



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 lot 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.

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Mielke, Welch 1st in New York

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

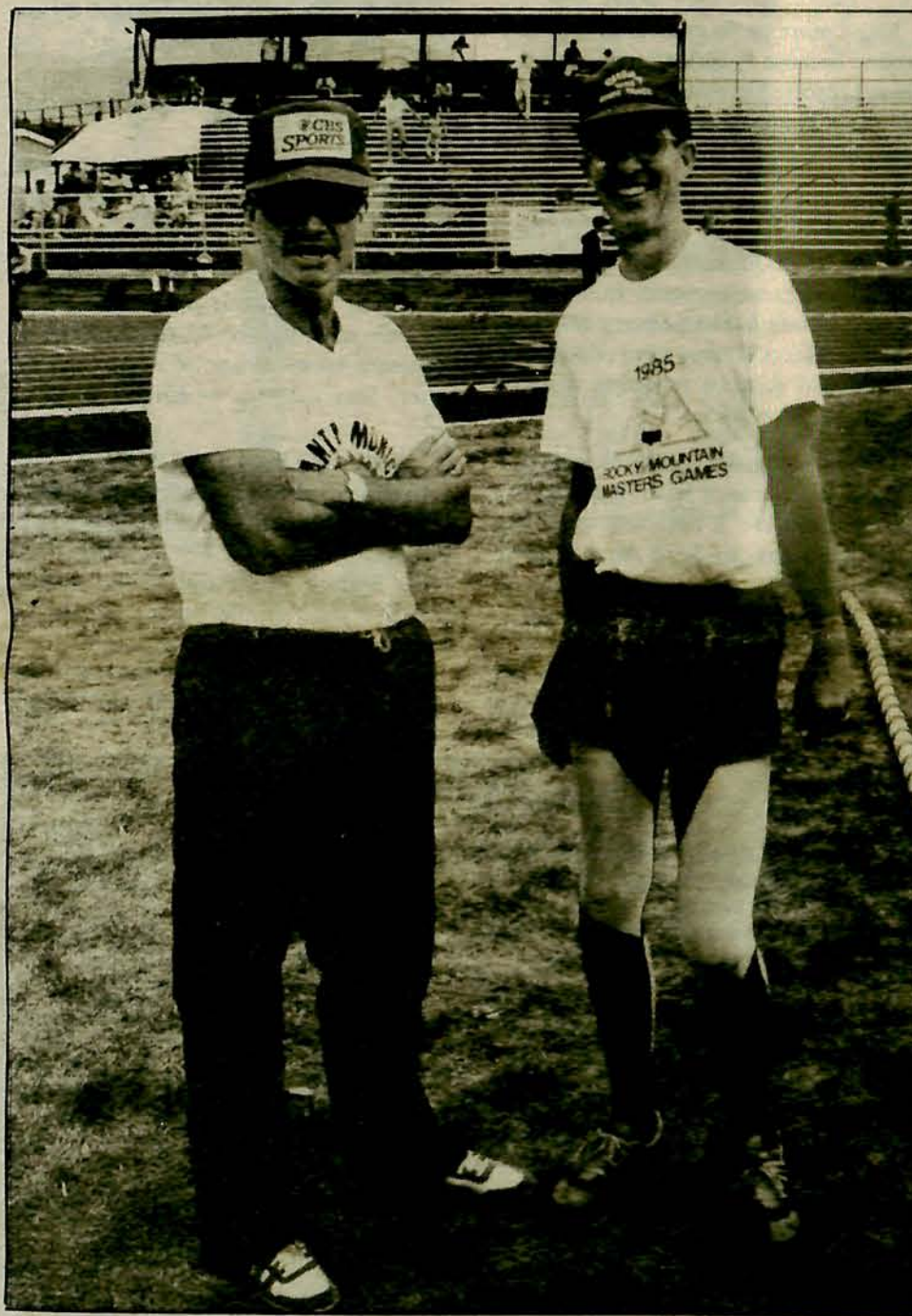
Gunter Mielke knows. Running his third sub-2:30 marathon in four weeks, the 42-year-old West German showed plenty of both qualities to win the New York Marathon Masters title in 2:29:39 on October 27 in the 16th renewal of the annual autumn event.

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

**New U.S.
Long Distance Running
Age-Group Records
—page 21**



John Poppell (left), Masters sprinter from Richmond, Virginia, has agreed to contribute \$25,000 to support the 1989 World Veterans Games if they are awarded to the U.S.A. National Masters Track & Field Chairman Jerry Donley (right) is obviously pleased.

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 equalled the \$4000 won by West Germany's

Continued on Page 8

by DAVID PAIN, Chairman
Site-Selection Committee
for 1989 World Veterans Games

In 1968, when we organized the first mile runs for men over 40, we dreamed — but never really imagined — that Masters track & field would become as big as it has.

In 1985, for example, more than 4,300 athletes and their families descended on Rome to participate in the VI World Veterans Games. The contestants spent over a week competing, sight-seeing and making friends with people from all over the world.

The U.S. will put on a first-class meeting. There have been problems, as you know, with some of the championships in the past. Apparently, the Games have gained sufficient stature and importance to draw the attention of politicians who have presumed to tell us who can compete and who cannot. Non-athletes, on occasion, have attempted to disrupt the games because of some perceived political affront or objective.

These external pressures make an already difficult task even more complex. If you have ever attended a World Games, you know the complexities are mind-boggling — trying to organize four thousand athletes and ten thousand event entries, arranging housing and transportation, handling the language problems — it's an "Olympic" undertaking. Admittedly, it's not easy. And, it's not cheap. A minimum budget will be \$200,000. Rome had a budget of \$500,000, and a reported deficit of \$60,000.

In 1987, the Games will be held in Melbourne, Australia. At that time, the United States will submit a bid to the World Association of Veteran

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RACE WALKING

Omitted from my 5K race walk rankings (Sept.) were: 1) Jim Brewer, 6th M60, 34:14.8; 2) Dave Strauss, 11th M65, 40:32.0.

Many more performances cannot be ranked 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 information. Send name, time, meet and date, age and residence to me at: 1778 N.W. Palmetto Terrace, Stuart FL. 33494.

Max Quackenbos
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 "Master's 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 imple-

ment is in the ring, and silence at 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
Wilmot, New Hampshire

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 posted 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.

At the World Veterans Games in Rome, there were 36 men in the M40 shot put. We all competed in one huge flight, with about a half-hour wait between throws. At the TAC Master Nationals, many of the throwing events had 20 and 30 men in a flight.

It is hard to justify spending hundreds of dollars to compete in the National Championships and end up doing poorly because of a thirty-minute wait between throws. This is one of the reasons that top throwers like Al Oerter and Jay Sylvester don't really enjoy competing as Masters. All races on the track are seeded for best results. Give the throwers the same chance.

We also feel there should be reasonable qualifying standards for the throwing events at the Nationals. Qualifying marks should be verified by submitting a copy of meet results with each entry.

In the case of a thrower who hasn't had a chance to compete in a meet before the Nationals, he or she should be allowed to use previously verified marks from the past year. At this year's Nationals I noticed, on several occasions, athletes trying to throw an implement they had never trained with. The National Championships are no place for an athlete to try an event for the first time or just for fun.

I am also interested in having a poll taken concerning the weight of the implements that are thrown by Masters.

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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:

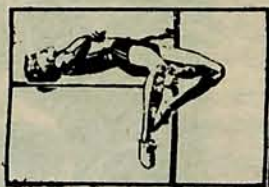
TBA. Joint Masters T&F/LDR Committees (coordination for World Games).
6:30-11:00 p.m. TAC Cocktail hour and banquet.

Sunday, December 8:

8:00-3:30 p.m. TAC General Meeting. □



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



Morcom, Manzi Win U.S. Pentathlons

by JERRY WOJCIK

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, M60 winner Boo Morcom, 64, of New Hampshire, was 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 points came in the long jump, with 974 for a 5.15 (16-10³/₄) leap. Mike Hill, 34, of Colorado, M35 winner, scored 3688 for second overall, also with a strong long jump of 6.72 (22³/₄) worth 818 points. Dale Lance, 47, of Oklahoma, M45 winner, was third best with 3521, buoyed by an 887-point 24.5

in the 200.

In the Weight Pentathlon, which was tallied by the 1962 multi-events scoring tables, Ray Manzi, 38, of Colorado, M35 winner, topped everybody with 3153. Texan Wendell Palmer, 53, scored 2975 to win the M50 contest. Joan Stratton, 33, of California, the only female competitor, scored 2339 points, bolstered by a 618-point 36.64 (120-2) discus and a 614-point 12.23 (40-1¹/₄) shot put.

Athletes who opted for a plain old track meet and had outstanding marks included: Hugo Hartenstein, 50, of Colorado, with M50 wins in the 100m (11.87) and 200 (24.57); New Yorker Joe Kulbacki, 47, with an M45 winning 2:16.01 in the 800; and Phil Brady, 51, of Colorado, with an M50 win with the 12# shot of 49-8¹/₂. □



NATIONAL MASTERS PENTATHLON CHAMPIONSHIPS

£

*Master Key Indoor Open
Sunday 11^{am}, February 2, 1986
Catonsville Community College (MD)*

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

Catonsville Community College in Suburban Baltimore will co-host the event on it's 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
	50-meter	2-Mile
	1-Mile	Jack Manley Mile Relay

The Mile relay is open to teams with all four members over the age of 30 and the entry fee is \$8.00 per team, the victorious relay team will receive a Plaque.

Early entry fee for the Open Meet is	\$4.00 first event
	\$1.00 each additional
Entry Fee after 1-15-86 is	\$5.00 first event
	\$2.00 each additional

Use this entry form for Pentathlon or Open Meet

Name _____ AGE _____

Address _____ Phone _____

Pentathlon _____ Open _____ Events _____

Make Checks Payable to:

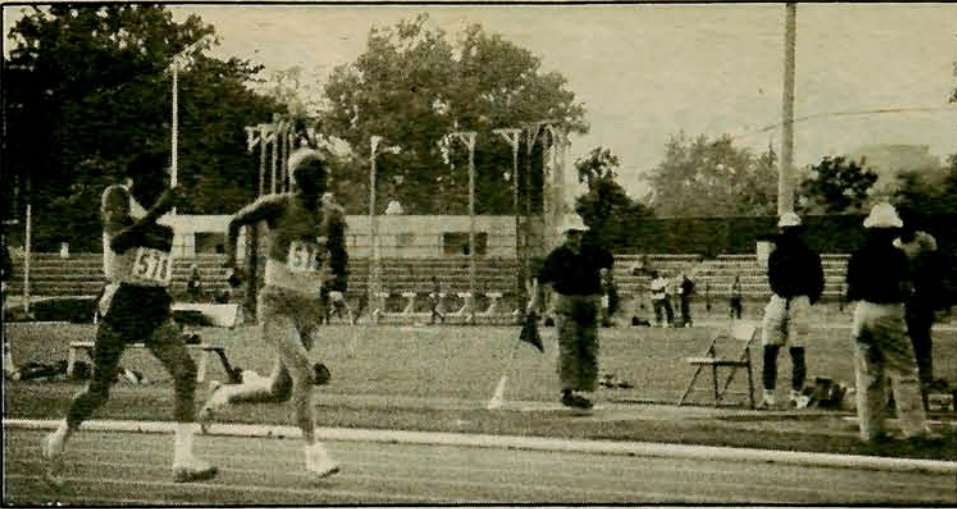
Master Key Track Club
1415 Providence Rd.
Towson, Md. 21204

Events _____

For Further Information:

Al Harden 301-992-2464
(Days)

Larry Williams 301-661-7521
(Nights)



Close race in the M80 100M between Arling Pitcher, Indiana, and Sing Lum, California. Pitcher was the winner in 17.48, with Lum close 2nd in 17.65, at the National Masters T&F Championships in Indianapolis. Photo by Gretchen Snyder

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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 Sheahen, Editor

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.

None of the contests for division titles was close. Don Gammie won the M50 crown in 1:17:11, and Ray Chappellear, on his home ground, won the M60 in 1:26:00. Billie Stacy won the W50 in 1:39:27.

The event was run in cool weather with little wind and was directed by R. Olfky. □



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 7-11 3/4 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 4-6. 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.

Applications for the meet will appear in the January, February, and March issues of National Masters News. □



Kate Favreau (302) on her way to 5:15.4 in the W30-39 1500, Waltham Meet, Cambridge, Mass.

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California's George Mason placed 6th in the M40 800 in Rome (1:58.55) and 8th in the 400 (51.69).

Photo by Gretchen Snyder

Mielke, Welch Top Masters

Continued from page 1

won \$2000 with a 3rd-place-age-40-and-over effort of 2:27:04 in America's Marathon in Chicago.

He didn't win any cash in New York — director Fred Lebow doesn't offer any to Masters — but he did win the Masters gold medal in the nationally televised race, placing 85th overall out of some 19,000-odd starters.

As usual, foreign runners dominated the Masters frontrunners, capturing four of the first five places, with Connecticut's Richard Auerelio third in 2:33:57.

England's Priscilla Welch, 40, now running out of Boulder, Colorado was 1st 40+ woman, and 5th overall in 2:35:30, five minutes ahead of Sweden's Evy Palm, 43, (2:40:50), the defending women's Masters titlist. Bobbi Rothman of New York was third in 2:54:21.

Mike Sullivan of Massachusetts took the M50 crown in 2:48:15, while Helene Bedrock of New Jersey copped W50 honors in 3:10:30.

Italy's Orlando Pizzolato (2:11:34) and Norway's Grete Waitz (2:28:34) were the open winners, as we all know. □



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

Coached by Masters runner Dan McCaskill, Matson had a summer of setbacks, 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 Ranch 10K on a tough, hilly course.

On October 27, she was first woman Master with a 17:32 at the Newport Beach 5K Classic, setting a new age-44 American record. She was second woman overall (Lisa Gonzalez was first in 17:29) and beat second place Master Harolene Walters by 27 seconds (17:59).

In her final race in the 40-44 bracket, she won the Masters division of the Phoenix 10K Classic on November 3 with an excellent 36:32, placing 11th woman overall in a class field. She again defeated Walters by 46 seconds (37:18). □

Vasquez, Madeira, Each Win \$750 in Penofin 10K

John Mayginnis, Race Director of the Performance Coatings Running Festival in Ukiah, California on October 5-6, was recently described by the Sacramento Union as "a world class optimist."

Mayginnis, 40, who is President of Performance Coatings, Inc., has a favorite saying:

"If you can conceive of something, then develop a practical plan, the elements will come together to make it happen."

Mayginnis' concept was a total running weekend involving world-class competition in a beautiful environment with a fast, well-organized race for all runners and spectators.

Inspired by an old friend, Fordie Madeira, 40, now one of the leading women Masters runners in the nation, Mayginnis felt Mendocino County (80 miles north of San Francisco) needed a new, positive image. He felt Ukiah had received too much bad press (marijuana is the major cash crop in the area), so he began to recruit sponsors and the support of the 10,000-person community.

He had never put on a race before, but that didn't stop him from raising

\$45,000 for a 10K race, and \$25,000 for a one-mile road race.

The mile drew Steve Ovett, Ray Flynn and other world class names. (Ovett won \$10,000 in 3:55). The 10K also attracted the cream, with Gidamis Shahanga (28:30) and Lynn Williams (32:21) each taking home a \$7,000 first prize.

Madeira was on hand, of course, and easily won the women's Masters division and \$750 with a good 36:36. The Sherborn, Massachusetts widowed mother of triplets is making a late season run — after a nine-month injury layoff — at W40-runner-of-the-year honors. Carol Flexer, 42, (38:10) and Harolene Walters, 42, (39:00) won \$400 and \$100, respectively.

Sal Vasquez, 45, tied his own U.S. 45-49 record of 31:06, and won \$750 as 1st over-40 runner. Dan Murray, 40, (31:31) and Jerry Jobski (32:04) took home \$400 and \$100, respectively.

Vicki Bigelow, 50, turned in a good 40:10, while Sister Marion Irvine, 55, clocked 43:29.

The Penofin 10K has been selected as the U.S. TAC National Championship road race in 1986. □



Join us at the After-The-Race Party at Historic Ybor Square. Stay awhile in Tampa and join in the Festivities Monday at the Tampa Bay Pirate Invasion and Parade. Stay awhile longer on Florida's West Coast and bask in our February sun while visiting Busch Gardens, The Walt Disney World Resort Complex or just vacation on our Suncoast.

5K
15K

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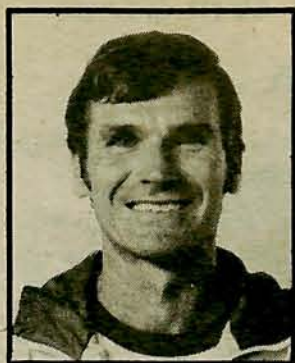
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THE GUN LAP

by MIKE TYMN

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're around 50, you probably remember the world-record standing at 9.3 seconds for quite a few years. There were no *ands*, *ifs* 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 asterisks and daggers or whatever and figure out if it was hand-timed or electronically timed, whether it was at altitude or sea level, whether the meeting and the officials had all the proper sanctions and certifications. Of course, we must also know if the person was professional or amateur, whatever those terms mean.

Asterisks are not used to indicate abnormally high hormone levels in

women, but there are some people who feel they should be placed next to the records of some eastern European and Soviet-bloc women.

The official world-record for 100 meters as recognized by the International Amateur Athletic Federation is 9.93 by Calvin Smith. Although the IAAF does not place an (*) next to it, there are many followers of the sport who feel there should be one because it was achieved in the rarefied air of Colorado Springs.

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.



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 (36:16), Leo Benning (34:09).

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.

Road 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 "stat 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 it 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

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." □

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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 Stadium 10K Run on September 22 in St. Louis.

