



Masters runners line up for start of 1984 Humana Rocket City Marathon in Huntsville, Alabama December 15. Bill Olrich (51), Ken Winn (36), Don Coffman (25), Ken Prior (57), Joe Burgasser (30), Art Williams (927) and Morgan Looney (54). Coffman won the 40-and-over title in 2:29:16. photo by Jim Oaks

Winzenreid Sets Pace In Wisconsin

Mark Winzenried and Stan Druckrey led the way as 24 records were set at the ninth annual Wisconsin Masters Indoor Track and Field Championships January 5 in Madison.

Druckrey set a 35-39 age group 60-yard dash record of 6.7 seconds. Winzenried, also competing in that group, set 440 and 880 marks of 52.4 and 2:00.0.

Jim Hanson set a 30-34 two-mile record of 9:12.9, while Cathy Stevens set a W30 mile mark of 5:06.1.

Gordon Siefert came from Alabama to set M55 records in the 60y (7.7), 220 (27.7) and high jump (5-2).

Rush Jacobs broke four records in M60 action: 60y (7.6), 220 (28.2), 440 (66.4) and long jump (15-2 3/4). □



Coffman Wins Again in Huntsville

by JIM OAKS

HUNTSVILLE, Alabama, December 15. Even though the entries for the 8th annual Humana Rocket City Marathon dropped from 1802 last year to 1348 this year, the field of male Masters was probably the best that had gathered for a marathon in the South all year.

When it was over, forty-one-year-old Don Coffman of Frankfort, Kentucky had won his second straight Masters Humana title in a time of 2:29:16, over six minutes ahead of runner-up Morgan Looney of Birmingham.

Florida's Joe Burgasser captured the 45-49 crown by five minutes over Georgia's Ken Winn, 2:37:03 to 2:42:39. Ohio's Don Gammie, 54, took 50-59 honors in 2:50:59 with Tennessee's Ken Robinson the best 60+ runner in 3:31:12.

Florida's Patti Sudduth led the 40-and-over women in 3:21:38 with Huntsville's Alene Park the best 50+ in 3:47:55.

With temperatures in the upper 50's at the start of the race, and a forecast of sun and 70's, runners knew the chances of records were remote.

Burgasser led Coffman by a few strides through the first mile at around 5:20, but, from there, Coffman settled

into a 5:30 pace, which none of the other Masters were willing to risk. Coffman went through five miles at 27:29 and had opened a 30-second lead over Burgasser.

Not only was Coffman pulling away

Continued on page 4

INSIDE: NEW MASTERS T&F AGE RECORDS

In this issue are new world and U.S. five-year age-group track & field records for men and women age-35-and-over.

The marks are those compiled and approved, as of January 1, 1985, by U.S. Masters T&F Records Chairman Pete Mundle, and the Records Committees of the World Association of Veteran Athletes (WAVA) and The Athletics Congress (TAC) □

M50 Winner Disqualified in Charlotte

The winner of the men's 50-59-year-old age division in the 8th annual Charlotte, N.C. Observer Marathon January 5 was disqualified after admitting to leaving the course and then returning at another point.

Ken Helms, who finished the race in 3:03:23, was one of four runners disqualified in the Marathon/10K races.

"I just made a mistake," Helms said. "I went to use the bathroom at the service station and came out on the other end. I'll accept the decision."

The disqualification was prompted by complaints from other marathon runners and race monitors claiming Helms had left the course, said Tim Breiding, director of the Knight Publishing Co. promotion department, which staged the event.

Helms' disqualification moved Bob Fenning, 50, up to first place in the M50-59 category with a 3:16:09.

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NATIONAL MASTERS NEWS

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NO FALSE START RULE

When I read in NMN that individuals competing in TAC Masters T&F Championships in 1985 would be disqualified from their event for one false start on the premise that it would speed up the meet, I got mad at those who would think up something like this for the American Master runner. Why us, I ask?

The Olympics, TAC, IAAF and World Veteran Championships all allow one false start. Masters are the only competitors who pay an entry fee for the opportunity to compete in meets; they travel hundreds, sometimes thousands of miles at their own expense to compete. Many are inexperienced, competing primarily for the fun and fellowship that these meets offer. Also, a poor starter can cause false starts.

The intent of this rule, as stated in NMN is "to speed up the meet," and will be included in all future meets in 1986 if successful. What will determine success? Will it be a meet that runs 10 or 15 minutes shorter than the year before?

I have always thought that the objective of the Masters program was to encourage the older person to get off his or her butt to meet one's peers on the field of competition in a spirit of fun and fellowship—not to be thrown out of running events for one mistake.

I believe that our Masters TAC Committee could have thought of other things to benefit, rather than punish, the Masters competitor:

Perhaps make all meet directors responsible for doing the paperwork when athletes set an age group record, and submitting same for consideration to the proper authority, rather than having the athletes running all over the place, trying to get signatures from people they don't even know.

The Masters program has lost its original intent. When David Pain started it, it was fun for all in a relaxed atmosphere. It was not run by a bunch of bureaucrats who seem more concerned with their own sense of self-importance.

In 1985, I will not travel thousands of miles and spend hundreds of dollars to compete in the TAC Indoor and Outdoor Championships with the "Sword of Damocles" hanging over my head every time I take my marks.

Let's forget about speeding up the meet to save 10 minutes or so and, instead, improve the efficiency of meet directors to save time. Don't take it out on the runner.

Al Guidet

California City, Calif.

PSYCHED UP

I was fascinated by Kay Porter and Judy Foster's sports psychology

seminar at the 1984 Nationals in Eugene, so I decided to put their advice to work. I won both my W40 races, with the 1500 going precisely the way I visualized it, complete to the time of 4:56. That convinced me.

There were many factors that could have spelled defeat. I had only been back on the track 3 weeks after a serious stress fracture. I was alone, no family or coach to lean on, 3000 miles from home and suffering jet lag.

When I got home, I persuaded Conventures to bring Kay and Judy in to speak at the Bonne Bell Nationals. They were so well received, they are going to do a follow-up in April for the Boston Marathon Expo, and a workshop with the Greater Boston Track Club.

I really can't endorse them highly enough. They have given a new dimension and confidence to my running, and helped me set my goals.

The field of sports psychology is just coming into its own. I find their approach is particularly pertinent to Masters athletes because of their involvement in and love of the sport. Nothing would please me more than to see them in Rome in June.

Linda Upton

Chestnut Hill, Mass.

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1985 TAC NATIONAL INDOOR MASTERS TRACK & FIELD CHAMPIONSHIPS

WESTWOOD SPORTS CENTER, STERLING, ILLINOIS
SATURDAY AND SUNDAY, MARCH 30, 31, 1985
HOSTED BY MIDWEST MASTERS

Sponsored By:



ELIGIBILITY: The competition is open to all men and women over the age of thirty who are registered with The Athletic Congress.

AGE DIVISIONS: Men & Women: 30-34; 35-39; 40-44; 45-49; 50-54; 55-59; 60-64; 65-69; 70-74; 75-79; 80+.

ENTRY FEES: \$8.50 for first event, \$5.00 for each additional event, \$16.00 per relay team.

ENTRIES: Entries must be received no later than March 1, 1985. No post entries will be accepted. There will be no refunds or switching of events after you have entered. Please do not request exceptions. **NO POST ENTRIES.**

REGISTRATION: 8:00 A.M. Sat., March 30, at Westwood.
8:00 A.M. Sun., March 31, at Westwood.

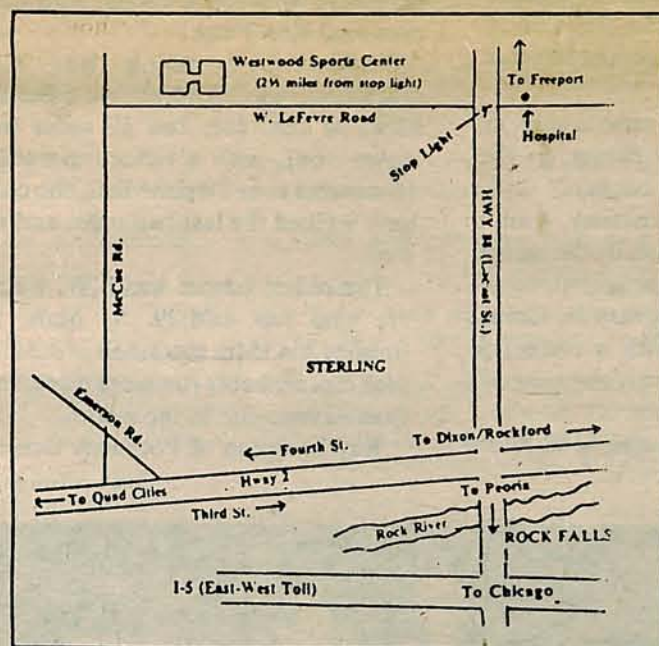
DIRECTIONS: From O'Hare Field, exit southbound on I-294 (Tri-State Tollway) to I-5 (East-West Tollway). Turn right (west) on I-5 to Hwy. 88. Turn right (north) on Hwy. 88 to LeFevre Road. Turn left (west) on LeFevre Road to Westwood, approximately 2½ miles.

FACILITIES: Westwood Sports Center has a 220-yard, 42-inch, 6-lane indented Tartan surface with 70 yard straightaways. There are two long jump pits, two pole vault pits and two high jump pits with Tartan approaches. There are also two shot put circles with concrete surfaces. (Note: all areas require flat head ½-inch spikes only.)

DRESSING FACILITIES: There are sufficient locker and shower facilities for both men and women.

PRIZES: Medals to first three finishers in each event in each age division.

Directions To Westwood



ACCOMMODATIONS: Road Star Inn, 2610 E. Lincolnway, Sterling (Phone 815/625-9010)
Chalet Motel, 1249 N. Galena, Dixon (Phone 815/284-3351)
Ramada Inn, 2105 First Ave., Rock Falls (Phone 815/626-5500)
Travelodge, 205 First Ave., Sterling (Phone 815/255-3050)

STANDARDS FOR HURDLES & WEIGHTS: Will be as per WAVA standards adopted by TAC Masters.

MEET DIRECTOR: Carl H. (Chuck) Klehm, 1218 N. Route 47, Woodstock, IL, 60098 (815/338-9484).

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

4 X 440	30-39 M&W	40+ W	40-49 M	50-59 M	60+ M
4 X 880	30-39 M&W	40+ W	40-49 M	50-59 M	60+ M

ORDER OF EVENTS: Submasters, then women, then older to younger men, mixed age groups and/or age group sections, if necessary. Exceptions; hurdles, younger to older; men, then women.

SCHEDULE OF EVENTS:

Saturday, March 30			Sunday, March 31		
No.	Event	TRACK	No.	Event	TRACK
1A	60 (Heats)		9:00 A.M. 12A	60 HH (Heats)	
2	1 Miles		9:45 A.M. 13	1000	
1B	60 (Finals)		10:30 A.M. 12B	60 HH (Finals)	
3	2 Mile Walk		11:15 A.M. 14	600	
4	300		1:00 P.M. 15	2 Mile	
5	4 X 880		2:00 P.M. 16	4 X 440	
FIELD			FIELD		
6	Shot Put (30-49)		10:00 A.M. 17	Shot Put (50-80+)	
7	Wt. Throw (30-49)		1:00 P.M. 18	Wt. Throw (50-80+)	
8	Long Jump (30-49)		10:00 A.M. 19	Tr. Jump (30-49)	
9	Long Jump (50-80+)		1:00 P.M. 20	Tr. Jump (50-80+)	
10	High Jump (50-80+)		10:00 A.M. 21	Pole Vault (Sec. I - low ht.)	
11	High Jump (30-49)		1:00 P.M. 22	Pole Vault (Sec. II - 11'6" +)	

Times are approximate. First event will start promptly at 9:00 A.M., other events will follow in order listed.

The SP, LJ, TJ, WT competitors will each receive 3 jumps or throws in preliminaries with top 6 to finals.

The HJ, PV bar will be set at lowest height requested by any competitor--the bar will not be lowered during the event. (Note: two sections, by ability, in pole vault.)

Seeded according to submitted times on entry.

We will do everything we possibly can to ensure that the meet is run on schedule. If you enter both track and field events where the schedule may conflict, you do so at your own risk. The event official will have final word regarding any time allowance to competitors. T-shirts will be available for \$5.00 each, prepaid with entry.

1985 TAC NATIONAL INDOOR MASTERS TRACK & FIELD CHAMPIONSHIPS OFFICIAL ENTRY

Last	First	M.I.	TAC#	IND. EVENT FEES	\$
NAME			ADDRESS		
CITY			STATE	ZIP CODE	T-SHIRT
PHONE			TEAM	TOTAL	\$
SEX: F	M	BIRTHDATE	AGE GROUP	Make checks payable to:	
T-SHIRT SIZE: S M L XL XXL XXXL (circle one)			U. S. MASTERS CHAMPIONSHIPS		
NO. EVENT	BEST MARK	NO. EVENT	BEST MARK	Mail to:	

Carl H. Klehm
1218 North Route 47
Woodstock, Illinois 60098

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 Athletics Congress, The Westwood Sports Center, all other meet sponsors and sports facilities or their officers or agents, for any and all 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 the Meet Director to require supplementary training and/or medical evidence before allowing me to compete, and further recognize the right of any duly authorized member of the medical staff to require my withdrawal from competition, and will do so if directed. I certify that all information contained on this application is true.

Athlete Signature _____



Krueger, 38, Wins \$8,000

Johnston Top Master In Houston-Tenneco

William Johnston, 47, gave up some years to younger Masters but still won the M40-or-over title in 2:35:20 in the Houston-Tenneco Marathon in Houston, Texas, on January 6. Meanwhile, near-Master Wolfgang Krueger, 38, accounted for \$8,000 of the \$100,000 award money with a third-place finish in a world-ranked time of 2:11:55, just 42 seconds short of first and the \$20,000 prize money won by Marty Froelich, 26.

Chuck Frawley, 41, was second Master in 2:35:58. Among the other Master men winners was Jerzy Kuszakiewicz, 70, who took the M70+ division in 3:40:37.

Continued on page 7

Dugdale, Moore Take U.S. 30K Titles

Older Master runners took command in the TAC National Masters 30K Road Race Championships in Central Park, New York, on December 15, when John Dugdale, 50, crossed the finish line first in 1:51:50, and Alicia Moore, 54, was the first 40-or-over woman in 2:21:19.

Charles Elkins, 41, was second to Dugdale in 1:53:43, with Rafael Bordonaba, 43, third in 1:55:04. Andrew Neiding, 65, did the 18.6 miles in 2:20:40 to win his division.

Mimi Fahnestock, 41, was second 40-or-over woman to cross the end line, and Phyllis Kahn, 47, was third in 2:33:56.

The race, which was also the MAC Senior/Masters and RRC Open Championships, was sponsored by the NY Road Runners Club, and run under overcast, damp, low 30° temperature conditions. □



1984 ROCKET CITY MARATHON: Masters winners Don Coffman and Patti Sudduth.

Photo by Jim Oaks

School Named After Sing Lum

People who have schools named after them are usually deceased Presidents, living important figures, or all-around nice guys, like Steve Garvey, the ex-Dodger and now San Diego Padre, who was so honored several years ago. So, Sing Lum is now traveling in rare company, although not as rare as the members of the 80-year-old sprinters fraternity, of which he is also a member.

On November 21, 1984, an elementary school in the Panama Union School District in the Bakersfield, California, area, where Lum grew up, farmed and now resides, was named in his honor. Sing Lum Elementary School is one of ten in the district, which Lum helped create in the early 1940s, when he was clerk, and later trustee, of the Stine School board.

Lum's association with the Panama District schools goes back to the 1910s when he attended Stine School. Theresa Burke, one of his former teachers, clearly remembers Lum, even though she taught him over 60 years

ago, as a studious and serious student and "a great baseball player on the best team in the whole county."

At the dedication ceremony, Lum's wife, Mae, who is always in the stands when he competes and who helped institute the Masters program in China, presented the school with a collection of glass and ceramic lions, the school's mascot.

Lum is planning on running in Rome in June '85. □

Coffman Wins...

Continued from page 1

from the Masters competition, but he was moving up in the open standing as the younger and less experienced runners began to fade. By mile 15, he had moved into the top 10 and continued a relentless 5:30 pace through 20 miles.

"I began to feel the legs getting weak around 20, and by 23 the death dance really began," Coffman said later. "Even though I must have slowed to almost a 7-minute pace in the last couple of miles, there still wasn't anybody catching me."

Indeed, the weather must have slowed times from 3 to 5 minutes, as only one open runner, from a field that included 10 sub-2:34 marathoners, managed to break 2:20. That runner was 20-year-old Joe Leuchtmann, who ran and won his first marathon in 2:19:41. Coffman's strong race during the early going was good enough for 7th overall, the highest finish here by a Master since Ron Hill set the Masters course record of 2:19:37 in 1978.

Probably the smartest Masters runner this year was Looney, who found a comfortable 5:45 - 5:50 pace in the early going and moved steadily from 6th Master at five miles to 2nd at the end.

M50 winner Gammie also anchored the winning male Masters team, the *Converse Midwest Express*, with Coffman and Ken Prior.

Sudduth, running her first marathon, was 33:15 at five miles and 68:45 at ten. Her last 10 miles were slower, but, with a victory margin of 16 minutes over Daphne Bell, she could have walked the last two miles and still won.

The oldest runner was S.W. Fugitt, 71, who ran 4:08:29. Sy Mah, 58, finished his 354th marathon in 3:51:59. Mah has probably run more marathons than anyone else in the world.

Ray Langston of Portland, Oregon,

Continued on page 7

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The National Masters News is the bible of the Masters (Veterans) movement, the fastest growing segment of the running community. It's a bargain at 12 issues a year for only \$15. Get aboard the publication that's covering the Masters scene more thoroughly than ever. Subscribe now.

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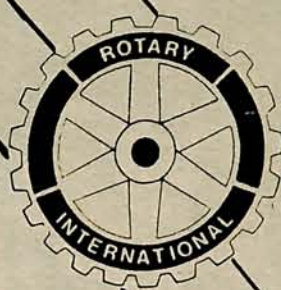


M50-59 award winners at the 1984 Rocket City Marathon: L to r: Marvin Brown (3:09:55), Jim Yamanaka (3:00:33), Don Gammie (2:50:59), Malcolm Gillis (2:57:03), Ray Langston (3:08:41).

photo by Jim Oaks

L.A. Southwest Rotary Club

In Support of The Rotary Foundation
Presents



World
Masters
Track & Field
Tune-up
Games I

1985 L.A. PATRIOTS COMMITTEE

8:00 AM

Sunday March 10th, 1985
California State University, Los Angeles.

TEAM

PATRIOTS



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

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

- DATE** : March 10th 1985.
- SITE** : California State University, Los Angeles
5151 State University Dr.
- AGE DIVISIONS** : 5 year age-groups- men and women 30 and over.
- ENTRY FEE** : \$ 10.00 first event (includes T-shirts).
\$ 5.00 each additional event. Relay teams
\$ 20.00. Three events maximum.
- REGISTRATION** : To guarantee participation, entries must be
received on or before February 28, 1985.
Late entries may be allowed to participate
at meet director's discretion.
- ENTRY DEADLINE** : Deadline, Midnight February 28, 1985. Late
entries, after Feb. 28, 1985 will be charged
\$ 12.00 per event, except relays.
- SPECTATOR ADMISSION** : \$ 5.00 tickets (all day session).
- FACILITIES** : Artificial track 1/4 spikes. All runways
are artificial concrete rings. 400 meter
Arco track with electronic timing.
- ORDER OF
COMPETITION** : Women first, Men second. Oldest to youngest
in 5 year age groups starting at 30 years of
age. Races will be combined, but scored
separately, at meet director's discretion.
- AWARDS** : Awards for first three places. Awards
presented at conclusion of each event.
- SPONSORS** : Los Angeles Patriots Track & Field Organizing
Committee.
Los Angeles Southwest Rotary Club.
- SANCTION** : TAC, The Athletic Congress of the U.S.A.,
Southern Pacific Association.
- RULES** : Standard TAC Masters rules enforced.
- CONTACTS** : Marvin Thompson, L.A. Patriots, President
Jim Bentley, Meet Director
P.O. Box 2981, Beverly Hills, CA 90213-2981.
(213) 388-9689

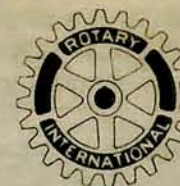
EVENT SCHEDULE

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

FIELD EVENTS

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

- 12:00 am. Hammer
- 1:00 pm. Javelin, Long Jump
- 2:10 pm. High Jump, Pole Vault
- 3:15 pm. Shot put, Triple Jump
- 4:15 pm. Discus



Los Angeles
Southwest Rotary Club

ENTRY FORM

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

NAME _____ AGE _____ DATE OF BIRTH _____

PHONE _____ EVENTS ENTERED 1. _____
2. _____
3. _____

ADDRESS _____

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

STATE _____ ZIP _____ CLUB AFFILIATION _____

MALE _____ FEMALE _____ AMOUNT ENCLOSED _____

- WAIVER -

In order to compete in the 1985 WORLD MASTER TRACK & FIELD TUNE-UP
GAMES I, I do for myself my heirs and administrators waive, release
and forever discharge any and all claims for damages which I may
have, or which may hereafter accrue to me or my heirs against the
thereof. I certified that I am in good physical condition to
compete in this meet.

DATE _____ SIGNATURE _____



THE GUN LAP

by MIKE TYMN

A Big Year For The "Over The Hill" Athlete

Young athletes like Dan Marino, Magic Johnson, Carl Lewis, and Mary Lou Retton were in the spotlight during 1984, but that's not unusual. We expect youth with a few years of experience to be winning games and breaking records.

If we are, as they say, past our prime at 35, then 1984 was an extraordinary year for the "over the hill" athlete, as well. Consider this:

* At 35, Larry Holmes retained his world heavyweight boxing title with a TKO of James "Bonecrusher" Smith.

* At 36, Kareem Abdul-Jabbar led the Los Angeles Lakers into the NBA Championship.

* At 37, Carlos Lopes won the Olympic marathon in Olympic record time of 2:09:21.

* At 38, Brian Oldfield broke the American record in the shot-put with a heave of 72-9 $\frac{3}{4}$, missing the world record by just one inch.

* At 39, Tom Seaver led the Chicago White Sox pitching staff in victories, with 15. And, Priscilla Welch broke the British marathon record for women with a sixth place 2:28:54 in the Olympic Games.

* At 40, Graig Nettles was hitting in the clean up spot for San Diego in the World Series.

* At 41, Jan Stenerud was still kick-

ing game winning field goals for the Minnesota Vikings.

* At 42, John Henry continued to add to his all-time money winning record, exceeding \$5 million in purses. (Actually, John Henry is only 9, but I

"Why am I running better today than when I was younger? I am training much harder."

— Carlos Lopes

read somewhere that he's 42 in human years.)

* At 43, Pete Rose compiled a solid .286 batting average with Montreal and Cincinnati.

* At 44, Lee Trevino won the PGA



Award winners at TAC National Masters 5K X-Country Championships, Seattle, Wash., 11/24/84. Back row from left: Carol Flexer, 1st 40-44 (20:20); Vicki Foltz, 3rd 40-44 (21:21); Gretchen Richards, 2nd 45-49 (23:26). Front row from left: Chris Curtis, 1st 45-49 (22:32); Nancy Peterson, 3rd 45-49 (26:02). photo by Warren McNeely

Championship and Kathy Whitworth captured the LPGA Safeco Classic. And, Ed Burke made the U.S. Olympic team in the hammer throw.

* At 45, Phil Niekro led the Yankees pitching staff with 16 wins and a 3.09 earned run average.

* At 46, Joyce Smith, of Great Britain, finished 11th in the Olympic marathon with a time of 2:32:48.

* At 47, four-time Olympic discus champion Al Oerter hurled the platter 206 feet, better than his gold medal throws of 1956, 60, and 64, before an injury forced him to abandon his bid for another Olympic berth.

* At 48, Gary Player shot a record round of 9-under-par 63 in the PGA Championship.

There were others in the 40 and over bracket. Joe Morgan, 40, finished up his 20 year career in baseball by contributing a .244 average to the Oakland A's attack. Jim Hart, 40, backed up Joe Theismann at quarterback for the Washington Redskins. Tommy John, 41, pitched in 32 games for the California Angels. Tony Perez, 42, got in 71 games for Cincinnati. Billie Jean King, 41, played a quality doubles game. And jockey Willie Shoemaker, 53, kept adding to his all-time win record.

It would be easy to say that most of those over-35 athletes who achieved at the top level of their sports in 1984 are former superstars who are now merely good or average — former perfect 10's who are now 9's or 8's. Clearly, Rose

and Nettles are not the players they once were.

Pitchers are a different story. The knuckleball and other control type pitchers have allowed many, including Niekro, to continue on at a relatively advanced age. One might even question the physical demands of control pitching, since Niekro admits to smoking and having a generally unhealthy lifestyle.

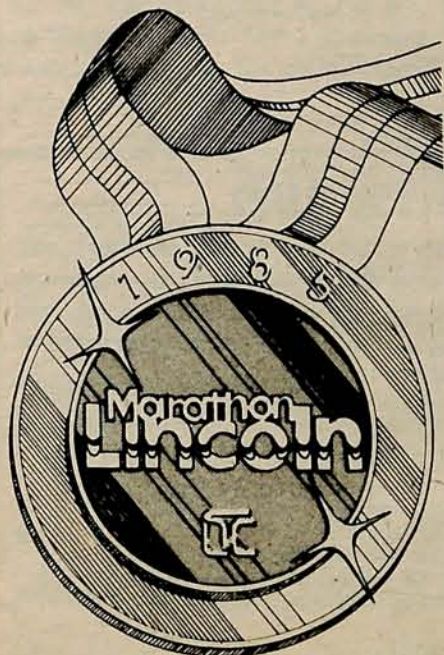
"People have to get the age thing out of their minds. Some are old at 28 and some are young at 40."

— Graig Nettles

"I can't remember the last time I ran," Niekro said in a mid-season interview. "If the other guys did what I did in spring training and what I do during the season, they probably wouldn't get in shape. By the same token, if I did what they did, I might wear myself out."

One might also question the physical demands of tournament golf. It does not seem to require great anaerobic output or aerobic capacity. Yet, old-time golfers will tell you that the

Continued on next page



THE MASTER RETURNS

In 1984 Rev. Dr. Norman Green captured the National Marathon championship in the Lincoln Marathon, by running one of the fastest times ever recorded by a Master's competitor.

Rev. Dr. Green returns in 1985 for the 8th edition of the marathon in Lincoln. Line up with the best, masters, in Lincoln, May 5, 1985.

Write:
Marathon '85
P.O. Box 94871
Lincoln, NE 68509

Continued from previous page

"nerves" or the concentration is affected by aging.

Cases like those of marathoners Carlos Lopes, Joyce Smith, and Priscilla Welch require close scrutiny.

"People ask me why I am running better today than when I was younger," Lopes said in a recent Runner's World interview. "The answer is very easy: I am training much harder than when I was a young runner."

It was also pointed out that Lopes went from full-time employment to a 4-hour work day in preparation for the Olympics.

Like Lopes, Smith was a track runner in her younger days and therefore we really can't measure how much she has lost to aging. It may very well be that Smith could have run a sub-2:20 marathon 10 or 15 years ago had she trained as she now does. And who is to say that Lopes might not have had the marathon record down to 2:06 or so if he had concentrated on that distance in his younger years?

We can also wonder how fast Welch might have run had she begun to adapt to the sport at 25 rather than 35.

While each case is an individual one, there appears to be a common denominator explaining the achievements of most of these middle-aged athletes. It is an attitude — one of enjoying the sport, not giving into the years, and working hard at staying in shape, especially in the off-season.

"I run every day after practice, and I lift weights three times a week," said Stenerud in a Sports Illustrated interview a few months ago. "I love this game. If my mind doesn't go, I just might kick till I die."

When asked about his midlife success, Burke replied: "If you see what you really want, you never stop working for it. My whole thing is to par-

ticipate, not that you have to try to be an Olympic athlete."

And Rose had this to say: "If you're a smart player today, you look at baseball as a 12-month proposition. That's why so many players are playing at 35 and over now. It's easier to stay in shape than to pound back the beer and pretzels all winter and then struggle back down to the playing weight in the spring."

Nettles expressed much the same opinion when he was 37 and was asked about his longevity. "I don't see why 37 is too old," he said. "People are better athletes than they used to be because of better nutrition and better training. People have to get the age thing out of their minds. Some are old at 28 and some are young at 40." □

Editor's Note: Next month, Mike Tymn looks at many of the great over-40 athletes of the past — Satchel Paige, George Blanda, Gordie Howe, Jack Foster, Archie Moore, and others — and gives his ranking of the top ten of all time.

Waddell, Gardner Take Seattle Marathon

Duff Waddell, 42, running in 40° temperatures, was the Masters winner in the 15th Annual Seattle Marathon November 25 in 2:37:25. Channing Berthiaume, 40, was second in 2:39:13.

Rose Gardner, 45, was the first 40-and-over woman in 3:08:15, while Gunhild Morlan took second in 3:10:57.

Sverre Hiltan, 64, won the M60+ division in 3:05:54.

Of the 950 starters, 828 completed the double out-and-back course along Lake Washington. Over a third of the male entrants and more than a fourth of the females were Masters runners, an exceptionally fine turnout on a weekend which saw Seattle hosting the TAC National Masters 5K Cross-country Championships.

John and Mary Reardon were race directors. □

Monahan, Pommier Win Ontario X-C

Pat Monahan, M40, fought off a cold rain and 84 Masters challengers to win the Ontario Masters Cross-Country Championships at Earl Bales Park in Toronto on November 4. Monahan was timed in 32:23 over a course shortened to under 6 miles, by a Parks Department alteration, rather than the advertised 10K.

Shirley Pommier, W35, edged Eleanor Richardson, W40, by fifteen seconds with a 41:54 for first Masters woman honors.

Bob Moore, M40, was second to Monahan in 33:44. Ed Whitlock won the M50 race in 36:33, and Christine Walker took the W45 division in 42:39. □

Coffman Wins...

Continued from page 4

attempting to run 50 marathons during his 50th year, placed 4th in the 50-59 group in 3:08:41. This was his 14th marathon since his birthday September 15.

Robin Hines, 47, of Tullahoma, TN, finished in 3:01:42. Hines has run marathons in 46 states, and only needs runs in Iowa, Kansas, Nebraska and Illinois to complete a 50-state sweep.

Bob Schul, 1964 Olympic 5000-meter gold medalist, was the Friday night clinic speaker. He inspired everyone with stories of his intense training under Mihaly Igloi in Los Angeles in the 60's. Race Chairman Harold Tinsley (who is also the President of the RRCA) presented Schul a Hall of Fame plaque. □

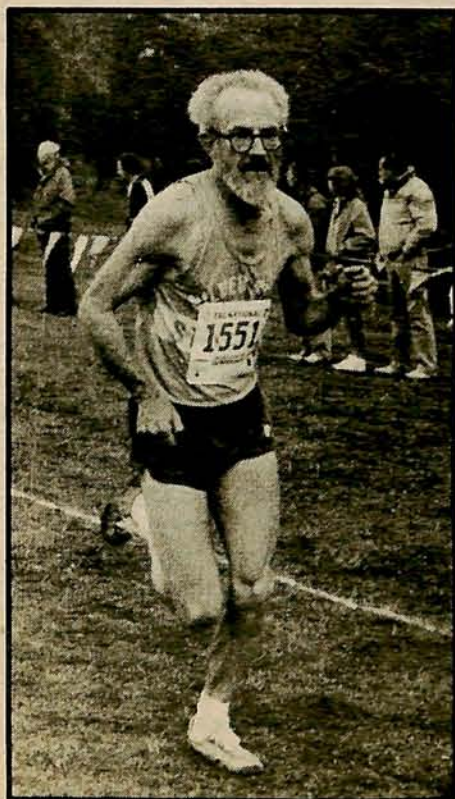
Houston-Tenneco...

Continued from page 1

Like Johnston, Sharon Cooper, 45, defeated younger 40-or-over competitors to win the Master women's title in 3:08:25. Nancy Kapps, 41, was second Master to Cooper with 3:16:19. Marge Trenckmann, 55, won her division in 3:46:14, twenty-five minutes better than the winner of the W50 group.

Silvia Ruegger, 23, won the women's open award of \$20,000 in a fast 2:28:36.

Since the inaugural race in 1972, Houston-Tenneco Marathon entrants have increased by more than 150%. This year's race, with 3,500 entries, was directed by David Hannah. □



Ross Smith, 56, M55 winner (20:02), TAC National Masters 5K X-Country Championships, Seattle, 11/24/84.

photo by Warren McNeely

13th ANNUAL TAC EASTERN MASTERS INDOOR TRACK AND FIELD CHAMPIONSHIPS									
SUNDAY, MARCH 24, 1985 11:00 A.M. WEST POINT FIELD HOUSE, U.S. MILITARY ACADEMY									
7UP NEW YORK					MASTERS				
SPONSORED BY: Seven Up, The New York Masters Sport Club and The Metropolitan Athletics Congress									
SANCTIONED BY: The Metropolitan Athletics Congress.									
ELIGIBILITY: Open to all men and women from ages 30 up, who are REGISTERED with TAC.									
AGE DIVISIONS: Five year divisions from 30 to 89 - men and women.									
ENTRY FEES: \$8.00 1st event (includes travel bag), \$5.00 for each additional event. \$15.00 per relay team (The rental fee is \$225.00 per hour!!)									
ENTRY DEADLINE: Entries must be POSTMARKED by March 11, 1985 and RECEIVED by March 15, 1985.									
POST ENTRIES: NO POST ENTRIES - NO CHANGING EVENTS - NO REFUNDS. - NO TELEPHONE ENTRIES!!									
AWARDS: TAC Championship medals to the first three finishers in each division. Championship patches to the winner in each division (limit - one patch per athlete).									
TEAM AWARDS: Trophies to the winning 30-39, 40-49, 50-59 and 60+ teams.									
TEAM SCORING: The first five in each event, in each division, will be scored separately (6-4-3-2-1) and then added together for the team trophies.									
RELAYS: Must be members of the same TAC club - age of youngest determines team division.									
FACILITIES: 200 meter, 6 lane, tartan track (pin spikes). Bathrooms-no showers or lockers.									
DIRECTIONS: Palisades P'way North to Route 9W North (follow West Point signs) near Highland Falls									
STANDARDS: WAVA (as adopted by TAC Masters T & F Committee-see NMN Dec. '84, pg.32).									
ORDER OF TRACK EVENTS ONE FALSE START RULE: ONE break and you are eliminated!!									
(1) 60yd. hurdles heats 1 mile run 300yd. dash ORDER: Women, then older to younger men									
(2) 60yd. hurdles finals 600yd. run 2 mile run									
(3) 60yd. dash heats 2 mile walk 4x400m relay HEATS: All finals on time except 60yds.									
(4) 60yd. dash finals 1000yd. run 4x800m relay									
TIMING: Northeast Sports Timing Service-Fully Automated Timing by Omega									
ORDER OF FIELD EVENTS									
Event TIME									
Pole vault 11:00 a.m. Bar will NOT BE LOWERED.									
High jump 11:00 a.m. Bar will NOT BE LOWERED.									
Long jump 11:00 a.m. Younger to older men, then women									
Triple jump following LJ-Younger to older men, women									
Shot put 11:00 a.m. Younger to older men, then women									
Weight Throw 12:00 noon Younger to older men, then women									
(Scheduled for outdoors-weather permitting-if not, after shot put)									
TRIALS: All events will be finals - MAXIMUM 4 jumps or throws									
CHECK FLIGHT SCHEDULE AT 11 a.m.									
OFFICIAL ENTRY BLANK (may be copied) 1985 TAC EASTERN MASTERS INDOOR T & F CHAMPIONSHIPS									
PLEASE PRINT									
NAME		TAC #		Entries not accepted without TAC # (available day of meet - \$6.00)					
ADDRESS		CITY		STATE		ZIP			
TAC CLUB		SEX M F		AGE		BIRTHDATE / /			
EVENT		SEED TIME		EVENT		SEED TIME		EVENT	
AMOUNT ENCLOSED - Make checks or money orders payable to EASTERN TAC REGINALS									
First Event - \$8.00									
Each Additional @ \$5.00 =									
Total Amount Enclosed =									
MAIL TO: SANDY PASHKIN 363 Edgecombe Ave. #54 New York, NY 10031									
ATHLETE'S RELEASE:									
I do hereby for myself, my heirs and my executors, waive any and all claims for injuries or claims sustained by my participation in the 13th ANNUAL TAC MASTERS INDOOR TRACK AND FIELD CHAMPIONSHIPS against The Metropolitan Athletics Congress, Seven Up, The New York Masters Sport Club, the U.S. Military Academy and all other sponsors. I certify that I have trained for the events I have entered and am in good health.									
SIGNATURE (sign)					DATE				



On Approaching Every Problem With an OPEN MOUTH

by W. MacDonald Miller

A NEW LEAF

There's nothing I like better than the prospect of a new year. The holidays — life's all time mixed blessing — are behind us and we're face to face with the proverbial fresh start. A new year, a new beginning and a time for new direction, friends and habits.

