

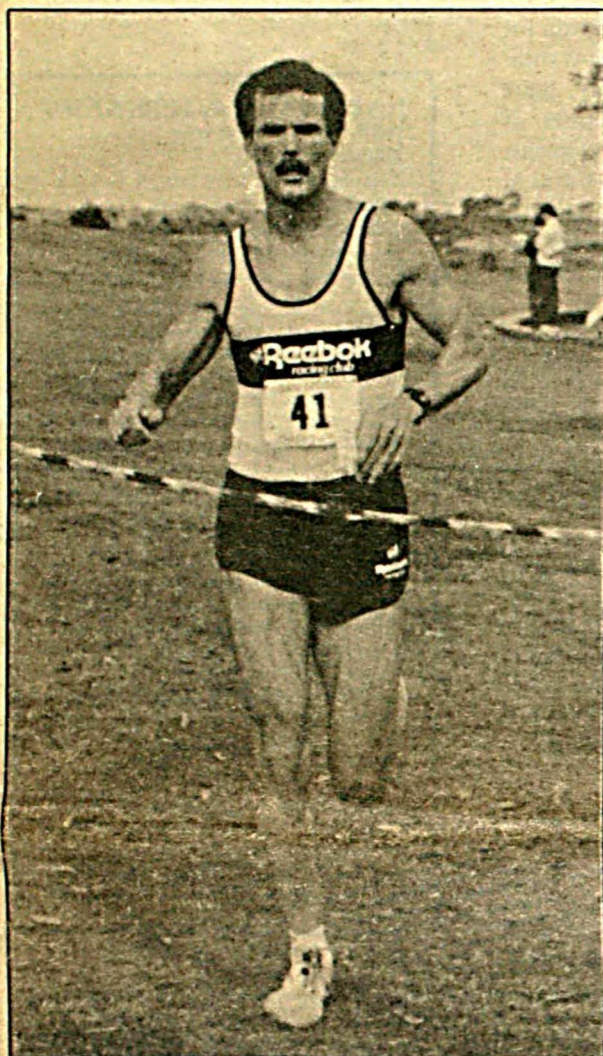
# NATIONAL MASTERS NEWS

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

104th Issue

April, 1987

\$1.95



Bill Sevald, 40, masters winner in 48:13 in TAC's National Masters 15K Championships held in San Diego March 8.

Photo by Bob Langsfeld

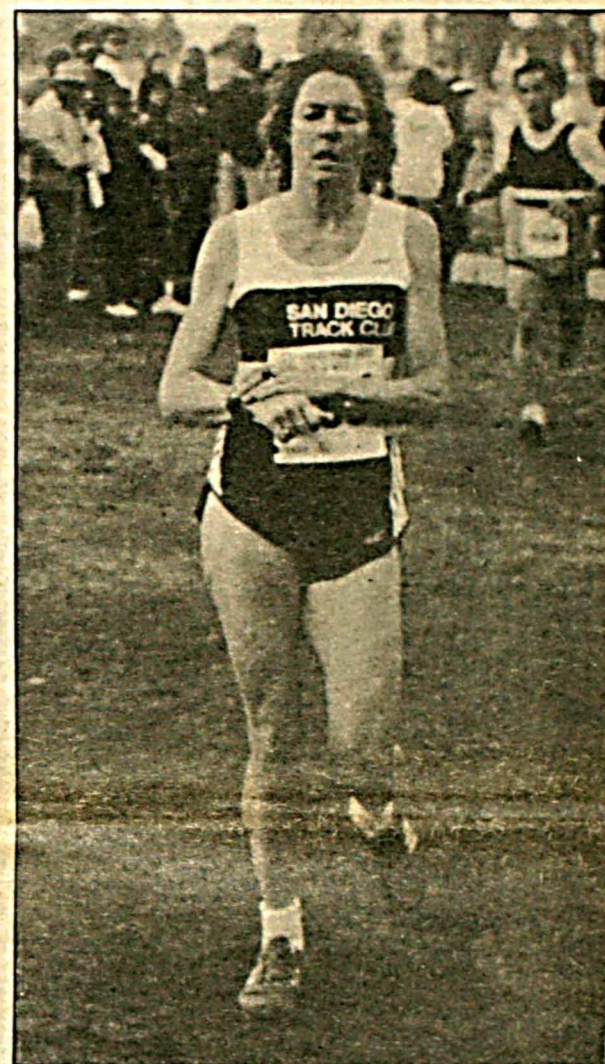
## Sevald, Pendleton Win National Masters 15K

by LOLITIA BACHE

One age-group and seven single age records were set in the TAC National Masters 15K Championships held in San Diego on March 8. Two California runners, Bill Sevald of San Francisco and Joni Pendleton of San Diego, captured the top spots on the flat, scenic course at Mission Bay Park. The race was combined with San Diego Track Club's annual Sue Krenn 15K, named for the late SDTC member and world class marathoner.

Sevald, 40, was the overall winner of the combined races with a masters course record of 48:13. A financial consultant who played football, basketball and baseball in college and professional basketball in Europe for two years, Sevald, at 6'3", towered over his competition. The competition included last year's champion George Keim, 44, recently moved to the San Diego area from Pennsylvania; Sal Vasquez, 47, of Alameda, California; and Wayne Vaughn, 41, of Hagerstown, Maryland. Sevald and Vasquez led the race from the beginning, with Sevald breaking away at approximately 4 miles. Vasquez finished 2nd with the excellent time of 48:50.

Continued on page 7



Joni Pendleton, 40, women's masters winner in the TAC National Masters 15K Championships, with a time of 58:32.

Photo by Bob Langsfeld

## Faxon Repeats in Colonial Half-Marathon

Lew Faxon, 47, of Hampton, Va., maintained his lock on the masters title in the Anheuser-Busch Colonial Half-Marathon in Williamsburg, Va., on February 22 with an M45-49 victory of 1:14:17. Ben Dyer, 43, of Colonial Heights, Va., finished 1½ minutes back for second master, and Don Rich, 41, of Mechanicsville, Va., took third in 1:16:02.

Ed Benham, 79, of Ocean City, Md., holder of every national M75-79 record from the 5K to the 50K, ran 1:40:37.

Peggy Smith-Hite, 42, of Stephen City, Va., won the women's masters race in 1:40:45, with 51-year-old Betty Dameron of Fredericksburg, Va., taking second in 1:41:11, and Carolyn Unger, 41, of Hamilton, Va., finishing third in 1:44:49.

Overall winners were Gordon Christie, 25, in 1:05:05, and Inge Schuurmans, 24, with a 1:21:01. □

## World Games Entry Form in This Issue

by AL SHEAHEN

After months of work and revisions, the official entry form for the VII World Veterans Games is finished, and is published in the four middle pages of this issue for easy access or pull-out.

The Games will be held in Melbourne, Australia from November 28 to December 6, 1987, and are open to any man over age 40, or woman over 35, as of November 28. More than 5000 athletes from over 50 nations are expected to participate.

I was the guest of the VII World Games organizers last month in Australia, and had a chance to see how plans for the Games were coming along. I'm pleased to report that I feel these will be the best World Games ever.

Continued on page 17

## Andersen, Olson Each Pocket \$1500 as Top Masters in Orlando's Red Lobster 10K Classic

by TOM STURAK

Gabriele Andersen, 41, of Sun Valley, Ida., and Larry Olson, 40, of Millis, Mass., topped exceptionally competitive masters fields in the Red Lobster 10K Classic at Orlando, Fla., February 21. The event was the championships of a five-race series staged last fall in Washington, D.C., Chicago, Cincinnati, and Dallas. Overall and masters male and female winners from those events won expense-paid trips to the Orlando finale.

Despite adverse weather conditions — rain and gusty breezes — Andersen covered the mostly flat, closed-loop course in 35:22, 53-seconds ahead of masters runner-up Jane Hutchison of Joplin, Missouri. In a fast, tight men's race, three masters broke 31 minutes, headed by Olson's good 30:25. Pre-

race favorite, Mike Hurd, 41, of Great Britain, finished second in 30:42, only a few strides ahead of Mexico's Antonio Villanueva, M45, at 30:45.

Both Andersen and Olson (18th and 39th overall, respectively) won \$1500 for their wins. Prize money also went to second (\$1000) and third (\$500) masters placers. The event featured the largest total prize purse of any U.S. 10K road race scheduled for 1987, and drew a field of nearly 2000 runners from 14 countries.

Overall female winner, Liz Lynch of Scotland, ran 31:07, smashing the previous world-best by 24 seconds, to add a \$25,000 "world-record" bonus to her \$7000 first-place money. Open men's champion, Marcos Barreto, of Mexico, fell short of the world mark by nearly 30 seconds with a 28:14 clocking. □



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

## JACK FOSTER REPLIES

I have received copies of the *National Masters News* for the past five or six months. During this period, I also received a questionnaire from Mr. M. Tymn, requesting my opinions on "athletic performance and aging." Since I refused to answer the questionnaire, it appears that Mr. Tymn's column in the newspaper has had a somewhat anti-Jack Foster tinge.

His implication that the marathon for the 1974 British Commonwealth Games in Christchurch was "short," reflects on some highly-credible runners — Ian Thompson, Ron Hill, Derek Clayton, to name but three (poor Derek, first the Brussels course controversy, now Christchurch!). Unless, of course, Mr. Tymn means the course was short only for my 2 hours, 11 minutes.

This course in Christchurch is still there; still being used and to my knowledge no one has since broken 2 hours, 14 minutes on it. Messrs. Tymn and Burgasser are most welcome to come and put their legs where their mouths are and have a run in the June 1987 edition of the run on the same course.

The figures quoted by Mr. Tymn for a 1982 (?) New York run are most complimentary, but I regret to say, quite inaccurate. The 2 hours, 20 minutes, 28 seconds I was credited with was in fact 2 hours, 23 minutes 54 seconds run in 1981 while on a business trip there. Strangely enough, although I was 49 at the time, there were no masters of any age in ahead of me.

It would appear that Mr. Tymn makes a lot of assumptions, gathers few facts and should confine his journalistic efforts to essays on bladders and urinating up toilet stalls, which, although in rather poor taste, could perhaps be factual.

If there was any merit in my past athletic performances, it was surely not in the modest times I achieved; rather in that I competed in all my races in the *OPEN* competition, disregarding any concession to masters or veterans status to try to enhance my results.

Thank you most kindly for sending me the newspaper. I enjoy reading it despite the "Gun Lap" or any other aspersions cast on what I may or may not have achieved. Hail to the 41 3/4 year-old who runs a sub-2:11:17 (and

Continued on page 15

## NATIONAL MASTERS NEWS

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Doug Foster, M25, lapping Mabel Veige, W55, in the 2-mile Athlete's Foot Masters Meet, Augustana College, Rock Island, Ill., February 14. Photo by Gregg Seibert

## Reiter, Rajceвич Voted Top Masters in Indoor Meet in Rock Island, Illinois

by DOUG SAND

ROCK ISLAND, Illinois. As in its two previous editions, the 1987 Indoor Masters Track and Field Meet, held at Augustana College, Rock Island, Ill., February 14, was a great success.

With participants exceeding 140, each event and age-group was well-represented at this Valentine's Day display of athletic prowess.

Pete Stopoulos, owner and operator of The Athletes Foot, a co-sponsor of the meet, was very pleased with the afternoon's turnout. "This was by far the best meet we've had in the three-year history," he said. "Not only did we have a great participant turnout, but the spectator attendance was also very notable."

The meet featured a staggering 108 broken records throughout the 13 various open, sub-masters, and

masters age classifications.

Gordon Reiter and George Rajceвич were voted the meet's most outstanding masters athletes for their respective classifications. Reiter grabbed the 30-59 honor after putting in a full day with first in the 60-yard dash, long jump, 4 x 1 lap relay, 440y, 300y, and a second in the high jump.

Rajceвич punched a long clock himself with first in the pole vault, shot put, 4 x 1 lap relay, mile, 300y, and 880y. Rajceвич also finished second in the triple jump to take 60+ honors.

Moline native Mike McDowell in his first sub-masters competition coasted to a new 300y record of 34.1 despite a near-fall around the first curve. At the other end of the time-table, Indianapolis's Arling Pitcher, 85, despite a muscle pull in his right leg, won the long jump, triple jump, high jump, and shot put. □

## Sprinters Hot in Cincinnati T&F Meet

by JERRY WOJCIK

The Midwest Masters T&F Championships, held at the University of Cincinnati Armory Fieldhouse in Cincinnati, Ohio, on February 22, drew a full force of 42 men and women sprinters in the 60y dash (10 in the M40).

Dallas Gaines, M30, was the fastest man in the 60y with a 6.3. Clarence Ray finished first in the popular M40 race with a 6.6. Scott Tyler and Paul Dorsey were clocked in 6.8 in the M45 race with Tyler getting the win. Arling Pitcher ran 12.3 in the M80+ division.

Ray beat another strong field in the 300y with a 34.9. Harry Tolliver won the M45 300y in 36.6 and the 1000y with a solid 2:31.3.

Ham Morningstar, second to Chris Christy, 8.5 to 8.6, in the M70 60y race, ended up a multiple winner with six wins, including the 60y hurdles (12.9) and shot put (35-9¾).

In the mile, Bill Fanning won in a well-matched M40 six-man field with 4:47.6, and Floyd Romack edged Bob Schul in the M45 race, 4:53.0 to 4:53.8. In the two mile, Romack had an easier time, winning in 10:51.9.

The best time for the 2-mile walk in the meet came from Jack Blackburn with a 17:11.1 in the M50 race.

Sprinter Dorsey, M45, was the class of the masters high jumpers with 5-6,

and Ed Hoyle, M50, had an excellent 12-6 pole vault. Denver Smith, M60, won the pole vault (10-0), high jump (4-6), and triple jump (33-1½).

In the shot put, George Mirka, M45, won with a 41-4½ throw; Phil Brusca, M55, hit the 45-½ mark; and Andy Jones, M65, had an impressive shot-put series, throwing the 8# 38-6¼; the 12# 34-3¼; and the 16# 29-½.

Weight throwers heaved the 35# and 56#, with submaster Norman Bower, M35, fielding the farthest 35# toss (46-11½) and the best 56# throw (30-2½).

Nolan Fowler, M70, had three convincing weight marks with the 25# (41-1); the 35# (31-10½); and the 56# (19-9).

In the women's events, Donna Pope-Green, W30, posted the best 60y time (7.2). Debbie Anderson, W35, was a one-person track team with wins in the 300y (40.5); 600y (1:31.3); 1000y (3:01.4); and mile (5:21.8).

Ernestine Yeomans' 20:12.6 in the W65 2-mile walk topped all women's times in that event.

Essie Kea, W45, won several events, including the high jump (3-9) and long jump (12-3).

