



NATIONAL MASTERS NEWS



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

71st Issue

July, 1984

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NINE RECORDS SET IN RALEIGH

The stiff winds that lowered the scores in the TAC National Masters Pentathlon Championships in Raleigh, North Carolina, on Friday, May 4, had diminished by Saturday, enabling three world and six American age-division records to be set in the 14th Annual Southeastern Masters International Championships, May 5-6.

Ed Benham, 76, lowered the world M75 record for 3000 meters to 12:36.9, breaking Richard Bredenbeck's three-year-old mark of 13:06.4.

Rudy Valentine, 60, set a new world M60 mark of 67.06 in the 400-meter hurdles, lowering Max Pickl's 5-year-old standard of 68.7 (Valentine also has a pending 66.8 from last year).

In the 110mH, Gilberto Gonzalez, 70, took over a second from Berno Wischmann's world M70 standard of 20.99 with a 19.47.

Alexander Gordon, 65, set a new U.S. M65 mark in the 400 with a 62.93 clocking that erased Frank Finger's 1981 time of 63.83.

Michael Kelly, 37, changed Hugh Adams' 9-year-old M35 national record of 15.2 for the 110mH to 14.95.

Benham added the American M75 5000 record to his world 3000 mark, logging 21:21.1, to lower Lou Gregory's 1978 time of 21:53.

Joan Dash, 51, added three inches to Shirley Kinsey's U.S. W50 shot put record with a 30-7 effort.

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GREEN, 51, WINS THIRD NATIONAL RACE

Although TAC National Masters Championships are divided into five-year age groups, and the winner of each age-group wins a national championship medal, there is something rare and special about Norman Green.

For the third time in a year, the 51-year-old Wayne, Pennsylvania resident won first place over all age-40-and-over runners in a TAC National Masters Championship race.

On May 27, in Washington, D.C., Green outran a good field of veteran runners to win the 1984 TAC National Masters 25K Road Race, setting a new American age-50-or-over record in the process.

Gliding smoothly over the five-loop,

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Michigan's Bill Stewart, 41, crosses the finish line as 1st masters runner in the Cotton Row 10K Run in Huntsville, Alabama on May 28.

photo by Greg Machen, Huntsville News

STEWART THIRD YANK TO WIN COTTON ROW

by JIM OAKS

HUNTSVILLE, Alabama, May 28: Last year's Cotton Row 10K Run was a three-man race among Dan Conway, Jim Ewing and Frank Duarte with 24 seconds separating them at the finish. This year Bill Stewart and Don Coffman staged a two man race that was perhaps closer than the 12-second margin indicates. But when the dust had settled from the fifth running of the South's answer to a Memorial Day Classic, Stewart became yet another northern Masters champion of the Cotton Row Run. The Michigan native joined Herb Lorenz and Conway as previous winners as he ran 31:27 to continue his domination of Masters running.

Two weeks prior to the race, the male Masters field for CRR V looked like it would be stronger than ever. There were 12 masters entered with sub-32-minute 10K times within the past year. However, injuries, changes of plans, and lack of desired level of fitness reduced this number to five sub-32 runners who toed the line in Huntsville on a very humid Memorial Day morning. But with Stewart, Coffman, and Tony Gerrity (the top finishing American at Boston this year with a 2:25:12) in the lineup, we still had three of the top-10-ranked 1983 Masters runners.

The race was the third in the 1984 NIKE Masters Series. The M40 winner

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MATSON WINS IN DIXIE

by JIM OAKS

This year the female Masters division of the Cotton Row 10K Run came of age! For each of the past three races, two female masters broke 40 minutes for the course. But, this year, five broke the 40-minute barrier, as almost all of the South's best female Masters came to Huntsville to have fun and run with two of the nation's best Masters runners.

The 1984 field was led by two of the seven female Masters who had qualified for the US Olympic Marathon Trials: Elaine Kirchen from New York and Shirley Matson from California. Elaine had set a PR of 2:46:16 two weeks earlier in the Trials to lead all the Masters with a 78th

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Obera breaks 100 mark

Snyder Sets Four American Records

Turning 50 in America has always been traumatic. Many view it as a barrier to be feared — an event as welcome as root canal surgery, an income tax audit or a pink slip from the boss.

But not masters athletes. And especially not Gretchen Snyder.

Snyder is celebrating her 50th year in

high style. In the space of 22 days, the Berkeley, California, resident set four American women's age-50-or-over records, in the 100-, 200-, 400- and 800-meter runs.

Snyder set three of the marks at the 5th Annual TAC Pacific Track & Field Championships, May 19, in Los Gatos,

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CHARIOTS OF FIRE

In view of the "Chariots of Fire" article in *The Gun Lap* in the April issue of the *National Masters News* it may be of interest to your readers and to the modest Horatio M. Fitch, to know that Eric Liddell never trained for the 400m. After Liddell left Edinburgh, I arrived there to undergo a Medical course at the University and came under his coach, Thomas McKerchar, and was put through identical training methods. Tommy, as he was affectionately called (he was the official University coach), said that if a sprinter was adequately trained and fit to do 220 yards, then he would automatically be able to run an adequate 440 yards or 400m if called upon to do so. That being so, he refused to train sprinters for the longer distance as it would take the sharpness off the sprinter.

In effect, then, I was always able to do a reasonably good 440 - as obviously Liddell was - in relays, or when no one else was available to do it. The specialist 440-runners were often too tired after running heats and finals to take part, for example, in the medley relay (880, 220, 220, 440 yds.) which usually came at the end of the programme of events.

McKerchar did not appear in the film "Chariots of Fire". He deserves mention. He was a short tubby man who always wore a waistcoat, across which was strung a gold chain with watch and medal. He never took part in sport, yet he became interested in athletics and coaching, so much so that he studied anatomy for two years at the University. He was a genius at spotting anyone with talent in athletics and brought out the best in many.

I was under his coaching for five years and got to know his methods well. They were not very different in those days, 1920 to 1934, from the modern ones; only not so intense. Off-season, or winter, training was unheard of. Liddell, however, played rugby and was several times capped for Scotland. Tommy made him give up rugby prior to the 1924 Olympic Games for fear of injury.

An amusing aspect of McKerchar's coaching was that he used to massage us after a workout with hands stained with red, blue and green ink, for his occupation was that of an artisan in the printing industry. He used an embrocation - the secret formula of which he would never impart to anyone. To judge by the smell, it was a mixture of Elliman's Horse Embrocation, eggs, and olive oil with a touch of turpen-

tine. We had no cars, the change rooms had no water or showers, and we had to go back to the University in trams looking awful and smelling like animals and meeting with peculiar stares from the other occupants.

As a starter, he was wonderful. He had two antique muzzle loading pistols with flint and hammer mechanism. He had to pay for his own gunpowder and never fired a recall shot - he never had to, no one ever got away from him. Even on a misty Scottish day, at the end of the straight 220 yards at the University track, the time keepers had no trouble starting the watches, as a great plume of smoke and fire and burning paper shot up into the sky at the starting line.

In his own quiet way he was a great man who gave much to athletics for no personal gain whatever.

Fred P. Reid
Johannesburg, South Africa

SUBMASTERS SLIGHTED

The Seattle Masters Meet June 2 proves that not "all masters T&F meets in the U.S. provide competition for any man or woman age 30 or over." It's strictly for the 40-and-overs.

I'd guess that pushing sub-masters track is a matter of self-interest for the 40-and-overs. I know the lack of competitive opportunities for me, as a 32-year-old living in central Washington, will make it tough for me to stick it out until I'm 40.

J.A. Sandoz
Selah, Washington

(That's why most masters meets provide age-group competition for 30-and-up. The Seattle meet is an exception. Let's all talk to the directors and encourage them to add a 30-39 division next year. — Ed.)

NATIONAL PENTATHLON

Congratulations to J.J. Perry, the Southeastern Masters International Championships meet director, and his officials for an excellent meet in Raleigh. I have participated in a few National Pentathlon Championships and this was the first meet that anyone thoroughly checked and inspected the implements exactly to TAC and IAAF specifications. I was in line for only a short time and the reject pile was substantial. Good job and thanks.

Gary D. Miller, D.D.S.
Los Angeles

PHOTO CAPTIONS MISSING

As a new subscriber, I am puzzled by the pictures of athletes in NMN without any explanation (age, event,

accomplishment, etc.) of why they are being featured. Have I missed something? I've looked for their names in articles on the surrounding page but didn't find them. At my age (53), they say the eyes are the first thing to go. Please enlighten me before I spend money on new glasses. Otherwise, I think the magazine is great.

Brita Hazell
Salem, Oregon

(Save your money. It's not your eyes, it's ours. We goofed, and thank you for pointing it out to us. In our hurry at deadline time, we simply forgot to include all the pertinent info. A thousand pardons.)

NEW AGE-GROUPERS

Just received my notice of renewal, and would like to take this opportunity to pass along my thanks for an ex-

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1984 NIKE MASTERS SERIES.

NIKE, Inc., proudly announces our 1984 Masters Road Race Series. For the 7th consecutive year, veteran runners (men 40 + , women 35 +) will compete for awards and travel to the XVII International Masters Distance Championships. For the first time the Championships (10K and marathon) will be held in the United States—in San Diego, CA, on December 1st and 2nd.

<u>Date</u>	<u>Location</u>	<u>Race</u>	<u>Distance</u>
Sept. 30, 1984	Minneapolis, MN	Twin Cities Marathon	Marathon
Oct. 13, 1984	El Paso, TX	Run Against Crime	15k

In addition, some travel credits will be awarded by lottery. Therefore, any runner may be a winner.

NIKE is looking for six additional races to add to the 1984 Series. They must be: 1. NRDC-certified courses, 2. 1000-5000 participants, 3. In cities other than those already on the Series schedule.

For more information on the 1984 Series, or to submit a race for consideration, please contact: Valdemar Schultz, Masters Athletics, NIKE, Inc., 3900 S.W. Murray Blvd., Beaverton, Oregon 97005.



Miller Outscores All Entrants National Pentathletes Battle Hurricane

The TAC National Masters Pentathlon Championships on May 4, returning to its old format as a separate event from the National Masters Track and Field Championships, was marred by strong winds left over from a hurricane, which had blown through Raleigh, N.C., the day before. Winds of 20 mph, gusting to 50 mph, affected all five phases of the event, especially the 200m, 1500m, and javelin throw.

The top scorer, Gary Miller, 46, of Glendale, Calif., was blown from the 6th lane into the 5th in the 200, and had to switch back into the proper lane on his way to a total of 2777 IAAF points. Going into the final event, the 1500, Miller had 2400 points, but the wind took its toll, and Miller was forced to settle for a 377-point 5:05.9.

In the other divisions, submaster Brant Tolsma, 34, won the M30 contest with 2764, second to Miller's total. Bob Green, 35, took the M35 competition with 2610. Robin Ficker, 41, was the M40 champion with 2206 in a field of eight athletes.

Miller's competition in the M45 came from experienced pentathletes Sammy White, 46, (2481) and Haig Bohigian, 47, (2112). Tony Patterson, 51, (1005) was uncontested in the M50; and Jock Jocoy, 58, won the M55 (2038).

According to TAC rules, the WAVA tables went into effect for competitors 60-and-over. Oscar Harris, 60, scored 2196 WAVA points for his victory, and Charles Johannesmeyer, 66, won with 2434.

The remaining winners were Robert Boal, 72, (1617); Karl Trei, 75, (1833); and Arling Pitcher, 82, (1012).

The inclement weather was offset by proper officiating and adherence to TAC rules, including weighing and measuring of implements. One contest-

Continued on page 17



Forty-three-year-old Shirley Matson (36) traveled 2,000 miles from San Diego to win the Women's Masters division of the Cotton Row 10K Run in Huntsville, Alabama on Memorial Day in a time of 38:33. Penny Kaiser, 43, (197) finished in 43:51.

CORKILL, POPPERS SHARE MASTERS SPOTLIGHT AT LILAC BLOOMSDAY

by JERRY WOJCIK

Despite snow two hours before and cold during the race, Jeff Corkill, 40, plowed through 30,500 finishers to win in 39:58 the masters race in the Eighth Annual Lilac Bloomsday 12K run in Spokane, Wash., May 6. Olympic Marathon Trials qualifier Bette Poppers, 41, won the masters women's race by defeating another Marathon Trials qualifier and TAC National Masters 10K Road Race champion Elaine Kirchen, 41, by a minute and a half, 45:17 to 46:46.

(However, Kirchen may have been saving something for the Trials in Olympia, Wash., a week later where she outran Poppers, 2:46:43 to 2:53:24, to be the top masters finisher.)

In the M40+ race, Roger Pratt, 42, was a distant second to Corkill in 41:11. Joe Machala, 42, followed three seconds later.

The remaining age division winners, men and women, were largely uncontested. Herb Parsons, 46, won in 43:00; Edward Rockwell, 50, in 43:55; and Orlo Keniston, 57, in 44:26.

The M60+ division saw the closest finish when 66-year-old Robert Dellwo won (55:37) by four seconds over Donald Weitz, 60, who finished seven seconds before Wayne Eacker.

Sylvia Quinn, 47, who directed this

mammoth undertaking, won the W45 (51:38). Alice Taggares, 53, took her race (53:05), as did Nola Bruhn, 55, (58:28). Alyce Lindberg, 63, won the W60+ (1:10:00).

Under Quinn's direction, the race provided all 30,500 finishers with a finishing card with their times, overall position, position by class, and pace per mile. Ibrahim Hussein, 27, a Kenyan steeplechaser, in training for the Olympics, took home \$6,000 for his overall win (34:32). (Two weeks later, Hussein won the 70,000+ entrant Bay-to-Breakers 7.8 Mile.) Regina Joyce, 27, who will represent Ireland in the women's marathon at the 1984 Olympic Games, was the women's open winner (40:27), and also collected \$6,000. □

Billups, Hansen Best RRCA Masters

Ernie Billups of Chicago and Jacqueline Hansen of Los Angeles bested a good field of masters runners in the 20th annual Michigan City 15-kilometer run May 20, thus becoming Road Runners Club of America champions in their respective 45-49 and 35-39 age divisions. The RRCA was holding its 27th annual convention in Michigan City, Indiana.

Billups placed ninth overall in the 500-runner race with a time of 51:28, compared to 47:31 by winner Tim Wakeland, a student at Iowa State University. Billups also placed first master in the four-mile Spring Sprint, which opened the convention Friday night, in 21:04.

Hansen had come to the convention not planning to race, having run a 3:00:48 in the Olympic marathon trials in Olympia, Washington on May 12. She was to be inducted into the RRCA Hall of Fame for having twice held the women's world record in the marathon, winning Boston once, and for her pioneering efforts in furthering the cause of women's running in the Olympic Games. (Although a woman's marathon was added to the 1984 Olympics, the Games organizers successfully

Continued on page 20

240 Compete in Trojan Meet

LOS ANGELES, June 9. Two-hundred-forty competitors, ranging in age from 30 to 76, took part in the Trojan Masters Invitational Track and Field Meet today in warm weather at Cromwell Field on the campus of the University of Southern California.

Irene Obera and Gretchen Snyder both set American women's age 50-54 marks to highlight meet performances. (see separate story).

The meet brought out some of the top masters T&F performers in the nation, including national champions

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"Want me to teach you how to hurdle?" Bob Hunt whispers to volunteer at Olympic Legends Meet in L.A. April 28. Hunt took 3rd behind Burl Gist (18.0) and Chuck McFate in M60 action. photo by Gretchen Snyder



World Association of Veteran Long Distance Runners



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Race Headquarters will be the Hilton Hotel, 1775 East Mission Bay Drive, San Diego, CA 92109. Competitors may pick up registration packets beginning Wednesday, 28 November 1984.

Entry Fees and Deadlines: One race, U.S. \$15.00; both races, U.S. \$25.00. No team fees. Fees include World IGAL Membership Subscription of U.S. \$6.00. Entries must be postmarked no later than 1 October 1984. Entries mailed after October 1st, add U.S.\$10.00 late fee. Entries recieved after 10 November 1984 will not be accepted. ALL FUNDS MUST BE SUBMITTED IN U.S. DOLLARS. Make checks or money orders payable to BILL STOCK, RACE DIRECTOR and mail to: 1984 WIGAL Championships, 7160 Baldrich St., San Diego, CA 92041, U.S.A.

All entrants and their guests are invited, at a charge of U.S. \$10.00, to a Carbo-Loading Dinner, Saturday evening, December 1st. This dinner will feature the 10km Awards Ceremonies. Limited tickets are available at U.S. \$10.00.

The Marathon Awards Ceremony and Farewell Party will be held Sunday evening, December 2nd, at Sea World Park. Tickets are U.S. \$26.00. This special price includes park admission (value U.S. \$12.00) to the Sea World Shows, buffet dinner, drinks, and dancing.

Ticket charges for the Carbo-Loading Dinner and Farewell Party should be submitted with your entry fees to guarantee reservations. (N.B.—All individual and team award winners will be reimbursed the cost of their tickets.)

Commemorative T-shirt will be available for U.S. \$5.00.

You will receive notification of entry acceptance and any further important information by return mail.

XVII WORLD VETERANS CHAMPIONSHIPS

San Diego, California, U.S.A.

1-2 December 1984

10 km - Saturday, December 1st, 10 a.m.

Marathon - Sunday, December 2nd, 7 a.m.

The Organizing Committee of the XVII World IGAL Championships invites you to participate in an outstanding running and entertainment experience staged in the beautiful Mission Bay Park. Come run and visit with us in San Diego with its world-famous zoo, Wild Animal Park, Sea World, Balboa Park, and proximity to Mexico.

Tom Sturak
Executive Director

Bill Stock
Race Director

Both races are sanctioned by the Athletics Congress/USA and will be contested under IAAF rules on flat, certified courses meeting the requirements of the National Running Data Center.

Entries are open to all women over 35 years and all men over 40 years of age on day of race in the following age categories:

Women

W35 - 35-39 years
W40 - 40-44 years
W45 - 45-49 years
W50 - 50-54 years
W55 - 55-59 years
W60 - 60-64 years
W65 - 65-69 years
W70 - 70-74 years
W75 - 75 yr and older

Men

M40 - 40-44 years
M45 - 45-49 years
M50 - 50-54 years
M55 - 55-59 years
M60 - 60-64 years
M65 - 65-69 years
M70 - 70-74 years
M75 - 75-79 years
M80 - 80 yr and older

Team Competition will be held in both races for 3 person national teams in the following divisions: M40-49, M50-59, M60-69, M70 and over; W35-39, W40-49, W50-59, W60 and over.

All competitors must show passports or proper I.D. (e.g., drivers license) at registration.

Awards: Individual awards in both races will be given to at least the first three finishers in each 5-year age group. A commemorative award and diploma will be given all finishers of both races. Team awards will be made in both races to the first 3 national teams in the 10-year divisions listed above.

NIKE merchandise and other awards will be distributed at the discretion of the Organizing Committee.



THE IGAL SERIES

WORLD CHAMPIONSHIPS

I	Baarn, Netherlands	1968
II	Bensburg, W. Germany	1969
III	Skovde, Sweden	1970
IV	Karlovy Vary, Czechoslovakia	1971
V	Douglas, Isle of Man	1972
VI	(Not Staged)	—
VII	Paris, France	1974
VIII	Lake Yamanaka, Japan	1975
IX	Coventry, England	1976
X	Brugge, Belgium	1977
XI	Berlin, W. Germany	1978
XII	Bolton, England	1979
XIII	Glasglow, Scotland	1980
XIV	Palmerston North, New Zealand	1981
XV	Lake Kawaguchi, Japan	1982
XVI	Perpignan, France	1983
XVII	San Diego, U.S.A.	1984
XVIII	Blackpool, England	1985
XIX	Vancouver, Canada	1986

For entry forms, send SASE to:

The Organizing Committee • 1984 World Veterans Championships
7160 Baldrich, La Mesa • CA 92041, U.S.A.

(619) 286-7867



THE GUN LAP

by MIKE TYMN

The Insanity Of It All

Are the Olympic Games worth saving? Are they really important? Is sport important?

Recently, on the occasion of the 30th anniversary of the first sub-4-minute mile, Roger Bannister explained that the time was right when he did it. The mood was one of hope, of people looking for sanity in the unimportant, "because sport is, essentially, unimportant."

I didn't need Sir Roger to tell me that. My wife has been telling me that for years. Every now and then when I head out of the house for a run, she asks when I am going to grow up and get on with the important things in life.

Certainly, there are better things to do than prancing around the streets like a young child. Such insanity.

I must confess to having certain guilt feelings about spending so much of my time training and competing. A half-hour for exercise, fine. But an hour, two hours a day is ridiculous, I tell myself.

Unimportant? Insane? Ridiculous? Perhaps, but what is important? What is intelligent and sane? I like Michael Novak's answer. In his book, "The Joy of Sports," he writes: "The serious ones say that sports are an escape. It seems far more true to the eye, the ear, the heart and the mind that history is an escape. Work is an escape. Causes are an escape. Historical movements are an escape. All these escapes must be attempted; I take part in as many as I can. But the heart of human reality is courage, honesty, freedom, community, excellence: the heart is sports."

"Sports are not, of course, all of life. What good are courage, honesty, freedom, community and excellence if they do not inform one's family, civic life, political life, work life? Sports do not celebrate such qualities in order to contain them, but in order to hold them clearly before the aspiring heart."

Our culture has taught from an early age that sports are play and play is something to set aside as we leave childhood.

"Play is the fundamental structure of the human mind," Novak goes on. "Of the body, too. The mind at play, the body at play — these furnish our imaginations with the highest achievements of beauty the human race attains. Symphonies, statues, poems, dances, essays, philosophical treatises — these are transpositions of the world of sports into the exercises of higher

civilization. Sports are their fundamental, their never failing life source. Cease play, cease civilization. Work is the diversity necessary for play to survive.

"Those who have contempt for sports, our serious citizens, are a danger to the human race, ants among men, drones in the honeycomb. There are many reasons for not participating in sports, or even for not liking certain sports. No one can do, or like, everything. Still, those of use who love sports are obliged to hear many taunts

about the human inadequacies of 'jocks.' We disregard many taunts because of their transparent base in envy. The human body was meant to aspire to excellence, and the spirit to perfection."

In his book, "Dr. Sheehan, On Running," George Sheehan writes: "If the common man has erred in this century, it is in his failure to realize the importance of play. The aristocracy never made that mistake. Aristocrats know that work is a luxury and play is a necessity of life. When money and position give the freedom to pursue the good life, work is seen to be a diversion, a distraction from the most basic and the most — to use Maslow's word — actualizing human activity, play. Play, as the true player knows, is the most real thing he does. Indeed, one must play with passionate involvement, play as if his life depended on it, if play is to mean anything at all."

In 1955, Pope Pius XII addressed some spectators at a basketball game played in St. Peter's Square. He told the audience that he saw in sport a parallel to the artistic ideals that made St. Peter's itself:

"Power and harmony, order and beauty, effort, victory, and the renown of achieving a record, expressed in artistic form by incomparable architecture of the dome, of the facade, of the colonnade and the obelisk; they are the ideal goals longed for by every

athlete."

The Pontiff, then 79, cautioned against too much emphasis on technique at the expense of spirit: "Technique alone not only impedes the acquirement of those spiritual boons which sport has for its aim to achieve but, even when leading to victory, it satisfies neither him who employs it nor those who attend to the contest. . . In general, whenever there be a question of human activity, the point of departure and of arrival must always be the psychic element: in other words, spirit must predominate over technique. Make use of technique, but let spirit prevail."

Power. . . harmony. . . order. . . beauty. . . effort. . . victory. . . artistic form. . . spirit — all of these things mentioned by Pius XII become familiar to the athlete, to the runner.

In "The Ultimate Athlete," George Leonard writes: "Like many of the meditative disciplines, it (running) requires a willingness to bear pain, a propensity for self-denial. The rhythmic, repetitive movements of the body and the steady flow of visual stimuli are well constituted to induce visions and reveal mysteries."

When we run with all four limbs in perfect stride, Leonard suggests, the schemes and manipulations of our civilized existence are impossible. George Young, one of the leading middle-distance track men of a dozen



Start of 1984 Cotton Row 10K Run in Huntsville, Alabama May 28. Shirley Matson (36), the eventual women's masters winner in 38:33, is at right.

years ago, touched upon this in a 1971 "Sports Illustrated" interview when he said: "I discovered that the only place I found where the person who worked the hardest got the trophy was in track. The rest of life is like politics. The best man or the one who campaigns the hardest isn't always the one elected. In track, nobody cares how hard you work, how hard you drive yourself. You're supposed to. The only athletes who complain about training are the professionals, and with the big money they are making I have to wonder about them. I'm like most distance runners, more introspective than other athletes. You have to be. When you're running two or three hours a day, you have more time to think."

Novak echoes the sentiments of Pope Pius XII: "If I had to give one single reason for my love of sports, it would be this: I love the test of the human spirit. I love to see defeated teams refuse to die. I love to see the impossible odds confronted. I love to see impossible dreams accepted. I love to see the incredible grace lavished on simple plays — the simple flashing beauty of perfect form — but even more I love to see the heart that refuses to give in, refuses to panic, seizes opportunity, slips through defenses, exerts itself beyond capacity, forages momentarily of its bodily habitat an in-

strument of almost perfect will."

A little modern day parable gives one perspective on the importance of sports, including running. The scene is a junior high school classroom. The teacher has asked the students to give a brief report on their career objectives.

"I'd like to be a doctor and make people feel better," said young Mark.

"Very good," the teacher remarked, "and what about you, Jennifer?"

"I want to be a politician because I'd like us to have better parks and a better place to live in," Jennifer replied.

"Excellent!" said the teacher.

"I want to be a lawyer," said Billy.

"Why's that?" asked the teacher.

"Then you can be a judge and let everyone go free, even if they do something wrong," Billy answered.

Adrienne said that she wanted to be a scientist so that she could find ways to fight pollution. And George wanted to be a police officer so that he could help uphold the law and order.

Finally, it came time for young Myles to report. He was considered the class "brain" and the teacher was looking for big things from him.

"I've decided to be a distance runner," Myles offered.

"Where will that get you?" the

teacher asked with a look of dismay.

"Well, here's the way I see it," Myles replied. "Mark wants to be a doctor and make people healthy. Jennifer is going to provide us with better parks and a better community. Billy is going to give everyone freedom, Adrienne a cleaner environment, and George law and order."

"I want to do something for them. I want to make all their pursuits worthwhile. I'm going to take that freedom, the law and order, the health, the parks and the clean environment and I'm going to make the most of them." □

1984 TAC National Masters Track & Field Championships



SCHEDULE OF EVENTS

FRIDAY

2:40	5000m Racewalk
3:30	Opening Ceremony
4:00	High Hurdles—Trials (W&M)
5:00	High Hurdles—Finals (W&M)
6:30	400m—Trials (W&M)
8:00	400m Relay (W&M)
8:30	10,000m (W)
9:30	10,000m (50 + M)
10:30	10,000m (30-49M)
	Mile Relay (W&M)—follows immediately

FIELD EVENTS:

4:00	Javelin (M)
	Pole Vault (50 + M)
	High Jump (W) Area I
	(50 + M) Area II
	(30-49M) Areas I & II following above groups
5:00	Hammer (M)
6:00	Long Jump (W)

SATURDAY

4:00	100m—Trials
	(W, 50 + M) East side
	(30-49M) West side
	100m—Finals
	(W&M) West side
6:00	Steeplechase—(M) 2000m
	(M) 3000m
7:00	400m—Finals (W&M)
8:00	1500m—Finals (W&M)
10:30	2-mile Relay (W&M)

FIELD EVENTS:

2:00	Pole Vault (30-49M)
3:30	Javelin (W)
	Long Jump (M) Areas I & II
4:00	Shot Put (M) Areas I & II
5:30	Discus (W)

SUNDAY

8:00 a.m.	20k Racewalk (W&M)
8:30	400m Int. Hurdles—Finals (M)
9:30	5000m (W&M)
11:30	800m—Finals (W&M)
1:30 p.m.	200m—Trials & Finals

FIELD EVENTS:

9:00 a.m.	Discus (M)
	Triple Jump (M)
	Shot Put (W)

Hayward Field—Eugene, Oregon

Friday, August 17 through Sunday, August 19

Hosted by Oregon Track Club Masters

- Divisions:** 5-yr. age divisions for men & women age 30 and over
- Entry fees:** \$7 for first event (includes special Athletic Clinic Friday a.m.), \$4 per additional event. \$16 per relay team.
- Entry deadline:** All entries must be postmarked by July 15, 1984. Late entries will be returned.
- TAC Registration required for all American entrants.
 - Travel Headquarters has arranged lodgings at a special reduced rate and can take care of all your travel needs.
 - A unique TAX RELIEF SEMINAR is being offered, which may make your trip to Eugene a tax-deductible business expense.
 - An entry packet, with complete information, will be mailed to you upon receipt of your entry form.



DETACH AND MAIL
★ Please Print ★

Name _____	Birthdate _____
Address _____	Age (as of 8/17/84) _____
Phone () _____	Male _____ Female _____
Club Affiliation _____	TAC # _____

An elaborate BRUNCH will be served Saturday, 8-11 a.m. at a cost of \$7.00 per person. I am _____ I am not _____ interested in attending. Number in party _____	Events	Best 83 or 84 Mark	Entry Fee
	1. _____	_____	_____
	2. _____	_____	_____
	3. _____	_____	_____
	4. _____	_____	_____
	5. _____	_____	_____
		Total Entry Fee	_____
		T-Shirts	_____
		Brunch	_____
		TOTAL	_____

T-SHIRT ORDER: \$6.00 each
SIZE (check one)
☐ small ☐ medium ☐ large ☐ x-large

For additional events include on separate sheet. Event changes will not be permitted after registration deadline.

Make checks payable to: OREGON TRACK CLUB MASTERS

I waive all rights that I or my heirs or assigns may have against the sponsors of this athletic event arising from any injury, illness, or accident that I may sustain or incur participating in this event or at this event. I declare that I am in good health to participate in this event.

Signed _____ Date _____

Send entry with check to: Phone: 503/687-2810
Oregon Track Club Masters, Travel Headquarters, P. O. Box 10085, Eugene, OR 97440.



Irving Cohen, M65
photo by Gene Cohn Productions



On Approaching Every Problem With an OPEN MOUTH

by W. MacDONALD MILLER

Well Heeled

As I walked along the street on my way to work this morning, I couldn't help but notice the passing of an era. Could be it passed a long time ago and I just didn't notice, although that doesn't seem likely. Maybe it's been dead for longer than I realize. I do tend to be aware of things like that. Whatever, it was the era of the most flattering piece of apparel the world has ever known — the high heeled shoe.

I must have been thirteen or fourteen, full of pimples, bony and pale with any number of disgusting habits. Veronica Lake had her hair hanging over one eye, pressed in a long black dress with fantastic high heeled shoes. There was a time I thought I might lose my mind, at the very least impair it.

I often wonder what my mother must have thought. I could entertain myself for hours playing dress-up in the third floor attic of my dear old grandmother's home. When it came to my favorite get up, however, it was no contest, give me a solid colored medium pump and I was fixed for the

whole day.

I guess it really shouldn't have come as any great surprise when, years later, our oldest boy would sort of combine interests. One of his favorite mixtures was to play Barbie Dolls with his sister dressed in the football uniform I had given him for his birthday. He did prefer cleats to high heels, though, I will give him that.

The high heeled shoe is dead (or died unnoticed by me) in the financial district of Chicago. It has been replaced, if you can possibly believe it — by the running shoe. I mean, can you imagine Veronica Lake peering at you

with her one eye from a bar stool in some smoky out-of-the-way nook, her skirt split to the thigh, falling dangerously aside those fantastic legs, wearing a pair of maroon Converse Phoetans?

One of the D-Day-plus-40 programs that appeared on television early in June had a reminder that nothing inspired a GI more than that rear view shot of Betty Grable looking back over her shoulder. Can you for one minute imagine the effect that photo would have had on thousands of young men if instead of being perched on top those magnificent black platforms, she had been wearing a pair of New Balance 990's.

I saw Tina Turner and her new group the other night and, wow — you could feel the energy two days later. A pulsating driving beat from a loud and raucous band, dancers who were wild and sensual and of course, Tina. What a woman! What energy! Hair plastered to her forehead, sweat flying ten rows deep, a throaty powerful voice and this magnificent body, outrageous and hypnotic. In running shoes? Tina had on high heels that would punch a hole in concrete. I'll only mention in passing that back when women were women, Ginger Rogers, Cyd Charisse, Eleanor Powell, even a recent lightweight like Liza Minnelli would never have turned a head had they been decked out in Pumas, Sauconys, Brooks, Tretorns, Nikes, Tigers, or Etonics. I don't care how spectacular the color combination on the shoe or how great the dance, it just wouldn't come off. I think of my own wife. Now granted, we are different — she has a lower voice than I do but, at the same time, there's just no comparison between how she looks in her new Italian Slings and the beat-up Tiger Jayhawks she likes to sleep in. While I'm at it, I might as well get the whole thing off my chest. I'm concerned about women walking the streets of my hometown in running shoes for the same reasons I'm concerned about these same women carrying their lunch to work in a brown paper bag. I love Chicago and I'm very proud of our city. I see it as an urbane,

sophisticated city of finance, culture and excitement. Woman on their way to work in pink Kangaroo running shoes, carrying their lunch isn't exactly what I've no doubt circumscribed. Oh, well, what can one gentle voice do but mutter in such a video-pedestrian age.

I must tell you, however, that one morning last week about ten in the morning, I was so hungry I noticed I was no longer chewing my eraser, I was eating it. I couldn't very well slip down for a Danish, I had no money. I considered borrowing a couple of dollars from this innocent little twit that pretends to be my secretary but I still owe her five bucks from two weeks ago. Just then she steps into my office to tell me she's taking a package to the post office. In all fairness I will say one thing about this young telephone talker, she has a cute little figure and she accented her entire appearance with a pair of very nice open toe sandals. The light in my creative mind blinked on brightly, allowing her a reasonable period to get on the elevator and out of the building. I walked briskly to her desk and opened the drawer where she keeps her lunch. I had in mind a small cellophane pack of potato chips. She'd never remember whether she put them in that morning or not. If not, a banana to lay in a few extra carbs for the afternoon run, right? Wrong! You'll never believe what the little waif had in that paper bag. I don't know if I do now. A pair of Nike Waffles? Does this mean what I think it means? Getting to work comfortably and carrying their heels in the bag where their lunch is supposed to be.

You talk about your deceit, this has to be the limit. Women for too long now have exercised a prerogative destined to give man a feeling of insecurity — thinking. Personally I wish they'd stick to more socially redeeming acts like burning their bras and forget about dull and boring things like comfort.

Darn, if I can keep from fantasizing. Wouldn't Mary Decker look terrific winning the 1,500 at the Olympics in a pair of spectator pumps, carrying a brown paper bag? □

MASTERS RUNNING CAMP

7th Annual

CRAFTSBURY RUNNING CAMPS

Coed sessions	July 1-7, 8-14, 15-21
Womens' sessions	August 5-11, 12-18, 19-25
Masters sessions	September 9-15

Ranked 6th in the nation - RW 1983

On Lake Hosmer in the Green Mountains of Vermont
For all ages and ability levels

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(802) 586-2514	



Joe Burgasser, 45, leads Adrian Craven, 47, to the finish line in the 5th Annual Cotton Row 10K Run on Memorial Day in Huntsville, Alabama.

\$5000 WON BY MASTERS IN DYNAMIS 15K

Five thousand dollars in awards were handed out to the top 10 masters finishers in the Dynamis 15K, May 13, in Syracuse, New York.

The race was the first of the 1984 NIKE Masters Road Race Series, in which veteran runners (men 40+, women 35+) compete for awards and travel to the XVII International Masters Distance Championships. For the first time, the Championships (10K and marathon) will be held in the United States — in San Diego on December 1st and 2nd.

Ken Inglis won the top prize of \$1000 with a convincing 61-second win

in 47:24 over California's Sal Vasquez. Michigan's Bill Stewart, the U.S. masters 15K record-holder (45:58) was third in 48:32.

Kentucky's Don Coffman edged Pennsylvania's Tony Gerrity for fourth money, 48:45 to 48:54.

The superb quality of the field can be understood by looking at the 6th through 10th places: Norm Green (49:14), Kirk Randall (49:29), Jim Bowers (49:33), Pete Van Gorder (49:44) and Ted Haiman (50:38), who picked up a \$200 award for finishing 10th. □

NIKE/ WEST PENN MEET YIELDS 35 RECORDS

The Nike/West Pen Track Club Masters Track and Field Championships in Washington, Penn., May 20, resulted in 35 meet age-group records being set, almost as many as the number of contestants.

Among the athletes contributing to the total were multiple winners Barry Kline, 44, WPTC, in the 110mH (39") in 17.48 and 400mH (36") in 72.0; Grover Coates, 46, Over The Hill TC, in the 110mH (39") in 19.4 and triple jump at 31'3½; Don Ernst, 75, in the 100m in 20.5 and 3200m walk in 27:15.

Jim Fox, 40, helped the total with two wins, in the 800m (2:05.9) and the

1500m (4:17), and Ray Lister, 56, WPTC, also notched two victories, in the 1500m (5:20) and 5000m (19:36).

Led by Andrew Thompson, 61, Masters Sprint Club, who high jumped 4'4" and long jumped 12'5¾", the jumpers accounted for eleven of the new meet marks.

The throwers' seven records included 60-year-old John Ulam's, WPTC, 98' discus toss and 110'3" javelin throw.

The women produced five meet records, three of which belong to Pat Dye, 34, WPTC, in the 100m (13.96), the 400m (69.26), and 800m (2:46). □

TRIATHLON TRAINING PAYS OFF IN RUGGED 15K

EMMITSBURG, Maryland, May 6. Triathlon training paid off today for Ed Busch, 42, of Walkersville, Maryland, in the 6th Annual Goodloe Byron Memorial 15K.

Busch captured the first masters position by finishing fourth overall in a time of 56:37. In doing so, he upset Tom Sheahan, 43, of Derwood, Maryland, who had won the masters division three years in a row.

Congresswoman Beverly Byron (D-Md), official starter for the race

named in honor of her late husband, reported that Busch crossed the finish line grinning from ear to ear, shouting, "I think I beat Tom."

It was Busch's first victory over Sheahan in five years. Their last meeting was in the "Market Street Mile," where Sheahan won the masters division in 4:47 to Busch's 5:01.

Looking fresh after the race, Busch attributed his success to his recent shift to triathlon training. Preparing for the Oxford (Maryland) triathlon (2.4 mile

swim, 50-mile bike, 20-mile run), he has been devoting each Wednesday afternoon to slightly lesser training combinations (2 mile swim, 25 bike, 15 run). The rest of the week he works out in one of the three events. He hoped to finish in the top five masters at Oxford, which is a major East Coast triathlon event.

"I think Ed will do it," Sheahan said. "He looked incredibly strong today. He's come way up just in the last six months. He's really become the man to beat in Western Maryland." □



Jock Jacoy, 58, Del Mar, Calif., M55 winner, TAC National Pentathlon Championships, Raleigh, N.C., May 4.



ROCKY MOUNTAIN MASTERS GAMES
NATIONAL TRIANGULAR SCORING
EAST vs WEST vs ROCKY MOUNTAIN



DATE September 1st & 2nd **SPONSOR** Denver Track Club
PLACE Cherry Creek High School, 4770 South Yosemite
TEAMS Any athlete registered with Montana, Wyoming, Colorado, New Mexico is on the Rocky Mountain team. Anyone registered west of these 4 states is on the West team, anyone east on East team.

AGE DIVISIONS 5 year age groups - men and women 30 and over
INDIVIDUAL AWARDS First 6 places in each event receive medals. A maximum of 3 medals will be awarded to any entrant, additional medals won may be purchased for \$3.00.

SCORING Scoring will be 8-5-4-3-2-1 for each event including 5K, pentathlon & weight pentathlon. The team with most points will have its name inscribed on the Penn Mutual Rocky Mountain Games Trophy. The club from that team scoring the most points will decide the location until 1985 meet.

TRACK Chevron 440, electronic timing

RULES Standard TAC Masters Rules except weight implements which will use old implements when new metric weights not available.

TAC registration is required and will be available at the meet.

SANCTIONED COLORADO ATHLETICS CONGRESS

FEES \$6.00 first event includes Tee shirt. \$4.00 each additional event. \$21.00 unlimited events. Additional shirts can be purchased.
LATE ENTRIES To guarantee participation, entries must be received on or before August 30, 1984. Late entries may be allowed to participate at the Meet Directors discretion.

CONTACTS Jim Weed, 11672 East 2nd Ave, Aurora, Co. 80010 (303)341-2980
Jerry Donley, 1715 Alamo. Colo Spgs, Co. 80907 (303)635-1264
Steve Kaeuper, (303) 388-8180

SCHEDULE of EVENTS September 1st Saturday
Site for Saturdays events not firm yet, contact Jim or Steve when you arrive for location. Can not throw hammer or javelin at Cherry Creek. The Hammer and Javelin will be competed Saturday.

3:00 pm Pentathlon & Weight Pentathlon

3:30 pm Javelin & Hammer

5:30 pm 5000 meter run on track.

Cherry Creek H.S.

9:00 am 110m HH, P.V. H.J.

9:30 am 100m & trials

10:30am 800m

11:00am Sprint Medley Relay (400, 200, 200, 800) mixed ages (30, 40, 40, 50)

11:30am Predict your time 1500m (family & friends, medals, no team pts.)

12:00am 200m finals by time

1:45 pm 400 IMH

2:15 pm 400m finals by time

3:00 pm 4x100

3:30 pm 1500 meter

4:00 pm 4x400

In H.J. we go 2" at a time with exceptions made if athlete can tie or break a World/American record.

Hotel RAMADA RENAISSANCE HOTEL, 3200 S Parker Rd, 695-1700 (303) reservations 800 228-2828

OFFICIAL ENTRY FORM ROCKY MOUNTAIN MASTERS GAMES 1984

Please print

NAME _____ PHONE _____

ADDRESS _____

CITY _____ STATE _____

AGE _____ SEX _____ DATE OF BIRTH _____ TAC# _____

CLUB AFFILIATION _____

In order to compete in the 1984 ROCKY MOUNTAIN GAMES, 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 Colorado Athletic Congress, the sponsors and the officers and agents thereof. I certify I am in good physical condition and recognize that this meet will be held at High Altitude (5,204 feet) and that the weather conditions can vary from extreme heat to cold in short periods of time.

DATE _____ SIGNED _____

Please check in the space provided to the right of each event, those events you wish to enter. Also please enter your best time, distance or height for all events you have competed in over the past two years. This will help meet directors seed multi-heated events and may be helpful to team captains in putting strength in various events.

TIME	ENTRY	HEIGHT	ENTRY	DISTANCE	ENTRY
100m		H.J.		S.P.	
200m		P.V.		Dis.	
400m		5K		Jav.	
800m		Interested in		Hammer	
1500m		Relay?		L.J.	
110mHH				T.J.	
400IMH		PENTATHLON			
		WEIGHT PENTATHLON			

Predict your time mile _____ (name and age) for family and friends

NUMBER OF EVENTS ENTERED _____ AMOUNT ENCLOSED _____

Please send your entry form, signed waiver, and check payable to the "Denver Track Club" to Jim Weed, 11672 E. 2nd Ave, Aurora, Co. 80010

Sunday evening an awards ceremony and social will be held at the RAMADA RENAISSANCE HOTEL 3200 S. Parker Rd (I 225 at Parker Road Exit.)

Saturday 5pm to 10pm pick up packets at hospitality room Ramada Renaissance Hotel. 303 697-1700 Res 800 228-2828

497 room luxury hotel, guest have guest privileges at contiguous International Athletic Club (steam room, sauna, jacuzzi)



SPEAKER'S CORNER

by HAL HIGDON

Hotting It Up In Italy

This spring, I spent four weeks in Italy working on a book and managed to run a couple of races. Warming up before the **Romaratona** (Rome Marathon), I encountered a runner met the week before. He spoke a little English; I spoke a little Italian. We exchanged pleasantries, then just as we parted he said: "I go hot up my legs."

I smiled, but I understood what that meant. It was an example of how the Italians have taken our running boom and given it a new translation.

The sight of joggers in Italy is rare. After two trips to that country the past year, I can count on two hands the number I've seen, some of them probably tourists. Rome, with jammed streets and few neighborhood parks, offers a hostile environment for a runner in training.

Yet the two races I ran, **Romaratona** and **Cinqui Mulini**, had 2,000 and 3,000 competitors respectively. Perhaps "competitors" is the wrong word, since most entrants participated in what were billed as "non-competitive" divisions: a 7 Km

added to the marathon; 9 and 16 Km road races added to the other. Although America invented the running boom, it's an idea we might consider copying for our events.

Cinqui Mulini means five mills, as in mills that grind wheat, not make steel. The race by that name in San Vittorio Olomo north of Milan is a cross-country event with a history dating back several centuries. Only two of the five mills remain, but runners run through them—in one door, out the other—several times during multi-laps of a 2.4 Km circuit.

Cinqui Mulini is a prestigious event on the international race calendar. The men's 9.6 Km race this year featured full teams from Ethiopia and Kenya running one-two plus Fernando Mamede of Portugal, Tim Hutchings of England, and Boguslaw Maminski of Poland. In the women's 4.8 Km event, Grete Waitz of Norway and Maricica Puica of Romania reran their dual from the World Championships in New York the previous weekend, this time Grete possessing the superior kick.

I was prevented from running either race held in the afternoon, because of: a) ability, and b) sex, respectively. They had no event for masters, but I did participate in the non-competitive **Stracinqui Mulini** in the morning. **Stra** comes from the word **strada**, or street.

Beginning the day before the race and continuing until almost 10 minutes before the gun sounded, I couldn't find anybody either able, or willing, to answer my question, "Dov'e il inizio?" Where is the start? I also was unable to comprehend when was the start since the entry blank, which I translated with help of an Italian/English dictionary, suggested it might be anywhere from 8:30 to 9:30, and that people had until 12:30 to finish in order to earn a keychain. Eventually, it dawned on me that when the Italians said non-competitive, they meant non-competitive.

Five minutes before the clock on a nearby church steeple said 8:30, runners began gathering on both sides of a chalk line on a grass track at the **Campo Sportiva** (sports field), where the international race would finish later that day. I positioned myself on the line, right in the middle, still not certain which direction everybody would bolt. I'm not sure most of the other participants knew either, but apparently I was the only one nervous about it. A festive atmosphere prevailed.

