World's Best Masters To Run
In San Diego

By mid-November, over 750 runners from some 25 nations had entered the XVII World Veterans Distance Running (IGAL) Championships, set for San Diego, December 1 and 2. It's the first time the prestigious international event has ever been held in the United States.

"That's nearly double what we had a month ago," reports Executive Director Tom Surak. Race Director Bill Stock is planning for fields of 700 in the 10K and 300 in the Marathon.

Taken separately, either race would stand, by far, as the largest exclusive gathering, ever, of Masters in the United States - or, for that matter, anywhere in the Americas.

The late surge in participation has been bolstered by sizeable groups from Great Britain, West Germany, Canada, Mexico, Belgium, India, Korea and Japan. Among the most recent entrants are seven men and a woman.

Three 15K Records
Fall in El Paso

While the Portuguese world-class duo of Carlos Lopes, 38, and Rosa Moto, 26, collected $6,000 each for victories with times of 43:20 and 49:19 in the El Paso/Juarez International 15K on October 13, older Masters runners were busy collecting U.S. age-group and single-age records in this 9.3 mile run from Texas to Mexico.

New U.S. age-group records by women were fashioned by Margaret Miller, 58, Los Angeles, who broke her own W55 15K time of 1:04:48, set in May of 1983, with a 1:02:28; Mary Storey, 60, California, who reduced Pat Dixon's W60 time, set in June, 1982, of 1:11:55; and Bess James, 75, of Great Britain, who set the W75 15K record.

Continued on Page 12

Sandra Kiddy, 47, is congratulated by husband Fred, 50, after beating everyone — men and women, young and old — in the Edmund Fitzgerald 100-kilometer run in Duluth, Minn. October 27. Her time of 7:49:20 is a new American record for women of any age. Not to be outdone, Fred won the concurrent 50K in U.S. age 50-54 record of 3:15:39. Photo by Laurie Boutang.

Foreigners capture most Masters awards

CLARK, PALM TOP MASTERS
IN NEW YORK MARATHON

Scotland's David Clark, 41, won his second consecutive New York Marathon Masters title in 2:21:04 October 28 as 16,315 runners braved hot (74°), humid (94%) weather in the 15th renewal of the annual autumn event.

While the ABC television cameras were focused on the intestinal struggles of winners Orlando Pizzolato and Grete Waitz, some of the top Masters runners in the world were staging a battle of their own not too far back.

Midway between Pizzolato (2:14:53) and Waitz (2:29:30), Clark was pulling steadily away from New Zealand's Roger Robinson, 45, to a six-minute margin of victory in the 40-49 age division. Perhaps due to the heat, Clark's time was 3:34 slower than his winning Masters effort of 2:17:30 in 1983. Indeed, while his time last year earned him 40th place, Clark's slower performance this year placed him 17th among the 14,590 finishers, as nearly everyone ran minutes slower than his or her potential because of the oppressive conditions.

Sweden's Eyv Palm, 42, led all age-40 and over female runners to finish 14th woman overall in 2:45:18. Her margin of victory was 59 seconds over runner-up Joyce Smith, 47, of Great Britain. Smith had finished 11th in the 1984 Los Angeles Olympics in 2:32:48.

Britain's Carol Gould, who turned 40 this year, was third Female Master in 2:54:47, fourteen seconds slower than her winning 30-39 time last year.

Spain's Gayten Fernandez, 40, captured the third male Masters spot in 2:27:44. The first American Master to finish was John McKay.

Continued on Page 15

Sets Women's Open 100K Mark

AT 47, SANDRA KIDDY BEATS
ALL THE GUYS

from LAURIE BOUTANG

DULUTH, Minnesota, October 27. In an interview a few days before the New York Marathon, Grete Waitz was asked if she thought a woman would ever beat all the men in a marathon. She replied that she didn't think it would happen in the marathon, but she could foresee it happening at longer distances — say, 50 or 100 miles.

Well, today Waitz's prediction came true. A woman did beat all the men in a 100-kilometer race. And not only that.

The woman is a Master.

Forty-seven-year-old Sandra Kiddy of Palm Springs, California beat the lot this foggy Saturday morning in an American women's open record time of 7:49:20 for the 62 mile distance. Moreover, she provided a finish that ABC sports would love to have covered. Eat your heart out, Jim McKay.

The occasion was the Third Annual Edmund Fitzgerald Memorial 100K. A field of 28 individuals and 20 six-person teams began the race in the dark at 7 a.m. in Little Morais, far up Lake Superior's north shore. Conditions were near perfect (40°, light mist, almost no wind). Excitement was high because the sponsor Figler's-On-The-Lake was offering $1000 for a world or American record.

The upper 50K of this point-to-point course is the toughest half. It runs through north woods with long, winding hills. Dense fog made for poor visibility. It was hair raising to suddenly have a semi appear out of the gloom in front of you.

But the hills were right up Kiddy's legs.

Continued on Page 26

San Diego To Host TAC Convention

The 6th Annual Athletics Congress Convention gets underway at the Holiday Inn Embarcadero in San Diego November 28th and continues through December 2.

Rules for 1985 Masters track & field, long distance running and race walking competition will be adopted. The financial status and future of the U.S. Masters Athletics program will be discussed. Awards for 1984 performances, and Championship sites for 1986 will be announced.

Continued on Page 33
BLIND RUNNERS

A recent NMN article mentioned methods used by blind runners in competition with sighted athletes. I would like, as a blind Masters athlete, to share some information with NMN readers.

The biggest barrier that handicapped persons face is the widespread misunderstanding of their capabilities. It is important that disabled persons compete, if only to help change some negative attitudes to positive.

There are rules which govern national and international competition among blind runners. Runners with 1/40 normal vision or more can compete in the normal manner. So, the rules apply to runners who have no vision or very low vision.

The Track and Field Rule Book of the National Federation of High Schools states that a competitor cannot be aided by coach, teammate, or anyone connected directly or indirectly with the team. There is a note, however, that applies to visually handicapped runners: "The meet director or game committee may allow visually impaired athletes to make physical contact with a teammate for the purpose of giving direction only, provided they do not impede or interfere with any other competitor."

The Athletic Handbook of the United States Association for Blind Athletes, 55 W. California Ave., Beach Haven Park, NJ 08008 states, "Runners in the longer distances shall never precede the runner and the contact between the runner and the escort must be by flexible, non-elastic material with a length of not exceeding 50 cm." This is a practical and fair approach to distance running for those who have very low or no vision.

In the United States, most sightless sprinters use a taut guide wire, stretched 100m or less. Experienced sightless sprinters touch the wire lightly from time to time, while others slide a plastic tube along the wire to gain direction. But stretching a guide wire is impractical in a meet involving one blind sprinter and many athletes who have normal vision. This is why Fritz Assmy runs with an escort.

Fitting sightless athletes to compete in sprints or distance runs without escorts is not a reasonable approach, because all competitors are endangered, and the rights of the sighted runners could be infringed upon. It is much more important to consider the benefits obtained from participation than to evaluate sight advantages or disadvantages which might exist among able and disabled athletes.

What is to be gained by sending the disabled person to the sidelines? What benefits does he or she gain there? If participation in sprinting or running for a sightless athlete means using a sighted escort, this is definitely preferred to viewing from the sideline.

Charles Buell
San Juan Capistrano, California

THE FUTURE OF MASTERS

The National Masters News is a wonderful publication which serves its audience magnificently. Keep up the good work! That said, I want to begin a discussion on the future organization of the masters movement.

NIKE, Inc., for whom I recently worked, has been making significant changes in its promotional structure throughout the past several months. Some of these may ultimately greatly affect Masters athletes and the individuals and organizations which support Masters.

NIKE is the largest company in the running world (U.S.), and has been even more significant in the area of masters promotions. Now, however, athlete and event service functions have been reduced nearly in half, while advertising on the national level has been beefed up.

Although the ostensible reason for this has been to cut advertising/promotion expenses in a market no longer growing appreciably, the result has been to transfer budgetary funds from promotional (athlete and event) services to national advertising without any appreciable reduction in expenses, or for that matter, increase in sales. Simply put, the "grass roots" athletes and events, of which the masters are a part, may be affected by this change in its promotional structure.

THE ATHLETICS CONGRESS

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POSTMASTER: Send address changes to: National Masters News, P.O. Box 5185, Pasadena CA 91107.
1985 World Masters Track & Field Tune-Up Games I
California State University, Los Angeles

DATE: March 10th, 1985.
SITE: California State University, Los Angeles

AGE DIVISIONS: 5 year age-groups - men and women 30 and over.

ENTRY FEE:
- $10.00 first event (includes T-shirts).
- $5.00 each additional event. Relay teams $20.00.
- Three events maximum.

REGISTRATION:
- To guarantee participation, entries must be received on or before February 28, 1985.
- Late entries may be allowed to participate at meet director's discretion.

ENTRY DEADLINE: Deadline, Midnight February 28, 1985. Late entries, after Feb. 28, 1985 will be charged $12.00 per event, except relays.

SPECTATOR ADMISSION: $5.00 tickets (all day session).

FACILITIES:
- Artificial track 1/4 spikes. All runways are artificial concrete rings. 400 meter Arco track with electronic timing.

ORDER OF COMPETITION:
- Women first, Men second. Oldest to youngest.
- In 5 year age groups starting at 30 years of age. Races will be combined, but scored separately, at meet director's discretion.

AWARDS:
- Awards for first three places. Awards presented at conclusion of each event.

SPONSORS:
- Los Angeles Patriots Track & Field Organizing Committee.
- Los Angeles Southwest Rotary Club.

SANCTION:

RULES:
- Standard TAC Masters rules enforced.

CONTACTS:
- Marvin Thompson, L.A. Patriots, President
- Jim Bentley, Meet Director
P.O. Box 2981, Beverly Hills, CA 90213-2981.

EVENT SCHEDULE

8:00 am. 10,000 meter run (FINAL)
9:00 am. 100 meter (w-m) Semi-final
10:00 am. 110 meter High Hurdles (m) Semi-final
10:15 am. 100 meter Hurdles (w-m) Semi-final
11:00 am. 200 meter (w-m) Semi-final
11:45 am. 1500 meter run (w-m) (FINAL)
12:30 pm. 3000 meter Steeplechase (FINAL)
1:00 pm. 5000 race w-m Combined (FINAL)
1:30 pm. LUNCH
2:00 pm. 4 x 100 relay (w-m) (FINAL)
2:20 pm. 4 x 100 m. Celebrity Relay Invitational
2:30 pm. Handicap 100 m. race
2:40 pm. Olympic Legend 100 meter Invitational
2:50 pm. 100 meter (w-m) (FINAL)
3:25 pm. 110 m. High Hurdles (m) (FINAL)
3:45 pm. 100 m. Hurdles (w-m) (FINAL)
4:00 pm. 200 meter (w-m) (FINAL)
4:45 pm. 1500 meter Race walk (w & m) combined (FINAL)
5:15 pm. 800 meter run (w-m) (FINAL)
5:35 pm. 400 meter (w-m) (FINAL)
5:55 pm. 400 m. (m) (FINAL)
6:10 pm. 5000 meter run (w-m) (COMBINED FINAL)
6:40 pm. Corp. Sprint relay Invitational
6:50 pm. 4 x 200 m. Relay Community College Invitational
7:00 pm. World Masters 4 x 400 m. relay.

FIELD EVENTS

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<tr>
<th>TIME</th>
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<tr>
<td>8:00 am</td>
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<tr>
<td>1:00 pm</td>
<td>Javelin, Long Jump</td>
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<tr>
<td>2:10 pm</td>
<td>High Jump, Pole Vault</td>
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<tr>
<td>3:15 pm</td>
<td>Shot put, Triple Jump</td>
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<tr>
<td>4:15 pm</td>
<td>Discus</td>
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ENTRY FORM

Please send your entry form, signed waiver and check or money order to "Rotary-Patriots T & F" to P.O. Box 2981, Beverly Hills, CA 90213-2981.

NAME

AGE

DATE OF BIRTH

PHONE

EVENTS ENTERED

ADDRESS

2.

CITY

BEST TIMES 1.

STATE

ZIP

CLUB AFFILIATION

MALE

FEMALE

AMOUNT ENCLOSCED

- WAIVER -

In order to compete in the 1985 World Masters Track & Field Tune-Up Games I, I do for myself my heirs and administratores waive, release and forever discharge any and all claims for damages which I may have, or which may hereafter accrue to me or my heirs against the thereof. I certify that I am in good physical condition to compete in this meet.

DATE

SIGNATURE

Continued from Previous Page

curves. These athletes are often heads of families, whose buying decisions they control or influence greatly, and, by and large, are prominent individuals in the running community and in American society. These facts have influenced Nike and others in the past to assist the program, but when push comes to shove, the relationship between sponsorship of masters athletes/events and sales of particular products cannot be demonstrated.

The problem lies, in my opinion, in the definition of masters and the cohesiveness of masters athletes, events and national direction.

DEFINITION: What are masters athletes? Thinly defined, they are men and women, over the age of 40, pursuing excellence in the sport of athletics (distance running, track and field and race walking). If we relied on this definition, a viable, stable national program is possible. The European T&F Championships in England this August, for example, drew 3000 plus athletes, fitting this most narrow definition of masters. It is popularly considered the second-largest (adult) track meet ever held (in terms of number of competitors), behind the 1979 World Masters Games in Hanover, Germany.

Attempts have been made in recent years to broaden the definition. One example is the suggestion of Jim Wood, former TAC Masters T&F Chairman, to expand the masters program to include all those over 25 who choose to compete. This would be similar to the masters swimming program, which appears to be very successful.

Another example is the recent attempt to develop a National Masters Sports Festivals (NMSF) concept. The first NMSF was held in Philadelphia in 1982, including most of the Olympic sports; there was no second. An attempt to develop a National Masters Sports Festival (NMSF) concept. The first NMSF was held in Philadelphia in 1982, including most of the Olympic sports; there was no second. An apparent heavily-sponsored attempt is getting underway in Toronto Canada. Continued on Page 14
500 Run in Nike Capital Challenge

To the strains of the U.S. Army Band, 500 runners, including 25 U.S. Senators and Representatives and more than 36 Presidential appointees, ran the 4th Annual NIKE Capital Challenge Three Mile at Washington, D.C.'s East Potomac Park on September 13.

