

# NATIONAL MASTERS NEWS

The official world and U.S. publication for Masters track & field, long distance running and race walking.

101st Issue

January, 1987

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## Greenwood, Miller Named Top T&F Athletes



Christel Miller, 51, of Glendale, Calif., voted top female masters track & field athlete of 1986 by The Athletics Congress at its convention in Tampa. Since turning 50, Miller set six American records for women aged 50-54 in the high jump, long jump, triple jump, shot put, javelin and, above, in the 80-meter hurdles.

### Mundle, de Petra, La Veck, Miller Also Win 1986 Awards

Jack Greenwood, a 60-year-old banker from Denver, was named the outstanding age-40-and-over male track and field athlete of 1986 by the Masters Track and Field Committee of The Athletics Congress, the national governing body for athletics in the United States.

Christel Miller, 51, a Glendale, Calif. track coach, was voted the top female masters performer by the same group at the 8th annual convention of TAC in Tampa on December 5th.

World and national masters T&F Records Chairman Pete Mundle, a Los Angeles computer programmer, was named outstanding masters T&F administrator-of-the-year, while the top 1986 masters race-walking awards went to Giulio de Petra, 75, male; and Beverly La Veck, 50, female.

Gary Miller, 49, a dentist in North Hollywood, Calif., was selected as the best multi-event athlete. The best-single-masters-T&F-performance-of-the-year award went to Greenwood for his 14.98 in the 100-meter

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Jack Greenwood, 60, of Aurora, Colorado, named the outstanding male age-40-and-over track & field athlete of 1986, setting a new world record for men 60-64 with a time of 14.98 in the 100-meter hurdles in the U.S. Masters Championships in New York.

Photo by Gretchen Snyder

### TAC Picks 1986 LDR Award Winners

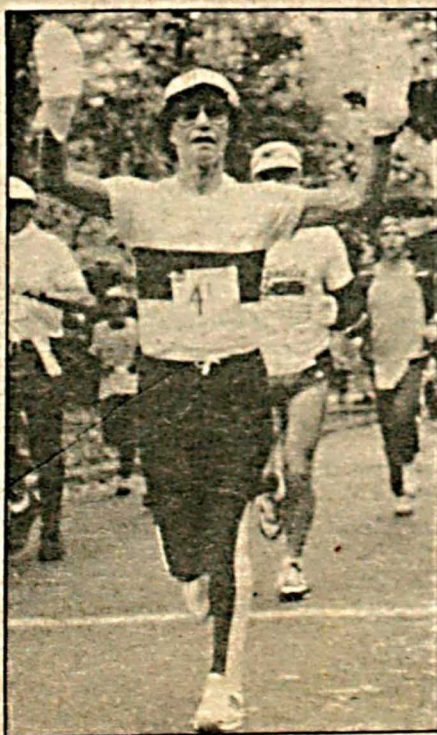
Web Loudat, 40, and Barbara Filutze, 40, were named the outstanding age 40-44 long distance runners of 1986 by the Masters Long Distance Running Committee of The Athletics Congress at its 8th annual convention in Tampa on December 5th.

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

Loudat, of Albuquerque, New Mexico, replaced two-time winner Barry Brown as TAC's top M40 runner, with a sparkling 30:59.9 in the World Veterans 10K Championships in Vancouver, B.C. on October 5.

Filutze, of Erie, Pa., won in a close vote over Gabriele Andersen, based on her American W40 record 1:16:00 in TAC's National half-marathon championships in Philadelphia in September, and her first-American/

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Margaret Miller, 60, of Los Angeles, was voted the top distance-runner-of-the-year in the women's age 60-64 bracket by The Athletics Congress. Here she wins \$3000 for finishing first in the age-group-handicap competition at the Twin Cities Marathon on October 12 in a time of 3:20:54.

Marathon Photo

### Olson Defeats Belilgne in National 15K X-C

by JERRY WOJCIK

Laurence Olson, 40, of the Tri-Valley Front Runners, was the first finisher in the U.S. TAC National Masters 15K Cross-Country Championships at Van Cortlandt Park in the Bronx, N.Y., on November 23.

Olson's time of 49:43 left Atlaw Belilgne, 41, of the Millrose AA and winner of the Masters 10K Cross-Country Championships on November 16, far back at 52:06. Will Robinson, 40, of the Albany Athletic Attic Club

took third in 53:29.

Men's division winners were Roger Robinson, New Zealand/New York, M45; Ken Mueller, Tri-Valley Front Runners, M50; Howard Rubin, Syracuse Chargers, M55; Terrence McGinnis, Millrose AA, M60; Ed Buckley, Syracuse Chargers, who won over Millrose's John McHugh by three seconds with 69:36 in the M65 race; Austin Newman, New Jersey, who duplicated his M70 victory in the 10K

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### Dekkers, Bigelow Win National 8K Titles

by DICK LACEY

Deon Dekkers of Houston, who turned 40 in April 1986, served notice that he is a coming force in masters road racing by destroying a strong field from 23 states in the TAC National Masters 8K Championships in Clearwater/Safety Harbor, Florida, on December 6. Vicki Bigelow, 51, of San Lorenzo, Calif., a veteran of masters racing, showed no respect whatever for

youth by trouncing all 40-plus competitors in winning the women's championship.

Dekkers opened up a lead of a hundred meters in the first mile and simply kept pouring it on, finishing in 25:37, a whopping 1:27 ahead of Kirk Randall, Wellesley, Mass., who holds the American masters 8K record of 25:12. Bigelow was content to lay off the pace

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### NATIONAL MASTERS NEWS

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### W. MacDONALD MILLER

Wendell Miller's column has gotten totally out-of-hand and as a result put your newsletter at an all-time low.

Those of us in the midwest have to be indebted to Wendell Miller for his starting and promoting the masters movement. However, those of us who know him know that his efforts are fragmented and disorganized. His handling of the Indoor Nationals at Sterling, Illinois is a prime example. I was not as disturbed as many people were regarding that meet because I have come to expect that from him. It was a typical Wendell Miller meet.

Recognizing that he has made some contributions to the masters movement, the question now at hand is: What does his column contribute to the masters newsletter? Some people feel he is refreshing, while others feel the opposite. The main thing to look at is where does it fit with the other columns, and is it in line — theme-wise — with the rest of the newsletter? The answer, in my opinion, is a definite NO.

I think you opened a can of worms when you threw this out for debate. Now the controversy is degrading the

newsletter. At this point, I don't feel you have any other choice but to remove his column. Certainly the space can be filled with more meaningful material.

*Terry H. Pliner  
Green Bay, Wisconsin*

Just flipping another Presto-log into the fiery pit of the W. MacDonald Miller debate. He always generates a chortle in this old jock. I still remember with pleasure some delightful times spent with the Miller family during a Masters junket to England in 1976.

It doesn't hurt to brighten-up the agate-sized landscape of stats in the NMN with Miller's satire and irreverent jiving, lest we get too grimly serious about ourselves. One of Miller's virtues is his willingness to clown at his own expense. He reads like a mix of the great Dean Swift, Joe Bob Briggs (the syndicated drive-in movie critic from Texas), and the late stand-up comic Lenny Bruce. More power to him. Let's "lighten-up" and enjoy.

*Henry Siitonen  
San Francisco*

I vote a resounding NO to keeping W. MacDonald Miller's column. We

vets should be above a thousand Cosell types. He has nothing to offer, but likes to hear (or see) himself talk. Replace him with something constructive.

*Dick Glasgow  
New York*

Up the W. Mac D. Miller and down the fulminating naysayers. Fie upon them for criticizing their betters and bad cess [sic] to them for their bad judgement. Wasn't the letter from Kirk Randall, in the 100th issue, interesting? Having labeled Mr. Miller "a real jerk" and his writing "trash," "crude" and "the drivel of a two-year old"; he went on to further excoriate him for a "total lack of understanding of human nature and total disregard for personal feeling."

For shame, W. Mac D., did you do all that?

*Jeremiah Lehane  
Alamogordo, New Mexico*

I like Miller, the Mouth.

*C.S. Hammen  
Connecticut*

I hope that you won't rely on a letters-to-the-editor write-in poll to

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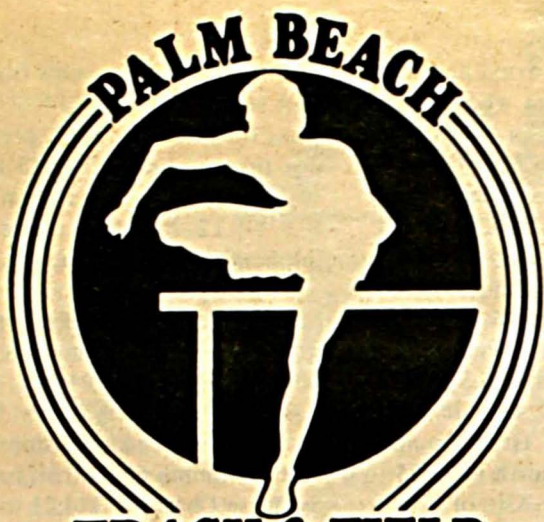
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# TRACK & FIELD CHAMPIONSHIPS

APRIL 25-26, 1987  
Palm Beach County  
FLORIDA



## FLORIDA'S PREMIER MASTERS TRACK AND FIELD EVENT

### THE MEET

Sanctioned by The Athletics Congress/Florida Assoc. the meet will be held at the newly resurfaced John I. Leonard High School Stadium. Located in Lake Worth, the track is a 400 Meter all-weather surface, with all field events within the facility.

### AGE GROUPS

19-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-over, for both men & women. Age group of athlete is determined by the age of athlete on the date of the meet.

### AWARDS

Custom medallions will be presented to the first (3) three athletes in each of the listed age groups.

### MEET PACKETS

Meet packets can be picked up at the meet Headquarters Hotel on Friday night April 24th in the hospitality suite, or at the meet on Saturday April 25th and 26th.

### DON'T FORGET

The South Eastern Masters in Raleigh, North Carolina is May 1-3, 1987. One week after this meet. Why not make a vacation package out of these two first class Masters Track and Field Meets. Information will be available upon request.

### SCHEDULE

Saturday April 25th:  
8:00 AM - All Field events report to clerk (long jump, triple jump, pole vault, high jump, shot put, discus, hammer, javelin)  
9:00 AM - 110 Hurdles - finals  
10:00 AM - 100 Meters - Semi-finals  
10:30 AM - 800 Meters - Finals  
11:30 AM - 400 Hurdles - finals  
12:30 PM - 5000 Racewalk (finals - all ages)  
1:30 PM - 100 Meters - finals  
2:30 PM - 1500 Meters - finals  
3:30 PM - 400 Meters - finals  
4:30 PM - 200 Meters - finals  
8:00 PM - Luau and Party

Sunday April 26th:  
8:00 AM - 5000 Meter Run (finals - all ages)

NOTE: On certain events some age groups may be combined for scheduling purposes. Some finals will be based on times. In all running events the order shall be oldest to youngest, men and then women. All TAC/USA rules will be followed. A final schedule of field events and running events will be posted at the meet headquarters Friday April 24th. No entries will be

taken for field events after 8:00 AM Sat., and for running events 10:00 AM Sat. excluding 5K run.

### ENTRY FEES

In order to enter the meet Please use the attached entry form. The entry fee is \$8.00 for the first event (includes meet T-shirt) and \$3.00 per each additional event. Additional souvenir meet T-shirts can be ordered at the time of your entry at a cost of \$5.00. (\$7.00 at the meet site)

### ENTRY DEADLINE

All entries must be postmarked by April 20th. All late entries will be charged \$2.00 per event late fee, (no exceptions) For further information, Please call Palm Beach Track and Field Championships at 305-968-7171 evenings.

MAIL ALL ENTRIES TO  
PALM BEACH TRACK AND FIELD CHAMPIONSHIPS  
6301 DOCKSIDE CIRCLE  
GREENACRES CITY, FLORIDA 33463  
PLEASE MAIL ENTRIES AS EARLY AS POSSIBLE.  
THANK YOU

### IMPORTANT INFORMATION FOR PRESS RECOGNITION

IF YOU HAVE COMPETED IN ANY STATE, NATIONAL OR WORLD CHAMPIONSHIPS OR HOLD ANY RECORDS, OR HAVE ACHIEVED ANY MILESTONES: PLEASE ENCLOSE THAT INFORMATION FOR INCLUSION IN THE MEET PRESS KIT. THANK YOU.  
FOR MORE MEET INFORMATION CALL OR WRITE

PALM BEACH TRACK AND FIELD CHAMPIONSHIPS  
6301 DOCKSIDE CIRCLE  
GREENACRES CITY, FLORIDA 33463  
(305) 968-7171 EVENINGS

### WAIVER OF LIABILITY

In consideration of your accepting my entry into the competition known as The Palm Beach Track and Field Championships, I, intending to be legally bound, do hereby for myself, executors and administrators waive, release, and forever discharge any and all rights and claims for loss, damages, or injury to my person, or property, arising out of my performance, or failure of performance, from Palm Beach Track and Field Association, their agents, representatives, successors and assigns.

Signature \_\_\_\_\_  
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ON SATURDAY NIGHT, AT THE MEET HEADQUARTERS HOTEL THERE WILL BE A LUAU AND PARTY FOR ALL PARTICIPANTS, FRIENDS AND RELATIVES VISITING WITH THEM. TICKETS MAY BE PURCHASED THROUGH THIS ENTRY FORM OR WHEN YOU ARRIVE AT THE MEET. (price \$5.00 Each) THIS WILL BE A GREAT OPPORTUNITY TO GET TOGETHER WITH FELLOW COMPETITORS AND FRIENDS AND ENJOY LIFE.

### PHOTOGRAPHS:

PHOTOGRAPHS WILL BE TAKEN DURING THE MEET AND WILL BE AVAILABLE FOR SALE AT THE LUAU AND PARTY FOR \$8.00 EACH. THEY WILL BE 3x5 COLOR SHOTS WITH CUSTOM FRAME.

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SEX: MALE  FEMALE  TAC # .....

### EVENT ENTRIES

PLEASE ENTER ME IN THE FOLLOWING EVENTS:

1. ....	event	best recent mark	4. ....	event	best recent mark
2. ....	event	best recent mark	5. ....	event	best recent mark
3. ....	event	best recent mark	6. ....	event	best recent mark

FEES: (MAKE ALL CHECKS PAYABLE TO PALM BEACH TRACK AND FIELD CHAMPIONSHIPS)

1st EVENT IS \$8.00 ..... = \$8.00  
 ADDITIONAL # EVENTS \$3.00 @ ..... # EVENTS: ..... X3 ..... = \$ .....  
 LUAU AND PARTY TICKETS # TICKETS @ \$8.00 # TICKETS ..... X8 ..... = \$ .....  
 EXTRA SOUVENIR T-SHIRTS \$8.00 ..... # SHIRTS X8 ..... = \$ .....  
 TOTAL FEES ENCLOSED = \$ .....



The Palm Beach Post

## Belilgne, Harshbarger Win National 10K X-C

by JERRY WOJCIK

Atlaw Belilgne, 41, a mathematics instructor from Ethiopia who teaches at St. John's University in New York, beat Sumner Brown, 42, of Massachusetts by 16 seconds to take first in 33:56 at the U.S. TAC National Masters 10K Cross-Country Championships at Holmdel State Park, N.J. on November 16.

John Jordeth, 42, of Washington state and winner of the U.S. TAC Masters Marathon (2:32:42) last July, finished third in 34:31. Herb Lorenz, 47, M45 winner, was fourth in 34:25.

Betsy Harshbarger, 43, of New Jersey, had an easy time in topping the W40-plus field of eight in 41:08, with Charlotte Swanson, 44, second in

42:00.

Two West Coast teams finished first and second in tight M40-49 competition, the San Diego TC prevailing by less than a minute (177:35 to 178:29) with a nicely grouped team finish of 8-9-10-12-13 over the strong Snohomish TC from Seattle.

The Syracuse, N.Y. Chargers M50-59 quintet also eked out a close win over their Snohomish TC opponents, 193:49 to 194:29.

The Merrill Lynch Realty AC, which sponsored the championships, furnished the winning 60-69 trio, topping the Syracuse Chargers, 134:21 to 140:13.

No women teams entered.

The 1987 Championships are scheduled for November 8 in Seattle. □



The three leaders at the half way point in the TAC National Masters 10K Cross Country Championships at Holmdel, N.J. Nov. 16, 1986. Left to right: Earl Ellis, 50, Snohomish Track Club (Seattle, Wash.); Bob Milner, 51, Syracuse Chargers Track Club; Derek Mahaffey, 52, Snohomish TC. Milner won the race (age group 50-54) on October 26 and was 3rd in the 15K Championship (50-54) on Nov. 23 — both held at Van Cortlandt Park, NYC.



The Syracuse Chargers Track Club, age 60-69 Cross Country Team. Left to right: Nate White 67, Bill Schweizer 64, Tom Walnut 62, Ed Buckley 65. This Chargers team competed in all three National Cross Country Championships this past fall, finishing second in the 10K and 15K, and first in the 5K. Buckley led the team with 65-69 age group wins in the 5K and 15K races. In the 10K race he was second. Walnut (60-64) scored two thirds and a second; and White (65-69) a second, third and fourth. White has run in every TAC National Masters XC race for the past two years.

## Coffman, Spalding Triumph in Wendy's 10K

Don Coffman, 43, of Frankfort, Ky., won the masters race for the third time in a row in the 7th Annual Wendy's 10K Classic in Bowling Green, Ky., on October 25 with a time of 32:19.

Morgan Looney, 44, of Birmingham, Ala., finished second over-40 in 32:58. Tom Dooley, 42, of Toccoa, Ga., took the third spot in 33:38. Bill Olrich, 51, of Lexington, Ky., won the M50 race with a 34:07.

Natalie Spalding, 41, of Atlanta, Ga., was 16th woman and first W40-and-over in 39:32. Georgia Allen, 47, of Elwood, Ind., was second in

41:13. Phyllis Ruthenbury, 66, won the W65 race in 59:16.

Nick Rose, 34, of Great Britain, and Sabrina Dornhoefer, 22, were overall winners in 28:29 and 33:17. The first six finishers were under 28:40, despite a steady drizzle that dampened the 4000 runners.

This year's race was authorized by The Athletic Congress and the United States Olympic Committee to be the first U.S. road race to officially drug test the first three male and female finishers, and other randomly selected top finishers. David L. Mason was race director. □

## Andersen Misses Gorman's Marathon Mark

Swiss-born Gabriele Andersen, 41, who resides in Idaho, was once again thwarted from breaking Miki Gorman's decade-old 2:39:11AR at the California International Marathon in Sacramento, December 7. Chilly temperatures (36° at the start) and buffeting winds of 10mph throughout probably slowed times on the normally fast point-to-point course with its overall drop in elevation.

Bucking headwinds over the final 10K, Andersen passed an early leader in the women's field only in the last mile to finish second overall in 2:41:09. Former world-record holder Christa Valhlensieck, 37, of West Germany, was the overall winner in 2:39:31.

Overall men's winner, Daniel Gonzalez, 24, posted an impressive first-ever marathon time of 2:13:20. □



The Syracuse Chargers Track Club 50-59 Championship Cross Country Team just prior to the start of the TAC National Masters Cross Country 10K Championships at Holmdel, N.J. on November 16, 1986. Left to right: Bob Milner 51, (1st in 50-54), Bill O'Brian 55, (3rd in 55-59), Ed Stabler 57, (2nd in 55-59), Miklos Gratzner 51, Bob Brock 53, Sam Graceffo 50.

## NATIONAL MASTERS NEWS Subscription Form

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# ATHLETES PLEASE RESPOND!

On this page is a proposed Time and Event Schedule for the National Championship Meet. It is a schedule designed for mid-summer meets, (late July/early August). It has been developed For the Competing Athlete so that HE/SHE may have the opportunity to compete under the most advantageous conditions possible, in order to achieve Maximum Performances and compete within the Healthiest of conditions. This schedule uses the Best times of the day to compete, while allowing sufficient time for COMPLETE RECOVERY between trials and finals and all similar events for athletes to compete in. By eliminating events between 2 PM and 6 PM, harmful HOT temperatures and adverse Wind velocity are greatly diminished and usually eliminated completely. Morning, early afternoon, and evening competition are tremendous advantages for the athlete.

PLEASE TAKE NOTE: The USA Masters Swimming Programs have been using a FOUR DAY championship meet and they are extremely successful; with the last day of competition determining the age group in which the athlete competes. WE SHOULD BE AS INTELLIGENT AS THEY and as Caring about our athletes.

Please take time to Study this schedule using "Intelligent Reflection" upon all the factors that are Necessary for an athlete to compete within the best possible conditions for maximum performance and safety. Adverse wind velocity and hot temperatures can be eliminated and must be if the athlete is to achieve optimum success and safety. This proposed schedule allows for YOUR BEST INTERESTS. Pleasant mildly warm temperatures are necessary. Intense heat is bad.

It has been designed completely for YOU, the Athlete.

Please respond by sending this entire page to the individual and address below and it will be received by the 1987 National Meet Director immediately.

Your valuable support is Absolutely Necessary if this is Ever to become a Reality for YOU. We Need All Replies By February 1, 1987. Please respond Immediately. It only takes one stamp. Thank you. Even if you are not planning to attend the 1987 Meet, please respond anyway; All Athletes will be the Beneficiaries. We need all your responses to succeed.

Thursday

7:30 AM - 10,000 Final  
8:45 AM - 10,000 Final  
9:45 AM - 10,000 Final  
10:45 - 11:30 = 3200 Relay Finals All Groups

{ All Women and Men 50 +  
using 3 races as  
best combined

6:30 PM - 1600 Relay Finals All Groups  
7:15 PM - 10,000 Final  
8:10 PM - 10,000 Final  
9:05 PM - 10,000 Final  
10 - 11 PM = 10,000 Final

{ Men 30-49  
using 4 races  
as best  
combined

Friday

7:30 AM - 5000 Walk All Women & Men 60 +  
8:25 AM - 5000 Walk Men 30-59  
9:15 AM - 800 Trials - These are Necessary  
11:15 AM to  
1:30 PM - 100 Trials All Groups  
6:15 PM - 400 Relays Finals  
7:00 PM - 100 Finals  
8:45-10:45 PM - 800 Finals

Saturday (Continued)

9:15 AM - 200 Trials All Groups  
11:30 AM to  
1:00 PM - 300/400 Hurdles Finals

6:30 PM - 200 Finals  
8:15 - 11 PM = 1500 Finals All Groups  
Women & Older Men first.

Sunday

7:30 AM - 5000 Final  
8:15 AM - 5000 Final  
9:00 AM - 5000 Final  
9:45 AM - 400 Trials  
12 Noon - High Hurdles Trials Where Needed  
12:30-2 PM - High Hurdles Finals

{ All Women and Men 50 +  
using 3 races as  
best combined

6:30 PM - 400 Finals  
8:20 PM - 5000 Final  
8:55 PM - 5000 Final  
9:30 PM - 5000 Final  
10:05 PM - 5000 Final

{ Men 30-49 using 4 races  
as best combined

Saturday

7:30 AM - 20K Walk  
7:45 AM - 2000 Steeplechase Men 60 +  
8:15 AM - 3000 Steeplechase Men 45-59  
8:45 AM - 3000 Steeplechase Men 30-44

**- FIGHT -**  
for your  
opportunity  
To Excel.



Please Respond and Send To:

Mr. Frank Anderson  
Meet Director  
939 East 21st Ave  
Eugene, Or. 97405



I support this schedule so that we the athletes can compete under the safest and most advantageous conditions possible for maximum success. Please use this schedule for the 1987 National Meet and all National Meets in the future.

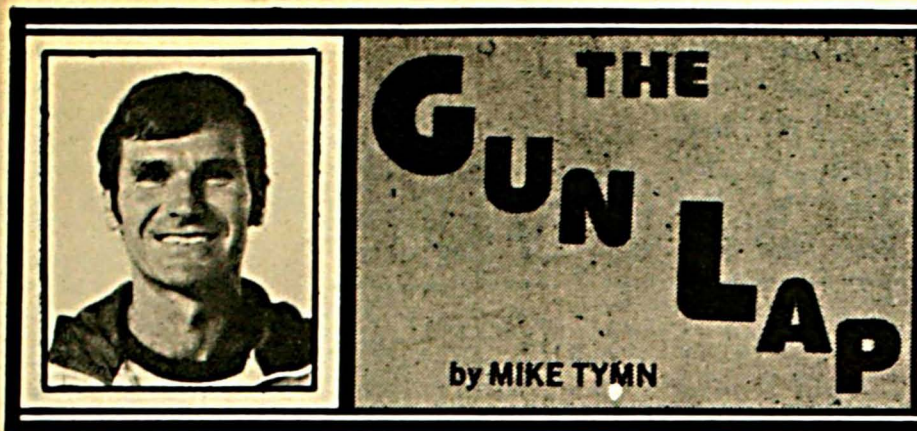
Name:  
(PRINT)

Address:  
(City & State)

- Only -

Signature: \_\_\_\_\_

Date: \_\_\_\_\_



## A Sub-4 Masters Mile in 1987?

### Will Jack Foster's Marathon Record Fall This Year?

If runners were like race horses and celebrated their birthdays on January 1, Carlos Lopes, Jim Ryun, Frank Shorter, and Bill Rodgers would all turn 40 this New Year's Day.

Since they're not horses, Lopes, the 1984 Olympic marathon winner and current marathon world-record holder, must wait until February 18. Ryun, the former world-record holder in the mile, qualifies on April 29. Shorter, the 1972 Olympic marathon king, makes it on October 31. Rodgers, another marathon great, takes the step on December 23.

With such celebrated names soon to be amongst us, it's an opportune time to address two questions: 1) How much longer will Jack Foster's 2:11:19 over-40 marathon record stand? 2) Will we see a sub-4 minute mile by a masters runner in the near future?

Foster's record has stood since 1974. In the 13 years since, only four men — Kjell Erik Stahl (2:12:33, 1986), Antonio Villanueva (2:13:41, 1982), Gerald Dravitzki (2:14:50, 1984), and Barry Brown (2:15:15, 1984) — have come within four minutes of Foster's time.

The oldest person to run a sub-4 mile is believed to be Mike Boit of Kenya, at age 36 in 1985 (Boit, who apparently doesn't know exactly how old he is, gives a birth date of January 1, 1949). According to the 1986 Masters age-record book, Bill Stewart of Michigan is the fastest over-40 miler of all time, with a 4:11:01 in 1983 at age 40. Since that performance was indoors, it is not shown as the official 40-44 mile record. That goes to Jim McDonald of New Zealand with a 4:18.5 nearly ten years ago.

When I did an interview with Ryun a year ago, he said that he had done a 4:27 mile with a 62-second final quarter in a time trial the week before. He felt capable of improving on that "somewhat," but wasn't really motivated to do so. Nevertheless, his training had been averaging 85 miles a week, including an interval session of 20 quarters in 66-67 seconds.

"Until recently, I thought I had lost a significant amount of speed," he told me. "But I think my greatest loss has been in flexibility. If I worked at getting that flexibility back, I think I'd regain much of my speed."

I recently conducted a survey of 20 elite masters runners. Among the questions I put to them were those on Foster's marathon record and the sub-4 mile.

About to turn 44, Stewart believes that someone "like Mike Boit or John Walker" will eventually crack four-minutes — someone who has been well under four-minutes at a younger age.

"Actually, I thought I might get close," Stewart says, "but several factors have worked against it — greed, few racing opportunities over the mile outdoors, and (lack of) raw talent."

Stewart ran his best mile of 4:04.9 at age 32. "Had I had a coach like Ron Wahurst during my 20's and had I the motivation, I probably could have run faster," he opines. "I believe one needs a focus on certain goals. I lost my focus soon after turning 40 and began mixing marathons and miling."

Stewart sees Ryun as having the talent, but questions whether he has the focus or motivation to attempt it.

Oregon's Ray Hatton, who recorded a 4:24 in 1975 at age 42 after a lifetime best of 4:11.2 some 20 years before, agrees with Stewart. "There are several world-class athletes close to 40, Mike Boit for example, who seemingly have the potential. But are they motivated to do it?"

