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

160th Issue

December, 1991



Marie Burleson, 42, of Columbus, Ohio, is top W40 with an 18:45 (82.9% Age-Graded), National Masters 5K Cross-Country Championships, Columbus, OH, November 3.

Photo by John White

Sekerak, Burleson Win **National 5K Cross-Country**

Herrala Age-Graded Victor

By JOHN WHITE

With temperatures in the low 30s and gusty winds that added almost 45 seconds to the winners' times, Dan Sekerak, 44, of Granville, Ohio, and Marie Burleson, 42, of Columbus, Ohio, won the overall masters crowns in 16:29 and 18:45, respectively, at the TAC/USA National Masters 5K Cross-Country Championships in Columbus, Ohio, on November 3.

Walter Herrala, 47, of Ann Arbor, Mich., was the age-graded champion (16:45, 86.0%). He was followed closely by Bob Milner, 56 (18:05, 85.7%), Sekerak, 44 (16:29, 85.5%), and Sam Graceffo, 55 (17:59, 85.4%). Overall women's champ Burleson also took top age-graded honors with an 82.9% performance.

The greatest competition occurred among the M40 teams, with the Victory AC team from Louisville, Ky., narrowly edging the host Wolfpack TC "A" team by three seconds, 1:25:38 to 1:25:41. The next three places went to the Cincinnati AA (1:27:08), the Legend Harriers from Central Ohio (1:29:16), and the Grand Rapids TC from Michigan (1:30:04).

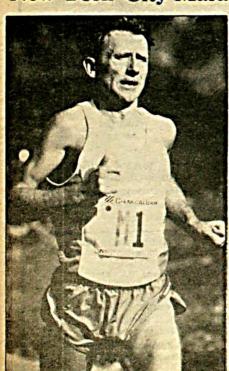
The M40 division also had the most entries this year (47) and was the most hotly contested. Coming in second in the freezing cold behind Sekerak was David Amster, 40, of Carson City, Nev. (16:40), with Bill Haviland, 43, of Columbus taking third in 16:41.

In the M45 group, Herrala placed first (47, 16:45), followed by Keith Meikelreid (47, 17:18) and Jim Fox (47, 17:18). Greg Osmun took the M50 division (51, 18:00), with Sam Continued on page 3



Dan Sekerak, 44, of Granville, Ohio, is first master in 16:29 (85.5% Age-Graded), National Masters 5K Cross-Country Championships, Columbus, OH, November 3.

Marczak, Striuli Top Masters in **New York City Marathon**



Poland's Ryszard Marczak, 45, was the overall masters winner (2:21:03, 95.3% AG) in the NYC Marathon, November 3

Photo by Jack McManus/Agence Shot

by MARILYN MITCHELL

Ryszard Marczak, 43, of Bydgoszcz, Poland, and Graziella Striuli, 42, of Italy, were the top male and female masters in the New York City Marathon on November 3. Marczak, who finished 23rd overall, turned in a sizzling 2:21:03 for a 95.3% agegraded performance and took home \$3,000 for his effort. The two-time Polish National Marathon champ has recently turned his attention to coaching and is awaiting the official announcement that he will be going to Barcelona as the Polish Olympic marathon coach. "Don't worry if you go over 40 (years old)," he advised well-wishers after the contest. "You can still battle the best athletes in the world.'

Striuli, who defeated pre-race masters favorite Raisa Smekhnova in 2:40:15 (91.8% AG), also won \$3,000 but added a \$25,000 bonus by winning the John Hancock Challenge Award first masters woman in Boston Continued on page 11

Hartel First in U.S. 10K Cross-Country

by JERRY WOJCIK

Running in his first major masters event since turning 40 in July, Swag Hartel took an early lead and kept it in winning the National Masters 10K Cross-Country Championships in his

hometown, Louisville, Ky, on October

In his first cross-country race in 11 years, he finished the two 5K-loops in 34:49, 20 seconds ahead of runner-up Continued on page 3



Members of the first-place M40-49 Victory Athletic Club, TAC National Masters 10K Cross-Country Championships, Louisville, Ky., October 26. Photo by Bob Ullrich

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TONAL MASTERS NEV

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

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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

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A will son & Solve and Karlet

Sekerak, Burleson Win National Continued from page 1

Graceffo of Syracuse, N.Y. (55, 17:59), squeaking past Bob Milner (56, 18:05) to win the M55 contest.

Other gold medallists included: Howard Rubin (63, 19:48), Roland Anspach (65, 21:57), Ed Buckley (70, 22:44), John Evans (75, 26:11), and George Knox (80, 42:31).

In the women's division, Elizabeth Bugbee was first W45 (20:56), with Carol Bender topping the W50s (25:02) and Carole Schuiteman taking home the gold in the W55 group (22:45). Other first-place women were Mary Anne Cavicchi (W60, 39:38), Mary Norckauer (W65, 29:14), and Carol Peebles (W70, 32:43).

In the 50+ team competition, the

Ten Years Ago

- New Zealanders Jack Foster (49, 2:23:55) and Robin Hames (44, 2:48:13) Are First Masters in New York Marathon
- Dave Jackson Smashes the M50 Triple Jump WR With a Leap of 43-1 in Club West Meet
- National Masters 5K Draws Over 250 Entrants

Hartel First in 10K Cross-Country

Continued from page 1

Ignacio Jimenez, Jr., 42.

Hartel trailed Ohio's Michael Barr, 40, sixth M40 in 36:41, through the early part of the race, then took the lead near the two-kilometer mark. Jimenez worked his way to second, passing Don Coffman, 48, Louisville, M45 winner in 35:55, but never got within 60 yards of Hartel.

The relatively flat course, described by Jiminez as "the best cross-country course I've ever run," provided tough footing, however, and a warm 20-25 mph wind made it a difficult race, Hartel said. His first place led the Victory Athletic Club of Louisville to the M40-49 team title.

Kirk Randall, 50, of Newburyport, Mass., won the M50 contest in 36:57, first for his winning M50-59 Boston Athletic Association quintet. Other division winners were David Pitkethly, 55, Bellevue, Wash., 38:22; Roland Anspach, 65, Springboro, Ohio, 46:14; and Ed Buckley, 70, N.Y., 49:51. Charles Cheek, 62, Louisville, 42:34, and Dudley Healey, 77, Chatham, N.J., 55:55, were uncontested winners.

Only four women competed, with Rose Taylor, 55, Louisville, first in

One hundred thirty-two runners from 15 states competed in the race and a 5K open. Race Director Bob Ullrich, 44, finished third overall (35:25) and second for the Victory AC club champions.

Syracuse Chargers prevailed (1:33:41) over the Grand Rapids TC "A" team (1:34:34) and the Bob Schul Racing Team (1:36:29). The host Wolfpack TC club captured both the M60 (1:10:19) and M70 (1:48:12) team titles.

Although the weather was less than hospitable and there were some long delays in posting results, this year's competition saw sharp increases in both the individual and team entries. It was a very successful meet, wellorganized and officiated, and run over a competitive course.

Irvine Breaks Half-Marathon Record

Ware, 40, Wins Humboldt Marathon

by JERRY WOJCIK

Steven Ware, 40, of Riverside, Calif., was winner overall with a 2:38:48 in the Humboldt Redwoods Marathon run under warm, sunny skies on the Avenue of the Giants Highway through Humboldt Redwoods State Park, south of Eureka, Calif., on October 20.

Jessie Stratton, 45, Redding, Calif., took the W40 + race in 3:35:23. Marge Dunlop, 52, of Redding, was second with a 3:35:44. Women's winner Kimberly Bruyn, 30, set a course record of 2:46:16.

In the half-marathon, Sister Marion Irvine, 62, San Rafael, Calif., broke the U.S. W60-64 record of 1:35.02 set by Helen Dick in 1985, with a 1:29:56.

First masters were James Milton, 41, North Highlands, Calif., with a 1:10:01, and Linda Martynen, 43, Markleeville, Calif., in 1:24:54. Tim Rostege, 51, San Jose, Calif., won the M50 race with a 1:15:04.

Open winners were John Moreno, 36, in 1:07:07, and Diana Fitzpatrick, 33, with a course-record 1:17:25.

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TWIN CITIES

Pat Goodwin's story on the Twin Cities Marathon was fine — as far as it went. But for some reason it did not go the distance. Why no mention of John Keston's 2:58:13 win of M65-69 or Warren Utes' time of 3:10:37 best of M70-74? Both times were faster than the winner of M60-64.

How do those times work out for age-graded performances?

Jack Kirkpatrick
Drain, Oregon
(John Keston's age-graded performance was 91.3% and Warren Utes'
was 90.6%. —Ed.)

WAVA CHAMPIONSHIPS

I had a wonderful time in Turku and enjoyed the re-cap in the September NMN. However, I think your list of outstanding athletes omitted a very important competitor — Karin Smith.

Karin won the W35 javelin throw with a mark of 190 feet. Not bad for 8 a.m. competition on a wet runway. And, to my knowledge, she's the only one who then continued on to Tokyo to compete in another world championship meet.

I want to wish her the best of luck as she attempts to make her 5th Olympic team in 1992.

> Joan Stratton Riverside, Pennsylvania

WAVA SURVIVORS

Please be advised that Reg Austin has won gold medals in the last eight

WAVA Championships. In the first one in 1975, Reg wasn't yet 40, but he did compete in a special submasters 200-meter race (Does that count?).

It would be interesting to know how many competitors have taken part in eight WAVA World Championships.

Dave Jackson Carson, California

CHANGE HIGH JUMP RULES

It would seem that high jumping could be made to be far less tedious to watch if the rules were similar to those in weight lifting, or even weight throwing.

Each competitor would be allowed a total of three attempts at whatever height he wanted to try on an ever rising bar. In the same area would be one or two warm up bars to prepare for whatever official three attempts selected. Possibly, as in the shot, six or eight finalists could be selected for three more attempts each.

I think this change would make the high jump a far more interesting event to spectators and competitors, and easier to officiate.

> Nathaniel Heard Sarasota, Florida

I would like to suggest a way to improve the running of the high jump. I believe it is necessary to have two high jumps. One for jumpers who wish to start competing below five feet, and one for those who wish to come in above five feet.

818-760-8983

CZZMN

With a two-tier high jump, it wouldn't matter which event went first. All I am asking for is the opportunity to compete in a meet where I can get a reasonable amount of practice jumps and not have to sit for hours after warming up before taking my first jump.

Jason Meisler

Santa Monica, California

KUDOS

Thank you for the extensive coverage NMN gave to the National Senior Sports Classic in Syracuse, N.Y. I think all of us were surprised and pleased with the level of competition. I hope your efforts will be just the beginning of many future mutally beneficial

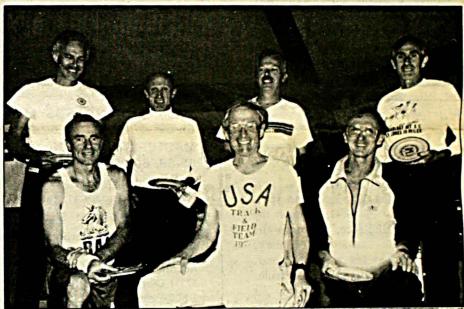
exchanges between NMN, TAC, the NSSO, and any other similar groups promoting senior athletics.

Your coverage of the World Games was objective and fair. The Japanese will have a long way to go to surpass the hospitality of Oregon and the organization of Turku.

After Turku we joined a group headed for the Swiss Masters Championships in Baden, Switzerland. We all had a great time, but the meet left a lot to be desired. There were precious few non-German speaking officials. Commendations are due to Barbara and Ed Kousky and Tom Jordan of Northwest Management for putting together a first-class tour. It was a rare opportunity to get to know some wonderful athletes.

Lucy Anne Brobst Kitty Hawk, North Carolina

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.



Members of the first-place M50-59 Boston Athletic Association team, TAC National Masters 10K Cross-Country Championships, Louisville, Ky., October 26.

Photo from Bob Ullrich

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MASTERS TRACK & FIELD REPORT

by JERRY WOJCIK National Masters T&F Rankings Coordinator

Track & Field Rankings Report

This issue contains corrections to the 1991 indoor rankings published this year. No other correction list for the indoor events will appear.

The 1991 outdoor rankings are in progress. The rankings are based primarily on results published in the National Masters News. Athletes whose best marks have not appeared in the results section should forward them with verification to the event compilers given below.

Marks for events not listed, including track walks, should be sent to me at 774 Blueridge Dr., Santa Maria, CA 93455. Marks sent to me prior to the publication of the December issue have already been forwarded.

Inquiries about rankings should be

accompanied with a self-addressed, stamped envelope.

To help make the rankings more accurate, readers should know that athletes who compete in a ten-year agedivision meet and cannot easily be identified for placement in the correct five-year division will automatically be placed in the lower division. As a point of information, the correct weightthrow implements for women are 20-lb. (9.80kg) for ages 30-49 and 16-lb. (7.62kg) for 50+.

If the rankings go along as well as they did last year, the 1991 rankings book should be available for the 1992 indoor championships in Columbus,

The 1990 Outdoor Rankings Book has sold so well that there is a possibility of its being sold out by the end of February.

Send Your Best Marks to: 100, 200, 400, 1500, 5000, 4x100 relay, 4x400 relay, discus, hammer:

Larry Patz, RFD No. 1, Box 435, Contoocook, NH 03229

William Benson, 6 Eton St., Valley Stream, NY 11581

John Dickey, 9128 N. Swan Circle, Brentwood, MO 63144-1145

High jump, triple jump:

Charles Mercurio, 4927 West 123 Pl., Hawthorne, CA 90250

Pole Vault:

Tom Rauscher, 85 Sunset Blvd., Pittsford, NY 14534

Long Jump:

Robb Bong, 420 Silver Saddle Rd., Monument, CO 80132

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1991 Indoor Rankings Corrections

M40-44
Ken Popejoy
(3rd of 63, 1st U.S.)
Rick Hoebeke
Terry Habecker 16th 4:44.7
Jay Wind
Rick Cleary
Ron Krebs
37th 5:09.6
38th 5:10.0

Ron Krebs 37th 5:09.6 Phil Riposo 38th 5:10.0 Harland Bigelow39th 5:10.1 Dave Rossiter 40th 5:10.6

Derck Frechette 3rd 4:45.5 Herb Engman 7th 4:59.4 M50-54

Vincent Colgan 4th-5:15.4 (better time/no place change) MS5-59 Bob Milner Ist 5:00.6

Bob Milner 1st 5:00.6 Gordon Walker 5th 5:37.2 Chuck Collins 6th 5:40.5 M60-64 Donald Ross

John Garrity 3rd 5:59.3 Roger Whalley 4th 5:59.6 Dick Sullivan 5th 6:20.0 George Gavras 6th 6:23.2 Jack O'Sullivan 8th 6:30.8

2nd 5:40.5

Diane Sherrer 3rd 5:59.5 W40-44

Nancy Oshier Kathy Brown D Colbert-Mauboussin 6th 5:59.1

W55-59 Gloria Brown Lois Bell Shot Put M50-54 1st 6:26.5 2nd 6:56.9

Lou Vodopya M65-69 Al Jankola 16th 10.47 5th 10.54 (better mark/no place change) 3000m Racewalk . M40-44

Jim Miner M45-49 5th 15:51.5

Gary Null 13:20.43 (should have been lst, not 2nd/original lst-place time --12:26.3--in error)
John Sholeen 7th 17:42.2

Dorothy Sholeen 1st 16:06.7

8th Annua DeLeon Springs Half Marathon

1992 TAC National Masters Championship Sunday, January 12, 1992

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AT DELAND IIILTON 6 APM ON JANUARY 11 (NOT INCLUDED IN ENTRY FEE); FLORIDA IN JANUARY.
DIVISIONS:

DIVISIONS:
OPEN: MALE & FEMALE:
12:14 15:17 18:24 25:79 30:34 35:39
MASTERS: MALE & FEMALE:
04:4 45:49 30:54 35:39 60:44 65:49 70:74 75:79
80:34 35:8 OVER
TEAM: TAC CILAB/HONSIIIP RACES INCLUDE TEAM
COMPETITION - TEAM SCORING ON LOW AGGREGATE
TIME MALE AGGEDIVISION: 40:49 36:39 WALL SCORE
3 RUNNERS. 60:49 8 70:79 AND ALL FEMALE TEAMS
SCORE 1 BUNNERS.

8 A.M.

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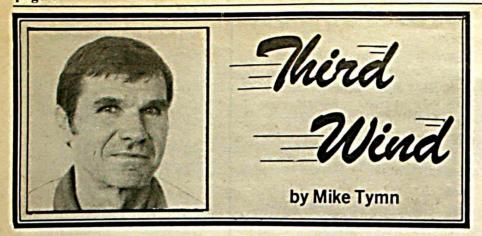
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One Ka-Boom-Ck Equals Two Thumps

annual physical last year, I could hear the technician who had just finished doing an EKG on me discussing it with the doctor.

"My God! Are you sure he's still alive?" the young female physician responded when the technician showed the EKG tape to her.

While the normal heart goes thump...thump...thump about 72 times a minute, mine goes KA-BOOM-CK...KA-BOOM-CK, and was beating only 32 times a minute during the exam.

The doctor's reaction did not come as total surprise to me, as I had come to expect it from the many physical exams I have had over the years, almost always involving a different doctor at the employer-sanctioned clinic. After reviewing the EKG tape, the doctor usually asks if I "jog." When I respond to that in the negative, I get a perplexed look from the doctor. However, I then offered that I don't believe in jogging but that I do "run" quite a bit. That seems to explain, to some extent, my abnormal heart, as most doctors today associate certain abnormalities, including a slow pulse rate, heart murmurs, hypertrophy (chiefly in the left ventricle), low blood

pressure, orthostatic hypotension (lowered blood pressure upon standing) and third heart sounds, with an endurance heart.

Back in high school, I was kicked off the track team after the team doctor told the coach I had a bad heart. As I recall, it was beating 40 times a minute then and there were functional murmurs. I was warned not to strain myself, and for the next two or three years I was reduced to something of a cardiac cripple. It wasn't until a more enlightened doctor, conducting a military physical, told me that I had a classic "athletic heart" that I resumed my active ways.

Athletic Heart

A few years ago, I was assigned the task of researching and writing the entry on "Athletic Heart" for Sports Encyclopedia North America, published by Academic International Press. I

found that the term "athletic heart" (actually Sportherz) is believed to have been coined in 1899 by a Swedish clinician named Henschen, after noting greatly enlarged hearts in skiers. Its meaning was broadened over several decades to encompass all of the abnormalities frequently found in the hearts of athletes. Today, there is a tendency away from use of the term, more physicians and physiologists preferring to refer to an "endurance heart," associated with long-distance running, swimming, and cycling, or a "resistance heart," commonly found in sprinters, weightlifters, wrestlers, and shotputters. Most abnormalities are identified with the endurance heart.

Because the endurance athlete requires a heart that will pump blood rapidly and efficiently, the heart muscle adapts through training to this need by increasing in size. The increase in the heart's muscle mass results in a greater stroke volume. Blood is then pumped with greater force. As the maximal work the heart is capable of increases, the heart rate slows. Functional heart murmurs and third-heart sounds result from the greater force and volume of the blood flow.

Abnormal Heart

The problem is, however, that many of the same abnormalities found in the endurance heart are also found in diseased hearts. Therefore, the physician cannot always render a clear diagnosis, but must assume that the ability of the athlete to vigorously perform indicates a healthy heart.

Through my research for the encyclopedia, I had come to believe that a scientific understanding of this subject is fairly recent. Certainly, that old doctor who examined me for the high school track team in 1954 didn't seem to know anything about it. Nor, did my family physician. Recently, though, I came across the September 1927 issue of Physical Culture magazine. In it is an article entitled "The Truth About the Athletic Heart," by Carl Easton Williams. Although written 64 years ago, that article seems to say as much, and as accurately, as any current article might.

The article begins with the comment that "people everywhere tell you to beware of the athletic heart." Williams states that "You would be led to conclude that it is dangerous to be strong and safe to be weak."

Endurance Heart Is Better

He then refutes that: "Your common sense tells you better. Instinctively you know that strength is strength."

He continues: "But what is the 'athletic heart'? That's easy. It is just what its name implies — a strong, poweful, highly-developed heart, capable of athletic effort. It is the human heart developed up to the standards of healthy and vigorous animal life. It is the heart of a man that can be compared to the heart of the deer that runs without limit and without strain. It is like the heart of the wild goose that



Sam Graceffo, 55, wins the M55+ title in 17:59
(85.4% Age-Graded), National Masters 5K
Cross-Country Championships, Columbus, OH,
November 3. Photo by John White

flies and flies, perhaps thousands of miles, in its migratory flight. You don't worry about the heart of the carrier pigeon, or of the racehorse, or of your marathoning hunting dog, or of your racing, scampering bull terrier. But when a representative of the human species, the most highly-evolved, and physically the more nearly perfect of them all, develops a heart that corresponds to this all around muscular excellence, you begin to worry about it. You say that the athletic heart is dangerous."

Long before the Surgeon-General mandated warnings on cigarette packs, Williams wrote about the dangers of tobacco. He points to a relationship between smoking and high blood pressure and goes on to write: "...tobacco represents a load upon the heart, possibly a very slight load in some cases, perhaps a considerable load in other cases, depending upon the degree of tolerance."

Reduced Exercise Can Be Harmful

Williams examines the theory that the athlete must maintain his vigorous ways otherwise the heart once built up will degenerate disastrously. "We agree that it is not wise for athlete suddenly to drop his exercise and adopt a sedentary life," he writes. "It is a deplorable thing to do. But the great trouble there is the unhygenic character of inactivity and careless living."

In his concluding paragraph, Williams writes: "A powerful motor will pull you up the steepest hill, or bring the car through heavy mud, having the strength to combat resistance. Just so, the athletic heart is the kind that you can depend on to carry you through the emergencies of life."

All that said, I wonder if I will now die of a heart attack before this appears in print. However, my only real fear is that the examining physician will pronounce me dead when, in fact, there is still a pulse — so slow that he cannot detect — and that they'll seal me up when I am still alive. Therefore, I'm considering wearing a tag that reads: "I am a runner. Check carefully before pronouncing me dead."

Masters Age Records 1990 (1991 Edition) Compiled by WAVA and TAC Masters Chairman Pete Mundle with Don Henry Age Bests for f Oct. 31, l race-walking utdoor Championship Records. • 48 pages. Thousands of entries. Lists name, age, state, and date of record. Send \$2 plus \$1.00 postage and handling (\$5.00 foreign) to NATIONAL MASTERS NEWS P.O. Box 2372 Van Nuys, CA 91404 Name Address State

Sparks Best Age-graded Performer

Romesser, Mieszczak Fly to Masters Wins in Dayton

by JERRY WOJCIK

Gary Romesser, 40, and Nancy Mieszczak, 42, raced to masters firsts in the Tandem Dayton River Corridor Half-Marathon on October 13 in Dayton, Ohio. Romesser of Indianapolis finished sixth of over 1500 finishers with a 1:08:58. Mieszczak of Buffalo, N.Y., was third female in 1:23:09.

Age-graded honors for all finishers went to Ken Sparks, 46, Chagrin Falls, Ohio, second master in 1:11:23 (1:04:42 AG). Third-master Don Coffman, 48, Frankfort, Ky., had the next-best age-graded performance (1:12:30/

1:04:45 AG), with Romesser's agegraded 1:05:02 placing third overall.

John Hosner, 66, Blacksburg, Va., M65 winner in 1:29:31, was fourth-best age-graded master at 1:07:28.

The best age-graded overall female performance came from Whayong Semer, 63, Fremont, Ohio, whose W60 win in 1:41:06 gave her a 1:16:31. The next best performance went to Loretta Shehan, 68, Seneca, N.Y. (1:56:18/1:22:35 AG), and Vadine Koenig, 71, Hamilton, Ohio, (2:18:40/1:34:30 AG).

The 15th running of this race took place under breezy, sunny conditions with temperatures in the mid-40s.

11th Annual New York Fifth Avenue Mile

by JIM HAMPTON

Replete with fall colors and mild weather, New York's beautiful Indian summer greeted competitors gathered on this day for the most famous of street miles. With Mercedes out as the major sponsor, there were no cash prizes or appearance money for masters, who nevertheless had to run qualifying races for the final invitational event on Manhattan's Fifth Avenue. But it's well worth the trouble as this is a thrilling, well-organized street mile starting at New York's Metropolitan Museum of Art and finishing 20 blocks later near Central Park South.

The first 400 meters of the straight line course is level before proceeding slightly uphill to the half. With 900 meters left, runners crest the hill and clearly see the finish. At that point, resisting the temptation to surge until

600 meters to go requires some preplanning. This mile is very fast from the start and not at all tactical in the masters heat as it is in the open, where the win for the \$5000 first prize money is often the province of the kickers.

Despite the lack of monetary incentives, strong local masters runners produced a very competitive, close race between mostly East coasters with a Californian, Chicagoan and a Canadian also making the trip to the Big Apple. Locals Mike Wilson, 45, and Vince Gaines came in first (4:30:18) and second (4:30:48) after trading positions in the last 200 meters. Vic Heckler, 47, turned in a fine 4:31.3 for third in the 40-49 category while Fay Bradley, 53, who recently ran a 32:59 10K, showed his versatility with a 4:40.8 for first in the 50+ race.

Mary Ryan, 45, won the W40 + race in 5:18 from Belinda Sanders (5:28) in the last 400 meters.



M50 team champion Syracuse Chargers (1:33:41), National Masters 5K Cross-Country Championships, Columbus, OH, November 3. From 1 to r: Sam Graceffo, Howard Rubin, Nate White, Vince Colgan, Bob Milner, Ed Buckley, and Dan Cohen. Photo by John White

Chiropassion 2 Run 4 Life

by MAURY DEAN

Recipe for a successful 5K race multitude? Take a gaggle of chiropractors from Brooklyn to Montauk Point 125 miles away, add every ambulatory footsore patient in their thriving practices, and send them to the hilly highways of Huntington. On October 6, Long Island's masters contingent arrived en masse, chasing the swift kids over a golden autumn tableau of homey haystacks and jack-o-lantern meadows. Awash in fall splendor, 1055 5K harriers hobbled to the finish line as the drizzle fizzled.

Rookie races are always an adventure; this one featured a 90° turn fifty meters into the race. Suffused with a passion (chiropassion?) for survival, I ran my best 50-yard dash since eighth grade, and then watched the firebreathing stampede fly by me—a ribbon of raw Bugs Bunny speed.

Speedy Roger McCarthy, 49, 17:04, won the masters, though quirky age groups (41-45, 46-50, 51-55, etc.) saved his 45-49 competitors. Argentinian speedster Jorge Aguilera, 47, once the second-fastest masters runner on Long Island behind legendary Herb Kahl, zoomed to a 17:06, his best since his knee zapped him three years ago, to win the 46-50 gold over third-place Neil Battinelli. The 50-54 was decided in ten measly seconds, with Empire Games

mile champ Seth Kaminsky (17:30) outdueling Empire Games steeplechase champ Joe Cordero (17:36) and always-tough John Long (17:40). Johanne Carter took the W41-45 title (21:48), and Lana Soderholm the W51-55 (24:46).

Pumpkin season brings out the Island's best in the masters category. Our masters runners on the Subcontinent of Long Island might have a way to go to catch the fleet feet California contingent, or the Kenyan and Mexican mountain men of supersonic speed, but we have a lot of great local heroes.

So how'd we do" per. Roger notched a ninth overan, while Jorge took 11th out of nearly 1100. Though winner Andy Whitney hit a fantastic 15:07, second overall was 15:50, and when 45-year-olds can still crank out times only a minute slower, there's a triumph for all of us here somewhere.

Coming Next Month

- 1991 Masters Athletes of the Year
- TAC Convention Report
- · Countdown to Miyazaki
- · And much more

The 25th Annual Athens, Ohio Marathon

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Marion Irvine

his month's Sorbothane Athlete-of-the-Month is Sister Marion Irvine, 62, of San Rafael, Calif. She turned in an outstanding 1:29:56 in the Humboldt Redwoods Half-Marathon through Humboldt Redwoods State Park, south of Eureka, Calif., on October 20, eight days after her 62nd birthday.

The time broke the existing U.S. W60-64 record for the distance of 1:35:02, set by Helen Dick in 1985. On the masters age-graded scale, it was a month's best 95.7%.

Irvine won four gold medals in the 1991 WAVA World Veterans Athletics Championships in Turku, Finland, in the 1500, 5000, 10K and cross-country.

Runners up this month included:

- · Walt Butler, 50, of Altadena, Calif., who raced to a sizzling 14.11 in the 100-meter hurdles - a 95.4% effort - in the Club West Meet in Santa Barbara, Calif., on October 19.
- Ryszard Marczak, 45, of Bydgoszcz, Poland, whose winning masters time of 2:21:03 in the New York Marathon on November 3 was a 95.3% performance.
- · Doug Bell, 40, of Greeley, Colo., who won the National Masters 15K Championships in Tulsa on November 2 in 46:57 — 93.6%.
- New Zealand's Derek Turnbull, 64, who won the M60 division of the New York Marathon in 2:50:19 (93.4%).
- · Gary Romesser, 40, of Indianapolis, who placed second behind Bell in the National 15K in 47:02 (93.1%).
- Ed Benham, 84, of Glen Burnie, Md., with a 74:38 in the National 15K (92.7%).
- · Walter Dahlin, who unofficially broke the world M70 80m hurdle record with a 13.18 in the Club West meet. Dahlin, in a magnanimous act of honesty, later told the officials the record should not be allowed. A family member videotaped the race. When watching it at home that night, Dahlin said one of the hurdles was missing.
- Graziella Striuli, 42, of Italy, who won the women's masters title at the New York Marathon in 2:40:15 (91.8%).
- Ken Sparks, 46, of Chagrin Falls, Ohio, with a solid 1:11:23 (91.6%) in the Dayton River Half-Marathon, October 13.

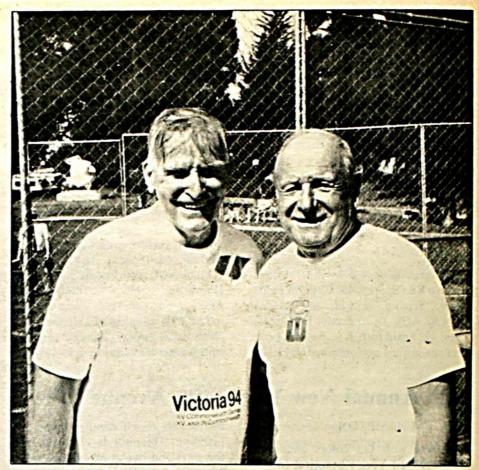
Each month an outstanding masters

athlete is selected by the staff of NMN, based on performances in track, field, road racing, cross-country and racewalking during the previous month. The winner receives \$100 from Sor-

Sorbothane produces lightweight, shock-absorbing air-infused insoles and can be found at most sporting goods stores.

Congratulations to Marion Irvine the Sorbothane Masters Athlete-ofthe-Month.





