



MURPHY SCARES BROWN IN NATIONAL 10K



Matson Wins Again

by DICK LACEY

In a confrontation of undefeated world champions, Barry Brown, 40, of Gainesville, FL, surged to the front 300 meters from the finish and outkicked Pat Murphy, also 40, of Kildare, Ireland, to win the 1985 TAC National Masters 10,000 meter Road Championship at Clearwater, Florida, February 3. Shirley Matson, 44, of Solana Beach, Calif., breezed to a comparatively easy victory in the women's race.

In cool, windy weather, Murphy and Brown, respectively world champions at the marathon and 10K, ran together for almost the entire out-and-back, rectangular route, with Murphy slightly ahead most of the way.

They passed the mile in 4:35 and the two mile in 9:16; then the wind slowed them. As they neared the finish,

Brown's track speed proved decisive as he finished in 30:17.8 to the Irishman's 30:21.3. For Brown, it was the first time since he became a Master that he had been seriously challenged right to the wire. For Murphy, father of six and a sergeant in the Irish army (who likes to be called "Pat" definitely not "Paddy"), it was his first Masters defeat.

The event, sponsored by the West Florida 'Y' Runners Club in Clearwater, drew runners from twenty states, Canada and Ireland in what must rate as one of the finest-ever Masters fields in a road race. It was so tough that perennial star Bill Stewart, 42, Ann Arbor, MI, could do no better than sixth over-all (5th M-40). And the defending (1984) 10K champion Matt Cucchiara, 42, Riverhead, NY, came in ninth.

Ever-reliable Kirk Randall, 43, Wellesley, MA, took third in 32:14.2. Another world champion (one of five in the race), Norman Green, 52, Wayne, PA, was fourth over-all and,

Continued on Page 15

Christel Miller Sets 3 U.S. Marks

by JERRY WOJCIK

The College of the Desert Meet in Palm Springs, California, is usually referred to as "the kick-off meet for Masters track and field action on the West Coast," which is slightly hyperbolic because the event is a low-keyed gathering of the clans and the closest West Coast meet is a month off.

After this year's meet on January 20, it might appropriately be called The Christel Miller Invitational because not only did she, as usual, help organize the whole thing with help from her Corona Del Mar TC compatriots, but also treated herself to a birthday gift by setting three American W50 field event records.

Miller upped the high jump mark by
Continued on Page 16



Bud Light/PA Meet Draws 200; First U.S. Indoor Pentathlon Held

by SCOTT THORNSLEY

The 2nd Annual Bud Light/PA Masters Indoor Track & Field Championships, held January 13, 1985 at Dickinson College, in Carlisle, Pennsylvania, attracted over 200 Master's athletes from 20 states and Puerto Rico.

The meet was hosted by Dickinson College and the Dickinson-Carlisle Running Club; and was sponsored by BUD LIGHT and Masland Carpets (The world's leading producer of carpets installed in automobiles); it was also held concurrently with the TAC National Masters Indoor Pentathlon Championships.

Gilberto Gonzales, 71, of Puerto Rico, found enough time to compete in four events in addition to winning his age group division in the Pentathlon. Gonzales raced to a 10.3 55M high

Continued on Page 17

The first TAC National Masters Indoor Pentathlon Championships, held January 13, 1985 at Dickinson College in Carlisle, Pennsylvania, drew 37 athletes from 14 states and Puerto Rico.

The championship was sponsored locally by BUD LIGHT and Masland Carpets; both companies also sponsored the 2nd Annual BUD LIGHT/PA Masters Indoor Track & Field Championships, which was held the same day.

The championship was marred by the serious injury of Len Olson, 53, of Endwell, New York, as he was stepping over the last hurdle in the 55 meter high hurdles. Olson turned his foot, fell, and suffered a major foot fracture.

Scoring of the pentathlon employed the "Age Factor Scoring System"

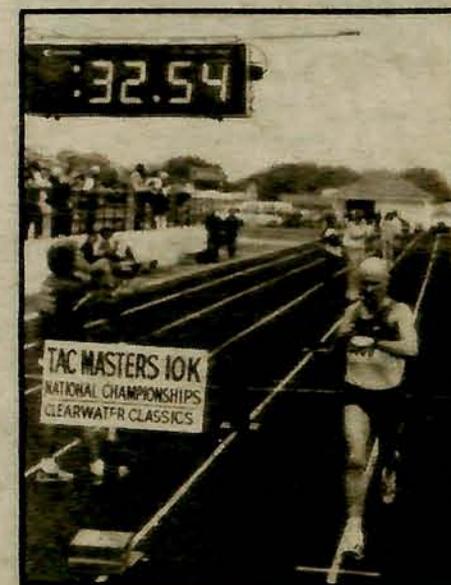
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Morcom Stars in Philadelphia

by PETE TAYLOR

PHILADELPHIA, January 10. New Hampshire's Boo Morcom, 63, and New Jersey's Ray Funkhouser, 34, were among the outstanding performers tonight at the 1985 City of Philadelphia Masters Track Carnival, co-sponsored by Atlantic Richfield and 7-Up.

Arthur Wright, James Dickerson, Oscar Moore, Cliff Pauling and Jim Manno were among many others who registered fine performances in this annual meet held on the boards at the Civic Center's Convention Hall.



Action at the TAC U.S. National Masters 10K Championships in Clearwater, Florida February 3 Top: Men's 40-44 age-division winners l-r: John Boyle, 8th; Richard Quevillon, 7th; Lee Sargent, 6th; Bill Stewart, 5th; Art Meaney, 4th; Kirk Randall, 3rd; Pat Murphy, 2nd; Barry Brown, 1st. Middle: women's winners, l-r: Ruth Kukendall, W45; Martha Pembroke, W65; Shirley Matson, W40; Anne Trigg, W60; Ann Kahl, W55. Bottom: Norm Green winning M50 title.

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Address Letters to: National Masters News, P.O. Box 2372, Van Nuys, CA 91404.

"NO FALSE START" RULE

Al Guidet is off base (or is it off the mark) in his comments (February) about the "No false start" rule imposed for masters sprinters at the recent TAC convention. The one-false-start-and-elimination WILL speed up meets.

This rule has been used successfully for the past six years in high school competition and ten years in college competition in America with no problems. If it didn't work, it wouldn't have lasted this long.

Because more people enter the sprints than any other events in a normal track meet, and the number of runners in each race is limited to the number of lanes on the track, it takes a lot longer to run off the sprints than most other events. This new rule will be a big help in speeding up the meets.

The delegates at the convention who voted this new rule into effect weren't a bunch of "official" types who didn't know anything. They were all competitors just like Al. One was a coach with 30 years experience in track and field and a national sprint champion. Another was a track starter with 12 years experience and a national record holder in the hurdles. The rule change was discussed, voted upon and passed.

Let's try it. If we don't like it we can always change it. I'll bet it'll take you about one meet this spring to get used

to the new rule, Al, and then you will be winning everything just like you always do.

Ed Oleata
La Jolla, California

Al Guidet is absolutely right in his letter of protest on the new "No False Start" rule.

Athletes, particularly us oldsters, fall easy heir to the extra nervousness this "one and out" rule will create. You're gonna get more false starts just because of the nervousness.

I am relatively new to this competition. I have just finished my first full year of competition in which I ran in 16 events. I had only one false start. And that was not going over the line, but rolling from side to side in the standing crouch I and many others use.

Having done very well in my age group, I had also planned to go East in March for the Eastern Indoor nationals, and the Indoor Nationals even though the expense is considerable. I will not do so with this new rule added to all the other problems of such travel.

I'm glad we have guys like Al to take such strong stands on what is right for the athletes. I think this paper should follow up on our statements to get a considered re-opinion from whomever it was that passed this ruling.

Henry Dorff
Camarillo, California

Re: the no false start controversy: I'm all in favor of it. The implementation of this rule results in greater athletic discipline, more efficiently run meets, and less wasted time.

I recall the 1977 National Indoor Masters Championships, at Southern Conn. State College where the first heat of the first event (the 50 yard dash) had five false starts. Before the first heat was run, the meet was already 30 minutes behind schedule! The 300 yard dash went off at 7 p.m. that night, and there were still the two relays to run off!

Compete that with the Brown University Invitational Meet on January 20th of this year, where the no false start rule was in effect. Thanks to strict rules, and an efficient starter, the entire meet was run on time (the 300 went off at 3:30) with only one false start the entire meet, to my knowledge.

Jim Manno
Oradell, New Jersey

CORRECTION TO LDR MINUTES

I would like to announce a correction (with his permission) to Dr. Jerome Perry's excellent minutes of the masters LDR meeting of Thursday, Nov. 29 at the 1984 TAC convention. One of the items of discussion was whether or not to allow National Clubs

Continued on Page 15

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POSTMASTER: Send address changes to: National Masters News, P.O. Box 5185, Pasadena CA 91107.

National Masters Officers

The Athletics Congress (TAC)
TRACK & FIELD CHAIRMAN:

Jerry Donley
1715 Alamo Ave.
Colorado Springs CO 80907
303/635-1264

LONG DISTANCE CHAIRMAN:

Bob Boal, 121 W. Sycamore Ave.,
Wake Forest, NC 27587
919/556-4323

TRACK & FIELD OUTDOOR RECORDS:

Pete Mundle, 4017 Via Marina #C-301
Venice, CA 90291
(213) 823-8804

TRACK AND FIELD INDOOR RECORDS
AND INDOOR & OUTDOOR RANKINGS

Haig Bohigian
225 Hunter Ave.
North Tarrytown NY 10591

LONG DISTANCE ROAD RECORDS
AND RANKINGS

Ken Young
National Running Data Center
PO Box 42888 Tucson AZ 85733
602/326-6416

INDOOR T&F MEET COORDINATOR:

Ron Salvio, Squan Rd., Clarksburg,
NJ 08510, (609) 259-9268

OUTDOOR T&F MEET COORDINATOR:

Bruce Springbett, P.O. Box 1328
Los Gatos, CA 95030, (408) 354-7333

T&F REGIONAL REPRESENTATIVES:

EAST:

Haig Bohigian,
225 Hunter Ave.
N. Tarrytown, N.Y. 10591
(914) 631-1547

SOUTHEAST:

Stewart Daniel
3357 N. Napoleon St.
College Park GA 30337

MIDWEST:

Wendell Miller
351 Birkdale Ave.
Lake Bluff IL 60044
312/234-2154

MID-AMERICA:

Jim Weed
11672 East 2nd Ave.
Aurora CO 80010
303/341-2980

SOUTHWEST:

Danny Thiel
1459 Verna St.
New Orleans, LA 70119
(504) 486-8066

WEST:

Gary Miller
12137 Magnolia
North Hollywood CA 91607
818/843-2139

NORTHWEST:

Jim Puckett
26000 S.E. Stark Ave.
Gresham OR 97030
503/667-7534

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VETERAN ATHLETES (WAVA)

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Don Farquharson,
269 Ridgewood Rd.,
West Hill, Ontario, Canada M1C 2x3

SECRETARY:

Owen Flaherty
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NORTH AMERICAN REP:

Bob Fine, 77 Prospect Place
Brooklyn NY 11217 (212) 789-6622

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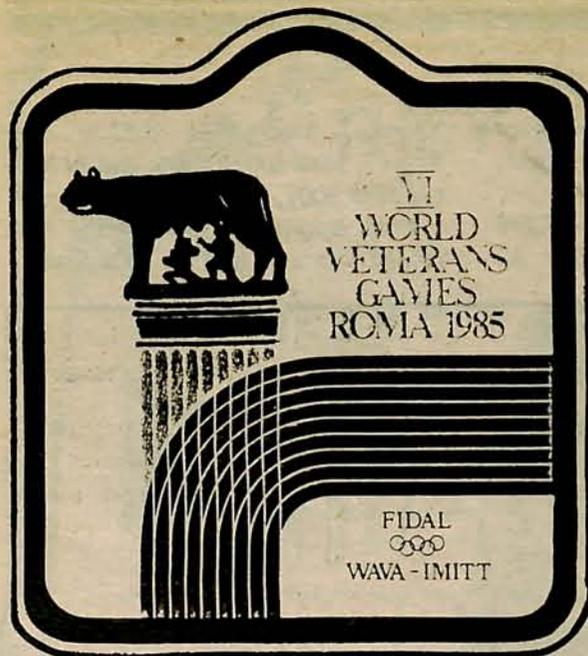
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(Road Running and Walking)
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VICE PRESIDENT (Track & Field)

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



VI WORLD VETERANS GAMES ROMA

from 22nd to 30th June 1985



9 CALLING ROOM

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

10 HEATS - SEMIFINALS - FINALS

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

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

REGULATIONS -

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

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

3 AGE CLASSES -

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

4 ENTRIES:

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

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

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

5 AWARDS -

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

6 SPIKES

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

7 EQUIPMENT

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

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

10 HURDLES EVENTS -

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

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

HIGH JUMP AND POLE VAULT

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

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

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

13 RELAYS - STAFFELN 4x100 - 4x400 mts. Each team be made up of a combination of Club or National athletes from the same CONTINENTAL AREA. The composition of the Continental relays is to be finally decided by the WAVA regional representative.

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

6TH WORLD MASTERS TRACK & FIELD CHAMPIONSHIPS ROMA 1985



ENTRY FORM / ANMELDEKARTE

To be forwarded / Anmeldungen an
**COMEX/ROMA '85 - Via Martinetti 7
 20147 MILA.NO (Italy)**

ON OR BEFORE
 bis zum 31.3.1985

PLEASE FULFILL IN BLOCK CAPITALS ONLY
 in Druckbuchstaben ausfüllen

SURNAME
 Name

FORENAME
 Vorname

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

ALL TIME BEST PERSONAL PERFORMANCE
 Beste persönliche Leistung aller Zeiten

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

AGE GROUP / Altersklasse M W

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

FULL ADDRESS - Anschrift

COUNTRY Nation DATE OF BIRTH Geburtstag

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

WAIVER CLAUSE / Haftbarkeltsausschluß
 "I HEREBY DECLARE THAT:

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

DATE-Datum SIGNATURE Unterschrift
 (please fill out reverse side)

Eight Records Set In Mid-America Regionals

Eight meet records were set and one tied by Masters participants in the TAC Mid-America Regional Masters Indoor T&F Championships at Knight Fieldhouse in Lincoln, Nebraska, on January 12. The meet was hosted by

the Lincoln Track Club and directed by Don Showen.

LTC member Karen Bestul set new standards in the W40 2-mile with 11:43.9 and the open 440y with 69.7.

Teammate Bob Elwood, M50, also accounted for two marks, in the 2-mile, 10:47.2, and mile, 5:05.8.

Others setting records were Cliff Jackson, M35 long jump, 20-6½; Al

Showen, M60 mile, 5:52.3; Steve Rogers, M40 600y 1:26.6; and Al Maxey, M45 600y, 1:30.0.

Fred Booker, M35, tied the meet record with a 34.8 in the 300y dash. □

<input type="checkbox"/> MEN	BEST PERFORMANCE 84/85 Bestleistung 1984/1985
2) <input type="checkbox"/> 100 m.	
3) <input type="checkbox"/> 200 m.	
4) <input type="checkbox"/> 400 m.	
5) <input type="checkbox"/> 800 m.	
6) <input type="checkbox"/> 1500 m.	
8) <input type="checkbox"/> 5000 m.	
9) <input type="checkbox"/> 10000 m.	
10) <input type="checkbox"/> 80 hs.	
11) <input type="checkbox"/> 100 f.s.	
12) <input type="checkbox"/> 110 hs.	
13) <input type="checkbox"/> 400 hs.	
19) <input type="checkbox"/> 2000 steeplechase - hindernis	
20) <input type="checkbox"/> 3000 steeplechase - hindernis	
31) <input type="checkbox"/> Pole vault - Stabhochsprung	
32) <input type="checkbox"/> Long jump - Weitsprung	
33) <input type="checkbox"/> Triple jump - Dreisprung	
30) <input type="checkbox"/> High jump - Hochsprung	
34) <input type="checkbox"/> Shot put - Kugelstossen	
35) <input type="checkbox"/> Discus - Discuswerfen	
36) <input type="checkbox"/> Javelin - Speerwerfen	
37) <input type="checkbox"/> Hammer - Hammerwerfen	
1) <input type="checkbox"/> Pentathlon - Fünfkampf	
22) <input type="checkbox"/> 5000 m. Track walk - Bahngehen	
24) <input type="checkbox"/> 20 Km. Road walk - Strassengehen	
29) <input type="checkbox"/> Cross-country - Geländelauf	
28) <input type="checkbox"/> MARATHON	
ENTRY FEES / Meldegebühren To be paid in U.S. dollars only	
FIRST EVENT / Erstwettbeverb	U.S. \$ 18.—
EACH ADDITIONAL EVENT	
Wettbeverb (max. 4) = U.S. \$ 6	U.S. \$
WAVA compulsory fee	U.S. \$ 10.—
	U.S. \$ Total.

<input type="checkbox"/> WOMEN	BEST PERFORMANCE 84/85 Bestleistung 1984/1985
2) <input type="checkbox"/> 100 m.	
3) <input type="checkbox"/> 200 m.	
4) <input type="checkbox"/> 400 m.	
5) <input type="checkbox"/> 800 m.	
6) <input type="checkbox"/> 1500 m.	
8) <input type="checkbox"/> 5000 m.	
9) <input type="checkbox"/> 10000 m.	
10) <input type="checkbox"/> 80 hs. (W40 and over)	
11) <input type="checkbox"/> 100 hs. (W35)	
32) <input type="checkbox"/> Long jump - Weitsprung	
30) <input type="checkbox"/> High jump - Hochsprung	
34) <input type="checkbox"/> Shot put - Kugelstossen	
35) <input type="checkbox"/> Discus - Discuswerfen	
36) <input type="checkbox"/> Javelin - Speerwerfen	
22) <input type="checkbox"/> 5000 m. Track walk - Bahngehen	
23) <input type="checkbox"/> 10 Km. Road walk - Strassengehen	
1) <input type="checkbox"/> Pentathlon	
29) <input type="checkbox"/> Cross-country	
28) <input type="checkbox"/> MARATHON	
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FIRST EVENT / Erstwettbeverb	U.S. \$ 18.—
EACH ADDITIONAL EVENT	
Wettbeverb (max. 4) = U.S. \$ 6	U.S. \$
WAVA compulsory fee	U.S. \$ 10.—
	U.S. \$ Total

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Terry Goodreau, 35, in costume, as was much of the 18,000 crowd in the Super Bowl Sunday 10K, January 20. Photo by Richard Lee Slotkin.

Super Bowl 10K Draws 18,000

Move over, Bay-to-Breakers! The race with the large name drew a large crowd when an estimated 18,000 runners, many of them in costumes, participated in the festive Redondo Beach Lite Beer Super Bowl Sunday 10K Run VII in Redondo Beach, California, on January 20.

It took nearly five minutes for the runners in the back to reach the starting line. Four teams of fire fighters competed. The local lifeguard ran with the rubber duck around his waist. One runner dressed as a doctor, pushing his patient — who was drinking beer through an intravenous tube — in a wheelchair. Two men wore Pittsburgh Steelers uniforms. One woman dressed in a catsuit. There were assorted penguins, bees, waitresses, cave men, moms and dads pushing babies in strollers, five frogs chasing a fly, and five grown men carrying rattles and dressed only in diapers in the 39° morning air.

Continued on Page 16

125 Compete In Cleveland

by MARY CHADBOURNE

After Thanksgiving, Christmas and New Year's, it's easy to convince yourself the track season doesn't really begin until mid-March. But well over 125 Masters competitors, as well as another 200 open athletes, said "it just ain't so" at the Lake Erie Indoor Track & Field Championships in Cleveland January 5.

The competition, organized by the Over the Hill TC and sponsored by 7-Up, was again held at the showcase Maple Heights High School athletic complex.

There was a marked increase in the 60+ participants, over twice the number of previous years.

Two new world age marks were turned in by Indiana's Arling Pitcher, 83, with a pole vault of 6-5; and by OTC's Everett Hosack, 82, with a 35-pound weight throw of 13-5½.

Other good field event marks: Bernice Holland, W55, shot put, 28-½; Ed

Continued on Page 16

BE RUN
Part 2

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

Hal Higdon

1972: 1st International T & F Competition Tour

Woodford Green: 12:30 p.m. A small contingent has been invited to lunch at the home of Sir Stuart Mallison, patron of the meet. At the buffet table I encounter Bud Deacon talking with Alan Cranston. Bud once held the world pole vault record; Alan is United States Senator from California. No mere honorary dignitary, Alan will be competing in the sprints. He tells us that Senator William Proxmire runs ten miles a day but refuses to compete. "I also tried to recruit Strom Thurmond, who jogs, but Strom said: 'With *mah* competitive instincts, *ah'd* kill myself.'"

After lunch I thumb through a photo album of the 1952 Olympics that contains a picture of Thane Baker placing second to Andy Stanfield in the 200 meter run. Thane has been talking to Ozzie Dawkins, a Hollywood physician, who once compete for Jamaica. Each will run a leg on our sprint relay team. "Ozzie has been teaching me a new baton pass where you don't switch hands," Thane says.

The photo album belongs to a British athlete, who brought it along to obtain the autograph of Roger Bannister, the first four-minute miler and now a physician. Bannister arrives late to plant a tree in our honor.

To most of our group Bannister appears as an interesting museum specimen: his day of competition has ended, while theirs has just begun. David Pain stands near the tennis court talking with a Canadian about holding a Master's Olympics in Toronto at the time of the regular Olympic Games planned for Montreal. "Won't we run into trouble using the name 'Olympics'?" asks the Canadian.

"I think I'll let the Olympic committee sue us," says David. "It might be good publicity."

Our discussion is interrupted as several tour members begin to pose for pictures on the side of a hill. Without anyone suggesting it, every athlete sets down his tea cup and joins the crowd. Soon we all stand smiling at three dozen cameras. "This is incredible," says David Pain. "Have you ever tried to line up people for a group picture before?"

London: 8:30 a.m. I breakfast with three teammates, one of them Jim O'Neil of Sacramento, California.

"Are you ready for Alan Cranston?" Jim asks Jon Hutchinson, a bearded Division II sprinter from Torrington, Connecticut.

"I ran against him last month at Randall's Island," says Jon.

"Beat him?"

"Yes, but Alan said he hadn't recovered yet from the Democratic convention in Miami." I make note of that as a possible finalist for my *Imaginative Alibi of the Year* award.

Jim O'Neil recalls the time when Senator Cranston appeared one winter to run the 60 yard dash at a San Francisco indoor track meet: "Obviously he couldn't compete equally with the collegians, so they added a special dash for men over fifty. At the starting line he removed his sweat pants, and his shorts along with them. Unfortunately, all eyes were upon him."

Jim had grown up in Oak Park, Illinois, then had attended the University of Miami in Florida where he became number three man on a cross country team that ran only one race a year. He claims to be running faster now at age forty-seven than he did in college. "There have always been opportunities for older distance runners," he comments, "but the good thing about the Master's program is it gives the sprinters and jumpers a chance to compete again. At the first Master's meet four years ago some of the performances were almost embarrassing. They would throw the shot 15 feet, for instance. But now that we're attracting more and more people, performances are improving. Dave Jackson long jumped 21 feet 7½ inches at San Diego this year." Unfortunately Jackson did not make the trip. Unlike the American Olympic team, which travels all expenses paid, each member of our Master's team has to pay for his opportunity to compete internationally.

London: 9:15 a.m. In the elevator I encounter Phil Partridge from New York City, who has a large scab on his forehead. Someone asks him about it. "I got hit in the head by a falling pipe on my construction job," Phil explains. "My hard hat split, but probably saved my life."

"Gee, you're lucky," says his questioner. "If the pipe had hit you in the leg, you probably would have missed the trip."

Epping Forest: 6:30 p.m. To get to the first competition of the tour, a five-mile cross country run on Wednesday, we have to travel by subway, railroad, and foot. We present a curious sight to Londoners since most of our group dresses in their track suits. While waiting in line at Victoria Station to buy a railroad ticket, I overhear a woman behind me ask her husband: "Who are all those people in athletic uniforms?"

Her husband shrugs: "They can't be runners. They're too old."

The course at Epping Forest is typically English: down a horse path, through the trees over farm fields, along country lanes, over several fences, and finally up and down a high hill right before the finish. Race secretary H.B. Lee apologizes that the race won't be up to its usual standard toughness: "Usually we only run here during the winter when the course would be a slough of mud."

A half hour before the start two younger runners trot off carrying horse bags of yellow confetti which they spread along the trail as guide markers. Seeing them leave, Bill Gookin of San Diego asks: "Why the yellow confetti?"

"Because the birds would eat bread crumbs," I reply.

The confetti fails its purpose too and three lead runners zig when they should have zagged and find themselves marroned in a Boy Scout campsite. "They finished to a rousing cheer from the scouts," stoically remarks H.B. Lee afterwards.

London: August 24, 1:00 a.m. I wonder: need I endure this tension? At this age? I thought that in my maturity I might handle competition nonchalantly. No; if anything, it is worse than in my youth. At lunch I sit with Larry O'Neil, a Division III racewalker from Kalispell, Montana. We try to maintain civilities, but no use. After a long silence, I ask a friendly question. Larry grunts a brief reply. His mind is elsewhere — on his competition that night. Minutes pass and Larry tries a conversational gambit. My turn to mumble a two-word answer.

Is my nervousness apparent to others? Most unbearable, I know I should win. Since officially becoming a veteran fourteen months ago I either have won or broken the record in every Master's race I've entered. Does this lessen the pressure? No; anything less than victory is unacceptable. So all I do all day is nap and eat and read and eat and nap and read and worry.

A forty-one year old man doesn't deserve such torture. AAARGHH!!

Crystal Palace: 7:55 p.m. I look into the stands Thursday evening while warming up and brand Jack Fitzgerald's prediction of 1500 spectators optimistic. I see only friends and relatives — like every other Master's meet. At the gun in the 3000 meter steeplechase I surge into the lead. An

Australian hangs with me through the first mile, then the splash of his footsteps in the water barrier recedes behind me. I relax and run the last few laps cautiously, winning easily. At the award ceremony I receive, instead of an impractical medal or trophy, a pewter drinking mug. I rush to the pub adjoining the track to make certain my prize does not leak.

Crystal Palace: 9:30 p.m. "How did I look?" asks Alan Cranston. He has just come up into the stands after running the relay.

"You looked great!" I tell him.

Alan persists: "No, how did I look against the other runners on my leg?"

While I had watched Alan high-stepping down the back straightaway, I couldn't recall the other runners around him. Nevertheless, I announce: "You ate them up!"

A broad smile crosses the face of the senior Senator from California.

Helsinki, Finland: August 27, 5:30 p.m.

On Saturday we left London. Today we are in Helsinki for a Sunday evening meet with the Finish veterans. We pass a statue of Paavo Nurmi as we approach the Olympic stadium, site of the 1952 Games. "We're twenty years too late," comments someone in the back of the bus.

My main worry is not 1952, but tonight: how will I perform in the 10,000 meter run? Roughly sixty have entered. Comparing the size of our field with the number of spectators in the stands, I decide those on the track hold the majority. Friends and relatives — perhaps that is how it should be. At the gun five runners press for the lead. Then we become four, and three. With two laps to go a Finn sprints to the front, but I hold on. With three hundred meters left I spurt past and at the tape throw my arms high in the air, a delirious sign of victory. Nurmi had once won an Olympic gold medal in slower time than I had just run. A meaningless comparison. You cannot measure greatness by the stopwatch or the steel tape. The only measurement in any given age is man's ability against his competition. The deeds of Nurmi live on past his records. His statue will remain in place.

On the victory stand they hand me a gold medal. I turn it over and read the inscription on the back: "Old Boy Games." Back to Earth.

Read about Alphonse Julliand, Martii Laitinen, and Bill Fitzgerald in the concluding chapter - next issue. But Register for Rome NOW.

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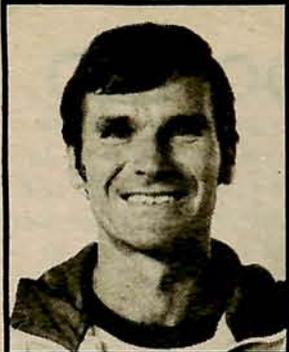
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THE GUN LAP

by MIKE TYMN

THE OVER-40 ATHLETE IN HISTORY

In The Book of Sports Lists, Phil Pepe and Zander Hollander have put together lists ranging from "ten records that will never be broken" to "ten best baseball players from Georgia." You can even find "ten Hollywood movies with a hockey theme." There seems to be a list for everything, except the ten best over-40 athletes in history. Therefore, I decided to compile such a list.

My research went all the way back to 516 B.C. when Milo of Croton, believed to be 42, won his sixth Olympic Wrestling title. In Milo's seventh Olympic competition a few years later, wrestling was cancelled from the program because, it is written, "neither god nor man durst stand against him."

