



NATIONAL MASTERS NEWS

The only national publication devoted exclusively to track & field and long distance running for men and women over age 30



76th Issue

December, 1984

\$1.50

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 Sturak. 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

Continued on Page 12

Three 15K Records Fall in El Paso

While the Portuguese world-class duo of Carlos Lopes, 38, and Rosa Mota, 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 1:03:28; Mary Storey, 60, California, who reduced Pat Dixon's W60 time, set in June, 1982, of 1:12:46 by about a minute with a 1:11:55; and Bess James, 75, who treated Mia Wilshusen's September, 1982 record of 1:53:47 less than gently by smashing it down to 1:40:16.

Dr. Paul Spangler, 85, ran 1:32:00 to register a record time for his age division, which had no record listed at that distance.

Ken Inglis, 42, Canada, and Shirley Matson, 43, California, were the top Masters man and woman. Inglis won in 48:57 over Don Coffman, 41, Kentucky, who finished in 49:39; and Matson, running 57:45, defeated Shirley Weaver, 42, Montana, who ran 59:51,

Continued on Page 14



Sandra Kiddy, 47, is congratulated by husband Fred, 50, after beating everyone — men and women, young and old, alike — 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 a 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 Evy 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

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 — Fitger's-On-The-Lake — was offering \$1000 for a world or American record.

The upper 50K of this point-to-point course is the tougher 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

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

Continued on Page 13

CONTENTS

DEPARTMENTS

Letters to Editor	2
Gun Lap	6
Open Mouth	8
Track & Field Report	9
Speaker's Corner	10
The Foot Beat	12
Profile	14
The Possible Dream	16
Countdown to Rome	17
Club Listings	21
Masters Scene	22
Schedule	24
NRDC	26
New Age-Groupers	26
Track & Field Results	29
Long Distance Results	33

FEATURES

NIKE Capital Challenge.....	4
TAC Half-Marathon	4
Tucson 2-hour Run	5
AMJA 50-Mile Run	5
Capitol 166-Miler	7
1985 Indoor Pentathlon	9
1985 Postal Relays	12
1984 LDR Winners	13
Lincoln Classic	15
European IGAL 10K/25K	17
Berlin Marathon	18
Hong Kong Meet	18
South American Meet	19
USA vs. Canada	
Cross-Country	20
Report from Britain	20
New 5-year LDR Records	27
Glossary of Terms	32

ENTRY FORMS

L.A. Patriots Meet	3
Lake Erie Meet	5
TAC 10K	6
Brown U. Meet	7
Rome Tour	9, 17, 19



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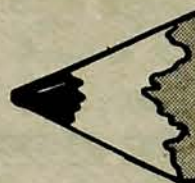
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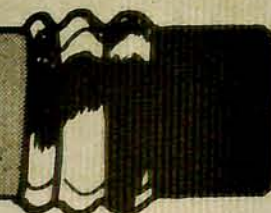
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Write On!



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

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 wide-spread 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 games 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 be allowed an escort. The escort may 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.

Permitting 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 typical, are being sacrificed to the superstars of the sports world (Lewis, Decker, McEnroe, et. al.) who are paid enormous sums, and who, according to conventional wisdom, earn their money (by producing sales).

Needless to say, I didn't (and don't) agree with this approach! On the other hand, it is a difficult argument to counter. Sponsorship of masters events has been attempted by a few other shoe companies (Brooks comes to mind), life insurance companies (remember Occidental and Penn Mutual?) and individuals from Bill Toomey, who has apparently given up the idea, to Al Sheahen, whose journalistic endeavors are a major bright spot in the otherwise troubled masters future.

Masters distance runners and, to a

lesser extent, track folk, represent a largely-untapped sponsorship opportunity. We know there are literally millions of over-40 joggers and runners, many of whom have competitive aspirations, in addition to several thousand track and field athletes. We know also that these masters athletes are earning many more dollars than the average American of the same age, and are at or near the peak of their earning

Continued on Next Page

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L.A. PATRIOTS ORGANIZING COMMITTEE • P.O. BOX 2981, BEVERLY HILLS, CA 90213-2981

1985 WORLD MASTERS TRACK & FIELD TUNE-UP GAMES I California State University, Los Angeles

- DATE** : March 10th 1985.
- SITE** : California State University, Los Angeles
5151 State University Dr.
- 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** : TAC, The Athletic Congress of the U.S.A.,
Southern Pacific Association.
- 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
- 10:30 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 am. 3000 meter Steeplechase (FINAL)
- 1:00 pm. 5000 Race walk (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 m. 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 IH (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

* (200,200,400,400,200,200)

- 8:00 am. Hammer
- 1:00 pm. Javelin, Long Jump
- 2:10 pm. High Jump, Pole Vault
- 3:15 pm. Shot put, Triple Jump
- 4:15 pm. Discus



Los Angeles
Southwest Rotary Club

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 Hannover, Germany.

Attempts have been made in recent years to broaden the definition. One example is the suggestion of Jim Weed, 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 Festival (NMSF) concept. The first NMSF was held in Philadelphia in 1982, including most of the Olympic sports; there was no second. An apparently heavily-sponsored attempt is getting underway in Toronto Canada

Continued on Page 14

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 1. _____
2. _____
3. _____

ADDRESS _____

CITY _____ BEST TIMES 1. _____ 2. _____ 3. _____

STATE _____ ZIP _____ CLUB AFFILIATION _____

MALE _____ FEMALE _____ AMOUNT ENCLOSED _____

- WAIVER -

In order to compete in the 1985 WORLD MASTER TRACK & FIELD TUNE-UP GAMES I, I do for myself my heirs and administrators 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 certified that I am in good physical condition to compete in this meet.

DATE _____ SIGNATURE _____

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-R.I.) defeated two other Reps for the women's title with 25:09.

Top journalists were John Walsh of
Continued on Page 15



Representative Beverly Byron (D-Md.) and Senator Richard Lugar (R-Ind.) receive awards at NIKE Capital Challenge 3 Mile. Senator Lugar had personal best of 20:52. Race Director Jeff Darman is at microphone.

photo by Ellen Verdon

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 Chappellear, 62, won convincingly with a 1:26:09 finish for the M60-or-over championship.

Agnes Chrietzer, 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 1:36:05 age-group win. Edythe 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 Olfky was the race director. □



Senator Jake Garn (R-Utah), 51, heads down the line to a 21:04 finish in the NIKE Capital Challenge 3 Mile, Washington, D.C., September 13.

photo by Ellen Verdon

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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 W50 15K track mark. (The W50 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 p.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 listed American record for the M45-49 division of 5:36:52, by Jim McDonagh, which goes all the way back to February, 1971.

The next Master runner, around thirty-three minutes back, was John L. Sullivan, 52, of Holliston, Massachusetts, who punched out a 6:08:51 for the M50-59 title. Sullivan is the national M50-54 record holder for the 50K (3:19:33) and 100K (7:38:43).

Guajolote Waltzer, 62, of Tulsa, Oklahoma, was the best of five M60-or-over finishers in 8:25:44. In that division, Ben "Chick" Mostow, 81, of Skokie, Illinois, completed his 4th annual fifty-miler, making him owner of U.S. (if not world) records at ages 78, 79, 80 and 81.

Patty Twargowski, 40, of Erie, Pennsylvania, won the women's 50-mile Masters title with a 7:39:34. Mary Consentino, 52, of Chicago, won the W50-59 in 10:29:31, and Helen Klein, 61, of Citrus Heights, California, was the only W60-or-over finisher, with a respectable 10:54:15, but well below her pending national W60-64 mark of 9:01:38 in February, 1984.

Bruce Fordyce, 28, of Johannesburg, South Africa, was the overall

winner in a probable world 50-mile record time of 4:50:50. Fordyce holds the record of 4:50:21 on a point-to-point course.

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 Krolewicz, 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 the 1984 measurement to be 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 Alston, you practice starts.

Over the Hill Track Club

Sponsoring the
LAKE ERIE INDOOR TRACK & FIELD CHAMPIONSHIPS
Sanctioned by the Lake Erie Athletic Congress

WHEN: Saturday, January 5, 1985

WHERE: Maple Heights High School, 5500 Clement Drive, Maple Hts., OH (suburb of Cleveland,

AGE GROUPS (Men & Women): Open-29;30-34;35-39;40-44;45-49;50-54;55-59;60-64;65-69;70-etc. Team trophies to the top 2 winning teams in each of the following divisions: Open Women;

Masters Women; Open Men; 30-39 Men; 40-49 Men; 50-59 Men; 60-69 Men; 80 + Men.

EVENTS, ORDER, & TENTATIVE SCHEDULE:

Track	Field
10:00 AM 1-mile racewalk	11:00 AM High jump (oldest to youngest)
10:30 AM 2-mile relay	11:00 AM Shot put (40 & over 1st; then Open through 39)
10:45 AM 440 dash	11:00 AM Pole vault (lowest to greatest height)
11:45 AM Mile run	11:00 AM 25 lb wt (Open through 39 women)
12:30 PM Sprint medley relay (440, 220, 220, 880)	11:30 AM 35 lb wt (Open through 39 women)
1:00 PM 45 hurdles	12:00 PM 35 lb wt (Open through 39 men)
1:00 PM 45 dash	1:00 PM 56 lb wt (Open through 39 men)
2:00 PM 880 dash	2:00 PM 25 lb wt (40 & over women)
2:45 PM 220 dash	2:30 PM 35 lb wt (40 & over women)
3:45 PM 2-mile run	3:00 PM 35 lb wt (40 & over men)
4:45 PM Mile relay	4:00 PM 56 lb wt (40 & over men)
	(The 25 lb wt and the 35 lb wt for women are two events; the 35 lb wt and the 56 lb wt are two events for men.)

1. Entries must be postmarked no later than December 21, 1984.
2. Entry fees: High school students, \$3/event & \$10/relay team; all others pay \$5 for 1st event, \$3 each additional event, & \$10/relay team. Limit of five events per individual, including relays. Checks: Over The Hill TC.
3. Standards: Open - TAC; Men and women Masters - WAVA; Except shot and weights - US standards. (Open men's hurdles 42", open women's hurdles 33".)
4. Preliminaries may be run in the 45 dash & 45 hurdles. All other events will be finals against time. The 45 dash and 45 hurdles will be run in 4 lanes only; all other events, 5 lanes. The 45 dash and 45 hurdles run simultaneously on opposite sides of the track.
5. The track is a 5-lane, 213 yard rubberized surface. NO SPIKES.
6. Your age is as of the day of the meet, Jan. 5, 1985. Bring proof of birth for record application purposes.
7. Questions: call Joe or Mary Chadbourne, 216-543-1932, 7-9:00 pm until December 20, 1984.

AREA HOTELS:

Budgetel Inn, I-77 & Rockside (216-447-1133)
Red Roof Inn - I-77 at Rockside, Exit 155 (216-447-0030)
Skylight Inns, I-271 at Chagrin Blvd (216-292-1088)
Harley Hotel, I-77 at Rockside (216-524-0700)
Holiday Inn, North Randall (216-663-4100)

Over the Hill Track Club

January 5, 1985 Lake Erie Indoor Track & Field Championships - Entry Form. Fill out form below, enclose your check (made payable to Over The Hill Track Club), postmark no later than December 21, 1984, and mail to:

Charlie Hall
18616 Restor Ave.
Cleveland, Ohio 44122

Name _____ Club _____

Address _____

City _____ State _____ Zip _____ Telephone () _____

Date of birth _____ Sex _____

Events _____ Age-division _____ Best Recent Performance _____

Relay Entry Form

Club _____ Age-division _____ Event _____

Names of all relay members _____

Club _____ Age-division _____ Event _____

Names of all relay members _____

Club _____ Age-division _____ Event _____

Names of all relay members _____

In consideration of your accepting this entry, I hereby for myself, my heirs, executors, and administrators, waive and release any and all rights and claims for damages I may have against the Over The Hill Track Club, Maple Heights High School, and their representatives any and all injuries suffered by me in said event. fo

I further attest and certify that I am physically fit and have sufficiently trained for competition in the event(s) I am entering.

Signature _____ Date _____
(Parent or coach's signature if under 18)



THE GUN LAP

by MIKE TYMN

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

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.

“If companies see running on the downturn, they may look elsewhere to spend their money.”

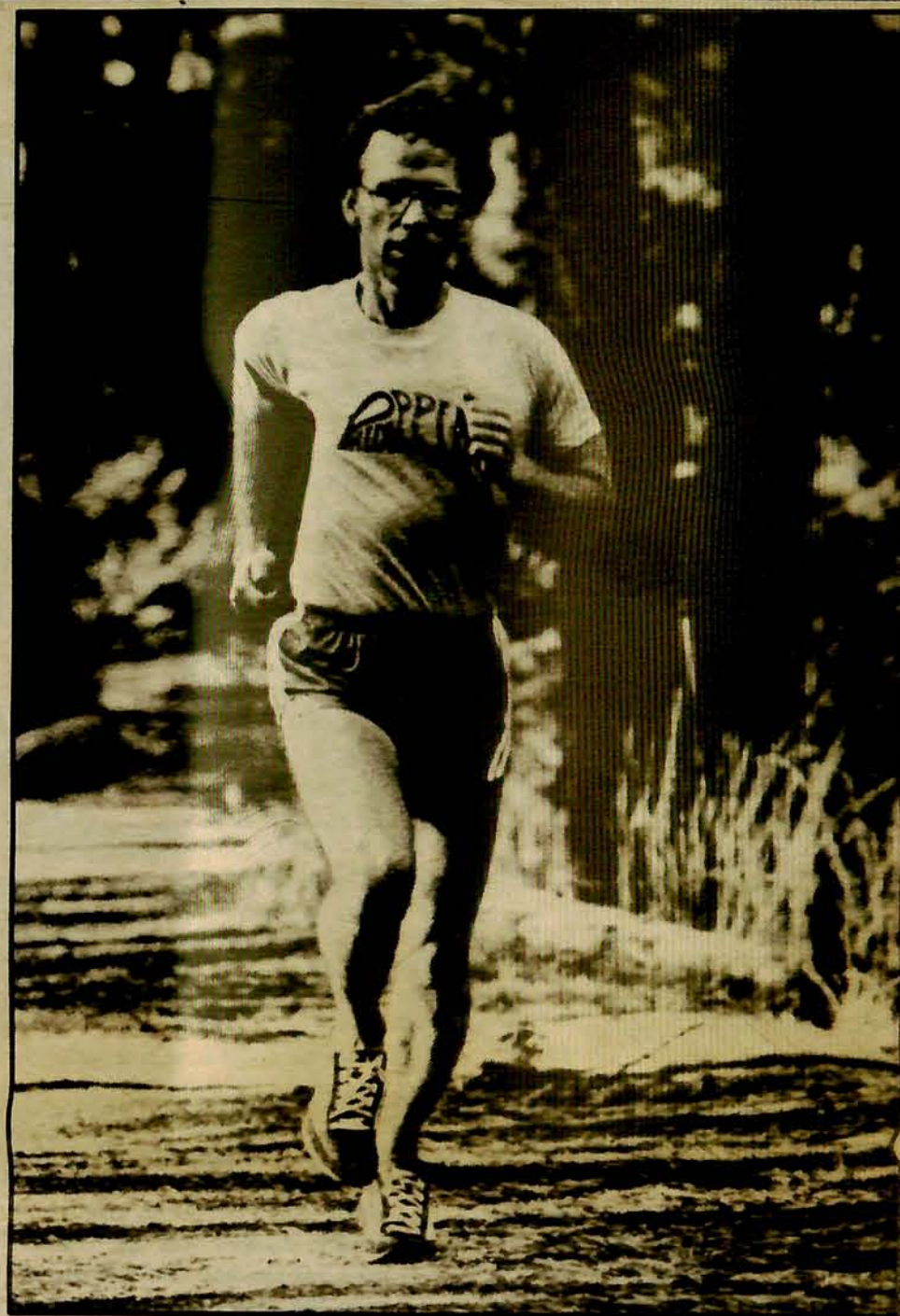
“Running Your Best Race,” just recently released by W.C. Brown Publishers.

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

“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 entrants, there are more races these days. Still, he is left with the impression that



Joe Henderson

Spend a Week in Florida And Run Two Major Races

National TAC Masters 10K 1985 Road Championship

Men & Women
(Individual & Team)

**Feb. 3, 1985
Clearwater**

1½ hours or less from Disney World, Sea World,
EPCOT, Cypress Gardens.

Contact: Dick Lacey, 1207 S. Duncan Ave.,
Clearwater, FL 33516 (813-447-7161)

**STAY OVER A WEEK and RUN THE GASPARILLA
CLASSIC 15,000 METERS (or 5,000 METERS) IN
TAMPA, NEXT DOOR TO CLEARWATER, FEB. 9,
1985. Contact: Gasparilla Distance Classic, P.O. Box
1881, Tampa, FL 33601.**

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

“There are fewer new runners. Coupled with a shakeout of fad-followers, this means a leveling off in growth for the first time in my memory.”

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

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

Continued on Next Page

Continued from Previous Page

the same fate as Fixx are remote and warning signs are clear. All statistics indicate that people who exercise are better protected against heart disease than those who don't.

"In the three months since Fixx died, I've spoken with hundreds of runners and haven't heard of one who has either cut back or stopped because of what happened."

Henderson is quick to point out that there is a big difference between running as a fitness or health pursuit and running as a sport and that many people, including the media, fail to recognize this. He points to the October issue of "Discover" magazine, the cover of which shows Gabriele Andersen staggering to the finish line of the Olympic marathon. The photo illustrates an article entitled, "Exercise: How Much is too Much?"

"Olympic marathoners aren't running for exercise any more than NFL football players are knocking heads for their health," is Henderson's reaction to that. "Sport involves taking chances, seeing how far we can push before we break, gambling that we can bend without snapping."

"When you train to race, you are no longer running to lose weight and to keep your heart in shape, even though those benefits might still accrue. You're training primarily to immunize yourself against the stresses of the race so as not to be hurt too much by them. The problems runners who race have to solve are first, how to build more than they destroy, and second, how to rebuild adequately before destroying again."

Henderson feels that money races and series are in jeopardy. "If companies see running on the downturn, they may look elsewhere to spend their money," he said. "As a result of New York going public, the city now wants to be paid for police and sanitation ser-

vices. That may be a trend and it will increase costs considerably. Sponsors may not be so willing to put out money for services, as well."

As for the Dr. Scholl's series, Henderson remarked that the company seems happy with the way its going.

"They're not concerned so much with numbers. The quality is there and the media is more attracted by that. I think they feel they're getting their money's worth and I look for them to put the series on again next year."

Generally, Henderson foresees fewer "pros" making more money as the earnings power of the super-celebrities of running goes up. However, many below superstar status must take cuts as sponsors withdraw after the Olympic binge.

Henderson also expects more adverse publicity for running. He anticipates less talk about the healthy aspect of running, more about why runners are sick and more analysis of it as a fading phenomenon.

"But I'm not sure things will be all that bad," he concluded. "Running has been around for a long time and there are many of us who remember it as more enjoyable when it was smaller and less commercialized." □

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 (42) 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 himself at age 39, set the course record with a time of 27:00:01.

Inquiries for next year's race, set for September 12-15, 1985, should be sent to P.O. Box 585, Auburn, CA 95603. □



New York Masters M50-59 quartet who successfully challenged the 4 x 1 mile relay record of 20:47.8, held by the Syracuse Chargers, with a 20:43 at Syosset High School, New York. From left: Mal Bertram (5:12); Geza Feld (5:05); Ken Jones (5:16); Herb Kania (5:10).

BROWN UNIVERSITY MASTERS INDOOR TRACK AND FIELD INVITATIONAL

Sponsored by The Rhode Island Track and Field Foundation

DATE: Sunday, January 20, 1984, 11:00 a.m.

SITE: Brown University Fieldhouse, Hope Street and Lloyd Avenue, Providence, Rhode Island. (Adjacent to the Brown Hockey Rink and swimming pool).

DIRECTIONS: From North: 95 S to Branch Avenue (Exit 24). Turn left on Branch to light. Cross intersection, go up Cypress Street hill to Hope Street, turn right and follow to Fieldhouse Complex. From South and East: 95 N to Branch Avenue (Exit 24). Turn right on Branch to light. Cross intersection and follow same as above.

FACILITY: Six lane mondo rubber 200m track (pin spikes), Accutrack timing lockers and changing area available.

AWARDS: First three places in all events

DIVISIONS: Five year groupings for men and women (30-80+)

ENTRY FEE: Pre-entries \$5.00 first event; \$2.00 each additional event by January 17, 1985.

** Post entries will be \$7.00 first event; \$3.00 each additional event by 9:30 a.m. on day of meet.

Relays: \$5.00 per team

ORDER OF EVENTS:

12:00 p.m.	1,500m Walk	11:00 a.m.	35 lb. Weight
	55m Hurdles		Long Jump
	55m (Trials & finals if necessary)		
	500m	12:00 p.m.	Shot Put
	1,500m		High Jump
	300m		
	800m	1:00 p.m.	Triple Jump
	3,000m		Pole Vault
	800m Relay (10 year group)		

For additional information contact: Neil Steinberg 45 John Street Providence, RI 02906 or Joe Kopka 180 Fairview Avenue Rehoboth, MA 02769 (401) 751-1495 (eve) (617) 252-6293 (eve)

Local Hotels: Susse Chalet, (401) 941-6600; Marriot Inn, (401) 272-2400; Biltmore Plaza, (401) 421-0700

Please Print

Name _____ Phone No. _____

Address _____

Age (as of 1/20/85) _____ Male _____ Female _____

Club _____ TAC # _____ Date of Birth _____

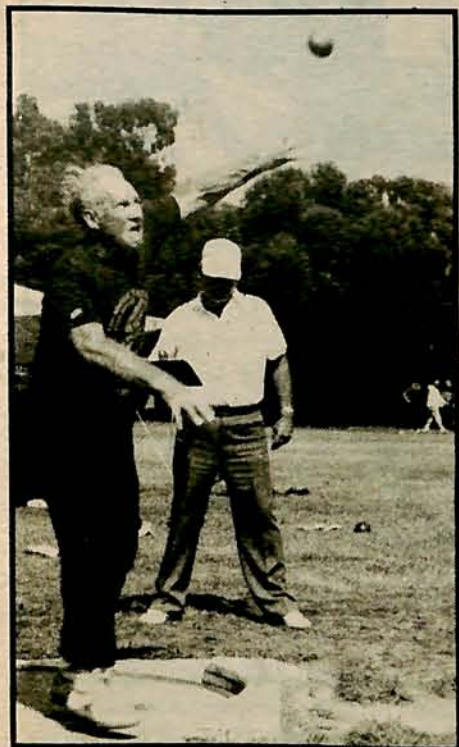
Events Entered _____

Total fee enclosed \$ _____

Mail entry form and check, payable to The Rhode Island Track and Field Foundation to: Neil Steinberg, 45 John Street, Providence, Rhode Island 02906.

Waiver: In consideration of your accepting this entry for the 1984 Brown University Masters Track and Field Meet I hereby for myself, my heirs, executors and administrators, waive and release any and all rights and claims for damages I may have against the Rhode Island Track and Field Foundation, or Brown University, their Agents, Representatives, Assignees or Sponsors for any and all injuries, damages and/or claims which I might otherwise have arising out of said event. I attest and verify that I am physically fit and have sufficiently trained for this competition.

Date: _____ Signature _____



Jim York (71) of Modesto, CA, with heave of 36' 7 1/2" that netted him 2nd place in the M70-74 shot put at Goleta, CA, Oct. 1984.



ON APPROACHING EVERY PROBLEM WITH AN OPEN MOUTH

BY W. MACDONALD MILLER

Going With The Flow

As I ran and talked my way through a favorite run — the 7 a.m. Saturday ten-miler 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 preceeding 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 feel 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 Seiko, 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 combination Halloween-Thanksgiving thing that is just a fun combination without any serious statement — a blousey pumpkin-colored singlet with black swirls atop corn yellow shorts with gathers on the hips and crotch. 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 breast beating and teeth gnashing over distance and time? Be serious. Any runner worth his headset makes daily allowances concerning time and distance. Weather, lactic acid, electrolyte levels, blood cell

counts, energy infrastructure, stress interchange, wellness, expectoration radius and dipilation 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, gyros, 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. □

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—Bob Hersh
Senior Editor
Track & Field News

(No age-group competition, but Masters may compete in Open events.)

For further information call or write Carl Wallin, Head Track Coach, Dartmouth College, Alumni Gym, Hanover, NH 03755.
603/646-2848
646-2540
646-2571



Josie Kolda (66) (right) and Milton Jones (65), both of San Francisco, exemplify the master's competitive spirit in a tight battle in the 100M in the Northern California Senior Olympics at Oakland's Laney College, Sept., 1984. Josie just squeaked by Milton to win the W65-69 division in 16.40, while Milton took the gold in the M65-69 age group in 16.52.



MASTERS TRACK & FIELD REPORT

by JERRY ALAN DONLEY

Chairman, TAC Masters Track & Field Committee

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

WAVA 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 Indoor T&F 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.