Let's not bore one another with any New Year's resolution talk. It goes without saying that we're all going to lose some weight, do more speed work, work on the weights and finally stay away from all sugar and fat. Now that we've taken care of the easy stuff, let's get back in the real world and talk about what truly needs to be done.

First off, my wife and I have decided that 1985 will be a year we will face as a team. We have always been supportive of each other, but we had to admit, during our "Reviewing Old Friendships" session New Year's Day, that we're all inclined to do our own thing,

go our own way, so to speak.

We decided right off the bat that, during 1985, we would have no two-a-days. Wife was reluctant at first but, in the spirit of our new relationship, she agreed.

Actually it made all kinds of sense.

MIDWEST MASTERS 1985 Schedule of Events

FEBRUARY 24 SUNDAY - 8 a.m.	Indoor T/F Meet College of DuPage 22nd & Lambert Road Glen Ellyn, IL	Open to all ages 10 Lap track
MARCH 17 SUNDAY - 8 a.m.	Indoor T/F Meet College of DuPage 22nd & Lambert Road Glen Ellyn, IL	Open to all ages 10 Lap track
JULY 13 SATURDAY - 8 a.m.	Outdoor T/F Meet York High School Spring Road & St. Chas. Road Elmhurst, IL	Open to all ages
AUGUST 17 SATURDAY - 8 a.m.	Outdoor T/F Meet York High School Spring Rd. & St. Chas. Road Elmhurst, IL	Open to all ages
AUGUST 25 SATURDAY - 7 a.m.	25 K Road Race Lake Bluff Junior H.S. Rt. 176 & Sheridan Road Lake Bluff, IL	Open to all ages Cara Circuit Event
NOVEMBER 24 SUNDAY - 10 a.m.	5K Cross Country Veteran's Park Rt. 176 & Walkup St. Crystal Lake, IL	Open to all ages
DECEMBER 29 SUNDAY - 9 a.m.	30K Road Race Lake Bluff, Junior H.S. Rt. 176 & Sheridan Road Lake Bluff, IL	Open to all ages
ENTRY FEE	\$5.00	
AWARDS	First 5 in each age group	
INFORMATION	Wendell Miller 7250 North Cicero Lincolnwood, IL 60646 312/234-2154	

	AGE GROUPS	DESCRIPTION
MEN AND WOMEN	1. 0-11	GS
	2. 12-13	JR HI
	3. 14-15	FR-SOPH
	4. 16-17	HS
	5. 18-21	COLLEGE
	6. 22-29	OPEN
	7. 30-34	SUB MASTERS
	8. 35-39	
	9. 40-44	1A
	10. 45-49	1B
	11. 50-54	2A
	12. 55-59	2B
	13. 60-64	3A
	14. 65-69	3B
	15. 70-74	4A
	16. 75-79	4B



Morgan Looney finishing with a smile in Huntsville, Alabama December 15, taking second place in the M40-44 division.

photo by Jim Oaks

I've got this bad hamstring, and that daylight stuff is awkward, especially when you have young people at home like we do. We decided that during 1985 we would search out and attend worthwhile seminars, not only concerning running, but also related areas of health and fitness.

Coming up early in February is a Dog and Pony Sex Seminar in Tijuana, Mexico that is on the don't miss list for both of us. Another workshop that has our curiosity aroused is a Nude Record-Keeping/Certification Seminar in Arizona during March. I get goose bumps just thinking about rubbing my entire body and, no doubt, others with sun tan oil. It's a people helping people thing and we are planning to attend.

One of the things that make starting a new year so much fun is setting up your new calendar. For Christmas, my kids gave my wife and me a 1985 Erotic Running Log. I think it's going to further spice up what already looks like an exciting year. It's all in fun and, actually, it's quite practical.

Your standard running log had columns for miles run, weather, weight, time, you know, pretty much the basics. Our new log has columns and extra space for just about everything

and anything. For instance, there's a place for you to record the price of regular in your area on a given day. Granted, life is more than the price of regular gasoline but just the same, 99 cents is a fairly common occurrence these days where we live. Awesome!

There's a special column for the date you rotated the tires on your car, and I don't think I need to go into how easy it is to misplace this kind of information in today's busy world.

There are several columns devoted to outside interests that could conflict with high stress training. There are separate columns for sexual activity: Given, Received or Watched. This is broken down further in columns to cover Men, Women and Others.

Duration, terrain, wind-chill, apparel, age and the like are covered under an Incidental section. Remember, there's a lot more to sex than just love. I've had an on-again bout with flu ever since the holidays so, to be honest, I haven't had much occasion to put my new log to work. Everytime I ask my wife what she's writing in hers she just smiles and says, "Even Phil Donohue would have trouble with this." □



MASTERS TRACK & FIELD REPORT

by JERRY ALAN DONLEY

Chairman, TAC Masters Track & Field Committee

Every month I receive letters from individuals from all over the country asking for information about The Athletics Congress. They generally ask how to obtain a TAC/USA registration card.

In each area, a specific person has the duty to issue a TAC card, but some local associations are not active. They don't get the word out that they exist — to the detriment of the registration chairmen and individuals who would register if they knew how to do it.

Most competitors — youth, open, or Masters — are content to compete and not get involved. It is easy to complain that a meet was poorly run and that officials did not know the rules.

However, if there are no volunteers, there will be no TAC/USA.

So what? Who cares?

To present any sort of competition, there must be rules, guidelines and direction. There must be a central control, such as TAC/USA. If a rule change is needed, a national organization is the only place to get that accomplished. If competitors persist in violating rules, they must be enforced. That can only be done by a central controlling body. Who makes up that central body? If you don't care and don't get involved, it can become a small group of individuals who could live on forever, doing little and not worrying because no one cares. TAC/USA, while composed of volunteers, is also a political animal. Its representatives are elected, and those elections start at the local club and association level.

When I came out of school, I took a job in the local District Attorney's Office, and became involved in local politics. At that point I thought that the only really "political" people were Republicans and Democrats. Later I became involved with church activities, and I soon learned that, even in church activities, politics play a very active role in promoting a particular group's interests, whether on a local, regional, or national level.

I have recently discovered that none of these groups can carry a candle, politically, to amateur athletics. If you don't know the rules, if you don't care about the involvement, if you aren't interested in putting out some effort, you'll become buried and lost. I think that's exactly what's occurring on many local levels. Every time you sign a TAC/USA registration card and pay your \$6.00 and check "Masters" as your group, a dollar of that ultimately comes back to your local association. It should be used for Masters Com-

petitors, if for nothing else than to set up a fund to help your designated representatives get to the National Convention so they can become actively involved in the overall process. But if you don't even get involved on the local level, somebody else will take care of all of those little details.

Do you know how much is in your local association's treasury? Better yet, what is your local association's name? Where does it meet? When does it meet? Who are its officers? Who handles the finances? When are financial reports made? Who sets up the budget? Is any accounting made of any monies that are received by the local



Tom Ulik, 43, after coming in 5th overall in the 100K Fitzgerald Memorial, Oct. 27, with a time of 8:48:37. Tom is the Director of Wisconsin's Ice Age Trail 50 Mile race.

membership? Why not? Because you are not involved.

You can't let a small group of individuals worry about promoting the Masters Program when no Master athlete is concerned.

This doesn't mean you have to become a politician — become an officer or a committee chairman. But usually you can tell the quality of any organization by its membership participation at meetings. That is where the action is. That is where things get done.

If you will participate you will see an improvement in finances, you'll see an improvement in officiating, you'll see an improvement in the quality of meets, and probably fewer complaints and criticisms.

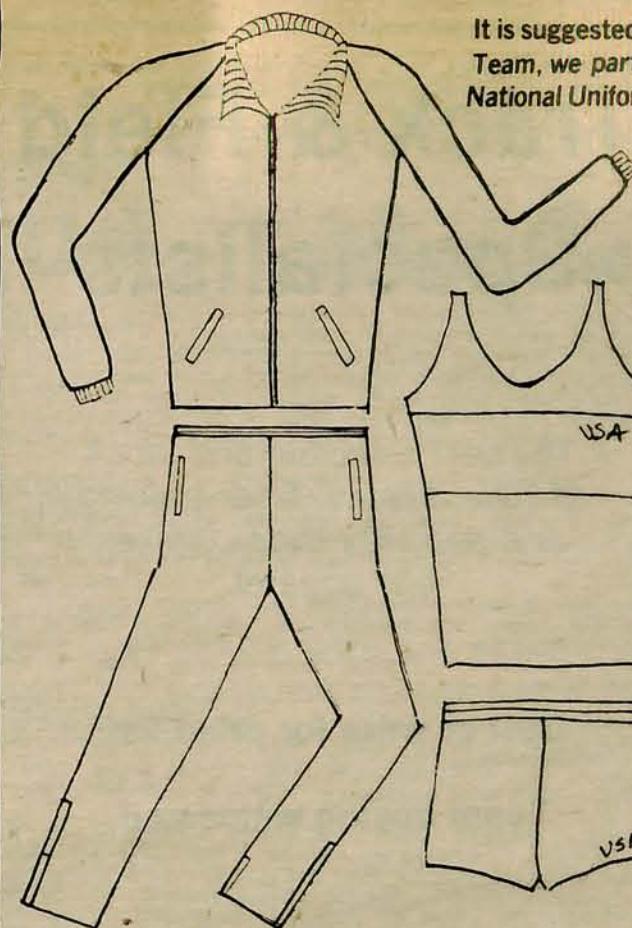
Some time and effort will be required. But if you try it, I think you'll like the results. □



TAC Masters T&F Chairman Jerry Donley announcing awards at TAC luncheon in San Diego. photo by Gretchen Snyder

Uniforms for WORLD CLASS GAMES! rome '85

VI World Masters Track & Field Championships
June 22-30



It is suggested that, as a US National Team, we participate in an appropriate National Uniform. The Masters Track & Field Committee has contracted with KAPPA for a uniform package.

\$50

*nylon tricot singlet

*nylon tricot short w/liner

*carry bag

*high quality cotton presentation uniform

*it is critical to have these suits ordered no later than 2/5/85

to order send \$50 US to:

Jerry Donley
1715 Alamo Ave.
Colorado Springs, CO 80907

Name _____

Address _____

*Circle size: xs, s, m, l, xl

*Circle sex: Male Female

event _____

height _____

weight _____



SPEAKER'S CORNER

by DIXON HEMPHILL

T.U.R.

It all began on my 58th birthday, when I went to the Fairfax Hospital as an out-patient for a routine cystoscopic examination of my prostate gland, which, over the years, had become enlarged. This condition, according to the medical books, happens to one out of every three males in his fifties and one out of every two in their sixties. So I didn't feel too concerned, or even apprehensive, about the possibility of surgery if the examination indicated an operation was necessary.

Following the exam during which I was 'put under' for several hours, I awoke as a nurse was wheeling my bed into a room. When I said something about it being a pretty fancy 'Recovery Room', she informed me that I was spending the night there. A few minutes later my wife came in to inform me that the doctor had discovered an obstruction severe enough to warrant surgery right away.

It was decided that a transurethral resection of the prostate, better known as a 'TUR', would be performed Wednesday morning — two days away.

The whole family tramped into my hospital room that evening to help me celebrate my birthday, but my heart really wasn't in it. I would have much preferred to return home and continue my daily training runs and week-end



VICKI JOHNSON, setting U.S. Age 41 record for 50K and 100K, Tallahassee Ultra Classic, 12/15/84.

photo by Rex Cleveland

aces; but, realistically, I knew it was best to have the operation right away.

I will spare you the details of this operation. Suffice it to say, I'm glad it's over. However, I hasten to tell anyone who might be faced with the same physical condition to go ahead and have the operation. It is not painful and the success rate is very, very high.

If you're a runner and go to a hospital for any sort of surgery, I suggest that you advise everyone, starting, of course with your personal physician, that you do 'X' number of miles per week and that your resting heart beat is fairly low. By so telling all the nurses and doctors with whom I had contact during my stay at the hospital, I lessened their concern on more than one occasion. One nurse that I neglected to advise was so startled at feeling a 40 pulse rate one morning that she insisted on taking my pulse two more times just to be sure. She seemed much relieved to learn from me that I was a runner.

I began to feel pretty good a few days after surgery, especially after the catheter was removed, and I was allowed to walk up and down the corridors without carrying the little 'bag' attached to the end of the tube. For those who have never been a patient, let me warn you that hospitals certainly take away every trace of dignity and egotism a person may possess. How important can you feel dressed in a white gown worn backwards, stripped initially of your wrist watch, eyeglasses, even false teeth, if you have any, and at the mercy of all kinds of nurses who take blood samples at 5 am, your pulse, blood pressure and temperature three times a day and give you pills every few hours? Fortunately, this feeling of inferiority and insecurity

only lasts a few days, and soon you're dressed in your very own pajamas, wearing a watch and glasses, and, as you feel progressively better, enjoy the nurses' visits more and more.

One of the highlights of my stay at the hospital was a visit from my son, Jim, who was home from college for the holidays. It wasn't just the fact that he came in to watch the Washington Redskins-Minnesota Vikings football game with me, but what he brought along (with permission from the doctors and nurses) — a six-pack of Budweiser!

It was at this time of my six-day visit to Fairfax Hospital that I began walking in earnest around the corridors. One of the nurses, after watching me make the circuit for the fourth time, called to me, "It's only 10 times around to the mile." Actually, I counted my paces and figured it was nearer 16 times to a mile, so my daily training walks were really quite insignificant, because I never got past seven.

At home, I continued to walk, first in the neighborhood and, more recently, at Burke Lake. Now, 14 days after the operation, I'm up to two miles. The first day, at the lake, I covered this distance, accompanied by my wife, June, in 41 minutes. Yesterday, we raced the distance in a little over 39 minutes and today set a new course record: 37:51. It's a bit disheartening to realize I completed the 4½ mile course around the lake in 29:55 in a race last summer, but better days are ahead — it's just a matter of time!

(P.S. Visits, calls and cards from friends, including fellow runners were very much appreciated. □)

Vasquez, Foltz Win U.S. 15K X-C

Sal Vasquez, M40, ran 51:07 to win the TAC National Masters 15K Cross-Country Championships in Houston, Texas, on November 3. Vicki Foltz, W40, was the women's winner with 61:32, seventeen minutes faster than her closest W40 opponent.

Vasquez's victory margin was much closer but still substantial over Kirk Randall, M40, who finished in 52:54, just four seconds in front of Jerry Lynch, M40.

Stan Kelley took the M45 division in 60:21. Ray Hatton's M50 winning time of 53:08 placed him fourth overall, and Jim O'Neil won the M55 race by only five seconds in 57:27 over Howard Rubin.

Donna Wright, W45 winner, was second to Foltz in 68:26.

Handicap race winners were O'Neil, whose net time was 42:47 (57:27-14:40) and Foltz, whose adjusted time was 48:12 (61:32-13:20).

One hundred and thirty-six runners finished the course. □



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PROFILE

Ed Chynoweth offers an M60 case history for those who are puzzled by the strange ups and downs of javelin throwers:

"After a winter of regular workouts, weekly throwing and modest weight program, I was at peak form last April and May, (169', 177', 181'10" and 176') before getting careless and taling off. On the soul-searching drive home from the June 9 Trojan meet, it came to me that I had reverted to the 'force-it' syndrome, and not keeping it 'high and back.' In a practice session the next day, I concentrated, threw longer and hoped I'd found the answer."

However, on June 16, during a hot throwing session, Chynoweth's tiredness caused his feet to crossover and he fell heavily to the runway on his right shoulder and wrist.

"Since nothing was broken and I could still throw (it wasn't my first fall, but it probably was the worst), I did, assuming the developing stiffness under my right armpit was just temporary."

But in a number of subsequent meets later on, the "stiffness" persisted and his throwing had lost its punch. "My throws were consistently 40-feet under my May throws. My right scapula started 'winging out.'"

Finally, after the October 6 Goleta meet and no improvement, Chynoweth saw a chiropractor. He also saw a

neurologist and a neurosurgeon. "The consensus diagnosis: stretched 'long thoracic nerve of Bell,' causing palsy, paralysis, atrophy of the serratus anterior, crucial to scapular support and throwing power. Prognosis: not dangerous, but no known remedy. The nerve will either heal by itself and start, in turn, strengthening the muscle, or the condition will be permanent. Three more months should tell."

Ed advises his javelin enthusiast friends that if you don't see him around this season, you'll know he's working on building up his left throwing arm.

"The moral of this tale," he said, "is adhere strictly to the Conley javelin metaphors — 'like an arrow, straight and true,' etc. — keeping your javelin 'high and way back.' It's the last element to start forward. And, if you must fall, land on your head, sternum, or any part of your left-side anatomy. But — and this above all — do not, under any circumstances, land on your throwing arm." □

Macy's Marathon & 10K Draw 7000

Approximately 7,000 runners competed in the combined Macy's Marathon and 10K November 4 in Kansas City, Missouri. Of the 1,200 starters in the marathon, 874 finished, while 4,734 of the 5,800 10K starters completed the shorter race.

Leonard Roth, 41, of Lee's Summit, Missouri, was the first Master and fourteenth overall in the marathon in 2:41:24. Connie Burroughs, 41, of Kansas City, Missouri, won the Masters women's race in 3:06:48, finishing fifth overall.

Steve Larson, 46, Des Moines, Iowa, took the 10K Masters title with 33:27. Second M40-or-over was Clyde Davidson, 46, of Emporia, Kansas, thirteen seconds back.

Jerry Morrison, 61, of Parkville, Missouri, won the M60-69 division with a very fast 37:03, eighteen seconds over Hubert Morgan's U.S. 60-64 record.

Dolores Albertini, 47, of Maryville, Missouri, won the W40-and-over division. □



Receiving awards for 10K W35 IGAL Championships in San Diego, December 1, are Gabriele Andersen (39) of Switzerland, who was first (middle), Fordie Madeira (39), U.S., 2nd (right), and Linda Findley (37), Canada, 3rd.

photo by Gretchen Snyder

Welch Wins Wendy's 10K

Running in stiff winds and a hard, cold rain, Great Britain's Priscilla Welch, 39, who finished sixth in the women's marathon in the Los Angeles Olympic Games, was the women's open winner in Wendy's 10K Classic in Bowling Green, Kentucky, on November 10. Welch's time of 33:05 was more than a minute faster than that of her nearest challenger, Julie Isphording, 22, who finished in 34:12.

"I was a bit disappointed that I didn't better 32 minutes, but I was hap-

py with my time considering the weather and cold rain," Welch said. "I've trained in rain quite a bit, being from England, but I've never run in as hard a rain."

The Masters men's race was won by Don Coffman, 41, who was 47th overall with 31:47. Bill Olrich, 49, was the second 40-or-over finisher in 32:51.

Forty-eight hundred runners were at the start of the race, considered one of the top 25 road races in the country. David L. Mason was race director.

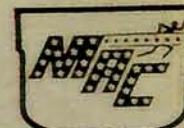
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1500 meter run 200 meter run SHOT PUT WEIGHT THROW (OUTDOORS)
3000 meter walk 3000 meter run LONG JUMP TRIPLE JUMP

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Fred Hammond, 47, of Hammond, Indiana, winning the Masters race, St. Louis Marathon, 11/18/84, 2:43:03.

Marathon Foto



Pagliano's Podiatric Pointers

THE FOOT BEAT

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

Q I am a 55 year old long distance runner. I have been running since I was in high school and have never had an injury. However, over the past several months, I have had a sharp pain up the back of my leg and into my buttocks. My chiropractor has diagnosed it as sciatica. I have used Clinoril pills to relieve the pain but they have given me an ulcer. My back has been manipulated but the pain is still there. What can I do to get rid of this sciatica?

A Sciatic nerve pain is a very difficult medical entity to deal with. There is controversy as to the cause of sciatica, as well as its origins.

Irritation of the sciatic nerve can be described as a sharp pain that originates in the lower back and radiates underneath the buttocks and down the back of the leg. The pain is usually described as sharp in nature and is very disabling. Those suffering from this disorder have difficulty in raising the affected leg, walking and even sleeping comfortably.

There are many theories as to the cause of sciatic nerve pain. Many attribute it to irritation due to lower back disorders, such as a pinched nerve or compression of the lumbar nerve roots (those in the lower back), herniated disc or congenital back problems.

Other theories include compression of the sciatic nerve by the piriformis muscle which is in the buttocks area.

There are many ways to treat sciatic

nerve pain, but, unfortunately, not all of them are successful. Probably your best starting point is with a complete examination of the lower back to rule out any disc disease. Your orthopedist may wish to x-ray the back area. Once lower back pathology is ruled out, the sciatic nerve may be medically examined by touch to determine if there is an entrapment underneath a muscle.

A complete biomechanical evalua-

tion should be performed to rule out such things as a short leg syndrome, which may be aggravating the nerve, or certain foot pathologies, such as flat feet, which may irritate the nerve.

In any case which involves weakness of the toe muscles or other certain reflex changes, all physical activity must stop until the cause is determined. In these cases, electromyography and, if necessary, myelography may be performed. In many cases, surgical intervention is required and most runners are able to return to running on an asymptomatic basis.

One may wish to undergo conventional stretching exercises and heel lifts which may relieve pressure to the hamstring and upper leg area. Stretching can be performed by placing your heel on a stool and slowly bending forward to stretch the gluteal area. These exercises should be performed slowly and gradually.

Running in water may be substituted for heavier exercises and ice should be applied after activity. Warm moist packs may be applied to the area in the evenings.

Along with the stretching exercises,

you may wish to strengthen the abdominal area by performing bent knee sit ups.

If the hamstrings are aggravated along with the sciatic nerve, physical therapy should be initiated. The use of ultrasound with gentle hamstring exercises may be performed under the careful supervision of your athletic trainer or registered physical therapist.

There has been some controversy as to the use of steroid injections into the sciatic area. This should be discussed with your orthopedist and its pro's and con's discussed. Analgesics, anti-inflammatories and sedatives may be prescribed in severe cases. After the acute inflammatory condition has subsided, therapy, massage, hot baths and chiropractic adjustment may be necessary. □

(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.)

Write On

Continued from page 2

MALE CHAUVINISM

I am writing in response to Marilyn Fitzgerald's comments (Jan. NMN) concerning the National Masters 10K X-C Championships in Holmdel, NJ.

Since there is very little fame, glory, or prosperity to be had by sponsoring masters X-C meets, one can only assume that Ron Salvio and his committee expended their prodigious efforts in order to promote the sport for men and women masters of all ages.

That the spectators failed to recognize that the schedule had saved the premier events (older men and the women) for last can hardly be blamed on the race organizers. Likewise separating the large number of male entrants into age groups is not preferential treatment, just good race management.

I look forward to the day when the number of female entrants in cross-country races will dictate several separate races for us, too.

Barbara Pike
Concord, Mass.

TERMSERVED

In the November issue of NMN, there was a picture of Ted Cain. I thought Ted was banned from Masters competition because of the many years he stated he was much older than he really was? Is he legally allowed to compete again in the 40-44 age group? If so, what's to stop others from having two shots at an age group? What about all the medals that others were cheated out of in the past? Frankly, I'd be embarrassed to face my fellow competitors after taking their medals away

from them under false pretenses. Your comment, please.

Dick Glasgow
San Diego, CA

(In 1977, Cain, now 42, was banned from TAC Masters competition for a period of two years, in accordance with TAC's policy. Seven years have passed, and he is now eligible and welcome to compete in Masters meets and races. — Ed.)

AGE-FACTOR SCORING TABLES

Jim Weed and his menhunes deserve praise for developing one-year age-factor scoring tables for multi-events. Phil Partridge should be com-

Continued on page 23

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Shanghai Cup 10K, 20K & Marathon	Mar. 17	Montreal Marathon	Sept. 22
B.A.A. Boston Marathon	Apr. 15	Athens Marathon	Oct. 13?
London Marathon	Apr. 21	New York City Marathon	Oct. 27
Paris Marathon	May 11	Dublin City Marathon	Oct. 28
Stockholm Marathon	June 1	Winstone Auckland Marathon	Nov. 17
World Masters T & F Championships	June 22-30	Honolulu Marathon	Dec. 8
		Avon Int. Women's Champ.	Dec. 15?



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Billie Murphy, 57, W55 winner (24:59), TAC National Masters 5K X-Country Championships, Seattle, 11/24/84.

photo by Warren McNeely



INTERNATIONAL SECTION

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



4 months to go

COUNTDOWN TO ROME

by BOB FINE,
North American Representative to WAVA

Probably nothing is duller and of less interest to an athlete than the structure of the sport. All the "initialed" groups that control the structure seem to be so much gobbledygook.

When the Masters' program started, all we wanted was to compete, and not be controlled by any organization. As the program developed, it became apparent that there would have to be some group deciding on rules, standards, site selection, record keeping, income and expenses. Like it or not, we found that the rules developed over many decades by the Amateur Athletic Union (AAU) and its successor organization, The Athletic Congress (TAC) were necessary and usually reasonable ones.

An important structural change in the Masters program is about to take place on the international level. The International Amateur Athletic Federation (IAAF) which has been the governing body for athletics throughout the world, and which had disclaimed jurisdiction over the Masters, has now established a Veterans' Committee with a view to having the Veterans (Masters) part of the IAAF.

At present there have been two veteran athletic groups; WAVA (World Association of Veteran Athletes) and IGAL (World Association of Veteran Distance Runners). WAVA is a well structured organization holding world championships every odd-numbered year, plus various regional championships. IGAL holds a World 10K and 25K Road Championship every odd-numbered year, and a 10K and Marathon every even-numbered year. Until this year, IGAL did not have a constitution and was very loosely structured.

A meeting was held with Hans

Skaset, of Norway and the IAAF, Chairing in San Diego. Seven representatives from WAVA and two representatives from IGAL were present. Three

Continued on page 26



Hans Skaset of Norway, IAAF representative, explaining WAVA/IGAL/IAAF merger at joint Masters LDR/T&F meeting in San Diego.

photo by Gretchen Snyder



Oregon's Ray Hatton, right, receives his award from Nike rep Chris Monty for winning the 50-54 division of the IGAL World Veterans 10K in 33:15. Britain's John Wood, left, took 3rd in 34:21.

photo by Gretchen Snyder

Gilmour Sets Five World Marks

Australia's John Gilmour set five world records for men age 65-69 in a seven-week span last fall.

One of the top veteran runners in the world, Gilmour is healthy again following his injury at the V World Veterans Games in Puerto Rico in 1983.

Turning 65 in 1984, Gilmour set a world M65 one-hour run mark of 15,893 meters (9 miles, 1540 yards) on October 7. The next week, he ran a half-marathon in 1:19:47, a world M65 best.

In his third race, on October 28, he competed in the annual "John Gilmour 10,000 meter Run in West Australia, clocking 36:11, only seven seconds off the world M65 best. On that same afternoon, he set a new M65 mile record of 5:20.4, breaking the late Monty Montgomery's mark by two seconds.

Continued on page 16

Former Champions Part of the Pack in Honolulu

Old leaders never die. They just become a part of the pack.

At least that was the case in the 12th annual Honolulu Marathon on December 10 as an Olympic marathon gold medal winner and two former Boston Marathon winners were among the "people" in what is called the "people's race."

Frank Shorter, the gold medalist at Munich in 1972 and silver medalist in Montreal four years later, finished 30th in 2:36:57. Yoshiaki Unetani, the 1969 Boston Marathon winner, was 37th in 2:39:18 and Keizo Yamada, the 1953 Boston winner, finished in 3:01:05.

Shorter had a frustrated expression as he slowly walked through the finish line chutes.

"I felt great going into the race," he

Continued on page 23

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RE RUN

THEY CAN'T BE RUNNERS, THEY'RE TOO OLD

Hal Higdon

"The Kiwanis Magazine" July-August, 1973

1972: 1st International Masters T & F Competition Tour

THEY WERE demolishing a building across the street from our hotel in London. Each day during the week of the International Veteran's Athletic Meeting I watched fascinated as workmen pecked at the masonry, and bit by bit pieces of the old structure came unstuck to crash below.

One might compare that building to the human body. It takes time to construct, decays gradually, but eventually along come the wreckers. Perhaps that's one of the attractions of veteran's athletics (for men over forty) — by conditioning yourself and even competing as in youth you can become younger physically and spiritually while aging chronologically. It is almost as though, after the workmen's daily demolition, a night crew of masons appeared to raise the building higher than before. Of course, this only postpones the inevitable, but as I watched I couldn't help thinking that elsewhere a tractor crane would have swung its iron ball, and the building would have fall in hours instead of weeks.

Michigan City, Indiana: August 7, 11:30 p.m. David Pain is on the telephone. "The Finns are talking about attracting 10,000 people into the Helsinki Olympic stadium," he says, "but I told them all we want is to have a nice track meet, then go out afterwards and drink some beer." I have called David Pain in San Diego to confirm my participation on his tour. I am forty-one years old and reliving my youth. Last week I ran seventy miles in practice, and at the end of the month I will be going to Europe not as a tourist, but to compete as an athlete with the US Master's International Track Team.

Pain is leading our team. A fifty-year-old San Diego lawyer, David Pain is as bald as Yul Brynner and as bullheaded as Brynner's King of Siam. He is also the father of the Master's movement in the United States. Originally a handball player, he switched to jogging in his mid-forties but missed the competitive aspects of his old sport. So, in San Diego in 1968 he staged a full-event track and field meet for older athletes which has blossomed into a sort of geriatric Olympics. Each July it attracts not only former Olympic champions (George Rhoden, Hal Connolly, Bob Richards), but also novices who never donned spikes before reaching forty. The meet features separate divisions for runners in their forties, fifties, sixties, and seventies, and if an eighty-year-old athlete ever appears David probably will strike a special medal in his honor.

For 1972 he planned a standard spectator tour of the Olympic Games for participants in the Master's meet. Next he decided to add

one or two track meets in England and Germany. ("David figured as long as we were over there, we might as well do something other than sit in stadiums," explains his wife Helen.) Then as possibilities for other competitions materialized in Scandinavia, most members decided to abandon their spectator role at the Olympics. I asked my wife to come, but Rose said she would rather spend the money remodeling her kitchen. I have the feeling that even if I win, I'll lose.

Michigan City: August 14, 12:00 p.m. The mail today brings a final newsletter from San Diego giving the schedule of events in London. It also lists the reasons why a number of previously signed athletes will miss the tour: Rus Niblock (Seattle), bad leg; Don Cheek (Los Angeles), hamstring; Harold Elrick (San Diego), broken leg (fell on curb of track); Gene Kanrass (Denver), Achilles; Tom Sturak (Los Angeles), bad back. It sounds like the cast and plot of "Medical Center." What will the injury list look like by the end of the trip?

Randall's Island, New York: August 19, 11:30 a.m. En route to Europe I stop in New York to attend a track meet containing several Master's events. I attempt to explain Master's track to my brother-in-law, Lou Faboricatore, who works for IBM: "Most veteran athletes fall into one of three categories. There's the new jock, who never competed in track before turning forty. Then there's the old jock, who retired after graduation and only recently returned to competition. Finally there's the runner who never has retired."

"You mean the smelly jock," says my brother-in-law.

"That's me," I admit.

Boston, Massachusetts: August 20, 2:30 p.m. Sunday I shuttle to Boston to connect with Pain's charter flight coming from Oakland. At the Boston airport I encounter Ohioans Virgil Yehnert, Roland Anspach, and their wives. I spot them easily since they all wear bright red windbreakers with "US MASTERS" across the back. (The only thing brighter in the history of American sports is Andy Granatelli's race cars.)

Roland once had a farm, but now works for General Motors in Dayton. When he turned forty he began to run even though he had never competed in track before. "It was something I always had wanted to do," he explained at lunch. "At first I trained while delivering my son's paper route so the neighbors wouldn't think me crazy." After six months' preparation Roland entered his first competitive race, a Master's mile at Ohio University, and wheezed across the line in 5:50. That had been four years ago

and this summer he had run on a 24-hour relay team averaging 5:27 for twenty-five separate miles. He no longer delivers newspapers. "The neighbors are used to me now."

The charter arrives from Oakland at 4:30 and David Pain appears in the waiting room to dispense star-spangled hats. We may not be fast, but we'll be highly visible. On the plane I sit next to Scott Hamilton, an ecologist from Hawaii. We are sharing our stretch jet with a group of Stanford alumni, and Scott has made the mistake of approaching one of them to ask if he is with our Master's group. "Do I look like I'm over forty?" the Stanford man snaps. Exercising considerable restraint, Scott backs away.