M70s Walt Jenkins (I) Vancouver, B.C., and Jim Minah staged the hottest hammer competition in the Club West Meet, Santa Barbara, Calif., October 19, with Minah winning 138-9 to 136-2. They may meet more often now that Minah, a native of Santa Barbara, recently moved to the Seattle area to be near members of his family. Photo by Jerry Wojcik

Butler Stars in Club West Meet

by JERRY WOJCIK

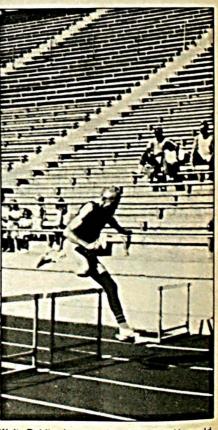
In the Club West Masters Meet in Santa Barbara, Calif., on October 19, Walt Butler, M50, was in world-record form with a 14.11 in the 100mH. The M50-54 record is an unofficial 14.3 by Charles Miller in 1988. Butler ran a pending 13.57 in the 1991 National Championships in July.

Another hurdler, Joy Margerum, W30, was the stand-out women's performer with four wins, including the 100mH (15.50).

The Best Track Athlete Award, given to the runner who scores the most points against competition, went to Bob Watanbe, M65, Los Angeles. His counterpart for the field events was Dave Douglass, M60, Los Angeles. The all-around Best Athlete Award winner was Bob Feaster, M60, Soquel, Calif. Marcel Diraison, M65, of France, with a 20:37, won the Ray Williams Memorial Trophy for the best 5000 time for M60-and-over.

Weather for the meet was perfect sunny, warm, and almost windless and officials and volunteers were plentiful. The meet always draws a good crowd, some from far off, and this year, out-of-staters included Jerry Cysewski, M70, of Washington; Mark (M60) and Caroline (W55) Richards of Virginia; and Jerry Donley, M60, past TAC masters t&f chairman, of Colorado.

In an unfortunate incident, John Martel, M60 hurdler from San Francisco, while warming up, suffered multiple metatarsal fractures, which necessitated surgery and his wearing a cast for several months. The injury may have ended his track career.



Walt Dahlin betters the M70 80mH world record of 14.50 with a 13.18 in the Club West Meet, Santa Barbara, Calif., October 19. Photo by Jerry Wojcik

P.S. — The Mini-Crims

by MAURY DEAN

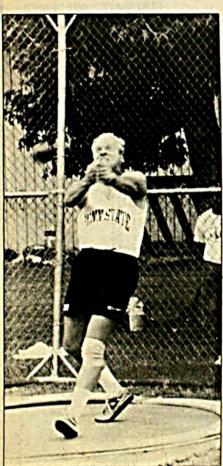
Ever go to the BIG RACE and run the Little Race? Ever feel so overwhelmed by the USRA Masters Circuit pros rampaging through your town that you decide to run the preliminary bout instead of the main event? Everyone knows that the Crim 10 Mile is among the tops in the U.S. for the distance. On August 24 in Flint, Mich., it took a good race and cut it in half for those of us who hit the wall at 6.3 miles, with an 8K and a brand-new 5K.

The 8K featured the notorious Barkley Hills, while the 5K crew duked it out on the undulations (not quite hills) by the Flint River, as the cool morning shifted to sultry.

The 8K masters champ, Bill Jones (28:12), had a super battle with Larry Hromek (28:14), while the bronze masters medal saw a similar situation between this reporter (28:24), who snuck past Nelson Mather (28:27).

In the 5K, only Rich MacLachlan (18:47) ran under 21 minutes in the M40-44. Canadian Lloyd Kehoe ran a nice 19:33 to lead the M50 crew.

Female masters races were less wire-to-wire, with Jane Ketchin (34:28) beating her closest W40 rival in the 8K by over six minutes and W45 winner Georgianna Tunningley (35:19) by a brick-paved block. Darlene Smith, W45, commandeered the 5K gold with a 20:44 effort, besting Michigan runner Maggie Zidar (22:32).



Len Olson, 60, throws the hammer 41.06 to capture the overall men's title with 3283 points, TAC National Masters Weight Pentahlon Championships, Gonzalez, La., Aug. 24.

Photo by Jeff Baty

Dinky these two races aren't. The 5K drew 705, not bad for openers on a first-year race, while the 8K presented the best efforts of well over a 1000 runners. The USRA Circuit is a great thing—I'm overjoyed that a few major leaguers can live on earnings from our dedicated running lifestyle. It also affords us hometown semi-speedsters a chance to meet the famous faces who grace Runner's World.

At the Crim, I had a nice discussion with the fastest M45+ in the U.S., modest Ken Sparks, who, despite a fourth M40+ overall, was eliminated from the money prize due to the overwhelming field. My pal Doug Goodhue, always in the top five M45 for all distances in Michigan, ran the race of his life and eked out a fifth in the BIG RACE, while national M45 steeplechase champ Mike Persak earned only a sixth place. Such are the horrors of the Circuit coming to town. What is the answer?

Wimp out. Go to the short race. At the Crim, you'll find all the good times, the frantic festival, the munchies and music, and maybe even the glory. In half (or a third) of the time. Who cares if John Campbell or Bill Rodgers wins the 10-miler? Maybe you'll win the 5K, and when you do, introduce yourself to John or Bill as the other masters medalist. As Robert Frost may have once said:

Two roads diverged in a yellow wood, And you took the shorter one, Both Bugs Bunny and the Ninja Turtles Glommed trophies when the races were won.

OK, OK, the Big Crim winners won \$1500, and yes, we mini-crim buffs won coffee mugs. Nifty, swell mugs, though. □

Bell, Hutchison Tops in Tulsa

by JERRY WOJCIK

Doug Bell, 40, of Greeley, Colo., and Gary Romesser, 40, of Indianapolis, finished one-two in the TAC National Masters 15K Championships, run along with the Tulsa Run, in Tulsa, Okla., on November 2.

Masters cash awards were based on age-graded performances; Bell's 46:47 was also the age-graded best (44:07), earning him \$500. Romesser's 47:02 (44:21) was worth \$375. Ed Benham, 84, of Glen Burnie, Md., with a 74:38 (44:30) took the third award of \$275.

Other division winners were M45 Phil Benson, New Jersey, 51:37; M50 Karlton Naylor, Arkansas, 57:18; M55 Ino Cantu, Texas, 55:27; M60 Jack Gentry, Arkansas, 59:08; M65 Whit Mauzy, Oklahoma, 69:35; and M70 Leo Wade, Oklahoma, 81:40.

The M40-44 race had the largest field of 22. Masters men finishers numbered 1185, most of them without TAC registration, making them ineligible for championships places.

In the masters women's race, Jane Hutchison, 46, of Webb City, Mo., with a 56:48, and Nancy Mieszczak, 42, of Buffalo, N.Y., with a 57:09, took first and second.

Hutchison, with an age-graded 51:20, won the top prize of \$500, and Mieszczak (52:49) the second award of \$375. Carol McLatchie, 40, of Houston, Texas, with a 57:16 (53:41) won \$250.

The other division winners were W50 Linda Brown, Tulsa, 66:47; W55 Ruth Heidrich, Honolulu, 76:03; and W65 Jean Benear, Tulsa, 1:46:02.

Of the 273 masters women runners, most were not TAC-registered, leaving only 17 eligible for championship competition.

The 14th annual race was run in snow flurries and frigid temperatures, which struck Mid-America on the weekend. The event, which offered a total of \$26,500 in prize money, was directed by Stan Austin. Sponsors were The Williams Companies and the Tulsa World.

Open winners, who received \$5000 each, were Frank O'Mara (43:44) and Jill Hunter (49:09).



Five Years Ago

- Georgia's Charlie Polhamus Breaks Roger Ruth's M40-44 Pole Vault Mark of 15-1¼ With a 15-1¾ in the North American Masters Championships
- Bill Boyd of Canton, Mich., is First Master (M45, 2:36:22) and Wen-shi Yu First Woman Master (W50, 3:17:33) in Detroit Free Press International Marathon
- Englishman David Clark Tops Masters Field in the New York Marathon With a 2:26:53
- NMN Publishes Its 100th Issue

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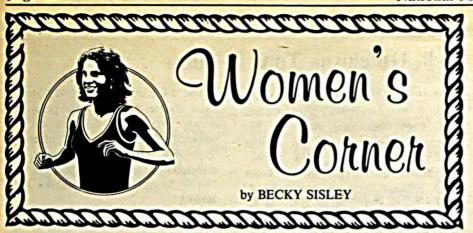
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Training Female Athletes

r. Barbara Drinkwater is an internationally renowned researcher who has focused on the effects of exercise on females.

In Part 8.1 of The Olympic Book of Sports Medicine (edited by A. Dirix, H.G. Knuttgen and K. Tittel), she reports on some of the research being done on older female athletes. Here are her findings:

Aerobic Power

- 1. The ability to utilize oxygen is determined more by training than by gender. The lower hemoglobin levels of women reduce the oxygen-carrying capacity of their blood to about 10% below male levels.
 - 2. In sports where endurance capaci-

ty is the primary requisite for success, elite male athletes usually have higher levels of aerobic power than their female counterparts.

3. Studies of masters athletes show that endurance training is effective in maintaining high levels of aerobic power well into middle age:

Here's What Readers Say **About THE MASTERS RUNNING GUIDE**



-This book is filled with information including chapters on: Minimizing Injury, Secrets of the Masters, Maintaining Mobility, Diet, Improving With Age, and Training Smart. I recommend this book for those of us "transitioning" into the "improving with age" category. (Great gift idea too.)

- Joyce Rankin, Reston (VA) Runners

-I wish I had read the book ten years ago. (I wish it had existed ten years ago.)

- Gordon Pitz, River to River (IL) Runners

-The book describes masters sports and discusses the safety of intensive competition for older athletes... It's tough to read the first chapter and not get an urge to slip on a pair of shoes - Mike Davis, Indianapolis News and go for a run.

"I generally stay away from endorsing books, but this one is worth making an exception for."

-Jim Ferstle, St. Paul Pioneer-Press

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NATIONAL MASTERS NEWS, P.O. Box 2372, Van Nuys, CA 91404

- 1. The effectiveness of aerobic conditioning programs is the same for men and women.
- 2. Women lose about 1.5mg of iron per day - twice as much as men - and frequently fail to meet the recommended daily allowance of 18mg of iron in

Strength

- 1. Weight training can give women close to a 30% improvement in some muscle groups within a few months. This is similar to the percentage improvement for men. Women may have larger relative gains in strength because their initial levels of strength are lower.
- 2. Women may need special emphasis on upper body strength where their overall strength is 54% that of men, as contrasted to 68% of male strength in the lower body. Increasing muscular strength can also help prevent injuries.
- 3. The male-female difference in strength is primarily due to the anabolic effect of testosterone on the male's musculature. The male's larger muscles are a distinct advantage.

Heat Tolerance

1. The procedures for heat acclimatization are the same for men and women. Heart rate and core temperature decrease. Tolerance time improves. Both sexes increase sweat capacity particularly important because women's tendency to sweat less than men has been perceived as an inadequate response to thermal stress.

Menstrual Function

1. Four main theories have been pro-

posed to explain why menstrual irregularities occur: a) a decrease in body fat content; b) acute and chronic hormonal changes resulting from sustained intense exercise; c) excessive energy expenditure; 'and d) psychological

2. A prolonged hypo-estrogenic state may also result in a loss of bone mass. While exercise has been shown to assist older women in halting or even reversing bone loss, it apparently does not protect young athletes from a decrease in bone density.

Summary

Eugene, OR 97405.)

The primary difference between the sexes in response to training is related to the diffential effects of estrogen and testosterone on the muscular system. (All comments, articles or other input on "Women's Corner" should be sent

to Becky Sisley, 310 E. 48th St.,



record 1:32:44 for age 59, Phelps Sauerkraut 20K, Phelps, N.Y., August 3.

Photo by Alexis Santaseri

ATHLETES WHO ENTER A NEW DIVISION THIS MONTH, DEC., 1991 ATHLETE (RESIDENCE) LOUISE ADAMS (BOULDER CO) CHESTINE BARNES (CULVER CITY CA) BEATRICE BLONSXY (TRAZRANA CA) GLORIA BROWN (GRAND ISLAND NY) GLORIA BROWN (GRAND ISLAND NY) HARIE HEISSLER (PANORAMA CITY CA) HARIE HEISSLER (PANORAMA CITY CA) HARIE HEISSLER (PANORAMA CITY CA) HARY MARSOLAIS (EAGLE RIVER AK) JONI PENDLETON (SAN DIEGO CA) HARY MARSOLAIS (EAGLE RIVER AK) JONI PENDLETON (SAN DIEGO CA) HELS TUINZING (MILL VALLEY, CA) BEVERLEE ADAMS (AUS) HILL VALLEY, CA) HILL VALLEY, CA) BEVERLEE ADAMS (AUS) HILL VALLEY, CA) BEVERLEE ADAMS (AUS) HILL VALLEY, CA) HILL VALLEY, CA, HILL VAL				
ATHLETE (RESIDENCE)	BIRTHDATE	AGE GROUP		
CHESTINE BARNES (CHLVER CITY CA)	12-18-21	70-74		
BEATRICE BLONSKY (TARZANA, CA)	12-16-21	70-74		
MARIE HEISSLEP (PANODAMA CTTV CA)	12-20-31	60-64		
MARY MARSOLAIS (EAGLE RIVER, AK)	12-24-26	65-69		
JONI PENDLETON (SAN DIEGO, CA)	12-10-46	45-49		
JOAN STRATTON(S. LAKE TAJOE CA)	12-31-21	70-74		
ELS TUINZING (MILL VALLEY, CA)	12-3-21	70-74		
BEVERLEE ADAMS (AUS)	12-11-31	60-64		
KIRSTEN GARBO (NOR)	12-14-26	65-69		
ROBIN HAMES (NZ)	12- 5-36	55-59		
MAUD NORKLIT (SWE)	12-11-46	45-49		
AGNES O'DONOVAN (NZ)	12-15-36	55-59		
TATYANA SEVRYUKOVA (URS)	12-12-31	60-64		
KIRSTEN SKARSVAG (NOR)	12-14-26	65-69		
VERONICA WELGEMOED (DCA)	12- 5-41	50-54		
JAMES ALLEN (EL CERITO, CA)	12-24-21	70-74		
MICHEL BERNARD (FRANCE)	12- 8-36	55-59		
RUSS BONHAM (BLOOMINGTON, IN)	12-21-31	60-64		
CHARLES BUCUTA (GB)	12-26-26	65-69		
NOEL CARROLL(GB)	12-12-41	50-54		
ARTHUR CONRO (MA)	12-26-36	55-59		
BURT DEGROOT SAN CLEMENTE CAL	12-10-36	55-59		
ROY FOLEY (AUSTRALIA)	12-17- 6	85-89		
BROR-RICKARD CUSTA FOROMACION	12-26-41	50-54		
CAROL JOHNSTON (WHITTIER CA)	12-16-36	55-59		
VANCE KELLY (TYBÉE IS., GA)	12-13-46	45-49		
ALEX LAMPARD (AUSTRALIA)	12-26-26	65-69		
TOM LAVERY (RSA)	12-18-11	80-84		
ROBERT MILLER (SEATTLE WA)	12- 9-21	70-74		
JIM NOLAN (CAN)	12- 6-36	55-59		
TOM PATSALIS (ALHAMBDA CA), CA)	12- 0-36	55-59		
A. E. PITCHER (INDIANAPOLIS, IN)	12- 6-21	70-74		
GEORGE RHODEN (JAM-CAN DIEGO CO)	12- 1-26	65-69		
HENRI SALAVARDA (BEL)	12-13-26	65-69		
RAY STEWART (SENTTLE, WA)	12- 4-36	55-59		
FRIEDRICH TEMPEL(WG)	12-16-26	65-69		
JIM VERNON (MESON 2)	12-15-1	90-94		
WILLIAM WEINACHT (ROCKY PIVED ON	12-28-16	75-79		
NICK ROSE	12- 1-16	75-79		
	12-30-31	40-44		

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New York Marathon

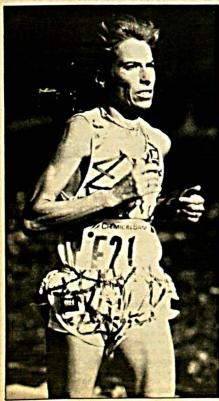
Continued from page 1

(2:37:01), Los Angeles (2:36:48), and New York over a two-year period. Although she has been selected for the Italian Olympic marathon team, she told the press that she prefers running in the U.S. because "there is equal prize money and substantial recognition for masters."

The M50 division was won by Mario Gonzalez of Mexico (2:29:10, 92.3% AG), while New Zealand's Derek Turnbull, 64, took the M60-69 division for the second year in a row with a 2:50:19 (93.4% AG). Afterward he declared that he is now the one to beat in the 1992 London Marathon, wryly noting that he found the huge New York turnout a bit different from the Riverton-to-Cargill marathon that he ran in 1956 where he was the only runner and the race director jumped on a bicycle and fulfilled all of the official duties, including starter, drinks steward and timer.

In the M70-79 age group, Andrew Neidnig, 72, took first place for the third consecutive year. A Millrose Club member, who won a bronze in Turku as a member of the U.S. 10K cross-country team, Neidnig completed the 26.2 miles in 3:42:49. "Every year I tell myself that I'm not going to run another New York City Marathon because it's getting harder and harder," he opined. "But each time I win, I guess I want to come back and... defend the title."

The oldest female finisher was New Yorker Lois Schieffelin, 80, who started marathoning at 75 and has completed five to date, with a time of 6:47:06. Her male counterpart was 93-year-old Joseph Galia of Germany who completed his 24th marathon in 7:59:34.



Graziella Striuli, 42, of Italy, topped all women masters with a 2:40:41, NYC Marathon, November 3. Photo by Jack McManus/Agence Shot

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Pagliano's Podiatric Pointers

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

Sciatic Pain

I'm a 41-year old male runner. Recently, I developed a very painful sciatic condition which has kept me sidelined for four months. I've just started training again, but I'm afraid the sciatic pain will come back once I increase my efforts. What can I do to prevent this from happening, and - if the pain should return — is accupuncture helpful?

Your condition is certainly one of the most painful ones that affects athletes. It is quite disabling and it does not respond well to any type of treatment except rest.

The pain is probably caused by a combination of conditions which can include the pinching of the sciatic nerve below the hip muscles; an irritation of the nerve in the back of the leg; a secondary condition resulting from lower back disc problems; or an irritation to the nerve from scar tissue due to over training.

Resting for several months may be necessary to eliminate the pain. During that time, you can maintain your physical condition by cross-training.

To prevent a recurrence of the injury, avoid stretching the hamstrings. This can irritate the sciatic nerve further. Use straight leg lifts to increase the size of the quadriceps, but avoid full knee extension during this exercise.

Moist heat three-to-four times a day for twenty minutes should help. You can try accupressure treatments, but I prefer - and have seen the best results - physical therapy involving from direct ultrasound to the back of the hamstring area, moist heat packs and electrical stimulation. This will increase blood flow to the injured area and help promote faster healing. As a last resort, you might try a direct injection of cortisone or of a short-acting steroid.

This condition is always aggravated by speedwork. You must avoid sprint training and hill work for at least three months. A gradual return to running is the key to keeping this pain at bay. If it starts to return, stop and rest - then begin to slowly resume your training regimen.

If the pain keeps coming back no matter how long you rest between training periods, I suggest you consult an orthopedist or back specialist to determine whether there is any underlying back or disc disease that is contributing to your sciatic pain.

(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 Achiles question, write to Dr. John Pagliano, The Foot Beat, NMN, Box 2372, Van Nuys, CA 91404.)



New Zealand's Derek Turnbull, 64, turned in a sizzling 2:50:19 (93.4% AG) to take the M60-69 division, NYC Marathon, November 3. Photo by Jack McManus/Agence Shot

8th ANNUAL BROWN UNIVERSITY MASTERS INDOOR TRACK AND FIELD INVITATIONAL

Sponsored by The Rhode Island Track and Field Foundation

Sunday, January 12, 1992, 10:00 a.m.
Brown University Athletic Center, Hope Street and Lloyd Ave.,
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Center)
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. New, ultra-resilient, 200-meter, 6 lane, flat, California Products rubberized surface (field events, too). Use 3/16° spikes. Lockers and showers available. First three places in all events. Five-year groupings for men and women (30-80+) TAC Sanctioned. (For TAC registration call (617) 566-7600). Pre-entries will be \$6 first event; \$5 each additional event by Wed., Jan. 8, 1992. DIRECTIONS:

PACILITY:

AWARDS:

ENTRY FEE:

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.

Track 55m Hurdles 12:00 p.m. 55m (Trials/Finals) Mile Mile Walk

800m Relay (10 yr. groups-no fees/no awards)

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10:00 a.m. Weight Throw
(Young to Old)
Long Jump
(Old to Young)
Shot Put-Following WT
(Young to Old)
Triple Jump-Following LJ
(Old to Young)

12:30 p.m. High Jump (Bar not lowered)
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FOR ADDITIONAL INFORMATION CONTACT: Neil D. Steinberg

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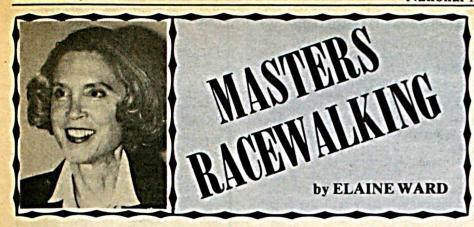
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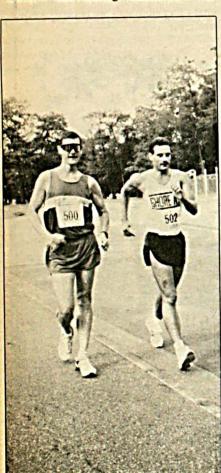
Governing Bodies of Masters Racewalking

This month's column is by Bob Fine, Executive Vice President of WAVA, the World Association of Veteran Athletes.

here are three governing bodies for Masters Racewalking: 1) The Athletics Congress (TAC) on the national level; 2) The North American Association of Veterans Athletes on the hemisphere level; and 3) the World Association of Veteran Athletes (WAVA) on the international level.

On the national level, TAC's Masters Track & Field Committee has jurisdiction over masters (40+) race walking. The national masters racewalking events controlled directly by the Masters T&F Committee are the 3000-meter indoor, the 5000-meter outdoor, the 10,000-meter outdoor for women, and 20,000-meter outdoor for men. Unfortunately, there has been a major problem with the administration of these indoor and outdoor championships.

Elaine Ward's article, The Delinquent Twins, in the September NMN went into some of the administrative problems. Without belaboring the specifics, I feel some changes need to be made. At the present time, Bev LaVeck chairs a racewalking subcommittee to the Masters T&F Committee. I propose each Masters T&F Regional chairperson appoint one person to constitute a seven-person masters racewalking committee. The



Nick Bdera, 43, (I) finished second overall (3:53:47), and Marc Bagan, M40, was fourth (3:56:25), TAC National Masters 40K Racewalk Championships, Fort Monmouth, N.J., September 15. Photo by Elliott Denman

overall Masters T&F Chair, Barbara Kousky, would have the right to appoint anyone else whom she might like. This would make a viable working committee to supervise the operation of the championships. (Presently, LaVeck has a committee of approximately 20 active masters athletes throughout the country providing input to the Masters Program.)

As for the other national championship distances, there is an agreement that TAC's National Racewalking Committee will hold the remaining masters championships concurrently with open championships. The only condition to this arrangement is that masters receive the proper age-group classifications and proper awards. This places responsibility on the National Racewalking Committee to award a wide range of championship distances to TAC Associations throughout the country in an appropriate site-selection process.

This arrangement has worked fairly well in the past, but recently racewalking has exploded. The largest agegroup classification now is masters, not open. It is a situation where the tail may be wagging the dog, in that we may have more masters competing than open athletes under 40, with the Racewalking Committee basically concerned with open athletes. I do not want to disturb the open program, but I feel very strongly that masters must control their own program.

Because several distances have failed to be awarded each year by TAC's Racewalking Committee, I started a North American circuit of championships which is strictly for masters men over 40 and masters women over 35. The circuit has been receiving good support, and gives a structure for annual

masters championships apart from the TAC championships.

On the international level, there never has been any official racewalking championships outside those that are held in every odd-numbered year as part of the World Association of Veteran Athletes (WAVA) Track and Field Championships. The most recent was held this year in Turku, Finland. These championships involve a men's and women's 5K on the track and a women's 10K and men's 20K on the

About six years ago, we restructured WAVA to have Stadia and Non-Stadia Committees. Racewalking comes under the jurisdiction of the Non-Stadia Committee. The Chairperson is Jacques Serruys. He has been very amenable to having official world road racewalking championships on evennumbered years to complement the Track and Field Championships held on odd-numbered years.

Next year, the WAVA Road Running Championships will be held in Birmingham, England, and they expect to have a non-championship racewalking event. Ultimately, it will be formalized. I don't know what the distances will be, but they probably will not be the distances held in the Track & Field Championships. It will depend on what the racewalking community wants, but the road racewalking championships will be concurrent with the WAVA, Non-Stadia Road Running Championships.

It is not fully appreciated that masters have an indirect effect on the success of the open program in our country because masters are providing the competitions and local coaching needed by young and open athletes. At the same time, the number of masters coming into racewalking is increasing so rapidly that we need to have more people get involved in the administration of the sport. This may be the biggest challenge to improving existing problems and providing more oppor-





Join Pat Savage and Hal Higdon in Ireland this summer. Pat is one of Chicago's most successful coaches and maintains contact

with relatives in Ireland. Hal (an O'Leary) is Senior Writer for Runner's World and organizer of running vacations.

Together, they plan to lead a group of runners on an eight-day trip to the Old Sod. Depart O'Hare Field on Sunday, June 14, arriving Dublin early Monday. Three nights in Dublin, plenty of time for sightseeing and guided runs, ending with a Wednesday fun run from Malahide Castle to Swords.

Thursday, board a luxury motorcoach for an all-day

sightseeing journey through the heart of Ireland, past Athlone and Cionmacnoise to Galway, where we stay two nights, climaxed with a road race and dinner Friday in Loghrea organized by one

with a road race and dinner Friday in Loghrea organized by one of Pat's cousins to inaugurate a new track.

Saturday, head for Limerick past the Cliffs of Moher, staying overnight in that city before flying home from Shannon Sunday, June 21. Optional tours (and runs) available for those who want to stay past one week. More details later.

Cost of this 7-day Irish run/adventure is only \$1295!

Our Roadrunner Tours package includes: round-trip air Chicago/Ireland; 6 nights in first-class hotels including breakfasts; airport transfers and bus travel; porterage charges; castle admissions, runs and guide service.

To reserve a place, send us your \$100-per-person deposit now (fully refundable until we provide final details later). Since air/land costs may rise, we will guarantee the \$1295 price if you pay in full now. (Those doing so before March 17 receive an autographed copy of Hal's coming book, "Run Fast.") The price is based on double occupancy (single supplements extra), but we usually match roommates. If you have questions, call Hal or Rose Higdon at (219) 879-0133.

Sure, and I want to run Ireland with me favorite boy-ohs, Pat and Hal. Enclosed is my (completely refundable) deposit of \$100 per person.

Name (s):	
Address:	PROPERTY AND RECOGNIZED THE PROPERTY OF THE PR
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Mail to: Hal Higdon, 2815 Lake Shore Dr., Michigan City, 46360; (219) 879-0133; FAX (219) 874-7413.





Circuit Happenings

espite near zero wind chill conditions and snowdrifts, runners still braved the Omaha Marathon and 10K, the 19th stop on the Sorbothane/USRA Master's Circuit. Curt Hoegh, 40, led the men in 34:19 for 10K, while Melanie Varley (W44, 52:09) led the women. Wisconsin's Judy Kirchoffer, 54, braved the travel conditions to lead the grand master's women in 51:04... The Dayton Corridor Classic once again attracted a strong field of masters. Indiana's Gary Romesser M40, captured the men's division (1:08:58) ahead of Kaare Osnes. Cleveland's Ken Sparks (1:11:23) defeated Kentucky's Don Coffman in the competitive M45 division. Buffalo's Nancy Mieszczak, W40, running healthier after a 1990 injury-plagued season, captured the distaff side with a 1:23:09. Top Buffalo area runners and past circuit age group champions, Gloria Brown (W55, 1:37:49) and Loretta Shehan (W65, 1:56:18) captured their divisions respectively.

A big Sorbothane/USRA master's Circuit welcome to the San Diego Marathon (Dec. 8) which has replaced the Seattle Half-Marathon as the 22nd stop on the 25-city national circuit. Race Director Lynn Flanagan, for years one of the leading race directors on the West Coast, is a welcome

addition. The Seattle Half-Marathon has undergone a number of problems and leadership changes but we wish them well and hope they can rejoin the Circuit in the future. San Diego has new sponsorship and will strengthen the Sorbothane Circuit on the West Coast. Other West Coast stops

SORBOTHANE/USRA MASTERS CIRCUIT Point Standings after 20 Events owerBar Hen's Division 50-54 Women 65-69 Hen 40-44 Her Kaare Osnes Wilson Waigwa John Hosner Susie Kluttz 36/5 30/3 Dick Benson 26/3 William Kohrs 15/3 Judy Kirchoffer Gary Romessor Earl Owens Sofia Turosz 5/1 John Burton Lis Valladsen Bill Rodgers Ken Hamilton Joe King 17/2 Carolyn Hickey 5/1 Barry Schaeffer Joan Williams 5/1 Steve Ruckert Earl Owens Luis Lopez Charles Dotson Eillen Pus 5/1 15/3 14/2 John Campbell Clayton Breisford Paul Randall 55-59 Women 45-49 Men 5/1 Wen Shi Yu Hasko Shimazaki Jeanette Chambers Ron Ogilive Barry Brown Roger Clark Don McCarthy 5/1 Alvin Grahn 5/1 Dot Jones 5/1 5/1 5/1 Toni Valder 5/1 Lily of France Wo Graham Tattersall Don Coffman en's Division 40-44 Women Hary Woodring Bill Rader 5/1 Mancy Grayson Claudia Ciavarella 50-54 Hen 21/3 60-64 Women Ken Prior Pay Bradley James Lackey 9/2 Cassie Bazar Claudia Scott Toshiko Delia Nancy Oshier Judith Miller Verian Bruce Peter Jones Inez Ross
John Long
Colleen Hersho
Marion Irvine 17/2 Cabries Teseniar 5/1 Janice Greiner Jerry HoGrath Jerry Knox 5/1 5/1 5/1 Darlene Wallach 10/1 Hary Geible Sharon O'Con Michael Heffernan 10/1 Dorothy Ranson Tim Rostege Anna Knowles 45-49 Women 55-59 Her 65-69 Women Barbara Filutze Jimy Davis 8/2 Margaret Hagerty Charlotte Baker Edith Farias Sob Rice Sonny Honioz Heather Hatheve 5/1 Peggy Smith Hite Charles Flynn 5/1 Virginia Hoore Mike Pacienza Charles Rose Lynn Edwards Doris Gordon erry Joh Helen Phelps Gerald Koch Hary Storey **Sorbolhane** Helen Lachs 60-64 Hen 70+ Women Bill Fortune Patrick Devine Takeji Shimazaki Charles Evans Hanfred Struse 8/2 Louise Martin MASTERS CIRCUIT Jaclyn Caselli Jay Sturdeviant Althea Jureidini 5/1 PowerBar WOFRWCE ST Trudi Desimone Zira Kellner

this past year have included the Pacific Sun 10K in San Fransisco, the Fiesta 5000 in San Clemente, the ARCO America's Finest City Half-Marathon in San Diego, and now the San Diego Marathon (619-268-5882).