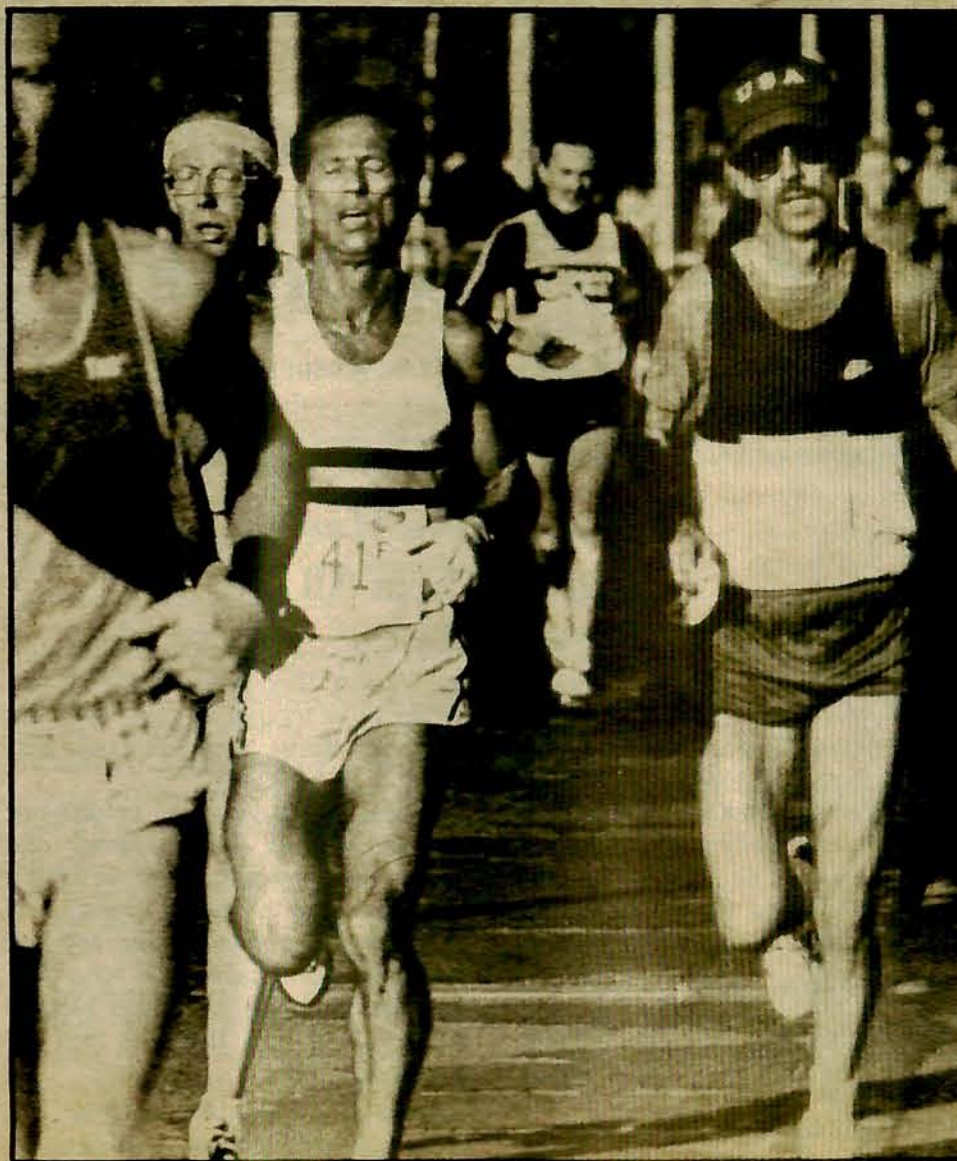
No spikes or shoes with spike plates are permitted on the track or runway surfaces;

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. □



Jim Bowers, No. 41, and Dan Conway, No. 48, duked it out through twenty miles in the M45 division, with Conway winning by 27 seconds in a personal best 2:23:07 in the 1984 Twin Cities Marathon in Minneapolis, September 30.

photo by Rob Levine

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1985 Schedule of Events

Bermuda 10K & Marathon	Jan. 19 & 20	Reykjavik Half-Marathon & Marathon	Aug. 25
Bermuda Sports	Jan. 17, 18 & 21	Bill Rodgers Cayman Island 10K	Sept. 15
Medicine Conference		Montreal Marathon	Sept. 22
Shanghai Cup 10K, 20K & Marathon	Mar. 17	Athens Marathon	Oct. 13?
B.A.A. Boston Marathon	Apr. 15	New York City Marathon	Oct. 27
London Marathon	Apr. 21	Dublin City Marathon	Oct. 28
Paris Marathon	May 11	Winstone Auckland Marathon	Nov. 17
Stockholm Marathon	June 1	Honolulu Marathon	Dec. 8
World Masters T & F Championships	June 22-30	Avon Int. Women's Champ.	Dec. 15?



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Barry Brown Has Outlived Them All

He'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 Manlye, and Jeff Galloway. They're all injured now, or doing the 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

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

progression that he's already begun, he can become the prototype of the elite masters runner.

Through sustained health and single-mindedness, Brown has survived the era of world-class runners as spartans

without means - his era - by outliving it. Where his contemporaries can watch their counterparts of the 1980's bellying up to the money through that is modern day road racing and bemoaning their generation's poor timing, Barry Brown has made himself party to the same financial feast by outrunning time.

When he turned 40 on July 26, Brown instantly became one of the best masters runners in the world.

"I don't think there's been anybody in America that has trained from high school to age 40 like Barry has," says Marty Liquori, former American record holder in the mile and training partner of Brown's. "And now, it's a whole new chapter. He's going to be the standard by which all masters records are measured."



Barry Brown accepting trophy for his American Masters 10K record 29:57 in Asbury Park, N.J.

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 Promotions. "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 - 1-2-3 - 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 it appears he flies 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 invulnerable 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

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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 30:31 for 10K on the road. First there was legal prize

"If conditions were perfect, I might break Foster's mark of 2:11."

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 8:35 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 wit, his two-mile record won't be recognized, 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 with comparable times will not get unless they can hold together until they reach age 40.

"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 chop 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. □



Jimmy Hines (38), (left) former Olympic Gold Medalist, demonstrating the reflexes of a Champion during practice session at Edwards Field, Berkeley. Teammate Adrian Rodgers (30-34) on right.



Enver Mehmedbasich, Bernie Stevens and Robert Garretto — three Northern California masters stalwarts.

photo by Gretchen Snyder

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THE FOOT BEAT

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

Q. 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?

A. 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 accommodative 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

woman from the Peoples 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. Stock 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 would 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 Mike Manley, Bill Stewart, 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, Orlo Kenniston 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 marathon 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 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 2:28:54 in the Olympics), who recently ran a 33:00 10K, is reportedly coming. Yet another Olympic marathoner, Switzerland's Gabriele Andersen-Schiess, 39, is definitely entered. As defending IGAL 10K champion, she again will be challenged by Fordie Madeira of Massachusetts, last year's W35 runner-up; and perhaps by several others, including San Diegoan Patti Tufley.

In the W40 category, another local, Shirley Matson, with a season's best of 35:59, may be pressed by Washington's Vicki Foltz ('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'Donnel, 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 31:00 and 2:22:18.

Other top male marathoners to watch: John Loeschhorn (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 Interessens Gemeinschaft Alterer Langstrecken Laufer), which, translated to English is "World

Continued on Page 16

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 Site-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.) □

WE WUZ ROONED

by NORBERT WECKSTEIN

(Editor's note: Norb Weckstein is currently recovering at his home in Roanoke, Virginia from a severe case of Olympic-TV overdose. While waiting in vain for some Olympic field-event action to be televised, Weinstein's eyes glazed over from watching 33 straight hours of boxing. His ears numbed from hearing the national anthem 62 times. Just before he went under, he dreamed he was Art Buchwald, and managed to scribble these notes on a brown paper bag.)

I was talking to one of my moles over at ABC-TV Sports the other day to get his report on the Olympic TV coverage.

"Well, we really pulled it off," he said.

"What's that?," I asked.

"The boss got ticked off at the Muscle Beach types because one of them kicked sand in his face, so he gave orders not to cover the big guy events like the men's discus, shot put, and javelin. And we pulled it off without a hitch."

"But how could you not cover the discus, when all the pre-show commercials showed Al Oerter flinging that thing into the sky?" I asked.

"Just an incidental. When the boss talks, we listen."

"But those events are the backbone of the Olympics. The Greeks invented them. Isn't that going to offend their country?"

"Hell no," he said. "We can tell them that we honored them with two marathons, and even showed some Greco-Romanian wrestling."

"That's Greco-Roman."

"No matter. We were just doing our part to cool down the East-West cold war."

"But what if the viewers complain?"

"We can ignore the letters and telegrams they send to us. The only ones we have to worry about are the ones they send to the newspapers."

"How will you answer those?" I asked.

"We can tell them that there just wasn't enough time to cover everything. We showed all the basic

Olympic sports like acrobatics, fancy diving, volleyball, and horseback riding, and we gave a lot of air time to the really popular guys like Howard Cosell. We even got in some of the Judeo-Christian wrestling."

"That's Judo wrestling."

"No matter. At least we proved we're ecumenical."

"But didn't it make your boss mad when you showed a little of the discus, shot, and javelin parts of the decathlon?"

"Not really. We held that to a minimum. But it was ok, too, because they were basically runners and jumpers, not throwers. We didn't appreciate it though when that smart alec Daley Thompson shafted us on our own cameras."

"What do you mean?"

"He put on a shirt that had on the front, 'Thanks America for a good games and a great time.'"

"What was wrong with that?"

"When he turned around, it said, 'But what about the TV coverage.'"

"That reminds me, the Russians have been making fun of the coverage too, don't you think that your ignoring

Continued on Page 14

AGE-DIVISION WINNERS OF MAJOR MASTERS RACES IN 1984

DIV.	TAC NATIONAL 5K CLEARWATER, FL FEBRUARY 5	GASPARILLA 15K TAMPA FL FEBRUARY 11	L.A. MARATHON LOS ANGELES FEBRUARY 19	TAC NATIONAL 20K SACRAMENTO, CA MARCH 25	NIKE 10-MILE WASHINGTON, D.C. APRIL 1	BOSTON MARATHON BOSTON APRIL 16	TAC NATIONAL 10K BROOKLYN, N.Y. APRIL 27
M40	Bill Stewart	Bill Stewart	Gunter Mielke	Sal Vasquez	Don Coffman	Roger Robinson	Matt Cucchiari
M45	Joe Burgasser	Ron Hill	Jim Knerr	Jim Bowers	Fay Bradley	"	John Dugdale
M50	Bobby Askea	Norm Green	John Richards	Ray Hatton	Marsh Haraden	--	Ed Stabler
M55	Bill McCaffrey	Herman Grotheer	Patrick Devine	Patrick Devine	John Hosner	--	Howard Rubin
M60	Newlie Hewson	Bart Ross	Flory Rodd	Flory Rodd	Hubert Morgan	--	William Peck
M65	Max Quackenbos	Ed Vuolo	--	John Holoubek	--	--	George Sheehan
M70	Ed Benham	--	--	--	Ed Benham	--	Alan Poole
M75	--	--	--	--	--	--	Ed Benham
M80	--	--	--	Paul Spangler	--	--	Max Poppers
W40	Cindy Dalrymple	Cindy Dalrymple	Nancy Buchanan	Bette Poppers	Elaine Kirchen	Joan Ulliot	Elaine Kirchen
W45	Linda Burgasser	Laura Tingle	Margaret Betz	Karen Scannell	Mary MacFarlane	--	Katie Perry
W50	Ann Kahl	--	--	Ruth Anderson	Rachel Bourne	--	Mila Kania
W55	Anne Trigg	--	--	Margaret Miller	--	--	Audrey Jacobson
W60	Betty Haleen	--	--	--	--	--	Mary Rodriguez
W65	Mary Varani	--	--	--	--	--	--
W70	--	--	--	--	--	--	--

DIV.	TAC MARATHON LINCOLN, NE MAY 6	LILAC BLOOMSDAY SPOKANE, WASH. MAY 6	TAC NATIONAL 25K WASHINGTON, D.C. MAY 27	COTTON ROW 10K HUNTSVILLE, AL MAY 28	GRANDMA'S MARATHON DULUTH, MN JUNE 16	CASCADE RUN OFF PORTLAND, OR JUNE 24	PEACHTREE 10K ATLANTA JULY 4
M40	Ray Stevens	Jeff Corkill	Doug Bulcao	Bill Stewart	Bill Hall	Antonio Villanueva	Antonio Villanueva
M45	Ardel Boes	Herb Parsons	Fay Bradley	Ken Winn	Jim Bowers	Roger Robinson	Roger Robinson
M50	Norm Green	Ed Rockwell	Norm Green	Gerald Koch	G Anagnostopoul	Ray Hatton	--
M55	Alex Ratelle	Orlo Kenniston	--	B.P. Daniel	Alex Ratelle	Buz Masters	--
M60	Frank Luff	Robert Dellwo	Francis Kelly	Rudy Nimmons	Bernard O'Keefe	Don Carter	--
M65	Clive Davies	--	John Woods	--	--	Clive Davies	--
M70	Howard Calkin	--	John Newdorp	--	--	--	--
M75	--	--	Ed Benham	--	--	--	--
M80	--	--	--	--	--	--	--
W40	Susan Madren	Bette Poppers	Inez Karch	Shirley Matson	Nancy Kapps	Shirley Matson	Shirley Matson
W45	Mary Boes	Patricia Willis	Patricia Willis	Nancy Parker	Trudy Rapp	Mary Anne Wehrum	--
W50	Martha Maricle	Alice Taggares	Fran Adams	Joann Long	Eloise Caldwell	Jean Irvin	--
W55	--	Nola Bruhn	Anne Nauman	Alene Park	Mary Carlson	Billie Murphy	--
W60	--	Alyce Lindberg	Margaret Cochran	Mary Rodriguez	Betty Haleen	Jane Brown	--
W65	--	--	--	--	--	Josephine Hess	--
W70	--	--	--	--	--	--	--

DIV.	TAC NATIONAL 15K UTICA, N.Y. JULY 8	ASBURY PARK 10K ASBURY PARK, N.J. AUGUST 18	S.F. MARATHON SAN FRANCISCO AUGUST 19	BOBBY CRIM 10-MILE FLINT, MI AUGUST 25	TWIN CITIES MARA. MINNEAPOLIS SEPTEMBER 30	RUN AGAINST CRIME 15K - EL PASO OCTOBER 13	N.Y. MARATHON NEW YORK OCTOBER 28
M40	Ken Inglis	Barry Brown	Antonio Villanueva	Ken Inglis	Barry Brown	Ken Inglis	David Clark
M45	John Dugdale	John Dugdale	Jim Bowers	Brian Harris	Dan Conway	Ernie Billups	Roger Robinson
M50	Norm Green	Frank Dudley	Bob Farrington	Norm Eastman	Norm Green	Norm Green	F Bartolomucci
M55	Howard Rubin	Pete McCordle	Frank Crabbe	Max Camburn	Al Treichel	--	Don Dixon
M60	Hubert Morgan	Jack Start	Bill Redmond	Jack Weidenbach	Alex Ratelle	Clive Davies	John Kallunki
M65	John Rastani	George Sheehan	--	Ray Chappellear	Clive Davies	--	--
M70	Bill Brobston	--	--	Eddie Demock	Bill Andberg	Ed Benham	Hans Kracht
M75	Chas Hackenheimer	--	--	--	--	--	--
M80	--	--	--	--	--	--	--
W40	Cindy Dalrymple	Cindy Dalrymple	Karen Lanterman	Tina Hayward	Mary Dybvig	Paul Spangler	Evy Palm
W45	Diane Palmason	Gloria Jenkins	Joan Reiss	Armande Dieschke	Diane Palmason	Shirley Matson	Joyce Smith
W50	Gloria Brown	Alma Kunes	Millie O'Brien	Margaret Hiss	Mae Horne	Karen Scannell	Toshiko d'Elia
W55	Beryl Skelton	Helen Dempsey	Fran Sackerman	Melba Hatch	Ruth Anderson	Margaret Miller	--
W60	Mary Kramer	Lucille Mancini	--	Maxine Skidmore	Betty Haleen	Mary Storey	Loretta Sheehen
W65	--	Lola Hitt	--	--	--	--	--
W70	--	--	Ada Thomas	--	--	Bess James	--

PROFILE

Priscilla Welch — New Masters Phenomenon

by MIKE TYMN

"There's the woman to watch," said running writer Joe Henderson, motioning 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 finished four seconds behind her.

The woman was Priscilla Welch. She will have celebrated her 40th birthday before you read this.

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.

In the Olympic marathon this year, Welch finished sixth with a British woman's record of 2:28:54. At 46, Smith, the old record holder at 2:29:43, was 11th in 2:32:48.

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.

"My husband was in the military and we were living in Norway at the time," she explains. "David suggested I start jogging with an American woman who lived near us. I wanted to get fit. So I joined her and we'd run one or two kilometers a day. After a time, David persuaded me to take part in a fun run. I didn't want to do it, but he talked me into it and I surprised myself by coming in second."

Born in Kingston, a suburb of London, Priscilla had spent 12 years in the British military before fulfilling her contract in 1978.

Following the Norway tour of duty, David and Priscilla found themselves

stationed on a remote island off the north coast of Scotland and there was no real opportunity for Priscilla to further test her competitive abilities. However, she continued to run and build a base from which she would launch her Olympic bid just 18 months ago.

"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 50:33.

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,



Priscilla Welch

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 Welch? Is 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 bugles, no drums, no trophies, no t-shirts, and anyone willing to become a part of Trans-Indiana will even have to share costs.

"But if you consider yourself a serious ultramarathoner," Higdon says, "you won't want to miss it. Steve and I started talking about making this run 12 years ago, but somehow things kept getting in the way. Recently I was over at the Kearney house to see Steve and Martha's new baby and my wife

happened to mention, 'Hal's been looking at road atlases again.' She didn't have to say why. Steve said immediately, 'Good, we're going!' So I guess we are."

It may happen without you if you don't start training now. For more information, contact: ULTRA! c/o Hal Higdon, 2815 Lake Shore Drive, Michigan City, IN 46360. Please, no flowers. □

15K Records Fall

Continued from Page 1
in a rough 40-49 field.

Third Master Norm Green, 51, Pennsylvania, won the M50-59 race with a single-age national best of 50:21. Clive Davies, 69, Oregon, also posted a U.S. best in winning the M60-69 division with 58:46.

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 national best of 1:52:46.

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



Ruth Rothfarb, 83, 1:52:46 at El Paso/Juarez 15K, October 13, for national age record.

photo by Richard Lee Slotkin

WRITE ON!

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.

In another letter, I would like to describe the attributes of an organization to realize the potential of the masters program. Only with **definition** and proper **organization** can masters achieve the sponsorship necessary to make the program grow significantly on a national basis.

Let me thank the many friends and acquaintances I've made in the three and one-half years I was with the Nike Masters Program. It was a wonderful period in my life.

Valdemar Schultz
Portland, Oregon

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."

"But what if the International Olympic Committee declares you delinquent and unfit to cover future Olympics?"

"That could Roone us." □

Clark, Palm

Continued from Page 1

was Rich Aurelio, 49, of Madison, Connecticut with an 4th 40+ place (and 82nd overall) time of 2:34:39. New York's Gary Muhrcke, 44, took 5th in 2:35:48.

Spain's Franco Bartolomucci 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 Amrani, 57, third M50 in 2:57:36.

New Jersey's Toshiko d'Elia, 54, captured the women's 50-59 crown in 3:23:22 in a good battle with New York's Margarete Deckert (3:25:27).

Finland's John Kallunki, 63, (3:08:20), and West Germany's Hans Kracht, 71, (4:27:52) completed a foreign sweep of the men's Masters (and Open) divisions. New York's Loretta Sheehan won the W60+ title in 4:23:07.

Foreign entrants accounted for six of the top ten Masters places, five of the seven age-group titles and 14 of the 27 Masters awards.

Of the 80,000 aspirants who sent in entry forms, 18,000 were selected to start. Of those, 16,315 showed up. And 14,590 actually made it to the finish line as the heat wracked up a sizeable toll. Still, that's a finish rate of 89 percent of the starters, not bad, considering.

A runner who crossed the finish line as the apparent winner of the 50-59 division was disqualified by the officials. Five people saw him cut the course at various points in the race. One runner, Jacques Bussereau, 48, from France, died in Queens near the 15-miles point of heart attack.

Of the finishers, 84 percent were

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 Bear-dall (45, CA), finishing with a fast 1:08:15.7 (5:30 pace). □

men, 16 percent were women. Over one in five runners in the 20-29 division was a woman, but less than one in ten in the 50-and-over divisions was female.

Gabriele Andersen, 39, of Sun Valley, Idaho (who represented Switzerland in the Olympics), put to rest predictions that her Olympic race would end her career or worse, by finishing a strong 11th in 2:42:24.

"I went out slowly," she said, "because I was afraid of having the same thing happen to me as in Los Angeles. I want to be remembered as a good runner, not just a survivor."

There were many runners who provided grim reminders of Andersen's Olympic run. They arrived spread-eagled on stretchers at the medical tents at the rate of five a minute. "It looks a war zone," said one paramedic. Some had temperatures of 105 degrees, and were driven to the hospital in ambulances.

"All those patients are in life-threatening situations," said Ed Gabriel of New York's Emergency Medical Services. Race director Fred Lebow promised cooler weather in 1985. □

500 Run in Nike Capital Challenge

Continued from Page 4

the Bureau of National Affairs in 15:21, and Susan Stoecker of CBS affiliate WDVM with 19:25.

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. □



Representative James F. McNulty (D-Ariz.), 58, heads for finish, NIKE Capital Challenge 3 Mile, Washington, D.C., September 13.

photo by Ellen Verdon

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THE POSSIBLE DREAM

by
Marilyn Osgood-Knight

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, shine at Nationals, capture a trophy, wear an olive 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 to 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



(L) Judy Foster, Dr. Kay Porter

photo by Michael Clapp

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 burnout."

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 suc-

cess when Linda came running up to me after her race," said Porter. "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," she says, smiling. And each 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 Porter. "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. □

Igal 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 (\$26, which includes a \$12 admission to Sea World from 2 p.m. on). For info, call Stock at 619/286-7867. □

cessfully 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 (Bonne 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



INTERNATIONAL SECTION

The only national publication devoted exclusively to track & field and long distance running for men and women over age 30



6 months to go

COUNTDOWN TO ROME

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 Beccalli, 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. If it doesn't, the IAAF will pay."

Continued on Page 20



Alan Rushmer, ex-British international, on his way to a new European record 30:11.1 in the M40 10000, IV European Veterans T&F Championships. The first 9 finishers broke the existing European record. Rushmer won a bronze medal in the 1966 Commonwealth Games in Jamaica.

Photo by Megasport



Ciska Jansen, 111, Holland, who competed in the 1976 Olympics, on her way to victory in the heats of the W35 100m, ahead of N. Furgine, 106, Switzerland; Jean Brown, 126, G. Britain; and C. Herrero, 108, Spain. Jansen successfully defended her European 100m title in 12.44 and in the long jump, 5.95. The action took place in the European Veterans T&F Championships August 20-25 in Brighton, England.

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

Continued on Page 19

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PROFILE

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 5000 (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.

He slowly improved. In 1967, at age 75, he ran 10K in 48:18. In 1968, 47:10. At age 80, in 1972, he ran 10K in 46:50.

"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 70+ 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. □



Blind runner Werner Rathert, 49, guided by Bolo Schloricke, setting a new World Open Record for the blind in the Berlin Marathon with a time of 2:35:12.

Photo by Behndt (Spiridon Running Magazine)

Berlin Marathon Draws 7800

Once again the Berlin Marathon lived up to its reputation for great organization and concern for the welfare of runners. Run in heavy rain, with the temperature a cool 50°F, 7,800 runners finished.

They were greeted at the finish line by 80 tents set up for showering and changing. Such consideration for the athletes is one of the reasons the Berlin Marathon has been included in the

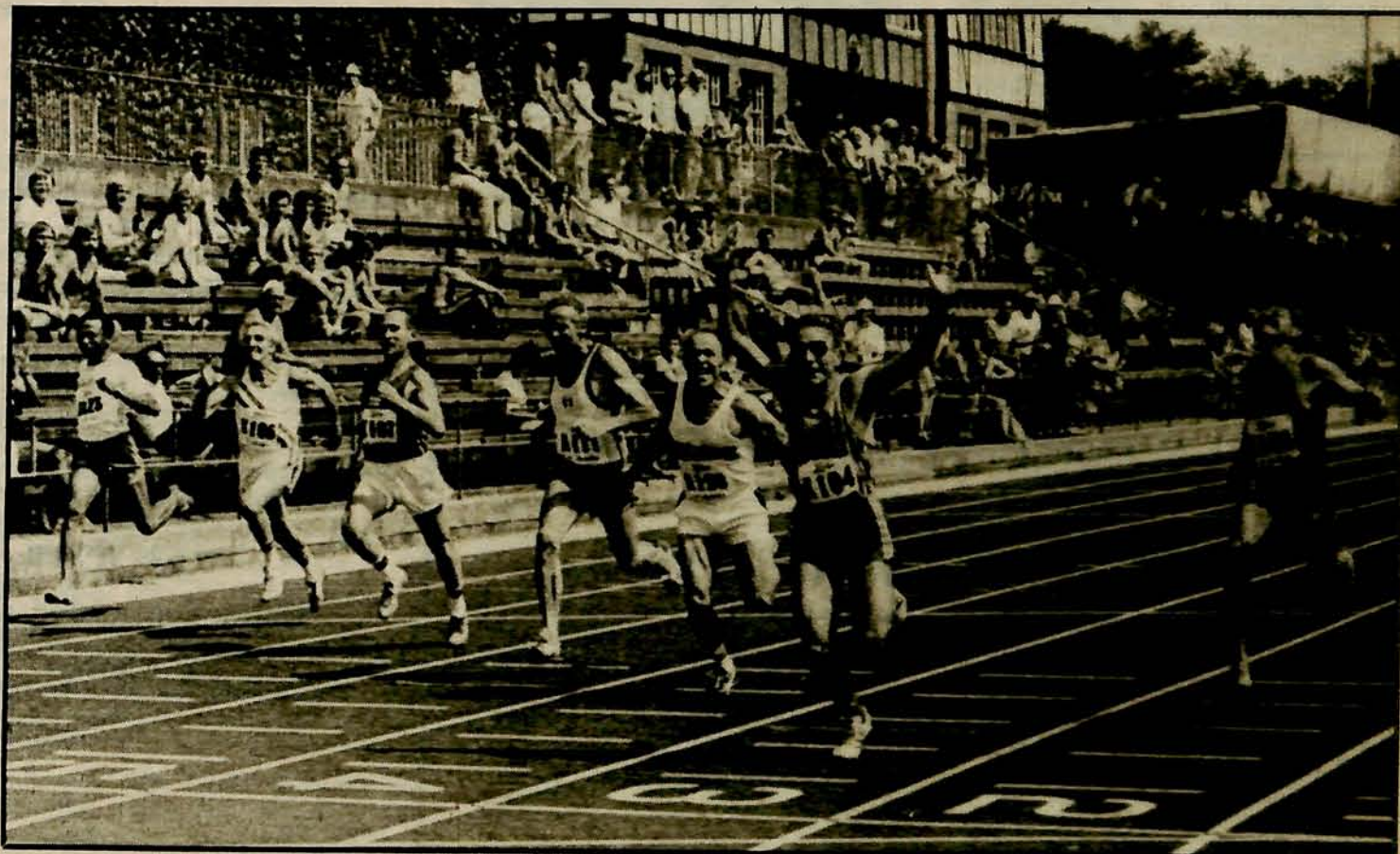
Continued on Page 26

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 100m, 200, and 400 times with 12.36, 22.95, and 53.84.

Continued on Page 26



Arms aloft, Xavier Anton-Bofill, K104, wins Spain's first gold medal in the 4th European Veterans Championships in Brighton, England, August 20-25. His time was 12:15 in the M55 100-meter dash. Augustyn Crass, 129, Belgium, 2nd; Herbert Reiff, 136, West Germany, 3rd; Vittorio Biagiotti,

III, Italy, 4th; Large Ingves, 107, Finland, 5th; Ulrich Maronn (out of picture), West Germany, 6th; Jack Cross, 105, Great Britain, 7th; Peter Higgins, 123, Great Britain, 8th.

photo by Megasport

Report From Britain

by ALASTAIR AITKEN

John Van Orselen ran 5000m in 15:06.0 on September 12 in Willerbroek, 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 Hornchurch.