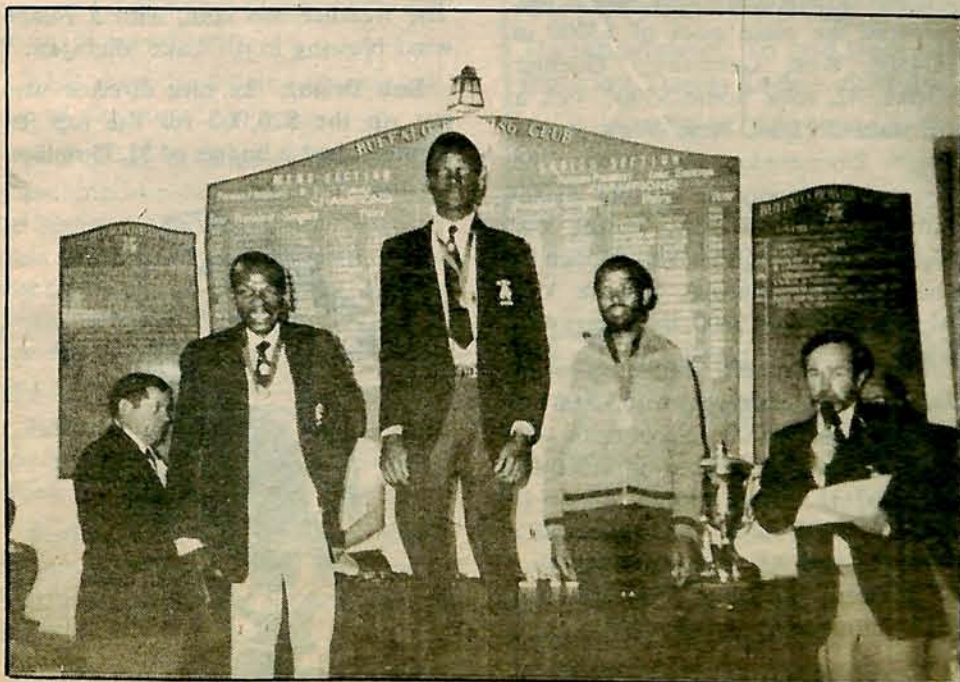
She overtook Polly Peacock, 39, with less than a mile to go to finish in a clock time of 28:53 (actual time 34:23). Peacock, with a 7:30 handicap start, finished 13 seconds behind in 29:06 (37:36) in a race which is considered a true test of running ability if you factor in the aging process.

Dathan Hughes, 45, took third in 29:56 (34:56), with Leon Pennell, 53, 4th in 30:16 (37:46).

Dottie Gray, 60, with a 17-minute head 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).

Peacock, a 3-time winner of the race and an Olympic Trials qualifier last year, held the lead until Cooksey, the 4th ranked American woman at 10K last year, sped by.

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. □



First three age 40-49 finishers in the South Africa 8K Cross-Country Championships in East London, September 7. 1st (middle): L. Halweendu (27:29), 2nd (left): H. Moshele (27:32), 3rd (right): T. Njelo (27:51).



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, LJ, TJ, HJ, SP, PV, 55HH, OPEN 55 & 1600; Relays.

SPONSORS: BUD LIGHT & BLOSSER BEVERAGES, 22 East High Street, Carlisle, & C. H. MASLAND & SONS CARPETING OF Carlisle.

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; generic TAC patch for 3rd.

FEE: Relays are free, but there are no awards. \$5 for 1st event, \$3 for each additional event. \$2 late fee per person if registering the day of the meet. Runners 18 & under-\$3, regardless when registering. Make checks payable to Scott Thornsley.

FACILITY: 4 lane 200 meter indoor track. Facility offers spacious locker rooms, shower area, spectator viewing area. Starting blocks provided. No spikes or shoes with plastic plates permitted. Bring your own shots and poles. Lunches may be purchased from a local charitable organization.

SANCTION: To be held under the sanction of the Mid-Atlantic Athletics Congress, Inc., of The Athletics Congress (TAC) of the U.S.A. (P.O. Box 7231, Philadelphia, PA 19101).

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

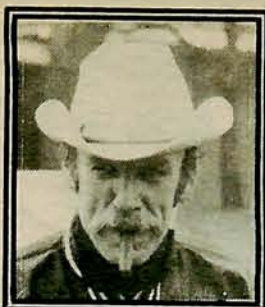
Name _____ Sex _____ Age _____ Tel. # _____

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 an 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 _____



ON APPROACHING EVERY PROBLEM WITH AN OPEN MOUTH

BY W. MACDONALD MILLER

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 Moan 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 taken out and shot. There's absolutely no excuse for any of these foul ups and the sooner we let these sons-a-bitches know that we're serious about our races, the sooner they'll clean up their act.

Sure there will be a little fallout. Of course, some bleeding heart do gooder will claim we're violating his civil rights and all that horse hockey. I'll tell them the same thing I told this running club I spoke to last week: we're not trying to make somebody offer the Pledge of Allegiance or say a prayer or any of that other commitment crap. We're simply saying that if I take the time and effort to go to a race and whether I pay my entry fee or not, they should be prepared to deliver what I consider my money's worth. If not, I'll say it again, you shoot the bastards who were

responsible for cheating the public. You cannot cheat the running public.

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.

Remember, the Law is the Law. May we never lose sight of the fact that jaywalking-isn't-murder is one of those muddlesome 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 high 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's. □



Quartet of happy competitors at the VI World Games in Rome. From left: Rudy Valentine, USA; Leo Benning, South Africa; Bob Boal, USA; and Casper Nel, South Africa.

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

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 M60 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." □

Villanueva Wins \$5000, Kirchen \$4000 in Chicago

Continued from Page 1

Doris Schlosser (2:38:56) in Minnesota.

The total Masters prize money in Chicago was \$20,000 — second only to the \$27,500 awarded to 40+ runners in the Twin Cities event.

As usual, foreigners put a dent in the U.S. trade deficit. In addition to Villanueva, England's Des Austin, 40, garnered the place pool of \$3000 in 2:24:49. West Germany's Guenter Mielke, 42, took home \$3000 with a 3rd-place 2:27:04. New York state's Ralph Zimmerman, 44, broke the overseas monopoly by winning \$1000 with a 2:27:53 fourth, nosing out Holland's amazing Piet Van Alphen by one second. Amazing, because Van Alphen, who won \$800, is 55 years old.

Behind Kirchen, Indiana's Ann Jamison, 41, came away with \$2000 for a 2nd-place 3:04:00. Evelyn Leiter, 46, another Hoosier, picked up \$1000 for her 3:07:31. Diane Horan, 42, of Illinois is \$700 richer for her 4th-place 3:08:03. And Alicia Hodgini, 43, also of Indiana, purloined \$500 with her 3:18:22 finish.

There was no age-graded competition, as there was in Minneapolis, so the older runners got medals, but no

cash. Hawaii's Gerry Horton, 62, ran an excellent 2:58:49. New York's Wen-Shi Yu won the W50 title in 3:23:37. Ida Mintz, at 80 the oldest, but not the last, runner, finished in 5:10:04.

England's Steve Jones (2:07:13) and Olympic champion Joan Benoit-Samuelson (2:21:21) won the open divisions in near world-record times. The weather was cool, with a 14mph wind blowing in off Lake Michigan.

Bob Bright, the race director who put up the \$20,000 for the top ten Masters, had a budget of \$1.75 million for the race. □



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 58.5), 100 in 13.1 and 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.

Was the competition different last year?

"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 any 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. ☐



Jack Greenwood, Colorado, taking a practice hurdle. A few minutes later he was National M55 110M hurdle champion in 18.03 at the TAC National Masters T&F Championships in Indianapolis.

Photo by Bob Watanabe

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Great Beer Taste...Light Alcohol.

invites you to run the 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.

MASTER STANDARDS: Men 40-44, 34:00; 45-49, 36:00; 50-54, 38:00; 55-59, 40:00; 60-64, 43:00; 65-69, 47:00; 70-74, 52:00; 75-79, 65:00; 80-84, 90:00

MASTER STANDARDS: Women 40-44, 40:00; 45-49, 42:00; 50-54, 44:00; 55-59, 47:00; 60-64, 52:00; 65-69, 60:00; 70-74, 75:00; 75-79, 90:00; 80-84, 100:00

All times are "or faster".

Race Date: January 25, 1986

Race Time: 8:00 am Sharp

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

Accommodations: Downey Travel Lodge, 13535 Lakewood Blvd., Downey, Ca. 1-800-255-3050, or 213-634-4444. 20% off. Ask reservationist to specify, "10K race participant".

Transportation: To and from race site by Downey Travel Lodge, 6:30 am shuttle time.

Preregistration Only: Return Entry by 1/20/86.

Race Location: 15500 Downey Ave., Paramount, CA

Seeded Start/New Start Location: You will be on the front line. I.D. Ribbons

Awards: 10 deep each division, plus excellent merchandise, FIRST FIVE places.

Shirt: Long sleeve, NO CHARGE

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Recognition: All qualifiers

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NAME _____ MALE ☐ FEMALE ☐ AGE _____ PHONE _____

ADDRESS _____ CITY _____ ZIP _____

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

SEND TO: CITY OF PARAMOUNT 10K RUN, P.O. BOX 696, PARAMOUNT, CA 90723



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 using increasingly heavier weights each set
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

* As you use heavier weights in a particular exercise, it is important not to train that particular muscle group again for at least 48 hours. Remember to alternate the order of the power cleans and squats each workout. With these two exercises, the one you do first will be performed with more intensity. The second exercise will suffer, since the muscle groups utilized are much the same. To do both important exercises justice, alternate their order each workout.

Saturday:

1. Warm-up and stretching - 10 minutes
2. Power Clean 1x10, 5x3 - Lift explosively with good technique
3. Shoulder Shrugs (hammer throwers only) - 3x10
4. Squats - 4x8 - Somewhat lighter than Tuesday.



Waiting his turn in the Javelin is Arling Pitcher, M80, Indiana, at National T&F Championships, Indianapolis.

Photo by Gretchen Snyder

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).

Wednesday:

1. Warm-up and stretching - 10 minutes
2. Bench Press 1x10, 3x3, 1x10 again- Lighter weights done explosively.

Saturday:

Following Competition:

1. Warm-up and stretching
2. Squat 1x10, 5x5 (heavy)
3. Power Clean 5x3

Note: a good in-season program for Masters Level hammer throwers only might be as follows:

Saturday (following competition) or Sunday:

1. Warm-up and stretching - 10 minutes
2. Squats 1x10, 5x5 - Heavy
3. Power Cleans 5x3 increasing weights each set
4. Shoulder shrugs 4x10 heavy

* Tuesday or Wednesday:

1. Warm-up and stretching
2. Snatch pulls 3x3
3. Power cleans 3x3
4. High Pulls 3x3
5. Squats 1x10, 5x5

* In this workout, the weights on the bar continually increase with each exercise until you reach the squat.

More sophisticated programs may be developed depending on individual goals and desires. But for the average Masters competition, the above routines will definitely enhance power and strength in the appropriate muscle groups.

Finally, remember, common sense and strict form will minimize injuries. Prior to embarking upon any exercise program, it is wise to consult a physician for his or her approval. □



DARTMOUTH RELAYS MASTERS TRACK & FIELD MEET

DATE: January 10, 1986

LOCATION: Leverone Field House, Dartmouth College, Hanover, NH

AGE GROUP: Men & Women Ages 30-39, 40-49, 50-59

EVENTS: MEN

55 Meter Dash
55 Meter Hurdles
400
1500
3000
Shot Put
Long Jump
High Jump
Triple Jump
Wt. Throw
Pole Vault

WOMEN

55 Meter Dash
55 Meter Hurdles
400
1500
3000
Shot Put
Long Jump
High Jump

PRIZES - Mugs 1st - 2nd - 3rd

For further information please contact Carl Wallin, Track Coach, Dartmouth College, Alumni Gym, Hanover, NH 03755 (603)646-2848.

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.*



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 Sheehen. 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 pro-

(Editor's note: David Pain founded the U.S. Masters Track & Field Program in 1968. He staged the first five National Masters T&F Championships in San Diego, and organized the first international Masters tours to Europe, Oceania and Africa in the early 70's. He was one of the chief organizers of the First World Veterans Games in 1975. After taking several years off to devote time to his law practice and to his new family, he rejoined the program in 1985 as a U.S. delegate to the Fifth World Games in Rome, and was instrumental in the U.S. proposal to bid for the '89 Games. He was appointed by TAC Masters T&F Chairman Jerry Donley as the Chairman of the 1989 World Veterans Games Site-Selection Committee.)

ject like this. But that's not the way we do it in America. That's the strength — as well as a disadvantage — of our system. The government, hopefully, stays out of it, leaving it to the people — in this case, us — to do it.

We may be able to round up corporate support, but we can't count on it. Historically, corporations have been reluctant to fund the Masters Program.

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, \$100 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

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. □



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



Ed Hoyle, 49, tied his own meet record of 13-6 at Potomac Valley Masters Meet, Alexandria, Virginia, September 1.

COMING NEXT MONTH

- 1985 Masters Athletes of the Year
- TAC Convention Report
- Results of U.S. 5K, 30K, 15K X-C, Marathon
- 1986 Masters Schedule

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 on the enclosed postcard and mail.

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

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 ☐ \$_____

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



Pagliano's Podiatric Pointers

THE FOOT BEAT

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

Arthritis

Is running bad for the joints or does it cause arthritis? This is probably the most commonly asked question among veteran runners and athletes. We have been told for years that sustained running will break down our joints, especially the knee and the hip, and we will develop arthritis.

However, orthopedic surgeon, Dr. Robert Sohn, conducted a study of male swimmers and male cross country runners who competed between 1930 and 1960. He had responses from 498 runners and 287 swimmers between 23 and 77 years of age. The mean age was 57.

Using the swimmers as a control group, Dr. Sohn matched the runners with the swimmers according to weight, height, education and socioeconomic status. The amount of pain was also reported. It is interesting to note that only 200 of the 785 athletes reported any degree of lower extremity pain.

Probably the most important statistic from this study was the incidence of severe hip and knee pain among the athletes. Severe knee and hip pain was reported in 2% of the former college runners and 2.4% among the former college swimmers.

Also reports of mild pain was reported in 13.5% of the runners and 17.1% of the swimmers.

Dr. Sohn also reported that he could find no association between the duration of running, mileage and subsequent development of osteoporosis.

Based on these statistics, Dr. Sohn believes that running approximately 25 miles a week (the average recreational runner) is not harmful to the joints. In fact, when one compares the incidence of pain between runners and swimmers, it appears that there is a definite lessening of pain among former cross country runners.

However, one should appreciate the preventive factors that may have taken place among these runners. Proper warmups, stretching, cool down, proper conditioning and proper training shoes can provide benefit in terms of joint injury and reduce the incidence of painful arthritis. □

(Dr. Pagliano is a runner and a podiatrist in Long Beach, California. He is a member of the American College of Sports Medicine. If you have a foot, ankle or achilles question, write to Dr. John Pagliano, The Foot Beat, NMN, Box 2372, Van Nuys, CA 91404.)

Reilly, Oehl First in Great Race 10K

by JERRY WOJCIK

William Reilly, 42, and Josephine Oehl, 45, steered themselves in Pittsburgh on September 29 to survive the crush of 9,700 runners and take Masters wins in The Great Race 10K with 31:27 and 42:47, respectively.

John Hess, 50, forged an M50 win with 33:41. Near-Master Barbara Filutze, 39, ran 34:04 to win the W35 contest.

Greg Beardsley, 23, (28:04) and Sue King, 27, (32:49) set new course records.

Sponsors were Pepsi, Kaufman's, and 1250/WTAE Radio. Race director was Bernie Caplan.

Far-out stat fans take note: the first three W50's were Ann's: Ann Forsha, Ann Tarr, and Ann Ruth, and all were 54-years-old. Top that! □



Bill Reilly, M40+ winner in the 1985 Great Race 10K, Pittsburgh, September 29, with 31:27, shown here competing in the Butler, Pa. 10K. Reilly, 1968 U.S. Olympic team member in the steeplechase, and member of the Allegheny NIKE Running Club, was U.S. National Champion in that event in 1970.

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 Waynesboro, 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.

□



Another Gold for World Games Champion Ross Carter, M70, Oregon. Carter lifted the shot 42 feet at the WAVA North American Masters Championships, Los Gatos, California, August 3-4.

Photo by Gretchen Snyder



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 and 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 that distance? 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 throwers, so I am not sure how they feel about this issue. I would like to

hear from other weight men and women about their feelings on these topics. I hope something can be done to make the competition better, at least on the National level.

Carl Wallin
(Box 19) Lebanon, New Hampshire
03766

VI WORLD GAMES

Upon reading your excellent issue on the VI World Games (August '85), I wish to complain about the Milani Hotel custom of not accepting credit cards. It's the first time I've known a hotel not to accept credit cards. The Games Organizing Committee should have informed us.

Gilberto Gonzalez-Julia
San Juan, Puerto Rico

You did a great job on the August '85 World Games issue. This valuable publication sure fires us up to read all the results and happenings all over the world.

Ernestine Yeomans
Cincinnati, Ohio

You guys put together a great 84th (August) issue.

Leon Trout
Trenton, New Jersey

Your reporting of the World Games in Rome was super.

Phil Partridge
Holland, Michigan

Continued to page 13

Write On!

Continued from page 12

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 finals always appeared the next morning in the Toronto SUN and the Toronto STAR, along with many pictures and a few interviews. 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 unenlightened 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'Bryan 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.

