POPPELL KICKS OFF WORLD GAMES FUND DRIVE WITH $25,000 PLEDGE

Brown, Flexer Win U.S. 10K Cross Country

by JERRY WOJCIK

Sumner Brown, 41, of Belmont, Massachusetts, led all runners to the finish line in the TAC U.S. National Masters 10K Cross-Country Championships in Fayetteville, N.Y., on November 3, in 34:10, over the European style course at Green Lakes State Park, considered by some as the best in the U.S.A. and referred to as "The Green Monster, A Course With Texture."

But smooth or rough, Sumner beat the best of a few of the West and lots of the East, including fellow Saucony Racing Team members. Lee Sargent, 42, second in 34:32, and Kirk Randall, 44, third in 34:55. Lou Faxon, 45, was fourth with an M45 victory in 35:10. Derek Mahaffey, 51, of Washington state's Snohomish TC, won the M50 race in 37:26 from a large field.

Continued on page 8

Mielke, Welch
1st in New York

"The key to success is not talent — it is persistence." — old English proverb.

Gunter Mielke knows. Running his third sub-2:30 marathon in four weeks, the 42-year-old West German showed plenty of both qualities to win the New York Marathon Masters title in 2:29:39 on October 27 in the 16th renewal of the annual autumn event.

Traditional wisdom says you're not supposed to run more than two hard marathons a year — especially as you get older.

So much for tradition. Mielke had faded to ninth among Masters finishers in 2:27:28 in the Twin Cities Marathon on October 6, missing out on the age-graded prize money. On the 20th, he

Continued on Page 5

Villanueva Wins $5000, Kirchen $4000

Masters Take Home $20,000 From Chicago

Antonio Villanueva, 45, won more money on October 20 than any other age-40-or-over runner had ever pocketed on a single day.

By racing to a 2:23:55 in America's Marathon in Chicago, the Mexican won the first Masters prize of $5000. Added to the $3500 he won two weeks earlier with a 2:20:35 in the Twin Cities Marathon, his October score of $8500 is easily a world Masters one-month record.

Elaine Kirchen, 42, of New York, became the first U.S. Masters woman runner to win as much as $4000 in one race with a solid 2:50:28 in the nationally televised race. That equaled the $4000 won by West Germany's
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CHANGE THROWING RULES
I spoke to many Masters throwers at the TAC National Masters T&F Championships, and we all feel that all throwing events in meets should be standardized to have flights of six competitors or less. The flights should be seeded with the best throwers throwing together in the last flight. There should be ample time to warm up between flights. (The flights should be seeded so that the athletes know exactly when they are competing.) This would eliminate the chance of injury due to cooling down from a long wait between throws. It should also produce better results.

The National Championships are no different because 1) major meets are not always reported in NMN; 2) sometimes published results give only last names; 3) results are partial or unclear.

None of this is NMN's responsibility. I'm continually amazed at the amount of information it provides, and it can't be expected to modify results reported. The primary responsibility rests on the meet director. Timely and accurate reporting is part of his job description.

Athletes can help. If your 5K walk or 5K run performance is not reported in NMN, drop me a postcard with the right of information. Send name, time, meet and date, age and residence to me:

Max Quaakenbos
Stuart, Florida

I just received my first issue of NMN (Nov.) and I'm disappointed. There is so little about race walking — just one column about the Nationals in Santa Monica. You gave the winners in the 40-49 division — whoopee! What about the rest of the winners in the other age groups?

Let's get with it. Looking forward to future issues.

Melvin Grantham
Bloomington, California

(We print what we get. As Max says, often the race directors don't produce results, or don't send them to NMN. We only received the 40-49 winners of the Santa Monica race. We'll try to do better. Stay with us. — Ed.)

Masters Etiquette

Could we please list a few rules from the "Masters' Track and Field Book of Etiquette"?

1) Children should stay in the stands.
2) Everyone should be careful crossing jumping aprons and runways.
3) There should be silence around the throwing circles when the implement is in the ring, and silence as sprint starts.
4) Save those operation stories for a more suitable time; perhaps during the evening meal.
5) Offer your help to the director if your competition is over.

Boo Morcon
Wilmington, New Hampshire

Write on!

Address Letters to: National Masters News, P.O. Box 2372, Van Nuys, CA 91404.
Morcom, Manzi Win U.S. Pentathlons

by JERRY WOJCICK

The Rocky Mountain Masters Games in Boulder, Colorado, on August 31 and September 1, played host to the TAC U.S. National Masters Pentathlon and Weight Pentathlon Championships.

After the hand calculators had stopped and the dust had settled, M50 winner Boo Morcom, 64, of New Hampshire, was the top scorer in the regular pentathlon, under the 1985 U.S. Masters Age Factor Scoring System, with a total of 3774 points. Morcom's best came in the long jump, with 974 points, bolstered by a 618-point 36.64 (120-10) discus and a 614-point 12.23 (40-11 3/4) shot put.

In the Weight Pentathlon, which was tailed by the 1982 multi-events scoring tables, Ray Manzi, 38, of Colorado, M35 winner, topped everybody with 3023 points, buoyed by an 887-point 24.5 (3152, 100-3) javelin. Ann Kenville, first W50, of San Rafael, Calif., 2:14:52, Lake Chabot Half-Marathon, August 7. Photo by Gene Cohn

Ann Kenville, first W50 +, of San Rafael, Calif., 2:14:52, Lake Chabot Half-Marathon, August 7. Photo by Gene Cohn

Houston to Host TAC Convention

The 7th Annual National Convention of The Athletics Congress (TAC) gets underway at the Hyatt Regency Hotel in Houston, Texas on December 3rd and continues through December 8th.

The Masters Track & Field and Long Distance Running Committees will meet from the 5th thru the 7th. Each will finalize rule changes, 1986 budget, 1985 awards and 1986-87 championship sites.

Here is the schedule of events:

Thursday, December 5:
- 8:00-10:00 a.m. TAC General Meeting
- 10:30-1:00 p.m. Masters T&F Executive Committee
- 10:30-1:00 p.m. Masters LDR Committee
- 2:00-6:00 p.m. Masters T&F Executive Committee
- 2:00-6:00 p.m. Masters LDR Committee
- 6:30-8:30 p.m. Lone Star State Hospitality Reception

Friday, December 6:
- 7:00-8:00 a.m. TAC Delegates 5K Race
- 9:00-12 noon. Masters T&F Executive Committee
- 9:00-12 noon. Masters LDR Committee
- 12:00-2:00 p.m. TAC Awards Luncheon
- 2:00-6:00 p.m. Masters T&F Committee General Meeting (elect chairman, rules, legislation, budget, women, committee assignments, 1989 World Games site selection, awards, 1986 indoor & outdoor meets)
- 2:00-6:00 p.m. Masters LDR Committee

Saturday, December 7:
- TBA. Joint Masters T&F/LDR Committees (coordination for World Games)
- 6:30-11:00 p.m. TAC Cocktail hour and banquet

Sunday, December 8:
- 8:00-3:30 p.m. TAC General Meeting

Master Key Indoor Open

Sunday, February 2, 1986
Catonsville Community College (MD)

Catonsville Community College in Suburban Baltimore will co-host the event on its 10-lap to the mile (no spikes allowed) rubberized track with wide turns.

Catonsville C.C. is 15 minutes from downtown Baltimore and Balto. Wash. International airport and 45 minutes from Washington International airport.

All TAC regulations will be followed for the Pentathlon.

The top 3-participants in each age group will receive awards. The host facility offers ample adjacent parking, lockers and showers.

Early entry fee for the Pentathlon is $12.00 and after 1-15-86 $15.00. There will be race day registration and early entrants will receive confirmation.

MASTER KEY INDOOR OPEN:

Will be held in conjunction with the National Pentathlon. Age groups are Open, 30-39, 40-49, 50+ over.

Awards to first 3 in each event, each age group.

The open meet begins at noon.

Events:
- 50-meter HH
- 500-meter
- 1-Mile

Use this entry form for Pentathlon or Open Meet

Name
Age
Address
Phone

Pentathlon
Open
Events

Make Checks Payable to:
Master Key Track Club
1415 Providence Rd.
Towson, Md. 21204

For Further Information:
Al Harden 301-992-2464
Larry Williams 301-661-7521

Days
Nights

1-15-86 $15.00. There will be race day registration and early entrants will receive confirmation.

Master Key Track Club is proud to host the 1986 Athletic Congress Masters Indoor Pentathlon Championships.

Master Key Track Club is proud to host the 1986 Athletic Congress Masters Indoor Pentathlon Championships.
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Whether your subscription expires next month or next year, we want to give you one last opportunity to renew in advance at the current low price.

As you know, the price of almost everything continues to go up. Our printing costs are up 27% over last year.

And yet, for the past three years the price of the National Masters News has remained the same. Unfortunately, we can no longer afford to keep these low rates. Beginning next month, we will be substantially raising our subscription rates to help offset our rising costs.

We appreciate your past support and loyalty as a subscriber to the National Masters News and would like to help you avoid this increase. If you renew now, we will extend your present subscription for another year (or two) at the current low rates.

We fully intend to maintain and increase our coverage of Masters activity in 1986. As an official publication of both the World Association of Veteran Athletes (WAVA) and The Athletics Congress (TAC), we will continue to bring you the information that is available nowhere else: schedules, results, training advice, race and meet stories, profiles, and articles by the top Masters writers in the nation.

If you'd like to renew now, please fill out the form on this page and return it in an envelope. If you prefer, we'll bill you later.

Remember that a subscription to the National Masters News is an ideal holiday gift for a friend or family member. For each gift subscription you send us, we'll send you a 1985 Masters Age Record Book free as our thanks. And you can give those away as gifts, too. We'll also send an attractive gift card to each recipient, announcing your gift.

Some readers provide additional support to the National Masters News and to the Masters program by sending contributions of $25, $50 or $100 a year. If you are able, we urge you to join them. All contributors will receive a free copy of the new Masters Age Record book and will be listed in the paper as a National Masters News Sustainer.

Thank you and happy holidays from the staff of the National Masters News.

—Al Sheahan, Editor

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Sargent and Black Take Half-Marathon

Lee Sargent, in 1:11:12, and Iris Black, in 1:20:21, paced the 40-and-over division winners in the TAC U.S. National Masters Half-Marathon in Dayton, Ohio, on September 22, held as part of the Dayton River Corridor Classic. Sargent's M40 win was an easy one by over three minutes, and Black's excellent W40 time will probably rank her in the top three at this distance. Shirley Matson holds the W40 national mark at 1:19:53.