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

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.

Calling upon the aerobic capacities of some of the best American hill-and-dalers, 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.

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 Johns, M45, took 2nd (and 1st M45) in 38:38, 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.

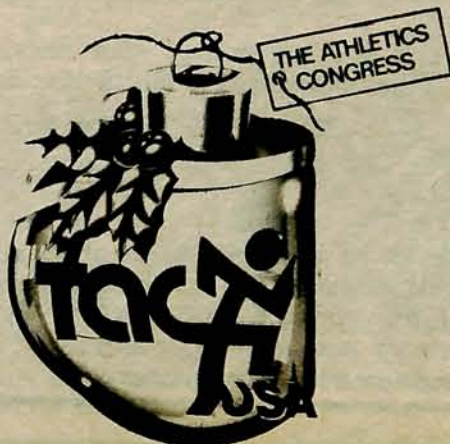
Charlie Hackenheimer of the USA team drew everyone's admiration with an excellent 60:12 at age 78 to win the M70+ bracket.

Next year's ninth renewal of this growing inter-nation rivalry will be held on Canadian turf. Masters runners from both countries are urged to participate. Many of those who took part this year felt it was one of the highlights of their running year, both socially and competitively. □



St. Louis-born Judy Vernon, G. Britain, after breaking the world record in the W35 100mH in 13.95 in the IV European Veterans Championships, Brighton, England, August 20-25.

photo by Megasport



2nd leg. The second fastest was Verlea A.C. winning team member Dave Clarke, 41, (10:03). 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 Derek Thomas.

Taff Davies, the double gold medalist at Hannover in 1979 and the second fastest ever 45-49 steeplechaser, ran the last leg in 15:53 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.

European 5000m 40-44 champion Les Roberts of Blackheath ran 51:01 in the Reading 10 Mile Road Race on September 15 for 14th overall.

On October 13 in the strong 12 clubs Metropolitan League Cross-Country Race at Welwyn, Dave Clarke, running for Verlea A.C., came in 25th (26:44) out of 290 and easily the first Vet in the 5-mile race.

On October 14 at Bexley, the Cambridge Harriers won the Southern Vets Road Relay (3x5000m); fastest lap was by Haverling's Tim Pailthorpe (16:58). □



Piet Van Alphen, Holland, takes the 50-or-over title, finishing 9th overall in the marathon in 2:32:42, IV European Veterans Championships, Brighton, England, August 20-25

Photo by megasport



Countdown To Rome

Continued from Page 17

Farquharson said the IAAF wants to deal with only one veterans organization, not two.

"The IAAF has advised IGAL very strongly," he said, "that it should join WAVA right away. The IAAF wants only to deal with WAVA."

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.

The updated schedule for the VI World Veterans Games in Rome from June 22-30, 1985 will be published in the January issue, along with entry information and latest travel details. One point which should be clarified: The official entry form states: "Entrants must send their entry to their National Association for forwarding to Rome." That does not apply, nor has it ever ap-

plied, to U.S.A. athletes. An American may send the entry (to be published in January's NMN) directly to Rome. Or, perhaps your Masters travel agent will send it for you, together with others. Either way is okay.

One week after the Games, a veterans athletics meeting will be held in Baden, near Zurich, Switzerland on July 5-6. Baden, which surrounds thermal springs, has been one of Switzerland's leading spas for almost 2000 years.

Four cities are reportedly preparing to bid for the 1987 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 from 1987 to 1989.

The British Veterans Athletic Com-

Continued on Next Page

1300 Compete in IGAL European Championships

Continued from Page 17

M45 bracket. Pina Gurthor 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).

Britain led a 1-2-3 sweep of the top 10K M40 awards with Guy Ogden (30:40), Les Roberts (30:44) and Tim Johnston (31:15). Switzerland's Fritz Oswald edged fellow countryman Florian Zuger, 1:22:04 to 1:22:06 in the 25K, with Johnston just a few steps back in 1:22:07.

Fritz Helber of Germany, a five-gold-medal winner at the WAVA Games in Christchurch, New Zealand in 1981, won his 10K in 46:28. Wilhelm Hasse, M70, of Germany ran an outstanding 10K in 41:17.

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. Par-

ticipants 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 Paulo Hosts South American Championships

The excellent eight-lane Tartan track at Ibirapuera Stadium in Sao Paulo, 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 Agut, 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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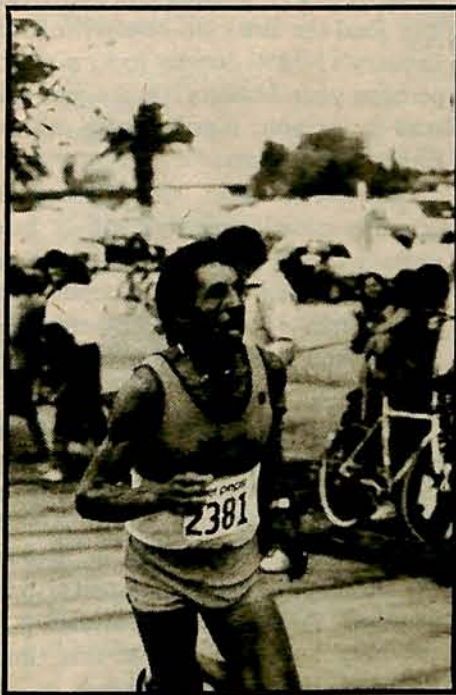
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Sal Vasquez, 43, world class Masters runner, clocks a swift 31:05 at the Pepsi 10K in San Mateo, Calif.

photo by Egon Tymn

Continued from Previous Page

mittee is very much in favor of bidding for a World Veterans Games, but not within the next four years.

"We learned quite a few lessons from holding the European Championships this year," says Bridget Cushen, Women's delegate to WAVA. "Most important, our public relations was the success story of the Games."

Cushen says the majority of the British public were totally unaware that there is such a thing as veteran athletics.

"In fact," she said, "one of the 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 USUDAVE (South American Association of Veteran Athletes) has been elected: President: Juan Kulzer, Argentina; Vice-President: Albano Ariza, Colombia; Secretary: Jorge Alzamora, Chile; Treasurer: Jose Figueras, Uruguay; Ladies Director: Magdalena Garcia, Argentina; Directors: Federico Fisher, Brazil; Carlos Moskos, Argentina; WAVA Delegate: Hernan Figueroa, Chile. The new address is: ASUDAVE, Casilla (P.O. Box) 685, Santiago, Chile. The affiliated countries, besides those named above, are Venezuela and Aruba. Peru may join shortly. □

SENIORS TRACK CLUB

The Seniors Track Club was formed January 28, 1966 by 10 people in a meeting at the Fountain Valley, Calif. City Hall. It gave the Masters movement its initial start.

The club, 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 Hromjak, 3372 Dalhart Ave., Simi Valley CA 93063. 818/700-3318 (days). □

CLUBS

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

EAST

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

Master Walker
Regency House, Rm 225
Pompton Plains, NJ 07444

N.Y. Masters Sports Club
77 Prospect Place
New York, NY 11217

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

Potomac Valley Seniors TC
P.O. Box 1065
College Park, MD 20740

Elkins Park Road Runners
7900 Old York Rd.
Elkins Park, PA 19117

West Pennsylvania TC
1245 Alamae Rd.
Washington, PA 15301

Shore Athletic Club
Ron Salvio
Squan Road
Clarksburg, NJ 08510

North Jersey Masters
P.O. Box 56
Ridgewood, NJ 17450

New Jersey Striders
P.O. Box 885
Maywood, NJ 07607

Central Park TC
1172 Park Ave.
New York, NY 10028

New York Pioneer Masters
c/o G. Shane
2400 Sedgwick Ave., Suite 2-5C
Bronx, NY 10468
212/733-8767

Atlanta Track Club
c/o Bob Glover
4 East 75th Street
New York, NY 10021

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

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

Philadelphia Masters
c/o Fred Mannis
1040 W. Montgomery Ave.
Ardmore, PA 19003
215/642-5989

SOUTHEAST

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

Huntsville TC
8811 Edgehill Dr.
Huntsville, AL 35802

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

Charlotte TC
P.O. Box 11364
Charlotte, NC 28220

Memphis Runners TC
P.O. Box 17981
Memphis, TN 38187-0981

Charlottesville TC
311 Westminster Rd.
Charlottesville, Va 22901

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

Virgin Islands Pace Runners
Box 2720
Christiansted, St. Croix
U.S. Virgin Islands 00820
809/773-7171

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

MIDWEST

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

Dayton Masters Track Club Inc.
Robert Jones
4867 Germantown Pike
Dayton, OH 45418

Over The Hill TC
6509 Marsol Rd. #308
Mayfield Heights, OH 44124

Ann Arbor Track Club
3667 Helen Ave.
Ypsilanti, MI 48197

Second Wind Running Club
Al Morris
1207 S. Oak
Champaign, IL 61820

Wisconsin United Athletic Club
Ron Dennis
6408 West Gate Rd.
Monona, WI 53716
608/221-8020

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

Cleveland Masters Track Club, Inc.
Clarence Johnson
14806 Judson Dr.
Cleveland, OH 44128
216/295-0826

Wolfpack Track Club
Jim Pearce
1882 N. Devon Rd.
Columbus, OH 43212

MID-AMERICA

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

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

Lincoln TC
2900 John Ave.
Lincoln, NE 68502

Plains TC
P.O. Box 14102
W. Omaha Station
Omaha, NE 68124

Prairie Striders
Box 267
Brookings, SD 57006

SOUTHWEST

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

Space City Masters
John Hartfield
15106 Chasehill Dr.
Missouri City, Texas 77489
713/721-9388

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

Dallas Masters Track & Field Club
Joe Murphy
4308 N.C. Expressway, S-206
Dallas, TX 75206
214/824-3800

Houston Masters Sports Assoc.
14 Sandalwood
Houston, Texas 77024
713/781-2810

Palm City Masters
P.O. Box 220
McAllen, Texas 78501

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

Oklahoma City Running Club
P.O. Box 18113
Oklahoma City, OK 73154
405/751-6073

WEST

California Road Runners Club
P.O. Box 891
Tarzana, CA 91356
818/888-5526

Hawaii Masters Track Club
Jack Karbens, President
3138 Waiialae Ave. #1003
Honolulu, HI 96816

Corona Del Mar TC
19103 S. Andmark Ave.
Carson, CA 90746

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

Seniors TC
c/o Hal Winton
24409 S. Meyler St.
Harbor City, CA 90710

LA Valley Athletic Club
1801 Avenue of the Stars
Suite 415
Los Angeles, CA 90067

Culver City Athletic Club
c/o Phil Clarke
15232 Burtin St.
Van Nuys, CA 91402
818/780-0381

San Fernando Valley Track Club
13722 Burbank Blvd.
Van Nuys, CA 91401
818/780-7719

Southern California Striders
H. Lewis Smith
8306 Wilshire Blvd. #316
Beverly Hills, CA 90211

Trojan Masters TC
1147 W. Rowland Ave.
West Covina, CA 91790

South Coast Runners Assoc.
3857 Birch, Suite 442
Newport Beach, CA 92660

San Diego Athletic Assoc.
9369-C Discovery Way
La Jolla, CA 92037
619/455-9422

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

West Valley Joggers & Striders
1124 Kensington Ave.
Sunnyvale, CA 94087

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

Empire Runners
4700 Fougler Dr.
Santa Rosa, CA 95405

Northern California Seniors TC
2766 Summit Dr.
Hillsborough, CA 94010

Complete Runner Track Club
24074 Willow Creek Rd.
Diamond Bar, CA 91765

Maccabi Union USA
2080 Century Park East
Suite 401
Los Angeles, CA 90067

NORTHWEST

Snohomish TC
4206 242nd St. SW
Mountlake Terrace, WA 98043

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

Oregon Track Club Masters
1587 Agate
Eugene, OR 97403



MASTERS SCENE

NATIONAL

• 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, fun runs, and more. Send \$15.75 to RRCA, 8811 Edgehill 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 Kenefick, 44, led all Masters to the finish in 27:30 in the Stroh's Run For Liberty 8K, Lincoln, RI, October 13, 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 benefitted 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 (D-Rhode Island), 65, who earned a medal with an M60+ fourth place 49:23.

• Running through beautiful New England at the height of the fall foliage season, Peter Teachout, 44, Norwich, VT, was 1st Master runner and 11th place with 1:12:00 in the Dartmouth-Hitchcock Medical Center 12.2 Mile, Lyme to Hanover, NH, on October 7. Doug MacGregor, 45, Lebanon, NH, was 2nd Master and 12th in 1:12:33. Samuel Daniell, 55, Exeter, NH, won the M50-59 race in 1:18:14, and Constance Kimball, 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 Stroh's 8K, Merrimack, NH, October 13. Mary Bart, 42, Concord, NH, was third woman with 30:20.

• Liberty Athletic club W40-49 runners placed 1-2-3 in the Eastern TAC Women's X-C 5000m Championships, Lincoln, MA, October 21. Mardi Reed of Alna, Maine, led with 20:33, followed by Barbara Pike, Concord, MA, 20:57, and Andrea Hatch, Hull, MA, 22:48. LAC's Joyce Hals, Lexington, MA, was 50+ winner in 22:55.

• John Dugdale's 36:50 beat all M40+ times in the Falmouth 7.1 Mile Race along the Cape from Woods Hole to Falmouth Hts., MA, August 26. Mary Scherr's 46:13 topped all W40+. John Kelly ran 60:03 at age 76, and Ruth Rothfarb ran 78:46 at age 83.

• In the Castine Twosome 5.1 M., August 18, in Mass., Barbara Pike (32:13) and Peter Shurney (26:08) were first couple in 58:21, a course record; Andrea Hatch (33:09) with husband Harold (27:23) were 1st 80-89 couple in 60:32, a division record.

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 '85. Ely's recent accomplishments: Philadelphia Half-marathon, September 16 1:32:04; Princeton 5 Mile, October 14, 33:00.

• Dave Wilson, 47, despite a very hilly course, rain, and slippery roads, had an impressive 32:37 Masters win in the Great Cow Harbor 10K, Northport, NY, September 15. Geza Feld was M50-59 winner in 35:48, 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 Lina Connors who was 15 seconds back. Margarete Deckert won the W50-59 division in 39:11.

• 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 win with a nifty 1:47:47.

• Ralph Zimmerman, 43, N. Tonawanda, NY, captured the 8th place and 1st Master with 2:30:24 in the Skylon International Marathon, October 13. James Knox, 40, Collingwood, Ont., Canada, was 13th and 2nd Master (2:32:12) in the race, which starts in Buffalo, NY, and ends in Niagara Falls, Ont. Don McWilliams, 60, Canandaigua, NY, took the M60+ in 3:03:55. Karl Paakkola, 72, Toronto, Ont., did 4:39:32 as oldest finisher. Wen-shi Yu, 49, Kew Gardens, NY, was first W40+ in 3:24:02. Erie County Sheriff's Deputy Tony Peluso, 46, W. Seneca, NY, a veteran marathoner, ran 2:49:24, beating Buffalo Police Officer Mark Morgan, 30, running his first marathon in 2:52:11, to win the law-enforcement shoot-out.

• Dolly Broyles won the 40+ race of the Moving Comfort Women's 10K, Washington, DC, September 22, in 40:03. Ines Kerch was second in 41:54, and Rachael Bourn eased out Joanne Mallet for the 50+ win by eight seconds with 43:01.

• The Achilles Track Club For Disabled Runners (NY) has given the Tough-Guy-of-the-Summer Award to Pat Griskus, 36, of Waterbury NY for finishing the Cape Cod Endurance Triathlon (same length as the Ironman) in under 14½ hours Sept. 18. Griskus has worn a prosthesis since losing his left leg in a 1967 motorcycle accident.

• Barry Brown, 40, missed Bill Stewart's U.S. M40 15K mark of 45:58 by just 23 seconds November 11 in Schenectady, N.Y. with a time of 46:21.

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 will be awarded to the first three male and female masters finishers (\$1000, \$500, \$250) from the sponsoring Brooks Shoe Co. Jack West is in charge of Invited Runners: 813/254-4943, after 6 p.m. EST.

• Stan Safer, 65, of Martinsville, Virginia has won 18 races this year in the 60+ division, from 5K to the marathon. His best times are a 5K in 19:27, 10K in 40:41; 10-miles in 1:08:20; half-marathon in 1:37 and marathon in 3:27.

• Azalea Trail Run rumblings: Each year, the Port City Pacers organize the Mobile, Alabama race. Its Board of Directors created an "Executive Board" to stage the 1985 event, and okayed an \$18,000 salary to Race Director John Vetter. Some club members objected to the creation of the "Executive Board" and to Vetter's salary. The "Executive Board," also composed of Port City Club members and experienced Azalea Trail volunteers, promptly resigned, claiming they had been "libeled and slandered" by the other club members. The Club then voted 84-5 to rescind Vetter's contract, and recommend Richard Brown to serve as ATR Director.

• Bud Gregory, M40, dusted through the Gold-Coast Masters 4 Mile Championships, Pompano Beach, FL, October 14, in 21:19 to win overall. Alberto Echeverria, M40, was runner-up in 21:54. John McCoy was M55 champ with 24:25, and Max Quackenbos won the M65 race handily with 26:45. Alice Hudson,



Dody Burkey, Masters women's division winner, The Ultimate Runner (10K, 400, 100m, mile, marathon — in one day), Jackson, Mich., October 6.

photo by Marcia Butterfield

W40, took the women's crown, and Hedy Marquette, W65, sewed up the second slot with a very fast 31:25.

• Chuck Manny, 41, Yupon Beach, NC, pulled off the same trick as he did last year of coming in first in the M40-49 division in both the 5K (18:25) and 10K (40:03) in the Festival By The Sea Races, Holden Beach, NC, October 27. Times were padded by high temps and humidity. Warren Rich took the M50+ 5K in 22:36, and Gregory Pontes was first in that age class in the 10K with 44:33.

• Tom Kilroy, Deltona, FL, streaked through the Sunsetter Seven Mile, Deland, FL, October 28, in 48:13 for first M40+. Larry Rush, Ponce Inlet, FL, won the M55+ with 49:44. Vye Carter, Deland, FL, had a Master women's first and M45 win in 59:24.

• After fourteen throwing events, Len Olson, 53, weight coach and several-time Masters national champion in the throws, was declared the winner with a 9697 total among the many weight luminaries at the THROATHON in Raleigh, NC, October 20-21.

Elmer Shaw, 67, was second with 9526, and Gilberto Gonzales, 71, took third with 9439. Mary Chadbourne, 37, amassed 3239. Biggest point getter in a single event was Nolan Fowler, 70, who threw the 56# weight for a 1091 count. Some people consider Fowler, age-for-age and pound-for-pound, the strongest M40-or-over, barring Al Oerter, in the U.S.

• The 1st Annual Race to Cure Cancer 5 Mile, Salem, Va, November 3, featured an overall Masters winners category for men and women, which was won by 45-49 runners David Bloor in 28:14 and Glenna Fink in 33:54. Morris Law did 34:32 to win the M55 race, and Betty Field won the W50 category with 36:19. The race, which drew 185 runners, raised funds for the American Cancer Society, a co-sponsor with Lewis-Gale Hospital and the Salem Times Register, was directed by Mark Sweet.

MIDWEST

• Bill Sutherland won the TAC National 56# Weight Throw Championship, Woodstock, IL, August 4, with a 38-3 heave. Al Hall was second (31-9); Chuck Klehm, third (29-2); Lee Slick, fourth (22-¼).

• Jim Fox of the Youngstown Road Runners led the M40-49 pack through Forest Hills Park, Cleveland Hts., OH, October 7, in the Over The Hill TC X-Country 5000m to finish in 16:50. Charles Barracato was second M40-49 in 17:53 and first for the winning OTHTC M40-49 team.

• Wally Harrala (2:34:58) and Tiny Hayward (2:53:40) were masters winners in the Detroit Free Press Marathon October 14th.

• Helen Dick, 60, ran 3:15:30 in America's Marathon in Chicago, October 21 — a new U.S. women's 60-and-over mark.

Frank Bozanich, forty-year-old U. of Washington security officer from Bothell, WA, earned 1809 points for the five events in The Ultimate Runner, Jackson, MI, on October 6, to outpoint all other Masters contenders in this unique event, which starts with the 10K, goes to the 400, 100m, and mile, and ends with the marathon. Bozanich was national TAC Champion for 50 miles in '76, '79, and '81, and a former American record holder for 100K, and holds the American record for 60K.

Trailing George Mason, 40, of El Cerrito, Ca, after the fourth event, Bozanich used his endurance background to run a 2:39:30 marathon to defeat Mason by over 200 points and earn \$550 TAC Trust money. Mason, M35 National champ in the 800 in '81 and '83, ran a 54.5 400 for a lot of points. Fred Yunc, 68, Jackson, MI, was the oldest competitor. Dody Burkey, Grand Rapids, MI, took the female Masters with an 896 total.

MID AMERICA

• Dave Bushard, 47, Marshall, MN, hit 6:11's for a 1:21:02 half-marathon, Brookings, SD, October 13.

• Rod Lechtenberg, 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 M50-59 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.

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,

Bartlesville, OK, was chosen because it had an established 8K race (the four-year-old Woolaroc) and heavy support from the Tulsa Running Club, and drew over 1200 runners for the October 13 event. **Robert Stuemky**, M40-49, Newkirk, OK, took the Masters race in 27:59. **Jim Ryun**, former world-record holder and three-time Olympian, cruised the rolling course through a private game preserve in 27:05 for a 6th overall M35 win.

- Women 40-or-over made their presence known in the OKC Running Club 8K/25K, Oklahoma City, October 20. **Maureen Bixby**, 42, set a state W-40-49 record of 32:49 in the 8K. **Lynne Taylor**, 45, won the women's 25K overall in 2:06:24. **Walter Birney**, 50, was 1st Master in the 8K in 29:50, and **Dan Metcalf**, 44, took the Masters 25K in 1:43:32.

- **Mary Gillaspay**, 43, of Houston, captured the W40-49 title in the L'eggs/YWCA 10K in Dallas Sept. 22. **Brigitte Williams**, 44, (43:54) and **Sandy Heckman**, 42, (44:21) followed. **Mary Ann Cotten**, 51, (44:02), **Bernice Hellman**, 50, (54:49) and **Beth Smith**, 59, (57:56) took the W50 awards. **Kay Jones**, 61, (63:52) was the lone 60+ finisher.

WEST

- **Shirley Kinsey**, W55 T&F national record holder from La Crescenta, CA, tackled a hurdle during a Sunday morning workout and came away with a double fracture of the right clavicle.

- Since turning 60 on May 4, **Larry Banuelos** of Pico Rivera, CA, has been on a 48-straight-win hot streak. On October 27, Banuelos turned in a good 31:11 in the Corona Del Mar Fall 5 Mile, and the next day, he picked up a PR 37:54 in the Aztlan International 10K in E. Los Angeles.

- New Master runner **Frank Bozanich** traversed the Skyline 50K (PA/TAC Championships) from Richmond to Castro Valley, CA, in the eighth place 3:49:10 to far outdistance the next M40-49 finisher. **Joan Reiss** did the 5400' climb, 4200' descent course on trails and fire roads in a W40-49 first 4:52:27. **Ruth Anderson** led a trio of Northern Calif. Seniors TC W50+ runners to a 1-2-3 finish a team title with a third Masters women's time of 5:25:32. Teammates **Martha Maricle** and **Ruth Waters** finished in 5:38:23 and 6:33:10 respectively. Forty-three of the 44 female starters finished the race.

- **Christel Miller** was re-elected President for 1985 of the Corona Del Mar Track Club of Southern California. Awards given at CDM's annual Potluck Dinner went to: Women: Most improved: **Sondra Schumacher**; Most outstanding: **Shirley Kinsey**; Outstanding performances: **Edith Mendyka**, **Jean Carter** and **Christel Miller**. Men 40-49: Iron Man Award: **Mike Woodward**. Men 60-69: Most Valuable: **Burl Gist**; Most Outstanding: **Al Guidet** and **Herb Miller**; Most Improved: **Clarence Killian**; Most Inspirational: **Chuck Mercurio**. **Dave Jackson** made special trophies for World Record Holders Gist, Guidet and Miller. "There were fewer awards than last year," Miller said, "because some members felt they didn't deserve an award, and wanted to wait till a more appropriate time."

- The date of the annual College of the Desert Meet in Palm Desert, Calif. was incorrectly listed last month as January 27. The correct date is Sat. January 20.

- **Bruce Springbett**, 1983 National Masters M50 100- and 200-meter champion and TAC Masters Outdoor T&F Meet Coordinator, recovered from the leg injury he suffered at the '84 Nationals, but underwent arthroscopic right knee surgery (to match the left one, done two years ago). He plans to be ready for the '85 indoor season.

- The top male and female finishers each won \$500,000 in a 10K in Las Vegas October 27. **Mike Duran**, 24, of Weston, Colo. clocked 30:24 and **Lynae Larson**, 30, of Brookings, S.D. topped the women in 36:41. **Chuck Foster**, producer of the event, said famous runners were excluded by strict amateur rules.

- **John Whittemore** of Montecito, Calif. is back on the Masters scene at age 84. The perennial age-record-setter a few years ago won first place in the hammer, discus and

javelin in the 80-and-over bracket at the Club West Masters T&F meet in Goleta, California October 6 (story in November NMN). All three were world age-84 marks. Whittemore is an Army veteran of World War I, Navy veteran of World War II, and experienced in stock brokerage, banking, social work, automobile selling and school teaching.

- The 1985 Los Angeles International Marathon, scheduled for Sunday, February 10 on the Olympic Marathon course has been cancelled. "The primary reason is the lack of firm financial commitments from commercial sponsors to meet the minimum budget needs of this world-class event," said LAIM President **Jim Bush** and Race Director **Ed Staley**. "In fairness to everyone concerned, we could not continue our planning efforts beyond the 'go-no-go' date of November 1, 1984 and still put on a quality event." Bush and Staley emphasized, however, that the event is rescheduled for early February, 1986. "LAIM is committed to maintaining this event as a living legacy of the 1984 Olympics," they said. "Many sponsors have expressed interest for 1986, but could not provide funds for it in their 1985 budgets."