"A sub-4-minute mile will be more difficult than an equal record at a longer distance because the aging process is harder on speed than it is on endurance," comments Herb Lorenz of New Jersey, who clocked 4:06 at age 28 and 4:35 last year at 47.

Kirk Randall of Massachusetts, with a 4:23.0 at age 41 to his credit, doesn't see a sub-4 in the near future — especially, if it must be run in masters competition. That would be the only legitimate way for it to be done. John Walker might get close if he continues and gets into the right competitive situation. A sub-4:10 will be a major accomplishment."

Ernie Billups, the oldest person to break four-minutes for 1500 meters (3:59.8 in 1981 at age 44) doesn't believe there will be a sub-4 mile by a



Dan Conway, 47, of Chetek, Wisconsin (left) and Michael Heffernan, 46, of Portland, Oregon, finished one-two in the 45-49 division of the Twin Cities Marathon on October 12. Conway clocked 2:24:33 and Heffernan 2:24:57.  
Photo by Mike Tymn

master runner before 1990. "But by the year 2000, yes, if it's made worthwhile for the present elite-level runners to continue to run when they become masters," he adds. "I think that most of the present elite level have been receiving some support from clubs, shoe companies, or meets, and that does not exist at the masters level to the same extent."

Incidentally, Billups' 3:59.8 is equal to 4:18.9 mile. It will take a 1500-meter time of 3:42.2 to equal a 3:59.9 mile. The fastest masters 1500 is 3:52.0 by Michel Bernard of France in 1972 at age 40.

Some other opinions on an over-40, sub-4-minute mile by leading masters competitors:

George Cohen, California: "Yes, certainly before 2000. The talent is at the door now. If somebody convinces Al Franken to include a master's mile at one of his meets, watch the boom."

Ken Mueller, Massachusetts: "John Walker may be the first unless some old African finds a birth certificate."

Bob Packard, Arizona: "It's possible, but we would need a much higher percentage of masters people staying with it over the years and emphasizing it in training. Watch John Walker."

So much for the mile. What about Foster's 2:11:19 marathon?

Lopes hasn't done much since his 2:07:11 world record nearly two years ago. He reportedly has been sidelined by injuries over the past year.

"Carlos Lopes is the only candidate, and he won't do it unless he really has the desire," says Jim O'Neil of California, a leading over-60 competitor.

John Brennan of California, who owns a 2:28:01 marathon at age 42, thinks that Stahl might do it, "but probably not." Brennan goes on to conjecture that if anyone does better Foster's record, it will be "an African who begins running at age 35-plus when masters awards get into big bucks."

"Of course it will be broken,"

Continued on page 9

### Foster's 2:11:19 is Better Than a 3:59.9 Mile

Based upon the tables of comparative performance scientifically determined by physiologists Jack Daniels and Jimmy Gilbert and set forth in *Oxygen Power*, Jack Foster's 2:11:19 marathon is equal in effort to a 3:57.8 mile.

Conversely, Bill Stewart's 4:11:01 over-40 mile best is the equivalent of a 2:18:35 marathon. A 3:59.9 mile matches up with a 2:12:29 marathon.

Looking at these standards another way, Foster's 2:11:19 is 1.032 greater than the world mark of 2:07:12 by Carlos Lopes. If we apply that percentage factor to Steve Cram's world mile mark of 3:46.31, we get a potential over-40 mile mark of 3:53.5.

On the other hand, Cram's mile, according to the Daniels and Gilbert tables, is equal to a 2:04:52 marathon. The difference between Foster's 2:11:19 and the theoretical marathon of 2:04:52 is 1.052. Applying that factor to Cram's record, we get a potential masters mile of 3:58.1 — only 0.3-second above that figured from the Daniels/Gilbert tables.

From the above, one might come to any one or more of the following conclusions:

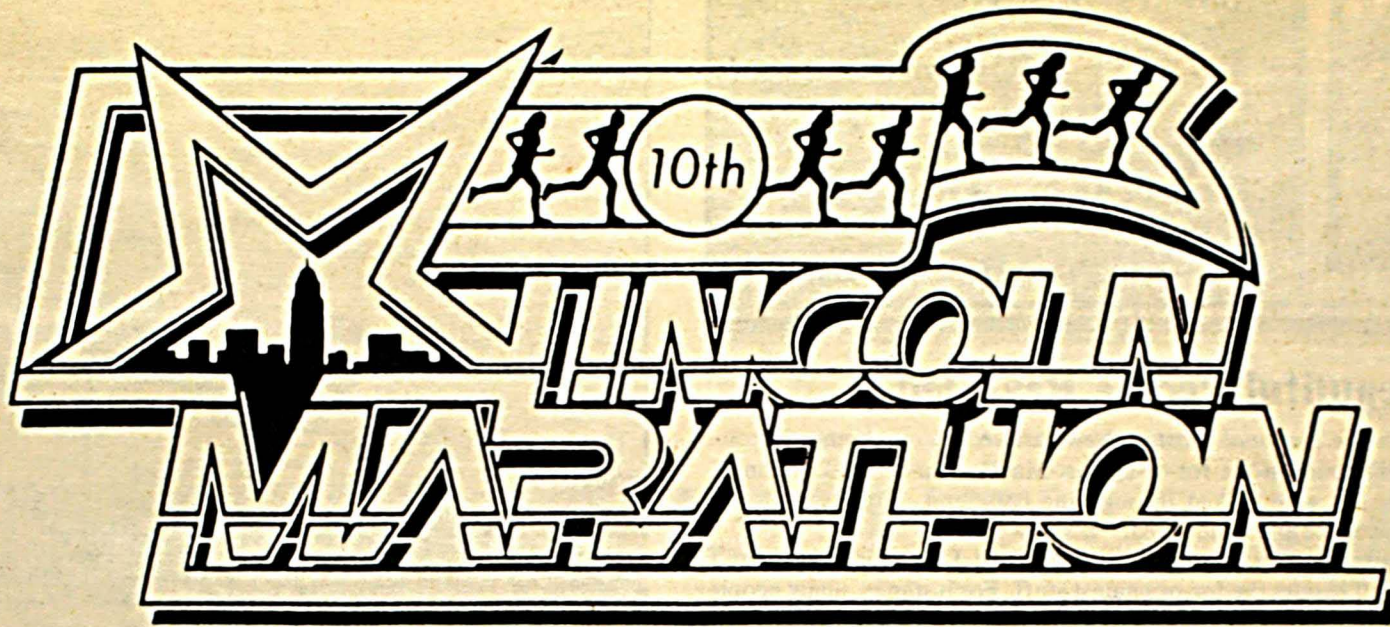
- \* A sub-4 masters mile is within the realm of possibility;
- \* Miling-type speed/strength declines more rapidly with age than the components of marathoning endurance;

- \* Lopes' marathon record is soft and Foster's very hard;

- \* Foster's 2:11:19 was on a slightly short course;

- \* Mile and marathon times cannot be correlated. □

—Mike Tymn



# Lincoln . . . . a runners' marathon

*The Lincoln Marathon has a longstanding reputation for being a runners' marathon. The City, its business community and the Lincoln Track Club will come together again on the weekend of May 2nd and 3rd to extend this tradition of excellence.*

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- Olympic track-style finish at UNL's Ed Weir Stadium . . .
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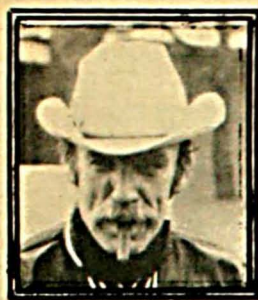
Please send me \_\_\_\_\_ entry forms for the 1987 Lincoln Marathon and Half-Marathon.

Name \_\_\_\_\_

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Mail to: Marathon, 2809 Jackson Drive, Lincoln, NE 68502

Also send me information about the Statehood Day 10-Mile, Feb. 28, 1987.



# On Approaching Every Problem With an OPEN MOUTH

by W. MacDONALD MILLER

## Beautiful People Revisited

**L**ate last month the *National Masters News* arrived at our home. It contained the latest count in the for-or-against-MacDonald-Miller-Column: 9 for, 5 against. My wife looked through the issue and, after reading my column, she called the office and announced, "It's now 9-6."

I'll be honest, I was momentarily disappointed. Then I was reminded that I receive all kinds of mail besides the for-or-against stuff. For instance, many people have asked me to run want ads in my column. I devoted my entire space a few years back to accommodate these readers. I feel it only appropriate that I reprint that article to remind people of this wonderful service provided by my column. And another thing, remember please, it is the Holiday Season.

I must admit — my first reaction to turning the NMN into an open want ad for sex, drugs, religion, politics and out-and-out fooling around on the run, was shock. However, now that I've had time to think over all the interest ramifications, I love it. Like "Flashdance," this new direction of our hollowed mouthpiece is the "legitimate child of various new GENRES." Me? I feel I'm totally capable of staying neutral through it all. I pretty much gave up sex several years ago. I do my Jane Fonda exercise cassettes once a week and everything seems to be working out fine, no involvement, no messy breakups. Mine is a very mature situation.

In light of my status, it seemed appropriate for me to both critique and set certain guidelines for this new direction of the NMN. I can't stop thinking, if we really do fill a need, maybe we'll get our own coin-operated news stand right there with LA AT NIGHT and SUCK Magazine on the corner of Pico and La Cienega. I never have been able to figure out why only California realized the beauty and grace of forty or fifty newspaper stands on every corner. In the meantime, here's a sample of what's come in so far plus my reaction and recommendations.

### Personals NMN 7161

For a good time call 201/765-0856. Ask for Tanyablue.

**Comment:** Your classic rifle shot approach. I don't, however, think it's a good idea for people to use their real names.

### NMN 0172

Are you into leather? Bondage? Send pictures, couples only. Bill and Mary, Leisure Village Nursing Home, Council Bluffs, Iowa, 61265.

**Comment:** A good ad. It asks questions and it provides valuable information on who, what and where. Nice job, Bill and Mary.

### NMN 1141

Rolfing as a substitute. Pain clinics, body oiling and deprivation. New instruction in servitude. No smoke. Write Mavis Kush, 219 Oak, Kilgore, TX, 34142.

**Comment:** The no-nonsense military approach. Suitable only in a narrow range of interests.

### NMN 1143

Lonely? Why not call Vicky? Tell her all about your latest run or jump. She will listen to anything you have in mind. Call 503/645-2954.

**Comment:** Obtuse and smutty, I think.

### NMN 7891

Action photography on T/F and Road Running. Models for semi-nude, nude and erotic photos. No pink. Valet parking, Master Charge OK. Emil, Box 112, Yreka, CA.

**Comment:** Somewhat restrictive but acceptable. Emil is obviously happening.

### Meetings & Organizations NMN 0161

Touch Seminar. Sensitivity encounter involving touching and fondling. No food or drink or weirdos. Ray's Sunoco Station, Weaverville, AZ 86362.

**Comment:** Good and bad. Good in that it does have a certain curiosity appeal and bad in that it's vague — like what exactly is weird, man?

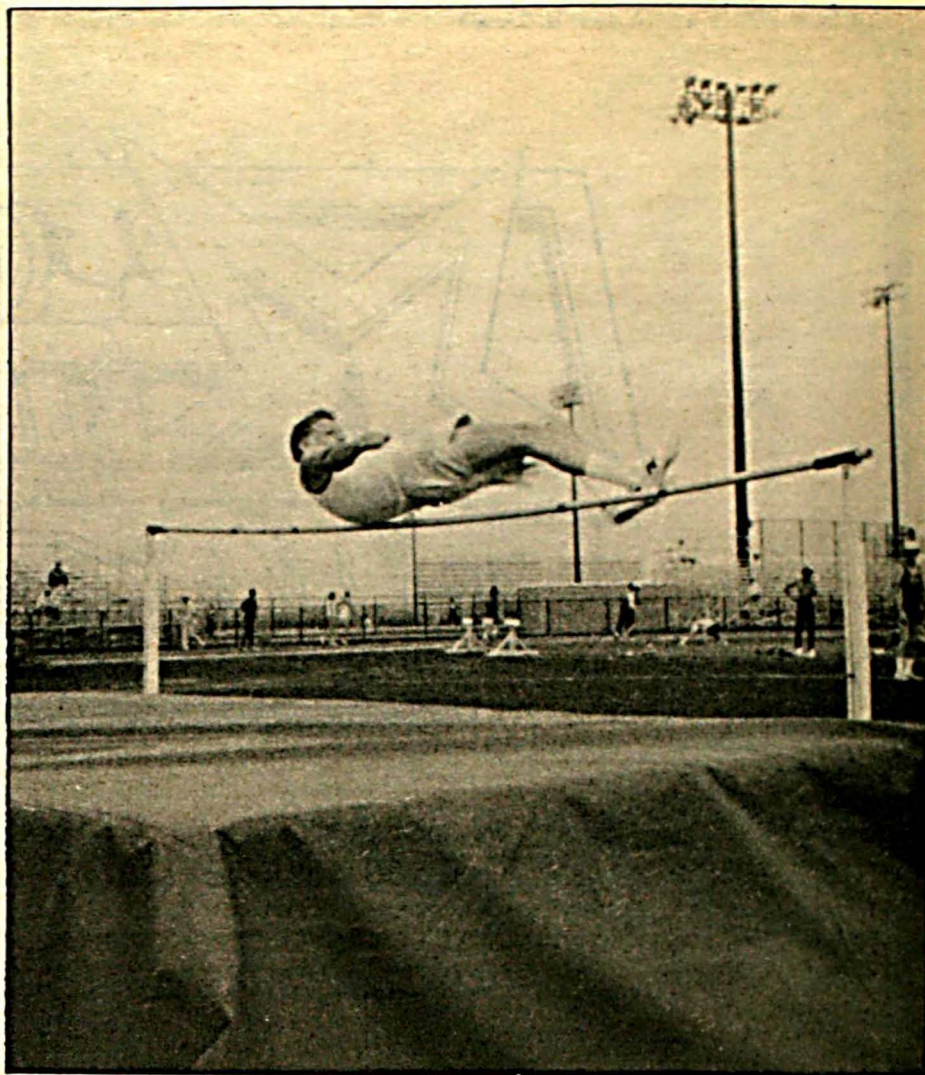
### NMN 1174

Latest from California! Dress Up and Exposure. Costumes from all over the world dating back to Middle Ages. Mace and chain, armour, Robin Hood, loin cloths, etc. No animals! Inquiries: Box 2617, Winona MN 22147.

**Comment:** Not enough detail, are the mace balls smooth or the ones with pricklers? Is there a variety of size in the armour?

### NMN 4261

Perverts without Partners, Race Walking and Ludes. Also body pain-



Denver Smith, of Ohio, winning M60-64 high jump with 4'11", U.S. TAC National Masters Track and Field Championships, Uniondale, New York.

Photo by Wm. R. Townsend

ting, Sadism and hill running. Sub Masters and Masters only. Not available to 4A, 4B, 5A, and 5B. Box 219, Ames Iowa, 64710.

**Comment:** A pot pourri of happenings, pleasant mix.

### NMN 1727

Bi-Sexual married men sprinters for reviews and dance routines. 1/4 inch spikes only, Julius Axelbolt, MD, C301 4017 Via Marina, Venice CA 90219.

**Comment:** Not enough information. More detail needed, what kind of surface?

### NMN 4167

Master Square Dancing and Exotic Dance. Every Saturday night 6-9 p.m. Instruction, partners available, coffee and cake served, clean rest rooms, limited voyeur facilities, reservations only, no cameras. Central YMCA, Columbus, Ind.

**Comment:** A stiff is a stiff, regardless of what his wife may say.

### NMN 62251

Need a qualifying time for Boston? Want to get into the New York Marathon? Need a TAC card? How about an MD degree? Also BANKRUPTCY, the fresh start process. No money down, free consultation, call for a free brochure, 24 hour service. Sonny 312/263-7910, 263-1315, 234-5936, 279-1512.

**Comment:** Great ad, we're talking very heavy deals.

### NMN 14271

Sell exotic running gear, see-through

excitement. Work, have fun and share it with others. Write for brochure to do your own house parties. Puckerware, Box 22, Miami, OH 76142.

**Comment:** Maybe a tad commercial but acceptable as a hard sell.

### For Sale NMN 4121

Banana colored leisure suit, 42L, Naugahyde belt, worn once, excellent as a warm-up suit. Priced to move. Harry O., P.O. 619, Littleton, Col. 76421.

**Comment:** Strictly a "one buyer needed" situation.

**Summary:** A fine array of organizations and opportunities for Masters. I'm particularly proud of our readers for their serious approach to this new and exciting forum. Where it could have turned quickly into an endless list of pooh pooh nasties, it stayed tasteful and informative. This is a beautiful sport and a beautiful time of life. □





**The Gun Lap** Continued from page 6

replies pioneering masters runner Peter Mundle. "Carlos Lopes could easily better it if he maintains his training and incentive to run well."

Mundle sees the open marathon record going down to 2:05, the over-40 to 2:09 and the women's open to 2:15.

Joe Burgasser of Florida, another leading masters competitor in recent years, raises an interesting point. "I've never seen any report that the course length (of the Commonwealth Games in which Foster did his 2:11:19) was accurate to today's standards," he comments. "We just weren't as particular then."

For that matter, it's not clear that Stahl's 2:12:33 in Stockholm last June was on an accurately measured course. Certification of courses seems to be pretty much limited to the United States.

Veteran competitor Hal Higdon of Indiana, with a 2:29 marathon at age 49, thinks Bill Rodgers has a shot at Foster's record. "There's no reason it can't be sub-2:10 or sub-2:08, maybe by a former Ethiopian soccer player," he offers.

Oregon's Clive Davies, who holds most over-60 marathon records, doesn't see anyone breaking Foster's record for around 20 years.

Dan Conway of Wisconsin, with a 2:24:31 at age 47 in the recent Twin Cities Marathon, feels certain someone will break Foster's record. After mentioning Stahl, Lopes, Shorter, Rodgers, and Don Kardong as possibilities, he guesses that it will probably be someone we've never heard of.

Here are other opinions by leading masters on the possibility of someone breaking Foster's record:

Robert Packard, Arizona: "Man, I don't see it. But Lopes is probably capable of it. Rodgers is probably not."

Fritz Mueller, New York: "Maybe Lopes, but even that I doubt. Most likely one of the Africans will do it by

the year 2000."

Merle Knox, Wisconsin: "Records were made to be broken, and so will the 2:11 marathon as more people become more efficient."



Roger Roullier, Georgia: "Yes, it'll be broken. I don't know by whom, but these foreign masters seem to have it mentally to run faster than us Americans."

Bill Fraser, Sr., Minnesota: "Not in the near future, but I can see a 2:10 by the year 2000." □



TAC National Masters Marathon 40-44 winners, Charlotte Swanson, #841 (3:02:04) and John Jordeth, #807 (2:32:42); and M50 winner Norm Green, #751 (2:32:53).

Photo by Carole Langenbach


AND


*invites you to run the*

## Special WORLD MASTERS Division of the Paramount 10K Run

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

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

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

All times are "or faster".

<p><b>Race Date:</b> January 31, 1987</p> <p><b>Race Time:</b> 8:00 am Sharp</p> <p><b>Course:</b> Flat, fast, certified and sanctioned by TAC.</p> <p><b>Accommodations:</b> Downey Travel Lodge, 13535 Lakewood Blvd., Downey, Ca. 1-800-255-3050, or 213-634-4444. 20% off. Ask reservationist to specify, "10K race participant".</p> <p><b>Transportation:</b> To and from race site by Downey Travel Lodge, 6:30 am shuttle time.</p> <p><b>Preregistration Only:</b> Return Entry by 1/26/87.</p>	<p><b>Race Location:</b> 15500 Downey Ave., Paramount, CA</p> <p><b>Seeded Start:</b> You will be on the front line. I.D. Ribbons</p> <p><b>Awards:</b> 10 deep each division, plus CASH AWARDS, FIRST FIVE places, each division, men &amp; women</p> <p><b>Shirt:</b> Long sleeve, 100% cotton, two color</p> <p><b>Race Fee:</b> \$12.00</p> <p><b>Recognition:</b> All qualifiers</p> <p><b>Cash Awards:</b> \$6000.00 available to date.</p>
--	---

Information: Oscar Rosales, 15734 Paramount Blvd., Paramount, CA 90723 • (213) 634-3027/(714) 841-5417. NOTE: Each division must have 5 qualifiers, or a 50% reduction per cash award will be taken. All applicants must submit times last 3 races, certified courses.

Race Director  
The Finish Line International

---

8 **TH ANNUAL CITY OF PARAMOUNT**
10K RUN

SPECIAL WORLD MASTERS DIVISION

NAME \_\_\_\_\_ MALE  FEMALE  AGE \_\_\_\_\_ PHONE \_\_\_\_\_

ADDRESS \_\_\_\_\_ CITY \_\_\_\_\_ ZIP \_\_\_\_\_

Official Entry Form Will Be Sent Upon Receipt Of This Form. Send SASE.  
Send To: PARAMOUNT 10K RUN, 15734 Paramount Blvd., Paramount, CA 90723



Johnny Kelley, (7013), 79, of E. Dennis, Mass., finishing first M75 (49:11) with fifth M70 (49:12) Frank DeLear, 72, of Centerville, Mass., in the Berkshire Masters 10K, Westfield, Mass., September 14.

Photo by Walt Westerholm



## Runner Suspended for Cheating

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**O**n November 18, a special meeting of the Long Distance Running Committee of the San Diego-Imperial Athletics Congress [SDIAC] found that Peter Kanfer, a 37-year-old from Pasadena, did not run the complete course of the 1986 America's Finest City Half-Marathon. Kanfer was the 23rd entrant to cross the finish line, and the first in his age division, claiming an unofficial time of 68:15.

As a result of this finding, SDIAC suspended Kanfer's eligibility to compete within SDIAC's jurisdiction, which is San Diego and Imperial counties. The committee further authorized Ken Bernard, SDIAC President, to present the assembled evidence for possible national action by The Athletics Congress Long-Distance Running Committee and/or the TAC Executive Director at the TAC convention in early December.

The November 18 actions climaxed three months of local involvement in a case which began elsewhere before the August 24 AFC race, and which will continue outside this jurisdiction.

Kanfer's case is unusual in involving a person claiming such impressive credentials. A 2:16:52 finish at Chicago ranked him 39th fastest American in any marathon during the year of 1985, and second in his age group behind a 2:14:46 by Bill Rodgers. Other marathon results list 2:22 and 2:25 at Boston, as well as 2:22 at the 1984 Los Angeles International Marathon. His finishing time for the 1985 AFC Half was 68:57, also for 23rd overall and a division win.

The case is unique in that Kanfer's disqualification is, according to Ken Young of The National Running Data Center, the first due to a concerted effort to monitor the activities of one individual. All other disqualifications, Rosie Ruiz's being the most famous, have been the result of investigating protests after races, using whatever security the race had provided.

Jim O'Brien, a coach at Caltech, and a top runner himself, raised the first suspicions about Kanfer. He met Kanfer in Pasadena and hoped to improve by training with someone faster. Although O'Brien was recovering from a stress fracture, he found that during workouts Kanfer wasn't staying with him, "he couldn't maintain a seven-

minute pace." For every workout they ran together, approximately eight runs during a six-month period, Kanfer "would abort the workout for one reason or another."

O'Brien's suspicions heightened when he looked for Kanfer in the front section of the start at the 1986 Boston Marathon, but could not locate him. Kanfer's finish time was 2:22:42.

O'Brien reported his suspicions to Ken and Jennifer Young, who advised O'Brien, "don't tip him off."

Ken Young already had his own suspicions about Kanfer, in part because there were no results from Kanfer's home area, and partly because he had "come out of nowhere" to run low - 2:20 marathons.

At that time, however, there were only suspicions. No one had filed any protests, and no actions were taken. The disqualification by SDIAC derives only from the results of the investigation at the 1986 AFC race. The following account is from statements taken during that investigation.

Local activity began when Ken Young contacted Bill Stock, one of the consultants to the AFC Half-Marathon, and he assembled a team of five runners and several other monitors whose sole responsibility was to find the runner Number 14. This job was eased by the fact that in this race, all seeded runners, those with numbers less than 100, wore turquoise bibs, while the other 6000+ wore white ones. Further, these runners have the privilege of starting at the front of the pack, and are the only ones who may warm up in front of the start line.

The first member of the team was Graeme Shirley, who went to the start of the race and performed two jobs. The first was looking through the seeded runners and checking off those with low numbers. Twenty-eight of the lowest 30 were found. Number 14 was

not one of them. When the gun went off, he went to the front of the pack, then near one-mile started drifting back through the pack, checking runners' numbers as they passed. He covered almost three miles in about 17 minutes, and never found Number 14.

Meanwhile, Jeff Rigdon jumped in at three-miles with the leaders, and spent the next three miles drifting back through the pack. No Number 14.

Then it was Kevin Heaton at about six-miles; and Dennis Kasischke at eight miles. Still no Number 14.

Finally, Randy Kilpatrick joined the leaders at ten-miles, and worked his way back through the pack until he reached the finish-line in about 75 minutes. Number 14 never passed him..

Videotapes and stationary observers at 3-miles, 5-miles, and 10-miles failed to find Kanfer. Chuck Boyer stood at the turn onto Sixth Avenue (near 11 miles into the race) and called the numbers of hundreds of runners into a tape recorder, stating that he missed none. But no Number 14.

Further up Sixth, Keith Jeffers and Graeme Shirley checked the first several hundred runners. But no Number 14 yet.

Near 20 kilometers, less than a mile from the finish, two video recordings show the 14th runner coming up the hill, his number clearly visible. Finally, Number 14.

Videorecordings, a still photograph, and eyewitnesses record Kanfer finishing the race in 23rd place, having lost nine positions in just over a kilometer.

Three runners who knew Kanfer confronted him at the finish-line. Bob Clifford of Boston and Jim Sterling, both of whom roomed with Kanfer before the race, and Jim O'Brien (who

notes Kanfer was "in shock to see me"), told Kanfer that none of them had been able to find him at the start.

When they returned to their rooms, Bob Clifford found the following note:

"Dear Bob,

I was and am quite (very) upset to think that "I was not" at the start. Did it occur to anyone I may have spent the time out there with my friend Deb? It was her first half and I had promised to ride out there and be around before the start. I really think this needs to be sorted out. Please call me when you get back to Boston as I really did not want to remain here and create any uncomfortable feelings for anybody.

(signed) Peter"

Based on information collected the day of the race, race director Neil Finn removed Kanfer's name from the results. SDIAC established hearing dates of September 24, and October 15, then a final one of November 18 for receiving and reviewing Finn's protest. Kanfer failed to attend any of those hearings, requesting postponements for the first two, but giving no reason for not attending the hearing on the final date.

Repeated attempts to contact Kanfer for this article have been unsuccessful.

Ken Young summarizes the status of the records of disqualified runners: "For any runner who is officially disqualified from any race, as long as that disqualification stands, any performances prior to or after that time are considered invalid until provided with documentation that that person did not cheat."

As a result, Ken Young has removed all of Peter Kanfer's marks from NRDC records. □



Taking second place for M40-49 at the Capital City Marathon, TAC National Masters Marathon Championships, Olympia, Washington, July 27, was the Oregon RRC. From left: Erik Sten, John Strom, Tobey Skinner, Jim Scheer and Buz Masters. Photo by Carole Langenbach

## New York City Marathon Revisited

by JERRY WOJCIK

Our story and interview, in last month's issue, of John Bell, 44, who was disqualified as masters winner in the New York Marathon, November 2, may become an even bigger story in the major media.

More than one publication is reportedly planning a feature on race-cheating in general and New York Marathon cheaters in particular.

Bell, owner of his own business in Marion, Ind. was the first master to cross the finish line (in 2:25:15), but was DQ'd because he didn't show up at several video checkpoints.

Official winners of the 40-49 divisions were David Clark, 43, (2:25:35) and Anne Roden, 40, (2:48:10), both of Great Britain.

Michal Wojcik, 50, of Poland, and Helene Bedrock, 51, of New Jersey, were 50-59 division winners, in 2:36:14 and 3:07:54, respectively.