The event, which is designed to determine who is fittest of the Legislative Branch, the Executive Branch, or the Media, attracted 100 teams. As in the past, the team captains had to finish the race for their teams to count.

The fittest team this year came from the Executive Branch, as the "Health's Angels" from the Public Health Service dethroned the 1983 champions, the Bureau of National Affairs of the Media Division. Overall winner was defending champion Scott Celley from Senator Slade Gorton's team, who ran 14:25 to break his own record by five seconds. First woman was Patricia McGovern of Senator Steve Symm's Idaho Transpotatoes team. McGovern, who competed in the 1984 Women's Olympic Marathon Trials, ran 16:48, far outdistancing her competition.

The fastest legislator was Representative Steve Gunderson (R-Wisc.), who was timed in 18:58, as he knocked off defending champion Representative Bob Edgar (D-Penn.), who was second Representative in 19:40.

First Senator was Richard Lugar (R-Ind.), 52, who set a personal best finishing in 20:52. The battle for second Senator was close with Senator Steve Symms (R-Utah) taking that spot with a 21:03, followed closely by Jake Garn (R-Utah), 21:04, Rudy Boschwitz (R-Minn.), 21:06, and Slade Gorton (R-Wash.), 21:14.

Another new champion was crowned in the Representative Division as Claudine Schneider (R-N.Y.) defeated two other Reps for the women's title with 25:09.

Top journalists were John Walsh of

Beach, Black Win TAC Half-Marathon

John Beach, 43, and Iris Black, 44, were the first Masters man and woman in the Dayton River Corridor 13.1-miler, which served as the TAC National Masters Half-Marathon Championships, in Dayton, Ohio, on September 23. Beach's 1:12:25 was an easy victory over the closest opponent, Larry Fox, 41, who finished in 1:14:14. Black's 1:22:20 left her nearest competitor, Felicia Lewis, 42, eight minutes behind in 1:30:42.

Other division winners were also largely uncontested, but winning times were adequate in spite of rainy, windy conditions. David Emery, 45, won the M45 race handily with 1:15:13, and Don Gammie, 53, took the M50 title with 1:18:01. Jim Glidewell, 57, led the M55's in 1:23:47. Ray Chappelear, 62, won convincingly with a 1:26:09 finish for the M60-or-over championship.

Agnes Chrietzberg, 46, had no difficulty winning the W45 division in 1:37:38, and Terri Fanelli, 53, posted a four-minute W50 victory in 1:48:49.

The day's best Masters performance may have been by Whayong Semer, 55, who placed third W40-or-over with her 1:56:05 age-group win. Eddythe Lewis, 60, ran 2:19:12 to win the W60-or-over division.

The primary sponsors were Dayton's Village Subaru and ten other local companies. Ray Olfsky was the race director.
**Meadows Sets Six Marks in One Day**

Barbara Meadows (nee Dibble), 54, set six American women's age 50-54 records November 10 on the University of Arizona track in Tucson.

Meadows set all the marks in a special women's-only two-hour run, sponsored by the National Running Data Center. The runners were clocked or measured at five checkpoints prior to the finish, and Meadows set new marks at all of them.

Her first mark came after one hour had elapsed. At that point, she had covered 8 miles, 706 yards (13,521 meters) for a new women's 50-54 one-hour run mark. A few laps later, she passed the 15,000 meter point in 1:06:33, for a new 50K/15K track mark. (The 50K 15K road mark is 57:52, held by Marion Irvine.)

Meadows went by the 10-mile point less than five minutes later in a W50 track record 1:11:23 (vs. 1:03:46 on the road by Irvine). She then picked off the 20K track mark in 1:28:58 (vs. 1:26:25 for Irvine).

Her fifth mark came at 25,000 meters in 1:52:24 (well under Peggy Steig's W50 25K road mark of 2:01:00). And her final record of an amazing 2 hours of running came at the finish as she covered a total of 16 miles, 940 yards (26,609 meters). Her second hour (8 miles, 234 yards) was nearly as fast as her first.

"It was an absolutely splendid performance," said Jennifer Hesketh Young, NRDC Administrative Officer and director of the annual event.

Meadows is entered in the XVII World Veterans Distance Running Championships in San Diego December 1-2.

"If she's as hot as she was today," Young said, "other people in the W50 age bracket better watch out." □

**Rouiller Sets 50 Mile Mark**

The Road Runners Club of America's 1984 National 50 Mile and 100 Kilometer Championships (held as the 6th Annual American Medical Joggers Association (AMJA) Ultramarathons) started at 7:00 a.m. and ended at 8:00 a.m. on October 14 at Lincoln Park in Chicago.

Roger Rouiller, 46, of Atlanta, running in rain and fog with humidity averaging over 90 percent, but with relatively low 60's temperatures, was the first M40-or-over and seventh overall of 154 finishers on the fifty-mile loop course with a time of 5:36:08. Rouiller's time betters the respectable 10:54:15, but well below the first M40-or-over and seventh mile loop course with a time of 6:08:51 for the M50-59 title. Sullivan is averaging over 90 percent, but with 60's temperatures, was the oldest finisher was the legendary Alfred Alston, you practice starts.

Raymond Kroczewicz, 29, of Pontiac, Michigan, won the M50-59 title in 9:44:40. The oldest finisher was the legendary Sy Mah, 58, of Toledo, Ohio.

Eleanor Adams, 36, of England, was the women's winner in 6:19:25. Twenty-three (21 men and 2 women) of those who started the fifty-miler proceeded to finish the 100 kilometer (62 miles) race. Gary Cochrane, 43, of Brunswick, Maine, was the Masters leader in 9:05:20, and Clarence Richey, 52, won the M50-59 title in 9:44:40. The oldest finisher was the legendary Sy Mah, 58, of Toledo, Ohio.

Eleanor Adams, 36, of England, was the women's winner in 6:19:25. Twenty-three (21 men and 2 women) of those who started the fifty-miler proceeded to finish the 100 kilometer (62 miles) race. Gary Cochrane, 43, of Brunswick, Maine, was the Masters leader in 9:05:20, and Clarence Richey, 52, won the M50-59 title in 9:44:40. The oldest finisher was the legendary Sy Mah, 58, of Toledo, Ohio.

Raymond Kroczewicz, 29, of Pontiac, South Carolina, became 1984 RRCA 100K champion with 7:37:52, and Eleanor Adams claimed her double victory when she completed the 100K in 8:11:37.

The race course was re-validated by Peter Reigel, TAC race course certifier, who rode over the course the day before and found that the 1984 measurements were of acceptable accuracy, meeting the new 1985 TAC standards.

What do you do with your leg in a cast due to a stress fracture? If you're Masters sprinter Bill Alton, you practice starts.
The State of the Sport as Seen by Joe Henderson

"Running is changing, and there's nothing wrong with that. We should welcome the changes as signs that running is alive and well. Only a stagnant sport doesn't move with the times."

So comments Joe Henderson, one of running's best known personalities. The former editor of "Runner's World" and former senior editor of "Running," Henderson now publishes "Running Commentary" and still writes a monthly column for "Runner's World." He has written ten books on running, from "Long Slow Distance," published in 1969, to "Running Your Best Race," just recently released by W.C. Brown Publishers.

I spent several hours talking to Henderson in Los Angeles following Dr. Scholl's Pro Comfort regional 10-K there on October 20. Henderson, 41, spends much of his time traveling around the country while taking in various races. The Los Angeles event marked the ninth straight weekend away from his Eugene, Oregon home. Therefore, perhaps more than anyone else, he has the opportunity to observe what's happening in the sport.

In last month's column, I commented on the decline in Hawaii race participation this year. Henderson has noticed the same thing around the country.

"There are fewer new runners," he remarked. "This, coupled with a shakeout of fad-followers, means a leveling off in growth for the first time in my memory. However, I believe most of the runners who remain are here to stay. They form a devoted, sophisticated core that will keep the sport strong far into the future."

Henderson has also observed that, while the large races have fewer intrants, there are more races these days. Still, he is left with the impression that the totals are down and points out that his impressions are supported by figures from the National Running Data Center.

"Today's runners are more selective about where they spend their racing dollars and energy," he continued. "And with a few exceptions, such as New York, marathons aren't drawing anything physical. People who would never have run anyway have a perfect excuse never to start.

"Would-be runners ask the question in a worried way. They had thought about starting, but now they wonder if the same thing will happen to them.

"Confirmed runners ask the question in an impersonal way. They wonder if Fixx's dying will hurt the sport as a whole, but they aren't concerned about themselves.

"My answer depends on who's asking. I don't say much to the non-runners, because nothing I say will sway them. If they don't want to run, fine. If I'm talking with people who had wanted to run but now doubt its safety, I give the longest answer. I tell them running is relatively safe but not perfectly so. Their chances of meeting people as they once did. I think many marathoners are tired of struggling to survive that distance and prefer the sensation of going fast for five to 15 kilometers."

What effect is the death of running book author Jim Fixx having on the sport?

"I get quite a few people asking that question. Non-runners ask it in a smug way, as if behind their words is unspoken relief. At last, they don't have to feel guilty about not doing anything physical. People who would never have run anyway have a perfect excuse never to start.

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New Ultra Makes Debut in West

The premier run of the Carson City (Nevada) to Sacramento (California) 166 Mile Run (Capitol to Capitol Run) was held September 13-16, 1984. The four-day race, billed as the nation’s longest point-to-point run, begins in Carson City at 4,460 ft., reaches an elevation of over 8,000 ft. on Highway 88, and then drops to 25 ft. to finish almost at sea level in Sacramento. It is run in four stages of about 41 miles each day.

Most of the race is run along back-country roads, except for 55 miles along scenic Highway 88, and 17 miles along the American River bike trail. The last mile winds through Old Town and along Capitol Mall in Sacramento.

Seven masters (40+) were among the ten starting pioneer runners, six finished, including Ron Kovacs (45) of Mountain View, Calif., placing second with a time of 28:15:04; Jim Drake (41) of Sacramento, Calif., third in 30:25:13; Dr. Ralph Paffenbarger (61) returning for the race from his Boston sabbatical, running the entire race with Paul Reese (67) of Auburn, Calif., both with a time of 34:29:06; and Judy Ikenberry (45) of Rialto, Calif., the only woman entrant, finishing seventh in 35:29:17.

The winner of the race, Bruce von Borstel of Novato, Calif., almost a master with a time of 33:38:09, set the course record with a time of 27:00:01.

Inquiries for next year’s race, set for December 12-15, 1985, should be sent to P.O. Box 585, Auburn, CA 95603.
Going With The Flow

As I ran and talked my way through a favorite run — the 7 a.m. Saturday terminal with friends and people I know in Club North Shore — I listened to yet another tale of a race misadventure one of the members had participated in the preceding weekend.

To my way of thinking, it didn’t exactly sound like a major catastrophe. So nobody got an exact starting time, what’s the big deal? Since when did a runner pay much attention to the official time, anyway, even when it was available?

Furthermore, who cares? In spite of Ken, Jen, Mike and all that grim gang, life goes on. People manage, somehow, in the face of disasters like these. Such is the agony of life on the racing circuit.

There is a much better solution that progressive people like myself have long advocated, anyway. Let people keep their own time. Two days after a race, most people claim the time they felt they should have run anyway. And well they should! There are just too many variables that must be taken into account before any “official time” can be established for any race. Anyone with half a brain knows this.

We also know that no West Coast product that Second, Accusplit, Casio or whatever will ever dream up, is capable of measuring all these variables. How, for instance, would one of these low-cost, foreign-made products know anything about the stress fracture I’ve just recovered from. How would it ever know that a selfish, inconsiderate wife could have forgotten to wash my favorite turtle neck? Have you ever tried to run a decent race in different colored knee socks?

Some things, of course, can never be planned for. My son borrows my favorite fall racing outfit for a Halloween party and leaves it there. It’s a blousey pumpkin-colored singlet with black swirls atop corn yellow shorts, — like life — the race goes on. I made sure I was devastated but, remember — like life — the race goes on. I made do.

The point is, some things are still best left to human hands. The personal touch, if you will. Who or what could possibly be better equipped to determine my correct running time than me? Who or what could possibly weigh and evaluate all the ingredients and conditions that make up an accurate finish time? A digital clock? Give me a break!

It’s why I’ve always known but never said much concerning the National Running Data Center (Much Ado About Nothing West) because, in the end, everyone has to be somewhere. All this breath beating and teeth gnashing over distance and time? Be serious. Any runner worth his headset makes daily allowances concerning time and distance. Weather, lactate acid, electrolyte levels, blood cell counts, energy infrastructure, stress interchange, wellness, expectoration radius and dipliation status all have to be considered, to name but a few.

The truth of the matter is simply this: more and more runners that I know are keeping their own times in the races they run. There are several obvious advantages that account for the growing popularity of this practice. No more worrying about race foul-ups (God knows we’ve faced them all), too long/too short, too hilly/too flat, no pineapple yogurt and no more certification foolishness, and on and on.

At first, I was skeptical of this self-timing method, myself, but I tried it — I’m an open-minded guy. The results have been most gratifying. My racing times, hassle free, have improved across the board.

It made me a believer. Other runners who have used the method report similar results — no problems and improved times. One guy I know actually set a world record in the 5K just last week. His time should probably have one of those funny marks after it, because he didn’t do it in a race, it was around the block where he lives. But, just the same, what a time! And he didn’t get ripped off by some sponsor.

One problem with this method that has to be cleared up is that some of the times runners have posted for certain distances will show consistent improvement over a period of time without actually being run again. I have asked runners about this fact and it seems to involve a variable that has to be defined a little better. I’m confident we’ll clear it up by next issue — it’s the kind of thing that, left unchecked, could lead to the type of rumor that has brought about the growing popularity of biking.

A runner is both entitled to and has come to depend on certain things in any race: a couple of T-shirts, a few beers, ice cream for the family, a case of assorted yogurt, ice, soda pop, ribs, hamburgers, bloody Marys, oranges, apples, bananas, gyoza, cookies, coke, visors, head bands, wrist bands and painters caps, to name a few.