- **Sal Vasquez** of Alameda, CA broke his age 44 national 10K record in the Modesto 10K Run, Modesto, CA, October 28, with a time of 30:45—which also puts him No. 2 in the U.S. this year among Masters runners. In the same race, **Mavis Lindgren** of Orleans, CA set a women's age 77 10K mark with a 57:34, breaking the listed mark by more than 8 minutes.

NORTHWEST

- **Joe Mallon**, 63, forged a 1:12:20.2 ten-mile track run in Portland, OR, October 6.

- **Ray Hatton**, 52, Bend, OR, was the fastest Master by almost two minutes and fifth overall (947 finishers) with 33:22 in the Prefontaine Memorial 10K, Coos Bay, OR, September 15. Hatton's time broke the '83 M50-59 course record of 36:51, held by **Bill McChesney**, 56, Eugene, OR, who had the M55 win this year in 37 flat. **Hannelore Ondrusek**, 40, Roseburg, OR, took the W40+ race in 42:41, a race record for W40-49.

- **Vic Wolfe** led the M40-49 Turtles X-country team to a win in the Oregon TC Masters 10K X-Country Meet, Eugene, OR, October 27, with a 36:49 first. **Jim Davis** with 38:14 was first man for the second place OTCM quintet. **Charlotte Hyatt**, W40, OTCM, ran the 5K course in 29:03.

CANADA

David Badgery's M40-49 win in 35:23 was the top Masters time in the Tom Longboat Memorial 10K, Brantford, Ontario, September 8. **Maureen Rogers**, W40-49, sailed through the course in 47:46 for the first W40+.

INTERNATIONAL

- Ten of the athletes in the 1984 Olympics were over age 40. Oldest was Britain's **Joyce Smith**, then 46 (now 47), who placed 11th in the women's marathon in 2:32:48. Others included **Ivan Ivancic**, 46, Yugoslavia, shot put; **Dieter Hoffman**, 46, West Germany, walks; **Ed Burke** 44, U.S.A., hammer; **Willie Sawall**, 42, Australia, walks; **Marcel Jobin**, 42, Canada, walks; **Bonita Jambaue**, Mozambique, 42, 100m; **Ruedi Degerli**, 41, Switzerland, 400 relay; **Victor Lopez**, 41 Peru, 10000; **Jean-Pierre Egger**, 41, 400 relay. Twenty-six athletes were age 35-39. The data was compiled by **Stan Stafford**, manager of the Running Center shoe store in Rialto, California.

- The 1985 London Marathon will be held on April 21. Entries are limited to 21,000 runners. UK residents must conform to a lottery system similar to the New York Marathon. About one in four will be accepted. Foreign entries must register through officially appointed agents in their respective countries. U.S. and Canadian runners can register through Marathon Tours, Inc., who can provide travel arrangements together with a guaranteed entry. Deadline: January 21. Contact Marathon Tours, 1430 Mass. Ave., Harvard Square, Cambridge MA 02138. 617/492-3088.



Frank Bozanich, 40, Bothell, Wash., Masters winner of The Ultimate Runner (10K, 400, 100m mile, marathon — in one day), Jackson, Mich., October 6.

photo by Marcia Butterfield

- **Bob Glover**, author of "The Runners Handbook," is leading a 12-day Great Wall Run tour to China April 25. Included are a 5K and 10K Run in Jinan, and a fun run to the Great Wall. Info: Kuo Feng Corp. 2 East Broadway, NYC 10038. 800/221-7969.

- **Simon Booysen**, M35, was first across the line in 2:37:53 in the Tiger Engineering E.P. Masters Marathon Championships, Port

Elizabeth, South Africa, October 13. **H. Vorster** was the first M40+ in 2:44:07. The first woman to finish was 42-year-old **Alida van de Riet**, who was 64th with 3:41:54. **D. Pettifar** narrowly defeated **J. Adams** for the M45 title with a one-second win in 2:45:36. **P. O'Brien** edged **Leo Benning**, 2:53:44 to 2:55:06 in the M50 division. It was the 31st sub-3-hour marathon for Benning.

schedule

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

November 28-December 2. 6th Annual TAC Convention, San Diego. TAC, 200 S. Capitol No. 140, Indianapolis IN 46225. 317/638-9155.

TRACK & FIELD NATIONAL

January 13. TAC National Masters Indoor Pentathlon Championships (LJ, 55HH, HJ, SP, 1000m), Carlisle, Pa. Scott Thornesley, 519 Coolidge St., New Cumberland PA 17070. 717/774-3569.

March 30-31. TAC National Masters Indoor Championships, Sterling, Illinois (near Chicago). Chuck Klehm, 1218 North Route 47, Woodstock IL 60098. 312/437-2880 (bus.); 815/338-9484 (home).

July 6-7. TAC National Masters Decathlon Championships, Denver, Jim Weed, 11672 East 2nd Ave., Aurora, CO 80010. 303/341-2980.

August 23-25. 18th Annual TAC National Masters Championships, Indianapolis.

NEW ENGLAND

January 4-6. 16th Dartmouth Relays, Leverone Field House, Hanover NH. No age-group competition, but Masters may compete in Open events. Carl Wallin, Dartmouth College, Hanover NH 03755. 603/646-2848.

January 20. Brown University Masters Indoor Invitational. Brown U. Fieldhouse, Providence, R.I. Neil Steinberg, 45 John St., Providence RI 02906. 401/751-1495. Entry form in December issue.

June 23. Senior Olympics, Brown Stadium, Providence, R.I. Dept. of Elderly Affairs, Washington St., Providence, RI 02903. 401/277-6880.

EAST

January 13. TAC National Masters Indoor Pentathlon Championships, Carlisle, Pa. See "National."

January 13. 2nd Annual Pennsylvania Masters Indoor State Championships, Dickinson College, Carlisle, Pa. Scott Thornesley, above.

March 16. TAC Eastern Regional Indoor Masters Championships, West Point, N.Y. Bob Fine, 77 Prospect Place, Brooklyn NY 11217.

June 16. TAC Eastern Regional Masters Championships, Washington, PA

(Pittsburgh). Barry Kline, 1245 Alamae Lakes, Washington PA 15301.

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 33435.

May 3-5. 15th Southeastern U.S. Masters Meet, N. Carolina St. U., Raleigh, N.C. Stu Northrup, Raleigh Parks & Rec. Dept., P.O. Box 590, Raleigh, NC 27602. 919/755-6641 (w); 847-5893. (h).

May 11. Birmingham Track Club Classic. Vestavia Hills HS, Birmingham, Alabama. Gordon Seifert, 1514 Ridge Road, Birmingham AL 35209. 205/879-8031.

June 8-9. Northwest Classic, Dade Community College, Miami. Jesse Holt, 1310 N. W. 90 St., Miami FL 33147. 305/836-2409.

MIDWEST

January 5. 9th Annual Wisconsin Masters Indoor Championships, U. of Wisconsin track, Madison. SASE to Bruce Craig, 238 Alden Dr., Madison, WI 53705. 608/233-3863; 266-1740.

January 5. Lake Erie Indoor Championships, Cleveland. Open & Masters. Charlie Hall, 18616 Restor Ave., Cleveland OH 44122. Questions: Joe or Mary Chad-



Mary Bart, 42, Fitness Resources Racing Team, third woman in 30:20, Stroh's 8K, Merrimack, New Hamp., Oct. 13.

photo by Jim Denham

bourne, 216/543-1932 (7-9 p.m.) Entry form in November and December issues.

March 30-31. TAC National Masters Indoor Championships, Sterling, Illinois (near Chicago). See "National."

April 21. North Coast Relay Championships, Cleveland Heights, Ohio. Jim Barrett, 3801 Shannon Rd., Cleveland Hts., OH 44118. 216/687-7133 (w); 932-0049 (h).

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

May 26. Ohio TAC Masters Championships, Trotwood, Ohio. Trotwood High School. Harold Martin, 7521 Arundel Rd., Trotwood, OH 45426. 513/837-5069.

June 15-16. Senior Classic, Indianapolis, Ind. IUUPI Track Stadium, site of 1985 TAC/National Masters Championships. Bob Coughlin, 305 S. Barton, Indianapolis, IN 46241. 317/241-5446.

June 29. Cleveland Track Classic, Cleveland, Ohio. Cleveland Heights High School. Jeff Gerson, 6509 Marsol Road No. 308, Mayfield Hts., OH 44124. 216/449-4964.

August 23-25. TAC National Masters Championships, Indianapolis. See "National."

September 8. 4th Annual Wolfpack Throwing Classic and OAC Open and Masters 56 lb. Wt. Throw Championship, Columbus, Ohio. Worthington H.S. John White H (614) 459-2547, W (614) 424-7011.

MID-AMERICA

January 12. TAC Mid America Regional Masters Indoor Championships. Don Showen, 3331 N. 68th St., Lincoln NE 68507. 402/464-4792.

June 3-5. Senior Olympics, St. Louis, Mo. Suzy Seldin, Senior Olympics, #2 Milstone Campus, St. Louis, MO 63141.

August 11. Chillicothe Masters Meet, Chillicothe, Missouri. Joe J. Shy, Jr., P.O. Box 745, Chillicothe, MO 64601. 816/646-3823; 646-1023.

August 31-September 1. Rocky Mountain Games, Denver, Colo. Jim Weed, 11672 East 2nd Ave., Aurora, CO 80010. 303/341-2980.

SOUTH WEST

June 8. Hill Country Classic, Mason, Texas. Mason H.S. track. Lee Graham, Rucker Rt., Box 31C, Mason, TX 76856. 915/347-5921 (w); 347-5620 (h).

WEST

December 8-9. Decathlon, Long Beach State University, Long Beach, Calif.

December 16. Run Pentathlon (100, 200, 400, 800, 1500), Honolulu, Hawaii. Jack Karbens, 3138 Waiata Ave., No. 1003, Honolulu, HI 96816.

December 22. 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 a.m. Christel Miller, 1740 Grandview Ave., Glendale CA 91201.

February 23. Orange City Meet, Orange, Calif. Santa Ana College, 1:00 p.m. Larry A. Sallinger, 203 E. Monroe, Orange, CA 92667. 714/639-6707.

March 10. 1985 World Masters Tune-Up Games I, 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 13. Central California TAC Masters Championships, Warmerdam Field, Fresno St. U., Fresno. Hugh Adams, 7904 S. McCall, Selma, CA 93662. 209/896-2435.

April 27. 10th Annual Sacramento Masters Relays, Sacramento, Calif. In conjunction with college dual co-ed meet between CSU-

ON TAP FOR DECEMBER

TRACK & FIELD

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

LONG DISTANCE RUNNING

The most prestigious Masters races of the year will be held in San Diego on the 1st and 2nd. It's the 17th Annual IGA World Veterans Distance Running Championships (10K and Marathon) — the first time the event has ever been held in the United States.

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

The month's first Sunday is a busy one. In the East, the 7th Annual Brian's Run goes off in West Chester, Pa., while, out West, the citizens of Beverly Hills will awake to the patter of Perrier 10K runners pounding down their streets. Baltimore, Dallas, Phoenix and Sacramento will host the Maryland, White Rock, Fiesta 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. □

Sacramento and UC-Davis. Roy Wigginton, P.O. Box 255268, Sacramento, CA 95865. 916/927-6237 (w); 488-0345 (h).

May 4. West Coast Masters Classic, College of the Sequoias, Visalia, Calif. Marty Higginbotham, 1026 W. Princeton, Visalia, CA 93277. 209/732-8030.

May 11. Redlands Evening Kiwanis Masters, Redlands, Calif. Univ. of Redlands Stadium. Howard "Buz" Wagner, 1522 Margarita Dr., Redlands, CA 92373. 714/792-8395.

May 18-19. TAC Pacific Assoc. Open & Masters Championships, Los Gatos High School and San Jose City College, California. Bruce Springbett, 220 Oak Meadow Dr., Los Gatos CA 95030. 408/354-5660; 408/354-7333.

May 25. Anteaters Masters Classic, U.C. Irvine, California. David Lewis, 505 Begonia Ave., Corona Del Mar, CA 92625. 714/673-2025.

June 1. SPA/TAC Championships, Occidental College, Los Angeles. Gary Miller, 1740 Grandview Ave., Glendale CA 91201.

June 8-9. TAC Western Regional Masters Championships, San Diego. Joe Horn, 1147 Agate St., San Diego CA 92109. 619/488-8886.

July 13. Taco Bell Relays, Fresno State College, California. Hugh Adams, 7904 S. McCall, Selma CA 93662. 209/896-2435.

July 20. Nor-Cal Senior Classic, Berkeley, Calif., U.C. Berkeley - Edwards Stadium. Mark Grubi, P.O. Box 4512, San Francisco, CA 94101. 415/285-3352.

Continued on Next Page

DEADLINE

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

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 ceremonies.

"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 696, Paramount, CA 90723. □

Continued from Previous Page

August 3-4. West Valley Masters Meet, Los Gatos, Calif. Los Gatos High and San Jose City College. Bruce Springbett, P.O. Box 1328, Los Gatos, CA 95030. 408/354-7333 or 408/354-5660.

August 10. Trojan Masters Invitational, U.S.C., Los Angeles. Jim Vernon, 1147 W. Rowland Ave., W. Covina, CA 91790. 818/338-1623.

August 10-11. Hayward Field Classic, Eugene, Oregon. Arlene Novello, 1577 Willagillespie Rd., Eugene, OR 97401. 503/485-3158.

October 5. Club West Masters, U.C. Santa Barbara, Goleta, California. Geo. H. Adams, P.O. Drawer K, Goleta, CA 93117. 805/687-6323.

NORTHWEST

July 26-27. TAC Northwest Regional Masters Championships, Gresham, Oregon. Jim Puckett, Mt. Hood College, 26000 S.E. Stark, Gresham OR 97030. 503/667-7534.

INTERNATIONAL

November 30-December 1. International Masters Championships, Buenos Aires, Argentina. \$30 for 7 nights lodging. Circulo Argentino De Atletas Veteranos (Cadav), Hipolito Irigoyen 3549, Capital Federal 1208, Buenos Aires, Republica Argentina. Phone: Hugo Kulzer, 795-0559 after 10 p.m. Deadline: November 16. Men 35+. Women 30+.

December 7-8. International Masters T&F Meet, Montevideo, Uruguay. Jose Figueras, President CAVU, Canelones 1136, Montevideo, Uruguay. Phone: 911432.

April 5-8. Australian Veterans Championships, Hobart, Australia.

June 22-30. VI World Veterans Games, Rome, Italy. (Men 40+, Women 35+). Comex/Roma '85, Via Martinetti 7, 20147 Milano, Italy.

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

February 3. TAC National Masters 10K Road Championships, Clearwater, Fla. Dick Lacey, 1207 S. Duncan Ave., Clearwater, FL 33516. 813/447-7161.

May 5. TAC National Masters 15K Road Championships, Edina, Minnesota. Jack Moran, 5429 Wooddale Ave., Edina MN 55424. 612/373-2165; 612/920-0558.

November 3. TAC National Masters and Marine Corps Marathon, Washington, D.C. Charles Des-Jardins, 5428 Southport Lane, Fairfax VA 27032. 703/250-7955.

NEW ENGLAND

April 13. 'Focus on Women' 5K, Worcester, Mass. Betty Jenewin, Green Hill Park, Channing Street Extension, Worcester, MA 01605.

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.



Harvey Franklin (M40) of Oakland, CA, bridegroom-to-be and winner of M40-44 1500M in 4:10.0 at Goleta. Congratulations on both scores, Harvey!

December 2. Maryland Marathon, Baltimore. \$500 to top 40+ man and woman. SASE to Marathon, PO Box 11394N, Baltimore MD 21239. 301/882-5455.

May 13. L'eggs Mother's Day 5K Tune Up Run, New York. Central Park. NYRR, 9 East 89th St., New York, NY 10128. 212/860-4455.

June 1. 14th annual L'eggs Mini Marathon, Central Park, New York, NYRR, 9 E. 89th St., New York NY 10128. 212/860-4455.

November 3. TAC National Masters and Marine Corps Marathon, Washington, D.C. See "National."

SOUTHEAST

December 15. RRCA National 100K Championships, Tallahassee, Fla. Felton Wright, 929 Blackwood Ave., Tallahassee, FL 32303.

December 15. Humana Rocket City Marathon, Huntsville, Ala. Huntsville TC., 8811 Edgehill Dr., Huntsville, AL 35802. 205/881-9077.

February 9. 8th Annual Gasparilla Distance Classic 15K, Tampa, Florida. Jeanette Park, Race Director, PO Box 1881, Tampa FL 33601. Jack West, Invited Runners, 307 Caspian St., Tampa FL 33606. 813/254-4943 after 6 p.m. \$3500 prize money to Masters runners.

February 24. 7th Annual Anheuser-Busch Colonial Half Marathon, Williamsburg, Virginia. Feb. 13 deadline. Roy Chernock, Half Marathon, P.O. Box 399, Williamsburg, VA 23187. 804/253-0633; 229-9740.

MIDWEST

December 30. RRCA National 50K Championships, Peoria, IL. Paul Appell, R.R., Altona, IL 61414.

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.

May 5. 7th Annual L'eggs/YWCA 10K Run, Chicago, Lincoln Park. Cathy Crown, Loop Center YWCA, 37 S. Wabash Ave., Chicago, IL 60603. 312/372-6600

MID-AMERICA

May 5. TAC National Masters 15K Championships, Edina, Minnesota. See "National."

SOUTHWEST

December 2. White Rock Marathon, Dallas. Phidippides, North Park East, 8822 N. Central Expressway, Dallas TX 75231. 214/361-6493.

December 2. 14th Annual Fiesta Bowl Marathon, Scottsdale, Ariz. P.O. Box 1032, Scottsdale AZ 85252.

WEST

December 1-2. XVII IGAL World Veterans 10K and Marathon Championships, San Diego. See "International."

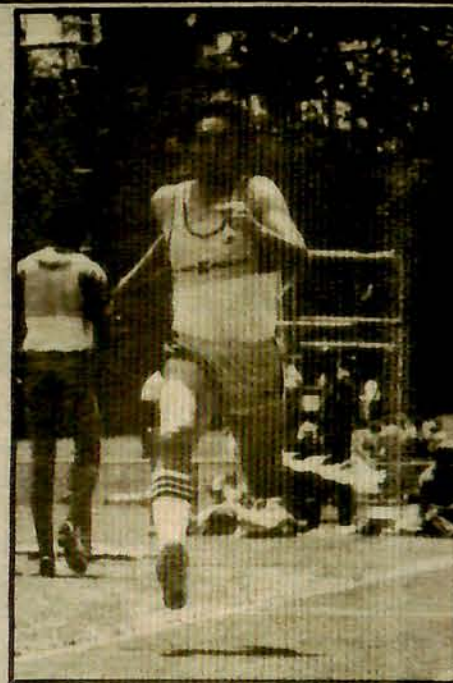
December 2. Western Hemisphere Marathon, Culver City, Calif. Jack Nakanishi, 213/202-5684.

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

December 2. Beverly Hills - Perrier 10K, Beverly Hills, Calif. Richard Putnam, Beverly Hills Rec. & Parks, 450 N. Crescent Dr., Beverly Hills, CA 90210. 213/550-4816.

December 9. Honolulu Marathon, Honolulu, Hawaii. David Benson, PO Box 27244, Chinatown Stn., Honolulu, HI 96827. 808/734-7200.

January 13. Mission Bay Marathon, San



Roger Trujillo, 34, speeding down the runway in the long jump competition in UCLA Olympic Legends Meet. Roger was 1st in the M30 triple jump in Eugene with 13.62m, and 2nd in the long jump in 6.48m.

Diego. 619/277-RUN2.

January 20. Super Bowl Sunday 10K Run VII, Redondo Beach, Calif. 10K Run, PO Box 637, Redondo Beach CA 90277.

January 26. Paramount 10K with special 5-year Masters divisions from age 40-84. Oscar Rosales, PO Box 696, Paramount CA 90723.

February 23. 8th Annual L'eggs/YWCA 10K, Balboa Park, San Diego, M.A. O'Connor, YWCA, 1012 "C" St., San Diego, CA 92101. 619/239-2902.

March 10. Maui Marathon, Kahului, Maui, Hawaii. Valley Isle Road Runners, P.O. Box 888, Kihei, HI 96753. 808/242-6042.

INTERNATIONAL

December 1-2. XVII IGAL World Veterans 10K and Marathon Championships, San Diego, Calif. Bill Stock, 7160 Baldrige Rd., La Mesa, CA. 619/286-7867.

December 11-17. Running tour of the Holyland, Barry Shaw, PO Box 2143, Netanya, Israel.

March 18-April 2. Running and Sport-medicine Tour to Hawaii, New Zealand and Australia with Dr. Peter Snell. Study Tours International, 4307 Glen Vista St., Carmichael CA 95608. 916/449-9549.

April 21. London Marathon. Marathon Tours, 1430 Mass. Ave., Harvard Square, Cambridge MA 02138. 617/492-3088. Lottery for 21,000 starting spots.

June 8-9. XVIII World Veterans Distance Running Championships (IGAL) 10K and 25K, (Men 40+, Women 35+), Blackpool, England. Bryan Doughty, Seaview Cottage, Port St., Mary, Isle of Man, Great Britain.

June 16. Brugge Veterans 25K (Men 40+, Women 35+), Brugges, Belgium. Jacques Serruys, PO Box 7, 8000 Brugge I, Belgium. □

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National Running Data Center, Inc.

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 ap-

peal 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.

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

For example, Alberto Salazar's U.S. (and world) marathon 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

5000 walk with a quick 30:07.

The jump events saw a 5.06 long jump by M55 Ideza Ikeda, Brazil, and a W50 4.15 leap by Wanda dos Santos, Brazil. Abtur Palma, M45, Brazil was the best high jumper with 1.60.

Joao 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 to the discus and absolutely destroyed Australian Sylvia White's W50 world record of

36.22 with a 44.20 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. □

Sandra Kiddy

Continued from Page 1

alley. "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.

Sandra 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, 1982 in Chicago. Her new mark naturally becomes 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 8:23:23, 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, 24.00, and 55.97. Hari Chandra, Singapore, won the M50 400 easily in 56.77.

R. Dahlberg, M40, New Zealand, won three longer races: the 800, 2:10.19; 1500, 4:16.82; and 5000, 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, 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



Still friendly after M45 discus competition at UCLA Olympic Legends Meet are (left to right) Bob Frahm, with a toss of 95', and Julian Nunez Arana, just outdistancing Bob with 95'2".

In the TAC State 50K, run in conjunction with the 100K, Fred Kiddy, 50, Sandra's husband, passed Doug Suker, 33, of Minneapolis at 27 miles to make it a Kiddy sweep in 3:15:39. That was 10 minutes off the course record, and a new age 50-54 standard, breaking John L. Sullivan's 1982 mark of 3:19:33.

In the 6-person relay, a world women's Masters mark was set by a team from Minneapolis, whose members are all over 45. The "Hot Flashes" team of Ginger Wilson, Diane Goulett, Bev Anderson, Sylvia Miller, Mary Lou Carlson and Gretchen Krueter was timed in 8:38:04, an average of 8:20 per mile 10+ mile leg for each.

In many races, ultra runners alternate running and walking. Sandra Kiddy ran the entire 62 miles with incredible controlled pacing. Her stride was as smooth at the finish as it was at the halfway point. She offers awesome proof of the adage: "You don't get older, you get better." □

In a 10K road race held October 19, K. Cawley, M35, was overall winner in 33:23. D. Griffiths was first M40 with 34:14.

The 157 men and 26 women were met with an official opening ceremony and treated to an evening buffet reception at the World Trade Center Club after the meet.

The meet was organized by the Athletic Veterans of Hong Kong and sponsored by Marathon Sports Ltd. with support from the Urban Services Department and Council for Recreation and Sport. □

ATHLETES WHO ENTER A NEW DIVISION THIS MONTH DEC 1984

ATHLETE (RESIDENCE)	BIRTHDATE	AGE GROUP
MERRY VAN SANT (CA)	12-25-29	55-59
SHIRLEY SMITH (ST. PETERSBURG, FL)	12-30-34	50-54
WANDA SNELL (ALBUQUERQUE, NM)	12-26-39	45-49
J. HAASE (WG)	12-21-39	45-49
INGE PFEIFFER (WG)	12-11-39	45-49
VERNA LE ROSSIGNOL (AUS)	12-9-19	65-69
SHIRLEY YOUNG (AUS)	12-24-29	55-59
ROBERT BIANCALANA (MILL VALLEY, CAL)	12-26-24	60-64
FRED BIERLEIN (BERKELEY, CA)	12-18-09	75-79
JOHN C. BROWN (GLADSTONE, MO)	12-4-29	55-59
LUTHER BURDELLE (PHILADELPHIA, PA)	12-7-24	60-64
L. H. BURNETT (GB)	12-14-19	65-69
AL BURTON (SANTA MONICA, CALIF)	12-25-09	75-79
JOE CARUSO (PALM SPRINGS, CA)	12-26-09	75-79
R. CLARKE (AUSTRALIA)	12-22-24	60-64
WILLIAM CLARK (LOS ALTOS, CA)	12-2-34	50-54
BILL COYNE (AUSTRALIA)	12-27-24	60-64
TAD DOBBS (PENSACOLA, FL)	12-11-19	65-69
SOTSWOOD HALL (RICHMOND, VA)	12-28-24	60-64
GOSTA JOHANSSON (SWE)	12-24-19	65-69
EUGENE KAMRASS (FAYETTEVILLE, NC)	12-11-29	55-59
DUNCAN MCCLEAN (GB)	12-22-84	80+
GEORGE MCGRATH (AUSTRALIA)	12-21-19	65-69
TED RADEMAKER (FRESNO, CA)	12-19-24	60-64
CHARLES SMART (GB)	12-9-09	75-79
CAHIT YETER (BRONX, NY)	12-31-34	50-54
HENRY ZACHMAN	12-9-09	75-79

AMERICAN FIVE-YEAR AGE-GROUP LONG DISTANCE ROAD RECORDS

AS OF SEPTEMBER 1, 1984

(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).

a = point-to-point course

p = pending mark

y = mark set at the next longer English distance

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 listed do not have complete documentation and are listed as "pending."

