CA, won the W55 race with a hasty 33:01.

• Payton Jordan, 73, WR-holder in the 100 and 200, reports from his home in Los Altos, CA, "I am in fine shape after arthroscopic left knee surgery. I lost some muscle and tone, but am getting it back with extension on the weights. The water-running with the Aqua-Jogger early on was helpful. Looking forward to

1991."

• JoAnn Nedelco of Sausalito, CA, set a W45-49 WR for the 10K RW with her first woman 50:40 in the Golden Gate Racewalkers 10K Championships, San Francisco, September 30. Margaret Seewerker set a U.S. W55-59 record with a 67:33.

• Bill Rodgers, 42, again led a Wesleyan U. squad to the masters team win with a fourth-place 23:58 in the Alamo Alumni 5 Mile, San Francisco, October 28. James Tracy (40, 26:32) was first for the second-place UC-Berkeley quartet. Yalie Frank Shorter (42, 25:42) placed 13th. Marian Lyons, 43, of San Francisco, paced the W40+ runners with a 37:43. Barbara Robben, 56, was second W40+ in 39:29. Julie Harris, 50 brought a San Francisco City College alumnae trio to the W40+ team win with a 41:57.

## INTERNATIONAL

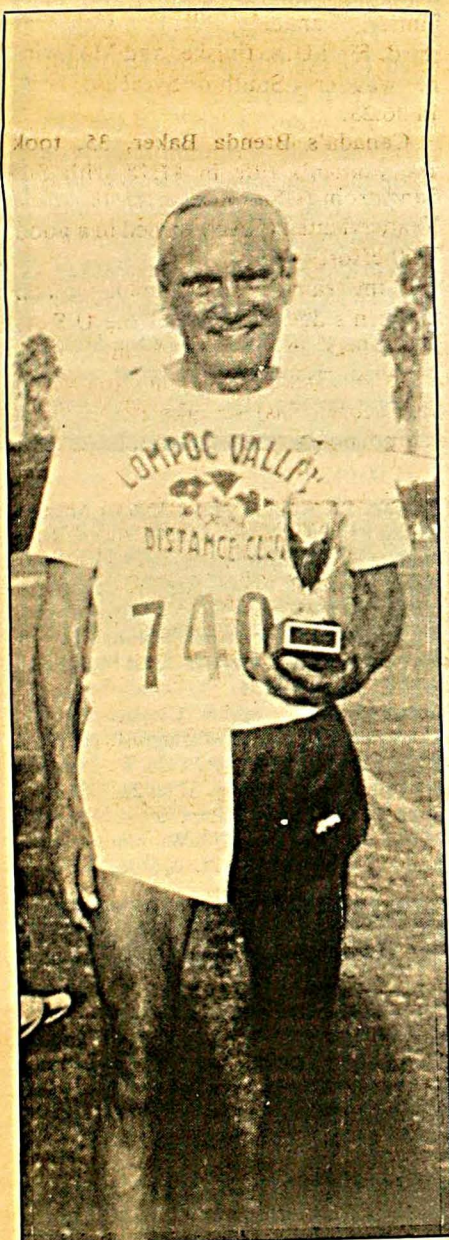
• South African Anglican Archbishop Desmond Tutu has voiced support for a partial removal of the boycott in already-desegregated sports inside South Africa. Athletics, except for competition in segregated schools, has been integrated for many years. South African sports officials and representatives of African national committees are meeting to discuss South Africa's re-entry into the Olympic community.

• Headed for neighboring Finland for the IX Veterans Athletics Championships in July are Sweden's Torsten Von Wackenfelt, M60, who launched a world best 15.60 SP on August 30; Rune Bergman, 65 in October, who recorded a WR 17:13.8 5000 on August 25; and Seth Lindgren, M75, who broke the indoor 60m WR with a 9.4 in March.

• The results of the M45 100 in the August WAVA Championships in Trinidad and Tobago as published in the October issue were for a heat. The top three in the M45 100 finals were Harold Morioka, CAN, 11.12; Paulo Purity, BRA, 11.26; and Lloyd Cordner Jr., T&T, 11.3.

## Would You Believe...

- The winning height in the 1900 Olympic pole vault was 10-10. Eighty years later, West Germany's Herb Schmidt, age 80, vaulted the same height.
- The winning time in the 1904 Olympic marathon was 3:28:53. In 1987, Oregon's Clive Davies, age 71, ran 3:03:05.
- The winning time in the 1948 Olympic marathon was 2:34:52. In 1988, at age 55, Pennsylvania's Norm Green ran nearly a minute faster — 2:33:49.



John Holoubek, M70, of Lompoc, Calif., winner of the Ray Williams Memorial 5000 (22:17.5), at the Club West Masters Meet, Santa Barbara, October 6. Photo by Ruth Williams

# 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

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

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

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

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

### EAST

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

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

**December 30, January 20, February 10, March 3.** Greater Rochester TC All-Comers Meets, U. of Rochester Fieldhouse, N.Y. 3-5 p.m. Rick Guido, 6 Timber Lane, Fairport, NY 14450. 716/425-3116(h); 359-5257(w).

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

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

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

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

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

**February 3.** Philadelphia Masters Indoor Development Meet & Middle Distance Triathlon (mile, 400, 800), Kutztown U., Pa. Peter Taylor, 3120 School House Lane (JA-9), Philadelphia, PA 19144. 215/842-3807.

**February 24.** New Jersey TAC Masters Indoor Championships. 10:30 a.m. Fairleigh Dickinson, U., Hackensack. North Jersey Masters, P.O. Box 56, Ridgewood, NJ 07450.

**March 9.** Philadelphia Masters Indoor Invitational, Haverford College, Pa. Peter Taylor, 3120 School House Lane (JA-9), Philadelphia, PA 19144. 215/842-3807.

**June 2.** New Jersey Masters/Submasters Championships, Monmouth College, West Long Branch. Separate awards for out-of-state entrants. Sanford Kalb, 22 Addison Rd., Howell, NY 07731. 908/363-5426.

**June 16.** TAC Eastern Sectional Championships, Millersville University. SASE only. Scott Thornsley, 18 Colgate Dr., Camp Hill, PA. 17011-7624. 717/737-2385. Entry form in May NMN.

**July 13.** Boston Masters Meet/NEAC Championships, Dedham, Mass. Fred Treseler, 79 Manet Rd., Chestnut Hill, MA 02167. 617/964-7802.

### SOUTHEAST

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

**December 1-8.** Florida Gulf Coast Senior Games, Bradenton, Fla. 55+. John Scott Fones, 4601 46th St., Court West, Bradenton, FL 34210. 813/756-8808.

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

**January 6.** All-Comers Meet & 5K RR, DeLand, Fla. John Boyle, P.O. Box 1824, DeLand, FL 32721-1824. 904/736-0002.

**April 20.** Florida Circuit Meet, Lake Worth. SASE to Bob Fine, Florida AC, 4223 Palm Forest Dr. North, Delray Beach, FL 33445. 407/499-3370.

**April 27.** Florida Circuit Meet, Naples. SASE to Rudy Vlaardingerbroek, Florida AC, 10311 Windsor Way, Naples, FL 33942. 813/597-6870.

**May 4.** Florida Circuit Meet, Jacksonville. SASE to Lamar Strother, Jacksonville TC, 1511 So. McDuff Ave., Jacksonville, FL 32205. 904/388-7860.

**May 11.** Florida Circuit Meet, Tampa Bay. SASE to Ed Wells Jr., West Florida "Y", 2315 Eastwood Dr., Clearwater, FL 34625. 813/799-0829.

**May 18.** Florida TAC Masters Championships, Orlando. Awards to non-residents. SASE to Bob Fine, Palm Forest Dr. North, Delray Beach, FL 33445. 407/499-3370.

**June 8.** Florida Circuit Meet, Miami. SASE to Jesse Holt, Miami NW Express TC, 1310 NW 90th St., Miami, FL 33147. 305/836-2409.

**June 21-23.** Tennessee Sportsfest, U. of Tenn.-Knoxville. Doug Mooney, 13003 Pear Leaf Circle, Knoxville, TN 37922. 615/675-0260.

### MIDWEST

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

**January 5.** Lake Erie Indoor Championships, Cleveland, Ohio. Charlie Hall, 18616 Restor Ave., Cleveland, OH 44122. 216/561-5092.

## ON TAP FOR DECEMBER

### TRACK & FIELD

The Philly Masters host a meet at Haverford, Pa., on the 16th. Multi-eventers can head for either the Winter Decathlon, Long Beach, Calif., on the 8th-9th or the Don Pierotti Memorial Weight Pentathlon, Delray Beach, Fla., on the 29th.

### LONG DISTANCE RUNNING

TAC's National Masters 8K Championships will be run at Steilacoom, Wash., near Tacoma on the 2nd.

The Capital Trail 10 Mile, Raleigh, N.C., on the 1st, and the Rocket City Marathon, Huntsville, Ala., on the 8th are the next-to-last Sorbothane/USRA Masters Circuit races before the 8K Grand Championships in Naples, Fla., on January 12th.

Other major events on the 2nd include the Western Hemisphere Marathon, Culver City, Calif.; California International Marathon, Sacramento; Nike-San Francisco Half-Marathon; and Dallas White Rock Marathon.

Two major marathons scheduled for the 9th are the Honolulu and San Diego.

The month is split by the Las Vegas Half-Marathon in Nevada on the 15th, and ends with several New Year's Eve midnight runs, including the NYRR/Runner's World 5 Mile in Central Park.

### RACEWALKING

The 1990 Shore AC One-Hour Postal Racewalk ends at midnight on the 31st. □

**January 19.** Athlete's Foot Indoor Masters Grand Prix Meet, Augustana College, Rock Island, Ill. Pete Stopoulos, 1029 16th Ave., East Moline, IL 61244. 309/755-2655.

**June 15.** Athlete's Foot Masters Meet, Augustana College, Rock Island, Ill. Pete Stopoulos, 1029 16th Ave., East Moline, IL 61244. 309/255-2655.

**June 15.** Indy Senior Classic, Indiana U.-Purdue U. in Indianapolis (IUPUI) Stadium. Annie Chester, 1426 W. 29th St., Indianapolis, IN 46208. 317/924-7059.

**June 22.** Cleveland Track Classic, Wickliffe H.S. Jeff Gerson, 4173 Wilmington Rd., South Euclid, OH 44121. 216/382-2656.

### SOUTHWEST

Louisiana, Mississippi, Texas.

**June 15.** Hill Country Classic, Mason, Texas. Lee Graham, Mason, TX 76856. 915/347-5921.

**June 22.** 11th Annual Texas Masters Championships, U. of Texas-Arlington. Joe Murphy, 4703 W. Lovers Ln., Dallas, TX 75209. 214/357-5613(o); 363-1419(r).

### WEST

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

**December 8-9.** Winter Decathlon/Heptathlon. Long Beach St. U., Long Beach, Continued on page 27

## The ROTATIONAL SHOT PUT GUIDE

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Continued from page 26

Calif. Andy Sythe, CSU-Long Beach, 1250 Bellflower Blvd., Long Beach, CA 90840. 213/985-4666.

**June 8.** Pacific Association/TAC Championships, Los Gatos, Calif. Willie Hartz, P.O. Box 1328, Los Gatos, CA 95030. 408/354-5660.

**June 15.** Southern Pacific Association/TAC Championships, Occidental College, Los Angeles. C. Miller, 1740 Grandview Ave., Glendale, CA 91201. 818/843-2139.

**September 22.** Sr Chimney Masters Meet, UC-Irvine, Calif. 50+. Bigalita Egger, 1921 S. Sherbourne Dr., Los Angeles, CA 90034. 213/855-4143(o).

**NORTHWEST**

Alaska, Idaho, Montana, Oregon, Washington, Wyoming.

**June 1.** Senior Sports Festival, Seattle. Diana Hovland, 100 Dexter Ave. No., Seattle, WA 98109. 206/684-4951.

**August 9-10.** Montana Masters Meet, Montana St. U. — Bozeman. Mike Carignan, Box 5132, MSU-Bozeman. MI 59717-5132.

**INTERNATIONAL**

**February 11-22.** Norfolk Island (Australia) Veterans Games. Multi-sports. Ian Anderson, World Traders, P.O. Box 158, Norfolk Island 2899, Australia. Fax: 672-3-3106.

**March 23-24.** Soviet Union Indoor Veterans Championships, Moscow. Vadim Marhev, 10813 Moscow Center, Proezd Ceroba 4, Moscow, Soviet Union. Fax: 095-939-0877.

**March 29-April 1.** Australian Veterans Championships, Canberra. The Secretary, ACT VAC, P.O. Box 157, Kippax ACT 2615, Australia.

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

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

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

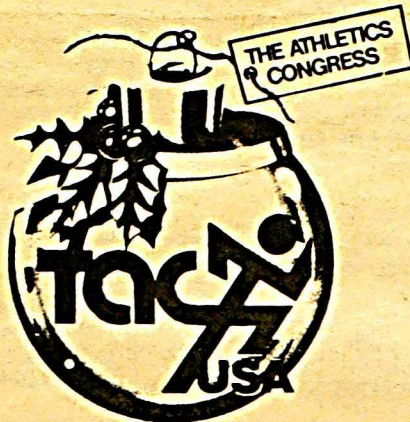
**LONG DISTANCE  
RUNNING  
NATIONAL**

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

**January 12.** 1990 Sorbothane/USRA Masters Circuit Grand Championships 8K, Naples, Fla. Dean Reinke, 400 N. New York Ave., Winter Park, FL 32789. 407/647-2918; FAX 407/647-0433.

**Ten Years Ago  
December, 1980**

- Jim Bowers Sets U.S. Masters Marathon Record of 2:22:23
- Gary Muhrcke Wins National 10K in 32:06.7.
- New York Marathon Masters Crown Goes to Roger Robinson (2:22:12)

**EAST**

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

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

**December 16.** Holiday 4 Miler & MAC 30K Championships, Central Park, NYC. NYRRC, 9 E. 89th St., NY, NY 10128. 212/860-4455.

**December 30.** Know When To Say When 5K, Philadelphia. Dave Kennedy, race coordinator, P.O. Box 252, Leesport, PA 19533. 215/926-4303.

**December 31.** Runner's World Midnight 5 Mile, NYC. Alan Steinfeld, NYRRC, P.O. Box 881, FDR Station, New York, NY 10150. 212/860-4455.

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

**SOUTHEAST**

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

**December 1.** Capital Trail 10 Mile, Raleigh, N.C. Sorbothane/USRA Masters Circuit. 919/876-8347, or Dean Reinke & Associates, 407/647-2918.

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

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

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

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

**January 5.** Charlotte Observer Marathon/10K, Charlotte, N.C. Sorbothane/USRA Masters Circuit. 704/379-6896, or Dean Reinke & Associates, 407/647-2918.

**January 20.** Metro-Dade Marathon/Half-Marathon/ 5K, Miami. Miami RC, 7920 SW 40th St., Miami, FL 33155. 305/227-1500; 1-800-940-4RUN.

**January 26.** Super Bowl 10K, Tampa, Fla. Fred Banke, race coordinator, Safety Harbor Spa & Fitness Center, 105 N. Bayshore Dr., Safety Harbor, FL 34695. 813/726-1161.

**February 7.** Gasparilla Distance Classic 15K/5K, Tampa, Fla. Jeanette Parke, Race Director, P.O. Box 1881, Tampa, FL 33601. 813/229-7866.

**SOUTHWEST**

Louisiana, Mississippi, Texas.

**December 2.** Dallas White Rock Marathon, Dallas, Texas. Bob Hancock, DWRM, P.O. Box 74335, Dallas, TX 75374-3335. 214/997-5102.

**January 6.** 84th Jackson Day 9K, New Orleans. Oldest RR in the South. NOTC, P.O. Box 52003, New Orleans, LA 70152-2003. 504/482-NOTC.

**January 19.** 26th Mardi Gras Marathon, New Orleans. NOTC, P.O. Box 52003, New Orleans, LA 70152-2003. 504/482-NOTC.

**January 20.** Houston-Tenneco Marathon, Houston. H-T Marathon, P.O. Box 56464, Houston, TX 77027. 713/757-2700.

**WEST**

Arizona, California, Hawaii, New Mexico, Utah.

**December 1, 2, 8, 9, 15, 16, 17, 22, 23, 24, 25, 29, 30.** Legg Lake Runs, South El Monte, Calif. Arthur Martinez, 213/949-0394.

**December 2.** Nike-San Francisco Half-Marathon, San Francisco. Scott Thomason, N-SFH-M, Box 27557, San Francisco, CA 94127. 415/681-2323.

**December 2.** Western Hemisphere Marathon, Culver City, Calif. Prize money for masters. Lee Jordan, 3882 Midway Ave., Culver City, CA 90230. 213/287-3850.

**December 2.** California International Marathon, Sacramento, Calif. Norm Klein, P.O. Box 161149, Sacramento, CA 95816. 916/447-2786.

**December 9.** Honolulu Marathon, Honolulu, Hawaii. Larry Goldstein, HM Assoc., 3435 Wai'alae Ave., No. 208, Honolulu, HI 96816. 808/734-7200.

**December 9.** Fiesta Bowl 10K, Phoenix, Ariz. Bob Wallach, 6505 N. 16th St., Phoenix, AZ 85016. 602/277-4333.

**December 9.** San Diego Marathon, San Diego, Calif. In Motion, Inc., 2204 Garnet Ave., Ste. 303, San Diego, CA 92109. 619/483-9501.

**December 15.** Las Vegas Lite Mini Half-Marathon, Las Vegas, Nev. Jan & Bill Callanan, Lite Mini '90, 6252 Clarice Ave., Las Vegas, NV 89107. 702/870-8269.

**January 19.** Paramount 10K World Masters Division, Paramount, Calif. Oscar Rosales, 714/841-5417. 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: 100:00.

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; W85+: 100:00.

**February 2.** Las Vegas Marathon & Team Relay, Las Vegas, Nev. SASE to: Al Boka, Race Director, Box 81262, Las Vegas, NV 89180.

**March 3.** Los Angeles Marathon, Los Angeles. L.A. Marathon, 11110 W. Ohio Ave., Ste. 100, Los Angeles, CA 90025. 213/444-5544.

**INTERNATIONAL**

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

**RACE WALKING**

**January 1 to December 31.** Shore AC One-Hour Postal Racewalk. Five-year age groups thru 85+. Gerald Kiss, 18 Rutland Place, Eatontown NJ 07724. 201/542-1779.

**October 7.** TAC/USA National Masters 30K, Racewalk Championships, East Meadow, N.Y. Gary Null, 200 W. 86th St., #17A, New York, NY 10024. 212/362-0658.

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# 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

Greater Boston TC  
P.O. Box 183  
Back Bay Annex  
Boston, MA 02117-0183

Liberty AC  
14 Rutland St.  
Cambridge, MA 02138

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

Boston AA  
P.O. Box 1991  
Hopkinton, MA 01748

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

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

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

West Pennsylvania TC  
1245 Alamae Rd.  
Washington, PA 15301

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

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

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

Greater Rochester TC  
P.O. Box 92608  
Rochester, NY 14692

Pike Creek Valley RC  
1 Embury Ct.  
Newark, DE 19711  
302/737-5859

New Jersey Striders  
P.O. Box 742  
Madison, NJ 07940

Central Park TC  
250 W. 89th St., #P4F  
New York, NY 10024  
212/619-4240

New York Pioneer Masters  
c/o G. Shane  
2400 Sedgwick Ave., Suite 25C  
Bronx, NY 10468  
212/733-8767

Merrill Lynch AC  
525 Highway 33  
Englishtown, NJ 07726  
201/446-4959 (bus.)  
609/259-0923 (res.)

