



ATHLETES FROM 21 NATIONS RUN IN WORLD VETERANS CHAMPIONSHIPS



Start of XVII World Veterans Men's 10K Championships in San Diego December 1. Eventual winner was Barry Brown (#4000) in 30:25.

photo by Gretchen Snyder

Green Sets New Marathon Mark

Staged for the first time ever in the Americas, the XVII World Veterans (IGAL) Distance Running Championships drew runners from 21 nations to the 10-kilometer and marathon races in San Diego December 1 and 2.

Easily the most outstanding achievement was fashioned in the latter race by 52-year-old Norman Green of the United States. Running almost as fast over the second half of the flat, but convoluted, Mission Bay course as the first half, (72:37/73:14), Green moved from 7th place to 3rd, clocking 2:25:51. The time bettered his own over-age-50 American best of 2:26:05 and made him the WIGAL M50 champion by over 13 minutes.

"I'm very pleased," Green said after the race. "My goal was to finish in the top three and break 2:26. The most difficult thing for me was to lick the psychological limitations. I had to believe I could hold a 5:30 pace."

Green's performance (which was witnessed by his parents), stole some of the limelight from overall marathon winner Paddy Murphy of Kildare, Ireland. Murphy, who turned 40 just 10 days before the race, triumphed convincingly in an eased-up 2:21:48.

"I felt very strong and confident," Murphy said. "I've run a couple of 2:19's this year. I stayed with Henry (Salavarda) for the first nine miles, then picked it up."

The first woman across the line was America's Sue Peterson, 40. She held off Canadian Wendy Robertson O'Donnell, 41, to win by 19 seconds in 2:55:09. Third went to Great Britain's Ann Bland, 42, in 2:57:41. American Jan Bustad, 37, also broke three hours (2:58:57) to claim the W35 title.

Individual results in the 10K mostly followed form, as American record-holder (29:57) Barry Brown, 40, took overall honors in 30:25, 40 seconds ahead of European champion Guy Ogden of Great Britain. Brown ran his opening two miles in 4:37 and 4:40, and was never seriously challenged.

"I was disappointed with the time," Brown said. "I pushed it too hard the first two miles. Then there was a stiff head wind between the 2nd and 4th

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WAVA/ IAAF MEETING HELD IN SAN DIEGO

by DON FARQUHARSON,
President, WAVA

As previously reported, the IAAF has decided to form a Veterans (Masters) wing. Recognizing the involvement of WAVA, it has asked that Veterans be nominated to an IAAF Committee to examine the feasibility and structure of such an arrangement.

The offer of the IAAF will be reported to all national delegates after the final meeting in Lisbon March 25, 1985. The delegates must take the earliest opportunity to discuss this report with their respective countrymen, consider their views and come to the General Assembly in Rome, equipped and prepared for further discussion and a decision as to whether we should or should not organize our future activities under the auspices of

Continued on page 17

TOP 1984 MASTERS ATHLETES CHOSEN

Burke, O'Brien, Obera Named Best T&F Performers

SAN DIEGO, November 30. Ed Burke, 44, of Los Gatos, California, and Parry O'Brien, 52, of Los Angeles, were named the outstanding age-40-and-over male track and field athletes of 1984 today by the Masters Track and Field Committee of The Athletics Congress, the national governing body for athletics in the United States.

Irene Obera, 50, of Moraga, California, was voted the top female masters performer by the group at the 6th annual TAC convention.

TAC National Masters T&F Chairman Jerry Donley was named outstanding masters administrator of the year,

Continued on page 10

Brown, Matson, Green Head LDR List

SAN DIEGO, December 2. Barry Brown, 40, of Glens Falls, New York, and Shirley Matson, 43, of Solana Beach, California were named the outstanding age 40-44 long distance runners of 1984 by the TAC Masters Long Distance Running Committee at TAC's annual convention.

The LDR Committee's awards are based on five-year age categories, rather than on an overall "best athlete" basis.

Turning 40 in July, Brown quickly set four U.S. masters records, including a 29:57 10K and 2:15:14 marathon. Matson ended Cindy

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MALE CHAUVINISM

After participating in the National Masters 10K Cross Country Championships at Holmdel Park in New Jersey, on November 18, I realized that male chauvinism among some male race directors is still much in evidence.

In my five years as a Masters runner, the women master racers almost always still seem to go LAST — at the end of the men's races, like an after thought: "Oh, yeah, then the women". It was bad enough we were last, almost into darkness, and times were fouled-up, but there weren't even enough medals left for us. We got the old, "I'll mail them to you" bit. Also, even before the middle of the female pack was in, the refreshment stand, which had been opened all day throughout the series of the men's age group races, closed.

The "True Masters (60+)", ran next to last. Why do submaster men receive the preferential treatment of usually participating first? Submaster women almost always get treated like and lumped with any other master women.

What are the reasons behind this truly immature phenomena? Is it a lack of respect for the Senior Master, who should be basking in the well deserved "crowd's" applause? Do these Meet Directors have medieval beliefs, or psychological hang-ups regarding females who manage to get out of the kitchen and onto the road or track, thereby punishing every female in sight? Are these male directors

themselves submasters, looking out for their own? Are there not enough women to bother with, as I've heard mentioned from time to time?

In this day and age of equal everything and lost respect, what is wrong with rotating the ages, honoring the 60-plus and women with leading off or being intermittently dispersed, occasionally, as the entry situation warrants.

Marilyn Fitzgerald
Old Bridge, New Jersey

REACTION TO SOUTHEAST LETTER

I was flabbergasted (meaning to be overwhelmed with shock, surprise or wonder) at Wallace McRoy's letter (November) about NMN's report of the Southeast Masters Regional T&F Championships. It seems to me the letter should have been directed to the meet director, not to NMN.

As to the "domination of Masters track & field" by the Birmingham TC, I don't recall their dominating influence at the Nationals in either Eugene or Houston. As a matter of fact, I don't even remember them being in attendance.

I suggest McRoy save his dominating posture for the time his folks enter a large, well attended meet, preferably our National Championships. Y'all bring along lots of ketchup; crowd don't taste so good.

Bruce Springbett
Los Gatos, California



Director of the successful UCLA Olympic Legends Meet at UCLA Bill Adler (in front) and friends; (left to right) Josh Culbreath, Payton Jordan, Carol Komatsuka (Home Savings) and Dean Smith.

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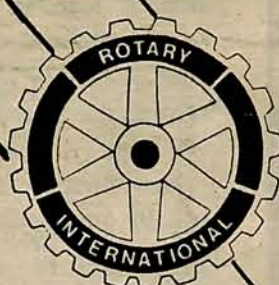
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L.A. Southwest Rotary Club

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.

EVENT SCHEDULE

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

FIELD EVENTS

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

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



Los Angeles
Southwest Rotary Club

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 _____

OYLER, FLEXER CAPTURE U.S. 5K CROSS-COUNTRY

by CAROLE LANGENBACH

Norm Oyler, 42, of Wilsonville, OR, won the TAC National Masters 5K cross-country championships November 24, in Seattle, WA in 17:55. The hilly Lower Woodland Park course provided a challenge to 94 men finishers and 26 women finishers in two separate races on an overcast day in the mid 40's.

Local ultra distance runner Frank Bozanich, new to the masters ranks, took second place in 18:02 in his first x-c competition.

Outstanding performance of the day went to 50-year-old Derek Mahaffey of Bellevue, WA who took third overall in 18:08, after also having won the 50's division the week before in the TAC

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4000 DO TURKEY TROT IN DETROIT

Tony Mifsud, 40, of Livonia, Michigan, won the Masters race and placed 19th of 4000+ finishers in 31:15 in the Turkey Trot 10K on Thanksgiving Day in Detroit. The race, according to Masters participants, had the best-ever 40-and-over field for a Michigan race.

Lynn McCutcheon, 40, was second Master in 32:50. The top five M40 runners were below 34:00. Jim Parker, 62, Pontiac, Mich., won the M60+ race in 40:31.

Brenda Carson, 42, Detroit, was the W40-and-over winner in 43:12. Mary Varini, 66, Detroit, took the W60+ division in 55:41.

In addition to a good field, the race provided digital read-outs and verbal splits at every mile, and runners, after having been cheered on by 600,000 viewers of the Michigan Thanksgiving Parade, finished the fast course inside Cobo Hall, where the race was directed by Jeanne Bocci. □



Carol Flexer, 41, winning women's TAC National Masters 5K Cross-Country Championship race November 24 in Seattle in 20:20.

photo by Warren McNeely

No Race Fee For Special Masters 10K

The committee for the special "World Masters" division of the Paramount 10K, to be held on January 26, has finalized its qualifying standards. Each division, men and women, will be in five year age groups from 40-44 to 80-84 years.

In order for the master runner to qualify for the awards and merchandise, he or she must finish at the qualifying time or faster. If this is not ac-

complished, the runner will not be recognized at the awards ceremonies.

"The first ten finishers of each division, men and women, will be honored on the stage in grand fashion," says Race Director Oscar Rosales. "Each will be awarded a unique trophy and a long sleeved shirt. The first five finishers per division will receive merchandise donated by the Paramount

Continued on page 36

Morgan Sets 10K Mark

Pennsylvania's Hubert Morgan, 62, took four seconds off his own U.S. 10-kilometer record for men age 60-64 with a brilliant 36:41 in the 7th Annual Brian's Run in West Chester, Pa. December 2.

Morgan also holds American 60-64 records for 10 miles (1:02:11) and 20K (1:17:44).

New Jersey's Herb Lorenz, 45, was equally outstanding with a 31:39, only 13 seconds off Ray Hatton's 45-49 mark.

Pat McGrath led the Masters women in 38:55, as about 3500 runners enjoyed sunny skies, little wind and temperatures in the 50's. □

Grey Sets Course Record in Honolulu

Frank Grey, voted the outstanding Masters long distance runner in 1984 in the 60-64 age-division, broke his own course record for men over 60 with a time of 2:52:32 in the Honolulu Marathon December 9th.

The Washington state resident, who set the 60+ mark of 2:54:41 in the 1983 race, bested Joe Benjamin (3:02:31) and Gerry Horton (3:02:34) to highlight Masters performances in the annual event.

Top female masters performance was a 2:53:42 by Japan's Minoru Muramoto in the W40-49 group. Tsuneaki Takahashi of Japan won the M50-59 class in a good 2:40:39.

Less than three minutes separated the M40 finishers, with Japan's Naokuni Doi (2:36:33) besting California's Gary Goettlemann (2:37:24) and Japan's Yoshitaki Unetani (2:39:18). Unetani was the winner of the 1969 Boston Marathon in 2:13.

Another Boston winner, Keizo Yamada, 57, placed 5th in the M50 division in 3:01:05. Yamada won the 1953 Boston in 2:18. □

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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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All smiles before the start of the 10K at the VXII World Veterans Championships in San Diego December 1 are Elvyn Blair, Vicki Bigelow, Ruth Anderson and New Zealand's Tiare Lund.

photo by Gretchen Snyder

PARRISH, PETERSON WIN LAST SANTA BARBARA MARATHON

Dennis Parrish, 43, Tujunga, California, won the 40-and-over race by only two seconds in the 20th Santa Barbara Marathon, which also served as the SPA/TAC Championships, in Santa Barbara on November 4.

Parrish's closest Masters competition came from 40-year-old Sue Peterson, Laguna, California, who was two seconds behind Parrish's 2:55:52 finish. Parrish placed sixth, and Peterson seventh of 114 finishers. Fred Nagelschmidt, 60, Ventura, California, won the M60+ race in 3:07:31, which would have taken the M45 race by six minutes. Elaine Triplett, 33, Santa Barbara, was women's winner and fifth overall in 2:54:21.

To have two female runners of any age finish in the top seven in any marathon in the country is still big news, despite Sandra Kiddy's remarkable 100K victory overall in Minnesota on October 27.

However, another important story is Race Director John Brennand's announcement that accompanied the official results. Brennand, who may be the most experienced race director in the nation, wrote: "In all likelihood, it was the last running of this race. Why? Three primary reasons: one, I've directed it for all twenty years and I feel that it's time to step aside, but no one has come forward to take over... Two, the marathon has served its purpose. When founded, it was the third one in California, and only the sixth one in the country (preceded by Boston, Yonkers, Culver City, Heart of America, and San Diego). We need-

ed more marathons in those days; we could do with fewer now! Three, the participation has steadily decreased to the point where you have to ask if the resources required for the marathon could be better used for improving the half marathon. The half is a viable race and we will continue to hold it." Brennand also gave another reason, "...I believe that the most important one is that the number of runners has levelled off."

Initially, the S.B. Marathon had 17 finishers in 1965 and peaked at 354 in 1977, when the half-marathon was instituted. The half-marathon (344 finishers this year) has ranged from 240 (1977) to 504 (1982). The marathon shows an almost steady decline since 1977 to its present 114.

In this year's half-marathon, Steve Close, 41, Santa Barbara, perhaps that area's hottest Master runner right now, Continued on page 12



World Veterans M65 MEDALIST Ed Stotsen-berg relaxes at the Trojan Masters meet in Los Angeles. photo by Gretchen Snyder

BUD LIGHT

and

LA

Great Beer Taste...Light Alcohol.

invites you to run the Special WORLD MASTERS Division of the Paramount 10K Run

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

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

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

All times are "or faster".

Race Date: January 26, 1985

Race Time: 8:00 am Sharp

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

Accommodations: Downey Travel Lodge. 800-255-3050, 20% off. Ask reservationist to specify, "10K race participant."

Transportation: To and From race site by Downey Travel Lodge, 6:30 am shuttle time. Preregistration Only: Return entry 1/21/85

Location: 15500 Downey Ave. Paramount, CA 213-531-3503

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

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

Shirt: Long sleeve, NO CHARGE

Race Fee: NO CHARGE

Recognition: All qualifiers, shirts if available.

Information: Oscar Rosales, P.O. Box 696, Paramount, CA 90723 • (213) 634-3027. BUD LIGHT AND L.A. BEERS welcome you to compete for excellent awards and merchandise. This is our third event with the Masters. It is becoming a CLASSIC. Our Special Guest Competitor will be Dr. Paul Spangler.

6TH ANNUAL CITY OF PARAMOUNT 10K BENEFIT RUN SPECIAL WORLD MASTERS DIVISION

NAME _____ MALE ☐ FEMALE ☐ AGE _____

ADDRESS _____ ZIP _____ PHONE _____

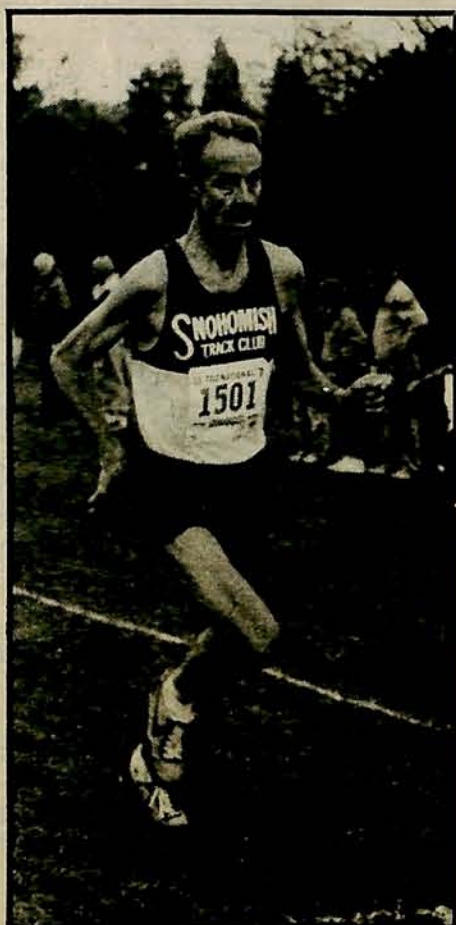
DIVISION: Write In.

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

SEND YOUR REGISTRATION FORM TO:

CITY OF PARAMOUNT 10K RUN, 16400 COLORADO ST., PARAMOUNT, CA. 90723

OJR



Derek Mahaffey captures men's 50-54 title in TAC National Masters 5K Cross-Country Championships in Seattle November 24. Mahaffey finished 3rd overall in 18:08.

photo by Warren McNeely



THE GUN LAP

by MIKE TYMN

The D-D-D-Dynamic D's Revised

Fifteen D's are not enough. There are 25 D's on the road to success. In the January 1981 issue of this publication, I set forth what I called "The 15 Dynamic D's," as a guide to realizing one's athletic goals. I had heard actress Shirley MacLaine speak of the "4 D's" as her formula for success, but it seemed to me that much more was required.

I have a fairly large collection of quotes and clippings concerning various aspects of sports. I have indexed 103 qualities, characteristics, and traits said by various coaches and athletes to be necessary for success in sports. They range in the alphabet from aggressiveness to zest. Many of them are synonyms or near synonyms for others on the list and I have been able to narrow them down under 25 D's.

So for those of you setting goals for 1985, here is a checklist you might refer to now and again during the year if you run into trouble and want to identify your problem area.

1. **DEFINE:** First of all, define exactly what you hope to achieve. What will it take for you to say you have succeeded? If your goal has to do with the marathon, for example, is there a specific time you need to run to consider yourself successful or is it a matter of just finishing?

2. **DESTINY:** Now that you've defined it, ask yourself if you've really got what it takes to do it. Maybe you were destined to be a golfer, a tennis player, or a stamp-collector rather than

a field athlete or road runner. Maybe you're too big, too small, too young, too old, or too busy with other things to carry it out.

3. **DESIRE and DETERMINATION:** Are you willing to make all the sacrifices required? Most coaches list this as the number one requirement for success. Darrell Royal, the former head coach of the University of Texas, once said that without desire there is only disaster.

4. **DECISION:** Having the desire is one thing; making up your mind to go for it is something else. This is the step at which you make the commitment.

5. **DREAM:** You must now begin to visualize yourself doing it in perfect rhythm and harmony. You should constantly summon this vision and try to make your movements fit the picture.

6. **DESIGN:** Before you really get into it, you've got to have a plan. Map out the course to your goal. Work out a program.

7. **DIVISION:** Once you've defined your goals and established your basic course of action, it's important to set some immediate goals so you don't lose interest or momentum while pur-



The Silver State Striders of Reno, Nevada placed 2nd in the age 50-59 team competition in the TAC National Masters 5K Cross-Country Championships in Seattle's Woodland Park November 24.

photo by Warren McNeely

suing the ultimate goal.

8. **DEDICATION:** Make adjustments in your lifestyle and eliminate as many conflicts as possible. But try not to make "divorce" one of the D's.

9. **DISCIPLINE:** Exercise self-control in ways that correct, mold, or strengthen your habits.

10. **DARE & DEFY:** Be willing to take necessary risks. Be bold and have the courage to overcome the dangers that lurk in your path. No gall, no glory.

11. **DILIGENCE:** While assuming risks is a necessary part of achievement, wanton disregard for one's health, safety, or well-being is not. You must find the thin line between recklessness and superfluous caution.

12. **DEVELOPMENT:** This means long, arduous training. All of the other D's mean nothing unless you put in the work and have patience.

13. **DRIVE:** Pursue the goal with vigor, spirit, and intensity. You can't do the work in a plodding manner and hope to succeed.

14. **DEPTH:** There are times when you must dig deep into your reserves and hurt a little. This gives us what University of Oregon coach Bill Dell-

Continued on next page

THE 25 DYNAMIC D's

1. **DEFINE** (spelling out the goal)
2. **DESTINY** (do you fit the mold?)
3. **DESIRE/DETERMINATION** (wanting it)
4. **DECISION** (making the commitment)
5. **DREAM** (visualizing it)
6. **DESIGN** (having a plan)
7. **DIVISION** (intermediate goals)
8. **DEDICATION** (eliminating conflicts)
9. **DISCIPLINE** (self-control)
10. **DARE & DEFY** (taking risks)
11. **DILIGENCE** (exercising caution)
12. **DEVELOPMENT** (work and patience)
13. **DRIVE** (spirit and intensity)
14. **DEPTH** (using the reserves)
15. **DISTANCE** (quantity of work)
16. **DASH** (quality of work)
17. **DISTRIBUTE** (pacing yourself)
18. **DIET** (proper nutrition)
19. **DELIGHT** (enjoying it)
20. **DWELL/DIRECTION** (concentration)
21. **DOCUMENT** (keeping a record)
22. **DISCERN/DISCOVER** (learn as you go)
23. **DEITY** (seeking Divine help)
24. **DON'T DELAY**
25. **DELIVER**



Finishers of Lilac City 50K (track), Rochester, New York, November 11. From left: Bruce Bellwood, 26; Rick Nenno, 26; Don McNelly, 63; Walter Young, 53; Norm Frank, 53 (back); Robert Epstein, 45 (front); Sullivan (back-official); Greg Hebig, 28; Walt Gronski, 52; Walter Connolly, 54; and Fritz Zimmerman, 54.

Continued from previous page

inger calls "callousing" to the demands of strenuous competition.

15. **DISTANCE:** There is a quantitative aspect to most every sport. You need to know how much of a certain type of training is required to reach the goal you have set and then meet this distance requirement.

16. **DASH:** Quality is the other side of the coin. Find out how much quality is needed and work it in to your program.

17. **DISTRIBUTE:** Pace yourself. Distribute effort in an effective manner — not only in the workout itself, but also throughout the week, the month, and year. And strive for the proper balance between distance and dash.

18. **DIET:** You don't run a high-powered engine on low-grade gasoline. So watch your diet to be sure you are getting the necessary nutrients and proper amount of calories.

19. **DELIGHT:** Take pleasure in the pursuit, even if it is a lot of hard work and hurts occasionally. Enjoy and savor those moments of complete

release that follow a hard workout. Don't make "drudgery" one of the D's.

20. **DWELL** on the **DIRECTION:** This is the "D" that substitutes for concentration. You need to keep your focus on the goal. Do not stray from the straight and narrow path to it.

21. **DOCUMENT:** Keep a diary or log and record your daily efforts. Take the time to note positive and negative things during the training session.

22. **DISCERN & DISCOVER:** Study your log. Learn from it. Monitor your progress. Ask yourself what's working and what's not. Recognize your limitations and if need be rethink your goals.

23. **DEITY:** The "D" most often mentioned by successful athletes is God. You can interpret that in your own way.

24. **DON'T DELAY:** Meet the challenge head-on without procrastination.

25. **DELIVER**

Best wishes for the new year! □

Salavarda Wins 5th Bank One Title

Henri E. Salavarda, 47, the defending Masters world champion in the marathon, from Dupeye, Belgium, set a personal record and broke his course record of 2:25:40 by winning the Masters division for the fifth consecutive year, clocking 2:25:28 in the Nationwide/Bank One Marathon, in Columbus, Ohio, October 7. Salavarda received \$500 for his 17th overall finish.

Another M45, Frederick Hagerman,

49, was second master in 2:37:06, and M50 winner Bill Foulk, 51, was third Master in 2:38:58. James Glidewell, 57, ran 2:50:33 to win his division race.

Among the winning women, Jean Toth, 48, ran the W45 race in 3:18:28, and Lynn Edwards, 61, did 4:01:33 in the W60+ group. □

TOCCO TAKES TAC 50 MILE

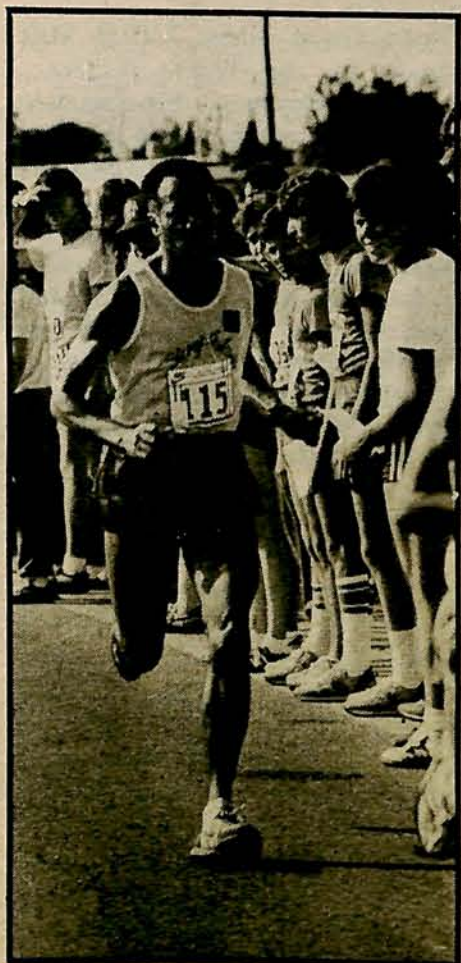
Andre Tocco, 49, of San Pedro, California, was first 40-and-over runner in the TAC National Masters 50 Mile Championships, held in conjunction with the Nickel City 50, in Buffalo, New York, on November 18. Tocco was the fifth finisher, in 6:43:30, of the thirty-three who survived the race, which was run for the first two hours in a freezing rain.

Tocco's easy M45 victory placed him far ahead of the second Master runner and M40 winner, Canadian Fred McLennan, 41, of Sudbury, Ontario, who clocked 7:11:44. Another Canadian, Edward Ciesielski, 45, of Hamilton, Ontario, was third Master with a second place M45 time of 7:35:23.

Carl Pegels, 51, of Amherst, New York, the only runner to have completed all four Nickel City 50 races, was rewarded for his persistence with an M50 victory in the fine time of 7:46:01. No 40-and-over women finished the race.

Twenty-two of the finishers were from the state of New York, and eight were from Canada.

David Broad from the Department of Athletics, SUNY-Buffalo, was meet director. □



Ernie Billups, 47, first M45 with 52:50 in the El Paso/Juarez 15K, El Paso, Texas, October 13. Photo by Richard Lee Slotkin



JACKSON, Mi., — The starting line of the Ultimate Runner just before the gun goes off. Frank Bozanich (#0006), 40, of Bothell, Wa. and Barney Klecker, 33, of Hopkins, Mn., discuss race strategy. Bozanich went on to win the Master's Division. Klecker finished fifth in the Men's Open Division. Photo by Marcia Butterfield

1985 NATIONAL TAC MASTERS 10,000 METER ROAD CHAMPIONSHIP



Individual and Club Team Championships
for Men & Women

**SUNDAY, FEBRUARY 3, 1985
CLEARWATER, FLORIDA**

PLACE: Start & finish at Jack White Stadium, Clearwater H.S., Route 60 between Hercules & Aroturas, Clearwater, Florida.

TIME: 8:30 A.M. Sunday, Feb. 3, 1985.

AGE GROUPS: Five year, both men & women, 40-80 plus.

ENTRY FEE: Ten dollars (\$10) — payable to WFYRC.

ENTRIES CLOSE: By mail — postmarked Sat., Jan. 26, 1985. In person — by 7:00 P.M., Thurs., Jan. 31, 1985, at the Jogging Center, 2448 East Bay Drive, Largo, FL 33540 (813-536-8585) Positively no post entries.

AWARDS: TAC championship medals to 1st, 2nd, 3rd in each age group; ribbons to 4th, 5th, 6th. Championship patches to all winners.

TEAM CHAMPIONSHIPS: Three-person club teams: men 40-49, 50-59, 60-69, 70+; women 40-49, 50-59, 60+. All members of a team must be within the same ten year age span. Teams need not enter ahead of time, but only clubs with at least three entries in an age group will be scored. Be sure to indicate club team on entry blank. Trophies to winning teams. No limit to team members, but only first three score.

T-SHIRTS: To all registrants who pick up packets. No packets mailed.

COURSE: Certified; fast; gently rolling through residential area. Course will be open for inspection and training beginning 12 noon, Fri., Feb. 1. Shuttle transportation to and from race site. Course records: 29:08 Craig Virgin; 33:23 Wendy Sly.

RACE HEADQUARTERS: Howard Johnson's Motor Lodge, Route 60 & U.S. 19 S in Clearwater — 1 1/4 miles from race site. Race packets can be picked up beginning 12 noon, Fri., Feb. 1, or at race site race morning.

ACCOMMODATIONS: Howard Johnson's — special rate of \$35 per room per night; write to Guy B. Welles, Manager, Howard Johnson's Motor Lodge, 410 U.S. 19 South, Clearwater, FL 33515 (813-797-5021). All race registrants will receive, with packets, special ten per cent discount ticket for all purchases at Howard Johnson's restaurant. For other hotels, motels, write Chamber of Commerce, 128 N. Osceola Av., Clearwater, FL 33515.

POST-RACE PARTY & AWARDS PRESENTATIONS: At Howard Johnson's at approximately 10:30 A.M. day of race. Beer, refreshments, and good fellowship.

SPARKLING CLEARWATER: Just 20 minutes from Tampa International Airport, and 1 1/2 hours or less from Disney World, EPCOT, Sea World, Cypress Gardens, Busch Gardens, Sunken Gardens. Clearwater is the spring training home of the baseball Phillies. It has some of the finest beaches in Florida, many fine restaurants, excellent fishing, perfect weather.

NON-MASTERS: Starting at 8:00 A.M. there will be an open 5K race on a certified course, sponsored by the Clearwater YMCA at the same site. For entry forms, further information, contact: Clearwater Family YMCA, 1005 S. Highland Ave., Clearwater, FL 33516 (813-461-9622).

Stay over for a week and run the Gasparilla Classic 15,000 meters (or 5,000 meters) in Tampa, right next door to Clearwater, Feb. 9, 1985. Contact Gasparilla Distance Classic, P.O. Box 1881, Tampa, FL 33601.

Detach and mail to: Dick Lacey, 1207 S. Duncan Ave., Clearwater, FL 33518
(Phone 813-447-7161)

NAME: _____ AGE: _____ BIRTH DATE: _____ SEX: _____
STREET: _____ CITY: _____ STATE: _____ ZIP: _____
CLUB: _____ BEST 10K TIME in the last year _____

I consider myself adequately trained for this competition. I absolve the West Florida "Y" Runners Club and anyone involved in this event from any liability for any injury or illness suffered by me in connection with this meet. If I should suffer injury or illness, I authorize the officials of this meet to use their discretion to have me transported to a medical facility and I take full responsibility for this action.

(signed)

(date)

Enclose \$10, payable to WFYRC.



On Approaching Every Problem With an **O**PEN MOUTH

by W. MacDonald Miller

A New Year's resolution thing is not only touchy, it's down right difficult. Getting yourself and your family squared away for the months ahead is one thing, handling friends and acquaintances is quite another.

An example of what I mean would be my wife. Anyone with eyes in their head can see that she ballooned up over the summer. She claims a bad knee cut short her workout time. I happen to know that she and her gang were boozing it up pretty hard (and who knows what else) down at this fancy country club where she works. Another thing, when you pick up weight in the thighs, panty hose make a hellava noise when you walk.

Be that as it may, my point is simply this, it isn't difficult to help those close to you. "Sweetheart, you porked up and, come Jan. 1, you should whack off 50 to 60 pounds, you know — whatever weight you feel best at."

One thing, of course, you'll learn with experience, you can't come down on people too hard. In the end it's probably better for people to do their own resolutions. When I try to help people out they usually end up mad at me. Over the years I have asked my readers to join me on the cutting edge and at the same time participate in that difficult task called thinking. Some have enjoyed it and others, well, as I said, maybe it's best to just let people do their own resolutions. We certainly don't lack for New Year's promises because many readers sent them in:

During 1985, I promise to forget data for a moment and get out in the sun so people will no longer mistake me for a ghost.

— Ken Young — Data Center

I'm going to move to a larger apartment. My apartment is so full of age records, whenever I invite a girl over for dinner we have to eat standing up, let alone anything else we might want to do.

— Pete Mundle, Venice, CA

This year I'm going to try to make it to a few meets. A guy can't stay home all the time.

— Chuck Klehm, Chicago

Running over 40 miles a week causes you to think less about sex, eh? I run 80 miles a week and that's all I think about. During 1985 I plan to up my mileage to give me a little time to work.

— Jim O'Neil, San Diego, CA

As the former host of "Death Valley Days," I saw many a man like Al Sheahan who refused to face the facts. I cover this in my book, **Sore Heads and Poor Losers**. During 1985 I feel it probably best that these people be executed.

— Your President

If Mario Savio can have a family and a real job, so can I.

— Tom Sturak, L.A.

We've tried everything else, come 1985 let's try to get a sponsor for the Masters program.

— Bob Fine, New York

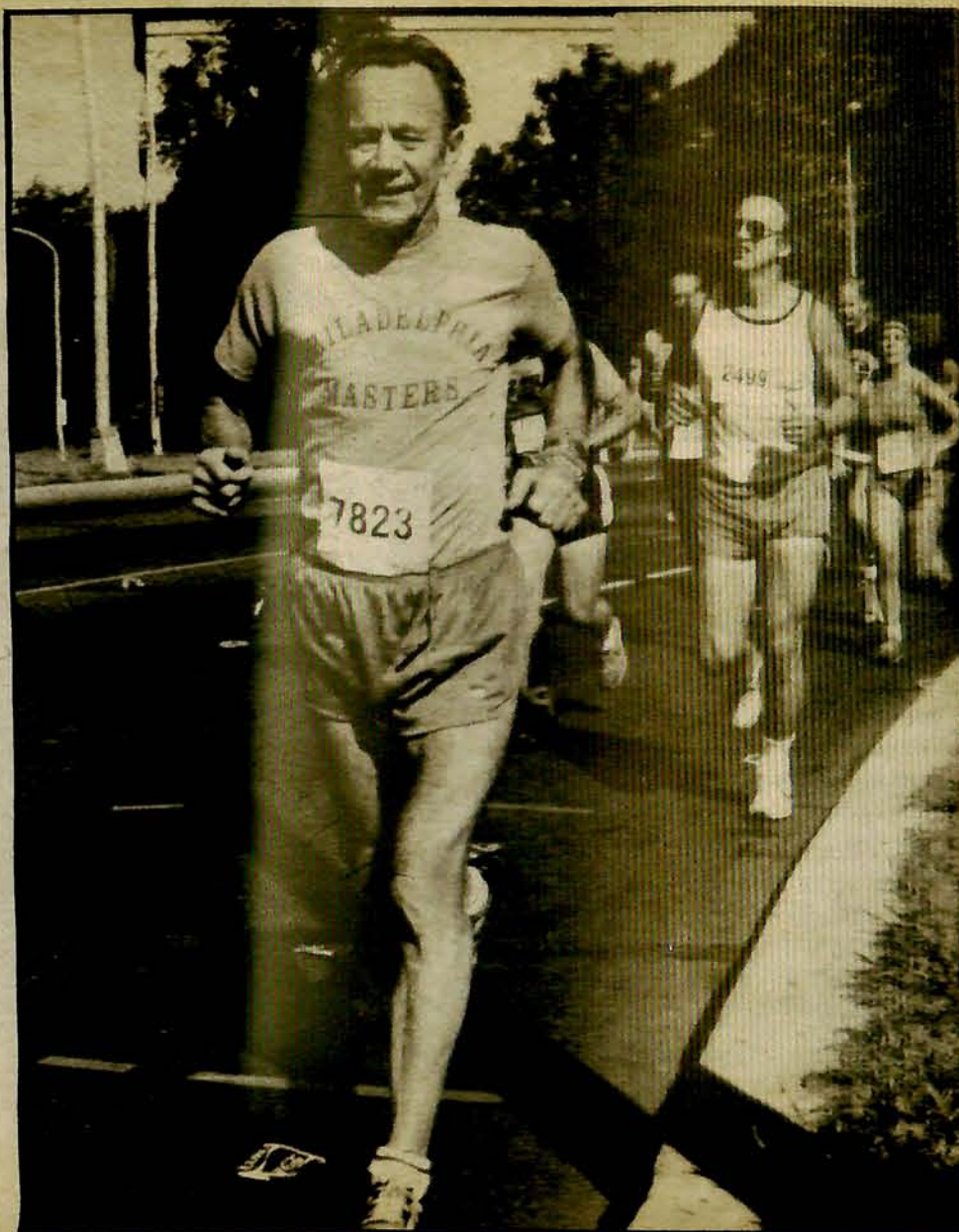
At the moment, the best package we have for the World Master's Meet only goes to Muscat, unfortunately that's in Oman. During 1985 we hope to get one to Rome.

— Helen Pain, San Diego

May 1985 be happy, healthy and fulfilling for all of you and, a little sex, especially in 4A, 4B & 5A couldn't hurt either. □



Winners of Hudson Mohawk Masters 10K Championships, Guilderland, New York, November 3. From left: John Hewitt (63), M60+, 47:02; Marilyn Martin (43), W35-44, 38:55; Ted Bick (53), M50-59, 37:38; Ann Drapeau (47), W45+, 44:10; and Le Wilcox (46), M40-49, 35:22.



Rudolf Nilsen, 72, with 12 miles down and 7 to go for a 1:45:14 finish in the Philadelphia Distance Run, September 16.

Marathon photo

Brown, Matson, Green Head List

Continued from page 1

Dalrymple's 75-race winning streak and won major masters races from coast-to-coast, including Peachtree, Cascade Run Off, El Paso 15K, Cotton Row 10K and the World Veterans (IGAL) 10K.

Jim Bowers edged Dan Conway for the M45 award, based, in part, on Bowers' outstanding M45 U.S. marathon record of 2:21:32. Sandra Kiddy was voted top 45-49 woman after a brilliant year capped by setting a U.S. women's **open** 100K mark of 7:49:20 in a race she won overall, over younger men and women, alike.

Norm Green, whose 2:25:51 M50 victory in the World Veterans Marathon today broke his own M50 mark set two months ago in the Twin Cities race, was a clear choice over Ray Hatton for M50 honors. In 1984, Green won national titles in the Marathon, 15K and 25K, and added the Gasparilla 15K, El Paso 15K and numerous other victories to his impressive list. Sister Marion Irvine, who, at age 54, raced to a 2:52 in the U.S. Women's Olympic marathon trials, took W50 honors.

The complete list of winners is published in these pages. □

OUTSTANDING MASTERS LONG DISTANCE RUNNERS — 1984

Selected by the TAC Masters Long Distance Running Committee.

AGE	MEN	WOMEN
40-44	Barry Brown	Shirley Matson
45-49	Jim Bowers	Sandra Kiddy
50-54	Norm Green	Marion Irvine
55-59	Howard Rubin	Helen Dick
60-64	Frank Grey	Mary Storey
65-69	Clive Davies	Marcie Trent
70-74	Bill Brobston	Bess James
75-79	Ed Benham	Leona Lugers
80-84	Max Popper	Ruth Rothfarb
85-89	Paul Spangler	

OTTO ESSIG AWARD

For meritorious service to Masters Long Distance Running

1977 Otto Essig/Ruth Anderson
 1978 Ed Barron/Pat Bessel
 1979 Tony Diamond
 1980 Bob Fine
 1981 Bill Schrader
 1982 Dick Kendall/Maryanne McBrayer
 1983 Tony Diamond
 1984 Jack Moran/Carole Langenbach



MASTERS TRACK & FIELD REPORT

by JERRY ALAN DONLEY

Chairman, TAC Masters Track & Field Committee

In attending any convention such as the 1984 TAC/USA convention in San Diego, there are certain risks taken when both spouses attend. Both my wife and I attended, I as a delegate, Dot as an observer. A delegate has a tendency to work all hours, discuss nothing but convention business, and generally miss out on all of the outstanding San Diego weather and sights.

An observer could become easily bored with all the convention activities, but Dot generally kept her interest high by sight seeing, visiting, and shopping. The latter presented some concerns to me as Dot had determined to do all of the Christmas shopping on this trip. Fortunately, she generally chose to attend only those meetings which were of interest to her, and spent the rest of her time seeing the sights of San Diego.

A few delegates were startled when she pulled up in front of the Convention hotel in a bike-driven rickshaw. They were much impressed with her ingenuity in locating this unique means of transportation.

While there was recreation at the convention for some, the Masters Committee did, in fact, work hard. One item that received considerable attention was the design and ordering of a uniform for the competitors at Rome. A representative from Kappa came to the convention and uniform possibilities were presented. The results of that discussion are described in the application for a uniform in this issue. I don't know if it can be completely worked out or not. Track and Field competitors are notoriously independent, and the time frame for ordering the uniforms is extremely short. However, it would make quite a picture to have every U.S. athlete dressed similarly during the Rome opening ceremonies. We must have our orders ready to go in February, so it's critical to get your orders in promptly.

I will receive your checks and deposit them in a trust account. I plan to send a portion of the payment in February, and pay the rest when we get to Rome. We still have some negotiating to do with Kappa, but right now the uniform possibilities look good and your early response in ordering uniforms will be most helpful.

It appears that WAVA and IAAF will be merging with some good and bad points. Perhaps the most exciting possibility of this arrangement would be the participation of the "Eastern Block" countries in world meets. It's hard to predict the future, but I don't think anyone can really stop or seriously hinder the growth of the Masters competition. While there may be some arguments over rules, procedures, and technicalities, the essence of the Masters program, fellowship and com-

petition, will always be present.

I have asked Al Sheahan to print the minutes of the convention, our proposed budget allocations, and the names and addresses of the executive committee, so all of you will know who your representatives are and how our budget monies are allocated.

No major rule changes were adopted. However, the committee determined that, for 1985 and 1986, Regional and National Championships would adopt the "one false start and you're out" rule. This rule should greatly speed up the running of our meets, and, if successful, will be proposed as a change to our Masters Rules at the 1986 convention.

At our National Championship there will also be National Championships for Sub-Masters. The winners will be designated as National Champions. We have always held competition for those 30 - 39, but this will be the first year the winners will be described as "Sub-Masters National Champions."

It looks like a great year to be involved in the Masters program and we, on the National Committee, hope you have a successful and enjoyable year competing in the TAC/USA Regional and National Meets. ☐

Several people who have contributed to the Masters program were among the 11 who received the President's Award for outstanding service at the TAC Annual Convention in San Diego December 1: Jerry Donley, Colorado Springs, Colo.; Tony Diamond, Washington, D.C.; Mary Cullen, Houston; Bob Baxter, Raleigh, N.C.; and Reiko Duba, Los Angeles. Others were Brooks Johnson, Willie Banks, Andy Fleming, Bill Roe, Barbara Palm and Larry Ellis.