American shot put record-holder Bernice Holland, W55, long jumped 10-9 and threw the shot 30-3. □



A baton exchange in the Co-ed 8-Lap Relay, Athlete's Foot Masters meet, Augustana College, Rock Island, Ill., February 14. Photo by Greg Seibert

## NATIONAL MASTERS NEWS Subscription Form

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## TRACK & FIELD CHAMPIONSHIPS

APRIL 25-26, 1987

**Palm Beach County  
FLORIDA**



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#### 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  
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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.

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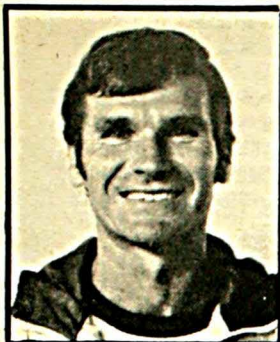
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# THE GUN LAP

by MIKE TYMN

## The Ladies Have it Too Easy

I'm all for equality. That's why I find it necessary to speak out and say that we've gone too far. Things are being made too easy for the ladies.

More and more races seem to be offering equal prize money or awards for women, even though the men participants outnumber women three or four to one. As I see it, the prizes should be distributed in relation to the ratio of men to women. If there are three times as many male participants, there should be three times as much prize money or as many awards for them.

I've also noticed quite a few race results where the winning woman takes home as much as the winning man and more than the runner-up men even though the quality of her performance is significantly below many of the top

male performances. Let me explain this with a theoretical situation:

Assume that the first five men in a marathon all finish under 2:12—within five minutes of the world-record and the first woman records 2:31—some ten minutes off the world-record for women. The way I see it, the fifth-place man performed better than the first-place woman. Yet, she takes home much more money than he does. Is that fair? Is that equality?

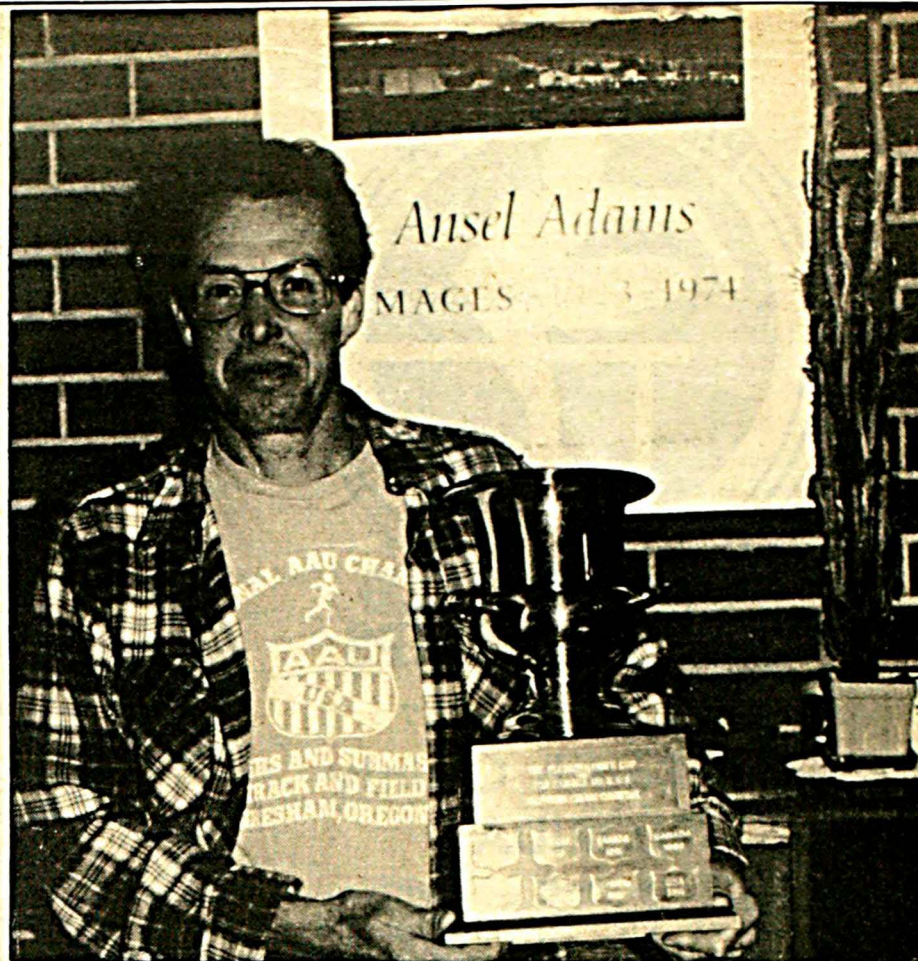
I think Jack Moran, the former director of the Twin Cities Marathon, did a great service for masters running in introducing a handicap system for his race, and I don't want this to sound like I'm criticizing him. But the fact remains that Jack's handicap standards favored the woman. Consider that Kjell-Erik Stahl was the first over-40 finisher in 2:18:28 and that Gabriele Andersen was the first distaff masters in 2:40:08. Now consider that Stahl's time was 11 minutes, 16 seconds slower than Carlos Lopes' world record for men (or 8.8 percent higher) and that Andersen's time was 19 minutes, 2 seconds slower than Ingrid Kristiansen's world-record (or 13.5 percent higher). Stahl's performance was clearly much better than Andersen's. But Andersen finished ahead of Stahl in the handicap scoring.

The latest thing bringing this kind of inequity to mind is the TAC All-American Certificate Program for masters track & field competitors (see page 25 of Feb. NMN). The men's standards, at least from 1500-meters up, are soft; those for women are ridiculously soft. It is demeaning to the term "All-American."

I'm all in favor of the concept. I like the idea of having achievement standards. I formulated something similar for road runners in Hawaii a few years ago. That plan had gold, silver, and bronze medal time standards at all distances from 5-K to the marathon.

Here too, I do not intend to criticize those who formulated the TAC standards. I'm sure they put much thought and effort into them. But there is no way around the fact that they're especially soft for women.

Consider, for example, that the



The Fleischman's Cup, won by the U.S. Masters Cross-Country team (over Canada), is accepted by Bob Langenbach, in Seattle.  
Photo by Carole Langenbach

men's 10,000-meter standard in the 40-44 age division is 35:00 while that for women is 44:40. That's a difference of 9 minutes, 40 seconds. Looking at it another way, the women's standard is 27.7 percent higher than the men's. Yet, the difference between the world records at 10,000 for men and women is almost an even 3 minutes (27:13.81 and 30:30.74), or just 11 percent.

Because many of the top masters distance runners, especially the women, do not compete on the track, we can't really use track records as a base to establish standards of excellence. That's apparently what was done to arrive at the TAC All-American standards.

If, however, we go to certified road courses, we can observe that the difference between the best man and woman in the 40-44 group is consistent with the difference between the overall world records. Michael Hurd of Great Britain, holds the men's 40-44 world record of 29:39. I can't put my finger on Priscilla Welch's women's best at this writing, but it's somewhere around 33 minutes flat—a difference of about 11 percent.

Sure, Welch is heads above anyone else, although Joyce Smith ran comparable times in her early 40's. But the number of men in Hurd's class is not much greater and can be explained by the fact that male runners outnumber female about three to one.

How then can a 9 minute, 40 seconds difference between men's and women's standards possibly be justified and called fair?

Even worse, the 10,000 standard for men 60-64 is 40:30, while that for women in the same age group is 56:00.

Here the difference is 15 1/2 minutes or 38.2 percent. If it's true that women age faster than men, maybe there's some partial justification for the gap widening as the ages go up. But certainly not that much.

As for the men's standards, I've been brought up with the idea that to achieve All-American status in any sport you've got to be one of a very select few. I would bet there are at least 500 American men in the 40-44 age division capable of meeting the 35:00 standard. Of course, nowhere near that many will qualify, because they'll stick to the roads.

Were I setting the standards, I would make the 40-44 men's standard about 32:00, a time attained by only ten competitors on the roads in 1985. The women's standard would not be much over 35:30, and I would stick to a male-female difference of no more than 11-13 percent on up through the age groups.

Also, since there are fewer men in the upper age groups than there are in the 40-44 category, I would not look for ten competitors to meet the standards in every age group. Probably only a half-dozen men in the 50-54 division and three or four in the 60-64 division would qualify.

All that is not to say that we shouldn't have more accessible standards of excellence, standards which more average competitors can strive for. Just don't call those who attain them "All-American." All-State, All-County, All-City, gold, silver, bronze, whatever, but not All-Americans. A 44:40 10-K for a woman is a very respectable time, but it is not an All-American time. □

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## Rushmer, Andersen Win \$1000 in Miami

by JERRY WOJCIK

Allan Rushmer, 42, of Great Britain, winner of the World Veterans 10K Championships in Vancouver, B.C., last October, ran 31:16 to win the masters title and \$1,000 in the Orange Bowl 10K in Miami, Fla., on January 31.

Atlaw Belilgne, 42, an Ethiopian mathematics instructor who resides in Staten Island, N.Y., and who won the TAC Masters 10K Cross-Country Championships in the Bronx, N.Y., in November, collected \$700 for second place with a 32:01. Pat Chmiel, 41, of Miami, took third, worth \$400, in 33:49.

The closest masters race came in the M55 division, won by Bill Fraser, 57, over Clyde Baker, 56, by three seconds with a 36:58.

In the M60 race, Californian Jim O'Neil, 61, defeated Minnesota's Alex Ratelle, 62, with a 35:57.

In the masters women's race, the much-traveled Gabriele Andersen, 41, a Swiss citizen who lives in Sun Valley, Idaho, was first in 35:53 for the \$1,000 top prize. Bobbi Rothman, 41, of Coconut Creek, Fla., ran 38:15 for \$700, and Sharon Beal, 40, of Ft. Lauderdale, Fla., won the third-place award of \$400 with a 40:16.

None of the women's division races were close, but Algene Williams, 70, of Park Forest, Ill., provided some excitement with a 54:22.76 in winning the W70+ race to lower a pending W70-74 U.S. record of 57:08 by Anne Clarke. Ironically, Clarke, now 77, of Glen Ellyn, Ill., placed second to Williams with a 59:45. In 1986, Williams posted two pending road records, in the 8K (42:42y) and the 10 mile (1:28:46). □

## Sevald, Pendleton Win

Continued from page 1

Joni Pendleton, 40, running for the host San Diego Track Club, ran away from the masters women's field with a 58:32. Gina Faust, 50, of Woodland Hills, was second, breaking San Diegan Dorothy Stock's age-50 record with the time of 60:45. SDTC's Gerry Davidson, 65, of Fallbrook, broke the

W65 age-group record with the time of 77:31.

Other age division national championship titles were won by Richard Rodriguez, 50, 57:38; Gaylon Jorgensen, 57, 53:02; Jim O'Neil, 61, 55:14; Jim McCown, 65, 65:17; Wayne Zook, 70, 67:18; Willard Benton, 83, 98:16; Agatha-Sue Lee, 47, 65:13; Virginia Hastings, 62, 83:15; and Bess James, 77, 1:45:30.

In close team races, the West Valley Joggers and Striders team of Sal Vasquez, David Riviera, Frank Rouna, Tim Rostege, and Jake White beat San Diego Track Club in the M40-49 division, while the West Valley Track Club team of Karen Lanterman, Laury Fisher, and Agatha-Sue Lee won the 40-49 championship. SDTC teams captured the M50-59, M60-69, M70+, W50-59 and W60-69 titles. □

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For entry information and prize money schedule, contact: George Regan, Room 8, 382 Broadway, Albany, NY 12207





## On Approaching Every Problem With an OPEN MOUTH

by W. MacDONALD MILLER

### April Fool

I'll be honest with you, April has always been my favorite month. Think of all the great things happening during April. First, you can start off the month by having a million laughs on April Fool's Day. You can say things like, "Did you hear the church burned down? Well, holy smoke," or "Did you know the Jim O'Neils are having twins?" Jokes like that really cause a lot of fun, and they're actually not that difficult to do. I am always glad to help.

April showers bring a special kind of fun. "Singing In the Rain" and all that kind of frolicking: Along about the middle of the month comes tax time and a real opportunity to laugh your socks off. Frankly, I've always considered myself pretty damn lucky to be an American and, along with it, proud and privileged to pay my taxes. I'm not talking peanuts either, folks: I've consistently been in the 14 to 15 percent tax bracket now for several years. As I've always said about this country, "I'll defend to the death your right to say something." What I'm opposed to is when people also want to think. I'm telling you, it causes nothing but trouble.

Of course, when it comes to running, what better way to get the year going than the Boston Marathon. Will and Jock and Billy and all that gang. A marathon in early Spring, let alone April, is just what the doctor ordered to get the old pulse back up where it should be.

All the things I've talked about (taxes, showers, jokes and the Boston Marathon) are fine for most but there is something considerably more important to me. You see, I set aside every April to lose the little extra weight I've put on over the winter. Hey, it's no big deal. I happen to be one of those lucky people, one of the fortunate few if you will, who doesn't really have to worry about weight. If I see something that looks good, I eat it. Whether I eat one meal a day or five meals a day, whether I have no dessert or two desserts - my weight has never varied more than 35-40 pounds over the winter. I have nothing but sympathy for those people who every spring have put on an extra 200-300 pounds over the winter. Most of them will tell you they picked up 90 percent of this unwanted baggage over the holidays and then just didn't get around to taking it off until spring. We all know how easy it is: an extra case of beer here, an extra cake there. Before you know it, we're talking some heavy pounding on the hips, knees and feet. A person almost has to cut back his

mileage, and I've heard of some people so desperate they went back to see a podiatrist.

I'm now six days into my April weight-loss program. It isn't really a diet; it's 1500 calories a day of wonderful vegetables, grains, rice cakes, celery and broccoli. If I was totally fasting I can't imagine I could feel any worse when I get out of bed in the morning. I usually wake up about 4 AM. Who could sleep with the old gut gurgling at the top of its lungs? My last intake was a nice big carrot reward about nine hours ago. Don't get me wrong. I wanted to wake up. I'd been dreaming all night about lamb chops marching around the room with those little chef hats on.

At one juncture I smeared mint jelly all over my nude body as well as my wife's. We laughed heartily and shared a huge tub of buttered popcorn, lightly salted. I also dreamed I ran out of the house and down the street two miles (actually it was just short of a 5K) and entered a Dunkin' Donut Shop. I ordered a dozen assorted (the butter-milk didn't look fresh). The girl who waited on me never once mentioned the fact that I had mint jelly dripping from all parts of my body. "Here or to go?" was all she said.