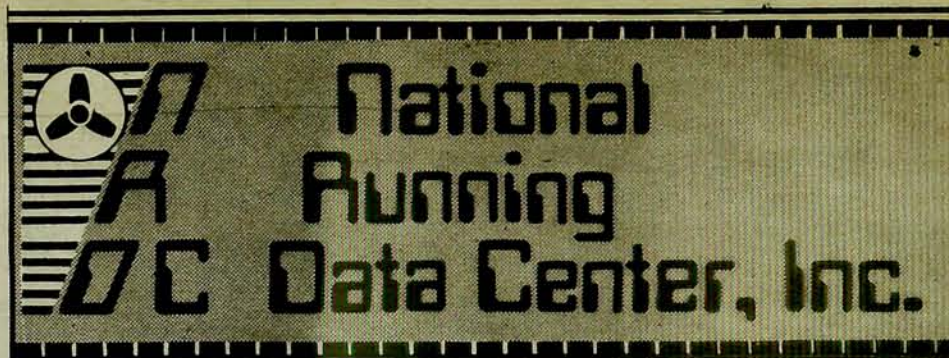
WAVA tried to make everyone aware of NMN by passing out 1700 free copies of the paper to the 1930 participants in Puerto Rico. NMN regularly reported WAVA's opposition to the Toronto Games for the next two years.

The Toronto Globe reported that O'Bryan 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'Bryan told the Globe he was an unpaid volunteer since 1983 and that Maureen didn't take all of 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 must be remeasured.

More than 200 pending marks are expected to be ratified at the December 6th meeting of the Records Committee at the convention of The Athletics 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. □



M70 100M heat at Farnesina Stadium in Rome during VI World Veterans Games. From left: Ejnar Beck, Denmark; Chi-Tsung Pao, U.S.A.; Vittono Colo, Italy; Albert Lasch, FRG; and Fred White, U.S.A.

Photo by Leo Benning

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MASTERS TRACK & FIELD REPORT

by JERRY ALAN DONLEY

Chairman, TAC Masters Track & Field Committee

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 as Athletics USA. Masters is no longer just a "tag-a-long" but a full partner with TAC/USA, and 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 News with names of individuals who spend countless hours doing something for our program, and that doesn't even touch those working at local levels.

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 wherefores.

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 ties in 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 country 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 United States for the 1989 World Games will be a great stimulant to the Masters Program. I look forward to the future — it should be a lot of fun for us all. □

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. □



Irene Obera, 51, on her way to a new World W50 Record of 27.3 in the 200M, SP/TAC Masters Championships, Occidental College, June 1, Los Angeles.

Photo by Gretchen Snyder



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 New York City, had won the Masters race with a seven-second lead time of 37:08 over Betsy Harshbarger, 42, of Cambridge, Mass., who left Judy Pickert, 42, of Brewster, N.Y., to a third-place 40-49 finish in 37:17.

Mary Harda, 50, of W. Newbury,

Mass., won the 50-59 division in 44:24.

Jo Anne Murphy, 60, took the 60-and-over race with an outstanding 42:50.

Joan Benoit-Samuelson broke away from a small pack at four miles for her third victory (31:49) in this race.

Sponsored by some of the area's largest hospitals in cooperation with Tufts Associated Health Plan and organized by Conventures, Inc., of Boston, the event drew an estimated 50,000 spectators. □



Neal Stoddard, 41, finishing 11:44.65 3000 at Hayward Field Meet, Eugene, Oregon.

photo by Carole Langenbach

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

Continued from Page 25

M60 Bob Seligman	60 126-11
Don Reid	61 119-4½
W J Coleman	67 109-2
M70 Al Rubenstein	77 56-1
W40 Marj Corrallo	45 46-8½
W50 Sharon Good	54 47-9

JAVELIN

M40 Tom Mace	40 135-6
Joel Liles	40 112-6
Dick Eiserman	42 113-10
M45 Bill Jeffrey	45 149-2
George Miller	48 149-2
Phil Scudieri	49 139-2
M50 Rudy Enders	53 118-1½
Pay Carstensen	53 111-6
M60 Don Reid	61 97-10

HAMMER

M40 Mike Valle	44 113-5
Jai Singh	43 68-9
M50 Pay Carstensen	53 121-4½
Tom Henderson	53 112-2
M60 Don Reid	61 79-1

5K RACE WALK

M50 Sal Corrallo	54 25:17.7
Joel Holman	54 29:09.9
M55 John Mathewson	57 31:22.5
Bill Hillman	56 31:45.0
M60 John Dunaun	63 33:56.2
Richard Lukes	66 34:24.5
M70 Ed Seeger	70 31:57.5
M11 Wood	70 37:06.4



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 their full backing. The Danes, meanwhile, conscious of the Toronto "scandal" are (naturally) down-playing the role of the Toronto organizers. But they are paying \$200,000 annually for the interim years to maintain the Toronto office.

Many of you have been asking for the minutes of the Rome Technical Meeting, anxious to set up your National events with any changes. Wal has sent some to Owen Flaherty and we will receive them very soon.

Latest on Melbourne, 1987, is the Australian Tourist board, quite independently of the Australian Veterans Organizing body, has arranged a trip this year for two publishers concerned with reporting on the upcoming Championships. Sylvester Stein and Al Sheahan have been selected. Excellent choice, I am sure you will agree.

At a meeting last year, I brought forward 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 1986 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



Finish of M55 400M in Rome's Olympic Stadium at the World Games, with gold medalist Francis Higgins, GBR, about to cross the line in 54.85. John Lewis Smith, U.S.A. (L), collected the silver in 55.77 and Jean Julien, FRA, took home the bronze with 56.40.

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 Aylesbury 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 Veteris Cup, September 21, at Warley, Vic Smith of Kent did nine events, including a 54.1 400 and a 2.90 (9-6¼) pole vault. Vic was second in the M40 1500 in Rome at the World Vets Championships.

Eleanor Adams, W35, won the women's 24-Hour Race in a world best of 223.2K (138m/1214y), August 4-5. Roger Clark, 42, of the R.A.F., was second in the Orion 10 Mile 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. □

PRESIDENT:

Don Farquharson
269 Ridgewood Road
West Hill
ONTARIO M1C 2X3
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Contact President

International Scene

Continued from page 15

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

M45		Archie Messenger	USA	
Reg Austin*	AUS	Bob Mimm	USA	
		Jim O'Neil	USA	
M50		Wal Sheppard	AUS	
Matt Brown	USA	Ray Spencer	USA	
Hari Chandra	SIN			
Phil Conley	USA	M65		
Willy Dunne	IRL	Norbert Barth	FRG	
John Dunsford	GRB	John Gilmour	AUS	
L. Gundersrud	NOR	Orval Gillette	USA	
Hal Higdon	USA	Max Gould	CAN	
Hans Poetsch	AUT	Clem Green	NZ	
Tom Sturak	USA	Don Johnson	USA	
		Sylvester Stein	GBR	
		Jim Vernon	USA	
M55				
Connie Akerblom	SWE	M70		
Robert Boutard	FRA	Bob Boal	USA	
Ossie Dawkins	USA	Yvgve Brange	SWE	
Ron Franklin	GBR	E. Federmann	FRG	
Konrad Harnelind	SWE	Ian Hume	CAN	
Bengt Jornhester	SWE	J.O. Mueller	FRG	
R. Johansson	SWE			
Colin McDowell	GBR	M75	G. Wir	SWE
Alan Scott	SWE	M80	Albert White	CAN
		W50	Irene Obera	USA
M60		W55	Ruth Anderson	USA
Don Farquharson	CAN	W65	B. Tibbling	SWE
W. Georg	FRG	W70	Isobel Saumier	CAN
G. Kuhner	FRG			
Jan Kystad	NOR			
A. Lundstrom	SWE			

*Competed in the M35 class in Toronto in 1975.



Frank Evans, NZ, wins the gold and sets a new World Record of 58.11 in the M60 400M at World Games in Rome. Rudi Valentine, U.S.A. (not in picture) was second with a new American Record of 58.33, and Alp Yli-Luopa, SWE, (R) copped third with 59.10. Photo by Leo Benning

Voets, Guerrero Double Winners in IGAL European 10K/25K

by JERRY WOJCIK

Pierre 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 W40

10K in 40:28 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. □

NOW AVAILABLE Masters Age-Records 1985

Compiled by National TAC Masters T&F Records Chairman Pete Mundle with Lori Maynard and Alan Wood.

•Men's and Women's World and U.S. Age Bests for all Track & Field Events, age 35 and up as of Jan. 1, 1985

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ATHLETES WHO ENTER A NEW DIVISION THIS MONTH DEC 1985

ATHLETE (RESIDENCE)	BIRTHDATE	AGE GROUP
JANE DODS (N. HOLLYWOOD, CA)	12-21-35	50-54
YVONNE HENRY (CARSON, CA)	12-2-35	50-54
CAROLE HERRICK (MCLEAN, VA)	12-25-40	45-49
EVELYN HESS (EUGENE, OR)	12-9-35	50-54
EVE KARBENS (HONOLULU)	12-25-10	75-79
CAROLE MC RONALD (US)	12-27-40	45-49
EDITH MENDYKA (TUJUNGA, CA)	12-12-10	75-79
MARGARET MILLER (THOUSAND OAKS, CA)	12-12-25	60-64
NOEL MURCHIE (HONOLULU, HI)	12-25-35	50-54
CARDLYN O'NEIL (KALISPELL, MT)	12-6-35	50-54
NELLY WRIGHT (US)	12-17-45	40-44
BIRGIT BRINGSLID (SWE)	12-6-45	40-44
A. HADE (WG)	12-9-35	50-54
TRAUDEL HAFELE (WG)	12-28-40	45-49
STEPANKA MERTOVA (CZE)	12-11-30	55-59
P. WOOLMAN (NZ)	12-6-40	45-49
ROBIN BALL (GB)	12-14-35	50-54
ROBIN BELL (GB)	12-14-35	50-54
JAMES BENNETT (HONOLULU, HI)	12-14-15	70-74
NOEL GOFF (AUSTRALIA)	12-12-20	65-69
F. HELBER (WG)	12-20-05	80+
HANS HENNINGSSON (SWE)	12-2-25	60-64
SYD HESKETH (AUSTRALIA)	12-4-05	80+
CLEMENT HUYSEN (BEL)	12-27-35	50-54
BARRY IVERS (BREWER, ME)	12-6-10	75-79
AXEL JELTEN (WG)	12-6-40	45-49
JOHN J KELLEY (MYSTIC, CN)	12-24-30	55-59
WALTER KERN (WG)	12-19-05	80+
JOHN KILBUCK (CHICAGO, ILL)	12-26-20	65-69
RAY MAHANNAH (FREMONT, CALIF)	12-6-15	70-74
BOB MARTIN (TULSA, OKLA)	12-9-20	65-69
LEN MOZHAJEV (PHILADELPHIA, PA)	12-25-25	60-64
BERTHOLD NEUMANN (WG)	12-19-30	55-59
GARY OLIPHANT (WICHITA, KS)	12-13-40	45-49
L. ROLLS (GB)	12-10-10	75-79
JAMES STEPHENSON (SAN FRANCISCO, CAL)	12-4-20	65-69
RALPH THOMAS (GARDINER, ME)	12-27-35	50-54
PAUL THURSTON (SILVER SPRING, MD)	12-21-20	65-69
ARNOLDS TICMANIS (CAN)	12-14-05	80+
EDWIN WEBER (WG)	12-17-10	75-79
JOSEF WILDMOSER (WG)	12-9-30	55-59
BERNO WISCHMANN (WG)	12-26-10	75-79

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.

NEW ENGLAND

Greater Boston Track Club
PO Box 236
West Newton Village
MA 02165
617/ 969-9808

EAST

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

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
Lynda Durfee
250 S. Whiting St.-315
Alexandria VA 22304
703/ 370-5646

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

West Pennsylvania TC
1245 Alamae Rd.
Washington, PA 15301

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

Greater Rochester TC
PO Box 258
Brockport NY 14420
Dick Withrow, Pres.
716/ 637-8151

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
104DW. Montgomery Ave.
Ardmore, PA 19003
215/ 642-5989

Master Key Track Club
c/o Larry Williams
18 Mitnick Ct.
Baltimore, Md. 21236

SOUTHEAST

Richmond T&F Club
PO Box 6701
Richmond VA 23230
Attn: Bill Cole

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

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

Greenville Track Club
PO Box 16262
Greenville SC 29607
Jack Gilmore: 803/ 242-6600



MIDWEST

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

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

Legend Harriers
Roger Toothman
6543 Beecher Rd.
Granville OH 43023

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

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

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

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

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

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

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

Wolfpack Track Club
Jim Pearce
2449 Southway Dr.
Columbus, OH 43221
614/294-4606 (days)

Ann Arbor Track Club
PO Box 7551
Ann Arbor MI 48107
Don Sleeman
313/ 426-5430

Ohio River RRC
Jim Gerard
61K Winchester Pl.
Dayton OH 45459

Peabody TC
Wayne Roberts
1440 Osborn Ave.
Fairborn OH 45324

Clifton TC
Mike Boylan
300 Atlas Bank Bldg.
Cincinnati OH 45202

Toledo RRC
Tom Kovacs
3262 N Reach Dr.
Oregon OH 43616

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

Gateway Athletics-St. Louis
13453 Chesterfield Plaza
Chesterfield, MO 63017
314/434-9577

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

St. Louis Metro Masters
T&F Assoc.
Jim Irwin
536 Windsor Mill Dr.
Ballwin MO 63011
314/ 394-4166

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

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

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

USA West Track Club
Skip Stolley
15425 Sherman Way No. 220
Van Nuys CA 91406
818/787-4377

Southern California Striders
Mike Castaneda
5975 E. Avenida La Vida
Anaheim, CA 92807
714/974-6199

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
P.O. Box 11364
Eugene, OR 97440

MASTERS SCENE

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 Jolicoeur says that the club has firm sponsorship commitments from Maine Savings Bank, L.L. Bean, Holiday Inn (the host hotel), and Tom's of Maine, and is working with others.

NEW ENGLAND

• **Tony Sapienza's** hot 16:59.4 in the New England Athletics Congress 5K Championships, Concord, NH, September 14, should put the 56-year-old, Bradford, MA, resident at the top of the M55 5K rankings for a spell. First Masters were **Ernie Dumas**, 44, of Danielson, CT, (15:47) and **Elizabeth Harshbarger**, 42, of Cambridge, MA, (18:10). Masters team champs were the Central Mass. Striders in the men's contest, and the Liberty AC in the women's.

EAST

• **Robert Woolley**, 42, Queens, NY, motored through the NYC Marathon Tune Up 25K, Central Park, NYC, October 6, in 1:32:32 for first M40+ and 24th (1440 m/finishers). Second M40+, **David Holt**, 41, Brooklyn, was only nine seconds back. **John Steger**, 50, fourth M40+, won the M50 race in 1:34:05. **Helene Bedrock**, 50, was first W40+ and eighth (370 w/finishers).

• **Bobbi Rothman**, 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 Bellinghausen**, 52, in 1:34:04. **James Gaul**, 43,

took the M40+ race in 1:16:28. **Jerry Sulek**, 48, was second M40+ with 1:17:34.

• **Richard Pankow**, 40, Alexandria, VA, toured the Greenbelt 15K, Greenbelt, MD, September 1, in 53:31, for first M40+ and eighth overall. First W40+ was **Nancy Imhof**, 45, Arlington, VA, 1:28:01. Oldest competitor was **Alvin Gutttag**, 66, Bethesda, MD, who finished in 1:34:40.

• **Fordie Madeira**, 40, Sherborn, MA, was the first of four W40 runners under 40:00 in the Freihofer'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 Cupper**, 66, Wellsboro, 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, failed in an attempt to break Grete Waitz's 10K WR of 30:59, ending in 31:50.51.

• Veteran road-runner **Bill McCaffey**, 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 Culkin**, 39, Suffern, NY, bounded to a first-place overall with 35:17 in the KangaRoo 10K, Yorktown Heights, NY, October 6. Another Submaster, **Nancy Laun-Perez**, 37, 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.

SOUTHEAST

• The 9th Annual Humana Rocket City Marathon will be held Saturday, December 14, in Huntsville, Alabama. Huntsville, which developed the Saturn Booster that put man in space and on the Moon, is a fast-growing, high

tech city of 150,000 that has retained its relaxed 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 finish line PA announcer. Each finisher gets a cheer from the knowledgeable 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.

• More Rocket City: The course is fast and certified, with Masters competition recognized and emphasized. Nearly 70% of the entrants come from 30-35 states outside Alabama, making it a national event. **Sister Marion Irvine**, 55, will be the guest speaker at the Friday carbo supper.

MIDWEST

• **Roger Rouiller**, 47, of Marietta, 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. **Eleanor Adams**, 37, of Selston Nottinghamshire, England, was the first woman to finish, in 6:04:27. Both are repeat winners. **Ron Bomberger** continued from his third-place M40-49 6:30:47 in the 50 Mile to a first Masters in the 100K with 8:17:13. Of the 217 runners from twenty-eight states and four countries who started, 139 finished the 50 Mile and twenty-two the 100K. **Noel D. Nequin**, M.D., was race director.

SOUTH WEST

• What state boasts 125 certified road-racing courses, second 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 depth of the competition. No 31:00 M40's in the region, but an M40 36:17 in last year's Fall Classic 10K, Lawrence, KS, was good only for ninth Master overall. In the M60+ division races, several runners are in the 39:00 range, and a 55-flat time in the Tulsa 15K got you a 5th in the M40, on a course that no one, including Nzau and Shorter, has come within a minute of the WR. (see separate story.)

• **Nocus McIntosh**, 60, with 47:45, and **Joy Austin**, 48, with 54:08, captured state age-division records in the Mohawk 10K, Tulsa, OK, September 14. Austin and **Len Emanuelson**, 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 \$0 for Southern Arizona RRC members and \$1 for non-SARRC members. Call Jen at 602/326-6416.

WEST

• **Jim Bowers**, M45, worked to a 54:31 M40+ win in the Empire RC Labor Day 10 Mile, Santa Rosa, CA, September 2, reducing the division course record by four minutes. **Janet Buckendahl**, W50, won the W40+ title in 1:10:05.

• The CHOC/KFWB South Coast 10K, Los Angeles, September 22, produced two W40+ under 40:00. **Harolene Walters**, W40 winner, with a fast 37:30, and W45 winner, **Gina Faust**, with a quick 39:36. **Gabriel Bernal**, M45 winner, was first M40+ in 35:46.