When the gun sounded, everybody surged clockwise around the track, so I followed. We ran one lap before heading out the stadium with additional runners jumping in, usually in front of me. As we hit the roads outside, everybody's sprint died, and I had to do some broken-field running to maintain my pace. That's not new: it happens all the time in races at home, too.

After a kilometer of running, fast and slow runners had sorted each other out. To my surprise, I found myself about 15th, but then all the top runners were running that afternoon. A few kilometers more and the 9 and 16 Km courses divided. Nobody yet had asked which of the two races I was running, but I chose the latter and found myself sixth. Eventually, I moved into third, but far behind the two lead runners.

About two-thirds of the course was road; the rest, muddy trail. On the stretch of trail, the leaders started running back toward me because of missing a turn. I think they were swearing, but I'm not sure. For a moment, I had delusions of converting their error into victory, but they quickly lengthened their lead again.

To my disappointment, we only ran through one of the mills, but the course was free of traffic, and except for that one turn, well-marked. Three times during the race, we came to check points where officials rubber stamped our numbers to prove we had run the full distance. I collected my stamp each time without breaking stride.

To my surprise, with about 4 Km to go, we rejoined these running the shorter race. They had gone 5 Km, we 12, so I found myself running on a narrow trail behind people who were walking, even one person on crutches. "Attenti!" I cried to warn of my coming. "A sinistra" or "A destra," indicating where (left or right) I planned to pass. After a while I gave this up, because nobody moved anyway.

I eventually went from passing walkers to slow joggers, but by then had realized that no matter how fast I finished, even if I caught the two in front, nobody would know or care. I relaxed, a mistake since two runners caught me. And here I thought this was non-competitive! One was young; the other had grey hair, suggesting he

might be a master. People watching might not know what place I was in, but I knew. I mounted a sprint in the last 200 meters, losing to the younger runner, outkicking the older one.

No officials waited beneath the finish banner to record our place as we crossed. In fact, there was nobody even standing near it! There was also no digital clock. I hadn't worn a watch and only after several minutes did I glance up at the clock steeple and see the time was 9:30. That put me somewhere under an hour for 16 Km, although I doubt whether the course would pass muster with the TAC/RCA certification committee.

I shook hands with the runners who finished around me. The grey-haired one said he was **quarantatre**, 43, so I had narrowly maintained my position at first master, if it mattered. I collected my key chain, accepted a drink of the local electrolyte drink, and that afternoon enjoyed watching Waitz outkick Puica before returning south. I hope the Italians don't "hot up" their running program too much in response to the demands of people who demand pinpoint organization. Their non-competitive approach seemed like a relaxed way to enjoy a trip to Italy. □

Hal Higdon, Senior Writer for The Runner, is working on a (non-running) book about Italy, tentatively titled, "Falconara." He wrote this article especially for NMN readers who may be attending the VI World Veteran Games next year in Rome.



Senator Alan Cranston (D-Calif.), after Legends 60, Pepsi Invitational Meet, UCLA, May 13.
photo by Richard Lee Slotkin



Former Olympic equestrian Kathy Kusner, 42, one of 16 Olympians honored at Olympic Legends Meet in L.A. April 28-29, reflects on her silver-medal 5000-meter time of 21:41.5.
photo by Gretchen Snyder

BRENDA WINS SIX IN SACRAMENTO

by BOB ROEMER

Decathlete Al Brenda, 55, entered eight events and won six of them to take some of the spotlight away from octogenarian sprinter Joe Packard in the 9th annual Sacramento Masters Relays April 28.

Brenda, a health-spa operator from Turlock, Calif. and one of the top veteran decathlon and pentathlon athletes in the world, won the 100-meter hurdles, pole vault, discus, long jump, triple jump and high jump.

Eighty-year-old Packard, of San Francisco, sprinted the 100 meters in 15 seconds flat and the 200 in 32.4. Only a fairly brisk tail wind prevented his 100-meter time from bettering his own 80+ world mark of 15.4. (He also holds the 80+ 200 mark of 32.3).

Conducted under clear skies with temperatures in the high 60's, the meet was co-sponsored by the Northern California Seniors Track Club and California State University, Sacramento, with help from Nike and Brenda's prodigious entry fee.

Other top showings included four victories by Marin County's Ted Cain, 42, coming back after five years on the sidelines. Cain won the 110 hurdles (15.8), 200 (24.1), 400 (53.7), and 400 hurdles (60.0).

Premier masters miler Mike Holbrook, 41, turned in an impressive twin win in the 800 (2:05.6) and 1500 (4:12).

John Roehr, 36, representing the U.S. Army, threw the shot 51-1, hammer 150-7 and discus 138-3.

RASCHKER SETS 100 YARD RECORD

Phil Raschker, 37, Atlanta TC, added the 100 yard dash to her national W35 record array (100m, 200, 400) when she flew to an 11.1 clocking at the Birmingham, Alabama Track Club Classic, May 12. Her time erases San Franciscan Almeta Parish's 12.3, set in May, 1975, when Parish was thirty-eight. Although Raschker's one-second plus improvement on the old mark is a tremendous decrease for a 100y dash, the new mark is significant only to Americans because the 100y is not recognized for record purposes as a world-wide event.

Raschker also had an 18'3" long jump and 34'10" triple jump in the meet.

Other meet standouts included Sammy White, ATC, who took six sound M45 firsts: 100y (11.1), 220 (25.2), 440 (56.8), high jump (5'), long jump (18'2½"), and discus (103'8"). Ed Hill, M40, Birmingham TC, topped all discus and shot efforts with 145'7" and 44'10½".

Jack Shield, M50, ATC, had the day's best masters javelin throw with 156'1", and Phil Mulkey, M50, ATC, was the best vaulter at 11'6".

Already the top javelin thrower in the M75 category, Emery Curtice of Calistoga fired the spear 102 feet, 11 inches, the best mark ever for a 77-year-old.

The Sacramento meet produced a rare father-son race, with both Vance Koerner, 57, and son Mike, 35, running in the same 800-meter heat. Mike took the decision, 2:12.5 to 2:34.5.

ROMAIN SIZZLES IN CALIFORNIA

Dave Romain turned in a sensational 1:55.5 to win the M40 800-meter run in the TAC Pacific Track & Field Championships May 19 in Los Gatos, California. The time is less than a second off Klaus Mainka's world veterans 800 mark of 1:54.6 and close to George Cohen's American M40 record of 1:54.9.

The meet was highlighted by Gretchen Snyder's three American W50 records (see separate story).

National age-marks were set by Lori Maynard, 48, in the 5000m walk (27:41); Stew Thomson, 50, (42:96m) and James Hart, 47, (43:94m), both with the 2-kilo discus; and Emery Curtice, 77, NCSTC, in the javelin (31.96m).

Bob Hunt, 64, of the Southern California Striders, edged Jim Johnson, 61, NCSTC, in the M60 100m, 13.73 to 13.75.

1972 Olympic gold medalist Eddie Hart, 35, NCSTC, flashed to a 10.95 (wind +1.05m). Nick Newton, 50, SCS, two weeks after knee surgery, won the 100 in 12.39 and high-jumped 5-8 for second behind world M50 record-holder Herm Wyatt (6-2), who also jumped 5-8 today.

Dan Fitzsimmons, 40, of the West Valley Track Club, looking like a national championship claimant, beat teammate Mel Brooks, 43, in the 200, 23.13 to 23.23. Fitzsimmons has now bested Brooks, Walt Butler and Romain.

Harvey Franklin, 41, WVTC, defeated Mike Holbrook, 41, Capital City Flyers, by a half-second in the 1500 in 4:06.0.

Dee Dewitt, 45, SCS, ran a 15.98 automatic time in the 110mH (39"). Ron Whitney, 41, WVTC, 6th in the 1968 Olympic 400 hurdles, won that event over Bill Knocke, 44, SCS, 57.54 to 58.14, as Knocke came away with a national age-44 record.

The meet was hosted by the Los Gatos Athletic Association for the fifth consecutive year. To add new life to the meet, Pacific Association open competitors joined the masters to make it a combined championship.

Perfect weather with just a touch of breeze made for the fast times on the quick, all-weather track. All times in 1/100 are automatic, and a wind gauge was in use to record any errant breezes.



Al Brenda 55, Turlock, Calif. winner of six events at the Sacramento Relays, April 28.



OPEN TRACK AND FIELD MEET

8:00 A.M.

Saturday, June 30, 1984
York High School, Elmhurst, Illinois



Sponsored by the Masters Track & Field Committee, TAC, and York High School, Elmhurst, IL.

FACILITIES: Chevron track, HJ, LJ, and PV runways.

DIVISIONS: OPEN TO ALL AGES; Grade School, Jr. Hi, Fr-Soph, Sr. Hi, Col, Open, 30-34, 35-39, to 85 and over. Men and Women.

AWARDS: Trophies to first five places.

ENTRY FEES: \$6.00 for one event, \$8.00 for two or more. \$2.00 late fee. Entry fee entitles all entrants who place (1-5) one trophy. Additional trophies available at \$4.00 each. Make checks payable to **MIDWEST MASTERS, 180 N. LaSalle, Chicago, IL 60601; c/o Wendell Miller; (213) 234-0106**

SCHEDULE OF EVENTS: Unless otherwise noted, all track events will be run in reverse chronological order: Women (60-64, 59-55, etc.). Some age groups will be combined.

TRACK EVENTS

8:00 A.M. 10,000 Meter Run
10:00 A.M. 110 Meter High Hurdles
10:30 A.M. 3,000 Meter Steeple Chase
11:00 A.M. 100 Meter Dash
12:00 P.M. 800 Meter Run
12:30 P.M. 3,000 Meter Walk
1:00 P.M. 200 Meter Dash
1:45 P.M. 400 Meter Dash
2:15 P.M. 1,500 Meter Run
2:40 P.M. 400 Int. Hurdles
3:00 P.M. 5,000 Meter Run

FIELD EVENTS

9:00 A.M. Hammer Throw
10:00 A.M. High Jump, Long Jump, Pole Vault
11:00 A.M. Javelin
11:20 A.M. Discus
12:00 P.M. Shot Put, Triple Jump

ENTRY FORM AND RELEASE

Name _____ DOB _____

Address _____

Enter me in the following events 1 _____ 2 _____ 3 _____ 4 _____

ATHLETIC RELEASE: In consideration of my entry, I do hereby for myself, heirs and administrators, waive and release all claims I may have against the Midwest Masters, and York High School, Elmhurst, IL their representatives and the various sports governing bodies, and sponsors, for any and all injuries suffered by me in any event or sports facility. I certify that I have no physical defects that would prevent me from competing. Further, I take full responsibility for personal equipment owned by me for breakage.

INDIVIDUAL SIGNATURE _____ Telephone _____





RUNNING WITH MARCO POLO, M.D.

By ALEX RATELLE, M.D.

IN THE LONG RUN

Do intermittent long training runs improve our performance? Or do they add to our injuries ... and to our psychological burdens?

Nobody knows.

A few national and even world class runners seem to be setting records on eight miles per week. The physiological and psychological benefits of "working out" in several different sports is an acknowledged principal. But, whatever relief we seek from the problems and even the tedium of running, to run well, we must run.

In analyzing the profitable elements of training, I keep coming back to the high value of long training runs. This is not entirely palatable, since, in Minnesota, we have two seasons: winter and the fourth of July. The prospect of 30-mile runs when the wind chill is minus-30 makes me want to seek

employment elsewhere. Worse, summer comes with a jolt. We often go from long-johns to skinny nylons in a day or two. To get one or two long runs a week, with this degree of "gear shifting," requires imagination, discipline and mutual support.

But, try as I might, the training log clearly shows that periodic "overruns" are closely linked to personal bests or very good race results.

How far is long? For me, it's about my longest race distance. To prepare for my one-and-only 50-mile competition three years ago, I ran several 30-mile-plus days, with one 46-miler some six weeks before. (From my marathon training, I feel confident at

all shorter distances.)

When to do the long run? Most runners prefer the weekend. Being on call a good deal, with rather odd days and bits of time, I relish a weekend morning for the tilt. There are a number of areas where walking-biking paths are available near my home. There is an absence of cars and the bikers are largely missing.

Why choose a quiet, traffic free roadway? If a good deal of time is to be spent with the effort, I enjoy the opportunity for solitude and for TM. I can let my mind wander without interruption, and observe the scenery. The time goes wondrously fast. With no big hassle over dodging people and vehicles, my mood gets higher and higher as the morning passes.

What "travel aids" to have for the occasion? It's fun to select all those handy things we would love to have available while actually running a race, such as fluid in attractive forms. For me, it's orange juice and tea. Would you believe icy-cold and premixed?

On my most favorite "wilderness course" there is a Tom Thumb store, open twenty-four hours a day, with vast stores of twinkies, crunchies, tea and orange juice. It has a bin full of home-made style oatmeal cookies that feel and taste great going down ... and, as of this writing, have never come up.

Another option we all miss during competition is the opportunity to add and subtract clothing at will. It's pleasurable to jog up to the waiting car and pull on another shirt or mittens, or add a little vaseline to some spot under the socks that's tweaking us a bit.

You may not have applied this to your long runs, but in our crowd it has become common practice to change shoes, not once, but several times during the passing of several hours. This has vastly reduced blisters, sore knees



Mel Elliot, 45, hangs in with the youngsters, 800, SPA/TAC open Championships, UCLA, May 20.

photo by Richard Lee Slotkin

and leg fatigue. The theory here is that every pair of shoes has small mechanical features unlike any other. By changing small areas of cushioning and the angles, we substantially reduce the repeated concussion and friction effects. If carefully applied, this practice is a neat way to break in a new or nearly new pair of shoes.

An obstacle to pursuing this work effort is our own work ethic. Though I grew up and grew old in some degree of poverty, and though I consider myself a hard worker, to "sweat" for three to five consecutive hours is not a common standard of behavior in my neighborhood. Wherever I run for half-a-day, I avoid golf courses like the plague. Nothing shuts the system down for me quite like seeing an aging peer climb a difficult hill on his golf cart, dressed to the tees and several stone overweight. Small satisfaction that this very same neighbor was a patient for a three-vessel bypass last week. It is equally wise to avoid the environment occupied by air-conditioned Cadillacs.

The preparation for a long run should be as considered and complete as a marathon. Curiously, many of those coming off a long Saturday or Sunday workout end up with injuries of the magnitude of those who went somewhere else on the same day and competed.

In the rather immediate past, I have run six 100-plus miles per week ... in a row. And my good race results reflected this investment. The long-term effect on my running base was impressive. But there were rest days injected here and there. Discipline was tight and the rules were observed. Hydration was carried into the wee hours of the morning. Adequate calories and vitamins were guaranteed. Despite the fatigue, I had that deep-seated, inner feeling that this was proper, and would eventually result in that 2:29 marathon. If, at age 59, you can do better than this, please don't tell me about it ... and pass on the left. □

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SPEED-BELT can increase stride length.

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SPEED-BELT can increase leg drive.

Using SPEED-BELT in the resistance function works quadriceps and arm pump action through a complete range of motion, while allowing the athlete to work on endurance, relaxation, and correct body lean.

"Towing is the most practical and effective sprint-assisted method in use today" Dr. G. Dintiman, Virginia Commonwealth University

"A five-week tow training period prior to the start of the season improves performance significantly." John Tansley, Track Coach, California State University Long Beach*



Each SPEED-BELT package comes with:

1 50' latex tube (stretches five times it's length), 3,000 PSI Tensile Strength

1 Polypropylene speed-vest
1 Nylon carry bag
1 3' Nylon anchor cord

with a 1 year guarantee on parts.

Shorter lengths for shotput, discus, and javelin throwers are also available.

Don't delay, order yours today!!

Similar products cost \$60 to \$100. SPEED-BELT sells for only \$49.95.

Resistance Training is an effective method of imposing an artificial load on the running action" Kevin White Track Coach, Southeast Missouri State

*Not to be taken as a personal endorsement of this product.

Please send me _____ Speed-Belt(s). I have enclosed my money order for \$ _____ (\$49.95 ea. + \$5.00 per belt for postage and handling). California residents include 6.5% sales tax.

Name _____
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Address _____ City _____ State _____ Zip _____

Phone () _____

Send order to: Driver Enterprises
P.O. Box 62A
Los Angeles, CA 90062



M65 hurdlers Herb Miller and Chia-Tsung Pao on the victory stand at the Olympic Legends Meet at UCLA April 28.

photo by Gretchen Snyder

STEWART WINS

Continued from page 1

would receive \$500 in travel credits to the XVII International Masters Distance Championships in San Diego December 1-2. The first W35 runner would win \$300. All in all, Nike was providing \$3900 in prize money for 10 male and 10 female master finishers.

Coffman had raced with Stewart two weeks earlier in the Dynamis 15K race in Syracuse, and, as a result of his experience there, commented the night before the race, "I feel like I have to build an early lead on Bill because his 1500-meter speed is just too tough for me at the end." (Stewart was the World Vet 1500m Champion in San Juan last summer with a 3:56.2, and he has a pending World Masters record for the mile at 4:11.)

Don followed his plan and, by the third mile, had a 20-to 30-second lead. This was the first time on the course for either of these runners, and Stewart's tactic of holding back some for the last three miles paid off in the end. He was able to catch Coffman by the 6-mile mark and finish strong for a 12-second victory.

Stewart admitted it was a hard race and he was tired at the finish. This year the male Masters finished with the females on the left side, and this required a split in routes about 250 meters from the finish line. Bill, who was running 10th overall at that point, missed the break point and continued toward the open finish line. Just prior to the finish line, Stewart was able to cut across a median that separated the two lines and thereby finish on the correct side. Coffman said he had no objection to Stewart's victory. "He was

definitely the stronger of us today, and I knew I was beaten when he went by me at 6 miles." Three seconds were added to Stewart's recorded finish time to compensate for the "short cut".

Gerrity (32:23), Kirk Randall (32:30), Morgan Looney (32:48) and Alan Pilling (32:52) rounded out the top six and were the only masters to break 33 minutes on the muggy morning in Huntsville.

There were two close battles in the stretch drive between Art Williams and Ken Winn for 7th, and Joe Burgasser and Adrian Craven for 10th. Last year, Williams and Winn had finished only 3 seconds apart, but this year the Stone Mountain warrior pushed the younger Williams to the limit. Art had passed Ken somewhere between miles 5 and 6 and held a fairly comfortable margin coming down the final 100-meter stretch. However, Winn began closing the gap in the final 50 meters, and only a kick in the last 10 meters and a lean at the finish preserved the finish position for Williams in 34:06.

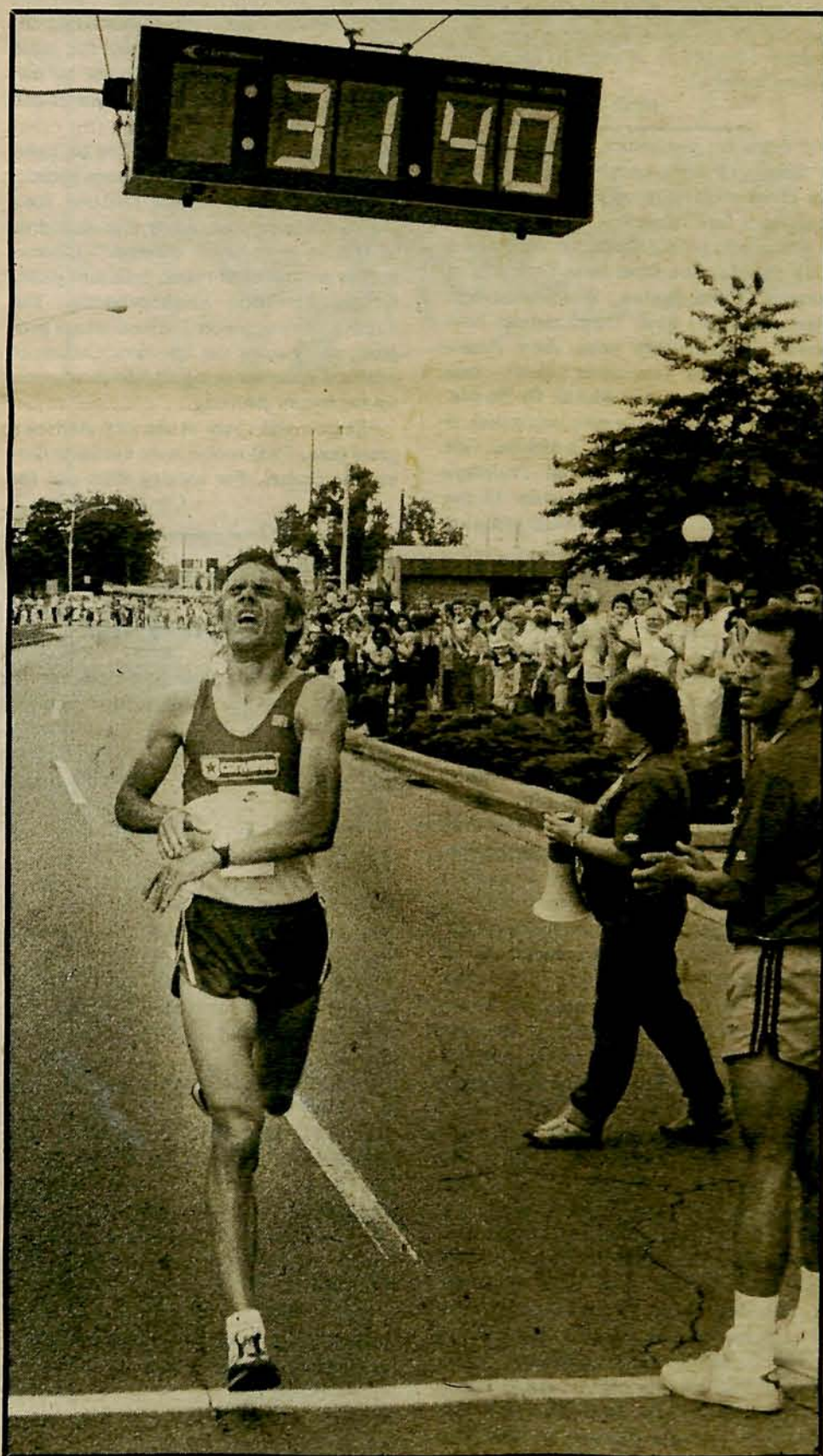
Burgasser and Craven were in the same M45 age-division and each wanted the \$300 Nike travel credit money. Burgasser held the transplanted Englishman off, 34:53.0 to 34:54.4.

While this tough competition was going on in the 40-49 age zone, an equally intense battle was raging in the 50-54 bracket. Sam Turnbull, who turned 50 just after this race last year,

had gone through all 11 other Racing South Grand Prix events without a loss to a Southeast grand master. Tennessean Gerald Koch had his 50th birthday in April and this was the first encounter of these two in the same age division. (Sam had squeezed out a 2 second margin over 26.2 miles here in Huntsville last December when HUMANATHON was the first marathon on the Racing South Grand Prix circuit, but Gerald was only 49 then.) Sam decided to key off Gerald this time, and Koch was just too strong in the last quarter mile as he took a 12 second win in 35:28. These two should provide some more close competition in the next few years if they both stay healthy.

Perhaps the most outstanding male master performance went relatively unnoticed as 63-year-old Rudy Nimmons of Seneca, SC, ran 39:17 to become one of the top 10 all time 60-and-over 10K runners. Only George Sheehan has a 10K time better for a 63-year-old.

In summary, the male Masters field, although not quite as deep at the top, and without as many states represented among the top 20 finishers (13 last year, 12 this year), grew in overall quality. We hope those who ran, this year, will spread the word to other masters about the good competition in Huntsville each Memorial Day, and plan to return and bring others for one of the friendliest races in the nation. □



Kentucky's Don Coffman, 41, 2nd master in Cotton Row 10K Run May 28 in Huntsville, Alabama. photo by Greg Machen, Huntsville News



1984 MIDWEST MASTERS REGIONAL CHAMPIONSHIPS MEN & WOMEN

AGE 30 AND OVER (ONLY)

8:00 A.M.

Saturday, July 28, 1984

York High School, Elmhurst, Illinois



Sponsored by the Masters Track & Field Committee, TAC, and York High School, Elmhurst, IL.

FACILITIES: Chevron track, HJ, LJ, and PV runways

DIVISIONS: Submasters Male and Female 30-34, 35-39; Masters Male and Female 40-44, 45-49, to 85 and over.

AWARDS: Trophys to first five places.

ENTRY FEES: \$7.00 for one event, \$9.00 for two or more. \$2.00 late fee. Entry fee entitles all entrants who place (1-5) one trophy. Additional trophies available at \$4.00 each. Make checks payable to **MIDWEST MASTERS, 180 N. LaSalle, Chicago, IL 60601; c/o Wendell Miller; (312) 234-0106**

SCHEDULE OF EVENTS: Unless otherwise noted, all track events will be run in reverse chronological order. Women (60-64, 59-55, etc.) Some age groups will be combined.

TRACK EVENTS

8:00 A.M. 10,000 Meter Run
10:00 A.M. 110 Meter High Hurdles
10:30 A.M. 3,000 Meter Steeple Chase
11:00 A.M. 100 Meter Dash
12:00 P.M. 800 Meter Run
12:30 P.M. 3,000 Meter Walk
1:00 P.M. 200 Meter Dash
1:45 P.M. 400 Meter Dash
2:15 P.M. 1,500 Meter Run
2:40 P.M. 400 Int. Hurdles
3:00 P.M. 5,000 Meter Run

FIELD EVENTS

9:00 A.M. Hammer Throw
10:00 A.M. High Jump, Long Jump, Pole Vault
11:00 A.M. Javelin
11:20 A.M. Discus
12:00 P.M. Shot Put, Triple Jump

ENTRY FORM AND RELEASE

Name _____ DOB _____

Address _____

Enter me in the following events 1 _____ 2 _____ 3 _____ 4 _____ 5 _____

ATHLETIC RELEASE: In consideration of my entry, I do hereby for myself, heirs and administrators, waive and release all claims I may have against the Midwest Masters and York High School, Elmhurst, IL, their representatives, and the various sports governing bodies, and sponsors, for any and all injuries suffered by me in any event or sports facility, certify that I have no physical defects that would prevent me from competing. Further, I take full responsibility for personal equipment owned by me for breakage.

INDIVIDUAL SIGNATURE _____ Telephone _____



OLYMPIC WATCH

•At last. The crack NMN investigative reporting team has learned the real reason for the Soviet boycott of the 1984 Olympics. The Russians got a preview look at Robert Graham's Olympic Gateway with its decapitated, sexually-explicit nude figures.

•Embarrassing and grotesque are words being used to describe the headless, naked, muscular statues which are being called, in polite circles, "anatomically correct." Those not offended by the genitalia are put off by the lack of a head on either the male or female figure. Pulitzer Prize winning cartoonist Paul Conrad of the Los Angeles Times compared it to the guillotine. Others said it brought up visions of El Salvador death squads. Seven letters published by the Times were unanimously negative. "Monumental faux pas," "repugnant," "a national embarrassment," "a disgrace to our city," "distasteful," were a few of the comments. "It says athletes are all body and no brains," said another. If W. McDonald Miller ever finds out about this, Californians will never hear the end of it.

•Senator Gary Hart blamed the breakdown of nuclear arms negotiations between the U.S. and the Soviet Union for the boycott. Both Hart and Mondale supported the U.S. 1980 boycott, but Hart said that wasn't the reason for the Soviet action this year. "Arms talks are central to our relationship with the Soviets," Hart said.



Nate Robinson, Florida, M30 long jump winner, 21'9", Olympic Legends Meet, Los Angeles, April 28.

"When that's not working, very few other things work."

•East German sports officials said the Soviets first broached the possibility of boycotting the Games last November, about the time new American nuclear missiles began arriving in Europe, according to the Los Angeles Times. An LAOOC official said the East Germans said "the Soviets indicated at that time that they would launch a campaign of complaints in their press about the plans for the Games, see which arguments were the most effective, and then come to a final decision on the boycott sometime in the spring."

•Despite the 16-nation boycott, 7800 athletes from 142 countries plan to compete, more participants than in any previous Olympics. (The 1972 Munich Games drew 7147 athletes from 122 countries).

•The men's hammer throw will suffer from the Soviet defection as will the pole vault, with world record-holder Sergi Bubka staying home. Women's competition has been gutted with the loss of East Germany and Czechoslovakia. The women's shot and discus have been "decimated," LAOOC Athletics Commissioner H.D. Thoreau says. Women have three new events this year: the 3000, marathon and 400-hurdles.

•ABC has only cut 2½ hours from its planned 187½ hours of coverage, due to the boycott. The Games are expected to draw a world-wide TV audience of 2.5 billion.

•Financially, the boycott won't affect the profitability of the Games, LAOOC President Ueberroth says. Despite the boycott, security costs remain the same. Some L.A. police officers will receive 2½ times their normal rate of pay for their Olympic work. The LAOOC picks up the tab for the extra pay. (Now you know why your Olympic tickets cost so much).

•Speaking of tickets, some are still available to each morning session of the 8-day track & field events, but only through nine walk-in centers in Southern California. Two afternoon T&F sessions (Aug. 3 and 9) are also on sale at the normal prices.

•On the private market, speculators are in trouble. Calls from ticket holders anxious to sell are running 200 to 1 ahead of calls from potential buyers, one broker said. Several estimate that ticket sellers will be lucky in many cases to earn the face value of tickets. "A lot of people are going to be hard-pressed to sell their tickets for any amount of money," Brian Harlig, owner of Good Time Tickets told the Los Angeles Times.

•Reasons for the glut vary. Many corporations and individuals sent for more than they needed, figuring they'd sell the excess at a tidy profit. The boycott dimmed demand. A few sessions remain in demand, however: opening and closing ceremonies,



Dan Aldrich set a new U.S. M65 discus mark of 164'10" in the Olympic Legends Meet at UCLA April 29. On the left is Michigan's Ham Morningstar (2nd-107-2); at right is Chuck McMahon (3rd-97-11).

photo by Gretchen Snyder

and finals for gymnastics, volleyball, track & field, swimming and basketball. Prices for those events will probably run two to four times face value.

•People Express Airlines has launched a \$119 one-way fare from New York to Los Angeles. From Boston, Washington and other cities, it's \$146. Other airlines have vowed to match their price, drive People out of business (remember Laker), then jack up the price again. Moral: fly People.

•Trailways Bus has an even better deal, if you have plenty of time — a \$99 bus fare for all one-way tickets on all Trailways routes, nationwide. Children under 12 can ride free Mon. thru Thurs. with a paying adult.

•There will be no parking at the LA Coliseum, site of the T&F events. Spectators are strongly urged to take special Olympic buses from any one of six locations in the area. Round trip fare is \$10. Service will be frequent. For a detailed brochure, write RTD, Olympic Service, Los Angeles CA 90001.

•Bad news for potential world records? The California State High School Championships were held on the new Coliseum track. Times, expected to be faster than the regional meet the week before at Cerritos College, were about the same or even slower. "I felt like I was running on mud," said 800 champ Eric Schermerhorn of Woodbridge High in Irvine. "It's too spongy." Said 400-meter runner Vic Myles of Fremont High: "This track is the pits. It's too soft and there's no spring to it. It's like running on grass when it's muddy." Said Chip Rish, winner of the 400: "I don't think any world records will be broken here."

•If turning 40 wasn't a big enough obstacle to Willie Davenport's goal to make the U.S. Olympic team, perhaps the TAC Men's T&F Committee is. Davenport, 40, the 1968 Olympic gold medalist in the 110-hurdles (13.33), flew to San Jose for the TAC Championships June 9, expecting to compete, but was denied admission. "Ollan Cassell TAC executive director" told me my indoor time (7.33 for the 60-meter barriers) qualified me," Davenport said. But Stan Huntsman, head of the T&F Committee, said no. At press time, Davenport was ap-

pealing to the U.S. Olympic Committee to gain entry into the Trials.

•Another Masters hopeful looked doubtful for the Games when four time Olympic gold medalist Al Oerter, 47, suffered a tendon tear in his left leg at the San Jose meet.

•Serious track-and-field researchers may want to visit the Sports Library at the First Interstate Bank Athletic Foundation in Los Angeles at 2141 West Adams Blvd., LA 90018. Phone: 213/614-2995.

•The L.A. Games will mark the first time in history that there will be no finish judges. Manual timing at the Games will be done by only four persons, all of whom will time first place only. Swiss-timing, Omega and others, will operate three independent auto-timing systems, with independent operators and cameras. It's considered fail-safe. At no other games have officials felt secure enough to abandon the traditional deployment of finish judges for order of finish, and manual times for official times.

•The mood of Los Angeles is beginning to change, turning upbeat psychologically and visually. The LAOOC's "Festive Federalism" design scheme is starting to show up around the city: magenta, aqua and vermillion mixed with chrome yellow; triangles and stars mixed with squares and circles.

•The big scrubdown is on. The ole bawd of L.A. is getting a facelift. Masters sprinter and 1968 Olympic bronze medalist John Carlos is urging central city schoolchildren to join in a "campus cleanup." Citizens groups are out with rakes, pails and paint, tidying up their neighborhoods. The LAOOC has sponsored several mural projects, many along the freeways. Carpets of artificial grass are being laid down to cover up the brown patches.

•There's still room at the inn! At NMN press time, 7500 rooms were available during the Games. For lodging info, call the

Continued on page 17

Olympic Trading-Post

•If you need a place to stay during the Olympic Games, or if you have available space to rent or donate, or if you want to buy or sell Olympic tickets, send NMN your name, address and phone number. We'll print it here and you can make your own contacts. No charge. NMN, PO Box 2372, Van Nuys CA 91404.

•Accommodations needed for family of four, August 7, 8, 9. Call Tony Gerrity collect, 215/293-0448, or write: 641 N. Valley Forge Rd. Devon, PA 19333.

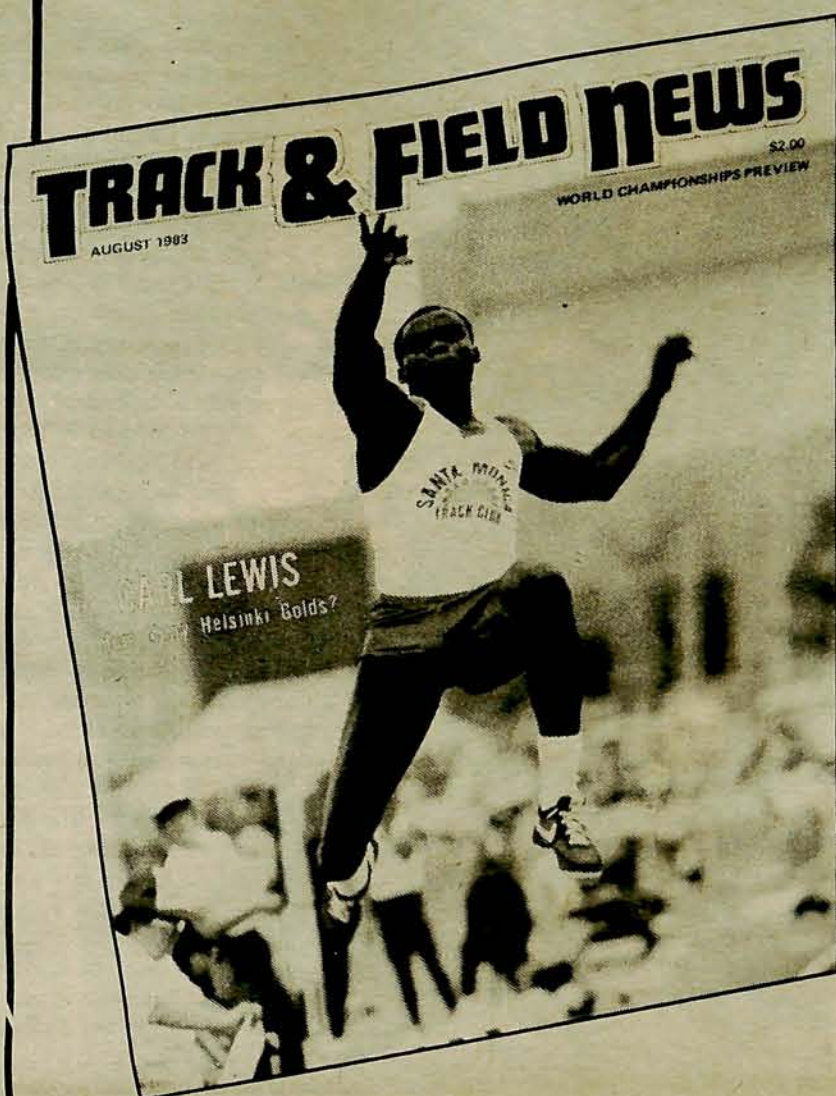
•Need a place to stay for 2 masters, August 8-12. Mr. and Mrs. C.J. Reardon, 3262 Eastmoreland N., Oregon OH 43616. 419/691-3005.

•T&F tickets for sale — day passes (4 each day) on August 6, 8, 9, 10. Harold Holder, 919/542-2838 (night); 211 N. Columbia St., #B, Chapel Hill NC 27514.

•Tickets available: 4 for next-to-final day (T&F); 4 for final day (T&F). Tickets needed: 2 for closing ceremonies. Call Jim Clark at 313/227-7009, or write: 5497 Daniel Dr., Brighton MI 48116.

•Since time is running out, you might want to get a copy of the classified section of the Los Angeles Times. Its "Olympic Marketplace" lists dozens of places to buy or sell tickets, get accommodations, etc. at a variety of prices.

•Need place to stay for 2 people, Aug. 9, 10, 11. Thane Baker, 214/339-0173.



ACCEPT NO SUBSTITUTE

Other magazines are promising special Olympic-year features, and some of them do a good job as far as they go. But they all still must devote most of their content to matters such as the benefits of sorghum for the 50-year-old runner and the best jogging trails of Fort Sill, Oklahoma.

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PROFILE

Like Father, Like Son

by LANE LAMBERT

It was late 1979, and Ken Prior was watching his son Chris warm up for a race in Vandalia, Ohio, their hometown — just as he'd watched his son play high school soccer a few years earlier.

Chris had already come home from Ohio State for a few other weekend races that year, but this time his father saw a few of his own friends suited up and warming up — friends he didn't even know were interested in running.

People his age weren't just jogging — they were running, competing. Seeing them made Ken think back to his days on the cinder track at nearby Northridge High School, where he ran the mile for the school team.

His old interest was reignited. Ken, a bricklayer and co-owner of a local masonry firm, was out jogging the next week, first a half-mile, then a mile, then three, then five, running with Chris when his son was home from school.

The following summer he joined Chris in a 10-kilometer race in Greenville — his first run, and the first for the father-son pair.

KEN FINISHED EIGHTH in the 40-and-older masters division; Chris almost won the open field.

That race proved to be the starting gun for the most successful father-son team in the United States — a performance they crowned at the 1983 Boston Marathon when they ran the course in a world-record combined time of 4 hours, 52 minutes, 20 seconds.

The family team has run together in Vandalia, Dayton, Boston, Atlanta, Huntsville (Alabama) and other cities.

They race together and run together. They don't work together, but they still

live together.

Like son, like father?

Yes, you could say that, they reply. But 23-year-old Chris, now in his first year of teaching, says it's just as much the other way around, too.

"Dad ran in high school, and I never did," he points out.

"I always did like to run," his 43-year-old father adds. "I tried to get Chris to go out for track in high school and he never would. Said he didn't care for it — but you'd never know it now."

"It was like it is with most parents," he adds. "Their kid gets into Little League and their dad gets in it, and that's kind of the way it was with this."

"Chris was into motocross (motorcycle) racing for two years and that about killed me," he chuckles. "I was really glad to see him start running after that. I was coming home beat up all the time."

THE PRIORS ARE notable among a growing number of father-son teams because their times are more balanced. Low combined times usually are kept low by the son's performance.

Chris ran the 1983 Boston Marathon in 2:17:50, more than enough to qualify him for Olympic trials, while his father finished in an impressive 2:34:30 — and Ken says that was much slower than he'd hoped for because he "hit the wall" and suffered leg cramps during the last two miles.

Ken, who ran his first marathon in Honolulu in 1981, finished fifth in his division in the 1982 Rocket City Marathon in Huntsville. Chris, meanwhile, has won some Ohio competitions and finished eighth in the grueling Orange Bowl Marathon.

BUT CHRIS, who teaches world history and geography at Greenon



Chris and Ken Prior

High about 15 miles from Vandalia, says he got into running on the rebound.

He played soccer, his high school sport, at Wright State University, but had to sit out a year when he transferred to Ohio State in 1979 — and while he did, he began some light running, then entered a few races. He made the school track team in 1980, but quit two years later to run with a local team.

Chris now runs every distance from five-milers to marathons, and Converse usually underwrites his and the team's expenses for out of state competitions.

HIS FATHER, MEANWHILE, has given up playing basketball in an intramural league in their small southern Ohio city. He runs 50-60 miles per week — 90 when he's training for a race — while Chris usually runs about 100 miles. They take a five-miler together at 5 in the morning, but Chris often takes his longer evening and weekend runs with young, faster friends. (He and his father often do warm up and wind down from the long ones together.)

But Ken runs more races than Chris — two dozen last year. Compared to 16 for his son.

"He gets on me about that," Ken chuckles. "But I tell him I'm runnin'

out of time. I gotta get mine in.

"I kind of race myself into shape, since I don't always have somebody to train with," he adds. "On a short run I can try to keep up with Chris, but on a long one it's almost like a race. I'd burn myself out."

A BRICKLAYER in a sport mainly populated by doctors, lawyers and engineers is unusual, Ken concedes, but it seems to be no big deal to him — especially since he outruns most of them.

"It is harder to come home after a day of physical work, when you're tired, and go out and run, especially if I've had to lay block," he says. "On the other hand, I don't have to come home and lift weights. I've done it all day."

Chris has many races ahead of him, but his father expects to run for more than fitness for only a few more years.

"It may be next year or 10 years, but I truly don't foresee running races when I'm 50," he says. "There are a few that age who can beat me, but I just can't visualize getting any faster than I could beat their time."

He and Chris aren't the only athletes in the Prior family. His daughter Sherry, an Ohio State student, played softball in high school, and his younger son Kevin, a high school senior,

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followed his brother onto the soccer team.

"If they never run, that's okay," Ken says.

AND HOW DO Ken's wife Patty and Chris's girlfriend view all these 10K's and marathons and weekend trips? They're coming around, father and son say — they've even begun putting on running shoes themselves.

"Every now and then Patty will get a little irritated when I go out of town if there's something going on, or if I can't take her," Ken says. "But I try to take her whenever I can. I took her to Washington this year and to Boston last year, and now she's startin' to run."

"That's the secret, see," he adds, amusement in his voice. "Get 'em running. She's been running some local races around here."

On March 10, Chris won the Miller Beer 4-mile run in Columbus Grove,

Ohio in 19:22, with Ken first master in 21:29. And Patty was first woman master in 31:00.

Last December, Ken and Chris and Patty drove to Alabama for the Rocket City Marathon. Chris was aiming for a 2:15, Ken for a 2:30 or better. Chris finished 11th in 2:30:25, while Ken was 48th at 2:34:56, for a combined 4:55:21.

"Our goal is still to lower our record time," Ken said. "We'll probably try it later this year at New York or Nike/OTC in Eugene. If we can ever get under 4:50, I can't see anybody beating our time."

He chuckles: "Unless Alberto Salazar has a son and they're a whiz-bang couple in about 18 years. But that still gives Chris and me a few years to enjoy it."

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OLYMPIC WATCH

Continued from page 14

Visitors Bureau at 213/239-0284.

•Over 40,000 volunteers are jamming the LAOOC headquarters in Culver City as the games loom closer. Some very smart and high caliber people are doing very "mundane" jobs to make sure the Games come off with a minimum of snafus. The HQ is compartmentalized, with worker bees scurrying about at all hours of the day and night.

•Many businesses in L.A. are planning on 4-day, 40-hour weeks during the Games to ease traffic congestion. In addition to the usual 2500 buses on the streets, 550 are being added. Carpooling and bus riding are being encouraged.

•The Olympic torch relay broke a record June 8 when a 99-year-old Kansas City, Mo., man became the oldest bearer of the flame in its journey across the nation. Ansel Stubbs, who turns 100 July 14, took over the oldest-runner honor from Abel Kiviat, a silver medalist in the 1500 in the 1912 Olympic Games. Kiviat helped carry the torch through New York City on the first day, May 8. The flame is being carried across the country on a 9,000-mile trek involving 4000 runners in 33 states.

•Despite the volumes of press about the Olympics, a lot of Americans aren't paying attention yet. A nationwide survey by a New York PR firm found that 62% of the people couldn't name a single U.S. athlete who will compete in Los Angeles. Only 51% could remember that the 1980 Olympics were held in Moscow. More than 35% were unable to name a single Olympic champion in the post-60s era. Of those who could, Mark Spitz got 60% of the votes and Bruce Jenner 24%, with nobody else close. More than 90% said they wouldn't change their summer plans to watch the Games on TV. The most popular athletes, in order, are Mary Decker, Pat Ewing, Carl Lewis and Edwin Moses. The most popular sport is women's gymnastics, getting nearly half the votes. No other sport is close.

•Mexican and American officials are increasing law enforcement activities along the U.S.-Mexico border to ensure that it doesn't become a gateway for terrorists

possibly planning an attack on the Olympic Games.

•Harold Connolly, the 1956 Olympic gold medalist in the hammer throw, heads a list of four new members of the National Track and Field Hall of Fame. TAC announced Randy Matson, 1968 Olympic shot put champion; Madeline Manning-Mims, 1968 Olympic 800-meter gold medalist; and New York Pioneer coach Joe Yancey, coach of 18 Olympians, have been elected into the Hall. Connolly was the top voter, being named on 220 of 270 ballots received. Manning had 201, Matson 186, and Yancey, 186. Other candidates were: Bud Winter, 134; John Thomas, 126; Tony Russo, 95; Martin Sheridan, 77. A total of 110 T&F notables have been enshrined in the Hall since 1974, when it opened in Huntington, West Virginia. The Hall was moved to Indianapolis a year ago.

•Several masters athletes received prestigious awards at the 25th Annual Garden Party of the American Civil Liberties Union of Southern California. Honoring sports figures who "have furthered the cause of civil liberties," the ACLU acknowledged **Jacqueline Hansen**, former women's world marathon record holder and leader in the legal battle to bring women's 5K and 10K runs to the 1984 Olympics; **John Carlos**, 1968 200-meter Olympic bronze medalist who, in addition to his arm-raising protest against injustice on the Mexico City victory stand, has been active with youth in Los Angeles' central city; **Mack Robinson**, silver medalist in the 1936 Olympic 200; **Rafer Johnson**, 1960 Olympic decathlon champion; and **Harry Edwards**, sports sociologist at the University of California.