Gerhard Reidermeister, 60, of West Germany, (2:54:21) and Alene Park of Alabama (3:54:19) were 60-69 winners.

The 70-79 races went to Ed Vuolo, 70, of Connecticut, (3:37:34) and Jenny Wood Allen, 74, of Scotland, (4:52:24). The oldest female runner, Bess James, 77, of California settled for fourth (6:27:34) in the W70-79 division.

France's Marcel Ichac, 80, the oldest male runner, won the M80-89 race with 6:20:20.

Statistics for age 40-and-over finishers show that 4,693 men and 739 women in the 40-49 age-group finished the race, to account for 28% of the 19,689 runners who completed the course. The older masters age groups accounted for 2,016 finishers (10.2%); 50-59 had 1,521 men and 150 women; 60-69 had 272 men and 24 women; and 70-and-over finishers numbered 45 men and 4 women. In total, over 38% of the finishers in the largest marathon in the United States were masters.

France had the highest number of foreign-country finishers of all ages, 1,048 men and 160 women, followed by England with 613 men and 74 women.

The highest number of finishers listed by occupation was in the "Teacher/Educator" category, 686 men and 304 women, with the vaguely-titled "Administrator/Manager" group of 808 men and 155 women a close second.

American sexist attitudes may be reflected in the "Chairman/President of Company" group, 155 men and 3 women, and the "Homemaker" totals, 3 men and 220 women; but seem to be offset somewhat by the "Flight Attendant" numbers, 48 men and 23 women, and the "Beautician/Hairdresser" contingent of 34 men and 22 women.

The lowest total of finishers belong-

Continued on page 21



Andre Tocco, 50, 1st 50-59 in 34:06 in Love Your Heart 10K in Redondo Beach, Calif. (13th out of 1800).

Photo by Richard Lee Slotkin

## Anderson, Gustafson, Top Marine Corps Marathon Masters

Lucious Anderson, 40, of Silver Springs, Md., and Georgia Gustafson, 40, of Anchorage, Alaska, were the masters winners in the 11th Annual Marine Corps Marathon in Washington, D.C., on November 2 with times of 2:29:14 and 3:07:47 respectively. Keith Cawley, 41, was runner-up (2:31:22) to Anderson, and Shirley Schmitt, 40, took the second W40-and-over place (3:15:40).

The closest masters age-group race came in the M45 division with Mel Williams, 48, beating out Bill Demby, 46, by just eight seconds (2:38:34).

Sixty-six-year-old Anthony Napoli ran 3:05:55 to defeat some younger runners in the M60+ division.

Whayong Semer, 58, won the W55 race in 3:29:04, good for sixth place among the masters women.

As the Marine Corps 105mm howitzer went off simultaneously with the conventional starter's pistol, 9,000 runners took off from the starting line one-quarter mile from the Marine Corps War Memorial, on a course which passed the capital's historical sites, including the Pentagon, the Washington Monument, and the Jefferson Memorial. They were led by overall winner Brad Ingram (2:23:14).

## Four 30K Records Fall in Clarksburg

Four national age-group records for the 30K fell in the Clarksburg Pepsi 20 Mile in Clarksburg, Calif., on November 16.

Sal Vasquez, 47, broke Jim McDonagh's 15-year-old M45-49 mark of 1:45:43 with a scorching 1:41:41. Don Lunberg, 71, reduced Vernon Geary's 1983 record of 2:25:58 for the M70-74 age-group by about 2½ minutes with 2:23:23.

Joan Ulliyot, 46, lowered Sandra Kiddy's three-year-old W45-49 time of 2:05:31 to 2:04:11. Mary Storey, 62, ran 2:40:40, far below Mary Rodriguez's W60-64 record 2:54:13 of 1983. Althea Wetherbee is credited with 2:35:22 on a point-to-point course

in 1981.

Vasquez went on to take eighth overall (first master) in the 20-mile with 1:50:15. Nelly Wright, 40, was sixth overall and first master in the women's race. Both collected masters prize money, as did the second and third places and the winning M40-49 team, Pacific Flyers, and W40-49 club, West Valley TC.

A large number of national, below-40 age-group and masters single-age records were set in the race, the 21st annual, which raffled trips to the Boston Marathon (won by Mary Storey) and Hawaii, awarded \$4,200 prize money, and offered "Clarksburg Country Stew." □

## Olson Defeats Belilgne in U.S. 15K Cross-Country

Continued from page 1

Championships the week before, and Ed Benham, Potomac Valley Seniors TC, M75.

Robin Villa, 43, of the Central Park TC, was the women's leader in 68:45, followed by Laurie Baker, 43, of Millrose AA in 70:11, and W50 winner, Sue Medaglia, 51, also of Millrose, in 71:00.

Edith Jones, Millrose AA, won the W45 race, and Evelyn Havens, Millrose, the W70 contest. There were

no W55, W60, or W65 finishers.

The team victories went to the Hartford TC in the M40-49 division and the Syracuse Chargers in the M50-59 contest. The Millrose AA "A" teams took both the W40-49 and W50-59 first-place trophies.

Of the 161 starters, nine did not finish, including Judy Pickert, 43, women's winner of the Masters 5K Cross-Country Championship held also at Van Cortlandt Park on October 26. □



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Pagliano's Podiatric Pointers

# THE FOOT BEAT

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

**Q** I am a 50-year-old who has been jogging for the past 20 years. I have noticed that the balls of my feet have become hardened and calloused and are very sensitive at times. They usually feel better when I get off of them and have my wife massage them. Is this anything to worry about and can I keep up my jogging routine?

**A** number of painful lesions can occur on the ball of the foot, ranging from warts, callouses and corns to various dermatological conditions. In most cases, the causative lesion is a callous or thickening of the skin in the forefoot. This can be due to a number of things, including some type of biomechanical foot problem that places excessive weight on the forefoot, inadequately cushioned shoes, and (the dreaded condition) age.

We must differentiate between corn/callous and wart (verrucae) tissue. Usually warts have small blood vessels that bleed when the wart is shaved down. It is usually painful when pressed. Callouses show fine lines that run through the lesion and are translucent, and you will not usually see any blood vessels.

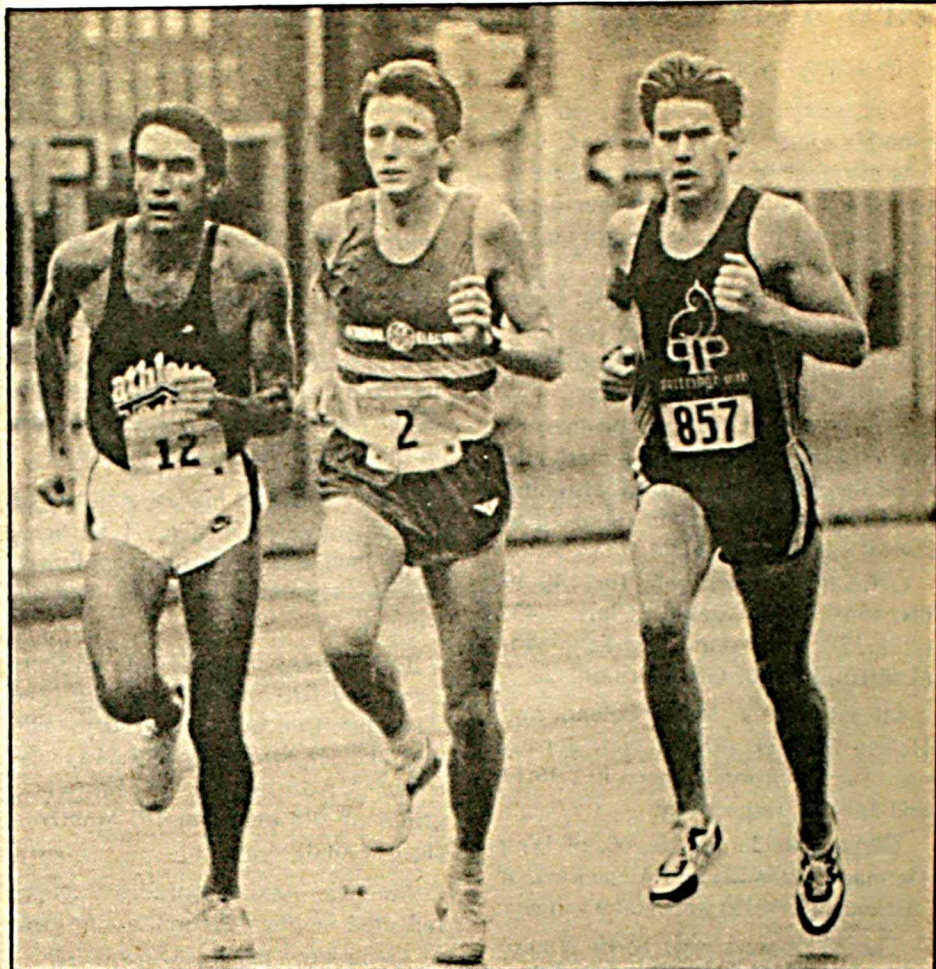
These callouses can form from a depression of the metatarsal arch, which is quite common as we pass the magic age of 40. Other conditions predisposing callous formation are a highly arched foot (pes cavus), equinus deformities (toe runners), feet with hammertoe deformities, and ill-fitting shoes. Initial treatment should be conservative. A well-padded, proper-fitting training shoe is a must. Allow for ample toe-room, at least 1/4-in. between the longest toe and the end of the shoe. Also, seek a snug heel fit to avoid foot slippage.

In most cases, an orthotic can reduce metatarsal depression and thus remove excessive forces from the forefoot, which will eliminate friction caused by abnormal foot mechanics and pressure from ill-fitting shoes. I do not recommend paring your corns with a razor, or the use of medicated "corn plasters." If you need to shave down the excessive callous, I recommend the use of a pumice stone or a "Credo Callous Plane."

I would also recommend you seek out a foot specialist to help diagnose and initiate treatment. Your podiatrist may wish to accommodate the lesion with a felt pad or wedge the shoes to remove pressure on the callous area. If all else fails, an x-ray may reveal other problems beyond a simple callous. Many times, boney spurs accompany a depressed metatarsal arch. These can be treated accordingly.

I would advise the use of warm water soaks at night to improve the blood-flow to your feet. And having your spouse massage your feet is always helpful to improved circulation... as well as providing social intercourse. □

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



Barry Brown, 12, M40, battles for third place in the Schenectady Gazette Stockade-Athon, Schenectady, N.Y., November 9, with open runners Steve Oliver (2) and Dom Colose (857). Brown won the masters race with a fourth-place 47:35. Photo by Schenectady Gazette

## Brown Leads Masters at Stockade-Athon

by PAUL MURRAY

Barry Brown entered the Schenectady Gazette Stockadeathon on November 9 with hopes of repeating his 1980 victory and setting a U.S. Masters record for 15K in the process. He had to settle for fourth place overall and a 47:35 clocking — well off Bill Stewart's 45:58 standard — but he was satisfied with his performance. "I felt real strong," he said at the conclusion of the race. "It's my best race in a year and a half." A sprained left ankle has slowed Brown over the past 18 months and forced him from his spot as America's top-ranked Masters runner.

Brown attributed his relatively

"slow" 47:35 time to a lack of speed work. "My calves just aren't in shape yet," he said. "Both my calves started to cramp up and I had a real hard time getting up on my toes in the last four miles."

Two minutes behind Brown, a fierce battle was being waged for the M40 second place. Bill Robinson and Pat Glover have been fighting for dominance in the local masters scene since both turned 40 this summer. Glover had beaten Robinson in two of their three previous meetings, but this time Robinson evened the score. He held off Glover's furious finishing drive to claim tenth place overall (49:46). Glover finished two seconds back in 11th place. Charlie Parmalee had to settle for fourth place in the masters competition (50:43).

Fifty-four-year-old Anny Stockman continued her reign as the fastest upstate-New York masters woman with a 62:39 clocking. But this year she was pressed by 43-year-old Jayne Grout, who took three minutes off her previous best to finish in 62:51. Liz Williams was the third masters woman (65:00), claiming second place in the W40 competition. Edith Farias remained unbeaten in the W60 division with a 77:42 clocking.

A field of more than 900 runners competed for the Adirondack TAC 15K Championships on a cool, overcast day. The event was organized by the Hudson Mohawk Road Runners Club. Tom Miller served as race director. □

## Dekkers, Bigelow Win National 8K Titles

Continued from page 1

and then open up in the last mile to clock 31:18, almost one-minute in front of Vickey Imes, 42, of St. Petersburg, Florida.

Both Dekkers and Bigelow not only won gold medals but took home \$300 each as overall winners based on age-grading target tables. Bigelow was the only runner to go under the target time for her/his age group.

Dekkers, who is in the oil business in Houston, grew up in South Africa, and, at age 23, was that country's national cross-country champion. He then gave up running and did not resume training until shortly before he moved permanently to the United States a little more than a year ago. He

says he was inspired to race again by his daughter, a member of the track and cross-country teams at the University of Houston. Dekkers has already posted 5K and 10K times, respectively, of under 14-minutes and around 31-flat; and this past September won the Masters division of the Mercedes Fifth Avenue Mile.

Outstanding among the age-group winners (what's new?) was Ed Benham, now nearing 80. Ed finished 71st over-all in the field of 170 with a 36:07 clocking and beat many men almost half his age. Other winners in the older groups were impressive: Jim Smith, M60, Oklahoma City - 32:09; Don Bradley, M70, Encinitas, Calif. - 36:06; Anne Trigg, W60, St.

Petersburg - 38:10.

In addition to fast times (despite a slightly long course) and a large field (for an all-masters event) of 170 runners, there were other notable features of this race, which was hosted by West Florida Runners Club. Vicki Bigelow, 51, joined a select few overall championship winners outside the 40-44 division. Also, representation from twenty-three states plus Canada and the U.S. Virgin Islands, is probably a record for a masters road race. In the men's division, the eight age-group winners were from seven different states. New York was the only state with two. And when has any championship had five men finishers in the 75-79 age-group? □

## Peacock Wins Handicap Race in St. Louis

by JERRY WOJCIK

Polly Peacock, 42, of the St. Louis TC, proved again that she was the best for her age in the 8th Annual Bud Light Stadium 10K, in St. Louis, Mo., on September 14, when she won the popular event for the fourth time in its eight-year history, which makes her four-for-five because she did not run in three of the races.

Using a handicapping system based on national age-group records, the Stadium Run featured 34 different starts at 30-second intervals. For instance, men 73-and-over were given a 17-minute headstart on the final starting group, men 24-and-25-years old.

Peacock's actual running time was 38:01, but with a nine-minute headstart, her handicap time was 29:01, good enough to enter Busch Stadium over a minute ahead of Bill Ames, 44, of Godfrey, Ill., who placed second with a 35:00 actual time and a 5:00 headstart for a 30:10 handicap time.

Ames had to sprint past Larry Patterson, 71, of St. James, Mo., as they entered the stadium, to salvage the second spot. Patterson, with a 15½ minute headstart, placed third with a 45:49 actual time and a 30:19 handicap time.

In the years that Peacock didn't compete, the winners were Craig Virgin, the top 10,000m runner in the world at the time; (1979); 11-year-old Wesley Paul, holder of numerous age-



Winners of the M40-49 division are Geoff Bacon (26:09), left, and Lucas Halwendu (26:42), right. South African 8K Cross-Country Championships, Klerksdorp, September 6. Photo by Leo Benning

group records, 1980; 59-year-old John Hosner, who claimed the M60-64 10K national record a short time later, in 1984; and Marty Cooksey in 1985. □

## Shorter, Rodgers Plan Masters Grand Prix

A proposed Masters Grand Prix roadracing series headed by Bill Rodgers and Frank Shorter, who both turn 40 this year, is seeking sponsors. The program would comprise 10K races in five to ten locations around the country starting in 1988.

Each event on the circuit would feature an elite runners division as well as five-year age categories for regional masters participants. A culminating championship race in New York City will bring together the top male and female runners, both elite and age-group, from the earlier races. The series would commence in late-February and conclude in October.

Bill Michaels, who is marketing the event, anticipates that the growing addition of elite road-runners to masters ranks will support a circuit like that now enjoyed by senior golfers. "The names in our sport are in that category," Michaels asserts. Olympic Marathon Champion Shorter and Rodgers, winner of four Boston and New York marathons, are among the best-known athletes of their generation.

Title and supporting sponsorships are available. Contact: Bill Michaels & Co., 1666 Race Street, Denver, CO 80206 (303/399-9006). □

### 70 Join Sustainers

Each month NMN publishes a list of "sustainers," those who contribute funds which help keep us in operation. Since it is January and 1986 is now over, we would like to publish a list of all those who "sustained" us throughout the year. Special thanks go to Harry Koppel, Charles Mercurio and Bob Watanabe, who each contributed \$100. Also to E.L. Bost, Jack Moran, Bob Roemer, Peter Tams and the Virginia Track Club, all of whom contributed \$50 or more. Thanks to one and all.

Tom Allison	Lewis Hartz	W.M. Paisley
Joe Anallo	Angella Hearn	Lawrence and Marilyn Patz
Nick Asprodites	Bernie Hollander	Gordon Powell
Tom and Lolitia Bache	Chas Hornbeck	A.J. Puglizevich
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## MASTERS TRACK & FIELD REPORT

by JERRY ALAN DONLEY

Chairman, TAC Masters Track & Field Committee

### TAC Convention is Productive

At the eighth annual TAC/USA Convention, held in Tampa, Florida, 2-7 December 1986, the Masters Track and Field Committee reviewed its work and accomplishments during the past year and addressed the administration of projects and problems for 1987.

The most significant project on the New Year's agenda will be securing the bid for the 1989 World Veterans Games in Eugene-Springfield, Oregon. To that end, the organizing committee met with many people in Tampa, including the Executive Director and officers of TAC/USA to review our plans and needs. TAC/USA is anxious to bring the WAVA Championships to the United States, and will work closely with the Eugene-Springfield committee to that end.

Over the years, Masters T&F has assumed the hands-on responsibility for providing competition for submasters athletes. Action was taken at Tampa to transfer administrative authority as well over these athletes from the Men's and Women's T&F Committees to the Masters T&F Committee. This move should stimulate greater participation by submasters —

not only in competition, but also in administrative affairs.

Conventions are where things happen; for example, rule changes that will affect every competition for the next two years. Five years ago, perhaps a dozen people attended our Committee meetings. In Tampa, over fifty were involved. Most of these delegates came at their own expense in money and time away from jobs and families. Since most masters competitors can not attend these meetings, it is of utmost importance that they seek out and express concerns and offer suggestions to their local delegates, who serve as their representatives at regional meetings and national conventions. In addition to your athletic participation, we TAC/USA officers and delegates welcome your ideas and constructive criticisms. □



Marilyn Ciociola, 37, of St. Petersburg, was the winner of the 3K race walk at the Empire of America Masters Sports Series in Tampa, September 20.

### Millrose Games to Stage Masters Mile

As reported in November's NMN, an elite men's invitational Masters Mile, organized and sponsored by *The Runner*, will be held at the 1987 Wanamaker Millrose Games, January 30, in New York's Madison Square Garden. All competitors will be 40 or older. Some will be past champions fairly new to masters competition. Others have already distinguished themselves in masters running.

The field will be composed of eight to ten men, roughly half from the United States and half from abroad. The race will be run during the feature part of the Millrose Games, according to meet director Howard Schmertz.

"The reaction to the event from athletes and others in the sport has been terrific," says Marc Bloom, editor of *The Runner*, who has been lining up the field. "We expect a fast, competitive race that should spark great interest in masters running."

Jim Beatty, who in 1963 became the first man ever to run a sub-4-minute mile indoors, will serve as official starter of the race. The event has thus far received acceptances from the following men:

- Sam Bair, 40, U.S., former 3:56 miler who has been turning in top road performances as a new masters runner. In Pittsburgh, his hometown, he won the Great Race 10K masters division in 31:36.
- Barry Brown, 42, U.S., former world-class steeplechaser who won the masters division of *The Runner's Road Race Rankings* for 1985. He has broken several U.S. masters

road records, from the 8K to the marathon.

- Noel Carroll, 45, Ireland, former 1:46 800-meter runner from Villanova, who holds the world masters 800M record of 1:53.3.

- Mike Hurd, 40, Great Britain, the '86 Boston and America's Marathon masters champion.

- Bob Schul, 49, U.S., the 1964 Olympic gold medalist in the 5,000 meters. Schul currently trains with men half his age, whom he coaches, and would be the oldest runner in the field.

- Kjell-Erik Stahl, 40, Sweden, the leading masters marathoner in the world and one of the most prolific ever. He is also the '86 European masters champion for 10,000-meters on the track.

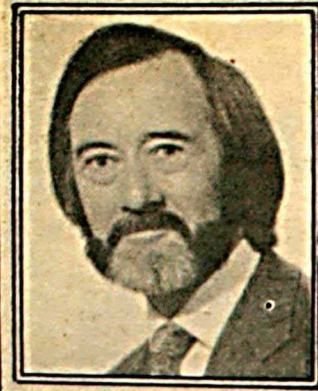
- Bill Stewart, 43, U.S., the world-record holder for the masters mile. Stewart ran 4:11 at an indoor meet in 1983, 7.5-seconds faster than any other master has run the mile.

Stewart's 4:11 will be one of many age records within reach of the field. A number of the runners believe that the world record will be broken. The favorite? Considering the varied backgrounds of the runners and that for many it is their first track race in years, this may prove to be the hardest major indoor race to predict all season.

Anyone who feels he has the credentials for this race should write: Masters Mile, *The Runner*, One Park Avenue, New York, NY 10016. A qualifying race to determine the leading New York-area candidate will be held early in January. □

#### ATHLETES WHO ENTER A NEW DIVISION THIS MONTH JAN. 1987

ATHLETE (RESIDENCE)	BIRTHDATE	AGE GROUP
EDITH CARLISLE (SANTA MONICA, CA)	1- 5-22	65-69
SHARON GREINER (CA)	1-29-42	45-49
CAROL HONEYWELL (GRANADA HILLS, CA)	1-29-37	50-54
YVONNE LIVETT (LOS ANGELES)	1-22-37	50-54
MURIEL SIMMONS-MCCORD (US)	1-31-47	40-44
SUE STRICKLIN (SAN FRANCISCO, CA)	1-13-37	50-54
WENDY FELDMANIS (GB)	1-10-32	55-59
ELISABETH KODITZ (WG)	1- 8-27	60-64
BIRGITTA LINDSTROM (SWE)	1-23-37	50-54
JIMENEZ MARIE NARANJO (SPA)	1-21-32	55-59
EVY PALM (SWE)	1-31-42	45-49
PAOLA CLO-SAGOT (ITA)	1-13-47	40-44
MASIE STEVENS (AUS)	1- 6-17	70-74
NORMAN ASHCROFT (GB)	1-20-17	70-74
BUCK BRADBURY (AUBURN, AL)	1- 3-27	60-64
ADOLFO CONSOLINI (ITALY)	1- 5-17	70-74
LUDVIK DANEK (CZE)	1- 6-37	50-54
CARLOS FRAUNDORFER (US)	1-21-32	55-59
JOE GROSS (HUNTINGTON BEACH, CALIF)	1-28-17	70-74
ROLF GUSTAVSON (AUS)	1- 7-17	70-74
HAROLD HITT (PORTLAND, ORE)	1-23-32	55-59
ANTTI KALLIOMAKI (FIN)	1- 8-47	40-44
NIKOLAY KARPOV (URSS)	1-24-32	55-59
TAUNO KOSKELA (FIN)	1-11-17	70-74
KURT KRISTAHN (WG)	1-26-07	80 +
ALOIS KRUL (CZE)	1-28-27	60-64
SPENCER LETCHER (CA)	1- 8-32	55-59
PIET MAYDOOR (HOL)	1-30-32	55-59
JOHN MONTOYA (COLTON, CALIF)	1-13-12	75-79
PARRY O'BRIEN (MISSION HILLS, CA)	1-28-32	55-59
TOM RANDOLPH (DETROIT, MI)	1- 4-42	45-49
SEPP SCHWANKNER (WG)	1-13-32	55-59
KNUT SKRAMSTAD (NOR)	1-10-37	50-54
DEAN SMITH (WOODLAND HILLS, CALIF)	1-15-32	55-59
WELDON SMITH (WAUKEGAN, ILL)	1-11-32	55-59
HAROLD WHITE (US)	1-31-32	55-59
WAYNE ZOOK (SAN DIEGO, CALIF)	1-29-17	70-74



# International Scene

by OWEN FLAHERTY,  
WAVA Secretary

## The Cornerstones of WAVA

The structure of the World Association of Veteran Athletics (WAVA) is patterned after the International Amateur Athletic Federation (IAAF), with Regional Associations forming vital cornerstones. These Regional Associations are established by WAVA's Constitution, which confirms their status as semiautonomous administrative bodies.

Each Regional Association (RA) has the right and the responsibility of independently administering veteran athletics within its purview. But, as part of WAVA, it cooperates with the other RAs in producing a unified and coordinated calendar for veteran athletics worldwide.

Under the WAVA Constitution, each RA has the right to appoint a Regional Delegate to the WAVA Council. Thus, each RA is able not only to protect its regional interests, but also to influence and contribute to the development of veteran athletics throughout the world; and to be involved in decisions affecting WAVA's affairs, finances, and By-Laws. Recognizing the importance of regional representation to its Council, WAVA ensures that the Organizing Committee of each biennial World Championships provides accommodation for each attending Regional Delegate. In addition, WAVA meets part of each delegate's travel costs.

In considering the role of the Regional Associations, I would emphasize the following:

- i) Each Regional Association, through its delegate on the Council, is involved in the administration of WAVA's affairs;
- ii) Each Regional Association therefore has a voice in the control of WAVA's finances;
- iii) Each Regional Association,

through its delegate, can propose amendments to WAVA's By-Laws and vote on proposed amendments;

iv) A meeting of Council where Regional Delegates outnumbered members of the Executive would still be a valid meeting;

v) Regional Delegates may initiate action to remove from office an elected officer of WAVA.

All of these rights are consistent with the Regional Associations being an integral part of WAVA.

The role of the Regional Associations of WAVA, therefore, is analogous to that of the Continental Associations of the IAAF. Rule 6 of the IAAF Constitution confirms that the Continental Associations are part of IAAF although, like the Regional Associations of WAVA, they function independently. Again, like the Regional Associations of WAVA, the Continental Associations of the IAAF may not include in their Constitutions any provision which conflicts in any sense with the Constitution of the parent body.

The importance of the role which WAVA's Regional Associations have played so far in the remarkable development of veteran athletics is beyond doubt. As strong links are forged in the future between WAVA's Regional Associations and the IAAF's Continental Associations, that role will become crucial. □

## Scott, Findlay Win Canadian Masters X-C

Mike Scott, M40, of Willowdale, Ontario finished first in 35:27 in the Canadian Masters Cross-Country Championships in Toronto on October 25. Scott left Tim Payne, M35 winner, over a minute behind on the challenging course. Another M40 runner, Barry Ault, Huntsville, Ontario took third place.

The M50 division was strong, with the first five racers finishing within 1:30 of each other, led by Dave

Wallace (40:30).

In perhaps the best performance of the day, Cliff Hall won the M60 race by over 4½ minutes with an outstanding 10th-place (40:20).

Linda Findlay, W35, was the first female to finish, with a 9th-place 40:19, a full five minutes faster than the next female runner, W40-first Shirley Pommier.

