853 COMPETE IN NATIONALS

Green Recaptures M50 Record
Inglis, Dalrymple Win National 15K

Forty-one-year-old Ken Inglis ran into the national Masters spotlight July 8 in Utica, New York by outdistancing the best Masters runners in the nation to win the TAC National Masters 15K Championships in 48:12.

Kirk Randall, 42, finished 35 seconds behind in 48:47, edging John Dugdale, 49, by three seconds. Dugdale took the M45 crown, with George Keim, 41, picking up the M40 show in 49:02.

Fifth Master and winning the M50 title was Norman Green, who reclaimed the M50 record he had lost to Oregon’s Ray Hatton two weeks earlier. Green posted 49:44, to lower Hatton’s pending time of 49:51 by seven seconds. Hatton had broken Green’s 16-month-old mark of 50:07 in Portland on June 24.

Cindy Dalrymple, 42, whose 75-race masters winning streak was broken by Shirley Matsuura four days earlier, began a new string with a solid 55:28 W40 win over Canada’s Diane Palmason, 46 (57:35), who notched the W45 laurels. Gloria Brown took the W50 title in 60:47.

Other division winners included:
Howard Rubin, M55 (54:04); Hubert Morgan, M60 (57:49); John Rastani, M65 (62:44); Bill Brobston, M70 (66:29); Charles Hackenheimer, M75 (73:40); Beryl Skelton, W55 (67:20); and Mary Kramer, W60 (96:30).

The race was part of the popular Boilemaker 15K, an annual Empire State Event.

BAKER SMASHES 100 MARK IN DALLAS

Thane Baker, who won gold, silver and bronze medals in the 1952 and 1956 Olympic Games, lowered his own world age 50-54 100-meter record to highlight the TAC Southwest Regional Masters Track and Field Championships June 23 in Dallas.

Baker, 52, blazed to a clocking of 11.23; breaking his M50 mark of 11.3, set in September, 1982. (The mark is Continued on Page 11

51 Compete in National Decathlon

by SUZANNE HOPKINS

INDIANAPOLIS, July 7-8. The 1984 TAC National Masters Decathlon and Heptathlon Championships resulted in many outstanding performances and exciting age group competitions.

Held at the world class Indiana U. Track & Field Stadium, the 1984 championships were sponsored by NIKE, the Athletic Annex Running Centre and the Hoosier Track Club. There were a record 60 registered entrants with 51 competitors.

Rex Harvey, 38, Des Moines, Iowa, led all competitors with an IAAF score of 6537. This was Harvey’s 100th Decathlon and is considered to be a world record number of competitions. His 6537 score was a world record for age 38 with 42” hurdles. Harvey set M35 meet records in the shotput, discus, and pole vault. Gordon Reiter, 38, Ballwin, Mo., finished second to Harvey with 5016 and broke the 1500m meet record with 4:34. Jim Ball finished third with 4351.

In contrast to Harvey, competing in his first decathlon at the young age of Continued on Page 10
NATIONAL DECATHLON
On July 7th and 8th, two marvelous days weatherwise, some 50-odd Masters enjoyed the 1984 National Decathlon Championships at the new IUPUI Stadium in Indianapolis. Veteran campaigner Jim Weed, who has appeared in most of these championships, stated that this meet, along with the 1981 affair in San Antonio, possessed perhaps the best overall quality he had ever seen in a Masters Decathlon.

The meet saw the debut of a number of newcomers, ranging from men who had never previously seen some of the events, to Josh Culbreath, an Olympic medalist in the hurdles who showed considerable potential. On the other side of things, Rex Harvey successfully took part in his 100th decathlon. As usual there was a small army of walking wounded before the end, among them Gary Miller and Al Brenda, who were in strong contention before coming a cropper. Nevertheless, most of us managed to stagger through despite the usual pulls and bruises.

Several divisions showed close competition. For example, in the 45-49 group, newcomer Dale Lance edged out many times champion Ed Oleta in an exciting finish. Henry Hopkins, who found time somehow to win the 40-44 year-old division, did a fine job managing the affair, ably assisted by the Hoosier Track Club and his wife Suzanne, who took care of the food, the scoring, and a hundred other details.

The Hopkins also hosted a delightful cookout at their home on Saturday night, a get-together that served both as a social and a business meeting.

The officiating crew was both capable and patient; the track facilities were superb. The only down note was that just one lady came for the heptathlon. But all in all, it was the kind of meet decathloners dream about. Come on, you specialists — if you had been there, you might have gotten hooked on ten-eventers too! That goes for the ladies as well.

Frank Bowles
Greeley, Colorado

1985 T&F SCHEDULE
Now is the time for meet promoters who are planning their 1985 Masters T&F meets to remember that the VI World Veterans Games in Rome will commence on Saturday 22 June 85. I hope they will try to schedule as many meets as possible prior to 15 June 85 so that we may get as many meets as possible under our belts prior to leaving for Rome.

I also hope that these meet directors will use TAC heights and distances for their hurdle events, which did not happen very often this past year.

Al Guidet
California City, California

Entries:
Run Against Crime 15K .......... 3
National Masters 15K .......... 7
World Vets 10K/Marathon ....... 17

Five Albuquerque runners, representing Master Runners Unlimited, competed in the New Mexico Senior Olympics in Roswell. From left: Bill Asher, Polly Baker, Petra Montano, Jack Pardee and Tony DeNardis

photo by Alexandra Kiska
Don't just run through El Paso during this great event. Make plans to take a two-nation vacation! Think about all the things El Paso/Juarez has to offer. The shopping is Juarez, a delightful bargain-filled experience. The Mexican food is superb on both sides of the border. Spectacular panoramic views are waiting atop Mt. Franklin, on Scenic Drive and through Trans Mountain Road.

El Paso Symphony Orchestra, ballet, El Paseo theatre, mariachi music, museums, the Franklin Scenic Drive and many fine dining establishments await you. The attractions are endless. Make plans to stay for a week.

For further information contact: Run Against Crime, P.O. Box 15,000, El Paso, Texas 79998

Call now for discount air fares, ground transportation and hotel/motel accommodations. Accommodations are reserved and waiting.


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Outside Texas Call: 1-800-592-6001

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El Paso, Texas 79998

Call (915) 772-RACE or call the Greater El Paso Convention & Visitors Bureau.
Masters To Go For Real Gold in Minnesota

It's not an Olympic gold medal, but something worth more than the pure monetary value ($68) of an Olympic gold. Namely, cash.

Any runner over age 35 will have a chance to pick up $3000 at the Twin Cities Marathon September 30 in Minneapolis - St. Paul.

Of the $150,000 in purse money to be distributed to all runners, masters will win $19,500, with 12 age-graded awards starting at $3000 and going down in uniform steps of $250.

The masters purse money will be distributed to men and women over age 35 on the basis of times, handicapped according to their sex and 5-year age group. The handicaps are based on the American age records for each group. The fastest and slowest of the five age records are thrown out, and the other three are averaged.

Thus, here are the official handicaps for each group:

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Men</th>
<th>Women</th>
</tr>
</thead>
<tbody>
<tr>
<td>35-39</td>
<td>2:18:07</td>
<td>2:35:48</td>
</tr>
<tr>
<td>40-44</td>
<td>2:22:46</td>
<td>2:45:36</td>
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<tr>
<td>45-49</td>
<td>2:29:25</td>
<td>2:56:35</td>
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<td>50-54</td>
<td>2:35:15</td>
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<td>55-59</td>
<td>2:48:22</td>
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<tr>
<td>60-64</td>
<td>2:50:39</td>
<td>3:55:46</td>
</tr>
<tr>
<td>70-74</td>
<td>4:02:47</td>
<td>5:03:54</td>
</tr>
</tbody>
</table>

These times will be subtracted from the finishing times of all men and women over the age of 35. Thus, a 73-year-old woman who runs 4:45:57, will have 4:40:54 subtracted for a net time of 5:03. A 40-year-old man who runs 2:29:54 will subtract 2:22:46 for a net time of 7:08. The 73-year-old woman would thus have the better time of the two and would receive more prize money.

So, in essence, a good runner of any age can win serious money — the first time this has ever occurred in masters competition. It is a legitimate

Rain Dampens Philadelphia Meet

by PETE TAYLOR

PHILADELPHIA, July 21. Temple University was the site today of the 11th Annual Philadelphia Masters Outdoor T&F Championships. The event was dampened by a light, steady rain, but enthusiastic and capable performers, including some "heavy travelers," made for a fine meet.

Underrated Al Cohen, (55), from Blauvelt, NY, did his own version of a "runner's sextathlon" by bulldogging his way through the 100m (2nd in 13.4), the 200 (2nd in 27.4), the 400 (1st in 54.7). Sprinter Sally Goodhue, W50, scored three wins, in the 100m (15.8), 200 (32.9), and 400 (70.9).

Brown U. Meet Draws 140

The first Brown University Masters Track and Field Meet at Providence, Rhode Island on July 29 drew 140 competitors, largely from the New England area, who provided stiff competition resulting in some outstanding performances.

In the M45 200, Mel Barnwell edged Ed Small, 23.8 to 23.9. Earlier, Barnwell won the 100m in 11.9, and Small the 400 in 54.7. Sprinter Sally Goodhue, W50, scored three wins, in the 100m (15.8), 200 (32.9), and 400 (70.9).

220 COMPETE IN WESTERN REGIONALS

A somewhat disappointing turnout of 220 athletes showed up for this year's successful TAC Western Regional Masters Track & Field Championships in Los Angeles July 13-15.

After several months of waiting to find out whether the Los Angeles Olympic Organizing Committee would allow the use of one of their specially built Olympic facilities, the superb Occidental College track was finally made available at the last moment. The late announcement cut into the usual 300-plant participants.

The pentathlon showcased the first night. An exciting duel developed between Carl Flowers, 37, of Santa Monica and Jim Holliester, 39, of Turlock. Carl opened with a 21-11 ¼ long jump. Holliester then etched away at Carl's lead both in the javelin and...
September, 1984

National Masters News

FIRST CITY
MASTERS
15K NATIONAL CROSS COUNTRY CHAMPIONSHIP

SATURDAY, NOVEMBER 3, 1984
8:00 A.M.
HOUSTON, TEXAS
SOUTH BUFFALO BAYOU COURSE

SPONSORED BY FIRST CITY BANKS

Eligibility: Male and female athletes 40 years of age and older. Entrants must be registered with The A.C. for the current year, 1984.

Course: Three 5,000 meter loops on the grassy southern slopes of Buffalo Bayou, a demanding course with frequent sharp descents and steep inclines.

Entry fee: $4.00


Awards: Awards Brunch at the Houstonian. T.A.C. Medals awarded to the 1st, 2nd, and 3rd place winners, in each age group and to team winners.


Runner's World Medals to winners.

Trophies to first place winners, male and female.

Special prize of trip to XVII World Veterans Championship in San Diego, Calif. Dec. 1 & 2 to male and female winners on age handicap basis.

Equal awards to male and female.


T-Shirts to first 400 registrants. Running bags and visors to all entrants.

For additional information or application contact: Ed Lang, Race Director. 114 Sandalwood, Houston, Texas 77024. 713-781-2810.

**Runner's World**

**ENTRY FORM**

Name ___________________________ Age ___________________________

Address ___________________________ Phone ________ AC# ____________

City __________________ State _______ Zip __________


Mail to: Marjorie B. Freeman, 4066 Morinick, Houston, Texas 77025.

**Athlete's Release**

In consideration of my entry, I do hereby, for myself, heirs and assigns, release any and all claims I may have against the A.C. and any other officials conducting the meet for any and all injuries suffered by me while traveling to and from and while participating.

Signature ___________________________
Aileen Riggin (U.S.A.), youngest Olympic champion, receiving trophy for fancy diving from King Albert.

**The Modern Diana**

A nation we have at last become exercise conscious. And what a blessing it is, too! Personally, I believe the girls of our age have probably been the most benefited by all of this. We can thank our lucky stars that we are no longer expected to sit by the fireside and knit, while watching our brothers get most of the fun out of life.

Sounds like something written about a dozen years ago, doesn’t it? Not so. That paragraph was written by Aileen Riggin and appeared in the November 1931 issue of Love Mirror magazine as part of an article entitled, “Fun for the Figure.”

Riggin, the subject of last month’s column, won the gold medal in springboard diving at the 1920 Olympic Games in Antwerp, Belgium, the First Olympics in which American women participated. She was just 14 then.

Four years later, in the Paris Olympics, she won the silver medal in the same event and also captured the bronze medal in the 100-meter backstroke. She won a number of national championships before turning professional in 1926.