1985 TAC NATIONAL INDOOR MASTERS TRACK & FIELD CHAMPIONSHIPS

WESTWOOD SPORTS CENTER, STERLING, ILLINOIS

SATURDAY AND SUNDAY, MARCH 30, 31, 1985

HOSTED BY MIDWEST MASTERS

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 2 1/2 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 1/4-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.

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		
TRACK			TRACK		
No.	Event	Time	No.	Event	Time
1A	60 (Heats)	9:00 A.M.	12A	60 HH (Heats)	9:00 A.M.
2	1 Miles	9:45 A.M.	13	1000	9:45 A.M.
1B	60 (Finals)	10:30 A.M.	12B	60 HH (Finals)	10:30 A.M.
3	2 Mile Walk	11:15 A.M.	14	600	11:15 A.M.
4	300	1:00 P.M.	15	2 Mile	1:00 P.M.
5	4 X 880	2:00 P.M.	16	4 X 440	2:00 P.M.
FIELD			FIELD		
6	Shot Put (30-49)	10:00 A.M.	17	Shot Put (50-80+)	10:00 A.M.
7	Wt. Throw (30-49)	1:00 P.M.	18	Wt. Throw (50-80+)	1:00 P.M.
8	Long Jump (30-39)	10:00 A.M.	19	Tr. Jump (30-49)	10:00 A.M.
9	Long Jump (50-80+)	1:00 P.M.	20	Tr. Jump (50-80+)	1:00 P.M.
10	High Jump (50-80+)	10:00 A.M.	21	Pole Vault (Sec. I - low ht.)	10:00 A.M.
11	High Jump (30-49)	1:00 P.M.	22	Pole Vault (Sec. II - 11'6"4)	1:00 P.M.

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				RELAY FEES	\$
ADDRESS				T-SHIRT	\$
CITY	STATE	ZIP CODE	TOTAL		
PHONE				TEAM	

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

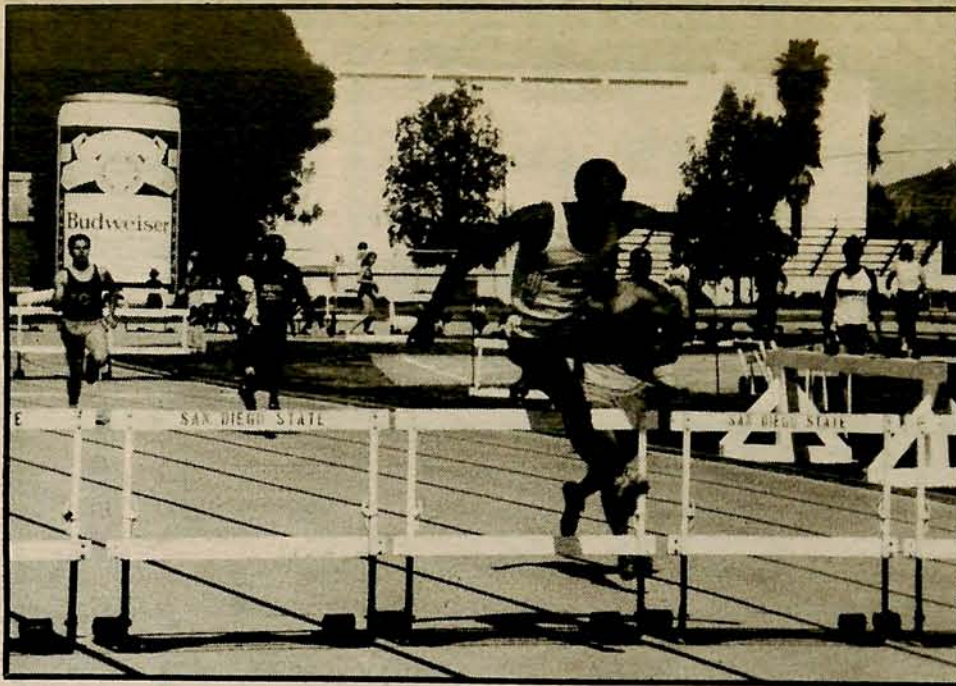
NO. EVENT BEST MARK NO. EVENT BEST MARK Mail to:

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



James King, 36, San Diego, Calif., who broke two M35 age-group world marks this summer with 46.38 in the 400m and 49.7 in the 400mH.

RUNNERS' BOOKS FROM CEDARWINDS

ONCE A RUNNER, the novel, by John L. Parker, Jr., \$4.95

This book has become THE cult novel about distance running. Bill Rodgers, Frank Shorter, Jon Sinclair, and Benji Durden are among the many runners who say it is their favorite work of fiction about running. It won *RUNNING* magazine's award as the best book of the year, and it has been highly acclaimed by *RUNNING TIMES*, *RACING SOUTH*, and *TRACK & FIELD NEWS*.

"Perhaps the best novel ever written about running. . . . There are parts of *ONCE A RUNNER* that are pure poetry. I enjoyed it thoroughly, and have never read descriptions of what it is to run and race as accurate and compelling as Parker's. . . ."
—Tom Jordan, Assistant Publisher
TRACK & FIELD NEWS

"This is the kind of book I wanted to write for years. . . ."
—Don Kardong

"I hate to use a cliché, but I couldn't put it down."
—Joe Henderson

Paperback, 225 pgs., ISBN 0-686-14458-9

AEROBIC CHIC AND OTHER DELUSIONS, by John L. Parker, Jr., \$2.95

So you want to find out if you're really with it? Just take Parker's little "Aerobic Chic Test." (Example: If your desk drawer contains a hand-written note from Bill Bowerman telling you to cut back on your mileage, you get 200 points. If you think a Don Kardong is a marital aid device available from a mail order house in Encino, take away 95 points.)

Other items in this hilarious collection of "more or less true" stories include: "I Was Devoured By a Radioactive Ant," "Harry Winkler and the Awesome Attack of the Toothless Shark," "There IS a Place for Raquetball," "Won't You Come Home Irv Taylor?" and "Mountain Climbing in Florida."

Paperback, 96 pgs., ISBN

RUNNERS AND OTHER GHOSTS ON THE TRAIL, by John L. Parker, Jr., \$7.95

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Burke, O'Brien, Obera Best T&F

Continued from page 1

while the top 1984 masters walker awards went to Larry Walker, male, and Jeanne Bocci, female.

Burke, a health club owner, was the oldest athlete on the U.S. Olympic athletics team. He made the team with his third place, 235-foot, 7-inch hammer throw at the Olympic Trials in Los Angeles in June. Although he did not compete in any Masters meets during the year, Burke is the 1981 National Masters hammer throw M40 champion, and plans to compete in Rome and other veterans events in 1985.

O'Brien, an investment banker, is a familiar name. He won gold medals in the shot put in the 1952 and 1956 Olympics, and a silver medal in the 1960 Games. In 1984, he broke the world 50-and-over record in both the 12 lb. shot (58-1½) and 1.6K discus (185-11), and won both events in the M50 division at the TAC National Masters T&F Championships in Eugene, Oregon.

Obera, a high school principal, had another outstanding year and received the best-female-masters-athlete award for the second time in six years. Turning 50 prior to the season, she set world women's 50+ marks in the 100 (13.13) and 200 (27.4), and lowered the American 400 standard to 64.58.

OUTSTANDING MASTERS TRACK AND FIELD ATHLETES — 1984

Selected by the TAC Masters Track and Field Committee.

GWILYM BROWN AWARD

Presented to the outstanding male and female T&F athletes in the Masters program.

Men	Women
1978 George Ker	Irene Obera
1979 Ernie Billups	JoAnn Grissom
1980 Al Oerter	Judy Fox
1981 Jim Burnett	Phil Raschker
1982 Al Oerter	Polly Clarke
1983 Jack Greenwood	Irene Obera
1984 Ed Burke/ Parry O'Brien	

1984 AGE-GROUP AWARDS

TRACK	FIELD
M35 James King	John Hartfield
M40 Kirk Randall	Ed Burke
Jerry Jobski	Tom Gage
M45 Ernie Billups	Al Oerter
Gary Miller	Larry Stuart
M50 Ray Hatton	Parry O'Brien
M55 Bill Fitzgerald	Harry Hawke
	Bob Richards
M60 Rudy Valentine	Burl Gist
M65 Dave Lawyer	Dan Aldrich
M70 Gil Gonzalez	Ross Carter
M75 Ed Benham	Win McFadden
M80 Joe Packard	Herb Anderson
W35 Phil Raschker	Phil Raschker
W40 Linda Upton	Fran Conley
Carol Flexer	
W45 Marilyn Harbin	Joann Grissom
W50 Irene Obera	Alice Leicht
W55 Helen Dick	Shirley Kinsey
Ruth Anderson	
W60 Jaclyn Caselli	Nell Nordgren
W65 Jo Kolda	Mary Bowermaster
W70 Polly Clarke	Vivian Nelson

OUTSTANDING MASTERS RACE WALKERS — 1984

Presented to the outstanding male and female walkers in the Masters classification.

Selected by the TAC Masters Track and Field Committee.

MEN	WOMEN
1978 John Allen	
1979 Ron Laird	Lori Maynard
1980 None	
1981 Gordon Wallace	Lori Maynard
1982 Bob Mimm	Bonnie Dillon
1983 John Knifton	Beverly LaVeck
1984 Larry Walker	Jeanne Bocci

The six awards will be presented to the winners at the 18th annual TAC National Masters T&F Championships in Indianapolis August 24.

The Committee also selected outstanding athletes in each 5-year age group for both men and women in both track and field categories. Those names are published in these pages.

For 1985, the Committee will change its award procedure slightly. It will:

- 1) Continue to select one male and one female athlete of the year. The Award would be made after considering outstanding performances in World, National, Regional and selected major Masters meets.
 - 2) Present an award for an outstanding age performance. (Burke or Al Oerter might win such an award, even though they might not have competed in a Masters meet.)
 - 3) Present an award for the outstanding Multi-event performer.
 - 4) Present an award to the outstanding submaster.
 - 5) Establish a National Masters News Award for outstanding performances from age 30-and-up. The performances will be determined by a scale to be finalized by Jim Weed with the assistance of Pete Mundle. The consensus was that the performances should be excellent, but not impossible to achieve, in order to win an award. Weed and Mundle will report on the scale to be used for 1985, no later than August 24, 1985. The chart may be changed slightly each year, as more data is accumulated.
- The award is to consist of a mention in the National Masters News, but there was also talk of developing a special certificate of recognition. □

MASTERS TRACK & FIELD ADMINISTRATOR OF THE YEAR

1978 Pete Mundle
1979 Al Sheahan/Kathy Brieger
1980 Bob Fine/Ruth Anderson
1981 Bruce Springbett/Fred Mannis
1982 George Hatzfeld/Jack Kelly
1983 Jim Weed
1984 Jerry Donley

6TH ANNUAL ATHLETICS CONGRESS (TAC) CONVENTION

SAN DIEGO, NOVEMBER 28-DECEMBER 2, 1984

Minutes of TAC Masters Track & Field Committee Meetings

by AL SHEAHEN, Secretary
Presiding: Chairman Jerry Donley

Rules of Competition

For 1986, Ron Salvio will be in charge of proposed rule changes. (No rule changes are permitted in odd-numbered years). Any proposed rule change must be submitted through him for submission to TAC in accordance with TAC requirements.

Women's Events

It was reaffirmed that, in all National and Regional Masters Championships, a full complement of events shall be staged for both men and women, as already expressed in Rule 251 of the TAC Rules Handbook. That means women can throw the hammer, hurdle, triple jump, etc. and be awarded medals in each 5-year age-division.

False Starts

For 1985 and 1986 regional and national championships, a "one false start and you're out" rule was adopted to speed up the running of meets. If successful, it will be proposed as a formal change in the 1986 convention.

Site Selection

New York City was chosen over Elmhurst, Illinois (Chicago) and Eugene, Oregon to host the 1986 National Championships. The event will likely be held at Mitchell Field, in Hempstead, Long Island, 25 minutes from Manhattan, on August 2, 9 or 23. It is a 9-lane, poly-flex 942 track, similar to Rekortan, the 1984 Olympic surface. Lights are available. It is hoped that Chicago will resubmit its bid for 1987. The New York organizers said they'd take a poll in the National Masters News to see if athletes would like a warm-up meet one week before the '86 Nationals, so they could tour the Big Apple during the week.

The 1985 National Decathlon was switched from Denver to San Diego on July 6-7, although meet director Ed Oleata said those dates may be changed

1985 TAC/USA NATIONAL MASTERS TRACK AND FIELD CHAMPIONSHIPS

Event	Date	Site
Indoor	March 30-31	Sterling, Ill.
Outdoor	Aug. 23-25	Indianapolis
Pentathlon:		
Indoor	Jan. 13	Carlisle, Pa.
Outdoor	Aug. 31	Denver
Decathlon	July 6-7	San Diego
1986		
Indoor	TBA	New Orleans
Outdoor	Aug. 2, 9 or 23	New York, NY

to avoid conflict with the Rome World Games.

The 1986 Indoor Nationals were awarded to New Orleans, subject to confirmation on March 31, 1985, on a date to be determined later.

The 1985 National Outdoor Pentathlon was awarded to Denver on August 31-September 1 as part of the annual Rocky Mountain Games. Max Goldsmith was appointed as the new Site Selection Chairman. (See chart of all championship dates and sites in these pages).

Decathlon Heights/Weights

The hurdle heights and implement weights used in the National Masters Decathlon will be slightly different than the heights/weights used in regular Masters meets. The regular meets — Regional & National Championships, etc. — use WAVA/TAC heights/weights. The Decathlon/Pentathlon competition will use the old U.S. standards: e.g. M40 110H: 36", not 39"; M50 shot: 12 lb., not 6K, etc.) The heptathlon will use WAVA/TAC standards.

Age-Factor Tables

The 5-year championships in the Decathlon and Pentathlon will be based on the new "Age-Factor Scoring Tables," which equalize the competition according to age, rather than age-

Continued on page 15

Minutes of TAC Masters Long Distance Running Committee Meetings

by J.J. PERRY, Secretary
Presiding: Chairman Bob Boal

Championship Guidelines

Chairman Boal appointed a "Championship Guidelines Committee" of Bob Langenbach (chair), Norm Green and Jim Lewis to prepare a brochure on requirements, procedures and guidelines for conducting Championship races. The report is due by March 1, 1985.

Course Certification

Jennifer Young of the NRDC reported on course certification procedures (See NRDC column in this issue for details), saying there are now 1345 certified courses in the U.S.

Team Championships

A motion to permit Masters teams to be composed of members from various TAC Associations (since the present rule 271.2 virtually eliminates team competition in the older age groups) was defeated.

5K Records

A motion was made that the TAC Masters 5K Road Race be recognized for record purposes. Boal will formally request that the NRDC keep such records, informally, until a rule to this effect can be passed.

Foreign Athletes

A motion was passed that foreign athletes be permitted to participate in National Masters Championship Road Races. They would not displace U.S. athletes for awards, but "separate but equal" awards would be given.

National Clubs

A motion was passed that National Clubs should be eligible for Masters National Championship team awards.

Awards

The consensus was to retain the 5-year age-group awards. Repeat awards can be given to individuals in an age group. Outstanding 1984 athletes were selected. (See separate

1985 TAC/USA NATIONAL MASTERS LDR CHAMPIONSHIPS

Distance	Date	Site
5K Road	Oct. 6	L' Rock AR
5K X-C	Nov. 29	Raleigh NC
8K Road	Oct. 13	Syracuse NY
10K Road	Feb. 3	Clearwater FL
10K X-C	Nov. 3	Syracuse NY
15K Road	May 5	Edina MN
15K X-C	Nov. 17	NY, NY
20K Road	May 26	Wash. DC
25K Road	May 5	Syracuse NY
30K Road	Dec. 7	Houston TX
1/2 Marathon	Sept. 22	Dayton OH
50K X-C	Aug. 4	Richmond CA
Marathon	Nov. 3	Wash. DC
50 Mile	TBA	NY, NY
100 Mile	TBA	NY, NY

1986 BIDS ACCEPTED

5K X-C	TBA	NY, NY
10K X-C	TBA	New Jersey
Marathon	July 27 '86	Olympia WA

story).

Hall of Fame

A Masters Hall of Fame Committee will be appointed by the Chairman to establish criteria for selection.

Site Selection

Sites were selected for the 1985 Championships. (See chart on this page).

Committee Reports

Budget and Audit: George Vernoksy reported the Committee spent \$10,700 in 1984, and was allocated \$20,450 by TAC for 1985. (See separate chart).

Law and Legislation: None this year.

Marketing & Media: No report.

Records: Jennifer Young reported new marks.

Membership: Some Associations are having member problems.

General Programs: No report.

Sports Medicine: No report.

Rules: No report.

Elections

Elected for 1985 were: Chairman: Bob Boal; Men's Vice-Chairman: Bob

Continued on page 13

BUDGET FOR TAC MASTERS TRACK & FIELD COMMITTEE

Activity	1984		1985	
	Budget	Expended	Low Budget	High Budget
Records:				
Indoor			\$250	\$500
Outdoor	\$500	\$500	250	500
National Masters News	500	857	500	2000
Indoor Championships	1750	1578	1750	3000
Outdoor Championships	2500	3324	2500	6200
Chairman	2750	1591	2750	3450
Multi Events	500	500	500	1300
Regional Championships	1500	1650	1500	3500
Total	\$10,000	\$10,000	\$10,000	\$20,450

BUDGET FOR TAC MASTERS LONG DISTANCE RUNNING COMMITTEE

	1984 Expended	1985 Budget
National Championships	\$4800.00	\$7500
Regional Championships	1000.00	2000
IGAL Dues		100
WAVA Dues		250
NRDC	1517.50	500
Records: Mundle		500
National Master News		500
Travel:		
SCORR Program	967.38	0
Race Supervisions/Evaluation	945.90	1200
Executive Committee Meetings	750.00	2100
Convention	.00	4000
Awards	300.00	500
Hall of Fame	.00	500
Postage, Telephone, etc.	419.62	800
Total	\$10,700.40	\$20,450



Pagliano's Podiatric Pointers

THE FOOT BEAT

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

Q. I am a 47-year-old runner with an achilles tendon injury. My friends say I should stretch it while others say I should ice it. My sports physician wants to inject it with cortisone. Can you tell me what cortisone is and should it be used on my achilles tendon?

A. Cortisone is a natural product of the human body. It is produced by the adrenal gland. Essentially, local injections of cortisone are used to reduce inflammation. Reduction of inflammation reduces pressure on the nerve endings and, thus, decreases pain.

Cortisone therapy can be quite helpful in reducing bursitis (an inflammation of a small sac, such as found between the achilles tendon and the heel bone). The cortisone reduces the swelling within the sac and this, in turn, reduces symptoms and alleviates pain.

It may also be used in reducing scar tissue, either on the skin or deep in the soft tissue structures of the body. Cortisone can 'soften' up the scar tissue and allow the collagen bundles of the scar to elongate and stretch.

Cortisone can be helpful in alleviating achilles tenosynovitis, but it *must be used conservatively and with much caution*. One may not wish to have the steroid injected into the tendon, but rather into the surrounding soft tissue in order to relieve swelling and free up scar tissue.

Injection of cortisone into the tendon can cause death of the tendon cells. These are very difficult to heal and in many cases, this may cause a

partial or complete rupture.

I would suggest the use of the short acting cortisone rather than a long acting one. The short acting is a solution and is usually gone from local areas within 48 hours. In extreme cases a combination of long and short acting cortisone may be used.

It is advisable to rest the tendon for 10 days to avoid extensive walking or any type of stretching. Light running may be resumed on an asymptomatic basis. Substitute walking for stretching prior to your running workout. Workouts should be performed on flat surfaces with as much of a 'shuffling' gait as possible. A 1/8" heel lift should be added to the heel of the shoe to relieve tension on the tendon. □

(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.

Parrish, Peterson

Continued from page 5
took the 40-and-over title with 1:13:28. Trina Nagele, 40, also of Santa Barbara, was first Master woman in 1:41:37.

Based on Masters age-group course records, the half has the viability that Brennan has given it. In 1979, Jack Foster set the M40-and-over standard with an M45 win in a torrid 1:07:40, which would have won this year's race overall by almost two minutes. Brennan owns the M40 record of 1:12:13 (1978). Darty Cronin set the M50 course record in 1978 with 1:17:43. Fred Nagelschmidt owns the M55 record of 1:27:00 (1982), and John Holoubek ran 1:28:39 in 1978 to claim the 60+ record.

The W40-and-over records are 40-49, Sue Hutchinson, 1:30:42, 1979; 50-59, Carol Cartwright, 1:35:55, 1978, and 60+, Alice Aspinwall, 2:19:19, 1983. □



Canada's premier Master Ken Inglis was the top 40-and-over finisher in the El Paso/Juarez International 15K October 13 in 48:50. Inglis was also the first finisher in the Canada-vs.-USA Cross-Country Match in New York the following week.

photo by Richard Lee Slotkin

Hammond wins in St. Louis

by TOM ECKELMAN

ST. LOUIS, November 18 — First time marathons and personal records were the order of the day in the 13th Annual St. Louis Marathon. With one-third of the entrants running their first marathon and 40% of the remainder running personal records, the finish area was buzzing with excitement. The moment that was most vivid in everyone's memory was the all-out sprint to the finish for the Mens Masters Title between Fred Hammond, 47, Hammond, Indiana and Dathan Hughes, 44, Belleville, Illinois.

Hammond, running for the Saucony Racing Team, had defeated Hughes by a minute-and-one-half for the 1983 St. Louis Marathon Masters Title and was determined to repeat this year. Hughes, however, had different thoughts. Although Hammond led throughout, Hughes kept him in sight, never more than 150 to 200 yards behind. At 20 miles, Hammond led by 43 seconds at 2:02:47 to 2:03:30. When Hammond was forced to slow his pace near the 23 mile mark, Hughes, running for the St. Louis Track Club, seized the opportunity to steadily narrow the margin and, just beyond the 25 mile mark, surged to the lead and held a 10-yard lead with the familiar finish line landmarks, the Old Courthouse and the Gateway Arch, in sight. Hammond, who later said he even surprised himself, would not be satisfied with second place. "Reaching down for everything I had," Hammond caught Hughes by a surprise 25 yards from the finish, not leaving him enough distance to respond.

Hughes could be well pleased with his performance, a personal best by 1 minute and 16 seconds and first place

in the 40-44 age group.

The Women's Masters Title went to fast-improving Barbara Currinder, 46, who finished to the cheers of her hometown fans in a personal best of 3:28:31, a little more than two minutes ahead of Susan Rudolph, winner in the 40-44 bracket.

Open winners on this new course which is completely within the city limits of St. Louis, were Marc Rogers, 30, Homer, N.Y. 2:25:10, and Cindy Brown-Welte, 23, Lorain, Ohio, in a St. Louis Marathon Record of 2:43:57.

National Masters News columnist, W. MacDonald Miller, put the marathon in perspective for anxious runners at the Pre-Race Dinner on Saturday evening by sharing his insights and his wife, Marlene's, experiences in running!

The addition of the Coca-Cola Bottling Company of St. Louis this year as a major sponsor, along with the Athlete's Foot-St. Louis, makes it possible to continue the tradition of the St. Louis Marathon as the premier running event in St. Louis. □



Enver Mehmedbasich, 52, leads Tom Walsh, 50, in the M50 800 in Berkeley, Calif. in the NCSTC Masters Meet. Walsh won, 2:26 to 2:31. photo by Mike Tymn

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:
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Minutes of Joint Meeting of TAC Masters T&F and LDR Committees

by AL SHEAHEN, T&F Secretary
WAVA/IAAF Merger

SAN DIEGO, December 1.

A joint meeting between the two TAC Masters Committees — Track & Field and Long Distance Running — was called to order by Bob Fine, TAC's North American Representative to the World Association of Veteran Athletes (WAVA).

The main purpose was to inform the members of a proposed merger of WAVA into the International Amateur Athletic Federation (IAAF), the international governing body for athletes.

Present were WAVA Officers Don Farquaharson, President; Hans Axmann, Vice-President; Cesare Beccalli, European Representative and Director of the VI World Veterans Games in Rome next June. Also on hand was Hans Skaset of Norway, representing the IAAF. They had been holding private meetings in San Diego.

Fine explained the problem, on a world level, is that America is more liberal in its attitude towards veteran athletes than the rest of the world. Masters, in some nations, cannot hold a meet, or travel abroad, without the approval of the national open athletic organization, which is always affiliated with the IAAF.

The IAAF has proposed establishing a Veterans wing, and wishes for WAVA to become an IAAF member, with 10 members from WAVA and five members from IAAF serving on the governing committee. The IAAF had hoped that WAVA and IGAL (The World Veterans Distance Running Association) could have merged into one veterans group so as to coordinate activities, but IGAL is reluctant to join WAVA and/or IAAF at this time. (Editor's note: The day following this

meeting, IGAL leaders indicated a willingness to become a part of IAAF if they were given adequate representation on the governing committee.)

Fine outlined reasons why WAVA should join the IAAF:

1) WAVA needs the national governing bodies of most countries if it wishes to run an effective World Games. It takes labor, money, facilities, etc. which are often controlled by IAAF operations.

2) WAVA could then attract the East Europeans, who trust the IAAF to properly run a meet, but do not necessarily have faith in WAVA.

3) If WAVA refuses to join the IAAF, the IAAF "will set up our own program," according to Skaset.

4) The IAAF will pay the expenses of the 10 WAVA reps to the important meetings.

5) The IAAF will let WAVA run its own program, with its own officers, much like TAC lets the RRCA run its own program, even though RRCA is a member of TAC.

6) The IAAF doesn't want the money from the World Games. It just wants to bring the Veterans under its wing as a big family.

Questions from TAC members indicated some reservations about WAVA joining the IAAF:

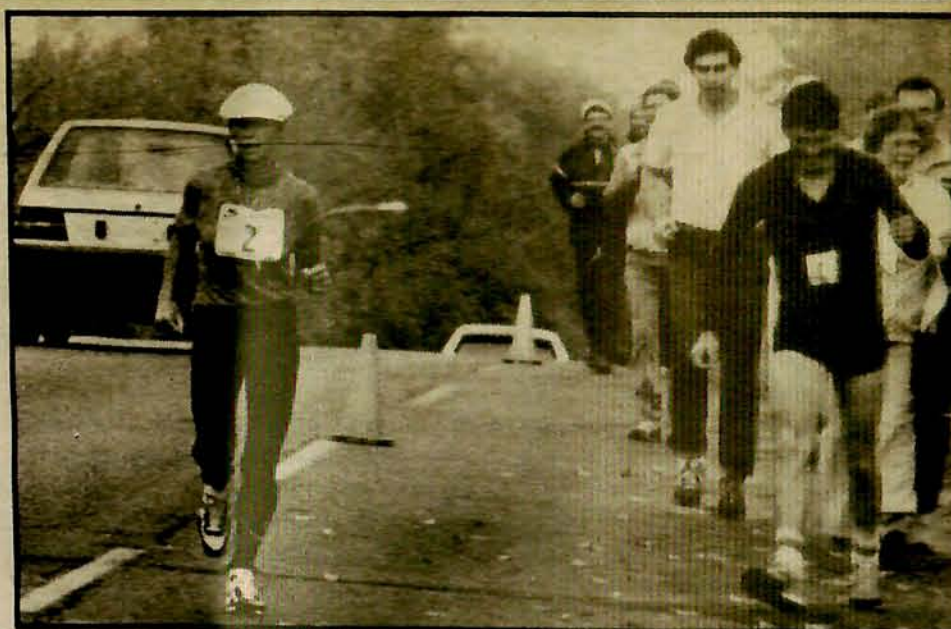
1) The IAAF bans participation of South Africans. That is directly contrary to the WAVA Constitution which says "competition shall be open to all . . . without regard to . . . national origin." Skaset said it's impossible to get the IAAF to make an exception for WAVA, but that the IAAF is not particularly concerned with individual athletes, only with a "team" from South Africa.

2) The IAAF currently demands drug and sex tests for all athletes in international competition. Would these tests also apply to Masters? Skaset said some sort of accommodation may have to be worked out.

The WAVA Executive Committee will meet again on March 25 in Lisbon, Portugal. A formal resolution will be drafted at that time to be voted upon by the WAVA General Assembly in Rome in June.

1985 World Veterans Games

Cesare Beccalli, director of the VI World Veterans Games in Rome June 22-30, 1985 said four stadiums, all top quality, will be used. Over 3000 persons have booked rooms so far, and over 6000 athletes from over 50 nations are expected. (Ed. note: for more details, see the "Countdown to Rome" column in this issue.) □



With only 20 yards to go in the Edmund Fitzgerald 100K in Duluth, MN, October 27, Sandra Kiddy, 47, (2) passes Harry Sloan, 36, (4) to win the race outright in a new U.S. women's open record 7:49:20.

photo by Laurie Boutang

Minutes of TAC Masters L.D.R.

Continued from page 11

Fine; Women's Vice-Chairman: Carole Langenbach; Treasurer: George Vernosky; Secretary: Jerome J. Perry.

IGAL Delegates

Selected was Bob Boal; alternate: Norm Green.

WAVA Delegates

Selected as delegates to the WAVA General Assembly were Bob Boal and Reiko Duba; alternate: Ruth Ander-

son.

Otto Essig Award

The annual Otto Essig Award for meritorious service went to Jack Moran and Carole Langenbach.

TAC Membership

Bob Fine moved that all masters athletes be registered with TAC/USA to compete in the World Veterans Championships. Motion passed. □

1985 Committee Assignments

Budget and Audit	George Vernosky
Law and Legislation	Richard Mochrie
Marketing and Media	Ken Comer
Sports Medicine	Teddy Foy
Records	Ken Young
Membership	Bob Langenbach
General Programs	Tony Diamond
Rules	George Kleeman
Board of Directors	Charles DesJardins

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

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Robert Garretto 64, of Oakland, Calif., author, singer, dancer, and sprinter.

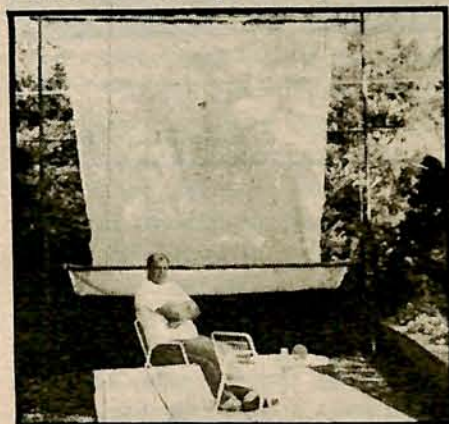
PROFILE

Bill Walmroth — All-Around Iron Man

“Nothing stops me!”

Bill Walmroth was responding to a question on how he deals with conflicts when it comes to his 90-minute training sessions. In other words, everything else is subordinated to his workouts.

Looking at the 270-pound man of iron and listening to him talk about lifting and throwing, you soon realize that he is one very dedicated athlete and “nothing” would dare attempt to stop him.



Walmroth throws the shot and discus into this nylon-netting screen, which is attached to a steel spring. European weight men do a lot of this sort of training.

Walmroth, a 61-year-old Southfield, Michigan resident, may very well be, year-for-year, the strongest man in the world. In the world championship of power lifting at Chicago in September he dead-lifted 486 pounds, squatted with 420, and bench pressed 287 to win his age division.

In the sport of track & field, Walmroth is just as awesome. His 39-5¼ with the 16-pound shot is the world-record for men 60 and over and he is the only person to have gone over 50 feet in the 25-pound weight throw.

In the latter event, his 51-6½ heave in the U.S. Masters indoor championship last March bettered Tom McDermott's 60+ world record by three feet.

“The remarkable thing about that feat is that he tossed the weight with one hand, using the discus turn,” says Nolan Fowler, a seasoned competitor

in the event.

In the 4-Kilo shot, Bill is one of only four Americans to have gone over 50 feet. Most of his success to date has come on brute strength. He hopes to work on his speed and technique this year and thereby improve his standing with the lighter shot and in the hammer and discus.

“I want to get my weight down to around 240 or 245 for next season. I think that will help my speed,” he says.

Born in Essen, Germany, Walmroth did not have the opportunity to compete in sports during his youth. As a young paratrooper on the Russian front in World War II, he was captured by the Russians. He managed to escape from them, but was then captured by the Americans.

“That saved me,” he says.

Bill attended an industrial engineering and commercial arts school in Germany, married, and then moved to the United States in 1956. He found that his talents as a commercial artist were in demand by Detroit auto firms and so settled down in Michigan. He still works full time from a studio in his home.

“I began throwing 10 years ago, more for the reason to give our son David a direction in sports,” Bill says. “We worked on the weights almost daily and added light throws. I kept a book and wrote everything down. David was able to set high school records in the shot and discus that are still standing today.”

David, now a graduate student in International Relations at Georgetown



Bill Walmroth

University, went on to the University of Michigan to win four Big Ten championships, Bill proudly adds.

In the ten years since he got into sports, Walmroth has gradually put together a gym in his home with an estimated \$15,000 in equipment. He says that he prefers throwing to power lifting, but spends more time lifting as it is the means to the end.

“I don't need any outside entertainment. I never go out to dinner, to the movies, or anywhere else. I just work and I do this thing,” he says, referring to his lifting and throwing passions.

“You get hooked on the thing. You feel good. What do you call them — endorphins? The guys running; they look like hell, you know, suffering and huffing and puffing. And yet, they feel beautiful on the inside. That is the way I feel, too.”

How does Gisella, his wife, feel about all this?

“Well, she's happy that I'm now losing some weight, but she's not for the competition. She thinks I should only exercise for my health, but that is the way in many cases, isn't it?”

Walmroth says that he enjoys winning medals and setting records, but the main thing is challenging himself and seeing what he can do.

“I want to see how much I can do and how long I can hang in there,” he explains. “That a person can still maintain a certain power in getting older is exciting to me.”

But just as important to him as the competition is the social aspect of the sport.

“You meet so many wonderful people at the meets. It is just great.”

Bill is now looking forward to competing in Rome and the way he talks nothing will stop him from succeeding there — unless it's something like a rake.

Lifting tons of weights over the last ten years has not resulted in any serious injuries. However, Bill's just getting over a back injury from — of all things — raking some leaves.

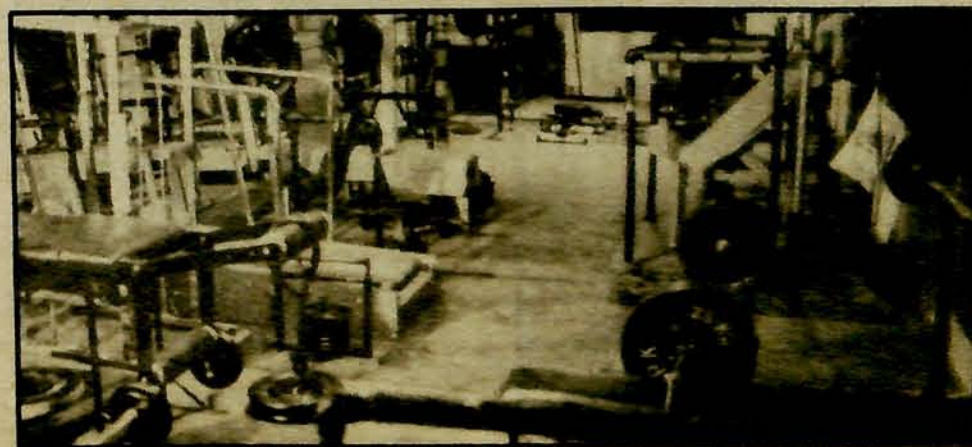
“One never can tell what the future holds,” he says. “I just play it from one week to the other. God willing, I will get my 50 in 1985 and when I do I will thank the Lord for it.” □

Mike Tynn

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,
225 Hunter Ave.,
N. Tarrytown NY 10591



Bill Walmroth's \$20,000 private gym.

AGE-DIVISION WINNERS OF MAJOR MASTERS RACES IN 1984

DIV.	TAC NATIONAL 5K CLEARWATER, FL FEBRUARY 5	GASPARILLA 15K TAMPA FL FEBRUARY 11	L.A. MARATHON LOS ANGELES FEBRUARY 19	TAC NATIONAL 20K SACRAMENTO, CA MARCH 25	NIKE 10-MILE WASHINGTON, D.C. APRIL 1	BOSTON MARATHON BOSTON APRIL 16	TAC NATIONAL 10K BROOKLYN, N.Y. APRIL 21
M40	Bill Stewart	Bill Stewart	Gunter Mielke	Sal Vasquez	Don Coffman	Roger Robinson	Matt Cucchiari
M45	Joe Burgasser	Ron Hill	Jim Knerr	Jim Bowers	Fay Bradley	"	John Dugdale
M50	Bobby Askea	Norm Green	John Richards	Ray Hatton	Marsh Haraden	--	Ed Stabler
M55	Bill McCaffrey	Herman Grotheer	Patrick Devine	Patrick Devine	John Hosner	--	Howard Rubin
M60	Newlie Hewson	Bart Ross	Flory Rodd	Flory Rodd	Hubert Morgan	--	William Peck
M65	Max Quackenbos	Ed Vuolo	--	John Holoubek	--	--	George Sheehan
M70	Ed Benham	--	--	--	Ed Benham	--	Alan Poole
M75	--	--	--	--	--	--	Ed Benham
M80	--	--	--	Paul Spangler	--	--	Max Poppers
W40	Cindy Dalrymple	Cindy Dalrymple	Nancy Buchanan	Bette Poppers	Elaine Kirchen	Joan Ulliyot	Elaine Kirchen
W45	Linda Burgasser	Laura Tingle	Margaret Betz	Karen Scannell	Mary MacFarlane	--	Katie Perry
W50	Ann Kahl	--	--	Ruth Anderson	Rachel Bourne	--	Mila Kania
W55	Anne Trigg	--	--	Margaret Miller	--	--	Audrey Jacobson
W60	Betty Haleen	--	--	--	--	--	Mary Rodriguez
W65	Mary Varani	--	--	--	--	--	--
W70	--	--	--	--	--	--	--

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

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

DIV.	N.Y. MARATHON NEW YORK OCTOBER 28	TAC 15K X-C HOUSTON NOVEMBER 3	TAC 10K X-C HOLMDEL, N.J. NOVEMBER 18	TAC 5K X-C SEATTLE, WASH. NOVEMBER 24	WORLD VETERANS (IGAL) 10K SAN DIEGO, DEC. 1	WORLD VETERANS (IGAL) MARATHON SAN DIEGO, DEC. 2
M40	David Clark			Norm Oylar	Barry Brown	Paddy Murphy
M45	Roger Robinson	NOT YET	NOT YET	Earl Ellis	Pierre Voets	Herri Salavarda
M50	F Bartolomucci	RECEIVED	RECEIVED	Derek Mahaffey	Ray Hatton	Norman Green
M55	Don Dixon			Ross Smith	Jim O'Neil	Geoff Etherington
M60	John Kallunki			None	Gerald Horton	Reg Ferneyhough
M65	--			--	Don Dilworth	Duck Kyoo Lee
M70	Hans Kracht			Jerry Satterlee	Lucien Allen	James McAdam
M75	--			--	Ed Benham	Ed Benham
M80	--			--	Louis Charbonneau	Paul Spangler
W40	Evy Palm			Carol Flexer	Shirley Matson	Sue Peterson
W45	Joyce Smith			Christine Curtis	Diane Palmason	Barbara McLeod
W50	Toshiko d'Elia			Alice Taggares	Margarete Deckert	Ruth Waters
W55	--			Billie Murphy	Margaret Miller	Ruth Anderson
W60	Loretta Sheehen			Louise Swanson	Mary Storey	Judith Kazdan
W65	--			--	Marcie Trent	Marcie Trent
W70	--			Mabel O'Hare	Johanna Luther	Waltraut Kretsch

WORLD ASSOCIATION OF VETERAN ATHLETES

Continued from page 2

NORTH AMERICAN REP:

Bob Fine, 77 Prospect Place
Brooklyn NY 11271 (212) 789-6622

TECHNICAL CHAIRMAN:

Ian Hume, R.R.-1, Melbourne,
Quebec, Canada, (819) 826-5418

VICE PRESIDENT:

(Road Running and Walking)
Jacques Serruys, "Fit Veteran"
P.O. Box 7, 8000 Brugge 1-Belgium

VICE PRESIDENT (Track & Field)

Hans Axmann, Eichendorffstr. 2c
D-8800 Ansbach, West Germany

Terry Goodreau, first W30-39 in the Cable Stars 5K, 19:04.

photo by Richard Lee Slotkin

TAC T&F Minutes

Continued from page 11

group. (e.g., a 49-year-old who throws the javelin 131 feet will score more points than a 47-year old who throws it 131 feet.) (See age-factor scoring chart in this issue).

Submasters

Since the Masters T&F Committee provides virtually the only competition for Submasters (age 30-39), it was suggested a way be found to officially bring the Submasters under the official wing of this Committee. (At present, submasters officially fall under the jurisdiction of TAC's Men's Track and Field Committee.) Danny Thiel and Ron Salvio were appointed by Chairman Donley to look into this.

It was agreed that, in Masters meets, submasters should run 39" 110-meter hurdle heights, as has been the custom, rather than 42", which is run in open meets, Olympics, etc.

The National Indoor and Outdoor Championships will include competition for 30-34 and 35-39 competitors, and the winners will be designated as National Submasters champions.

1985 Nationals

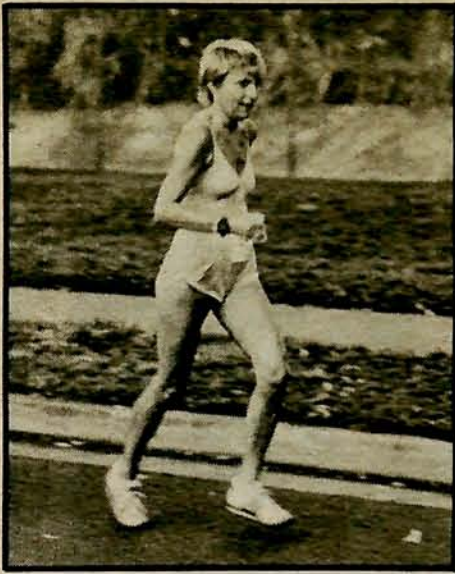
Marshall Goss, the director of the 1985 National Masters Championships in Indianapolis August 23-25, promised an excellent event. The Indiana U. track is only a few blocks from downtown hotels, so it won't be necessary to rent a car. Bruce Springbett, National Outdoor Meet Coordinator, will work out the scheduling details with Goss (whether to run events in the early morning, late evening, etc.)