Open Men

8 km	22:04	Alberto Salazar (22,OR)	4 Jan 81
10 km	27:59p	Mark Nenow (26,KY)	10 Mar 84
	27:22av	Mark Nenow (26,KY)	1 Apr 84
15 km	42:41	Paul Cummings (29,UT)	26 Jun 83
10 mi	46:13v	Greg Meyer (27,MA)	27 Mar 83
20 km	58:27p	Greg Meyer (26,MA)	6 Sep 82
hf mara	1:01:32	Paul Cummings (30,UT)	25 Sep 83
25 km	1:14:09p	Herb Lindsay (26,CO)	9 May 81
30 km	1:33:56p	Alex Kasich (27,OR)	1 Aug 82
	1:32:22av	Barry Brown (38,NY)	20 Mar 83
20 mi	1:40:47r	Tom Fleming (22,NJ)	24 Feb 74
marathon	2:09:21p	Alberto Salazar (25,OR)	4 Dec 83
	2:08:52a	Alberto Salazar (23,OR)	19 Apr 82
	2:08:13ap	Alberto Salazar (23,OR)	25 Oct 81
50 km	2:50:55p	Don Paul (32,CA)	6 Nov 82
50 mi	4:51:25v	Barney Klecker (29,MN)	5 Oct 80
100 km	6:38:21r	Bernd Heinrich (41,VT)	4 Oct 81
100 mi	12:56:34p	Stuart Mittleman (31,NY)	5 Jun 82

Men- 40 thru 44

8 km	25:12r	Kirk Randall (42,MA)	25 Jul 84
	25:05ayr	Tony Mifsud (40,MI)	18 Mar 84
10 km	29:57v	Barry Brown (40,NY)	18 Aug 84
15 km	45:58	Bill Stewart (40,MI)	5 Feb 83
10 mi	51:09pd	Herb Lorenz (42,NJ)	14 Mar 82
	51:27d	Sal Vasquez (43,CA)	9 Jan 83
20 km	1:06:03d	Tony Gerrity (40,PA)	29 May 83
hf mara	1:07:54	Herb Lorenz (40,NJ)	16 Sep 79
25 km	1:21:58pd	Bill Stewart (40,MI)	7 May 83
30 km	1:40:52	Hal Higdon (42,IN)	23 Sep 73
20 mi	1:51:29pd	Bob Fischer (42,NJ)	26 Dec 82
marathon	2:23:08d	William Hall (42,NC)	12 Sep 82
	2:17:10pd	Mike Manley (40,OR)	16 Jan 83
50 km	3:00:00	Jeff Wall (40,CA)	6 Nov 82
50 mi	5:10:13d	Bernd Heinrich (41,VT)	4 Oct 81
100 km	6:38:21d	Bernd Heinrich (41,VT)	4 Oct 81
100 mi	14:19:14pd	Robert VandeKieft (42,NY)	6 Jun 81

Men- 45 thru 49

8 km	25:33pd	Ken Winn (45,GA)	23 Oct 82
10 km	31:26d	Ray Hatton (49,OR)	26 Sep 81
15 km	49:01pd	Earl Ellis (46,WA)	8 May 82
10 mi	53:16pd	Brian Harris (45,MI)	23 Aug 80
20 km	1:06:26pd	Darryl Beardall (45,CA)	6 Feb 82
hf mara	1:09:15d	Oscar Moore (45,NJ)	18 Sep 83
25 km	1:22:51pd	Brian Harris (45,MI)	9 May 81
30 km	1:45:43d	Jim McDonagh (47,NY)	28 Mar 71
20 mi	2:02:57pd	John Dugdale (49,CT)	26 Feb 84
	1:54:27apd	Hal Higdon (48,IN)	17 May 80
marathon	2:28:46	John Brennand (45,CA)	13 Sep 81
	2:26:45a	William A Johnston (45,UT)	2 Oct 82
	2:21:32apd	Jim Bowers (45,CA)	16 Jun 84
50 km	3:18:07pd	Howard Miller (47,WA)	31 Aug 74
50 mi	5:36:52d	Jim McDonagh (47,NY)	21 Feb 71
100 km	7:53:44pd	Joe Erskine (49,NY)	4 May 80
100 mi	13:39:58pd	Cahit Yeter (47,NY)	5 Jun 82

Men- 50 thru 54

8 km	25:46pd	Ray Hatton (52,OR)	22 Jul 84
	25:25apd	Ray Hatton (51,OR)	5 Jun 83
10 km	31:48d	Ray Hatton (50,OR)	23 May 82
15 km	50:07	Norman Green (50,PA)	5 Feb 83
	49:57d	Ray Hatton (52,OR)	24 Jun 84
10 mi	52:53v	Norman Green (50,PA)	27 Mar 83
20 km	1:05:50r	Norman Green (50,PA)	29 May 83
hf mara	1:10:33v	Norman Green (51,PA)	18 Sep 83
25 km	1:25:54p	Norman Green (50,PA)	7 May 83
30 km	1:46:42p	Norman Green (51,PA)	17 Dec 83
20 mi	1:59:20ad	Tom Bailey (50,CO)	25 Jan 81
marathon	2:29:11r	Norman Green (51,PA)	6 May 84
50 km	3:19:33pd	John L Sullivan (50,MA)	13 Mar 82
50 mi	5:35:03	Ted Corbitt (50,NY)	18 Oct 70
100 km	7:38:43d	John L Sullivan (50,MA)	3 Oct 82
100 mi	15:44:08pd	Jim Roser (53,PA)	17 Jun 84

Men- 55 thru 59

8 km	27:54yd	Jack Angel (55,OK)	11 Jul 82
10 km	33:49pd	Alex Ratelle (57,MN)	27 Mar 82
15 km	50:57pd	Alex Ratelle (56,MN)	29 Aug 81
10 mi	58:12r	Hubert Morgan (58,PA)	30 Mar 80
20 km	1:13:23d	Ross Smith (55,NV)	29 May 83
hf mara	1:15:26	Ed Almeida (55,CA)	4 Jul 77
25 km	1:29:43pd	Alex Ratelle (55,MN)	10 May 80
30 km	1:57:49	Bob Bartling (55,SD)	27 Sep 81
	1:52:42p	Howard Rubin (55,NY)	17 Dec 83
20 mi	2:07:13pd	Don Dixon (56,NY)	26 Feb 84
marathon	2:37:40	Alex Ratelle (58,MN)	12 Sep 82
	2:30:41apd	Alex Ratelle (56,MN)	20 Jun 81
50 km	3:56:15pd	Conrad Carr (56,MN)	7 Nov 81
50 mi	5:53:08d	Alex Ratelle (57,MN)	4 Oct 81
100 km	10:25:38pd	Charles Mersereau (59,CA)	23 Apr 83

Men- 60 thru 64

8 km	30:39yd	Don MacKenzie (61,NY)	6 Nov 83
10 km	36:45pd	Hubert Morgan (62,PA)	20 May 84
15 km	54:23	Clive Davies (62,OR)	25 Jun 78
10 mi	1:02:11d	Hubert Morgan (61,PA)	27 Mar 83
20 km	1:17:44pd	Hubert Morgan (61,PA)	25 Sep 83
hf mara	1:21:20d	Jack Start (61,NJ)	19 Sep 82
25 km	1:45:07p	John Burton (60,MN)	11 Sep 83
	1:41:07a	Don Longenecker (64,NM)	25 Jan 81
30 km	2:03:57pd	Thomas Gibbons (61,NY)	18 Dec 82
	2:02:57a	Don Longenecker (64,NM)	25 Jan 81
20 mi	2:19:33pd	William Peck (60,NY)	26 Feb 84
	2:12:17ad	Don Longenecker (64,NM)	25 Jan 81
marathon	2:42:44d	Clive Davies (64,OR)	28 Oct 79
50 km	3:48:56pd	Frans Pauwels (62,OR)	18 Apr 81
50 mi	6:24:18pd	Frans Pauwels (60,OR)	29 Oct 78
100 km	9:31:25pd	George Billingsley (60,CA)	25 Apr 82
100 mi	21:07:01pd	Samuel Freeman (62,NY)	17 Jun 83

Men- 65 thru 69

8 km	32:43p	Paul Reese (66,CA)	3 Jul 83
10 km	35:52d	Clive Davies (66,OR)	23 May 82
15 km	55:16	Clive Davies (65,OR)	28 Jun 81
10 mi	1:02:01pd	Don Longenecker (65,NM)	3 Oct 82
20 km	1:25:47pd	Ed Vuolo (66,CT)	6 Sep 82
hf mara	1:25:53p	Paul Reese (65,CA)	3 Oct 82
25 km	1:49:35pd	John Holoubek (66,CA)	19 Sep 82
30 km	2:13:52pd	George Sheehan (65,NJ)	17 Dec 83
20 mi	2:29:11apd	Louis Preysz (66,WI)	14 May 83
marathon	2:42:49	Clive Davies (66,OR)	13 Sep 81
50 km	5:40:22pd	John Newdorp (69,VA)	16 Sep 79
50 mi	7:49:35d	Cleo Casady (68,MO)	4 Oct 81
100 km	15:03:46r	George Knox (69,OH)	12 Apr 81
100 mi	18:42:50pd	Wilfredo Rios (66,NY)	17 Jun 83

Men- 70 thru 74

8 km	34:09yd	Sandy MacLean (70,NH)	21 Nov 82
10 km	42:19pd	William Andberg (70,MN)	25 Oct 81
15 km	1:04:30pd	William Andberg (70,MN)	29 Aug 81
10 mi	1:12:05d	Edward Benham (73,MD)	5 Apr 81
20 km	1:27:42pd	William Andberg (70,MN)	5 Sep 81
hf mara	1:35:42d	William Andberg (70,MN)	20 Sep 81
25 km	1:59:08d	Vernon Geary (70,VA)	22 Jan 83
30 km	2:25:58d	Vernon Geary (70,VA)	5 Feb 83
20 mi	2:48:47pd	Edward Benham (74,MD)	26 Dec 81
	2:47:56a	L L Daby (70,AZ)	25 Jan 81
marathon	3:07:26	Monty Montgomery (71,CA)	16 Oct 77
50 km	4:34:51pd	Edward Benham (74,MD)	13 Mar 82
50 mi	12:39:18v	George Knox (72,OH)	1 Apr 84

Men- 75 thru 79

8 km	34:40d	Edward Benham (75,MD)	4 Dec 82
10 km	47:02pd	Johnny Kelley (76,MA)	24 Nov 83
15 km	1:06:34d	Edward Benham (75,MD)	3 Oct 82
10 mi	1:12:13d	Edward Benham (76,MD)	1 Apr 84
20 km	1:30:10d	Edward Benham (75,MD)	29 May 83
hf mara	1:37:51pd	Edward Benham (75,MD)	13 Apr 83
25 km	1:56:18d	Edward Benham (75,MD)	6 Nov 82
30 km		no marks	
20 mi	2:42:31pd	Edward Benham (75,MD)	26 Dec 82
marathon	3:34:42d	Edward Benham (76,MD)	6 Nov 83
50 km		no marks	
50 mi	11:22:44d	Ben Mostow (78,IL)	4 Oct 81

Continued on Next Page

Continued from Previous Page

Men- 80 thru 84

8 km	46:10p	Paul Spangler (84,CA)	11 Dec 83
10 km	50:48pd	Max Popper (80,NY)	18 Sep 83
15 km	1:29:04	Cyril Woods (81,OR)	26 Jun 83
10 mi	1:44:34	Waldo McBurney (80,KS)	30 Jul 83
	1:30:59pd	Max Popper (80,NY)	28 Apr 84
20 km	1:58:35p	Paul Spangler (81,CA)	27 Apr 80
hf mara	1:59:21pd	Max Popper (80,NY)	28 Aug 83
25 km	2:23:43d	Max Popper (80,NY)	2 Oct 83
30 km		no marks	
20 mi		no ratifiable marks	
marathon	4:53:11r	Paul Spangler (84,CA)	24 Jul 83
50 km		no marks	
50 mi	12:13:35d	Ben Mostow (80,IL)	2 Oct 83

Men- 85 thru 89

8 km		no marks	
10 km	1:15:49p	Ivor Welch (85,CA)	19 Oct 80
15 km		no marks	
10 mi		no marks	
20 km	2:07:49p	Paul Spangler (85,CA)	25 Mar 84
hf mara		no marks	
25 km		no marks	
30 km		no marks	
20 mi		no ratifiable marks	
marathon	5:55:11p	Ivor Welch (85,CA)	1 Jun 80

Open Women- women only races

8 km	26:38p	Judi St Hillaire (23,MA)	30 Jul 83
10 km	31:38v	Mary Decker (25,OR)	6 May 84
15 km	51:30p	Carol Urish-McLatchie (32,TX)	8 Apr 84
10 mi	59:09p	Kiki Sweigart (28,CT)	29 Mar 80
20 km	1:09:31p	Nancy Conz (24,MA)	6 Mar 82
hf mara	1:13:19p	Cathy Schiro (16,NH)	24 Sep 83
25 km	1:26:34p	Nancy Conz (25,MA)	13 Jun 82
30 km	1:50:46p	Martha Cooksey (25,OR)	10 May 80
20 mi		no marks	
marathon	2:31:04v	Joan Benoit (26,ME)	12 May 84
	2:24:52av	Joan Benoit (27,ME)	5 Aug 84

Open Women- mixed races

8 km	26:12yp	Mary Shea (19,NC)	2 Aug 80
10 km	32:30p	Jan Merrill (24,CT)	4 Oct 80
15 km	49:34	Patricia Catalano (27,MA)	14 Mar 81
10 mi	53:18p	Joan Benoit (25,ME)	21 Aug 82
20 km	1:08:45p	Nancy Conz (25,MA)	6 Sep 82
hf mara	1:08:34p	Joan Benoit (27,ME)	17 Sep 84
25 km	1:26:21p	Joan Benoit (23,NH)	9 May 81
30 km	1:52:42p	Jane Welzel (27,MA)	19 Sep 82
	1:47:30ap	Ellen Hart (24,CO)	30 Oct 82
20 mi	2:00:40p	Laura Dewald (25,VA)	26 Dec 82
	2:00:22ap	Cheryl Konkol (22,WI)	14 May 83
marathon	2:26:11	Joan Benoit (25,MA)	12 Sep 82
	2:22:43a	Joan Benoit (25,MA)	18 Apr 83
50 km	3:13:51v	Janis Klecker (23,MN)	17 Dec 83
50 mi	5:59:26r	Marcy Schwam (29,NY)	3 Oct 82
100 km	8:24:54	Marcy Schwam (27,MA)	13 Sep 80
	7:59:59r	Sandra Kiddy (45,CA)	3 Oct 82
100 mi	15:31:57p	Donna Hudson (35,NY)	17 Jun 83

Women- 40 thru 44

8 km	28:41	Judy Fox (40,CA)	4 Jan 81
	28:12ypd	Cindy Dalrymple (41,NY)	9 Jul 83
10 km	34:44	Cindy Dalrymple (41,NY)	13 Aug 83
	34:29pd	Cindy Dalrymple (41,NY)	15 May 83
15 km	54:46	Cindy Dalrymple (40,NY)	27 Jun 82
10 mi	58:28d	Cindy Dalrymple (41,NY)	27 Mar 83
20 km	1:18:02pd	Trudy Rapp (43,VA)	28 Sep 80
hf mara	1:20:47	Shirley Matson (41,CA)	5 Jul 82
	1:19:33ad	Cindy Dalrymple (41,NY)	19 Jun 83
25 km	1:42:20pd	Linda Thurston (40,NJ)	13 Jun 82
30 km	1:59:04pd	Elaine Kirchen (41,NY)	17 Dec 83
	1:57:41ad	Cindy Dalrymple (41,NY)	20 Mar 83
20 mi		no ratifiable marks	
marathon	2:43:36d	Cindy Dalrymple (40,NY)	26 Sep 82
	2:39:11ad	Miki Gorman (41,CA)	24 Oct 76
50 km	3:48:07pd	Sue Medaglia (44,NY)	16 Sep 79
50 mi	6:24:19d	Sandra Kiddy (44,CA)	3 May 81
100 km	8:53:49pd	Sue Medaglia (44,NY)	4 May 80
100 mi	18:11:08pd	Anna Thornhill (43,NY)	17 Jun 84

Women- 45 thru 49

8 km	30:47yd	Kathryn Gifford (47,MA)	25 Nov 82
10 km	36:29r	Mila Kania (49,NY)	5 Oct 80
15 km	58:18r	Dorothy Stock (48,CA)	6 Dec 80
10 mi	1:03:29d	Joan Reiss (45,CA)	9 Jan 83
20 km	1:20:13r	Dorothy Stock (48,CA)	21 Sep 80
hf mara	1:24:07	Dorothy Stock (47,CA)	4 Jul 80
25 km	1:45:51pd	Karen Holappa (45,MI)	8 May 82
30 km	2:05:31pd	Sandra Kiddy (46,CA)	29 Oct 83
20 mi		no ratifiable marks	

Continued on Next Column

Abbreviations

a	point-to-point course
d	pending verification of date of birth by birth certificate
p	pending remeasurement of the course or receipt of stopped times
r	ratifiable mark, course measured by person of known competency
v	validation completed, usually by remeasurement
y	mark established at 5 miles rather than 8 kilometers

marathon	2:53:22	Sandra Kiddy (45,CA)	11 Jul 82
50 km	3:32:34d	Sandra Kiddy (47,CA)	17 Dec 83
50 mi	6:09:09d	Sandra Kiddy (47,CA)	1 Apr 84
100 km	7:59:59d	Sandra Kiddy (45,CA)	3 Oct 82
100 mi	15:55:17pd	Sue Medaglia (48,NY)	17 Jun 83

Women- 50 thru 54

8 km	30:47ypd	Marion Irvine (54,CA)	14 Jan 84
10 km	37:43d	Marion Irvine (52,CA)	31 May 82
15 km	57:52pd	Marion Irvine (54,CA)	8 Apr 84
10 mi	1:03:46	Marion Irvine (53,CA)	9 Jan 83
20 km	1:26:25pd	Marion Irvine (53,CA)	22 Jan 83
hf mara	1:23:16d	Marion Irvine (52,CA)	25 Oct 81
25 km	2:01:00pd	Peggy Ann Steig (52,MI)	8 May 82
30 km	2:15:05pd	Margarete Deckert (50,NY)	17 Dec 83
20 mi	2:30:43pd	Toshiko D'Elia (54,NJ)	26 Feb 84
marathon	2:52:02d	Marion Irvine (54,CA)	12 May 84
	2:51:01apd	Marion Irvine (54,CA)	4 Dec 83
50 km	5:33:06pd	Jan Newhart (52,HI)	25 Mar 80
50 mi	7:10:58pd	Ruth Anderson (50,CA)	17 Feb 80
100 km	17:39:18d	Myra Linden (53,IL)	27 Dec 81

Women- 55 thru 59

8 km	32:42yd	Margaret Miller (57,CA)	22 Oct 83
10 km	40:52pd	Helen Dick (58,CA)	12 Sep 82
15 km	1:04:48	Margaret Miller (57,CA)	28 May 83
10 mi	1:13:02pd	Mary Storey (56,CA)	17 May 80
20 km	1:29:22pd	Margaret Miller (58,CA)	25 Mar 84
hf mara	1:28:42d	Margaret Miller (58,CA)	26 Aug 84
	1:28:39pd	Margaret Miller (56,CA)	20 Jun 82
25 km	1:52:46d	Mary Storey (55,CA)	2 Mar 80
30 km	2:19:00pd	Helen Dick (55,CA)	10 May 80
20 mi	3:26:23pd	Audrey Jacobson (55,NY)	26 Feb 84
	2:47:07a	Adele Milicevic (55,AZ)	24 Jan 82
marathon	3:07:21	Margaret Miller (56,CA)	11 Jul 82
50 km	6:13:42pd	Carmen Haney (58,VA)	13 Mar 82
50 mi	9:28:57pd	Helen Klein (59,KY)	27 Mar 82

Women- 60 thru 64

8 km	37:58d	Harriet Weber (60,MI)	30 Oct 82
10 km	45:10d	Patricia Dixon (63,OR)	29 Aug 82
	45:01a	Jaclyn Caselli (61,CA)	27 Feb 83
15 km	1:12:46	Patricia Dixon (63,OR)	27 Jun 82
10 mi	1:20:29pd	Jaclyn Caselli (62,CA)	28 Aug 83
20 km	1:36:31pd	Patricia Dixon (63,OR)	10 Apr 82
hf mara	1:39:01d	Helen Dick (60,CA)	26 Aug 84
25 km	2:08:39pd	Jean Price (61,MA)	13 Jun 82
30 km	2:54:13pd	Mary Rodriguez (62,NY)	17 Dec 83
	2:35:22a	Althea Wetherbee (61,NY)	25 Jan 81
20 mi	3:09:36pd	Mary Rodriguez (62,NY)	26 Feb 84
	2:48:19a	Althea Wetherbee (61,NY)	25 Jan 81
marathon	3:31:24pd	Marcie Trent (63,AK)	10 May 81
50 km	5:00:29pd	Josephine Hess (64,WA)	25 Apr 82
50 mi	9:01:38pd	Helen Klein (61,KY)	19 Feb 84
100 km	13:01:43d	Helen Klein (60,KY)	2 Oct 83

Women- 65 thru 69

8 km	39:33r	Edna Laflin (65,AZ)	27 Aug 83
10 km	47:55r	Kay Atkinson (65,CA)	31 May 82
15 km	1:22:08	Josephine Hess (65,WA)	26 Jun 83
	1:21:38pd	Algene Williams (68,IL)	20 May 84
10 mi	1:30:49	Pearl Mehl (68,CO)	31 Jul 82
	1:29:47d	Algene Williams (67,IL)	5 Sep 83
20 km	1:49:39pd	Algene Williams (67,IL)	24 Sep 83
hf mara	1:49:47pd	Evelyn Havens (65,NY)	15 Nov 81
25 km	2:49:01pd	Adeline Baptista (65,MA)	12 Jun 83
30 km	2:47:51p	Edna Laflin (65,AZ)	29 Oct 83
20 mi		no ratifiable marks	
marathon	3:49:27pd	Marcie Trent (65,AK)	8 May 83
	3:47:24a	Marcie Trent (65,AK)	18 Apr 83
50 km	5:11:50pd	Josephine Hess (65,WA)	24 Apr 83

Women- 70 thru 74

8 km	47:57pd	Bess James (74,CA)	8 Oct 83
10 km	53:32pd	Leona Lugers (74,MI)	12 Sep 81
15 km	1:31:29pd	Anne Clarke (71,IL)	16 Aug 81
10 mi	1:34:57d	Anne Clarke (73,IL)	5 Sep 83
20 km	1:54:47pd	Leona Lugers (74,MI)	23 May 81
hf mara	2:20:15	Bess James (73,CA)	4 Jul 83
25 km	2:51:54d	Bess James (73,CA)	19 Sep 82
30 km	3:40:33a	Veallon Hixson (74,AZ)	30 Oct 82
20 mi		no ratifiable marks	
marathon	4:37:37	Mavis Lindgren (72,CA)	9 Sep 79

Women- 75 thru 79

8 km	50:22d	Veallon Hixson (75,AZ)	23 Jan 83
10 km	53:40pd	Leona Lugers (75,MI)	11 Sep 82
15 km	1:53:47d	Mia Wilshusen (78,AZ)	22 Nov 81
10 mi	1:50:11d	Veallon Hixson (75,AZ)	2 Apr 83
20 km	1:56:25pd	Leona Lugers (75,MI)	22 May 82
hf mara		no marks	
25 km		no marks	
30 km		no marks	
20 mi		no marks	
marathon	4:56:30d	Mavis Lindgren (75,CA)	3 Oct 82
	4:41:45apd	Ida Mintz (75,IL)	26 Apr 81

Continued on Page 32

TRACK & FIELD RESULTS

Please send masters meet results to NATIONAL MASTERS NEWS, PO BOX 2372 VAN NUYS CA 91404. If possible, please type single space with minimum of white space.

RESULTS OF 2ND SOUTHAMERICAN MASTERS

TRACK & FIELD CHAMPIONSHIPS

SITE : IBIRAPUERA STADIUM, SAO PAULO, BRASIL - (8 Lanes Tartan Track)

DATES : September 13, 14 and 15, 1984.

100 METERS - MEN: (40-44) 1. Zildo Bueno - 11:63 Brasil; 2. Vicente de Paula - 11:84 Brasil; 3. Kenji Miyamura - 12:00 Brasil. (45-49) 1. Jaime Agut - 11:43 Brasil; 2. Chao Shu Yu - 11:51 Brasil; 3. Germán Valdés M. - 12:70 Chile. (50-54) 1. Juan Caravario Venacio - 12:57 Argentina; 2. Jorge Gutierrez - 12:66 Chile; 3. Ryogo Faruya - 13:50 Brasil. (55-59) 1. Ossamu Wada - 12:38 Brasil; 2. Yoshiyuki Shimizu - 13:05 Brasil; 3. Jose Figueiras - 13:19 Uruguay. (60-64) 1. Walter Foster - 13:64 Brasil; 2. Massayuki Harada - 13:76 Brasil; 3. Mario Carneiro - 13:92 Brasil. (65-69) 1. Takeru Ussami - 14:15 Brasil; 2. Jens Madsen - 14:38 Argentina; 3. Yoshikata Ide - 14:61 Brasil. (70-74) 1. Carlos Diaz - 15:58 Chile; 2. Odair Credidio - 15:67 Brasil; 3. Matsuo Furumo - 16:12 Brasil. (75-79) 1. Nobuo Obayashi - 17:50 Brasil. (80-84) 1. Juan Collado - 19:91 Chile.

WOMEN: (35-39) 1. Elizabeth Candido - 13:08 Brasil; 2. Ester Cabrie - 14:19 Chile; 3. Maria Collis - 14:31 Brasil. (40-44) 1. Shirley Batista - 12:83 Brasil; 2. Vera Silva - 13:27 Brasil; 3. Sakito Honda - 15:00 Brasil. (45-49) 1. Sumiko Imoto - 13:70 Brasil; 2. Adriana Silva - 14:66 Chile; 3. Margarita Gonzalez - 15:10 Chile. (50-54) 1. Eliana Gaete - 14:16 Chile; 2. Mohoko Kanegawa - 15:22 Brasil; 3. Carmosina Naza - 16:03 Brasil. (55-59) 1. Yaeko Gondo - 17:86 Brasil; 2. Maria Alves - 18:59 Brasil; 3. Kiyoka Akiyama - 19:60 Brasil. (60-64) 1. Eiko Oki - 17:16 Brasil; 2. Mery Garcia - 17:30 Colombia. (65-69) 1. Lily Mac Leod - 20:66 Chile.