Breakfast, as we all know, is the most important meal of the day. I have coffee and half a Granola bar. By mid-morning, I eat a banana as part of what I could have had for breakfast but saved as a treat. To occupy my hands and emotions I smoke a nice big cigar. The cigar seems to help me get food off my mind, but it has a few problems of its own. My family won't let me smoke in the house, and no one will ride in my car anymore. The resistance at the office hasn't been quite so subtle. Everyone quit. Wonder what's caused all the fuss about smoking anyway? For lunch, it's soup and a cracker. I spoon the soup very slowly and don't even eat the cracker. I suck it until the salt is all gone and the body disintegrates in my mouth. Dinner is a 4 ounce piece of meat, vegetables and a



Winners of 1986 Florida RRCA 8K Masters Championships, Key West. Judy Pickert, Yorktown Heights, N.Y., (30:59) and Barry Brown, Gainesville, Fla., (25:20). The race was held as part of the Florida RRCA State Convention. Photo by Ned Guardenier

lettuce salad, smothered in vinegar and lemon juice. I almost forgot, sometime during the day I have a yogurt and two more pieces of fruit.

I can't believe how hungry I am. The only way I'm able to make it is because I seem to lose consciousness from time to time during the day, and these periods do afford me time away from thinking about food. Oh, what I'd give for a Snicker or a three Musketeers or even a Moon Pie!

I should also mention, I haven't missed a day running. The gang I train with runs about 8 miles a day, and I'm hanging in there. Today's run took me a little more than three hours, but as you well know - it's the mileage that

counts at this time of year. No complaints - it is my goal and my time. No one forced me to do any of this. I just happen to know that although I've weighed around 170 pounds all my life, I do my best running between 111 to 112.

If I end up not making my final goal it won't be any big deal. All I have to do is make it down to about 140, and I can get into most of my wife's clothes. That's always fun. There's just nothing that complements a leg better than a three inch pump. Frankly, I like the Oral and Rectal Roberts approach; send money or I might not make it. April Fool! □

### Higdon Challenges Bell to a Duel

Hal Higdon, senior writer for The Runner and occasional NMN columnist, has challenged John Bell to a duel — running style.

Bell is the 44-year-old millionaire businessman from Marion, Indiana, who was disqualified after "winning" the masters division of the 1986 New York Marathon in 2:25:15. Review of videotapes showed Bell failed to appear at key check points. Race director Fred Lebow refused to give Bell the \$3000 first-place masters prize, and asked Bell to return the first-place trophy he received immediately after the race.

In a detailed, 16-page letter to the *Marion Chronicle*, Bell denied he cut the course and cited his passing of two lie-detector tests. He questioned Lebow's action, writing: "I lack confidence in a body which suspects, accuses, indicts, tries, convicts and sentences a person without notice — and then appoints its own review board." He said he would not return the trophy.

Lebow said he would gladly appoint an independent appeals committee, and also has invited Bell to study tapes in the New York Road Runners Club offices. Bell said he's not likely to accept either offer.

Bell says his statement is his "last word" on the subject and that he will run no more marathons. He did apply

to run in this year's Western States Endurance 100-mile in California, but race director Norm Klein told writer Joe Henderson that "his name was not drawn in the lottery to fill the limited field."

Enter Higdon, who discussed the case in last month's "Speaker's Corner." Higdon, a fellow Indianan who describes himself as "an aging runner of 55 with sore legs" has offered Bell a way to clear his name. In an open letter to the *Marion Chronicle*, Higdon wrote:

"Lie detector tests are not always accurate — one reason why they are inadmissible in court. I propose a more direct test."

The wager: "I'll bet \$1000 against \$1 by Mr. Bell that I can beat him in a match race at any distance from 1500 meters to a marathon." While Higdon once ran a 2:21 marathon, he has no recent times to worry a true 2:25 marathoner.

"I'll invite runners who believe Mr. Bell is an impostor to pay \$10 or more to enter," said Higdon. "He can recruit runners who believe he's honest. If I lose, the pot goes to a Marion charity that Mr. Bell can name. If he loses, his pot goes to a charity of my choice. We'll call the race the 'John Bell Challenge.' We should be able to recruit Fred Lebow as the starter." □



## Walker, Steigerwalt Top Masters Postal Racewalkers

By JERRY WOJCIK

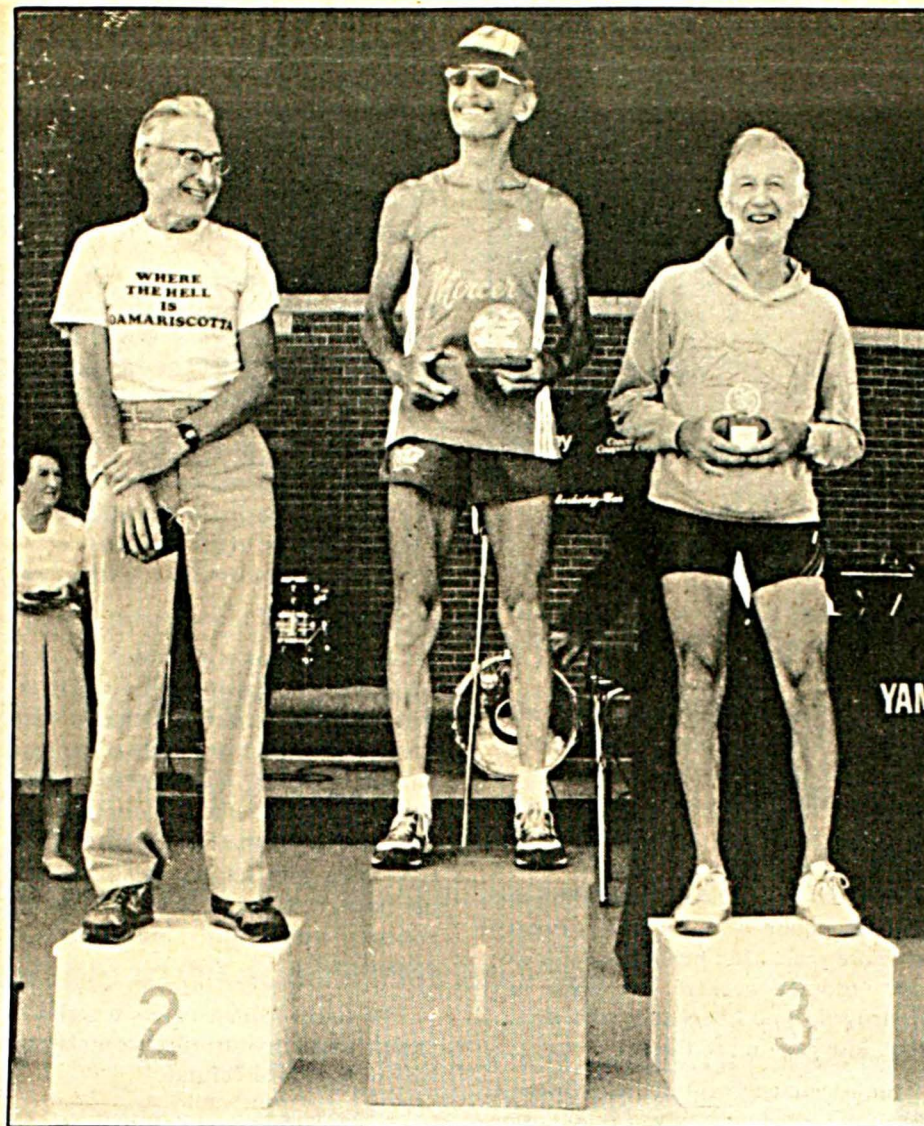
Former Olympian Larry Walker led the M40-44 division and all masters walkers in the 1986 U.S. TAC National Postal One-Hour Racewalk Championships with a 12,952m (8 miles, 84 yards) total in Santa Monica, Calif., on November 15. Ray McKinnis, M45 leader, had the second-highest total with 12,065m (7 miles, 873 yards) at Raleigh, N.C., on October 25.

Jolene Steigerwalt was the open winner as well as the W40-44 best with 10,131m (6 miles, 519 yards) in Santa Monica on November 15. Marsha Hartz, W45 leader, did 9,298m (5 miles, 1369 yards) for second W40-and-up in Arlington, Va., on November 16.

The 1986 event was co-ordinated by the Shore AC of New Jersey and Don Henry, who is also in charge of 1987 postal one-hour racewalk results, which is not, however, a U.S. TAC National championship as it was in previous years.

Interested walkers can contact Mr. Henry for the entry forms and information at 24 Fairview Ave., Bricktown, NJ 08724.

The National Two-Hour Racewalk is being co-ordinated by Bruce Robinson, 6322 Eileen Ave., Los Angeles, CA 90043. □



10K M65-69 winners on the victory stand are, left to right, Bill Tribon, Jack Start and George Sheehan. (1986 National Masters 10K) Photo by Valentine

## Lester, Scott Winners in Las Vegas

By JERRY WOJCIK

Stephen Lester and Gail Scott, 40-and-over winners, hit the masters jackpot for \$2,000 and \$1,000, respectively, in the 21st Las Vegas Marathon in Las Vegas, Nev., on February 7.

Lester finished in 2:23:12, about 1½ minutes ahead of Bruce Mortenson, who collected \$1,000 for second M40-44. Scott won with a 2:49:48, ten minutes ahead of second W40-44, Sue Petersen, who pocketed \$500.

Other men's masters division winners: M45, Joe Fodor (2:35:52), \$500; M50, Bill Purcell (2:53:08), \$350; M55, Gaylon Jorgensen, who won \$1,000 with a 2:37:48, eight seconds over Alex Ratelle's M55-59 U.S. record on a turn-around course; and M60 plus, John Keston (2:54:33), \$100.

Winners of the women's masters races: W45, Gina Faust (3:06:33), \$150; W50, Judith Tucker (3:49:19), \$100; and W60 plus, Helen Dick (3:32:06), \$500.

In all, masters leaders shared \$10,700 prize money.

Open winners were Brad Hawthorne (2:14:04), \$4,000, and Sue Marchiano (2:41:06), who received \$3,000, which included a course-record bonus. □

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# Masters Health and Fitness

By GABE MIRKIN, M.D.

## Why You Lose Strength and Endurance With Aging

**W**hen you are young, your muscles are strong and durable and you can exercise for a long time. As you age, you can't exercise as hard or as much as you are more likely to injure yourself.

To cause a muscle to contract, your brain sends a message along nerves to that muscle. Each muscle is made up of thousands of stringy fibers in the same way that a rope is made up of thousands of smaller threads. Every muscle fiber has its own nerve that causes it to contract. If the nerve that supplies a muscle fiber is damaged, that muscle fiber cannot contract and degenerates and dies.

As you age, some brain and nerve cells die. When the nerve leading to a muscle fiber dies, that fiber will also deteriorate and die. So, with aging, you lose nerve cells which cause you to lose muscle fibers. When you lose fibers, the muscle becomes smaller and

weaker. This phenomenon is a major problem in people who have had polio. The polio virus destroys nerves so that each muscle fiber supplied by a dead nerve dies. After a person has had polio, the remaining muscle fibers enlarge so that many polio victims can function quite well. However, twenty or more years after having polio, a victim becomes weaker. The polio has destroyed some fibers and, with aging, they lose even more fibers.

So, as you age, your muscles become weaker, no matter how much you exercise. To protect yourself from injury, you should exercise less frequently and with less intensity. □

## Mammoth Athletics Camp to be Held in July

Two sessions of the Mammoth Athletics Camp will be held July 5-12 and July 12-18 in Mammoth Lakes, Calif. in the Eastern Sierra Nevada mountains.

The camp director is Dr. Ken Foreman, USA head coach for the 1980 Olympic and 1983 World Championships track & field teams, and 1988 Olympic team distance and throws coach.

He will be assisted by a staff of some of the finest coaches in America in the sprints, hurdles, road and cross country running, most field events and sports medicine.

Mammoth Lakes provides an ideal training environment with a resort atmosphere to encourage athletes with families to participate while enjoying a normal vacation. Camp headquarters will be at the Mammoth Mountain Inn, which offers either rooms or condo-type units with kitchen facilities. The inn has a restaurant, lounges, meeting rooms, spas and many resort amenities.

The camp format offers a series of training and instructional periods each day in a relaxed format.

Other coaches committed to the camp include:

+ Doris Brown Heritage (middle and long distance), national team and Olympic coach and current holder of the world mile record for women-over-40.

+ Dr. George Dintiman (speed and explosion), founder of the National Association for Speed and Explosion.

+ Dale Kennedy (distance), head coach, Montana State U.

+ John Smith (sprints and jumps), UCLA sprint track coach.

+ Tracy Smith (distance), coach, recently set world indoor masters mile record.

+ Vicky Vodon, DC, (biomechanics and sports medicine), noted chiropractor and sports physician to top athletes.

+ Dr. Paul Ward (weight training and throws), coach to many Olympians.

The camp program alone costs \$199 per week with special rates for families and groups, which includes transportation, video analysis, etc. Special reduced room and meal rates are available for camp participants and their families.

For further information, contact John Cosgrove at (213) 823-9448, or write to MAC Inc., 7411 Earldon, Playa del Rey, CA 90293. □



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To have Dr. Mirkin and/or Dr. Shangold speak to your organization, call: (301) 493-4074.

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The Tennessee TAC Masters Track & Field Championships  
June 19-21, 1987

To be held at the Tom Black Track on the Knoxville campus of the University of Tennessee, minutes away from the Great Smokey Mountains. TAC sanctioned. Open to all men and women age 30 and over. Competition, except for corporate relays, will be in 5 year age groups. Awards 3 deep in each division. Timing by Accu-Trac. Saturday night social. Hosted by the Oak Ridge Track Club and the Knoxville Track Club.

### - EVENTS -

Friday	Saturday	Sunday
Triple Jump	-Track- 110m, 400m Hurdles	-Field- Open 5K run on the track. Open to ages 15 and over. To be run in age group heats.
Pentathlon-(all divisions)	100m, 200m Dashes	Javelin
3K Run	400m, 800m, 1500m Runs	High Jump
	5K Race Walk	Long Jump
	3K Steeplechase	Pole Vault
	4x200 Corp. Relay	Shot Put
	4x400 Corp. Relay	Discus

Please send me \_\_\_\_\_ sets of entry forms/ meet information on the 1987 Tennessee TAC Masters Track & Field Championship.

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Mail to: TTMTFC

P.O. Box 3394

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Pagliano's Podiatric Pointers

## THE FOOT BEAT

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

### Knee Problems

**P**robably the most common knee problem among masters runners is chondromalacia patellae or 'runners knee.' It's the type of injury that usually gets worse with age and mileage.

The pain is usually described as an aching pain or pain in and around the knee cap. It is not necessarily point tender but rather a general aching which subsides when activity ceases. The pain usually occurs while walking up stairs, squatting or after sitting for a period of time. Most runners try to 'run through' the pain but this usually ends up aggravating the condition.