We have to jump ahead some 24 centuries to find a record of another successful over-40 athlete. Donald Dinnie, the idol of Scotland, won numerous strength and wrestling titles in the Highland Games from 1853 to 1900, when he was 63. It is said that even when he was 75, he could still muscle-out (hold at arm's length straight out from the shoulder) a 56-pound weight.

Because of various uncertainties and lack of documentation connected with sports before around 1880, I decided to limit my list to the last 100 years. I considered only athletes who competed at

the top level of their sports, not including age-class competitors.

Baseball has the most over-40 performers, although the number drops considerably after age 42. Most of the baseball "survivors" are former superstars who became just average in their final years, although there are a number of control pitchers who hung on.

Basketball seems to be the most difficult professional sport in terms of longevity. Other than Bob Cousy, who retired at 34 and then made a brief comeback at age 40 to play in seven games and score just five points, I was unable to find any over-40 player in the record books. Of course, there is Marques Haynes, who is in his late 50's and at last report was playing for the Harlem Wizards.

To be completely objective in my

selection, I decided to let my computer compile the list. Somewhat subjectively, however, I assigned various weights to the physical demands of the sports. While such sports as polo, Olympic shooting, bowling, and golf require great skill to achieve, aging does not seem to affect performance in these and other sports as much as it does in sports requiring great anaerobic output or aerobic capacity. Even within a specific sport, I assigned different weights. For example, a Knuckle ball pitcher, in my estimation, rates just a little higher than a bowler or horseshoe pitcher in terms of physical demands, and considerably below an everyday baseball player. And, football place-kickers rate just a little higher than knuckleball pitchers and well below other football players.

Longevity beyond 40 is also an important factor. That's why Carl Yastrzemski scored a little higher than Ted Williams, even though Williams won the American League batting championship at age 40 (most of his times at bat were at age 39; he turned 40 a month before the season ended.) Of course, one might argue that Yastrzemski had the advantage of the designated hitter rule, which might have prolonged Williams' career if it had been adopted earlier.

Here, then, are the top 10 over-40 athletes of the last 100 years:

1. ARCHIE MOORE — After turning 40 on December 13, 1953, "the old mongoose" continued to fight for 12 years. At 41, he took on Rocky Marciano for the heavyweight title, and although losing in nine rounds he made a gallant showing. At 43, he retained the world light heavyweight title. He still held that title at the age of 48. At 49, he took on Cassius Clay. All in all, he fought 55 times after his 40th birthday, losing only four times.

2. GORDIE HOWE — Like Moore, Howe competed until age 52. "Blinky" ended a spectacular 25-year hockey career with the Detroit Red Wings in 1971 at age 43. In 1973, he joined Houston of the World Hockey League to play with his two sons. At 47, he scored 102 points, just one short of his all-time high with Detroit in 1969 at age 40. In 1979-80, his final year, he played in all 80 games on the schedule of the Hartford Whalers, the most games he ever played in a single season.

3. JOYCE SMITH — Among female athletes, this English woman is in a class by herself. An outstanding middle-distance runner in her younger days, Smith has been among the top marathon runners in the world in recent years, while in her 40's. Her 2:30:27 marathon in Tokyo in November 1980, when she was 43, is the best time ever for a woman on an out-and-back course. In the 1982 London Marathon, at 44, she became the first British woman to go under 2-1/2 hours in the marathon, recording 2:29:43. In the 1984 Olympic Games, at 46, Smith finished 11th in 2:32:48.



Pat McDonald, the oldest track & field gold medal winner in modern Olympic history, poses with Aileen Riggan, then the youngest gold medal winner, after the 1920 Olympic Games in Antwerp. McDonald, 42, won the 56-pound weight throw. Riggan, 14, won the springboard diving event.

4. AL OERTER — After winning the gold medal in the Olympic discus event four times, Oerter retired from competition. He had a comeback in 1980, at 43, to attempt to qualify for another Olympic team. Although finishing fourth in the Olympic Trials, he threw 227-11, better than any of his winning Olympic throws. In 1982, during an exhibition for a television program, Oerter threw 240 feet, exceeding the world record. In 1984, at 47, Oerter reached 206 feet, better than three of his gold medal throws, before an injury forced him to give up his bid for still another Olympic berth.

5. JACK FOSTER — At 40, Foster represented New Zealand in the marathon at the 1972 Olympic Games, placing eighth in 2:16:56. The following year, at age 41, he recorded 2:11:18, which still stands as the best ever by anyone 40 or over. At 44, he again competed in the Olympic marathon, finishing 17th in 2:17:53. At age 50, he completed the New York Marathon in 2:20:28.

6. ADRIAN "CAP" ANSON — The most durable baseball player, not including pitchers, Anson was 45 when he finally hung up his spikes in 1897. A .339 lifetime hitter, he was over .300 in every one of his last five years. In 1896, at age 44, Anson still had enough speed to steal 28 bases, just one short of his personal high.

7. PATRICK McDONALD — The oldest track & field Olympic gold medal winner, McDonald was 42 years, 26 days old when he won the 56-pound weight throw in 1920 at Antwerp. He also placed fourth in the shot-put that year. He continued to compete and win AAU titles in the hammer throw and weight-throw. He won his last AAU title in 1933 at age 56.

8. JACK JOHNSON — Although he lost the heavyweight title to Jess

Continued on Page 14

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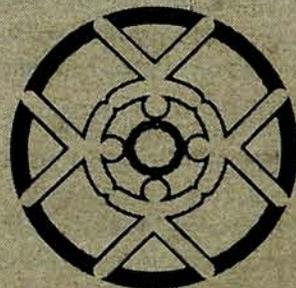
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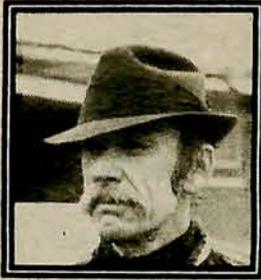


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On Approaching Every Problem With an Open Mouth

by W. MacDonald Miller

Indoor Track

The time has come to turn on that giant humidifier in the sky and do another whole indoor track thing. Laugh, you sun-belt fool, if you think a humidifier isn't needed here in the dear old breadbasket. You've been in the tropics too long.

Come on back for a reality check and remember how badly you can frighten yourself by shuffling down a nice poly-electric carpet in the hallway of any cold weather hotel and then innocently touching the elevator button. Backward standing long jumps of over 15 feet have been recorded.

At one indoor Masters meet in Iowa two winters ago, there was this pole vaulter who almost electrocuted himself. They had one of these new indoor surfaces that resemble the carpeting used at Motel 6's. This guy built up so much static electricity on his sprint down the runway that when he jammed his old aluminum pole in this metal vault box his eyes lit up like a video game and lightning shot fifteen feet out of his ass. As he was to say later, "I suppose it could have been worse but just the same - I did kind of expect a certain clanging or, at the very least, the song, Stormy Weather."

It should also be added that he missed his second try at 7'6" and subsequently had to pass on his last try which still gave him a third place in his age category at 7'5". He later sued the state of Iowa, claiming that, after the incident, anytime he held his pole in his hands he went limp due to the traumatic incident with his stick, as they generally refer to it in Pole Vaulting circles.

Just the same, indoor track will continue to be a happening, except in places where palm trees make it man-

datory that you run outdoors. I love Phoenix. In Phoenix, indoor running is done in Shopping Malls with one slight difference, they do it in the summer.

Still indoor running does have its own twisted form of charm. Take, for instance, the "parking lot waiting period" that is an obligatory part of any successful meet. During this procedure, you arrive at a local area high school that, hopefully, has been tipped off prior to the date of the meet. The meet will start at approximately 8 a.m. so, allowing for traffic, weather and the possibility of getting lost, most participants like to start hanging around the school at about 7 a.m. This allows the entrants to sit in their car for what usually turns out to be about two hours.

The procedure recommended by most is to not let your car, heater, and radio run continuously. Allow the car to run with the heater on high for about 15 minutes and then cut off your engine. Now sit quietly checking from time to time in the mirror. When your nose starts to either leak badly or turn a reddish blue color, turn your engine back on.

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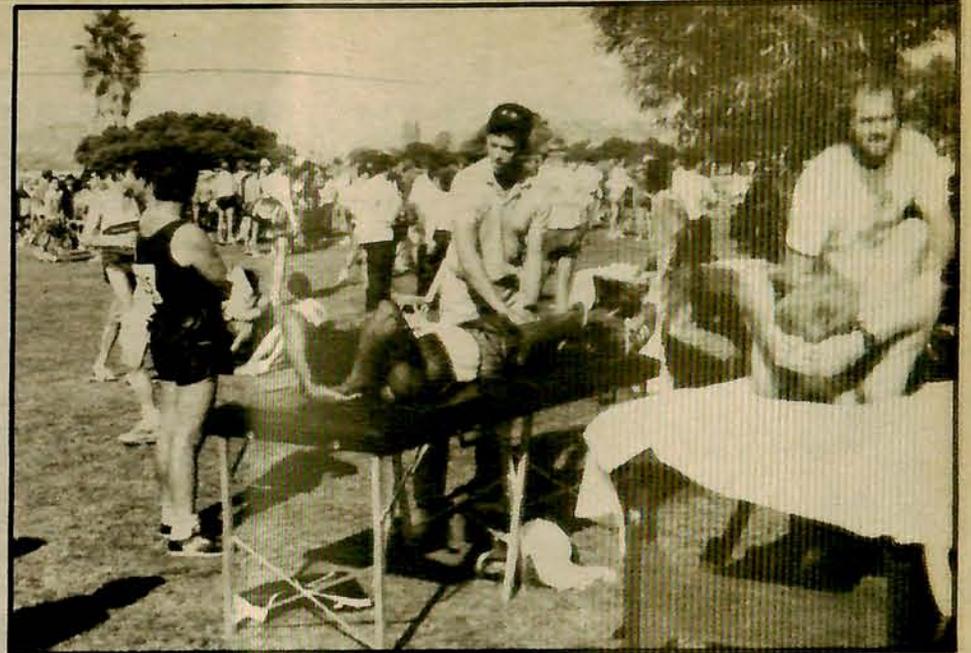
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Finishers in World Masters 10K in San Diego head for massage tables.

photo by Gretchen Snyder

The key to this strategy is heat escape. It is imperative that you sit perfectly still. If someone approaches your car, act as if you don't see them. Keep your doors securely locked at all times and, if the perpetrator persists or begins pounding on your window, signal them to another car, preferably one who has his motor running. One little trick that usually works for me, is to yell as loud as you can that the passenger door is frozen and won't open. This implies that otherwise you'd gladly have them join you and, as an added bonus, the yelling raises body temperature and builds up lung capacity.

By the by, a very sour-pussed janitor appears at a door and in this best, "against my better judgement," manner unlocks the school. The meet organizers immediately go into a bowing and scraping routine before the janitor that will eventually lead to his reluctantly producing the keys to the room that protects the high jump and pole vault pits. He will then go into a severe head shaking routine punctuated from time to time with lines like "no one told me you would be wanting any hurdles" or "I'm terribly sorry, but no one authorized me to give out any starting blocks," or how about the old standby, "the problem is you see, if I do it for you, I'd have to do it for everyone."

Somehow the meet seems to come off; sprinters in football helmets sprint into a not-too-distant wall, shot-putters throw what looks like a big fuzz ball and everyone in general has one helluva good time trying to keep the badminton lines, volleyball lines, basketball lines and the 1,000 yard run lines from getting involved with one another. We always tell people that if you end up at the free throw line you'd better be in the high jump. If not — you're a bit off course, pal.

A high point in the competition always occurs when the basketball coach drops by to work on his strategy for the big game coming up against Milford High. He remains relatively

calm when he first sees a small group shooting baskets in quarter inch spikes. He even appears to get a kick out of pole vaulters, triple jumpers, long jumpers, and high jumpers putting strips of tape on the floor. This new tape now being used, he knows full well, will remove paint, varnish and wood when removed later in the day. Granted, his jugular vein is protruding about four inches and yes, the hair on his neck now appears to be standing straight up, but I repeat, outwardly, he seemed fairly calm. I learn later that his wife insisted he call his doctor and, at last report, he was resting comfor-

Continued on Page 21



Louise Swanson, 62. W60 winner (31:14). IAC National Masters 5K X-Country Championships, Seattle, Wash., 11/24/84

photo by Warren McNeely

Twin Cities Masters Awards Set at \$27,500

The Twin Cities Marathon announced that it will award \$152,000 in developmental funds to runners in the October 6 Minneapolis-to-St. Paul race. The first 17 men and first 9 women to complete the race will receive a total of \$125,000.

Also, at least \$27,500 will be awarded to runners over 35 on a unique age-graded handicap basis, by far the largest purse ever given to older runners, according to race director Jack Moran.

In 1983, the Twin Cities Marathon instituted the concept of age-graded cash awards to focus attention on older runners. Runners over the age of 35 have their times handicapped with "target times" for their 5-year age group and sex. The times are determined by averaging American age records for each group. Because the handicaps take sex into account, men and women compete together for the same set of awards. The 1985 awards are as follows:

Place	Award	Place	Award
1	\$4,000	8	1,750
2	3,500	9	1,500
3	3,000	10	1,250
4	2,750	11	1,000
5	2,500	12	750
6	2,250	13	500
7	2,000	14	250

Because beating the handicap times is tougher for the "younger" athletes, the first man and woman over the age of forty will have their age-graded awards increased to the maximum of \$4,000. Thus, if the first three runners in the age-graded competition are a 70-year-old, a 41-year-old man, and a 40-year-old woman, all three will win

\$4,000, and the fourth person will receive the prize listed above of \$2,750. The total amount to be awarded in the age-graded division depends, therefore, on the performances of the first man and woman over 40. In the example given, the age-graded purse would total \$28,500, but it is certain to be at least \$27,500. Runners cannot

receive awards in both the open and age/sex-graded divisions.

Last year, Barry Brown, Glens Falls, N.Y., broke the American record for men 40-or-over by nearly two minutes with 2:15:15. Reverend Norman Green, Wayne, Penn., took over three minutes off the American record for men 50-or-over with a 2:26:05. The 1985 race will be limited to 8,000 entrants. □

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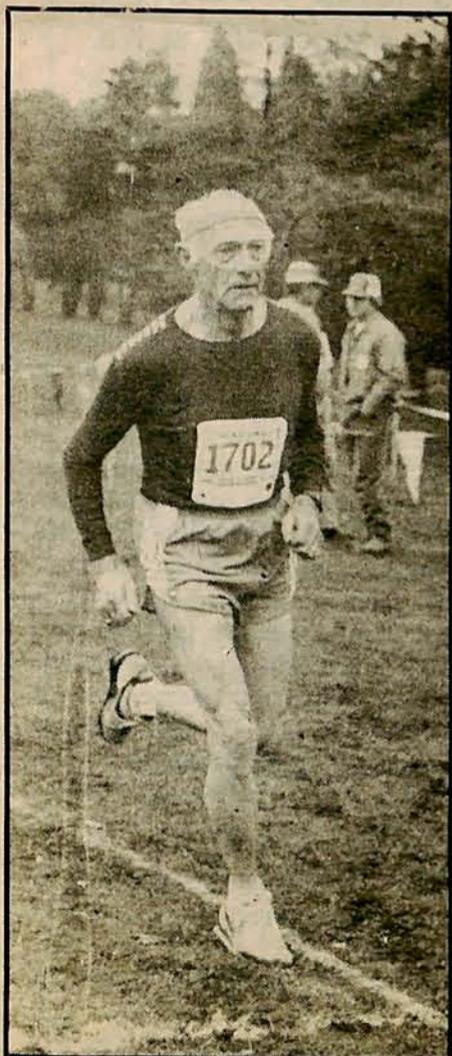
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Jerry Satterlee won the M70 U.S. 5K Cross-Country Championship in Seattle November 24 in 28:57.

photo by Warren McNeeley

PROFILE

WHAT A JOCK!

Del Mar Race Track's Chief Vet Jock Jocoy Won the Age 55-59 U.S. Decathlon and Pentathlon Titles in 1984, and was chosen Athlete of the Year by the San Diego Athletic Association.

by CHRISTIAN PAUL

"I couldn't get the smile off my face," he was saying as he ate his Spartan lunch on his Del Mar, California beach-front patio. "I thought, 'Oh, boy, finally!'"

The speaker was Jock Jocoy, and he was talking about his victory in the age 55-59 TAC U.S. National Masters Decathlon Championships last July 7-8 in Indianapolis, where he set an age-58 world record of 3320 points. It was his best two-day performance ever, and the high point of eight years of training and racing.

Jock is his real name. Born Jock Norton Jocoy in New London, Conn. on February 18, 1926, Jock moved to California at the age of 12. He lettered in football and basketball at La Jolla High, near San Diego, but he also ran track. In the off-season, he'd lift weights in his garage — common today for football players, but a rarity back then.

But a decathlete he would not be until decades later. After schooling at Colorado State, Berkeley, and U.C. Davis and a stint in the Navy, Jock had earned his D.V.M. by 1954 and was working as track vet in Tijuana's Agua Caliente race track. "I worked there a



Jock Jocoy

year, and never made a cent," says Jocoy, "but I learned the ropes" and went on to work the Southern California circuit — Del Mar, Santa Anita, Hollywood Park. As a private practitioner, Jock spent days at the track and nights nearby, in case he was needed.

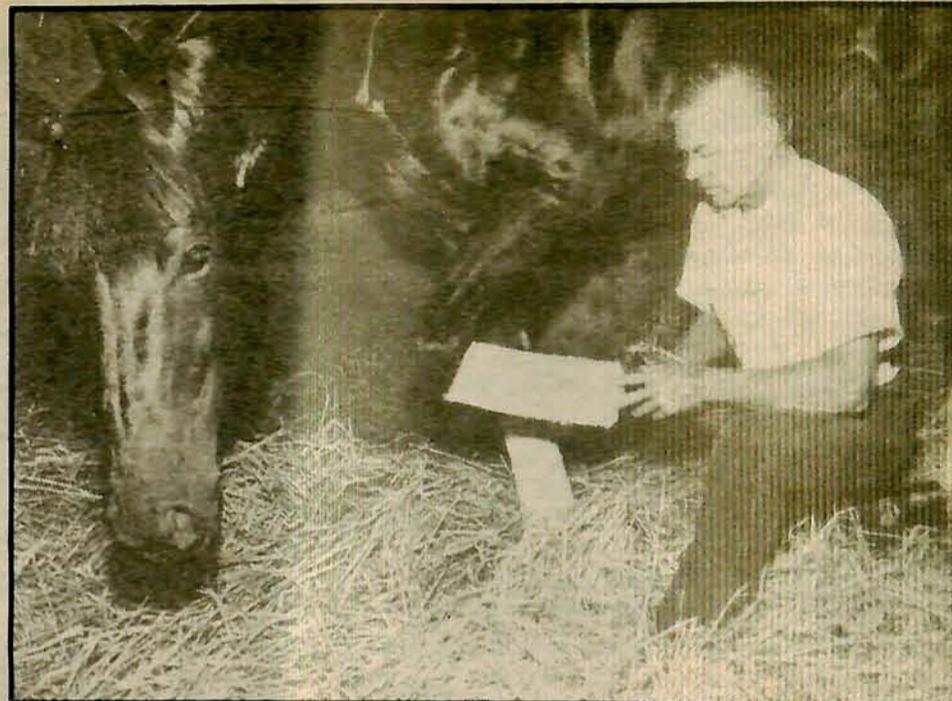
With a truck full of machines and medicines, "you're on your own," he said. "You might make hay one day and starve the next. It took me about five years of lots of feathers before I made chieftain." He went on, "A race-track practitioner has to be on the grounds from six in the morning till eight at night, seven days a week, or he's of no value. And then you get a call three o'clock in the morning for a sick horse, and you jump out of bed and go spend the rest of the night. So it's not an easy life." Although some vets have assistants, when it comes to an emergency, "They don't want the assistant; they want you," he said.

"As a track vet, you're on your own. You might make hay one day and starve the next."

After a couple of years of this, Jock got to feeling sluggish from lack of exercise, so he started running, putting in maybe 45 min. four times a week. "I used to run before the craze came, you know," he said, "and I used to be kidded a lot by the trainers. They'd say, 'Hey, Jocoy, you're going to get a heart attack running.'" And he kept up his weight lifting, at least a little. His motto has long been, "Fitness is a lifestyle."

Meanwhile his reputation as a vet was growing, and he got to take care of some famous horses, like Ack Ack, horse of the year in 1971.

"Ack Ack belonged to Greer Garson, the movie actress," Jock recalls, "and he got colic down here at Del Mar. I was called out at two or three in



Dr. Jock Jocoy, official racing veterinarian at Del Mar Race Track

the morning — at that time he was insured for \$6 million — and I stayed with him seven days straight, working with him to save his life. My wife Katie would come down three times a day with some food, and I'd just work with that animal. And we did save his life."

Was it worth it? "Not only did I get a good fee," he said, "but Greer Garson gave me a television set and a bunch of kisses and some pretty photographs for saving her horse."

"I've taken care of many, many famous horses," Jocoy continued, "Including black Stallion (of the movie) and the Lone Ranger's Silver. I've gone to 10 Kentucky Derbies with horses, flying them on airplanes back when a propeller plane would take 10 hours to get to Kentucky." He's also owned a few, including Tonto's mount Scout, and Ack Ack's offspring Ack Ack Attack, who raced for Jocoy and won \$80,000 on the track. Jan Jesse won \$150,000 and was the champion two-year-old filly in California, while Doc Jocoy pulled down \$300,000. Other Jocoy horses: Peggy's World, Crimson Katie, Windy Kate, Kelly J, and St. Jock, all named after his wife or children.

When the running boom caught up with Jocoy, he decided to enter his first road race. Although he had many runs under his belt, he wasn't really prepared for the distance, and he barely made it. But he kept at it, "and I felt exuberant when I'd finish (a 10K)," he said. "I think my first race was about 65 min., and as time went on... I finally got my time down to 43 min."

About this time, 1979, Jock joined the San Diego Track Club, and soon thereafter read about something called the Senior Olympics, to be held in Los Angeles in 1980, "I noticed they had a 10,000 meters," he recalls, "but also the same day they had a 100 meters. Well, in horse racing they say that a versatile horse is one that can go short

distance and long distance, so I thought it would be fun to test myself. I'll run the 10,000 meters at eight in the morning, and then I'll enter the 100 meters, and the 200 meters and 400 meters, and, oh, there was a shot put, too, so I'll enter that..." A decathlete in the making.

He came in second in the 10,000, which he described as "monotonous. Good thing I had a lap counter,

"At a 10K you arrive at eight o'clock and at ten everybody's gone. But a track meet goes on all day, and everybody's having lots of fun."

because I'd have forgotten where I was." He got a third in the 100, in about 13.8, but did better in the 200. "I recall as we turned for home, as they call it in horse racing, there was one man there that could really run, named Bob Watanabe, who was noted as the ex-champion in the NCAA." Jocoy came in second to Watanabe in about 27 sec. He was hooked, even though he fell apart in the 400 ("I was thinking, 'Where's the ambulance for old men to get on?'"), didn't place in the shot, and scratched on all six throws of the javelin. But — "I got the fever," he says.

"At a 10K you arrive at eight o'clock and at ten everybody's gone. But a track meet goes on all day, and everybody's having lots of fun, and talking about the next one, and, 'Are you going to the nationals?' and this and that. So I decided I was going to be track-and-field man."

Since he hadn't trained for the 400,

Continued on next Page

Continued from Previous Page
 the shot, or the javelin, Jock knew he had some serious work to do, and he started hanging around the tracks at Long Beach, or Arcadia High, a stone's throw from Santa Anita. Soon he had his own javelin, shot, and discus, and he picked up pointers on high jumping and long jumping from the "Kids" at the tracks.

It was at an All-Comers meet that Jock ran into Ed Oleata, who invited him to try his decathlon at San Diego State. "I said, 'I don't know how to pole vault,' but Ed said, 'Oh, come on out and try it anyway.'" So I went to the masters world decathlon (1982) and finished last out of 10 people (in the 55-59 category). But I was happy just to finish. And I was sore and lame for a week afterward."

Jock went to pole vaulter Dan Johnson's clinic in San Luis Obispo to learn to vault — he could make six feet only, which is worth no points in the decathlon — and Johnson got him over nine feet in two days. "I was ecstatic," said Jock. "I was competitive now; Any man in my age group that can go eight feet or above usually will do pretty well, if he can do the other events," which Jock clearly could.

Jocoy kept entering meets, doing several events when there was no decathlon competition, and improving his marks all along the way,"

His strong point was the 1500, although he was no slouch in the sprints, and his weakest events were the throws. Being 5-8, 155 lb., Jock faced much bigger and better competition in the discus, javelin, and shot, even as he had at La Jolla High. It showed in the 1983 nationals, held in Merced. "I won the long jump with 16 feet," says Jock, "and in the 100 and the 400 I was just within inches of another man. He eventually beat me, because the second day

When in doubt, treat yourself like a horse, and you can't go too far astray.

he was better with his discus and javelin."

With some 3000 points to his credit, and a silver medal in the nationals, Jock was ready to come back for the championship. He tried for the national indoor championship last March, and was second to 1956 Olympic champion **Bob Richards**, a great vaulter and jumper.

In May, Jock's appetite for the decathlon crown was only whetted when he won the national pentathlon title in North Carolina. "I won three of the events (long jump in 16-4; 200 in

26.5; and the 1500, in which he lapped nearly the entire field) and I won the title," he explained, setting the American 55-59 record at the same time. "So I started to point myself for the big one, Indianapolis, July seventh and eighth."

Jock got a lot of help from other decathletes, such as **Stan Vegar**, and from UCSD's **Howard Hunt**. Dr. Hunt kept the pole-vault pit open for Jock, helped him with his nutrition, took monthly blood (cholesterol, red blood cell) and body-fat tests, and ran intervals and distances with him. As for the decathletes, "that's when all the big boys, like **Daley Thompson**, were training for the Olympics," and they taught him in what order to train for the events: the 400 on Monday, javelin and discus on Tuesday, the 100 on Wednesday, and so on.

Treating himself as he would a horse going to Kentucky, Jock kept his eating and sleeping schedules on California time and stayed in his hotel room when not actually competing. On the first day, he won the 100 in 12.9, a PR, and the long jump in 16-4½, another PR. "That really put me up in the points," he remembers. "Up on the big message board it said 'Jocoy' at the top, and I was determined to keep my name up there." A fourth in the shot and a 4-6 high jump gave the competition a little room to catch up, but

when Jock won the 400, the fifth event, he was assured of going into the second day with a healthy lead.

With two throws and the vault on the agenda, Jock knew he had to start

Continued on Page 24



Jock Jocoy, 58, Del Mar, Calif., winner of both the pentathlon and decathlon TAC national titles in the M55 division in 1984.

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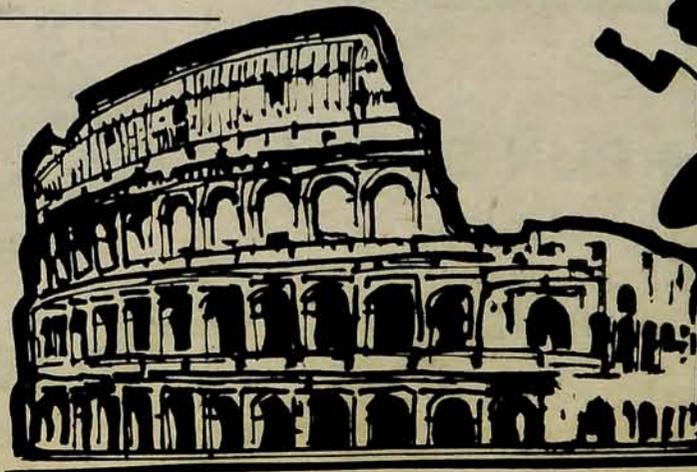
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THE FOOT BEAT

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

Q I am a veteran runner. What type of medicine can I take to get rid of joint and muscle soreness? I am in good shape but I need a little something to keep me comfortable following long work outs.

A Today, the trend in reducing joint and tissue inflammation is the use of the nonsteroidal anti-inflammatory drugs. These drugs are a similar group of medications that are not related to cortisone. They are often used to treat arthritic diseases. They are also effective as analgesics and for reduction of tissue inflammation.

There are literally dozens to choose from. Some of the more notable in the athletic world of Motrin, Advil, Feldene, Naprosym, Clinoril, Indocin, and the list goes on. However, when we look at the price of some of these medications, they run in the neighborhood of \$1.50 per tablet. The cost can exceed that of your running shoes.

Probably the oldest and most effective

analgesic-anti-inflammatory is plain old aspirin. It is by far the cheapest and probably the most effective for the veteran runner.

Aspirin or salicylates, in contrast to many narcotics on the market do not act on the central nervous system. Although the exact mechanism of action is not known, it is believed that they act at the peripheral, or site, of the origin of pain. And, as such, they do

not alter consciousness or mood. One does not become high or depressed. What it does do is reduce pain and reduce inflammation. (It probably does this by decreasing the synthesis of prostaglandins and lipoperoxidases.)