• The Oakland Marathon lives! It's been dormant for a few years, but **Darryl Jobe** will revive the once-popular event on February 23rd. A \$40,000 purse has been announced.

Fordie Madeira, 40, of Sherborn, Mass. will be gunning for the American woman's Masters marathon record of 2:39:11 in the California International Marathon in Sacramento, December 8th. Set over nine years ago by Miki Gorman, the record has held up, despite assaults by Masters greats **Cindy Dalrymple**, **Elaine Kirchen** and others. Madeira, on the comeback trail after a nine-month injury layoff, ran a PR 2:36:35 at



Gary Kelmenson, M35, San Jose, Calif., well over 150 in the hammer this season.

age 39 in the 1984 Olympic Trials. Idaho's **Gabriele Andersen**, whose first 40+ marathon was 2:41:01 at Twin Cities October 6, may also enter the event, which would produce a classic head-to-head battle. A \$500 prize awaits the winner.

• **Jerry Lewis'** name was omitted from the results of the WAVA North American T&F Championships August 3 in Los Gatos. His 17:30 won the M50 5000-meter run. Lewis raced in England October 6, recording a 1:31 in the Wellington half-marathon. "It was an experience," he said. "Very low-key, with wind and steady rain. It had all the essentials, but little award fanfare."

• **Ed Burke**, 45, 1984 Olympian and Masters T&F Athlete-of-the-Year, was in the news in October with the story that he helped Dr. **Ladislav Pataki** and his family escape from Czechoslovakia. They met at the 1983 World T&F Championships in Helsinki. For two years, they corresponded and quietly met at international meets. In February, 1985, Pataki, his wife and daughter left a Czech tour in Rome. Burke told them to go to the U.S. Embassy, and called in old favors from politicians and sports officials. But it wasn't easy. The Embassy couldn't take the family in, so they spent nights in the Rome railway station while Burke wired money. They made their way 70 miles south to an emigration camp, where they waited for two months. Burke kept calling. Finally, the United Catholic Relief Organization registered the Patakis and helped get them to the U.S.A. Burke formed a citizens' committee and raised money. The Patakis arrived in Los Gatos in late September, and Burke is helping Pataki sell his book. Pataki was just named head of a New Jersey's company's division of sports science research.

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 goes back 15 years. Two more are 13 years old. She had her first race as a 60-year-old this fall and promptly set a ninth mark with a 2:53.8 in the 800. That breaks the W60 mark of 3:00.06, set by West Germany's Erika Werner in 1983. □

Photos Available

If you'd like to have the original print of any of the photos printed in the *National Masters News*, most are available. Please send \$5.00 for postage and handling to NMN, PO Box 2372, Van Nuys, CA. 91404. Identify the photo by name, issue and page number. We'll mail it to you first class.

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Tony Sapienza, 56, accepting award as 1st Senior, after sizzling 16:59.4 in the New England Athletics Congress 5K Championships, Concord, New Hampshire, September 14.

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.

TRACK & FIELD NATIONAL

December 3-8. 7th Annual National Convention of The Athletics Congress/USA, Houston, Texas. TAC, PO Box 120, Indianapolis IN 46206.

February 2. U.S. TAC National Masters Indoor Pentathlon Championships, Catonsville, Maryland. Larry Williams, 1415 Providence Rd., Towson MD 21204. 301/661-7521. Entry form in December issue.

February 22-23. U.S. TAC National Masters Indoor Championships, LSU, Baton Rouge, Louisiana. Danny Thiel, 1459 Verna St., New Orleans LA 70119. 504/486-8066. Entry forms in December and January issues.

July 13. U.S. TAC National Masters Pentathlon Championships, Shippensburg, Pennsylvania, 11 a.m. Scott Thornsley, 519 Coolidge St., New Cumberland PA 17070. 717/774-3569.

July 18-20. 19th U.S. TAC National Masters Championships, Mitchell Field, Uniondale, Long Island, New York. Sandy Pashkin, 363 Edgecombe Ave., New York NY 10031. Entry forms in May and June issues.

NEW ENGLAND

January 10. Dartmouth Relays Indoor Masters Meet, Hanover, New Hampshire. Carl Wallin, Dartmouth College, Hanover NH 03755. 603/646-2848.

January 12. Brown Masters Indoor Invitational, Providence, R.I. SASE to Neil Steinberg, 46 Roberta Ave., Pawtucket RI 02860. 401/728-2869.

June 22. Rhode Island Senior Olympics, Providence. 55+. Dolores M. Bergeron, R.I. Dept. of Elderly Affairs, Providence RI 02903.

EAST

January 5. Pennsylvania Master Indoor T&F Meet. Dickinson College, Carlisle, PA. Scott Thornsley, 519 Coolidge St., New Cumberland, PA 17070. 717/774-3569. SASE Please.

January 19. Philadelphia Masters Indoor Club Meet, Haverford College. Fred Mannis, below.

February 2, 16. Philadelphia Masters Indoor Club Meets, Haverford College. Fred Mannis, below.

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 1. Philadelphia Masters Indoor Championships, Haverford College, Fred Mannis, 1040 W. Montgomery Ave., Ardmore PA 19003. 215/642-5989.

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

May 18. New York Masters Meet, Kings Point Merchant Marine Academy, Kings Point, N.Y. Sandy Pashkin, 363 Edgecomb Ave., New York NY 10031.

June 15. MAC Masters Championships, Kings Point Merchant Marine Academy, Kings Point, N.Y. Sandy Pashkin, 363 Edgecomb 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.

SOUTHEAST

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

April 26-27. Florida State Masters T&F Championships, Lake Worth, Fla. Joe Valdes, 5300 Cannon Way, W. Palm Beach, FL 33415. 305/471-1891 (h).

May 2-4. 16th Southeastern U.S. Masters Meet, Raleigh, N.C. Stu Northup, Raleigh Parks & Rec. Dept., P.O. Box 590, Raleigh, NC 27602.

May 10. Birmingham Track Classic, Vestavia Hills H.S., Birmingham, Ala. Gordon Seifert, 1514 Ridge Rd., Birmingham AL 35209. 205/879-8031.

June 7-8. 11th Annual Northwest Classic, Miami, Fla. Jesse Holt, 1310 N.W. 90 St., Miami FL 33147. 305/836-2409.

MIDWEST

January 4. 10th Annual Wisconsin Masters Indoor Championships, U. of Wisconsin, Madison. Bruce Craig, 238 Alden Dr., Madison WI 53705. 608/233-3863.

January 4. Lake Erie Indoor Championships, Maple Heights H.S., Cleveland, Ohio. Charlie Hall, 18616 Restor Ave., Cleveland, OH 44122. 216/561-5092.

February 1. 2nd Annual Athlete's Foot Indoor Masters Meet, Augustana College, Rock Island, Illinois. Pete Stopoulos, 1029 16th Avenue, East Moline IL. 309/755-2655.

June 28. Cleveland Track Classic, Wickliffe, Ohio. Jeff Gerson, 4173 Wilmington Rd., So. Euclid OH 44121. 215/382-2656.

MID-AMERICA

January 11. Lincoln TC 10th Annual Indoor Masters Championships, Lincoln, Nebraska. Don Showen, 3331 N. 68th, Lincoln, NE 68507. 402/464-4792.

May 27-29. Senior Olympics, St. Louis. (55+) Suzy Seldin, #2 Millstone Campus, St. Louis MO 63146. 314/432-5700, x188.

August 10. Chillicothe Masters Meet, Chillicothe, Missouri. Joe Shy, P.O. Box 745, Chillicothe MO 64601. 816/646-3823; 646-1023.

August 30-31. Rocky Mountain Games, U. of Colorado, Boulder, Colorado. Jim Weed, 11672 E. 2nd Ave., Aurora CO 80010. 303/341-2980.

SOUTH WEST

May 11. Runners' Pentathlon, Albuquerque, N.M. (3200, 800, 200, 400, 1600) Tom Bell, 5905 Concordia Rd. NE, Albuquerque NM 87111. 505/884-5701 (d); 821-2454 (n).

May 21-24. Texas Senior Games, Arlington, Texas. Hal Geldon, P.O. Box 676, Richardson TX 75080. 214/231-6889.

May 31. TAC Southern Association Meet, New Orleans. Danny Thiel, 1459 Verna St., New Orleans LA 70119. 504/486-8066.

June 21. Hill Country Classic, Mason, Texas. Lee Graham, Mason TX 76856. 915/347-5620 (h); 347-5921 (w).

July 12. West Texas Masters Meet, Lions Stadium, Ozona, Texas. Pete Maldonado, P.O. Box 1584, Ozona TX 76943. 915/392-3809 (res) /392-3850 (bus).

WEST

February 22. Orange Spring Games, Santa Ana, Calif. Larry A. Sallinger, 203 E. Monroe, Orange CA 92667. 714/639-6707.

March 8-9. Sport-Arcade Meet, Los Angeles. L.A. Patriots, P.O. Box 2981, Beverly Hills CA 90213-2981. 213/388-9689.

April 26. Sacramento Relays, Sacramento, Calif. Bob Roemer, El Dorado Hills CA 95630. 916/933-1438.

May 24. Anteaters Masters Classic, Irvine, Calif. David Lewis, 505 Begonia Ave., Corona Del Mar CA 92625. 714/673-2025.

June 14. Trojan Masters Invitational, Los Angeles, Jim Vernon, 1147 W. Rowland Ave., W. Covina CA 91790. 818/338-1623.

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

October 4. Club West Masters, U.C. Santa Barbara, Goleta, Calif. Geo. H. Adams, P.O. Drawer K, Goleta CA 93117. 805/687-6323.

Continued on next page



5th Avenue Mile Masters placers: Dan Murray (c), 4:28.8; Tom Robinson (l), 4:30; and Morris Whiting (r), 4:31. September 18, NYC.

Photo by Sailer/McManus

Continued from previous page

NORTHWEST

July 11-12. TAC Northwest Regional Masters Championships, Mt. Hood Community College, Gresham, Oregon. Jim Puckett, 26000 S.E. Stark, Gresham OR 97030. 503/667-7354.

August 2-3. Hayward Field Masters Classic, Eugene, Oregon. John Wilson, 2660 Emerald, Eugene OR 97403. 503/343-5386.

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

INTERNATIONAL

December 6-7. VI International Veterans Meet, Montevideo. M35+, W30+. Julio Jaime, Canelones 982, Montevideo, Uruguay.

August 11-23. Masters Trek to China for International T&F Meet in Nanjing and 5K/10K Runs in Hangzhou. Sports Travel, PO Box 7823, San Diego CA 92107.

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

**LONG DISTANCE
RUNNING
NATIONAL**

December 7. TAC U.S. National Open and Masters 30K Championships, Houston. Dave Bethany 3201 Wheeler, TSU Box 382, Houston TX 77004. 713/527-7258; 713/649-1665.

EAST

December 1. Maryland Marathon, Baltimore. Les Kinion, Box 11394, Baltimore MD 21239, 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.

SOUTHEAST

December 14. 9th annual Humana Rocket City Marathon, Huntsville, Alabama. Free pre-race clinic with Sister Marion Irvine. HTC, 8811 Edgehill Dr., Huntsville AL 35802. 205/881-9077.

January 4. Jacksonville Marathon, 10K, & Corporate Relay, Jacksonville, Florida. Jacksonville Marathon Assn., 1545 University Blvd. W., Jacksonville FL 32217. 904/739-1917.

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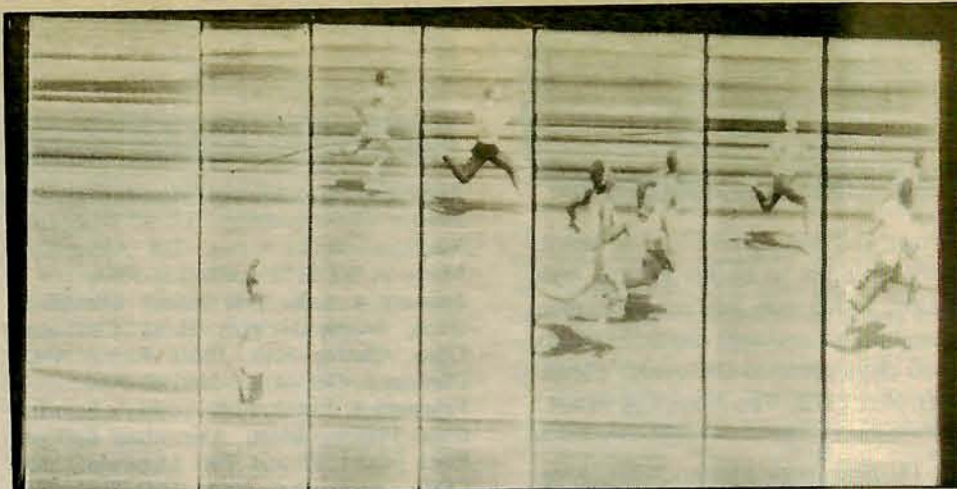
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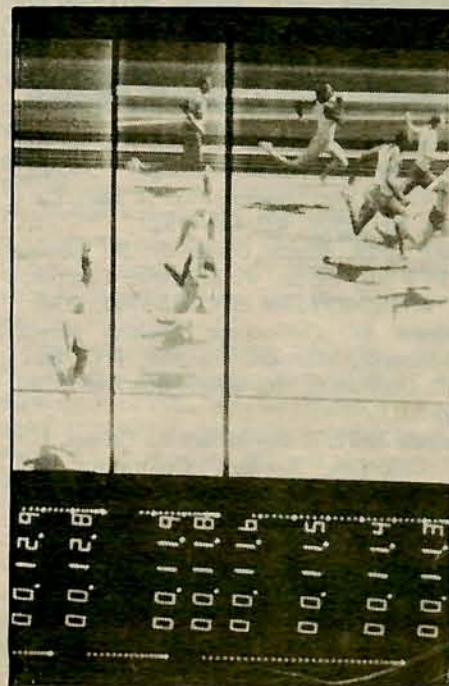
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Accutrack photo shows Gerry Williams (53.19) defeating Charles Missouri (53.21), Bernard Turner (54.06) and James Johnson (54.36) in combined age 30-39 400 at WAVA North American Masters T&F Championships August 3 in Los Gatos, Calif.



It's close, but Australia's Brendon Wilson (lane 5, 11.31) nips Dan Fitzsimmons (lane 3, 11.33), and Walt Butler (lane 4, 11.40) in age 40-44 100-meter dash at North American Championships in Los Gatos, Calif. August 3. Next are Ed Jones (2, 11.56), Win Emert (6, 11.85), Ted Cain (7, 11.86), Sam Robinson (1, 11.87) and Gerry Varty (8, 12.04).



January 4. Charlotte Observer Marathon/10K, Charlotte, N.C. \$200-1st, \$100-2nd, \$50-3rd for Masters m & w in both marathon/10K. Charlotte Observer Marathon, P.O. Box 30294, Charlotte NC 28230. 912/354-1239.

January 11. Orange Bowl Marathon/5 Miler, Miami, Fla. Basil Honikman, 7745 SW 138th Terrace, Miami FL 33158. 305/255-1405.

February 8. Gasparilla Distance Classic 15K & 5K, Tampa, Fla. SASE to Gasparilla '86, P.O. Box 1881, Tampa, FL 33601. 813/229-7866.

MIDWEST

December 29. Midwest Masters 30K Road Race, Lake Bluff Jr. H.S., Rt. 176 & Sheridan Rd., Lake Bluff, Ill. 9 a.m. Open to all ages. W. Miller, 7250 N. Cicero, Lincolnwood, IL 60066. 312/234-2154.

SOUTHWEST

January 19. Houston-Tenneco Marathon, PO Box 2511, Houston TX 77001.

WEST

December 1. California International Marathon, Sacramento, California. \$5000 to Masters. Sacramento LDR Ass'n, PO Box 161149, Sacramento CA 95816.

December 7. Fiesta Bowl Marathon, Scottsdale, Ariz. Fiesta Bowl Marathon, P.O. Box 1032, Scottsdale, AZ 85252. 602/949-1476.

December 8. NIKE San Francisco Half-Marathon, San Francisco, Calif. Scott Thomason, P.O. Box 27385, San Francisco, CA 94127. 415/681-2323.

December 14. Honolulu Marathon, Honolulu, Hawaii. John Kelleher, Honolulu Marathon Assoc., P.O. Box 27244, Honolulu, HI 96827. 808/734-7200.

December 15. Orange County Marathon through beach cities. Orange County Marathon, PO Box 795, Dana Point CA 92629. 714/661-6473.

December 21. George Guerrero Legg Lake 8K, South El Monte, Calif. SASE to Pico Rivera AC, 9502 Reichling Ln., Pico Rivera, CA 90660. Art Martinez, 213/942-8774.

January 19. Mission Bay Marathon, San Diego, Calif. End of the Line Race Consulting, 619/295-1423.

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 25. 7th Annual Paramount 10K, Paramount, Calif. SASE to Paramount 10K, Oscar J. Rosales, P.O. Box 696, Paramount CA 90723. 213/531-3503.

January 26. Redondo Beach Super Bowl Sunday 10K, Redondo Beach, Calif. Super Bowl Sunday 10K Committee, P.O. Box 637, Redondo Beach CA 90277. 213/548-4288.

March 9. Los Angeles Marathon. SASE to L.A. Marathon, 5985 Century Blvd., Suite 322, Los Angeles CA 90045. 213/215-1986; 800/562-4411.

April 26. 4th Annual Bess James Ramonaland 10K & 2 Mile Fun Run, Hemet, Calif. Bob Stagnel, 714/654-8011; x253.

INTERNATIONAL

December 15. 1985 Avon Women's 10K Championships, Guadalajara, Mexico. Marathon Tours, Inc., 1430 Mass. Ave., Harvard Square, Cambridge, MA 02138. 617/492-3088.