Atlantic Ocean: Indeterminate time Thane Baker, a former Olympic medal winner, stands in the aisle holding a light meter. "I wanted to catch the sunset, but it's too late," he says. Thane works as a procurement officer for Mobile Oil in Dallas. Since retiring after the 1956 Olympic Games he has worked out only occasionally, but in mid-July ran 9.8 for 100 yards. "I had one of those Texas winds behind me," he says apologetically.

Thane inquires about running surfaces. The Crystal Palace in London has a Tartan track, a rubberized, all-weather surface developed during the last decade. "You know, I've never run on an all-weather track before," he admits. "I don't even own a pair of shoes with short spikes yet."

London, England: August 21, 7:30 a.m. I have lost a day somewhere. Every time I started to fall asleep on the plane the stewardess placed another tray on my lap. Now we are at our hotel and I am about to be fed my third meal in six hours: breakfast. I recognize this as merely a stalling tactic on the part of David Pain. Our rooms won't be ready until noon and he wants to keep us from rioting. Actually, I have never encountered a group of travelers less bothered by inconveniences. Had this been the Olympic team, we would have been screaming about bureaucratic mismanagement; as grandfather jocks we are more understanding.

After the meal Pain introduces Jack Fitzgerald, one of the meet organizers. Because of an incredible 176 entries in the 5000 meter run, only the forty fastest will race on the track at Crystal Palace. A second heat will start on the track but continue outside the stadium. Some of the runners want to shift events. Fitzgerald refuses: "John Hayward, the track secretary, categorically said he will not accept late changes." Groans from the crowd. Fitzgerald then announces

that the bar at Crystal Palace will be open until 11:00 after the meet on Thursday and 12:00 on Friday. Loud cheers.

London: 7:30 p.m. I finally get my room and a few hours sleep. Later that evening several of us meet with track secretary John Hayward. "I've never tackled an event of this size before," he admits. He must contend with 430 individuals, 800 event entries. Most of the entrants are British or American, but we also have Canadians and Australians in our tour group.

Hayward also must contend with David Pain, who originally had submitted one list to conform to a July 24 entry deadline, then later submitted a second list of corrections. Hayward frowns: "We received this last list from you dated July 24, but post-marked three weeks later."

"My secretary must have forgotten to mail it," says David with the impassiveness of a Buddha.

"If I let one athlete change, I'll have to let all of them change," pleads Hayward.

"Well this one person has a very serious injury and wants to switch from the hammer to the long jump."

"I can't resist that change," says Hayward, noting it on a piece of paper. "What's wrong with him?"

"He hurt his finger."

Many arguments later we retire to a restaurant. Hayward relaxes over a glass of red wine. In addition to planning the meet, he also will be running in the Division I (forty and over) 800 meter run. "I've been an angry athlete for years, always fighting autocratic officials," he says, "and here I am sitting in their seat."

"How many spectators will be at the meet?" I ask.

"Hard to say, We've been telephoning reporters all week. The regulars are over chasing scandal stories in Munich. That's more important than pure athletics. Only the tats are left behind. They're insolent over the phone when you suggest they cover a contest for men in their forties."

"The stands at Crystal Palace hold 12,000," says Jack Fitzgerald. "The club boys will come. I would like to think 1500 will show up."

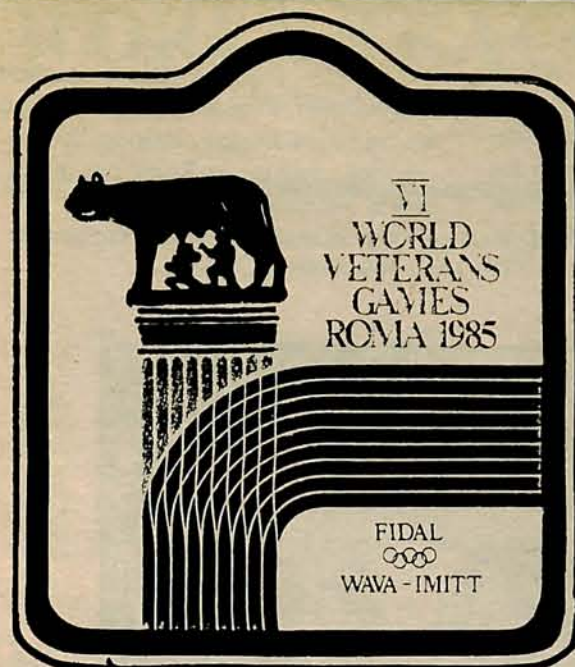
If so, it will set a world's record. Nobody ever comes to the Master's meet in San Diego except friends and relatives — and not too many of them.

More about Sir Stuart Malinson, Sir Roger Bannister, Sen. Alan Cranston, Bud Deacon, Thane Baker, & more ... Next issue. In the meantime, phone (619) 225-9555 for Rome.

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VI WORLD VETERANS GAMES ROMA

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8 CALLING ROOM

A calling room will be established at each stadium as for the events to be held in that stadium in each day, following the official definitive time table of events. Competitors have to report to the calling room concerned by their events, 60 minutes prior to the beginning of the event, without being particularly invited to do so.

9 HEATS - SEMIFINALS - FINALS

The winner and other competitors fastest in time will advance as follows:
mts. 100/200/400 27 to semifinal 8 to final
mts. 800 max 12 per heat 8 to final
mts. 1500 max 16 per heat 12 to final

Attention: age groups M60 and W50 and over, directly from heats to finals.

Technical events: preliminary and final rounds. In the long and triple jump as well as in any throwing event the 8 athletes, as well as those sharing equally the 8th position at the same performance level, pass the preliminary rounds (3 trials) to enter the final (3 trials). In the event of there being less than 9 competitors all them allowed to 6 trials.

10 HURDLES EVENTS -

mts. 80 (M70 and over/und älter - W45-W40) finals only
6 lanes - direkt ins Finale / 6 Bahnen.
mts. 100 (M65-M60-W35) from heats to finals:
6 competitors
von der Vorläufen ins finale: 6 Wettkämpfer.
mts. 110 (M55-M50-M45-M40) ... 12 to semifinals ... 6 to final
12 ins semifinale ... 6 ins Finale
mts. 400 (M50-M-45-M40) from heats to final 6 competitors
von den Vorläufen ins Finale 6 Wettkämpfer
(M55 and over/und älter)
finals only/nur Finalläufe.

IN THE RUN EVENTS OF THERE BEING LESS THAN 9 COMPETITORS (LESS THAN 7 AS FOR HURDLES) THE FINAL ONLY MUST TAKE PLACE, NOT IMMEDIATELY BUT AT THE DAY AND HOUR FORESEEN FOR THIS FINAL.

HIGH JUMP AND POLE VAULT

Competitors enter the event starting from the level indicated by the suggested standards table as for each age group. It is admitted 1 trial only below this level.
Progression = high jump: alternately 3 - 2 cms.
pole vault: 5 cms.

11

DURING COMPETITIONS AND HOWEVER INSIDE THE TRACK AND FIELD AREA ATHLETES ARE NOT ALLOWED TO WEAR ANY SPONSORED TRAINING SUITE OR VEST OR SIMILAR, OTHER THAN WITH THE NAME OF THEIR VETERANS CLUB AND/OR VETERANS NATIONAL ORGANISATION. IT IS ALSO STRICTLY FORBIDDEN TO PHOTOGRAPH OR FILM WITHOUT BEING EXPRESSLY AUTHORISED.

12

All events are taking place under the IAAF/FIDAL rules, subject to any special rules laid down in this invitation.

13 RELAYS - STAFFELN 4x100 - 4x400 mts.

Each team be made up of a combination of Club or National athletes from the same CONTINENTAL AREA. The composition of the Continental relays is to be finally decided by the WAVA regional representative.

14 TEAM SCORING - ROAD RACES (Marathon and Walk)

A Team must be formed by ten persons at least, even if in different age classes:

- 1) Points are added according to the position of finishers in each age class. If there are less than three finishers the age class is not considered for the team scoring.
- 2) The lowest aggregate of points of ten competitors of the same country determines the final total and placing.
I.E. M40 1st = 1 point M55 1st = 1 point M60 2nd = 2 points and so on (the minimum possible for a country is 10 points)
- 3) Should there be two or more teams finishing equal, the tie will be solved in favour of the team whose athletes hold the best position in the general classification (not separated per age classes).
- 4) Awards will be presented to the first three countries, both for men and women teams.



6TH WORLD MASTERS TRACK & FIELD CHAMPIONSHIPS ROMA 1985



ENTRY FORM / ANMELDEKARTE

To be forwarded / Anmeldungen an
COMEX/ROMA '85 - Via Martinetti 7
20147 MILANO (Italy)

ON OR BEFORE
bis zum 31.3.1985

PLEASE FULFILL IN BLOCK CAPITALS ONLY
in Druckbuchstaben ausfüllen

SURNAME
Name

FORENAME
Vorname

EVENT - Wettbeverb 1. _____
2. _____
3. _____
4. _____
max 5. _____

ALL TIME BEST PERSONAL PERFORMANCE
Beste persönliche Leistung aller Zeiten

EVENT	Result	Date
Disziplin	Ergebnis	Datum
OBTAINED DURING	<input type="checkbox"/> OLYMPIC GAMES <input type="radio"/> 1st <input type="radio"/> 2nd <input type="radio"/> 3rd	
erzielt bei	<input type="checkbox"/> AS COMPETITOR IN NATIONAL TEAM Teilnehmer an Nationalen Mannschaften	
	<input type="checkbox"/> Others / anderen Wettkämpfen	

AGE GROUP / Altersklasse ☐ M ☐ W

VI CAMPIONATO MONDIALE MASTERS - ROMA '85
VI WORLD VETERANS GAMES - ROME '85
from 22nd to 30th June

FULL ADDRESS - Anschrift

COUNTRY
Nation

DATE OF BIRTH
Geburtsdag

ENTRIES MUST BE ACCOMPANIED BY A COPY OF THE ENTRANT'S BIRTH CERTIFICATE

WAIVER CLAUSE / Haftbarkeitsausschluss

"I HEREBY DECLARE THAT:

- To the best of my knowledge I am in good health and shall have conditioned myself properly for the Championships
- I absolutely relieve WAVA and the Organisers of the Championships of any responsibility for any accident, injury, loss or damage to myself or my property which I may sustain in the course of or in connection with the Championships
- I understand and accept that the Championships will be staged in terms of WAVA's Constitution and By-Laws and, in particular, that any eligible individual may compete regardless of race, religion, politics, nationality or place of residence."

DATE-Datum

SIGNATURE
Unterschrift

(please fill out reverse side)

REGULATIONS -

1 The 6th World Masters (Veterans) Championships will be open to men born on or before June 22nd 1945 and to women born on or before June 22nd 1950, **WHO ARE PHYSICALLY FIT**. All decisions of the EXECUTIVE COMMITTEE, or other officials appointed by it, will be final. All contestants upon entering, agree to abide by them.

2 A special Controlling Committee will have the right, during the competitions, to stop an athlete whose behaviour is dangerous to himself/herself or others or when his/her performance is considerably below the suggested standards for participation.

3 AGE CLASSES -

	born from	to
W35	23.6.1945	bis 22.6.1950
M - W40	23.6.1940	22.6.1945
M - W45	23.6.1935	22.6.1940
M - W50	23.6.1930	22.6.1935
M - W55	23.6.1925	22.6.1930
M - W60	23.6.1920	22.6.1925
M - W65	23.6.1915	22.6.1920
M - W70	23.6.1910	22.6.1915
M - W75	23.6.1905	22.6.1910
M - W80 and over (und älter)		22.6.1905 and before (und vorher)

4 ENTRIES:

ENTRIES MUST BE RECEIVED BY MARCH 31st 1985 at the latest.

Entries must be sent to the EXECUTIVE COMMITTEE exclusively using the official entry form (or photocopy) attached.

To identify competitors' ages, entries must be accompanied by a birth certificate.

5 AWARDS -

- Special "WORLD CHAMPION" vest and specially struck quality golden medal to the winner in each event and age class.
 - Silver and bronze medal to the second and third respectively.
 - Certificate of performance suitable for framing, to each finisher.
 - Medals to the first ten competitors in road events.
 - Marathon awards
 - Relay awards
- Victory ceremonies take place immediately after finishing an event

6 SPIKES

Only spikes of 6mm. length are permitted on stadium tracks.

7 EQUIPMENT

With the exception of vaulting poles all equipment is provided by the Organisers. Those competitors wishing to use their own equipment may do so, but it must be certified by the implements supply depot 90 minutes before each event.

Gilmour...

Continued from page 13

On November 22, he set his fourth world mark with a 10:10 in the 3000-meter run, bettering the record of 10:47.8, set by fellow Aussie Stan Nicholls on August 11, 1977.

Gilmour's fifth world standard came

with a 59:13 in a 10-mile road race on November 25.

"I intend racing as much as possible from now on," Gilmour said. "I took a couple of weeks off after those races to make sure my achilles is strengthening up."

John says he's now into speed work, after spending December and January

on "long hard running." He had hoped to compete in the World Veterans Distance Championships in San Diego, but couldn't get a sponsor.

Gilmour holds world records in the 60-64 division in the 1500 (4:30.0), mile (4:57.1), 3000 (9:41.2), 5000 (16:33.3), 10,000 (34:23), and one-hour run (10m831y).

His 1985 plans include the IGAL World Vets Distance Championships in Blackpool, England on June 9. Then it's on to the Brugge, Belgium 25K on the 16th, and on to Rome for the VI World Veteran Games.

"I'm keeping my fingers crossed for no more injuries," he said. □



San Diego IGAL Championship M45 10K winners Pierre Voets (45), 1st, from Belgium (middle), Dan Conway (45) of US, 2nd (right), and Bill Olrich (49), US, 3rd, at awards ceremony at Hall of Champions, Balboa Park, San Diego, December 1.

photo by Gretchen Snyder

MEN

BEST PERFORMANCE 84/85
Bestleistung 1984/1985

2) <input type="checkbox"/>	100 m.	
3) <input type="checkbox"/>	200 m.	
4) <input type="checkbox"/>	400 m.	
5) <input type="checkbox"/>	800 m.	
6) <input type="checkbox"/>	1500 m.	
8) <input type="checkbox"/>	5000 m.	
9) <input type="checkbox"/>	10000 m.	
10) <input type="checkbox"/>	80 hs.	
11) <input type="checkbox"/>	100 hs.	
12) <input type="checkbox"/>	110 hs.	
13) <input type="checkbox"/>	400 hs.	
19) <input type="checkbox"/>	2000 steeplechase - hindernis	
20) <input type="checkbox"/>	3000 steeplechase - hindernis	
31) <input type="checkbox"/>	Pole vault - Stabhochsprung	
32) <input type="checkbox"/>	Long jump - Weitsprung	
33) <input type="checkbox"/>	Triple jump - Dreisprung	
30) <input type="checkbox"/>	High jump - Hochsprung	
34) <input type="checkbox"/>	Shot put - Kugelstossen	
35) <input type="checkbox"/>	Discus - Discuswerfen	
36) <input type="checkbox"/>	Javelin - Speerwerfen	
37) <input type="checkbox"/>	Hammer - Hammerwerfen	
1) <input type="checkbox"/>	Pentathlon - Fünfkampf	
22) <input type="checkbox"/>	5000 m. Track walk - Bahngehen	
24) <input type="checkbox"/>	20 Km. Road walk - Strassengehen	
29) <input type="checkbox"/>	Cross-country - Geländelauf	
28) <input type="checkbox"/>	MARATHON	

ENTRY FEES / Meldegebühren To be paid in U.S. dollars only

FIRST EVENT / Erstwettbewerb U.S. \$ 18.—

EACH ADDITIONAL EVENT

Wettbewerb (max. 4) = U.S. \$ 6. U.S. \$

WAVA compulsory fee U.S. \$ 10.—

U.S. \$ Total.

WOMEN

BEST PERFORMANCE 84/85
Bestleistung 1984/1985

2) <input type="checkbox"/>	100 m.	
3) <input type="checkbox"/>	200 m.	
4) <input type="checkbox"/>	400 m.	
5) <input type="checkbox"/>	800 m.	
6) <input type="checkbox"/>	1500 m.	
8) <input type="checkbox"/>	5000 m.	
9) <input type="checkbox"/>	10000 m.	
10) <input type="checkbox"/>	80 hs. (W40 and over)	
11) <input type="checkbox"/>	100 hs. (W35)	
32) <input type="checkbox"/>	Long jump - Weitsprung	
30) <input type="checkbox"/>	High jump - Hochsprung	
34) <input type="checkbox"/>	Shot put - Kugelstossen	
35) <input type="checkbox"/>	Discus - Discuswerfen	
36) <input type="checkbox"/>	Javelin - Speerwerfen	
22) <input type="checkbox"/>	5000 m. Track walk - Bahngehen	
23) <input type="checkbox"/>	10 Km. Road walk - Strassengehen	
1) <input type="checkbox"/>	Pentathlon	
29) <input type="checkbox"/>	Cross-country	
28) <input type="checkbox"/>	MARATHON	

ENTRY FEES / Meldegebühren To be paid in U.S. dollars only

FIRST EVENT / Erstwettbewerb U.S. \$ 18.—

EACH ADDITIONAL EVENT

Wettbewerb (max. 4) = U.S. \$ 6 U.S. \$

WAVA compulsory fee U.S. \$ 10.—

U.S. \$ Total

VIA MARTINETTI, 7
20147 MILANO - TEL. 02/4048306

6TH WORLD MASTERS TRACK & FIELD CHAMPIONSHIPS ROMA 1985 - ACCOMODATION FORM

Athlete competitors
in the Champs

SURNAME: _____

☐ M

GIVEN NAME: _____

☐ W

FULL ADDRESS: _____

TELEPHONE: _____ / _____ COUNTRY: _____

Accompanying persons:

SURNAME

GIVEN NAME

1. _____

2. _____

3. _____

4. _____

THIS FORM MUST BE FORWARDED BEFORE FEBRUARY 28th 1985 TO

COMITATO ESECUTIVO ROMA 85 - International Secretariat

Via Martinetti 7 - 20147 MILANO (Italy)

(tel. 2/4048306 - telex 324654 IMITT)

PLEASE USE TYPEWRITER OR CAPITAL LETTERS ONLY. EACH FORM MUST BE ENTITLED EXCLUSIVELY TO A COMPETITOR (if there is more than one competitor in the same family or group, fill so many forms as the competitors are).

ARRIVAL DAY _____ h. _____ by flight n° _____ or ☐ car or ☐ railway. / DEPARTURE DAY _____

If you are part of a group please indicate

here the name of the Organiser or Travel Agency _____

HOTELS CLASS:

1st

2nd

3rd

3rd°

Boarding
houses

Colleges^{oo}

Single room

☐ 95/110000

☐ 52/70000

☐ 45/50000

☐ 38/40000

☐ 30/38000

☐ 35000/37000

Twin room

☐ 75/90000

☐ 40/50000

☐ 30/35000

☐ 26/29000

☐ 24/28000

RATES VALID ON TO JULY 1985 per person/day: all taxes included/continental breakfast included

in Italian lire. 3rd°: without private bathroom. Colleges^{oo}: only halfboard and groups over 20 persons: arrangements to be made directly with COOPHOTELS (see bulletin n° 4).

In case of particular requests (i.e. 3rd bed or children under 12) fulfill at "NOTES":

COOPHOTELS SHALL ANSWER YOU FOLLOWING POSSIBILITIES VARYING IN RELATION WITH DIFFERENT HOTELS. PREPAYMENT OF 3 NIGHTS IS REQUESTED. PLEASE DO YOUR PAYMENT THROUGH BANK ONLY IN FAVOUR OF THE ACCOUNT N° 6573/36 - COMEX ROMA 85 - C/O CASSA DI RISPARMIO DI ROMA AGENZIA 9 in same time that you are forwarding this form to COMEX ROMA 85 - Via Martinetti 7 20147 MILANO (Italy). The payment can be done on the basis of the lowest price indicated for the hotel class booked.

NOTES: _____

Total paid L. _____

as for n° _____

persons - Date: _____

SIGNATURE _____

THE WELCOME CARD TO EACH ATHLETE AND HIS ACCOMPANYING PERSONS BOOKING THEIR ACCOMODATION THROUGH THIS FORM WILL BE SENT TOGETHER WITH WRITTEN CONFIRMATION BY COOPHOTELS AS FOR THE NAME AND ADDRESS OF YOUR HOTEL AND OTHER DETAILED INFORMATION ABOUT THE SERVICES YOU'LL HAVE RIGHT.

WORLD TRACK & FIELD AGE-GROUP RECORDS

Compiled by Peter Mundle and the Records Committee of the World Association of Veteran Athletes (WAVA)
through performances verified as of January 1, 1985

MENS WORLD FIVE YEAR AGE GROUP RECORDS

100 METERS				
DIV.	MARK	NAME (RESIDENCE)	AGE	MEET DATE
35-39	10.3	EDWARD JEFFERIS (S.AFR.)	35	11-24-71
40-44	10.7	THANE BAKER (DALLAS, TX)	41	9-13-72
45-49	11.0	THANE BAKER (DALLAS, TX)	48	6-14-80
50-54	11.3	THANE BAKER (DALLAS, TX)	50	9-24-82
55-59	11.6	PAYTON JORDAN (LOS ALTOS, CA)	56	6-23-73
	11.6N	ALFRED GUIDET (CALIFORNIA CITY, CA)	56	6-22-74
60-64	11.8	PAYTON JORDAN (LOS ALTOS, CA)	61	5-27-78
65-69	12.6	PAYTON JORDAN (LOS ALTOS, CA)	65	6-12-82
70-74	13.5	FRED REID (S.AFR.)	71	7-19-80
75-79	14.3	JOSIAH PACKARD (SAN FRANCISCO)	75	6-23-79
80+	15.4	JOSIAH PACKARD (SAN FRANCISCO)	80	2-25-84

200 METERS				
DIV.	MARK	NAME (RESIDENCE)	AGE	MEET DATE
35-39	20.8	DELANO MERIWETHER (US)	35	6-9-78
40-44	21.9	REGINALD AUSTIN (AUS)	40	8-10-77
45-49	22.3N	GEORGE RHODEN (JAMAICA, SAN DIEGO)	45	7-2-72
50-54	23.4	THANE BAKER (DALLAS, TX)	50	9-5-82
55-59	23.6	ALFRED GUIDET (PETALUMA, CA)	55	6-24-73
60-64	24.9	PAYTON JORDAN (LOS ALTOS, CA)	60	6-19-77
65-69	26.1	PAYTON JORDAN (LOS ALTOS, CA)	65	6-12-82
70-74	27.5	FRED REID (S.AFR.)	71	7-19-80
75-79	29.5	JOSIAH PACKARD (SAN FRANCISCO)	75	6-24-79
80+	32.3	JOSIAH PACKARD (SAN FRANCISCO)	80	2-18-84

400 METERS				
DIV.	MARK	NAME (RESIDENCE)	AGE	MEET DATE
35-39	46.38	JAMES KING (US)	35	5-25-84
40-44	48.75	HAGUES ROGER (FRA)	41	7-16-82
45-49	50.61	REGINALD AUSTIN (AUS)	46	9-28-83
50-54	52.28	PETER HIGGINS (GB)	50	8-1-79
55-59	54.56	RUDOLPH VALENTINE (NYC, NY)	55	6-9-79
60-64	58.4	JOHN ALEXANDER (MCCAMEY, TX)	61	6-27-81
65-69	61.85	FRITZ ASSMY (WG)	67	7-16-82
70-74	64.6	JOSIAH PACKARD (SAN FRANCISCO)	73	8-10-77
75-79	68.5	JOSIAH PACKARD (SAN FRANCISCO)	75	6-23-79
80+	75.4	HAROLD CHAPSON (HONOLULU, HA)	80	7-9-83

800 METERS				
DIV.	MARK	NAME (RESIDENCE)	AGE	MEET DATE
35-39	1:49.2Y	GEORGE SCOTT (NZ, LONG BEACH, CA)	35	5-12-72
40-44	1:54.5	KLAUS MAINKA (WG)	41	7-16-77
45-49	1:57.9	JOHAN HESSELBERG (NORWAY)	45	8-9-77
50-54	2:00.5	TOM ROBERTS (AUS)	50	4-21-84
55-59	2:06.6	DEREK TURNBULL (NZ)	55	5-14-82
60-64	2:17.0	JOHN GILMOUR (AUS)	60	1-11-81
65-69	2:20.5	JACK STEVENS (AUS)	65	8-13-82
70-74	2:34.5	MONTY MONTGOMERY (SHERMAN OAKS, CA)	71	9-4-77
75-79	2:40.0	HAROLD CHAPSON (HONOLULU)	75	5-14-78
80+	2:53.5	HAROLD CHAPSON (HONOLULU)	80	7-11-82

1500 METERS				
DIV.	MARK	NAME (RESIDENCE)	AGE	MEET DATE
35-39	3:41.4	CARLOS LOPES (POR)	35	7-25-82
40-44	3:52.0	MICHEL BERNARD (FRANCE)	40	6-20-72
45-49	4:03.2	PIET MAYOOR (HOLLAND)	45	6-8-77
50-54	4:05.2	TOM ROBERTS (AUS)	50	3-22-84
55-59	4:17.4	DEREK TURNBULL (NZ)	55	2-20-82
60-64	4:30.0	JOHN GILMOUR (AUS)	60	12-22-79
65-69	4:50.6	JACK STEVENS (AUS)	65	11-13-82
70-74	5:11.8	MERV JENKINSON (AUSTRALIA)	70	1-6-80
75-79	5:30.1	HAROLD CHAPSON (HONOLULU)	75	8-11-77
80+	6:12.2	HAROLD CHAPSON (HONOLULU)	80	7-11-82

1 MILE				
DIV.	MARK	NAME (RESIDENCE)	AGE	MEET DATE
35-39	4:03.7	GEORGE SCOTT (NZ, LONG BEACH, CA)	35	4-22-72
40-44	4:18.5	JIM McDONALD (NZ)	43	12-3-77
45-49	4:26.4	LOUIS VINK (HOL)	45	6-7-80
50-54	4:32.2	BILL FITZGERALD (PALOS VERDES, CA)	50	7-13-75
55-59	4:40.4	JACK RYAN (AUSTRALIA)	55	12-15-77
60-64	4:57.1	JOHN GILMOUR (AUS)	61	11-13-80
65-69	5:20.4	JOHN GILMOUR (AUS)	65	10-28-84
70-74	5:42.2	MONTY MONTGOMERY (SHERMAN OAKS, CA)	70	7-9-77
75-79	6:15.1	HAROLD CHAPSON (HONOLULU)	78	7-5-81
80+	8:07.1	PAUL SPANGLER (SAN LUIS OBISPO, CA)	81	6-7-80

3000 METERS				
DIV.	MARK	NAME (RESIDENCE)	AGE	MEET DATE
35-39	7:56.2N	MICHEL BERNARD (FRANCE)	35	6-14-67
40-44	8:17.4N	JACK FOSTER (NEW ZEALAND)	43	1-31-76
45-49	8:36.0	LAURIE OHARA (GB)	45	7-8-77
50-54	8:53.8	RAY HATTON (BEND, OR)	50	6-25-82
55-59	9:12.8	JACK RYAN (AUSTRALIA)	55	1-24-78
60-64	9:41.2	JOHN GILMOUR (AUS)	61	11-22-80
65-69	10:47.8	STAN NICHOLLS (AUSTRALIA)	66	11-8-77
70-74	11:46.2	HAROLD CHAPSON (HONOLULU)	73	3-28-76
75-79	13:06.4	RICHARD BREDENBECK (INDEPENDENCE, OH)	75	6-13-81
80+	14:39.0	PAUL SPANGLER (SAN LUIS OBISPO, CA)	80	7-22-79

5000 METERS				
DIV.	MARK	NAME (RESIDENCE)	AGE	MEET DATE
35-39	13:17.3	CARLOS LOPES (POR)	35	7-14-82
40-44	13:45.8	LUCIEN RAULT (FRANCE)	40	5-23-76

45-49	14:56.4	ALAIN MIMOUN (FRANCE)	45	5-29-66
50-54	15:31.0	ALAIN MIMOUN (FRANCE)	50	6-6-71
55-59	15:52.8	JACK RYAN (AUSTRALIA)	55	4-20-78
60-64	16:33.3	JOHN GILMOUR (AUS)	61	8-9-80
65-69	18:04.6	ERICH KRZYCKI (WG)	65	5-1-76
70-74	19:33	JOHN FARRELL (GB)	70	6-20-79
75-79	20:59.0	EDWARD BENHAM (OCEAN CITY, MD)	75	9-23-83
80+	24:05.4	HAROLD CHAPSON (HONOLULU)	80	10-24-82

10,000 METERS				
DIV.	MARK	NAME (RESIDENCE)	AGE	MEET DATE
35-39	27:24.4	CARLOS LOPES (POR)	35	6-26-82
40-44	28:33.4	LUCIEN RAULT (FRANCE)	40	6-9-76
45-49	30:16.8	ALAIN MIMOUN (FRANCE)	45	6-17-66
50-54	32:05.6	LUCIANO AQUARONE (ITA)	51	10-1-81
55-59	33:08.2	DEREK TURNBULL (NZ)	55	2-13-82
60-64	34:23	JOHN GILMOUR (AUS)	61	11-26-80
65-69	36:04.6N	TEDDE JENSEN (SWEDEN)	65	9-15-72
70-74	40:48.6	EINAR NORDIN (SWE)	71	8-10-77
75-79	42:34.8	LUIS RIVERA (MEX)	75	9-3-77
80+	49:22.8	PAUL SPANGLER (SAN LUIS OBISPO, CA)	80	7-6-79

ONE HOUR RUN				
DIV.	MARK	NAME (RESIDENCE)	AGE	MEET DATE
35-39	12:15.99	20.774 GASTON ROELANTS (BEL)	35	9-20-72
40-44	11:13.09	18.900 WILLIAM STODDART (GB)	40	8-21-71
45-49	11:12.68	18.862 ALAIN MIMOUN (FRANCE)	45	3-20-66
50-54	11:95.3	18.574 ALAIN MIMOUN (FRANCE)	50	5-16-71
55-59	10:11.94	17.185 JOHN GILMOUR (AUS)	55	10-14-74
60-64	10:83.1	16.853 JOHN GILMOUR (AUS)	61	10-21-79
65-69	9:15.40	15.892 JOHN GILMOUR (AUS)	65	10-7-84
70-74	9:17.3	14.642 STAN NICHOLLS (AUS)	72	6-14-83
75-79	8:33.5	13.181 LOU GREGORY (PENSACOLA, FL)	75	12-17-77
80+	7:94.6	12.130 PAUL SPANGLER (SAN LUIS OBISPO, CA)	81	11-1-80

3000 METER STEEPLECHASE				
DIV.	MARK	NAME (RESIDENCE)	AGE	MEET DATE
35-39	8:33.4	IVAN KABANOV (URS)	36	7-27-75
40-44	8:41.5	GASTON ROELANTS (BEL)	40	7-6-77
45-49	9:36.6	JIM McDONALD (NZ)	45	11-17-79
50-54	9:58.2	MAURICE MORRELL (GB)	50	8-3-83
55-59	10:39.0	ELIGIO GALICIA (MEX)	56	8-1-79
60-64	11:41.6	OLLE ELVLAND (SWE)	61	8-1-79
65-69	12:24.8	NORMAN BRIGHT (SEATTLE, WA)	65	8-15-75
70-74	13:26.5	STAN NICHOLLS (AUS)	70	4-11-81
75-79	19:04.8	LOU GREGORY (PENSACOLA, FL)	76	8-20-78

110 METER HURDLES (35-39) 42" (40-49) 39" (50-59) 36" (60+) 30"				
DIV.	MARK	NAME (RESIDENCE)	AGE	MEET DATE
35-39	14.1	GHULAM RAZIK (PAKISTAN)	36	2-16-69
40-44	14.4Y (42")	DON FINLAY (GB)	40	8-1-49
	14.7	LEOPOLD MARIEN (BEL)	41	8-13-75
45-49	14.7	VALBJORN THORLAKSSON (ICE)	45	7-8-79
50-54	15.1	JACK GREENWOOD (MENDECINO LODGE, KS)	51	8-10-77
55-59	16.6	ANDRE FINDELI (FRA)	55	9-14-78
60-64	16.2	ANDRE FINDELI (FRA)	60	7-13-83
65-69	18.15	AL GUIDET (CALIFORNIA CITY, CA)	66	5-26-84
70-74	20.61	AHITI PAJUNEN (FIN)	70	8-8-80
75-79	20.83	RUSSELL MEYERS (PENSACOLA, FL)	77	5-9-81
80+	26.0	HERBERT ANDERSON (BELLVUE, CO)	80	7-24-82

400 METER HURDLES (35-49) 36" (50-59) 33" (60+) 30"				
DIV.	MARK	NAME (RESIDENCE)	AGE	MEET DATE
35-39	51.72	BERTIL WISTAM (SWE)	35	7-17-75
40-44	54.08	LEON HACKER (S.AFR.)	40	7-29-79
	54.1	GEORGE MATHE (S.AFRICA)	40	6-30-79
45-49	55.7	JACK GREENWOOD (MENDECINO LODGE, KS)	46	8-24-72
50-54	58.1	JACK GREENWOOD (MENDECINO LODGE, KS)	50	7-3-76
55-59	59.85	JACK GREENWOOD (MENDECINO LODGE, KS)	57	9-27-83
60-64	68.7	MAX PICKL (CANADA)	61	6-23-79
65-69	73.22	GEORGE BRACELAND (DREXEL HILL, PA)	65	7-29-79
70-74	77.50	GILBERTO GONZALEZ (SAN JUAN, PR)	70	9-27-83
75-79	89.58	RUSSELL MEYERS (PENSACOLA, FL)	77	5-9-81
80+	1:51.0	HERBERT ANDERSON (BELLVUE, CO)	80	7-24-82

HIGH JUMP				
DIV.	MARK	NAME (RESIDENCE)	AGE	MEET DATE
35-39	7-1	2.16 VIKTOR BOLSHOV (URS)	35	6-20-74
40-44	6-8 3/4	2.05 EGON NILSSON (SWEDEN)	40	9-25-66
45-49	6-2 3/4	1.90 HERM WYATT (LOS GATOS, CA)	48	4-19-80
50-54	6-2	1.88 HERM WYATT (LOS GATOS, CA)	51	8-20-83
55-59	5-6 1/2	1.69 RICHMOND MORCOM (PHILADELPHIA)	55	7-27-76
60-64	5-2 3/4	1.59 BURL GIST (SAN MARCOS, CA)	64	4-28-84
65-69	4-11 1/2	1.51 IAN HUME (CAN)	67	8-22-81
70-74	4-7 1/4	1.40 JOSEF SAHLMANN (WG)	71	7-28-79
75-79	4-3 1/4	1.30 GULAB SINGH (IND)	76	4-8-81
80+	3-11 1/4	1.20 HERBERT ANDERSON (BELLVUE, CO)	80	8-29-82