Molly Turner ran 49:07 to win the W50 race. □



From left: John Farrell, Ed Benham, Lily Richardson, and Fa-Pin Li, members of the organizing committee, XIX World Veterans (IGAL) 10K and Marathon Championships, Vancouver, B.C., October 4-5. Photo by Wayne Chose

## Austin Sets M45 200 Mark in Australia

Two weeks before turning 50 this past October, Australian Reginald Austin, who still holds the M40 200-meter world record (21.9), ran 22.14 in the Waratah Winter Sprint Series to break George Rhoden's 14-year-old M45 world mark of 22.3. Austin now has his sights set on Britisher Ron Taylor's M50, 22.9WR, set in the European Veterans Championships last August. □



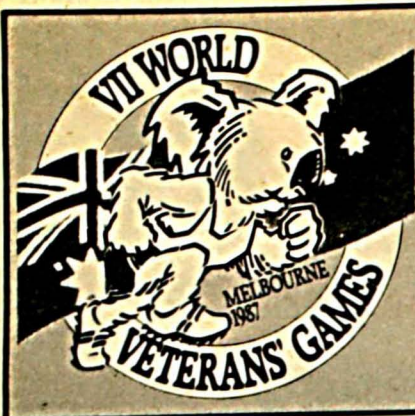
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**10 Months To Go**  
**Countdown**  
**to**  
**Melbourne**

The entry form for the VII World Veterans Games, to be held in Melbourne, Australia from November 28 through December 6, is being revised. We hope to publish it next month.

WAVA Officers visited Melbourne last month to confer with Games organizers. President Don Farquharson will submit the group's official report next month.

Meanwhile, at least five U.S. tours are planned for the Games. Details are listed in this International Section.

Following the Games next December, participants may want to kangaroo-hop down to Tasmania for the First Australian Masters Games to

**Fox Betters**  
**Triple-Jump Record**  
**in Puerto Rico**

by JERRY WOJCIC

Benjamin Fox broke the M80-84 world record for the triple jump with a 23-8 1/4 (7.23) effort in the IV Annual Pan American Masters Championships in San Juan, Puerto Rico, held October 10-12. The previous record was 22-8 (6.91), set by Herbert Anderson of Colorado in July, 1982.

Other action at Sixto Escobar Stadium included:

—Three W50 sprint wins by Josefina Garcia in the 100m (13.93), 200 (29.40), and 400 (1:05.99).

—A meet's best of 28:05.58 by Bob Fine, M55, in the 5000 walk, and a day's best of 2:00:01 in the 20000 walk by M45 winner Richard Oliver.

—Two solid M50 wins by Dagoberto Gonzalez in the shot (42-1 1/4) and discus (162-1), and two good marks in the shot (36-5 1/4) and discus (108-7) by W40 winner Joyce Smith.

Multiple wins were recorded by Gilberto Gonzalez, M70; Nate Robinson, M30; Victor Clairmont, M60; Bill Carmen, M65; Phil Raschker, W35; Marilla Salisbury, W75; and other athletes.

As reported last month, Pete Gulgin, 71, a weightman from Punta Gorda, Fla., suffered a heart attack during the meet, showed signs of recovery several days later, but had a relapse, and died in Puerto Rico. Winner of three silver medals in the U.S. Nationals in 1986, Gulgin had recently set several age-71 discus records. □

be held at various locales on that island state from November 28 to December 12. Track and field events and road races will take place in the capital, Hobart, on December 9-10; but those suffering T&F burnout can participate in 25 other activities ranging from croquet to swimming, orienteering, a triathlon, and woodchopping. Over 4000 competitors are expected for all events, which may cost more than \$1 million to produce. However, the anticipated 5000-to-7000 visiting athletes and friends and family, are expected to leave some eight million Australian dollars in Tasmanian tills. □



Competitors in the 5000m walk at the National Championships of Chile, held Nov. 1-2, from left to right: J. Alzamora, M. Aguayo, P. Gomez, L. Lagos.

**This Is It!**

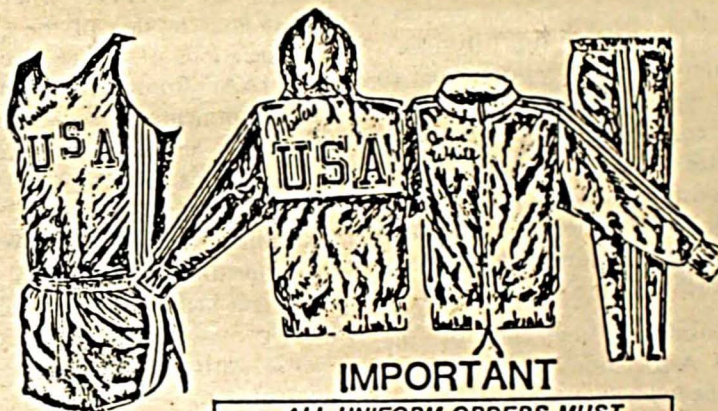


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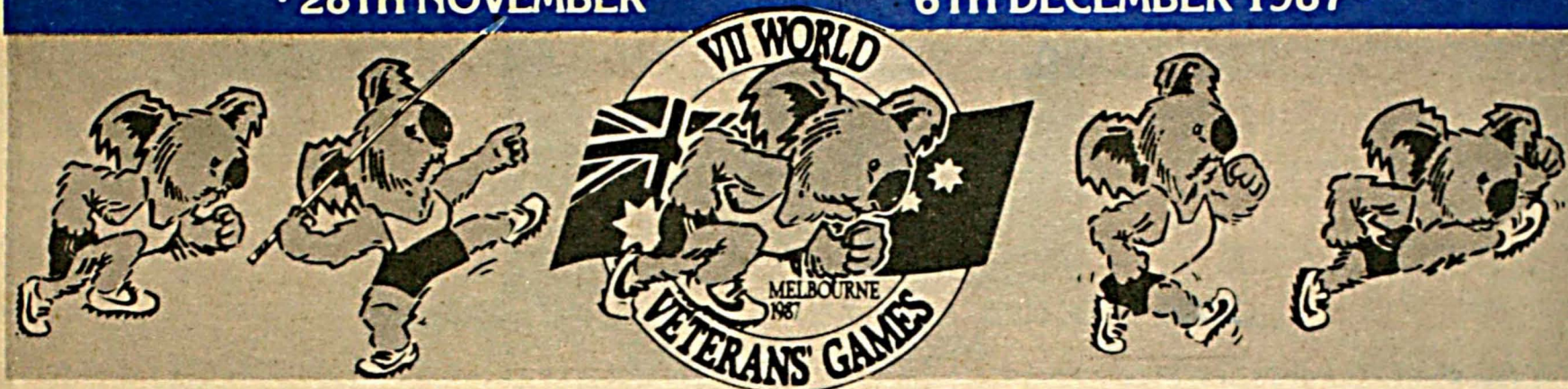


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## \$42,000 Already Raised From 142 Contributors for 1989 World Veterans Games in Eugene

U.S. masters athletes have already donated \$42,430 to the Masters Sports Association Trust Fund to help sup-

port the 1989 World Veterans Games if they are awarded to Eugene, Oregon. Of the 252 people who pledged a

total of \$103,355 in the fund-raising drive that began a year ago, 142 (56%) have responded to the request by Site-Selection Chairman David Pain to fulfill their pledges now, rather than wait until next year.

The enthusiastic response will enable the Eugene organizers to: 1) prepare a videotape to present to the WAVA delegates in Melbourne on 2 December 1987; 2) show the world that masters athletes in the United States are solidly behind the Eugene bid, and are ready to contribute a substantial sum of money to help make the Games a huge success.

A serious bid is also expected to be made by the city of Split, Yugoslavia. WAVA delegates will be in the enviable position of being able to choose from two (and perhaps more) potential sites for the 8th World Veterans Championships.

John Poppell, whose \$25,000 commitment kicked off the pledge drive a year ago, has sent his check for the full amount. Otto Essig, who pledged

\$25,000 (\$50,000 if the South Africans compete) states his money will be forthcoming when the United States is awarded the 1989 Games at Melbourne.

"I want to thank those who have contributed," Pain said; "and I urge others who have pledged their support to send their checks now, so we can show the WAVA delegates that we have the funds in the bank."

If Eugene is successful in winning the bid, it will be the first time that a World Veterans Games will have been financed without government support. "That is certainly the American way of doing things," Pain said, remembering the 1984 Olympics. "WAVA will be able to run the Games according to its own rules, without the interference that government financial aid always brings."

Pain urged anyone who has not yet sent in a pledge or donation to fill out the form on this page. "Our new goal is to raise \$200,000 by the time of the Games," he said. □

Dear David:

Yes, you can count on my support if the U.S. is awarded the 1989 World Veterans Games.

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- Trout, Leon "Lee"
- Tucker, Richard
- Turner, Richard I.
- Turner, Roy
- Upton, Linda
- Underwood, Abe
- Valdes, Joe
- Van Fleet, Bill
- Vernon, Jim
- Viltz, Theo
- Vlaardingerbroek, Mr. and Mrs.
- Wallace, Gordon
- Walmroth, Bill
- Waltzer, Ross E., D.D.S.
- Ward, James R.
- Wassam, Ted
- Weldy, John
- Whelan, John
- White, Nathaniel and Evelyn
- Williams, Ruth
- Wilson, Connie
- Wint, Bruce L.
- Woods, John P.
- Wooley, Robert

Total pledges: \$103,355  
Number of pledges: 242

Total pledges paid: \$42,430  
Number of pledges paid: 152

• Paid

Bold type indicates pledge of \$500 or more.



8K Cross-Country Championships M50-59 winners. Klerksdorp, South Africa, are, left to right, Japie Strydom (29:05), Harry Dobson (28:08) and Willie Mwuma (30:08). Photo by Leo Benning

### Hong Kong Draws International Field

Veteran athletes age 35-and-over from 11 countries participated in the Athletic Veterans of Hong Kong T&F Meet in Hong Kong on October 18-19. Forty-two veterans all-comers and 21 AVOHK Club records were established.

Manoranjian Porel won six M40 gold medals and had the meet's best times in the 100m (11.88), 200 (23.97), and 400 (55.49).

David Rosser took the M50 5000

(18:10.3), 10000 (37:51), and 3000m steeplechase (11:53.3).

Aloysius Sibidol posted strong marks for M65 wins in the shot (37-4½), discus (103-11), and javelin (144-6).

Yuko Gordon, W35, ran 1:04.5 and 4:37.12 in winning the 400 and 1500. Beverly Savage, W40, won three firsts in the throws, with solid performances in the shot (33-½) and discus (114-4).

### Volunteers Needed For Exercise Research

by DR. ROBERT WISWELL

Today, people are living longer and, for the most part, are healthier. Research has demonstrated a relationship between diet, exercise habits and quality of life in old age. As yet, however, there is no information on the effects of strenuous training on functional maintenance. Questions arise concerning the amount of exercise needed to bring about improvements. In other words, if mild physical activity is beneficial, is training for masters sports competition even *more* beneficial?

To this end, we plan to examine the functional loss rates in individuals that are chronically active in strenuous endurance activities. We are attempting to recruit volunteers to participate in a 10-20 year longitudinal study of older athletes that continue to compete in relatively high-intensity exercise.

The testing procedure will measure:

1. VO2 max (treadmill)
2. Percentage of body fat (under-water weighing)

3. Blood chemistry
4. Aspects of strength and flexibility
5. Health Risk Appraisal
6. Diet Assessment

The benefit to the subject includes:

1. An accurate assessment of fitness and nutritional status.
2. A discussion with a trained exercise physiologist that interprets the results and answers questions.

The benefit to the researcher includes:

1. Baseline information on performance potential of older athletes.
2. The potential to quantify the benefits of life-long exercise.

If you are interested in serving as a subject, you are over the age of 40, and have been actively engaged in training and competition over the past 5 or more years, please write to: Dr. Robert A. Wiswell, Associate Professor and Chair, Department of Physical Education and Exercise Science, University of Southern California, Los Angeles, CA 90089-0652, (213) 743-7260.

### Fourteen Vets Break 2:30 in Berlin Marathon

Results of the thirteenth annual Berlin Marathon, 28 September 1986, would indicate that European long-distance runners may be a force to be reckoned with this coming December at the WAVA Championships in Melbourne.

In the M40 class, for example, eight runners from seven different nations finished between 2:24:51 and 2:29:42; and the top six M45 placers, all West Germans, broke 2:30:00. Similarly, the first ten M50s ran between 2:33:58 and 2:45:31; and the M55 division went at 2:41:18, with eight following under three-hours.

Among the women, West Germany's

Charlotte Teske (b. 1949) was the race's overall winner in a course-record 2:32:10, only 1:43 ahead of Belgian Magda Ilands (b. 1950). In the W40 class, Hungarian Ilona Zsilak-Danovszkyne (b. 1942) clocked 2:40:29 and led an Austrian, Dane, and two West Germans under three-hours.

Interesting performances were recorded in older age groups as well, including a 4:06:24 by New Yorker Edith Farias to win the W60 field that included two East German participants. Weather conditions were good (sunny, 14°C); and 11,481 of 13,862 official starters finished. □

#### WAVA BY-LAWS - Appendix A: Hurdles and Implements Specifications

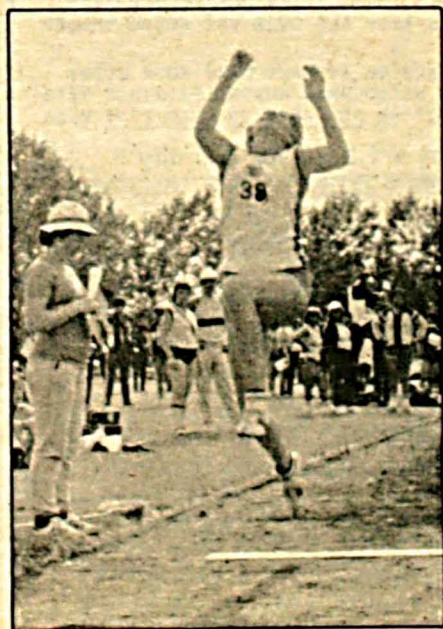
##### HURDLES

AGE	WOMEN					MEN				
	Race Distance	Hurdle Height	To 1st Hurdle	Between Hurdles	To Finish	Race Distance	Hurdle Height	To 1st Hurdle	Between Hurdles	To Finish
35-39	100m	.840m 33"	13.00m 42'8½"	8.5m 27'10½"	10.5m 34'5"					
40-49	80m	.762m 30"	12.00m 39'4"	8.0m 26'3"	12.00m 39'4"	110m	.991m 39"	13.72m 45'	9.14m 30'	14.02m 46'
50-59	80m	.762m 30"	12.00m 39'4"	8.0m 26'3"	12.00m 39'4"	110m	.914m 36"	13.72m 45'	9.14m 30'	14.02m 46'
60-69	-	-	-	-	-	100m	.840m 33"	13.00m 42'8½"	8.50m 27'10½"	10.50m 34'5"
70 plus	-	-	-	-	-	37m	.762m 30"	12.00m 39'4"	8.00m 26'3"	12.00m 39'4"
35-39	400m	.762m 30"	45.00m 147'7½"	35.00m 114'9½"	40.00m 131'2½"	400m	.914m 36"	45.00m 147'7½"	35.00m 114'9½"	40.00m 131'2½"
40-49	400m	.762m 30"	45.00m 147'7½"	35.00m 114'9½"	40.00m 131'2½"	400m	.840m 33"	45.00m 147'7½"	35.00m 114'9½"	40.00m 131'2½"
50-59	300m	.762m 30"	50.00m 164'0½"	35.00m 114'9½"	40.00m 131'2½"	300m	.762m 30"	50.00m 164'0½"	35.00m 114'9½"	40.00m 131'2½"
60-69	-	-	-	-	-	-	-	-	-	-
70 plus	-	-	-	-	-	-	-	-	-	-

Steeplechase distance for age-groups 460 and 465 shall be 2000m; there is no steeplechase for age-groups 470 and above.

##### IMPLEMENTS

AGE	SHOT PUT	DISCUS	HAMMER	JAVELIN
<b>WOMEN</b>				
35-49	4.00K	1.00K	-	600 gms.
50 plus	3.00K	1.00K	-	400 gms.
<b>MEN</b>				
40-49	7.26K (16lbs.)	2.00K	7.26K (16lbs.)	800 gms.
50-59	6.00K	1.50K	6.00K	800 gms.
60-69	5.00K	1.00K	5.00K	600 gms.
70 plus	4.00K	1.00K	4.00K	600 gms.



On Nov. 1-2, some 300 veterans took part in the National Championships of Chile, held in Punta Arenas. Above is Rubi Bravo, W40, who won the following events: Discus 27.30M, Javelin 34.24M, 200M 31.1, 400M 1.11.3, 800M 2.49.7 and 400 hurdles in 1.23.4.



### New York Marathon

Continued from page 11

ed to the "Gamekeeper/Forest Service" listing, 13 men and 1 woman.

The 47 finishers, 37 men and 10 women, who listed themselves as "Unemployed" made up 0.238% of those completing the race.

Almost 4,800 (3,646 men and 1,137 women) ran their first marathon, and 544 of the finishers (524 men and 20 women) claimed to have been running for more than 20 years.

The percent of entrants (23,898) who started (20,502) was 86% and 96% of the starters were finishers (19,689). □

# PROFILE

## Trevor Wright: New Guy on the Block

While nearly everyone seemed to assume that Kjell-Erik Stahl was a certain winner at the recent Twin Cities Marathon, Trevor Wright, an Englishman who now calls Tauranga, New Zealand his home, wasn't about to concede anything.

After all, Wright had finished ahead of Stahl in the 1985 London Marathon, finishing 12th overall in 2:14:41. Stahl was over two minutes behind in 2:16:46.

"I don't know if I can beat him, but I think I can give him a race," Wright said the day before the Twin Cities race.

Wright, who had celebrated his 40th birthday just two weeks before, did give Stahl a race for nearly 10 miles. He ended up second to the Swede in 2:21:29, his slowest marathon ever but still a time that certainly ranks him among the best masters in the world.

"I still had Stahl in sight at the 23-mile mark," Wright told a *Minneapolis Star and Tribune* reporter after finishing. "but I was getting colder and colder. 'I'm just a little skinny guy. But, no excuses.'"

Born in Sheffield, England, Wright, who carries 126 pounds on a 5-7 frame, has been running since the age of 14.

He won the English cross-country championship in 1970 and finished third that year in the international cross-country championship in France. In 1971, he took second in the international competition.

Wright's best track times of 13:39 at 5,000 meters and 28:31 at 10,000 were turned in during 1971 at the British AAA championship. That event also included selection race for the European marathon championship title at Helsinki. The account of that race, which appears in *The Marathon Foot-race* by David E. Martin and Roger Gynn reads:

"...By 15-K (46:47), (Ron) Hill, (Bernard) Plain, and (Trevor) Wright were together, and they remained in front through 20-K (1:02:02)... At 25-K (1:17:30), Wright and Hill were in command, and neither would give in. It was a gallant challenge by Wright to match strides with such a brilliant runner as Hill. But through 30-K (1:33:04) and 35-K (1:48:30) it was a dead heat.

Only by 40-K had Hill demonstrated at least some superiority, and he finished in a superb 2:12:39. Wright's 2:13:27 was the fastest debut time on record."

In the European championship at Helsinki three months later, under much warmer conditions, Wright ran stride for stride with eventual winner Karel Lismont of Belgium for 35-K and finished second in 2:13:59.6, 50 seconds behind Lismont. Hill took third in 2:14:34, and fellow Englishman Colin Kirkham fourth in 2:16:22, thereby giving Great Britain a 2-3-4 finish and the team title.

Beating Hill in that race is Wright's most memorable running experience. "He was pretty much unbeatable back then," Wright says.

Also in 1971, Wright recorded a 46:51 for 10 miles on the track, missing Hill's world record by just seven seconds.

It was at the European championship of 1971 that Wright met his wife, the former Rosemary Stirling, who represented New Zealand at 800 meters (the following year she finished seventh in that event at the Munich Olympics).

An achilles problem forced Wright to give up training for the Munich Games. In 1973, he had surgery to correct it and also married Rosemary.

Employed as a water treatment operator and living in a country house provided by the city of Tauranga, his employer, Mr. Wright does most of his training on a nearby golf course and grass track. He tries to put in 100 miles a week for ten weeks prior to a marathon, including a long run of 20 miles at 6-minute pace and a track session of 16 times 400 in 70 seconds (200 jog between) or 6 times 800 in 2:20 (full lap recovery).

"The older I've got, I've lost the leg speed, and so I now do a bit more track work than in the past," he adds.



Trevor Wright, finishing Twin Cities Marathon. Photo by Mike Tymn

"And I do a wee bit of hill work."

Wright says that most of his goals are now in the marathon. "I've never reached my full potential in the marathon," he explains. "I didn't train all that hard, maybe 70 miles a week, back in the old days and I did more track races. But that's probably why I've lasted this long. If I'd done 150 or 200 miles a week like Dave Bedford, I don't think I'd be running now."

And Wright frankly admits that prize money now being offered to masters is a big incentive. "I'd like to give it (the prize money circuit) a whirl and see what I can achieve." □

—Mike Tymn



### THE U.S.A. 1987 <sup>New!</sup> WORLD GAMES SOUVENIR PINS

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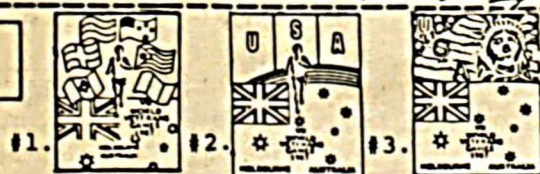
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#### AFRICA:

Contact President

**Write On** Continued from page 2

decide on the future of columnist W. MacDonald Miller. It isn't a satisfactory way to decide what he writes is OK for the magazine or not.

I don't need to tell you there are a number of ways to determine whether to publish somebody or not. What I can do is suggest you consult those ways and not drag this love/hate stuff out any longer.

You've started something; you should finish it in a timely, professional manner. The stuff Mr. Miller writes each month isn't worth all this commotion. Stick with him, or yank him. But be prepared to defend your decision either way.

Congrats on your 100th issue. It's a marvelous publication.

Scott Hubbard  
Ann Arbor, MI

*(We agree that it's time to end the debate. We thought a bit of controversy would liven up the winter months, but we didn't intend for it to get out of hand. We thank everyone who responded. The final poll is 12 yeas and 8 nays. The "nays" were quite emphatic and some have threatened to drop their subscription if Miller stays on. Many of the "yeas" found Miller a refreshing voice of humor and might also drop their subscription if he were to leave.*

*It is a testament to Miller's writing — whether one is a fan or not — that he is able to generate such intense feeling, both pro and con. That's a rare talent.*

*NMN is sensitive to its readers' comments and does not wish to offend anyone, but we tend to agree with the majority in the poll. We feel Miller has a gift of humor and style, and writes with tongue firmly in cheek. He intends, in our opinion, to offend no one, but to prick pomposity and point out, whenever he can, that the emperor has no clothes. Cartoonists like Trudeau, Conrad and Herblock, and comedians like Don Rickles have been doing the same thing for years. What is humorous to some is offensive to others, and that's unfortunate, but perhaps that's what humor is all about.*

*In a way, we can all feel fortunate that Miller cares enough about running to consider it worthy of spoofing. Certainly no one else does. Perhaps we should relish the attention. Sometimes, I feel slighted when he doesn't poke fun at the Irish, Californians, ex-Clevelanders or aging hurdlers.*

*All this is to say that we will not drop W. MacDonald Miller. Indeed, we feel fortunate to have him, and only hope he doesn't drop US for some greener pasture. —Ed.)*

**LATE ENTRIES**

In response to Jim Vernon's comments about closing the entries to his meet early and allowing no late entries, let me clue ole Jim in. I think he forgets that us old geezers never know for sure

two weeks in advance whether we'll be fit enough to race or not. Also, many of us have work schedules which preclude that kind of planning. I would gladly pay a late-entry fee for the opportunity to run. It must be nice to not need the extra bucks for a financially successful meet. I leave Jim with a question: Why do you have trouble organizing a meet when others who have late entries run a well-run meet?

Dick Glasgow  
New York

**AGE-GROUPS**

In October, Paul Spangler wrote in favor of age groupings for all competitors. Mr. Wilf Morgan responded, in December, by saying that to be running at Paul's age (87) should be enough for Mr. Spangler.

I agree with Mr. Spangler. All who enter a race should compete within their five-year age bracket.

Amos Childers  
Sun City, Arizona

**DAVID PAIN**

I'm happy to see that David Pain, the "father of the masters T&F movement," has finally been picked to become a member of the masters hierarchy. His appointment is long overdue. If anyone deserves to be president of WAVA, the position which is now open, Pain is the one person who is most deserving and should fill this spot, for, without him, there probably would not be a masters T&F program.

Al Guidet  
California City, California

**CORRECTION**

It's always good to see one's name in print right after subscribing to a paper, but you've given me too much credit. On p. 30 of the August issue, you have me listed in the June 7th San Diego meet as 2nd in the women's 55 javelin with a throw of 61'8". That was actually K. Jocoy's throw and mine was for 3rd, and I was told it was 51'8", not 56'3".

This was my first meet since the Senior Olympics in 1976 and Mrs. Jocoy was kind enough to loan me her lighter implements, so I surely don't want to receive any credit due her.

Pat Osmon  
San Diego

**SOUTH AFRICA**

I was in Capetown, South Africa in 1976 and in 1986. During that decade, the work done by the South African Masters Association has been positive in terms of participation and integration. If those veterans (of all colors) are allowed to travel and compete, we all might better understand their quandary. Let us open doors and keep an open mind.

John Hutchinson  
Torrington, Connecticut

**HARD WORK PAYS OFF**

Boy, do I look forward to the Na-

tional Masters News. May I share my first-year experience as a reader?

A year ago, my son prodded me to compete in the National Masters T&F Championships in Indianapolis. Although I had competed in the 880 as a high school senior in 1949, I felt my best event would be the racewalk. My son and I scoured the Ohio libraries until we found three books on racewalking.

In seven weeks, working out twice a day, I got in shape and finished third in the M50 division in 31:07.

In 1986, I competed wherever I could — nine times in all. The year of hard effort paid off at the nationals in Long Island, where I placed third in both the 5K (28:07) and 20K (2:06:53), my best times to date.

I'm looking forward to 1987 when I move into the 55-59 age group. My entire family and I read every article in the News to keep abreast of what's going on. Keep up the good work.

James Spitzer  
Baltimore, Ohio

**KUDOS**

You do a great job. Keep up the good work.

Ron Althoff  
Columbus, Ohio



Otto Essig, 80, of Westfield, Mass., finishing first M80+ in a field of 6 in the Berkshire Masters 10K in Westfield, September 14, with a meet record 61:42. Essig is the founder and director of the race. Photo by Walt Westerholm

## EDISON PAGEANT OF LIGHT 5K CLASSIC

Saturday, February 21, 1987  
Fort Myers, Florida

1987 Florida State TAC  
5K Masters Championship  
1987 Florida State RRCA  
5K Championship

**RUN WITH THE LIGHT!**

Our twilight 5K race begins at 6:15 p.m., just prior to the festive Pageant of Light Parade. The course is flat and fast, following the route of the parade. Run your personal best as more than 200,000 spectators line the streets and cheer you on.

Sponsored by Lee Memorial Hospital, the race is conducted under the guidance of the Fort Myers Track Club. There will be excellent traffic control and police attendance. The average temperature is 55 degrees.

Early hotel reservations are recommended. For registration forms or more information, please write or call: Race Director, Lee Memorial Hospital, P.O. Drawer 2218, Fort Myers, Florida 33902, (813) 334-5606.



**Lee Memorial Hospital**

# 8TH ANNUAL CONVENTION OF

## TAMPA, FLORIDA —

### MINUTES OF TAC MASTERS TRACK & FIELD

by AL SHEAHEN, Secretary  
Presiding: Chairman Jerry Donley  
Minutes

The minutes of the 1985 meeting were approved.

#### Awards

Awards Coordinator Beverly La Veck announced that Jack Greenwood and Christel Miller were named Masters T&F athletes-of-the-year by the Awards Sub-Committee. Giulio de Petra and Bev La Veck were chosen best race walkers. Pete Mundle was named administrator-of-the-year.

performance and \$10 to the *National Masters News*, which would then mail their certificate. Meet directors were encouraged to note in their results those performers who better the standards. (Complete details next month.)

#### Uniforms

New USA uniforms will be available for \$80. (See ad in this issue.) National uniforms are not mandatory, but are endorsed by the Committee as a way to give U.S. athletes a national identity at the 1987 World Veterans Games in Melbourne.