The peak analgesic level is reached very rapidly, usually within 45 minutes and last approximately 4 hours. It is very effective in reducing moderate pains, such as those found in the musculoskeletal system. In a recent study, it was shown that there is actual muscle breakdown and necrosis in marathoners. This is probably the reason we ache so much the week after

a hard marathon. In these cases, Aspirin may be an effective agent to reduce the level of pain.

The side effects of aspirin are extremely low. If the recommended dosage is followed, there is very chance of any adverse reaction. □

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

Glassman Wins M40+ Marathon

Matson First Woman In Mission Bay 10K

Despite its junior partner status to the older and more prestigious marathon, the 10K race proved the

more interesting of the two for Master runners in the Mission Bay Marathon/10K in San Diego, on January 13.

In the 10K, Shirley Matson, 44, provided most of the excitement with an overall women's victory in 36:43. Mary Lievers, 38, was third overall in 38:36. Among the men, Peter Stern, 40, was fifth overall in the 500-entrant field with an M40-49 win in 33:15.

Joe Glassman, 44, won the Masters title in the marathon with an easy 2:39:44 victory, some fifteen minutes faster than the next M40-or-over contestant. Betty Frankum, 45, was the first masters woman in 3:35:02. □

Multi-Event Championships Set For San Diego

by ED OLEATA

The 1985 TAC National Masters Decathlon/Heptathlon Championships will be held in San Diego July 5-6, 1985. The meet is being held on Friday and Saturday because of track availability.

The meet will be held at Point Loma College which has one of the most scenic track locations in the country. The new synthetic track, just complete last summer, is on a bluff with a beautiful view of the Pacific Ocean.

The Decathlon and Heptathlon will be scored for the first time using the new age-group factors developed by Jim Weed. With these new age factors, everyone competes on an equal basis, as far as age is concerned. A special award will be presented to the athlete who scores the highest total points, taking the age factor into consideration.

For further information see the ad in later issues of the MASTERS NEWS or send a SASE to Ed Oleata, 2870 Glenbrook Way, La Jolla, CA 92037. □

Miller Sets Decathlon Mark

Gary Miller, of the Corona Del Mar Track Club, set a new age 45-49 world decathlon record of 5463 points on January 26-27 at Cal-State U. in Los Angeles.

Despite taking a bad spill in the pole vault — barely touching the mat and landing, arm and head first, on the cement — Miller managed to finish the javelin and 1500 to set the record.

Performances: 100, 11.9; LJ, 5.99m; SP, 10.23m; HJ, 1.54m; 400, 53.9; 110H, 17.4; DT, 32.23m; PV, 3m; Jav, 49.51m; 1500, 5:01.9. □



Professor Alphonse Juilland, M60 winner 100m (12.70) and 200(26.46), TAC National Masters, Eugene, Oregon, August '84.

photo by Bill Alston



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WAVA, TAC Urge No Support

TORONTO WILL HOST 22 MASTERS SPORTS

Masters athletes will compete in 22 sports in the Masters Games in Toronto, Canada, from August 7 to 25, 1985.

"We expect over 10,000 athletes from around the world," said Dr. Maureen O'Bryan, President of the Games.

Included will be a marathon on August 11, a 10K on August 25, and a track & field meet from August 18-22, all open to men and women age-30-and-over. A sports medicine seminar will be held from August 8-10.

Among the sports featured in the Games will be cycling, swimming, badminton, basketball, tennis, rowing, sailing and more. Minimum eligibility varies by sport: swimming begins at age 25; squash at 35; fencing at 40; shooting at 55.

The concept is identical to the U.S. National Masters Sports Festival, which drew 1800 athletes from 14 sports to Philadelphia in 1982.

"The Masters Games will take place once every four years in different cities around the world," O'Bryan said. "Toronto was selected for its excellent existing facilities. The Masters Games is an entirely non-profit organization. The 5.2 million dollar budget is raised through athletes' registration fees, corporate and government sponsorship,

television and gate receipts."

The Games will be administered by the "World Masters Sport Foundation." WMSF is a not-for-profit foundation legally established to administer the Games.

The Masters Games have no connection with the World Association of Veteran Athletes (WAVA), which has staged international Masters track & field championships every other year since 1975, and which is staging the VI World Veterans Games in Rome this June.

The Toronto event also has no connection with IGAL, the World Veterans Long Distance Running Association which has staged international Masters LDR Championships for the past 17 years.

Nor do the Games have any connection with either The Athletics Congress (TAC, the national governing body for Athletics in the U.S.), or the Canadian Masters Track & Field Association.

In fact, both WAVA and TAC have urged "that support not be given to the Toronto Masters Games."

"The reason for the opposition," said Bob Fine, North American representative to WAVA, "is that Toronto was originally going to be a 'World Games.' WAVA was concern-

ed that Toronto would claim it was holding official Masters championships in opposition to WAVA. That would be confusing to the athletes and would weaken WAVA."

The Toronto Games' organizers, however, say they make no such claim.

"The Masters Games are solely for the purpose of providing fine competition for mature athletes in their own age group," O'Bryan said. "The games promote the idea of 'Sport For Life', emphasizing fitness, health and friendly competition."

Like the biennial WAVA Games, there will be no flags and no national anthems in Toronto. All competitors will participate as individuals, not as representatives of national teams.

Each athlete will pay a registration fee of 60 Canadian dollars (about \$45 U.S.) plus an additional entry fee for each sport.

There is no schedule conflict between the Masters Games and the U.S. TAC National Masters T&F Championships in Indianapolis. The T&F competition runs from August 18-22 in Toronto, and from August 23-25 in Indianapolis. So an ambitious athlete can theoretically compete in both. The two cities are 500 miles apart.

An advertisement for the Games in

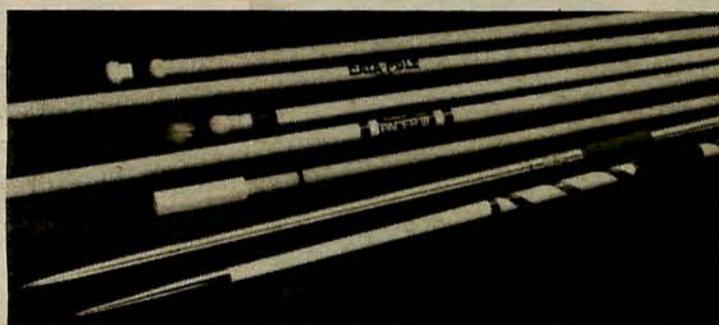
this issue calls them the "First Masters Games Toronto Canada August 1985." Clearly, they are not the "First Masters Games" ever held. "But we're not calling it the 'First Masters Games,'" says Suzie McKeegan.

Continued on Page 30



Jack Hasson, U.S. Age-40 100K record 8:27:45 at Tallahassee Ultra Classic, 12/15/84. photo by Rex Cleveland

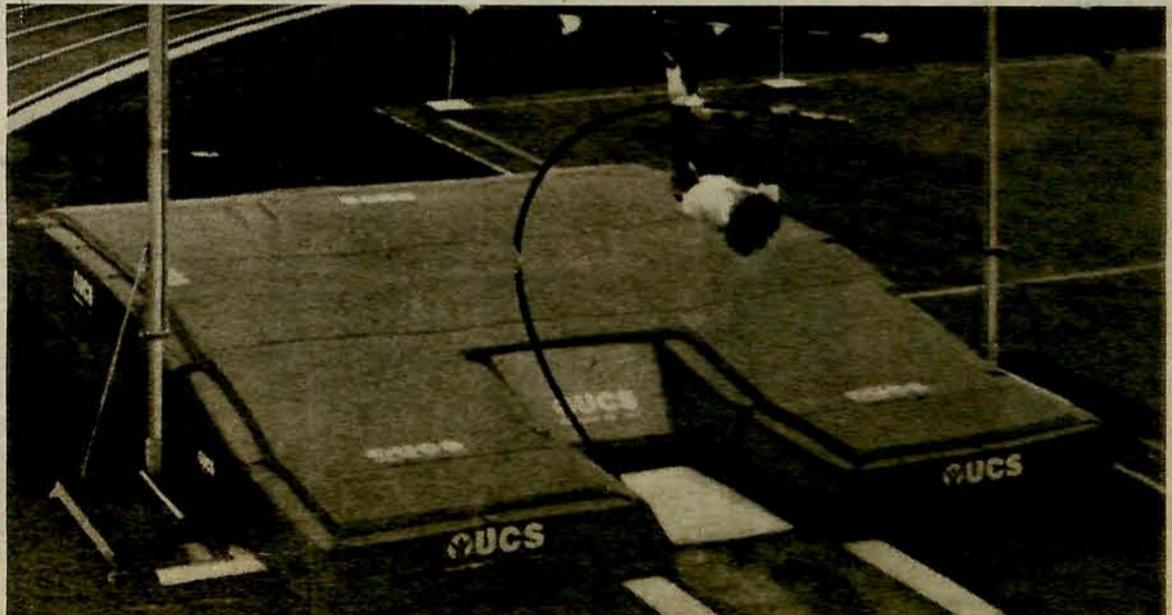
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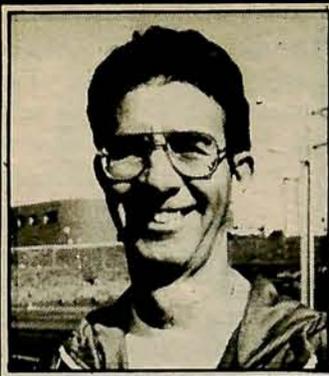


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MASTERS TRACK & FIELD REPORT

by JERRY ALAN DONLEY

Chairman, TAC Masters Track & Field Committee

I am not sure how I got into writing a monthly article for the Masters News. When I started it did not seem like much of a chore, and a logical step to make. Each month, it gets progressively more difficult, and, as Al Sheehen can testify, I keep pressing his deadline a little closer each month.

I have come to keenly appreciate the other articles that appear in the Masters News, month in and month out. I hope you appreciate the efforts that go into those articles, not only to produce them on time, but to produce something of interest to all Masters Competitors. I hope that writing comes easier for my fellow columnists than it does for me.

I'd like to take this public privilege I have to thank all of them for their articles. I enjoy them, and I really do appreciate their efforts! Thanks!

I will be attending the mid-year TAC/USA Board of Directors meeting in Chicago on March 17, 1985, and will report on that meeting at the National Indoor Championships at Sterling, Illinois, March 30-31.

I hope you won't be persuaded not to attend that meet simply because you may think it difficult to get to Sterling. It is fairly simple, and not any more

difficult to get to Sterling, than to Princeton, or Hightstown, New Jersey.

It is nothing but interstate (toll road) from Chicago's O'Hare Field to Sterling, Illinois. I was there last year, and found the facilities good. I understand that the rebuilding of the facilities after a fire last year resulted in even a better facility. O'Hare is easy to get to, and fares are generally not overwhelming. I'll admit there won't be much of a wild night life there, but you can make that up by staying in Chicago after the meet.

Last year's attendance for the indoor meet was exceptional. With competitors from all over the country being able to get to Chicago, I look for an even greater turn out for this meet. The competition will be excellent, and the opportunity to meet with your friends before going to Rome is an opportunity you ought not to miss. I'll see you there. □



The Snohomish Track Club's A (front row) and B (back row) teams finished 1-2 in the age 40-49 division of the TAC National Masters 5K Cross-Country Championships in Seattle November 24. Back: Charlotte Swanson, Julie Stiles and Chris Curtis. Front: Carol Flexer, Vicki Foltz. Not shown: Pat Thomas. photo by Warren McNeeley

Mike Tymn

Continued from Page 6

Willard in 1915 at age 37, The Galveston Giant continued to fight until 1928 at age 50. In 21 fights from ages 40 to 48, he was undefeated. He was inactive at 49, then lost his last two fights when age 50.

9. PIERRE ETCHBASTER — A Basque from St. Jean de Luz in the French Pyrenees, Etchbaster, representing the Racquet & Tennis Club of New York, became the world's indoor court tennis champion in 1927. He defended the title every year up to 1954, when he was 60. He retired that year, still undefeated.

10. MATTHEW McGRATH — At 45 years, 205 days, McGrath, who migrated to the U.S. from Ireland at age 21, won the silver medal in the hammer-throw at the Paris Olympics of 1924. He had won the gold in 1912. In 1925, he won the national AAU 56-pound weight throw and in 1926, at 48, he captured the national title in the hammer-throw.

SECOND TEN:

11. WARREN SPAHN — baseball's best over-40 Pitcher, Spahn had a 21-13 won-lost record at 40, was 18-14 at 41, and then at 42 he had amazing 23-7 season with a 2.60 ERA. He continued to pitch until age 46.

12. JIM MARSHALL — Pro football's most durable performer, Marshall, a defensive end for the Minnesota Vikings, retired at age 42 after playing in a record 282 consecutive games.

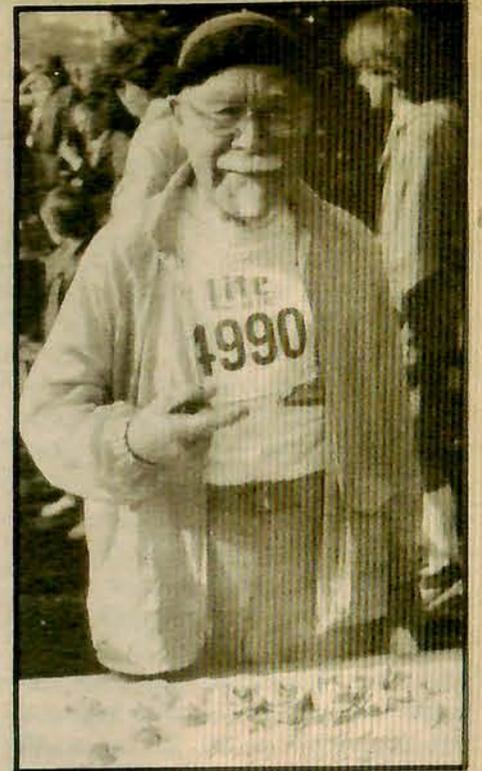
13. BOB FITZSIMMONS — "Ruby Robert" lost the heavyweight title in 1899 at age 36, but won the light heavyweight title at age 40. He held that title for two more years and continued to fight until he was 51.

14. GEORGE BLANDA — At 43, he won 1970 Male Athlete of the Year honors as a result of his streak of five straight games in which he pulled out victories or ties for the Oakland Raiders with late-game heroics, either by passing, kicking, or both. He continued playing, mostly as a place kicker until age 48.

15. DOROTHEA DOUGLASS LAMBERT CHAMBERS — In 1919, when she was 41, Lambert Chambers, a seven time Wimbledon champion, put on a remarkable show, even though losing, in the Wimbledon challenge round. In 1925, at 46, she was a quarterfinalist in the U.S. Championship and the following year played on the British Wightman team.

16. ED "STRANGLER" LEWIS — In the pre-slapstick wrestling era, Lewis held the world title at 38. He continued winning matches against the top competition in the sport throughout his 40's and into his 50's.

17. CARL YASTRZEMSKI — "Yaz" played for five seasons after turning 40 and has more post-40 home



Ivor Welch at the San Francisco Bay area Zoo Run with his finger in the birthday cake and looking much younger than his age, the last two digits of his race number.

photo by Gene Cohn

runs (69) than any other major leaguer.

18. ED BURKE — At 44, Burke threw the hammer 243-11, better than his 235-11 American record of 1967, which stood for 14 years. He then represented the U.S. in the Los Angeles Olympics.

19. TED WILLIAMS — Hitting .328 in 411 at bats in 1958, Williams is the only major league ballplayer to win a batting title after turning 40. He played two more seasons, hitting .316 and 29 home runs in 310 at bats his final year.

20. ERNEST RIEDEL — Considered the greatest American Kayaker ever, Riedel, a bronze medalist in the 1936 Olympics when he was 35, won 18 national championships between 1923 and 1947. He was 47 when he raced in the 1948 Olympics.

Some Honorable Mentions:

MAMO WOLDE won the bronze medal in the 1972 Olympic marathon at 40 years, 90 days ... CLARENCE DeMAR, at 41, captured the 1930 Boston Marathon ... JOHN FLANAGAN was the gold medal winner in the 1908 Olympic Games at 40 years, 187 days ... TEBBS LLOYD JOHNSON took the bronze in the 50-K walk at the 1948 Olympic Games when 48 years, 115 days old ... SAMUEL DUVALL won the silver medal in archery at the 1908 Olympics when 68 years, 194 days old ... EARL THOMSON, age 47 years, 364 days, won an equestrian gold medal in 1948 ... CHARLES TATHAM, age 51, won a bronze in fencing in 1904 ... NELSON MARGETTS, 41 years, 63 days, captured a bronze in Olympic polo in 1920 ... OSCAR SWAHN, 64 years, 258 days, won a gold medal in the 1912 Olympic shooting contest and returned in 1920 to compete when 72 years, 282 days old. □



Continued from Page 2

to compete in national masters championships.

Rule 11 of the TAC Operating Rules says: "national clubs shall be limited to competition at the senior level." In the masters meeting, a motion was made that National Clubs be eligible for team competition in National Masters Championships. After much discussion, the motion was defeated, 8-7, not passed as stated in the NMN report of that meeting. Therefore, masters runners from a national club cannot compete in the team division of any Masters National Championship.

I strongly urge any race director who was not aware of this rule in the past to correct his race results and subsequent award presentations.

*Carole Langenbach
Women's Vice-Chairman-
Masters LDR Committee*

U.S. DECATHLON

I noticed that the TAC National Masters Decathlon Championship are scheduled to be held in San Diego July 5-6. I recommend that the dates be changed to August because:

1. July 5-6 is too close to the end of the World Masters Games in Rome.

2. Many Masters, including me, intend to participate at Baden in their International Meet July 5-6.

3. Masters from the U.S. and P.R. intend to travel throughout Europe once the World Games finish, taking the opportunity to visit Europe.

4. Coming back from Rome, a very tiresome air trip, will at least take 2 days, so there won't be much time to rest and compete at San Diego.

I hope my reasons for postponement are taken into consideration and a new reasonable date is selected for the National Decathlon.

I also suggest to the delegates from the different countries to the WAVA meeting in Rome, to consider the inclusion of the Decathlon in the World Masters Games, eliminating the Pentathlon. In this manner WAVA can have a true Olympic schedule similar to the Olympic Games. It will be the only way to select the complete athlete in each age division.

*Gilberto Gonzalez - Julia
San Juan, Puerto Rico*

A FAREWELL AND A WARNING

1983 was a good year for me. The NRDC ranked me 5th among road runners in the 45-49 age division. I set age records at 8K and 10K and did well at 15K and 30K. The year ended, however, in traumatic fashion.

On December 24, I ran in the National Masters 10K Championships,

even though I was suffering from acute achilles tendonitis. Leading at the 5 mile mark, I felt like someone was throwing rocks at my right calf. I fell to the pavement with what turned out to be torn muscle fibers in my calf.

Since then, there has been a resultant loss in muscle mass and overall strength. I have kept myself in good physical shape, done countless toe presses and tried to train, but the physical edge is gone. Even jogging causes my right calf to get tight and I can no longer run on my toes, one of my former strong points. My warning: don't compete when you have a stress injury. The glory is not worth the risk. I am saying farewell to serious masters running competition. My interest in high level competition had been waning in recent years due to the rigors of training and the sacrifices of time. Now that I am fighting a handicap, that old mental edge is just not there.

The sport has given me more than I can ever explain, but I close my scrap book with no regrets. I know that I gave my all and that I did the best I could. In 1981, I feel that I ran above my talents: a 31:58 10K (at the time an age 44 record, a 49:01 15K and a 4:07.8 1500M (at the time a US record for men over 45). Standing out among my many memorable races are four 1500M runs, all of which I lost by small margins, two to George Cohen and two to Louis Vink.

While leaving competitive running, I am pursuing my other interests. Thankfully, my injury has practically no effect on my hiking or mountain climbing abilities; I climbed 40 mountains in 7 states last summer. Over the years, I have climbed 100 interior buttes in the Grand Canyon and all the 14,000 foot peaks in Colorado. I have many goals in hiking and, obviously, these will now come to the fore. I have responsibilities at Northern Arizona University and with social and musical organizations in Flagstaff which take up a lot of my time. On the other hand, I have not given up running. I jog 4-5 miles per day, 4-5 days per week and lift weights twice a week and it feels good. But no more heavy training and no more competitive running. I'll miss it, but it was time to say good-bye.

*Bob Packard
Flagstaff, Arizona*

PRIORITIES

I look forward to NMN each month. I read it the evening it comes. On the front page of one issue last year, my wife wrote: "Guess Who Goes To Bed Alone Tonight?" and put it back in the stack of mail. Well, she was fast asleep when I crawled in. Priorities!?!

*Hugh Adams
Selma, California*

Brown Wins U.S. 10K

Continued from Page 1

as usual, ran away with the M-50 title. Joe Burgasser, 66, St. Petersburg, FL, ran a strong race to win M45 in 33:52.6 and finish seventh over-all.

Howard Rubin, 56, New Hartford, NY, upheld his number one TAC 1984 age-group ranking by taking the M-55 championship. World marathon and 10K champ, Eddie Benham, 77, of Ocean City, MD, scored an easy victory - what else is new - in M75. However, there was an upset in M70, where Eugene Keller, 70, of Cincinnati, won handily over Bill Brobston 72, Saugerties, NY, the 1984 number-one.

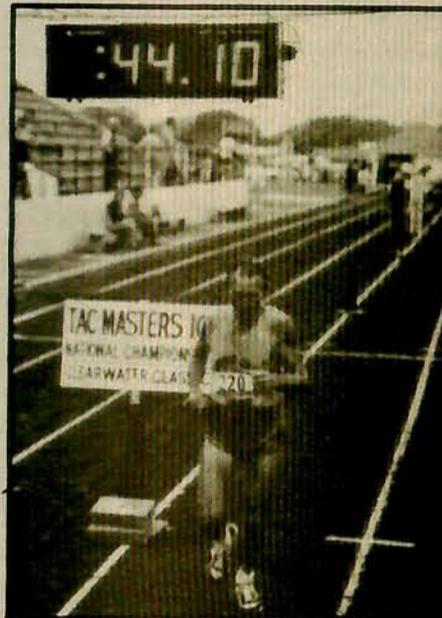
A rarity was the appearance in the race of a couple of octogenarians. Multi-record holder, Dr. Paul Spangler, 85, of San Luis Obispo, CA, ran 59:38.4 to 61:20 by local hero Max Bayne, 83, of St. Petersburg.

In the women's race, Matson had things pretty much her own way, winning in 36:47.8, but there was a real battle for the next three spots. Floridians Monique Quevillon, 41, of Sarasota and Yvonne Rodgers, 42, of Seminole finished second (38:17) and third (38:32) to upset co-favorite Bette Poppers, 42, of Littleton, CO, who had to settle for fourth (38:51).

Poppers was close behind Matson

for four miles; but, at that point she faded, and Quevillon and Rodgers had no trouble pulling away. Toward the end they were closing in on Matson, but finished over a minute behind.

The real star of the women's competition was sixty-year old Anne Trigg, of St. Petersburg. The mother of ten children who started running just five years ago, the attractive, popular Trigg ran 44:49.9, making her the 2nd fastest U.S. W60 performer of all time. Helen Dick, set the American W60 mark of 41:41 just last December 2 in California. □



Ed Benham wins M75 title in U.S. 10K Championships in Clearwater, Florida, February 3.



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PROFILE

Gary Goettelmann: Ready To Make A Move

"Start running, or else. . .!"

That was the command given Gary Goettelmann in 1975 by his wife. After retiring from competitive running in 1968, Goettelmann, a Santa Clara, Calif. resident, tipped the scales at a chubby 180 pounds, well above his current 135.

At 41, Goettelmann should soon establish himself as one of the top masters distance runners in the country. An injury sidelined him for most of last year, but a recent 31:53 clocking for 10K served notice that he's making his move.

At the University of Southern California from 1962-65, Goettelmann was the track team's "utility man," running everything from the half-mile to 10,000 meters. By his senior year, he narrowed his range to the steeplechase and 5,000, with bests of 8:53 and 14:03 and a fourth place in the steeple at the 1965 USTF championships.

"I ran with Laszlo Tabori for three years and give him full credit for what running success I had," says Goettelmann. Tabori, the third man to break 4-minutes for the mile, defected to the U.S. with Mihaly Igloi, his coach, after the 1956 Olympic Games.

Gary continued to run after graduating from USC, but gave it up in 1968 because, he says, he could no longer compete with the new "full-time" runners.

While making his "comeback" in 1975, Goettelmann showed up for a



Gary Goettelmann

road race in his old USC sweats, prompting another runner to ask what position he played. Gary then made the decision not to run another race until he lost about 30 pounds.

Two years later, Goettelmann had his weight down and his times down, as well, to 4:13 for the mile and 9:03 for two-miles. He also clocked 30:53 for 10,000 on the track, and 30:58 for 10K on the road, the latter at age 39. In addition, he turned to five marathons in the 2:22 to 2:24 range between 1977 and 1981.

Gary says that the New York, Boston, and Nike-OTC marathons are his most memorable experiences, but adds that he enjoys the track more than the roads.

To prepare for competition, Gary logs 100-110 miles a week, including a 17-20 miler on Sundays and interval session of 6 times one-mile at 5:00 each with a 440 recovery lap and 12 times 220. He comments that when doing the 220's, he notices the effects of aging.

"Where I used to run 28-30 very easily, it's now 32 seconds for the same effort," he says. "I can still run under 25 seconds, but don't ask me to do it twice in the same workout."

As his 40th birthday approached in September 1983, Gary looked forward to joining the masters ranks. However, soon after becoming a masters competitor, he suffered an injury.

"It was non-running related," he is quick to point out. "Old men should not play tackle football."

A few years ago, Goettelmann acquired ownership of Ryan's Sport Shop in Santa Clara. The shop was established many years ago by Mike Ryan, winner of the 1912 Boston Marathon. Before the running boom, it was about the only place in the entire

San Jose metropolitan area that sold running shoes.

Besides his own running, Goettelmann looks after the pursuits of about 30 other runners. He says that the real joy of his life is coaching. He doesn't recruit, nor does he charge for his advice.

"I made a commitment a long time ago not to get financially involved with my runners because then it would be an unnatural relationship. The people who have helped me the most did it for free," he said in a San Jose Mercury News interview last year. The story was about Nancy Ditz, one of his prize pupils. Ditz finished fifth in the Olympic marathon trial.

Said Ditz: "Gary's the most important person in my life with the exception of my family. In any good relationship you have to expect ups and downs. You try not to carry those dif-

125 Compete In Cleveland

Continued from Page 4

Hoyle, M45, PV, 12-6; Joe Chadbourne, M50, 56-pound-weight, 26-10½.

Grace Butcher, W50, broke her previous meet records in the 440 (75.1) and 880 (2:52.6). Byron Fike, M75, turned in a 79.8 440. Fast 220's were notched by Grover Coats, M45 (25.9) and Max Goldsmith, M60 (30.03).

The home OTC club swept first place in all the age groups except M40-49, which the West Penn TC won handily.

OTC member Charlie Hall computerized the entries, which made for a smoothly run meet. Five ham radio operators helped officials call for starting times, announce results and report events in progress. They were a tremendous time saver.

Meet directors, this year, limited the number of events per competitor to five, encouraging participants to specialize and concentrate on performance. It seemed to work. □

Christel Miller Sets U.S. Marks

Continued from Page 1

five inches to 4-2; the javelin distance from 88-2 to 100-8; and the shot put from 30-4 to 31-9¾. Ironically, the last two records had belonged to Miller's fellow CDMTC member and friend, Shirley Kinsey.

Three pole vaulters found the facility to their liking and set world age records: Jim Vernon, 68, with 10-2 (old record 9-7); Carol Johnson, 73, with 9-3¾ (9-¼); and Bob MacConnaghy, 76, with 7-0 (6-6).

Runner Nick Newton, 51, had a 40.20 300m effort; Bill Knocke and Jon Monet, both 45 did the 600m in 1:35.2; and Rich Greene, 43, 3000m in 9:56. □

ferences out to the track. The most important thing is that he has tremendous self-confidence, or if he has any self-doubt he doesn't let anyone know it. That's good because if you're going to have confidence in somebody they'd better have confidence in themselves."

Looking to his own running goals, Gary says, with confidence, that he plans to stay healthy and let the times and races take care of themselves. He is looking to run 30:30 for 10K and around 2:20 in the marathon before long. —Mike Tymn

Super Bowl 10K Draws 18,000

Continued from Page 4

Four men pushed their friend in a playpen full of teddy bears. Two men dressed as a football field with a roll of Astro Turf strung between them and field goal standards for hats. "Cleopatra" rode in a chariot pulled by running slaves.

The costume prize winners were the men who ran the 10K in wedding gowns, chasing a woman in a yellow tuxedo.