POLE VAULT				
DIV.	MARK	NAME (RESIDENCE)	AGE	MEET DATE
35-39	17-4 3/4	5.30 KHRISTOS PAPANIKOLAOU (GRE)	36	9-9-77
40-44	15-9	4.80 RUDOLF TOMASEK (CZE)	40	8-13-77
45-49	15-5	4.70 MAURICE HOUVION (FRANCE)	45	4-12-80
50-54	14-4	4.37 VIC COOK (WOODLAND HILLS, CA)	50	7-25-82
55-59	13-6 1/4	4.12 RICHMOND MORCOM (PHILADELPHIA)	55	8-4-76
60-64	12-9 1/2	3.90 HERBERT SCHMIDT (WG)	61	10-14-71
65-69	11-10	3.60 HERBERT SCHMIDT (WG)	66	3-15-76
70-74	9-9 1/4	2.98 CAROL JOHNSTON (WHITTIER, CA)	72	2-11-84
75-79	7-0	2.13 MERT GAMBITO (US)	75	10-4-80
80+	6-2 3/4	1.90 A. E. PITCHER (INDIANAPOLIS, IN)	82	5-26-84

Continued on next page

Continued from previous page

LONG JUMP				
DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
35-39	25-11 1/2	7.91 REIJO TOIVONEN(FIN)	35	1-30-72
40-44	24-4 3/4	7.43 TOM CHILTON(KNOXVILLE, TN)	40	3-24-78
45-49	21-11	6.68 SHIRLEY DAVISSON(VICTORVILLE, CA)	45	10-4-75
50-54	21-1	6.42 SHIRLEY DAVISSON(VICTORVILLE, CA)	50	4-12-80
55-59	20- 1/4	6.10 TOM PATSALIS(ALHAMBRA, CA)	59	7-18-81
60-64	19-11	6.07 TOM PATSALIS(ALHAMBRA, CA)	60	7-10-82
65-69	16-11 1/4	5.16 WILLI RUMIG(WG)	65	7-31-79
70-74	15-10 1/4	4.83 MAZUMI MORITA(JPN)	70	9-23-83
75-79	14-0 1/4	4.27 GULAB SINGH(IND)	76	1-9-81
80+	11-7	3.53 WALT WESBROOK(CA)	80	6-24-78

TRIPLE JUMP				
DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
35-39	54-7 1/2	16.65 JOZEF SCHMIDT(POLAND)	35	8-3-70
40-44	48-11 1/2	14.92 MICHAEL SAUER(WG)	40	7-14-82
45-49	45-11 1/2	14.01 PERICLES PINTO(POR)	45	7-14-82
50-54	43-3 1/2	13.19 DAVE JACKSON(CARSON, CA)	50	7-10-82
55-59	41-5	12.62 GORDON FARRELL(VAN NUYS, CA)	57	1-8-75
60-64	39-3	11.96 TOM PATSALIS(ALHAMBRA, CA)	60	7-10-82
65-69	34-11 3/4	10.66 IAN HUME(CAN)	66	1-13-81
70-74	32-1 1/2	9.79 MAZUMI MORITA(JPN)	70	9-25-83
75-79	28-7 1/2	8.72 GULAB SINGH(IND)	76	1-12-81
80+	22-8	6.91 HERBERT ANDERSON(BELLVUE, CO)	80	7-24-82

SHOT PUT (35-49) 16# (50-59) 12# (60+) 8#				
DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
35-39	72-3	22.02 BRIAN OLDFIELD(CA)	35	5-16-81
40-44	67-0 3/4	20.44 IVAN IVANCIC(YUG)	42	6-5-80
45-49	58-1 1/4	17.71 PIERRE COLNARD(FRANCE)	47	6-12-76
50-54	58-1 1/2	17.71 PARRY O'BRIEN(MISSION HILLS, CA)	52	7-1-84
55-59	51-9	15.77 HERMANN HOMBRECHER(WG)	55	8-6-80
60-64	55-4	16.86 GEORGE KER(GRANADA HILLS, CA)	60	5-21-83
65-69	51-4 1/2	15.66 VOITTO ELO(FIN)	68	7-17-82
70-74	44-7	13.59 ROSS CARTER(EUGENE, OR)	70	8-25-84
75-79	38-4 1/4	11.69 A. REDMOND DOMS(CULVER CITY, CA)	75	6-19-82
80+	31-7 1/4	9.63 PETER GOIC(JUG)	82	- -78

DISCUS THROW (35-49) 2KG (50-59) 1.6KG (60+) 1KG				
DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
35-39	227-2	69.24 ART SWARTS(NJ)	35	5-31-80
40-44	227-11	69.48 AL OERTER(NY)	43	5-31-80
45-49	216-11	66.12 AL OERTER(NY)	45	3-28-82
50-54	185-9	56.62 PARRY O'BRIEN(MISSION HILLS, CA)	52	8-19-84
55-59	177-1	53.98 KAUKO JOUPPILA(FINLAND)	56	9-3-77
60-64	187-2	57.06 KAUKO JOUPPILA(FINLAND)	61	7-16-82
65-69	182-6	55.62 KONSTANTY MAKSYMCIK(ZB)	65	9-17-79
70-74	153-5	46.76 OLAV REPPEN(NORWAY)	70	9-19-81
75-79	127-2	38.76 KARSTEN BRODERSEN(CHILE)	76	9-25-83
80+	106-3	32.40 JAKOB SCHUMANN(WG)	81	7-16-82

HAMMER THROW (35-59) 16# (60+) 12#				
DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
35-39	254-0	77.42 ANATOLIY BONDARCHUK(URS)	36	6-24-76
40-44	243-1	74.10 ED BURKE(CA)	43	6-12-83
45-49	205-1	62.52 HANS POTSCH(AUT)	48	7-18-81
50-54	193-5	58.96 HANS POTSCH(AUT)	50	9-3-83
55-59	175-0	53.34 BOB BACKUS(PEMBROKE, MA)	55	8-9-81
60-64	157-10	48.12 AARNE MIETTINEN(FIN)	63	9-12-76
65-69	151-8	46.24 AARNE MIETTINEN(FIN)	67	8-6-80
70-74	131-11	40.22 OLAV REPPEN(NORWAY)	70	8-27-81
75-79	97-8	29.77 STANLEY HERRMANN(SANTA BARBARA, CA)	75	5-12-79
80+	111-9	34.08 PETER GOIC(JUG)	80	6-6-76

JAVELIN THROW (35-59) 800 GRAMS. (60+) 600 GRAMS				
DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
35-39	286-1	87.20 JANIS ZIRNIS(URS)	35	5-14-83
40-44	259-1	78.98 URS VON WARTBURG(SWI)	42	8-2-79
45-49	238-10	72.80 LARRY STUART(EL TORO, CA)	46	5-12-84
50-54	198-5	60.48 JOSE KOPITAR(YUG)	50	7-15-82
55-59	186-10	56.94 VEIKKO JAVANAINEN(FIN)	55	8-7-81
60-64	181-10	55.42 ED CHYNOWETH(INDIANOLA, CA)	60	5-12-84
65-69	153-11	46.92 VAINO OJARANTA(FIN)	65	7-18-82
70-74	140-0	42.68 GERHARD SCHEPE(WG)	70	7-15-82
75-79	108-0	32.92 EMERY CURTICE(CALISTOGA, CA)	75	7-24-82
80+	94-6	28.80 HERBERT ANDERSON(BELLVUE, CO)	80	7-24-82

DECATHLON(IAAF SCORING TABLES)				
DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
35-39	7547	WERNER VON MOLTKE(WG)	35	5-12-72
40-44	6784	WOLFGANG LINKMANN(WG)	40	6-6-81
45-49	5363	ED OLEATA(LA JOLLA, CA)	45	8-28-82
50-54	4951	RICHMOND MORCOM(PHILADELPHIA)	50	3-12-72
55-59	5246	RICHMOND MORCOM(PHILADELPHIA)	55	9-11-76
60-64	4552	RICHMOND MORCOM(PHILADELPHIA)	61	8-28-82
65-69	3180	GILBERTO GONZALEZ(PUR)	69	7-31-82
70-74	3097	GILBERTO GONZALEZ(PUR)	70	7-2-82
75-79	1659	HERBERT ANDERSON(BELLVUE, CO)	75	3-24-78
80+	851	JOHN WHITEMORE(SANTA BARBARA, CA)	80	12-1-79

PENTATHLON(IAAF SCORING TABLES)				
DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
35-39	3645	SILVIO HODOS(FRA)	35	4-17-83
40-44	3391	WERNER SCHALLAU(WG)	40	9-24-78
45-49	2998	GARY MILLER(N. HOLLYWOOD, CA)	45	9-30-83
50-54	2607	VACLAV BARTL(SWE)	51	8-12-77
55-59	2439	RICHMOND MORCOM(PHILADELPHIA)	56	8-12-77
60-64	2205	WALTER SCHREIBER(WG)	62	9-29-83
65-69	1790	ADOLF KOCH(WG)	65	9-26-82
70-74	1481	GILBERTO GONZALEZ(PUR)	70	7-23-83
75-79	790	KARSTEN BRODERSEN(CHILE)	76	5-13-84
80+	563	HERBERT ANDERSON(BELLVUE, CO)	80	9-4-82

WOMENS WORLD FIVE YEAR AGE GROUP RECORDS

100 METERS				
DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
35-39	11.6	ERIKA ROST(WG)	35	8-2-79
40-44	12.0	MAEVE KYLE(IRELAND)	40	4-25-70
45-49	12.5	MAEVE KYLE(IRELAND)	45	1-21-74
	12.5	WENDY ELY(AUS)	45	2-4-84
50-54	13.13	IRENE OBERA(MORAGA, CA)	50	8-18-84
55-59	13.6	SHIRLEY PETERSON(AUS)	55	1-21-84
60-64	14.57	PAULA SCHNEIDERHAN(WG)	61	9-24-83
65-69	16.1	POLLY CLARKE(LOVELAND, CO)	67	5-6-78
70+	16.2	POLLY CLARKE(LOVELAND, CO)	70	4-17-81

200 METERS				
DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
35-39	24.3	ERIKA ROST(WG)	36	6-8-80
40-44	25.0	VIVI MARKUSSEN(DEN)	40	8-17-80
45-49	26.2	WENDY EY(AUS)	45	3-4-84
50-54	27.65	DAPHNE PIRIE(AUS)	51	9-26-83
55-59	29.59	LIESELOTTE SEUBERLICH(WG)	57	9-26-83
60-64	30.26	PAULA SCHNEIDERHAN(WG)	61	9-26-83
65-69	33.67	AUDREY REID(S. AFR.)	68	9-26-83
70+	34.2	POLLY CLARKE(LOVELAND, CO)	71	9-6-81

400 METERS				
DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
35-39	50.56	AURELIA PENTON(CUBA)	35	7-15-78
40-44	55.3	MAEVE KYLE(IRELAND)	41	7-22-70
45-49	59.68	COLLEEN MILLS(NZ)	47	1-10-81
50-54	63.2	ANNE MCKENZIE(S. AFR.)	50	10-15-75
55-59	70.9	ANNE MCKENZIE(S. AFR.)	55	5-2-81
60-64	72.5	AILEEN HOGAN(AUS)	60	9-17-83
65-69	79.66	AUDREY REID(S. AFR.)	65	1-13-81
70+	84.23	POLLY CLARKE(LOVELAND, CO)	73	9-28-83

800 METERS				
DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
35-39	1:57.4	ILEANA SILAI(ROMANIA)	35	6-28-77
40-44	2:06.5	ANNE MCKENZIE(S. AFR.)	41	7-1-67
45-49	2:19.2	ANNE MCKENZIE(S. AFR.)	45	11-13-70
50-54	2:23.1	ANNE MCKENZIE(S. AFR.)	50	10-29-75
55-59	2:43.5	ANNE MCKENZIE(S. AFR.)	55	1-10-81
60-64	3:00.06	ERIKA WERNER(WG)	60	9-24-83
65-69	3:24.0	EWA ERIKSSON(SWE)	65	7-16-82
70+	3:30.0	POLLY CLARKE(LOVELAND, CO)	70	8-8-82

1500 METERS				
DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
35-39	3:58.5	ILEANA SILAI(ROM)	37	7-13-79
40-44	4:20.7	JOYCE SMITH(GB)	40	5-21-78
45-49	4:49.2	ANNE MCKENZIE(S. AFR.)	49	11-16-74
50-54	4:54.5	ANNE MCKENZIE(S. AFR.)	50	10-15-75
55-59	5:20.0	MARGARET MILLER(THOUSAND OAKS, CA)	56	5-8-82
60-64	5:57.2	LIESELOTTE SCHULTZ(WG)	61	6-25-81
65-69	6:16.0	ELIZABETH TROMP(HOL)	65	7-15-82
70+	6:47.1	JOHANNA LUTHER(WG)	70	9-27-83

3000 METERS				
DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
35-39	8:55.6	JOYCE SMITH(GB)	36	7-19-74
40-44	9:11.2	JOYCE SMITH(GB)	40	4-30-78
45-49	10:23.4	URSULA BLASCHKE(WG)	45	7-30-77
50-54	10:34.2	VALBORG OSTBERG(NOR)	50	7-5-81
55-59	11:29.0	LYDIA BACKES(WG)	55	9-9-81
60-64	12:26.8	LIESELOTTE SCHULTZ(WG)	61	6-13-81
65-69	17:15.6	IVY GRANSTROM(CAN)	68	8-3-80
70+	14:25.2	JOHANNA LUTHER(WG)	71	9-22-84

5000 METERS				
DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
35-39	16:12.87	SONJA LAXTON(RSA)	35	10-17-83
40-44	16:57.4	JUDY FOX(SUNNYVALE, CA)	40	8-16-81
45-49	17:59.0	VICKY BIGELOW(SAN LORENZO, CA)	47	7-24-82
50-54	18:15.0	VALBORG OSTBERG(NOR)	50	8-7-81
55-59	19:39.2	LYDIA BACKES(WG)	55	8-29-81
60-64	21:27.2	LIESELOTTE SCHULTZ(WG)	61	8-6-81
65-69	23:58.0	ELIZABETH TROMP(HOL)	65	7-17-82
70+	24:58.3	JOHANNA LUTHER(WG)	70	9-23-83

10,000 METERS				
DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
35-39	34:34.4	ANN LETHERBY(AUS)	35	10-7-81
40-44	34:26.4	JOYCE SMITH(GB)	42	2-27-80
45-49	38:19.8	VICKY BIGELOW(SAN LORENZO, CA)	48	8-21-83
50-54	38:53.6	MILA KANIA(WARWICK, NY)	51	6-26-82
55-59	42:31.6	SHIRLEY BRASHER(AUS)	55	4-9-82
60-64	44:51.0	PAT DIXON(BEND, OR)	63	7-16-82
65-69	52:53.2	WALTRAUD KRETSCHMER(WG)	68	1-8-81
70+	51:03.0	JOHANNA LUTHER(WG)	70	9-25-83

HIGH JUMP				
DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
35-39	5-8 1/4	1.73 CHRISTA VOSS(WG)	36	7-30-79
40-44	5-4 1/4	1.63 DOROTHY TYLER(GB)	41	8-2-61
45-49	5-0	1.52 DOROTHY TYLER(GB)	45	7-18-65
50-54	4-10	1.47 DOROTHY TYLER(GB)	50	6-14-70
55-59	4-3 1/4	1.30 VLASTA CHLIMSKA(CZE)	56	7-30-79
60-64	3-9 1/4	1.15 ANNCHEN REILE(WG)	63	9-15-78
65-69	3-8	1.12 MARY BOWERMASTER(FAIRFIELD, OH)	67	8-17-84
70+	3-4	1.01 VIVIAN NELSON(HARRISBURG, PA)	71	8-17-84

Continued on next page

Continued from previous page

LONG JUMP				
DIV.	MARK	NAME (RESIDENCE)	AGE	MEET DATE
35-39	21-4	6.50 WILLYE WHITE (US)	35	10-26-74
40-44	18-2 1/4	5.54 MARLENE ALTMANN (WG)	40	7-30-77
45-49	18-2 1/4	5.54 HELEN SEARLE (AUS)	41	4-17-81
45-49	17-0	5.18 CORRIE ROOVERS (HOL)	47	7-15-82
50-54	16-6 1/2	5.04 MAEVE KYLE (IRELAND)	50	7-29-79
55-59	14-11 1/2	4.56 LIESELOTTE SEUBERLICH (WG)	55	7-15-82
60-64	14-3 1/4	4.35 PAULA SCHNEIDERHAN (WG)	61	9-23-83
65-69	11-2	3.40 ROSALINE SOLE (NZ)	65	1-8-81
70+	9-9	2.97 HANNA GELBRICH (WG)	70	9-23-83

SHOT PUT				
DIV.	MARK	NAME (RESIDENCE)	AGE	MEET DATE
35-39	63-7 1/2	19.39 ANTONINA IVANOVA (URS)	38	7-17-71
40-44	62-10 1/2	19.16 ANTONINA IVANOVA (URS)	41	2-24-74
45-49	46-6 1/4	14.18 LIESL HUBER (WG)	45	10-13-79
50-54	41-11 1/2	12.79 MARIANNE HAMM (WG)	51	7-30-79
55-59	36-9 1/4	11.21 MARIANNE HAMM (WG)	55	9-23-83
60-64	32-7 3/4	9.95 ISUZU TSUJII (JPN)	60	9-23-83
65-69	35-4	10.77 HELEN STEPHENS (FLORISSANT, MO)	65	6-1-83
70+	29-3	8.91 EDITH MENDYKA (TUJUNGA, CA)	70	5-9-81

DISCUS THROW				
DIV.	MARK	NAME (RESIDENCE)	AGE	MEET DATE
35-39	228-4	69.60 FAINA MYELNIK (URS)	35	9-9-80
40-44	206-5	62.92 HELGI PARTS (URS)	41	10-4-78
45-49	160-7	48.94 ODETE DOMINGOS (BRA)	47	4-8-82
50-54	130-4	39.72 RUTH SVEDBERG (SWE)	51	9-17-54
55-59	108-4	33.02 RUTH SVEDBERG (SWE)	55	-58
60-64	101-3	30.86 ANNCHEN REILE (WG)	60	10-19-75
65-69	94-9	28.90 ANNCHEN REILE (WG)	66	8-9-81
70+	66-5	20.24 VERA WISCHMANN (WG)	70	7-16-82

JAVELIN THROW				
DIV.	MARK	NAME (RESIDENCE)	AGE	MEET DATE
35-39	193-4	58.94 ANNELIESE GERHARDS (WG)	37	8-13-72
40-44	167-8	51.10 DANA ZATOPKOVA (CZE)	42	9-19-64
45-49	156-7	47.74 ANNELIESE GERHARDS (WG)	45	5-30-81
50-54	123-9	37.72 HEATHER MAY (NZ)	50	10-2-83
55-59	118-7	36.14 LENA GROBLER (S. AFR.)	57	5-2-81
60-64	83-4	25.40 ANNCHEN REILE (WG)	62	8-10-77
65-69	84-7	25.80 HANNA GELBRICH (WG)	67	8-6-80
70+	81-11	24.97 HANNA GELBRICH (WG)	70	9-26-83

AMERICAN TRACK & FIELD AGE-GROUP RECORDS

Compiled by Peter Mundle and the Records Subcommittee of the TAC Masters T&F Committee
through performances verified as of January 1, 1985

MENS AMERICAN FIVE YEAR AGE GROUP RECORDS

100 YARDS				
DIV.	MARK	NAME (RESIDENCE)	AGE	MEET DATE
35-39	9.7	WALT BUTLER (ALTADENA, CA)	37	6-11-78
40-44	9.8	THANE BAKER (DALLAS, TX)	42	7-13-74
45-49	9.8	PERCY KNOX (EDWARDS, CA)	41	7-11-75
50-54	10.0	THANE BAKER (DALLAS, TX)	46	5-27-78
55-59	10.4	THANE BAKER (DALLAS, TX)	52	6-23-84
60-64	10.7	PAYTON JORDAN (LOS ALTOS, CA)	55	3-25-72
65-69	10.7	ALFRED GUIDET (PETALUMA, CA)	55	7-14-73
70-74	10.7	CHARLES BEAUDRY (EDINBURG, TX)	55	8-10-74
75-79	10.9	PAYTON JORDAN (LOS ALTOS, CA)	61	5-6-78
80+	12.1	HARRY KOPPEL (BELMONT, CA)	66	7-19-79
	13.4	BARRY IVERS (BREWER, ME)	72	8-6-83
	13.4	HERBERT ANDERSON (BELLVUE, CO)	75	10-1-77
	15.1	HERBERT ANDERSON (BELLVUE, CO)	80	7-24-82

100 METERS				
DIV.	MARK	NAME (RESIDENCE)	AGE	MEET DATE
35-39	10.3	RUBEN WHITNEY (SAN MARINO, TX)	35	6-14-80
40-44	10.7	THANE BAKER (DALLAS, TX)	41	9-13-72
45-49	11.0	THANE BAKER (DALLAS, TX)	48	6-14-80
50-54	11.3	THANE BAKER (DALLAS, TX)	50	9-24-82
55-59	11.6	PAYTON JORDAN (LOS ALTOS, CA)	56	6-23-73
	11.6N	ALFRED GUIDET (CALIFORNIA CITY, CA)	56	6-22-74
60-64	11.8	PAYTON JORDAN (LOS ALTOS, CA)	61	5-27-78
65-69	12.6	PAYTON JORDAN (LOS ALTOS, CA)	65	6-12-82
70-74	13.6	HARRY KOPPEL (BELMONT, CA)	70	6-25-83
75-79	14.3	JOSIAH PACKARD (SAN FRANCISCO)	75	6-23-79
80+	15.4	JOSIAH PACKARD (SAN FRANCISCO)	80	2-25-84

200 METERS				
DIV.	MARK	NAME (RESIDENCE)	AGE	MEET DATE
35-39	20.8	DELANO MERIWETHER (US)	35	6-9-78
40-44	22.3Y	THANE BAKER (DALLAS, TX)	42	7-13-74
45-49	22.9	RICHARD STOLPE (OMAHA, NB)	45	6-20-70
	22.9	MILTON NEWTON (INGLEWOOD, CA)	46	6-22-80
50-54	23.4	THANE BAKER (DALLAS, TX)	50	9-5-82
55-59	23.6	ALFRED GUIDET (PETALUMA, CA)	55	6-24-73
60-64	24.9	PAYTON JORDAN (LOS ALTOS, CA)	60	6-19-77
65-69	26.1	PAYTON JORDAN (LOS ALTOS, CA)	65	6-12-82
70-74	28.4	HARRY KOPPEL (BELMONT, CA)	70	10-1-83
75-79	29.5	JOSIAH PACKARD (SAN FRANCISCO)	75	6-24-79
80+	32.3	JOSIAH PACKARD (SAN FRANCISCO)	80	2-18-84

400 METERS				
DIV.	MARK	NAME (RESIDENCE)	AGE	MEET DATE
35-39	46.38	JAMES KING (US)	35	5-25-84
40-44	49.36	JAMES BURNETT (PHILADELPHIA, PA)	41	8-15-81
45-49	51.0	MILTON NEWTON (INGLEWOOD, CA)	46	7-5-80
50-54	52.9	JACK GREENWOOD (MENDECEINO LODGE, KS)	51	8-10-77
55-59	54.56	RUDOLPH VALENTINE (NYC, NY)	55	6-9-79
60-64	58.4	JOHN ALEXANDER (MCCAMEY, TX)	61	6-27-81
65-69	63.83	FRANK FINGER (CHARLOTTESVILLE, VA)	65	1-13-81
70-74	64.6	JOSIAH PACKARD (SAN FRANCISCO)	73	8-10-77
75-79	68.5	JOSIAH PACKARD (SAN FRANCISCO)	75	6-23-79
80+	75.4	HAROLD CHAPSON (HONOLULU, HA)	80	7-9-83

800 METERS				
DIV.	MARK	NAME (RESIDENCE)	AGE	MEET DATE
35-39	1:52.1	RALPH LEE (CA)	37	6-7-79
40-44	1:54.9	GEORGE COHEN (INGLEWOOD, CA)	40	8-16-80
45-49	1:58.1N	BILL FITZGERALD (PALOS VERDES, CA)	48	7-6-73
50-54	2:01.1	BILL FITZGERALD (PALOS VERDES, CA)	50	6-29-75
55-59	2:08.9	BILL FITZGERALD (PALOS VERDES, CA)	55	7-5-80
60-64	2:19.0	JACK RICE (TAMPA, FL)	61	8-13-82
65-69	2:25.3	FRANK FINGER (CHARLOTTESVILLE, VA)	65	7-5-80
70-74	2:34.5	MONTY MONTGOMERY (SHERMAN OAKS, CA)	71	9-4-77
75-79	2:40.0	HAROLD CHAPSON (HONOLULU)	75	5-14-78
80+	2:53.5	HAROLD CHAPSON (HONOLULU)	80	7-11-82

1500 METERS				
DIV.	MARK	NAME (RESIDENCE)	AGE	MEET DATE
35-39	3:52.7	RAMSEY THOMAS (CANTONSVILLE, MD)	35	7-11-79
40-44	3:56.20	BILL STEWART (ANN ARBOR, MI)	40	9-27-83
45-49	4:04.40	ERNEST BILLUPS (CHICAGO)	46	9-27-83
50-54	4:05.8	RAY HATTON (BEND, OR)	50	7-8-82
55-59	4:28.7	BILL FITZGERALD (PALOS VERDES, CA)	55	7-12-80
60-64	4:49.8	DON LONGENECKER (SILVER CITY, NM)	62	6-24-78
65-69	4:59.1	WILLIAM ANDBERG (ANOKA, MN)	65	7-4-76
70-74	5:21.1	HAROLD CHAPSON (HONOLULU)	73	8-16-75
75-79	5:30.1	HAROLD CHAPSON (HONOLULU)	75	8-11-77
80+	6:12.2	HAROLD CHAPSON (HONOLULU)	80	7-11-82

1 MILE				
DIV.	MARK	NAME (RESIDENCE)	AGE	MEET DATE
35-39	4:12.4	RAMSEY THOMAS (CANTONSVILLE, MD)	35	7-26-79
40-44	4:24.0	RAY HATTON (BEND, OR)	43	7-18-75
45-49	4:29.5N	BILL FITZGERALD (PALOS VERDES, CA)	46	4-23-72
50-54	4:32.2	BILL FITZGERALD (PALOS VERDES, CA)	50	7-13-75
55-59	4:56.1	BILL MCCHESENEY (EUGENE, OR)	55	7-22-83
60-64	5:15.2	CLIVE DAVIES (PORTLAND, OR)	63	6-9-79
65-69	5:22N	MONTY MONTGOMERY (SHERMAN OAKS, CA)	65	4-8-72
70-74	5:42.2	MONTY MONTGOMERY (SHERMAN OAKS, CA)	70	7-9-77
75-79	6:45.1	HAROLD CHAPSON (HONOLULU)	78	7-5-81
80+	8:07.1	PAUL SPANGLER (SAN LUIS OBISPO, CA)	81	6-7-80

3000 METERS				
DIV.	MARK	NAME (RESIDENCE)	AGE	MEET DATE
35-39	8:31.5	RAMSEY THOMAS (CANTONSVILLE, MD)	35	8-4-79
40-44	8:50.0	HAL HIGDON (MICHIGAN, IN)	44	7-13-75
45-49	9:14.2	PETER MUNDLE (VENICE, CA)	46	1-18-75
50-54	8:53.8	RAY HATTON (BEND, OR)	50	6-25-82
55-59	9:56.0	BILL MCCHESENEY (EUGENE, OR)	56	7-13-84
60-64	10:47.0	BILL ANDBERG (ANOKA, MN)	64	8-13-75
65-69	10:51.0	NORMAN BRIGHT (SEATTLE, WA)	65	6-17-75
70-74	11:46.2	HAROLD CHAPSON (HONOLULU)	73	3-28-76
75-79	13:06.4	RICHARD BREDENBECK (INDEPENDENCE, OH)	75	6-13-81
80+	14:39.0	PAUL SPANGLER (SAN LUIS OBISPO, CA)	80	7-22-79

2 MILES				
DIV.	MARK	NAME (RESIDENCE)	AGE	MEET DATE
35-39	9:21.4	GLYNN WOOD (WASH., DC)	35	10-26-69
40-44	9:17.6N	RAY HATTON (BEND, OR)	40	4-1-72
45-49	9:37.8	DENNY MEYER (SEATTLE, WA)	45	5-5-78
50-54	10:15.2	DAVID STEVENSON (PALO ALTO, CA)	50	7-26-79
55-59	10:35.0	BILL MCCHESENEY (EUGENE, OR)	55	7-15-83
60-64	11:09	DON LONGENECKER (SILVER CITY, NM)	62	6-25-78
65-69	11:30.0N	MONTY MONTGOMERY (SHERMAN OAKS, CA)	66	3-25-73
70-74	12:40.0	HAROLD CHAPSON (HONOLULU)	73	3-14-76
75-79	14:30	LOU GREGORY (PENSACOLA, FL)	75	9-30-78
80+	15:47.2	PAUL SPANGLER (SAN LUIS OBISPO, CA)	80	7-28-79

3 MILES				
DIV.	MARK	NAME (RESIDENCE)	AGE	MEET DATE
35-39	13:44.2	PETER MCARDLE (NYC, NY)	35	6-11-64
40-44	14:29.2	RAY HATTON (BEND, OR)	42	6-15-74
45-49	15:07	PETER MUNDLE (VENICE, CA)	46	7-7-74
50-54	15:37.8	JAMES O'NEIL (SACRAMENTO, CA)	50	1-10-76
55-59	16:51.2	CLIVE DAVIES (PORTLAND, OR)	59	7-13-75
60-64	16:59.2	DON LONGENECKER (SILVER CITY, NM)	62	6-25-78
65-69	17:59.2	NORMAN BRIGHT (SEATTLE, WA)	65	7-22-75
70-74	19:20	JOHN STEVENS (US)	70	6-16-79
75-79	21:10.8	LOU GREGORY (PENSACOLA, FL)	75	5-6-78
80+	24:08.2	PAUL SPANGLER (SAN LUIS OBISPO, CA)	80	7-28-79

5000 METERS				
DIV.	MARK	NAME (RESIDENCE)	AGE	MEET DATE
35-39	13:51.7	MIKE MANLEY (EUGENE, OR)	38	6-1-80
40-44	14:59.6N	HAL HIGDON (MICHIGAN CITY, IN)	41	8-25-72
45-49	15:17.4	RAY HATTON (BEND, OR)	48	8-2-80
50-54	16:11.0	PETER MUNDLE (VENICE, CA)	51	5-31-79
55-59	16:27.1	JAMES O'NEIL (SACRAMENTO, CA)	55	1-12-81
60-64	17:19.0	CLIVE DAVIES (PORTLAND, OR)	64	8-2-80
65-69	18:30	WILLIAM ANDBERG (ANOKA, MN)	65	7-4-76
70-74	20:05.4	RAY SEARS (CHICAGO)	70	8-8-77
75-79	20:59.0	EDWARD BENHAM (OCEAN CITY, MD)	75	9-23-83
80+	24:05.4	HAROLD CHAPSON (HONOLULU)	80	10-24-82

Continued on next page

Continued from previous page

6 MILES				
DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
35-39	28:02.4	PETER MCARDLE(NYC,NY)	35	5-3-64
40-44	29:59.0	RAY HATTON(BEND,OR)	43	4-26-75
45-49	30:47.0	RAY HATTON(BEND,OR)	45	6-11-77
50-54	32:40	PETER MUNDLE(VENICE,CA)	50	10-1-78
55-59	35:05	CLIVE DAVIES(PORTLAND,OR)	59	7-12-75
60-64	36:41.6	JAMES OLESON(SANTA MONICA,CA)	60	6-11-78
65-69	38:17.4	NORMAN BRIGHT(SEATTLE,WA)	65	7-12-75
70-74	42:14	EDWARD BENHAM(OCEAN CITY,MD)	73	5-2-81
75-79	44:35	LOU GREGORY(PENSACOLA,FL)	76	9-30-78

10,000 METERS				
DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
35-39	29:03.4	PETER MCARDLE(NYC,NY)	35	5-3-64
40-44	30:56.0	RAY HATTON(BEND,OR)	43	4-26-75
45-49	31:48	RAY HATTON(BEND,OR)	45	6-11-77
50-54	32:10.4	RAY HATTON(BEND,OR)	51	6-18-83
55-59	35:03.2	JAMES O'NEIL(SACRAMENTO,CA)	55	8-16-80
60-64	35:19.8	CLIVE DAVIES(PORTLAND,OR)	63	8-19-78
65-69	38:38.0	NORMAN BRIGHT(SEATTLE,WA)	66	8-3-76
70-74	41:21.0	RAY SEARS(CHICAGO)	70	8-10-77
75-79	46:10.8	CHARLES HACKENHEIMER(CENTRAL SQ.,NY)	76	8-13-82
80+	49:22.8	PAUL SPANGLER(SAN LUIS OBISPO,CA)	80	7-6-79

ONE HOUR RUN				
DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
35-39	11:1070	18.681 KEN MUELLER(BELLINGHAM,MA)	35	5-13-72
40-44	11:740	18.379 RAY HATTON(BEND,OR)	44	8-7-76
45-49	11:223	17.907 HAL HIGDON(MICHIGAN CITY,IN)	48	6-26-79
50-54	10:1335	17.314 PETER MUNDLE(VENICE,CA)	50	10-1-78
55-59	10:775	16.802 JAMES O'NEIL(SACRAMENTO,CA)	56	8-4-81
60-64	10:201	16.277 CLIVE DAVIES(PORTLAND,OR)	61	8-7-76
65-69	9:604	15.036 NORMAN BRIGHT(SEATTLE,WA)	65	6-13-75
70-74	8:1131	13.909 WILLIAM ANDBERG(ANOKA,MN)	70	10-4-81
75-79	8:335	13.181 LOU GREGORY(PENSACOLA,FL)	75	12-17-77
80+	7:946	12.130 PAUL SPANGLER(SAN LUIS OBISPO,CA)	81	11-1-80

3000 METER STEEPCHASE				
DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
35-39	8:38.8	MIKE MANLEY(EUGENE,OR)	38	-80
40-44	9:18.6	HAL HIGDON(MICHIGAN CITY,IN)	44	8-15-75
45-49	9:39.0	HAL HIGDON(MICHIGAN CITY,IN)	46	8-11-77
50-54	10:53.2	DAVE STEVENSON(PALO ALTO,CA)	52	1-14-81
55-59	10:59.2	KEN CARMAN(GARDEN CITY,MI)	56	7-28-84
60-64	12:33.2	BOB BOAL(WAKE FOREST,NC)	64	4-3-76
65-69	12:24.8	NORMAN BRIGHT(SEATTLE,WA)	65	8-15-75
70-74	14:34.7	WILFRED BIGELOW(BERKELEY,CA)	70	1-9-81
75-79	19:04.8	LOU GREGORY(PENSACOLA,FL)	76	8-20-78