Masters Games

The "Masters Games" is a Toronto-sponsored event in August, 1985 for about 25 different Masters sports (judo, boxing, athletics, etc.). Since it seems to conflict with our own Na-

Continued on next page





Susie Bartels is enroute to 16th place finish overall and top masters prize in the Hui Holo Wahine 10K in Honolulu on Nov. 4. Bartels, 47, clocked 42:47. About 800 runners took part in the all-women's event.

Continued from previous page

tional Championships, it was voted to encourage U.S. Masters athletes to compete in Indianapolis, rather than in Toronto.

Budget

The Committee spent \$10,000 in 1984, and was allocated a firm \$10,000 and a possible \$20,450 by TAC for 1985. That represents less than one percent of TAC's \$3,700,000 1985 budget. A proposal by Donley to TAC for a \$55,000 allocation was turned down. (See separate chart).

A motion was unanimously passed to ask TAC's Budget and Audit Committee to hold public hearings on TAC's proposed annual budget at least 60 days prior to the Convention, and that all budget requests be submitted and published at that time, and that the Masters T&F Committee expresses

concern about the current method by which the budget is submitted and approved in a 4-hour meeting during the Convention, feeling this does not allow Budget Committee members time to gain an understanding of all budgetary requests.

National Uniforms

While wearing a national uniform in the World Veterans Games is not mandatory, it was recommended that all competitors going to Rome be in similar uniforms. High-quality, attractive national uniforms will be available for \$50 (including singlet, shorts, and warm-up jacket and pants). Details on ordering are in this issue.

Marketing and Media

M&M rep Laurel James said there is concern as to how TAC is marketing itself. "The general public doesn't

know us," she reported.

Foreign Athletes

By a written ballot, foreign athletes will be permitted to compete in our National Championships, and will receive medals if they place. The first three Americans in any event will also receive medals. (e.g., two gold medals will be awarded in any event won by a foreigner.)

TAC Membership

Bob Fine moved that all masters athletes be registered with TAC/USA to compete in the World Veterans Championships. The motion passed, 7-2.

National Officers

Elected for 1985 were: Chairman: Jerry Donley; Outdoor Coordinator:

Continued on page 34

CLUBS

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

EAST

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

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

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

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

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

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

West Pennsylvania TC
1245 Alamae Rd.
Washington, PA 15301

Shore Athletic Club
Ron Salvio
Squan Road
Clarksburg, NJ 08510

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

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

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

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

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

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

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

Philadelphia Masters
c/o Fred Mannis
104D W. Montgomery Ave.
Ardmore, PA 19003
215/642-5989

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

SOUTHEAST

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

Huntsville TC
8811 Edgehill Dr.
Huntsville, AL 35802

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

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

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

Charlottesville TC
311 Westminster Rd.
Charlottesville, Va 22901

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

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

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

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

MIDWEST

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

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

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

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

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

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

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

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

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

MID-AMERICA

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

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

Lincoln TC
2900 John Ave.
Lincoln, NE 68502

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

Prairie Striders
Box 267
Brookings, SD 57006

SOUTHWEST

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

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

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

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

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

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

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

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

WEST

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Empire Runners
4700 Fougler Dr.
Santa Rosa, CA 95405

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

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

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

NORTHWEST

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

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

Oregon Track Club Masters
1587 Agate
Eugene, OR 97403





INTERNATIONAL SECTION

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



Explaining what a merger of WAVA into the IAAF would mean to Masters at TAC Masters Committee meeting in San Diego December 1. From left: Hans Axmann, Germany, Vice-President, WAVA; Don Farquharson, Canada, President, WAVA; Hans Skaset, Norway, Representative, IAAF; Bob Fine, USA, North American rep, WAVA; Cesare Beccalli, Italy, World Veterans Games director.

photo by Gretchen Snyder

WAVA/IAAF...

Continued from page 1
the IAAF.

In the future, this committee will be known as the **IAAF Veterans Committee**.

The first WAVA/IAAF Meeting was held in San Diego November 28-30, 1984. San Diego was chosen both to facilitate the involvement of IGAL and also to offer some input to the U.S. Masters Committee at the TAC meetings, which took place at the same time and venue.

The following is a brief report:

The meeting was chaired by Mr. Hans Skaset (Norway) of the IAAF. Present were Don Farquharson (Canada), Wal Sheppard (Australia), Hans Axmann (Germany), Owen Flaherty (Spain), Bridget Cushen (Great Britain), Jacques Serruys (Belgium), Bob Fine (U.S.A.) and Cesare Beccalli (Italy).

All were nominated and accepted to the Committee at the Los Angeles Olympics, along with Alastair Lynn (Canada) and Bryan Doughty (GB), whose acceptances are expected. Absent were IAAF members, M. Pascal Moussiposso (Congo), Hugo Mario La Nasa (Argentina) and Seiko Yasuda (Japan).

In addition, permanent IAAF Secretary John Holt (GB) could not be present as he was in Canberra, Australia, attending the IAAF Council meeting.

The IGAL was invited to fill one further position on the committee, but has not yet done so. The Committee will be a permanent committee in the IAAF as described in Rule 8, possibly under the new heading "F," and is, on this first occasion, "appointed," but, subsequently, beginning in 1987, will be elected. Two-thirds of the members will be nominated by the Veterans and one-third by the IAAF.

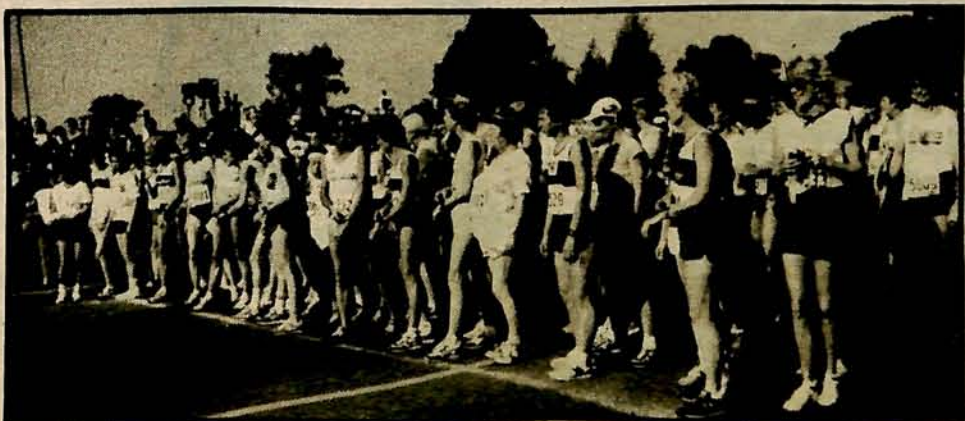
The reasons for which the IAAF decision (to form a Veterans wing) were made were given as:

That they sense a possible split up between factions of the sport; that we should unite to speak on behalf of all age groups; that, at this time, it has become necessary to offset the effects of commercial interests; that the entire world calendar of events in track & field, road racing, walking and cross-country should be coordinated.

Among advantages to veterans would be:

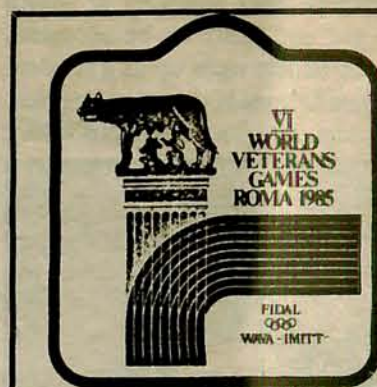
Access to countries who have not yet competed. Veterans would be "inside"

Continued on page 25



Lined up for the start of the Women's World Veterans 10K in San Diego December 1. Gabriele Andersen, 39, won the race in 34:48.

photo by Gretchen Snyder



5 months to go

COUNTDOWN TO ROME

Less than three months remain until the entry deadline of March 31 for the VI World Veterans Games in Rome on June 22-30, 1985. The Games are open to men age-40-and-over, and to women age 35-and-over.

Meet director Cesare Beccalli expects 6000 participants from over 50 nations in what will be the largest Veterans meet ever held. It will be a rare opportunity to meet and make friends with people from all over the world, not to mention the chance to test your athletic skills against the best the world can offer in your age division.

In this issue is an official entry form, the preliminary program, a housing form and complete details of the historic event.

A general rule: it's possible to make all your arrangements directly with the Games' organizers in Italy. However, several travel agents are offering attractive Masters group packages, which may well save you time, money and hassle.

While in San Diego last month, Beccalli cleared up a few points:

Entry Form

1) To save bookkeeping costs, Beccalli prefers you send your entry, together with others, with one check for all. However, he will accept individual entries.

2) Contrary to information on the initial entry form, Beccalli said in San

Continued on next page

WORLD CLASS VACATIONS to WORLD CLASS EVENTS

ROME!

6th WORLD VETERAN'S GAMES

Complete information on a choice of selected hotels and flights. Flexible itineraries can be arranged at the lowest available fares from all cities. Stay a full ten nights or the length of your choice. Please call or write for a complete meet brochure and entry blanks.

1985 Schedule of Events

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



Return to:
Marathon Tours, Inc.
1430 Massachusetts Avenue
Cambridge, MA 02138
Telephone (617) 492-3088

☐ Send me more information on the World Veteran's Games

☐ Send me more information on a trip to _____

Names _____ Home Phone _____

Address _____ Day Phone _____

City _____ State _____ Zip _____

Continued from previous page

Diego that it is not necessary to send a special bank wire transfer. Since payment is to be in U.S. dollars, Beccalli said you may just send a personal check or money order for the amount of your entry fee. If you send it individually, you may be asked for an extra \$3 when you arrive in Rome, to cover the handling costs. Send to the address on the form: Via Martinetti 7 — 20147 Milano (Italy).

3) Make sure your SURNAME (last name) and FORENAME (first name) are in the right place.

4) Indicate on both sides of the entry form which events you are entering. Naturally, they must match.

5) It is not necessary for Americans to have their entry "stamped" or "approved" by the "veterans national body." In some countries, it is necessary: Great Britain, West Germany, New Zealand, Australia, Finland, Norway and Sweden, among them. For the U.S.A. and Canada, among others, it's not. The reasons are too complex to dwell on here; suffice to say each nation operates its Masters program differently. Americans generally believe U.S. Masters are honorable adults and should be free to participate in a track meet without getting someone's official "approval."

6) You are limited to five events, not

including relays. The first event costs \$18, each subsequent event is \$6, and the WAVA fee is \$10. So your minimum payment would be \$28; the maximum: \$52. (Relays will be formed in Rome.)

7) Entries from residents of South Africa are not likely to be accepted, unless the athlete signs up as a resident of another nation. If questions are raised in Rome, any South African with a



Cesare Beccalli, director of the VI World Veterans Games in Rome next June, outlines plans to TAC Masters Committee in San Diego December 1. photo by Gretchen Snyder

foreign passport will likely be permitted to compete, but one without a foreign passport could be kicked out of the Games. This, of course, is directly contrary to the WAVA Constitution which states "... competition shall be open to all ... regardless of ... national origin."

"I fully respect and support the WAVA Constitution," Beccalli said, admittedly in a difficult spot. "But, if FIDAL (the Italian Athletics Federation which is helping sponsor the Games) tells me to ban someone from the Games, I must do so. I hope there will be no trouble and that things will go smoothly." Anyone banned may appeal to WAVA, to Beccalli and to the sporting sentiment of his or her fellow participants.

8) All entries will be confirmed in writing. No changes will be permitted. A ticket for the final festival on June 29 will be mailed with the entry confirmation. If you plan to attend the festival, you should then mail the ticket back to Italy. You'll then pay for it when you get to Rome. If you don't send back the ticket, you may not be able to get into the festival.

Housing Form

1) You may send an individual request for housing directly to the World Games office in Milan. Or you may make arrangements with your Masters

travel agent. If you send the housing form directly, attach your U.S. check for three nights deposit by February 28. Then pay the balance in Rome.

2) A group of four, five or fifty friends may send one check to Beccalli in Milan. He recommends as many as possible piggyback on one check, to save bookkeeping costs. Deadline: February 28.

3) Individual and group bookings may also be handled directly with a Rome hotel.

4) The original plan was for Americans to fly together, and to locate together, at the same hotels. But that didn't work out, so there are now several possible packages and a variety of hotels, ranging from dormitories to first class.

5) You must send a housing form (printed in this issue) to Beccalli for each person in your group, even if you are booking directly with a hotel. (In which case, you can leave off the price.) Your hotel should also confirm your booking to Beccalli.

6) One reason for this is so you receive your official "welcome card" on your arrival, which entitles you to free stadium entrance, tourist discounts in restaurants and shops, free transportation from the Rome airport or railway station to the hotels,

Continued on page 24

YOU ARE GOING TO ROME.

THIS is the way to go:

- June 18, 1985 thru July 1
- TWA flights from LAX and JFK
- Travel with Olympic veterans
- Deluxe hotels chosen by 1981 USA World Cup athletes
- Sportsmedicine and massage care provided

other cities, other dates, extended tours available

SUNSET TRAVEL

8589 SUNSET BLVD.
LOS ANGELES, CA 90069
(213) 652-3044

CONTACT:
LYNDA HUEY



VI WORLD VETERANS GAMES ROMA

from 22nd to 30th June 1985

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:

- a) To the best of my knowledge I am in good health and shall have conditioned myself properly for the Championships
- b) 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
- c) 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



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 -

- a) Special «WORLD CHAMPION» vest and specially struck quality golden medal to the winner in each event and age class.
 - b) Silver and bronze medal to the second and third respectively
 - c) Certificate of performance suitable for framing, to each finisher.
 - d) Medals to the first ten competitors in road events.
 - e) Marathon awards
 - f) 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.

SUGGESTED AND RECOMMENDED (NOT OFFICIALLY RULED) PERFORMANCE STANDARDS - MEN

	M.40	M.45	M.50	M.55	M.60	M.65	M.70	M.75 +
m. 100	12.5	13	14	14.5	15	16	17	19
m. 200	26.5	27.5	29	30.5	32	34	37	40
m. 400	58	62	65	68	72	75	80	90
m. 800	2.15	2.25	2.30	2.40	2.50	3.00	3.30	4.00
m. 1500	4.40	4.50	5.10	5.30	6.00	6.30	7.00	8.00
m. 5000	18.00	19.00	20.00	22.00	23.00	26.00	30.00	33.00
m. 10.000	40.00	42.00	44.00	46.00	50.00	55.00	60.00	70.00
110/100/80 hs.	20	21	22	23	22	23	19	
400 hs.	70	73	76	80	85	90		
3000 st./Hindernis	12.00	12.30	13.30	14.30	15.30	17.00		
Track walk Km 5/Bahngehen Km 5	28.00	29.00	31.00	33.00	35.00	37.00	38.00	40.00
High jump/Hochsprung	1.55	1.50	1.40	1.30	1.20	1.10	1.05	1.00
Pole vault/Stabhochsprung	3.20	3.00	2.60	2.40	2.20	2.00	1.70	
Long jump/Weitsprung	5.40	5.00	4.60	4.30	4.00	3.70	3.40	3.00
Triple jump/Dreisprung	10.50	10.00	9.50	9.00	8.00	7.50	6.50	
Shot put/Kugelstossen	10	9.50	9.50	9.00	9.00	8.50	8.50	7.50
Discus/Discuswerfen	30	27	27	25	27	25	22	20
Hammer/Hammerwerfen	38	35	35	31	31	27	20	15
Javelin/Speerwerfen	40	37	34	30	28	25	22	18

SUGGESTED AND RECOMMENDED (NOT OFFICIALLY RULED) PERFORMANCE STANDARDS - WOMEN

	W.35	W.40	W.45	W.50	W.55	W.60	W.65 +
m. 100	14	15	16	17	18	19	20
m. 200	30	31	33	35	37	40	43
m. 400	70	75	80	85	90	95	100
m. 800	2.40	2.50	3.00	3.10	3.20	3.30	3.50
m. 1500	5.30	5.50	6.10	6.30	7.00	7.30	8.00
m. 5000	21.00	22.00	23.00	24.00	26.00	28.00	30.00
m. 10.000	45.00	47.00	49.00	52.00	56.00	62.00	75.00
m. 100/80 hs.	17.3	16.5	17	18	19	20	
High Jump/Hoch Sprung	1.30	1.20	1.15	1.10	1.05	1.00	0.95
Long Jump/Weitsprung	4.50	4.30	4.00	3.50	3.00	2.50	2.30
Shot Put/Kugelstossen	9.00	7.50	7.00	7.00	6.50	6.00	5.50
Discus/Discuswerfen	30	27	24	22	20	18	17
Javelin/Speerwerfen	26	23	19	18	17	16	15



Hanno Rheineck, 144, W. Germany, set a European record in the M40 100m, 11:29, IV European Veterans Championships, Brighton, England, August 20-20-25.

photo by Megasport

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

Athlete competitors SURNAME: _____ ☐ M
in the Champs GIVEN NAME: _____ ☐ W

FULL ADDRESS: _____

TELEPHON: _____ 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	<input type="checkbox"/> 95/110000	<input type="checkbox"/> 52/70000	<input type="checkbox"/> 45/50000	<input type="checkbox"/> 38/40000	<input type="checkbox"/> 30/38000	<input type="checkbox"/> 35000/37000
Twin room	<input type="checkbox"/> 75/90000	<input type="checkbox"/> 40/50000	<input type="checkbox"/> 30/35000	<input type="checkbox"/> 26/29000	<input type="checkbox"/> 24/28000	

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

ROMAN NEWS FLASH

To those who want hotel accommodations
in Rome '85

at bargain prices
(and don't mind commuting)

SPORTS TRAVEL INTERNATIONAL, LTD.

has just located a residence hotel

(including small bath & smaller kitchenette)
with Continental Breakfasts

\$275.00

11 nights/per person (twin)
airport transfers, if travelling with group
and Special Welcome Party

Deluxe and First Class

Accommodations also included

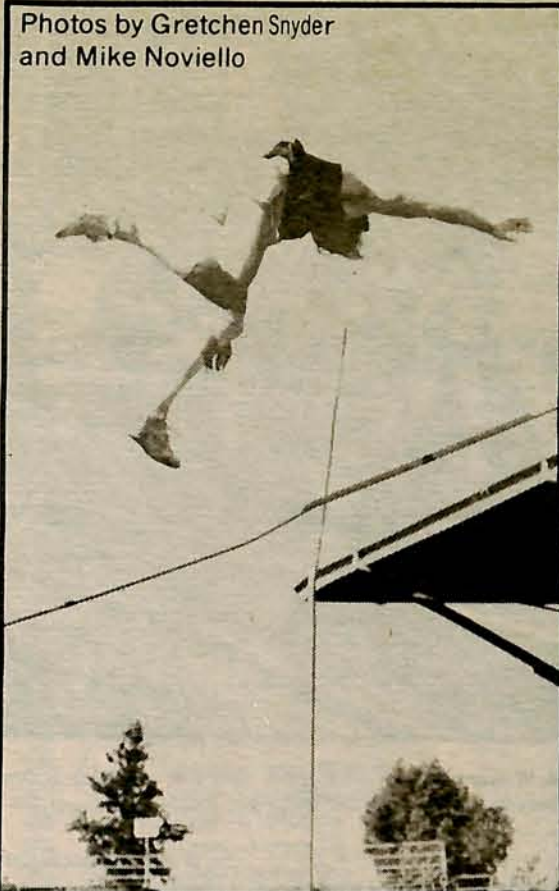
Contact:

SPORTS TRAVEL INTERNATIONAL, LTD.

P.O. Box 7823, San Diego, CA 92107
(619) 225-9555

Photos by Gretchen Snyder
and Mike Noviello

TAC NATIONAL MASTERS TRACK AND FIELD CHAMPIONSHIPS



Rex Dietderich, 60, Elf Blair, 47, and Ruth Anderson, 55, enjoy the Oregon weather.



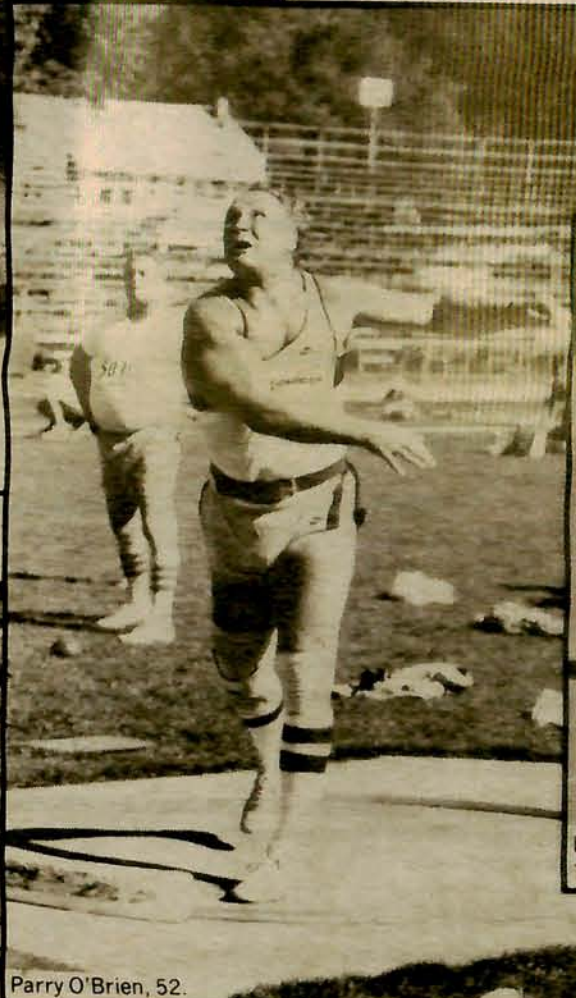
Records Chairman Pete Mundle on the prowl for new records.



Thelma Rubin, 3rd in W60 200.



Behind the scenes. Hard-working crew in press box responsible for smooth running of meet.



Parry O'Brien, 52.



Marilla Salisbury, 76, and 74 after 100 meter sprint.



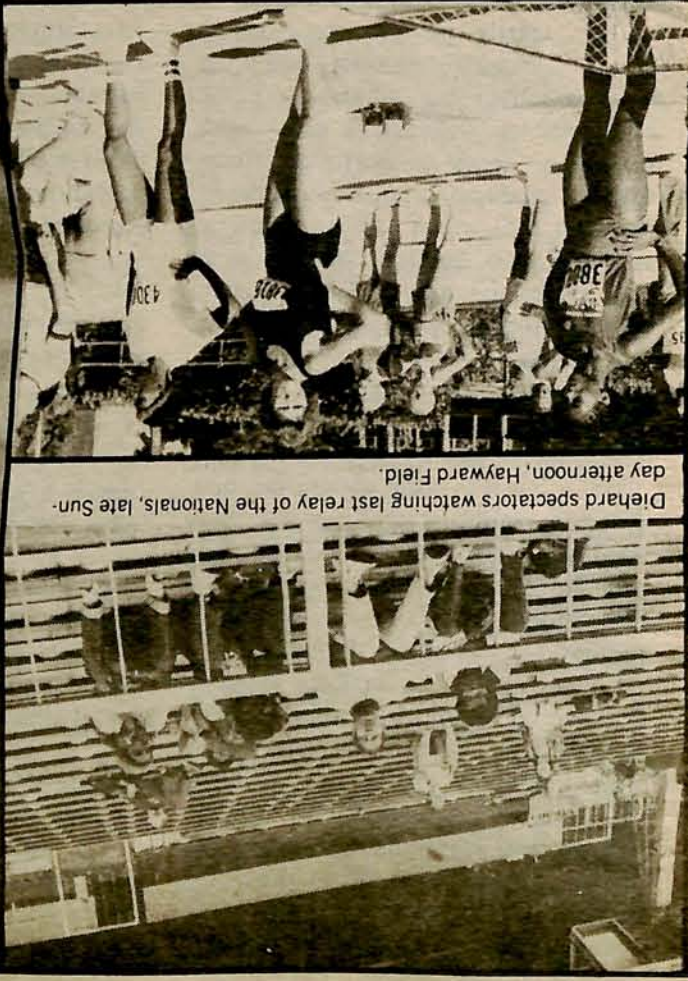
Early morning scene at Hayward Field: Sleepy competitors signing in for 400IH.



Ierie Obera, 50, and Cherrie Sherrard, 45.

Ohio's Mary high jump.

SHIPS AT EUGENE OREGON — AUGUST 17-19, 1984



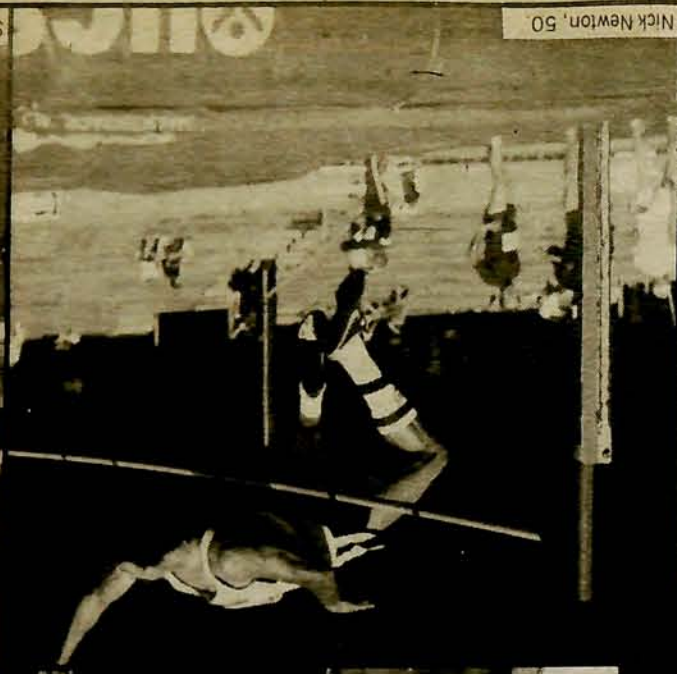
Diehard spectators watching last relay of the Nationals, late Sunday afternoon, Hayward Field.



Almeta Parish, 47.



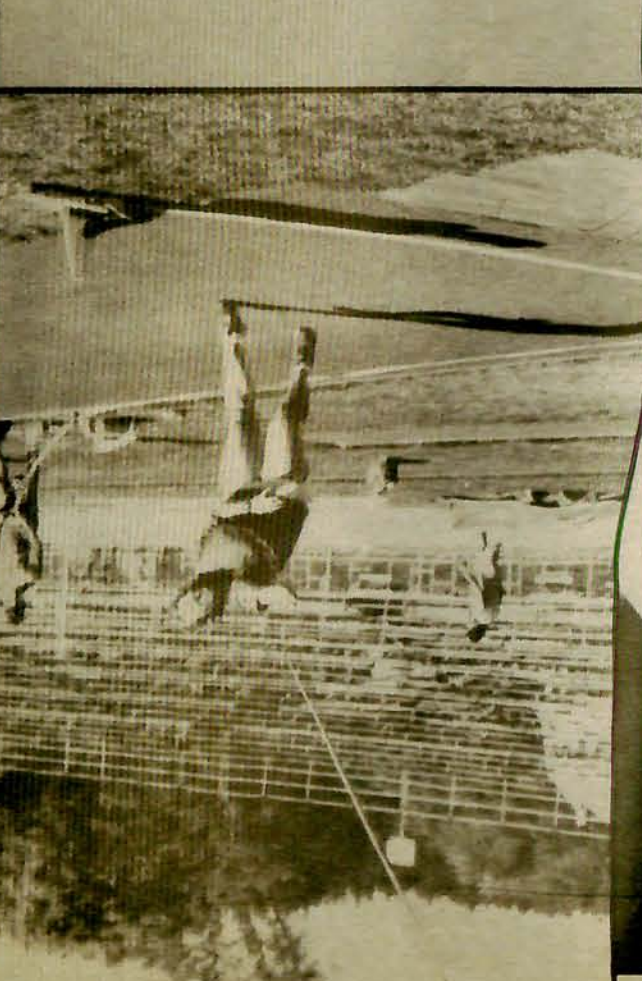
Polly Clarke.

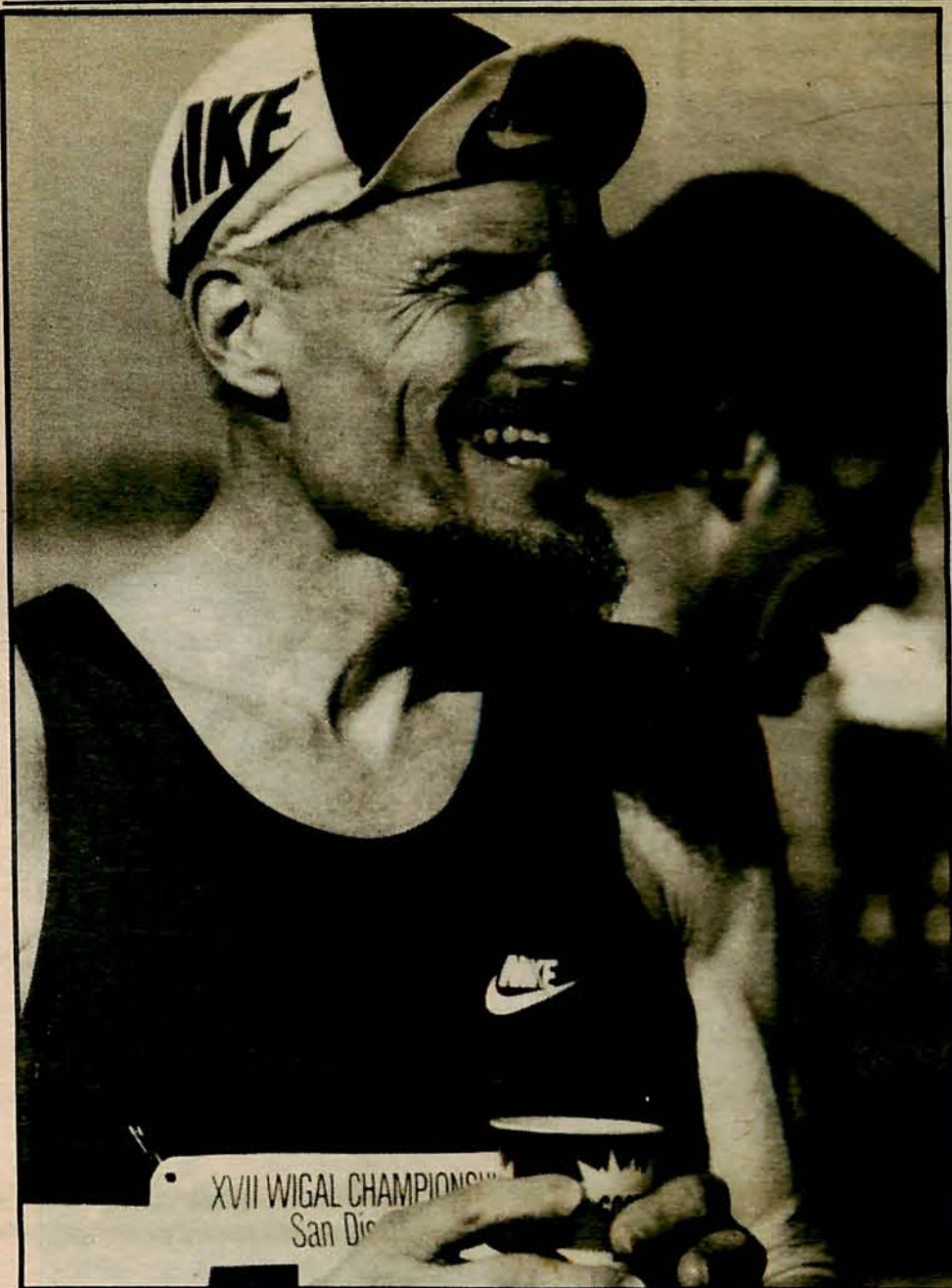


Nick Newton, 50



Scene from the announcers booth. Bird's eye view of scoreboard and awards tent.





Pennsylvania's Norm Green relaxes after running the fastest marathon, ever, by an American age-50-or-over, with a brilliant 2:25:51 in the World Veterans Championships in San Diego December 2. photo by Gretchen Snyder

Countdown...

Continued from page 18
transportation on special buses provided by the Organizers from the stadia to the hotels and downtown, a free copy of the daily results book, and a 50% discount on the price of the official book of complete results, to be paid in Rome and mailed later.

8) Four stadia will be used — all top quality. They are located in the northwest corner of the city, not within walking distance of most hotels. The

shuttle buses and metro will cover the city well, however, reaching most hotels and dorms.

9) The dorms, according to Beccalli, are not so cheap. The religious dorms run about \$20. Others cost less, but are "low quality."

10) The rate of exchange is currently about 1800 lire per dollar. That's up 38 percent (in the dollar's favor) from a year ago. Thus, a room for 35,000 lire costs about \$19.44.

Masters Travel Groups

Several U.S. Masters travel groups are being formed. Among the coordinators are:

1) Diana Schneider, Travel Specialists, Inc., 1440 Broadway, New York, NY 10018. 212/840-4343.

2) Bill Adler, LAVAC, 1801 Ave. of Stars #415, Los Angeles, CA 90067. 213/577-2422.

3) Helen Pain, Sports Travel International, Ltd., PO Box 7823, San Diego, CA 92107. 619/225-9555.

4) Tom Gilligan, Marathon Tours, 1430 Massachusetts Ave., Cambridge, MA 02138. 617/492-3088.

5) Linda Huey, Sunset Travel, 8589 Sunset Blvd., Los Angeles, CA 90069. 213/652-3044.

6) Danny Thiel, New Orleans. 504/486-6066.

Pain and Schneider checked Rome facilities last fall. Huey and Adler will fly over this month.

Uniforms

While it is not mandatory to wear a national uniform in Rome (in fact, many veterans have purposely avoided doing so in the past to avoid the appearance of nationalism — wearing their club uniforms, instead), attractive USA uniforms are now available — including shorts, singlet, jacket and pants — for \$50. Send to Jerry Donley, 1715 Alamo Ave., Colorado Springs, CO 80010. You pay now and pick up the uniform in Rome.

Team Scoring

Team scoring in the relays, walks, cross-country and marathon will be based on region, not on nation. Thus, teams will be composed of athletes from North America, South America, Europe, Asia, Oceania and Africa. WAVA Regional Representatives (Bob Fine is the North American rep) will choose the relay teams.

Marathon, walk & cross-country courses

These are still to be finalized, unfortunately. But Beccalli is confident they will be appropriate to the occasion.

Hurdle Heights

There was some confusion over the spacing between the M50-59 high hurdles. It will be 9.14 meters (30 feet), the same as the 40-49's and the same as

agreed upon in Puerto Rico.

Technical Meeting

Proposed hurdle height/spacing changes, weight implement changes and other technical matters will be discussed at an open meeting during the Games. Proposals for rule changes should be coordinated with TAC Masters T&F Rules Chairman Ron Salvio and WAVA T&F Vice-President Hans Axmann. (Addresses on page 2.)

General Meetings

The meeting of the WAVA General Assembly will be held during the Games. Generally, the morning and evening will be reserved for competition, with meetings scheduled for 2 to 5 p.m. on certain days.

Bids for the 1987 Games

Expected to bid for the 7th World Games in 1987 are Melbourne, Australia; Tokyo or Osaka, Japan; and perhaps Belgrade, Yugoslavia and Johannesburg, South Africa. If you have strong feelings one way or another, be sure to let your national delegate know. (U.S. delegates are Bob Boal, Jerry Donley, Reiko Duba, Ron Salvio and Al Sheahan. Alternates are Ruth Anderson, Pete Mundle, Dave Pain and Bruce Springbett.)

WAVA/IGAL/IAAF Merger

Probably the most important item of business in Rome will be whether WAVA should merge with IGAL into IAAF. (see separate stories in this issue). A vote will likely be taken at the General Assembly meeting.

General Headquarters

The Cicerone Hotel will serve as headquarters for the Games.

Food Prices

In our November "Countdown," we improperly edited Diana Schneider's comment about Rome food costs. To quote her correctly: "In Rome, transportation is not the only bargain. Due to the rate of exchange, if you stick with the tourist menu at lunch and dinner, you can do quite well. For example, a three-course dinner consisting of pasta, meat or fish, dessert, and coffee can be as economical as 14,000 lire (U.S. \$8 at today's rate of exchange)." We may have made it sound that all dinners are at that rate. Not true. □

COMPETE IN THE VI WORLD VETERANS GAMES ROMA 19 JUNE - 01 JULY 1985

FLY scheduled airlines from New York

STAY 11 nights at the Anglo Americana Hotel near the Via Veneto, or similar, including Continental breakfast daily

Airfare, hotel and transfers:
from \$1,240 per person

Space is Limited - Sign Up Today

Diana Schneider

(212) 840-4343

Travel Specialists, Inc. 1440 Broadway New York, New York 10018

To reserve: Deposit of \$50 per person (\$25 of which is a non-refundable registration fee) will hold your reservation until December 15th, when the full deposit of \$150 per person is due. Please complete the form below and include it with your check made payable to:

Snug Harbour Cruises, Ltd.-Masters' Account
and send to:

Diana Schneider, CTC

Tour Coordinator
Travel Specialists

1440 Broadway, Suite 1907, New York, NY 10018

Name: _____ Sharing with: _____

Address: _____

City/State/Zip: _____

Hometown Airport: _____ (We will be pleased to arrange connecting flights from your hometown airport.)

Signature: _____ Amount enclosed: \$ _____



WAVA/IAAF...

Continued from page 17

the IAAF and would have direct input towards future development in all areas of the sport. The IAAF has financial aid programs in certain "areas of development" which could be used. A full time secretary, based in London, would work for the Veterans Committee. We, ourselves, would define further needs and apply for financial assistance to carry them out. The link up should develop more assistance by national track & field bodies for their veterans in each country.

As discussions progress, what seems to be emerging is an arrangement by which WAVA would continue to operate, as before, and would continue to be ruled by its own Constitution and the decisions of the General Assembly, put into effect by the WAVA Executive Committee (not to be confused with the IAAF Veterans Committee although there is now considerable overlap). WAVA would continue to raise and retain funds, as it always has done. The IAAF would only exercise control under the most extreme of situations.

With much yet to be discussed, it is too early to offer an opinion, but this first meeting was friendly and open. Hans Skaset, himself a competitor with the Norwegian veterans, made us feel he was one of us and we look forward to meeting him again at the next meeting. Meantime, subcommittees have been appointed to write papers, as follows:

Constitution: Bob Fine, Wilhelm Koster, Bryan Doughty.

Calendar: Don Farquharson, Alastair Lynn, Jacques Serruys, Hans Axmann.

Technical: Hans Axmann.

Sex Tests: Bridget Cushen.

Special problems: Hans Skaset and Wal Sheppard.

While in San Diego, the Executive Committee took the opportunity to discuss other matters quite separate from the IAAF. Alastair Lynn made a financial report showing he has these masters well under control and checking the budget with future endeavours.

The WAVA handbook will go into print shortly. It will be printed in five languages and, when ready, copies will be sent, free to each affiliated country (not less than three, more where there are a greater number of delegates). In addition, one copy will be sent to each national body affiliated to IAAF. Further copies will be sold at the cost price of \$2.00 U.S. Write to Bridget Cushen, 156 Mitchem Rd., West Croyden, Surrey, England.

Pete Mundle and Owen Flaherty discussed the adoption of a new Record Application form. We are well aware that it is not always possible to obtain information equal to that supplied in open class track & field. When, say, an older runner competes in a field of "younger" masters, he may finish some distance down the order, but, may still set a new age-class record. It is unlikely, unless special arrangements were made, that he or she would have three watches stopped.

Nevertheless, we must be fair to existent records and so have decided to adopt the IAAF record form in full, asking that as much information as possible be supplied. From this, the Records Committee will rule on the admissibility of a new mark. Notwithstanding this, the results of a WAVA World Championship or a Continental Championship will be accepted as sufficient proof alone. National Championship results, while now of a high standard in some countries, are not universally so yet, and, in this case, cannot be accepted, the form must be used. Copies of the form will

be distributed.

Notification of bids to host future WAVA Championships have been received as follows: Australia, 1987 (probably November); Japan 1987 or 1989; Yugoslavia, 1987 or 1989; New Zealand, 1989 (December or Jan. 1990). There was a suggestion that Great Britain was considering a future bid. Any groups who are considering making a bid for 1987 or 1989 are urged to contact the WAVA Secretary immediately: Owen Flaherty, CN. UTR 207, Javea, Alicante, Spain.

The following dates were decided upon for WAVA meetings in Rome:

WAVA Executive: 1) Fri. June 21, 7 p.m.; 2) Sun. June 23, 11 a.m.

Women's General Assembly: Sat. June 22, 2 p.m.

WAVA Technical: Sat. June 22, 5 p.m.

Continental Area Meetings: North America, Sat. June 22, 5 p.m.

Other Continental areas wishing to hold meetings in Rome should contact

the Secretary.

Opening Ceremonies: Sun. June 23, 10 a.m.

WAVA General Assembly: 1) Thurs. June 27, 2 p.m. and, if necessary, Fri. June 28, 2 p.m.

Presentation of Bids for 1987 and 1989: Fri. June 28, following General Assembly meeting #2.

Farewell Dinner: Sat. June 29, p.m.

Executive Windup Meeting: Sun. June 30, 3 p.m.

