



NATIONAL MASTERS NEWS



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

87th Issue

November, 1985

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AT AGE 70, DAVIES WINS \$4000 IN BIGGEST MASTERS PAYDAY EVER



At the 12-mile point in the Twin Cities Marathon in Minnesota on October 6, it was still a four-way battle for the first-place Masters prize of \$4000. England's David Clark, 41, (No. 36 on the far right) pulled away at 14 miles to win the age-40-and-over title in 2:18:56. Mexico's Antonio Villanueva, 45, (No. 30 behind Clark's shoulder) was 2nd in 2:20:35 and won \$3500. Ireland's Pat Murphy, 40, No. 40) placed 3rd. West Germany's Guenter Mielke, 42, (No. 35) dropped back to finish 9th.

photo by Bruce Bispang

3000 Masters "Keep Moving" In Governor's Cup

In what was described as "a red-letter day for some 3,000 older athletes," Masters from all over New England and as far away as San Francisco showed up to participate in the 2nd Annual Governor's Cup, which consisted of a five-mile run, a three-mile competitive walk, and a one-mile fun walk, in Boston, Mass., on

September 29. The events were limited to Masters age-40-or-over.

The Governor's Cup is the highlight of "Keep Moving," a statewide walking program designed by the Massachusetts Executive Office of Elder Affairs, under Governor Michael S. Dukakis' aegis, to encourage older

Continued on page 5

\$27,500 Earned in Twin Cities Marathon

CLARK, SCHLOSSER EACH WIN \$4000 AS TOP MASTERS

When the history of the 20th century running boom is written, scholars will likely include October 6, 1985 as one of the sport's milestones.

For on that cold, crisp, autumn, Sunday morning, 70-year-old Clive Davies became the oldest runner in history to *earn* as much as \$4000 for a few hours effort.

He did it by running 26 miles, 385 yards from Minneapolis to St. Paul, Minnesota in a time of three hours, four minutes and 15 seconds — a time judged best, based on age and sex — of all age-35-and-over finishers in the fourth annual Twin Cities Marathon.

It didn't come easy. The mid-30-degree temperatures forced the Tillamook, Oregon resident to stop every quarter mile for the last five miles to massage his aching legs.

"The cold weather cramped me up," Davies said. "I'm not happy at all with my time."

But he was happy with the \$4000, part of a total of \$27,500 awarded to age-35-and-over runners in the age-graded competition — the biggest payday in Masters history.

Davies' time of 3:04:15 was 14:38 under the "target time" for his 70-74 age group, which gave him a nearly-six-minute margin over Antonio Villanueva, 45, of Jalapa, Mexico. Villanueva won the second-place age-handicap award of \$3500 with a time of 2:20:35, which was 8:50 under the target time for his 45-49 age division.

In his first marathon since turning 70 on August 7, Davies ran the fastest time ever by a man over 70, breaking the mark of 3:07:26, set by the late Monty Montgomery in California in 1977.

Also winning \$4000 were the first men's and women's age-40-or-over finishers, David Clark, 41, of England, and Doris Schlosser, 41, of West Ger-

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West Germany's Doris Schlosser, 41, won \$4000 as the first woman, age-40-or-over, to finish the Twin Cities Marathon in Minnesota on October 6. Her time of 2:38:56 gave her a two-minute edge over Idaho's Gabriele Andersen.

photo by Bruce Bispang

New World and U.S.
Track & Field
Age-Group Records
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NATIONAL T&F MEET

The TAC National Masters T&F Meet August 25th in Indianapolis was exceptional in many ways; the superb facility, meet organization and the quality athletes competing made this a remarkable competition. The meet was also exceptional in its haphazard supervision of who ran on which relays.

It is particularly upsetting to put together a club relay, train months for an event, go through several thousand dollars of expense to arrive at the nationals and find people putting together a relay team on the spot. I spoke to the meet director, Marshall Goss, and relayed my concerns. He told me that he had brought up the question to the National Masters Rules Committee the day before. It was decided not to enforce the national masters rules on relays which says all members of the relay be from the same geographic club.

An effort has to be made by the National TC officials and the meet officials to maintain the integrity of the national meet and relays, in particular. Masters competition deserves no less than the same kind of integrity that we

see in NCAA competition with rigid eligibility of the athlete in any particular event. An effort has to be made to check the eligibility of all relay members in TAC sanctioned championships; anything less is an admission that Masters competition is simply a participatory rather than a competitive event.

Richard Guido
Greater Rochester TC
Fairport, New York

FIRST-TIMER'S EXPERIENCE

As a 38-year-old average road runner, I had planned to spend the summer of 1985 to improve upon my PR's in the 5K (19:20) and 10K (39:54). But, then, enter National Masters News. The spirit of Masters track, as expressed in the News, was just what I was looking for. Tough, fair, well-organized competition, yes. But the real emphasis seemed to be on participation — on doing one's individual best — whether this resulted in winning or not.

So I entered my first Masters track meet — the TAC Nationals in Indianapolis, in the 5000-meter run. As I

walked into Indiana University Stadium, the most impressive symbol that this was to be "big time" competition was the huge, black Olympic-style electronic scoreboard blinking: "Welcome Masters 1985 TAC National Track & Field Championships." I felt I'd arrived. This sandlotter was takin' his first cuts in Yankee Stadium.

All the races were conducted beautifully. Communication between officials and athletes was excellent. I was pleasantly surprised to see the Masters spirit of inclusion and participation, rather than exclusion and elitism, generously extended to foreign competitors. The starters, lap-counters, timers, etc. were conscientious, considerate and good-humored during what must have been, for them, a very long weekend. The competitors seemed tough, serious, intense and dedicated to performing their best. Afterwards, they were low-key, warm, sociable — like a "family picnic."

So for the nominal cost of TAC membership and low meet entry fee (\$8, less than many road races I've entered), a middle-of-the-pack jogger had the privilege of running on a superb track on a cool and clear summer's evening under dazzling floodlights with some of the finest age-group athletes in the country. I had my own personally assigned lap-counter, split times were announced every half-lap and my name appeared in big, bright, block letters on the scoreboard. With all that, how could I help but set a new PR by over 30 seconds.

Dennis Martz
West Bloomfield, Michigan

AGE RECORDS

In the September NMN, you show women's age-group records as of January 1, 1985. They list a W60 discus mark of 73-7, yet the National Meet program lists Edith Mendyka's 64-3 as the record. If the 73-7 is the record, who threw it, when and where?

Audrey Bergenbach
Chattanooga, Tennessee
(64-3 is the record. There were some errors in the September listings. Sorry. For a complete, current, official list of world and U.S. men's and women's age-group records, see the new chart in this issue. — Ed.)

As the New Zealand record statistician, I wonder why you did not include the 80-meter-hurdle times in your list of pending world records in the August issue. Colleen Mills ran 14.45 for a new

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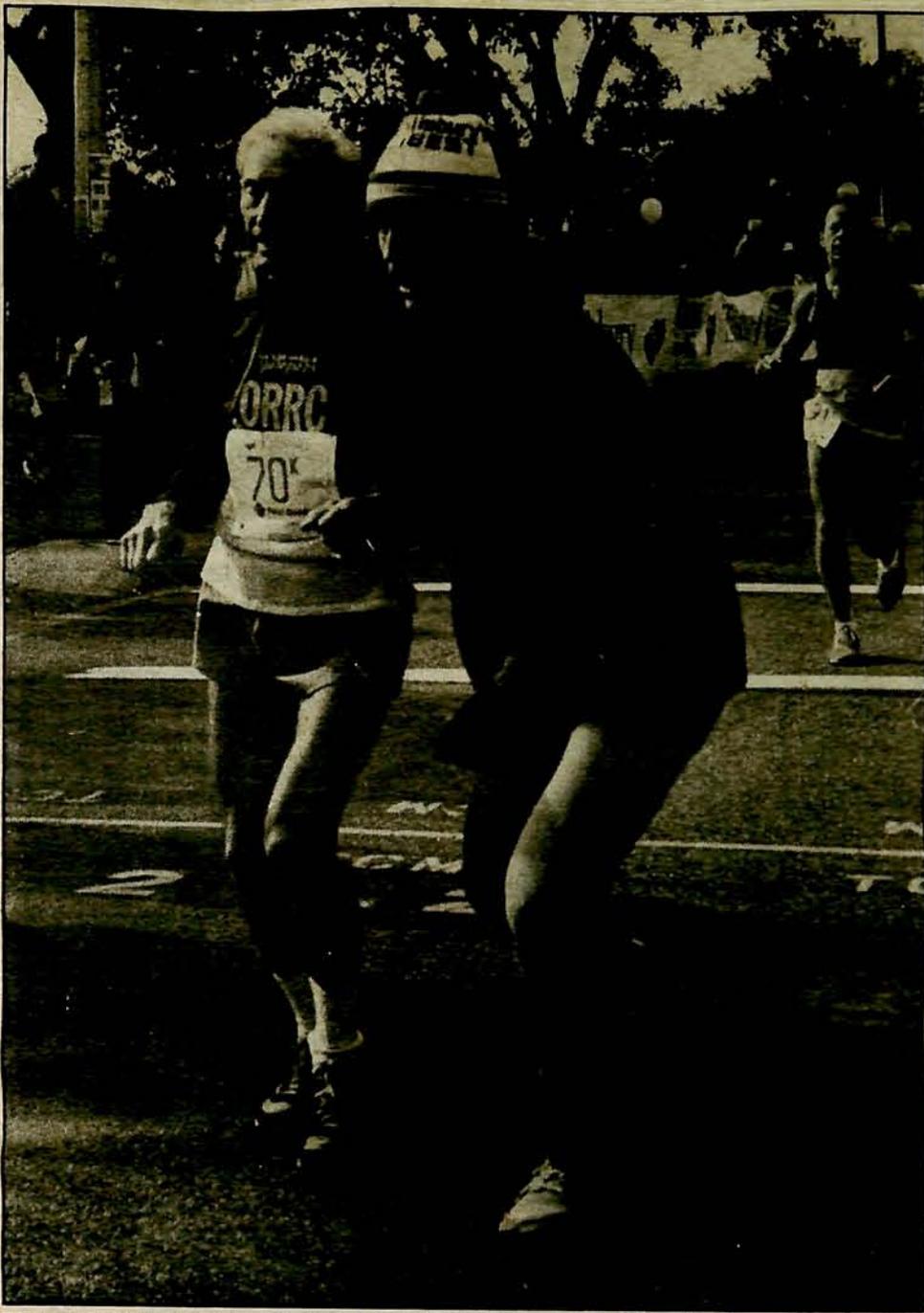
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70-year-old Clive Davies (no. 70) wins \$4000 for finishing the Twin Cities Marathon on October 6 in 3:04:15, a time judged best — by age and sex — of all age-35-or-over runners in the Minneapolis-to-St. Paul race.

photo by Laurie Boutang

Davies Wins \$4000

Continued from page 1

many, with times of 2:18:56 and 2:38:56, respectively.

It was a birthday present I truly earned," said Clark, who finished 14th overall and sixth in the age-graded competition. "It was quite hard for me to maintain a good pace today. We went off at a fast rate, and I knew it would be a difficult race."

Clark was hoping to better the 2:17:30 he ran two weeks earlier in New York, but the combination of the fast start and cold weather tired him faster than he planned. "I was aiming for a faster time, but circumstances denied that," he said.

Schlosser's time gave her third place in the age-graded category, 6:40 under the handicap time for her 40-44 age group.

Her win was something of an upset. She ran within sight of Gabriele Andersen for the first mile, but the 1984 Olympian then disappeared along with the other leaders in the women's open division.

Schlosser, who lives in Schwetzingen, West Germany, settled into her

own pace and didn't see Andersen again until late in the race, when she went past for the women's 40+ victory.

Schlosser was in the race only because race director Jack Moran had invited Guenter Mielke. "Guenter is like my coach," she said. "He got Jack to invite me, too."

She said she expected Andersen to win. Andersen had won the open women's division in the 1983 Twin Cities, and had set a world Masters track record of 16:44 in the women's 5000 meters in Rome in June. She was expected to have a shot at the U.S. women's Masters record.

But the fast pace took a toll of many of the early leaders, including Gabriele, whose final time was a still excellent 2:41:00, only 1:49 over the U.S. women's 40+ marathon mark of 2:39:11, set by Miki Gorman in 1976.

That placed Andersen fifth in the age-graded scoring — 4:36 under her target time and worth a hefty \$2500 in prize money.

Sandwiched between the two women in the age-graded bracket was Wisconsin's Dan Conway, 46. His 2:24:34 was

4:51 under his handicapped time and won him 4th prize of \$2750.

Rounding out the top ten Masters money-winners were Oregon's Mike Heffernan, 45, 2:26:42 (\$2000); Ireland's Pat Murphy, 40, 2:21:34 (\$1750); England's Robin Dow, 41, 2:21:39 (\$1500); and Pennsylvania's Norm Green, 53, 2:29:42 (\$1250).

Bruce Mortensen, Gaylon Jorgensen, Diane Palmason and Fay Bradley also got pay checks.

The handicap times were based on the five American age records for each group. The slowest and fastest age records were discarded, and the other three averaged to arrive at the "target time."

A total of \$161,000 was given away in the Pillsbury-sponsored race.

"It was a real battle with Antonio, Robin, Pat, Bruce and Guenter for 14 miles," Masters winner Clark said. "We took turns leading. Finally, at about 14½ miles, I picked it up a bit. I opened about 50 meters and, from then on, it was just me and the road."

A native of St. Albans, 23 miles north of London, Clark is familiar

with running in chilly weather. "But that doesn't mean I care for it," he said. He was the Masters winner of the 1983 and 1984 New York Marathons and won the World Veterans (IGAL) 25K in England this year.

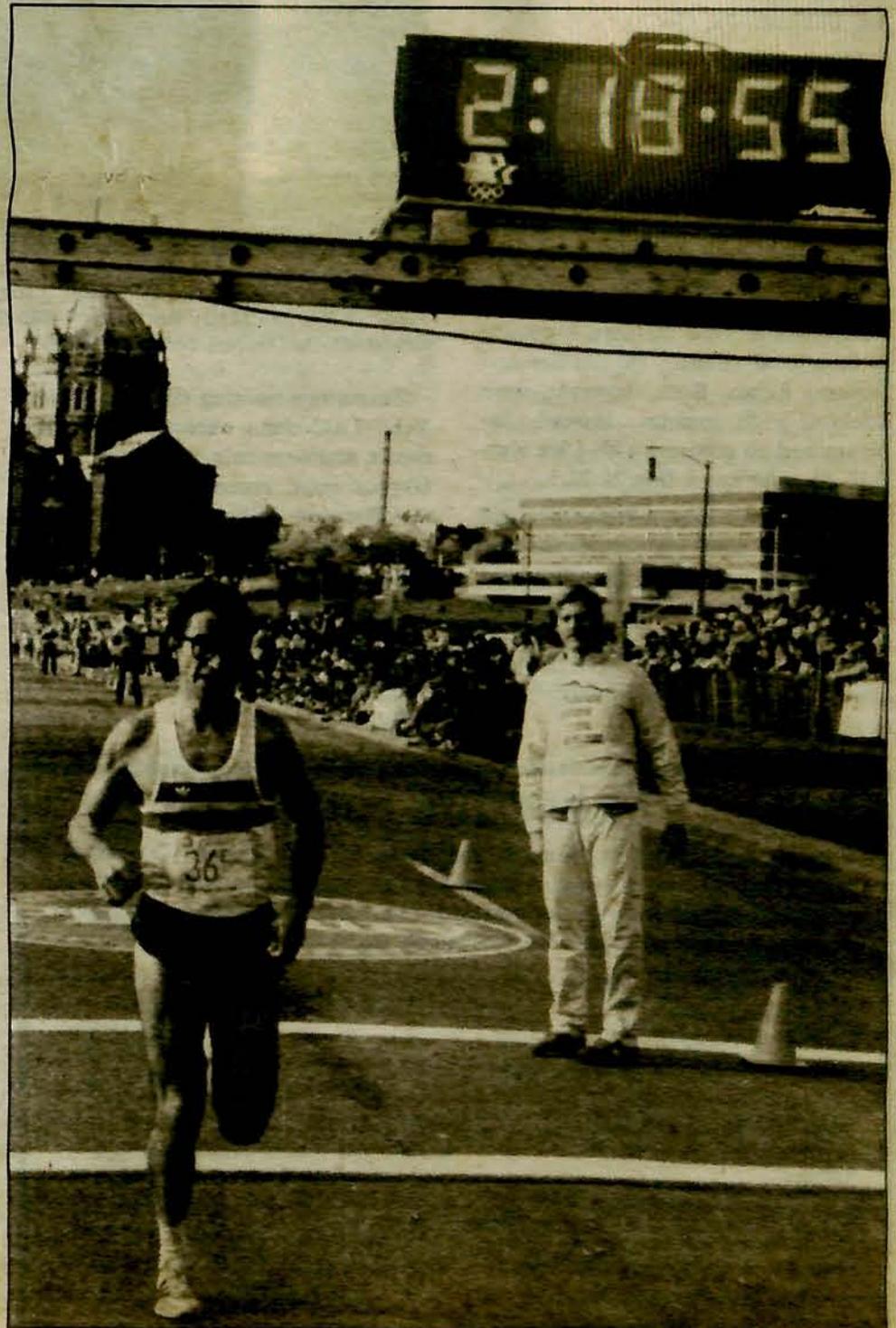
"I was fairly confident of winning at all times," he said.

Villanueva was the 2nd Masters finisher, 1:39 behind Clark, and was followed by Murphy and Dow. Mortensen was fifth and the first 40+ American finisher in 2:22:23. Green won the 50-54 division.

Mielke, 42, of Alspach, West Germany, who had won Masters titles in the Falmouth Road Race, the International Brugge 25K in Belgium, and the VI World Veterans track 10K, dropped back to finish ninth among the 40+ finishers (and 17th in the age-grading) in 2:27:38.

"The cold weather (33 degrees when the race started) made it hard on people who ran a fast pace," Mielke said. "Look at the results. Only one runner had an excellent race. That was the

Continued on Page 5



David Clark, 41, of St. Albans, England winning the Masters division title and \$4000 in the Twin Cities Marathon in Minnesota on October 6.

Photo by Laurie Boutang

Benham Sets M75 Mark**Randall, Pickert
Win U.S. 8K**

by NATE WHITE

Aided by the idyllic weather that followed Hurricane Gloria, the 1985 U.S. TAC National Masters 8K Championships on September 29 produced eight new U.S. single-age records. In addition, Ed Benham set a new 75-79 age-group national mark of 34:21, breaking his own record of 34:40, which he set in 1982.

Run on the flat and fast Onondaga Lake Park course in Liverpool, New York, as part of the Prego 8K, the fine field of Masters runners was led to the finish line by Kirk Randall of Wellesley, Massachusetts, who won the M40-44 competition in 26:16.6. Judy Pickert was the first over-40 woman in a new age-42 record 30:02.8.

Other single-age records were set by Beryl Skelton, 56, (35:03.7); Ed Buckley, 64, (32:11.8); Bill Eppright, 65, (33:01.1); John Rastani, 66, (32:15.9); Bill Brobston, 72, (34:43.2); Charlie Hackenheimer, 79, (38:52.5); and Benham, 78, (34:20.1).

Others winning national age-group titles were Roland Cormier, M45, 26:47.3; Bob Milner, M50, 28:31.9; Tony Sapienza, M55, 28:12.0; Lenis Tucker, W45, 36:04.5 (Tucker actually finished 2nd to Canada's Barbara McLeod (33:06.4); Gloria Brown, W50, 33:16.6; and Muriel Moore, W60, 50:55.1.

Sapienza arrived in town expecting to face local runners Ed Stabler and Howard Rubin. Both, however, were sidelined with injuries. Instead, Sapienza had to contend with Dick Kendall, 55, who ran a fine 28:27.5.

Race director Evelyn White arranged for separate finishing chutes for men and women, age-group race numbers, color-coded age-group name tags, and color-coded age-group ribbons which were worn on the back of each runner's shirt. Computerized results were available promptly.



Just before the start of the TAC/US National Masters 8K Championships in Syracuse, N.Y., on September 29. From left: Derck Frechette, 2-M40 (26:21.12); Dave Winn, 5-M40 (27:37.96); Chuck Tucker, 3-M40 (26:31.61); Ray Kneer, 4-M40 (26:55.43); Tony Sapienza, 1-M55 (28:11.99); and Kirk Randall (half hidden), 1-M40 (26:16.55).

Teams representing six upstate New York TAC clubs were entered in the men's and women's 40-49, 50-59 and 60-plus team competition. Although the Syracuse Chargers Track Club registered a clean sweep, there was exciting competition, particularly in the men's 40-49 division where only 3:22 separated the aggregate times of the Chargers, Syracuse Track Club, Latham AA and Checkers AC.

Following the race, retired chef

Toby Johnson, 66, an Empire State Games sprinting champion, "presided" over a pleasant outdoor lakeside luncheon which was enjoyed by the runners and volunteers alike.

Appreciation went to Prego for their sponsorship support which helped the host Syracuse Chargers put on a truly quality event. □

**126 Enjoy
Club West Meet**

The lure of an off-season meet at a fine facility and an excuse to weekend in Santa Barbara drew 126 Masters to the 12th Annual Club West Meet held at the University of California—Santa Barbara, located just north of that city in Goleta, on October 5.

In fitting with the low-key atmosphere, some winning times were "relaxed" but still enviable. Double winners in the sprints included M. Black, M30, in the 200 (23.6) and 400 (51.6); D. Glasgow, M50, the 100m (12.5) and 200 (25.8); and Shirley Dietderich, W55, the 100m (16.8) and 200 (36.4).

Bob Hunt, M65, took four firsts, from the 110mH to the 400. Ed Stotsenberg, M70, ran the 1500 in 5:59.6 and the 5000 in 21:32.5. John Brennand, M50, posted the day's best time in the 5000 with 16:15.4.

Field eventers appeared in good post-season form. Charlie Rader, M35, won the high jump with 6-5. John Damski took all three M70 jumps. Shirley Kinsey set a national age-56 record in the long jump with 11-2¾.

Stu Thomson led all shot putters with 48-9 and won the M50 discus (155-2) and hammer (150-9). Lloyd Higgins, M40, was top man in the discus (172-6) and hammer (159-10). Dan Aldrich, M65, had a 154-11 discus throw. Bill Morales was one foot shy of his American M70 javelin record with a 147-3 toss. John Whittemore set a national M85 hammer record with the 12# with 51-4 and had outstanding marks in the shot, discus, and javelin.

The long jumpers were treated by having Olympian Jane Frederick, American record holder in the heptathlon, serve as an official.

The meet was directed by George H. Adams. □

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Sandy Pashkin, right, at TAC Masters T&F meeting, Indianapolis. Pashkin will be the meet director of the 1986 National Masters T&F Championships to be held on Long Island, New York, July 18-20. Jeanne Bocci, Female Race-Walker of the Year is at left; Bob Fine in middle.

Photo by Gretchen Snyder

Walker, Steigerwalt Win U.S. 15K Racewalk

by JOHN KELLY

Larry Walker and Jolene Steigerwalt continued their winning ways in the U.S. TAC National Masters 15K Racewalk Championships September 1 in Santa Monica, California.

Walker was 1st age 40-49 finisher and 3rd overall in 1:12:43. Jim Coats was 2nd 40-49 in 1:23:50, while Rudy Haluza returned to competition with a winning M50-59 time of 1:25:12. (Haluza was fourth in the 1968 20K Olympic walk.)

The race's most exciting competition came in the women's 40-49 division, with Steigerwalt (San Diego), Lori Maynard (San Francisco) and Bev LaVeck (Seattle) walking together for the first 5K. Then Steigerwalt pulled away for the 40-49 win (and 2nd overall) in 1:27:54. LeVeck closed strongly for 2nd W40 in 1:28:21; Maynard was 3rd W40 (5th overall) in 1:21:32.

Paul Wich (1:10:25) and Esther Lopez (1:21:48) were the open men's and women's winners, respectively. □



Jim Shoemaker, 41, skimming the hurdles at the 1985 U.S. Masters Decathlon in San Diego.

photo by Bob Sieben

3000 In Governor's Cup

Continued from page 1

citizens to engage in exercise through the establishment of 112 local walking clubs. Last year, 1,300 people participated in the three events. This year, Richard H. Rowland, Ph.D., Secretary of Elder Affairs, had hoped for 1,500 club members, but was pleased to find 2,400 members on the rolls and nearly 3000 participants.

The five-mile race was won by John Boyle of Newburyport, Mass., and Mary Scherr of Duxbury, Mass., in 25:36 and 32:45, respectively. Among the age-division winners with notable times were Harold Hatch, 45, winner of the M45 race in 26:32, and Florence Calaghan, 69, who won the W65 in 35:44. John Kelley, M75+ (37:02), and Ruth Rothfarb, 84, (59:47), joined Governor Dukakis as honorary pacers for the race.

In the three-mile walk, Tom Knatt, 45, of Concord, Mass., with 25:57, and Emily Hewitt, 41, of Brookline, Mass., in 30:21, were overall winners. Richard Ruquist, 65, strode to a fast 28:53 to win the M65 contest, and Lynn Hale, 63, won the W60 division with 35:44.

The affair was staged by Conventures; contact person was Penny Carver.

In addition to the Department of Elder Affairs, Nabisco Brands, Inc., the Rockport Co., and Massachusetts Blue Cross Blue Shield helped in underwriting the event. □

Davies Wins \$4000

Continued from page 3

men's open winner (Phil Coppess in 2:10:05)."

Andersen's early speed enabled her to set two W40 records enroute: at 30K (1:50:49) and 20 miles (1:59:16), breaking Cindy Dalrymple's 30K mark by seven minutes and Anna Thornhill's 20-mile standard by 17 minutes.

Mortensen lowered Hal Higdon's 12-year-old M40 30K record from 1:40:52 to 1:38:25. Karen Hubbard dropped Joan Ullyot's W35 20-mile mark by five minutes to 2:04:08. Davies, Conway, Green and Mortensen set single-age marathon records.

Director Moran assembled one of the strongest-ever Masters fields. The age-graded also-rans were a laundry list of the top Masters runners in the U.S. and England: Bill Venus, John Sheridan, Toshiko d'Elia, Bill Foulk, Ernie Billups, Jeff Galloway, Margaret Miller, Jim O'Neil, Ruth Anderson, Anne Bing, Bob Busby, Don Kardong and more.

Besides the defection of New Zealand's Jack Foster, who withdrew a few months ago because his training was not going well, a last-minute scratch was 1984 U.S. Masters LDR champ Barry Brown. "Barry ran a 1:09 half-marathon two weeks earlier, and decided it just didn't feel right," Moran explained.

Five of the 14 Masters cash prizes

were won by foreigners. That percentage may increase in future events. As Kevin Fahey of the British "Running Review" magazine correctly predicted a few months ago: "Many of the top British and European Veterans may seriously consider travelling to the States to try and collect some of that prize money."

Moran and the Pillsbury Co. were pleased with the event, which drew

close to 4000 starters overall and 3663 finishers. One snag for next year, however, is that the World Veterans (IGAL) Marathon Championships are set for British Columbia, Canada on the same date — October 5 — as the Twin Cities event. "Some top Masters like Norm Green are already committed to the IGAL race," Moran said, "so we may cut the Masters prize money somewhat." □

7th Convention of TAC Set

The 7th Annual National Convention of The Athletics Congress/USA (TAC) will be held in Houston, Texas from December 3-8, 1985.

The Masters Track and Field and Long Distance Running Committees will meet from the 5th thru the 7th. Among the topics on the agenda will be rule changes, site selection for national championships, 1986 budgets, selection of 1985 award winners, and more.

Everyone is invited to attend the Convention. Most meetings are open to anyone. Only official delegates, however, may vote at the general meeting of TAC on Sunday, the 8th. Only those people designated by their local Association or national member organization are delegates. (Masters officers are not necessarily delegates.)

Registration is not mandatory, but, for \$50, you get a registration package, plus tickets to a Thursday night social, a Friday Awards Luncheon and a Saturday night banquet. A registration form is printed on this page.

The complete schedule of Masters meetings will be published next month. □

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THE GUN LAP

by MIKE TYMN

Climbing Mountains

Need a break from running, jumping or throwing? Looking for an alternate or substitute sport? You might consider mountain climbing.

Some people can get too much of a good thing. Take Kent Davenport, for example.

He's a successful 38-year-old physician and orthopedic surgeon living and practicing in Honolulu, Hawaii, one of the great vacationlands of the world. His abode is a plush two-story bachelor pad on the lower slopes of Diamond Head in the elegant Kāhala district.

He need not walk more than a couple of blocks to reach sandy beaches and blue ocean to pursue his windsurfing hobby. And he has a clean, quiet, well manicured neighborhood to train for another pastime, distance running. (He has a 2:40 marathon to his credit.) He has the money and means to live a very Epicurean existence, to do just about anything he wants.

So what does Davenport do for a vacation? He flies thousands of miles to Peru and heads for the back-country, riding in antiquated buses and cattle trucks over dusty, rocky roads, then hires pack mules to take him even farther. Finally, he sets out to climb a treacherous, forbidding mountain far from civilization, risking injury and even death.

Davenport, just recently back from climbing to the 21,785-foot summit of Yerupaja, the third highest peak in the Western Hemisphere (after Aconcagua in Argentina at 22,800 feet and Huscaran, also in Peru at 22,200 feet), laughs and shrugs at the paradox. "I've had people ask why someone would leave Hawaii to go climb mountains. I just tell them it's something I like to do."

No novice when it comes to either icy Alpine climbing or dry rock wall scaling, Davenport made an attempt to reach the summit of Yerupaja in 1982, but abandoned the effort at about 20,000 feet.

"It's the only peak we haven't been able to climb," he says, mentioning Matterhorn, Mount Blanc and other peaks in Europe, South America, Alaska, and the Continental U.S. among his conquests in 12 years of climbing. "We felt we should give it another try."

The other half of the "we" is Davenport's long-time friend Mike Graber, a ski instructor and photo journalist



Why is Kent Davenport smiling?
photo by Mike Graber

from Southern California. "Actually, he's just sort of a free-spirit," Davenport offers with a chuckle.

The month-long journey began for Davenport with a flight into Lima, the capital city of Peru. From there it was a ten hour bus ride to Hauras, followed by another eight hour bus ride to the town of Chiquian. The second bus was shared with sheep, pigs, piles of lumber, and sundry other articles of commerce. The bus would make frequent stops to allow merchants to peddle their wares. That was relatively comfortable compared to the return trip when Davenport and Graber elected not to wait an extra day for the bus. Instead they stood on a plank behind the cab of a loaded cattle truck the entire way.

Chiquian was the end of the road. There, Davenport and Graber hired some burros, along with a burro driver, to continue the journey another full day to the village of Llamac, the site of an ancient Spanish silver mine.

In Llamac, Davenport made what could be an important medical

discovery when a village woman introduced him to a "snake oil" remedy — a live snake in a bottle, from which a little water would be poured to heal wounds.

"It gives me something to talk about at the next medical convention," Davenport says, laughing.

From Llamac, at 9,000 feet elevation, the two adventurers and their burro driver companions spent another day climbing to 13,000 feet, where they set up their base camp near a small lake. The burro driver was then sent back to Chiquian with instructions to return some 2½ weeks later when Davenport and Graber would be ready to return to civilization.

Over the next four days, Davenport and Graber made seven round trips from the base camp to the foot of the glacier at 17,000 feet, transporting 50 pound packs of food and climbing supplies. Each hike to the glacier took around five hours up and two hours back to the base camp.

During this period, Davenport and Graber encountered French, German, and New Zealand climbers. The French had been forced to turn back when one of their group fell to his death. A Belgian climber had died of altitude sickness the week before their arrival, they were told by one of the groups.

Davenport also suffered from altitude sickness at 20,000 feet as he and Graber slowly made their way to the summit. That caused them to return to their camp at the foot of the glacier, taking around ten hours for the round trip.