As a professional, Riggin gave swimming and diving exhibitions around the world and served as an instructor at various resorts on the East Coast, in Bermuda, and in England. In 1931, her book “Modern Swimming & Diving” was published. She wrote articles on exercise and fitness for a number of popular magazines of the day and may have been the first female sports writer as she turned out columns for the London Morning Post and the New York Evening Post (the latter column was called “The Modern Diana”).

Originally from New York City, Aileen Riggin Soule now lives in Honolulu, a 78-year-old widow. She still swims a quarter-mile a day in the ocean behind her luxury apartment as part of her fitness program. She has preached and practiced lifetime fitness.

Readers may find some of Riggin’s views interesting, especially since most of them still apply today, to track and field and road racing as well as swimming, and often we get the impression that they are recent discoveries. Here are several of the subjects which she commented upon:

**Quality vs Quantity:** “I want to impress on all girls, while on the subject, that my early development in swimming was possible only because of the system of training followed. I was made to cover middle distance stretches at slow pace throughout the novitiate and never had any speed work at practice. This method builds the swimming muscles effectively and affords the best opportunity to correct faults, at the same time avoiding all chance of strain from over-exertion. It is constant speed work which taxes the heart and lungs and prevents the acquiring of form. If one uses a modern stroke effectively and goes at a moderate pace, no strain attaches to covering several miles.” Country Life magazine, July 1922.

**Trying too hard:** “When you swim in an awkward way you are trying too hard. You are laboriously lifting one arm after the other out of the water and your tightened leg muscles are stubbornly being made to move in unfamiliar cycles.” The Morning Post, 1927.

**Overtraining:** “Believe it or not, it’s quite possible to do too much violent exercise. Everything has a limit.” Love Mirror, November, 1931.

**Overspeed:** “Of course, one can overdo in any sport, especially if one is a champion. The best remedy for the overdevelopment that comes when we train for competitive sports is a form of exercise which will counteract this effect.” McCall’s Magazine, April 1927.

**Coaching:** “It is surprising to most people that a swimming champion, of no matter how many years standing, must have her weekly coaching, not, of course, to learn anything new each time, but so the coach can detect any slight errors that may have developed, and correct them before they become serious.” The New York Evening Post, 1926.

**Walking:** “None of us can swim at the beach every day, none of us can play golf or tennis every day, but there isn’t one of us who couldn’t walk a little every day. Don’t think for a moment that walking isn’t a grand sport. None of us would think of eating only once a week, yet we are quite contented to exercise less often than that. A little bit of concentrated exercise every day is one sure way to keep fit. Do a little walking every day and watch your face and figure flatten you.” Love Mirror, November 1931.

**Aging:** “Sport has broken down the barriers between youth and middle age. They meet on a common basis. The age of neither acts as a handicap; the youth of the one is offset by the experience of the other.” The New York Evening Post, 1926.

**Stress:** “I wish every little girl could learn to swim before she is ten and keep it up through her teens. It would do away with many of our so-called nervous breakdowns, the hysteria, the craving for excitement for which we blame our girls nowadays.” McCall’s, May 1927.

**Losing Form:** “It doesn’t do any good to practice a dive once you’ve lost it. At least, that has been my experience. You just have to wait till it comes back. And it does that as suddenly as it goes.” Publication not identified.

**Women:** “Only in the last few years have girls gone so seriously for athletics, and each year their repertory becomes more comprehensive until, if they keep up at this rate, it won’t be long before they include almost every known sport.” The New York Evening Post, 1926.

Aileen Riggin was a true pioneer in the areas of fitness and women’s sports. She was a woman ahead of her time.

(EDITOR’S NOTE: Riggin participated in the Opening Ceremonies of the 1984 Los Angeles Olympics.)
WALTHAM MEET DRAWS 130

WALTHAM, Mass., June 16. With a dazzling sun shining, the mood was set for the 3rd Annual Waltham Masters and Submasters Track and Field Invitational. It was a festival atmosphere as 130 competitors renewed old friendships and rivalries and discovered new ones.

Kate Favreau, of the Waltham Track Club, was one of the more successful competitors. She captured first place in both the mile (5:40.1) and the 880 (2:42.9) in the 30-39 division. Suzette Hall, 32, who has been competing for only a year, was hot on the trail of Favreau. Her mile time of 5:45.6 and 440 time of 1:12.7 shows the potential for a competitive season for these close friends and teammates.

The men of the W.T.C. were also more than adequately represented as Bill Currier set a meet record in the 30-39 javelin with a throw of 203-8. Frank Champi placed second in the event with 199-6. Currier also won the discus competition (109-11).

There were many other excellent showings: Sally Goodhue, 50, had excellent times in winning the 100y (15.8) and 880 (2:53.7). Barbara Pike, won the 440 (69.6) and 880 (2:56.0) in the 40-49 division. Barry Ivers, 73, the oldest competitor in the meet, was inspirational in the 100y and 220.

The meet also had other athletes who won more than one event. Boo Morcom, 63, set three M60 meet records in the high jump (5-0), discus (123-5) and javelin (100-10). The New Hampshire native was an Olympic competitor in the 1948 games. Nat Heard, 66, of Manchester, won the W50-59 discus competition (109-11).

Women's 30-39 mile field in Waltham Masters Meet, Waltham, Mass., June 16. (L to r) Sandy Miller, Suzette Hall, Kate Favreau (winner in 5:40.1). Photo by Keith E. Jacobson

NIKE CORPORATE SHAKEUP

Valdemar Schultz, Masters promotion director for NIKE for the past few years, has joined the list of those pink-slipped by the Beaverton, Oregon company in its continuing corporate shakeup.

Schultz' duties will be handled, for now, by Chris Monty, who says "NIKE intends to fulfill all its commitments to the Masters athletics program."

She said the NIKE Masters Race Series would continue as planned, and that the company would follow through on its support for the World Veterans Distance Running Championships in San Diego in December.

NIKE has long been the prime corporate supporter for Masters athletics in the United States. Schultz was dedicated to the growth of the national Masters program, and his unselfish efforts have been deeply appreciated by masters athletes throughout the nation.

VASQUEZ, PICKERT TOP PEPSI MASTERS

Many entrants for the Diet Pepsi 10000 Meter Championships held at Fort Lee, New Jersey, on July 1, qualified by winning local and regional 10K races held from Coast to Coast. Appropriately, the Masters winners came from both Coasts, when Sal Vasquez, 44, from California, and Judy Pickert, 40, from New York, were the first forty-and-over finishers in 31:33 and 38:34.

Vasquez, 43rd of 1890 men finishers, had to contend with two tough Eastern runners: nationally ranked Ted Haiman, 41, who was second Master in 32:06, and Gary Mrubucke, 43, third in 32:41.

Bill Foulk, 51, from Montana, took the M50-59 race from veteran racer Pete McDardle, 55, New Jersey, 33:39 to 34:08. Dr. George Sheehan, 65, New Jersey, won the M60-69 division in 39:19, and consistent winner in the Golden Age category (70 +) Max Popper, 81, New York, won that bracket in 53:45.

The Masters female winner, Judy Pickert, 31st of 528 women finishers, and second place Joyce Black, 44, were both timed in 38:24 at the finish, but Pickert, New York Girls Cross-country State Coordinator from Mahopac, was given the W40-49 win.

Margrete Decker, 51, ranked fourth in the 10K in 1983 in the W50-54 division, won the W50-59 race in 40:45, and Naomi Bartnoff, 60, took the 60+.

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Crested

It hasn’t been easy these past few weeks to think of much else but the LA Olympics. I personally hit some highs and lows. I can’t deny a twinge of pride as the Women’s Marathon struck up in dear old Santa Monica, the city of my lost youth.

Because I’m so basically part gentle and part pupil, I was appalled by the pressure. The whole Greg Foster affair said a human being can’t withstand it -Edwin Moses said they can. Define beauty anyway you want, I’ll exercise my prerogative by telling you Joan Benoit is beautiful. Articulate and a thoughtful, truly a beautiful little squirt with a world of class.

The medal count, flag waving and television slurping was unfortunate. It seems so contrary to what competition means to all of us.

Sebastian Coe trained secretly in Chicago for two weeks prior to the Olympics. He lived with Joan and Joe Newton, America’s top High School Cross Country coach, and worked out in the morning on Butler National Golf Course and in the afternoon at York and, not to be forgotten, the scene of many a Midwest Masters run, jump and throw. It didn’t matter in the least neighbor or as a friend. Anyone who came in contact with him while he was in Chicago was pulling for him in L.A.

I wasn’t able to attend the Olympics in person because of a higher calling.

Like how does 10,000 feet above sea level grab you as a higher calling? One problem with running buddies is they’re like wives, they sometimes move away. Granted, in the case of some wives, not far enough but in the case of my old running buddy, Pudge Futch, he truly went high and wide. He literally fell off the edge of the earth in reverse and settled in Crested Butte, Colorado.

This place makes Kathmandu, Nepal and all that “the land above the clouds” business look like Rolling Meadows, Illinois. What the hell, I needed some altitude training for the fall marathon schedule, so we took your basic upper middle class trip; five people and two dogs in a wide body compact. Note: Col. Saunders chicken bones really make dogs fart.

How do you reach Crested Butte? Easy, pal, head north 30 miles out of Gunnison and you’re there, no prob. Remember what you were told in LA the first time you asked how far someplace was? “We don’t measure distance here by miles but rather by how long it takes.” Mountain people have their own way of measuring and you really can’t blame them. You have to understand that if you drive from Crested Butte to Aspen it takes a day and a half. If you use a mountain road it takes eight hours, and if you walk it takes about four hours. Now, if you’re subject to nose bleeds, forget it.

The town of Crested Butte takes a little getting used to. My first impression is the accent, it’s pure OK-Tex-San Antonio chill talk. I quickly learned why, the only people in town who aren’t from Oklahoma and Texas are the real locals who are easy to spot. They have full red beards, and drive jeep pickups with a dog in the back of the truck. If they have a chick she’s braless and if you think for one minute I consider this backward conduct you’re dead wrong. The only Vanessa these people know is a waitress at the Plugged Nickel Saloon. That certainly says something for what they consider news.

All this still leaves unanswered a question that has bothered me for years. What in the world would the world do without Oklahoma and Texas? I never spent much time in either place but I’ve come to a couple hard conclusions: either they have the world’s worst weather, or they are the vacationing champions of this here universe. Try San Diego some summer, say you dropped in on a Shiner’s Convention in Dallas. If it wasn’t for Oklahoma and Texas half the summer camps in Minnesota and Wisconsin would close their doors. There can’t be many people still at home because I’m telling the truth, Crested damn Butte, Colorado is plush full of people from Texas and Oklahoma. Good guys with good looking women, who unfortunately wear bras. The locals are just kind mauler guys. No turquoise jewelry or hand tooled cowboy boots to speak of, just beards and baseball caps with some chain-saw company’s logo. The local women are usually holding a kid who also has a beard, a baseball cap and generally radiates a “I have not eaten anything but nuts and bark for seven years’ appearance.

Of course they have a big race in Crested Butte. There isn’t any organized running club in town and I couldn’t help wonder if these people realize the great advantage of this fact? The local runners thought poor Jim Fixx was a dobie dealer from Vail who stopped by on occasion. Did I say they had a race? You wouldn’t believe the race they have unless you saw it. Good old Vic Sheppard, a few years out of good old North High School in good old Columbus, Ohio got the bright idea to stage a race in downtown Crested Butte that reflected the local flavor. Speaking of local flavor, Crested Butte does make a kind of “only in America” statement. Crested Butte is 30 miles north of Gunnison at which mountain people call a “destination point.” That means something like, you can get there but you might not get out. (Well over 300 inches of snow per winter, etc.) I mean a respectable occupation during that period when the white fungus falls is clearing snow off the rooftops. During the summer, guys are actually wandering in the nearby mountains diggin for gold and silver. What I’m trying to say without being cruel is Crested Butte, Colorado is not exactly 42nd at Times Square when it comes to activity. Maybe not so hot when it comes to activity but when it comes to food and drink, this destination point doesn’t have to take a back seat to anywhere. Within a $700 mountain bike ride of the local nerve center (when was the last time you saw a hardware store with gas pumps?) one can “somewhat paradoxically dine on good old mountain favorites such as: Canard Sauvage A’ La Bigarade, Chateaubriand, Rotatouille, with the obligatory Vichysoise, Artichokes and Truffles. Just for laughs most of these down home cafes could offer a ’59 Petrus for the high-spirited, a ’64 Chambertin for the casual, even a ’68 Robert Mondavi Cab for the reckless visiting Texan. Dessert selections featured simplicity, Peach Melba and say a 59 d’Yquem for fun.