I think the message here to all race directors is rather clear — provide the entitlements, but never mind the time and distance. We can take better care of that, ourselves.
To borrow on a quote from Rodney Dangerfield, "we don't get much respect!" No one likes our products. No crowds break the gates down to watch us compete. TV hasn't offered us a lucrative contract. Seldom, if ever, does any clothing manufacturer offer a competitor a contract, clothes or a compliment for wearing its articles. Friends ask how fast you run, then, with fat tummies, bleary eyes, and slurred speech tell you he or she used to run faster than that in high school. The people you are visiting with, just after you have told them how high you jump, immediately ask, "What is the world record now?" For sure, if it wasn't fun, one might really wonder if it is worth all the effort.

Perhaps, though, we really do deserve some respect, particularly in the areas of the country where our National Meets are held. I am no economist, but in looking at what is spent by the competitors I put together a few figures several days ago. We have perhaps 600 competitors in a National Meet. A number of them come quite a distance to compete, though some come from the immediate area. Assuming — without statistics to back it up — that the average cost for a competitor to go to and from the meet is $200.00, it would mean that something over $120,000.00 would be spent on transportation alone. If there were an additional 200 spouses and friends, that would add another $40,000.00. Lodging usually runs from $40.00 to $60.00 a night for couples, and another $30.00 a night for those there by themselves. Food for each person per day could be anywhere from $20.00 on up per person. Most all competitors get two days of competition in, and many three to six days. Some spend their whole vacation at our competitions.

While not all of these monies go directly to the local economy, it shouldn't be difficult to justify our presence in any community. To some, what we spend may seem like peanuts, but I think it makes for a pretty respectable gathering. Certainly one that needs no apology.

It may make no difference, but perhaps we, you, ought to become more visible at our national meets to help that community understand, appreciate, and give us a little respect. You will be in town several days, perhaps a week. Churches and civic clubs welcome visitors and you could make your presence known comfortably and easily. Meet directors might involve early arrivals in talking with various civic groups or radio talk shows, but you need to be available and make yourself known. There is little reason to sneak in and out of a town as though you were on a secret mission with as little visibility as possible. Let the communities know who you are so they too can enjoy your program as much as you do.

National Indoor Pentathlon Set

by SCOTT THORNSLEY, Meet Director

WAFA hurdle and implement standards, adopted by the U.S. TAC Masters T&F Committee for use in all TAC Masters T&F meets as of January 1, 1984, will be in effect at the 1985 TAC National Masters Indoor Pentathlon Championships at Dickinson College in Carlisle, Pa. January 13. (This includes the 7.26K shot for M40, the 6K shot for M50, and 5K shot for M60 and the 4K shot for M70 and W35-49).

Individuals may compete in both the pentathlon and the Bud Light/PA Masters meet.

Out-of-state residents may compete in the Bud Light/PA Masters meet; however, out-of-state residents and PA residents will compete together, with no separate award categories for non-residents.

No spikes or shoes with spike plates are permitted on the track or runway surfaces;

The deadline for the pentathlon is January 5; there is no deadline for the Bud Light/PA Masters meet;

Pentathletes will run the 1000 meters, not the 100 meters, as was reported in the Oct. '84 NMN.

Pentathletes competing in individual events in the Bud Light/PA Masters meet will be briefed as to competing procedures prior to the start of the pentathlon.

I have ordered the new Masters implements from SportsAmerica, (6K, 5K, and 4K shots), and delivery is expected this month. However, athletes are requested to bring their own implements.
Barry Brown Has Outlived Them All

H e's outlived them all, has Barry Brown. Athletically speaking. All the guys he used to run against back in '68 and '71 and '73, guys like Jack Bachelor, Mike Manly, and Jeff Galloway. They're all injured now, or doing things people do when they find running no longer interests them like it once did.

The sport still holds its appeal for Barry Brown, and through his own unyielding form of resolve, he's stayed a course unique to a fraternity that's only beginning to crawl on its professional knees. By continuing a smashing progression that he's already begun, he's going to be the prototype of the elite masters runner.

"I don't think there's been anybody in America who has trained from high school to age 40 like Barry has."

— Marty Liquori

For Brown, the benefits are more than purely statistical. On Oct. 27 in New York, Brown signed a contract with the Nike shoe company which will bring him as much as $30,000 in the next year, based on salary and performance incentives in the masters division. That figure doesn't include prize money, which will net Brown at least several thousand dollars more.

"There's a definite benefit to sponsoring someone like Barry Brown," says Chris Monty of Nike Athletic Productions. "He's going to be visible and he's going to break records. It's a good marriage: Nike and Barry Brown."

Brown says simply "I've made more money since July 26 than I have in the first 26 years I've run."

For nearly 20 years, Brown has been a partner of Brown's. "And now, it's a resolution I made," Barry Brown's bride-to-be, says Chris Monty of Nike Athletic Productions. "He's going to be visible and he's going to break records. It's a good marriage: Nike and Barry Brown."

Brown says simply "I've made more money since July 26 than I have in the first 26 years I've run."

What's unique about Barry Brown is the enduring quality of his athletic performance. He started running in high school, in Colonie, N.Y. (near Albany), went to Providence College, and then on to a sterling open career. For nearly 20 years, Brown has been counted among the best track and road racers in the United States, yet in his entire career, he's never missed more than 10 consecutive days of training.

He was the second-ranked American runner in the 3,000 meter steeplechase (his track specialty, including a personal best of 8:27.2) in both 1969 and 1973, and finished third or better in three national championships, though he never won one.

In 1968, Brown was an alternate on the United States' Olympic Team after a fifth-place finish in the trials' steeplechase, and in '72, when he was one of the best "chasers in the country, a hay fever attack knocked him out of the trials in Eugene, Ore. He opted to run the marathon trials in 1976 ("the pollen isn't as bad in Eugene in the spring," recalls Brown) and he ran with Frank Shorter and Bill Rodgers - 1:23-2 through 18 miles.

But Brown, who had run an easy 2:16:48 in his first and only previous marathon, didn't take water in the trials. Despite leading fourth-place Bob Varsha by 1:47 at 18 miles, Brown didn't make the Olympic team. He was forced by thigh cramps to drop out at 22 miles and Don Kardong eventually got third and finished fourth at Montreal.

So what remains of Barry Brown after a quarter-century of training? How about a tanned, 40-year-old pelt stretched over a musculature that looks, oh, maybe half old? And a spirit that never wavers.

"I've just been lucky," says Brown, who spends half the year living in Gainesville, Fla., and half living in Bolton Landing, N.Y., nestled in southern Adirondack Mountains.

"I've been injury-free. The others have retired basically because of injuries; they haven't lost motivation so much as they've been injured."

Liquori concurs, but sees much more than that.

"His willpower," says Liquori, "his resolve, is so great and has been there for so long that there's never a question in his mind about missing a workout. He gets up at seven o'clock in the morning every day for 20 years and puts in a workout and then he manages to get another one in sometime else during the day."

"Part of it, I think, is his personality," says Liquori. "He thrives on routine. Even though he appears to fly around the country, he does not seek out new experiences that much, not ones that don't jive with his running. He likes to travel, he likes to waterski, a few other things, but he doesn't have a lot of other interests in life; he doesn't let them intrude on his goal of running. Unlike most people who let the real world creep in when they get to 30 or so, Barry didn't. He kept the resolve of a young athlete up to 40."

Brown hasn't just run. He has built himself a profession outside the sport and polished his skills as a clinician and motivator, tools which have served him well. Even for such a seemingly invincible runner, establishing security beyond competition is a recommended course to follow, and Brown has taken steps in that direction. An attorney by education (Albany Law School '69), Brown has owned and operated his own insurance consultant firm in Gainesville, Fla., Lake Placid and Glen Falls, N.Y., since 1971.

Continued on Next Page
Continued from Previous Page

But he has never eased off on the training. Brown's workout weeks have always approached 125 miles and often gone much higher. He dominated New York State's Empire State Games for several years, lending that event a much-needed dose of credibility in its infancy, and he remained an influence on the national road-racing scene into his late 30's.

And while Brown was lasting, never yielding to advancing age, masters runners were getting hot. Antonio Villanueva of Mexico ran a 2:13:41 marathon in 1982, and Manley, an old steeplechase foe of Brown's from the early '70's, went 3:51 for 10K on the road. First there was legal prize money for open men, then for women. Now for masters runners.

The time was right for Barry Brown to turn 40, and on July 26, 1984, he took 'em all by the throat. Brown is a confident sort, and that confidence bespeaks his approach to masters competition. He is, in fact, still running most races to win - outright - and taking the masters cash as an afterthought.

"I'm so much better, now, than most of them," says Brown, easily, in assessing his age group competition. "There's only a couple of people I have to be concerned with, and nine out of 10 days, I'll beat those guys. If I have a bad day, and they have a good day, they might beat me. Most of the masters competition I enter, I can have a terrible day and still win fairly easily." Brown started his record binge innocently enough. On July 30, just four days after his 40th birthday, Brown bettered the world two-mile masters record by running 9:06.5 and took the 3,000 meter mark along the way with an 8:53 in a recreational track meet at Colonie High School.

He took to the roads on Aug. 18, just after returning from Los Angeles, where he had worked for ABC-TV during the Olympic Games, and ran 29:57 for 10,000 meters at the Asbury Park 10K in New Jersey. That time was 34 seconds under Manley's official American 10K masters record, but still off Villanueva's as yet unrecognized 29:41 two months before at Atlanta's Peachtree Run.

On Sept. 15, at the Maple Leaf Half Marathon in Manchester, Vt., Brown broke Manley's point-to-point American record - and accomplished that on a certified loop course, which is doubly impressive - with a 1:06:24. He got the American 20K record en route with a 1:03:09.

And then on Sept. 30, Brown dropped the biggest bomb of his brief masters career. He ran a PR of 2:15:14 at the Twin Cities Marathon in Minnesota, good for seventh place overall and nearly two minutes better than Manley's official American record of 2:17:10 for a masters marathon. He finished 3:14 in front of Villanueva and remarkably, Brown felt prepared for better things that day.

"I'm never happy with most of my performances," says Brown, "and I wasn't happy with that one. I wasn't unhappy, I just wasn't satisfied. A lot of things went wrong and I felt I could have run at least two or three minutes faster."

His performance at Twin Cities has left him wanting not only Villanueva's 2:13:41, but also the 2:11:18 run by New Zealand's Jack Foster at the Commonwealth Games a decade ago. The latter is a record considered by many to be unbreakable.

"Foster's record is the one that everyone considered to be unapproachable," says Brown. "It's the one record that I thought I might have no chance of beating. But after Minnesota, I think, under the right conditions, I could run that fast. But it has to be perfect.

On the matter of perfection, by challenging American and world masters records, Brown has placed himself at least partially at the mercy of the complicated matter of certifying and verifying road records. To win, his two-mile record wouldn't be recognized, but because it was run on a track without a curb. Only two days before the Manchester race, the National Running Data Center urged Brown to have the half marathon re-measured so that the record would be readily approved. For Brown, the issue is time and distance, not complicated politics.

"I said 'I don't care if it ever gets certified.'," says Brown. "I know what I ran, I know the course is accurate. It doesn't matter to me. They don't recognize Villanueva's 29:41 because it was on a point-to-point course; I don't care if it was on a point-to-point course or not. To me, 29:41 is the official world record, not my 29:57."

For now, and from week to week, Brown will train and race roughly as much as he always has, mixing a bit of selectivity into his scheduling. He has slightly altered his training of late, but only to intensify it. His bi-weekly anaerobic work includes such sessions as 20 X 400 meters in 65 seconds with a 75-meter jog recovery and seven X one mile at a peak of 4:32 with a 400 meter jog recovery.

His contract with Nike assures him of a quality income through running, something he has never had before, and something many younger runners for somebody over 40 to do. He's just kind of an iron man.

Barry Brown does daily what he's been doing his entire adult life: he runs up to 10 miles when he gets out of bed in the morning, so stiff he can barely reach past his knees. He squeezes in 10 or 13 more, or something fast, before bed. It's a taxing regimen for any athlete, and Brown's adherence to such training gives the impression of a man running away from time and age.

In truth, he's already put those villains to flight.

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"The amount of exposure an athlete will get is a very important consideration in terms of promotion," says Monty. "He just turned 40 this summer, and he's been breaking records, so there's a little more exposure."

Liquori says "He's going to shop so much time off masters records that he's going to be responsible for people totally reassessing what it's possible for somebody over 40 to do. He's just kind of an iron man."

Barry Brown does daily what he's been doing his entire adult life: he runs up to 10 miles when he gets out of bed in the morning, so stiff he can barely reach past his knees. He squeezes in 10 or 13 more, or something fast, before bed. It's a taxing regimen for any athlete, and Brown's adherence to such training gives the impression of a man running away from time and age.

In truth, he's already put those villains to flight.
THE FOOTBEAT

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

I am a 40 year old distance runner. I started running cross country last year and increased my mileage. I have started to get pain in the ball of my foot. I was told it is a condition called capsulitis. I develop pain after I run for 4-5 miles. What is capsulitis and what should I do about it?

The condition described as capsulitis is becoming more of a common running injury due to inadequate shoe cushioning and hard running surfaces.

Capsulitis is really a bruise to the ball of the foot. Not only does the tendon become bruised, but also the joint capsule and, in some cases, the bone, as well. It is a very painful entity which can be accompanied by pain and swelling. If you wish to continue running, I would recommend reducing the amount of your daily mileage, followed by a 10 minute ice pack to the ball of the foot. Include a hot water soak in the evening.

Make sure you use a well cushioned training flat with a well padded midsole and a Spenco insole. Keep your running limited to grass or dirt.

If the pain persists, I would recommend an injection of an anti-inflammatory medication into the affected area. This is very effective. This would be followed by two to three days of rest and a return to running on an asymptomatic basis.

In many cases, the use of an accommodating foot orthoses may be of some help in relieving pressure on the ball of the foot. You may want to try an over-the-counter device.

If all fails, one may want to undergo a minor surgical procedure to the foot which releases the tension to the metatarsal bone area. This should be used as a last ditch effort. The best treatment for this injury is rest and a return to running when the pain has subsided.

1985 Postal Relays Planned

Bruce Springbett, TAC Masters Outdoor Track & Field Coordinator, has deep-sixed the 1984 postal relay competition report. "I didn't publicize it, and I don't have all the results I need to do a proper job," Springbett said. But he is starting now for 1985. The meets for results to be considered are: 1) All TAC Regionals; 2) Eastern relays; 3) Striders Relays; 4) Other major meets.