#### Insurance

Meet directors are urged to keep up to date on insurance rules. Obtaining a TAC sanction generally protects a meet director against liability claims and athlete injuries.

#### Medical Care at Meets

Medical care should be available at all meets. A checklist was suggested for meet directors, including: the presence of a doctor (or a doctor on call); and an ambulance or paramedic unit (average estimated cost, \$160) on call, preferably with an "advanced life-support system." The Sports Medicine Committee will supply the guidelines to NMN for publication.

#### Chiropractic/Massage Aid

Dr. Louis Leonardi, a chiropractor representing the International Chiropractors Association, said chiropractors are available at no charge at meets to educate athletes as to the benefits of sports chiropractic and massage therapy. Meet directors can contact Dr. Leonardi at (404) 433-2841.

#### COMMITTEE REPORTS:

##### Budget & Audit - Al Sheahen

The Committee spent its allocated \$14,600 in 1986. For fiscal 1987 (Oct. 1, 1986 through Sept. 30, 1987), the Masters T&F budget will be increased 20 percent to \$17,500. (See budget chart.)

##### Law & Legislation - Bob Fine

No report this year, since TAC only deals with L&L in odd-numbered years.

##### Marketing & Media - Joe Murphy

No sponsors are on the horizon, so we have to make our own contacts.

##### Medical Services - Sandy Pashkin

No report.

##### Membership - Jim Brown

No report.

##### General Programs - Dan Thiel

No report.

##### Officials - Sandy Kalb

No report.

##### Rules - Ron Salvio

Outgoing Rules Chairman Salvio asked for approval or rejection of several proposed TAC rule changes which would effect masters competition. The no-false-start rule was approved, 14-2. Incoming Rules Chairman Graeme Shirley issued a post-convention report (see sidebar).

##### Records - Pete Mundle

Meet directors are strongly encouraged to include implement weights and hurdle heights in meet results. Otherwise, processing records becomes impossible.

Mundle, who is also the WAVA Records Chairman, has proposed that WAVA convert to imperial weights (pounds rather than kilograms) for the shot put and hammer throw. At present, TAC follows WAVA metric weights (see list in this issue) which often confuse the record-keeping process.

Metric-weight implements can be obtained from SportsAmerica, (800) 633-7777.

#### Election of Officers

As in the past, only one candidate stood for most positions. Chairman Donley was unanimously re-elected to

Continued on page 25

#### U.S. TAC NATIONAL MASTERS TRACK AND FIELD CHAMPIONSHIPS

1987			
Event	Date	Site	Director
Indoor	March 28-29	Madison, Wisconsin	Ron Dennis
Outdoor	August 14-16	Eugene, Oregon	Frank Anderson
Pentathlon:			
Indoor	January 4	Carlisle, Pa.	Scott Thornsley
Outdoor	June 20	Los Angeles	Gary Miller
Decathlon/ Heptathlon			
	July 11-12	Boulder, Colorado	Jim Weed
1988			
Outdoor	August 5-7	Orlando, Florida	Nick Gailey

Gary Miller was selected as best multi-event performer. Greenwood's 14.98 in the 100-meter hurdles, at age 60, was voted outstanding-single-performance-of-the-year by an athlete age 40-or-over. Best male and female performers were chosen in each five-year age-group. (See separate story and lists.)

#### All-American Awards

Chairman Jim Weed and his subcommittee finalized women's All-American standards, and proposed that athletes who meet the standards be individually responsible for getting their certificates, by sending proof of

#### National Masters News Tour

An objection had been made to the *National Masters News*-sponsored tour to the 1987 WAVA Games on the grounds that it might be conceived as an "official TAC" tour, and thus provide unfair competition to other tours. The consensus was that it was proper for NMN to sponsor such a tour, as long as it noted in its publicity that it was not an "official TAC" tour.

#### Regional Boundaries

No action on new boundaries will be taken until next year's convention.

#### TAC MASTERS TRACK & FIELD COMMITTEE BUDGET

	1986 Expenses	1987 Budget
Chairman	\$ 3,325	\$ 3,300
Outdoor Coordinator	2,985	3,200
Indoor Coordinator	2,100	2,000
Multi-events Coordinator	550	1,150
Regional Chairmen	1,550	1,400
Secretary/Treasurer	490	600
National Masters News	1,850	2,750
Outdoor Records Chairman	1,000	2,000
Indoor Records Chairman	450	400
Women's Coordinator	300	300
Team Manager for World Games	0	400
<b>Total</b>	<b>\$14,600</b>	<b>\$17,500</b>

#### TAC MASTERS TRACK & FIELD COMMITTEE

##### 1987 Officers

Chairman	Jerry Donley
Coordinators:	
Outdoor	Bruce Springbett
Indoor	Ron Salvio
Women's	Christel Miller
Multi-events	Rex Harvey
Weight events	Chuck Klehm
Race walking	Bev La Veck
Indoor records	Haig Bohigian
Outdoor records	Pete Mundle
Awards	Bev La Veck
Site-selection	Max Goldsmith
Sec./Treas.	Al Sheahen

##### Regional Representatives:

East	Haig Bohigian
Southeast	Stewart Daniel
Midwest	Dick Green
Mid-America	Jim Weed
Southwest	Dan Thiel
West	Gary Miller
Northwest	Jim Puckett

##### 1987 Committee Appointments

Board of	Jerry Donley
Directors	Ron Salvio
Assoc. Officers	Jean Peters
Budget & Audit	Al Sheahen
Law/Legislation	Bob Fine
Marketing/Media	Joe Murphy
Membership	Hank Nottingham
Officials	Sandy Pashkin
Records	Pete Mundle
Rules	Graeme Shirley
Medical Services	Sandy Pashkin
Sports Sciences	Sandy Pashkin
At-Large	Max Goldsmith
	Rex Harvey
	Christel Miller
	Gary Miller
	Jim Puckett



# THE ATHLETICS CONGRESS (TAC)

DECEMBER 3-7, 1986

## COMMITTEE MEETINGS

Continued from page 24

a two-year term, and he filled the other offices by appointment to one-year terms. Next year, elections will be held for any office for which two or more candidates come forth.

The only contested positions were the three delegates to the WAVA General Assembly in 1987. Nominated were Donley, Rex Harvey, Tom Jordan, Ron Salvio, Al Sheahen and Joe Valdes. Donley, Jordan and Sheahen were selected, with Harvey, Salvio and Valdes alternates.

A proposal to elect all officers by mailing a ballot to every registered masters T&F athlete in the nation was rejected as being in opposition to TAC's By-Laws.

### 1989 World Games

Eugene was confirmed as the U.S. nominee to bid to host the 1989 World Veterans Games. Over \$42,000 in pledge money has come in to-date (see separate story), of which Eugene may need \$25,000 to prepare a new videotape for its presentation in Melbourne on December 2, 1987. Split, Yugoslavia is also expected to make a serious bid for the Games.

### Site-Selection

Orlando, Florida, represented by Jimmy Carnes and Nick Gailey, was the sole bidder and was awarded the 1988 National Outdoor Championships. It will be held either August 5-7 or August 12-14. Gailey will direct. Dormitory housing may be available at Rollins College, three miles from the track. Meet headquarters will be the Sheraton Hotel, about four miles from the track, with a special \$65 room rate, and shuttle-bus service to and from the track. Because of Orlando's hot, humid summer weather, most competition will be held in the evening under the lights.

San Diego, represented by David Pain, suggested the 1988 Indoor Nationals be held in San Diego on February 20, the day before the annual invitational open meet, using the fast, 160-yard, four-lane Sports Arena track. Since a one-day meet might not be possible, Pain will check into the track's availability the next morning (Feb. 21) and report to the Committee on March 28-29 at the 1987 Indoor Meet in Madison, Wisconsin.

The dates of the 1987 Outdoor Nationals in Eugene, Oregon were changed from August 7-9 to August 14-16. A new, 400-meter track — scheduled for construction beginning June 8 — is ex-

pected to be ready by August.

Dates and sites were confirmed for the Indoor Pentathlon: January 4 in Carlisle, Pa.; the Outdoor Pentathlon: June 20 in Los Angeles; and the Decathlon/Heptathlon: July 11-12 in Boulder, Colorado.

Any area interested in hosting a national championship event in 1988 or 1989 should contact Site-Selection Chairman Max Goldsmith, 481 Marcus, Lewisville, TX 75067.

### Team Manager For World Games

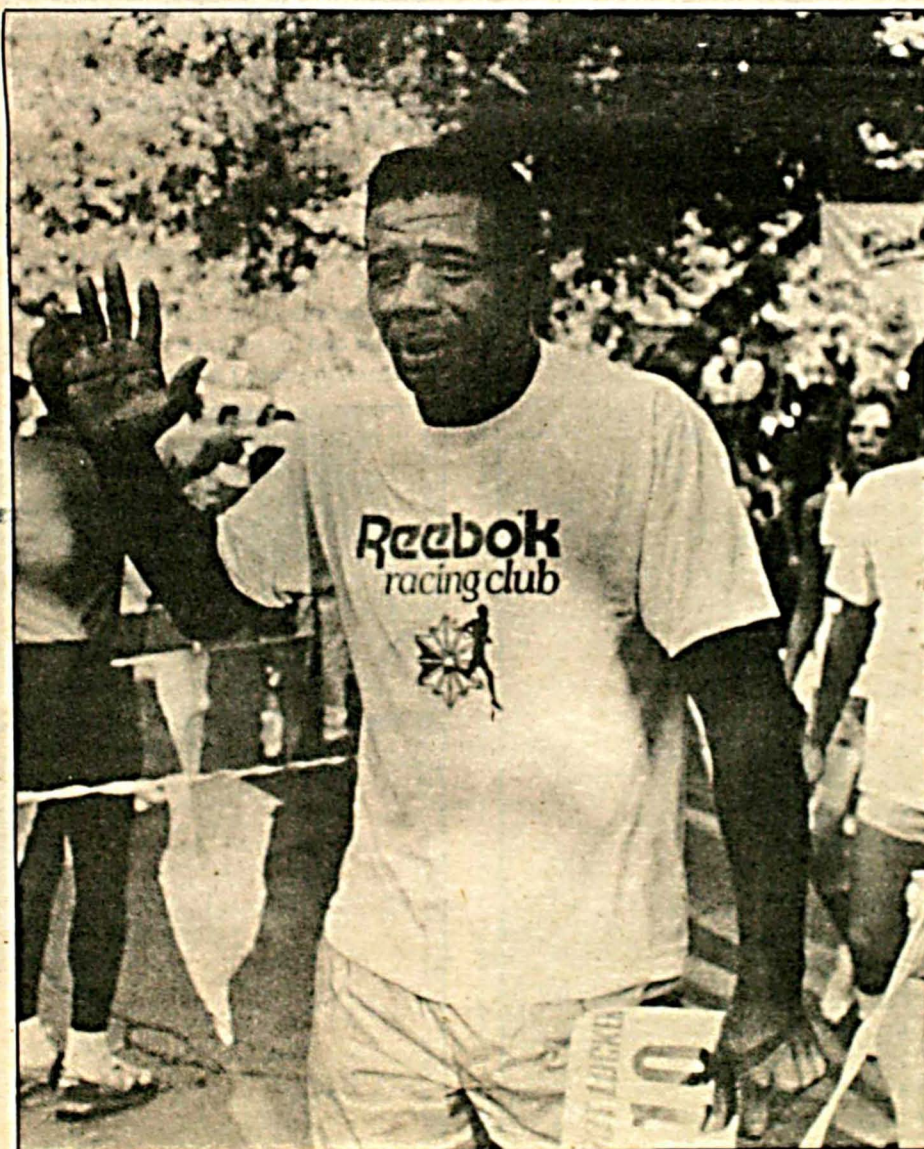
Support was expressed for the concept of a "team manager" at the 1987 World Veterans Games in Australia. The team manager would provide a service long needed in World Games, namely: solving competition problems and providing up-to-date information on transportation, protest procedures, banquet tickets, schedule for meetings, advancement to semifinals and finals,

medical facilities, relay teams, where to go, how to get there, what to do, etc.

The team manager would conduct a daily meeting of all U.S. competitors to review the previous day's activities, congratulate medal winners, and try to resolve any problem. While we each compete as individuals, and not as a member of any official national team, it is still helpful, when in a strange land, to get together with like-minded companions to exchange pertinent information.

The Committee allocated \$400 to \$500 to help defray the expenses of the team manager. The job should go to someone who: 1) can spend several hours a day in Melbourne; 2) has been to a prior World Games; 3) can work well with people; 4) is well-disciplined.

If that's you, contact Chairman Donley or Secretary Sheahen (addresses on page 2). We hope to choose the best person for the job. □



Former heavyweight boxing champion, Floyd Patterson, 51, moves through the chute after completing the BK Foot Locker Partners National Championships, October 25, in Los Angeles' Griffith Park, 32:31. Photo from Dave Goldberg, Foot Locker Partners

## RULES REPORT MASTERS TRACK & FIELD

by GRAEME SHIRLEY,  
Masters T&F Rules Chairman

The Convention approved several changes to the rules of competition affecting masters T&F athletes:

1) The authorization to conduct submasters championships now lies, officially, with the Masters T&F Committee, rather than the Men's and Women's T&F Committees.

2) In general competition, TAC approved an "honest effort" rule for championships that would bar a competitor from further competition in a meet after failing to honestly participate in each round of any track event that is not contested only as a final.

3) In team events and relays, a competitor may compete in a younger age group without impacting that competitor's age group for individual competition. (Also applies to LDR.)

4) Regional indoor meets shall include the same events as the indoor nationals. Outdoor regional meets shall include the same events as the outdoor nationals, except that the steeplechase, 10,000, 20K walk, heptathlon, and decathlon are optional.

5) The national postal relay was dropped.

6) A provision added to the section authorizing American records in masters track and field allows for recognizing masters records made in mixed age-group competition.

7) The no-false-start rule was adopted for masters national and regional championships, as follows: "At all national and regional championships, indoor and outdoor, exclusive of multi-event competition, any competitor making a false start in any event starting in lanes shall be disqualified from further participation in that event."

8) In the javelin, masters may use pre-1986 implements.

9) A proposal from Paul Spangler to mandate five-year age-group awards in all TAC sanctioned meets was rejected. A compromise amendment to require five-year awards in all TAC Association Championships was approved by the Masters T&F Committee, but withdrawn by TAC's Rules Committee. (The five-year awards are currently mandated in all TAC national and regional championships). □

**Greenwood, Miller Named Top T&F Athletes**

Continued from page 1

hurdles at the national championships in New York.

Greenwood, long one of the top performers in masters track and field, won four national championship gold medals in his age 60-64 division, setting world 60-64 records in the 400 (57.65), 100H (14.98) and 300H (46.31).

Christel Miller, who was born near Leipzig, Germany, and, as an eight-year-old girl, fled to Poland with her mother during the bombing in 1943 and escaped again to Hamburg in 1945, won four gold medals in the 1986 nationals. In the past two years, she established American W50 records in the high jump (4-4½), long jump (13-3), triple jump (4-4½), long jump (13-3), triple jump (26-11), shot put (31-9¼), javelin (108-7), and 80mH (14.6). She is one of the top women multi-event masters athletes in the world, and won the award in a close decision over Irene Obera, 51, and Phil Raschker, 39.

Mundle was recognized by the Committee for his "conscientious record-keeping and masters T&F record publications, benefitting, inspiring, and uniting masters athletes everywhere." Other strong candidates for the top administrator award were David Pain and Al Sheahan.

De Petra set three age 75-79 American records in the 3000, 5000, and 20K walks. He won two racewalk events in the 1986 European Veterans T&F Championships in Malmo, Sweden. He won in an "extremely close vote" over Max Green, who had a 2-mile 50-54 best, and age-54 bests in the 5K, 10K, 15K, and 20K walks.

La Veck set pending age-50 AR's in the mile, 2-mile, 5K, 10K, 15K, and 20K walks. Another worthy nominee was Adeline Crocker, with five pending age-74 AR's.

Gary Miller won the U.S. TAC National Masters Decathlon and Pen-

tathlon in the 45-49 age division, with best marks in the 100 (11.8), 200 (23.9), 400 (54.2), 1500 (5:07.7), 110H (17.4), LJ (19-11), HJ (5-5), PV (10-6), JT (160-3), DT (113-5), and SP (34-0).

Two women — Christel Miller and Shirley Kinsey — were also considered for this multi-event award. Both were winners in their age division in the National Masters Heptathlon.

Greenwood won the best-single-mark award for lowering the old M60 100H world mark by 1.2 seconds — from 16.2 to 14.98 — an unheard-of 7.5-percent improvement. Close behind was Al Oerter's 204-4 discus at age 49, and Shirley Matson's 17:52 5000 at age 45.

The seven award winners were announced at TAC's Awards Luncheon in Tampa. The trophies will be

**MASTERS TRACK & FIELD ADMINISTRATOR OF THE YEAR**

- 1978 Pete Mundle
- 1979 Al Sheahan  
Kathy Brieger
- 1980 Bob Fine  
Ruth Anderson
- 1981 Bruce Springbett  
Fred Mannis
- 1982 George Hatzfeld  
Jack Kelly
- 1983 Jim Weed
- 1984 Jerry Donley
- 1985 Gary Miller
- 1986 Pete Mundle

and athletes." Members of the sub-committee, in addition to La Veck and Mundle, were Rex Harvey, Christel Miller, and Jim Weed. La Veck said nominations and procedural suggestions for 1987's awards are welcome, and should be sent to Bev La Veck, Awards Coordinator, 6633 N.E. Windermere Rd., Seattle, WA 98115.

The Committee also selected outstanding athletes in each five-year age group for both men and women in both track and field categories, as follows:

**Men:**

**40-44 Track:** Stan Whitley, 40, 100m (11.2), 200m (22.0), 400m (50.1). Also considered: Harold Hadley. **Field:** John Hartfield, 41, hj (6'7), lj (23'4), tj (44'3). Also considered: Art Swarts.

**45-49 Track:** Walt Butler, 45, 100m (11.1), 100h (14.6). Also considered: Ernie Billups, Paul Edens, George Cohen, Roy Turner. **Field:** Al Oerter, 49, dt (204'4). Also considered: Ed Hoyle, Paul Richard.

**50-54 Track:** Hugo Hartenstein, 51, 100m (11.4), 200m (24.4). Also considered: Clifford Pauling, Thane Baker. **Field:** Herm Wyatt, 54, hj (6'0). Also considered: Phil Conley, Dave Jackson, Bob Youngs.

**55-59 Track:** Jim Sutton, 55, 800m (2:06), 1500m (4:25), 5000m (16:55). Also

Continued on page 27

**OUTSTANDING MASTERS TRACK AND FIELD ATHLETES**

Selected by the TAC Masters Track & Field Committee

**GWILYM BROWN AWARD**

Presented to the outstanding male and female track & field athletes in the Masters program.

Year	Men	Women
1978	George Ker	
1979	Ernie Billups	Irene Obera
1980	Al Oerter	Joann Grissom
1981	Jim Burnett	Judy Fox
1982	Al Oerter	Phillipa Raschker
1983	Jack Greenwood	Polly Clarke
1984	Ed Burke/ Parry O'Brien	Irene Obera
1985	Jim Burnett	Polly Clarke
1986	Jack Greenwood	Christel Miller

**OUTSTANDING SINGLE PERFORMANCE DURING THE YEAR**

- 1985 Brian Oldfield, 40, Shot put, 70'3"
- 1986 Jack Greenwood, 60, 100m hurdles, 14.98

**OUTSTANDING MULTI-EVENTS ATHLETE**

- 1985 Boo Morcom
- 1986 Gary Miller

**1986 AGE-GROUP AWARDS**

TRACK		FIELD	
M40	Stan Whitley		John Hartfield
M45	Walt Butler		Al Oerter
M50	Hugo Hartenstein		Herm Wyatt
M55	Jim Sutton		John C. Brown
M60	Jack Greenwood		Bob Richards
M65	Burl Gist		Boo Morcom
	Bob Hunt		
M70	Gilberto Gonzalez		Ross Carter
M75	Ed Benham		Emery Curtice
M80	Arling Pitcher		Benjamin Fox
M85	Paul Spangler		Buell Crane
W35	Muriel McCord		Phil Raschker
W40	Barbara Pike		Lurline Struppeck
W45	Shirley Matson		Fran Conley
W50	Irene Obera		Christel Miller
W55	Toshiko d'Elia		Bernice Holland
W60	Margaret Miller		Harriet Boyd
W65	Jaclyn Caselli		Mary Bowermaster
			Helen Stephens
W70	Pearl Mehl		Vivian Nelson
W75	Polly Clarke		Edith Mendyka

**OUTSTANDING MASTERS RACE WALKERS**

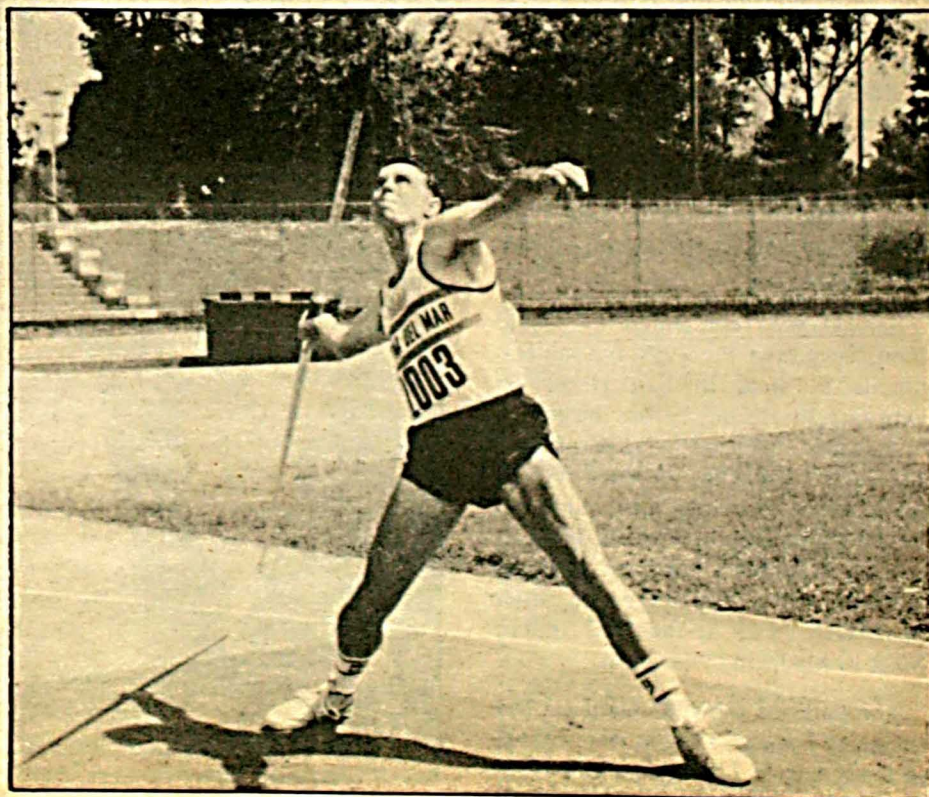
Presented to the outstanding male and female walkers in the Masters Classifications.

Selected by the TAC Masters Track and Field Committee

	Men	Women
1978	John Allen	
1979	Ron Laird	Lori Maynard
1980	None	
1981	Gordon Wallace	Lori Maynard
1982	Bob Mimm	Bonnie Dillon
1983	John Knifton	Beverly La Veck
1984	Larry Walker	Jeanne Bocci
1985	Bob Mimm	Ruth Leff
1986	Guilio de Petra	Beverly La Veck

presented at TAC's 20th annual National Masters T&F Championships in Eugene, Oregon on August 15.

The award recipients were selected by an Awards Sub-Committee, headed by La Veck. "We used a procedure which relied heavily on marks compiled by Mundle," she said. "Nominations and suggestions were solicited and/or volunteered from meet directors, masters T&F administrators,



Gary Miller, 49, of Glendale, Calif., outstanding multi-event masters athlete-of-the-year.

**Greenwood, Miller Named**

Continued from page 26

considered: Don Gammie, Ortho Perkins. Field: John C. Brown, 56, hj (5'8¼). Also considered: Herm Wyatt, Jerry Donley.

**60-64 Track:** Jack Greenwood, 60, 400m (57.6), 100mH (14.98), 300mH (46.3). Field: Bob Richards, 60, dt (156'0), ht (149'0). Also considered: Ed Lukens.

**65-69 Track:** Tie between Burl Gist, 66, hj (5'0), and Bob Hunt, 66, 300mH (50.6). Also considered: Vernon Mattson. Field: Boo Morcom, 65, pv (12'4), lj (16'10i), tj (31'11).

**70-74 Track:** Gilberto Gonzalez, 72, 200m (29.1), 110mH (19.9), lj (14'11, age 73). Also considered: Austin Newman, Jeff Bloomfield. Field: Ross Carter, 72, sp (45'7), dt (139'1). Also considered: Carol Johnston.

**75-79 Track:** Ed Benham, 79, 300m (12:42), 5000m (21:20), 10,000m (44:05) — all WRs. Also considered: Bryon Fike, Tony Castro. Field: Emery Curtice, 79, jt (99'¼).

**80-84 Track:** Arling Pitcher, 84, 200m (37.5), 100m (17.4). Also considered: Konrad Boas. Field: Benjamin Fox, 80, dt (88'4½).

**85-89 Track:** Paul Spangler, 87, 400m (1:53), 800m (4:09), 1500m (8:31), 5000m (29:50). Field: Buell Crane, 86, hj (3'6), tj (18'0), sp (24'3), dt (67'7), jt (53'11).

**Women:**

**35-39 Track:** Muriel McCord, 39, 400m (60.0). Also considered: Susan Houlton. Field: Phil Raschker, 39, hj (4'10), lj (17'5), tj (34'1), 100m (12.7), 200m (26.3).

**40-44 Track:** Barbara Pike, 44, 1500m (4:59). Also considered: Pam Calvert, Linda Upton. Field: Lurline Struppeck, 40, jt (122-8). Also considered: Carol Leaf, Pam Calvert.

**45-49 Track:** Shirley Matson, 45, 5000m (17:52), 1500m (4:56.3). Also considered: Nancy Parker. Field: Fran Conley, 45, jt (87'4). Also considered: Joan Youngs.

**50-54 Track:** Irene Obera, 52, 100m (13.8), 200m (27.4), 400m (65.1) — all WRs. Also considered: Martha Klopfer, Susan Redfield. Field: Christel Miller, 51, hj (4'4½), lj (12'10½), tj (25'11½), sp (31'3), jt (106'5). Also considered: Ann Cirulnick.

**55-59 Track:** Toshiko D'Elia, 56, 10,000m (42:22). Also considered: Shirley Kinsey. Field: Bernice Holland, 58-59, lj (10'8), sp (32'4½), dt (92'11), jt (92'4). Also considered: Shirley Kinsey.

**60-64 Track:** Margaret Miller, 60, 1500m (5:45), 3000m (12:26). Also considered: Barbara Hummel, R. Manger. Field: Harriet Boyd, 62, hj (3'2), lj (7'8½).

**65-69 Track:** Jaclyn Caselli, 65, 1500m (6:26), 3000m (13:16), 5000m (22:42), 10,000m (49:22). Field: Tie between Mary Bowermaster, 68, hj (3'8), and Helen Stephens, 68, sp (32'6) jt (72'10).

**70-74 Track:** Pearl Mehl, 72, 1500m (7:19), 5000m (26:36). Also considered: Lucile Monroe, Mayme B'dera, Fran Pat-

erson, Marjorie Smith. Field: Vivian Nelson, 73, hj (3'2), lj (8'6).

**75-79 Track:** Polly Clarke, 76, 100m (17.2), 200m (37.5), 400m (91.1), 800m (3:52). Field: Edith Mendyka, 75, lj (7'1),

sp (26'4), dt (58'1), jt (64'11).