Treatment begins with a clinical examination. A seasoned sports medicine physician can usually palpate the knee cap and elicit pain. Tangential view x-rays may show the patellae in its malaligned position.

The most popular treatment of runners knee is rest. Avoiding running, squatting and stairs. Athletic activity may be resumed when the symptoms are gone.

Aspirin, ice and anti inflammatory medications have helped alleviate the symptoms. Moist heat may be applied after 72 hours — 20 minutes several times a day as required.

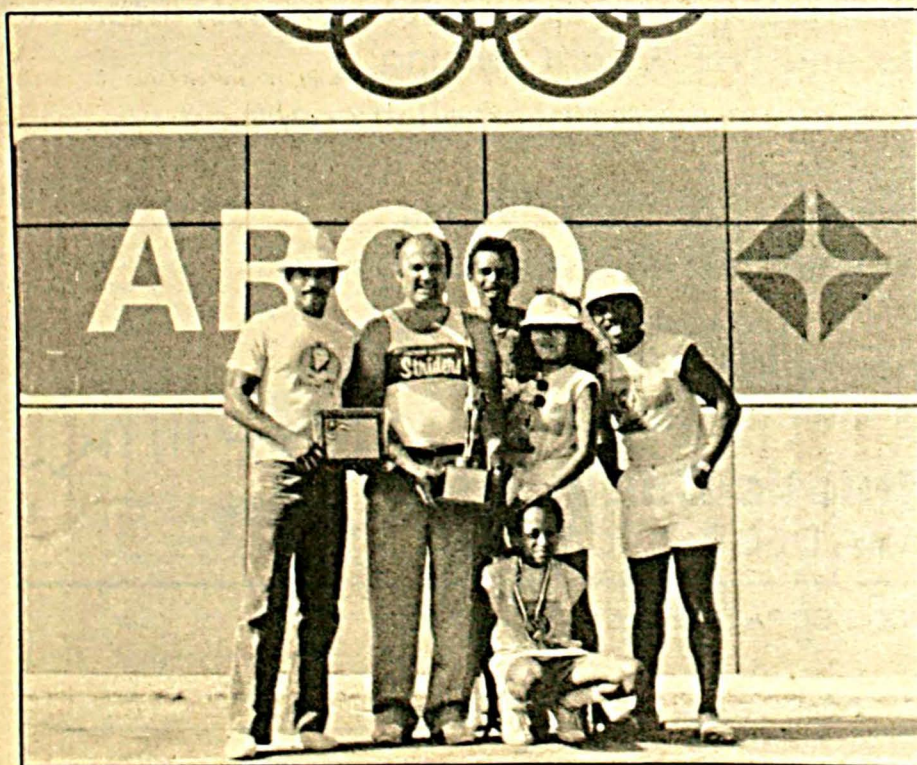
Examination of the foot and leg are essential. If a biomechanical problem

is evident, the use of foot orthoses is necessary to re-align the foot and leg and to avoid reoccurrence of the problem. The use of a neoprene knee sleeve while running has been of some use in mild cases.

Resistance exercises to strengthen the quadriceps may be used once the pain has disappeared. Straight leg lifts with increasing weights is recommended. A graduated running program is then initiated on an asymptomatic basis. The knee is iced for 10 minutes directly after the run and moist heat is applied as explained.

Good supportive running shoes with a proper orthotic shoe insert is then used to prevent re-occurrence. Surgery is rarely performed for this condition but in severe conditions, your sports orthopedic surgeon may opt for this method rather than discontinuing your running program. □

*(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.)*



Participants and directors of the First Annual California Masters Track and Field Team Championships at Los Angeles Southwest College. From left to right: Frank Little (L.A. Valley TC), second place; Juan Bustamante (Southern California Striders), first place; Marvin Thompson, meet director, Akemi Hanamoto and Glenn Johnson.

## 1986 Top World Weight Pentathlon Scores

by PHIL PARTRIDGE and BOB STONE

Results from 27 weight pentathlons conducted world wide in 1986 have been calculated by the latest age-factor scoring method, together with the IAAF scoring tables, 1962 edition. The accompanying table lists all scores over 3200. An age-factor score of 3500 is approximately equivalent to the U.S. Masters Standards of Excellence for individual events published in the National Masters News as part of the All-American Certificate Program.

There were more than 150 individual participants in weight pentathlons held in 1986 in the US, Canada, and Australia. A total of 16 age records were set in 1986 including a score of 4504 by Ed Hill, age 43, at the Wolfpack Fall Classic, Columbus, Ohio. This outstanding age-factor score is the highest ever made in Masters competition.

Meet directors of weight pentathlons are urged to exercise more care in recording exact age of each competitor and weight of implement used. Weight of implement thrown is particularly important for the shot and hammer due to the many different implements continuing in use around the country.

An updated listing of all Masters weight pentathlon age records will be published late this year to allow for inclusion of any marks set in 1987. □

### 1986 TOP WORLD WEIGHT PENTATHLON SCORES

Age	Name	Score	Date	
30	Rick Meindl	3290	9-14-86	USA
31	Gary England	3596#	9-14-86	USA
38	Mike Deller	3689	12-21-86	USA
38	Frank Reilly	3595	8-30-86	USA
38	Norm Bower	3316	9-14-86	USA
38	John Roehr	3258	4-12-86	USA
38	David Stebing	3258	7-26-86	USA
41	Rod Guy	3469	11-23-86	AUS
42	Warren Hardy	3503	4-12-86	USA
43	Ed Hill	4504#	9-14-86	USA
44	Carl Wallin	4100#	9-14-86	USA
45	Lloyd Higgins	4154#	12-21-86	USA
49	Tom Hancock	3232	3-1-86	AUS
51	Tim Tuomey	3487	5-3-86	USA
53	Stu Thomson	4084#	8-30-86	USA
54	Len Olson	3792#	5-3-86	USA
54	Carlos Fraundorfer	3437	3-9-86	USA
54	Joe Chadbourne	3250	5-11-86	USA
54	Pay Carstenson	3248	12-28-86	USA
54	Ray Feick	3231	9-14-86	USA
55	Len Olson	3833#	9-14-86	USA
55	Joe Chadbourne	3319	7-26-86	USA
56	Randy Cooper	3412	2-9-86	USA
57	Randy Cooper	3416	12-28-86	USA
58	Helmut Lange	3373	7-26-86	CAN
59	Bob Richards	3988#	2-9-86	USA
60	Bob Richards	4213#	4-20-86	USA
62	Aivers Pavulins	3736	7-13-86	AUS
62	Donald Reid	3356	12-28-86	USA
62	Jacob Stein	3239	7-26-86	USA
63	Jacob Stein	3237	12-28-86	USA
65	Bob Stone	3794	4-20-86	USA
65	Arvids Zakis	3332	7-20-86	CAN
65	Boo Morcom	3208	12-28-86	USA
66	Bob Stone	3774	8-30-86	USA
66	Arvids Zakis	3334	10-5-86	CAN
67	Charles Beaudry	3544	7-12-86	USA
67	Andy Jones	3510	3-9-86	USA
67	Gordon Nordgren	3497	5-3-86	USA
68	Elmer Shaw	3699	2-9-86	USA
68	Ham Morningstar	3250	2-9-86	USA
69	Elmer Shaw	3842#	12-28-86	USA
69	Ed Furgalis	3444	8-24-86	CAN
69	Ham Morningstar	3296	5-3-86	USA
70	Roy Foley	3871#	1-12-86	AUS
70	Pete Gulgin	3423	2-9-86	USA
72	John Fraser	3719#	12-21-86	AUS
72	Jim York	3377	4-20-86	USA
72	Bob Detweiler	3201	9-14-86	USA
73	Jim York	3696#	8-30-86	USA
74	Phil Partridge	3378#	2-9-86	USA
75	Phil Partridge	3369	5-3-86	USA
80	Arnolds Tichmanis	3496#	7-26-86	CAN
84	Everette Hosack	2698#	9-14-86	USA

#=Weight Pentathlon Age Record

Scored by Age-Factors with 1962 IAAF Scoring Tables



## Krueger First Master in National 50K Race Walk Championships in Carmel, California

Karl Krueger, M50-59 winner, of Pacific Grove, Calif., and a member of the sponsoring Monterey Peninsula Walk Walk Club, was the first master in the U.S. TAC National 50K Racewalk Championships for both senior and masters walkers, in Carmel, Calif., on February 22.

Krueger's time of 5:20:40 left second master, Regis Dandar, M40-49 first from Elizabeth, N.J., some seven minutes back. Jack Gray, M50-59, of San Francisco, was third in 5:45:24.

Jill Latham of Panorama City, Calif., was the first masters woman in 6:24:00.

The Golden Gate Race Walkers team of Bray, Huey Johnson, and Fred Dunn won the masters title.

Overall winners were Carl Schueler (4:00:19) of Colorado Springs, and Doris Attias (6:12:17) of Howell, N.J.

Of the 78 senior and masters starters, 6 were disqualified, and 22 did not finish. □

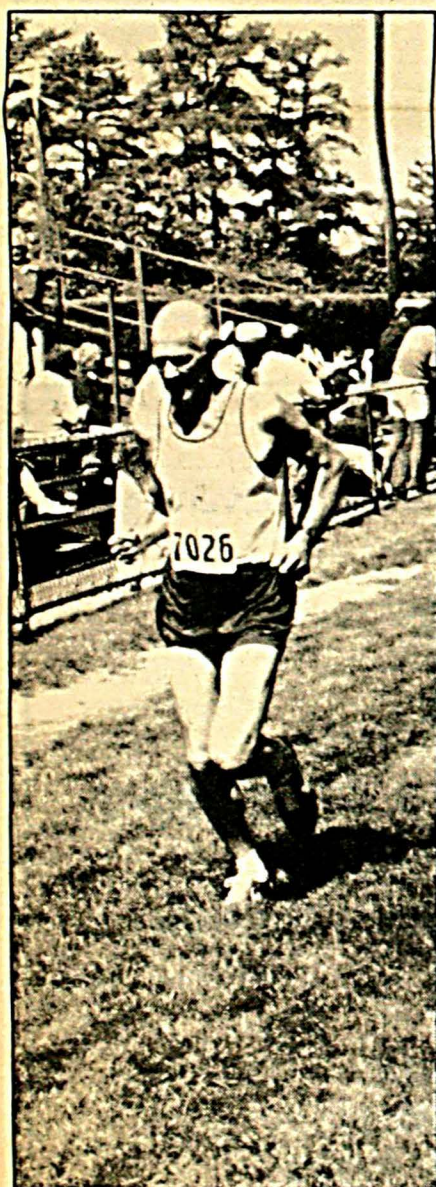
## Max Green Sets M55 15K Race Walk Record

by BEV LAVECK

Max Green, 55, of Taylor, Mich., was first master in the TAC/USA Senior and Masters Men's and Women's 15K Race Walk Championships in Wellington, Fla., February 7. His time of 1:20:10 is a new world M55-59 best (old mark by Karl Krueger, 56, 1:21:34 in 1986).

Canadian Max Gould bested Gor-

don Wallace's world M69 mark of 1:33:42 with a 1:31:24. John Elwarner, Mich., and Emily Williams, Fla., won the 40-49 divisions (1:24:47 and 1:33:44, respectively). Joy Clingman, Fla., (1:38:12) won the W50-59, and Bill Talmadge the 70+ division. Senior men's and women's winners were Tim Lewis, Colo. (1:04:35) and Debbi Lawrence, Kansas (1:13:40). □



Bob Phinney, 71, of Wellesley, Mass., third M70 (45:45) of 15 division entrants in Berkshire Masters 10K, Westfield, Mass.

Photo by Butch Harris

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I certify that the statements made by me above are correct and complete: Al Sheahen, Publisher.



## TAC/PACIFIC TRACK & FIELD CHAMPIONSHIPS AND OPEN MEN & WOMEN MASTERS MEN & WOMEN MAY 23, 1987



Los Gatos High School & Olympic Training Center

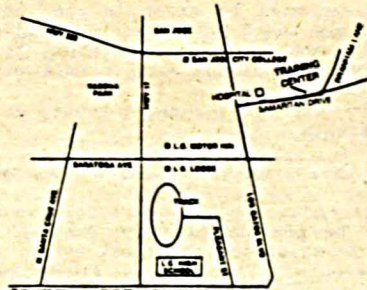
Sanctioned by TAC/PACIFIC ASSOCIATION  
Sponsored by LOS GATOS ATHLETIC ASSOCIATION

ENTRY DEADLINE WEDNESDAY, MAY 20, 1987

- ELIGIBILITY:** All men and women registered in Tac/Pacific Association. 1987 Tac Registration required. Registration available at meet \$10.00.
- ENTRIES:** Pre-entry required before Wednesday, May 20. Phone entry O.K. to May 20 — 354-5660.
- FEES:** \$7 per event, \$15 for relays. \$10 late entry if space available.
- NOTE:** Hammer will be contested at Olympic Training Center (See Map On Back).
- HEATS:** Will be run if required in 100 and 200. Heats will be contested in all age divisions that they are needed and the finals run at the end of allotted time slot. 400 will be run in timed sections based on times submitted on entry form.
- TIMING:** Fully automatic timing by Accutrack.
- FACILITIES:** All weather track surface 1/4 spikes only. Concrete throwing rings, grass javelin runway.
- AGE GROUPS:** Open 18-29, 30 and above in 5 year age groups. 30-39 competitors may compete in open events if they so desire, but must stay in that division except in relay. Age on May 23, 1987 determines age group.
- AWARDS:** Tac/Pacific championship medals to first three places in all events.