A good Philadelphia area event is the Brian's Run 10K on December 1 which annually attracts a strong mid-Atlantic field . . . Not many do it better than the Rocket City Marathon on December 14. Pittsburgh's Ken Judson established a new masters American marathon record there a year ago and the course is fairly conducive to fast times. A thousand dollars goes to first place with \$500 for a new course record . . . Not many race directors are more enthusiastic or creative than Austin's Paul Corroza of the Run-Tex Half-Marathon, John Campbell and George Sheehan will be on hand at the January 5th event. Look for a stellar field in the masters division.

Keep an eye on the first Tennessee Marathon in Memphis on December 1 with \$700 for the first male and female master . . . The Sorbothane/USRA Masters Circuit National Championship is moving to Orlando on February 1, 1992. The field will once again include one of the best masters fields ever assembled. Invitations have been extended to the top women including Nancy Grayson, Priscilla Welch, Barbara Filutze, Laurie Binder, Nancy Mieszczak, Claudia Ciavarella and Nancy Oshier. On the men's side invitations are out to Bill Rodgers, Manuel Vera, John Campbell, Mario Cuevas, Artemio Navarro, Wilson Waigwa, Dave Stewart, Gary Romesser, Bob Schlau, Ken Sparks, Barry Brown, Doug Bell and Byron Dyce. New names looking to compete include newly-turned 40-year-old, Charlie McMullen, the former sub 4-minute Missouri miler, and 1980 U.S. Olympic Team marathoner Benji Durden. Later this month, Great Britiain's Nick Rose turns 40 and is planning on running in Orlando.

Negotiations are continuing with New Zealand's John Walker in hope he will add a world's best 8K to the sub 4-minute mile he hopes to run the day after his birthday, January 12, 1992. Circuit organizers are pursuing a \$10,000 World Record Bonus for a men's world best which currently is 23:45, set by Domingo Tibaduiza at the Fujitsu Classic earlier this year in California. That standard eclipsed the 23:51 Mario Cuevas ran at the Circuit Championship two years ago in Naples, FL. Interest is sky high and those seeking entry forms and further information should call Dean Reinke Sports (407) 262-1350.

Wilson Waigwa demolished a strong field at the Chicago Rogaine 5K. He ran a quick 14:09, ahead of Canada's Dave Stewart, Indiana's Gary Romesser, former Michigan State standout Ken Popejoy, and former Colorado marathoner Chuck Smead. England's Tony Burke captured the men's masters marathon in 2:33:12, while Sandy Brant won the women's in 2:57:00 . . . A strong field once again ran at the Alhambra Moonlight 8K in California. Laurie Binder captured the \$1000 first-place masters prize in 27:54 . . . Shades of World Wrestling Federation at Providence Downtown 5K last month. It seems that Dave Stewart and Charlie McMullin got into a mad life or death sprint to the finish with elbows flailing. Words were exchanged in the finish chute as Olympian John Treacey stepped in as the peacemaker. No blows were struck, but Stewart got the nod and the \$1000 first

Sorbothane Cup	Standings
After 28 Ev	And the second second second
MEN	
Annual Comment	
Wilson Waigua	15/3
Dick Benson	12/3
Bill Rodgers	8/2
Gary Romesser	8/2
John Hosner	7/2
Kaare Oenes	5/2
Ken Hamilton	5/2
Don Coffman	5/2
John Campbell	5/1
Bob Schlau	5/1
WOMEN	THE RESIDENCE
A CONTRACT OF STREET	White of the same
Nancy Brayeon	14/4
Hen Shi Yu	13/3
Barbara Filutze.	10/2
Nancy Oshler	8/2
Judy Kirchoffer	8/2
Nancy Mieszczak	6/2
Masko Shimazaki	6/2
Susie Kluttz	6/2
Strain Charles Co. of Strain	STATE OF STATE OF
Levi Query	. 5/1
Mary Connolly	6/1
And the second second second second	The second second second

Colorado's Doug Bell, who is having a strong year, captured third overall at the Twin Cities 5K, running 14:48, 12 seconds behind Steve Scott, the overall winner. Wilson Waigwa took the \$1000 first prize at the Sun Carnival International Classic 15K, running 47:19 . . . Excellent prize money on tap January 4th at the annual Charlotte Observer Marathon and 10K. It should be a good final tune-up for the Sorbothane/USRA Masters Circuit National Championship one month later in Orlando. Mobile. Ala., was a warm host as the Delchamps/Senior Bowl Charity 10K conducted an excellent event on their first year on the Circuit. Local standout Don Wright, M40, won the men's masters in 34:14 while Susan Pierce, W40, ran 38:39 to lead the women . . . Two months and counting to the Sorbothane/USRA Masters Circuit National Championship - we hope to see you



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Luigi Schiavo, third in the M45 long jump. Southern California Association TAC Championships, Los Angeles. Photo by Jerry Wojcik



Report from Britain

By ALASTAIR AITKEN of Athletics Today, and MARTIN DUFF of Athletics Weekly

On November 3, British runners made the pilgrimage to the windswept wastes of the U.K. oil capitol of Aberdeen for the fourth running of the Home Countries Cross-Country International. England managed to retain her hold on the seven team titles, mostly as a result of stellar performances from the M40 "B" teams. Further embarrassment was heaped on the shoulders of team selectors when "B" team members Roy Bailey (32:06) and Mike Hagar (32:24) finished in first and third places respectively in the 10K contest. They were split by Welshman Tony Simmons whose bad back kept him from making it four wins in a row with a 32:16.

Dick Evans (33:14) led the M45s, while Turku medalist Les Presland (33:58) and Steve James (34:05) were beaten by new M50 Graham Patton in 33:54. Gerry Spink, who just turned 60, won his division in 36:54 over Bill Stoddard (37:39).

Sally Young, W35, who captured three medals in Turku, narrowly edged Christine Price 16:57 to 17:10 in the 5K. Anne Roden took the W40s with a 17:50, while Maureen Singleton breezed to the W50 title in 19:50.

All of the competitors had to pay their own way to Aberdeen, many of them spending upwards of \$300 for the privilege of running for their country.

Two weeks earlier on October 20 Eugene 10K champion Alun Roper, M45, won the AAA's Vets Half-Marathon in 69:53 over a tough course at Sutton Park just north of Birmingham. Graham Patton took the M50 division in 72:51 as Liz Hughes, W35, grabbed the women's crown in 78:59. The fastest half, however, was at Stroud in Gloucestershire on October 27 where John Wheway, M40, ran a 65:29. Brian O'Neill bested the M45s in 69:39, with Graham Patton again taking the M50 group in 71:11.

Soviet Meets To Be Held In Moscow

The 1992 Soviet Union Masters Indoor Track and Field Championships will be held in Moscow on March 14-15. The Outdoor meet is also set for Moscow on July 11-12.

Vadim Marshev, President of the Soviet Veterans Sports Association headquartered in Moscow, extends a special invitation to all of his National Masters News friends to participate in either or both competitions. He recommends adding a week to your stay to visit the famous resort area by the

Black Sea and Yalta (he has a villa waiting for you).

His son, Oleg, by the way, is a classical pianist who performed in New York's Lincoln Center, November 18, playing Brahms, Rachmaninoff, Prokofiev and Liszt.

In addition, several other Soviet meets and races throughout the year are open to masters from other countries. For a complete list and travel details, contact Helen Pain at Sports Travel International; 1-800-466-6004 or fax 619-225-9562.



M60 4x400 relay team members: (1 to r) Chuck Sochor, Bill Smallwood, Lawrence Anderson, and Harry Brown, IX WAVA World Veterans Championships, Turku, Finland, July 18-28, 1991.

Photo by Elissa Hyvonen

IAAF Rejects World Road Records

by BASIL HONIKMAN, Co-Director, TACSTATS

The 38th Congress of the International Amateur Athletics Federation met in Tokyo in August and decided not to proceed with the adoption of official recognition of world road racing records.

A year ago we would have felt this was a setback but, believe it or not, we are considerably relieved. It took only one meeting of a task force to study the implementation of the proposed worldrecord system to make me realize that the IAAF is not ready for road racing as we know it in the USA.

A system of world records would necessitate the adoption of an international set of rules; 184 countries would have to agree to abide by these rules. At the study group meeting in London last April, the intention was to recognize only 'outside the stadium' distances for record purposes. This meant no 5K, 8K, 10K or 12K records. The fact that the 10K road race probably attracted more contestants than any other athletic event seemed to have little influence on this group. Honorable and sincere men and women were unable to make the crosscultural leap necessary to understand and accept that road racing is a social organism. It has evolved and is still growing and changing. It simply cannot be designed conveniently to fit preconceived patterns.

Road racing events enjoy their success, popularity and financial health to the fact that they are one big community celebration. The strength and charm of the sport emanates from the individuality and personality of each event. Any regulation must be careful, responsive and supportive of the sport as a whole. A world-record system will, and is growing naturally out of the sport.

TACSTATS will continue to compile and publish unofficial world road racing records. The records committee at the 1991 TAC convention will be asked to consider whether or not to recommend the adoption by the Congress of an official U.S. system of world road records.

Not to do so would be folly because the entire sport in the U.S. talks about "The World Record." There is a certain zing attached to the phrase. It is one of the most potent promotional images we have - to be the best in the world - the world record.

Harvey, Oxley Vie for North American Post

As reported in October's NMN, David Pain, Chairman and Delegate of the WAVA North American Region, has resigned.

According to the North American Constitution, the Vice-Chairman (Don Farquharson) assumes the role of the Chairman until the next meeting in Xalapa, Mexico next August.

However, a new delegate to the WAVA Council must be chosen prior to the next meeting of the Council (May 21-25 in Japan).

Farquharson has requested nominations for the delegate's post. At press time, two candidates - Rex Harvey of the USA and Brian Oxley of Canada had been nominated. This month, ballots will be mailed to North American voting members. The results will be announced after December 20.

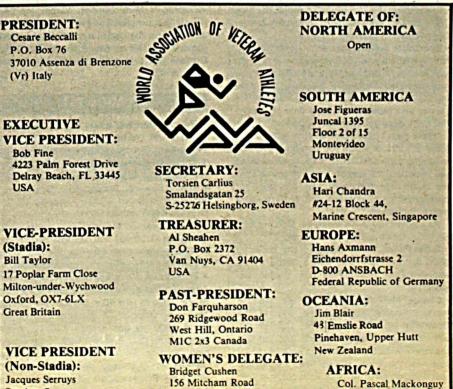
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Postbox 7

B8000, Brugge, Belgium



Surrey, England

NATIONAL

• Elton Richardson of NYC was second female, with a W50-54 U.S. age-group record 4:24:54, in the TAC National Masters 40K RW Championships, Fort Monmouth, NJ, September 15. Nick Bdera, M40, of NYC was second overall (3:53:47) of a field of 82 open and masters walkers. Jeanne Bocci, W45, of Michigan, finished third (4:26:42) W40+ and Donna Cetrulo, W40, fourth (4:35:01). Masters team championships went to the New England Walkers trio and the women's Shore AC.

• Bob Keating, 44, Nashua, NH, and Jeanette Smith, 42, Indianapolis, trod to masters firsts in the National Masters One-Hour RW Championships, Cambridge, MA, October 20. Keating, first of 24 mixed-age men starters, covered 12,571m on the track at MIT. Smith finished sixth of 38, with 10,809m. Oldest walkers were George Conway (88, 6947m), Milton, MA, and Simone McGrath (73, 6575m), Woburn, MA.

• There will be an IAAF Veterans 8K Cross-Country race on March 20, one day before the World Cross-Country Championships in Boston. The race is not a championship, yet will showcase an unlimited number of masters runners from all interested countries. Men from the U.S. must be 40 and over, but, since it's an international event, U.S. women may be 35 and over.

• Is track making a comeback? Two former fixtures of the Mobile Indoor Grand Prix — the Cleveland Knights of Columbus meet (Feb. 15) and the Ottawa Winternational Games (Jan. 18) — are returning to the circuit this winter.

 Commenting on Magic Johnson's retiring from basketball after being diagnosed HIVpositive, Ric Munoz said: "Five years ago, I got the same diagnosis as Magic. Prior to learning of my status, I'd run six marathons. Since then, I've run 34 more, including a 2:54 in the 1991
 LA. Marathon. Obviously, I've rejected 'giving up' on life and all that it offers... HIV is a manageable condition."

EAST

Belinda Saunders, 40, defeated Ann Davies,
 44, for the 40 + title by three seconds with a
 19:15 in the NYRRC Race For The Cure 5K,
 Central Park, NYC, October 13. Cheryl Ralya,
 45, was third in 19:26. Anna Thornhill, 50, took
 the W50 race with a 20:24. Kathleen Amato,
 28, was first of 1687.

 Decathlete Boo Morcom, M70, of Wilmot Flat, NH, livened up when he received word recently that Medicare had denied a \$38.31 claim he had submitted. Explaining the reason for denying the claim, Medicare wrote, "The date of this service was reported after the date of death."
 Not quite dead yet, Morcom responded:

"Dear Sirs, I have received your letter of October 3, 1991, in which you stated your refusal to pay my medical claim for \$38.31 because, as you indicated, the surgery was performed after my death. My feeling is you are guilty of bureacratic nit-picking and that you are just a bunch of meanies."

As a postscript to his message, Morcom added, "P.S. Don't bother to send flowers."

Robin Rappa, 45, of Massachusetts, pocketed
 \$500 for the 40+ win with a 38:03 in the women's Tufts Health Plan 10K, Boston, October 14

• Charlie McMullen of New York led the masters contest most of the way in the Downtown 5K, Providence, RI, October 20, with Canada's Dave Stewart just off his shoulder. When Stewart tried to pass on the inside near the finish, elbows flew. Stewart got past and was given the win, both credited with 14:54. Chuck Smead of Colorado was third (15:10) and Massachusetts' Bill Rodgers fourth (15:15). Nancy Grayson of South Carolina took

the W40+ honors in 17:20.

• Rick Hoebeke (17:27) and Kathy Brown (20:51) logged 40 + firsts in the Sports Page 5K X-Country Challenge, Newark, NY, September 21. M40 + team winner was Syracuse TC (Greer, 17:42; Smith, 17:55; Cleary, 19:04).

• Tom Carroll (41, 17:03), Dunstable, MA, and Margret Kemington-Oman (44, 22:03), Andover, MA, paced the masters over a slippery, muddy course in the Yankee Runner 5K X-Country, South Byfield, MA, October 6. Carroll's Greater Lowe RR took the M40+ team title, and the Liberty AC, led by W50-59 winner Barbara Pike (50, 24:03), Concord, MA, took the W40+.

• Dartmouth coach Carl Wallin, who joined the M50 ranks on October 4, broke Parry O'Brien's U.S. M50-54 SP record of 52-7½ set in '85, with a 53-10 (6kg), on October 5, in a weight pentathlon at Hanover, NH. He also broke the U.S. single-age records for the 16-lb. (50-1½) and 12-lb. (57-0).

• Harold Nolan (M40, 16:34) and Diane Hankins (W40, 22:06) scampered to masters victories in the New Jersey TAC 5K X-Country Championships, Readington, October 27. Austin Newman (22:36) took the M70+ contest.

 Dave Martin, 56, a very popular member of the Philadelphia Masters, succumbd to a heart attack November 5. The Hummelstown, PA, resident was a second-place finisher in this year's National Masters Decathlon and is survived by his wife, Connie.

SOUTHEAST

 Carol Virga, 40, Boca Raton, FL, was first female (57:10) in the Electric Island 15K, Miami Beach, October 20. First M40 + was Alan Miller (54:30).

 Don Gammie, Dayton, OH, broke the U.S. M60-64 mile record with a 5:04.9 in the Nashville TC Meet at Vanderbilt U., October 12.
 Dave Stevenson held the old record of 5:14.2, set in '89.

• Anson Clapcott (47, 37:57), Fort Lauderdale, and Patty Dye (42, 43:28), Wellington, FL, romped to 40+ firsts in the Coconut Festival 10K, Halover Beach, FL, October 27. In a rare outcome, Mary Level-Menton, 28, was the overall winner in 35:42.

• Colorado's Benji Durden, former top open runner, has turned 40 and won masters honors and \$300 in the Lightning 10K Run in Montgomery, AL, November 2 in 31:54. Nancy Grayson was first 40+ female in 35:25, also good for \$300.

MIDWEST

• Ryszard Marczak, 45, of Poland, recorded a masters win (30:56) in the International 10K Peace Race, Youngstown, OH, October 13.

• Gary Romesser, 40, and Nancy Grayson, 40, turned in 40 + firsts in the Bowling Green 10K Classic, Bowling Green, KY, October 12. Romesser collected \$600 for his 30:15, and Grayson \$400 with an eighth-place 35:37.

• Two 40-year-old Indianapolis runners — Bill Garaghan (1:28:13) and Marilyn Stranbridge (1:42:57) were first 40+ in the StepAhead Stampede 25K, Indianapolis, October 3.
• Tony Burke, 42, of England, and Sally Brent, 40, of Colorado, braved the winds along Lake Shore Drive to take 40+ firsts in the Chicago Marathon, October 27. Burke's 2:33:12 was worth \$500, as was Brent's 2:57:19. Wilson Waigwa's masters first in 14:09 in the companion Rogaine 5K earned him \$750. Dave Stewart, 41, of Canada, was second in 14:50, with Gary Romesser, 40, of Indiana, third in 14:58, and Ken Popejoy, 40, of Illinois, fourth in 15:11.

John Campbell won the masters contest by

three seconds with a 32:19 over Benji Durden in the lowa City Hospice 10K, October 13.

• Barney Klecker, M40, Minnetonka, MN, rebounding from a broken ankle, placed sixth (2:38:39) in the Humana-Prime Health Marathon, Kansas City, MO, October 27. Margie Lloyd-Allison, W40, Colorado Springs, was W40+ first (3:20:09).

• Martha O'Rouke, 40, of Tulsa, was first female in the Tulsa Zoo 8K, Tulsa, OK, September 7. Wesley Perkins, 40, Tulsa took the M40+ race (28:36).

MID AMERICA

• Diane Palmason, 53, who used to be one of Canada's top women masters distance runners, has moved to Englewood, CO. Slowly rounding back into form, she bettered the All-American W50 Standards of Excellence in the Rocky Mountain Games in the 5000 (20:51.5), 1500 (5:36.81) and 800 (2:37.39). "The 5000 is an embarrassment," she said, "but still one of my better performances since I began my battle with the chronic fatigue syndrome/virus/whatever in July, 1988." She's been relatively healthy for several months and is gradually increasing her training load. Now into coaching, she is interested in working with masters runners.

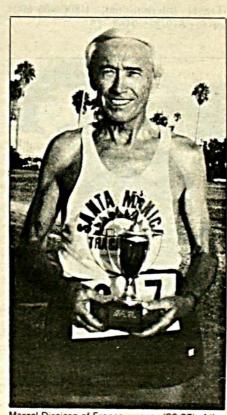
SOUTH WEST

• Ed Whiteman (52, 1:49:31), Covington, LA, and Eliza Walbridge (41, 1:59:15), Zuni, NM, heeled and toed to 40+ firsts in the North American Masters 20K RW Championships, Midland, TX, October 5. Richard Letsinger (46, 1:52:16), Austin, TX, was second 40+.

• Mike Diorka (43, 17:06) and Becky Ryder (46, 22:01) netted masters firsts in the Gumbo Festival Bridge 5K, Bridge City, LA, October 13. Top grandmasters (50+) of the 1165 finishers were Larry Fuselier (56, 20:51) and Elizabeth Van Bathum (67, 25:11). First racewalkers overall were Ed Kelly (53, 31:57) and Ruby Chaney (49, 36:44).

 Wilson Waigwa, Kenyan in local residence, won the \$1000 masters prize with an eighthplace 47:19 in the Sun Carnival International 15K, El Paso, TX, October 6.

 Max Goldsmith, M65 sprinter from Dallas, has been inducted into the North Texas State U.
 Athletic Hall of Fame.



Marcel Diraison of France, winner (20:37) of the Ray Williams Memorial 5000 (M60-and-over), Club West Masters Meet, October 19, Santa Barbara, Calif. The award is given yearly to honor Ray Williams, a masters distance runner from the Santa Barbara area, who passed away several years ago.

Photo by Ruth Williams

WEST

Paul Spangler, 92, of San Luis Obispo, Calif. who won seven medals in Turku, was featured on ABC-TV's Prime Time Live on November 14, and will be honored as "Senior Athlete of the Year" on ESPN-TV, December 25 at 8 p.m. EST (5 p.m. PST).

 Bill Morrison, 58, of El Paso, TX, racewalker and thrower, passed away recently in Flagstaff, A7

• The "King of the Hill" contest this year, October 6, was without major sponsorship providing appearance or prize money, but the mile race was as tough as ever up San Francisco Nob Hill's 12-18% gradient. Runners take about twice the time to complete the second half of the race as the first, and a six-minute average pace is only achieved by the fittest of competitors more accustomed to covering the distance in just over four minutes on the track. The masters race was without Rod Dixon, leaving the locals to decide the winner. Harvey Franklin, 47, was first in a PR 5:52, dusting off Ramsey Thomas, 47, 6:01, with Jim Hampton, 45, third (6:15), and Searcy Barnett, 44, fourth (6:19).

• Three laps around the block in the little town of San Rafael in Marin County and you have one of the reasons for miling after track season in California. The race, October 12, has twelve tight corners, but with masters and submasters all in the same heat, the pace is often quick. Jim Hampton, got out well on the tight, crowded course to win the masters competition in 4:34.2 over Harvey Franklin (4:43.2). Doug Rustud won the 50+ (5:14.6), and Arnold Knepper topped the 60+ category (5:54.7).

• Stew Thomson's M55 HT mark in the Sri Chinmoy Meet, September 22, November NMN, was incorrectly given as 50.90. It should have been 52.08, a PR with the 6kg.

 Helen Dick, 67, Los Angeles ran a 5K in Santa Monica, CA October 20, in 23:47.

• Shirley Matson, 50, of Moraga, CA, set a WR for the W50-54 5000 with a 17:26 on the track on September 26. Her time, a PR by nine seconds, knocked 20 seconds off the old record of 17:46, held by Edeltraud Pohl of Germany. Since turning 50 last November, Matson has set eight road (from the 5K to the marathon) and one track record.

• Pete Escobar, 63, competed in his first T&F event since high school at the Club West Masters meet in Santa Barbara, October 19. Escobar, owner of the famous Casa Escobar Restaurant in Marina Del Rey, Calif., just starting working out a few months ago when he learned about age-group competition from masters sprinter Bob Watanabe, a regular patron. Escobar lost 15 pounds and competed well in the 50, 100, and 200. "I really enjoy this," Escobar said at his restaurant where he was hosting the annual L.A. Valley AC social. "Since I've been working out, my employees say I'm not as crabby anymore. I can't wait to go to Japan in 1993."

Further signs that running may be slipping in popularity comes from Laszlo Tabori, who has been coaching runners in the San Fernando Valley, four nights a week for 21 straight years. Because of lack of participation, Tabori has dropped his Monday/Wednesday sessions and now coaches only on Tuesday/Thursday. "The 18-29 year-olds just aren't interested anymore," Tabori lamented. "Most of my runners are over 35."

INTERNATIONAL

• Karen Gobby, 38, of West Australia, ran the fastest (2:36:42) ever for an Australian veteran (W35+) woman in the July JAL Gold Coast Marathon. Kevin Jury, M40, was first veteran in 2:28:12.

 South Africa has decided to send a team to the 1992 Olympic Games in Barcelona. Presumably, the country will soon be accepted back into the fold of IAAF and WAVA, and thus would be eligible for the next WAVA World Championships in 1993 in Miyazaki, Japan. other excep wome gener additi

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schedule

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



December 2-7. 13th Annual TAC Convention, Sheraton Hotel, New Orleans, La. TAC/USA, P.O. Box 120, Indianapolis, IN 46206, 316/261-0500.

TRACK & FIELD NATIONAL

February 15. TAC/USA National Masters Indoor Pentathlon Championships, Indianapolis. Suzanne Hopkins, 833 N. Center Rd., Plainfield, IN 46168. 317/839-7736.

April 3-5. U.S. TAC National Masters Indoor Championships, Ohio State U., Columbus. James Pearce, 2449 Southway Drive, Columbus, OH 43221.

June 19-28. U.S. Olympic Track & Field Trials, New Orleans. 504/484-1992.

August 13-16. 25th TAC/USA National Masters Championships, Spokane, Wash. Vernie Foxley, Spokane Falls Community College, Athletics MS-3070, W. 3410 Ft. George Wright Dr., Spokane, WA 99204-5288. Phone: 509/459-3644; Fax: 509/623-4128.

EAST

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

December 8 & 15. MAC Indoor Meet, Fairleigh Dickinson U., Teaneck, N.J., 9 am-5 pm. Roslyn Katz, 170-11 65th Ave., Flushing, NY 11365. 718/358-6233.

December 15. Philadelphia Masters Indoor Development Meet, Haverford College, 9:30 am. No pre-registration.

December 15. Buffalo Belles & Brawn Indoor All-Comers, Buffalo St. College. 9:00 am. Gino Cacciatore, 145 Meadow Ln., Tonawanda, NY 14223. 877-8026.

December 21. Tri-State TC Indoor Meet, Hagerstown JC, Md. Wayne Vaughn, 734 W. Franklin St., Hagerstown, MD 21740. 301/733-6076.

December 21. MAC Indoor Meet, West Point Academy. 9:30 am-6 pm. See December 8 & 15.

December 29. Greater Rochester TC Indoor All-Comers, U. of Rochester, N.Y. 3:00-5:00 pm.

January 5. Philadelphia Masters Indoor Development Meet and Tom Robinson Memorial Mile, Haverford College, 12:30 pm. Peter Taylor, 3120 Schoolhouse Lane,

Philadelphia PA 19144. 215/842-3807. January 12. Brown Masters Indoor Invitational, Brown U., Providence, R.I. SASE to: Neil Steinberg, 46 Roberta Ave., Pawtucket, RI 02860. 401/728-2869(e).

January 12. Greater Rochester TC Indoor All-Comers, U. of Rochester, N.Y. 3:00-5:00 pm.

January 12. Brown U. Masters Indoor T&F Invitational, Providence, R.I. 10 am. Neil Steinberg, 46 Roberta Ave., Pawtucket, RI 02860. 401/728-2869 (e).

January 12 & 26. DC RRC Indoor Meets, Jefferson Community Center, Arlington, Va. Masters mile races are qualifiers for Legends Masters Mile, George Mason U., February 9. No field events. DC RRC 24-hour hotline: 708/241-0395. Meet director: 920-5193.

January 14. Philadelphia Masters Indoor Development Meet, Haverford College. Pete Taylor, 3120 Schoolhouse Ln., Philadelphia, PA 19144. 215/842-3807.

January 18. 25th Annual Hartshorne Masters Mile, Cornell U., Ithaca, N.Y. In conjunction with Cornell Open Indoor Meet. E.R. Hoebeke, Race Director, 2706 Agard Rd., Trumansburg, NY 14886. 607/255-6530 (d); 387-6431 (e).

January 19. Philadelphia Masters Intrasquad "Dual Meet," Swarthmore College, Swarthmore, PA. 10:15 am. See Pete Taylor, below

February 2. Kutztown U. Masters Indoor Meet. Kutztown, Pa. 10:15 am. Includes Rudolf Nilsen 2 mile, awards also in 55, 200, 400, 800, LJ, SP. Pete Taylor, 3120 Schoolhouse Ln., Philadelphia, PA 19144. 215/842-3807.

February 2. Buffalo Belles & Brawn Indoor All-Comers, Buffalo St. College. 9:00 am. Gino Cacciatore. 145 Meadow Ln., Tonawanda, NY 14223. 877-4026.

February 2 & 23. DC RRC Indoor Meets, Jefferson Community Center, Arlington, Va. No field events. DC RRC 24-hour hotline: 703/241-0395. Meet director: 920-5193.

February 16. Greater Rochester TC Indoor All-Comers, U. of Rochester, N.Y. 3:00-5:00 pm.

February 29. Tri-State TC Indoor Meet, Hagerstown JC, Md. Wayne Vaughn, 734 W. Franklin St., Hagerstown, MD 21740. 301/733-6076.

March 1. Buffalo Belles & Brawn Indoor All-Comers, Buffalo St. College. 9:00 am. Gino Cacciatore, 145 Meadow Ln., Tonawanda, NY 14223. 877-8026.

March 7. Philadelphia Masters Indoor Invitational, Haverford College. 4:00 pm. Pete Taylor, 3120 Schoolhouse Ln., Philadelphia, PA 19144. 215/842-3807.

March 8. Greater Rochester TC Indoor All-Comers, U. of Rochester, NY. 3:00-5:00

June 28. Rhode Island Senior Olympics, Brown U., Providence. 40+. Dolores Casey Bergeron, Coordinator, 160 Pine St., Providence, RI 02903. 401/277-2819.

July 5. Garden State AC Inter-Continental Masters Championships, Randolph, N.J. New \$1,000,000 facility. Morton Hahn, 19 Bedminster Rd., Randolph, NJ 07869. 201/625-1764(d); 361-3282(e).

SOUTHEAST

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

December 29. Elmer Shaw Memorial Weight Pentathlon, Atlantic H.S., Delray Beach, Fla. Phil Partridge, 337 SW 14th Ave., Boynton Beach, FL 33435.

March 7. Virginia State Indoor Masters Championships, Lexington, Va. SASE to John Tucker, c/o RARO, 300 Diamond St., Lexington, VA 24450. 703/463-9525.

April 4. Naples-On-The-Gulf Masters Meet, Collier H.S., Naples, Fla. Open to m & w over age 19. Florida Circuit Meet. Rudy Vlaardingerbroek, 10311 Windsor Way, Naples, FL 33942. 813/597-6870.

April 18. Florida Circuit Meet - Palm Beach County. Open to m & w over age 19. SASE to Bob Fine, 3250 Lakeview Blvd., Delray Beach, FL 33445.

May 9. Jacksonville TC Masters Meet, Bolles School, Jacksonville, Fla. Florida Circuit Meet. Lamar Strother, 1511 So. McDuff Ave., Jacksonville, FL 32205. 904/388-7860.

May 16. Florida TAC Masters Championships, Orlando. Open to m & w over age 19. SASE to Bob Fine, 3250 Lakeview Blvd., Delray Beach, FL 33445.