The seven relays to be contested are: 4X100, 4X200, 4X400, 4X800, 4X110 shuttle hurdle, distance medley and sprint medley. As always in "postal" competition, teams run relays at different sites throughout the year. The winner is determined strictly on time, and a postal relay championship is awarded to the fastest club in each relay in each 10-year age division.

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World's Best At IGAL Championships

Continued from Page 1

A woman from the People's Republic of China.

"As far as we know," Sturak points out, "this marks the first time that Chinese competitors have ventured to an international Masters event. We're proud and excited to have them join us."

Event organizers are also pleased by the large number of women entrants — to date, over 150, easily the most ever to compete at an IGAL Championships. Sturak plans a staggered start in the 10K, with the women going off first.

"Also exciting," Sturak adds, "is the overall quality of the fields — in particular, the 10K. In almost every age division, we should have great races and, with good conditions, several world-best marks. Among the 40-year-olds, especially, it will be easier to list who's not coming."

In the M40 category, look for "freshman" Master Barry Brown of New York to challenge Mexico's Antonio Villanueva (81 world champion in New Zealand), England's Tim Johnston ('82 champion in Japan), and Guy Ogden, Canada's Ken Inglis and Americans Don Coffman, Kirk Randall and Sal Vasquez. Brown has run an American Masters record 29:57 this year (and a 2:15:14 marathon). Villanueva, now 44, has 1984 bests of 29:40 and 2:16.

Wisconsin's Dan Conway, the defending overall 1983 IGAL 10K Champion (30:26 in France), has entered the M45 ranks, along with last year's M40 runnerup, Pierre Voets of Belgium. Both could be surprised, however, by ex-U.S. Olympian, Oscar Moore of New Jersey, making a rare appearance. Also in the running will be New Zealand's John Robinson (80 M40 champion in Scotland), Americans Ernie Billups and Ken Winn.

In the M50 division, even a competitor of Ray Hatton's caliber (31:05 PR) won't have an easy race, with New Zealand's great Bill Baillie in hot pursuit. Battling for M55 honors will be perennial IGAL medalist Ron Franklin of England and Americans Ross Smith, Orlon Keniston and Jim O'Neil ('81 M50 champion).

The older age groups are star-studded. Clive Davies, at 69, can still challenge all the over 60's (he won the M60 title in '82), although fellow American, Jerry Morrison ('80 M55 champion) could be tough. Over 70, look for Americans Ed Benham ('82 M75 champion) and the partially sighted Norm Bright, 74, to be among the leaders. And the 85-year-old Californian Paul Spangler will take on France's Louis Charbonneau for 80-plus honors.

Women are Masters, internationally, at age 35. Although England's Joyce Smith — 11th in the Olympic Marathon at age 46 — is not expected, her younger teammate, 39-year-old Priscilla Welch (6th in 3:28:54 in the Olympics), who recently ran a 3:30 10K, is reportedly coming. Yet another Olympic marathoner, Switzerland's Gabriele Andersch-Schess, 39, is definitely entered. As defending IGAL 10K champion, she again will be challenged by Fordie Madera of Massachusetts, last year's W35 runner-up; and perhaps by several others, including San Diegan Pati Tufey.

In the W40 category, another local, Shirley Matson, with a season's best of 35:59, may be pressed by Washington's Vicki Folza ('81 W35 champion), recent winner of the U.S. Masters 15K Cross-country Championships.

The W45 and W55 divisions should both feature good races between fellow Californians Karen Scannell and Vicki Bigelow in W45, and Margaret Miller and Ruth Anderson (several times IGAL champion) in W55. Best of the older entrants is California's Bess James, now 75 ('81 W70 champion).

Like a score of more other entrants, James is also entered in the Marathon, in which she should also win divisional honors; as could Margaret Miller in the W55 category. Two Canadians should vie for the overall women's marathon championship, Wendy Robertson-O'Donnell, W40, and Diane Palmason, W45 standout, whose 2:46:21 this past September won her $3000 at the Twin Cities Marathon.

Among men marathoners, an even more dramatic intercategory contest could feature American M50 record-holder Norm Green (2:26:05 at Twin Cities), and a past IGAL double champion, Tim Johnston. Though 52, Green could steal the whole show from his younger rivals. Ex-Olympian Johnston, 43, who, in recent years, has broken 2:20, scored a superb double victory in Japan in 1982 with times of 3:01:00 and 2:22:18.

Other top male marathoners to watch: John Loeschohn (U.S. M40), Henri Salavarda (Belgium M45), Jim McCown (U.S. M60), John Montoya (U.S. M70) and Ed Benham (U.S. M75).

The World IGAL Association gets its name from its German initials (Welt Interessen Gemeinschaft Alterer Langstrecken Laufer), which, translated to English is "World Interest Group of Older Long Distance Runners."
TAC Convention
Continued from Page 1
1985 and 1986 will be voted upon.

Here is the schedule of events:

WEDNESDAY, NOVEMBER 28:
1 p.m. TAC Board of Directors
8 p.m. Masters T&F Executive Committee agenda, long range planning, 1985 meet schedule, reports
8 p.m. Masters LDR (additions to agenda, budget and finance, confirmation of announced 1985 championships)

THURSDAY, NOVEMBER 29:
8 a.m. TAC General Meeting
10 a.m. Masters T&F Sie-Selection sub-committee
10 a.m. Masters LDR (certification of courses, sanctions, selection of 1984 Award winners)
11 a.m. Masters T&F (1985-86 Schedule Coordination and Submasters Championships)
2 p.m. TAC Budget and Audit Committee
2 p.m. Masters LDR (Results and Certification of Championship races)
6 p.m. TAC Reception
8 p.m. TAC Budget and Audit Committee

FRIDAY, NOVEMBER 30:
7 a.m. TAC Delegates 5K Race
9 a.m. Masters LDR (Rules, Committee reports, WAVA, IGAL, North American, Pan American)
12 noon TAC Awards luncheon
2 p.m. Masters T&F (1985-86 Championships, Women's weight events, Nominating Committee, Budget, World Veterans Games, Travel, Uniforms)
2 p.m. Masters LDR (Election of Officers)
8 p.m. Masters T&F (continuation of afternoon session, if necessary)

SATURDAY, DECEMBER 1
10 a.m. XVII World Veterans 10K Championships, Mission Bay Park
2 p.m. Masters T&F (Reports of Executive Committee and TAC Committees, Travel Agents for Rome, Election of Officers, 1985 Committee Appointments, Budget Review)
2 p.m. Masters LDR (Award of National Championships for 1985 and 1986)
7 p.m. TAC Banquet
7 p.m. World Veterans Carbo-loading Dinner and 10K Awards Ceremonies

SUNDAY, DECEMBER 2
7 a.m. XVII World Veterans Marathon Championships, Mission Bay Park
9 a.m. TAC General Meeting

A joint meeting of the Masters T&F Committee and Masters LDR Committee will be scheduled sometime during the convention.

Continued on Page 14
Priscilla Welch — New Masters Phenomenon

by MIKE TYMN

“T here’s the woman to watch,” said running writer Joe Henderson, mo-tioning toward another table in the hotel restaurant.

I didn’t need Henderson to tell me that. Even though I was the first masters finisher in the October 20 Los Angeles regional Pro Comfort 10-K a few hours before, I had trailed the woman by 30 to 50 yards throughout the race and will have celebrated her 40th birthday fellow countrywoman Joyce Smith as a matter of a year or two before Welch erases most of Smith’s records.

In the Olympic marathon this year, Welch finished sixth with a British woman’s record of 2:38:54. At 46, Smith, the old record holder at 2:28:54. At 46, Welch is about to supplant her fellow countrywoman Joyce Smith as the number one over-40 distance runner in the world. And, it may be only a matter of a year or two before Welch erases most of Smith’s records.

Just as amazing as Welch’s ability is the time it has taken her to reach world class level. She started running at age 35 and did not get serious about competition until a year and a half ago.

At the finish of the October 20 Los Angeles regional Pro Comfort 10-K, Welch said, “David is my coach as well as my husband and he brought me along very slowly,” Priscilla says. “After leaving that assignment in July last year, we began concentrating on quality work and the times improved rapidly.”

Priscilla made the British Olympic team with a 2:30:06 effort in the London Marathon in May this year. A month before she had run a 10-K in 32:28, her best to date.

At the Cascade Run-Off in Portland last May, Welch finished fifth in a very elite field while clocking 30:33.

In preparation for the Olympic marathon, Welch put in up to 127 miles a week of training while averaging 92 for a 10-week period. Following the Olympics, she backed off to approximately 60 miles a week, but says that it involves a lot of quality.

“I’d like to better my 32:28 10-K before going back home in December,” she says, “but, if I don’t, I hope to be back next year and maybe do it then.”

Priscilla says she prefers the marathon to the shorter distance races, except for the fact that it takes so much longer to recover from the marathon.

Is there something in the water in England that produces the likes of Jack Foster, who was born and raised there before moving to New Zealand, Joyce Smith, and now Priscilla about making it in the British blood? What is it that allows a 39-year-old woman with no real athletic background and only a couple of years of adaptation to run so fast?

“I really don’t know,” Welch replied. “I lived in the country when I was a child and we didn’t have a car. So I did a lot of walking and cycling. My diet has always been a good one, mostly fresh food. Perhaps it’s because I haven’t had much athletic experience and haven’t messed my muscles around. Maybe my legs are still young.”

Trans-Indiana Run Planned

“Because it seems like a neat thing to do,” says fifty-three-year-old Hal Higdon, when asked why he and Steve Kearney plan to run the length of the state of Indiana next summer during the hottest month of the year.

“Because we’re nuts,” says Kearney, a co-founder of the first (and maybe only) Trans-Indiana Run, from River to Shining Lake.

On Saturday morning, July 13, Higdon, Kearney, and anyone else they can find willing to join them (“We’re looking for a few good runners”), will cross the Ohio River at Owensboro, Kentucky and not stop running until the following weekend, Sunday, July 21, when, 300 miles later, they touch Lake Michigan in the town of Michiana Shores. No bugs, no drums, no trophies, no t-shirts, and anyone willing to become a part of Trans-Indiana will even have to share costs.

“If you consider yourself a serious ultramarathoner,” Higdon says, “you won’t want to miss it. Steve and I can’t wait to get started.”

“Because if the International Olympic Committee declares youineligent and unfit to cover future Olympics,”

“That could Roone us.”

Trans-Indiana Run Planned

Continued from Page 1

in a rough 40-49 field.


Ed Benham, 77, Maryland, contributed to the stack of new age marks with a 1:10:51, and Ruth Rothfarb, 83, Massachusetts, chipped in with a na-tional best of 1:52:46.

The 4,000-runner event was directed by John Hinshaw.

WUZ Rooned

Continued from Page 13

of the basic events will give them more to poke fun at?”

“We got along fine without them in the Olympics. We’ve got the public trained to ignore anything they say.”

“Would you consider yourself a serious ultramarathoner?” asked Higdon.

“WUZ Rooned.”

Continued from Page 3

in 1985, the first World Masters Games. This lavish production will have competition, not only in athletics, but also in 21 other sports, including basketball, bowling, cycling, ice hockey (it’s in Canada, isn’t it?), swimming (and several other water sports) and tennis, over a 19-day period. Ambitious? You bet! Successful? Who knows?

From the above, we can see that, though masters athletics does not lack for ideas it does lack definition (or focus) and a viable organization to carry out one concept or definition to fruition. That is, unless Toronto makes it.

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Valdemar Schultz
Portland, Oregon

15K Records Fall

Continued from Page 1

in a rough 40-49 field.


Ed Benham, 77, Maryland, contributed to the stack of new age marks with a 1:10:51, and Ruth Rothfarb, 83, Massachusetts, chipped in with a na-tional best of 1:52:46.

The 4,000-runner event was directed by John Hinshaw.

WUZ Rooned

Continued from Page 13

of the basic events will give them more to poke fun at?”

“We got along fine without them in the Olympics. We’ve got the public trained to ignore anything they say.”

“Would you consider yourself a serious ultramarathoner?” asked Higdon.

“WUZ Rooned.”

Continued from Page 3

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Clark, Palm
Continued from Page 1. was Rich Aurelio, 49, of Madison, Connecticut with an 4th 40+ place (and 52nd overall) time of 2:34:39.
Spain's Franco Bartoldomuci continued the foreign domination of the Masters divisions with a 2:54:51 win in the M50-59 category. New York's Don Dixon, 57, was a minute back in 2:55:56, with Israel's Shlomo Amrami, 57, third M50 in 2:57:36.
New Jersey's Toshiko d'Elia, 54, captured the women's 50-59 crown in 3:08:20, and West Germany's Hans Kracht, 71, (4:27:52) completed a Masters awards.
Foreign entrants accounted for six of the top ten Masters places, five of the seven age-group titles and 14 of the 27 (and 82nd overall) time of 2:34:39.

500 Run in Nike Capital Challenge
Continued from Page 4.
All entry fees were turned over to Special Olympics, and Challenge sponsor, NIKE, donated an additional $2,000 in the names of the winners and picked up all race expenses.
Jeff Darman was race director.

800 In Lincoln Classic
Despite it being the coldest September morning on record, some 800 runners turned up for the start of the Capitol City Classic 10K/20K Run in Lincoln, Nebraska on September 29.
A choking cloud of ammonia vapors greeted the runners as they made the first turn, but when the fumes finally cleared away, it became clear that conditions were actually ideal — the temperature was in the mid-30's and there was no appreciable wind.
TAC trust fund awards amounting to $2000 were awarded in the open competition for women in the 10K and men in the 20K, but there were no monetary awards for masters.
Karen Bestul, 42, was first masters woman in the 10K W40-49 division in 38:48.4 (6:15 pace). Lowell Gaither, 46, came within striking distance of the US 20K M45-49 age group record of 1:06:26 (pending) set by Darryl Beardall (45, CA), finishing with a fast 1:08:15.7 (5:30 pace).
MENTAL TRAINING

You've done all the physical things, you've run fartleks, purchased orthotics, sprinted yourself silly, set personal records for sustained aerobic workouts. In short, you're at a plateau—and you want still more. You want to win your age group division at Nationals, capture a trophy, wear an elvish wreath after a favorite marathon.