### TAC/PACIFIC CHAMPIONSHIP SCHEDULE May 23, 1987 at Los Gatos Track

8:00 5000 race walk	2:20 400 h open women	AT LOS GATOS HIGH
10:00 4 X 100 relay women	2:30 400 h 50+	FIELD MASTERS
10:10 4 X 100 relay master men	2:35 400 h 50+	9:00 AM Shot women 30-34/35+
10:20 4 X 100 relay open men	2:40 400 h 40+	9:00 Pole vault men 60-64/65+
10:30 100 m hurdles 33" women 30-39 and men 80	2:45 400 h 30+	10:00 Pole vault men 60-64/65+
10:35 100 m hurdles 33" open women	2:50 400 h open men	10:00 Shot men 50-64/65+
10:40 80 m hurdles 30" women 40+ and men 70+	3:00 320 hurdles master women, men 80+	10:00 Long jump women 30-34/35+
10:45 110 m hurdles 42" open men heats (if needed)	3:05 1500 m open women	11:00 Shot men 40-44/45-59
10:50 110 m hurdles 36" men 50-59	3:10 1500 m master women	11:00 Long jump men 60-64/65+
10:55 110 m hurdles 39" men 40-49	3:20 1500 m master men 80+	12:00 High jump men 60-64/65+
11:00 110 m hurdles 42" men 30-39	3:30 1500 m master men 50+	12:00 Shot put men 30-34/35-39
11:05 110 m hurdles 42" open men finals	3:40 1500 m master men 40+	12:00 Discus women 30-34/35+
11:10 100 m heats all divisions where needed	3:50 1500 m submaster men 30-39	12:00 High jump men 40-44/45-59
11:25 100 m final master women	4:00 1500 m open men	1:00 Discus men 60-64/65+
11:30 100 m final open women	4:10 400 m open women*	1:00 Pole vault men 30-34/35-39
11:40 100 m final master men—oldest to youngest	4:15 400 m master women*	1:00 Triple jump women 30-34/35+
12:15 100 m final open men	4:20 400 m master men 80+	2:00 Discus men 40-44/45-59
LUNCH BREAK	4:25 400 m men 55-59	2:00 Triple jump men 60-64/65+
12:30 800 m master women	4:30 400 m men 50-54	2:00 Javelin women 30-34/35+
12:35 800 m open women	4:35 400 m men 45-49	3:00 Triple jump men 40-44/45-59
12:40 800 m men 80+	4:40 400 m men 40-44	2:30 Javelin men 60-64/65+
12:45 800 m men 50+	4:45 400 m men 35-39	3:00 Discus men 30-34/35-39
12:50 800 m men 40+	4:50 400 m men 30-34	3:00 Pole vault open men to 18 ft
12:55 800 m men 30+	4:55 400 m open men*	4:00 Triple jump men 30-34/35-39
1:00 800 m open men	5:00 5000 m all women	3:00 Discus open men
1:10 200 m heats—oldest to youngest where needed	5:30 5000 m men 50+	4:00 Discus open women
1:20 200 m final master women	6:00 5000 m men 40+	5:00 Pole vault open men
1:30 200 m final open women	6:20 5000 m men 30+	6:00 Shot open women
1:35 200 m final master men—oldest to youngest	6:40 5000 m open men	6:00 Shot open men
2:05 200 m final open men	7:00 4 X 440 yd relays women masters, open men	6:00 Javelin men 30-34/35-39
REST BREAK	7:15 10,000 m open men, men 30-39	6:30 Long jump open women



\*Timed sections based on submitted marks on entry forms, if needed.

### HAMMER SCHEDULE AT OLYMPIC THROWING AREA IN LOS GATOS (See Map)

12:30 PM Junior Hammer
1:00 All women
1:30 Men-open
2:30 Men 60-64/65+
3:00 Men 40-49/55-59
4:00 Men 30-34/35-39

#### HOUSING:

Los Gatos Lodge, 354-3300, Los Gatos Garden Inn, 354-6446.  
Los Gatos Motor Inn, 354-9191, Village Inn, 354-8216.  
Toll House Motel, 395-7070.

### TAC/PACIFIC MASTERS & OPEN TRACK & FIELD CHAMPIONSHIPS

JOY UPSHAW AND WILLIE HARBATZ  
Meet Directors  
P.O. Box 1328, Los Gatos, California 95031  
408/256-0880

Name \_\_\_\_\_ Last \_\_\_\_\_ First \_\_\_\_\_ Address \_\_\_\_\_ (Number & Street)

Phone \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Date of Birth \_\_\_\_\_

Age as of May 23, 1987 \_\_\_\_\_

Events Entered & Best Recent Time or Mark \_\_\_\_\_

Club Affiliation \_\_\_\_\_

Amount Enclosed \_\_\_\_\_ Your 1987 TAC Number \_\_\_\_\_

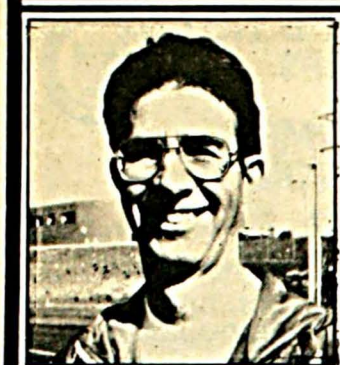
Make checks payable to Los Gatos Athletic Association. NO REFUNDS FOR DEFAULT

### WAIVER:

In consideration of your accepting my entry, I intending to be legally bound, do hereby for myself, my heirs, executors, and administrators, waive and release forever, any and all rights, claims or damages I may accrue against Los Gatos Athletic Association, TAC/Pacific Association, Los Gatos High School, Explorer Post #612, B13 and all sponsors of this race, their successors, representatives and assigns, for any and all injuries suffered by me while traveling to and from, and while participating in the TAC/Pacific Masters and Open Track & Field Championships held May 23, 1987 at Los Gatos High School, Los Gatos, California, and Olympic Training Center, Los Gatos, California.

Date \_\_\_\_\_ Signature \_\_\_\_\_





## MASTERS TRACK & FIELD REPORT

by JERRY ALAN DONLEY

Chairman, TAC Masters Track & Field Committee

### Report to TAC/USA Executive Committee by the Masters Track and Field Committee

The plan to submit a bid for the 1989 World Masters games in Eugene, Oregon, is proceeding on schedule.

The meet director is Tom Jordan, and Barbara Daugherty Kousky is assisting in the preparation of the bid. Split, Yugoslavia, is also preparing a bid, so the site selection will be highly competitive.

Hayward Field is being remodeled, so the track should be outstanding. The organizing committee is preparing its bid budget which will include costs for: travel to Melbourne, hospitality booklets, brochure, video, logo, and promotional items for the delegates. The organization committee is also looking for a corporate sponsor, which will give the committee a real financial

boost if some help can be obtained. A multi-language newsletter will be sent to WAVA delegates on a periodic basis to keep them informed and to educate them about Eugene, Oregon, and the reasons why it should be selected for 1989.

The excitement generated by the Millrose Games masters mile is a great boost for masters competitors in the

United States. The reports indicated that the crowd was excited about the race and that a new world record was set. We appreciate the meet organizer's efforts to include masters competitors and hope that this trend will continue. Some of the sprinters and field event competitors could also put on quite a show!

The Committee has initiated an All-American Award. Tables have been set up for every event and every age group that sets a standard. Every competitor who, during a sanctioned meet, equals or exceeds those standards, on application will receive a certificate indicating the individual is an "All-American." Many competitors who will never win a major event, but who are competing regularly and are in good physical condition and meet these standards, will now receive some recognition for their efforts. The response from the competitors has been quite favorable, and we hope it will encourage more competitors to participate in more meets.

Efforts are being made to rank the top competitors in each age group in each event. Recent top 5000-meter rankings include:

MEN		
40-44	Chris Loosely	15:16.9
45-49	Michael Heffernan	15:22.1
50-54	Ray Hatton	15:57.3
55-59	George Vernosky	16:54.5
60-64	James O'Neil	16:52.0
65-69	S. Richardson	19:21.2
70-74	Al Funk	20:45.0
75-79	Ed Benham	21:35.1
80-84	Nat Pisciotta	33:42.2
85-89	Paul Spangler	28:54.2

WOMEN		
40-44	G. Andersen	16:44.3
45-49	Nancy Parker	19:16.0
50-54	G. Brown	20:28.1
55-59	Marion Irvine	19:45.5

60-64	Jaclyn Caselli	22:44.8
65-69	Doris Tenning	28:12.0
70-74	Edna Berg	31:17.0
75-79	Bess James	29:19.8

1986 was a good year, and 1987 should be even a more significant year for the Masters Track & Field Committee. □



Web Williams, 62, of Burlington, Vt., first M60-64 (39:51) of 23 division finishers, Berkshire Masters 10K, Westfield, Mass.

Photo by Walt Westerholm



### BIRMINGHAM TRACK CLUB CLASSIC

AGE-HANDICAPPING TRACK AND FIELD MEET  
SATURDAY, MAY 9, 1987



**SITE:** Vestavia Hills High School, Six Lane Chevron Track (1/4" spikes)  
**ELIGIBILITY:** All men and women age 30 and up.  
**AGE-HANDICAPPING:** Contrary to most masters meets, there will not be the usual "age-group" competition. Instead, all ages and sexes will compete in the same "division", with the oldest runner getting a head start in each event. In the field events, an age-graded formula will determine the winners. A distance handicap will be given to each competitor in the 100, 220, 440 and 330h. A time handicap will be given in the 120h, 880, mile and 5K. Handicaps are based on tables compiled by TAC Records Chairman Peter Mundle and Dr. Track's Runners Time Standards. For a list of your handicaps send a SASE with age and events you would like to enter.  
**HEATS:** Heats will be run in the 100. The other running events will be run as seeded-sectioned finals.  
**TIMING:** Hand timing.  
**AWARDS:** Medals will be awarded to the first three places in each event.  
**FEES:** Early entry fee is \$5.00 for first event, additional events \$2.00. Early entries must be postmarked prior to May 5. Entry fees after May 5 will be \$8.00 for the first event, and \$4.00 for additional events. All relays \$10.00 per event.  
**DIRECTOR:** Gordon Seifert (205/879-8031).  
**ACCOMMODATIONS:** Special rates - Howard Johnson Motel (Hi-way 31 South, tel. 205/823-4300) including free transportation to/from airport.  
**EVENTS:**

7:30AM *5K	10:00 120 Hurdles	12:00 220	*Handicap: Sum
8:30 LJ, HJ, Shot	10:30 100 Trials	12:30 880	of handicaps for
Disc, Jav	11:00 100 Finals	1:00 330 Hurdles	the four runners.
9:00 *440 Relay	11:00 PV, TJ	1:30 *Mile Relay	*This is a BTC
9:30 Mile	11:30 440		Grand Prix Race.

ENTRY BLANK

NAME \_\_\_\_\_ SEX \_\_\_\_\_ AGE \_\_\_\_\_ (as of 5-9-87) Birthdate \_\_\_\_\_

ADDRESS \_\_\_\_\_ Street \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

EVENTS ENTERED (list best performance during the last 12 months):

1 \_\_\_\_\_ 2 \_\_\_\_\_ 3 \_\_\_\_\_  
 4 \_\_\_\_\_ 5 \_\_\_\_\_ 6 \_\_\_\_\_

PLEASE READ AND SIGN: I certify that I have decided to participate in the BTC CLASSIC with full knowledge that being physically fit and sufficiently trained are necessary to prevent any injury to myself. In consideration of the acceptance of my entry, I for myself, my heirs, devisees, executors, administrators and assigns hereby waive, release and discharge any and all claims against The Birmingham Track Club, Vestavia Hills High School, agents or representatives, arising out of my participation in the BTC CLASSIC. The Releasee further agrees to abide by all decisions of the Race Committee regarding rule and eligibility requirements. Releasee further agrees to release and hold harmless the Birmingham Track Club from any injuries or damages allegedly incurred by rule and eligibility decisions made by the Committee.

SIGNATURE: \_\_\_\_\_ Mail to: Birmingham Track Club  
 c/o Gordon Seifert  
 1514 Ridge Road  
 Birmingham, Ala. 35209

### 8TH ANNUAL

Kiwanis Club of Redlands = Evening

OUR MOTTO



"WE BUILD"

Redlands = = = California

## MASTER'S TRACK & FIELD MEET MAY 16, 1987

UNIVERSITY OF REDLANDS STADIUM

Address all inquiries together with a stamped, self-addressed envelope to:

**J.R. HEDRICK**  
**139 CARMODY ST.**  
**REDLANDS, CA 92373**  
**TEL. 714-792-2453 (H)**  
**or 714-798-1510 (O)**



## Write On Continued from page 2

someone surely will!); he will know he has had a good run!

Jack Foster  
Rotorua, New Zealand

## ALL-AMERICAN CERTIFICATES

The All-American certificate program has been a much-anticipated and waited-for opportunity since it was first announced last year. Thank you to every one who has been involved in developing this program.

Bob Miller  
Seattle, Wash.

The standards of excellence for All-Americans is a great idea. The certificates are fine. Maybe you could make a little extra money for the masters if you also made and sold patches to go with the certificates.

Tim Murphy  
Irving, Texas

What are the All-American standards of excellence for race-walking?

James Spitzer  
Baltimore, Ohio

(See Bob Fine's letter below —Ed.)

Masters Race Walking is under the jurisdiction of the Masters Track and Field Committee. In communicating with Jim Weed and Gary Miller, the co-chairmen of the Masters All-American Awards Committee, it was agreed that All-American Masters Awards for Race Walking should be given. Jim and Gary are not familiar with performance levels in race walking and have requested that the masters race walking community present them with standards for men and women in the 5K, 10K, and 20K race-walking events.

Accordingly, please forward to me your recommended standards for men and women in five-year groupings from age 40 to 89 in the 5, 10, and 20 K walks.

Please include your name, address and phone number. I would like to receive your recommendations within thirty days.

Robert Fine  
4223 Palm Forest Drive North  
Delray Beach, Florida 33445  
305/499-3370

I just got my first issue of *National Masters News* and saw the table for U.S. Masters Standards of Excellence. I was saddened to see that my events, Decathlon and Pentathlon, were not included.

Is there any chance these events will be included at a future date? I'm sure there are others like me who feel they have a good chance to achieve a standard of excellence in one of the combined events even though our chances for the same in an individual event are slim.

Dan Weyand  
Crescent City, Calif.

(The All-American Committee, headed by Jim Weed and Gary Miller, is working on decathlon and pentathlon standards. Please send suggestions to Weed or Miller—addresses on page two.—Ed.)

Some comments on the All-American program: 1) I am not very interested in the certificate, and if that is a large part of the expense of doing this, perhaps you could offer a "without certificate" option next year. 2) I am very interested in having these compilations become a published best marks list in each age group, each year (something that would be a major incentive to me). That is part of the reason that I'm concerned about the cost... some people qualifying may not wish to pay for the certificate, and their absence would devalue the list. Also, it is utterly crucial, in my opinion, that any published list include not just the name of the person, but also the mark achieved. Otherwise, why would the really top people (a 40-44 15' vaulter, for instance) bother with an award that could have been won by a 12' vaulter? 3) Thanks for doing the considerable work that you must be doing. It has the potential to be a real incentive. If the \$10 is mostly for compiling and verifying, then let people know that, and I think they will be more willing to pay.

Richard Stepp  
Arcata, Calif.

The U.S. Standards of Excellence publicized in the February 1986 *National Masters News* were a good idea.

These might be motivational force for athletes to see where they stand with relation to others. But where are the results?

We are now asked to pay \$10 for a piece of paper that certifies that we are "excellent."

Who gets the profit from this enterprise? Does it go into the TAC Masters general fund? If so, readers are entitled to an accounting.