HURRICANE

Continued from page 4

tant had to remove a manufacturer's label from his discus because of possible conflict with the rule regarding tape on the implement. Forty-eight pentathletes took part in the event, which was run with the Southeastern Masters International Championships. □



Cotton Row Run, 1984, Sam Turnbull takes 2nd in 50-54 division.

BROWN UNIVERSITY MASTERS TRACK AND FIELD INVITATIONAL

Sponsored by The Rhode Island Track and Field Foundation

DATE: Sunday, July 29, 1984, 10:00 a.m.

SITE: Brown University Stadium, Elmgrove Avenue, Providence, Rhode Island

FACILITY: Six lane all weather 400m track (1/4" spikes)

AWARDS: First three places in all events

DIVISIONS: Five year groupings for men and women (30-79)

ENTRY FEE: Pre-entries \$5.00 first event; \$2.00 each additional event by July 25, 1984.

** Post entries will be \$7.00 first event; \$3.00 each additional event by 9:00 a.m. on day of meet.

Relays: \$5.00 per team

ORDER OF EVENTS:

11:00 a.m.	5,000m	10:00 a.m.	High Jump	Shot Put
	110m Hurdles		Long Jump	Hammer
	100m (Trials & finals if necessary)		Pole Vault	Discus
	400m			Javelin
	1,500m			
	200m			
	800m			
	5,000m Walk			
	1,600m Relay (10 year group)			

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45 John Street
Providence, RI 02906
(401) 278-6281 (day)
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Joe Kopka
180 Fairview Avenue
Rehoboth, Ma 02769
(617) 252-6293 (eve)

Please Print

Name _____ Phone No. _____

Address _____

Age (as of 7/29/84) _____ Male _____ Female _____

Club _____ TAC # _____ Date of Birth _____

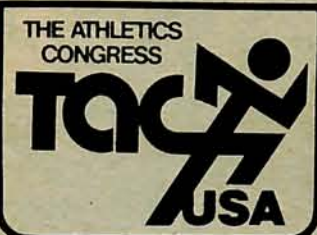
Events Entered _____

Total fee enclosed \$ _____

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

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

Date: _____ Signature _____



MASTERS TRACK & FIELD REPORT

by JERRY ALAN DONLEY

Chairman, TAC Masters Track & Field Committee

I have recently received a letter from the Oregon Track Club concerning the National Meet to be held at Eugene, Oregon on August 17, 18 and 19, 1984, which I want to share with you. The Oregon Track Club is working hard and I think you ought to know about its efforts.

"Dear Jerry:

With the masters nationals 'just around the corner', I thought you might be interested in how things are shaping up in Eugene. Basically, we are on schedule at this time. I have been working the last 6-9 months on the behind-the-scene problems which now appear to be solved. We are now concentrating on the mountain of committees and details which will carry us through the meet itself.

So, here is how things stand:

Facilities: The infield and runways have been completely redone: new grass, surfaces, pits and rings. It is in superb condition. The track, itself, was cleaned and repainted for the NCAA's here in June.

We will be using double venues for all the field events; but we plan to have all finals inside. The extra venues are next to the Hayward track on the same field as the hammer throw. We will use both sides of the track for the 100 M trials.

We are in the process of having the stadium equipped with lights for the night races. The stands are covered, which will protect against rain and sun. We don't expect much rain and it rarely gets very hot in Eugene, 80's, so neither should be a problem. We are hoping to have an announcer for running (Al Sheahan) and one for field events (??). We have a large scoreboard and clock which will be combined with a computer for results. I am working with an electronics firm (Spectra Physics) in an attempt to use a handheld scanner to read out the place position of runners as they finish. This would allow immediate results for placings in the running events with multiple categories. Official times will, of course, be slower.

Social and Meet-Related Events: For those competitors arriving Thursday, there will be a gala reception at the headquarters hotel. Friday morning is the medical clinic proceeding opening ceremonies. Saturday morning is the brunch at the headquarters hotel. There will be time for a general meeting before the Friday events begin. This can be either at the headquarters hotel, Valley River Inn, or at the track.

Sunday afternoon will be the final 8K fun run finishing at the headquarters hotel, and a hosted final reception for those still here.

Sponsorship: Our initial cost estimates for the meet, compared to the expected support, are about even. It looks now as if we probably underestimated the costs. We have the following support:

TAC	\$3,000.00
7-Up	\$1,500.00
Nike	supplies only (T-shirts, banners, etc.)
Local	\$ 500.00 to \$700.00 (mostly services)

We have tried to follow suggestions from others to the extent possible. Of course, there was frequent disagreement and we took what seemed to us to be the most effective course.

This is, at least, a brief outline of scheduled events. You may have suggestions and specific questions about some areas. I will be happy to respond to them.

Sincerely yours,
Dale Grace OTC Masters
President"

This meet promises to be one of the best ever held for Masters Track and Field. I am looking forward to this event, and hope that all of you are giving serious consideration to competing in this meet. Get your reservations made and your entries in early, and plan to be there. □

MATSON WINS

Continued from page 1

overall finish. Shirley had not been able to train adequately due to a bout with the flu in the weeks prior to the Trails, and had run the first 10 miles only. Even though Elaine recovered remarkably well from her fine performance at Olympia and ran 39:12 on the Cotton Row course, Shirley was even more ready for a good 10K race after a couple of weeks vacation in Canada. So Matson took the 1984 CRR V championship with a 38:33, the fourth best female master time for the course. (Those faster have been Judy Eddy, 35:37; Sandra Knott, 38:10, and Shirley Weaver, 38:11).

This was the first trip to Alabama for both Shirley and Elaine, and naturally their first time on the Cotton Row course. Elaine went out hard from the beginning. Her first two-mile splits were each 6 minutes and she only slowed 20 seconds on the third mile which includes Mountain Wood hill. "I went into oxygen debt by three miles and never recovered enough to take advantage of the downhill," commented the executive recruiter from New York. Even though Kirchen enjoyed a 30-second lead over Matson at the half-way point, Matson's more conservative pace in the early going allowed her to pour on the speed in the last three miles to take a 39-second win. The nutrition consultant and fitness adviser from Solana Beach, CA, said: "The race itself was one of the toughest I've had in quite a while. Not only the 90% humidity, but of course THE HILL! Under the circumstances, I was pleased with my performance, but I'd certainly like to beat it next year."

While Matson and Kirchen were staging their East-West battle, most of the South's best female masters were going head-to-head for the title of "Dashingest Doll in Dixie." And wouldn't you know it, that crown was worn by the ever-tough Nancy Parker of Atlanta when the results were tabulated. For more than five years the name of Nancy Parker meant the fastest female Master in the South, and now, at age 47, there is only one runner, Jacksonville, Florida's Elfrieda Wyner, who is consistently faster. But a lot of other challengers have appeared in the past two years since Racing South added female Master competition to its Grand Prix series. Mary Ann Wehrum of Memphis, only one year younger than Nancy, has been a running sensation in the past two years as she has taken the first two Racing South Female Master titles. And in the past year, Carol Lasseter from Mobile and Patti Sudduth of Crawfordville, FL, have joined the ever increasing fast pack of ladies whose looks and speed both contradict the fact that they are

past their 40th birthday.

On Memorial Day, 1984, it was not until the last 100-yard drive to the finish that Parker summoned reserve to overtake and nip Lasseter by less than a second with her 39:23. Parker commented, "In twelve years of running, I have never competed against such a strong group of women masters runners." It must have been gratifying for the mother of four from Atlanta to know that she was still best in the South on Memorial Day. Rounding out the top five were Lasseter, also 39:23, and Wehrum, 39:57.

While the 40-49 females were doing battle, a season of competition was coming to a close in the 50+ division where Jane Arnold from Springville, TN, and Huntsville's Alene Park had been vying all year for Racing South's first Grand Master title. Arnold already had the title won by the time they came to Huntsville, but Park was intent on a good performance in front of the "home folk", and she did not disappoint, running a 46:47 to win the 50+ female competition. Arnold, who was not feeling well on race day, graciously wrote, "Although I claimed the Grand Prix crown, Alene is truly the champion of Cotton Row. Her performance that day was awesome."

Finishing fourth in the 50+ female division with a 52:12 was 62-year-old Mary Rodriguez from Rego Park, NY, who became the oldest female to ever finish Cotton Row, beating over 200 younger female runners in the race.

So as you can see, the female master runners surely had their morning in the sun in Huntsville on Memorial Day, 1984. We enjoyed having all of them here, and we hope others will join, what we hope will be, an even deeper female master field in 1985. □



Payton Jordan, 67, M60 and M65 world record-holder in both 100 and 200.

INTERNATIONAL NEWS



11 months to go

COUNTDOWN TO ROME

by DON FARQUHARSON,
President, World Association of Veteran Athletes

Most members of the WAVA Executive Committee met in Rome in May to view the competition sites and discuss plans with the Italian Organizing Committee for the VI World Veterans Games June 22-30, 1985.

On hand were Alastair Lynn, Treasurer; Hans Axmann, Vice-President of Track & Field; Bridget Cushen, Women's Delegate; Wal Sheppard, Executive VP; Owen Flaherty, Secretary; Danie Burger, African Delegate; and our marvelous host, Cesare Beccalli, President of the European Veterans and President of the Italian Masters (IMITT). Vice-President Jacques Serruys could not attend.

ITALIAN SUPPORT

First, before arriving in Rome, Cesare made us envious of the IMITT office in Milan. Well staffed, it sports a computer and a highly organized file system, all geared to next year's championships.

In Rome, we met the Organizing Committee to iron out technical details

of the meet. Then we met with members of FIDAL, the Italian Athletic Association, whose President is Primo Nebiolo, also the President of the IAAF. His Secretary-General, Mr. Barra, assured us of FIDAL support for the championships in all phases, and made us feel most welcome.

STADIUMS

We toured the stadia, a description of which was published in the April issue of NMN. They are all as good as described, and you should compete well in any of them. While the Olympic stadium is awe inspiring in its size (65,000 seats) only a few meters away is a gem, and perhaps more suitable to our seating requirements (2500). The stadium is constructed totally in marble in the classical Roman style. With the 60 huge statues in various athletic poses gazing down, you feel very proud if your event is held in this stadium. FIDAL is preparing for the IAAF World Track & Field Championships in 1987, and many improvements will be made prior to our meet, which will be used as experience.

WAVA MEETING

Next, we held a WAVA Executive

Committee meeting.

1) Treasurer Lynn reported that our finances are in much better shape this year.

2) Secretary Flaherty said the work on the WAVA Handbook is going well.

3) The WAVA team medals for the Marathon, Cross Country and Road Walks won at Puerto Rico will be sent out immediately.

4) Should Israel be part of Asia or Europe for competition? A motion concerning this will be made at the next general assembly meeting at the Games next year.

5) Can we cement relations between WAVA and IGAL?

6) We discussed the terms of our agreement with the Organizing Committee.

5) We discussed high hurdles, and are polling the Committee on this matter.

CROSS-COUNTRY

We visited the Cross-Country course, to be held at the Villa Pamphili, Rome's largest park about 5K from the Olympic Stadium. The park has rolling hills, a few wooded areas and a picturesque lake. It will probably be a course with two 5K loops.

MARATHON & ROAD WALK

While we were disappointed to find that the Marathon and Road Walk courses have not yet been decided, it is hoped they can be run through the streets of Rome past all the great landmarks to finish in the Olympic Stadium on Sunday, June 30th. The big banquet will thus likely be held Friday the 28th. Saturday's events, mainly relays, would not start until noon.

ENTRY FORMS

Entry booklets confirming the schedule should be distributed later this summer. There will likely be two different entry books: one in English, German and French; another in Spanish and Italian. Entrants will be limited to five (5) events, not including relays.

IAAF

The IAAF has decided to form a Veteran Wing. It appointed August

Kirsch of West Germany chairman of a three man committee to determine how it could best be brought to reality. We met with Kirsch, and found him friendly, open and flexible. He confirmed the IAAF intention, but said it recognizes WAVA expertise, and wants us to continue running the program as a part of the IAAF.

Kirsch outlined a number of IAAF rules which would be changed to facilitate the incorporation of Veterans, and confirmed the concession made to us by former IAAF Chairman Adrian Paulen in 1978, that we could decide who would take part in our championships providing we limited to the agreed ages of men 40 and over, and women 35 and over.

He proposed that a committee be formed, including the three IAAF members and a further eight nominated by us, one of whom would be a member of IGAL. We outlined our philosophy to him, and recounted a number of advantages we held dear. He felt there would be no problem in the IAAF with these points. The WAVA program was quite acceptable to the IAAF, even those women's events which include, but which are not yet

Continued on page 20

McPHAIL STARS IN NEW ZEALAND

Bruce McPhail took four convincing M45 wins in the New Zealand Veteran Athletic Championships in Newton Park, March 31. McPhail won the 100m (11.4), 200m (23.5), the 400m (54.8), and had the best long jump of the meet (19-10 1/4, 6.05m). All but the 200m mark were meet records.

C. Greenlees, M60, also shone in the sprints with victories in the 100m (14.3), 200m (30.1), and the 400m (67.1).

In the longer races, I. Babe, M45, recorded fast wins in the 800m (2:03.1) and 1500m (4:06.7). B. Magee, M50, took the 5000m (15:37.7) and 10000m (33:08.6). Magee's 5000 time is only 6 seconds off Alain Mimoun's M50 world record.

M. Hinton, M45, recorded the meet's best 10K road walk time with 51:37.2.

The women contributed heavily to the meet record total. B. Vine, M55, added five with wins in the 100m (15.6), 200m (32.8), 800m (3:09.7), 100mH (18.0), and shot (7.88).

P. Fletcher was a double-record winner in the W50 5000m (20:30) and 10000m (42:52). R. Patterson, W40, had the best times of the day and records in the 3000m track walk (16:19.2) and 10K road walk (59:42).

In the jumps, A. Williams, W35, had the best long jump among the women with a meet record 5.31 (17-5), and C. Turner, also W35, high jumped a New Zealand record 1.39. (4-6 1/2).

T. Pitt-Turner set W80 times in the 100m (28.0), 200m (68.5), and 400m (2:40.7). □

REPORT FROM BRITAIN

by ALASTAIR AITKEN

Dave Clark, 40, ran 67:42 to place 15th of 3000 in the Pearl Assurance Thamesmead Half-marathon, April 1, in bitterly cold winds, for best veteran. Barry Watson, 1976 Olympic runner, was 23rd. Emil Puttemans of Belgium was the winner.

Don Macgregor, who will be 45 on July 23, was the outright winner over 2000 runners in the Dundee (Scotland) Marathon in 2:18:16. He was the over-40 World Vets marathon champion in Glasgow in 1981. Macgregor, a teacher, also ran 49:51 for 10 miles in the T. Scott Memorial race from Low to Motherwell on April 7.

Taff Davies ran the anchor leg for Aldershot's winning team in the Southern Road Relay Championships in April.

In the London Marathon, May 13, Priscilla Welch, 39, ran to a world best 35-39 record of 2:30:06, very close to Joyce Smith's 40-44 world best time of 2:29:57. Welch was 2nd woman overall.

Other outstanding veteran performances were Margret Lockley's 2:36:06 and Carol Gould's 2:45:59. Andy Ferguson did a British vets 55-59 record with 2:41:05. □



Sue Peterson, first M35 and second woman, 38:07, Olympic Torch 10K, Los Angeles.

photo by Richard Lee Slotkin



Continued from page 19

open to younger women in the Olympics.

Reassured on these points, we accepted his offer to join the committee, nominating the following eight: Don Farquharson, Wal Sheppard, Hans Axmann, Owen Flaherty, Alastair Lynn, Bridget Cushen, Bob Fine, and, for IGAL, Jacques Serruys or any other acceptable to IGAL.

We feel it is better to step forward now, before any decisions or commitments have been made, so we can offer the concepts of WAVA as a blue-print for future Veteran competition whatever we decide to do as a body. On this matter, I give you my firm promise that any decision involving WAVA will only be made by our General Assembly after exploratory meetings have taken place. This may occur in Rome in 1985.

SIGHTSEEING

Each morning we went for a 45-minute run in the park. The temperature was a pleasant 10-14°C (50-

58°F), and later the weather only topped 20°C (68°F) on one day. We were told, however, that another month would bring warmer weather.

Lira, which is about 1700 to the U.S. dollar, is somewhat exotic currency when you are not used to it. You bristle with horror when a cabbie asks for 3500 lira for a ride downtown. Then you realize it is only about \$2 U.S. Next you reach a stage where you think you have a limitless supply of it. It takes time to get it just right. The better hotels could charge you over a million lira for the period of the Championships.

Many items seemed about the same price as North American or British costs, but there were sharp variations, too. The people are very friendly (barring driving habits), but little English is understood. As you move south in Italy, the advantage of French disappears, too, so, even if you know a little Italian, carry a pen and pad when you shop, and ask to have the prices written down.

On Sunday morning, we joined large crowds in St. Peter's Square, and at noon had the pleasure of hearing his Holiness Pope John Paul II. Then it was on to a memorable pilgrimage at St. Peter's Church and later a look over the Coliseum.

Then it was goodbye to our friends from Australia, Germany, Spain, England and Italy. Arrivederci Roma. See you next year. □

TROJAN MEET

Continued from page 4

Marion McCoy, M30; Walt Butler, M40; Nick Newton, M50; Bob Watanabe, M55; and Tony Castro, M70; who each won their respective 100-meter dashes.

Olympic hopeful Adrian Rogers, 30, burned a 47.8 400 and 21.7 200, falling short in his quest for a 46.0 Olympic 400 qualifying time, but pulling two others, Al Shorts and Gene Driver, to sub-50 clockings.

Helen Dick was only 11 seconds off her own U.S. W55 5000-meter mark with a 20:16.7. Annalies Steekelenburg

high-jumped 5-2 to tie the official American W35 mark (Phil Raschker has a pending 5-3). Mel Embree, M30 (6-10) and Charles Rader, M35 (6-6) also impressed in the high jump.

Mardon Connelly, a new name in masters circles, pole vaulted 14-6 in the M40 competition, only seven inches off the U.S. M40 standard. World vets M50 champ Dave Jackson had a good early-season 19-5½ long jump and 40-4½ triple jump.

Edith Mendyka set a new age-73 women's mark with a 61-1 discus heave. 1956 Olympic gold medalist Hal Connolly edged Stewart Thomson in the M50 hammer throw, 160-8 to 159-6. □



M50 high-hurdlers on the victory stand at the Olympic Legends Meet in L.A., April 28. From left: Bob Higginbotham, Visalia, Calif. (2nd-19.0); Joe Murphy, Dallas (1st-17.0); David Douglass, Los Angeles, (3rd-20.5).

photo by Gretchen Snyder

BILLUPS, HANSEN RRCA MASTERS

Continued from page 4

withstood Hansen's lawsuit to force them to add 5,000- and 10,000- meter races for female competitors.)

Once there, however, Hansen decided to enter Sunday's 15K race and recorded a time of 55:35, bettering Betty Hite's course record for 35-39 women. Laura Albers, who also had run at Olympia, took the overall women's title in 52:31, also a record.

In all, eight race records in various age categories were established on a cloudy day with rain in the air (and also on the ground forcing several detours around puddles). Six of these marks were set by masters athletes. In addition to Hansen, these were: M55: Al Treichel, Milwaukee, 55:16; W40: Judy Pickert, Brewster, NY, 58:49; W45: Peggy Drauglis, Columbus, OH, 1:10:23; W50+: Eloise Caldwell, 1:07:44; 60+: Algene Williams, Park Forest, IL, 1:21:37.

Running one-two in the 40-44 division (but behind Billups) were newly-turned-40 Ron Breischafft (53:04) and Abbas Goudarzi, both representing the host Dunes Running Club.

"The first half was too slow," Brieschaft said. "But I ran better in the second half because Abbas is a good runner. He was right on my tail and I couldn't let him go by."

The DRC's Hal Higdon, who played a key role in bringing the convention to the unlikely place of Michigan City (about 50 miles east of Chicago), won his 50-54 division in a slow-for-him 58:11, due to his organizational chores and moderating one of the workshops.

"I was totally exhausted by the weekend" he said. "I was running with Treichel for the first three miles, but everything started to shut down. I slowed way down to about 6:30 pace planning to drop out at my house which is 5.5 miles on the course, but nobody in my age group passed me, so I held on to the end. Maybe I'll get in shape by the fall."

The race was the second in the 1984 Nike Masters Series. (The first was the Dynamis 15K in Syracuse May 13).

Nike sweetened the pot for masters with \$3,900 in prize awards — \$2,200 for men and \$1,700 for women. The top runners didn't receive cash, but won travel credits to the 17th annual World Veterans Distance Running Championships December 1-2 in San Diego. (The first time the prestigious event will be held in the U.S.) Breischafft got \$500, Goudarzi \$300, Hansen \$300, Higdon \$200, etc.

The Dunes Running Club won National RRCA team titles in all four classes contested: men's and women's open and masters. Only in the men's masters class did they have competition from the Calumet Region Striders.

One top-ranked master who had problems was Louisville's Bill Olrich. Olrich was late getting to the start and was jogging backwards on the course toward runners lined up for the starting cannon. Everybody on the front line began shouting at Olrich to watch out because his backward course was taking him right past the cannon whose wick, lit by Hansen, was smoldering its way toward a big bang.

Olrich couldn't understand what everybody was trying to tell him, but he soon found out when the cannon exploded precisely at the moment he passed, splattering him with paper and temporarily deafening him.

Olrich attempted to run, but eventually slowed midway through the race, still suffering from shock. Although he ran the entire way, he stepped off the course just before the finish chute, apparently not willing to see a subpar performance recorded by his name.

In addition to Hansen, other runners inducted into the RRCA Hall of Fame were Joan Benoit, Craig Virgin, Katharine Switzer (first woman to officially enter and run the Boston Marathon), and sixty-eight-year-old Clive Davies, who holds more than thirty American age records.

All the RRCA convention sessions and workshops were open to the public. Greg Meyer was named "male runner of the year." □

U. S. NATIONAL MASTERS WEIGHT PENTATHLON AND THROWATHON

DATE & TIME: Saturday, August 25, 1984 - 9:00 A.M.
PLACE: Route 47 and Wava Road, Woodstock, Illinois.
ELIGIBILITY: Open to men and women over the age of 30
AGE DIVISIONS: Five year age groupings to 80+
AWARDS: Awards to all finishers
ENTRY FEE: \$6.00 per contestant (6 throws per event)
MAIL ENTRY FEE TO: Carl N. Klehm, Meet Director
1218 North Route 47
Woodstock, Illinois 60098
PHONES: Bus. 312/437-2880
Home 815/338-9484

ENTRY BLANK

NAME _____ ADDRESS _____
CITY _____ STATE _____ ZIP _____ PHONE _____
AGE _____ BIRTHDATE _____ SEX M F CLUB _____

GENERAL RELEASE

In consideration of your accepting this entry, I hereby for myself and my heirs, executors and administrators waive and release any and all rights and claims for damages that I may accrue against the U. S. National Masters Weight Pentathlon and Throwathon, the meet director and any family entity, and any and all donors and sponsors of this meet for any injury suffered by me while traveling to and from or competing in said meet at Woodstock, Illinois on Saturday, August 25, 1984.

Signed _____

Date _____

SNYDER SETS 4 U.S. RECORDS

Continued from page 1

California. First, she sped to a 100-meter time of 14.40, to lower Ruth Christian's seven-year old W50 mark of 14.8. Then she raced to a 2:33.0 in the 800, to take 1.2 seconds off her own record of 2:34.2, which she set April 28 in Los Angeles.

Then she blazed to a 200-meter triumph in 29.12, to abolish Chris McKenzie's pending national 50-54 mark of 30.93.

Three weeks later, on June 9 at the Trojan Masters Meet at the University of Southern California in Los Angeles, the coronary-care nurse roared to a 400-meter time of 64.93, to demolish McKenzie's mark of 70.9, set in last year's national Masters championships in Houston.

Snyder, who runs for the Northern California Track Club, is in only her second year of masters track competition since being sidelined for four years with a combination of achilles tendonitis and shin splints.

"I feel stronger this year," the World Games W45 800-meter silver

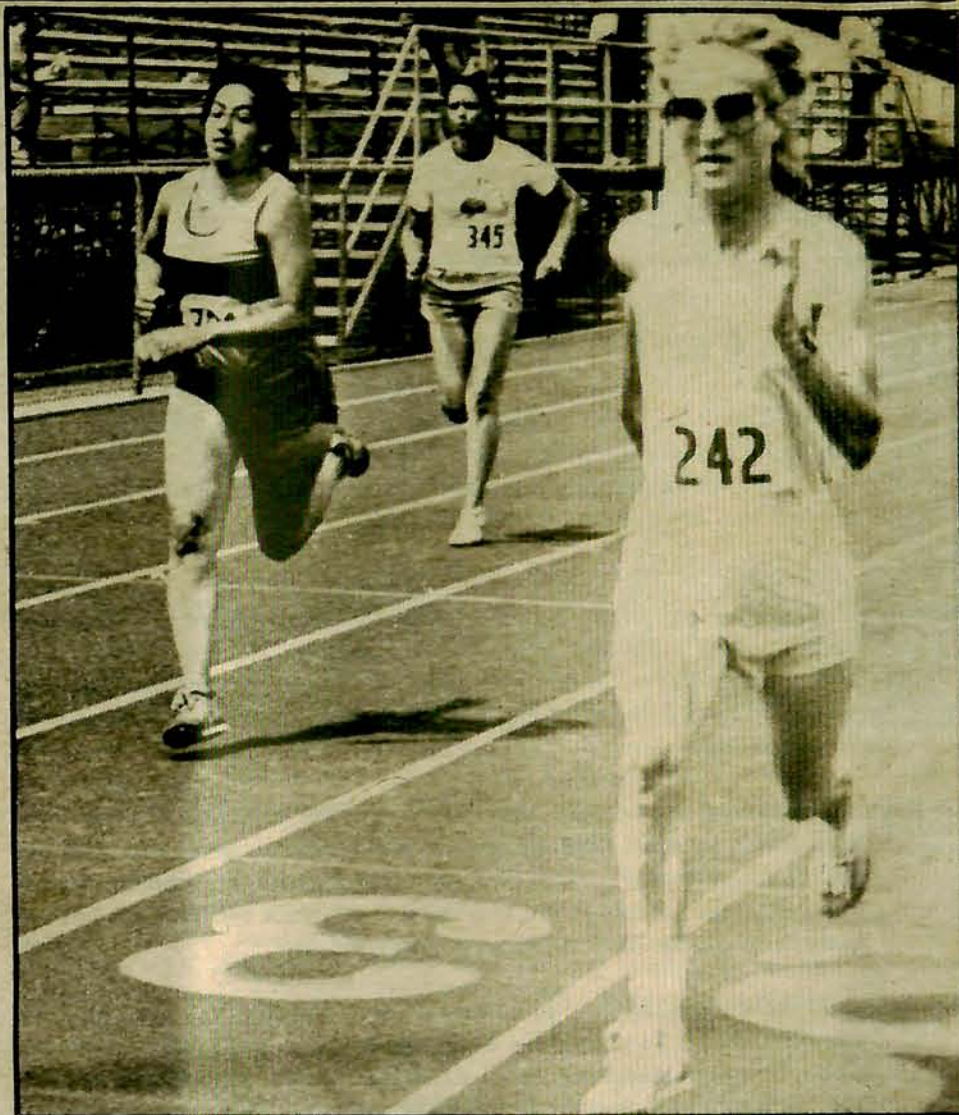
medalist said. "I think my best races are still ahead of me."

Stronger? You might say that. In the Pacific meet, Snyder also won her W50 division in the 1500, and ran a leg of the W40 relay for NCSTC — a total of five races in one day.

"Five events are too much," she conceded. "It takes a week-and-a-half to recover. I'm going to cut back."

Hot on Snyder's trail now comes Irene Obera, who also turned 50 this season. A World Veterans Games gold medalist in 1979, 1981 and 1983, Obera smashed Snyder's three-week-old 100-meter mark in the Trojan meet with a time of 13.8.

Obera, a high-school principal from Moraga, California, has started slowly this year because of a tender achilles. The 100 was her first competition in 1984, and she plans to go after Snyder's new marks in the 200 and 400, as well. Both speedsters are coached by Mark Grubi, so it's going to be a fascinating season watching the two NCSTC teammates battle it out together. □



Gretchen Snyder, 50, (242) set four American W50 records in 22 days. Maria Magana is at left.

9 RECORDS SET IN RALEIGH

Continued from page 1

Phil Raschker, 37, chalked up another national W35 record with a 5-3 high jump, (1.60 meters), one-inch higher than the 5-2 standard she shared with Joanne Grissom.

In the 10K road race, Paul Spangler, 85, knocked an astounding 30 minutes off Ivor Welch's American M85 mark of 1:15:49 with a remarkable 58:49.1.

Record breaking was not the only highlight of the meet. Every winner in the 100m who ran the 200m also won that event against tough fields. Six

800m winners also won the 1500m against solid competition.

Jaen Roos, 47, had the best times of the day in both the 5K (23:27.7) and 20K (1:41:05.4) racewalks.

Jose Ubarri, 60, had a noteworthy weekend with victories in the 100m (12.51), 200 (25.19), high jump (4-7), pole vault (6-11 3/4), and long jump (15-7).

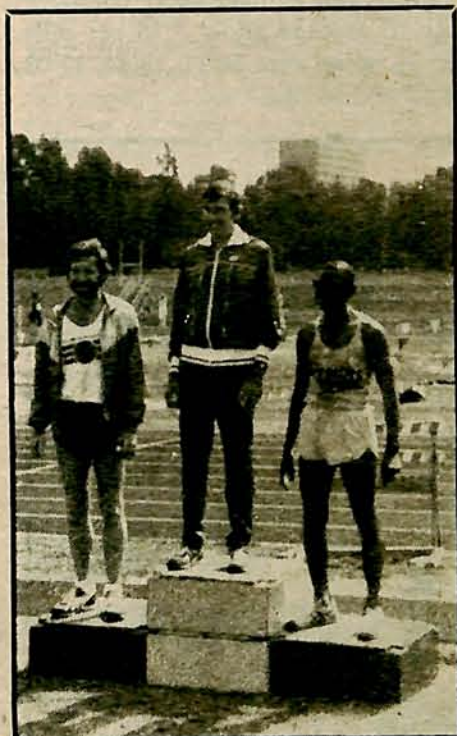
In the shot put, Len Olson, 52, defeated Carlos Fraundorfer, 52, for the M50 win, 46-1 1/2 to 44-6, but Fraundorfer took the discus, 135-0 to 128-4, and the hammer, 118-5 to 114-4.

No younger thrower heaved the 35-pound weight farther than Bob Backus, 57, who fielded a 48-7 1/4 mark. Ed Hill, 41, was second of all entrants with a very close 48-4. But Hill prevailed over Backus in the 56# weight by a narrow half-inch, 34-6 1/4 to 34-5 3/4. Hill, with 3601, was also the top 40+ point-getter in the weight pentathlon.

The women's events were dominated by Raschker and Dash. Besides her record high jump, Raschker had a 12.34 100m, a 25.48 200, a 17-6 1/2 long jump, and a triple jump of 35-3 3/4, which would have placed third in the M35 division. To her record shot put win, Dash added the discus (64-4) and missed another national record by five inches in the javelin with a toss of 87-9.

Kirk Randall, 42, (33:15.8) and Ruth Carrier, 53, (45:33.5) were the top masters in the 10K road race.

David Vandenbroek, 42, (1:17:57) and Marion Ellis, 40, (1:37:36) posted the best 40-and-over times in the half-marathon. □



John Weldy, of Phoenix, won the M50 5000 in 16:25.0 (only 14 seconds off the U.S. M50 mark) at the Olympic Legends Meet at UCLA April 28. Fred Lehr (1), was 2nd in 18:13.9; Louis Simms won the bronze in 19:18.5.

photo by Gretchen Snyder

SOUTHERN CALIFORNIA MASTERS TRACK & FIELD CHAMPIONSHIPS

SAN DIEGO
ATHLETIC
ASSOCIATION

AUGUST 25, 1984
Southwestern College

900 Otay Lakes Road • Chula Vista, CA
15 miles south of San Diego on I-805



ENTRY FEE:	\$4.00 per event, \$10.00 relays
PRE-REGISTRATION	All events except relay, deadline AUGUST 20 . Late entries \$2.00 if heats are open.
FACILITIES:	Artificial Track — 1/4" Spikes — Showers — Concrete Rings — Grass Javelin — Runways
ORDER OF COMPETITION:	Women first — oldest to youngest in 5-year age groups starting at 30 years. Races may be combined at meet director's discretion.
HEATS:	Heats will be run first if needed
AWARDS:	Medals for First Three Places
NOTE:	Random drawings throughout meet by entry number for donated merchandise.
DIRECTIONS:	Follow I-805 SOUTH until the Bonita Rd. exit (about 10 miles south of San Diego) Go east on Bonita for about 2 miles. Take a right on Otay Lakes Rd. drive about 3 miles and Southwestern College will be on your right.
DINNER:	No-host dinner at 7 p.m. at La Belle Pizza Garden, 373 Third Avenue, Chula Vista. (We have reserved a room for the occasion.)

SCHEDULE

10:00 HAMMER	3:00 DISCUS	12:00 5000 METERS	2:00 100M FINALS	4:30 HIGH HURDLES
11:00 POLE VAULT	HIGH JUMP	12:30 200M PRELIMS	2:30 800M FINALS	5:00 400 RELAY
JAVELIN	TRIPLE JUMP	12:45 STEEPCHASE	3:00 200 FINALS	5:30 1600M RELAY
1:00 SHOT PUT	11:00 5000 WALK	1:15 400M PRELIMS	3:30 1500M FINALS	
LONG JUMP	11:45 100M PRELIMS	1:30 400 IH	3:50 400M FINALS	

ENTRY FORM

Joe Horn, Entry Coordinator, 1147 Agate, San Diego, CA 92109 • 619-488-8885

NAME _____ AGE _____ DATE OF BIRTH _____
 PHONE _____ EVENTS ENTERED _____
 ADDRESS _____ PERFORMANCE _____
 CITY _____ CLUB AFFILIATION _____
 STATE _____ ZIP _____ AMOUNT ENCLOSED _____
☐ MALE ☐ FEMALE ☐ I PLAN TO ATTEND THE DINNER

(Make checks payable to San Diego Athletic Association)

WAIVER

In consideration of your accepting my entry, I am intending to be legally bound, do hereby, for myself, my heirs, executors and administrators, waive and release forever, any and all rights, claims or damages I may accrue against San Diego Athletic Association, TAC, Southwestern College, and all sponsors of this meet, their successors, representatives and assigns, for any and all injuries suffered by me while traveling to and from and while competing.

Date _____

Signature _____

National Running Data Center

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. Available now. \$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 also given. Over 4000 records listed. Available now. \$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 km and marathon are 200 and 100 deep. Available now. \$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 8 km, 15 km, 20 km, 10 mile, and half marathon are 50 deep, and to lesser depths for the other seven events. Available now. \$9.95

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)

order from:
NRDC
PO Box 42888
Tucson AZ 85733

ATHLETES WHO ENTER A NEW DIVISION THIS MONTH JUL 1984

ATHLETE (RESIDENCE)	BIRTHDATE	AGE GROUP
RUTH ANDERSON (OAKLAND, CA)	7-27-29	55-59
HELEN PARKER (SYLMAR, CA)	7- -29	55-59
AGATHA SUE-LEE (US)	7-18-39	45-49
VIRGINIA TERRY (LONG BEACH, CA)	7- 7-24	60-64
ANNE TRIGG (ST. PETERSBURG, FL)	7-14-24	60-64
CAROL GOULD (GB)	7-10-44	40-44
EDITH JACOBSEN (DEN)	7-26-24	60-64
MARGARETA JACOBSSON (SWE)	7-26-24	60-64
KAY KENNETH-LOW (NZ)	7-29-14	70-74
MARIE LYNNERUP (DEN)	7-19-14	70-74
HELEN SEARLE (AUS)	7-12-39	45-49
BIRGIR ASPLUND (SWEDEN)	7-21-29	55-59
REGINALD BARLOW (AUSTRALIA)	7-22-04	80 +
THOMAS BROOKS (NYC, NY)	7- 5-29	55-59
BARRY BROWN (GAINESVILLE, FL)	7-26-44	40-44
THOMAS CLAYTON (CARSON, CA)	7-10-24	60-64
WILLIAM COOK (TN)	7- 2-34	50-54
PAUL DUNGAN (PORTLAND, OR)	7-24-44	40-44
MANFRED GARBISCH (WG)	7- 5-34	50-54
LARRY GREGORY (PHILADELPHIA, PA)	7-28-24	60-64
MAURICE HOUVION (FRANCE)	7- 4-34	50-54
NOEL JOHNSON (SAN DIEGO, CALIF)	7- 7-99	80 +
SING LUM (BAKERSFIELD, CALIF)	7- 1-04	80 +
JOHN MCKNIGHT (CA)	7-27-09	75-79
H. OKADA (JAPAN)	7-30-04	80 +
JOHN PERRY (LAGUNA HILLS, CA)	7- 9-44	40-44
DONALD RAMOS (APTOS, CA)	7-14-39	45-49
ROBERT SADLER (CHICAGO, IL)	7-16-34	50-54
DAVID SHRADER (ENTERPRISE, KANS)	7-12-14	70-74
LEON TROUT (UNION, NJ)	7- 4-34	50-54
DICK WAGNER-SMITH (SANTA SUSANA, CAL)	7-10-24	60-64
LLOYD WALKER (NZ)	7- 3-39	45-49
TED WILSON (US)	7-30-14	70-74
CURTIS WRIGHT (AMBLER, PA)	7-14-04	80 +

WRITE ON!

Continued from page 2
cellent publication.

I would, however, also like to pass along a word of criticism. Whereas it has to do with ego, I would not expect anything to change, but possibly a word of explanation might save a future reader from having his feelings hurt.

I have been a subscriber for a number of years, and from time to time noticed the column which recognized those athletes whose birthdays in the current month would put them in a new age grouping. For the past couple of years, I have been "looking forward" to a big event, for me, — age 50, which I attained on April 4.

When I eagerly opened my April newsletter, I found I was not included on the list. I began to realize that the list, being international in scope, includes those of importance, and not

those who cannot afford to compete in Puerto Rico, Australia, Europe, etc.

Perhaps a note of explanation to the readers would help.

Dick Bowering
Tolland, Connecticut

(Yes it would. We don't yet have a complete computerized list of all masters members with birthdates. Those we do, at one time or another, have set an age record and, thus, are in the computer. Perhaps it would be better to not print any names at all, rather than a partial list, to avoid offending anyone. What do you think?—Ed.)

KUDOS

I look forward to my copy of the newsletter every month. It is the best running publication on the market. Keep up the good work.

Wally Ingram
Hemet, California

GREEN WINS THIRD NATIONAL

Continued from page 1

Hains Point course, hard by the Potomac, Green turned in a 1:24:11 time to break his own U.S. age 50-54 record of 1:25:51, set in Grand Rapids, Michigan last year.

Green's first overall-masters victory came in last year's National 20K Championship over this same course. On May 6, this year, he won the National Masters Marathon Championship in Lincoln, Nebraska over all masters runners in a U.S. M50 record 2:29:11.

Over three minutes behind Green was the top master runner in the Washington area, Fay Bradley, 46, with a solid 1:27:18 for the M45 title. He was followed by Dick Jamborsky, 47, (1:30:52), Doug Bulcao, 42, the M40 champ (1:32:53) and Dick Hipp

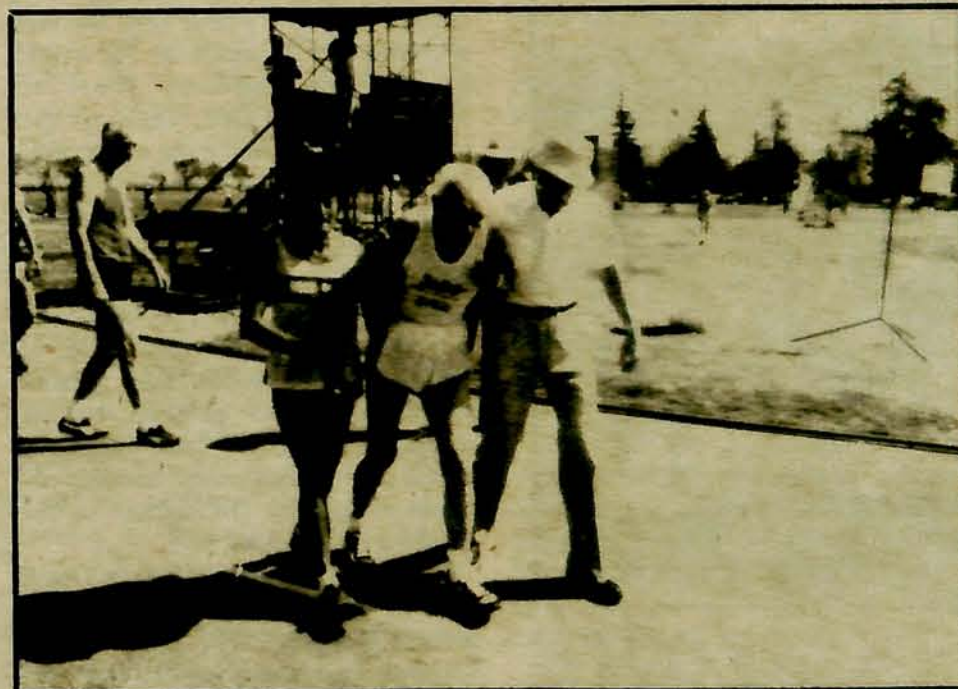
4th (1:33:24).

Inez Kerch, 44, was the first woman finisher in the race which was open to anyone age 30 or over. (Championship awards to over-40's only, per TAC rules). Fran Adams, 51, was best W50 in 2:01:28.

Francis Kelly, 62, took M60 honors in 1:47:38. Joe Bleicher annexed the M65 award in 2:03:18. Margaret Cochran was best W60 in 2:23:30.

Former jockey Ed Benham, 76, set another American age 75-79 mark with a time of 2:01:27, breaking the record of 2:14:55 set by Charles Hackenheimer in May 1982.

Green ran a remarkably consistent race to average about 5:26 per mile. His 5K splits were 16:35, 16:44, 17:03, 16:58 and 16:51. □



Paul Spangler gave it all he had in setting new age-85 mark of 28:03.7 for 5000 meters in Fresno April 14. Shirley Kinsey, M55, lends help.

photo by Sondra Schumacher

MASTERS SCENE

NATIONAL

• **Barry Kline** is completing the 1983 hurdle/steeplechase rankings and will be mailing them to National Rankings Chairman **Haig Bohigian** shortly. If anyone has marks to be included, send them to Kline; asap, at 1245 Alamae Lakes Rd., Washington PA 15301. It is essential to include the heights of the hurdles. Kline reminds all meet directors to include hurdle heights in typing the results of their meets. Otherwise, the times are virtually meaningless.

• **AudioStart** is a timing computer that gives automatic commands, "On your mark...set...bang!" with variable (and randomized) delays between. It times hurdle-to-hurdle intervals, improves acceleration and reaction time, evaluates long jump approaches in eight segments, provides electronic false start protection in meets, and more. Contact Bill Alston, AudioStart, 4177 Briarwood Way, Palo Alto CA 94306. 415/856-4231.

• **Masters M70 sprinter and U.S. Senator Alan Cranston** (D-Calif) dropped out of the Presidential race early this year, but another masters athlete has gotten in. He's **Bob Richards**, 1948 Olympic pole vault gold medalist and World Veterans Games M55 pole vault champion. Richards, who was the spokesman for Wheaties for 15 years, says he would hold interest rates at 4% and stop U.S. intervention in foreign affairs if elected. He's running as a candidate of the Populist Party, which was last active in the early 1900s.

NEW ENGLAND

• **Jack Thornhill** 41, led about 50 masters of the 336 runners in the 6th Annual Memorial Day 5K, Wickford, RI, May 28, to the finish in 16:44. The small field of masters women produced two outstanding times. **Sue Peterson**, 41, toured the course in 18:43, and **Rose Notarianni**, 66, covered it in a near record 28:05, which was better than 69-year-old **Emilio Notarianni's** 28:53, which won the M65.

• The 7th Annual Craftsbury Running Camps to be held on Lake Hosmer in the Green Mountains of Vermont offer, in addition to coed sessions in July and women's sessions in August, a masters session, Sept. 9-15, for all ability levels. Besides the miles of scenic running trails, runners can take advantage of video taping, movies, massage, weight room, V02 max, and sauna. Craftsbury Running Camps, Box 31-M, Craftsbury Common, VT 05827. 802/586-2514.

• **Boo Morcom's** pole vault win in the Olympic Legends Meet in L.A. April 28 was the 126th consecutive victory for the 62-year-old ex-Olympian. Morcom retired from coaching track at the University of Pennsylvania in Philadelphia, and is now living in beautiful Wilmont Flat in New Hampshire. "I want to concentrate on competing," he said. "My goal is to be running and vaulting — and winning — at age 100."

• Over 3000 runners finished the Boston Milk Run 10K April 8. **Sumner Brown** led the masters in 31:38, besting **Kirk Randall** (31:48) and **George Keim** (32:39).

EAST

• **Herb Kahl**, M40, collected a cash award for winning, in 33:41, the 1st Long Island, NY, Masters 10K Championships, April 1, in a small but quality field. Other age-group winners were **Dave Wilson**, M45 (34:41); **Geza Feld**, M50 (36:47); **J.P. Moran**, M55 (44:28); and **P. D'Orto**, M60+ (49:29). **Chris McKenzie**, 52, Great Neck, NY, was women's winner (44:03). Top three finishers in each group received cash awards: the event was put on by the Island TC.

• **Guy Stretton**, 43, covered the New Rochelle Half-marathon, NY, May 13, in 1:16:51, for 9th place (501 finishers). **James Gaul**, 42, was 2nd master and 11th in 1:17:06. Among the women, **Ninett Texidor**, 40, took the same place that Stretton had, for a 9th w/overall (94 finishers) with 1:38:12, and **J. Maret-Fletcher**, 49, duplicated Gaul's 11th place with a 2nd W40+ 1:39:01.

• **Cahit Yeter**, 49, was the fastest master in the Yonkers Marathon. (Yonkers to Tarrytown), NY, May 20, taking 6th place (270 finishers) with 2:49:55. **Don Dixon**, 56, took the M55 with a solid 2:59:54. A week after her half-marathon win in New Rochelle, Texidor returned to finish 1st W40+ of 22 finishers with 3:39:23.