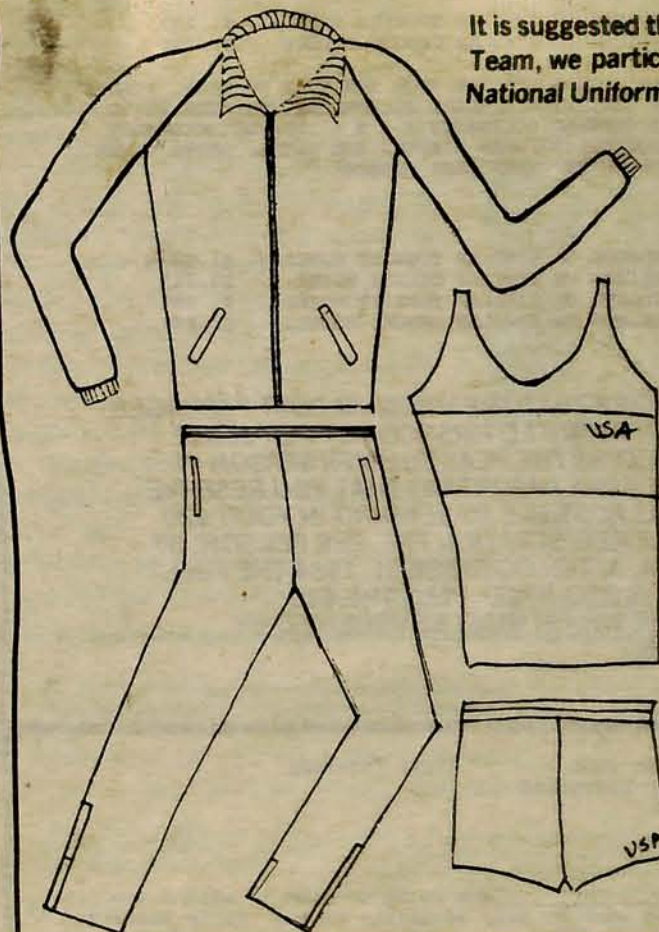
Including attendance at the IGAL General Assembly and one of the TAC meetings, it was a busy five days for the Executive Committee, comprising eight meetings totalling 20 hours. Let us hope it will turn out to have been time well spent.

(Editor's note: President Farquharson rushed this report to meet January's NMN deadline. He emphasizes that it has not been checked by other committee members, and is his own version of events.) □

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 event _____
*Circle sex: Male Female height _____
weight _____



Sue Peterson, 40, captures the XVII World Veterans women's marathon championships December 2 in San Diego in 2:55:09. photo by Gretchen Snyder

MASTERS ECONOMY GROUP CHARTER TO

ROME, ITALY

FOR THE

6TH WORLD VETERANS GAMES

June 22 to 30, 1985

Sponsored by:
L.A.-VALLEY ATHLETIC CLUB

WE HAVE OBTAINED AN ALTERNATE CHOICE TO EXPENSIVE HOTEL ACCOMMODATIONS AND HIGH PRICED AIR TRAVEL. FOR THOSE ATHLETES AND THEIR FAMILIES AND FRIENDS WHO WILL BE GOING TO ROME FOR THE 6TH WORLD VETERANS GAMES IN 1985, WE INVITE YOU TO COME ALONG WITH THE L.A.-VALLEY ATHLETIC CLUB AND OFFER THE FOLLOWING OPTIONS:

1. ROUNDTrip AIR TRANSPORTATION FROM L.A. OR SAN FRANCISCO TO ROME, ITALY. INCLUDES TEN (10) NIGHTS HOTEL ACCOMMODATION, JUNE 21, TO JULY 1, 1985 (DOUBLE OCCUPANCY), TRANSFERS BETWEEN AIRPORT & HOTEL, HOTEL TAXES & PORTERAGE OF TWO BAGS EACH PERSON.

- | | |
|---|---------|
| A. MADISON/GLOBUS OR SIMILAR TOURIST HOTEL: | \$1,395 |
| B. BERNINI/HILTON OR SIMILAR DELUXE HOTEL: | \$1,515 |

2. SAME AS ABOVE BUT WITH TRIPLE OCCUPANCY PER ROOM.

- | | |
|---|---------|
| C. MADISON/GLOBUS OR SIMILAR TOURIST HOTEL: | \$1,295 |
| D. BERNINI/HILTON OR SIMILAR DELUXE HOTEL: | \$1,390 |

3. ROUNDTrip AIR TRANSPORTATION FROM NEW YORK TO ROME, ITALY. INCLUDES TEN (10) NIGHTS HOTEL ACCOMMODATION, JUNE 21 TO JULY 1, 1985 (DOUBLE OCCUPANCY A & B - TRIPLE OCCUPANCY C & D). TRANSFERS BETWEEN AIRPORT AND HOTEL, HOTEL TAXES AND PORTERAGE OF TWO BAGS EACH PERSON.

- | | |
|---|---------|
| A. MADISON/GLOBUS OR SIMILAR TOURIST HOTEL: | \$1,095 |
| B. BERNINI/HILTON OR SIMILAR DELUXE HOTEL: | \$1,215 |
| C. MADISON/GLOBUS OR SIMILAR TOURIST HOTEL: | \$ 995 |
| D. BERNINI/HILTON OR SIMILAR DELUXE HOTEL: | \$1,090 |

PLEASE BE AWARE THAT THE MINIMUM COST PACKAGES ARE STRICTLY ON A LIMITED FIRST COME FIRST SERVE BASIS AS JUNE BEGINS THE PEAK SUMMER SEASON IN ITALY. IT IS THEREFORE IMPORTANT THAT YOU RESERVE SPACE AS SOON AS POSSIBLE BY SENDING IN YOUR \$20 NON REFUNDABLE REGISTRATION FEE, PER PERSON, BY OCTOBER 31, 1984. AFTER OCTOBER 31, 1984 THE FULL DEPOSIT OF \$150 IS REQUIRED, PLUS THE \$20 REGISTRATION FEE WHICH MUST BE RECEIVED BY JANUARY 15, 1985.

L.A.-VALLEY ATHLETIC CLUB (213) 557-2422
1801 AVE. OF STARS, SUITE 415
L.A., CA. 90067
attn: Bill Adler

I/we _____ are going to Rome to attend the 6th World Veterans Games and wish to take advantage of the "Early Reservation" option. Enclosed please find \$_____ (\$20 per person non-refundable registration fee) for _____ persons to hold reservations until January 15, 1985, when the full deposit of \$150 per person is due & payable. (It is understood that after October 31, the amount of \$150 plus registration fee will be required). Make checks payable to: L.A. Valley Athletic Club.

Please make the following reservations:

AIR TRANSPORTATION: Leaving: L.A. _____ to Rome & returning L.A.
Leaving: S.F. _____ to Rome & returning S.F.
Leaving: New York _____ to Rome & returning N.Y.

ROME HOTELS: Double Occupancy _____ Triple Occupancy _____
DELUXE HOTEL _____ TOURIST HOTEL _____

World Veterans

Continued from page 1
miles, so I knew I had no chance at the record."

Ogden said he "tried to stay with Brown, but the pace was too hot." Like many other runners, Ogden ran slower than his personal best (30:15), due, perhaps, to the headwind and temperatures which reached the high 60's.

"I'm used to lots of hills," the Londoner said. "This course was very flat."

Nine men broke 32 minutes in the 10K, despite the wind and heat.

The most exciting finish came in the M55 division, with San Diego's Jim O'Neil, 59, edging Tony Sapienza, 55, of Massachusetts, by three seconds (35:14 to 35:17). Howard Rubin, 56, wasn't far behind (35:34) to complete an American M55 sweep.

"I gave it everything I had," said O'Neil, who had lost to Sapienza in the 1984 National Masters 10,000 meter track championships last August. "I ran past him near the finish as fast as I could, and hoped he couldn't catch me."

Gabriele Andersen-Scheiss, 39, of Switzerland and Sun Valley, Idaho, held off an early challenge by American Fordie Madeira, 39, to win the women's 10K in 34:48. These two women thus repeated their one-two finish of last year's WIGAL Championship race in France.

Started separately, 20 minutes ahead of the men, the women's 10K produced 17 runners under 40 minutes and 105 finishers.

Oregon's Ray Hatton, 52, turned in a solid 33:15 to capture the M50 10K, while Gerry Horton garnered the M60 in 37:21. Shirley Matson, 43, the TAC W40 runner of the year, annexed the W40 10K in 37:42, besting Vicki Foltz



European champion Guy Ogden of Great Britain finishes second to Barry Brown in World Veterans 10K Championships in San Diego December 1 with a time of 31:05.

photo by Gretchen Snyder



Ireland's Paddy Murphy, who turned 40 just 10 days earlier, easily wins the XVII World Veterans Marathon Championship in San Diego December 2 in 2:21:48.

photo by Gretchen Snyder

and Judy Pickert. Canada's Diane Palmason took Vicki Bigelow's measure, 38:21 to 39:06, in the W45 category.

Margarete Deckert (40:38) and Margaret Miller (41:22) logged good 10K W50 and W55 wins, respectively.

Britain's Reggie Ferneyhough took the M60 marathon in 2:56:27, with Korea's Duck Kyoo Lee winning the M65 in 3:13:23. Northern California teammates Ruth Waters (3:22:35) and Ruth Anderson (3:23:39) ran together much of the way to each win the gold in the W50 and W55 class respectively.

A sizeable contingent from the Peoples Republic of China made the trip, with Zhentian Zhang getting a bronze in the M55 marathon in 3:09:47.

The best "double" was turned in by Ed Benham of the U.S.A., who, on subsequent days, broke his own American M75 records of 45:01 and 3:34:42. On Saturday, he ran 43:59 for 10-kilometers; on Sunday, he placed 93rd among 150 male marathoners in 3:33:27.

Other notable back-to-back performances (some 100 runners entered both races) were recorded by Belgium's Pierra Voets and Hubert Carnol. In the marathon, Voets, 45, and Carnol, 43, finished close together in fourth and fifth (2:27:51 and 2:57:52) behind countryman Salavarda, 48, second to Murphy in 2:25:13, to cinch the M40-49 National Team title. In the 10K, Voets placed 5th in 31:19, just ahead of teammate Hermond Jansen, 40. Together with Carnol (17th in 32:42), the Belgians finished a solid third in M40-49 10K team scoring.

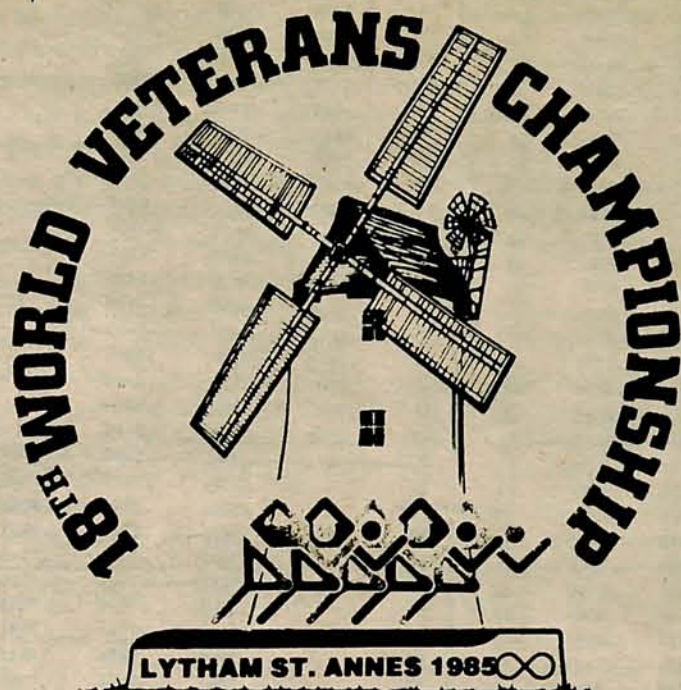
The United States won all eight team championship awards in the 10K. In the marathon, Belgium (M40), Great Britain (M60), Japan (M70), and

Continued on page 27



Welt Interessen Gemeinschaft Alterer Langstrecken Laufer

World Association of Veteran Long Distance Runners



10km Saturday, 8th June 1985, Start 11.00 a.m.

25km Sunday, 9th June 1985, Start 10.00 a.m.

THE 18TH ANNUAL WORLD VETERANS CHAMPIONSHIPS 1985
10km SATURDAY, 8TH JUNE 1985, START 11.00 A.M.
25km SUNDAY, 9th JUNE 1985, START 10.00 A.M.

ORGANISATION

ORGANISED BY THE BRITISH VETERANS ATHLETIC FEDERATION UNDER THE LAWS OF THE I.A.A.F. AND THE A.A.A.

CHAMPIONSHIP SECRETARY

JACK HASLAM, MARATHON MEADOWS, BARTON, PRESTON PR3 5AA, ENGLAND
TELEPHONE: 0995 40604

ENTRY QUALIFICATION: WOMEN OVER 35 YEARS, MEN OVER 40 YEARS OF AGE ON DAY OF RACE.

AGE CLASSES

MEN	WOMEN
M1 - 40 TO 44 YRS	W1 - 35 TO 39 YRS
M2 - 45 TO 49 YRS	W2 - 40 TO 44 YRS
M3 - 50 TO 54 YRS	W3 - 45 TO 49 YRS
M4 - 55 TO 59 YRS	W4 - 50 TO 54 YRS
M5 - 60 TO 64 YRS	W5 - 55 TO 59 YRS
M6 - 65 TO 69 YRS	W6 - 60 TO 64 YRS
M7 - 70 TO 74 YRS	W7 - 65 TO 69 YRS
M8 - 75 TO 79 YRS	W8 - 70 YRS AND OVER
M9 - 80 YRS AND OVER	

AWARDS

AWARDS WILL BE MADE TO THE FIRST 3 IN EACH AGE GROUP. A SPECIAL AWARD TO THE WINNER IN EACH RACE REGARDLESS OF AGE GROUP. COMMEMORATIVE AWARDS WILL BE MADE TO ALL WHO FINISH THE COURSE. ALL ENTRANTS WILL RECEIVE A CHAMPIONSHIP T-SHIRT AND A CHAMPIONSHIP TRACK SUIT BADGE.

TEAM AWARDS

AWARDS WILL BE MADE TO THE FIRST 3 NATIONAL TEAMS AND FIRST 3 CLUB TEAMS IN AGE GROUPS 40-49 YRS. AND 50 YRS. AND OVER. THE RESULTS WILL BE DECIDED BY THE PLACING OF THE FIRST 3 RUNNERS OF A COUNTRY OR CLUB. FULL RACE RESULTS FREE TO ALL COMPETITORS.

ACCOMMODATION

DETAILS OF ACCOMMODATION OF ALL STANDARDS CAN BE OBTAINED THROUGH: AQUASUN TRAVEL 6-8 MEMORIAL ROAD, WALKDEN, MANCHESTER M28 5AQ ENGLAND.

RACE H.Q.

RECEPTION AND REGISTRATION WILL BE AT LYTHAM LEISURE CENTRE, WEST CLIFFE, LYTHAM ST. ANNES.

COURSE DETAILS

BOTH RACES WILL BE HELD ON FLAT FAST ROADS ACCURATELY MEASURED. FEEDING STATIONS WILL BE ESTABLISHED IN THE 25 KM EVENT.

LYTHAM ST. ANNES: IS A SEASIDE HOLIDAY TOWN JUST TO THE SOUTH OF BLACKPOOL AND OFFERS A TRANQUIL AND LEISURELY ATMOSPHERE. THE TOWN IS EASILY ACCESSIBLE BY ROAD, RAIL OR AIR AND HAS IDEAL FACILITIES FOR TRAINING FOR THOSE WHO WISH TO STAY FOR A FEW DAYS.

ENTRY FEES WILL BE £10 FOR ONE EVENT, £15 FOR 2 EVENTS. NO TEAM FEES. (FEES INCLUDE IGAL LEVY OF 6 DOLLARS).

THE AWARDS CEREMONY WILL BE HELD ON SATURDAY AND SUNDAY EVENINGS WITH FOOD AND DRINK AVAILABLE.

STAMPED ADDRESSED ENVELOPE PLEASE INCLUDE S.A.E. WHEN WRITING FOR INFORMATION OF ANY KIND.

Report From Britain

by ALASTAIR AITKEN

Barry Watson, 1976 marathon team member, was 6th in 68:44 in the Shemphard Neme Half-marathon in Faversham, October 7. On October 14, in the tough Birchfield 10 Mile, 40-year-old European Vets 10,000 champion, Alan Rushmer, ran 51:49 for fourth.

In the Essex Veterans Cross-country Championships in Danbury Park, November 10, Ken Hutchin, 40, prevailed in 29:29. He was chased home by Tim Pailthorpe, 46, 29:34, and Andy Green, 29:43. The first 50+ was Tom Everitt, 30:41, and the first 60+ was Nat Booth, 33:44. The Surrey Cross-country Championships in Richmond Park saw Steve Warzee, 1982 champ, win in 32:04, with new Vet Bob Gevers next in 32:35 and Fred Bell third in 33:23. First 50+ and 17th of 118 finishers was ex-international Mike

Firth, president of South London AC. First 60+ was Jack Fitzgerald, correspondent for Veteris-Athletics World.

On November 3, at the Crystal Palace track, Bob Emmerson, 51, was first in the 100K track race in a world 50+ and best 7:47:07. He also achieved M50-54 world bests at 50K (3:26:45); 40 miles (4:35:36); 50 miles (6:00:02). Andrew Ferguson, once a Scottish and English international, set a M55-59 world best when he completed 50K in 3:26:21. □

World Veterans Championships

Continued from page 26

Canada (W40) joined four U.S. squads for team honors.

In both races together, women comprised a quarter of the entrants and nearly a third of all finishers — by far, the largest percentages ever for a world championships of any kind in Masters athletics. Anderson-Scheiss said that she liked racing with women only:

"You know where your competition is, and it was fun running out-front, all alone."

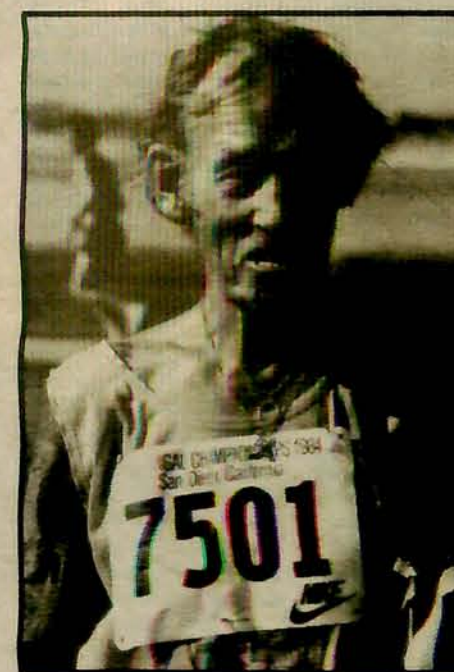
At the other end of the competitive spectrum, Californian Bess James, who won the 75-and-over division in both races, expressed well the atmosphere — and the primary purpose — of the WIGAL Championships: "The people you meet are absolutely fabulous. I have more fun just talking to the people than anything else. Two friends from Germany, for instance, just came up and said: 'Hi.'"

James, who started running at age 69 and who has competed in several world championships, claims that the sport has changed her life for the better: "I honestly feel better now than I did 20 years ago."

All told, more than 650 competitors from at least 20 countries participated

in the two-day affair. Race organizers, however, remain perplexed by the unusually high number of paid entrants (approximately 150) who did not

Continued on page 40



Maryland's Ed Benham set two U.S. age 75-79 records on successive days in the World Veterans 10K/ Marathon Championships in San Diego December 1 and 2. His times were 43:59 (10K) and 3:33:27 (Marathon).

photo by Gretchen Snyder

THE 18TH ANNUAL WORLD VETERANS CHAMPIONSHIPS 1985
RACE SCHEDULE: 10 KM SATURDAY 8th JUNE 1985 START 11.00 AM.
25 KM SUNDAY 9th JUNE 1985 START 10.00 AM.

10km 25km

ENTRY FORM/BULLETIN D'INSCRIPTION/MELDUNGSFORMULAR

PLEASE WRITE IN CAPITAL LETTERS VEUILLEZ ECRIRE EN MASUSCULES BLOCKSCHRIFT BITTE

SURNAME/NOM/NOME _____
CHRISTIAN NAME/PRENOM/VORNAME _____
ADDRESS/ADRESSE/ANSCHRIFT _____

MALE/FEMALE _____

DATE OF BIRTH/DATE DE NAISSANCE/GEBURTS DATUM _____

AGE GROUP/CATEGORIE/ALTERSKLASSE _____

CLUB/CLUB/VEREIN _____

NATIONALITY/NATIONALITE/NATIONALITAT _____

(NOTE: UK ENTRANTS SHOULD STATE ENGLAND/N. IRELAND/SCOTLAND OR WALES)

ENTRY FEE ENCLOSED/TAXE CI-JOINT/MELDUNGSGEBUHR _____

OR DETAILS OF BANK TRANSFER/OU DETAILS DU VIREMENT BANCAIRE
ODER EINZELHEITEN DER BANKUBERWEISUNG

TO A/C NO. 01204793 NAT. WEST, 24 DEANSGATE, BOLTON, LANC.

ENTRIES CLOSE 7/5/85 INSCRIPTIONS JUS QU'AU 7/5/85 MELDESCHLUSS 7/5/85

I HEREBY AGREE THAT THE ORGANISERS SHALL NOT BE LIABLE FOR ANY ACCIDENT INJURY LOSS OR DAMAGE AS A CONSEQUENCE OF MY PARTICIPATION IN THE
18th VETERANS WORLD CHAMPIONSHIPS

U.S. MASTERS DECATHLON AGE FACTOR TABLES Sept 1984
to be used in conjunction with 1962 IAAF decathlon scoring tables

AGE	100m	L.J.	16# S.P.	12#	8#	H.J.	400m	AGE	Pole Vault	800 m	Javelin	1500m	200m	AGE	110 mHR	110 mHR
30	1.0000	1.0000	1.0000	.8053		1.0000	.9728	30	1.0000	1.0000	.9369	1.0000	30	42"	39"	36"
31	.9940	1.0126	1.0102	.8177		1.0042	.9659	31	1.0043	1.0146	.9332	.9920	31	1.0000	1.0267	1.0476
32	.9880	1.0203	1.0207	.8305		1.0084	.9592	32	1.0086	1.0295	.9294	.9842	32	.9824	1.0081	1.0294
33	.9821	1.0307	1.0314	.8437		1.0126	.9525	33	1.0130	1.0449	.9253	.9765	33	.9654	.9902	1.0118
34	.9763	1.0414	1.0423	.8573		1.0169	.9459	34	1.0174	1.0608	.9223	.9689	34	.9490	.9730	.9948
35	.9706	1.0523	1.0534	.8714		1.0210	.9394	35	1.0219	1.0772	.9188	.9614	35	.9331	.9563	.9784
36	.9649	1.0634	1.0648	.8860		1.0256	.9330	36	1.0264	1.0941	.9152	.9540	36	.9178	.9402	.9625
37	.9593	1.0748	1.0764	.9010		1.0299	.9266	37	1.0309	1.1116	.9117	.9468	37	.9029	.9246	.9471
38	.9538	1.0864	1.0883	.9166		1.0343	.9204	38	1.0355	1.1296	.9082	.9396	38	.8885	.9095	.9322
39	.9483	1.0983	1.1004	.9327		1.0388	.9142	39	1.0401	1.1482	.9047	.9326	39	.8746	.8949	.9178
40	.9428	1.1104	1.1128	.9494		1.0432	.9082	40	1.0447	1.1674	.9013	.9256	40	.8611	.8808	.9038
41	.9373	1.1228	1.1258	.9667		1.0480	.9021	41	1.0517	1.1872	.8931	.9188	41	.8480	.8671	.8902
42	.9322	1.1355	1.1388	.9846		1.0532	.8962	42	1.0587	1.2078	.8850	.9121	42	.8389	.8576	.8808
43	.9270	1.1484	1.1499	1.0032		1.0585	.8904	43	1.0658	1.2290	.8771	.9054	43	.8300	.8483	.8717
44	.9218	1.1617	1.1623	1.0226		1.0639	.8846	44	1.0730	1.2511	.8693	.8989	44	.8213	.8392	.8627
45	.9167	1.1753	1.1763	1.0427		1.0694	.8789	45	1.0803	1.2740	.8616	.8924	45	.8128	.8303	.8539
46	.9116	1.1892	1.1902	1.0636		1.0750	.8733	46	1.0877	1.2977	.8541	.8861	46	.8045	.8216	.8453
47	.9065	1.2034	1.2040	1.0853		1.0807	.8678	47	1.0952	1.3223	.8467	.8798	47	.7963	.8131	.8369
48	.9014	1.2180	1.2190	1.1080		1.0864	.8623	48	1.1028	1.3479	.8394	.8736	48	.7883	.8047	.8286
49	.8963	1.2329	1.2343	1.1316		1.0921	.8569	49	1.1105	1.3744	.8323	.8675	49	.7804	.7965	.8205
50	.8912	1.2482	1.2502	1.1563		1.0979	.8516	50	1.1183	1.4020	.8252	.8615	50	.7729	.7884	.8156
51	.8861	1.2639	1.2664	1.1820		1.1037	.8463	51	1.1272	1.4308	.8183	.8532	51	.7654	.7804	.8048
52	.8810	1.2800	1.2830	1.2090		1.1096	.8411	52	1.1474	1.4608	.8115	.8451	52	.7579	.7729	.7985
53	.8760	1.2965	1.3005	1.2372		1.1156	.8359	53	1.1625	1.4920	.8049	.8371	53	.7507	.7654	.7910
54	.8710	1.3134	1.3184	1.2667		1.1216	.8308	54	1.1810	1.5246	.7983	.8293	54	.7435	.7579	.7836
55	.8662	1.3308	1.3368	1.2977		1.1276	.8258	55	1.1880	1.5587	.7918	.8216	55	.7363	.7507	.7763
56	.8617	1.3486	1.3556	1.3302		1.1337	.8209	56	1.2104	1.5943	.7855	.8140	56	.7291	.7435	.7692
57	.8573	1.3669	1.3749	1.3644		1.1398	.8160	57	1.2272	1.6316	.7792	.8066	57	.7219	.7363	.7622
58	.8527	1.3858	1.3948	1.4004		1.1459	.8111	58	1.2445	1.6707	.7730	.7993	58	.7147	.7291	.7553
59	.8483	1.4051	1.4151	1.4384		1.1520	.8062	59	1.2623	1.7117	.7670	.7922	59	.7075	.7219	.7486
60	.8440	1.4250	1.4360	1.4785		1.1581	.8016	60	1.2807	1.7540	.7607	.7851	60	.7003	.7147	.7419
61	.8400	1.4455	1.4575	1.5209		1.1642	.7970	61	1.3102	1.7998	.7541	.7799	61	.6931	.7075	.7351
62	.8360	1.4666	1.4796	1.5658		1.1703	.7925	62	1.3384	1.8475	.7477	.7730	62	.6859	.6993	.7279
63	.8320	1.4883	1.5023	1.6134		1.1764	.7880	63	1.3707	1.8977	.7393	.7648	63	.6787	.6931	.7219
64	.8280	1.5106	1.5256	1.6640		1.1825	.7836	64	1.4046	1.9508	.7317	.7582	64	.6715	.6859	.7157
65	.8240	1.5337	1.5497	1.7178		1.1886	.7792	65	1.4436	2.0070	.7242	.7517	65	.6643	.6787	.7092
66	.8200	1.5574	1.5744	1.7753		1.1947	.7748	66	1.4813	2.0664	.7173	.7388	66	.6571	.6715	.7031
67	.8160	1.5819	1.6009	1.8368		1.2008	.7704	67	1.5211	2.1295	.7107	.7263	67	.6500	.6643	.6969
68	.8120	1.6072	1.6272	1.9027		1.2069	.7660	68	1.5630	2.1966	.7049	.7143	68	.6428	.6571	.6897
69	.8080	1.6333	1.6543	1.9734		1.2130	.7616	69	1.6073	2.2680	.6999	.7026	69	.6356	.6500	.6827
70	.8040	1.6603	1.6823	2.0497		1.2191	.7572	70	1.6542	2.3442	.6942	.6914	70	.6284	.6428	.6759
71	.8000	1.6881	1.7111	2.1320		1.2252	.7528	71	1.7112	2.4258	.6881	.6804	71	.6212	.6356	.6649
72	.7960	1.7169	1.7419	2.2213		1.2313	.7484	72	1.7723	2.5132	.6827	.6699	72	.6140	.6284	.6581
73	.7920	1.7468	1.7738	2.3183		1.2374	.7440	73	1.8380	2.6071	.6767	.6596	73	.6068	.6212	.6509
74	.7880	1.7776	1.8066	2.4243		1.2435	.7396	74	1.9087	2.7084	.6707	.6497	74	.5996	.6140	.6431
75	.7840	1.8096	1.8406	2.5404		1.2496	.7352	75	1.9850	2.8176	.6647	.6400	75	.5924	.6068	.6363
76	.7800	1.8428	1.8758	2.6681		1.2557	.7308	76	2.0677	2.9364	.6587	.6262	76	.5852	.5996	.6291
77	.7760	1.8771	1.9121	2.8094		1.2618	.7264	77	2.1576	3.0655	.6527	.6129	77	.5780	.5924	.6219
78	.7720	1.9128	1.9498	2.9665		1.2679	.7220	78	2.2557	3.2064	.6467	.6002	78	.5708	.5852	.6147
79	.7680	1.9499	1.9879	3.1421		1.2740	.7176	79	2.3520	3.3609	.6407	.5880	79	.5636	.5780	.6075
80	.7640	1.9885	2.0275	3.3399		1.2801	.7132	80	2.4813	3.5311	.6347	.5764	80	.5564	.5708	.6003
81	.7600	2.0286	2.0696			1.2862	.7088	81	2.6118	3.7144	.6287	.5651	81	.5492	.5636	.5931
82	.7560	2.0703	2.1133			1.2893	.7044	82	2.7569	3.9081	.6227	.5543	82	.5420	.5564	.5859
83	.7520	2.1140	2.1590			1.2949	.7000	83	2.9191	4.1129	.6167	.5439	83	.5348	.5492	.5787
84	.7480	2.1592	2.2162			2.0119	.6956	84	3.1016	4.3294	.6107	.5339	84	.5276	.5420	.5715
85	.7440	2.2066	2.2756			2.0780	.6912	85	3.3083	4.5569	.6047	.5242	85	.5204	.5348	.5643

L. Jim Weed

11672 E 2nd Ave

Aurora, CO 80010

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Aurora, CO 80010

DISCUS	DISCUS	AGE
2.0 kg	1.6 kg	1.0 kg
1.0000	.7862	30
1.0054	.7978	31
1.0109	.8097	32
1.0165	.8220	33
1.0221	.8347	34
1.0278	.8477	35
1.0336	.8612	36
1.0394	.8752	37
1.0453	.8896	38
1.0512	.9044	39
1.0572	.9198	40
1.0632	.9357	41
1.0692	.9522	42
1.0752	.9692	43
1.0812	.9869	44
1.0872	1.0053	45
1.0932	1.0243	46
1.0992	1.0440	47
1.1052	1.0646	48
1.1112	1.0860	49
1.1172	1.1082	50

1.3688	1.1314	51
1.4064	1.1555	52
1.4462	1.1807	53
1.4883	1.2071	54
1.5330	1.2346	55
1.5727	1.2635	56
1.6145	1.2937	57
1.6586	1.3254	58
1.7052	1.3586	59
1.7545	1.3936	60
1.8067	1.4305	61
1.8621	1.4693	62
1.9211	1.5104	63
1.9838	1.5537	64
2.0508	1.5997	65
2.1196	1.6484	66
2.1930	1.7002	67
2.2718	1.7553	68
2.3564	1.8142	69
2.4476	1.8771	70
2.5461	1.9446	71
2.6529	2.0171	72
2.7690	2.0952	73

2.8957	2.1796	1.5330	74
3.0346	2.2711	1.5859	75
3.1876	2.3706	1.6425	76
3.3567	2.4793	1.7033	77
3.5448	2.5983	1.7689	78
3.7552	2.7294	1.8396	79
3.9922	2.8744	1.9163	80
4.2611		1.9996	81
4.5689		2.0905	82
4.9245		2.1900	83
5.3402		2.2995	84
5.8326		2.4205	85



U.S. 5K Cross-Country

Continued from page 4

Masters 10 K X-C Championships in Holmdel, N.J.

The women's race was won by Carol Flexer, 41, of Bellevue, WA in 20:20. Snohomish TC teammate Patricia Thomas took second in 20:40 after losing the lead to Flexer before the half way point. Vicki Foltz of Monroe, WA placed third in 21:11, after having won the 15 K X-C Championships in Houston three weeks earlier.

Women's 50's winner Alice Taggares of Bellevue, WA placed 8th overall in 23:29, a minute and a half ahead of the next 50's runner Billie Murphy, 57, of Tacoma, WA. The oldest finish

New Scoring System for Decathlon

Scoring in the TAC/USA Pentathlon and Decathlon Championships will be based on age-factor tables designed by Jim Weed.

Masters multi-event competitors have, in the past, scored points-per-event using either the 1962 IAAF scoring tables or the 1978 WAVA tables.

These tables are alright as far as they go, but many masters feel they don't allow for a steep enough decline-in-performance for aging. Those athletes at the upper end of their age-group frequently find themselves non-competitive. For example, it has been found that there is around a 700 point difference for the 10 decathlon events between a 45-year-old and a 49-year-old — hardly a situation that encourages participation at the top of one's age group.

Rate-of-loss-of-performance varies with event. The explosive events are affected first (110HH, 100M, 200M, javelin); distance and strength events decline last (discus, hammer, 1500M). These factors, as well as changes in hurdle heights and weights of implements, must be taken into account in creating an accurate single-age graded scoring system.

Weed has devised age factor tables which, when used in conjunction with IAAF scoring tables, will allow an athlete to compete at his/her optimum scoring capability. Special attention was given to the following points:

1. Adjustment of the 1500M and

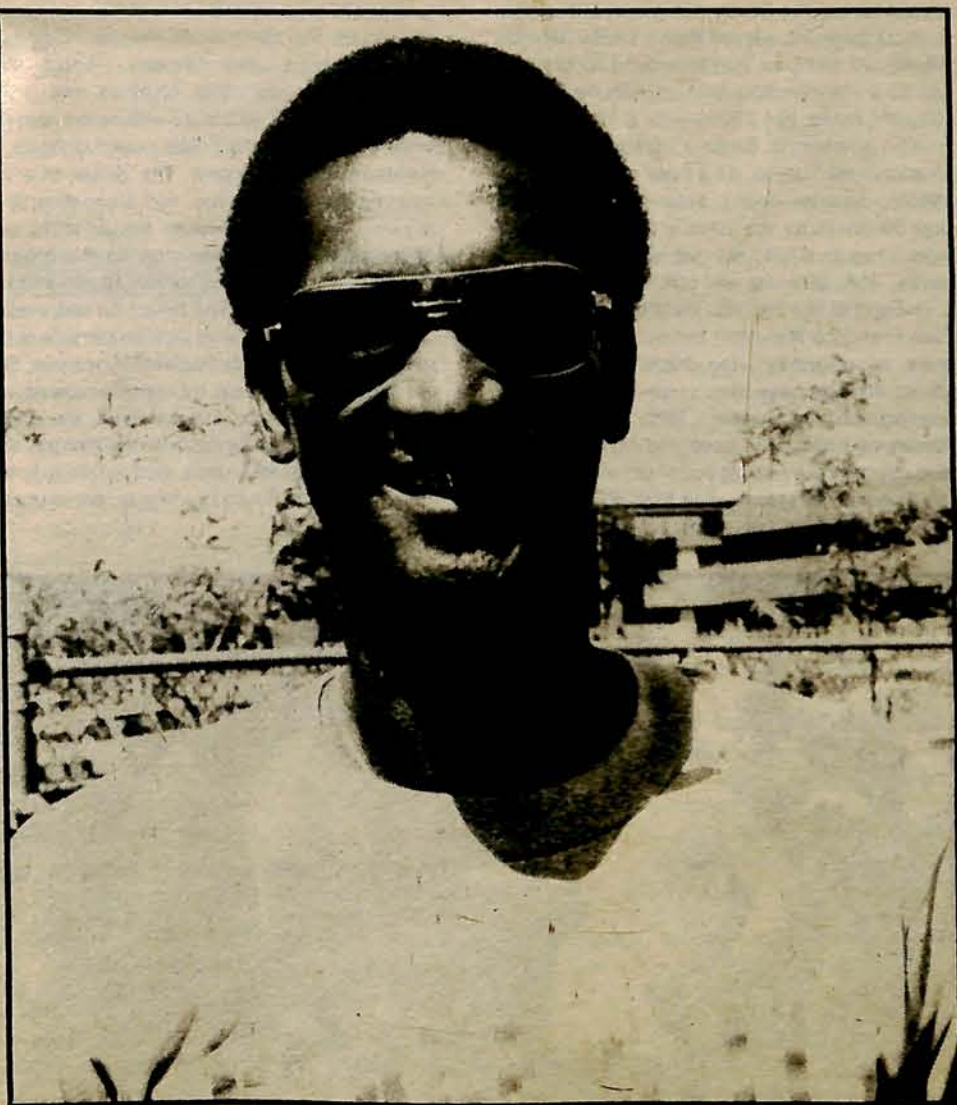
shot put to allow higher scores in order to encourage decathletes to train for these events.

2. Provision for comparison of any given performance at a given age to those of open decathletes. Top masters should not, however, exceed world record scores (with the notable exception of Al Oerter in the discus!).
3. Provision for greater accuracy at the 800 point level.
4. Encouragement for the upper end of the five-year age-groups to compete in the National Decathlon Championships by producing single-age tables.

To illustrate how the age factor tables work in conjunction with the IAAF scoring tables, let's say a 52-year-old masters athlete runs a 61.0 400M. The age factor tables for 400M run from 0.9728 at age 30 to nearly half that (0.5708) at age 85, following the decline in speed through those 55 years. The factor for age 52 is 0.8411 which is used to multiply by the time (61.0). We look up the resulting 51.3 on the IAAF tables and find 749 points.

This is an exact-age (52) score, rather than an age 50-54 division score.

The new system equalizes the age-factor in an athlete's score. It is designed to encourage the masters decathlete/heptathlete/pentathlete to train and perform at his/her best in each event. □



John Hartfield high-jumped 6-8½ for a new world age-39 record at the Rocky Mountain Games in Denver September 2.

photo by Dorothy Donley

MASTERS SCENE

NATIONAL

• The U.S. Masters Track & Field Rankings for both 1982 and 1983 will be available by February 1st, according to TAC Masters T&F Rankings Coordinator **Haig Bohigian**. Included are all events and relays, 50 deep, in 5-year age groups from age 30 to 89 for both men and women. Both year's rankings are included in a single book, available for \$10 from Haig Bohigian, 225 Hunter Ave., N. Tarrytown NY 10591.

• Notice from **Sebastian Coe** to race and meet directors who hold their events in the early morning. "It's against the athletes interest," he told the IOC in Lausanne, Switzerland in attacking a proposal to hold the 1988 Olympic finals in the morning hours in Seoul, Korea so they could be beamed live to prime-time American TV. **Paul Gonzales**, gold-medal winning boxer at the Los Angeles Olympics said "athletes would suffer from serious dehydration if they were forced to compete too early in the morning." Coe said it would be "unconscionable for the Olympic movement to abandon its principles by bowing to the power of big money." The IOC agreed, and will hold the '88 finals in the afternoon and evening.

• In its more than 200 pages, **Career Guide to Sports Officiating** describes the necessary steps to become an official in all major sports. Available for \$24.95 from Darryl Allen, P.O. Box 93112, Cleveland OH 44101. 216/241-2600.

NEW ENGLAND

• Is the Boston Marathon in danger of losing its World Class reputation? "Since the rise of trust funds," reports the *International Runners' Committee*, "big-time sponsorships and big-time bucks for the top runners (both over and under the table), Boston has gone from being the revered elder statesman of marathoning to the slightly doddering old fellow down the street who refuses to put his savings in a bank, preferring to bury his money in his backyard. Other marathons are poised like vultures, ready to move in and snap up the Boston date before the last runner has crossed the line." **Bob Bright**, director of Chicago's America's Marathon, says: "Boston had better wake up or their great history will disappear. Boston could do what Chicago and New York do for one-third the money. They have an obligation to the sport to preserve it, but I'm afraid Boston is history. Big races are going to jump in on their weekend." Spring races like the Rotterdam and London Marathons are already drawing many of the top runners.

• **Carl Wallin**, head track coach at Dartmouth College, won the weight pentathlon at Lebanon, NH, August 25, with a 3753 total, which was beefed up by an 877-point 54¾ American age-42 record shot put and an 867-point 53-7¼ toss with the 35# weight. **John Dupuis**, 30, was a close second with 3723, which included a 965-point 59-4½ shot effort. Wallis is conducting the 16th Dartmouth Relays, January 4-6, at Hanover, NH, and invites Submasters and Masters athletes to participate as competitors (no age-group competition, only open) or as spectators. 603/646-2848.

• **Jane Arnold**, 43, Bloomfield, CT, won the Masters race in 36:35, but only by one second, over **Shirley Matson**, 43, Solana Beach, CA, in the Bonne Bell/Chevrolet 10K Championships, Boston, MA, October 8. It was Matson's first defeat in a long time. **Anny Stockman**, 52, Rensselaer, NY, won the 50-59 division in 41:26, and **Kay Syvari**, 60, Fitchburg, MA, took the 60+ division with a fine 46:42. The "60 to 99" division is generally unfair to older runners, and this race had two examples of that inequity because both women set national age-

group records but did not win division titles or place in the top three. **Lee Fremont-Smith**, 80, Boston, MA, broke Ruth Rothfarb's 1:05:14 10K record with a terrific 57:47 but placed sixth in the 60+ division, and Helen Mann of Newtonville, MA, whose age is given as 91 in the official results, ran a 1:12:27, good for last place in the 60+ results. The NRDC doesn't list marks for W90, and the W85 record is 1:36:02 by Hulda Crooks. Obviously there aren't enough nonagenarians running around, or even living, to make up large 90+ divisions, but how about 60-69, 70-79, and 80+ division groups?