Oh, yes, the race. Canadian Dave Surman, 41, of British Columbia, emerged from the crowd as first 40-or-over finisher with an excellent 31:39. Judy Kewley, Los Angeles, was the first masters woman in 38:23.

Ken Gaskell, 50, Thousand Oaks, Calif., won the M50-59 race in 36:58, and Wilma Maddock, 50, Costa Mesa, Calif., took the W50 first prize in 44:43.

Early results showed no times for 60+ winners, Jack Kettler, 61, Palos Verdes, Calif., and Helen Dick, 60, Los Angeles. □



Gary Goettelmann, 41.



Christine Curtis (1475) finishes first in W45-49 division in 22:32 in U.S. Masters 5K Cross-country Championships in Seattle November 24.

photo by Warren McNeely

Morcom, Funkhouser In Philadelphia

Continued from Page 1

Morcom, now living in his native "Granite State" after a long association with the University of Pennsylvania, pole-vaulted 10-0, high jumped 4-6, and blasted through the 50y hurdles in 8.2.

Funkhouser, who finished 7th at last year's Olympic Trials in the 20K walk, exploded through the first fifty yards of the one-mile walk as if he'd been booted by the Miami Dolphin's Reggie Roby. He went through the half-mile in about 3:04 and continued on to win in 6:26.2. Reading TC's Bill Norton, M35, was second overall in 6:54.4.

Wright, a 38-year-old powerhouse from Newark, Delaware, swept the 50y,

300y (36.0), and 600y (1:23.2). Dickerson, M35, jumped higher (6-0) and farther (21-2¼) than anyone else this evening.

Moore, 46, former national masters cross-country champion, paced the entire 2-mile field, flowing over the boards like syrup on pancakes as he glided home in 10:18.3. Moses Mayfield, M40, was second overall in 10:34.3.

New York's Pauling, 50, had the night's best time in the 1000y as he rang up a 2:40.1. Cliff also scored with a 600 in 1:25.3.

Manno, M60, showed his usual impeccable sprinting style as he captured

the 300y (42.3) and 600y (1:44.5).

Dawson Pratt, M45, who had been bothered for two years with a hip problem, showed he is on the comeback trail as he caught Larry Wilson with a late rush to win the 300y in 37.7.

Ray Frick, M50, was king of the strongmen as he heaved the shot 12.93m (42-5¼).

Dave Hall, M65, ran 8.8 in the 50y hurdles and 7.4 in the 50y dash. Claude Hills turned in a 9.2 in the 50y hurdles, 3-10 in the high jump, and 11-3½ in the long jump. Manfred d'Elia, M75, posted an 8.02 in the 50 and 51.2 in the 300.

Anne Mapps, W35, was a triple winner in the 50 (7.1), 300 (47.5), and long jump (12-10). Betty Ann Furman, W55, ran the mile in 7:05.9. □

First U.S. Indoor Pentathlon Held

Continued from Page 1

(AFSS) which was recently described in the January '85 issue of this newspaper. After discussions were held with Jim Weed, multi-events coordinator for the Master's Track & Field Committee, it was decided that the meet would employ the same scoring factors for the 55 meter high hurdles and the 1000 meter run as are already detailed in the AFSS's 110 high hurdles and 1500 meter run, respectively. The height of the hurdles and the weight of the shot puts corresponded to the ruling of the national committee which states that multi-events continue to use the old hurdle heights and shot put weights. The scoring for the 55 meter high hurdles employed the same scoring table that was used in the 1973 USSR vs. USA indoor dual meet in New York City. The scoring table was extended by using a computer program to cover the longer times to cover the race.

A quick review of the AFSS versus the IAAF scoring indicated that there would have been a number of changes in the top three positions of several age groups if the AFSS was not used. Barry Kline, who won the M40-44 division, was critical of the age factoring both before and after the championship. Kline won his age division because of the age factoring. Of the nine contested divisions, only two divisions were won

by younger men. Although all divisions were not calculated out using just the IAAF system, it seems reasonable to assume that factoring in one's age will make a difference in the final standings of multi-events.

The meet's only difficulty arose in the long wait to long jump since the facility only had one long jump pit. However, in order to compensate for other delays, whenever the pentathletes were ready to compete they were given priority in the field event areas and on the track, much to the disgust of several athletes competing in the BUD LIGHT meet.

Competition in the age divisions was fierce, with only 9 points separating Steve Suto (1st-M30-34) with that of runner-up Jeff Jodon; 35 points separated Barry Kline (1st-M40-44) with runner-up Bill Smith; and 22 points for three-time Olympian Bob Richards (1st-M55-59) with runner-up Buck Bradbury.

Not only was competition fierce in the age divisions, the AFSS encouraged the older athlete to mathematically compete with his younger counterpart. The only athlete to score 4,000 points was Boo Morcom, 63, of New Hampshire, who captured his highly competitive age division with 4,145 points. Morcom was a pole vaulter in the 1948 London Olympics, and although he still competes in the vault, seems intent on being recognized as one of the nation's best Master's multi-event competitors.

Bob Richards, like Morcom, would now like to gain recognition outside the pole vault pit, and stated that competition in the multi-event championships would be one of his major objectives for Master's track and field in 1985. Richards took the M55-59 title by winning two events (shot put and high jump), and finishing second in two others. Richards outdistanced his closest competitor in the shot put by



L-r: Ham Morningstar, Claude Hills and Gil Gonzalez at the TAC National Masters Indoor Pentathlon in Carlisle, Pa. January 13.

over 9 feet, which enabled him to take the national title.

Kathy Pierce, 37, of New York, was the only female to compete in the pentathlon. With the exception of the 800 meters, which she ran in lieu of the 1000 meters, and the 60 meters hurdles, which she ran in lieu of the 55 meter hurdles, she was mainstreamed into the pentathlon competition, much to the delight of her male colleagues. The final results of Pierce's point totals are left blank because no scoring tables could be located.

Because of Morcom's outstanding performance in both the pentathlon and in the BUD LIGHT meet, he was named the outstanding male competitor of both meets. □



Ron Salvio, M35, gets ready for the pentathlon hurdles in Carlisle, Pa. January 13.

Olson Recovers After Pentathlon Mishap

So you want to compete in a nice safe sport and you think Masters track and field is the answer. Ask Len Olson, 53, of Endwell, New York. He may give you a different answer.

Regardless if Olson is a spectator or participant he has become prone to serious injuries. Last October in Raleigh at a weight pentathlon Olson was hit by a hammer in his left thigh. He was sidelined until last January when he competed in the TAC National Masters Indoor Pentathlon Championships, held in Carlisle, Pennsylvania. After coming off the last hurdle in the 55 meter hurdles, Olson's right foot turned inward, rolled to one side and broke above the ankle. Olson was rushed immediately to the Carlisle Hospital, which was only three blocks from the meet site. During the five days that Olson spent at the Carlisle Hospital recovering, he was visited by many of the meet's track and field officials who witnessed the accident. Olson received six screws and a steel plate in his right foot, in what one track official, who was an official at the 1984 Los Angeles Olympics, described as the worst track related accident he ever witnessed.

Olson, who is the 1984 TAC national indoor champion in the shot put, and the bronze medalist in the shot put at the V World Veterans Games in Puerto Rico, is hopeful he will be able to compete on a limited basis in Rome.

— Scott Thornsley



L-r: Boo Morcom, Bob Richards and Oscar Harris at the U.S. Masters Indoor Pentathlon Championships January 13 in Carlisle, Pa.

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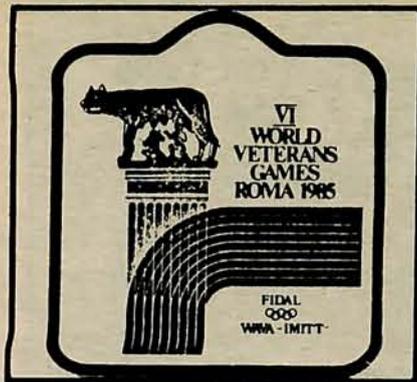
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**COUNTDOWN
TO
ROME**

March 31 is the entry deadline for the VI World Veterans Games in Rome, June 22-30, 1985. The Games are staged by the World Association of Veteran Athletes (WAVA), and are open to men age-40-and-over, and to women age 35-and-over.

The entry form is printed in these pages. Meet director Cesare Beccalli will accept your individual entry, but prefers you send it with others in your tour group, to simplify bookkeeping. If you send your entry alone, you may be subject to bank finance charges when you arrive in Rome.

Over 5000 participants from over 50 nations are expected for what will be the largest Veterans meet ever held. Dozens of Olympians will be there, including Al Oerter, Bob Richards, Thane Baker, Parry O'Brien, Willie Davenport, Gabriele Andersen-Schiess, Ed Burke, Hal Connolly, and more.

There are no qualifying standards. Anyone who is old enough may compete. The primary purpose of the Games is fun and friendship — to see Italy and to make friends with people from around the globe, with the competition being the icing on the cake.

The General Assembly Meeting has



In Rome last month, discussing preparations for the VI World Veterans Games are, from left, Marcello Armeni, Secretary of the Italian Veterans Committee, Bill Adler, who is heading a tour group of Americans, and Cesare Beccalli, Games' director.

been scheduled for two sessions — at 2 p.m. on both Thursday, June 27 and Friday June 28. Bids for the 1987 and 1989 World Veterans Games will be considered at the Friday meeting.

The General Assembly will consider the question of a formal agreement between the International Amateur Athletic Federation and WAVA, whereby the IAAF would recognize WAVA as having sole responsibility for international veterans athletics. No formal agreement will be concluded without the approval of the General Assembly. (The General Assembly is composed of about 80 delegates, with a maximum of five from any one country).

All proposed amendments to the Constitution, all bids for the 1987 and 1989 championships, and all nominations of candidates for office must be in the Secretary's hands by March 22, 1985. (Owen Flaherty, CN UTR, Javea, Alicante, Spain).

In addition to the General Assembly, the following meetings have been scheduled:

WAVA Executive: Friday, June 21, 7 p.m.; Sun. June 23, 11 a.m.; Sunday, June 30, 3 p.m.

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

Technical Committee: Saturday, June 22, 5 p.m. Open to all.

North American: Saturday, June 22, 5 p.m. (May be rescheduled to avoid conflict with Technical meeting.)

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

Farewell Dinner: Saturday, June 29, evening.

Schedule notes: The M70 javelin will take place on Saturday afternoon, the 22nd. There will be no 80-meter hurdles "heats," as stated in the schedule (January NMN). Just finals on Tuesday, the 25th, p.m.

The farewell festival can be booked through the form that you receive with the confirmation of your entry. You reserve your farewell ticket by mail, then pay for it in Rome.

If you still crave action after the Games, there will be a Veterans meet in Baden, Switzerland (16 minutes west of Zurich by train) on July 5-6. It is open to men 33+ and women 30+, based on year of birth, not date of birth.

(Thus, if you turn 45 on Dec. 31, 1985, you'll compete in the 45-49 age group, even though you're only 44. That's the way some countries work it. (See schedule for details.)

At NMN press time (Feb. 10), the dollar had hit new highs. One U.S. dollar will get you 2030 Italian lire or 2.75 swiss francs. It would seem the perfect time to go to Europe.

A final note: USA uniform coordinator Laurel James has cancelled negotiations with the Kappa Co. of Italy. She is now working with a Portland, Oregon company to produce the uniforms at the advertised price of \$50.

The deadline for ordering the 5-piece uniform (singlet, shorts, jacket, pants and bag) has been extended to March 31. Send \$50 to Jerry Donley, 1715 Alamo Ave., Colorado Springs, Co. 80907. □

Should Masters Join The IAAF?

On June 27 in Rome, Veteran athletes will make a critical decision that will affect the future of International Masters Athletics for years to come.

Delegates to the VI World Veterans Games will vote on whether to merge WAVA (the World Association of Veteran Athletes) into the IAAF (International Amateur Athletic Federation).

In Los Angeles last year, the IAAF formed a Veterans' Committee of 11 persons, including six from WAVA, four from IAAF, and one from IGAL (World Veterans Distance Running Association).

The Committee has met several times, and is trying to hammer out an agreement which can be approved by the delegates in Rome. Their final meeting, prior to Rome, will take place March 25 in Lisbon.

The National Masters News has

several questions about the proposed merger which we were planning to explore in detail in this issue. We interviewed several people and wrote the story.

However, we decided to hold it until after the Lisbon meeting. We have expressed what we feel are the genuine concerns of the world's veteran athletes to each of the WAVA/IGAL Committee members, who will be working hard in Portugal to do the best thing for all concerned.

In our May issue, we will publish a complete report of that meeting, along with any questions about the IAAF merger which are still relevant at that point. □

Bud Light/PA Meet Draws 200

Continued from Page 1

hurdles, and 8.1 55M dash, a 31.3 200M and a 74.9 400M. Not to be outdone was Bill Carmen of Massachusetts, who posted a 75.8 400M, a 8M-TJ and a 20' throw of the 5K shot put, (though beaten by Ham Morningstar with a 32'8" heave). Former Olympian Bob Richards of California and Boo Morcom of New Hampshire also had memorable days. In addition to both winning their age group division in the national indoor pentathlon championships, they both set pending WAVA world indoor records in the pole vault. Richards cleared 11'6", his best height in 15 years; Morcom cleared 9'0", but far below his 12'7" unreported height last year. (Morcom holds the world M55-59 mark of 13'6", set in 1976.)

pion in the M50-54 mile for the past two years.)

Vivian Nelson, 72, also set a pending WAVA world indoor record in the long jump. New Jersey's Henry Zachman celebrated his recent 75th birthday by running a 3:33 800M, and a 7:12.9 1500M, both pending world indoor age-group records.

Tim Cook, the 1984 TAC national indoor champion in the mile, posted wins in the 1500M (4:02.8) and 3000M (8:46.3). Ron Shenk, 39, of Carlisle, the national indoor champion in the pole vault, vaulted 11'6". Also winning his speciality was Jim Keys, 36, of Camp Hill, as he tossed the shot 45'1".

Next year's BUD LIGHT will acquire a second high jump/pole vault pit to better accommodate the athletes in those events.

(NOTE: Bob Richards, Boo Morcom, Jim Sutton, Vivian Nelson and Henry Zachman: you must send a copy of your birth certificate to me so I can submit results to WAVA.) □

Dr. Jim Sutton of Reading, PA, set a pending WAVA world indoor record in the 1500M, with 4:30.6. (Sutton has been the TAC national indoor cham-

TAC CENTRAL CALIFORNIA ASSOCIATION MASTERS CHAMPIONSHIPS

DATE/SITE: Saturday, April 13, 1985/Fresno State University-Warmerdam Field.
ELIGIBILITY: All entrants must have a 1985 TAC registration number.
ENTRIES: \$6 first event/then \$4 each event (add \$1 per event after April 3).
AWARDS: Large TAC medals to first 3 places per event per 5-year age divisions.
TIMING/ORDER: ACCUTRAC/women first then men, oldest to youngest.

TRACK	SCHEDULE	FIELD	DIRECTIONS from:
10:00	5000 (all)	9:00 Hammer Throw	NORTH: Freeway 99, east on Herndon, south on Cedar, east on Barstow.
11:10	Pent. 200	9:00 Pent. Long Jump	SOUTH: Freeway 99, Freeway 41, east on Shaw, north on Cedar, east on Barstow.
11:30	4x100 Relay	9:50 Pent. Javelin	COAST: Freeway 41, east on Shaw, north on Cedar, east on Barstow.
11:45	1500	12:00 Pent. Discus	
12:30	400	1:00-2:00 Long Jump	
1:00	Pent. 1500	1:00-2:00 Discus	
1:15	100/110 IH	1:00 Pole Vault	
1:30	100	1:00 High Jump	
2:15	800	2:00-3:00 Shot Put	
2:45	400 IH	2:30-3:30 Triple Jump	
3:00	200	2:30-3:30 Javelin	
3:30	4x400 Relay		

Send entry to: HUGH ADAMS
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NAME: _____ EVENTS ENTERED: _____
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 SEX: _____ BIRTH DATE: _____ TAC#: _____ \$ _____ enclosed.
 AFFILIATION: _____ T-SHIRT SIZE: S M L XL

Report From Britain

by ALASTAIR AITKEN

Priscilla Welch, now 40 years old (since November 22), returned after a rest for her first race of 1985 on January 13 at the Mitcham 25K road event in the South London area. In freezing conditions, she ran the two-lap course in 1:26:31, going through five miles in 27:04 and ten miles in 55:04, finishing 29th in a field of 330. First Veteran was Dave Rogers, 41, 22nd overall in 1:25:53.

Taff Davies, now 46, won the Erith 10K Road Race out of 220 runners on New Years Day in 31:00 with Robin Dickson 2nd Vet in 32:45. Nuala Atkey, 36, won the Southern Women's Veterans Cross-Country at Eltham, January 20, in a course record 19:00; second was last year's winner, Liz Scoane in 19:11. Pam Jones, 48, was third in 20:38. On that day in Eltham, Trevor Collins, 43, won the combined Veterans AC and Cambridge Harriers two-lap cross-country race over the snow over 61 Vet runners. This writer was eleventh in that event.

Marathon runner David Clarke tied for first in the Hertfordshire Vets Cross-Country Championships at Stevenage, January 20, with Brian Booth with 31:16. On the same day, Alan Toseland won the Eastern C-C Championships for the fourth time at Chelmsford.

World indoor bests were achieved on November 2 in the Midland Counties Open Meeting at Cosford by Pat Gallagher, W35, in the 800, 2:17:02, and Sean Power, M40, 13.81m (45-3/4) in the triple jump. □

All-Time Top Masters Marathoners

compiled by MARTY POST

World Men

2:11:19	Jack Foster (NZL)	1974
2:13:41	A. Villanueva (MEX)	1982
2:14:50	Gerald Dravitzki (NZL)	1984
2:15:15	Barry Brown (USA)	1984
2:15:46	Ron Hill (GBR)	1979
2:16:37	Gunther Mielke (FRG)	1984
2:16:50	Lloyd Walker (NZL)	1981
2:17:10	Mike Manley (USA)	1983
2:17:24	Don MacGregor (SCO)	1983
2:17:30	David Clark (GBR)	1983
uncertain birthday:		
2:15:09	Mamo Wolde (ETH)	1972

U.S. Men

2:15:15	Barry Brown (NY)	1984
2:17:10	Mike Manley (OR)	1983
2:21:19	Bill Hall (NC)	1981
2:21:32	Jim Bowers (CA)	1984
2:23:07	Dan Conway (WI)	1984
2:23:16	Ralph Zimmerman (NY)	1981
2:23:33	Gary Muhrecke (NY)	1983
2:24:08	Bob Jenkins (VA)	1982
2:24:19	Bruce Mortenson (MN)	1984
2:24:41	Herb Lorenz (NJ)	1979

World Women

2:29:43	Joyce Smith (GBR)	1982
2:38:27	Ilona Zsilak (HUN)	1984
2:38:59	Evy Palm (SWE)	1984
2:39:11	Miki Gorman (USA)	1976
2:40:51	Meeri Bodelid (SWE)	1984
2:41:04	Sinikka Kiippa (FIN)	1983
2:41:24	Denise Alfvoet (BEL)	1984
2:43:34	Bev Shingles (NZL)	1982
2:43:35	Cindy Dalrymple (USA)	1982

U.S. Women

2:39:11	Miki Gorman (CA)	1976
2:43:35	Cindy Dalrymple (NY)	1982
2:46:43	Elaine Kirchen (NY)	1984
2:49:23	Bette Poppers (CO)	1983
2:50:03	Shirley Matson (CA)	1984
2:50:22	Shirley Weaver (MT)	1984
2:50:53	Eunice Carlson (MI)	1979
2:51:01	Marion Irvine (CA)	1983
2:52:54	Joan Ulyot (CA)	1983
2:53:22	Sandra Kiddy (CA)	1982



Fred Reid, M70; Kallie Van Zyl, M60; L. Botha, M60; and C. duPlessis, M75; get off to a good start in the 100m in the Orange Free State Championships November 3, in Sasolburg, South Africa.

photo by Leo Benning

Weight Pentathlon Age Records

by PHIL PARTRIDGE

On this page are the new U.S. weight pentathlon age records, based on the new age-factor scoring tables.

Age-Factor Scoring, which was first introduced ten years ago for the throwing events, was experimental.

Its purpose was to make it possible for athletes to evaluate their year-to-year performances with realistic allowance for decline due to aging, and also to allow older athletes to compete with younger athletes by means of formula-adjusted scores, making allowance for normal aging.

It now appears advisable to review the whole range of Age-Factor formulas for possible revision, based on a much larger body of statistics, and to expand it to evaluate each year of age.

This becomes important at this time because of World Weight Pentathlon II, with added Discorama (5 weights of discus), Shot Puttery (5 weights of shot) and Hammerfest (6 weights of hammer and weight) sponsored by Genoa University and FIDAL of Italy July 2-6, immediately following the VI World Games in Rome.

Put that super throwing event on your agenda and watch for ads in National Masters News.

A study of results of two Thro-athons in 1984 involving 34 top throwing athletes and other meet results indicate that the formulas are basically sound.

But the difficulty of age 44, 49, 54, 59, 64, etc. athletes, at the top of the Age-Factor formulas, competing with age 40, 45, 50, 55, 60, etc. at the bottom of the formulas has long been obvious.

It is fun being "born again" when you graduate to a new scoring level—your scores jump 300, 400, or more points. But in reality this is age discrimination within 5-year levels and it is time for it to go.

Listed below, in addition to Age Records, are top scores over 3000 in 1984.

Age			
30	Mike Deller	12-10-78	3371
31	Mike Grisko	9-24-78	3405
32	Bob Mead	8-29-76	3845
33	Frank Reilly	12-12-82	3956
33	Larry Foster	5-27-84	3226
34	Carl Wallin	9-7-75	3992
35	Bob Mead	9-30-79	3908
35	Norm Bower	5-27-84	3063
36	Frank Reilly	2-1-84	4026
36	Mike Deller	2-1-84	3525
37	Carl Wallin	9-30-79	3852
37	Henry Morrone	3-4-84	3144
38	Ed Hill	4-4-81	3756
39	Ed Hill	12-11-82	3899
40	Ed Hill	12-29-82	4010
40	Carl Wallin	10-4-81	4273*
41	Ed Hill	10-2-83	3861
42	Ed Hill	3-4-84	3843
42	Carl Wallin	8-25-84	3835*
43	Lloyd Higgins	12-16-84	3761
44	Stew Thomson	12-11-77	3465
45	Stew Thomson	12-10-78	3708
45	Carl Klehm	8-25-84	3192
46	Stew Thomson	12-9-79	3532
47	Jim Hart	2-1-84	3587
48	Stew Thomson	12-13-81	3721
49	Stew Thomson	12-12-82	3843

50	Bob Backus	5-22-77	3905
50	Ed Holmes	5-20-84	3221
51	F. S. Thomson	2-1-84	3794
51	Carl Fraundorfer	5-27-84	3431
52	Bob Backus	6-11-79	3984
52	Len Olson	5-27-84	3550
52	Carl Fraundorfer	12-30-84	3238
52	Austin Baggett	3-4-84	3213
52	Tom Henderson	12-30-84	3172
52	Pay Carstensen	4-29-84	3060
53	Joe Chadbourne	9-9-84	3178
54	Randy Cooper	3-4-84	3078
55	Bill Walmoth	8-19-79	3579
56	Bill Walmoth	9-14-80	3570
57	Bob Richards	12-17-83	3810
57	Bob Backus	5-27-84	3572
57	Dick Bergenback	12-17-84	3444
58	Dan Aldrich	12-12-76	3521
58	Bob Richards	3-4-84	3521
59	Dan Aldrich	12-11-77	3417
60	Dan Aldrich	12-10-78	3810
61	Bob Stone	12-13-81	3564
62	Bob Stone	1-8-83	3553
63	Dan Aldrich	12-13-81	3704
63	Bob Stone	2-1-84	3422
64	Dan Aldrich	12-12-82	3529
64	Bob Stone	12-12-84	3313
65	Dan Aldrich	12-11-83	4160
65	Harold Parsons	5-27-84	3400
66	Dan Aldrich	12-12-84	4066
66	Charles Beaudry	7-28-81	3600
66	Elmer Shaw	5-20-84	3327
67	Ham Morningstar	3-4-84	3293
67	Ray Foley Aus	1-8-84	3187
67	Stan Laski	3-4-84	2951
68	Phil Partridge	4-22-79	3312
68	Pete Gulgin	3-4-84	2984
69	John Fraser Aus	1-8-84	3435
70	Phil Partridge	9-12-81	3597
70	John Lieb	3-4-84	3490
70	Bob Detweiler	8-25-84	3424
71	Engelbert WeitzWG	10-2-83	3694
71	Gilberto Gonzaes	8-25-84	3393
71	John Lieb	12-30-84	3251
71	Jim York	12-12-84	3245
72	Don Pierotti	12-17-83	3463
72	Phil Partridge	1-29-84	3254
73	Phil Partridge	7-21-84	3181
73	Don Pierotti	2-1-84	3086
74	Stan Herrmann	12-10-78	2915
75	A. Redmond Doms	12-12-82	3739
76	Stan Herrmann	12-11-80	3865
77	Arnolds Ticmanis	12-28-82	3332
78	Arnolds Ticmanis	12-17-83	3198
79	Arnolds Ticmanis	12-30-84	3026
80	John Whittemore	12-9-79	3386
81	Herb Anderson	10-2-83	3020

* at non-Masters meets □



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MASTERS SCENE

NATIONAL

• Two-time World Veterans steeplechase gold medalist **Hal Higdon** passed along some advice to the International Runners' Committee, which is mulling over possibilities of a women's steeplechase. "Take a look at the steeplechase in veterans meets," Higdon suggests. "You'll find very few runners over age 40 who know how to 'chase well. When you get over 50, the number of decent steeplechasers diminishes further, until over 60, I only recall seeing one person (Joe McCluskey) who knew how to get over the barriers with any sort of grace. Into the 70s we are subjected to the spectacle of people looking like they need ladders to get over the barriers and an outboard for the water jump."

"One reason . . . is that barriers are simply too high for runners who have begun to lose their spring with age. Older hurdlers use lower hurdles. Older weightmen use lighter implements. Yet older steeplechasers are asked to clear the same height barriers as Henry Marsh."

Higdon says the answer for both Masters and women could be an adjustable barrier. Such barriers do exist.

"Washington State U. constructed 30" barriers, including the water jump, with a removable board screwed on top to provide the extra 6" height needed for the standard men's steeplechase. The barriers can be adjusted quickly" the IRC reports.

• The first of four Foot Locker Partners races kicks off in Houston, TX, April 28, and serves as the Southern regional race in a series of forthcoming races in Minneapolis, June 29, and Washington, D.C., September 29, culminating with a national championship race in L.A., November 2. The races are 8K's for partner teams of family members or friends. Awards will be presented to top partner teams in five-age groups and eight special family-relationship



Mike Mahler, M40 winner and first Master, 2:28:28, California International Marathon, Sacramento, December 2.

categories. Winning husband-wife team in each regional receives an all-expense paid trip to L.A. for the nationals, where the husband-wife champion team wins a week-long grand prize trip. Mary Anne McBrayer, 7733 Moline, Houston, TX 77087. 713/641-3343.

NEW ENGLAND

• **Fordie Madeira** of Sherborn, Mass. turned 40 this year and planned on going after some of Cindy Dalrymple's women's 40+ records. But — a familiar story by runners turning 40 — injury struck. Madeira had planned on tackling the Houston Marathon January 6 and Gasparilla 15K February 9. "It's a big disappointment," she said, "because my training was going so well. But I'll come back stronger than ever." Fordie is doing the familiar "swimming and stationery biking" during the recuperative stage.

• The TAC National 56# Weight Throw Championships will be held in conjunction with the 1985 Manchester Community College New England Relays, June 22. Masters throwers **George Frenn**, '81 champ; **Bob Backus**; and **Irv Black** are expected to join the open competitors. Manchester C.C. Athletic Dept., 60 Bidwell St., Manchester, CN 06040. 203/647-6059.

EAST

• **Scott Thornsley**, Masters publicity wizard, has done it again. For his 2nd annual Indoor Masters Meet on Sunday, January 13 in Carlisle, Pa. (also the 1985 National Masters Indoor Pentathlon Championships), he got a wealth of publicity which helped attract 200 Masters competitors and two major sponsors: an article in each of the area's two running club newsletters; a feature in the Harrisburg Sun-Patriot a week before the event; a story in the Sun-Patriot the day of the meet; a calendar listing in the Harrisburg Guide; a story, two photos and results in the Monday Sun-Patriot; a story, results and photos in the Monday Harrisburg Evening News; a story and photo in the Monday Harrisburg Sentinel; and a column on Bob Richards in the Wednesday Evening News.

"Representatives of both sponsors attended the meet," Thornsley said, "and were very impressed with the coverage as well as the number of spectators. Even though I utilized over 12 certified T&F officials, in addition to the cost of awards, postage, paper, food, etc., I still made money — which will be the seed money for next year."