Yes, they sure as heck have a 10 mile race. A testy 10 milier, dear Ocean Pacific beach runner, Midwestern humidity-heat seeker, Central Park on-the-run from dog dump and mugger friend, is the under-statement of the year. Remember I said the race started on the main drag of Crested Butte?
The Steamboat Classic Footrace is one of a multitude of events scheduled during Steamboat Days, an annual three-day festival held in June in Peoria, Illinois. This year, the 11th edition featured more than 2,000 participants in either the 4-mile or the 15K runs, which start together and run the same course for the first two miles. For the second year, the 15K featured masters team-challenge competition between the Illinois Valley Striders Track Club and the Huntsville, Alabama Track Club. Each year, masters teams from the two clubs compete in this event and in the HTC's Humana Rocket City Marathon in Huntsville for a challenge cup. HTC won the initial competition at Steamboat last summer and retained the cup at Humanathon last December, but this year the IVS team took a 10-11 victory over HTC on the hilly 9.3 mile course.

Doug Braasch (55:10) led the IVS contingent, which also included Joe O'Shea (55:10), Randy Ziffren (55:09), and Judy Tollever (60:49), over the HTC team which consisted of Jim Oaks (54:38), Gerald Koch (55:24), Charlie Brown (60:29), and Earl Jacoby (63:00). The top three finishers from each club counted for team scoring to give the IVS team the 10-11 win.

Oaks was the top finishing master in the race which included 356 males. He was followed by Charles Vanarsdale (54:57) of Decatur, Ill. Koch won the 50-59 division by over four minutes. Judy Tollever of East Peoria led all female masters by eight minutes as she finished 5th among the 59 female entrants.

The Steamboat Classic Footrace is one of a multitude of events scheduled during Steamboat Days, an annual three-day festival held in June in Peoria, Illinois. This year, the 11th edition featured more than 2,000 participants in either the 4-mile or the 15K runs, which start together and run the same course for the first two miles. For the second year, the 15K featured masters team-challenge competition between the Illinois Valley Striders Track Club and the Huntsville, Alabama Track Club. Each year, masters teams from the two clubs compete in this event and in the HTC's Humana Rocket City Marathon in Huntsville for a challenge cup. HTC won the initial competition at Steamboat last summer and retained the cup at Humanathon last December, but this year the IVS team took a 10-11 victory over HTC on the hilly 9.3 mile course.

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Oaks was the top finishing master in the race which included 356 males. He was followed by Charles Vanarsdale (54:57) of Decatur, Ill. Koch won the 50-59 division by over four minutes. Judy Tollever of East Peoria led all female masters by eight minutes as she finished 5th among the 59 female entrants.

First place finishers in four age groups at the National Masters Decathlon in Indianapolis July 8. From left: Frank Bowles, 63, Greeley, CO; Ham Morningstar, 67, Saline, MI; Gilbert Gonzalez-Julia, 71, Hato Rey, PR; A.E. Pitcher, 82, Indianapolis.

Leon Trout, 50, of Union, New Jersey competing in TAC National Masters Decathlon Championship in Indianapolis July 8.

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A recent membership meeting of my local club, The Pikes Peak Road Runners, Ellen Hart gave a short speech. Ms. Hart has been an outstanding runner and competitor from Colorado, finishing high in the trials for the U.S. Olympic marathon team. However, over the years, at critical times, she incurred injuries or physical problems that kept her from reaching her potential. In spite of this, she is not bitter and has no regrets, though, from time to time, she admitted to having asked such questions as “Why me?”

While that question can never be answered directly, Ms. Hart indicated one positive element had come out of all the adverse problems she has had — she really did enjoy running, and to be able to run was one of the major blessings of her life. The extent of that blessing was dramatically demonstrated to her while recovering from her physical injuries when she could not run. In addition to continuing to compete on a national level, she takes advantage of every opportunity she has to share that blessing with others whenever possible, including meetings such as ours.

The members of The Pikes Peak Road Runners went away from that meeting with a much more positive attitude about what they were doing, even though they too, from time to time, suffered injuries, soreness, and illnesses, all of which would keep them from participating at various times at the level they are truly capable of accomplishing.

There is a verse from the Old Testament that is quite appropriate for Ms. Hart’s attitude. In that Verse, God spoke to Abraham and told Abraham that if Abraham would do what God directed, he would make his name famous, so that he could be a blessing to many others, in short “Blessed to be a blessing.”

Your abilities, your talents, your capabilities, while cultivated and improved by your own individual efforts and energies, really are a gift. You should consider yourself blessed because of your ability to run, jump, and throw. Enjoy it! Share it!

When each of you reflect back, you will find someone you know, who, because of physical or mental disabilities, will not be able to run or jump or throw. You may have watched this individual try to learn even the most elementary of physical movements, such as opening and closing a hand, or to walk without the aid of some type of supporting device, or to get enough oxygen only through a support system.

Those individuals’ physical efforts in accomplishing life’s most basic elements use up more energy than you do in your regular workouts. Those individuals, their friends and families, give great thanks for even the slightest improvement. We tend to take our talents and capabilities and our blessings for granted and complain extensively because of minor limitations.

Let me encourage you to do as Ellen Hart has done, appreciate your blessings, talents and capabilities, and be willing to go out into the community and somehow, someplace, some way, share them with others.

Central Penn Meet
Continued From Page 7
was provided by Alan Sommerville, 39, as he ran a 4:15 1500m, the first time he had competed on a track since winning the Pennsylvania high school 1000y 21 years before.

Other fine performances, despite generally miserable weather conditions, were turned in by Ali Salaam, 31, in the 100m (11.71) and 200m (22.92); George Crummel, 31, in the 400m (52.4); Vivian Nelson, 71, in the long jump (8-11); Donald Ernest, 72, in his age group’s 100m in 18.5; Kathy Clark, 31, in winning the women’s 1500m in 5:35; and Sam Monastero, as he raced to impressive wins in the 200m, 400m, and 800m.

National Decathlon
Continued From Page 1
82, was A.E. Pitcher of Indianapolis. On his home track, “Pitch” set the world age-82 decathlon mark with 607 IAAF points and won the M80 age group. He also broke meet records in the 100m, 400m, 110mH, discus, pole vault, 2nd day points and total points.

“Pitch” was an inspiration for all athletes and spectators as he competed earnestly in all 10 events. Puerto Rico’s Gilberto Gonzalez-Julia, 71, defeated his M70 title setting meet records in the shotput, high jump, 400m, discus, javelin, and total points.

Exciting competition took place in the M45 and M30 age groups. Gary Miller, 46, Glendale, CA, led M45 at the end of the first day with 2822 points and meet records in the long jump and 400m. Miller suffered a pull the second day, opening the way for a fight between Dale Lance, 46, Olson, OK, and Ed Oleata, 47, La Jolla, CA.

Oleata bettered Lance in the discus and 1500m, but Lance took the 2nd day’s remaining events. Lance set M45 meet records in the 100m (11.8), high jump and hurdles (15.9) winning the M45 with 5519. Oleata’s 1500m time of 4:42 was also a meet record as he finished second with 5369. Miller hung on to third with 4924 points.

In the M30 age group a similar battle was taking place between Mike Davis, 34, New Lenox, IL; Bruce Michel, 32, Collinsville, IL; and Tim Walters, 32, Washington Court House, OH. Walters led first day scores with 2964, Davis 2888, and Michel 2827.

Still leading going into the pole vault, Walters suffered a no-height and dropped to third. Davis cleared 12-1 1/4, but trailed Michel who had scored 757 and 720 in the hurdles and discus. Going into the final event, the 1500m run, Davis led Michel by one point 5400 to 5399. A fine 1500m time of 4:42 clinched the championship for Davis. Walters held on to finish third.

In the M50 age group, Leon Trout, 50, Union, NJ, was the champion, tying a meet record in the hurdles. Bruce Hescock, 50, Bethany, CT, finished second. Former 400m Olympic hurdler, Josh Cullbreath, 51, Gwynedd, PA, finished third, setting a 400m meet record with 57.6.

In the M65 age group Ham Morningstar, 67, Saline, MI, took first and set meet records in the hurdles and high jump meet records. The M55 age group was won by Jock Jocoy, 58, Del Mar, CA with 3298 IAAF points. R.G. Wolf finished second with 2892 and Martin Leggett, 59, Austin, TX, third with 2365.

Meet co-ordinator Henry Hopkins, 41, Plainfield, IN, won the M40 age division. At the first day’s end Hopkins led with 2432. Tom Thorne, 41, Neosho, MO, was second with 2230 and William Busby, 40, Thomasville, NC, was third with 2096. Busby pulled up in the hurdles and was forced to drop out.

Continued From Page 8
The top three finishers in each age division received a wood engraved plaque with the TAC Medal and engraved plate. First place winners also received a NIKE certificate for shoes.

With the broad range of ages and experience, the meet was an interesting and exciting one. Athletes coaching each other, friendships renewed, lasting friendships developing and great performances marked the two days of competition. All athletes agreed that the I.U. Track & Stadium was an outstanding facility and are looking forward to the 1985 TAC National Masters Outdoor Track & Field Championships being held in Indianapolis.

Dave Guerrini was provided by Alan Sommerville, 39, as he ran a 4:15 1500m, the first time he had competed on a track since winning the Pennsylvania high school 1000y 21 years before.

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Masters Rankings

Bill Stewart and Cindy Dalrymple topped the men's and women's Masters lists in the official 1983 U.S. Masters 15K Road Rankings recently released by the National Running Data Center.


Other men's division winners included Ken Winn, Norm Green, Alex Rascal, Hubert Morgan, Clive Davies, Bill Brobst, Ed Benham and Cyril Woods.

Top ranked women were Marilyn Harbin, Marion Irvine, Margaret Miller, Jaclyn Caselli, Jo Hess, Felicita Salazar and Ruth Rothfarb.

In the 35-39 rankings, Bill Rodgers and Laurie Binder led the way.

The top ten in each age group are published in this issue in the same format as they appear (to a depth of 50) in U.S. Masters Distance Rankings, 1984, available for $9.95 from NRDC, PO Box 42888, Tucson, AZ 85733.

200 Compete in Michigan

The Michigan Athletics Congress Masters Track and Field Championships at Hillsdale College on June 9-10 drew over 200 entrants from Michigan and the surrounding area, particularly from Cleveland, whose Over-The Hill TC scored well in many events in winning the overall team title.

Outstanding individual performances included a 27.32 M65 win by Donald Hull, 65, an ex-Michigander who now resides in Florida, in the 200, and a 2:16.2 victory in the W30-39 800 by Nancy Noonan of Cleveland.

Ken Carman, 56, Garden City, Mich., ran an 11:36.7 3000m steeplechase, Melba Hatch, 54, Ann Arbor, Mich., did the 3000m in 13:15.1.

Rain Dampens Meet

Continued From Page 4

Satellite octogenarians, impressed the local performers with a 17.2 100m and 37.2 for 200. Arling also triple-jumped 18-6¼, high jumped 3-8, long jumped 7-5, threw the javelin 58-0, and hurled the discus 50-3. Strongman Ross Carter traveled even farther than Pitcher, flying in from Eugene, Oregon, to capture the M70-74 discus (19-6) and shot (42-7). Ross's throw bettered Vernon Checkle's record of 42-3¼ for M70 shotputters.

The 800 offered several fine performances. Central Park Track Club's Bob Jackson muscled his way to a 1:58.7 win in M30-34; Don Boyer (a 1:53.8 miler as an undergraduate at the University of Maryland) fought back repeated challenges from old Atlantic Coast Conference rival (Univ. of North Carolina) Bob Bennett to prevail in M40-44, 2:05.6 to 2:06.9; Jim Demetri won M45-49 in 2:07.6; and easy-riding Kelsey Brown glided to a 2:20.9 win in M55-59.

Alfonso Walton (M30-34) was the fastest sprinter of the day as he posted times that Olympic sprinters from some of the smaller principalities might have trouble matching — 10.9 and 22.6.

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Alfonso Walton (M30-34) was the fastest sprinter of the day as he posted times that Olympic sprinters from some of the smaller principalities might have trouble matching — 10.9 and 22.6. Jennifer Pinto, a Trinidad native now living in New York, captured the W35-39 crowns in 14.5 and 29.9.