EAST

• Four single-age 50K track records were broken in the 3rd Annual Lilac City 50K, Rochester, NY, November 11. **Walter Connolly**, 54, Waterloo, NY, won the 125-lap affair in 3:37:08, which erased the old age-54 4:12:29 but did not challenge **John Sullivan's** 3:19:33 50-54 age-group record. **Robert Epstein**, of Rochester lowered the age-45 time from 4:20:38 to 3:57:05; **Walter Gronski**, Rochester, squeezed **Norm Frank's** age-52 time of 4:49:15, set last year, down to 4:37:13. Frank, 53, also from Rochester, ran a 5:11:10 this year. **Don McNelly**, Irondequoit, NY, did 5:30:55 to establish an age-63 mark, which had not existed previously.

• The NIKE Cherry Blossom 10-Mile Run will be held on Sunday, March 31 at 8 a.m. in West Potomac Park in Washington, D.C. A lottery will be used to choose starters. To obtain an entry blank, send a long SASE with birthdate and Social Security number noted on the lower front left hand corner to: NIKE Cherry Blossom, PO Box 4711, Arlington VA 22204. Envelopes will be accepted only up to January 15, 1985. Those received after Jan. 15 will be rejected. Only one request per runner. Duplicate/multiple requests will disqualify a runner. 4500 runners will be selected. National class open and Masters runners may seek invited runner status by sending credentials to the above address.

• **Gloria Brown** was 1st female Master and 5th woman overall in 1:55:18 in the Youngstown, Ohio Peace Run 25K November 3. She was first Masters woman in 33:10 in the YMCA Turkey Day 8K run in Buffalo, NY November 25.

SOUTHEAST

• **Tom Kilroy**, Deltona, FL, was there at the finish in 55:06 to repeat as M40+ champ in the Archer 8 Mile, Deland, FL, November 25. **Henry Lawton**, 39, Cassleberry, FL, ran a 51:11. **Vye Carter** copped the W40+ title in 68:31. **Bill Stewart**, holder of national 15K and 25K M40 records, and Ann Arbor, MI, resident, training in Deland, provided last minute help by pedaling the 8 miles as lead bike.

• **Thomas Hare** of the North Carolina RR was the first M40-49 harrier and seventh overall in 17:07 in the East Coast X-Country Classic, a two-day fete of 5K races for runners of all ages, Raleigh, NC, November 23-24. **Martha Klopfer** of the Carolina Godiva TC won the W40-49 race in 20:59. Teammate **Edwin Harris** took the M50-59 race in 18:57.

• **Clifford Pauling**, 50, of the Bronx, NY, was the sprinting star of the Potomac Valley Masters Games, Fairfax, VA, September 2. Pauling took 4 firsts with excellent times: 100m, 12.4, 200 25.6; 400, 54.1; and 800, 2:06, the day's best time for M40-and-over. Submaster **Lemuel Talley**, 33, Washington, D.C., had the quickest 100m in 11.4. **Charles Polhamus**, 41, several time M40 national champion, pole-vaulted 13-0. **Pay Carstensen**, 52, Babylon, NY, won the M50-59 shot with 41-11½.

• **Mel Williams**, 46, was the pride of the 9th Annual Marine Corps Marathon Masters con-

Continued on next page



Kentucky's Don Coffman was the 2nd master in the international 15K in El Paso October 13 in 49:39.

photo by Richard Lee Slotkin

Continued from previous page

tigent at Washington, D.C., November 4, with a M40+ first in 2:36:48. **Paul Sullivan**, 40, was second Master by just 7 seconds, and **John Dugdale**, 50, third in 2:38:21.

• Masters T&F aficionados at the Nationals in Eugene were wondering where was Atlanta's **Phil Raschker**, the 37-year-old wonderkind who won four W35 gold medals in the V World Veterans Games in San Juan. Seems she had a benign tumor removed just two weeks before the Oregon meet. She tried to recover quickly, but the doctor said no-no. A related infection has kept her out of action since, but she hopes to resume workouts soon, to try to get ready for Rome.

MIDWEST

• **Dan Sekerak**, 37, X-country coach at Hebron Lakewood H.S., continued to set a good example for his team members by capturing the men's 5K race in the Wolfpack X-Country Classic, Columbus, OH, October 14, for the 4th time, in 16:24. Legend Harriers club teammate **Chris Hall**, M30, was runner-up in 16:35. **Rogert Zakrajsek**, M40, from the Over The Hill TC, was first Master in 23:21, but the Masters team title went to the Wolfpack TC, lead by **Charles Bryan's** 24:26. The event, which included shorter races for younger runners of all ages, was directed by John White.

• **Don Gammie**, M50, was first Master and 18th of 486 in a PR 34:23 in the Hamilton Miami-Erie Canal 10K, Hamilton, OH, November 3. Gammie, ranked 4th in the U.S. in the 8K by the NRDC, beat out the next M40+, **Richard Jackson**, M40, by eight seconds on the flat, fast course, in which the roads are completely blocked to traffic. **Patricia Mulroney**, W40, placed 5th and first W40+ in 41:24. Mulroney placed second W40 with 3:18:27 in the Bank One Marathon, Columbus, OH, October 7.

• **Paul Hullinger**, 40, braved the cold and stiff winds in the 15th running of the Indianapolis Marathon, November 3, to be first Master runner in 2:41:38. **Bill Kowalisyn**, 63, won the M60+ with 3:33:58. **Merle Fulton**, 40, was first W40+ in 3:25:52. Run on the '82 National Sports Festival course, the race was directed by Duane Heidecker.

MID AMERICA

• **Dr. Herbert Anderson**, who owns a truckload of M75 and 80+ world and national records, has been inducted into the Personalities of America Hall of Fame for his con-

tributions as a physician and surgeon.

• **Jim Lewis** was elected president of the Lincoln TC for '85. This is Lewis' third time as head of the Lincoln, NE, based club. **Ray Stevens**, who, after turning 40 in '80, ran up a string of twenty Masters titles over two years until stopped by injury, has been honored by the LTC with one of its Distinguished Achievement Awards. Stevens ended the '83 season with a PR 2:30:42 in the Fiesta Bowl Marathon in Arizona.

• 42-year-old **Steve Lester** of Magna, Utah was the overall winner in the last 3 races he ran in the Salt Lake City area. On October 20th, Steve won the Autumn Classic 10K on a very cold windy day in 33:03. On November 3rd, he won the Utah State Masters Championships. 10K in 32:30. Then on November 17th, Lester traveled to Tooele for a speed tune-up before the World Championships in San Diego, and won the Turkey Trot 5K in 15:57.

SOUTH WEST

• Masters times in the Oklahoma City RC Marathon, November 3, weren't exactly earth-shaking, but the two top 40-and-over finishers should have created a few tremors because both were women: **Fay di Zerega**, 41, 3:33:16, and **Joyce Elliott**, 45, 3:37:38. **Danny Cossairt**, 40, was first Master in the half-marathon in 1:22:59. **Lewis Winters**, 63, won the M60+ with 1:43:22. Jim Smith was race director.

• **John Hartfield**, 40, of the Space City Masters, won the Prairie View Winter Relays high jump in Texas with 6-8, December 1.

WEST

• According to the L.A.-Valley AC Newsletter for November 1984, Home Savings & Loan Association of America, sponsors of the successful Olympic Legends Meet of '84 in L.A., has declined to sponsor for event for '85 because it felt that it did not receive enough publicity from media sources. Presently, the meet has no new sponsor and will not be held in '85.

• **Doug Rustad**, M40, was first M40+ in the Y.M.C.A. Harvest Fair 10K in October in Santa Rosa, CA, in 33:42. **Darryl Beardall** took the M45 race in 34:53, and **Morton Gray** won the M50 in 36:08. First W40+ was **Janet Buckendahl**, W50-59 winner in 42:43 in the 1175-finisher race, which included a post-event grape stomp and wine tasting.

• Members of the very active Monterey Peninsula Walk Walk Club got a chance to strut their stuff for a television sports bit shown in September by KMST, San Francisco. **Guilio de Petra**, **Bob Zihaver**, **Karl Kruger**, and **Mary Beribeau** demonstrated walking technique in the interview.

• The 2nd Annual Senior Masters 'Old Fashion' 4-Mile is set for February 17 in Yucaipa, CA. This is a genuine Masters race because the youngest age group starts at 55. **Walter Atcheson**, M55, set the course record in '84 with 24:27, and **Robert Kroeger**, M65, had a 26:26. See this issue's schedule for details.

• **Dennis Reager's** 4:20 overall second place in the Freedom Mile results way back in May in San Francisco didn't raise many eyebrows, but that's because his age group was erroneously given as M20-29. Reager is, in fact, 40 and was nipped by one second at the wire by a genuine M20-29, **Donald Ray**. Reager mistook an overhead banner as the finish line and, thinking victory, slowed down 30 yards too soon and could not recover the lead from Ray.

• **John Powley** did the scenic Valley Isle RR Kihei Half-marathon on Maui, HI, October 7, in 1:20:00 to place forth and lead all Masters. **Miki Horton** was first woman Master in winning the W50+ in 1:53:46. **John Richardson**, a 39-year-old salesman from Maui, won the 10K overall in 35:50.

• The results of the Club West T&F Meet in Goleta, Calif. October 6 (November NMN) omitted an American 200 meter record for women age 65-69 by **Josephine Kolda**, 66, who sped to a 34.6 to take a tenth off her own W65 mark set in June, 1983.

• **Jack La Lanne**, the flamboyant guru of the

American physical fitness movement, celebrated his 70th birthday November 20 by towing 70 boats, with 70 people aboard, with his hands and feet bound, through the 60-degree waters of Long Beach Harbor. Strong head winds increased La Lanne's time in the water to 2 hours, 25 minutes. "The secret," he said, dripping wet and shivering, but his eyes still blazing, "is to believe in something and do the best you can. I believe everything in life is possible. If people don't have goals, they get old." LaLanne had celebrated his 65th birthday by towing 65 boats, containing 6500 pounds of wood pulp, across Lake Ashhinoko in Japan. "But this swim was my toughest ever," he told several hundred admirers. Why does he do it? "Why do anything," said La Lanne, who has been operating health clubs since 1936.

• The Second Tropicana/Las Vegas Easter Run will be held April 4-6, featuring a 2-mile fun run, a 10K and a half-marathon. The 3-day affair will feature a manufacturers expo and health fair and a social with live entertainment. The event will benefit the Big Brothers/Big Sisters Charity. For info, send SASE to Thomas Sports Enterprises, 6765 Sugarpine Lane, Las Vegas NV 89103. 702/368-2885.

• **Jim Knerr**, 50, Simi Valley, CA, was third with 3:24:33 in the California RRC 50K Championships, L.A., October 21, and **Dick Pallies**, 47, Hemet, CA, seventh in 3:47:49. **Chris Sidles**, 48, Saugus, CA, was the only W40-and-over of the 41 finishers, 28 of whom were 35-and-over.

• **James King**, 36, San Diego, smashed two world M35 age-group records this past summer, which were overlooked until recently because they were done in open meets. In the Bud Light Meet in San Diego, King ran a 46:38 400m to erase Frenchman Hagues Roger's 46:91; and at the Pepsi Invitational in L.A., King flew over the 400mH in 49.7, which dropped two seconds from the 51.72 held by Bertil Wistam of Sweden.

• **Priscilla Welch**, now 40 and British heiress apparent to Joyce Smith, placed 6th in 33:00 in the Pro Comfort Classic 10K Final, Honolulu, HI, November 3. Points earned in that race plus points for her Pro Comfort Regional 10K race in L.A., October 20, earned Welch \$3250. **Brenda Webb**, 30, of Texas, was awarded \$3500 with a 33:23 in the Honolulu final, and **Jackie Gareau**, 32, of Canada, got \$3000 with a 34:05.

• In addition to Barbara Meadows' six age-marks in the Tucson, AZ 2-hour run (December NMN), Jennifer Young bettered the national age-39 marks for the 10-mile track and 2-hour run. Truman Clark, 48, set age marks at 20 miles, 40K, 30 miles and 50K (3:39:20).

• Eight of the top 100 finishers in the 1984 San Francisco Marathon did not run the whole race, as verified by video checks at the 19-mile point. All eight have been suspended from TAC competition for a year. With prize money becoming common in open and Masters races, the cheaters are coming out of the woodwork to try to crack the system. The first 50-59 runner across the finish line in the 1984 New York

Marathon was DQ'd for course-cutting. One of Colorado's best runners was caught cheating — not for the first time — in a recent 10K and was banned from racing in the region.

• We missed a couple of excellent marks achieved last July 22 in the PA/TAC 25K Championships. **Karen Scannell** bettered the pending W45 record with a 1:38:50 and **Karen Lanterman** lowered the pending W40 mark with a 1:39:11.

• **Helen Dick**, 60, took four minutes off Jacki Caselli's W60-64 10K mark of 45:01 with a sizzling 41:20 in the Beverly Hills/Perrier 10K December 2. **Larry Banuelos** continued his M60+ winning streak with a solid 38:57, besting Eddie Lewin, 68, who logged a good 41:30. The event drew 3200 runners who raced on some of the world's most expensive pavement. An assortment of prizes (dinners at Beverly Hills' restaurants, Tiffany gift certificates, etc.) were given to 80 top winners.

NORTHWEST

• **Chris Brathwaite**, 36, was in the worst possible place at the worst possible time. While jogging on Pre's trail in Eugene, Oregon, at about 8 a.m. on November 12, he was shot and killed by a crazed sniper's bullet. Brathwaite was a two-time Olympian in the sprints for Trinidad, and competed in the 1983 World Games in Helsinki. Although he was still running in the Open division, Chris was an inspiration to Masters and youngsters, alike. After graduating from the University of Oregon, he chose to stay in the Eugene community and devote his career to working with troubled youth. He enjoyed competing in the low-key, summer evening all-comers meets in Eugene as well as the world class meets. He is mourned by the whole community, and will be greatly missed.

INTERNATIONAL

• Six Americans competed in the 5th Japan Masters Track & Field Championships October 6-7 in Okinawa: **Bob Watanabe**, **Reiko Duba**, **Jim Murphy**, **Ray Fitzhugh**, **Chuck Klehm** and **Bob Boal**. The best LJ (20') and TJ (42') marks were turned in by Sobe in the M50 division. "It was a well organized meet," Duba said. Japan will bid for the 1987 World Veterans Games.

• Australia's **Jack Stevens**, World M65 record holder for 800 (2:20.5) and 1500 (4:50.6) was the victim of attempted murder while jogging on the roads near his home in Hawthorne East, Victoria. The driver of a car took dead aim on Stevens, and drove directly in to him, hurling Jack through the air to the side of the road. While Stevens lay on the ground, the driver sped off. Here the story takes an even more terrifying turn. The driver turned around and came back, and, with Jack on the side of the road trying to get away, ran over him again. Still not finished, the maniac turned and plowed into Stevens a third time. Help arrived, the driver was caught, and is facing criminal charges and a lawsuit by Stevens. Jack, meanwhile is in the hospital and his future running career is uncertain. □



L-R — Rich Oppel, 41, editor of The Charlotte Observer, was fourth in 40-49 with PR of 19:22; Erskine Harkey, 45, was third in 40-49 with 18:20.1; Roger Price was fourth overall and first in 30-30 with 17:44. Price is 31.

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

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

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

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

NEW ENGLAND

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

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

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

EAST

January 6, 13, 20. MAC Development Meets, Fordham University, N.Y. Haig Bohigian, 225 Hunter Ave., North Tarrytown NY 10591. 914/631-1547.

January 10. (Thursday). City of Philadelphia Masters Classic, Civic Center, Philadelphia. Fred Mannis 104D W. Mont-gomery Ave., Ardmore PA 19003. 215/642-5989.

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

January 13. 2nd Annual Pennsylvania Masters Indoor State Championships,



Bess James, after new American W75 age-group record 1:40:16 at El Paso/Juarez 15K, October 13.

photo by Richard Lee Slotkin

Dickinson College, Carlisle, Pa. Scott Thorn-sley, above.

January 16. (Wednesday). MAC Masters Relay Championships, 169th St. Armory, New York. Haig Bohigian, above.

January 26, February 1. MAC Develop-ment Meets, 169th St. Armory, New York City. Haig Bohigian, above.

January 27. Western Pennsylvania Indoor Open & Masters Championships, Slippery Rock U. Barry Kline, 1245 Alamae Lakes Rd., Washington PA 15301.

February 1. Master Keys Indoor Cham-pionships, 7:30 p.m., Catonsville Com-munity 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 Cham-pionships, 169th St. Armory, New York Ci-ty. 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 Champion-ships. Fred Mannis 104D 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 Indoor Masters Championships, West Point, N.Y. Haig Bohigian, 225 Hunter Ave., N. Tarrytown NY 10591. 914/631-1547.

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 Interna-tional 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, 1925 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, Birm-ingham AL 35209. 205/879-8031.

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

MIDWEST

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

January 5. Lake Erie Indoor Champion-ships, Cleveland. Open & Masters. Charlie Hall, 18616 Restor Ave., Cleveland OH 44122. Questions: Joe or Mary Chad-bourne, 216/543-1932 (7-9 p.m.) Entry form in November.

February 5. 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, Cincin-nati, Ohio. Rich Ceronie, Track Office ML 21, U. of Cincinnati, Cincinnati OH 45221. 513/475-5708 (o); 513/821-9490 (h).

March 10. TAC Ohio Open and Masters Championships, Ohio State U., Columbus.

March 17. Midwest Masters All-comers In-door 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 In-door Championships, Sterling, Illinois (near Chicago). See "National."

April 21. North Coast Relay Champion-ships, Cleveland Heights, Ohio. Jim Bar-rett, 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, Col-umbus, Ohio. Upper Arlington H.S. John White H (614) 459-2547, W (614) 424-7011.

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

June 8-9. Senior Classic, Indianapolis. In-diana 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, Lin-colnwood IL 60646. 312/234-2154.

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

August 17. Midwest Masters All-comers Meet, York High School, Elmhurst, Il-linois, 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 Throw-ing Classic and OAC Open and Masters 56 lb. Wt. Throw Championship, Columbus, Ohio. Worthington H.S. John White H (614) 459-2547, W (614) 424-7011.

MID-AMERICA

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

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

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

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

SOUTH WEST

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 (o).

WEST

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

January 20. College of the Desert All-comers meet, Palm Desert, California. 11 a.m. Christel Miller, 1740 Grandview Ave., Glendale CA 91201.

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

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

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

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

Continued on next page



Irene Obera, 50, of Moraga, CA, World Record Holder in the 100 and 200M, (W50-54), showing her athletic versatility with 1st place win of 28'4 1/4" put, Northern California Senior Olympics, Laney College, Oakland, CA, Sept. 1984.

Need Back Issues?

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CLARIFICATION

From reading last month's column by Tim Layden, some readers may have erroneously concluded that Barry Brown is receiving \$30,000 a year from NIKE.

As Layden wrote: "Brown signed a contract with NIKE which will bring him AS MUCH AS (emphasis ours) \$30,000 in the next year, based on salary and performance incentives in the masters divisions."

The actual amount Brown will get from NIKE will likely be substantially less than the theoretically possible \$30,000. Indeed, Chris Monty of NIKE states unequivocally: "Brown is not getting \$30,000 a year from NIKE."

Continued from previous page

ginbotham, 1026 W. Princeton, Visalia, CA 93277. 209/732-8030.

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

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

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

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

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

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

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

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

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.

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

NEW ENGLAND

February 24. Sugarloaf D.H. Jones 10 Miler, Amherst, Mass. J. Falkowsky, 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. Montgomery County Dept. of Recreation, 12210 Bushey Dr., No. 304, Silver Spring MD 20902. 301/593-9670.

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.

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

January 5. Orange Bowl Marathon, Miami. Jane Millsbaugh, 12306 S.W. 117 Ct., Miami FL 33186. 305/665-7006.

January 5. Charlotte Observer Marathon and 10K, Charlotte, N.C. Do Fleck, PO Box 30294, Charlotte NC 28230. 704/379-6896.

January 12. Savannah Marathon & Half-marathon, Savannah, Georgia. John Burke, PO Box 1088, Savannah GA 31402.

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.

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.



James McNamara of Ireland, 619, seen here in the M45 10000 ahead of A. Aldegalega, Portugal, won the 1500 (4:08.8), 5000 (15:00.4), and 10000 (31:22.6) in the European Vets Games. He won the 5000 and was 2nd in the 10000 in Puerto Rico.

photo by Megasport

ON TAP FOR JANUARY

TRACK & FIELD

The 1985 indoor season kicks off with two major meets in Cleveland and in Madison, Wisconsin on the 5th. The Philadelphia Masters host a Thursday night meet on the 10th.

On the 12th is the TAC Mid-America Regional in Lincoln, Nebraska, followed by the TAC National Indoor Pentathlon Championships in Carlisle, Pa. on the 13th.

On the 20th, Providence hosts an indoor meet, while Californians bask in the Palm Desert sunshine in an outdoor event. The West Penn Open and Masters meet closes out the month at Slippery Rock U. on the 27th.

Meanwhile, during the month, several developmental meets are scheduled around the country.

LONG DISTANCE RUNNING

Major LDR action heads south this month, to Charlotte, N.C. and Miami for marathons on the 5th, and to the Houston-Tenneco 26-miler on the 6th.

San Diego's annual Mission Bay Marathon is set for the 13th, while the Super Bowl Sunday 10K in Redondo Beach, Calif. will draw a large crowd on the 20th.

On the 26th, the Paramount, Calif. 10K features a special Masters division with no entry fee and lots of awards and recognition if you're fast enough. □

Wabash Ave., Chicago, IL 60603. 312/372-6600

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.

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

SOUTHWEST

January 6. Houston-Tenneco Marathon. Tenneco, Inc. PO Box 2511, Houston TX 77001. 713/757-2164.

WEST

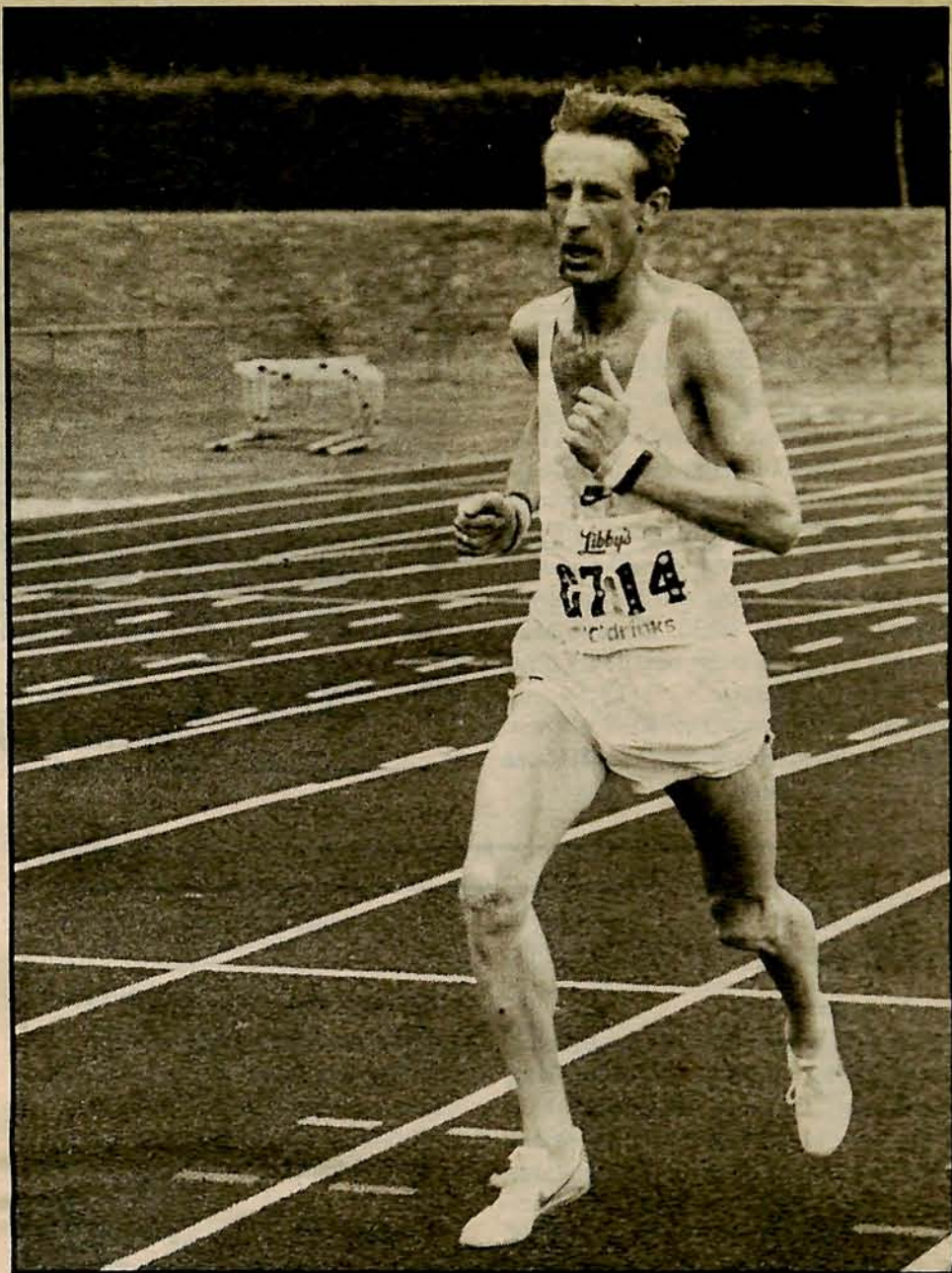
January 13. Mission Bay Marathon, San Diego. 619/277-RUN2.

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

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

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.

Continued on next page



Londoner Les Roberts, an ex-racing cyclist who took up competitive running three years ago, on his way to a surprise win the M40 5000; he took the silver in the 10000.
photo by Megasport

Continued from previous page

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 Sugarpine Lane, 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

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+), Brugges, Belgium. Jacques Serruys, PO Box 7, 8000 Brugge 1, Belgium. □

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.

MASTERS GLOSSARY OF TERMS

T&F: Track and Field

LDR: Long distance running

RW: Race walking

Athletics: The sports of track & field, long distance running and race walking.

Masters: Men and women age 40 or over.

Sub-masters: Men and women age 30-39.

Veterans: The international term for "masters," with the exception that "veterans" also include women age 35-39. (The term "veterans" is also unofficially used in some LDR races to define runners age 50-59 or 40-49.)

Seniors: A word of many meanings: 1) A TAC competitor age 20 or over; 2) Unofficially used in some LDR events to define runners age 60 or over; 3) Sometimes unofficially used by the media and others as a substitute for "masters."

AR: American record

WR: World record

PR: Personal record

The Athletics Congress (TAC): The "national governing body" (NGB) for athletics in the USA. TAC is the exclusive U.S. member of the IAAF. TAC's home office is in Indianapolis, with district (local) offices throughout the nation. TAC is composed of various committees, including the Masters T&F and Masters LDR committees. The committees meet each December at the TAC Convention.

International Amateur Athletic Federation (IAAF): The international governing body for athletics.

World Association of Veteran Athletes (WAVA): The official international veterans governing body for athletics. WAVA stages a World Veterans Games every odd-numbered year for men 40+ and women age 35+.

IGAL: An official international veterans LDR organization. IGAL holds an annual World Veterans Distance Running Championship (10K & 25K in odd-numbered years; 10K & Marathon in even-numbered years.)

Age-groups: Masters and sub-masters competition is divided into 5- or 10-year age group categories for both men and women (30-34, 35-39, 40-44, etc.). Your date of birth (not year of birth) determines your age.

Masters competition: Every event from the 100-yard dash to the pole vault to the marathon is available. Medals are generally awarded to the first three places in each men's and women's age group. While everyone does his or her best, participation and friendship are the heart of the program. Masters help each other with advice, training tips and health suggestions. Many combine their vacations with trips to regional, national and international competitions.

Local masters T&F: All Masters T&F meets feature competition for anyone age 30 or over. Masters meets are generally directed by a single individual or club. Some local meets are "sanctioned" by TAC; some are not.

Local masters LDR: Local LDR races are generally open to all ages, with masters awards for each 10-year age group.

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

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

TAC Membership: It is not necessary for a participant to become a member of TAC (\$6 per year) to compete in sanctioned or non-sanctioned masters events, or in international competition. It is necessary to become a TAC member to compete in TAC championship events.

It is not necessary for a foreign competitor to become a TAC member to compete in TAC events. (A TAC member is automatically insured against injury while competing in, or traveling

to, a TAC-sanctioned competition.)

Eligibility: There are no other requirements needed to enter masters athletics competition, except to be at least the minimum age. (One should also be reasonably fit.) An athlete may generally compete in a younger age group if he or she so chooses, but one may never compete in an older age group. The masters program operates on the honor system. Lying about one's age violates the spirit and purpose of the masters program and is not tolerated. Violators risk banishment from TAC masters competition for a period of two years.

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

World Veterans Games: There are no requirements needed to compete in the biennial World Veterans Games, except to be at least age 40 (men) or age 35 (women). "Travel permits" are not needed. No one is banned because of occupation, race, religion, national origin or any other reason.

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

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

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

Masters Clubs: Most areas have local running clubs, some of which cater to the masters performer. See the club listings in this issue.

Age Records: An annual book of masters age records for each T&F event is available for \$5 from NMN, PO BOX 2372, Van Nuys CA 91404; and for each LDR event for \$9.95 from NRDC, PO Box 42888, Tucson AZ 85733.

Rankings: An annual book of masters rankings by event and age-group, is available for \$9.95 (LDR) from NRDC, above.

Implements: Lighter implement weights are used in the older age-groups.

Hurdles: The height of the hurdles is lowered for older age-groups.

Rule Books: The IAAF Rule Book (\$10), the IAAF Men's Scoring Tables (\$5), the IAAF Women's Scoring Tables (\$5), and the TAC Rule Book (\$6) are available from TAC, Box 120, Indianapolis IN 46204.

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

Weight Tables: Age-group factoring tables are available for \$1 from Phil Partridge, 337 S.W. 14th Ave., Boynton Beach FL 33435.

IA, IB, etc. Codes which refer to various age-groups, as follows: OA-30-34; OB-35-39; IA-40-44; IB-45-49; 2A-50-54; 2B-55-59; 3A-60-64; 3B-65-69; 4A-70-74; 4B-75-79; 5A-80-84.

Road Runners Club of America (RRCA): An organization of over 400 clubs throughout America which promotes long distance running.

National Masters News (NMN): The bible of the Masters athletics program. NMN is an official publication of TAC and WAVA. Each month, it delivers 24 to 40 pages of results, schedules, entry blanks, age records, rankings, photos, articles, training tips and all the inside scoops and information that affect the world of masters athletics competition. NMN welcomes contributions from its readers—results, schedule info, photos, letters and opinions. It is not mandatory to subscribe to NMN, but it is recommended to keep up on all the masters action. A one-year subscription (12 issues) is \$15 (2nd class), \$25 (1st class), or \$30 (overseas). Send to NMN, PO Box 5185, Pasadena, CA 91107.

National Running Data Center, Inc.

CHICAGO

Signed, sealed and delivered. On Sunday, October 21, Steve Jones ran a 2:08:05 marathon in Chicago. Helen Dick, 60, ran 3:15:40. On Tuesday, October 23, David Katz remeasured the course and found it to be at least the marathon distance. On Wednesday, October 24, Chris Tatreau mailed in the necessary forms with all the needed signatures. Jones' mark will be submitted as a new world record; Dick's as a new women's 60-64 standard.

TAC ROAD RUNNING TECHNICAL COMMITTEE

In 1983, the TAC National Standards Subcommittee of the Men's LDR Committee was split out of LDR and a



Jack Tuttle, 47-year-old Marine colonel, strides to a master victory in the Val Nolasco half-marathon in Hawaii, on October 14. Tuttle clocked 1:16:54 and finished sixth overall in a field of some 1,500 runners.

special technical committee was created by TAC President Jimmy Carnes. This Committee is known as the TAC Road Running Technical Committee.

The committee has a chairman and two vice chairmen — one for the East (east of the Mississippi) chaired by Allan Steinfeld of the NYRRC, and one for the West, chaired by Tom Benjamin of the Pacific TAC Association. There is a certification subcommittee chaired by Ted Corbitt, under whom serve at least 33 volunteers who review certification paperwork and who have, in some cases, been authorized to grant final certification to a course.

It was hoped this structure would reduce the amount of time between initial submission of certification paperwork and final certification.

Yet few people realize that certifications should no longer be sent to Ted Corbitt. Instead, correspondence should be directed to a regional rep, or, if not known, to the proper vice-

chairman: Steinfeld, at 9 E. 89 St., New York, NY 10128, or Benjamin, at PO Box 8715, San Francisco, CA 94128.

Thanks to the efforts of our country-wide system, there have been more than 800 courses certified or recertified in 1984. Accurate courses yield verifiable marks and a means for runners to measure their progress.

INTERIM HALF-MARATHON RANKINGS

In this issue are the first set of 1984 half-marathon rankings for each men's and women's five-year age division from 35 to 89. Don Coffman's 1:09:14 on September 16 leads the 40-and-over runners, with 52-year-old Norm Green close behind in 1:09:30. Duncan MacDonald's 1:05:48 is the best 35-39 time.

Shirley Matson's 1:19:54 on September 29 leads the 40+ women, with Madeline Harmeling's 1:18:55 the top W35 mark. □



Sixty-eight-year-old Fred Yunk, Grand Rapids, Mich., oldest competitor in The Ultimate Runner, Jackson, Mich., October 6.

photo by Marcia Butterfield

Masters T&F Minutes...

Continued from page 16

Bruce Springbett; Indoor Coordinator: Ron Salvio; Indoor Records: Haig Bohigian; Outdoor Records: Pete Mundle; Multi-events: Jim Weed; Weights: Chuck Klehm; T&F Awards: Jim Weed and Pete Mundle; Race-walking Awards: Jack Boitano and Sal Corrallo; Women's Technical Advisor: Christel Miller; Secretary-Treasurer: Al Sheahan.

Regional Representatives

Appointed by the Chairman were: East: Haig Bohigian; Southeast: Stuart Daniel; Midwest: Wendell Miller; Mid-America: Jim Weed; Southwest: Danny Thiel; West: Gary Miller, Northwest: Jim Puckett.

At-Large Representatives

Appointed were Sandy Pashkin, Max Goldsmith, Christel Miller and Cherrie Sherrard.

Awards

Ed Burke, Parry O'Brien and Irene Obera were named T&F athletes of the year. Larry Walker and Jeanne Bocci were voted best race walkers. Jerry Donley was named outstanding

administrator. (See separate story).

1985 Committee Assignments

Budget and Audit	Al Sheahan
Law and Legislation	Bob Fine
Marketing and Media	Laurel James
Sports Medicine	Jack Russell
Records	Pete Mundle
Membership	Don Hall
General Programs	Danny Thiel
Rules	Ron Salvio
Officials	Sandy Kalb

Travel to Rome

Danny Thiel and Ron Salvio reiterated the concept of U.S. Masters going to Rome for the VI World Veterans Games as a group, rather than as scattered individuals. Thiel was appointed to try to coordinate with the six or more travel agents who are planning tours, to try to bring U.S. Masters together in Rome as much as possible.

WAVA Delegates

Selected as delegates to the WAVA General Assembly were Jerry Donley, Ron Salvio and Al Sheahan. Chosen as alternates were Pete Mundle, David Pain and Bruce Springbett. □

CURRENT PUBLICATIONS LIST

Certified Road Running Courses. 1984 edition. Lists all certified road courses in the United States certified by the TAC Road Running Technical Committee thru 1 January 1984 (updates thru the time of purchase are included) that are currently active. Over 2000 courses are listed. \$2.95

Running Records by Age. 1984 edition. Lists US single-age records based on races through 1 January 1984 for 31 standard track and road-running events, from 100 meters thru 100 miles. The official list of open and age group US records for road and LDR track is also given. Over 4000 records listed. \$5.95

US Distance Rankings. 1984 edition. Annual rankings for 1983 and all-time rankings thru 1 January 1984 for open men and women and junior (19 and under) age groups. Fourteen standard road distances are ranked, from 8 km to 100 miles, plus the one, two and 24 hour track events. Depth of rankings is based on competition. E.g., open men/women rankings for 10 km and marathon are 200 and 100 deep. \$6.95

US Masters Distance Rankings. 1984 edition. Annual rankings for 1983 and all-time lists thru 1 January 1984 by five-year age groups, from 35-39 and older. Fourteen standard road distances are ranked, plus the one, two, and 24 hour track events. Depth of rankings is based on competition. E.g., annual rankings for 10 km and marathon are 100 deep, for 8km, 15km, 20km, 10 mile, and half marathon are 50 deep, and to lesser depths for the other seven events. \$9.95

1. **Running Records by Age,** 1983 edition. Same as for 1984 edition except performances are thru 31 Dec 1982. \$3.95

2. **US Distance Rankings, Vol II,** 1983 edition. 1982 rankings and all-time lists for masters age groups. Similar to 1984 Masters edition. \$9.95

3. **US Distance Rankings,** 1982 edition. Combined open, junior, and masters annual and all-time lists for 1981, abbreviated masters lists. \$2.95

4. **NRDC News,** back issues. Available per copy \$1.000
Available per year (1980,81,82 & 83) \$8.000

For older publications, please request publications list.

All prices are postpaid.

— Certified Road Running Courses (\$2.95)

— Running Records by Age (\$5.95)

— US Distance Rankings (\$6.95)

— US Masters Distance Rankings (\$9.95)

— other (please indicate numbers)

order from:
NRDC
PO Box 42888
Tucson AZ 85733

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						Implements				
	Dis- tance	Height	Distance of first group of race	Distance to first hurdle	Distance from last hurdle to finish		Shot	Discus	Hammer	Javelin
M40-49	110m	.991m	13.72m	9.14m	14.02m	M40-49	7.26K	2.00K	7.26K	800gm
M50-59	110m	.914m	13.72m	9.14m	14.02m	M50-59	6.00K	1.50K	6.00K	800gm
M60-69	100m	.840m	13.00m	8.50m	10.50m	M60-69	5.00K	1.00K	5.00K	600gm
M70+	80m	.762m	12.00m	8.00m	12.00m	M70+	4.00K	1.00K	5.00K	600gm
W35-49	100m	.840m	13.00m	8.50m	10.50m	W35-49	4.00K	1.00K	--	600gm
W50+	80m	.762m	12.00m	8.00m	12.00m	W50+	3.00K	1.00K	--	400gm
M40-49	400m	.914m	45.00m	35.00m	40.00m	.991m=39"	9.14m=30'	7.26K=16 lb.		
M50-59	400m	.840m	45.00m	35.00m	40.00m	.914m=36"	8.50m=27'10 1/2"	6.00K=13 lb. 4 oz.		
M60+	400m	.762m	45.00m	35.00m	40.00m	.840m=33"	8.00m=26'3"	5.00K=11 lb. 1/2 oz.		
W35+	400m	.762m	45.00m	35.00m	40.00m	.762m=30"	1.00m=3.2808'	4.00K=8 lb. 13 oz.		