Maine Walkers Club  
1570 Broadway  
Bangor, ME 04401  
207/947-3333

Finger Lakes RC  
Ed Hart  
RO#4, Updike Rd.  
Ithaca, NY 14850  
607/272-2943

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

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

Taconic RRC  
P.O. Box 99  
Baldwin Place, NY 10505  
212/370-7577

Sugarloaf Mountain AC  
P.O. Box 659  
Amherst, MA 01002  
Mr. Don Grant  
413/584-7725

Philadelphia Masters  
c/o Peter Taylor  
3120 Schoolhouse Lane (J-A9)  
Philadelphia, PA 19144  
215/842-3807

New York AC  
180 Central Park South  
New York, NY 10019

Richmond T&F Club  
P.O. Box 6701  
Richmond, VA 23230  
Attn: Bill Cole

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

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

Tidewater Striders  
A. Morris, Rm. E-222  
Armed Forces Staff College  
Norfolk, VA 23511-6097  
804/444-5547

Greater Springfield Harriers  
Peter Stasz  
206 W. Weymouth St.  
Springfield, MA 01108

## SOUTHEAST

Spartanburg RC  
Jack Todd  
820 Patch Dr. 803/582-7128

Carolina Masters AC  
Jim Saxon  
3120 Libeth St.  
Charlotte, NC 28205  
800/642-0513

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

Huntsville TC  
8811 Edgehill Dr.  
Huntsville, AL 35802

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

Memphis Runners TC  
P.O. Box 17981  
Memphis, TN 38187-0981  
901/683-MRTC

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

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

Greenville Track Club  
P.O. Box 16262  
Greenville, SC 29607

Jack Gillmore: 803/242-6600

Nashville TC  
2709 Linmar Ave. #5  
Nashville, TN 37215

Palm Beach T&F Assoc.  
6301 Dockside Circle  
Greenacres City, FL 33463  
407/968-7171

North Carolina RRC  
P.O. Box 26761  
Raleigh, NC 27611  
919/876-8347

## MIDWEST

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

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

Legend Harriers  
Roger Toothman  
6543 Beecher Rd.  
Granville, OH 43023

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

Dayton Masters Track Club Inc.  
Robert Jones  
4867 Germantown Pike  
Dayton, OH 45418  
513/268-7341

Over The Hill TC  
4173 Wilmington Rd.  
South Euclid, OH 44121

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

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

Grand Rapids TC  
6948 Georgetown Ave.  
Hudsonville, MI 49426  
616/669-9331

Wolfpack Track Club  
Jim Pearce  
2449 Southway Dr.  
Columbus, OH 43221  
614/481-7745

Ann Arbor Track Club  
P.O. Box 7551  
Ann Arbor, MI 48107  
Don Sleeman  
313/426-5430

Indianapolis TC  
c/o Mark Daly  
901 W. New York St.  
Indianapolis, IN 46223  
317/274-6780

Ohio River RRC  
933 Kenosha  
Kettering, OH 45429  
513/299-7461

## MID AMERICA

Omaha RC  
P.O. Box 31219  
Saddle Creek Station  
Omaha, NE 68132

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

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

Lincoln TC  
2900 John Ave.  
Lincoln, NE 68502

Prairie Striders  
Box 267  
Brookings, SD 57006

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

St. Louis Metro Masters  
Jim Irwin  
536 Windsor Mill Dr.  
Ballwin, MO 63011  
314/394-4166

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

Oklahoma City Running Club  
2408 N.W. 112th Terrace  
Oklahoma City, OK  
405/752-9097

## SOUTH WEST

Space City Masters  
John Hartfield  
15106 Chasehill Dr.  
Missouri City, TX 77087  
713/721-9388

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

Dallas Masters T&F Club  
Joe Murphy  
4707 W. Lover's Lane  
Dallas, TX 75209  
214/357-5611

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

King of the Hill TC  
Charles Wimberley  
48 Chateau Haut Brion  
Kenner, LA 70065  
504/467-1197

Louisiana Lightning TC  
Dan Thiel  
1459 Verna St.  
New Orleans, LA 70119  
504/486-8066

New Orleans TC, Inc.  
P.O. Box 52003  
New Orleans, LA 70152-2003  
504/482-6682

East Texas T&F Club  
Robert Hahn  
3334 S. SW Loop 323, Ste. 128  
Tyler, TX 75701  
214/561-9511

## WEST

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

Island Empire Racewalkers  
Mel Grantham  
9847 Cedar Ave. Ste. 18  
Bloomington, CA 92316  
714/877-3548; 824-2336

Valley Isle RRA  
P.O. Box 330099  
Kahului, HI 96733  
242-6042

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

Seniors TC  
Al Hromjak  
3372 Dalhart Ave.  
Simi Valley, CA 93063-1410

L.A. Patriots  
Marvin Thompson  
P.O. Box 2981  
Beverly Hills, CA 90213-2981  
213/388-9689

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

Trojan Masters TC  
Russ Reabold  
1125 Stimson  
La Puente, CA 91744  
818/917-6289

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

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

West Valley Joggers & Striders  
1124 Kennington Ave.  
Sunnyvale, CA 94087  
408/246-2651

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

Empire Runners  
4700 Fougler Dr.  
Santa Rosa, CA 95405

No. Calif. Seniors TC  
Paul Warner  
3887 18th St.  
San Francisco, CA 94114  
415/626-8601

Runners For Christ  
28681 Rochelle Ave.  
Hayward, CA 94544  
415/537-2706

Fresno Joggers  
846 N. Harrison  
Fresno, CA 93728  
209/237-4718

River City TC  
P.O. Box 255131  
Sacramento, CA 95865  
916/482-7881

So. California Striders  
John Cosgrove  
7411 Earldom Ave.  
Playa Del Rey, CA 90293

Walkers Club of L.A.  
610 Woodward Blvd.  
Pasadena, CA 91107  
818/792-4573

All-American TC  
Frank Reilly  
8307 Joan Lane  
West Hills, CA 91304  
818/716-7280

Hawaii Masters TC  
P.O. Box 15763  
Honolulu, HI 96830-5763

Club West  
George H. Adams  
P.O. Box K  
Goleta, CA 93116  
805/687-6323

Corona Del Mar TC  
David F. Brown  
10208 Hamage Ave.  
Whittier, CA 90604  
213/941-9968

Easy Striders Walking Club  
2718 Monogram Ave.  
Long Beach, CA 90815  
213/429-5739

Gardena Valley Runners  
Daniel Ashimine  
1345 W. 168th St.  
Gardena, CA 90247  
213/327-6960

Loeschhorn's Running Club  
Dave Reynolds  
10810 Warner Ave.  
Fountain Valley, CA 92708  
714/964-4567

L.A. Valley Athletic Club  
George Simon  
15355 Mulholland Drive  
Los Angeles, CA 90077  
818/784-0496

High Country RR  
c/o Running & Fitness Den  
310 Washington St.  
Reno, NV 89503  
702/323-2112

Pico Rivera Athletic Club  
9502 Reichling Lane  
Pico Rivera, CA 90660  
213/942-8774

Point Fermin Flyers  
Jeffrey Dobra  
1454 W. 25th St.  
San Pedro, CA 90732  
213/548-6865

A Running Experience  
Bob Brown  
P.O. Box 3209  
Long Beach, CA 90803  
213/433-7722

San Fernando Valley TC  
Laurie Kulchin  
10631 Lindley Ave. #220  
Northridge, CA 91326  
818/780-7719

So. Calif. Corporate AA  
2408 Paseo Noche  
Camarillo, CA 93010  
805/987-8052(r); 494-2302

Active 5  
William K. Sumner  
P.O. Box 7132  
Newport Beach, CA 92660  
714/831-6473

Elite Health TC  
5267 1/2 Village Green  
Los Angeles, CA 90016  
213/295-9497

## NORTHWEST

Avia Re-Treads  
c/o Gina Blanchette-Cupp  
2533 125th Ave. NE  
Bellevue, WA 98005  
206/885-4372

South Sound Striders  
c/o Rick Baggett  
9807 S. 248 B6  
Kent, WA 98031  
206/852-8645

Idaho Mountain Masters  
10271 Ardyce St.  
Boise, ID 83704  
208/322-6048

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

Snohomish TC  
4261 S. 184th  
Seattle, WA 98188

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

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

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

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

<b>M30-34</b>				<b>M55-59</b>				<b>Jerry Wible</b>			
Glyn A. Agnew	Long Jump	23-5	4-23-90	James Lacey, Sr.	10K	37:59	9-30-90	800M	3:17.35	7-15-90	
Robert Hartmann	Hammer 16#	48.72m	8-2-90					1500M	6:45.94	8-2-90	
<b>M35-39</b>				<b>M60-64</b>				5K Racewalk	34:04.25	8-2-90	
Thomas V. Wilson	Pole Vault	14-6	8-4-90	Alan D. Cohen	Pentathlon	2762 pts.	9-1-90	800M	3:18.11	8-2-90	
<b>M40-44</b>				<b>M65-69</b>				Discus	87-6½	9-15-90	
Joe L. Mack	100M	11.5	9-1-90	Jim Platis	100M	12.61	7-1-90	Javelin	78-10	9-23-90	
Allen Glenn Ray	Pentathlon	2740 pts.	5-28-89		200M	26.20	7-1-90	Javelin	106-6	7-5-86	
<b>M45-49</b>				Sam Madia	Triple Jump	35-4½	7-1-90	Hammer	95-10	3-29-86	
D.F. Dansereau	Shot Put	39-8	7-14-90		400M	69.9	9-1-90	100M	15.91	8-18-90	
Robert R. Gent	Decathlon	5377 pts.	8-5-89	<b>M70-74</b>				100M	16.21	8-25-90	
<b>M50-54</b>				Sy Lambert	Hammer 4kg	106-3	5-26-90	50M	7.87	8-25-90	
Steve Hameroff	Shot Put	40-8½	9-2-90	<b>M75-79</b>				<b>W45-49</b>			
James O'Hara	100H	14.91	8-19-90	Ernest Dennison	Shot Put	33-7½	6-20-89	Brenda Bloomfield	Hammer 4kg	105-1	7-7-90
Mike Tymn	10K	34:40	3-18-90	Jerry Wible	3K Racewalk	18:55.4	3-17-90	Weight 20#	29-11	6-9-90	
Walter Cockreham	Javelin	143-8	9-1-90		800M	3:26.4	3-17-90	<b>W50-54</b>			
Dwaine Horton	High Jump	5-4	6-30-89		1500M	6:48.6	3-17-90	Jaye Horowitz	5K Racewalk	28:17	7-21-90
Dick Bloomfield	Hammer 6kg	134-8	6-9-90		1 Mile Run	7:35.0	3-17-90	<b>W65-69</b>			
	Weight 35#	39-9½	5-5-90		400M	83.94	3-24-90	Florence Berry	Shot Put	19-8	6-2-90
	Weight 56#	27-6½	9-15-90		800M	3:17.54	3-21-90	Esther M. Cox	10K	58:45.94	10-7-90
								5K	28:03	6-2-90	

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

Event	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85-89	90-94
10K	7:12	7:24	7:36	7:49	8:04	8:21	8:41	9:18	9:42	10:30	11:48	12:36	14:03
15K	13:59	14:23	14:46	15:12	15:36	16:12	16:54	18:00	19:00	20:30	23:00	24:36	27:18
20K	15:04	15:30	15:54	16:24	16:54	17:30	18:12	19:24	20:27	22:06	24:48	26:30	29:24
30K	23:36	24:13	24:48	25:33	26:24	27:18	28:24	30:24	31:54	34:33	38:42	41:24	45:54
40K	48:08	49:10	50:27	51:54	53:33	55:26	59:06	63:21	66:30	70:09	78:36	84:06	93:18
50K	1:12	1:14	1:16	1:19	1:23	1:27	1:31	1:35	1:40	1:47	1:58	2:10	2:22
60K	1:38	1:40	1:43	1:47	1:52	1:57	2:02	2:09	2:17	2:27	2:40	2:55	3:10
Event	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85-89	90-94
10K	8:00	8:15	8:30	8:45	9:03	9:42	10:18	11:30	12:09	12:54	13:48	15:21	16:48
15K	15:30	16:00	16:30	17:00	17:33	18:48	20:06	22:12	23:33	25:00	26:48	29:48	32:36
20K	16:44	17:15	17:46	18:18	18:54	20:12	21:36	24:00	25:21	26:54	28:54	32:09	35:09
30K	26:13	26:56	27:42	28:33	29:36	31:33	33:48	37:30	39:36	42:06	45:09	50:18	55:12
40K	53:25	54:41	56:12	58:00	63:12	65:48	70:33	76:06	82:42	87:54	94:12	1:01	1:51
50K	1:24	1:26	1:29	1:32	1:35	1:39	1:46	1:55	2:04	2:13	2:22	2:33	2:48
60K	1:54	1:57	2:01	2:05	2:09	2:14	2:23	2:34	2:47	3:00	3:13	3:38	3:47

A minimum of two judges must be present and the competition must be limited to race walkers (i.e., no runners).

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

Event	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84
100	13.8	14.2	14.6	15.0	15.6	16.2	16.9	17.8	18.8	20.0	21.2
200	28.0	29.2	30.3	31.4	32.5	34.0	35.7	37.5	40.0	43.5	47.0
400	63.5	65.5	67.5	69.5	71.5	73.5	78.5	83.7	90.0	96.5	103.3
800	2:32	2:35	2:40	2:46	2:54	3:05	3:19	3:36	3:56	4:09	4:35
1500	5:10	5:19	5:29	5:40	5:58	6:20	6:48	7:23	8:04	8:52	9:48
3000	10:30	10:45	10:55	11:05	11:25	11:50	12:20	12:55	13:40	14:30	15:30
5000	17:45	18:00	18:15	18:30	18:50	19:15	19:45	20:20	21:00	21:45	22:30
10000	35:30	36:00	36:30	37:00	37:30	38:00	38:30	39:00	39:30	40:00	40:30
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	4-8	4-5½	4-2	3-11	3-8	3-6½	3-4½	3-2½	3-0½	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	13-11½	12-9½	11-8	10-6	9-4½	8-6½	7-8½	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
32-10	30-2½	28-2½	25-7½	23-7	21-0	18-8½	17-1	15-5	13-9½	12-5½	
Shot	10.30	9.30	8.40	7.70	7.95	7.20	6.50	5.80	5.25	4.70	4.25
33-9½	30-6½	27-7	25-3½	26-1	23-7½	21-4	19-0½	17-3	15-5	13-11½	
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	70-6½	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	20.0	18.0	16.0	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.

## 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	10:11
5000	15:30	15:42	16:06	16:44	17:30	18:24	19:36	21:08	23:30	26:00	29:03	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	67.2	70.6						
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 6-4½	1.85 6-3/4	1.76 5-9½	1.68 5-6	1.59 5-2½	1.50 4-11	1.41 4-7½	1.32 4-4	1.23 4-½	1.13 3-8	1.02 3-4	.92 3-1
PV	4.40 14-5½	4.15 13-7½	3.90 12-9½	3.60 11-9½	3.30 10-10	3.05 10-0	2.80 9-2½	2.55 8-4½	2.30 7-6½	2.05 6-8½	1.80 5-11	1.50 4-11
LJ	6.55 21-6	6.20 20-4½	5.85 19-2½	5.45 17-10½	5.10 16-9	4.75 15-7	4.40 14-5½	4.00 13-1½	3.65 11-11½	3.35 11-0	3.00 9-10	2.65 8-8½
TJ	13.35 43-9½	12.65 41-6	11.90 39-½	11.15 36-7	10.40 34-1½	9.65 31-8	8.90 29-2½	8.20 26-11	7.50 24-7½	6.80 22-4	6.10 20-½	5.50 18-½
Shot	15.20 49-10½	14.10 46-3½	13.00 42-8	12.00 39-4½	12.40 40-8½	11.20 36-9	12.00 39-4½	10.80 35-5½	10.00 33-0	8.80 28-10½	7.65 25-1½	6.50 21-4
Discus	44.80 147-0	42.60 139-9	40.60 133-2	38.00 124-8	40.00 131-3	36.40 119-5	40.00 131-3	36.80 120-9	31.60 103-8	26.40 86-7	21.40 70-2½	16.20 53-2
Hammer	47.24 155-0	44.20 145-0	41.14 135-0	38.10 125-0	38.40 126-0	36.00 118-1	36.00 118-1	33.00 108-3	29.00 95-2	25.00 82-0	22.50 73-10	18.00 60-0
Jav	62.00 203-5	57.00 187-0	52.00 170-7	48.00 157-6	43.00 141-1	38.50 126-4	40.00 131-3	35.00 114-10	29.00 95-2	24.00 78-9	19.00 62-4	15.00 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 Dec	2800 5500	2600 5250	2600 5250	2500 5250	2600 5250	2600 5250	2600 5250	2600 5250	2600 5250	2600 5250	2600 5250	2600 5250

# 1989 U.S. MASTERS LONG DISTANCE RANKINGS

(Compiled by TACSTATS/USA, The National Center for Long Distance Running & Race Walking Records and Research)

## 5 Kilometers

<b>M35-39</b>			
1	Gary Cummings	UT	14:24
2	Paul Townsend	IL	14:35
3	Ken Souza	CA	14:47
4	Harold Ketting	CA	14:55
5	Bob Anastasio	NY	14:57
6	Wally Buckingham		15:03
7	Steve Hull		15:04
8	John Harrao		15:11
9	Charles McMullen	NY	15:14
10	Tom Carter	NY	15:15

<b>M40-44</b>			
1	Wilson Waigwa	KEN	14:23
1	Jim Pearson	FL	14:46
2	Byron Dyce	FL	14:57
3	Bob Schlau	SC	15:14
4	Harold Nolan	NJ	15:23
5	Ken Harper	UT	15:26
6	Bill Rodgers	MA	15:33
7	Bobby Doyle	RI	15:34
8	Al Swenson	CT	15:36
9	Richard Dorman	AL	15:38
10	Lee Fidler	GA	15:40

<b>M45-49</b>			
1	Steve Lester	UT	15:27
2	Tom Burns	CA	15:40
3	Mario Gonzalez	CO	15:50
4	Neil Doherty	FL	16:05
5	Bruce Mortenson	MN	16:10
6	Jim Ferris	NY	16:12
7	Victor Heckler	IL	16:21
8	C. Gonzalez	CA	16:22
9	Don McCarthy	CA	16:28
10	M. Figueroa		16:29

<b>M50-54</b>			
1	Ernest Billups	IL	16:20
2	Donald Ardell	CAN	16:36
3	Byron Hutchings		16:48
4	Henry Golet	CT	16:53
5	Leo Tomasetti	RI	17:05
6	Jim Way	WY	17:06
7	Orbin Thompson	AL	17:08
8	Bob Paklain	MI	17:13
9	Floyd Romack	FL	17:17
9	Tom Mota	CA	17:19
10	Ed Hernandez	IL	17:24

<b>M55-59</b>			
1	Richard Graves	CAN	14:13
2	Ron Poston	CA	17:05
3	Bill Foulk	MT	17:20
4	Dennis Shriner	CAN	17:25
5	Steve Blanchard	OK	17:40
6	Malcolm Gillis	AL	17:48
7	Arlen Sunn	MN	17:51
8	David Schertz	IL	18:04
9	John Long	FL	18:09
10	David Rudberg	CA	18:15
11	Jim Blount	FL	18:20
12	Alan Blakey	CAN	18:23
13	Casey Jones	GA	18:24

<b>M60-64</b>			
1	G. Jorgensen	NV	17:22
2	Joe Fernandez	MA	17:26
3	Richard Withrow	NY	17:29
4	Patrick Devine	CA	17:48
5	Jack Gentry	AR	17:56
6	Alex Ratelle	MN	18:00
7	Jim Blount	FL	18:07
8	Laurin Blasier	IL	18:24
9	Jerry Crockett	OK	18:26
10	Wally Evertz	CA	18:46

<b>M65-69</b>			
1	Warren Utes	IL	18:21
2	Jack Start	NJ	19:07
3	Larry Banuelos	CA	19:07
4	Lloyd Young	MN	19:40
5	Lou Lodovico	PA	19:54
6	Jim Smith	OK	20:01
7	Felix Huerta	IL	20:12
8	Frank DiMarco	CT	20:19
9	Howard Keegan	NH	20:21
10	John Burton	MN	21:00

<b>M70-74</b>			
1	Austin Newman	NJ	21:06
2	Paul Amadio	OH	21:29
3	Eddie Lewin	CA	21:46
4	Don Dilworth	CA	22:12
5	John Evans	MI	22:23
6	E. Gottlob Balz	MN	22:58
7	Leopold Hardung	MN	23:03
8	Fred Ely	MN	23:08
9	C. Wallenwine	MI	23:10
10	Wayne Zook	CA	23:13

<b>M75-79</b>			
1	Eugene Keller	OH	21:58
2	Herb Wright	UT	23:18
3	Wm. Andberg	MN	25:42
4	Ed Rumble	CA	26:03
5	Earl Wert	AL	26:31
6	J. Crabtree	WA	26:38
7	George Feinstein	CA	27:16
8	Walt Kuetzing	CA	27:38
9	George Boucher	SC	27:41
10	James Kirby		27:45

<b>M80-84</b>			
1	Adam Clack	GA	25:57
2	C. Hackenheimer	NY	29:48
3	Jack Garner	IN	36:30
4	C. Vojnovich	IL	36:39
5	Paul Bernd	CA	37:41
6	K. McCutcheon	MT	40:42
7	Ben Jacobs		42:21

<b>M85-90</b>			
1	Max Popper	NY	33:29
2	Jacob Bishin	CA	42:09
3	Warren Daniell	NH	47:04

<b>M90+</b>			
1	Herbert Kirk	MT	50:58

<b>W35-39</b>			
1	Brenda Webb	TX	16:11
2	Karen Miles	FL	17:23
3	Marilyn Wallach	CA	17:31
4	Mindy Ireland	CA	17:37
5	Nancy Grayson	SC	17:39
6	Cheryl Silverio	PA	17:39
7	Jan Vermilye	NY	17:42
8	Terry Hersh	NH	17:47
9	Darsie Bowden	CA	17:47
10	Martha O'Rourke	OK	18:01

<b>W40-44</b>			
1	Heather Mathews	NZ	16:20
1	Laurie Binder	CA	16:55
2	Ngair Drake	NZ	17:08
3	Gabriele Andersen	ID	17:14
4	Angella Heran	GB	17:25
5	Nancy Mieszcak	NY	17:32
6	Jane Hutchison	MO	17:35
7	Nancy Oshier	NY	17:49
8	Amanda Hronek	MA	17:52
9	Judy Greer	FL	18:15
10	Joyce Rankin	VA	18:22
11	Francine Lepage	MN	18:26
12	Kathleen Looney		18:27

<b>W45-49</b>			
1	Shirley Matson	CA	17:59
2	H. Walters	CA	18:18
3	C. Tattersall	NZ	18:24
4	Susan Weisbrod	NJ	18:42
5	Bodelid Meeri	NY	18:46
6	Kathleen Looney		18:46
7	Carol Flexer	WA	18:54
8	Joni Vander Veen	CT	19:01
9	Lina Connors	NY	19:07
10	Marilyn Greeley	NY	19:36

<b>W50-54</b>			
1	Gina Faust	CA	18:47
2	Margaret Betz	NY	19:35
3	Eve Pell	SW	19:51
4	Sofia Turos	POL	20:16
5	Jeanne Haagland		20:19
6	Helene Bedrock	NJ	20:37
7	C. Schuitman	MI	20:42
8	Ann Gale	NJ	20:45
9	Wilma Maddock	CA	20:46
10	Patricia Larson	MN	20:59
11	Joan Jeter		21:03
12	Bobbi Gold		21:17

<b>W55-59</b>			
1	Irene Olberz	CA	20:35
2	Barbara Vernon		20:42
3	Marion Irvine	CA	20:53
4	Wilma Maddock	CA	21:17
5	Gloria Brown	NY	21:27
6	Faith Walkwitz	IL	21:35
7	M. Deckert	NY	21:47
8	Janet Freeman	FL	22:03
9	Barbara Meadows	AZ	22:09
10	Mickey Armstrong	MN	22:40

<b>W60-64</b>			
1	Francis Mona	NJ	20:07
2	Margaret Miller	CA	21:59
3	Whayong Semer	OH	22:11
4	Helen Dick	CA	22:31
5	Adeline Kearney	CT	23:13
6	Mary Storey	CA	23:15
7	Margetta Lutz	PA	23:25
8	Babs Dalsheimer	FL	23:51
9	Pepper Davis	FL	23:52
10	Norma Orseth		23:56

<b>W65-69</b>			
1	Helen Dick	CA	22:58
2	Raye Johnson	NV	23:07
3	Mary Storey	CA	23:31
4	Claire Greene		24:39
5	Loretta Sheahan	NY	24:55
6	Gerry Davidson	CA	24:58
7	Hope Fage	FL	25:07
8	K. McDonough	IL	25:08
9	Edith Farias	NY	25:26
10	Ellen McCoy	MN	25:34

<b>W70-74</b>			
1	Algene Williams	IL	25:50
2	Judy Simon	CA	27:49
3	A. Wetherbee	NY	28:12
4	Helen Reiter	MN	30:08
5	Mary Haines	CT	31:31

<b>6 Bernyce Roe</b>			
1	Althea Jureidini	NY	32:53
2	Edith Greene	MN	33:17
3	Beth Blakeslee	IA	33:20
4	Fuss Damuth	MT	34:18

<b>W75-79</b>			
1	Bess James	CA	34:15
2	M. Rothacker	IL	35:24
3	Evelyn Williams		35:47
4	Ann Dorchak	NJ	36:41
5	Emily Pecoraro	FL	37:25
6	Teresa Soza		48:35

<b>W80-84</b>			
1	Anne Clark	IL	29:23
2	Emma Bridgman	NY	40:29
3	C. Scheinman	FL	44:31
4	Kendra Cable		46:07
5	Tiny Riley	MT	47:36
6	Alice Bagley	CO	48:15
7	Marie Vander Ven	MT	49:50