December 15. Courts National 10K Championships, Kingston, Jamaica. Mark Winzenreid, World Athletic Tours, Inc., 520 University Ave., Madison WI 53703. 608/251-5885.

**ON TAP FOR
DECEMBER**

The 7th Annual National Convention of The Athletics Congress (TAC) gets underway in Houston on the 3rd. Masters Track & Field and Long Distance Running Committees will meet continuously from the 5th thru the 7th. Everyone is welcome.

TRACK & FIELD

Big spenders can travel to Uruguay on the 6th for an International Veterans meet. The popular Holiday Weight and Regular Pentathlons take place in Florida on the 29th.

**LONG DISTANCE
RUNNING**

Fordie Madeira and Gabriele Andersen take aim at the U.S. Masters Marathon record of 2:39:11 in the California International Marathon in Sacramento on the 1st.

The final U.S. TAC National Masters Championship of the year — the 30K — is set for Houston on the 7th during the Convention.

The Humana Rocket City Marathon stages its 10th annual running on the 14th in Huntsville, Alabama. Masters runners always get red-carpet treatment in Huntsville.

The next day, Olympic 1968 decathlon gold medalist and former Masters spokesman Bill Toomey directs the new Orange County Marathon through the picturesque beach cities south of Los Angeles.

Other major events to close out a busy year include the Maryland Marathon on the 1st, the 8th Annual Brian's Run 10K near Pittsburgh on the 8th, the fast Fiesta Bowl Marathon in Phoenix on the 7th, the NIKE-San Francisco half-marathon on the 8th and the Honolulu Marathon on the 14th.

You can meet NMN columnist W. MacDonald Miller in person if you can brave the Lake Michigan minus-wind-chill factor at the Midwest Masters 30K on the 29th. Bring your own gloves, ski mask, earmuffs and flask.

Then it's party time with New Year's Eve midnight runs in New York, Los Angeles and a few other spots to finish off 1985 and ring in 1986.

Happy holidays! □

October 4-5. XIX World Veterans (IGAL) 10K and Marathon Championships, Richmond, B.C., Canada. Men 40+, Women 35+. Vancouver Masters Road Running Society, 4640 Fairlawn Drive, Burnaby BC Canada V5C 3R6 - Telex 04 51588. \$25 one race. \$40 both races. Travel details from Alouette Travel, 11954 224th St., Maple Ridge B.C. V2X 6B3 Canada. 604/467-5535; Telex 04 51251. □

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

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 mark to be submitted for ratification
y mark established at 5 miles rather than 8 kilometers

Open Men

8 km	22:04	Alberto Salazar (22,OR)	4 Jan 81
10 km	27:59	Mark Nenow (26,KY)	10 Mar 84
	27:48 R	Mark Nenow (27,KY)	2 Mar 85
	27:22a	Mark Nenow (26,KY)	1 Apr 84
15 km	42:41	Paul Cummings (29,UT)	26 Jun 83
10 mi	46:13	Greg Meyer (27,MA)	27 Mar 83
20 km	58:38p	Herb Lindsay (26,CO)	20 Sep 81
hf mara	1:01:32	Paul Cummings (30,UT)	25 Sep 83
	1:00:55 R	Mark Curp (26,MO)	15 Sep 85
25 km	1:14:29 p	Greg Meyer (23,MI)	12 May 79
30 km	1:33:56 p	Alex Kasich (27,OR)	1 Aug 82
	1:32:22a	Barry Brown (38,NY)	20 Mar 83
	1:32:10aR	Don Norman (25,PA)	18 Mar 84
20 mi	1:40:47	Tom Fleming (22,NJ)	24 Feb 74
	1:39:41aR	Fred Tordeson (27,KS)	30 Sep 84
marathon	2:09:21 p	Alberto Salazar (25,OR)	4 Dec 83
	2:08:52a	Alberto Salazar (23,OR)	19 Apr 82
50 km	2:50:55 p	Don Paul (32,CA)	6 Nov 82
50 mi	4:51:25	Barney Klecker (29,MN)	5 Oct 80
100 km	6:38:21	Bernd Heinrich (41,VT)	4 Oct 81
100 mi	12:56:34 p	Stuart Mittleman (31,NY)	5 Jun 82

Men- 40 thru 44

8 km	25:12	Kirk Randall (42,MA)	25 Jul 84
	25:05ay	Tony Mifsud (40,MI)	18 Mar 84
10 km	29:57	Barry Brown (40,NY)	18 Aug 84
15 km	45:58	Bill Stewart (40,MI)	5 Feb 83
10 mi	51:27	Sal Vasquez (43,CA)	9 Jan 83
	51:05 R	Barry Brown (40,NY)	20 Oct 84
	49:46 R	Barry Brown (40,NY)	31 Mar 85
20 km	1:06:03	Tony Gerrity (40,PA)	29 May 83
	1:05:36 R	Tony Mifsud (41,MI)	14 Apr 85
hf mara	1:07:54	Herb Lorenz (40,NJ)	16 Sep 79
	1:06:31apd	Mike Manley (40,OR)	22 Aug 82
25 km	1:21:43 pd	Bill Stewart (40,MI)	12 May 84
30 km	1:40:52	Hal Higdon (42,IN)	23 Sep 73
	1:40:31ad	Ralph Zimmerman (43,NY)	24 Mar 85
20 mi	1:48:25 pd	Gary Muhrcke (40,NY)	22 Feb 81
	1:42:08aR	Barry Brown (40,NY)	30 Sep 84
marathon	2:23:08	William Hall (42,NC)	12 Sep 82
	2:17:10 pd	Mike Manley (40,OR)	16 Jan 83
	2:15:15aR	Barry Brown (40,NY)	30 Sep 84
50 km	3:00:00	Jeff Wall (40,CA)	6 Nov 82
50 mi	5:10:13	Bernd Heinrich (41,VT)	4 Oct 81
100 km	6:38:21	Bernd Heinrich (41,VT)	4 Oct 81
100 mi	14:19:14 p	Robert VandeKieft (42,NY)	6 Jun 81

Men- 45 thru 49

8 km	25:33 p	Ken Winn (45,GA)	23 Oct 82
10 km	31:26	Ray Hatton (49,OR)	26 Sep 81
	31:06 R	Sal Vasquez (45,CA)	4 Aug 85
15 km	47:28 p	Sal Vasquez (45,CA)	16 Mar 85
10 mi	53:07 p	Herb Lorenz (45,NJ)	17 Mar 85
20 km	1:06:26 p	Darryl Beardall (45,CA)	6 Feb 82
hf mara	1:09:15 R	Oscar Moore (45,NJ)	18 Sep 83
25 km	1:22:49 pd	Dan Conway (45,WI)	9 Sep 84
30 km	1:45:43 d	Jim McDonagh (47,NY)	28 Mar 71
20 mi	1:57:53 p	John Dugdale (48,CT)	27 Feb 83
	1:49:10aR	Jim Bowers (45,CA)	30 Sep 84
	1:49:10ad	Dan Conway (45,WI)	30 Sep 84
marathon	2:28:46	John Brennand (45,CA)	13 Sep 81
	2:25:50 p	Jim Bowers (45,CA)	14 Oct 84
	2:26:45a	William A Johnston (45,UT)	2 Oct 82
	2:21:32ap	Jim Bowers (45,CA)	16 Jun 84
50 km	3:10:15 d	Mel Williams (46,VA)	1 Apr 84
50 mi	5:36:09 d	Roger Rouiller (46,GA)	14 Oct 84
100 km	8:22:29 pd	Lary Webster (49,WA)	24 Apr 83
100 mi	14:26:28 pd	Don Jewell (45,NY)	17 Jun 83

Men- 50 thru 54

8 km	25:42yR	Norm Green (52,PA)	27 Jun 84
	25:25ap	Ray Hatton (51,OR)	5 Jun 83
10 km	31:48	Ray Hatton (50,OR)	23 May 82
15 km	49:57	Ray Hatton (52,OR)	24 Jun 84
	49:24 R	Norm Green (53,PA)	30 Jun 85
	49:15 p	Norm Green (51,PA)	13 May 84
10 mi	52:53	Norm Green (50,PA)	27 Mar 83
20 km	1:05:50	Norm Green (50,PA)	29 May 83
hf mara	1:10:33	Norm Green (51,PA)	18 Sep 83
	1:09:30 R	Norm Green (52,PA)	16 Sep 84
25 km	1:24:12 R	Norm Green (51,PA)	27 May 84
30 km	1:46:42 p	Norm Green (51,PA)	17 Dec 83
20 mi	2:02:03 pd	Don Dixon (53,NY)	22 Feb 81
	1:59:20a	Tom Bailey (50,CO)	25 Jan 81
	1:51:44aR	Norm Green (52,PA)	30 Sep 84
marathon	2:29:11	Norm Green (51,PA)	6 May 84
	2:25:51 p	Norm Green (52,PA)	2 Dec 84
	2:26:06aR	Norm Green (52,PA)	30 Sep 84
50 km	3:19:33 R	John L Sullivan (50,MA)	13 Mar 82
50 mi	5:35:03	Ted Corbitt (50,NY)	18 Oct 70
100 km	7:38:43	John L Sullivan (50,MA)	3 Oct 82
100 mi	15:44:08 p	Jim Roser (53,PA)	17 Jun 84

Men- 55 thru 59

8 km	27:54 R	Ross Smith (55,NV)	19 May 83
	27:54yd	Jack Angel (55,OK)	11 Jul 82
10 km	33:49 p	Alex Ratelle (57,MN)	27 Mar 82
15 km	50:57 p	Alex Ratelle (56,MN)	29 Aug 81
10 mi	58:12	Hubert Morgan (58,PA)	30 Mar 80
20 km	1:13:23	Ross Smith (55,NV)	29 May 83
	1:09:59 p	Alex Ratelle (56,MN)	5 Sep 81
hf mara	1:15:26	Ed Almeida (55,CA)	4 Jul 77
25 km	1:29:43 p	Alex Ratelle (55,MN)	10 May 80
30 km	1:57:49	Bob Bartling (55,SD)	27 Sep 81
	1:52:42 p	Howard Rubin (55,NY)	17 Dec 83
20 mi	2:07:13 pd	Don Dixon (56,NY)	26 Feb 84
marathon	2:37:40	Alex Ratelle (58,MN)	12 Sep 82
	2:30:41ap	Alex Ratelle (56,MN)	20 Jun 81
50 km	3:56:15 pd	Conrad Carr (56,MN)	7 Nov 81
50 mi	5:53:08	Alex Ratelle (57,MN)	4 Oct 81
100 km	9:32:50 pd	John Stowers (56,TX)	19 Jan 85

Men- 60 thru 64

8 km	30:44yd	Rudy Nimmons (61,SC)	1 Aug 81
10 km	35:32 R	Alex Ratelle (60,MN)	23 Sep 84
	35:09aR	John Hosner (60,VA)	4 May 85
	34:27 d	Jim O'Neil (60,CA)	4 Aug 85
15 km	54:23	Clive Davies (62,OR)	25 Jun 78
10 mi	1:02:11	Hubert Morgan (61,PA)	27 Mar 83
	58:55 R	John Hosner (60,VA)	31 Mar 85
20 km	1:16:55 p	Hubert Morgan (62,PA)	23 Sep 84
hf mara	1:21:20	Jack Start (61,NJ)	19 Sep 82
	1:20:16 R	Jack Start (63,NJ)	16 Sep 84
	1:18:14 pd	Jim O'Neil (60,CA)	4 Jul 85
	1:18:10 R	John Hosner (60,VA)	15 Sep 85
25 km	1:42:29 pd	Jim McCown (62,CA)	22 Dec 84
	1:41:07a	Don Longenecker (64,NM)	25 Jan 81
30 km	2:03:02 pd	Gerald Horton (61,HI)	28 Aug 84
	2:02:57a	Don Longenecker (64,NM)	25 Jan 81
20 mi	2:09:12 p	George Sheehan (61,NJ)	24 Feb 80
	2:12:17a	Don Longenecker (64,NM)	25 Jan 81
marathon	2:42:44	Clive Davies (64,OR)	28 Oct 79
50 km	3:48:56 p	Frans Pauwels (62,OR)	18 Apr 81
50 mi	6:24:18 p	Frans Pauwels (60,OR)	29 Oct 78
100 km	9:31:25 p	George Billingsley (60,CA)	25 Apr 82
100 mi	21:07:01 pd	Samuel Freeman (62,NY)	17 Jun 83

Men- 65 thru 69

8 km	29:46 R	Clive Davies (67,OR)	19 May 83
10 km	35:52	Clive Davies (66,OR)	23 May 82
15 km	55:16	Clive Davies (65,OR)	28 Jun 81
10 mi	1:07:42 d	Fletcher Hanks (65,MD)	27 Mar 83
20 km	1:25:59 R	Ed Vuolo (68,CT)	3 Sep 84
hf mara	1:23:50 d	Michael Bartolini (65,NJ)	15 Sep 85
25 km	1:49:35 p	John Holoubek (66,CA)	19 Sep 82
30 km	1:58:12 R	Clive Davies (66,OR)	6 Feb 82
20 mi	2:25:31 p	Wilfredo Rios (65,NY)	28 Feb 82
marathon	2:42:49	Clive Davies (66,OR)	13 Sep 81
50 km	4:10:34	Victor Harkoff (65,WA)	5 Jan 85
50 mi	7:49:35	Cleo Casady (68,MO)	4 Oct 81
	7:40:00 p	Wilfredo Rios (67,NY)	3 Dec 83
100 km	15:03:46	George Knox (69,OH)	12 Apr 81
	14:05:15 p	Wilfredo Rios (68,NY)	7 Nov 84
100 mi	18:42:50 p	Wilfredo Rios (66,NY)	17 Jun 83

Continued on next page

Continued from previous page

Men- 70 thru 74

8 km	34:09yR	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 Keller (70,OH)	9 Feb 85
10 mi	1:12:05	Edward Benham (73,MD)	5 Apr 81
20 km	1:27:42 p	William Andberg (70,MN)	5 Sep 81
hf mara	1:35:42	William Andberg (70,MN)	20 Sep 81
	1:34:22 R	Mac Osborn (70,CA)	5 Feb 84
25 km	1:59:08	Vernon Geary (70,VA)	22 Jan 83
	1:39:59 p	Clive Davies (70,OR)	8 Sep 85
30 km	2:25:58	Vernon Geary (70,VA)	5 Feb 83
20 mi	2:53:50 pd	Luis Martin (70,NJ)	28 Feb 82
	2:47:56a	L L Daby (70,AZ)	25 Jan 81
marathon	3:07:26	Monty Montgomery (71,CA)	16 Oct 77
50 km	4:34:51 R	Edward Benham (74,MD)	13 Mar 82
50 mi	12:39:18	George Knox (72,OH)	1 Apr 84

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
15 km	1:06:34	Edward Benham (75,MD)	3 Oct 82
10 mi	1:12:13	Edward Benham (76,MD)	1 Apr 84
20 km	1:30:10	Edward Benham (75,MD)	29 May 83
hf mara	1:37:51	Edward Benham (75,MD)	13 Apr 83
25 km	1:56:18	Edward Benham (75,MD)	6 Nov 82
30 km	2:51:40 R	Ed Benham (77,MD)	23 Sep 84
	3:08:05 d	Gordon Sherbeck (75,WA)	6 Feb 82
20 mi	2:42:38 R	Ed Benham (77,MD)	22 Dec 84
marathon	3:34:42	Edward Benham (76,MD)	6 Nov 83
	3:33:27 p	Edward Benham (77,MD)	2 Dec 84
50 km	5:03:38 R	Edward Benham (77,MD)	23 Oct 84
50 mi	11:22:44 R	Ben Mostow (78,IL)	4 Oct 81

Men- 80 thru 84

8 km	41:23yp	Max Popper (80,NY)	9 Jul 83
10 km	53:45aR	Max Popper (81,NY)	1 Jul 84
15 km	1:29:04	Cyril Woods (81,OR)	26 Jun 83
10 mi	1:44:34	Waldo McBurney (80,KS)	30 Jul 83
	1:30:59 p	Max Popper (80,NY)	28 Apr 84
	1:35:58 d	Percy Perry (81,NJ)	31 Mar 85
20 km	1:58:35 p	Paul Spangler (81,CA)	27 Apr 80
hf mara	1:59:21 p	Max Popper (80,NY)	28 Aug 83
25 km	2:23:43	Max Popper (80,NY)	2 Oct 83
30 km		no marks	
20 mi	5:53:53ad	Theodore Hyde (80,OR)	23 Sep 84
marathon	4:53:11	Paul Spangler (84,CA)	24 Jul 83
50 km		no marks	
50 mi	12:13:35 R	Ben Mostow (80,IL)	2 Oct 83

Men- 85 thru 89

8 km	47:03yp	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
10 mi		no marks	
20 km	2:07:49 p	Paul Spangler (85,CA)	25 Mar 84
hf mara	2:50:53ad	Noel Johnson (85,CA)	19 Aug 84
25 km		no marks	
30 km		no marks	
20 mi		no ratifiable marks	
marathon	5:21:51 p	Paul Spangler (85,CA)	2 Dec 84