"It's one of the risks in mountain climbing," Davenport says, referring to altitude sickness. "Many climbers spend a couple of months in the area slowly acclimatizing before going to the higher elevations. Mike had been down there climbing some other peaks for a month or so before I arrived, so he was pretty well acclimated. But I didn't have time for that. Besides, I had always been able to acclimatize pretty well in the past."

The two climbers waited another three days before setting out again for the summit. They elected to take the shorter-but-steeper direct route up the face of the peak. After climbing for 16 hours, using ropes, ice picks, and other equipment, they found a small ice cave at 20,500 feet and spent the night in it. From there it took another ten hours to reach the summit of Yerupaja.

"We got to the summit at sunset, but it was snowing, the wind was blowing; it was really cold and we were pretty tired," says Davenport. "We knew we were in trouble, so we just took a few pictures and started back down. I'd have to say that the trip back down to

the ice cave was the most difficult part of the whole climb as it was tough and go for awhile."



Davenport on his way up.

Finding the ice cave again on the way back down, Davenport says, was the most satisfying part of the entire climb.

"It's going back down from the summit that most climbing accidents happen," he says. "We were racing to get back before the storm got worse and we weren't quite sure we could find the ice cave again. It was a real relief when we did locate it."

During the descent, Davenport experienced another of the perils of Alpine climbing, frostbite. Even after returning to Honolulu, he was still doctoring his toes from the effects of the 10-below zero temperatures at the summit.

Davenport says his fascination with the mountains is probably the result of growing up near the south shore of Lake Tahoe among the Sierra Nevadas.

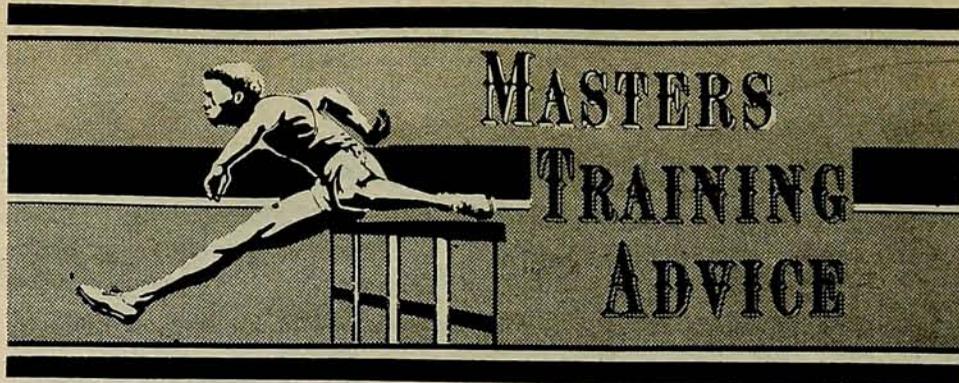
"You see all these mountains around you and you just get the urge to get to the top of them," he muses.

As for the risks, Davenport says that one has to learn to recognize and deal with them.

"You have to know the mountains, where the avalanches are, what the rules are, and what you can get away with," he continues. "You have to work as a team and move quickly. You try to minimize the risks. That's what makes it a sport. It's like any other sport. You gradually try to seek your limits."

Back in the comfort of his home, Davenport has no immediate plans for his next climb.

"We pressed our limits on this one," he says. "I'll wait awhile before thinking about another climb." □



Weight Training For Masters

by JAMES E. GLINN, R.P.T.

Editor's Note: The author is a Registered Physical Therapist specializing in the treatment of musculoskeletal injuries. He began Masters Track & Field this past summer following four years of participation in triathlon and ultrarunning competition. (He is a finisher in both the Ironman World Triathlon and the Western States 100 Mile Endurance Run). Through application of the following weight training program, he improved his shotput (16 lb.) from an early season best of 37 feet to over 44 feet and his hammer throw (16 lb.) from 110 feet (Irvine Masters Meet) to over 142 feet (Masters Nationals at Indianapolis). He is the author of several publications, including one on triathlon injuries. Inquiries regarding the following article may be addressed to: Jim Glinn, R.P.T., 3941 San Dimas #102, Bakersfield, CA 93301.

As a newcomer to Masters Competition, it is obvious to me, as a physical therapist, that most competitors in the weight events would show more improvement if they dedicate themselves to an intelligent weight-training program. One problem the Masters athlete has is lack of time. Most would rather practice their event(s) than spend time at a health club or gymnasium. With this in mind, I recommend the athlete begin by purchasing the following equipment:

1. Barbell bar and weight plates - 200 lbs. or so to start. Olympic style bars and plates are best, but other less expensive types will do.
2. A good quality heavy duty bench with overhead support rack.
3. A squat rack.
4. A set of adjustable dumbbells (optional).

These items may be kept in a basement, garage, spare room or merely in the backyard.

GETTING STARTED

You are now ready to begin weight training. While these are many books on the subject, I strongly urge you to first seek expert personal instruction in how to execute the following exercises. Fitness instructors may be found at your local YMCA or health clubs. Some instructors may try to coax you into joining their organization. While rows of gleaming machines may appeal to you, there is no better way to develop the power necessary for shot-putting, discus throwing or hammer throwing than free barbell and dumbbells. The drawback to using these free weights is there is a better chance of injury (compared to machines) if common sense does not prevail.

Masters athletes are also more vulnerable than their younger counterparts. Avoid maximum efforts. If you do decide to join a commercial fitness facility, be certain it has free weights available as well as machines.

Fall and winter are good times of the

year to begin a weight program because the outdoor meets are over, and bad weather drives most of us indoors. The following program consists of three periods. While designed with the weight man/woman in mind, because the program develops most of the major muscle groups, it will enhance performances of all track and field performers (distance runners could decrease the leg work and use lighter weights).

PREPARATORY PERIOD (3-6 weeks)

Monday, Wednesday and Friday:

1. Warm-up stretching - 10 minutes
2. Bench Press - 3 x 10 with a comfortable weight
3. Seated Behind the Neck Press - 3 x 5 with a comfortable weight
4. Power Clean - 3 x 5 with a comfortable weight
5. Squat - 3 x 10 with a comfortable weight

Hints:

- Do not overdo with heavy weights.
- Use proper technique.
- Be sure to breathe during all movements.
- Do not lower the thighs lower than parallel to the floor while squatting.
- A training partner helps to motivate, coach proper technique and "spot" while you lift.
- As your strength increases, add a little more weight to the bar.

(to be continued next month)



Gaylon Jorgensen, 56, of Provo, Utah won the age 55-59 title in the Twin Cities Marathon in Minnesota on October 6. His time of 2:35:42 also placed him 13th in the special age-graded competition, earning him a check for \$750. photo by Bruce Bisping

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On Approaching Every Problem With an OPEN MOUTH

by W. MacDONALD MILLER

Remembering Fall

If you live in the big bread basket of this land as I do, your life takes on great anticipation each fall when the days start getting shorter and people on the radio begin counting the days left until Christmas. Ah yes, anticipation that no matter how much planning and talking you do about the vacation in Florida, you, your loved ones, as well as your family, will spend a good deal of the next four months ass deep in a white fungus with a better than even chance of having some appendage (hopefully, non essential) frostbitten. Believe me, if you think a goose-bump is meaningless, you're wrong. Anti-freeze, weather stripping — it's really a whole fun happening.

Fall also brings football, Halloween and something that still gets the old adrenalin pumping (albeit somewhat weaker) — marathon season. Everyone should know by now, the time to run a marathon is in the fall. You've had all summer to train and, in the midwest, if you've lived through the heat and humidity on a diet of 10 K's, a marathon will seem like a cake walk. Everywhere, people seem to get ready over the summer and "hit one" as we say, in the autumn. Many of the really big marathons are in the fall, Chicago and New York to name two. Never has the Golden Rule been more prevalent: "Them with the gold makes the rules." That doesn't necessarily make them wrong. I just read Howard Cosell's book and make no mistake, he's a pompous guy who loves to use big words. I still came away feeling the same way I've always felt — he's 99% right! Professional sports lower one's I.Q. and the people connected (broadcasters, players, coaches, etc.) are for the most part stiff.

Back to fall marathons, adrenalin, nubile, supple women and sex. The marathon that comes quickly to my mind was a team effort my wife and I recorded at the Honolulu Marathon a few years back.

It was a second honeymoon type thing with rough edges. What do I mean by rough edges? The three kids with us in a single room at the Travelodge for openers.

Throw in all those other morons who were always calling to see if we wanted to carbohydrate load or take an easy 3 or 4 and we had more privacy back when we lived with her folks in the trailer house.

The race was still beautiful. We didn't actually run together because at about the eight mile mark I made a serious combination statement about "paying the price, making it hurt, when the going gets tough the tough get going, etc." and abandoned her totally at ten.

It worked out alright in the end because our daughter was standing on the course at the half way mark and joined her mother for the rest of the run.

They counted steps, chatted with one another, took in plenty of water (one must hydrate), and in general, had a wonderful time.

I was flying up Mt. Fuji or whatever it's called, legs churning, arms pumping, running totally within myself with that wonderful feeling that at any chosen moment I could drop it below nines.

Planning one's work and then working one's plan, so to speak. I carried my own fluids, I had my mile splits written on my arm, I was an independent unit, wholly self sufficient and in charge of my own destiny.

Destiny, unfortunately, dealt me a cruel blow at seventeen.

Without the slightest warning I was cut down mercilessly by stomach cramps and was forced to do a diarrhea number between two houses in what I would call a middle class neighborhood — simple lava rock decorations along the driveway with flamingos and windmills in the yards. I was devastated and humiliated.

Many people saw me and, although most looked away as if they didn't see me, they all had that superior look in their eyes. "Nice going, too bad you couldn't break four hours."

I sat there, feeling rather foolish with this sea shell necklace around my neck, stains on my pants and a broken heart about something I wanted so much only to see it all smashed and broken on the big dump heap in the sky of busted marathons.

I didn't know whether to die or eat some more licorice.

I tried to think of slumber parties I'd heard about as a kid. Nothing worked. I couldn't seem to bear the disappointment when, all of a sudden, it dawned on me, it was getting close to the seven



Start of M45 1500, National Masters T & F Championships, Indianapolis.

hour mark and my wife hadn't finished yet.

I bolted upright and tried to sort out the possibilities. Getting a shell necklace, of course, was out of the question if she didn't get in under seven hours.

I might have to use the old, "she went off course" routine on the race director. I'd made reservations for five for dinner at the Spaghetti Factory at 8 p.m. I'd have to change that, there might just be four.

My head started to spin with all the damn last minute details I'd have to try to remember — hotel key, rented car keys and no doubt a million other things. What I couldn't know, of course, is at the 22 mile mark, there's a guy passing out orange juice in front of his house, and wife and daughter graciously accept. The obligatory, "Where you from?" "Chicago — so are we, my wife and I have been out here for six years, Betty, these people are from Chicago! Come on in, I've got fresh coffee and some blueberry muffins newly baked."

By the time they show pictures of their grandchildren back in Illinois and

the blueprints of their new house in Maui (too much leather and furs in Honolulu), a couple hours got away.

Eventually, they made it back on course and finished in 6:57 and change. As long as I live I'll never forget the feeling I had when I spotted my wife and daughter coming down Diamond Head and striding for the finish line.

I sobbed without shame, and at the same time, beamed with pride. I held her close and, after 26 miles, 385 yards in 80 degree weather, almost seven hours of running, sweating and streaked with salt, a mother of four, a wife of 25 years, as God is my witness, she smelled like a blueberry muffin.

Later that night in bed, it was beautiful. A bright full moon, each of us wearing our shell necklaces but, at the same time, a streak of independence on each of our parts — she wore Tiger Marathoners but I stayed with my Brooks Avengers for a damn good reason — they're the best shoe made if you wear an orthotic.

There are other things to do in the fall; apple picking, winterizing your car and so on. Me, I always get around to thinking about marathons, past and present. □



Down final stretch, Ernest Billups right, and Michael Hefferman, left, match stride for stride. In thrilling finish, Billups out-leans Hefferman for the M45 1500 win in 4:09.86.

Photos by Gretchen Snyder

PROFILE

Ivor Welch: In a Class By Himself

In a sport which measures one's ability to outlast others, Ivor Welch is at the very front of the pack. You could say that he is in a class all by himself.

When you're 90, as Welch is, most of the competition has died off or at least gone into severe oxygen debt. Welch, however, maintains a steady pace and shows no signs of faltering. He moves along with the stoutness of a man 30 years younger and speaks with the sharp assertiveness of a young lawyer.

A resident of Pacifica, California, just south of San Francisco, Welch got a late start in running, taking it up when he was 83.

"Well, that's a rather long story," he says, when asked what prompted him to begin running. "I've always been active. I've been a hiker, hunter, backpacker, walker, fisherman, roamed the hills, that sort of thing. But I was never competitive and I'm not a sports fan. After my wife died in 1978, I used to take long walks and I became conscious of the fact that a lot of people were running. So I wondered if an old man could run. I began by running a few steps, then walking a few to begin with. Then I got a physical clearance and gradually increased my run, decreased my walk."

Carrying 164 pounds on his 5-6 frame, Welch, who can double for Colonel Sanders of Kentucky Fried Chicken fame, worked up to 50 miles a week and cut his weight to 135.

"But ordinarily my run was between 25 and 35 a week, usually four days a week," he continues. "I'm not doing quite that now, but I'm doing enough to keep me in condition."

Welch has run five marathons, three or four half-marathons, and more 10-K's than he can remember. His best marathon effort was a 5:40:10 in the Avenue of the Giants race and his best

10-K a 1:11 in the Great Race at Stanford University. Those times were recorded in his peak running years of 1982-83. And, he is the oldest man to have run the Pike's Peak Marathon.

"I have no hard and fixed rules for training and I don't pay much attention to my training time," Welch goes on. "There's no point in it. I'm not fast enough to beat anybody and with a few exceptions I always win my division. I just run for the fun of it."

Welch says that he has experienced some minor foot and knee problems but no significant injuries.

"I haven't pushed myself," he explains. "I realized that even at 83 to 85 I was too old to attempt to beat younger people."

Born in Troy, Missouri, Welch moved to San Francisco in 1934 and worked for the federal government in various office and procurement positions before retiring with 35 years service in 1969. Although he had a bout with tuberculosis 60-70 years ago and also had some ulcer problems during the late 60's, Welch has had no health problems in recent years.

"I eat everything," Welch responds when asked if he has a special diet. "Actually, I guess you could say I'm a semi-vegetarian. I eat meat occasionally, but most of my diet is fruit,



Don Paul, 34, placed 3rd in the 30-39 group in 31:05 in the PAC/Sun 10K in San Francisco. Paul is circulating a statement which opposes any ban of South African citizens as individual competitors in road races sanctioned by TAC (TAC recently issued a memo stating that its policy is to ban South African runners from TAC sanctioned races). If you wish to sign the statement contact Paul at 1852 Stockton, San Francisco CA 94133. Send a SASE. photo by Gene Cohn

vegetables, and cereals. I've been diet conscious for 20, 30, 40 years, I guess. My weight is up around 145 now because I'm not running quite so much as a few years ago. When it gets a pound or two over that, I begin to cut back a little on the intake."

Welch says he has "no new worlds to conquer" in the near future. He's content to run with the Dolphin South End Runners on weekends and put in 20-25 miles a week of training. When he's not running, he's reading or writing poetry.

"There's always something to do," he concludes. □ — Mike Tymn

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Ivor Welch, left, poses with Dr. Paul Spangler, 86, after the Diet Pepsi 10-K in San Mateo, Calif. last year.



SPEAKER'S CORNER

by HAL HIGDON

Coming Back From Injury

It's hard to run with a broken leg. That sounds like the title of a song the Mills Brothers might have sung back in the '50s, but actually it was my theme song this summer. Between the World Veteran Games in June and the TAC Championships in August, I broke my leg. Nevertheless, I competed in the latter meet, running three races in three days, even set an American record.

Well, it wasn't actually a broken, broken leg with bone chips sticking out of the skin and blood oozing from the wound. It was a stress fracture. And I can't take much credit for the record, being only one of four members of an Indiana 4x800 meter relay team, and far from the fastest either.

Still, I was able to compete after four weeks layoff, having resumed running barely ten days before the TAC meet. Perhaps there's a lesson here for us all.

The stress fracture occurred mid-

July at the end of the Trans-Indiana Run, about which I wrote in the November issue of *The Runner*. Ten runners, including myself, ran the length of Indiana from the Ohio River to Lake Michigan, 350 miles, over a period of ten days. It was a run, not a race, but midway through the final day's run, I felt a twinge in my right leg. My right ankle had been swollen for several days, and I had been using ice and aspirin to survive.

I slowed for several miles, but finished the run hard, feeling reasonably good. When pain persisted on Monday the next day, I saw my podiatrist, Dr. Mann Spitler, who diagnosed me as having a stress fracture of the tibia, the main bone in the lower leg. He recommended that I not run for four weeks.

With a triathlon in which I wanted to participate coming up and the TAC meet in my home state, I could have cried and moaned and pleaded for mercy. But with earthquakes in Mexico, famine in Ethiopia, and riots in South Africa, who cares whether or not a 54-year-old jock can't run for a month?

I'm convinced, along with Norman Cousins and others, that the mind can have as much effect on healing the body as medicine. And even if that's not true, thinking so makes life more bearable. Do I get depressed every time I hear Norm Green has set another 50-54 record? Yes, but that's another story.

Instead of moping a month, I used my injury as an excuse to pursue alternate activities to maintain my level of physical conditioning (which wasn't that high even when I got hurt). Dr. Spitler said I could do almost anything as long as I didn't run or put pressure on the injured leg. Cycling was okay, so was walking, as well as exercises for the upper body. Fine, let's have fun.

The day after the diagnosis, Tuesday, I did ten minutes on my basement exercycle, also four sets of 100 reps at a low weight on a *Total Gym*, a bench-and-pully machine that I find very useful for upper-body, aerobic conditioning. Wednesday, I added a second

ten-minute exercycle session and mowed the lawn. Thursday a third set of ten, adding situps. Friday was an exercycle stress test at Porter Memorial Hospital, part of a study we did for Trans-Indiana. Saturday, I moved to the waters of Lake Michigan in front of my house, walking in chest-deep water. For previous injuries, I have run in deep water to recover, because the water's buoyancy removes the stress while permitting you to at least mimic the running movement as you obtain a cardiovascular workout. I'm lucky to live near a lake that is swimmable several months of the year, otherwise I would have need to go to a swimming pool.

Dr. Spitler had said swimming was all right, but I was wary that flutter-kicking my legs, even in water, might overstress my legs. On Sunday's diary page after a workout that consisted of two 15-minute exercycle sessions, *Total Gym* work, plus walking and jogging in water, I noted: "Leg hurts: I may be pushing too fast."

Eventually the leg ceased hurting and by the end of the next week I added a mile walk in the morning. Gradually I increased the distance of my walks to a half dozen miles, then the pace, moving as a racewalker might. Several racewalkers at TAC in Indy noted with surprise I had entered the 5,000 meter walk. That was because I figured that whether or not I could run at TAC, at least I could walk, strolling around in an outside lane as an excuse to be at the meet and be part of the action.

By early August I was both swimming and running in the lake, also cycling on the roads instead of in the gym.

On Tuesday, August 13, I saw Dr. Spitler who cleared me to run. I celebrated the next morning by jogging lightly on the golf course, a half dozen sets of 130 yard jogs, walking between, not more than a mile total workout. I jogged again on Friday and Saturday competed in the LaPorte Triathlon near home. I surprised myself by being able to race sub-6:00 miles during the final 3.5-mile running stage.

I ran some more the following Monday, then rested three days before racing at the TAC championships in Indianapolis, selecting the shorter distances partly to protect my leg, partly to protect my ego. I knew I wasn't going to get lapped running 800 and 1,500 meters. I didn't race well, but at least I raced.

What is the message in all this? One, injuries are inevitable when we do foolish things such as push ourselves, in training or competition, beyond our abilities. Two, there is no sense, at our age, taking injuries all that seriously; there's always another age group to slide into and another race or meet a year or two down the road. Unlike Olympics, world championships come every two years. National championships, at least in distance running, occur miscellaneous around the year. Three, an injury can become an excuse to try alternate sports and activities which we otherwise might miss because of our obsessions for maximum performance. The fourth and maybe most important message is to relax and let the world turn. □

Hal Higdon, Senior Writer for *The Runner*, holds the American 50-54 record for the 800-meter chest-deep-water run.

Six Tips for Surviving Injury

1. **Get good medical advice early.** Don't cheap out. Seek help from a competent sportsmedicine specialist when the injury occurs.

2. **Determine the cause of the injury so it won't happen again.** Most people injure themselves by overtraining. Excessive and/or sudden stress is usually to blame. Keeping a diary, and understanding it, may be your best preventive medicine.

3. **Accept your injury stoically.** It's not the end of the world. What other activities can you attempt to compensate, as well as raise your spirits?

4. **Maintain your cardiovascular conditioning with alternate activities.** Bicycling, swimming, walking are examples of exercises to keep you from falling out of shape during the recovery phase.

5. **Maintain, when possible, your strength conditioning with specific exercises.** Running in water, for example, does a good job of mimicking regular running. But beware of overdoing it and retarding your recovery.

6. **Plan for your return.** Once recovered, how are you going to return to your previous level? Get out your calendar, a pencil, and design a logical training plan. □



Harold Niebel, 71, Maryland, Arling Pitcher, 81, Indiana, and Karl Trei, 76, Canada (left to right) each set a world record for their age group in the 80 meter hurdles at the 1985 National Masters Track and Field Championships, Indianapolis, Ind.

MASTERS MEDICAL LOG

•Two new studies support earlier evidence that the fear of arthritis developing in longtime runners is exaggerated, Joe Henderson reports in **Running Commentary**. Dr. Richard Panush's research at the University of Florida matched middle-aged men who'd averaged four miles a day for 11 years against non-runners the same age. Degeneration of the knee joints was more pronounced in the group that didn't run. Panush also measured losses of cartilage in the hip, another sign of degeneration, and found the runners again scored slightly better. A study of runners and non-runners 50-and-older by Dr. Nancy Lane at Stanford University reported "no significant difference" between the groups in cartilage loss.

•In 1978, doctors told Dick Molen, then 47, that he would be dead in a year from cancer of the lymph system. Molen decided "to fight it then and there." He took up distance running and weight lifting and adopted a fruit-and-vegetable diet. He also underwent five operations and radiation treatment and, in nine months, tests showed the cancer was gone. "The doctors were flabbergasted," he said. He went on to marathoning, finishing Boston in 2:51. The Carmel, Calif. resident recently ran 26 miles of the Great Wall of China in six hours. Molen says his story will soon be a Hollywood movie. "Just because some doctor says you're going to die of cancer, don't take it at face value," he says. "Do something about it."

•The traditional method of treating sprains, bruises and muscle pulls is to apply ice immediately and follow later with heat. But Dr. William Haskell, president of the American College of Sports Medicine, now says to stay with ice in nearly all cases. Haskell says moist heat was thought to stimulate blood flow to injured areas to promote

healing. Now it's agreed that increasing the blood flow to an injury in the first few days actually may delay healing. "Simply applying ice packs does a better job of dulling pain, slowing circulation and reducing internal bleeding and swelling than switching to heat treatments," he says. "Heat can be used after several days for rehabilitation."

•People who drink occasionally have healthier hearts than teetotalers, reports Dr. Arthur Klatsky, Oakland, Calif. cardiologist. The results were drawn from about 100,000 patients who took physicals at Kaiser-Permanente Medical Center in Oakland from 1978 to 1982. Those taking one or two drinks a day cut their coronary risk by 40 percent, Klatsky said. Those taking three or more drinks a day cut their risk by 50 percent. Klatsky cautioned, however, that heavy drinkers also have higher blood pressure, higher liver disease and accident rates. "Exercise, not smoking and staying thin are more effective ways of reducing cardiovascular risk," he said. Researchers don't know why the results showed drinkers have less coronary risk. One theory is that alcohol affects blood platelets in a way that makes vessels less likely to go into spasms or develop clots.

•Jim Fixx, Jack Kelly, Frank Gleiber and others have died while running. Is running dangerous? "No," says Dr. Kenneth Cooper. "People who die while running do not die because they are running, they die because they have heart disease." **Running & Fit News** reports "running is, in fact, one of the safest sports in which you can participate. In a report on 2,606 sudden deaths in Finland, only 22 were associated with sports — two with jogging, or 0.8%. According to this study, more people died while sitting in a sauna than while running." □



John Hartfield, M40, of Texas, clearing high jump bar at 6-7, for new meet record at the National Masters T & F Championships, Indianapolis. Photo by Gretchen Snyder

American medal winners. Neither was Teofilo Colon, Ovido de Jesus or Jose Ubarri, who are also U.S. citizens.

Is there any prejudice against us? Granted, Puerto Rico competes as a separate country in the Olympics, but that is completely different, because Masters pay their own way and are not subsidized by the state. We Masters here do not belong to the Olympic Committee and are very sad when our U.S. citizenship is not recognized.

*Gilberto Gonzalez-Julia
San Juan, Puerto Rico*

HOW TO RECOGNIZE THE SYMPTOMS OF BLOCKED ARTERIES

My thanks to all my track friends around the country who signed a get-well card to me at the recent Nationals in Indianapolis, and those who sent cards or wrote separately. About a month after the World Games, I was discovered to have a 90% blockage of the right carotid artery; it was operated on Aug. 9 and I started easy running again about two weeks later. "When it's fixed, it's fixed," said Dr. Norm Hertzner of the world-renowned Cleveland Clinic.

Since the question most people ask has been, "How did you know something was wrong?" here's how:

Back last winter, I had begun to feel very slight, scarcely noticeable moments of lightheadedness—not dizziness at all, but that "just got off an elevator" feeling, and very, very slight, occasional headaches—both only while sitting quietly. Running never produced any symptoms whatsoever, and my general health and fitness level was extraordinarily good, except for the usual athletic injuries.

About two weeks after I got back from Rome, sitting peacefully at the table on a Sunday morning after breakfast reading the paper, I suddenly felt as if a switch had been thrown: my ears rang slightly and I felt a frighten-

ing surge of adrenalin through my body, like you would if you'd just had a close call in your car. My hands shook slightly; the feeling was terrifying. I'd been taking some medication (enzymes) for a sore achilles tendon, and my first thought was that I might be having an allergic reaction, though I'm not allergic to anything that I know of. I was alone and called a friend who came immediately. In the meantime, feeling as if I might pass out before he got here, I'd written down everything I'd eaten, including vitamins and medication. After some hours (in the meantime debating whether I should go to the emergency room), the feeling passed; we went for a walk; I did my usual Nautilus workout. Training was as usual the following week; I discontinued the medication.

Four days later sitting in the airport waiting to fly to Texas as visiting poet at a writers' conference, I had the same symptoms again, though not so intense. I got on the plane wondering if I had the flu but thinking that whatever it was, was more serious than that. The four days in Texas were OK, but the day after I got home, I was feeling "wrong" enough—lightheaded, fearful—to go to a local internist who needed only minutes to discover what

Continued to page 12



Continued from page 2

W50 mark, according to my information. No mention was made of this, nor do the 80-meter hurdles get listed in the Masters Age Records book. Why isn't this event listed?

Bruce McPhail

*Canterbury, New Zealand
(WAVA Records Chairman, Peter Mundle is programming these marks into the computer, and will publish them as soon as computations are complete. — Ed.)*

PUERTO RICAN PARTICIPANTS

I object to Puerto Ricans not being classified as U.S. athletes in Masters competitions. Masters are individuals and should be classified according to their citizenship. Puerto Ricans are U.S. citizens. I fought in two wars for our democratic way of life, am a retired U.S. Army Major, and my only passport is U.S.

I was thus the only U.S. citizen who won six medals in the World Games in Rome but was not listed among the

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Pagliano's Podiatric Pointers

THE FOOT BEAT

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

One of the most common questions asked a veteran runner is 'aren't you too old to be doing this?' I always like to reply, I might be too old to cut the mustard, but I still like to lick around the jar.

We have been told that Masters Athletes, due to aging processes, slow down and become more prone to injuries. Those older guys shouldn't be running with the younger guys. They are too slow and they get in the way.

With this in mind, we went back through our athletic survey of long distance runners and pulled comparisons between those athletes under 40 and those athletes over 40. Our main interest was to see if there is a higher rate of injuries among older long distance runners, and if so, what was the predominance of these injuries.

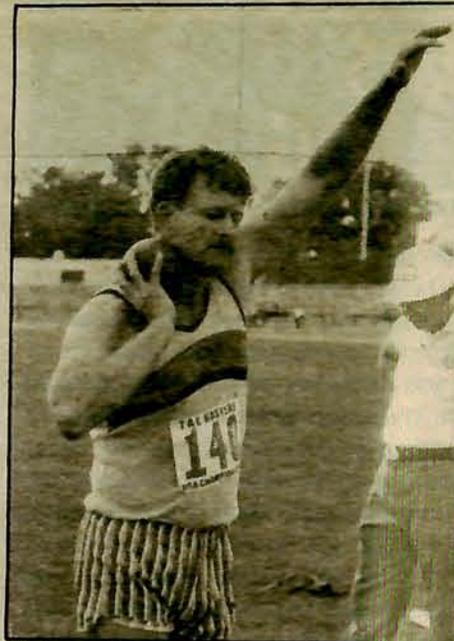
We used 3,000 clinical cases seen between 1981 and 1984. 1648 clinical cases were pulled at random in order to compare injuries with age category.

We broke the injuries down into six major diagnostic categories: These include (1) foot, (2) ankle, (3) lower leg, (4) knee, (5) upper leg, (6) hip and lower back.

We also looked at other factors such as gender, type of training, shoe types, training methods, weight and heights, among others.

Well, we found that older runners (those over 40 as compared to those under 40) had a disproportionately high number of foot and hip-lower back injuries relative to expected values. But, younger runners had a disproportionately high number of lower leg and knee injuries.

We did have one factor that may have thrown our figures off slightly



California's James Glinn, M40, deep in concentration just before launching shot at TAC National Masters T&F Championships, Indiana. Photo by Gretchen Snyder

and that was the different proportions of males and females in the age groups. There are more under-40 women runners than over-40 women runners. In fact, we found that there was a greater chance for under-40 women to get injured than over-40 women. So perhaps, there may be a gender related incidence of running injuries. We will discuss this topic in a future issue.

We also found that younger runners can run more miles per week relative to older runners. Younger runners also reported a greater tendency to run combined interval-distance training.

However, our conclusions from this study were favorable for the veteran athlete. Although veteran athletes tend to get more lower back-hip and foot injuries, and younger runners had a higher rate of lower leg and knee injuries, the fact remains that there are many more similarities than differences between younger and older runners.

So, statistically speaking, there is still hope for us veteran athletes. □

(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.)



Marie Barilone, Masters women's winner, Run For My House 4 Mile, Deland, Fla., September 14, 26:10.

Write On

Continued from Page 11

he presumed to be the blockage by listening to the blood flow through the carotids. Hospital tests the next day proved him right; I was operated on three days later.

Other than the stark terror of the few days between discovery of the problem and the operation (I felt like a walking time bomb) the main problem after surgery has been the stark terror of continuing to be lightheaded (not unusual but I didn't expect it) and developing severe anxiety bordering on hypochondria as I monitored every bodily sensation and translated it into something life-threatening (also not unusual, I've learned, in post-op patients after major surgery.)

The mental devastation following the discovering sent me into shock and kept me there for a while. After 35 years of non-stop training and competition, (on a national level since 1958 and locally since 1949) and never having a serious health problem before (I think I've missed 3 days in 17 years of teaching) I wasn't sure I could handle



Grace Butcher, 52, (r), with Ruth Anderson (l) and Gretchen Snyder. In this month's "Write-On," Butcher describes the sequence of events leading up to a 90% blockage of her carotid artery, and offers insight on how to recognize the symptoms.

the damage to my self-image and the fright at what could have happened. Running, again, so soon helped a great deal, but I've had to get some counseling; anxiety about what had happened? Might happen? Anxiety about the anxiety? It makes hard physical training seem easy.

There's no known reason why this happened; my cholesterol count is low; so is my blood pressure, and I've always been thin and fit. There's no family history of arteriosclerosis that I'm aware of. But instead of being a top candidate for a stroke within two years, I'll probably be at the World Games instead. I was very moved by hearing from so many of my friends. Thanks, everyone! And the next time you have a physical, be sure the doctor listens to your neck and not just your heart!