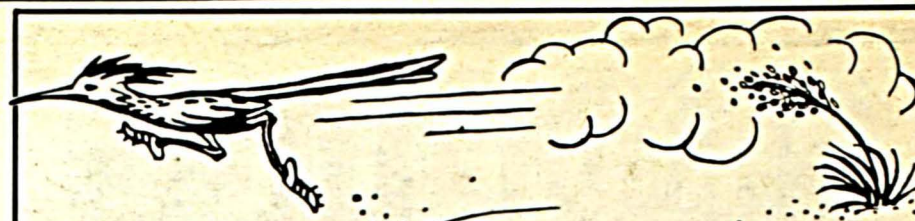
Or is it a scheme of riverboat gamblers to make a fast buck?

If so, it doesn't sit well with those of us who have spent hundreds of hours and dollars a year out of our own pockets to promote and stage masters events for a decade-and-a-half or longer.

Phil Partridge  
Boynton Beach, Florida

(Responding to both Stepp and Partridge, the All-American Certificate Program was conceived by the Masters Track & Field Committee of The Athletics Congress. The administrative details were designed by the Committee's All-American Subcommittee, headed by Jim Weed and Gary Miller. It proposed a \$10 fee go to the *National Masters News* for printing.

Continued on page 26



## DUKE CITY TAC MASTERS GAMES ALBUQUERQUE, NEW MEXICO

June 6 & 7, 1987

### AT NEW FAST UNIVERSITY OF NEW MEXICO TRACK

**THE FACILITY:** New University of New Mexico super-fast 8-lane polyurethane Versaturf track includes the latest in shot, discus, rings, javelin approaches and jumping aprons. Seating for 5,000 with unobstructed view of field and Sandia Mountains.

**TIMING:** Electronic Accu trac.

**EVENTS:** All running events from 100M to 5K, all field events, plus 4x100 and 4x400 relays, plus pentathlon.

**FEES:** \$6.00 first event, \$4.00 each additional event. \$15.00 unlimited events not to include the pentathlons. PENTATHLON \$5.00. Make checks payable to NMTAC.

**THE TOWN** Center of New Mexico, 55 miles from Santa Fe, 400,000 metro population. 5,000 ft. at base of 10,700 ft. Sandia Mts., reached by USA's longest gondola tram or famous LaLuz trail run. Indian pueblo and museums in and around area. "World's nicest people." Home of famous Duke City Dashers. Great Mexican food.

**HOTELS:** Nearby track. In Radisson Inn some \$35.00 singles, \$40.00 double rooms reserved for participants. Radisson (800-228-9822) offers swimming, spa, privileges at nearby health and racquetball club. Mention Duke City Masters. Hospitality room sponsored by super-cooperative New Mexico TAC.

**INFORMATION:** Highlight of this and other New Mexico meets is to keep participants informed at all times. "Athletes' Information Center" located in warmup lounge.

**ENTRY FORMS:** Available in *National Masters News* in April. Entry deadline: June 1.

**CONTACT:** Neil Silver (505) 265 8234  
728 Loma Vista NE  
Albuquerque, N.M. 87106

**CONCURRENT MEET:** U.S. Air Force National Team Trials, same day at same track, featuring some world class athletes.

#### APPLICATION Duke City Master Games

NAME \_\_\_\_\_ PHONE NO. \_\_\_\_\_  
ADDRESS \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_  
AGE \_\_\_\_\_ SEX \_\_\_\_\_ DATE OF BIRTH \_\_\_\_\_ TAC # \_\_\_\_\_  
(required)

**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 New Mexico The Athletics Congress, Duke City Master Games, the University of New Mexico, 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.

DATE \_\_\_\_\_

SIGNATURE \_\_\_\_\_

**LATE ENTRIES:** Events may be added or subtracted June 6 in evening at Hospitality Room.

#### CHECK EVENTS

_____ 100M	_____ 5K	_____ HJ	_____ HAMMER
_____ 200M	_____ 110 HH	_____ PV	_____ PENTH
_____ 400M	_____ 300H	_____ LJ	_____ 4x100R
_____ 800M	_____ 400H	_____ TJ	_____ 4x400R
		_____ SP	
_____ 1500M	_____ 2-MILE RACE WALK	_____ DIS	

#### ORDER OF EVENTS:

##### Saturday, June 6

12:30 Pentathlon, 300H, 400H  
3:00 Javelin  
5:00 Hammer  
6:00 2-mile Race Walk  
7:00 5K

##### Sunday, June 7

9:00 HH, PV, HJ, SP	2:00 200M, F TJ
9:30 100M Trials & Finals	3:00 4x100
10:00 LJ	4:00 1500M
10:30 800M	5:00 4x400
11:15 400M	
BREAK	



# PROFILE

## Keizo Yamada: From Hero to Obscure Finisher

When Keizo Yamada crossed the finish line in the Honolulu Marathon last December, there was no special recognition, no extra applause, no fanfare. He was just another finisher in a crowd of nearly 10,000. At 5-foot-1 and 104 pounds, he was a rather obscure finisher at that.

Few, if any, of the bystanders realized that Yamada was once something of a national hero in Japan. That was a result of his victory in the 1953 Boston Marathon.

"It was at a time when Japan needed a hero," says Carl Ellsworth, who lived in Japan at the time. "They were really down after the war and patriotism had still not been restored. To have someone go to the United States and come back a winner was really something."

Yamada had finished 26th in the Helsinki Olympics with a 2:38:11 the year before and then recorded a 2:29:05 victory at Beppu before travel-

ing to Boston and scoring a 28-second win over Finland's Veikko Karvonen. Yamada's time was a record 2:18:51, although several years later it was discovered that the course was only 25 miles, 938 yards long.

"I did not expect to win at Boston," Yamada says in his native tongue, Ellsworth interpreting. "I really thought I was going to win in Helsinki, but everyone went out so fast there. I felt like a complete failure and lost confidence in my ability."

Yamada credits his victory at Boston to being much more relaxed as a result of not expecting to win.

There was a big reception for him in Tokyo upon his return.

Yamada took up running in 1948 and has never stopped. He says he ran about 400-kilometers (240 miles) a month in preparation for Helsinki and Boston. Conditions in Japan then were not conducive to heavy training. "We had to work long hours and there was not enough food," he explains. "And training was not very scientific then."

Although he didn't make the team that went to the Melbourne Olympics, Yamada captured the Japanese national marathon title in 1956 with a 2:33:12 and went on to win the 1956 Asahi Marathon with a fine 2:25:15, the fastest time by a Japanese runner that year. He also won the Japan championships at 5,000 (15:11) and 10,000 (31:09) on the track.

After finishing sixth at Boston in 1957 (2:33:22), Yamada decided to give



Keizo Yamada with interpreter and fellow competitor Carl Ellsworth.

up international competition. After all, he was nearly 30 years old, an age then considered a bit old for peak performances.

Yamada now puts in about 450 kilometers (270 miles) a month, more than in his heyday. "But it is much slower," he says. He gets up at 4 a.m. to do his training and then is off to work at a travel agency by 7 a.m. His

Continued on page 26

### MASTERS ATHLETIC GROUP TOUR

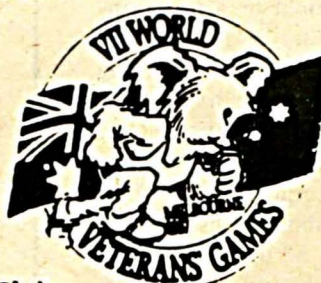
TO

MELBOURNE, AUSTRALIA

FOR THE

7TH WORLD VETERAN GAMES

NOV. 28, - DEC. 6, 1987



Sponsored by: L.A. Valley Athletic Club

We have obtained three (3) excellent air & hotel travel packages from Qantas Airways & Destination Pacific, land operators, for our group. For those athletes and their families and friends who will be going to Melbourne for the 7th World Games in 1987, we invite you to come along with us and we offer the following tour options:

1. **14 DAYS AND 12 NIGHTS.** Roundtrip air transportation from L.A. or S.F. to Melbourne, Australia. Includes 12 nights hotel accommodations, Nov. 26th to December 8, 1987. Transfers between airport and hotel, taxes and portage of two bags each person.

A. Townhouse Hotel or similar economy class hotel:	\$ 1,299.00
B. Chateau Hotel or similar 1st class hotel:	\$ 1,365.00
C. Hilton Hotel or similar Deluxe hotel:	\$ 1,533.00
D. Airfare only: (For those staying at the University facility or with Australian nationals)	\$ 922.00

2. **19 DAYS AND 17 NIGHTS.** Includes plan #1 plus 3 days in Sydney and 2 days in Cairns, Australia.

A. Ramada Gazebo Hotel & Colony Club Hotel:	\$ 1,569.00
B. Hyatt Kingsgate Hotel & Ramada Reef Hotel: (1st Class)	\$ 1,695.00
C. Hyatt Kingsgate Hotel & Ramada Reef Hotel: (Deluxe)	\$ 1,866.00

3. **25 DAYS AND 23 NIGHTS.** Includes plan #1 plus Sydney, Australia; Auckland & Rotorua, New Zealand and Tahiti & Moorea (hotels in Tahiti & Moorea are all 1st class)

A. Quality Inn, The Rotorua, Beachcomber, Bali Hai:	\$ 2,325.00
B. Sheraton Auckland, Sheraton Rotorua, Beachcomber, Bali Hai. (1st Class)	\$ 2,500.00
C. Sheraton Auckland, Sheraton Rotorua, Beachcomber, Bali Hai. (Deluxe)	\$ 2,700.00

4. **19 DAYS AND 17 NIGHTS.** Includes plan #1, plus 5 days in New Zealand, (Auckland and Rotorua).

A. Economy Class Hotel and Roundtrip Airfare:	\$1,750.00
Quality Inn, The Rotorua and Gazebo Ramada Inn.	
B. First Class Hotel & Roundtrip Airfare:	\$1,895.00
Sheraton Auckland, Sheraton Rotorua & Hyatt Kingsgate.	
C. Deluxe Class Hotel and Roundtrip Airfare:	\$2,065.00
Sheraton and Hyatt Kingsgate.	

L.A.- VALLEY GROUP TOUR  
1801 AVE. OF THE STARS, SUITE #1136  
LOS ANGELES, CA. 90067

Telephone: (213) 557-2422

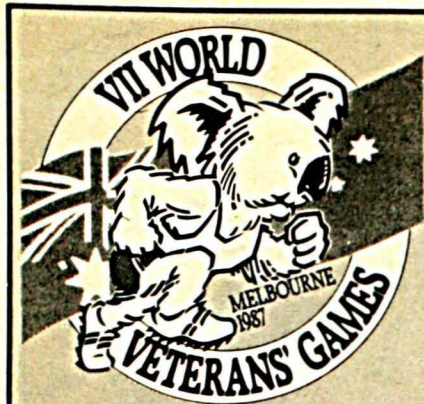
ATTN: BILL ADLER

I/We \_\_\_\_\_ are going to Melbourne to attend the 7th World Games. Enclosed please find \$\_\_\_\_\_ (\$150 per person deposit plus \$25. per person non-refundable registration fee) for \_\_\_\_\_ persons to hold reservation until September 1, 1987 when the full balance is due and payable. Please make checks payable to: L.A.-VALLEY GROUP TOUR.

PLEASE MAKE THE FOLLOWING RESERVATIONS:

GROUP PACKAGE NO. 1.	A. _____	B. _____	C. _____	D. _____
GROUP PACKAGE NO. 2.	A. _____	B. _____	C. _____	
GROUP PACKAGE NO. 3.	A. _____	B. _____	C. _____	
GROUP PACKAGE NO. 4.	A. _____	B. _____	C. _____	





7 Months To Go

## Countdown to Melbourne

### World Games Entry Form in This Issue

Continued from page 1

#### Many Advantages

The Games have several things going for them:

1) The main track in Olympic Park is reportedly the best and fastest track in Australia.

2) The track is located less than a mile from the center of the city.

3) A secondary track (for sprint heats, field events and warm-up) is located right next to the main track in Olympic Park.

4) The third track is at Melbourne University, where as many as 2000 athletes will be housed, and is only a 5-minute tram ride from the center of town.

5) The organizers of the Games, led by Executive Director Peg Smith and Competition Director Ray Callaghan, are knowledgeable and experienced veteran meet directors and participants, and are dedicated to making the Games a success.

6) The attitude of the Australian people is caring, helpful, good-natured and positive. Volunteers and townspeople, alike, will go out of their way to try to solve any problem. They'll use common sense, rather than rigidity, and are prepared to work long hours and do whatever is necessary to put on as-perfect-an-event as possible.

7) The transportation will be the smoothest of any World Games. Trams (trolleys, streetcars) and trains run everywhere. Athletes can buy a two-week, hassle-free pass for A\$22 (US\$15) — a bargain.

8) The city of Melbourne is a delightful experience. The people are friendly and there is much to see and do.

9) The rest of Australia — Sydney, Tasmania, the Great Barrier Reef, Ayers Rock — plus many optional South Pacific islands, offers the traveler a wide variety of post-Games sight-seeing activity.

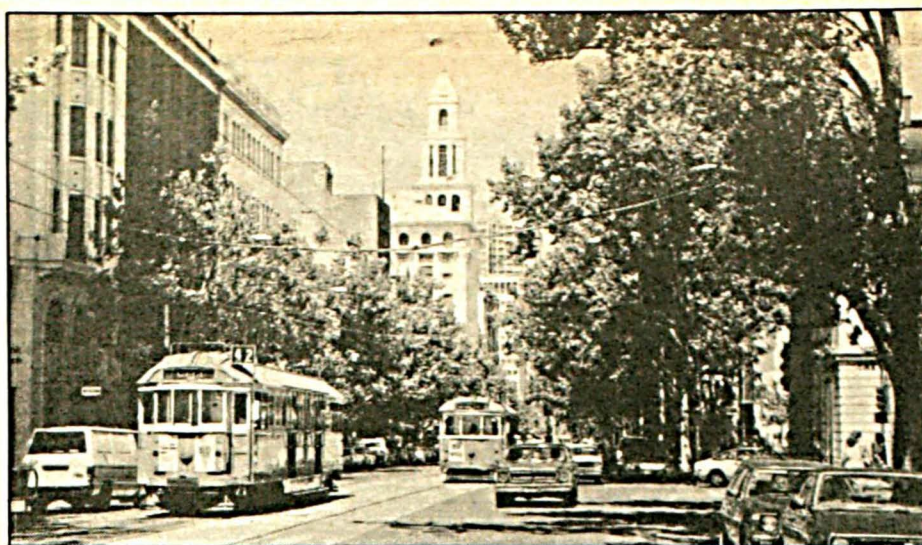
10) The governments of the city of Melbourne and the state of Victoria are providing a substantial amount of funding and services to the Games.