• **Barry Kline** broke his second age-44 AR in two weeks (17.8 110mH 42" on March 31) at the Slippery Rock Decathlon Championships, PA, April 13-14, by scoring 4526 points in the International Rules decathlon (42" hurdles), breaking the mark of 4373 ('73) held by **Harry Hawke** of San Diego, CA.

• **Lina Connors**, 42, beat a lot of ladies with a fast 19:28 in the L'eggs Tune-Up 5K, Central Park, NYC, May 13, for 1st W40+ and 6th overall (1133 finishers). **Betsey O'Neil**, 45, took the 2nd 40+ slot and 13th with 19:50. Both are members of the NYC-based **Atlanta TC**, which won the team trophy with 2nd, 3rd, and Connors' finishes.

• **Judy Pickert**, 40, running a swift 18:25 for 4th place, was 1st master finisher in the Moving Comfort Mother's Day 5K on the SUNY-Purchase campus, May 13.

• **Bob Backus**, 57, Tuscaloosa, AL, threw the 35# weight to an age WR 15.86m (52' 1/2") in the SUNY-Binghamton Masters Weight Pentathlon, May 27. That added 1085 points on the age-factor scoring tables to his total 3571 to top all M40+. Meet director **Len Olson**, 52, had 3550 age-factor scoring points for 2nd, and **Carlos Fraundorfer**, 51, finished 3rd with 3432.

• We failed to mention, last month, that **Ed Benham's** 44:57 in the TAC National Masters 10K Road Championships April 21 in New York is a new U.S. age 75-79 record, breaking **Lou Gregory's** 6-year-old mark of 45:38.

• You still have time to apply for entry into the New York Marathon October 28. Request an entry form by sending a SASE and \$3 to NYC Marathon, PO Box 1388, GPO, New York NY 10116. The race will take 18,000 entrants — 7,000 on a first-come, first-served basis (those slots are gone); and 7,000 in a lottery to be held later this month. The remaining 4,000 are reserved for foreign entrants. You must have a valid 1984 TAC number to be accepted.

• The TAC National Masters 15K Championships will be held July 8 as part of the annual Boilermaker Road Race in Utica, New York. Over 3000 runners are expected. Bill Rodgers won the 1983 race. Race director Earle Reed calls it "a community event supported by civic groups and the media."

SOUTHEAST

• **Ramsey Thomas** turned 40 this year and ran 800 meters in 1:56.9 in a Knoxville, Tennessee open meet May 18. That's only two seconds off **George Cohen's** American M40 record. Thomas has resigned as Wake Forest track and cross country coach and will return to California this summer, where he will teach high school biology and chemistry in the San Francisco area. An allergy problem that drained his energy and interfered with his training prompted Thomas to move. "I never had the problem when I lived in California," he said, "so I think going back West will ease the situation." Thomas also wants the tough California competition (**Dave Romain** ran 1:55.5 in May) to bring



The Liberty Athletic Club from Massachusetts won the masters women's team title at the Avon 15K in Washington, D.C. March 3. L to r: **Carrie Parsi**, 44, **Joyce Hals**, 51, and **Andrea Hatch**, 40. Hatch took 3rd in the W40 category in 61:31, closely followed by Parsi in 61:43. Hals was 2nd in W50.

photo by Carolou Marquet

ing out his best. He also says he's missed teaching the sciences. Thomas ran the 880 in 1:52.3 for the University of Maryland in 1965.

• The Virginia TAC Open & Masters Championships in Charlottesville have been rescheduled from July 14 to September 1.

• Touring **Ron Hill**, 45, Cheshire, England, travelled Elby's Distance Race 20K, Wheeling, WV, May 26, in 1:09:12 for 1st 40+. **George Keim**, 41, Waynesboro, PA, placed 2nd (1:10:44).

• **Dr. Bob Maydole**, 42, a professor at nearby Davidson College, was masters winner in the Charlotte, NC, SuperRun 10K, June 2, outracing **Hal Grow**, 42, Charlotte, 35:08 to 35:43.

Alex Coffin, 47, Charlotte, topped the M45 finishers' list (37:36), and **Zean Jamison**, 51, Matthews, NC, was the fastest M50+ (40:15).

Nancy Lowden, 42, Charlotte, laid down a W40+ win (43:53) and **Jane McBryde**, 47, Charlotte, won the W45 race (48:12).

MIDWEST

• **Karl Minor**, Sr., 45, Rockdale, IL, struck gold with a masters victory (2:50:48) in the Quad City Marathon, Rock Island, IL, May 6. Second M40+ was **Dave Powell**, 51, Galesburg, IL, (2:52:14).

• **Ron Goudreau** had a good enough run (35:07) to top the masters runners in the Pepsi Challenge 10K, W. Lafayette, IN, May 6. **John Allen** was 2nd (39:05). **Mary Wachs** (56:18) slipped past **Araceli Merrell** (56:19) for 1st W40+.

• **Tony Mifsud**, M40, motored through the Michigan TAC 5K RR Championships, Dearborn, May 13, in a speedy 15:49 to lead all 40+. **Mike Persak**, M40, was 10 seconds behind; **Brian Harris**, M45, was 3rd (16:40). American record-holder and steeple-chaser **Ken Carman** won the M55 (17:57). **Melba Hatch**, also a national record holder, outlegged the W40+ field with her M55 win in 21:48.

• **Ralph Zimmerman**, running in torrential rains, outstrode all other masters runners among the 3000 in the Cleveland-Revco Marathon, May 20, for a 2:30:25 win.

• Over 5500 runners completed the Kentucky Derby Half-Marathon April 28 in Louisville. **Frank Targatta** was 1st 40+ in 1:12:32, twenty second ahead of **Bill Olrich**. **Agnes Chrietberg** edged **Anne Owens** by seven seconds in 1:35:03 for best W40+.

MID AMERICA

• **Larry Jacobson**, 42, Sioux Falls, SD, on a 5:57 pace, was top master in the Longest Day 10K, Brookings, SD, April 29, in 36:58. Fifty-seven-year-old **Bob Bartling** of Brookings was 2nd

master in 37:27. In the Longest Day Marathon, **Jim Lindley**, 44, Fargo, ND, survived 38° and 85% humidity to win the 40+ race in 2:59:47.

• **Dave Bushard**, 47, Marshall, MN, working with a 5:55 pace, was 1st 40+ in 55:10 in the 7th Annual Jim Emmerich 15K, Brookings, SD, May 12. On June 2, Bushard bounded over the 22th Annual Jackrabbit 15 Mile course, also in Brookings, in 1:32:21 for 1st master and 16th (96 finishers), and **Jacobson**, was a hair behind in 1:33:01.

• **Clarence Bradford Jr.** breezed to an M40+ win (38:58) in the Clean Air 10K, St. Louis, MO, April 21. **Joan Stepzinski** was the 1st W40+ (49:28).

• **Art Melendez**, 52, had lots of heart in the Love Run 4-Mile, Tulsa, OK, April 14, taking the masters race in 24:35. Second master, **Bob Nale**, 49, was a couple of beats behind (24:52). **Donna Brynsteson**, 41, was in the mood and took a 5th w/overall (160 women) with a best W40+ time of 27:55.

• Guest speaker at the 13th Annual St. Louis Marathon pre-race banquet, Saturday, November 17, will be **W. MacDonald Miller**. The St. Louis Marathon commemorates the only St. Louisan, **John Furla**, to compete in the 1904 St. Louis Olympics, and, this year, expects to draw 2000 entrants.

• **Lee Courkamp's** 27:57 took masters honors in the Cherry Sneak Creek 5-Miler April 29 in Denver, with **Kent Landmark** 2nd in 28:10. **Bette Poppers** led the 40+ women in the 2300-runner event in 31:52, ahead of **Tommie Farina's** 32:56.

• **Rich Ayers** took 1st master in a Lenexa, Kansas 10K April 15 in 35:28. **Noel Handziuk's** 42:50 topped the 40+ female contingent.

SOUTH WEST

• Despite windy conditions at SMU, Dallas, TX, times were good in the 7-11 Masters Mile, April 14: **Dale Hager** (4:53.1), **Robert Ashton** (4:55.4), **Rio King** (5:00.0).

• **Donna Wright**, 48, Bartlesville, OK, broke her own state 45-49 mark of 42:21 with a 2nd w/overall 41:32 in the first Pathfinder/March of Dimes 10K (240 finishers), Bartlesville, April 28. Former Bartlesville runner now living in Denver, **Jeff Fischer**, ran away from the M40 field in 34:03, and **Jerry Crockett**, Stillwater, OK, a new M55, won that division in 37:55.

• **Martin Legett**, 59, displaced **Claude Hills'** age record of 1494 points (International Standards) for the decathlon, set in 1972, with a hefty 1947 at the Texas Age-Group Decathlon, Austin, May 12-13. Legett scored 403 for an 8'6 1/4" vault and 450 for a 122'5" javelin (800g). **Steven Kent**, 40, was highest master point getter with 3670 (501 for 12.8 100m).



Runner of The Year honors for Florida's Suncoast area of St. Petersburg/Clearwater were swept by Masters with awards going to (left to right) Bob Wiggins (52) as Sportsman of the Year, Yvonne Rodgers (42) as the Female Runner of the Year, and the amazing 82-year-old Max Bayne as the Male Runner of the Year.

photo by Terry Jacoby

WEST

- **Ray Hughes** was off and running at the Santa Anita 5K, L.A., May 6, winning the M40+ race in 16:31. **Jim Knerr** placed with an M50 winning time of 16:35, while **Jim Brownfield**, M50, showed in 16:56. **Minette Sicard** (21:13) beat **Ann Welton** at the wire by 5 seconds for the W40+ crown. **Phil Ryan**, M40, won the masters title in the correlary 10K (32:40), and **Helen Dick's** W50 winning time (41:24) was the fastest W40+ time of the meeting.
- **Chuck Laine**, 40, ran over the paths of Griffith Park, L.A., in 20:06 to take masters honors in the CRRC 5K (204 finishers), April 20. Second master was 64-year-old **David Cohen** (20:31), and the 1st W40+ spot went to 50-year-old **Dorothy Ahrens** (26:57). While Cohen's performance is noteworthy, how about this? The 1st M40+ in the Run With The Nurses 10K (156 finishers), L.A., May 5, was 63-year-old **Jim Talley** 41:46.
- **Lee Baca** logged a masters win (16:41) in the

5K portion of the So. Pasadena/San Marino YMCA 5/10K, April 28. **Jim Brownfield**, M50+ winner, was a shadow back in 16:42. **Bonnie Norquist** was the W40+ titlist (22:40). **Phil Ryan** sailed through the 10K in a palindromic 32:23 for an impressive 40+ win. **Ann Welton** was W40+ counterpart (47:31).

• **Lori Maynard**, 48, Redwood City, was the 1st masters walker and 4th overall (21 finishers) in the '84 PA/TAC Open and Masters 5K RW Championships on the San Jose CC track, May 20. **Keith McConnell**, 40, Oakland, was 1st M40+ and 5th overall (28:26). Maynard served as coach-manager of the U.S. team competing in the Women's World 10K Walk Championship, Lomello, Italy, on May 26.

• **Flory Rodd** has placed 1st M60+ in all PA/TAC championships starting with the Calif. International Marathon (3:04:30) in December '83. Since then, Rodd has taken the M60+ in the PA district 20K in Sacramento, the 10 Mile in Stockton (65:35), the Open TAC Devil Mountain (40:37), May 6, and the masters 10K cham-

pionship (Pacific Sun 10K), May 20.

• **Christa Rompannen**, 45, Malibu, CA, breezed through the Brentwood 10K, Los Angeles, May 27, in 39:34 for 1st W40+. Her closest W40+ competitors were **Helen Dick**, 59, (40:08), and **Margaret Miller**, 58, (40:27). **Marshall Matye**, 40, was the first master in 32:18.

• **Bob Stone** broke John Dick's age-63 AR of 114'8" (1975) for the 1.6k discus with a 120'0" toss at the Los Gatos, CA, May 12 all-comers meet.

• **Ann Smith**, director of the annual Striders Relays in Los Angeles, has found "the finest nutritional program through the Herbalife products." The program uses herbs to help the body "cleanse itself naturally, and provide high energy and vitality." More info from Smith at 818/348-6352, or 18750 Oxnard St., #404, Tarzana CA 91356.

• **Bette Poppers** (57:43) and **Marion Irvine** (57:52) were the first two masters finishers in the Avon 15K April 8 in San Francisco. Houston's **Carol Urish-McLatchie** won the race in 51:30.

NORTHWEST

• **Mike Manley**, 42, former Olympic steeplechaser and current masters marathon record holder (2:17:10), was upset by **Mike Heffernan**, 42, 25:24 to 25:27 in the Shamrock 5-miler in Portland, March 11. Heffernan's time was only six seconds off **Frank Duarte's** U.S. 8K/5-mile masters record. **Ray Hatton** logged a quick 26:01 to win the 50+ division.

• **Marshall Brammer** joined the Pepsi Challenge 10K series masters qualifiers for a possible shot at the finals in NYC with a win at Coeur D'alene, ID, May 19, in 35:46. **Linda Crabtree** was W40+ winner in 50:53.

• **Ray Hatton**, 51, was the first 40-and-over finisher in the Medford, Oregon Pear Blossom 20K Run April 14 in 1:07:14. **Marge Dunlap** led the masters women in 1:30:29.

INTERNATIONAL

• **Phil Partridge**, USA, and **Roy Roley**, Australia are looking for a live-wire Veterans T&F group, strong on throwing events, who will put on a 5-day weight pentathlon starting two or three days after the VI World Veterans Games in Rome next June. Preferred are Italy, Greece, France, Spain, West Germany, Britain or Scandinavia. Partridge and Foley will provide help.

Contact Phil at 2060 W. 32nd St., Holland MI 49423.

• On the weekend of October 13-14, the 2nd Annual European Veterans Distance Running Championships will be held in Bern, Switzerland, open to men 40+ and women 35+. **Werner Hamm**, Vice-President of IGAL, the World Vets LDR Association, encourages all masters runners to enter. "Have fun with veterans of many nationalities," he says. "Non-Europeans are heartily welcome. Participating counts, not winning. Not only elite runners, but recreational and/or fun runners, and especially joggers are most welcome." For an entry form, write Werner Hamm, Theuerbrunnleinsweg 55, 8720 Schweinfurt, West Germany.

• **Wilfred Morgan** writes from England that **Fred Smith** died of cancer at the age of 50 on May 27. Smith won three British vets championships in the M40-400. He was a member of the British 4X400 team that won in the World Games in Toronto and Gothenburg. He tied **Nick Newton** for third in the M45 200 in Hannover. He ran 51.0 at age 40 and 22.7 in the 200. He had several operations over the last three years.

• **Ron Taylor** of England, who was second behind **Thane Baker** in the 1st World Games in Toronto in 1975, just turned 50 and ran 11.7 in May.

• **Alastair Aitken**, NMN's U.K. columnist, was on the winning Hogg Robinson team, of 20 teams, in the 4x2.6 mile U.K. Insurance Firms Road Championships, New Beckenham, May 9, and then went on to run 2:55 in the London Marathon, May 13.

• Masters athletes who feel in a rut might want to have a go at **The Foster's Quadrathlon** (2 mile swim in the English Channel, 50K racewalk, 100 mile bicycle ride, full marathon), Sept. 18-19, won last year by **Richard Crane**, 30, who covered the 158.2 miles in 16:29:49. In 1983, the event raised 70,000 pounds for charity. The event starts in Brighton and ends, appropriately, in Gravesend. **Nick Jenkins**, **The Foster's** Quadrathlon, 350 High Street, Rochester, Kent, England, Tele. No. 0634-408325.

• **John Whetton** just turned 40 in Great Britain. He reached the finals of the 1500 in the 1964 Olympics and 1968 and was European champ in 1969. Last month, he ran a 2:22 in the London Marathon.

• **Norman Paul**, 61, set a new over-60 record with 351 miles in a six-day bike race in Stoke-on-trent, England in May. **Christine Barratt**, 35, won the women's race with 421 miles.

NOW AVAILABLE Masters Age-Records 1984

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

- Men's and Women's World and U.S. Age Bests for all Track & Field Events, age 35 and up, as of Jan. 1, 1984.
- U.S. Age Bests for Men & Women for all race-walking events, age 40 and up, as of Jan. 1, 1984
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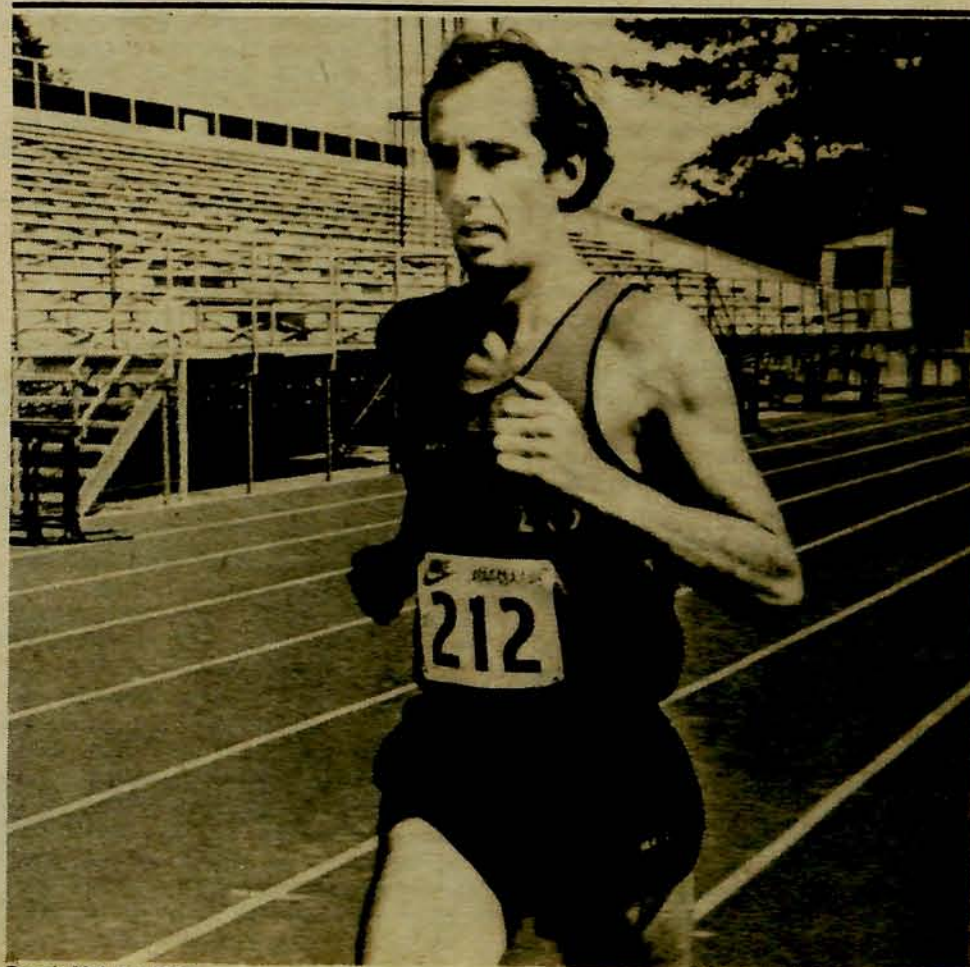
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Derek McIver, M30.

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

July 7-8. TAC National Masters Decathlon & Heptathlon Championships, Indianapolis. Henry Hopkins, 833 N. Center Rd., Plainfield, IN 46168. 317/839-7736.
August 17-19. 17th Annual TAC National Masters Championships, Eugene, Oregon. Oregon Track Club Masters, PO Box 10085, Eugene OR 97440. 503/687-0122.

NEW ENGLAND

July 7-8. Kendall Womens Classic, Boston, Mass. Submasters & masters 400m & mile. All other events open to submasters/masters. No entry fee. Coventures, Inc., 45 Newbury St., Boston, MA 02116. 616/267-0055.
July 29. Brown Masters Meet, 10 a.m., Brown University, Providence, Rhode Island. Neil Steinberg, 45 John St., Providence, RI 02906 401/751-1495.
September 9-15. Masters Running Camp, Lake Hosmer, Vermont. Box 31-M, Craftsbury Common VT 05827. 802/586-2514.

EAST

July 1, 8, 22, 28; Aug. 12. Tri-State Masters T&F Club Meets, Hagerstown JC, Hagerstown, MD, 5:30 p.m. Wayne Vaughn, 734 W. Franklin St., Hagerstown, MD 21740. 301/733-6076.
July 15. New York Masters Relay Carnival, Kings Point, New York. NY Masters, 77 Prospect Place, Brooklyn NY 11217. Entry form in June issue.
July 21. Masters pentathlon, Philadelphia. Fred Mannis, 104 W. Montgomery Ave., Ardmore PA 19003. 215/642-5989.
August 4. Philadelphia Masters Championships. Fred Mannis, 104 W. Montgomery Ave., Ardmore PA 19003. 215/642-5989.
August 17-19. Empire State Games, Albany, New York. Bob Fine, 77 Prospect Place, Brooklyn NY. 11217.
September 2. Potomac Valley Masters Games, Washington, DC. Sal Corrallo, 5351 N. 37 St., Arlington, VA 22207.

SOUTHEAST

July 7. Southeastern Track Classic, Greenville, SC. Tom Malik, 104 Pinewood Dr., Greer, SC 29651.

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July 21-22. Virginia TAC State Open & Masters Decathlon Championships, Charlottesville, VA.

September 1. Virginia TAC Open & Masters Championships, Charlottesville, VA. Virginia Masters, PO Box 5696, Charlottesville VA.

October 20-21. Thro-a-thon. (Discus, shot, hammer, javelin, weight) North Carolina State U. Bob Boal, 121 W. Sycamore, Wake Forest NC 27587.

November 5-10. Golden Age Games, Sanford, Florida, 55+. P.O. Drawer CC, Sanford, FL 32772-0868.

December 30. Holiday Weight Pentathlon (9 am) and regular Pentathlon (2 pm), Delray Beach, FL. Randall Cooper, Atlantic Community School, 2501 Seacrest Blvd., Delray Beach, FL 33435.

MIDWEST

July 21. Wolverine Weight Pentathlon. 10 a.m. Six throws in each event. Phil Partridge, 2060 W. 32 St., Holland, MI 49423.
July 28. TAC Midwest Regional Masters Championships, Chicago. W. Miller, 180 N. La Salle St., Chicago IL 60601. 312/234-2154.
August 4. Heights Summer Classic, Cleveland Hts., OH. Dorothy Davis, 2155 Miramar Rd., University Hts., OH 55118.

MID-AMERICA

August 12. Chillicothe Masters and Senior Olympics, Chillicothe, MO. Joe Shy, Box 745, Chillicothe, MO 64601.
September 1-2. Rocky Mountain Masters Games, Denver, CO. Jim Weed, 11672 E. 2nd Ave., Aurora, CO. 80010. 303/341-2980.

SOUTH WEST

July 14. West Texas Masters Track Meet, Lions Stadium, Ozona, Texas. 9 a.m. \$5 first event; \$1 each additional event. Bobby Aycock, PO Box 1584, Ozona TX 76943. 915/392-3773; or Pete Maldonado, 915/392-3802.

July 21. Texas Masters Championships, U. of Texas-Arlington (Dallas area). Joe Murphy, 4308 N. Central Expwy, S-206, Dallas TX. 75206

WEST

June 18-July 27. All-comers T&F meets, Los Angeles. Mon: Gardena HS; Tues: Venice HS; Wed: Taft HS; Thurs: Bell HS. 7 p.m. Masters events each Wed. at Taft.

July 1. TAC Southern Pacific District Masters Championships, Occidental College, Los Angeles, Calif., 3 p.m. SASE to Woody Studenmund, 823 Milmada Dr., La Canada, CA 91011.

July 7. Northern California Seniors TC Masters Track Classic, Berkeley, CA. Mark Grubi, PO Box 4512, San Francisco, CA 94101.

July 13-15. Taco Bell open and Masters Meet, Fresno State U., Fresno, CA. Red Estes, CSUF Athletic Dept., Fresno, CA 93740, 209/294-4097.

July 13-15. TAC Western Regional Masters Championships, Occidental College (new U.S. Olympic Track), Los Angeles. Gary Miller, 1740 Grandview Ave., Glendale CA 91201. Entry form in June issue.

August 25. Southern California Masters Meet, Southwestern College, San Diego. Joe Horn, 1147 Agate St., San Diego CA 92109. 619/488-8886.

September 8-9. 15th Annual Senior Olympics, Orange Coast College, Costa Mesa, Calif. Decomposed granite track. Deadline August 23. Senior Olympics, 5726 Wilshire Blvd., Los Angeles CA 90036.

October 6. Club West Masters, Goleta, CA. George Adams, PO Box K, Goleta, CA 93116.

NORTHWEST

July 1-6. Track and field TAC development camp for all ages. Seeley Lake, Montana. Ken Foreman, 2516 N. Pacific St., Seattle WA 98103.

July 13-14. TAC Northwest Regional Masters Championships, Gresham, Oregon. Jim Puckett, Mt. Hood College, 26000 S.E. Stark, Gresham, OR 97030. 503/667-7534.

July 19-29. Senior Masters Sports Festival, Eugene, Oregon. T&F segment on July 22, Hayward Field, U. of Oregon, 10 a.m. Eugene Senior Sports Group, INC. Eugene Parks & Rec. Dept. 858 Pearl St., Eugene, OR 97401. 503/484-0240.

August 10-11. Sixth Montana Masters Championship, Bozeman, MT. Mike Carignan, Box 1766, Bozeman, MT 59771.

CANADA

July 7-8. Canadian Masters Championships, Richmond, British Columbia. Don Trethewey, 8451 Dorval Rd., Richmond, B.C. V7C 3J1.

July 14. Ontario Masters Pentathlon Championships, Toronto. Art Rappich, 86 Gloucester St., No. 1105, Toronto, Ont. May 2S2.

August 17-19. Pan-American Masters Championships, Ottawa, Ontario. Danny Daniels, R.R. No. 3, Carp, Ont. KDA 1L0.

INTERNATIONAL

July 28-August 12. Olympic Games, Los Angeles.

July 29-30. British National Championships, Edinburgh, Scotland.

August 11. North American Championships, Chicago. Wendell Miller, 180 N. LaSalle Ave., Chicago IL 60601. 312/234-2154.

August 20-25. IV European Veterans Track & Field Championships; Brighton, Worthing & Hove, England. Europeans only. Closed to Americans. Barbara Dunsford, 71 Hillside Crescent, South Harrow HA2 0QU, England. Sylvester Stein, 01-637-4383.

ON TAP FOR JULY

The 1984 Olympic Games in Los Angeles on the 28th, with 7800 athletes from 142 nations.

TRACK & FIELD

Masters action kicks off on the 1st with the TAC Southern Pacific Championships in Los Angeles.

The weekend of the 7th-8th features the TAC National Masters Decathlon (men) and Heptathlon (women) in Indianapolis; the Northern California Seniors Classic in Berkeley; the Kendall Women's Classic in Boston; the Canadian Masters Championships in Richmond, B.C.; the Southeastern Classic in Greenville, S.C. and the Quadrangular Meet in Monmouth, N.J.

The weekend of the 13th-15th finds the Western Regionals in Los Angeles; the Northwest Regionals in Portland, Oregon; and an open masters meet in Fresno.

The Texas Masters Championships go in Dallas on the 21st, with a Senior Masters meet in Eugene, Oregon the 22nd.

Rounding out an active month on the final weekend are the Midwest Regionals in Chicago and the Brown Masters Meet in Providence.

LONG DISTANCE RUNNING

Regional winners from throughout the nation gather in New York on the 1st for the 1984 Pepsi Challenge 10K Finals. The Peachtree 10K Road Race goes off in Atlanta on the 4th; as does the Coronado Half-Marathon in San Diego.

The TAC National Masters 15K Championship will be run as part of the Boilermaker Road Race on the 8th with the New York Masters 10K Walking Handicap set for the 22nd.

October 6-7. 5th All-Japan Masters Championships, Okinawa, Japan. Masaharu Sugano, 453-9 Inbe, Wakayama, Japan.

October 20-21. International Masters T&F Meet, Hong Kong. Margaret Brooke, GPO Box 10368, Central Hong Kong.



John Hartfield (left) of Missouri City, Texas, set a national age-39 triple jump record of 46', Olympic Legends Meet, April 28. But here, he stands tall with the heavies for his third place M35 shot put (40-8½). Allen Stephens won with 47-9¼ and Mike Deller took second with 45-5¼.

LONG DISTANCE RUNNING NATIONAL

July 8. TAC National Masters 15K Road Championships, Utica, N.Y. Earl Rudd, Utica Boilers, Dwyers Ave., Utica NY 13501. 315/797-1310.

September 23. TAC National Masters Half-marathon Championships and Dayton River Corridor Classic, Dayton. Steve Barr, Kettering Pro Health Center, 3700 Far Hills Ave., Kettering OH 45429. 513/298-2391.

September 23. TAC National Open and Masters 50K Championships, Washington, D.C. Dick Good, PO Box 1065, College Park MD 20740. 301/345-2286.

November 3. TAC National Masters 15K Cross-Country Championships, Houston, E.G. Lang, 14 Sandalwood, Houston, TX 77024. 713/781-2810.

November 17. TAC National Masters 10K Cross-Country Championships, Holmdel, N.J. Ron Salvio, Squan Road, Clarksburg, NJ 08510. 609/259-9268.

November 18. TAC National Masters 50-Mile Championships, Buffalo, N.Y. David Broad, Dept. of Athletics, SUNY-Buffalo, 1300 Elmwood Ave., Buffalo, NY 14222.

November 24. TAC National Masters 5K Cross-country Championships, Seattle. Carol Langenbach, 4261 S. 184th, Seattle, WA 98188. 206/433-8868.

NEW ENGLAND

July 28. John Kelley 11.6-Mile Run, New London, Conn. Jack Dempsey, Ocean Beach Park, New London CT 06230. 203/442-9423.

August 19. Falmouth Road Race. 7.1 miles. Falmouth Road Race, PO Box 732.

Falmouth MA 02541. Entry deadline May 1. 617/540-4417 (after July 1).

EAST

July 1. Pepsi Challenge 10K Championships, New York City. NYRRC, PO Box 881, FDR Station, New York, NY 10150. 212/860-4455.

July 22. New York Masters 10K Walking Handicap Race, Brooklyn, NY. NY Masters, 77 Prospect Place, Brooklyn, NY 11217.

August 18. Asbury Park 10K Classic, N.J. Phil Benson, Box 2287, Ocean, NJ 07712. 201/531-4156.

October 7. TAC Eastern Masters 10K Cross-Country, Van Cortlandt Park, Bronx, N.Y. NY Masters, 77 Prospect Place, Brooklyn NY 11217.

October 8. Bonne Bell 10K National Finals, Boston. Bonne Bell, 18519 Detroit Ave., Lakewood OH 44107.

October 27. NY Masters 5K and 10K Cross-Country, Van Cortlandt Park, Bronx, N.Y. NY Masters, 77 Prospect Place, Brooklyn NY 11217.

October 28. New York City Marathon. NYRRC, PO Box 1388 GPO, New York NY 10016. 212/860-4455.

November 4. Marine Corps Marathon, Washington, D.C. Capt. Chris Moody, PO Box 188, Quantico VA 22134. 703/650-2225.

November 11. TAC Metropolitan Masters Cross-Country. NY Masters, 77 Prospect Place, Brooklyn NY 11217.

SOUTHEAST

July 4. Peachtree 10K Road Race, Atlanta GA. Roy Benson, 3097 E. Shadowlawn, Atlanta, GA 30305. 404/231-9064.

September 29. Virginia Ten Miler, Lynchburg, VA. Marilyn Straub, 3020 Cranehill Drive, Lynchburg VA 24503.

MIDWEST

July 8. 4th Annual March of Dimes Mini/Masters 5K Races, Peoria, Ill., 7:30 p.m. Joyce Dalzell, March of Dimes, 4700 N. Sterling Ave., Peoria, IL 61615. 309/682-3335.

August 25. Bobby Crim 10-Mile Road Race Flint Mich. John Harpst, 1101 S. Saginaw, Flint MI 48502. 313/766-7346.

September 23. River Ramble 5K/10K/30K/50K, Columbus, Ohio, 5K & 50K are Ohio TAC Open & Masters Championships. John White, 4865 Arthur Place, Columbus, OH 43220. 641/459-2547.

October 7. RRCA National 50 Mile Championships, Chicago, IL. Noel D. Nequin, M.D., Swedish Covenant Hospital, 5145 N. California Ave., Chicago, IL 60625.

October 7. Columbus Bank One Marathon, Columbus, Ohio. Corporate Processing Dept., Columbus, OH 43271.

October 14. 6th Annual Medical Joggers Association 50 Miles/100K, Chicago, IL. Also RRCA's 50 Mile national championships. Legal SASE to Noel Nequin, M.D., Swedish Covenant Hospital, 5145 N. California Ave., Chicago, IL 60625.

October 21. America's Marathon, Chicago. Bob Bright, 214 West Erie St., Chicago IL 60610. 312/951-0660.

November 3. Indianapolis Marathon, Indianapolis, Ind. Duane Heidecker, 314 E. Cragmont Dr., Indianapolis, IN 46227. 317/787-6114.

November 10. Wendy's 10K Classic, Bowling Green, Kentucky. Dave Mason, 1502 Weston St., Bowling Green KY 42101. 502/781-2834.

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

MID-AMERICA

August 18-19. Pikes Peak Marathon & Half-marathon, Manitou Springs, Colorado. PO Box 1694, Colorado Springs CO 80901. 303/471-9790.

September 6. RRCA National 25K Championships, Minneapolis, MN. Jeff Winter, 3515 Holmes, Minneapolis, MN 55408.

September 29. Maupintour Fall Classic, 10K, Lawrence, KA. Tom Leigh, Maupintour, 913/843-1211.

September 30. Twin Cities Marathon, Minneapolis to St. Paul, Minn. \$150,000 purse. Jack Moran, PO Box 24193, Minneapolis MN 55424.

SOUTHWEST

October 13. International Run Against Crime 10K, El Paso, Texas. John Hinshaw. PO Box 15000, El Paso TX 79998. 915/772-RACE.

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

WEST

July 4. Coronado Half-Marathon. San Diego, Calif. George Green, 626 Fifth St., Coronado CA 92118. 714/437-4556.

July 4. Monarch Bank 5K & 10K Run in the Parks, Laguna Niguel, CA. Bill Pascual, 24372 Las Naranjas, Laguna Niguel, CA 92677. 714/831-6618.

July 28. Golden Run 5-10K, Fountain Valley, Calif. (near L.A.) 7:30 a.m. Bob Stewart, 1822-1/2 Newport Blvd. No. 210, Costa Mesa CA 92627. 714/645-7194.

August 4. L.A. '84 Olympiad 10K, Griffith Park, Los Angeles, 8 a.m. CRRC, Box 891, Tarzana, CA 91356.

August 5. SPA/TAC 10K District Championships, Griffith Park, Los Angeles. CRRC, Box 891, Tarzana CA 91356. 818/888-5526.

August 19. San Francisco Marathon, San Francisco, CA. San Francisco Marathon, PO Box 27385, San Francisco, CA 94127. 415/681-2322.

August 19. America's Finest City Half-

CLASSIFIEDS

If you are promoting a race meet, or offer a service or product or wish to place a personal ad, the rate is 25¢ a word. Payable with copy. Deadline is the 10th of the month prior to issue date. Send to NMN, PO Box 2372, Van Nuys, CA 91404.

marathon, San Diego, Calif. Neil Finn, American Lung Assn., 3861 Front St., San Diego, CA 92103. 619/297-3901.

September 22. 32nd Annual Balboa Park 8 miles Cross-country, San Diego, Calif. T.R. Eddy, 14342 Jolley Lane, Poway, CA 92064. 613/748-2459.

September 30. Hollywood 10K/Half-marathon, also SPA/TAC Half-marathon championships, Los Angeles, Calif. 8 a.m. Hollywood Presbyterian Medical Center, 1300 N. Vermont Ave., Los Angeles, CA 90027. 213/660-3530 X6108.

October 28. Modesto 10K, also RRCA California and Western Region Championships, Modesto, Calif. Total \$1000 cash awards to top finishers in 7 age groups, men and women. Jeff Highiet, 229 Charlemagne Way, Modesto, CA 95350. 209/527-7597.

NORTHWEST

July 15-22. Oregon Running Camp, Skycamp Lodge, Eugene. Box 5453, Eugene OR 97405. 503/726-2215.

July 24. Deseret News Marathon, Salt Lake City. Keith West, PO Box 1257, Salt Lake City UT 84110. 801/237-2135.

July 29-August 5. Steens Mountain High Altitude Running Camp, Frenchglen, Oregon. Box 5453, Eugene OR 97405. 503/726-2215.

August 19-24. Distance running/triathlon development training camp, Camp Casey, Whidbey Island, Washington. Ken Foreman, 2516 N. Pacific St., Seattle WA 98103.

September 15. 5th Annual Prefontaine Memorial 10K, Coos Bay, Ore., 11 a.m. Pre-race Nike running clinic. Prefontaine Memorial Run, PO Box 210, Coos Bay, OR 97420. 503/269-0215.

INTERNATIONAL

July 1. International Veterans 25K, Brugge, Belgium. Tel: 061 366 9732 (England).

September 30. September 30. Berlin Marathon. 7-day tour. G.K. Erich, 39 West Parkway, Pequannock NJ 07440. 201/694-2097.

October 13-14. IGAL European Veterans Distance Running Championships, Bern, Switzerland. Werner Hamm, Theuerbrunnleinsweg No. 55, 8720 Schweinfurt, West Germany.

December 1-2. XVII IGAL World Veterans 10K and Marathon Championships, San Diego, Calif. Bill Stock, 7160 Baldrige Rd., La Mesa, CA. 619/286-7867.
December 11-17. Running tour of the Holyland, Barry Shaw, PO Box 2143, Netanya, Israel. □

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.*

NORTH AMERICAN MASTERS TRACK AND FIELD CHAMPIONSHIPS AND WEIGHT PENTATHLON SATURDAY, AUGUST 11, 1984 YORK HIGH SCHOOL

355 WEST ST. CHARLES ROAD, ELMHURST, ILLINOIS

Men and women over 30. Five year groupings to age 85 PLUS

Three prizes per event. Entry Fee: \$6.00 PER EVENT

An additional \$10.00 will be collected from each contestant, payable to THE NORTH AMERICAN COUNCIL. (This is the only source of funds for the council, which is the sanctioning body for this meet.)

Sponsored by MIDWEST MASTERS. Make checks payable to MIDWEST MASTERS, 180 North LaSalle St., Suite 2207, Chicago, Illinois 60601. (Phone 312/266-1865.)

DIRECTIONS

By Air - To O'Hare Field. Exit south on Route 45 (Mannheim Road) to St. Charles Road. West (right) on St. Charles Road to York High School.

By Car - Route I-290 from the north or south to St. Charles Road. Exit westbound on St. Charles Road to York High School.

WEIGHT PENTATHLON: Competitors may compete in just the weight pentathlon for the \$6.00 entry fee or may compete in both the individual events & the pentathlon at \$6.00 for each individual event plus \$6.00 for the pentathlon. If an entrant is going to score in each individual weight event in addition to the pentathlon, please list same on the entry form.

ORDER OF EVENTS

FIELD: DISCUS - SHOT - HAMMER - WEIGHT - JAVELIN
LONG JUMP - HIGH JUMP - TRIPLE JUMP - POLE VAULT

TRACK: 400 HURDLES - 110 HURDLES - 200 METERS - 100 METERS - 400 METERS
800 METERS - 1,500 METERS - 5,000 METERS - 2 MILE WALK

SIGN UP AT 8:00 A.M. ALL FIELD EVENTS AND PENTATHLON START AT 9:00 A.M.
The competitors will be divided into flights based on age and will participate in each of the field events within their flight. The order of events for each flight will be given at check-in. Competitors will be given time to compete in running events.

RECOMMENDED LODGING

O'Hare Executive Suites Hotel, 9450 West Lawrence Ave., Shiller Park, Illinois 60176.
Phone: 312/678-2210 & 1-800-222-OAKS.
Shuttle service available to and from meet site.

NAME _____ ADDRESS _____

CITY _____ STATE _____ ZIP _____ BIRTHDAY _____ AGE _____ M _____ F _____

PHONE # _____ CLUB _____

Please check off your event(s). If you are just entering the Weight Pentathlon and do not wish to score in any individual event, just check off the Pentathlon and do not check off any of the individual events. Every event you check off necessitates a \$6.00 entry fee.

☐ 100M ☐ 200M ☐ 400M ☐ 800M ☐ 1500M ☐ 5KM ☐ 2MW ☐ 110HH ☐ 400H ☐ Discus
☐ Shot ☐ Hammer ☐ WT ☐ Jav ☐ LJ ☐ HJ ☐ TJ ☐ PV ☐ WT Pent

I certify that I am in good health and waive any claim against the North American Council, Midwest Masters, York High School and/or Wendell Miller for any injuries sustained in the North American Masters Track & Field Championships on Saturday, August 11, 1984.

SIGNATURE _____ TOTAL ENCLOSED _____



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.