May 23. Florida Circuit Meet, Clearwater. Open to m & w over age 19. SASE to Bob Fine, 3250 Lakeview Blvd., Delray Beach, FL 33445.

June 13-14. 17th annual Northwest Classic, Miami-Dade Community College, N. Campus. Florida Circuit Meet. Jesse Holt, 1310 N.W. 90th St., Miami, FL 33147. 305/836-2409.

July 11. Florida Circuit Meet, Ft. Lauderdale (Sunshine Games). Open to m & w over age 19. Full slate. Five-year age-group awards. SASE to Bob Fine, 3250 Lakeview Blvd., Delray Beach, FL 33445.

July 11. Nashville TC Open & Masters Meet, Vanderbilt U. Randall Brady, 2709 Linmar Ave., No. 5, Nashville, TN 37215. 615/383-6733.

MIDWEST

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

January 18. 8th Annual Athlete's Foot Indoor Masters Meet, Augustana College, 639 38th St., Rock Island, Ill. Pete Stopoulos, 1029 16th Ave., East Moline, IL 61244. 309/755-2655.

June 13. Indy Senior Classic, Indiana U. -Purdue U., Indianapolis. Annie Chester, 1426 W. 29th St., Indianapolis, IN 46208. 317/924-7059.

June 20. Cleveland Track Classic, Wickliffe H.S. Jeff Gerson, 4173 Wilmington Rd., South Euclid, OH 44121. 216/382-2656.

MID-AMERICA

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

December 8. Minnesota Masters-Seniors EM "R" Meet, U. of Minnesota, Rachel Lyga, 122 631/2 Way NE, Fridley, MN

January 4. UNL/SmithKline Beecham Regional TAC Indoor Championships, U. of Nebraska, Devaney Center. Gary Bredehoft, 4037 N. 20th, Lincoln, NE 68521. 402/435-7061.

June 28. TAC Mid-America Sectional Masters Championships, Nebraska Wesleyan U. Gary Bredehoft, 4037 N. 20th, Lincoln, NE 68521. 402/435-7061.

SOUTHWEST Louisiana, Mississippi, Texas.

April 5. Houston Senior Olympics, Butler Stadium. 55 +. Terri Riha, Coordinator, 5601 S. Braeswood, Houston, TX 77096. 713/351-7250.

WEST

Arizona, California, Hawaii, New Mexico, Utah.

December 14. All-Comers Meet, Hancock College, Santa Maria, Calif. 11 a.m. Grass-Tex track & runways. Kelly Moore, 805/349-0884, or Mike Morris, 805/

December 14. All-Comers Meet, Santa Monica City College, Pico Blvd., Santa Monica, Calif. Open for masters. 9 am. December 14. Foothill College Throws

Series, Los Altos Hills, Calif. First event

TRACK AND FIELD

FOR DECEMBER

ON TAP

The Eastern indoor season gets rolling, while outdoor competition includes all-comers meets, a weight pentathlon, and a decathlon in California on the 14th, and a weight pentathlon in Florida on the 29th.

LONG DISTANCE RUNNING

The National Masters 10K Championships will be held in New Orleans on the 8th, following the 13th Annual TAC convention, which runs from the 2nd through the 7th in the Crescent City.

Among races of interest to masters on the 1st are Brian's Run 10K in Pennsylvania and the First Tennessee Marathon in Memphis.

The 8th contains a longer list, with the Tampa Bay Marathon; California International Marathon, Sacramento; Fiesta Bowl 10K, Phoenix; San Francisco Half-Marathon; and San Diego Marathon.

The Rocket City Marathon, a masters favorite and a USRA Circuit race, is set for the 15th, followed by the Honolulu Marathon on the 15th.

Runners who like to combine fun with games should check into the Las Vegas Half-Marathon on the 21st, while Sooners should rush to Tulsa for a 5K.

Snowbirds will join locals for the Orange Bowl Marathon on the 28th.

Again, New Year's Eve offers races for those who want to start the year on the right (or left) foot.

RACEWALKING

Most of the races mentioned above and listed in the LDR schedule include racewalk divisions.

HAPPY HOLIDAYS!

9:30 am. Foothill College, c/o Gary Kelmenson, 2501 Friesland Ct., Santa Cruz, CA 95062. 408/479-0202. Coach Joe Mangan, 415/949-7358.

December 14-15. Long Beach Winter Decathlon/Heptathlon, Long Beach U., Calif. Coach Andy Sythe, LBSU, 1250 Bellflower Blvd., Long Beach, CA 90804. 213/985-4666.

January 4. All-Comers Meet, Hancock College, Santa Maria, Calif. 11 am. Kelly Moore, 805/349-0884, or Mike Morris, 805/925-7306.

Jaunary 11. All-Comers Meet, Santa Monica City College, Pico Blvd., Santa Monica, Calif. Open for masters. 9 am.

February 21-March 1. California Senior Olympics, Palm Springs. 55 + . Ben Green, 480 So. Sunrise Way, Palm Springs, CA 92262. 619/323-5689.

May 25. San Diego Senior Sports Festival, Balboa Stadium. 55 + . Sam Cohen, 4867 A Collwood Blvd., San Diego, CA 92115. 619/286-3588; 583-3300.

Continued on page 19

Continued from page 18

June 20. SCATAC District Championships, Occidental College, Los Angeles. SASE to Christel Miller, 1740 Grandview Ave., Glendale, CA 91201. 818/843-2139 until 9 p.m.

July 25-26. TAC Western Sectional Masters Championships, Chabot College, Hayward, Calif. Jim Johnson, 1026 Murchison, Millbrae, CA 94030. 415/697-1889.

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

June 6. Senior Sports Festival, West Seattle Stadium. 55 + . Diana Hoyland, 100 Dexter Ave. No., Seattle, WA 98109. 684-4951. June 6. Scholastic/Masters Meet, Lewis & Clark College, Portland, Oregon. Mike Monahan, P.O. Box 1143, Gresham, OR 97030. 503/667-1145.

June 19-20. Montana Senior Olympics, Billings. 55+. Don Tavolacci, 465 Freedom Ave., Billings, MT 59105.

INTERNATIONAL

July 25-August 9. XXV Olympics,

Barcelona, Spain.

August 19-23. WAVA North American
Regional Track and Field Championships, Jalapa, Vera Cruz, Mexico.

LONG DISTANCE RUNNING NATIONAL

December 8. TAC/USA National Masters 10K Championships, New Orleans. New Orleans TC, P.O. Box 52003, New Orleans, LA 70152-2003, 504/482-6682,

January 12. TAC/USA National Masters Half-Marathon Championships, DeLeon Springs, Fla. Also team championships.

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

February 1. 1991 Sorbothane/USRA Masters Circuit Grand Championship 8K (Orlando Running Festival), Orlando, Fla. Separate masters/open races. Dean Reinke, 400 N. New York Ave., Ste. 103, Winter Park, FL 32789, 407/647-2918.

EAST

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

December 1. Half Hollow Hills 5 Mile. Dix Hills, N.J. Bob Wiener, 10 Parkwood Ln., Dix Hills, NY 11746. 506/499-6207.

December 1. Brian's Run 10K, West Chester, Pa. Masters money. George Lokken, 1117 Stoneybrook Ln., West Chester, PA 19382. 215/692-2874(e).

December 8. Jingle Bell 5K For Arthritis, Hagerstown, Md. Judy Griffin, 370 Virginia Ave., Hagerstown, MD 21740. 301/791-2235(d), or Wayne Vaughn, 734 W. Fanklin St., Hagerstown, MD 21740. 701/733-6076(n).

March 20. International Veterans Cross-Country Classic, Boston, Mass. Precedes IAAF World Championships. John McGrath or Sue Smith, 617/891-4538.

April 20. 96th Boston Marathon, Boston, Mass. Entry deadline March 9. Qualifying times: M40 3:20; M45 3:25; M50 3:30; M55 3:35; M60 3:40; M65 3:45; M70 + 3:50; W40 3:50; W45 3:55; W50 4:00; W55 4:05; W60 4:10; W65 4:15; W70 + 4:20. SASE to BAA Boston Marathon, P.O. Box 1992, Hopkinton, MA 01748. 508/ 435-6905.

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

December 1. First Tennessee Memphis Marathon, Memphis, Tenn. Masters money. Kim Cherry, Box 84, Ste. 1001, Memphis, TN 38101. 901/523-4726.

December 7. Florida Citrus Bowl Half-Marathon, Orlando. Track Shack Event Management, 1322 N. Mills Ave., Orlando, FL 32803. 407/898-1313.

December 8. Tampa Bay Marathon, Tampa, Fla. Brandon RA, P.O. Box 1564, Brandon, FL 35509-1564. 813/974-2125.

December 14. Rocket City Marathon, Huntsville, Ala. USRA Masters Circuit, Huntsville TC, 8811 Edgehill Dr., Huntsville, AL 35802. 205/881-9077. Dean Reinke & Associates, 407/647-2918.

December 28. Orange Bowl Marathon, Miami. Michael Peyton, 7920 SW 40th St., Miami, FL 33155. 305/227-1500.

January 4. Charlotte Observer Marathon & 10K, Charlotte, N.C. \$4250 masters money, plus bonuses. Marathon, Box 30294, Charlotte, NC 28230. 704/358-KICK.

January 5. Miami Marathon & Half-Marathon, Miami, Fla. Also state RRCA/TAC 5K Championships, Miami RC, Tropical Park Stadium, 7920 SW 40th St., Miami, FL 33155. 305/227-1500; 800/940-4RUN.

January 11. 10th Annual Running Pentathlon, Clearwater, Fla. Masters & open. On track: 3000, 800, 200, 400, 1500. Must run all five. Dick Lacey, 1207 S. Duncan Ave., Clearwater, FL 34616. 813/447-7161. January 11. Naples 8K At Pelican Bay, Naples, Fla. Dean Reinke, 400 N. New York Ave., Ste. 103, Winter Park, FL 32789. 407/647-2918.

February 15. Gasparilla 15K/5K, Tampa Fla. SASE to Gasparilla, P.O. Box 1881, Tampa, FL 33601-1881. 813/229-RUNN.

MIDWEST

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

April 12. 25th Annual Athens, Ohio Marathon/Second Annual Half-Marathon. 12 noon. Mark Graham, P.O. Box 2282, Athens, OH 45701 or Tony 614/593-6120.

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

December 7. Springer Clinic Jingle Bell 5K, Tulsa, Okla. Masters money. Sharon Blessing, 6160 S. Yale St., Tulsa, OK 74136.

918/492-7200(d). December 21. Tulsa Holiday 5K, Tulsa, Okla. Masters money. Glen Lafarlette, 263 E. 45th Pl., Tulsa, OK 74105. 918/ 742-5344.

SOUTHWEST Louisiana, Mississippi, Texas.

December 8. Ole Man River Half-Marathon, Marrero, La. New Orleans TC, Box 52003, New Orleans, LA 70152. 504/482-6682.

December 15. Holiday Half-Marathon, Tucson, Ariz. So. Ariz. RC, 4625 E. Broadway, Ste. 112, Tucson, AZ 85711. 326-9383.

December 15. Appletree Jingle Bell 5 Mile, Houston, Texas. Downtown YMCA, 1600 Louisiana, Houston, TX 77002. 713/659-8501.

January 5. 85th Jackson Day 9K, New Orleans. NOTC, P.O. Box 52003, New Orleans, LA 70152-2003. 504/482-6682.

WEST Arizona, California, Hawaii, Nevada,

December 1. Run To The Far Side VII 5K/10K, San Francisco. RTTFS VII, RhodyCo Productions, 3929 California St., San Francisco, CA 94118. 415/387-2178.

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December 8. California International Marathon, Sacramento. SLDRA, Box 161149, Sacramento, CA 95816. 916/447-2786.

December 8. Fiesta Bowl 10K, Phoenix, Ariz. Bob Wallach, 6102 N. 16th St., Phoenix, AZ 85016. 602/277-4333.

December 8. San Francisco Half-Marathon, San Francisco, Calif. Scott Thomason, Pamakid Runners, Box 27557, San Francisco, CA 94127. 415/681-2323.

December 8. San Diego Marathon/Half-Marathon, San Diego, Calif. In Motion, 7847 Convoy Court, Ste. 105, San Diego, CA 92111. 619/268-5882.

December 8. Roy Campanella Run, 5K/10K, CSUN, Northridge, Calif. Kristine Boyle, 818/885-5341 or W-2 Promotions, 213/828-4123.

December 15. Honolulu Marathon, Honolulu, Hawaii. Jonathan Cross, 3435 Waialae Ave., Rm. 208, Honolulu, HI 96816. 808/734-7200.

December 21. 25th Las Vegas Half-Marathon, Las Vegas, Nev. No. 10 size SASE to Bill Callanan, LVTC, 6252 Clarice Ave., Las Vegas, NV 89107. 702/870-8269;

December 29. Baby Boomer West 10K, Phoenix, Ariz. SASE to: Arizona Road Racers, P.O. Box 37876, Phoenix, AZ 85069-7876. 602/954-8341.

January 5. Run-Tex Half-Marathon, Austin. USRA Masters Circuit. Paul Corroza, 512/472-3254, or Dean Reinke & Associates, 407/647-2918.

January 11. Bud Light Paramount 10K World Masters Division, Paramount, Calif. Masters money. Oscar Rosales, 7846 Connie Dr., Huntington Beach, Calif. 92648. 714/841-5417. No entry fee. Must meet qualifying standards: M40 34:00; M45 36:00; M50 38:00; M55 40:00; M60 43:00; M65 47:00; M70 52:00; M75 65:00; M80 90:00; M85 100:00; M90 110:00; W40 40:00; W45 42:00; W50 44:00; W55 47:00; W60 52:00; W65 60:00; W70 75:00; W75 90:00; W80 100:00.

January 18. Record Searchlight 10K/Half-Marathon, Redding, Calif. Masters money. Tony Johnson, 9009 Olney Park Dr., Redding, CA 96001. 1-800-THE-HALF.

February 1. 26th Las Vegas International Marathon & 5-Person Team Relay, Las Vegas, Nev. Al Boka, Race Director, P.O. Box 81262, Las Vegas, NV 89180.

March 1. Los Angeles Marathon, Los Angeles, Calif. L.A. Marathon, 11110 West Ohio Ave., Ste 100, Los Angeles, CA 90025-3329. 213/444-5544.

INTERNATIONAL

June 14-21. Run Ireland Tour, includes stays and runs in Dublin, Galway, Limerick. Hal Higdon, 2815 Lake Shore Michigan City, IN 46360. 219/879-0133.

August 29-30. 1st WAVA Road Running Championships, Birmingham, England. W40+, W35+, 10K/25K. Barbara Dunsford, 71 Hillside Crescent, South Harding College (1988) row, Middlesex, HAZ OQU England, Phone: 011-44-81-422-7157.

HERE'S WHAT PEOPLE ARE SAYING ABOUT RUNNING RESEARCH NEWS:

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

M30-34 Jim Fountain M35-39	Pole Vault	15-1/2	7-27-91	Dick Bloomfield	Hammer 35# Weight 56# Weight	140-0 41-2 27-7 1/4	6-22-91 6-22-91 6-1-91	M75-79 Bill Tallmadge	5K	32:48	7-18-91
Tom Thompson Rick Easley Al Wright David Ortman M40-44	100M 1500M 200M 400M	10.9 4:13.03 23.26 58.6	6-22-91 6-15-91 7-4-91 6-26-91	MSS-59 Jim Schlewitz Neil Saling	100M 200M Shot Put Discus	13.0 27.2 39-3 41.56	8-10-91 8-10-91 6-22-91 6-22-91	W30-34 Mary E. Malloy W45-49	800M 800M	2:27.2 2:30.5	3-9-91 16-16-90
Jerry Cash John Roehr Walt Davenport Jerry Senters	Pole Vault Shot Put Triple Jump Shot Put	14-6 45-6 41-6 1/2 43-4	6-22-91 8-11-91 7-5-91 6-22-91	M60-64 Alan Maxwell Don Mather Loren Swanson	100H Discus Decathlon	18.55 131-7 5415 pts.	7-12-91 6-15-91 6-22-91	Brenda Bloomfield	Hammer 20# Weight	100-1/2 28-10 1/2	6-22-91 5-4-91
MSO-54 James Hart	Discus Shot Put Discus	143-11 45-8 150-4	6-22-91 1-19-91 4-1-91	Alan Cohen Zamir Bavel	Pentathlon 25# Weight Hammer 25# Weight 56# Weight	2725 pts. 11.77 114-1 38-4 1/2 14-9 1/2	8-31-91 1-20-90 7-25-87 9-8-91 9-8-91	M. Seewerker	SK RW	31:14	5-1-91
David Connolly Robert Miller	Hammer 100M 100M 200M 400M	131-1 1/2 12.5 12.3 25.41 57.7	4-1-91 7-14-91 6-28-91 6-23-91 7-31-91	M65-69 Sam Madia	Hammer 400M	36.04	8-31-91 7-31-91				

					8 2	ME	EN						
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	90-9
1500	6.42	6.53	7:03	7:15	7:29	7:45	8:04	8:26	9:04	9:49	11:00	11:45	13:02
Mile	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
3000	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
2Mile	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
5000	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
3000					in the fall			Paris S					
10K	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
15K	1:12					1:27					1:58		
20K	1:38					1:57		2:09			2:40	2:55	3:10
50K	4:30		5:00			5:41		6:20	6:48	7:12			
						WOME	EN						
1500	7:25	7:39	7:53	8:08	8:26	8:45	9:08	10:39	11:15	11:58	12:50	14:17	15:36
Mile	8:00	8:15	8:30	8:45	9:03	9:42	10:18	11:30	12:09	12:54	13:48	15:21	16:4
3000	15:30	16:00	16:30	17:00	17:33	18:48	20:06	22:12	23:33	25:00	26:48	29:48	32:3
2Mile						20:12							
5000	26:13	26:56	27:42	28:33	29:36	31:33	33:48	37:30	39:36	42:06	45:09	50:18	55:1
10K						65:48							1:5
15K	1:24	1:26	1:29	1:32	1:35	1:39	1:46	1:55	2:04	2:13	2:22	2:33	2:4
20K	1:54	1:57	2:01	2:05	2:09	2:14	2:23	2:34	2:47	3:00	3:13	3:38	3:4
50K	5:11	5.26	5.36	5:46	6:00	6:25	6:41	7:13					

U.S. MASTERS STANDARDS OF EXCELLENCE												
ED-15					FO	R ME	N					
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
100 200 400 800	11.0 22.4 51.0 2:01	11.33 23.3 52.5 2:04	11.67 24.2 54.0 2:08	12.0 25.1 56.0 2:13	12.5 26.0 58.5 2:19	13.0 27.2 61.5 2:27	13.5 28.5 65.0 2:37	14.0 29.8 70.0 2:49	15.0 32.4 76.5 3:06	16.5 35.8 84.5 3:27	18.0 39.8 94.0 3:54	20.0 44.0 105.0 4:24
1500 Mile 5000 10000	4:11 4:31 15:30 32:11	4:15 4:35 15:42 32:35	4:22 4:42 16:06 33:30	4:32 4:53 16:44 34:45	4:45 5:07 17:30 36:15	5:02 5:25 18:24 38:10	5:24 5:49 19:36 40:30	5:47 6:14 21:08 44:15	6:22 6:51 23:30 48:30	7:03 7:38 26:00 54:30	7:59 8:42 29:00 61-15	9:15 10:10 32:30 32:30
110H 100H	15.3	16.4	17.75	18.75	18.0	19.0	20.0	21.3	A page			
80H 400H 300H	57.6	59.7	62.0	64.4	67.2	70.6	55.0	60.0	18.0	21.0	25.0 84.0	30.0
3K-SC 2K-SC	10:00	10:20	10:55	11:40	12:30	13:20	9:30	10:30	12:00	14:00	16:30	19:30
нл	1.94 6-44	1.85 6-3/4	1.76 5-94	1.68 5-6	1.59	1.50 4-11	1.41	1.32	1.23	1.13 3-8	1.02 3-4	.92 3-1
PV	4.40 14-5%	4.15 13-7%	3.90 12-9½	3.60 11-9½	3.30 10-10	3.05	2.80 9-2½	2.55 8-44	2.30 7-6½	2.05 6-84	1.80 5-11	1.50 4-11
n	6.55	6.20	5.85 19-24	5.45 17-105	5.10 16-9	4.75	4.40 14-5½	4.00	3.65	3.35 11-0	3.00 9-10	2.65 8-84
TJ	13.35	12.65	11.90 39-4	11.15	10.40	9.65 31-8	8.90 29-2½	8.20 26-11	7.50 24-7%	6.80	6.10 20-1	5.50
Shot	15.20 49-10 ¹ 5	THE PARTY OF	13.00 42-8	12.00	12.40 40-84	11.20 36-9	12.00	10.80 35-54	10.00 33-0	8.80 28-10 ¹ 2	Carried Co	6.50
Discus	147-0	42.60	40.60	38.00 124-8	40.00	36.40	40.00	36.80	31.60	26.40 86-7	21.40 70-2½	16.20
Hammer	47.24 155-0	44.20 145-0	41.14 135-0	38.10 125-0	38.40 126-0	36.00	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	52.60 170-7	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. 25#Wt. 56#Wt.	9.50	9.00	13.00	12.00	6.00	9.00	11.00	10.00	9.00	8.00 3.00	7.00 2.50	6.00
Pen Dec	280	2600	2600	2500	2600	2600	2600	2600 5250	2600 5250	2600 5250	2600 5250	2600 5250
notes	Dec 5500 5250 5250 5250 5250 5250 5250 525											
	8) Net 9) Pe	ric hei	hts and	distanc	es are	the stan	dard; for	A fac	torin	g (ne	W WAV	nience. A).

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 17.8 18.8 14.6 15.0 30.3 31.4 67.5 69.5 2:40 2:46 13.8 14.2 28.0 29.2 15.6 32.5 16.9 35.7 78.5 16.2 20.0 21.2 43.5 96.5 4:09 65.5 3:05 3:19 4:35 5:58 6:20 6:48 6:26 6:49 7:19 23:12 24:16 26:08 49:30 52:00 56:00 6:48 7:23 8:04 7:19 7:46 8:47 26:08 28:08 30:08 56:00 60:00 66:00 5:10 5:19 5:34 5:44 19:45 20:30 5:29 5:40 5:55 6:07 21:20 22:16 1500 9:39 10:45 32:21 34:26 76:00 86:00 10000 41:00 42:40 44:40 47:00 17.2 18.2 80H 400H 15.0 15.8 84.4 88.8 16.5 17.6 18.7 20.2 75.5 79.9 66.0 72.0 79.0 87.0 1.12 3-8 1.07 1.02 3-64 3-44 .97 .92 3-24 3-04 2-11 2-9 3-11 4.60 4.25 3.90 3.55 15-1 13-11 12-9 11-8 2.35 3.20 2.60 10.00 9.20 8.60 7.80 7.18 6.40 5.70 5.20 32-10 30-24 28-24 25-74 23-7 21-0 18-84 17-1 15-5 13-94 12-54 9.30 8.40 7.70 30-64 27-7 25-34 7.95 7.20 26-1 23-74 Jav 39.50 33.50 27.50 21.50 25.00 129-7 109-11 93-6 70-64 82-0 25.00 19.00 18.00 16.00 15.00 82-0 62-4 59-1 52-6 49-2 30.0 27.8 26.0 24.0 98-5 91-2 85-4 78-9 20.0 65-8 18.0 59-1 16.0 52-6 14.0 13.5 45-11 44-4 22.0 72-2 49-2 35.0 32.5 30.0 25.0 23.0 22.0 131-3 114-10 98-5 82-0 75-6 72-2 18.0 14.0 20.0 18.0 14.0 12.0 9.0 65-8 59-1 45-11 39-5 29-7 20 Mt. 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; 50+: 3k. 4) Jávelin: 30-49: 600gm; 50+: 400gm. 5) Hammer: 30-49: 4k; 40+: 3k. 6) Metric heights and distances are the standard; feet and inches listed

APPLICATION FOR AN ALL-AMERICAN CERTIFICATE/PATCH

NAME	AGE-GROUP				
ADDRESS	SEX: M F				
CITY	STATE ZIP				
	DATE OF MEET				
MEET SITE					
EVENT:	MARK:				
HURDLE HEIGHT	WEIGHT OF IMPLEMENT				
CERTIFICATE	DPATCH DPATCHTAC				

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

Shot Put

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.

NATIONAL

Darmouth Weight Meets Hanover, NH

Hanover, N	H
-August 25-	
164 CD	50-1
1 Carl Wallin 49 U.S. record-age	49
4 Harold Krause 43	39-31
12# SP 1 C Wallin 49	55-9
2 Il Krause 43	45-71
16# HT	
3 Carl Wallin 49 6 H Krause 43	148-2 129-1
2kg DT	
4 H Krause 43 5 C Wallin 49	103-0 102-9
-Sentember 1-	Hone of the
16# SP	50.03
16# SP 1 Carl Wallin 49 U.S. record-age 2 Bob Mead 47 4 Luke Hotte 44 5 Bob Harvey 48	49
2 Bob Mead 47	46-8 3/4
5 Bob Harvey Au	43-3
1 C Wallin 49 2 B Harvey 48	55-9
2 B Harvey 48 6kg SP	49-31
1 C Wallin 49	53-2
1 C Wallin 49 16# HT 2 Bob Mead 48 3 C Wallin 49 4 Mike Grisko 44 5 B Harvey 48 6 Luke Hotte 44 2ke DT	152.0
3 C Wallin 49	148-6
4 Mike Grisko 44	114-11
5 B Harvey 48	112-11
	102-9
2 B Harvey 48	113-5
3 C Wallin 49	112-5
-September 8- 16# SP	
1 Carl Wallin 49 3 Mike Grisko 44	50-}
3 Mike Grisko 44	31-0
121 SP 1 Carl Wallin 49	56-9
6kg SP 1 C Wallin 49	
1.5kg DT	53-5 3/4
1.5kg UT 1 C Wallin 49	130-0
351 Weight	47-3/4
2 C Wallin 49 -September 15-	47-3/4
16# SP 3 C Wallin 49	
5ke SP	48-71
4 Cliff Blair 62	47-1
16# HT 3 C Blair 62 5kg	
5 Dave Chesborough3	30133-3
-September 22-	
16# SP 1 C Wallin 49	(0.1)
3 Mike Grisko 44	44.14
	34-7
10# HI	49-1½ 34-7
4 Mike Grisko 44	125-2
4 Mike Grisko 44	125-2
4 Mike Grisko 44 2kg DT 2 C Wallin 49 1.51 3 Mike Grisko 44	125-2
4 Mike Grisko 44 2kg DT 2 C Wallin 49 1.5 3 Mike Grisko 44 October 5- Weight Pentathlon	125-2 kg128-7 145-6
4 Mike Grisko 44 2kg DT 2 C Wallin 49 1.5 3 Mike Grisko 44 October 5- Weight Pentathlon	125-2 kg128-7 145-6
4 Mike Grisko 44 2kg DT 2 C Wallin 49 1.5 3 Mike Grisko 44 October 5- Weight Pentathlon	125-2 kg128-7 145-6
4 Mike Grisko 44 2kg DT 2 C Wallin 49 1.51 3 Mike Grisko 44 -October 5- Weight Pentathlon (SP/WT/HT/DT/JT) Mike Grisko, 44, 27 (12.34/13.51/40.64/ Carl Wallin, 50, 36	125-2 kg128-7 145-6 80/3352 37.22/27.82) 57/4345
4 Mike Grisko 44 2kg DT 2 C Wallin 49 1.5 3 Mike Grisko 44 -October 5- Weight Pentathlon (SP/WT/HT/DT/JT) Mike Grisko, 44, 27 (12.34/13.51/40.64/ Carl Wallin, 50, 36 (16.41/14.94/47.22/	125-2 kg128-7 145-6 80/3352 37.22/27.82) 50.92/42.88
4 Mike Grisko 44 2kg DT 2 C Wallin 49 1.5 3 Mike Grisko 44 -October 5- Weight Pentathlon (SP/WT/HT/DT/JT) Mike Grisko, 44, 27 (12.34/13.51/40.64/ Carl Wallin, 50, 36 (16.41/14.94/47.22/	125-2 kg128-7 145-6 80/3352 37.22/27.82) 50.92/42.88
4 Mike Grisko 44 2kg DT 2 C Wallin 49 1.51 3 Mike Grisko 44 -October 5- Weight Pentathlon (SP/WT/HT/DT/JT) Mike Grisko, 44, 27: (12.34/13.51/40.64/ Carl Wallin, 50, 36 (16.41/14.94/47.22/ 16.41 SP-H.S. M50-5- Cliff Blair, 62, 37 (14.87/18.77/45.90/ 18.77 WT-H S	125-2 kg128-7 145-6 80/3352 37.22/27.82) 57/4345 40.92/42.88) 4 record 35/4504 30.62/30,76)
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4 Mike Grisko 44 2kg DT 2 C Wallin 49 1.51 3 Mike Grisko 44 -October 5- Weight Pentathlon (SP/WT/HT/DT/JT) Mike Grisko, 44, 27: (12.34/13.51/40.64/ Carl Wallin, 50, 36 (16.41/14.94/47.22/ 16.41 SP-H.S. M50-5- Cliff Blair, 62, 37 (14.87/18.77/45.90/ 18.77 WT-H S	125-2 kg128-7 145-6 80/3352 37.22/27.82) 57/4345 40.92/42.88) 4 record 35/4504 30.62/30,76)
4 Mike Grisko 44 2kg DT 2 C Wallin 49 1.5i 3 Mike Grisko 44 -October 5- Weight Pentathlon (SP/WT/HT/DT/JT) Mike Grisko, 44, 27i (12.34/13.51/40.64/ Carl Wallin, 50, 36 (16.41/14.94/47.22/ 16.41 SP-U.S. M50-5 Cliff Blair, 62, 37 (14.87/18.77/45.90/ 18.77 WT-U.S. age-6 (C Wallin 16# SP 50 SP 57-0 U.S. ageOctober 19-	125-2 kg128-7 145-6 80/3352 37.22/27.82) 57/4345 40.92/42.88) 4 record 35/4504 30.62/30,76)
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4 Mike Grisko 44 2kg DT 2 C Wallin 49 1.5i 3 Mike Grisko 44 -October 5- Weight Pentathlon (SP/WT/IRT/DIV/JT) Mike Grisko, 44, 27i (12.34/13.51/40.64// Carl Wallin, 50, 36 (16.41/14.94/47.22// 16.41 SP-U.S. M50-5- Cliff Blair, 62, 37 (14.87/18.77/45.90/ 18.77 WT-U.S. age-6 (C Wallin 16# SP 50 SP 57-0 U.S. ageOctober 19- 16# SP 2 Bob Mead 47 6kg SP 1 C Wallin 50 2 Bob Mead 47 Hammer 4 B Head 47 16# 5 C Wallin 50 6kg	125-2 kg128-7 145-6 80/3352 37.22/27.82) 57/4345 40.92/42.88) 4 record 35/4504 30.62/07 2 record -1 & 12# 50 records)
4 Mike Grisko 44 2kg DT 2 C Wallin 49 1.5 3 Mike Grisko 44 -October 5- Weight Pentathlon (SP/WT/HT/DT/JT) Mike Grisko, 44, 27 (12.34/13.51/40.64/ Carl Wallin, 50, 36 (16.41/14.94/47.22/ 16.41 SP-U.S. M50-5 Cliff Blair, 62, 37 (14.87/18.77/45.90/ 18.77 WT-U.S. age-6 (C Wallin 16# SP 50 SP 57-0 U.S. ageOctober 19- 16# SP 2 Bob Mead 47 6kg SP 1 C Wallin 50 2 Bob Mead 47 Hammer 4 B Mead 47 16#	125-2 kg128-7 145-6 80/3352 37.22/27.82) 57/4345 40.92/42.88) 4 record 35/4504 30.76) 2 record -1 \