200 METERS - MEN: (40-44) 1. Karlheinz Blutmuller - 24:34 Brasil; 2. Zildo Bueno - 24:58 Brasil; 3. Vicente de Paula - 24:99 Brasil. (45-49) 1. Jaime Agut - 24:36 Brasil; 2. Chao Shu Yu - 24:93 Brasil; 3. Hector Curin - 26:02 Argentina. (50-54) 1. Juan Caravario - 26:63 Argentina; 2. Jorge Gutierrez - 26:74 Chile; 3. Guilherme Ferreira - 27:15 Brasil. (55-59) 1. Exuperio Borges - 25:77 Brasil; 2. Yoshiyuki Shimizu - 27:06 Brasil; 3. Jose Figueiras - 27:54 Uruguay. (60-64) 1. Walter Foster - 27:83 Brasil; 2. Harayuki Harada - 28:78 Brasil; 3. Massayuki Harada - 29:38 Brasil. (65-69) 1. Jens Madsen - 30:10 Argentina; 2. Antonio Antunes - 30:38 Brasil; 3. Yoshitaka Ide - 30:83 Brasil. (70-74) 1. Carlos Diaz - 32:06 Chile; 2. Mitsuo Komura - 32:45 Brasil; 3. Matsuo Furumo - 36:31 Brasil. (75-79) 1. Sadami Maruyama - 32:81 Brasil; 2. Nobuo Obayashi - 40:14 Brasil. (80-84) 1. Juan Collado - 44:31 Chile.

WOMEN: (35-39) 1. Maria A. Jorge - 31:25 Brasil; 2. Magaly Videla - 31:32 Chile; 3. Rubi Bravo - 31:61 Chile. (40-44) 1. Shirley Batista - 27:74 Brasil; 2. Vera Silva - 28:14 Brasil; 3. Maria Carolina Derpo - 34:11 Colombia. (45-49) 1. Sumiko Imoto - 29:81; 2. Margarita Gutierrez - 33:09 Chile; 3. Mikiko Nishida - 33:53 Brasil. (50-54) 1. Eliana Gaete - 30:61 Chile; 2. Mihoko Kanegawa - 38:84 Brasil; 3. Toshie Kikuti - 33:86 Brasil. (55-59) 1. Yaeko Gondo - 37:59 Brasil; 2. Maria Alves - 39:44 Brasil. (60-64) 1. Eiko Oki - 38:01 Brasil; 2. Mery Garcia - 38:59 Colombia; 3. Mieke Ide - 41:03 Brasil.

400 METERS - MEN: (40-44) 1. Zildo Bueno - 54:00 Brasil; 2. Amaro Barbarini - 55:32 - Brasil; 3. Oscar Aguilera - 56:38 Chile. (45-49) 1. Nelson Gomes - 54:53 Brasil; 2. Paulo Siqueira - 55:11 Brasil; 3. Carlos Mota - 56:20 Brasil. (50-54) 1. Carlos Odrizola - 59:11 Uruguay; 2. Adolfo Guajardo - 59:89 Chile; 3. Nilson Ferreira - 1:01:09 - Brasil. (55-59) 1. Exuperio Borges - 57:52 Brasil; 2. Saiti Araki - 1:03:13 Brasil; 3. Angel Martinez - 1:03:30 Argentina. (60-64) 1. Walter Ramos - 1:03:82 Brasil; 2. Mario Carneiro - 1:04:25 Brasil; 3. Haruyuki Harada - 1:06:43 Brasil. (65-69) 1. Shizuo Nakamura - 1:08:98 Brasil; 2. Elio Bertolchi - 1:12:11 Brasil; 3. Hirotari Takagui - 1:13:11 Brasil. (70-74) 1. Shinetsu Kinuchi - 1:10:49 Brasil; 2. Mitsuo Komura - 1:13:87 Brasil; 3. Renato dos Santos - 1:18:21 Brasil. (75-79) 1. Sadami Maruyama - 1:17:76 Brasil. (80-84) 1. Juan Collado - 1:45:20 Chile. (90-94) 1. Carlo Mastioti - 3:35:36 - Brasil.

WOMEN: (35-39) 1. Rubi Bravo - 1:08:61 Chile; 2. Teresa Souza - 1:19:13 Brasil; 3. Ilda Ioshiko - 1:20:67 Brasil. (40-44) 1. Vera A. Silva - 1:02:62 Brasil; 2. Jovita Castillo - 1:11:90 Chile; 3. Issato Isuka - 1:14:60 Brasil. (45-49) 1. Margarita Gonzalez - 1:21:24 Chile; 2. Mi Watanabe - 1:25:22 Brasil; 3. Mitsu Ileda - 1:29:15 Brasil. (50-54) 1. Eliana Gaete - 1:10:07 Chile; 2. Celia Kissner - 1:16:80 Argentina; 3. Toshie Kikuti - 1:19:06 Brasil. (55-59) 1. Emilia Garcia - 1:26:47 Colombia; 2. Maria Alves - 1:31:73 Brasil. (60-64) 1. Eiko Oki - 1:40:43 Brasil.

800 METERS - MEN: (40-44) 1. Milton Amaral - 2:06:46 Brasil; 2. Geraldo Zeferino - 2:11:37 Brasil; 3. Oscar Aguilera - 2:12:20 Chile. (45-49) 1. Nelson Gomes - 2:07:24 Brasil; 2. Paulo Siqueira - 2:08:00 Brasil; 3. Jorge I. Lemos - 2:09:66 Argentina; (50-54) 1. Hector Paul - 2:13:26 Chile; 2. Carlos Odrizola - 2:21:60 Uruguay; 3. Adolfo Guajardo - 2:24:10 Chile. (55-59) 1. Exuperio Borges - 2:17:22 Brasil; 2. Gregorio de Souza - 2:20:98 Brasil; 3. Jorge Andrade - 2:23:62 Chile. (60-64) 1. Cicero G. dos Santos - 2:30:64 Brasil; 2. Mario Carneiro - 2:33:57 Brasil; 3. Samuel Ojeda - 2:34:41 Chile. (65-69) 1. Shizuo Nakamura - 2:44:93 Brasil; 2. Ricardo Crappaselli - 2:47:07 Argentina; 3. Elio Bertoldi - 2:50:00 Brasil. (70-74) 1. Hayashi Sato - 3:15:10 Brasil; 2. Renato I. dos Santos - 3:18:28 Brasil; 3. Cesar Casereti - 4:02:56 Uruguay. (75-79) 1. Hiroshi Hiramatsu - 3:07:10 Brasil; 2. Sadami Maruyama - 3:10:09 Brasil; (80-84) 1. Juan Collado - 4:59:92 Chile.

WOMEN: (35-39) 1. Maria Botega - 2:49:72 Brasil; 2. Teresa de Souza - 3:13:29 Brasil. (40-44) 1. Jovita Castillo - 2:54:49 Chile; 2. Emilia Fukuda - 2:56:16 Brasil; 3. Nadir Rolim - 2:58:31 Brasil. (45-49) 1. Alice Corazza - 3:14:01 Brasil; 2. Leticia Silva - 3:18:00 Brasil. (50-54) 1. Celia Kissner - 2:55:97 Argentina; 2. Rosa Fujiki - 3:08:31 Brasil; 3. Yae Natsumi - 3:16:80 Brasil. (55-59) 1. Emilia Garcia - 3:19:25 Colombia; 2. Kimiko Miyahara - 3:39:68 Brasil. (60-64) 1. Mieke Ide - 3:49:00 Brasil.

1.500 METERS - MEN: (40-44) 1. Milton Amaral - 4:19:74 Brasil; 2. Geraldo F. Zeferino - 4:24:08 Brasil; 3. Jose da Rocha - 4:27:68. (45-49) 1. Jorge Lemos - 4:35:10 Argentina; 2. Bernardo Restrepo - 4:38:10 Colombia; 3. Raul Ramos - 4:39:48 Brasil. (50-54) 1. Hector Paul - 4:32:30 Chile; 2. Albano Ariza - 4:39:38 Colombia; 3. Antonio Damasceno - 4:40:63 Brasil. (55-59) 1. Gregorio de Souza - 4:48:38 Brasil; 2. Job Ferreira - 4:49:71 Brasil; 3. Jorge Andrade - 4:50:68 Chile. (60-64) 1. Cicero Germano Santos - 5:08:52 Brasil; 2. Tsunesuke Tomita - 5:12:01 Brasil; 3. Samuel Ojeda - 5:17:58

Chile. (65-69) 1. Shizuo Nakamura - 5:43:76 Brasil; 2. Ricardo Ciaparelli - 5:47:32 Argentina; 3. Elio Bertoldi - 5:48:11 Brasil. (70-74) 1. Hayashi Sato - 6:55:27 Brasil; 2. Renato dos Santos - 7:29:96 Brasil; 3. Rubens Leite - 9:36:88 Brasil. (75-79) 1. Hiroshi Hiramatsu - 6:27:76 Brasil; 2. Germen Perez - 6:41:36 Argentina; 3. Takejiro Tanaka - 7:43:16 Brasil.

WOMEN: (35-39) 1. Stefania Vernier - 5:23:41 Brasil; 2. Maria Antomires - 5:52:48 Brasil. (40-44) 1. Neide Galvani - 6:02:00 Brasil; 2. Jovita Castillo - 6:07:70 Chile; 3. Emilia Fukuda - 6:10:51 Brasil. (45-49) 1. Lenira Regupe - 5:37:48 Brasil; 2. Leticia Kinimura - 7:06:23 Brasil. (50-54) 1. Celia Kissner - 6:00:19 Argentina; 2. Rosa Fujiki - 6:43:25 Brasil; 3. Carmela de Luca - 6:52:01 Brasil. (55-59) 1. Emilia Garcia - 6:58:00 Colombia; 2. Kimiko Miyahara - 7:34:46 Brasil; 3. Monako Motoya - 7:47:00 Brasil.

5.000 METERS: (50-54) 1. Ramon Bedoya - 17:28:97 Argentina; 2. Antonio Damasceno - 17:29:10 Brasil; 3. Takeo Kimura - 18:27:54 Brasil. (55-59) 1. Job Ferreira - 18:23:30 Brasil; 2. Aristides Lopez - 19:37:07 Brasil. (60-64) 1. Tsunesuke Tomita - 20:22:00 Brasil; 2. Osorio Pajardo - 21:17:00 Brasil. (65-69) 1. Amaldi Lisboa - 19:35:00 Brasil; 2. Alfredo D. Monteros - 20:47:00 Argentina; 3. Mario Pasquinelli - 21:15:00 Brasil. (70-74) 1. Jose de Nicolo - 23:43:00 Brasil; 2. Hayashi Sato - 25:07:00 Brasil; 3. Lidio Busoli - 26:57:00 Brasil. (75-79) 1. Hiroshi Hiramatsu - 24:11:00 Brasil; 2. Germen Perez - 24:12:00 Argentina; 3. Takejiro Tanaka - 27:42:00 Brasil.

10.000 METERS - MEN: (40-44) 1. Jospe Barros - 33:21:55 Brasil; 2. Antonio Viana Silva - 33:52:55 Brasil; 3. Daniel Teixeira - 34:06:00 Brasil. (45-49) 1. Florentino Alves - 34:49:11 Brasil; 2. Jose Martins - 37:34:7 Brasil; 3. Antonio Aniscio - 39:14:6 Brasil; (50-54) 1. Jesus P. Morales - 34:37:00 Argentina; 2. Antonio Damasceno - 35:02:8 Brasil; 3. Román Bedoya - 35:28:00 Argentina. (55-59) 1. Job Ferreira - 38:04:9 Brasil; 2. Jose Algarvio - 38:52:00 Brasil; 3. Hector Rodriguez - 48:09:00 Argentina. (60-64) 2. Isao Shigematsu - 42:52:00 Brasil; 2. Osorio Pajardo - 43:58:3 Brasil; 3. Mario Guiliano - 45:25:3 Argentina. (65-69) 1. Amaldi Lisboa - 40:21:2 Brasil; 2. Rui Barbosa - 42:32:0 Brasil; 3. Alfredo Monteros - 44:03:00 Argentina. (70-74) 1. Lidio Busoli - 55:44:0 Brasil. (75-79) 1. Germen Perez - 50:19:3 Argentina; 2. Takejiro Tanaka - 55:47:00 Brasil; 3. Cesar Armelli - 59:18:00 Brasil.

MARATHON 21 KM.: (40-44) 1. Jose Barros - 1:07:22" Brasil; 2. Elito Alves - 1:09:35" Brasil; 3. Daniel Teixeira - 1:10:18" Brasil. (45-49) 1. Florentino Alves - 1:13:03" Brasil; 2. Jose Martins - 1:16:30" Brasil; 3. Braz Ferro - 1:19:32" Brasil. (50-54) 1. Jesus P. Morales - 1:12:14" Argentina; 2. Bedoja Camon - 1:12:16" Argentina; 3. Takeo Kimura - 1:17:20" Brasil. (55-59) 1. Alvaro de Lima - 1:17:16 Brasil; 2. Job Ferreira - 1:17:35 Brasil; 3. Antonio Ribeiro - 1:20:58 Brasil. (60-64) 1. Tsunesuke Tomita - 1:26:05 Brasil; 2. Isao Shigematsu - 1:29:05 Brasil; 3. Stefano Silvio - 1:31:11 Brasil. (65-69) 1. Amaldi Lisboa - 1:24:27 Brasil; 2. Rui Barbosa - 1:28:32 Brasil; 3. Francisco Mautinho - 1:35:29 Brasil. (70-74) 1. Jose de Nicolo - 1:56:41 Brasil; 2. Raulino Cercal - 2:11:19 Brasil. (75-79) 1. Gerner Perez - 1:49:36 Argentina; 2. Cesar Armelli - 2:10:54 Brasil.

3.000 METERS STEEPLECHASE: (40-44) 1. Jose da Rocha - 10:50:81 Brasil; 2. Pedro Suarez - 11:02:13 Colombia; 3. Santiago Tourreilles - 16:27:40 Uruguay. (50-54) 1. Erwin Rush - 11:49:74 Brasil; 2. Joao Domingos - 12:31:54 Brasil. (55-54) 1. Manuel Ferreira - 11:45:00 Brasil; 2. Geraldo Rocha - 12:20:11 Brasil; 3. Carlos Correa - 13:04:00 Brasil. (55-59) 1. Hiroshi Hinuma - 14:16:00 Brasil.

80 METERS HURDLES - MEN: (70-74) 1. Carlos Diaz 18:04 Chile; 2. Koiti Nishitani - 18:33 Brasil.

WOMEN: (40-44) 1. Shirley Batista - 13:41 Brasil; 2. Helga Schwinghammer - 14:98 Chile. (45-49) 1. Adriana Silva - 15:49 Chile. (50-54) 1. Wanda dos Santos - 13:90 Brasil; 2. Carmosina Nazareth - 18:44 Brasil.

100 METERS HURDLES - MEN: (60-64) 1. Takeshi Watanabe - 20:14 Brasil; 2. Saul Pelaez - 20:17 Colombia; 3. Massao Ishia - 21:92 Brasil. (65-69) 1. Frederico Fischer - 19:70 Brasil.

110 METERS HURDLES: (40-44) 1. Karlheinz Blutmuller - 15:95 Brasil; 2. Oscar de Almeida - 17:98 Brasil; 3. Teobaldo Baquedano - 19:79 Chile. (45-49) 1. Arthur Palma - 19:36 Brasil; 2. Luis Kohler - 19:56 Chile; 3. Tamotsu Nishida - 19:61 Brasil. (50-54) 1. Akira Kikuchi - 19:80 Brasil; 2. Guilherme Ferreira - 19:89 Brasil; 3. Jorge Alzamora - 20:48 Chile. (55-59) 1. Aldo Ribeiro - 21:48 Brasil; 2. Mamoru Ussami - 22:76 Brasil; 3. Sixto Retamal - 22:97 Chile.

400 METERS HURDLES: (40-44) 1. Amaro Barbarini - 59:88 Brasil; 2. Oscar Almeida - 1:03:38 Brasil; 3. Karlheinz Blutmuller - 1:04:91. (45-49) 1. Jaime Agut - 1:01:73 Brasil; 2. Patricio Weitz - 1:04:31 Chile; 3. Carlos Mota - 1:09:44 Brasil. (50-54) 1. Guilherme Ferreira - 1:06:85 Brasil; 2. Adolfo Guajardo - 1:08:20 Chile; 3. Francisco Calao - 1:11:67 Colombia. (55-59) 1. Gregorio de Souza - 1:08:44 Brasil; 2. Pedro Ramis - 1:12:66 Chile; 3. Jose Figueiras - 1:14:99 Uruguay. (60-64) 1. Luiz Correa - 1:16:39 Brasil; 2. Takeshi Watanabe - 1:16:54 Brasil; 3. Massao Ishida - 1:20:31 Brasil. (65-69) 1. Frederico Fischer - 1:21:59 Brasil; 2. Ricardo Crapparelli - 1:27:82 Argentina. (70-74) 1. Koichi Nishitani - 1:31:38 Brasil.

HIGH JUMP - MEN: (40-44) 1. Yukiya Yoshigawa - 1.45m Brasil; 2. Goro Honda - 1.45m Brasil; 3. Gilson Nogueiro - 1.45m Brasil. (45-49) 1. Abtur Palma - 1.60 Brasil; 2. Fermiano de Almeida - 1.60m Brasil; 3. Benedito Bergami - 1.40m Brasil. (50-54) 1. Jose Goncalves - 1.45m Brasil; 2. Hajime Nakajima - 1.45m Brasil; 3. Ernesto Rubens -

1.40m Brasil. (55-59) 1. Odilon Dias - 1.45m Brasil; 2. Shimizu - 1.35m Brasil; 3. Alfonso Silva - 1.30m Chile. (60-64) 1. Pedro Sebastiao - 1.45m Brasil; 2. Saul Pelaez - 1.40m Colombia; 3. Alfredo Eross - 1.30m Brasil. (65-69) 1. Shoit Ishio - 1.35m Brasil; 2. Takeru Ussami - 1.25m Brasil; 3. Hiroto Takagui - 1.25m Brasil. (70-74) 1. Lucio de Castro - 1.25m Brasil; 2. Francisco Vaz - 1.10m Brasil.

WOMEN: (35-39) 1. Magaly Videla - 1.32m Chile; 2. Marly Velardo - 1.05m Brasil; 3. (40-44) 1. Helga Schwinghammer - 1.35m Chile; 2. Fumi Suzuki - 1.20m Brasil; 3. Sakito Honda - 1.05m Brasil. (45-49) 1. Adriana Silva - 1.29m Chile; 2. Smiliana Dezu Iovic - 1.29m Chile; 3. Lidia Cavalli - 0.95m Brasil. (50-54) 1. Wanda Santos - 1.26m Brasil; 2. Pablina Jara - 1.10m Chile; 3. Carmosina Nazareth - 1.05m Brasil. (55-59) 1. Molly Hofmann - 1.05m Chile; 2. Maria Ferreira - 0.95m Brasil; 3. Kiyoka Akiyama - 0.95m Brasil.

POLE VAULT: (40-44) 1. Tatsuo Kajiyama - 3.05m Brasil; 2. Roberto Del Bosco - 2.70m Brasil. (45-49) 1. Tamotsu Nishida - 3.20m Brasil; 2. Wilson Marcondes - 2.60m Brasil; 3. Haruki Sito - 2.50m Brasil. (50-54) 1. Adolfo Vargas - 2.70m Brasil; 2. Olmes Appendino - 2.60m Argentina; 3. Jorge Alzamora - 2.20m Chile. (55-59) 1. Mamoru Ussami - 2.70m Brasil. (60-64) 1. Tatsuki Ogushi - 2.70m Brasil; 2. Takeshi Watanabe - 2.60m Brasil; 3. Saul Pelaez - 2.50m Colombia. (65-69) 1. Hirotaro Takagui - 1.90m Brasil. (70-74) 1. Moacir Braga - 1.50m Brasil.

Continued on Next Page

***INTERNATIONAL VETERANS
TRACK AND FIELD MEET 1984***
OCTOBER 20,21; WANCHAI
SPORTS GROUND, HONG KONG

100 METRES - Men

M35	
M. Orow (Sabah)	11.36
J. Anderson	12.11
Y.W. Law	12.36
K.T. Yeung	12.68
W.K. Yeung	13.13
K.S. Lui	13.46
K.W. Chu	14.25
M40	
S. Khanna (India)	12.16
A.M. Kushalappa (India)	12.52
R. Lloyd	12.67
D. Morrison	13.69
A. Hansmire	13.90
F. Castle	14.56
W. Trimble	14.83
M45	
P. Ferry	13.20
P. Dickinson	13.51
P. Yap	14.67
R. Hobbs	14.87
M50	
T. Merican (Malaysia)	12.41
R. Bruce	13.80
M.H. Chan	14.01
D. Rosser	16.38
M55	
J. Mason	16.56
M60	
J. Mogunting (Sabah)	14.33
Dasarath Ras (India)	14.42
W. Cheong	16.41
M70	
N. Puran Chandra Singh (India)	15.34
M75	
C.C. Ying (Taiwan)	25.63

100 METRES - WOMEN

W40	
G. Barnabas (Sing.)	14.05
W45	
Nirmala Krishna (India)	22.01
W50	
D. Victor (India)	15.64
T. Leb (Aust.)	16.26

200M

M35	
M. Orow (Sabah)	22:95
J. Anderson	24:48
Law Y.W.	25:34
Yeung K.T.	25:57
Tam C.K.	26:81
Lui K.S.	27:62
Chu K.W.	30:50
M40	
Surinder Khanna (India)	24:00
R. Lloyd	25:62
T. Bell	26:37
A. Hansmire	27:54
F. Castle	28:48
Yu T.C.	28:58
W. Trimble	29:62
M45	
P. Ferry	26:99
P. Dickinson	27:24
R. Connell	28:18
R. Hobbs	30:05

M50	
T. Merican (Malaysia)	24:93
Chan M.H. (Sing.)	28:23
R. Bruce	29:70
D. Rosser	32:96
M55	
J. Mason	32:99
M60	
Dasarath Ras (India)	30:4
J. Mogunting (Sabah)	40:65
M70	
N. Puran Chandra-Singh (India)	31:15
M75	
Ying C.C. (Taiwan)	40:47
W40	
G. Barnabas (Sing.)	28:48
W50	
D. Victor (India)	32:89
T. Leb (Aust.)	33:89

400 Metres

M35	
M. Orow (Sabah)	53.84
J. Anderson	56.87
M40	
Surinder Khanna (India)	55.97
T. Bell	58.19
N. Honeyman	1' 01.52
T. Gover	1' 01.63
A. Hansmire	1' 02.34
W. Trimble	1' 06.80
P. Collison	1' 07.74
M45	
P. Dickinson	1' 03.08
D.S. Kler (Sabah)	1' 05.90
R. Hobbs	1' 07.80
K.K. Leung	1' 13.44

M50	
Hari Chandra (Sing.)	56.77
M. H. Chan (Sing.)	1' 04.63
D. Rosser	1' 10.40
M55	
J. Mason	1' 12.68

M60	
Dasarath Rao (India)	1' 08.96
B.C. Lee (Sing.)	1' 17.50
M70	
Puran Chandra Singh	1' 17.25

W40	
G. Barnabas (Sing.)	1' 06.63
W50	
T. Leb (Aust.)	1' 20.22
D. Victor (India)	1' 21.81

800 METRES

M35	
P. Govind (Sabah)	2' 05.76
P. Keeping	2' 22.58
C.K. Tam	2' 23.44

M40	
R. Dahlberg (N.Z.)	2' 10.19
S. Wahab (Sabah)	2' 10.56
C. Kellogg	2' 12.22
R. Harris (N.Z.)	2' 13.25
T. Bell	2' 20.58
C. Villiers	2' 22.52
D. Booth (Aust.)	2' 24.83
A. Hansmire	2' 30.11
I. Griffiths	2' 30.94
D. Collison	2' 37.83
W. Trimble	2' 42.17

M45	
A. Jameson	2' 22.15
D.S. Kler (Sabah)	2' 26.70
S.D. Sharma (India)	2' 39.00
J. Lane	2' 42.53

M50	
C.L. Siak (Sing.)	2' 18.94
M.H. Chan (Sing.)	2' 33.80
D. Rosser	2' 37.80

M55	
J. Mason	2' 47.47
J. Stonham	3' 06.54

M60	
B.C. Lee (Sing.)	3' 15.52

M75	
H.P. Lai (Taiwan)	6' 00.35
C.C. Ying (Taiwan)	6' 01.37

W35	
L. Sutherland (Sing.)	2' 46.99

W40	
M. Brooke	2' 45.32

1500 Metres

M35	
P. Govind (Sabah)	4' 22.99
R. Black	4' 28.79
K.S. Cheung	4' 59.16
P. Keeping	5' 12.85
Y.K. Yeung (Sing.)	5' 19.30

M40	
R. Dahlberg (N.Z.)	4' 16.82
C. Kellogg	4' 19.81
S. Wahab (Sabah)	4' 26.24
A. Gover	4' 30.29
T. Flett	4' 31.49
M. Carrington	4' 36.49
B. Purves	4' 41.69
R. Harris (N.Z.)	4' 44.30
C. Villiers	4' 49.98
D. Booth	4' 56.54
J. Allen	5' 03.54
D. Collison	5' 04.82
A. Hansmire	5' 07.74
W. Trimble	5' 27.18

M45	
G. Wyburn	4' 56.54
S.D. Sharma (India)	5' 13.58
J. Lane	5' 18.62

M50

C.L. Siak (Sing.)	4' 54.38
D. Rosser	5' 03.23
D. Holdroyd	5' 14.73
M.H. Chan (Sing.)	5' 16.90

M55

J. Mason	5' 20.48
P.S. Tong	5' 51.77
J. Stonham	6' 05.29

M60

B.C. Lee (Sing.)	6' 33.24
T.C. Hsieh (Taiwan)	6' 34.84

M75

H.P. Lai (Taiwan)	12' 19.36
C.C. Ying (Taiwan)	12' 19.78

W40

M. Brooke	5'28.61
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W50

D. Victor (India)	8'10.61
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5000 Metres

M35	
R. Black	16' 47.63
M. Wray	17' 41.68
R. Forth	18' 36.19

M40

R. Dahlberg (N.Z.)	16' 00.52
T. Flett	16' 57.86
M. Carrington	17' 09.34
A. Gover	17' 29.35
R. Harris	17' 39.17
B. Purves	17' 50.78
D. Booth	18' 26.17

M45

G. Wyburn	17' 42.31
I. Sutherland (Sing.)	18' 12.12
A. Jameson	18' 36.60
J. Lane	18' 53.33
C.K. Lee	18' 56.00
S.D. Sharma (India)	19' 50.35

M50

D. Rosser	17' 46.69
D. Holdroyd	19' 21.24
M.H. Chan (Sing.)	20' 19.89
F.M. Yam	21' 03.06
C.O. Fung	21' 46.62
W.F. Tse	24' 35.08

M55

T. Horne	18' 50.48
J. Mason	19' 22.12
C.M. Lee	21' 23.71
J. Stonham	22' 16.94
K. So	23' 14.00

M60

B.C. Lee (Sing.)	23' 45.26
T.C. Hsieh (Taiwan)	23' 58.38
W. Cheung	25' 04.60

M75

C.C. Ying (Taiwan)	34' 45.80
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3000 Metres