NEW ZEALAND VETERAN ATHLETICS CHAMPIONSHIPS, NEWTOWN PARK MARCH 31, 1984

RESULTS WOMEN

100m W35

1 P.Hunt (L.Hutt) 12.7
2 A.Williams (Ham) 13.1
3 C.Turner (Elth) 13.1
4 L.Tong (Pap)

W40

1 C.Waring (NSBays) 13.6
2 G.Rapley (Ingl) 14.5
3 G.Jones (Gore) 14.9
4 M.Fraser (Toch)

W45

1 A.Horsnell (ChTech) 13.4
2 L.Hinton (NSBay) 14.1
3 J.Funnell (Gish) 15.7
4 R.Walker (Scot)

W50

1 J.Crisp (Owai) 15.4
2 C.Blair (WgVet) 15.7
3 A.Zouch (OlyH) 16.3
4 F.Bennett (Call)

W55

1 B.Vine (Keri) *15.6
(*Record)
2 M.Petley (Frank) 16.0
3 D.Cuthbertson (Frank) 18.1

W60

1 H.May (L.Hutt) 17.1
2 B.Smith (NAP) 17.2
3 S.Dalziel (Wang) 19.3

W65

1 A.Sole (Ingle) 17.7
W80

1 T.Pitt-Turner 28.0
(Ash)

200m W35

1 P.Hunt (L.Hutt) *26.4
(*Record)
2 C.Turner (Elth) 26.5
3 A.Cranshaw (Pap) 27.5

W40

4 L.Tong (Pap)
5 J.Maxwell (Frank)
6 S.Ratapu (Cart)
7 H.Glent (Ariki)

W45

1 C.Waring (NSBays) 28.5
2 G.Jones (Gore) 29.5
3 G.Rapley (Ingl) 30.4
4 M.Fraser (Toch)

W50

5 D.Charteris (Tara)
W45
1 A.Horsnell (ChTech) 28.8
2 L.Linton (NS Bay) 31.0
3 J.Funnell (Gish) 33.7

W55

4 R.Walker (Scott)
5 I.Bishop (ChTech)
W50
1 A.Zouch (OlyH) 35.1
2 C.Blair (WgVet) 36.5

W60

3 G.Rapley (Ingl) 30.4
4 M.Fraser (Toch) 31.1
5 H.Weekes (Owai) 3.14.7
W50
1 J.Miles (Oly) 2.53.7
2 J.Crisp (Owai) 3.08.5
3 A.Zouch (Oly H) 3.11.4
4 S.Aplin (Oly) 3.33.4

W55

1 B.Vine (Keri) *3.09.7
(*Record)
2 F.McCracken (Cart) 3.23.3
3 D.Cuthbertson 3.32.1
(Frank)

W60

4 S.Fayll (Tau) 3.38.7
5 A.Williams (Wang) 4.39.0
W60
1 B.Smith (NAP) *3.41.3
(*Record)
2 S.Dalziel (Wang) 4.08.8
3 I.Lister (Mar) 4.27.2

W65

1 A.Sole (Ingle) 39.7
W80

400m W35

1 C.Turner (Elth) *58.3
(*Record)
2 A.Cranshaw (Pap) 59.3
3 L.Tong (Pap) 62.1
4 J.Maxwell (Frank) 63.4

W40

5 M.August (Lyn) 64.8
6 A.Clent (Ariki) 68.1
7 A.Hathaway (Ell) 70.2
8 J.Wilson (West) 73.4

W40

1 C.Waring (NSBay) 64.4
2 G.Jones (Gore) 66.8
3 G.Rapley (Ingl) 69.9
4 H.Humble 71.4
5 M.Fraser 73.2
6 D.Charteris 82.9
7 A.Riceman 100.0

W45

1 J.Chandler (HM) 68.0
2 J.Funnell (Gish) 79.1
3 H.Weekes (Owai) 79.7
4 R.Walker (Scot) 84.0
5 M.Emm (Massey) 86.3

W50

1 J.Crisp (Owai) 74.9
2 A.Zouch (OlyH) 80.6
W55

1 M.Petley (Frank) *75.7
(*Record)
2 B.Vine (Keri) 76.5
3 F.McCracken (Cart) 85.6
4 D.Cuthbertson 86.1
(Frank)

W60

1 B.Smith (NAP) *79.7
(*Record)
2 S.Dalziel (Wang) 98.1
3 I.Lister (Mar) 105.4
W65

1 A.Sole (Ingle) 106.6
W80

1 T.Pitt-Turner *2.40.7
(Ash) (Record)

800m W35

1 C.Turner (Elth) 2.24.3
2 A.Cranshaw (Pap) 2.24.8
3 P.Davey (KiaToa) 2.29.7
4 J.Maxwell (Frank) 2.35.0

W40

1 R.McLoughlin (Tau) 2.34.8
2 P.Coffin (Toch) 2.36.1
3 M.Fraser (Toch) 3.03.4
4 D.Charteris (Tara) 3.27.0

W45

1 J.Chandler (Ham) 2.41.0
2 J.Tyler (United) 2.50.6
3 M.Collin (Tokot) 2.51.5
4 R.Walker (Scott) 3.08.3
5 H.Weekes (Owai) 3.14.7

W50

1 J.Miles (Oly) 2.53.7
2 J.Crisp (Owai) 3.08.5
3 A.Zouch (Oly H) 3.11.4
4 S.Aplin (Oly) 3.33.4

W55

1 B.Vine (Keri) *3.09.7
(*Record)
2 F.McCracken (Cart) 3.23.3
3 D.Cuthbertson 3.32.1
(Frank)

W60

4 S.Fayll (Tau) 3.38.7
5 A.Williams (Wang) 4.39.0
W60
1 B.Smith (NAP) *3.41.3
(*Record)
2 S.Dalziel (Wang) 4.08.8
3 I.Lister (Mar) 4.27.2

W65

1 A.Sole (Ingle) 39.7
W80

1500m W Pre vet

1 H.Bowness (Cart) 5.39.0
W35

1 P.Davey (KiaToa) 5.09.3
2 R.Kenny (ColRif) 5.09.8
3 C.Simpson (NAPH) 5.10.4
4 J.Bentley (ColRif) 5.20.0

W40

1 R.McLoughlin (Tau) 5.19.2
2 P.Coffin (Tok TC) 5.28.8
3 H.McDowell (Leith) 5.37.5
4 G.Jones (Gore) 5.51.4
5 D.Charteris (Leith) 5.56.9

W45

1 J.Chandler (Ham) 5.37.1
2 J.Tyler (United) 5.45.3
3 M.Collin (TokT) 5.54.9
4 R.Walker (Scott) 6.21.0
5 M.Shalcrass (Tau) 6.24.0
6 J.Cornish (WgH) 6.34.0
7 M.Emm (Massey) 6.37.0

W50

1 J.Miles (Oly) *5.39.7
(*Record)
2 E.Guy (Wah) 8.08.2
W55

1 F.McCracken (Cart) *6.44.3
(*Record)
2 D.Cuthbertson (Frank) 7.08.0
3 S.Faull (Tau) 7.19.8

W60

1 B.Smith (Nap) *6.54.2
(*Record)
2 S.Dalziel (Wang) 8.37.1
3 I.Lister (Mar) 8.39.3

W65

3000m Track Walk
W35

1 N.Harris (NS Bays) *17.33.1
(*Record)
W40

1 R.Patterson (Massey) *16.19.9
(*Record)
2 D.Duckett (Massey) 18.02.4

W45

1 B.Jeffries (Hast) *19.02.9
(*Record)
2 G.Heseltine (Oly) 19.23.6
3 H.Weekes (Owai) 20.58.7
4 S.Dumble (Massey) 21.05.0

W50

1 N.Pepene (Ell) *19.12.2
(*Record)
W65

1 K.Kenneth-Low (Frank) *20.26.7
(*Record)

10,000m Prevet

1 H.Bowness (Cart) *48.35.2
(*Record)

W35

1 R.Kenny (Col Rif) *39.57.1
(*Record)
2 J.Bentley (Colrif) 40.21.6
3 C.Simpson (NAP) 41.41.4
4 T.Lund (Owai) 42.26.3
5 J.Clouston (Kapiti) 43.58.7
6 O.deRidder (HBP) 45.58.3
7 I.Brookes (Cart) 47.19.8

W45

1 J.Fleming (Put) 46.06.5
2 J.Tyler (United) 46.29.0
W50

1 P.Fletcher (Oly) *42.52.9
(*Record)
2 L.Magee (Owai) 44.56.3
3 E.Guy (Wah) 62.32.9

W55

1 S.Faull (Tau) 56.11.6
W65

1 K.Kenneth-Low (Frank) *76.35.0
5,000m Prevet

1 H.Bowness (Cart) 23.04.4
W35

1 R.Kenny (ColRif) *18.59.3
2 C.Simpson (NAP) 19.12.9
3 J.Bentley (CR) 19.21.6
4 T.Lund (Owai) 20.26.4
5 J.Clouston (Kapiti) 20.45.3
6 O.deRidder (HBP) 21.35.6
7 H.Marshall (Gis) 23.40.9

W40

1 R.McLoughlin (Tau) *19.14.7
(*Record)
2 P.Coffin (Tok) 19.49.4
3 H.Humble (Gis) 20.05.8
4 G.Jones (Gore) 20.33.0
5 H.McDowell (Leith) 20.45.8
6 R.Patterson (Massey) 21.38.3
7 D.Puckett (" ") 22.07.3
8 R.Sutherland (Mast) 24.08.7
9 D.Charteris (Tara) 25.25.6

W45

1 M.Callin (Tok T) 21.15.2
2 M.Flemming (Put) 21.44.6
3 M.Shalcrass (Tau) 23.19.1
4 J.Cornish (Wgtn) 23.19.4

W50

1 P.Fletcher (Oly) *20.30.1
2 L.Magee (Owai) 21.29.6
3 W.Pepene (Ell) 26.27.4
4 E.Guy (Wah) 29.18.9

W55

1 S.Faull (Tau) 28.13.6
W60

1 S.Dalziel (Wang) *29.15.6
(*Record)

W65

1 K.Kenneth-Low (Frank) *30.44.4
100m Hurdles W35

1 P.Hunt (L.Hutt) 15.4

W45

80m Hurdles
W45
1 I.Bishop (ChTech) *18.7
(*Record)

W50

1 C.Blair (WgtnVet) *17.3
(*Record)

W55

1 E.Vine (Keri) *18.00
(*Record)

Sunday

10K Road Walk W35

1 N.Harris (NS Bays) *65.21.6
(*Record)

W40

1 R.Patterson (Massey) *59.42.3
(*Record)

W45

1 G.Heseltine (Oly) *68.25.2
(*Record)
2 B.Jeffries (Mast) 68.50.1
3 S.Dumble (Massey) 76.46.7

W50

1 K.Kenneth-Low (Frank) *73.28.3
(Record)

Discus Prevet

1 H.Bowness (Cart) 17.34

W35

1 B.Savage (Frank) 30.94
2 J.Senior (Winton) 27.34
3 F.Dorman (Cart) 21.34
4 J.Maxwell (Frank) 19.74
5 I.Brookes (Cart) 16.76
6 S.Wilton (") 16.52
7 S.Ratapu (") 15.84
8 P.Cameron (") 15.58

W40

1 V.Hood (ChTech) 29.76
2 L.Stevens (TeKau) 26.80
3 G.Rapley (Ingle) 23.96
4 D.Charteris (Tara) 20.40
5 C.Shardlow (Gish) 18.44
6 J.Dixon (Frank) 17.44

W45

1 H.Weekes (Owai) 21.00
2 I.Bishop (ChTech) 18.96
3 N.Prentice (UofC) 18.24
4 R.Walker (Scott) 15.64

W50

1 M.Stanley (Owai) *30.32
(*Record)
2 F.Bennett (Call) 19.98
3 C.Blair (WgVet) 19.64
4 N.Pepene (Ell) 17.88

W55

1 A.Williams (Wang) *20.80
(*Record)
2 B.Vine (Keri) 20.32
3 F.McCracken (Cart) 18.00
4 S.Faull (Tau) 14.16
5 L.Frawley (Qnsland) 19.70

W60

1 H.May (L.Hutt) *19.86
2 S.Dalziel (Wang) 14.54
3 I.Lister (Mar) 13.76
W65

1 A.Sole (Ingle) *14.74
(*Record)
2 K.Kenneth-Low (Frank) 13.04

Javelin Prevet

1 H.Bowness (Cart) 13.68

W35

1 J.Senior (Wint) *30.64
(*Record)
2 F.Dorman (Cart) 23.50
3 S.Wilton (Cart) 17.64
4 B.Savage (Frank) 17.20

W40

1 V.Hood (ChTech) 21.68
2 L.Stevens (TeKau) 20.94
3 G.Rapley (Ingle) 19.22
4 C.Shardlow (Gish) 13.60

W45

1 N.Prentice (UofC) 21.96
2 R.Walker (Scot) 18.68
3 H.Weekes (Owai) 17.90
4 S.Dumble (Massey) 16.54
5 I.Bishop (ChTech) 13.50

W50

1 N.Pepene (Ell) 22.96
2 C.Blair (WgVets) 18.80
3 M.Stanley (Owai) 15.26

W55

1 A.Williams (Frank) 22.24
2 L.Frawley (Qnsland) 13.20
3 M.Petley (Frank) 11.70
4 S.Faull (Tau) 9.72

W60

1 H.May (L.Hutt) *16.06
(*Record)
2 I.Lister (Mar) 12.92
3 S.Dalziel (Wang) 11.10

W65

1 K.Kenneth-Low (Frank) 10.84
Shot Put W35

1 B.Savage (Frank) 9.34
2 J.Senior (Winton) 8.91
3 F.Dorman (Cart) 7.50
4 C.Grant (KiaToa) 7.21
5 J.Maxwell (Frank) 6.93
6 S.Wilton (Cart) 6.77
7 I.Brookes (") 6.70
8 S.Ratapu (") 5.88

W40

1 L.Stevens (TeKau) 9.74
2 G.Rapley (Ingle) 8.71
3 V.Hood (ChTech) 8.06
4 C.Shardlow (Gish) 6.85
5 J.Dixon (Frank) 6.32
6 G.Jones (Gore) 6.16
7 D.Charteris (Tara) 5.95

W45

1 A.Horsnell (ChTech) 7.20
2 H.Weekes (Owai) 6.74
3 N.Prentice (UofC) 6.51
4 S.Dumble (Massey) 6.31
5 L.Hinton (NS Bays) 5.83
6 R.Walker (Scott) 5.78
7 I.Bishop (ChTech) 5.49

W50

1 M.Stanley (Owai) *9.54
(*Record)
2 N.Pepene (Ell) 7.25
3 F.Bennett (Call) 6.48
4 C.Blair (WgVets) 6.35

W55

1 B.Vine (Keri) *7.88
(*Record)
2 A.Williams (Wang) 7.42
3 D.Cuthbertson 6.53
(Frank)

W60

4 L.Frawley (Qnsind) 6.00
5 S.Faull (Tau) 4.94

W65

1 H.May (L.Hutt) *8.11
2 S.Dalziel (Wang) 6.51
3 I.Lister (Mar) 6.22

W65

1 A.Sole (Ingle) *5.87
2 K.Kenneth-Low (Frank) 5.73

Long Jump W35

1 A.Williams (Ham) *5.31
(*Record)
2 C.Turner (Eltham) 4.86
3 J.Senior (Winton) 4.24
4 A.Hathaway (Ell) 4.18
5 F.Dorman (Cart) 4.00
6 S.Ratapu (") 3.92
7 B.Savage (Frank) 3.38
8 S.Wilton (Cart) 2.95

W40

1 G.Rapley (In

<p>M50</p> <p>1 D. Alchin (ColRif) 25.9 2 J. Kearns (CantVet) 26.4 3 D. Barry (NSBays) 26.5 4 E. Culver (NAP) 28.3 5 H. Underdown (Gis) 30.3 6 A. Mahan (Toch) 32.8</p> <p>M55</p> <p>1 F. Copeman (Frank) 28.5 2 P. Tindle (Oly) 31.2</p> <p>M60</p> <p>1 C. Greenlees (Owai) 30.1 2 F. Hamlin (Cart) 32.0 3 H. Clark (Owai) 32.2 4 L. Francis (Cart) 32.5 5 K. Swindells (Whang) 34.2 6 J. Harding (Hill City) 40.8</p> <p>M65</p> <p>1 H. Cook (NB) 31.0 2 M. Bennie (Rov) 32.8 3 S. Taylor (GlenEd) 33.7</p> <p>M70</p> <p>1 F. Cox (OPO) 42.1</p> <p>M75</p> <p>1 J. Jamieson (Owai) *40.8</p> <p>400m Prevet</p> <p>1 M. Brooking (Frank) 52.09</p> <p>M40</p> <p>1 L. Barlow (Tara) *53.2 (*Record)</p> <p>2 M. Fraser (Toch) 54.2 3 J. Redwood (ColRif) 56.1 4 R. Whiteman (Maid) 57.5 5 58.0 6 M. Hood (WingVet) 64.5</p> <p>M45</p> <p>1 B. McPhail (Ash) *54.8 (*Record)</p> <p>2 M. Earwaker (Inv) 56.8 3 F. Timmo (Owai) 57.4 4 M. Savage (Frank) 58.6 5 J. Eathorne (HVPres) 60.8 6 G. Marsh (NAP) 65.0 7 J. Gaeta (Call) 67.1 8 H. Emm (Massey) 69.4</p> <p>M50</p> <p>1 F. Riceman (Ota) 58.3 2 A. Mahan (Toch) 64.3 3 V. Harris (NSBays) 66.1 4 J. Dixon 67.0</p> <p>M55</p> <p>1 D. Turnbull (Inv) 61.7 2 R. Aust (Cart) 62.0 3 P. Tindie (OlyWing) 66.5</p> <p>M60</p> <p>1 D. Greenlees (Owai) 67.1 2 H. Clark (Owai) 68.6 3 F. Hamlin (Cart) 70.3 4 K. Swindells (Whang) 77.9</p> <p>M65</p> <p>1 M. Bennie (Rovers) 74.3 2 S. Taylor (GlenEd) 74.5 3 G. Tait (Take) 1.40.7</p> <p>M70</p> <p>1 W. Abel (HamH) 87.4 2 F. Cox (Opo) 92.3</p>	<p>M60</p> <p>1 H. Clark (Owai) 2.34.5 2 A. McIntosh (Ash) 2.45.4 3 C. Southwick (HamH) 2.50.4 4 F. Hamlin (Cart) 2.55.4 5 S. Purves (HamH) 2.58.1 6 K. Swindell (Naph) 3.07.5 7 T. Gevin (Ham) 3.16.8</p> <p>M70</p> <p>1 W. Abel (HamH) 3.22.7 2 F. Cox (Opo) 3.27.4</p> <p>1500m Prevet</p> <p>1 N. Hopkins (Levin) 4.27.6 2 I. Stockwell (") 4.31.0 3 B. Milne (UofC) 4.32.5</p> <p>M40</p> <p>1 R. Robinson (VicU) 4.14.4 2 E. Bell (NB) 4.18.4 3 N. Martin (VicU) 4.18.6 4 M. McLean (Call) 4.20.5 5 R. Sutherland (Mast) 4.23.6 6 R. McGregor (Tau) 4.25.6 7 R. Sutton (WVH) 4.26.2 8 R. Tennant (United) 4.38.6 9 N. Charteris (Tara) 4.40.6 10 R. Harris (Oly Ch) 4.41.6 11 G. de Ridder (HBPres) 4.45.1 12 J. Jones (Nap) 4.45.8 13 C. Hooper (Nap H) 4.50.9 14 R. Wallis (Cart) 4.52.7 15 T. Steele (AngCh) 4.54.4</p> <p>M45</p> <p>1 I. Babe (Whang) 4.06.7 2 W. Baillie (Lyn) 4.16.4 3 D. Hilton (Frank) 4.18.0 4 M. Brunt (WVH) 4.29.9 5 T. McAllister (NSBays) 4.33.9 6 C. Fell (Call) 4.46.0 7 R. Hutchinson (WVet) 4.47.1 8 G. Shaw (Kap) 4.51.5 9 G. Marsh (Nap) 4.51.7</p> <p>M50</p> <p>1 A. Carter (Massey) 4.31.1 2 F. Perry (Leith) 4.50.2 3 R. O'Brien (Tai) 4.59.0 4 A. McKernan (CivServ) 5.00.4 5 V. Harris (NSBays) 5.04.3 6 R. Dixon (Frank) 5.05.9 7 H. Underdown (Gis) 5.22.7 8 T. Guy (Wah) 5.23.7 9 J. Miles (Oly Ch) 5.39.5</p> <p>M55</p> <p>1 E. Haskell (Lyn) 4.59.6 2 J. Eccles (PN) 5.10.5 3 P. Tindle (Oly Wn) 5.24.9 4 F. Stewart (United) 5.30.7</p> <p>M60</p> <p>1 H. Clark (Owai) 5.01.8 2 A. McIntosh (Ash) 5.35.2 3 C. Southwick (Ham) 5.38.6 4 S. Purves (Ham) 5.48.1 5 K. Swindells (Whang) 6.20.8</p> <p>M65</p> <p>1 C. Green (Scott) 6.21.6</p> <p>M70</p> <p>1 W. Abel (Ham H) 6.44.2 2 F. Cox (Opo) 6.52.2</p> <p>M75</p> <p>1 J. Jamieson (Owai) *6.39.7</p> <p>5,000m M Prevet</p> <p>1 P. Bagley (Nap) *15.22.9 2 B. Turner (Eltham) 16.28.1 3 I. Stockwell (VicU) 17.07.1 4 W. Mendano (Oly) 17.47.7</p> <p>M40</p> <p>1 R. Robertson (Gis) 15.15.5 2 R. Sutherland (Mast) 15.15.7 3 B. Jones (PN) 15.17.9 4 C. MacLachlan (Scott) 15.48.0 5 R. Tennant (United) 16.37.5 6 T. Page (HB.P) 16.38.4 7 N. Charteris (Tara) 17.23.7 8 C. Hooper (Nap) 17.38.1 9 R. Harris (Oly) 17.57.5 10 G. de Ridder (HB) 18.04.0 11 B. Cowan (Scott) 18.18.4 12 M. Hood (WVH) 18.32.6 13 T. Steele (Angl) 18.54.2 14 R. Babbage (Scott) 20.25.8</p> <p>M45</p> <p>1 B. Everitt (WVH) 15.52.6 2 R. Puckett (Massey) 16.14.6 3 N. Fleming (Put) 16.26.5 4 M. Brunt (WVH) 16.28.0 5 T. McAllister (NSBays) 16.44.2 6 J. Weatherley (WVH) 16.52.5 7 R. Hutchinson (WVH) 17.52.1 8 G. Shaw (Kapiti) 17.54.7 9 B. Fell (Call) 18.17.6 10 H. Emm (Massey) 18.54.4 11 B. Shellcross (Taur) 19.00.3 12 J. Hines (Scott) 19.21.1 13 B. Thomas (H.V.H) 19.28.6 14 B. McKeown (Kapiti) 20.02.4</p>	<p>M50</p> <p>1 B. Magee (Owai) *15.37.7 2 D. Melrose (Kapiti) 17.34.4 3 B. Fitzgerald (Ham) 17.45.7 4 A. McKernan (Civserv) 18.24.6 5 V. Harris (NSBays) 19.20.0 6 T. Guy (Wah) 19.22.6 7 J. Heatley (WVet) 19.56.9 8 B. Read (WVH) 20.11.9 9 J. Miles (Oly) 20.29.6 10 J. Cornish (WVH) 21.48.4</p> <p>M55</p> <p>1 D. Turnbull (Inv) 16.48.0 2 J. Eccles (PN) 18.26.8 3 B. Thomas (NSBays) 18.38.1 4 G. Smith (HV) 19.40.5 5 K. Stewart (United) 20.42.4</p> <p>M60</p> <p>1 H. Clark (Owai) 18.38.2 2 C. Southwick (Ham) 20.44.8 3 S. Purvis (Ham) 20.50.4 4 K. Swindells (Whang) 23.48.1</p> <p>M65</p> <p>1 C. Green (Scott) 22.54.2</p> <p>M70</p> <p>1 W. Abel (Ham) 24.49.6 2 F. Cox (Opo) 24.59.6</p> <p>M75</p> <p>1 J. Jamieson (Owai) *23.58.0 (*Record)</p> <p>10,000m Prevet</p> <p>1 P. Bagley (Nap) 33.09.2 2 B. Turner (Eltham) 34.56.3 3 I. Stockwell (VicU) 37.01.2</p> <p>M40</p> <p>1 R. Robinson (VicU) 32.09.8 2 C. MacLachlan (Scott) 33.17.7 3 N. Martin (Vic U) 35.09.4 4 R. Tennant (United) 35.09.4 5 T. Page (HBPres) 35.54.9 6 N. Charteris (Tara) 37.33.2 7 C. Hooper (Nap) 38.32.0 8 R. Wallis (Cart) 39.03.7 9 G. de Ridder (HBPres) 39.20.8 10 B. Cowan (Scott) 39.38.5 11 M. Hood (WingVet) 40.54.3</p> <p>M45</p> <p>1 B. Everitt (WVH) 32.56.8 2 R. Puckett (Massey) 33.20.0 3 B. Watson (Oly) 33.30.7 4 M. Brunt (WVH) 34.28.2 5 J. Weatherley (WVH) 34.50.8 6 T. McAllister (NSBays) 35.29.0 7 B. Petersen (WVH) 35.52.1 8 R. Hutchinson (WVet) 36.38.6 9 D. Heath (Maid) 36.51.4 10 G. Shaw (Kapiti) 37.21.4 11 J. Hines (Scott) 41.59.6</p> <p>M50</p> <p>1 B. Magee (Owai) *33.08.6 2 D. Melrose (Kapiti) 36.43.9 3 B. Fitzgerald (Ham) 37.31.5 4 V. Harris (NSBays) 40.38.1 5 J. Heatley (WVet) 42.13.9 6 J. Miles (OlyCh) 42.40.7 7 B. Read (WVH) 43.08.1 8 T. Guy (WVH) 43.49.3</p> <p>M55</p> <p>1 D. Turnbull (Inv) *35.37.3 (*Record)</p> <p>2 B. Thomas (NSBays) 38.23.9 3 J. Eccles (PN) 38.54.6 4 G. Smith (HuttV) 41.03.8 5 R. Goggin (DAN) 45.36.1</p> <p>M60</p> <p>1 H. Clark (Owai) 40.23.7 2 C. Jelly (OlyWg) 42.23.4 3 S. Purvis (HamH) 44.46.7 4 D. Greenlees (Owai) 45.19.4</p> <p>M70</p> <p>1 F. Cox (Opo) 52.57.5 2 D. Fincham (Leith) 52.58.5</p> <p>Pole Vault</p> <p>M40</p> <p>1 B. Senior (Win) 3.50</p> <p>M45</p> <p>1 R. Ball (Mest) *3.60 (*Record)</p> <p>M50</p> <p>1 C. O'Brien (CantVet) *2.30</p> <p>110m Hurdles Prevet men</p> <p>1 J. Edwin (Wai) 20.61</p> <p>M40</p> <p>1 R. Fletcher (Tah) 17.44 2 L. Macgregor (Frank) 17.93</p> <p>M45</p> <p>1 B. Clatworthy (Dan) 21.81</p> <p>M50</p> <p>1 J. Speerstra (One) 20.11 2 J. Milne (Naph) 21.03 3 J. Blair (WVet) 21.35</p>	<p>100m Hurdles</p> <p>M60</p> <p>1 L. Frances (Cart) 24.01 2 J. Harding (Hill City) 31.70 On</p> <p>M65</p> <p>1 W. Fenton (Waihi) *20.51 (*Record)</p> <p>2 M. Bennie (Rovers) 22.05</p> <p>400m Hurdles</p> <p>M40</p> <p>1 J. Redwood (ColRif) *62.0 2 L. McGregor (Frank) 62.4 3 R. Whiteman (Maid) 65.0 4 R. Fletcher (Tau) 68.2 5 J. Jones (Nap) 74.1</p> <p>M45</p> <p>1 J. Eathorne (HVPres) 79.5</p> <p>M50</p> <p>1 J. Speerstra (One) 74.2 2 A. Mahan (Toch) 80.2</p> <p>M60</p> <p>1 A. McIntosh (Ash) *84.5</p> <p>3000m Men Steeplechase</p> <p>Prevet</p> <p>1 C. Morris (WVH) *10.06.7 (*Record)</p> <p>M40</p> <p>1 R. Robinson (Gis) 9.39.2 2 B. Senior (Win) 11.03.4 3 J. Prentice (CH) 12.30.6 4 V. Hood (WVet) 12.36.2</p> <p>M45</p> <p>1 D. Heath (Maid) 11.07.9 2 D. Cunningham (ColRif) 11.43.7</p> <p>M50</p> <p>1 J. Milne (MAP) 11.17.3 2 V. Harris (NSBays) 13.14.7 3 T. Guy (WVH) 13.40.5</p> <p>M60</p> <p>1 C. Southwick (HamH) 14.09.4 2 S. Purvis (HamH) 14.31.2</p> <p>M65</p> <p>1 C. Green (Scott) 15.01.8</p> <p>3,000m Track Walk</p> <p>M40</p> <p>1 N. Wilton (Cart) 16.21.0</p> <p>M45</p> <p>1 M. Hinton (NSBays) 14.17.0 2 T. Fulcher (Tau) 16.18.7 3 R. Bennett (Scott) 17.32.0</p> <p>M50</p> <p>1 N. Read (NP) 15.18.4 2 T. Guy (WVH) 17.04.6</p> <p>M55</p> <p>1 F. Aplin (OlyCh) *16.49.9 (*Record)</p> <p>2 D. Cowie (StPaul) 18.17.3 3 P. Tearle (Scott) 18.18.6 4 F. Copeman (Frank) 18.58.9 5 L. Chisnell (Ash) 21.05.7</p> <p>M60</p> <p>1 J. Blois (*Record) 19.40.8 2 J. Harding (Hill City) 21.37.1 On</p> <p>M75</p> <p>1 J. Jamieson (Owai) *21.36.7</p> <p>10K Road Walk</p> <p>M40</p> <p>1 N. Wilton (Cart) 58.15.8</p> <p>M45</p> <p>1 M. Hinton (NSBays) 51.37.2 2 T. Fulcher (Tau) 58.25.5 3 R. Bennett (Scott) 59.37.6</p> <p>M50</p> <p>1 N. Read (NP) *53.32.7 (*Record)</p> <p>2 T. Guy (Wah) 63.31.1</p> <p>M55</p> <p>1 F. Aplin (OlyCh) *59.15.3 2 P. Tearle (Scott) 65.36.4 3 D. Cowie (StPaul) 66.35.2 4 L. Chisnell (Ash) 76.48.2</p> <p>M60</p> <p>1 J. Blois (*Record) *68.26.3</p> <p>M75</p> <p>1 J. Jamieson (Owai) *74.25.0</p> <p>Hammer Throw</p> <p>M40</p> <p>1 T. Fleming (Ash) *42.56 (*Record)</p> <p>2 N. Wilton (Cart) 20.90</p> <p>M45</p> <p>1 V. Stevens (GisVet) 37.94 2 F. Duncan (Rot) 32.14</p> <p>M50</p> <p>1 C. Scott (One) 29.04 2 V. Marks (KiwiWing) 24.60 3 J. Blair (WVet) 15.10</p>	<p>M55</p> <p>1 D. Leach (UofC) 34.78 2 D. Frawley (Qnsld Vet) 26.70 3 R. Carter (GlenEd) 24.42 4 L. Chisnell (Ash) 18.30</p> <p>M60</p> <p>1 J. Carr (NSBays) *43.04 (*Record)</p> <p>2 J. Harding (Hill City) 24.22 On</p> <p>M65</p> <p>1 G. Tait (Take) 27.12</p> <p>M70</p> <p>1 N. Hawke (Ash) 29.48</p> <p>Triple Jump</p> <p>M40</p> <p>1 R. Fletcher (Tau) *11.98 (*Record)</p> <p>2 J. Redwood (ColRif) 10.56 3 L. McGregor (Frank) 10.43</p> <p>M45</p> <p>1 J. Stevenson (GisVet) 10.36 2 D. Ward (Toch) 10.10</p> <p>M50</p> <p>1 E. Culver (Nap) *10.14 (*Record)</p> <p>2 R. Bennie 9.83 (Toch) 8.88</p> <p>M55</p> <p>1 R. Goggin (Den) *7.39 (*Record)</p> <p>M60</p> <p>1 L. Frances (Cart) *7.81 (*Record)</p> <p>M65</p> <p>1 W. Fenton (Waihi) *8.09 (*Record)</p> <p>2 P. Pope (KiwiWing) 8.01</p> <p>Discus</p> <p>M65</p> <p>1 P. Pope (KiwiWing) *36.84 2 G. Tait (Take) 26.52 3 W. Fenton (Waihi) 24.28</p> <p>M70</p> <p>1 N. Hawke (Ash) 25.80</p> <p>Prevet</p> <p>1 J. Edwin (Wai) 22.46</p> <p>M40</p> <p>1 T. Fleming (Ash) 33.62 2 R. Fletcher (Tau) 28.38 3 B. Senior (Win) 27.60 4 N. Wilton (Cart) 22.08 5 K. Johnstone (Wells) 19.52 6 R. Wallis (Cart) 19.20</p> <p>M45</p> <p>1 R. Ball (Mest) *39.76 (*Record)</p> <p>2 R. Harris (KiwiWing) 35.12 3 F. Duncan (Rot) 31.04 4 J. Stevenson (GisVet) 25.90 5 M. Jeffries (Hest) 23.46</p> <p>M50</p> <p>1 G. Lawless (Leith) *44.52 (*Record)</p> <p>2 C. Scott (One) 39.56 3 V. Marks (KiwiVet) 33.46 4 C. Bishop (ChTech) 24.48 5 R. Bennett (Call) 24.40 6 A. Mahan (Toch) 23.44 7 J. Blair (WVet) 23.12</p> <p>M55</p> <p>Visitor D. Frawley (Qnsld) 32.38</p> <p>1 J. King (NB) 31.30 2 A. Grayburn (CantVet) 30.58 3 R. Carter (GlenEd) 29.18 4 D. Cowie (St Paul) 24.38 5 L. Chisnell (Ash) 22.50 6 F. Copeman (Frank) 21.86</p> <p>M60</p> <p>1 J. Carr (NSBays) 36.32 2 D. Gibson (Toch) 30.52 3 J. Harding (Hill City) 27.50 4 E. Morton (WVH) 25.30 5 K. Swindells (Whang) 23.82 6 L. Frances (Cart) 22.66 7 R. Willyeri (Taka) 22.60</p> <p>Javelin</p> <p>Men Prevet</p> <p>1 J. Edwin (Wai) 41.96</p> <p>M40</p> <p>1 R. Fletcher (Tau) 39.76 2 J. Prentice (Ch) 37.32 3 B. Senior (Wint) 36.16 4 P. Gaukrodger (Gis) 34.10 5 N. Wilton (Cart) 30.66 6 R. Wallis (Cart) 30.08</p> <p>M45</p> <p>1 R. Bell (Mest) 47.00 2 F. Duncan (Rot) 43.46 3 M. Jeffries (Hest) 40.20</p>	<p>M50</p> <p>1 G. Lawless (Leith) 34.86 2 J. Blair (WVet) 31.18 3 B. Fitzgerald (Ham) 30.86 4 R. Bennett (Call) 25.22 5 C. Bishop (ChTech) 21.78</p> <p>M55</p> <p>1 A. Grayburn (CantVet) 43.58 2 D. Frawley (Qnsld) 40.58 3 R. Carter (GlenEd) 23.50</p> <p>M60</p> <p>1 D. Gibson (Toch) 26.82 2 L. Frances (Cart) 24.00 3 K. Swindells (Whang) 21.92 4 R. Willyeri (Taka) 18.08</p> <p>M65</p> <p>1 P. Pope (KiwiWing) 26.30 2 G. Tait (Take) 22.10 3 W. Fenton (Waihi) 18.00</p> <p>M70</p> <p>1 N. Hawke (Ash) 28.88</p> <p>Shot Put</p> <p>Men Prevet</p> <p>1 J. Edwin (Wai) 8.47</p> <p>M40</p> <p>1 T. Fleming (Ash) 10.88 2 R. Fletcher (Tau) 8.98 3 B. Senior (Winton) 8.83 4 N. Wilton (Cart) 7.39 5 K. Johnstone (Wells) 6.77</p> <p>M45</p> <p>1 R. Harris (KiwiWing) 12.32 2 R. Ball (Mest) 11.27 3 M. Jeffries (Hest) 10.95 4 J. Stevens (GisVet) 7.72</p> <p>M50</p> <p>1 G. Lawless (Leith) 13.01 2 C. Scott (One) 12.50 3 V. Marks (KiwiWing) 10.48 4 C. Bishop (ChTech) 8.88</p> <p>M55</p> <p>Visitor D. Frawley (Qnsld) 9.41 1 A. Grayburn (CantVet) 9.29 2 R. Carter (GlenEd) 9.23 3 J. King (NB) 9.15 4 F. Copeman (Frank) 8.77 5 F. Stewart (United) 8.00 6 L. Chisnell (Ash) 7.95 7 D. Cowie (St Paul) 7.15</p> <p>M60</p> <p>1 D. Gibson (Toch) 12.38 2 J. Carr (NSBays) 9.78 3 J. Harding (Hill City) 7.79 4 K. Swindells (Whang) 7.73 5 R. Willyeri (Taka) 6.59</p> <p>High Jump</p> <p>M40</p> <p>1 R. Fletcher (Tau) 1.68 2 P. Gaukrodger (Gis) 1.51 3 M. Fraser (Toch) 1.43 4 P. O'Halloran (ChOB) 1.35 5 R. Wallis (Cart) 1.30</p> <p>M45</p> <p>1 B. McPhail (Ash) *1.57 (*Record)</p> <p>2 M. Jeffries (Hest) 1.43 3 B. Clatworthy (Dan) 1.40</p> <p>M50</p> <p>1 G. Lawless (Leith) 1.42 2 J. Blair (WVet) 1.39 3 D. Alchin (ColRif) 1.30 4 J. Milne (Nap) 1.27 5 C. Bishop (ChTech) 1.21 6 A. McKernan (CivSer) 1.12</p> <p>M55</p> <p>1 W. McIntyre *1.36 (KiwiWing) (*Record)</p> <p>2 W. Murray (Gore) 1.30 3 R. Carter (GlenEd) 1.18 4 A. Grayburn (CantVet) 1.15</p> <p>M60</p> <p>1 E. Morton (WVH) 1.10</p> <p>M65</p> <p>1 W. Fenton (Waihi) *1.30 (*Record)</p> <p>2 M. Bennie (Rovers) 1.20 3 P. Pope (KiwiWing) 1.05</p> <p>Long Jump</p> <p>Prevet</p> <p>1 J. Edwin (ColRif) 5.56</p> <p>M40</p> <p>1 J. Redwood (ColRif) 5.44 2 R. Fletcher (Tau) 5.40 3 L. McGregor (Frank) 5.29 4 P. Gaukrodger (Gis) 5.21 5 P. O'Halloran (ChOB) 4.94</p>
<p>800m Prevet Sunday 1.4.1984</p> <p>1 N. Hopkins (Levin) 2.9.8 2 I. Stockwell (VicU) 2.16.2</p> <p>M40</p> <p>1 E. Bell (NB) 2.05.2 2 R. McGregor (Tau) 2.08.1 3 M. Fraser (Toch) 2.09.9 4 R. Sutton (WVH) 2.10.4 5 B. McLean (Call) 2.10.9 6 R. Humphries (HAM) 2.14.6 7 J. Jones (NAP) 2.16.7 8 M. Ward (WVH) 2.44.0</p> <p>M45</p> <p>1 I. Babe (Whang) *2.3.1 (*Record)</p> <p>2 W. Baillie (Lyn) 2.11.0 3 M. Earwaker (Inv) 2.11.9 4 D. Hilton (Frank) 2.12.8 5 D. Jacobs (Ham) 2.14.8 6 T. Cunningham (ColRif) 2.21.2 7 B. Fell (Call) 2.26.4 8 G. Marsh (Nap) 2.27.4 9 J. Gaeta (Call) 2.43.2</p> <p>M50</p> <p>1 A. Carter (Massey) 2.15.3 2 F. Riceman (Ota) 2.16.6 3 R. O'Brien (Tai) 2.25.0 4 V. Harris (NSBays) 2.26.5 5 R. Dixon (Frank) 2.28.4 6 H. Underdown (Gis) 2.33.8</p> <p>M55</p> <p>1 D. Turnbull (Inv) 2.22.6 2 K. Stewart (United) 2.44.9</p>	<p>M60</p> <p>1 H. Clark (Owai) 2.34.5 2 A. McIntosh (Ash) 2.45.4 3 C. Southwick (HamH) 2.50.4 4 F. Hamlin (Cart) 2.55.4 5 S. Purves (HamH) 2.58.1 6 K. Swindell (Naph) 3.07.5 7 T. Gevin (Ham) 3.16.8</p> <p>M70</p> <p>1 W. Abel (HamH) 3.22.7 2 F. Cox (Opo) 3.27.4</p> <p>1500m Prevet</p> <p>1 N. Hopkins (Levin) 4.27.6 2 I. Stockwell (") 4.31.0 3 B. Milne (UofC) 4.32.5</p> <p>M40</p> <p>1 R. Robinson (VicU) 4.14.4 2 E. Bell (NB) 4.18.4 3 N. Martin (VicU) 4.18.6 4 M. McLean (Call) 4.20.5 5 R. Sutherland (Mast) 4.23.6 6 R. McGregor (Tau) 4.25.6 7 R. Sutton (WVH) 4.26.2 8 R. Tennant (United) 4.38.6 9 N. Charteris (Tara) 4.40.6 10 R. Harris (Oly Ch) 4.41.6 11 G. de Ridder (HBPres) 4.45.1 12 J. Jones (Nap) 4.45.8 13 C. Hooper (Nap H) 4.50.9 14 R. Wallis (Cart) 4.52.7 15 T. Steele (AngCh) 4.54.4</p> <p>M45</p> <p>1 I. Babe (Whang) 4.06.7 2 W. Baillie (Lyn) 4.16.4 3 D. Hilton (Frank) 4.18.0 4 M. Brunt (WVH) 4.29.9 5 T. McAllister (NSBays) 4.33.9 6 C. Fell (Call) 4.46.0 7 R. Hutchinson (WVet) 4.47.1 8 G. Shaw (Kap) 4.51.5 9 G. Marsh (Nap) 4.51.7</p> <p>M50</p> <p>1 A. Carter (Massey) 4.31.1 2 F. Perry (Leith) 4.50.2 3 R. O'Brien (Tai) 4.59.0 4 A. McKernan (CivServ) 5.00.4 5 V. Harris (NSBays) 5.04.3 6 R. Dixon (Frank) 5.05.9 7 H. Underdown (Gis) 5.22.7 8 T. Guy (Wah) 5.23.7 9 J. Miles (Oly Ch) 5.39.5</p> <p>M55</p> <p>1 E. Haskell (Lyn) 4.59.6 2 J. Eccles (PN) 5.10.5 3 P. Tindle (Oly Wn) 5.24.9 4 F. Stewart (United) 5.30.7</p> <p>M60</p> <p>1 H. Clark (Owai) 5.01.8 2 A. McIntosh (Ash) 5.35.2 3 C. Southwick (Ham) 5.38.6 4 S. Purves (Ham) 5.48.1 5 K. Swindells (Whang) 6.20.8</p> <p>M65</p> <p>1 C. Green (Scott) 6.21.6</p> <p>M70</p> <p>1 W. Abel (Ham H) 6.44.2 2 F. Cox (Opo) 6.52.2</p> <p>M75</p> <p>1 J. Jamieson (Owai) *6.39.7</p> <p>5,000m M Prevet</p> <p>1 P. Bagley (Nap) *15.22.9 2 B. Turner (Eltham) 16.28.1 3 I. Stockwell (VicU) 17.07.1 4 W. Mendano (Oly) 17.47.7</p> <p>M40</p> <p>1 R. Robertson (Gis) 15.15.5 2 R. Sutherland (Mast) 15.15.7 3 B. Jones (PN) 15.17.9 4 C. MacLachlan (Scott) 15.48.0 5 R. Tennant (United) 16.37.5 6 T. Page (HB.P) 16.38.4 7 N. Charteris (Tara) 17.23.7 8 C. Hooper (Nap) 17.38.1 9 R. Harris (Oly) 17.57.5 10 G. de Ridder (HB) 18.04.0 11 B. Cowan (Scott) 18.18.4 12 M. Hood (WVH) 18.32.6 13 T. Steele (Angl) 18.54.2 14 R. Babbage (Scott) 20.25.8</p> <p>M45</p> <p>1 B. Everitt (WVH) 15.52.6 2 R. Puckett (Massey) 16.14.6 3 N. Fleming (Put) 16.26.5 4 M. Brunt (WVH) 16.28.0 5 T. McAllister (NSBays) 16.44.2 6 J. Weatherley (WVH) 16.52.5 7 R. Hutchinson (WVH) 17.52.1 8 G. Shaw (Kapiti) 17.54.7 9 B. Fell (Call) 18.17.6 10 H. Emm (Massey) 18.54.4 11 B. Shellcross (Taur) 19.00.3 12 J. Hines (Scott) 19.21.1 13 B. Thomas (H.V.H) 19.28.6 14 B. McKeown (Kapiti) 20.02.4</p>	<p>M50</p> <p>1 B. Magee (Owai) *15.37.7 2 D. Melrose (Kapiti) 17.34.4 3 B. Fitzgerald (Ham) 17.45.7 4 A. McKernan (Civserv) 18.24.6 5 V. Harris (NSBays) 19.20.0 6 T. Guy (Wah) 19.22.6 7 J. Heatley (WVet) 19.56.9 8 B. Read (WVH) 20.11.9 9 J. Miles (Oly) 20.29.6 10 J. Cornish (WVH) 21.48.4</p> <p>M55</p> <p>1 D. Turnbull (Inv) 16.48.0 2 J. Eccles (PN) 18.26.8 3 B.</p>			

M45 1 B. McPhail (Ash) * 6.05 (*Record) 2 B. Sharp (Wal) 5.17 3 J. Stevenson (GisVet) 5.08 4 D. Ward (Toch) 5.02 M50 1 J. Kearns (CantVet) * 5.08 (*Record) 2 R. Culver (Nap) 4.44 3 R. Bennett (Call) 4.37 4 D. Alchin (ColRif) 4.31 5 J. Blair (WngVet) 4.06 6 A. Mahan (Toch) 3.96 M55 1 J. King (NB) 4.41 2 D. Frawley (QnsVet) 4.37 3 F. Copeman (Frank) 4.19 4 A. Grayburn (CantVet) 3.53 5 R. Goggin (Dan) 2.84 M60 1 L. Frances (Cart) 3.52 2 J. Harding (HillClt 2.74 On) M65 1 W. Fenton (Walhi) 3.87 2 P. Pope (KiwI Wng) 3.82 3 M. Bennie (Rovers) 3.76 4 S. Taylor (GlenEd) 3.62	M50 Phil Presber 26.0 Enver Mehmedbasich 29.1 Mark Reiss 29.7 M45 Bill Simmons 27.0 M40 Ted Cain 24.1 Bob McIntyre 25.0 Don Parks 28.7 M35 Greg Marshall 23.1 Bernard Turner 24.7 Jim Bussey 26.0 M30 Ray Moody 23.7 Charles Missouri 24.7 James Noel 24.7 400 meters M55 Bob Jordan 63.0 Ted Rademacher 66.1 Roy Wigginton 67.6 Bill Ballantine 68.3 M50 Enver Mehmedbasich 65.0 Tom Slaven 65.6 M40 Don Parks 62.4 M35 Gary Laine 54.1 Bernard Turner 54.8 M30 Ray Moody 54.0 Charles Missouri 55.7 800 meters M55 Vance Koerner 2:34.5 M50 Enver Mehmedbasich 2:34.5 M45 Pete Richardson 2:08.0 M40 Mike Holbrook 2:05.6 M35 Mike Koerner 2:12.5 Kenneth Grace 2:33.9 Dave Edmiston 2:40.0 M30 Curtis Duff 2:04.7 Desmond Knuckey 2:07.3 1500 meters M45 Nancy Molitor 5:45.5 M60 Don Wilgus 6:21.8 M40 Mike Holbrook 4:12.0 Don Spickelmier 4:31.1 M30 Desmond Knuckey 4:14.2 Denny Lloyd 4:48.5 5 kilometers M40 Frank Krebs 16:47.8 M30 Curtis Duff 15:29.8 110 meter hurdles M60 Jim Johnson 20.0 M55 Al Brenda 18.1 Dick Nordquist 19.0 Steve Peck 19.0 Roy Wigginton 19.6	M40 Ted Cain 15.8 M35 Jim Hollister 15.8 M30 Gary Schmidt 16.5 400 meter hurdles M50 Tom Slaven 78.9 M40 Ted Cain 60.0 M35 Gary Laine 59.5 400 meter relay M50 Northern California (Roemer, Melgosa, Rezier, Wigginton) 53.2 M40 Southern Oregon (McIntyre, Nordquist, Gray, Forsyth) 53.7 1600 meter relay M50 Buffalo Chips (Halvorson, Hall, Reiss, Stewart) 4:34.5 M30 Sacramento TC (Moody, Missouri, Bussey, Parks) 3:44.2 West Valley TC (Marshall, Weller, Noel, Simmons) 3:44.7 Long jump M75 Homer Van Gelder 10-6 M60 Jim Johnson 16-0 M55 Al Brenda 16-9 M45 Don Gray 15-0 M40 Lester Bond 21-2 Bob McIntyre 20-10 Gary Lemon 17-10 M35 Jim Hollister 19-4 M30 Gary Schmidt 19-0 Triple jump M75 Homer Van Gelder 20-8 M60 Jim Johnson 30-11 M55 Al Brenda 34-6 M35 Jim Hollister 37-3 M30 Gary Schmidt 36-0 Javelin M75 Emery Curtice 102-11 M60 Bob Stone 116-9 M55 Bob Roemer 124-0 Al Brenda 117-3 Roy Wigginton 114-3 M45 Don Rose 146-7 John Forsyth 119-6	M40 Mike Harriman 178-4 Bart Gale 156-2 M35 Dick Stepp 129-4 M30 Jim Lister 176-11 Gary Schmidt 165-6 Gary Kelmenson 127-7 Shot put M75 Homer Van Gelder 26-4 M70 Jim York 39-6 M65 Hal Cronkhite 37-2 M60 Bob Stone 42-0 Jim Budge 41-2 Jerry Silsdorf 34-4 M55 Dick Nordquist 33-7 Roy Wigginton 32-0 M35 John Roehr 51-1 M30 Jim Lister 42-3 Gary Schmidt 42-1 Gary Kelmenson 35-11 Discus M75 Ken Carmine 110-9 M70 Jim York 95-2 M65 Hal Cronkhite 101-11 Jim McCarthy 98-0 M60 Bob Stone 93-6 Jerry Silsdorf 81-4 M55 Al Brenda 103-10 Dick Nordquist 99-10 Roy Wigginton 89-11 Bob Roemer 77-8 M50 Ralph Sutton 103-2 M45 John Forsyth 96-11 M40 Bud Tollette 83-9 M35 John Roehr 138-3 M30 Gary Schmidt 118-7 Gary Kelmenson 114-9 W30 Sandra Stepp 106-4 Hammer M70 Jim York 119-3 M60 Bob Stone 99-8 M35 John Roehr 150-7 M30 Gary Kelmenson 147-3 High jump M75 Homer Van Gelder 3-6 M65 Jim McCarthy 4-3 M60 Jim Johnson 4-3 M55 Al Brenda 4-7 M45 Don Rose 5-1 Millard Wilson 4-5 M30 Paul Sullivan 6-0	Pole vault M60 Jim Johnson 8-6 M55 Al Brenda 11-6 Dick Nordquist 9-6 M45 John Forsyth 10-0 Don Gray 9-0 M40 Bruce Hotaline 13-6 Bob McIntyre 8-6 M35 Dick Stepp 11-6 14th ANNUAL SOUTHEASTERN MASTERS INTERNATIONAL CHAMPIONSHIPS: RALEIGH, N.C.; MAY 4-6, 1984 100 METER DASH AGE TIME DIVISION OB LADIES 1 RASCHKE, PHIL K. 37 12.34 DIVISION IB LADIES 1 KEA, ESSIE L. 46 15.37 DIVISION IIA LADIES 1 CARRIER, RUTH H. 53 17.69 DIVISION IIB LADIES 1 REARDON, FLORENCE H. 58 16.79 DIVISION IIIA LADIES 2 FAIRBANK, HARTHA E. 62 18.76 DIVISION OA 1 HUGHES, JEFFERY L. 34 11.19 2 WITHERSPOON, KEITH W. 31 11.38 3 BOHNETT, ROBERT E. 33 11.49 4 CRAWFORD, GARRY J. 30 11.51 5 GIBSON, ARNOLD V. 32 11.73 6 THOMASLEY, WILLIAM S. 32 11.81 7 WAUGH, KENT T. 34 11.91 8 LITTLE, THOMAS H. 32 12.09 9 BABCOCK, BEN L. 33 0-0 DIVISION OB 1 RAY, CLARENCE B. 38 11.27 2 SILVERMAN, ALBERT 35 11.89 3 GREEN, BOB 35 11.98 4 ATWILL, WILLIAM D. 36 12.32 5 JOHNSON, LOUIS W. 36 12.40 DIVISION IA 1 RANDOLPH, TOM 42 11.27 2 MCCAY, RALPH F. 40 12.16 3 HITCHELL, ERVIN T. 44 12.18 4 JONES, RANDY 43 12.29 5 JEFFREY, WILLIAM L. 44 12.43 6 HODGE, JAMES A. 44 12.49 7 CLIFFORD, JOHN 41 12.52 8 WILLIS, BILL H. 40 12.79 DIVISION IB 1 BARNWELL, HELVIN 45 11.84 2 DORSET, PAUL 45 12.17 3 PAULING, CLIFFORD E. 49 12.42 4 HOUSTON, FRANCIS B. 45 12.43 5 GROVER, WOODY 49 12.83 6 CHANG, HOU-HIN 45 13.08 7 BOHIGIAN, HAIG 47 13.09 8 SEAGLE, DANNY D. 45 14.42 DIVISION IIA 1 HORTON, GEORGE E. 50 11.95 2 BARNETT, JAMES A. 51 12.58 3 PRATT, LAWRENCE R. 52 12.63 4 PARKER, ROGER L. 50 13.52 5 WILTSHIRE, CHARLES F. 52 dnf DIVISION IIB 1 SMITH, LOUIS J. 55 12.93 2 COLE, BILL E. 55 13.02 3 JOCY, JOCK 58 13.05 4 JORDAN, WILLIAM 58 13.05 5 TURNER, RICHARD I. 55 13.68 6 SMITH, LESTER F. 59 14.54 7 GREY, JOSEPH C. 58 15.44 8 LEGGETT, MARTIN P. 59 15.70 DIVISION IIIA 1 UBARRI, JOSE L. 60 12.51 2 VALENTINE, RUDOLPH I. 60 13.15 3 BOYER, RAYMOND R. 60 13.39 4 HARRIS, OSCAR H. 60 13.61 5 HARTIN, JOSEPH E. 63 14.52 6 CARNEN, WILLIAM 64 15.0 DIVISION IIIB 1 LAWYER, DAVID H. 65 13.46 2 HULL, DONALD D. 65 13.84 3 WEINACHT, WILLIAM L. 67 13.91 4 FAIRBANK, HENRY A. 65 14.21 5 WIEBEL, HAROLD H. 69 14.49 6 JACKSON, PATRICK H. 65 15.65 7 MILLER, MARCELLUS C. 68 19.4 DIVISION IVA 1 GONZALEZ, GILBERTO 70 14.44 2 KULNAR, ERMO 70 15.17 3 BIRCHARD, RALPH E. 70 19.14
SACRAMENTO RELAYS California State U., Sacramento, April 28				
100 meters				
M80 Josiah Packard 15.0	M70 Harry Koppel 15.0	M65 Sam Hoover 15.0	M60 Bob Cooper 13.2 Carl Oates 14.2 Jim Johnson 14.2 Willie Lopes 15.2	M55 Vernon Rezier 12.2 Bob Roemer 13.0 Al Brenda 13.0 Ted Rademacher 13.2 Steve Peck 13.4 Roy Wigginton 13.7
M50 Phil Presber 11.9 Dick Marlin 12.4 Tom Slaven 13.4	M45 Bill Simmons 12.5 Don Gray 14.3	M40 Bob McIntyre 11.6	M35 Greg Marshall 11.1 Tom Allen 11.4 Bernard Turner 11.6 Jim Hollister 11.6 Jim Bussey 12.1 Kenneth Grace 12.3	M30 Earl Bryant 11.9 Gary Schmidt 12.6
200 meters				
W30 Maria Madana 29.8	M80 Josiah Packard 32.4	M70 Harry Koppel 50.2	M60 Carl Oates 31.4 Willie Lopes 32.5	M55 Bob Roemer 27.7 Steve Peck 28.8 Roy Wigginton 29.9 Bill Ballantine 30.6