Triple Cities RC Meet Rochester, NY; October 20

5 C Wallin 50 1.5kg 133-10

Open Mile				
1 Ton Car	ter	39	4:26.2	2
2 Bob Son	erville	38	5:06.4	
3 Jonatha	n Reid	33	5:19.9	,
4 Rick Wo	idt	37	5:49.9	,
5 Ken Flo	rance	37	5:50.5	,
6 Joe Mil	ler	41	6:27.5	į
8 Pete Ke	yes	55	6:54.3	j
10 Doug Ki	lmer	39	7:03.4	

Mas	sters Mile		
1	Joe McGuiness	45	5:39
2	David Weston	47	5:40
3	Joe Mee	47	5:53
4	P Greenberg	41	5:54
5	Tony Farrand	56	5:58
6	Ron Slocum	48	6:29
7	Frank Holby	66	7:43

SOUTHEAST

Great Gainesville Meet Gainesville, FL; September 28

100m	
M35 Alfredo Rossi	13.58
M50 P J VanBlokland	15.24
M60 Bill Gentry	15.40
Robert Abrams	15.50
M70 Fred Keene	16.43
W30 Jennifer Mercuri	16.79
W40 Nancy Carmichael	17.70
W45 Dana Moser	19.52
200m	*
M35 A Rossi	29.86
M50 P J VanBlokland	32.93
M70 F Keene	35.88
W40 Nancy Carmichael	37.40
W45 Dana MOser	43.44
400m	
M35 Rick Swenson	65.0
M50 P J VanBlokland	69.0
Max Galvez	75.0
800m	
M35 John Johnston	2:15.7
M40 Byron Dyce	2:26.7
M45 Jim Gallagher	2:25.6
M50 P J VanBlokland	2:52
W35 Tina Lipe	2:52.1
1500m	
M35 Hans Cottgens	4:28.3
John Johnston	4:31.1
M45 Jim Gallagher	4:56.8
W30 Suann Oman	6:13.5 5:12.1
W35 Tina Lipe W45 Kristine Gallagh	
was kristine Garragh	20.13.1

3000m M30 Kris Feigel

Short Hurdles M35 Alfredo Rossi

M60 Bill Gentry

Shot Put M35 A Rossi

M35 H Gottgens 9:31.2 M60 Robert Abrams 12:58.4 W40 Marilyn Shadburn 18:39.8

Pole Vault
M55 Jerry Welbourn 2.70

19.98

48.02

M60 Lawrence Siegel 10.50 Bill Centry 8.80 M65 Jack Gamble 9.91 Discus M35 A Rossi M60 L Siegel 30.76 29.26 B Gentry 25.81 M65 Jack Gamble 37.74 <u>Javelin</u> M30 Steve Alpers M35 A Rossi M50 Max Galvez

Moo Bill Gentry 21.92 30.58

Nashville TC Last Cha Vanderbilt U.; Octo	
The state of the s	
50m	
M30 Barry Pruitt	6.5
M40 Barry Faust	7.0
M45 Fred Miller	6.7
M60 Ed Redditt	7.0
M70 Joe Martin	7.8
W35 Donna Faust	8.7
100m	
M30 Brad Davies	12.0
M35 Bob Phillips	11.4
M45 Fred Miller	12.8
M50 Avital Schurr	12.1
M60 Ed Redditt	13.1
M65 Ed Holmes	14.3
W30 Nise Davies	15.5
W35 Donna Crawford	19.5
200m	
M45 Avital Schurr	25.1
M60 E Redditt	27.1
Frank Haves	27.2
300m	
M30 Jim Busby	38.8
400m handicap race	50.0
(actual di	stance)
M45 Jeremy Conlon (
M55 W Curry (
M60 Gord Seifert (
	,

800m handicap race M30 Bill Crips M60 Gordon Seifert

2:28

Mile	
M35 Mark Jidou	5:10.1
M40 Tony Zahorik	5:01.
M60 Don Gammie	5:04.9
(age-group AR)	
W30 Wendy Fairbrothe	r 6:24.0
W55 Evelyn Zerfoss	6:50.4
3000m	
M40 Mick Gavin	10:32.8
M45 Dave Kays	11:12.
Long Jump	Fig. Co.
M40 Barry Faust	14-31
M50 Avital Schurr	16-101
M55 Wendell Curry	13-91
M65 Ed Holmes	13-21
Shot Put	Ser Market
M30 Jeff Bertram	34-41
M55 Lou Vodopya M60 R E Bergland	37-71
M60 R E Bereland	32-101
M65 Ed Holmes	30-6
AND SECURITION OF THE PARTY OF	
Discus .	
M30 Jeff Bertram	110-5
Brad Davies	108-9
M55 Lou Vodopya	98-1
M60 R E Bergland	143-9
Bob Bergenback	96-4
M65 Ed Holmes	105-8
W65 Audrey Bergenbac	k 41-0
<u>Javelin</u>	
M30 Brad Davies	173-7
M40 Barry Faust	106-1
M55 Bill Duckworth	165-4
M60 R E Bergenback	113-9
M65 Ed Holmes	89-4

SOUTHWEST

23-5

7.64 7.78 8.38 10.21

12.62

14.59 14.35 14.50

W65 A Bergenback

M55 Sid Montecino

M60 Al Rieke
M65 William Noonan
M70 Gordon Gaille
W55 Mildred Coleman

W60 Betty Reynolds W70 Verda Copes W75 Delia Thompson

M55 Elliott Egan
Sid Montecino
M60 Al Rieke
Leonard Catalano

Greater New Orleans Senior Regional Games Metairie, LA; October 5-12

15.74
18.07
17.68
20.24
18.94
19.56
25.22
26.69
34.06
34.00
20 21
30.21
30.37
34.47
36.56
35.49
35.74
37.54
49.09
49.77
48.58
ann 54.83
62.84
77.84
68.10
73.88
72.41
84.99
95.88
2:20.44
2:43.88
2:48.32
3:21.15
4:06.27
3:31.48
3:41.47
5:01.58
6:15.95
0.13.93
7.1
7-1
13-7
13-7 12-7
13-7 12-7 12-61
13-7 12-7
13-7 12-7 12-6½ 8-4
13-7 12-7 12-61 8-4 9-21
13-7 12-7 12-6½ 8-4 9-2½ 8-11
13-7 12-7 12-6½ 8-4 9-2½ 8-11 n 9-4½
13-7 12-7 12-6½ 8-4 9-2½ 8-11 n 9-4½ 7-½
13-7 12-7 12-6½ 8-4 9-2½ 8-11 n 9-4½ 7-½ 6-½
13-7 12-7 12-6½ 8-4 9-2½ 8-11 n 9-4½ 7-½

M60	Al Rieke	27-5
200	Ted Dorsa	24-51
	Norman Hedrick	33-10}
M70	Gordon Gaille	32-8
	Ed Olsen	28-11}
W60	Alice English	22-81
-	Joyce Ourso	19-10}
	Audry Gibson	19-101
	Verda Copes	20-81
Disc		
	Ted Dorsa	42-10
M65	Norman Hedrick	106-5
	Lorenzo Gunn	56-7
M70	Wesley Johnson	98-11
	Gordon Gaille	71-4
	Alice English	62-1
	Joyce Ourso	43-3
	Hilda Johnson	37-7
	OmRW .	
	Ted Dorsa	9:22.99
	Lorenzo Gunn	11:38.27
M/O	Al Masakowski	9:55.55
7-24	Delmar Gerard	10:36.03
	Gordon Gaille	10:38.58
	Mary Ban Connie Butler	11:29.63
WOU	Ro Hoerner	11:19.45
W70	Verda Copes	11:32.83
W/0	Josie Gaille	12:14.39
W75	Delia Thompson	12:29.10
A av	Dorothy McKnigh	
	Jordan, Hekiligh	
100		STATE OF THE PARTY OF
-	de pleasant and a sale	The second second

WEST

Duke City Masters Games Albuquerque, June 8-9

Tom Cannon 26.81 M50 John Head 27.91 Gan. Rocherelle30.42

Gan. Rocherelle30.42
M55 Ray Graves 26.53
M60 Andy Anderson 27.34
Charles Rice 29.42
Alan Cohen 29.52
M65 Jack Greenwood 26.56

pavid Salazar 54.55 Larry Ruggles 55.05 Dave Cowan 50.25

Manuel Palacios61.38
M45 Tom Cannon 56.89

M50 Ron Kirkpatrick 55,36 Cliff Bedell 58.72 M55 Ray Graves 61.08 M60 Andy Anderson 62.12 Alan Cohen 66.08

M65 Jack Greenwood 61.46 Lee Hirst 71.71 W35 Dianna Best 72.57

WO Kristi Leonard 2:19.15 W30 Robbi Mulford 2:35.38 W35 Brenda Derosier2:56.09

M55 Jun Garsow 2:01.00

M55 Jun Garsow 2:01.09

M56 Chuck Clark 1:59.85

Frank Morgan 2:02.87

Dave Comarty 2:05.84

M30 Paul Fragua 1:57.68

Gary Moss 2:03.78

M35 Jim Garsow 2:01.00

Gary Moss 2:03.78

M35 Jim Garsow 2:01.00

Scott Darling 2:38.09

M40 David Salazar 2:01.28

Dave Cowan 2:27.00

67.85

Charles Rice

MO Todd Reed

Cluck Clark
M30 Peter Green
Paul Fragua
M40 David Salazar

(hand times)

100	The state of the s		IJ	
OM	Todd Reed	11.45	M40 Bill	Forsy
	Frank Bradshaw			Cowan
1	Will Murphy	12.11	M45 Jeff	
	Ed Lambert		M50 John	
M40	John Battaglia		M60 Tom	
	Tony Gomez			Cohen
M45	Roger Assink		M70 Ham	Mornin
	Richard Wild	12.31	M80 Star	
	Maurice Smith	12.62	SAX VIII.	
	Tom Cannon	13.25	PV	
M50	Ron Kirkpatric	k 12.56	MO Duro	lan Roc
	John Head	13.58	M40 Dave	
M55	Bill Gilmore	15.33	M45 Jeft	
M60	Andy Anderson	12.99		Freid
	Gordon Albury	13.35	M65 Lee	
1		13.67	M70 A. F	
3	Charles Rice	14.31		forning
	Lee Hirst		M80 Star	
	Hugh Hackett			The said
0814	Stan Thompson	22.80	IJ	The same
200			MO Fran	k Brad
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	Robbi Mulford	28.19	M40 Bil	Forsy
	Pam Leslie	30.71	Tony	/ Gomes
P.	Frances Stohl	30.89	Dave	Cowar
	June Dickinson Todd Reed		M45 Mau	
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1120		25.40	M50 Ken	
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	Ton Kunkle		M60 Tom	
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M45	Roger Assink	23.63	M70 A.	Riccia
	Richard Wild			ASSESSED N
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BOLLEY AND PROPERTY TO THE	Service of the servic
M45 Tom Cannon 2:15.26	TJ
Don Miller 2:25.71	M40 Dave Cowan 9.24
M50 Cliff Bedell 2:13.16	M60 Alan Cohen 7.42 M70 Hugh Hackett 8.14
Gang.Rocherelle2:34.18 M60 Jim Schirber 2:32.57	M70 Hugh Hackett 8.14 Ham Morningstar 7.04
Alan Cohen 3:06.05	The Control of the Co
M65 Luther Burdelle2:43.09	SP
HOS ENGRET BUTGETTEZ.45.05	WO Charnia Parrish 6.72
1500	W30 Patricia Ball 10.59
W35 Diana Best 5:59.64	W65 Ann Toya 7.00
Brenda Derosier6:13.70	MO Frank Bradshaw 13.74
W55 June Dickinson 6:17.09	Chris Jaramillo 10.36
MO Frank Morgan 4:12.95	M35 Cennis Umshler 11.30 M40 Bill Forsyth 10.73
MO Frank Morgan 4:12.95 Dave Comarty 4:21.98	Dave Cowan 7.89
M20 Came Mana 4-32 E7	M60 Alan Cohen 8.60
M35 Scott Darling 5:38.84	M65 Lee Hirst 9.86
M40 Manuel Palacios4:41.69	M70 Tom Flack 10.74
M45 Tom Cannon 5:22.02	Ham Morningstar 9.96
Michael Byrnes 5:41.92	M75 Ralph Bowyer 7.89
M50 Charles Harris 4:39.57	
M60 Alan Cohen 6:38.61	Discus
M65 Luther Burdelle5:55.16	WO Charnia Parrish 22.30
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80mH	
M70 Armando Ricciardi 16.13	MO Frank Bradshaw 42.48
Ham Morningstar 20.63	Chris Jaramillo 28.18
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M50 John Head 17.10	M40 Bill Forsyth 33.20
M65 Jack Greenwood 15.41	Joe Lister 32.04
110H	Dave Cowan 20.35
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M70 Ham Morningstar 78.33	M75 Ralph Bowyer 29.96
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M50 John Head 72.34	WO Charnia Parrish 25.02
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M45 Jeff Loubet 1.53 5'}	M60 Alan Cohen 20.24
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M45 Jeff Loubet 3.58	Bill Forsyth 48 02
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M40 Bill Forsyth 5.44	2 Mile RW
Tony Gomez 4.85	WO Rachel Darling 19:04.03
Dave Cowan 4.37	W35 Sara Norman 23:08.94
M45 Maurice Smith 5.57	W50 Mary Villanueva24:10.57
John Freidman 4.74	W55 Ina Stewart 25:32.56
M50 Ken Medley 5.53	W65 Marjorie Holmes24:04.54
John Head 4.51	MO Theron Kissinger 17:24.07
M55 Ray Graves 4.21	M30 Sal Waquie 20:09.22
M60 Tom Maloy 3.46	M45 Peter Armstrong 18:02.91 M50 Winston Crandal 17:31.60
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Pentathlon . MO Chuck McMaster 2514 (6.06,38.03,24.96,29.99,5:24.48 LJ J 200 D 1500 M30 Jeff Bilderbeck,34 2905(3090/34AG) 6.22 48.10 24.52 33.12 5:27.60 M35 Richard Cernosek 2560(2657/37) 5.44 36.13 25.43 30.35 5:45.01 John Kernan 2155(2329/39) 5.00 30.41 28.41 17.72 4:54.27 M40 Bill Forsyth 2946(3185/44) 5.58 48.40 27.23 31.60 5:45.28 M50 Ken Medley,50 16.42 08/74)

.88 WT 65/59) 19/67) 22 .99 32/44AG) M60 Alan Cohen 2235 M60 Alan Cohen 2235
8.57 30.30 25.85 16.46 7.60
M70 A.U. Ricciardi,71 3643(3756/71)
9.59 26.53 23.70 36.42 13.17
Ham Morningstar 3606(4058/74)
9.68 31.44 30.29 27.30 12.01
Tom Flack 3542(3753/72)
11.71 29.43 32.43 23.33 10.52 M60 used 12#S&H, 20#Wt; MO, M40 12#H

Continued on next page

	5.88	33.95	26.42	32.17	6:5
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December, 1991	A STATE OF THE STA	Nation
Continued from previous page	800m M35 Hugo Loaiciga 2:13.6	Triple Jump M35 M Lariza
Club West Masters Meet	Foots Williams 2:20.2 M40 David Salazar 2:06.3	M40 Milan Tiff
Santa Barbara, CA; October 19	Kent Barbieri 2:26.1	Joel Whitfield M50 Al Henry
M35 Lewis Akin 6.27	M45 George Mason 2:12.7 M50 Andre Dunkell 2:07.1	M70 Walt Dahlin M75 John Damski
Jim Bonilla 6.42 Barry Caldwell 6.74	Bob Loggins 2:24.0	M80 Art Vesco M85 Herb Anderson
M40 Earl Bryant 6.66 Paul Raymond 6.71	M55 Lloyd McQuire 2:43.9 M60 Jim Selby 2:50.2	Shot Put M35 Val Olotoa
Ray Yeck 6.72 M50 Joel Morrison 6.93	Don Murray 2:57.1 M65 Marcel Diraison 2:48.9	M40 Mike Deller William Siart
Ron McKnight 7.28 John Carr 7.65	M75 Pete Ganahl 3:11.1	M50 Karl Mayer Ed Oleata
M55 Nick Newton 7.00	W30 M Eynck 2:38.2 W50 Jane Arnold 2:34.0	Robin Paulsen M55 Jim Hart
Roger Tsuda 7.03 Dick Glasgow 7.19	Yvette Lavigne 2:47.1 W65 Joan Gunn 5:55.8	George McGinnis Bill Dods
M60 Bob Feaster 7.34 Alex Pappas 7.68	1500m M35 F Williams 5:06.4	M60 Bob Feaster
John Nelson 8.13 M65 Bob Watanabe 7.38	M40 D Salazar 4:13.2 M45 Garry Kryszak 4:30.6	M65 Mike Orlich
Sam Flory 7.41 Chuck McFate 8.96	M60 Tim Joslin 4:33.4	Vince Sempronio Emson Grimm
M70 Bob Hunt 8.26 M75 John Damski 8.71	M55 John Brennand 4:46.2 W40 Mimi Baranowski 5:24.9	M70 Jim Mynah Gerald Cysewski
Bert Morrow 8.92 Pete Ganahl 9.46	W50 Y Lavigne 5:24.2 5000m	Walt Jenkins M75 Ross Carter
M80 Ted Hatlen 9.76	M40 Steve Bushey 18:08.52 M45 Luigi Schiavo 22:26.28	Bob Boucke Leon Joslin
Art Vesco 11.24	M50 Tim Joslin 17:15.34 M55 J Brennand 17:24.39	M80 Ted Hatlen M85 Herb Anderson
M85 Herb Anderson 11.87 W30 Joy Margerum 7.01	M60 Jim Selby 23:14.02 Allan Bangs 24:00.01	M90 John Whittemore
W45 Carolyn McLeod 9.65 W55 Fei-Mei Chou 9.02	M65 Marcel Diraison 20:37.08 W50 M Eynck 21:33.06	W35 Janet Wilson
W65 Shirley Dietderich 9.96	W40 Mimi Baranowski 20:07.14	
M35 L Akin 11.48 J Bonilla 11.74	Sharon Grant 20:17.25 Short Hurdles	Merry
B Caldwell 12.12 M40 P Raymond 12.11	M40 Ed Baskauskas 17.19 M50 Walt Butler 14.11	Christmas Birdie
E Bryant 12.16 Herman Castille 12.23	(age-group WR) Hugh Adams 14.93	Birdie
M45 Lance Pierce 12.81	Alvin Henry 15.37 M60 Dave Douglass 18.92	
Terrence Keeney 12.95 M50 Walt Butler 12.26	Mark Richards 20.68 M65 Bob Watanabe 20.56	المالية المالية
Hugh Adams 12.28 Joel Morrison 12.64	Chuck McFate 22.10 George Simon 22.48	Discus M35 Val Olotoa
M55 Roger Tsuda 12.82 Dick Glasgow 12.94	M70 Walter Dahlin 13.18 (age-group WR)	M40 Mike Deller Joe Miyoshi
Rich Young 13.66 M60 B Feaster 13.41	Bob Hunt 13.99 M75 Bert Morrow 15.71	M45 Lloyd Higgins
Frank Kishi 14.16 Pete Escobar 14.41	M80 Wilfred Bigelow 20.53	Gerry Moro Mike Woodward
M65 B Watanabe 14.24 Tom Miller 14.88	W30 Joy Margerum 15.50 4x100m Relay	M50 Karl Mayer 1 Ed Oleata 1
George Simon 16.70 M70 David Lawyer 14.58	M35+Pasadena Pacers 50.0 M60+L.AValley AC 60.7	Steve Wordell 1 M55 J Hart 1
Bob Hunt 15.69 M75 B Morrow 16.18	M35 Pasadena Pacers 4:01.3	G McGinnis Bill Dods
M80 W Bigelow 20.11 M85 H Anderson 22.78	M35+Walking Rebels 3:52.0 W30+Bay Jackrabbits 4:14.1	M60 Dave Douglass John Nelson
W30 J Margerum 12.76 Michelle Denby 14.11	High Jump M35 Jason Meisler 6-0	M65 Mike Orlich 1 M70 G Cysewski 1
W45 Bev Lewis 16.21 C McLeod 16.99	M40 Charles Rader 6-4 Ed Baskauskas 5-4	Bob Hunt Jim Sullenger
W55 Christel Miller 15.50 F Chou 16.90	M50 John Dobroth 5-4 Wayne Roberts 3-4	M75 Ross Carter Leon Joslin
Bev Fead 17,61 W70 Jos Kolda 20.65	M55 Nick Newton 5-6 Phil Fehlen 5-4	Bob Boucke M80 Ted Hatlen
200m	Bill Dods 4-4 M60 Herm Wyatt 5-4	M85 Herb Anderson M90 John Whittemore
M35 J Bonilla 24.4 Frank Denby 25.0	Dave Douglass 4-6 Mark Richards 3-8	W35 Janet Wilson W40 Daniella Woolf
B Caldwell 25.3 Fred Smith 25.3	M65 Vince Sempronio 4-6	W50 Lori Coppola W55 Christel Miller
Chas Missouri 25.3	Mike Orlich 4-4 Chas McFate 4-0	F Chou W60 S Kinsey
M40 Paul Raymond 24.5 E Bryant 24.7	M70 Jim Vernon 3-8 M75 John Damski 4-0	W65 S Dietderich Hammer
H Castille 24.7 M45 L Pierce 26.1	Pete Ganahl 4-0 Bob Boucke 3-8	M40 Mike Deller M45 Lloyd Higgins
T Keeney 26.3 M50 H Adams 26.5	M80 Ted Hatlen 3-6 W40 Ann Steekelenburg 4-10	Mike Woodward M55 Stew Thomson
Jon Lomax 27.2 Bob Loggins 28.6	W55 Fei-Mei Chou 3-4	Jim Hart M60 Jerry Wojcik
M55 R Tsuda 26.5 D Glasgow 26.5	Pole Vault M40 Greg Miguel 14-0	M65 Mike Orlich Tom DeVaughn
Rich Young 28.1 M60 Bob Feaster 28.0	Steve Morris 14-0 Ed Seese 13-0	Emson Grimm M70 Jim Minah
Jerry Donley 28.8 Frank Kishi 28.9	Joe Miyoshi 12-0 M45 Gerry Moro 13-0	Walt Jenkins Bob Stone
M65 B Watanabe 27.5 Tom Miller 28.3	Bruce Hotaling 12-6 M50 Mardon Connelly 12-0	M75 Jim York Leon Joslin
Jim Bierman 36.8 M70 D Lawyer 31.3	Ed Cleath 11-6	Bob Boucke
M75 Bert Morrow 34.6 M85 h Anderson 50.7	M60 Jerry Donley 11-6 Ron DeVoe 5-6	M80 Art Vesco M90 James Whittemore
W30 J Margerum 26.3	M65 Jim Johnson 7-0 Tom DeVaughn 6-6	M40 Bob Powers
W45 B Lewis 42.9	M70 Jim Vernon 9-0 M75 Carol Johnston 7-6	Joe Miyoshi M45 Mike Woodward
C McLeod 45.9 W50 Jane Arnold 31.6	Long Jump	David Nuttall Luigi Schiavo
W55 F Chou 36.8	M35 Mike Lariza 20-0 Al Hatchwell 17-2	M50 Robin Paulsen Steve Wordell
M30 Fred Smith 57.0	Barry Caldwell 14-10½ M40 Wm Siart 13-1	Karl Mayer MSS Bill Dods
M35 Chas Missouri 57.0 M40 Il Castille 57.4	M45 Ben Laverty 15-7½ M50 Λ1 Henry 17-7	G McGinnis M60 Del Pickarts
Ray Yeck 58.2 Craig Sturtevant 61.0	Joel Morrison 12-51 M55 Roger Tsuda 16-111	Mark Richards Dave Douglass
M45 George Mason 56.1 T Keeney 58.2	Bill Dods 13-11 M60 D Douglass 14-½	M70 Gerald Cysewski Bob Stone
M50 J Lomax 59.5 Dave Bennett 61.1	Mark Richards 11-5 M65 Jim Johnson 11-7	M75 Leon Joslin Bob Boucke
M60 B Feaster 63.5 Alex Pappas 65.8	M75 John Damski 11-9 Carol Johnson 8-6	M80 Ted Hatlen
Jim Selby 72.1 W30 Michelle Eynck 66.7	Bob Boucke 6-7 M80 Art Vesco 6-11½	M85 Herb Anderson
W40 Martie Behrens 65.3 W50 Jane Arnold 67.8	M85 H Anderson 4-104 W30 Joy Margerum 17-2	M90 John Whittemore W40 Daniella Woolf
W65 Joan Gunn 91.7	W55 Christel Miller 11-4 W60 Shirley Kinsey 8-11	W55 Carolyn Richards W65 S Dietderich
W75 Betty Joslin 75.3	wood Shirley Kinsey 8-11 1	
Berline Company of the State of		Supplied Total Park

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800m		Triple Jump
Foots Williams	2:13.6 2:20.2	M35 M Lariza M40 Milan Tiff
M40 David Salazar Kent Barbieri	2:06.3	Joel Whitfield M50 Al Henry
M45 George Mason M50 Andre Dunkell	2:12.7 2:07.1	M70 Walt Dahlin M75 John Damski
Dave Bennett	2:22.9	M80 Art Vesco
Bob Loggins M55 Lloyd McQuire	2:24.0 2:43.9	M85 Herb Anderson Shot Put
M60 Jim Selby Don Murray	2:50.2 2:57.1	M35 Val Olotoa M40 Mike Deller
M65 Marcel Diraison M75 Pete Ganahl	2:48.9 3:11.1	William Siart M50 Karl Mayer
W30 M Eynck	2:38.2	Ed Oleata Robin Paulsen
W50 Jane Arnold Yvette Lavigne	2:34.0 2:47.1	M55 Jim Hart George McGinnis
W65 Joan Gunn 1500m	5:55.8	Bill Dods M60 Bob Feaster
M35 F Williams M40 D Salazar	5:06.4 4:13.2	Dave Douglass
M45 Garry Kryszak M60 Tim Joslin	4:30.6 4:33.4	M65 Mike Orlich Vince Sempronio Emson Grimm
M55 John Brennand W40 Mimi Baranowski	4:46.2 5:24.9	M70 Jim Mynah
W50 Y Lavigne	5:24.2	Gerald Cysewski Walt Jenkins
5000m M40 Steve Bushey	18:08.52	Walt Jenkins M75 Ross Carter Bob Boucke
M45 Luigi Schiavo M50 Tim Joslin	22:26.28 17:15.34	Leon Joslin
M55 J Brennand M60 Jim Selby	17:24.39 23:14.02	M80 Ted Hatlen M85 Herb Anderson
Allan Bangs	24:00.01	M90 John Whittemore W35 Janet Wilson
M65 Marcel Diraison W50 M Eynck	21:33.06	ATA ET
W40 Mimi Baranowski Sharon Grant	20:07.14 20:17.25	The state of the s
Short Hurdles M40 Ed Baskauskas	17.19	Merry
M50 Walt Butler	14.11	Christmas Birdie
(age-group WR) Hugh Adams	14.93	
M60 Dave Douglass	15.37 18.92	
Mark Richards M65 Bob Watanabe	20.68	15- S
Chuck McFate George Simon	22.10 22.48	Discus M35 Val Olotoa
M70 Walter Dahlin	13.18	M40 Mike Deller
(age-group WR) Bob Hunt	13.99	Joe Miyoshi M45 Lloyd Higgins
M75 Bert Morrow M80 Wilfred Bigelow	15.71 20.53	Gerry Moro Mike Woodward
W30 Joy Margerum 4x100m Relay	15.50	M50 Karl Mayer Ed Oleata
M35+Pasadena Pacers M60+L.AValley AC	50.0	Steve Wordell M55 J Hart
4x400m Relay M35 Pasadena Pacers	The Park	G McGinnis
M35+Walking Rebels W30+Bay Jackrabbits	3:52.0	Bill Dods M60 Dave Douglass
High Jump		John Nelson M65 Mike Orlich
M35 Jason Meisler M40 Charles Rader	6-0	M70 G Cysewski Bob Hunt
Ed Baskauskas M50 John Dobroth	5-4 5-4	Jim Sullenger M75 Ross Carter
Wayne Roberts	3-4	Leon Joslin Bob Boucke
M55 Nick Newton Phil Fehlen	5-6 5-4	M80 Ted Hatlen M85 Herb Anderson
Bill Dods M60 Herm Wyatt	4-4 5-4	M90 John Whittemore W35 Janet Wilson
Dave Douglass Mark Richards	4-6 3-8	W40 Daniella Woolf
M65 Vince Sempronio		W50 Lori Coppola W55 Christel Miller
Mike Orlich Chas McFate	4-0	F Chou W60 S Kinsey
M70 Jim Vernon M75 John Damski	3-8 4-0	W65 S Dietderich Hammer
Pete Ganahl Bob Boucke	4-0 3-8	M40 Mike Deller M45 Lloyd Higgins
M80 Ted Hatlen W40 Ann Steekelenbu	3-6 re 4-10	Mike Woodward M55 Stew Thomson
W55 Fei-Mei Chou	3-4	Jim Hart
Pole Vault	Y-1, 30-3	M60 Jerry Wojcik M65 Mike Orlich
M40 Greg Miguel Steve Morris	14-0 14-0	Tom DeVaughn Emson Grimm
Ed Seese Joe Miyoshi	13-0 12-0	M70 Jim Minah Walt Jenkins
M45 Gerry Moro Bruce Hotaling	13-0 12-6	Bob Stone M75 Jim York
M50 Mardon Connelly Ed Cleath	12-0 11-6	Leon Joslin Bob Boucke
M60 Jerry Donley Ron DeVoe	11-6 5-6	M80 Art Vesco M90 James Whittemore
M65 Jim Johnson	7-0	Javelin
Tom DeVaughn M70 Jim Vernon	9-0	M40 Bob Powers Joe Miyoshi
M75 Carol Johnston	7-6	M45 Mike Woodward David Nuttall
M35 Mike Lariza	20-0	Luigi Schiavo M50 Robin Paulsen
Barry Caldwell	$\begin{array}{c} 17 - \frac{1}{2} \\ 14 - 10\frac{1}{2} \end{array}$	M50 Robin Paulsen Steve Wordell Karl Mayer
M40 Wm Siart M45 Ben Laverty	13-1 15-7½	M55 Bill Dods G McGinnis
M50 Al Henry Joel Morrison	17-7	M60 Del Pickarts
M55 Roger Tsuda	16-11	Mark Richards Dave Douglass
M60 D Douglass	13-11 14-1	M70 Gerald Cysewski Bob Stone
Mark Richards M65 Jim Johnson	11-7	M75 Leon Joslin Bob Boucke
M75 John Damski Carol Johnson	11-9 8-6	M80 Ted Hatlen
Bob Boucke	6-7	M85 Herb Anderson
Bob Boucke M80 Art Vesco M85 H Anderson W30 Joy Margary	4-104	M90 John Whittemore W40 Daniella Woolf
W55 Christel Miller	11-4	W55 Carolyn Richards W65 S Dietderich
W60 Shirley Kinsey	8-11	