<b>W85-89</b>			
1	Ruth Rothfarb	FL	43:00
2	Catherin David	MI	44:07

## 8 Kilometers

<b>M35-39</b>			
1	Joseph Nzau	KEN	23:27
2	Geoff Smith	GBR	23:46
3	James Hanson	WI	24:09
4	Shemi Sabag	OR	24:21
5	R. Tumasonis	OR	24:30
6	W. Rodriguez	OH	24:36
7	Doug Suker	MN	24:46
8	Paul Mascali	NY	24:53
9	Doug Kurtis	MI	24:55
10	Dave Geer	SC	24:57

<b>M40-44</b>			
1	Wilson Waigwa	KEN	23:54
2	Bill Rodgers	MA	24:06
3	Dave Stewart	CAN	24:28
4	Bob Schlau	SC	24:44
5	Jim Pearson	FL	24:49
6	Mike Hurd	GBR	24:59
7	John Custy	CO	25:02
8	Frank Shorter	CO	25:07
9	Larry Olsen	MA	25:13
10	Earl Owens	GA	25:30

<b>M45-49</b>			
1	Bruce Mortenson	MN	25:12
2	Steve Lester	UT	25:32
3	Mike Manley	OR	26:03
4	M. Heffernan	OR	26:13
5	Phil Ryan	CA	26:36
6	Don McCarthy		26:37
7	Ted Haiman	NY	26:41
8	Peter Baird	TX	26:46
9	Mike Figueroa		26:49
10	Tom Burns	CA	26:50

<b>M50-54</b>			
1	Roger Robinson	NZL	25:45
2	Jim O'Neill	OH	25:47
3	Dan Conway	WI	26:21
4	J. Weatherley	NZL	26:32
5	Bill Johnston	UT	26:51
6	Don Sleeman	MI	26:58
7	George Buckner	OR	27:16
8	Bill Olrich	KY	27:43
9	Fay Bradley	DC	27:44
10	Bob Paklaian	MI	27:59

<b>M55-59</b>			
1	James Clayton		25:28
2	Ray Hatton	OR	27:35
3	Ron Poston	CA	28:16
4	Ino Cantu	TX	28:19
5	Rock Green		28:40
6	Hal Higdon	IN	28:58
7	David Long	FL	29:28
8	N. Eastman	MI	29:33
9	Don Slocumb	TX	29:34
10	Charles Rose	NC	29:43

<b>M60-64</b>			
1	Pat Devine	CA	29:11
2	Jack Gentry	AR	29:28
3	James Forshee	MI	29:37
4	Alex Ratelle	MN	29:51
5	Ross Smith	NV	30:04
6	Jim O'Neill	CA	30:24
7	Ray Stewart	CA	30:31
8	John Kolmetz	MI	30:39
9	Bill Fortune	NY	30:40
10	Bill McChesney	OR	30:59

<b>M65-69</b>
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## Continued from previous page

6 John Scott 1:16:36  
 7 Don Sleeman MI 1:17:21  
 8 Clyde Davidson KS 1:17:52  
 9 Darrel Natter UT 1:17:54  
 10 Bill Johnston UT 1:18:12

## M55-59

1 Norman Green PA 1:13:45  
 2 David Long FL 1:21:47  
 3 Jack Cagot OH 1:22:24  
 4 Frank Dudley PA 1:22:51  
 5 Mike Goldman IN 1:22:57  
 6 Nathan Lake NH 1:22:58  
 7 Don Slocumb TX 1:23:21  
 8 Antonio Gonzalez 1:23:27  
 9 Alex Derieux CA 1:23:45  
 10 Charles Rose nC 1:24:05

## M60-64

1 Gaylon Jorgensen 1:17:04  
 2 Ron Goudreau WI 1:19:00  
 3 Joe Fernandez MA 1:20:54  
 4 Jim O'Neill CA 1:22:57  
 5 Jim Blount FL 1:23:53  
 6 Patrick Devine CA 1:24:24  
 7 Alex Ratelle MN 1:24:40  
 8 Jack Gentry AR 1:24:53  
 9 Jim Forshee MI 1:25:11  
 10 Al Tretcher MD 1:25:28

## M65-69

1 Warren Utes IL 1:24:47  
 2 John Cahill UT 1:25:29  
 3 Bob White VA 1:32:07  
 4 Carlton Mendell ME 1:35:36  
 5 Paul Lackey VA 1:35:42  
 6 Don Greenwood MI 1:35:57  
 7 Ray Gil CA 1:37:31  
 8 Hugh Short VT 1:37:52  
 9 Bill Coyne NY 1:38:14  
 10 Harry Roberts IL 1:38:39

## M70-74

1 Cokey Daman VA 1:38:34  
 2 Eddie Lewin CA 1:39:19  
 3 Vince Carnevale NJ 1:39:30  
 4 Wayne Zook CA 1:41:30  
 5 Leopold Hardung MN 1:47:36  
 6 Holcombe Marshall 1:49:01  
 7 Bill Nice CA 1:50:03  
 8 Don Dilworth CA 1:50:54  
 9 Joe Norris FL 1:53:00  
 10 Roberto Renny NY 1:53:52

## M75-79

1 Vernon Geary VA 1:59:10  
 2 Rudolf Nilsen PA 1:59:11  
 3 Lorell Crabb CA 2:03:54  
 4 Bill Reynolds OH 2:07:12  
 5 Louis Cinci WV 2:07:47  
 6 Earl Wert AL 2:09:45  
 7 Clayton Brelsford 2:10:39  
 8 Paul Perrine CA 2:11:10  
 9 John Williams IL 2:13:25  
 10 Frank Levine PA 2:18:40

## M80-84

1 James Ramsey MI 2:29:44

## M85-89

1 Max Popper NY 2:26:46

## W40-44

1 Angella Hearn GBR 1:15:37  
 2 Laurie Binder CA 1:18:18  
 3 Gabriele Andersen 1:18:21  
 4 Jane Hutchison MO 1:19:47  
 5 Kathleen Looney 1:22:39  
 6 Cheryl Ralya GBR 1:23:45  
 7 Gail Scott CO 1:24:14  
 8 Jane Buch OH 1:24:28  
 9 Judy Greer FL 1:24:30  
 10 Charlene Catalina 1:25:16

## W45-49

1 Susan Weisbrod NJ 1:23:18  
 2 Chris Tattersall 1:26:19  
 3 Barbara Miller CA 1:27:05  
 4 Ruth Ann Ross 1:27:11  
 5 Birgit Horn CA 1:27:14  
 6 Jessie-Lea Hayes 1:28:12  
 7 Anna Thornhill NY 1:28:46  
 8 Joyce Ploeger VA 1:29:01  
 9 Marilyn Greeley NY 1:29:36  
 10 Elfrieda Wyner FL 1:31:24

## W50-54

1 Gina Faust CA 1:27:26  
 2 Jill Martin NY 1:32:14  
 3 Nancy Parker CA 1:32:16  
 4 Lisa Praskins NY 1:32:22  
 5 Carrie Parsi MA 1:34:22  
 6 Gudrun Philips NY 1:34:47  
 7 Carol Chadwick 1:34:45  
 8 Sandra Folzer PA 1:36:20  
 9 Patricia Larson MN 1:36:32  
 10 Prudy Hilger CO 1:37:34

## W55-59

1 Rosa Nales NY 1:37:41  
 2 Irene Olberz CA 1:38:09  
 3 Gloria Brown NY 1:39:00  
 4 Marie Lueders MA 1:42:42  
 5 Alma Kunes PA 1:45:41  
 6 Harriet Locke TN 1:48:15  
 7 Ginie Mains 1:47:29  
 8 Paula Bowers 1:47:52  
 9 Kenny Goering NM 1:48:39  
 10 Joan Fogelman CA 1:49:37

## W60-64

1 Adeline Kearney CT 1:44:40  
 2 Lila Rockstein 1:49:45  
 3 Barbara Ackerman 1:50:43  
 4 Garthedon Embler 1:51:19  
 5 Mary Lou Carlson 1:55:48

6 Mary Doyle 1:56:32  
 7 Aslaug Tomas NY 1:56:46  
 8 Lya Kilian NY 2:00:57  
 9 Flabby Jackson IL 2:01:59  
 10 Doris Gordon CA 2:02:19

## W65-69

1 Mary Storey CA 1:51:47  
 2 Evelyn Jennings FL 1:54:26  
 3 Anne Trigg FL 1:56:03  
 4 Rita Tomassini GA 1:57:06  
 5 Marybelle Russell 2:05:23  
 6 Betty Haleen MN 2:06:23  
 7 Carmel Smilanie 2:11:47  
 8 Mary Lee HI 2:12:52  
 9 Lucy Killea CA 2:20:08  
 10 Louise Rossetti MA 2:21:05

## W70-74

1 Algine Williams IL 2:01:06  
 2 Althea Wetherbee 2:08:37  
 3 Becky Yenchais DE 2:13:36  
 4 Louise Martin VA 2:25:38

## W75-79

1 Anne Clarke IL 2:19:35

## Marathon

## M35-39

1 S. Nyambui TAN 2:15:47  
 2 Doug Kurtis MI 2:16:19  
 3 Ken Judson PA 2:17:28  
 4 J. Da Silva BRA 2:17:51  
 5 R. Umberg SUI 2:17:54  
 6 M. Kilholma FIN 2:19:14  
 7 Manuel Vera MX 2:20:05  
 8 R. Umberg SUI 2:20:16  
 9 Zack Barrie TAN 2:20:24  
 10 D. Harrison NZ 2:20:40

## M40-44

1 John Campbell NZ 2:14:19  
 2 R. Marczak POL 2:17:43  
 3 Mario Cuevas MX 2:18:35  
 4 K.E. Stahl SW 2:18:44  
 5 Luis Lopez CRC 2:20:54  
 6 Athol Barton NZ 2:22:09  
 7 Kevin Ryan NZ 2:22:17  
 8 Bill Rodgers MA 2:22:24  
 9 Bob Schlau SC 2:22:24  
 10 Victor Mora COL 2:22:49

## M45-49

1 Steve Lester UT 2:25:08  
 2 B. Mortenson MN 2:26:18  
 3 Leslie Davis MN 2:27:38  
 4 D. Frechette NY 2:31:33  
 5 D. Oropeza AZ 2:31:34  
 6 Don Coffman KY 2:32:43  
 7 Peter Baird TX 2:33:33  
 8 R. Zimmerman NY 2:35:01  
 9 Robert Nelson UT 2:36:05  
 10 R. Crampon CAN 2:36:32

## M50-54

1 Jim O'Neill OH 2:25:46  
 2 Roger Robinson NZ 2:28:02  
 3 Fay Bradley DC 2:38:58  
 4 Glenn Frick AK 2:39:33  
 5 Mel Williams VA 2:39:40  
 6 Darrell Natter UT 2:41:31  
 7 Ardel Boes CO 2:42:48  
 8 J. Burgasser FL 2:42:51  
 9 William Kaye NY 2:43:05  
 10 Andre Tocco CA 2:43:48

## M55-59

1 Norman Green PA 2:33:12  
 2 T. Takahashi JPN 2:40:01  
 3 Fred Kiddy CA 2:43:06  
 4 Jim Smedema IA 2:46:45  
 5 Don Gammie OH 2:48:30  
 6 Gerald Koch TN 2:48:38  
 7 Jay Sturdevant CT 2:50:24  
 8 Arlen Sunn MN 2:52:22  
 9 Brendan Spratt FL 2:52:38  
 10 M. Sullivan PA 2:52:44

## M60-64

1 G. Jorgensen NV 2:45:33  
 2 Al Becken TX 2:55:48  
 3 Pat Devine CA 2:56:44  
 4 Alex Ratelle MN 3:00:45  
 5 John Kolmetz MI 3:01:50  
 6 I. Bozonovich MD 3:02:42  
 7 Emmett Parker UT 3:02:43  
 8 Max Jones GB 3:04:46  
 9 J. Johncock MI 3:04:52  
 10 William Conrad TX 3:05:26

## M65-69

1 Alex Ratelle MN 2:58:21  
 2 John Cahill UT 3:04:49  
 3 Warren Utes IL 3:08:05  
 4 Steven Koski KS 3:10:25  
 5 Jim McCown CA 3:10:38  
 6 W. Washburn VA 3:15:27  
 7 F. DiMarco CT 3:18:16  
 8 Robert White VA 3:18:44  
 9 Jack Kerr WA 3:19:27  
 10 Tom Edwards CA 3:22:19

## M70-74

1 Hiroshi Onuma JPN 3:31:42  
 2 Don Lundberg CA 3:38:15  
 3 Ed Vuolo CT 3:38:43  
 4 Paul Reese CA 3:41:49  
 5 Tore Anderson SW 3:47:08  
 6 Cokey Daman VA 3:47:47  
 7 Eddie Lewin CA 3:48:57  
 8 Joe Federici PA 3:52:44  
 9 Dutch Benedetti CA 3:52:51  
 10 Charles Brown MI 3:52:58

## M75-79

1 Peter Knoch FRG 3:43:39  
 2 Fraser MacMinn CA 4:26:09  
 3 Naomi Kuriki JPN 4:28:14  
 4 Glenn Ditton OK 4:34:31  
 5 Clay Moran MN 4:36:21  
 6 Vern Geary VA 4:38:19  
 7 Earl Wert AL 4:42:31  
 8 C. Villemez TX 4:43:35  
 9 Mitsuo Yano JPN 4:47:36  
 10 Andy Webster WA 4:51:27

## M80-84

1 Ed Benham MD 3:48:35

## W35-39

1 C. Beurskens HOL 2:30:24  
 2 Zoya Ivanova URS 2:32:42  
 3 S. Keskitalo FIN 2:36:06  
 4 J. Villetton FRA 2:36:55  
 5 M. Buist NZL 2:37:20  
 6 Magda Ilands BEL 2:38:03  
 7 C. Teske FRG 2:38:54  
 8 Mindy Ireland CA 2:42:18  
 9 Mary Ryzner CA 2:43:10  
 10 M. Yli-ilkka FIN 2:45:51

## W40-44

1 P. Welch GBR 2:35:00  
 2 G. Striuli ITA 2:36:15  
 3 Laurie Binder CA 2:39:21  
 4 Ngairi Drake NZL 2:41:25  
 5 Angella Hearn GBR 2:41:39  
 6 C. Vahlensieck FRG 2:43:48  
 7 C. Taroni ITA 2:44:04  
 8 Jane Hutchison MO 2:46:30  
 9 Mary Wood NC 2:46:36  
 10 G. Andersen ID 2:49:19

## W45-49

1 H. Walters CA 2:54:11  
 2 Margie Lindsey CA 2:55:15  
 3 Joan Colman CA 2:58:50  
 4 S. Weisbrod NJ 2:58:56  
 5 Joan Ulliot CA 2:59:10  
 6 M. Muramoto JPN 2:59:57  
 7 Vicki Johnson TN 3:01:10  
 8 Karen Bestul NE 3:09:30  
 9 C. Tattersall GBR 3:11:29  
 10 B. Sutherlin MN 3:14:36

## W50-54

1 Sandra Kiddy CA 3:02:33  
 2 Barbara Miller CA 3:05:21  
 3 Wen-Shi Yu NY 3:10:14  
 4 M. Stanjones NY 3:16:35  
 5 Nancy Parker GA 3:17:41  
 6 Heidi Skaden CA 3:18:16  
 7 Ada Letinsky CAN 3:19:53  
 8 K. Asasaka JPN 3:22:44  
 9 Joan Reiss CA 3:22:55  
 10 Margaret Betz NY 3:26:52

## W55-59

1 Wen-Shi Yu NY 3:12:50  
 2 Wilma Maddock CA 3:19:33  
 3 B. Martindale UT 3:35:40  
 4 Sylvia Weiner CA 3:37:16  
 5 Mary Bonstrom MN 3:47:33  
 6 Arty Brown WA 3:51:22  
 7 M. Trenckmann TX 3:54:47  
 8 J. Zytoske CA 3:56:01  
 9 M. Woodring KY 3:56:31  
 10 Jeannette Cyr CT 3:59:27

## W60-64

1 Whayong Semer OH 3:37:42  
 2 Billie Murphy WA 3:42:16  
 3 Bette Mihalek 3:50:14  
 4 Ruth Anderson CA 3:54:25  
 5 E. Jennings FL 3:56:18  
 6 Jan Richards TX 3:59:51  
 7 Anne Nauman NV 4:10:03  
 8 Marcia Worden CA 4:12:47  
 9 Maeann Garty CA 4:16:24  
 10 M. Withrow CA 4:17:58

## W65-69

1 Helen Dick CA 3:48:10  
 2 Mary Storey CA 3:59:02  
 3 Gerry Davidson CA 4:09:34  
 4 Anne Trigg FL 4:12:29  
 5 Helen Klein CA 4:13:32  
 6 Betty Haleen IL 4:13:52  
 7 K. McDonough MN 4:23:56  
 8 Hazel Cameron CAN 4:39:02  
 9 Margaret Lee HI 4:39:42  
 10 Po Adama CA 4:47:28

## W70-74

1 Margaret Lee HI 4:54:47  
 2 A. Jureidini NY 5:57:30  
 3 Priscilla Libby CA 6:01:48

## W75-79

1 D. Bickley MD 6:13:03

## W80-84

1 Ida Mintz IL 6:02:03

## 20 Kilometers

## M40-44

1 Bobby Doyle RI 1:04:56  
 2 Kevin Ryan NZL 1:05:51  
 3 Rick Scupham IA 1:07:12  
 4 John Campbell NZL 1:07:40  
 5 Jerry Jobski CA 1:07:53  
 6 Gene Solomon OR 1:08:01  
 7 John Custy CO 1:08:27  
 8 Bill Sevald CA 1:08:28  
 9 Gary Wilborn OR 1:08:55  
 10 Chris Thomas SC 1:09:15

## M45-49

1 Mike Heffernan OR 1:09:22  
 2 Ralph Zimmermann NY 1:10:32  
 3 Jim Gibbons CA 1:10:45  
 4 Deta Kraus CA 1:11:17  
 5 Peter Baird TX 1:12:03  
 6 Jon MacPherson CA 1:12:06  
 7 Norbert Sander NY 1:12:40  
 8 Tim Rostage CA 1:12:40  
 9 Don McCarthy CA 1:12:43  
 10 Ray Kneer NY 1:12:57

## M50-54

1 Jim O'Neill OH 1:08:58  
 2 Marco Pina IL 1:10:43  
 3 George Buckner OR 1:13:53  
 4 Darryl Beardall CA 1:14:15  
 5 Jerry Anders IA 1:14:15  
 6 Jerry Knox IA 1:14:52  
 7 Bob Barber CA 1:14:55  
 8 Ron Hill GBR 1:16:09  
 9 Tom Mota CA 1:16:44  
 10 Otto Schaefer CT 1:16:47

## M55-59

1 Norman Green PA 1:08:07  
 2 Jay Sturdevant CT 1:15:55  
 3 John Ruppberg CA 1:16:41  
 4 John Hepner OR 1:17:46  
 5 Don Solcumb TX 1:29:30  
 6 Arlen Sunn MN 1:20:05  
 7 Jim Smedema IA 1:20:21  
 8 Larry Engel WI 1:20:36  
 9 Jim Vanderklok MI 1:20:38  
 10 Jack Cagot OH 1:21:54

## M60-64

1 Patrick Devine CA 1:17:30  
 2 Geoff Etherington 1:18:18  
 3 Bill McChesney OR 1:21:33  
 4 Bill Conrad TX 1:21:39  
 5 Don Dixon NY 1:22:18  
 6 Laurin Blasier IL 1:22:35  
 7 Boyce Jacques NY 1:23:09  
 8 Jerry Johncock MI 1:24:08  
 9 Buz Masters OR 1:25:02  
 10 Ken Karcher ny 1:25:07

## M65-69

1 Lloyd Young MN 1:28:53  
 2 Walt Washburn VA 1:31:10  
 3 Jim Harrang OR 1:31:50  
 4 John Burton MN 1:31:50  
 5 Joe Anholt IA 1:36:11  
 6 Bill Osburn MD 1:37:12  
 7 Pete Harangozo NY 1:37:40  
 8 Gary Toji CA 1:37:40  
 9 Bob DeChene CA 1:37:50  
 10 Jack Kirkpatrick 1:38:16

## W70-74

1 Eddie Levin CA 1:34:02  
 2 Edmund Vuolo CT 1:34:10  
 3 Vince Carnevale NJ 1:34:24  
 4 Paul Reese CA 1:40:48  
 5 Emil Gottlob Balz 1:41:06

## W75-79

1 John Gustafson OR 2:09:51  
 2 Bob Sterling CA 2:12:45

## M80-84

1 Ed Benham MD 1:33:56  
 2 Mel Shine CA 1:48:42

## W40-44

1 Nancy Miesczak NY 1:15:21  
 2 Nancy Oshier NY 1:17:05  
 3 Susan Weith CT 1:19:07  
 4 Susan Henderson OR 1:19:13  
 5 Jane Millepaugh PA 1:20:13  
 6 Elaine Nickerson 1:20:27  
 7 Hilari Naylor CA 1:20:32  
 8 Barbara Mathewson 1:20:50  
 9 Elaine Delaman WA 1:21:11  
 10 Cheryl Ralya GBR 1:21:17

## W45-49

1 Helen Dick CA 1:37:04  
 2 Jaclyn Caselli CA 1:49:51  
 3 Althea Wetherbee 1:56:01  
 4 Carol Klocke OR 2:16:29

## W50-54

1 Pat Dixon OR 1:46:21  
 2 Althea Jureidini 2:32:18

## W55-59

1 Pat Dixon OR 1:46:21  
 2 Althea Jureidini 2:32:18

## W60-64

1 Pat Dixon OR 1:46:21  
 2 Althea Jureidini 2:32:18

## W65-69

1 Pat Dixon OR 1:46:21  
 2 Althea Jureidini 2:32:18

## W70-74

1 Pat Dixon OR 1:46:21  
 2 Althea Jureidini 2:32:18

## W75-79

1 Pat Dixon OR 1:46:21  
 2 Althea Jureidini 2:32:18

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## NATIONAL LONG DISTANCE RUNNING RECORDS