Florida Meet Draws 150

Over 150 athletes, age-50-and-over, from seventeen states and Puerto Rico competed in the International Senior Athletics Meet in Palm Beach Gardens, Florida, on November 2, producing one world record and one American record, and tying another national mark.

Puerto Rico's Gilberto Gonzalez, 72, broke his own M70 world record of 12.8 in the 100y dash with a 12.67. Barbara Hummel, 60, long jumped 7-11¼ to eclipse Dot Callan's American W60 mark of 5-9. Dr. Larry Walker, 71, a relative newcomer to Masters track, tied the American M70 high jump record of 5-6. Other athletes broke over a half-dozen world and American single-age records.

Meet Director Joe Valdes, who is directing the Florida Masters T&F Championships on April 26-27, has decided to include a 19-29 division to encourage prospective Submaster athletes to join the Masters Program.

Matson Sets 10K Mark

Three days after turning 45, Shirley Matson raced to a new U.S. 10-kilometer record of 35:32 for women aged 45-49.

The time broke the five-year-old mark of 36:29, held by Mila Kania of New York.

The record-setting run came on November 10 in the Tri-Cities Hospital 10K in Vista, California. It was a personal record for the Solana Beach, California resident, who only began serious running about three years ago.

Coached by Masters runner Dan McCaskill, Matson had a summer of set backs, but on October 5, she was first Master woman in 29:16 at the Moving Comfort 8K in San Diego, setting a new age-44 American Record.

On October 20, she was first woman overall with a 36:56 at the Fairbanks 10K in Vista, California. It was a personal record for the Solana Beach, California resident, who only began serious running about three years ago.

Last year, she was named the top age 40-44 woman long distance runner in America.

On October 27, she was first woman overall with a 36:56 at the Fairbanks Ranch 10K on a tough, hilly course.

She again defeated Walters by 46 seconds (37:18).
Records (*), Records (**) & Records (***)

Remember the days when 10-flat in the 100 was the benchmark for speed? Things were pure and simple then. You knew what a "100" was and you knew what "10-flat" meant. If you were around 50, you probably remember the world-record standing at 9.3 seconds for quite a few years. There were no asterisks or buts about it.

At one time I could tell you the world-record for every track and field event. No more. There are so many asterisks to be concerned with that I've lost interest.

Take the 100, for example. First of all, it's not even 100 yards any more. It's 109 yards, 1 foot, and a half-inch or so. They call it 100 meters now. To me, the 100-yard-dash was as American as hot dogs. The 100 meters is like Vienna sausage. I just can't acquire a taste for it.

Okay, so we're stuck with 100 meters. Does anyone really know what the honest-to-goodness true world-record is? Twenty or 30 years ago, all we had to know was whether the performance was wind-aided or not. Today, however, we've got to decipher all the ifs or buts about it.

I've never been able to understand why a person is given credit for a record when a person older than he is has a better performance.

Bert Nelson, editor of Track and Field News, has taken a strong stand that altitude-achieved records should not be recognized, or at least they should rate asterisks. He points out that 7,000 feet of altitude makes a world-class sprinter a full tenth of a second faster.

Several sprinters have done 9.8 for 100 meters, but they were not electronically timed. Hand-timing gives the runner a break of approximately .14 of a second.

Carl Lewis has run 9.96 at low-altitude while getting a little boost from an allowable 1.48-meters-per-second wind.

Maybe that should be the official world-record. On the other hand, Jim Hines once did a 10.03 on a dirt track. Considering the fact that all the sub-10-second times have been on artificial surfaces, which give the runner a different kind of boost, perhaps Hines deserves the record. Then again, it was hand-timed. Why not give him a record with *** after it?

All this multiple-record stuff isn't limited to the 100 meters. At 200, there is a record for a straightaway race and the more official record for the race around the curve. In the mile, we have indoor records and outdoor records. For the indoor record, you have to check the asterisks to determine if the race was on an eight-lap-to-the-mile track or 10 laps or 11 laps.

When you're looking at high school times in the "mile," you've got to know whether they ran an actual mile or 1600 meters, which is 10 yards, 8 inches short of a mile.

Racing is something else. There are certified courses which become uncertified and uncertified courses which become certified. The official records are for out-and-back courses, but there are also records (*) for point-to-point courses. With the latter, you get a (**) if it was wind-aided or if there was an elevation drop of so many feet per mile. If you're a woman, you get an extra (*) if men took part in the race.

In the case of an American record on the roads, you get a (*) and a (?) if you're an alien living in the U.S. while awaiting American citizenship.

It's enough to drive a one-time "star freak" like myself crazy. Of course, all this confusion is not limited to our sports. Take baseball. Who holds the season home-run record, Babe Ruth with 60 in 154 games or Roger Maris with 61 in 162 games? In football, Herschel Walker set a season rushing record this year, but he gets a (*) and a (**) after it because he had more games to do it in than the old-record holder and because he did it in an inferior league. In boxing, we have as many as three champions in one division, depending upon the federation.

On the subject of records and looking at our masters age-class records, I've never been able to understand why a person is given credit for a record when a person older than he is has a better performance.

There's at least one good thing about all these asterisks, daggers, and question marks — there are more records to go around. I believe that everyone should have at least one world-record. One record I have that even Ray Hatton can't claim is for the distance from my office to my home. I must admit, though, that even it is marred by an asterisk. A dog chased me for a couple of blocks, so it was "dog-aided."

I believe that everyone should have at least one world-record.

better performance. As an example here, the books show that I have the American one-hour run record for age 42 at 11 miles, 524 yards. Yet, Ray Hatton has the age 44 record of 11-740. Hatton's performance is also better than the age 43 record. In my mind, all times inferior to Hatton's should be eliminated. That is, he should have the 42-43-44 records. At least, give me an asterisk.

There's at least one good thing about all these asterisks, daggers, and question marks — there are more records to go around. I believe that everyone should have at least one world-record. One record I have that even Ray Hatton can't claim is for the distance from my office to my home. I must admit, though, that even it is marred by an asterisk. A dog chased me for a couple of blocks, so it was "dog-aided."

by MIKETYMN

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December, 1985

2nd place 50+ team in the South Africa 8K Cross-Country Championships at East London on September 7. From left: Solomon Ross (33:16), Pat O'Brien (30:45), Alex Jones (36:36), Lee Benning (34:09).
Bud Light Meet to Benefit Special Olympics

The 3rd Annual Bud Light/Pennsylvania Masters Indoor Track and Field Championships will be held on Sunday, January 5, 1986 at Dickinson College's Kline Life/Sports Center in Carlisle, PA. Field event competition will begin at 9:30 a.m., with track events set to start at 10:00 a.m.

Again the meet is sponsored by G.C. Blosser's Beer Distributors, on behalf of Bud Light, and C.H. Masland & Sons Carpeting, both of Carlisle. Masland & Sons are the world's longest supplier of automobile carpets.

This year the Bud Light meet will benefit the Tri-County Special Olympics Program, which provides athletic competition to mentally retarded children and adults in a three county area. It is expected that the event will be the Tri-County area's largest fund raiser for 1986.

The meet, sanctioned by the Mid-Atlantic TAC, will provide competition in the 55M, 200, 400, 800, 1600, 3200, 1600 relay, 3200 relay, LJ, TJ, SP, HJ, and pole vault for men and women.

The facility offers an artificial 200m track, with spacious locker rooms, training room, and spectator viewing area. A local charity organization will provide beverages and assorted food items for sale at a nominal price.

As was announced earlier in the NMN, the meet was also to host the 1986 TAC Masters National Indoor Pentathlon Championships. However, the Master Key Track Club of Maryland indicated an interest in hosting the championship and it was re-awarded by Ron Salvio, the Masters T&F indoor coordinator, to Catonsville, Maryland on February 2.

Of interest to other Masters meet directors will be the results of a survey to be taken at the event, regarding awards — what the competitors would like to receive, and what they are willing to pay for them. Results will be forwarded to the NMN for publication.

3100 Run in St. Louis Age-Handicap 10K

Marty Cooksey, 31, with a five-and-a-half minute “head start” on the clock, defeated 3100 runners in the 7th annual Bud Light Age-Handicap 10K Run on September 22 in St. Louis.

She overtook Polly Peacock, 39, with less than a mile to go to finish in a clock time of 28:53 (actual time 34:23). Peacock, with a 7:30 handicap start, finished 13 seconds behind in 29:06 (34:56), with Leon Pennell, 53, second (left), and Larry Patterson, 70, second (right) in 28:53 (actual time 34:23).

Peacock, a 3-time winner of the race last year, held the lead until Patterson held on for 14th in 31:20 (45:50). Patterson took over, a 3-mile mark, when Peacock took over. Patterson held on for 14th in 31:20 (45:50).

Peacock, a 3-time winner of the race last year, held the lead until Patterson took over. Patterson held on for 14th in 31:20 (45:50). Peacock, a 3-time winner of the race last year, held the lead until Patterson took over. Patterson held on for 14th in 31:20 (45:50).

Dottie Gray, 60, with a 17-minute handicap start, led the field for a mile-and-a-half. Then Larry Patterson, 70, surged past and held the lead until the 3-mile mark, when Peacock took over. Patterson held on for 14th in 31:20 (45:50).

At the 3-mile mark, when Peacock took over. Patterson held on for 14th in 31:20 (45:50). Dottie Gray, 60, with a 17-minute handicap start, led the field for a mile-and-a-half. Then Larry Patterson, 70, surged past and held the lead until the 3-mile mark, when Peacock took over. Patterson held on for 14th in 31:20 (45:50).

A large crowd at Busch Stadium watched the area's top runners finish at second base. Bud Light, the St. Louis Cardinals and the Civic Center Corp. sponsored the popular event.

Olympian Ed Burke, 45, and Irene Obera, 51, display their 1984 Masters T&F Athlete-of-the-Year awards. The 1985 winners will be chosen this month at TAC Convention in Houston.

photo by Gretchen Snyder

3rd BUD LIGHT 'PA MASTER'S INDOOR TRACK & FIELD CHAMPIONSHIPS. SUNDAY, JANUARY 5, 1986, 9:30 A.M.

KLINE SPORTS CENTER, DICKINSON COLLEGE, CARLISLE, PA.

EVENTS: 55, 200, 400, 800, 1600, 3200, 1600 relay, 3200 relay, LJ, TJ, SP, HJ, and pole vault for men and women.

TO BENEFIT: Tri-County Special Olympics Program

REGISTRATION: Pre-register by mail before January 1st and save $2 or you may register the day of the meet. Open to non-PA residents. If entry is received by December 23, 1985, your name & other information will appear in a meet program.