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Triple Jump	
M35 M Lariza	44-6
M40 Milan Tiff	47-61
Joel Whitfield	38-9
M50 Al Henry	36-10
M70 Walt Dahlin	26-11
M75 John Damski	25-4
M80 Art Vesco	14-31
M85 Herb Anderson	11-4
Shot Put	
M35 Val Olotoa	41-10
M40 Mike Deller	41-2
William Siart	27-0
M50 Karl Mayer	44-1
Ed Oleata	40-4
Robin Paulsen	38-8
M55 Jim Hart	44-11
George McGinnis	34-1 1 23-6 1
Bill Dods M60 Bob Feaster	
	40-10 1 34-4
Dave Douglass M65 Mike Orlich	41-61
Vince Sempronio	34-81
Emson Grimm	16-5
M70 Jim Mynah	37-1
Gerald Cysewski	35-10
Walt Jenkins	33-6
M75 Ross Carter	37-5
Bob Boucke	31-1
Leon Joslin	31-0
M80 Ted Hatlen	24-11
MR5 Herb Anderson	13-10
M85 Herb Anderson M90 John Whittemore	16-10
W35 Janet Wilson	34-91
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41-61	W70 D Marchetti	19.12
34-8 1 16-5 1	200m	Translation of
16-51	M40 P Abeti M45 P Gava	23.04
37-} 35-10	M50 A Sardi	25.25 24.36
33-6	M55 V Carlevero	25.78
37-5 31-1		
31- 3 31-0	M70 B Sobrero	28.62 30.46
24-111	M75 G Marabotti	31.49
13-10	W35 T Biagioni	28.26
16-10	W40 N Spezzati W45 G Rustici	29.60 31.30
34-91	W50 M L Venier	31.88
C	W55 E Mazzenga	33.13
7	W60 N Fozzer W70 D Marchetti	37.02 41.92
6	The second secon	41.92
******	400m M40 V Felicetti	53.28
4	M45 M Bellani	58.05
	M50 V Magnoni	58.25
1	M55 S Martinez M60 P Ferrigno	58.41
1	M65 S Palma	67.58
y'd	M70 A Guzzetta	71.93
300	M75 G Di Guardo W35 T Biagioni	78.86 65.76
113-1	W40 G Conca	68.23
127-10 76-7	W45 L Pinna	71.62
149-9	W50 M L Venier	70.96
120-6	W60 N Fozzer 800m	84.31
117-11 131-7	M40 Konrad Geiser	2:04.13
128-10	M45 F Prosperi	2:12.35
101-5	M50 G Varalda M55 G Signorini	2:16.04 2:25.59
139-1 94-6	M60 P Ferrigno	2:36.27
93-0	M70 A Guzzetta	2:54.07
114-3	M75 A Parma W35 T Lazzari	2:34.47
96-4 118-0	W40 G Artoni	2:33.02
111-9	W45 L Monti W50 V Fiorasi	2:38.95 2:53.91
101-11 99-7	1500m	ALL DE PROPERTY
119-7	M40 L Tirabassi M45 E Rover	4:15.70
96-8	M45 E Rover M50 D Paganelli	4:26.43 4:50.10
69-9 64-1	M55 F Squassina	4:57.74
43-2	M60 C Bini M65 N Lugano	5:00.97
44-1	M65 N Lugano M70 F Astone	5:49.23 6:34.97
139-2 59-1	M75 E Visona	6:56.36
62-6	W35 G Faccioli W45 S Pesando	5:19.27
63-3	W50 M Pioggia	5:10.72 5:15.15
58-10 58-3	W55 B Miniotti	5:37.22
62-10	3000m W35 M L Baioni	11.15 (0
139-0	W40 D Donini	11:15.40 10:42.18
142-11	W45 S Pesando	10:43.19
96-4	W50 M Pioggia W55 B Miniotti	10:45.16
156-10 131-2	W55 B Miniotti 5000m	11:40.76
96-3	M40 G Lotti	15:46.75
94-5	M45 A Petralia M50 S Busetto	16:07.02
82-0 41-11	M55 G C Parodi	17:34.76 17:53.49
138-9	M60 L Acquarone	16:58.3
136-2	M65 a Nacca M70 P Nasi	20:05.9
94-4 86-2	M75 G Bonora	21:10.3 24:22.7
78-11	10,000m	
62-8	M40 O Santini M45 E Rover	34:36.02 33:36.97
67-6 46-4	M50 O Fronti	36:43.9
A 1211	M55 A Massarelli	36:36.8
172-1	M60 L Acquarone M65 S Agnoli	34:51.6 38:42.5
118-2 133-7	M70 P Nasi	44:16.2
119-1	M75 A Zanetti	51:26.4
84-6	Short Hurdles M40 A Montaruli	17.65
144-3 139-10	M45 L Armillei	18.78
137-10	M50 E Lombardi	16.48
89-7	M55 E Azzoni M60 A Pierpaoli	18.64 18.87
82-4 155-10	M65 A Peloi	21.94
103-10	M70 B Sobrero M75 W Galli	16.50
90-0	M75 W Galli W40 C P Sagot	17.10 14.93
87-4 68-4	W45 R Franchi	15.75
69-6	W55 D Cambruzzi	19.95
56-8 52-4	Long Hurdles	
51-5	M40 A Montaruli	63.40
45-8	M45 l Armillei	65.31

INTERNAT	IONAL
Italian Veteran Chan Cesenatico; Septem	
100m	NO MACRAY
M40 P Abeti M45 D LoCascio M50 A Sardi	11.44
M55 V Carlevero M60 U Burattini	12.08 12.77 14.20
M65 A Santon M70 B Sobrero	14.01 14.51
M75 G Marabotti W35 I Cagali	14.60
W45 G Rustici W50 M L Venier	15.10 15.53
W55 E Mazzenga W60 N Fozzer	15.62 16.84
W65 I Alban W70 D Marchetti	19.27 19.12
200m M40 P Abeti	23.04
M45 P Gava M50 A Sardi	25.25 24.36 25.78
M55 V Carlevero M60 R Marchisio	29.54
M65 A Santon M70 B Sobrero	28.62 30.46
W35 T Biagioni W40 N Spezzati	31.49 28.26
W40 N Spezzati W45 G Rustici W50 M L Venier	29.60 31.30 31.88
W55 E Mazzenga W60 N Fozzer	33.13 37.02
W70 D Marchetti	41.92
M40 V Felicetti	53.28 58.05
M45 M Bellani M50 V Magnoni M55 S Martinez	58.05 58.25 58.41
M60 P Ferrigno M65 S Palma	64.99 67.58
M70 A Guzzetta M75 G Di Guardo	71.93 78.86
W35 T Biagioni W40 G Conca	65.76 68.23
W45 L Pinna W50 M L Venier	71.62
W60 N Fozzer 800m	84.31
M40 Konrad Geiser M45 F Prosperi	2:04.13 2:12.35
M50 G Varalda M55 G Signorini	2:16.04 2:25.59
M60 P Ferrigno M70 A Guzzetta	2:36.27 2:54.07
W35 T Lazzari	3:04.14 2:34.47
W40 G Artoni W45 L Monti W50 V Fiorasi	2:33.02 2:38.95 2:53.91
1500m M40 L Tirabassi	4:15.70
M45 E Rover M50 D Paganelli	4:26.43 4:50.10
M55 F Squassina M60 C Bini	4:57.74
M65 N Lugano M70 F Astone	5:00.97 5:49.23 6:34.97
M75 E Visona W35 G Faccioli	6:56.36 5:19.27
W45 S Pesando W50 M Pioggia	5:10.72 5:15.15
W55 B Miniotti 3000m	5:37.22
W35 M L Baioni W40 D Donini	11:15.40 10:42.18
W45 S Pesando W50 M Pioggia	10:43.19 10:45.16
W55 B Miniotti	11:40.76
M40 G Lotti M45 A Petralia M50 S Busetto	15:46.75 16:07.02
M55 G C Parodi M60 L Acquarone	17:34.76 17:53.49 16:58.3
M65 a Nacca M70 P Nasi	20:05.9
M75 G Bonora 10,000m	24:22.7
M40 O Santini M45 E Rover	34:36.02 33:36.97
M50 O Fronti M55 A Massarelli	36:43.9 36:36.8
M65 S Agnoli	34:51.6 38:42.5
M70 P Nasi M75 A Zanetti	44:16.2 51:26.4
Short Hurdles M40 A Montaruli M45 L Armillei	17.65 18.78
M50 E Lombardi M55 E Azzoni	18.78 16.48 18.64
M60 A Pierpaoli M65 A Peloi	18.87
M70 B Sobrero M75 W Galli	21.94 16.50 17.10
W40 C P Sagot W45 R Franchi	17.10 14.93 15.75
W55 D Cambruzzi	19.95
Long Hurdles M40 A Montaruli	63.40
M45 1 Armillei M50 S Valente	65.31 46.81
M55 S Martinez M60 E Ricci	48.54 56.15
W35 a Peruta W45 L Pinna	84.77 93.46
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and the again corporate	AND STREET AND STREET
Steeplechase	
M40 F Facchinetti M45 E Mattei M50 P Manis	10:05.94
MAS E Mattei	
MGO D	11:03.48
MOU P Manis	10:58.94
	11:59.25
M60 L Bonvecchio M65 a Vicinelli	8:15.53
M65 a Visinelli	10.21.02
HOS a VICINEIII	10:21.93
M70 L DelPriore M75 G Bonora	11:44.00
M75 G Bonora	10:49.86
4x100m Relay M40	AND DESCRIPTIONS
Parete Clab C	
Running Club Cesane	se 47.15
Mazzola/Barbetti/Sa	rdi/Beghin
4x400m Relay M40	STATE OF THE PARTY AND PARTY.
4x400m Relay M40 Running Club Cesane	ce3.51 60
Cirtori/Pagagai/Dag	303.31.07
Sirtori/Rognoni/Dra	gon1/
Barbetti	
High Jump	
	1.78
M40 D Faraggiana M45 L Boranga M50 G Rossi	
M43 L Boranga	1.60
M50 G Rossi	1.52
M55 G Perini	1.44
M60 A Scuto	1.34
M55 G Perini M60 A Scuto M65 G Scanabissi	1.34
rios G Scanabissi	1.22
M/O D Bellotto	1.22
M75 C Millesimi	1.00
M70 D Bellotto M75 C Millesimi W40 E Gacs W45 G Cassina	1.42
WAS C. C.	1.42
W45 G Cassina	1.10
WOO G Perugini	1.28
W55 D Cambruzzi	1.10
W55 D Cambruzzi W65 I Alban	.98
Pole Vault	• 70
role vault	
M40 C Isidori M45 L Galli	3.75
M45 L Galli	3.20
M50 M Gaspari	3.60
M55 M Soppa M60 S Lentini M65 A Compri	3.00
н Зорра	2.60
M60 S Lentini	2.70
M65 A Compri	2.80
Long Jump	
M40 G Giddio	5.92
MICONC	5.92
M50 A Chiminelli M50 A Chiminelli M55 H Amort M60 M Cassini M70 U Barbizzi M75 G Marabotti	5.90
M50 A Chiminelli	5.32
M55 H Amort	5.26
M60 M Cassini	4.41
M70 II Borbinsi	2 60
M76 0 Barbizzi	3.68
M/5 G Marabotti	3.80
	4.29
W40 E Gacs W45 A Floriani W50 A Micozzi W55 G Zambotto	4.59
W45 A Floriani	3.66
WSO A Microsi	3.00
WJU A FIICOZZI	3.99
WOO G Zambotto	3.35
Triple Jump	SOLD ROOM
M40 C Marchetti	14 14
M40 C Marchetti M45 G Arfanotti	14.14
MED G ATTAMOLET	12.71
MOU G Silvestro	11.32
M55 A Giumanini M60 G Mainenti	10.56
M60 G Mainenti	9,90
M65 A Compri M70 B Andreoni M75 C Millesimi	10.26
M70 B Andread	10.26 7.58
MAG C MARGEON1	7.58
M/5 C Millesimi	7.01
Shot Put	
M40 F Carcioffo M45 C Brigante	13.52
M45 C Brigante	
MSO C Manager 112	11.15
M50 S Manganelli	13.46
M55 F Balzanelli	12.95
*	and here is
The same of	Washington Con-
Tour .	

walker to be the sales of the sales	
M60 R Marcandelli	13.39
M65 S Longhi	10.30
AND ALL MANAGED WITH THE PARTY OF THE PARTY	10.39
M70 W Maggi	10.59
M75 G Pertile	10.68
M80 A Andretti	7.60
1100 A MIGIECTI	7.00
W35 R Parenti	9.52
W40 A Fontanella	9.08
W45 B DelGiudice	8.66
W50 E Collavizza	9.28
W55 A Marini	7.35
W60 M Surza	8.26
	8.21
W65 A Turci	
W70 E Maestro	5.87
House to the first of the	The second second
Discus	
M40 G Bambi	38.46
M45 N Baldini	37.34
	11 70
M50 G Distefano	44.78
M55 W Gamba	37.42
M60 R Marcandelli	41.38
M65 G Aghem	34.36
M70 A Surza	34.64
M75 M Riboni	32.54
	32.34
M80+L Cicconi	26.08
W35 S Testi	29.78
W35 S Testi W40 E Chiarcosso	27.00
W40 E CHIAICOSSO	27.00
W45 B DelGiudice	24.72
W50 M Carlevero	17.56
W55 D Cambruzzi	17.56 20.96
	22.60
W60 M Surza W65 A Turci	23.60
W65 A Turci	18.74
於一個的人類的主義。 1000年1月1日 - 1000年1月1日 - 1000年1月	
Hammer	
M40 B Benvenuti	24.48
M45 M DiVaccaro	33.28
M50 F Bechi	48.24
MSS P Novella	40 72
M55 E Novello	40.72
M55 E Novello M60 R Marcandelli	39.54
M60 R Marcandelli	39.54
M60 R Marcandelli M65 G Scanabissi	39.54 26.52
M60 R Marcandelli M65 G Scanabissi M70 A Surza	39.54 26.52 41.24
M60 R Marcandelli M65 G Scanabissi	39.54 26.52
M60 R Marcandelli M65 G Scanabissi M70 A Surza	39.54 26.52 41.24
M60 R Marcandelli M65 G Scanabissi M70 A Surza M75 E Ferrero	39.54 26.52 41.24
M60 R Marcandelli M65 G Scanabissi M70 A Surza M75 E Ferrero Javelin	39.54 26.52 41.24 30.98
M60 R Marcandelli M65 G Scanabissi M70 A Surza M75 E Ferrero Javelin M40 G Pignata	39.54 26.52 41.24 30.98
M60 R Marcandelli M65 G Scanabissi M70 A Surza M75 E Ferrero Javelin	39.54 26.52 41.24 30.98
M60 R Marcandelli M65 G Scanabissi M70 A Surza M75 E Ferrero Javelin M40 G Pignata M45 R Rusalen	39.54 26.52 41.24 30.98
M60 R Marcandelli M65 G Scanabissi M70 A Surza M75 E Ferrero Javelin M40 G Pignata M45 R Rusalen M50 M Piccolo	39.54 26.52 41.24 30.98 41.78 49.76 44.84
M60 R Marcandelli M65 G Scanabissi M70 A Surza M75 E Ferrero Javelin M40 G Pignata M45 R Rusalen M50 M Piccolo M55 L Ciccolo	39.54 26.52 41.24 30.98 41.78 49.76 44.84 38.70
M60 R Marcandelli M65 G Scanabissi M70 A Surza M75 E Ferrero Juvelin M40 G Pignata M45 R Rusalen M50 M Piccolo M55 L Ciccolo M60 V Normando	39.54 26.52 41.24 30.98 41.78 49.76 44.84 38.70 39.18
M60 R Marcandelli M65 G Scanabissi M70 A Surza M75 E Ferrero Javelin M40 G Pignata M45 R Rusalen M50 M Piccolo M55 L Ciccolo	39.54 26.52 41.24 30.98 41.78 49.76 44.84 38.70 39.18
M60 R Marcandelli M65 G Scanabissi M70 A Surza M75 E Ferrero Javelin M40 G Pignata M45 R Rusalen M50 M Piccolo M50 V Normando M65 A Mazzoli	39.54 26.52 41.24 30.98 41.78 49.76 44.84 38.70 39.18 37.32
M60 R Marcandelli M65 G Scanabissi M70 A Surza M75 E Ferrero Javelin M40 G Pignata M45 R Rusalen M50 M Piccolo M55 L Ciccolo M60 V Normando M65 A Mazzoli M70 A Surza	39.54 26.52 41.24 30.98 41.78 49.76 44.84 38.70 39.18 37.32 30.72
M60 R Marcandelli M65 G Scanabissi M70 A Surza M75 E Ferrero Javelin M40 G Pignata M45 R Rusalen M50 M Piccolo M50 L Ciccolo M60 V Normando M65 A Mazzoli M70 A Surza M75 G Pertile	39.54 26.52 41.24 30.98 41.78 49.76 44.84 38.70 39.18 37.32 30.72 29.20
M60 R Marcandelli M65 G Scanabissi M70 A Surza M75 E Ferrero Javelin M40 G Pignata M45 R Rusalen M50 M Piccolo M55 L Ciccolo M60 V Normando M65 A Mazzoli M70 A Surza	39.54 26.52 41.24 30.98 41.78 49.76 44.84 38.70 39.18 37.32 30.72 29.20
M60 R Marcandelli M65 G Scanabissi M70 A Surza M75 E Ferrero Juvelin M40 G Pignata M45 R Rusalen M50 M Piccolo M55 L Ciccolo M60 V Normando M65 A Mazzoli M70 A Surza M75 G Pertile W40 E Gacs	39.54 26.52 41.24 30.98 41.78 49.76 44.84 38.70 39.18 37.32 30.72 29.20 26.64
M60. R Marcandelli M65. G Scanabissi M70. A Surza M75. E Ferrero Javelin M40. G Pignata M45. R Rusalen M50. M Piccolo M50. V Normando M65. A Mazzoli M70. A Surza M75. G Pertile W40. E Gacs W45. A Bertanza	39.54 26.52 41.24 30.98 41.78 49.76 44.84 38.70 39.18 37.32 30.72 29.20 26.64 18.02
M60 R Marcandelli M65 G Scanabissi M70 A Surza M75 E Ferrero Javelin M40 G Pignata M45 R Rusalen M50 M Piccolo M55 L Ciccolo M60 V Normando M65 A Mazzoli M70 A Surza M75 G Pertile W40 E Gacs W45 A Bertanza W50 E Collavizza	39.54 26.52 41.24 30.98 41.78 49.76 44.84 38.70 39.18 37.32 30.72 29.20 26.64 18.02 22.78
M60 R Marcandelli M65 G Scanabissi M70 A Surza M75 E Ferrero Javelin M40 G Pignata M45 R Rusalen M50 M Piccolo M55 L Ciccolo M60 V Normando M65 A Mazzoli M70 A Surza M75 G Pertile W40 E Gacs W45 A Bertanza W50 E Collavizza	39.54 26.52 41.24 30.98 41.78 49.76 44.84 38.70 39.18 37.32 30.72 29.20 26.64 18.02 22.78
M60 R Marcandelli M65 G Scanabissi M70 A Surza M75 E Ferrero Javelin M40 G Pignata M45 R Rusalen M50 M Piccolo M55 L Ciccolo M60 V Normando M65 A Mazzoli M70 A Surza M75 G Pertile W40 E Gacs W45 A Bertanza W50 E Collavizza W60 A Flaibani	39.54 26.52 41.24 30.98 41.78 49.76 44.84 38.70 39.18 37.32 30.72 29.20 26.64 18.02 22.78 21.60
M60 R Marcandelli M65 G Scanabissi M70 A Surza M75 E Ferrero Javelin M40 G Pignata M45 R Rusalen M50 M Piccolo M55 L Ciccolo M60 V Normando M65 A Mazzoli M70 A Surza M75 G Pertile W40 E Gacs W45 A Bertanza W50 E Collavizza	39.54 26.52 41.24 30.98 41.78 49.76 44.84 38.70 39.18 37.32 30.72 29.20 26.64 18.02 22.78
M60 R Marcandelli M65 G Scanabissi M70 A Surza M75 E Ferrero Javelin M40 G Pignata M45 R Rusalen M50 M Piccolo M55 L Ciccolo M60 V Normando M65 A Mazzoli M70 A Surza M75 G Pertile W40 E Gacs W45 A Bertanza W50 E Collavizza W60 A Flaibani	39.54 26.52 41.24 30.98 41.78 49.76 44.84 38.70 39.18 37.32 30.72 29.20 26.64 18.02 22.78 21.60
M60 R Marcandelli M65 G Scanabissi M70 A Surza M75 E Ferrero Javelin M40 G Pignata M45 R Rusalen M50 M Piccolo M55 L Ciccolo M60 V Normando M65 A Mazzoli M70 A Surza M75 G Pertile W40 E Gacs W45 A Bertanza W50 E Collavizza W60 A Flaibani W65 A Turci	39.54 26.52 41.24 30.98 41.78 49.76 44.84 38.70 39.18 37.32 30.72 29.20 26.64 18.02 22.78 21.60
M60 R Marcandelli M65 G Scanabissi M70 A Surza M75 E Ferrero Javelin M40 G Pignata M45 R Rusalen M50 M Piccolo M60 V Normando M65 A Mazzoli M70 A Surza M75 G Pertile W40 E Gacs W45 A Bertanza W50 E Collavizza W60 A Flaibani W65 A Turci 3000m RW	39.54 26.52 41.24 30.98 41.78 49.76 44.84 38.70 39.18 37.32 20.72 29.20 26.64 18.02 22.78 21.60 19.40
M60 R Marcandelli M65 G Scanabissi M70 A Surza M75 E Ferrero Javelin M40 G Pignata M45 R Rusalen M50 M Piccolo M55 L Ciccolo M60 V Normando M65 A Mazzoli M70 A Surza M75 G Pertile W40 E Gacs W45 A Bertanza W50 E Collavizza W50 E Collavizza W60 A Flaibani W65 A Turci 3000m RW W45 G De Gobbi	39.54 26.52 41.24 30.98 41.78 49.76 44.84 38.70 39.18 37.32 30.72 29.20 26.64 18.02 22.78 21.60 19.40
M60 R Marcandelli M65 G Scanabissi M70 A Surza M75 E Ferrero Javelin M40 G Pignata M45 R Rusalen M50 M Piccolo M60 V Normando M65 A Mazzoli M70 A Surza M75 G Pertile W40 E Gacs W45 A Bertanza W50 E Collavizza W60 A Flaibani W65 A Turci 3000m RW W45 G De Gobbi W50 G Migliasso	39.54 26.52 41.24 30.98 41.78 49.76 44.84 38.70 39.18 37.32 30.72 29.20 26.64 18.02 22.78 21.60 19.40
M60 R Marcandelli M65 G Scanabissi M70 A Surza M75 E Ferrero Javelin M40 G Pignata M45 R Rusalen M50 M Piccolo M55 L Ciccolo M60 V Normando M65 A Mazzoli M70 A Surza M75 G Pertile W40 E Gacs W45 A Bertanza W50 E Collavizza W50 E Collavizza W60 A Flaibani W65 A Turci 3000m RW W45 G De Gobbi	39.54 26.52 41.24 30.98 41.78 49.76 44.84 38.70 39.18 37.32 30.72 29.20 26.64 18.02 22.78 21.60 19.40
M60 R Marcandelli M65 G Scanabissi M70 A Surza M75 E Ferrero Javelin M40 G Pignata M45 R Rusalen M50 M Piccolo M60 V Normando M65 A Mazzoli M70 A Surza M75 G Pertile W40 E Gacs W45 A Bertanza W50 E Collavizza W60 A Flaibani W65 A Turci 3000m RW W45 G De Gobbi W50 G Migliasso	39.54 26.52 41.24 30.98 41.78 49.76 44.84 38.70 39.18 37.32 30.72 29.20 26.64 18.02 22.78 21.60 19.40
M60 R Marcandelli M65 G Scanabissi M70 A Surza M75 E Ferrero Javelin M40 G Pignata M45 R Rusalen M50 M Piccolo M50 L Ciccolo M60 V Normando M65 A Mazzoli M70 A Surza M75 G Pertile W40 E Gacs W45 A Bertanza W50 E Collavizza W50 E Collavizza W60 A Flaibani W65 A Turci 3000m RW W45 G De Gobbi W50 G Migliasso W60 L Muzzani	39.54 26.52 41.24 30.98 41.78 49.76 44.84 38.70 39.18 37.32 30.72 29.20 26.64 18.02 22.78 21.60 19.40
M60 R Marcandelli M65 G Scanabissi M70 A Surza M75 E Ferrero Juvelin M40 G Pignata M45 R Rusalen M50 M Piccolo M55 L Ciccolo M60 V Normando M65 A Mazzoli M70 A Surza M75 G Pertile W40 E Gacs W45 A Bertanza W50 E Collavizza W60 A Flaibani W65 A Turci 3000m RW W45 G De Gobbi W50 G Migliasso W60 L Muzzani 5000m RW	39.54 26.52 41.24 30.98 41.78 49.76 44.84 38.70 39.18 37.32 30.72 29.20 26.64 18.02 22.78 21.60 19.40
M60 R Marcandelli M65 G Scanabissi M70 A Surza M75 E Ferrero Javelin M40 G Pignata M45 R Rusalen M50 M Piccolo M55 L Ciccolo M60 V Normando M65 A Mazzoli M70 A Surza M75 G Pertile W40 E Gacs W45 A Bertanza W50 E Collavizza W60 A Flaibani W65 A Turci 3000m RW W45 G De Gobbi W50 G Migliasso W60 L Muzzani 5000m RW N40 R Labita	39.54 26.52 41.24 30.98 41.78 49.76 44.84 38.70 39.18 37.32 30.72 29.20 26.64 18.02 22.78 21.60 19.40
M60 R Marcandelli M65 G Scanabissi M70 A Surza M75 E Ferrero Javelin M40 G Pignata M45 R Rusalen M50 M Piccolo M55 L Ciccolo M60 V Normando M65 A Mazzoli M70 A Surza M75 G Pertile W40 E Gacs W45 A Bertanza W50 E Collavizza W60 A Flaibani W65 A Turci 3000m RW W45 G De Gobbi W50 G Migliasso W60 L Muzzani 5000m RW N40 R Labita	39.54 26.52 41.24 30.98 41.78 49.76 44.84 38.70 39.18 37.32 30.72 29.20 26.64 18.02 22.78 21.60 19.40
M60 R Marcandelli M65 G Scanabissi M70 A Surza M75 E Ferrero Javelin M40 G Pignata M45 R Rusalen M50 M Piccolo M60 V Normando M65 A Mazzoli M70 A Surza M75 G Pertile W40 E Gacs W45 A Bertanza W50 E Collavizza W60 A Flaibani W65 A Turci 3000m RW W45 G De Gobbi W50 G Migliasso W60 L Muzzani 5000m RW M40 R Labita M45 V Visini	39.54 26.52 41.24 30.98 41.78 49.76 44.84 38.70 39.18 37.32 30.72 29.20 26.64 18.02 22.78 21.60 19.40 20:06.40 16:02.14 21:55.17
M60 R Marcandelli M65 G Scanabissi M70 A Surza M75 E Ferrero Javelin M40 G Pignata M45 R Rusalen M50 M Piccolo M55 L Ciccolo M60 V Normando M65 A Mazzoli M70 A Surza M75 G Pertile W40 E Gacs W45 A Bertanza W50 E Collavizza W50 E Collavizza W60 A Flaibani W65 A Turci 3000m RW W45 G De Gobbi W50 G Migliasso W60 L Muzzani 5000m RW N40 R Labita M45 V Visini M50 M Lucchini	39.54 26.52 41.24 30.98 41.78 49.76 44.84 38.70 39.18 37.32 30.72 29.20 26.64 18.02 22.78 21.60 19.40 20:06.40 16:02.14 21:55.17
M60 R Marcandelli M65 G Scanabissi M70 A Surza M75 E Ferrero Javelin M40 G Pignata M45 R Rusalen M50 M Piccolo M60 V Normando M65 A Mazzoli M70 A Surza M75 G Pertile W40 E Gacs W45 A Bertanza W50 E Collavizza W60 A Flaibani W65 A Turci 3000m RW W45 G De Gobbi W50 G Migliasso W60 L Muzzani 5000m RW M40 R Labita M45 V Visini M50 M Lucchini M55 R Pellicia	39.54 26.52 41.24 30.98 41.78 49.76 44.84 38.70 39.18 37.32 30.72 29.20 26.64 18.02 22.78 21.60 19.40 20:06.40 16:02.14 21:55.17
M60 R Marcandelli M65 G Scanabissi M70 A Surza M75 E Ferrero Javelin M40 G Pignata M45 R Rusalen M50 M Piccolo M60 V Normando M65 A Mazzoli M70 A Surza M75 G Pertile W40 E Gacs W45 A Bertanza W50 E Collavizza W60 A Flaibani W65 A Turci 3000m RW W45 G De Gobbi W50 G Migliasso W60 L Muzzani 5000m RW M40 R Labita M45 V Visini M50 M Lucchini M55 R Pellicia	39.54 26.52 41.24 30.98 41.78 49.76 44.84 38.70 39.18 37.32 30.72 29.20 26.64 18.02 22.78 21.60 19.40 20:06.40 16:02.14 21:55.17
M60 R Marcandelli M65 G Scanabissi M70 A Surza M75 E Ferrero Javelin M40 G Pignata M45 R Rusalen M50 M Piccolo M60 V Normando M65 A Mazzoli M70 A Surza M75 G Pertile W40 E Gacs W45 A Bertanza W50 E Collavizza W60 A Flaibani W65 A Turci 3000m RW W45 G De Gobbi W50 G Migliasso W60 L Muzzani 5000m RW M40 R Labita M45 V Visini M50 M Lucchini M55 R Pellicia M60 F Tonetti	39.54 26.52 41.24 30.98 41.78 49.76 44.84 38.70 39.18 37.32 30.72 29.20 26.64 18.02 22.78 21.60 19.40 20:06.40 16:02.14 21:55.17 24:42.66 22:55.89 25:41.84 25:04.60 26:54.84
M60 R Marcandelli M65 G Scanabissi M70 A Surza M75 E Ferrero Javelin M40 G Pignata M45 R Rusalen M50 M Piccolo M50 L Ciccolo M60 V Normando M65 A Mazzoli M70 A Surza M75 G Pertile W40 E Gacs W45 A Bertanza W50 E Collavizza W50 E Collavizza W60 A Flaibani W65 A Turci 3000m RW W45 G De Gobbi W50 G Migliasso W60 L Muzzani 5000m RW M40 R Labita M45 V Visini M50 M Lucchini M55 R Pellicia M60 F Tonetti M65 R Ilmo	39.54 26.52 41.24 30.98 41.78 49.76 44.84 38.70 39.18 37.32 30.72 29.20 26.64 18.02 22.78 21.60 19.40 20:06.40 16:02.14 21:55.17 24:42.66 22:55.89 25:41.84 25:04.60 26:54.84 29:49.98
M60 R Marcandelli M65 G Scanabissi M70 A Surza M75 E Ferrero Juvelin M40 G Pignata M45 R Rusalen M50 M Piccolo M55 L Ciccolo M60 V Normando M65 A Mazzoli M70 A Surza M75 G Pertile W40 E Gacs W45 A Bertanza W50 E Collavizza W50 A Flaibani W65 A Turci 3000m RW W45 G De Gobbi W50 G Migliasso W60 L Muzzani 5000m RW M40 R Labita M45 V Visini M50 M Lucchini M55 R Pellicia M60 F Tonetti M65 R Ilmo M70 L Del Priore	39.54 26.52 41.24 30.98 41.78 49.76 44.84 38.70 39.18 37.32 30.72 29.20 26.64 18.02 22.78 21.60 19.40 20:06.40 16:02.14 21:55.17 24:42.66 22:55.89 25:41.84 25:04.60
M60 R Marcandelli M65 G Scanabissi M70 A Surza M75 E Ferrero Juvelin M40 G Pignata M45 R Rusalen M50 M Piccolo M55 L Ciccolo M60 V Normando M65 A Mazzoli M70 A Surza M75 G Pertile W40 E Gacs W45 A Bertanza W50 E Collavizza W50 A Flaibani W65 A Turci 3000m RW W45 G De Gobbi W50 G Migliasso W60 L Muzzani 5000m RW M40 R Labita M45 V Visini M50 M Lucchini M55 R Pellicia M60 F Tonetti M65 R Ilmo M70 L Del Priore	39.54 26.52 41.24 30.98 41.78 49.76 44.84 38.70 39.18 37.32 30.72 29.20 26.64 18.02 22.78 21.60 19.40 20:06.40 16:02.14 21:55.17 24:42.66 22:55.89 25:41.84 25:04.60 26:54.84 29:49.98 34:57.48
M60 R Marcandelli M65 G Scanabissi M70 A Surza M75 E Ferrero Javelin M40 G Pignata M45 R Rusalen M50 M Piccolo M60 V Normando M65 A Mazzoli M70 A Surza M75 G Pertile W40 E Gacs W45 A Bertanza W50 E Collavizza W60 A Flaibani W65 A Turci 3000m RW W45 G De Gobbi W50 G Migliasso W60 L Muzzani 5000m RW M40 R Labita M45 V Visini M50 M Lucchini M55 R Pellicia M60 F Tonetti M65 R Ilmo M70 L Del Priore M75 U Dalcanto	39.54 26.52 41.24 30.98 41.78 49.76 44.84 38.70 39.18 37.32 30.72 29.20 26.64 18.02 22.78 21.60 19.40 20:06.40 16:02.14 21:55.17 24:42.66 22:55.89 25:41.84 29:49.98 34:57.48 33:02.73
M60 R Marcandelli M65 G Scanabissi M70 A Surza M75 E Ferrero Juvelin M40 G Pignata M45 R Rusalen M50 M Piccolo M55 L Ciccolo M60 V Normando M65 A Mazzoli M70 A Surza M75 G Pertile W40 E Gacs W45 A Bertanza W50 E Collavizza W50 A Flaibani W65 A Turci 3000m RW W45 G De Gobbi W50 G Migliasso W60 L Muzzani 5000m RW M40 R Labita M45 V Visini M50 M Lucchini M55 R Pellicia M60 F Tonetti M65 R Ilmo M70 L Del Priore	39.54 26.52 41.24 30.98 41.78 49.76 44.84 38.70 39.18 37.32 30.72 29.20 26.64 18.02 22.78 21.60 19.40 20:06.40 16:02.14 21:55.17 24:42.66 22:55.89 25:41.84 25:04.60 26:54.84 29:49.98 34:57.48