Brown U. Meet

Continued From Page 4

Nat Heard, M65, came up from Florida to win the 100m (13.9), 200 (29.1), and shot (45.3).

Rob Jackson, M30, took both the 800 (2:01.5) and 1500 (4:16.6). Kirk Randall, M40, raced to victory in the 1500 (4:15.6) and 5000 (15:57.7). John Dugdale, M45, was the leader in the 800 (2:09.7) and 1500 (4:17.4).

Brian Savilones, M30, had an unusual double: the 5000 (17:30.5) and 5000 walk (25:10.2).

Javelinists Bill Currier and Frank Champi dueled for the M35 win, with Currier winning, 197-5 to 190-9.

Robert Youngs and Jim Rothrock had M50 first and second place javelin tosses of 171-0 and 163-0, both national championship quality.

Because of the success of this meet, an indoor meet will be scheduled, according to Meet Director Neil Steinberg. Brown University coaches Bob and Anne Rothenberg were instrumental for the success of this year's outdoor meet.
**TO TRACK OR NOT TO TRACK**

My earliest running experience was on a remote gravel road in northern Minnesota. By the time I was 10, I was running on a brand new cinder track in Minneapolis.

Though I have not seen a cinder track in years, I still regard it as a great opportunity to learn. Still in my memory is the vivid recollection of rounding a corner at full tilt, losing traction and flying full length onto the abrasive surface.

Many masters runners learned their craft over dirt, gravel and sand tracks. The most common injury in those days was shin splints. We knew little of ice to tape shin cap tape was painful beyond belief.

The capacity of the new tracks to absorb concussion is likely a substantial advantage over the old. The one variable is the runner's shoe. Thus, the fastest and “best” tracks need to be approached with caution.

W65 record of 3 feet, 8 inches in the high jump and a U.S. mark of 10-6¼ in the long jump. Bowermaster also won the shot and discus, and defeated U.S. W65 record-holder Jo Kolda in near-record time in the 100 and 200.

Bowermaster's high jump topped the mark of 3-7/8 set by West Germany's Anchen Reile in 1980.

Five world and 14 American age-division records were established. Four were set by men and 15 by women.

Irene Obara, the fastest-ever woman age 90-or-over, lowered her own world W50 100-meter mark of 13.16 with a sizzling 13.13. The high school principal from Mora, California also bettered her W50 200-meter world mark of 27.4 with a 27.25, but it was wind-aided and won’t go into the record books. Obara also smashed Gretchen Snyder's W50 American 4000 mark of 64.93 with a 64.58, coming from behind in the stretch to overtake Snyder (65.20) in one of the top races of the meet.

Mary Bowermaster of Fairborn, Ohio won six events in the women's age 65-69 division, including a world W65 record of 3 feet, 8 inches in the high jump and a U.S. mark of 10-6¼ in the long jump. Bowermaster also won the shot and discus, and defeated U.S. W65 record-holder Jo Kolda in near-record time in the 100 and 200.

Bowermaster's high jump topped the mark of 3-7/8 set by West Germany's Anchen Reile in 1980.

Two world men's marks were set by Ross Carter and John Scatti. Carter uncorked a 43-0% shot put to raise his own M70 mark of 42-7. Satti long jumped 15-2½ to increase the M70 standard of 15-0, set by West Germany's Josef Sahmann in 1979.

Phil Conley of Woodside, California celebrated his 50th birthday on the 17th with a new U.S. M50 javelin heave of 184-6, bettering Bill Morante's 10-year-old mark of 173-9. Conley's toss was only 6 feet short of the world M50 best, set by Finland's Vieko Javanainen in 1980.

La Crescenta, California's Shirley Kinsey set four U.S. women's 55-59 marks in the discus (87-4), javelin (82-1), long jump (11-11) and shot put (30-0¼). She also won the 200 and 80-meter hurdles.

California's Marilyn Harbin picked off two records in the W45 bracket, running the 800 in 2:27.35 to better Mary Czarapata's 4-year-old mark of 2:27.8; and the 1500 in 4:57.15, lowering her own 5:02.3 record.

Washington State's Nola Bruhn set two widely different U.S. W55 marks in the 10,000 (43:07.7) and 400 (80.20), breaking the old records of 43:09.8 and 85.69, respectively.

Mike Kelly of Tyre Island, Georgia blazed to a 14.88 clocking in the M55 110-highs, dropping his own pending AR of 14.92.

Baker also sped to a 23.51 in winning the 200 by nearly two seconds. The time is only a tick off Baker's world M50 mark of 23.4.

J. B. Haggerty posted fast wins in the M55 100 (10.8), 200 (22.49) and 400 (49.8). Roy Turner burned a 51.76 in the M40 400.

Gene Timberlake edged Dale Hager in a fast M40 - 800, 2:01.5 to 2:02.5. Timberlake added the 1500 gold in 4:08.8.

Dave Dennison won the M40 highs and intermediates in 16.11 and 58.20.

Former Olympian and current U.S. Populist Party Presidential candidate Bob Richards won the M55 high jump (4-8), pole vault (10-11), shot (39-7), discus (116-10) and javelin (128-9).

Wendell Palmer hurled the discus 160-1 and shot 41-9 in M50 action.
Western Regionals
Continued From Page 4

discus, so that the lead was a mere 55 points going into the 1500. But, Jim ran a blazing 4:39.8 1500 and carried home the crown, a newly designed TAC medal by meet director Gary Miller, and a new American record for age 39 of 2772 points.

Nate Robinson, 32, scored 2993 points in his first pentathlon to win the other submaster division. Ed Martin won the M50 bracket with a solid 1840 IAAF points. Pete Fetter, 63, surpassed the American age record by over 200 points, but his javelin did not pass inspection.

At the conclusion of the pentathlon, the athletes had nothing but praise for the competition, sportsmanship and officials and a big thanks to: Doug Smith for scoring, Coach Bill Harvey and his helpers from the College, and the skunk family that threatened the evening air but decided to retire under the pole vault pit.

Saturday's track events started with a new American W35 record in the 4X100m relay with the CDM quartet of Sondra Schumacher, Jean Carter, Shirley Kinsey and Christel Miller timed in 58.7. This bettered the So. Calif. Striders mark of 58.9.

The women athletes played havoc with the track events setting two world records, four American records and several individual age records.

Shirley Kinsey, 55, set two American W35 records in the 80m hurdles (16.6) and 200 (33.1).

Cherrie Sherrard once again tied her own W40 12.5 800m hurdles time. She was also a winner in the 100, 200, shot put and discus.

Irene Obena set World W50 records in the 100, (13.17) and 200 (27.4). In one of the finest competitive races of the meeting, Chestine Barnes, 37, held off Judy Vivian, 32, in the 800 in a new American W35 record of 2:13.2. Chestine also set an age 37 record in the 400 of 61.4, while Judy ran an excellent 1500 in 4:46.4.

Christel Miller, Edith Mendiya, Marilyn White, Kathy Kunser, Magdalena Kusoln, Maxine Waters, Elvyn Blair, Diana Smith, LaTanya Glass and Sondra Schumacher won one or more championships.

Bob MacConaghy, 76, threw the javelin over 100 feet for a new American age-group record and vaulted 7'11½”. Winfield McFadden displayed his athletic prowess by winning five M75 championships: 100m, HJ, DT, LJ and TJ.

Bill Fitzgerald ran two new age-59 records for the 800 and 1500 in 2:16.4 and 4:34.3, respectively.

Eric Owens was able to catch George Cohen in the M40 1500. In the 800, Cohen came from behind to best both Owens and Romain. Mel Elliot won the M45 400, 800, and 1500.

★ ★ ★

There were some thirty men who were double winners or more in the three day meet. In the hammer and shot, new meet standards were established in the M50-69 age groups, due to the fact that the athletes were required to use the newly adopted implements (6k, 5k and 4k).

The finale was auspicious with four of the meet's TAC officials entering a 4X400 meter relay. It was either the hot sun or their extra duty at the recent Olympic trials that drove these men to this fantasy. They all survived and walked off proudly, back in hat and tie.

At the end of the three-day competition, the meet directors drew some conclusions. It was a very successful meet at a beautiful facility. The shade and smog were scarce and the results excellent.

NOW AVAILABLE Masters Age-Records 1984
Compiled by National TAC Masters T&F Records Chairman Pete Mundle with Lori Maynard and Alan Wood.

- Men's and Women's World and U.S. Age Bests for all Track & Field Events, age 35 and up, as of Jan. 1, 1984.
- Men's U.S. Masters Indoor & Outdoor Championship Records.
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Name
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The Modern Diana
Continued From Page 6
racetrack, which is out of use at this time of year, and it is surprising how well the contests are conducted and how many people go to see them.

In the last meet there were over 500 entries, and every year there has been a marked increase in the number of contestants among the young schoolgirls of New Orleans. Every size and age is represented and, as in the New York schools, each girl competes in her own class. It is an interesting fact that instead of classing the girls by weight, as is the method in most schools, the schoolgirls of New Orleans are classed according to height. Consequently, there are groups of fifty-five, fifty-nine and sixty-three inches. There is also an unlimited class for the few that are taller than their schoolmates.

★ ★ ★

There is always plenty of competition in the twenty-four events scheduled, and the youngsters that win are just as proud of their trophies as if they had won a world's championship. Of course, the authorities in charge are very careful that the children do not overexert themselves, and they are only allowed to run short distances and compete in two events in one meet.

From the New York Evening Post, 1926.
by AL SHEAHEN

- "The Games are over, let the traffic begin," Los Angeles Mayor Tom Bradley said after what many called the most successful Olympics ever.
- It was one of the most intense, exciting, and inspirational 16 days ever experienced.
- Post-Olympic depression has already hit L.A. Every shrink in town is reportedly booked solid.
- In the afterglow, the city is still stunned. One reporter summed up the town's feelings with a simple: "What the hell was that?"
- L.A. hasn't shed so many tears of joy since Debbie Reynolds married Eddie Fisher.
- Half the town was in tears at the opening ceremonies; again when Joan Benoit won the first-ever Olympic gold medal; again when little Nawal El Moutawakil won Morrocco's first Olympic medal; again when little Nigeria challenged the great nations of the world and won a bronze medal in the 1600 relay; again when Zola and Mary took each other out of the race of their lives; again when Edwin Moses, after another nerve-wracking false start, won his 105th consecutive race; again when forty-four-year-old Ed Burke, representing masters athletes everywhere, carried the U.S. flag at the opening ceremonies; and again when Gabrielle Andersen, 38, ran her way into the hearts of the world.
- The great, unreported story of the Games was the emergence of dozens of Third World nations. Seventeen countries were competing for the first time. Athletes from Asia, Africa and South America dominated the preliminary heats of the sprints. Many made the semi-finals and finals, especially, runners from Senegal, Kenya, Brazil, Nigeria and Sudan.
- Burke didn't match his 235-7 hammer throw, but he made us all proud. With 90,000 fans urging him on, he must have wondered what was going on. Usually, all the hammer throwers attract are two guys and a dog. He threw 221-6, not quite far enough to make the finals, but far enough for me.
- "It was a thrill just to walk into the stadium and see so many people and to hear so many people cheering," Burke said. "I was certain there must be another event going on because there were so many people there. I was really in it until the end. I think maybe I said more for middle-aged people by not advancing to the finals. I showed them it's possible to feel satisfaction in just competing, not in the winning.
- Burke said he "trained hard and tried hard and I went for it." He plans to compete in Europe with the U.S. team.

A full house stands at the Los Angeles Coliseum for the first- ever playing of the national anthem of Morocco. Nawal El Moutawakil (on screen at right) won the 400-meter hurdles to give Morocco its first Olympic medal.

Larry Stuart, El Toro, Calif., who set a new M45 world record for the javelin at 238-10 on May 12 at Redlands, Calif.