• In the Greater Rochester TC meet on the 205m track at the U. of Rochester Fieldhouse, NY, **T. Alfieri** won the M40-49 45m dash in 5.8 and the 300m in 41.2. **B. Skelton** won the W50-59 300m in 56.5 and the 800 in 2:53.7. **D. Frechette**, 40, registered a 9:15 3000m win.

• **Dr. Donald Ernst**, 75, Harrisburg, PA, was the recipient of a Pennsylvania Senior Games Athlete Achievement Award in November. A retired psychologist for the V.A., Dr. Ernst was acknowledged for his Masters track accomplishments as a sprinter and his track feats in high school and at Penn State in the early 1930s.

• **Bob Rothman**, 39, finished second (75 women) in the NYRR 20K, Central Park, NYC, January 27, with 1:17:43. **Margaret Deckert**, 51, won the W50-59 race with 1:27:24. **Rafael Bordonaba**, 43, was first Master in 1:14:49.

• **Diana Schneider** of Travel Specialists says due to "overwhelming response," she has added a third hotel for her Rome tour. Still time to sign up for her June 19 flight from NYC to Rome: 212/840-4343.

• **Fay Bradley**, 46, rang up a 33:40 in the Jingle Bell 10K, Washington, DC, December 8, for



Ray Hatton of US (52) M50 winner of 10K in 33:15 in IGAL Championships in San Diego Dec. 1, appears relaxed and confident before the race.

photo by Gretchen Snyder

first Master and 12th overall (2400 starters).

• **Doug Escher**, 40, placed 34th (1738 men) with 27:28 in the Manufacturers Hanover 5 Mile, Central Park, NYC, January 6. **Gabriel Bernal**, 45, was two slots back in a close 27:38. **Lina Connors**, 42, was first W40+ in 31:46, just one second in front of **Elaine Kirchen**, 42. **Helene Bedrock**, 50, was third W40+ in a solid 33:34.

• **Thomas Robinson**, 40, slogged through a heavy downpour to win the M40+ race in the National RRCA Age Group X-Country Championships at Van Cortlandt Park in the Bronx, November 11. Robinson won the 5K race by just six seconds in 16:58 over 50-year-old **John Dugdale**. **Judy Pickert**, 41, won the W40+ match in 19:34; **Mila Kania**, 53, was third in 21:10.

• **Jack Boitano**, who celebrated his 52nd birthday two weeks earlier, finished second in the open mile walk in 7:18.4 in the Big Mac #1 Indoor Meet, Princeton, NJ, December 16.

• Submaster **Ray Funkhouser**, 34, won the open 1500 walk in 5:34.85 on February 9 at the Olympic Invitational Indoor Games in the Meadowlands, New Jersey.

SOUTHEAST

• **Vaughn Crawley**, 49, in 10:09:20, and **Charlotte Tanner**, 59, with 11:01:25, were the only Masters finishers in the frigid (mid-20s) Atlanta TC 50 Mile Race, Stone Mountain, GA, January 12.

• **Henry Hawk**, 47, flew through the Memphis Express Marathon, Memphis, TN, December 2, in 2:47:23 for first Master and eighth, less than a minute in front of ninth **Pat Johnstone**, 40, 2:48:09. **Buster Tankersley**, 54, with 3:01:04, won the M50-59 race by just six seconds over **Ethan Busby**, 53.

• Masters runner **Mary Anne Wehrum** was first woman finisher with 39:09 in the Liberty Bowl 10K, Memphis, TN, December 15. **Tom Waltrip** won the M50-59 division with the same time.

• **Bruce Howard** of Ocala, FL, was first M40+ by three minutes in 1:20:56 in a half-marathon at DeLeon Springs, FL., January 20. **Margaret Conner** of Tampa, FL, was first W40+ with 1:44:51.

• Forty-year-old phenom **Barry Brown** led the pack in the Orange Bowl Marathon, Miami, January 5, at one time by two minutes, until an old sciatic injury acted up. Brown's leg cramped, and he gave up the lead with five miles left to finish second in 2:20:22.

MIDWEST

• Michigan's **Bill Stewart**, 42, American Masters record holder at 15K and 25K, has not

fallen off the face of the earth, despite his virtual disappearance from Masters competition last year. He has been troubled by a problem with his plantar tendon, which may be improving, now that he has been fitted with a soft orthotic. Stewart ran 24:35 in a recent 5 mile race for an overall win in Eugene for the '84 National Masters T&F Championships. Stewart had to cancel out when a warm-up the day before the 1500m proved too painful. He is now looking forward to Rome in June.

MID AMERICA

• In the First St. Louis Metro Association Indoor Meet, **Dr. Lee Blount**, 52, zoomed to a 37.24 300y and a 1:33.34 600y on the S.E. Missouri St. Oval at Cape Girardeau, MO, January 6. **Phil Brusca**, 57, tossed the 123 shot 44-5 and smashed **Bill Bangert's** age record 49-9 for the 8# with a 53-8 heave.

SOUTH WEST

• **Fay DiZerega**, 41, posted the best state time ever for a female Master in winning the women's race in the Tulsa RC 20k in Tulsa, OK, December 29 in 1:28:45. **Jewell Stigall**, 35, was second in 1:36:58, a W35 state record. **Russ Bennett**, 47, was first Master in 1:16:58.

• **Ron Laird**, 47, perhaps the most outstanding American race walker of this generation (81 U.S. records; 102 national championships; Pan Am gold medal winner; race walk coach at the Olympic Training Center), gave the men an 8-minute headstart and the ladies a 12-minute lead in the Ron Laird 5-Mile Handicap Walk, Albuquerque, NM, January 19. Laird finished in 45:29, catching all participants except 52-year-old **Col. Calvin Phillips**, USAF, whose actual time was 52:00.

• Masters walkers placed first in the open men's and women's walks in the Southwest Invitational Indoor Meet, Albuquerque, February 3. **Col. Phillips** won in 9:04.4 and **Audrey Dix**, 52, in 11:18. **Gene Dix**, 62, was second man in 10:07. All are members of the newly formed New Mexico Race Walkers, 2301 El Nido Ct., NW, Albuquerque, NM 87104.



Alice Taggares, 53, won the women's 50-54 U.S. 5K Cross-Country title in 23:29 in Seattle November 24. Photo by Warren McNeeley.



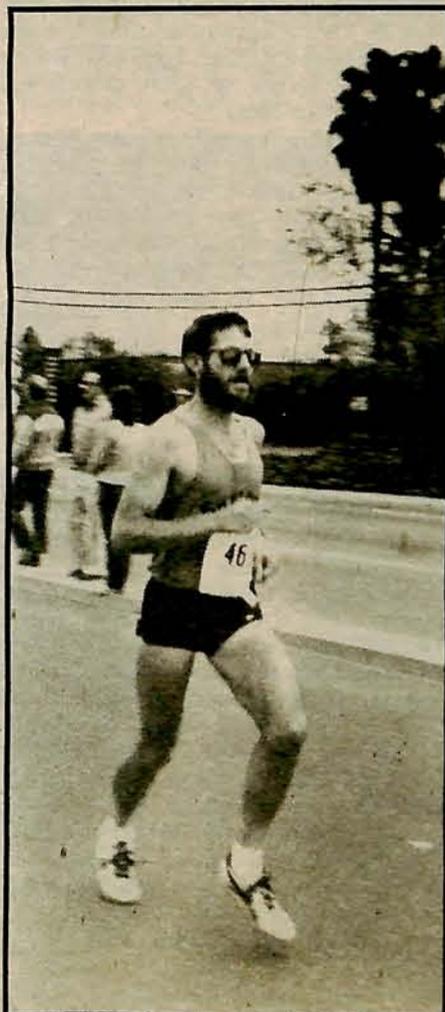
John Adams (l), receives an award from Ernie Verrall for finishing second in 2:45:31 in the 45-49 section of the E.P. Masters Marathon in Port Elizabeth, South Africa.

Photo by Leo Benning

WEST

- **Barbara Meadows**, 54, was first w/overall in an age-record 2:29:27 (old record 2:29:37) in the So. Arizona RRC Marathon Tune-Up 30K, Tucson, January 5. **Ken Young**, 43, one of the NRDC's overseers, was first M40+ in 1:56:53, just fifteen seconds off first overall. A week later in the So. Arizona RRC One Hour/10 Mile Track Run, Meadows broke her own W50 age-group record for 10 miles and her age-54 record for the one-hour with 1:09:42.8 and 13848m (8m/1064y) on the U. of Arizona curbed 400m track in Tucson. Meadows turned 55 in February.
- The Northern Calif. STC Sacramento Masters Relays, April 27, originally scheduled to be held in conjunction with a college dual meet, is now exclusively a Submasters and Masters meet with a full schedule of field events, most running events, and five different relays.
- Runners with aesthetic and philanthropic bents should opt for the Palos Verdes Library 10K/3K, April 27, which offers a t-shirt with a design by Paul Conrad, three-time Pulitzer Prize winning artist and L.A. Times' political cartoonist. Funds raised go to aid the P.V. Library, Carriage Realty, 4010 Palos Verdes Drive North, #101, Rolling Hills Estates, CA 90274. 213/377-7225.
- **Larry Banuelos** of Pico Rivera, CA, since turning 60 last year has garnered 71 consecutive age-60+ firsts in races from 5K to the half-marathon. His goal is 100 in a row, which, at his present rate, should occur in a few months.
- **Larry Walker**, now, 42, hit an M40 best 2-mile walk of 13:31, January 6, bettering Ron Kulik's 13:49, set at age 40, for that event. On February 8, in the Times/Kodak Indoor Games, Inglewood, CA, **Ray Funkhouser**, 34, of New Jersey's Shore AC, was second in the open mile walk with 6:05.6. Walker finished tird, 6:17.2.
- **Mike Mahler**, 41, Santa Monica, CA, and **Jeff Wall**, Daly City, CA, didn't get in on the money as did **Bette Poppers** (11th woman in 2:51:11 for \$750) and **Joan Reiss** (15th in 2:59:33 for \$500) in the California International Marathon, Sacramento, CA, December 2, but they give each other a run for the money. At the race's end, a mere 39 seconds separated the Masters winner Mahler, in 2:28:18, from second place Wall, last year's M40+ winner and course record holder.
- The W80 division may have a potential star if **Mary Ames**, 81, N. Hollywood, CA, follows through on her interest in Masters competition. Ames, who was invited to join Masters competition by Dorothy Stotsenberg, 71, calls herself more of a climber than a runner, having climbed Pike's Peak for the last four years, and was off to Africa in February for a go at Mt. Kilimanjaro.

- **Judy Kewley**, 40, Simi Valley, CA started her winning ways early, taking the Resolution Day 5K and 10K W40+ races with 19:20 and 42:39 in Santa Barbara, CA, January 1. **John Brennan**, 49, Santa Barbara, finished near the top in the 5K with 16:30, while **Fred Nagelschmidt**, 60, Ventura, CA, brought in a fast 19:22. **Steve Close**, 41, Santa Barbara, was first Master in the 10K with 32:55; **Gene Pumphrey**, 58, Ventura, pumped out a 39:53; **Veronica Hankon**, Santa Barbara, turned in a 58:44.
- The San Diego TC will host a Master-only 10K on March 24, one of the few 40-and-over-only races in the country.
- **Ruth Anderson** (1:31:23), **Ruth Waters** (1:34:26) and **Marty Maricle** (1:34:37) won the Masters women's team championship for their Northern California Seniors Track Club February 2 in the PA/TAC 20K. All three are in their fifties.



Jeff Wall, M40, second Master, 2:28:57, California International Marathon, Sacramento, December 2.

NORTHWEST

- If newspaper coverage on 40+ athletes is an indication of the impact of older athletes, then Oregon is seething with interest. In the Tigard Times, December 20, local resident **Helena Hoffman**, 69, a retired reading instructor and speech therapist and holder of one of the top 8K times (48:35) in the nation, got a two column picture and half-page story; in the Oregonian, December 30, **Ray Langston**, 50, of Portland, received about the same amount of space on his attempt to wrack up 50 marathons in 50 consecutive weeks; and on January 8, the Oregonian covered **Ross Carter**, 70, of Eugene, 1984 M70 National Champion in the shot and discus and holder of 11 age and age-group record in the shot, and his quest for a gold medal in Rome.
- **Victor Harkoff**, 65, Seattle, WA, reduced the national M65 age-group record for the 50K by an hour and a half when he did 4:10:34 in Greenlake, WA, January 5. The old record of 5:40:22 was held by John Newdorp, 69. Harkoff, a local running favorite since he started 24 years ago, averages 6 miles per day and recently started to go for the records only after persistent nagging by his friends, who recognized his talent.

INTERNATIONAL

- **Geof Molloy**, M40, won the Australian Veterans 10 Mile Championships in 51:28 and the Victorian State 25K Championships, October 28, in 1:20:04. Earlier, Molloy had won the Melbourne-Sydney Ultra (628 miles). **Gordon McKeown** won the M60 Vets 10 Mile in 61:40. **Jean Albury**, W55, ran 1:42:00 in the Victorian State 25K.
- **Jack Pennington**, 62, Canberra, Australia, has cut back on his training and is "coaching a squad of youngsters daily," as well as serving as an assistant coach at the Australian Institute of Sport and working with Pat Clohessy, coach of Aussie marathoner Robert De Castella.
- **Phil Partridge** announced that the 1985 **World Weight Pentathlon II**, sponsored by F.I.D.A.L., will be held at Genoa University, Genoa, Italy, on July 2-3. This is to be followed by a July 4 "Discorama" (5 wts. of discus); a July 5 "Shot Puttery" (5 wts. of shot); and a July 6 "Hammerfest" (6 wts. of hammer and weight). As soon as cost of lodgings and meals are finalized, Partridge will run an ad in NMN, giving necessary info. Meanwhile, write him at 337 S.W. 14th Ave., Boynton Beach, FL 33435.
- **Pat Gallagher**, 39, is ranked 4th in the 800 (2:12.4) and 8th in the 1500 (4:34.22) among Welsh women by the U.K. track publication **Athletics Weekly**, December 29.
- Those who use the word "conservative" in defining the British character should be made aware of the North-East Veterans 10K and Regular Pentathlon Meet in Jarrow on September 29, 1984. The only event that comes close to that innovative combo, in recent memory, is the summer evening all-comer meets that **George Ker** staged about a dozen years ago at L.A. Valley College, where the only events were the discus, javelin, and 6-mile run. The Jarrow meet also had the 10K divided into "A" and "B" divisions. The "A" race was won by **C. Bolton**, M40, of Elswick in 33:29.6 but only by two-tenths of a second over **R. Heighman**, M40, of Tyndale. **R. Lund**, M40, won the "B" race in 36:46.2. **J. Preston** of Hallamshire won the M40 pentathlon by 34 points over **B. Fenton** of Durham on the strength of his field events. **R. Checkley** of Haton scored a whopping 903 in the 1500 to win the M45 division with 2396.
- **Bill Stock**, director of the World IGAL Championships in San Diego December 1-2, publicly acknowledged the support of Nike, Inc. "Without Nike and **Chris Monty** of Masters Athletics at Nike, we'd have been in deep trouble financially," Stock said. "Despite heavy reorganization and extensive promotional pullbacks, Nike honored prior commitments to the hilt. An organization of lesser integrity would have said, 'Sorry, the person who made that agreement no longer works here' and we'd have been out in the cold. My hat's off to Nike."



Bette Poppers, first W40-or-over and 11th overall for \$750 prize money, 2:51:11, California International Marathon, Sacramento, December 2.

W. Macdonald Miller

Continued from Page 8
tably in the intensive care ward of a local podiatrist hospital.

Speaking of podiatrists, I, for one, do not hink it at all aggressive or in anyway poor taste that they now feel qualified to do heart transplant surgery with orthotics. Believe me, some of these new materials are capable of almost anything.

In spite of a generous supply of humidity, dryness remains a very serious hazzard to all indoor runners. And although we try desperately to limit restrictions on personal performance, bleeding from the nose or either ear requires that the runner complete the lap that he or she is engaged in, and then drop out of the race without refund. If the runner did not complete half the events, he or she is credited with one-half an entry fee to be applied to another event after bleeding has stopped or one hour has passed, whichever of the two is greater. Anyway, it all eventually winds down, we hand out the trophies, the people who have never been to an indoor meet before claim it was the best indoor meet they've ever attended and we have one final wrapup fling with the janitor. "Yes, the principal did say you would be using the locker rooms and showers but he sure didn't say anything to me about water." □

schedule

Track and field events feature competition for men and women over age 30 unless otherwise noted. Long distance events generally are open to all age groups with the exception of national masters championships, which may be limited to men and women over age 40. Entry blanks for national and regional championships will generally be printed in the newsletter 30-60 days prior to the event. Please send any additions or corrections to NMN, P.O. Box 2372, Van Nuys CA 91404.

TRACK & FIELD NATIONAL

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

July 5-6. TAC National Masters Decathlon Championships, San Diego.

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

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

NEW ENGLAND

June 1. 6th Annual Senior Olympics, U. of Bridgeport, Conn. M/W 55+. Dr. Ann Fariss, Park Hall, U. of Bridgeport, CT 06601. 203/576-4059.

June 15. Waltham Masters and Submasters Invitational, M.I.T., Cambridge, Mass. Joe Tranchita, 88 Russell St., Waltham, MA 02154. 617/893-3828.

June 30. Rhode Island Senior Olympics, Brown U. Stadium, Providence, R.I. M/W 40+; includes 10K. Dolores Bergeron, Dept. of Elderly Affairs, 79 Washington St., Providence, RI 02903. 401/277-2858.



Baldwin Smith, 45, of Bermuda, about to begin his warmup for the World Vets 10K.

photo by Gretchen Snyder

EAST

March 2. Philadelphia Masters Indoor Championships, Haverford College, 5 p.m. Post entries accepted. Fred Mannis, 1040 W. Montgomery Ave., Ardmore PA 19003. 215/642-5989.

March 10. New Jersey TAC Masters Indoor Championships, Peddie School, Hightstown, N.J. Ron Salvio, Squan Rd., Clarksburg NJ 08510. 609/259-9268.

March 24. TAC Eastern Regional Masters Indoor Championships, West Point, N.Y. 212/368-6134. No post entries. Free track bags to all entrants. SASE to Sandy Pashkin, 363 Edgecombe Ave., NYC 10031.

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

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

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

SOUTHEAST

March 9. Virginia State Masters Indoor Championships, V.M.I. Field House, Lexington, Virginia. Joseph Martin, 618 Stonewall St., Lexington, VA 24450. 703/463-2023.

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

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

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

MIDWEST

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

March 17. Midwest Masters All-comers Indoor Meet, College of DuPage, Glen Ellyn, Illinois, 8 a.m. Wendell Miller, 7250 N. Cicero, Lincolnwood IL 60646. 312/234-2154.

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

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

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

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

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

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

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

July 20. Midwest Masters All-comers Meet, York H.S., Elmhurst, Ill. 8 a.m. All age groups, Wendell Miller, 7250 N. Cicero, Lincolnwood, IL 60646. 312/234-2154.

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

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

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

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

MID-AMERICA

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

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

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

SOUTHWEST

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

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

July 13. West Texas Masters, Lions Stadium, Ozona, TX. Bobby Aycock, P.O. Box 1584, Ozona, TX 76943. 915/392-3773, (bus); 392-3081 (res).

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

WEST

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

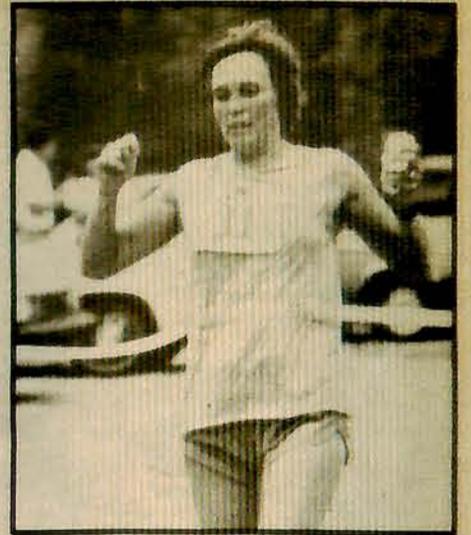
April 13. Central California TAC Masters Championships, Warmerdam Field, Fresno St. U., Fresno. Hugh Adams, 7904 S. McCall, Selma, CA 93662. 209/896-2435.

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

April 27. Sacramento Masters Relays, CSU-Sacramento, Calif. Roy Wigginton, P.O. Box 255268, Sacramento, CA 95865. 916/927-4731.

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

May 11. Redlands Evening Kiwanis



Vicki Johnson, finishing U.S. age-41 record 100K (9:43:03) at Tallahassee Ultra Classic. 12/15/84 (had US age 41 50K record enroute. (3:58:42).

photo by Mae Cleveland

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

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

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

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

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

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

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

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

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

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

NORTHWEST

June 8. 6th Annual Senior Sports Festival and PNAC Masters Championships, Husky Stadium, U. of Washington, Seattle. Seattle Parks and Recreation Dept., Senior Adult Office, 206/625-2981.

June 22-23. Hayward Field Masters Classic, Eugene, Oregon. Arlene Novello, 1577 Willagellespie, Eugene, OR 97401. 503/485-3158.

July 8-12. Masters Training Camp, Seeley Lake, Montana. Ken Foreman, 2516 N. Pacific St., Seattle WA 98103. 206/545-6907.

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

HAWAII

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

Jack Karbens, 3138 Waialae Ave., No. 1003, Honolulu, HI 96816. 808/735-4576.
March 31. Hawaii Masters TC Meet (limited events), Kaiser H.S., Honolulu. See March 10.
April 21. Hawaii Masters TC Meet (limited events), Kaiser H.S., Honolulu. J. Karbens, 3138 Waialae Ave., No. 1003, Honolulu, HI 96816. 808/735-4576.
May 11-12. Hawaii Masters TC Decathlon, Kaiser H.S., Honolulu. J. Karbens, 3138 Waialae Ave., No. 1003, Honolulu, HI 96816. 808/735-4576.
May 19. Hawaii Masters TC Weight Pentathlon, U. of Hawaii-Manoa. See May 11-12.
June 9. Hawaii Masters TC Meet (limited events), Kaiser H.S., Honolulu. J. Karbens, 3138 Waialae Ave., No. 1003, Honolulu, HI 96816. 808/735-4576.

CANADA

March 2. Ontario Masters Indoor Championships, Toronto. M&W 35+. Art Rappich, 86 Gloucester St., No. 1105, Toronto, Ont. May 25.
May 25-26. Ontario Masters Championships, E. York Stadium, Toronto. Valdis Teteris, 17 Chester Hill Rd., Toronto, Ont. M4K 1x2.
June 8-9. Canadian Masters Championships, Toronto. Don Farquharson, 269 Ridgewood Rd., West Hill, Ont. M1C 2x3.
July 13. Ontario Masters Pentathlon Championships, Scarborough. Art Rappich, 86 Gloucester St., No. 1105, Toronto, Ont. May 25.
August 18-23. Masters Games, Toronto. Box 1985, Postal Station P. Toronto, Canada M5S 2Y7. 416/927-1985.

INTERNATIONAL

April 5-8. Australian Veterans Championships, Hobart, Australia.
June 22-30. VI World Veterans Games, Rome, Italy. (Men 40+, Women 35+). Comex/Roma '85, Via Martinetti 7, 20147 Milano, Italy.
July 2-6. World Weight Pentathlon II, Geona University, Geona, Italy. Sponsored by F.I.D.A.L. July 2-3, Weight pentathlon; July 4, Discorama (5 wts. of discus); July 5, Shot Puttery (5 wts. of shot); July 6, Hammerfest (6 wts. of hammer & weights). Phil Partridge, 337 S.W. 14th Ave., Boynton Beach, FL 33435.
July 5-6. International Veterans Meet, Baden (near Zurich) Switzerland. M33+, W30+. (based on year or birth, not date of birth). LC vom Stein Baden, Jurg Saxer, P.O. Box, 5401 Baden/Switzerland. Deadline June 1.
August 3-4. WAVA North American Masters Championships, Los Gatos, California. Bruce Springbett, PO Box 1328, Los Gatos CA 95030. 408/354-7333 or 408/354-5660.

LONG DISTANCE RUNNING NATIONAL

March 30. TAC National Masters 20K Team Walk Championships, Carmel, Calif. Giulio de Petra, P.O. Box 2927, Carmel, CA 92921. 408/624-7211.
April 21. TAC National Masters 25K Walk Championships, Washington, D.C. Sal Corrallo, 3156 N. Pollard St., Washington, DC 22207. 703/243-1290
May 5. TAC National Masters 15K Road Championships, Edina, Minnesota. Jack Moran, 5429 Wooddale Ave., Edina MN 55424. 612/373-2165; 612/920-0558.
May 5. TAC U.S. National Masters 25K, Syracuse, N.Y. Nick Wetter, 700 4th St., Liverpool NY 13088.
May 11. TAC National Masters 50K Walk Championships, New York, N.Y. H. Jacobsen, 445 E. 86th St., New York, NY

10028. 212/722-2940.
May 26. TAC U.S. National Masters 20K, Washington, D.C. Charles DesJardins, 5428 Southport Lane, Fairfax VA 22032.
August 4. TAC U.S. National Masters 50K Cross-Country Championships, Richmond, Calif. PA/TAC, Box 1495, Fair Oaks CA 95628.
September 22. TAC U.S. National Masters Half-marathon, Dayton, Ohio. Vince Peters, 541 Osborn Ave., Fairborn OH 45324.
October 6. TAC U.S. National Masters 5K Road Championships, Little Rock, Arkansas. Dan Bartell, Box 34153, Little Rock AR 72703.
October 13. TAC U.S. National Masters 8K Championships, Syracuse, N.Y. Bob Brock, 4559 Limeledge, Marcellus NY 13108.
November 3. TAC U.S. National Masters 10K Cross-country Championships, Syracuse, N.Y. Bob Brock, 4559 Limeledge, Marcellus NY 13108.
November 3. TAC National Masters and Marine Corps Marathon, Washington, D.C. Charles Des-Jardins, 5428 Southport Lane, Fairfax VA 27032. 703/250-7955.
November 17. TAC U.S. National Masters 15K Cross-country Championships, New York City. Bob Fine, 77 Prospect Place, Brooklyn NY 11217.
November 29. TAC U.S. National Masters 5K Cross-country Championships, Raleigh, N.C. Bob Baxter, 800 Purde St., Raleigh NC 37609.
December 7. TAC U.S. National Open and Masters 30K Championships, Houston. Dave Bethany 3201 Wheeler, TSU Box 382, Houston TX 77004. 713/527-7258; 713/649-1665.

NEW ENGLAND

April 13. 'Focus on Women' 5K, Worcester, Mass. Betty Jenewin, Green Hill Park, Channing Street Extension, Worcester, MA 01605.
April 15. (Monday). 89th annual Boston Marathon, noon. BAA, 17 Main St., Hopkinton MA 01748. 617/435-6905. Deadline March 16. Qualifying standards.
April 21. Boston Milk Run, Boston. Masters prize money TBA. John McGrath,



Mabel O'Hare, 73, won the W70-and-over title in the U.S. Masters 5K Cross-Country Championships November 24 in Seattle.

photo by Warren McNeely

PO Box 252, Boston MA 02113. 617/969-4482.

EAST

March 3. Bethesda Chase 20K, Bethesda, Maryland. Montgomery County Dept. of Recreation, 12210 Bushey Dr., No. 304, Silver Spring MD 20902. 301/593-9670.
March 17. St. Patrick's Day 10K, FDR State Park, Yorktown, N.Y. First of seven Grand Prix races sponsored by Taconic RRC. Gift certificates for Masters winners of Grand Prix. TRRC, P.O. Box 99, Baldwin Place, NY 10505.
March 24. Price Chopper 30K Road Race (RRCA National Championships), Albany, New York. \$250/150/100 to top three Masters. Ray Newkirk, 130 Manning Blvd., Albany, NY 12203. 518/438-8807.
March 30. Perrier 10K, Central Park, NYC. NYRRC, P.O. Box 881, FDR Station, New York, NY 10150. 212/860-4455.
March 31. NIKE Cherry Blossom 10 Mile and 3K Fun Run, 8 a.m., West Potomac Park, Washington, D.C. PO Box 4711, Arlington VA 22204. 703/979-0358.
April 27. Trevira 10 Mile Twosome, Central Park, NYC. NYRRC, P.O. Box 881, FDR Station, New York, NY 10150. 212/860-4455.
May 13. L'eggs Mother's Day 5K Tune Up Run, New York. Central Park. NYRRC, 9 East 89th St., New York, NY 10128. 212/860-4455.
May 18. Freihofer's 10K Run For Women, Albany, New York. \$6110 for top ten Masters. George Regan, 382 Broadway, Albany, NY 12207. 518/465-5210.
June 1. 14th annual L'eggs Mini Marathon, Central Park, New York, NYRRC, 9 E. 89th St., New York NY 10128. 212/860-4455.
June 23-29. Arthur Lydiard Running Camp, Bard College, Dutchess County, N.Y. For open and Masters runners, joggers, and coaches at all levels. Lydiard Running Camp, c/o Tom Robinson, 128 Clarence Rd., Scarsdale, NY 10583.
August 10. Asbury Park and TAC Open Men's 10K Championship, Ocean Township, New Jersey. Phil Benson, P.O. Box 2287, Ocean Township, NJ 07712. 201/531-4156.