DIVISIONS: Standard 5 year age divisions by sex (30-34, 35-39, ... 60-64, 65-69 etc.)
Residents and non residents compete together. No separate awards.

AWARDS: Carlisle/Mid-Atlantic TAC patch for 1st, PA Masters meet patch for 2nd; C.H. Masland & Sons Carpeting of Carlisle.

REGISTRATION & INFORMATION: Scott Thornsley (meet director), 519 Coolidge Street, New Cumberland, PA 17070. (717) 774-3569 to 11:00 p.m.

Events Entered

Name
Sex Age Tel. #
Address

Events Entered

WAIVER: In consideration of the acceptance of this entry, I do hereby, for myself, my heirs, executors, administrators and assigns, waive, release and forever discharge the promoter of this meet, and their agents, servants, employees and those having any interest in facilities used to or from the said event to be held on January 5, 1986, for any injuries that may be suffered by me therein. I specifically release and discharge the said promoters, sponsors, and Dickinson College, whose facilities are being used for this event, from all injuries or damages arising from or contributed to by any physical impairment or defect I may have, whether latent or patent, and agree that they are under no obligation to provide a physical examination or other evidence of my fitness to participate in such event, the same being my sole responsibility. I also give permission for the free use of my name and picture in any broadcast, telecast, or other written account of the event.

Signature Date
Crime and Punishment

Oh, how I love to read "Footnotes," the Road Runners Club of America Magazine. It's pretty much the last holdout for people who think running has somehow made them not only different, but quite superior to their fellow beings. How they love to puff up, pound their chests and pontificate about what's wrong with just about everything.

The magazine also offers profiles from time to time with a consistent: "I was lost and alone, a pervert who weighed over 300 pounds, I smoked five packs of cigarettes a day and my pecker was only an inch long. Then I discovered running. Wow! I lost 300 pounds. I'm no longer lost or alone, Oh well, you know what they say about half a loaf. I also speak regularly at meetings where we really get it on by telling one another how wonderful we are. We discuss crucial issues like new running shoes. We're trying to develop a political identity for our special interest. We feel, for instance, that all cigarette smokers should be burned at the stake. At each of our meetings we save the best for the last. We always set aside the last hour to carp and complain about races we've attended since our last meeting. We even give a 'Piss and Mean Award' each year to those members who found the most fault with runs they had attended during the previous year.'

Now don’t get me wrong, I don’t mind a little complaining, I do plenty of it myself. I just feel that somewhere you've got to draw the line. If a race director can’t handle a finish line, what good is he? I'll tell you this (there are many others, especially RRC members who feel the same), the bastards should be hanging. I have merely attempted to draw up a tentative list of punishments trying to arrange this list or suggest that one is necessarily more severe than another. You be the judge of this. We absolutely need your assistance now, and then, at a later date, we would balance the scales, so to speak, as we say in legal circles.

Remember, the Law is the Law. May we never lose sight of the fact that jaywalking isn’t murder is one of those muddle-headed issues that we best let the intellectuals argue about.

A sample list of punishments would be as follows:

1. Spend a weekend with Scott Hamilton.
2. Read everything Mike Tymn has ever written.
3. Attend a RRC Convention.
4. Attend a TAC Convention.
5. Convince normal people that what Ken and Jen are doing is important.
6. Sell advertising space in the NMN.
7. Be a member of RRC.
8. Eat health foods for a year.
9. Attend a weight pentathlon.
10. Find out how high the hurdles are and how far they’re apart.
11. Talk John Dick out of taking up the pole vault.
12. Tell people for one year you are a friend of Hal Higdon.

Now please don’t misunderstand. I'm not saying you shoot everyone. You cite a few examples to make sure all these race promoters are paying attention. After we have everyone’s attention, we will draw up a list of punishments to be handed out by a sort of supreme court of runners. It would be done in such a way that, hopefully, the sentence would fit the crime.

Now all of us are well aware of the crimes: (no splits, no T-shirt, not enough yogurt flavors, etc.) Now is not the time to go into that can of worms. I have merely attempted to draw up a tentative list of punishments without trying to arrange this list or suggest that one is necessarily more severe than another. You be the judge of this. We absolutely need your assistance now, and then, at a later date, we would balance the scales, so to speak, as we say in legal circles.

Villanueva Wins $5000, Kirchen $4000 in Chicago

Continued from Page 1

Richard Kendall, 55, was first M55 in 39:03. Ed Buckley, 64, led a Syracuse Charger onslaught for medals in the older divisions with an M80 win in 45:02.

However, Carol Flexer, 42, of the Snohomish TC, unbedazzled by the course or her talented East Coast competition, ran to a five-minute W40-and-over win with 40:53. Liz Szawloski, 52, did a 51:29 to win the W50 division.

The event, sponsored by the Syracuse Track Club, which is gaining a reputation for putting on good races at all levels, was run under excellent conditions—50° and clear, sunny skies—attested to by the fact that all 82 starters finished, despite "The Green Monster."
Berggren Overtakes Romack in Ultimate Runner

JACKSON, Michigan, October 19 — Kurt Berggren was sitting in the Jackson Community College Fieldhouse bleachers with friends watching the Michigan Wolverines slowly lose to the Iowa Hawkeyes.

It was difficult to determine that the 47-year-old Ann Arbor resident was excited, but he said he was.

Although the official tally hadn't been made, it was apparent that Berggren had managed to overcome front-running Floyd Romack, 45, of Indianapolis, and win the Masters portion of the 1985 Ultimate Runner, which had just been completed.

Only 318 points had separated the first six places in the Masters Division when the 13 male masters lined up at 2 p.m. for the last of the five events that day — the marathon.

Romack had 1,321 points, closely followed by Berggren's 1,259. Rich Breiner, 40, of Michigan City, Ind., had 1,158 points; Walter Carrara, 42, of Ann Arbor, 1,115; Clayton Wagner, 45, of Golden, Colo., 1,003; and Jim Roe, 44, of Jackson, 1,075.

While Romack had won each of the other four events (10K in 36:19, 400 in 58:33, 1 mile in 4:59.2), Berggren had finished close enough to stay within striking distance at the end.

Any one of them had a chance to win the overall event, based on their marathon time. But it was Berggren who prevailed, running a 3:01 to Romack's 3:38, for a 1574-to-1518-point win.

"Last year I was third and this year I won," Berggren said. "So, that says the competition was probably easier because I didn't change anything except for getting one year older."

What about his training for this unique all-day event?

First of all, in terms of training for something like this, you can't do it," he began. "There's no way you can train to do distance and speed at the same time. So, you have to opt for one or the other, and the obvious one to opt for is the distance because you've got to be able to finish."

Berggren ran about 80 miles a week for 10 weeks with one speed workout a week.

Fellow Ann Arbor resident, Carol Swaney, 42, was the only female Masters entry. She finished with 938 points.

Alan Page, 40, former NFL football lineman, finished 9th in the Masters division.

Special WORLD MASTERS Division of the Paramount 10K Run

The City of Paramount and the Paramount Rotary Club, in addition to the Seventh Annual Paramount 10K Run, will have a very special WORLD MASTERS DIVISION sponsored by Bud Light and L.A. Beers. This division will be for those Master, men and women runners that can meet the qualifying standards for their respective age divisions. The ability to meet these time standards will truly make this division a very special one. The race will be run with the Paramount 10K. Yes, you have to be good to enter. But if you place within the time standards you will be eligible for awards and merchandise. If you can meet these standards, then come to Paramount and RUN WITH THE MASTERS.

Masters Standards: Men 40-44. 34:00; 45-49. 36:00; 50-54. 38:00; 55-59, 40:00; 60-64. 43:00; 65-69. 46:00; 70-74. 47:00; 75-79. 50:00; 80-84, 55:00

Masters Standards: Women 40-44, 40:00; 45-49, 42:00; 50-54, 44:00; 55-59, 47:00; 60-64, 50:00; 65-69, 52:00; 70-74, 54:00; 75-79, 40:00; 80-84, 50:00

All times are "or faster"
Weight Training For Masters (Part II)

by JAMES E. GLINN, R.P.T.

(Editor's note: The author is a Registered Physical Therapist specializing in the treatment of musculoskeletal injuries. He began competing in Masters track & field this year after four years of triathlon and ultrarunning competitions. He is the author of several publications. In Part I, Glinn said most participants in weight events would improve with a good weight-training program. He suggested buying a barbell and weight plates, a heavy duty bench, a squat rack and a set of adjustable dumbbells. Inquiries regarding this two-part series may be addressed to: Jim Glinn, R.P.T., 3941 San Dimas #102, Bakersfield CA 93301.

(continued from last month)

OFF SEASON PERIOD

(3-6 months)

Monday:
1. Warm-up and stretching - 10 minutes
2. Bench Press - 1x10, 5x5 using increasingly heavier weight for each set
3. Seated Behind the Neck Press - 5x5 using increasingly heavier weight for each set
4. Triceps Extensions or Pushdowns - 4-5x10

Tuesday:
1. Warm-up and stretching - 10 minutes
2. Squat - 1x10, 5x5 using increasingly heavier weights each set
3. Power Clean - 5x3 (Hammer Edition)
4. Deadlift - 3-5x3 using increasingly heavier weights each set; the deadlift begins when you have gone close to your limit in the power clean. Deadlift no more than once a week.

* Wednesday or Thursday - Same as Monday

IN-SEASON PERIOD

The in-season period is somewhat individualized and, on the masters level, depends on time constraints, business pressures, as well as time allotted to training and competition. I recommend the following general guidelines:

- Stop deadlifting completely.
- Leave plenty of time for recovery from training, especially with regards to leg work.
- If competition is on a Saturday, do not squat later than Tuesday or bench press later than Wednesday of that week. Serious competitors may wish to squat and/or bench press lightly immediately following competition so as to continue two squat/bench press sessions per week.
- Power cleans are performed quicker and with slightly lighter weights. The In-Season Program is as follows:

Sunday:
1. Warm-up and stretching - 10 minutes
2. Bench Press 1x10, 5x5
3. Dumbbell Flies 3x5 heavy (discus throwers only)
4. Seated Behind the Neck Press 3x5
5. Triceps Extensions or Pushdowns 4-5x10

Tuesday:
1. Warm-up and stretching - 10 minutes
2. Squat 1x10, 5x5 as previously
3. Power Clean 5x3 (Hammer throwers perform power cleans first).
As a result, I am making a personal appeal to you, if the U.S. is successful in winning the bid for the 1989 Games, to donate whatever amount you can to help sponsor this undertaking.