Prepared by Bev La Veck and TAC's Masters Track & Field Awards Subcommittee with data provided by Pete Mundle, Records Chairman. □

**TAC MASTERS LDR COMMITTEE BUDGET**

	1986	1987
Support to Championships	\$ 6,419	\$ 5,700
Travel/Lodging	1,768	4,000
Administrative Expenses (Secretary, Telephone, Supplies)	947	1,000
National Masters News	0	1,200
WAVA Dues	100	100
On-Site Race Evaluation	2,593	0
Miscellaneous:		500
Guidelines Booklet	447	
Age Records—Mundle	500	
Awards	416	
<b>Total</b>	<b>\$13,190</b>	<b>\$12,500</b>

**OUTSTANDING LONG DISTANCE RUNNERS — 1986**

Selected by the Masters Long Distance Running Committee of TAC

AGE	MEN	WOMEN
40-44	Web Loudat	Barbara Filutze
45-49	Dan Conway	Sandra Kiddy
50-54	Norm Green	Vicki Bigelow
55-59	Howard Rubin	Barbara Meadows
60-64	Jim O'Neil	Margaret Miller
65-69	Jack Start	Jaclyn Caselli
70-74	Clive Davies	Algene Williams
75-79	Ed Benham	Anne Clarke
80-84	Max Poppers	Ruth Rothfarb
85-89	Paul Spangler	
90+	Herb Kirk	

**Editor's Note:**

The minutes of the TAC Masters Long Distance Running Committee Meeting were not available at NMN press time. We hope to have them next month.

**MASTERS LDR CHAMPIONSHIP BIDS AWARDED 1987**

EVENT	DATE	PLACE	CONTACT
5 K Road	March 14	Atlanta, GA	Bill Eppright 6083 Queen Anne Ct. Norcross, GA 33093
5 K X-C	Nov. 28	Van Cortland Park, N.Y.	Teddy Foy, 54 W 119th St. Apt. 2, NY, NY 10026 (212)369-1271
8 K Road	Dec. 12	Honolulu	Bill Shrader RD #1, Middleburgh, NY 12122
10 K Road	Sept. 19	Albany, NY	
10 K X-C	Nov. 8	Seattle, WA	Bob Langenbach, 4261 S. 184th St. Seattle, WA 98188 (206)433-8868
15 K Road	March 7	San Diego, CA	Lolitia Bache 4041 Southview Drive San Diego, CA 92117
15 K X-C	Nov. 22	East Meadow, NY	Jack Dowling 25-47 Beech St. East Meadow, NY 11554
20 K Road	March 27	El Cajon, CA	Lolitia Bache (above)
25 K Road	mid May	Grand Rapids, MI	
30 K Road	April 5	East Meadow, NY	Jack Dowling (above)
50 K Road	Feb. 22	East Meadow, NY	Jack Dowling (above)
1 Mile Rd	June 28	Olympia, WA	Walt Jorgensen 823 North St. Tumwater, WA 98501
50 M Rd	April 5	Columbus, OH	John White 4865 Arthur Pl. Columbus, OH 43220
100 M Rd	June (1st or 2nd Fri.)	Shea Stadium Queens, NY	Vince Chiappetta 9 E 89 St. NY, NY 10128 Cliff Sharp Harding College P.O. Box 765 Searcy, AR 72143
One Hr Run	between Jan 1 and Oct. 31	postal	
Two Hour Run	Jan 1 - Oct. 31	postal	Bruce Robinson 6322 Eileen Ave. Los Angeles, CA 90043
Half Marathon	Nov. 14	Oklahoma City	Jim Smith 2408 N.W. 112th Terrace OK 73120
Marathon	Jan. 10	Pine Mt. GA 31822	Ms. Montez Champion Callaway Gardens Jerry Smith, Syracuse, NY
Can vs US X-C	Nov.	Toronto, Can	



San Diego Track Club

presents

El Cajon 20KM

and



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20KM CHAMPIONSHIPS**

Saturday, March 28, 1987

El Cajon, California



- Fast and scenic course
- Individual/team awards
- Average March temp: 66°/50°

For entry form, send SASE to:

San Diego Track Club  
c/o Lolitia Bache  
4041 Southview Drive  
San Diego, CA 92117

# MASTERS SCENE

## NATIONAL

• How does your city rank in the U.S. in terms of pro-and-college sports offerings, recreational sports facilities, and sports environment? You can find out in Richard Whittingham's *Sports Places Rated*, published by Rand McNally & Co., October, 1986. Using a point system for certain aspects of sports, including pro and college championships won by area teams, number and size of stadia and arenas, number of public golf courses, health clubs, etc., Whittingham found



Tom Snedon, age 39 and 11 1/4 months, ran 34:09 for 5th overall at the Festa La Ballona 10K in Culver City, Calif.

Photo by Richard Lee Slotkin

## Need Back Issues?

Most back issues of the *National Masters News* are available for \$1.95 each, plus 50¢ postage and handling for each order.

Send to:

*National Masters News*  
P.O. Box 2372  
Van Nuys, CA 91404

Los Angeles, of the 113 cities he rated, to be Numero Uno with 1768 points, followed by New York (1343) and Chicago (1293). Augusta, GA, ranks last (126). Don't move yet if your city didn't make the top three; there are lesser but just as meaningful honors. For instance, Miami is top-ranked on the number of jai-alai frontons list; Seattle is tops in the sports environment (open water, national parks, rivers, terrain) rankings; Detroit (where else?) leads the "recreational sports—bowling" standings, based on the number of bowling lanes, not bowling establishments, in its area; and Dallas, with more public swimming pools within its limits than any other city, is number one in the "recreational sports—swimming" rating. The book is filled with enough interesting sports information, trivia, tables, sidebars, and charts to satisfy even the most rabid sports nut, active or sedentary.

• According to the *National Running Data Center News*, the percent of change in the number of marathon finishers in the U.S. between 1980 and 1985 was minus-9 percent, while the percent of change in the number of 10K finishers for the same period was plus-189 percent.

• At the TAC Convention, Tampa, Fla., December 3-7, TAC passed a resolution to petition the IAAF to grant full eligibility to Brian Oldfield to compete in the 1988 Olympic Games. Oldfield, banned for many years because of his involvement in pro track in 1973 and 1974, during which he threw the longest-ever but unofficial distance of 75-0, is eligible for all other IAAF competitions but the Olympics. TAC's request is based on the IOC's recent rule change allowing professional ice-hockey, soccer, and tennis athletes to compete in the Olympics in their respective sports.

• Runners can't be in the Olympic Marathon Trials until one of two officials gives the okay: Julie McKinney for women and Don Kardong for men. Masters marathoners with questions about qualifying procedures should contact McKinney at 207 N. Ellery Dr., San Pedro, CA 90732, or Kardong at 1081 Paulsen Bldg., Spokane, WA 99201.

According to *Road Race Management* (December 1986), of the 390 new long-distance running records submitted to TAC/USA last year, 316 were set by runners age 40 and over.

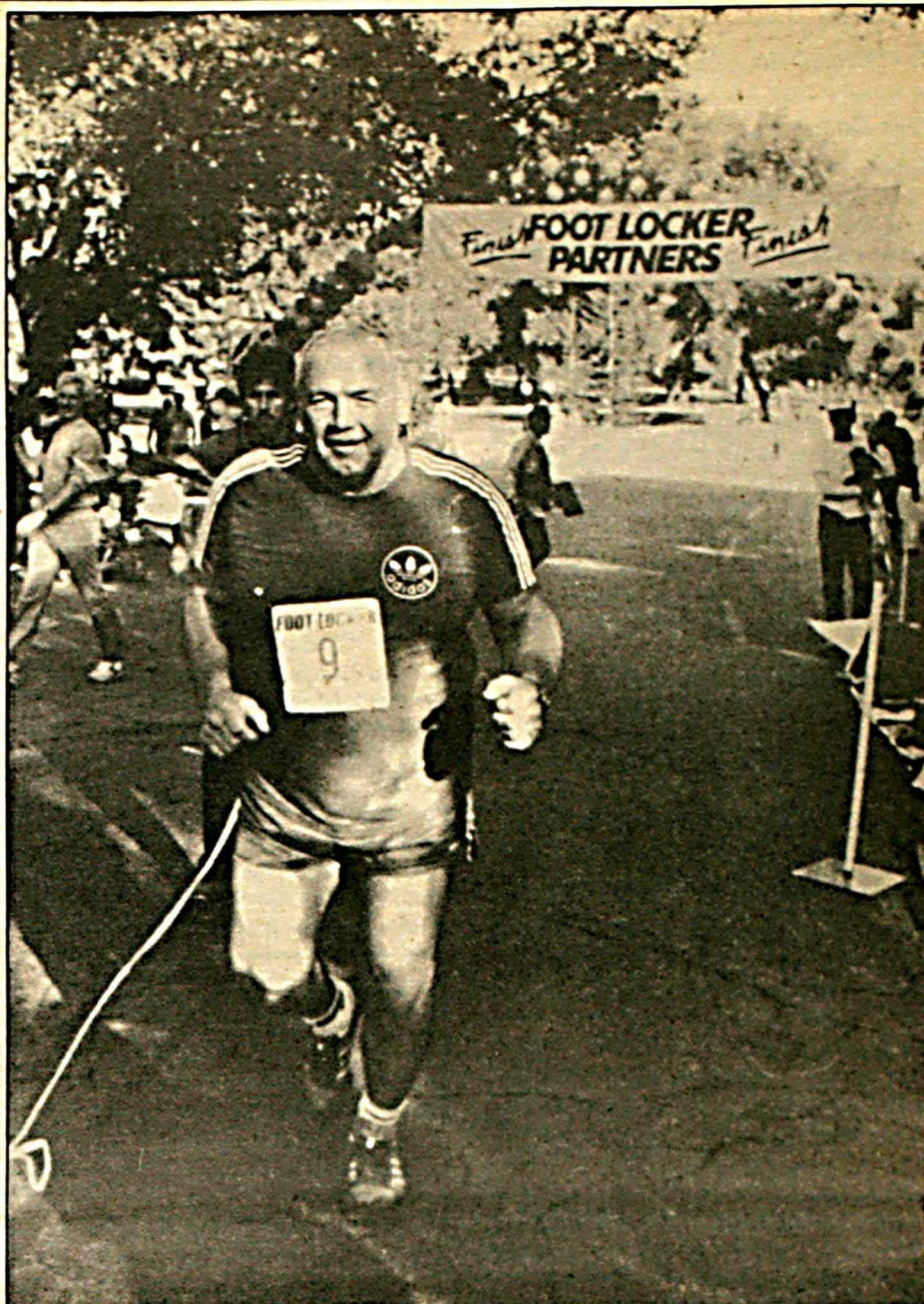
## NEW ENGLAND

• The Boston AA has announced that \$14,000 of the \$347,000 in prize money and automobiles in the Boston Marathon, April 20, will go to the top three masters men and women, with \$5000 for 1st, \$1500 for 2nd, and \$500 for 3rd. The John Hancock Insurance Co. is providing the cash (\$40,000 to each winner, plus bonus money for course and world records) and Mercedes-Benz of North America, the wheels (valued at \$31,000 each) to the overall male and female winners.

## EAST

• Antonio Roque, 42, of the Newark-based Eagles Running Team is considered by some as one of the most underrated masters on the East Coast. In the month of September, Roque was 2nd in the Mercedes Masters Mile (4:24.6) and 2nd overall in both the Nutley 5-mile (25:53) and the Kean College Alumni 5K (15:38) of 189 finishers.

• Barry Kline, M45 hurdler from the Pittsburgh area and holder of several single-age ARs, writes that his running career may be concluded. After recovering from an injury incurred in Cleveland in June 85, he fell and twisted his right ankle in March and later suffered a hamstring injury, which may never heal properly, according to his doctor. But all is not dark.



Ingemar Johansson, 54, former heavyweight boxing champion of the world, after completing the 8K course at Los Angeles' Griffith Park during the Foot Locker Partners National Championships, October 25. The race, which pairs runners into partner teams and combines their times to determine team standings, matched Johansson with another former champ, Floyd Patterson. The two traded punches three times during their boxing careers. Patterson, 51, the winner of two of three in the ring, also proved strongest on the road. Johansson's 1:00:11 was well behind Patterson's 32:31.

Photo from Dave Goldberg, Foot Locker Partners

Barry adds, "I guess I will get my hurdling out of little Barry. He lettered in high school last year."

• The New York-based Atalanta TC wrapped up the unofficial women's masters team Triple Crown with the W40+ title won by club members Angella Hearn (2:46:01), Linda Connors (2:59:17), and Toshi d'Elia (3:21:19) in the Twin Cities Marathon, Minneapolis-St. Paul, October 12, to go with earlier club wins in the TAC National 10K in Asbury Park and Half-Marathon in Philadelphia.

• Nathan Whiting, 40, (7:05:20) and Inger-Jo Berger, 42, (8:06:42) completed the NYRRC 50-mile Central Park, NYC, as top masters among the 14 finishers (12 men and 2 women).

• Angella Hearn, 40, outlegged the masters field in the NYRRC Women's 4-mile, Central Park, NYC, with a 6th-overall 23:14 (835 finishers). Atalanta TC-mate Maddy Harmeling, 41, was 9-seconds back for 8th overall.



• Roger Robinson, 47, beat Ted Haiman, 43, by 5-seconds in 17:03 at the RRCA 5K X-C Championships, Van Cortland Park, Bronx, NY, to top a masters field of 108 runners. Patricia Bessel, 49, was the best of 20 masters women in 22:12, with Marilyn Mitchell, 43, 2nd (22:36). Fastest 50+ were Witold Bialokur, 51, (17:47) and Gudrun Philips, 50, (23:59).

• Samuel Skinner, 44, and Elaine Kirchen, 43, passed up watching the Macy's Parade to take masters honors in the NYRRC Turkey Trot 5-mile, Prospect Park, Brooklyn, November 27, in 27:17 and 32:37.

## SOUTHEAST

• Thirty-seven-year-old Earl Owens won overall the James K. Polk 7-mile for the 6th straight time (36:37), Charlotte, NC, November 16. Top woman master was Nancy Lowden, 2nd woman and W40-49 winner (49:53).

• Dick Ruzicka, 49, St. Petersburg, FL, who had run 2:43 in the Chicago Marathon just two weeks before, not only was first master but also beat all but two of the open leaders in the West Florida RC 5th Annual Running Pentathlon, Clearwater, November 9, with times of 11:04.3, 2:39.1, 30.4, 66.8, and 5:11.3 for the 2-mile, 880, 220, 440, and mile, with about a 15-minute rest between events. Libby Burke, 42, Palm Harbor, was W40+ winner. Despite 90° heat, John Boots, 67, Slidell, LA, set an American single-age 2-mile record of 12:31.

Continued on page 29

Continued from page 28

• **John Danforth**, 38, a middle-distance runner and h.s. track coach in the Winston-Salem, NC, area, is looking for a t&f camp to attend on the East Coast to learn more about field events, for his own performance as well as for teaching techniques. NMN readers aware of a good camp, especially one that includes training for masters, can contact Danforth of Forsyth County Day School, 5501 Shallowford Rd., Lewisville, NC 27023. Let us know also, so that we can pass the info to others.

• **Helen Reed**, 50, Murfreesboro, TN, outlegged all W40+ runners with a 43:30 to win the masters division of the Nashville Striders Women's 10K, Nashville, November 9. **Dorothy Roberts** of Nashville, the oldest runner at 73, was the W60+ winner (1:09:52).

• Triathletes **Don Ardel** and **Rissie Thieler** took the masters m&w titles in the Thanksgiving 14-mile, Deland, FL, November 27. Ardel bested the next M40+ by a minute with 59:18, and Thieler broke the W40+ course record by 4 minutes with 72:19. **Millard Shumate**, M65, ran 69:54.

• The Tidewater Striders defeated the North Carolina Roadrunners' M30-39, W30-39, and M40-49 teams in the East Coast 5K X-C Classic, Raleigh, NC, November 28. The Tidewater masters were led by first M40+ **Lew Faxon** (17:03) of Hampton, VA.

• Fifty-one-year-old **Tom Kurihara**, Vienna, VA, splashed through drizzle and 90 percent humidity to a masters victory with 38:24 in the Potomac Valley Seniors Cranberry Crawl 10K, East Potomac Park, DC, November 8.

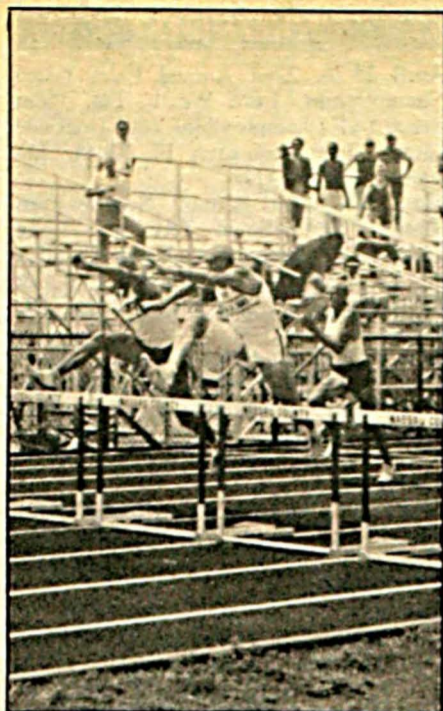
• The Potomac Valley Seniors Newsletter, December 1986, reports that the club has assets of \$32,000, \$10,000 of which is to be placed in a one-year CD and another \$15,000 in a two-year CD.

• Fifty-three-year-old **Malcolm Gillis**, on a 6:34 pace, placed 4th (147 finishers) and 1st master with 2:51:59 in the Pepsi Marathon, Clinton, MS, November 15, the RRCA National Marathon Championships. **Rayford Mayberry**, 46, was 2nd M40+ (2:59:16). **Fleeta Mills**, 49, won the W40+ race (3:27:15).



Ed Benham, 79, of the U.S., second M75 in the 10K (43:15), October 4, and first in the marathon (3:47:45), October 5, World Veterans Championships, Vancouver, B.C.

Photo by Wayne Chose



Burl Gist, right, and Bob Hunt, left, both of California, battle it out in the M65 High Hurdles, U.S. National Masters Championships, Long Island, New York, July 18-20.

Photo by Gretchen Snyder

### MIDWEST

• **Ben "Chick" Mostow**, 83, one of Chicago's oldest runners, completed the 50K and 50-mile (15:17:25) in the American Medical Athletic Assn./American Medical Joggers Assn. 50K/50-mile/100K Ultramarathons, Chicago, Oct. 12. Former Chicago Mayor **Mike Bilandic** ran the 50K in 5:52:02.

• **Wally Herrala**, 42, was named Ann Arbor TC Runner of the Year at the club's annual fall potluck diner, for his three-year stint as editor of the 500-member AATC's newsletter and his wide range of running exploits in '86, including a 4:11 1500 in the Masters Outdoor Championships in Indianapolis (1985) and a 2:33:25 (8th M40+) marathon in Chicago.

• **Larry Fox**, 43, won the Ohio Athletics Congress Masters 8K X-C Championships with a 40+ record 28:23 in Lancaster, November 8. **Marie Burleson**, 37, won the women's open 5K race in a meet record 19:29.

• Two newcomers to masters running captured the RRCA National 15K Masters Championships, in Milwaukee, November 1, in the Milwaukee Lakefront Discovery Run, which also served as the RRCA open championships. **Phil Mahoney**, 40, Iola, WI, won the M40+ race in 51:55; and **Juliet Gorsuch**, 40, Milwaukee was W40+ leader in 1:03:22. Some 730 entrants toured the challenging course, laid out by the sponsoring Badgerland Striders, on an overcast, misty, 48° morning.

### SOUTH WEST

• **Deon Dekkers**, 40, Houston, TX, winner (4:24:39) of the Mercedes Masters Mile in NYC in September, was 1st (27:06) in the Gulf Association TAC Masters 8K X-C Championships, Houston, November 1. **Joan Egan**, 45, of the Greater Houston TC, won the 5K W40+ race (22:51).

• **Web Loudat** of Albuquerque, NM, who was 2nd to Britain's Allan Rushmer in the World Vets 10K Championships in Vancouver, October 4, was on cloud-9 after finishing 2nd overall with 29:38 in the New Times 10K Citizens Race (a race for runners who had not broken 30:00 for 10K), November 2, until he learned that the lead vehicle had taken a wrong turn and cut 2/10-of-a-mile off the course.

### WEST

• **Harolene Walters**, 43, El Toro, CA, who took up running just five-years ago, finished 2nd woman in the Goblin Gallop 5K, Culver City, CA, October 26, with 17:45. Not bad, con-

sidering she was wearing a tiger costume complete with a tail, which she had to carry all the way. But, Walters has a more serious side. She teamed up with husband, Ron, to win the age-90-and-over division in the Footlocker Partners 8K in L.A. in October, running 29:01 to better her own month-old, age-43 AR by 27 seconds. Competing for Orange Coast College in the California Junior College X-C Finals in Fresno, November 15, she fell at the start and went from last place to finish 4th over the 5K course with 18:04.

• The Paramount 10K/Special World Masters Division Race, Paramount, CA, January 31, will also include racewalk divisions from juniors through masters.

• **Karl Krueger**, 56, Pacific Grove, CA, bested the M55-59 AR for the 15K racewalk with a 2nd-place overall 1:21:34 in the Pacific Association/TAC Racewalking Championships, San Francisco, November 16. **Briery Reybne**, 47, San Francisco, was overall women's winner in 1:39:02.

• **Mel Grantham**, 61, Bloomington, CA the only racewalker in the Palm Springs Aerial Tram 6K, Palm Springs, CA, November 23, finished 238 among 330 runners for an M60+ 1st (49:50) over a course that started at 650-ft. above sea level, climbed an average 532-ft. mile, and ended at 2620-ft. above sea level.

• **Mike Hurd** (29:40) of England, **Damien Koch** (31:14) of Colorado, and **Sal Vasquez** (31:19) of California collected masters prize-



Neck and neck at the last hurdle.

Photo by Gretchen Snyder

money of \$550, \$100, and \$50 for their 1-2-3 finish in the Penofin 10K, Ukiah, CA, October 19. **Erna Kozak** (36:25) of Canada, **Juana Stovalone** (36:51) of Colorado, and **Bette Poppers** (38:51) of California did likewise among the W40+.

• Correction of Race Result: NMN listed **Manny Burrola** as the overall winner of the Child Abuse 5K, held September 27, with a time of 14:52. According to Manny, himself, however, there was a mix-up with race numbers and the actual overall winner was teammate **F. Vasquez**, age 23.

• **Ed Wehan**, 42, Santa Monica, CA, was the only master to break 29:00 in taking the M40+ race with 28:10 in the Nathan Pritikin 8K SCA TAC Championships, Encino, CA, November 2. **Ray Gil**, 62, Lompoc, CA, won the M60-69 race in 32:00. **Gina Faust**, 49, Woodland Hills, CA, scampered home with the W40+ win in 31:04, leaving the 2nd W40+ place to **Judy Kewley**, 42, Simi Valley, CA, (31:23).

• The M60 rivalry between speedsters **Gene Harte** and **Bob Watanabe** is featured in the Dec. 26 masters-sports profile in the Los Angeles Times.

### TAC Picks Award Winners

Continued from Page 1

woman-masters finish in the National 10K in Asbury Park, N.J. in August.

**Dan Conway** won the M45 award for his Cotton Row 10K and World Vets 10K M45 wins. **Norm Green** repeated as M50 winner off his wins in the National Masters Marathon, Half-marathon, and 25K Championships.

Other repeaters from 1985 included **Howard Rubin**, M55; **Jim O'Neil**, M60; **Ed Benham**, M75; **Max Poppers**, M80; **Paul Spangler**, M85; and **Anne Clarke**, W75.

New winners included **Jack Start**, M65; **Herb Kirk**, M90; **Sandra Kiddy**, W45; **Vicki Bigelow**, W50; **Barbara Meadows**, W55; **Margaret Miller**, W60; **Jacklyn Caselli**, W65; **Algene Williams**, W70; and **Ruth Rothfarb**, W80.

"Many of the votes were very close," said **Ruth Anderson**, Awards Coordinator. "In some cases, it was a virtual tie, and we gave the award to the person who hadn't won it before."

□

### NORTHWEST

• **Mike Manley** entered the masters ranks in 1982 with a sub-30:00 10K and 2:17 marathon. However, injuries and coaching kept him from competing much in recent years. Manley's health and speed are returning as he nears his 45th birthday in February. His latest result was a 31:01 10K in Oregon, November 22.

### INTERNATIONAL

• The first two men and women in the 4th International Athens Peace Marathon in November were 40-and-over runners: **Joseph Van De Water** of Belgium (2:27:22) and **Trevor Hawes** of Britain (2:27:45) in the men's race, and **Singe Warp** of Norway (3:06:58) and **Taina Lotsonen** of Sweden (3:10:42) in the women's contest.

• **Peter Shone**, M40, won the Victorian Veterans Marathon at Carlton, Victoria, Australia, on September 14, with 2:33:46.



Gist nips Hunt at the wire for the gold, 17.77 to 17.79.

Photo by Gretchen Snyder

# schedule

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



## TRACK & FIELD NATIONAL

**January 4.** U.S. TAC National Masters Indoor Pentathlon Championships, 9:30 a.m., Dickinson College, Carlisle, Pa. Scott Thornsley, 18 Colgate Drive, Camp Hill PA 17011-7624. 717/737-2385 till 11 p.m. Entry form in December issue.

**March 28-29.** U.S. TAC National Masters Indoor Championships, Madison, Wisconsin. Ron Dennis, c/o WUAC, 6408 Westgate Rd., Monona, WI 53716. 608/221-8020.

**June 20.** U.S. TAC National Masters Pentathlon Championships, Occidental College, Los Angeles. Gary Miller, 1740 Grandview Ave., Glendale, CA 91201. 818/843-2139.

**July 11-12.** U.S. TAC National Masters Decathlon/Heptathlon Championships, Potts Field, U. of Colorado, Boulder, Colorado. Jim Weed, 11672 E. 2nd Ave., Aurora CO 80010. 303/341-2980.

**August 14-16.** 20th U.S. TAC National Masters Championships, Eugene, Oregon. Frank Anderson, 939 East 21st Ave., Eugene, OR 97405. 503/345-2820.

## EAST

**January 4.** Bud Light/PA Masters Indoor Championships, Dickinson College, Carlisle, Pa. Scott Thornsley, 18 Colgate Drive, Camp Hill PA 17011-7624. 717/737-2385, till 11 p.m.

**January 4, 11, 14, 18.** MAC All-Comers Indoor Meets, Fordham U., except 14th — Manhattan College. MAC, P.O. Box 1512, Ansonia Station, New York, NY 10023. 212/595-9640.

**January 9.** Dartmouth Relays Masters Meet, Hanover, N.H. Carl Wallin, Alumni Gym, Hanover NH 03755. 603/646-2848.

**January 11.** Brown Indoor Invitational, Providence, R.I. Neil D. Steinberg, 46 Roberta Ave., Pawtucket, RI 02860. 401/728-2869 (eve). SASE.

**February 1.** West Penn Track Club Open & Masters Indoor Championships, 11 a.m., Slippery Rock U., Slippery Rock, Pa. Sue Kline, 1245 Alamae Lakes Rd., Washington PA 15301. 412/228-1872, before 9:30 p.m.

**February 15.** MAC Masters Indoor Championships, Fordham U., NYC. 9 a.m. MAC, P.O. Box 1512, Ansonia Station, New York, NY 10023. 212/595-9640.

**March 8.** New Jersey TAC Masters Indoor Championships, Peddie School, Hightstown N.J., New Jersey Striders, P.O. Box 742, Madison, NJ 07940.

**March 15.** TAC Masters Eastern Regional

Indoor Championships, Brown U., Providence, R.I. Neil D. Steinberg, 46 Roberta Ave., Pawtucket, RI 02860. 401/728-2869 (eve). SASE.

**May 31.** New Jersey TAC Masters Outdoor Championships, Rutgers University. Matt Brown, 20 Southfield Road, Edison, N.J. 08820.

**June 13.** Waltham Masters Invitational, MIT, Cambridge, Mass. Joe Tranchita, 88 Russell St., Waltham, MA 02154. 617/893-3828.