SOUTHEAST

March 9. Jacksonville River Run (15K), Jacksonville, Florida. \$1800 to Masters. Doug Alred, 1545 University Blvd. West, Jacksonville FL 32207. 904/739-1917.
March 23. Azalea Trail Run 10K, Mobile, Ala. Port City Pacers, Box 16907, Mobile AL 36616. 205/666-6666.
March 23. Airport Classic 10K, Deland, Fla. P.O. Box 1824, Deland, FL 32720. 904/736-0002.
May 5. RRCA National 10K, Marietta, Georgia. CRR, 2869 Torreya Way, Marietta GA 30067.
May 25. Elby's 20K Run, Wheeling, W. Va. Elby's 20K, P.O. Box 1046, Wheeling, WV 26003. 304/233-2100.
May 27. Cotton Row 10K Run, Huntsville, Ala. Ron Morris, 15010 Coy's Dr., Huntsville AL 35802.
July 4. (Thursday). Peachtree Road Roace 10K, Atlanta. \$2000 to Masters. ATC, 3097 E. Shadowlawn Ave., N.E., Atlanta GA 30305.

MIDWEST

March 31. 2nd Annual Wolfpack Spring Classic (5/15/50 Miles) and OAC Open and Masters 50 Mile Championships, Columbus, Ohio. John White, 4865 Arthur Pl., Columbus, OH 43220. 614/459-2547.
May 5. 7th Annual L'eggs YWCA 10K Run, Chicago, Lincoln Park. Cathy Crown, Loop Center YWCA, 37 S. Wabash Ave., Chicago, IL 60603. 312/372-6600

ON TAP FOR MARCH TRACK & FIELD

The largest and most prestigious indoor Masters Meet of the year takes place on the 30th and 31st in Sterling, Illinois — just west of Chicago. Over 400 entrants are expected for the U.S. TAC National Masters Championships. Complete entry details were in the February issue.

Leading up to the nationals are indoor meets in Philadelphia and Toronto on the 2nd, Virginia on the 9th, New Jersey and Columbus, Ohio on the 10th, and the big Eastern Regional Championships at West Point on the 24th.

Los Angeles is the site for an outdoor meet on the 10th.

LONG DISTANCE RUNNING

There are no U.S. Masters championships this month, but there are plenty of big races on tap, starting with the Continental Homes 10K in Phoenix on the 2nd. It features Al Salazar and Zola Budd and will be nationally televised.

The Bethesda Chase 20K and the Galveston Marathon are on the 3rd, with the River Run 15K in Jacksonville on the 9th and the Maui Marathon on the 10th.

Two popular California 10K's are on St. Patrick's Day — the Redondo Beach Tom Sullivan and the San Jose Mercury-News. Mobile, Alabama hosts the Azalea Trail 10K on the 23rd, with the 8th annual Price Chopper 30K from Schenectady-to-Albany set for the 24th.

A rare 40-and-over-only race — the "Fastest Masters 10K" — happens in San Diego on the 24th, while you can ogle the beautiful spring flowers as you run the annual Nike Cherry Blossom 10-miler in Washington, D.C. on the 31st. □

May 5. Jesse Owens Classic 5K, Columbus, Ohio. Ron Althoff, OSU, 337 W. 17th Ave., Larkinds Hall, Room 106, Columbus OH 43210. 614/422-7671.
May 11. Old Kent River 25K, Grand Rapids, Mich. Old Kent River Run, P.O. Box 2194, Grand Rapids, MI 49501.

MID-AMERICA

March 30. Garry Bentley 20K, Brookings, So. Dakota. So. Dakota S.U. Track Office, Brookings, SD 57007. 605/688-5526.
April 27. Longest Day Marathon, Brookings, So. Dakota. So. Dakota St. U. Track Office, SDSU, Brookings, SD 57007. 605/688-5526.
May 5. Lincoln Marathon, Lincoln, Nebraska. Marathon '85, P.O. Box 94871, Lincoln, NE 68509.
May 27 (Monday). Bolder Boulder 10K, Boulder, Colorado. Bruce McDowell, Box 9032, Boulder CO 80301. 303/444-RACE.
June 15. Grandma's Marathon, Duluth, Minn. Scott Keenan, PO Box 6243, Duluth

Continued on next Page



Sing Lum, M80 sprinter, in front of "his" school, dedicated in November 1984, to honor the long-time Bakersfield, Calif., resident.

Continued from Previous Page
MN 55806. 218/727-0947.

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

SOUTH WEST

March 2. Continental Homes 10K, Phoenix. National TV. Salazar & Budd. PO Box 16850, Phoenix AZ 85011. 602/957-0400.

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

WEST

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

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

March 17. San Jose Mercury News 10K, San Jose, Calif. San Jose Mercury News 10K, 750 Ridder Park Dr., San Jose, CA 95190. 408/920-5533.

March 24. Fastest Masters 10K, San Diego, 40+ only. Fiesta Island, 8 a.m. Tom Morrow, 9512 Date St., Spring Valley CA 92077. 619-477-4991.

March 31. SPA/TRC District 20K Championships, Valencia, Calif. Santa Clarita Runners, P.O. Box 298, Saugus, CA 91350. 805/259-6017.

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

May 5. Avenue of the Giants Marathon, Weott, Calif. Six Rivers Running Club,

P.O. Box 214, Arcata, CA 95521. 707/822-0318.

May 19. Bay To Breakers 12K, San Francisco, Calif. Examiner Bay To Breakers, P.O. Box 4200, San Francisco, CA 94142. 415/777-7770.

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

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

NORTHWEST

April 13. Pear Blossom 20K, Medford, Ore. Jerry Swartsley, P.O. Box 146, Medford, OR 97501. 503/776-7495.

April 24. Emerald City Marathon, Seattle, Wash. K. Brown, 157 Yesler Way, Suite 208, Seattle, WA 98104. 206/682-4981.

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

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

CANADA

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

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

INTERNATIONAL

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

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

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

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

What A Jock!

Continued from Page 11

day two off fast, and he did, running the hurdles in 20 sec., another PR. His 77' discus toss was short of his best (85'), but it was a solid score, and to his surprise he won the pole vault with an 8-6. So he was still in the lead with the javelin and 1500 to go. A 100' effort in the javelin was only 5' short of his PR, leaving Jock confident of a win. It was almost cruel to lead the 1500 wire to wire, but that's what Jockey did. His usual 5:20 was impossible because of the heat, but a 5:40 gave him the race and the national championship in the WR 3320 points.

Jock credits his achievements to fanaticism, discipline, and his life's work as a veterinarian. When in doubt, treat yourself like a horse, and you can't go too far astray: "When my muscles become sore, I pack them in ice. Then afterwards I give them about a 30-min. massage with liniment." That's right, horse liniment. Got a race coming up? Do what the trainers do and rest your horse — that is, yourself — for two to four days before and up to four days after. Realize that your nutritional needs and daily cycles make you a creature of habit, like any horse, so when you have a race coming up, don't start eating strange food or sleeping weird hours or engaging in unusual activities, even if you have to travel across the country for the race. Either get their long enough in advance to adjust to local time or stay on your own clock, and take your own hay with you if you can.

As to fanaticism, "Once I get onto something, I keep after it. It's like a dog with a bone. . . I believe that to be a champion you've just got to put in more time than the next man. And to overcome adversity, you have to come back for one more round. The hammer that softens putty hardens steel." The sacrifices to be made include not staying up past 9:00, giving up bacon, eggs, and hamburgers ("all those have got to go out the window") and no ice cream. "I'll sneak a spoonful (of ice cream) now and then," he admits, "which is almost like torture."

Since the end of the 1983 race season, when Jock retired as a track vet, he's had the kind of time it takes to train for world-class competition, but his retirement didn't last long. In fact, just about the time Jockey had hung up his stethoscope, Dr. John Peters was stepping down as the head vet at Del Mar, and Jockey was asked to take over. The chief veterinarian and his three assistants are not like the 20 or so free-lance vets who work a track, as the former are on the staff. Dr. Jockey is in charge of passing on the soundness of every horse entered in a race during Del Mar's 43-day season. He has the final say to scratch a horse for reasons of unsoundness, which happens at least once each race day, sometimes to the

disappointment of the owner who has traveled across the country just to see the horse run. But as Jock put it, "You have the life of the jockey in your hands, as well as the life of this very expensive horse, and as a vet you're also protecting the betting public from betting on a horse that's not right." He was roundly booed last summer when he scratched five horses on a single day, but he knew he had to do it. "If you know your business, and you make a stand, and you know you're right, there's only one answer."

All this time to train has brought, Jock's weight down to 139, his body fat to 9% or less, and his skills up to a high level. He is looking forward to the next two years of competition particularly, for they represent his chance to go back and try for the indoor decathlon and outdoor pentathlon titles, and — just as important — he will move up to the 60-64 age category in the 1986 season.

"I believe I'll be as good (as I am now) at age 60," Jock says with confidence. "I intend to travel to other countries, like Germany, and do international decathlons." The implements for the 60-and-over group are more within Jock's range, and he expects to improve in the throws therefore without losing ground in the jumps and runs. The 12-lb. shot, so heavy for Jockey now, will magically shrink to 8 lb. in 1986, while the 800-g javelin becomes 600-g, and the 1.6-kg discus reduces to a manageable 1.0-kg. By then, he figures, the big guys will have nothing on him — as though they do now. □

(Reprinted with permission from the San Diego Track Club News, one of the top club papers in the nation.)



Looking forward to the start of the IGAL 10K Championship in San Diego were Waichiro Kawai, 75, and Tetsuko Nakagawa, 57, of Japan.

photo by Gretchen Snyder

DEADLINE

NMN is written by masters athletes for masters athletes. We need and welcome your reports of meets, races, schedules, photos, comments, etc. Deadline for editorial material and advertising is the 10th of the month before date of issue. Send to *National Masters News*, P.O. Box 2372, Van Nuys, CA 91404.

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INTERIM 1984 MASTERS 10 KILOMETER RANKINGS

Compiled by the National Running Data Center

Race results continue to pour in for 1984 races and the 10 km remains the most popular event. To date, results from 204 races, totaling 207,523 finishers have been processed. Last year's totals were 215 races and 208,522 finishers.

10 kilometers

Open Men

27:22a	Mark Nenow	26	Lexington	KY	1 Apr, LA-A
28:09	Mark Curp	25	Kansas City	MO	3 Mar, AZ-A
28:16	Dan Henderson	26	Bloomington	IN	28 Oct, IN-A
28:19	Alberto Salazar	25	Eugene	OR	3 Mar, AZ-A
28:21	Art Menchaca	26	Tucson	AZ	3 Mar, AZ-A

10 kilometers

Men- 35 thru 39

28:53	Bill Rodgers	36	Sherborn	MA	2 Dec, CA-A
29:15	Duncan Macdonald	35	Menlo Park	CA	3 Mar, AZ-A
30:17	Barry Brown	39	Glens Falls	NY	20 May, NY-B
30:35a	Frank Shorter	36	Boulder	CO	28 May, CO-A
30:37a	Greg Tibbetts	36	Anchorage	AK	18 Aug, AK-A
30:40	Robert Giambalvo	35	Bayville	NY	15 Sep, NY-A
30:43	Reedy Buford	36	Pensacola	FL	10 Mar, AL-A
30:48a	Carl Hatfield	37	Clarksburg	WV	30 Sep, PA-A
30:53	Web Loudat	37	Albuquerque	NM	3 Mar, AZ-A
30:54a	Lee Fidler	35	Stone Mountain	GA	1 Apr, LA-A
foreign					
29:11a	Carlos Lopes	37		POR	7 Oct, CO-A/POR
30:47	Jerry Tighe	38	Vancouver	BC	3 Aug, WA-A/CAN
30:56a	Tim Hassall	37	Jersey City	NJ	1 Jul, NY-A/GBR
30:57	Dick Milne	38	Lincoln	GBR	18 Aug, NJ-A/GBR

10 kilometers

Men- 40 thru 44

29:57	Barry Brown	40	Glens Falls	NY	18 Aug, NJ-A
30:46	Sal Vasquez	44	Alameda	CA	9 Sep, OR-A
31:00	Mike Manley	42	Eugene	OR	11 May, WA-A
31:15	Bill Stewart	41	Ann Arbor	MI	20 May, NY-B
31:15	Tony Mifsud	40	Allen Park	MI	28 Oct, IN-A
31:23	John Beach	43	Traverse City	MI	3 Sep, MI-A
31:27	Don Coffman	41	Frankfort	KY	24 Nov, AL-A
31:38	Sumner Brown	40	Belmont	MA	8 Apr, MA-A
31:41	George Keim	41	Waynesboro	PA	10 Mar, AL-A
31:41a	William Reilly	41	Sarver	PA	30 Sep, PA-A
foreign					
31:06	Guy Ogden	40		GBR	1 Dec, CA-A/GBR
31:14	Derek Vaughn	40		GBR	1 Dec, CA-A/GBR
31:19	Ken Inglis	42		CAN	1 Dec, CA-A/CAN
31:34	Hermond Jansen	40		BEL	1 Dec, CA-A/BEL

10 kilometers

Men- 45 thru 49

31:36	Dan Conway	45	Chetek	WI	1 Dec, CA-A
32:12	Herb Lorenz	45	Willingboro	NJ	17 Jun, PA-A
32:22	John Dugdale	49	Ridgefield	CT	18 Aug, NJ-A
32:25	Bill Olrich	49	Lexington	KY	24 Nov, AL-A
32:38	Dave Wilson	46	East Northport	NY	15 Sep, NY-A
32:51	Joe Burgasser	45	St Petersburg	FL	10 Mar, AL-A
32:54	Ken Winn	46	Stone Mtn	GA	10 Mar, AL-A
33:07	Andre Tocco	48	San Pedro	CA	18 Mar, CA-A
33:07a	William Johnston	46	Salt Lake City	UT	1 Apr, LA-A
33:12a	Ardel Boes	47	Golden	CO	7 Oct, CO-A
foreign					
31:19	Pierre Voets	45		BEL	1 Dec, CA-A/BEL
33:06	Ron Hill	45	Cheshire	GBR	4 Feb, FL-A/GBR

10 kilometers

Men- 50 thru 54

32:46	Ray Hatton	52	Bend	OR	9 Sep, OR-A
33:12	Bill Poulk	51	West Lebanon	NH	28 Oct, ME-A
33:31	Norman Green	51	Wayne	PA	4 Feb, FL-A
34:00	Glynn Wood	50	Monterey	CA	7 Oct, CA-A
34:06	Ino Cantu	50	El Campo	TX	1 Dec, CA-A
34:24	Don Gammie	53	Centerville	OH	3 Nov, OH-A
34:38	Jim Brownfield	52	Los Angeles	CA	18 Mar, CA-A
34:43	John Weldy	50	Scottsdale	AZ	21 Oct, AZ-A
34:44a	Jack Cagot	51	E Springfield	OH	30 Sep, PA-A
35:05	Richard Bauman	52	Sterling	OH	20 May, OH-A
foreign					
34:12	Derek Mahaffey	50	Bellevue	WA	1 Jul, WA-A/GBR
34:21	John Derek Wood	53		GBR	1 Dec, CA-A/GBR

10 kilometers

Men- 55 thru 59

34:08a	Peter McArdle	55	Teaneck	NJ	1 Jul, NY-A
34:52	Alex Ratelle	59	Edina	MN	3 Sep, MN-A
35:14	Jim O'Neil	59	San Diego	CA	1 Dec, CA-A
35:17	Tony Sapienza	55	Bradford	MA	1 Dec, CA-A
35:34	Howard Rubin	56	New Hartford	NY	1 Dec, CA-A
35:35	Ross Smith	56	Reno	NV	28 Oct, CA-A
35:37a	Tom Bailey	55	Denver	CO	7 Oct, CO-A
35:47	Patrick Devine	55	San Pedro	CA	28 Jan, CA-A
35:50	Bill Irland	55	Gorham	NY	20 May, NY-B
35:59	Al Treichel	55	Milwaukee	WI	16 Jun, WI-A
foreign					
35:45	Ron Franklin	56		GBR	1 Dec, CA-A/GBR

10 kilometers

Men- 60 thru 64

35:32	Alex Ratelle	60	Edina	MN	23 Sep, MN-A
36:45	Hubert Morgan	62	Sayre	PA	20 May, NY-A
37:21	Gerald Horton	61	Kula	HI	1 Dec, CA-A
37:32	Jack Start	63	Trenton	NJ	7 Oct, NJ-A
38:51	Jim McCown	62	San Diego	CA	28 Apr, CA-A
38:53	Browning Ross	60	Woodbury	NJ	17 Jun, PA-A
38:54	Bennett Long	60			18 Mar, CA-A
38:54	Larry Banuelos	60	Pico Rivera	CA	20 Oct, CA-A
39:06	Jerry Morrison	61	Parkville	MO	1 Dec, CA-A
39:19	Rudy Nimmons	63	Seneca	SC	28 May, AL-A
foreign					
38:12	Don MacKenzie	62	Bellport	NY	15 Sep, NY-A/CAN
38:44	W Brynmor Jenkins	64		GBR	1 Dec, CA-A/GBR
38:51	Jose Palos	60		MEX	1 Dec, CA-A/MEX

10 kilometers

Men- 65 thru 69

37:21	Clive Davies	68	Tillamook	OR	25 Mar, OR-A
39:19a	George Sheehan	65	Red Bank	NJ	1 Jul, NY-A
39:26	Scotty Carter	67	East Sandwich	MA	9 Sep, MA-A
39:41a	Charles Lewis	66	Riverdale	GA	3 Sep, GA-A
40:26	Charles Pereida	66	Oregon City	OR	9 Sep, OR-A
40:50	Eddie Lewin	67	Brentwood	CA	18 Mar, CA-A
41:13	Donald Dilworth	65		CA	1 Dec, CA-A
41:14a	Wayne Zook	67	San Diego	CA	8 Feb, CA-C
41:34	Paul Reese	67	Auburn	CA	28 Oct, CA-A
41:40	John Rastani	65	Utica	NY	9 Sep, MA-A

10 kilometers

Men- 70 thru 74

44:54	Nate Shupack	70			15 Dec, CA-A
45:24	Sandy MacLean	71	Durham	NH	16 Aug, NH-A
45:52	Ed Stotsenberg	70	Malibu	CA	1 Dec, CA-A
45:59	Dorse DuBois	71	San Antonio	TX	1 Dec, CA-A
46:09i	Earl Wert	70	Mobile	AL	10 Mar, AL-A
46:19	Al Clark	70	Prescott	AZ	3 Mar, AZ-A
46:42	Norman Bright	74	Seattle	WA	17 Jun, WA-A
46:59	Dudley Healy	70	Chatham	NJ	18 Aug, NJ-A
47:10	Bill Andberg	73	Anoka	MN	3 Sep, MN-A
47:17	Arne Wahlquist	71	Lakewood	NJ	18 Aug, NJ-A
foreign					
45:27	Lucien Aellen	72		SUI	1 Dec, CA-A/SUI

10 kilometers

Men- 75 thru 79

43:59	Ed Benham	77	Ocean City	MD	1 Dec, CA-A
47:48	Mel Shine	75	Lafayette	CA	29 Apr, CA-B
48:53	John A Kelley	77	East Dennis	MA	9 Sep, MA-A
48:56	Charles Hackenheimer	78	Central Square	NY	28 Jul, NY-A
50:54	Carl Stroud	76	Rncho Santa Fe	CA	17 Jun, CA-C
51:58	Jim Bole	76	Long Beach	CA	17 Jun, CA-B
52:25	J Carroll	75			9 Sep, MA-A
53:37	Tony Perona	76	San Bernardino	CA	2 Dec, CA-B
54:39	Bernard Blech	79			20 May, OH-A
55:42	Edward McKean-Smith	75	Coquille	OR	11 Aug, OR-A
foreign					
50:26	Takuzo Yoshihiro	75		JPN	1 Dec, CA-A/JPN

10 kilometers

Men- 80 thru 84

53:45a	Max Popper	81	Flushing	NY	1 Jul, NY-A
56:33	Willard Benton	80	San Diego	CA	1 Dec, CA-A
1:00:22	Peter Gelinas	80	Seattle	WA	3 Aug, WA-A
1:07:39	Jacob Bishin	83	Los Angeles	CA	16 Sep, CA-A
1:09:40	Noel Johnson	84	San Diego	CA	28 Apr, CA-A
1:15:05	Robert Wallach	81	New York	NY	31 Mar, NY-A
1:21:17	Manning Wein	82			29 Apr, CA-A
1:21:25a	Warren Daniell	83	Hanover	NH	4 Aug, NH-A
1:44:42	Percy Perry	80	Jersey City	NJ	9 Sep, MA-A
1:46:12	Theodore Hyde	80	The Dalles	OR	7 Oct, OR-A
foreign					
54:39	Louis Charbonneau	81		FRA	1 Dec, CA-A/FRA

10 kilometers

Men- 85 thru 89

58:50	Paul Spangler	85	San Luis Obspo	CA	3 May, NC-A
1:21:01	Rudy Pahl	86	Colorado Spgs	CO	9 Sep, MA-A
1:30:35	Ivor Welch	89	Pacifica	CA	7 Oct, CA-A
1:44:42	Carl Willberg	87	Gilford	NH	9 Sep, MA-A
foreign					
1:26:22	Genkichi Zaitzu	88		JPN	1 Dec, CA-A/JPN

10 kilometers

Open Women

31:38	Mary Decker	25	Eugene	OR	6 May, OR-A
31:57	Joan Benoit	26	Freeport	ME	10 Mar, AL-A
32:20	Betty Jo Springs	23	Bradenton	FL	3 Nov, HI-A
32:33	Katie Ishmael	19	Madison	WI	3 Aug, WA-A
32:41a	Carol Urish	32	Houston	TX	1 Apr, LA-A

National Running Data Center, Inc.

A new list of 1510 certified courses is finished and at the printers. Many older certifications have been thrown out. The book will be ready soon.

In this issue are the 10-kilometer rankings for 1984. These are over 90% complete with 207,523 reported finishers in 204 domestic races. The rankings will close around March 15th.

Barry Brown leads all U.S. over-40 runners with his American Masters record 29:57 in Asbury Park, N.J. August 18. Ray Hatton, 52, heads the M50's in 32:46. Alex Ratelle is best M60 in 35:32. Cindy Dalrymple's 35:27 on May 20 is the fastest 40 + woman's time. Helen Dick leads both the W55 and W60 groups with 40:08 and 41:21, respectively. □

Continued from Previous Page

10 kilometers		Women- 35 thru 39	
33:37a	Barbara Filutze	38	Erie PA 30 Sep,PA-A
34:37	Ford Madeira	39	Sherborn MA 8 Apr,MA-A
34:50	Nancy Mieszczak	35	Buffalo NY 8 Apr,NY-A
35:21	Patricia Story	35	Beverly Hills CA 6 Oct,CA-A
35:24	Kathy McIntyre	35	New York NY 15 Sep,NY-A
35:44	Joanne Portaro	36	Suffern NY 15 Sep,NY-A
36:01	Jane Buch	35	Smithville OH 8 Apr,MA-A
36:03a	Susan Henderson	37	Boulder CO 7 Oct,CO-A
36:16	Bobbi Rothman	38	Hauppauge NY 15 Sep,NY-A
36:20	Nancy Noonan	36	Cleveland OH 20 May,OH-A
foreign			
33:01	Priscilla Welch	39	GBR 3 Nov,HI-A/GBR
34:48	Gabriele Anderson	39	Sun Valley ID 1 Dec,CA-A/SUI
36:00	Angela Hearn	38	New York NY 15 Sep,NY-A/GBR

10 kilometers		Women- 40 thru 44	
35:27	Cindy Dalrymple	42	Arlington VA 20 May,NY-B
35:37	Shirley Matson	43	Solana Beach CA 11 Aug,CA-A
37:05	Tina Hayward	43	Vicksburg MI 3 Sep,MI-A
37:10	Bette Poppers	41	Littleton CO 29 Jan,AZ-A
37:17	Iris Black	41	Spring Valley OH 5 May,OH-A
37:28	Vicki Poltz	40	Monroe WA 9 Sep,OR-A
37:33	Carol Flexer	41	Bellevue WA 9 Sep,OR-A
37:34	Karen Lanterman	40	Hillsborough CA 28 May,CA-A
37:51	Betsy Harshbarger	40	Cambridge MA 8 Apr,MA-A
37:55	Patti Sudduth	44	Crawfordville FL 10 Mar,AL-A

10 kilometers		Women- 45 thru 49	
37:24	Karen Scannell	45	San Francisco CA 12 Aug,CA-A
37:28a	Vicki Bigelow	48	San Lorenzo CA 25 Mar,CA-A
38:28	Sandra Kiddy	47	Palm Springs CA 8 Jan,CA-A
38:50	Christa Romppanen	45	Malibu CA 8 Apr,MA-A
39:03	Harolene Walters	45+	2 Dec,CA-A
39:21	Mimi Lerner	47	St James NY 18 Feb,NY-A
39:23	Mary Anne Wehrum	46	Memphis TN 10 Mar,AL-A
39:24	Nancy Parker	47	Atlanta GA 28 May,AL-A
39:52	Joan Reiss	47	Sacramento CA 7 Oct,CA-A
39:57	Helene Bedrock	49	Cliffside Park NJ 2 Jun,NY-A
foreign			
38:21	Diane Palmason	46	Ottawa ON 1 Dec,CA-A/CAN

10 kilometers-		Women- 50 thru 54	
37:52	Marion Irvine	54	San Francisco CA 28 May,CA-A
39:12	Margarete Deckert	51	Lagrangeville NY 15 Sep,NY-A
39:31	Mila Kania	53	Warwick NY 16 Sep,NY-A
40:40a	Dorothy Stock	51	La Mesa CA 8 Feb,CA-A
41:39	Anny Stockman	51	Rensselaer NY 2 Jun,NY-A
41:41a	Sally Wolfer	52	Kensington CA 25 Mar,CA-A
42:05	Barbara Robinson	50	Nahant MA 8 Apr,MA-A
42:18	Barbara Dibble	54	Tucson AZ 1 Dec,CA-A
42:21i	Mae Horns	50	Edina MN 3 Sep,MN-A
42:36	Toshiko D'Elia	54	Ridgewood NJ 2 Jun,NY-A

10 kilometers		Women- 55 thru 59	
40:08	Helen Dick	59	Los Angeles CA 27 May,CA-A
40:27	Margaret Miller	58	Thousand Oaks CA 27 May,CA-A
41:52	Anne Johnson	55	Olivenhain CA 28 Apr,CA-A
42:23	Ann Kahl	55	Apopka FL 3 Nov,FL-A
43:33	Rachel Bourn	55	Fairfax VA 16 Sep,VA-A
43:50	Ruth Anderson	55	Oakland CA 1 Dec,CA-A
43:52	Billie Murphy	57	Tacoma WA 11 May,WA-A
44:13	Janet Glassman	55	Allentown PA 2 Jun,NY-A
44:16	Nola Bruhn	55	Seattle WA 15 Jul,WA-A
44:47	Mary Storey	59	Riverside CA 3 Mar,AZ-A



Ross Smith, Orlo Kenniston and Bill McChesney finished 1-2-3 in the M55-59 division of the TAC National 5K Cross Country Championships November 24 in Seattle.

photo by Warren McNeeley

10 kilometers		Women- 60 thru 64	
41:21	Helen Dick	60	Los Angeles CA 2 Dec,CA-A
45:53	Mary Storey	60	Riverside CA 17 Jun,CA-B
47:57	Jaclyn Caselli	63	San Jose CA 7 Oct,CA-A
48:19	Dorothy Thomas	60	Fresno CA 28 Oct,CA-A
49:41	Ellie Kughn	60	20 May,OH-A
49:54	Gerry Davidson	63	Fallbrook CA 17 Jun,CA-C
49:59	Phyllis Schwandt	62	Decatur IL 5 May,IL-A
50:01i	Betty Haleen	62	Minnetonka MN 3 Sep,MN-A
50:11	Lois Edds	63	Tustin CA 17 Jun,CA-B
50:51a	Margaret Wright	63	Polly Beach SC 3 Sep,GA-A
foreign			
49:04	Judith Kazdan	64	CAN 1 Dec,CA-A/CAN
49:19	Elfrieda Falke	64	FRG 1 Dec,CA-A/FRG

10 kilometers		Women- 65 thru 69	
51:04	Algene Williams	68	Park Forest IL 5 May,IL-A
51:50	Carol Cupper	65	Wellsboro PA 20 May,NY-A
52:37a	Marcie Trent	66	Anchorage AK 9 Jun,AK-A
53:41a	Mary Lahaie	68	Pensacola FL 5 May,FL-A
54:39	Winifred Gore	67	San Diego CA 25 Feb,CA-A
54:47	Althea Wetherbee	65	Huntington Stn NY 2 Jun,NY-A
54:50	Judy Simon	68	La Mesa CA 10 Mar,CA-A
55:42	Betty Miller	66	Federal Way WA 11 May,WA-A
56:16	Edna Lafflin	66	Sun City West AZ 29 Sep,AZ-A
57:53	Josephine Hess	66	Selah WA 11 May,WA-A

10 kilometers		Women- 70 thru 74	
57:08	Anne Clarke	74	Glen Ellyn IL 9 Sep,IL-A
57:13ai	Pearl Mehl	70	Boulder CO 7 Oct,CO-A
1:01:55	Fenya Crown	71	Beverly Hills CA 27 May,CA-A
1:02:45	Bess James	74	San Jacinto CA 28 Apr,CA-A
1:03:43a	Ada Thomas	70	San Francisco CA 25 Mar,CA-A
1:04:56	Felicitas Salazar	74	San Diego CA 28 Apr,CA-A
1:05:47a	Minerva Rothacker	74	8 Feb,CA-A
1:06:30	Lucille Adney	70	Long Beach CA 28 Jan,CA-A
1:11:33	Clementina Thomson	71	San Diego CA 25 Feb,CA-A
1:13:57i	Mary Post	70	23 Sep,OH-A
foreign			
53:07	Johanna Luther	71	FRG 1 Dec,CA-A/FRG
53:59	Waltraut Kretschmer	72	FRG 1 Dec,CA-A/FRG

10 kilometers		Women- 75 thru 79	
54:58	Leona Lugers	77	Holland MI 8 Sep,MI-A
57:34	Mavis Lindgren	77	Orleans CA 28 Oct,CA-A
1:03:12	Minerva Rothacker	75	17 Jun,CA-C
1:03:14	Bess James	75	San Jacinto CA 1 Dec,CA-A
1:06:31	Felicitas Salazar	75	San Diego CA 17 Jun,CA-C

10 kilometers		Women- 80 thru 84	
1:07:04	Ruth Rothfarb	82	Miami Beach FL 8 Apr,NY-A
1:25:21	Mary Ames	81	23 Sep,CA-B

Continued in Next Column

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.