We were prompted to make this appeal on reading a letter from John Poppell, long-time Masters participant, who wrote to TAC Masters Track & Field Chairman Jerry Donley and stated:

"Dear Jerry:

This letter will serve as confirmation of my conversation with you wherein I indicated to you if you are successful in securing the 1989 World Games for a United States site that I, or companies I control, will be prepared to support that project to the extent of $25,000.

Your hard work and efforts in this behalf must be supported by those who can. In recognition of your efforts, I am glad to be able to offer this small degree of support."

In reply, Jerry Donley stated, "This is one of the finest gestures ever in Masters track and field, and I'm sure all Masters athletes are grateful to John for his dedication and support. I don't expect many of us can contribute $25,000, but if hundreds of us would pledge $1,000, $500 or even $20, we could go to Melbourne and tell WAVA we are prepared to put on the finest World Veterans Games ever — without depending on government or corporate support."

We don't want you to send any money now; just your signed pledge stating you will make a donation if the U.S. wins the '89 bid.

"Ask yourself how much the Masters Program has meant to you over the years. Then check the pledge card accordingly.

The money you donate will be tax-deductible. Your contribution will be deposited in a special World Games Trust Account through the Masters Sports Association, a non-profit, tax-exempt New York corporation set up some years ago by Bob Fine, who anticipated just such a need as this.

During the past fifteen years, many of you have said, or have written to me, stating in substance, "Thank you, Dave, for having conceived and started the Masters Program. It has been a special part of my life and has improved its quality."

If that is the case, you owe a debt of gratitude to the Masters, and now is the time to tangibly demonstrate that appreciation. You can state your "Thank you" by making a pledge.

We need your pledge now, since we must advise the meet sponsors how much financial support they can anticipate. Just mark your pledge on the form below or in the enclosed postcard and mail.

Be as generous as you can. This kind of opportunity may not come along again."

---

Birmingham, Kelley
Take Deland X-C

by JOHN BOYLE

Ultra-distance star Jay Birmingham of Jacksonville, Florida, ran a quick 17:34 over a tough three-mile course at Deland Airfield to win the Central Florida Masters X-Country Race in Deland on October 19. Birmingham was followed closely by Dave Dickinson, Orland, Fla., with 17:42.

Jane Kelley of Altamonte Springs, Fla., captured the ladies' title in 23:15, with second place going to Pepper Davis, 59, from Orlando, in 24:51.

The race was won overall by Submaster Bob Hans, M35, who led most of the way, in 16:10.

---

Dear David:

Yes, you can count on my support if the U.S. is awarded the 1989 World Veterans Games.

I pledge: $20 $50 $100 $500 $1000 $5

Name: ____________________________
Address: __________________________
City ____________________________ State __________ Zip __________

Mail to:
David Pain, Chairman
Site-selection Committee for 1989 World Veterans Games
1951 Cable St.
San Diego CA 92107

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First meeting of the newly-formed U.S. Site-selection Committee for the 1989 World Veterans Games, held at Howard Johnson's Motor Inn, meet headquarters for the National Masters T&F Championships in Indianapolis. From left to right: David Pain, Bob Fine, Jerry Donley and Al Sheahan. Also on the Committee are Hal Higdon, Jim Puckett, Bob Boal, Ollan Cassell and Mary Cullen.

photo by Gretchen Snyder

Poppell Kicks Off World Games Fund Drive

Continued from page 1

Athletes (WAVA) to host the 1989 Games.

Although we began the Masters Program eighteen years ago in California, the United States has never hosted the World Veteran Games. It is now our turn.

In a recent "Open Mouth" column, W. MacDonald Miller, one of the early stalwarts of the Masters Program and a long-time meet/race director, stated, "It can't be done."

We believe it can be done, but only with your help.

Other nations can count on government support when they tackle a project. Historically, corporations have beencorporate support, but we can't count on it. Historically, corporations have been reluctant to fund the Masters Program.
Pots, Catalina
Win in Crim

England’s John Pots and Charlene Catalina of Port Huron, Michigan, were the top 40-and-over runners in the 9th Annual Bobby Crim Ten Miler in Flint, Mich., on August 24. Pots’ time of 51:42.5 was about thirty seconds ahead of second Master George Keim, of Wayneboro, Penn., and good for 43rd in the race, which had over 4,000 starters.

Catalina’s time of 1:04:23 was minutes ahead of her nearest W40+ opponents. Melba Hatch, of Canton, Mich., won the W55 race with 1:11:43, which would have won the W45 and W50 contests.

Jim Forshee, of Ann Arbor, Mich., won the M55 division race with a fast 1:00:30. Chuck Davey, three-time NCAA welterweight champ and leading contender in the mid-fifties, won the M60 race with 1:06:01.

With this race, the Bobby Crim will have raised over $1 million for the Special Olympics. The event was co-directed by Jon Harpst and Lois Craig.

Continued from page 2

For men throwers, I strongly feel that the 16# shot put, 16# hammer, and the 2k discus should be thrown up to the age of 59. At age 60, the 6k shot put, the 6k hammer, and the 1.6k discus should be thrown. The international javelin should be thrown by athletes up to age 70. The decathlon and pentathlon should continue with the implements they are using now.

A true thrower is strong and enjoys throwing the heavier weights. By making the implements lighter, the strength advantage is taken away from the true weightman, and the quickness advantage is given to the one who may not train so heavily. To move from the heavier weight to the lighter one is very difficult; years of practice to perfect one’s timing go down the drain. If you check the shot put results from Rome or Puerto Rico, you will see that the M45 throwers of 1983 who are now M50’s are basically throwing the same distance, even though they’re throwing a lighter shot.

When a sprinter reaches age 50 or 60 or even 70, is he considered too old to run? No, he just runs it at a slower pace. Why can’t it be the same for the weight man? He throws the same weight as he did when he was young, he just throws a lesser distance.

I have not spoken to enough women or even 70, is he considered too old to run? No, he just runs it at a slower pace. Why can’t it be the same for the weight man? He throws the same weight as he did when he was young, he just throws a lesser distance.

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TORONTO MASTERS GAMES

I was disappointed to see no results in the NMN on the Masters Games in Toronto. The few reports in the Masters Scene section were very misleading.

The Games were very well organized and officiated and the facilities were the best I’ve ever seen. The outdoor track stadium was adjacent to an outstanding indoor track that was used for warmup and marshalling. The officiating would have sufficed for the World Cup or the Olympics, except that there were no doping tests. Most of the athletes stayed in a nearby dorm, only a quarter-mile from the track. Transportation via subway and bus was adequate and many went into town every evening. The media coverage was spectacular for a Masters event. The results of the prelims and finals were posted promptly with lane assignments for the finals.

Those who missed the Masters Games missed a beautiful meet. I feel that WAVA’s unlightened urge of non-participation reflects badly on WAVA. The Masters Games was no threat to the World Veterans Games — indeed many athletes attended both. Masters track and field needs all the opportunity for high level competition it can get, and infighting can only hurt its cause.

Events like the Masters Games also make the public more aware of the Masters program and stir the competitive spirit in the old war horses. WAVA should learn to never knock a good thing.

I would gladly have paid twice the registration fee of $45. In fact, the fee was only a sixth of the total expense. There was no entry fee at all, no matter how many events were entered (the limit was four). In fact, my proportioned cost for Toronto and Indianapolis was about the same. The high caliber of competition made Indianapolis a treat to compete in but the organization and facilities were inferior to Toronto, although adequate.

I was pleased to see the ads for the Masters Games in NMN, but was somewhat annoyed with WAVA’s stance.

Ronald Kirkpatrick
Los Alamos, New Mexico

I received my first copy of the National Masters News today, having just subscribed. I was distressed to read of your criticism of the World Masters Games. I participated in these games. . . never knowing there was a problem with WAVA.

I participated in the WAVA games in San Juan in 1983. I paid my $10.00 WAVA fee as required. I have yet to hear one word further from WAVA. I would not have gone to Toronto had I known there was a problem. It would seem appropriate for WAVA to let members know when something important happens . . . or at least let members know that the National Masters News exists.

T.R. White
St. Petersburg, Florida

NMN sent requests, and made several phone calls, to Toronto in an effort to get results, but were told they were unavailable. Against the wishes of WAVA, NMN run two ads for the Toronto organizers, feeling — as Kirkpatrick does — that the more competition, the better, and that the Toronto event would not hurt either the World Games in Rome or the U.S. Nationals in Indianapolis.

So much for logic and fairness. For our trouble, we were never paid for the 2nd ad, and are at the end of a long line of creditors to whom Toronto reportedly owes $1.4 million. We never got the results.

Phone calls to Games President Maureen O’Brien were never returned. All attempts at peacemaking were ignored. I can hear the WAVA Executive Committee chortling in unison: “We told you so.”

It is certainly to Toronto’s credit that the Games went well. The reports of the New York Times and Toronto Globe indicated otherwise, but the opinion that matters is that of the athletes who participated.

WAVA tried to make everyone aware of NMN by passing out 1700 free copies of the paper to the 1980 participants in Puerto Rico. NMN regularly reported WAVA’s opposition to the Toronto Games for the next two years.

The Toronto Globe reported that O’Brien and her husband, Ken, received $127,800 in fees, but left suppliers holding the bag for $1.4 million. Not exactly the way to breed confidence in a new event. The Supreme Court of Ontario granted a Government request to effectively place the Games in receivership, the Globe said.

Ken O’Brien told the Globe he was an unpaid volunteer since 1983 and that Maureen didn’t take all her salary.

The 1989 renewal will presumably be held in Denmark, which could cut into European participation in the VIII World Veterans Games, which may be held in the U.S.A.

The Globe said the Danish tri-cities of Herning-Aarhus-Aalborg, which will host the 1989 event, posted a $200,000 bond when they were awarded the Games and must post an additional $600,000 by 1989. For their money, they get access to all data from the 1985 Games. The $800,000 is to be used to promote the ’89 Games. Some of it will be used to set up an office in Toronto for the O’Bryans, the Globe reported. (Ed.)

In this issue are new U.S. five-year age-group long distance running records for men and women age-35 and-over.

The marks are those compiled, as of October 1, 1985, by the National Running Data Center.

They include marks already ratified, those ready for ratification (R), those for which proof of birthdate is required (d), and those for which courses are required (c).

More than 200 pending marks are expected to be ratified at the December 6th meeting of the Records Committee of the World Masters Congress (TAC) in Houston. Most pending marks will be readily passed. A small handful will be discussed individually, with pro and con arguments heard. Approved marks will be submitted to the Masters LDR Committee and the TAC General Assembly for final ratification.