Grace Butcher
Chardon, Ohio



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MASTERS TRACK & FIELD REPORT

by JERRY ALAN DONLEY
Chairman, TAC Masters Track & Field Committee

After returning home after the National Outdoor Championships at Indianapolis, I felt quite concerned that, despite one of the outstanding fields of Masters competitors, despite the fact that Indianapolis is the "amateur athletic capital of the United States," and despite the fact that we had some of the outstanding meet administrators supervising and directing our meet, we were unable to achieve any significant publicity.

To my knowledge only two articles were published by Indianapolis newspapers concerning the meet, and those dealt with individuals. I was unable to locate any meet results.

Accordingly, after I got home, I impulsively wrote a letter to the Sports Editor of the Indianapolis Newspapers, Inc., the only newspaper which, to my knowledge, had given us any publicity. I neither anticipated nor did I receive any response to this letter, and I have no idea whether or not it was published. But, for what it is worth, here is what I presented:

Editor
Sports Section
Indianapolis Newspapers, Inc.
P.O. Box 145
Indianapolis, IN 46206

Dear Editor:

On August 23rd, 24th and 25th the Masters Track & Field Committee of the Athletics Congress of the United States of America sponsored its National Meet which was run at Indianapolis. Between 800 and 900 men and women, between the ages of 30 and 85, participated in a massive National Championship. The facilities of course were excellent, and the caliber

of athletics was outstanding. We felt we provided the community of Indianapolis with the finest Track and Field athletics in the country between the ages of 30 and 85.

We were concerned that we were not able to share our talents, skills, and fellowship to any significant extent with the community. Although there were other very outstanding sports activities going on in Indianapolis during this period of time, we were disappointed that coverage of our activities was not reported in more detail.

Inasmuch as your town is one of the most active sports towns in the country, we had felt that if we were ever to achieve a significant level of publicity, it would be in Indianapolis. A portion of this must be attributed to inadequate communication from my level, as Chairman of the National Masters Track & Field Committee, and I would greatly appreciate it if you could take a moment or two of your time as to how we could have better achieved a level of communication to get the media's attention focused on our activities.

We think we have an outstanding program. We think it is a program that the public in general can get excited about, and when we cannot even achieve that to any significant extent in Indianapolis, we really need to re-

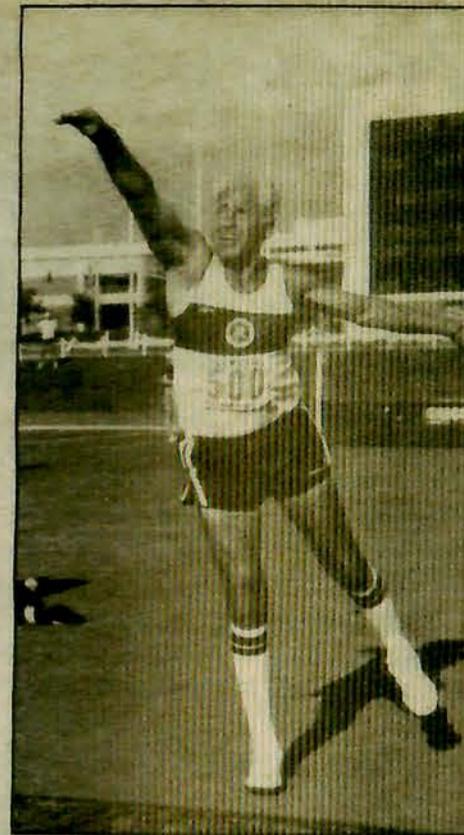
think our process considerably.
Very truly yours,

Jerry Alan Donley

I will appreciate any information or thoughts from any of the membership and participants who can come up with some type of an idea, proposal, suggestions, or directions as to how to achieve a reasonable degree of publicity of our events. We will continue to give this a great deal of thought and direction, although I think a significant amount of the responsibility must be assumed by the meet director. I will try to work more closely with those individuals in the future to see if we can't better publicize the efforts of many talented athletes who deserve more recognition.

On a different subject, I have received quite a bit of correspondence, and been involved in a significant amount of discussion, largely directed to the hurdles and weight events. There is concern that the weight of the implements should be heavier, rather than lighter (as individuals get older), and that hurdles should be higher and have the longer distances in order to obtain the true measure of a person's capabilities in these events. These questions raise problems that can never be satisfactorily resolved to everyone's satisfaction in any way, shape, manner or form. The elite hurdler wants to run a high hurdle and a long distance between hurdles. The elite weight thrower wants to throw the heaviest implement possible in order to demonstrate the best technique and the greatest strength. Many others who are not up to the capabilities and standards of the top athletes want to be able to compete, learn techniques, and enjoy the fellowship, and perhaps every once in a while the excitement of doing well. Many hurdlers have adjusted their style to accommodate advancing age to a lower hurdle height and the longer distances. Some of the more limber, though not so speedy athletes, have been able to accommodate themselves to a higher hurdle and longer distance, others would like to reduce the height and shorten the distance to be competitive. Age-factored scoring has been advanced as a means by which all individuals could be compared, regardless of the weights they are throwing or the heights of hurdles they are running. However, I have become convinced that though these arguments may persist, they will never be resolved, and could conceivably result in a general divisiveness among Masters competitors.

Therefore, I think the ultimate question that has to be resolved is why are people over 40 out running around in circles, jumping over heights, and throwing heavy weights. The ultimate conclusion has to be that it does give some meaning and purpose in life to us in our advancing age, plus a strong element of fellowship, and an outlet for a competitive spirit, all of which is



Mike Castaneda, M65, California, looks pleased with practice shotput at National Masters T&F Championships, Indianapolis.

Photo by Gretchen Snyder

healthy for the individual. That is the ultimate purpose that the Masters Track & Field Committee has adopted, and will continue to promote. And when we have adopted our rules as to weights, heights, and distances, this has been the overwhelming factor. As long as I am Chairman, I plan to encourage rules which will give us the very broadest participation that is possible and still allow the exceptional competitor to demonstrate his or her capabilities. In that event I am convinced that weights must be lighter for those of us going into older age groups. Hurdles will have to be necessarily lower, and, I am becoming convinced, the hurdles probably ought to be closer together. We have made the changes in the rules very sparingly, and only after much advice and consultation with the competitors in each individual event.

Your input into these problems is very greatly appreciated, and has and will be given, great consideration. Rules are changed at the Athletics Congress Annual Meeting usually held in December. With the help of everybody, and particularly those who are delegates to that National Convention, we'll continue to put rules together which will be to the general benefit of the entire program. Hopefully, our program has matured to a point where the rules will need to be adjusted less frequently. □



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24 months to go

Countdown to Melbourne

VII World Games Taking Shape

The dates of the VII World Veterans Games in Melbourne, Australia have been firmed for November 28 thru December 6, 1987.

More than 4000 veteran athletes from 50 nations are expected to attend. "The Victorian State and Australian Governments fully support the Games," says Peg Smith, organizer of the event. "Funding arrangements are presently taking place between the Games organizers and both governments."

Smith says she has already received applications for accommodation for 1500 people outside Australia. "I expect a record number of entries," she said.

In addition to the primary track — an eight-lane artificial surface, the State government may make the second track eight lanes wide, instead of the promised six. The facilities for the social aspects of the Games include a grandstand with carpeted cafeteria and bar areas overlooking the track. It also contains special meeting rooms which any country will be able to use for their delegates or regional meetings.

"We'll have an undercover area which will accommodate up to 2000 people," Smith said, "which will be the venue for our final spit roast party, as well as a meeting and information area throughout the Games."

Meet director Ray Callaghan has already worked out three provisional programs. The final one will be decid-

ed when some of the variables have been adjusted. He will stage a compressed one-day meeting a year before the Games to give the officials and local competitors a taste of what will be involved under pressure.

Smith has appointed a public relations firm to publicize the Games, and officially launched the promotion on September 10, when the Minister for Sport and Recreation made the official announcement at a press conference.

Australia's overseas airline, Qantas, has agreed to provide air travel packages to Melbourne. □



M50 400-meter hurdlers line up for one of seven heats in World Veterans Games in Rome on June 26. 3579, Kes Van Giezen, Holland, (68.60); 3700, Lionello Siddi, Italy, (DNF), 3280, Nicola Iannucci, Italy (DQ'd). It took 64.39 to make the finals.

RESULTS AND SOUVENIRS of VI WORLD VETERANS GAMES IN ROME — June 22-30, 1985

The official book of results from the VI World Veterans Games in Rome is now available for \$5 plus postage. Also available are souvenirs from the Games — pure silk ties, foulards (silk scarfs) and bags, all carrying the official design of the Games — in attractive burgundy, orange, pink and green colors.

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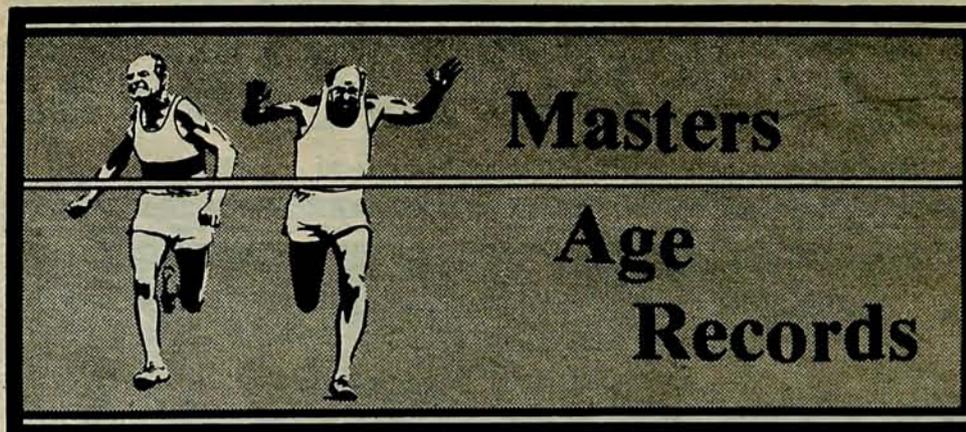
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In this issue are new world and U.S. five-year age-group track and field records for men and women age-35-and-over.

The marks are those compiled and approved, as of October 1, 1985, by World Veterans (and U.S. Masters) Records Chairman Peter Mundle, and the Records Committees of the World Association of Veteran Athletes (WAVA) and The Athletics Congress (TAC).

Missing from the lists are pending world and U.S. records set in: 1) the VI World Veterans Games in Rome; 2) the 1982 and 1984 European Veterans Championships in Helsinki and Brighton, respectively; and 3) assorted other meets. The reason for their omission is that proper documentation has not yet been received by the WAVA or TAC Records Committees. Marks set at the 1985 U.S. TAC National Masters Championships are included, because the necessary proofs of performance were promptly sent from Indianapolis to Mundle.

Also missing are records in some new events, such as the 80- and 100-meter hurdles, women's hammer and triple jump, etc. All performances in these events are being programmed into the computer, and the top marks will be published as soon as the computations are completed.

Among the new marks are a 4:01.7 in the M45 1500, set in July 13 by

Herbert Cordwener of West Germany. That breaks the eight-year old standard of 4:03.2, set by Holland's Piet Majoor at the II World Veterans Games in Gothenberg, Sweden.

Another record set this summer was by Brian Oldfield, 40. Competing on the open European tour, Oldfield got off a heave of 69-9 (21.26) in the 16 lb. shot, bettering his own pending M40 record of 69-7, set in the Los Angeles Coliseum on June 8.

Olympic champion Maricica Puica of Romania turned 35 midway through the 1985 season, and set a new world standard of 3:57.73 in the women's 35-39 1500-meter run. That lowered the W35 mark of 3:58.5, set by Romania's Ileana Silai in 1979.

A new official WAVA form has been prepared for the submission of age-group or age records to the WAVA (and TAC) Records Committees. It is printed on page 22. Meet direc-

tors should keep several copies on hand during meets, fill them out and mail them to Mundle if a potential record is set. Athletes can aid their own cause by carrying a copy to meets for officials' signatures.

The verification and compilation of these marks is a herculean effort, done on a volunteer basis, by Mundle, the members of the Records Committees, and the meet directors and athletes who take the time to fill out the forms and send them in. Masters everywhere are grateful for their efforts. □



Finland's Eila Hoegqvist finishing 200 meters in 36.54 for 5th place in W60 competition in World Vets Games in Rome in June.



Report From Britain

from ALASTAIR AITKEN

On August 31, Les Roberts of Blackheath Harriers continued to show he is the best U.K. M40 on the track. Civil servant Roberts ran 30:56.2 for 10000m in the G.R.E. Cup Final, leading much of the race, and eventually coming fourth. Two weeks later, Roberts won the Southern Veterans 10-Mile Road Race at Crawley.

Vic Smith is the leading 40-and-over 1500 runner in the U.K. this year. He won the Veterans Mile Road Race in Cardiff on August 25 in 4:23.

Chris Ellis improved his U.K. M40 discus record in July's Southern League Meeting to 49.08 (161-0). Ellis, a psychiatrist, is coached by international Mike Winch.

Jim Hurley set a new Irish M45 record at Cork, August 11, with 12.00 for 100m and 24.4 for 200. Taff Davies, 47, was first Veteran in the Epsom Half-Marathon and fourth of 682. □

Patriots Relays Held in L.A.

The summer doldrums, post-Indianapolis burnout, and ten-year age groups probably caused the low turnout for the L.A. Patriots Summer Relays in Los Angeles on August 31.

The schedule of running events and relays was scanty, but there was a full schedule of field events, which produced the most notable marks of the day. Michael Saafir of Syracuse, N.Y., won the M30-39 high jump with 6-4, and record-holding pole vaulter Carol Johnston, M70, had a 9-6 top effort. Stew Thomson won three M50-59 throw events: shot put (44-6½), discus (143-4), and hammer (143-5). Thomson, M50, still throws the 16# hammer in competition rather than the allowable 12# or 6K implement.

Track event results show that Thomas Byas, an open runner, barely beat Walt Butler, 44, 11.5 to 11.6 in an invitational 100m race, while Alan Cranston, Democratic Senator from California, finished third in 17.1, but in the invitational 200, Cranston beat Byas, 37.1 to 37.6. Draw your own conclusions. □



Marmi Stadium after rain during VI World Veterans Games, Rome.

Photo by Gretchen Snyder

ATHLETES WHO ENTER A NEW DIVISION THIS MONTH, NOV., 1985

ATHLETE (RESIDENCE)	BIRTHDATE	AGE GROUP
JANE ARNOLD (BLOOMINGTON, CT)	11-22-40	45-49
EMMA CHILDERS (US)	11-25-35	50-54
WENDY DAME (EUGENE, OR)	11- 5-50	80 +
JANIE DUFF (LOS GATOS, CA)	11-20-45	40-44
JEANIE JONES (CA)	11-20-35	50-54
LYN LAGRANDE (EUGENE, OR)	11- 2-35	50-54
SHIRLEY MATSON (SAN DIEGO, CA)	11- 7-40	45-49
ALENE PARK (HUNTSVILLE, AL)	11- 1-25	60-64
JEAN PRICE (US)	11- 8-20	65-69
ADRIENNE SALMINI (ALBUQUERQUE, NM)	11-20-15	70-74
JUDY SIMON (LA MESA, CA)	11- 8-15	70-74
JESSIE SMITH (WESTMINSTER, CA)	11- 3-30	55-59
ERICA BRIESNICK (WG)	11-19-40	45-49
CHRISTINE DREWRY (GB)	11-30-45	40-44
ELFRIEDE FALKE (WG)	11-30-20	65-69
AILSA FORBES (NZ)	11-19-10	75-79
ELSE LAINE (FIN)	11-25-25	60-64
GEORGE CARTY (SAN JOSE, CA)	11-10-45	40-44
TRUMAN CLARK (LOS ANGELES)	11-26-35	50-54
MATHEWS CULLEN (GB)	11-11-00	80 +
CHICK DAHLSTEN (LOS ANGELES)	11- 4-10	75-79
ED DEMARRAIS (NEEDHAM, MA)	11-27-30	55-59
WILLARD FREDERICKSON (S. GERONIMO, CA)	11- 9-30	55-59
BERNARD HOGAN (AUSTRALIA)	11-15-20	65-69
JOSEF JANSKY (CZE)	11-24-40	45-49
RYSZARD MARCZAK (POL)	11-21-45	40-44
AUSTIN NEWMAN (NJ)	11-21-15	70-74
HARALD PALMQVIST (SWEDEN)	11- 4-20	65-69
PAUL SEREGHY (NEW YORK CITY, NY)	11- 5-15	70-74
ERIK STAI (NOR)	11-29-15	70-74
ART WAGGONER (FAIR OAKS, CA)	11-26-25	60-64
ROY WIGGINGTON (CA)	11-30-25	60-64
CHARLES WILLIAMS (GB)	11-15-30	55-59

WORLD TRACK & FIELD AGE-GROUP RECORDS

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

MENS WORLD FIVE YEAR AGE GROUP RECORDS

100 YARDS				
DIV.	MARK	NAME (RESIDENCE)	AGE	MEET DATE
35-39	9.6	CLIFTON BERTRAND (TRINIDAD, BRONX, NY)	36	6-8-72
40-44	9.8	THANE BAKER (DALLAS, TX)	42	7-13-74
	9.8	PERCY KNOX (EDWARDS, CA)	41	7-11-75
45-49	10.0	THANE BAKER (DALLAS, TX)	46	5-27-78
50-54	10.4	THANE BAKER (DALLAS, TX)	52	6-23-84
55-59	10.7	PAYTON JORDAN (LOS ALTOS, CA)	55	3-25-72
	10.7	ALFRED GUIDET (PETALUMA, CA)	55	7-14-73
	10.7	CHARLES BEAUDRY (EDINBURG, TX)	55	8-10-74
60-64	10.9	PAYTON JORDAN (LOS ALTOS, CA)	61	5-6-78
65-69	12.1	HARRY KOPPEL (BELMONT, CA)	66	7-19-79
70-74	12.8	GILBERTO GONZALEZ (PUR)	71	4-20-85
75-79	12.4	HERBERT ANDERSON (BELLVUE, CO)	75	10-1-77
80+	15.1	HERBERT ANDERSON (BELLVUE, CO)	80	7-24-82

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

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

400 METERS				
DIV.	MARK	NAME (RESIDENCE)	AGE	MEET DATE
35-39	46.38	JAMES KING (US)	35	5-25-84
40-44	48.75	HAGUES ROGER (FRA)	41	7-16-82
45-49	50.59	JAMES BURNETT (CHICAGO, IL)	45	8-25-85
50-54	52.28	PETER HIGGINS (GB)	50	8-1-79
55-59	54.56	RUDDOLPH VALENTINE (NYC, NY)	55	6-9-79
60-64	58.4	JOHN ALEXANDER (MCCAMEY, TX)	61	6-27-81
65-69	61.85	FRITZ ASSMY (WG)	67	7-16-82
70-74	64.6	JOSIAH PACKARD (SAN FRANCISCO)	73	8-10-77
75-79	68.5	JOSIAH PACKARD (SAN FRANCISCO)	75	6-23-79
80+	75.4	HAROLD CHAPSON (HONOLULU, HA)	80	7-9-83

800 METERS				
DIV.	MARK	NAME (RESIDENCE)	AGE	MEET DATE
35-39	1:49.2Y	GEORGE SCOTT (NZ, LONG BEACH, CA)	35	5-12-72
40-44	1:54.5	KLAUS MAINKA (WG)	41	7-16-77
45-49	1:57.73	GEORGE COHEN (INGELWOOD, CA)	45	8-23-85
50-54	2:00.5	TOM ROBERTS (AUS)	50	4-21-84
55-59	2:06.6	DEREK TURNBULL (NZ)	55	5-14-82
60-64	2:17.0	JOHN GILMOUR (AUS)	60	1-11-81
65-69	2:20.5	JACK STEVENS (AUS)	65	8-13-82
70-74	2:34.5	MONTY MONTGOMERY (SHERMAN OAKS, CA)	71	9-4-77
75-79	2:40.0	HAROLD CHAPSON (HONOLULU)	75	5-14-78
80+	2:53.5	HAROLD CHAPSON (HONOLULU)	80	7-11-82

1500 METERS				
DIV.	MARK	NAME (RESIDENCE)	AGE	MEET DATE
35-39	3:41.4	CARLOS LOPES (POR)	35	7-25-82
40-44	3:52.0	MICHEL BERNARD (FRANCE)	40	6-20-72
45-49	4:01.7	HERBERT CORDWENER (WG)	45	7-13-85
50-54	4:05.2	TOM ROBERTS (AUS)	50	3-22-84
55-59	4:17.4	DEREK TURNBULL (NZ)	55	2-20-82
60-64	4:30.0	JOHN GILMOUR (AUS)	60	12-22-79
65-69	4:50.6	JACK STEVENS (AUS)	65	11-13-82
70-74	5:11.8	MERV JENKINSON (AUSTRALIA)	70	1-6-80
75-79	5:30.1	HAROLD CHAPSON (HONOLULU)	75	8-11-77
80+	6:12.2	HAROLD CHAPSON (HONOLULU)	80	7-11-82

1 MILE				
DIV.	MARK	NAME (RESIDENCE)	AGE	MEET DATE
35-39	4:03.7	GEORGE SCOTT (NZ, LONG BEACH, CA)	35	4-22-72
40-44	4:18.5	JIM McDONALD (NZ)	43	12-3-77
45-49	4:25.8	ALAN BRADFORD (AUS)	45	3-9-84
50-54	4:32.2	BILL FITZGERALD (PALOS VERDES, CA)	50	7-13-75
55-59	4:40.4	JACK RYAN (AUSTRALIA)	55	12-15-77
60-64	4:57.1	JOHN GILMOUR (AUS)	61	11-13-80
65-69	5:20.4	JOHN GILMOUR (AUS)	65	10-28-84
70-74	5:42.2	MONTY MONTGOMERY (SHERMAN OAKS, CA)	70	7-9-77
75-79	6:15.1	HAROLD CHAPSON (HONOLULU)	78	7-5-81
80+	8:07.1	PAUL SPANGLER (SAN LUIS OBISPO, CA)	81	6-7-80

3000 METERS				
DIV.	MARK	NAME (RESIDENCE)	AGE	MEET DATE
35-39	7:56.2N	MICHEL BERNARD (FRANCE)	35	6-14-67
40-44	8:17.4N	JACK FOSTER (NEW ZEALAND)	43	1-31-76
45-49	8:36.0	LAURIE DHARA (GB)	45	7-8-77
50-54	8:53.8	RAY HATTON (BEND, OR)	50	6-25-82
55-59	9:12.8	JACK RYAN (AUSTRALIA)	55	1-24-78
60-64	9:41.2	JOHN GILMOUR (AUS)	61	11-22-80
65-69	10:10.2	JOHN GILMOUR (AUS)	65	11-22-84
70-74	11:46.2	HAROLD CHAPSON (HONOLULU)	73	3-28-76
75-79	13:06.4	RICHARD BREDENBECK (INDEPENDENCE, OH)	75	6-13-81
80+	14:39.0	PAUL SPANGLER (SAN LUIS OBISPO, CA)	80	7-22-79

2 MILES				
DIV.	MARK	NAME (RESIDENCE)	AGE	MEET DATE
35-39	8:37.2N	DAVE POWER (AUSTRALIA)	35	12-4-63
40-44	9:07.4	FRED NORRIS (GB)	40	4-17-62
45-49	9:37.8	DENNY MEYER (SEATTLE, WA)	45	5-5-78
50-54	10:12	GEORGE MCGRATH (AUS)	53	10-18-73
55-59	10:35.0	BILL MCCHESENEY (EUGENE, OR)	55	7-15-83
60-64	11:09	DON LONGNECKER (SILVER CITY, NM)	62	6-25-78
65-69	11:30.0N	MONTY MONTGOMERY (SHERMAN OAKS, CA)	66	3-25-73
70-74	12:40.0	HAROLD CHAPSON (HONOLULU)	73	2-14-76
75-79	14:30	LOU GREGORY (PENSACOLA, FL)	76	9-30-78
80+	15:47.2	PAUL SPANGLER (SAN LUIS OBISPO, CA)	80	7-28-79

3 MILES				
DIV.	MARK	NAME (RESIDENCE)	AGE	MEET DATE
35-39	13:31.6	GASTON ROELANTS (BEL)	37	9-24-74
40-44	14:10.2	DAVID FRANCIS (GB)	40	9-2-68
45-49	15:07	PETER MUNDLE (VENICE, CA)	46	7-7-74
50-54	15:37.8	JAMES O'NEIL (SACRAMENTO, CA)	50	1-10-76
55-59	15:57	JOHN GILMOUR (AUS)	55	8-8-75
60-64	16:59.2	DON LONGNECKER (SILVER CITY, NM)	62	6-25-78
65-69	17:59.2	NORMAN BRIGHT (SEATTLE, WA)	65	7-22-75
70-74	19:09.0	STAN NICHOLLS (AUSTRALIA)	71	7-4-82
75-79	21:10.8	LOU GREGORY (PENSACOLA, FL)	75	5-6-78
80+	24:08.2	PAUL SPANGLER (SAN LUIS OBISPO, CA)	80	7-28-79

5000 METERS				
DIV.	MARK	NAME (RESIDENCE)	AGE	MEET DATE
35-39	13:16.36	CARLOS LOPES (POR)	37	6-28-84
40-44	13:45.8	LUCIEN RAULT (FRANCE)	40	5-23-76
45-49	14:56.4	ALAIN MIMOUN (FRANCE)	45	5-29-66
50-54	15:31.0	ALAIN MIMOUN (FRANCE)	50	6-6-71
55-59	15:52.8	JACK RYAN (AUSTRALIA)	55	4-20-78
60-64	16:33.3	JOHN GILMOUR (AUS)	61	8-9-80
65-69	18:04.6	ERICH KRZYCKI (WG)	65	5-1-76
70-74	19:33	JOHN FARRELL (GB)	70	6-20-79
75-79	20:59.0	EDWARD BENHAM (OCEAN CITY, MD)	75	9-23-83
80+	24:05.4	HAROLD CHAPSON (HONOLULU)	80	10-24-82

6 MILES				
DIV.	MARK	NAME (RESIDENCE)	AGE	MEET DATE
35-39	27:32.8N	JIM HOGAN (GB)	35	7-12-68
40-44	29:25	FRED NORRIS (GB)	41	9-25-62
45-49	30:47.0	RAY HATTON (BEND, OR)	45	6-11-77
50-54	32:40	PETER MUNDLE (VENICE, CA)	50	10-1-78
55-59	35:05	CLIVE DAVIES (PORTLAND, OR)	59	7-12-75
60-64	36:41.6	JAMES OLESON (SANTA MONICA, CA)	60	6-11-78
65-69	36:55.8	STAN NICHOLLS (AUSTRALIA)	66	12-12-77
70-74	42:14	EDWARD BENHAM (OCEAN CITY, MD)	73	5-2-81
75-79	44:35	LOU GREGORY (PENSACOLA, FL)	76	9-30-78

10,000 METERS				
DIV.	MARK	NAME (RESIDENCE)	AGE	MEET DATE
35-39	27:17.48	CARLOS LOPES (POR)	37	7-2-84
40-44	28:33.4	LUCIEN RAULT (FRANCE)	40	6-9-76
45-49	30:16.8	ALAIN MIMOUN (FRANCE)	45	6-17-66
50-54	32:05.6	LUCIANO AQUARONE (ITA)	51	10-1-81
55-59	33:08.2	DEREK TURNBULL (NZ)	55	2-13-82
60-64	34:23	JOHN GILMOUR (AUS)	61	11-26-80
65-69	36:04.6N	TEDDE JENSEN (SWEDEN)	65	9-15-72
70-74	40:48.6	EINAR NORDIN (SWE)	71	8-10-77
75-79	42:34.8	LUIS RIVERA (MEX)	75	9-3-77
80+	49:22.8	PAUL SPANGLER (SAN LUIS OBISPO, CA)	80	7-6-79

ONE HOUR RUN				
DIV.	MARK	NAME (RESIDENCE)	AGE	MEET DATE
35-39	12-1599	20.774 GASTON ROELANTS (BEL)	35	9-20-72
40-44	11-1309	18.900 WILLIAM STODDART (GB)	40	8-21-71
45-49	11-1268	18.862 ALAIN MIMOUN (FRANCE)	45	3-20-66
50-54	11-953	18.574 ALAIN MIMOUN (FRANCE)	50	5-16-71
55-59	10-1194	17.185 JOHN GILMOUR (AUS)	55	10-14-74
60-64	10-831	16.853 JOHN GILMOUR (AUS)	61	10-21-79
65-69	9-1540	15.892 JOHN GILMOUR (AUS)	65	10-7-84
70-74	9-173	14.642 STAN NICHOLLS (AUS)	72	6-14-83
75-79	8-335	13.181 LOU GREGORY (PENSACOLA, FL)	75	12-17-77
80+	7-946	12.130 PAUL SPANGLER (SAN LUIS OBISPO, CA)	81	11-1-80

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

Continued on next page

Continued from previous page

110 METER HURDLES (35-39) 42" (40-49) 39" (50-59) 36" (60+) 30"				
DIV.	MARK	NAME (RESIDENCE)	AGE	MEET DATE
35-39	14.1	GHULAM RAZIK (PAKISTAN)	36	2-16-69
40-44	14.4Y(42")	DON FINLAY (GB)	40	8-1-49
	14.7	LEOPOLD MARIEN (BEL)	41	8-13-75
45-49	14.7	VALBJORN THORLAKSSON (ICE)	45	7-8-79
50-54	15.1	JACK GREENWOOD (MENDECINO LODGE, KS)	51	8-10-77
55-59	16.6	ANDRE FINDELI (FRA)	55	9-14-78
60-64	16.2	ANDRE FINDELI (FRA)	60	7-13-83
65-69	18.15	AL GUIDET (CALIFORNIA CITY, CA)	66	5-26-84
70-74	20.0	GILBERTO GONZALEZ (PUR)	71	4-20-85
75-79	20.83	RUSSELL MEYERS (PENSACOLA, FL)	77	5-9-81
80+	26.0	HERBERT ANDERSON (BELLVUE, CO)	80	7-24-82

400 METER HURDLES (35-49) 36" (50-59) 33" (60+) 30"				
DIV.	MARK	NAME (RESIDENCE)	AGE	MEET DATE
35-39	51.72	BERTIL WISTAM (SWE)	35	7-17-75
40-44	54.08	LEON HACKER (S. AFR.)	40	7-29-79
	54.1	GEORGE MATHE (S. AFRICA)	40	6-30-79
45-49	55.7	JACK GREENWOOD (MENDECINO LODGE, KS)	46	8-24-72
50-54	58.1	JACK GREENWOOD (MENDECINO LODGE, KS)	50	7-3-76
55-59	59.85	JACK GREENWOOD (MENDECINO LODGE, KS)	57	9-27-83
60-64	66.01	RUDOLPH VALENTINE (NEW YORK, NY)	62	8-23-85
65-69	71.4	ROBERT HUNT (ANAHEIM, CA)	65	5-18-85
70-74	77.50	GILBERTO GONZALEZ (SAN JUAN, PR)	70	9-27-83
75-79	89.58	RUSSELL MEYERS (PENSACOLA, FL)	77	5-9-81
80+	1:51.0	HERBERT ANDERSON (BELLVUE, CO)	80	7-24-82

HIGH JUMP				
DIV.	MARK	NAME (RESIDENCE)	AGE	MEET DATE
35-39	7-1	2.16 VIKTOR BOLSHOV (URS)	35	6-20-74
40-44	6-8 3/4	2.05 EGON NILSSON (SWEDEN)	40	9-25-66
45-49	6-2 3/4	1.90 HERM WYATT (LOS GATOS, CA)	48	4-19-80
50-54	6-2	1.88 HERM WYATT (LOS GATOS, CA)	51	8-20-83
55-59	5-6 1/2	1.69 RICHMOND MORCOM (PHILADELPHIA)	55	7-27-76
60-64	5-2 3/4	1.59 BURL GIST (SAN MARCOS, CA)	64	4-28-84
65-69	5-0	1.52 BURL GIST (SAN MARCOS, CA)	65	5-4-85
70-74	4-7 1/4	1.40 JOSEF SAHLMANN (WG)	71	7-28-79
75-79	4-3 1/4	1.30 GULAB SINGH (IND)	76	4-81
	4-3 1/4	1.30 HERBERT ANDERSON (BELLVUE, CO)	75	3-24-78
80+	3-11 1/4	1.20 HERBERT ANDERSON (BELLVUE, CO)	80	8-29-82