INTERIM HALF MARATHON RANKINGS

These interim rankings represent all the half marathons received (and processed) by
4 November 1984 for the calendar year 1984.

half marathon	Open Men
1:02:14 Dean Matthews	29 Eugene OR 16 Sep,PA-A
1:02:26 Bill Reifsnnyder	22 Clark Summit PA 16 Sep,PA-A
1:03:06 Craig Holm	29 Victor NY 16 Sep,PA-A
1:03:40 John Doub	27 Waynesboro PA 16 Sep,PA-A
1:03:53 Mark Stickley	21 Blacksburg VA 14 Jan,GA-A
1:03:53 Gary Fanelli	33 Oreland PA 16 Sep,PA-A
1:03:57a Don Janicki	24 Tucson AZ 19 Aug,CA-A
1:04:03 John Wellerding	30 Bettendorf IA 16 Sep,PA-A
1:04:19a Randy Reina	24 Fayetteville AR 19 Aug,CA-A
1:04:31 Chris Prior	24 Vandalia OH 16 Sep,PA-A

half marathon	Men- 35 thru 39
1:05:48 Duncan Macdonald	35 Kailua HI 25 Mar,CA-A
1:09:40 Thomas O'Connor	36 Smyrna GA 16 Sep,PA-A
1:09:50 Arthur Hall	36 Staten Island NY 11 Mar,NY-A
1:10:20 Michael Chambliss	35 26 Aug,CA-A
1:10:42a Chuck Koeppe	38 Carmel IN 25 May,IN-A
1:11:02 Robert Hempton	37 Wilmington DE 16 Sep,PA-A
1:11:50a Ron Kurrle	36 Long Beach CA 7 Oct,CA-A
1:11:53a Larry Olszewski	36 Detroit MI 26 May,MI-A
1:12:16 Hank Berkowitz	38 16 Sep,PA-A
1:12:11 Gary Jenkins	36 Lithia Springs GA 29 Jan,GA-A
foreign	
1:06:25 Chris Mason	35 Ardmore PA 16 Sep,PA-A/GBR

half marathon	Men- 40 thru 44
1:09:14 Don Coffman	41 Frankfort KY 16 Sep,PA-A
1:10:10 Mike Heffernan	43 Portland OR 15 Jan,OR-A
1:11:34a Mike Mahler	41 Santa Monica CA 19 Aug,CA-A
1:12:18 Gary Novak	40 San Diego CA 12 Feb,CA-A
1:12:21 Ken Prior	43 Vandalia OH 16 Sep,PA-A
1:12:30 George Oja	40 15 Jan,OR-A
1:12:39a Jeff Fischer	40 Dexter MI 26 May,MI-A
1:12:53a Tony Mifsud	40 Allen Park MI 26 May,MI-A
1:12:58 Arthur Williams	40 Greenville SC 29 Jan,GA-A
1:13:05 Lew Faxon	44 Hampton VA 11 Mar,VA-A

half marathon	Men- 45 thru 49
1:10:58 Bill Olrich	49 Lexington KY 16 Sep,PA-A
1:12:54 Bill Fuller	45 Livonia NY 16 Sep,PA-A
1:14:20a Bob Paklaian	47 Detroit MI 26 May,MI-A
1:14:31 Clyde Davidson	46 Emporia KS 3 Jun,MO-A
1:14:32 Ben Hyser	49 York PA 16 Sep,PA-A
1:15:33 Robert Clarke	45 Randolph MA 18 Mar,MA-A
1:15:42a David Emery	45 Farmington Hls MI 26 May,MI-A
1:15:48 Robert Clerk	46 Purchase NY 11 Mar,NY-A
1:15:58 Victor Zwolak	45 Wilmington DE 1 Apr,DE-A
1:16:09 Darryl Beardall	47 Santa Rosa CA 25 Feb,CA-A
foreign	
1:12:35 Perry Leary	45 GBR 11 Mar,NY-A/GBR

half marathon	Men- 50 thru 54
1:09:30 Norman Green	52 Wayne PA 16 Sep,PA-A
1:19:14 George Studzinski	51 Wynnewood PA 16 Sep,PA-A
1:19:24 Michael Sullivan	54 Norwood MA 18 Mar,MA-A
1:20:11 Norm McAbee	51 La Jolla CA 12 Feb,CA-A
1:20:28 Lary Webster	51 Seattle WA 3 Sep,WA-A
1:20:35 Frank Dudley	51 Wilkes-Barre PA 16 Sep,PA-A
1:20:49a George Davall	51 7 Oct,CA-A
1:21:09 Kenneth Jones	53 Larchmont NY 11 Mar,NY-A
1:21:13a Jose Vigil	51 Chula Vista CA 19 Aug,CA-A
1:21:22 Wally Ingram	51 Hemet CA 26 Aug,CA-A
1:21:22 Richard Hanagan	50 Philadelphia PA 16 Sep,PA-A
foreign	
1:19:19 Harry Adshead	51 BC 3 Mar,WA-A/CAN

half marathon	Men- 55 thru 59
1:19:12 Orlo Keniston	56 Seattle WA 3 Mar,WA-A
1:20:10 Don Dixon	56 Hastings/Hudsn NY 11 Mar,NY-A
1:20:36 Patrick Devine	55 San Pedro CA 26 Aug,CA-A
1:22:43a Wally Evertz	55 Santa Ana CA 19 Aug,CA-A
1:22:48 Joseph Fernandez	55 Fairhaven MA 18 Mar,MA-A
1:22:50a Jim Forshee	59 Ann Arbor MI 26 May,MI-A
1:23:44 Herman Grotheer	58 Savannah GA 14 Jan,GA-A
1:24:19 Herb Chisholm	57 Alexandria VA 11 Mar,VA-A
1:25:26 Walter Brown	59 Howard Beach NY 11 Mar,NY-A
1:25:57 Bart Holm	58 Wilmington DE 16 Sep,PA-A

half marathon	Men- 60 thru 64
1:20:16 Jack Start	63 Trenton NJ 16 Sep,PA-A
1:25:13 William Peck	60 New York NY 11 Mar,NY-A
1:25:13 Jerry Morrison	60 Parkville MO 3 Jun,MO-A
1:27:08 John Fredette	63 Bloomfield NJ 11 Mar,NY-A
1:28:39 Tom Gibbons	63 Bellerose NY 11 Mar,NY-A
1:28:45 Floyd Carley	62 Woodside CA 25 Mar,CA-A
1:29:22a Don Greenwood	60+ Ann Arbor MI 26 May,MI-A
1:29:45 Joseph Holland	62 Baltimore MD 16 Sep,PA-A
1:29:50 Harry Roberts	60 Homewood IL 25 Mar,CA-A
1:29:54a Jim McCown	62 San Diego CA 19 Aug,CA-A

half marathon	Men- 65 thru 69
1:27:28 George Sheehan	65 Red Bank NJ 16 Sep,PA-A
1:31:25 Wayne Zook	67 San Diego CA 12 Feb,CA-A
1:32:17 Fred Ely	69 Trenton NJ 16 Sep,PA-A
1:33:40 Eddie Lewin	68 W Los Angeles CA 26 Aug,CA-A
1:34:24 Frans Pauwels	65 Portland OR 15 Jan,OR-A
1:35:06 Louis Preysz	67 Madison WI 24 Mar,WI-A
1:38:28 Joseph Carey	66 Lompoc CA 17 Jun,CA-A
1:42:24 Don Bradley	67 Coronado CA 12 Feb,CA-A
1:42:36a Charles Symmes	66 Indianapolis IN 25 May,IN-A
1:43:02 Charles Lewis	65 Riverdale GA 29 Jan,GA-A

half marathon	Men- 70 thru 74
1:42:26 Luis Martin	72 Upr Montclair NJ 16 Sep,PA-A
1:46:43 Vernon Geary	71 Williamsburg VA 11 Mar,VA-A
1:53:41a Frank Morales	73 7 Oct,CA-A
1:55:11 Alan Poole	70 Princeton NJ 16 Sep,PA-A
1:56:41 Arne Johnson	72 Ocean Park WA 3 Sep,WA-A
1:57:13 Peter Rosen	73 26 Aug,CA-A
1:58:28 Alberto Sevillano	73 Philadelphia PA 16 Sep,PA-A
1:59:43 John Stout	72 Seattle WA 3 Sep,WA-A
2:01:09a Walt Kuetzing	72 La Jolla CA 19 Aug,CA-A
2:05:22 Dean Scofield	72 Los Angeles CA 26 Aug,CA-A

half marathon	Men- 75 thru 79
1:40:26 Ed Benham	76 Ocean City MD 11 Mar,VA-A

half marathon	Men- 80 thru 84
2:16:23a Nat Pisciotta	80 Whittier CA 7 Oct,CA-A
3:00:20 Noel Johnson	84 San Diego CA 12 Feb,CA-A

half marathon	Men- 85 thru 89
2:50:53a Noel Johnson	85 San Diego CA 19 Aug,CA-A

half marathon	Open Women
1:08:34 Joan Benoit	27 Freeport ME 16 Sep,PA-A
1:10:55 Judi St Hillaire	25 Brighton MA 16 Sep,PA-A
1:12:01 Janice Ettle	25 St Cloud MN 16 Sep,PA-A
1:13:03 Debbie Eide	27 Salem OR 15 Jan,OR-A
1:15:01 Maureen Dunne	24 Philadelphia PA 16 Sep,PA-A
1:15:04 Katy Schilly	27 Atlanta GA 14 Jan,GA-A
1:15:06a Carol Urish	32 Houston TX 19 Aug,CA-A
1:15:50 Donna Chin	24 San Diego CA 4 Jul,CA-A
1:16:08 Carol Myers	27 East Berlin PA 16 Sep,PA-A
1:16:09 Cathv Schiro	16 Dover NH 18 Mar,MA-A

half marathon	Women- 35 thru 39
1:18:55 Madeline Harmeling	38 Merrick NY 11 Mar,NY-A
1:20:16 Joanne Portaro	36 Suffern NY 29 Sep,NY-A
1:20:37 Eileen Portz	37 Mertztown PA 16 Sep,PA-A
1:20:40a Susan Henderson	37 Boulder CO 19 Aug,CA-A
1:20:59 Mary Ellen Williams	38 Darnestown MD 16 Sep,PA-A
1:22:07 Louise Weschler	35 Matawan NJ 14 Jan,GA-A
1:22:47 Betty Conover	35 Westfield NJ 16 Sep,PA-A
1:23:01 Kathy McIntyre	35 Central Islip NY 29 Sep,NY-A
1:23:49a Patti Hurl	36 San Diego CA 19 Aug,CA-A
1:23:56 Judy Dodge	37 San Diego CA 12 Feb,CA-A
foreign	
1:17:07a Ngair Drake	35 Wellington NZL 19 Aug,CA-A/NZL
1:18:31 Angella Hearn	38 New York NY 11 Mar,NY-A/GBR
1:21:29 Nelly Wright	38 Pacific Grove CA 25 Mar,CA-A/BOL
1:21:38 Christine Grenning	38 New York NY 11 Mar,NY-A/GBR

half marathon	Women- 40 thru 44
1:19:54 Shirley Matson	43 Solana Beach CA 29 Sep,NY-A
1:24:02 Erlene Michener	42 Lincoln Univ PA 16 Sep,PA-A
1:24:31 Pat McGrath	40 West Chester PA 16 Sep,PA-A
1:24:58 Carol McDonald	41 Philadelphia PA 16 Sep,PA-A
1:25:44 Judy Pickert	41 Brewster NY 29 Sep,NY-A
1:26:08 Linda Thurston	42 Somerville NJ 16 Sep,PA-A
1:26:24 Susan Weisbrod	40 Nth Brunswick NJ 16 Sep,PA-A
1:27:17 Patty Lee Parmalee	44 New York NY 29 Sep,NY-A
1:27:24 Lina Connors	42 New York NY 29 Sep,NY-A
1:27:44 Ann Diaz	44 Wayne PA 16 Sep,PA-A

half marathon	Women- 45 thru 49
1:25:13 Mimi Lerner	47 St James NY 11 Mar,NY-A
1:27:06 Helene Bedrock	49 Cliffside Park NJ 11 Mar,NY-A
1:28:20 Nancy Parker	47 Atlanta GA 29 Jan,GA-A
1:28:22 Christa Romppanen	45 Malibu CA 26 Aug,CA-A
1:29:17 Christine Curtis	46 Seattle WA 3 Sep,WA-A
1:29:54 Janet Buckendahl	49 Petaluma CA 25 Feb,CA-A
1:29:55 Sandra Folzer	45 Wyncote PA 16 Sep,PA-A
1:31:07 Gloria Jenkins	46 Mount Holly PA 16 Sep,PA-A
1:31:49a Mariana McMullen	47 7 Oct,CA-A
1:33:38 Faye Heldoorn	46 San Diego CA 12 Feb,CA-A
foreign	
1:29:39 Jill Martin	46 New York NY 29 Sep,NY-A/GBR

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.

LEWIS, MI
WEIGHT PENTATHLON;
AUGUST 25, 1984
16# Shot Put

1. John Dupuis	50.18.09m	965
2. Carl Wallin	47.16.53	877
3. Mike Stomski	50.11.59	572
4. Steve Hennigan	47.11.33	554
5. Pat Carmody	21.10.34	486
6. Paul Gaffney	20.9.48	421

Discus		
1. John Dupuis	47.70	831
2. Carl Wallin	39.92	684
3. Pat Carmody	32.45	529
4. Steve Hennigan	30.97	506
5. Mike Stomski	30.92	495
6. Paul Gaffney	22.90	301

16# Hammer

1. Pat Carmody	46.37	751
2. Carl Wallin	46.17	748
3. Paul Gaffney	39.05	641
4. Mike Stomski	36.21	595
5. John Dupuis	35.47	583
6. Steve Hennigan	16.56	211

35# Weight

1. Carl Wallin	16.35	867
2. John Dupuis	13.87	720
3. Pat Carmody	12.81	652
4. Paul Gaffney	11.89	592
5. Mike Stomski	11.82	587
6. Steve Hennigan	5.63	50

Javelin

1. Carl Wallin	45.92	577
2. John Dupuis	42.16	524
3. Steve Hennigan	41.48	514
4. Paul Gaffney	35.90	428
5. Pat Carmody	28.30	300
6. Mike Stomski	27.81	292

TOTALS

1. Carl Wallin	3753
2. John Dupuis	3723
3. Pat Carmody	2718
4. Mike Stomski	2541
5. Paul Gaffney	2383
6. Steve Hennigan	1835

NINTH ANNUAL POTOMAC VALLEY MASTERS GAMES FAIRFAX, VIRGINIA SEPTEMBER 2, 1984

100 METER DASH

JUNIOR MEN		
1. RULE, JEFFREY	(15)	13.6
2. COLEBERT, LARRY	(17)	14.1
3. SPILLERS, DAVID	(13)	14.8

OPEN MEN		
1. VENCIL, DAVID ELYDGE	*(27)	11.4
2. WAKELL, JOHN	*(26)	11.5
3. PINKNEY, MICHAEL	(25)	11.5

30-39 MEN		
1. TALLEY, DEWEEL T.	(33)	11.4
2. FITZGERALD, GERALD	(37)	11.5
3. SALEEM, DAVID	(34)	11.6
4. LANGLEY, JESSE J.	(33)	11.8
5. FLEVENDAHL, ARDUL	(35)	12.1

40-49 MEN		
1. TAYLOR, ROBERT DAVID	*(42)	12.0
2. COLEBERT, LARRY	*(47)	12.0
3. MCCOMBS, FRANK	(47)	12.3
4. JEFFREY, WILLIAM L.	(44)	12.6
5. CARTER, NATHANIEL	(45)	13.0
6. BRADLEY, JAMES	*(48)	13.8
7. SUID, LAWRENCE	(46)	14.1

50-59 MEN		
1. PAULING, CLIFFORD E.	(50)	12.4
2. DEERY, STANLEY	(50)	12.7
3. PRATT SR., LAWRENCE R.	(52)	12.8
4. PARKER SR., ROGER L.	*(50)	13.2
5. MCCARTER, DON	(55)	13.8

70 & OVER MEN		
1. ERNST, DONALD H.	(75)	18.2
2. DETWEILER, BOB	(70)	19.6

JUNIOR WOMEN		
1. RULE, KRISTIN	(10)	16.6

OPEN WOMEN		
1. DELANCY, CAROLINE	(28)	13.1
2. AUSTIN, SARAH J.	*(29)	14.3

30-39 WOMEN		
1. AVERY ROSEMARY BOYD	*(30)	16.5

200 METER DASH		
JUNIOR MEN		
1. KIHARD, ERNEST	(14)	26.0

OPEN MEN		
1. VENCIL, DAVID ELYDGE	*(27)	23.6

30-39 MEN		
1. SALEEM, DAVID	(34)	23.5
2. PERRY, RALPH	(32)	23.7
3. TALLEY, DEWEEL T.	(33)	24.1
4. FITZGERALD, GERALD	(37)	25.9
5. HARDY, DONNIE	(33)	26.1

40-49 MEN		
1. COLEBERT, LARRY	*(47)	24.7
2. MCCOMBS, FRANK	(47)	25.7
3. JEFFREY, WILLIAM L.	(44)	26.3

50-59 MEN		
1. PAULING, CLIFFORD E.	(50)	25.6
2. DEERY, STANLEY	(50)	
3. PARKER SR., ROGER L.	*(50)	27.7

JUNIOR WOMEN		
1. JACKSON, KELLY E.	(14)	26.7

OPEN WOMEN		
1. DELANCY, CAROLINE	(28)	27.2

30-39 WOMEN		
1. AVERY ROSEMARY BOYD	*(30)	36.0

40-49 WOMEN		
1. REYER, JIMMY	*(43)	32.4

400 METER DASH		
JUNIOR MEN		
1. BROOKS, ALBERT F.	(16)	56.9

30-34 MEN		
1. FERG, RALPH	(32)	51.0
2. CARNER, ERNEST	(32)	51.8
3. HARDY, DONNIE	(33)	54.8
4. WANSFIELD, TOM	(31)	55.3
5. WILLIAMS, LARRY	(30)	55.6
6. HEPPON, ANTONIO	(30)	54.8

35-39 MEN		
1. YEE, HENRY	*(36)	51.0
2. SHEPLOCK, KEVIN	(39)	54.5
3. THOMAS, NORMAN	(39)	56.3
4. CARLSON, PAUL	(37)	61.4

45-49 MEN		
1. COLEBERT, LARRY	*(47)	54.1
2. BRADLEY, JAMES	*(48)	59.8
3. SUID, LAWRENCE	(46)	64.8
4. SHIRIAK, DAVID	(45)	71.3

50-59 MEN		
1. PAULING, CLIFFORD E.	(50)	54.1
2. MCCARTER, DON	(55)	60.7
3. PARKER SR., ROGER L.	*(50)	63.8

60-69 MEN		
1. GORDON, RAY	*(66)	62.4
2. ENGLETT, ROY T.	(61)	65.0

70 & OVER MEN		
1. NIEBEL, HAROLD	(70)	74.8

JUNIOR WOMEN		
1. JACKSON, KELLY E.	(19)	63.9

40-49 WOMEN		
1. REYER, JIMMY	*(43)	70.7
2. KEPCH, INES	*(44)	75.9

800 METER RUN		
40-49 MEN		
1. ROYER, DON	(40)	21.7
2. RIBEIRO, FRANK	(41)	21.7

50-59 MEN		
1. PAULING, CLIFFORD E.	(50)	21.6

60-69 MEN		
1. ENGLETT, ROY T.	(61)	31.25

70 & OVER MEN		
1. BREIDENBECK, RICHARD	(78)	31.23

40-49 WOMEN		
1. REYER, JIMMY	*(43)	21.37
2. KEPCH, INES	*(41)	21.57

1500 METER RUN		
30-34 MEN		
1. BANKS, MICHAEL S.	(33)	41.11
2. WASHINGTON, LARRY	*(33)	41.17
3. EDDY, DAN	(33)	41.20

35-39 MEN		
1. VERNON, CHUCK	*(37)	41.08
2. SHILLING, DAVID MARTIN	(39)	41.15
3. WELDON JR., TILSON D.	(39)	41.27

40-49 MEN		
1. ROBERTSON, PAUL L.	*(45)	51.58

50-59 MEN		
1. BRUNGARD, CARL	(59)	61.07

60-69 MEN		
1. ENGLETT, ROY T.	(61)	61.55
2. MAC KENZIE, JOHN R.	(61)	71.28

70 & OVER MEN		
1. BREIDENBECK, RICHARD	(78)	71.08

30-39 WOMEN		
1. HOUCK, MARGO	(30)	71.38

40-49 WOMEN		
1. KEPCH, INES	*(44)	51.21
2. WILLIS, PATRICIA S.	*(48)	71.28

3K RUN		
30-34 MEN		
1. MARTIN, ELLIS J.	*(34)	101.07
2. PETERSON, ROBERT C.	(30)	101.11
3. FERGUSON, MIKE	(34)	111.22

35-39 MEN		
1. CAMP, GREG	(37)	91.04
2. SHANKS, JIM	(35)	91.21
3. WELDON JR., TILSON D.	(39)	91.44
4. WASHINGTON, LARRY	(39)	101.29

40-49 MEN		
1. DESJARDINS, CHARLES R.	*(17)	101.54
2. RIBEIRO, FRANK	(41)	111.27
3. BROWN, DAVID C.	(41)	111.27

50-59 MEN		
1. DICKERSON, LAWRENCE	*(53)	111.33
2. BRINGARD, CARL	(59)	121.53

HIGH HURDLES		
30-34 MEN		
1. SALEEM, DAVID	(34)	15.2
2. WILLIAMS, GENE	(34)	20.9

40-44 MEN		
1. COMILLION, THOMAS	*(41)	16.1

50-54 MEN		
1. PRATT SR., LAWRENCE R.	(52)	17.3
2. CARLE, H.W.	*(52)	20.0
70 & OVER MEN		
1. NIEBEL, HAROLD H.	*(70)	21.3

400 METER HURDLE		
30-39 MEN		
1. SHEPLOCK, KEVIN	(39)	59.2
2. WECKSTEIN, DANIEL R.	(31)	70.5

40-49 MEN		
1. COMILLION, THOMAS	*(11)	61.5
2. BRADLEY, JAMES	*(48)	65.0

HIGH JUMP		
30-39 MEN		
1. WECKSTEIN, DANIEL R.	(31)	5' 8"

40-49 MEN		
1. CARTER, NATHANIEL	(45)	5' 0"
2. HAHN, MORTON	(48)	3' 5"

50-59 MEN		
1. PRATT SR., LAWRENCE R.	(52)	5' 0"

OPEN WOMEN		
1. GALBRATH, LAURIE	(23)	4' 3"

30-39 WOMEN		
1. HAYDEN, MARJORIE	(39)	3' 5"

POLE VAULT		
30-39 MEN		
1. SMITH, DAVID D.	*(31)	13' 6"
2. LILLY, HAROLD GINO	(38)	12' 6"
3. JOHNSON, PHILIP	(35)	12' 6"

40-49 MEN		
1. PULHAMUS, CHARLES	(41)	13' 0"
2. ZUPAN, EDWARD A.	(45)	12' 0"
3. BUSBY, WILLIAM J.	(40)	11' 0"

50-59 MEN		
1. WELDON, JERRY	(52)	12' 0"
2. CARLE, H.W.	*(52)	9' 6"

LONG JUMP		
30-39 MEN		
1. KELLEY, VERNON F.	(30)	19' 11"
2. HEPPON, ANTONIO	(30)	18' 6"
3. FITZGERALD, GERALD	(37)	18' 1/2"

40-49 MEN		
1. TAYLOR, ROBERT DAVID	*(42)	20' 2"
2. JEFFREY, WILLIAM L.	(44)	17' 8"
3. MCCOMBS, FRANK	(47)	16' 2"
4. CARTER, NATHANIEL	(45)	16' 2"
5. BRADLEY, JAMES	*(48)	13' 11"

50-59 MEN		
1. CARSTENSEN, PAV	(52)	14' 11"
2. HOLMES, EDWARD A.	(59)	14' 2"

70 & OVER MEN		
1. NIEBEL, HAROLD	(70)	10' 6"

JUNIOR WOMEN		
1. RULE, KRISTIN	(10)	10' 6"

TRIPLE JUMP		
OPEN MEN		
1. PRATHER, ARDEN	(24)	46' 1"

40-49 MEN		
1. CARTER, NATHANIEL	(45)	32' 5"

50-59 MEN		
1. CARSTENSEN, PAV	(52)	29' 9"

SHOT PUT		
30-39 MEN		
1. CORRIGAN, PAUL	(34)	41' 7"
2. HARDY, DONNIE	(33)	31' 10"

40-49 MEN		
1. NEVILLE, AL	*(40)	38' 5"
2. BUSBY, WILLIAM J.	(40)	20' 4"
3. BRADLEY, JAMES	*(48)	22' 7"

50-59 MEN		
1. CARSTENSEN, PAV	(52)	41' 11"
2. ROTHROCK, JAMES G.	(51)	40' 9"
3. HOLM, HARRY	(50)	38' 1/2"
4. DEERY, STANLEY	(50)	36' 6"
5. HOLMES, EDWARD A.	(59)	33' 5"
6. CULLETON, JOHN	*(52)	20' 6"
7. BRAND, NORMAN	*(51)	28' 8"

60-69 MEN		
1. COLEMAN, WILLIAM J.	*(66)	38' 9"

70 & OVER MEN		
1. GARTHUNE, WILLIAM	*(76)	34' 5"
2. DETWEILER, BOB	(70)	30' 7"
3. GARTHUNE, ROBERT	(77)	26' 2"
4. RUBENSTEIN, ALBERT B.	*(76)	21' 9"

40-49 WOMEN		
1. ROTHROCK, LAURIE L.	(42)	26' 1/2"

DISCUS THROW		
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5TH JAPAN MASTERS CHAMPIONSHIPS - 10/6, 10/7, 1984 - Okinawa, Japan

Meet results (NJR = New Japan Record)

Prepared by: Reiko Duba

Javelin		
Byrne, N.	39	117-0
Rademacher, M.	47	135-6
Scudieri, P.	48	126-0
Carstensen, P.	52	110-6
Carle, H.	53	104-0
Rubenstein, Al	76	29-0
Alwyn, Alicia	44	51-0

12# Hammer

McReynolds, Mike	44	111-9
Scudieri, P.	48	106-3
Carstensen, P.	52	125-4

Javelin

Schlesser, J.	35	131-9
Byrne, N.	39	125-8
White, Russ	40	194-0
Rademacher, M.	47	130-0
Carle, H.	52	98-4

--Championship Meet--

--October 28, 1984--

(5-year age groups)

Shot Put

Schlesser, J.	35	41-11
Scudieri, Phil	48	36-9 1/2
Rademacher, M.	47	31-6
Carstensen, Pay	52	42-6 1/2
Carle, H.	53	29-9
Laski, Stan	67	30-8
Garthune, Bill	76	31-8 1/2
Garthune, Bob	78	26-10
Rubenstein, Al	76	20-1
Alwyn, Alicia	44	20-11
Rubenstein, Peggy	70	13-2

Discus

Schlesse, J.	35	106-1
Byrne, N.	39	101-0
Levendis, G.	42	128-2
McReynolds, M.	44	83-4
Scudieri, P.	48	117-5
Rademacher, M.	47	94-2
Carstensen, P.	52	98-0
Carle, H.	53	92-1
Laski, Stan	67	84-4
Garthune, Bill	76	64-2
Garthune, Bob	78	63-11
Rubenstein, Al	76	55-2
Alwyn, Alicia	44	52-2
Rubenstein, Peggy	70	31-9

MEN

100M

40-44	Watanabe 11.4, Tadakuma 11.5, Sudo 11.8
45-49	Morizumi 11.6, Takase 11.7, Omine 11.8
50-54	Nakata 12.0 (NJR), Kadonami 12.1 (NJR), Mori 12.2
55-59	Hietta 12.4, Ishiguro 12.6, Tamaki 12.7
60-64	Makita 12.9 (NJR), Mitsuta 13.0, Tanaka 13.2
65-69	Morita 13.8, Aramiya 13.9, Zaibu 14.0
70-74	Fujishima 14.2, Morita 14.6, Nishiuchi 14.7
75-79	Sano 16.1, Kato 16.6, Osawa 16.7
80-84	Kentani 20.6

200M

40-44	Watanabe 23.8, Tadakuma 24.2, Sudo 24.5
45-49	Takase 24.0 (NJR), Morizumi 24.1, Kawamura 24.7
50-54	Morita 25.4, Shimada 25.4, Ryo (Taiwan) 25.4
55-59	Hietta 25.6, Tamaki 26.2, Ishiguro 26.4
60-64	Mitsuta 26.9 (NJR), Makita 26.9 (NJR), Nohara 27.7
65-69	Nakama 28.9, Tsunose 29.1, Morita 29.1
70-74	Suzuki 30.3 (NJR), Tateishi 31.1, Uegama 31.9
75-79	Sano 34.6, Goto 34.6, Osawa 35.2
80-84	Kentani 45.7

400M

40-44	Yoshida 54.4, Takemagi 55.1, Okudaira 57.0
45-49	Takase 55.4, Nakata 56.0, Gogo 56.3
50-54	Sawamoto 58.6, Morita 60.1, Ono 61.4
55-59	Tamaki 59.0, Sugiyama 60.8, Namisato 61.4
	Robert Watanabe-USA 6th: 62.5
60-64	Okuyama 63.9, Ohashi 66.1, Kitsuke 67.2
65-59	Watanabe 67.3, Tsutsui 71.7, Oh (Korea) 72.3
70-74	Suzuki 72.1 (NJR), Uegama 76.3, Nishimura 77.1
75-59	Goto 85.1, Kato 94.4

800M

40-44	Takeda 2:04.0, Tsunamoto 2:04.5, Nishiguchi 2:07.6
45-49	Gogo 2:06.1, Kinjo 2:08.7, Tanita 2:10.8
50-54	Sawamoto 2:13.3, Mori 2:16.2, Kono 2:20.6
55-59	Watanabe 2:18.7, Morimoto 2:22.0, Nagano 2:22.8
60-64	Okuyama 2:25.7 (NJR), Kaminobe 2:25.8 (NJR), Nakatani 2:35.7
65-69	Miura 2:38.9, Matsushita 2:43.8, Nakashima 2:49.0
70-74	Tokomatsu 2:52.5, Tahara 2:55.1, Fujii 3:03.6
75-59	Kawakatsu 3:11.1, Kato 3:36.5, Chin 3:38.7
80-84	Takenobu 3:38.4

1500M

40-44	Tsunamoto 4:18.3, Sakata 4:22.9, Yamashita 4:28.2
45-49	Sekiya 4:27.5, Migita 4:29.7, Komatsu 4:34.1
50-54	Sawamoto 4:34.5, Ichikawa 4:39.9, Mori 4:44.0
55-59	Kazama 4:51.1, Kawamitsu 5:01.6, Suzuki 5:02.2
60-64	Yamaguchi 5:23.9, Hasegawa 5:49.3, Tsuji 5:52.3
65-59	Sato 5:30.7, Oh (Korea) 5:39.8, Sasaki 5:42.2
70-74	Tokomatsu 5:50.7, Masuda 5:51.3, Tahara 6:02.6
75-79	Taira 8:31.6, Kawakatsu 6:39.9
80-84	Takenobu 7:48.5

5000M

40-44	Sakata 16:07.9, Seki 16:19.2, Ishihara 16:33.9
45-49	Migita 16:24.5, Nakata 16:43.4, Sera 16:48.8
	James Murphy - USA - 4th: 16:55.9
50-54	Ichikawa 17:15.0, Oishi 18:24.0, Yamamoto 19:07.0
55-59	Kazama 17:46.9 (NJR), Suzuki 18:54.5, Yamada 19:18.9
60-64	Fukuri 19:46.3, Yamaguchi 19:50.6, Kaminobe 20:22.0
65-59	Matsushita 21:09.1, Sasaki 21:20.9, Higa 22:38.3
70-74	Tokomatsu 22:01.2, Masuda 22:03.0, Nishimura 22:24.2
75-79	Kawakatsu 24:17.9, Nakamura 33:13.0
80-84	Takenobu 28:54.3

HJ

40-44	Toga 1.55, Shikei 1.45, Chiba 1.45
45-49	Kamiya 1.65, Omine 1.60, Nago 1.60
50-54	Chinen 1.60 (NJR), Oikawa 1.50, Shiruhana 1.45
55-59	Yoshida 1.50, Yamamoto 1.45, Ogata 1.40
60-64	Tanaka 1.40 (NJR), Hasegawa 1.35, Gushiken 1.30
65-69	Miura 1.30, Ujiie 1.20, Ogura 1.15
70-74	Miyata 1.15, Bob Boal (USA) 1.10, Hirata 1.05
75-59	Kawakami 1.05, Hosokawa 1.00

LJ

40-44	Nakajima 6.06, Nakamura 5.91, Katakata 5.69
45-49	Omine 6.00, Tajima 5.98, Miyazawa 5.65
50-54	Sobe 6.09 (NJR), Chinen 5.56, Nakamura 5.17
55-59	Yamamoto 5.47, Kobayashi 5.40, Ishi 5.01
60-64	Tanaka 5.11 (NJR), Sasaki 4.93, Yamane 4.83
65-69	Tsuno 4.64, Hironaga 4.51, Ogasawara 4.47
70-74	Morita 4.92, Hirata 3.99, Kasama 3.99
75-59	Hosokawa 3.72, Kawashima 3.64, Kawakami 3.54

PV

40-44	Oura 3.00, Fujiwara 2.90
50-54	Otani 2.70
55-59	Iwasaki 2.60 (NJR), Kiuchi 2.25 (NJR), Chinen 2.10
60-64	Mori 2.30 (NJR), Takagi 2.25 (NJR), Enomoto 2.10
65-69	Torigai 1.50
70-74	Fujii 1.70
75-59	Kawakami 1.80

TJ

40-44	Nakamura 12.50, Tanaka 12.33, Toga 11.79
45-49	Omine 12.51, Oura 11.14, Yamaguchi 10.87
50-54	Sobe 12.80 (NJR), Ichikaki 11.27, Nagai 10.37
55-59	Yamamoto 11.51, Kobayashi 11.00, Ishii 10.40
60-64	Sasaki 10.22, Yamane 9.45, Ota 9.33
65-69	Miura 9.75, Ogasawara 9.04, Ujiie 8.88
70-74	Morita 9.85, Tateishi 8.94, Tomita 8.29
75-79	Kawashima 7.46, Hosokawa 7.22, Taira 6.05

SP

40-44	Okamoto 11.63, Kureya 11.33, Toe 10.75
45-49	Fukuwara 11.95 (NJR), C. Crem (USA) 11.20, Kato 11.13
50-54	Nakao 12.90 (NJR), Horie 11.45, Tsushida 11.31
55-59	Wong (Taiwan) 12.28, Kawahira 11.01, Tsuga 10.70
60-64	Ishi 11.84, Hasegawa 11.55, Sekata 11.04
65-69	Yokota 11.32, Zaibu 10.41, Watanabe 9.84
70-74	Tsukahara 10.03, Dr. Wischmann (FGR) 9.25, Kuresawa 8.68
75-59	Osawa 9.16, Oda 7.56, Yamashita 7.28

DT

40-44	Okamoto 33.30, Sadoyama 32.18, Tako 31.98
45-49	Higa 35.08 (NJR), Fukuhara 34.00, C. Crem (USA) 30.70
50-54	Nakao 38.74, Toyokawa 34.28, Horie 32.88
55-59	Yoshino 30.36, Urashima 27.42, Kawahira 26.42
60-64	Ishii 35.68, Hasegawa 33.16, Funayama 29.92
65-69	Yokota 33.78, Watanabe 31.26, Yamamoto 30.90
70-74	Dr. Wischmann (FGR) 30.08, Kuresawa 25.88, Kazama 24.88
75-79	Okazaki 24.64, Osawa 23.88, Kawai 22.70

JT

40-44	Yasukawa 48.22, Nakamura 44.32, Shiruhana 42.94
45-49	Fitzhugh (USA) 38.46, Yamashita 37.32, Kinoshita 35.86
50-54	Tsushida 44.14 (NJR), Mihara 40.44 (NJR), Maeda 36.90
55-59	Morikawa 36.76 (NJR), Hiromoto 35.30, Koyama 32.08
60-64	Enomoto 30.94, Ishii 30.84, Hanaoka 27.36
65-69	Morita 35.66 (NJR), Yokota 32.30, Zaibu 29.40
70-74	Rai (Taiwan) 29.94, Dr. Wischmann (FGR) 27.52, Kazama 27.34
75-59	Okazaki 27.30, Osawa 22.44, Yamashita 18.40

WOMEN

100M

35-39	Agari 13.1, Matsuno 13.4, Inami 13.6
40-44	Higa 13.9, Uchima 13.9, Ogawa 14.2
45-49	Kuratsu 14.2, Kinjo 15.5, Zaitzu 15.7
50-54	Yamamoto 13.8 (NJR), Nakama 15.5, Takahashi 16.7
55-59	Irie 15.6 (NJR), Furui 16.5, Oyama 18.0
60-64	Nakamura 18.4, Higa 19.6
65-69	Gomi 19.3, Nakajima 19.4, Yamada 20.2

200M

35-39	Matsuho 27.7, Nabekura 28.5, Inami 29.2
40-44	Higa 29.3, Uchima 29.7, Tsukitsu 30.5
	Reiko Duba (USA) 4th: 31.2
45-59	Kuratsu 29.0, Suzuki 34.5, Niigaki 34.8
50-54	Yamamoto 29.2, Kawaguchi 31.9, Ando 35.8
55-59	Irie 33.0, Oyama 38.4
60-64	Higa 43.8
65-69	Gomi 42.4

800M

35-39	Kumagai 2:33.8, Taira 2:45.9
40-44	Nishikawa 2:31.6 (NJR), Reiko Duba (USA) 2:39.4, Hirane 2:41.7
45-49	Oshiro 2:48.9, Sakurai 2:55.3, Suzuki 2:59.6
50-54	Gogo 2:50.6 (NJR), Kawaguchi 2:56.1
55-59	Asayama 2:57.3 (NJR), Oyama 3:16.4
60-64	Imatsu 3:11.5 (NJR)
65-69	Yamada 4:00.1

1500M

35-39	Kumagai 5:18.7, Nomi 5:37.4
40-44	Nishikawa 5:10.0, Hiyane 5:37.2, Ikehara 6:02.0
45-49	Oshiro 5:50.2, Sakurai 6:08.0, Kinjo 6:52.3
50-54	Gogo 5:52.2, Kawaguchi 6:17.0
55-59	Asayama 6:00.5
60-64	Imatsu 6:32.7

5000M

35-39	Kumagai 19:45.8, Nomi 21:33.0, Nakamura 23:09.1
40-44	Nishikawa 19:01.7, Hiyane 21:02.4, Hamada 22:44.7
50-54	Gogo 21:40.9, Hirashiki 25:36.8
55-59	Asayama 22:03.4
65-69	Ushijima 28:43.5, Yamada 29:53.4

HJ

35-39	Agari 1.25
40-44	Ogawa 1.25, R. Duba (USA) 1.25
45-49	Kataoka 1.20, Yamaguchi 1.10
50-54	Yamamoto 1.15, Kurihara 1.05, Fukushima 1.05
55-59	Irie 1.05 (NJR)

LJ

35-39	Agari 4.66, Inami 4.38, Higa 3.95
40-44	Ogawa 4.40, Watarikuchi 4.15, Anri 4.11
45-49	Suzuki 4.34 (NJR), Kuratsu 4.27, Kataoka 4.13
50-54	Nakama 3.68, Fukushima 3.37, Ando 3.00
55-59	Furui 3.50, Miura 2.87
60-64	Nakamura 2.95
65-69	Nakajima 2.46

SP

35-39	Oiwa 11.04, Nabekura 7.63
40-44	Kishima 8.92, Chiba 5.93
45-49	Kinjo 8.20, Shirado 7.54, Kinjo 7.42
50-54	Kirihara 9.37, Otake 7.91, Takahashi 7.58
55-59	Ryu (Taiwan) 7.15
70-74	Mrs. Wischmann (FGR) 7.21

DT

40-44	Kijima 25.26, Higa 19.66
45-49	Shirado 25.28, Tsunami 21.72, Kinjo 20.86
50-54	Kurihara 21.66, Fukushima 20.68, Takahashi 18.10
55-59	Ryu (Taiwan) 14.60
70-74	Mrs. Wischmann (FGR) 20.28, Kouno 14.38

JT

35-39	Oiwa 42.30, Michihiro 17.98
40-44	Kijima 33.28, Anri 25.24
45-49	Watarikuchi 25.36, Shirado 22.36, Kataoka 21.90
50-54	Matsumoto 9.48
55-59	Miura 17.44
70-74	Mrs. Wischmann (FGR) 20.40



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.

DIET PEPSI 10K PORTLAND, OREGON, SEPT. 9

Open Rod Dixon	28:59
Gail Kingma	33:30
M40 Sal Vasquez	30:46
Mike Heffernan	33:13
Pat Becker	34:29
M50 Ray Hatton	32:46
M60 Clive Davies	37:57
W40 Vicki Foltz	37:28
Carol Flexer	37:33
W50 Barbara Pereira	47:42

DIET PEPSI 10K HONOLULU, SEPT. 23

Open Duncan McDonald	30:32
Adrienne Johnson	36:24
M40 Mike Tynn	33:52
Brian Clarke	34:08
Jim Haugh	34:47
M50 Jose Virgil	36:22
M60 Gerry Horton	37:37
W40 Susan Woltag	41:59
W50 Diane Stovall	46:30
W60 Margaret Lee	55:32

FOOTLOCKER PARTNERS 8K WASHINGTON, D.C. SEPTEMBER 30

Open Jon Sinclair	23:12
Laura Albers	27:27
M40 Jonathan Blake	27:57
Tom Sheahan	28:13
John Kennedy	28:37
M50 Herb Chisholm	30:10
M60 Dick Johnson	33:29
W40 Cindy Dalrymple	30:43
W50 Rachel Bourn	33:50
W60 Evelyn Kerper	45:37

PHIDIPPIDES FALL CLASSIC 10K JACKSON, MISSISSIPPI OCTOBER 6, 1984

Open Dan Rutto	31:18
Debi Ethredge	36:56
M40 Tom Ross	33:27
Sam Turnbull	35:51
Tom Griffin	36:35
W40 Linda Nesbit	44:13
Jerri Bennett	44:14
Susan Tewes	48:28

AL BISHOP X-COUNTRY 5K; ATLANTA, GA; 10/6/84

Overall	
Phil Woodyard	22 15:50
Susan Houlton	37 18:44
M40-44	
Alan Pilling	42 16:48
Tom Cannon	41 17:57
Fox Ferrell	43 19:06
M45-49	
Ken Winn	47 17:06
Dick Moss	45 22:44
Don Brim	45 24:28
M50-54	
Don Gorham	50 19:09
Herb Laws	20:31
Jack Shuter	54 22:26
M55-59	
Jack Wall	55 22:00
Calvin Ward	55 22:58
John Carew	56 23:16
W40-49	
Kelly Ferrel	44 23:24
Priscilla Stephens	41 23:41
Pat Cashwell	44 34:46
W50+	
Charlotte Tanner	58 27:31
Kathryn Welden	50 27:48

OKTOBERFEST CLASSIC 10K MINSTER, OHIO - OCTOBER 7.