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## Key to Codes

R - Ratified record  
U - Unratifiable, cannot be ratified

D - Proof of birthdate needed

P - Pending - application or more information needed

## MEN

M40-44	5 km	14:45.9	R	JIM PEARSON	40	FL	RUN FOR THE PIES	FL	061089
M40-44	8 km	23:51	R	BILL RODGERS	40	MA	INDIANA GOVERNOR'S CUP	IN	092488
M40-44	10 km	29:57	R	BARRY BROWN	40	NY	ASBURY PARK	NJ	081884
M40-44	10 km		R	BARRY BROWN	40	NY	ASBURY PARK	NJ	081884
M40-44	10 km	28:48	U	BILL RODGERS	40	MA	HEARTLAND HUSTLE	IA	100188
M40-44	12 km	37:19	U	LARRY ALMBERG	43	WA	LILAC BLOOMSDAY	WA	050680
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	1:39:20	R	ROBERT SCHLAU	42	SC	CLARKSBURG	CA	111289
M40-44	30 km	1:40:52	R	HAL HIGDON	42	IN	NATIONAL AAU CHAMPIONS	IL	092373
M40-44	50 km	3:00:00	R	JEFF WALL	40	CA	AMJA ULTRAMARATHON	CA	110682
M40-44	100 km	6:38:21	R	BERND HEINRICH	41	VT	NIKE CHERRY BLOSSOM	DC	031885
M40-44	10 mi	49:46	R	BARRY BROWN	40	NY	MIKE HANNON	NY	022281
M40-44	20 mi	1:48:25	U	GARY MUHRCKE	40	NY	AMJA ULTRAMARATHON	IL	100481
M40-44	50 mi	5:10:13	R	BERND HEINRICH	41	VT	SRI CHINMOY	NY	040189
M40-44	100 mi	13:15:50	R	ROY PIRRUNG	40	WI	MAPLE LEAF	VT	091684
M40-44	half mar	1:06:25	U	BARRY BROWN	40	OR	HOUSTON	TX	011683
M40-44	marathon	2:17:10	U	MIKE MANLEY	40	WI	SRI CHINMOY/AAU	NY	040189
M40-44	12 hr	144,840 m	U	ROY PIRRUNG	40	WI	TAC NATIONAL CHAMPIONS	GA	091888
M40-44	24 hr	234,683 m	U	ROY PIRRUNG	40	WI			

M45-49	5 km	15:17.9		BARRY BROWN	45	FL	GRAND BAHAMA 5000		022490
M45-49	5 km	15:26.8	R	STEVE LESTER	46	UT	CARLSBAD	CA	040289
M45-49	8 km	25:32	R	BRUCE MORTENSON	45	MN	ICI - USRA MASTERS	FL	011489
M45-49	8 km	24:56.8	P	SAL VASQUEZ	47	CA	WILLY'S ROAD RACE	CA	012487
M45-49	10 km	30:51	U	SAL VASQUEZ	45	CA	PACIFIC SUN	CA	052785
M45-49	10 km	31:06	R	SAL VASQUEZ	45	CA	RUN FOR PARKS	CA	080485
M45-49	12 km	38:47	U	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	U	MIKE HEFFERNAN	45	OR	PEAR BLOSSOM	OR	041286
M45-49	20 km	1:06:05	U	HAL HIGDON	49	IN	BROOKS MASTERS	IN	100480
M45-49	25 km	1:22:24	R	DAN CONWAY	47	WI	CITY OF LAKES	MN	091486
M45-49	30 km	1:43:21	U	STEPHEN LESTER	45	UT	CLARKSBURG	CA	111388
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	YAKIMA VALLEY	WA	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	DAN CONWAY	47	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 D	DON JEWELL	46	NY	SRI CHINMOY	NY	110784
M45-49	half mar	1:08:47	U	JIM BOWERS	45	CA	BIDWELL CLASSIC	CA	030384
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	2:28:46	R	JOHN BRENNAND	45	CA	NIKE OTC	OR	091381
M45-49	12 hr	105,096 m	P	STEPHEN DERENZO	46	CA	SRI CHINMOY 12 HR	CA	112888
M45-49	24 hr	207,673 m	U	KEN BREWER	46	AL	TAC NATIONAL CHAMPIONS	GA	091888

M50-54	5 km	15:57.5	R	JAMES DALEY	51	NH	BUD LIGHT COUPLES	NH	091387
M50-54	8 km	25:31	R	SAL VASQUEZ	50	CA	WILLY'S ROAD RACE	CA	012090
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	U	NORM GREEN	50	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		CA	031382
M50-54	100 km	7:38:43	R	JOHN L SULLIVAN	50	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	50 mi	5:35:03	U	TED CORBITT	50	NY		NY	101870
M50-54	100 mi	17:19:00	R	DON JEWELL	50	NY	SRI CHINMOY 24 HR RUN	NY	092488
M50-54	half mar	1:09:30	R	NORM GREEN	52	PA	PHILADELPHIA DIST	PA	091684
M50-54	marathon	2:29:11	R	NORM GREEN	51	PA	LINCOLN	NE	050681
M50-54	marathon	2:25:51	U	NORM GREEN	52	PA	WIGAL CHAMP	CA	120284
M50-54	24 hr	214,042 m	R	DON JEWELL	50	NY	SRI CHINMOY 24 HR	NY	092488

M55-59	5 km	16:48		BILL OLRICH	55	KY	MUSIC CITY/TAC MEN'S CHI	TN	100690
M55-59	8 km	27:54	R	JACK ANGEL	55	OK	RAINBOW COUPLES CLASSI	KS	071182
M55-59	8 km	27:54	R	ROSS SMITH	55	NV	VIKING CLASSIC	OR	052283
M55-59	8 km	27:00	R	NORM GREEN	57	PA	IC/USA TAC NATIONAL	FL	011390
M55-59	10 km	33:20		NORM GREEN	55	PA	PACIFIC SUN	CA	053088
M55-59	12 km	45:21	R	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/SP	DC	032788
M55-59	20 km	1:08:06.7	R	NORM GREEN	56	PA	PEAR BLOSSOM	OR	040889
M55-59	25 km	1:29:56	P	RAY HATTON	56	OR	NIKE/OTC	OR	091387
M55-59	30 km	1:46:33	R	NORM GREEN	56	PA	CLARKSBURG	CA	111388
M55-59	50 km	3:56:15	U	CONRAD CARR	56	MN		MN	110781
M55-59	100 km	9:31:32	U D	JAMES MAGANAS	57	MI	AMJA ULTRAMARATHON	IL	101385
M55-59	10 mi	54:28	U	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 RATTLE	57	MN	AMJA ULTRAMARATHON	IL	100481
M55-59	100 mi	22:04:37	U	RICHARD COZART	58	FL	TAC NATIONAL CHAMPIONS	GA	091888
M55-59	half mar	1:10:23	R	NORM GREEN	55	PA	PHILADELPHIA DISTANCE	PA	092087
M55-59	marathon	2:33:49	R	NORM GREEN	55	PA	LINCOLN	NE	050188
M55-59	24 hr	171,539 m	U	RICHARD COZART	58	FL	TAC NATIONAL CHAMPIONS	GA	092488

M60-64	5 km	17:00	R	JIM O'NEIL	61	CA	CARLSBAD	CA	080186
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	46:38	P	GEOFFREY ETHERINGTON	61	CT	SOUTHWINGTON DISTANCE	CT	071580
M60-64	15 km	54:23	R	CLIVE DAVIES	62	OR	CASCADE RUN OFF	OR	062578
M60-64	20 km	1:17:29	R	PATRICK DEVINE	60	CA	PEAR BLOSSOM	OR	040889
M60-64	20 km	1:18:55	U	HUBERT MORGAN	62	PA	WYOMING VALLEY STRIDERS	PA	082384
M60-64	25 km	1:35:27	U	JIM O'NEIL	61	CA	NIKE/OTC	OR	090786
M60-64	25 km	1:36:20	R	ALEX RATTLE	62	MN	CITY OF LAKES	MN	091486
M60-64	30 km	1:59:22	U	PATRICK DEVINE	60	CA	SCATAC CHAMPIONSHIP	CA	021289
M60-64	50 km	3:48:58	U	FRANS PAUWELS	62	OR	TAC NATIONAL	OR	041881
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	50 mi	6:24:18	U	FRANS PAUWELS	60	OR		OR	102978
M60-64	50 mi	6:56:08	U	FRED NAGELSCHMIDT	62	CA	WEST COAST UNIVERSITY	CA	122786
M60-64	100 mi	19:59:10	U	ROBERT JOHNSON	62	FL	TAC NATIONAL CHAMPIONS	GA	091888
M60-64	half mar	1:17:04	R	GAYLON JORGENSEN	60	NV	PHILADELPHIA DIST	PA	091789
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	182,901 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	5 km	18:20.6		WARREN UTE	69	IL	PARK RIDGE CHARITY	IL	093089
M65-69	8 km	29:45	R	CLIVE DAVIES	67	OR	VIKING CLASSIC	OR	052283
M65-69	10 km	35:52	U	CLIVE DAVIES	66	OR	VIKING CLASSIC	OR	052282
M65-69	12 km	44:11	U	CLIVE DAVIES	67	OR	RUN BETWEEN THE STATES	OR	050583
M65-69	15 km	55:16	R	CLIVE DAVIES	65	OR	CASCADE RUN OFF	OR	062881
M65-69	20 km	1:20:53	U	NORMAN BRIGHT	66	WA		DC	052276
M65-69	20 km	1:25:59	R	ED VUOLO	68	CT	NEW HAVEN	CT	090384
M65-69	20 km	1:25:02	U	PAUL REESE	69	CA	PEAR BLOSSOM	OR	041287
M65-69	25 km	1:44:06.8	U	WARREN UTE	67	IL	DEERBROOKS	IL	092087
M65-69	30 km	1:58:12	R	CLIVE DAVIES	66	OR		OR	020682
M65-69	50 km	4:10:34	R	VICTOR HARKOFF	65	WA		WA	010585
M65-69	100 km	14:05:15	P	WILFREDO RIOS	68	NY	SRI CHINMOY	NY	110784
M65-69	100 km	15:03:46	R	GEORGE KNOX	69	OH		OH	041281
M65-69	10 mi	1:02:07	R	WARREN UTE	69	IL	PARK FOREST SCENIC	IL	090489
M65-69	20 mi	2:25:31	U	WILFREDO RIOS	65	NY	MIKE HANNON	NY	022982
M65-69	50 mi	7:27:10	U	FRED NAGELSCHMIDT	65	CA	WEST COAST UNIVERSITY	CA	051990
M65-69	50 mi	7:40:00	U	WILFREDO RIOS	67	NY		NY	120383
M65-69	50 mi	7:49:35	R	CLEO CASADY	68	MO	AMJA ULTRAMARATHON	IL	100481
M65-69	100 mi	23:03:25	U	WILFREDO RIOS	68	NY	SRI CHINMOY	NY	092785
M65-69	half mar	1:21:53	U	CLIVE DAVIES	65	OR	NATURAL LIGHT	OR	092880
M65-69	half mar	1:23:50	R	MICHAEL BERTOLINI	65	NJ	PHILADELPHIA DIST	PA	091585
M65-69	marathon	2:42:49	R	CLIVE DAVIES	66	OR	NIKE OTC	OR	091381

M70-74	5 km	20:01.0	U	AUSTIN NEWMAN	70	NJ	KEAN COLLEGE ALUMNI	NJ	092786
M70-74	5 km	21:10	R	DON BRADLEY	70	CA	CARLSBAD	CA	060186
M70-74	8 km	31:32	U	CLIVE DAVIES	70	OR	SHAMROCK CLASSIC	OR	031686
M70-74	8 km	34:09	R	SANDY MACLEAN	70	NH	TURKEY TROT	NH	112182
M70-74	10 km	39:39	U	CLIVE DAVIES	70	OR	TOM MCCALL 10K	OR	040686
M70-74	10 km	41:09	R	ALFRED FUNK	70	MT		MT	092184
M70-74	12 km	58:51	R	DON BRADLEY	70	CA	OCTOBERFAST	IL	100586
M70-74	12 km	54:58	P	ED VUOLO	74	CT	SOUTHINGTON DISTANCE	CT	071580
M70-74	15 km	1:01:49.9	R	CLIVE DAVIES	71	OR	CASCADE RUN OFF	OR	062887
M70-74	20 km	1:26:43	P	PAUL REESE	70	CA	SEABREEZE	CA	062887
M70-74	25 km	1:39:59	R	CLIVE DAVIES	70	OR	NIKE/OTC	OR	090885
M70-74	30 km	2:25:58	R	VERNON GEARY	70	VA	NORTHWEST RIVER	VA	020583
M70-74	30 km	2:23:23	U	DON LUNDBERG	71	CA	CLARKSBURG (SPLIT)	VA	111686
M70-74	50 km	4:34:51	U	ED BENHAM	74	MD	TAC CHAMPIONSHIP	DC	031382
M70-74	100 km	15:03:53	P D	STEVE COLE	71			CA	041986
M70-74	10 mi	1:09:11.1	U	MAC OSBORN	70	CA	CALIFORNIA 10	CA	010884
M70-74	10 mi	1:12:05	R	ED BENHAM	73	MD	CHERRY BLOSSOM	DC	040581
M70-74	20 mi	2:46:09	P	VINCENT CARNEVALE	72	NJ	MIKE HANNON	NY	031989
M70-74	50 mi	9:57:04	P D	JOHN MELVILLE	70	CA	WEST COAST UNIVERSITY	CA	051990
M70-74	50 mi	10:04:17	R	BILL SHRADER	70	NY		OH	040686
M70-74	half mar	1:34:22	R	MAC OSBORN	70	CA	OAKLAND	CA	020584
M70-74	half mar	1:34:15	U	EUGENE KELLER	71	OH	DAYTON RIVER	OH	062985
M70-74	marathon	3:07:26	R	WONTY MONTGOMERY	71	CA	SANTA BARBARA	CA	10167

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F45-49	5 km	17:53	P	SHIRLEY MATSON	48	CA	VALENTINE'S DAY	CA	021289
F45-49	5 km	18:00		SHIRLEY MATSON	48	CA	OAKLAND DOUBLE EXPRESS	CA	070989
F45-49	5 km	17:55	P	SHIRLEY MATSON	48	CA	SUSAN B ANTHONY	CA	081989
F45-49	8 km	28:35	U	SHIRLEY MATSON	45	CA	MOVING COMFORT	CA	011986
F45-49	10 km	36:19		JOAN COLMAN	45	CA	ALAMEDA RUN FOR PARKS	CA	081389
F45-49	10 km	36:29	R	MILA KANIA	40	NY	MONTE CARLO	NJ	100590
F45-49	12 km	46:45	R	MAUREEN BIXBY	45	OK	CONSTITUTION 200	OK	091287
F45-49	15 km	55:51	R	SHIRLEY MATSON	45	CA	CASCADE RUN OFF	OR	062986
F45-49	20 km	1:18:49		JOAN COLMAN	45	CA	OAKLAND DOUBLE	CA	070989
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	1:59:25	R	SHIRLEY MATSON	48	CA	CLARKSBURG	CA	111388
F45-49	30 km	3:32:34	R	SANDRA KIDDY	47	CA	ULTRA DISTANCE CLASSIC	FL	121783
F45-49	50 km	7:59:59	R	SANDRA KIDDY	45	CA	AMJA ULTRAMARATHON	IL	100382
F45-49	100 km	1:01:12	U	SHIRLEY MATSON	45	CA	BREAKERS/MISSION BEACH	CA	042486
F45-49	10 mi	1:00:11	P D	MEERI BODELID	46	CA	NIKE CHERRY BLOSSOM	DC	040190
F45-49	10 mi	2:13:33.9	U	JOAN ULLYOT	46	CA	CLARKSBURG	OH	040184
F45-49	20 mi	6:09:09	R	SANDRA KIDDY	47	CA	WOLFPACK	FL	121485
F45-49	50 mi	15:12:54	R	SANDRA KIDDY	49	CA	ULTRA DISTANCE CLASSIC	CA	120885
F45-49	half mar	1:20:26	U	SHIRLEY MATSON	45	CA	NIKE SAN FRANCISCO	CA	070480
F45-49	half mar	1:24:07	R	DOROTHY STOCK	47	CA	CORONADO	AZ	010988
F45-49	half mar	2:53:01	P	HAROLENE WALTERS	45	CA	PHOENIX	CA	071182
F45-49	marathon	2:53:22	R	SANDRA KIDDY	45	CA	SAN FRANCISCO	CA	071182
F45-49	12 hr	127:77m	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	U	MARION IRVINE	52	CA	PACIFIC SUN	CA	053182
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 CHAMPSHIP/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	R	GINA FAUST	51	CA	CLARKSBURG	CA	111388
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	P	MARTY MARICLE	52	CA		CA	041986
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	010984
F50-54	20 mi	2:22:41	U	RUTH ANDERSON	50	CA	CLARKSBURG	CA	111879
F50-54	50 mi	7:10:58	U	RUTH ANDERSON	50	CA		TX	021780
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	24 hr	135:134 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	U	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	R	MELBA HATCH	57	MI	OCTOBERFAST	IL	100685
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	50 km	4:38:23	P	WEN-SHI YU	55	NY	SRI CHIMNOY	NY	031090
F55-59	50 km	5:01:12	U	MATILEE CHRISTMAN	56	IL	AMJA ULTRA	AZ	100487
F55-59	50 km	5:34:03	R	ADELE MILICEVIC	59	AZ		AZ	010486
F55-59	100 km	10:55:00	R	RUTH ANDERSON	56	CA		CA	041986
F55-59	10 mi	1:08:50	U	TOSHIKO DELIA	56	NJ	NIKE CHERRY BLOSSOM	DC	040386
F55-59	10 mi	1:04:42	U	MARION IRVINE	57	CA	CALIFORNIA 10	CA	011887
F55-59	20 mi	2:30:25	U	JANET GLASSMAN	56	PA	MIKE HANNON	NY	022485
F55-59	50 mi	9:28:57	U	HELEN KLEIN	59	KY	MISSISSIPPI	MS	032782
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	CONJOWESTLAKE 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	59:11	P	ADELINE KEARNEY	63	CT	SOUTHTON CLASSIC	CT	071689
F60-64	15 km	1:07:08	R	WHAYONG SEMER	60	OH	GASPARILLA	FL	022189
F60-64	20 km	1:29:08	U	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	2:41:44	U	RUTH ANDERSON	60	CA	CLARKSBURG	CA	111289
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	U	HELEN DICK	60	CA	MONTY MONTGOMERY	CA	061685
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	23:33	P	MARY STOREY	65	CA	CARLSBAD	CA	032590
F65-69	5 km	24:24	R	ELLEN MCCOY	67	MN	HOME COMING	MN	101787
F65-69	8 km	37:09	P	HELEN DICK	65	CA	BURBANK RUN FOR HUNGRY	CA	051980
F65-69	8 km	39:33	P	EDNA LAFIN	65	AZ	KOY SUMMER SERIES	AZ	082783
F65-69	8 km	39:04	P	JACLYN CASELLI	67	CA	WILLY'S ROAD RACE	CA	012189
F65-69	10 km	47:16	P	HELEN DICK	65	CA	TOM SULLIVAN	CA	031890
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	1:15:17	R	MARY STOREY	66	CA	MINNESOTA TAC MASTERS	MN	092290
F65-69	15 km	1:17:06.3	R	PATRICIA DIXON	68	OR	CASCADE RUN OFF	OR	062887
F65-69	20 km	1:37:04	P	HELEN DICK	65	CA	SCATAC CHAMPIONSHIP	CA	100889
F65-69	25 km	2:10:56	U	GERRY DAVIDSON	65	CA	MISSION BAY	CA	122886
F65-69	30 km	2:47:51	U	EDNA LAFIN	65	AZ		AZ	102983
F65-69	50 km	5:11:50	U	JOSEPHINE HESS	65	WA	YAKIMA VALLEY	WA	042483
F65-69	10 mi	1:20:22	R	HARRIET WEAVER	65	MI	NIKE CHERRY BLOSSOM	DC	040387
F65-69	20 mi	3:02:01	U	JACLYN CASELLI	65	CA	CLARKSBURG	CA	111686
F65-69	half mar	1:58:31	R	MARGARET WRIGHT	65	SC	SAVANNAH	GA	011787
F65-69	half mar	1:45:42	P	HELEN DICK	66	CA	SANTA MONICA	CA	082680
F65-69	marathon	3:48:10	R	HELEN DICK	65	CA	OLD STYLE CHICAGO	IL	102989

F70-74	5 km	24:53	R	ALGENE WILLIAMS	71	IL	PARK RIDGE CHARITY	IL	082287
F70-74	8 km	39:25	R	HEDY MARQUE	71	VA	NIKE WOMEN'S RACE	DC	051489
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	OCTOBERFAST	IL	100586
F70-74	15 km	1:22:55	U	ELLEN MCCOY	70	MN	MINNESOTA TAC MASTERS	MN	092290
F70-74	15 km	1:28:03	U	JUDY SIMON	70	CA	SUE KRENN	CA	030186
F70-74	15 km	1:30:12	R	JOSEPHINE HESS	71	WA	CASCADE RUN OFF	OR	061889
F70-74	20 km	1:46:21	R	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	10 mi	1:25:33.2	R	ALGENE WILLIAMS	71	IL	VALLEY FOX TROT	IL	052587
F70-74	10 mi	1:23:42	P	HEDY MARQUE	72	VA	ARMY 10 MILE	DC	101589
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	052988
F70-74	marathon	4:37:37	R	MAVIS LINDGREN	72	OR	NIKE OTC	OR	090979

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	U	ANNE CLARKE	76	IL	OAK LAWN ROTARY RUN	IL	080186
F75-79	12 km	1:08:21	R	ANNE CLARKE	76	IL	OCTOBERFAST	IL	100685
F75-79	15 km	1:29:33	R	ANNE CLARKE	75	IL	GASPARILLA	FL	020985
F75-79	20 km	1:52:57	U	LEONA LUGERS	77	MI	TULIP TIME	MI	052884
F75-79	25 km	2:43:42.2	U	ANNE CLARKE	77	IL	DEERBROOKS	IL	092087
F75-79	25 km	2:49:47.61	R	LEONA LUGERS	79	MI	OLD KENT RIVER BANK	MI	051086
F75-79	30 km	4:04:24	R	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	2:22:38	P	ANNE CLARKE	78	IL	MARCH MADNESS	IL	032088
F75-79	marathon	4:56:30	R	MAVIS LINDGREN	75	CA	PORTLAND	OR	100383
F80-84	5 km	29:22.7		ANNE CLARKE	80	IL	PARK RIDGE CHARITY	IL	093089
F80-84	8 km	53:41		ANNE CLARKE	80	IL	SHAMROCK SHUFFLE	IL	031190
F80-84	8 km		P D	EDITH ENOS	83	NJ	FIFTY PLUS RUNNERS	CA	031989
F80-84	10 km	56:14	U	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

# 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

### Potomac Valley AC Championships

Alexandria, VA; September 2

#### 100m

M30 Jeff Waldo	11.0
Gerald Jones	11.2
M40 Thad Bell	11.7
Greg Marshall	11.8
M50 Alby Williams	11.5
John Darrell	13.1
M60 Tom Delany	13.0
Ed Cox	13.2
M70 Gil Gonzalez	16.0
Jerry Wible	17.6
M80+Don Ernst	18.2
W30 E Stroy-Fair	14.0
W40 Patrice Thomas	16.9
W60 Pat Nesley	17.5
Jean Udell	18.2
W70 Carla Convery	19.5
Vivian Nelson	26.2

#### 200m

M30 G Jones	23.0
Cliff Douglas	24.4
M40 Thad Bell	24.6
Gary Bell	25.0
M50 Alby Williams	24.7
Robert Premo	34.3
M60 Tom Delany	27.6
Ed Cox	28.3
M70 G Gonzalez	33.6
Jerry Wible	36.2
M80+Don Ernst	39.6
W60 Pat Nesley	36.2
W70 Carla Convery	45.3
Vivian Nelson	66.2