What You Need to Know

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*WIMSEY HOUSE, P.O. BOX 33182, GRANDA HILLS, CA 91344*
Thanks for your support and enthusiasm. At the end of a two-year experience as the Chairman of the Masters Track and Field Committee, it’s time to reflect on what’s taken place, and take a look into the future.

The program is moving forward. It is stronger, more cohesive and more effective. We have a good, clear and more responsive relationship with TAC/USA. We provide support in many ways for open competitors.

Many Masters competitors are active in local associations as officers, directors, and officials. They add a great dimension to the growth and development of track and field.

TAC, when called upon, adds a depth of support to our program that gives it authenticity to the public. TAC/USA is becoming a trade name, recognized in the USA and worldwide. There will be no retreat from that position.

Volunteers run our program. I can’t begin to tell you how dynamic our core of volunteers has become, nor to adequately express appreciation to them. Leading the list are Bruce Springbett and Ron Salvio, the outdoor and indoor meet coordinators. Without their leadership, our program would have little continuity or cohesion. If I name others, I’ll use up the entire Masters committee.

We have a better understanding of the TAC/USA budget process. Our next goal is to better document our needs as to the why and wherefor. An unachieved goal continues to be a need to develop our own program for raising funds within our own members and events. We also need to obtain better accounting and documentation from our National and Regional Meet Directors. That lies with the need of our National Committee to better guide, direct, and support those meet directors, which is most difficult to do with our limited financial resources.

We have used old regional divisions to set up our regional meets. It’s time to reorganize the regions, bring them up to date and figure out some way to really develop a regional concept of competition. The number of competitors around the county will come close to supporting competition in most of the ten TAC/USA regions. Once regional directors are in place, more participants on the local level will result.

Those are a few of the things which have occurred in the past and which will continue to motivate the National Committee in the future.

The solicitation on behalf of the Tufts Associated Health Plan and largest hospitals in cooperation with Tufts Associated Health Plan and largest hospitals will continue to motivate the Tufts Master Program. I look forward to the future—it should be a lot of fun for all.

BULLETIN:

HOLIDAY PENTATHLONS

Sunday, December 29. Atlantic High School, Delray Beach, Florida. Weight Pentathlon at 9:00 a.m. Regular Pentathlon at 2:00 p.m. Due to large entry list, the age-60-and-over Weight Pentathlon will start at 9:00 a.m. instead of 10:00 a.m. as advertised. (There will be two 60+ flights.)

For more info, call 1-305-734-5499

Stuemky, Grigsby Win in Tulsa

Robert Stuemky, and Jan Grigsby beat the other 40-and-over runners to the finish line in the 10,000-entrant Tulsa Run 15K in Tulsa, Oklahoma on October 26.

Stuemky won the M40 race in 52:04 from a group in which the first eleven runners were under 56:00. Grigsby won her division in 59:52, eight seconds over Maureen Bixby.

Oklahoman Russell Bennett won the M45 race over Texan Larry Worth by four seconds with 53:00. Gayton Jorgenson posted the second best Masters time of the day with his 52:26 in the M55 race.

Donna Wright’s W50 winning time of 1:03:33 stands out among the 40-and-over winners.

Connors First Master in Tufts 10K

Over 6,000 runners lined up on Beacon Street at the Boston Common to participate in the ninth annual running of this race for women, the Tufts 10K (formerly known as the Bonne Bell) in Boston, Mass., on October 15. When it was over, Lina Connors, 43, of Cambridge, Mass., won the M45 race over Texan Larry Worth by four seconds. Grigsby won her division in 59:52, eight seconds over Maureen Bixby.

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Connors First Master in Tufts 10K

Over 6,000 runners lined up on Beacon Street at the Boston Common to participate in the ninth annual running of this race for women, the Tufts 10K (formerly known as the Bonne Bell) in Boston, Mass., on October 15. When it was over, Lina Connors, 43, of Cambridge, Mass., won the M45 race over Texan Larry Worth by four seconds. Grigsby won her division in 59:52, eight seconds over Maureen Bixby.

Masters time of the day with his 52:26 in the M55 race.

Donna Wright’s W50 winning time of 1:03:33 stands out among the 40-and-over winners.
The International Scene
by DON FARQUHARSON, President, WAVA

With the exception of those who live in warm climes, most of us have said goodbye to summer track, and are even finished enjoying the cross-country season, too. Now it is indoor, except for the hardy road-racers, who will brave any conditions.

The Masters Games which took place in Toronto during July and early August is over some time now but is still "hot" news in Toronto. While most of the sports competitions were well run by Ontario Amateur Sports bodies, the financial organization was anything but. The Games are bankrupt in excess of 1.4 million dollars (about $1 million U.S.) despite large sums of money infused by the Federal, Provincial and Municipal governments. A severe audit by these governments is taking place.

Meanwhile, Denmark has been awarded the second Masters Games slated for Summer 1989. Wal Sheppard reports that some kind of an Australian "offshoot" organization intends to hold an Oceania version right after our Melbourne Championships in 1987. Denmark is a good venue and could cause us to lose some European competitors in 1989 wherever we may hold our Championships.

It is, therefore, likely that we will discuss what measures to take while looking for IAAF advice and expecting to maintain the Toronto office. I have compiled a list of six WAVA Championships, be it is a suggestion by C.W.M. (Mike) McDowell of Great Britain that those competitors who have taken part in all six WAVA Championships, be recognized and perhaps awarded in some manner. I have compiled a list of 45 men and four women who have achieved this. It is possible that, through late listings or alternate name spellings, I may have missed one or two. I invite any corrections or (in fact) admission where I have wrongly included someone. We can then discuss the idea at a later meeting.

I received a letter from David Pain, Coordinator for the Site-Selection Committee for the 1989 bid for the 8th WAVA Championships. I am greatly impressed by the thorough and fair method by which they are proceeding. David comments that the system could be of value to WAVA in future site selections.

I received a flyer from Ken Richardson of Vancouver outlining details of the 1985 IGAL Road Championships. While WAVA has no official part in this event, the 1987 and 1988 events are IGAL/WAVA races. Naturally, we are giving Vancouver our blessing and trust that this, and any other support we can lend, will help towards a smooth unity between our two veteran bodies.

Since commencing this article, I have made a quick trip to London, England, to attend a meeting for some members of the IAAF Veteran Committee. One way to escape jet lag is to go and come back so quickly that it doesn't catch up. A rough draft of an IAAF/WAVA agreement was drawn up which will be studied by those members of both WAVA and IAAF who did not attend, and (hopefully) will be completed at our next full meeting in March.

If it is acceptable to the IAAF council it will, as arranged, face ratification at the WAVA General Assembly in Melbourne in 1987. I believe it will offer guarantees which will give veterans around the world confidence in IAAF intentions. The agreement also contains IAAF backing for WAVA actions to control other groups (such as the Masters Games) in the future.

Another decision made should offer IGAL members confidence in uniting with WAVA. In addition to Jacques Continued on page 16

Report From Britain
by ALASTAIR AITKEN

In the middle of September, Don MacGregor, the 1972 Olympian, ran a 2:20 marathon in Glasgow in pouring rain — a very fast time for a 46-year-old. In the Mersey Marathon in Liverpool, September 22, Jeff Norman, who ran in the 1976 Olympic marathon and is now 40, ran 2:20:09 to win overall. Third overall was another Veteran in his 40's, Brian Booth, who did a personal best of 2:25:19.

On September 10 at the Aylebury Athletic Club 10000m at Stoke Mandeville, Ron Gomez ran 32:46. Ron, 51, is National Veterans over-50 cross-country champion. His time was only six seconds outside the U.K. over-50 best. In the Inter-Counties Veterans Meeting for the Veterans Cup, September 21, at Warley, Vic Smith of Kent did nine events, including a 54:1 400 and a 2.90 (9:614) pole vault. Vic was second in the M40 1500 in Rome at the World Veterans Championships.

Eleanor Adams, W35, won the women's 24-Hour Race in a world best of 222.2K (138m/1214y), August 4-5. Roger Clark, 42, of the R.A.F., was second in the Orion 10 Mil Road Race in 52:34 in Chingford, July 7. Mick Martin, the Sheffield Veteran, was third overall (1:47:20) in the Darley Brewery 20 Mile, Stainforth, August 18, and Highgate Harrier Robin Dow was sixth overall (30:55) in the Omega 10K, Weybridge, August 21.
Serruys, both Clem Green, New Zealand, and Barry Shaw, Israel will be co-opted to the committee until the next election (1987). At that time, ten veterans will be nominated, eight by WAVA and two by IGAL (together with five IAAF members).

In 1991, eight members will be elected by WAVA which, by this time, will include IGAL. Four members will be chosen by IAAF, thereby reducing the committee to twelve. A more complete account of the meeting will follow next month. Kindest regards.

LIST OF COMPETITORS WHO HAVE TAKEN PART IN ALL SIX WAVA CHAMPIONSHIPS

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<td>USA</td>
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<td>CAN</td>
<td>A. Lundstrom</td>
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Voets, Guerrero Double Winners in IGAL European 10K/25K

Voets of Belgium won both the M45 10K and 25K races in the 3rd IGAL European Veterans Road Championships in Barcelona, Spain, on September 28 and 29. Voets’ 10K time of 32:04 placed second to B. Gevers of Great Britain, who won the M40 division with 31:22. Voets outstanding time of 1:22:31 was first overall in the 25K race.

Spain’s G. Guerrero took the M40 10K in 40:25 and the 25K in 1:51:25, and was first woman overall in both. Although her times are not as impressive as Voets’, they are still creditable because European women become Veterans at 35 (American women attain Masters status at age 40), and she defeated several good W35 runners in both events.

Voets, Guerrero Double Winners

10K in 40:25 and the 25K in 1:51:25, and was first woman overall in both. Although her times are not as impressive as Voets’, they are still creditable because European women become Veterans at 35 (American women attain Masters status at age 40), and she defeated several good W35 runners in both events. Yvonne Miles, W35, of Great Britain, was second woman in the 25K with 1:51:34.