Open Brian Carlton	29:10
Julie Isphording	35:05
M40 Don Coffman	31:56
M45 Bill Olrich	32:31
M50 Don Gammie	34:26
M55 Elliot Reynolds	39:16
M60 Ray Chapplear	39:01
W40 Iris Black	35:38
W45 Barbara Weber	42:10

NATIONWIDE/BANK ONE MARATHON V; COLUMBUS, OHIO; OCTOBER 7, 1984

Overall	
Gerard Nijboer	2:13:39
Priscilla Welch	39 2:34:04
M40-44	
Marlin Thomas	42 2:40:24
Jim Gorney	44 2:49:11
Robert Navarro	41 2:49:46
M45-49	
Henri Salavarda	47 2:25:28
Fred Hagerman	49 2:37:06
Thomas Shore Jr	45 2:59:47
M50-54	
Bill Foulk	51 2:38:58
Otho Perkins	54 2:44:24
Jack Cagot	51 2:45:47
M55-59	
James Glidewell	57 2:50:33
Edwin Rowland	57 3:05:59
Michael Gorcoff	57 3:07:16
M60+	
C. Franke Sr	63 3:36:16
W. Coughlin	64 3:43:15
Harold Beard	60 3:46:09
W40-44	
Judy Kruk	43 3:15:52
Pat Mulroney	41 3:18:27
Merle Fulton	40 3:31:36
W45-49	
Jean Toth	48 3:18:28
Elaine Clapp	47 3:31:56
Bev Richardson	45 3:45:15
Bette Poppers	41 2:55:18
W50-54	
Sarann Mock	53 4:19:33
Odetta Scott	52 4:26:49
Nancy Cline	52 4:52:24
W55-59	
Donna Cornelius	58 4:16:48
W60+	
Lynn Edwards	61 4:01:33
Ann Budea	60 7:00:00

VIRR KIHEI HALF-MARATHON & 10K; MAUI, HI; 10/7/84

---Half-marathon---	
Overall	
Andy Libert	1:13:50
Noel Murche	1:36:17
M40 John Pouley	1:20:00
Bernie DuPuis	1:22:14
Jim Nestergerd	1:28:08
M50 Larry Whitehead	1:25:46
David Sakagawa	1:32:04
Del King	1:33:34
W40 Debbi Putnum	2:22:48
Sue King	2:51:00
W50+ Miki Horton	1:53:46
---10K---	
Overall	
John Richardson	39 35:50
Kathy Stanczyk	42:14
M40 Allen Idemoto	39:20
Ron Terry	39:47
Larry Schlesinger	45:18
M50 Barry Oneto	45:22
M60+ Jerry Horton	38:27
W40 S. Schlesinger	50:08
Joan DuPuis	52:58
Helga Folkes	54:40

BONNE BELL/CHEVROLET 10K NATIONAL CHAMPIONSHIPS; BOSTON, MA; 10/8/84

40-49	
Jane Arnold	43 36:35
Shirley Matson	43 36:36
Eliz. Harshbarger	41 37:52
Barbara Pike	43 38:16
50-59	
Anny Stockman	52 41:26
Helen Hamilton	53 42:03
Joanne Mallet	50 43:15
Sally Goodhue	50 43:28
60-and-over	
Kay Syvari	60 46:42
Jean Price	63 50:24
Adeline Baptista	66 55:20
Virginia Varg	60 55:28

CALIFORNIA RRC 50K CHAMP- IONSHIPS; LOS ANGELES OCTOBER 21, 1984

Overall	
Jim Pellon	34 3:12:52
Teri Gerber	35 3:44:08
M35-39	
Charles Hoover	235 3:18:35
James Pepin	35 4:02:44
Terry Cammack	38 4:04:34
M40-44	
Keith Handley	43 3:58:40
Edward Graper	43 4:02:12
Lance Almond	40 4:32:34
M45-49	
Dick Pallies	47 3:47:59
Rich Belliveau	48 4:09:22
Larry Mazur	49 5:21:52
M50-54	
Jim Knerr	50 3:24:33
Del Pearce	51 3:56:33
Jack Resh	53 3:58:15
M55-59	
Jack Rohdemoe	55 4:08:17
Marv Powers	56 4:12:37
Charles Cunliffe	55 4:14:30
M60+	
F. Nagelschmidt	60 3:51:48
W45-49	
Chris Sidles	48 5:05:19

TULSA RUN OCTOBER 27, 1984

MALE 35-39	
TIME NAME	
0:48:54 SHORTER, FRANK	
0:51:44 STOGSDILL, THOMAS MARK	
0:52:30 GRAY, SAMUEL H	
0:52:34 HAMBRICK, PATRICK S	
0:52:50 ANDERSON, ROBERT N	
MALE 40-44	
TIME NAME	
0:51:45 FISCHER, JEFF	
0:53:20 STUENK, ROBERT S	
0:54:01 SINGLETARY, WILLIAM B	
0:55:04 EMANUELSON, LEONARD C	
0:55:52 MINOR, DRWOOD J	
MALE 45-49	
TIME NAME	
0:53:18 MCFADDEN, JIM E	
0:53:42 BENNETT, RUSSELL L	
0:54:34 METCALF, KENT	
0:55:07 WORTH, LARRY H	
0:58:08 DGLE, JOHN C	
MALE 50-54	
TIME NAME	
0:56:15 BIRNEY, WALTER L	
0:56:18 FEATHERSTON, ROBERT H	
0:57:17 BLANCHARD, STEVE	
0:59:33 FUQUA, RAY L	
0:59:59 HORNS, NORMAN M	
MALE 55-59	
TIME NAME	
0:58:19 CROCKETT, JERRY J	
1:00:37 BURT, FRANK W	
1:02:12 MAUZY JR, WHIT Y	
1:02:51 MCINTOSH, NOCUS	
1:04:06 ELMORE, JAMES L	
MALE OVER 60	
TIME NAME	
1:04:12 VELOZ, GUAJOLOTE W	
1:06:18 SMITH, JIM	
1:06:56 BRANNIN, DAN E	
1:06:56 MIDRANDI, FRANK V	
1:07:16 BURNS, DIXON S	
FEMALE 35-39	
TIME NAME	
0:59:38 HUTCHISON, JANE D	
1:02:27 DANIEL, PATSY A	
1:03:46 LAMBERT, PATSY A	
1:05:26 CRAWLEY, ELIZABETH A	
1:07:05 MANNING, BARBARA J	
FEMALE 40-44	
TIME NAME	
1:01:44 BIXBY, MAUREEN A	
1:02:32 PAGE, DIANE	
1:04:47 DI ZEREGA, FAY M	
1:06:52 HULL, ERIKA	
1:07:10 LAWSON, SUE	
FEMALE 45-49	
TIME NAME	
1:03:36 WRIGHT, DONNA K	
1:03:46 COOPER, SHARON R	
1:05:41 AUSTIN, JOY D	
1:09:43 TAYLOR, LYNN C	
1:11:13 SPEER, MARGARET	
FEMALE 50-54	
TIME NAME	
1:10:49 HORNS, MAE K	
1:15:34 AKIN, DOROTHY K	
1:21:04 CHADWICK, JANET	
1:21:54 LINDSEY, SARAH A	
1:22:53 THOMPSON, MARILYN	
FEMALE 55-59	
TIME NAME	
1:29:02 BURT, BETTY B	
1:30:15 JONES, JACKIE J	
1:30:41 WHEELER, PATRICIA W	
1:30:43 LEMONS, WANDA J	
1:31:01 HELLER, PEGGY	
FEMALE OVER 60	
TIME NAME	
1:22:34 WILLIAMSON, BERNICE O	
1:45:46 PRISTER, HELEN	

PEPSI CHALLENGE 10K CHARLOTTESVILLE, VA OCTOBER 27, 1984

M40+	
Fletcher Arritt	42:01
Al Rogol	42:24
Jeff McCarron	45:18
John Eros	46:59
James Wilkinson	47:13
W40+	
Mary Lee Larson	51:47
Content Sablinsky	58:03

OKLAHOMA CITY RUNNING CLUB 10th MARATHON & HALF MARATHON, 11-3-84

Marathon 1st Overall	
M-Gib Johnson	38 2:54:14
W-Deborah Garey	14 3:32:40
M40-49	
Paul Lee	47 3:52:27
RD Johnson	47 3:55:47
M50-Over	
Ken Karty	55 3:49:34
Len Terronez	54 3:51:16
W35-39	
Jewel Stigall	35 3:42:47
Karen Carrothers	36 4:01:38
W40-49	
Fay di Zerega	41 3:33:16
Joyce Elliott	45 3:37:38

Half Marathon 1st Overall | | | |---------------|------------| | M-Erin Rankin | 26 1:12:14 | | W-Shauna Menz | 18 1:33:28 | | | | |------------------|------------| | M40-44 | | | Danny Cossairt | 40 1:22:59 | | Len Emanuelson | 41 1:26:53 | | Charles Bertalot | 43 1:28:10 | | | | |--------------|------------| | M45-49 | | | John Ware | 45 1:28:11 | | Dean Windsor | 49 1:34:18 | | David Rubin | 45 1:39:41 | | | | |--------------|------------| | M50-54 | | | Jim Tennison | 52 1:25:50 | | Dale Howell | 51 1:36:19 | | Chick Gancer | 51 1:39:40 | | | | |---------------|------------| | M55-59 | | | Jack Rector | 59 1:57:54 | | Lloyd Beck | 58 2:00:11 | | Durel Johnson | 58 2:42:23 | | | | |---------------|------------| | M60-Over | | | Lewis Winters | 63 1:43:22 | | Fisher Lewis | 63 1:59:53 | | | | |---------------|------------| | W35-39 | | | Patsy Lambert | 37 1:34:20 | | Jane Knapp | 37 1:45:02 | | Sharon Oxford | 39 1:50:51 | | | | |-------------|------------| | W40-49 | | | Lynn Taylor | 45 1:47:00 | | | | |----------------|------------| | W50-Over | | | Janet Chadwick | 51 2:04:23 | | | | |--------------------------|--| | from Jim Smith, Director | | |--------------------------|--| | | | |--|--| | INDIANAPOLIS MARATHON; IND-
IANAPOLIS, INDIANA; 11/3/84 | | |--|--| | | | |-------------|------------| | Overall | | | Brady Wells | 23 2:27:34 | | Ann Mentz | 26 3:19:04 | | | | |----------------|------------| | M40-44 | | | Paul Hullinger | 40 2:41:38 | | Rex Reed | 43 2:49:08 | | David Ford | 40 2:51:52 | | | | |--------------|------------| | M45-49 | | | Floyd Romack | 45 2:49:01 | | Bill Hendey | 45 2:50:26 | | Bob Wood | 47 2:53:02 | | | | |---------------|------------| | M50-54 | | | Edward Dibble | 53 3:03:27 | | Bill Heck | 50 3:09:13 | | Dick Sims | 52 3:20:01 | | | | |----------------|------------| | M55-59 | | | Ira Johnson | 55 3:58:24 | | Grover Stine | 58 4:09:37 | | Lyle Rasmussen | 58 4:25:41 | TAC NATIONAL MASTERS 15K CROSS-COUNTRY CHAMPIONSHIPS HOUSTON, NOVEMBER 3 Results not yet received DR. SCHOLL'S PRO COMFORT 10K FINALS WAIKAKI, HAWAII NOVEMBER 3, 1984 | | | |---------------------|-------| | Open Mike Musyoki | 28:14 | | Betty Springs | 32:19 | | M40 Brian Clarke | 35:10 | | Ron Peroff | 35:16 | | Bill Bulmer | 36:15 | | M50 Larry Whitehead | 36:52 | | Don Boardman | 38:26 | | Bill Barton | 39:23 | | M60 Gerald Horton | 37:14 | | Naoto Inada | 39:51 | | Joe Goo | 40:36 | | W40 Suzie Klein | 42:15 | | Susan Woltag | 42:44 | | Christa Obara | 43:18 | | W50 Debby Martin | 65:26 | | Fran Kacala | 68:51 | | Chris Campbell | 69:69 | | W60 Margaret Lee | 54:27 | | Grayce Miji | 60:36 | | Alla Kliaguine | 61:09 | | from Mike Tynn | | HAMILTON MIAMI-ERIE CANAL 10K; HAMILTON, OH; 11/3/84 | | | |---------------------|-------| | Overall | | | Bret Hyde | 30:54 | | Karen Cosgrove | 34:37 | | M40 R.L. Jackson | 34:31 | | Warren Elam | 34:59 | | A. Weathers | 35:35 | | M45 Ron Rohrer | 35:27 | | Bob Calder | 38:04 | | L. Whiteside | 38:34 | | M50 Don Gammie | 34:23 | | Robert Kash | 37:41 | | Pete Wilson | 38:44 | | M55 Greg Yannekis | 42:24 | | Kelly Vick | 44:10 | | James Runkel | 57:12 | | M60+ Eek Keller | 44:14 | | R.R. Davenport | 44:24 | | Albert Miller | 49:22 | | W40 Pat Mulroney | 41:24 | | Brenda Davidson | 48:23 | | Barbara Petelko | 49:30 | | W45 Elaine Clapp | 46:27 | | Marlene Lesch | 55:36 | | Cristi Boone | 55:47 | | W50 Odetta Scott | 48:37 | | Sarann Mock | 53:50 | | Betty Karr | 61:12 | | W55 Dorothy Kutcher | 54:29 | 9th ANNUAL MARINE CORPS MA- RATHON; WASHINGTON, D.C. NOVEMBER 4, 1984 | | | |---------------|------------| | Overall | | | Brad Ingram | 29 2:19:40 | | Pam Briscoe | 29 2:43:20 | | M40-44 | | | Paul Sullivan | 40 2:36:55 | | Ed Doherty | |

2ND ANNUAL WOMEN'S ONLY TWO HOUR TRACK RUN

10 November 1984, 8 AM start

Rincon Vista Track (400 meter with curbs)
Tucson AZ

26,609 m (16/ 940) **Barbara Meadows (54F)
24,435 m (15/ 322) Jennifer Young (39F)
14,800 m (9/ 345) Laura Lusk (39F)

Intermediate Splits:

10,000 m 44:13.8 Barbara Meadows (54F)
48:16.4 Jennifer Young (39F)

15,000 m 1:06:33.9 Barbara Meadows (54F)
1:12:40.2 Jennifer Young (39F)

10 miles 1:11:23.0 Barbara Meadows (54F)
1:17:58.5 Jennifer Young (39F)

20,000 m 1:28:58.5 Barbara Meadows (54F)
1:37:19.1 Jennifer Young (39F)

25,000 m 1:52:24.4 Barbara Meadows (54F)

one hour 13,521 m (8/706) **Barbara Meadows (54F)

*all runners are from Tucson) except Snow, Scottsdale, AZ,
and Dorion, El Paso, TX.

**=national age-group record (also open record for
women's only race)

= national single-age record

6TH ANNUAL FOUR-IN-ONE HOUR TRACK RUN

11 November 1984, 7 AM start

Rincon Vista Track (400 meter with curbs)
Tucson AZ

Temperature: Start 45°, Highest 80°

32,958 m (20/ 843) Bill Cuculic (24)
32,758 m (20/ 624) **Dale Green (18)
28,130 m (17/ 843) Tom Wiper (46)
28,000 m (17/ 701) Truman Clark (48)
27,232 m (16/1621) Ken Young (43)
26,970 m (16/1334) Gordon Neal (28)
26,511 m (16/ 832) Sabin Snow (42)
26,065 m (16/ 345) Larry Wright (43)
25,218 m (15/1178) Mark Dorion (25)
23,115 m (14/ 638) Wally Shiel (33)
22,809 m (14/ 304) Linda Byrd (32F)

50,000 meters

3:39:19.8 Truman Clark (48)
3:45:29 Ken Young (43)
4:02:33.2 Sabin Snow (42)
4:02:58 Mark Dorion (25)
4:24:54 Linda Byrd (32F)
4:24:54 Wally Shiel (33)

INTERMEDIATE SPLIT TIMES

20,000 meters
1:12:30 Bill Cuculic (24)
1:13:13 **Dale Green (18)
1:24:52 Tom Wiper (46)
1:25:17 Truman Clark (48)
1:27:09 Ken Young (43)
1:28:05 Gordon Neal (28)
1:30:09 Sabin Snow (42)
1:32:07 Larry Wright (43)
1:33:58 Mark Dorion (25)
1:43:57 Wally Shiel (33)
1:45:19 Linda Byrd (32F)

25,000 meters

1:31:42 Bill Cuculic (24)
1:32:18 **Dale Green (18)
1:47:23 Tom Wiper (46)
1:47:28 Truman Clark (48)
1:50:53 Ken Young (43)
1:51:51 Gordon Neal (28)
1:54:18 Sabin Snow (42)
1:56:01 Larry Wright (43)
1:59:52 Mark Dorion (25)
2:11:07 Wally Shiel (33)
2:12:24 Linda Byrd (32F)

30,000 meters

1:49:24 Bill Cuculic (24)
1:49:55 **Dale Green (18)
2:08:23 Truman Clark (48)
2:12:31 Ken Young (43)
2:16:16 Sabin Snow (42)
2:23:48 Mark Dorion (25)
2:36:06 Wally Shiel (33)
2:37:13 Linda Byrd (32F)

20 miles

1:58:13 Bill Cuculic (24)
1:58:45 **Dale Green (18)
2:17:38 Truman Clark (48)
2:23:48 Ken Young (43)
2:28:37 Sabin Snow (42)
2:36:47.2 Mark Dorion (25)
2:48:54 Wally Shiel (33)
2:49:31 Linda Byrd (32F)

40,000 meters

2:52:12 Truman Clark (48)
2:58:38 Ken Young (43)
3:05:36 Sabin Snow (42)
3:17:27 Mark Dorion (25)
3:30:39 Linda Byrd (32F)
3:30:39 Wally Shiel (33)

30 miles Truman Clark (48)
3:31:58 Ken Young (43)
3:37:22 Sabin Snow (42)
3:54:29 Mark Dorion (25)
3:56:15 Linda Byrd (32F)
4:15:52 Wally Shiel (33)
4:15:52

50 miles

6:43:11 Mark Dorion (25)
7:09:59.5 Linda Byrd (32F)
7:28:48 Wally Shiel (33)
100,000 meters
8:54:07 Mark Dorion (25)
9:14:06.3 Linda Byrd (32F)
9:34:54 Wally Shiel (33)

40 miles

4:59:52 Ken Young (43)
5:09:44 Mark Dorion (25)
5:39:50 Linda Byrd (32F)
5:50:43 Wally Shiel (33)

OKLAHOMA CITY
COMMUNITY COLLEGE
ROLL & RUN '84
8K 11-17-84

1st Overall

Clark Hamilton 28 25:35
Caren Cramond 26 29:34
Rick Godwin 29 29:50*

M 40-44

Keith Wilson 42 31:35
Wayne Barlow 44 34:55
Jim West 41 37:59

M 45-49

N.I. Fretz 48 31:49
Ray Dunnam 49 32:44
Art Milanez 49 33:10

M 50-59

Bob McHeffey 54 33:01
Dale Howell 50 34:40
Bob Whiddon 52 34:50

M 60 & Over

Jim Smith 62 33:28
Fisher Lewis 63 39:04
John Forth 60 44:26

F 35-39

Patsy Lambert 37 33:54
P. J. West 38 38:24
Maxine Gunter 37 43:36

F 40-49

Rosemary Carlile 41 36:04
Ruth Trowbridge 37 39:45
Sherry Lohrmann 42 43:11

F 50 & Over

Gretchen Johnsen 54 43:26

* Wheelchair

ST. LOUIS MARATHON; ST.
LOUIS, MO; 11/18/84

Overall

Marc Rogers 30 2:25:10
C. Brown-Welte 23 2:43:57
M40-44
Dathan Hughes 44 2:43:05
Larry Avery 43 2:44:59
Scot Hickman 40 2:45:25

M45-49

Fred Hammond 47 2:43:04
Thomas Pike 45 2:51:25
Dered Redmore 46 2:55:23

M50-54

Larry Lewis 50 3:02:12
Donald Ware 51 3:12:08
Edwin Wolfgram 52 3:16:09

M55-59

Bill Albrecht 57 3:21:42
Jack Gentry 56 3:22:53

M60+

Bill Kowayisyn 63 3:33:05
Bob Poppe 62 3:58:10
Oscar Hartmann 67 4:00:15

W40-44

Susan Rudolph 42 3:30:51
Carol Keil 40 3:44:57
Carol Peluso 43 3:47:57

W45-49

Barb Currinder 46 3:28:31
Sue Fay King 49 3:49:57
Joy Stoner 49 4:43:04

W50-54

Mary Specking 54 4:24:23
Dorothy Davis 53 4:44:25

W55-59

none

W60+

Polly Bailey 61 5:07:22

TAC NATIONAL MASTERS
10K CROSS COUNTRY
CHAMPIONSHIPS
HOLMDEL, NEW JERSEY
NOVEMBER 18, 1984

Results not yet received

TAC NATIONAL MASTERS 50 MILE
CHAMPIONSHIPS (NICKEL CITY
50), BUFFALO, NY; 11/18/84

Overall

Christian Pellerin 6:05:00
Mary Hanudel 24 7:40:35

M40-44

Fred McLennan 41 7:11:44
Daniel Woitas 42 8:32:30
Clive Randewich 42 8:33:58

M45-49

Andre Tocco 49 8:43:23
Ed Ciesielski 45 7:35:23
Marvin Rubinoff 48 8:53:55

M50-54

Carl Pegels 51 7:46:01
Delbert Pearce 51 7:51:43
Walt Gronski 53 7:53:28
(33 finishers)

TURKEY TROT 10K

DETROIT, MICH.

NOVEMBER 22, 1984

Overall

Doug Kurtis 32 29:46
L. Larse-Weidenbach 34 34:05

M40-44

Tony Mifsud 40 31:15
L. McCutcheon 40 32:50
Mike Felts 41 33:02

M45-49

Cliff Maycock-Dorl 41 33:22
Bob Paklaian 48 33:39
Dave Emery 45 34:31

M50-54

Kurt Makowski 45 34:59
Don Sleeman 46 35:02

M55-59

Bob Trudgeon 50 36:32
Art Ketelhut 53 37:23
F. Van Aken 53 39:16

M60+

Jim Parker 62 40:31
James Lovat 60 43:54
Bob Taylor 64 46:07

W40-44

Paul Szabo-18th 70 61:51
Harry Brenner-19th 73 63:46

W45-49

Brenda Carson 42 43:12
Nancy Lamphear 41 45:22
Betty Lloyd 42 48:19

W50-54

Margaret Sargent 43 49:15

W55-59

Joanne Septembre 49 46:37
Chris Swanson 49 48:15
Gloria Waters 46 53:17

W60+

S. Harrison 53 48:21
Marlene Feuerbach 50 51:29
Nina Derda 50 51:43

W65-69

Mary Varini 66 55:41
Geraldine Harris 60 70:49

EAST COAST X-COUNTRY 5K
RALEIGH, NC; 11/23/84

M40 Thomas Hare 17:07
Charlie Campbell 17:45
Guy Spear 18:09
Mike Ward 18:22

M50 Ed Harris 18:57
David Fowle 19:19
Ole Holsti 19:24
Peter Klopfer 19:33

M60+ E.B. Lloyd 23:49
Jim Trent 24:31
Bob Boal 25:32
C.B. Tyson 27:14

W40+ Martha Klopfer 20:59
Dellaine Risly 24:48
Carolyn Hoffman 25:30

ARCHER'S MILE; DELAND, FL
11/25/84

Overall
Joe Wanguei 43:11
Chris Haskins 51:17

Masters
Tom Kilroy 55:06
Vye Carter 58:31

M35 Henry Lawton (39) 51:11
Don Herden 58:44
Mike Forman 59:33

M40 Don Hopkins 59:55
Nick Amaro 66:52
Frank Moseley 67:33

M45 Grant Calloway 57:06
Gil Churchill 61:24
Jerry Hodder 61:54

M50 Tony Manduca 62:46

M55+ Bill Jove 64:04
W35 Karen Rocheleau 63:23
Sally Amaro 71:14
C. Gover 75:33

1. Carol Flexer 41 20:20
2. Patricia Thomas 44 20:40
3. Vicki Foltz 40 21:11
4. Julie Stiles 42 21:30
5. Charlotte Swanson 42 22:32
6. Christine Curtis 47 22:32
7. Gretchen Richards 47 23:26
8. Alice Taggares 53 23:29
9. Frances Christensen 42 24:20
10. Laura Baggett 43 24:50
11. Billie Murphy 57 24:59
12. Nola Bruhn 56 25:19
13. Patricia Johnson 52 25:51
14. Suzi Gillis 50 25:56
15. Nancy Peterson 47 26:02
16. Kumiko Huff 43 26:13
17. Barbara Gregg 48 27:06
18. Beryl Wilson 50 27:09
19. Evelyn Hess 48 27:26
20. Christa Friedrich 45 28:33
21. Marcia McChesney 54 28:49
22. Carole Langenbach 40 29:59
23. Louise Swanson 62 31:14
24. Joanne VanDeurzen 44 32:56
25. Evelyn Lercher 64 36:53
26. Mabel O'Hare 73 42:16

W50-54
Alice Taggares 53 23:29
Patricia Johnson 52 25:51
Suzi Gillis 50 25:56

W55-59
Billie Murphy 57 24:59
Nola Bruhn 56 25:19

W60-69
Louise Swanson 62 31:14
Evelyn Lercher 64 36:53

W70+
Mabel O'Hare 73 42:16
from Carole Langenbach

1. Carol Flexer 41 20:20
2. Patricia Thomas 44 20:40
3. Vicki Foltz 40 21:11
4. Julie Stiles 42 21:30
5. Charlotte Swanson 42 22:32
6. Christine Curtis 47 22:32
7. Gretchen Richards 47 23:26
8. Alice Taggares 53 23:29
9. Frances Christensen 42 24:20
10. Laura Baggett 43 24:50
11. Billie Murphy 57 24:59
12. Nola Bruhn 56 25:19
13. Patricia Johnson 52 25:51
14. Suzi Gillis 50 25:56
15. Nancy Peterson 47 26:02
16. Kumiko Huff 43 26:13
17. Barbara Gregg 48 27:06
18. Beryl Wilson 50 27:09
19. Evelyn Hess 48 27:26
20. Christa Friedrich 45 28:33
21. Marcia McChesney 54 28:49
22. Carole Langenbach 40 29:59
23. Louise Swanson 62 31:14
24. Joanne VanDeurzen 44 32:56
25. Evelyn Lercher 64 36:53
26. Mabel O'Hare 73 42:16

TEAM RESULTS: TOTAL TIME
Womens 40-49
1. SnoTC 40-A 1:02:11
2. SnoTC 40-B 1:06:34
3. Sunrise Striders 1:15:22

Womens 50-59
1. SnoTC 50-A 1:13:47

TEAM RESULTS: TOTAL TIME
Men's 40-49
1. SnoTC 40-A 1:31:55
2. SnoTC 40-B 1:40:01
3. Eastside R. 1:45:42
4. Wash. Athletic C. 1:49:05
5. W.Assoc. Male B. 2:06:29

Men's 50-59
1. SnoTC 50-A 1:40:08
2. Silver St.Str. 1:46:50
3. SnoTC 50-B 1:51:10

This event was hosted by the Pacific Northwest Athletics Congress
President Carole Langenbach, 4261 S. 184th St. Seattle, WA 98188
(206) 433-8868

World Veterans Championships

Continued from page 27
show up.

The 10K Awards ceremony was held at a carbo-loading dinner Saturday night at San Diego's Hall of Champions. The Marathon Awards were given out at a Sunday banquet at Sea

World, where a special private showing of Shamu, the Whale was featured.

The principal sponsor of the events was NIKE Sportshoes.

The 18th World IGAL Championships will be held June 8-9, 1985 in Lytham St. Annes, England. □

9TH ANNUAL BEVERLY
HILLS/PERRIER 10K RUN
BEVERLY HILLS, CALIF.
DECEMBER 2, 1984

Overall
Bill Rodgers 36 28:52
Joan Hansen 26 33:22

M40-49
Richard Greene 43 33:29
Matt Cucchiara 41 33:36
Barry Shaw 42 34:18
Chad Coury 40 34:47
George Kingsley 44 35:04

M50-59
Fred Lehr 51 36:49
Ron Poston 51 38:04
Dusty Snyder 51 39:31

M60+
Larry Banuelos 60 38:57
Eddie Lewin 68 41:30

W40-49
Harolene Walters 41 39:02
Bonnie Robinson 44 39:30
Mimi Lerner 47 39:41
Cecily Parke 45 42:20
Joyce Momita 42:53

W50-59
Nelly Williams 53 46:46
Yukie Mochida 47:20
Faye Metz 50 51:18

W60+
Helen Dick 60 41:20AR
Fenya Crown 71 63:56

from Michele Merrill

BRIAN'S RUN 10K
WEST CHESTER, PA.
DECEMBER 2, 1984

Overall
Steve Pinard 24 29:04
Julie Bowers 21 33:31

M40-44
Robert Boyer 43 34:48
Gilbert Miranda 43 35:31
Joe Paradiso 41 35:37

M45-49
Herb Lorenz 45 31:39
Ben Hyser 49 33:43
Charles Kennedy 46 35:31

M50-54
Don Larson 50 36:16
Frank Wick 52 36:22
Patrick Nutt 54 36:39

M55-59
Richard Bloom 55 38:53
Cecil Frye 55 39:10
Steve Thomas 56 39:36

M60+
Hubert Morgan 62 36:41
Mike Bertolini 64 39:20
Richard Johnson 60 41:13

W40-44
Pat McGrath 40 38:55
Harriet Oster 42 39:56
Katie Statler 40 42:02

W45-49
Suzanne Patton 49 40:36
Marie Doll 46 45:46
Patricia Wieder 45 47:17

W50-54
Gloria Brown 52 41:46
Betty Ann Fireman 50 42:02
Patricia Minnick 53 48:04

W55-59
Marge Paulin 59 51:45
Lorraine Cephus 55 52:34
Ann Goff 57 56:25

W60+
Becky Yencharis 63 53:28
Gloria McCarthy 60 56:08

from Bob Brandon

XVII WORLD VETERANS CHAMPIONSHIPS

San Diego, California, U.S.A.

1-2 December 1984

10 km - Saturday, December 1st, 10 a.m.

PLACE	NAME	AGE	DIV.	PL.	PAGE	TIME	NATION
					PER MI.		
1	BROWN /BARRY	40	B...	1	4:54	30:25	USA
2	OGDEN /GUY	40	B...	2	5:00	31:05	GREAT BRITAIN
3	VAUGHN /DEREK	40	B...	3	5:01	31:13	GREAT BRITAIN
4	INGLIS /KEN	42	B...	4	5:02	31:18	CANADA
5	VOETS /PIERRE	45	C...	1	5:02	31:19	BELGIUM
6	JANSEN /HERMOND	40	B...	5	5:05	31:33	BELGIUM
7	CONWAY /DAN	45	C...	2	5:05	31:36	USA
8	COFFMAN /DON	41	B...	6	5:07	31:45	USA
9	SURMAN /DAVID	40	B...	7	5:07	31:48	CANADA
10	MONAHAN /PATRICK	40	B...	8	5:10	32:08	CANADA
11	RANDALL /KIRK	43	B...	9	5:12	32:18	USA
12	DAY /PETER	40	B...	10	5:13	32:24	USA
13	HEFFERNAN /MICHAEL	44	B...	11	5:14	32:28	USA
14	OLRICH /BILL	49	C...	3	5:14	32:29	USA
15	LESTER /STEPHEN	41	B...	12	5:14	32:34	USA
16	GOETTMANN /GARY	41	B...	13	5:15	32:39	USA
17	CARNOL /HUBERT	43	B...	14	5:16	32:42	BELGIUM
18	CLOSE /STEVE	41	B...	15	5:20	33:08	USA
19	CLARK /BILL	40	B...	16	5:20	33:10	USA
20	HATTON /RAY	52	D...	1	5:21	33:15	USA
21	WINN /KEN	47	C...	4	5:26	33:46	USA
22	MCLATCHIE /JAMES	43	B...	17	5:27	33:51	USA
23	VILLANUEVA /ANTONIO	40	B...	18	5:27	33:52	MEXICO
24	WOODRUFF /RICHARD	41	B...	19	5:27	33:53	USA
25	SMITH /MICHAEL	42	B...	20	5:27	33:53	GREAT BRITAIN
26	ELLIS /EARL	48	C...	5	5:28	33:56	USA
27	STAUBLE /STANLEY	40	B...	21	5:29	34:03	USA
28	LUIKEN /GEORGE	41	B...	22	5:29	34:03	USA
29	CANTU /INO	50	D...	2	5:29	34:06	XXX
30	NORCLIFFE /GLEN	41	B...	23	5:29	34:06	CANADA
31	BILLUPS /ERNEST	47	C...	6	5:30	34:08	USA
32	WOOD /JOHN DEREK	53	D...	3	5:32	34:21	GREAT BRITAIN
33	WILL /RAY	46	C...	7	5:34	34:35	CANADA
34	GOFORTH /HAL	40	B...	24	5:35	34:44	USA
35	DODGE /BENJAMIN	41	B...	25	5:37	34:51	USA
36	FISHER /RON	47	C...	8	5:37	34:54	AUSTRALIA
37	OYLER /NORMAN	42	B...	26	5:37	34:57	USA
38	WELDY /JOHN	50	D...	4	5:37	34:57	USA
39	SHANAHAN /DONALD	42	B...	27	5:39	35:07	USA
40	FIGUEROA /MICHAEL	40	B...	28	5:39	35:08	USA
41	FERNEE /BRIAN	46	C...	9	5:40	35:11	USA
42	ONEIL /JIM	59	E...	1	5:40	35:14	USA
43	SAPIENZA /TONY	55	E...	2	5:41	35:17	USA
44	HUFF /AL	46	C...	10	5:42	35:25	USA
45	RUBIN /HOWARD	56	E...	3	5:43	35:34	USA
46	GERACE /JAMES	44	B...	29	5:44	35:35	USA
47	CRUM /BILL	49	C...	11	5:44	35:36	USA
48	BARVICK /EDWARD	43	B...	30	5:45	35:42	USA
49	VENZOR /SEVERINO	52	D...	5	5:45	35:43	MEXICO
50	FRANKLIN /RON	56	E...	4	5:45	35:45	GREAT BRITAIN
51	BUCKINGHAM /ROBERT	40	B...	31	5:46	35:48	USA
52	WILSON /JOSEPH	49	C...	12	5:48	36:00	USA
53	KOEHN /ROY	41	B...	32	5:48	36:03	USA
54	RAMAGE /WILLIAM	52	D...	6	5:49	36:07	GREAT BRITAIN
55	COLEMAN /RICHARD	41	B...	33	5:50	36:16	USA
56	SMITH /ROSS	56	E...	5	5:51	36:24	USA
57	CHRISTIANSEN/MICHAEL	48	C...	13	5:52	36:25	USA
58	PISTONE /JOHN	51	D...	7	5:54	36:37	USA
59	JOINES /BRIAN	46	C...	14	5:55	36:43	GREAT BRITAIN
60	CUCCHIARA /MATTEO	41	B...	34	5:55	36:43	USA
61	GRAVES /RICHARD	51	D...	8	5:55	36:45	CANADA
62	HARADEN /MARSH	54	D...	9	5:55	36:45	XXX
63	MURPHY /JAMES	45	C...	15	5:55	36:45	USA
64	SHELLEY /RANDALL	41	B...	35	5:56	36:49	USA
65	LANGENBACH /ROBERT	47	C...	16	5:56	36:51	USA
66	SABLAN /RAY	45	C...	17	5:56	36:52	XXX
67	DEVINE /PATRICK	56	E...	6	5:57	36:56	USA
68	SHAW /BARRY	42	B...	36	5:57	36:59	ISRAEL
69	KENISTON /ORLO	57	E...	7	5:58	37:06	USA
70	HERD /GEORGE	50	D...	10	5:58	37:07	GREAT BRITAIN
71	MATTERN /SIEGRIED	48	C...	18	5:59	37:12	USA
72	DOCKERY /TERRY	40	B...	37	5:59	37:13	USA
73	STOVE /JERRY	44	B...	38	6:00	37:18	USA
74	EVERTZ /WALLY	55	E...	8	6:00	37:18	XXX
75	VIGIL /JOSE	52	D...	11	6:00	37:19	USA
76	MORTON /GERALD	61	F...	1	6:01	37:21	USA
77	CARTHY /DAVID	40	B...	39	6:01	37:22	USA
78	CARY /JOSEPH	52	D...	12	6:01	37:24	USA
79	MC ABBE /NORM	52	D...	13	6:02	37:27	USA
80	VIPER /TOM	46	C...	19	6:02	37:32	USA
81	HILGERT /WOLFGANG	47	C...	20	6:03	37:35	WEST GERMANY
82	DOGGETT /GEOFFREY	49	C...	21	6:03	37:37	GREAT BRITAIN
83	ARMSTRONG /GEORGE	45	C...	22	6:03	37:38	GREAT BRITAIN
84	SADLOVSKOS /JOHN	52	D...	14	6:04	37:40	USA
85	LEHR /FRED	51	D...	15	6:04	37:43	USA
86	HERRERA /CRISTOBAL	40	B...	40	6:05	37:47	MEXICO
87	AMEZOLA /MANUEL	47	C...	23	6:05	37:51	MEXICO
88	GIL /ANTONIO	53	D...	16	6:06	37:55	MEXICO
89	BYERS /ALAN	52	D...	17	6:09	38:14	GREAT BRITAIN
90	LINDE /GUNNAR	56	E...	9	6:10	38:21	XXX
91	ESQUIVEL /LUIS	40	B...	41	6:12	38:31	MEXICO
92	SHEA /JAMES	50	D...	18	6:12	38:32	USA
93	TREICHEL /AL	55	E...	10	6:13	38:37	USA
94	JENKINS /W BRYNOR	64	F...	2	6:14	38:44	GREAT BRITAIN
95	BEDELL /CLIFF	46	C...	24	6:14	38:46	USA
96	PALOS /JOSE	60	F...	3	6:15	38:51	MEXICO
97	DESJARDINS /CHARLES	48	C...	25	6:15	38:53	USA
98	OLSON /ALAN	42	B...	42	6:16	38:58	USA
99	BOURQUIN /MICHEL	58	E...	11	6:17	39:00	FRANCE
100	MESMAN /JOHN	47	C...	26	6:17	39:02	USA
101	PETTY /JACK	41	B...	43	6:17	39:05	USA
102	MORRISON /JERRY	61	F...	4	6:18	39:06	USA
103	HIDER /WILLIAM	44	B...	44	6:19	39:15	NEW ZEALAND
104	HASLAM /JACK	55	E...	12	6:20	39:20	GREAT BRITAIN
105	LEVY /BUCK	53	D...	19	6:20	39:21	USA
106	WESTON /DEREK	50	D...	20	6:20	39:22	GREAT BRITAIN
107	DUPEE /TED	50	D...	21	6:21	39:28	USA
108	FINCH /BERNIE	44	B...	45	6:22	39:37	USA
109	SMITH /GORDON	43	B...	46	6:22	39:34	USA
110	DIAMOND /TONY	55	E...	13	6:23	39:37	USA
111	GOOKIN /EDWIN	50	D...	22	6:23	39:41	USA
112	REEVE /TED	51	D...	23	6:24	39:43	USA
113	PERALTA /ADOLFO	43	B...	47	6:24	39:44	MEXICO
114	SENNING /KURT	50	D...	24	6:24	39:47	WEST GERMANY
115	GASKELL /KEN	50	D...	25	6:25	39:53	GREAT BRITAIN
116	BRYANT /AVERY	60	F...	5	6:25	39:55	USA