Lake Erie Indoor Track & Field Championships - January 5, 1985

Sponsored by The Over the Hill Track Club
Maple Heights High School, Maple Heights, Ohio

1-Mile Racewalk

35-39 MEN			
1. Kidd, Gary	Unattached	9:01	
45-49 MEN			
1. Drazan, Carl	Clev. Walkers	9:20	
2. Wisner, Robert	Clev. West RRC	10:17	
50-54 MEN			
1. Hall, Charlie	Over the Hill	8:56	
55-59 MEN			
1. Brungard, Carl	Unattached	9:30	
2. Jackson, Allan	Over the Hill	9:37.3	
3. Mays, Carl	Findlay	10:05	

75-79 MEN			
1. Fike, Byron	Over the Hill	11:18	
45-49 WOMEN			
1. Gibson, Joan	Over the Hill	10:11	
2. Smolik, Pat	Clev. Walkers	11:19	
3. Hall, Lola	Over the Hill	12:03	

440 Dash

30-34 MEN			
1. Glessner, Jim	West Penn	58.6	
2. Gallagher, Mike	Over the Hill	59.3	
3. Murphy, Don	Clev. West	62.3	
35-39 MEN			
1. Street, Dolan	Ann Arbor	55.3	
2. Wallace, Ralph	Ann Arbor	58.2	
3. Salupo, Nick	Over the Hill	59.3	

40-44 MEN			
1. Beck, Bob	Unattached	60.8	
2. Bridges, Bob	Medina City	63.2	
3. Gonzales, Bob	Emanon Jaguars	66.9	

45-49 MEN			
1. Coats, Grover	Over the Hill	59.0	
2. Hoyle, Ed	West Penn	62.0	

50-54 MEN			
1. Sutton, Ed	West Penn	61.2	
2. Melcher, Arlyn	Summit Athletic	64.2	
3. Ware, James	Hoosier TC	64.5	

55-59 MEN			
1. Hocker, Roger	Wolfpack TC	64.6	
2. Greenwald, Jack	Unattached	68.6	
3. Jackson, Allan	Over the Hill	71.4	

60-64 MEN			
1. Goldsmith, Max	Dallas Mstrs	71.6	
2. Cavicchi, Dick	Over the Hill	74.0	
3. Hood, Buzzy	Over the Hill	80.7	

65-69 MEN			
1. Weiland, Fred	West Penn	82.2	
70-74 MEN			
1. Siringer, Jack	Over the Hill	83.9	

75-79 MEN			
1. Fike, Byron	Over the Hill	80.7	

45-49 WOMEN			
1. Gibson, Joan	Over the Hill	99.0	

50-54 WOMEN			
1. Butcher, Grace	Over the Hill	75.1	
2. Rynes, Mary	Over the Hill	83.3	

1-Mile Run

30-34 MEN			
1. Pizzoferrato, G.	West Penn	5:16.6	
35-39 MEN			
1. Rody, Joe	Southeast Rnrs	5:03.2	
2. Lawson, Dan	Northeast	5:59.7	
40-44 MEN			
1. Herrala, Wally	Ann Arbor TC	4:48.5	
2. Cook, Michael	US Coast Guard	5:09.8	
3. Thomas, Marlin	Clev. West RRC	5:11.1	

45-49 MEN			
1. Wisner, Robert	Clev. West RRC	5:49.9	
2. Evely, William	Unattached	6:18.8	
50-54 MEN			
1. Melcher, Arlyn	Summit Athl.	5:28.4	
2. Hall, Charlie	Over the Hill	6:02.5	

55-59 MEN			
1. Brungard, Carl	Unattached	6:38.2	
60-64 MEN			
1. Hood, Buzzy	Over the Hill	6:38.6	
2. Dahl, Erich	Over the Hill	6:43.2	

75-79 MEN			
1. Fike, Byron	Over the Hill	7:41.1	

WOMEN

30-34 WOMEN			
1. Gibson, Joan	Over the Hill	7:48.1	
50-54 WOMEN			
1. Butcher, Grace	Over the Hill	6:15.1	

45 Hurdles

30-34 MEN			
1. Evans, James	Executone Erie	5.9	
35-39 MEN			
1. Street, Dolan	Ann Arbor TC	5.7	
2. Knas, Rick	Ann Arbor	7.3	
40-44 MEN			
1. Kline, Barry	West Penn	6.2	
2. Harvey, Robert	Unattached	6.7	
3. Scola, RJ	Over the Hill	6.8	

45-49 MEN			
1. Miller, Chuck	Dallas Masters	6.5	
50-54 MEN			
1. Ware, James	Hoosier TC	7.6	

60-64 MEN			
1. Cavicchi, Dick	Over the Hill	8.1	
2. Hirsimaki, Fred	Unattached	8.2	

65-69 MEN			
1. Pickl, Max	Canadian Mstrs	7.9	
70-74 MEN			
1. Siringer, Jack	Over the Hill	11.5	

80-84 MEN			
1. Pitcher, Arling	Hoosier TC	11.8	

45 Dash

30-34 MEN			
1. Roberts, Wayne	Peabody TC	5.15	
2. Werling, Bill	Over the Hill	5.39	
3. Glessner, Jim	West Penn	5.50	

35-39 MEN			
1. Marinello, Ralph	Peabody TC	5.52	

45 Dash (cont.)

40-44 MEN			
1. Scola, RJ	Over the Hill	5.5	
2. Gonzales, Bob	Emanon Jaguars	5.9	

45-49 MEN			
1. Dorsey, Paul	North West TC	5.5	
2. Coats, Grover	Over the Hill	5.51	
3. McClain, LeRoy	Over the Hill	5.52	

50-54 MEN			
1. Barrett, James	Over the Hill	5.6	

55-59 MEN			
1. Jordan, Bill	Over the Hill	5.9	
2. Hocker, Roger	Wolfpack	6.10	
3. Turner, Dick	Over the Hill	6.11	

60-64 MEN			
1. Cavicchi, Dick	Over the Hill	6.1	
2. Goldsmith, Max	Dallas Masters	6.4	
3. Popil, Nicholas	Over the Hill	7.8	

65-69 MEN			
1. Pickl, Max	Canadian Masters	6.3	
2. Weiland, Fred	West Penn TC	6.8	

70-74 MEN			
1. Mlotek, Herman	Over the Hill	7.18	

80-84 MEN			
1. Pitcher, Arling	Hoosier TC	7.9	

30-34 WOMEN

1. McCartney, Nancy	Unattached	7.3	
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70-74 WOMEN			
1. Siringer, Beryl	Over the Hill	12.4	

880 Dash

30-34 MEN			
1. Evans, James	Executone	2:16.89	
2. Murphy, Dan	Clev. West RRC	2:29.0	

35-39 MEN			
1. Thomas, Norman	Over the Hill	2:12.3	
2. Lawson, Dan	Northeast	2:50.71	

40-44 MEN			
1. Sangster, Mike	Denver TC	2:12.7	
2. Beck, Bob	Unattached	2:19.63	

50-54 MEN			
1. Melcher, Arlyn	Summit Athl.	2:26.8	
2. Ware, James	Hoosier TC	2:43.5	

55-59 MEN			
1. Jackson, Allan	Over the Hill	2:55.3	

60-64 MEN			
1. Hood, Buzzy	Over the Hill	3:01.6	
2. Dahl, Erich	Over the Hill	3:15.3	

75-79 MEN			
1. Fike, Byron	Over the Hill	3:32.6	

45-49 WOMEN

1. Gibson, Joan	Over the Hill	3:37.6	
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50-54 WOMEN			
1. Butcher, Grace	Over the Hill	2:52.6	

220 Dash

30-34 MEN			
1. Roberts, Wayne	Peabody TC	25.47	
2. Elzy, Warren	Marathon Team	26.42	
3. Glessner, Jim	West Penn	26.54	

220 Dash (cont.)

35-39 MEN			
1. Wallace, Ralph	Ann Arbor TC	25.69	
2. Salupo, Nick	Over the Hill	26.47	
3. Marinello, Ralph	Peabody TC	26.61	

40-44 MEN			
11. Scola, RJ	Over the Hill	27.2	
2. Gonzales, Bob	Emanon Jaguars	27.62	
3. Bridges, Bob	Medina City	28.66	

45-49 MEN			
1. Dorsey, Paul	North West TC	25.9	
2. Miller, Chuck	Dallas Masters	27.2	
3. McClain, LeRoy	Over the Hill	27.37	

50-54 MEN			
1. Sutton, Ed	West Penn	26.92	
2. Barrett, Jim	Over the Hill	27.20	
3. Ware, Jim	Hoosier TC	27.85	

55-59 MEN			
1. Hocker, Roger	Wolfpack TC	28.09	
2. Jordan, William	Over the Hill	28.81	
3. Turner, Richard	Over the Hill	31.93	

60-64 MEN			
1. Goldsmith, Max	Dallas Masters	30.03	
2. Cavicchi, Dick	Over the Hill	32.21	
3. Popil, Nicholas	Over the Hill	1:12.64	

65-69 MEN			
1. Pickl, Max	Canadian Mstrs	31.01	
2. Weiland, Fred	West Penn	33.3	

70-74 MEN			
1. Mlotek, Herman	Over the Hill	39.29	

75-79 MEN			
1. Fike, Byron	Over the Hill	34.3	

80-84 MEN			
1. Pitcher, Arling	Hoosier TC	41.6	

70-74 WOMEN			
1. Siringer, Beryl	Over the Hill	1:26.1	

2-Mile Run

30-34 MEN			
1. Fisher, Chuck	Unattached	10:52.86	
2. Pizzoferrato, G.	West Penn TC	11:08.75	
3. Elzy, Warren	Marathon	11:23.26	

35-39 MEN			
1. Peters, Dan	Unattached	11:09.99	
2. Lawson, Dan	Northeast	13:21.13	

40-44 MEN			
1. Alley, Keith	Unattached	10:44.13	
2. Cook, Michael	US Coast G.	11:09.2	

45-49 MEN			
1. Schlundt, Jim	Northeast	11:21.8	
2. Evely, William	Unattached	13:25.46	

60-64 MEN			
1. Hood, Buzzy	Over the Hill	14:51.5	
2. Cavicchi, Dick	Over the Hill	15:09.44	

45-49 WOMEN			
1. Gibson, Joan	Over the Hill	16:25.0	

2-Mile Relay

30-39 MEN			
1. Over the Hill TC		9:39.9	

Sprint Medley Relay			
30-39 MEN			
1. Ann Arbor TC		4:08.6	
2. Over the Hill TC		4:18.1	
3. Free Spirit TC		4:19.5	

40-49 MEN			
1. Over the Hill TC		4:19.9	

50-59 MEN			
1. Over the Hill TC		4:55.3	

70-79 MEN			
1. Over the Hill TC		6:29.7	

Continued from Previous Page

Sprint Medley Relay (cont.)

50-59 WOMEN	
1. Over the Hill Track Club	5:59.4

1-Mile Relay

70-79 MEN	
1. Over the Hill TC	6:15.80

High Jump

30-34 MEN	
1. Werling, Bill	Over the Hill 5'2"

40-44 MEN

1. Kline Barry	West Penn	5' 6 1/2"
2. Harvey, Robert	Allstate	5' 1 1/2"
3. Segal Daryl	Phila. Mst.	4'

45-49 MEN

1. Dorsey, Paul	North West	5' 8 1/2"
2. Miller, Chuck	Dallas Mstrs	5' 2 1/2"
3. Boyd, Ray	West Penn	5'

50-54 MEN

1. Ware, James	Hoosier TC	4' 10"
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55-59 MEN

1. Smith, Denver	Unattached	4' 6"
2. Phillips, Vonly	West Penn	4' 2"
3. Jackson, Al	Over the Hill	3' 11"

60-64 MEN

1. Hirsimaki, Fred	Unattached	4' 6"
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65-69 MEN

1. Morningstar Ham	Ann Arbor	4' 6"
2. Shaw, Elmer	Syracuse	4' 3"
3. Pickl, Max	Canadian Mst.	3' 10"

70-74 MEN

1. Mlotek, Herman	Over the Hill	3' 4"
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80-84 MEN

1. Hosack, Ev	Over the Hill	3' 6"
2. Pitcher, Arl.	Hoosier TC	3' 4"

Pole Vault

45-49 MEN	
1. Hoyle, ED	West Penn 12' 6"

55-59 MEN

1. Smith, Denver	Unattached	9'
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60-64 MEN

1. Hirsimaki, Fred	Unattached	8' 6"
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65-69 MEN

1. Morningstar, Ham	Ann Arbor	7' 10"
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80-84 MEN

1. Pitcher, Arling	Hoosier	6'5"
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Shot Put

35-39 MEN		
1. Kaye, Steve	Wolfpack	44' 1/2"
2. Bower, Norm	Over the Hill	38' 11"
3. Pearce, Jim	Wolfpack	35' 6"

40-44 MEN

1. Harvey, Robert	Allstate	37' 10"
2. Hoyt, Pete	West Penn	37' 5 3/4"
3. Kline, Barry	West Penn	29' 11 3/4"

50-54 MEN

1. Bredenbeck, Rudy	Over the Hill	37' 4 1/2"
2. Chadbourne, Joe	Over the Hill	37' 1"
3. Mann, Dick	Over the Hill	35' 6 3/4"

55-59 MEN

1. Jackson, Al	Over the Hill	31' 9 1/2"
2. Smith, Denver	Unattached	31' 9"
3. Stein, Ray	Over the Hill	25' 5 1/2"

60-64 MEN

1. Hirsimaki, Fred	Unattached	38' 1 1/2"
2. Dahl, Erich	Over the Hill	29' 9"

* Single age group World Record

Shot Put (cont.)

65-69 MEN		
1. Shaw, Elmer	Syracuse	38' 9"
2. Morningstar, Ham	Ann Arbor	38' 2"
3. Pickl, Max	Canadian Mst.	26' 1"

70-74 MEN

1. Siringer, Jack	Over the Hill	29' 2 1/2"
2. Mlotek, Herman	Over the Hill	24' 10"

80-82 MEN

1. Hosack, Everett	Over the Hill	21' 9 1/2"
2. Pitcher, Arling	Hoosier TC	18' 10 1/2"

35-39 WOMEN

1. Chadbourne, Mary	Over the Hill	20' 7 1/2"
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45-49 WOMEN

1. Cotten, Datha	Clev. Mstrs	23' 6 1/2"
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55-59 WOMEN

1. Holland, Bernice	Clev. Mstrs.	28' 1/2"
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70-74 WOMEN

1. Siringer, Beryl	Over the Hill	10' 11"
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25# Weight Throw

60-64 MEN		
1. Hirsimaki, Fred	Unattached	38' 1 1/2"

65-69 MEN

1. Shaw, Elmer	Syracuse	38' 9"
2. Morningstar, Ham	Ann Arbor	38' 2"

80-84 MEN

1. Hosack, Everett	Over the Hill	17' 3"
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35-39 WOMEN

1. Chadbourne, Mary	Over the Hill	24' 9 1/2"
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45-49 WOMEN

1. Cotten, Datha	Clev. Mstrs	21' 4 1/2"
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55-59 WOMEN

1. Holland, Bernice	Clev. Mstrs.	21' 10"
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70-74 WOMEN

1. Siringer, Beryl	Over the Hill	10' 5 1/2"
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35# Weight Throw

35-39 MEN		
1. Bower, Norm	Over the Hill	45' 1 1/2"
2. Kaye, Steve	Wolfpack TC	41' 9 1/2"
3. Pearce, Jim	Wolfpack	40' 5 1/2"

40-44 MEN

1. Hoyt, Pete	West Penn	41' 10 1/2"
2. Harvey Robert	Allstate	32' 2 1/2"

50-54 MEN

1. Chadbourne, Joe	Over the Hill	44' 2 1/2"
2. Mann, Dick	Over the Hill	35' 5"
3. Bredenbeck, Rudy	Over the Hill	28' 8"

60-64 MEN

1. Hirsimaki, Fred	Unattached	28' 4"
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65-69 MEN

1. Shaw, Elmer	Syracuse	35' 7 1/2"
2. Morningstar, Ham	Ann Arbor	28' 4"

70-74 MEN

1. Siringer, Jack	Over the Hill	18' 9"
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80-84 MEN

1. Hosack, Everett	Over the Hill	13' 5 1/2"
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35-39 WOMEN

1. Chadbourne, Mary	Over the Hill	18' 10 3/4"
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45-49 WOMEN

1. Cotten Datha	Clev. Mstrs.	14' 1 1/2"
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*Single age group World Record

25# Weight Throw (cont.)

70-74 WOMEN		
1. Siringer, Beryl	Over the Hill	8' 7"

56# Weight Throw

35-39 MEN		
1. Bower, Norm	Over the Hill	27' 4"
2. Kaye, Steve	Wolfpack	24' 5"
3. Pearce, Jim	Wolfpack	23' 4 1/2"

40-44 MEN

1. Hoyt, Pete	West Penn	25' 6 1/2"
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50-54 MEN

1. Chadbourne, Joe	Over the Hill	26' 10 1/2"
2. Mann, Dick	Over the Hill	21' 1 1/2"
3. Bredenbeck, Rudy	Over the Hill	16' 11"

65-69 MEN

1. Shaw, Elmer	Syracuse	16' 11"
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70-74 MEN

1. Siringer, Jack	Over the Hill	12' 7"
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TEAM SCORES

30-39 MEN	
1. Over the Hill Track Club	41 points
2. Ann Arbor Track Club	26 points

40-49 MEN

1. West Penn Track Club	33 points
2. Over the Hill Track Club	26 points

50-59 MEN

1. Over the Hill Track Club	74 points
2. Hoosier Track Club	15 points

60-69 MEN

1. Over the Hill Track Club	46 points
2. Syracuse Chargers	23 points

70 + MEN

1. Over the Hill Track Club	98 points
2. Hoosier Track Club	23

MASTERS WOMEN 30 & OVER

1. Over the Hill Track Club	89 points
2. Cleveland Masters	25 points

ST. LOUIS METRO T&F ASSN. INDOOR MEET; CAPE GIRARDEAU, MO; 1/6/85

M60yHH	
Gary Pirch	10.70
Clark Wille	8.18
Gordon Reiter	9.20

M60y Dash	
Clark Allen	6.67
G. Pirch	7.27
C. Wille	7.28

A. Gunsberg	37	8.00
Dennis Buss	45	7.78
Chas. Clippard	59	8.06
Phil Brusca	57	8.26
Denis Brasket	55	9.01
Harry Guth	60	8.25
Chris Christy	67	8.78
Wib Ragland	67	9.29

M300y Dash		
D. Buss	45	36.61
Lee Blount	52	37.24
D. Brasket	55	45.10
W. Ragland	67	50.57

M600y Run		
John Patrick	39	1:31.84
L. Blount	52	1:33.34
D. Brasket	55	1:56.30

M880y Run		
Terry Erickson	32	2:32.32
G. Reiter	38	2:13.67
Gary Carr	40	2:13.66

Continued in Next Column

TAC MID-AMERICA REGIONAL CHAMPIONSHIPS; LINCOLN, NB JANUARY 12, 1985

60y	
M30 James Ellis	6.9
Mark Munger	7.1
Thomas Fick	7.2
M35 Clifton Jackson	6.5
Fred Booker	6.5
Tom Bassett	6.8
M40 Gary Oliphant	6.9
Scotty Hargrove	7.3
Gene Haskovec	7.4
M45 Thornton Sheldon	7.1
Bob Warren	7.3
James Maxen	7.6
M50 Earl Ventura	7.2
Philip Snyder	7.5
Joe Murphy	7.6
M60 Max Goldsmith	8.0

300y	
M30 Karl Krawitz	42.3
M35 F. Booker	**34.8
T. Bassett	35.6
M40 G. Haskovec	38.1
Gene Smith	40.1
M45 T. Sheldon	37.0
James Muxen	40.9
M50 P. Snyder	40.9
J. Murphy	40.9
M60 Goldsmith	42.9
M65 Clarence Osborn	56.2

440y	
M35 Ross Jensen	58.3
M40 Frosty Chapman	1:02.4
M45 Shelton	59.6
Ross Greathouse	1:05.2
M50 Stanley Giles	1:07.9
M60 Goldsmith	1:10.0
M65 Osborn	1:29.3

600y	
M30 Mike Wallace	1:26.9
Dan Zimmerman	1:43.5
M35 Rex Harvey	1:23.9
H. McDonald	1:48.4
M40 Steve Rogers	*1:26.6
James Shoemaker	1:34.4
M45 Al Maxey	*1:30.0
M50 Forret Doling	1:47.0
Jerry Reiserer	1:49.2

880y	
M30 Krawitz	2:51.8
M35 Don Showen	2:29.4

M40 Al Petroff	2:17.3
Ron Anderson	2:21.5
Ken Katzer	2:26.8
M45 Burch David	2:29.7
George Lee	2:41.8
M55 George Luce	3:01.5
M60 Albert Showen	2:47.2
M65 Osborn	3:33.6

Mile	
M30 Bob Gies	5:01.3
Bruce Currin	5:03.3
Louis Soukup	5:41.4
M35 D. Showen	5:25.2
M40 Ray Stevens	4:48.9
Anderson	5:13.5
Katzer	5:16.

BUD LIGHT/PA MASTER'S
Jan. 13, 1985
Carlisle, PA

55 MHH
M 30-34 (39'')
1. Leroy Galloway 7.6
2. Gene Williams 9.2
3. Michael Gaudiose 10.5

M 35-39 (39'')
1. Byron Almony 8.4

M 45-49 (39'')
1. Chuck Miller 8.6
2. Tom Jones 10.0

M 50-54 (36'')
1. Bill Clark 8.6

M 55-59 (36'')
1. George Bradbury 9.4
2. Denver Smith 10.3

M 60-64 (33'')
1. Burl Geist 9.3
2. John Emanuel 10.3

M 70-74 (30'')
1. Gilberto Gonzales 10.3
2. Claude Hills 11.3

55 M
M 30-34
1. Leroy Galloway 6.8
2. Jim Davis 6.9
3. Michael Gaudiose 7.3
4. John Emanuel 7.4
5. Dennise Johnson 7.4

M 35-59
1. Jim Wilson 6.7
2. Arthur Wright 6.7
3. Tom Brewer 7.0
4. Tom Palmer 7.0
5. Rob Overton 7.0
6. Louis Johnson 7.2
7. Barry Conrad 7.2

M 40-44
1. James Bantum 7.0
2. D. Abayemi 7.3
3. Darryl Segal 8.1
4. Dave Spader 8.5

M 45-49
1. Jim Hodge 7.5

M 50-54 (Finals)
1. Bill Clark 7.2
2. Rudy Enders 7.3
3. Hal Kaufman 7.5
4. Earl Mege 7.9
5. Tony Patterson 7.9
6. Woody Grover DNF
7. Jack Griffith 8.6

M 55-59
1. Buck Bradbury 7.6
2. Jock Jocoy 7.8

M 60-64
1. John Emanuel 8.2
2. Don Harris 8.7

M 65-69
1. Bill Carmen 8.5

M 70-74
1. Gilberto Gonzalez 8.1
2. Claude Hills 9.0

M 75-79
1. Manfred D'Elia 9.2
2. Donald Ernst 9.9

F 35-39
1. Ginger Parks 7.9
2. Kathy Pierce 8.2

F 45-49
1. Cora Perry 9.8

200 M
M 30-34
1. Scott Thornsley 24.6
2. Gary Banks 26.4
3. Taylor Tunstall 27.0
4. Dennise Johnson 27.4
5. Al Midlick 30.3

M 35-39
1. Arthur Wright 24.8
2. Rob Overton 25.5
3. Tom Palmer 26.7

M 40-44
1. Dahmiri Abayemi 25.7
2. James Bantum 26.6
3. Bob Jenison 31.2

M 45-49
1. Dawson Pratt 26.0
2. Dick Ocker 26.4
3. Jim Hodge 26.9
4. Buzzy Reed 28.4

M 50-54
1. Rudy Enders 26.6
2. Hal Kaufman 27.9
3. Earl Mege 29.3
4. Tony Patterson 30.8
5. Jack Griffith 32.9

M 55-59
1. Jock Jocoy 29.3

M 60-64
1. Jim Manno 29.1

M 65-59
1. Bill Carmen 33.5

M 70-74
1. Gilberto Gonzales 31.3

M 75-59
1. Manfred D'Elia 34.7

F 35-39
1. Ginger Smith Parks 29.6

400 M
M 30-34
1. Scott Thornsley 54.2
2. Phil McClain 55.9
3. Steve Judge 56.3
4. Al Harden 57.0
5. Gary Banks 57.2
6. Taylor Tunstall 59.1
7. Howard Ali 59.2
8. Gary Grobman 60.7

M 35-39
1. Arthur Wright 54.7
2. Rob Overton 57.4

M 40-44
1. Don Boyer 55.4
2. D. Abayemi 58.9
3. James Bantum 60.4
4. John Lesser 60.6
5. Doug Allen 61.1
6. Leo Morris 64.7
7. Bob Jenison 67.1

M 45-49
1. Dawson Pratt 57.5
2. Dick Ocker 57.6
3. Jim Hodge 58.8

M 50-54
1. Rudy Enders 60.1
2. Hal Kaufman 63.8
3. Ed Alexander 64.4

M 55-59
1. Bob Stanhope 67.3

M 60-64
1. Jim Manno 65.1
2. Jim McCarthy 71.0

M 65-69
1. Bill Carmen 75.8

M 70-74
1. Gilberto Gonzalez 74.9
2. Sam Monastero 81.3

M 75-79
1. Manfred D'Elia 82.8

F 35-39
1. Ginger Smith Parks 69.5

F 45-49
1. Cora Parry 90.5

800 M
M 30-34
1. Joel Hoffsmith 2:04
2. Stan Share 2:16.2

M 35-39
1. David Michael 2:30.8
2. Elliott Lehman 2:42.6

M 40-44
1. Irwin Zablocky 2:07.8
2. Robert Bennett 2:09.9
3. Doug Allen 2:23
4. John Lesser 2:42.4
5. Bob Jenison 2:48.1

M 50-54
1. Ed Alexander 2:31.3
2. Jack Nyham 2:49.2

M 55-59
1. Bob Stanhope 2:37.9

M 60-64
1. Jim McCarthy 2:52.6

M 70-74
1. Sam Monastero 3:10.6

M 75-59
1. Henry Zachman 3:33

F 30-34
1. Kathy Clark 2:45.4

1500 M
M 30-34
1. Tim Cook 4:02.8
2. Joel Hoffsmith 4:07.3
3. Hugh Hamill 4:16
4. John Emswiler 4:22.8
5. Stan Share 4:31
6. Terry Losch 4:45.2
7. Don Henise 4:49.2
8. Marshall Sacks 4:53.1
9. Robert Jumper 4:54.8