POLE VAULT				
DIV.	MARK	NAME (RESIDENCE)	AGE	MEET DATE
35-39	17-4 3/4	5.30 KHRISTOS PAPANIKOLAOU (GRE)	36	9-9-77
40-44	15-9	4.80 RUDOLF TOMASEK (CZE)	40	8-13-77
45-49	15-5	4.70 MAURICE HOUVION (FRANCE)	45	4-12-80
50-54	14-4	4.37 VIC COOK (WOODLAND HILLS, CA)	50	7-25-82
55-59	13-6 1/4	4.12 RICHMOND MORCOM (PHILADELPHIA)	55	8-4-76
60-64	12-9 1/2	3.90 HERBERT SCHMIDT (WG)	61	10-14-71
65-69	11-10	3.60 HERBERT SCHMIDT (WG)	66	3-15-76
70-74	10-0	3.05 CAROL JOHNSTON (WHITTIER, CA)	73	4-13-85
75-79	8-1	2.46 BOB MACCONAGHY (CA)	76	2-23-85
80+	6-2 3/4	1.90 A. E. PITCHER (INDIANAPOLIS, IN)	82	5-26-84

LONG JUMP				
DIV.	MARK	NAME (RESIDENCE)	AGE	MEET DATE
35-39	25-11 1/2	7.91 REIJO TOIVONEN (FIN)	35	1-30-72
40-44	24-4 3/4	7.43 TOM CHILTON (KNOXVILLE, TN)	40	3-24-78
45-49	21-11	6.68 SHIRLEY DAVISSON (VICTORVILLE, CA)	45	10-4-75
50-54	21-1	6.42 SHIRLEY DAVISSON (VICTORVILLE, CA)	50	4-12-80
55-59	20-1/4	6.10 TOM PATSALIS (ALHAMBRA, CA)	59	7-18-81
60-64	19-11	6.07 TOM PATSALIS (ALHAMBRA, CA)	60	7-10-82
65-69	17-0 1/4	5.19 HANS BITTER (WG)	65	5-16-85
70-74	15-10 1/4	4.83 MAZUMI MORITA (JPN)	70	9-23-83
75-79	14-0 1/2	4.28 GULAB SINGH (IND)	78	9-23-83
80+	11-7	3.53 WALT WESBROOK (CA)	80	6-24-78

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

SHOT PUT (35-49) 16# (50-59) 12# (60+) 8#				
DIV.	MARK	NAME (RESIDENCE)	AGE	MEET DATE
35-39	72-9 3/4	22.19 BRIAN OLDFIELD (CA)	38	5-26-84
40-44	69-9	21.26 BRIAN OLDFIELD (CA)	40	8-16-85
45-49	58-1 1/4	17.71 PIERRE COLNARD (FRANCE)	47	6-12-76
50-54	58-1 1/2	17.71 PARRY O'BRIEN (MISSION HILLS, CA)	52	7-1-84
55-59	51-9	15.77 HERMANN HOMBRECHER (WG)	55	8-6-80
60-64	55-4	16.86 GEORGE KER (GRANADA HILLS, CA)	60	5-21-83
65-69	51-4 1/2	15.66 VOITTO ELO (FIN)	68	7-17-82
70-74	45-1 1/2	13.75 ROSS CARTER (EUGENE, OR)	71	3-10-85
75-79	41-8 1/2	12.71 VERNON CHEADLE (S. BARBARA, CA)	75	5-4-85
80+	31-7 1/4	9.63 PETER GOIC (JUG)	82	-78

DISCUS THROW (35-49) 2KG (50-59) 1.6KG (60+) 1KG				
DIV.	MARK	NAME (RESIDENCE)	AGE	MEET DATE
35-39	233-9	71.24 JOHN POWELL (US)	36	6-9-84
40-44	227-11	69.48 AL OERTER (NY)	43	5-31-80
45-49	216-11	66.12 AL OERTER (NY)	45	3-28-82
50-54	185-9	56.62 PARRY O'BRIEN (MISSION HILLS, CA)	52	8-19-84
55-59	177-1	53.98 KAUKO JOUPPILA (FINLAND)	56	9-3-77
60-64	187-2	57.06 KAUKO JOUPPILA (FINLAND)	61	7-16-82
65-69	182-6	55.62 KONSTANTY MAKSYMCIK (GB)	65	9-17-79
70-74	153-5	46.76 OLAV REPPEN (NORWAY)	70	9-18-81
75-79	127-2	38.76 KARSTEN BRODERSEN (CHILE)	76	9-25-83
80+	106-3	32.40 JAKOB SCHUMANN (WG)	81	7-16-82

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

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

DECATHLON (IAAF SCORING TABLES)				
DIV.	MARK	NAME (RESIDENCE)	AGE	MEET DATE
35-39	7547	WERNER VON MOLTKE (WG)	35	5-12-72
40-44	6784	WOLFGANG LINKMANN (WG)	40	6-6-81
45-49	5734	GARY MILLER (GLENDALE, CA)	47	3-23-85
50-54	5399	HARVEY SCHELLENBERG (REEDLEY, CA)	50	7-2-83
55-59	5246	RICHMOND MORCOM (PHILADELPHIA)	55	9-11-76
60-64	4552	RICHMOND MORCOM (PHILADELPHIA)	61	8-28-82
65-69	3180	GILBERTO GONZALEZ (PUR)	69	7-31-82
70-74	3097	GILBERTO GONZALEZ (PUR)	70	7-2-83
75-79	1659	HERBERT ANDERSON (BELLVUE, CO)	75	3-24-78
80+	851	JOHN WHITTEMORE (SANTA BARBARA, CA)	80	12-1-79

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

WOMENS WORLD FIVE YEAR AGE GROUP RECORDS

100 METERS				
DIV.	MARK	NAME (RESIDENCE)	AGE	MEET DATE
35-39	11.6	ERIKA ROST (WG)	35	6-2-79
40-44	12.0	MAEVE KYLE (IRELAND)	40	4-25-70
45-49	12.5	MAEVE KYLE (IRELAND)	45	1-21-74
	12.5	WENDY ELY (AUS)	45	2-4-84
50-54	12.9	IRENE OBERA (MORAGA, CA)	51	6-1-85
55-59	13.6	SHIRLEY PETERSON (AUS)	55	1-21-84
60-64	14.57	PAULA SCHNEIDERHAN (WG)	61	9-24-83
65-69	16.1	POLLY CLARKE (LOVELAND, CO)	67	5-6-78
70+	16.2	POLLY CLARKE (LOVELAND, CO)	70	4-17-81

200 METERS				
DIV.	MARK	NAME (RESIDENCE)	AGE	MEET DATE
35-39	24.3	ERIKA ROST (WG)	36	6-8-80
40-44	25.0	VIVI MARKUSSEN (DEN)	40	8-17-80
45-49	26.2	WENDY EY (AUS)	45	3-4-84
50-54	27.3	IRENE OBERA (US)	51	6-1-85
55-59	29.4	SHIRLEY PETERSON (AUS)	58	4-21-84
60-64	30.26	PAULA SCHNEIDERHAN (WG)	61	9-26-83
65-69	33.67	AUDREY REID (S. AFR.)	68	9-26-83
70+	34.2	POLLY CLARKE (LOVELAND, CO)	71	9-6-81

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

800 METERS				
DIV.	MARK	NAME (RESIDENCE)	AGE	MEET DATE
35-3				

Continued from previous page

3000 METERS				
DIV.	MARK	NAME (RESIDENCE)	AGE	MEET DATE
35-39	8:55.6	JOYCE SMITH(GB)	36	7-19-74
40-44	9:11.2	JOYCE SMITH(GB)	40	4-30-78
45-49	10:23.4	URSULA BLASCHKE(WG)	45	7-30-77
50-54	10:34.2	VALBORG OSTBERG(NOR)	50	7-5-81
55-59	11:29.0	LYDIA BACKES(WG)	55	9-9-81
60-64	12:26.8	LIESELOTTE SCHULTZ(WG)	61	6-13-81
65-69	13:47.6	PAT DIXON(EUGENE,OR)	66	6-23-85
70+	14:25.2	JOHANNA LUTHER(WG)	71	9-22-84

5000 METERS				
DIV.	MARK	NAME (RESIDENCE)	AGE	MEET DATE
35-39	16:12.87	SONJA LAXTON(RSA)	35	10-17-83
40-44	16:57.4	JUDY FOX(SUNNYVALE,CA)	40	8-16-81
45-49	17:59.0	VICKY BIGELOW(SAN LORENZO,CA)	47	7-24-82
50-54	18:15.0	VALBORG OSTBERG(NOR)	50	8-7-81
55-59	18:49.0	JEAN ALBURY(AUS)	55	4-7-85
60-64	21:27.2	LIESELOTTE SCHULTZ(WG)	61	8-6-81
65-69	23:58.0	ELIZABETH TROMP(HOL)	65	7-17-82
70+	24:58.3	JOHANNA LUTHER(WG)	70	9-23-83

10,000 METERS				
DIV.	MARK	NAME (RESIDENCE)	AGE	MEET DATE
35-39	34:34.4	ANN LETHERBY(AUS)	35	10-7-81
40-44	34:26.4	JOYCE SMITH(GB)	42	2-27-80
45-49	38:19.8	VICKY BIGELOW(SAN LORENZO,CA)	48	8-21-83
50-54	38:53.6	MILA KANIA(WARWICK,NY)	51	6-26-82
55-59	38:38.6	JEAN ALBURY(AUS)	55	4-5-85
60-64	44:51.0	PAT DIXON(BEND,OR)	63	7-16-82
65-69	52:53.2	WALTRAUD KRETSCHMER(WG)	68	1-8-81
70+	51:03.0	JOHANNA LUTHER(WG)	70	9-25-83

HIGH JUMP				
DIV.	MARK	NAME (RESIDENCE)	AGE	MEET DATE
35-39	5-8 1/4	1.73 CHRISTA VOSS(WG)	36	7-30-79
40-44	5-4 1/4	1.63 DOROTHY TYLER(GB)	41	8-2-61
45-49	5-0	1.52 DOROTHY TYLER(GB)	45	7-18-65
50-54	4-10	1.47 DOROTHY TYLER(GB)	50	6-14-70
55-59	4-3 1/4	1.30 VLASTA CHLIMSKA(CZE)	58	7-30-79
60-64	3-11	1.19 BETTINA WOODBURN(AUS)	62	3-23-85
65-69	3-8	1.12 MARY BOWERMASTER(FAIRFIELD,OH)	67	8-17-84
70+	3-5 1/4	1.05 SHIELA EVANS(RSA-INDIANAPOLIS,IN)	70	8-23-85

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

SHOT PUT				
DIV.	MARK	NAME (RESIDENCE)	AGE	MEET DATE
35-39	69-11 3/4	21.33 HELENA FIBINGEROVA(CZE)	35	8-16-84
40-44	62-10 1/2	19.16 ANTONINA IVANOVA(URS)	41	2-24-74
45-49	46-6 1/4	14.18 LIESL HUBER(WG)	45	10-13-79
50-54	41-11 1/2	12.79 MARIANNE HAMM(WG)	51	7-30-79
55-59	36-9 1/4	11.21 MARIANNE HAMM(WG)	55	9-23-83
60-64	32-7 3/4	9.95 ISUZU TSUJII(JPN)	60	9-23-83
65-69	35-4	10.77 HELEN STEPHENS(FLORISSANT,MO)	65	6-1-83
70+	29-3	8.91 EDITH MENDYKA(TUJUNGA,CA)	70	5-9-81

DISCUS THROW				
DIV.	MARK	NAME (RESIDENCE)	AGE	MEET DATE
35-39	228-4	69.60 FAINA MYELNIK(URS)	35	9-9-80
40-44	206-5	62.92 HELGI PARTS(URS)	41	10-4-78
45-49	160-7	48.94 ODETE DOMINGOS(BRA)	47	4-8-82
50-54	130-4	39.72 RUTH SVEDBERG(SWE)	51	9-17-54
55-59	113-5	34.58 SYLVIA WHITE(AUS)	55	3-2-85
60-64	101-3	30.86 ANNCHEN REILE(WG)	60	10-19-75
65-69	94-9	28.90 ANNCHEN REILE(WG)	66	8-9-81
70+	66-5	20.24 VERA WISCHMANN(WG)	70	7-16-82

JAVELIN THROW				
DIV.	MARK	NAME (RESIDENCE)	AGE	MEET DATE
35-39	193-4	58.94 ANNELIESE GERHARDS(WG)	37	8-13-72
40-44	167-8	51.10 DANA ZATOPKOVA(CZE)	42	9-19-64
45-49	156-7	47.74 ANNELIESE GERHARDS(WG)	45	5-30-81
50-54	125-6	38.26 HEATHER DOHERTY(AUS)	51	4-24-85
55-59	118-7	36.14 LENA GROBLER(S. AFR.)	57	5-2-81
60-64	83-4	25.40 ANNCHEN REILE(WG)	62	8-10-77
65-69	84-7	25.80 HANNA GELBRICH(WG)	67	8-6-80
70+	81-11	24.97 HANNA GELBRICH(WG)	70	9-26-83

AMERICAN TRACK & FIELD AGE-GROUP RECORDS

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

MENS AMERICAN FIVE YEAR AGE GROUP RECORDS

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

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

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

400 METERS				
DIV.	MARK	NAME (RESIDENCE)	AGE	MEET DATE
35-39	46.38	JAMES KING(US)	35	5-25-84
40-44	49.36	JAMES BURNETT(PHILADELPHIA,PA)	41	8-15-81
45-49	50.59	JAMES BURNETT(CHICAGO,IL)	45	8-25-85
50-54	52.9	JACK GREENWOOD(MENDEICINO LODGE,KS)	51	8-10-77
55-59	54.56	RUDOLPH VALENTINE(NYC,NY)	55	6-9-79
60-64	58.4	JOHN ALEXANDER(MCCAMEY,TX)	61	6-27-81
65-69	63.83	FRANK FINGER(CHARLOTTESVILLE,VA)	65	1-13-81
70-74	64.6	JOSIAH PACKARD(SAN FRANCISCO)	73	8-10-77
75-79	68.5	JOSIAH PACKARD(SAN FRANCISCO)	75	6-23-79
80+	75.4	HAROLD CHAPSON(HONOLULU,HA)	80	7-9-83

800 METERS				
DIV.	MARK	NAME (RESIDENCE)	AGE	MEET DATE
35-39	1:52.1	RALPH LEE(CA)	37	6--79
40-44	1:54.9	GEORGE COHEN(INGLEWOOD,CA)	40	8-16-80
45-49	1:57.73	GEORGE COHEN(INGLEWOOD,CA)	45	8-23-85
50-54	2:01.1	BILL FITZGERALD(PALOS VERDES,CA)	50	6-29-75
55-59	2:08.9	BILL FITZGERALD(PALOS VERDES,CA)	55	7-5-80
60-64	2:19.0	JACK RICE(TAMPA,FL)	61	8-13-82
65-69	2:25.3	FRANK FINGER(CHARLOTTESVILLE,VA)	65	7-5-80
70-74	2:34.5	MONTY MONTGOMERY(SHERMAN OAKS,CA)	71	9-4-77
75-79	2:40.0	HAROLD CHAPSON(HONOLULU)	75	5-14-78
80+	2:53.5	HAROLD CHAPSON(HONOLULU)	80	7-11-82

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

1 MILE				
DIV.	MARK	NAME (RESIDENCE)	AGE	MEET DATE
35-39	4:12.4	RAMSEY THOMAS(CANTONVILLE,MD)	35	7-26-79
40-44	4:24.0	RAY HATTON(BEND,OR)	43	7-18-75
45-49	4:29.5N	BILL FITZGERALD(PALOS VERDES,CA)	46	4-23-72
50-54	4:32.2	BILL FITZGERALD(PALOS VERDES,CA)	50	7-13-75
55-59	4:55.3	WILLIAM FRASER(EDINA,MN)	55	7-22-85
60-64	5:15.2	CLIVE DAVIES(PORTLAND,OR)	63	6-9-79
65-69	5:22N	MONTY MONTGOMERY(SHERMAN OAKS,CA)	65	4-8-72
70-74	5:42.2	MONTY MONTGOMERY(SHERMAN OAKS,CA)	70	7-9-77
75-79	6:15.1	HAROLD CHAPSON(HONOLULU)	78	7-5-81
80+	8:07.1	PAUL SPANGLER(SAN LUIS OBISPO,CA)	81	6-7-80

Continued on next page

Continued from previous page

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

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

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

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

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

10,000 METERS				
DIV.	MARK	NAME (RESIDENCE)	AGE	MEET DATE
35-39	29:03.4	FRANK SHORTER (BOULDER, CO)	36	6-8-84
	29:03.4	PETER MCARDLE (NYC, NY)	35	5-3-64
40-44	30:56.0	RAY HATTON (BEND, OR)	43	4-26-75
45-49	31:48	RAY HATTON (BEND, OR)	45	6-11-77
50-54	32:10.4	RAY HATTON (BEND, OR)	51	6-18-83
55-59	35:03.2	JAMES O'NEIL (SACRAMENTO, CA)	55	8-16-80
60-64	35:19.8	CLIVE DAVIES (PORTLAND, OR)	63	8-19-78
65-69	38:38.0	NORMAN BRIGHT (SEATTLE, WA)	66	8-3-76
70-74	41:21.0	RAY SEARS (CHICAGO)	70	8-10-77
75-79	46:10.8	CHARLES HACKENHEIMER (CENTRAL SQ., NY)	76	8-13-82
80+	49:22.8	PAUL SPANGLER (SAN LUIS OBISPO, CA)	80	7-6-79

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

3000 METER STEEPLECHASE				
DIV.	MARK	NAME (RESIDENCE)	AGE	MEET DATE
35-39	8:38.8	MIKE MANLEY (EUGENE, OR)	38	-80
40-44	9:18.6	HAL HIGDON (MICHIGAN CITY, IN)	44	8-15-75
45-49	9:39.0	HAL HIGDON (MICHIGAN CITY, IN)	46	8-11-77
50-54	10:50.0	DON SLOCOMB (US)	51	8-4-85
55-59	10:59.2	KEN CARMAN (GARDEN CITY, MI)	56	7-28-84
60-64	12:33.2	BOB BOAL (WAKE FOREST, NC)	64	4-3-76
65-69	12:24.8	NORMAN BRIGHT (SEATTLE, WA)	65	8-15-75
70-74	13:43.27	EUGENE KELLER (CINCINNATI, OH)	70	8-24-65
75-79	19:04.8	LOU GREGORY (PENSACOLA, FL)	76	8-20-78

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

400 METER HURDLES (35-49) 36" (50-59) 33" (60+) 30"				
DIV.	MARK	NAME (RESIDENCE)	AGE	MEET DATE
35-39	52.5	RON WHITNEY (CALISTOGA, CA)	35	5-29-78
40-44	55.9	RON WHITNEY (CALISTOGA, CA)	40	10-26-83
45-49	55.7	JACK GREENWOOD (MENDECINO LODGE, KS)	46	8-24-72
50-54	58.1	JACK GREENWOOD (MENDECINO LODGE, KS)	50	7-3-76
55-59	59.85	JACK GREENWOOD (MENDECINO LODGE, KS)	57	9-27-83
60-64	66.01	RUDOLPH VALENTINE (NEW YORK, NY)	62	8-23-85
65-69	71.4	ROBERT HUNT (ANAHEIM, CA)	65	5-18-85
70-74	77.50	GILBERTO GONZALEZ (SAN JUAN, PR)	70	9-27-83
75-79	89.58	RUSSELL MEYERS (PENSACOLA, FL)	77	5-9-81
80+	1:51.0	HERBERT ANDERSON (BELLVUE, CO)	80	7-24-82

HIGH JUMP				
DIV.	MARK	NAME (RESIDENCE)	AGE	MEET DATE
35-39	6-8 3/4	2.05 JOHN DOBROTH (VENTURA, CA)	38	5-13-79
40-44	6-8	2.03 JOHN DOBROTH (VENTURA, CA)	40	7-8-81
45-49	6-2 3/4	1.90 HERM WYATT (LOS GATOS, CA)	48	4-19-80
50-54	6-2	1.88 HERM WYATT (LOS GATOS, CA)	51	8-20-83
55-59	5-6 1/2	1.69 RICHMOND MORCOM (PHILADELPHIA)	55	7-27-76
60-64	5-2 3/4	1.59 BURL GIST (SAN MARCOS, CA)	64	4-28-84
65-69	5-0	1.52 BURL GIST (SAN MARCOS, CA)	65	5-4-85
70-74	4-6	1.37 WESLEY WARD (IN)	70	7-5-80
75-79	4-3 1/4	1.30 HERBERT ANDERSON (BELLVUE, CO)	75	3-24-78
80+	3-11 1/4	1.20 HERBERT ANDERSON (BELLVUE, CO)	80	8-29-82

POLE VAULT				
DIV.	MARK	NAME (RESIDENCE)	AGE	MEET DATE
35-39	16-1	4.90 BOB NEUTZLING (US)	36	5-31-80
40-44	15-1 1/4	4.60 ROGER RUTH (US, VICTORIA, CAN)	44	9-7-72
45-49	15-0	4.57 ROGER RUTH (US, VICTORIA, CAN)	45	7-21-73
50-54	14-4	4.37 VIC COOK (WOODLAND HILLS, CA)	50	7-25-82
55-59	13-6 1/4	4.12 RICHMOND MORCOM (PHILADELPHIA)	55	8-4-76
60-64	12-3 1/2	3.74 RICHMOND MORCOM (PHILADELPHIA)	63	8-2-84
65-69	11-6	3.50 JIM VERNON (WEST COVINA, CA)	65	1-31-82
70-74	10-0	3.05 CAROL JOHNSTON (WHITTIER, CA)	73	4-13-85
75-79	8-1	2.46 BOB MACDONAGHY (CA)	76	2-23-85
80+	6-2 3/4	1.90 A. E. PITCHER (INDIANAPOLIS, IN)	82	5-26-84

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

TRIPLE JUMP				
DIV.	MARK	NAME (RESIDENCE)	AGE	MEET DATE
35-39	49-11 1/2	15.23 DAVE JACKSON (CARSON, CA)	36	5-16-68
40-44	46-11	14.30 DAVE JACKSON (CARSON, CA)	41	7-7-73
45-49	45-2 1/4	13.77 DAVE JACKSON (CARSON, CA)	45	8-11-77
50-54	43-3 1/2	13.19 DAVE JACKSON (CARSON, CA)	50	7-10-82
55-59	41-5	12.62 GORDON FARRELL (VAN NUYS, CA)	57	1-8-75
60-64	39-3	11.96 TOM PATSALIS (ALHAMBRA, CA)	60	7-10-82
65-69	31-3	9.52 FRED WHITE (DUNCANVILLE, TX)	65	5-27-78
70-74	29-5 1/4	8.97 JOHN DAMSKI (VAN NUYS, CA)	70	5-25-85
75-79	28-2 3/4	8.60 WINFIELD MCFADDEN (SAN DIEGO, CA)	75	8-17-80
80+	22-8	6.91 HERBERT ANDERSON (BELLVUE, CO)	80	7-24-82

SHOT PUT (35-49) 16# (50-59) 12# (60+) 8#				
DIV.	MARK	NAME (RESIDENCE)	AGE	MEET DATE
35-39	72-9 3/4	22.19 BRIAN OLDFIELD (CA)	38	5-26-84
40-44	69-9	21.26 BRIAN OLDFIELD (CA)	40	8-16-85
45-49	49-1 1/2	14.97 GEORGE KER (GRANADA HILLS, CA)	49	5-20-72
50-54	58-1 1/2	17.71 PARRY O'BRIEN (MISSION HILLS, CA)	52	7-1-84
55-59	51-8	15.75 GEORGE KER (GRANADA HILLS, CA)	55	5-13-78
60-64	55-4	16.86 GEORGE KER (GRANADA HILLS, CA)	60	5-21-83
65-69	48-3 3/4	14.72 JACK THATCHER (MANHATTAN BEACH, CA)	65	10-3-81
70-74	45-1 1/2	13.75 ROSS CARTER (EUGENE, OR)	71	3-10-85
75-79	41-8 1/2	12.71 VERNON CHEADLE (S. BARBARA, CA)	75	5-4-85
80+	30-1 1/2	9.1		

Continued from previous page

DECATHLON (IAAF SCORING TABLES)				
DIV.	MARK	NAME (RESIDENCE)	AGE	MEET DATE
35-39	6230	PHIL MULKEY (BIRMINGHAM, ALA)	38	3-26-71
40-44	6212	DAVE THORESON (SANTA BARBARA, CA)	40	6-6-81
45-49	5734	GARY MILLER (GLENDALE, CA)	47	3-23-85
50-54	5399	HARVEY SCHELLENBERG (REEDLEY, CA)	50	7-2-83
55-59	5246	RICHMOND MORCOM (PHILADELPHIA)	55	9-11-76
60-64	4552	RICHMOND MORCOM (PHILADELPHIA)	61	8-28-82
65-69	2783	CLAUDE HILLS (FLOURTOWN, PA)	65	6-24-77
70-74	2513	CLAUDE HILLS (FLOURTOWN, PA)	70	7-3-82
75-79	1659	HERBERT ANDERSON (BELLVUE, CO)	75	3-24-78
80+	851	JOHN WHITTEMORE (SANTA BARBARA, CA)	80	12-1-79

PENTATHLON (IAAF SCORING TABLES)				
DIV.	MARK	NAME (RESIDENCE)	AGE	MEET DATE
35-39	2999	REX HARVEY (DES MOINES, IA)	35	8-9-81
40-44	2933	GARY MILLER (N. HOLLYWOOD, CA)	43	8-16-81
45-49	2998	GARY MILLER (N. HOLLYWOOD, CA)	45	9-30-83
50-54	2251	RICHMOND MORCOM (PHILADELPHIA)	54	4-2-76
55-59	2439	RICHMOND MORCOM (PHILADELPHIA)	56	8-12-77
60-64	2182	JOHN ALEXANDER (MCCAMEY, TX)	61	5-8-81
65-69	1664	CHARLES JOHANNESMEYER (SANFORD, SC)	65	5-4-83
70-74	1016	CLAUDE HILLS (FLOURTOWN, PA)	71	9-28-83
75-79	722	HERBERT ANDERSON (BELLVUE, CO)	75	8-12-77
80+	563	HERBERT ANDERSON (BELLVUE, CO)	80	9-4-82

WOMENS AMERICAN FIVE YEAR AGE GROUP RECORDS

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

100 METERS				
DIV.	MARK	NAME (RESIDENCE)	AGE	MEET DATE
35-39	11.9	PHIL RASCHKER (ATLANTA, GA)	36	6-25-83
40-44	12.6	IRENE OBERA (OAKLAND, CA)	42	7-3-76
45-49	12.63	IRENE OBERA (MORAGA, CA)	45	7-7-79
50-54	12.9	IRENE OBERA (MORAGA, CA)	51	6-1-85
55-59	14.6	RUTH CHRISTIAN (CORONA, CA)	55	8-18-79
60-64	15.5	JOSEPHINE KOLDA (SAN FRANCISCO, CA)	63	10-3-81
65-69	16.1	POLLY CLARKE (LOVELAND, CO)	67	5-6-78
70+	16.2	POLLY CLARKE (LOVELAND, CO)	70	4-17-81

200 METERS				
DIV.	MARK	NAME (RESIDENCE)	AGE	MEET DATE
35-39	24.63	PHIL RASCHKER (ATLANTA, GA)	36	9-24-83
40-44	26.1	IRENE OBERA (OAKLAND, CA)	42	7-4-76
45-49	26.21	IRENE OBERA (MORAGA, CA)	47	1-13-81
50-54	27.3	IRENE OBERA (MORAGA, CA)	51	6-1-85
55-59	33.64	FLORENCE REARDON (OREGON, OH)	57	9-26-83
60-64	33.3	JOSEPHINE KOLDA (SAN FRANCISCO, CA)	63	2-27-82
65-69	34.2	JOSEPHINE KOLDA (SAN FRANCISCO, CA)	67	5-18-85
70+	34.2	POLLY CLARKE (LOVELAND, CO)	71	9-6-81

400 METERS				
DIV.	MARK	NAME (RESIDENCE)	AGE	MEET DATE
35-39	56.8	PHIL RASCHKER (ATLANTA, GA)	36	6-25-83
40-44	59.9	IRENE OBERA (OAKLAND, CA)	42	7-4-76
45-49	61.1	IRENE OBERA (OAKLAND, CA)	46	8-16-80
50-54	63.7	IRENE OBERA (MORAGA, CA)	51	5-18-85
55-59	79.9	NOLA BRUHN (SEATTLE, WA)	56	7-3-85
60-64	80.3Y	JOSEPHINE KOLDA (SAN FRANCISCO, CA)	64	5-1-82
65-69	82.3	JOSEPHINE KOLDA (SAN FRANCISCO, CA)	65	10-1-83
70+	84.23	POLLY CLARKE (LOVELAND, CO)	73	9-28-83

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

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

ONE MILE				
DIV.	MARK	NAME (RESIDENCE)	AGE	MEET DATE
35-39	5:15.5	SUSAN BUCHANAN (PHOENIXVILLE, PA)	37	4-5-75
40-44	5:12.5	SANDRA KNOTT (CLEVELAND, OH)	41	8-4-79
45-49	5:28.9	MARILYN HARBIN (MARTINEZ, CA)	45	2-29-83
50-54	5:56.8	MARGARET MILLER (THOUSAND OAKS, CA)	54	6-7-80
55-59	5:50.6	MARGARET MILLER (THOUSAND OAKS, CA)	55	2-7-81
60-64	6:35	PAT DIXON (BEND, OR)	63	7-23-82
65-69	6:55.6	PAT DIXON (EUGENE, OR)	66	6-22-85
70+	12:22.6	MARILLA SALISBURY (SAN DIEGO, CA)	73	7-11-81

3000 METERS				
DIV.	MARK	NAME (RESIDENCE)	AGE	MEET DATE
35-39	9:38.6	CINDY DALRYMPLE (HONOLULU, HI)	35	6-11-77
40-44	10:04	MIKI GORMAN (LOS ANGELES)	41	5-22-77
45-49	10:41.8	VICKY BIGELOW (SAN LORENZO, CA)	48	3-22-84
50-54	11:29.6	MILA KANIA (WARWICK, NY)	50	7-25-82
55-59	13:33.8	MARCIA MCCHESENEY (EUGENE, OR)	55	6-23-85
60-64	13:23.8	MARY STOREY (RIVERSIDE, CA)	61	8-10-85
65-69	13:47.6	PAT DIXON (EUGENE, OR)	66	6-23-85
70+	18:22.0	BESS JAMES (SAN JACINTO, CA)	72	1-31-82

TWO MILES				
DIV.	MARK	NAME (RESIDENCE)	AGE	MEET DATE
35-39	11:39.61	NINA KUSCSIK (US)	39	1-11-78
40-44	11:29.2	SANDRA KNOTT (CLEVELAND, OH)	41	8-4-79
45-49	11:43.0	MARY CZARAPATA (NEW BERLIN, WI)	45	9-13-80
50-54	12:13.0	MARGARET MILLER (THOUSAND OAKS, CA)	54	6-7-80
55-59	13:46	MELBA HATCH (CANTON, MI)	57	7-23-85
60-64	19:48	FLORENCE FAWLEY (WESTERVILLE, OH)	61	5-27-84
70+	26:03.8	MARILLA SALISBURY (SAN DIEGO, CA)	73	7-11-81

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

10,000 METERS				
DIV.	MARK	NAME (RESIDENCE)	AGE	MEET DATE
35-39	35:37.8	CINDY DALRYMPLE (HONOLULU)	35	6-8-78
40-44	35:33.6	JUDY FOX (SUNNYVALE, CA)	40	8-15-81
45-49	38:19.8	VICKY BIGELOW (SAN LORENZO, CA)	48	8-21-83
50-54	38:53.6	MILA KANIA (WARWICK, NY)	51	6-26-82
55-59	41:32.2	TOSHIKO D'ELIA (RIDGECROFT, NJ)	55	8-23-85
60-64	44:51.0	PAT DIXON (BEND, OR)	63	7-16-82
65-69	67:45	RUTH UPDEGROVE (HONOLULU)	67	4-23-78
70+	60:01	BESS JAMES (SAN JACINTO, CA)	70	7-13-80

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

HIGH JUMP				
DIV.	MARK	NAME (RESIDENCE)	AGE	MEET DATE
35-39	5-2	1.57 JOANNE GRISSOM (INDIANAPOLIS, IN)	37	7-16-76
	5-2	1.57 PHIL RASCHKER (ATLANTA, GA)	36	7-2-83
40-44	4-10	1.47 JOANNE GRISSOM (INDIANAPOLIS, IN)	40	7-27-79
45-49	4-4	1.32 SHIRLEY SMITH (ST. PETERSBURG, FL)	47	7-16-82
50-54	4-4 1/4	1.33 CHRISTEL MILLER (GLENDALE, CA)	50	8-10-85
55-59	3-8	1.12 JOYCE VARNEY (HONOLULU, HI)	57	9-17-83
60-64	3-4	1.01 BARBARA HUMMEL (CANTON, OH)	60	8-3-85
65-69	3-8	1.12 MARY BOWERMASTER (FAIRFIELD, OH)	67	8-17-84
70+	3-4	1.01 VIVIAN NELSON (HARRISBURG, PA)	71	8-17-84

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

SHOT PUT				
DIV.	MARK	NAME (RESIDENCE)	AGE	MEET DATE
35-39	45-3	13.79 LYNN GRAHAM (FRESNO, CA)	35	4-9-83
40-44	42-4	12.90 JOANNE GRISSOM (INDIANAPOLIS, IN)	41	7-22-80
45-49	39-7 3/4	12.08 JOANNE GRISSOM (INDIANAPOLIS, IN)	45	7-22-84
50-54	31-9 3/4	9.69 CHRISTEL MILLER (GLENDALE, CA)	50	1-20-85
55-59	31-6	9.60 BERNICE HOLLAND (CLEVELAND, OH)	58	8-25-85
60-64	31-4	9.55 EDITH MENDYKA (TUJUNGA, CA)	61	6-17-72
65-69	35-4	10.77 HELEN STEPHENS (FLORISSANT, MO)	65	6-1-83
70+	29-3	8.91 EDITH MENDYKA (TUJUNGA, CA)	70	5-9-81

DISCUS THROW				
DIV.	MARK	NAME (RESIDENCE)	AGE	MEET DATE
35-39	122-11	37.46 LYNN GRAHAM (FRESNO, CA)	35	4-9-83
40-44	98-2	29.92 JOANNE GRISSOM (INDIANAPOLIS, IN)	42	7-13-81
45-49	106-5	32.44 JOANNE GRISSOM (INDIANAPOLIS, IN)	45	8-7-83
50-54	90-4	27.53 SHIRLEY KINSEY (LA CRESCENTA, CA)	53	7-10-82
55-59	100-8	30.68 BERNICE HOLLAND (CLEVELAND, OH)	57	6-30-84
60-64	64-3	19.5		

WORLD ASSOCIATION OF VETERAN ATHLETES
Application for World Veteran Age-Group Record/World Veteran Age-Group
'Best Performance'/World Veteran Age-Best Performance

TRACK OR ROAD EVENT

To: PETE MUNDLE, CHAIRMAN, W.A.V.A. RECORDS COMMITTEE,
4017 Via Marina No. C-301, Venice, CA 90291, USA.