117	GIL	/RAY	60	F...6	6:26	39:59	USA
118	MATTONI	/LARRY	40	B...48	6:26	39:59	XXX
119	KESSINGER	/THERON	58	E...14	6:26	40:01	XXX
120	LIVESAY	/JOSEPH	50	D...26	6:27	40:02	USA
121	WITHERS	/JERRY	55	E...15	6:28	40:14	XXX
122	MORAN	/JACK	50	D...27	6:29	40:17	USA
123	BURTON	/JOHN	61	F...7	6:31	40:30	USA
124	BOURNE	/LESLIE	43	B...49	6:31	40:30	USA
125	MONTES DE OC/ALFONSO		48	C...27	6:31	40:30	XXX
126	VERSTRAETEN	/ALBERT	49	C...28	6:32	40:33	BELGIUM
127	ROGOZIENSKI	/FRANK	42	B...50	6:33	40:39	USA
128	DUNSFORD	/JOHN	51	D...28	6:33	40:43	GREAT BRITAIN
129	WOTHE	/JERRY	44	B...51	6:33	40:43	USA
130	TASTAD	/MICHAEL	44	B...52	6:34	40:46	USA
131	SCHUBERT	/DAVID	41	B...53	6:34	40:50	USA
132	SAVITZ	/PETE	45	C...29	6:35	40:52	XXX
133	VELAZCO	/VICTOR MAN	46	C...30	6:35	40:56	MEXICO
134	MILLER	/RICK	42	B...54	6:36	41:00	USA
135	SMITH	/JIM	62	F...8	6:36	41:03	USA
136	HOYENGA	/GARY	42	B...55	6:37	41:07	CANADA
137	TEYER	/DELBERT	53	D...29	6:37	41:08	USA
138	DILWORTH	/DONALD	65	G...1	6:38	41:13	USA
139	IGLESIAS	/RUDDY	60	F...9	6:39	41:19	USA
140	COUMANS	/HUUB	44	B...56	6:40	41:26	NETHERLANDS
141	MUNDLE	/PETER	56	E...16	6:41	41:31	USA
142	GOVINDARAJ	/SAIT	50	D...30	6:41	41:32	INDIA
143	HAPPER	/JOHN	51	D...31	6:41	41:33	USA
144	OEHRTMANN	/MANFRED	41	B...57	6:42	41:35	WEST GERMANY
145	ARMSTRONG BR/KLAUS		43	B...58	6:42	41:36	GREAT BRITAIN
146	PETERSON	/GARY	48	C...31	6:42	41:40	USA
147	GOLDBERG	/FRANK	53	D...32	6:43	41:45	USA
148	REYES	/ALBERTO	50	D...33	6:44	41:50	MEXICO
149	LYNN	/ALASTAIR	54	D...34	6:45	41:55	CANADA
150	PAGE	/ROBERT	63	F...10	6:45	41:56	USA
151	LEEDHAM	/TOM	61	F...11	6:46	42:05	USA
152	GUARDENIER	/NED	43	B...59	6:47	42:09	USA
153	HEWSON	/NEWLIE	62	F...12	6:47	42:10	USA
154	SAMBAMURTHY	/C P	45	C...32	6:47	42:11	INDIA
155	LENZ	/LEONARD	44	B...60	6:47	42:12	USA
156	HELDOORN	/JIM	46	C...33	6:48	42:14	USA
157	BROWN	/WALTER	59	E...17	6:48	42:18	GREAT BRITAIN
158	KELLER	/MAX	57	E...18	6:50	42:23	SWITZERLAND
159	PABST	/KLAUS	53	D...35	6:50	42:25	WEST GERMANY
160	SUN	/JING	62	F...13	6:50	42:26	P R CHINA
161	CRABBE	/FRANK	55	E...19	6:50	42:29	USA
162	WEBB	/KENDALL	52	D...36	6:52	42:42	USA
163	DUNN	/MERVYN	57	E...20	6:52	42:42	NEW ZEALAND
164	POLASCHEK	/HERBERT	44	B...61	6:53	42:48	WEST GERMANY
165	TALLEY	/JAMES	63	F...14	6:55	42:59	USA
166	ROSSMAN	/ANTONIO	43	B...62	6:56	43:04	USA
167	BORGSMANN	/HANS	51	D...37	6:56	43:08	WEST GERMANY
168	MIEROW	/HORST	55	E...21	6:58	43:15	WEST GERMANY
169	COMER	/KENN	53	D...38	6:58	43:15	USA
170	BAVAB	/YUSEF	50	D...39	6:58	43:16	LEBANON
171	HUA	/LUVI	60	F...15	6:58	43:17	P R CHINA
172	HARRIS	/HARRY	62	F...16	6:58	43:20	GREAT BRITAIN
173	LUOZUWEIT	/OTTO	66	G...2	6:58	43:20	WEST GERMANY
174	HEYMANN	/HARALD	53	D...40	6:59	43:22	WEST GERMANY
175	MU	/DONGHAN	62	F...17	7:00	43:28	P R CHINA
176	APODACA	/JIMMY	44	B...63	7:00	43:31	USA
177	KULHANJIAN	/LEONARD	54	D...41	7:01	43:33	XXX
178	RAO	/B RAJA	40	B...64	7:01	43:34	INDIA
179	HATFIELD	/TRAVIS	42	B...65	7:01	43:34	USA
180	HEERS	/CHARLES	58	E...22	7:01	43:36	XXX
181	MAGANA	/RAMON	41	B...66	7:01	43:39	MEXICO
182	SMITH	/BELDWIN	45	C...34	7:02	43:42	BERMUDA
183	GILKEY	/JOHN	63	F...18	7:02	43:44	USA
184	ORTIZ	/RAUL	42	B...67	7:03	43:46	XXX
185	DURAN	/GIL	51	D...42	7:03	43:46	USA
186	SHEPPARD	/WALTER	62	F...19	7:03	43:50	AUSTRALIA
187	WAGNER	/RICHARD	47	C...35	7:03	43:51	XXX
188	CHAVEZ	/BILL	50	D...43	7:04	43:52	USA
189	BLACKWOOD	/BUO	55	E...23	7:04	43:52	USA
190	MARTIN	/ROGER	54	D...44	7:04	43:57	USA
191	BENHAM	/EO	77	I...1	7:05	43:59	USA
192	SPENCER	/RAYMOND	61	F...20	7:05	44:01	USA
193	HENDERSON	/HERB	52	D...45	7:06	44:04	USA
194	ECYLES	/MERLYN	49	C...36	7:06	44:10	USA
195	CARPENTER	/WHITEY	41	B...68	7:08	44:20	USA
196	DELA CRUZ	/LUIS	42	B...69	7:08	44:21	MEXICO
197	RAMANNA	/MN	55	E...24	7:08	44:22	INDIA
198	MARSH	/ERIC	63	G...3	7:10	44:33	GREAT BRITAIN
199	JOHNSON	/BOB	48	C...37	7:10	44:34	XXX
200	TIMANI	/NADIM	45	C...38	7:11	44:41	LEBANON
201	CUEVAS	/ISAAC	45	C...39	7:12	44:43	MEXICO
202	ZOOI	/WAYNE	67	G...4	7:15	45:00	USA
203	ABBOTT	/FRANK	54	D...46	7:15	45:01	USA
204	HOVARD	/EDGAR	52	D...47	7:15	45:04	USA
205	ISAACS	/ERNEST	45	C...40	7:15	45:06	USA
206	MILLER	/DEMETRIO	65	G...5	7:18	45:21	USA
207	ELLEN	/LUCIEN	72	H...1	7:19	45:27	SWITZERLAND
208	STEN	/CHARLES	41	B...70	7:19	45:28	USA
209	WARD	/CLIFFORD	41	B...71	7:22	45:44	XXX
210	VERDIN	/ANTONIO	53	D...48	7:23	45:52	MEXICO
211	STOTSENBERG	/EO	70	H...2	7:23	45:55	USA
212	DUBOIS	/DORSE	71	H...3	7:24	45:59	USA
213	JOCOY	/JOCK	58	E...25	7:25	46:06	USA
214	LUMIAN	/NORM	56	E...26	7:26	46:12	USA
215	HAUGHY	/WALT	41	B...72	7:31	46:40	USA
216	HUNT	/LARRY	49	C...41	7:31	46:41	USA
217	BOURKE	/KEN	44	B...73	7:32	46:47	USA
218	WETZORK	/GAIL	54	D...49	7:32	46:47	USA
219	RUZZO	/BOB	43	B...74	7:34	46:59	USA
220	JOHNSON	/JAMES	45	C...42	7:35	47:08	GREAT BRITAIN
221	PETERSON	/ARNOLD	54	D...50	7:36	47:12	USA
222	LUDEMANN	/JOSEF	62	F...21	7:37	47:17	WEST GERMANY
223	KLEINBREUER	/HERMANN	53	D...51	7:37	47:19	WEST GERMANY
224	FINE	/ROBERT	53	D...52	7:38	47:24	USA
225	PEREZ	/EDDIE	50	D...53	7:39	47:31	USA
226	GABRIEL	/BENTON	54	D...54	7:39	47:34	XXX
227	SHINE	/MEL	75	I...2	7:42	47:48	USA
228	VAN FLEET	/BILL	69	G...6	7:42	47:51	USA
229	BANGS	/ALLAN	54	D...55	7:42	47:51	USA
230	FARQUHARSON	/DON	59	E...27	7:42	47:53	CANADA
231	WAGNER	/PETER	40	B...75	7:43	47:55	USA
232	MILLER	/WILLIAM	46	C...43	7:43	47:58	USA
233	SATO	/TAKAYOSHI	71	H...4	7:43	47:59	JAPAN
234	GREEN	/CLEM	67	G...7	7:45	48:11	NEW ZEALAND
235	STERNBERG	/JIM	44	B...76	7:46	48:16	USA
236	KAIDAN	/AARON	66	G...8	7:47	48:20	CANADA
237	PALMATIER	/ROBERT	47	C...44	7:49	48:33	USA
238	CHAQUL	/ANTOINE	53	D...56	7:50	48:42	LEBANON
239	BERGER	/HELMUT	61	F...22	7:51	48:45	WEST GERMANY
240	EDE	/TERRY	43	B...77	7:54	49:03	USA
241	HUNT	/HOWARD	63	F...23	7:57	49:22	USA
242	BERENY	/LESLIE	51	D...57	7:58	49:33	MEXICO
243	YANG	/TZU PING	59	E...28	8:01	49:51	TAIPEI
244	HAMM	/VERNER	61	F...24	8:01	49:51	WEST GERMANY

243	REID	/MIKE	57	G...9	8:02	49:57	USA
246	ISOM	/RED	65	G...10	8:03	50:03	USA
247	VAN WITTENBERG	/CAMILLE	62	F...25	8:05	50:15	BELGIUM
248	YOSHIMIRO	/TAKUZO	75	I...3	8:07	50:26	JAPAN
249	HAVRI	/ERNST	68	G...11	8:09	50:36	SWITZERLAND
250	HABER	/TONY	46	C...45	8:10	50:42	USA
251	KREUTZIER	/KENNETH	47	C...46	8:11	50:50	USA
252	JACOBS	/HAROLD	63	F...26	8:11	50:53	USA
253	PARKINSON	/ROBERT	56	E...29	8:11	50:54	USA
254	HERMAN	/ROBERT	59	E...30	8:11	50:54	USA
255	WELCH	/GENE	57	E...31	8:12	50:55	USA
256	BURT	/BOB	49	C...47	8:15	51:13	USA
257	BARTLE	/BARRY	52	D...58	8:16	51:25	USA
258	SHEPHEARD	/ART	49	C...48	8:18	51:37	USA
259	GOYETTE	/BRYAN	42	B...78	8:19	51:38	XXX
260	KUGLER	/MANNIE	62	F...27	8:20	51:47	USA
261	OLSON	/JERRY	62	F...28	8:21	51:52	USA
262	WHITE	/PAUL	61	F...29	8:22	52:02	GREAT BRITAIN
263	MIYATAKE	/TAKESHI	67	G...12	8:23	52:06	JAPAN
264	ORR	/GLENN	51	D...59	8:24	52:09	USA
265	CARRILLO	/ROBERTO	43	B...79	8:26	52:23	MEXICO
266	GREGORY	/JAMES	43	B...80	8:26	52:26	USA
267	TUINZING	/WILLEM	64	F...30	8:26	52:26	USA
268	HARDEBECK	/JOHN	61	F...31	8:27	52:28	USA
269	SHIMATSU	/TAMEKICHI	70	H...5	8:29	52:41	JAPAN
270	RANSON	/LEON	47	C...49	8:30	52:48	USA
271	DANGLER	/EDOUARD	55	E...32	8:30	52:52	USA
272	LATIL	/DOMINIQUE	61	F...32	8:32	52:59	FRANCE
273	KUETZING	/WALT	72	H...6	8:36	53:25	USA
274	HAYWORTH	/DAVE	56	E...33	8:38	53:39	USA
275	HUGRODTEHIAN	/PARKEN	74	H...7	8:39	53:44	LEBANON
276	PHIPPS	/HARRY	42	B...81	8:40	53:50	USA
277	KHALIFE	/NAOUM	53	D...60	8:45	54:21	LEBANON
278	CHARBONNEAU	/LOUIS	81	J...1	8:48	54:39	FRANCE
279	TOBIAS	/CYRIL	67	G...13	8:51	55:01	CANADA
280	QUICK	/CURTIS	44	B...82	8:52	55:04	USA
281	DUVAL	/LUCIEN	60	F...33	8:53	55:15	FRANCE
282	BROWN	/DICK	52	D...61	8:58	55:46	USA
283	MATSUO	/TATSUO	71	H...8	8:59	55:52	JAPAN
284	SINGER	/ALLEN	40	B...83	9:03	56:11	USA
285	KAMMER	/HANS GEORG	62	F...34	9:06	56:30	WEST GERMANY
286	NIELSEN	/WILLARD	77	I...4	9:06	56:31	USA
287	BENTON	/WILLARD	80	I...5	9:06	56:33	USA
288	HANNA	/JOHN	75	I...6	9:08	56:44	USA
289	MEIER	/ALOIS	57	E...34	9:11	57:03	SWITZERLAND
290	TASI	/MIN KU	57	E...35	9:11	57:06	TAIPEI
291	SERRUYS	/JACQUES	59	E...36	9:13	57:14	BELGIUM
292	PIMONTEL	/ABRAHAM	68	G...14	9:14	57:22	BELGIUM
293	RUMBLE	/HENRY	72	H...9	9:17	57:44	USA
294	ZAKHOUR	/JOSEPH	61	F...35	9:19	57:55	LEBANON
295	PADMANABHA	/RAO	77	I...7	9:20	57:59	INDIA
296	KAWAI	/WAICHIRO	75	I...8	9:21	58:07	JAPAN
297	DONNELLY	/JOHN	43	B...84	9:23	58:17	USA
298	YAMADA	/SEIJI	75	I...9	9:28	58:51	JAPAN
299	RIMON	/DAVID	70	H...10	9:31	59:05	ISRAEL
300	CONSTANTINO	/FRANK	43	B...85	9:33	59:19	USA
301	SHOUGH	/ALVIN	75	I...10	9:33	59:21	USA
302	LEE	/JEUNG HYUN	69	G...15	9:36	59:37	KOREA
303	GENEDRY	/FRANCOIS	61	F...36	9:45	1:00:35	LEBANON
304	LEE	/HO CHEON	66	G...16	9:50	1:01:06	KOREA
305	YOSHIDA	/SHINICHI	78	I...11	9:54	1:01:29	JAPAN
306	YAMADA	/MITSUO	74	H...11	10:05	1:02:38	JAPAN
307	ISHIKAWA	/KIICHI	78	I...12	10:05	1:02:38	JAPAN
308	KIM	/JONG IL	72	H...12	10:18	1:03:57	KOREA
309	LIN	/CHIN FA LE	68	G...17	10:29	1:05:09	TAIPEI
310	SUNAGANA	/MATSUKANE	78	I...13	10:34	1:05:38	JAPAN
311	HERRMAN	/GERARD	40	B...86	10:36	1:05:54	USA
312	JUENEMANN	/EDUARD	66	G...18	10:38	1:06:05	WEST GERMANY
313	KIM	/HEUNG ROK	64	F...37	10:40	1:06:18	KOREA
314	FORD	/JIMMY	52	D...62	10:47	1:07:02	USA
315	ROSS	/WALTER	65	G...19	10:47	1:07:02	GREAT BRITAIN
316	SAVABE	/HIKOICHI	74	H...13	11:04	1:08:46	JAPAN
317	VIEGMANN	/FRIEDEL	73	H...14	11:04	1:08:49	WEST GERMANY
318	AHN	/DONG JOON	65	G...20	11:06	1:09:01	KOREA
319	LEE	/JONG SEON	66	G...21	11:13	1:09:40	KOREA
320	MAENNICH	/KURT	73	H...15	11:19	1:10:20	WEST GERMANY
321	WRIGHT	/KENNETH	68	G...22	11:22	1:10:40	XXX
322	KUON	/JOONG SEOP	65	G...23	11:25	1:10:54	KOREA
323	DOUGHTY	/BRYAN	78	I...14	11:33	1:11:43	GREAT BRITAIN
324	GONSALVES	/STANLEY	61	F...38	11:45	1:12:59	INDIA
325	KOZUKA	/KOZABURO	75	I...15	11:48	1:13:22	JAPAN
326	SIMON	/EDDIE	67	G...24	11:52	1:13:47	USA
327	BENOIG	/CLAUS	79	I...16	12:07	1:15:17	GREAT BRITAIN
328	EIFE	/WILHELM	66	G...25	12:33	1:18:00	GREAT BRITAIN
329	MATSUSAKA	/RIKISHO	68	G...26	12:41	1:18:46	JAPAN
330	ZAITSU	/GENKICHI	88	J...2	13:54	1:26:22	JAPAN
331	KOTOH	/TAKAYOSHI	53	D...63	15:40	1:37:20	JAPAN
332	LEUTHOLD	/ALFRED	75	I...17	16:44	1:43:57	SWITZERLAND

TEAM SCORING -- 10K:

		PTS.
M40-49		
1. U.S.A.	(B Brown, D Conway, D Coffman)	16
2. Great Britain	(G Ogden, D Vaughn, M Smith)	18
3. Belgium	(P Voets, H Jansen, H Carnol)	22
M50-59		
1. U.S.A.	(R Hatton, J Weldy, J O'Neil)	8
2. Great Britain	(J Wood, R Franklin, W Ramage)	15
3. Mexico	(S Venzor, A Gil, J Palus)	24
M60-69		
1. U.S.A.	(G Horton, J Morrison, A Bryant)	8
2. Great Britain	(W Jenkins, H Harris, E Marsh)	19
3. China	(J Sun, L Hua, D Mu)	20
M70+		
1. U.S.A.	(E Benham, E Stotsenberg, D Dubois)	6
2. Japan	(P Sato, T Yoshihior, P Shimatsu)	15
W35-39		
1. U.S.A.	(F Madeira, P Tuffley, J Dodge)	11
2. Canada	(L Findley, D Palmason, R Carrier)	16
W40-49		
1. U.S.A.	(S Matson, V Foltz, J Pickert)	6
2. Great Britain	(B Cushen, M Brown, B Greig)	18
3. West Germany	(E Falke, F Holstein, J Luther)	21
W50-59		
1. U.S.A.	(M Deckert, C Hellman, R Anderson)	6
2. Japan	(T Nakagawa, E Watanabe, Tsumanuma)	15
W60-69		
1. U.S.A.	(M Storey, G Davidson, M Trent)	6
2. West Germany	(W Kretschmer, L Poluschinsky, H Keuchel)	15

World Association of Veteran Long Distance Runners



ASSISTED BY



WOMEN'S 10K -- RUN SEPARATELY FROM MEN

1	ANDERSEN	/GABRIELE	39	AF..1	5:36	34:48	SWITZERLAND
2	MADEIRA	/FORDIE	39	AF..2	5:42	35:26	USA
3	FINDLEY	/LINDA	37	AF..3	5:52	36:26	CANADA
4	TUFFLEY	/PATTI	36	AF..4	6:01	37:21	USA
5	MATSON	/SHIRLEY	44	BF..1	6:04	37:42	USA
6	DOOGIE	/JUDY	38	AF..5	6:04	37:43	USA
7	FOLTZ	/VICKI	40	BF..2	6:09	38:13	USA
8	PICKERT	/JUDY	41	BF..3	6:10	38:18	USA
9	STONEKING	/DIANE	36	AF..6	6:10	38:19	XXX
10	PALMASON	/DIANE	46	CF..1	6:10	38:21	CANADA
11	CARTER	/MELINDA	36	AF..7	6:11	38:26	USA
12	LASSETER	/CAROL	42	BF..4	6:13	38:37	XXX
13	KEWLEY	/JUDY	40	BF..5	6:17	39:00	USA
14	HOULTON	/SUSAN	37	AF..8	6:17	39:04	USA
15	BIGELOW	/VICKI	49	CF..2	6:18	39:06	USA
16	WEHRUM	/MARY ANNE	46	CF..3	6:20	39:20	USA
17	WATSON	/WENDY	40	BF..6	6:26	39:59	USA
18	LERNER	/MIMI	47	CF..4	6:30	40:21	USA
19	ADAMS	/SUSAN	35	AF..9	6:32	40:34	USA
20	DECKERT	/MARGARETE	51	OF..1	6:32	40:38	USA
21	MILLER	/MARGARET	58	EF..1	6:39	41:22	XXX
22	FLEXER	/CAROL	41	BF..7	6:41	41:34	USA
23	GILLASPY	/MARY JO	43	BF..8	6:46	42:05	USA
24	LUND	/TIARE	37	AF..10	6:47	42:09	NEW ZEALAND
25	DIBBLE	/BARBARA	34	OF..2	6:48	42:18	XXX
26	MC CORMICK	/NANCY	49	CF..5	6:49	42:19	USA
27	CURTIS	/CHRISTINE	47	CF..6	6:50	42:29	USA
28	DANN	/DIANA	36	AF..11	6:51	42:33	USA
29	BAER	/BONNIE	40	BF..9	6:53	42:45	XXX
30	HELLMAN	/CHRISTINA	51	OF..3	6:53	42:47	USA
31	VICHARY	/JO ANNE	48	CF..7	6:53	42:49	USA
32	CARRIER	/RUTH	53	OF..4	6:54	42:51	CANADA
33	HERRICK	/CAROLE	43	BF..10	7:00	43:27	USA
34	WELCH	/STEPHANIE	37	AF..12	7:00	43:30	USA
35	CUSHEN	/BRIDGET	44	BF..11	7:00	43:31	GREAT BRITAIN
36	ANDERSON	/RUTH	55	EF..2	7:03	43:50	USA
37	BLAIR	/ELVYN	47	CF..8	7:05	43:58	USA
38	GOETTELHANN	/GAIL	39	AF..13	7:10	44:35	USA
39	HOBSON	/NICKI	53	OF..5	7:20	45:33	USA
40	NORDSTROM	/GINNI	43	BF..12	7:29	46:31	XXX
41	PENG	/XIUYING	50	OF..6	7:29	46:32	P R CHINA
42	ZOUNES	/MARYANN	41	BF..13	7:29	46:32	USA
43	GARCIA	/ARGELIA	44	BF..14	7:32	46:47	MEXICO
44	BROWN	/MURIEL	53	OF..7	7:40	47:39	GREAT BRITAIN
45	STOREY	/MARY	60	FF..1	7:44	48:03	USA
46	DICKERSON	/VIRGINIA	42	BF..15	7:46	48:17	XXX
47	ROUGHTON	/HENLEY	40	BF..16	7:50	48:38	USA
48	MARTIN	/GERRY	47	CF..9	7:51	48:48	USA
49	HORTON	/MIKI	57	EF..3	7:52	48:52	USA
50	KAZDAN	/JUDITH	64	FF..2	7:54	49:04	CANADA
51	FALKE	/ELFRIEDA	64	FF..3	7:56	49:19	GERMANY
52	MICHAELS	/ANDREA	37	AF..14	7:58	49:29	USA
53	BECHTLE	/NANCY	45	CF..10	8:01	49:49	USA
54	NELSON	/TONI	38	AF..15	8:05	50:14	XXX
55	COHEN	/DIANA	45	CF..11	8:08	50:34	USA
56	CLARK	/GILLIAN	36	AF..16	8:13	51:05	USA
57	HANNA	/GAIL	44	BF..17	8:14	51:10	USA
58	LOVELL	/BEATRICE	54	OF..8	8:15	51:15	USA
59	TULL	/SIBYLLE	39	AF..17	8:16	51:21	USA
60	KENZILLE	/ANN	51	OF..9	8:22	52:00	USA
61	DAVIDSON	/GERPY	63	FF..4	8:22	52:00	USA
62	GREIPEL	/MONIKA	35	AF..18	8:25	52:18	AUSTRIA
63	HOLSTEIN	/FRAUKE	49	CF..12	8:29	52:40	GERMANY
64	LAW GREENBER	/CLAUDIA	40	BF..18	8:31	52:58	USA
65	BROWN	/MARY	54	OF..10	8:32	53:02	USA
66	LUTHER	/JOHANNA	71	HF..1	8:33	53:07	GERMANY
67	TRENT	/MARCE	66	GF..1	8:33	53:08	USA
68	KRETSCHMER	/WALTRAUT	72	HF..2	8:41	53:59	GERMANY
69	SCHWANDT	/PHYLLIS	62	FF..5	8:44	54:16	USA
70	BROWN	/CORI	39	AF..19	8:47	54:36	XXX
71	FINCH	/JUDY	38	AF..20	8:53	55:10	USA
72	SAETHALAKSHM/V		45	CF..13	8:53	55:14	INDIA
73	JULKE	/HANNELORE	46	CF..14	8:55	55:22	GERMANY
74	GREIG	/BETTINA	30	DF..11	8:55	55:26	GREAT BRITAIN
75	TUINZING	/ELS	63	FF..6	8:55	55:27	USA
76	HAURI	/MARGRIT	58	EF..4	8:56	55:30	SWITZERLAND
77	LANGENBACH	/CAROLE	40	BF..19	8:56	55:31	USA
78	WARD	/CAROL	39	AF..21	8:59	55:48	XXX
79	SMITH	/CATHERINE	51	DF..12	9:03	56:13	USA
80	POLUSCHINSKY	/LISELOTTE	61	FF..7	9:24	58:23	GERMANY
81	LA VECK	/BEVERLY	48	CF..15	9:27	58:46	USA
82	GREIG	/DALE	47	CF..16	9:28	58:49	GREAT BRITAIN
83	SIMON	/JUDY	69	OF..2	9:30	59:01	USA
84	KEUCHEL	/HILDEGARD	69	GF..3	9:35	59:34	GERMANY
85	ISOM	/MARY	39	EF..5	9:37	59:48	USA
86	DOEHLA	/BRIGITTE	38	AF..22	9:41	1:00:12	WEST GERMANY
87	FISHER	/PHYLLIS	46	CF..17	9:48	1:00:54	USA
88	SUTHERLAND	/SANDRA	37	AF..23	9:50	1:01:04	USA
89	NAKAGAWA	/TETSUKO	57	EF..6	9:52	1:01:20	JAPAN
90	THIEPAUF	/ELSBETH	61	FF..8	9:55	1:01:40	GERMANY
91	WATANABE	/EIKO	55	EF..7	9:59	1:02:05	JAPAN
92	ZIMMERMAN	/MARJORIE	67	GF..4	10:08	1:02:57	USA
93	JAMES	/BESS	75	IF..1	10:11	1:03:14	USA
94	WIEGMANN	/KAROLA	67	GF..5	10:27	1:04:53	GERMANY
95	TSUMANUMA	/MICHIKO	62	FF..9	10:39	1:06:13	JAPAN
96	GORDON	/CATHY	48	CF..18	10:51	1:07:27	XXX
97	CHIH HSIUNG	/SUNG	37	AF..24	10:58	1:08:06	TAIPEI
98	SALAZAR	/FELICITAS	75	IF..2	10:58	1:08:07	USA
99	MARTIN	/VIRGINIA	63	FF..10	11:10	1:09:24	USA
00	EDDY	/MARJORIE	52	DF..13	11:10	1:09:26	USA
01	WAHLMEIER	/IRENE	41	BF..20	11:11	1:09:27	USA
02	WOO	/OK NAM	50	DF..14	12:04	1:14:57	KOREA
03	BERG	/EDNA	69	GF..6	12:09	1:15:29	USA
04	FORD	/MELBA	56	EF..8	14:35	1:30:36	USA
05	LEUTHOLD	/THERESE	62	FF..11	17:01	1:45:43	SWITZERLAND

XVII WORLD VETERANS CHAMPIONSHIPS

San Diego, California, U.S.A.

1-2 December 1984

Marathon - Sunday, December 2nd, 7 a.m.

1	MURPHY	/PADDY	40	B...	5:25	2:21:48	EIRE
2	SALAVARDA	/HENRI	48	C...	5:33	2:25:13	BELGIUM
3	GREEN	/NORMAN	52	O...	5:34	2:25:51	USA
4	VOETS	/PIERRE	45	C...	5:39	2:27:51	BELGIUM
5	CARNOL	/HUBERT	43	B...	5:41	2:27:52	BELGIUM
6	JOHNS	/BEN	48	C...	5:44	2:30:23	CANADA
7	NELSON	/ROBERT	44	B...	5:46	2:31:04	USA
8	SCHUBERT	/HARRY WERN	44	B...	5:46	2:29:57	WEST GERMANY
9	JOBSKI	/JERRY	40	B...	5:50	2:32:45	USA
10	VERVAET	/HAURICE	41	B...	5:56	2:35:30	BELGIUM
11	NOVAK	/GARY	41	B...	5:59	2:35:08	XXX
12	BAGNALL	/GRAHAM	43	B...	6:01	2:37:42	GREAT BRITAIN
13	WOOD	/JOHN DEREK	53	O...	6:05	2:39:27	GREAT BRITAIN
14	CATANESE	/BILL	46	C...	6:06	2:39:51	USA
15	HOBBS	/JOHN	43	B...	6:08	2:40:34	USA
16	MAXWELL	/ARNOLD	48	C...	6:16	2:44:07	GREAT BRITAIN
17	STEN	/ERIC	40	B...	6:17	2:44:40	USA
18	BROCK	/BOB	51	O...	6:17	2:44:49	USA
19	SMITH	/MICHAEL	42	B...	6:19	2:45:37	GREAT BRITAIN
20	BOWERMAN	/CLARE	45	C...	6:24	2:47:37	USA
21	ADSHED	/HARRY	52	O...	6:32	2:51:23	CANADA
22	ETHERINGTON	/GEOFFREY	55	E...	6:33	2:48:25	USA
23	DEVINE	/PATRICK	56	E...	6:33	2:51:29	USA
24	PONTINEN	/LAPRY	43	B...	6:35	2:52:16	USA
25	SACCONE	/PETER	41	B...	6:40	2:54:35	XXX
26	OSBORN	/WARREN	50	D...	6:41	2:54:55	USA
27	FERNEYHOUGH	/REGINALD	61	F...	6:44	2:56:27	GREAT BRITAIN
28	BUCKNER	/GEORGE	45	C...	6:44	2:56:28	XXX
29	RAMAGE	/WILLIAM	52	O...	6:45	2:56:47	GREAT BRITAIN
30	JENTSCH	/SIEGBERT	47	C...	6:45	2:56:48	WEST GERMANY
31	MCCOWN	/JIM	62	F...	6:48	2:56:01	USA
32	BYERS	/ALAN	52	D...	6:48	2:56:07	ENGLAND
33	VERCHERE	/DAVE	51	D...	6:51	2:59:25	CANADA
34	COOPER	/BARRIE	41	B...	6:51	2:59:27	USA
35	HOOKER	/GARY	43	B...	6:51	2:59:27	USA
36	COUMANS	/HUUB	44	B...	6:51	2:59:29	NETHERLANDS
37	ARMSTRONG	/GEORGE	45	C...	6:54	3:00:51	GREAT BRITAIN
38	VENZOR	/SEVERINO	52	D...	6:54	3:00:52	MEXICO
39	LENOVAY	/IMRE	48	C...	6:55	3:01:05	USA
40	LONG	/MICHAEL	42	B...	6:57	3:02:11	USA
41	ROBINSON	/DICK	54	D...	6:57	3:02:13	USA
42	LOPEZ	/PACO	41	B...	6:58	3:02:33	USA
43	JACOBS	/JAMES	51	D...	6:58	3:02:37	XXX
44	NEETE	/EDMUND	45	C...	6:59	3:03:06	USA
45	SMITH	/TOM	61	F...	7:01	3:03:49	GREAT BRITAIN
46	GOOD	/GLENN	51	D...	7:03	3:04:30	USA
47	VERSTRAETEN	/ALBERT	49	C...	7:05	3:05:25	BELGIUM
48	KAMGAR	/FRED	47	C...	7:05	3:05:33	USA
49	PATES	/ROBERT	48	C...	7:06	3:06:06	USA
50	BURNS	/BILL	50	D...	7:06	3:06:06	XXX
51	NICHOLSON	/JAMES	54	D...	7:09	3:07:13	USA
52	CAMERON	/DON	52	D...	7:09	3:07:18	NEW ZEALAND
53	RODRIGUEZ	/EDOUARD	41	B...	7:11	3:08:09	USA
54	EMLEY	/JOE	52	D...	7:13	3:08:52	USA
55	LOWY	/RON	41	B...	7:13	3:09:02	USA
56	ZHANG	/ZHENTIAN	56	E...	7:15	3:09:47	P R CHINA
57	ARMSTRONG BR	/KLAUS	43	B...	7:17	3:10:48	GREAT BRITAIN
58	HENDRICKS	/PAUL	42	B...	7:18	3:11:05	USA
59	GROFF	/ROBERT	46	C...	7:18	3:11:10	USA
60	MILLER	/ERNIE	49	C...	7:18	3:11:23	USA
61	TREACY	/TIMOTHY	52	D...	7:21	3:12:41	USA
62	NORRIS	/JOHN	40	B...	7:22	3:13:11	XXX
63	LEE	/DUCK KYOO	66	O...	7:23	3:13:23	KOREA
64	WILSON	/JACK	48	C...	7:25	3:14:10	XXX
65	HIDER	/WILLIAM	44	B...	7:25	3:14:26	NEW ZEALAND
66	SIGMUND	/HANS	53	O...	7:25	3:14:29	CANADA
67	VANDERCOILDE	/JACQUES	53	D...	7:27	3:15:07	BELGIUM
68	SALORY	/STANLEY	61	F...	7:28	3:15:45	CANADA
69	GORDON	/STUART	43	B...	7:30	3:16:26	USA
70	TIMANI	/NADIM	45	C...	7:32	3:17:25	LEBANON
71	EMERY	/JOHN	40	B...	7:33	3:17:50	USA
72	JUERGENSON	/HANS	63	F...	7:42	3:21:33	WEST GERMANY
73	ROBERTSON	/HAURICE	58	E...	7:42	3:21:42	GREAT BRITAIN
74	JOHNSON	/JAMES	45	C...	7:42	3:21:47	GREAT BRITAIN
75	NAGELSCHMIDT	/FRED	60	F...	7:43	3:21:59	USA
76	SONNTAG	/VERNER	58	E...	7:43	3:22:06	WEST GERMANY
77	GONTANG	/AUSTIN	43	B...	7:43	3:22:21	XXX
78	JONES	/CYRIL	53	D...	7:45	3:22:59	USA
79	BURTON	/JOHN	61	F...	7:46	3:23:36	USA
80	MENZEL	/GERHARD	58	E...	7:51	3:25:44	WEST GERMANY
81	ALCARAZ	/WALTER	46	C...	7:52	3:26:06	USA
82	KELLER	/MAX	57	E...	7:55	3:27:38	SWITZERLAND
83	ROSSMANN	/ANTONIO	43	B...	7:58	3:28:31	USA
84	DRISCH	/VALDEMAR	53	D...	8:01	3:29:55	WEST GERMANY
85	LUDWIG	/HERRMANN	64	F...	8:03	3:30:45	WEST GERMANY
86	CUNNINGHAM	/JAMES	45	C...	8:04	3:31:16	USA
87	TALLEY	/JAMES	63	F...	8:04	3:31:17	USA
88	HASLAM	/JACK	55	E...	8:04	3:31:29	GREAT BRITAIN
89	MARSH	/ERIC	65	G...	8:05	3:31:49	GREAT BRITAIN
90	THOMSON	/ROBERT	52	D...	8:05	3:31:49	GREAT BRITAIN
91	TALAMANTEZ	/JOHN	49	C...	8:06	3:32:02	USA
92	MESSINGER	/STEPHEN	43	B...	8:08	3:32:55	CANADA
93	BENHAM	/ED	77	I...	8:09	3:33:27	USA
94	CASEY	/CLAUDE	48	C...	8:09	3:33:30	USA
95	JENNINS	/W BRYNMOR	64	F...	8:16	3:36:27	GREAT BRITAIN
96	RICHART	/HARI	45	C...	8:16	3:36:38	USA
97	GONSALVES	/STANLEY	61	F...	8:18	3:37:38	INDIA
98	JULKE	/NORBERT	44	B...	8:22	3:39:14	WEST GERMANY
99	SCHAUDER	/AUGUST	68	G...	8:23	3:39:27	WEST GERMANY
100	MCCADAM	/JAMES	70	H...	8:23	3:39:36	GREAT BRITAIN
101	HU	/RUIGING	57	E...	8:23	3:39:38	P R CHINA
102	BARRETT	/WES	48	C...	8:25	3:40:35	USA
103	FOX	/PATRICK	48	C...	8:27	3:41:20	NEW ZEALAND
104	RIGBY	/CYRIL	51	D...	8:29	3:42:19	NEW ZEALAND
105	HARBIN	/RICHARD	40	B...	8:31	3:43:11	USA
106	MUNN	/DUANE	51	D...	8:33	3:44:01	XXX
107	EDDY	/TERREL	51	D...	8:34	3:44:22	USA
108	CHARLTON	/JOHN	41	B...	8:34	3:44:27	GREAT BRITAIN
109	SCHLOSSER	/EDMUND	47	C...	8:38	3:46:22	WEST GERMANY
110	ZHANG	/LIANGYOU	57	E...	8:44	3:48:42	P R CHINA
111	BECK	/WILLI	57	E...	8:47	3:50:03	WEST GERMANY
112	WEBB	/WILF	55	E...	8:53	3:52:34	XXX
113	SWAB	/GUSSEF	50	D...	8:55	3:53:43	LEBANON
114	SCHAEFER	/PAUL	74	H...	8:59	3:55:17	WEST GERMANY
115	WILGUS	/DON	63	F...	9:08	3:59:20	USA
116	YAMADA	/SEIJI	75	I...	9:12	4:01:03	JAPAN

117	RAMME	/TARABAY	46	C...	9:13	4:01:29	LEBANON
118	JANIS	/KEN	45	C...	9:20	4:04:28	USA
119	WEBBER	/PAUL	49	C...	9:23	4:05:38	XXX
120	WHITE	/PAUL	61	F...	9:24	4:06:17	GREAT BRITAIN
121	EL RASSI	/FAYEZ	60	F...	9:24	4:06:27	LEBANON
122	BOOTH	/MARCHE	52	D...	9:26	4:07:19	XXX
123	MIYATAKE	/TAKESHI	67	G...	9:30	4:08:59	JAPAN
124	SUNDARAM	/D ALLALA	50	D...	9:47	4:16:07	INDIA
125	PRESSMAN	/DAN	43	B...	9:52	4:18:33	USA
126	RAMSON	/LEON	47	C...	9:56	4:20:20	USA
127	SATO	/TAKAYOSHI	71	H...	9:56	4:20:21	JAPAN
128	ZHANG	/PUSHENG	46	C...	9:59	4:21:21	P R CHINA
129	OMATSU	/MASAO	66	G...	9:59	4:21:21	JAPAN
130	SHIMATSU	/TAMEKICHI	70	H...	10:01	4:22:31	JAPAN
131	BREEN	/DICK	64	F...	10:08	4:25:42	USA
132	WATANABE	/TEIJI	59	E...	10:11	4:26:45	JAPAN
133	CHAOL	/ANTOINE	53	D...	10:14	4:28:08	LEBANON
134	GONTANG	/ALLAN	40	B...	10:47	4:42:27	USA
135	PETTIT	/RON	67	G...	10:50	4:43:56	USA
136	BARTLE	/BARRY	52	D...	10:52	4:44:32	USA
137	MONTOYA	/JOHN	72	H...	10:58	4:47:17	USA
138	TSUMANUMA	/NIHE	63	G...	11:05	4:50:32	JAPAN
139	MUGROITCHAM	/PAKKE	74	H...	11:06	4:50:48	LEBANON
140	KUETZING	/WALT	72	H...	11:14	4:54:14	XXX
141	HOBAYASHI	/ISAMU	70	H...	11:38	5:04:37	JAPAN
142	TESMAN	/ANDRE	40	B...	11:43	5:06:49	XXX
143	PIMONTEL	/ABRAHAM	68	G...	11:45	5:07:50	BELGIUM
144	HERMANN	/GERARD	40	B...	11:45	5:07:56	USA
145	CHANDRASENHA	/P	48	C...	11:48	5:09:15	INDIA
146	TYE	/LIONEL	65	G...	11:51	5:10:37	GREAT BRITAIN
147	KAWAKAMI	/SEIKICHI	67	G...	12:06	5:16:53	JAPAN
148	SPANGLER	/PAUL	85	J...	12:17	5:21:51	USA
149	PISCIOITTA	/MAT	80	J...	12:20	5:23:12	USA
150	SAVABE	/HIKOICHI	74	H...	13:21	5:49:56	JAPAN

WOMEN'S RESULTS -- MARATHON

1	PETERSON	/SUE	40	BF..1	6:41	2:55:09	USA
2	ROBERTSON O	/WENDY	41	BF..2	6:42	2:55:28	CANADA
3	BLAND	/ANNE	42	BF..3	6:47	2:57:41	GREAT BRITAIN
4	BUSTAD	/JAN	37	AF..1	6:50	2:58:57	USA
5	HARP	/FLORIANNE	36	AF..2	7:27	3:15:01	USA
6	LUND	/TIARE	37	AF..3	7:35	3:18:40	NEW ZEALAND
7	MCLEOD	/BARBARA	47	CF..1	7:38	3:19:49	CANADA
8	WATERS	/RUTH	51	DF..1	7:44	3:22:35	USA
9	ANDERSON	/RUTH	55	EF..1	7:46	3:23:29	USA
10	OYBIVIG	/MARY	41	BF..4	7:57	3:28:22	XXX
11	PUE	/EILEEN	44	BF..5	7:58	3:28:48	CANADA
12	CHARLTON	/SHEILA	51	DF..2	7:59	3:29:19	GREAT BRITAIN
13	DRAUGLIS	/PEGGY	48	CF..2	8:01	3:30:15	USA
14	BARNARD	/DIXIE	47	CF..3	8:08	3:33:15	USA
15	SEWELL	/JUDY	44	BF..6	8:12	3:34:48	CANADA
16	CUSHEN	/BRIDGET	44	BF..7	8:18	3:37:35	GREAT BRITAIN
17	MC COLL	/ELISABETH	46	CF..4	8:19	3:37:48	CANADA
18	MARICLE	/MARTY	51	DF..3	8:20	3:38:22	USA
19	DRISCH	/GISELA	55	EF..2	8:21	3:38:48	WEST GERMANY
20	CARTER	/CAROL	37	AF..4	8:27	3:41:29	USA
21	DURAND	/LEE	46	CF..5	8:44	3:48:47	XXX
22	HALDERMAN	/PATRICIA	41	BF..8	8:44	3:48:56	USA
23	WALKER	/MARTHA	49	CF..6	8:46	3:49:35	USA
24	NEWTON	/CONNIE	40	BF..9	8:55	3:53:25	USA
25	SANDBERG	/ELSA	50	DF..4	9:00	3:55:55	USA
26	RAISANEN	/ANN	45	CF..7	9:01	3:56:21	USA
27	KAZDAN	/JUDITH	64	FF..1	9:03	3:56:55	CANADA
28	STOREY	/MARY	60	FF..2	9:06	3:58:26	USA
29	HALLIWELL	/MARY	36	AF..5	9:22	4:05:36	XXX
30	FALKE	/ELFRIEDA	64	FF..3	9:30	4:08:58	WEST GERMANY
31	TRENT	/MARCIE	66	GF..1	9:34	4:10:26	USA
32	PITTRIZZI	/JOSI	36	AF..6	9:51	4:18:13	USA
33	MOORE	/P A	39	AF..7	9:56	4:20:16	XXX
34	TOBIN	/SHIRLEY	58	EF..3	10:37	4:38:17	USA
35	TULL	/SIBYLLE	39	AF..8	10:41	4:39:53	USA
36	KRETSCHMER	/WALTRAUT	72	HF..1	10:46	4:42:00	WEST GERMANY
37	KLEIN	/HAZEL	62	FF..4	11:22	4:57:41	USA
38	JAMES	/BESS	73	IF..1	13:15	5:47:18	USA
39	MCGEEHEE	/SARAH	53	DF..5	13:22	5:50:12	USA

PSYCH JOBS.

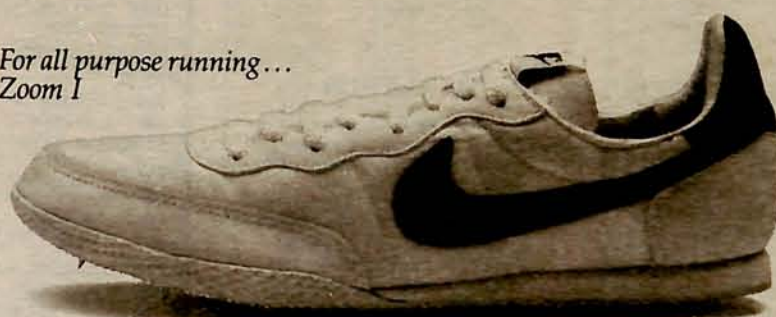
For distance running...
Zoom D



For cross country...
Zoom X



For all purpose running...
Zoom I



For sprinting...
Zoom SII



For all purpose running...
Flame



For the shot, discus...
SD Glide



For the long jump...
LJ III



For the high jump...
HJ 8



For the javelin...
J 300



For the triple jump...
TJ 60



NIKE
Beaverton, Oregon