110 METER HURDLES (35-39) 42" (40-49) 39" (50-59) 36" (60+) 30"				
DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
35-39	14.7	MIKE KELLY(TYBEE IS.,GA)	37	6-16-84
40-44	14.67	WALT BUTLER(ALTADENA,CA)	40	8-8-81
45-49	15.0	JACK GREENWOOD(MENDECINO LODGE,KS)	46	9-14-72
50-54	15.1	JACK GREENWOOD(MENDECINO LODGE,KS)	51	8-10-77
55-59	16.8	CHARLES BEAUDRY(EDINBURG,TX)	55	8-24-74
60-64	16.38	TOM PATSALIS(ALHAMBRA,CA)	61	5-21-83
65-69	18.15	AL GUIDET(CALIFORNIA CITY,CA)	66	5-26-84
70-74	21.5	RICHARD LACEY(PELHAM,NY)	70	6-14-80
75-79	20.83	RUSSELL MEYERS(PENSACOLA,FL)	77	5-9-81
80+	26.0	HERBERT ANDERSON(BELLVUE,CO)	80	7-24-82

400 METER HURDLES (35-49) 36" (50-59) 33" (60+) 30"				
DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
35-39	52.5	RON WHITNEY(CALISTOGA,CA)	35	5-29-78
40-44	55.9	RON WHITNEY(CALISTOGA,CA)	40	10-26-83
45-49	55.7	JACK GREENWOOD(MENDECINO LODGE,KS)	46	8-24-72
50-54	58.1	JACK GREENWOOD(MENDECINO LODGE,KS)	50	7-3-76
55-59	59.85	JACK GREENWOOD(MENDECINO LODGE,KS)	57	9-27-83
60-64	69.1	BUD DEACON(HONOLULU,HI)	63	6-23-74
65-69	69.1	ROBERT HUNT(ANAHEIM,CA)	60	8-17-80
70-74	73.22	GEORGE BRACELAND(DREXEL HILL,PA)	65	7-29-79
75-79	77.50	GILBERTO GONZALEZ(SAN JUAN,PR)	70	9-27-83
80+	89.58	RUSSELL MEYERS(PENSACOLA,FL)	77	5-9-81
80+	1:51.0	HERBERT ANDERSON(BELLVUE,CO)	80	7-24-82

HIGH JUMP				
DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
35-39	6-8 3/4	2.05 JOHN DOBROTH(VENTURA,CA)	38	5-13-79
40-44	6-8	2.03 JOHN DOBROTH(VENTURA,CA)	40	7-8-81
45-49	6-2 3/4	1.90 HERM WYATT(LOS GATOS,CA)	48	4-19-80
50-54	6-2	1.88 HERM WYATT(LOS GATOS,CA)	51	8-20-83
55-59	5-6 1/2	1.69 RICHMOND MORCOM(PHILADELPHIA)	55	7-27-76
60-64	5-2 3/4	1.59 BURL GIST(SAN MARCOS,CA)	64	4-28-84
65-69	4-8 1/4	1.43 STAN THOMPSON(HONOLULU,HI)	67	5-7-78
70-74	4-6	1.37 WESLEY WARD(IN)	70	7-5-80
75-79	4-3 1/4	1.30 HERBERT ANDERSON(BELLVUE,CO)	75	3-24-78
80+	3-11 1/4	1.20 HERBERT ANDERSON(BELLVUE,CO)	80	8-29-82

POLE VAULT				
DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
35-39	16-1	4.90 BOB NEUTZLING(US)	36	5-31-80
40-44	15-1 1/4	4.60 ROGER RUTH(US,VICTORIA,CAN)	44	9-7-72
45-49	15-0	4.57 ROGER RUTH(US,VICTORIA,CAN)	45	7-21-73
50-54	14-4	4.37 VIC COOK(WOODLAND HILLS,CA)	50	7-25-82
55-59	13-6 1/4	4.12 RICHMOND MORCOM(PHILADELPHIA)	55	8-4-76
60-64	12-3 1/2	3.74 RICHMOND MORCOM(PHILADELPHIA)	63	2-8-84
65-69	11-6	3.50 JIM VERNON(WEST COVINA,CA)	65	1-31-82
70-74	9-9 1/4	2.98 CAROL JOHNSTON(WHITTIER,CA)	72	2-11-84
75-79	7-0	2.13 MERT GAMBITO(US)	75	10-4-80
80+	6-2 3/4	1.90 A. E. PITCHER(INDIANAPOLIS,IN)	82	5-26-84

LONG JUMP				
DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
35-39	25-11	7.90 TOM CHILTON(KNOXVILLE,TN)	35	6-8-72
40-44	24-4 3/4	7.43 TOM CHILTON(KNOXVILLE,TN)	40	3-24-78
45-49	21-11	6.68 SHIRLEY DAVISSON(VICTORVILLE,CA)	45	10-4-75
50-54	21-1	6.42 SHIRLEY DAVISSON(VICTORVILLE,CA)	50	4-12-80
55-59	20- 1/4	6.10 TOM PATSALIS(ALHAMBRA,CA)	59	7-18-81
60-64	19-11	6.07 TOM PATSALIS(ALHAMBRA,CA)	60	7-10-82
65-69	16-2 1/2	4.94 JOHN SATTI(SAN FRANCISCO)	65	7-21-79
70-74	14-10 1/4	4.53 CLAUDE HILLS(FLOURTOWN,PA)	70	7-3-82
75-79	12-10 1/2	3.92 HERBERT ANDERSON(BELLVUE,CO)	76	8-5-78
80+	11-7	3.53 WALT WESBROOK(CA)	80	6-24-78

TRIPLE JUMP				
DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
35-39	49-11 1/2	15.23 DAVE JACKSON(CARSON,CA)	36	5-16-68
40-44	46-11	14.30 DAVE JACKSON(CARSON,CA)	41	7-7-73
45-49	45-2 1/4	13.77 DAVE JACKSON(CARSON,CA)	45	8-11-77
50-54	43-3 1/2	13.19 DAVE JACKSON(CARSON,CA)	50	7-10-82
55-59	41-5	12.62 GORDON FARRELL(VAN NUYS,CA)	57	1-8-75
60-64	39-3	11.96 TOM PATSALIS(ALHAMBRA,CA)	60	7-10-82
65-69	31-3	9.52 FRED WHITE(DUNCANVILLE,TX)	65	5-27-78
70-74	29-5	8.96 WINFIELD MCFADDEN(SAN DIEGO,CA)	70	6-29-75
75-79	28-2 3/4	8.60 WINFIELD MCFADDEN(SAN DIEGO,CA)	75	8-17-80
80+	22-8	6.91 HERBERT ANDERSON(BELLVUE,CO)	80	7-24-82

SHOT PUT (35-49) 16# (50-59) 12# (60+) 8#				
DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
35-39	72-3	22.02 BRIAN OLDFIELD(CA)	35	5-16-81
40-44	58-10 1/2	17.94 CARL WALLIN(HANOVER,NH)	40	10-4-81
45-49	49-1 1/2	14.97 GEORGE KER(GRANADA HILLS,CA)	49	5-20-72
50-54	58-1 1/2	17.71 PARRY O'BRIEN(MISSION HILLS,CA)	52	7-1-84
55-59	51-8	15.75 GEORGE KER(GRANADA HILLS,CA)	55	5-13-78
60-64	55-4	16.86 GEORGE KER(GRANADA HILLS,CA)	60	5-21-83
65-69	48-3 3/4	14.72 JACK THATCHER(MANHATTAN BEACH,CA)	65	10-3-81
70-74	44-7	13.59 ROSS CARTER(EUGENE,OR)	70	8-25-84
75-79	38-4 1/4	11.69 A. REDMOND DOMS(CULVER CITY,CA)	75	6-19-82
80+	30-1 1/2	9.18 BUELL CRANE(TWIN FALLS,ID)	84	7-13-84

DISCUS THROW (35-49) 2KG (50-59) 1.6KG (60+) 1KG				
DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
35-39	227-2	69.24 ART SWARTS(NJ)	35	5-31-80
40-44	227-11	69.48 AL OERTER(NY)	43	5-31-80
45-49	216-11	66.12 AL OERTER(NY)	45	3-28-82
50-54	185-9	56.62 PARRY O'BRIEN(MISSION HILLS,CA)	52	8-19-84
55-59	151-6	46.18 GEORGE KER(GRANADA HILLS,CA)	55	6-25-78
60-64	174-1	53.06 DANIEL ALDRICH(NEWPORT BEACH,CA)	62	8-17-80
65-69	163-1	49.72 THOMAS MCDERMOTT(MADISON,CT)	66	5-1-84
70-74	132-6	40.38 VERNON CHEADLE(S. BARBARA,CA)	70	6-7-80
75-79	118-0	35.96 A. REDMOND DOMS(CULVER CITY,CA)	75	5-8-82
80+	84-4	25.70 JOHN WHITTEMORE(SANTA BARBARA,CA)	80	12-2-79

HAMMER THROW (35-59) 16# (60+) 12#				
DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
35-39	232-5	70.84 HAROLD CONNOLLY(SANTA MONICA,CA)	37	7-20-69
40-44	243-1	74.10 ED BURKE(CA)	43	6-12-83
45-49	189-9	57.84 HAROLD CONNOLLY(SANTA MONICA,CA)	45	5-1-77
50-54	182-6	55.62 BOB BACKUS(PEMBROKE,MA)	50	6-12-77
55-59	175-0	53.34 BOB BACKUS(PEMBROKE,MA)	55	8-9-81
60-64	151-1	46.06 THOMAS MCDERMOTT(MADISON,CT)	64	8-14-82
65-69	126-10	38.66 NOLAN FOWLER(COOKEVILLE,TN)	67	1-14-80
70-74	104-1	31.72 STANLEY HERRMANN(SANTA BARBARA,CA)	71	10-4-75
75-79	97-8	29.77 STANLEY HERRMANN(SANTA BARBARA,CA)	75	5-12-79
80+	66-3	20.19 JOHN WHITTEMORE(SANTA BARBARA,CA)	80	6-7-80

JAVELIN THROW (35-59) 800 GRAMS, (60+) 600 GRAMS				
DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
35-39	268-1	81.72 WILLIAM FLOERKE(SHAWNEE MISSION,KS)	35	7-21-79
40-44	242-9	74.00 LARRY STUART(CA)	41	6-9-79
45-49	238-10	72.80 LARRY STUART(EL TORO,CA)	46	5-12-84
50-54	184-6	56.24 PHILIP CONLEY(WOODSIDE,CA)	50	8-17-84
55-59	180-9	55.10 BILL MORALES(SANTA ANA,CA)	56	4-19-73
60-64	181-10	55.42 ED CHYNOWETH(INDIANOLA,CA)	60	5-12-84
65-69	148-3	45.18 BILL MORALES(SANTA ANA,CA)	67	5-26-84
70-74	132-0	40.24 BOB MACCONNAGHY(REDONDO BEACH,CA)	70	6-24-78
75-79	108-0	32.92 EMERY CURTICE(CALISTOGA,CA)	75	7-24-82
80+	94-6	28.80 HERBERT ANDERSON(BELLVUE,CO)	80	7-24-82

DECATHLON(IAAF SCORING TABLES)				
DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
35-39	6230	PHIL MULKEY(BIRMINGHAM,ALA)	38	3-26-71
40-44	6212	DAVE THORESON(SANTA BARBARA,CA)	40	6-6-81
45-49	5363	ED OLEATA(LA JOLLA,CA)	45	8-28-82
50-54	4951	RICHMOND MORCOM(PHILADELPHIA)	50	3-12-72
55-59	5246	RICHMOND MORCOM(PHILADELPHIA)	55	9-11-76
60-64	4552	RICHMOND MORCOM(PHILADELPHIA)	61	8-28-82
65-69	2783	CLAUDE HILLS(FLOURTOWN,PA)	65	6-24-77
70-74	2513	CLAUDE HILLS(FLOURTOWN,PA)	70	7-3-82
75-79	1659	HERBERT ANDERSON(BELLVUE,CO)	75	3-24-78
80+	851	JOHN WHITTEMORE(SANTA BARBARA,CA)	80	12-1-79

PENTATHLON(IAAF SCORING TABLES)				
DIV.	MARK	NAME(RESIDENCE)	AGE	MEET DATE
-39	2999	REX HARVEY(DES MOINES,IA)	35	8- 9-81
-44	2933	GARY MILLER(N. HOLLYWOOD,CA)	43	8-16-81
-49	2998	GARY MILLER(N. HOLLYWOOD,CA)	45	9-30-83
-54	2251	RICHMOND MORCOM(PHILADELPHIA)	54	4- 2-76
-59	2439	RICHMOND MORCOM(PHILADELPHIA)	56	8-12-77
-64	2182	JOHN ALEXANDER(MCCAMEY,TX)	61	5- 8-81
-69	1298	CLAUDE HILLS(FLOURTOWN,PA)	68	7- 4-80
-74	1016	CLAUDE HILLS(FLOURTOWN,PA)	71	9-28-83
-79	722	HERBERT ANDERSON(BELLVUE,CO)	75	8-12-77
80+	563	HERBERT ANDERSON(BELLVUE,CO)	80	9- 4-82

Continued from previous page

WOMENS AMERICAN FIVE YEAR AGE GROUP RECORDS

100 YARDS				
DIV.	MARK	NAME (RESIDENCE)	AGE	MEET DATE
35-39	12.3	ALMETA PARISH (SAN FRANCISCO)	38	5-17-75
40-44	11.4	IRENE OBERA (OAKLAND, CA)	42	5-15-76
45-49	11.7	IRENE OBERA (MORAGA, CA)	45	4-28-79
50-54	13.5	SHIRLEY KINSEY (LA CRESCENTA, CA)	51	2-7-81
55-59	15.5	SHIRLEY DIETDERICH (BERKELEY, CA)	55	7-29-82
60-64	14.7	JOSEPHINE KOLDA (SAN FRANCISCO, CA)	64	5-1-82
65-69	15.2	POLLY CLARKE (LOVELAND, CO)	67	5-21-78
70+	26.6	MARILLA SALISBURY (SAN DIEGO, CA)	73	8-1-81

100 METERS				
DIV.	MARK	NAME (RESIDENCE)	AGE	MEET DATE
35-39	11.9	PHIL RASCHKER (ATLANTA, GA)	36	6-25-83
40-44	12.6	IRENE OBERA (OAKLAND, CA)	42	7-3-76
45-49	12.63	IRENE OBERA (MORAGA, CA)	45	7-7-79
50-54	13.13	IRENE OBERA (MORAGA, CA)	50	8-18-84
55-59	14.6	RUTH CHRISTIAN (CORONA, CA)	55	8-18-79
60-64	15.5	JOSEPHINE KOLDA (SAN FRANCISCO, CA)	63	10-3-81
65-69	16.1	POLLY CLARKE (LOVELAND, CO)	67	5-6-78
70+	16.2	POLLY CLARKE (LOVELAND, CO)	70	4-17-81

200 METERS				
DIV.	MARK	NAME (RESIDENCE)	AGE	MEET DATE
35-39	24.63	PHIL RASCHKER (ATLANTA, GA)	36	9-24-83
40-44	26.1	IRENE OBERA (OAKLAND, CA)	42	7-4-76
45-49	26.21	IRENE OBERA (MORAGA, CA)	47	1-13-81
50-54	29.43	GRETCHEN SNYDER (BERKELEY, CA)	50	4-14-83
55-59	33.64	FLORENCE REARDON (OREGON, OH)	57	9-26-83
60-64	33.3	JOSEPHINE KOLDA (SAN FRANCISCO, CA)	63	2-27-82
65-69	34.6	JOSEPHINE KOLDA (SAN FRANCISCO, CA)	66	10-6-84
70+	34.2	POLLY CLARKE (LOVELAND, CO)	71	9-6-81

400 METERS				
DIV.	MARK	NAME (RESIDENCE)	AGE	MEET DATE
35-39	56.8	PHIL RASCHKER (ATLANTA, GA)	36	6-25-83
40-44	59.9	IRENE OBERA (OAKLAND, CA)	42	7-4-76
45-49	61.1	IRENE OBERA (OAKLAND, CA)	46	8-16-80
50-54	64.58	IRENE OBERA (MORAGA, CA)	50	8-18-84
55-59	80.20	NOLA BRUHN (SEATTLE, WA)	55	8-18-84
60-64	80.3Y	JOSEPHINE KOLDA (SAN FRANCISCO, CA)	64	5-1-82
65-69	82.3	JOSEPHINE KOLDA (SAN FRANCISCO, CA)	65	10-1-83
70+	84.23	POLLY CLARKE (LOVELAND, CO)	73	9-28-83

800 METERS				
DIV.	MARK	NAME (RESIDENCE)	AGE	MEET DATE
35-39	2:20.95	SUSANNE HOULTON (ATLANTA, GA)	36	7-14-84
40-44	2:22.0	SANDRA KNOTT (CLEVELAND, OH)	43	1-10-81
45-49	2:27.35	MARILYN HARBIN (MARTINEZ, CA)	46	8-19-84
50-54	2:33.00	GRETCHEN SNYDER (BERKELEY, CA)	50	5-19-84
55-59	2:48.2	BERYL SKELTON (FAIRPORT, NY)	55	8-17-84
60-64	3:11.4	PAT DIXON (BEND, OR)	62	8-29-81
65-69	3:34.4	ALICE WERBEL (SAN LUIS OBISPO, CA)	65	10-4-80
70+	3:30.0	POLLY CLARKE (LOVELAND, CO)	70	8-6-82

1500 METERS				
DIV.	MARK	NAME (RESIDENCE)	AGE	MEET DATE
35-39	4:40.2	CINDY DALRYMPLE (HONOLULU)	35	6-18-77
40-44	4:39.8	MIKI GORMAN (LOS ANGELES)	42	9-3-77
45-49	4:57.1	MARILYN HARBIN (MARTINEZ, CA)	46	8-18-84
50-54	5:09.5	MILA KANIA (WARWICK, NY)	50	7-25-82
55-59	5:20.0	MARGARET MILLER (THOUSAND OAKS, CA)	56	5-8-82
60-64	6:04.6	PAT DIXON (BEND, OR)	63	6-25-82
65-69	6:57.42	EDNA LAFLIN (SUN CITY, AZ)	66	8-18-84
70+	7:31.9	POLLY CLARKE (LOVELAND, CO)	72	8-8-82

ONE MILE				
DIV.	MARK	NAME (RESIDENCE)	AGE	MEET DATE
35-39	5:15.5	SUSAN BUCHANAN (PHOENIXVILLE, PA)	37	4-5-75
40-44	5:12.5	SANDRA KNOTT (CLEVELAND, OH)	41	8-4-79
45-49	5:28.9	MARILYN HARBIN (MARTINEZ, CA)	45	2-29-83
50-54	5:56.8	MARGARET MILLER (THOUSAND OAKS, CA)	54	6-7-80
55-59	5:50.6	MARGARET MILLER (THOUSAND OAKS, CA)	55	2-7-81
60-64	6:35	PAT DIXON (BEND, OR)	63	7-23-82
65-69	8:19	POLLY CLARKE (LOVELAND, CO)	67	6-20-78
70+	12:22.6	MARILLA SALISBURY (SAN DIEGO, CA)	73	7-11-81

3000 METERS				
DIV.	MARK	NAME (RESIDENCE)	AGE	MEET DATE
35-39	9:38.6	CINDY DALRYMPLE (HONOLULU, HI)	35	6-11-77
40-44	10:04	MIKI GORMAN (LOS ANGELES)	41	5-22-77
45-49	10:41.8	VICKY BIGELOW (SAN LORENZO, CA)	48	3-22-84
50-54	11:29.6	MILA KANIA (WARWICK, NY)	50	7-25-82
55-59	13:42.6	HARRIET WILSON (EUGENE, OR)	55	7-30-83
60-64	13:38.2	PAT DIXON (BEND, OR)	61	8-2-80
70+	18:22.0	BESS JAMES (SAN JACINTO, CA)	72	1-31-82

TWO MILES				
DIV.	MARK	NAME (RESIDENCE)	AGE	MEET DATE
35-39	11:39.61	NINA KUSCSIK (US)	39	1-11-78
40-44	11:29.2	SANDRA KNOTT (CLEVELAND, OH)	41	8-4-79
45-49	11:43.0	MARY CZARAPATA (NEW BERLIN, WI)	45	9-13-80
50-54	12:13.0	MARGARET MILLER (THOUSAND OAKS, CA)	54	6-7-80
60-64	19:48	FLORENCE FAWLEY (WESTERVILLE, OH)	61	5-27-84
70+	26:03.8	MARILLA SALISBURY (SAN DIEGO, CA)	73	7-11-81

5000 METERS				
DIV.	MARK	NAME (RESIDENCE)	AGE	MEET DATE
35-39	16:36.2	DORIS HERITAGE (SEATTLE, WA)	35	4-22-78
40-44	16:57.4	JUDY FOX (SUNNYVALE, CA)	40	8-16-81
45-49	17:59.0	VICKY BIGELOW (SAN LORENZO, CA)	47	7-24-82
50-54	18:44.6	MILA KANIA (WARWICK, NY)	50	6-13-82
55-59	20:05.0	HELEN DICK (LOS ANGELES, CA)	59	4-29-84
60-64	22:26.4	PAT DIXON (BEND, OR)	62	8-16-81
65-69	27:12.2	ALICE WERBEL (SAN LUIS OBISPO, CA)	65	8-16-81
70+	27:25.8	BESS JAMES (SAN JACINTO, CA)	74	9-23-83

10,000 METERS

DIV.	MARK	NAME (RESIDENCE)	AGE	MEET DATE
35-39	35:37.8	CINDY DALRYMPLE (HONOLULU)	35	6-8-78
40-44	35:33.6	JUDY FOX (SUNNYVALE, CA)	40	8-15-81
45-49	38:19.8	VICKY BIGELOW (SAN LORENZO, CA)	48	8-21-83
50-54	38:53.6	MILA KANIA (WARWICK, NY)	51	6-26-82
55-59	43:07.8	NOLA BRUHN (SEATTLE, WA)	55	8-17-84
60-64	44:51.0	PAT DIXON (BEND, OR)	63	7-16-82
65-69	67:45	RUTH UPDEGROVE (HONOLULU)	67	4-23-78
70+	60:01	BESS JAMES (SAN JACINTO, CA)	70	7-13-80

ONE HOUR RUN

DIV.	MARK	NAME (RESIDENCE)	AGE	MEET DATE
35-39	9-1124	15.512 MARYLIN PAUL (PORTLAND, OR)	36	7-20-74
40-44	9-1197	15.579 LINDA SIPPRELLE (WASH., DC)	43	7-29-78
45-49	9-376	14.828 MARILYN HARBIN (MARTINEZ, CA)	45	3-26-83
50-54	8-1355	14.114 NICKI HOBSON (SAN DIEGO, CA)	50	8-4-81
55-59	7-1021	12.199 MARCIE TRENT (ANCHORAGE, AK)	58	7-18-76
60-64	8-10	12.884 MARCIE TRENT (ANCHORAGE, AK)	61	7-28-79
65-69	5-1194	9.139 EDNA BERG (BOZEMAN, MT)	67	2-5-83
70+	5-1124	9.075 FELICITAS SALIZAR (SAN DIEGO, CA)	73	8-17-82

HIGH JUMP

DIV.	MARK	NAME (RESIDENCE)	AGE	MEET DATE
35-39	5-2	1.57 JOANNE GRISSOM (INDIANAPOLIS, IN)	37	7-16-76
	5-2	1.57 PHIL RASCHKER (ATLANTA, GA)	36	7-2-83
40-44	4-10	1.47 JOANNE GRISSOM (INDIANAPOLIS, IN)	40	7-27-79
45-49	4-4	1.32 SHIRLEY SMITH (ST. PETERSBURG, FL)	47	7-16-82
50-54	3-9	1.14 RUTH CHRISTIAN (CORONA, CA)	53	6-26-77
	3-9	1.14 ALICE LEICHT (SAN DIEGO, CA)	52	8-17-84
55-59	3-8	1.12 JOYCE VARNEY (HONOLULU, HI)	57	9-17-83
60-64	3-2	0.96 VIRGINIA LANDUYT (CA)	60	5-30-81
65-69	3-8	1.12 MARY BOWERMASTER (FAIRFIELD, OH)	67	8-17-84
70+	3-4	1.01 VIVIAN NELSON (HARRISBURG, PA)	71	8-17-84

LONG JUMP

DIV.	MARK	NAME (RESIDENCE)	AGE	MEET DATE
35-39	21-4	6.50 WILLYE WHITE (US)	35	10-26-74
40-44	16-10 3/4	5.15 JOANNE GRISSOM (INDIANAPOLIS, IN)	44	7-20-83
45-49	15-9	4.80 IRENE OBERA (OAKLAND, CA)	45	4-7-79
50-54	10-7 1/4	3.23 MAGDALENA KUEHNE (TUJUNGA, CA)	52	9-23-83
55-59	12-0	3.66 SHIRLEY KINSEY (LA CRESCENTA, CA)	55	7-1-84
60-64	5-9	1.75 DOT CALLAN (HI)	62	12-31-80
65-69	10-5 1/4	3.18 MARY BOWERMASTER (FAIRFIELD, OH)	66	9-23-83
70+	9-11 1/4	3.03 EDITH MENDYKA (TUJUNGA, CA)	71	5-8-82

SHOT PUT

DIV.	MARK	NAME (RESIDENCE)	AGE	MEET DATE
35-39	45-3	13.79 LYNN GRAHAM (FRESNO, CA)	35	4-9-83
40-44	42-4	12.90 JOANNE GRISSOM (INDIANAPOLIS, IN)	41	7-22-80
45-49	39-7 3/4	12.08 JOANNE GRISSOM (INDIANAPOLIS, IN)	45	7-22-84
50-54	30-4	9.24 SHIRLEY KINSEY (LA CRESCENTA, CA)	51	6-20-81
55-59	30-0 3/4	9.16 BERNICE HOLLAND (CLEVELAND, OH)	56	9-24-83
60-64	31-4	9.55 EDITH MENDYKA (TUJUNGA, CA)	61	6-17-72
65-69	35-4	10.77 HELEN STEPHENS (FLORISSANT, MO)	65	6-1-83
70+	29-3	8.91 EDITH MENDYKA (TUJUNGA, CA)	70	5-9-81

DISCUS THROW

DIV.	MARK	NAME (RESIDENCE)	AGE	MEET DATE
35-39	122-11	37.46 LYNN GRAHAM (FRESNO, CA)	35	4-9-83
40-44	98-2	29.92 JOANNE GRISSOM (INDIANAPOLIS, IN)	42	7-13-81
45-49	106-5	32.44 JOANNE GRISSOM (INDIANAPOLIS, IN)	45	8-7-83
50-54	90-4	27.53 SHIRLEY KINSEY (LA CRESCENTA, CA)	53	7-10-82
55-59	100-8	30.68 BERNICE HOLLAND (CLEVELAND, OH)	57	6-30-84
60-64	64-3	19.58 EDITH MENDYKA (TUJUNGA, CA)	62	6-24-73
65-69	63-6	19.35 EDITH MENDYKA (TUJUNGA, CA)	68	10-6-79
70+	62-6	19.05 EDITH MENDYKA (TUJUNGA, CA)	70	8-8-81

JAVELIN THROW

DIV.	MARK	NAME (RESIDENCE)	AGE	MEET DATE
35-39	98-2	29.92 KAREN HUFF (WILMETTE, IL)	36	6-23-79
40-44	110-9	33.76 JOANNE GRISSOM (INDIANAPOLIS, IN)	43	7-5-82
45-49	102-8	31.30 CHRISTEL MILLER (GLENDALE, CA)	48	3-23-83
50-54	88-2	26.87 SHIRLEY KINSEY (LA CRESCENTA, CA)	54	8-27-83
55-59	88-10	27.07 SHIRLEY KINSEY (LA CRESCENTA, CA)	55	10-6-84
60-64	76-1	23.19 EDITH MENDYKA (TUJUNGA, CA)	61	6-17-72
65-69	74-0	22.55 EDITH MENDYKA (TUJUNGA, CA)	65	6-27-76
70+	72-7	22.12 EDITH MENDYKA (TUJUNGA, CA)	72	5-14-83

ANNOUNCING...Sports America's New HOLLOW LAMINATED WOOD DISCUS with 80% of the weight in the steel rim with sandblasted edge.

D58 Men's 2K \$83.50 D88 Masters 1.5K \$79.00
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MASTERS SCENE

NATIONAL

• Avon Products, Inc., creator and sponsor of the Avon International Running Circuit for the past seven years, has eliminated the 1985 U.S. program. "We are disappointed, but are proud that we had a part in bringing the women's marathon to the Olympics," Katherine Switzer, Avon's director of Special Events said. Avon will continue to stage races in several countries. Perhaps the major reason for Avon's withdrawal is a 35% drop in earnings since it began sponsoring races in 1978 — from \$260 million in '78 to \$170 million in '84. Its stock price dropped 13% in 1984, from 25 to 21. Avon will diversify its marketing efforts into direct mail and shopping mall kiosks, along with its traditional door-to-door approach, in an attempt to turn the tide.

• Another major running sponsor, NIKE Sportshoes, which has been the primary sponsor of the Masters program and Masters runners for years, has also been pruning its promotional budget. NIKE is still committed to the Masters program, but its support is becoming more focused. Speaking of stock prices, NIKE's dropped in half in 1984 from 16 to 8, but is now at 9 and gives signs of moving up.

• Philadelphia's John B. Kelly, Jr., Olympic rowing champion, is the new U.S. Olympic Committee president. A Masters rowing competitor, Kelly was named Masters T&F Administrator-of-the-year in 1982 for his efforts in bringing Penn Mutual sponsorship to the program and the National Masters Sports Festival to Philadelphia.

NEW ENGLAND

• Despite no cash prizes, no 5-year age groups, and another 10K race 25 miles down the road, "over-50" category runners produced some respectable times in the Christmas Run For The Animals, Saunderson, RI, December 16. Mary McCarthy, 52, won her division in 48:45; Ken Green, 52, took the M50+ with

39:59; Bill Gorman, 58, was 2nd with 41:17. Carl Hammen, 61, still recovering from an injury, had a 44:50.

Don Callahan, Co-Director of the Saucony Freedom Trail Race, has been elected President of the Greater Boston Track Club, succeeding Tom Gilligan, who resigned.

• John Dugdale of Ridgefield, Conn. entered the M50 ranks with a fast 33:17 in the Braintree Hospital 10K in Braintree, Mass. Nov. 25, besting Bill Foulk (33:38) and hometown Tony Sapienza (35:38). Ray Currier (31:54) topped John Boyle (32:15) and Kirk Randall (32:36) in the M40-49 category. Britain's Priscilla Welch, newly-turned-40, sizzled to a 33:25 for 1st 40+ and 2nd woman overall. Fordie Madeira, who turned 40 in December, clocked 34:44, only 15 seconds off Cindy Dalrymple's W40 U.S. record.



New Zealand's Tiare Lund, 37, catches her breath after a 42:09 in the World Vets 10K in San Diego December 1.

photo by Gretchen Snyder

EAST

• The TAC Eastern Regional Masters T&F Championships will be held Sunday, March 24, at West Point. Sandy Pashkin and the New York Masters Sports Club will direct the meet. There had been some confusion regarding the date and direction, but it is settled. The entry form is in this issue.

• How does Norm Green do it? The 51-year-old Wayne, Pa. resident who set an age 50-54 marathon record of 2:25:51 in San Diego December 2, says he's "genetically gifted." Also, he's new. He ran track and cross-country in college in 1950-52. Then, he stopped. "I did no physical activity for 16 years," he said. "Then I just jogged from 1968 to 1971. Then I got up to 1000 miles a year, but I didn't start daily training until 1980." He says he got the bug when he finished 2nd in a San Francisco race in 1981. Now he does 50 to 60 miles a week, all at a sub-six-minute pace. Prior to his world marathon record, he did a 20-miler at a 5:40 pace. It was only his ninth marathon.

• Michael Kasser, 43, of the NYAC, was first M40+ with 7:05:11 in the NYRR 50 Mile,

Central Park, NYC, November 10. Dave Obelkevich, 41, of Millrose AA, was second M40+, 7:17:01. Alan Cohen, 55, NY Masters, was first M50+, 7:51:51, and Sam Freeman, 64, West Side YMCA, took M60+ honors, 8:37:17.

• The Friehofer's 10K Run For Women for '85 announces a new date, May 18, and more bucks. Masters will start with \$200 for first down to \$35 for tenth, for a \$6110 total.

• Ted Bitter, 40, took the 32nd spot (1545 men finishers) with 26:30 in the 7th Annual Thanksgiving Turkey Trot 5 Mile, Prospect Park, NYC, November 22. Foard Carson, 42, was 22nd (504 women finishers) with 34:56.

• The Price Chopperthon 30K, March 24 from Schenectady to Albany, NY, is offering \$250, \$150 and \$100 to the top three 40-or-over men and women. The race is the RRCA's national championships for open and Masters.

• Lina Connors, 42, of the NY based Atlanta club did the Women's 4 Mile, Central Park, NYC, November 17, in 24:27 to place 24th of 1195 finishers. Teammate Angella Hearn, 38, was 1st woman overall (147 w/finishers) by five minutes with 59:27 in the NYRR Winter Series 10 Miler, Central Park, December 8.

• Gloria Brown, 52, Grand Island, NY, sizzled through the YMCA Turkey Day 8K, Buffalo, NY, in 33:10 for first Masters woman and a national age record by over a minute.

SOUTHEAST

• Fifty-year-old Charles Blackburn, of Thomson, GA, and the Dixie Race Walkers, was overall winner of the TAC South Sectional 30K RW Championships, Aiken, SC, November 17, in 3:04:46. Dixie RW teammate Ellen Merry, 54, of Augusta, GA, was pleased with her W40+ winning time of 3:45:38.

• Bob Maydole of Davidson, NC, outleaded Bryce Brawley of Greenville, NC, to take the Masters and M40-49 division races by six-tenths of a second with 1:20:29.3 in the Springmaid Half-marathon, Charlotte, NC, December 1. Earl Owens, M35, of Charlotte, won the 10K overall in 31:55.

• Ed Benham, 77, Ocean City, MD, set a world age record for 20 miles with 2:42:37 in the featured 20 Mile race, Fairfax, VA, December 22. First Master was Carl Kuhn, 43, Manassas, VA, in 2:08:54. Mike Rosenweig, 41, Washington, DC, was Master winner of the 10 Mile with 65:55, and Karen Lovelace, 43, McLean, VA, sewed up the Master women's title with 86:20.

• Jack Hasson, 40, did the 100K event in the Tallahassee Ultradistance Classic 50K/100K, Wakulla Springs, FL, December 15, in 8:27:45 to become the '84 RRCA Master champion with a national age record for that distance. Vicki Johnson, 41, Knoxville, TN, was several notches better, however, with a women's Open/Master win in the 100K in 9:43:03 and age records for that distance and 50K (3:58:42) enroute. Floridian John Hesselbart, 40, was first Master in the 50K (3:45:47).