Enter Dr. Kay Porter and Judy Foster, known as Porter Foster in the work arena of sports psychology and mental training. These two Pacific Northwest athletes are helping America's masters runners run farther, faster, and freer than ever before.

And they're doing it with psychological techniques, compassionate concern, creative visualization, and positive self-statements. To the athletes who turn to their "mental training for peak performance" seminars and clinics across the country, Porter and Foster are trusted friends, the kind of person you call on in a crisis or trust with a personal secret.

"You don't have to be sick to get better," says Kay Porter from her home/office in Eugene, OR. "In this society we used to view athletes who sought out psychological assistance as 'head cases.' No more. Sports psychology's objective is to improve performance from the positive, rather than the negative. We emphasize positive self-talk, affirmations such as 'I am performing my best today.' We teach athletes to replace negative imagery (doing poorly during a race, for example) with winning pictures."

When Porter Foster became a business reality, two former University of Oregon women (Porter holds a Ph.D. in human developmental psychology, Foster a degree in creative writing) began to travel across the United States, bringing their athletic and academic backgrounds to masters runners, college-age swimmers, tennis players, gymnastics teams, field event specialists. They found an audience hungry to improve performance, using mental practice.

"There's a physical reason why such mental practice works," says Porter. "Imagine a masters runner practicing his or her specialty. Neurons fire in exactly the same patterns as if the athlete were performing physically. "She says small contractions also take place in the associated muscle groups. These movements of nerves and muscles are thought to improve neuromuscular coordination, which in turn improves performance.

In non-technical talk, if you practice mentally your craft—running, throwing, jumping—you will perform better physically. Sounds simple, doesn't it? It is. And it works.

"The first step in mental training for peak athletic performance," says Foster, "is figuring out just what you want, what your short and long-term goals will be. Put your goals down on paper. Be as specific as possible and commit yourself to a target date."

Keep a mental training log of competition, learn to relax physically (yoga, stretching, music, massage all help), write and recite positive self-statements (affirmations) in the present tense ('I am running my best' or 'I am calm and relaxed and at peace').

"And remember to 'thank' your body," notes Porter. "Be good to yourself on days when you're dead tired. Back off from training at such times. Watch your diet, too, and find other interests in your life besides your sports activities. Balance is the key to happiness and helps avoid sports burn-out."

Using creative visualization techniques daily before the particular competition you've targeted—at least one week before—is one way to still those butterflies in your stomach when you hear the announcer call your event. For 15 to 20 minutes at a time, the masters athlete relaxes his/her body and "practices" the sport mentally, imagining success and perfect form. In addition to improving performance, advocates of mental training say you can improve concentration and increase awareness of body position. You will also quicken the speed of learning new skills, restore energy, remove psychological blocks, improve relations between yourself and your coach or running partners, expedite the healing process, and heighten enjoyment of long-distance running.

More good news. Expensive equipment or long-term training aren't necessary to learn the process, according to Porter Foster. They have successfully sponsored clinics on their techniques for several prestigious sports events. This summer they conducted workshops for the Olympic Scientific Congress in Eugene, OR, the first-ever Women's Olympic Marathon Trials in Olympia, WA., The Athletics Congress National Masters Track and Field Championships at Hayward Field (Eugene), just for starters. Plus a 7,500-women's 10K (Bonnie Belle) in Boston in mid-October.

Having studied the mental rehearsal training of elite athletes such as Mary Decker and Joan Benoit and being competitive runners themselves (Porter is a long-distance runner, Foster is a sprinter), the women are currently writing a book titled, Running and Coping for Women Over 40.

One of their clients is 41-year-old Linda Upton of Boston, winner of the W40 800 and 1500-meters races at TAC's Nationals. Upton was in the audience, heard the call to use affirmations and positive imagery before her events from Porter and Foster during their clinic for masters runners at Nationals in Eugene. She jotted down the information took some printed material, and prepared mentally for both races.

"I was standing near the finish line when Linda came running up to me after her race," said Foster. "She shouted, 'It works, it works!' And we've been working with her since August, charting her goals and progress.'"

A first-time marathoner used mental training to get through the 26.2-mile course without serious injury. "I had the strangest feeling of deja vu when I ran onto Stevenson Track (at Hayward Field) for the final 200-yard push to the finish line," she said. "The sound of my fellow marathoners cheering my effort felt poetic and prophetic. I had been rehearsing that beautiful sound in my head three times a day for weeks."

When you practice your sport, imagine yourself as a 'world-class' athlete," says Porter. "It's your own fantasy, so make it a powerful, positive image. Use as many senses as possible (one of her clients smells gardenias as he sinks a putt during a tense golf match). Pay attention to minute details: the color of your singlet, the feel of the crisp air against your skin, maybe even the texture of your sock rubbing the sole of your foot.

Porter adds you should view your peak performance in slow motion, going back over the imagery if you make a mistake. "You can rewind the 'tape' mentally and reuse it," says Foster. "And if at any time you rehearse, you tell yourself how good an athlete you are. Couple mental training with good physical workouts and proper form because the physical and psychological go hand-in-hand."

The next time you reach down into yourself to find that personal record and winning performance, fall back on the hours of mental rehearsal you've put in. If you should 'freeze' before or during competition, recall the strength and power you felt from prior rehearsals. "You prepared for just such a moment, and you can handle the stress," says Foster. "By keeping that mental training log on a day-to-day basis, you can chart your progress, just as you chart your physical running progress."

For further information about mental rehearsal, stress management, creative visualization workshops, call Porter Foster at 1-503-342-6875 or write them at P.O. Box 5584, Eugene, OR 97405.

Iga/ Championships

Continued from Page 12
Association of Veteran Long Distance Runners.

Everyone is invited to a carbo-loading, 10K awards dinner Saturday, December 1st at the Hall of Champions in Balboa Park from 5:30 to 9:30 p.m. ($10); and to the Marathon Awards Gala (dinner, dancing) at Sea World Sunday, December 2 from 6 p.m. to midnight ($25, which includes a $12 admission to Sea World from 2 p.m. on). For info, call Stock at 619/286-7867.
As reported in August, the IAAF has approached WAVA with the proposal that the two groups jointly consider the future of veterans athletics. WAVA accepted the invitation, and two meetings have taken place so far between officers of each group. A third meeting will take place in San Diego at the time of the IGAL World Veterans Distance Running Championships December 1-2. Present will be WAVA Officers Don Farquharson, Hans Axmann, Cesare Becalli, Owen Flaherty, Bridget Cushen, Wal Sheppard, Jacques Serruys, Bob Fine and possibly Alastair Lynn. The IAAF will be represented by Hans Skaset of Norway, Amadeo Francis of Puerto Rico and Ron Duba of the USA. Bryan Doughty will represent IGAL.

"Nothing will be decided at the meeting," Farquharson said. "These are exploratory meetings to determine the facts. We want to know what they will do. We'll question them on various points, and ask if they're prepared to bend. Then, in Rome next June, we'll be able to tell the General Assembly that IAAF will do this and this, but they expect us to do such as such."

"Is it a foregone conclusion that WAVA will join the IAAF? "No, we can stay out," Farquharson said. "Of course, with their size and influence, they're in a position to run a World Veterans program without us, and make it very awkward for us."

The IAAF is investing a substantial amount of money to fly the WAVA Executive Members to San Diego for the conference.

"The way it works," Farquharson says, "is that the IAAF asks each nation's Association (in the USA, it's TAC) to bear the expense, and make it very awkward for us."

"The way it works," Farquharson says, "is that the IAAF asks each nation's Association (in the USA, it's TAC) to bear the expense. If it doesn't, the IAAF will pay."

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Signature: __________________________
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Home Town Airport: __________________

(We will be pleased to arrange connecting flights from your hometown airport.)

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Eastern bloc a no-show

1300 Compete in IGAL European Distance Championships

by WERNER HAMM

BERN, Switzerland, October 14. More than 1300 veteran athletes from 13 nations took part in the 2nd IGAL European Veterans Distance Running Championships here this weekend.

The organization was perfect, the enthusiasm of the spectators was great, and the appreciation for the performance made the championships into a grand festival—full of human warmth and life.

One thing is certain: staying away is always wrong, and whoever grants no passports and visas to their Masters—as Poland did—is the loser. The absence of the Eastern bloc, with the exception of Czechoslovakia, can only be regretted.

The race was open to men age-40-and-over and to women age 35-and-over, per international rules. The 10K was run on Saturday, followed by the 25K on Sunday.

Several runners left their imprints on the Championships. Denise Alfvoet of Belgium won both the 10K (36:59) and 25K (1:37:22) in her W45-49 division. She was the first woman finisher overall in the 10K, and was beaten by only one woman, Francois Dupont, W35, of France (1:37:00), in the 25K.

Pierre Voets, also of Belgium, won both the 10K (31:31) and 25K (1:22:44) in the...
Arthur Lambert, 1892-1983

by WERNER HAMM

Arthur Lambert, the pioneer of endurance training in Germany and a vital force in the World Veterans Long Distance Running movement, died late last year at the age of 91.

Two years ago, just before his 90th birthday, Lambert was hospitalized and operated on for the first time in his life. Very seldom will a surgeon use his scalpel on people that age, since most will not survive the effects of the anesthetic and the operation.

But Lambert’s circulation was so good that he quickly recovered. A few weeks later, he resumed his daily training runs and decided to enter the 1982 IGAL World Veterans Distance Running Championships in Japan — at age 90!

As a youth, Lambert joined the "Wittenberger Laufschule," a school of runners in his native Wittenberg, Germany. He served as an officer of the Eastern front in World War I. In 1919, he opened a store and, in 1924, began what was to become a prosperous chemical factory.

In 1928, at age 36, Lambert began coaching younger runners. He was the first German to introduce daily training, which, up to then, was unknown. He later went to two sessions a day. His prize pupil, Max Syringe, won 20 German championships, including a world record 30:06.6 10K in 1941.

In 1934, Lambert became the official trainer for the middle- and long-distance runners in Germany. He was the official organizer of the 1936 Olympic Games in Berlin. He was the first to stress endurance training, with speed as an important supplement.

World War II ended his coaching. He joined the Army as a major. His wife and only son committed suicide, and most of his runners were killed. Syringe was found in Hamburg after the war, after almost dying in a Russian prison from lack of food.

"I never gave up on life," Lambert reflected. At age 54, in 1946, he started a new life and a second career. He had no money, but built a chain of dry cleaning companies. He married his daughter’s girl friend and moved into an idyllic house in the forest of Wuppertal.

He found new runners to train: Werner Lueg and Herbert Schad won bronze medals in the 1952 Olympics in the 1500 and 3000 (behind Zatopek and Mimoun).

Then Lambert started running again. He ran along with young girls and became a charming entertainer. In 1966, at age 74, he ran 10K in 50:22.


"I run to see how far I am still from death," he said at age 77 before a competitive run, and afterwards, added: "Still a far way to go."

In 1971, at age 79, he ran his first marathon in 3:52:30, a world age 10+ record then, and still in an age-79 best.

He motivated a whole generation of veterans to try running.

"No one I have ever trained was injured physically," he once said, "including me."

After Dr. Ernst Van Aken resigned as chairman of IGAL in West Germany, Lambert stepped in and, in no time at all, straightened out IGAL’s financial situation and streamlined the organization.

He will be missed.

183 Compete In Hong Kong Meet

One hundred and eighty-three Far Eastern Masters athletes from as far as India and New Zealand entered the 1984 International Veterans Track & Field Meet at Wanchai Sports Ground in Hong Kong on October 20-21 for the second annual meeting.

Age groups started at 35 for men and women. M. Orow, M35, of Sabah, Malaysia, had the best 10K, 200, and 400 times with 12.36, 22.95, and 53.84.

Continued on Page 26
Report From Britain
by ALASTAIR AITKEN

John Van Orselen ran 5000m in 15:06.0 on September 12 in Williamsbrough, easily inside his own 15:22 M50 world record of August. He was running for his club Beerschot in an open meet.

Medway's 40-year-old Vic Smith, who was once AAA bronze medalist over 3000m indoors and Kent cross-country champion, ran a British 40-44 800m record of 1:56.0 and a one mile (U.K.) record of 4:21.03 in the Roy Young Memorial mile at Horsham. Smith, who won the European Vets 1500m at Brighton narrowly in 4:01, went on to run a record lap in the 4x3 lap Southern Veterans Cross-Country Relay Championships at Woodford on September 29. His time of 10:02 took Veterans A.C. from 14th to 2nd on his 2nd leg. The second fastest was Verlea A.C. winning team member Dave Clarke, 41, (40:03). Clarke had just returned from running 2:20:27 in the Montreal Marathon on September 24.

In the Southern M50 + 3x1 lap the winners were Cambridge Harriers with Johnny Oliver, Dennis Holkden, and Derick Thomas.

Taff Davies, the double gold medalist at Hannover in 1979 and the second fastest ever 45-49 steeplechaser, ran the last leg in 15:51 for Aldershot's winning team in the Hewitt-Jones Walton Road Relay on September 29 at Walton. Taff continues to match strides with best young runners on the road. The fastest Veteran of the meet was Martin Duff, 40, who did 15:42 for the fourth team, Windsor. Duff won the National Vets 5000m at Edinburgh in August.

In the Women's Avon 10 Mile Road Race at Hendon, which was the national championship, on October 7 out of 150 runners, Veterans fared well: F. Mudway, 17th in 59:12; Carol Gould, now in 40-44, 28th in 61:36, just behind Lesley Watson, 61:30. Non-Vet winner was Veronique Marot in 54:20.

The updated schedule for the VI World Veterans Games: Melbourne, Australia; Tokyo, Japan; Johannesburg, South Africa; and Belgrade, Yugoslavia. In Rome, the bid for the 1989 Games will also be awarded. Auckland, New Zealand, is the only known bidder at this time, although Belgrade may switch its bid to 2000 years.

Continued from Page 17
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Farquharson also said the IAAF will not support or sanction the "Masters Games" scheduled for August, 1985 in Toronto. At that time, masters will compete in over twenty sports, similar to the 1982 National Masters Sports Festival in Philadelphia.

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USA Tops Canada in Cross-Country Match

Jerry Smith is a man of his word. He vowed to organize a U.S. Masters cross-country team which could stand up to the dread Canadian Masters squad. In seven previous outings between the two North American rivals, the Northerners had romped off with six of the coveted Fleischman's Challenge Trophy titles.