Athletes who enter a new division this month Dec 1985

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<tr>
<th>Athlete (Residence)</th>
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<td>Jane Dodds (N Hollywood, CA)</td>
<td>12-21-35</td>
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<td>Yvonne Henry (Carson, CA)</td>
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<td>Carole Herrick (Mclean, VA)</td>
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<td>Evelyn Hesse (Eugene, OR)</td>
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<td>Eve Harris (Honolulu)</td>
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<td>Carole Mcclain (Los Angeles)</td>
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<td>Edith Mundy (Toronto, ON)</td>
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<td>Margaret Muller (Thousand Oaks, CA)</td>
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<td>Noel Murc-Mum (Honolulu, HI)</td>
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<td>Carolin O’Neill (Kalispell, MT)</td>
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<td>Sally Metzger (US)</td>
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<td>Birgit Bringslid (SWE)</td>
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<td>A. Hade (WI)</td>
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<td>Stephanie Merrick (CZE)</td>
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<td>P. Wodzianik (WI)</td>
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CLUBS

NEW ENGLAND
Greater Boston Track Club
PO Box 236
West Newton MA 02168
617/965-9808
T & F CIub
212/763-8151
Dick Withrow, Pres.
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Brockport NY 14420
G. Shane
1172 Park Ave.
New York, NY 10028
Wayne Vaughn
1245 Alamee Rd.
West Newton Village
North Jersey Masters
P.O. Box 885
Ridgewood, NJ 07450
Memphis Runners
P.O. Box 5096
Memphis, TN 38102
Robert Jones
8677 Germantown Pike
Dayton, OH 45418
Arlington
1172 Pack Ave.
New York, NY 10028
New York Masters Track Club
c/o Bob Glover
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P.O. Box 14102
Jayhawk Station
Lenexa KS 66215
Art Afremow
14806 Judson Dr.
Diamond Bar, CA 91765
Sara Fe Striders
P.O. Box 1818
Santa Fe, NM 87501
SOUTHEAST
Richmond T&F Club
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Richmond VA 23230
Attn: Bill Cole
Virginia Track Club
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Charlottesville VA 22902
Huntsville TC
8811 Edgewood Dr.
Huntsville, AL 35802
Atlanta TC
3097 E. Shadowlawn Ave. NE
Atlanta GA 30305
Charlottesville TC
311 Westminster Rd.
Charlottesville, VA 22901
Port City Pacers
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Mobile AL 36666
Virgin Islands Pace Runners
Box 2720
Christiansted, St. Croix
U.S. Virgin Islands 00850
809-773-7171
Star City Striders
P.O. Box 8331
Runakc, VA 22401
South Carolina Masters Track Club
c/o CPT John Reeh
3rd Region, USAIDC
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Greenwich CT 06870
Jack Gilmore: 803-242-6600

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Lincoln TC
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Lincoln, NE 68502
Plains TC
P.O. Box 14102
W. Omaha Station
Omaha, NE 68124
Prairie Striders
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Brookings, SD 57006
Gateway Athletics-St. Louis
13453 Chesterfield Plaza
Chesterfield, MO 63007
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Dayton, OH 45418
Over The Hill TC
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Mayfield Heights, OH 44124
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Al Morris
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Champaign, IL 61820
Wisconsin United Athletic Club
Jerry Robinson
1209 Manitou Pl.
Madison, WI 53711
608-271-6725
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c/o Stan Allen & Preles Yates
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Detroit, MI 48211
Cleveland Masters Track Club
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216-2950826
Wolfgang Track Club
Jim Pearce
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Columbus, OH 43221
614-394-4606 (days)

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P.O. Box 300
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Tom McBreary
7733 Molina
Houston, Texas 77087
Dallas Masters Track & Field Club
Joe Murphy
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Dallas, TX 75206
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Jack Barnsbury
President
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California Road Runners Club
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Carson, CA 90746
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Los Gatos Masters Track Club
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24074 Willow Creek Rd.
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Macabi Union USA
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Southern California Striders
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South Coast Runners Assoc.
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Newport Beach, CA 92660
San Diego Athletic Assoc.
9363-C Discovery Way
La Jolla, CA 92037
619-455-9422
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West Valley Joggers & Striders
1124 Remington Ave.
Sunnyvale, CA 94087
Golden Gate Race Walkers
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San Francisco, CA 94114
Empire Runners
4700 Fougler Dr.
Santa Rosa, CA 95405

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Annapolis Striders
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Annapolis MD 21404
Atlantic Valley Seniors TC
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Alexandria VA 22304
703-225-4646
Elk Park Road Runners
700 Old York Rd.
Elk Park, PA 19117
West Pennsylvania TC
1245 Alumac Rd.
Washington, PA 15301
Shore Athletic Club
Samuel Karp
438 Addison Road
Howell, NJ 07731
Greater Rochester TC
P.O. Box 258
Brookport NY 14420
Dick Withrow, Pres.
716-637-8151
North Jersey Masters
P.O. Box 56
Ridgewood, NJ 07450
New Jersey Striders
P.O. Box 885
Maywood NJ 07607
Central Park TC
1172 Park Ave.
New York, NY 10028
New York Planner Masters
C/O G. Shute
2400 Sedgwick Ave., Suite 2-SC
Bronx, NY 10468
212-733-8767
Atlanta Track Club
c/o Bob Glover
4 East 57th Street
New York, NY 10021
Tri-State Masters T&F Club
c/o Wayne Vaughn
734 W. Franklin St.
Hagerstown, MD 21740
301-753-6776
NATIONAL MASTERS NEWS
NATIONAL
• The Road Runners of America Executive Board has selected the Maine Track Club to host its 1986 National Convention in Portland on May 16-18. The convention will combine various RRCA business meetings with two races (one the RRCA National 10K Championships), a runners expo, workshops, clinics, fun runs, and hospitality get-togethers, topped off by the RRCA Awards Banquet. Maine TC president, Bob Lile, says the club has firm sponsorship commitments, from Maine Savings Bank, LL Bean, Holiday Inn (the host hotel), and Tom’s of Maine, and is working with others.
• Tony Sapienza’s hot 16:59.4 in the New England Athletics Congress 5K Championships, Concord, NH, September 14, should put the Yale men’s track team in the top 10 for the M55 5K rankings for a spell. First Masters were Ernie Dumas, 44, of Danion, CT, (15:47) and Elhab Taharshager, 42, of Cambridge, MA, (1:20:10). Masters team champ were the Central Mass. Striders in the men’s contest, and the Liberty AC in the women’s.

NEW ENGLAND
• Robert Woolley, 42, Queens, NY, motored through the NYC Marathon Tune Up 25K, Central Park, NYC, October 6, in 1:32:52 for both M40+ and 244 (1400 m/finishers). Second M40+, David Holt, 41, Brooklyn, was only nine seconds back. John Stenger, 50, fourth M40+, won the M50 race in 1:34:03. Helen Bedrock, 50, was first W40+ and eighth (370 w/finishers).
• Bobbi Inman, 40, was first W40+ and third (104 w/finishers) in the Staten Island Half-Marathon, in Stapleton, NY, October 13 with 1:21:08. Second W40+ was Bertha Behlilshagen, 52, in 1:34:04. James Gaul, 43, took the M40+ race in 1:16:28. Jerry Suek, 48, was second M40+ with 1:17:34.
• Richard Pankow, 40, Alexandria, VA, toured the Greenbelt 15K, Greenbelt, MD, September 11, in 53:31, for first M40+ and ninth overall. First W40+ was Nancy Imhof, 45, Arlington, VA, 1:28:01. Oldest competitor was Alvin Guttig, 66, Bethesda, MD, who finished in 1:30:00.
• Forde Madera, 40, Sherborn, MA, was the first of four W40 runners under 40:00 in the Freeholder’s Syracuse Run for Women/TAC Region I 10K Championships with a 36:15 ninth place (272 finishers). Gloria Brown, 53, Grand Island, NY, won the W50 event in a speedy 41:47, and Carol Copper, 66, Welleslma, PA, won the W60+ with an unchallenged 53:58. Running alone against the stopwatch, Norway’s Ingrid Christiansen, 29, holder of the women’s world marathon mark of 2:21:06,ailed in an attempt to break Grete Waitz’s 10K WR of 30:59, ending in 31:50:51.
• Veteran road-runner Bill McCaffrey, 59, Croton, NY, won the M50-59 division in a tenth place 35:36 in the Guiding Eyes 10K, Yorktown Heights, NY, October 13.
• Near Master Jack Gulin, 39, Suffern, NY, bounded to a first-place overall with 35:17 in the Kangaroo 10K, Yorktown Heights, NY, October 6. Another Submaster, Nancy Lainau, Chappaqua, NY, was also overall winner of the women’s race, in 35:17.
• Vince Carnevale, 69, the Newark nemesis in the M60+ division, suffered “runner’s knee” and could hardly stand up after winning the M60+ division (43:38) in the Ringwood 10K, Ringwood, NJ, October 12, and will lay off for a while with rest and low mileage. In September, Carnevale captured an M60+ 10K win in 42:56.

EAST
• What state boasts 125 certified road-racing courses? Not only to California? New York? Texas? Try the Sooner State, in an area of the country where Masters running may be among the best in the land, not for its super-low times, but for the way they compete. Not one American, M40+ in the region, but an M40 36.17 in last year’s Fall Classic 10K, Lawrence, KS, was good for only 100th place in the M60+ division races, several runners are in the 39:00 range, and a 55-flat time in the Tusla 15K got you a 5th in the M40, on a course that one, including Nau and Shorter, has come within 15 minutes of the WR. (see separate story.)
• Nocus McIntosh, 50, with 47:45, and Joyce Austin, 54, with 50:08, captured state age division records in the Southern States 10K, Tusla OK, September 14. Austin and Len Emanus, 41, were top Masters.
• Jen Young of the NRDC, Inc., will direct a two-hour, 50K, 50-mile, and 100K ultra at the U. of Arizona’s Rincon Vista track in Tucson, December 1, beginning at 7 a.m. for the bargain price of $5 for Southern Arizona ARC members and $10 for non-SARRC members. Call Jen at 602/326-6416.

SOUTHEAST
• The 9th Annual Humacon Rocket City Marathon will be held Saturday, December 14, in Huntsville, Alabama. Huntsville, which managed Southern hospitality. Those qualities have been integrated into the Rocket City Marathon to make it a unique event. Using computers to manage race entries and on-line, real-time scoring began before the running boom and have been extended to many other race applications such as an instant data base for the design firm PA announcer. Each finisher gets a craft from the knowledgable spectators and their name and personal data read over the PA system. Each also gets greeted and cared for by a Runner Handler. Medical support is superb, thanks to sponsor Humana Hospital-Huntsville.

SOUTHWEST
• Roger Rouiller, 47, of Maretta, GA, was overall winner of the “shorter” race in the American Medical Joggers Assn 50 Mile and 100K in Chicago, October 13, with 5:29:43.

INTERNATIONAL
• Anne McKenzie of Cape Town, South Africa holds more world Masters age-group records — eight — than any other woman. One of her marks — a 2:06:5 in the 800 at age 41 — has stood up for 18 years. Another record, 2:06, was set two years more. Three years are old. She had her first race as a 60-year-old this fall and promptly set a ninth mark with a 2:53:6 in the 800. That makes the 800 mark of 3:00:06, by West Germany’s Erika Werner in 1983.
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.