SACRAMENTO RELAYS California State U., Sacramento, April 28

100 meters

M80	Josiah Packard	15.0
M70	Harry Koppel	15.0
M65	Sam Hoover	15.0
M60	Bob Cooper	13.2
	Carl Oates	14.2
	Jim Johnson	14.2
	Willie Lopes	15.2

M55	Vernon Rezier	12.2
	Bob Roemer	13.0
	Al Brenda	13.0
	Ted Rademacher	13.2
	Steve Peck	13.4
	Roy Wigginton	13.7

M50	Phil Presber	11.9
	Dick Marlin	12.4
	Tom Slaven	13.4

M45	Bill Simmons	12.5
	Don Gray	14.3

M40	Bob McIntyre	11.6
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M35	Greg Marshall	11.1
	Tom Allen	11.4
	Bernard Turner	11.6
	Jim Hollister	11.6
	Jim Bussey	12.1
	Kenneth Grace	12.3

M30	Earl Bryant	11.9
	Gary Schmidt	12.6

200 meters

W30	Maria Magana	29.8
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M80	Josiah Packard	32.4
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M70	Harry Koppel	50.2
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M60	Carl Oates	31.4
	Willie Lopes	32.5

M55	Bob Roemer	27.7
	Steve Peck	28.8
	Roy Wigginton	29.9
	Bill Ballantine	30.6

DIVISION IVB			400 METER RUN			DIVISION IIA			3000 METERS		
	AGE	TIME		AGE	TIME					AGE	TIME
1 PIKE, BYRON	76	16.01	DIVISION IIB LADIES			1 HARRIS, EDWIN F.	50	2:11.52	DIVISION OA LADIES		
DIVISION VA			1 PEARDON, FLORENCE M.	58	85.59	2 MCKENDRY, EDWARD	50	2:17.70	1 WINKLER, MARTHA J.		
1 PITCHER, ARLING I.	82	18.10	DIVISION OA			DIVISION IIB			DIVISION OB LADIES		
200 METER DASH			1 BURNETT, ROBERT W.	33	51.28	1 BROWN, KELSEY T.	56	2:14.18	1 MOORE, ANNA		
	AGE	TIME	2 FOSTER, STEVE	33	52.41	2 PHILLIPS, CHARLES A.	55	2:23.06	DIVISION IB LADIES		
DIVISION OA LADIES			3 CRAWFORD, GARRY J.	30	52.50	3 JOHNSON, HAROLD M.	58	2:37.40	1 KLOPPER, MARTHA		
1 SEWARD, JANET B.	33	30.54	4 TREXLER, MICHAEL	31	52.65	4 SONDOV, GARY H.	55	2:41.1	DIVISION IXA LADIES		
DIVISION OB LADIES			5 BOSTON, HAYWOOD	30	55.47	5 KING, DAVID J.	55	2:54.9	1 CARRIER, RUTH H.		
1 RASCHKE, PHIL K.	37	25.48	6 PRICE, ROGER H.	31	57.59	DIVISION IIIA			2 BELL, NANCY T.		
2 HOLMES, ELIZABETH B.	35	33.15	DIVISION OB			1 MESSENGER, ARCHIE A.	61	2:20.61	54		
DIVISION IB LADIES			1 RIDDLE, MIKE D.	35	50.54	2 SADUL, VALDEN	60	2:28.87	dnf		
1 KEA, ESSIE L.	46	31.61	2 RAY, CLARENCE B.	38	50.85	3 DRISCOLL, HAROLD P.	64	3:06.26			
DIVISION IIA LADIES			3 KELLY, MICHAEL G.	37	57.23	4 LLOYD, ELDRIDGE B.	61	3:12.00			
1 CARRIER, RUTH H.	53	35.80	4 GREEN, BOB	35	52.53	DIVISION IIIB					
DIVISION IIB LADIES			5 HAWKINS, STANLEY W.	35	53.2	1 GORDON, ALEXANDER B.	65	2:35.12			
1 REARDON, FLORENCE M.	58	30.63	6 ATWILL, WILLIAM D.	36	53.2	2 CAREY, PHIL W.	69	3:53.6			
DIVISION IIIA LADIES			7 ALLEN, PATRICK B.	39	59.3	DIVISION IVA					
1 FAIRBANK, MARTHA E.	62	40.3	8 WHITT, RANDY	37	60.7	1 WANG, CHEN-LING	72	2:52.74			
DIVISION OA			DIVISION IA			2 GEARY, VERNON R.	71	3:10.23			
1 FOSTER, STEVE	33	22.93	1 PICKER, ROBIN	41	53.55	3 BIRCHARD, RALPH E.	70	3:36.82			
2 BURNETT, ROBERT W.	33	23.19	2 McDONALD, MAURICE	43	54.68	DIVISION IVB					
3 CRAWFORD, GARRY J.	30	23.30	3 JONES, RANDY	43	56.72	1 BENHAM, ED W.	76	2:55.98			
4 WITHERSPOON, KEITH W.	31	23.42	4 HODGE, JAMES A.	44	57.44	2 PIKE, BYRON	76	3:08.03			
5 THORNSLEY, WILLIAM S.	32	23.45	5 PLEASANT, RUFUS	42	57.45	DIVISION VB					
6 TREXLER, MICHAEL	31	23.81	6 JEFFREY, WILLIAM L.	44	59.9	1 SPANGLER, PAUL E.	85	3:58.3			
7 GIBSON, ARMAND V.	32	23.89	DIVISION IB			1500 METERS					
8 BOSTON, HAYWOOD	30	24.42	1 PAULING, CLIFFORD E.	49	54.00		AGE	TIME			
9 LIPSCOMB, AL	34	24.5	2 RIZZO, RICHARD	47	54.54	DIVISION OA LADIES					
10 WAUGH, KENT T.	34	24.8	3 ONEAL, MASON J.	46	54.77	1 WINKLER, MARTHA J.	30	5:03.00			
11 LITTLE, THOMAS H.	32	25.2	4 WHITE, SALLY L.	46	54.81	2 SEWARD, JANET B.	33	5:07.00			
12 BUTLER, RICKY G.	31	28.3	5 GROVER, WOODY	49	56.83	DIVISION OB LADIES					
DIVISION OB			6 ESSER, WALTER H.	45	60.25	DIVISION IB LADIES					
1 RAY, CLARENCE B.	38	22.80	7 TIMMRELLI, RICHARD H.	45	66.4	1 KLOPPER, MARTHA	48	5:20.15			
2 HAWKINS, STANLEY W.	35	23.73	8 HOWELL, ROBERT L.	48	68.6	DIVISION IIA LADIES					
3 SILVERMAN, ALBERT	35	24.60	9 SEAGLE, DANNY D.	45	68.7	1 CARRIER, RUTH H.	53	6:07.13			
4 JOHNSON, LOUIS W.	36	24.97	DIVISION IIB			DIVISION OA					
5 ATWILL, WILLIAM D.	36	25.51	1 SMITH, LOUIS J.	55	55.34	1 EDWARDS, RICK	31	4:15.00			
6 ALLEN, PATRICK B.	39	26.4	2 JOHNSON, HAROLD M.	58	64.52	2 JENKINS, BELVIE R.	30	4:15.26			
7 BUSBY, WILLIAM J.	39	27.3	3 SMITH, LESTER F.	59	68.20	3 HAYES, RICHARD B.	31	4:19.04			
DIVISION IA			4 KING, DAVID J.	55	73.59	4 PRICE, ROGER H.	31	4:32.73			
1 RANDOLPH, TOM	42	23.29	DIVISION IIIA			5 BANKS, BERT L.	34	4:50.46			
2 MCCAY, RALPH P.	40	24.90	1 VALENTINE, RUDOLPH I.	60	58.94	DIVISION OB					
3 JONES, RANDY	43	24.97	2 SADUL, VALDEN	60	62.90	1 WILSON, ROBERT L.	35	4:15.47			
4 PICKER, ROBIN	41	25.03	3 MESSENGER, ARCHIE A.	61	63.09	2 EWING, RANDELL	38	4:17.31			
5 HODGE, JAMES A.	44	25.14	4 MARTIN, JOSEPH E.	63	66.85	3 ROGERS, PAUL H.	38	4:19.81			
6 CLIFFORD, JOHN	41	25.86	5 LLOYD, ELDRIDGE B.	61	87.56	4 VELDON, WILSON O.	39	4:41.12			
7 DENNA, JAMES J.	44	25.87	DIVISION IIIB			5 WHITT, RANDY	37	4:43.23			
8 JEFFREY, WILLIAM L.	44	26.11	1 GORDON, ALEXANDER B.	65	62.93	DIVISION IA					
9 PLEASANT, RUFUS	42	26.22	2 FAIRBANK, HENRY A.	65	65.01	1 RANDALL, KIRK	42	4:13.63			
10 WARNER, EDWARD A.	42	26.46	3 WEINWACHT, WILLIAM L.	67	66.96	2 HARE, THOMAS H.	40	4:15.07			
11 SHOAF, JIM F.	41	28.56	4 NIEBEL, HAROLD H.	69	70.27	3 BAWCK, DAN G.	40	4:42.33			
DIVISION IB			DIVISION IVA			4 EVERSOLZ, ARNOLD G.	42	4:43.13			
1 BARNWELL, MELVIN	45	23.96	1 GONZALEZ, GILBERTO	70	70.46	5 CAMPBELL, CHARLIE W.	41	4:47.84			
2 PAULING, CLIFFORD E.	49	24.60	DIVISION IVB			6 HAWLYN, HAYWELL C.	43	4:47.9			
3 WHITE, SALLY L.	46	24.84	1 PIKE, BYRON	76	77.44	DIVISION IB					
4 RIZZO, RICHARD	47	25.02	800 METER RUN			1 PAULING, CLIFFORD E.	49	4:40.16			
5 GROVER, WOODY	49	25.47		AGE	TIME	2 HOLLIS, BOBBY B.	49	4:51.4			
6 DORSEY, PAUL	45	26.04	DIVISION OA LADIES			3 WARD, MIKE A.	45	5:02.0			
7 HOUSTON, FRANCIS B.	45	26.21	1 WINKLER, MARTHA J.	30	2:24.35	DIVISION IIA					
8 CAVERDER, FINIS L.	45	27.86	2 SEWARD, JANET B.	33	2:24.64	1 HARRIS, EDWIN F.	50	4:27.31			
9 CHANG, HOU-MIN	45	28.11	DIVISION OB LADIES			2 VOIGHT, BILL	50	4:36.67			
10 SEAGLE, DANNY D.	45	31.17	1 CLARK, SKIPPER H.	36	2:31.41	3 MCKENDRY, EDWARD	50	4:45.83			
DIVISION IIA			DIVISION IIA LADIES			4 GLATZ, RUSS M.	52	5:10.03			
1 HORTON, GEORGE E.	50	24.57	1 CARRIER, RUTH H.	53	3:01.61	5 MORGAN, JAMES P.	51	5:28.07			
2 ENDERS, RUDOLF A.	52	25.45	2 BELL, NANCY T.	54	3:11.3	DIVISION IIB					
3 BARNETT, JAMES A.	51	26.00	DIVISION OA			1 BROWN, KELSEY T.	56	4:43.22			
4 HOLSHAW, JOEL P.	53	27.44	1 JENKINS, BELVIE R.	30	2:04.11	2 CARRAN, KEN	56	4:49.17			
DIVISION IIB			2 DIBLASI, THEODORE A.	32	2:06.14	3 SAPIENZA, ANTHONY B.	55	4:54.66			
1 SMITH, LOUIS J.	55	25.92	3 TODD, JACK	32	2:06.60	4 PHILLIPS, CHARLES A.	55	5:02.07			
2 COLE, BILL E.	55	26.62	DIVISION OB			5 LONG, KEN J.	56	5:39.08			
3 JOCOT, JOCK	58	27.05	1 DAW, EDWARD A.	39	1:59.89	6 HACKENZIE, DAVID	56	5:42.9			
4 BROWN, KELSEY T.	56	27.13	2 WILSON, ROBERT L.	35	2:06.54	7 GREY, DONALD C.	56	6:19.5			
5 JORDAN, WILLIAM	58	29.52	3 SILVERMAN, ALBERT	39	2:19.59	DIVISION IIIA					
6 SMITH, LESTER P.	59	30.20	DIVISION IA			1 MESSENGER, ARCHIE A.	61	4:53.79			
7 TURNER, RICHARD I.	55	30.1	1 DAVIS, JOHN E.	42	2:03.31	2 DRISCOLL, HAROLD P.	64	5:50.85			
8 GREY, JOSEPH C.	58	33.1	2 PICKER, ROBIN	41	2:06.85	3 LINH, UHO	63	5:54.48			
9 KING, DAVID J.	55	33.4	3 DENNA, JAMES J.	44	2:09.57	4 BAILEY, BERT	62	6:10.03			
DIVISION IIIA			4 DAVIS, CECIL R.	40	2:14.21	5 LLOYD, ELDRIDGE B.	61	6:21.43			
1 UBARRI, JOSE L.	60	25.19	5 EVERSOLZ, ARNOLD G.	42	2:15.3	DIVISION IIIB					
2 VALENTINE, RUDOLPH I.	60	26.27	6 HAWLYN, HAYWELL C.	43	2:16.1	1 BARTLETT, THOMAS	69	6:13.32			
3 BOWER, RAYMOND R.	60	27.65	7 HOLDER, HAROLD D.	44	2:21.1	2 GUTTAG, ALVIN	65	7:04.4			
4 HARRIS, OSCAR H.	60	28.17	DIVISION IB			3 MILLER, MARCELLUS C.	68	7:39.9			
5 MARTIN, JOSEPH E.	63	29.69	1 PAULING, CLIFFORD E.	49	2:11.20	4 CAREY, PHIL W.	69	7:41.7			
DIVISION IIIB			2 ONEAL, MASON J.	46	2:19.2	DIVISION IVA					
1 LAWYER, DAVID B.	65	28.37	3 HOLLIS, BOBBY B.	49	2:22.1	1 WANG, CHEN-LING	72	6:13.12			
2 BULL, DONALD D.	65	28.80	4 CAVERDER, FINIS L.	45	2:28.5	2 GEARY, VERNON R.	71	6:24.02			
3 FAIRBANK, HENRY A.	65	29.54	DIVISION IA			3 BIRCHARD, RALPH E.	70	6:51.67			
4 WEINWACHT, WILLIAM L.	67	29.92	1 DAVIS, JOHN E.	42	2:03.31	DIVISION IVB					
DIVISION IVA			2 PICKER, ROBIN	41	2:06.85	1 BENHAM, ED W.	76	6:01.70			
1 GONZALEZ, GILBERTO	70	29.71	3 DENNA, JAMES J.	44	2:09.57	2 PIKE, BYRON	76	6:26.63			
2 KULHAR, ERMO	70	31.62	4 DAVIS, CECIL R.	40	2:14.21	DIVISION VB					
DIVISION IVB			5 EVERSOLZ, ARNOLD G.	42	2:15.3	1 SPANGLER, PAUL E.	85	7:44.96			
1 PIKE, BYRON	76	32.70	6 HAWLYN, HAYWELL C.	43	2:16.1						
DIVISION VA			7 HOLDER, HAROLD D.	44	2:21.1						
1 PITCHER, ARLING I.	82	38.10	DIVISION IB								
			1 PAULING, CLIFFORD E.	49	2:11.20						
			2 ONEAL, MASON J.	46	2:19.2						
			3 HOLLIS, BOBBY B.	49	2:22.1						
			4 CAVERDER, FINIS L.	45	2:28.5						

DIVISION IIB

1	JOHNSON, DONALD E.	67	20:59.1
2	WOODS, JOHN P.	66	21:35.6
3	BARTLETT, THOMAS	69	22:38.5
4	GUTTAG, ALVIN	65	25:02.0
5	HILLER, MARCELLOUS C.	68	28:08.7

DIVISION IVA

1	WANG, CHEN-LING	72	21:11.1
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DIVISION IVB

1	BENHAM, ED W.	76	21:21.1
2	PIKE, BYRON	76	25:01.5

3000 METER STEEPLECHASE

	AGE	TIME
DIVISION OA		
1 EDWARDS, RICK	31	10:27.0

DIVISION OB

1	DANKINS, BILL E.	35	10:49.2
2	LEWIS, JOHNNY P.	35	14:25.0

DIVISION IA

1	FAXON, LEW R.	44	10:18.6
2	POWELL, KENNETH E.	43	12:22.7
3	KAYE, RICHARD	43	14:44.7

DIVISION IIB

1	CARMAN, KEN	56	11:36.7
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DIVISION IVA

1	BOAL, ROBERT S.	72	14:43.8
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110 METER HURDLES

	AGE	TIME
DIVISION OA		
1 LIPSCOMB, AL	34	16.48

DIVISION OB

1	KELLY, MICHAEL G.	37	14.95
2	BLACK, IVAN G.	35	18.60
3	BUSBY, WILLIAM J.	39	dnf

DIVISION IA

1	WILLIS, BILL H.	40	18.87
2	LANCASTER, WALTER C.	44	21.80
3	KELLY, EDWARD L.	43	22.06

DIVISION IB

1	BANE, GARY L.	46	17.00
2	GILMORE, JOHN H.	49	20.19

DIVISION IIA

1	PRATT, LAWRENCE R.	52	16.55
2	HULKY, PHILIP R.	51	18.33

DIVISION IIB

1	MARTIN, JOHN O.	56	23.20
2	LEGGETT, MARTIN P.	59	24.77

DIVISION IIAA

1	MARTIN, JOSEPH E.	63	18.64
2	VALENTINE, RUDOLPH I.	60	19.16
3	HARRIS, DON S.	61	21.38
4	CARMAN, WILLIAM	64	21.53

DIVISION IIBB

1	HULL, DONALD D.	65	21.34
2	WIEBEL, HAROLD H.	69	21.46

DIVISION IVA

1	GONZALEZ, GILBERTO	70	19.47
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DIVISION VA

1	PITCHER, ARLING I.	82	26.90
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400 METER HURDLES

	AGE	TIME
DIVISION OA		
1 WITHERSPOON, KEITH W.	31	56.69
2 LIPSCOMB, AL	34	63.11

DIVISION OB

1	KELLY, MICHAEL G.	37	55.37
2	DANKINS, BILL E.	35	63.21
3	BLACK, IVAN G.	35	63.91

DIVISION IA

1	HOLDER, HAROLD D.	44	65.06
2	WILLIS, BILL H.	40	70.15
3	LANCASTER, WALTER C.	44	75.70

DIVISION IB

1	BANE, GARY L.	46	65.08
2	GILMORE, JOHN H.	49	66.83
3	BOHIGIAN, HAIG	47	72.67

DIVISION IIB

1	MARTIN, JOHN O.	56	77.63
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DIVISION IIAA

1	VALENTINE, RUDOLPH I.	60	67.06
2	MARTIN, JOSEPH E.	63	71.87
3	CARMAN, WILLIAM	64	81.03
4	HARRIS, DON S.	61	87.92

DIVISION IIBB

1	HULL, DONALD D.	65	88.46
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5K WALK

	AGE	TIME
DIVISION IA LADIES		
1 ROOS, REET	43	32:08.4
2 HARTZ, MARSHA H.	44	33:49.2

DIVISION IIB LADIES

1	VITUCCI, MARTHA	57	36:25.1
2	LLOYD, EVELYN E.	58	40:44.5
3	MESSINGER, ELIZABETH	56	42:20.9

DIVISION IIAA LADIES

1	HENRY, MARIE	60	35:08.4
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DIVISION OA

1	WARRINGTON, PAUL	32	24:05.6
2	SPARROW, STEVE D.	33	28:24.1

DIVISION OB

1	BIGHAM, ERIC C.	37	25:11.5
2	WARD, KEITH E.	35	26:49.7

DIVISION IA

1	McKINNIS, RAY A.	44	25:46.0
2	JENNINGS, ROBERT J.	42	28:38.9

DIVISION IB

1	ROOS, JAM O.	47	23:27.7
2	CHANDROSS, RONALD J.	49	34:46.9

DIVISION IIA

1	BRIGGS, ANDREW G.	53	27:17.3
2	HOLMAN, JOEL P.	53	31:08.1

DIVISION IIB

1	MINN, ROBERT F.	59	27:05.0
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DIVISION IIAA

1	VITUCCI, JOE	60	29:02.8
2	LIBIT, UNO	63	29:51.0
3	HELLER, GEORGE	62	31:08.1
4	LLOYD, ELDRIDGE B.	61	34:14.0

DIVISION IIBB

1	JOHNSON, DONALD E.	67	29:55.5
2	SEEGER, EDWARD G.	68	33:38.0
3	DAVIS, WILLIAM T.	66	35:47.0
4	PHILLIPS, DOUGLAS W.	67	36:00.0

DIVISION IVB

1	PIKE, BYRON	76	37:40.1
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DIVISION VB

1	SPANGLER, PAUL E.	85	38:27.1
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20 KILOMETER WALK

	AGE	TIME	OVERALL PLACE
DIVISION OPEN LADIES			
1 EGZELHOFF, CLAUDIA J.	38	2:19:30.4	15

DIVISION IA LADIES

1	ROOS, REET	43	2:18:37.4	14
2	HARTZ, MARSHA H.	44	2:29:55.2	19

DIVISION IIAA LADIES

1	HENRY, MARIE	60	2:30:25.3	20
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DIVISION OPEN

1	WARRINGTON, PAUL	32	1:46:35.0	2
2	McKINNIS, RAY A.	44	1:52:11.1	4
3	SPARROW, STEVE D.	33	1:53:02.8	5

DIVISION OB

1	BIGHAM, ERIC C.	37	1:47:00.4	3
2	WARD, KEITH E.	35	1:54:17.9	6

DIVISION IA

1	JENNINGS, JR., ROBERT J.	42	2:06:13.8	10
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DIVISION IB

1	ROOS, JAM O.	47	1:41:05.4	1
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DIVISION IIA

1	BRIGGS, ANDREW G.	53	1:56:58.8	8
2	HOLMAN, JOEL P.	53	2:12:07.3	13

DIVISION IIB

1	MINN, ROBERT F.	59	1:55:19.9	7
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DIVISION IIAA

1	VITUCCI, JOE	60	2:02:58.0	9
2	HELLER, GEORGE	62	2:09:53.3	12
3	LLOYD, ELDRIDGE B.	61	2:24:56.0	17
4	CANFIELD, HAROLD W.	64	2:31:21.0	21

DIVISION IIBB

1	JOHNSON, DONALD E.	67	2:08:27.0	11
2	SEEGER, EDWARD G.	68	2:21:11.0	16
3	DAVIS, WILLIAM T.	66	2:28:51.0	18

HIGH JUMP

	AGE	HEIGHT
DIVISION OB LADIES		
1 RASCHKE, PHIL K.	37	1.60

DIVISION IB LADIES

1	KRA, EESSIE L.	46	1.60
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DIVISION OA

1	WECKSTEIN, DANIEL E.	30	1.79
2	WATSON, RICHARD B.	31	1.68
3	COKE, RON	32	1.63
4	HAYES, DAVID W.	31	1.50
5	DYE, JOHNNIE B.	34	1.45

DIVISION OB

1	PARDUE, RONALD	36	1.97
2	ZACHARIA, AL P.	36	1.73
3	BLACK, IVAN G.	35	1.55
4	LILES, JOEL H.	38	1.55

DIVISION IA

1	CARTER, NATHANIEL P.	44	1.55
2	KELLY, EDWARD L.	43	1.40
3	KUBANKS, WILLIAM S.	41	1.35

DIVISION IB

1	DORSEY, PAUL	45	1.78
2	LANGFELD, TOM	48	1.76
3	GILMORE, JOHN H.	49	1.60
4	MILLER, CHARLEY G.	46	1.60
5	BAHN, MORTON J.	47	1.30

DIVISION IIA

1	HULKY, PHILIP R.	51	1.55
2	PRATT, LAWRENCE R.	52	1.55

DIVISION IIB

1	ENGLE, CHARLES D.	55	1.40
2	JOCY, JOCK	58	1.35
3	LEGGETT, MARTIN P.	59	1.35
4	GREY, DONALD C.	56	1.10

DIVISION IIAA

1	UBARRY, JOSE L.	60	1.40
2	JENKINS, RICHARD E.	62	1.35
3	WECKSTEIN, ROBERT L.	60	1.20

DIVISION IIBB

1	HORNINGSTAR, NAR J.	67	1.23
2	HULL, DONALD D.	65	1.16

DIVISION IVA

1	DUNHAM, WILLIAM	73	1.21
2	BOAL, ROBERT S.	72	1.21

DIVISION IVB

1	TREI, KARL T.	75	1.23
2	TICHANIS, ARNOLDS A.	78	1.06

DIVISION VA

1	PITCHER, ARLING I.	82	1.06
2	ROSACK, EVERETT W.	82	1.06

POLE VAULT

	AGE	HEIGHT
DIVISION OA		
1 STRODE, CHARLES J.	34	4.74
2 MEYERS, ROBERT	30	4.41
3 DYE, JOHNNIE B.	34	3.65
4 WATSON, RICHARD B.	31	3.30

DIVISION OB

1	COOKE, RONALD R.	37	3.96
2	BUSBY, WILLIAM J.	39	3.65
3	LILES, JOEL H.	38	3.04

DIVISION IA

1	SOKOLOWSKI, WLODZIMIR	43	4.41
2	WILLIS, BILL H.	40	3.04
3	KUBANKS, WILLIAM S.	41	2.89
4	KELLY, EDWARD L.	43	2.59

DIVISION IB

1	BOYLE, ED P.	48	4.11
2	ZURAV, EDWARD E.	45	3.96
3	RICHARD, PAUL	45	3.96
4	DAVENPORT, HENRY B.	48	3.65
5	HAMILTON, RUSTY	48	2.89
6	TRADER, MICHAEL D.	48	2.74

DIVISION IIA

1	HULKY, PHILIP R.	51	3.65
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DIVISION IIB

1	LEWIS, JAM	59	2.74
2	JOCY, JOCK	58	3.51
3	ENGLE, CHARLES D.	55	2.43

DIVISION IIAA

1	UBARRY, JOSE L.	60	2.13
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DIVISION IIBB

1	HORNINGSTAR, NAR J.	67	2.43
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DIVISION IVA

1	GONZALEZ, GILBERTO	70	2.28
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DIVISION IVB

1	TICHANIS, ARNOLDS A.	78	1.55
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DIVISION VA

1	PITCHER, ARLING I.	82	
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DIVISION IIB

1 HULL, DONALD D.	65	7.90
2 CARRY, PHIL W.	69	7.31

DIVISION IVA

7 GONZALEZ, GILBERTO	70	8.40
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DIVISION IVB

1 TREY, KARL T.	75	7.55
2 TICHANIS, ARNOLDS A.	78	5.42

DIVISION VA

1 PITCHER, ARLING I.	82	5.86
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SHOT PUT

AGE DISTANCE

DIVISION IA LADIES

1 ROTHROCK, LAURIE L.	41	7.39
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DIVISION IB LADIES

1 COTTEN, DATHA Y.	46	7.51
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DIVISION IIA LADIES

1 DASH, JOAN B.	51	9.32
2 CARRIER, RUTH H.	53	6.68

DIVISION IIB LADIES

1 JOCOT, KATIE	55	7.83
2 PARSONS, LISA J.	59	6.57
3 HESSENGER, ELIZABETH	56	5.17

DIVISION IIIA LADIES

1 BERGENBACK, AUDREY L.	60	5.56
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DIVISION IVB LADIES

1 FOWLER, RUBY L.	75	5.26
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DIVISION OA

1 ACCARDI, JIM R.	34	12.69
2 COBE, RON	32	12.49
3 WATSON, RICHARD B.	31	10.83

DIVISION OB

1 BIANCHI, TONY E.	37	10.39
2 BRANCH, WILLIAM C.	38	9.58
3 BUSBY, WILLIAM J.	39	8.82

DIVISION IA

1 SOUDER, ERNST H.	43	15.08
2 BARKS, JAMES P.	40	13.65
3 VALLE, MIKE H.	43	11.16

DIVISION IB

1 KLENN, CARL H.	45	12.13
2 SCUDIER, PHILIP P.	47	11.89
3 TWOMEY, THIMOTHY J.	49	10.62

DIVISION IIA

1 OLSON, LEN T.	52	14.06
2 FRAUNDORFER, CARLOS	52	13.56
3 CARSTENSEN, PAY J.	52	12.72
4 COOPER, RANDY G.	54	12.19
5 ROTHROCK, JAMES C.	50	12.10
6 TOVELL, JACKSON E.	52	9.88
7 VALEZ, LOIS	54	8.17

DIVISION IIB

1 LENTS, JAAN	59	11.36
2 SELIGHAN, BOB	59	11.15
3 ENGLE, CHARLES D.	55	10.46
4 HENRY, DON T.	56	9.65

DIVISION IIIA

1 BATTICK, GREG	63	12.82
2 GREYER, FRED A.	64	11.75
3 PETERS, ROBERT L.	60	11.73
4 ULAN, JOHN B.	60	11.22
5 PIEROTTI, J. WALKER	61	10.63
6 WECKSTEIN, NORBERT L.	60	10.18
7 HINAPRA, HARID	63	9.85

DIVISION IIIB

1 COLEMAN, WILLIAM J.	65	12.67
2 PARSONS, HAROLD E.	65	11.73
3 BORDGREN, GORDON E.	67	11.52
4 BORDGREN, GORDON E.	65	11.26

DIVISION IVA

1 PIEROTTI, DONALD E.	73	10.36
2 PARTIDGE, PHILIP H.	73	9.18

DIVISION IVB

1 GARTHUNE, WILLIAM H.	75	9.84
2 TICHANIS, ARNOLDS A.	78	9.42
3 TREY, KARL T.	75	9.33

DIVISION VA

1 ROSACK, EVERETT W.	82	6.39
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HARROW

AGE DISTANCE

DIVISION OA

1 GUZMAN, DOUG	31	33.84
2 COBE, RON	32	33.40
3 ACCARDI, JIM R.	34	19.14

DIVISION OB

1 BIANCHI, TONY E.	37	36.10
2 MCCARTHY, THOMAS D.	36	29.70

DIVISION IA

1 HILL, EDWARD E.	41	42.50
2 BARKS, JAMES P.	40	40.34
3 VALLE, MIKE H.	43	34.84

DIVISION IB

1 KLENN, CARL H.	45	39.74
2 TWOMEY, THIMOTHY J.	49	37.74
3 EDWARDS, JAY	48	26.30

DIVISION IIA

1 FRAUNDORFER, CARLOS	52	36.10
2 OLSON, LEN T.	52	34.84
3 VALEZ, LOIS	54	30.94
4 CARSTENSEN, PAY J.	52	30.60
5 GASKIN, DREHER	52	29.94
6 TOVELL, JACKSON E.	52	29.30

DIVISION IIB

1 BACKUS, BOB E.	57	42.80
2 PHILLIP, ARIN A.	55	34.64
3 WEDDERBARN, CALVIN A.	55	22.04
4 ENGLE, CHARLES D.	55	18.40

DIVISION IIIA

1 HINAPRA, HARID	63	19.80
2 PETERS, ROBERT L.	60	21.40
3 WECKSTEIN, NORBERT L.	60	17.54
4 BATTICK, GREG	63	33.84

DIVISION IIIB

1 LASKI, STAN P.	67	31.60
2 PARSONS, HAROLD E.	65	30.54
3 BORDGREN, GORDON E.	65	29.30
4 BORDGREN, GORDON E.	67	19.40

DIVISION IVA

1 FOWLER, NOLAN	70	33.20
2 PIEROTTI, DONALD E.	73	25.90
3 PARTIDGE, PHILIP H.	73	20.40

DIVISION IVB

1 TICHANIS, ARNOLDS A.	78	19.70
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DIVISION VA

1 ROSACK, EVERETT W.	82	11.80
2 WHITE, AL	80	10.40

DISCUS

AGE DISTANCE

DIVISION IA LADIES

1 ROTHROCK, LAURIE L.	41	21.02
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DIVISION IB LADIES

1 COTTEN, DATHA Y.	46	17.66
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DIVISION IIA LADIES

1 DASH, JOAN B.	51	19.62
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DIVISION IIB LADIES

1 JOCOT, KATIE	55	14.92
2 HESSENGER, ELIZABETH	56	13.40

DIVISION IVA LADIES

1 KERR, LILIAN	70	7.62
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DIVISION IVB LADIES

1 FOWLER, RUBY L.	75	12.80
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DIVISION OA

1 COBE, RON	32	40.28
2 ACCARDI, JIM R.	34	35.40
3 WATSON, RICHARD B.	31	35.02

DIVISION OB

1 BIANCHI, TONY E.	37	32.96
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DIVISION IA

1 VALLE, MIKE H.	43	36.32
2 HARRINGTON, MICHAEL B.	43	35.90
3 BARKS, JAMES P.	40	34.66
4 MITCHELL, ERVIN T.	44	25.02

DIVISION IB

1 SCUDIER, PHILIP P.	47	36.94
2 KLENN, CARL H.	45	33.34
3 JAMES, JOHN E.	45	32.76
4 EDWARDS, JAY	48	31.66
5 TWOMEY, THIMOTHY J.	49	30.68
6 GILMORE, JOHN H.	49	28.74
7 SEAGLE, DANNY D.	45	25.50

DIVISION IIA

1 FRAUNDORFER, CARLOS	52	41.16
2 OLSON, LEN T.	52	39.12
3 HULKEY, PHILIP R.	51	36.94
4 COOPER, RANDY G.	54	35.74
5 ROTHROCK, JAMES C.	50	34.14
6 TOVELL, JACKSON E.	52	32.56
7 VALEZ, LOIS	54	24.24

DIVISION IIB

1 SELIGHAN, BOB	59	33.00
2 LENTS, JAAN	59	32.38
3 LEGGETT, MARTIN P.	59	26.82
4 HENRY, DON T.	56	24.74
5 GREY, DONALD C.	56	18.60

DIVISION IIIA

1 GREYER, FRED A.	64	39.48
2 BATTICK, GREG	63	34.10
3 PETERS, ROBERT L.	60	29.96
4 HINAPRA, HARID	63	28.78
5 HARRIS, DON S.	61	28.44
6 WECKSTEIN, NORBERT L.	60	27.72

DIVISION IIIB

1 BORDGREN, GORDON E.	65	37.86
2 PARSONS, HAROLD E.	65	37.80
3 BORDGREN, GORDON E.	67	34.36
4 COLEMAN, WILLIAM J.	65	34.00
5 JOHANNESMEYER, CHARLES G.	66	31.24
6 KIESEL, HAROLD H.	69	27.28
7 PHILLIPS, DOUGLAS W.	67	27.02

DIVISION IVA

1 GONZALEZ, GILBERTO	70	34.36
2 PARTIDGE, PHILIP H.	73	31.46
3 PIEROTTI, DONALD E.	73	30.00
4 GAYNES, JEREMIAH	72	27.82
5 DUNHAM, WILLIAM	73	24.40

DIVISION IVB

1 TREY, KARL T.	75	28.94
2 TICHANIS, ARNOLDS A.	78	21.94
3 GARTHUNE, WILLIAM H.	75	20.72

DIVISION VA

1 PITCHER, ARLING I.	82	17.66
2 ROSACK, EVERETT W.	82	16.14

JAVELIN

AGE DISTANCE

DIVISION IA LADIES

1 ROTHROCK, LAURIE L.	41	20.76
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DIVISION IB LADIES

1 LAWYER, RONDA F.	49	13.34
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DIVISION IIA LADIES

1 DASH, JOAN B.	51	26.74
2 CARRIER, RUTH H.	53	13.44

DIVISION IIB LADIES

1 JOCOT, KATIE	55	15.54
2 HESSENGER, ELIZABETH	56	13.86

DIVISION IVA LADIES

1 KERR, LILIAN	70	6.48
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DIVISION OA

1 PELLETIER, STEVEN E.	32	59.76
2 CONROY, BOB E.	34	59.02
3 WATSON, RICHARD B.	31	54.02
4 GUZMAN, DOUG	31	43.24
5 WECKSTEIN, DANIEL R.	30	32.10
6 HAUGH, KENT T.	34	28.14

DIVISION OB

1 RIDDLE, MIKE D.	35	59.46
2 BUSBY, WILLIAM J.	39	48.88
3 LILES, JOEL H.	38	39.50

DIVISION IA

1 MCGRUDER, SALACHI R.	42	47.94
2 BARKS, JAMES P.	40	43.86
3 HARRING, JOHN E.	44	43.30
4 JEFFREY, WILLIAM L.	44	36.62
5 LANCASTER, WALTER C.	44	34.54
6 KATE, RICHARD	43	29.69

DIVISION IB

1 GILMORE, JOHN H.	49	41.64
2 JAMES, JOHN E.	45	35.68
3 HILL, CHARLES H.	47	31.38
4 HARR, MORTON J.	47	30.24
5 SEAGLE, DANNY D.	45	29.22
6 KLENN, CARL H.	45	28.30

DIVISION IIA

1 YOUNGS, ROBERT A.	50	52.86
2 ROTHROCK, JAMES C.	50	44.62
3 OLSON, LEN T.	52	41.34
4 COOPER, RANDY G.	54	40.94
5 TOVELL, JACKSON E.	52	31.22
6 PATTERSON, TONY W.	51	20.27

DIVISION IIB

1 BERGENBACK, RICHARD E.	57	44.16
2 ENGLE, CHARLES D.	55	36.18
3 LEGGETT, MARTIN P.	59	35.04
4 LENTS, JAAN	59	31.20
5 JOCOT, JOCK	58	28.52

DIVISION IIIA

1 ULAN, JOHN B.	60	38.28
2 GREYER, FRED A.	64	33.30
3 HARRIS, DON S.	61	31.38
4 HINAPRA, HARID	63	27.08
5 WECKSTEIN, NORBERT L.	60	23.30

DIVISION IIIB

1 BORDGREN, GORDON E.	65	38.44
2 JOHANNESMEYER, CHARLES G.	66	36.64
3 BORDGREN, GORDON E.	67	29.98

DIVISION IVA

1 PIEROTTI, DONALD E.	73	27.70
2 DUNHAM, WILLIAM	73	27.67
3 GONZALEZ, GILBERTO	70	26.92
4 PARTIDGE, PHILIP H.	73	25.12

DIVISION IVB

1 TREY, KARL T.	75	27.96
2 TICHANIS, ARNOLDS A.	78	27.52

DIVISION VA

1 PITCHER, ARLING I.	82	18.70
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WEIGHT PENTATHLON		
	AGE	POINTS
DIVISION OA		
1 WHITE, BARRY C.	33	3662
2 COKE, RON	32	2937

DIVISION OB		
1 BIANCHI, TONY E.	37	2467

DIVISION IA		
1 HILL, EDWARD H.	41	3601
2 BARKS, JAMES P.	40	3028
3 VALLI, MIKE H.	43	2733

DIVISION IB		
1 SCUDIER, PHILIP F.	47	2613
2 TWOMEY, THIMOTHY J.	49	2591
3 KLEHN, CARL H.	45	1898

DIVISION IIA		
1 OLSON, LEN T.	52	3114
2 FRAUDENBERGER, CARLOS	52	3048
3 CARSTENSEN, PAT J.	52	2665
4 TOVELL, JACKSON E.	52	2122

DIVISION IIB		
1 BERGENBACK, RICHARD E.	57	2538
2 ENGLE, CHARLES D.	55	1976
3 WEDDERBURN, CALVIN A.	55	1389

DIVISION IIA		
1 BATTICK, GREG	63	2658
2 ULAM, JOHN B.	60	2082
3 WECKSTEIN, NORBERT L.	60	1812
4 KIMURA, MARIO	63	1703

DIVISION IIB		
1 PARSONS, HAROLD E.	65	2547
2 WOODGREEN, GORDON E.	65	2536
3 MORNINGSTAR, HAM J.	67	1948
4 HULL, DONALD D.	65	1704

DIVISION IVA		
1 PIROTTI, DONALD E.	73	2073
2 PARTRIDGE, PHILIP H.	73	1849
3 BOAL, ROBERT S.	72	528

DIVISION IVB		
1 TICHANIS, ARNOLDS A.	78	1316

DIVISION VA		
1 WHITE, AL	80	44

10 KILOMETER RUN			
	AGE	TIME	OVERALL PLACE

DIVISION OPEN LADIES			
1 KLABEN, DEBRA R.	25	56:13.8	58
2 BETTS, MARIE B.	0	62:04.8	62

DIVISION OA LADIES			
1 WINKLER, MARTHA J.	30	38:29.8	20
2 VAN NEST, KATHI H.	34	70:08.8	63

DIVISION OB LADIES			
1 MOORE, ANNA	39	41:32.8	27
2 KELLY, SUZANNE E.	36	42:20.3	30

DIVISION IA LADIES			
1 RISLEY, DELLANE A.	40	46:05.8	41

DIVISION IB LADIES			
1 CASSEDAY, MARGRID K.	45	48:52.6	49
2 SHAY, SAUNDRA E.	45	50:34.9	52
3 ALEXANDER, WANDA L.	45	52:12.7	54