#### 400m

M30 Cliff Douglas	54.3
M40 Gary Bell	57.1
Norman Thomas	57.2
M50 Ralph Romain	55.3
Robert Premo	85.1
M60 Don McCarty	66.4
John McCarty	73.1
M70 Jerry Wible	88.0
M30 Andy Mullins	2:52.3
M40 Norm Thomas	2:10.3
Don Boyer	2:11.8
M50 Jim Demma	2:12.1
Bob Colton	2:15.8
M60 Newlie Hewson	2:55.9
Roy Englert	3:41.8
M70 Jerry Wible	3:12.5
Richard Lukes	3:54.0
W30 Keg Good	2:36.0

#### 1500m

M30 Ed Harte	4:45.6
Cliff Douglas	5:10.7
M40 Bob Weiner	4:36.5
M50 Ron Gerugthy	5:45.1
Robert Premo	8:49.7
M60 Newlie Hewson	6:27.0
Roy Englert	8:17.1
M70 Jerry Wible	7:10.2
Richard Lukes	7:42.2
W40 Cindy Dalrymple	5:08.9
W50 Betty Dameron	6:37.3

#### 5000m

M30 Mike Lapinski	16:49.1
Ed Harte	17:38.6
M40 J Wind	17:11.2
Tom Waites	17:53.5
M50 Ron Gerugthy	20:38.9
M60 Roy Englert	28:56.1
W30 B Dameron-Payne	22:25.4
W50 Betty Dameron	23:17.6

#### Short Hurdles

M30 Mark Williamson	14.9
M60 Tom Delany	18.5
John Martin	21.0

#### Long Hurdles

M40 400m/M50+ 300m	
M40 Bob Schmiesing	82.0
M50 George Taylor	55.0
M60 Mark Richards	56.0
John Martin	63.6

#### 4x100m Relay (mixed age/sex)

Inside Track	44.6
Carolina Masters	45.4

#### 4x400m Relay (mixed age/sex)

Ed Waters TC	3:40.8
Andover Archers	4:16.6

#### High Jump

M30 Mark Williamson	6-6
Bruce McBarnette	6-4
M40 William Hanson	5-6
George Cliette	4-10
M60 Tom Delany	4-6
Mark Richards	4-2
M70 Gil Gonzalez	3-6

#### Pole Vault

M30 Jerry Dowdy	14-0
M40 William Hanson	11-0
George Cliette	7-6
M50 George Taylor	6-0
M70 Gil Gonzalez	6-0

#### Long Jump

M40 William Hanson	17-5
Woody Disharoon	16-10
M50 George Taylor	11-11 1/2
M60 Tom Delany	14-11
Glenn Drummond	12-5
M70 Gil Gonzalez	9-2
W60 Jean Udell	8-4 1/2

#### Triple Jump

M30 Mel St Clair Jr	36-10
M40 William Hanson	32-8
M50 George Taylor	22-7
M70 Gil Gonzalez	20-9
W60 Jean Udell	17-4

#### Shot Put

M30 Joe Vilella	43-2 1/2
Scott Bull	40-5 1/2
M40 Mike Valle	34-10
Woody Disharoon	32-8
M50 Ed McComas	42-11
Steve Hameroff	40-8 1/2
M60 Herb Cantor	36-5
Chas Pistorin Sr	33-11
M70 Wm Coleman	35-3
W30 Joan Stratton	38-5
W60 B Kleinschmidt	19-9

#### Discus

M30 Joe Vilella	128-3
Scott Bull	117-4
M40 Mike Valle	106-4
Woody Disharoon	90-9
M50 Ed McComas	145-0
Phil Scuderi	132-8
M60 Herb Cantor	115-9
John McCarthy	101-11
M70 Wm Coleman	92-1
Gil Gonzalez	92-1
W30 Joan Stratton	111-10
W60 B Kleinschmidt	59-5
W70 Carla Convery	33-3

#### Hammer

M30 Peter Collins	137-4
M40 Mike Valle	105-7
M50 Phil Scuderi	121-5
R Premo	38-9
M60 Herb Cantor	105-8
Chas Pistorino Sr	69-11
M70 Gil Gonzalez	74-6
W30 Joan Stratton	122-9

#### Javelin

M30 Scott Bull	176-8
Clayton Hulbert	175-4
M40 Russ White	189-6
Mike Valle	111-11
M50 Robert Premo	64-11
M60 Mark Richards	100-3
Herb Cantor	97-5
M70 Eevald Aarma	89-9
Gil Gonzalez	84-5
W30 Joan Stratton	94-11
Keg Good	69-7
W50 Lee Glassco	73-1
Caroline Richards	43-5
W60 B Kleinschmidt	49-7
W70 Carla Convery	39-5

#### 5000m RW

M30 Tomas Alvarez	25:33.4
Paul Cajka	26:00.0
M40 Alan Price	25:03.2
Ron Clarke	29:20.1
M50 Allyn Evans	30:29.2
Scott Bentley	31:14.5
M60 Jack Oment	30:29.1
Paul Terry	34:56.8
M70 Ed Seeger	33:14.2
Richard Lukes	38:57.1
W30 Recita Miles	33:19.6
W50 Sybil Gerugthy	35:23.4
W60 Pat Nesley	33:49.6

#### Maryland Senior Olympics

Baltimore, October 4-6

#### 100m

M55 Joseph Hemler	12.48
Richard Ruth IV	12.94
M60 Charles Harris	13.10
James Stookey	13.23
M65 Milton Mack	14.65
Bernie Fowler	14.70
M70 Ed Matthews Jr	13.46
James Stevens Jr	16.46
M75 Earl Wentz	15.79
Bill Schlichting	17.77
M80 Winsong Gott Jr	19.53
G Blinichkoff	27.12
W55 D Thomas Perry	19.43
W65 Dorothy Brill	16.62
Fern Kramer	16.75
W70 Anna Romagna	18.80
D Martin Gross	19.81

#### 200m

W75 Edna Seibert	26.28
Marian Wolfert	26.32
W80 Angela Witt	36.50
M55 J Hemler	26.25
Allen Frank	29.30
M60 Elmer Hall	27.57
J Stookey	28.36
M65 Bernie Fowler	31.03
Charles Boyle	32.24
M70 E Matthews Jr	29.87
J Stevens Jr	36.24
M75 W Schlichting	32.53
Anthony Zongaro	38.12
M80 Ellery Clark	57.58
G Blinichkoff	88.58
W55 Rachel Nielson	34.01
D Thomas Perry	45.38
W65 Dorothy Brill	35.69
Wally Dashiell	45.96
W70 Della Martin Gross	50.30
W75 Edna Seibert	70.52
W80 Angela Witt	80.54

#### 400m

M55 J Hemler	60.32
Douglas Alberts	66.25
M60 Elmer Hall	65.16
J Stookey	69.40
M65 Bernie Fowler	70.44
Chas McGarvey	72.57
M70 Ed Matthews Jr	70.78
Francis Cowan	85.04
M75 Earl Wentz	87.28
Wm Schlichting	94.26
M80 Ellery Clark	2:17.73
W65 Dorothy Brill	85.72
W70 Anna Romagna	92.43
D Martin Gross	2:10.19

#### 800m

M55 Stan Witomski	2:30.87
Stephen Rosasco	2:33.64
M60 P W McGillicuddy	2:51.13
Sidney Conger	2:52.00
M65 Bill Osburn	2:46.30
William Foley	2:55.00
M70 Robert Koch	3:26.31
Richard Lukes	3:50.17
M75 Earl Wentz	3:24.00
Joseph Seibert	5:00.00
M80 Ellery Clark	5:37.60
W55 Joanne Shecter	4:01.22
W60 Helen Schley	3:41.69
K K Morrison	4:13.00
W65 Dorothy Brill	3:37.00
W70 Anna Romagna	3:39.42

#### 1500m

M55 Stephen Rosasco	5:14.04
John Gygas	5:23.43
M60 Bryan Covington	5:51.23
Sidney Conger	5:58.33
M65 Bill Osburn	5:49.11
Frank Luff	7:03.93
M70 Robert Koch	7:19.83
Richard Lukes	7:40.97
M75 Anthony Matesic	7:59.19
M80 Ed Benham	6:32.78
W55 Joanne Mallet	6:09.64
Rachel Nielson	6:38.22
W60 Helen Schley	8:54.63
W70 Anna Romagna	7:45.27
W80 Harriet Rogers	20:47.57

#### 5000m

M55 Charles Reynolds	19:16.0
John Gygas	19:49.0
M60 W M Morrison	20:37.0
Marvin Norin	22:32.0
M65 Bill Osburn	20:45.0
D Pritchard	21:51.0
M70 Richard Lukes	26:54.0
Robert Savin	27:13.0
M75 J A Seibert	33:44.0
M80 Ed Benham	22:41.0
W55 Joanne Mallet	21:15.0
Joanne Shecter	25:27.0

#### 10,000m

M55 Stephen Rosasco	41:34.0
Tom Griffin	46:48.0
M60 W M Morrison	45:08.0
Bryan Covington	45:23.0
D Pritchard	47:16.0
Joe Holland	53:04.0
M70 Alvin Guttig	67:51.0
M80 Ed Benham	49:04.0
W55 Joanne Mallet	48:40.0
Joanne Shecter	58:25.0

#### High Jump

M55 Gerald Kearns	4-8
Charles Sandy	4-6
John Salisbury	4-6
M60 Sam Griffith	4-10
Wm Mann	4-0
M65 Wm Mann	3-10
Harry Pullen	3-10
M70 Charles Irwin	4-0
W55 D Thomas Perry	3-0
W60 Constance Geis	3-4
W65 Wally Dashiell	3-4

#### Pole Vault

M55 John Salisbury	9-1
M60 Sam Griffith	8-6

## New York Masters Throwing/Jumping Meet

Downing Stadium, NYC; September 23

NAME	AGE	SHOT	DISCUS	HAMMER	JAVELIN	561b	25/35 1b.
Stratton, J	W38	11.53 (1)	35.16(1)	37.62(1)	30.02(1)	-	-
Clark, C	W40	7.08(1)	21.80(1)	-	29.04(1)	-	-
Tucker, L	W40	-	21.60(2)	-	24.58(2)	-	-
Katz, Ros.	W45	6.42(1)	22.42(1)	-	16.95(1)	-	-
Stewart, B	W45	-	-	18.40(1)	-	-	-
Schilloff, M	W50	7.22(1)	18.40(1)	-	15.48(1)	-	-
Cirulnick, A	W55	8.58(1)	19.16(1)	-	15.86(1)	-	-
Hagemann, L	W65	7.06(1)	19.20(1)	20.40(1)	17.08(1)	-	-
Berleppsch, J	W65	5.74(2)	14.72(2)	11.00(2)	14.69(2)	-	-
Smith, C	M20	-	-	39.66(1)	-	-	12.46(1)
Dunphy, R	M40	11.96(1)	32.91(2)	-	-	-	-
Monroe, F	M40	9.02(2)	27.97(4)	30.29(3)	-	-	9.29(2)
Smith, R	M40	-	30.03(3)	26.25(4)	-	-	-
Dimarsico, R	M40	-	35.92(1)	-	-	-	-
McDermott	M40	-	-	43.64(1)	-	-	-
Cassamessina, "	M40	-	-	36.23(2)	-	-	11.52(1)
Smith, A	M45	-	-	34.48(1)	-	-	9.83(1)
Kalnas, Joe	M45	11.23(1)	-	-	-	-	-
McKenna, B	"	10.41(2)	34.73(1)	33.67(2)	-	-	-
Weisbrott, E	"	10.26(3)	29.90(2)	26.52(3)	-	-	-
Kaye, R	"	-	-	-	27.88(1)	-	-
Wenig, J	M50	13.66(1)	37.38(2)	-	-	-	-
Blair, C	"	13.23(2)	-	-	-	-	-
Schilloff, W	"	10.64(3)	30.77(3)	-	33.20(1)	-	-
Hahn, M	"	-	-	-	29.29(2)	-	4.49(2)
Manfredi, F	"	-	-	-	22.52(3)	-	-
Kintish, M	M55	10.63(1)	40.66(1)	26.68(1)	30.42(1)	-	9.97(1)
Chiavelli, G	"	8.57(2)	27.27(2)	-	26.21(2)	-	-
Diorio, J	"	-	-	-	21.03(3)	-	-
Bronstein, J	M50	-	41.44(1)	-	-	-	9.43(1)
Garrahan, W	M60	11.92(1)	46.47(1)	-	-	-	-
Mozhaev, L	"	-	-	35.88(1)	-	4.84(1)	13.59(1)
Lentzler, M	"	8.20(2)	14.50(3)	-	17.36(1)	-	4.38(2)
Cirulnick, M	"	-	19.10(2)	-	-	-	-
Jankola, A	M65	8.92(1)	29.58(1)	25.52(1)	24.55(1)	4.09(1)	10.12(1)
Svennevik, E	M70	12.17(1)	37.31(1)	-	20.56(1)	-	11.10(1)
Hagemann, J	"	-	29.36(2)	-	-	-	-
Detweiler, R	M75	7.52(1)	22.18(1)	24.72(1)	16.58(1)	-	6.64(1)

## Continued from previous page

5000m	
M55 Gerald Koch	18:05
M60 Buster Tankersley	20:05
M65 Ned Brown	28:53
M70 Jesse Jolly	24:54
M75 Maxwell Springer	27:42
M55 Mary Woodring	23:39
M60 Jane Arnold	24:03
M70 Ruth Eden	46:01
M75 Mavis Borthick	35:41
M80 Allie Walker	42:14
10,000m	
M55 Gerald Koch	38:06
M60 Buster Tankersley	41:05
M65 Ned Brown	63:51
M70 Jesse Jolly	59:36
M55 Mary Woodring	51:25
M60 Jane Arnold	47:44
M65 Ellinora Vinson	72:06
M70 Ruth Eden	2:00:28
M75 Mavis Borthick	82:23
M80 Allie Walker	86:07
High Jump	
M55 Walter Diggs	4-0
M60 Frank Hayes	4-5
M65 Victor Golovash	3-11
M70 Harold Swinton	3-6
M75 Hal Smith	3-2
M55 Ruth Sluder	2-10
M65 Sarah Overton	3-6
Long Jump	
M55 Charles Williams	12-0
M60 Frank Hayes	13-9
M65 Victor Golovash	12-0
M70 Harold Swinton	10-5
M75 Maxwell Springer	9-9
M80 James Paul	4-6
M55 Betty Borum	7-5
M60 Christine Fulbright	7-9 1/2
M65 Sarah Overton	8-4 1/2
M70 Kate Edwards	5-10
M75 Bertha Treece	6-2
Shot Put	
M55 Walter Diggs	31-11 1/2
M60 Dana Reed	36-6
M65 Victor Golovash	34-4 1/2
M70 Harold Swinton	34-1
M75 William Nelms	31-8 1/2
M80 Arvid Blumberg	21-10 1/2
M55 Betty Borum	23-7 1/2
M60 Vada Sellers	24-2 1/2
M65 Sarah Overton	19-10
M70 Kate Edwards	22-4
M75 Hazel Guinn	17-4
M80 Arlie Ivy	17-4
Discus	
M55 Walter Diggs	84-6
M60 Robert Hewitt	115-10
M65 Martin Manger	95-5
M70 Harold Swinton	102-7
M75 William Nelms	91-0
M80 Arvid Blumberg	52-0
M55 Betty Borum	51-0
M60 Christine Fulbright	52-6
M65 Sarah Overton	53-7
M70 Kate Edwards	44-8
M75 Hazel Guinn	37-5
M80 Arlie Ivy	39-9
Javelin	
M55 John Hashe	77-4
M60 Dick Bergenback	110-10
M65 Victor Golovash	82-11
M70 Frank Fezzie	75-6
M75 William Nelms	66-7
M80 Frank Miller	29-2
M55 Betty Borum	13-7
M60 Vada Sellers	46-0
M65 Sarah Overton	53-11
M70 Kate Edwards	43-0
M75 Hazel Guinn	39-10
1500m RW	
M55 Frank Payne	12:25
M60 Austin Wall	10:00
M65 Robert Ruschetta	9:24
M70 Don McCune	9:33
M75 Horace Barker	10:16
M80 Worth Stratton	12:12
M55 Nancy Huff	10:24
M60 Louise Downes	10:43
M65 Ellinora Vinson	9:52
M70 Lavera Qualls	11:11
M75 Mavis Borthick	11:02
M80 Rose Malone	12:06

North Carolina Senior Games  
Raleigh, September 27-30

100m	
M55 Bobby Moore	13.94
Garland Thomas	14.49
M60 Jim Law	12.84
Hershey Hipps	13.45
M65 Norman Gay	15.14
Paul Dzezyc	15.37
M70 Marlen McWilliams	13.83
Bill Alexander	16.41
M75 Bill Stanford	16.73
J Boykin	17.99
M80 Caldwell Nixon	20.93
Charlie Blalock	29.61
M55 Lucy Brobst	16.70
Beth Carrin	18.01
M60 Minnie Jo Gay	18.58
June Megill	18.87
M65 Jimmie McSwain	20.03
Hazel Trexler	24.39
M70 Arlene Harrington	21.38
Ethel Horton	25.07

M75 Mittie Seawell	24.73
Mary Queen	29.09
M80 Kate Phillips	26.84
Virginia Scarboro	50.43
200m	
M55 Bobby Moore	29.13
Garland Thomas	30.47
M60 Jim Law	26.07
Dick Taylor	28.42
M65 Jake Smit	32.26
Bill Forster	32.73
M70 M McWilliams	29.30
Bill Alexander	35.02
M75 Bill Stanford	36.48
John Anthes	52.80
M80 C Nixon	43.15
Joe Pinto	45.18
400m	
M55 Sam Smith	67.84
Bobby Moore	69.22
M60 Jim Law	62.10
Dick Taylor	65.17
M65 Jake Smit	75.19
Harold Stephens	81.01
M70 Bill Alexander	87.58
Bill King	1:48.24
M75 Ralph Birchard	89.52
Bill Stanford	91.02
M80 C Nixon	1:46.79
M55 Lucy Brobst	81.27
Beth Carrin	88.30
M60 Mary Turner	1:44.44
Minnie Jo Gay	1:59.54
M65 Hazel Trexler	2:48.90
Evelyn Anderson	2:53.28
M70 Ethel Horton	2:16.72
800m	
M55 Dave Duncan	2:49.43
Sam Smith	2:50.44
M60 Bill Hottinger	2:50:08
Casper Holroyd	2:52.70
M65 Jake Smit	3:05.31
Harold Stephens	3:11.08
M70 Bill King	4:36.07
Rafe Lovelace	4:38.46
M75 Clayton Brelsford	3:38.38
Ralph Birchard	3:40.18
M80 Caldwell Nixon	4:01.92
M55 Beth Carrin	3:43.02
Peggy Bliss	3:43.90
M60 Mary Turner	4:08.56
Minnie Jo Gay	4:33.09
1500m	
M55 Ole Holsti	5:20.60
Dave Duncan	5:37.41
M60 Casper Holroyd	5:38.05
Bill Hottinger	5:42.13
M65 Jake Smit	6:13.97
Harold Stephens	6:20.25
M70 Bob Abaro	8:50.19
Rafe Lovelace	8:56.72
M75 C Brelsford	7:24.66
Ralph Birchard	7:44.91
M55 Betty Hardman	6:51.72
Lucy Brobst	7:02.83
M60 Mary Turner	8:26.23
MaryAnne Dettman	8:41.94

5000m	
M55 Ole Holsti	20:10.56
Dave Duncan	21:03.43
M60 Casper Holroyd	22:51.36
Larry Dettman	23:24.72
M65 Harold Stephens	24:36.94
Bruce Hudson	25:21.26
M70 Bill King	35:49.94
M75 C Brelsford	28:00.58
M80 Caldwell Nixon	34:02.90
M55 Elizabeth Cleary	31:29.59
M60 MaryAnne Dettman	31:51.66
10,000m	
M55 Ole Holsti	42:44.53
Dave Duncan	45:56.35
M60 Ed Peters	47:30.22
Casper Holroyd	49:51.90
M65 Jake Smit	50:48.54
Harold Stephens	52:22.35
M70 Bill King	76:58.31
M75 C Brelsford	64:20.21
Shot Put	
M55 Larry Horne	38-10
Bobby Moore	31-6
M60 Charlie Brown	36-11 1/2
Leon Hoover	32-6 1/2
M65 Lloyd Hudnall	32-11
Bill Waugh	30-4
M70 Francis Mebane	33-10
George Burgess	31-5
M75 Harold Slough	30-6
Jack Wood	29-1
M80 Harold Hoffman	21-6
Joe Pluto	18-1
M85 Bert Moses	18-8 1/2
Alvin Franklin	15-4 1/2
M90 Lawrence Bischof	9-10 1/2
M55 Penny Weaver	22-6
Martina Lipsey	22-0
M60 Lonnie Proctor	26-6 1/2
Maxine Bodman	24-4 1/2
M65 Troy Beaman	22-1 1/2
Hazel Trexler	20-8 1/2
M70 Ruth Mayhew	20-0
Johnnie Cooper	19-5
M75 MaryAnn Driver	18-8
Lucille Chance	16-5 1/2
M80 Mary Rutledge	18-6
Kate Phillips	14-0
Discus	
M55 Bobby Moore	100-8
Dick Claypool	100-7
M60 Ed Hottinger	109-3
Jim Law	102-9

M65 Lloyd Hudnall	117-10
Marion Bolyard	101-11
M70 Francis Mebane	96-5
Bill Alexander	78-6
M75 Roger Smith	82-5
Jack Wood	80-10
M80 Harold Hoffman	61-10
Charlie Blalock	31-10
M85 Alvin Franklin	40-11
Bert Moses	37-5
M90 Lawrence Bischof	25-3
M55 Penny Weaver	60-7
Beth Carrin	56-2
M65 Hazel Trexler	51-10
Troy Beaman	49-1
M70 Kay Torrey	45-6
Mary Graham	44-3
M75 Vida Hester	38-4
Lucille Chance	38-2
M80 Mary Rutledge	40-8
Kate Phillips	31-0

1500m RW	
M55 Dan Greenfield	8:56.92
Adrian Smith	9:17.04
Jack Pilkington	9:17.04
M60 Ken Long	7:49.86
Madho Singh	8:17.70
M65 John Montgomery	9:00.95
E B Lloyd	9:06.88
M70 Herb Appell	9:45.22
John Thompson	9:53.69
M75 Bill Patterson	9:26.71
Horace Huffman	10:56.43
M80 Caldwell Nixon	11:18.17
Harold Hoffman	11:22.23
M85 Bert Moses	13:15.25
Phil Caughey	13:18.49
M55 Betty Petersen	9:55.82
Winona Kimrey	10:36.67
M60 Bonnie Vaughan	10:35.37
Minnie Jo Gay	10:42.40
M65 Louise Locklear	11:41.34
Francis Outwaitell	14:48.51
M70 Margaret High	10:34.62
Arlene Harrington	10:42.35
M75 Fran Hargraves	11:35.28
Eleanor Miller	11:53.88
M80 Tantha Mitchell	12:51.45
Mae Kanipe	13:25.23
M85 Eleanor Cheek	13:57.33
Eleanor Bennett	14:59.90