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 National Masters 10K Cross-Country Championships

Louisville, KY; October 26			
M4	0 (31 finshers)		
1	Swag Hartel	KY	34:49
2	Ignacio Jimenez	TN	35:09
3	Bob Ullrich		35:25
4	Buddy Harpool	KY	36:28
5	Terry Fremdling	KY	36:34
6	Mike Barr	OH	
7	James Zabel	SC	37:00
8	Ward Wenstrup	OH	37:01
9	Bob Kinny	KY	37:04
10	Dan Giner	OH	37:11
11	Jim Phelan	OH	37:13
12	Mike Wheatley	OH	37:31
13	Pete DiSalvo	OH	37:38
14	Jim Holzman	KY	37:50
15	Barry Bishop	SC	37:57
16	Mike Rafferty	KY	38:04
17	Joseph LaLonde	OH	38:34
	George Winston	KY	38:54
19	Patrick Dineen	OH	38:55
	Tom Gill	KY	39:03
21	Jim Tobias	KY	39:04
	Gregory Good	OH	39:10
	Dale Fox	OH	40:03
	Randall Hancock	KY	41:47
25	Ken Horste	MT	1.2.1.2

445 (15 finishers)	1		
1 Don Coffman	KY	35:55	
2 Rich Davis		37:01	
3 Keith Meiklereid	KY	37:08	
4 Jim Gossett	OH	37:14	
5 Walt Collet	KY	38:17	
6 Mark Koenig	KY	38:40	
7 Peter Wayig	OH	38:58	
8 Jim Stark	TN	39:25	
9 Dave Freeman	SC	40:24	
10 Glenn Leach	KY	41:21	
450 (21 finishers)			
1 Kirk Randall		36:57	
2 Chuck Keating		37:17	
3 Ken Prior		37:54	
4 Ed Donoghue	AZ	38:19	
5 Gary Walters	OH	38:27	
6 Lloyd Laubach		38:30	
7 Harold Hatch		38:47	
8 Robert McAndrews			
9 Don Hardwick		39:34	
O Ron Rohrer		39:39	
1 Bob Schul		39:47	
2 Adrian Craven	SC	40:39	
155 (8 finishers)			
1 David Pitkethly		38:32	
2 Bill Olrich		38:52	
3 John Hurley		39:32	
		39:36	
5 Ken Mueller	MA	39:44	
160			
1 Charles Cheek	KY	42:34	

Continued on next page

page 22	
Continued from previous pa M65 (3 finishers)	ge
1 Roland Anspach 46:	14 53:31
3 Ben Johnson KY	55:41
1 Ed Buckley NY:	49:51 52:09
M75	55:55
W55 (3 finishers)	49:45
2 June Brumley IN	57:53
3 Mary Hansford KY 1:	
M40-49 Team	54:01
(Hartel/Ullrich/Coffman,	9:12
	9:26
(Wenstrup/Gossett/Wheat. Koenig/Wayte)	STATE OF
(Barr/Phelan/LaLonde/	0:35
Dineen/Good) M50-59 Team 1 Boston AA 3:1:	2:19
(Randall/Keating/Hatch/ Hurley/Mueller)	
2 Bob Schul Racing 3:14 (Prior/Walters/Laubach/	4:18
Rohrer/Schul) 3 Victory AC 3:21	1:31
(Olrich/Hardwick/Parrell Delph/Robinson)	
	200
National Masters 5K Cro Country Championship	os
Columbus, Ohio; Novemb	er 3
Age Graded Results Walter Berrala, 47 Bob Milner, 56	860 857
Dan Sekerak, 44 Sam Graceffo. 55	855 854
Jeff Johnson, 29 Bob Ullrich, 44	845 839
Rorace Rubin, 63 John Gill, 24 Stan Clark, 36	939 835
Stan Clark, 36 Jim Backenberg, 43 Joe Fodor, 53 Keith Meikelreid, 47	834 834
Raith Maikelreid, 47 Jim Fox, 47	833 832 832
Gary Walters, 53 Marie Burleson, 42 Peter Wayte, 47	830 829
Peter Wayte, 47 Bill Haviland, 41 Joe Wolters, 53	829 82E
Bob Schul, 54 Men Overall	828 826
Jeff Johnson, 29	15:20 15:30
Meu Dan Sekerak, 44	16:30 16:29
Bill Raviland, 41	16:40 16:41
Bob Ullrich, 44	16:47 16:48 16:55
Michael Bary 41	16:57 17:01
Dala Leeper, 43	17:03 17:05
Bill Hill, 44	17:10 17:11 16:45
K Meikelreid, 47 Jim Fox, 47	17:18 17:18
Feter Wayte, 47	17:19 17:22
Joe Fodor, 53	18:00 18:06 18:09
Joe Wolters, 53	18:11 18:13
Bob Milner, 56	17:59 18:05
Daniel Cohen, 55 M60 Howard Rubin, 63 Bill Carey, 64	19:40 19:48 20:47
Hank Kiesel, 62	21:58
R Cavicchi 69	23:39 47:03
M70 Ed Buckley, 70 Nate White, 72 Norman Ransen, 70	22:44
Hugh Yeomans, 76	24:36 26:11 35:37
Nomen Overall	42:31
Marie Burleson, 42 C Tinsley, 34 Paula Maresh, 27	18:45
W40 Marie Burleson, 42 Marie Smythe, 43	19:15 18:45 23:42
W45 E Bugbee, 47 Jan Spitler, 47	20:56 21:52
Faula Empons, 45	22:47 21:31 24:47
Paula Emmons, 45 W50 Carol Bender, 52 Mary Namey, 52	
Mary Namey, 52 Delores Horn, 52 W55 C Schuiteman 56	25:02 22:45
Mary Namey, 52 Delores Horn, 52 W55 C Schuiteman 56	25:02 22:45 39:38 29:14
Mary Namey, 52 Delores Horn, 52 W55 C Schuiteman, 56 W60 Mary Caviochi, 61 W65 Mary Norokauer, 67 W70 Carol Feebles, 70 E Yeomans, 72	25:02 22:45 39:38
Mary Namey, 52 Delorse Horn, 52 W55 C Schuiteman, 56 W60 Mary Caviochi, 61 W65 Mary Norokauer, 67 W70 Carol Feables, 70 E Yeomans, 72 Men's Teams Overell Victory AC, M30	25:02 22:45 39:38 29:14 32:43 39:03
Mary Namey, 52 Delores Horn, 52 W55 C Schuiteman, 56 W60 Mary Caviochi, 61 W65 Mary Norokauer, 67 W70 Carol Feables, 70 E Yeomans, 72 Men's Teams Overell Victory AC, M30 Over-the-Bill, Open Ohio Alumni, M30 Wolfpack TC, Open	25:02 22:45 39:38 29:14 32:43 39:03 47 108 118 136
Mary Namey, 52 Delores Horn, 52 W55 C Schuiteman, 56 W60 Mary Caviochi, 61 W65 Mary Norokauer, 67 W70 Carol Feebles, 70 E Yecmans, 72 Men's Teams Overell Victory AC, M30 Over-the-Hill, Open Ohio Alumni, M30 Wolfpack TC, Open M40 Victory AC, Wolfpack TC "A" 1	25:02 22:45 39:38 29:14 32:43 39:03 47 108 118 136 1:25:38
Mary Namey, 52 Delores Horn, 52 W55 C Schuiteman, 56 W60 Mary Caviochi, 61 W65 Mary Norokauer, 67 W70 Carol Feebles, 70 E Yeomans, 72 Men's Teams Overell Victory AC, M30 Over-the-Bill, Open Ohio Alumni, M30 Wolfpack TC, Open M40 Victory AC Wolfpack TC "A" 1 Cincinnati AA Legend Harriers	25:02 22:45 39:38 29:14 32:43 39:03 47 108 118 136 1:25:38 1:25:41 1:27:08
Mary Namey, 52 Delores Born, 52 W55 C Schuiteman, 56 W60 Mary Caviochi, 61 W65 Mary Norokauer, 67 W70 Carol Feebles, 70 E Yeomans, 72 Men's Teams Overell Victory AC, M30 Over-the-Bill, Open Ohio Alumni, M30 Wolfpack TC, Open M40 Victory AC Wolfpack TC "A" Cincinnati AA Legend Rarriers 1 Grand Rapids TC	25:02 22:45 39:38 29:14 32:43 39:03 47 108 118 136 :25:38 :25:41 :27:08 :29:16 :30:04
Mary Namey, 52 Delorss Horn, 52 W55 C Schuiteman, 56 W60 Mary Caviochi, 61 W65 Mary Norokauer, 67 W70 Carol Feebles, 70 E Yeomans, 72 Men's Teams Overell Victory AC, M30 Over-the-Hill, Open Ohio Alumni, M30 Wolfpack TC, Open M40 Victory AC Wolfpack TC "A" Cincinnati AA Legend Harriers Grand Rapids TC Marietta RC Over-the-Hill TC Jebs Schull ET.	25:02 22:45 39:38 29:14 32:43 39:03 47 108 118 136 :25:38 :25:41 :27:08 :29:16 :30:04

		Nation	al M
M50 SyracuseCharge Grand Rapids '	ere 1:33:41	EAST	
Bob Schul RT Grand Rapids	1:36:29 'B" 1:42:47	Annapolis 10 Mile	
Over-the-Hill M60 Wolfpack TC Over-the-Hill	1:10:19	Annapolis, MD; Augus	
M70 Wolfpack TC	1:48:12	Masters Men: Roger Clark 47	53:49
Momen's Teams Over Wolfpack, Open	10	William Desmond 40 Masters Women:	54:39
Wolfpack, W30 Over-the-Hill,		Rose Malloy M40 David Radziewicz Beach Bennett	60:36 55:44
W40 Grand Rapids T W50 Grand Rapids T		Anthony Grier M45 Richard Baldock	56:27 56:43
		Luther James Jr John Kirkpatrick	57:04 59:47 60:09
TAC National Mas Championships (T		M50 Fay Bradley Warren Ohlrich	57:47 62:24
Tulsa, OK; Nove	mber 2	Ben Mathews M55 William Hoss Jr	63:17 65:54
Overall Frank O'Mara	43:44	Dayton Trubee George Yannakakis	67:08 68:30
Jill Hunter M40(22 finishers)	49:09	M60 David Shenkenburg Joe Rutkowski	68:45 69:09
1 Doug Bell 2 Gary Romesser	CO 46:47 IN 47:02	M70+Denzil Pritchard Ed Benham 84	81:44 83:11
3 Lowry Foster 4 Denton Childs	AR 50:24 AR 52:24	W40 Linda Mills Joyce Rankin	66:20
5 David Williams 6 Duke Kern	AR 52:35 OK 53:13	Edie Tress W45 Bev Shooshan	67:40
7 Tom Lloyd 8 Robert Anderson 9 Bob Thomas	OK 53:46 OK 53:49 OK 56:40	Joyce Ploeger Judith Bugyi W50 Janice Stoodley	66:59 68:02 68:21
10 Randy Taylor 11 Chuck Brown	AR 57:32 OK 58:06	Ecris Williams Eleanor Clift	72:04 77:15
12 Jim Lewis 13 Larry Smith	TX 59:13 TX 59:37	W55 Joanne Mallet Marjorie Lane	80:13 98:16
14 Mike Daniel 15 Lance Rubin	OK 61:18 MO 61:53	W60 Esther Wiesman	96:49
M45(16 finishers) 1 Phil Benson	NJ 51:37	W70+Hedy Marque 3500+ entrants	84:15
2 Gary Madison 3 Lewis Chandler	OK 53:08 OK 56:31		
4 Don Short 5 Ernest Vance	OK 56:34 OK 57:38	**	-3
6 Les Sparkman 7 Robert Maddy	OK 58:27 OK 58:36		
8 Ron Kuykendall 9 Amos Warjo	OK 58:43 OK 59:51		
10 Paul Brunton 150(8 finishers)	OK 61:06	Yankee Runner 5K	
1 Karlton Naylor 2 Robert Meech 3 Donald Antle	AR 57:18 AR 59:40 OK 60:11	Cross-Country South Byfield, MA; Octo	ber 6
4 Glenn Lumry	OK 62:11	Overall	
M55(3 finishers) 1 Ino Cantu	TX 55:27	Anthony Broccio 24 Susan Passler 35	16:16 21:05
2 Norm Green Jr 3 Fred Dice	PA 56:06 OK 59:06	M40 Tom Carroll 41 Sumner Brown 47	17:14
M60(5 finishers) 1 Jack Gentry	AR 59:08	M50 Harold Hatch 51	
3 Jerry Crockett	OK 61:28	Frankie Keane 54 W40 M Kemington-Oman44	22:03
HOD(4 LIHISHELS)	THE RESIDENCE AND A SECOND PROPERTY OF THE PARTY OF THE P	Elizabeth Riordan4 Andrea Hatch 48 W50 Barbara Pike 50	24:24
2 Ross Waltzer	OK 69:35 OK 74:26	Mary Harada 56	25:35
M70(3 finishers)		Chiropassion 2 Run For	r Life
2 Vern Whiteside 3 Denman Stanfield	OK 93:32	Melville, L.I., NY; Octol	ber 6
M80 1 Ed Benham	MD 74:38		15:07
W40(7 finshers) 1 Nancy Mieszczak 2 Carol McLatchie		M36-40	19:36
3 Martha U'Kourke	OK 58:26	Lou Calvano Sol Hernandez	
4 Donna Spencer 5 Martha Heinsius	OK 59:13 OK 62:46		18:54 19:02
1 Jane Mutchison	MO 56:48	M41-45 Roger McCarthy 45	
2 Jan Cosgrove W50(4 finishers) 1 Linda Brown	OK 73:07	Philip Roth	17:14 17:26
2 Lydia Bourges 3 Sharon Cooper	OK 66:47 OK 68:49 OK 74:47	David Graham	17:52 18:01
W55(3 finishers) 1 Ruth Heidrich	OK 74:47	George Skrivanek	18:06
2 Sue Neil 3 Freida Hughes O	OK 94 . 56		17:06
WOO	OK 1:46:02	Neil Battaneli	17:09 18:40 18:48
	Masters Age	-Graded Results	
	National 15K	Championships November 2	
Pos Name		Age- Age Graded Finish	
Men 1 Doug Bel		Time Time 500 40 44:07 46:47	
2 Gary Rom 3 Ed Benha 4 Norman G	esser m Green Jr	375 40 44:21 47:02 275 84 44:30 74:38	
J Ino Cant	u	150 57 45.55 55 07	
8 Carl Nic	ntry ison cholson no T	50 46 47:06 51:37 AC reg44 47:21 51:32	
10 Greg Owi	ngs no TAC	40 47.32 50.24	
Women 1 Jane Hut	chison \$	500 46 51:20 56:48	
2 Nancy Mi 3 Carol Mc 4 Martha C	Latchie	375 42 52:49 57:09 250 40 53:41 57:16	
5 Donna Sp		150 41 54:23 58:26 75 40 55:30 59:13 C reg 40 57:55 61:47	
7 Linda Br - 8 Lydia Bo	OWN	50 58:00 66:47 50 58:01 66:49	
Mary 1-3 Company 1 San Cla	005707357	oto make allegate parties	10000

al M	asters News	
al IVI	M51-55	
	Seth Kaminsky	17:30
	Joe Cordero John Lang	17:36
t 25	John Boyle MS6-60	18:0
53:49	Joe Passarella Don Forbes	20:0
54:39	Ron Feldmesser M61-65	21:10
60:36	Bert Jablon	20:5
55:44 56:27	Vince Zizzi Bill Malawi	22:2
56:43 57:04	M66+ George Dennis	26:2
59:47 60:09	W36-40 Carrie Ann Masch	20:2
57:47 62:24	Linda Aponte Barbara Supper	22:4 23:1
63:17	W41-45	21:4
65:54 67:08	Johanne Carter Cheryl Skrivanek	22:5
68:30 68:45	Cathy Forster W46-50	26:4
69:09 81:44	Erika Gassen Sue Bourbin	24:5 25:4
83:11 66:20	Rita Greenberg W51-55	29:4
66:25 67:40	Lana Soderholm Maureen Boyle	24:4
66:00	W56-60 Elaine Fassere	27:3
66:59 68:02	Bev Bargert	29:3
68:21 72:04	W61-65 Carol Nobletz	32:0
77:15 80:13	W66+ Doris Pritchard	36:0
98:16 96:49		
:51:30	NYRRC Race For The C Central Park, NYC, Octo	
84:15	Overall	all and ha
AGE TA	Kathleen Amato 28 W40 Belinda Saunders	17:3 19:1
=35	Ann Davies	19:1
PJ-41	Judy Harrigan W45 Cheryl Ralya	19:3
8	Jessie-Lea Hayes Marilyn Greeley	20:1
	W50 Anna Thornhill Patty Parmalee	20:2
	W55 May Chou Esther Marcus	22:3 25:3
ber 6	W60 Bunny Franco	24:0
	Daisy Klein W70+ Althea Wetherbee	28:1 29:0
16:16 21:05	W70+ Althea Wetherbee Althea Jureidini	29:0 33:0
21:05 17:03	W70+ Althea Wetherbee Althea Jureidini Virginia Weid 82 Finishers: 1687	29:0 33:0 42:3
21:05 17:03 17:14	W70+ Althea Wetherbee Althea Jureidini Virginia Weid 82	29:0 33:0 42:3
21:05 17:03 17:14 17:14 19:20 20:55	W70+ Althea Wetherbee Althea Jureidini Virginia Weid 82 Finishers: 1687	29:0 33:0 42:3
21:05 17:03 17:14 17:14 19:20 20:55 22:03 323:56	W70+ Althea Wetherbee Althea Jureidini Virginia Weid 82 Finishers: 1687 Weather: 55°/h55%/w8mp	29:0 33:0 42:3
21:05 17:03 17:14 17:14 19:20 20:55 22:03 323:56 24:24 24:03	W70+ Althea Wetherbee Althea Jureidini Virginia Weid 82 Finishers: 1687 Weather: 55°/h55%/w8mp	29:0 33:0 42:3
21:05 17:03 17:14 17:14 19:20 20:55 22:03 323:56 24:24	W70+ Althea Wetherbee Althea Jureidini Virginia Weid 82 Finishers: 1687 Weather: 55°/h55%/w8mp	29:0 33:0 42:3
21:05 17:03 17:14 17:14 19:20 20:55 22:03 323:56 24:24 24:03	W70+ Althea Wetherbee Althea Jureidini Virginia Weid 82 Finishers: 1687 Weather: 55°/h55%/w8mj	29:0 33:0 42:3 phNW/s
21:05 17:03 17:14 17:14 19:20 20:55 22:03 323:56 24:24 24:03 25:35	W70+ Althea Wetherbee Althea Jureidini Virginia Weid 82 Finishers: 1687 Weather: 55°/h55%/w8m Belmont Plateau Aut	29:0 33:0 42:3 phNW/s
21:05 17:03 17:14 17:14 19:20 20:55 22:03 323:56 24:24 24:03 25:35	W70+ Althea Wetherbee Althea Jureidini Virginia Weid 82 Finishers: 1687 Weather: 55°/h55%/w8m Belmont Plateau Aut Classic Five Mile Cross-Country	29:0 33:0 42:3 phNW/s
21:05 17:03 17:14 17:14 19:20 20:55 22:03 323:56 24:24 24:03 25:35	W70+ Althea Wetherbee Althea Jureidini Virginia Weid 82 Finishers: 1687 Weather: 55°/h55%/w8m Belmont Plateau Aut Classic Five Mile Cross-Country Philadelphia, PA; Octo	29:0 33:0 42:3 phNW/s cumn s
21:05 17:03 17:14 17:14 19:20 20:55 22:03 323:56 24:24 24:03 25:35 r Life ber 6	W70+ Althea Wetherbee Althea Jureidini Virginia Weid 82 Finishers: 1687 Weather: 55°/h55%/w8m Belmont Plateau Aut Classic Five Mile Cross-Country	29:0 33:0 42:3 phNW/s cumn s ber 1:
21:05 17:03 17:14 17:14 19:20 20:55 22:03 323:56 24:24 24:03 25:35 r Life ber 6	W70+ Althea Wetherbee Althea Jureidini Virginia Weid 82 Finishers: 1687 Weather: 55°/h55%/w8m Belmont Plateau Aut Classic Five Mile Cross-Country Philadelphia, PA; Octo M30 Phil Carstairs	29:0 33:0 42:3 phNW/s cumn s
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sters News				December,	1991
M51-55		New York 5th Avenue	Mila I	W60 Thelma Wilson	3:50:49
Seth Kaminsky Joe Cordero	17:30 17:36	Manhattan; October	Contract of the Contract of th	Helene Loffler	3:54:39
John Lang	17:40	Men 40-49:		Joy Johnson Nan Little	3:55:30 4:04:24
John Boyle	18:08	I Mike Wilson NY	4:30.18	Irmgard Dahlke	4:12:25
M56-60 Joe Passarella	20:06		4:30.98 4:31.31	Setsuko Tani Vreni Niklaus	4:23:09
Don Forbes	20:09	4 Hugh Sweeney NJ	4:33.73	P. Villiger	4:31:41
Ron Feldmesser M61-65	21:10		4:34.19 4:36.19	Arlette Druelle Doris Gordon	4:31:58
Bert Jablon	20:59	7 Paul Zink VA	4:36.97	W70 A. Wetherbee	5:12:45
Vince Zizzi Bill Malawi	22:22 25:53		4:37.63 4:45.80	L. Botticchio	5:52:22 6:16:59
M66+			4:54.09	B. Carre Evelyn Havens	6:29:09
George Dennis W36-40	26:22	Men 50+:	4:40.83	Simone Berieau	7:01:57
Carrie Ann Masch	20:22		4:47.01	M. Marmet Imy Ernst	7:02:09
Linda Aponte Barbara Supper	22:41 23:15	3 D FeatherstoneCAN 4 Dan Hamner NY	4:48.26 4:52.44	W80 L. Schieffelin	6:32:06
W41-45		5 Louis Best · NY	5:09.76	SOUTHEAS	27
Johanne Carter Cheryl Skrivanek	21:48	6 Cliff Pauling NY Women 40+:	5:13.79	SOUTHEAS) [
Cathy Forster	26:48		5:18	Electric Island 15	
W46-50 Erika Gassen	24:53	2 Belinda SandersNY 3 Anne Schmitt MA	5:22 5:25	Miami Beach; Octo	ber
Sue Bourbin	25:41	4 Barb Blaszak NY	5:28	Overall Victor Miranda	47:53
Rita Greenberg W51-55	29:43		5:30 5:34	Carol Virga 40	57:10
Lana Soderholm	24:46	o dudy miner	200	M40 Allan Miller M45 David Bowden	54:30 55:05
Maureen Boyle W56-60	28:15	New Jersey TAC Ma	sters	M50 Bill Adams	57:22
Elaine Fassere	27:31	5K Cross-Countr		M55+Don Magyart W40 Pat Dye	61:09
Bev Bargert W61-65	29:35	Championships		W45 Alicia Kelley	69:19
Carol Nobletz	32:04	Readington; Octobe	er 27	W50 Maria Germaine W55+Miriam Gordon	71:02
W66+ Doris Pritchard	36:04	M40 Harold Nolan	16:34	WJJ+MIFIAM GORDON	nta
Dolla Tilicilatu	The real	Mark Sepkowski James Gelsomini	16:59 17:07	Av-Med Coconut G	rove
NYRRC Race For The C	ure 5K	Rob Rounsaville	17:28	5 Mile/5 Mile R	W
Central Park, NYC, Octo		Tim Shay M45 John Kuhi	17:45 18:19	Coconut Grove, FL; O	ctober 5
<u>Overall</u>	STATE OF STREET	Frank Caluppo	18:19	Overall Victor Miranda 31	gt or
Kathleen Amato 28	17:38	Bill Cooper M50 Armando Oliveria	18:46	Wendy Hagman 26	25:35 30:58
W40 Belinda Saunders Ann Davies	19:15 19:18	J T Woodward	19:11 21:21	M40 Dale Parfitt	26:53
Judy Harrigan	19:32	Ed Neighbour	21:40	Rolando Cabrera Pat Wells	29:42 30:13
W45 Cheryl Ralya Jessie-Lea Hayes	19:26 20:13	M55 Len Geraldi Alex Kasten	19:55	Pedro Enriquez	30:54
Marilyn Greeley	20:42	Manuel Ramirez	21:34	Bob Coffey Bill Durham	31:37 31:41
W50 Anna Thornhill Patty Parmalee	20:24 21:14	M70+Austin Newman Robert Hull	22:36 30:01	M45 Bill Hagman	28:56
W55 May Chou	22:38	W40 Diane Hankins	22:06	Bob Marren Richard Ivans	29:45 31:07
Esther Marcus W60 Bunny Franco	25:30	Language of the second		Colin Darcy	31:42
Daisy Klein	24:06 28:14	New York City Mara	thon	M50 Otis Wragg George Lopes	30:02
W70+ Althea Wetherbee	29:07	November 3		Lou Fisher Sr	32:15
Althea Jureidini Virginia Weid 82	33:00 42:33		2:21:03	M55 Don Magyari Bill Wagner	32:22 32:32
Finishers: 1687		G. Moretti Alan Oman	2:30:37	Joe Kozlin	32:54
Weather: 55°/h55%/w8mj	pnw/sun	J. Babinyecz	2:33:31	M60 Alberto Cortes Art Novacek	37:55 39:00
60	1		2:33:32	M65+Robert Johnston Rene Beteille	36:13 37:42
the Die	73 0	Stephen Browne	2:36:17	Bill McDonough 77	40:24
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है जिल्ल			2:29:10	Betty Boppart	34:33
EF EV			2:36:04	B Raydo W45 Sharon Beal	37:10 32:38
	UEV		2:36:51	Jan Ross	37:54
Belmont Plateau Aut	umn		2:44:41	W50 Sally Snyder Marla Germaine	35:32 36:59
Classic Five Mile	s 🔐		2:49:49	W55 Pat Tribbey	42:13
Cross-Country	1000年	Josef Sunna 2	2:51:58	V Armerding W65+Miriam Gordon	50:37
Philadelphia, PA; Octo	ber 13		2:52:42	R J Usatorres	80:23
M30 Phil Carstairs Dave Thomas	28:57	H. Gamble-Thompson2	AND EXCEPT OF THE	5 Mile RW M40 Peter Black 48 Is	M48:21
Richard Callahan	32:11		2:56:09	Austin White 4i	55:02
Charlie McNulty	32:14 32:24	Ted Herkert	3:04:33	M50 Gary Canner 50	52:17 69:36
Scott Lash M35 Don Wisniewski	34:02		3:09:57	L Fernandez 50 M60+Ron Storm 69	51:32
Greg Hanson	35:23		3:13:06	Eugene Wells 60	52:48
Tim Wade Bob Perna	35:54 36:29		3:15:42	Erik Johansson 66 W40 Linda Stein 44 ls	
Eddie English	37:27		3:18:07	Susan Weissberg 4	0 52:19
M40 Gary Tompkins Robert Torchia	29:34 30:55	Robert Rogan	3:59:12	W50 Anne Dann 54 Paula Kearns 54	55:53 67:01
Jim Waters	30:57		4:04:11	And the second second second	e district
Phil Yoder Bob Richey	31:11 33:23	Pete Harangozo	4:07:52	Coconuts Festiva	
M45 Gregg Atzert	35:36	THE RESIDENCE OF A COMPANY OF A PROPERTY OF A STREET OF A PROPERTY OF A STREET OF A PROPERTY OF A PR	4:11:16 4:12:23	10K/5K/5K RW Halover Beach, FL; Oct	
Ronald Shakir Gerry Jones	36:20 41:03		4:12:30	British and the second second second	ober 27
Tom O'Hora	41:27	The state of the s	4:13:45 4:14:49	Overall Paul Kruss 31	37:27
Mike Kozempel M50 Alvan Kamis	44:32		6:10:30	Mary Level-Menton 28	35:42
Don Dougherty	40:45		8:03:42	M40 Jean Bensoussan Ken Gauthier	42:06 42:16
Gerald McConomy M55 Phil Steel	52:03 38:01	M90 Joe Galia	8:19:52 7:59:34	M45 Anson Clapcott	37:57 38:00
Bruce Gilbert Vadim Buzan	39:33	Paul Spangler	9:23:25	Bob Marren M50 M Estremadoyro	38:47
Lew Stallard	39:41 58:30	W40 Graziella Striuli	2:40:14	George Lopes	40:22
M60 Jim Sutton Maury Schepers	34:31	Mindy Ireland	2:48:27	M55 Don Magyari Bert Grapin	43:28
Paul Gorka	36:21 41:48		2:52:24 2:53:19	M60 Ken Williams	48:05 49:21
Stan Cherim Jerry Nolan	46:51	Denise Le Mehec	2:58:56	Wes Reuter M65+R Johnston	49:21
W30 Siobhan Anderson	48:10 40:03	En la company of the	3:02:46 3:08:29	Dan Biele 72	53:30
Mimi Cannon Mary Ellen Malloy	40:56 41:15	Margit Holzmann	3:08:42	W40 Patty Dye	43:28
Deborah Greer	44:55	K. Ortengren	3:09:34	Betty Boppart	44:16
W35 Debi Detwiler Linda Richey	38:12 42:51	W50 Anna Thornhill	3:11:05	W45 Cindy Jacobson Barb Zaretsky	52:07 52:12
Maryann Perna	48:40	Patti Donley	3:18:21 3:21:23	W50 Marla Germaine	48:00
W40 Marie Chartrard Jessica Krow	40:26 42:39	Wen-Shi Yu	3:24:07	W65+Charlotte Baker R J Usatorres 74	86:07 97:55
Diane McManus W45 Peggy Sears	51:47	Marie Pennec	3:29:37 3:29:38	5K	
Danielle Dotchel	43:16 52:03	Margita Camche	3:30:57 3:31:53	Overall Paul Marmaro 27	15:55
W50 Sandy Folzer	40:13	Mae Palm	3:32:20	Gail McQuildin 32	21:59
		- J	3:35:34	Continued on n	evr bake