- I was embarrassed by ABC's linguistic TV coverage, and virtually stopped watching after the third day. Even though two-thirds of the medals were won by foreigners, it seemed ABC focused 90% of its coverage on Americans. ABC swept first place each night in the ratings, so Roone Arledge is smug. It seems nationalism plays in Peoria.
- Arledge and Baron de Coubertin wouldn't have hit it off. I can just see Roone trying to keep a straight face as de Coubertin tells him the "important thing in the Olympic Games is not to win but to take part; the essential thing is not to have conquered but to have fought well." Frank Gifford would snicker. Roone's idea of a drinking buddy would be George Patton, who said: "Americans love a winner, and will not tolerate a loser."
- Never mind that, the crowd at the Coliseum was fainthearted, applauding every medalist, regardless of nationality. In fact, we were secretly rooting for Pierre Quinon to win the pole vaunt so we could hear the Marseillaise at the victory ceremony. We pulled for Mogenberg to win the high jump over Zula so we could hear Deutschland Uber Alles, one of the world's great melodies, even if ill-used in the past.
- Andersen (now known as Andersen-Scheiss to the world) lives in Idaho and has been running in the U.S. for years, winning the W35, and often the women's open, division of dozens of races. The Greek government invited her to make a 10-day visit to Greece in recognition of "her courage and athletic effort in the Olympic spirit."
- The oldest athlete in the marathons was Britain's Joyce Smith who set a women's world best for age 46 with a stunning 2:32. Britain's Priscilla Welch, 39, ran 2:28:54.
- We-Told-You-So Department: the weather for the men's marathon never got into the '80s, the Games were brilliantly organized, the smog was minimal, the number of visitors was far below expectations, the rental-car companies took a bath as customers thumbed their noses at their price-gouging, and the volunteers did a super job.
- We-Told-You-Wrong Department: Gidamis Shahanga, our tout for the marathon gold, succumbed to Freeway Fever and left his kids at the Slauson cut-off to finish 27th.
- The next-best thing to the Olympics is the World Veterans Games, which is why I can hardly wait to go to Rome next June. If you somehow missed L.A. try not to miss Rome.

Open Mouth

Continued From Page 6

That's at nearly 10,000 feet above sea level for openers, pal. It quickly left town by way of a 2,000 foot ascent to the foot, get this, the foot of Mt. Axtel, all in 3 miles. The ascent, as mountain men, Okies and Texans all agree, is a bitch. The trail is full of rocks and three times crosses a raging mountain stream. Frankly, I don't have much mountain running experience, just what I've picked up from Ken Young bragging about what he did to this mountain and that mountain so my effort was a disaster. Couldn't make one mile on it. I gave up. The winner, Dan McGuire, ran 7:20 pace to the top and sub five's down for a time of 66:10 minutes. He's a ski instructor who runs in the mountains during the summer. People are referred to as mountain runners and others. Forty-seven people showed up for the race (40 last year) but just about everyone in town had free beer at Vic's after the race. No flag waving, little bitching and a whole lot of good feeling, about people and a very special part of our country.

Given the choice between wondering if Jim McKay is using enough polligrip or Crested Butte, Colorado - all I can say is, bring back the Russians.

Minnesota Masters

Continued From Page 4

breakthrough, thanks to director Jack Moran's strong belief in the concept of masters competition.

Entries are now up to 5,000, with an anticipated 8,000 when entries close.

Competition will be strong. Among the entrants are Don Kardon, 35; Duncan MacDonald, 35; Athish Barton, 36; Mike Manley, 42; Barry Brown, 40; Mike Heffernan, 44; George Keim, 41; Fritz Mueller, 48; Ernie Billups, 47; Norm Green, 52; Hal Higdon, 53; Alex Ratelle, 60; Karen Scannell, 46; Sandra Kiddy, 47; Janet Buch, 36; Christa Romppanen, 45; Ruth Anderson, 55; Margaret Miller, 58; and Toshiko d'Elia, 54.
Liz McBlaIn won 11 gold medals In the W35 division at the Canadian Masters T&F Championships in Richmond, B.C. July 7-8, including this one in the triple jump at 31-1, a new Canadian W35 record.

photo by Sharon Davies, Marathon Photos

147 COMPETE IN CANADA

by DON TRETHEWEY

Eight Canadian records were broken and eleven new marks were established by the 130 men and 17 women masters’ and sub-masters entrants at the combined Canadian & British Columbia Masters Track and Field Championships in Richmond, B.C., July 7-8.

Near perfect weather conditions both days greatly aided the assault on the record book. The mornings were cloudy and cool with temperatures about 15°C (60 F) for the 5000 & 10000. About noon each day, the clouds burned off and temperatures rose to the mid-20’s (75 F) for the shorter distances.

Barbara McLeod, W45, of Ottawa, led the assault on existing Canadian marks with Canadian Native and Canadian Open records in the 10000 (41:58.4) and 8000 (2:51.0). (Canadian Native Records may be set by a Canadian citizen anywhere in the world, whereas a Canadian Open Record may be set by a citizen of any country in a competition held in Canada or by a Canadian citizen anywhere). McLeod also won gold medals in the 400 (57:5), 1500 (5:29.1) and 5000 (20:51.0).

Other existing marks shattered were W45, 5000 Race walk, Beverly LaVeck, 27:10.4; M75, 400 Hugh Clifford, 86.2; W70, 800 Ivy Granstrom, 4:02.5; M55, Pole Vault, Stan Egerton, 3.20; M70, Shot Put, Ross Carter, 12.88; W45, Shot Put, Violet Pollock Tittler, 8.25.

Eight of the new marks resulted from the recent WAVA standardizations in the throwing events and hurdles. The other three resulted from the filling of a blank space in the existing records (W60 discus); and two new events for women included for the first time at the Canadian Masters’ Championships.

Next month’s schedule for the VI World Veterans Games is printed in this issue.

Cesare Beccalli, European Representative to WAVA and Director of the 1983 Games, held a press conference in Los Angeles during the Olympics to publicize the event to IAAF members. He was joined by the President of the Italian Sports Federation and by Rossi Doria, the Tourism Minister of Italy, who both said they were dedicated to making the Games a rousing success.

“We expect to spend about $600,000 on the Games, and to draw over 6,000 athletes,” Beccalli said. “These will be the best Veterans Games ever held.”

Beccalli said the Italian Masters organization has the complete support of the government and the sports federation, which plans to use these Games as a trial run for the World Athletics Championships in Rome in 1987.

The Games will be held in Rome from Saturday, June 22 through Sunday, June 30, 1985, with a day off from competition on Monday, June 24th. The event form will be published in NMN in future issues. Entries must be received in Italy before March 31, 1985.

The Games are open to all men age 40 or over (born before June 23, 1945) and to all women age 35 or over (born before June 23, 1950) who are physically fit. There are suggested, but not mandatory, performance guidelines.

Participation, as always, will be on an individual basis. There will be no teams officially representing any country. Relay competition will be held among the six regions (North America, South America, Asia, Europe, Africa and Oceania) with athletes from any country in a region eligible for the team.

Updated on Page 1
September, 1984

BRITISH NATIONAL VETERANS CHAMPIONSHIPS
JULY 7-8, EDINBURGH, SCOTLAND
PENTATHLON

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<table>
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**TOTAL**

*photo by Sharon Davies, Marathon Photos*

Derek Malaffey (6512) of Seattle's Snohomish Track Club leads the early going in the combined M50/55 10,000-meter run in the Canadian Masters T&T Championships July 7 in Richmond, B.C. Malaffey went on to win the M50 title in 35:05. Close behind is Harry Adshead who took 2nd in 35:56. Running 3rd is Arthur Taylor (6593), the M55 winner in 37:43. Taylor is a World Veterans Steeplechase champion.
**XVII WORLD VETERANS CHAMPIONSHIPS**

San Diego, California, U.S.A.

1-2 December 1984

10 km - Saturday, December 1st, 10 a.m.  
Marathon - Sunday, December 2nd, 7 a.m.

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

Tom Sturak  
Executive Director  
Race Director

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

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

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

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

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

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

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

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

**10 km ENTRY FORM**

**MARATHON**  
**XVII IGAL Championships**  
2 December, 7 A.M.

<table>
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**Carbo-Loading Dinner (12/1/84)**  
- U.S.$10.00

**Farewell Party (12/2/84)**  
- U.S.$26.00

**Race Fees:**  
10 km - U.S.$15.00  
Marathon - U.S.$25.00  
Late Fee (after 10/1/84) - U.S.$10.00

**TOTAL** = U.S.$

**Make Check / Payable to:**  
BILL STOCK, RACE DIRECTOR  
1984 WIGAL Championships, 7160 Baldrich St., San Diego, CA 92041.

**AS A CONSEQUENCE OF MY PARTICIPATION IN THE XVII VETERANS WORLD CHAMPIONSHIPS**

I HEREBY AGREE THAT THE ORGANIZERS SHALL NOT BE LIABLE FOR ANY ACCIDENT, INJURY, LOSS OR DAMAGE.

**SIGNED**

**DATE OF BIRTH**  
**DATE OF NATURALIZATION**  
**SEX**
### 200 METRES

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### 100 METRES

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### 800 METRES

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### 5000 METRES

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### 1500 METRES STEPLIFTS

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### RESULTS

- Canadian Open Record - may be set by a Canadian Citizen anywhere in the world.
- Canadian Native Record - pending ratification by C.M.A.A.
14TH NATIONAL VETERANS' TRACK AND FIELD CHAMPIONSHIPS
Organised by Scottish Veteran & Masters Club on behalf of British Veterens Athletic Federation
Meadowbank Stadium, Edinburgh
25th and 26th July 1984

RESULTS

CONTINUED FROM PREVIOUS COLUMN

100 METRES

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Masters Super Tuesday, 16.78 x 100
147 Compete in Canada

Continued From Page 15
first time in the Canadian Championships (Triple Jump and 400 Hurdles).

If an outstanding performer in the meet were to be named, a prime contender would be Liz McBain of the Edmondson Columbus. McBain burst onto the W35 scene at the 1983 WAVA Track & Field Championships in Puerto Rico with gold medals in the pentathlon (3858 pts.) and high jump (1.56m), bronze medals in the (30") 100m H (15.77) long jump (4.85m) and 4th place in the shot put, all but the shot put being good for CNR & COR's. She also set W35 Canadian Native & Open records at Puerto Rico with her non-medal 200 (27.16) and javelin (27.12m) performances.

McBain, who had competed in the heptathlon the week previously at the Canadian Olympic Trials, completed 11 events at the Richmond Championships. Despite the fact that she was virtually unopposed in all events, she did not slack off as she might easily have been tempted to do. Instead, she earned her gold medals giving each event her best, establishing CNR's & COR's best. In the (30") 100m H (16.71), 400 H (11.8) and triple jump (9.47) she barely fell short of her Puerto Rico performance by 1 cm in the high jump, by 2 cm in the long jump, and by .66 in the 200. She finished out the weekend with 13.7 in the 100m, 65.0 in the 400, 2:37.1 in the 800, 10.04 in the shot put and 25.40 in the javelin, a truly outstanding performance!

Some of the most closely contested events of the meet were the M40 and M50 middle distances. In the M40 1500 on Saturday, Tom Tushingham of Toronto ran down Barry Adams of Vancouver in the final few metres to win 4:09.8 to 4:09.9. The next day, Tushingham came through again in the stretch with a 1:56 to nip Adam's (1:59.9) and Basil Tomlinson of Ottawa (2:00.4). In the M40 5000, John Woodcock and Jean-Jacques Schmidt of the host Kajaks waged a see-saw battle with Woodcock prevailing in the final 200, 16.09.4 to 16.12.0 for Schmidt.

In the M50 1500 Charlie Wimerleber of New Orleans waited until the final 200 to uncork his kick and defeat Ralph Miller of Seattle (59-1) and Basil Tomlinson of Ottawa (60-1). In the M40 5000, John Woodcock and Jean-Jacques Schmidt of the host Kajaks waged a see-saw battle with Woodcock prevailing in the final 200, 16.09.4 to 16.12.0 for Schmidt.

Nine British Records Set in Edinburgh

Continued From Page 15
jump (35-7¼); Sid McSweeney, M70, shot (25-0); M. Tipping, W45, discus (116-10) and Joe Phillips, M50, javelin (143-1). Among the non-record but notable marks were J. Toplis' 11.60 in the M40 100m, and J. Henson's 22.88 in the M40 200.

Eight runners went under 15:32 in the 5000, led by M. Duff, M40, (15:16.58), and two runners below 32:00 in the 10000, with T. Johnston, M40, the best (31:39.15). Both events had strong fields through M60.

Waltham Meet

Continued From Page 7
Saratoga, Florida, also won three events, setting meet records in the 220 (30-4) and shot put (45-2¼) while also winning the 100y (13-0).

The meet was sponsored by Capital Bank & Trust Co. and Nike. Bill Simmons, of Berkeley, California, competing in the 40-49 division, thrilled the spectators with his 440 (56-6) and 220 (25-7) victories.

Meet Director Joe Tranchita thinks the meet has grown in size and the competition has improved with each year. Waltham Track Club, under the leadership of Coach Tranchita, has made a commitment to masters track and field that few clubs in New England can boast. W.T.C. hopes in the near future this meet will become the New England Masters Championships.