DIVISION IIA LADIES			
1 CARRIER, RUTH H.	53	45:33.5	40
2 BELL, NANCY T.	54	47:35.3	46
3 BALLENGER, NANCY L.	52	59:40.7	61

DIVISION IIB LADIES			
1 KELLER, FRANCES	65	73:06.8	64

DIVISION OPEN			
1 TRENT, TOM	33	34:15.5	3
2 GRIGGS, CHARLEY C.	32	36:41.2	11
3 CARLSON, HENRY	30	36:44.7	12
4 CHAMBERLIN, DALE R.	30	36:56.8	13
5 DUDA, ED A.	26	37:29.1	16
6 MURRAY, KEN P.	25	38:19.2	19
7 DELL, CHRISTOPHER H.	25	41:21.7	25
8 FREEMAN, ANTHONY W.	34	42:16.9	29
9 COOPER, CARLTON B.	28	42:33.8	31
10 HELMER, KEITH H.	41	44:22.1	34
11 DAVIS, JR., HENRY W.	35	45:19.5	38
12 YOUNG, FRANCIS M.	41	45:22.5	39
13 KELSAY, KEITH H.	17	49:20.6	50
14 SHAMBLIN, ROBERT B.	31	51:12.9	53
15 BOEDICKER, RICHARD F.	31	53:05.6	55
16 DARE, STEPHEN R.	38	54:13.0	56
17 PASSASETTI, JON M.	15	56:01.3	57
18 LOCKMAN, PERRY D.	45	57:51.9	59

DIVISION OA			
1 PETERSON, ROBERT C.	30	36:25.2	7
2 DIBLASI, THEODORE A.	32	37:16.3	14
3 DELZER, RONALD	32	37:56.5	17
4 MARTIN, ELLIS G.	34	38:12.3	18
5 PLUMMER, BATES	31	46:06.4	42

DIVISION OB			
1 AINGE, CHUCK A.	35	36:25.9	8
2 MARTIN, EDWARD L.	37	36:39.8	10
3 COTANCH, STEVE R.	36	40:30.2	23
4 FLORENOY, JR., WILLIAM L.	39	41:56.1	28

DIVISION IA				
1 RANDALL, KIRK	42	33:15.8	1	
2 HARE, THOMAS H.	40	33:30.5	2	
3 FAXON, LEW E.	44	35:29.6	4	
4 DAVIS, JOHN E.	42	36:22.6	6	
5 MARSHALL, ALEC	41	38:45.5	21	
6 YORK, SNEDES	43	44:04.5	33	

DIVISION IB				
1 GRACE, MIKE E.	46	36:36.0	9	
2 COLLINS, ANDREW P.	48	39:08.9	22	
3 HOFFMANN, TED C.	45	48:31.4	48	

DIVISION IIA				
1 HARRIS, EDWIN P.	50	37:24.3	15	
2 HAWO, BOB	53	44:49.0	36	
3 BALDRIDGE, ROBERT L.	50	47:05.8	44	

DIVISION IIB				
1 SAPIENZA, ANTHONY B.	55	36:11.6	5	
2 BROWN, KELSEY T.	56	40:43.7	24	
3 WARNER, SETH L.	56	41:31.6	26	
4 SONDVOY, GARY H.	55	42:56.3	32	
5 GREY, DONALD C.	56	47:01.3	43	

DIVISION IIA				
1 DRISCOLL, SR., HAROLD P.	64	44:39.3	35	
2 BAILEY, BERT	62	48:13.5	47	
3 TRENT, JIM	63	49:57.1	51	

DIVISION IVA				
1 WANG, CHEN-LING	72	47:34.1	45	

DIVISION IVB				
1 BENHAM, ED W.	76	45:00.3	37	

DIVISION VB				
1 SPANGLER, PAUL E.	85	58:49.1	60	

HALF MARATHON			
	AGE	TIME	OVERALL PLACE

DIVISION OPEN LADIES			
1 GOULD, LINDA	36	1:37:53.5	45
2 DALLARI, ELIZABETH A.	0	1:52:35.3	68
3 GETTY, DIANE	32	2:03:30.5	77
4 MARINO, PATRICIA L.	39	2:13:24.2	80

DIVISION OA LADIES			
1 OLIVE, MARY E.	30	1:30:00.5	19
2 TYBELL, ANNE H.	33	1:46:43.1	61
3 DAVIS, KATHY S.	31	1:56:14.9	71

DIVISION OB LADIES			
1 COVEY, ELLEN	36	1:37:12.4	41
2 WOODWARD, JUNE L.	36	2:00:59.0	75
3 CARRAN, BARB	39	2:13:12.3	79

DIVISION IA LADIES			
1 ELLIS, MARION E.	40	1:37:36.5	44
2 HOLROYD, MARY H.	40	1:46:14.8	60

DIVISION OPEN			
1 GOING, SAM C.	41	1:19:32.5	6
2 RICHARDSON, RALPH S.	27	1:21:00.1	9
3 WHITE, KENT B.	29	1:29:17.5	17
4 COCHRAN, JAMES D.	43	1:30:00.9	20
5 BURROWS, BO	40	1:30:14.4	21
6 GILLIAN, ERIC D.	45	1:30:43.6	23
7 MCGARRY, MAC P.	31	1:32:21.2	24
8 POWELL, ROGER A.	35	1:33:09.0	27
9 GOULD, TOM	39	1:33:12.6	28
10 RICE, JR., HOWARD L.	36	1:33:58.9	29
11 MORSE, RAYMOND D.	26	1:34:17.6	31
12 SALOTTOLO, GREGORY D.	37	1:34:21.3	32
13 BALLENGER, STAN P.	38	1:34:28.4	33
14 ANDERSON, JOEY T.	28	1:34:32.3	34
15 ROGAN, WALTER J.	34	1:35:46.0	36
16 WILSON, PHIL L.	30	1:36:10.6	37
17 GROSS, TIMOTHY E.	30	1:37:28.2	42
18 GARYARD, MILTON C.	41	1:39:07.2	46
19 HINELBLOOM, BRIAN H.	27	1:40:03.4	47
20 HAYS, LAWRENCE R.	40	1:43:50.8	53
21 WACHTEL, MARTIN L.	43	1:44:26.4	54
22 WHITE, DAVID R.	44	1:45:22.8	57
23 JENNETTE, DOUG	36	1:48:14.3	62
24 MCDANIEL, GEORGE R.	32	1:50:22.0	64
25 BAILEY, MICHAEL D.	39	1:50:39.7	65
26 GRAEBER, JOHN B.	29	1:51:29.6	66
27 DALLARI, VICTOR	39	1:52:36.3	69
28 SLOAN, ROBERT W.	37	1:58:17.0	72
29 WHITE, CLINT	27	2:03:30.4	76

DIVISION OA			
1 HAYES, GARETH E.	34	1:13:34.6	1
2 JOHNSON, STEPHEN E.	34	1:16:37.3	2
3 MEERER, CHARLES L.	33	1:20:07.8	7
4 SATER, SYMAN	34	1:22:31.6	10
5 TAYLOR, DONNIE R.	33	1:26:39.9	13
6 ALLEN, CHARLES U.	31	1:36:36.0	39
7 VAN NEST, DAVID V.	34	1:55:01.5	70

DIVISION OB			
1 HEREFORD, CARL E.	37	1:18:29.6	4
2 LEONARD, JERRY W.	38	1:20:47.9	8
3 OSBURN, CARLTON M.	39	1:27:05.7	14
4 LASHER, DANA A.	39	1:32:32.7	25
5 JOHNSTON, RUSS D.	39	1:46:06.9	59

DIVISION IA			
1 VANDENBROEK, DAVID A.	42	1:17:57.9	3
2 NOWAT, RICHARD	40	1:18:59.5	5
3 MUDDIMAN, HAROLD J.	41	1:27:49.4	15
4 PETERSON, CHUCK	43	1:28:50.5	16
5 ELLIS, HAROLD H.	40	1:29:26.3	18
6 JONES, LOREN	40	1:30:33.5	22
7 GRADEN, HENRY E.	44	1:36:30.0	38

DIVISION IB				
1 KIRBY, CHARLES C.	46	1:26:04.9	11	
2 WARD, MIKE L.	45	1:26:18.3	12	
3 HOLLAND, JAY	45	1:34:15.5	30	
4 TRENT, JACK P.	49	1:35:27.8	35	
5 DOYLE, MELVIN J.	45	1:42:08.0	50	
6 TIMURELLI, RICHARD R.	45	1:42:54.3	51	
7 HASTINGS, BOB P.	47	2:00:58.3	74	

DIVISION IIA				
1 SNEED, CHARLES E.	51	1:36:45.3	40	
2 DE MAINE, ROBERT B.	54	1:37:33.8	43	
3 MORGAN, JAMES P.	51	1:40:42.5	48	
4 HEARTINGER, DAVID J.	52	1:41:33.2	49	
5 PIERCE, DAVID J.	51	1:45:24.8	58	

DIVISION IIB				
1 VANDEZANDE, CHARLES H.	55	1:33:00.7	26	
2 HOLROYD, WILLIAM C.	56	1:44:27.6	55	
3 HUNN, ROBERT D.	58	1:44:57.3	56	

DIVISION IIA				
1 MONTAGUE, BERT M.	60	1:49:01.9	63	

DIVISION IIB				
1 WOODS, JOHN P.	66	1:43:31.1	52	
2 KELLER, HERB	65	1:51:47.1	67	
3 GUTTAG, ALVIN	65	2:04:32.7	78	

DIVISION IVA				
1 GEARY, VERNON R.	71	1:59:19.8	73	

TAC NATIONAL MASTERS PENTATHLON CHAMPIONSHIPS			
	AGE	POINTS	

DIVISION IA LADIES			
1 PICKER, ANNETTE	44	114	

1	PICKER, ANNETTE	44	114
DIVISION OA			

1	TOLSON, BRANT C.	34	2764
2	WATSON, RICHARD D.	31	2656
3	THORNSLEY, WILLIAM S.	32	2517
4	LIPSCOMB, AL	34	2273
5	HENDERWOOD, ROBERT L.	33	2204
6	GUZMAN, DOUG	31	2173
7	SUSTVEDT, KENT C.	31	1934
8	POEBOCK, GARLAND L.	33	1670
9	HAWES, DAVID W.	31	1445

35-39
1 Joffrion BTC 31.9
2 Ostthoff BTC 32.9
3 Reinhart BTC 33.9
4 Higginbotham BTC 42.5

40-44
1 Martin BTC 37.5

440 Yard-Male

Open
1 Wade ATC 50.9
2 Tucker BTC 55.9
3 Bishop ATC 56.2
4 Ward BTC 63.0

30-34
1 Foster ATC 52.26
2 Smith BRTC 52.29
3 Scott, D DTC 55.4
4 Simpson BTC 59.3
5 Haberle, F BTC 62.5

35-39
1 Hager ATC 53.4
2 Bashinsky BTC 57.2
3 Semes BTC 57.5

40-44
1 Grider BTC 54.7
2 Fitzgerald BTC 61.3

45-49
1 White, S ATC 56.8
2 Thompson BTC 61.0
3 Hamilton BTC 67.2

50-54
1 Bartenfeld ATC 61.1
2 Jones ATC 62.8
3 Barber BTC 66.0
4 Lee TTC 67.5

54-59
1 Hull FTC 31.7

440 Yard-Female
Open
1 Nance BTC 64.1
2 Houlton, A ATC 7.2

30-34
1 Seward ATC 65.5

35-39
1 Higginbotham BTC

40-44
1 Martin BTC 81.9

880 Yard-Male

Open
1 Wade ATC 1:58
2 Flowers ATC 2:10
3 Urry BTC 2:13
4 Lucas ATC 2:13

30-34
1 Haberle, F BTC 2:26

35-39
1 White, C BTC 2:58
2 Higginbotham BTC 3:24

45-49
1 Hersemann BTC 2:42

50-54
1 Jones ATC 2:26
2 Barber BTC 2:37

880 Yard-Female
Open
1 Houlton, A ATC 2:49

30-34
1 Seward ATC 2:31

35-39
1 Houlton, S ATC 2:28

Mile Run-Male

Open
1 Rose HTC 4:30
2 Nance BTC 4:51
3 Urry BTC 5:00
4 Bowie BTC 5:03
5 Ward BTC 5:12

30-34
1 Haberle, F BTC 5:16

35-39
1 Blair BTC 5:01
2 Martinez BTC 5:25
3 White, C BTC 5:07
4 Higginbotham BTC 5:42

40-44
1 Lowe BTC 5:40
2 Boots BTC 5:48

45-49
1 Thompson BTC 4:59
2 Hamilton BTC 5:34

50-54
1 Jones ATC 5:27
2 Barber BTC 5:41

Mile Run-Female

Open
1 Nance BTC 5:24

30-34
1 Seward ATC 5:30

35-39
1 Joffrion BTC 6:19
2 Higginbotham 7:28

120 Hurdles-Male

30-34 39"
1 Short ATC 14.6

40-44 36"
1 Uttley ATC 17.3
2 Alexander BTC 19.6

65-69 30"
1 Hull FTC 21.6

330 Hurdles-Male

30-34 36"
1 Short ATC 54.8
2 Haberle, F BTC 56.2

35-39 36"
1 Hager ATC 41.3
2 Barnes BTC 47.8
3 Dutton BTC 1A

40-44 33"
1 Alexander BTC 56.4

65-69 30"
1 Hull FTC 73.5

330 Hurdles-Female
Open 30"
1 McGinnis BTC 56.4

5 K Run-Male

Open
1 Dancy BTC 15:58
30-34
1 Nelson BTC 17:27
2 Haberle BTC 17:51

40-44
1 Lowe BTC 19:05

45-49
1 Hersemann BTC 19:27

55-59
1 Johnson BTC 22:34

5 K Run-Female

Open
1 Harper BTC 23:12

35-39
1 Warren BTC 20:49
2 Monroe BTC 22:22

High Jump-Male

30-34
1 Smith BRTC 5'10"
2 Jones, J BTC 5'4"

35-39
1 Brewer ATC 5'4"
2 Martinez BTC 4'8"
3 Finger BTC 4'6"
4 Taylor, J BTC 4'6"

40-44
1 Alexander BTC 4'6"
2 Haugh BTC 4'3"
3 Lowe BTC 4'0"

45-49
1 White, S ATC 5'0"
2 Thompson BTC 4'10"
3 Hersemann BTC 3'10"

50-54
1 Mulkey ATC 5'0"
2 Baggett ATC 4'8"
3 Barber BTC 4'0"
4 Taylor, T BTC 3'10"

65-69
1 Hull FTC 4'3"

High Jump-Female

35-39
1 Raschker ATC 4'10"

Broad Jump-Male

Open
1 Nance BTC 14'7"

30-34
1 Smith BRTC 19'6"
2 Jones, J BTC 18'11"

3 Scott, E BTC 17'8"
4 Haberle, F BTC 13'11"

35-39
1 Brewer ATC 19'1"
2 Barnes BTC 16'6"
3 Martinez BTC 15'0"
4 White, C BTC 13'10"
5 Higginbotham

40-44
1 Alexander BTC 17'3"
2 Haugh BTC 12'1"

45-49
1 White, S ATC 18'2"
2 Hamilton BTC 13'8"
3 Hersemann BTC 10'8"

50-54
1 Mulkey ATC 16'8"
2 Baggett ATC 15'3"
3 Bartenfeld ATC 13'8"

54-59
1 Daprano ATC 13'3"
2 Johnson BTC 11'9"

65-69
1 Hull FTC 11'11"

Broad Jump-Female

35-39
1 Raschker ATC 18'3"
2 Joffrion BTC 12'4"

Triple Jump-Male

30-34
1 Jones, J BTC 39'1"
2 Haberle, F BTC 26'10"

35-39
1 Barnes BTC 33'2"
2 Martinez BTC 29'5"
3 White, C BTC 28'1"
40-44
1 Alexander BTC 31'1"

45-49
1 Hamilton BTC 25'3"
2 Bremner ATC 20'5"

50-54
1 Mulkey ATC 34'6"

65-69
1 Hull FTC 24'7"

Triple Jump-Female

35-39
1 Raschker ATC 34'10"

Pole Vault

45-49
1 Thompson BTC 7'8"
2 Hersemann BTC 7'0"

50-54
1 Mulkey ATC 11'6"
2 Baggett ATC 7'0"

Discus-Male

30-34
1 Accardi HTC 108'8"
2 Jones, J BTC 97'1"

35-39
1 Martinez BTC 111'7"

40-44
1 Hill BTC 145'7"
2 Boots BTC 98'9"
3 Lowe BTC 70'9"

45-49
1 White, S ATC 103'8"
2 Hamilton BTC 60'2"
3 Hersemann BTC 50'3"

50-54
1 Mulkey ATC 126'8"
2 Baggett ATC 92'4"
3 Lee TTC 85'4"
4 Bartenfeld ATC 80'4"

54-59
1 Berpanback CTC 85'11"
2 Daprano ATC 85'2"

65-69
1 Hull FTC 96'8"

Discus-Female

Open
1 Boots BTC 64'4"

35-39
1 Henson BTC 79'8"
2 Raschker ATC 70'7"

40-45
1 Martin BTC 52'8"

Shot-Male

30-34
1 Accardi HTC 40'11"

35-39
1 Martinez BTC 32'8"
2 Brewer ATC 31'11"
3 Barnes BTC 31'10"
4 Finger BTC 28'8"

40-44
1 Hill BTC 44'10"
2 Boots BTC 29'6"
3 Haugh BTC 28'0"
4 Lowe BTC 24'11"
5 Alexander BTC 24'10"

45-49
1 Hersemann BTC 23'4"
2 Hamilton BTC 22'1"

50-54
1 Mulkey ATC 41'7"
2 Baggett ATC 33'4"
3 Lee TTC 32'8"
4 Barber BTC 27'3"

55-59
1 Berpanback CTC 34'3"

2 Johnson BTC 26'0"

65-69
1 Hull FTC 32'3"

Shot-Female

30-34
1 Seward ATC 22'8"

35-39
1 Henson BTC 27'11"
2 Raschker ATC 22'8"

40-45
1 Martin BTC 20'9"

60-64
1 Berpanback CTC 15'6"

Javelin-Male

30-34
1 Jones BTC 116'8"

35-39
1 Schell NOTC 158'3"
2 Sander NOTC 163'10"
3 Martinez BTC 160'1"
4 Brewer ATC 88'0"

40-44
1 Boots BTC 98'0"
2 Alexander BTC 92'7"
3 Grider BTC 90'0"
4 Lowe BTC 86'4"
5 Palmer ATC 83'8"

45-49
1 Thompson BTC 129'1"
2 White, C ATC 120'1"

50-54
1 Shield ATC 156'1"
2 Mulkey ATC 98'5"

55-59
1 Berpanback CTC 137'2"
2 Daprano ATC 100'9"
3 Johnson BTC 67'8"

65-69
1 Hull FTC 80'11"

Javelin-Female

35-39
1 Henson BTC 67'8"

40-44
1 Martin BTC 44'7"

440 Relay-Male

30-39
1 BTC (Scott, E, Duck, Barnes, Jones) 48.9

2 BTC (Semmes, Haberle, F, Haberle, R, Simpson) 49.7

440 Relay Female

30-39
1 BTC (Henson, Ostthoff, Warren, Joffrion)

Mile Relay-Male

30-39
1 BTC (Nelson, Simpson, Haberle, Semmes) 4:04

ATC-Atlanta Track Club
BRTC-Baton Rouge
BTC-Birmingham
CTC-Chatanooga
FTC-Florida
HTC-Huntsville
NOTC-New Orleans
RTC-Richmond
TTC-Tuscaloosa

TAC/ PACIFIC MASTERS
T&F CHAMPIONSHIPS
LOS GATOS, CA
MAY 19-20, 1984

100 METERS	TIME
Women (wind: +.71)	
Age Group: 65-69	16.64
1. Josephine Kolda, 66, NCSTC	
Age Group: 60-64	
1. Marjorie Hunt, 64, SCS	22.15
Age Group: 55-59	
1. Shirley Dietderich, 57, NCSTC	16.60
Age Group: 50-54	
1. Gretchen Snyder, 50, NCSTC	14.40
Age Group: 45-49	
1. Cherrie Sherrard, 45, NCSTC	13.98
Age Group: 35-39	
1. Mary Lou Nicoletti, 35	15.85
2. Gail Haden, 36	18.0 (HT)
Age Group: 30-34	
1. Maria Magana, 34	15.67

Men	
Age Group: 75-79 (wind: -.89)	
1. A.J. Puglizevich, 76, NCSTC	17.67
Age Group: 70-74	
1. Harry Koppel, 70, NCSTC	14.43
2. Tony Castro, 74, SCS	14.65
Age Group: 65-69	
1. Clarence Killion, 66, CDMTC	13.96
2. Sam Hoover, 65, NCSTC	16.89
Age Group: 60-64 (wind: +.52)	
1. Bob Hunt, 64, SCS	13.73
2. Jim Johnson, 61, NCSTC	13.75
3. Robert Garretto, 63, NCSTC	14.55
4. Charles Mercurio, 64, CDM	14.87
5. Bill Toasperm, 60, NCSTC	14.5 (HT)
Age Group: 55-59 (wind: +.23)	
1. Bob L. Watanabe, 58, LA Vly	12.48
2. Bernie Stevens, 55, WVTC	12.90
Age Group: 50-54	
1. Nick Newton, 50, LA Vly	12.39
2. Richard Hansen, 57, WVTC	12.39
3. Phil Presber, 50, WVTC	12.40
4. Dick Martin, 53, WVTC	12.71
5. Enver Mehmedbasich, 52, NCSTC	14.2 (HT)
Age Group: 45-49 (wind: +.02)	
1. Gilbert LaTorre, 46, WVTC	11.93
2. Dee DeWitt, 45, SCS	12.34
3. Dan Vermette, 47	13.4 (HT)
Age Group: 40-44	
1. Dan Fitzsimmons, 40, WVTC	11.41
2. Sam Robinson, 40	11.83
3. Bob Simpson, 42	11.96
4. Gerry Varty, 42, WVTC	12.6 (HT)
5. Ricardo Tuisen, 40, St. Geo. TC	12.7 (HT)
Age Group: 35-39 (wind: +1.05)	
1. Eddie Hart, 35, NCSTC	10.95
2. Tom Allen, 36	11.60
3. Larry Lettieri, 36, WVTC	11.83
4. Rufus Morris, 39	11.84
5. Manuel Pan, 35	13.2 (HT)
Age Group: 30-34 (wind: +.62)	
1. Akin Lewis, 30, GBT	11.04
2. Steve Kemp, 30	11.63
3. Doug Chapman, 31	11.66
4. James Noel, 32, WVTC	12.0 (HT)
5. Charles Missouri, 31, SCS	12.0 (HT)
6. Earl Bryant, 33, SFTC	12.5 (HT)
7. Gary Schmidt	12.5 (HT)

200 METERS

Women	
Age Group: 65-69	
1. Josephine Kolda, 66, NCSTC	34.78
Age Group: 55-59	
1. Shirley Dietderich, 57, NCSTC	35.62
Age Group: 50-54	
1. Gretchen Snyder, 50, NCSTC	29.12 (AR)
Age Group: 45-49	
1. Almeta Parish, 47, NCSTC	30.29
Age Group: 35-39	
1. Mary Lou Nicoletti, 35	32.38
Age Group: 30-34	
1. Mary Lehner, 32	29.03
2. Maria Magana, 34	32.39
Men	
Age Group: 75-79	
1. A.J. Puglizevich, 76, NCSTC	39.41
Age Group: 70-74	
1. Tony Castro, 74, SCS	30.42
2. John Satti, 70, NCSTC	30.77
Age Group: 65-69	
1. Clarence Killion, 66, CDM	28.61
Age Group: 60-64 (wind: +3.06)	
1. Bob Hunt, 64, SCS	29.24
2. Robert Garretto, 63, NCSTC	28.65
3. Charles Mercurio, 64, CDM	29.38
4. Bill Toasperm, 60, NCSTC	30.93
Age Group: 55-59 (wind: +1.02)	
1. Robt. Watanabe, 58, LA Vly	25.31
2. Huel Washington, 55	25.79
3. Bernie Stevens, 55, WVTC	25.31
4. Gene Harte, 58, CDM	29.2 (HT)
Age Group: 45-49	
1. Gilbert LaTorre, 47, WVTC	23.88
Age Group: 50-54	
1. Bruce Springbett, 51, WVTC	24.65
2. Phil Presber, 50, WVTC	26.15
3. Enver Mehmedbasich, 52, NCSTC	29.16

Age Group: 40-44		
1. Dan Fitzsimmons, 40, WVTC	23.13	
2. Mel Brooks, 43, WVTC	23.23	
3. Dennis Duffy, 41, SCS	24.04	
4. Reggie McCoy, 43	28.55	
Age Group: 35-39 (wind: +3.51)		
1. Tom Allen, 36	23.39	
2. Greg Marshall, 36, WVTC	23.91	
3. Larry Lettieri, 30, WVTC	24.00	
Age Group: 30-34 (wind: +2.20)		
1. Akin Lewis, 30, GBTC	22.05	
2. John Redding, 33	24.36	
3. Ernest Fuller, 32	24.70	
4. Charles Missouri, 31, SCS	24.80	
5. James Noel, 32, WVTC	25.01	
6. Ricardo Quilantang, 30, St. Geo	25.04	

400 METERS

Women		
Age Group: 65-69		
1. Josephine Kolda, 66, NCSTC	84.6 (HT)	
Age Group: 55-59		
1. Shirley Dietderich, 57, NCSTC	91.0	
Age Group: 45-49		
1. Almeta Parish, 47, NCSTC	71.2	
Age Group: 35-39		
1. Mary Lou Nicoletti, 35	73.5	
Age Group: 30-34		
1. Mary Lehner, 32	64.5	

Men

Age Group: 75-79		
1. Mel Shine, 75, Diablo RR	79.27	
2. A.J. Puglizevich, 76, NCSTC	1:51.27	
Age Group: 65-69		
1. Clarence Killion, 66, CDM	72.52	
Age Group: 55-59		
1. Robt. Watanabe, 58, LA Vly	58.98	
2. Bernie Stevens, 55, WVTC	59.52	
3. Gene Harte, 58, CDM	62.2 (HT)	
4. Gilbert Duran, 56, Roseville G	71.7 (HT)	
Age Group: 50-54		
1. Enver Mehmedbasich, 52, NCSTC	64.2 (HT)	
Age Group: 45-49		
1. Dan Vermette, 47	61.6 (HT)	
2. Onomatapoeia E. Legend, 47	63.1 (HT)	
Age Group: 40-44		
1. John Krepick, 42	55.9 (HT)	
2. Ben Miller,	58.1 "	
Age Group: 35-39		
1. Matt Pruitt, 38, Oakland PD	50.0 (HT)	
2. Dave Poque, 36, IBM	52.6	
3. Dennis Duffy, 41, SCS	52.8	
4. Gary Laine, 36, USC Masters	53.5	
5. Bernard Turner, 36, SFTC	54.4	
6. William Weller, 36, WVTC	54.6	
Age Group: 30-34		
1. Steve Kemp, 30	50.7	
2. Ken Williams, 30, WVTC	52.1	
3. Ernest Fuller, 32	54.9	

800 METERS

Women		
Age Group: 60-64		
1. Jaclyn Caselli, 63, NCSTC	3:17.1	
Age Group: 55-59		
1. Kit Pickles, 58	3:42.5	
Age Group: 50-54		
1. Gretchen Snyder, 50, NCSTC	2:33.0	
Age Group: 45-49		
1. Marilyn Harbin, 46, WVTC	2:28.2	
Age Group: 35-39		
1. Janie Duff, 37, WVTC	2:26.5	

Men

Age Group: 75-79		
1. Mel Shine, 76, Diablo RR	2:54.9	
Age Group: 60-64		
1. Sid Toabe, 60, FresnoTC	2:33.4	
2. Don Wilgus, 62, NCSTC	2:54.2	
Age Group: 55-59		
1. Gilbert Duran, 56, Roseville	2:44.0	
Age Group: 45-49		
1. Pete Richardson, 49, WVTC	2:05.4	
Age Group: 40-44		
1. George Cohen, 44, SCS	2:00.0	
2. Richard Wolters, 40, GE	2:02.1	
3. John Krepick, 42	2:05.7	
4. James L. Johnson, 42	2:57.8	
Age Group: 35-39		
1. Bob Browne, 38	2:03.4	
Age Group: 30-34		
1. Jim Bordon, 31, St. Crk Strdrs	1:58.6	
2. Curt Duff, 33, Cap. City	2:00.7	
3. R. Leslie	2:04.9	
** Dave Romain, 42, WVTC ran 1:55.5 Open		

1500 METERS

Women		
Age Group: 50-54		
1. Gretchen Snyder, 50, NCSTC	5:28.4	
Age Group: 45-49		
1. Marilyn Harbin, 46, WVTC	5:05.4	
2. Vicki Bigelow, 48, Aggies	5:19.6	
3. Elvyn Blair, 47, NCSTC	5:29.5	
Age Group: 35-39		
1. Janie Duff, 37, WVTC	5:21.6	
2. Remzy Huseny, 38	6:50.8	
Men		
Age Group: 65-69		
1. Bill Van Fleet, 69, 6 Rivers RC	5:55.3	
Age Group: 60-64		
1. Sid Toabe, 60, FresnoTC	5:10.2	
2. Don Wilgus, 62, NCSTC	6:13.3	
Age Group: 55-59		
1. Gilbert Duran, 56, Roseville	5:35.8	
Age Group: 50-54		
1. Steve Geraghty, 52, LGAA	6:27.2	
Age Group: 45-49		
1. Pete Richardson, 49, WVTC	4:58.5	

Age Group: 40-44		
1. Harvey Franklin, 41, WVTC	4:06.0	
2. Mike Holbrook, 41, Cap City	4:06.5	
3. Rich Wolters, 40, GE	4:15.7	
Age Group: 30-34		
1. Curt Duff, 33, Cap. City	4:13.7	
2. Steve Kemp, 30	4:20.6	
3. R. Leslie	4:29.2	
4. Robin, Clark, 34, WVTC	4:36.6	

5000 METERS

Women

Age Group: 30-34		
1. Marilyn Taylor-Allen, 31	17:10.9	
2. Jane Sowersby, 33,	18:28.3	

Men

Age Group: 65-69		
1. Bill Van Fleet, 69, Diablo	23:40.0	
Age Group: 60-64		
1. Sid Toabe, 60, FresnoTC	19:03.8	
2. John Gilkey, 62	20:20.1	
Age Group: 50-54		
1. Tom Walsh, 50,	18:06.6	
Age Group: 45-49		
1. Bill Cantanese, 45, Tamal.	16:48.2	
Age Group: 40-44		
1. Bill Clark, 40, WVTC	15:54.5	
2. Tom Kirchner, 43, GrSFCTC	16:16.7	
3. Tim Rostegge, 43, WVJ&S	16:25.6	
Age Group: 35-39		
1. Daryl Zapata, 39, GrSFCTC	15:57.5	
2. John O'Neill, 30	16:36.3	
3. Doug Perez, 36	16:45.4	
4. Jim Thomas, 37	17:13.8	
Age Group: 30-34		
1. Peter Freeman, 31, Excelsr	15:23.7	

10,000 METERS

Women

Age Group: 55-59		
1. Kit Pickles, 58	51:42.5	

Men

Age Group: 75-79		
1. John McGee, 75, NCSTC	56:47.1	
Age Group: 60-64		
1. John Gilkey, 62	43:32.9	
Age Group: 50-54		
1. Ray Vinyo, 52	45:45.9	
Age Group: 45-49		
1. Larry Worth, 45, Dallas	34:43.6	
2. John Greenhill, 49, GE	47:11.3	
Age Group: 40-44		
1. Bill Weinhardt, 43, WVJ&S	34:24.3	
2. Gene Gilligan, 42	35:14.1	
3. Mark Gallo, 41	36:57.6	
4. Dave McWalters, 42	47:11.5	

3000 STEEPLECHASE -Men

Age Group: 40-44		
1. Keith McConnell, 40, GGRW	13:08.1	
Age Group: 35-39		
1. John Kajiware, 37, Syntex	11:20.3	
2. Gary Laine, 36, USC Masters	11:37.0	
Age Group: 30-34		
1. Joe Rust, 31	10:28.7	
2. Andrew Hacker, 30	12:04.4	

80 METER HURDLES

Women

Age Group: 45-49		
1. Cherrie Sherrard, 45, NCSTC	12.90	

Men

Age Group: 70-74		
1. John Satti, 70, NCSTC	17.68	

100 METER HURDLES -Men

Age Group: 60-64 (wind: +.74)		
1. Robert Hunt, 64, SCS	18.47	
2. Jim Johnson, 61	19.69	

110 METER HURDLES -Men

Age Group: 55-59 (wind: +1.93)		
1. Robt. Higginbotham, 57	18.9 (HT)	
Age Group: 50-54		
1. Mal Andrews, 54, BAS	18.40	
Age Group: 45-49 (wind: +.22) (39")		
1. Dee Dewitt, 45, SCS	15.98	
Age Group: 40-44		
1. Ted Cain, 42, WVTC	16.49	
2. Dick Whitaker, 44,	29.93	
Age Group: 35-39 (wind: +1.39)		
1. Fred Johnston, 38, SCS	15.80	
Age Group: 30-34		
1. Don Roberts, 34,	15.93	
2. Kevin Speaks, 30, LA Vly	16.37	
3. Gary Schmidt, NCSTC	17.18	

400 METER HURDLES -Men

Age Group: 60-64		
1. Bob Hunt, 64, SCS	77.2 (HT)	
Age Group: 45-49		
1. Dick Hickman, 49	64.09	
2. Onomatapoeia E. Legend, 47	76.8 (HT)	
Age Group: 40-44		
1. Ron Whitney, 41, WVTC	57.54	
2. Bill Knock, 44, SCS	58.14	
3. Phil Agostini, 42, NCSTC	69.53	
Age Group: 35-39		
1. Gary Laine, 36, USC Masters	57.92	
2. Jim Bell, 37	68.5 (HT)	
Age Group: 30-34		
1. Don Roberts, 34,	59.88	
2. Andrew Hacker, 30,	62.41	
3. Kevin Speaks, 30, LA Vly	64.75	

4 X 100 RELAY

Women

Age Group: 40-49		
1. Notcal Seniors TC	55.57	

Men

Age Group: 50-59		
1. West Valley Track Club	49.17	

5000 RACEWALK

Women

Age Group: 75-79		
1. Elena Carola, 76, GGRW	49:39	
Age Group: 70-74		
1. Esther Dutton, 73, GGRW	44:15	
Age Group: 60-64		
1. Lorraine Actor, 60, GGRW	37:20	
Age Group: 50-54		
1. Barbara Johnson, 53, GGRW	33:57	
Age Group: 45-49		
1. Lori Maynard, 48, Woodside	27:41	
Age Group: 40-44		
1. Sheila Mullen, 44, GGRW	35:05	
Age Group: 35-39		
1. Diane Mendoza, 35, GGRW	32:24	

Men

Age Group: 75-79		
1. Phil Dutton, 78, GGRW	39:34	
Age Group: 70-74		
1. Giulio de Petra, 73, MPWW	30:43	
2. Frank Saylor, 70, NCSTC	35:15	
Age Group: 60-64		
1. Frank Kelly, 60, GGRW	32:22	
Age Group: 50-54		
1. Ted Grenier, 52, San DiegoTC	28:31	
2. Justin Rockwell, 52, GGRW	34:31	
Age Group: 40-44		
1. Keith McConnell, 40, GGRW	28:26	

RESULTS: FIELD EVENTS

POLE VAULT -MEN

Age Group: 65-69		
1. Jim Vernon, 67, TrojanMstra	10' 1 1/2"	
2. Ham Morningstar, 67, Michigan	8' 1 "	
Age Group: 60-64		
1. Ralph Blesmeyer, 64, TrojanM	9' 7 "	
2. Jim Johnson, 61, NCSTC	8' 7 "	
Age Group: 55-59		
1. Hal Wallace, 56, CDM	8' 7 "	
Age Group: 45-49		
1. Dee Dewitt, 45, SCS	11' 6 "	
Age Group: 30-34		
1. James McCray, 30,	14' 1 1/2"	
2. Doug Chapman, 31	13' 5 1/2"	
3. Bill Chew, 34	13' 5 1/2"	
4. Jim Schmidt, 31	12' 6 "	

HIGH JUMP -Men

Age Group: 75-79		
1. A.J. Puglizevich, 76, NCSTC	3' 6 "	
Age Group: 65-69		
1. Ham Morningstar, 67, Mich.	4' 5 "	
2. Jim Vernon, 67, TrojanMstra	4' 3 "	
Age Group: 60-64		
1. Jim Johnson, 61, NCSTC	4' 2 "	
Age Group: 50-54		
1. Herm Wyatt, 52,	5' 8 "	
2. Nick Newton, 50	5' 8 "	

Age Group: 45-49

1. Dee Dewitt, 45, SCS	5' 6 "	
2. Don Rose, 48, NCSTC	5' 2 "	
Age Group: 40-44		
1. Jim Brown, 44	5' 6 "	
2. Don Dvorak, 42, WVTC	5' 2 "	

NIKE WEST PENN TC
MASTERS T&F CHAMP-
IONSHIPS, WASHINGTON, PA
MAY 20, 1984

110 Hurdles 40-49 Men (39")
1 Barry Kline WP 44 17.48
2 Grover Coates OTH 46 19.4
3 Tom Ragland OTH 47 20.0
400 Hurdles 30-39 Men
1 Jim Glessner WP 31 61.34
2 Joe Silverio WP 35 80.29
40-49 Men (36")
1 Kline WP 44 72.0
2 Coates OTH 46 74.8
100m 30-39 Men
1 Glessner WP 31 11.62
2 Silverio WP 35 12.09
3 Al Forney WP 36 12.69
4 Park Burroughs UN 35 13.49

1 Tom Van Voorhis Minn 43 11.91
2 Bob Holmes WP 41 12.05
3 Chuck LaChiusa Buf 42 12.19
4 Kline WP 44 12.23
5 Coates OTH 46 12.24
6 Paul Williams OTH 45 12.25
7 LeRoy McClain OTH 45 12.58
8 Ragland OTH 47 13.10
50-59
1 Sam Sinderson WP 51 13.33
60-69
1 Andrew Thomson MSC 61 14.2
2 John Ulan WP 60 14.6
70-79
1 Don Ernst UN 75 20.5

30-39 Women
1 Pat Dye WP 34 13.96
2 Patty Ellis WP 30 15.10
3 Cheryl Silverio WP 32 16.28
200 40-49 Men
1 Van Voorhis Minn 43 24.7
2 La Chusla Buf 42 25.0
3 Holmes WP 41 25.1
4 McClain OTH 45 25.8
5 Coates WP 46 27.3

60-69
1 Thomson MSC 61 30.4
30-39 Women
1 Silverio WP 32 33.8
400 30-39 Men
1 Burroughs UN 35 65.8
40-49
1 Coates OTH 46 62.0
60-69
1 Thomson MSC 61 67.1
30-39 Women
1 Dye WP 34 69.26
2 Carol Crouthamel WP 37 72.0
3 Silverio WP 32 73.17

800 Men 40-49
1 Jim Fox 40 UN 2:05.9
2 Dave Larson 43 WP 2:17.1

Women 30-39
1 Pat Dye 34 WP 2:46.0
Crouthamel 39 WP 2:51.0

1500 Men 30-39
1 Jim Argenbright JT 4:39.0
2 Guy Pissoferrato WP 4:44.0
3 Jim Helicki WCR 4:47.0

40-49
1 Jim Fox UN 40 4:17.0
2 Bill Wise WP 42 4:27.0

50-59
1 Ray Lister WP 56 5:20.0
2 Sam Sinderson WP 51 5:28.0

3200 Walk 70-79 Men
1 Don Ernst UN 75 27:15.0

5000 30-39 Men
1 Milt Gess UN 16:55
2 Pissoferrato WP 30:17:08
3 Argenbright JT 30:17:51
4 Helicki WCR 18:109

40-49
1 Wise WP 42 16:57
50-59
1 Lister WP 56 19:36
2 Sinderson WP 51 20:47
4x100 Relay 30-39 Men
1 Holmes, Silverio, Glessner,
Andy McNeil WP 48.96

40-49 Men
1 Ragland, Williams, McClain,
Coates OTH 49.90

30-39 Women
1 Silverio, Ellis, Crouthamel,
Dye WP 62.8

High Jump 30-39 Men
1 Dick Kelly UN 31 5'2

40-49
1 Kline WP 44 5'4
2 Ed Zuraw UN 45 5'
3 Coates OTH 46 4'8
4 Ragland OTH 47 4'6

50-59
1 Denver Smith UN 50 4'6

60-69
1 Thomson MSC 61 4'4

30-39 Women
1 Ellis WP 30 4'6

Long Jump 30-39 Men
1 Glessner WP 31 17'7
2 Silverio WP 35 16'1 3/4

40-49
1 Van Voorhis Minn 43 17'7
2 Coates OTH 46 16'2 3/4
3 Kline WP 44 16'1
5 Ragland OTH 47 18'8

60-69 Men
1 Thomson MSC 61 12'5 3/4

30-39 Women
1 Ellis 30 UN 9'2
Triple Jump 40-49 Men
1 Coates 46 OTH 31'3
2 Ragland 47 OTH 30'1

50-59
1 D Smith 61 UN 30'1

Pole Vault 30-39
1 Sam Prentice 32 WP 13'6

40-49
1 Zuraw 45 UN 12'6
2 Kline 44 WP 8'1

Shot Put 30-39 Men
1 Bill DeBoer 34 UN 42'4

40-49
1 Pete Hoyt 43 WP 36'4

Wheelchair 30-39
1 Barry Miller 34 STW 14'2

50-59 12 lb
1 Rudy Bradenbeck OTH 38'6
2 Harry Holm 50 PM 37'3
3 D Smith 58 UN 31'10

60-69 8 lb
1 Ulan 60 WP 38'11

30-39 Women
1 Ellis 30 WP 32'1
Discus Wheelchair
1 Miller 34 STW 35'10

40-49 Men
1 Hoyt 43 WP 101'3

50-59
1 Holm 50 PM 135'4
2 Bradenbeck 53 OTH 107'4
3 Smith (D) 58 UN 97'

60-69
1 Ulan 60 WP 98'4

28 lb wt 40-49 Men
1 Hoyt 43 WP 50'3 3/4

60-69
1 Ulan 60 WP 25'

Hammer 40-49 Men
1 Hoyt 43 WP 123'9

50-59 (16 lb)
1 Smith, D 58 UN 37'10

60-69 (16 lb)
1 Ulan 60 WP 57'2

Javelin 30-39 Men
1 Steve Shulin WP 166'8
40-49
1 Fred Stoicheff UN 127'10
2 Ragland 47 OTH 112'3
Kline 44 WP 100'2

50-59
1 Bradenbeck 53 OTH 94'
2 D Smith 58 UN 89'4
1 Ulan 60 WP 110'3

TEAM SCORES & KEY
30-39 Men
1 West Penn (WP) 46
2 Johnstown TC (JT) 6
3 Wash Cty Road Run WCR 1

40-49 Men
1 West Penn 58
2 Over the Hill (OTH) 36
3 Minnesota Masters (MM) 15
4 Buffalo B & B (BUF) 4

50-59 Men
1 West Penn 21
2 Over the Hill 13
3 Philadelphia Master PM 8

60-69 Men
1 West Penn 28
2 Master's Sprint MSC 25

Women
West Penn 51

READING TC DEVELOPMENT MEET
KUTZTOWN, PA; MAY 24, 1984
M30-39
50m C. Suthaley 7.27
100m Jim Weaver 12.86
Rick Kumor 12.86
400m Kumor 58.10
Mile Steve Lehman 5:26
3000m Bill Norton 13:49w
Phil Kistler 10:45r
PV Weaver 10'6"
JT Scott Hagy 210'7"
SP Hagy 42'4"

M40-49
50m J. DeFrancisco 7.30
100m DeFrancisco 14.7
400m Bob Coleman 1:11.37
Mile Manny Scalia 5:09.50
3000m Roy Feick 10:15
SP Bob Coleman 27'4"

3000m Dave Roland 12:37
LJ Mege 16'0"
SP Hal Grossman 32'1"
JT Grossman 107'10"
M50-69
LJ P. Eberhardinger 7'8"
SP Al Selig 36'4"
JT Selig 105'10"
M80-89
100m Fred Keiser 23.78
400m Keiser 2:07.10

Running Pentathlon - Haverford College Haverford, PA May 12, 1984 Phila Masters T & F Assoc.

	X-country	880	2 mi	440	1 mi	place
Rob Favorite 33	25:27	2:29	12:01	60.3	6:13	1st
Kent Prizer 30	25:47	2:33	12:06	65.8	5:45	2nd
Floyd Romack 45	25:28	2:21	11:35	63.0	5:15	1st
Jack Meade 43	26:28	2:49	12:28	75.6	7:05	2nd
G Studzinski 51	25:57	2:40	11:53	74.3	6:00	1st
L Dickerson 52	28:03	2:56	13:04	79.7	6:16	2nd

first race off at 9:25 a.m., last at 11:25 a.m.