Application is hereby made for a World Veteran Age-Group Record/World Veteran Age-Group
'Best Performance'/World Veteran Age-Best Performance, in support of which the following is
submitted:-

Event Age-Group Men/Women

Full Name of Competitor(s)

Date(s) of Birth
(For relays, full name of each team member is required, in order of running.)

Competitor's Country Date of Meeting

Name of Stadium Town Country

RESULT OF RACE

The names of the first three competitors and their times were as follows:-

1st Time

2nd Time

3rd Time

STARTER'S CERTIFICATE

I hereby certify that the start of the race was in accordance with I.A.A.F. Rules.

Name of Starter Signature

TIMEKEEPERS' CERTIFICATES (HAND TIMING)

I, the undersigned official Timekeeper of the race, hereby certify that the time set opposite my
signature was the exact time recorded by my watch and that the watch used by me has been cer-
tified and approved by my National Governing Body.

Time Name Signature

Time Name Signature

Time Name Signature

CHEIF TIMEKEEPER

I confirm that the above Timekeepers exhibited their watches to me and that the times were as
stated.

(Name of Chief Timekeeper or Referee) (Signature)

ELECTRICAL TIMING

A fully automatic electrical timing device was used. The time recorded was and this
was the official time.

(Name of Chief Photo-Finish Judge) (Signature)

NOTE - A Photo-Finish print must be included with this application.

WIND GAUGE

I hereby certify that wind speed in direction of running was metres/sec.

Name of Operator Signature

HURDLES EVENTS

Height of hurdles Distance to first hurdle

Spacing between hurdles Distance from last hurdle

Were all hurdles at correct balance?

GUARANTEE BY REFEREE

I hereby certify:-

i) That I have examined a copy of the track surveyor's certificate wherein the exact measure-
ment of one lap is stated to be metres cms. or yds. ft. ins.

ii) That the exact distance of the course over which this event was held was metres
..... cms or mile(s) yds ft ins.

iii) That the lateral inclination of the track did not exceed 1:100 and that the overall inclination
in the running direction did not exceed 1:1000 downwards.

iv) That the appropriate I.A.A.F. Rules of Competition were observed.

v) That the officials conducting the competition were duly qualified.

vi) That all information recorded in this application is accurate, and I recommend this applica-
tion for acceptance.

Name and Address of Referee

Signature Date

THE FOLLOWING MUST BE ENCLOSED WITH THIS APPLICATION:

- 1. Programme of the meeting.
- 2. Copy of athlete's birth certificate.
- 3. Photo-Finish print (if a fully automatic electrical timing device was used). (If available, in-
termediate times, press cuttings and a photograph of the athlete should accompany this applica-
tion for historical purposes.)

CERTIFICATE OF CHAIRMAN OF RECORDS COMMITTEE

I hereby certify that the Records Committee recommend as follows:-

..... member(s) recommend(s) acceptance.

..... member(s) recommend(s) rejection of the application.

Signature Date

RECOMMENDATION OF VICE-PRESIDENT

I recommend that this performance be/not be accepted as a World Veteran Age-Group
Record/World Veteran Age-Group 'Best Performance'/World Veteran Age-Best Performance.

Signature Date

W.A.V.A. APPROVAL

.....

(President) (Date) (Secretary)

WORLD ASSOCIATION OF VETERAN ATHLETES
Application for World Veteran Age-Group Record/World Veteran
Age-Best Performance

FIELD EVENT

To: PETE MUNDLE, CHAIRMAN, W.A.V.A. RECORDS COMMITTEE, 4017 Via Marina
No. C-301, Venice, CA 90291, USA.

Application is hereby made for the World Veteran Age-Group Record/World Veteran Age-Best
Performance, in support of which the following information is submitted:-
(Please type or use capitals throughout)

Event Age-Group Men/Women

Full Name of Competitor Date of Birth

Competitor's Country Date of Meeting

Name of Stadium Town Country

EQUIPMENT OFFICER'S CERTIFICATE

I hereby certify that the Shot/Discus/Hammer/Javelin used in the record claimed has been ex-
amined by me after performance and conforms exactly with the relevant I.A.A.F. Rule except as
modified by W.A.V.A. By-Laws (Appendix A) for veterans competition. I further certify that the
implement used weighed

Name Signature

FILED JUDGES' CERTIFICATE

We hereby certify that the measurement stated opposite our respective signatures is exact as
measured in accordance with I.A.A.F. Rule 148, paragraph 10 (a). We further certify that the cir-
cle or runway complied with I.A.A.F. specifications.

..... metres
(Distance or height) (Name of Field Judge) (Signature)

..... metres
(Distance or height) (Name of Field Judge) (Signature)

..... metres
(Distance or height) (Name of Field Judge) (Signature)

WIND GAUGE (LONG AND TRIPLE JUMP ONLY)

I hereby certify that wind speed in direction of running was metres/sec.

Name of Operator Signature

RESULT OF COMPETITION

The names of the first three competitors and their performances were as follows:-

1st Performance

2nd Performance

3rd Performance

NOTE: - A copy of the Results Card must be included with this application.

GUARANTEE BY REFEREE

I hereby certify:-

i) That the lateral inclination of the runway did not exceed 1:100 and that the inclination in the
running direction did not exceed 1:1000 downwards.

ii) That the ground where the implement landed was not lower (by more than 1:1000) than the
runway or circle. OR

ii) That the level of the Long Jump or Triple Jump landing area was not lower than the take-off
board.

iii) That the appropriate I.A.A.F. Rules of Competition were observed.

iv) That the officials conducting the competition were duly qualified.

v) That all information recorded in this application is accurate, and I recommend this applica-
tion for acceptance.

Name of Address of Referee

Signature Date

THE FOLLOWING MUST BE ENCLOSED WITH THIS APPLICATION:-

- 1. Programme of the Meeting.
 - 2. Copy of athlete's birth certificate.
 - 3. Copy of the Results Card.
- (If available, press cuttings and a photograph of the athlete should accompany this application for
historical purposes.)

CERTIFICATE OF CHAIRMAN OF RECORDS COMMITTEE

I hereby certify that the Records Committee recommend as follows:-

..... member(s) recommend(s) acceptance.

..... member(s) recommend(s) rejection of the application.

Signature Date

RECOMMENDATION OF VICE-PRESIDENT

I recommend that this performance be/not be accepted as a World Veteran Age-Group
Record/World Veteran Age-Best Performance.

Signature Date

W.A.V.A. APPROVAL

.....

(President) (Date) (Secretary)



Sweden's Gun Johansson hurls discus in W40 competition at VI World Veteran Games in Rome in June.

Murray Takes The 5th

NEW YORK CITY, September 28, Dan Murray of Modesto, California, one of the country's top Masters road racers, showed his heels to one of the deepest 40-and-over mile fields ever assembled in capturing the prestigious 5th Avenue Masters Mile today in a time of 4:28.8.

Murray led a charge across the finish line that saw the first 9 runners all dip under 4:35. Tom Robinson, the 1985 RRCA 5K Cross-Country Masters Champion; took 2nd place in 4:30.75, followed by Morris Whiting in 4:31.47.

Half way through the race, the 40-year-old Murray broke away from a lead pack that included 1983 winner Ted Haiman, Harry Cummins, of Portland, Oregon, and Matt Cucchiara, 1984 TAC National 10K road race champion. Murray covered the last 800 meters of the race in 2:11.7 to hold off all challengers.

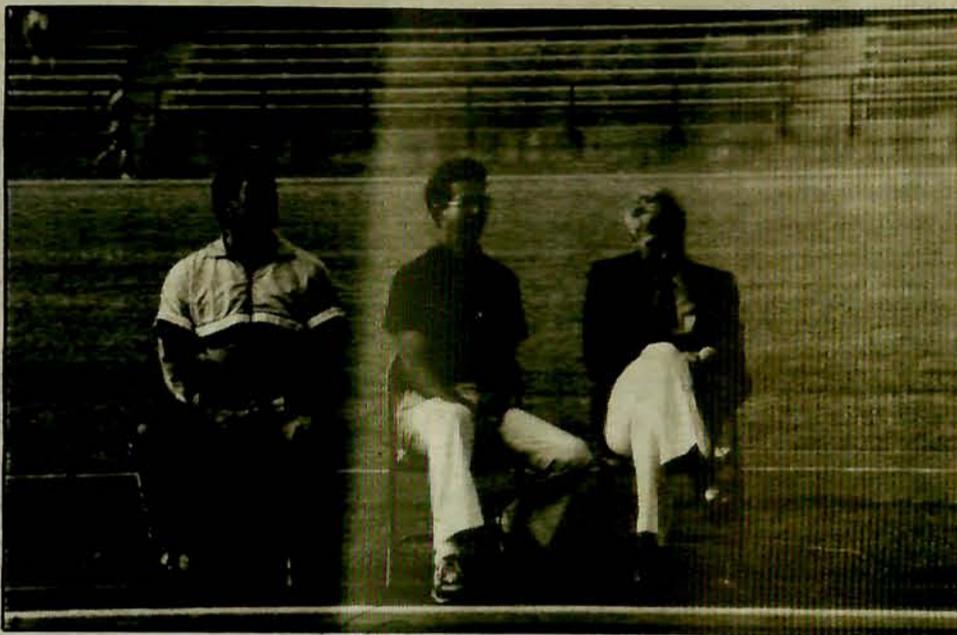
The top age 50+ age speedsters were represented by John Connor, 50, the 1985 TAC National Champion at 1500

meters, who ran a remarkable 4:40.10 to finish 11th, just nipping 50-year-old Witold Bialokur, who crossed the line in 4:41.10.

The depths of the field was illustrated by the 15th-place finish of

M50-54 World Silver Medalist at 400, Cliff Pauling, and 1984 runner-up in this race, Jan Prosseda of Harrisburg, Pa., who finished 16th. □

(NMN thanks the anonymous contributor for this well-written article. - Ed.)



Opening ceremonies at TAC National Masters T&F Championships in Indianapolis. Left: Olympian Ed Burke, 1984 Masters Athlete-of-the-Year; center: Masters T&F Chairman Jerry Donley; right: TAC President Ollan Cassell. photo by Gretchen Snyder

WORLD ASSOCIATION OF VETERAN ATHLETES

Affiliates at 1 July 1985



Argentina

Circulo Argentino
de Atletas Veteranos
Nelida C. de Weber
Varela 877 - CP 1406
Capital Federal

Australia

Australian Association
Veteran's Athletic Clubs
Wal Sheppard
2 Montgomery Place,
Bulleen 3105

Austria

Austrian
Athletic-Federation
Roland Gusenbauer
1040 Vienna
Prinz Eugenstrasse 12

Belgium

Veteranen Belgie -
Fit Veteraan
Henri Salavarda
rue du Roi Albert 343,
B.4480 Dupeye

Brasil

Associação Atletica
Veteranos de Sao Paulo
Exuperio Borges Soares
Avenida Santos Dumont
752 - Apto. 2
Sao Paulo

Canada

Canadian Masters
Athletic Association
Audrey Hiemstra
19 Hayward Crescent
Agincourt
Ontario M1S 2T7

Chile

Agrupacion de Atletas
Seniors de Chile
Judith Allendes Caceres
Avda. Monterey - 2338
Conchali
Santiago

Colombia

Federacion Colombiana de
Atletismo Senior Master
(Atlemaster)
David Cortes Herrera,
Carrera 8 no. 43-33
Bogota

Denmark

Dansk Atletik Forbund
Frank Horn
Osterbrogade 228,
DK.2100 0

Finland

Suomen Veteraaniruuhelitto
RY
Irene Merjamaa
Immolantie 20.B
00780 Helsinki 78

France

F.F.A. (Commission
Federale des Veterans)
Marcel Bars
44 rue d'Estienne-d'Orves,
91210 Draveil

Germany (West)

Deutscher
Leichtathletik-Verband
61 Darmstadt,
Rheinstrasse 20A

Greece

Hellenic Track and
Field Association
John Psiakis
137 Syngrou Avenue
Athens

Hong Kong

Athletic Veterans
of Hong Kong
Mrs. Margaret Brooke,
53a Stubbs Road

Hungary

Hungarian Athletic
Association Veteran
Committee
Ferenc Laszlo Tesch
Budapest XV
Paskomliget u.71.V/21.

Iceland

Icelandic Committee
For Veteran Athletes
Olafur Gudmundsson,
Bakkaseli 27,
109 Reykjavik

India

All India Veteran
Athletic Association
Milkha Singh
23 Sector 7A
Chandigarh

Indonesia

Ikatan Atlet Master
and Veteran Indonesia
Theodorus Willem Sigar
Jalan Walet No. G-86
Complex Hankam Slipi
Jakarta Barat

Ireland (Eire)

Irish Veteran
Athletes Association
Michael Connolly,
6 Manor Close,
Rathfarnham
Dublin 16

Israel

Israel Association
of Veteran Athletes
Beyer Ben Zion
51 Yehuda Halevi Street
Tel Aviv

Italy

I.M.I.T.T.
Riccardo Cattoni
Localita Buttassi 25
16030 Moneglia (GE)

Japan

Nippon Masters
Athletic Union
Kiyoshi Konoike (Mr.)
72-36 Konami
Wakayama

Jugoslavia

Atletsko Drustvo
'Veteran' Jugoslavija
Boris Stepinac
Ulica Brace Domany 4
41000 Zagreb

Norway

Veteran Group of the
Norwegian Athletic Associa-
tion
Anita Nilsen
Sorgenfrigt 34,
0365 Oslo 3

Philippines

Philippine Association
of Master Athletes
John L. Bagtas
Apt. C-100
State v Condominium
Guadalupe Viejo
Makati
Metro-Manila

Portugal

Clube de
Veteranos de Atletismo
Luis Filipe Duarte
Av. Infante Santo 68-EF-7º
1300 Lisboa

Puerto Rico

Puerto Rico
Masters Association
Carmen Gomez Marti
Los Alpes --226
Ext. El Comandante Carolina
Puerto Rico 00630

Singapore

Singapore Association
of Veteran Athletes
Hari Chandra
Block 44
Marine Crescent --24-12
Singapore 1544

South Africa

South African Masters
Athletic Association
Joe Botha
PO Box 5180
1403 Delmenville

Sri Lanka

Sri Lanka Veterans
Athletic Association
M.S. Halledeen,
368 Galle Road,
Colombo 3

Sweden

Swedish Amateur
Athletic Association
Alan Scott
Krossbacken 16,
S-183 43 Taby

Switzerland

Schweizerischer Leichtathletik
Verband, Seniorenkommission
Herbert Wohler
Geissmatteli 2
CH - 5610 Wohlen

Taiwan (R.O.C.)

Chinese Taipei Track
and Field Association
Ms. Chi Cheng
555 Chung - Hsiao E Road
Section 4
Taipei

Turkey

Gokhan Gunduz Sipahi
PO Box 18
Guzelyali,
Ismir

United Kingdom

British Veteran
Athletic Federation
Contact: Sylvester Street
57/61 Mortimer Street
London WIN 7TD

United States

Joint Masters Committees
of The Athletics Congress
Contract: Robert G. Fine
77 Prospect Place
N.Y.C. 11217

United States

Virgin Islands
Victor Clairmont
Box 6166
Sunny Isle
St. Croix
USVI 00820

Uruguay

Circulo Atletas
Veteranos Uruguay
Iris Menza
Canelone 982
Casa de Deportes

Open Women Edge Masters In Mythical "Dual Meet"

If the winning marks in the 1985 TAC National Masters Track and Field Championships are compared to the winning marks in the 1985 TAC National Women's T&F Championships, the Masters win, 7-6, in the 13 events where conditions are virtually the same.

However, if the events are scored like a dual meet (1st-5 points; 2nd-3 points; 3rd-1 point), the women come out on top, 60-57.

The caliber of competition between Masters men and open women is very close. Some experts say a 42-year-old man is generally the athletic equivalent of a woman in her prime.

But the equality of ability would seem to depend upon the event. The women outscored the men, 19-8, in the sprints, while the men swept the distance events, 18-0. John Hartfield "scored" 13 points all by himself to prevent a female sweep of the field events, 14-13. The Masters outscored the women, 48-42, in individual events, but were outpointed in the relays, 18-9.

The six-year totals are now: Events: open women 33, Masters men 33. Points: open women 320½, Masters men 273½. □

Tighe, Lagrander Winners In Nike 25K

Canadian Jerry Tighe, 40, of Vancouver, B.C., was the first M40-and-over and fourteenth of 440 finishers with 1:23:02 in the NIKE/Oregon TC 25K on September 8 in Eugene, Oregon. The next Master runner was Gary Goettelman, M40, in 1:29:54. Patrick Devine won the M55 division with 1:35:57.

Lyn LaGrander, 48, of Eugene, left younger Masters women behind to take the W40-and-over title with her W45 win in 1:50:42.

Overall winners were also Eugeneans: Odis Sanders, 26, (1:16:00) and Jill Jones, 24, (1:32:22). □

Obera Long Jumps to W50 AR

Irene Obera, 51, of Moraga, California, added another national record to her collection with a 14-½ long jump in the Northern California Senior Olympics at Laney College in Oakland, California, on September 14. Obera erased Southern Californian Christel Miller's three-week-old American W50 record of 13-3 set in Indianapolis at the Nationals in late August. Miller's mark had bettered Magdalena Kuehne's two-year-old record of 10-7¼.

Obera, better known for her sprint world records, is no newcomer to the long jump. Although she does not contest it regularly, she holds the W45 American mark of 15-9. □



At the last minute, Pennsylvania's Norm Green, 53, decided to fly to Minneapolis for the Twin Cities Marathon on October 6. Not a bad decision. Green: 1) won the men's 50-54 age title, 2) set a new age-53 record of 2:29:42, 3) won \$1250 for placing 11th in the age-graded competition.

photo by Bruce Bispano

MYTHICAL DUAL MEET MASTERS MEN VS. OPEN WOMEN

(Actual performances from the 1985 TAC National Masters T&F Championships -- held in Indianapolis from August 23-25 -- combined with the actual performances from the TAC National Women's T&F Championships -- held in Indianapolis from June 14-16 -- and scored as if it were a dual meet: 5 points for first; 3 points for second; 1 point for third.)

100		10000	
1 Merlene Ottey-Page	W 16.98	1 Bill Clark	M 32:10.0
2 Clarence Ray	M 17.08	2 Andy Raine	M 32:13.0
3 Pam Marshall	W 17.21	3 Mike Heffernan	M 32:16.6
200		4 Francie Larrieu Smith	
1 Merlene Ottey-Page	W 21.93	32:18.3	
2 Pam Marshall	W 22.39	HIGH JUMP	
3 Grace Jackson	W 22.57	1 John Hartfield	M 6-6½
4 Clarence Ray	M 22.81	2 Louise Ritter	W 6-3½
400		3 Colleen Sommer	
1 Jim Burnett	M 58.59	W 6-3½	
2 Lillie Leatherwood	W 58.64	LONG JUMP	
3 Diane Dixon	W 58.79	1 Carol Lewis	W 28-8½
800		2 John Hartfield	
1 George Cohen	M 1:57.73	M 28-7	
2 Barry Adams	M 1:58.79	3 Sabrina Williams	
3 Claudette Groenendaal	W 1:59.48	W 21-2½	
1600		TRIPLE JUMP	
1 Diana Richburg	W 4:04.73	1 John Hartfield	M 44-8
2 Darlene Bickford	W 4:06.46	2 Wendy Brown	W 43-2½
3 Barry Adams	M 4:07.41	3 Donna Thomas	W 43-1
5000		4X100 RELAY	
1 Chris Leesley	M 15:16.88	1 Puma Track Club 'A'	W 43.55
2 Mike Heffernan	M 15:22.15	2 Puma Track Club 'B'	W 45.19
3 Kirk Randall	M 15:25.19	3 Michigan State	W 45.74
5 Sue Girard	W 15:47.50	4 Atlanta Track Club	M 46.44
Score: Open Women... 60		4X400 RELAY	
Masters Men... 57		1 New York Police	W 3:33.01
		2 Puma Track Club	W 3:36.35
		3 Atlanta Track Club	M 3:40.2
		4X800 RELAY	
		1 Atlanta Track Club	M 8:31.72
		2 Ann Arbor TC	M 8:33.08
		3 Puma Track Club	W 8:36.88

Potomac Valley Wins East Quad Meet

The Potomac Valley Seniors men's and women's ten-year age group teams ran, jumped, and threw to a 590-point total to win, overall, the East Coast Masters Quadrangular Meet at Ursinus College in Collegeville, Pennsylvania, August 18, which was slightly dampened by a light rain. The New York Masters groups compiled 514 points for second, while the Philadelphia Masters was third with 170, and the Shore Athletic Club a distant fourth with 40.

Potomac Valley's M50-59 athletes led the attack with 125 points — one of the club's six firsts in the eight-division competition — to the New York Masters 90 points. Potomac's M40-49 team contributed 103 points to the total, with New York's squad second at 69.

The New York Masters women's teams won the two other contests, in the 30-39 (99 points) and 50-59 (78 points) divisions.

Division competition saw strong

winning performances by single eventers and many multiple-event athletes who piled up points with outstanding marks, characterized by Potomac's Valley's Rudy Enders' seven wins in the M50-59 division. □



John White, M45 discus and shot thrower, sporting SPF 15 sun screen, from Fullerton, Calif.

MASTERS SCENE

NATIONAL

• The 1986 U.S. TAC National Masters T&F Indoor Championships will be held at LSU in Baton Rouge, Louisiana, as originally planned. The dates are February 22-23, which coincides with the New Orleans Mardi Gras festivities. The entry form will be published next month. **Danny Thiel** will direct.

• The site of the National Masters Indoor Pentathlon has been switched from Pennsylvania to Baltimore on February 2.

NEW ENGLAND

• **Carl Wallin**, 43, Dartmouth's T&F coach, hit the 55-6 mark for an age record at an all-comers weight meet, Lebanon, N.H., September 8. Wallin puts on the meets for open and M30+ throwers that he coaches. One of his brightest Masters prospects is **Bob Mead**, 41, a 6-3, 225 pounder from E. Arlington, VT, who in '66 was first in the IC4A and NCAA 35# weight, and had PR's of 55', 166', and 191' in the shot, discus, and hammer while competing for Manhattan College and, later, the NYAC. His age-41 PR's include a 166-8 hammer and a 50-9 shot.

• **Oscar Harris**, 61, of Philadelphia, had the day's quickest 100m with 13.73 in the Sri Chinmoy Masters Games, July 27, Greenwich, CT, a meet for men & women 50-and-over in 10-year age groups. **Woody Lunsford**, 61, New Canaan, CT, had an impressive double in the 400 (1:07.7) and the 1500 (5:11.80). **S. Richardson** 65, Riverside, CT, was the fastest 5000 runner (19:21.17). **Pay Carstensen**, 53, Babylon, NY, won three M50-59 field events. **Martin Kintish**, 53, Middletown, NY, won the M50-59 discus with 145-1.

• **Bert Allen**, 40, was first of the three Masters under 34:00 with a 33:09 M40 win in the Warwick 10K, September 15, Warwick, RI. Other winners who posted good times were **Carl Hammen**, 62, 40:53; **Elsie Ruggiero**, 50, 48:40; and **Rose Notarianni**, 68, 65:14.

• **John Boyle**, 41, Newburyport, MA, became RRCA Masters 10-mile champ with his 55:39 M40 win in the Chubb Life Run 10 Mile, Concord, NH, September 8, which was the RRCA National Championships. **Tony Sapienza**, 56, Bradford, MA, won the M50-59 race in 1:00:28. **Robin Robinson**, 43, Loudon, NH, won the W40-49 championship in 1:16:39.

EAST

• **Hubert Morgan**, 63, Sayre, PA, ran a Spartan 39:17 to win the M60+ race in the Troy 10K Classic, Troy, PA, August 18. **Allen Gamber**, 41, Ovid, NY, captured the M40+ prize (34:57), and **Gloria Brown**, 53, Grand Island, NY, the W40+ olive wreath (42:37).

• **Vince Carnevale**, 69, Newark, NJ, has made a habit of winning the M60+ division in weekly local races and says he's "On my way to challenge all those Master runners 70-and-over next year," backed up his challenge with a PR 20:38 M60+ first in a 5K at Parsippany, NJ, September 18.

• **Carol Lasseter** was W40+ winner in the 361-finisher Moving Comfort 10K, Washington, DC, September 14, in 39:06.

• **Gabriele Andersen**, 40, with a third-place 1:19:49 (635 finishers) was two minutes away from first **Jan Merrill**, 29, but six minutes ahead of the second Master in Harvey Women's Half-Marathon, Central Park, NYC, September 22. **Helene Bedrock**, 50, took the 50-59 race in 1:31:07.

• The Citibank/MDA 10K, Rochester, NY, September 1, didn't feature invited stars and prize money, but three local Masters showed their stuff anyway, led by M45 winner **Bill Fuller**

(33:06). Two M40s, **Derck Frechette** (33:13) and **Jim Ferris** (33:34) rounded out the top three Masters, 114 of whom were among the 456 finishers.

• In the 5th annual NIKE Capital Challenge 3-mile run in Washington, D.C. on September 12, starter **Joan Benoit** blew a whistle rather than firing a gun — on the assumption that federal executives run like crazy when they hear a whistle-blower. Race director **Jeff Darman** produced a specially designed pace chart to show how much the budget deficit would increase during each runner's race. For example, a 7-minute-per-mile pace would result in a 21:00 finish, during which time the budget deficit would increase \$8,400,000. Supplisiders, take note.

SOUTH WEST

• **Buster Tankersly** danced to an M50-59 win in the Elvis Presley 5K, Memphis, TN, August 17, with a 17:57. **Gerald Spencer** took the M40-49 race (17:11), and **Donna Johnston**, the W40+ contest (22:00).

• **Dave Storey**, Orlando, FL, was Masters winner in the Run For My House 4 Mile, Deland, FL, in 21:09. **Jim Blount** won the M55 contest with 23:55. **Donna Hiatt**, W45, was first W40+ in 27:09.

• Forty-year-old **Gary Sylvester**, Charlotte, SC, was outkicked by two seconds for 1st place by an open runner and finished in 17:44 in the 2nd Annual Billy Mills 5K, Charlotte, September 28.

• Latest update on **John Hosner**, 60, Blacksburg, VA, is his M60 national record time of 1:18:10 in the Philadelphia Half-Marathon, September 13, which knocks four seconds from Jim O'Neil's AR set in July in San Diego.

MIDWEST

• **Norm Bower**, 36, of the Over The Hill TC, was top strongman with 3230 points in the Wolfpack Weight Pentathlon, Columbus, OH, May 26. Bower beefed up his total with 145-0 719-point hammer and 46-5½ 738-point weight throws.

• **Ed Hill**, 42, Birmingham, AL, was voted outstanding Athlete in the Wolfpack Fall Throwing Classic, September 8, Columbus, for his meet-high 3776 total over open and M40 throwers in the Weight Pentathlon. Biggest points (880) came from Hill's hefty 54-¼ 35# weight toss. **Pay Carstensen**, 53, Babylon, NY, won the M50-59 contest with 2673. **Bob Peters**, 62, Columbus, piled up 2420 points. **Jim Reardon**, 38, OTHTC, whipped the discus 180-0.

• Time-marches-on department: **Alan Page**, pro football hall-of-famer at Minnesota and Chicago, turned 40 on August 7. Always a runner, Page finished Grandma's Marathon in 1979 and was entered in the Jackson, Mich. "Ultimate Runner" last month.

• **Priscilla Welch**, 40, placed 4th woman overall in 2:38:07 in the Bank One Marathon in Columbus on October 13.

MID AMERICA

• **Jim McNiff**, 40, won the St. Louis TC M40 800 championship, June 20, over **Joe McNiff**, 40, 2:08.6 to 2:09.6, and on July 11, Jim ran 56.5 to take the M40 400 club championship.

WEST

• **Patti Tuffley**, 37, soared to the first woman overall spot in 36:32 in the Aerospace 10K, San Diego, August 17. **Steve Dornish**, 40, was first M40+ (35:50), and **Ursula Rains**, 44, first W40+ (42:36).