PARTICIPANTS BY AGE DIVISION

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TOTAL ENTRIES: 653

M55

When Tony Squizzato of Bradford, Massachusetts is in top form, he's hard to beat, as the likes of Jim O'Neil, Pat Devine and Bill McChesney discovered. The Easterer won both the 5000 (17:09.8) and 10000 (35:35.2).

Greenwood, now living in Aurora, Colorado, won the 110-highs before his injury forced him to default from his other four events. Seizing the op-
**NATIONAL**

- The TAC National Masters 15K Cross-Country Championships will be held in November, shaping up as a top-quality event. Race director Ed Lang has already received confirmation from masters Kirk Randall, Bill Reilly, Dan McCaslin, and Shirley Matson.

**NEW ENGLAND**

- Besty Harshbarger, 41, Irish American TC, was the 4th woman overall in the TAC/USA Women's 25K RR Championships, Sudbury, MA, June 3, with a 1:42:41, which, added to the 5 Mile. Helen Hamilton, 53, Concord, MA, took 1st W40 (27:11) in the BankEast Classic Road Races, Concord, NH, June 30. Marty Bart, 42, Concord, was the 1st W40 in the 5K (19:20) and 5 Mile (36:59).

**SOUTHEAST**

- Central Park TC took both the Masters men's and women's titles in the NYRC Club Team Championships, July 7. Central Park NYC, Fritz Mueller, 48, led all M40+ (27:06). Robin Vila, 41, beat all W40+ and was 1st for the CPTC female Masters trio.

- The NY Masters club took the overall team title with a score of 44 to Central Park TC's 34 with victories in the 40-49 and 50+ divisions in the NY Masters Relays. NYC, July 15. NY Pioneers won the 30-39 division. The NY Masters 40-49 1600m relay quartet put together a 3:39.

**WEST**

- Larry Banuelos deposited a time of high interest with a 38:59 to win the M60+ section of the Monarch Bank 10K, Laguna Beach, CA, July 4. In the 5K race, Tom Burris smoked to a 16:01 M40+ and first, and Amy Goldstein won the W50+ division with a 22:19. 

- The Bud Light Independence 4 Mile Run, Visalia, CA, brought Central Cali's best Masters runners to Visalia, CA. Hot weather didn't cool down Frank Ortega, who was the first Master across the line in 21:26. Frank Padilla and Frank Delgado continued their M45 rivalry with Padilla (22:36) and Delgado second (22:55). Jesús Rivera took the M50-59 division (23:51). While Bob Musso captured the M60+ (27:14). Cherie Stephenson took the W30-39 (27:59), and Joanne Branco the W40+ group (28:44).

- Shirley Matson, 43, who ended Cindy D'Armey's 75-race masters winning streak in the Peachtree 10K July 4 (35:59), set a 21-second PR August 11 with a 35:35 in the Peachtree 10K July 4 (35:59), set a 21-second PR August 11 with a 35:35 in the 10K. Paul Saunders, 61, zoomed to the meet's holder in the W65 shot, had a 34-6 Vz toss with 45-8'A. 

**INTERNATIONAL**

- Canadian Masters marathon champ Art Munny, M40, of St. John's, Newfoundland, ran a 2:20:22 pace 2:40:22 to earn the Masters crown in the Deseret News Marathon, SLC, July 24. Dan Redrall, 47, Santa Rosa, CA, was tops in his division with a 2:43:23.

- L. Prawsmus, M45, won the Western Pro- vince Masters Marathon Championships, Cape Town, South Africa, July 21, with 2:40:50 in a field of 76, including 41 men in their 30s. W. De Beer took the M55 with 2:30:06. The Celtic Harriers' "A" team was team champ.
**LONG DISTANCE RUNNING NATIONAL**

**WEST**

September 8-9. 15th Annual Senior Olym-

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

**SOUTHEAST**


**NEW ENGLAND**

August 23-25, 1985. 18th Annual TAC Na-
tional Masters Championships, Indianapolis.


November 4. Conventures 10K and 12th
NIKE Masters Series Race, Boston. Chris Monty, NIKE, 99W S. Murray Blvd., Beaverton OR 97005.

**EAST**


December 6. Run Pentathlon (100, 200, 400, 800, 1500), Honolulu, Hawaii. Jack Karbins, 3118 Waiwae Ave., No. 103, Honolulu, HI 96816.

December 22. Weight pentathlon, Honolulu, Hawaii. See December 16 above.

December 29. Regular pentathlon, Honolulu, Hawaii. See December 16 above.

**INTERNATIONAL**

September 7-9. 3rd Annual San Juan Masters Championships, San Juan, Puerto Rico. P.R. Masters, Box 11067, San Juan, PR 00936.

September 13-15. 2nd South American Championships, Ibirapuera Stadium, Sao Paulo, Brazil. Hernan Figueros, Lira 2468, Casilla 10092, Santiago, Chile.

October 6-7. 5th All-Japan Masters Championships, Montevideo, Uruguay. Hernan Figueros, Lira 2468, Casilla 10092, Santiago, Chile.

October 6-8. 5th of the 12-race NIKE Masters Series takes place in Houston on the 15th as part of the Pro Comfort 10K. Twenty runners (by time, age-group winner or random drawing) in each of the 12 races will receive cash toward a trip to the World Veterans Distance Running Championships in San Diego in December.

Also on the 23rd is the TAC National Masters Half-marathon Championships in Houston, and the TAC Open and Masters 50K Championships in Washington.

**NEW ENGLAND**

September 1. Virginia TAC Open & Masters Championships, Charlottesville, VA. Virginia Masters, PO Box 5096, Charlottes-
teville, VA.

September 22-23. Virginia State Open & Masters Decathlon Championships, Charlottesville, VA. See September 1 above.

September 29. Virginia Ten Miler, Lyn-
chburg, VA 24503. 404/231-9064.

November 3. TAC/National Masters 10K Race Walk Championships, Arlington, Va. Sal Corrallo, 5351 N. 37th St., Ar-
lington, VA 22207. 703/241-1854.


**MIDWEST**

September 4. TAC/National Masters Men's 40K Race Walk Championships, Ft. Mon-
mouth, New Jersey. Elliot Deman, 29 N. Locust Dr., W. Long Branch, NJ 07765.


**MID-AMERICA**


**SOUTHEAST**


September 29. Avon Women's Half-
marathon, NY, Allan Steinfield, NYRRC, 9 East 89th St., NY, NY 10128. 212/860-4455.


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

ON TAP FOR SEPTEMBER

**TRACK AND FIELD**

This month's action begins on Labor Day weekend with the Rocky Mountain Masters in Denver and the Virginia Masters Championships in Charlotteville.

On the next weekend are the Los Angeles Senior Olympics, the San Juan Championships and a Masters Running Camp in Vermont.

For world travelers, the South American championships will be held on the 14th in Sao Paulo, Brazil.

**LONG DISTANCE RUNNING**

After the normal summer lull, some major races are on tap, starting with the TAC Northwest Regional Masters Half-marathon Championships in Washington State on Labor Day. You can run with Senators and Congress people in the Nike Capital Challenge on the 13th in Washington, D.C.

The 5th of the 12-race Nike Masters Series takes place in Houston on the 15th as part of the Pro Comfort 10K. Twenty runners (by time, age-group winner or random drawing) in each of the 12 races will receive cash toward a trip to the World Veterans Distance Running Championships in San Diego in December.

The 6th and 7th Nike Masters races are set for the 22nd in the High Altitude 8K in Boulder, and the 23rd in the Portland Marathon.

Also on the 23rd is the TAC National Masters Half-Marathon Championships in Houston, and the TAC Open and Masters 50K Championships in Washington.

The Virginia 10-miler in Lynchburg and the Maupintour Fall Classic 10K in Lawrence, Kansas are on the 29th.

The 5th and 9th Nike Masters races will be run as part of the Avon Half-Marathon in New York City on the 29th and the cash-laden Twin Cities Marathon in Minneapolis on the 30th.

**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.
National Masters News

SOUTHWEST

September 15, 5th NIKE Masters Series Race at Pro Co. 10K, Los Angeles, CA; 314/862-SLTC.

September 16, Chris Monty, NIKE, 3900 S.W. Murray Blvd., Beaverton OR 97005.


PO Box 15000, El Paso TX 79998. 915/772-RACE.

December 2, Beverly Hills - Perrier 10K, Beverly Hills, Calif. Richard Putnam, Rugby Row, PO Box 22744, Chatsworth, CA.

NORTHWEST

September 3 (Monday), TAC Northwest Regional Masters Half-marathon Championships and Red Brick Road Half-a-thon, Redmond, Washington, 9 a.m. Carole Langenberg, 4261 S. 184th St., Seattle WA 98188. 206/433-8688.

September 15, 5th Annual Prefontaine Memorial 10K, Coos Bay, Ore., 11 a.m. Pre-race Nike running clinic. Prefontaine Memorial 10K, PO Box 210, Coos Bay, OR 97420. 540/269-0215.

NATIONALS

Continued From Page 21

national opportunities for an unexpected gold medal were Cliff Murray (100), Gordon Albury (200), Huel Washington (400) and Ted Rademaker (400).

100

- World M60 400 record-holder John Alexander (58.4) of Texas captured his specialty in 61.65.

- Burl Gist attempted a new world high jump record of 5-3 (his own M60 mark is 5-2 1/2), but had to settle for a 5-6 clearance. He added the short hurdles to his gold medal inventory.

- San Diego's Ray Spencer took the 400 hurdles and the long and triple jumps, while Bill Bangert annexed the shot and discus.

- New Jersey's Dave Lawyer won the 100/200 double, John Boots took care of the 800 and 1500, and Bill Van Fleet presided over the 5K and 10K.

- Carter added the discus to his collection.

NATIONAL MASTERS TRACK & FIELD CHAMPIONSHIPS - EUGENE, OREGON - AUGUST 17-19, 1984 ANNUAL TAC CHAMPIONSHIPS:

Mid-America


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

September 30, Twin Cities Marathon, Minneapolis to St. Paul, Minn. $130,000 prize. Jack Moran, PO Box 24193, Minneapolis MN 55424.

November 18, 11th Annual St. Louis Marathon, St. Louis, Mo. SASE to St. Louis TC, 601 Clayton Rd., St. Louis, MO 63117. 314/362-SLTC.

MID-AMERICA


October 13-14, IIAG, European Distance Running Championships, Bern, Switzerland. Werner Munser, THielerbrunnweg No. 55, 8720 Schwennen, West Germany.


October 11-17, Running tour of the Holyland, Barry Shaw, PO Box 2143, Netanya, Israel.

INTERNATIONAL

September 21-23, Oregon Track Club Masters Running Clinic. Sky Camp Lodge. McKenzie River. $25 includes food and lodging. Bill/Marcia McQueen, 4905 W. Hillsdale Dr., Eugene OR 97405. 344-8106.

September 23, Portland Marathon and 7th NIKE Masters Series Race, Portland, Oregon. Chris Monty, NIKE, 3900 S.W. Murray Blvd., Beaverton OR 97005.

### 15 Kilometers

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**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.