5000m RW	
M55 Adrian Smith	33:27.37
Dan Greenfield	34:21.33
M60 Ken Long	29:27.91
Madho Singh	31:30.13
M65 John Montgomery	32:49.26
E B Lloyd	33:08.34
M70 Leroy Flowers	40:42.31
M75 Bill Patterson	34:07.04
M80 Caldwell Nixon	39:46.24
John Slaughter	43:58.80
M60 Evelyn Lloyd	41:06.49
Zona Chapman	41:09.40
M65 Fran Outwaite	43:02.35
Celia Trivette	43:04.64
M70 Margaret High	38:07.68
Annie Harmon	44:34.14
M75 Eleanor Miller	41:11.70
Lillian Oertel	44:16.67
M80 Eleanor Cheek	49:27.78

Nashville TC Meet  
Nashville, TN; October 13

100y	
M30 Bruce White	12.68
M35 Bill West	12.25
M40 Mike Snyder	13.22
200m	
M30 B White	29.51
M40 Mike Snyder	30.04
M45 Randall Brady	25.15
M55 Barry Bertram	28.17
300m	
M35 Bill West	45.18
M40 Jim Montmarquet	40.30
M55 Rich Peck	45.16
400m	
M40 Jim Montmarquet	57.90
M55 Rich Peck	60.46
800m	
M30 Jim Busby	2:06.50
M35 Mark Jidov	2:34.17
M40 Ron Merville	2:08.28
M45 Rich Peck	2:34.03
One Mile	
M35 Mark Jidov	5:17.00
M40 Mike Snyder	6:21.10
M45 Tony Zahoric	5:00.89
3000m	
M35 Mark Jidov	10:45.93
M45 Larry Wallace	11:11.24
5000m	
M30 James Scheer	16:20.48
M36 Vicki Crisp	17:41.08

## MIDWEST

Greater Columbus Senior  
Olympics  
Columbus, OH; September 2-3

50m	
M55 Tom Phillips	5.9
M60 Richard Greive	6.2
M65 Willie Blackmon	6.1
M70 Bill Weinacht	6.4
M75 Herman Mlotek	7.5
M80 Byron Fike	7.4

M95 Ralph Sturgeon	22.4
M60 Barbara Reese	7.1
M65 Ruth Moneysmith	11.4
M70 Ernestine Yeomans	9.7
M75 Rose Rizen	29.2
100m	
M55 Burt Saidel	11.8
Ernest Walls	11.9
M60 Jack Greenwald	12.3
Richard Greive	13.1
M65 Willie Blackmon	11.7
John O'Neill	12.2
M70 Bill Weinacht	12.4
Max Pickl	13.3
M75 Herman Mlotek	15.3
Leslie Thomas	15.7
M80 Byron Fike	14.6
Frank Furniss	19.0
M85 Everett Hosack	20.0
M95 Ralph Sturgeon	57.6
M60 Mary Patterson	14.1
Barbara Reese	15.0
M65 R Moneysmith	23.6
M70 E Yeomans	21.0
Anne Luft	41.5
M75 Rose Rizen	58.5
200m	
M55 Ernest Walls	26.2
John Resler	28.6
M60 Jack Greenwald	28.1
Allan Jackson	30.7
M65 Willie Blackmon	27.0
John O'Neill	31.8
M70 Bill Weinacht	29.3
Max Pickl	30.5
M75 Leslie Thomas	35.8
Herman Mlotek	36.0
M80 Byron Fike	34.2
M95 Ralph Sturgeon	3:13.5
M60 Mary Patterson	33.2
Peggy Williams	42.0
M65 R Moneysmith	60.0
M70 E Yeomans	51.7



400m	
M55 Ernest Walls	62.3
Dennis O'Connor	67.3
M60 Jack Greenwald	68.2
Allan Jackson	73.8
M65 W Blackmon	63.1
Richard Cavicchi	88.9
M70 Bill Weinacht	72.3
Paul Swartz	1:47.0
M75 Leslie Thomas	1:44.4
Hugh Yeomans	1:52.1
M80 Byron Fike	1:32.2
M60 Mary Patterson	84.0
Mary Cavicchi	2:22.0
M65 Ruth Moneysmith	2:31.0
M70 Ernestine Yeomans	2:31.0
Mile	
M55 Donald Wahle	6:33
M60 Peter Grasselli	6:12
Art Beagle	6:30
M65 Harold Beard	7:14
Vic Levenstein	7:23
M70 Robert Corotis	9:15
M75 Hugh Yeomans	9:34
M60 Mary Cavicchi	11:57
M70 Ernestine Yeomans	10:55

Three Mile	
M55 Don Wahle	21:25
M60 Peter Grasselli	21:17
Robert Ault	21:46
M65 Vic Levenstein	24:54
Harold Beard	24:57
Long Jump	
M55 Tom Phillips	15-1
John Resler	15-0
M60 Jack Greenwald	13-7
Richard Greive	13-6
M65 Willie Blackmon	14-10
Gray Holterhoff	12-7
M70 Andy Jones	11-8
Max Pickl	12-7
M75 Leslie Thomas	10-5
Evan Jones	9-10
M80 Byron Fike	9-5 1/2
Frank Furniss	7-8 1/2
M85 Everett Hosack	8-6
M55 Betty Steele	8-2
Reesie Glover	7-2
M60 Barbara Reese	11-0
Peggy Williams	8-2
M70 E Yeomans	3-10
Anne Luft	3-4

Shot Put	
M55 Brad Ankerstar	34-5 1/2
Jack Twet	32-2 1/2
M60 Peter Augsbarger	38-1
Cliff Sampson	34-11
M65 Fred Ponder	29-9 1/2
Harold Wagner	27-4 1/2
M70 Andy Jones	27-4
William Kuhner	23-11 1/2
M75 William Smith	27-4
Evan Jones	24-8 1/2
M80 Byron Fike	21-9
Frank Furniss	21-8
M85 Everett Hosack	18-1 1/2
M95 Ralph Sturgeon	9-1 1/2
M55 Betty Steele	25-1
Reesie Glover	23-11
M60 Bernice Holland	27-10 1/2
Lucille Sampson	25-7 1/2
M65 Edna Smith	17-8
M70 E Yeomans	16-4
M75 Ellen Brown	17-8 1/2

<u>Discus</u>	
M55 Frank Caron	111-5
Al Pike	109-10
M60 Cliff Sampson	123-7
John Vesco	114-2
M65 Mark Whitaker	89-6
Wayne Rittenhouse	81-4
M70 Andy Jones	119-4
William Kuhner	119-4
M75 Evan Jones	74-10
Leslie Thomas	70-0
M80 Frank Furniss	66-8
Byron Fike	64-8
M85 Everett Hosack	80-0
M95 Ralph Sturgeon	23-0
W55 Betty Steele	66-3
Reesie Glover	38-5
W60 Bernice Holland	78-2
Lucille Sampson	70-8
W65 Edna Smith	41-0
W70 Ernestine Yeomans	36-8
Lenka Seda	32-5
W75 Ellen Brown	40-3
Rose Rizen	17-5
<u>Mile Walk</u>	
M55 Al Pike	10:28
Harold Crow	13:47
M60 Allan Jackson	9:50
Jack Shuter	9:51
M65 Charles Meng	9:58
Richard Cavicchi	10:55
M70 Miller Makey	11:45
M75 Hugh Yeomans	11:24
Evan Jones	12:24
M80 Byron Fike	11:54
W55 Virginia Wahle	14:10
Reesie Glover	14:45
W60 Peggy Williams	11:36
Lucille Sampson	11:56
W65 Bernice Jacobson	15:09
Irene Mikolaj	15:49
W70 Ernestine Yeomans	11:57

# 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

TAC/USA National Masters 5K X-C Championships  
Fayetteville, NY; October 7

### Men

#### 40-44

1	16:28	Dale Keenan (40) Road Runner Masters
2	16:48	Thomas Carroll (40) Greater Lowell RR
3	16:53	Bob Giambalvo (41) Shirley, LI NY
4	16:54	Gary Wallace (41) Greater Lowell RR
5	16:58	Harold Nolan Jr. (43) Shore AC
6	17:16	Scott Abercrombie (40) Taconic RR
7	17:16	Stoddard Melhado (44) Greater Lowell RR
8	17:22	Albin Swenson (43) Hartford TC
9	17:25	Dennis Grantz (41) Grand Rapids TC
10	17:29	Tom Amiro (40) Greater Lowell RR
11	17:32	Laurence Fearon (42) Hartford TC
12	17:38	Bob Hermes (40) Taconic RR
13	17:41	Duane Green (40) E. Williston, NY
14	17:41	Buzz Wynbeck (42) Grand Rapids TC
15	17:43	Bruce Albert (41) West Lawn, Pa.
16	17:47	Roger Price (41) Shore AC
17	17:50	Ron Fleury (44) Auburn Pulsars
18	17:54	Jack Norton (43) Boston AA
19	17:58	Brian O'Keefe (42) Syracuse Chargers
20	18:01	Mark Sepkowski (42) Shore AC
21	18:08	Reinhold Wotawa (41) High Noon AC
22	18:11	Bob Hall (44) Greater Lowell RR
23	18:12	Ben Brockwell (42) Shore AC
24	18:15	Anthony Galfano (42) Taconic RR
25	18:21	Michael Krywanski (40) Grand Rapids TC
26	18:23	Jim May (44) CATS AC
27	18:24	Fred Dedrick (42) Philadelphia Masters
28	18:26	Michael Daley (40) Taconic RR
29	18:29	John Holland (44) Taconic RR
30	18:30	James Ascioti (41) Syracuse TC
31	18:32	Steve Desmond (40) Shore AC
32	18:41	John Hohm (41) Syracuse TC
33	18:43	Don Gulick (43) Hartford TC
34	18:48	Phillip Jensen (42) Road Runner Masters
35	18:49	John Dwyer (43) Syracuse Chargers
36	18:50	Tom Homeyer (42) Syracuse TC
37	18:51	Tim Payne (40) Orillia, Ont., Canada
38	18:51	Ken Whitcomb (41) Greater Lowell RC
39	18:52	Kimball Atwood (40) Boston AARC
40	18:55	Jim Boyle (40) CATS AC
41	18:58	Dennis Bunting (43) Road Runner Masters
42	19:05	Gary Herbert (44) CATS AC
43	19:12	Julian Nichols (43) Hartford TC
44	19:15	Jim Cintron (42) Taconic RR
45	19:19	Andrew Morton (41) Syracuse Chargers
46	19:19	David Abusamra (43) Boston AA
47	19:28	Gregg Miller (40) Grand Rapids TC
48	19:40	Brian Dongelewicz (41) RR Masters
49	19:47	Morris Morgan (40) Road Runner Masters
50	19:53	Bob Russell (41) Syracuse TC
51	20:12	James Lawton (41) Syracuse Chargers
52	20:32	Jeff Gerson (43) Over The Hill TC
53	20:51	Marc Kutner (43) Road Runner Masters
54	20:54	Jerry Elkins (42) Grand Rapids TC
55	21:03	Joseph Burleson (43) Hartford TC
56	21:33	Jim Caskey (44) West Penn TC
57	21:44	Wendell Dawson (42) Syracuse Chargers
58	21:55	Michael Defio (44) Syracuse Chargers
59	22:11	Ken Sieperman (43) Syracuse TC
60	22:12	Peter Baigent (44) Syracuse Chargers
61	22:13	John Mazurick (40) Central Jersey RRC
62	22:27	Richard Dingman (41) Syracuse Chargers
63	22:29	Ray Brown (42) Syracuse Chargers
64	23:21	Larry Naukam (42) Greater Rochester TC
65	24:01	David Kennedy (43) Syracuse Chargers

#### 45-49

1	17:51	Dennis LaMountain (45) Richmond, VA
2	17:56	Jerry A. Smith (47) Syracuse TC
3	18:02	Kirk Randall (49) Boston AARC
4	18:13	Salih Talib (45) New York City
5	18:23	Hector Bauza (45) Belle Watling AC
6	18:26	Michael Persak (47) Grand Rapids TC
7	18:33	Howard Bashant (45) Taconic RR
8	18:36	Joe Abernethy (48) CATS AC
9	18:42	Joseph T. Cote (47) Millrose
10	18:47	Will Mason (49) Greater Lowell RR
11	18:52	Paul Rose (46) Syracuse Chargers
12	19:03	Ralph Walde (47) Hartford TC
13	19:04	Dick Coleman (47) Syracuse Chargers
14	19:04	Dave Winn (47) CATS AC
15	19:06	John Kuhl (46) Shore AC
16	19:19	Paul E. Perry (45) Orland Park, IL
17	19:27	Peter Szawlowski (48) Boston AARC
18	19:41	Lawrence Abrahamson (48) Syr Chargers
19	20:03	Tom Wall (47) Boston AARC
20	20:05	Stan Edelson (49) Shore AC
21	20:18	John Leshar (45) Sherill, NY

22	20:20	Peter Kadrouach (48) Grand Rapids TC
23	20:22	Tim Collins (48) Syracuse Chargers
24	20:57	James Weber (45) Grand Rapids TC
25	21:32	David Dunham (48) Syracuse Chargers
26	21:35	Allen Jenks (47) Grand Rapids TC
27	21:46	Paul Stelmazyk (47) Syr Chargers
28	22:07	Edward Hetkowski (45) Yorktown Hgts NY
29	22:46	Mike Hankinson (47) Grand Rapids TC
30	24:09	Allan Drew (47) Syracuse Chargers
31	24:23	Jack Soltis (45) Syracuse Chargers
32	26:22	Ray Karaffa (48) Syracuse TC

#### 50-54

1	18:10	Ben Johns (54) Ottawa, Canada
2	18:19	Ken Mueller (54) Boston AARC
3	18:45	Dick Perrin (50) Bunnell, FL
4	18:55	Harold Hatch (50) Boston AARC
5	19:08	John Pelton (51) Road Runner Masters
6	19:19	Alan O'Dell (50) Grand Rapids TC
7	19:22	Joel Landis (51) Road Runner Masters
8	19:23	Greg Osmun (50) Grand Rapids TC
9	19:24	John Hurley (54) Boston AARC
10	19:26	Henry Sarnowski (50) RR Masters
11	19:26	Robert Clark (51) Boston AARC
12	19:28	Vincent Colgan (51) Syr Chargers
13	19:30	Lee Wilcox (52) Road Runner Masters
14	19:33	Harry Tellman (52) Grand Rapids TC
15	19:36	Sam Graceffo (54) Syracuse Charges
16	19:57	Larry Decker (50) RR Masters
17	20:04	Art Conro (53) Boston AARC
18	20:42	Bill Walsh (52) Westchester Club
19	20:51	Jack Ucci (52) Syracuse Chargers
20	20:56	Robert Bender (54) Grand Rapids TC
21	21:07	Jim Turner (50) Menlo Park, CA
22	21:23	Lee Lindley (53) Grand Rapids TC
23	21:28	Robert Fouts (52) Grand Rapids TC
24	21:29	Al Owens (50) Grand Rapids TC
25	21:43	Dick Crook (51) Syracuse Chargers
26	22:12	Ed Obetts (54) Grand Rapids TC
27	23:05	Lucius Bugbee (51) North East, PA
28	23:16	Alec Davis (50) Syracuse Chargers
29	23:38	Richard Haven (54) Hurley's Heroes
30	24:07	Thomas Kieran (50) RR Masters
31	28:17	Chuck Shanklin (54) Syracuse, NY

#### 55-59

1	19:06	Bob Milner (55) Syracuse Chargers
2	20:11	Peter Hettrich (55) Road Runner Masters
3	20:15	Larry Nicholson (56) Grand Rapids TC
4	20:17	Bob Brock (57) Syracuse Chargers
5	21:40	Tom Whelan (58) Belle Watling AC
6	22:55	Robert Klaus (58) Belle Watling AC
7	22:59	Van Ness Robinson (55) Hurley's Heroes
8	23:07	John Garrity (59) Belle Watling AC
9	23:12	Dillon Maier (55) Hurley's Heroes TC
10	23:32	Ron Gerughty (58) Annandale, Va
11	24:22	Richard Hueber (57) Syracuse Chargers
12	24:38	Albert Dormann (57) Belle Watling
13	25:13	Richard deFrances (57) Hurley's Heroes
14	27:12	Joseph Fodero (58) Hurley's Heroes
15	28:58	Charles Ammann (59) Westchester RR
16	29:14	Nicholas Paladino (57) Syracuse TC

#### 60-64

1	20:22	Michael Sullivan (60) Boston AARC
2	20:26	Howard Rubin (62) Syracuse Chargers
3	20:40	Ed Stabler (61) Syracuse Chargers
4	20:58	Richard Kendall (60) Belle Watling AC
5	21:32	Bill Cooney (60) Road Runner Masters
6	21:53	Jerry Johncock (62) Grand Rapids TC
7	22:05	Bob Gauvreau (60) Road Runner Masters
8	22:15	Olcott Brown (62) Belle Watling AC
9	22:15	Pat Fitzgerald (60) Road Runner Masters
10	22:48	Richard Sullivan (62) Belle Watling AC
11	22:57	Joe Conrad (61) Syracuse Chargers TC
12	23:14	Thomas Hovey (61) Syracuse Chagers TC
13	23:34	Roger Whalley (60) Belle Watling AC
14	23:39	Jack O'Sullivan (62) Belle Watling AC
15	24:20	Wallace Ypma (64) Grand Rapids TC
16	24:58	Bob Warner (50) Road Runner Masters
17	25:32	Edward Hart (63) Finger Lakes RC
18	26:43	George Tillson (62) Shortsville, NY

#### 65/69

1	22:23	Donald Carter (66) Vestal, NY
2	23:26	Don McWilliams (66) Canandaigua, NY
3	23:36	Bob Hennig (65) Road Runner Masters
4	23:45	Clyne Lunsford (67) New Canaan, CT
5	24:09	Bill Tribou (69) Hartford TC
6	24:12	Edward Buckley (69) Syracuse Chargers
7	25:18	Francis Albaugh (68) West Penn TC
8	25:40	Tom Walnut (66) Syracuse Chargers
9	27:34	Bill Schweitzer (68) Syracuse Chargers

#### 70-74

1	25:24	Nathaniel White (71) Syracuse Chargers
2	27:03	John Evans (74) Grand Rapids TC
3	29:11	Mel Freidel (70) Dix Hills, NY
4	31:40	Sid Zecher (71) Syracuse Chargers
5	37:35	Ed Straub (72) Syracuse Chargers
6	NT	Nathan Hacker (73) Syracuse Chargers

#### 75-79

1	25:36	Eugene Keller (76) Cincinnati, OH
2	26:50	Bill Brobston (77) Saugerties, NY
3	26:56	Dudley Healy (76) Chatham, NJ
4	32:04	Bob Boal (78) Wake Forest, NC

#### 80-84

1	35:07	Charles Hackenheimer (84) Syr Chargers
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### Women

#### 40-44

1	20:36	Kathy Brown (42) Fairport, NY
2	20:56	Elizabeth Mastin (40) Syracuse Chargers
3	22:29	Diane Colbert-Mauboussin (44) FLRC Ithaca NY
4	22:58	Sue Terwilliger (42) Syracuse Chargers
5	23:15	Kathleen Collins (43) Syracuse Chargers
6	25:05	Paula Emmons (44) Grand Rapids TC
7	25:21	Kathy Pierce (43) Syracuse Chargers TC
8	26:25	Kate McKenna (41) Syracuse, NY
9	26:59	Lori Hankinson (44) Grand Rapids TC

#### 45-49

1	21:24	Judy Pickert-Hetkowski (47) Yorktown Hgts. NY
2	22:28	Elizabeth Bugbee (46) North East PA
3	22:43	Sue Gardinier (48) Syracuse Chargers TC
4	23:56	Andrea Hatch (47) Liberty AC
5	24:54	Linda McLaughlin (47) Boston AARC
6	25:52	Charlene Francis (49) Boston AARC
7	30:27	Barbara Genton (45) Syracuse Chargers TC

#### 50-54

1	22:22	Carol Bender (51) Grand Rapids TC
2	26:06	Lennie Tucker (52) Syracuse Chargers
3	27:17	Delores Horn (51) Grand Rapids TC
4	30:33	Eleanor White (52) Syracuse Chargers
5	32:17	Mary Kunzelman (54) Syracuse Chargers

#### 55-59

1	23:51	Carole Schutte (55) Grand Rapids TC
2	24:25	Mary Harada (55) Liberty AC
3	25:53	Liz Szawlowski (57) Boston AARC
4	26:25	Lois Bell (58) Syracuse Chargers
5	31:06	Patricia Moran (56) Syracuse Chargers

#### 65-69

1	36:54	Marsha Tillson (69) Shortsville, NY
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### Team Competition

#### 40-49 Women\*

1	66:37	Syracuse Chargers Track Club
2	76:39	Boston Athletic Association Running Club

#### 50-59 Women\*

1	73:30	Grand Rapids Track Club
2	83:04	Syracuse Chargers Track Club

#### 40-49 Men\*\*

1	86:38	Greater Lowell Road Runners
2	89:30	Shore Athletic Club
3	90:04	Taconic Road Runners Club
4	91:21	Grand Rapids Track Club "A" Team
5	91:52	Hartford Track Club
6	93:41	Road Runner Masters (Albany Area)
7	93:50	Syracuse Track Club
8	94:03	CATS, Rochester NY
9	94:10	Boston Athletic Association Running Club
10	96:15	Syracuse Chargers Track Club "A" Team
11	101:18	Syracuse Chargers Track Club "B" Team
12	107:04	Grand Rapids Track Club "B" Team
13	111:58	Syracuse Chargers Track Club "C" Team

#### 50/59 Men\*\*

1	96:08	Boston Athletic Association Running Club
2	97:23	Road Runner Masters (Albany area)
3	99:18	Syracuse Chargers Track Club
4	99:26	Grand Rapids Track Club
5	122:14	Hurley's Heroes Track Club (Oneonta, NY)

#### 60/69 Men\*

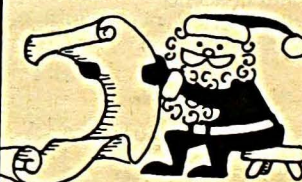
1	64:03	Syracuse Chargers Track Club
2	65:52	Road Runner Masters (Albany)
3	66:01	Belle Watling AC (Buffalo)
4	73:16	Grand Rapids Track Club

#### 70 Plus Men\*

1	92:11	Syracuse Chargers Track Club
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\* Aggregate time of 1st three (3) team finishers  
\*\* Aggregate time of 1st five (5) team finishers