MIDWEST

• Barry Erickson, 41, Cincinnati, OH, was second to Robin Fry, 32, Columbus, OH, in the Wolfpack 50K, Columbus, November 11, by a mere 20 seconds with 3:40:21, but kept on moving in rain and a 35° temperature to win the Six Hour Run segment, finishing 65K in 5:33:20. Arthur Moore, 47, N. Olmstead, OH, was second in 5:45:27.

• Robert Marty, 40, finished first Master in the shortest segment of the Running Central Ultra-Challenge 50K/60K/100K in E. Peoria, IL, December 30, in 3:27:52. Marilee Christman, 53, was first W40-or-over in that race in 4:15:12. Robert West, 43, took the 60K Master title in 4:56:09, and Dick King, 64, won the M60+ crown in a solid 7:08:30. Tom

Smith, 45, spent 10:14:36 on the 3.1 mile loop, flat course at Illinois Central College to merit Master honors in the 100K. Ultra-marathoner Paul Appell directed the event.

MID AMERICA

• Roy Lechtenberg, 41, covered more ground than anybody else in the One Hour Run at Ed Weir Stadium, U. of Nebraska-Lincoln, November 18. With a 5:38 pace, Lechtenberg did 17121 meters Ray Stevens, 44, with 5:51, was second with 16250m, and Bob Elwood, 50, at a 5:56 pace, was third with 16253m to complete the M40-or-over sweep. Karen Bestul, 42, was first female with 14944m, on a 6:28 pace.

• Gary Oliphant, 44, of Wichita, clocked a 10.77 100-meters last year, only a tick off the world mark of 10.7, but it was wind-aided. Oliphant, the 1982 National 100-meter 40-44 champion and fourth in 1984 in 11:47, never ran 100 yards under 10 flat until he was 35. "I was always a late starter," he said. A bout with polio held him back in school for three years. "My left leg is about an inch shorter than my right leg," he said. "I really wasn't supposed to be able to do anything when I started running." He wears a pad in his shoe away from the track, but when he's running, he says: "I don't even wear socks. Having a short leg on the inside makes a good curve runner out of you."

SOUTH WEST

• M55 pole vault champion and 1956 Olympic gold medalist Bob Richards is back in training after spending the fall campaigning for the U.S. Presidency. He didn't get the ink Mondale and Reagan did, but his name was on the ballot in 36 states. The Waco, Texas resident is traversing the nation giving inspirational speeches to corporate and other audiences, and recounting his months on the campaign trail. He found time to score 3788 points in a weight pentathlon in Florida, December 31. His son, by the way, is an 18-foot vaulter at San Marcos, California High School.

Continued on next page



Britain's Bridget Cushen, 44, women's delegate to WAVA, looks pleased with her 3:37:35 time in the World Vets Marathon.

photo by Gretchen Snyder

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Ruth Anderson, 55, of U.S. just before start of World Vets 10K in San Diego where she finished 2nd W55 in 43:50.

photo by Gretchen Snyder

Continued from previous page

WEST

• Masters women **Bette Poppers** of Littleton, CO, and **Joan Reiss** of Sacramento, CA, grabbed a bit of the \$75,000 prize money offered in the California International Marathon, Sacramento, December 2. Poppers collected \$750 for her 11th place 2:51:11, and Reiss took home \$500 for her 2:59:33 15th place. Next year's race, scheduled for December 1, is expected to carry a purse of \$100,000.

• **Gary Miller** survived rain and cold on the first day of the Long Beach State U. Decathlon in December to find beautiful weather on the second, which aided him in breaking the age-47 world decathlon record by 500 points.

• Also at Long Beach State on December 29, **Ken Dennis**, M45, flew to a pre-season 6.5 in the 55m and 38.0 in the 300m, while **Nick Newton**, M50, high jumped 5-10 and pumped out a 39.3 300m.

• **Andre Tocco**, M45, 2:04:50, **Pat Devine**, M55, 2:12:05, and **Fred Nagelschmidt**, M60+, 2:24:08, set course records in the 7th Westlake Village 20 Mile, Westlake, CA, December 30. Entrants in this race are almost guaranteed rain over the tough, narrow, winding course, which can't handle more than 200 runners, but some have run it every year.

• **Irene Olberz**, 51, was the 1st W40+ in the CRRC Xmas 10K, Los Angeles, December 23, in 45:44.

• **David Oropeza**, 40, won the Masters race in the Fiesta Bowl Marathon, Scottsdale, AZ, December 2. **Larry Ingram**, 40, followed with 2:29:56, and **Dianne Lucas**, 40, was 1st W40+ in 3:05:47.

• **Mel Shine**, of Lafayette, CA, who turned 75 last March 12, showed his versatility on and off the track with M75 National titles in the 800 (3:04) and 1500 (6:23) at Eugene, and a 47:47 second place in the World Vets 10K in San Diego.

• **Margaret Miller** broke her own W55-59 record 8K time of 32:42 with 32:09 in the McClassic 8K in San Diego.

• Hollywood stunt man **Dean Smith**, 53, a former Olympian, as well as a Texas and pro football player, was inducted into the Texas Hall of Fame along with **Mean Joe Greene**. Dean went back to Texas for the ceremony and rode in the Cotton Bowl Parade. Smith had surgery on his heel last year, but says he's ok and will start running again this year.

• San Diego's top W50 runner **Dorothy Stock** has been on the shelf for six months with a planter fascia problem. She's exercycling about 30 minutes a day to retain some condition. Husband Bill is back training after months of work staging the World Vets 10K/Marathon races.

• Also on the injury list is Honolulu's **Harold Chapson**, World Veterans 80+ middle-distance champion. He had a sore knee at the Eugene Nationals, and had orthoscopic surgery on November 29. "I won't be running a marathon in 19 days as Joan Benoit did," he said. "I won't even be walking very much, but I'm sure it will be okay in time for Rome."

• **Ruth Anderson**, 55, picked off W50 honors in 1:41 in the Livermore, Calif. half-marathon December 8.

NORTHWEST

• For those who run as "bandits" (not officially entered), don't try it in Utah. Law enforcement officers there police road races and pull "bandits", issuing them a \$50 citation for "obstructing a public event."

• Two of this region's most experienced, highly-regarded Masters ultramarathoners triumphed in the 4th Annual Oregon RRC 50M/50K Championships, Portland, November 11. **Warren Finke**, 42, Portland, was 1st overall in the 50M with 5:46:16, and **Frank Bozanich**, 40, Bothell, WA, won the 50K outright in 3:13:11. **Joyce Brown**, 51-year-old triathlete, running her first 50K, picked up an age record with 5:36:33. Race director **Jim Sapp**, 34, withstood the stresses and strains of race production and finished 2nd to Finke with 5:52:42.

INTERNATIONAL

• The 1990 IGAL World Veterans Distance Running Championships were awarded to Hamilton, New Zealand. The races will take place in late December, 1990, or early January, 1981, during the Christmas holidays.

• Track & field Olympic ticket sales totaled over \$40 million, more than twice the \$20 million of the combined opening and closing ceremonies, and nearly triple the \$14 million for swimming, the next most popular event.

• **Jack Foster**, who holds M40 and M50 world marathon records of 2:11 and 2:20, is reportedly in shape and will compete abroad, but only if sponsorship is provided.

• The entry form for the World Veterans Games in Rome is printed in the January, February and March issues. If you need them in bulk, send an SASE with the proper postage to Bob Fine, 77 Prospect Place, Brooklyn, NY 11217.

• **Miloje Grujic** came within 0.2 of the world M50 400 record with a 52.5 in South Africa November 3. **Kellie Van Zyl**, M60, turned in a good 400-hurdles in 69.3. **Leon Hacker**, M45, clocked 23.7 in the 200. Other good marks included: **S. Wald**, M40, 200, 23.2; **Fred Reid**, M70, 200, 30.19; **L. Kgonyana**, M55, 1500, 4:56.5; and **Isabel Odendaal**, W80, 800, 4:19.0. **Leo Benning**, M50, won five events in the annual Orange Free State Championships.



Priscilla Welch of England. Two weeks from her 40th birthday. Stops her watch at 33:00.0 in the final of the Dr. Scholl's Pro Comfort 10K in Honolulu on Nov. 3.

Photo by Dick Cook

Honolulu...

Continued from page 16

said after sitting down. "From the ankles up, I'm OK. I'm in really good cardiovascular shape. From the ankles down..."

Shorter has been bothered for some time now by a foot injury. It forced him out of the 1983 Honolulu Marathon at about 10 miles. In 1982, he showed some of his old form as he led the race for the first 9½ miles before giving way to stomach cramps.

"I don't think it's a matter of age. (Carlos) Lopes (1984 Olympic marathon gold medal winner) is the same age as me. I think it's just a question of your body holding together," said Shorter, at 37 perhaps still too young to recognize that "holding together" is the very crux of aging.

Kenny Moore, who finished three places behind Shorter in the '72 Olympic marathon, did not participate but was in the finish area when Shorter crossed. He offered the opinion that the wear and tear of many road miles is a big factor in comparing Shorter with Lopes.

"Frank's legs are older than the rest of him," he said. "Lopes has done most of his running on softer surfaces and hasn't run many marathons. His legs haven't taken the beating that Frank's have."

Yamada, 57, who recorded a 2:18:51 in winning at Boston 31 years ago, said he trains now about the same as he did in his heyday. He runs daily and averages about 300 miles a month. It was his seventh Honolulu Marathon. His best time in the event was in 1977 when he had just turned 50 and won his division with 2:37:44, a division record until New Zealand's Jack Foster broke it with a 2:28:15 in 1982.

Write On

Continued from page 12

plimented for his initial efforts to recognize the need for such age-factor tables in scoring of weight events. Ian Hume deserves the credit for pioneering these systems.

Enclosed are results of our recent run pentathlon, weight pentathlon, and pentathlon.

In future editions, please present articles discussing the correct tables to use and further analyses of the attempts to develop equity between competitors of different ages. Hopefully, someday we will have a system which is as fair as existing handicaps used in golf or bowling. No system will ever be perfect; however, a single system will hopefully emerge which is acceptable to all.

The US Masters Decathlon tables appear to satisfy many needs. The tables should be expanded to include all events in the IAAF book. Eventually point books are needed which incorporate the points earned for each event by one year age brackets. This will



Yoshiaki Unetani, winner of the 1969 Boston Marathon, approaches the finish line in the 1984 Honolulu Marathon. Unetani, 40, clocked 2:39:18 to finish as 3rd age 40+ runner.

Photo by Hank Cavender

"I'm not young any more," Yamada said through an interpreter. "I'm trying to run slower, but longer."

Yamada, just 4-11 and 100 pounds dripping wet, finished fifth in the 50-59 age division. The winner was his countryman Tsuneaki Takahashi in 2:40:39.

Unetani, who clocked 2:13:49 in winning Boston, finished third in the 40-49 division, which also was won by a Japanese runner. Naohumi Doi was the first masters finisher in 2:36:33.

Just recently turned 40, Unetani said he began to cut back in his training after finishing 36th in the 1972 Olympic marathon. He now logs about 300 kilometers (180 miles) a month of training.

"When I was training for Boston, I was going for winning the race," he said through an interpreter. "Now I just run for my health." □

— Mike Tymn

allow a 74 year old, for example, to look in a table and realize that points can be earned in the 1500 meter run for any performance faster than about 10 minutes, 16 seconds per mile! Presently many older competitors assume they will earn no points in running events such as the 1500.

Any comments and feedback would be appreciated. Hopefully the points computed in the enclosed results are accurate. It took me about two hours just to compute pentathlon scores for eleven competitors, using the point systems described above. If I were not a CPA and totally dedicated to the masters track movement, I could not have endured this clerical task.

Jack Karbens
Honolulu, Hawaii

SUPER JANUARY ISSUE

Congratulations on another great January issue of NMN. You did a super job covering all that went on down in San Diego, plus everything else to finish off 1984.

Ruth Anderson
Oakland, California

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

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

July 6-7. TAC National Masters Decathlon Championships, San Diego. (Date subject to change).

August 23-25. TAC National Masters Championships, Indiana University, Indianapolis. Marshall Goss, Indiana U. T&F Office, Bloomington IN 47405.

August 31. TAC National Masters Pentathlon Championships, Denver. Jim Weed, 11672 East 2nd Ave., Aurora CO 80010. 303/341-2980.

NEW ENGLAND

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

EAST

February 1. Master Keys Indoor Championships, 7:30 p.m., Catonsville Community C., Maryland. Larry Williams, 18 Mitnick Ct., Baltimore, MD 21236. 301/661-7521.

February 3. West Penn Track Club Masters Championships, Slippery Rock U. Barry Kline, 1245 Alamae Lakes Rd., Washington PA 15301.

February 10. MAC Masters Indoor Championships, 169th St. Armory, New York City. Haig Bohigian, 225 Hunter Ave., N. Tarrytown NY 10591.

February 17. NY Masters Club Masters Championships, Fordham U., New York. NY Masters, 77 Prospect Place, Brooklyn NY 11217.

March 2. Philadelphia Masters Championships. Fred Mannis, 1040 W. Montgomery Ave., Ardmore PA 19003. 215/642-5989.

March 9. New Jersey TAC Masters Indoor Championships, Peddie School, Hightstown, N.J. Ron Salvio, Squan Rd., Clarksburg NJ 08510. 609/259-9268.

March 24. TAC Eastern Regional Masters Championships, West Point, N.Y. 212/368-6134. No post entries. Free track



A. Conradie, M45, (17:08) leads L. Kgonyana, M55, (18:22) in the 5000 meter run in Sasolburg, South Africa November 3.
photo by Leo Benning

bags to all entrants. SASE to Sandy Pashkin, 363 Edgcombe Ave., NYC 10031.

June 16. TAC Eastern Regional Masters Championships, Washington, PA (Pittsburgh). Barry Kline, 1245 Alamae Lakes, Washington PA 15301.

June 21-23. 50+ Senior Olympics, Lake Placid, N.Y. Tom Barber, Elder International Assoc., R.D. 1, Box 78, Vaatie NY 12184. 518/474-0403.

September 1. Potomac Valley Games, George Mason U., Fairfax, Virginia H.W. Carle, 195 N. Utah, Arlington VA 22207. 703/276-0180.

SOUTHEAST

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

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

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

MIDWEST

February 9. Athlete's Foot Masters Indoor Meet, Augustana College, Rock Island, Ill. Masters Meet, 1029 16th Ave., E. Moline, IL 61244. 309/755-2655.

February 24. Midwest Masters All-comers Indoor Meet, College of DuPage, Glen Ellyn, Illinois, 8 a.m. Wendell Miller, 7250 N. Cicero, Lincolnwood IL 60646. 312/234-2154.

February 24. TAC Midwest Regional Masters Indoor Championships, Cincinnati, Ohio. Bill Schnier, Track Office ML 21, U. of Cincinnati, Cincinnati OH 45221. 513/475-5708.

March 10. Ohio TAC Open and Masters Indoor Championships, Ohio St. U., Columbus, Ohio. Vince Peters, 541 Osborn Ave., Fairborn, OH 45324. 513/878-4040.

March 17. Midwest Masters All-comers Indoor Meet, College of DuPage, Glen Ellyn,

Illinois, 8 a.m. Wendell Miller, 7250 N. Cicero, Lincolnwood IL 60646. 312/234-2154.

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

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

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

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

June 8-9. Senior Classic, Indianapolis. Indiana U. Track Stadium, site of 1985 TAC National Masters Championships. Bob Coughlin, 305 S. Barton, Indianapolis IN 46241. 317/241-5446.

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

July 13. Midwest Masters All-comers Meet, York High School, Elmhurst, Illinois, 8 a.m. Wendell Miller, 7250 N. Cicero, Lincolnwood IL 60646. 312/234-2154.

August 3. Heights Summer Classic, Cleveland Heights High, Cleveland, Ohio. Dorothy Davis, 2155 Miramar Rd., University Heights OH 44118. 216/371-7406.

August 17. Midwest Masters All-comers Meet, York High School, Elmhurst, Illinois, 8 a.m. Wendell Miller, 7250 N. Cicero, Lincolnwood IL 60646. 312/234-2154.

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

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

MID-AMERICA

February 16. Lawrence Track Club Open and Masters Indoor Meet, Lawrence, Kansas. Lawrence TC, Box 3743 Lawrence, KS 66046-0743.

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

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

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

SOUTH WEST

May 25. TAC Southwest Regional Masters Championships, Kenner, Louisiana. Danny Thiel, 1459 Verna St., New Orleans LA 70119. 504/486-8066.

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

August 3. Texas Masters Championships, Univ. of Texas at Arlington. Joe Murphy, 4308 N.C. Expwy., S-206, Dallas TX 75206. 214/824-3800 (0).

WEST

February 17-18. Hawaii Masters TC Heptathlon for Men and Women, Honolulu. Jack Karbens, 3138 Wai'ale'ale Ave., No. 1003, Honolulu, HI 96816. 808/735-4576.

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

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

March 10. Hawaii Masters TC Meet (limited events), Kaiser H.S., Honolulu. Jack Karbens, 3138 Wai'ale'ale Ave., No. 1003, Honolulu, HI 96816. 808/735-4576.

March 31. Hawaii Masters TC Meet (limited events), Kaiser H.S., Honolulu. See March 10.

April 13. Central California TAC Masters Championships, Warmerdam Field, Fresno St. U., Fresno. Hugh Adams, 7904 S. McCall, Selma, CA 93662. 209/896-2435.

April 21. Mt. SAC Masters Relays, Mt. SAC Community College, Calif. Hal W. Smith, 18750 Oxnard St. No. 404, Tarzana, CA 91356. 818-342-1174.

April 27. 10th Annual Sacramento Masters Relays, Sacramento, Calif. In conjunction with college dual co-ed meet between CSU-Sacramento and UC-Davis. Roy Wigginton, P.O. Box 255268, Sacramento, CA 95865. 916/927-6237 (w); 488-0345 (h).

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

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

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

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

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

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

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

Continued on next page

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Canada's Ken Inglis, 42, finishing 4th in World Vets 10K in 31:18.

photo by Gretchen Snyder



Arch M55 rivals Jim O'Neil (l) of San Diego, and Tony Sapienza, of Braintree, Mass. after their photo finish (O'Neil won by a stride in 35:14) in the IGA World Veterans 10K in San Diego December 1.

Continued from previous page

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

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

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

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

NORTHWEST

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

CANADA

March 2. Ontario Masters Indoor Championships, Toronto. M&W 35+. Art Rappich, 86 Gloucester St., No. 1105, Toronto, Ont. May 2S.

May 25-26. Ontario Masters Championships, E. York Stadium, Toronto. Valdis Teteris, 17 Chester Hill Rd., Toronto, Ont. M4K 1x2.

June 8-9. Canadian Masters Championships, Toronto. Don Farquharson, 269 Ridgewood Rd., West Hill, Ont. M1C 2x3.

July 13. Ontario Masters Pentathlon Championships, Scarborough. Art Rappich, 86 Gloucester St., No. 1105, Toronto, Ont. May 2S2.

August 18-23. Masters Games, Toronto. Box 1985, Postal Station P. Toronto, Canada M5S 2Y7. 416/927-1985.

INTERNATIONAL

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

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

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

August 3-4. WAVA North American Masters Championships, Los Gatos, California. Bruce Springbett, PO Box 1328, Los Gatos CA 95030. 408/354-7333 or 408/354-5660.

LONG DISTANCE RUNNING NATIONAL

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

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

May 5. TAC U.S. National Masters 25K, Syracuse, N.Y. Nick Wetter, 700 4th St., Liverpool NY 13088.

May 26. TAC U.S. National Masters 20K, Washington, D.C. Charles DesJardins, 5428 Southport Lane, Fairfax VA 22032.

August 4. TAC U.S. National Masters 50K Cross-Country Championships, Richmond, Calif. PA/TAC, Box 1495, Fair Oaks CA 95628.

September 22. TAC U.S. National Masters Half-marathon, Dayton, Ohio. Vince Peters, 541 Osborn Ave., Fairborn OH 45324.

October 6. TAC U.S. National Masters 5K Road Championships, Little Rock, Arkansas. Dan Bartell, Box 34153, Little Rock AR 72703.

October 13. TAC U.S. National Masters 8K Championships, Syracuse, N.Y. Bob Brock, 4559 Limeledge, Marcellus NY 13108.

November 3. TAC U.S. National Masters 10K Cross-country Championships, Syracuse, N.Y. Bob Brock, 4559 Limeledge, Marcellus NY 13108.

November 3. TAC National Masters and Marine Corps Marathon, Washington, D.C. Charles Des-Jardins, 5428 Southport Lane, Fairfax VA 22032. 703/250-7955.

November 17. TAC U.S. National Masters 15K Cross-country Championships, New York City. Bob Fine, 77 Prospect Place, Brooklyn NY 11217.

November 29. TAC U.S. National Masters 5K Cross-country Championships, Raleigh, N.C. Bob Baxter, 800 Purde St., Raleigh NC 37609.

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.

NEW ENGLAND

February 24. Sugarloaf LDR—New England D.H. Jones 10 Miller, Amherst, Mass. J. Falkowski, PO Box 659, Amherst, MA 01004. 413/256-1489.

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

April 15. (Monday). 89th annual Boston Marathon, noon. BAA, 17 Main St., Hopkinton MA 01748. 617/435-6905. Deadline March 16. Qualifying standards.

April 21. Boston Milk Run, Boston. Masters prize money TBA. John McGrath, PO Box 252, Boston MA 02113. 617/969-4482.

EAST

March 3. Bethesda Chase 20K, Bethesda, Maryland. Montgomer County Dept. of Recreation, 12210 Bushey Dr., No. 304, Silver Spring MD 20902. 301/593-9670.

March 24. Price Chopperthon 30K Road Race (RRCA National Championships), Albany, New York. \$250/150/100 to top three Masters. Ray Newkirk, 130 Manning Blvd., Albany, NY 12203. 518/438-8807.

March 31. NIKE Cherry Blossom 10 Mile and 3K Fun Run, 8 a.m., West Potomac Park, Washington, D.C. PO Box 4711, Arlington VA 22204. 703/979-0358.

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

May 18. Freihofer's 10K Run For Women, Albany, New York. \$6110 for top ten Masters. George Regan, 382 Broadway, Albany, NY 12207. 518/465-5210.

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

August 10. Asbury Park and TAC Open Men's 10K Championship, Ocean Township, New Jersey. Phil Benson, P.O. Box 2287, Ocean Township, NJ 07712. 201/531-4156.

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

SOUTHEAST

February 2. Orange Bowl 10K, Miami, Fla. Runners International, 12306 SW 117 Court, Miami, FL 33186. 305/232-1816.

February 3. TAC National Masters 10K Road Championships, Clearwater, Fla. See "National."

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

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

March 9. Jacksonville River Run (15K), Jacksonville, Florida. \$1800 to Masters. Doug Alred, 1545 University Blvd. West, Jacksonville FL 32207. 904/739-1917.

March 23. Azalea Trail Run 10K, Mobile, Ala. Port City Pacers, Box 16907, Mobile AL 36616. 205/666-6666.

May 5. RRCA National 10K, Marietta, Georgia. CRR, 2869 Torrey Way, Marietta GA 30067.

May 27. Cotton Row 10K Run, Huntsville, Ala. Ron Morris, 15010 Coy's Dr., Huntsville AL 35802.

July 4. (Thursday). Peachtree Road Race 10K, Atlanta. \$2000 to Masters. ATC, 3097 E. Shadowlawn Ave., N.E., Atlanta GA 30305.

MIDWEST

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

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

May 5. Jesse Owens Classic 5K, Columbus, Ohio. Ron Althoff, OSU, 337 W. 17th Ave., Larkinds Hall, Room 106, Columbus OH 43210. 614/422-7671.

MID-AMERICA

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

May 27. (Monday). Bolder Boulder 10K, Boulder, Colorado. Bruce McDowell, Box 9032, Boulder CO 80301. 303/444-RACE.

June 15. Grandma's Marathon, Duluth, Minn. Scott Keenan, PO Box 6243, Duluth MN 55806. 218/727-0947.

Continued on next page

ON TAP FOR FEBRUARY

TRACK & FIELD

Masters February indoor action starts off with the West Penn meet on the 3rd, followed by an Illinois meet on the 9th and the MAC (NYC) Championships on the 10th. Lawrence, Kansas hosts a meet on the 16th, while the New York Masters Sports Club annual meet takes place at Fordham U. on the 17th. The annual Orange, California outdoor meet is set for the 23rd and over 200 are expected at the Midwest Regionals in Cincinnati on the 24th.

LONG DISTANCE RUNNING

The major race for Masters this month is the TAC U.S. Masters 10K Road Championships in Clearwater, Florida on the 3rd. The Gasparilla Classic 15K is awarding \$3500 to Masters runners on the 9th in Tampa. The 8th L'eggs 10K is set for San Diego on the 23rd, with the Colonial half-marathon in Williamsburg, Virginia the next day. □

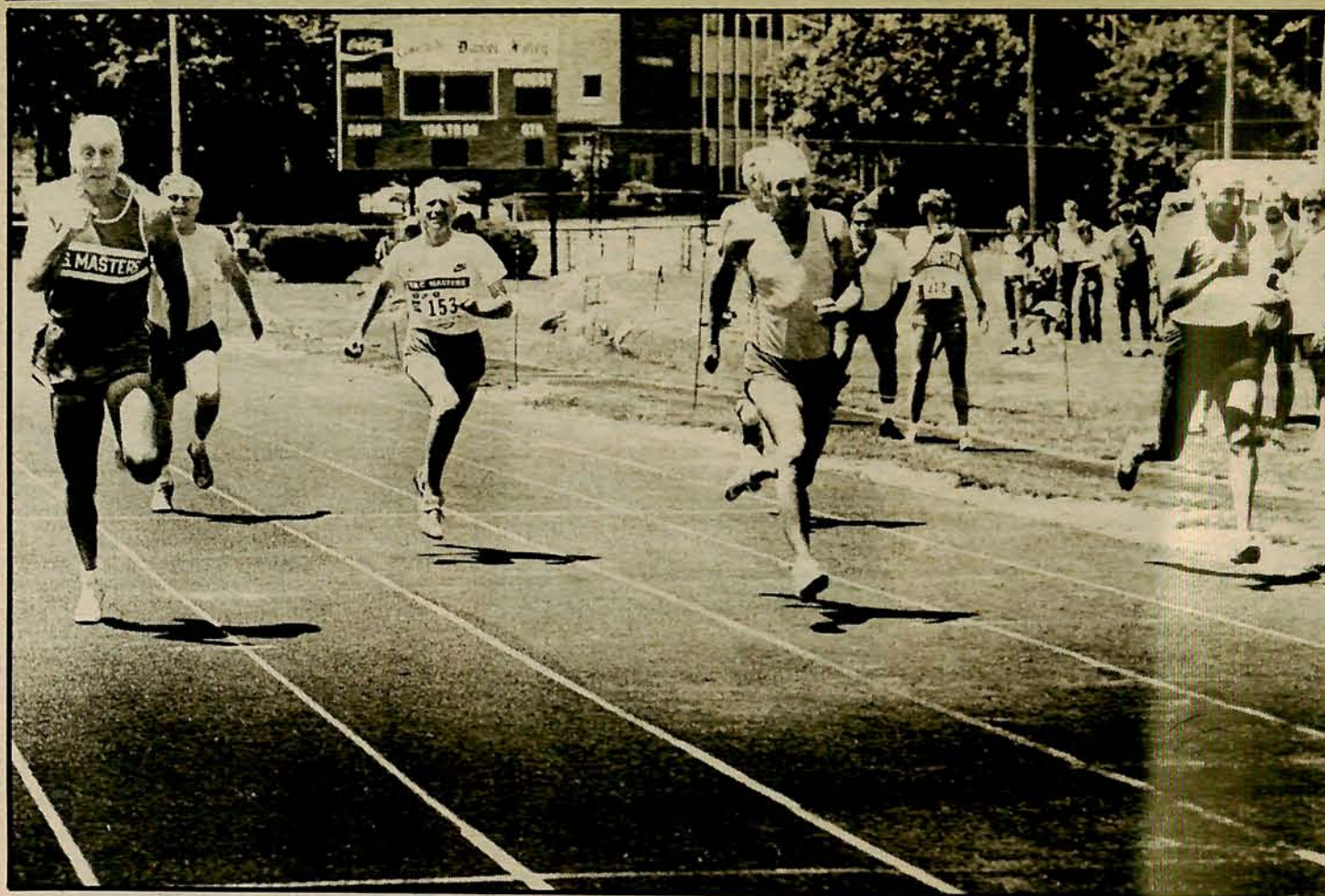


Britain's Sheila Charlton, 51, placing 2nd W50 in 3:29:19 in World Vets Marathon in San Diego December 2.

photo by Gretchen Snyder

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.



Men's M60-and-over 100y at Waltham Masters Meet, Waltham, Mass. (L to r) Nat Heard, Barry Ivers, Bill Carmen, Vernon Mattson, Robert Sorlien. Heard won in 13.0.

Photo by Keith E. Jacobson

Continued from previous page

October 6. Twin Cities Marathon, Minneapolis to St. Paul, Minnesota. \$40,000 to Masters. Jack Moran, 5429 Wooddale Ave., Edina MN 55424.

SOUTHWEST

March 3. 18th Annual Galveston Marathon, Galveston, Texas. Charles Delgado, P.O. Drawer J, Galveston, TX 77552. 409/744-5261.

WEST

February 3. Long Beach Marathon, Long Beach, Calif. Long Beach Marathon, 1825 Redondo Ave., Long Beach, CA 90804. 213/494-2664.

February 10. Firecracker 10K Run, Chinatown, Los Angeles, Calif. L.A. Chinatown 10K Committee, Box 4732, Terminal Annex, L.A. CA 90051. 213/250-1008.

February 17. Senior Masters "Old Fashion" 4 Mile, Yucaipa, Calif. Divisions for M & W start at 55. C.S.A. 63, PO Box 337, Yucaipa, CA 92399.

February 17. SPA/TAC 30K District Championships, Yorba Linda, Calif. Fleet Feet, 18232 Imperial Hwy., Yorba Linda, CA 92686. 714/528-3338.

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

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

March 17. Tom Sullivan St. Patrick's Day 10K, Torrance, Calif. SASE to PO Box 7000-251, Redondo Beach, CA 90277. 213/375-2626.

April 4-5-6. 2nd Tropicana/Las Vegas Easter Run, Las Vegas. Thomas Sports Enterprises, 6765 Grandola Dr., Las Vegas NV 89103. 702/368-2885.

July 14. San Francisco Marathon. \$1800 to Masters. Scott Thomason, Box 27385, San Francisco CA 94127. 415/681-2323.

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

NORTHWEST

May 5. Lilac Bloomsday Run, (12K), Spokane, Wash. \$4500 to Masters. Sylvia Quinn, PO Box 1511, Spokane WA 99210. 509/838-1579.

June 30. Cascade Run Off 15K, Portland, Oregon. Chuck Galford, PO Box 40228, Portland OR 97240. 503/226-0717.

CANADA

April 14. Ontario Masters 10K Championships, Scarborough. Joe Millage, Variety Village, 3701 Danforth Ave., Scarborough, Ont. M1N 2G2.

August 11. Masters Games Marathon (Age 30+), Toronto. Also Cross-Country on August 17, and Road Race on August 25. Box 1985, Postal Station P, Toronto, Canada M5S 2Y7. 416/927-1985.

INTERNATIONAL

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

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

June 8-9. XVIII World Veterans (IGAL) 10K and 25K Marathon Championships, Lytham St. Annes (south of Blackpool), England. (Men 40+, Women 35+). Jack Haslam, Marathon Meadows, Barton, Preston PR3 5AA, England. Phone: 0995 40604.

June 16. Brugge Veterans 25K (Men 40+, Women 35+), Brugge, Belgium. Jacques Serruys, PO Box 7, 8000 Brugge 1, Belgium.

Countdown to Rome

Continued from page 13
were not present.

It was the conclusion of those present that the IAAF would recognize one governing body for Veterans (WAVA and IGAL would reach some merger). The governing Veterans body would then have ten representatives on the IAAF Veterans' Committee, and the IAAF would appoint an additional five. The Veterans Organization (VO) would have an affiliation similar to the RRCA (Road Runners) and TAC, in that the VO would run its own program, keep its own money, follow the IAAF technical rules whenever possible, and work internationally under the IAAF structure (national veteran groups would be part of existing national governing bodies of the IAAF).

The representatives from WAVA indicated that this was acceptable to them, subject to approval by their membership at their general meeting this June in Rome. WAVA's Vice President for Long Distance Running was also the President of IGAL. The Secretary of IGAL was also present and agreed that there should be a merger. WAVA indicated that it didn't matter what name was used for any merged veterans' organization, and that, under the present structure of WAVA, Long Distance would be a separate division with authority to run the long distance program as that division saw fit.

This proposal was then presented to the members of IGAL. They rejected the proposal, much to the embarrassment of their President and Secretary who were for it. The IAAF represen-

tative felt that the IGAL membership acted very badly, and indicated that WAVA would now be considered, by the IAAF, to be the governing body for Veterans. In turn, the WAVA members present indicated that any member of IGAL, who wished to work within WAVA's Long Distance Division, would be welcomed.

Another meeting is scheduled in March to detail the structure and to prepare formal proposals for the WAVA General Assembly meeting in Rome.

The first question is why should any Veterans' organization seek any affiliation with the IAAF.

Different Veteran groups throughout the world have different degrees of affiliation with their National Governing Bodies (NGB) who are already affiliated with the IAAF. In some countries, it would be impossible to have a Veterans' program without the cooperation of the NGB (Holland, Norway, India). Other Veteran groups wish to have close ties with their NGB (Italy, West Germany). In the United States, the Veterans (Masters) have two of the eight standing sports committees in TAC. TAC is an affiliated NGB with the IAAF. If some accommodation could not be worked out, then the IAAF would structure a Veterans program on their own. If that happened, the program, as we now know it, would be impossible to maintain.

The IAAF can help the program by providing facilities and expertise through the NGBs; secretarial support through their headquarters in London; make it easier to obtain governmental cooperation in holding Veterans' events; bring the Communist block into Veterans competition; coordinate scheduling; and provide a forum for the Veterans to present our ideas to the IAAF.

The proposal agreed upon seems quite reasonable. It would not diminish the authority, income, or direction of WAVA and could help expand our program.

As with any new venture there is always a risk that what is decided now may not come about or may be changed in the future. However, since WAVA's structure would not be disturbed, and since WAVA would have 2/3 of the votes in the IAAF Veterans Committee, I believe it is a risk that should be taken. The alternative would be a total disruption of the program. In the event that the IAAF attempts to modify the proposed agreement in the future, then the Veterans will still have the choice of running their program through WAVA without any relationship with the IAAF.

As a member of the WAVA Executive Committee, I will naturally advise as to what comes out of our meeting in March.