Open Women- mixed races

8 km	26:12y	Mary Shea (19,NC)	2 Aug 80
	25:52 R	Lisa Weidenbach (23,MI)	26 May 85
10 km	31:57 R	Joan Benoit (26,ME)	10 Mar 84
15 km	49:34	Patricia Catalano (27,MA)	14 Mar 81
	49:25 R	Betty Springs (23,FL)	9 Mar 85
10 mi	53:18 R	Joan Benoit (25,ME)	21 Aug 82
20 km	1:08:34	Joan Benoit (27,ME)	17 Sep 84
	1:06:52 p	Cathie Twomey (25,OR)	7 Mar 82
hf mara	1:08:34	Joan Benoit (27,ME)	17 Sep 84
25 km	1:27:53 p	Julie Brown (27,CA)	19 Sep 82
30 km	1:52:42 p	Jane Welzel (27,MA)	19 Sep 82
	1:51:20 p	Marilyn Hulak (25,NY)	17 Dec 83
	1:45:15aR	Anne Hird (24,RI)	18 Mar 84
	1:43:27aR	Lisa Weidenbach (23,MA)	24 Mar 85
20 mi	2:04:37p	Burke Koncelik (28,NY)	28 Feb 82
	1:57:49aR	Debbie Muller (25,MA)	30 Sep 84
marathon	2:26:11	Joan Benoit (25,MA)	12 Sep 82
	2:22:43a	Joan Benoit (25,MA)	18 Apr 83
50 km	3:13:51	Janis Klecker (23,MN)	17 Dec 83
50 mi	5:59:26	Marcy Schwam (29,NY)	3 Oct 82
100 km	7:59:59	Sandra Kiddy (45,CA)	3 Oct 82
	7:49:17ap	Sandra Kiddy (47,CA)	27 Oct 84
100 mi	15:31:57 p	Donna Hudson (35,NY)	17 Jun 83

Women- 40 thru 44

8 km	28:41	Judy Fox (40,CA)	4 Jan 81
	28:12yp	Cindy Dalrymple (41,NY)	9 Jul 83
10 km	34:44	Cindy Dalrymple (41,NY)	13 Aug 83
	34:29 p	Cindy Dalrymple (41,NY)	15 May 83
15 km	54:46	Cindy Dalrymple (40,NY)	27 Jun 82
10 mi	58:28 R	Cindy Dalrymple (41,NY)	27 Mar 83
20 km	1:18:02 d	Trudy Rapp (43,VA)	28 Sep 80
hf mara	1:20:47	Shirley Matson (41,CA)	5 Jul 82
	1:19:54 p	Shirley Matson (43,CA)	29 Sep 84
	1:19:33ap	Cindy Dalrymple (41,NY)	19 Jun 83
25 km	1:39:11 d	Karen Lanterman (40,CA)	22 Jul 84
30 km	1:59:04 pd	Elaine Kirchen (41,NY)	17 Dec 83
	1:57:41aR	Cindy Dalrymple (41,NY)	20 Mar 83
20 mi	2:16:23 p	Anna Thornhill (40,NY)	22 Feb 81
marathon	2:43:36 R	Cindy Dalrymple (40,NY)	26 Sep 82
	2:39:11aR	Miki Gorman (41,CA)	24 Oct 76
50 km	3:58:42 R	Vicki Johnson (41,TN)	15 Dec 84
50 mi	6:24:19	Sandra Kiddy (44,CA)	3 May 81
100 km	9:43:03 R	Vicki Johnson (41,TN)	15 Dec 84
100 mi	17:45:00 p	Kay Moore (42,CO)	7 Nov 84

Women- 45 thru 49

8 km	30:47yd	Kathryn Gifford (47,MA)	25 Nov 82
10 km	36:29	Mila Kania (49,NY)	5 Oct 80
15 km	58:18	Dorothy Stock (48,CA)	6 Dec 80
10 mi	1:03:29 R	Joan Reiss (45,CA)	9 Jan 83
20 km	1:20:13	Dorothy Stock (48,CA)	21 Sep 80
	1:19:08 d	Anne Bing (45,CT)	3 Sep 84
hf mara	1:24:07	Dorothy Stock (47,CA)	4 Jul 80
25 km	1:38:50 R	Karen Scannell (45,CA)	22 Jul 84
30 km	2:05:31 p	Sandra Kiddy (46,CA)	29 Oct 83
20 mi	2:11:26aR	Karen Scannell (46,CA)	30 Sep 84
marathon	2:53:22	Sandra Kiddy (45,CA)	11 Jul 82
50 km	3:32:34	Sandra Kiddy (47,CA)	17 Dec 83
50 mi	6:09:09	Sandra Kiddy (47,CA)	1 Apr 84
100 km	7:59:59	Sandra Kiddy (45,CA)	3 Oct 82
	7:49:17ap	Sandra Kiddy (47,CA)	27 Oct 84
100 mi	15:55:17 p	Sue Medaglia (48,NY)	17 Jun 83

Women- 50 thru 54

8 km	30:47yp	Marion Irvine (54,CA)	14 Jan 84
10 km	37:43	Marion Irvine (52,CA)	31 May 82
15 km	57:52 p	Marion Irvine (54,CA)	8 Apr 84
10 mi	1:03:46	Marion Irvine (53,CA)	9 Jan 83
20 km	1:23:16 R	Marion Irvine (52,CA)	25 Oct 81
hf mara	1:23:16	Marion Irvine (52,CA)	25 Oct 81
25 km	1:45:14	Margaret Miller (54,CA)	2 Mar 80
30 km	2:15:05 pd	Margarete Deckert (50,NY)	17 Dec 83
20 mi	2:24:01 p	Toshiko D'Elia (52,NJ)	28 Feb 82
marathon	2:52:02	Marion Irvine (54,CA)	12 May 84
	2:51:01ap	Marion Irvine (54,CA)	4 Dec 83
50 km	4:15:13 pd	Matilee Christman (53,IL)	30 Dec 84
50 mi	7:10:58 p	Ruth Anderson (50,CA)	17 Feb 80
100 km	17:39:18 p	Myra Linden (53,IL)	27 Dec 81

Women- 55 thru 59

8 km	32:42y	Margaret Miller (57,CA)	22 Oct 83
	32:10 R	Margaret Miller (58,CA)	18 Nov 84
10 km	40:38 p	Helen Dick (59,CA)	17 Jun 84
15 km	1:04:48	Margaret Miller (57,CA)	28 May 83
	1:03:28 R	Margaret Miller (58,CA)	13 Oct 84
10 mi	1:09:55 R	Barbara Meadows (55,AZ)	16 Jun 85
	1:06:42 p	Margaret Miller (58,CA)	3 Jun 84
20 km	1:29:22 R	Margaret Miller (58,CA)	25 Mar 84
hf mara	1:28:42	Margaret Miller (58,CA)	26 Aug 84
	1:28:39 p	Margaret Miller (56,CA)	20 Jun 82
25 km	1:52:46	Mary Storey (55,CA)	2 Mar 80
	1:46:37 p	Margaret Miller (58,CA)	23 Sep 84
30 km	2:19:00 p	Helen Dick (55,CA)	10 May 80
20 mi	2:30:35 d	Janet Glassman (56,PA)	24 Feb 85
	2:47:07a	Adele Milicevic (55,AZ)	24 Jan 82
	2:36:46ad	Billie Murphy (57,WA)	23 Sep 84
marathon	3:07:21	Margaret Miller (56,CA)	11 Jul 82
50 km	6:13:42 d	Carmen Haney (58,VA)	13 Mar 82
	6:01:38 pd	Angela Saldana (56,FL)	31 Dec 83
50 mi	9:28:57 p	Helen Klein (59,KY)	27 Mar 82
100 km	17:11:01 pd	Sarama Minoli (57,NY)	7 Nov 84

Women- 60 thru 64

8 km	37:58	Harriet Wever (60,MI)	30 Oct 82
	36:36 R	Mary Storey (60,CA)	6 Oct 84
	34:58 R	Helen Dick (60,CA)	21 Jul 85
	36:21apd	Anne Trigg (60,FL)	13 Oct 84
10 km	43:55 R	Helen Dick (60,CA)	16 Sep 84
	42:15 p	Helen Dick (60,CA)	23 Sep 84
	41:21 p	Helen Dick (60,CA)	2 Dec 84
	40:57 p	Helen Dick (60,CA)	17 Mar 85
	45:01a	Jaclyn Caselli (61,CA)	27 Feb 83

Continued on next page

Continued from previous page

15 km	1:12:46	Patricia Dixon (63,OR)	27 Jun 82
	1:11:55 R	Mary Storey (60,CA)	13 Oct 84
	1:07:33 p	Helen Dick (60,CA)	4 Jul 85
10 mi	1:17:46 p	Mary Storey (60,CA)	3 Jun 84
20 km	1:36:31 pd	Patricia Dixon (63,OR)	10 Apr 82
hf mara	1:39:01	Helen Dick (60,CA)	26 Aug 84
25 km	2:03:41 R	Mary Storey (60,CA)	22 Jul 84
30 km	2:54:13 p	Mary Rodriguez (62,NY)	17 Dec 83
	2:35:22a	Althea Wetherbee (61,NY)	25 Jan 81
20 mi	3:09:36 p	Mary Rodriguez (62,NY)	26 Feb 84
	2:48:19a	Althea Wetherbee (61,NY)	25 Jan 81
marathon	3:15:30 R	Helen Dick (60,CA)	21 Oct 84
50 km	5:00:29 p	Josephine Hess (64,WA)	25 Apr 82
50 mi	9:01:38 p	Helen Klein (61,KY)	19 Feb 84
100 km	13:01:43	Helen Klein (60,KY)	2 Oct 83

Women- 65 thru 69

8 km	39:33	Edna Laflin (65,AZ)	27 Aug 83
	37:52apd	Patricia Dixon (66,OR)	2 Jun 85
10 km	47:55	Kay Atkinson (65,CA)	31 May 82
15 km	1:22:08	Josephine Hess (65,WA)	26 Jun 83
	1:18:04 R	Algene Williams (69,IL)	9 Feb 85
10 mi	1:30:49	Pearl Mehl (68,CO)	31 Jul 82
	1:23:00 R	Algene Williams (68,IL)	3 Sep 84
20 km	1:49:39 p	Algene Williams (67,IL)	24 Sep 83
hf mara	2:09:21 R	Evelyn Havens (66,NY)	19 Sep 82
	2:04:50 pd	Margaret Lee (65,HI)	12 May 85
	1:58:48apd	Pearl Mehl (68,CO)	3 Oct 82
25 km	2:49:02 p	Adeline Baptista (65,MA)	12 Jun 83
30 km	2:47:51 p	Edna Laflin (65,AZ)	29 Oct 83
20 mi	3:35:37 p	Evelyn Havens (65,NY)	28 Feb 82
marathon	3:49:26 p	Marcie Trent (65,AK)	8 May 83
	3:47:24a	Marcie Trent (65,AK)	18 Apr 83
50 km	5:11:50 pd	Josephine Hess (65,WA)	24 Apr 83

Women- 70 thru 74

8 km	47:57 R	Bess James (74,CA)	8 Oct 83
10 km	53:32 pd	Leona Lugers (74,MI)	12 Sep 81
15 km	1:31:29 p	Anne Clarke (71,IL)	16 Aug 81
10 mi	1:34:57	Anne Clarke (73,IL)	5 Sep 83
	1:34:12 R	Anne Clarke (74,IL)	3 Sep 84
20 km	1:54:47 pd	Leona Lugers (74,MI)	23 May 81
hf mara	2:20:15	Bess James (73,CA)	4 Jul 83
	2:12:06 d	Ada Thomas (70,CA)	5 Feb 84
	2:06:27apd	Pearl Mehl (70,CO)	14 Oct 84
25 km	2:51:54	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	50:22	Veallon Hixson (75,AZ)	23 Jan 83
	48:29 R	Bess James (75,CA)	6 Oct 84
10 km	53:40 pd	Leona Lugers (75,MI)	11 Sep 82
15 km	1:53:47	Mia Wilshusen (78,AZ)	22 Nov 81
	1:37:30 R	Bess James (75,CA)	23 Sep 84
	1:29:33 R	Anne Clarke (75,IL)	9 Feb 85
10 mi	1:50:11	Veallon Hixson (75,AZ)	2 Apr 83
	1:37:04 R	Anne Clarke (75,IL)	2 Sep 85
20 km	1:52:57 pd	Leona Lugers (77,MI)	26 May 84
hf mara	2:30:58 p	Bess James (75,CA)	4 Nov 84
	2:34:22apd	Felicitas Salazar (75,CA)	19 Aug 84
25 km	2:59:50 p	Bess James (75,CA)	22 Dec 84
30 km		no marks	
20 mi		no marks	
marathon	4:56:30	Mavis Lindgren (75,CA)	3 Oct 82
	4:41:45apd	Ida Mintz (75,IL)	26 Apr 81

Women- 80 thru 84

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

Women- 85 thru 89

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

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NATIONAL

1985 U.S. TAC National Masters Pentathlon Championships Boulder, Colorado—August 31—Age Factor Scoring

age	state	name	L.J.	JAV	200m	DIS	1500m	total
34	CO	Mike Hill	6.72	59.52	23.4	35.91	4.38.6	3688
			818	799	770	619	682	
33	NC	Richard Watson	5.39	52.43	28.0	34.11	5.04.9	2659
			503	696	372	577	511	
30	NJ	John Finnegan	4.92	37.28	25.6	35.36	5.13.3	2342
			351	449	507	591	444	
31	CA	Foots Williams	5.44	40.00	24.9	25.74	5.28.6	2312
			491	499	573	377	372	
32	OK	Aaron Miller	4.23	47.75	28.7	28.20	6.34.3	1697
			196	621	311	440	111	
39	IA	Rex Harvey	6.39	44.75	24.1	37.57	5.50.7	3311
			822	703	790	676	320	
39	NM	Bill Forsyth	5.65	47.22	25.7	31.30	5.02.4	3085
			648	688	644	539	566	
37	CO	Rocco Petitto	5.29	57.81	27.6	30.53	8.58.0	2417
			533	813	460	513	98	
40	CA	James Hollister	5.74	42.56	24.8	26.40	5.21.6	2938
			686	623	739	425	465	
40	NM	Neil Silver	4.99	35.45	25.8	26.19	5.34.2	2485
			500	511	653	420	401	
43	TX	Darl Locke	4.97	42.89	31.4	27.50	5.46.4	2387
			537	669	298	496	387	
47	OK	Dale Lance	5.81	42.63	24.5	28.17	5.31.5	2521
			818	716	887	580	520	
48	NM	Wayne Morris	4.69	48.95	27.1	31.13	6.26.6	2995
			539	833	672	674	277	
45	NM	Bob Jurgens	5.57	38.03	25.6	29.71	6.14.9	2959
			723	612	749	584	291	
46	KY	Charles Kincaid	4.92	33.61	26.1	22.84	5.41.2	2708
			571	544	720	417	456	
47	NM	Bob Weeks	4.88	36.32	26.8	23.08	7.00.1	2454
			575	606	681	440	152	
51	NC	Jack Gilmore	5.19	40.08	26.9	33.00	5.20.0	3470
			725	728	739	632	646	
51	IA	Franklin Brown	4.98	36.04	28.1	27.32	5.23.7	3085
			668	654	644	494	625	
52	CA	Ed Martin	4.91	39.62	27.8	33.85	6.28.6	3037
			666	735	691	678	267	
51	TX	Hector Cisneros	4.58	29.35	26.0	28.35	5.31.7	2996
			555	520	822	520	579	
50	CA	Ray Fitzhugh	5.33	38.54	27.9	30.98	6.15.5	2992
			746	686	635	569	356	
51	CA	Woody Grover	5.03	24.93	25.4	26.27	6.05.8	2861
			682	424	876	468	411	
56	NM	Gordon Albury	5.11	26.61	26.0	23.41	5.48.9	3285
			798	527	934	464	562	
55	NY	Jack Lance	4.43	20.70	28.9	17.92	7.59.4	1957
			580	368	662	281	66	
64	NH	Boo Morcom	5.15	32.84	28.4	32.49	6.12.3	3774
			974	675	887	632	606	
64	CO	Frank Bowles	4.69	31.50	28.5	30.09	6.31.3	3452
			836	647	876	575	518	
62	TX	Max Goldsmith	4.66	33.41	27.9	23.40	7.17.0	2996
			785	652	887	370	292	
6	SD	Carol Strand	3.22	20.40	35.2	24.43	8.26.4	1445
			284	341	372	383	65	
75	SD	Emmett Bennett	3.21	17.60	35.4	22.30	8.00.3	2822
			560	486	770	591	415	
83	CO	Herb Anderson	2.54	23.29	38.7	19.82	dnf	3074
			458	919	946	751	0	

1985 U.S. Masters National Weight Pentathlon U. of Colorado, Boulder, CO August 31 1962 multi-events scoring

age	state	name	Ham	Dis	Shot	Jav	35# wt	total
38	CO	Ray Manzi	48.52	43.60	12.81	23.53	14.41	
			782	755	652	211	753	3153
44	CO	Mike Parker	24.84	34.10	11.79	28.21	7.24	
			391	564	585	298	243	2081
45	IL	Chuck Klehm	40.36	33.18	11.90	25.37	11.97	
			662	544	592	246	597	2641
45	MEX	Julian Nunes	38.97	27.02	9.73	24.96	10.49	
			639	405	440	238	496	2218
47	CO	Russ Murphy	27.43	24.02	7.54	28.95	10.46	
			442	330	266	311	494	1843
53	TX	Wendell Palmer	35.30	44.72	13.39	39.91	9.85	
			580	776	690	480	449	2975
50	KS	Tom Wesselsowski	35.66	33.13	14.59	23.46	10.00	
			586	543	764	209	460	2562
	CO	Vern Spencer	31.20	30.85	10.39	29.49	8.27	
			511	493	489	320	327	2132
55	OR	Tom Allison	22.80	35.84	11.16	30.12	5.97	
			351	601	543	332	128	1955
68	MI	Ham Morningstar	26.85	32.49	11.38	26.64	6.1	
			430	529	558	270	140	1927
71	KS	Dave Shrader	25.25	28.03	8.96	14.19	5.10	
			400	428	382	5	42	1257