**SONJA OLYMPICS**

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<td>Sam Smith</td>
<td>Oklahoma</td>
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<tr>
<td>800y Run</td>
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<td>Bill Smith</td>
<td>Kansas</td>
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<tr>
<td>1 Mile Run</td>
<td>4:13</td>
<td>Tom Smith</td>
<td>Nebraska</td>
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<td>4x400y Relay</td>
<td>3:14</td>
<td>John Smith</td>
<td>Michigan</td>
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**Note:** The above table represents a portion of the results from the National Masters News for September 1984. The full list includes many more events and participants. For a complete list, please refer to the original document.
### Triple Jump

<table>
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<tbody>
<tr>
<td>MAUL, Alfred D.</td>
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<td>BAKER, Joe Thomas</td>
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### Pole Vault

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<tr>
<td>VARDIMIR, James E.</td>
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<tr>
<td>SULLIVAN, Timothy J.</td>
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<td>BARNES, Jeremy B.</td>
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### Shot Put

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<td>WILLIAMS, John F.</td>
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<td>HULBERT, James E.</td>
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<td>LEWIS, John W.</td>
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### Discuss

<table>
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### Javelin

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<tr>
<td>HUGHES, Jeffery L.</td>
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<td>LIVINGSTON, Paul E.</td>
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<td>BAKER, Joe Thomas</td>
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### 17th Annual Eastern Masters Track & Field Championships - Georgetown University - June 23, 1984

Conducted by Potomac Valley Senior Track Club

---

### Closing

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### Results

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<td>800 Meters</td>
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<td>1500 Meters</td>
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<td>Long Jump</td>
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<td>Triple Jump</td>
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<td>Pole Vault</td>
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<td>Javelin</td>
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### Credits

- **Lead Officials**
  - Clark, Betty
  - Potts, Jennifer W.
  - Buechler, Charles B.
- **Certified Officials**
  - 100 Dash: Earl, Lenora L., R.T. Masters 21.0
  - 200 Dash: Buechler, Charles B., R.T. Masters 21.0

---

### Additional Information

- **Meet Location**: Potomac Valley Senior Track Club, Georgetown University
- **Date**: June 23, 1984
- **Conducted by**: Potomac Valley Senior Track Club

---

### Notes

- **Meet Type**: 17th Annual Eastern Masters Track & Field Championships
- **Organizer**: Potomac Valley Senior Track Club
- **Venue**: Georgetown University
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<thead>
<tr>
<th>Place</th>
<th>Name</th>
<th>Age</th>
<th>City</th>
<th>Masters Time</th>
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<td>Chicago</td>
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<table>
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[Repeatability in the table:]
Shot Put
R. Vosko 30-3/4
R. Breit 29-5
J. Jone 27-1/4
A. Wegrzyn 25-2
A. Water 21-0
A. Wegrzyn 18-4

Shot Put
A. Vesper 25-1
G. Johnson 23-5
A. Vesper 19-9

Shot Put
P. Fetter 15-7
E. Johnson 14-3
J. Warren 14-6

100m Dash
I. Miller 14-7
I. Johnson 14-3
D. P. Johnson 13-6

1500m Walk
D. Deutch 41:16
R. Vosko 42:57

Decathlon
F. Smith 745
W. Smith 742

3000m Steeplechase
J. Jone 9:56
R. Vosko 10:02

4000m Relay
S. Thompson 7:54
R. Vosko 8:00

5000m Run
J. Johnson 16:28
R. Vosko 17:03

High Jump
J. Jone 6-9
J. Johnson 6-7

Long Jump
B. Smalls 23-7
R. Vosko 24-4

Volleyball
T. Miller 7-5
T. Miller 7-10

Basketball
J. Jone 15-6
J. Johnson 14-6

Track and Field
J. Jone 10-7
J. Johnson 10-4

Search for the best performers in each event at the Boston U.S. Open.
### 100m dash

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**continued on next page**
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</table>

**Notes:**
- All times are in minutes and seconds (m:ss).
- The table includes the top performers in each event.
- The table is organized by distance for both men and women.

**Eastern Regions - continued from previous page**

1. Robinson, Will | 55 | 58.8 | 800m run
2. Rice, Charles | 54 | 1:03.6 | 100m run
3. Kishi, Frank | 53 | 1:02.6 | 200m run
4. Ellis, Nel | 52 | 1:00 | 400m run
5. King, Stan | 47 | 55.5 | 800m run
6. Romani, Dave | 42 | 51.0 | 1500m run
7. Kueke, Judy | 52 | 1:13.2 | 3000m run
8. Rossiter, Ed | 70 | 3:15 | 5000m run
9. Martinez, Greg | 56 | 53.3 | 10000m run
10. Driver Eugene | 54 | 50.5 | 15000m run
11. Sullivan, Steve | 5 | 1:00.1 | 40000m run

**Heptathlon**

<table>
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<th>100m</th>
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**5000m Steeplechase**

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<td>15000m run</td>
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<td>Orritt, Ted</td>
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<td>15000m run</td>
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<td>Lange, Henry</td>
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<td>15000m run</td>
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<td>Leaton, Dave</td>
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<td>15000m run</td>
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**8000m Steeplechase**

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<th>Score</th>
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New York Masters Relays, July 15, 1984, Kings Point, New York

4 x 100 meters
30-39 Men
N.Y. Pioneers

4 x 800 meters
30-39 Men
N.Y. Pioneers

50-59 Men
N.Y. Masters

60-69 Men
Ball Brackenland Gonzalez Wilson

50-59 Men
1. Stan Gilley, 47.9
2. Mike Jones, 52.8
3. Bob Holmes, 53.7

800 METER RUN
Open M 1. Dan Overton, 1:52.6
2. Mike Jones, 1:57.0
3. Jim Bowin, 2:00.8

30-39 M 1. Kirk Bradford, 2:34.0
40-49 M 1. Al Potts, 2:13.4
2. Jerry Holmberg, 2:17.1
3. Ross Gouwe, 2:25.2

50-59 M 1. Cheater Peters, 2:51.3
2. Clarence Osborne, 3:03.9

3000 METER RUN
Open M 1. Susan Howard, 9:04.9
2. Matt Kloeppel, 9:17.5

40-49 M 1. Don Dickmeyer, 9:16.9
60-69 M 1. Cheater Peters, 10:24.8
2. Clarence Osborne, 10:32.9

50-59 Men
1. Bob Warren, 43'-1"

1 Mile Run
Open M 1. John Otte, 4:19.7
2. Jerry Holmberg, 4:20.1
3. Lynn Rathjen, 4:21.5
4. Andy Rathjen, 4:23.0

30-39 Men
40-49 Men
N.Y. Masters

50-59 Men
N.Y. Masters

60-69 Men

30-39 Men
1. Steve Stubblefield, 11.1
2. Stan Giles, 11.4
3. Mel Cutler, 11.6

40-49 Men
1. Steve Hyde, 11.0
2. Clarence Osborne, 11.3
3. Steve Miller, 11.5

50-59 Men
1. Fred Snodgrace, 11.9
2. Steve Field, 12.0
3. Paul Ortis, 12.1
4. Ed Kory, 12.7

60-69 Men
1. James Upham, 12.4
2. Clarence Osborne, 12.7

50-59 Men
1. Don Dickmeyer, 21.7
2. Jon Cleve, 21.8
3. Steve Miller, 21.9

60-69 Men
1. Claude Osborne, 23.1
2. Clarence Osborne, 23.8

Half Mile Run
Open M 1. John Otte, 2:04.8
2. Matt Kloeppel, 2:07.8

30-39 Men
40-49 Men
N.Y. Masters

50-59 Men
N.Y. Masters

60-69 Men

40-49 Men
1. Bob Warren, 33'-1"
2. Steve Field, 33'-2"
3. Paul Ortis, 33'-5"

50-59 Men
1. Don Dickmeyer, 43'-9"
2. Bob Hoover, 43'-6"
3. Bill Buttersworth, 5' 10"

60-69 Men
1. Steve Milroy, 5' 11"
2. Mike Jones, 6' 0"
3. Steve Hyde, 6' 2"

70+ Men
1. Joe Linn, 6' 9"
2. Jerry Holmberg, 6' 6"
3. Joe Bland, 6' 0"

80+ Men
1. Bill Buttersworth, 90'-0"
2. Steve Hyde, 89'-0"
3. Bill Buttersworth, 88'-0"

90+ Men
1. Joe Linn, 90'-0"
2. Jerry Holmberg, 89'-0"
3. Joe Bland, 88'-0"

100+ Men
1. Bob Warren, 139'-4"
2. Steve Field, 138'-4"
3. Bill Buttersworth, 137'-0"

110+ Men
1. Bill Buttersworth, 137'-0"
2. Steve Field, 137'-0"
3. Bill Buttersworth, 136'-0"

120+ Men
1. Bill Buttersworth, 136'-0"
2. Steve Field, 136'-0"
3. Bill Buttersworth, 135'-0"

1 Mile Run
2. Bob Warren, 5:32.6
3. John Otte, 5:32.9

30-39 Men
40-49 Men
N.Y. Masters

50-59 Men
N.Y. Masters

60-69 Men

30-39 Men
1. Joe Linn, 8'-0"
2. Jerry Holmberg, 8'-0"
3. Joe Bland, 8'-0"

40-49 Men
1. Bill Buttersworth, 9'-0"
2. Steve Field, 9'-0"
3. Bill Buttersworth, 8'-0"

50-59 Men
1. Don Dickmeyer, 10'-0"
2. Bob Hoover, 10'-0"
3. Bill Buttersworth, 10'-0"

60-69 Men
1. Steve Milroy, 11'-0"
2. Mike Jones, 11'-0"
3. Steve Hyde, 11'-0"

70+ Men
1. Joe Linn, 11'-0"
2. Jerry Holmberg, 11'-0"
3. Joe Bland, 11'-0"

80+ Men
1. Bill Buttersworth, 12'-0"
2. Steve Field, 12'-0"
3. Bill Buttersworth, 11'-0"

90+ Men
1. Joe Linn, 12'-0"
2. Jerry Holmberg, 12'-0"
3. Joe Bland, 12'-0"

100+ Men
1. Bob Warren, 13'-0"
2. Steve Field, 13'-0"
3. Bill Buttersworth, 12'-0"

Continued From Next Column

15K Rankings

15 kilometers
1. Bob Warren, 43'-1"
2. Dan Overton, 43'-1"
3. Steve Field, 43'-1"

20 kilometers
1. Bob Warren, 1:56'-1"
2. Dan Overton, 1:57'-1"
3. Steve Field, 1:58'-1"

25 kilometers
1. Bob Warren, 3:01'-1"
2. Dan Overton, 3:02'-1"
3. Steve Field, 3:03'-1"

30 kilometers
1. Bob Warren, 4:05'-1"
2. Dan Overton, 4:06'-1"
3. Steve Field, 4:07'-1"

40 kilometers
1. Bob Warren, 5:10'-1"
2. Dan Overton, 5:11'-1"
3. Steve Field, 5:12'-1"

50 kilometers
1. Bob Warren, 6:14'-1"
2. Dan Overton, 6:15'-1"
3. Steve Field, 6:16'-1"
## National Masters News

### September, 1984

**WOLVERINE WEIGHT PENTATHLON**


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<th>Name</th>
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<td>11.36</td>
<td>11.36</td>
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**11TH ANNUAL PHILA MASTERS OUTDOOR CHAMPIONSHIPS**

July 21, 1984 - Temple Univ., Philadelphia, PA

### 800 Meters

- **M40** Don Boyer - 2:05.6
- **M30** Rob Jackson - 4:09.0
- **M20** Jim Sylvester - 4:30.1
- **M40** Al Fonzo - 4:10.9
- **M30** Al Fonzo - 4:10.9
- **M20** Jim Sylvester - 4:30.1
- **M40** Al Fonzo - 4:10.9
- **M30** Al Fonzo - 4:10.9
- **M20** Jim Sylvester - 4:30.1

### 10,000 Meters

- **M35** Ron Salvio - 8:14.3
- **M30** Antonio Heron - 17:84
- **M25** Ted Gray - 16:45
- **M20** Bill Neaves - 12:46
- **M15** Ron Salvio - 11:33
- **M10** Bill Neaves - 12:46
- **M5** Ron Salvio - 11:33
- **M4** Bill Neaves - 12:46
- **M3** Ron Salvio - 11:33
- **M2** Bill Neaves - 12:46
- **M1** Ron Salvio - 11:33
- **M0** Bill Neaves - 12:46

### 35-Pound Weight Throw

- **M40** Paul Corrigan - 33.0
- **M35** Ron Salvio - 27.3
- **M30** Antonio Heron - 12.0
- **M25** Ted Gray - 9.7
- **M20** Bill Neaves - 6.4
- **M15** Ron Salvio - 4.3
- **M10** Bill Neaves - 2.2
- **M5** Ron Salvio - 1.1
- **M0** Bill Neaves - 0.0

### 60 Meters

- **M40** Al Fonzo - 6.0
- **M30** Rob Jackson - 4:09.0
- **M20** Jim Sylvester - 4:30.1
- **M40** Al Fonzo - 4:10.9
- **M30** Al Fonzo - 4:10.9
- **M20** Jim Sylvester - 4:30.1
- **M40** Al Fonzo - 4:10.9
- **M30** Al Fonzo - 4:10.9
- **M20** Jim Sylvester - 4:30.1

### 40-44 Women

- **M40** Patricia Rove - 1:42.6
- **M35** Ron Salvio - 1:42.6
- **M30** Antonio Heron - 1:42.6
- **M25** Ted Gray - 1:42.6
- **M20** Bill Neaves - 1:42.6
- **M15** Ron Salvio - 1:42.6
- **M10** Bill Neaves - 1:42.6
- **M5** Ron Salvio - 1:42.6
- **M0** Bill Neaves - 1:42.6

### 40-44 Men

- **M40** Al Fonzo - 6.0
- **M35** Ron Salvio - 27.3
- **M30** Antonio Heron - 12.0
- **M25** Ted Gray - 9.7
- **M20** Bill Neaves - 6.4
- **M15** Ron Salvio - 4.3
- **M10** Bill Neaves - 2.2
- **M5** Ron Salvio - 1.1
- **M0** Bill Neaves - 0.0

### 60 Meters

- **M40** Al Fonzo - 6.0
- **M30** Rob Jackson - 4:09.0
- **M20** Jim Sylvester - 4:30.1
- **M40** Al Fonzo - 4:10.9
- **M30** Al Fonzo - 4:10.9
- **M20** Jim Sylvester - 4:30.1
- **M40** Al Fonzo - 4:10.9
- **M30** Al Fonzo - 4:10.9
- **M20** Jim Sylvester - 4:30.1
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<td>1. John Foote 2:14.9</td>
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<td>1. Thomas Kenwood 2:15.8</td>
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<td>1. Tim McCormick 3:05.4</td>
<td>1. Jerry Cromwell 4:35.9</td>
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**LONG DISTANCE RESULTS**

September, 1984

Please send masters race results to: National Masters News, P.O. Box 2194, Van Nuys, CA 91404. Please include date, distance and city.