Any comments and/or recommendations would be most welcome. □

INTERIM 1984 MASTERS 8 KILOMETER RANKINGS

Compiled by the National Running Data Center

These interim rankings represent all the 8 km/5 mile race results received (and processed) by 14 Dec 1984 for the calendar year 1984.

8 kilometers

Open Men

22:52	Bruce Bickford	27	Wellesley	MA	5 Sep,MA-A
22:54	Paul Gorman	28	Boston	MA	5 Sep,MA-A
23:12	Mark Nenow	26	Lexington	KY	18 Aug,NC-A
23:12	Jon Sinclair	27	Ft Collins	CO	30 Sep,WA-A
23:17	Greg Meyer	28	Natick	MA	5 Sep,MA-A

8 kilometers

Men- 35 thru 39

23:48	Ken Archer	35	Bowie	MD	30 Sep,DC-A
24:38y	Greg Brock	36	Corralitos	CA	14 Jan,CA-A
24:57a	Damien Koch	39	Ft Collins	CO	3 Jun,OR-A
25:08y	Dan Murray	39	Modesto	CA	7 Jul,NY-A
25:11	David Thomas	36	Aloha	OR	11 Mar,OR-A
25:27	Robert Schlau	36	Isle of Palms	SC	18 Aug,NC-A
25:31	Lucious Anderson	39	Silver Spring	MD	30 Sep,DC-A
25:34a	Gene Solomon	35	Creswell	OR	3 Jun,OR-A
25:36	Peter Nye	37	Alexandria	VA	30 Sep,DC-A
25:38	Joe Catalano	35	Dedham	MA	25 Jul,MA-A
foreign					
24:48y	Tim Hassall	37	Jersey City	NJ	3 Mar,NY-A/GBR
24:51a	Arne Kvalheim	39	Oslo	NOR	3 Jun,OR-A/NOR
24:55	Tony Polhill	36	Auckland	NZL	22 Jul,OR-A/NZL

8 kilometers

Men- 40 thru 44

25:05ay	Tony Mifsud	40	Allen Park	MI	18 Mar,MI-A
25:12	Kirk Randall	42	Wellesley	MA	25 Jul,MA-A
25:20	Sumner Brown	40	Belmont	MA	25 Jul,MA-A
25:24	Mike Heffernan	43	Portland	OR	11 Mar,OR-A
25:27	Mike Manley	42	Eugene	OR	11 Mar,OR-A
25:44ay	John Beach	43	Traverse City	MI	18 Mar,MI-A
25:46y	Gary Goettelmann	40	San Jose	CA	14 Jan,CA-A
25:46a	Ronald Hanson	40	Eugene	OR	3 Jun,OR-A
25:56	John Boyle	40	Newburyport	MA	5 Sep,MA-A
25:59	J Gus Foley	41	Winthrop	MA	5 Sep,MA-A

8 kilometers

Men- 45 thru 49

26:49	Robert Paklaian	48	Detroit	MI	13 Oct,MI-A
27:17	Mel Williams	46	Virginia Beach	VA	16 Jun,VA-A
27:24	Clyde Davidson	46	Emporia	KS	15 Jul,KS-A
27:29	Larry Worth	46	Richardson	TX	21 Jul,OK-A
27:33ay	Rex Perrine	46	Garden City	MI	18 Mar,MI-A
27:33a	Alan Claremont	48	Corvallis	OR	3 Jun,OR-A
27:40ay	Russell Bennett	46	Tulsa	OK	7 Apr,OK-A
27:52y	Bill Walsh	46	White Plains	NY	7 Jul,NY-A
27:52	Ernie Nick	47	Fremont	NE	13 Oct,NE-A
27:53	Jim McPadden	45	Vici	OK	15 Jul,KS-A
foreign					
26:51y	Fritz Mueller	48	New York	NY	7 Jul,NY-A/FRG

8 kilometers

Men- 50 thru 54

25:46	Ray Hatton	52	Bend	OR	22 Jul,OR-A
26:27y	Bill Foulk	51	West Lebanon	NH	13 Nov,NH-A
27:17	Norman Eastman	53	Lansing	MI	13 Aug,MI-A
27:32y	Ulrich Kaempf	52	Los Altos	CA	14 Jan,CA-A
28:05y	Don Gammie	53	Centerville	OH	14 Jul,OH-A
28:31a	John Hepner	52	Springfield	OR	3 Jun,OR-A
28:35	Wilbur Kersey	50			15 Jun,VA-A
28:41	Jim Caviness	50	Noblesville	IN	22 Jul,OR-A
28:42	James Hines	50	Reading	MA	25 Jul,MA-A
28:48	Carl Genovese	52			13 Aug,NC-A

8 kilometers

Men- 55 thru 59

23:16a	Bill McChesney	56	Eugene	OR	3 Jun,OR-A
28:21	Tony Sapienza	55	Bradford	MA	15 Aug,MA-A
28:21	Jim Forshee	59	Ann Arbor	MI	18 Aug,MI-A
28:24	Ed Stabler	55	Syracuse	NY	7 Sep,NY-A
28:34	Howard Rubin	56	New Hartford	NY	30 Aug,NY-A
28:37a	Orlo Keniston	57	Seattle	WA	3 Jun,OR-A
29:28y	Gordon McKenzie	57	Great Neck	NY	4 Nov,NY-A
29:30y	Geoffrey Etherington	55	Madison	ME	7 Jul,ME-A
29:47	Bob Bartling	57	Brookings	SD	23 Jul,SD-A
30:00	Jerry Crockett	56	Stillwater	OK	15 Jul,KS-A

8 kilometers

Men- 60 thru 64

31:00y	Dennis Egley	60			14 Jan,CA-A
32:08y	Flory Rodd	60	San Francisco	CA	14 Jan,CA-A
32:11	John Bates	61	Endicott	NY	29 Sep,NY-A
32:22	Bernard Duffy	60	Norfolk	VA	7 Jan,VA-A
32:31y	Thomas Gibbons	62	Bellerose	NY	3 Mar,NY-A
32:32a	James Harrang	60	Eugene	OR	3 Jun,OR-A
32:39y	Lou DiFazio	62			4 Nov,NY-A
32:46y	Albert Goldstein	64	Brooklyn	NY	3 Mar,NY-A
32:48	Ed Buckley	63	Clinton	NY	30 Aug,NY-A
33:06y	John Gilkey	62	Los Altos	CA	14 Jan,CA-A
foreign					
30:23y	Don MacKenzie	62	Bellport	NY	4 Nov,NY-A

8 kilometers

Men- 65 thru 69

33:20	Nathaniel White	65	Fayetteville	NY	27 Sep,NY-A
34:07y	Wilfredo Rios	67	Bellerose	NY	7 Jan,NY-A
35:13y	Paul Larger	65			14 Jul,OH-A
35:39y	Don Bradley	68	Encinitas	CA	19 May,CA-A
36:11	Cokey Damon	65	Virginia Beach	VA	16 Jun,VA-A
36:25y	Clarence Osborn	66	Lincoln	NE	28 Jul,NE-A
36:50a	Maurice Cummings	67	Kelso	WA	3 Jun,OR-A
36:52y	William Benson	65			4 Nov,NY-A
37:07	Jim Snitzler	66	Potomac	MD	30 Jul,DC-A
38:14	Joe Thornburg	68			13 Oct,MI-A

8 kilometers

Men- 70 thru 74

34:53y	Bill Brobston	71	Saugerties	NY	3 Mar,NY-A
35:07y	Sandy MacLean	72	Durham	NH	18 Nov,NH-A
39:18	Ray Deschambault	71	Dewitt	NY	27 Sep,NY-A
40:08y	Troy Organ	71	Athens	OH	12 May,OH-A
40:37	Vernon Geary	71	Williamsburg	VA	27 Apr,VA-A
42:41	Frank Cox	72	Manhasset	NY	22 Nov,NY-A
44:49	Julian Byers	70	Mission	TX	22 Jul,OR-A
45:12y	Fred Webster	72	South Pomfret	VT	18 Nov,NH-A
51:00ay	James Dunn	71	Mount Morris	MI	18 Mar,MI-A
51:31ay	Scott Felmlie	73	Alger	MI	18 Mar,MI-A

8 kilometers

Men- 75 thru 79

35:54	Ed Benham	77	Ocean City	MD	30 Sep,DC-A
1:05:41	Theodore Hyde	79	The Dalles	OR	11 Mar,OR-A

8 kilometers

Men- 80 thru 84

42:44y	Max Popper	81	Flushing	NY	7 Jul,NY-A
1:10:00	Theodore Hyde	80	The Dalles	OR	26 Aug,OR-A

8 kilometers

Open Women

26:21	Judi St Hillaire	24	Brighton	MA	18 Aug,NC-A
26:24a	Marty Cooksey	29	Eugene	OR	3 Jun,OR-A
26:24	Darlene Beckford	22	Cambridge	MA	5 Sep,MA-A
26:26	Debbie Mueller	25	Brookline	MA	5 Sep,MA-A
26:27	Carol Urish	32	Houston	TX	15 Jul,KS-A

8 kilometers

Women- 35 thru 39

29:06y	Betty Conover	35	Westfield	NJ	22 Jul,NJ-A
29:10y	Karen Lanterman	39	Hillsborough	CA	14 Jan,CA-A
29:27y	Joanne Portaro	36	Suffern	NY	7 Jul,NY-A
29:46	Mary Ellen Williams	38	Darnestown	MD	30 Sep,DC-A
29:52	Jane Millspaugh	36	Boca Raton	FL	18 Aug,NC-A
29:54y	Patricia Hurl	36	San Diego	CA	19 May,CA-A
29:58y	Bobbi Rothman	38	Miller Place	NY	7 Jan,NY-A
30:07a	Jackie Peterson	35	Roseburg	OR	3 Jun,OR-A
30:22a	Mary Peterson	37	Portland	OR	3 Jun,OR-A
30:33	Judy Dodge	38	San Diego	CA	6 Oct,CA-A
foreign					
29:53y	Angella Hearn	37	New York	NY	7 Jan,NY-A/GBR

8 kilometers

Women- 40 thru 44


29:26y	Iris Black	41	Spring Valley	OH	14 Jul,OH-A
30:05y	Elaine Kirchen	41	New York	NY	3 Mar,NY-A
30:44	Cindy Dalrymple	42	Arlington	VA	30 Sep,DC-A
30:52	Karen Bestul	42	Lincoln	NE	13 Oct,NE-A
31:03y	Mary Bart	42	Bow	NH	18 Nov,NH-A
31:17y	Judy Pickert	40	Brewster	NY	22 Jul,NJ-A
31:53y	Linda Thurston	42	Somerville	NJ	22 Jul,NJ-A
32:02y	Patty Lee Parmalee	43	New York	NY	7 Jan,NY-A
32:03y	Lina Connors	41	New York	NY	7 Jan,NY-A
32:16	Ursula Rains	43			6 Oct,CA-A

8 kilometers

Women- 45 thru 49

31:39	Carrie Parsi	45	Lexington	MA	5 Sep,MA-A
31:45y	Helene Bedrock	49	Cliffside Park	NJ	22 Jul,NJ-A
31:51	Mary Anne Wehrum	46	Memphis	TN	18 Aug,NC-A
32:04y	Betsey O'Neill	45	Wantagh	NY	7 Jan,NY-A
32:59	Donna Wright	49	Bartlesville	OK	15 Jul,KS-A
33:24	Mary Marsolais	47	Eagle River	AK	1 Sep,AK-A
33:25	Faye Heldoorn	47	San Diego	CA	6 Oct,CA-A
33:30	Sharon Cooper	45	Claremore	OK	15 Jul,KS-A
33:30y	Gloria Jenkins	46	Mount Holly	NJ	22 Jul,NJ-A
33:49y	Ellen Quinn	46	Edison	NJ	22 Jul,NJ-A
foreign					
32:53y	Jill Martin	46	Brooklyn	NY	22 Jul,NJ-A/GBR

Continued on next page



National Running Data Center, Inc.

In this issue are the 8-kilometer (5-mile) rankings for 1984, over 29,000 finishers have been processed, compared to 27,315 for all of 1983.

Michigan's Tony Mifsud topped all American Masters with a 25:05 on March 18. Ohio's Iris Black led the 40+ women in 29:26. □

ATHLETES WHO ENTER A NEW DIVISION THIS MONTH JAN 1985

ATHLETE (RESIDENCE)	BIRTHDATE	AGE GROUP
TOSHIKO D'ELIA (RIDGEWOOD, NJ)	1- 2-30	55-59
NANCY MCCORMICK (OMAHA, NB)	1-17-35	50-54
CHRISTEL MILLER (GLENDALE, CA)	1-20-35	50-54
OLIVE PATTERSON (US)	1-15-15	70-74
JENNIFER YOUNG (TUCSON, AZ)	1-24-45	40-44
RUTH BAUM (WG)	1-24-40	45-49
DOYA BOWDREY (NZ)	1-12-15	70-74
LISBETH KAMMERMEIER (WG)	1- 2-20	65-69
JUDITH KAZDAN (CAN)	1- 1-20	65-69
LENORE MARVIN (CAN)	1-19-20	65-69
CLARE MCKERR (AUS)	1- 1-30	55-59
AUDREY REID (RSA)	1-19-15	70-74
OLGA VYSKOVSKA (CZE)	1- 1-30	55-59
LARRY BRIDGES (ALBUQUERQUE, NM)	1-27-40	45-49
NORMAN BRIGHT (SEATTLE, WASH)	1-29-10	75-79
PERCY CERUTTY (AUSTRALIA)	1-10-95	80+
TED CORBITT (NYC, NY)	1-31-20	65-69
VOITTO ELO (FIN)	1- 8-15	70-74
RAY FITZHUGH (IRVINE, CA)	1-26-35	50-54
ROGER FRENCH (HACIENDA HTS, CA)	1- 3-30	55-59
JOSEPH HEAD (MINNEAPOLIS, MINN)	1-28-00	80+
WILLIAM HOSS (US)	1- 9-35	50-54
JAN KYSTAD (NOR)	1-30-25	60-64
BOB LAWSON (US)	1- 5-35	50-54
WOLFGANG LINKMANN (WG-BRENTWOOD, CA)	1- 5-40	45-49
CARL MERRITT (SANTA MONICA, CALIF)	1- 5-20	65-69
JAN MIRAZEK (CZE)	1-27-25	60-64
WOLFGANG MULLER (WG)	1-30-15	70-74
THOMAS OCONNOR (PEBBLE BEACH, CA)	1- 4-95	80+
LOTHAR PLASSMANN (WG)	1-29-30	55-59
HERBERT SCHMIDT (WG)	1-11-10	75-79
GIANPAULO URLANDO (ITA)	1- 7-45	40-44
FRANS VANDERSHOEVEN (BELGIUM)	1-20-30	55-59
IVOR WELCH (PACIFICA, CA)	1-19-95	80+

ATHLETES WHO ENTER A NEW DIVISION THIS MONTH FEB 1985

ATHLETE (RESIDENCE)	BIRTHDATE	AGE GROUP
GAY AUSTIN (HONOLULU)	2-16-35	50-54
EDITH DALTON (HONOLULU, HI)	2-22-20	65-69
BARBARA DIBBLE (TUCSON, AZ)	2-16-30	55-59
VIRGINIA HASTINGS (CA)	2- 9-25	60-64
DOROTHY HERRMANN (SANTA BARBARA, CA)	2- 2-10	75-79
MARGARET KEGLEY (COLLEGE PLACE, WA)	2- 3-20	65-69
ELIZABETH PARTRIDGE (BOYNTON BCH, FL)	2-20-15	70-74
ILSE KASSEL (WG)	2-13-25	60-64
LIZ OSTRENG (NOR)	2-11-40	45-49
VALERIE ROBINSON (NZ)	2-12-40	45-49
DHAMIRI ABAYOMI (CAMDEN, NJ)	2-13-40	45-49
WAYNE AMBROSE (SANTA ANA, CA)	2-21-25	60-64
G. BARTLETT (AUST)	2- 5-25	60-64
HANS BITTER (WG)	2-22-20	65-69
JAMES BURNETT (PHILADELPHIA, PA)	2-13-40	45-49
VERNON CHEADLE (S. BARBARA, CA)	2- 6-10	75-79
GEORGE COHEN (INGLEWOOD, CA)	2-13-40	45-49
SHIRLEY DAVISSON (VICTORVILLE, CALIF)	2-28-30	55-59
VERN DAVIS (HONOLULU)	2-13-20	65-69
JERRY DONLEY (COLORADO SPRINGS, CO)	2-17-30	55-59
BURL GIST (SAN MARCOS, CA)	2- 1-20	65-69
TORMOD HAUGAN (NOR)	2-21-20	65-69
JAN HOWELL (IDAHO SPRINGS, COLO)	2- 7-35	50-54
DAVID JAMES (US-SWI)	2-12-35	50-54
INGEBRIGT LANGENG (NOR)	2-12-00	80+
ROBERT MCINNIS (GB)	2-18-15	70-74
LARRY MEANS (USAF, COLO)	2-18-35	50-54
WILLIAM MILLER (BETHESDA, MD)	2-22-30	55-59
REINO NOKELAINEN (FIN)	2-19-20	65-69
MALIK NOOR (PAK)	2-28-25	60-64
ELMER SANBORN (ATLANTA, GA)	2-22-00	80+
BILL SLEETH (SPOKANE, WA)	2- 7-25	60-64
ART SWARTS (US)	2-14-45	40-44
ALBIE THOMAS (AUSTRALIA)	2- 8-35	50-54
WESLEY WARD (INDIANAPOLIS, IN)	2- 8-10	75-79

Continued from previous page

8 kilometers

30:47y	Marion Irvine
33:16y	Toshiko D'Elia
33:20	Barbara Robinson
33:26y	Ruth Waters
33:26	Helen Hamilton
33:42y	Frances Sackerman
34:22	Sally Goodhue
34:32y	Chris McKenzie
35:41	Nicki Hobson
36:12	Fran Adams

Women- 50 thru 54

54	San Francisco	CA	14 Jan, CA-A
54	Ridgewood	NJ	22 Jul, NJ-A
50	Nahant	MA	5 Sep, MA-A
50	San Carlos	CA	14 Jan, CA-A
53	Concord	NH	5 Sep, MA-A
54	Burlingame	CA	14 Jan, CA-A
50	Weston	MA	9 May, MA-A
53	Great Neck	NY	4 Nov, NY-A
53	Del Mar	CA	6 Oct, CA-A
51	Virginia Beach	VA	16 Jun, VA-A

8 kilometers

33:51	Rachel Bourn
34:29	Anne Johnson
35:53	Ruth Anderson
36:53	Melba Hatch
37:24	Alix Gravenstein
37:27a	Meg Tims
37:53ay	Gloria Horvat
37:57	Peggy Steig
39:46y	Helen Dempsey
40:15	Daisy Wong

Women- 55 thru 59

55	Fairfax	VA	30 Sep, DC-A
55	Olivennain	CA	6 Oct, CA-A
55	Oakland	CA	13 Oct, NE-A
56	Canton	MI	18 Aug, MI-A
56	Gainesville	FL	3 Sep, FL-A
55	Eugene	OR	3 Jun, OR-A
59	Alma	MI	18 Mar, MI-A
55	Ypsilanti	MI	30 Sep, MI-A
57	Trenton	NJ	22 Jul, NJ-A
59	Burbank	CA	8 Jan, CA-A

8 kilometers

36:36	Mary Storey
38:22	Gerry Davidson
41:04y	Lucille Mancini
41:41y	Mary Rodriguez
43:24	Lillian Olsen
44:17y	Doris D'Andrea
44:41a	Jane Brown
45:07	Beulah Davis
45:38	Evelyn Kerper
45:38	Louise Piranian

Women- 60 thru 64

60	Riverside	CA	6 Oct, CA-A
63	Fallbrook	CA	6 Oct, CA-A
61	Belmar	NJ	22 Jul, NJ-A
62	Rego Park	NY	7 Jan, NY-A
62	Portland	OR	26 Aug, OR-A
62	Springfield	NJ	22 Jul, NJ-A
61	Corvallis	OR	3 Jun, OR-A
63	Newton	KS	15 Jul, KS-A
62	Chevy Chase	MD	30 Sep, DC-A
62	Ann Arbor	MI	30 Sep, MI-A

8 kilometers

42:57y	Althea Wetherbee
43:09	Winifred Gore
48:11a	Pat Dixon
48:55	Helena Hoffman
49:40y	Evelyn Havens
52:15y	Mayme Bdera
54:45	Irene Crane
55:03	Fern Marton
58:00y	Mary Szabo
1:07:10	Margaret Rathke

Women- 65 thru 69

65	Huntington Stn	NY	4 Nov, NY-A
68	San Diego	CA	6 Oct, CA-A
65	Eugene	OR	3 Jun, OR-A
68	Tigard	OR	26 Aug, OR-A
67	New York	NY	3 Mar, NY-A
68	East Elmhurst	NY	7 Jan, NY-A
66	Milwaukee	OR	11 Mar, OR-A
65	Northridge	CA	8 Jan, CA-A
66	New York	NY	3 Mar, NY-A
69	Clinton	MI	30 Sep, MI-A

8 kilometers

57:31y	Clementina Thomson
58:00	Lucille Adney

Women- 70 thru 74

71	San Diego	CA	19 May, CA-A
70	Long Beach	CA	8 Jan, CA-A

8 kilometers

48:29	Bess James
54:55	Felicitas Salazar

Women- 75 thru 79

75	San Jacinto	CA	6 Oct, CA-A
75	San Diego	CA	6 Oct, CA-A



Johanna Luther (l) and Waltraut Kretschmer of West Germany, accepting awards for their 1-2 finish (53:07 and 53:59) in the W70 division of the World Vets 10K.

photo by Gretchen Snyder

TRACK & FIELD RESULTS

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



HAWAII MASTERS TRACK CLUB

RESULTS OF MEETS HELD IN DECEMBER, 1984

RUN PENTATHLON, DECEMBER 16, 1984, KAISER HIGH, HONOLULU, HAWAII

	100Meters	200M	400M	800M	1500M	Points(IAAF)
Naoto Inada, Age 63	16.1	33.6	72.7	2:44.2	5:26.0	
	IAAF	0	18	107	191	593
Fred Kjer, 47	11.9	25.4	59.2	2:26.6	5:36.0	
	IAAF	601	523	458	373	2,188
Dick Sullivan, 47	14.8	30.7	68.0	2:42.6	5:25.5	
	IAAF	114	166	213	206	979
Jack Karbens, 43	13.0	26.8	61.2	2:26.9	5:15.8	
	IAAF	390	415	396	369	1,896

WEIGHT PENTATHLON, DECEMBER 22, 1984 U. of HAWAII, HONOLULU, HAWAII

	HAMMER	DISCUS	JAVELIN	SHOT	WEIGHT	POINTS
Jim Craine, 64	28.56(4K)	30.10(1K)	20.95(600)	9.49(4K)	8.69(25#)	
	IAAF	462	476	159	422	1,880
	PARTRIDGE PTS.	505	476	341	449	2,207
John White, 46	28.17(16)	31.64(2K)	29.83(800)	10.98(16)	9.68(35#)	
	IAAF	455	511	327	531	2,260
	Partridge Pts.	509	567	407	608	2,586
Jack Karbens, 43	28.44(16)	29.50(2K)	39.82(800)	9.95(16)	10.13(35#)	
	IAAF	460	463	488	457	2,338
	Partridge Pts.	469	463	525	479	2,406
Grant Muroda, open	21.45	31.12	42.59	9.86	6.89	
	IAAF	322	499	529	450	2,012

PENTATHLON, DECEMBER 29, 1984, KAISER HIGH, HONOLULU, HAWAII

	LONGJUMP	JAVELIN	200MTRS.	DISCUS	1500MTRS.	POINTS
	(800m)	(2kilo)				
Stan Thompson, 74	2.98	14.88	DNF	13.47	DNF	
	IAAF	0	22	0	23	45
U.S. Masters WEED	441	371	0	666	0	1,478
WAVA/Hume	246	0	0	0	0	246
Ray Fitzhugh, 49	4.73	35.20	29.6	28.82	DNF	
	IAAF	304	416	229	447	1,396
U.S. Masters WEED	566	611	499	634	0	2,310
WAVA/Hume	395.5	455	340	442.2	0	1,632.7
Jack Karbens, 43	4.98	38.08	26.5	32.13	5:09.0	
	IAAF	366	462	437	522	2,148
U.S. Masters WEED	539	589	644	609	583	2,964
WAVA/Hume	414	421.6	590	479	586	2,490.6

HOLIDAY WEIGHT PENTATHLON, DECEMBER 30, 1984

Atlantic Community School Delray Beach, Florida

	Disc	Shot	Jav	Ham	Wt Thr	Score
23 Dan McDade	34.49	13.03	37.19	24.74	11.16	2621
	573	667	448	390	513	
30 Poster Cather	30.48	10.39	29.44	43.90	11.16	2747
	485	489	320	715	738	
35 Bob Silva	32.17	10.87	28.01	37.93	10.41	2454
	522.5	523	295	623	490.5	
41 Wilmar Alexandr	27.24	9.53	37.80	21.41	6.84	1888
	410	447.5	493.5	330	207	
43 Ed Hill	43.06	14.11	44.79	45.84	15.93	3707
	745	762	600.5	756	843.5	
44 Pete Hoyt	31.50	11.30	32.85	39.88	13.10	2832
	508	576	412	665	671	
44 Brian McKenna	33.32	11.29	29.57	37.27	12.25	2716
	547.5	575	354.5	623	616	
46 Larry Judd	30.25	9.25	32.98	26.46	8.59	2361
	535	477	465	476	408	
46 Carl H. Klehm	32.20	11.95	27.69	37.83	12.60	3017
	580.5	679	366.5	685	706	
46 Russell Miller	28.18	10.49	26.55	19.40	9.62	2214
	485	572.5	344	322	491	
46 J. Manekowski	27.74	10.40	38.35	38.35	11.40	1734
	474.5	566	693.5	693.5		
52 Pay Carstensen	31.30	12.81	33.52	39.57	11.40	3030
	503.5	652.5	533.5	646	695	
52 C. Fraundorfer	36.43	12.87	32.32	44.65	11.92	3238
	613.5	656.5	511	723	734	
53 Tom Henderson	38.18	13.65	30.85	41.96	10.81	3172
	649.5	706	483	683	650.5	
53 Karl J. Foose	22.44	8.26	21.42	15.38	5.72	1652
	289.5	326.5	284	261	200	
61 Bud Brown	29.54	8.90	25.02	24.57	7.08	2039
	464	377.5	493	408	296.5	
65 Ray Rupelli	35.94	12.99	24.59	33.32	8.85	3110
	678.5	745	505.5	648	534	
67 H. Morningstar	32.86	12.04	22.82	32.38	9.93	2985
	609.5	680	511	630	554.5	
68 Stan Leski	24.71	9.18	21.24	41.83	9.93	2717
	410	467	449.5	797	624	
69 Pete Gulgin	38.97	11.71	24.90	31.67	7.85	2974
	743.5	656.5	513	617	617	
71 John Lieb	28.67	10.63	27.51	25.12	9.20	3251
	589	663.5	751	565	682.5	
73 Phil Partridge	25.85	6.91	23.43	24.75	6.66	3043
	665	462	638	654	624	
75 Bernie Gordon	14.37	5.54	9.51	17.26	4.72	1404
	222.5	272.5	179	451	279	
79 A. Ticmanis	18.40	9.47	16.03	21.65	6.24	3026
	545	663.5	444.5	675	698	

HOLIDAY REGULAR PENTATHLON, DECEMBER 30, 1984

Atlantic Community School Delray Beach, Florida

	L J	Jav	200m	Disc	1500m	Score
23 Damon Gammons	5.47	56.13	25.68	29.0	5:26	2427
	484	713	501	451	278.5	
25 Joe Valdes	4.18	36.70	27.26	24.19	7:56	1318
	161	440.5	382	335	0	
25 Frank Valdes	5.67	46.04	25.30	29.79	5:34	2352
	530	579.5	531	469.5	242	
32 Nate Robinson	6.17	55.59	23.33	33.32	4:59	3016
	642	706	707	547.5	413.5	
35 Bob Underwood	5.03	40.72	25.36	31.37	4:57	2394
	378	502	558	505	451.5	
36 David Scholl	4.09	29.98	26.11	21.60	5:23	1547
	137	329.5	497	267	317	
39 Doug Breland	4.44	26.50	27.77	20.60	6:32	1158
	230	267	376	240	45	
41 W. Alexander	4.93	37.66	25.62	25.85	D N F	1880
	434	483.5	587	376		
45 John Butler	4.42	31.59	27.5	24.10	5:32	2057
	381	440	492	382	362	
46 Larry Judd	4.81	32.98	28.70	30.25	7:03	1914
	486	465*	407	535*	21	
53 Paul Gauden	3.53	24.77	30.84	22.28	5:47	1510
	199	358.5	324	285	344	
53 Karl J. Foose	3.00	26.66	37.90	23.63	7:10	884
	20	399	0	421	41	
54 Bill Gentry	4.16	30.66	28.10	22.33	6:50	1768
	393	479	507	286.5	103	
55 John Archbold	3.64	28.42	32.05	19.60	5:57	1749
	321	497.5	311	261.5	358	
55 Gus Bartenfeld	4.07	27.78	26.97	29.39	6:14	2320
	458	394.5	661	521	285.5	
68 Bill Weinacht	4.03	18.44	29.5	22.11	7:31	2421
	666	342.5	630	340	143	
79 A. Ticmanis	2.36	14.89	50.82	21.39	D N F	1110
	240	402.5	0	468	0	

* distances from Wt. Pent. in A.M. a) 2K

Implements: under 50-2K 16# 800g 16# 35#; 50-59-1.5K 12# 800g 12# 35#; over 60-1K 8# 600g 8# 25#, unless indicated otherwise

Scored by I A A F Olympic Tables and original Age Factor Formulas

by Atlantic Community School and Palm Beach Track & Field Ass'n

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

Hurdles	Dis- tance of race group	Height of hurdle	Distance to first hurdle	Distance between hurdles	Distance from last hurdle to finish
M40-49	110m	.991m	13.72m	9.14m	14.02m
M50-59	110m	.914m	13.72m	9.14m	14.02m
M60-69	100m	.840m	13.00m	8.50m	10.50m
M70+	80m	.762m	12.00m	8.00m	12.00m
W35-39	100m	.840m	13.00m	8.50m	10.50m
W40+	80m	.762m	12.00m	8.00m	12.00m
M40-49	400m	.914m	45.00m	35.00m	40.00m
M50-59	400m	.840m	45.00m	35.00m	40.00m
M60+	400m	.762m	45.00m	35.00m	40.00m
W35+	400m	.762m	45.00m	35.00m	40.00m
Implements	Shot	Discus	Hammer	Javelin	
M40-49	7.26K	2.00K	7.26K	800gm	
M50-59	*6.00K	1.50K	6.00K	800gm	
M60-69	5.00K	1.00K	5.00K	600gm	
M70+	4.00K	1.00K	5.00K	600gm	
W35-49	4.00K	1.00K	--	600gm	
W50+	3.00K	1.00K	--	400gm	
	.991m=39"	9.14m=30"	7.26K=16 lb.		
	.914m=36"	8.50m=27'10"	6.00K=13 lb. 4 oz.		
	.840m=33"	8.00m=26'3"	5.00K=11 lb. 4 oz.		
	.762m=30"	1.00m=3.2808'	4.00K= 8 lb. 13 oz.		

U.S. MASTERS TRACK & FIELD RANKINGS FOR 1982 AND 1983

- All Events and Relays
- 50 Deep in 5-Year Age Groups
- Men and Women Ages 30 to 89
- Available February 1, 1985
- Separate rankings for each year included in one book

Send \$10 to Haig Bohigian,
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N. Tarrytown NY 10591

9TH ANNUAL WISCONSIN MASTERS INDOOR T&F CHAMPIONSHIPS MADISON, WISCONSIN JANUARY 5, 1985

MEN
30-34: 40 yards — Tim LaBeau, Highland Park, Ill.; 94.9. 75 low hurdles — Bob Zahn, Waukesha, Ill.; (record), 228 — Bob Hansbro, Madison; 25.7. 400 — Terry Feldhausen, Green Bay; 54.4. 800 — Bruce Vermilyea, Richardson Center; 1:58.0. Mile — Bruce Vermilyea, Richardson Center; 4:30.0. Two-mile — Jim Hanson, Madison; 9:12.9 (record). Five (mile) — Tim LaBeau, Highland Park, Ill.; 20:34. High jump — Mike Davis, New Lenox, Ill.; 5-9. Pole vault — John Anderson, Racine; 14-0. Shot put — Pat Burns, Oak Creek; 46-4 1/2.
35-39: 40 — Stan Druckrey, South Milwaukee; 104.7 (record). 220 — Roger Boenigsk, Madison; 26.5. 400 — Mark Winzenried, Middleton; 52.4 (record). 800 — Winzenried, Middleton; 2:00.0 (record). Mile — Dennis Sparr, Waukesha; 4:41.3. Two-mile — Tom Gabriel, Madison; 10:44.9. Lane jump — Tim Roberts, Madison; 14-5 1/2. Shot put — Charles Stevens, Madison; 39-8 1/2.
40-44: 200 — Frank Davis, Rock Falls, Ill.; 2:13.5. Mile — Davis; 5:07.1. Two-mile — Davis; 10:34.2. Lane jump — Dennis Murphy, Dorchester; 16-0.
45-49: 60 — Ron Dennis, Monona; 107.2 (ties record). 75 low hurdles — George LaBelle, Anoka, Minn.; 97.4 (record). 220 — Ron Dennis, Monona; 25.9 (ties record). 400 — William Marten, Madison; 50.7. 800 — Terry Wiseman, Mount Horeb; 2:27.5. Mile — Jerry Robinson, Madison; 5:18.1. Two-mile — Ron Goureaux, Neenah; 10:44.8 (record). Lane jump — Tom Dennis, Monona; 17-7 1/2 (record). High jump — Tom Landerfeld, Edina, Minn.; 5-8 (record). Pole vault — Don Shillinglaw, Madison; 9-4. Shot put — Karl Klein, Woodstock, Ill.; 37-2 1/2.
50-54: 60 — Harry Brown, Wauconda, Ill.; 107.4. 220 — Brown; 23.8 (record). 400 — Brown; 50.8. Two-mile — John Shields, Monona; 12:17.5. Lane jump — Brown; 14-1 1/2. High jump — Bob Kama, Peolar Grove, Ill.; 4-2. Pole vault — Fran Gleichauf, Monona; 8-1/2. Shot put — Harvey Peters, Sun Prairie; 41-5 1/2.
55-59: 60 — Gannon Seibert, Birmingham, Ala.; 107.7. 75 low hurdles — Tom Hinkes, Madison; 110.7 (record). 220 — Seibert; 27.5 (record). 400 — Don Walsh, River Forest, Ill.; 1:06.6. 800 — Walsh; 2:49.5 (record). Mile — Tom Reynolds, West Bend; 4:49.0. Two-mile — Reynolds; 10:20.3 (record). Lane jump — Bill Womach, Sun Prairie; 14-7. High jump — Seibert; 5-2 (record). Pole vault — Tom Hinkes, Madison; 10-1 (record). Shot put — Joe Hansen, Stoughton; 26-4.
60 and over: 60 — Russ Jacobs, Davison, Mich.; 107.4 (record). 220 — Jacobs; 28.2 (record). 400 — Jacobs; 1:04.4 (record). 800 — Glenn Broad, Bloomington, Ill.; 2:45.0 (record). Mile — Earl Elmer, New Glarus; 4:23.2. Two-mile — Broad; 12:47.4 (record). Lane jump — Jacobs; 15-2 1/2 (record). High jump — E. Thomas Jones, Crete, Ill.; 4-4 (record). Shot put — Jones; 37-10 1/2.