11) The temperature should be mild. The average high in December is 75F (24C), while the average low is a cool 55F (13C).

12) Registration, meeting rooms, message boards and results postings

will be underneath the grandstand at the secondary track. Overlooking that track is a restaurant, which will be available exclusively for World Games participants and their families.

13) The native language is English, which will make it easy on U.S. par-



Melbourne, Australia.

ticipants, for the first time in a World Games since 1981.

#### Two disadvantages

There are two possible downsides:

1) Rain. It rained three out of the four days I was in Melbourne, and

three out of four in Sydney and Cairns. A deluge wiped out a scheduled open/veterans track meet, and, as you may remember, another downpour obliterated half of the World Games Promo

Continued on page 18



### WHERE IN THE WORLD IS -

1. The largest international track & field championship to be held in '87?
2. It safe to travel?
3. The U.S. dollar strong and the exchange rate good?
4. Friendliness paramount?
5. Food as good as at home, in fact, tastes to suit all palates?
6. The largest exporter of fine wool, wheat, and opals?
7. The home of kangaroos, koalas, dingoes, wombats, the emu and the platypus?
8. The native habitat of the gum (Eucalyptus) and the wattle (Acacia)?
9. It summertime in December?
10. The largest monolith (Ayers Rock)?
11. The largest coral reef system?
12. It possible to be ACTIVE day and night. . . or daydream your adventures in lazy comfort?

ONE WORD SAYS IT ALL --- **Australia** --- ONE CALL DOES IT ALL

## NATIONAL MASTERS NEWS TOUR

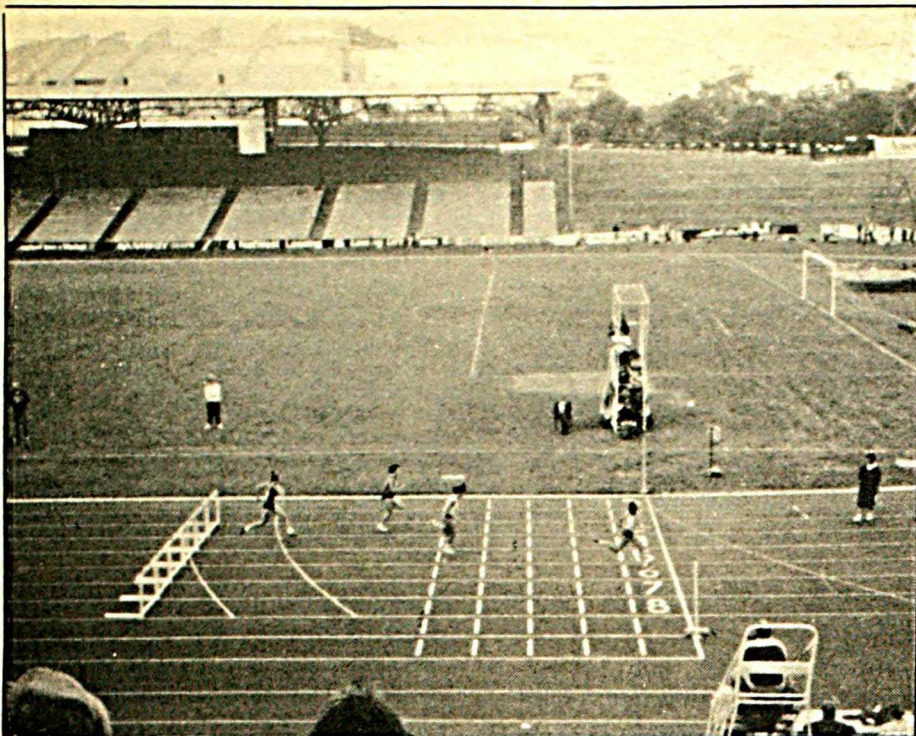
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This is not an official tour of TAC or WAVA, but an independent tour sponsored by The National Masters News and Sports Travel International, Ltd.





Olympic Park Stadium, Melbourne.

## World Games Entry Form in This Issue

Continued from page 17

Meet last December. Rain is seasonal, we're told, and the dates of the Games were picked to coincide with the dry season, when the average rainfall is two inches per month. I was told there was a chance of *no* rain during the nine

total Games' entries are light. If entries are heavy, some heats in those events will be held at the University track.

The 5000 and 10,000 will be run in sections as finals, with the best time

# IN TRAINING



## FOR THE VII WORLD VETERANS' GAMES

days of competition — or rain on *all* nine days. My bet is that we'll get rain at least two of the nine days — purely a guess. In any case, events can be postponed to the following day, if need be. The threat of rain shouldn't deter anyone from going. Just bring your rain gear.

2) Flies. The joke is that the "Australian Salute" is a fast motion of one's hand in front of one's face — to shoo away the flies which proliferate in Melbourne (but not in Sydney or Cairns). The pests are smaller than the U.S. breed, but fly much closer to your face. Locals seem to get used to them, but, for the visitor, they're not much fun.

### Heats and Finals

Ray Callaghan, the capable director of competition, says heats and finals of the 100, 200 and short hurdles will all be held at one of the two Olympic Park stadiums. (The second track is a 4-lane, 385-meter track with a 6-lane straight-away, so it is not suitable for any running event, except the hurdles and the 100.)

The finals of the 100, 200, 400, 800, 1500 and both hurdles will all be held at the Olympic Park main track.

The heats of the 400, 400H, 800 and 1500 will be held on the main track, if

from all sections determining the winners. Sections will be seeded with the fastest runners in the last section. Most 5000 and 10,000 races will be held on

Population:	15,704,300
Sydney	3,358,500
Melbourne	2,890,700
Brisbane	1,146,600
Adelaide	983,400
Perth	979,600
Canberra	250,000
Hobart	174,700
Darwin	66,100

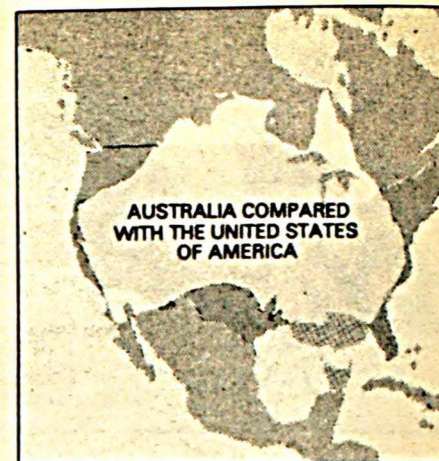
the University's rubberized asphalt track.

The more entries in the Games, the more races on the University track. The final site for each track event will not be determined until October.

### Field Events

All field events will be held on the Olympic Park grounds. The World Games Committee has gone to considerable expense to install three new throwing areas within the Olympic Park complex for the shot, discus, hammer and javelin.

The pentathlon will probably be held at the Olympic Park tracks.

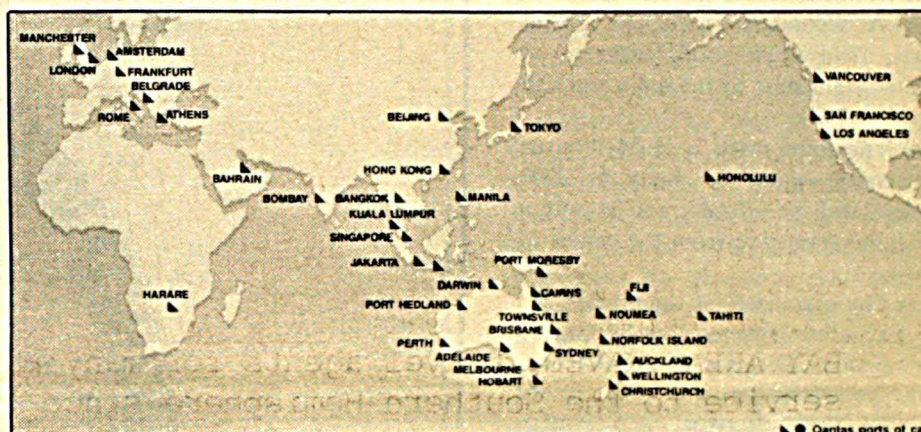


The marathon follows a flat, out-and-back course through city streets, parks, residential, dockside and seafront beach areas (including a topless stretch.)

The road walks follow the marathon course for a short stretch, and are well shaded. Both the marathon and walks finish in the main stadium.

### Entry Forms

Americans may send their entry



### Long Distance Events

The cross-country course is a 3-loop, 10K grass course, ideal for spectators, within a half-mile of the University. It's an undulating course with an uphill finish. Artificial barriers will be installed at points on the course.

forms directly to Melbourne, but you can save the international bank draft fee, and make life much simpler for the Australians, by sending your entry form to your tour organizer, who will purchase *one* Australian bank draft

Continued on page 27





# BAY AREA TRAVEL

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-- International SPORTS Tours Division --

WORLD VETERANS GAMES ECONOMY TOUR  
Melbourne, Australia

• 28TH NOVEMBER

6TH DECEMBER 1987 •



**\$1289 !!! \$1289 !!! \$1289 !!! \$1289 !!! \$1289 !!! \$1289 !!! \$1289 !!!**

Journey with us to "The Land Downunder" for the VII World Veterans Games in Melbourne, Australia. Your hosts will be legendary Aussie Ultra-Distance Runner, BILL EMMERTON ....well-known USA Coach, SKIP STOLLEY....and the Sports Tour professionals of BAY AREA TRAVEL, travel agents for many major sports teams and leaders in travel service to the Southern Hemisphere since 1969.

## \$1289 TOUR INCLUDES:

- . Round Trip Air Fare on AIR NEW ZEALAND  
Departing Los Angeles/San Francisco Monday, 23 November, 1987--  
Arriving Melbourne Wednesday, 25 November
- \*\*\* WORLD VETERANS GAMES Saturday, 28 November - Sunday, 6 December \*\*\*  
Returning Tuesday, 8 December -- Arriving LA/SFO Tuesday, 8 December
- . 13 nights of single room, dormitory housing at Melbourne University
- . Breakfast & Dinner daily
- . World Veterans Games Travel Bag & T-Shirt
- . Processing of your Australian Visa Application & WAVA Entry Form

**PLEASE NOTE!** Only 30 of these special Economy Tours are available on a first-come basis at this incredible \$1289 price!!

## **HOW TO MAKE YOUR RESERVATION:**

- . Send a Deposit of \$250, plus a non-refundable \$25 Reservation Fee (\$275 total). Make your check payable to "Bay Area Travel WVG Economy Tour".
- . Balance of payment will be due 90 days upon our confirmation of your reservation (no later than September 1, 1987).
- . Your \$250 Deposit is fully-refundable until July 1, 1987. No refunds can be made after July 1.

**!!! GO WITH US, MATES !!!**

Offices in Santa Monica and Century City

Many other Tour Packages available. Call or write for details.



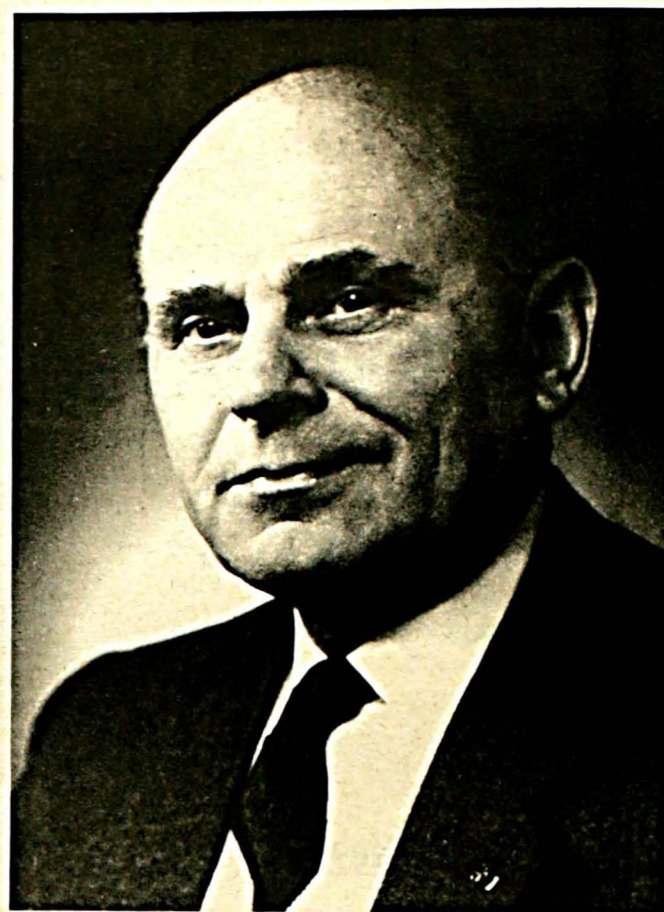
## WAVA NOMINATIONS

**JACQUES SERRUYS****A VETERAN FOR  
THE VETERANS!**

At the WAVA's committee meeting in Melbourne, December 1986, Jacques Serruys (Belgium), at present WAVA's vice-president, has been appointed as candidate for the presidency in view of the elections which will take place at the General Assembly in Melbourne, December 1987. If elected, and this is a wish and hope of everybody familiar with the veterans movement, Jacques will succeed his friend Don Farquharson, who, according to the rules had to resign as president — and this after a successful period of 10 years.

Jacques Serruys started his athletic career in 1944 as a 800-1500 meter runner, fell in love with long distance running, participated and finished several marathons and 100 km races all over the world.

As an athlete and/or as a delegate, Jacques attended quite a number of meetings and organizations such as the WAVA world championships in Toronto, Goteburg, Hannover, Christchurch, Puerto-Rico, Rome, the IGAL championships, Island of Man, France, Japan, Germany, England, Scotland, New Zealand, USA, Canada, Israel. He is a real WORLD VETERAN!



Everyone knows or should know him as the driving force of the world-known International 25km Race for Veterans at Bruges, Belgium. He is the founder and father of the veterans movement in Belgium and the publisher-editor of a monthly journal for veterans since 1974.

Besides being the president of the World Association of Veteran Long Distance Runners, Jacques Serruys is a member of the IAAF Veteran Committee, the Veteran Athletic Committee of the Belgian Athletic Association, vice-president of the Sports Council of the City of Bruges and vice-president of the Sports Council of Flanders.

His longtime local, European and worldwide experience and his zealous dedication to the veterans movement make him the right veteran to serve all veterans!!



The WAVA Committee at the meeting in Melbourne.