**SOUTHEAST**

December 26. Holiday Penatlonals, weight 9:00 a.m./regular at 2:00 p.m. Atlantic High School, Delray Beach, FL 33444. Attn: Randall Cooper.


May 15. MAC Masters Championships, Kings Point Merchant Marine Academy, Kings Point, N.Y. Sandy Pashkin, 363 Edgecombe Ave., New York NY 10031.

June 15. MAC Masters Championships, Kings Point Merchant Marine Academy, Kings Point, N.Y. Sandy Pashkin, 363 Edgecombe Ave., New York NY 10031.

August 10. Tri-State TC Classic, Hagerstown, Md. Tri-State TC, Wayne Vaughn, 734 W. Franklin St., hagerstown, MD 21740. 301/733-6076.

**NEW ENGLAND**


June 22. Rhode Island Senior Olympics, Providenc, 55+, Donní McBergeron, R.I. Dept. of Elderly Affairs, Providence RI 02903.

**EAST**


February 16. MAC Indoor Masters Championships, Pratt University, Brooklyn, N.Y. Bob Fine, 77 Prospect Place, Brooklyn NY 11217.

February 23. NY Masters Indoor Meet, Fordham (or Pratt) Univ., Bob Fine, 77 Prospect Place, Brooklyn NY 11217. 718/789-6622.


March 23. 14th Annual Eastern Regional Indoor Masters Championships, University of Delaware, Newark, Delaware. Larry Pratt, 111 S. Dilwyn Rd., Newark DE 19711.

**MIDWEST**

January 4. 10th Annual Wisconsin Masters Indoor Championships, U. of Wisconsin, Madison, Bruce Craig, 238 Alden Dr., Madison WI 53705. 608/233-3363.


**WES T**

February 12. Orange Spring Games, Santa Ana, Calif. Larry A. Sallinger, 205 E. Monroe, Orange CA 92667. 714/639-6707.


August 30. Patriots Summer Relays, Los Angeles Southwest College, L.A. Patriots, P.O. Box 2981, Beverly Hills CA 90213-2981. 213/388-9689.


**SOUTH WEST**

May 11. Runners' Penatlonal, Albuquerque, N.M. (3000, 800, 200, 400, 1600) Tom Bell, 5095 Concordia Rd. NE, Albuquerque NM 87115. 505/884-5701 (d); 821-2454 (e).


6th Avenue Mile Masters placers: Dan Murray (c), 4:28.8; Tom Robinson (l), 4:30; and Morris Whiting (r), 4:31. September 18, NYC.
NORTHWEST


August 8-9. 8th Monona Masters Championships, Bozeman. Mike Carigian or Rob Stark, P.O. Box 5132, Bozeman, MT 59717-5132. 406/587-8726; 994-3761.

INTERNATIONAL


August 11-23. Masters Trek to China for International T&F Meet in Nanjing and 5K/10K Run in Hangzhou. Sports Travel, PO Box 7523, San Diego CA 92107.

September 6-14. 3rd Oceania Championships, Western Samoa. Clem Green, 46 Hanleys Sts., Wellington 2, New Zealand.

LONG DISTANCE RUNNING NATIONAL


EAST

December 1. Maryland Marathon, Baltimore, Les Kinion, Box 11394, Baltimore MD 21219, 301/882-5455.

December 8. 8th Annual Brian’s Run 10K. West Chester Penn. Brian’s Run, West Chester U., P.O. Box 2440, West Chester, PA 19383. 215/436-3385.

SOUTHWEST


January 25. Paramount 10K, Special “World Masters” Division Race, Paramount, Calif. Qualifying standards. Pre-registration only. No entry fee. SASE to Oscar J. Rosales, P.O. Box 696, Paramount CA 90723, 213/634-3027.

January 29. 7th Annual Natiional Marathon in Sacramento, California. $5000 to Masters. Sacramento LDR Ass’n, PO Box 16114, Sacramento CA 95816.


March 9. Los Angeles Marathon. SASE to Masters. Sacramento LDR Ass’n, PO Box 16114, Sacramento CA 95816.

March 23. Redondo Beach Super Bowl Sunday 10K. Redondo Beach, Calif. SASE to Redondo Beach AC, 90277. 213/548-4288.


### AMERICAN FIVE-YEAR AGE-GROUP LONG DISTANCE ROAD RECORDS AS OF OCTOBER 1, 1985

(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).

**Abbreviations**

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**Men - 55 thru 59**

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Men - 70 thru 74

8 km 34:09 R Sandy MacLean (70, NH) 21 Nov 82
10 km 41:09 R Alfred Funk (70, MT) 21 Sep 84
15 km 1:04:00 R Eugene Kelley (70, MA) 5 Apr 81
10 mi 1:10:05 R Edwin Benham (73, MD) 5 Apr 81
20 km 1:27:42 R William Andberg (70, MN) 5 Sep 81
hf mara 1:35:42 R William Andberg (70, MN) 20 Sep 81
25 km 1:59:08 R Vernon Geary (70, VA) 22 Jan 83
100 km 2:00:35 R Max Popper (80, NY) 25 Jan 81
marathon 3:07:42 R Montana Montgomery (70, CA) 16 Oct 77

Men - 75 thru 79

8 km 34:40 Edward Benham (75, MD) 4 Dec 82
10 km 43:24 R Edward Benham (75, MD) 25 Jun 83
10 mi 1:06:34 Edward Benham (75, MD) 3 Oct 82
20 km 1:12:13 Edward Benham (75, MD) 1 Apr 84
25 km 1:56:18 Edward Benham (75, MD) 6 Nov 82
30 km 2:51:40 R Ed Benham (77, MD) 23 Sep 83
40 km 3:33:05 R Ginnie Goodbeck (75, WA) 6 Oct 87
50 km 4:22:38 R Ed Benham (77, MD) 22 Dec 84
marathon 3:34:42 Edward Benham (76, MD) 6 Nov 83

Men - 80 thru 84

8 km 41:23yy Max Popper (80, NY) 9 Jul 83
10 km 53:45 R Max Popper (81, NY) 1 Jul 84
15 km 1:29:04 Cyril Woods (80, OR) 24 Jul 84
10 mi 1:44:34 Waldo McBurney (80, KS) 30 Jul 83
100 km 2:01:39 R Max Popper (80, NY) 28 Aug 83
20 km 2:13:44 R Max Popper (80, NY) 2 Oct 82
30 km 2:55:30 R Max Popper (80, NY) 2 Oct 82
50 km 3:59:31 Theodore Hyde (80, OR) 23 Sep 84
marathon 4:53:11 R Paul Spangler (84, CA) 21 Jul 83
50 mi 1:12:44 R Ben Mostow (78, IL) 4 Oct 81

Men - 85 thru 89

8 km 47:03yy Paul Spangler (85, CA) 17 Mar 85
10 km 58:50 R Paul Spangler (85, CA) 3 May 84
15 km 1:32:00 R Paul Spangler (85, CA) 13 Oct 84
20 km 2:07:49 R Paul Spangler (85, CA) 25 Mar 84
hf mara 2:50:51 R Paul Spangler (85, CA) 19 Aug 84
25 km 3:27:83 R Paul Spangler (85, CA) 19 Aug 84
30 km 3:59:44 R Paul Spangler (85, CA) 19 Aug 84
marathon 5:21:51 R Paul Spangler (85, CA) 2 Dec 84

Open Women - mixed races

8 km 26:12y Mary Sheehy (19, NC) 2 Aug 80
10 km 25:24 R Lisa Weidenbach (23, MI) 26 May 84
15 km 49:34 R Patricia Catalano (27, MA) 14 Aug 84
20 km 1:01:34 R Betty Spring (25, FL) 9 Mar 85
25 km 1:38:24 R Cathie Twomey (25, OR) 7 Mar 82
30 km 2:07:12 R Ann Birk (27, NY) 17 Sep 84
50 km 2:51:42 R Anne Zelley (27, MA) 17 Sep 84
100 km 3:15:30 R Marilyn Halak (25, NY) 17 Dec 83

Women - 40 thru 44

8 km 28:41 Judy Fox (40, CA) 4 Jun 81
10 km 32:12 R Cindy Dymalym (41, NY) 9 Jul 83
15 km 37:14 R Cindy Dymalym (41, NY) 17 Jul 83
20 km 42:05 R Cindy Dymalym (41, NY) 25 Jul 83
25 km 49:12 R Trudy Meilicke (42, AZ) 20 Sep 83
100 km 7:59:59 Sandra Kiddy (45, CA) 3 Oct 82

Women - 45 thru 49

8 km 30:47yy Kathryn Gifford (47, MA) 25 Nov 82
10 km 36:29 R Mira Kania (49, NY) 5 Oct 80
15 km 51:35 R Dorothey Stock (49, CA) 25 Oct 80
20 km 1:03:29 R Joan Reiss (49, CA) 9 Jan 83
25 km 1:20:23 R Dorothy Stock (49, CA) 28 Sep 80
30 km 1:38:50 R Karen Scannell (49, CA) 22 Aug 84
50 km 2:01:31 R Sandra Kiddy (47, CA) 28 Sep 84
100 km 3:32:34 R Sandra Kiddy (47, CA) 17 Dec 84
50 mi 6:24:19 R Vicki Johnson (41, TN) 13 May 81
100 mi 17:45:00 R Kay Moore (42, CO) 7 Nov 84

Women - 50 thru 54

8 km 30:47yy Margaret Miller (54, CA) 17 Dec 83
10 km 37:14 R Marion Irvine (54, CA) 31 May 82
15 km 51:35 R Marion Irvine (54, CA) 8 Apr 84
20 km 1:03:29 R Marion Irvine (54, CA) 9 Jan 83
25 km 1:20:23 R Marion Irvine (54, CA) 28 Sep 80
30 km 1:38:50 R Marion Irvine (54, CA) 22 Aug 84
50 km 2:01:31 R Marion Irvine (54, CA) 28 Sep 84
100 km 3:32:34 R Marion Irvine (54, CA) 17 Dec 84
50 mi 6:24:19 R Marion Irvine (54, CA) 22 Aug 84
100 mi 17:45:00 R Marion Irvine (54, CA) 17 Dec 84
50 km 6:24:19 R Marion Irvine (54, CA) 22 Aug 84
100 mi 17:45:00 R Marion Irvine (54, CA) 17 Dec 84