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<td>36:45</td>
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<td>67:15</td>
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<td>M50-59</td>
<td>82:15</td>
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**RESULTS的伟大成就**

| 5K | M50-59 | 15:12 |
| 10K | F50-59 | 36:45 |
| 15K | M50-59 | 52:10 |
| 20K | M50-59 | 67:15 |
| 25K | M50-59 | 82:15 |

**FINISHERS RANGE**

| 5K | M50-59 | 15:12 |
| 10K | F50-59 | 36:45 |
| 15K | M50-59 | 52:10 |
| 20K | M50-59 | 67:15 |
| 25K | M50-59 | 82:15 |

**RESULTS**

| 5K | M50-59 | 15:12 |
| 10K | F50-59 | 36:45 |
| 15K | M50-59 | 52:10 |
| 20K | M50-59 | 67:15 |
| 25K | M50-59 | 82:15 |

**RESULTS的伟大成就**

| 5K | M50-59 | 15:12 |
| 10K | F50-59 | 36:45 |
| 15K | M50-59 | 52:10 |
| 20K | M50-59 | 67:15 |
| 25K | M50-59 | 82:15 |

**RESULTS的伟大成就**

| 5K | M50-59 | 15:12 |
| 10K | F50-59 | 36:45 |
| 15K | M50-59 | 52:10 |
| 20K | M50-59 | 67:15 |
| 25K | M50-59 | 82:15 |

**RESULTS的伟大成就**

| 5K | M50-59 | 15:12 |
| 10K | F50-59 | 36:45 |
| 15K | M50-59 | 52:10 |
| 20K | M50-59 | 67:15 |
| 25K | M50-59 | 82:15 |

**RESULTS的伟大成就**

| 5K | M50-59 | 15:12 |
| 10K | F50-59 | 36:45 |
| 15K | M50-59 | 52:10 |
| 20K | M50-59 | 67:15 |
| 25K | M50-59 | 82:15 |

**RESULTS的伟大成就**

| 5K | M50-59 | 15:12 |
| 10K | F50-59 | 36:45 |
| 15K | M50-59 | 52:10 |
| 20K | M50-59 | 67:15 |
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**RESULTS的伟大成就**

| 5K | M50-59 | 15:12 |
| 10K | F50-59 | 36:45 |
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**RESULTS的伟大成就**

| 5K | M50-59 | 15:12 |
| 10K | F50-59 | 36:45 |
| 15K | M50-59 | 52:10 |
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**RESULTS的伟大成就**

| 5K | M50-59 | 15:12 |
| 10K | F50-59 | 36:45 |
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**RESULTS的伟大成就**

| 5K | M50-59 | 15:12 |
| 10K | F50-59 | 36:45 |
| 15K | M50-59 | 52:10 |
| 20K | M50-59 | 67:15 |
| 25K | M50-59 | 82:15 |

**RESULTS的伟大成就**

| 5K | M50-59 | 15:12 |
| 10K | F50-59 | 36:45 |
| 15K | M50-59 | 52:10 |
| 20K | M50-59 | 67:15 |
| 25K | M50-59 | 82:15 |

**RESULTS的伟大成就**

| 5K | M50-59 | 15:12 |
| 10K | F50-59 | 36:45 |
| 15K | M50-59 | 52:10 |
| 20K | M50-59 | 67:15 |
| 25K | M50-59 | 82:15 |
## NATIONALS

### Fastest Team: Island Track Club (NY)
- Foucher, Robert
- Guziewicz, Janice
- Fine, Robert
- Jacquet, James
- Roark, Robert
- Kastner, Robert
- Barth, Robert
- Runnels, Robert
- Smith, Robert
- Clark, Robert
- Bowers, Robert

### Fastest Team: Island Track Club (NY)
- Foucher, Robert
- Guziewicz, Janice
- Fine, Robert
- Jacquet, James
- Roark, Robert
- Kastner, Robert
- Runnels, Robert
- Smith, Robert
- Clark, Robert
- Bowers, Robert

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### New York Masters Fourth Annual 10K Handicap Walk, July 22, 1984

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<td>38:56</td>
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<tr>
<td>de Meany, James</td>
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<td>38:56</td>
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<td>55</td>
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### Fastest Team: Island Track Club (NY)
- Foucher, Robert
- Guziewicz, Janice
- Fine, Robert
- Jacquet, James
- Roark, Robert
- Kastner, Robert
- Runnels, Robert
- Smith, Robert
- Clark, Robert
- Bowers, Robert

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---

### Western States 100 Mile SVND VALLEY TO AUBURN, CALIF. 7/7-8, 1984

- James King: 1:45:54
- D. Lamin: 1:47:59
- M. Tooth: 1:47:59
- M. Tooth: 1:47:59
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---

### Nationals

- Continued From Page 34
- world shot put mark, and Harry Koppel
doubled in the 100 (13.70) and 400 (72.25).
- Omar Hix of Texas took both hurdles and
- Don Pieterson won the 110 hurdles.

---

### W55

- San Diego's Wm. McFadden
- turned the hat trick in the high, long and
- triple jumps.

---

### W65

- Ken Curnine took three golds in the 100,
discus and javelin, while his twin
gold went to Mel Shane (800/1500) and
- Warren Long, representing the China
- of Taiwan, in the 5K/10K.

### M80

- In one of the most fascinating
- competitions of the meet, six
- octogenarians battled head-to-head.
- Indiana's Art Erling set a new mark
- and won them to claim the
- unofficial title of "best-old-80-year-old."
- Colorado's Herb Anderson
- set up for 13 events and won 3; Idaho's
- Bue Crane entered five and
- won 3; Hawaii's Harold Chopson,
- heading for arthritic surgery next week,
- limited his activity to one event, the
- 400, which he won handily by
- 37.53. California's Sing Lam won the 200
- and lost to Porter in the 400; Cali-
- fornia's Homer Van Gelder entered five
- events. Most competition was very
- close among these men who proved
to fellow competitors and spectators alike
- that age is no barrier to solid
- athletic achievement.

### W55

- Paul Spangler turned 85 this year
- and ran unopposed in four events (400,
- 1500, 5000 and 5K walk), turning
- in respectable efforts (1:48:59, 7:57.4,
- 28:49 and 37:53, respectively.

---

### W75

- The first-ever Octagenarian
- 4X100 relay team was formed with
- Spangler, Anderson, Porter and Van
- Gelder running 1:23.67.

---

### W35

- California's Joan Stratton
- won three events (Shot, Discus, Javelin).
- Oregon's Ilena Knight (1000, 5000),
- and Texan Debbie Herwick (HJ, LJ)
- each took two.

---

### W35

- Atlanta's perennial champ
- Paul Raschke couldn't make it this year,
- for California's Chestine Barnes
- the 100 (13.96), 200 (26.68), and
- 400 (61.76).

---

### W35

- Atlanta's Susan Houton
- won the 200 (2:23.9) and took the
- 1500 (4:53.8).

---

### W35

- Marilyn White, 39, who was a
- 400 relay silver medalist in the 1964
- Olympics and placed 4th in the 100
- in Tokyo, won the shot and placed in
- several other events. White has taken
- off 150 pounds in the past year or two
- and plans to keep improving for 1985
- when she turns 40.

---

### W35

- Seattle's Carol Flexer
- locked in with twin triumphs in the 5000 (18:33)
- and 10000 (38:02).
- Linda Upton took the 800 (2:27)
- and 1500 (4:56).
- Eugene's Marilyn Ogden-Knight
- won the long jump, shot and discus.
- The Northern California Seniors
- Track Club took both W45 relays.

---

### W45

- Besides Harbin's AR's, former
- Olympian Cherrie Sherrard of Chico,
- California was the star of this division
- with five gold medals in the 100, 200,
- hurdles, shot and discus.
- Christel Miller took both the
- javelin and high jump.

---

### W50

- Gretchen Snyder of Berkeley,
- pushed Petroleum and Brown's two
- didn't leave much, but Oakland's Ruth
- Anderson managed to win three
- (800, 1500, 5000) in near-record
- times.

---

### W65

- California's Jerry Davidson
- took the 400, 800 and 1500, while New
- Zealand's Betty Smith won both
- sprints.
- Jaclyn Caselli picked off the 5K
- and 10K, while Nell Nordgren won the
- discus, javelin.

---

### W75

- Bowermaster's six wins helped
- an observer to ask her how she trains.
- "I walk three fast miles a day and
- play tennis a lot," she said to the
dismay of interval-workout devotees.
- Arizona's Edna Laflin won the 800
- and 1500, moving the only the 400
- multi-national-champion Kolda, as the
- level of competition is becoming stiffer
- in the women's upper-age divisions.

---

### W80

- At the general meeting, Cali-
- fornia's Polly Clarke was presented
- her award as 1983 female-masters-athlete
- of-the-year. Clarke lived up to her
- billing with smooth triumphs in the 100,
- 200, 400 and 800. The only reason
times weren't world records, is that she
- already holds the records.
- Nelson added the long jump to her
- AR high jump, and Adeline Crocker
- won both walks.

---

### W80

- San Diego's Marilu Salisbury
- outdid even Kinsey's six gold medals.
- The only W75 entrant, Salisbury entered
- and won eight events – 100, 200, 400,
- 800, shot, discus, javelin and 5K walk.

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### W80

- Grace said he hoped athletes were
- pleased with the meet. "I thought
- things went well," he said, "even though
- our travel and housing ar-
- rangements came up short." Grace
- suggested a meet director's book of
- guidelines be prepared to assist future
- organizers.

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The 18th Nationals will be held in
<table>
<thead>
<tr>
<th>Event</th>
<th>Name</th>
<th>Age Group</th>
<th>Time</th>
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</thead>
<tbody>
<tr>
<td>Top Finishes in 17th Annual TAC Masters Track and Field Championships Eugene, Oregon - August 17-19, 1984 (complete results in next month's issue)</td>
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</tbody>
</table>

### Men

#### 100-Yard Dash
- **Billy Cook**, 18.53, 1, Eugene Driver, 18.75, 2, Eugene Driver, 18.81, 3, Eugene Driver.
- **Michael Williams**, 20.15, 1, John Smirhek, 20.21, 2, John Smirhek.

#### Intermediate Hurdles
- **Charles Espy**, 15.42, 1, Andrew Hanes, 15.45, 2, Andrew Hanes.

#### Hammer
- **Larry Smith**, 56.00, 1, Larry Smith.

#### 1,500-Meter Run
- **Goldie Johnson**, 5:10.97, 1, Goldie Johnson.

#### 5,000-Meter Racewalk
- **Goldie Johnson**, 13:50.04, 1, Goldie Johnson.

#### Hammer
- **Goldie Johnson**, 56.00, 1, Goldie Johnson.

#### 10,000-Meter Racewalk
- **Goldie Johnson**, 31:50.00, 1, Goldie Johnson.

### Women

#### 100-Yard Dash
- **Alice Johnson**, 11.25, 1, Alice Johnson.

#### Intermediate Hurdles
- **Alice Johnson**, 15.25, 1, Alice Johnson.

#### Shot Put
- **Alice Johnson**, 10.25, 1, Alice Johnson.

#### Javelin
- **Alice Johnson**, 45.00, 1, Alice Johnson.

#### Discus
- **Alice Johnson**, 90.00, 1, Alice Johnson.