Call upon the aerobic capacities of some of the best American hill-and-dale runners, Smith inspired his troops to a convincing 126-153 victory in Fayetteville, New York's Green Lakes Park on October 20.

Although the Canadians won seven of the 11 age-division crowns, the Americans dominated the other four groups (M40, M50, M65 and M70) to provide the margin for their second victory in this annual autumnal match-up.

The seven-mile course is described as one of the best European-style cross-country courses in North America. It starts with a mile of steady uphill on grassy trails, then goes up and down thickly wooded glacial slopes for most of the race. It crosses a wide stream, which goes through thick black ooze. One runner lost a shoe in the bog. The course finishes on a sandy beach. A three-day rain earlier in the week let up in the nick of time, and the fall foliage made it a beautiful day for running.

John Dugdale, 49, of the U.S.A. went out very fast in the field of 70 (43 USA, 27 Canadian) runners. But Canada's premier Master runner, Ken Inglis, took over the lead at about the mile point and gradually drew out to win by over a minute in 37:36. Canada's Ben Johnst, M45, took 2nd (and first M45) in 38:18, with the USA's Roland Cormier and Joe Thomas running 3:4 in 39:16 and 39:38. Dugdale was 5th (2nd M45) in 39:59.

Bill Foulk led an American sweep in the M50-54 division, with Bob Brock and Chet Fortier. America's Howard Rubin bested Canada's always-tough Cliff Hall in the M55 group in 42:00.

Charlie Hackenheimer of the USA team drew everyone's admiration with an excellent 60:12 at age 78 to win the M70+ bracket.

Continued on Next Page

Countdown To Rome

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1300 Compete in IGAL European Championships

Continued from Page 17

M45 bracket. Pina Gurther of Switzerland captured the W55 10K (44:21) and took second in the 25K (2:00:38). Helmut Hagedorn, won the M55 25K (1:36:31) and took 2nd in the 10K (35:33).


This was the first time that the Laenggasse Berne Sport Society (TVL) has organized a European Championship. It has organized many events since its foundation 83 years ago. From its ranks have arisen Olympic and World Champions, as well as many national champions.

All participants received an expensive commemorative medal. The first three in each age-group were given trophies. The winner of each age category received a medal of pure silver from the Bank of Switzerland.

One minor sour note: some veterans from Great Britain were not pleased that the organizers lumped them into a “Great Britain” category, rather than dividing them up, as they prefer, into Scotland, England, Wales and Northern Ireland.

The World IGAL motto is “Health, Friendship and Understanding.” Not only winners and medalists count. Participants are granted first priority — veterans who, by taking part, achieve a victory over themselves. Running helps to create working and living conditions which are healthy and socially good. Veterans, always keep that in mind. The participants in Bern took home many unforgettable memories of the contest and the friendly hours following it.

The World IGAL Executive Council promised to hold the third European Championships in Barcelona, Spain on September 28-29, 1985.

Sao Paolo Hosts South American Championships

The excellent eight-lane Tartan track at Ibirapuera Stadium in Sao Paolo, Brazil, was the site of the three-day Second South American Masters Track & Field Championships, September 13-15. The men (W40+) and women (35+) came from Argentina, Uruguay, Colombia, Chile and Brazil. The last country was particularly well-represented, both in quantity and quality.

Brazil’s Jaime Agui, M45, had the best 100m time of the meet with 11.43, as did Shirley Batista, M40, also of Brazil, with 12.83, and in the 200 with a fast 27.74.

Exuperio Borges, Brazil, won the M55 400 with a speedy 57.52 and the 800 in 2:17.22. In the M75 800, Hiroshi Hiramatsu, Brazil, won over Sadami Maruyama, also of Brazil, 3:07.10 to 3:10.09. Lenira Regupe, W45, Brazil, won the 1500 with 5:37.48. In the 10,000, Argentinian Jesus Morales took the M50, 34:37, and Amaldi Lisboa, Brazil, won the M65 in 40:21.

Karlhainz Blutamiller, Brazil, won the M40 100H in 15.95, and countryman Rui Barbosa took the M60 Continued on Page 26

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Reservations and deposits now being accepted.
They did not get small amounts from a few television companies phoned me before the Games in response to our press release, asking if Steve Ovett was running." Cushen said that, although the organizers didn't get a major sponsor, they did get small amounts from a few organizations. "With the television coverage, they got good value for their money, and might be interested in backing us again."

A new Board of Directors for USUAVE (South American Association of Veteran Athletes) has been elected: President: Juan Kulzer, Argentina; Vice-President: Albano Ariza, Colombia; Secretary: Jorge Figueras, Uruguay; Ladies Director: Magdalena Garcia, Argentina; Directors: Federico Fisher, Brazil; Carlos Moskos, Argentina; WAVA Delegate: Hernan Figueroa, Chile. The new address is: ASUAVE/Casilla (P.O. Box) 685, Santiago, Chile. The affiliated countries, besides those named above, are Venezuela and Aruba. Peru may join shortly.

The new board, now as always, consists mostly of average people that are neither fast or famous. It is Southern California-based, and is open to any person, regardless of age, sex, race, creed, performance level, sexual preference, political persuasion or occupation. It is run by the members and does not revolve around any single person, such as a coach or guru. Some members specialize in track and field, others prefer the road races. Many don't run competitively at all. Most members are age 40 or over.

The club is well organized and solvent. A fine newsletter is mailed periodically to all members. Many have joined just to receive it. It includes articles, race results, letters and news of coming events. The last five TAC/SPA LDR Committee Chairman have been Seniors Track Club members. An annual Awards Party honors outstanding club members. Donations are tax deductible.

For information on membership and a free newsletter, contact: Al Hromjek, 4857 Birch, Suite 442, Fountain Valley, Calif. 92708, 714-788-3606 (days).
4. **MASTERS SCENE**

- The updated RRCA Race Director's Handbook is available. The 158-page manual covers how to form and manage a running club, how to conduct a race, run races, and more. Send $15.75 to RRCA, 8811 Edgewall Dr., Huntsville AL 35802.

- Over 400 athletes filled out the 6-page questionnaire at the National Masters T&F Meet in Eugene last August, but the results have been delayed. "We need a grant of $2000 to $3000 to tabulate the results," Kay Porter, survey designer, said. "We're hoping for some funding shortly, and will publicize the results in the National Masters News as soon as the job is completed."

- **NEW ENGLAND**

  - Doug Kernecht, 44, led all Masters to the finish in 27:30 in the Strath's Run For Liberty 8k, Lincoln, RI, October 7, which was the date for dozens of Stroh's races throughout the country. In addition to plenty of beer, the first five in each group at Lincoln got unique medals depicting the head of Miss Liberty, who benefited from the fund-raising 8k's because part of the entry fees went to help pay for the restoration of the Statue of Liberty. Among the 599 finishers was U.S. Senator Claiborne Pell (Rhode Island), 65, who earned a medal with an M60+ fourth place in 49:23.

  - Running through beautiful New England at the height of the fall foliage season, Peter Teachout, 44, Norwich, VT, was 1st Master and 11th place with 1:12:00 in the Damaratn-Hitchcock Medical Center 12.2 Mile. Lyme to Hanover, NH, on October 7. Doug Massey, 45, Lebanon, NH, was 2nd Master and 12th in 1:12:47. Samuel Daniels, 55, Exeter, NH, won the M50+ race in 1:18:14, and Constance Kinball, 40, Brattleboro, VT, took the women's Masters title in 1:22:00.

  - Ray Currier, 40, Manchester, NH, took second overall with 25:40 (381 finishers) in the Strath's 8k. Merrimack, NH, October 13. Mary Bart, 42, Concord, NH, was third woman with 30:20.


- **SOUTHEAST**

  - One week after the 1985 TAC National Masters 10k Road Championships February 3 in Clearwater, Florida, the Gasparilla 15k Classic will be held in Tampa on the 9th. $3500 is being offered with $1500 to the first three male and female masters finishers ($1000, $500, $250) from the sponsoring Brooks Shoe Co. Jack West, of the Sunshine Striders, takes the M40+ victory.

- **EAST**

  - Fred Ely, 69, Trenton, NJ, should be a strong contender for top M70 distance runner in the country when he breaks into that age division in April. Ely's recent accomplishments: Prince George's Half-marathon, Maryland, September 16-17:2:32; Princeton 5 Mile, October 14, 33:00.

  - Dave Wilson, 47, despite a very hilly course, rain, and slippery roads, had an impressive 3:27 Masters win in the Great Cow Harbor 10k. Northport, NY, September 15. Gaea Feld was M50+ winner in 28:48, and Don MacKenzie, 62, was M60+ victor in 38:11. The Masters women also recorded good times with Judy Pickert leading all W40+ in 38:02 to win the W40-49 race over Lisa Conners who was 15 seconds back. Margaret Deckert won the W50-59 division in 35:11.

  - Douglas Escher, 40, had his timing checked in the Marathon Tune-Up 15.5 Mile, Central Park, NYC, October 7, and came away with a 1:31:08 top Masters finish and 29th of 1517 men. Howard Rubin, 56, was second Master in 1:32:56, and Mimi Meyers, 42, was 4th overall (319 women) in logging a W40+44 with a nifty 1:47:47.

- **MIDWEST**

  - Bill Sutherland won the TAC National 56# Weight Throw Championship, Wooster, OH, August 14, with a 38 3 heave. Al Hall was second (31:91). Chuck Kehm, third (29:2). Lee Sick, fourth (22:4).

- **SOUTH WEST**

  - Although probably the smallest city to host a Stroh's Run For Liberty 8k to raise funds for the restoration of the Statue of Liberty, mid-american}


  - Rod Lichtenberg, 41, was sixth (1000 finishers) in the Stroh's 8k, Lincoln, NE, October 13, with 26:22. Ernie Nick, 47, was second M40+, while Robert Holmberg, 51, won the M50+ race, and Jasper Skinner took the M60+ division. Karen Bestul was the first Master woman, and Ruth Anderson, Northern Calif. Seniors, took the W50+ title.
December, 1984

the eighth place 3:49:10 to far outdistance the established 8K race (the four-year-old son led a trio of Northern Calif. Seniors TC during a Sunday morning workout and came...)

Outstanding performances: Al Guidet and Herb Miller; Most improved: Sondra Schumacher; Most outstanding: Edith Mendyka, Jean Carter and Christel Miller. Men 60-69: Most Valuable: Burl Gist; Most inspiring: Pierre Egger, 41, 400 relay. Twenty-six athletes were over age 40. Oldest was Britain's Joyce Gotten, 51, (44:02), Bernice Hellman, 50, (54:49) and Beth Smith, 59, (57:56) took the lone 60+ finisher.

New Master runner Frank Bozanich • Women 40-or-over made their presence known in the OKC Running Club 8K/25K, with a third Masters women's time of 5:25:32. Hannelore Ondrusek, 40, Roseburg, Oregon, recorded a 36:51 time, which also put her No. 2 in the same division in 1984. Her goal for 1985 is to match the left one done two years ago (3:49:10). He plans to be ready for the '85 in time for the Masters World Masters 10K in Las Vegas October 27.

Shirley Kinsey, W55 T&F national record holder from CA, took the Masters 8K in 36:41. Check-Finder placed the women in 36:41. Check-Finder placed the top three women in the Masters 8K, including Herli Padilla, 41, and Christel Miller, 43, who won the Masters 25K. The top finisher in the Masters 25K was the trio of Northern Calif. Seniors TC...
**National Masters News**  
December, 1984

**Track & Field National**


May 26. 7th Annual Wolfpack Pentathlon (Track and Field) and OAC Open and Masters Pentathlon Championships, Columbus, Ohio. Upper Arlington H.S. John White H (614) 459-2547, W (614) 424-7011.

June 8. 28th Annual Brian's Run goes off in West Sacramento, Calif. The most prestigious Masters races of the year will be held in San Diego on the 1st and 2nd. It's the 17th Annual I.G.A. World Veterans Distance Running Championships (10K and Marathon) — the race the event has ever been held in the United States.

We'll have the finest quality Masters fields ever, says race organizer Tom Sturak. "The top runners from all over the world will be on hand, as well as most of the best American runners in the age groups."

The month's first Sunday is a busy one. In the East, the 7th Annual Long Run goes off in Charlotte, Pa., while, out West, the citizens of Beverly Hills will awake to the pitter of Panty 10K runners pounding down their streets. Baltimore, Dallas, Phoenix and Sacramento will host the Marathon, White House Bowl and California International marathons, respectively.

The Honolulu Marathon is a December staple on the 9th, while the Rocket City Marathon is set for the 15th in Huntsville Alabama.

It's party time with New Year's Eve midnight runs in New York, Los Angeles and a few other spots to finish off 1984 (take that, George Orwell!) and ring in 1985. Happy Holidays!

**SOuth EasT**

December 30. Holiday Weight Pentathlon (9 am) and regular Pentathlon (2 pm), DelRay Beach, FL. Randall Cooper, Atlantic Community School, 2501 Seacrest Blvd., DelRay Beach, FL 33445.


**South West**


**South AfRica**

October 21. TAC National Masters Indoor Championships, Denver, Colo. Stu Northup, Raleigh Parks & Rec. Dept., P.O. Box 590, Raleigh, NC 27602. 919/755-6641 (w); 347-5893 (h).


**WEST**


December 12. Weight pentathlon, Honolulu, Hawaii. See December 16 above.

December 29. Regular pentathlon, Honolulu, Hawaii. See December 16 above.

January 6. Weight pentathlon, Occidental College, Los Angeles.

January 20. College of the Desert All Comers meet, Palm Desert, California. 11 am. Christel Miller, 1740 Grandview Ave., Glendale, CA 91204.

February 19. Orange City Meet, Orange, Calif. Santa Ana College, 1-00 p.m. Larry A. Salling, 203 E. Monroe, Orange, CA 92668.

March 10. 1985 World Masters Tune-Up Games 1, California State Univ., Los Angeles. 8 a.m. Jim Bentley, PO Box 2981, Beverly Hills CA 90213. Entry form in Dec./Jan./Feb. issues.