NEW ENGLAND

UNIVERSITY OF NEW HAMPSHIRE WEIGHTMAN CLASSIC, DURHAM, N.H.; SEPTEMBER 15; DIRECTOR: JAMES BOLLANGER

Name	Age	Shot	Pul	Discus	35-pound	Hammer	Javelin	Totals
Phil Partridge	74	5.96/127	20.38/234	6.60/185	14.95/72	20.21/144		762
Elmer Shaw	68	10.03/462	34.79/580	11.67/577	36.61/602	24.34/227		2448
Pay Carstensen	53	13.53/699	32.32/526	11.41/560	39.22/644	35.09/415		2844
Al Bashen	44	10.15/472	34.09/565	10.69/511	31.29/512	34.46/405		2465
Brian McKenna	44	11.20/546	35.73/599	11.74/582	36.11/594	30.77/344		2665
Carl Wallin	43	16.12/854	39.18/670	16.65/885	48.53/783	45.32/569		3761
Al Neville	41	12.46/630	38.47/655	12.33/621	34.41/566	33.23/385		2857
Ed Daniels	33	11.20/546	33.14/544	11.74/582	43.44/709	24.14/223		2604
John Dupuis	31	15.74/833	44.24/769	12.81/653	38.39/631	40.52/499		3385
Bob Connolly	22	13.29/684	26.63/395	15.33/809	47.00/761	36.13/432		3081

Partridge: 16# shot & hammer/35# weight. Carstensen: 12# shot & hammer. Shaw: 5# shot & hammer/25#

SOUTHEAST

1985 Thomasville Masters Decathlon Thomasville, North Carolina September 14-15, 1985

1985 IAAF scoring tables were used. Scores using 1985 IAAF tables and Weed age factoring tables are in parentheses ().

	100m	LJ	SP	HJ	400m	HH	DT	PV	JT	1500	
Richard Watson 33	13.4	5.42	10.62	1.70	61.5	18.5	34.04	3.10	52.93	5:00.9	(5266)
	365	465	523	544	359	455	544	381	632	555	4823
Charles Busby 32	13.0	5.20	9.07	1.64	67.6	19.4	24.70	3.10	44.40	6:44.8	(3997)
	428	421	430	496	188	378	361	381	506	111	3700
Bob Green 36	11.8	5.38	12.06	1.60	55.3	17.2	31.72	3.30	42.87	5:02.1	(6085)
	643	457	611	464	581	579	498	431	484	548	5296
Charles Strode 35	12.3	5.70	10.26	1.75	67.8	19.8	28.26	0	36.72	6:58.4	(4597)
	549	523	501	585	183	346	430	0	395	77	3589
Henry Hopkins 42	12.6	5.65	10.18	1.64	61.3	17.4	29.60	3.60	39.75	5:03.4	(6322)
	495	512	497	496	365	559	457	509	438	540	4868
Joel Liles 40	12.2	5.93	8.76	1.45	57.1	19.4	20.22	2.90	36.96	4:57.7	(5573)
	567	571	411	352	512	378	277	333	398	573	4372
Bill Busby 41	12.9	5.41	9.16	1.45	64.2	17.7	29.24	3.60	41.30	5:37.3	(5484)
	444	463	436	352	277	530	450	509	461	364	4286
Mike Valle 44	13.4	4.59	11.04	1.40	67.7	20.3	32.96	2.60	37.56	6:17.1	(4959)
	365	306	549	317	186	308	523	264	407	199	3414
George Cliette 41	13.8	4.84	7.62	1.50	66.1		Abandoned competition				(2189)
	307	352	344	389	226						1618

Senior Athletics Meet Florida, Nov. 2 Palm Beach Gardens, Track and Field Men

120 hurdles — 50-54: 1. William Clark 16.45; 2. Buzz Miller 22.50; 3. Hugh Strachan 26.56; 55-59: Bill Gentry 19.27; 2. Bill Downey 23.12; 60-64: 1. Boo Morcom 19.19; 2. George Smith 22.20; 65-69: 1. William Carmin 26.55; 70-over: 1. Gilberto Gonzalez 20.04 (world record); 2. Larry Miller 22.6; 3. Wilbur Ott 25.36.

100 yard dash — 50-54: 1. William Clark 11.62; 2. Fred Pinkston 12.42; 3. Gerrie Chesnes 12.5; 55-59: 1. Ed Schuler 11.17; 2. Bill Gentry 11.76; 3. Don Blowers 13.65; 60-64: 1. Tim Murphy 12.49; 2. John Davidson 12.62; 3. J. Walker Pierson 12.91; 65-69: 1. Nat Heard 12.94; 2. Bill Carmin 12.96; 3. Jay Sponsella 12.99; 70-74: 1. Gilberto Gonzalez 12.67 (world record); 2. Ed Bost 14.0; 3. Leo Rothbart 14.07; 75-over: 1. Arling Pitcher 15.52; 2. Gordon Powell 15.59.

1 mile run — 50-54: 1. Charles Wimberley 5:23; 2. Brendan Spratt 5:26; 3. Al Heworth 5:48; 55-59: 1. J.C. Fuseller 5:43; 60-64: 1. George Coats 5:54; 2. Bill Cramp 5:56; 3. Larry Ross 6:17; 65-69: 1. John Boots 5:49; 2. Bill Granby 6:57; 3. John Clark 7:50; 70-over: 1. Bogdan Kuzmanovic 8:01.

440 dash — 50-54: 1. William Clark 1:01.98; 2. Brendan Spratt 1:03.59; 3. Don Gsell 1:04.58; 55-59: 1. Bartenfeld 1:03.88; 2. Bill Downey 1:10.76; 60-64: 1. John Davidson 1:17.96; 2. Tom Kennedy 1:33.09; 3. George Smith 1:48.19; 65-69: 1. Jay Sponsella 1:07.07; 2. Bill Carmin 1:11.69; 70-74: 1. Gilberto Gonzalez 1:16.8; 2. Wilbur Ott 1:27.8; 3. Bogdan Kuzmanovic 1:37.61; 75-over: 1. Gordon Powell 1:32.13.

320 hurdles — 50-54: 1. William Clark 51.3; 55-59: 1. Bill Gentry 52.91; 2. Earl Downey 1:00.52; 65-69: 1. Bill Carmin 1:02.56; 70-over: 1. Gilberto Gonzalez 1:01.01; 2. Bill Ott 1:16.05.

800 run — 50-54: 1. Charles Wimberley 2:20; 2. Henry Kupczyk 2:27; 3. Brendan Spratt 2:28; 55-59: 1. J.C. Fuseller 2:50; 60-64: 1. Tom McDonald 3:07; 65-69: 1. Jay Sponsella 2:39; 2. Max Quackenbos 2:53; 3. Bill Granby 3:23; 70-74: 1. Ray Summy 4:59; 75-over: 1. Gordon Powell 4:19.

220 dash — 50-54: 1. Don Gsell 28.64; 2. Don Lange 29.04; 3. Hayes 29.17; 55-59: 1. Ed Schuler 27.08; 2. Earl Downey 28.16; 3. Don Blowers 35.33; 60-64: 1. Tim Murphy 29.15; 2. J. Walker Pierson 29.31; 3. John Davidson 30.60; 65-69: 1. Jay Sponsella 29.90; 2. Nat Heard 34.02; 3. John Clark 45.12; 70-74: 1. Gilberto Gonzalez 30.19; 2. Ed Bost 34.20; 3. Bill Ott 37.73; 75-over: 1. Gordon Powell 40.05; 2. A.E. Pitcher 40.5.

2-mile run — 50-54: 1. Brendan Spratt 11:48; 2. Charles Wimberley 12:05; 3. John Connolly 13:52; 55-59: 1. J.C. Fuseller 14:14; 60-64: 1. George Coats 15:34; 2. Larry Ross 15:17; 65-69: 1. John Boots 13:02; 2. Max Quackenbos 13:53; 3. Bill Granby 15:56.

High Jump — 50-54: 1. William Clark 4-2; 2. Buzz Miller 4-1; 3. Joe Hayes 3-10; 55-59: 1. Bill Gentry 4-10; 2. Gus Bartenfeld 4-9; 3. Ed Schuler 4-7; 60-64: 1. Boo Morcom 4-10; 2. Bernie Tober 4-9; 3. Tim Murphy 4-1; 65-69: 1. Ham Morningstar 4-5; 2. Joe Broadbent 4-1; 3. Bill Carmin 3-11; 70-74: 1. Larry Miller 4-4; 2. Gilberto Gonzalez 4-4; 3. Don Hummel 3-8; 75-over: 1. A.E. Pitcher 3-8 (world record).

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 HALF-MARATHON CHAMPIONSHIPS (Dayton River Corridor Classic) Dayton, Ohio; September 29

Overall	
S Jones	28 1:02:17
S Rowell	22 1:13:56
M40 L Sargent	1:11:12
M Thomas	1:14:51
W Collet	1:18:17
M45 R Jackson	1:17:08
W Jackson	1:19:18
D Place	1:20:03
M50 D Gammie	1:17:11
R Prichard	1:22:31
R Coldren	1:23:34
M55 P Donahue	1:25:23
C Evilizer	1:30:21
J Garst	1:33:52
M60+R Chapplear	1:26:00
R Davenport	1:32:51
E Keller	1:34:13
W40 I Black	1:20:21
P Mulroney	1:33:45
B Johnson	1:34:17
W45 M Agnew	1:38:44
M Henscheid	1:43:00
L Edwards	1:43:14
W50 B Stacy	1:39:27
O Scott	1:49:14
S Mock	1:57:19
W55 G Johnson	2:09:05
N Gothard	2:10:36

TAC U.S. National Masters 10K X-Country Championships Fayetteville, N.Y.; November 3

M40 S Brown	41 34:10
L Sargent	42 34:32
K Randall	44 34:55
D Frechette	40 35:59
J Heffernan	40 36:03
J Thomas	44 36:04
D Ashley	44 36:06
J Jordeth	40 36:25
G Morse	41 36:25
J Smith	42 36:30
M45 L Faxon	45 35:10
R Cormier	45 35:37
K Mueller	49 36:05
H Hatch	46 36:14
D Hambly	46 37:01
M50 D Mahaffey	51 37:26
B Milner	50 38:55
B Brock	52 39:10
W Ferguson	51 39:50
J Bordeaux	51 40:07
M55 R Kendall	55 39:03
H Rubin	57 39:19
D Keniston	58 43:17
E Buckley	64 45:02
K Schooler	62 48:54
T Walnut	61 49:32
M65 J Rastani	66 45:33
N White	66 47:51
W Schrader	69 54:26
M70 R Deschambault	72 55:25
M75 C Hackenheimer	79 55:52
W40 C Flexer	42 40:53
M Shaver	44 45:44
A Hatch	42 47:44
W45 L Tucker	47 51:20
M McMillan	46 54:33
M Kunzelman	49 54:56
W50 L Szawloski	52 51:29
C Fulenwider	52 53:50
L Bell	54 55:45

Teams:	
M40 Saucony	2:56:45
Hartford TC	3:04:05
Snohomish TC	3:05:06
Syracuse TC	3:24:03

M50 Syracuse Chrg	3:21:41
Snohomish	3:23:01
Belle Watling	3:39:18
M60+Syracuse Chrg	2:18:26
W40 Syracuse Chrg	2:31:08

NEW ENGLAND

TUFTS 10K for Women Boston, Mass.; October 15

Overall	
J Benoit-Samuelson	31:49
40 L Connors	43 37:08
B Harshbarger	42 37:15
J Pickert	42 37:24
50 M Harda	50 44:24
B Robinson	52 44:37
M Lueders	52 45:16
60+J A Murphy	60 42:50
A Prevot	61 49:49
J Price	64 52:12
(6000 runners)	

EAST

Freihofer's 10K Run for Women Syracuse, N.Y.; Sept. 22

Overall	
I Kristiansen	29 31:50
40 F Madeira	40 36:15
J Arnold	44 37:23
B Harshbarger	42 37:30
C Tattersall	44 39:44
45 S Rusby	48 43:06
L Hotchkiss	45 44:36
L Tucker	47 46:10
50 G Brown	53 41:47
B Booker	50 44:13
L Bell	53 52:31
55 B Skelton	56 44:04
L Fischer	55 51:05
B Argyris	55 52:01
60+C Cupper	66 53:58
M More	60 64:29
S Skolnick	60 66:55

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

Overall	
G Beardsley	23 28:04
S King	27 32:49
M35 S Molnar	36 30:53
W Wessely	37 31:14
C Hatfield	38 31:17
M40 W Reilly	42 31:27
R Pflugfelder	43 32:02
W Wise	43 32:54
M45 J Krause	45 33:54
D Prox	45 36:11
J Fletcher	45 36:23
M50 J Hess	50 33:41
L Arch	50 35:08
J Cagot	52 35:44
M55 J Bisceglia	59 36:26
R Costello	56 37:23
T Schuerger	59 42:11
M60 W Eyrich	60 41:59
H Kirsch	61 42:08
J Hurst	61 43:35
M65 A Mascio	65 43:55
E Johnson	65 49:14
T Hennen	66 51:14
M70+ T Bayuzik Jr	72 46:08
M Gilmour	73 50:23
J Falgione	73 51:29
W35 B Filutze	39 34:04
B Hart	35 36:10
S Sellers	38 40:20
W40 D Belch	42 44:14
F Lyons	42 44:50
J Shanta	44 46:21
W45 J Oehl	45 42:47
K McDonald	45 44:36
C Henderson	46 48:24
W50 A Forsha	54 44:48
A Tarr	54 46:36
A Ruth	54 48:47
W55 M Lutz	56 46:15
E J Custer	55 59:53
P Schuerger	59 59:56
W60 M Satz	60 1:04:36
J Freidman	60 1:09:59
J Andree	64 1:10:21

Kangaroos 10K Yorktown Hts., N.Y.; October 6

Overall	
J Calkin	39 35:17
N Laun-Perez	37 37:20
M40 D Wellard	44 37:23
M60+R Nucatola	64 46:51
W50 W Shile	51 49:04
W60+C Laun	61 56:16

Guiding Eyes 10K Yorktown Hts., N.Y.; October 13

Overall	
G Steinel	32:36
S Then	38:29
M40-H Neeson	35:38
D Wellard	36:16
O McCrudden	36:24
M50 B McCaffrey	35:56
J Albanese	38:28
P Kiell	39:08
M60+J Hamilton	51:57
W40 H Stave	49:40
J Hayes	50:07
S Chase	51:12
W50 W Shile	46:35
E Wagener	55:16
B Purdy	59:39

New York Marathon October 27

Overall	
Orlando Pizzolato	2:11:34
Grete Waitz	2:28:34
M40-49	
Guenter Mielke	WG 2:29:39
Richard Auerelio	CT 2:33:09
Derick	
Littlewood	GB 2:33:44
Fred Reeves	GB 2:35:15
Dieter	
Huellenheuter	WG 2:35:25

M50-59	
Mike Sullivan	MA 2:48:15
John Steger	NY 2:49:08
Don Dixon	NY 2:51:44
Hans-Peter	
Wesselink	WG 2:53:13

M60-69	
Lage Carlsson	SW 2:58:05
John Hosner	VA 3:06:22

M70-79	
Moritz Stern	NY 3:39:07

M80+	
Johann Bossman	WG 5:51:44

W40-49	
Evy Palm	SW 2:40:50
Bobbi Rothman	NY 2:54:21
Jane Arnold	CT 2:58:37

W50-59	
Helene Bedrock	NJ 3:10:30
Janet Glassman	PA 3:12:35

W60-69	
Loretta Sheehan	NY 4:37:41

W70+	
Mayme Bedra	NY 6:10:31

SOUTHEAST

Central Florida Masters X-Country 3 Mile Deland, Fla.; October 19

Overall Masters	
J Birmingham	17:45
J Kelley	23:15
M30 W Sullivan	16:36
J Guthrie	17:54
R Stuhl	19:38
M35 B Hans	16:10
C Harms	16:43
K Rohr	19:57
M40 W DeYoung	20:04
H Singer	21:58
L Lawyer	21:47
M45 D Barton	19:18
B Porter	20:27
D Darling	21:05
M50 D Nystrom	22:41
R Snyder	24:15
M65 D Fortier	25:59
F Craig	26:40
W30 C Hansen	24:48
L Stuhl	28:03
P Steel	28:46
W35 C Gover	25:00
W Roberts	25:17
B Davies	28:45
W40 J Lawler	27:34
G Johnson	27:58
W45 M Suona	34:56

MALE MASTERS	
10K	400
1 Berqgen, K	47 36:41 315.8
2 Rowack, F	46 36:19 326.1
3 Breiner, R	40 37:15 301.2
4 Carrara, M	42 36:56 309.2
5 Wagner, C	45 37:05 305.4
6 Roe, J	44 41:29 223.3
7 Brannan, R	46 38:52 266.0
8 Ensslen, D	43 40:30 237.8
9 Paqe, A	40 47:56 155.4
10 Weston, R	44 45:09 180.4
11 Mars, D	46 46:55 164.0
12 Burns, K.C	49 45:11 180.1
13 Coffey, R	58 47:50 156.2
FEMALE MASTERS	
1 Swaney, C	42 42:11 213.9

42 42:11	213.9
82.5	165.9
379.8	18.6
151.6	531.4
6:12.8	227.6
759.0	3:42:34
179.9	938.9

MIDWEST

9th Annual Bobby Crim 10 Mile Flint, Mich; August 24

Overall	
K Martin	46:54.4
L Martin	53:47.1
M40 J Pots	51:42.5
G Keim	52:19.7
M45 B Paklaian	55:38.6
R Perrine	56:32.3
M50 J Washburn	1:00:57.1
N Eastman	1:02:10.9
M55 J Forshee	1:00:30.0
J Kolmetz	1:02:17.8
M60 C Davey	1:06:01.4
P Hansen	1:09:33.4
M65 J Thornburg	1:22:42.7
B Foster	1:23:45.8
M70+T Organ	1:31:02.4
K Coleman	1:33:40.3
W40 C Catalina	1:04:23.1
C Swaney	1:09:16.1
W45 S Naughton	1:12:12.8
J Faul	1:17:11.7
W50 T Fannelli	1:19:59.8
J Hayden	1:21:45.6
W55 M Hatch	1:11:43.4
C Williams	1:22:51.1
W60 G Horvat	1:24:12.6
S Klebba	1:31:32.2