M 35-39
1. Art Morris 4:23
2. Jim Irwin 4:23.1
3. Jim Cain 4:24.7
4. Tom Cook 4:25.3
5. Dave Harvath 5:21.6
6. David Bayne 5:39.6
7. David Oblich 5:40.8

M 40-44
1. Irwin Zablocky 4:21.5
2. Moses Mayfield 4:25.9
3. Robert Jumper 4:28.6
4. Gerry Glyde 4:38.9
5. Bob Borteh 4:42.2
6. Leroy Minnich 4:51
7. Steve Duffy 5:10.9

M 45-49
1. Bob Coleman 5:10.1
2. Jack Whitcomb 5:14.1

M 50-54
1. Jim Sutton 4:30.6#
2. Dave Colton 4:37.4
3. Ed Alexander 4:59.8
4. Jack Nyham 5:48.2

M 55-59
1. Bob Stanhope 5:11.3

M 70-74
1. Sam Monastero 6:40.8

M 75-79
1. Henry Zachman 7:12.9

W 30-34
1. Kathy Clark 5:34
2. Susan Cook 5:54.5

3000 M
M 30-34
1. Tim Cook 8:46.3
2. Gary Grobman 10:03.3
3. Don Henise 10:40.2

M 35-39
1. Jim Cain 9:34
2. Jim Shank 9:38.7
3. Tom Cook 9:58.9

M 40-44
1. Moses Mayfield 9:40.7
2. Bob Bartel 10:17.8

M 45-49
1. Jack Whitfield 11:10.5

High Jump
M 30-34
1. Fordy Searles 5'4"
2. John Emanuel 5'4"
3. Taylor Tunstall 4'10"

M 35-39
1. Barry Conrad 4'6"

M 40-44
1. Barry Kline 5'6"
2. Jeff Osman 5'2"

M 45-49
1. Chuck Miller 5'3"

M 50-54
1. Earl Mege 4'2"

M 55-59
1. Denver Smith 4'4"
2. Jock Jocoy 4'1"

Pole Vault
M 35-39
1. Ron Shenk 11'6"

M 40-44
1. Ed Hoyle 12'0"

M 45-49
1. Henry Davenport 11'0"

M 50-54
1. Jerry Welbourn 11'0"

M 55-59
1. Bob Richards 11'6"
2. Denver Smith 6'10"

M 60-64
1. Boo Morcom 9'0"

Long Jump
M 30-34
1. Dave Pruitt 6.28
2. Taylor Tunstall 5.07

M 35-39
1. Jim Wilson 6.64
2. Barry Conrad 5.50
3. Fordy Searlas 5.10

M 40-44
1. Jeff Osman 5.34
2. Palmer Sweet 4.81
3. Rich Kaye 4.79
4. Darryl Segal 4.12

M 45-49
1. Chuck Miller 5.26

M 50-54
1. Rudy Enders 5.25
2. Tony Patterson 4.61
3. Earle Mege 4.46
4. Jack Griffith 4.22

M 55-59
1. George Bradbury 4.71
2. Denver Smith 4.54
3. Jock Jocoy 4.16

M 75-79
1. Henry Zachman 2.48

F 70-74
1. Vivian Nelson 2.94

Triple Jump
M 30-34
1. Taylor Tunstall 10.93

M 35-39
1. Barry Conrad 10.43
2. Ron Salvio 9.28

M 40-45
1. Palmer Sweet 9.71
2. Rich Kaye 9.59
3. Jeff Osman 9.26

M 50-54
1. Rudy Enders 10.51
2. Earle Mege 8.70
3. George Taylor 7.10

M 55-59
1. Denver Smith 9.33
2. Bob Richards 9.10

M 60-64
1. Ed Lukens 10.49
2. Fred Hirsimaki 9.03

M 65-59
1. Bill Carmen 8.00

M 70-74
1. Claude Hills 6.92

M 75-79
1. Henry Zachman 5.36

Shot Put
M 30-34 (7.26K)
1. Paul Corrigan 40'9"
2. John Knaby 25'11"

M 35-39 (7.26K)
1. Jim Keys 45'1"
2. Barry Conrad 29'

M 40-44 (7.26K)
1. Bob Harvey 38'1"
2. Palmer Sweet 37'

M 45-49 (7.26K)
1. Carl Klehm 36'11"

M 55-59 (6.00K)
1. Bob Richards 37'8"
2. Denver Smith 30'4"

M 60-64 (5.00K)
1. Fred Hersimak 32'11"

M 65-69 (5.00K)
1. Ham Moringsta 32'8"
2. Bill Carmen 20'1"

M 70-74 (4.00K)
1. Claude Hills 24'3"

F 45-49 (4.00K)
1. Cora Parry 15'11"

F 50-54 (4.00K)
1. Joan Dash 25'6"

F 55-59 (4.00K)
1. Katie Jocoy 20'9"

4x800 Relay
30-39

"Inside Tract" 8:39.4
(Tom Ecker, Art Morris, Bob Ulmer, John Emswiler)

Master Keys 8:40.3
(Stan Long Larry Williams, Steve Judge, Gene Williams)

Nittany Valley T.C. 9:20.4
(Dave Colton, Terry Lusch, Larry Glyde, Hugh Hamill)

4x400 Relay
30-39

Master Keys 3:46.7
(Don Boyer, Stan Long, Larry Williams Steve Judge)

COLLEGE OF THE DESERT MEET
PALM SPRINGS, CA; 1/20/85

60m-Men
Morris, Rufus 39 7.23
Newton, Nick 51 7.59
Cobb, Hugh 52 8.03
Manogian, E. 55 7.98
Niedermeyer, F. 44 7.50
Vick, T. 55 7.95
Griffin 52 7.41
Gist, B. 64 8.40
Guidet, Al 66 8.61
Shuck, C. 69 9.0
Wolfe, B. 70 11.64
Castro, J. 75 9.36
Hunt, B. 64 8.63

60m-Women
Miller, Christel 50 8.90
Kinsey, Shirley 55 9.69
Kolda, Josi 66 10.79
Rollins, A. 60 11.20
James, Bess 75 12.32
Hunt, M. 66 14.2

300m-Men
Adams, Hugh 44 40.60
Niedermeyer 44 39.44
Kelsey, D. 43 46.34
Smith, Don 49 42.71
Harte, Gene 59 42.80
Hunt, B. 64 49.52
Guidet 66 48.43
Manogian 55 43.48
Newton 51 40.20
Vick, T. 55 44.06
Hicks, H. 50 50.51
King, Stan 48 40.35

600m-Men & Women
James, B. 75 3:04.5
Lewis, D. 63 2:06.1
Harte, Gene 59 1:46.8
King, Stan 48 1:38.2
Monet, Jon 45 1:35.2
Knocke, Bill 45 1:35.2

1000m Men & Women
James, Bess 75 5:41.2
Acton, Peggy 48 4:09.8
Lewis, Dave 63 3:58.3

300m-Women
James 75 66.0
Kolda 66 65.18
Acton 48 61.68

3000m Men & Women
James, B. 75 18:04.2
Daughters, Harold 63 12:03
Hicks, H. 50 11:58.3
Greene, Rich 43 9:56
Klein, Gary 34 13:29.6

60m Hurdles-Men
Cox 32 8.99
Hunt 64 10.85
Miller, Gary 47 9.84
Speaks 30 9.13

LONG DISTANCE RESULTS

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

RESOLUTION DAY 5K/10K SANTA BARBARA, CA; 1/1/85

Table with 2 columns: Name, Time. Includes Jim Triplett (27:15.14), Elaine Triplett (34:17:58), M40-44 John Patterson (43:17:57), Al Sladek (42:20:56), Michael Saunders (44:20:34).

Table with 2 columns: Name, Time. Includes John Brennan (49:16:30), Paul Ellison (47:19:45), Art Sylvester (46:19:48).

Table with 2 columns: Name, Time. Includes M50-54 Jim Mathieson (54:21:06), G. Rosenberg (53:21:30).

Table with 2 columns: Name, Time. Includes M55-59 Richard Abbe (58:24:44).

Table with 2 columns: Name, Time. Includes M60-64 Fred Nagelschmidt (60:19:22).

Table with 2 columns: Name, Time. Includes M65-69 Richard Freeman (65:31:30).

Table with 2 columns: Name, Time. Includes M70+ William Reppy (72:30:36).

Table with 2 columns: Name, Time. Includes W40-44 Judy Kewley (40:19:20), Shirley Saunders (44:23:09).

Table with 2 columns: Name, Time. Includes W45-49 Fay Hobbs (49:21:54).

Table with 2 columns: Name, Time. Includes W50-54 Jean Reiche (54:29:50).

Table with 2 columns: Name, Time. Includes W55-59 Patty Frankus (58:26:17).

Table with 2 columns: Name, Time. Includes W60-64 Arlene Hallenbeck (61:29:54).

Table with 2 columns: Name, Time. Includes --10K-- Gary Tuttle (37:29:56), Anne Hayden (30:38:31).

Table with 2 columns: Name, Time. Includes M40-44 Steve Close (41:32:55), Larry Pontinen (43:35:23), Larry Jamison (42:36:46).

Table with 2 columns: Name, Time. Includes M45-49 Art Sylvester (46:39:34), Tony Chapman (46:40:38), Dennis Ahlman (45:42:12).

Table with 2 columns: Name, Time. Includes M50-54 William Wise (51:41:18), Jack Wilson (51:43:59), Jim Mathieson (54:44:05).

Table with 2 columns: Name, Time. Includes M55-59 Gene Pumphrey (58:39:53), Roger Boedecker (55:44:35), Gene Welch (57:47:49).

Table with 2 columns: Name, Time. Includes M60-64 Ray Gil (60:40:27).

Table with 2 columns: Name, Time. Includes M65-69 Joseph Carey (66:45:54).

Table with 2 columns: Name, Time. Includes M70+ Paul Gilbert (70:63:44).

Table with 2 columns: Name, Time. Includes W40-44 J. Kewley (40:42:39).

Table with 2 columns: Name, Time. Includes W45-49 Karen Nestande (45:51:51).

Table with 2 columns: Name, Time. Includes W50-54 M. Himmelwright (51:62:38).

Table with 2 columns: Name, Time. Includes W55-59 Veronica Hanlon (56:58:44).

Table with 2 columns: Name, Time. Includes W65-69 Grace Schweitzer (67:61:49).

1985 ED BARRON HANGOVER 10K & 3K; WASHINGTON, D.C.; 1/1/85

Table with 2 columns: Name, Time. Includes --10K-- Tim Gavin (28:30:57), Alisa Harvey (19:35:21).

Table with 2 columns: Name, Time. Includes M30 Lucas Palmer (34:33:59), M40 D'Anvers Long (41:34:35), M50 Herb Chisolm (58:37:58).

Table with 2 columns: Name, Time. Includes M60 Peter Andrews (64:39:59), M70+ Ed Benham (77:44:30), W30 M. E. Williams (38:37:08), W40 Janis Stoodley (43:43:18), W50 Joan Brannon (50:51:59), W60+ Jean Wood (61:84:54).

Table with 2 columns: Name, Time. Includes --3K-- M40+ Larry Colbert (47:11:08), Peter Ulrich (49:11:17), Jack Scott (59:12:39), W40+ Annette Dagg (51:14:51), M. J. Deering (41: n/a), Wendy Kendrick (45: n/a).

SO. ARIZONA RRC MARATHON TUNE-UP 30K; TUCSON; 1/5/85

Table with 2 columns: Name, Time. Includes Overall Hayden Smith (M30 1:56:40), Barbara Meadows (54:29:27), M40 Ken Young (1:56:53), Larry Wright (2:19:42), Bob Kerry (2:22:09), M50 John Sadioukos (2:13:46), Del Wallace (2:35:29), L.B. Bull (2:40:56), M60 Bob Martin (2:36:44), Dan Sherman (2:47:43), W40 Grace Rome (2:45:25), Shirley O'Brien (3:30:04), Cissy Andes (3:32:55), W50 Meadows (2:29:27), * age record.

LIBERTY BOWL 10K; MEMPHIS, TENN.; 12/15/84

Table with 2 columns: Name, Time. Includes Overall Gary Couch (30:46), Mary Anne Wehrum (39:09), M40 Gary Kelly (36:02), Jim Stark (37:04), M50 Tom Waltrip (39:09), Dave Hilliard (39:45), M60+ Dan McCarty (40:48), W40 Linda Ralph (45:29), Bette Cloar (45:51), W50+ Pauline Sessions (51:43), Ann Campbell (54:20).

WOLFPACK FALL CLASSIC 5K/15K/50K; COLUMBUS, OHIO 11/11/84

Table with 2 columns: Name, Time. Includes --5K-- M40 Joe Russ (22:40), M55 Roger Hocker (22:10), B. Riemenschneider (28:28), M60 Frank Grundy (31:10), W40 Doris Halko (36:47), W60 Irene Moran (34:46).

Table with 2 columns: Name, Time. Includes --15K-- M40 Larry Rosenzweig (1:15:44), M45 Sam Bates (1:08:02), Robert Brown (1:09:40), M50 Jack Furr (1:06:38), Dick Sanford (1:27:17), W35 Sandra Sainey (1:10:57), R.E. Brewer (1:22:37), W45 Sue Bates (1:27:17).

Table with 2 columns: Name, Time. Includes --50K-- M40 Barry Erickson (3:40:21), Robert West (3:50:04), William Kelly (5:02:07), Keith HaLeY (5:59:49), M45 Arthur Moore (3:59:24), Pete Halko (5:04:50), M50 Jim Comyns (4:22:56), M55 Chas. Steinmetz (4:58:19), M60 Harry Smith (5:19:18), M70 George Knox (7:23:53), W40 Elaine Oswalt (6:07:05), W55 Myra Linden (7:00:54).

MEMPHIS EXPRESS MARATHON MEMPHIS, TENN.; 12/2/84

Table with 2 columns: Name, Time. Includes Overall Thomas Leach (2:26:39), Beth Walker (2:48:30), M40 Pat Johnstone (2:48:09), Mike Moffatt (41:24:33), F. Hollingswoth (2:54:58), M45 Henry Hawk (47:24:23), Jack Rockett (47:24:16), T. Tomlinson (46:25:52), M50 B. Tankersley (3:01:04), Ethan Busby (53:30:10), Robert Cree (55:3:14:11), M60+ Cliff Hoehne (66:4:09:05), M. Chamberlain (64:4:11:59), Harry Welch (60:4:20:02), W45 Lou Peyton (40:3:23:01), C. Douglass (44:3:52:04), M. Frazier (43:3:53:51), W50+ Martha Rodger (50:4:27:59), F. Godsen (56:4:53:30), Mary Avgeris (50:5:17:26).

ATLANTIC CITY MARATHON ATLANTIC CITY, NEW JERSEY DECEMBER 2, 1984

Table with 2 columns: Name, Time. Includes Overall Brian White (2:27:09), Christine Gibbons (2:58:21), M40 Neil Collins (2:45:06), Ted Strab (2:49:47), Ken Peterson (2:50:48), M45 Ken Ferris (2:49:24), Cahit Yeter (2:55:56), Joseph Feeley (2:57:09), M50 Floyd Sandin (2:58:09), George Wittmann (3:01:36), Robert Dixon (3:02:01), M60+ C. Buyukmichi (3:21:28), James Kelly (4:16:11), Homer Zink (4:17:31), W40 Menett Texidor (3:29:24), C. Travieso (4:10:39), Elaine Vazquez (4:22:06), W50+ Wen-shi Yu (3:18:09), Marj Travaline (3:39:06), Arlene Mayer (3:59:21).

JINGLE BELL 10K; WASHINGTON, D.C.; 12/8/84

Table with 2 columns: Name, Time. Includes Overall B. McNeilis (22:30:58), Alisa Harvey (19:36:10), M40-49 Fay Bradley (46:33:40), Carl Kuhn, Jr (43:35:00), Douglas Bulcao (42:35:08), M50-59 Ray Harrison (50:36:56), Herb Chisholm (58:38:29), Tom Momiya (53:39:08), M60-69 Bill Osburn (61:43:00), James Snitzler (66:46:26), Jack Boldt (61:47:54), W40-49 Judith Flannery (43:42:44), Caroline Morris (41:43:43), Shannon McCarthy (42:43:44), W50-59 Rachel Bourn (55:43:52), Helen Somerville (58:51:03), Lillian Wolf (51:54:05), W60-69 Miriam Hewitt (61:74:26), Jean Wood (61:80:39).

CALIFORNIA INTERNATIONAL MARATHON SACRAMENTO, DECEMBER 2.

Table with 2 columns: Name, Time. Includes Overall Ken Martin (2:11:23 \$13,000), Katy Schilly (2:32:39 \$13,000), M40-49 Mike Mahler (2:28:17 \$750), Jeff Wall (2:28:56 500), Rudy Mondragon (2:30:22 250), M50+ Glynn Wood (2:45:59 0), W40-49 Bette Poppers (2:51:10 750), Joan Reiss (2:59:32 500), V. Blankenship (3:11:28 250), W50+ Mae Horns (3:25:24 0).

Manufacturers Hanover Season Opener Central Park, NYC

Sponsored by Manufacturers Hanover Trust Co. Under the auspices of the New York Road Runners Club. Date: January 6, 1985, 10:30 AM. Distance: 5 Miles. Check-in: Men-2225, Women-984, Total-3209. Finishers: Men-1738 and 16 racewalkers, Women-693 and 12 racewalkers, Total-2459. Weather: Sunny, low humidity, mid 30's.

Order of Finish—Men. Over-Age: 1. Rodriguez, Victor, 24, WP 24:53.

Vol A (40-44): 1. Doug Escher, 40 27:28; 2. Brian Morrissey, 43 28:29; 3. Jonathan McNamee, 40 28:46.

Vol B (45-49): 1. Gabriel Bernal, 45 27:38; 2. Walter Vinson, 46 28:10; 3. Charles Kennedy, 46 28:31.

Masters A (50-54): 1. Kenneth Jones, 54 29:51; 2. Rudolph Benoit, 52 31:28; 3. Alexander Smith, 50 31:40.

Masters B (55-59): 1. Don Dixon, 57 29:27; 2. Jim Stoltz, 58 31:29; 3. Jerry Mahrer, 55 31:56.

Seniors (60-69): 1. Tom Gibbons, 63 32:26; 2. William Coyne, 62 33:23; 3. Peter Mahta, 62 34:28.

Golden Age (70 and over): Bill Brobston, 71 35:50.

Order of Finish—Women: 1. Horovitz, Gillian, 29, Wngs 27:59; 2. Koonz, Margaret, 28, WSq 29:05; 3. Young, Kass, 30, Abal 29:57.

Vol A (40-44): 1. Lina Connors, 42 31:46; 2. Elaine Kirchen, 42 31:47; 3. Laurie Baker, 41 33:47.

Vol B (45-49): 1. Esther Marcus, 49 37:54; 2. Samara Balfour, 48 38:56; 3. Barbara Hour, 48 39:30.

Masters (50-59): 1. Helene Bedrock, 50 33:34; 2. Bertha Bellinghausen, 51 37:25; 3. Bunny Franco, 54 37:43.

Seniors (60 and over): 1. Mary Rodriguez, 63 44:13; 2. Trudy Schmidt, 60 47:37; 3. Jozi Neulinger, 60 48:30.

Watches of Winter Run Central Park, NYC

Sponsored by New York Road Runners Club. Date: January 12, 1985, 10:30 AM. Distance: 6 Miles. Check-in: Men-1341, Women-614, Total 1953. Finishers: Men-1159 and 21 racewalkers, Women-503 and 9 racewalkers, Total-1682. Weather: Sunny, mid 20's.

Order of Finish—Men. Over-Age: 1. Cavano, Lou, 30, Mill 31:12; 2. Timmons, Mike, 24, NY 31:24; 3. Orazem, Richard, 21, SI 31:56.

Vol A (40-44): 1. Doug Escher, 40 33:47; 2. Gary Muhrcke, 44 33:54; 3. Russell Bassett, 44 35:19.

Vol B (45-49): 1. Kenneth Ederle, 45 38:16; 2. Nevio Dobry, 45 38:24; 3. Michael Frankfurt, 49 38:25.

Masters A (50-54): 1. Kenneth Jones, 50 36:04; 2. Alexander Smith, 54 38:40; 3. Jack Terry, 54 38:44.

Masters B (55-59): 1. Don Dixon, 57 36:25; 2. Jim Stoltz, 58 38:47; 3. Jerry Mahrer, 55 39:00.

Seniors (60-69): 1. Tom Gibbons, 63 39:56; 2. William Coyne, E3 40:16; 3. Peter Mahta, 62 41:10.

Golden Age (70 and over): Bill Brobston, 72 45:19.

Order of Finish—Women: 1. Horovitz, Gillian, 29, Wngs 34:51; 2. McEvly, Elie, 31, WP 35:59.

Vol A (40-44): 1. Lina Connors, 42 38:42; 2. Laurie Baker, 41 41:26; 3. Irma Busselt, 42 43:19.

Vol B (45-49): 1. Gudrun Phillips, 48 45:44; 2. Barbara Klein, 45 47:18; 3. Samara Balfour, 45 49:04.

Masters (50-59): 1. Alice Moore, 54 43:04; 2. Bunny Franco, 54 45:55; 3. Joyce Maret, 50 46:12.

Senior (60 and over): Jozi Neulinger, 60 59:24.

MISSION BAY 10K/MARATHON SAN DIEGO, CALIF.; 1/13/85

--10K--

Overall: Brad Larkin (26:30:36), Shirley Matson (44:36:43), M40-49 Peter Stern (40:33:15), Howard Moody (44:35:05), Duke Vaughn (41:36:19), M50-59 John Terrell (52:39:59), Bud Blackwood (50:42:58), Kahler Hench (54:50:27).

M60+: Cyric Tobias (67:54:04), Robert Gale (62:56:15).

W40-49: Matson (43:40:09), Ursula Raine (40:46:00), Dolores Avila (40:46:00).

W50+: Caris Cromer (53:58:03), Marjorie Eddy (52:63:59).

--Marathon--

Overall: Jerry Marsh (21:2:21:33), Melinda Ireland (33:2:54:06).

M40-49: Joe Gassman (44:2:39:44), Benny Holt (41:2:54:33), Pete Saccone (41:2:59:10).

M50-59: Ray Langston (50:3:02:31), T.R. Eddy (51:3:12:57), Fred Kuenzel (52:3:14:35).

M60+: Rudy Iglesias (60:3:23:39), Tom Leedham (60:3:31:11).

W40-49: Betty Frankum (45:3:35:02), Dixie Barnard (48:3:37:12).

W50+: Lillian Miller (59:4:12:45).

SUPER BOWL SUNDAY 10K REDONDO BEACH, CALIF. JANUARY 20, 1985

Overall: Tom Wysocki (28:53), Monica Joyce (33:29).

M40-49: Dave Surnam (41:31:39), Stanley Dutton (40), Andre Tocco (49).

M50-59: Ken Gaskell (50:36:58), George Davall (51), David Burgess (50).

M60+: Jack Kettler (61).

W40-49: Judy Kewley (38:23), Deanna Holleman (43), Rita Gilmore (44).

W50-59: Wilma Maddock (50:44:43), Trudy Wadman (57), Margaret Smith (56).

W60+: Helen Dick (60), Norma Bernardi (66), Mam Howe (65).

20 Kilometer Run Central Park, NYC

Sponsored by New York Road Runners Club. Date: January 27, 1985, 10 AM. Distance: 12.4 Miles. Check-in: Men-363, Women-85, Total-448. Finishers: Men-337 and 6 racewalkers, Women-75 and 2 racewalkers, Total-420. Weather: Overcast, low 30's.

Order of Finish—Men. Over-Age: 1. Backe, Bill, 35, Chic 1:06:19; 2. Stemm, Jim, 24, WS 1:07:14.

Vol A (40-44): 1. Rafael Bordonaba, 43 1:14:49; 2. Benny Kim, 42 1:17:09; 3. Justino Valentin, 43 1:17:34.

Vol B (45-49): 1. Jerzy Sulek, 47 1:17:32; 2. Peter Kellner, 46 1:19:31; 3. Nevio Dobry, 45 1:21:22.

Masters A (50-54): 1. Kenneth Jones, 54 1:19:09; 2. Alexander Smith, 50 1:23:38; 3. William Schwarz, 53 1:25:15.

Masters B (55-59): 1. Jerry Mahrer, 55 1:23:02; 2. Frank Lorey, 55 1:27:20; 3. George Wodicka, 55 1:32:59.

Seniors (60-69): 1. Tom Gibbons, 63 1:24:45; 2. Stanley Edelman, 60 1:33:03; 3. Frank A. Timoni, 61 1:36:13.

Golden Age (70 and over): Luis F. Martin, 73 1:50:41.

Order of Finish—Women

1. Beschloss, G.26, MTC 1:16:10; 2. Rothman, Bobbi, 39, WS 1:17:43; 3. Chodnicki, Jean, 25, WS 1:18:58.

Vol A (40-44): 1. Carol Johnston, 41 1:27:32; 2. Erika Schertenleib, 43 1:29:13; 3. Anne Marie Kunz, 43 1:33:40.

Vol B (45-49): 1. Barbara Klein, 45 1:45:16; 2. Samara Balfour, 49 1:45:49; 3. Kate Knight-Parry, 49 1:53:46.

Masters (50-59): 1. Margarete Deckert, 51 1:27:24; 2. Joyce Maret, 50 1:41:21; 3. Audrey Jacobson, 56 2:04:53.

Senior (60 and over): Althea Jureidini, 66 2:16:10.

U.S. TAC NATIONAL MASTERS 10K ROAD CHAMPIONSHIPS CLEARWATER, FLORIDA FEBRUARY 3, 1985

M40-44: Barry Brown (FL 30:17.8), Pat Murphy (IRE 30:21.3), Kirk Randall (MA 32:14.2), Art Meaney (CAN 33:03.2), Bill Stewart (MI 33:15.0).

M45-49: Joe Burgasser (FL 33:52.6), Jim Larson (FL 36:10.7), Floyd Romack (IN 36:41.9), Josef Fodor (OH 36:47.4), Tomasz Radzikowski (38:20.1).

M50-54: Norman Green (PA 32:55.4), Derek Mahaffey (WA 35:58.5), Bobby Askea (FL 37:14.7), Gordon Kafer (FL 37:46.7), Peirce Ferriter (FL 37:56.1).

M55-59: Howard Rubin (NY 36:03.5), Bill McCaffrey (NY 36:59.3), Jim Blount (FL 37:34.8), Dave Allison (FL 38:59.4), Ray Wunderlich (FL 40:57.9).

M60-64: Bill Eppright (GA 41:52.9), Newlie Hewson (DC 42:04.9), John McIntyre (VA 42:16.1), Millard Shumate (FL 42:16.7), Ed Bacon (FL 47:22.4).

M65-69: Max Quackenbos (FL 42:13.0), Bernard Ryan (FL 44:37.5), Jim Ward (FL 45:56.4), Erle Reiter (FL 50:48.5), Lou Nadreau (FL 54:15.7).

M70-74: Eugene Keller (OH 42:32.3), Bill Brobston (NY 45:17.2), Bob Boal (NC 50:02.8), Charles Espy (FL 60:39.7).

M75-79: Ed Benham (MD 44:11.1), Caldwell Nixon (NC 55:20.3), Otto Essig (MA 55:47.5), Ed Root (FL 58:39.4).

M80-84: Max Bayne (FL 63:20.0).

M85-89: Paul Spangler (CA 59:38.4).

W40-44: Shirley Matson (CA 36:47.8), Monique Quevillon (38:17.2), Yvonne Rodgers (FL 38:32.5), Bette Poppers (CO 38:51.6), Maria-Carmen Wade (39:33.9).

W45-49: Ruth Kuykendall (FL 45:12.6), Linda Burgasser (FL 45:13.9), Barbara Moeller (FL 46:21.5), Judy Peterson (FL 47:37.1), Renee VereI (FL 48:52.4).

W50-54: Nany McCormick (NB 41:45.2), Joan Entriken (FL 49:10.8), Marj Zimmerman (FL 49:59.2), Shirley Taylor (FL 50:26.2), Ida Herb (FL 54:27.9).

W55-59: Ann Kahl (FL 42:23.5), Alix Gravenstein (FL 48:14.5), Nancy Beward (FL 53:08.5).

W60-64: Anne Trigg (FL 44:49.9), Lucille Mancini (FL 50:29.3), Betty Haleen (MN 55:58.6), Elizabeth Krupa (FL 66:24.3), Genevieve Campbell (66:24.7).

W65-69: Martha Pembroke (FL 58:30.8), Helen Reiter (FL 58:34.9).

from Dick Lacey.

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