April 29. 10th Annual Sacramento Masters Relays, Sacramento, Calif. In conjunction with college dual co-ed meet between CSU-

**Track & Field**

Big spenders can travel to Uruguay the 7th and 8th for an International Masters Meet. Honolulu hosts three pentathlons during the month, while the 7th Annual Holiday Weight Pentathlon (Regular and Pentathlon) takes place at Florida on the 30th.

**On Tap For December**

**SOUTHEAST**

December 30. Holiday Weight Pentathlon (9 am) and regular Pentathlon (2 pm), DelRay Beach, FL. Randall Cooper, Atlantic Community School, 2501 Seacrest Blvd., DelRay Beach, FL 33445.


-SOUTHEAST-


March 16. TAC Eastern Regional Indoor Masters Championships, West Point, N.Y. 216. 1172 East 2nd Ave., Aurora, CO 80010. 303/341-2980.

-JANUARY-


January 20. College of the Desert All Comers meet, Palm Desert, California. 11 am. Christel Miller, 1740 Grandview Ave., Glendale, CA 91204.

February 23. Orange City Meet, Orange, Calif. Santa Ana College, 1-00 p.m. Larry A. Salling, 203 E. Monroe, Orange, CA 92668.

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**DEadline**

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


photo by Jim Denham

Special 10K Masters Race Set

On January 26 at 8 a.m., the City of Paramount, Calif. and the Paramount Rotary Club will again feature the Special "World Masters" Divisions of the Paramount 10K Run in Progress Park.

Competition will be held in 5-year age divisions for both men and women through age 84 who can meet qualifying standards. No late registrations will be allowed to insure the smooth running of the event. All Masters will be identified and seeded on the front line on race day. Masters may run apart from the regular 10K depending on the numbers enrolled.

As in the past, there is NO RACE FEE! Fine merchandise will be awarded to the top ten in each division. For those in the top five, a reading of their running accomplishments will be read at the awards ceremony.

"The Masters runner deserves the recognition," says Race Director Oscar Rosales, "and in Paramount he'll get it. Paramount will be THE RACE of the Masters Division."

To compete in the Special Masters Division, these qualifying times must be met: M40:34:00; M45:36:00; M50:38:00; M55:40:00; M60:43:00; M65:46:00; M70:49:00; M75:52:00; M80:55:00; W40:38:00, W45:40:00; W50:43:00; W55:45:00; W60:48:00; W65:54:00; W70:65:00; W75:75:00; W80:85:00.

For info, send SASE to Oscar Rosales, PO Box 96, Paramount, CA 90723.

INTERNATIONAL


July 5-6. International Veterans Athletics Meet, Baden (near Zurich) Switzerland. (M40+, W35 +). LC Vom Stein Baden, P.O. Box 5400 Baden Switzerland.

LONG DISTANCE RUNNING NATIONAL


May 6. International Veterans Athletics Meet, Baden (near Zurich) Switzerland. (M40+, W35 +). LC Vom Stein Baden, P.O. Box 5400 Baden Switzerland.

NEW ENGLAND


MID-AMERICA


EAST

December 2. 7th Annual Brian’s 10K Run, 1 p.m. West Chester U., Pennsylvania. Lawrence Brandon, 206 Brooke Drive, West Chester PA 19380.

MIDWEST

March 31. 2nd Annual Wolfpack Spring Classic (5/15/50 Miles) and OAC Open and Masters 50 Mile Championships, Columbus, Ohio. John White, 4865 Arthur Pl., Columbus, OH 43220. 614/459-2547.

SOUTHEAST

May 5. 7th Annual Legs/WYCA 10K Run, Chicago, Lincoln Park. Cathy Crown, Loop Center YWCA, 37 S. Wabash Ave., Chicago, IL 60603. 312/376-6200.

SOUTHWEST

December 12. XXVII IGA World Veteran 10K and Marathon Championships, San Diego. See "International."


December 2. California International Marathon, Sacramento. PO Box 161149, Sacramento CA 95816.


December 9. Honolulu Marathon, Honolulu, Hawaii. David Benson, PO Box 72744, Chinatown St., Honolulu, HI 96827. 808/734-7200.

On page 27 are the revised American, five-year-age-group, long distance running road records.

New marks will be submitted for ratification to the TAC Records Committee, which will review them before passing them along to the respective TAC LDR Committees (Men's, Women's, Masters). Finally, all marks acceptable to both the Records Committee and the pertinent LDR Committee will be submitted for ratification to the TAC General Assembly on Sunday, December 2 at the Annual TAC Convention in San Diego.

Some "old" marks have been dropped, but could be reinstated if an appeal is filed in San Diego. Marks were dropped, not because the mark was a bad one (short course, etc.), but because sufficient documentation to ratify the mark could not be obtained.

-Most Masters age-group marks have not been accepted on courses that have not been remeasured, as is required for open records.

-For example, Alberto Salazar's U.S. and world record (before Steve Jones' 2:08:05) of 2:08:13 is still "pending," because the 1981 course has not been remeasured. The Oakland Marathon and Orange Bowl Marathon courses were short, and all marks were thrown out.

Sao Paolo Hosts South American Championships

Continued from Page 19

Sao Paolo in Brazil, home of South American Championships, were over age 30.

-Joaol dos Reis, M45, Brazil, had the best shot put of the 16# shot throwers with 11.60. Elizabeth Candido, M35, Brazil won with 12.91, and Odette Domingos, W50, Brazil. came very close to the world record of 12.79 with a 12.67 toss, then turned his discus and absolutely destroyed Australian Sylvia White's W50 world record of 12.56 with a 12.40 throw.

-Brazilian M50's had the day's two best javelin throws when Orlando Alves beat Ryoji Baba, 48.76 to 46.54. Hammer thrower Antonio Alegre, M45, Brazil, led all 16# implement tossers with 43.24. Walter Kupper, Brazil, won the M60 with a 42.28 effort.

-The results show that the Brazilians as hosts naturally came out in great numbers but did not win medals by simply showing up. Winning marks in many events were better than or comparable to those of other large Master competitions.

ATHLETES WHO ENTER A NEW DIVISION THIS MONTH DEC 1984

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<th>ATHLETE (RESIDENCE)</th>
<th>BIRTHDATE</th>
<th>AGE GROUP</th>
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<tr>
<td>MERRY VAN SANT (CA)</td>
<td>12-29</td>
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<td>SHIRLEY SMITH (PETERTBURG, FL)</td>
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<td>WANDA SNELL (ALBUQUERQUE, NM)</td>
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<td>J. HAASE (IL)</td>
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<td>INGE FIEFFER (WY)</td>
<td>12-13</td>
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<td>VERNA LE ROSSIGNOL (AUSS)</td>
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<td>SHIRLEY (OUNG) (OISS)</td>
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<td>ROBERT DUNCALANA (MILL VALLEY, CA)</td>
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<td>FRED BIRREL (BERKELEY, CA)</td>
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<td>JOHN G. BROWN (GLADSTONE, MO)</td>
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<td>LUTHER BUCK (LADDELL, PA)</td>
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<td>AL BURTON (SANTA MONICA, CA)</td>
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<tr>
<td>LEE CARPIS (PAINES SPRING, CA)</td>
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<td>R. CLARKE (AUSTRALIA)</td>
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<td>WILLIAM CLARK (ALTO, CA)</td>
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<td>EUGENE KAMRASS (FAYETTEVILLE, NC)</td>
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<td>ERIK VONK (DENMARK)</td>
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<td>HENRY ZACHARI</td>
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Sanda Kiddy

Continued from Page 1

"My favorite course in California is a 4-mile-long hill that climbs from 600 to 2700 feet," she said.

On record pace at the 50K halfway point, she was in second place, six minutes behind Harry Sloan, 36. The last 22 miles of the race follows the Grandma's Marathon course along the shore of Lake Superior, and ends at the bottom of Lemon Drop Hill. Sanda gradually closed the gap. The last two miles of the course is a straight shot, and she could see Sloan, up ahead, was hurting.

As she crested the hill, she was only 50 yards behind him and gaining. She passed him only 20 yards from the finish — the equivalent of a photo finish for a 62-mile race. Sloan was walking stiff-legged, as his legs said "no more."

Kiddy's time broke, by over 10 minutes, her own U.S. women's 100K mark of 7:59:59, which she had set on October 3, 1983 in Chicago. Her new mark naturally became a new women's age 45-49 record, as well. And she proved Grete Waitz right.

Let's not forget Sloan. He not only managed to pull himself to his feet and cross the line, but also took three minutes off his previous 100K best in 7:49:51.

In third place, and first masters man, was George Savanich, 46, of Apple Valley, Minn. in 8:32:23, a 40-minute PR. It was really a Masters Day. All but three of the 21 finishers were over age 30.

183 Compete in Hong Kong Meet

Continued from Page 18

Surinder Khanna, India, also had the same three wins in the M40 with 12.16, 24.90, and 55.97. His Chiang, Singapore, won the M50 600 in easily in 56.77.

R. Dahlberg, M40, New Zealand, won three longer races: the 800, 2:10:19; 1500, 4:16:82; and 3000, 16:00.

Aloysius Sibidol, M60, of Sabah, threw the 7.25k shot 9.46 and the 6k 10.19 in special record attempts, in addition to his 11.43 win in his division with the 5k. Sibidol also won the discus with 40.74 and javelin with 44.86.

Berlin Marathon Draws 7800

Continued from Page 18

"Mighty Ten" — marathoning's informal equivalent of the Grand Prix circuit. Other marathons that have achieved the same level of world-class status and prestige are: New York, Boston, London, Fukuoka, Chicago, Berlin, Montreal, Rome, Melbourne and Paris.

Exceptionally good times were recorded in all age groups. Jochen Schrader, 42, of the Federal Republic of Germany (FRG), was 1st master with a time 2:23:04, while the first master woman to cross the line was Denise Alfoveet, 49, of Belgium, outrunning her younger competitors with an outstanding 2:47:02.

A remarkable performance was that of Werner Rathert, 49, a blind runner (led by Redo Schlorick, on a bicycle), who set a blind World Record marathon time of 2:35:12.

The 1985 race is already being planned and will be held September 29, 1985. Write to the Berlin Marathon, G.K. Erich, 39 W. Parkway, Pequannock, NJ 07440.
### AMERICAN FIVE-YEAR AGE-GROUP LONG DISTANCE ROAD RECORDS

(Compiled by the National Running Data Center, and recognized as the official U.S. road records by the Athletics Congress (TAC) and the Road Runners Club of America (RRCA).

<table>
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**Performances contained in this list have either been ratified by The Athletics Congress as official US road running records, or are being submitted for ratification. Many of the marks do not have complete documentation and are listed as "pending."**

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### Men - 40 thru 44

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**Men - 45 thru 49**

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**Men - 50 thru 54**

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**Men - 55 thru 59**

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**Men - 60 thru 64**

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**Men - 65 thru 69**

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**Men - 70 thru 74**

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**Men - 75 thru 79**

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### Open Women

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<td>5 km</td>
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<td>Carolie McLeatchie (21, TX)</td>
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<td>27 Dec 83</td>
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<td>Jane Weisz (27, CA)</td>
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<td>2:43:36</td>
<td>Cindy Dalrymple (41, CA)</td>
<td>25</td>
<td>3 Apr 83</td>
<td>2 May 83</td>
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**Abbreviations**
- d: pending verification of date of birth by birth certificate
- e: pending remeasurement of the course or receipt of stopped times
- f: no ratifiable marks
- g: ratifiable mark, course measured by person of known competency
- h: validation completed, usually by remeasurement
- i: mark established at 5 miles rather than 8 kilometers

Continued on Next Column
RESULTS OF 2ND SOUTHAMERICAN MASTERS

100 METERS - MEN
(40-44) 1. Filippo Raffaeli - 10.90s Brasil; 2. Claudio Chiarelli - 11.02s Brasil; 3. Elio Bertolli - 11.11s Brasil.


100 METERS - WOMEN


400 METERS HURDLES: (40-44) 1. Oscar Almeida - 50.25s Brasil; 2. Pedro Ramis - 50.30s Brasil; 3. Antonio Andrade - 50.35s Brasil.


HIGH JUMP - MEN
(40-44) 1. Jesus P. Morales - 1.85m Argentina; 2. Amado Sánchez - 1.80m Argentina; 3. Francisco M. Acevedo - 1.80m Argentina.

100 METERS - MEN
(44-49) 1. Silvio Rennia - 10.50s Brasil; 2. Henrique De Souza - 10.60s Brasil; 3. L. Marques - 10.70s Brasil.


100 METERS - WOMEN


400 METERS HURDLES: (35-39) 1. Álvaro García - 54.25s Brasil; 2. Pedro Ramis - 54.30s Brasil; 3. Antonio Andrade - 54.35s Brasil.


HIGH JUMP - WOMEN
(35-39) 1. Magaly Videla - 1.35m Chile; 2. Marly Velarde - 1.30m Chile; 3. Simona Nobile - 1.25m Chile.

100 METERS - MEN
(45-49) 1. Silvio Rennia - 10.50s Brasil; 2. Henrique De Souza - 10.60s Brasil; 3. L. Marques - 10.70s Brasil.


100 METERS - WOMEN


400 METERS HURDLES: (35-39) 1. Álvaro García - 54.25s Brasil; 2. Pedro Ramis - 54.30s Brasil; 3. Antonio Andrade - 54.35s Brasil.


HIGH JUMP - WOMEN
(35-39) 1. Magaly Videla - 1.35m Chile; 2. Marly Velarde - 1.30m Chile; 3. Simona Nobile - 1.25m Chile.

100 METERS - MEN
(46-49) 1. Silvio Rennia - 10.50s Brasil; 2. Henrique De Souza - 10.60s Brasil; 3. L. Marques - 10.70s Brasil.


100 METERS - WOMEN


400 METERS HURDLES: (35-39) 1. Álvaro García - 54.25s Brasil; 2. Pedro Ramis - 54.30s Brasil; 3. Antonio Andrade - 54.35s Brasil.


HIGH JUMP - WOMEN
(35-39) 1. Magaly Videla - 1.35m Chile; 2. Marly Velarde - 1.30m Chile; 3. Simona Nobile - 1.25m Chile.

100 METERS - MEN
(47-49) 1. Silvio Rennia - 10.50s Brasil; 2. Henrique De Souza - 10.60s Brasil; 3. L. Marques - 10.70s Brasil.