**August 9.** Tri-State TC Classic, Hagerstown, Md. Wayne Vaughn, 734 W. Franklin St., Hagerstown, MD 21740. 301/733-6076.

**September 6.** Potomac Valley Games, Washington, D.C. area. Sal Corrallo, 3466 Roberts Lane, N. Arlington, Va. 22207.

## SOUTHEAST

**April 25-26.** 22nd Annual Palm Beach Championships, Lake Worth, Fla. Palm Beach T&F Championships, 6301 Dockside Circle, Greenacres City, FL 33463. Joe Valdes, 305/968-7171.

**May 1-3.** 17th Annual Southeastern Masters International T&F and Long Distance Championships, North Carolina St. U., Raleigh, N.C. Raleigh Parks & Recreation, P.O. Box 590, Raleigh, NC 27602.

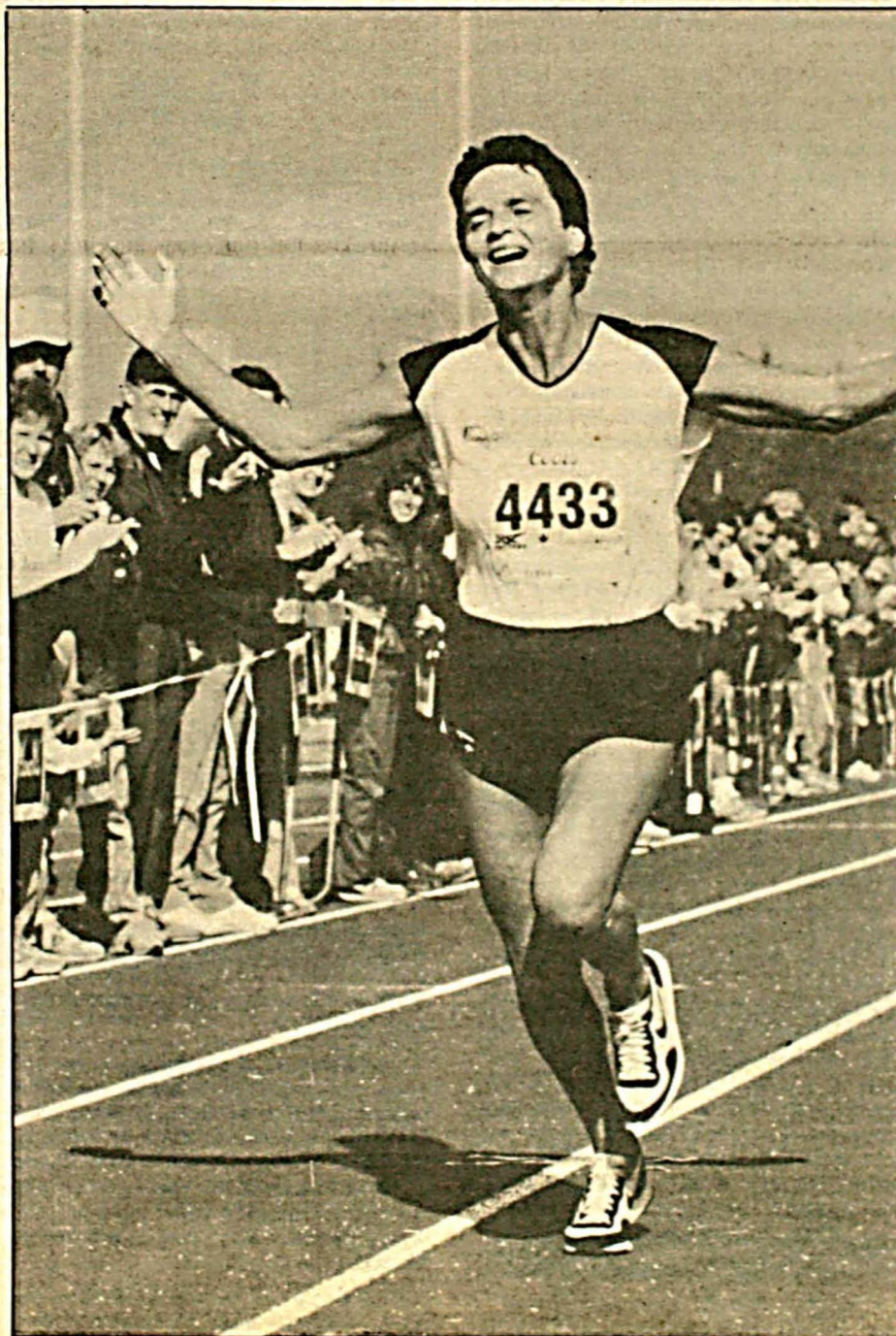
**June 6.** TAC Southeast Regional Masters Championships, National Club Championship, Emory U., Atlanta, Ga. Lila Brasher, Atlanta TC, Inc., 3097 E. Shadowlawn Ave. N.E., Atlanta, GA 30305. 404/231-9065.

**June 13-14.** 12th Annual Northwest Classic, Miami-Dade C.C., Miami, Fla. Jesse Holt, 1310 N.W. 90 St., Miami, FL 33147. 305/836-2409.

**September 5.** Blue Cross/Blue Shield of Virginia 12th Annual Virginia State Masters Championships, Charlottesville, Va. Karen Beaver, 311 Westminster Rd., Charlottesville, VA 22901.

## MIDWEST

**January 3.** Lake Erie Open & Masters Indoor Championships, Maple Heights High, Maple Heights, Ohio. 9 a.m. Charlie Hall, 18616 Restor Ave., Cleveland OH 44122. 216/561-5092.



Canada's Wendy Robertson, W40, first woman master (3:00:14), World Veterans Marathon Championships, Vancouver, B.C., October 5. Photo by Wayne Chose

## MID-AMERICA

**January 10.** TAC Indoor Meet, Lincoln, Nebr. Tom Bassett, 2815 Stratford, Lincoln, NE 68502. 402/477-1956.

**May 25-28.** St. Louis Senior Olympics, St. Louis, Mo. Suzy Seldin, Coordinator, No. 2 Millstone Campus, St. Louis, MO 63146.

**June 27-July 2.** U.S. National Senior Olympics, swimming, archery, etc. 55-and-up. Joy Rice, Administrative Director, 321 West Port Plaza, Suite 202, St. Louis MO 63146. 314/576-1987.

**August 9.** Chillicothe Masters Meet, Chillicothe, Mo. Joe J. Shy, Jr., P.O. Box 745, Chillicothe, MO 64601.

**August 29-30.** Rocky Mountain Masters Games, Boulder, Colorado. Jim Weed, 11672 E. 2nd Ave., Aurora CO 80010. 303/341-2980.

## SOUTHWEST

**April 22-24.** Dallas Senior Games, Dallas, Texas. 55+. Mary Beth Thaman, 2750 Bachman Dr., Dallas, TX 75220. 214/351-0101.

**May 3.** Runners' Pentathlon, State TAC Championship. Albuquerque, New Mexico. Tom Bell, 2403 San Mateo P-17, Albuquerque, NM 87110. (505) 884-5701 (Days.)

**May 20-23.** Texas Senior Games, University of Texas-Arlington. 50-plus. Dorothy Franey Langkop, P.O. Box 676, Richardson, TX 75080. 214/351-3125.

**July 11.** West Texas Masters Meet, Ozona, Texas. Pete Maldonado, P.O. Box 1584, Ozona, TX 76943. 915/392-3802; 392-5501, X218.

## WEST

**1986-1987.** Hawaii Masters TC All-Comers Meet, Punahou School, Hawaii. Each Saturday 3:00 p.m. Stan Thompson, 2164 Halekoa Dr., Honolulu, HI 96821. 808/734-8450.

**February 14.** The Cal-State Bakersfield/Bakersfield Californian Invitational, Bakersfield, Calif. masters events start at 10:00 a.m. Charles Craig, 9001 Stockdale Hwy., Bakersfield, CA 93311. 805/833-2347; 833-2189.

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**February 14.** All-comers meet, Long Beach State College, Calif. 213/498-4666.

**March 14.** Sport-Arcade II, Los Angeles. Marvin Thompson, PO Box 2981, Beverly Hills, CA 90213-2981. 213/388-9689.

**April 25.** The Ken Carmine Classic, California State U. — Sacramento. Michael Ackley, 4649 Oakbough Way, Carmichael, CA 95608. 916/966-8987.

**May 23.** Pacific Association/TAC Open & Masters Championships, Los Gatos H.S., Los Gatos, Calif. Willie Hartz, P.O. Box 1328, Los Gatos, CA 95031. 408/354-5660.

**May 23.** Anteaters Masters Classic, U. of California, Irvine, Calif. Dave Lewis, 505 Begonia Ave., Corona del Mar, CA 92625. 714/673-2025.

**May 30.** Southern California Striders Meet of Champions. Site to be determined. Hugh Cobb, 2963 Galena, Simi Valley, CA 93065.

**June 20.** SCA/TAC Masters Championships, Occidental College, Los Angeles, Calif. SASE to Woody Studenmund, 1256 Clubhouse Dr., Pasadena, CA 91105.

**June 27.** Trojan Masters Invitational, Los Angeles, Calif. Entry deadline June 17. Jim Vernon, 1147 W. Rowland Ave., West Covina, CA 91790. 818/338-1623.

**July 11.** 3rd Annual Patriots Summer Relays and 2nd Annual California Masters Team Championships, Southwest College, Los Angeles. Marvin Thomason, PO Box 2981, Beverly Hills CA 90213-2981. 213/388-9689.

**July 25-26.** TAC Masters Western Regional Championships, Fresno, Calif. Hugh Adams, 7904 S. McCall, Selma CA 93662. 209/896-2435.

### NORTHWEST

**July 3-4.** TAC Northwest Regional Masters Championships. Mt. Hood CC, Gresham, Oregon. Jim Puckett, Gresham, OR 97030. 503/667-7354.

### INTERNATIONAL

**August 27-September 7.** 1987 World Championships, Rome, Italy. Track & Field News Tours, P.O. Box 296, Los Altos, CA 94023.

**November 28-December 6.** VII World Veterans Games, Melbourne, Australia. M40+, Women 35+ No qualifying standards. World Veterans Games, P.O. Box 311, Greensborough, Victoria 3088, Australia. Phone 03-4356743. (See ads in this issue.)

**November 28-December 12.** The First Australian Masters Games at various sites in Tasmania (t&f and road races on December 9-10 in Hobart). Kim Newstead, P.O. Box 587, Glenorchy Tasmania 7010. Phone: (002) 740-750.

## LONG DISTANCE RUNNING NATIONAL

**January 1-October 31.** U.S. TAC National Masters One-Hour Postal Championships. Send results to Cliff Sharp, Harding College, P.O. Box 765, Searcy, AR 72143.

**January 1-October 31.** U.S. TAC National Masters Two-Hour Postal Championships. Send results to Bruce Robinson, 6322 Eileen Ave., Los Angeles, CA 90043.

**January 10.** U.S. TAC National Masters Marathon Championships, Calloway Gardens, Pine Mountain, Georgia. Theus W. (Buddy) Rogers, JR., Columbus TC, 4529 Hedingham Lane, Columbus, GA 31907. 404/568-1625.

**February 22.** U.S. TAC National Masters 50K Championships, East Meadow, N.Y. Jack Dowling, 25-47 Beech St., East Meadow, NY 11554.

**March 8.** U.S. TAC National Masters 15K Championships, San Diego, Calif. Lolitia Bache, 4041 Southview Dr., San Diego, CA 92117.

**March 14.** U.S. TAC National Masters 5K Championships, Piedmont Park, Atlanta, Georgia. Bill Eppright, 3097 E. Shadowlawn Ave., NE, Atlanta, GA 30305. 404/231-9065.

**March 27.** U.S. TAC National Masters 20K Championships, El Cajon, Calif. Lolitia Bache, 4041 Southview Dr., San Diego, CA 92117.

**April 5.** U.S. TAC National Masters 30K Championships, East Meadow, N.Y. Jack Dowling, 25-47 Beech St., East Meadow, NY 11554.

**April 5.** U.S. TAC National Masters 50 Mile Championships, Columbus, Ohio. John White, 4865 Arthur Place, Columbus, OH 43220-3102. 614/424-7011(w); 459-2547(h).

**May 17.** U.S. TAC National Masters 25K Championships, Grand Rapids, Mich.

**June 5 or 12.** U.S. TAC National Masters 100 Mile Championships, Shea Stadium, Queens, N.Y. Vince Chiappetta, 9 E. 89 St., New York, N.Y. 10128.

**June 28.** U.S. TAC National Masters 1 Mile (Road) Championships, Olympia, Wash. Walt Jorgensen, 823 North St., Tumwater, WA 98501.

**September 19.** U.S. TAC National Masters 10K Championships, Albany, N.Y. Bill Shrader, RD #1, Middleburgh, NY 12122.

**November 8.** U.S. TAC National Masters 10K Cross-Country Championships, Seattle, Wash. Bob Langenbach, 4261 S. 184th St., Seattle, WA 98188. 206/433-8868.

**November 14.** U.S. TAC National Masters Half-Marathon Championships, Oklahoma City, Okla. Jim Smith, 2408 N.W. 112th Terrace, OK 73120.

**November 22.** U.S. TAC National Masters 15K Cross-Country Championships, East Meadow, N.Y. Jack Dowling, 25-47 Beech St., East Meadow, NY 11554.

**November 28.** U.S. TAC National Masters 5K Cross-Country Championships, Van Cortlandt Park, New York City. Teddy Foy, 54 W. 119th St., Apt. 2, New York, NY 10026. 212/369-1271.

**December 12.** U.S. TAC National Masters 8K Championships, Honolulu, Hawaii.

### EAST

**April 12.** Boston Milk Run 10K, Boston. \$2000 masters prize money. Dave McGillivray, 430 C Salem St., Medford, MA 02155.

**April 20 (Monday).** Boston Marathon, Hopkinton to Boston, Mass. Deadline March 23, 1987, SASE to Boston Marathon, 17 Main St., Hopkinton, MA 01748. 617/435-6905.

### SOUTHEAST

**January 10.** Orange Bowl Marathon, Miami, Florida. Basil Honikman, 7745 SW 138th Terrace, Miami, FL 33158. (305)255-1405. \$10,000 prize-purse, including five \$200 grants for outstanding age-group performances by South Florida residents.

**January 31.** Orange Bowl 10K, Miami, Florida. Basil Honikman, 7745 SW 138th Terrace, Miami, FL 33158. (305)255-1405. \$40,000 ARRA prize-purse, including first three over-40 Men and Women finishers (\$1000/\$700/\$400).

**February 7.** 10th Gasparilla Distance Classic 15K/5K, Tampa, Fla. Jeanette Parke, P.O. Box 1881, Tampa, FL 33601. 813/229-7899. \$55,100 ARRA prize-purse (15K), including Masters.

**February 21.** Red Lobster 10K Classic, Orlando, FL. Craig Virgin/Front Runner Inc., 191 Lawrence St., Suite 303, Marietta, GA 30060. (404)426-6516. \$76,000 prize-purse, including first three over-40 Men and Women finishers (\$1500/\$1000/\$500).

**February 21.** Edison Pageant of Light 5K Classic and Florida TAC 5K Masters Championships, Fort Myers, Florida. Race Director, Lee Memorial Hospital, P.O. Drawer 2218, Fort Myers, FL 33902. 813/334-5606.

**March 14.** Jacksonville River Run, Jacksonville FL. Doug Alred, 1545 University Blvd., West, Jacksonville, FL 32207 (904)739-1917. \$3300 (tentative) prize purse for Masters.

**March 28.** Azalea Trail Run 10K, Mobile, Ala. Skip Jones, P.O. Box 6427, Mobile, AL 36660. (205)437-RACE.

### MID-AMERICA

**May 3.** 10th Lincoln Marathon, Lincoln, Nebraska. Half-marathon option. Marathon, 2809 Jackson Drive, Lincoln, NE 68502.

### SOUTH WEST

**January 18.** 15th Annual Houston-Tenneco Marathon, Houston, Texas. Houston-Tenneco Marathon, P.O. Box 56682, Houston, TX 77027.

**February 15.** 22nd Annual Mardi Gras Marathon, New Orleans TC, P.O. Box 52003, New Orleans, LA 70152-2003. 504/362-0090.

**March 29.** Capitol 10K, Austin, Texas. 28,000 entrants expected. Donya Andrews, P.O. Box 2936, Austin, TX 78769.

### WEST

**January 18.** 23rd Annual Mission Bay Marathon, San Diego, Calif. Ron Yellin, Director, 11315 Cascada Way, San Diego, CA 92124. 619/569-7338 (eve).

**January 25.** 9th Annual Redondo Beach Super Bowl Sunday 10K, Redondo Beach, Calif. SPS 10K Run Committee, P.O. Box 637, Redondo Beach, CA 90277. 213/548-4288.

**January 31.** 8th Annual Paramount 10K, Paramount, Calif. SASE to Paramount 10K, 15734 Paramount Blvd., Paramount, CA 90723. 213/531-3503 or 714/841-5417.

**January 31.** Paramount 10K Special World Masters Division. Run as part of Paramount 10K. Entrants must meet age-group qualifying standards. Cash awards 1st through 5th, all divisions, m & w. Contact: see above.

**February 7.** 21st Las Vegas Marathon, Las Vegas, Nev. Over \$10,800 masters prize money. Las Vegas Marathon, Al Boka, Director, P.O. Box 81262, Las Vegas, NV 89180.

**February 14.** California 12K For Sweethearts, South El Monte, Calif. See February 1.

**February 22.** U.S. TAC National Senior Men's 50K Racewalk Championships, Carmel, Calif. Masters Men Divisions — 40-49, 50-59, 60+. Monterey Peninsula WWWC, P.O. Box 221172, Carmel, CA 93922. (408)624-7211.

**February 28.** American Continental 10K, Phoenix, Ariz. Fred Moore, (602)955-9047.

**March 1.** Los Angeles Marathon, Los Angeles. No race-day registration. SASE to L.A. Marathon, P.O. Box 67750, Los Angeles, CA 90067. 213/879-1987. Masters prize money (TBA).

**March 7.** Bess James 10K/5K/2 Mile Fun Run, Hemet, Calif. B. Fifield, Mt. San Jacinto College Athletic Dept., 1499 No. State St., San Jacinto, CA 92383. (714)654-8011.

**March 8.** U.S. TAC National Masters 15K Championships and Sue Krenn Memorial 15K, San Diego, SASE to San Diego Track Club, c/o Lolitia Bache, 4041 Southview Drive, San Diego, CA 92117.

## ON TAP FOR JANUARY

### TRACK & FIELD

The 1987 indoor season kicks off on the year's first weekend with meets in Cleveland and Carlisle, Pa., which includes the 1987 Indoor National Masters Pentathlon Championships.

Ambitious types can compete in two New England meets the following weekend: the Dartmouth Relays on the 9th and the Brown U. meet in Providence on the 11th. The Illinois Grand Prix takes place on the 18th, but the traditional January College of the Desert Meet in California has been cancelled. Several developmental and all-comers meets are slated around the nation.

### LONG DISTANCE RUNNING

The 1987 U.S. TAC National Masters Championships get underway early this year, with one of the big ones — the marathon — scheduled for Pine Mountain, Ga. on the 10th. Although pushing 55, the amazing Norm Green will be favored to win the masters title, overall.

Miami's Orange Bowl Marathon is also set for the 10th, as are 26-milers in Charlotte and Jacksonville. Houston and San Diego host major marathons on the 18th, and the Super Bowl Sunday 10K is a Southern California fixture on the 25th. The increasingly-popular special-masters 10K in Paramount, Calif. and the Orange Bowl 10K in Miami, with \$4200 in masters purse money, close out LDR action on the 31st. □

**March 15.** Tom Sullivan St. Patrick's 10K, Torrance, Calif. Linda Youngs, c/o Vistas, P.O. Box 7000-251, Redondo Beach, CA 40277.

**March 28.** U.S. TAC National Masters 20K Championships, El Cajon, Calif. SASE to San Diego Track Club, c/o Lolitia Bache, 4041 Southview Drive, San Diego, CA 92117.

**March 29.** (tentative). Bonne Bell Women's 10K, San Francisco, Calif. Pamakid Running Kid, P.O. Box 27385, San Francisco, CA 94127. (415)681-2323.

### INTERNATIONAL

**March 1.** Combined Southern Counties & South Western Counties Veterans AC Cross-Country Championships, Kings Park, Bournemouth, England.

**March 15-17.** 20th World Veterans (IGAL) Cross Country, 10K and 25K Championships, Israel. Men 40+, Women 35+. Barry Shaw, 6 Shmuel Hanatziv Street, Netanya, Israel 42281. Telephone: 053-31343. Telex: 341929.

**June 14.** Potteries Marathon, includes International Veterans Race with teams from England, Wales, Scotland, Northern Ireland, Ireland, Belgium, Holland, and West Germany, at Trentham Gardens, Stoke-on Trent, England.





Continued from previous page

Table with columns for race number, name, and time. Races include M45 T Gover, C Chun, J Chudzik, M50 D Rosser, J Lane, R Wong, M55 T Horne, M60 J Stonham.

Table for 3000m Steeplechase with entries for M35 R Forth, M40 K Harris, T Hewitt, M45 J Chudzik, M50 D Rosser.

Table for 3000m walk with entries for M35 C K Shan, C M Virkhare, M40 B Purves, D Collison, M45 T Gover, W Trimble, M60 F Copeman.

Table for High Jump with entries for M35 G Smith, M40 M Maitra, L K Sing, M45 M Kennedy, G N Kutty, M55 S C Ram, M60 S Singh, T Akiyoshi.

Table for Pole Vault with entry for M40 J Maitra.

Table for Long Jump with entries for M35 J Edwin, M40 M Porel, L K Sing, J Maitra, M45 L McGregor, M Kennedy, M Savage, M50 J Mathias, M55 S C Ram, G Chand, M60 S Singh, T Akiyoshi, M75 S Singh.

Table for Triple Jump with entries for M35 J Edwin, M40 M Porel, J Maitra, M45 L McGregor, M55 S C Ram, M60 S Singh, M75 S Singh.

Table for Shot Put with entries for M40 D Collison, M45 S Manjaji, T Bell, M50 L Reusser, M55 M S Brar, Y Chadha, M60 A Husband, F Copeman, M65 A Sibidol, M70 G Sarafoglou, M40 B Savage, M45 M Herman, M50 P Wati, M60 A Williams, M65 J Husband.

Table for Discus with entries for M35 W H Lam, M40 M Porel, J Maitra, M45 S Manjaji, M Savage, M55 M S Brar, Y Chadha, G Chand, M60 A Husband, F Copeman, M65 A Sibidol, D Scratton, M35 K Bose, M40 B Savage, E Ebreo, M45 M Herman, M60 A Williams, M65 J Husband.

Table for Javelin with entries for M35 J Edwin, W H Lam, M40 R Cummings, I Griffiths, D Booth, M45 S Manjaji, M Savage, M50 L Reusser, M55 S C Ram, G Chand, M60 A Husband, T Akiyoshi, M65 A Sibidol, D Scratton, M40 D Savage, E Ebreo, M45 M Herman, M50 P Wati, M60 A Williams, M65 J Husband.

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

NATIONAL

National 5K Cross-Country Championships, 10/26, Van Cortlandt Park, NY

Table for M30-34 with entries for B HAITHCOCK, C VITALE, P HINCK, A GEE.

Table for M35-39 with entries for A SWENSON, B KIVLAN, T. RAYNER, H NOLAN, G. TOMPKINS, H HOZEK, W WRIGHT, T HECKS, J DULA, L MILLER.

Table for M40-44 with entries for T GLOVER, W ROBINSON, A ROQUE, J SMITH, J HEFFERNAN, W VAUGHN, T DURIE, P HETZEL, M BRATTER, A REPETTO, E OSBOURNE, J FERRARO, J KUMI, M KELLY, P MURRAY, T SHANLEY, MICHAELSON-FALZ, R NEWKIRK, J BABBINGTON, K SMITH, D MARTZ, F CURRY, R MARCANO.

Table for M45-49 with entries for K RANDALL, R CORRIER, M HATCH, D ASHLEY, D DONOVAN, D PONDELLA, J FILLIS, S MCLENDON, C CUPRILL, J WOODWARD, E SMALL, B MILNER, S GRACEFFO.

Table for M50-54 (cont'd) with entries for B BROCK, M GRATZER, G DAUTH, J SUTTON, E STABLER, H RUBIN, T SAPIENZA, E SMITH, J HANDELMAN, W SIDEROWITZ, J KERNAN, B SPENSER.

Table for M60-64 with entries for N HEWSON, T WALNUT, E BUCKLEY, N WHITE, R HULL, L MC EVOY.

Table for M70-74 with entries for A NEWMAN, V CARNEVALE, W SHRADER, S KEELING, N DINITTO.

Table for M40-44 with entries for J PICKERT, M REED, R VILLA, A HATCH, M FITCHELL, C HOMNICK, N ANDERSON.

Table for M45-49 with entry for B PIKE.

Table for M50-54 with entries for J HALS, S REDFIELD, M HARADA, MURRAY.

Table for M60-64 with entries for A PREVOT, LIB AC 25:47, M70-74 with entry for A SALMINI, NYM 37:36.

National Masters 8K Championships Tampa, December 6

Table for M40 with entries for Deon Dekkers, Graeme Shirley, Art Meaney, Phil Benson, John Boyle, Ron Kennedy.

Table for M45 with entries for Kirk Randall, Joe Folor, Joe Burgassar, Jim McLatchie, Jim Wharton, Bob Langenbach.

Table for M50 with entries for Bob Paklaian, Dick Ruzicka, Rich Rodriguez, Rob Smith, Jim Larson, Roger Bryan.

Table for M55 with entries for Howard Rubin, Bill Fraser, Jack Gough, Tom Sturak, Roland Johnson, Dave Allison.

Table for M60 with entries for Jim Smith, Hal Cook, Bob Carlson, Art Luchs, Frank Huber, David Pain.

Table for M65 with entries for Nate White, Bill Eppright, Bernard Ryan, John Woods, Erle Reiter, Charles Futrell.

Table for M70 with entries for Don Bradley, Bill Shrader, Orin Smith.

Table for M75 with entries for Ed Benham, John Stevens, George Story, Ed Wildermuth, Charles Esvo.

Table for M40 with entries for Vicky Imes, Carol Moorehead, Yvonne Rodgers, Bonnie Voigt, Libby Burke, Hassie Cherry.

Table for M45 with entries for Maria Wade, Julia Emmons, Ruth Robbins, Barbara Moeller, Carol Snipes, Rene Verel.

Table for M50 with entries for Vicki Bigelow, Janet VanKleeck, Gloria Brown, Nancy McCormick, Bev LaVeck, Colleen Waits.

Table for M55 with entries for Ruth Anderson, Ann Reidelberger, Betty Ferris, Mickey Weber.

Table for M60 with entries for Anne Trigg, Juanita Williams, Lulu Mancinia, Anne Lewis.

Table for M65 with entry for Helen Reiter.

U.S. TAC National Masters 10K Cross-Country Championships Holmdel State Park, Holmdel N.J. November 16, 1986

Table for 30-34 with entries for J. Kolb, Cliff Whitehead, John Jenning, Phil Hinck, Stew Duffield, Bill Huntley, Bob Halthcock, John Shearer, Rainer Boettcher, Chris Peters, Bob Williams, Lindsay Nakajima, Tom Wilcox, Paul Brady, John Bergacs, Andy Ferraro, Mike Tkacz, Greg Hanson, Doug Rice, Mark Heineman.

Table for 35-39 with entries for Albin Swenson, Gary Tompkins, Bruce Robinson, Harry Nolan, Buz Wynbeck, Mark Sepkowski, John Martin, Roger Price, Bob Dingle, Matt Rutkowski, John Parvin, Dave Faris, Frank Teneralli, John Mazurick.

Table for 40-44 with entries for Atlaw Belilgne, Sumner Brown, John Jordeth, Wayne Vaughn, Rich Myers, Dennis Kasischke, Ron Wells, Peter Stern, Antonio Roque, Gary Novak, Graeme Shirley, Bill Ripple, Wayne Mitton, Jim Pearson, Jerry Smith, Arnold Repetto, Tom Durie.