National Continued on next page



## EAST

Great Cow Harbor 50K  
Northport, NY  
September 15

#### Overall

Mohammed Mourhit	29:37
Shelly Stealy	34:00

#### Men Masters

1 Bob Giambalvo	32:50
2 Alan Oman	32:56
3 Gary Muhrcke	36:11
5 Steve Conroy	36:11
M40 Nick Mondello	36:43
Paul Geiger	36:57
Ed Trentowski	38:08
M45 Dan Badalament	37:46
Warren Taylor	38:01
Alex Flyntz	38:35
M50 Joe Cordero	38:00
Hilton Goring	39:07
Robert Ford	40:03

M55 Richard Murphy	37:49
Joe Viverito	40:13
Jim Rudolph	43:04
M60 Ken Karcher	41:23
Ed Batcheller	46:21
Charles Oppizzi	47:20
M65 John McManus	40:56
Leon Zadoff	52:26
Ray Forest	54:02
M70+Mel Freidel	54:49
Walter Moritz	57:36
Sidney Zecher	58:26

#### Women Masters

1 Laura Schay	43:11
2 Mary Ann Calise	44:22
3 Joanne Gallo	44:29
4 Annette Frisch	44:34
5 Hilary Boucher	45:02
M40 Anita Cooney	46:46
Judy Carroll	46:48
Cheryl Skrivane	47:21
M45 Rosemary Riccardi	46:02
Marjorie Kos	46:19
Janit Romayko	48:02
M50 Linda Acker	46:06
Nancy Fraser	48:39
Jan Stone	52:09
M55 Wen-Shi Yu	45:07
Fayette Leung	59:47
Jane Guerlin	60:04
M60 Vera Allen	62:25
M65 Andrea Weetman	60:37
2149 finishers	

## National (Continued)

## TAC/USA National Masters 24-Hour Championships; Portland, OR; September 29-30

NAME	50K	50 MI	100K	100 MI	24 HR
1. Rae Clark, 38 CA	3:39:14	6:06:18	7:41:41	13:05:26	*165 m 427
2. Marshall Ulrich, 39 CO	4:11:55	6:59:18	8:59:45	15:28:35	142 m 153
3. Randy Stillman, 40	4:29:03	7:25:08	9:16:44	16:15:36	138 m 484
4. Randi Bromka, 38 CO	4:12:55	7:09:56	9:10:27	16:44:20	*132 m 882
5. Gary Johnson, 37 CA	4:21:03	7:20:12	9:23:50	17:00:29	127 m 127
6. Eb Englemann, 48	4:55:55	8:18:10	10:43:18	19:03:50	123 m 232
7. Bob Evinger, 35	4:49:23	7:57:58	10:23:50	18:47:33	118 m 731
8. Del Scharffenberg, 45	4:47:55	8:00:58	10:26:40	18:49:58	118 m 294
9. Echo Edmonson, 47 CA	3:42:24	6:34:43	8:47:09	19:15:09	117 m 1617
10. Mike Bartolus, 29	4:40:10	7:48:52	9:59:48	16:53:33	113 m 792
11. Vic Harris, 33	4:59:33	8:09:42	10:28:14	20:14:20	110 m 829
12. Dick Rozier, 60 CA	5:22:05	9:27:06	12:25:01	22:18:59	106 m 5 y
13. Chris Hart, 38	5:07:40	8:36:04	10:50:22	19:31:50	105 m 1328
14. Jim Barnes, 52 AL	5:38:06	9:40:06	12:37:33	23:04:27	103 m 1134
15. Frank Searfus, 40	5:55:51	10:07:41	13:14:53	23:14:16	102 m 491
16. Tom Perry, 45 CA	5:10:02	8:36:25	11:12:24	20:41:12	101 m 1377
17. Rick Riedel, 44 WA	5:53:15	10:05:59	13:12:51	23:27:16	101 m 288
18. Helen Klein, 67 CA	5:46:59	9:46:34	12:38:50	23:12:49	101 m 66 y
TIE Lary Webster, 57 WA	5:08:35	8:22:54	10:46:20	22:12:02	101 m 66 y
20. Bob Van Deusen, 42	5:15:34	8:38:34	11:19:54	22:53:02	100 m 515
TIE Bill Misner, 50 WA	4:54:47	9:05:25	11:39:30	20:14:23	100 m 515
22. Izumi Yamamoto, 48 NY	5:34:00	10:12:17	13:58:54	23:55:30	100 m 79 y
TIE Scott Demaree, 39 CO	4:07:02	7:11:35	10:54:15	23:28:45	100 m 79 y
TIE Pablo Herrera, 42	4:30:16	10:13:05	13:04:00	23:31:13	100 m 79 y
25. Mary Johnson, 43	5:31:18	9:37:24	12:56:01		93 m 1476
26. Tim Farley, 48	5:19:30	10:12:16	12:38:15		91 m 1063
27. Maureen Hennessy, 55	5:59:49	10:48:34	14:28:21		87 m 239 y
28. Bill McCracken, 45	5:51:06	10:01:23	13:31:39		84 m 1150
29. Becky Semler, 39	6:08:11	11:26:41	15:14:51		82 m 1174
30. Fred Riemer, 42 UT	6:52:08	11:42:00	16:56:25		80 m 1199
TIE Terry Parker, 42 CA	7:39:29	13:29:03	17:59:29		80 m 1199
32. Gary Wright, 39 WA	4:52:16	8:30:04	11:46:37		75 m 387 y
TIE Paul Jensen, 34 WA	5:29:22	11:16:47	18:05:06		75 m 387 y
TIE Doug Henderson, 39	6:43:14	11:29:28	15:17:14		75 m 387 y
35. Joe Campbell, 44 CO	4:35:30	7:36:34	11:07:00		71 m 1310
36. Steve Trout, 41	7:07:00	13:29:40	18:08:27		70 m 11 y
37. Joe Willis, 34 LA	4:12:55	8:31:02	11:10:41		62 m 984 y
38. Marv Christensen, 57 WA	6:17:40	13:50:59			57 m 1045
39. Sam Curtis, 47	6:22:20	12:17:10			55 m 1507
40. Rob Volkenand, 59					37 m 1729

200K Rae Clark \*16:55:12; Marshall Ulrich 20:38:42; Randy Stillman 21:08:17; Randi Bromka \*22:40:59; Gary Johnson 23:24:03. \*U.S. record. Helen Klein broke her own U.S. records at every distance from 30 miles to 100K. Randi Bromka's performance breaks her pending track record for 24 hours.

## East (continued)

## Friehofer's Run For Women/TAC Region 1 5K Championships Syracuse, NY; September 30

Overall		
Lisa Vaill 27	16:20	
W40 Elizabeth Mastin	19:02	
Carla Amann	20:36	
Kathleen Collins	21:49	
Joan Blunden CAN	21:51	
Donna Russell	21:59	
W45 Suzanne Gardiner	21:07	
Nancy Frisillo	21:27	
Eileen O'Rourke	26:12	
W50 Margaret Betz	20:12	
Sally Busby	22:37	
Connie LaSalle	26:41	
W55 Lois Bell	24:24	
Mary Ann Rusz	24:51	
Evelyn White	30:42	
W60 Dolores Quinn	24:56	
Beverly Martin	32:14	
Sara Townsend	34:04	
W65 Angie Smith	30:48	
Eleanor McIntyre	31:00	
Marsha Tillson	33:54	

Teams:  
W40-49 Syracuse Chargers 61:36  
(Mastin, Gardiner, Frisillo)  
W50-59 Syracuse Chargers 80:05  
(Bell, Rusz, White)

## Jersey Shore Half-Marathon Sea Bright to Asbury Park, NJ October 7

Overall		
John Montgomery	1:11:32	
Jill Duthie	1:27:31	
M40 Tom Hall	1:16:59	
Tim Shay	1:21:35	
George Wittman	1:22:13	
M50 Victor Cruz	1:22:58	
Danny Castro Sr	1:25:43	
John Courts	1:26:49	
M60 Joe Burns	1:34:16	
Bill Furbush	1:42:41	
Mario Cavallo	1:48:47	
M70+Bill Doyle	2:20:47	

W40 Betty Conover	1:30:20
Lily Kosaka	1:33:41
Linda Fisher	1:35:11
W50 Cheryl Thomson	1:41:45
Donna Mehler	1:55:33
W60 Joyce Kuschke	2:02:57
Fran Battaglia	2:22:32

## Belmont Plateau Auburn Classic 5 Mile X-C Philadelphia, PA October 14

M30 Bob Schwelm	28:01
Dave Thomas	30:18
Scott Lash	32:05
Craig Frankenfield	34:32
Nehemiah Godizano	34:46
M35 Donald Wisniewski	32:52
David Douds	33:35
Joe Hoffman	34:55
Larry Balick	35:59
Ed Morris	36:26
M40 Gary Tompkins	30:00
Ken Underwood	31:52
Jim Waters	31:58
Fred Dedrick	32:26
Billy Deasey	33:16
M45 Brian Salzberg	34:41
Ted Corcoran	35:08
Richard Howett	35:17
Frank Feingold	37:17
Larry Simmons	38:24
M50 Tom Gallagher	33:42
Martin Harms	38:34
Don Dougherty	39:41
Tony Belfiglio	40:55
Denny Lutz	43:31
M55 Jim Sutton	34:36
Paul Gorka	42:46
John Lash	43:35
Frank Mertens	44:58
Al Fitts	47:01
M60 Moose Demalto	44:55
Stan Cherim	46:32
Dan Ross	48:19
John Claggett	52:40
M65 Luther Burdelle	37:47
Oliver Williams	42:39

W30 Mary Ann Stuart	40:37
Mary Ellen Malloy	42:05
W35 Beth Barrie	41:10
Marta Hernandez	44:21
Wendy Elder	58:10
Deborah McKnight	58:30
W40 Peggy Sears	44:37
Nancy Alter	54:42
Josephine DePalma	58:23
W45 Rukmini Spiritosa	44:07
Ruth Pagell	46:31
W55 Carol Fenichel	47:14
Marie Barrie	1:00:39

## Yankee Runner Masters 5K Cross-Country Byfield, MA; October 14

M40 Henry Finch	17:55
Kirk Randall 49	17:56
Peter Dame	17:59
Kimball Atwood	18:20
Tom Derderian	18:41
M50+Frankie Reane	19:59
Fred Wright	20:55
Phillip Surette	21:17
David Gosse	22:01
David Dimmack	23:33
W40 Maureen Carne	24:11
Lillian Newbert	32:29
Linda Clark	32:49
W50+Mary Harada 55	24:40
Janice Gosse 55	28:37
Jean Huber	33:18

## Seaside Half-Marathon Seaside Heights, NJ; October 21

Overall		
Sean Gallagher	1:09:36	
Patti O'Brien	1:28:49	
M40 Luke Caverly	1:25:47	
M50 Len Gerardi	1:28:34	
M60 Santee Tallia	1:48:00	
W40 Louise Wechsler	1:33:45	
W50 M L Thornborough	1:44:02	

## New York Marathon November 4

Overall		
Doug Wakihuri	KEN	2:12:39
Wanda Panfil	POL	2:30:45
M40-49		
John Campbell	NZL	2:14:34
Ryszard Marczak	POL	2:20:51
Julien Grimon	BEL	2:24:45
Rodolfo Gomez	MEX	2:30:37
Jukka Toivola	FIN	2:30:37
M50-59		
Jim O'Neill	OH	2:32:36
Walter Koch	GER	2:34:13
Giuseppe DeMaris	ITA	2:37:52
Ruben Gordon	ARG	2:39:57
M60-69		
Jim McNearney	FL	2:41:28
Ernest Pfister	SWI	2:47:21
Derek Turnbull	NZL	2:47:25
W40-49		
Evy Palm	SWE	2:38:00
Nadezhda Gumerova	USSR	2:52:01
Claudia Ciavarella	TN	2:54:01
Consuelo Alonso	SPA	3:00:18
Alfreda Iglehart	CA	3:00:27
W50-59		
Else Bloement	HOL	3:13:27
Wen-Shi Yu	NY	3:18:18
W60-69		
Marianne Aandvik	NOR	3:26:23
W70+		
Pat Dixon	OR	4:41:09



## SOUTHEAST

## Tom Brown Bash 5K Road/Cross Country Tallahassee, FL September 8

Overall		
Bill Crooks 27	27:32	
Donna Miller 32	33:26	
M40 Paul Hoover	27:55	
Bill McGuire	28:11	
Steve Waltz	31:26	
Ken Barker	31:34	
Rich Leslie	32:11	
M45 George Palmer	32:16	
Lee Cohen	32:27	
Paul Carpenter	33:09	
Dennis Barton	34:05	
Tom Kelso	34:53	
M50 James Hanlon	33:00	
Rex Cleveland	33:14	
Jack Hanlon	37:01	
Mike Schneider	37:38	
Alex Simons	38:35	
M55 Sam Turnbull	32:04	
Jim Joanos	34:28	
Bob Rubenowicz	36:00	
Robert Padgett	36:17	
Bill de Grummond	37:06	
M60 Joe Plescia	36:34	
Jerry O'Connor	39:33	
Jack Tebo	42:09	
Richard Powers	42:32	
W40 Gloria Crillenden	40:02	
Barbara Yoncles	40:29	
Nancy Dowdy	40:48	
Susan Carey	41:41	
Diane O'Steen	42:19	
W45 Chris Van Fleet	39:18	
Lynn Nihlen	43:18	
Jerry Lynn Collins	47:24	
W50 Dot Skofronick	44:19	
Bonnie Johnson	60:30	
W55 Margarete Decker	39:59	



## Run for Sickle Cell 5K Tallahassee, FL September 15

Overall		
Bill Crooks 27	16:04	
Karen MacHarg 41	18:23	
M40 Bill McGuire	16:08	
David Hill	16:14	
Paul Hoover	16:23	
Cliff Depess	17:51	
M45 Nick Yoncles	20:51	
Allyn Sikes	21:19	
Mork Mills	22:01	
C. R. Figley	22:36	
M50 A. W. Simons	21:28	
Eric Smith	21:52	
Ed Boyack	23:00	
Paul Tompkins	24:27	
M55 Sam Turnbull	18:46	
Jim Joanos	19:44	
Ken Vinson	20:16	
Robert Padgett	21:00	

M60 Joe Plescia	21:21
Jerry O'Connor	22:27
Richard Powers	23:35
M65 Ed Knight	21:51
Charles Yates	28:16
M75 Casey Cason	37:16
W40 Karen MacHarg	18:23
Ondrea Simpson	20:48
Gloria Crillenden	22:47
Barbara Yoncles	23:08
W45 Lynn Nihlen	24:14
W50 Moe Cleveland	20:36
Betty Tompkins	28:35
Betty Lou Joanos	32:34
W55 Margarete Decker	23:05
W65 Ina Merrill	33:15

## RRCA Women's 5K DeLand, FL; September 16

Overall		
Kitty Sokoll 34	18:50	
W40 Pat Beidelschies	22:58	
Susan Adams	24:32	
Rose Tillery	26:08	
Judy Geisler	27:02	
W45 Rose Cherry	29:11	
Carolyn Finch	30:25	
Mary Burke	30:54	
W65 Elaine Geyer	33:16	

## NCNB Governor's Cup Races Columbia, SC; September 29

<u>Top Masters Men</u>	
Bob Schlaw 43	1:26:26
Wayne Yarbrough 44	1:31:01
Phil Peterson 42	1:31:13
M40 Olive Marshall	1:31:45
Shawn Chillag	1:33:03
Harvey Anderson	1:34:02
M45 Gerry Carner	1:32:25
Chuck Barton	1:36:45
Marris Johnson	1:37:22
M50 Charles Tesenair	1:35:29
Jim Adams	1:37:55
Boyce Brawley	1:41:15
M55 James Holt	1:44:43
Ray Stone	1:49:27
Jimmy Davis	1:49:28
M60 Al Becken	1:45:48
Dick Griffith	2:05:26
Joseph Shea	2:18:36
M65+David Mellard	1:57:40
Franklin Mason	2:02:45
Ollen Rhodes	2:22:14
<u>Top Masters Women</u>	
Nancy Grayson	1:35:14
Claudia Ciavarella	1:39:38
Anne Mansfield	1:51:13
W40 Connie Gruver	1:55:12
Karen Martin	1:57:53
Lynda Holdridge	1:59:00
W45 Jane Sodowsky	2:03:37
Joan Mulvihill	2:04:11
Barbara Davidson	2:04:47
W50 Avis Allen	2:03:42
Heather Yeowell	2:04:01
Patricia Rhode	2:05:44
W55+Nancy Bell	2:30:11
--BK--	
<u>Top Masters Men</u>	
Larry Frederick 41	26:10
Lee Fidler 41	26:35
Russ Pate 43	27:20
M40 Mark Stogsdill	27:26
M45 Morris Williams	28:52
M50 Jerry McGrath	28:21
M55 Charles Williams	30:16
M60 Lee Swofford	32:39
M65+Gordon English	34:24
<u>Top Masters Women</u>	
W40 Pat Tavares	34:14
W45 C Winningham	38:12
W50 Jean Hogan	37:52
W55+Barbara Ramsey	38:24

## Continued from previous page

<b>M50-54</b>		
1 Bob Schul	OH	1:20:08
2 Russ Atkinson	OH	1:22:29
3 Larry Crum	OH	1:23:16
4 Chuck Schultz	OH	1:23:37
5 Danny Place	KY	1:25:49
6 Nick Greco	OH	1:26:03
7 Lovell Sterling	OH	1:26:05
8 R L Jackson	OH	1:26:11
9 Daniel Cook	OH	1:26:34
10 Leon Burk	OH	1:27:00
11 Wally Nugent	OH	1:27:06
12 Gil Gilmore	OH	1:27:20
13 Bob Schlosser	OH	1:27:39
14 Paul Moore	OH	1:27:56
15 Doug Brobst	OH	1:28:01
16 Jerry Bohannon	MI	1:29:06
17 D Tarasiewicz	OH	1:29:28
18 Norman Sawdy	OH	1:29:57
19 John Schleppe	OH	1:30:13
20 Glen Davis	IN	1:30:15

<b>M55-59</b>		
1 Bill Olrich	KY	1:19:52
2 Don Gammie	OH	1:20:40
3 Sunao Yamanaka	OH	1:26:09
4 Rich Weidner	OH	1:26:55
5 John Sensenig	KY	1:28:51
6 Jim Hamrick	WV	1:32:01
7 Jack Nash	OH	1:33:36
8 Bill Branta	IN	1:35:21
9 Fred Sills	OH	1:35:26
10 Ron Helcher	OH	1:36:11

<b>M60-64</b>		
1 Don Williams	IN	1:29:10
2 John Hilker	IN	1:38:04
3 Bill Whitesell	OH	1:39:16
4 Roy Miller	OH	1:39:38
5 Peter Donahue	OH	1:41:27

<b>M65-69</b>		
1 John Hosner	VA	1:26:10
2 Dick Benson	GA	1:27:33
3 Jay Chappellear	OH	1:33:50

<b>M7+</b>		
1 Eugene Keller	OH	1:50:52
2 Julie Jacobson	OH	1:52:29
3 B Schmidt	OH	2:07:51

<b>M7-44</b>		
1 Barbara Filutze	PA	1:18:35
2 Terry Mahr	OH	1:20:16
3 Sandra Boyd	OH	1:22:22
4 Jeannie Rice	OH	1:28:07
5 Diane Perry	OK	1:29:22
6 Nancy Ayers	OH	1:32:52
7 Sandy Padgett	KY	1:34:48
8 Donna Hutchinson	OH	1:35:56
9 Ingrid Honzak	OH	1:36:43
10 Connie Gammell	OH	1:39:18

<b>M45-49</b>		
1 Iris Black	OH	1:23:09
2 B S Davidson	OH	1:35:41
3 Linda Macke	OH	1:36:39
4 D R Bramlace	OH	1:39:03
5 Margaret Gies	OH	1:43:20

<b>M50-54</b>		
1 Gina Faust	CA	1:30:42
2 Louise Miklovic	OH	1:40:23
3 Mitzi Henscheid	OH	1:44:15

<b>M55-59</b>		
1 Billie Stacy	OH	1:47:22
2 Eva Clair	OH	1:56:42
Terri Fanelli	OH	1:59:15

<b>M65-69</b>		
1 Loretta Shehan	NY	1:54:12

<b>M70+</b>		
1 Eliz Vainerman	UT	2:35:48



### Columbus Marathon

Columbus, Ohio  
November 11

<b>Overall</b>		
Steve Spence	28	2:12:16
Lisa Kindelan		2:35:44
M40 Ken Judson	40	2:24:09
Ken Sparks	45	2:29:11
Dan Soucoup	41	2:34:27
M40 Laura Lynn	40	2:54:30
Nina Bovio	44	3:01:44
Karen Bestul	48	3:08:00

### MID AMERICA

#### Night Tracks 5K

Tulsa, OK; September 14

<b>Overall</b>		
John Sharp	29	14:58
Jane Hutchison	44	18:07
M40 Robert Anderson		16:24
M45 Sete Haigh		17:54
M50 Don Antle		18:52
M55 Walter Birney		18:22
M60 Jack Gentry		18:39
M65 Jim Smith		21:41
M70+Vern Whiteside		28:26
M40 Vicky Fegaly		20:07
M45 Linda Brown		21:56
M50 Kathy Moffitt		24:27
M55 Lowanda Johnson		30:37
M60 Jo Campbell		33:45
M65 Jimmie Haggard		38:58

### Tulsa Run 15K

Tulsa, OK; October 27

<b>Overall</b>		
Leonardo Reyes	28	43:57
Leslie Lehane	27	50:07
(Top Masters Cash Prizes & Division Winners Determined by WAVA Age-Grading)		

#### Top Masters Men

Carlos Martinez	41	f48:07
		\$500 g45:05
Gary Madison	44	f51:23
		\$375 g47:12
Carl Nicholson	43	f51:05
		\$275 g47:15
Roger Robinson	51	f54:16
		\$200 g47:24
Jack Gentry	62	f60:56
		\$150 g47:59
Karlton Naylor	53	f56:00
		\$100 g48:07
Jim Smith	68	f65:31
		\$50 g48:15

#### Top Masters Women

Jane Hutchison	44	f56:08
		\$500 g51:07
Claudia Ciavarella	41	f55:43
		\$375 g51:51
Martha O'Rourke	40	f60:12
		\$250 g56:26
Mary Kennard	51	f66:42
		\$150 g57:25
Vicky Fegaly	42	f62:26
		\$75 g57:42

M40 Carlos Martinez		
M45 Charles Mabry	47	f55:51
		\$500 g51:07
M50 Roger Robinson		
M55 Walter Birney	56	f59:26
		\$49:42

M60 Jack Gentry		
M65 Jim Smith		
M70+Vern Whiteside	71	f80:10
		\$56:58

M40 Jane Hutchison		
M45 Linda Brown		
M50 Mary Kennard		
M55 Donna Wright	55	f72:07
		\$59:45
M60 Pat Wheeler	64	f88:09
		\$65:55
M65 Wanda Groves	68	f140:06
		gl:11:05
M70+P Ruthenburg		f n/a
		gl:03:51

(f=finish time;g=graded time)