• **Bob Hottel**, 54, phys ed teacher at West



Senator Max Baucus (D-Mont.), 43, ran 18:48 and recaptured his title as fastest Senator from Dick Lugar (R-Ind.) in the 5th Annual NIKE Capital Challenge 3 mile run in Washington, D.C., September 12. All entry fees of the 500 starters were turned over to the Special Olympics, and Challenge sponsor NIKE donated an additional \$2,000 and picked up race expenses.

Torrance, Calif. High, spent his summer vacation fulfilling a dream. Starting July 10 at the Mexican border, Hottel ran an average of 24 miles a day before reaching Donner Pass near Lake Tahoe on Sept. 5 — a 1,055 mile trek. He plans to continue his three-stage tour there next summer and run 1,100 miles to the Columbia River in Washington, then resume in 1987 and complete the trip by going from Washington to British Columbia.

• A new track club for open and Masters athletes has appeared on the Southern California running scene — USA WEST. "What sets our club apart is its specific design for serious track & field athletes and long distance runners who are primarily concerned with improving their levels of performance in competition," says USA WEST Director and coach, **Skip Stolley**. "USA WEST is not an aerobics class, or a run-for-fun group, or a team that meets for a race every few weeks. I believe there is a real need for more clubs that train athletes." The club's services include: 1) personal coaching; 2) a daily training plan; 3) assistance in planning a competition schedule; 4) the chance to train with other serious athletes; 5) access to excellent training sites in the Santa Monica area. Stolley served as Director of the world-class PUMA Track Club from 1983-85, and currently coaches several nationally ranked athletes, including women's indoor 800 champ, **Rose Monday**; and Masters sprinter **Stan King**. "Skip's an excellent teacher who has the unique ability to make training an enjoyable experience," King said. To receive an application and info on membership fees, write: Skip Stolley, USA WEST Track Club, 15425 Sherman Way, #220, Van Nuys, CA 91406. Or phone 818-787-4377.

• **Jack Karbens**, a very active Masters meet organizer and participant while a resident of Hawaii, is now living in Reno, NV, and offers his expertise to those in that area who are interested in organizing Masters activities: 2965 Andrea St., Reno, NV, 89503; 702-747-6574. **Stan Thompson** has taken over Karben's duties as president of the Hawaii Masters TC.

NORTHWEST

• **Harry Cummins**, 42, and **Letha Figg-Hoblyn**, 43, struck a blow for the over-40 set, recently, when they both raced to overall victories in Lynn's Run, a 5K road race in Portland, Oregon. Cummins' strong finishing kick over the final 800 meters captured the men's race, outright, in 16:27, while Figg-Hoblyn led all the way to win the women's race in 19:51.

• **Dick Weeks**, 42, won the Masters race with a course-record, sixth-place 33:47 in the 6th Annual Prefontaine Memorial 10K in Coos Bay, OR, September 21. **Hannelore Ondrusek**, 41, was first W40-and-over in 43:07. **Steve Prefontaine's** mother, **Elfrieda**, 60, ran and walked the race for the first time and finished second in the W60-69. The 850 entrants found perfect weather (70°, light breeze) for the race, which was directed by **Mike Hodges**.

CANADA

• **Pat Monahan**, 40, Toronto, took the Masters crown with 33:21 in the Tom Longboat 10K, Brantford, Ontario, September 7.

• In the Springbank International Road Races, London, Ontario, September 22, Monahan won the M40+ 10K in 32:46 and \$700. **Bob Moore**, 44, Toronto, was second in 33:16 and \$350 richer, and **Art Meaney**, 41, St. John's, Newfoundland, took third in 33:33 and a \$150 check. Times were slowish because of 30° temps and high humidity.

INTERNATIONAL

• **Harry Schubert**, a German national working in Bophuthatswana, one of the "independent homelands" in South Africa, recovered from a sciatic nerve problem to set two new South Africa M45 records: half-marathon in 1:07:30 and marathon in 2:22:38. "My goal is to break the national 40+ marathon mark of 2:19:02," said Schubert, who placed 3rd in the M40 WIGAL World Marathon Championships in San Diego last year.

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.

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

TRACK & FIELD NATIONAL

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

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

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

NEW ENGLAND

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

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

EAST

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

August 10. Tri-State TC Classic, Hagerstown, Md. Tri-State TC, Wayne Vaughn, 734 W. Franklin St., Hagerstown, MD 21740. 301/733-6076.

SOUTHEAST

November 4-9. 11th Annual Goden Age Games, Sanford, Fla. T&F on 9th. Golden Age Games, P.O. Drawer CC, Sanford, FL 32772.

November 17. 4th Annual Running Pentathlon, Open and Masters, Clearwater, Florida. Dick Lacey, 1207 S. Duncan Ave., Clearwater FL 33516. 813/447-7161.

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December 29. Holiday Pentathlons, weight at 9:00 a.m./regular at 2:00 p.m. Atlantic High School, Delray Beach, FL 33444. Attn: Randall Cooper.

April 26-27. Florida State Masters T&F Championships, Lake Worth, Fla. Joe Valdes, 5300 Cannon Way, W. Palm Beach, FL 33415. 305/471-1891 (h); 842-3600, X282.

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

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

MIDWEST

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

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

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

MID-AMERICA

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

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

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

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

SOUTH WEST

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

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

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

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

WEST

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

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

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



Representative Bob Edgar (D-Penn.), 42, crosses the line in 19:32 to capture fastest Representative title in the 5th Annual NIKE Capital Challenge 3-Mile run in Washington, D.C., September 12. Jeff Darman was race director.

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

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

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

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

NORTHWEST

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

INTERNATIONAL

November 9-10. IV San Juan International Masters Championships, San Juan. Fundeporte, GPO Box 3946, San Juan PR 00936. Free housing available. Entry form in October issue.

November 30. International Veterans Meet. Buenos Aires, Argentina, Juan Kulzer, Circulo Argentina Atletas Vet., Auda Hipolito Irigoxen 3549, Capital Federal 1208, Buenos Aires, Argentina. Phone: 795-0559.

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

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

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

LONG DISTANCE RUNNING NATIONAL

November 3. TAC U.S. National Masters 10K Cross-country Championships,

Syracuse, N.Y. Jerry Smith, 112 Marangale Rd., Manlius, NY 13104. 315/422-7121.

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, Bronx, N.Y. Kurt Steiner, 1660 E. 21st St., Brooklyn, NY 11210. 718/336-3025.

November 17. U.S. TAC National Masters 50-Mile Championships, Buffalo, N.Y. David Board, SUNY, 1300 Elmwood Ave., Buffalo NY 14222.

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

December 1. Maryland Marathon, Baltimore. Les Kinion, Box 11394, Baltimore MD 21239. 301/882-3455.

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

EAST

November 15-17. 3rd Annual Race Director's Meeting and Trade Show, Washington, D.C. Road Race Management, 14416 Jefferson Davis Hwy., Suite 20, Woodbridge, VA 22191. 202/544-0970.

November 24. Delaware Valley College 3.5 Mile, Doylestown, Penn. Robert Berthold, Jr., Delaware Valley College, Doylestown, PA 18901.

November 24. Philadelphia Independence Marathon, Philadelphia, Penn. Philadelphia Independence Marathon, Memorial Hall, West Park, Philadelphia, PA 19131.

December 8. 8th Annual Brian's Run 10K, West Chester Penn. Brian's Run, West Chester U., P.O. Box 2440, West Chester, PA 19383. 215/436-3385.

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Stod Melhado at Waltham Meet, Cambridge, Mass., did 9:34.1 in the M30-39 3000.

SOUTHEAST

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

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

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

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



Abe Sheinker, M45, hammer thrower from Los Angeles.

MIDWEST

November 2. International Peace Race 10K/25K, Youngstown, Ohio. Second Sole, 545 Poland-Canfield Rd., Youngstown OH 44512. 216/759-1978.

November 9. 6th Annual Wendy's 10K Classic, Bowling Green, Ky. Wendy's 10K, P.O. Box 1316, Bowling Green, KY 42101. 502/781-2834.

November 10. Ohio TAC 20/50K Championships, Columbus, Ohio. John White, 4865 Arthur Place, Columbus, OH 43220. 614/424-7011 (days).

November 16. Ohio TAC Open and Masters X-Country Championships, Lancaster, Ohio. See November 10.

November 24. Midwest Masters 5K Cross-country, Veteran's Park, Rt. 175 & Walkup St., Crystal Lake, Ill. Open to all ages. 10 a.m. W. Miller, 7250 N. Cicero, Lincolnwood, ILL 60646. 312/234-2154.

December 29. Midwest Masters 30K Road Race, Lake Bluff Jr. H.S., Rt. 176 & Sheridan Rd., Lake Bluff, Ill. 9 a.m. Open to all ages. W. Miller, 7250 N. Cicero, Lincolnwood, IL 60646. 312/234-2154.

MID-AMERICA

November 17. St. Louis Marathon, St. Louis, Mo. St. Louis TC, 6611 Clayton Rd., St. Louis, MO 63117.

WEST

November 2. Foot Locker Partners National Finals, Los Angeles. Walt Walston, 213/396-7727.

November 3. Phoenix 10K, Phoenix, Ariz. H. Beller, 4602 N. 16th St., Phoenix, AZ 85016. 602/241-0995.

November 3. 9th Santa Barbara Half-Marathon, Santa Barbara, Calif. John Brennan, P.O. Box 6616, Santa Barbara, CA 93160. 805/964-2591.

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

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

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

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

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

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

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

January 25. Paramount 10K, Special "World Masters" Division Race, Paramount, Calif. Qualifying standards. Pre-registration only. No entry fee. SASE to Oscar J. Rosales, P.O. Box 696, Paramount CA 90723. 213/634-3027.

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

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



Wally Ingram shaking hands with Bill Rodgers at the Cable Stars 5/10K Run, Oxnard, Calif., August 10. Ingram was second M50 in the 5K (18:16). Rodgers won the 10K (29:03).

CANADA

November 3. Ontario Masters Cross-Country Championships (10K), Earl Bales Park, Toronto, M/W 35+. Mike Freeman, 154 Cactus Ave., #57 Willowdale, Ontario M2R 2V3.



Scouting the long jump pit is Joann Grissom, W45, Indiana, at National Track and Field Championships, Indianapolis.

Photo by Gretchen Snyder

INTERNATIONAL

November 9. Rosarito Beach 5/10K Holiday Run, Rosarito Beach, Baja California, Mexico. SASE to Finish Line International, 5302 Clark Cir., Westminster, CA 92683. 714/892-2759.

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

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

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

ON TAP FOR NOVEMBER

TRACK & FIELD

You have to go south of the 29th parallel to find a major U.S. meet this month, which means you're in Florida for the Golden Age Games in Sanford on the 9th or the Running Pentathlon in Clearwater on the 17th. Farther south are the San Juan, Puerto Rico Championships on the 9th. And if you've ever wanted an excuse to visit Argentina, here's your chance — the International Veterans Meet in Buenos Aires on the 30th.

LONG DISTANCE RUNNING

It's that cross-country time of the year again. Ambitious hill-and-dalers can compete in three U.S. TAC National X-C Championships — the 10K in Syracuse on the 3rd; the 15K in New York City on the 17th; and the 5K in Raleigh on the 29th — the day after Thanksgiving.

The U.S. TAC National Masters Marathon Championships are being held as part of the annual Marine Corps Marathon in Washington, D.C. on the 3rd.

Other top events include the Ontario Masters 10K X-C in Toronto on the 3rd; Wendy's 10K in Kentucky on the 9th; the Ohio Masters X-C Championships in Lancaster on the 16th; the St. Louis Marathon on the 17th; the Independence Marathon in Philadelphia on the 24th; and the Midwest Masters 5K X-C near Chicago on the 24th. □



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

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.

1985 INTERIM 15-KILOMETER ROAD RANKINGS

Compiled by the National Running Data Center reflecting all certified 15K road events received and processed as of September 9, 1985. Any additions or corrections should be sent to NRDC, P.O. Box 42888, Tucson AZ 85733.

15 kilometers		Open Men	
43:07	Tom Wysocki	28	Canyon Lake CA 9 Feb, FL-A
43:09	Ivan Huff	25	San Luis Obspo CA 9 Feb, FL-A
43:15	Mark Curp	26	Lees Summit MO 9 Feb, FL-A
44:00	Jon Sinclair	27	Ft Collins CO 30 Jun, OR-A
44:08	Paul Gorman	29	Swampscott MA 9 Feb, FL-A
44:17	John Wellerding	31	Louisville KY 30 Jun, OR-A
44:30	John Tuttle	26	St Louis MO 12 Jan, FL-A
44:35	Peter ffitch	25	Portland OR 30 Jun, OR-A
44:37	Keith Brantly	22	Gainesville FL 12 Jan, FL-A
44:45	Carmello Rios	25	San Luis Obspo CA 9 Feb, FL-A

15 kilometers		Men- 35 thru 39	
44:47	Bill Rodgers	37	Sherborn MA 9 Feb, FL-A
46:17	Duncan Macdonald	36	Kailua HI 7 Apr, HI-A
47:14	Steve Flanagan	37	Boulder CO 30 Jun, OR-A
48:16	Robert Darling	35	San Francisco CA 16 Mar, CA-A
48:33	Wes Wessely	37	Stone Mtn GA 30 Jun, OR-A
48:49	Rick Katz	36	Boulder CO 30 Jun, OR-A
49:15	Ed Stenberg	37	Winston-Salem NC 18 May, NC-A
49:17	Thomas O'Connor	36	Smyrna GA 9 Feb, FL-A
49:36	Coswell DePeiza	35	Gainesville FL 9 Feb, FL-A
49:41	Peter Kanfer	36	Pasadena CA 30 Jun, OR-A
foreign			
43:02	Joseph Nzau	35	Laramie WY 30 Jun, OR-A/KEN

15 kilometers		Men- 40 thru 44	
46:22	Barry Brown	40	Glens Falls NY 9 Feb, FL-A
47:41	Tracy Smith	40	Bishop CA 30 Jun, OR-A
48:25	Damien Koch	43	Pt Collins CO 30 Jun, OR-A
48:48	Don Coffman	41	Frankfort KY 9 Feb, FL-A
49:07	Mike Heffernan	44	Portland OR 30 Jun, OR-A
49:12	Bruce Mortenson	41	Minnetonka MN 5 May, MN-A
49:33	Joe Becerra	42	Burlingame CA 16 Mar, CA-A
49:50	Chris Loosley	40	Morgan Hill CA 16 Mar, CA-A
49:55	Bill Stewart	42	Ann Arbor MI 9 Feb, FL-A
50:02	Derck Frechette	40	Rochester NY 9 Feb, FL-A
foreign			
45:51	Antonio Villaneuva	44	Jalapa MEX 30 Jun, OR-A/MEX
46:09	Gunter Mielke	42	Alsbach FRG 30 Jun, OR-A/FRG
46:26	Paddy Murphy	40	IRE 9 Feb, FL-A/IRE
48:03	Atlaw Belilgne	40	Houston TX 9 Feb, FL-A/ETH
48:10	Graham Tattersall	40	Wellington NZL 30 Jun, OR-A/NZL
49:21	Jan Andersen	40	Oslo NOR 30 Jun, OR-A/NOR

15 kilometers		Men- 45 thru 49	
47:28	Sal Vasquez	45	Alameda CA 16 Mar, CA-A
49:11	Dan Conway	46	Chetek WI 9 Feb, FL-A
50:46	Bill Fuller	45	Livonia NY 9 Feb, FL-A
50:51	John Brennan	49	Santa Barbara CA 30 Jun, OR-A
51:10	Darryl Beardall	48	Santa Rosa CA 16 Mar, CA-A
51:14	George Buckner	46	Castle Rock WA 30 Jun, OR-A
51:16	Joe Burgasser	46	St Petersburg FL 9 Feb, FL-A
51:18	James Gallup	49	Honolulu HI 7 Apr, HI-A
51:57	Robert Nelson	45	Salt Lake City UT 5 May, MN-A
52:28	Rick Kleyman	45	Plymouth MN 5 May, MN-A

15 kilometers		Men- 50 thru 54	
49:24	Norman Green	53	Wayne PA 30 Jun, OR-A
50:47	Ray Hatton	53	Bend OR 30 Jun, OR-A
52:29	Bill Foulk	52	Raymond NH 5 May, MN-A
54:26	Jack Martin	50	Mukilteo WA 30 Jun, OR-A
54:33	David Long	53	12 Jan, FL-A
54:54	Myron Nevraumont	50	Fremont CA 16 Mar, CA-A
55:14	Erv Tolkinen	50	Anoka MN 5 May, MN-A
55:20	Morton Gray	53	Santa Rosa CA 16 Mar, CA-A
55:22	Arlen Sunn	50	Minneapolis MN 5 May, MN-A
55:26	George Herd	50	Eureka CA 30 Jun, OR-A
foreign			
52:15	Bruce Holtzman	50	West Vancouver BC 30 Jun, OR-A/CAN
54:14	Derek Mahaffey	50	Bellevue WA 19 Jan, WA-A/GBR

15 kilometers		Men- 55 thru 59	
53:25	Howard Rubin	56	New Hartford NY 9 Feb, FL-A
53:53	Gaylon Jorgensen	55	Highland UT 5 May, MN-A
55:17	Tony Sapienza	56	Bradford MA 5 May, MN-A
56:02	Jim Blount	55	Orlando FL 12 Jan, FL-A
57:10	Patrick Davine	56	San Pedro CA 4 Jul, CA-A
57:19	Orlo Keniston	57	Seattle WA 23 Mar, WA-A
57:25	Herb Chisholm	58	Alexandria VA 16 Mar, DC-A
57:39	Buz Masters	56	Troutdale OR 30 Jun, OR-A
58:46	Scott Hamilton	57	Honolulu HI 7 Apr, HI-A
59:13	James Parks	55	Jacksonville FL 9 Feb, FL-A

15 kilometers		Men- 60 thru 64	
57:02	Alex Ratelle	60	Edina MN 5 May, MN-A
1:01:14	Lloyd Young	61	Grantsburg WI 5 May, MN-A
1:01:55	Naoto Inada	63	Honolulu HI 7 Apr, HI-A
1:02:30	Bart Ross	62	Casselberry FL 9 Feb, FL-A
1:02:35	John Burton	62	Wayzata MN 5 May, MN-A
1:04:09	Millard Shumate	63	Tampa FL 9 Feb, FL-A
1:04:49	Robert DeChene	61	Danville CA 16 Mar, CA-A
1:05:39	Bill Williams	60	Poulsbo WA 30 Jun, OR-A
1:07:25	Anders Jacobsen	60	Lake Stevens WA 30 Jun, OR-A
1:08:03	Herb Noble	60	Robbinsdale MN 5 May, MN-A

15 kilometers		Men- 65 thru 69	
58:42	Clive Davies	69	Tillamook OR 30 Jun, OR-A
1:02:49	George Sheehan	66	Red Bank NJ 9 Feb, FL-A
1:03:11	Donald Dilworth	66	Escondido CA 30 Jun, OR-A
1:07:22	Bernard Ryan	66	Seminole FL 9 Feb, FL-A
1:08:01	Louis Preysz	68	Madison WI 9 Feb, FL-A
1:09:03	John Woods	67	Washington DC 16 Mar, DC-A
1:09:17	James Ward	67	Seminole FL 9 Feb, FL-A
1:09:36	Grant Valentine	67	Olympia WA 30 Jun, OR-A
1:09:59	Alex Roth	65	Honolulu HI 7 Apr, HI-A
1:14:01	Joe Norris	66	Sarasota FL 9 Feb, FL-A

15 kilometers		Men- 70 thru 74	
1:04:00	Eugene Keller	70	Cincinnati OH 9 Feb, FL-A
1:13:33	Jim Miller	71	Woodacre CA 16 Mar, CA-A
1:14:45	Dean Scofield	73	Los Angeles CA 4 Jul, CA-A
1:19:20	Masato Shibasaki	72	Honolulu HI 7 Apr, HI-A
1:21:02	John Williams	70	Park Forest IL 9 Feb, FL-A
1:22:32	Don Ross	71	Mill Valley CA 16 Mar, CA-A
1:24:16	George Story	73	Sarasota FL 9 Feb, FL-A
1:24:41	Clayton Moran	70	Dunedin FL 9 Feb, FL-A
1:27:59	Eugene Hess	73	Selah WA 30 Jun, OR-A
1:28:17	Bud Deacon	73	Honolulu HI 7 Apr, HI-A

15 kilometers		Men- 75 thru 79	
1:07:09	Ed Benham	77	Ocean City MD 9 Feb, FL-A
1:40:06	Norbert Fuller	76	Tampa FL 9 Feb, FL-A
1:49:11	Gordon Sherbeck	78	Vancouver WA 30 Jun, OR-A

15 kilometers		Men- 80 thru 84	
2:59:01	Theodore Hyde	81	The Dalles OR 30 Jun, OR-A

15 kilometers		Men- 85 thru 89	
1:35:20	Paul Spangler	86	San Luis Obspo CA 18 May, NC-A

15 kilometers		Open Women	
49:54	Lisa Weidenbach	23	Marblehead MA 30 Jun, OR-A
50:08	Leslie Welch	22	Allston MA 30 Jun, OR-A
50:18	Maureen Custy	29	Pt Collins CO 30 Jun, OR-A
50:43	Kellie Cathey	23	Mesa AZ 30 Jun, OR-A
50:44	Gail Kingma	24	Seattle WA 30 Jun, OR-A
51:11	Carla Borovicka	23	Tallahassee FL 9 Feb, FL-A
51:29	Jan Merrill	29	New London CT 30 Jun, OR-A
51:31	Janine Aiello	26	Fremont CA 16 Mar, CA-A
51:40	Julie Ispording	23	Cincinnati OH 9 Feb, FL-A
51:41	Cathie Twomey	28	Eugene OR 30 Jun, OR-A

15 kilometers		Women- 35 thru 39	
53:33	Laurie Binder	37	Oakland CA 16 Mar, CA-A
57:06	Cheryl Flanagan	37	Boulder CO 30 Jun, OR-A
57:15	Judy Greer	38	Orlando FL 9 Feb, FL-A
57:34	Ann Danzer	37	Helena MT 30 Jun, OR-A
57:56	Jane Millsbaugh	37	Boca Raton FL 9 Feb, FL-A
58:45	Hilary Naylor	38	Oakland CA 16 Mar, CA-A
58:55	Pat Sher	37	Jacksonville FL 9 Feb, FL-A
59:28	Diane Stoneking	37	Minneapolis MN 5 May, MN-A
59:37	Karen Duncan	37	Portland OR 30 Jun, OR-A
1:00:20	Shirl Schmitt	38	Honolulu HI 7 Apr, HI-A
foreign			
57:12	Juana Stavolone	39	San Jose CA 16 Mar, CA-A/ESP

15 kilometers		Women- 40 thru 44	
54:56	Shirley Matson	44	Solana Beach CA 9 Feb, FL-A
56:56	Carol Flexer	42	Bellevue WA 30 Jun, OR-A
57:12	Bette Poppers	42	Littleton CO 9 Feb, FL-A
57:47	Karen Lanterman	40	Burlingame CA 16 Mar, CA-A
58:09	Yvonne Rodgers	42	Seminole FL 9 Feb, FL-A
58:34	Judy Kewley	40	Simi Valley CA 30 Jun, OR-A
58:49	Harolene Walters	41	El Toro CA 30 Jun, OR-A
58:55	Karen Bestul	42	Lincoln NE 9 Feb, FL-A
59:32	Levi Query	40	Portland OR 30 Jun, OR-A
59:59	Julie Stiles	42	Seattle WA 19 Jan, WA-A
foreign			
50:15	Priscilla Welch	40	Boulder CO 30 Jun, OR-A/GBR

Continued from previous page

15 kilometers		Women- 45 thru 49	
1:00:30	Karen Scannell	46	San Francisco CA 16 Mar,CA-A
1:01:43	Patti Sudduth	45	Crawfordville FL 30 Jun,OR-A
1:01:44	Laura Tingle	48	Bradenton FL 9 Feb,FL-A
1:01:46	Joan Reiss	47	San Rafael CA 16 Mar,CA-A
1:02:38	Heidi Skaden-Poyser	47	Sacramento CA 16 Mar,CA-A
1:02:40	Pat Whittingslow	45	Oakland CA 16 Mar,CA-A
1:03:59	Patti Buholm	49	Honolulu HI 7 Apr,HI-A
1:04:08	Susie Bartels	48	Kailua HI 7 Apr,HI-A
1:04:17	Nancy Hellyer	49	Steilacoom WA 30 Jun,OR-A
1:04:32	Karen Ammons	45	Columbus GA 19 Jan,GA-A

15 kilometers		Women- 50 thru 54	
1:05:50	Nancy McCormick	50	Omaha NE 9 Feb,FL-A
1:07:44	Martha Maricle	51	San Francisco CA 16 Mar,CA-A
1:08:04	Mickey Armstrong	54	Edina MN 5 May,MN-A
1:08:18	Ruth Waters	51	San Carlos CA 16 Mar,CA-A
1:08:24	Mae Horns	51	Edina MN 5 May,MN-A
1:08:57	Jo Ann Phillips	50	Corvallis OR 30 Jun,OR-A
1:11:21	Carol Gross	50	Portland OR 30 Jun,OR-A
1:11:57	Barbara Meadows	54	Tucson AZ 5 Jan,AZ-A
1:11:58	Joan Klopfer	53	Portland OR 30 Jun,OR-A
1:12:27	Jo Sullivan	52	Sonora CA 30 Jun,OR-A

15 kilometers		Women- 55 thru 59	
1:08:09	Frances Sackerman	55	Burlingame CA 16 Mar,CA-A
1:09:16	Billie Murphy	58	Tacoma WA 30 Jun,OR-A
1:13:25	Alix Gravenstein	56	Gainesville FL 9 Feb,FL-A
1:13:36	Alice Turowski	57	Portland OR 30 Jun,OR-A
1:14:48	Mary Lou Carlson	57	Minneapolis MN 5 May,MN-A
1:15:56	Diane Goulett	55	Minneapolis MN 5 May,MN-A
1:17:22	Dorothy Laker	55	Tampa FL 9 Feb,FL-A
1:18:57	Nola Bruhn	56	Seattle WA 23 Mar,WA-A
1:19:13	Pepper Davis	58	Orlando FL 12 Jan,FL-A
1:19:37	Angela Saldana	57	Cocoa Beach FL 12 Jan,FL-A

15 kilometers		Women- 60 thru 64	
1:07:33	Helen Dick	60	Los Angeles CA 4 Jul,CA-A
1:10:44	Anne Trigg	60	St Petersburg FL 9 Feb,FL-A
1:15:15	Mary Storey	61	Riverside CA 30 Jun,OR-A
1:16:54	Jaclyn Caselli	63	San Jose CA 16 Mar,CA-A
1:19:43	Lucille Mancini	61	Sarasota FL 9 Feb,FL-A
1:31:08	Evanita Midkiff	62	Honolulu HI 7 Apr,HI-A
1:31:20	Catherine Losacano	61	12 Jan,FL-A
1:31:47	Lorraine Purnell	60	Salem OR 30 Jun,OR-A
1:32:12	Juanita Williams	62	Odessa FL 9 Feb,FL-A
1:33:07	Jane Brown	62	Corvallis OR 30 Jun,OR-A

15 kilometers		Women- 65 thru 69	
1:18:04	Algene Williams	69	Park Forest IL 9 Feb,FL-A
1:24:45	Margaret Lee	65	Honolulu HI 7 Apr,HI-A
1:26:00	Josephine Hess	67	Selah WA 30 Jun,OR-A
1:31:11	Helen Reiter	67	Palm Harbor FL 9 Feb,FL-A
1:36:55	Kikue Kimoto	68	Wahiawa HI 7 Apr,HI-A
1:40:17	Gay Rutledge	65	Caldwell ID 30 Jun,OR-A
1:41:59	Grace Schweitzer	67	Santa Barbara CA 4 Jul,CA-A
1:58:23	Bonnie Kolsom	67	Honolulu HI 7 Apr,HI-A

15 kilometers		Women- 70 thru 74	
2:05:14	Adaline Crocker	73	Honolulu HI 7 Apr,HI-A
2:05:18	Thelma Greig	70	Honolulu HI 7 Apr,HI-A
2:15:05	Anita Pereira	73	Waianae HI 7 Apr,HI-A
2:28:38	Helen Stout	74	Seattle WA 23 Mar,WA-A

15 kilometers		Women- 75 thru 79	
1:29:33	Anne Clarke	75	Glen Ellyn IL 9 Feb,FL-A
1:38:03	Mavis Lindgren	78	Orleans CA 30 Jun,OR-A
1:49:25	Alta Truex	75	Beallsville OH 8 Jun,OH-A

15 kilometers		LIST OF 1985 RACES	
AZ 5 Jan	Tucson	Emily Gray (split)	49 49
CA 16 Mar	Ross	Ross Valley	663 663
CA 4 Jul	Goleta	Semana Nautica	202 202
DC 16 Mar	Washington	Hains Point	24 24
FL 12 Jan	Longwood	Red Lobster	567 567
FL 9 Feb	Tampa	Gasparilla	5295 5295
GA 19 Jan	Pine Mountain	Callaway Gardens	243 243
HI 7 Apr	Honolulu	Norman Tamanaha	1020 1020
IL 15 Jun	Peoria	Steamboat Classic	333 333
MN 5 May	Edina	Minnesota Masters	284 284
10			
NY 31 Mar	Chenango Forks	Forks XV	204 204
NC 18 May	Durham	Duke Children's Classic	327 327
OH 8 Jun	St Clairsville	St Clair Classic	256 256
OK 2 Feb	Ponca City	Groundhog Day	39 39
OR 30 Jun	Portland	Cascade Run-Off	6685 6685
SD 11 May	Brookings	Jim Emerich	8 8
WA 19 Jan	Seattle	Challenge Cup	167 167
WA 23 Mar	Seattle	Northwest Masters	49 49

TOTAL REPORTED FINISHERS 16,415

Continued from page 33

10000m			
M30 E Carrillo	34:13		
J Perez	34:23		
C Marmolejo	36:08		
M35 A Ramirez	33:44		
J Aleman	34:04		
P Mendez	34:29		
M40 J Aguilar	36:25		
J Aleman	36:40		
E Cabrera	36:57		
M45 P Aceves	38:29.5		
P Valdez	39:32.5		
J Esquivel	40:22.4		
M50 R Hardy	40:11		
F Muniz	41:30		
C Rodriguez	47:57		
M55 N Solis	43:08		
A Sanchez	44:11		
J Navarro	46:22		
M60 M Flores	46:22		
M65 D Montoya	51:04		
M70 T Palacios	49:07		
F Solana	51:07		
4x100m Relay			
M30-39 Jalisco (Salas, Bedoy, Cuellar, Riso)	49.20		
Veracruz (Leon, Perez, Lara, Andrade)	50.48		
Guajuato (Zermeno, Aguilera, Rubio, ----)	51.70		
M40-49 D.F. (Wong, Lopez, Garcia, Mata)	51.55		
Veracruz (Pacheco, Perez, Ramos, Cruz)	51.79		
Jalisco (Aguilar, Jimenez, Marquez, Gonzalez)	55.05		
M50-59 S.L. Pto. (Ramirez, Lopez, Martinez, Torres)	1:01.20		
U30-39 Jalisco-A	1:04.59		
Jalisco-B	1:10.18		
Veracruz	1:11.00		
4x400m Relay			
M30-39 Tamaulipas	3:55.22		
Guajuato	3:56.05		
Veracruz	4:12.05		
M40-49 S Luis Pto.4	4:14.44		
M50-59 S Luis Pto.4	4:50.45		
100mH			
W30 Y Marin	16.30		