W40	
M. Brooke	11' 49.05
W. Timmins (N.Z.)	13' 35.59

5000 METRES INVITATIONAL RACE

Men

Tim Soutar	15' 41.82
Leung Shiu Ming	15' 51.96
Lee Kar Leung	16' 41.17
C. Kellogg	16' 48.00
Ng Fai Yeung	17' 11.72
Tung Kam Wai	18' 10.94
Wong Sai Hing	19' 04.01
Leung Chi Man	19' 44.41

WOMEN

Yuko Gordon	16' 52.56
Sheila Purves	17' 05.33
Rita Wong	18' 51.95
Chiu Pik Kwan	19' 30.54
Pat Lau	20' 24.16

HIGH JUMP

M35

M. Orow (Sabah)	1.68
P.M. Untala (Sabah)	1.55
K.S. Lui	1.50

M40

A.M. Krisnalappa	1.65
A.Y. Wong	1.50
T. Bell	1.35

M45

P. Muller (Aust.)	1.40
M50	
T. Merican (Malaysia)	1.40
Duli Chand (India)	1.25

LONG JUMP - WOMEN

W50

D. Victor (India)	3' 22
Jamuna Devi (India)	2' 77

TRIPLE JUMP - MEN

M35

P.M. Untala (Sabah)	11.20
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M40

A.Y. Wong (Sabah)	11.51
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M45

P. Muller (Aust.)	10.76
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M50

A. Blunier	9.75
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SHOT

M35

P.M. Untala (Sabah)	9.25
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M40

C. O'Halloran	9.55
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A.M. Kushalappa (India)	9.50
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A.Y. Wong	9.41
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W. Trimble	7.35
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M45

P. Yap (Sabah)	8.76
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P. Muller (Aust.)	8.24
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M50

J. Anjun (Sabah)	10.34
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Duli Chand	9.22
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M55

Gokal Chand (India)	7.33
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M60

A. Sibidol (Sabah)	11.43
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W. Chapman (Aust.)	10.15
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W. Jenkins (Canada)	9.40
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Special Record attempts:

M60

A. Sibidol (7.25K)	9.46
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A. Sibidol (6K)	10.19
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W35

G. Kaur (India)	8.00
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W40

K. Oberoi (India)	9.64
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W45

Nirmala Krishna (India)	6.95
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L. Momon Devi (India)	5.70
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W50

D. Victor (India)	6.73
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H. Jamuna Devi (India)	6.33
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T. Leb (Aust.)	6.00
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W55

Th. Hari Mati Devi (India)	5.94
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W60

S. Padmabai Devi (India)	6.02
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DISCUS

M35

P.M. Untala (Sabah)	28.58
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M45

P. Muller (Aust.)	27.32
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P. Yap (Sabah)	25.72
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M50

Duli Chand (India)	36.62
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J. Anjun (Sabah)	31.58
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M60

A. Sibidol (Sabah)	40.74
--------------------	-------

W. Chapman (Aust.)	38.64
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W. Jenkins (Canada)	33.54
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W35

Gurvans Kaur (India)	31.06
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W40

Ramlesh Oberoi (India)	29.02
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W45

L. Maman Devi (India)	16.54
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Nirmala Krishna (India)	15.72
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W50

Continued from Previous Page

JAVELIN

M35

P.M. Untala (Sabah)	49.22
A.Y. Wong (Sabah)	45.26
Krishnalappa (India)	36.06
I. Griffiths	35.10

M45

P. Muller (Aust.)	33.60
P. Yap (Sabah)	19.08

M50

Duli Chand (India)	29.00
R. Bruce	19.14
D. Rosser	16.74

M60

A. Sibidol (Sabah)	44.86
W. Chapman (Aust.)	24.86
W. Jenkins (Canada)	24.32

W35

Gurwans Kaus (India)	29.82
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W40

Kamlesh Oberoi (India)	25.14
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W45

L. Momon Devi (India)	21.54
Nirmala Krishna (India)	18.18

W50

H. Jamuna Devi (India)	17.04
Daisy Victor (India)	12.82

W55

H. Hari Mati Devi (India)	17.20
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W60

S. Padmabati Devi (India)	14.48
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HAMMER - MEN

M50

Duli Chand	33.62
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M60

W. Jenkins (Canada)	39.44
W. Chapman (Aust.)	28.40
A. Sibidol (Sabah)	18.00

10K ROAD RACE

Friday, 19th. October, 1984.

ALL WINNING CATEGORY TIMES
CONSTITUTE NEW AVOHK RECORDS.

WOMEN

Overall Winner K. Orange

W35

(43) C. Mitchell	50:50:6
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W40

(32) K. Orange	46:24:1
(36) J. Plumtre	47:20:7
(47) W. Timmins	52:00:0

MEN

Overall Winners:

K. Cawley
D. Griffiths
C. Kellogg
B. Cattermole (N.Z.)

M35

(1) K. Cawley	33:23:4
(11) R. Forth	39:22:7
(13) Lo C.K.	39:36:0
(14) Cheung K.S.	39:48:8
(17) Chang P.K.	40:46:1
(22) Lui K.S.	41:39:7
(29) Kwok W.Y.	45:35:7
(37) Chu K.W.	48:48:2

M40

(2) D. Griffiths	34:14:3
(3) C. Kellogg	34:39:9
(4) B. Cattermole	34:41:6
(8) Nicholas	38:15:4
(9) P. Stratton	38:36:0
(15) M. Brown	40:38:2
(20) D. Collison	41:25:4
(23) A. Hansmire	41:42:4
(34) Lo C.Y.	47:09:61
(38) J. Allen	49:01:7

M45

(5) G. Daintry	36:34:0
(7) G. Wyburn	37:09:6
(16) Cheung C.	40:38:5
(19) J. Lane	41:13:8
(21) P. Fung	41:28:4
(24) S. Bradish	41:47:0
(27) R. Leonard	45:26:7
(39) Lee C.K.	49:21:5
(44) Leung K.K.	51:40:9
(45) Wong Y.I.	51:41:7
(49) A. Hee	59:04:0

M50

(6) D. Rosser	37:07:0
(10) C. Darker	38:42:0

(18) Siak C.L. (Sing.)	41:06:3
(26) Chan M.H. (Sing.)	44:42:3
(30) Yam F.M.	45:43:4
(31) Chan Y.C.	46:18:2
(33) Fung C.O.	46:59:6
(35) Mak S.W.	47:18:2

M55

(12) T. Horne	39:33:5
(25) Lee C.M.	44:27:3
(28) H. Lapstun	45:27:5
(40) J. Stonham	49:35:7
(42) So. K.	50:22:3

M60

(41) Lee B.C. (Sing.)	50:18:2
(46) Hsieh T.C.	51:59:8
(48) Cheong W.	56:05:8

M70

(50) Cheung N.W.	59:16:2
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MASTERS GLOSSARY OF TERMS

T&F: Track and Field**LDR:** Long distance running**RW:** Race walking**Athletics:** The sports of track & field, long distance running and race walking.**Masters:** Men and women age 40 or over.**Sub-masters:** Men and women age 30-39.**Veterans:** The international term for "masters," with the exception that "veterans" also include women age 35-39. (The term "veterans" is also unofficially used in some LDR races to define runners age 50-59 or 40-49.)**Seniors:** A word of many meanings: 1) A TAC competitor age 20 or over; 2) Unofficially used in some LDR events to define runners age 60 over; 3) Sometimes unofficially used by the media and others as a substitute for "masters."**AR:** American record**WR:** World record**PR:** Personal record**The Athletics Congress (TAC):** The "national governing body" (NGB) for athletics in the USA. TAC is the exclusive U.S. member of the IAAF. TAC's home office is in Indianapolis, with district (local) offices throughout the nation. TAC is composed of various committees, including the Masters T&F and Masters LDR committees. The committees meet each December at the TAC Convention.**International Amateur Athletic Federation (IAAF):** The international governing body for athletics.**World Association of Veteran Athletes (WAVA):** The official international veterans governing body for athletics. WAVA stages a World Veterans Games every odd-numbered year for men 40+ and women age 35+.**IGAL:** An official international veterans LDR organization. IGAL holds an annual World Veterans Distance Running Championship (10K & 25K in odd-numbered years; 10K & Marathon in even-numbered years.)**Age-groups:** Masters and sub-masters competition is divided into 5- or 10-year age group categories for both men and women (30-34, 35-39, 40-44, etc.). Your date of birth (not year of birth) determines your age.**Masters competition:** Every event from the 100-yard dash to the pole vault to the marathon is available. Medals are generally awarded to the first three places in each men's and women's age group. While everyone does his or her best, participation and friendship are the heart of the program. Masters help each other with advice, training tips and health suggestions. Many combine their vacations with trips to regional, national and international competitions.**Local masters T&F:** All Masters T&F meets feature competition for anyone age 30 or over. Masters meets are generally directed by a single individual or club. Some local meets are "sanctioned" by TAC; some are not.**Local masters LDR:** Local LDR races are generally open to all ages, with masters awards for each 10-year age group.**TAC Regional and National Masters T&F**

Continued from Page 28

Women- 80 thru 84

8 km	59:47d	Mia Wilshusen (80,AZ)	30 Apr 83
10 km	1:05:14d	Ruth Rothfarb (80,MA)	9 Jan 82
15 km	1:39:44d	Ruth Rothfarb (80,FL)	22 Nov 81
20 km	2:26:34d	Ruth Rothfarb (80,FL)	6 Mar 82
hf mara		no ratifiable marks	
25 km		no marks	
30 km		no marks	
20 mi		no marks	
marathon	5:28:37d	Ruth Rothfarb (80,FL)	16 Jan 82

Women- 85 thru 89

8 km		no marks	
10 km	1:36:02pd	Hulda Crooks (86,CA)	7 Nov 82
15 km		no marks	
10 mi		no marks	
20 km		no marks	

WAVA Hurdle and Implement Standards, adopted by the U.S. TAC Masters Track & Field Committee for use in all TAC Masters T&F meets, beginning January 1, 1984.

Hurdles	Distance	Distance from last group of race	Distance to first hurdle	Distance between hurdles	Distance to finish
M40-49	110m	.991m	13.72m	*9.14m	*14.02m
M50-59	110m	.914m	13.72m	*9.14m	*14.02m
M60-69	100m	.840m	13.00m	8.50m	10.50m
M70+	80m	.762m	12.00m	8.00m	12.00m
W35-39	100m	.840m	13.00m	8.50m	10.50m
W40+	80m	.762m	12.00m	8.00m	12.00m
M40-49	400m	.914m	45.00m	35.00m	40.00m
M50-59	400m	.840m	45.00m	35.00m	40.00m
M60+	400m	.762m	45.00m	35.00m	40.00m
W35+	400m	.762m	45.00m	35.00m	40.00m

Implements	Shot	Discus	Hammer	Javelin
M40-49	7.26K	2.00K	7.26K	800gm
M50-59	6.00K	1.50K	6.00K	800gm
M60-69	5.00K	1.00K	5.00K	600gm
M70+	4.00K	1.00K	5.00K	600gm
W35-49	4.00K	1.00K	--	600gm
W50+	3.00K	1.00K	--	400gm

.991m=39"	9.14m=30'	7.26K=16 lb.	
.914m=36"	8.50m=27'10"	6.00K=13 lb. 4 oz.	
.840m=33"	8.00m=26'3"	5.00K=11 lb. 4 oz.	
.762m=30"	1.00m=3.2808'	4.00K=8 lb. 13 oz.	

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 LDR 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 (\$6 per year) to compete in sanctioned or non-sanctioned masters events, or in international competition. It is necessary to become a TAC member to compete in TAC championship events.

It is not necessary for a foreign competitor to become a TAC member 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 reasonably fit.) An athlete may generally compete in a younger age group if he or she so chooses, but one may never compete in an older age group. The masters program operates on the honor system. Lying about one's age violates the spirit and purpose of the masters program and is not tolerated. Violators risk banishment 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 40 (men) or age 35 (women). "Travel permits" are not needed. No one is banned because of occupation, race, religion, 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 Clubs: Most areas have local running clubs, some of which cater to the masters performer. See the club listings in this issue.**Age Records:** An annual book of masters age records for each T&F event is available for \$5 from NMN, PO BOX 2372, Van Nuys CA 91404; and for each LDR event for \$9.95 from NRDC, PO Box 42888, Tucson AZ 85733.**Rankings:** An annual book of masters rankings by event and age-group, is available for \$9.95 (LDR) from NRDC, above.**Implements:** Lighter implement weights are used in the older age-groups.**Hurdles:** The height of the hurdles is lowered for older age-groups.**Rule Books:** The IAAF Rule Book (\$10), 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, Indianapolis IN 46204.**WAVA Standards:** WAVA multi-event scoring tables are available from Ian Hume, RR-1, Melbourne, Quebec, Canada (please enclose postage).**Weight Tables:** Age-group factoring tables are available for \$1 from Phil Partridge, 337 S.W. 14th Ave., Boynton Beach FL 33435.**IA, IB, etc.** Codes which refer to various age-groups, as follows: OA-30-34; OB-35-39; IA-40-44; IB-45-49; 2A-50-54; 2B-55-59; 3A-60-64; 3B-65-69; 4A-70-74; 4B-75-79; 5A-80-84.**Road Runners Club of America (RRCA):** An organization of over 400 clubs throughout America which promotes long distance running.**National Masters News (NMN):** The bible of the Masters athletics program. NMN is an official publication of TAC and WAVA. Each month, it delivers 24 to 40 pages of results, schedules, entry blanks, age records, rankings, photos, articles, training tips and all the inside scoops and information that affect the world of masters athletics competition. NMN welcomes contributions from its readers—results, schedule info, photos, letters and opinions. It is not mandatory to subscribe to NMN, but it is recommended to keep up on all the masters action. A one-year subscription (12 issues) is \$15 (2nd class), \$25 (1st class), or \$30 (overseas). Send to NMN, PO Box 5185, Pasadena, CA 91107.

LONG DISTANCE RESULTS

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

SKYLINE 50K (PA/TAC CHAMP-
IONSHIPS); RICHMOND TO CAS-
TRO VALLEY, CA; 8/5/84

Overall	
Joe Mangan	3:34:01
Kathy D'Onofrio	4:34:20
M40 Frank Bozanich	3:49:10
Roger Daniels	4:13:58
Jim Howell	4:19:21
M50+ E.R. Silver	4:41:31
Al Kirkman	4:50:34
E. Romberg	4:51:11
W40 Joan Reiss	4:52:27
B. Austrheim-Smith	5:14:26
Bev Richardson	5:49:32
W50+ Ruth Anderson	5:25:32
Martha Maricle	5:38:23
Ruth Waters	6:33:10

COASTAL CLASSIC 10-K
Carlsbad, California
September 2, 1984

1st overall	
Steve McCormack	29:54
Ngaire Drake(35)	34:52

M35-39	
Mac Larson	34:39
Allan Mitchell	36:58
Ron LaJoie	37:20
Chris Yates	38:09
John Lauriano	38:36

M40-44	
Keith Reed	37:32
Donald McFarland	37:40
Edwin Castle	41:43

M45-49	
Carl Petersen	36:49
Jerry Meadows	37:24
John Mesman	39:16

M50-59	
Bill Gookin	37:56
Warren Osborn	38:30
Fred Lehr	40:39

M60+	
Donald Dilworth	41:12
Tom Leedham	41:14
Jack Smothers	44:38

W35-39	
Ngaire Drake	34:52
Alice Felix	44:32
Carol Carter	40:15
Marcia Plopper	45:20
Patsy Ambrosia	48:08

W40-44	
Bonnie Baer	43:00
Ginni Morostrom	45:29
Anne Johnston	49:39

W45-49	
Bonnie Kentner	59:27

W50-59	
Elizabeth McClellan	54:25
Marjorie Eddy	64:05

W60+	
Mary Storey	46:16

10K LONGBOAT MEMORIAL 10K
BRANTFORD, ONTARIO, CANADA
SEPTEMBER 8, 1984

Overall	
David Northey	30:10
Janet Dick	35:11

M40-49	
David Badger	35:23
Bernard Conway	35:46
Victor Krukalis	36:35
Ed Shoemith	36:41

M50-59	
Richard Graves	36:58
Gord Dickson	38:38
Alan Blakey	39:41
Heinz Brack	39:55

M60+	
Charlie Blancher	41:08
Whitey Sheridan	47:38
Jack Martin	53:24

W40-49	
Maureen Rogers	47:46
Melanija Bray	48:43
Judy Morlie	48:46

PREFONTAINE MEMORIAL 10K
COOS BAY, OREGON; 9/15/84

Overall	
Jon Anderson	34 29:37
Cathie Twomey	27 33:58
M40-44	
Dete Kraus	41 35:12
Dick Weeks	41 35:26
Les Young	42 36:47
M45-49	
Emery Phillips	45 41:34
William Meltzer	45 42:07
Dean Hatfield	49 42:11

M50-54	
Ray Hatton	52 33:22
Keith Fitch	53 41:29
Rolland Pease	50 41:52
M55-59	
Bill McChesney, Sr	56 37:00
Bob Macy	57 41:38
Ron Calhoun	55 47:12
M60+	
Kenneth Stevens	62 43:36
Harry Perry	60 47:34
Bob Bauman	61 51:40
W40-44	
H. Ondrusek	40 42:41
Susan Bradley	42 44:50
Donna Brown	40 45:29

W45-49	
Anne Francis	46 61:00
Rosalie Johnson	46 65:30
Rita Horning	49 94:36
W50-54	
Jean Irvin	52 48:22
Marcia McChesney	54 49:40
Phyllis Stevens	53 59:50
W55-59	
Marge Morin	59 88:31
Bonnie Korieva	56 93:20
W60+	
Dawn Russell	60 63:10
Dixie Sheldon	60 1:44:44
*Walkers	

AUTUMN EQUINOX 15-K
DALLAS, TEXAS
SEPTEMBER 15, 1984

1st overall	
Geoffrey Koeh	47:22
Brenda Williams	63:13

M35-39	
Steve Shopoff	52:29
Jeff Beck	53:27
Carlos Toro	55:20

M40-44	
Bob Abbott	51:30
Mike Matheny	53:14
Bill Jones	55:17

M45-49	
Larry Worth	54:50
Ted Griffy	58:51
Robin Friedel	60:04

M50-54	
John Britchett	61:18
Don Zetnick	63:44
Jerry Kramer	65:11

M55-59	
Will Samples	62:30
Robert Ogorman	73:11
Redwine Patterson	80:35

M60+	
Charlie Ogilvie	65:32
Alex Clark	70:35
Richard Fitzhugh	85:27

W35-39	
Mary Chaffin	68:03
Suzanne Vanal	69:42
Jane Knapp	72:36

W40-44	
Elaine Walford	73:13
Joyce Neis	75:57
Jo Ann Honeger	77:55

W45-49	
Mary Ann Miller	67:06
Mary Kennard	69:39
Emily McAdams	70:23

W50-54	
Nancy Raitz	89:11

GREAT COW HARBOR 10K
NORTHPORT, NY; 9/15/84

Overall	
Steve Binns	28:29
Jan Merrill	33:32
M40 Dave Wilson	32:37
Herbert Kahl	33:00
Gary Muhcke	33:18
M50 Geza Feld	35:48
Mal Bertrum	36:10
Richard Murphy	36:20
M60+ Don MacKenzie	38:11
John McManus	41:13
Augustus Prince	41:46
W40 Judy Pickert	38:02
Lina Connors	38:17
Mimi Lerner	39:33
W50 Margaret Deckert	39:11
Alicia Moore	43:41
Jeanne Offenbach	45:16
W60+ Sadie Fester	59:01
Lee Meyer	59:55
Bunny Mann	1:15:34

MOVING COMFORT'S WOMENS 10K
WASHINGTON, D.C.; 9/22/84

Overall	
Suzanne Girard	34:59
M40-44	
40+Dolly Broyles	40:03
Ines Kerch	41:54
Irma Alperin	42:29
Liz Imhoff	44:59
Betty Dameron	45:34
M50-54	
50+Rachael Bourn	43:01
Joanne Mallet	43:09
Doralie Segal	49:51

TAC MASTERS NATIONAL HALF-
MARATHON CHAMPIONSHIPS
(DAYTON RIVER CORRIDOR
CLASSIC); DAYTON, OHIO
SEPTEMBER 23, 1984

M40-44	
John Beach	43 1:12:25
Larry Fox	41 1:14:14
R. Navarra	40 1:17:16
M45-49	
David Emery	45 1:15:13
Ron Rohrer	45 1:18:40
Norm Roof	47 1:21:49
M50-54	
Don Gammie	53 1:18:01
Don Williams	54 1:25:59
Richard Weidner	50 1:19:36
M55-59	
Jim Glidewell	57 1:23:47
Roland Anspach	58 1:25:26
Pete Donahue	56 1:27:53
M60+	
Ray Chappelle	62 1:26:09
Bob MacLin	61 1:38:18
Terence McLorg	62 1:39:53

W40-44	
Iris Black	41 1:22:20
Felicia Lewis	42 1:30:42
Mitzi Henscheid	44 1:36:16
W45-49	
Agnes Chrietzer	46 1:37:38
Carole Klingman	48 1:41:57
Elaine Clapp	47 1:42:44
W50-54	
Terri Fanelli	53 1:48:49
Odette Scott	52 1:52:46
Joan Malje	53 1:57:50
W55-59	
Whayong Semer	55 1:36:05
Beth Argabrite	59 1:57:59
W60+	
Edythe Lewis	60 2:19:12

W40-44	
Agnes Chrietzer	46 1:37:38
Carole Klingman	48 1:41:57
Elaine Clapp	47 1:42:44
W50-54	
Terri Fanelli	53 1:48:49
Odette Scott	52 1:52:46
Joan Malje	53 1:57:50
W55-59	
Whayong Semer	55 1:36:05
Beth Argabrite	59 1:57:59
W60+	
Edythe Lewis	60 2:19:12

Avon Half Marathon
Central Park, NYC

Sponsored by Avon
Under the auspices of the
New York Road Runners Club
Date: September 29, 1984, 9 AM
Distance: 6.2 Miles
Check-In: 1504
Finishers: 1142 and 9 racewalkers.
Total: 1151
Weather: Sunny, low humidity, low 60's

Over	Age	Pl. Name	Age	Team/Born/SL	Time
1		Stone, Susan	24	Canada	1:17:15
2		Mahedy, Mia	21	Bkn	1:17:25
3		Updegrave, Natalie	23	MC	1:17:42
4		Crawford, S.28	Canada		1:18:37

Subvel (30-39)	
1	Christine Hearn-Grenning, 38 1:25:53
2	Michelle Nero, 31 1:26:25
3	Roslyn Schloss, 35 1:27:41
Vel (40-49)	
1	Judy Pickert, 41 1:25:44
2	Patty Lee Parmalee, 44 1:27:17
3	Lina Connors, 42 1:27:24

Masters (50-59)	
1	Margaret Deckert, 51 1:26:47
2	Bertha Bellinghausen, 51 1:42:59
3	Esther Lee Robertson, 50 1:45:52

Seniors (60 and over)	
1	Juanita Goldman, 61 2:12:07
2	Evelyn Havens, 68 2:24:19

Racewalkers	
1	Dorothy Kelley, 48 2:13:05
2	Heidi Flerck, 24 2:18:39
3	Gale Lichter, 32 2:19:58

FOOT LOCKERS 8K PARTNERS RACE;
SEPTEMBER 30, 1984, WASHINGTON, D.C.;
POTOMAC VALLEY SENIORS TRACK CLUB

70-89 HALF-FEMALE	
1	WTE, PETER J. (37M) 0:57:147
2	WILLIAMS, MARY ELLEN (38F) 1:00:143
3	BOURN, RACHEL (39F) 1:01:106
4	JACOBS, GUS (37F) 1:05:141
5	HANES, RONNIE (40F) 1:06:120
6	BEATHARD, BOBBY (39F) 1:07:111
7	KELLEY, DEBORAH (36F) 1:07:151
8	ROSS, STUART (34M) 1:08:105
9	CONLAN, BOBBIE (37F) 1:08:120
10	WASSERMAN, NADIA L. (38F) 1:08:150

70-89 FEMALE-FEMALE	
1	PATNE, RABBIT D. (27F) 1:11:148
2	HAWKINS, BETTY C. (49F) 1:17:138
3	TUNNER, ANNA (37F) 1:21:159
4	KEMP, JOLI (34F) 1:24:111
5	SCHWABEL, KATHLEEN D. (41F) 1:24:118
6	HAUSER, JANE (41F) 1:30:101

70-89 HALF-MALE	
1	KENNEDY, JOHN (42M) 0:58:105
2	GRENFELL, STEPHEN (37M) 0:59:103
3	SHEAHEN, THOMAS P. (43M) 0:59:109

Continued on Next Column

CAPITOL CITY CLASSIC;
LINCOLN, NEBRASKA;
SEPTEMBER 29, 1984

10K	
W40-49	
K. Bestul	42 38:48.4
R. Hargrove	40 46:29.3
P. Lee	43 51:27.5
W50-59	
E. Jennings	59 55:53.0
B. Sinner	50 58:23.1
J. Gradwohl	55 1:00:20.1

M40-49	
R. Lech'ger	41 33:21.2
H. Bossert	44 36:41.4
R. Endacott	46 37:03.6

M50-59	
B. Elwood	50 36:11.1
A.D. Showen	59 38:23.2
W. Saunders	51 46:57.6

M60+	
F. Jennings	60 54:21.9
G. Kienast	61 55:09.8
R. Will	60 1:01:15.5

20K	
W40-49	
S. Darl'ton	43 1:39:08.1
A. Weston	41 1:43:54.4
A. Craig	42 1:44:18.4

W50-59

Marathon Tune-Up Central Park, NYC

Sponsored by
New York Road Runners Club
Date: October 7, 1984, 11 AM
Distance: 15.5 Miles
Check-In: Men-1715, Women-396,
Total-2111
Finishers: Men-1517 and 14 racewalkers,
Women-319 and 5 racewalkers,
Total-1855
Weather: Sunny, low humidity, mid 50's

Order of Finish—Men

Over- all	Age	Pl. Name, Age, Team/Born/St	Time
1		1 Vega, Silvio, 27, NYAC	1:18:03
2		2 Saboga-Mora, 27, Colombia	1:22:27
3		3 Koltay, Frederick, 29, CPTC	1:24:01
4		4 Garland, Joseph, 27, WS	1:24:19