Table for 45-49 with entries for Herb Lorenz, Kirk Randall, Dick Ashley, Fred Uelses, Victor Zwolok, Tom Gallagher, Charlie Pratt, Armando Oliveira, Gerry Miller, George Kochman, Martin Duffy, Frank Dockery, Sam McClendon, J. Taylor Woodward, Stan Edelson.

Table for 50-54 with entries for Bob Milner, Derek Mahaffey, Earl Ellis, Barrie Almond, Sam Graceffo, Roger Bryan, Gene Chase, Mike Christiansen, Bob Brock, John White, Jim Bordeaux, Bob Malinski, Ben Grevstad, Ken Baker, Miklos Gratzler, Mike McDonnell, Doug Deutsch.

Table for 55-59 with entries for Jim Sutton, Ed Stabler, Bill O'Brien, John Crawford, Earl Smith, Kelsey Brown, Walt Siderowitx, Harold Beal Jr.

Table for 60-64 with entries for Dave Kay, John Burton, Tom Walnut, Bill Schweizer.

Table for 65-69 with entries for Julius Jaeger, Ed Buckley, Nathaniel White, Robert Hull, Austin Neuman, Diane Haughney, Janice Resseque, Jan Block, Karen Haulenbeck, Kathy Dandurand.

Table for 70-74 with entries for Margie Nealon, Elaine McBride.

Table for 35-39 with entries for Merrill Lynch Realty A.C., Syracuse Chargers.

Table for Women's Team 30+ with entry for Belmar Nautilus.

Table for TEAM RESULTS with entries for M30-39 SHORE AC, M40-49 HARTFORD TC., ATHLETIC ATTIC ALBANY, CENTRAL PARK TC.

Table for M50-59 SYRACUSE CHARGERS, NEW YORK MASTERS SC.

Table for M60-69 SYRACUSE CHARGERS.

Table for M40-49 LIBERTY AC, M50-59 LIBERTY AC.

Table for 45-49 with entries for Herb Lorenz, Kirk Randall, Dick Ashley, Fred Uelses, Victor Zwolok, Tom Gallagher, Charlie Pratt, Armando Oliveira, Gerry Miller, George Kochman, Martin Duffy, Frank Dockery, Sam McClendon, J. Taylor Woodward, Stan Edelson.

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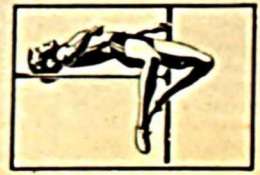
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Table for M60-69 SYRACUSE CHARGERS.

Table for M40-49 LIBERTY AC, M50-59 LIBERTY AC.



Continued on next page

Continued from previous page
U.S. TAC National Masters 15K
X-Country Championships
Van Cortlandt Park, Bronx, NY
November 23

Table with columns for age group, name, and time. Includes entries for M40, M45, M50, M55, M60, M65, M70, W40, W45, W50, W55, W60, W65, W70.

EAST

Baron Stiegel Mile
Manheim, Pa.; October 8
Table with columns for age group, name, and time.

Wineglass Marathon
Corning, N.Y.; October 12
Overall
Table with columns for name, age, and time.

Schenectady Gazette
Stockade-athon 15K
Schenectady, N.Y.; November 9
Table with columns for name, age, and time.

New York City Marathon
November 2
M40-49
Table with columns for name, age, and time.

Women's 4 Mile
Central Park, NYC; November 15
Overall
Table with columns for name, age, and time.

RRCA X-Country Championships
(5K-men/3K-women)
Van Cortlandt Park, Bronx, N.Y.
November 16
M40-99 108 finishers
Table with columns for name, age, and time.

RRCA X-Country Championships
(5K-men/3K-women)
Van Cortlandt Park, Bronx, N.Y.
November 16
M40-99 20 finishers
Table with columns for name, age, and time.

11th Annual Marine Corps Marathon
Washington, D.C.; November 2
Overall
Table with columns for name, age, and time.

NYRR Turkey Trot 5 Mile
Brooklyn, N.Y.; November 27
Overall
Table with columns for name, age, and time.

Wendy's 10K Classic
Bowling Green, Ky.; October 25
Overall
Table with columns for name, age, and time.

SOUTHEAST

Wendy's 10K Classic
Bowling Green, Ky.; October 25
Overall
Table with columns for name, age, and time.

M40-E Keller nta
N Dodd nta
W40 N Spaulding 39:32
S Dye 43:15
M Higgins 45:01
J Collins 45:46
W45 G Allen 41:13
J Rodemaker 45:06
C Burd 45:36
J Hogan 46:10
W50 M Herbert 43:32
B Ramsey 44:31
J Logan 55:00
W55 M Riggs 55:12
G Jackson 56:01
M Pierce 57:12
W60 O Moody 1:02:33
E Beller 1:13:54
W65 R Ruthenbury 59:16
S McDaniel 1:12:19

Nashville Striders Women's 10K
Nashville, Tenn.; November 9

Overall
M Kane 35:33
W40 J Gillespie 43:51
B Green 45:35
F Simpkins 45:41
W45 A Wallace 45:34
M Ely 48:16
S Bell 48:46
W50 H Reed 43:30
E Zerfoss 47:47
B Lingner 54:51
W55 C Branch 57:14
E Eslick 1:00:42
W60+D Roberts 73 1:09:52
E Beller 1:10:42
S McDaniel 1:13:24

James K. Polk 7 Mile
Charlotte, N.C.; November 16

Overall
E Owens 36:37
A Smith 49:44
M30+M Amico 39:38
M40+J Ellis 41:16
M50+A Coffin 45:29
W30+L Olinger 50:30
W40+N Lowden 49:53
from Alex Coffin

Pepsi Marathon/RRCA National
Championships
Clinton, Miss.; November 15

Overall
G Gearhart 30 2:31:11
A Hawkins 30 3:10:22
M Gillis 53 2:51:59
B R Mayberry 46 2:59:16
B Wagner 39 2:59:25
10 G Nelson Jr 50 3:00:50
15 C Brown 42 3:04:01
19 C Touchstone 46 3:08:49
24 B Ensign 58 3:11:40
45 F Mills f 49 3:27:15
78 J Moore 65 3:49:21
113 D Moor 64 4:15:38
131 L Gardner f 44 4:34:15

Thanksgiving 10 Miler
DeLand, Fla.; November 27

Overall Masters
D Ardell 59:18
R Thieler 72:19
M40 D Blinkinsop 60:55
B Howard 61:03
D Thieler 62:02
M45 B Brockway 66:07
C Larsen 66:57
G Gergley 68:57
M50 M Clynes 70:49
J Adkins 74:44
R J Grace 76:09
M55 J Blount 63:57
M60 F Rother 1:57:54
M65 M Shumate 69:54
W40 B Smith 83:11
M Gallagher 89:32
S Todd 91:17
W45 B Crocitto 88:01
R Shafer 90:05
I Frey 92:34
from John Boyle



MID-AMERICA

Eighth Annual Bud Light Stadium 10K
St. Louis, Missouri - September 14, 1986

Table with columns for PDA, NAME, AGE, HANDICAP, and ACTUAL. Lists runners and their times for the Bud Light Stadium 10K.

MIDWEST

American Medical Athletic
Assn./American Medical
Joggers Assn. 50K, 50M,
100K
Chicago, Ill.; October 12

50K
M30+D Anderson 3:08:34
R Clark 3:19:19
G Bates 3:25:10
M40+J Loeschhorn 3:13:46
C Allen 3:21:17
G Jensen 3:47:10
M50+G Plumber 3:27:29
N Root 4:03:26
M60+E Sower 3:34:06
W30+M Naumann 4:14:07
S Gimbel 4:35:04



SOUTHWEST

Challenger 8-CPA 8K
Tulsa, Okla.; October 18

Overall
K Berghal 24:08
K Crammond 28:49
M35 R Anderson 26:55
M40 R Maddy 29:49
M45 J Minor 28:07
M50 B Nale 31:09
M55 A Melendez 30:37
M60+J Smith 31:10
W35 M O'Rourke 29:39
W40 B Manning 33:45
W45 S Cooper 34:15
W50 none
W60 D Akin 37:10
W60+P Wheeler 43:01

Gulf Association/TAC
Cross-country
Championships Houston,
Texas; November 1
8k-men; 5k-women

M40 D Dekkers 27:06
B Chanon 28:33
B Grey 28:53
M45 C Smith 29:47
J McLatchie 30:12
M Stewart 31:59
M50 D Slocumb 31:05
H Kunz 33:01
R Gonzalez 33:30
M55 F Price 37:33
L Emge 37:49
D Dallas 38:51
M60 J Lippincott Jr 39:47
E Lang 45:59
M65 G Askeu 41:51
Teams:
Houston Harriers 2:29:59

Continued on next page

**WEST**

Continued from previous page

Grtr Houston TC-A 2:40:47  
Grtr Houston TC-B 2:58:35  
W45 J Egan 22:51  
W60 L Askeu 32:37

**32nd Annual Balboa 8 Mile**  
San Diego, Calif.; September 20

Overall  
R Trup 33 42:04  
D Bruni 30 51:47  
M40+G Shirley 40 45:05  
M50+W Osborn 52 52:34  
M60+J O'Neil 61 50:28  
M70+W Kuetzing 74 75:07  
W40+U Rains 45 57:52  
W50+C Murray 51 58:18  
W60+G Davidson 65 66:50  
W70+F Salazar 77 98:25

**Nathan Pritikin 8K/SCA-TAC**  
championships  
Encino, Calif.; November 2

Overall  
M Luevano 30 23:42  
A Weber 26 27:57  
M40 E Wehan 28:10  
G Denies 29:15  
J Mossbacher 29:17  
M45 P Johnson 29:13  
S Witt 29:40  
K Ryden 29:44  
M50 J Brownfield 29:53  
B Crum 30:10  
K Gaskell 30:18  
M55 J Thomas 32:38  
R Strobel 34:36  
M Sather 35:05  
M60+R Gil 32:00  
P Jernstrom 37:04  
S Chiplis 37:33  
M70+C Lewin 34:24  
E Stotsenberg 36:34  
D Dahlstein 40:01  
M80+J Bishin 69:00  
W40 J Kewley 31:23  
J Parkel 34:37  
C Kaspersky 35:49  
W45 G Faust 31:04  
R Hemming 34:30  
W50 M Gilmore 33:54  
W55 P Pruitt 39:15  
W60+H Dick 35:18

**Clarksburg Pepsi 30/20 Mile**  
Clarksburg, Calif.; November 16

---30K---  
Overall  
D Gonzalez 1:36:07  
S Gilbert 1:51:25  
M40+S Vasquez \$80 1:41:41\*  
B Sevald \$50 1:44:38  
J Gibbons \$40 1:49:18  
\*M45-45 AR  
M50+F Mattos 2:00:36  
R Daniels 2:04:43  
J O'Hanlon 2:06:19  
M60+J Norberg 2:21:35  
K Bollinger 2:23:17  
D Lunberg (71) 2:23:22\*  
\*M70-74 AR  
W40+N Wright \$80 2:03:02  
J Ulyot \$90 2:04:10\*  
M Timberlake \$40 2:07:25  
W45-49 AR  
W50+R Anderson 2:27:33  
M Maricle 2:30:53  
P Ewing 3:07:10  
W60+M Storey 2:40:39\*  
J Caselli 2:48:17  
P Adams 3:15:16  
\*W60-64 AR

---20 Mile---  
Overall  
D Gonzalez 1:44:07  
S Gilbert 1:59:28  
M40+S Vasquez \$100 1:50:14  
M50+F Mattos 2:10:18  
M60+G Billingsley 2:31:27  
M70+D Lunberg 2:36:39  
W40+N Wright \$100 2:12:12  
W50+R Anderson 2:39:03  
W60-69 M Storey 2:54:00

**CANADA**

**Canadian Masters Cross-Country**  
Championships  
Toronto; October 25

M35 T Payne 36:38  
R Tucker 37:15  
C Breton 37:19  
M40 M Scott 35:27  
B Ault 36:56  
W Williams 37:44  
M45 B Drewett 39:04  
B Cornwell 42:27  
T Wilson 43:13  
M50 D Wallace 40:30  
D Trethewey 40:42  
J Doughty 40:55  
M55 D Beatty 42:52  
T Harwood 46:57  
J Lowe-Wilde 46:59

M60 C Hall 40:20  
B Cameron 44:52  
C Blancher 46:18  
M65 none  
M70 W Sheridan 57:43  
M75 W Miller 76:06  
W35 L Findley 40:19  
C Neff 50:00  
C Rothwell 54:38  
W40 S Pommier 45:29  
L Hardinge 48:37  
E Appleton 50:28  
W45 C Walker 46:30  
W50 M Turner 49:07  
W55 L Lowe-Wilde 57:49  
W60 D Brechbuel 55:46  
W65 J Kazdan 56:26

**INTERNATIONAL**

**13th Berlin International**  
Marathon  
September 29

Overall  
R. Psujek POL 2:11:03  
C. Teske FRG 2:32:10  
M35 J Machalek SWE 2:13:57  
G Hogberg SWE 2:15:14  
S Braunmil' FRG 2:20:15  
M40 G Molders FRG 2:24:51  
L Vanhaeren BEL 2:25:56  
D Lem GBR 2:26:57  
M45 W Koch FRG 2:25:49  
G Schmitt FRG 2:27:49  
M Kramer FRG 2:29:00  
M50 M Wojcik POL 2:33:58  
E Rottka FRG 2:37:03  
G Bauerm'ter FRG 2:40:32  
M55 G Brass FRG 2:41:18  
W Will FRG 2:49:11  
I Sixhoj DEN 2:52:55  
M60 G Reidem'ter FRG 2:46:38  
G Von Schab FRG 2:51:03  
M Ogred NOR 2:56:19  
M65 H Brecht FRG 3:05:45  
P Keltsch FRG 3:18:20  
J Jaremiszyn POL 3:22:10  
M70 H Stuessi SUI 3:19:35  
M75 E Schulze FRG 4:23:17

W35 C Teske FRG 2:32:10  
M Ilands BEL 2:33:53  
G Penny GBR 2:41:25  
W40 I Z-Danov. HUN 2:40:49  
G Konig AUT 2:55:25  
D Lillelund DEN 2:57:24  
W45 G Salomon FRG 2:53:49  
M Schroder FRG 2:55:52  
H Heyn FRG 3:00:35  
W50 A Von Przy FRG 3:05:04  
M Van Caek BEL 3:16:31  
I Drennicki FRG 3:27:56  
W55 E Henseler FRG 3:23:47  
R Rascheke FRG 3:49:04  
H Rasmussen DEN 3:54:47  
W60 E Farias USA 4:06:24  
E Zwingelb'g FRG 4:07:16  
K Berndt GDR 4:23:20  
W65 N Loguin SWE 3:57:32  
F Liedtke FRG 4:53:32

**Age-Group Winners of Major Masters Races in 1986 (continued)**

NEW YORK MARATHON NEW YORK, N.Y. NOVEMBER 2	U.S. TAC 10K X-C HOLMDEL, N.J. NOVEMBER 16	U.S. TAC 15K X-C BRONX, N.Y. NOVEMBER 23	U.S. 8K TAMPA, FLORIDA DECEMBER 6	U.S. 5K X-C BRONX, N.Y. OCTOBER 26
M40 David Clark M45 Walter Koch M50 Michael Wojcik M55 Bernard Renaudin M60 Gerhard Reidemeis'r	Atlaw Belilgne Herb Lorenz Bob Milner Jim Sutton Dave Kay	Laurence Olsen Roger Robinson Ken Mueller Howard Rubin Terrence McGinnis	Deon Dekkers Kirk Randall Bob Paklaian Howard Ribin Jim Smith	T Glover Kirk Randall B Milner Jim Sutton Newlie Hewson
M65 Jonnie Kallunki M70 Ed Vuolo M75 --- M80 Marcel Ichac M85 ---	Julius Jaeger Austin Newman --- --- ---	Ed Buckley Austin Newman Ed Benham --- ---	Nate White Don Bradley Ed Benham --- ---	E Buckley Austin Newman --- --- ---
W40 Anne Roden W45 Jane Arnold W50 Helene Bedrock W55 ---	Betsy Harshbarger --- Liz Szawlowski ---	Robin Villa Edith Jones Sue Medaglia ---	Vickey Imes Maria Wade Vicki Bigelow Ruth Anderson	Judy Pickert Barbara Pike Joyce Hals ---
W60 Alene Park W65 Andree Scoffier W70 Jenny Allen W75 Bess James	--- Ilse Goubau Adrienne Salmini ---	--- --- Evelyn Havens ---	Anne Trigg Helen Reiter --- ---	A Prevot --- Adrienne Salmini ---

**Rosarito Beach Holiday 5K/10K**  
Rosarito Beach, Mexico; November 8

---5K---  
Overall  
G Godinez 15:47  
L Ash 18:28  
M35 A Romo 19:06  
M40 b Giblin 16:56  
M45 J Garcia 21:08  
M50 K Webb 19:57  
M55 Z Mejia 19:29  
M60+D McMickle 20:39  
W35 D Jusionis 18:58  
W40 K Loper 18:53  
W45 D Madsen 22:18  
W50 J McMickle 25:39  
W55 E White 48:36  
W60+S Hyde 25:58  
---10K---  
Overall  
E Fahy 32:34  
A Hayden 36:43  
M35 M Paramon 34:50  
M40 J Mossbacher 35:49  
M45 J Anderson 40:15  
M50 S Mays 39:09  
M55 R Rosas 44:17

M60+J Palos 40:32  
W35 L Salo 48:40  
W40 M Nevill 44:40  
W45 A Raisanen 51:57  
W50 S Blush 44:25  
W55 N Williams 50:03  
W60+J McClean 58:59  
from Oscar Rosales

**DEADLINE**

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

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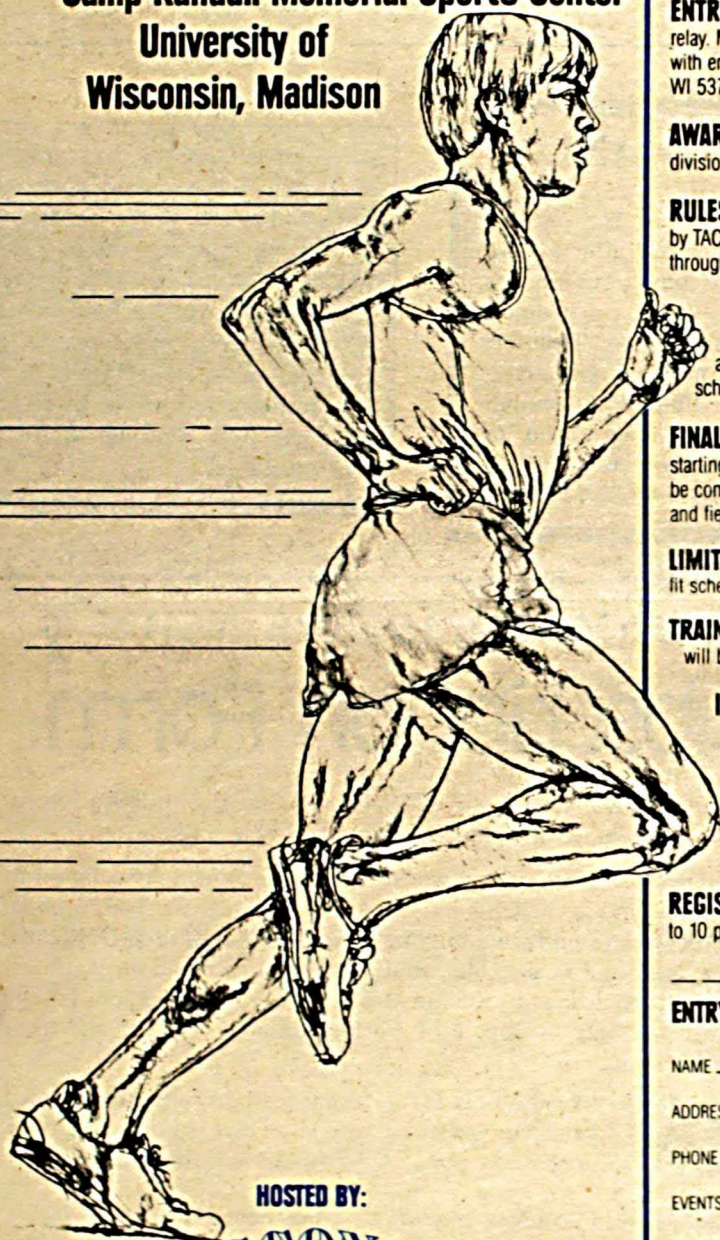
# 1987 TAC National Indoor Masters Track & Field Championships

Saturday & Sunday, March 28-29

Camp Randall Memorial Sports Center

University of

Wisconsin, Madison



HOSTED BY:

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**united**  
ATHLETIC CLUB

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**MEET SITE:** Camp Randall Memorial Sports Center, adjoining stadium at 1430 Monroe St. The track is a 220-yard, 6-lane (8 for 60), mondo surface with mondo runways. High jump area is smooth urethane and the throwing ring is wood. 1/4" pin spikes recommended for mondo—up to 3/4" for HJ. Lockers and showers available.

**ELIGIBILITY:** The competition is open to all men and women (no qualifying or standards) age 30 and over. Competition will be in five-year age groups from 30-34 to 80+. All competitors must be registered with The Athletics Congress (TAC) for 1987.

**RELAYS:** All relay team members must be members of the same club. Runners may move down from their age division. The following events will be held:  
4x440: M&W30-39, W40+, M40-49, M50-59, M60+  
4x880: M&W30-39, W40+, M40-49, M50-59, M60+

**ENTRIES:** All entries must be postmarked by March 10. No late or race day entries will be accepted. There will be no refunds or changing of events.

**ENTRY FEE:** \$7 first event—\$5 each additional event—\$16 per relay. Make checks payable to Wisconsin United Athletic Club. Send with entry to 1987 Indoor National, 6408 West Gate Rd., Monona, WI 53716.

**AWARDS:** National championship medals to top three in each division in each event including all relay team members.

**RULES AND STANDARDS:** As set forth by WAVA and adopted by TAC Masters. Electronic timing will be used. Officials are qualified through the University and State high school track programs.

**TRIALS:** Will be run in age groups starting with older women to youngest men. Age groups in the 60-yard dash and 60-yard hurdles having eight or less reporting will run at scheduled final times.

**FINALS:** Will be timed finals run in sections (300 and longer) starting with oldest women to youngest men. Some age groups may be combined in one race. Eight will go to finals in 60, hurdles and field events.

**LIMITATION OF EVENTS:** Athletes must limit events entered to fit schedule. Event progress will not be held up awaiting athletes.

**TRAINING AREA:** Trainers will be available at the track. The track will be available for running warm up on Friday from 5 to 11 p.m.

**IMPLEMENT WEIGH IN:** Shot puts and weights will be inspected at the track beginning at 8 a.m. on Saturday.

**ATHLETE CHECK IN:** Running event athletes must check in one event prior to their own with the Clerk of Course. Field event athletes must check in prior to the start of their event with the Head Judge at the event site.

**REGISTRATION:** The Inntowner (meet headquarters), Friday 4 to 10 p.m. Saturday and Sunday at track after 8 a.m.

**ACCOMMODATIONS:** Three hotels with a total of 280 rooms, reserved until February 27. Indicate you are with the National Masters meet. Additional information from the Greater Madison Convention Bureau, 425 W. Washington Ave., Madison, WI 53703. Phone 1 608 255-0701.

**The Inntowner**—80 rooms—\$38S, \$44D—1.1 miles from track (meet headquarters). 2424 University Ave., Madison, WI 53705. Phone 1 608 233-8778.

**Howard Johnson**—100 rooms—\$45S, \$52D—1 mile from track. 525 W. Johnson St., Madison, WI 53703. Phone 1 608 251-5511.

**Sheraton Inn**—100 rooms—\$46S, \$58D—3 miles from track. 706 Nolen Dr., Madison, WI 53713. Phone 1 608 251-2300.

Check out our facility on January 3 at the Wisconsin Masters Meet Entries on race day or from Sue Boyd, 5837 Woods Edge Rd., Madison, WI 53711.

## SATURDAY FIELD EVENTS

TIME	EVENT	DIVISION	ROUND
10:00 a.m.	Weight Throw	50-80+	Trials & Final
	Long Jump	30-34	Trials & Final
	Pole Vault	50-80+	Final
11:00 a.m.	Weight Throw	30-49	Trials & Final
	Long Jump	35-39	Trials & Final
12:00 Noon	Shot Put	30-34	Trials & Final
	Long Jump	40-44	Trials & Final
1:00 p.m.	Shot Put	35-39	Trials & Final
	Long Jump	45-49	Trials & Final
2:00 p.m.	Shot Put	40-44	Trials & Final
	Long Jump	50-59	Trials & Final
3:00 p.m.	Pole Vault	30-49	Final
	Shot Put	45-49	Trials & Final
4:00 p.m.	Long Jump	60-80+	Trials & Final
	Shot Put	50-59	Trials & Final
5:00 p.m.	Shot Put	60-80+	Trials & Final

## SATURDAY TRACK EVENTS

12:00 Noon	60-Yard Dash	30-80+	Semifinal
1:00 p.m.	1-Mile Run	30-80+	Final
2:00 p.m.	60-Yard Dash	30-80+	Final
3:00 p.m.	1,000-Yard Run	30-80+	Final
4:00 p.m.	300-Yard Run	30-80+	Final
5:00 p.m.	4x880-Yard Relay	30-80+	Final

## SUNDAY FIELD EVENTS

10:00 a.m.	Triple Jump	60-80+	Trials & Final
	High Jump	M30-45	Final
11:30 a.m.	Triple Jump	50-59	Trials & Final
12:00 Noon	High Jump	M45-59	Final
1:30 p.m.	Triple Jump	40-49	Trials & Final
2:00 p.m.	High Jump	M60+ and FM	Final
3:00 p.m.	Triple Jump	30-39	Trials & Final

## SUNDAY TRACK EVENTS

12:00 Noon	60-Yard Hurdles	30-80+	Semifinal
1:00 p.m.	2-Mile Run	30-80+	Final
2:00 p.m.	60-Yard Hurdles	30-80+	Final
2:30 p.m.	600-Yard Run	30-80+	Final
3:30 p.m.	2-Mile Walk	30-80+	Final
4:00 p.m.	4x440-Yard Relay	30-80+	Final

## ENTRY FORM 1987 INDOOR MASTERS, MARCH 28-29

NAME \_\_\_\_\_ BIRTHDATE \_\_\_\_\_ AGE ON 3/28 \_\_\_\_\_ M  F

ADDRESS \_\_\_\_\_ CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

PHONE ( ) \_\_\_\_\_ 1987 TAC # \_\_\_\_\_ YOUR CLUB \_\_\_\_\_

EVENTS ENTERED \_\_\_\_\_

BEST MARK 85-87 \_\_\_\_\_

OTHER RELAY TEAM MEMBERS \_\_\_\_\_  
(Send one entry only per team.)

T-SHIRTS @ \$5 MEN'S SIZE S  M  L  XL  INDIVIDUAL FEES \$ \_\_\_\_\_ RELAY FEES \$ \_\_\_\_\_ T-SHIRT \$ \_\_\_\_\_

Make checks payable to Wisconsin United Athletic Club—entry postmarked by 3/10—send to 6408 West Gate Rd., Monona, WI 53716.

TOTAL AMOUNT ENCLOSED \_\_\_\_\_

ATHLETE'S RELEASE: In consideration of your acceptance of my entry, I do hereby for myself, my heirs, and executors, waive, release, and forever discharge any and all claims for damages which I may have or which may hereafter accrue against The Athletics Congress, Wisconsin United Athletic Club, The University of Wisconsin, Wisconsin Physicians Service, all other meet sponsors, officials, or their officers or agents for any damages or injury suffered by me. I certify that my level of training is such that I am prepared to compete and recognize the right of any duly authorized member of the medical staff to require my withdrawal from competition, and will do so if directed.



ATHLETE'S SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_