110mH			
M30 R Hurtado	18.10		
M40 D Ramos	18.40		
E Rodriguez	20.70		
M45 J Contreras	19.38		
400mH			
M30 G Diaz	1:02.03		
F Ortiz	1:04.28		
R Zermeno	1:05.12		
M35 J Loranca	1:01.29		
M40 E Narvaez	1:10.20		
V Garcia	1:14.53		
M Olivares	1:14.69		
M50 A Mata	1:11.93		
M55 J Carrillo	1:12.45		
5000m Walk			
M30 M Ramirez	26:59		
E Rodriguez	32:01		
M35 I Tenorio	26:36		
A Guitian	27:43		
G Amescua	28:11		
M40 V Garcia	28:32		
C Martinez	31:44		
R Leos	38:30		
M45 J Alonso	31:20		
S Cazares	32:14		
M50 F Lopez	33:53		
I Santos	37:05		
M55 F Polaco	35:00		
High Jump			
M30 J Manzo	1.60		
J Gomez	1.40		
M Aguilera	1.35		
M35 M Torres	1.27		
M40 J Avila	1.40		
V Garcia	1.35		
E Cortez	1.35		
M50 I Santos	1.27		
Long Jump			
M30 J Manzo	5.26		
J Aguilera	4.60		
R Gutierrez	4.16		
M35 H Pimentel	5.06		
M Torres	5.04		
V Rojas	4.68		
M40 D Ramos	5.16		
S Paniagua	4.54		
E Cortez	4.36		
M45 G Escobedo	4.54		
J Fernandez	4.44		
J Ramirez	4.06		
M50 M Wong	4.30		
M65 R Higuera	2.96		

W30 Y Marin	4.38		
L Rizo	3.86		
M Gonzalez	3.82		
Triple Jump			
M30 J Manzo	11.00		
J Gomez	9.68		
J Aguilera	9.38		
M35 M Torres	10.14		
H Diaz	9.84		
D Carrizalez	9.80		
M40 D Ramos	10.08		
E Rodriguez	9.64		
V Garcia	8.42		
M45 G Hermosillo	9.40		
A Gonzalez	7.32		
M50 M Wong	8.94		
M55 R Ramirez	8.20		
Shot Put			
M30 T Elvira	9.26		
M35 F Ramos	11.25		
F Diaz	10.22		
J Vargas	9.41		
M40 G Luna	10.94		
E Arroyo	10.65		
H Cantu	10.26		
M45 J Arana	9.66		
F Benavente	9.40		
R De La Cueva	8.30		
M50 J Drendain	10.02		
W35 C Nunez	9.84		
W40 B Sandoval	5.88		
W55 A Viveros	6.85		
Discus			
M30 T Elvira	26.42		
R Zermeno	23.38		
M Ramirez	19.04		
M35 F Ramos	27.95		
J Vargas	23.72		
D Martinez	23.50		
M40 E Arroyo	40.00		
G Luna	30.18		
H Loya	29.79		
M45 R De La Cueva	29.03		
F Benavente	28.48		
M50 J Drendain	25.49		
D Gonzalez	21.32		
M60 G Vargas	15.83		
W35 C Nunez	31.32		
W40 G Contreras	20.14		
W55 A Viveros	13.40		

Javelin			
M30 J Gomez	31.06		
M35 F Ramos	34.28		
J Vargas	34.10		
H Salas	26.14		
M40 J Avila	36.72		
H Gonzalez	33.50		
C Ortiz	31.40		
M45 J Maldonado	33.34		
R Celada	31.72		
R De La Cueva	25.54		
M50 M Wong	32.86		
O Gonzalez	26.76		
M55 J Carrillo	28.26		
W35 C Nunez	22.42		
W40 G Contreras	19.30		
B Garcia	9.88		
W55 A Viveros	13.68		
Hammer			
M30 T Elvira	37.64		
M35 F Ramos	28.02		
D Martinez	17.04		
C Castelan	15.56		
M40 H Gonzalez	23.86		
G Martinez	21.52		
H Loya	20.06		
M45 F Benavente	34.84		
J Nunez	34.58		

20 kilometers		Age Record Update	
36 1:00:24	Bill Rodgers	23 Dec 47	Sherborn MA
37 1:03:45	Bill Rodgers	23 Dec 47	Sherborn MA
48 1:09:38	Darryl Beardall	22 Oct 36	Santa Rosa CA
68 1:25:59	Ed Vuolo	3 Apr 16	New Haven CT
77 1:32:14	Ed Benham	12 Jul 07	Ocean City MD
86 2:56:32	Earl Bailey	29 Jan 99	Falls Church VA
13F 1:22:16	Lora Cartwright	25 Oct 61	Muncie IN
19F 1:14:09	Julie Shea	3 May 59	Raleigh NC
20F 1:14:55	Sally Strauss	11 Jun 60	Somerville MA
23F 1:12:15	Julie Ispording	5 Dec 61	Cincinnati OH
25F 1:06:52	Cathie Twomey	14 Oct 56	Eugene OR
27F 1:11:35	Nancy Konz	1 May 57	Southampton MA
30F 1:13:02	Nancy Ditz	25 Jun 54	Menlo Park CA
31F 1:12:22	Agnes Ruane	27 Jan 53	Prospect CT
34F 1:12:52	Kathy Northrop	4 Jul 50	Durham NE
35F 1:15:52	Andrea Burke	7 May 50	Endicott NY
37F 1:13:13	Laurie Binder	10 Aug 47	Oakland CA
45F 1:19:08	Anne Bing	29 Mar 39	Old Lyme CT
47F 1:26:54	Heidi Skaden	23 Jul 37	Sacramento CA
55F 1:31:24	Ruth Anderson	27 Jul 29	Oakland CA

15 kilometers		Age Record Update	
45 47:28	Sal Vasquez	15 Dec 39	Alameda CA
53 49:24	Norm Green	27 Jun 32	Wayne PA
69 58:42	Clive Davies	7 Aug 15	Tillamook OR
86 1:35:20	Paul Spangler	18 Mar 99	San Luis Obspo CA
22F 50:08	Leslie Welch	12 Mar 63	Allston MA
23F 49:54	Lisa Weidenbach	13 Dec 61	Marblehead MA
29F 50:18	Maureen Custy	31 Aug 55	Ft Collins CO
30F 52:13	Nancy Ditz	25 Jun 54	Menlo Park CA
37F 53:33	Laurie Binder	10 Aug 47	Oakland CA
60F 1:07:33	Helen Dick	4 Aug 24	Los Angeles CA
61F 1:15:15	Mary Storey	4 May 24	Riverside CA
67F 1:26:00	Josephine Hess	10 Apr 18	Selah WA
78F 1:38:03	Mavis Lindgren	2 Apr 07	Orleans CA

TRACK & FIELD RESULTS

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

NEW ENGLAND

SRI CHINMOY MASTERS GAMES Greenwich, Conn.; July 27

100m	
M50 R Bacote	51 14.18
R Balzak	57 14.39
D Henry	58 15.52
M60 D Harris	61 13.73
D Brown	60 14.83
R Wiley	60 15.42
M70 J McCluskie	74 19.84
W50 S Kallai	55 18.54
A Cirulnick	50 18.70
A Kearney	59 19.00
W60 A Alaimo	60 22.11
V Finnerty	65 24.60
A Zarro	65 29.21
W70 J Odry	78 47.10

200m	
M50 J Kelly	56 27.24
R Bacote	51 30.57
M Herscher	59 34.57
M60 D Brown	60 32.01
D Harris	63 32.52
G Brown	60 32.59
M70 H McArdle	79 40.72
J McCluskie	74 43.81
J Sperber	70 67.18
W50 S Kallai	55 39.54
A Kearney	59 42.34
G Bruner	54 47.22
W60 A Alaimo	60 50.94
W70 J Odry	78 1:49.16

400m	
M50 P O'Connell	57 1:04.23
A Reid	55 1:07.75
A Catz	50 1:14.13
M60 W Lunsford	61 1:07.77
D Brown	60 1:10.01
G Brown	60 1:10.60
W50 S Kallai	55 1:32.95
G Meer	50 1:42.88
I Gaib	51 1:56.63
W60 A Alaimo	60 2:13.87

1500m	
M50 B Urdiales	51 4:56.60
A Reid	55 5:06.00
J Kerman	55 5:21.00
M60 W Lunsford	61 5:11.80
W Rios	68 5:54.90
E Bachman	62 6:28.90
W50 S Kallai	55 7:00.86
G Meer	50 7:59.05
C Herdes	50 9:36.00
W60 A Alaimo	60 9:03.30

Women's 3000m Run	
W50 S Kallai	55 15:08.40
G Meer	50 18:20.55
C Herdes	50 20:14.51
W60 A Alaimo	60 20:41.72

Men's 5000m Run	
M50 D Lein	51 20:23.68
G Ordonez	51 21:10.00
C Morales	51 23:14.05
M60 S Richardson	65 19:21.17
W Lunsford	61 19:43.20
G Brown	60 20:17.04
M70 R Fredner	72 nta

High Jump	
M50 R Bacote	51 4-4
P Carstensen	53 4-4
S Trichur	50 4-0
M70 W Eipel	72 3-6
W50 V Anctil	52 2-8
C Herdes	50 2-3
W60 A Zarro	65 3-6
A Alaimo	60 2-3

Long Jump	
M50 P Carstensen	53 4.59
R Bacote	51 4.24
F Rosa	51 3.84
M60 W Lunsford	61 3.56
D Harris	63 3.32
M70 H McArdle	79 2.52
J McCluskie	74 2.48

Shot Put	
Reid, Don	61 37'10"
Coleman, Bill*	67 34'5"
Curran, Ned	56 33'5"
Garthune, Bill*	77 32'3"
Carle, H.W.*	53 27'2"
Rubenstein, Al*	77 19'9"

W50 G Harding	51 1.82
V Anctil	52 1.78
C Herdes	50 1.39
W60 A Zarro	65 1.81
A Alaimo	60 1.25

Shot Put	
M50 P Carstensen	53 12.78
M Kintish	52 12.15
D Henry	58 10.12
M60 P Sereghy	69 10.62
E Pascal	67 8.79
D Roberts	62 7.73
M70 W Eipel	72 11.32
J McLusky	74 8.31
H McArdle	79 6.82
W50 A Cirulnick	50 9.41
V Anctil	52 4.94
C Herdes	50 4.74
W60 A Zarro	65 5.44
A Alaimo	60 5.21

Discus	
M50 M Kintish	52 44.22
P Carstensen	53 32.47
D Henry	58 27.03
M70 W Eipel	72 31.23
J McLusky	74 23.14
H McArdle	79 16.87
W50 A Cirulnick	50 21.36
S Kallai	55 12.42
V Anctil	52 11.62
W60 A Zarro	65 11.65
A Alaimo	60 9.60
M Paradis	65 8.22

Javelin	
M50 P Carstensen	53 34.10
M Kintish	52 33.87
D Henry	58 20.27
M60 D Harris	63 29.72
E Pascale	67 16.65
M70 W Eipel	72 28.09
J McLuskie	74 19.34
H McArdle	79 16.06
W50 A Cirulnick	50 16.16
S Minoli	58 8.21
S Kallai	55 6.13
W60 V Finnerty	65 9.74
A Zarro	65 6.95
A Alaimo	60 5.39

ALL-COMERS WEIGHT MEETS Hanover, N.H.

August 31	
Shot Put	
C Wallin	43 54-0
A Neville	41 43-2
B Heath	45 38-8 1/2

Discus	
M Grisko	38 142-10
C Wallin	129-8
A Neville	115-2

Hammer 16#	
C Wallin	159-9
M Grisko	125-11
A Neville	115-2

Javelin	
B Youngs	169-8

September 8	
Shot Put	
C Wallin	43 55-6"
B Mead	41 50-9
A Neville	41 43-4 3/4
B Atwood	51 29-8 12#
B Gourley	41 29-1 3/4

Discus	
M Grisko	38 163-9
B Mead	142-5
C Wallin	129-8
A Neville	121-5
B Gourley	90-9

Hammer 16#	
B Mead	166-8
C Wallin	158-10
M Grisko	138-3
B Gourley	129-3
A Neville	116-4

Shot Put	
Reid, Don	61 111'
Guzman, Doug*	32 106'10"

Javelin	
Lockett, Chris	17 135'6"
Carle, H.W.*	53 100'4"
Reid, Don	61 96'
Curran, Ned	56 87'6"
Montague, Charles	16 54'6"

Hammer Throw	
Reid, Don	61 111'
Guzman, Doug*	32 106'10"

Javelin	
Lockett, Chris	17 135'6"
Carle, H.W.*	53 100'4"
Reid, Don	61 96'
Curran, Ned	56 87'6"
Montague, Charles	16 54'6"

EAST

PVSTC DEVELOPMENTAL TRACK & FIELD MEETS St. Stephens School, Alexandria VA

August 4, 1985

1500m Racewalk	
Luoma, Keith	23 6:38
Coxrallo, Sal*	54 6:45
Robertson, Paul*	46 8:33
Bolman, Joel*	54 8:45
Croneberg, Carl*	55 9:12
Seeger, Ed	69 9:15
Dexter, Wayne*	70 9:42
Lukes, Dick*	66 10:25

1500m Run	
Dare, Jim	4:18
Eddy, Dan	4:20
Bell, Steve	4:21
Vehorn, Chuck*	38 4:25
Timmerman, Mark	30 4:26
Cross, Harry	41 4:27
Snow, Butch	38 4:42
McCarten, Kevan	25 4:44
Kurihara, Tom*	49 5:02
Robertson, Paul*	46 5:56

800m Run	
Lauffer, Peter	18 2:01
Dare, Jim	2:10
Timmerman, Mark	30 2:15
Small, Keith	2:25
?	
Guzman, Karen*	F 9 3:38
Kurihara, Tom*	49 3:38
Robertson, Paul*	46 3:40

400m Dash	
Powell, Gary	20 54.2
McCarten, Don*	55 60.7
Snow, Butch	38 63.3
Suid, Larry*	47 65.9
Kurihara, Tom*	49 66.7
Crockett, Jim	20 67.0
Martin, John*	58 67.2
Robertson, Paul*	46 80.2
Guzman, Karen*	F 9 2:06.5

200m Dash	
Powell, Gary	20 22.28
Peters, Bert*	36 22.96
Fadell, Ricardo	24 23.12
Smith, DeMaurice	21 24.40
Kandratavich, Mike	25 24.21
Sherlock, Kevin*	40 24.78
Lauffer, Peter	18 25.44
Johnson, Marc	18 25.44
Brown, Harold	13 26.19
Holman, Joel*	54 27.2
McCarten, Don*	55 27.88
Angela	F 14 28.1
Suid, Larry*	47 28.62
Chestnut, Said	12 31.50
Engstrom, Gustav	60 31.96
Robertson, Paul	46 35.12
Guzman, Karen*	F 9 36.5
Guzman, Lauren*	F 5 52.8

3000m Run	
Webb, George	30 10:50
Hewson, Newlie*	62 11:43
Kurihara, Tom*	49 11:44

3000m Racewalk	
Luoma, Keith	23 14:42
Corrallo, Sal*	54 14:49
Robertson, Paul*	46 18:29
Holman, Joel*	54 19:11
Croneberg, Carl*	55 19:42
Seeger, Ed	69 19:49
Dexter, Wayne*	70 20:06
Lukes, Richard*	66 20:54

100m Dash	
Smith, DeMaurice	21 11.08
Fadell, Ricardo	24 11.27
Peters, Bert*	36 11.27
Powell, Gary	20 11.29
Lauffer, Peter	18 12.12
Johnson, Marc	18 12.14
Sherlock, Kevin*	40 12.2
Kandratavich, Mike	25 12.2
Holman, Joel*	54 13.51
Angela	F 14 13.64
McCarten, Don*	55 13.7
Robertson, Paul*	46 15.5
Guzman, Karen*	F 9 17.45
Guzman, Lauren*	F 5 23.0

Triple Jump	
Lockett, Chris	17 42'2"

High Jump	
Robertson, Paul*	46 3'3"

Long Jump	
Mathis, Dean	15 17'2"
Hawkins, Terrell	14 15'8"
Coates, Michael	13 15'5"
Brown, Harold	13 15'5"
Chestnut, Said	12 13'

Pole Vault	
Lockett, Chris	17 12'
Montague, Charles	16 10'

August 11, 1985

100m Dash	
Powell, Gary	20 11.11
Peters, Bert*	36 11.3
Brown, Robert	41 11.8
Wright, John Paul	19 12.0
Sherlock, Kevin*	40 12.04
Lauffer, Peter	18 12.08
Watry, Jeff*	30 12.11
Johnson, Marc	18 12.55
Enders, Rudy*	53 12.67
Wolfe, Sid*	48 12.88
Suid, Larry*	47 13.67

Felter, Jim	44 14.80
Beyer, Jinny*	F 44 15.01
Kurihara, Tom*	49 15.02
Bruce, Warren	9 16.19
Ricker, Desiree*	F 8 16.35
Guzman, Karen*	F 9 16.47
Ficker, Robin Jr.*	7 17.96
Watry, Geoff	7 19.64
Guzman, Doug*	4 25.07
Ficker, Flynn*	3 28.36

400m Dash	
Powell, Gary	20 51.99
Lauffer, Peter	18 52.25
Brown, Robert	41 53.65
Kandratavich, Mike	25 55.14
Enders, Rudy*	53 59.21
Kurihara, Tom	49 64.34
Johnson, Marc	18 66.0
Martin, John*	58 67.10
Beyer, Jinny*	F 44 72.7
Ficker, Desiree*	F 8 72.75
Bruce, Warren	9 78.4
Ficker, Flynn*	3 2:11.99

1500m Walk	
Baca, Stephen*	30 7:17
Slepian, Jacob	47 8:33
Holman, Joel*	54 8:48
Hillman, Bill*	56 9:32
Dexter, Wayne*	71 10:10
Wood, Mil*	70 10:52

1500m Run	
Washington, Larry*	34 4:24.9
Timmerman, Mark	4:27
Vehorn, Chuck*	38 4:27.7
Hoss, Bill	50 4:46
Hill, Gerg	4:46
Webb, George	30 4:54
Kurihara, Tom*	49 4:55

800m Run	
Washington, Larry*	34 2:10.2
Timmerman, Mark	30 2:15
Hoss, Bill	50 2:26
Hill, Greg	2:28
Kurihara, Tom*	49 2:33
Ficker, Robin Jr.*	7 ?
Suid, Larry*	47 3:03
Ficker, Desiree*	F 8 3:04
Guzman, Karen*	F 9 3:11

200m Dash	
Powell, Gary	20 22.49
Brown, Robert	41 23.60
Peters, Bert*	36 23.64
Kandratavich, Mike	25 23.98
Lauffer, Peter	18 24.50
Watry, Jeff*	30 24.56
Wright, John Paul	19 25.30
Johnson, Marc	18 25.30
Enders, Rudy*	53 25.48
Wolfe, Sid*	48 25.64
Holman, Joel*	54 27.56
Suid, Larry*	47 29.36
Beyer, Jinny*	F 44 30.5
Kurihara, Tom*	49 30.52
Bruce, Warren	9 33.16
Guzman, Karen*	F 9 36.0
Ficker, Desiree*	F 8 37.86
Ficker, Robin Jr.*	7 42.20
Guzman, Lauren*	F 4 54.8

3000m Run	
Webb, George	30 10:47
Kurihara, Tom*	49 10:49
Delridge, Richard	24 11:31
McCarthy, Joe	60 14:38

3000m Racewalk	
Baca, Stephen*	30 17:48
no card	
Hillman, Bill*	56 20:07
? John	63 20:58
Dexter, Wayne*	71 21:36
Wood, Mil*	70 22:46

Discus	
Scudieri, Phil*	49 118'7"
Rose, Mark	32 107'6"
Labate, Fran*	27 104'3"
White, Russ*	41 85'2"
Curran, Ned	56 79'1"
Good, Sharon*	F 52 43'0"

Javelin	
White, Russ*	41 202'1"
Scudieri, Phil*	49 132'3"
Carle, Hal*	53 98'2"
Curran, Ned	56 76'0"
Good, Sharon*	F 52 38'10"

Continued from previous page

Table with columns for distance, name, gender, and time. Includes events like 100m, 200m, 400m, 800m, 1500m, 3000m, 4x100m, 4x400m, 1500 w, h. jump, i. jump, t. jump, shot, discus, javelin, 110h, 200m, 400m, 800m, 1500m, h. jump, shot, discus, javelin, 100m, 200m, 400m, 800m, 1500m, 1600 and over.

Table with columns for distance, name, gender, and time. Includes events like 1500m, 3000m, 4x100m, 4x400m, 1500 w, h. jump, i. jump, t. jump, shot, discus, javelin, 110h, 200m, 400m, 800m, 1500m, 1600 and over.

Table with columns for distance, name, gender, and time. Includes events like h. jump, i. jump, t. jump, shot, discus, javelin, 100m, 200m, 400m, 800m, 1500m, 1600 and over.

Table with columns for distance, name, gender, and time. Includes events like 200m, 400m, 800m, 1500m, 3000m, 4x400m, 1500 w, h. jump, i. jump, shot, discus, javelin, weight, Scoring (Men 60 and over), W 60 and over, 100m, 200m, 400m, 1500 w, discus, Scoring (Women 60 and over), EAST AVENUE MILE, Invited Masters Men, 100m, 200m, 400m, 800m, 1500m, h. jump, shot, discus, javelin, Scoring (Women 50-59), 1600 and over, 100m, 800m h.



L.A. PATRIOTS SUMMER RELAYS

Los Angeles; August 31

100m Invitational

- T Byas 11.5
W Butler 11.6
A Cranston 17.1

200 Invitational

- A Cranston 37.1
T Byas 37.6

110H Invitational

- D Robinson 15.0
M Saafir 16.2
K Speaks 16.5

4x100m Corporate Relay

- Hughes Aircraft A 48.5
Hughes Aircraft B 50.5

4x200 Relay

- Open-T Byas & Team 1:35.9
Corporate-Hughes 1:44.6

4x400 Relay

- Corporate-Hughes 4:10.3

Sprint Medley Relay

- Corporate-Hughes 3:34.5
Masters Team 4:05.5

Shuttle Hurdle Relay

- Submasters-K Speaks & Team 1:02.5

High Jump

- M30 M Saafir 6-4
M50 N Newton 5-6
D Douglass 4-6

60 C McFace

- M70 E Siegel 4-2
C Johnston 4-0

Pole Vault

- M30 C Carrigan 14-0
L Roach 13-0
R Kurtz 12-6

60 D Douglass

- M60 T DeVaughn 7-0
M70 C Johnston 9-6
E Siegel 8-0

Long Jump

- M30 C Flowers 20-4 1/2
R Trujillo 18-3 1/2
M40 J Lawson 17-3

Triple Jump

- M30 R Trujillo 38-9
M40 J Lawson 35-1
M70 E Siegel 26-7

Discus

- M30 J Wilson 131-2
M40 A Sheinker 43-7

Shot Put

- M30 J Wilson 33-5
M40 A Sheinker 44-6 1/2
M50 F S Thomson 33-3 1/2
D Douglass 19-1

Javelin

- M30 Ron Rook 134-11
Richard Rook 132-9
M50 E Grimm 45-2

Hammer

- M40 A Sheinker 98-2
M50 F S Thomson 143-5
D Douglass 102-6

M60 B Bangert

- T DeVaughn 105-9
S Lampert 102-6
M70 D Pierotti 90-11

NORTHERN CALIFORNIA SENIOR OLYMPICS

Oakland, Calif.; September 14

50m

- S Richmond 50 7.2
T Lowry 52 7.7

M55 L Butler

- G Dawson 51 8.1
G Gaffney 56 8.7
M70 J York 72 8.6

M50 M L Pardee

- R Racine 52 10.2
M60 Sorensen 51 10.3
11 12.0

100m

- M50 E Mehmedbasich 53 nta
M55 S Holland 56 13.2
C Powers 58 14.2

M60 J Johnson

- B Toasporn 62 15.1
A Bryant 62 16.3
S Hoover 66 16.6

M65 S Hoover

- M Jones 66 17.8
M Moore 66 18.2
F Stage 58 17.5

M50 M Moore

- M55 S Dietderich 56 20.2
M60 M J Monheit 62 19.6
M65 J Kolda 67 16.8

200m

- M50 E Mehmedbasich 53 28:06
W Allen 53 31:09
T Lowry 52 31:09

M55 A Pappas

- C Powers 56 28:03
C Verner 55 41:03
M60 B Toasporn 62 30:08

M65 A Bryant

- R Fallo 64 45:02
W J Satti 71 nta
M70 M Moore 52 38:02

M55 M Moore

- F Stage 58 37:01
M60 M J Monheit 62 42:04
M65 J Kolda 67 35:01

400m

- M50 E Mehmedbasich 53 64.7
W Allen 53 1:13.7
A Pappas 56 61.03

M60 A Bryant

- M65 P Ganahl 62 1:18.0
M60 C Sorensen 61 2:06.0
M65 J Kolda 67 1:25.0

800m

- M60 D Egly 61 2:53.00
D Wilgus 63 3:03.08
J Lopes 68 2:55.04

M65 J Lopes

- G Atencio 68 3:21.07
G Lewis 58 3:26.07
J Patterson 70 2:57.00

M70 L Patterson

- J Goodman 73 3:37.00
M75 J McFee 76 3:56.02
M50 I Obara 51 2:55.3

1500m

- M50 J Kirsch 51 5:45
M55 J King 59 5:11
M60 D Egly 61 5:50

M65 D Egly

- D Wilgus 63 6:15
R Fallo 64 7:15
M65 G Atencio 68 6:57

M70 B Van Fleet

- W Bigelow 73 7:05
W J Monheit 74 8:05
75 8:16

5000m

- M55 J King 59 18:57.3
R Finnegan 57 nta
M60 D Egly 61 20:22.1

M65 P Ganahl

- G Atencio 66 23:32
M70 L Patterson 70 21:22
B Van Fleet 70 22:12

M75 J Monheit

- J Goodman 73 25:17
J McGee 76 27:03
M60 K Pickles 60 24:48

M65 M E Lentz

- C Sorensen 61 nta
Racewalk
M50 W Kolanowski 54 26:15

M55 D Janowsky

- R Hansen 59 21:12
M70 B Levitan 51 22:33
M55 M Frykdahl 51 22:16

M60 K Pickles

- M65 A Bandar 56 22:33
T Leong 59 28:16
M60 L Actor 61 23:56

M65 N McNeil

- M70 E Dutton 74 28:19
High Jump
M50 D Rose 5-0

M55 J King

- S Richmond 4-10
G Dawson 4-0
M60 J Johnson 4-4

M65 P Ganahl

- M70 J York 4-2
J Hustace 3-6 1/2
M70 W Bigelow 3-10

110mH

- M30 K Speaks 16.6
M50 J Stammers 17.6
M60 J Johnson 18.4

M65 R Hunt

- 4x100m Relay 18.0
M35 Bryant, Turner, French, Heller 47.9

High Jump

- M35 C Rader 6-5
M40 C O Collins 5-0

M50 J Stammers

- M60 J Johnson 4-3
M65 J Vernon 4-3
M70 J Demski 3-11

M80 H Van Gelder

- M35 L Glass 3-5
3-11
Pole Vault
M30 L Roach 14-0

M35 R Ying

- M40 M Connelly 10-6
M50 V Cook 13-0

M60 J J Johnson

- M65 J Vernon 8-6
M70 C Johnston 9-6
9-0

Long Jump

- M30 F Williams 17-10 1/2
M35 J Petruzzelli 17-9
M40 C O Collins 19-5 1/2

M50 R Tsuda

- M60 J Johnson 14-2
M65 B Morales 14-2 1/2
M70 J Damski 12-1

M80 H Van Gelder

- M50 C Miller 9-3 1/4
M55 S Kinsey 12-10
11-3

Triple Jump

- M35 J Whitfield 39-7
M40 C O Collins 38-10 1/2
M50 R Fitzhugh 34-0

M60 R Spencer

- M70 J Damski 32-5
M50 C Miller 28-11
M55 S Kinsey 21-1

Shot Put

- M30 J Klein 42-1 1/2
M35 G Kelmanson 34-7 1/2
M40 M Murray 37-10 1/2

M45 C Klehm

- M50 S Thomson 36-10 1/2
M55 T Allison 48-9
M60 K Mitchell 35-5 1/2

M65 M Castaneda

- M70 J York 44-4 1/2
M75 V Cheadle 40-10 1/2
M80 H Van Gelder 37-5

M85 J Whittemore

- M30 H White 21-9 1/2
M35 L Glass 21-11
27-4 1/2

Discus

- M35 J Klein 120-1
M40 L Higgins 172-6
M45 C Klehm 106-4

M50 S Thomson

- M55 T Allison 155-2
M60 K Mitchell 115-2
M65 M Castaneda 110-11

M70 J York

- M75 V Cheadle 154-11
M80 H Van Gelder 111-6
M85 J Whittemore 65-4

Javelin

- M30 F Williams 131-6
M35 J Tobin 185-9
M40 E Westin 160-8

M45 C Klehm

- M50 P Conley 175-9
M55 D Pickartz 133-4
M60 T Lombardi 116-3

M65 B Morales

- M70 J Angelman 64-6
M85 J Whittemore 52-11
M50 C Miller 98-2

M55 S Kinsey

- M65 J Minah 74-11
M70 J York 90-9
M85 J Whittemore *51-4

Hammer

- M35 G Kelmanson 141-9
M40 L Higgins 159-10
M45 C Klehm 119-2

M50 S Thomson

- M55 J Wojcik 150-9
M60 T De Vaughn 107-0
M65 J Minah 120-8

M70 J York

- M85 J Whittemore *51-4

MISSING RESULTS

We regret that, despite requests, we have not yet received results of the Toronto Masters Games, the Rocky Mountain Games or the Potomac Valley Srs. Meet.

MEXICO SUBMASTERS & MASTERS CHAMPIONSHIPS

Irapuato; August 3-4

100m

- M30 R Iturbe 11.41
E Martinez 12.21

M35 F Sanchez

- J Zermeno 11.78
R Loranca 11.82
A Suarez 12.83

M40 A Suarez

- B Reyes 13.10
S Guzman 12.52
J Martinez 13.27

M45 J Martinez

- V Licona 13.29
R Celada 13.12
M50 M Wons 13.88

R Torres

- J Drendain 15.50
F Polanco 16.40
R Flores 16.60

M65 R Higuera

- J Garcia 13.98
L Garcia 14.44
M Ramon 15.31

M35 J Hernandez

- G Contreras 15.62
M Pulido 15.66
E Yanez 17.80

200m

- M35 F Andrade 23.09
R Bedoy 23.57
J Leon 25.05

M45 F Martinez

- V Pelnado 26.33
S Cruz 27.44
R Torres 28.00

M50 S Cruz

- R Torres 26.75
J Carrillo 28.62
F Polanco 28.85

M55 J Carrillo

- R Lapa 33.02
R Higuera 35.01
Y Escobar 29.18

M65 R Higuera

- M30 Y Escobar 28.76
M Ramos 31.22
M Hernandez 32.08

M35 R Pulido

- S Salazar 32.96
E Yanez 36.06
E Yanez 36.04

400m

- M30 G Diaz 56.28
C Hermosillo 56.51

C Baldovinos

- J Loranca 54.73
R Zermeno 57.05
R Rizo 57.60

M40 A Lopez

- E Narvaez 1:00.21
R Gonzalez 1:00.70
G Escobedo 59.81

M45 G Escobedo

- J Avila 1:01.29
O Gonzalez 1:00.35
A Mata 1:03.20

M55 C Briton

- J Carrillo 1:02.89
R Lomeji 1:04.60

M60 J Suarez

- G Vargas 1:14.08
L Garcia de Rizo 1:11.09
M Gonzalez 1:29.89

M35 R Hernandez

- L Iniguez 1:29.90
M Robles 1:16.01
S Romero 1:21.04

M40 A Ortiz

- J Esquivel 1:26.06
R Martinez 1:30.00
F Lopez 18:56

800m

- M30 C Hermosillo 2:03.96
C Baldovinos 2:11.12

M35 J Angel

- B Garcia 2:08.06
R Betancourt 2:09.45

M40 J Valle

- J Casillas 2:14.00
A Ceja 2:15.35

M45 J Valle

- A Ceja 2:17.05

Continued on page 29

CORRECTIONS:

TAC NORTHWEST REGIONAL CHAMPIONSHIPS, Gresham, Ore., July 26-27: 2000m Walk--M65 R Stark 12:51.99; D Jacobs 13:58.06. W60 D Tourney 14:05. W75 M Sallisbury 16:25

WAVA NORTH AMERICA CHAMPIONSHIPS, Los Gatos, Calif., August 3-4: Long Jump: P Presber 6.09; D Skartvedt 5.72; S Richmond 4.60.