SUNY BING MASTERS WEIGHT PENTATHLON: BINGHAMTON, NY; MAY 27, 1984

Division	Discus	Hammer	Shot	Weight	Javelin	Total
	2k	16	16	35	800g	
Tom Kuehl 31	41.13-708	27.45-441.5	11.18-544	10.64-507	41.5-513.5	2614
IB 45-49						
Larry Judd 45	29.38-514	27.2-490.8	9.43-492	9.34-469	35.36-506.9	2473.1
Walter Schillof 45	21.65-306.5	14.65-202.8	10.46-607	6.61-235	41.05-601.4	1952.7
IIB 50-54	1.5k	12	12	35	800g	
Len Olson 52	41.74-719.8	42.46-690.5	14.36-750	12.40-768.5	38.40-621.2	3550
C. Fraundorfer 51	41.78-720.6	45.87-741.1	13.57-701	12.10-746.5	32.94-522.8	3432
Tom Henderson 52	40.48-695.5	40.70-663.8	13.30-684	10.43-621	29.28-452.2	3116.5
Pay Carstensen 52	29.80-470	37.20-608.5	13.05-668	10.97-663	32.80-520.2	2929.7
Jim Rothrock 50	35.30-590.1	26.15-414.6	12.74-648	9.34-535	43.64-709.2	2896.9
Jackson Tovell 52	33.84-559.1	32.04-522.2	10.77-516	9.48-545.5	31.36-492.8	2635.6
IIB 55-59						
Bob Backus 57	34.18-632	51.11-887.5	11.56-634.5	15.68-1085.5	21.17-332.2	3571.7
Herb Cantor 58	34.68-643.1	34.35-621	11.76-649	10.13-676	34.50-621	3210.1
IIIA 60-64	1k	8	8	25	600g	
P. Eberhardinger 64	25.37-364.5	34.84-598.5	8.94-381	10.26-562	21.84-363.2	2269.2
Mario Minafra 63	31.36-504.8	24.46-405.5	9.84-448	7.09-298	23.83-411.2	2087.5
Bernard Brown 60	23.69-322	21.82-350.1	8.36-334.5	6.35-229	22.48-378.8	1614.4
IIIB 65-69						
Harold Parsons 65	36.54-691.8	41.22-787.1	11.85-666	10.77-692	26.96-563.1	3400
Elmer Shaw 66	33.87-632.8	31.00-604	11.80-663	10.47-668	22.44-451.3	3019.1
IIV 70-74						
Phil Partridge 73	31.60-663.5	28.42-638.6	8.95-527	8.56-605	26.92-661	3095.1
VA 80-84						
Al White 80	9.32-70	15.20-491	4.61-240	3.97-275	8.89-246	1322
W35-39						
Kathy Pierce 36	26.13-383	19.69-283.5	9.41-416	5.70-61	19.73-299	1442.6

Winners based on Age Factor Scoring: 40-84-Backus, 3571.7; Olson, 3550; Fraundorfer, 3432.
30-39-Kuehl, 2614.

TEXAS AGE GROUP DECATHLON; AUSTIN; MAY 12-13

All marks below are metric. *represents a mark made with other than 42" hurdles, 16 lb. shot, 2K discus, or 800g javelin.

											DAY-1	DAY-2	TOTAL
NAME/AGE	100M	LJ	SP	HJ	400M	110MH	DT	PV	JT	1500M	TOTAL	TOTAL	SCORE
1. Bill Bochet-23 points	11.1 780	5.50 491	9.09 392	1.95 813	53.1 675	15.2 827	30.24 479	3.60 700	38.34 466	4:54.4 439	3151	2911	6062
3. Richard Watson-31	12.5 482	5.34 453	11.42 560	1.75 634	59.0 464	17.8 597	35.98 604	3.50 672	50.36 638	4:54.9 437	2593	2948	5541
7. Steven Kent-40	12.4 501	4.71 299	10.08 466	1.45 344	61.5 387	19.7* 468	27.50 416	2.10 233	30.52 339	5:39.8 217	1997	1673*	3670*
8. Hector Cisneros-50	12.8 426	4.24 178	9.46* 420	1.50 394	61.0 402	19.2* 499	25.32* 363	3.00 528	26.68 270	5:46.6 188	1820*	1848*	3668*
9. David Hawes-31	12.5 482	4.70 296	7.82 291	1.65 540	63.5 329	19.6* 474	22.68 295	2.10 233	31.82 361	5:34.0 242	1938	1605*	3543*
10. Bill Hoskings-42	12.6 463	4.53 254	8.70 362	1.30 189	65.5 276	21.1* 387	22.74 297	2.20 269	29.38 319	5:53.4 161	1544	1433*	2977*
11. Jerry Poulson-39	14.0 228	4.10 140	10.85 522	1.25 135	70.6 152	23.1* 288	29.22 456	NH 0	45.16 566	5:47.6 184	1177	1494*	2671*
12. Martin Legett-59	15.0 88	3.80 57	7.59 272	1.35 242	80.7 0	27.0 138	22.74 297	2.60 403	37.34 450	8:13.7 0	659	1288	1947 ¹

1-Note: new age 59 world record for decathlon using open hurdles and implements (42" hurdles, 16 lb. shot, 2K discus and 800g javelin). Old record, 1494 points by Claude Hills, 1972.

30-39 (42" hurdles for Watson, 39" for others; 16 lb. shot, 2K discus, 800g javelin)														
1. Richard Watson-31	12.5	17'6"	37'5.75	5'9	59.0	17.8	118'0"	11'5.75	165'3	4:54.9	5541			
2. David Hawes-31	12.5	15'5	25'8	5'5	63.5	19.6	74'5	6'10.75	104'5	5:34.0	3543			
3. Jerry Poulson-39	14.0	13'5"	35'7"	4'1"	70.6	23.1	95'10"	NH	148'2	5:47.6	2671			
4. Don O'Neal-32	13.8	13'9"	22'11"	3'11"	65.6	0	0	0	0	0	998			

40-49 (36" hurdles, 16 lb. shot, 2K discus, 800g javelin)														
1. Steven Kent-40	12.4	15'5"	33'1	4'9	61.5	19.7	92'0.75	6'10.75	100'1	5:39.8	3670			
2. Bill Hoskings-42	12.6	14'10"	28'6"	4'3"	65.5	21.1	74'7"	7'2.75	96'4.75	5:53.4	2977			

50-59 (36" hurdles, 12 lb. shot, 1.6K discus, 800g javelin for Cisneros; 42" hurdles, 16 lb. shot, 2K discus, 800g javelin for Legett)														
1. Hector Cisneros-50	12.8	13'11	31'0"	4'11	61.0	19.2	83'1	9'10"	87'6"	5:46.6	3668			
2. Martin Legett-59	15.0	12'5.75	24'10.75	4'5"	80.7	27.0	74'7"	8'6"	122'6	8:13.7	1947			

PENTATHLON, TEMPLE U., PHILADELPHIA, PA; MAY 26, 1984

		<u>long jump</u>	<u>discus</u>	<u>200 m</u>	<u>javelin</u>	<u>1500 meters</u>	<u>total</u>
Rob Favorite	33	5.57 (507)	21.93 (275)	0:25.6 (507)	22.33 (187)	4:46.2 (487)	1st (1963)
Carl Grossman	37	4.16 (156)	14.08 (43)	0:27.9 (338)	19.92 (137)	5:04.2 (385)	2nd (1059)
Fred Mannis	45	4.87 (339)	24.90 (352)	0:27.8 (344)	39.58 (484)	5:00.6 (405)	1st (1924)
Phil Steel	49	3.82 (63)	14.91 (70)	0:31.7 (112)	19.15 (120)	5:21.7 (298)	2nd (663)
Ron Noreen	51	4.08 (135)	29.22 (456)	0:31.1 (144)	26.43 (266)	8:06.1 (0)	1st (1001)
Bill Bellev'le	54	3.47 (0)	22.84 (300)	0:34.5 (0)	24.74 (234)	5:48.4 (181)	2nd (715)
Nick Breslin	50	none (0)	22.63 (294)	0:29.9 (212)	20.67 (153)	6:30.4 (30)	3rd (689)
George Taylor	53	3.96 (101)	21.82 (273)	0:33.4 (27)	24.37 (227)	dnf (0)	4th (628)
Dan Ross	54	3.36 (0)	17.38 (147)	0:36.3 (0)	17.35 (80)	6:11.1 (95)	5th (322)
Oscar Harris	60	4.46 (235)	26.31 (387)	0:28.7 (285)	21.13 (162)	6:30.6 (29)	1st (1098)
Don Harris	61	3.98 (107)	28.69 (444)	0:31.3 (133)	27.75 (290)	6:53.5 (0)	2nd (974)
Rudolf Nilsen	72	3.62 (6)	19.38 (206)	0:34.0 (0)	16.64 (64)	6:21.4 (59)	1st (335)

Trojan Masters Invitational T&F Meet
Cromwell Field, University of Southern California
June 9, 1984 -- Perfect Weather -- 240 Competitors

100 Meters

50-54 W
Irene Obera 13.8 AR
65-69 W
Marjorie Hunt 22.0
30-34 M
Marion McCoy 10.76
Dwayne Taggart 10.81
Albert Shortt 11.25
Warren Spikes 11.38
Mike Black 11.57
Arnold Christopher 11.92
Steven Black 11.99
Robin Williams 12.22
Foots Williams 12.58
35-39 M
Don Parish 11.78
Ronald Beadle 11.82
Rufus Morris 12.07
John Pulley 12.26
Carl Flowers 12.29
Marvin Thompson 12.37
40-44 M
Walt Butler 11.65
Steve Robbins 11.67
Doug Smith 11.97
Willie Roberson 11.99
Robert Simmons 12.65
Carlton Collins 12.73
Art Shulman 12.75
Ron Banks 12.87
45-49 M
Lewis Smith 11.8
Booker Washington 12.2
Raoul Boguilla 12.2
Roger Tsuda 12.5
Ezra Shim 13.3
Jerry Stanners 13.4
Fred Broward 13.7
Kenny Dennis DNF
50-54 M
Nick Newton 12.17
Donald Benton 12.46
Woody Grover 12.63
Will Robinson 12.78
Jim Parks 12.78
Juan Pedevilla 14.33
Bill Adler 14.49
Robert Radford DQ
55-59 M
Robert Watanabe 12.63
Rocky McPherson 12.82
Ted Vick 12.83
60-64 M
Pete Petter 14.2
Jim Warren 15.1
George Simon 15.1
Byron Walls 15.1
Steve Peck DNF
65-69 M
Al Guidet 13.9
Clarence Killion 13.9
Andy Collins 14.1
Herbert Miller 14.3
70-74 M
Anthony Castro 14.5
Don Mowrer 16.6
75+M
Sing Lum 17.1

200 Meters

35-39 W
Marilyn White 31.84
40-44 W
Jeanne Carter 29.26
50-54 W
Gretchen Snyder 29.49
30-34 M
Adrian Rogers 21.70
Eugene Driver 21.99
Marion McCoy 22.01
Warren Spikes 22.19
Mike Black 23.40
Arnold Christopher 24.20
35-39 M
Carl Flowers 25.14
Frank Reilly 25.57
40-44 M
Walt Butler 23.36
Steve Robbins 23.74
Frank Little 24.16 Tie
Willie Roberson 24.16 Tie
Dennis Duffy 24.49
Fred Niedermeyer 24.58
Doug Smith 24.77
Robert Simmons 25.74
Art Shulman 25.88
Carlton Collins 26.47
Ronald Banks 26.72
45-49 M
Lewis Smith 24.94
Booker Washington 25.24
Stan King 25.45
Roger Tsuda 26.19
Raoul Boguilla 26.36
Fred Broward 30.42
50-54 M
Nick Newton 25.06
Woody Grover 25.71
Donald Benton 25.99
Will Robinson 26.19
Jim Parks 26.44
George Wall 27.31
Bill Gaedke 27.94
Edward Martin 28.43
Juan Pedevilla 29.84
55-59 M
Robert Watanabe 26.25
Ted Vick 26.6
Jock Jocoy 27.6
60-64 M
Jim Warren 30.5
Harold Hunter 31.2
George Simon 33.2

65-69 M

Clarence Killion 29.12
Andy Collins 30.46
Henry Dorff 31.04
Herbert Miller 32.50
70-74 M
Don Mowrer 36.52
75+M
Sing Lum 36.74

400 Meters

35-39 W
Marilyn White 1:16.18
40-44 W
Jeanne Carter 1:05.69
50-54 W
Gretchen Snyder 1:04.93
(American Record)
30-34 M
Adrian Rogers 47.8
Albert Shortt 49.3
Eugene Driver 49.5
James Harvey 50.2
Glen Johnson 50.4
35-39 M
Al Taylor 54.1
Robert Hoffman 1:04.5
40-44 M
Bill Knocks 52.7
Dennis Duffy 53.1
George Cohen 53.1
Fred Niedermeyer 54.2
Doug Smith 55.1
45-49 M
Bob Morgan 56.4
Stan King 56.5
Charles Cordero 1:02.2
50-54 M
Woody Grover 56.65
Bill Gaedke 58.14
George Wall 58.37
Percy Knox 59.18
Edward Martin 1:03.41
Charles Rice 1:06.29
55-59 M
Robert Watanabe 58.91
Gene Harte 59.29
Louis Beadle 59.94
Jock Jocoy 1:07.24
Robert Poet 1:10.16
65-69 M
Clarence Killion 1:07.0
Henry Dorff 1:12.8
Pete Ganahl 1:13.8
George Polynis 1:18.5
75+M
Sing Lum 1:34.3

800 Meters

30-34 M
Nolan Smith 1:55.7
David Hoover 1:59.7
Kenneth Mercurio 2:11.2
35-39 M
Stan Kotkosky 1:55.9
Wayne Douglas 2:06.5
Ron Rook 2:22.7
40-44 M
George Davis 2:08.7
Norm Towers 2:10.2
Bill Perry 2:12.2
45-49 M
Jesse Carrington 2:09.6
50-54 M
Bill Gaedke 2:15.3
Fred Lehr NT 2nd
Jerry Withers NT 3rd
Tom Sturak 2:17.9
55-59 M
Leonard Walts 2:20.60
Jock Jocoy 2:37.68
Robert Poet 2:38.84
60-64 M
Dave Lewis 2:38.9
65-69 M
George Polynis 3:27.5
70-74 M
Edward Stotsenberg 2:57.6
75+M
Jacob Bishin 4:41.4

1500 Meters

30-34 M
Steve Rohde 4:33.4
Marcel Lacroix 4:45.3
35-39 M
Jim Reilly 4:30.9
40-44 M
Norm Towers 4:23.0
Bill Perry 4:27.1
45-49 M
Al Westlinger 4:32.3
Gary Miller 4:54.3
50-54 M
Fred Lehr 4:34.4
Tom Sturak 4:44.8
55-59 M
Linde Gunnar 4:46.0
60-64 M
Avery Bryant 5:21.9
Donald Cotner 5:53.2
65-69 M
George Polynis 7:37.2
70-74 M
Edward Stotsenberg 5:49.2
75+M
Jacob Bishin 9:40.0

5000 Meters

35-39 W
Maxine Waters 21:13.7
45-49 W
Atsuko Fujimoto 22:29.8
Shiela Smith 22:38.0
55-59 W
Helen Dick 20:16.7
30-34 M
Steve Rohde 16:57.90
Irwin Merein 16:59.28
35-39 M
Ron Rook 19:32.69
40-44 M
Neil Doherty 16:18.68
Richard Greene 17:06.04
45-49 M
Dennis Fitzgerald 16:51.09
50-54 M
Tom Sturak 18:40.44
55-59 M
Pete Mundle 19:40.85
70-74 M
Dean Scofield 28:01.58
80+M
Jacob Bishin 34:56.38

3000 Meters Steeplechase

35-39 M
Henry Lange 11:01.8
50-54 M
Ted Oviatt 13:11.2
55-59 M
Walter Atcheson 12:45.1
80 Meter Hurdles, Women

45-49 (30 inch)
Christel Miller 15.89
50-54 (30 inch)
Shirley Kinsey 17.61

110 Meter Hurdles, Men

30-34 (39 inch)
Stanley Johnson 15.95
Ralph Tilley 16.12
Maurice Valentine 17.56
35-39 (39 inch)
Don Parish 15.26
Ray Jenkins 15.78
Marvin Thompson DNF
40-44 (36 inch)
Walt Butler 14.87
45-49 (36 inch)
Alvin Henry 17.88
Jerry Stanners 18.66
50-54 (33 inch)
Malachi Andrews 17.14
Bill Adler 18.39
55-59 (33 inch)
Jock Jocoy 21.1
Loren Noyes 24.22
60-64 (30 inch)
Steve Peck 19.10
65-69 (30 inch)
Herbert Miller 19.13
Bill Burke 22.34
Al Guidet DNF

400 Meter Hurdles, Men

30-34 (36 inch)
Dennis Smith 55.77
Foots Williams 1:03.29
Marcel Lacroix 1:11.33
35-39 (36 inch)
Gary Laine 58.1
Bill Knocks 1:00.4
45-49 (33 inch)
Bob Morgan 1:08.05
55-59 (30 inch)
Loren Noyes 1:33.71
65-69 (30 inch)
Al Guidet 1:18.62
Pete Ganahl 1:24.21

5000 Meter Walk

60-64 W
Rose Kash 36:07.0
35-39 M
Ron Brumel 32:56.6
50-54 M
Carl Acosta 28:21.9
John MacLachlan 29:04.0
75+M
Chesley Unruh 36:11.0

400 Meter Relay

35-39 W
Corona Del Mar 59.2
30-39 M
Corona Del Mar 46.4
60-64 M
Corona Del Mar 58.8

1600 Meter Relay

30-39 M
So. Calif Striders
3:28.45
60-64 M
Corona Del Mar 5:48.85

High Jump

35-39 W
Annelies Steekelenburg 5'2"
50-54 W
Shirley Kinsey 3'6"
30-34 M
Mel Embree 6'10"
35-39 M
Charles Rader 6'6"
40-44 M
Carlton Collins 5'6"
Don Dvorak 5'4"
45-49 M
Ed Oleata 5'2"
Jerry Stanners 5'2"
50-54 M
Nick Newton 5'4"
Bill Adler 4'2"
55-59 M
Jock Jocoy 4'6"
Hal Wallace 4'6"
60-64 M
Burl Gist 4'8"
Dave Brown 4'0"
Tom DeVaughn 3'8"
65-69 M
Bill Burke 4'4"
Herbert Miller 4'0"
Jim Vernon 4'0"
70-74 M
Carol Johnston 4'0"
Don Mowrer 4'0"
Arthur Vesco 3'6"

Pole Vault (Men)

30-34
Robert Pullard 16'3"
35-39
Warren Wilke NH
40-44
Mardon Connelly 14'6"
Richard Mearns NH
45-49
Ed Oleata 11'0"

Jerry Stanners 10'6"
Hal Smith 9'0"
Tom Woodring NH
50-54
Ron DeVoe 8'0"
55-59
Hal Wallace 10'6"
Bob Richards 10'0"
Don Grosh 10'0"
Jock Jocoy 7'6"
60-64
Ralph Biesemeyer 9'6"
Dave Brown 9'0"
Tom DeVaughn 7'0"
65-69
Jim Vernon 10'0"
Elmer Siegel 7'6"
Bill Burke 6'6"
70-74
Carol Johnston 9'0"
Arthur Vesco 5'0"
75+
Robert MacConaghy 7'6"

Long Jump

35-39 W
Sondra Schumacher 11' 4 3/4"
50-54 W
Shirley Kinsey 11' 6 1/2"
Magdalena Kuehne 11' 2 1/4"
Edith Mendyka 7'4" (W 70-74)
30-34 M
Eddie Loughridge 21'5"
Maurice Valentine 20' 1/2"
John Kuechle 20' 3 1/4"
Joseph Ciasulli 19' 6 1/2"
Dave Jackson (52) 19' 5 1/2"
Wayne Collins 18' 7 3/4"
Mike Black 18' 10 1/2"
35-39 M
Stan Whitley 24'7"
Rufus Morris 22'8"
Carl Flowers 21'5"
40-44 M
Carlton Collins 19'0"
Don Dvorak 18' 1 1/2"
45-49 M
Roger Tsuda 17'7"
Jerry Stanners 16' 10 1/4"
Alvin Henry 15' 11 1/2"
Raoul Boguilla 15' 11 1/2"
50-54 M
Malachi Andrews 17' 8 1/2"
Edward Martin 15' 6 1/4"

55-59 M
Jock Jocoy 15' 4 1/2"
60-64 M
Jack Cheshire 14' 4 1/4"
Charles Mercurio 14' 3 1/2"
65-69 M
Herbert Miller 14'0"
John Damski 13' 4 1/4"
Bill Burke 13' 2 1/2"
Erich Jordan 11'9"
70-74 M
Don Mowrer 12' 5 1/4"
Morris Gleimer 11' 4 1/2"
Arthur Vesco 10' 4 1/4"

Triple Jump

50-54 W
Magdalena Kuehne 24' 10 1/4"
30-34 M
Maurice Valentine 40'5"
Wayne Collins 36' 2 1/2"
35-39 M
Rufus Morris 44'0"
Richard Rook 31' 1 1/2"
Ron Rook 30'11"

40-44 M

Carlton Collins 38' 5 1/2"
Don Dvorak 36' 9 1/4"
Art Shulman 32' 11 1/2"
45-49 M
Jerry Stanners 33' 7 1/4"
50-54 M
Dave Jackson 40' 4 1/2"
60-64 M
Jack Cheshire 29'6"
Charles Mercurio 29' 1 1/2"
65-69 M
Herbert Miller 29' 11 1/2"
John Damski 28' 3 1/4"
Elmer Siegel 26' 1 1/2"
Erich Jordan 25' 9 1/2"
70-74 M
Morris Gleimer 24' 6 1/2"
Arthur Vesco 19' 3 1/4"

Discus Throw

35-39 W (1 Kg)
Marilyn White 52'11"
45-49 W (1 Kg)
Christel Miller 75'3"
50-54 W (1 Kg)
Shirley Kinsey 86'3"
Magdalena Kuehne 47'2"
55-59 W (1 Kg)
Katie Jocoy 54'4"
70-74 W (1 Kg)
Edith Mendyka 61'1"
(World Record, 73)
30-34 M (2 Kg)
Joe Klein 119'10"
Gary Kelmenson 112'7"
35-39 M (2 Kg)
Frank Reilly 183'4"
Buck Banks 124'11"
40-44 M (2 Kg)
Lloyd Higgins 164'5"
Michael Woodward 139'10"
Cornelius McCormick 129'2"
Abe Sheinker 90'2"
45-49 M (2 Kg)
Jim Hart 142'4"
Hal Smith 106'11"
Gary Miller 113'1"
Ray Martin 109'6"
Jerry Stanners 83'0"
50-54 M (1.6 Kg)
Edmond Van Pelt 145'1"
Richard Kennerly 110'3"
Edward Martin 105'8"
Dave Douglass 103'2"
55-59 M (1.6 Kg)
Hal Wallace 123'1"
Jock Jocoy 82'7"
Emson Grimm 44'10"
60-64 M (1 Kg)
Bill Bangert 129'10"
Robert Hunt 109'6"
Frank Zerega 91'4"
65-69 M (1 Kg)
Bill Burke 108'2"
Erich Jordan 100'10"
Aaron Cronkrite 92'8"
70-74 M (1 Kg)
Ross Carter 123'3"
Donald Pierotti 101'8"
Arthur Vesco 83'2"

Shot Put

35-39 W (8 Lb.)
Sondra Schumacher 25' 2 1/2"
45-49 W (8 Lb.)
Christel Miller 26' 1/2"
50-54 W (6 Lb.)
Magdalena Kuehne 21' 11 1/2"
55-59 W (6 Lb.)
Katie Jocoy 28' 1 1/2"
70-74 W (6 Lb.)
Edith Mendyka 25'11"
(World Record)
30-34 M (16 Lb.)
Joseph Klein 41'1"
Gary Kelmenson 35'4"
35-39 M (16 Lb.)
Frank Reilly 49' 2 1/2"
Al Stephens 46' 2 1/4"

Buck Banks 40'4"
Steve Jarvis 39'0"
40-44 M (16 Lb.)
Dan Anderson 28'0"
45-49 M (16 Lb.)
Jim Hart 44'2"
Ray Martin 38'11"
Hal Smith 38'9"
Harry Harper 33' 8 1/2"
Gary Miller 33' 1 3/4"
Bob Frahm 33' 3/4"
50-54 M (12 Lb.)
Dave Douglass 34' 7 3/4"
Richard Kennerly 33' 9"
Woody Grover 32'5"
55-59 M (12 Lb.)
Hal Wallace 37' 9 1/2"
Loren Noyes 29'5"
Jock Jocoy 28' 7 1/2"
Emson Grimm 21'9"
60-64 M (8 Lb.)
Bill Bangert 46' 6 1/2"
Harold Hunter 41' 7 1/2"
Seymour Lampert 36' 7 1/2"
Howard Hunt 36' 6 1/2"
Tony Lombardi 32' 9 3/4"
Frank Zerega 30' 11 1/4"
65-69 M (8 Lb.)
Aaron Cronkrite 36' 10 1/4"
Bill Burke 36'6"
Erich Jordan 34'7"
70-74 M (8 Lb.)
Ross Carter 41'3"
Donald Pierotti 33' 1 1/4"
75+M (8 Lb.)
Brenek Rous 30'10"

Javelin Throw

35-39 W (600 Gm)
Sondra Schumacher 61'1"
45-49 W (600 Gm)
Christel Miller 95'6"
50-54 W (400 Gm)
Magdalena Kuehne 66'5"
55-59 W (400 Gm)
Katie Jocoy 53'5"
70-74 W (400 Gm)
Edith Mendyka 69'6"
(World Record, 73)
30-34 M (800 Gm)
Gary Kelmenson 125'2"
35-39 M (800 Gm)
Warren Wilke 191'0"
Steve Jarvis 181'7"
Buck Banks 145'10"
Richard Rook 138'1"

Ron Rook 135'7"
40-44 M (800 Gm)
Carlton Collins 129'10"
Michael Woodward 143'4"
45-49 M (800 Gm)
Hal Smith 134'6"
Harry Harper 109'6"
Jerry Stanners 94'5"
50-54 M (800 Gm)
John Pakiz 132'6"
Edward Martin 126'8"
Juel Sweetie 118'10"
55-59 M (800 Gm)
Hal Wallace 129'11"
Bob Richards 123'7"
Jock Jocoy 92'0"
Emson Grimm 49'5"
60-64 M (600 Gm)
Ed Chynoweth 151'1"
Harold Hunter 148'3"
Pete Petter 133'1"
Tony Lombardi 113'9"
Frank Zerega 77'4"
65-69 M (600 Gm)
Bill Burke 107'8"
70-74 M (600 Gm)
Donald Pierotti 88'9"
Arthur Vesco 60'0"
75+M (600 Gm)
Robert MacConaghy 97' 4 1/4"

Hammer Throw (Men)

30-34 (16 Lb)
Gary Kelmenson 136'0"
40-44 (16 Lb)
Abe Sheinker 91'1"
45-49 (16 Lb)
Jim Hart 114' 1 1/2"
Hal Smith 97'4"
50-54 (12 Lb)
Hal Connolly (16 Lb) 160'8"
Stewart Thomson (16 Lb) 159'6"
Dave Douglass (12 Lb) 115'9"
55-59 (12 Lb)
Emson Grimm 53'8"
60-64 (12 Lb)
Bill Bangert 119'5"
Frank Zerega 102'2"
Tom DeVaughn 99'7"
Seymour Lampert 77'5"
70-74 (12 Lb)
Donald Pierotti 87'0"



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LONG DISTANCE RESULTS

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

ISLAND TC MASTERS 10K LONG ISLAND, NY APRIL 1, 1984

1st Overall	
Herb Kahl	33:41
Chris McKenzie	44:03
M40-49	
L. Hugelmeyer	34:46
R. Christensen	36:44
J. Roman	37:58
B. Fontaine	39:09
G. Davis	40:37
M45-54	
D. Wilson	34:41
G. Leske	35:04
P. Luke	35:51
D. Murphy	36:19
J. McGuinness	38:16
M50-59	
G. Feld	36:47
B. Rennie	42:08
E. Nugent	46:21
A. Lopez	55:48
M55-64	
J.P. Moran	44:28
M60+P. D'Orto	49:29
Women	
C. McKenzie	52 44:03
A. Dore	47 59:11
K. Bovino	41 62:18

CRRC 5K/10K; GRIFFITH PARK, LOS ANGELES; APRIL 20, 1984

--5K--	
1st Overall	
S. McCalley	30 15:38
Jennifer Hunt	11 18:34
M40-49	
Chuck Laine	40 20:06
Pete Mireles	44 20:53
Ron Larson	42 20:59
M50-59	
Robert Round	51 22:12
Terence O'Brien	52 24:00
David Barry	52 24:19
M60-69	
David Cohen	64 20:31
Ed Stotsenberg	70 21:51
Al Scarzo	60 22:28
W40-49	
Janet Platt	45 32:51
Brenda Scott	45 37:57
W50-59	
Dorothy Ahrens	50 26:57

--10K--	
1st Overall	
Ian Gilmour	32 31:25
Joyce Rankin	36 40:16
M40-49	
C. Gonzales	42 35:42
Roy Burleson	40 35:49
Robert Newman	40 36:30
M50-59	
Jim Knerr	50 36:22
Pat Devine	55 36:49
A. Camacho	53 38:35
M60-69	
Fred Bruecker	67 52:51
Sam Dimura	66 53:05
W40-49	
Sheila Hasham	41 43:25
Faye Thompson	43 49:08
Maria Fribourg	42 50:37
W50-59	
Ann Priddy	55 50:20
Daisy Wong	59 52:35
Doris Gordon	57 57:10
W60-69	
Esther Tapelband	62 60:42

CLEAN AIR RUN 10K; ST. LOUIS, MO; APRIL 21, 1984

1st Overall	
Sean Selev	31:57
Jean Fokheine	40:40
M40-49	
C. Bradford Jr	38:58
Orlyn Skrien	40:51
L. Iffland	40:56
M50-59	
Russ Johnson	41:13
Ernie Hirschfeld	42:15
Leo J. Tabaka	45:29
M60-69	
John Braoliski	48:30
Ralph Brindley	56:01

W40 Joan Stepzinski	49:28
Judy Ulrich	53:37
Sr. Jean Christianson	
	54:37
W50 Ruth Schnieder	59:30
W60+Polly Bailey	61:08

SAN JOSE ROTARY 5 MILE; SAN JOSE, CA; APRIL 28, 1984

1st Overall	
Ron Fritzke	24:39
Charlene O'Brien	28:18
M40-49	
Tim Restege	43 26:43
Bill Meinhardt	43 26:51
Charles Jackson	41 27:05
Denis Reager	40 27:39
M50-59	
Bob Farrington	52 28:31
E.R. Silver	53 29:03
Glenn Unsicker	51 30:48
John Armstrong	55 32:59
W40-49	
Susan Brown	41 34:43
Carol Garsen	43 39:43
Merry Leehooks	41 41:50
W50-59	
Florence Stage	54 48:16
Peggy Pridmore	63 58:26
Esther Rodriguez	59 65:49

SUNNYVALE BAYLANDS 10K; SUN- NYVALE, CA; APRIL 28, 1984

1st Overall	
Ian Gilmour	31:14
Sharlet Gilbert	36:21
M40-49	
Bert Johnson	34:17
Jim McLenan	35:49
Gene Hoyle	37:43
M50-59	
Phil Larson	39:02
Roy Ilse	42:51
Ned Baxter	43:05
M60-69	
Dennis Egle	40:07
John Gilkey	42:16
Isadore Alvarado	49:01
W40-49	
B. Fraser-Smith	44:38
Pauline McLaren	46:15
W50-59	
Darlene Dyer	50:27
Pat Hale	54:24

PATHFINDER/MARCH OF DIMES 10K; BARTLESVILLE, OKLA. APRIL 28, 1984

M40 Jeff Fischer	34:03
M45 Ralph Bergstad	40:14
M50 Steve Blanchard	37:36
M55 Jerry Crockett	37:55
M60+Guajolote Veloz	44:13
W40 Donna Stuart	53:26
W45 Donna Wright	41:32
W50 Jean Benear	64:27
W60+Pat Sloan	62:42

SOUTH PASADENA/SAN MARINO 5/10K; APRIL 28, 1984

--5K--	
M40-49	
Lee Baca	16:41
Tom Tomlinson	17:43
Terry Chapman	19:09
M50-59	
Jim Brownfield	16:41
Larry Malone	20:59
Ralph Slater	22:15
W40-49	
Bonnie Norquist	22:40
Gayle Frye	24:41
Alice Evavold	24:55
W50-59	
Annabel Kerkman	27:03
Brita Goldsmith	27:16
Gloria Johnson	30:28

--10K--	
M40-49	
Phil Ryan	32:23
Joe Cuevas	37:32
Roy Kuhlmeier	37:45
M50-59	
Robert Hardaway	42:14
Carl Barnes	42:45
Bry Thorne	42:58
W40-49	
Ann Welton	47:31
Alison Bolt	47:43
Nancy Gouch	49:29
W50-59	
Hortense Carillo	53:55
Pat Wagner	55:24
Liz Remanick	56:19

7th ANNUAL JIM EMMERICH 15K BROOKINGS, SD; MAY 5, 1984

1 Cody Rufer	29 53:34
3 Dave Bushard	47 55:10
5 Bob Bartling	57 57:56
11 Gary Frandson	41 1:03:42
15 Lu Holwerda F	47 1:11:28

LONGEST DAY 10K/MARATHON BROOKINGS, SD; 4/29/84

--10K--	
1 Randy Fischer	27 33:34
8 Larry Jacobson	42 36:58
10 Bob Bartling	57 37:27
17 Roger Wilson	40 39:00
21 Bob Ritter	42 40:26
23 Art Hinman	55 41:01
26 L. Strassburg	50 41:42
32 Gary Frandson	41 43:04
37 Chuck Lehman	41 43:52
38 W. Klawiter Jr	50 43:53
44 Larry Piersol	43 44:27
50 W.D. Putman	40 46:24
54 R.S. Charles	60 46:46
55 Lorne Bartling	69 47:06
63 Bruce Blake	53 50:39
64 Reyna Martin	F41 51:00
65 R.Bommersbach	41 52:06
66 Gene Frey	62 52:07
68 Gwen Fleace	F44 60:01

--Marathon--	
1 S. Stemsrud	27 2:43:37
4 Jim Lindley	44 2:59:47
11 D. Schlieman	43 3:17:53
12 Dennis Taylor	45 3:21:22
13 David Rykhus	50 3:27:30
15 D. Graverson	44 3:46:45
18 Duane Mathisen	45 3:54:13
22 W. Perrizo	40 3:59:57

RUN WITH THE NURSES 5K/10K LOS ANGELES; MAY 5, 1984

--5K--	
1st Overall	
R. Procter	25 15:12
Beth Weber	25 18:14
M40-49	
L. Friedman	43 19:33
B. Washington	46 19:53
James Payton	42 21:25
M50-59	
Victor Camarillo	52 21:00
Richard Leaman	50 22:47
Mike Skibel	50 24:43
M60-69	
Gordon Eckstrom	66 26:48
Bill Lucas	61 28:14
Howard Lee	61 28:20
W40-49	
Mary Martin	40 21:01
Cecily Parke	44 22:03
Atsuko Fujimoto	49 23:10
W50-59	
Barbara Monroe	52 29:12
Cecilia Nash	52 29:43
Jane McMickle	51 32:40

--10K--	
1st Overall	
M. Garcia	22 32:03
Sara Denning	31 38:51
M40-49	
Michael Malsterra	44 42:25
Arthur White	41 42:48
Dick Homme	43 43:17
M50-59	
M. Bryant	55 43:18
Carl Barnes	53 43:45
Merrill Francis	52 43:49
M60-69	
Jim Talley	63 41:46
Norm Rhinehart	62 48:15
Joseph Herera	60 50:54
W40-49	
May Fong	47 51:31
Marsha Daidula	43 54:38
Lily Garcia	40 54:38
W50-59	
Celia Herera	56 54:07
W60-69	
Esther Tapelband	62 58:27

ATHLETE FOOT'S QUAD CITY MARATHON; ROCK ISLAND, ILL. MAY 6, 1984

1st Overall	
Bruce Tracy	29 2:32:03
Sheryll Langley	35 3:25:29
M40-49	
William Barker	43 2:53:02
Joseph O'Shea	40 2:54:27
Gordon Carrier	44 2:59:51
M45-49	
Karl Minor, Jr	45 2:50:48
Don Forshee	48 3:09:47
Tom O'Brien	48 3:10:21
M50-59	
Dave Powell	51 2:52:14
Francis Riley	50 3:14:39
Phil Caldwell	52 3:23:56
W40-49	
Bernice Dunn	46 3:47:00
Rachel Norton	46 3:55:48
Judith Knutson	42 4:24:01
M50-59	
Eloise Caldwell	51 3:39:29
Jo Gonse	52 4:38:55

PEPSI CHALLENGE 10K W. LAFAYETTE, IN; May 6, 1984

Top Five M40+	
Ron Goudreau	35:07
John Allen	39:05
Tom Turpin	40:06
David Norman	40:47
William Shaffer	41:08
Top Four W40+	
Mary Wachs	56:18
Araceli Merrell	56:19
Gay Schroeder	59:10
Wanda Fisher	1:00:25

LILAC BLOOMSDAY 12K SPOKANE, WASHINGTON MAY 6, 1984

1st Overall	
Ibrahim Hussein	25 34:32
Regina Joyce	27 40:27
M40-49	
Jeff Corkill	40 39:58
Roger Pratt	42 41:11
Joe Machala	42 41:14
M45-49	
Herb Parsons	46 43:00
Graham Kenyon	46 45:00
Grant Smith	46 45:10
M50-54	
Edward Rockwell	50 43:55
Jack Fruit	51 46:11
Patrick Quinn	50 46:12
M55-59	
Orio Keniston	57 44:26
Lynn Dompier	58 50:27
Walt Thorpe	56 50:29
M60+	
Robert Dellwo	66 55:37
Donald Weitz	60 55:41
Wayne Eacker	61 55:48
W40-49	
Bette Poppers	41 45:17
Elaine Kirchen	41 46:46
Carol Flexer	41 47:44
W45-49	
Sylvia Quinn	47 51:38
Christine Curtis	46 53:08
Karlene Harding	45 58:05
W50-54	
Alic Taggares	53 53:05
June Machala	53 57:55
Sally Fredericks	51 60:42
W55-59	
Nola Bruhn	55 58:28
Lilo Hadley	58 1:10:21
Pat Reiter	57 1:14:25
W60+	
Alyce Lindberg	63 1:10:00
C. Robertson	61 1:12:01
Maureen Schmah	62 1:17:00

SANTA ANITA SPRING 5/10K LOS ANGELES, CALIFORNIA MAY 6, 1984

--5K--	
M40-49	
Ray Hughes	16:31
Phil Hendrickson	17:51
Roy Gardner	18:06
M50-59	
Jim Knerr	16:35
Jim Brownfield	16:56
Jerry Soko	17:58
M60+Larry Banuelos	
David Cohen	20:11
Jim Daculias	22:00
W40-49	
Minette Sicard	21:13
Ann Welton	21:18
Marie Montanez	21:27
W50-59	
Elaine Herfert	24:47
Patricia Wagner	27:13
Alma Shelton	28:41

ELBY'S 20K; WHEELING,
W. VIRG.; MAY 26, 1984

1st Overall
Michael Musyoki 1:00:30
Maureen Custy 1:15:55

M40-44
George Keim 41 1:10:44
Paul Marraccini 41 1:13:33
Ray Dockery 41 1:17:53

M45-49
Ron Hill 45 1:09:12
Bob Ward 46 1:16:42
Frank Price 45 1:19:03

M50-59
Richard Bauman 52 1:14:51
Bill Foulk 51 1:15:33
Herb Baker 50 1:23:14

M60+
John Biega 60 1:34:43
Tom Brittenham 60 1:35:00
Joe Federici 65 1:39:21

W40-49
Fay Di Zerega 41 1:30:11
Donna Belch 41 1:37:31
Beverly Bernard 41 1:38:04

W50+
Ann Ruth 52 1:51:09
Ella Custer 54 1:58:06

BRENTWOOD 10K; LOS ANGELES,
CA; MAY 27, 1984

1st Overall
Carey Simon 28 30:22
Mary Tracer 24 36:49

M40
Marshall Matye 40 32:18
Michael Mahler 41 32:37
Tom Burns 41 33:14

M45
Brian Fernee 46 34:45
Ray Hughes 45 34:52
Ray Craig 48 36:48

M50
Jim Knerr 50 35:17
Jim Brownfield 52 35:42
Patrick Taylor 51 37:00

M55
Jim McMahon 58 39:31
Bryant Thorne 57 42:14
Blair Filler 56 42:58

M60+
Larry Banuelos 60 39:16
Bob Page 62 40:08
Eddie Lewin 67 41:18

W40
Susan Stevens 41 44:35
Rita Gilmore 44 45:12
Lyn Henderson 40 47:02

W45
Christa Rompannen 45 39:34
A. Fujimoto 49 46:33
Bettye Hamonds 46 46:36

W50
Nelly Williams 53 46:43
Joey Hynes 52 50:20
Dodie Filler 53 55:53

W55
Helen Dick 59 40:08
Margaret Miller 58 40:27
Phyllis Greifinger 56 60:08

W60+
Fenya Crown 71 1:01:57

TAC NATIONAL MASTERS
25K ROAD CHAMPIONSHIPS
WASHINGTON, D.C.
MAY 27, 1984

1 Norman Green 51 1:24:11
2 Fay Bradley 46 1:27:18
3 Dick Jamborsky 47 1:30:52

M40
Doug Bulcao 42 1:32:53
Dick Hipp 44 1:33:24
Terry Haakinson 41 1:39:45

M45
Fay Bradley 46 1:27:18
Dick Jamborsky 47 1:30:52
Dave Worthen 48 1:34:34

M50
Norman Green 51 1:24:11AR
Jerome Hagen 51 1:42:48
Richard Good 54 1:54:00

M55
None

M60
Francis Kelly 62 1:47:38
Walt Washburn 61 1:50:25
Bill Osborn 60 2:00:15

M65
John Woods 65 2:03:18
Bob Moffitt 68 2:31:18

M70
John Newdorp 74 2:37:47

M75
Ed Benham 76 2:01:27AR

W40
Thez Kerch 44 1:57:13
Karen Lovelace 44 2:23:30

W45
Patricia Willis 48 2:36:01

W50
Fran Adams 51 2:01:28
Joan Brannon 50 2:24:47
W55
Anne Nauman 56 2:34:09

W60
Margaret Cochran 60 2:23:30

AR=American record

6th ANNUAL MEMORIAL DAY 5K
WICKFORD, RI; MAY 28, 1984

1st Overall
Scott Mason 14:49
Anne Hird 16:43

M40
Jack Thornhill 41 16:44
Jim Jacques 40 16:55
James Kennett 43 17:04
Charles Wilkes 41 17:56
Jim Keith 41 17:58

M45
Paul Lietar 45 17:30
Ken Farrelly 46 17:51
Bob Benson 45 18:19
Wayne Peacock 45 18:25
Everett Lewis 46 18:49

M50
Ken Green 51 19:58
Peter Carnevale 53 21:55
Stuart Mason 51 22:24
Robert Fishlock 53 29:30

M55
George Silva 58 20:01
Edward Crofton 56 20:41
Anthony D'Abrosca 57 21:41
William Blade 55 23:10

M60
Carl Hammen 60 22:42
Clifford Waas 63 24:11

M65
E. Notarianni 69 28:53

W40
Nancy Peterson 41 18:43
Caroline Wilkes 40 24:10
Jane Callaghan 42 24:54
Peggy Todd 41 27:21

W45
Connie Cameron 47 31:32

W55
Martha Moore 58 33:46

W65
Rose Notarianni 66 28:05

COTTON ROW RUN 10K
HUNTSVILLE, AL; MAY 29, 1984

1st Overall
Martyn Brewer 29:32
Katy Schilly 34:39

Top 20 Males

Bill Stewart 41 31:27
Don Coffman 41 31:40
Tony Gerrity 41 32:23
Kirk Randall 42 32:30
Morgan Looney 42 32:48
Alan Pilling 42 32:52
Art Williams 41 34:06
Ken Winn 46 34:06
Mike Kelly 41 34:35
Joe Burgasser 45 34:53
Adrian Craven 47 34:55
John Toole 41 35:12
Robert Navarro 40 35:24

Gerald Koch 50 35:28
Sam Turnbull 50 35:40
George Graham 40 36:01
Bill Butler 41 36:54
John Perkins 46 36:57
Orbin Thompson 45 37:27
Alton Dickerson 46 37:44

M55-59
B.P. Daniel 55 42:30
Gordon English 58 43:00

M60+
Rudy Nimmons 63 39:17
Thomas Cantrell 60 46:12

Top 15 Females

Shirley Matson 43 38:33
Elaine Kirchen 41 39:12
Nancy Parker 47 39:23
Carol Lasseter 41 39:24
Mary Ann Wehrum 46 39:58
Patti Sudduth 44 40:27
Susan Houlton 36 40:40
Mae Cleveland 44 42:32
Chris Van Fleet 43 43:28
Penny Kaiser 43 43:51
Donna Cancel 36 44:24
Linda Burgasser 45 45:11
Ann Debortoli 36 45:39
Carol Putman 41 46:02
Alene Park 58 46:47

F50+
Park 58 46:47
Joann Long 54 47:40
Jane Arnold 54 47:44
Mary Rodriguez 62 52:12

SUPERRUN '84 10K; CHARLOTTE,
NC; JUNE 2, 1984

1st Overall
Norman Blair 30:42
Candy Strobach 36:11

M40 Bob Maydole 35:08
Hal Grow 35:43
Chris Pappas 36:16

M45 Alex Eoffin 37:36
Tommy Nash 39:29
Roland Bixler 42:18

M50+Zean Jamison 40:15
Toby Transou 42:21
Fred Sides 45:28

W40 Nancy Lowden 43:53
Jane Webb 48:18
Joyce Thoburn 51:26
W45 Jane McBride 48:12
Sue Boyer 49:15
Jan Green 56:40

JACKRABBIT 15 MILE
BROOKINGS, SD; JUNE 6, 1984

1 Dan Carlson 23 1:20:00
16 Dave Bushard 47 1:32:21
18 L. Jacobson 42 1:33:01
19 Elwood Vetos 41 1:33:01
29 G. Wahlstrom 42 1:39:06
38 Art Hinman 55 1:44:43
46 Bob Bartling 57 1:46:59
76 L. Bartling 69 2:05:46
80 C. Roberts 60 2:06:42
91 Gene Frey 62 2:14:23



Award presentation for M65 long jumpers at Olympic Legends Meet in L.A. April 29. Winner Bill Morales (14-7 3/4) puts arms around Bill Burke (left-3rd-13-7) and Herb Miller (2nd-14-5 1/4).

photo by Gretchen Snyder

CLUBS

Below is a partial list of masters track and field or running clubs arranged by regions. To have your club listed please send the necessary information to National Masters News, PO Box 2372, Van Nuys, CA 91404.

EAST

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 7th Street
New York, NY 10021
212/737-7480

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

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

Philadelphia Masters
c/o Fred Mannis
1040 W. Montgomery Ave.
Ardmore, PA 19003
213/642-5989

SOUTHEAST

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

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

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

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 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

California TC
P.O. Box 459
San Carlos, CA 94070

Empire Runners
4700 Foulger Dr.
Santa Rosa, CA 95405

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

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

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

NORTHWEST

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

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

Oregon Track Club Masters
P.O. Box 10085
Eugene, OR 97440



ANYONE. ANYWHERE. ANYTIME.



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