### WEST

#### Los Angeles Philharmonic/Reebok 5K/10K

Los Angeles; October 6

<b>--5K--</b>		
M40 James Sackett		16:59
Mike Smith		17:34
Ken Jewett		17:43
M45 Mike Segal		18:57
Juventino Luna		21:34
Sergio Lazaro		22:02
M50 Bob Nyman		19:15
Jerry VanMeter		20:02
Dale Bell		20:53
M55 Wm O'Donnell		19:50
Ron Tucker		21:02
Peter Barrett		22:38
Pete Petracek		20:22
Ruben Esqueda		20:30
Jack Green		22:43
M65 Larry Banuelos		21:03
Jack Mehlan		26:37
John Mooshagian		28:09
M70 J R Smith		29:09
Robert Goodman		34:07
Wm Perkins		38:40
M75 Ed Stotsenberg		24:39
Fred Shandley		27:47
Dean Scofield		32:53
M85 Jacob Bishin		44:24
M40 Terry Goodreau		20:33
Sue Harmon		20:42
Sharon Grant		21:31
M45 Pauline Freeland		24:32
Anna Phipps		25:15
Barbara Shields		25:17
M50 Carol Barrett		26:28
Arlene Hoffman		27:55
Janet Dolan		29:34
M55 Maryanne Chappellear		27:43
Laureta Gibbs		43:44
M60 Sumiye Leonard		27:11
Lillian Esqueda		27:53
Verian Bruce		29:37
M70 Isobel Delvea		38:26
M75 D Stotsenberg		35:38

<b>--10K--</b>		
M40 Tom Williams		36:01
Gil Varela		38:00
M55 Walter Birney		38:25
M60 Jack Gentry		38:39
M65 Jim Smith		21:41
M70+Vern Whiteside		28:26
M40 Vicky Fegaly		20:07
M45 Linda Brown		21:56
M50 Kathy Moffitt		24:27
M55 Lowanda Johnson		30:37
M60 Jo Campbell		33:45
M65 Jimmie Haggard		38:58

<b>M70+</b>		
1 Eliz Vainerman	UT	2:35:48

<b>M70+</b>		
1 Eliz Vainerman	UT	2:35:48

<b>M70+</b>		
1 Eliz Vainerman	UT	2:35:48

<b>M70+</b>		
1 Eliz Vainerman	UT	2:35:48

<b>M70+</b>		
1 Eliz Vainerman	UT	2:35:48

<b>M70+</b>		
1 Eliz Vainerman	UT	2:35:48

<b>M70+</b>		
1 Eliz Vainerman	UT	2:35:48

<b>M70+</b>		
1 Eliz Vainerman	UT	2:35:48

<b>M70+</b>		
1 Eliz Vainerman	UT	2:35:48

<b>M70+</b>		
1 Eliz Vainerman	UT	2:35:48

<b>M70+</b>		
1 Eliz Vainerman	UT	2:35:48

<b>M70+</b>		
1 Eliz Vainerman	UT	2:35:48

<b>M70+</b>		
1 Eliz Vainerman	UT	2:35:48

M60 Ed Ornitz	43:32
Bob Koch	44:21
Luis Marroquin	48:56
M65 Stanley Neufeld	47:31
John Thompson	48:26
Dick Greenberg	66:57
M70 Fred Suto	52:15
M75 George Feinstein	56:18
M40 Marquita Zevin	44:47
Joan Ortega	52:53
Cathy Plantenga	53:24
M45 Suzie Klein	44:21
Marie Slonski	48:19
Sylvia Trowbridge	56:41
M50 Annie Burns	56:34
Sharon Dellamaria	71:48
M60 Ethel Kleinsasser	53:51

### PAC/TAC 15K Championships

Reno, NV; October 7

<b>Overall</b>		
Miguel Tibaduiza	34	46:38
Terry Schmidt	34	53:04
M40 Domingo Tibaduiza		47:04
Bill Knapp		51:52
Bob Darling		52:29
M45 Ewar Gordillo		50:25
Keith Henriquoar		51:40
Perry Hayden		54:14
M50 Tim Jordan		53:26
Tim Rostegge		55:08
Ken Pulver		58:44
M55 Fred Kiddy		58:49
Carl Ellsworth		59:49
Ron Ogilvie		64:51
M60 Rick Thomas		79:54
Clint Burdick		85:04
M65 Howard Powers		80:50
M40 Nelly Wright		60:50
Kathy Kennedy		61:57
Cynci Calyin		66:37
M45 Shirley Matson		57:21
Gail Rodd		65:58
Lauri Fisher		66:52
M50 Barbara Miller		62:56
Sandra Kiddy		63:48
M55 Myra Rhodes		75:32
Marty Maricle		76:46
M65 Kit Pickles		88:54

### Colors of Autumn 5K/10K

Irwindale, CA; October 14

<b>--5K--</b>		
<b>Overall</b>		
Eugene Muslar		15:39
Kathy Hamlin		21:55
M40 Joe Alvarado		15:40
M45 George Mason		17:19
M50 Booker Washington		19:07
M55 Jim Andres		20:25
M40 Martha Cisneros		23:44
M45 DeAnne Dulya		26:03
M50 Theresa Lancey		32:52

<b>--10K--</b>		
<b>Overall</b>		
Tome Odom		35:19
Lynn Clay		40:02
M40 Kurt Dietrich		36:28
M45 Bill Woolson		40:06
M50 Joe Cuevas		39:04
M55 Antonio Gonzales		37:32
M60+Leo Prado		45:19
M40 Elizabeth Blair		41:30
M45 Diane Thomas		53:54
M50 Marlene Sereno		54:42
M55 Norma Martin		65:00

<b>--10K--</b>		
<b>Overall</b>		
Tome Odom		35:19
Lynn Clay		40:02
M40 Kurt Dietrich		36:28
M45 Bill Woolson		40:06
M50 Joe Cuevas		39:04
M55 Antonio Gonzales		37:32
M60+Leo Prado		45:19
M40 Elizabeth Blair		41:30
M45 Diane Thomas		53:54
M50 Marlene Sereno		54:42
M55 Norma Martin		65:00

<b>--10K--</b>		
<b>Overall</b>		
Tome Odom		35:19
Lynn Clay		40:02
M40 Kurt Dietrich		36:28
M45 Bill Woolson		40:06
M50 Joe Cuevas		39:04
M55 Antonio Gonzales		37:32
M60+Leo Prado		45:19
M40 Elizabeth Blair		41:30
M45 Diane Thomas		53:54
M50 Marlene Sereno		54:42
M55 Norma Martin		65:00

<b>--10K</b>
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Continued from previous page

**Sioux Falls Regional Senior Games Track**  
**Sioux Falls, SD; August 10-11**

<b>1500m</b>	
M55 John Landon	10:28
M60 Glen Peterson	8:34
M65 Eugene Frey	11:30
M70 Reuben Anderson	11:15
M55 Mary Mitchell	11:16
<b>5000m</b>	
M55 John Landon	40:27
M60 Glen Peterson	30:26
M65 E Frey	39:49
M70 R Anderson	39:01
M60 Marion Lawrence	52:03
<b>10,000m</b>	
M55 Harry Klessen	1:11:53
M60 Glen Peterson	1:02:47
M65 Al Brandt	1:34:41
M70 R Anderson	1:18:31

**South Carolina TAC 10K Championships**  
**Greenville; September 30**

<b>Overall</b>	
Dave Waddle	58:30
Juliette Newsome	88:38
M40 Bill Chelf	59:22
David Hale	61:33
Hernan Sabio	64:05
M50 Tom Guzik	69:41
Demuth Blanton	70:35
Leon Stenzel	73:34
M60 Mike Michel	64:54
John Snaden	70:38
Clint Edwards	71:24
M80+Al Nellis	83:01
W40 Avis Daugherty	70:52
Sharon Finch	81:47
W50 Margaret Parnell	80:24
W70 Olivia Newsome	85:45


**Jersey Shore 20K**  
**Sea Bright to Asbury Park, NJ**  
**October 7**

<b>Overall</b>	
Marcus Kantz M40	1:56:10
Gayle Rooney W30	2:15:25
M40 Ralph Edwards	2:16:55
Peter Wilk	2:18:02
M50 Manny Eisner	2:15:02
Avram Shapiro	2:16:25
James Brown	2:17:16
M60 Wm Ellington	2:18:01
Bob Nucci	2:22:39
John Nervetti	2:23:33
M70+Don Johnson	2:37:57
Harry Drazin	2:48:34
W40 Carole Goldberg	2:42:47
M Smeraldo	2:42:48
Jessie Harkes	2:45:13
W50 Marcia Shapiro	2:20:10
Kathy Barry	2:43:12

**Potomac Valley Seniors TC**  
**One-Hour RW**  
**Arlington, VA; October 31**

M30 Robert Briggs	8m455y
M40 Alan Price	7m598y
Ron Clarke	6m556y
Vic Litwinski	6m290y
M50 Jim Lemert	6m883y
Bill Spruill	5m1425y
M60 Jack Ozment	5m1672y
Wm Woodburn	5m1203y
Paul Terry	5m669y
M70 Ed Seeger	5m1198y
Wayne Dexter	4m1219y
Mil Wood	4m1079y
W30 Glenda Elliott	5m1521y
W40 Joan Schindel	5m1116y
Janet Webb	5m458y
Carole Bateman	5m378y
W50 Nancy Whitney	5m1028y
Marsha Hartz	5m483y
Nancy Sturgill	4m1269y
W60 Pat Nesley	5m977y


**MAC One-Hour Championships**  
**New York City; October 28**

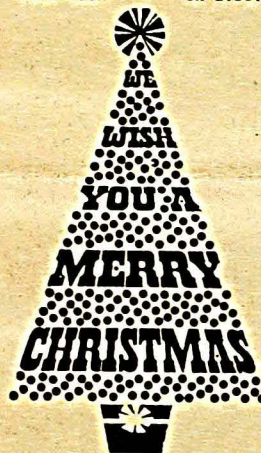
(distances in meters)	
M40 Per Hollander	8657
M50 Bob Thaler 3rdm	10425
Richard Lann	9703
M60 Frank LaMorte	9861
Len Scheer	8756
Ed Green	7860
W40 Jeanie Whiting 1stwll	1150
Joan Reisman	8489
W50 Rhoda Green 3rdw	9851
Elton Richardson	9679
Linda Roesner	9670
W60 Joan Rowland	9049
Vivian Love	7812
<b>Men's Masters Team:</b>	
Metropolitan Racewalkers (LaMorte, Lann, Scheer)	
<b>Women's Masters Team:</b>	
Metropolitan Racewalkers (Green, Richardson, Roesner)	

**Canadian Masters 24-Hour Championships**  
**Ottawa; September 15-16**

(distance in kilometers)	
M40 Peter Holubar	242.919
Jacques d'Anjou	173.677
Mark O'Donoghue	132.0
M45 Fred McLennan	186.8
Paul Smith	162.09
Roger Allison US	122.4
M50 Gary White	181.965
Hans Gormley	171.206
John Moss	162.4
M55 John Graham	100.4
W35 Beverley Williams	193.715
W40 Margaret Mullen	124.589
W45 V Lavin-Moss	97.388

**WAVA North American Masters 20K Championships**  
**Midland, TX; October 21**

<b>M40-44</b>	
Andrew Smith	NM 1:47:39
Bob Esterline	TX 1:59:47
Bob Jordan	IA 2:11:34
Vince Falsetta	TX 2:26:05
<b>M45-49</b>	
Norm Frable	TX 1:50:54
Peter Armstrong	NM 2:02:59
Neil West	NM 2:27:12
<b>M50-54</b>	
John Knifton	TX 1:50:58
Ed Whiteman	LA 1:51:21
Jim Chapman	TX 2:11:45
Larry Marchant	CO 2:15:22
Ken Carpenter	TX 2:24:18
<b>M55-59</b>	
Bob Fine	FL 1:58:47
Bob Dodson	TX 2:20:41
Don Thurber	TX 2:24:23
<b>M60-64</b>	
Joe Lavenberg	NJ 2:15:36
Van Howbert	TX 2:26:45
<b>M65-69</b>	
Robert Mimm	NJ 1:59:10
George Heller	NJ 2:17:33
<b>M70+</b>	
Don Johnson	NJ 2:16:33
Sam Meerkreebs	MD 2:32:58
<b>W35-39</b>	
Matiji Graham	NM 1:58:34
S Higginbotham	LA 2:07:35
<b>M40-44</b>	
Eliza Walbridge	NM 2:01:51
Kathy Joe Lovell	NM 2:03:26
Anne Isham	TX 2:26:38
<b>M45-49</b>	
Georgia Thomas	TX 2:05:22
Avis Daugherty	GA 2:18:58
Jean Lusk	TX 2:23:19
<b>M50-54</b>	
Shiela Smith	NJ 2:05:37
Lois Carpenter	TX 2:26:45
<b>M65+</b>	
Rose Kash	CA 2:38:59



## T&amp;F Rankings Corrections:

<b>1988 Indoor Mile:</b>	
M40 Jim Hampton	4:28.3
(Omission. Should be 5th)	
<b>1989 Indoor Mile:</b>	
M40 Tom Dempsey	4:39.6
(Correction. Should be 10th)	
W40 Ann Schmitt	5:39.6
(Omission. Should be 2nd)	
W50 Mary Harada	6:22.4
(Correction. No rank change)	
<b>1990 Indoor 800:</b>	
M35 Pat Forkins	2:09.8
(Omission. Should be 10th)	
W35 Debbie Anderson	2:24.74
(Omission. Should be 2nd)	
<b>1990 Indoor Long Jump:</b>	
M30 Frank Makozy	5.73
(Correction. Should be 8th)	
<b>1990 Indoor Triple Jump:</b>	
M30 Frank Makozy	11.46
(Correction. No rank change)	
<b>1989 100m:</b>	
M70 Payton Jordan	13.00
(Correction. Should be 1st)	
M80 Anna Ward	(Name correction. Not Word)
<b>1989 200m:</b>	
M40 John Hopf	24.96
(Correction. Should be 66th)	
W50 Tami Graf	37.9
(Omission. Should be 20th)	
W80 Anna Ward	(Name correction. Not Word)

<b>1989 400m:</b>	
M40 John Hopf	56.00
(Correction. Should be 58th)	
<b>1989 800m:</b>	
M60 Hank Kiesel	(Name correction. Not Kiessel)
W50 Tami Graf	3:03.7
(Omission. Should be 9th)	
<b>1989 1500m:</b>	
M60 Hank Kiesel	(Name correction. Not Kiessel)
<b>1989 3000m:</b>	
W50 Tami Graf	13:45
(Omission. Should be 5th)	
<b>1989 5000m:</b>	
M45 Rich Friedlander	16:08.86
(Omission. Should be 4th)	
M70 William Benson	21:51.04
(Correction. Should be 4th)	
<b>1989 10,000m:</b>	
M90 Paul Spangler	71:40.78
(Omission. Should be 1st)	
<b>1989 Short Hurdles:</b>	
M30 Joe Dobelle	16.1
(Omission. Should be 20th)	
<b>1989 Long Hurdles:</b>	
W50 Tami Graf	65.9
(Correction. No rank change)	
<b>1989 High Jump:</b>	
M65 Tom DeVaughn	(Correction. Should not be 1st)

<b>1989 Long Jump:</b>	
W55 Elzbieta Krzesinska	4.60
(Polish citizen, U.S. resident. Should be 1st)	
<b>1989 Shot Put:</b>	
M65 John Allen	36-7
(Should have been 11th, not 2nd)	
<b>1989 Discus:</b>	
M45 Carl Mooney	(Name correction. Not Monroe)
M65 Harvey Williams	41.74
(Correction. Should be 1st)	
<b>1989 Hammer:</b>	
W50 Mildred Toman	31.26
(Correction. Should be 1st)	
<b>Gene Polk</b>	
(Wrong age-group. Not W60)	
<b>1989 5000 Track Walk:</b>	
M70 Joe Burke	30:23
(Omission. Should be 3rd)	
M80 George Conway	40:51.7
(Omission. Should be 6th)	
<b>1989 20K Road Walk:</b>	
M60 Robert Mimm	1:55:59
(Correction. No rank change)	
M60 Joseph Lavenberg	2:11:55
(Omission. Should be 4th)	
M60 Ken Long	2:16:20
(Omission. Should be 7th)	
M60 John Snaden	2:20:31
(Omission. Should be 8th)	
M60 Bhag Sidhu	2:25:51
(Omission. Should be 10th)	

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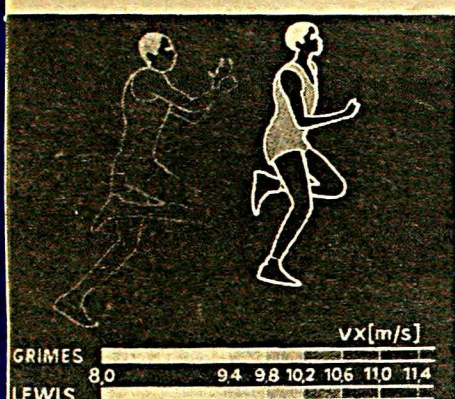
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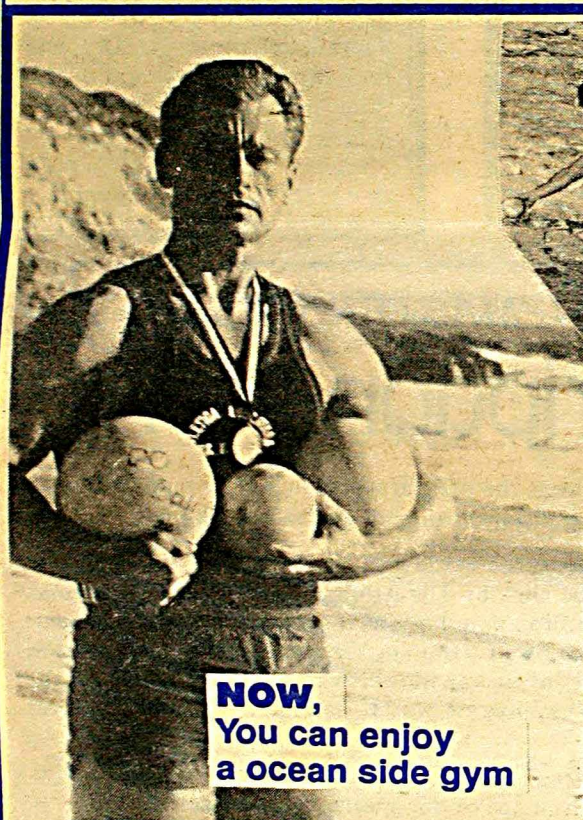
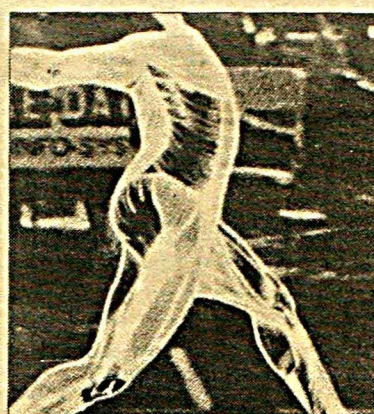
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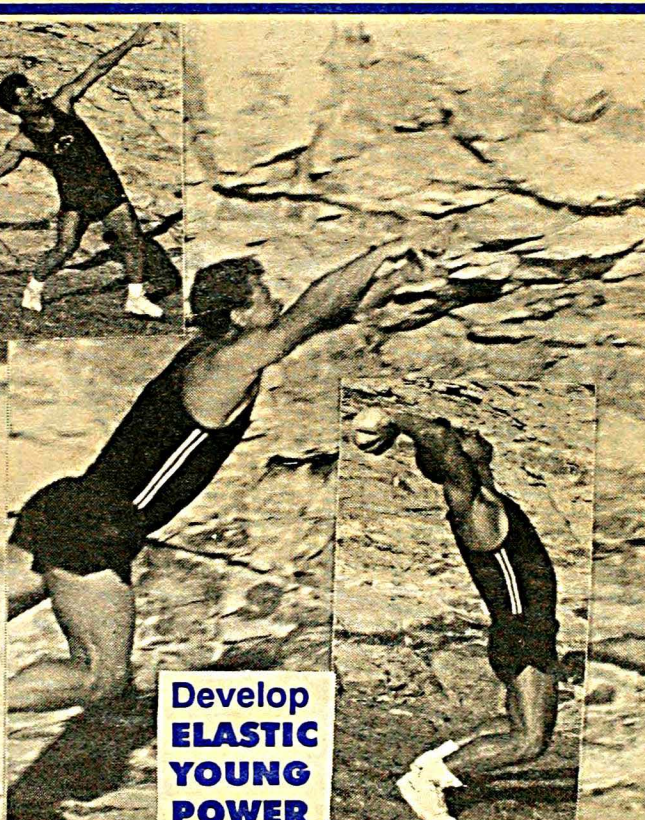
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<input type="checkbox"/> • #8006 POWERballs 12 lb	\$81.95
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<input type="checkbox"/> • #8007 POWERballs 16 lb	\$102.95
<input type="checkbox"/> • #8008 POWERballs 20 lb	\$123.95
<input type="checkbox"/> • #8009 POWERballs 25 lb	\$149.95

### POWER lean NUTRITION

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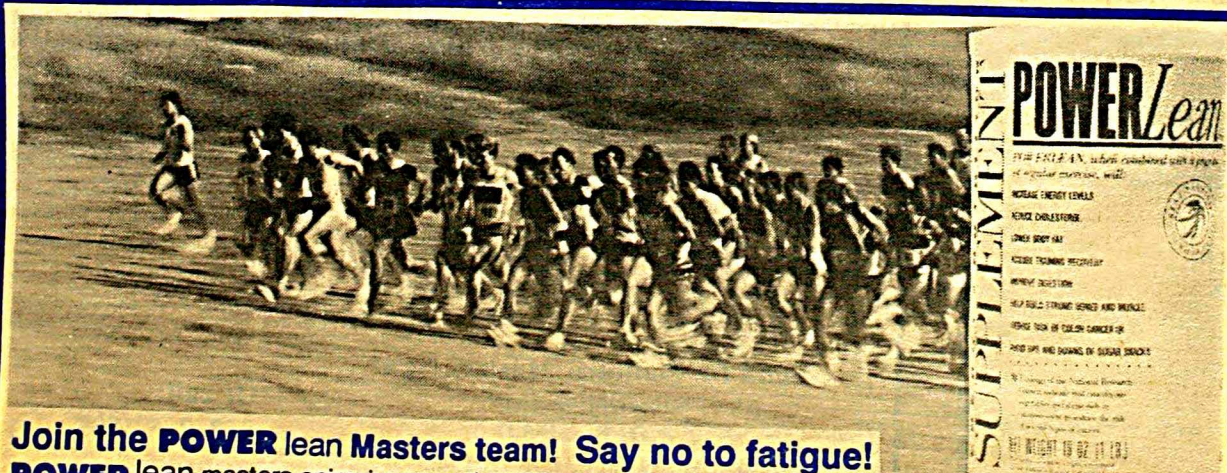
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