AMJA/Chicago 50 Mile & 10K Chicago, Ill.; October 18

----- 50 Mile -----	
Overall	
R Roullier	5:29:43
E Adams	6:04:28
M40 R Roullier	
R Schlotterbeck	6:13:14
R Bomberger	6:30:47
M50 B Smeaton	7:25:25
M60+W Rios	8:11:29
G Waltzer	8:33:06
M Krakow	8:41:25
W40 J Gunkel	9:24:28
K Schubert	9:50:14
W50 S Mock	10:22:30
C Karns	10:31:40
----- 100K -----	
Overall	
R Krolewicz	7:43:14
no female finishers	
M40 R Bomberger	8:17:13
M Skagerberg	9:29:47
J Kelly	9:31:01
M50 J Maganas	9:31:52

AMERICA'S MARATHON CHICAGO; OCTOBER 20

Overall	
Steve Jones	GBR 2:07:13
Joan Benoit-Samuelson	ME 2:21:21
M40+	
Antonio Villanueva	45 MEX 2:23:55 \$5000
Des Austin	40 GBR 2:24:49 3000
Guenter Mielke	42 FRG 2:27:04 2000
Ralph Zimmerman	44 NY 2:27:53 1000
Piet Van Alphen	55 HOL 2:27:54 800
W40+	
Elaine Kirchen	42 NY 2:50:28 \$4000
Ann Jamison	41 IN 3:04:00 2000
Evelyn Leiter	46 IN 3:07:31 1000
Diane Horan	42 IL 3:08:03 700
Alicia Hodgini	43 IN 3:18:22 500
M50-59	
Piet Van Alphen	55 HOL 2:27:54
John Weston	52 CAN 2:37:42
Jack Cagot	52 OH 2:51:27
James Ochman	54 IN 2:54:45
Jerald Morgan	50 IL 2:59:05

ULTIMATE RUNNER, Jackson, Michigan, October 19

MALE MASTERS	
10K	400
1 Berqgen, K	47 36:41 315.8
2 Rowack, F	46 36:19 326.1
3 Breiner, R	40 37:15 301.2
4 Carrara, M	42 36:56 309.2
5 Wagner, C	45 37:05 305.4
6 Roe, J	44 41:29 223.3
7 Brannan, R	46 38:52 266.0
8 Ensslen, D	43 40:30 237.8
9 Paqe, A	40 47:56 155.4
10 Weston, R	44 45:09 180.4
11 Mars, D	46 46:55 164.0
12 Burns, K.C	49 45:11 180.1
13 Coffey, R	58 47:50 156.2
FEMALE MASTERS	
1 Swaney, C	42 42:11 213.9
42 42:11	213.9
82.5	165.9
379.8	18.6
151.6	531.4
6:12.8	227.6
759.0	3:42:34
179.9	938.9

MID-AMERICA

Bud Light Stadium Run 10K St. Louis, Mo.; September 22

		Handi	Actua
1	M Cooksey f	31 28:53	34:23
2	P Peacock f	41 29:06	37:36
3	D Hughes	45 29:56	34:58
4	L Fennell	53 30:16	37:46
7	B Howard	54 30:47	38:17
8	D Hessler	44 30:54	35:54
9	K Feigenbutz	37 30:55	33:55
1	F Dice	49 31:09	37:09
2	R Friedlander	41 31:14	35:14
4	L Patterson	70 31:20	45:50
6	B Ames	43 31:25	35:55
7	P Mannisi	38 31:28	34:58
8	T Sutton	35 31:32	34:02
1	T Waltrip	55 31:46	39:46
2	B Schmitt	63 31:52	42:52
4	R Gibson	42 32:04	36:34
9	R Johnson	52 32:05	39:05
6	M Gober	43 32:09	36:39

SOUTHWEST

Roll and Run (8K)
Oklahoma City, October 19

Overall			
Trevor Fieldsend	26	24:29	
Karen Cramond	27	28:00	

M 40			
Jimmie Gray	43	30:40	
Myles Houseberg	40	30:47	
Rodney Lee	41	31:13	

M 45			
Jerry Brady	45	29:04	
Ray Habrock	48	31:09	
Harry Deupree	47	31:38	

M 50			
Art Milanez	50	31:20	
Cly Shelley	53	34:02	
Robert Whiddon	53	34:20	

M 55			
Bob Anspaugh	56	34:41	

M 60			
Jim Smith	63	32:28	
Fisher Lewis	64	37:02	

F 35			
Patsy Lambert	37	32:27	
Diane Perry	35	33:27	
Ann Miller	37	37:57	

F 40			
Kazuko Windler	40	38:08	
Judy Perkins	41	40:10	
Sherry Lohrmann	43	41:12	
from Jim Smith			

8th Annual Tulsa Run
(Also Men's 15K TAC
National Championship)
Tulsa, OK 10-26-85

Overall			
Marcus Baretto	25	43:30	
Francie Larrieu	32	50:19	

M-40			
Robert Stuenkel	41	52:04	
Bart Paukune	40	53:46	
Jay Minor	44	53:57	
Douglas Formosa	40	54:36	
Raymond Lattanzio	41	55:07	

M-45			
Russell Bennett	48	53:00	
Larry Worth	47	53:04	
William Adams	45	55:11	
Jerry Brady	45	55:28	
Joe Leake	46	56:34	

M-50			
Dale Thompson	50	53:51	
Walter Birney	51	57:24	
Bob Nale	50	58:19	
Robert Featherst	54	58:55	
Arturo Melendez	54	59:00	

M-55			
Gaylon Jorgensen	56	52:26	
Jerry Crockett	57	57:57	
Ken Atwell	56	58:15	
Bob McHefey	55	1:02:48	
Calvin Ellis	55	1:04:15	

M-60			
Jim Smith	63	1:01:14	
Nocus McIntosh	60	1:01:29	
Tom Kempf	61	1:02:44	
Frank Miorandi	66	1:05:20	
James Elmore	60	1:05:34	

M-40			
Maureen Bixby	43	1:00:00	
Elizabeth Crawle	40	1:04:15	
Carol Holm	40	1:04:26	
Barbara Manning	40	1:04:54	
Donna Brynteson	42	1:08:40	

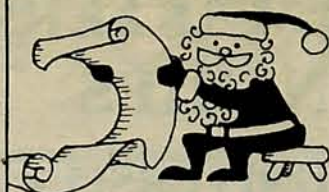
M-45			
Sharon Cooper	46	1:03:30	
Mary Kennard	46	1:06:20	
Joy Austin	48	1:07:52	
Lynne Taylor	46	1:08:42	
Margaret Speer	48	1:09:50	

M-50			
Donna Wright	50	1:03:33	
Jean Buchanan	50	1:11:27	
Virginia Fields	51	1:14:00	
Dorothy Akin	54	1:15:17	
Marilyn Thompson	54	1:19:09	

M-55			
Faye Morris	57	1:22:16	
Wanda Lemons	56	1:23:00	
Beverly Berry	55	1:24:54	
Peggy Heller	56	1:36:30	
Jean Benear	59	1:48:00	

M-60			
Coleen Kirby	60	1:42:35	
Helen Pfister	64	1:50:08	
Patricia Rine	69	1:56:09	

NOEL



WEST

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

Overall			
E Bomber		53:47	
T Gonzalez		1:03:50	
M40 J MacPherson		58:57	
B Hutchinson		1:00:41	
R Gin		1:01:04	
M45 J Bowers		54:31	
D Beardall		1:02:01	
S Ojeda		1:04:43	
M50 M Gray		1:04:49	
B Young		1:14:41	
B Buckendahl		1:16:45	
M55 C Hartman		1:13:16	
C Hoagland		1:23:31	
S Guertsen		1:25:35	
M60+B Bush		1:27:20	
W40 C Schauberg		1:16:00	
J Bennett		1:21:05	
A Gilmore		1:27:07	
W45 G Covington		1:19:19	
S Howe		1:23:21	
W50 J Buckendahl		1:10:05	
M Macris		1:21:58	
W55 E Marak		1:35:12	
W60+H Kuziara		1:38:55	
M Carlsen		1:52:52	

W. Hollywood 10K

W. Hollywood, Calif.; Sept. 8

Overall			
V Carrillo		31:28	
D Chaddock		38:49	
M40 P Ryan		32:47	
M50 G Brickner		38:38	
M60 J Canchola		44:09	
M70+J Bishin		nta	
W40 K Kusner		44:27	
W50 P Badger		1:00:52	
W60 D Wong		53:32	

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

Overall			
K McCarey		30:41	
P Hurl Tuffley		36:20	
M40 S Dornish		35:14	
R Koehn		36:25	
R Sablin		36:50	
M50 W Osborne		38:19	
D Foster		39:45	
C Anderson		39:46	
M60+J Palos		40:20	
D Dilworth		42:00	
L Ojeda		42:22	
W40 S Greiner		40:20	
U Rains		41:39	
C Balkwell		43:15	
W50 A Calhoun		49:45	
B Lovell		52:50	
P Morris		53:17	
W60+B James		65:19	
J McKinley		66:34	
(850 runners)			

CHOC/KFWB South Coast 10K
Los Angeles; September 22

Overall			
S Kigen		29:29	
S Berenda		34:21	
M40 R Fussell		36:07	
L Gilbert		36:09	
M Suchey		38:04	
M45 G Bernal		35:46	
D Watson		37:16	
G Chavez		38:18	
M50 W Evertz		36:43	
E Piper		36:46	
W Osborn		38:29	
M60+J Low		41:58	
R Coburn		45:21	
F Moneleone		45:31	
W40 H Walters		37:30	
D Green		47:53	
L Dobson		48:27	
W45 G Faust		39:36	
P Kopcho		48:00	
M Dugan		49:18	
W50 A Fujimoto		45:50	
P Kessler		48:07	
M E Castro		51:12	
W60+M Stanley		1:12:41	

Penofin 10K
Ukiah, Calif.
October 6

Overall	Price	Time
Gidamis Shah'a	\$7000	28:30
Lynn Williams	\$7000	32:21

M35-39			
Don Paul		31:23	
James Tracy		31:37	
Robert Darling		31:52	

M40-44			
Dan Murray	\$400	31:31	
Jerry Jobski	\$100	32:04	
Tom Iredale		33:53	

M45-49			
Sal Vasquez	\$750	31:06AR	
Tim Rostegge		34:36	
Jake White		35:41	

M50-59			
Craig Roland		35:51	
John Finch		36:58	
George Herd		37:02	

M60+			
Flory Rodd		44:48	
Vic Crosetti		45:54	
Ulysses Ratti		46:53	

W35-39			
Linda Mantynen		40:30	
Kathy Kennedy		40:48	
Vicki Chase		41:26	

W40-44			
Fordie Madeira	\$750	36:36	
Carol Flexer	\$400	38:10	
Harolene Walters	\$100	39:00	

W45-49			
Joan Ulyot		41:32	
Kay Willoughby		44:28	
Diana Cohen		51:15	

W50-59			
Vicki Bigelow		40:10	
Sister Marion Irvine		43:29	
Lois Cook		57:51	

W60+			
Maria Carlsen		61:36	
Pat Welch		64:20	

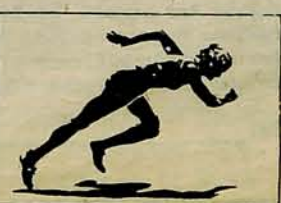
from John Mayginnies
AR=ties American M45 record

Stroh's Run for Liberty II 5K
Santa Barbara, Calif.; Oct. 12

Overall			
G Christie		24 24:03	
E Triplett		34 28:33	
M40 S Close		42 26:09	
J Kennedy		41 26:30	
D Mihora		41 28:29	
M45 R Maranda		46 27:39	
K Aaberg		45 27:57	
L Brooks		45 29:50	
M50 R Boyle		52 28:47	
F Greene		50 29:35	
R Bartek		53 30:47	
M60+F Nagelschmidt		61 30:25	
R Gil		61 31:42	
D Smith		61 40:19	
W40 J Keuley		41 30:29	
M Stevenson		40 34:17	
G Fink		41 35:41	
W45 B Camp		46 40:01	
L Leach		46 42:38	
L Norcutt		49 43:26	
W50 F Hobbs		50 33:31	
P Frankus		59 43:38	
L Ritchie		50 47:03	
W60+G Schweitzer		68 48:45	
E Baker		60 51:29	
C Lescher		62 51:45	

Hayward Half-Marathon
Hayward, Calif.; October 21

Overall			
G Sullinger		1:09:06	
K Kennedy		1:25:35	
M40 A Jackson		1:18:25	
M45 V Ramirez		1:21:36	
M50 K Allen		1:21:51	
M60+U Ratti		1:43:38	
W40 L Fisher		1:32:02	
W45 M Hauck		1:43:55	
W50 B Carlson		1:46:13	
W60+J Caselli		1:52:43	



INTERNATIONAL

3rd IGAL European Veterans
10K & 25K Road Championships
Barcelona, Spain; September 28-29

10K			
M40 B Gevers	GB	31:22	
J Buckley	IR	32:50	
A Postigo	SP	32:54	

M45 P Voest			
M Duff	GB	32:08	
A Fernandez	SP	32:08	

M50 G Van Nuffelen			
J Wood	GB	34:35	
B Stoddart	GB	35:24	

M55 J Llewellyn			
A Hugues	GB	35:44	
R Marck	BE	36:40	

M60 G Jean-Batiste			
D Robinson	GB	39:27	
R Boutard	FR	40:04	

M65 J Lopez			
R Hans	SwI	47:19	
J Olivella	SP	53:53	

M70+L Aellen			
F Vila	SP	50:16	
C Baro	SP	51:35	

W35 E Gomez			
M Ainslie	SP	41:20	
C Casanova	SP	42:12	

W40 G Guerrero			
C Carayon	FR	43:31	
C Bravo	SP	44:45	

W45 C Mayor			
J Fernandez	SP	52:06	
C Cost	SP	57:09	

W50 M Naranjo			
B Rombeaut	BE	52:07	
M Parpillon	FR	54:18	

W55 P Rembes			
W60 E Francoli	SP	59:35	



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 3,018 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-a-way. 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:
4X440 - 30-39M&W 40+W 40-49M 50-59M 60+M 4X880 - 30-39M&W 40+W 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 10:00PM 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 Make checks payable to:
Additional Events \$ 5.00 per event \$10.00 per event National Masters Indoor Championships
Relay Events \$16.00 per team \$32.00 per team

REGISTRATION Embassy Suites - Friday, February 21, 3:00 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 7, 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 WAVA and adopted by TAC Masters will govern the competition.

IMPLEMENT WEIGH-IN Shot puts and weights will be inspected in room 103 of the LSU Field House beginning at 8:00 AM Saturday.

ATHLETE CHECK-IN RUNNING EVENT athletes must check-in one event 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.

SATURDAY FIELD EVENTS

TIME	EVENT	DIVISION	ROUND
10:00 AM	Weight Throw	50-80+	Trials & Final
	Long Jump	30-34	Trials & Final
11:00 AM	Weight Throw	30-49	Trials & Final
	Long Jump	35-39	Trials & Final
	Pole Vault	50-80+	Final
12:00 NOON	Shot Put	30-34	Trials & Final
	Long Jump	40-44	Trials & Final
1:00 PM	Shot Put	35-39	Trials & Final
	Long Jump	45-49	Trials & Final
2:00 PM	Shot Put	40-44	Trials & Final
	Long Jump	50-59	Trials & Final
3:00 PM	Shot Put	45-49	Trials & Final
	Long Jump	60-80+	Trials & Final
	Pole Vault	30-49	Trials & Final
4:00 PM	Shot Put	50-59	Trials & Final
5:00 PM	Shot Put	60-80+	Trials & Final

SATURDAY TRACK EVENTS

TIME	EVENT	DIVISION	ROUND
12:00 NOON	60 Yard Dash	30-80+	Semifinal
1:00 PM	1 Mile Run	30-80+	Final
2:00 PM	60 Yard Dash	30-80+	Final
3:00 PM	1000 Yard Run	30-80+	Final
4:00 PM	300 Yard Dash	30-80+	Final
5:00 PM	4X880 Yard Relay	30-80+	Final

SUNDAY FIELD EVENTS

TIME	EVENT	DIVISION	ROUND
11:00 AM	Triple Jump	60-80+	Trials & Final
	High Jump	30-49	Final
12:15 PM	Triple Jump	50-59	Trials & Final
1:30 PM	Triple Jump	40-49	Trials & Final
2:00 PM	High Jump	50-80+	Final
2:45 PM	Triple Jump	30-39	Trials & Final

SUNDAY TRACK EVENTS

TIME	EVENT	DIVISION	ROUND
12:00 NOON	60 Yard Hurdles	30-80+	Semifinal
1:00 PM	Two Mile Run	30-80+	Final
2:00 PM	60 Yard Hurdles	30-80+	Final
2:30 PM	600 Yard Run	30-80+	Final
3:30 PM	Two Mile Walk	30-80+	Final
4:00 PM	4X440 Yard Relay	30-80+	Final

Trials will be run in age groups starting with older women to youngest men that have more than ten (10) entries. Trials having less than ten entries reporting will be run at scheduled final time with only entries reporting for the finals.

Finals will be run in sections (sometimes more than one age group at a time) starting with OLDEST WOMEN TO YOUNGEST MEN.

Last Name	M.I.	First Name	OFFICIAL ENTRY	Event	Recent Best Mark
NAME _____					
ADDRESS _____					
CITY _____ STATE _____ ZIP CODE _____					
TAC# _____ PHONE # _____					
SEX M _____ F _____	BIRTHDATE _____ / _____ / _____	DIVISION _____			
INDIVIDUAL FEES \$ _____			RELAY FEES \$ _____	AMOUNT ENCLOSED \$ _____	
PAYABLE TO: National Masters Indoor Championships				MAIL TO: National Masters Indoor Championships	
				Track Office - LSU, Baton Rouge, LA 70893	

ATHLETE'S RELEASE In consideration of your 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 _____