TAC NATIONAL MASTERS T&F CHAMPIONSHIPS, Indianapolis, Ind., August 23-25: Results received by MNW showed Gary Kelmenson as winner of the M55 javelin with 202-7. Kelmenson's mark was in the 135-0 range, and he did not place in the top three.

LONG DISTANCE RESULTS

Please send masters race results to: National Masters News, P.O. Box 2372, Van Nuys, CA 91404. Please include date, distance and city.

NATIONAL

TAC U.S. NATIONAL MASTERS 8K CHAMPIONSHIPS (The Prego 8K) Liverpool, N.Y.; September 29

M40 K Randall	44	26:16.55
D Frechette	40	26:21.12
C Tucker	44	26:31.61
R Knerr	43	26:55.43
D Winn	42	27:37.96
M45 R Cormier	45	26:47.23
S Graceffo	49	27:41.33
P Jeffera	46	27:52.40
G Luke	45	27:55.43
L Wilcox	47	28:03.55
M50 B Milner	50	28:31.83
B Brock	52	28:33.78
W McRae	53	28:57.79
P Hettrich	50	29:06.58
J Howard	52	30:02.92
M55 T Sapienza	56	28:11.99
R A Kendall	55	28:27.46
O M Brown	57	30:40.36
M60 E Buckley	64	32:11.76
T Walnut	61	33:26.55
K Schuoler	62	33:35.69
M65 J Rastani	66	32:15.89
B Eppright	65	33:01.05
N White	66	35:24.50
M70 B Brobston	72	34:43.21
J Deschambau	72	40:08.46
M75 E Benham	78	34:20.05*
C Hackenheim	79	38:52.45
Age-group record		
W40 J Pickert	42	30:02.78
C Rider	43	34:24.41
N Frisillo	42	36:35.38
W45 B McLeod	47	33:06.35
L Tucker	47	36:04.46
M McMillan	45	36:41.24
M50 G Brown	53	33:16.51
B Goodwin	53	34:47.73
L Bell	53	40:27.49
M55 B Skelton	56	35:03.71
L Fischer	55	39:57.77
P Kent	57	43:38.42
W60 M Moore	60	50:55.08
Teams		
M40 Syracuse Chrg	141	1:37
Syracuse TC	142	1:57
Latham AA	143	1:13
M50 Syracuse C "A"	147	0:06
Belle Watling	158	0:05
Syracuse C "B"	158	0:55
M60+Syracuse C "A"	99	1:14
Capital TC	108	0:50
W40 Syracuse C "O"	107	0:04
Syracuse C "J"	112	0:03
W50 Syracuse C "O"	123	0:53
Syracuse C "J"	132	1:48

NEW ENGLAND

4th ANNUAL WARWICK 10K Warwick, R.I.; September 15

Overall	
J Treacy	28:48
M Joyce	34:08
M40 B Allen	40 33:09
R Marsland	40 33:47
D Kenefick	44 33:54
M45 J Kennett	45 37:16
L Tomasetti	47 37:18
M50 R Silva	51 36:00
D Sumner	53 36:21
R Hammond	54 37:42
M55 J McCarthy	55 43:47
T O'Hara	55 46:10
M60 C Hammen	62 40:53
G Silva	60 41:59
M70 R Renaud	74 58:20
W40 P Maguire	41 47:54
W50 E Rogally	60 48:14
W65 R Notarianni	68 65:14

GOVERNOR'S CUP 5 MILE RR & 3 MILE WALK Boston, Mass.; September 29

5 Mile	
Overall Masters	
J Boyle	25:36
M Scherr	32:45
M40 P McCarthy	43 27:05
G Kasierski	43 27:09
T Hammet	40 28:13

NATIONAL

CITIBANK/MDA 10K Rochester, N.Y.; September 1

Overall	
T McMullen	31:35
K Hoskins	37:21
M40 D Frechette	33:13
J Ferris	33:34
T Imswiler	36:53
M45 B Fuller	33:06
E Cloos	35:29
M Levinson	36:10
M50+C Sabatine	40:16
J Burke	43:02
D Spencer	45:14
W40+C Kriesen	43:07
W50+B Skelton	44:07

3 Mile Walk Overall

T Knatt	45 25:57
E Hewitt	41 30:21
M40 R Falciola	41 26:45
C Mansbach	41 30:09
M45 P Schell	48 29:35
J Burk	49 33:01
M50 G Riding	54 32:09
M Rosenthal	52 38:00
M55 L Simard	59 32:34
F Boucher	55 32:36
M60 S Holden	61 35:24
G Georgianian	62 35:29
M65 R Ruquist	65 28:53
R Mulliken	69 35:10
M70 A Medeiros	72 33:07
W S Tam	70 38:23
M75+F Brown Sr	79 37:35
G Conway	82 39:02
W40 F Aroujo	42 35:02
A M Adreani	42 36:20
W45 P Conway	47 34:14
E Di Pona	47 34:41
W50 J Doherty	52 38:56
R Veilleux	54 38:58
M55 D Falconer	58 35:48
B Holden	55 37:27
W60 L Hale	63 35:44
J Thompson	60 38:26
W65 R Kurpiel	65 36:12
D Amans	66 38:59
W70 M Gorham	71 41:01
H Holland	70 43:43
W75+A Higgins	75 44:54
W Irwin	78 45:26
O Nordigian	80 45:28

EAST

TROY 10K CLASSIC Troy, Penn.; August 18

Overall	
B Reifsnnyder	23 29:27
S Crowe	29 36:55
M35 E Clark	35 34:14
T Habecker	37 34:49
J Burget	35 35:16
M40 A Gamber	41 34:57
R Moyer	40 35:55
B Congdon	40 37:02
M45 C Loomis	46 36:09
G Luke	45 36:27
M Scalia	45 36:31
M50 D Farley	51 36:13
F Dudley	52 39:05
R Hause	52 39:44
M55 D VanGorder	56 41:00
C Sorgenfrei	55 43:34
G Tillson	57 43:57
M60+H Morgan	63 39:17
R Michel	61 43:06
T Sprague	61 43:53

W35 D Griffeth	38 43:30
J Shadle	38 45:06
E Hicks	38 46:19
W40 B Morgan	40 44:40
S Rusby	48 45:05
B Booker	49 46:23
W50+G Brown	53 42:37
C Cupper	66 55:23
M Eckert	50 55:29

CITIBANK/MDA 10K Rochester, N.Y.; September 1

Overall	
T McMullen	31:35
K Hoskins	37:21
M40 D Frechette	33:13
J Ferris	33:34
T Imswiler	36:53
M45 B Fuller	33:06
E Cloos	35:29
M Levinson	36:10
M50+C Sabatine	40:16
J Burke	43:02
D Spencer	45:14
W40+C Kriesen	43:07
W50+B Skelton	44:07

MAZOLA-YMCA SHAPE-UP 10K Central Park, NYC; September 8

Overall	
B Coates	28 30:47
G Beschloss	26 37:28
M40 T Haiman	42 33:57
J Oberneide	40 35:23
K Smith	44 36:54
M45 F Mueller	49 35:35
M Konrad	46 35:35
J Sulek	48 37:26
M50+K Jones	55 37:04
W Bialokur	50 37:32
J Burns	56 39:27
M60+W Peck	61 40:05
J McManus	62 42:06
H Berner	61 42:18
M70+C Smith	70 58:20
M Popper	82 1:02:14
I Gilde	77 1:30:15
W40 L Baker	42 43:56
M Meyers	43 45:06
C Foard	42 47:34
W45 C Bienkowski	45 42:26
E Jones	45 48:50
J Bondell	46 49:12
W50+E Marcus	50 52:08
M Becchetti	50 57:24
J Bennis	56 58:34
W60+E Hauser	60 58:52
W70+L Schieffelin	74 1:11:27

MOVING COMFORT 10K Washington, D.C.; September 18

Overall	
J Bowers	34:39
W40 C Lasseter	39:06
D Broyles	40:32
V Provine	41:51
W50 I Alperin	43:11
R Bourn	43:47
J Mallet	43:53

HARVEY WOMEN'S HALF-MARATHON Central Park, NYC; September 22

Overall	
J Merrill	29 1:17:41
W30+A Hearn	39 1:20:54
W40 G Andersen	40 1:19:49
L Connors	43 1:26:37
C Johnston	42 1:30:07
W45 P L Parmalee	45 1:32:41
J Hoffman	49 1:35:21
E Jones	45 1:40:48
W50+H Bedrock	50 1:31:07
M Deckert	52 1:32:16
T D'Elia	55 1:35:04
W60+E Hauser	60 2:06:08
M Bdera	70 2:34:05
A Jureidini	67 2:42:15

5th AVENUE MILE New York City; September 28

Men's Masters Mile	
1 D Murray	4:28.8
2 T Robinson	4:30.75
3 M Whiting	4:31.47
4 T Haiman	4:32.27
5 S Conroy	4:33.24
6 H Cummins	4:33.62
7 S Howard	4:33.91
8 M Cucchiara	4:34.79
9 B Fuller	4:34.98
10 F Handelman	4:38.95
11 J Connor	4:40.10
12 W Bialokur	4:41.10
13 K Herel	4:42.07
14 K Martin	4:44.10
15 C Pauling	4:47.99
16 J Prosseda	4:54.15
17 D Donovan	4:57.10

SOUTHEAST

RUN FOR MY HOUSE 4 MILE Deland, Fla.; September 14

Overall Masters	
D Storey	21:09
M Barilone	26:10
M35 C Negron	22:25
L Badden	22:29
F DeLisle	22:30
M40 H Burns	22:22
P Weishaar	22:38
M45 R Bonanan	22:50
D Tucker	23:42
M50 M Crouse	25:55
B Hicks	27:45
M55 J Blount	23:55
B Carr	26:07
M60+R Rollason	31:24
D Fortier	33:03
W35 L Boyd	26:32
B Lewis	26:47
W40 J Kelley	29:57
S Schindler	34:12
W45 D Hiatt	27:09
M Conner	27:54
W50+ P Davis	30:55
A Rush	34:02

SOUTHWEST

LABOR DAY RUN 10K Bartlesville, Oklahoma September 2

Overall	
P Larkins	30:39
C McMilken	32:59
M40 R Stuemky	34:30
L Aduddell	36:06
J Minor	36:10
M45 L Worth	35:23
J McFadden	35:26
R Bennett	36:36
M50+A Melendez	39:44
W Mauzy	41:50
C Ellis	42:30
M60+N McIntosh	39:46
J Smith	41:27
T Kempf	42:28
W40+S Cooper	43:29
B Manning	43:31
J Austin	44:09
W50+B Berry	56:01
S Lindsey	56:25
S Neil	58:17

FOCUS ON HEALTH, 5K Oklahoma City, Okla. 9-21-85

OVERALL	
Clark Hamilton	29 14:53
Karen Cramond	27 17:13

M 40-44	
Jimmie Gray	43 17:56
Herb Phillips	40 18:16
Robert Flagler	43 18:33

M 45-49	
Gary Wolgamott	45 18:44
Terry Sogress	46 19:09
Mac Jordan	49 20:23

M 50-54	
Chick Gancer	52 19:27
Ray Dunnam	50 19:32
Dean Windsor	50 19:58

M 55-59	
Bob McHeffey	55 19:47
Durel Johnson	59 23:01

M 60 & Over	
Jim Smith	63 19:10
Fisher Lewis	64 21:53
Leo Wade	65 23:52

W 35-39	
Patsy Lambert	37 19:33
Diane Perry	35 20:35
Anneene Miller	37 22:51

W 40-44	
Jan Cosgrove	41 21:59
Margaret Williams	42 25:09
Carol Woodward	43 28:49

W 45-49	
Lynne Taylor	46 20:40
Kathy Moffitt	48 22:39
Lee Reynolds	47 23:24

W 50-54	
Janet Chadwick	52 23:21
Jopy Quinn	53 30:47

W 55-59	
Gretchen Johnsen	55 24:26
from Jim Smith	

Bartlesville Labor Day 10K Bartlesville, OK 10-2-85

Overall	
Paul Larkins	22 30:40
Chris McMiken	22 32:59
M 40-44	
Robert Stuemky	41 34:31
Larry Aduddell	40 36:06
Jay Minor	43 36:11
Chris Riley	41 37:00
Bill Adams	44 37:15
M 45-49	
Larry Worth	47 35:23
Jim McFadden	46 35:26
Russell Bennett	48 36:36
Henry Hawkins	45 39:02
Joe Stocker	46 39:42
M 50-59	
Art Melendez	54 39:44
Whit Mauzy	59 41:50
Calvin Ellis	55 42:31
Jerry Crockett	57 42:53
Colin Bray	52 43:05
M 60 & Over	
Nocus McIntosh	60 39:47
Jim Smith	63 41:28
Tom Kempf	61 42:29
Frank Miorandi	66 44:00
Ross Waltzer	63 45:50

W 35-39	
Patsy Daniel	36 42:13
Jeannie Serer	36 43:59
Jaci Chavannes	36 46:32

W 40-49	
Sharon Cooper	46 43:29
Rahara Mannino	40 43:31

CANADA

TOM LONGBOAT 10K Brantford, Ontario September 7

Overall	
R Paulins	30:08
C May	35:25
M40 P Monahan	34:09
J Lupton	34:34
G Ranalli	36:43
M50 D Lawrence	36:43
J Moses	36:43
P Kershaw	37:04
M60+C Blancher	43:05
D Beitz	46:13
D Aikenhead	47:51
W40 J Insell	46:07
E Easterbrook	51:46
M Bray	52:05
W50 M Armstrong	57:01
E Sweeney	62:39

TWIN CITIES MARATHON Minneapolis to St. Paul October 6

PLACE	FINISHER	TIME	/MILE	AWARD
Men				
1	Philip Coppess, 31, Clinton, Ia	2:10:05	4:58	\$20,000
2	James Munyala, 32, El Paso, Tx	2:13:07	5:05	12,000
3	Thom Hunt, 27, Coronado, Ca	2:13:39	5:06	9,000
4	Daniel Grimes, 26, Reno, NV	2:14:10	5:07	6,500
5	Domingo Tibaduiza, 35, Reno, Nv	2:15:34	5:10	4,500
Women				
1	Janice Ettle, 26*, Freeport, Mn	2:35:47	5:57	\$20,000
2	Kim Rosenquist, 27*, Spokane, Wa	2:35:59	5:57	12,000
3	Gail Kingma, 24*, Seattle, Wa	2:36:12	5:57	9,000
4	Debbie Thometz, 24*, St. Paul, Mn	2:36:20	5:58	6,500
5	Janis K Klecker, 25*, Hopkins, Mn	2:36:37	5:58	4,500

AGE-GRADED AWARDS

PLACE	FINISHER	HANDICAPPED TIME	ACTUAL TIME	AWARD
1	Clive Davies, 70, Tillamook, Or	-14:38	3:04:15	\$4,000
2	Antonio Villanueva, 45, Jalapa, Vera Cruz	-8:50	2:20:35	3,500
3	Doris Schlosser, 41*, D-8630 Schwetzingen	-6:40	2:38:56	4,000
4	Dan Conway, 46, Chetek, WI	-4:51	2:24:34	2,750
5	Gabriele Andersen, 40*, Sun Valley, Id	-4:36	2:41:00	2,500
6	David Clark, 41, St. Albans, England	-3:50	2:18:56	4,000
7	Michael Heffernan, 45, Portland, Or	-2:43	2:26:42	2,000
8	Pat Murphy, 40, San Diego, Ca	-1:12	2:21:34	1,750
9	Robin C Dow, 41, London NW3, England	-1:07	2:21:39	1,500
10	Domingo Tibaduiza, 35, Reno, Nv	---	2:15:33	---
11	Norm Green, 53, Wayne, Pa	---	2:29:42	1,250
12	Bruce Mortenson, 41, Eden Prairie, Mn	---	2:22:23	1,000
13	Gaylon Jorgensen, 56, Provo, Ut	---	2:35:41	750
14	Diane Palmason, 47*, Ottawa, Ontario	---	2:56:44	500
15	Fay Bradley, 47, Washington Dc	---	2:30:58	250

CLASS PLACE	FINISHER	TIME	CLASS PLACE	FINISHER	TIME	CLASS PLACE	FINISHER	TIME
Men 35 - 39			Men 50 - 54			Women 35 - 39		
5	Domingo Tibaduiza, 35, Reno, Nv	2:15:34	49	Norm Green, 53, Wayne, Pa	2:29:43	12	Karen Hubbard, 35*, Ann Arbor, MI	2:44:37
27	Robert Busby, 36, Lees Summit, Mo	2:24:08	79	Bill Foulk, 52, Raymond, Mn	2:36:19	13	Nancy Mieszczyk, 36*, Buffalo, NY	2:46:48
46	Wes J Wessely, 37, Stone Mountain, Ga	2:28:22	217	Ralph E Koenig, 51, Edina, Mn	2:49:37	15	Kathleen Northrop, 35*, Durham, Nc	2:50:32
61	John Naslund, 35, Minneapolis, Mn	2:32:41	230	Arlen C Sunn, 51, Columbia Heights, Mn	2:50:36	20	Jane A Millsaugh, 37*, Boca Raton, FL	2:56:46
83	John K Myers, 37, Minneapolis, Mn	2:33:12	250	Erv Tolkinen, 50, Anoka, Mn	2:51:46	21	Patsy Duffy, 36*, Edina, Mn	2:59:46
64	Harry Cottrell, 39, Burnsville, Mn	2:33:38	289	Gene Myers, 50, Maplewood, Mn	2:53:42	23	Diane Fallon Thompson, 38*, Edina, Mn	3:01:28
66	Bill Tuddenham, 38, Salt Lake City, Ut	2:34:13	290	Greg From, 54, St. Anthony, WI	2:53:43	29	Linda Schissel, 36*, Minneapolis, Mn	3:05:17
67	Don Kardong, 36, Spokane, Wa	2:34:24	338	Don Gilbertson, 50, Osseo, WI	2:56:28	30	Carol A Klitske, 38*, St. Paul, Mn	3:05:20
68	Michael Krywanski, 35, Wyoming, MI	2:35:05	450	Dale E Urbain, 51, Burnsville, Mn	3:01:02PR	39	Connie Foster, 35*, Afton, Mn	3:09:40
69	Tony Benthin, 36, Plymouth, Mn	2:35:10	543	Gary DeFrance, 52, Golden Valley, Mn	3:05:20	54	Ardel Bengtson, 37*, South Sioux City, Ne	3:16:02PR
75	Jim C Donnelly, 39, St. Paul, Mn	2:35:51	613	David Borreson, 52, Lafayette, Co	3:07:47	59	Kathleen Fay Schmitt, 38*, Mandota Heights, Mn	3:18:06
81	Dean Swanson, 35, Eden Prairie, Mn	2:36:44	644	Dick Andersen, 50, New Brighton, Mn	3:08:47	68	Carol Zasubek, 36*, Apple Valley, Mn	3:21:45PR
82	Dale Schatzlein, 37, Minneapolis, Mn	2:37:26	675	Billy D Martin, 53, Dallas, Tx	3:09:37	70	Florianne Harp, 37*, Sausalito, Ca	3:22:06
83	Jerry O Bell, 38, White Bear Lake, Mn	2:37:51	755	James A McIntyre, 54, Rhineland, WI	3:12:10	78	Francine M Pahl, 37*, Minneapolis, Mn	3:23:20
85	Barry Roth, 38, Albuquerque, Nm	2:38:15	756	Ronald J Watson, 50, Littleton, Co	3:12:11	79	Linda M Barton, 36*, Burnsville, Mn	3:23:22
86	Creigh Kelley, 38, Englewood, Co	2:38:21	782	Norman M Horns, 52, Edina, Mn	3:13:12	Women 40 - 44		
99	Peter Lever, 39, Warwick, Bermuda	2:39:21	805	Allan R Shufelt, 53, Rochester, Mn	3:13:54	8	Doris Schlosser, 41*, D-8630 Schwetzingen	2:38:57
100	John Emmons, 39, White Bear Lake, Mn	2:39:32	812	John Burns, 52, Minneapolis, Mn	3:14:06	11	Gabriele Andersen, 40*, Sun Valley, Id	2:41:01
104	Steven J Sonka, 37, Cherokee, Ia	2:40:11	866	Jack Wolcott, 50, Floyd, Ia	3:15:50	26	Margaret Young, 40*, Pembroke, Bermuda	3:03:43
110	Herbert A Tolbert, 38, Gaithersburg, Md	2:40:58	890	Stan Bell, 51, La Crosse, WI	3:16:21	37	Yvonne L Rodgers, 43*, Sarasota, FL	3:08:30
113	Larry Bockelman, 35, Wisner, Ne	2:41:22	910	Jim Ready, 51, Appleton, WI	3:17:07PR	40	Leah H McElroy, 43*, Sarasota, FL	3:09:46PR
118	Allan O Ohm, 35, Galesville, WI	2:41:50	915	James Fours, 50, St. Paul, Mn	3:17:17	41	Karen Bestul, 43*, Lincoln, Ne	3:09:48
119	Don R Mathieu, 39, Brooklyn Center, Mn	2:41:57	920	Dean Wells, 51, Paw Paw, MI	3:17:31	65	Lee Bradford, 40*, Minneapolis, Mn	3:19:45
120	Michael D Crofton, 35, Thief River Falls, Mn	2:41:59	927	Don R Ovarand, 53, East Peoria, IL	3:17:41PR	67	Nancy Kapps, 42*, St. Paul, Mn	3:21:10
129	Don Leady, 38, New Orleans, La	2:43:35	942	David Boies, 51, Minnetonka Beach, Mn	3:18:22	72	Virginia F Ketola, 43*, Golden Valley, Mn	3:22:19
Men 40 - 44			Men 55 - 59			Women 45 - 49		
14	David Clark, 41, St. Albans, England	2:18:57	74	Gaylon Jorgensen, 56, Provo, Ut	2:35:42	19	Diane Palmason, 47*, Ottawa, Ontario	2:56:45
17	Pat Murphy, 40, San Diego, Ca	2:21:35	476	Richard N Larson, 55, Wayzata, Mn	3:02:25	45	Anne Bing, 46*, Old Lyme, Ct	3:11:26
18	Robin C Dow, 41, London NW3, England	2:21:40	562	Ray Hardman, 55, St. Paul, Mn	3:06:01	49	Ada Letinsky, 47*, Oakbank, Manitoba	3:12:06
21	Bruce Mortenson, 41, Eden Prairie, Mn	2:22:24	662	Robert R Baron, 55, Charles City, Ia	3:09:11	131	Kaye M Sarslund, 47*, Salt Lake City, Ut	3:34:37
31	John Sheridan, 40, Chiswick, London W4	2:25:02	670	Harold H Hubbard, 59, New Hope, Mn	3:09:31	146	Carol Schneider, 46*, Sarasota, FL	3:36:55
40	Guenter Mielke, 42, 6146 Alsbach-1	2:27:28	722	Robert L Shaw, 55, Sarasota, FL	3:11:14PR	163	Patricia S Faunce, 48*, Minneapolis, Mn	3:39:05
56	Jeff Galloway, 40, Marietta, Ga	2:31:59	737	Edward A Magnuson, 55, Golden Valley, Mn	3:11:35	200	Sandy Hammond, 46*, Lakeville, Mn	3:44:18
90	Dick Kelman, 42, Minneapolis, Mn	2:38:35	753	Donald Moreland, 55, Lake Nebagamon, WI	3:12:08PR	242	Maureen K Neerland, 45*, Minneapolis, Mn	3:50:17PR
103	Michael Benton, 40, Lester Prairie, Mn	2:40:06	802	Charles McJilton, 55, St. Paul, Mn	3:13:51	255	Linda Laurenzo, 45*, Des Moines, Ia	3:51:59PR
114	Roger Rode, 40, St. Paul, Mn	2:41:37	865	Oscar M Pederson, 58, Marshall, Mn	3:15:49PR	268	Karen Greenwaldt, 48*, Verndale, Mn	3:53:52
116	Jared Mondry, 43, Excelsior, Mn	2:41:43	937	John W Brooks, 58, Edina, Mn	3:17:58	364	Dee Hanson, 47*, Fargo, Nd	4:11:04
121	Dan Shannon, 41, Roseville, Mn	2:42:32	966	Robert M Brown, 58, Siren, WI	3:19:31PR	366	Nancy Harrer, 46*, Bloomington, Mn	4:11:10PR
142	Richard Craig Bailly, 41, Fargo, Nd	2:44:20	977	Walter M Beier, 59, Duluth, Mn	3:19:54	376	Dorothy A Marden, 48*, Minneapolis, Mn	4:12:58PR
153	Jim Powers, 42, St. Louis, Mo	2:45:14	1074	Robert E Mackie, 55, Superior, WI	3:22:53	386	Marian S Barry, 45*, Woodbury, Mn	4:14:33PR
162	John Grandia, 43, Elk River, Mn	2:45:42	1148	Fred L Dodd, 59, Greenwich, Ct	3:25:22PR	Women 50 - 54		
189	Paul R Anderson, 40, Rochester, Mn	2:47:37	1154	Chuck Eckel, 55, Brooklyn Park, Mn	3:25:29	74	Wen-Shi Yu, 50*, Kew Gardens, Ny	3:22:40
202	Rainer Rochelleau, 42, Roseville, Mn	2:48:30	1307	Walter Rasula, 58, Minnetonka, Mn	3:30:09	229	Mary Bury Jordal, 51*, Minnetonka, Mn	3:48:21
206	James L Olsen, 43, Bloomington, Mn	2:48:55	1447	Byron F Van Dake, 58, Maple Grove, Mn	3:34:52PR	341	Patricia Ann Wahlgren, 51*, St. Paul, Mn	4:06:20
211	Tom M Smith, 42, Coon Rapids, Mn	2:49:22	1450	George Sivanich, 57, Northfield, Mn	3:34:58	377	Bonnie Stockno, 50*, Minneapolis, Mn	4:13:10
214	Thomas F Andrew, 42, Duluth, Mn	2:49:29	1476	George Hunkins, 58, St. Paul, Mn	3:35:48	474	Eva Connor, 54*, Webster, WI	4:31:08
229	John Preston, 40, Winnipeg, Manitoba	2:50:35	1479	Loren Johnson, 55, Rochester, Mn	3:35:49	555	Kathryn Broderick, 51*, St. Paul, Mn	4:50:49
234	Chuck Vanarsdale, 41, Decatur, IL	2:50:46	1582	Don Rivard, 56, St. Paul, Mn	3:38:53	571	Maisie Cromie, 53*, Golden Valley, Mn	4:54:48
248	Clark Anderson, 41, Osceola, WI	2:51:35	Men 60 - 64			575	Maureen Daly, 50*, Minnetonka, Mn	4:57:45PR
249	Jim Baillargeon, 41, Somersset, WI	2:51:36	429	Jim O'Neil, 60, La Jolla, Ca	3:00:05	595	Jan Lloyd, 53*, Minneapolis, Mn	5:07:16
294	David Wirth, 44, Fargo, Nd	2:54:01	1043	John C Burton, 62, Wayzata, Mn	3:21:58	622	Sherrill S Wright, 52*, St. Paul, Mn	5:35:11
Men 45 - 49			Men 65 - 69			Women 55 - 59		
16	Antonio Villanueva, 45, Jalapa, Vera Cruz	2:20:36	1083	Ralph A Pavak, 64, Little Canada, Mn	3:21:59	64	Toshiko D'Elia, 55*, Ridgewood, Nj	3:19:23
28	Dan Conway, 46, Chetek, WI	2:24:35	1243	John Keston, 60, Bemidji, Mn	3:23:07	81	Margaret Miller, 59*, Thousand Oaks, Ca	3:23:41
35	Michael Heffernan, 45, Portland, Or	2:26:43	1275	Carlyle Sherstad, 64, Grantsburg, WI	3:28:12	96	Ruth Anderson, 56*, Oakland, Ca	3:27:26
54	Fay Bradley, 47, Washington Dc	2:30:59	1819	Gerry Carlsted, 61, St. Paul, Mn	3:29:12	275	Diane M Goulet, 56*, Minneapolis, Mn	3:54:18
65	Bill Venus, 45, Exmouth, England	2:34:12	1871	Royry Davies, 60, Hopkins, Mn	3:45:21	289	Mary Lou Carlson, 58*, Minneapolis, Mn	3:56:44
88	George A Savanick, 47, Apple Valley, Mn	2:38:30	1955	Ronald Wiesner, 61, Edina, Mn	3:46:58PR	Women 60 - 64		
91	Ernest Billups, 48, Chicago, IL	2:38:37	1969	Richard F Brown, 60, Central Lake, MI	3:49:48PR	Women 65 - 69		
122	Greg Osmun, 45, Grand Rapids, MI	2:42:40	1982	Nestor Velasco, 64, Fair Oaks, Ca	3:50:15	Women 70 & Up		
141	Charles K Davies, 48, Washington Grove, Md	2:44:20	2005	Charles A Rollins, 61, Caledonia, Mn	3:50:53	629	Ethel Furne, 76*, Wabasha, Mn	6:06:40
145	Dale Mattson, 45, Bloomington, Mn	2:44:36	2137	Bob Zabal, 61, Edina, Mn	3:51:41PR			
156	Rick Kleyman, 45, Plymouth, Mn	2:45:26	2155	William H Style, 61, Green Bay, WI	3:55:04			
181	Ronald E Bole, 45, Roseville, Mn	2:47:22	2211	Winstan Olson, 62, Westby, WI	3:55:39PR			
207	Dick Hipp, 46, Columbia, Md	2:49:06	Men 70 & Up					
270	George Orchard, 48, Iron River, MI	2:53:00	521	Clive Davies, 70, Tillamook, Or	3:04:16			
271	Jim Lamson, 49, West Des Moines, Ia	2:53:01	1797	Frank R Anderson, 65, Belmont, Ma	3:44:50PR			
293	Donald M Dickmeyer, 45, Fremont, Ne	2:53:49	2075	Charles D Ogilvie, 67, Ben Wheeler, Tx	3:53:41			
299	Tim A Brown, 46, Stillwater, Mn	2:54:08	2220	Robert L Howard, 65, Minneapolis, Mn	3:57:26			
346	G E Jensen, 47, Middleton, WI	2:56:57	2327	Merrill Barneby, 68, La Crosse, WI	4:00:59			
349	Larry J Kester, 46, Marshalltown, Ia	2:57:04	2328	Harold W Carlson, 66, Minneapolis, Mn	4:01:00PR			
359	Jim Sandness, 45, Anoka, Mn	2:57:37	2580	Richard C Gardner, 67, Minneapolis, Mn	4:17:29			
363	Douglas A Pearson, 47, Eau Claire, WI	2:57:41	2690	Bernie Zimpher, 67, Minneapolis, Mn	4:26:02			
367	Donald W Saari, 46, Burnsville, Mn	2:57:50	2901	Clayton Moran, 71, Minneapolis, Mn	4:52:57			
370	Geoff Harrington, 45, Ridgefield, Ct	2:58:05	2915	Chris Hainlen, 65, St. Paul, Mn	4:56:27			
377	Jim Lindley, 45, Fargo, Nd	2:58:05						
406	Terry Murphy, 48, Almont, MI	2:59:28						

Epic



Men's Equinox



Women's Equinox



Men's Vector



Women's Vector



Men's Vortex



Women's Vortex



Men's Vengeance



Women's Vengeance



Men's Pegasus GX



Men's Pegasus GX



Women's Pegasus GX



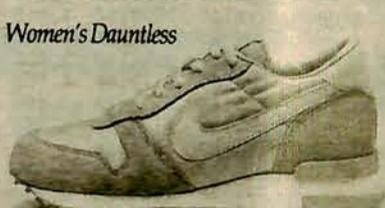
Women's Pegasus GX



Men's Dauntless



Women's Dauntless



Airborne



Air Edge



Axis



Sock Racer



Zoom Air



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does just as much, you're in for a shock. Because running in a conventional shoe is like banging the bottom of your foot with a five-pound hammer. Every time you hit the road.

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