100 METERS - WOMEN


400 METERS HURDLES: (35-39) 1. Álvaro García - 54.25s Brasil; 2. Pedro Ramis - 54.30s Brasil; 3. Antonio Andrade - 54.35s Brasil.


HIGH JUMP - WOMEN
(35-39) 1. Magaly Videla - 1.35m Chile; 2. Marly Velarde - 1.30m Chile; 3. Simona Nobile - 1.25m Chile.

100 METERS - MEN
(48-49) 1. Silvio Rennia - 10.50s Brasil; 2. Henrique De Souza - 10.60s Brasil; 3. L. Marques - 10.70s Brasil.


100 METERS - WOMEN


400 METERS HURDLES: (35-39) 1. Álvaro García - 54.25s Brasil; 2. Pedro Ramis - 54.30s Brasil; 3. Antonio Andrade - 54.35s Brasil.

**JAVELIN - MENS**

- **40-44**
  - 1. Roberto Dick - 43.32m Brasil
  - 2. Noboru Uorita - 43.16m Brasil

- **45-49**
  - 1. Jovita Castillo - 39.26m Brasil
  - 2. Milord Sauko - 20.80m Brasil

- **50-54**
  - 1. Wanda dos Santos - 4.15m Brasil
  - 2. Mihoko Kanegawa - 3.85m Brasil

- **55-59**
  - 1. Paulo Afonso Carvalho - 40.54m Brasil
  - 2. Aldo Ribeiro - 39.22m Brasil
  - 3. Norberto Travaglino - 10.05 Argentina

- **60-65**
  - 1. Frederico Fisher - 11.70m Brasil
  - 2. Edu Pereira - 10.44m Brasil

- **65-69**
  - 1. Takuro Ussa - 35.34m Brasil
  - 2. Moacyr Braga - 3.13m Brasil
  - 3. Osar Okere - 1.4m Uruguay

- **70-74**
  - 1. Sergio Sturlini - 29.32m Brasil
  - 2. Christiane Pronan - 26.50m Brasil

- **75-79**
  - 1. Karsten Brodersen - 10.14m Chile
  - 2. Dietrich Garner - 8.18m Brasil

- **80-84**
  - 1. Omar Vivanco - 14.90m Chile

**THROW HAMMER**

- **35-39**
  - 1. Elizabeth Candido - 5.26m Brasil
  - 2. Elvira Bresso - 4.07m Argentina

- **40-44**
  - 1. Voldimir Maistrovicz 42.92m Brasil
  - 2. Santiago Toorreilles - 31.43m Chile

- **50-54**
  - 1. Wanda dos Santos - 4.15m Brasil
  - 2. Mihoko Kanegawa - 3.85m Brasil

- **55-59**
  - 1. Helga Schwinghamroer - 8.71m Chile
  - 2. Catalina da Almada - 8.06m Argentina

- **60-64**
  - 1. Celia Kisser - 19.28m Argentina
  - 2. Elinita Gutierrez - 26.50m Chile

- **65-69**
  - 1. Marlis Fleckner - 24.04m Chile

- **70-74**
  - 1. Kory Garci.a - 22.74m Colombia
  - 2. Rosa Abarca - 13.60m Chile

- **80-84**
  - 1. Omar Vivanco - 14.90m Chile

**SHOT DISCUS**

- **35-39**
  - 1. Elvira Bresso - 16.82m Chile
  - 2. Alfredo Franco - 27.46m Argentina

- **40-44**
  - 1. Helga Schwinghamroer - 8.71m Chile
  - 2. Catalina da Almada - 8.06m Argentina

- **50-54**
  - 1. Celia Kisser - 19.28m Argentina
  - 2. Elinita Gutierrez - 26.50m Chile

- **55-59**
  - 1. Elinita Gutierrez - 26.50m Chile

- **60-64**
  - 1. Blanca Zaobrano - 32.00m Chile

- **65-69**
  - 1. Marlis Fleckner - 24.04m Chile

- **70-74**
  - 1. Kory Garcia - 22.74m Colombia
  - 2. Rosa Abarca - 13.60m Chile

**4X100 METERS**

- 1. Chile - 49.83m Brasil - 4:07.00
  - 2. Brazil - 49.83m Chile - 4:07.00

**5,000 METERS WALK**

- **35-39**
  - 1. Carlos Pinzon - 20.90m Brasil
  - 2. Geraldo de Souza - 20.45m Brasil

- **40-44**
  - 1. Carlos Pinzon - 20.90m Brasil
  - 2. Geraldo de Souza - 20.45m Brasil

- **50-54**
  - 1. Sebastiao Gomes - 20.80m Brasil
  - 2. Jose Lopez - 20.80m Brasil

- **55-59**
  - 1. Jose Holcan - 29.50m Brasil
  - 2. Nelson Souza - 30.40m Brasil

- **60-64**
  - 1. Heli Bocian - 30.10m Brasil
  - 2. Hector G. Guarino - 30.10m Brasil

- **65-69**
  - 1. Heli Bocian - 30.10m Brasil
  - 2. Hector G. Guarino - 30.10m Brasil

**200 METERS**

- 1. Brazil - 20.80m Brasil
  - 2. Argentina - 20.80m Brasil

**110 METERS HURDLES**

- 1. Brazil - 12.33m Brasil
  - 2. Argentina - 12.33m Brasil
**INTERNATIONAL VETERANS**

**TRACK AND FIELD MEET 1984**

OCTOBER 20-21; WANCHAI SPORTS GROUND, HONG KONG

100 METRES - Men

<table>
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<th>Rank</th>
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<th>Time</th>
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<tr>
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<td>10.11</td>
</tr>
<tr>
<td>2</td>
<td>W. Lynn</td>
<td>10.12</td>
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<tr>
<td>3</td>
<td>K. T. Yeung</td>
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<tr>
<td>4</td>
<td>W. K. Yeung</td>
<td>10.17</td>
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<tr>
<td>5</td>
<td>K. L. Li</td>
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<td>6</td>
<td>K. M. Chu</td>
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100 METRES - Women

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<td>4</td>
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400 METRES

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<tr>
<td>2</td>
<td>D. Hooper</td>
<td>4:59.23</td>
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<tr>
<td>3</td>
<td>D. Hobold</td>
<td>4:59.73</td>
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<td>4</td>
<td>W. Chan (Japan)</td>
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800 METRES

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<tr>
<td>2</td>
<td>P. Dickinson</td>
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<td>3</td>
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<td>4</td>
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1500 METRES

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5000 METRES

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10000 METRES

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SPECIAL RECORD ATTEMPTS

- **MEN**
  - 10.11 by W. Lynn
  - 10.12 by W. Lynn
  - 11.36 by J. Anderson

- **WOMEN**
  - 11.42 by K. T. Yeung
  - 11.48 by W. K. Yeung
  - 11.53 by K. L. Li
  - 11.62 by K. M. Chu

WOMEN'S 100 METER SPECIAL RECORDS

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MEN'S 400 METER SPECIAL RECORDS

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<td>W. K. Yeung</td>
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WOMEN'S 800 METER SPECIAL RECORDS

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MEN'S 1500 METER SPECIAL RECORDS

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WOMEN'S 5000 METER SPECIAL RECORDS

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<th>Time</th>
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<td>J. Anderson</td>
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<tr>
<td>W. Lynn</td>
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<td>K. L. Li</td>
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<tr>
<td>K. M. Chu</td>
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WOMEN'S 10000 METER SPECIAL RECORDS

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<td>J. Anderson</td>
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<tr>
<td>W. Lynn</td>
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<td>K. T. Yeung</td>
<td>34.14</td>
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<td>W. K. Yeung</td>
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<td>K. L. Li</td>
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<td>K. M. Chu</td>
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SPECIAL RECORDS ATTEMPTS

- **MEN**
  - 10.11 by W. Lynn
  - 10.12 by W. Lynn
  - 11.36 by J. Anderson

- **WOMEN**
  - 11.42 by K. T. Yeung
  - 11.48 by W. K. Yeung
  - 11.53 by K. L. Li
  - 11.62 by K. M. Chu

WOMEN'S SPECIAL RECORDS

- J. Anderson: 10.11
- W. Lynn: 10.12
- K. T. Yeung: 11.36
- W. K. Yeung: 11.48
- K. L. Li: 11.53
- K. M. Chu: 11.62

DISCUS

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<th>Name</th>
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<tr>
<td>J. Leung (Sing.)</td>
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</tr>
<tr>
<td>W. Chan (Japan)</td>
<td>30.00</td>
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MEN'S SPECIAL RECORDS

- 10.11 by W. Lynn
- 10.12 by W. Lynn
- 11.36 by J. Anderson

WOMEN'S SPECIAL RECORDS

- J. Anderson: 10.11
- W. Lynn: 10.12
- K. T. Yeung: 11.36
- W. K. Yeung: 11.48
- K. L. Li: 11.53
- K. M. Chu: 11.62
Glossary of Terms

T&F: Track and Field
LDR: Long distance running
RW: Race walking

Date of birth (not year of birth) determines your age.

Seniors: A word of many meanings: 1) A TAC member is automatically insured for any track and field event; 2) TAC is the national governing body; 3) Sometimes unofficially used by the media and others as a substitute for "masters." "Seniors" helps each other with advice, training and information that affect the world of masters athletics. Its readers—results, schedule info, photos, letters and opinions. It is not mandatory to subscribe to its readership.

Terms: No other requirements needed to enter masters athletics competition, except to be at least the minimum age. (One should also be able to survive the spirit and purpose of the masters program and is not tolerated. Violators risk disqualification from TAC masters competition for a period of two years.

Standards: There are no entry or award standards in TAC masters competition.

World Veterans Games: There are no requirements needed to compete in the biennial World Veterans Games, except to be at least age 50 (men) or age 55 (women). "Travel permits" are not needed. No pre-announced heats, cuts, cup, race, religious, national origin or any other reason.

Uniforms: Some masters athletes compete in their club uniform; some in simple T-shirt and shorts. In the World Games, each participant competes as an individual, not as a representative of any nation. Thus national uniforms are entirely optional.

Sponsorship: Masters events are sometimes supported by local or national sponsors. There is no single national sponsor at the moment.

Senior Olympics: A program unrelated to the TAC Masters program. Open to age 25 or 55+ depending on the area, and featuring athletics, swimming, softball, etc.

MASTERS

Masters Clubs: Most areas have local running clubs, some in simple T-shirt and shorts. In the World Games, each participant competes as an individual, not as a representative of any nation. Thus national uniforms are entirely optional.

Weight Tables: Age-group factoring tables are available from Ian Hume, RR-1, Pasaden, CA 91107.

Rule Books: The IAAF Rule Book (60), the IAAF Men's Scoring Tables ($5), the IAAF, Women's Scoring Tables ($5), and the TAC Rule Book ($6) are available from TAC, Box 120, In
dependence, MO 64025.

WAVA Standards: WAVA multi-event scoring tables are available from Ian Hume, RR-1, Melbourne, Queen, Canada (please enclose postage).

National Masters News—December, 1984

Masters News

Continued from Page 28

Women—80 thru 84

<table>
<thead>
<tr>
<th>Distance</th>
<th>Marks</th>
<th>Day</th>
<th>Year</th>
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<td>8 km</td>
<td>59:47d</td>
<td>Mia Wilsheusen (80, AZ)</td>
<td>30 Apr 83</td>
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<td>10 km</td>
<td>1:05:14d</td>
<td>Ruth Rothfarb (80, CA)</td>
<td>30 Apr 83</td>
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<tr>
<td>15 km</td>
<td>1:39:44d</td>
<td>Ruth Rothfarb (80, FL)</td>
<td>22 Nov 81</td>
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<td>20 km</td>
<td>2:26:34d</td>
<td>Ruth Rothfarb (80, FL)</td>
<td>6 Mar 82</td>
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</tbody>
</table>

Championships: The TAC Masters T&F Committee sponsors and supervises annual national and regional indoor and outdoor masters and sub-masters T&F Championships.

TAC National Masters LDR Championships: The TAC Masters T&F Committee sponsors and supervises several national LDR championships (10K, 15K, etc.) each year, as well as a few Regional LDR championships.

TAC Membership: It is not necessary for a participant to become a member of TAC to compete in TAC events. (A TAC member is automatically insured against injury while competing in, or traveling to, a TAC-sanctioned competition.)

Eligibility: There are no other requirements needed to enter masters athletics competition, except to be at least the minimum age. (One should also be able to survive the spirit and purpose of the masters program and is not tolerated. Violators risk disqualification from TAC masters competition for a period of two years.

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Sponsorship: Masters events are sometimes supported by local or national sponsors. There is no single national sponsor at the moment.

Senior Olympics: A program unrelated to the TAC Masters program. Open to age 25 or 55+ depending on the area, and featuring athletics, swimming, softball, etc.


LONG DISTANCE RESULTS

Please send masters race results to: National Masters News, P.O. Box 232, 1014 Nuys, CA 91404. Please include date, distance, and city.

GREAT COUNTRY CLUB TOK
NORTHWEST, NY 9/16/84

Overall

Steve Binks 28:29
Jim Sier 30:39
Matt Dave Wilson 31:17
Robert Roza 31:50
Gary Manzke 32:19
M60 - Gino Zeller - 33:10
W60 - Ann Zeller - 33:53
W60 - Myra Sprowl - 33:53
W60 - Ann Dingley - 33:53
W60 - Myra Sprowl - 33:53

W60+ Sadie Fester 59: 01
Alicia Moore 63: 61
Mai Bertrum 36:10
Richard Murphy 36:20

M50-59

Bob MacInnis 1:30:18
Terence Melchior 1:39:53
nitzi Henscheid 1:36:16

M60-66

Marge Morin 59:00:31
Anne Francis 56:00:31
Jean Irvin 52:50:30

M70-76

Rosalie Johnson 66:55:30
Anne Francis 65:55:30
Jean Irvin 52:50:30

M80-86

Terri Fanelli 55:15:30
Bob MacInnis 1:30:18
Terence Melchior 1:39:53
nitzi Henscheid 1:36:16

M90-99

M100-106

1)01115

1/2)

*(40E)

*(41E)

*(15E)

*(14k)

*(40F)

*(41F)

*(14F)

*(40M)

*(41M)

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*(14M)

*(40W)
THE HARDER YOU PUSHED, THE MORE YOU WERE PULLED.