WOMEN
30-34: 60 — Debbie Stevens, Madison; 107.6. 75 low hurdles — C. Linda Lillis, Madison; 113.2. 220 — Lillis; 33.0. 400 — Marilyn Goodyear, La Forge; 1:01.7. Mile — Curny Stevens, Madison; 5:06.1 (record). Two-mile — Goodyear; 13:43.2. Lane jump — Kelli Kethin, Madison; 13-5 1/2. Shot put — Lillis; 27-4 1/2.
35-39: 220 — Joanne Marshall, Madison; 34.2 (record). 400 — Marshall; 1:14.3 (record). 800 — Mary Lee Lyon, Sauk City; 3:01.8 (record). Two-mile — Lyon; 13:51.2.
40-44: 60 — Sharon Lannert, Madison; 109.7. 400 — Sue Peters, Madison; 1:16.7. Mile — Peters; 5:44.9. Two-mile — Melinda Bailey, Madison; 13:58.4.

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.

GOVERNOR'S CUP 10K Denver, Colorado October 7, 1984 Finishers - 5,346

Overall	
Simeon Kigen	28:03
Rosa Mota	32:35
M40-44	
Damien Koch	32:16
Pete Ybarra	33:23
Jeff Fischer	34:01
M45-49	
Ardel Boes	33:11
Kent Landmark	34:36
Chuck Downey	35:10
M50-54	
Bill Kenworthy	36:25
John Hunsaker	37:08
Richard Sanderson	38:15
M55-59	
Tom Bailey	35:36
Robert Roy	41:38
Emiel Ysebaert	43:25
M60+	
John Sherwood	42:05
Marshall Piccone	43:25
M40-44	
Tommie Farina	41:50
Gayla Lindquist	41:53
Zee Bacon	42:32
M45-49	
Jean Stefanich	45:21
Prudy Stumpp	45:27
Janet Koch-Casey	47:07
M50-54	
Carolyn Engelken	51:50
Lorraine Siefkin	52:59
Nancy Campbell	53:30
M55-59	
Pauline Vigil	47:42
Betty Willis	52:45
Nancy Smalley	52:50
M60+	
Mary Alice Krill	54:55
Pearl Mehl (70)	57:12

STROH'S RUN FOR LIBERTY 8K Denver, Colorado October 13, 1984 About 2500 finishers

Overall	
Jon Sinclair	24:22
Trish Filley	31:34
M40-44	
John Raveling	27:42
Robert Newman	29:05
David Thomson	29:33
M45-49	
Dennis Kavanaugh	28:59
Peter Fee	29:03
Ken Simons	29:49
M50-59	
John Hunsaker	29:22
Ernie Black	30:43
William Hamilton	31:14
M60+	
John Sherwood	33:22
Nolan Ashburn	37:32
M40-49	
Margaret Fee	33:34
Mary Greer	37:12
Ann Wood	38:59
M50+	
Jean Wohlgenant	nt
Lynn Hopkins	43:15
Carmel Smilanich	44:26

RAWHIDE MARATHON & HALF-MARATHON

Fort Collins, Colorado
October 14, 1984
551 fin-Mtn; 922 fin-half

MARATHON	
Overall	
Norberto Segura	2:18:06
Carolyn Ostler	2:46:55
M40-44	
Paul VonderGathen	2:55:04
Dan Herk	2:56:43
Aubrey Lavisso	2:57:20
M45-49	
Ardel Boes	2:29:32
Gary MacDonald	2:46:16
Joe Gallegos	2:50:16

M50-59	
Tom Bailey	2:42:20
William Kenworthy	2:52:52
Verdel Rogers	3:01:11
M60+	
Bill Larson	3:46:09
James Smallwood	4:08:28
M40-44	
Rosemary Strong	3:21:37
Sharon Reeves	3:23:45
Barb Flahive	3:52:25
M45-49	
Libby James	3:24:18
Prudy Stumpp	3:31:44
M50+	
Lois Jensen	3:24:19
Betty Stoner	3:37:05
HALF-MARATHON	
Overall	
Craig Holm	1:04:03
Maureen Custy	1:14:08
M40-44	
Damien Koch	1:08:58
Pete Ybarra	1:13:52
Jack Beattie	1:15:38
M45-49	
Pete Wall	1:20:42
Frank Valentine	1:26:14
Gayle Wilkinson	1:29:50
M50-59	
Bill Trine	1:24:42
Richard Sanderson	1:26:15
Chuck Weaver	1:27:14
M60+	
Woody Sigley	1:51:04
Leo McGrane	1:57:47
M40-44	
Kim Guidry	1:37:31
Betty Manzanarez	1:40:41
Alice Krill	1:40:57
M45-49	
Elke Abitbol	1:44:06
Gail Stewart	1:44:34
Mary Schwenk	1:49:47
M50-59	
Lorraine Siefkin	1:52:53
Lisa Arehart	2:07:14
M60+	
Pearl Mehl (70)	2:06:26

FRONTIER FILM FOOTAGE 4 MILE

Denver, Colorado
October 21, 1984
Finishers - 692
Conditions: Light snow;
slippery streets;
cold & breezy

Overall	
Herb Lindsay	19:26
Judy McCreery	22:47
M40-44	
Pete Ybarra	22:09
Aubrey Lavisso	23:03
Robert Newman	23:08
M45-49	
Dennis Kavanaugh	23:51
Ken Simons	24:20
Jack Barry	25:16
M50-54	
William Hamilton	25:12
John Newman	25:36
Dan Robinson	26:04
M55-59	
Robert Fleucher	27:21
Bob Shuck	27:44
Raoul Theriault	29:10
M60+	
John Sherwood	27:30
Nolan Ashburn	30:00
Sid Wright	31:13
M40-44	
Bette Poppers	24:46
Mary Greer	29:13
Liz Schanbals	29:14
M45-49	
Jean Stefanich	28:54
Shirley Simons	30:19
Gail Stewart	30:59
M50-54	
Lynn Hopkins	35:14
Edith Reidel	39:47
Catherine Blakemore	47:08
M60+	
Carmel Smilanai	36:51
Grace Torgan	43:32

TAC N. TIONAL MASTERS 15K X-COUNTRY CHAMPIONSHIPS HOUSTON, TEXAS; 11/3/84

M40	
Sal Vasquez	51:07
Kirk Randall	52:54
Jerry Lynch	52:58
Peter Day	54:48
Bill Meinhardt	55:13
William Jenny	55:19
John Hobbs	56:11
Kate Hashman	57:26
Jerry Garrett	57:50
W. Etchison	58:23
M45	
Stan Kelley	60:21
Mack Stewart	61:13
John Demusz	65:57
Antonio Cisneros	66:30
Roy Brown	67:05
M50	
Ray Hatton	53:08
Norm McAbee	58:31
Joe Livesay	58:35
Marshall Haraden	59:24
Warren Osborn	59:47
M55	
Jim O'Neill	57:27
Howard Rubin	57:33
Milt Johnson	59:56
Gene Brock	63:52
John Stowers	65:02
M60	
John Burton	66:14
J. Lippincott Jr	69:06
W.T. Mosley Jr	69:27
M65	
Donald Dilworth	67:01
Nathaniel White	68:30
Nick Asprodites	74:09
M70+	
Dorise Dubois	72:32
Jerry Juszkiewicz	75:43
Ralph Osborn	85:24
M75	
Ed Benham	73:44
Paul Spangler	93:54
M40	
Vicki Foltz	61:32
Susanna Dompler	78:02
Jennelle Respondek	81:26
Sandra Blackmur	85:26
M45	
Donna Wright	68:26
Kay Duplichan	71:34
M50	
Renee Protopapas	87:39
Hope Holcomb	89:20
Mary Garcia	90:19
M55	
Patricia Pruitt	84:26
Lida Askew	88:05

ONTARIO MASTERS X-C CHAM- PIONSHIPS; TORONTO 11/4/84 (10K shortened to less than 6.0)

M40	
Pat Monahan	32:23
Bob Moore	33:44
Larry Hewick	36:35
Jim Wyatt	37:03
Sean Mullan	37:53
M45	
Ross McKie	37:31
Bruce Hill	38:15
Dave Wallace	38:41
M50	
Ed Whitlock	36:33
John Johnston	37:17
Richard Graves	37:59
M55	
Ted Harwood	41:34
Jim Flowers	nt
M60	
Walden Sadul	43:56
Andrew Thomson	47:52
Jim Parks	49:40
M35	
Shirley Pommier	41:54
Marika Chace	46:38
Lyn Sands	49:38
M40	
E. Richardson	42:09
E. Easterbrook	51:09
Jean Ward	nt
M45	
Christine Walker	42:39
Wendi Hanger	45:45
Toni Maddrell	48:04
M50	
Ruth Carrier	46:11
M55+	
L. Lowe-Wyde	50:08

MACY'S MARATHON; KANSAS CITY, MO.; NOVEMBER 4, 1984

Overall	
Brian Franke	23 2:20:12
E. Bullman	24 2:48:03
M40-49	
Leonard Roth	41 2:41:24
Clancy Wiedel	43 2:50:01
Joe Schrag	45 2:50:24
Frank Hedges	41 2:51:46
M50-59	
Larry Lewis	50 3:01:54
Donald Nail	52 3:09:25
Dean Graves	50 3:11:29
Bill Renfro	51 3:16:02

M60-69	
L. Hartigan	60 3:59:54
Bob Poppe	62 4:05:32
Luther Larson	61 4:41:38
Monty Munsell	60 4:42:33
M40-49	
Jan Holley	40 3:36:33
Rosie Gardner	41 3:38:43
Martha Snider	40 3:55:39
Babb Whitaker	45 4:03:21
M50-59	
Norma Sutton	50 3:50:52
Kate Hashman	54 4:05:15
Jean Lee	50 4:55:19
Hazel Kelsey	57 5:16:37

WENDY'S 10K CLASSIC BOWLING GREEN, KENTUCKY NOVEMBER 10, 1984

Overall	
Ashley Johnson	22 28:35
Priscilla Welch	39 33:05
M35-39	
Lee Fidler	35 31:20
Jim Holzman	35 31:31
Bob Ullrich	37 31:46
M40-44	
Don Coffman	41 31:47
Kirk Simpson	41 33:31
Mike Kelly	41 33:35
Stan Arthur	41 33:36
M45-49	
Bill Olrich	49 32:51
Mark Lowry	47 36:32
Ted Wilson	47 37:25
M50-54	
Gerald Koch	50 35:48
Frank Robinson	51 38:05
Malcolm Gillis	51 38:09
M55-59	
Roland Anspach	58 38:40
Wally Dawkins	55 41:08
Jack Sunderland	55 41:28
M60-64	
Bob MacLin	62 42:26
Dave McCarthy	62 44:14
Edward Goddin	60 45:20
M65-69	
Paul Ennis	65 47:00
John Hazen	66 48:29
Harry Campbell	65 63:22
(No women's results received)	

OREGON RRCA 50 MILE/50K CHAMPIONSHIPS PORTLAND, OREGON NOVEMBER 11, 1984

50 Mile	
1 Warren Finke	M42 5:46:16
3 Lee Fletcher	M43 6:27:48
5 D Scharffenb'g	M39 6:58:44
6 John Strom	M44 7:06:11
12 Chris Hart	M53 7:35:19
17 P Cornelius	M53 7:50:16
19 Ann Whiting	M47 8:56:55
20 Dick Kegley	M66 9:11:46
50K	
1 Frank Bozanich	M40 3:13:11
9 J Pendergrass	M40 3:46:35
10 Paul Vanture	M49 3:49:47
11 Ray Langston	M50 3:51:42
30 Karen Clement	M44 5:07:59
31 Patti Finke	M41 5:18:44
33 Joyce Brown	M51 5:36:33

RUN FOR THE ZOO 10K Denver, Colorado November 11, 1984 3766 finishers

Overall	
Jon Sinclair	30:07
Lize Brittin	35:04
M40-49	
Damien Koch	31:58
Ardel Boes	33:28
Gene McKelvie	34:27
M50-54	
Verne Carlson	36:41
John Hunsaker	36:55
Richard Sanderson	39:33
M55+	
John Sherwood	41:30
Robert Fleucher	41:39
Bob Shurtle	42:58
M40-49	
Bette Poppers	38:57
Sharon Martin	40:13
Margaret Fee	40:44
M50-54	
Lorraine Siefkin	51:59
Joan Wohlgenant	53:00
Carolyn Engelken	55:01
M55+	
Betty Skipp	55:36
Pearl Mehl (70)	57:45
Betty Robinson	57:53

TURKEY TROT 5K/10K; LOS

ANGELES; 11/17/84	
--5K--	
M40 Stan Stauble	40 16:18
Harry Hunt	42 17:55
R. Shelley	41 17:57
M50 Jolly Evertz	55 17:36
Robert Culling	52 18:17
Andy Beall	51 19:14
M60+ Red Mariott	63 21:57
Don Cotner	62 22:02
Doug Smith	60 23:29
M40 Sue Petersen	40 18:31
Carol Jones	43 23:02
Sharon Kirk	40 25:34
M50 Evelyn Reiten	52 23:30
Gar Pruitt	55 25:02
M60+ Chris Hodowski	60 28:32

FIESTA BOWL MARATHON
SCOTTSDALE, AZ; 12/2/84

Overall	
Ken Wilson	30 2:21:19
Maureen Griffith	29 2:48:28
M40	
David Dropeza	40 2:25:52
Larry Ingram	40 2:29:56
John Metz	41 2:33:39
M45	
Allan Gibson	46 2:44:47
Ken McIntyre	45 2:51:53
John Beamer	45 2:54:47
M50	
James Flynn	51 2:57:39
Peter Chadwick	50 2:58:08
Adrian Gonzales	51 2:58:34
M55	
Art Hinman	55 3:11:34
Paul Johnson	58 3:15:30
James Elmore	59 3:17:16
M60+	
A. Valdivia	63 3:25:13
Dan Brannin	60 3:28:35
John Kirwan	60 3:41:17
W40	
Dianne Lucas	40 3:05:47
Raegene Burger	40 3:20:10
Nancy Thueatt	42 3:21:56
W45	
Judy Allard	46 3:20:23
Mimi Oliveira	45 3:24:41
Colleen George	46 3:29:42
W50	
Janet Chadwick	51 4:29:18
Peggy Cornum	51 4:39:46
MaryBeth Willey	52 4:52:54
W55	
Emma Bowman	57 5:26:32
W60+	
D.H. Franklin	60 5:04:52

LIFE BE IN IT 5 MILE (short,
4.1-4.2); CHARLOTTE, NC;
12/8/84

Overall	
Bernie Weber	21:56
Jennie Latimer	30:25
M30 Jim Gummow	22:49
Joe Denny	22:58
Ed Frye	24:09
M40 Alex Coffin	25:54
Bob Ferrier	26:09
Jack James	26:42
M50+ Dick Dunn	29:58
B.L. Alford	32:20
Don Modenbach	35:35
W30 Kathy Peay	32:12
W40 Terry Woods	34:24
W50+ none	

13th Annual
December Winter Series
10 Miller
Central Park, NYC

Sponsored by
New York Road Runners Club
Date: December 8, 1984, 10 AM
Distance: 10 Miles
Check-In: Men-564, Women-180,
Total-744
Finishers: Men-510 and 4 racewalkers,
Women-147 and 2 racewalkers,
Total-663.
Weather: Clear, low humidity, high 30's

Order of Finish—Men

Overall	Age	Pt. Name, Age, Team/Boro/State	Time
1		1 McNally, Richard, 26, WS	52:20
Wt A (40-44)			
1		1 Douglas Escher, 40	57:19
2		2 Gary Muhrcke, 44	57:32
3		3 Byung Kim, 42	1:01:14
Wt B (45-49)			
1		1 Peter Kellner, 46	1:02:14
2		2 Michael Frankfurt, 49	1:04:24
3		3 Daniel Jacobs, 48	1:06:52
Masters A (50-54)			
1		1 Dick Daniels, 50	1:04:35
2		2 Alexander Smith, 50	1:05:12
3		3 Max Schindler, 52	1:05:38
Masters B (55-59)			
1		1 Jim Stoltz, 58	1:06:01
2		2 Jerry Maher, 55	1:06:21
3		3 Walter Brown, 59	1:06:27
Seniors (60-69)			
1		1 William Coyne, 63	1:07:30
2		2 Andrew Neidig, 65	1:10:03
3		3 Stanley Edelman, 60	1:10:28
Golden Age (70 and over)			
		Bill Brobston, 71	1:20:01
Wt A (40-44)			
1		1 Lina Connors, 42	1:05:41
2		2 Mimi Meyers, 42	1:10:45
3		3 Marcia Collins Napolitano, 40	1:14:18
Wt B (45-49)			
1		1 Betsy O'Neil, 46	1:08:12
2		2 Janet Nelson, 49	1:17:18
3		3 Elia Cohen, 48	1:19:11
Masters (50-59)			
1		1 Bunny Franco, 53	1:19:16
2		2 Audrey Jacobson, 56	1:37:53
Senior (60 and over)			
		Mary Rodriguez, 63	1:29:44

HUMANA ROCKET CITY MARATHON
HUNTSVILLE, ALABAMA
DECEMBER 15, 1984

PL.	PL. TIME	NO. AGE	NAME	RESIDENCE
1	1 2:19:41	44 20M	JOE LEUCHTMANN	CAPE GIRARDEAU MO
1	31 2:43:11	94 26F	KIM TRUPP	AUBURN AL
MALE AGES 35 TO 39				
1	5 2 26 13	7 35M	JIM HOLZMAN	LOUISVILLE KY
2	9 2 30 26	9 35M	LARRY FREDERICK	COLUMBIA SC
3	26 2 42 26	62 36M	DEWAYNE KEY	MOULTON AL
4	29 2 42 48	90 35M	JAMES HUNTER	METAMORA IN
5	42 2 45 06	39 36M	CRAIG STOREY	CALGARY CN
MALE AGES 40 TO 44				
1	7 2 29 16	25 41M	DON COFFMAN	FRANKFORT KY
2	18 2 35 42	54 42M	MORGAN LOONEY	BIRMINGHAM AL
3	37 2 44 03	86 40M	PAUL HULLINGER	OREGON OH
4	45 2 45 25	74 42M	LEROY FANNING	TRENTON GA
5	47 2 45 53	57 44M	KEN PRIOR	VANDALIA OH
MALE AGES 45 TO 49				
1	21 2 37 03	38 46M	JOE BURGASSER	ST PETERSBURG FL
2	28 2 42 39	47 47M	KEN WINN	STONE MTN GA
3	44 2 45 21	83 45M	BILL HENDEY	MUNCIE IN
4	51 2 51 40	92 46M	PHILLIP PARKER	ATLANTA GA
5	72 2 53 18	92 46M	PHILLIP PARKER	DECATUR AL
MALE AGES 50 TO 59				
1	61 2 50 59	98 54M	DON GAMMIE	CENTERVILLE OH
2	91 2 57 03	161 51M	MALCOLM GILLIS	TONEY AL
3	109 3 00 33	215 51M	JIM YAMAHARA	GAINESVILLE OR
4	145 3 08 41	217 50M	RAY LANGSTON	PORTLAND OR
5	156 3 09 55	408 53M	MARVIN BROWN	ATHENS AL
MALE AGES 60 TO 99				
1	333 3 31 12	526 61M	KEN ROBINSON	CARTHAGE TN
2	438 3 43 41	524 60M	JOE WOMERSLEY	SCARBOROUGH CN
3	490 3 48 34	530 63M	BILL KOWALISYN	HAMMOND IN
4	560 3 56 51	856 61M	JOSEPH MANGANO	CHATTANOOGA TN
5	604 4 00 27	649 60M	FRANK MAPLES	SCOTTSBORO AL
FEMALE AGES 30 TO 39				
1	86 2 56 21	131 32F	BARBARA BALZER	TALLAHASSEE FL
2	119 3 01 48	153 31F	KAREN MILES	IT HVERS FL
3	125 3 03 58	230 36F	LULU MESCHLER	MATAMORAS NJ
4	140 3 07 13	272 33F	GAIL OGLE	SELMA AL
5	216 3 18 13	626 36F	TERRY MAHR	OREGON OH
FEMALE AGES 40 TO 49				
1	245 3 21 38	271 45F	PATTI SUDDUTH	CRAWFORDVILLE FL
2	387 3 37 28	615 47F	DAPHNE BELL	CLEARWATER FL
3	439 3 43 42	601 45F	JILL COBB	ONTARIO CN
4	472 3 47 15	627 41F	JOY WHITE	NORCROSS GA
5	473 3 47 24	1228 46F	ALICE CLEMENTS	HUNTSVILLE AL
FEMALE AGES 50 TO 99				
1	486 3 47 55	647 59F	ALENE PARK	HUNTSVILLE AL
2	703 4 22 34	1082 51F	ROCIO LANCASTER	LAGRANGE GA

10th DAY OF CHRISTMAS 10M
DELAND, FLA.; 12/23/84

Master winners	
Lynn McCutcheon	56:11
V. Carter	1:26:24
M35	
Ken Fowler	63:26
Ralph Epifanio	70:01
M40	
Jerry Pace	64:14
Cliff Bickford	74:45
John Kemp	77:30
M45	
Don Gannon	63:53
John Lubbers	96:22
R. Snyder	96:34
M50	
James Joanos	67:01
Tony Manduca	83:56
M55+	
Bill Jones	83:56
W35	
Andrea Anderson	78:39
Brenda Shorey	93:58
Peggy Gillette	1:41:36
W40	
Bonnie Gaffin	92:34
Gladys Kemp	1:37:23
Norma Johnson	1:37:31

CALIFORNIA RRC XMAS 10K
LOS ANGELES; 12/23/84

Overall	
Dan Bustos	30:08
Rose Monday	37:25
M40	
Stan Dutton	33:50
Randall Shelley	36:37
Frank Russo	37:09
M50	
Ron Poston	37:39
Pat Devine	37:49
Bob Culling	39:09
M60+	
Larry Banuelos	40:26
Jose Canchola	45:20
Nathan Molofsky	46:08
W40	
Olivia Coria	46:40
Maria Fribourg	49:45
Louise Wilson	50:41
W50	
Irene Olberz	45:44
Nelly Williams	46:26
E. McLean	55:18
W60+	
Daisy Wong	53:54

CHARLOTTE OBSERVER
MARATHON/10K
CHARLOTTE, N.C.
JANUARY 5, 1985

Men 40-49 — Saul Depoff (Sharpsville, Pa.), 41, 2:35:02; Joe Carr (Danville, Va.), 41, 2:36:12; Jerry Nottiser (Shelby), 41, 2:52:19; Alfred O. Enloe (Decatur, Ga.), 43, 2:54:46; Hal Grow (Charlotte), 42, 2:55:46.

Men 50-59 — Kenneth Helms (Charlotte), 58, 3:03:23; Robert Fenning (Charlotte), 50, 3:16:09; Toby Transou (Charlotte), 51, 3:27:49; Robert Fetherston (Lynchburg, Va.), 55, 3:24:09; Mack Trent (Pinebluff), 50, 3:27:15.

Men 60-over — George E. Cunningham (Lexington, Va.), 65, 4:00:33; Herb Keller (Lenoir), 65, 4:06:27; Eldridge Lloyd (Wainut Cover), 61, 4:08:24; Arnold Hechl (Greensboro), 64, 4:08:26; Laverne Little (Charlotte), 62, 4:10:04.

Women 40-49 — Barbara Dave (Boone), 47, 3:26:23; Marcia Collins (Nullev, N.J.), 40, 3:31:07; Claire Mamola (Boone), 43, 3:39:14; Sandy Robey (Keysville, Va.), 41, 3:58:26; Celeste Wilson (Barrington, Ill.), 40, 3:59:10.

Women 50-59 — Edith M. Johnson (Charlotte), 51, 4:48:20.

10,000 METERS

Men 40-49 — Patrick Monahan (Toronto), 40, 32:19; Arthur Williams (Greenville, S.C.), 41, 33:53; Jon Anderson (Springfield, N.J.), 40, 34:01; William Taylor (Annandale, N.J.), 40, 35:09; Allen McDaniel (Atlanta, Ga.), 41, 35:35.

Men 50-59 — Charlie Harris (Charlotte), 58, 37:57; Ed Alexander (Fredonia, Pa.), 50, 39:08; John Barton (Waxhaw), 50, 40:10; Bob Wiles (Danville, Va.), 52, 40:54; Fred Sides (Lenoir), 53, 41:37.

Men 60-over — Bruce Hudson (Hickory), 60, 47:56; Rex Willard (Charlotte), 63, 51:52; Gene Layman (Charlotte), 65, 52:03; Lewis Rogers (Richmond, Va.), 60, 52:19; William Lawson (Gastonia), 60, 54:34.

Women 40-49 — Nancy Lowden (Charlotte), 42, 43:04; Hildegard Vetter (New York), 43, 43:44; Jane McBryde (Charlotte), 47, 44:06; Lynn Wolf (Ridgewood, Va.), 40, 45:16; Luann Geissinger (Matthews), 40, 45:31.

Women 50-59 — Jean Evans (Roxboro), 52, 58:31; Betty Richardson (Rock Hill, S.C.), 54, 1:01:19; Lois Joop (Lake Wylie, S.C.), 54, 1:02:40; Amelia Graham (Fort Mill, S.C.), 55, 1:03:03; Martha Hunter (Atlanta, Ga.), 52, 1:03:44.

Women 60-over — Anne Hobson (Charlotte), 60, 1:01:05; Lucille Moses (Charlotte), 64, 1:04:15; Frances Keller (Lenoir), 66, 1:21:38.

TAC NATIONAL 30K CHAMPIONSHIPS; CENTRAL PARK, NYC
DECEMBER 15, 1984

M40	
Charles Elkins	41 1:53:43
Rafael Bordonaba	43 1:55:04
Thomas Moore	42 1:55:29
M45	
Gabriel Bernal	45 1:56:32
Harry Neeson	46 1:57:38
Jerzy Sulek	47 1:59:02
M50	
John Dugdale	50 1:51:50
Jack Terry	54 2:06:21
Richard Daniels	50 2:07:23
M55	
Howard Rubin	56 1:55:35
Don Dixon	57 1:57:43
Hugh Bowen	59 2:17:29
M60	
William Coyne	63 2:20:18
Stanley Edelman	60 2:21:15
Peter Mahta	62 2:27:07
M65	
Andrew Neiding	65 2:20:40
M70+	
Bill Brobston	71 2:38:29
Luis Martin	73 2:53:58

Teams 40+	
Millrose AA	6:24:36
Prospect Park TC	7:03:45
West Side YMCA	
Teams 50+	
Millrose AA	6:24:36
West Side Y	7:03:45

W40	
Mimi Fahnestock	41 2:31:19
Mollie Spiegel	42 2:37:45
Miriam Kaminer	43 2:42:34
W45	
Phyllis Kahn	47 2:33:56
Barbara Hourl	48 2:42:07
Billie Moten	47 2:57:02

M50-59	
Alicia Moore	54 2:21:19
Ethel Autorino	55 2:57:56
W60+	
Mary Rodriguez	63 3:01:57

RUNNING CENTRAL ULTRACHALLENGE 50K/60K/100K; EAST
PEORIA, ILL.; 12/30/84

--50K--	
Overall	
Jack Defreitas	25 3:12:42
Muriel Nauman	29 3:57:36
M40	
Robert Marty	40 3:27:52
Ray Schlotterbeck	43 3:35:47
Tom Nordbrock	40 3:54:34
S. Gutdzayke	43 3:57:01
M45	
Maynard Miles	48 4:15:32
Tom Smith	45 4:29:42
Ernie Kurginski	45 4:55:01
M50-59	
Billie Butler	56 4:33:11
Gene Turnipseed	52 4:37:00
Merlin Baker	56 4:47:15
M60+	
Bill Kowalisyn	63 4:49:48
Dick King	64 4:52:00
W35	
Sandy White	36 4:56:27
Clara Mooney	38 5:56:25
Ellen Eder	38 8:36:34
W45 none	
W50	
Marilee Christma	53 4:15:12
W55	
Myra Linden	56 7:14:44
--60K--	
Overall	
Ray Krolewicz	29 4:08:50
Muriel Nauman	29 5:16:04
M48	
Robert West	43 4:56:09
Kent McBrayer	43 5:15:42
Jerry Collins	40 5:30:39
M45	
Tom Smith	45 5:29:20
Andrew Lovy	49 6:42:49
Philip Veenhuis	49 7:13:39
M50-59	
Hunter Goins	54 9:09:50
M60+	
Dick King	64 7:08:30
(no Master women)	
--100K--	
M35-40	
Harry Sloan	36 8:02:04
Marvin Diveley	37 9:42:07
M41+	
Tom Smith	45 10:14:36
Gasper Pulizzi	4 11:49:58
(no Master women)	

YOU DON'T MAKE THINGS BETTER BY MAKING THEM COMPLICATED.

There was a time when being a runner was pretty simple.

All you needed was an alarm clock, some shorts and a decent pair of shoes.

But times changed. Things got complicated. All of a sudden it seemed that being a runner required a degree in biomechanics to understand what it was all about. And before you knew it, technology had gotten in the way of the reason you ever picked up the sport in the first place.

It was fun.

Well, at Nike, we put our heads together in order to come up with a line of shoes that cut through all the clutter and made running simple.

And fun again.

We call it the Nike V-Series. Three different types of performance running shoes. For three different types of runners.

If you want extra stability, there's the Vector.

If you want lightweight cushioning for fast-paced training, lace up the Vengeance.

If you want a combination of both, put yourself into the Vortex.

One more thing. They're all the same price.*

That's about it. Oh so we could talk about these shoes until we're blue in the face. About how each features either a full-length NIKE-Air™ midsole or an Air-Wedge™. And how this patented cushioning system absorbs and redistributes the impact of every single

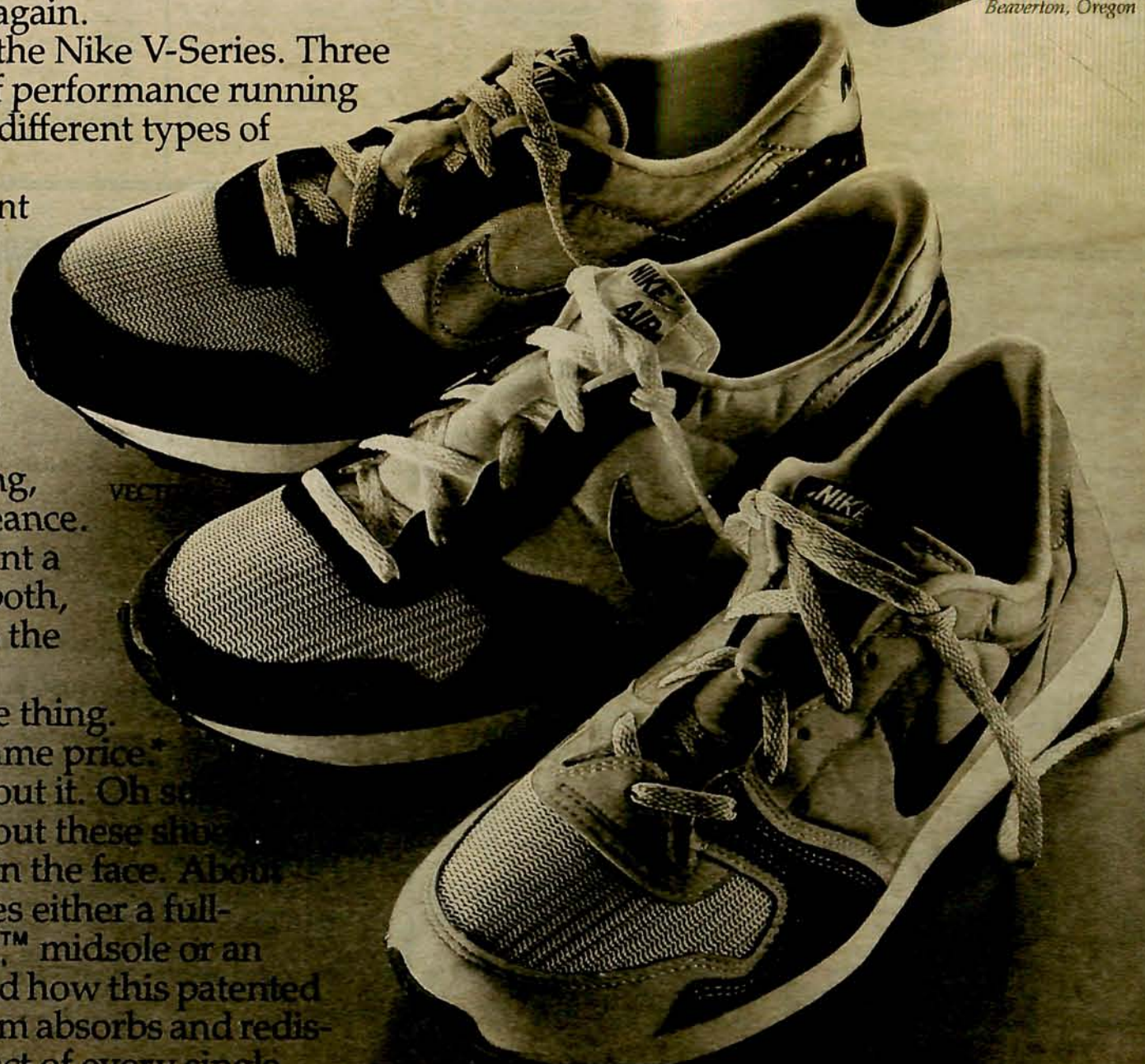
footstrike. The first one. The millionth one. And every one in between.

And yes, we could hit you with an encyclopedia's worth of technical jargon and findings.

Now if you want all these facts and figures, fine. Write us. We'd be more than happy to send you enough technical information on the V-Series to make your head swim.

But you don't need it. Because the Nike V-Series makes it easy to pick the right running shoe.

Which only proves, if you take technology far enough, it will bring you right back where you started.



*Suggested retail, \$60.00. Prices may vary in Canada.