Continued from previous page M40 John Robson 18:52 Tom Trump M45 Rafael Vargas Alan Silbert M50 Alan Ashton 20:53 19:47 R Cabrera M55 John Sheldon 21:59 24:19 Cesar Olivera 26:14 M60 Al Ryan Fernando Lasa W65 Bill Dickie 31:02 Brenda Culbertson Karen Esty W45 Marj Ralston Sandra Brownlow W50 M Gaudreau 25:28 W65+Adele Lehman 45:19 --5K RW--M40 John Fredericks M50 Brian Mair M60+Chris Lorenzo 72 W40 Louise Tolson 32:24 33:29 30:21 W50 Paula Kearns W60+Marie Shuart 40:15

MIDWEST

Crim Festival of Races Flint, MI; August 24

5K		
M40	Rich McLachlan	18:47
M45	Dan Gamble	20:02
	Lloyd Kehoe	19:33
	William Booth	21:54
	Bruce Jacobs	21:06
	Al Kubany	26:32
	Joe Beracy	30:09
	Maggie Zidar	22:32
M45	Darlene Smith	20:44
	Sheila Place	30:05
	Viviane Zuehlke	28:25
W60+	none	
8K	CONTRACTOR OF THE PARTY OF THE	
	William Jones	28:12
M45	Maury Dean	28:24
M50	Glen Taylor	30:50
	Ed Hardy	33:42
	Joseph Kalina	33:12
M65	Dewey Mcmickle	35:58
M704	Paul Penjaska	47:28
	Jane Ketchin	34:28
	G Tunningley Delores Horn	35:19
	Cynthia Boots	38:21
	Charlotte Williams	43:32
	Lucy Russell	53:07
	bucy Russell	33.07



Tandem Dayton River Corridor Half-Marathon Dayton, OH; October 13

Overall W. L. 20	1.07.01
Michael Michno 28	1:07:21
D Kilpatrick-Morris2	/1:17:10
M40 Gary Romesser	1:08:58
Kare Osnes	1:15:14
Paul McKee	1:16:17
Daniel Giner	1:17:08
John Titus Gary Evans M45 Ken Sparks	1:18:52
Gary Evans	1:19:07
M45 Ken Sparks	1:11:23
Don Cottman	1:12:30
J L Semore	1:14:31
Rich Davis	1:15:21
Joe Klingenberge	
Gerry Tann	1:19:04
M50 Ken Prior	1:19:05
Dick Ruzicka	1:19:55
Ron Rohrer	1:21:33
Don Hardwick	1:22:46
M55 Howard Hughes	1:26:40
Sunao Yamanaka	1:30:15
John Sensenig	1:31:36
Ray Presar	1:33:51
M60 Don Gammie	1:25:17
Walt Blair	1:37:50
James Beall	1:39:12
M65 John Hosner	1:29:31
Roland Anspach	1:36:52
Bob Thompson	1:46:04
M70+Bill Winslow	1:42:24
Jack McClain	1:57:27
Joe Abbas 76	2:36:55
W40 Nancy Mieszczak	1:23:09
Linda Ray	1:32:11
Nancy Ayers	1:34:07
Rosemary Hurayt	1:35:30
Sandy Padgett	1:36:08
W45 Iris Black	1:32:50
Linda Macke	1:38:29
Kim Jenkins	1:41:55
Connie Hoverman	
W50 Louise Miklovic	1:44:01
Barbara Jerman	1:47:24
Mitzi Henscheid	
W55 Gloria Brown	1:37:49
Claire Brock	1:40:52
Billie Stacy	1:47:52
W60 Whayong Semer	1:41:06
Jean Dilworth	1:54:25
W65 Loretta Shehan	1:56:18
Margaret Hagert	
W70+Vadine Koenig	2:18:40
workauthe koenty	2.10.40

StepAhead Stampede 25K/10K/5K RW Indianapolis; October 13

A COL		
	rall	
	er Maher 31	1:14:29
Jil.	l Hunter 24	1:24:26
M40	Bill Gavaghan	1:28:13
	Fred Schaffstein	1:29:01
	Johan De Jong	1:31:05
	Don Penna	1:34:36
M45	Tom Fiedler	1:42:31
	Tom Nelson	1:44:22
	James Gibbar	1:47:26
	Lee Stewart	1:48:25
	Dave Reichwage	1:48:26
M50	Harry Tellman	1:37:01
	Bob Crawford	1:44:03
	Don Shuck	1:48:39
M55	Bernie Huesing	1:58:37
	Steven Wilson	2:02:41
	Gary Babcoke	2:03:25
M60	Julius Defabis	1:58:38
	Bob Terry	2:03:22
	Fred Dietz	2:06:40
W40	M Strawbridge	1:42:57
	Mary-Beth Adams	1:48:10
W45	Der obnam	2:00:55
	Kay Conklin	2:04:59
	Therese Jochum	2:16:57
10	The Later Control of the Control of	
Over		
Pete	Wielenmann 25	29:10

Therese Jochum	2:16:57
10K	
Overal1	
Pete Wielenmann 25	29:10
Lesley Lehane 28	32:43
M40 Swag Hartel	32:43
Robert Meier	34:33
M45 Ralph Berkeypile	38:29
Stephen Nelson	42:34
M50 David Goodman	43:35
Don Ireland	45:40
M55 Dick Wilson	37:2
William Rees	41:4
M60 Billy Sedam	46:1
Bill Yowell	49:24
W40 MaryAnn Brookshir	
Mary Forster	50:21
W45 Susan Rossetter	46:15
Linda Tortora	49:00
W50 Betty Craig	55:59
Siglinde Moore	56:27
W55 June Brumley	49:50
Marion Kowalski	50:02
5K RW	
Overall	MARK TO THE REAL PROPERTY.
Gary Morgan 31	20:38
Michelle Bohl 25	23:28
M40 Don Anderson	27:07
M45 Ron Wallace	28:02
M50 Boyd Obermeyer	29:33
M55 Bob Gensheimer	27:28
M60 Andy Anderson	31:37

LIDD	bob Gensheimer	21:28
_M60	Andy Anderson	31:37
M70	Hugh Yeomans 76	37:15
W40	Jeanette Smith	25:56
W45	Margie Alexander	30:11
	J Risner-Gardner	30:11
W50	Beth Young-Grady	30:59
W55	Sami Bailey	32:20
W60	Lida Robinson	34:52
W65	Virginia Lawrence	44:07
W70	Ernestine Yeomans	37:26
Tribe 1	Marilyn Aikman	44:11
Signal.	Kathryn Roller 75	45:31

Metro-Macomb Runners 10K

Mt. Clemens MI: October 27

23:28 27:07 28:02 29:33 27:28

INC. Clemens, IVII, Octo	DCI Z7
Overall	
C Maycock-Dorlin 47	35:20
Ronda Spezia	41:26
M40 Gary Flatt	38:27
George Geck	42:05
M45 Tim Klinkhamer	40:28
M50 Greg Kemp	42:26
Frank Higgins	42:44
M55 Herb Seegert	43:38
Andrew Gall	51:56
M70+Fred Gurol	50:30

MID-AMERICA

VP Fair 10K/3K St. Louis, MO; September 1

St. Louis, Mo, September 1			
10K			
Overall			
Brian Radle	29:36		
Janis Klecker	33:40		
M40 Larry McMahon	34:00		
Dan Sebben	34:53		
Bob Kuntz	37:50		
M45 Jerry Kurfman	35:07		
Kirk Simpson	36:21		
Jim Worley	36:36		
M50 Renzo Drean	37:54		
Glen Roth	40:35		
M55 Leon Fennell	37:22		
llarold Dix	41:57		
M60 Ernie Hirschfield	42:48		
Tom Waltrip	46:46		
M65 Jim Boland	46:32		
Harry Berndt	46:49		
M70+Larry Patterson	52:11		
W40 Becky Baum	40:49		
Catherine Wides	41:33		
W45 Linda Dietrich	46:27		
Carole Keil	46:59		
W50 Joy Gilbert	44:54		
Sharon McPherson	48:57		
W55 Sue Fay King	50:18		
W60+Audrey Lenharth	61:48		

comenna

3K	
Overall	STORE .
Jeff Pigg	9:02
Melissa Sapa	11:04
M40 Dusty Morris	9:44
M45 Gordon Reiter	9:54
M50 John Eber	10:17
M55 Richard Strinni	12:11
M60 Carl Schaeffer	11:54
M65 Irving Clay	14:51
M70+Bill Levine	15:23
W40 Margo Mainer	12:35
W45 Nancy Collis	13:26
W50 Kathy Dreon	15:42
W55 Audrey Sullivan	13:59
W60 Betty Benkert	16:41
W65+Dottie Gray	15:16
And the second s	

Tulsa Zoo 8K

576	uisa, OK, Septem	Del /
Over	all	
Ron	Parks 30	25:28
Mart	ha O'Rourke 40	31:37
M40	Wesley Perkins	28:36
	Chuck Brown	30:24
M45	Lewis Chandler	29:44
	Bob Lehew	30:24
M50	Jim McFadden	30:42
	Bob Doenges	32:22
M55	Fred Dice	31:06
	Ed Adams	37:23
M60	Arturo Melendez	31:34
	Jerry Crockett	32:54
M65	Gene Henson	39:15
	Nocus McIntosh	39:32
W40	Vicky Fegaly	34:35
44-106	Debbie Winters	37:12
W45	Nancy Wallace	35:45
	Judy Lindley	41:17
WSO	Linda Brown	35:31
	Fran Dice	The second second
#33	LIAN DICE	49:58

Cherry Street Mile

The state of the s	
Overal1	
Paul Donovan	3:58.3
Teena Colebroo	4:41
Masters Men	
Greg Owings 43	4:38
Steven Haigh	4:59
Butch Clifton	5:02
M40 John Howland	5:06
M45 Richard Martin	5:06
M50 Karlton Naylor	5:08
M55 Steve Blanchard	5:18
M60 Rich Thompson	6;36
M65 Ross Waltzer	6:41
Racewalkers	
1 Jim McFadden 52	7:42
3 Roger Walker 40	8:47
Masters Women	
W40 Donna Spencer	5:35
W45 Harris Hobbs	7:24
W50 Linda Brown	6:02
W55 Sue Neil	7:42
W60 Ida Mae Wilhoit	9:54
Racewalkers	
2 Karen Soule 41	9:44
4 Linda Gardener48	10:44
the safety was the best of the best of the	m (7) (v . (1)



Humana-Prime Health Marathon 10K Kansas City, MO; October 27

Overal1	
Jerrold Wynia	2:20:19
Barbara Adkins	2:56:32
M40 Barney Klecker	2:38:39
M45 Rick Hogan	3:04:02
M50 Art Corbin	3:27:07
M55 Peter Stauffacher	
M60 Logan McGinness	3:30:18
M70+Don McNelly	4:49:42
W40 M Loyd-Allison	3:20:09
W45 Margie Rogers	3:43:57
W50 Christel Shea	3:56:24
W55 F Hazelrigg	4:46:08
W60 Mary Otte	5:10:32
-10K-	
Overall	
Jonah Koech	29:19
Janis Klecker	33:28
M40 Robert Busby	33:23
M45 Gene McLain	36:07
M50 Eugene Wren	37:14
M55 James Buckley	39:18
M60 Bob McCallister	40:16
M70+Luman Parrott	68:06
	00.00
	40:33
W40 Diane Langston W45 Dianne Pointer	
W40 Diane Langston	40:33
W40 Diane Langston W45 Dianne Pointer	40:33 46:56
W40 Diane Langston W45 Dianne Pointer W50 Noreen Hendley	40:33 46:56 47:29

WEST

I A Philharmonic 5K/10K/5K Walk Griffith Park, September 28

Overall	
Farron Fields 29	14:46
Christi Bach 29	18:44
M40 Art Jimenez	16:51
M45 Joel Martinez	19:51
M50 Dale Bell	22:16
M55 Peter Faust.	19:59
M60 Ed Ornitz	21:24
M65 Ralph Hall	26:58
M70 Phil Jones	24:14
M75 Ed Stotsenberg	26:05
M80 Earl Webster	45:52
W40 Sharon Grant	20:31
W45 Ellen Johnston	25:28
W50 Gina Faust	20:37
W60 Cathy Bosch	30:57
W65 Kristin Linsley	22:32
W75 Dorothy Stotsenber	g35:07
10K	-
Overall	
J Besirra 24	31:49
Mary Button 32	38:15
M40 Mike Chambliss	34:09
M45 Cecil Smith	38:47
M50 Philip Wright	37:40
M55 Ben Bernal	43:29
M60 Luismarro Quin	48:55
M65 Stan Neufeld	48:01
M70 Jack Mehlman	55:33
A STATE OF THE STA	33.3
W40 Marquita Zevin	45:16
W45 Cherie Gruenfeld	43:18
W50 Carole Davis	50:10
W55 Atsuko Fujimoto	50:21
W60 Ethel Kleinsasser	57:13
W65 Helen Dick	40.00

45:16 43:18 50:10

50:21

57:13 49:08

Fran Dice	49:58	W60 Ethel Kleinsasser	57:13
	offernomen (N)	W65 Helen Dick	49:08
Cherry Street M	ile	Corporate	
Tulsa; OK; October		1 Reed Johnson 36	40:49
. L. L., Ott, October		2 Dick Ames 40	41:47
verall		4 Ted Pobud 48	49:04
aul Donovan	3:58.32	5K Walk	19 5000
ena Colebroo	4:41	M40 Stuart Ray 49	31:02
sters Men	POWER !	M50 Jerry Brenneman	31:28
reg Owings 43	4:38	M60 II Rodriguez 65	36:37
Steven Haigh	4:59	W40 Diane Shamhart	37:18
Butch Clifton	5:02	W50 Joann Bally 54 1st	W33:58
O John Howland	5:06	W60 Ann Drury	38:42
5 Richard Martin	5:06	W70+Lillian Millard	52:47
O Karlton Naylor	5:08	Million and trading as a superior and asset a form of the	Markeyota
5 Steve Blanchard	5:18	California Mile	
O Rich Thompson	6;36	San Francisco's Nob	Hill
5 Ross Waltzer	6:41		
cewalkers		(12-18% gradient	APEREN
Jim McFadden 52	7:42	October 6	
Roger Walker 40	8:47	1 Harvey Franklin 47	5:52
sters Women		2 Ramsey Thomas 47	6:01
O Donna Spencer	5:35	3 Jim Hampton 45	6:15
5 Harris Hobbs	7:24	4 Searcy Barnett 44	6:19
50 Linda Brown	6:02		0.17

San Rafael 4th Street Mile San Rafael, CA: October 13

HEI	I JUT.		The Print
1	Devon Flynn	30+	4:31.4
2	Jim Hampton	45	4:34.2
3	Ken Thompson	30+	4:35.7
4	Harvey Franklin	147	4:43.5
5	Bruce Phinney	30+	4:45.0
6	Kevin Styles	30+	4:46.1
7	Doug Rustud	50+	5:14.6
8	Arnold Knepper	60+	5:54.7
9	Don Pickett	60+	6:12.2
Wor	nen 30+:		
1	M Aquistapace	40+	6:00.5
2	Janet Hecht	30+	6:59.7
2	Conden Hinek	40.	7.12 0



Humboldt Redwoods Marathon/Half-Marathon Arcata, CA; October 20

ALEXANDER OF THE PARTY OF	
Overal1	
Steven Ware 40	2:38:48
Kimberly Bruyn 30	2:46:16
M40 Kenny Warde	2:51:39
Frederic Wilson	2:58:27
Rick Downmour	2:58:52
Tim Leachman	2:59:25
Frank Pappas	2:59:34
M45 Leon Devoid	3:04:27
Albert Moreno	3:24:40
Gary Freer	3:24:50
Francis Ryan	3:25:38
Agustin Cortez	3:29:08
M50 Sam Vandenburg	3:08:17
Ellsworth Pence	3:12:56
Philo Short	3:32:11
Harry Cordellos	3:37:15
M55 John Wagner	3:30:23
George Crandell	3:38:06
Lane Brennan	3:59:39
Fred Small	4:03:20
M60 Marvin Johnson	3:48:30
John Farley	4:02:04
M65 Julius Velin	4:10:09
W40 Linda Eglin	3:37:15
Cecilia Chase	3:47:51
Janice Bierman	3:49:37
Debby Peterman	3:53:04
SOUTH THE PARTY OF	The state of the state of the

W45 Jessie Stratton Inez Drixelius Lois Purgalis W50 Marge Dunlap Carolyn Hitter Carol Wallace --Half-Marathon--3:35:23 4:01:54 4:20:04 3-35-44 3:56:21 4:24:26

nair-marathon				
Overall				
John Moreno 36	1:07:07			
Diana Fitzpatrick 33				
M40 James Milton	1:10:01			
David Stancliffe				
M45 David Weamer	1:19:29			
Dick Chimenti	1:19:59			
M50 Tim Rostege	1:15:04			
Timothy Jordan	1:17:00			
M55 Alex Derieux	1:24:08			
Hal Jackson	1:29:47			
M60 Carl Ellsworth	1:24:48			
Bill Stowell	1:34:08			
M65 Robert Kay	1:41:11			
Rex Morton	1:44:04			
M70 Paul Reese	1:48:17			
Joe Norris	1:52:39			
M75 John Holoubek	1:48:33			
M80 Mel Shine	2:04:43			
W40 Linda Mantynen	1:23:54			
DeeDee Grafius	1:25:56			
W45 Susan Henderson	1:24:17			
Carol Flexer	1:25:14			
W50 Barbara Miller	1:27:50			
Judy Grombridge	1:30:44			
W55 Myra Rhodes	1:44:59			
Joanne Kambyr	1:48:58			
W60 Marion Irvine	1:29:56			
(U.S. age-group	record)			
W65 Kit Pickles	2:06:39			
W75 Kathryn Corbett	4:05:28			

TAC/Regional Cross-Country Championships (M 10K/W 6K)

Belmont, CA; November 2		
Overal1		
Jim Sapienza 30	31:34	
Sabrina Han 23	21:29	
M40 D Tibaduiza 41	33:02	
Chas Thompson 4	1 34:33	
David Furst 45	35:38	
M50 Sal Vasquez 51	36:30	
Tim Rostege 51	38:32	
Bill Meinhardt	50 39:02	
M60+Bob Malain 64	45:08	
Rich Laine 61	45:13	
lloward Powers 6	6 58:01	
W40 L Mantynen 43	24:56	
DeeDee Grafius	42 25:11	
Irene Herman 42	27:12	
W50 Barbara Miller	52 25:18	
Heidi Skaden 54	28:15	
Barbara Robben	57 33:13	
W60+Ruth Anderson 6	2 31:36	
Kit Pickles 66	35:22	

RACE WALKING

TAC/USA National Masters 40K RW Championships Fort Monmouth, NJ; Sept. 15

Overall 25

Paul Malek 35 WI	3:32:40
Micheline Daneau CAN	3:56:29
M40 Nick Bdera	3:53:47
Bob Keating	3:55:56
Phil McGaw	3:59:14
Brian Savilonis	4:01:06
Alan Price	4:02:30
M45 Terry McHoskey	4:06:37
M50 Gerry Bocci	4:06:37
2-not given in resu	ilts-
Dr. P Bivona	4:37:58
M55 Dr, J Shilling	4:42:48
M60 Mike Michel	5:10:03
M65 John Nervetti	5:03:44
M70 Don Johnson	5:20:22
M75 Harry Drazin	5:48:45
	4:35:01
Isabel Stuper	5:47:02
	4:26:42
the same of the sa	4:41:54
Dorothy Sholeen	
Emily Hewitt	4:44:13
W50 Elton Richardson	
Marcia Shapiro	5:12:15
Masters Teams:	
M40+New England Walke	ers
(Keating/Savilonis/K	natt)
W40+Shore AC	
(Cetrulo/Shapiro/Stu	
*U.S. age-group recor	rd
The Assessment of the Parket States, Name of	The state of

North American Masters 20K RW Championships Midland, TX; October 5

	days are sell the star watered	
M40	Andrew Smith	1:57:43
332.5	Ross Barranco	2:09:34
M45	Richard Letsinge	r1:52:16
-	Norm Frable	1:55:15
M50	Ed Whiteman	1:49:31
	Paul Johnson	1:59:43
M60	Robert Dodson	2:23:04
Page 1	Van Howbert	2:48:31
. M65	Robert Mimm	2:04:01
M70	+Don Johnson	2:22:43
100	Troy Crove	7.33.22

The should be the state of the	CONTRACTOR OF THE PARTY OF THE
W40 Eliza Walbridge	1:59:15
Kathy Stevens	2:48:28
W45 Kathy Frable	2:14:52
5K Tall City Open	
1 Bill Penner 45	26:01
* 2 Jackie Kerby W31	27:50
	28:03
3 M Clough 44	
7 Lois Charles W49	33:30
9 Gene Dix 69	36:38
10 Tova Kopperud W46	37:09
11 Mel Bork 58	37:17
12 Barb Ayres W52	37:55
14 M K Letsinger W44	39:38
16 Lola Moore W60	41:42
17 John Redfern 52	44:20

TAC National Masters One-Hour RW Championships

MIT, Cambridge, MA	(; O	ct. 20
Men:		leters
1 Bob Keating	44	12571
2 Brian Savilonis	41	11692
3 John Johnson	46	11526
4 Amis Paeglis	41	11299
5 Tom Knatt	51	10938
7 Robert Ullman	42	10775
8 Bob DiCarlo	57	10762
9 Howard Jacobson	60	10699
10 Jack Boitano	58	10615
11 George Lattarulo		9642
12 John Gray	67	9570
13 Chas Mansbach	47	9569
17 Romin Kobel	56	8377
18 Paul Grimes	49	
19 Frank Niro	43	
20 Joe Palambo	40	CONTRACTOR OF STREET
21 Wm Lonnroth 22 S C Stuart Jr	64	7513 7495
23 S Hemingway	55	7287
24 George Conway	79	6947
PRESIDENT CONTRACTOR AND ADDRESS OF THE PARTY OF THE PART	1	0747
Women:		
l Victoria Herazo	32	12771
6 Jeanette Smith	42	10809
11 Emily Hewitt	47	9757
13 Myrna Finn	45	9468
14 Margie Alexander		
16 Beth Young-Grady	54	9394
17 Shelly Cantor	42	9336

6 Jeanette Smith	42	10809 9757
11 Emily Hewitt		
13 Myrna Finn 14 Margie Alexander	45	9468
	100	THE REAL PROPERTY.
16 Beth Young-Grady	54	9394
17 Shelly Cantor	42	9336
18 Sandra Carpenter	51	9019
19 Joan Rowland	65	
20 Helen Adleson	46	
22 Carol Kuo	44	
23 Joan Moraski	42	
25 Lynn Brown	48	
31 Helen Lonnroth	65	All of the second second
32 Prisc Frappier	41	
33 Doris Cate	46	
35 Simone McGrath	73	Security Co.
36 Janice Kaczynski	42	5874
Men's Team:		
1 New England Walk		
(Keating/Savilonis/		
2 New England Walk		
(Ullman/Mansbach/Lo	nnr	oth)
3 North Medford	400	
(Lattarulo/Gray/Kob	e1)	

(Lattarulo/Gray/Kobel)
Women's Team:
1 Indiana Walkers
(Smith/Alexander/Young-Grady)
2 New England Walkers "A"
(Hevitt/Cantor/Kuo)
3 (New England Walkers "B"
(Lonnroth/Frappier/Cate)

Florida Walkers Health & Racewalk 5K Coconut Creek, Nov. 5

the Contract of the Contract o	
M40 John Fredericks	24:26
James Burkhart	29:37
Austin White	31:51
M45 Dale Nelson	28:19
M50 Bob Cella	31:35
Dennis Lerner	40:52
Bill Hoffman	41:10
M55 Lee Duffner	27:10
George Fredrick	35:48
M60 Willis Ross	35:41
M65 Jerry Kaufman	35:20
Ivan Wax	40:16
M70 Paul Geyer	32:13
Chris Lorenz	38:06
Sol Tanenbaum	38:23
W35 Denise Shepard	31:57
Carla Wahlstrom	32:15
Cory Witkov	32:49
W40 Linda Stein	27:42
Louise Tolson	28:16
Liz Nelson	32:17
W45 Doris Miller	33:11
Rhea Adams	35:12
Lana Tullis	38:32
W50 Ann Dann	32:15
Sue Storer	37:01
Kay Cella	39:06
W55 Carole Robledo	39:46
W65 Miriam Gorden	32:00
Vivian Jeffers	36:11
A THE RESIDENCE OF THE PARTY OF	20 50



Continued on next page

W70+Vadine Koenig 2 from Lloyd Laubach

Omaha RC

Hawaii Masters TC

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 Four Winds TC 1303 Marvista St. Pittsburgh, PA 15212 Selena Brown/Andrew McNeill 412/322-9392 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 Atalanta 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 Fast 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 Embry 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 Garden State AC 19 Bedminster Rd. Randolph, NJ 07869 201/625-1764 Maine Walkers Club 1570 Broadway Bangor, ME 04401 207/947-3333

Finger Lakes RC

RO#4, Updike Rd.

Ithaca, NY 14850

c/o Wayne Vaughn

734 W. Franklin St.

Hagertown, MD 21740 301/733-6076

New York, NY 10128

Tri-State Masters T&F Club

607/ 272-2943

Ed Hart

NYRRC

9 E. 89th St.

212, 960-4455

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 New York Masters Sport Club 5831 Rell Rlvd Bayside, NY 11364

Charlottesville, VA 22905 Millrose Team c/o Katie Knight-Perry 530 E. 84th St. 1E New York, NY 10028 212/879-7926

Virginia Track Club

P.O. Box 5696

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 8034751-5129/7664

Greenville Track Club

Greenville, SC 29607

2709 Linmar Ave. #5

Nashville, TN 37215

Jack Gillmore: 803/242-6600

P.O. Box 16262

Nashville TC

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 Richmond T&F Club

P.O. Box 6701 Richmond, VA 23230 Attn: Bill Cole 804/272-3544

Star City Striders P.O. Box 8331 Roanoke, VA 24014 703/966-RUNN

Victory AC P.O. Box 6667 Louisville, KY 40206 c/o Don Goodwin 502/969-5057

MIDWEST

Midwest Masters T&F Club P.O. Box 6147 Rockford, IL 61125 815/332-4743

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 TC Inc. P.O. Box 17706 Dayton, OH 45417 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

P.O. Box 31219 SaddleCreek Sta 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 2885 Hampton Ave., #101 St. Louis, MO 63139 314, 781-3926 782-3726 (raceline) 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 Ozark Mountain Ridge Runners P.O. Box 10067 Springfield, MO 65808-0067 417/881-8884

SOUTH WEST

Space City Masters

409, 898-1308

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 903/561-9511 San Antonio TC John Head 404 Cordoba Universal City, TX 78147 Goleta, CA 93116 805/687-6323 512/659-2444 Beaumont TC Seniors TC P.O. Box 4112 Bill Crum Beaumont, TX 77704-4112 P.O. Box 2604

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 Club West George H. Adams P.O. Box K

Crestline, CA 92325

P.O. Box 15763 Honolulu, HI 96830-5763 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 52671/2 Village Green Los Angeles, CA 90016 213/295-9497

NORTHWEST

Southern Oregon Sizzlers P.O. Box 665 Medford, OR 97501 Portland Masters TC c/o Joe Thielman 406 W. 32 St. Vancouver, WA 98660 Avia RE-TREADS c/o Gina Blanchette-Cupp 2533 125th Ave. NE Bellevue, WA 98005 206/885-4372 **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 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