Women - 55 thru 59

8 km 32:42yy Margaret Miller (57, CA) 22 Oct 83
10 km 39:13 R Margaret Miller (57, CA) 18 Aug 83
15 km 55:20 R Helen Dick (59, KY) 14 Aug 84
20 km 1:09:55 R Helen Dick (59, KY) 21 Jul 84
25 km 1:26:22 R Helen Dick (59, KY) 21 Jul 84
30 km 1:43:22 R Helen Dick (59, KY) 21 Jul 84
50 km 2:01:31 R Helen Dick (59, KY) 21 Jul 84
100 km 3:26:22 R Helen Dick (59, KY) 21 Jul 84
100 mi 17:11:01 R Judy Fox (40, CA) 4 Jun 81

Women - 60 thru 64

8 km 37:58 R Harriet Neaver (60, MI) 30 Oct 82
10 km 36:36 R Mary Storey (60, CA) 6 Oct 84
15 km 34:58 R Helen Dick (60, CA) 21 Jul 85
20 km 41:25 R Helen Dick (60, CA) 21 Jul 85
25 km 48:07 R Helen Dick (60, CA) 21 Jul 85
30 km 54:51 R Helen Dick (60, CA) 21 Jul 85
50 km 6:51:27 R Helen Dick (60, CA) 21 Jul 85
100 km 17:11:01 R Judy Fox (40, CA) 4 Jun 81

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**Women - 70 thru 74**

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**Women - 85 thru 89**

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Mail to: National Masters News, PO Box 5185, Pasadena, CA 91107
**1985 U.S. TAC National Masters Pentathlon Championships**

Boulder, Colorado — August 31 — Age Factor Scoring

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<th>Discus</th>
<th>Javelin</th>
<th>110m Hurdles</th>
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**New England**

1985 U.S. Masters National Weight Pentathlon

U. of Colorado, Boulder, CO August 31 1982 multi-events scoring

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**Newspaper**

*Newspaper headline*

**1985 Thomasville Masters Decathlon**

Thomassville, Georgia

September 14-15, 1985

**1985 TAC scoring tables were used. Scores using 1985 TAC tables and listed age (including factors) are in parentheses.**

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**LONG DISTANCE RESULTS**

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

---

**NATIONAL**

**TAC U.S. NATIONAL MASTERS 10K CROSS COUNTRY CHAMPIONSHIPS**

Dayton River Corridor Classic
Dayton, Ohio; September 29

**New England**

**TFTTS 10K for Women**
Boston, Mass.; October 15

- **Dayton River Corridor Classic**
  - DBD+R Chappelear 1 26:00
  - MAO L Sargent 1 11:12
  - W Collet 1 18:1?
  - J Smith A2 36 30

- **New York Marathon**
  - **Overall**
    - O 'Flaherty-Samuelsen 31:49
    - A.1 Morgan 37:35
    - M.1 Pickett 42:37
    - S.1 Lamon 51:24
    - F.1 Price 54:12

  - **Women's**
    - M.1 Price 54:12

---

**EAST**

Frederick's 10K Run for Women in Saratoga Springs, N.Y.; Sept. 22

- **Overall**
  - Michael H. 34:13
  - Arnold 34:13
  - Tutt 34:13
  - Reynolds 34:13
  - Klos 34:13

- **Women's**
  - Bayuzik 3r 1*170
  - Eyrich 3 1*155

---

**SOUTHWEST**

**Southwest Trail Runners 10K**
Enid, Oklahoma; October 5

- **Overall**
  - J Washburn 1:00:57.1
  - Paklaian 55:36.6
  - Thornburg 1:22:12.7

- **Women's**
  - Hatch 1:11:33.1

---

**NEW ENGLAND**

**Great Race 10K**
Pittsburgh, Pa.; September 29

- **Overall**
  - T. Rubenstein 23:28.0
  - S. Hiebert 27:32.4

- **Women's**
  - McCleary 34:55.5
  - K. Brown 34:55.5

---

**SOUTHWEST**

**AMERICA'S MARATHON CHICAGO**

- **Overall**
  - J. Brand 2:18:10
  - M. Soullier 2:18:10

- **Women's**
  - S. Ewing 2:42:17
  - J. Wilson 2:42:17

---

**CENTRAL FLORIDA**

**Florida Mile & 6K**

- **Overall**
  - A.1 Blaas 1:14:05
  - E. Johnson 1:14:05

- **Women's**
  - M. Austin 1:20:34
  - B. Sullivan 1:20:34

---

**SOUTHWEST**

**Ultimate Runner, Jackson, Michigan, October 19**

- **Men's**
  - Steena 42:41
  - Bachman 42:41
  - Holt 42:41

- **Women's**
  - Locci 56:20
  - Locci 56:20
  - Locci 56:20

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**AMERICA'S MARATHON CHICAGO, OCTOBER 20**

- **Overall**
  - E. Kincaid 2:17:31
  - S. Allen 2:17:31

- **Women's**
  - E. Kincaid 2:17:31
  - S. Allen 2:17:31

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**SOUTHWEST**

**Oklahoma City Half-Marathon**

- **Overall**
  - M. S. 1:11:32
  - P. Thompson 1:11:32

- **Women's**
  - M. S. 1:11:32
  - P. Thompson 1:11:32

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**SOUTHWEST**

**Oklahoma City Half-Marathon**

- **Overall**
  - M. S. 1:11:32
  - P. Thompson 1:11:32

- **Women's**
  - M. S. 1:11:32
  - P. Thompson 1:11:32
**SOUTHWEST**
Roll and Run (8K)
Oklahoma City, October 19

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**WEST**
Empire RC Labor Day 10 Mile
Santa Rosa, Calif.; Sept. 2

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**Run the Good Earth 10K**
Grossmont, Calif.; Sept. 14

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**CHOC/KFWB South Coast 10K**
Los Angeles; September 29

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**HAYWARD FALL MARATHON**
Hayward, Calif.; October 21

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**3rd I.G. European Veterans 10K & 25K Road Championships**
Barcelona; September 28-29

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**National Masters News**
The only U.S. National publication devoted exclusively to track, field, long distance running and race walking for men and women over age 30.

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1986 TAC NATIONAL INDOOR MASTERS
TRACK & FIELD CHAMPIONSHIPS

LSU FIELD HOUSE - LOUISIANA STATE UNIVERSITY - BATON ROUGE, LOUISIANA - SATURDAY, FEBRUARY 22 AND SUNDAY, FEBRUARY 23, 1986

SPONSORED AND HOSTED BY LSU AND TRACK AND FIELD OFFICIALS ASSOCIATION

MEET SITE The LSU Field House is a 3,500 seat facility with wall to wall tartan floors; the 220 yard track has 42 inch wide lanes with six (6) lanes around the turn and eight (8) lanes down the straight-away. All runways and take-off areas are tartan. The throwing circle is plywood. The LSU Field House is located just off Nicholson Drive on the LSU Campus.

ELIGIBILITY The competition is open to all men and women over the age of thirty (30) who are registered with The Athletics Congress (TAC).

DIVISIONS MEN 30-34 35-39 40-44 45-49 50-54 55-59 60-64 65-69 70-74 75-79 80+ 
WOMEN 30-34 35-39 40-44 45-49 50-54 55-59 60-64 65-69 70-74 75-79 80+

RELAYS All relay team members must be members of the same club. Runners may move down from their age division. The following events will be held:

4X400 - 30-39M&W 30-39M 40-49M 50-59M 60+M
4X880 - 30-39M&W 30-39M 40-49M 50-59M 60+M

ENTRIES All entries must be postmarked no later than Friday, January 31, 1986. There will be no refunds or changing of events after your entry is received. NOTE: Late entries will be taken until 1700hrs on Friday, February 21, at double the regular entry fee and on a space available basis.

ENTRY FEE BEFORE ENTRY DEADLINE (1/31/86) AFTER ENTRY DEADLINE Entry fee must accompany official entry. 

- First Event $ 7.00 $14.00 
- Additional Events $ 5.00 per event $10.00 per event 
- Relay Events $16.00 per team $32.00 per team

REGISTRATION Embassy Suites - Friday, February 21, 21:00 PM to 10:00 PM; LSU Field House (Southeast Portal) - Saturday, February 22 and Sunday, February 23, after 9:00 AM.

ACCOMMODATIONS Embassy Suites will serve as meet headquarters. They will be offering a special meet rate of $60.00 for either a single or double room. All suites offer a private bedroom with remote controlled television, a separate living room, queen size sleeper sofa, telephone, color television and galley kitchen with complete wet bar, refrigerator and microwave. Each evening they host a two hour complimentary cocktail party in the courtyard, and in the mornings they offer a full breakfast, cooked to order, also served complimentary. Reservations must be made no later than Friday, February 3, 1986. To make reservations contact Embassy Suites, 4914 Constitution Ave., Baton Rouge, LA 70808, or telephone (504) 924-6566. Make sure to identify yourself with the National Masters Indoor Championships.

TRANSPORTATION Airport to Hotel - Embassy Suites provides a free shuttle service; Hotel to LSU Field House - Shuttle service will run on a scheduled basis on Saturday and Sunday.

RULES AND STANDARDS As set forth by USA and adopted by TAC Masters will govern the competition.

IMPLANT WELCH - Shots put and weights will be inspected in room 103 of the LSU Field House beginning at 8:00 AM Saturday.

ATLETIC CHECK-IN RUNNING EVENT athletes must check-in prior to their own event at the check-in area (clerk of course) located in the southwest corner of the LSU Field House. FIELD EVENT athletes must check-in prior to the start of their event with the head judge of that event at the event site.

AWARDS National championship medals to top three in each division in each individual event. National championship medals to each member of the top three relay teams in each division in each relay.

DRESSING FACILITIES Locker room and shower facilities are available in the LSU Field House for both men and women. You must furnish your own towels.

TRAINING AREA Trainers will be set-up in room 103 of the LSU Field House for any emergency.

FURTHER INFORMATION For further Information contact the LSU Track and Field Office at (504) 388-8628.

NATIONAL MASTERS CHAMPIONSHIPS

Page 28 National Masters News December, 1985

ATHLETE'S RELEASE In consideration of my acceptance of my entry, I do hereby for myself, my heirs, and executors, waive, release and forever discharge any and all claims for damages which I may have, or which may hereafter accrue against The Masters Athletic Committee, The LSU Track and Field Officials Association, all other meet sponsors and sports facilities or their officers or agents, for any damages which may be suffered by me. I certify that my level of training is such that I am prepared to compete and recognize the right of any duly authorized member of the medical staff to require my withdrawal from competition, and will do so if directed.

DATE:  

ATHLETE'S SIGNATURE