1	Douglas Escher, 40	1:31:08
2	Aharon Rosenzweig, 41	1:33:09
3	Bruce Hogenauer, 40	1:33:26

1	Glen Shane, 45	1:38:28
2	John Stegner, 49	1:40:16
3	Henry Epstein, 45	1:40:37

1	Low Stern, 50	1:37:50
2	Richard Daniels, 50	1:39:28
3	George Hirsch, 50	1:40:53

1	Howard Rubin, 56	1:32:56
2	Don Dixon, 57	1:36:09
3	Herbert Higgins, 58	1:52:21

1	Flory Rodd, 61	1:46:08
2	Peter Mahta, 62	1:49:27
3	William Coyne, 62	1:49:47

1	Luis F. Marlin, 73	2:08:41
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Order of Finish—Women

1	Gallagher, Mary, 27, WS	1:43:53
2	Gersitz, Lorraine, 30, Mill	1:46:25
3	2 Reed, Celia, 27, WS	1:46:54
4	1 Meyers, Mimi, 42, PPTC	1:47:47
5	3 Farias, Eunice, 28, Hunt	1:48:40

1	Mimi Meyers, 42	1:47:47
2	Susanna Beltrandi, 41	1:53:20
3	Mary J. Raguso, 40	1:55:06

1	Edith Jones, 45	2:01:39
2	Barbara Hour, 47	2:12:08
3	Janel Walsh, 45	2:18:24

1	Joanne Colucci, 54	2:23:29
2	Joan Bluestone, 50	2:27:15
3	Julie Economou, 50	2:33:12

1	Evelyn Havens, 68	2:54:52
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DARTMOUTH-HITCOCK MEDICAL CENTER 12.2 MILE; LYME, NH OCTOBER 7, 1984

Overall	Don Henniger	1:05:56
	K. Beaulieu	1:15:26

M40-49	Peter Teachout	44 1:12:00
	Doug MacGregor	45 1:12:33
	Ed Packel	43 1:12:43

M50-59	Sam Daniell	55 1:18:14
	Tim Cunningham	52 1:20:34
	Lynde Kimball	50 1:21:09

M60+	Longin Ambros	61 1:36:59
	Robert Mulliken	68 1:47:03
	Milton Huckins	65 1:47:49

W40-49	C. Kimball	40 1:22:00
	Dagny St. John	41 1:26:45
	Elna Kuhlman	44 1:31:34

W50+	Hildy Fosse	55 1:26:47
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STROH'S RUN FOR LIBERTY 8K LINCOLN, RI; 10/13/84

Overall	Jim Mulligan	24:45
	Ann Hird	29:24

M40	Doug Kenefick	44 27:30
	Bill Boardman	28:26
	Nick Agostinelli	31:41

M45	Leo Tomasetti	29:28
	Ken Farrelly	30:42
	Everett Lewis	31:44

M50	Craig Mulligan	32:19
	Monroe Allen	32:38
	Robert Patterson	33:20

M60+	Ray Dwyer	36:01
	Carl Hammen	36:52
	Tom Payne	39:18

W40-49	Holly Stephenson	40:15
	Judy Foltz	43:49

W50+	R. Soares	50:00
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2nd IGAL EUROPEAN VETERANS DISTANCE CHAMPIONSHIPS; BERN, SWITZERLAND OCTOBER 13-14, 1984

M 40-44	1 OK	
1.	Odgen Guy	Great Britain 30:40.2
2.	Roberts Les	Great Britain 30:44.5
3.	Johnston Tim	Great Britain 31:15.8

M 45-49		
1.	Voets Pierre	Belgium 31:30.9
2.	Scheiber Kaspar	Switzerland 33:03.6
3.	Meyer Manfred	Germany 33:50.7

M 50-54		
1.	Kamer Josef	Switzerland 34:09.8
2.	Wood J-Derek	Great Britain 34:12.0
3.	Beckett Derek	Great Britain 34:46.5

M 55-59		
1.	Marshall Wil.	Great Britain 34:48.9
2.	Hagedorn H.	Germany 35:33.1
3.	Nostadt R.	Germany 35:55.8

M 60-64		
1.	Keller Heinrich	Switzerland 36:55.0
2.	Botenberg Remi	France 37:41.8
3.	Nicholls Edgar	Great Britain 39:05.1

M 65-69		
1.	Hasler Karl	Switzerland 37:49.3
2.	Boesch Josef	Switzerland 42:13.9
3.	Roetheli Willy	Switzerland 42:32.4

M 70-74		
1.	Haase Wilhelm	Germany 41:17.0
2.	Michon Henri	France 42:47.8
3.	Aellen Lucien-M.	Switzerland 44:58.6

M 75-79		
1.	Helber Fr.	Germany 46:28.0
2.	Zechser Leon	France 47:44.7
3.	Berg Josef	Germany 49:40.5

W 35-39		
1.	Jones June	Great Britain 37:54.7
2.	Sappl Edith	Switzerland 38:22.0
3.	Hofmann Denise	Switzerland 39:36.6

W 40-44		
1.	Lanz Christiane	Switzerland 38:46.4
2.	Miles Yvonne	Great Britain 40:29.8
3.	Farr Judith	Great Britain 40:55.9

W 45-49		
1.	Alfvoet Denise	Belgium 36:59.7
2.	Spies Ida	Switzerland 39:39.6
3.	Lutta Elisabeth	Switzerland 42:01.0

W 50-54		
1.	Norrish Betty	Great Britain 44:06.9
2.	Sunove Ludmila	Czechoslovakia 49:26.3
3.	Rombaut Bea	Belgium 50:00.3

W 55-59		
1.	Gurtner Pina	Switzerland 44:21.3
2.	Kuendig Helga	Switzerland 47:00.2
3.	Kamer Martha	Switzerland 47:32.0

W 60-64		
1.	Joeckle Hilde	Germany 45:50.1
2.	Falke Elf	Germany 49:33.7
3.	Poluschinsky	Germany 57:49.7

W 65-69	W 70-74	W 75-79
1. N/A	1. N/A	1. N/A
2. N/A	2. N/A	2. N/A
3. N/A	3. N/A	3. N/A

Continued on Next Column

25K

M 40-44		
1.	Oswald Fritz	Switzerland 1:22:04.1
2.	Züger Florian	Switzerland 1:22:06.2
3.	Johnston Tim	Great Britain 1:22:07.1

M 45-49		
1.	Voets Pierre	Belgium 1:22:44.3
2.	Portes Antoine	France 1:25:49.5
3.	Brandes Fritz	Germany 1:26:59.2

M 50-54		
1.	Bohler Heinz	Switzerland 1:29:23.9
2.	Soch Walter	Germany 1:29:38.6
3.	Wild Sydney	Great Britain 1:29:46.2

M 55-59		
1.	Hagedorn Helmut	Germany 1:36:30.9
2.	Franklin Ron	Great Britain 1:36:56.7
3.	Bussinger W.	Switzerland 1:37:57.9

M 60-64		
1.	Beschacht G.	Belgium 1:37:46.6
2.	Friedli Werner	Switzerland 1:39:54.7
3.	Ruehl Rudolf	Germany 1:39:57.6

M 65-69		
1.	Colsmann Heinz	Germany 1:52:03.6
2.	Hobsting Otto	Czechoslovakia 1:52:11.4
3.	Stuessi Heinrich	Switzerland 1:52:47.8

M 70-74		
1.	Michon Henri	France 1:52:07.5
2.	Haase Wilhelm	Germany 1:54:25.7
3.	Hannappel Jul.	Germany 1:56:51.3

M 75-79		
1.	Bastien Henri	Belgium 2:17:00.9
2.	Kristahn Kurt	Germany 2:27:04.5
3.	Leonhardt Max	Germany 2:44:23.2

W 35-39		
1.	Dupont Fr.	France 1:37:00.3
2.	Borricl Carol	Great Britain 1:38:10.2
3.	Weibel Verena	Switzerland 1:43:35.7

W 40-44		
1.	Gruener Annemarie	Germany 1:37:51.3
2.	Nicolas Franc	France 1:39:41.5
3.	Quinquois Gisele	France 1:40:59.3

W 45-49		
1.	Alfvoet Denise	Belgium 1:37:21.9
2.	Bech Jytte	Denmark 1:49:55.3
3.	Wegmann Hedi	Switzerland 1:55:16.1

W 50-54		
1.	Rubli Nelly	Switzerland 1:58:35.1
2.	Spychiger Renate	" 2:02:33.9
3.	Sineth Traudl	" 2:03:52.5

W 55-59		
1.	Poupard Monique	France 1:58:40.9
2.	Gurtner Pina	Switzerland 2:00:38.5
3.	Kuendig Helga	Switzerland 2:04:20.8

W 60-64		
1.	Gasteuil Reine	France 2:05:00.1
2.	Falke Elf	Germany 2:11:43.2
3.	Moulin M.	France 2:15:21.1

W 65-69	W 70-74	W 75-79
1. N/A	1. N/A	1. N/A
2. N/A	2. N/A	2. N/A
3. N/A	3. N/A	3. N/A

Continued on Next Column

SKYLON INTERNATIONAL MARA- THON; BUFFALO, NY; 10/13/84

Overall	Rick Mannen	26 2:19:40
	Deborah Dye	32 2:55:18

M40	Ralph Zimmerman	43 2:30:24
	James Knox	40 2:32:42
	Fred McGrath	41 2:35:27

M45	Lutz Forster	45 2:42:17
	Tony Anthony	48 2:48:20
	Anthony Peluso	46 2:49:24

M50	John Johnston	51 2:48:25
	Rudy Benko	50 3:05:36
	Jesse Kregal	54 3:09:56

M55	Maurice Schepers	55 3:10:12
	Richard Sullivan	56 3:11:25
	Joseph Womersley	59 3:12:36

M60+	Don McWilliams	60 3:03:55
	Jim Parker	62 3:14:15
	Dan McDermott	69 3:31:47

W40-49	Wen-shi Yu	49 3:24:02
	Marie Curran	42 3:33:51
	Kathleen Lyden	43 3:42:10

W50+	Rose Lister	54 3:37:25
	Dolores Dedek	51 3:58:20
	Barbara Hebden	51 4:23:07

RRCA 1984 50 MILE/100K CHAMPIONSHIPS/AMJA ULTRA- MARATHONS; CHICAGO; 10/14/84

Overall	Bruce Fordyce	28 4:50:50
	Eleanor Adams	36 6:19:25

M40-49	Roger Rouiller	46 5:36:08
	Stanley Wegner	45 6:26:49
	Norris Jardine	40 6:40:42

M50-59	R. Schlotterbeck	43 6:40:43
	John L. Sullivan	52 6:08:51
	Clarence Richey	52 7:22:04

M60+	Roberto Randall	54 7:47:48
	Guajolote Waitze	62 8:25:44
	Howard Henry	63 9:23:31

W40-49	Philip Sidler	61 10:39:15
	Pat Twargowski	40 7:39:34
	Anita Berkey	41 10:08:02

W50-59	Judith Milgram	42 10:18:29
	Mary Consentino	52 10:29:31
	Pat O'Neil	50 10:52:57

W60+	Myra J. Linden	56 12:38:42
	Helen Klein	61 10:54:15

Overall	Ray Krolewicz	29 7:37:52
	Eleanor Adams	36 8:11:37

M40-49	Cary Cochrane	43 9:05:20
	Strider Benston	40 9:19:37
	John Wallis	47 9:53:10

M50-59	Clarence Richey	52 9:44:40
	Sy Mah	58 12:20:29

W30-39 (only finishers)	E. Adams	
	Jackie Davis	35 8:39:02

GOLD COAST MASTERS 4 MILE CHAMPIONSHIPS; POMPANO BEACH, FLA.; 10/14/84

M40	Bud Gregory	21:19
	Alberto Encheverria	21:54
	Hector Rodriguez	22:14

M45	Art Scheinholz	24:02
	Rudolf Werner	24:38
	Jim Richardson	25:08

M50	Jerry Utter	26:34
	W.K. Gruber	26:42
	Bill Cramer	26:52

OKC RUNNING CLUB
8K and 25K RUNS.
OKLAHOMA CITY, OK
10-20-84

1st Overall 8K

Jimmy Brackeen 23 25:27
Karen Cramond 26 28:48 *

M 40-49

Danny Cossairt 40 30:14
Martin Bixby 43 30:50
Larry Kessler 46 31:11
Walter Lipke 42 31:50
Tom Ford 44 32:35

M 50-59

Walter Birney 50 29:50
Cly Shelley 52 34:46
Don Smith 50 37:31
Ralph Scultz 51 41:18

M 60 & Over

Ralph Ratcliff 61 34:37
Jim Butler 65 42:54

W 30-39

Patsy Lambert 37 33:33
Linda May 37 40:17

W 40-49

Maureen Bixby 42 32:49 *
Kathy Moffitt 47 42:03
Clare Delaney 41 46:00

W 50 and Over

Janet Chadwick 51 40:54

* - State record

1st Overall 25K

Jerry Valle 21 1:31:50
Lynne Taylor 45 2:06:24

M 40-49

Dan Metcalf 44 1:43:32
Art Milanez 49 1:49:34
Harry Deupree 46 1:53:06
Dean Windsor 49 1:53:42
Charles Evans 40 1:54:00

M 50-59

Dale Howell 51 1:56:24
Ken Karty 55 1:57:51

M 60 and over

Fisher Lewis 63 2:28:43

W 30-39

Sue Angel 33 2:44:07

W 40-49

Lynne Taylor 45 2:06:24

EASTERN REGIONAL TAC WOMEN'S
5000m X-COUNTRY CHAMPION-
SHIPS; LINCOLN, MASS.
OCTOBER 21, 1984

Overall

Ann Peisch LAC 18:53

30-39

Joanna Scianna GBT 19:23

Vicki Wechsler FR 21:01

Jean Morrissey LAC 21:19

40-49

Mardi Reed LAC 20:33

Barbara Pike LAC 20:57

Andrea Hatch LAC 22:48

50+

Joyce Hals LAC 22:55

Sally Goodhue WTC 23:35

C. Fulenwider LAC 25:04

LAC:Liberty AC; GBT:Greater

Boston TC; FR:Fitness Re-

sources; WTC:Waltham TC

MODESTO 10K RUN & 2 MILE
MODESTO, CA; OCTOBER 28,
1984

10K

Overall
Daniel Grimes 25 28:55
Sharlet Gilbert 33 35:43

M40-49

Sal Vasquez 30:45
Jake White 35:00
Donald Bryan 36:56
Jesus Muniz 38:07
Bob Phillips 38:42

M50-59

Len Thorton Jr 35:21
Ross Smith 35:34
Bryan Holmes 36:07
John Norberg 39:25
Javier Del Rio 43:02

M60+

Paul Reese 41:33
Don Lundberg 43:26
Lawrence Thompson 46:15
Dudley Borowich 46:34
John Hannah 46:46

W40-49

Heidi Skaden-Poyser 43:13
Barbara Miller 44:29
Ginger Burrola 44:49
Veronika Jones 47:46
Chiyo Shingu 47:48

W50-59

Jo Sullivan 48:29
Catherine Smith 52:58
Betty Seimas 58:41
Elaine Reese 1:04:34
Vivian Fink 1:04:45

W60+

Dorothy Thomas 48:18
Mavis Lindgren 57:34
Virginia Martin 1:06:31
Arlene Borowick 1:14:21

2 MILE

Overall
Dan Zavesky 23 9:18
Paula Ramirez 27 11:47

M40-49

Gerry Holmes 11:15
Charles Johnson 11:17
Mike Killingsworth 11:26
Bob Strack 11:50
Tom Smart 12:11

M50-59

John Norberg 11:54
Mark Bodley 12:51
Curtis Tom 12:53
Donald Jackson 12:56
Norman Creange 13:17

M60+

Payson Taylor 13:32
Bill Lawson 15:43
Frank Saylor 16:57

W40-49

Val Smart 13:04
Cynthia Milford 13:11
Ginger Burrola 13:22
Mary Belz 13:53
Vicki Corgiat 14:26

W50-59

Clara Azevedo 16:02
Lillian Judd 16:29
Barbara Neyens 17:11
Marvete Taylor 17:28
Verna Lundberg 18:02

W60+

Dorothy Scott 21:27
Eunice Thompson 26:25

RACE TO CURE CANCER 5 MILE
SALEM, VIRG.; 11/3/84

Overall Masters Winners

David Bloor M45 28:14
Glenna Fink W45 33:54

M40 Joel Turner 30:29
Bob Hartless 31:04
James Hooven 31:31

M45 Ray Myers 32:45
John Billingslea 37:00
Jim Harvey 41:00

M50 Bob Benoit 35:07
Bob Copenhagen 36:12
W.A. Hall 37:38

M55 Morris Law 34:32
Lewis Hundley 38:40
Mason Cole Jr 39:16

M60+ Joseph Martin 35:31
Stan White 43:00
J.W. Elliott Jr 49:03

W40 Nancy Wanamaker 38:45
Carolyn Davis 42:28
Margie Master 42:37

W45 Wanda Alexander 40:55
Joann Benne 41:53
W50 Betty Field 36:19

Carol Edlund 48:02

DULUTH, MINN.
OCTOBER 27

3rd Annual Edmund Fitzgerald Memorial
Cosponsored by Nike and Fitger's on the Lake

100K Individual Final Results

Pl	Cl	Name, Age, City, State	10 Mi/avg	20 Mi/avg	30 Mi/avg	40 Mi/avg	50 Mi/avg	100K Fin	Avg Pace
1	1	Kiddy, Sandra, 47*** Palm Springs, CA	1:11:41 7:10	2:25:37 7:23	3:40:57 7:32	4:57:57 7:42	6:14:16 7:37	7:49:20 7:49	7:33
2	1	Sloan, Harry, 36 Duluth, MN	1:10:20 7:02	2:19:30 6:55	3:31:30 7:12	4:47:03 7:33	6:08:16 8:07	7:49:51 8:22	7:33
3	1	Savanick, George, 46* Apple Valley, MN	1:22:38 8:15	2:44:13 8:09	4:02:37 7:50	5:20:25 7:46	6:37:29 7:42	8:23:23 8:43	8:06
4	1	Beeson, Bill, 29 Minneapolis, MN	1:10:55 7:05	2:26:50 7:35	3:42:50 7:36	5:08:32 8:34	6:39:12 9:04	8:32:42 9:20	8:15
5	2	Ulik, Tom, 43* Racine, WI	1:11:23 7:08		3:54 appr 7:48		6:59:15 9:00	8:48:37 9:00	8:30
6	3	Andrews, Tom, 41 Duluth, MN	1:18:36 7:53	2:40:30 8:09	4:00:57 8:02	5:25:31 8:27	7:00:51 9:32	8:57:28 9:36	8:38
7	2	Jensen, Jeffrey, 23 Oshkosh, WI	1:23:47 8:22	2:47:45 8:23	4:10:37 8:17	5:41:09 9:03	7:09:36 8:50	9:04:26 9:27	8:45
8	2	Froehke, Vic, 38 Edina, MN	1:14:15 7:25	2:45:17 9:06	4:16:10 9:05	5:46:33 9:02	7:22:52 9:37	9:22:24 9:50	9:03
9	3	Peitzman, Robert, 23 St. Paul, MN	1:17:16 7:43	2:38:52 8:09	4:06:55 8:48	5:41:57 9:30	7:25:33 10:21	9:31:32 10:22	9:11
10	3	Dirks, Jon, 36 Elk Mound, WI	1:11:23 7:08				7:26:38 9:33:48	10:28 10:28	9:14
11	4	Arena, Andy, 33 Milwaukee, WI	1:28:13 8:49		4:38 appr 9:16		7:48:27 9:56	9:49:07 9:56	9:28
12	5	Bell, Jerry, 37 White Bear Lake, MN	1:26:14 8:37		4:35 appr 9:10		7:56:15 9:56	9:56:49 9:56	9:36
13	4	Hauser, Gary, 48 West Allis, WI	1:23:47 8:22		4:42 appr 9:24		8:02:22 10:04:53	10:04:53 10:05	9:44
14	1	Fisher, Bill, 54 Wayzata, MN	1:28:59 8:53	3:02:30 9:21	4:37:18 9:28	6:17:34 10:01	7:57:00 9:56	10:09:44 10:56	9:48
15	6	DeGrave, Rik, 38 Wauwatosa, WI	1:26:14 8:37		4:35 appr 9:10		7:56:21 10:21:02	10:21:02 11:55	9:59
16	7	Cavaiani, Ralph, 38 New Berlin, WI	1:28:13 8:49		4:39 appr 9:18		8:16:50 10:36:02	10:36:02 11:27	10:14
17	5	Fink, George, 46 Minneapolis, MN	1:45:15 10:31	3:29:10 10:23	5:13:22 10:25	7:01:30 10:48	8:47:10 10:34	10:55:45 10:35	
18	8	Brothers, Bruce, 38 Minneapolis, MN	1:42:19 10:13				8:47:10 10:55:45	10:55:45 10:35	10:33
19	9	Brandt, Steve, 32 Minneapolis, MN	1:32:44 9:16	3:08:10 9:32	4:51:55 10:22	6:37:28 10:33	8:44:21 12:41	11:29:28 13:36	11:05
20	1	Hanscom, Robynt, 33 Minneapolis, MN	1:45:56 10:35	3:33:33 10:45	5:25:05 11:09	7:18:43 11:21	9:13:30 11:28	11:46:00 12:33	11:21
21	2	Rivard, Don, 55* St. Paul, MN	1:45:11 10:31				9:16:15 11:58:22	11:58:22 13:21	11:33

28 starters

†female

*pending single age American record

**pending masters world record, American open record, 3rd fastest women ever at 100K

*New course record

Classes:

20-29, 30-39, 40-49, 50-59, 60+

NEW YORK MARATHON
OCTOBER 28, 1984

PLACE NAME RES. AGE TIME
1 Orlando Pizzolatto ITA 26 2:14:53
1 Grete Waitz NOR 30 2:29:30

M40-49

17 David Clark SCO 41 2:21:04
46 Roger Robinson NZ 45 2:27:33
47 Gayten Fernandez SPA 40 2:27:44
82 Rich Aurelio CT 49 2:34:39
92 Gary Muhrcke NY 44 2:35:48
119 Jim Browner IL 40 2:39:08
129 Walter Koch WG 44 2:39:44
131 Elton Ferdinand GUY 43 2:39:59
138 Fred Halsey NY 45 2:40:44
144 Klaus Fischer WG 44 2:41:11

M50-59

388 F Bartolomucci ITA 50 2:54:51
414 Don Dixon NY 57 2:55:56
462 Shlomo Amrani ISR 57 2:57:36
469 Dave Levin MA 50 2:57:44
472 Torleif Rekkebo NOR 51 2:57:44

M60-69

876 John Kallunki FIN 63 3:08:20
1577 Paul Lackey VA 61 3:22:01
1877 Jack Start NJ 64 3:26:35
8381 Hans Kracht WG 71 4:27:52
9038 Ramon Varquin PR 70 4:32:55
9619 Paul Busch WG 72 4:38:12

W40-49

14 Evy Palm SWE 42 2:45:18
16 Joyce Smith GB 47 2:46:17
25 Carol Gould GB 40 2:54:47
28 Jane Arnold CT 43 2:56:30

W50-59

93 Toshiko d'Elia NJ 54 3:23:22
105 Margarette Decker NY 51 3:25:27
223 Alma Kunin PA 51 3:41:36

W60+

911 Loretta Sheehan NY 61 4:23:07
1212 Mary Rodriguez NY 62 4:36:49

Number of finishers by age-group:

M20 2499 W20 684 79%
M30 5022 W30 1067 83%
M40 3335 W40 510 87%
M50 1017 W50 98 91%
M60 180 W60 13 93%
M70 19 W70 0 100%
Hcp 124 Hcp 22 85%
12196 2394 84%

18,000 entries accepted
16,315 starters
14,590 finishers (89% of starters)

50K Individual Final Results

Pl	Cl	Name, Age, City, State	10 Mi/avg	20 Mi/avg	50K Fin	Avg Pace
1	1	Kiddy, Fred, 50* * Palm Springs, CA	1:00:44 6:04	2:02:26 6:10	3:15:39 6:36	6:17
2	1	Suker, Doug, 33 Minneapolis, MN	59:38 5:57	2:00:18 6:04	3:21:49 7:21	6:29
3	1	Heaps, Jerry, 29 Maplewood, MN	59:38 5:57	2:02:27 6:16	3:29:12 7:50	6:43
4	2	Blakeborough, Daryl, 36 Shorewood, MN	1:04:53 6:29	2:10:52 6:35	3:34:26 7:32	6:54
5	1	Klecker, Janis, 24† Hopkins, MN	1:05:00 6:30	2:09:46 6:28	3:37:06 7:53	6:59
6	3	Ivaniszyn, Steve, 38 St. Paul, MN	1:09:30 6:57	2:26:25 7:41	4:18:43 10:08	8:19
7	1	Wilkins, Denise, 32† Minneapolis, MN	1:22:48 8:16	2:44:18 8:09	4:20:08 8:39	8:22
8	2	Woodley, Nancy, 27† Minneapolis, MN	1:23:34 8:21	2:45:53 8:13	4:28:28 9:16	8:38
9	4	Kagol, Steve, 38 Minnetonka, MN	1:26:53 8:41	2:50:48 8:23	4:32:38 9:11	8:46
10	3	Shubert, Gary, 28 Lexington, MN	1:20:38 8:03	2:45:38 8:30	4:35:26 9:55	8:51
11	5	Kennedy, Tim, 36 Minneapolis, MN	1:27:44 8:46	2:55:51 8:48	4:50:15 10:20	9:20
12	1	Pierce, Lewis, 47 St. Paul, MN	1:34:41 9:28	3:06:27 9:10	4:53:50 9:42	9:27
13	6	Bates, James, 35 Minneapolis, MN	1:27:44 8:46	2:55:51 8:48	4:57:56 11:01	9:35
14	2	Peterson, Jeffery, 42 Willmar, MN	1:28:45 8:52	3:09:56 10:07	5:28:40 12:31	10:34
15	7	Shavlik, Craig, 34 Bloomington, MN	1:32:02 9:12	3:10:52 9:53	5:43:43 13:48	11:03
16	3	Lori, David, 42 Iron Mountain, MI	1:50:40 11:04	3:46:35 11:35	5:56:20 11:43	11:28
17	2	Wing, Ellen, 39† Chippewa Falls, WI	1:38:45 9:52	3:36:44 11:47	6:00:55 13:01	11:36
18	8	Jairrett, Jim, 36 St. Paul, MN	1:27:15 8:43	3:20:49 11:21	6:05:27 14:52	11:45
19	3	Meyer, Paula, 27† St. Paul, MN	1:27:15 8:43	3:20:49 11:21	6:19:45 16:09	12:11



THE HARDER YOU PUSHED, THE MORE YOU WERE PULLED.

The Terra Trainer