Left to right:

Jacques Serruys (Belgium)  
Bob Fine (USA)  
Don Farquharson (Canada)  
Alastair Lynn (Canada)  
Owen Flaherty (Spain)  
Hans Axmann (FRG)  
Bridget Cushen (England)



# Your INVITATION To



## VII WORLD VETERANS' GAMES

### MELBOURNE AUSTRALIA

28th November - 6th December 1987

**WELCOME**

**CLOSING DATE**  
for entries  
31st AUG  
1987

*I have pleasure in inviting veteran athletes from countries all around the world to come to Melbourne, Victoria, to participate in the VII World Veterans Games.*

*I fully endorse this invitation because of the admiration and respect I have for athletes who have reached the veteran stage yet maintain the motivation, dedication and commitment to athletically test themselves against the best in the world.*

*Nothing influences our lives more than competition. It was competition which put a man on the moon and when you think of it, every advancement of mankind has occurred through some form of competition of another. The organisers of veteran games recognise the importance of sustaining an athletic competitive edge by men and women after they reach the age of 40 and 35 respectively.*

*The flame of human spirit is not extinguished through age, quite the contrary, and these veteran games afford us all the opportunity of engaging in competitive encounters with the ultimate objective of being the best in the world.*

*It's for this reason that I look forward with enormous enthusiasm to the 28th of November, 1987 when we in Melbourne can welcome some 5,000 competitors from over 50 countries to participate in what I am confident will be the most exciting and rewarding World Veterans' Games.*

Please join us.

Bob Ansett, Managing Director, Budget

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## REGULATIONS & QUALIFICATIONS

### Section: 1.

- The VII World Veterans' Games are open to all MEN born on or before 28 November 1947, and all WOMEN born on or before 28 November 1952 who are physically fit for competition.
- Competition is conducted under IAAF/WAVA rules subject to any special rules laid down in this invitation.
- Entry signifies that each competitor will follow the rules of the organising and technical committees.
- The appointed safety officers have the right to disqualify competitors whose performance is considered dangerous to themselves or any other competitor.

## AGE CATEGORIES

### Section: 2.

W35	born	29 Nov 47	to	28 Nov 52	Inclusive
M40 and W40	born	29 Nov 42	to	28 Nov 47	Inclusive
M45 and W45	born	29 Nov 37	to	28 Nov 42	Inclusive
M50 and W50	born	29 Nov 32	to	28 Nov 37	Inclusive
M55 and W55	born	29 Nov 27	to	28 Nov 32	Inclusive
M60 and W60	born	29 Nov 22	to	28 Nov 27	Inclusive
M65 and W65	born	29 Nov 17	to	28 Nov 22	Inclusive
M70 and W70	born	29 Nov 12	to	28 Nov 17	Inclusive
M75 and W75	born	29 Nov 07	to	28 Nov 12	Inclusive
M80 and W80	born	29 Nov 02	to	28 Nov 07	Inclusive
M85 and W85	born	29 Nov 97	to	28 Nov 02	Inclusive
M90 and W90	born before			29 Nov 97	"

## ENTRIES

### Section: 3.

- All entries MUST be recieved by 31 AUGUST 1987. Official Entry Forms or Photocopies must be used.
- Confirmation of acceptance will be returned immediately. If confirmation is not received by SEPTEMBER 15th Telex 152673 (Cobber).
- Advice on entries in Relays and Weight Pentathlon will be given on arrival in Melbourne. These two events are NOT part of the 7 event limit.

## DOCUMENTATION

### Section: 4.

### TO BE INCLUDED WITH ENTRY FORM

- Certified proof of birth date (eg: Birth Certificate, or Passport details). If not complied with, proof must be presented at the INFORMATION CENTRE on arrival.
- Booking for Australian "BUSH BASH" (See item 23).
- Booking for Local Public Transport Cards (see item 20).
- Accommodation Booking.

CONFIRMATION WILL BE FORWARDED UPON RECEIPT OF YOUR ENTRY

Continued on next page



Continued from previous page

**ENTRY FEES**

- a) Compulsory WAVA fee  
b) Registration and 1st Event  
c) Each additional Event  
(A maximum of 7 events only is allowed)

**Section: 5.**

\$15.00AUD  
\$25.00AUD  
\$10.00AUD

**AWARDS — INDIVIDUAL EVENTS****Section: 6.**

- a) Medals will be awarded for the first three places for all age groups in all events.  
b) Certificate of participation for all entrants.  
c) Commemorative medals for all marathon finishers.

**AWARDS & CONDITIONS — TEAM EVENTS**

- d) Medals will be awarded to each scoring member in teams that gain a 1st, 2nd, or 3rd in its team-group. (see below) Teams will be formed by country.  
e) Relays 4x100m and 4x400ms in groups:-  
M40, M45, M50, M60-69, M70plus, W35-49, W50Plus.  
f) **MARATHON, ROAD WALKS AND CROSS COUNTRY** will be scored on aggregate times by teams of the first five of each country to finish in the following groups:-  
M40, M45, M50, M55, M60-69, M70Plus, W35-49, W50 Plus  
g) An athlete may move down an age group for team scoring, but can still participate as an individual in their own age group.

**EVENT CONFIRMATION****Section: 7.**

Confirmation of Entry lists will be displayed in the **INFORMATION CENTRE**. Competitors must sign this list which will be **REMOVED 1 HOUR** before the start of their event. **FAILURE TO SIGN COULD RESULT IN EXCLUSION FROM THE EVENT**. Competitors **MUST** report to the designated station area of their event at least 20 minutes before the start of that event.

**QUALIFYING REQUIREMENTS - TRACK****Section: 8.**

In all lane track events requiring heats and/or semi finals, the following qualifying conditions will apply: In non-lane events, these conditions may be varied.

- 8 Lane Track — Winners and at least next 4 fastest will advance.  
6 Lane Track — Winners and at least next 2 fastest will advance.

**Probable Limits:**

- 800 metres, 12 per heat, 8 to final.  
1500 metres, 16 per heat, 12 to final.

If there are insufficient starters to warrant a scheduled heat, then the semi final will be conducted at the scheduled starting time of that heat. The final will always be held at its scheduled starting time.

**QUALIFYING REQUIREMENTS — FIELD**

- Long Jump, Triple Jump and Throwing Events:  
The best 8 performers (including those sharing 8th position) in the 3 preliminary trials, will qualify for the final 3 trials.  
High Jump and Pole Vault:  
Competitors may nominate one height below standard set by organisers.  
Progression — High Jump — 3cm — Pole Vault — 5cm

**DIVISIONS (SECTIONS)****Section: 9.**

- a) In all track events over 1500m, and all field events (except High Jump and Pole Vault), age groups with very large entries will be formed into divisions, on ability basis, with the best performers competing last.  
b) In Track events, age group winners will be decided on the overall best times from all divisions.  
c) In field events except the High Jump and Pole Vault, divisions will operate only for the three preliminary trials. The best 8 performers (including those sharing 8th position) from all divisions in each age group will advance to the 3 final trials after all divisions in that age group have completed the 3 preliminary trials.

**IMPLEMENTS****Section: 10.**

With the exception of vaulting poles all implements for field events will be provided by the Organisers. Those competitors wishing to use their own equipment may do so, but it must be certified by the Equipment Officer at least 90 minutes before the event.

**SPIKES****Section: 11.**

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

**WEIGHT OF THROWING EQUIPMENT****Section: 13.**

AGE	SHOT PUT	DISCUS	HAMMER	JAVELIN
<b>WOMEN</b>				
38-49	4.00 K	1.00 K	4.00 K	600GMS
50 PLUS	3.00 K	1.00 K	3.00 K	400GMS
<b>MEN</b>				
* NEW IAAF SPEC.				
40-49	7.26 K	2.00 K	7.26 K	800GMS*
50-59	6.00 K	1.50 K	6.00 K	800GMS*
60-69	5.00 K	1.00 K	5.00 K	600GMS
70 PLUS	4.00 K	1.00 K	4.00 K	600GMS

**HEIGHT AND DISTANCE BETWEEN HURDLES****Section: 12.**

AGE	RACE DIST.	WOMEN				MEN				TO FINISH
		HURDLE HEIGHT	TO 1ST HURDLE	BETWEEN HURDLES	TO FINISH	RACE DIST.	HURDLE HEIGHT	TO 1ST HURDLE	BETWEEN HURDLES	
35-39	100m	.840m	13.00m	8.5m	10.05m	110m	.991m	13.72m	9.14m	14.02m
40-49	80m	.762m	12.00m	8.0m	12.00m	110m	.914m	13.72m	9.14m	14.02m
50-59	80m	.762m	12.00m	8.0m	12.00m	100m	.840m	13.00m	8.50m	10.50m
60-69	—	—	—	—	—	80m	.762m	12.00m	8.00m	12.00m
70PI	—	—	—	—	—	—	—	—	—	—
35-39	400m	.762m	45.00m	35.00m	40.00m	400m	.914m	—	—	—
40-49	400m	.762m	45.00m	35.00m	40.00m	400m	.840m	—	—	—
50-59	300m	.762m	50.00m	35.00m	40.00m	300m	50.00m	35.00m	35.00m	40.00m
60-69	—	—	—	—	—	—	—	—	—	—
70PI	—	—	—	—	—	—	—	—	—	—

Steeplechase distance for age-groups M60 and M65 shall be 2000m, there is no steeplechase for age groups M70 and above.

**VENUES (all within 2KM of City Centre)****Section: 14.**

- a) **TRACK AND FIELD** — Olympic Park No 1 and No 2 grounds  
— Olympic Park Environs  
— Melbourne University Track.  
b) **MARATHON** — 6.00 a.m. start Olympic Park, flat, fast, out and back course along sea front. Traffic Control for maximum of 5 hours, slower runners will use footpaths. (Every finisher will receive their time).  
c) **CROSS COUNTRY** — Royal Park, 3 laps undulating course on grass and soft surfaces (spikes recommended).  
d) **ROAD WALKS** — Around Melbourne Botanic Gardens adjacent to Olympic Park.

**ENTRANCE PASSES****Section: 15.**

Two free passes will be provided to all competitors for entrance to competition venues.

**RESTRICTIONS****Section: 16.**

- a) **TIMETABLE** — In the Track Events, slower competitors will be required to move to the Outer Lanes to complete the event if this becomes necessary to allow the next event to start on time.  
b) **SPONSORS & PHOTOGRAPHY** — Written permission must be obtained from the Organisers for the following purposes.  
1. Sponsor Display  
2. Sale of Goods  
3. Photography on the Field

**HANDICAPPED PARTICIPANTS****Section: 17.**

Handicapped Competitors who need to be assisted by a guide may compete, provided that the guide does not impede any other competitor. Such competitors must advise the Organisers of their handicap when they report for their event, as well as noting it on their Entry Form.

**INFORMATION****Section: 18.**

- a) **INFORMATION OFFICE**  
Registrations will be open from Thursday 26 November Olympic Park No 2, Swan Street, Melbourne.  
b) **MELBOURNE AIRPORT**  
Enquiries can be made at the Australian Airlines desk on arrival.

**MEETING ROOMS****Section: 19.**

Rooms will be available for meetings at Olympic Park. Bookings can be made by any accredited groups at the Information Centre.

**TRANSPORT****Section: 20.**

A special card valid for all transport (trams, trains and buses) at all times during the World Veterans Games will be supplied to all competitors, family members and guests (together with a transport map) at a reduced price:- \$22.00AUD. Transport cards must be ordered prior to arrival and can be picked up at the Information Centre. Special buses will be provided for early starts and peak competition times.

**CATERING****Section: 21.**

First Class meals at reasonable prices will be available on competition days at Olympic Park. Light snacks and drinks will also be available. The cafeteria will be open for lunches at the University track.

**HOST—A—VET****Section: 22.**

Competitors will have an opportunity to experience hospitality being offered by the people of Melbourne. Invitations will be offered to attend dinners, barbecues, swim parties, sightseeing and many other varied activities. Details will be on the **HOST—A—VET** notice board at the Information Centre.

Continued on next page



Continued from previous page

**AUSTRALIAN "BUSH BASH" SUNDAY 7 DECEMBER 3 P.M.****Section: 23.**

A memorable finale to a great event, a party which will reflect all the true spirit of Australian Bush Bands and Dancing., Australian "Tucker" (Food), Other entertainment and Door Prizes. Your last opportunity to arrange when you will all meet again. Dress and atmosphere relaxed and informal. "We guarantee you enough to eat"

**MEETINGS****Section: 24.**

A notice board at the Information Centre will display details of the following meetings:-

WAVA General Assembly  
Regional Areas  
Womens' Assembly  
Sport Medicine Seminar  
Sport for the Mature Age Seminar.

**ACCOMMODATION****Section: 25.**

Accommodation is held in all categories. Prices from \$40 — \$160 per night per room. Bookings can be made on payment of \$20AUD administration fee which is not refundable except in the event of WVG being unable to make a provisional reservation. Applications should be made on the official form accompanied by the fee.

**RESULTS BOOK****Section: 26.**

Can be ordered and paid for during Games at the Information Centre.

**THE PENTATHLON****Section: 27.**

**MENS EVENTS** — Long jump, discus, 200m, Javelin, 1500m.  
**WOMENS EVENT** — Sprint/Hurdles, Shot Put, High Jump, Long Jump, 800m.

Scoring tables for these events will be issued with Entry Confirmation papers.

1985 WAVA PENTATHLON SCORE TABLES (May be adjusted for 1987)  
(BASIC UNIT FIRST — 1000 POINTS SECOND)

MEN	LONG JUMP	JAVELIN	200M	DISCUS	1500M
40	3.60-6.94	10.00-65.56	34.00-22.88	10.00-51.67	7.25-4.05
45	3.40-6.44	10.00-55.46	35.00-23.88	10.00-47.04	7.35-4.15
50	3.20-5.98	10.00-50.00	36.00-24.88	10.00-50.00	7.45-4.25
55	3.00-5.50	10.00-45.72	37.00-25.88	10.00-45.72	8.00-4.40
60	2.80-5.03	10.00-45.72	38.00-26.88	10.00-45.72	8.15-4.55
65	2.60-4.60	10.00-41.25	40.00-28.88	10.00-42.26	8.45-5.25
70	2.40-4.22	10.00-37.78	42.00-30.88	10.00-38.58	9.15-5.55
75	2.30-3.97	10.00-33.81	45.00-33.88	10.00-35.00	9.45-6.25
80 PL	2.00-3.54	10.00-30.00	48.00-36.88	10.00-30.00	10.15-6.55

1985 WAVA PENTATHLON SCORE TABLES (May be adjusted for 1987)  
(BASIC UNIT FIRST — 1000 POINTS SECOND)

WOMEN	80 / 100M H	SHOT PUT	HIGH JUMP	LONG JUMP	800M
35	27.34-14.00	3.50-16.00	1.01-1.68	2.66-6.00	4.15-2.10
40	25.00-12.50	3.50-15.00	1.01-1.60	2.66-5.70	4.22-2.17
45	25.00-13.23	3.50-14.03	1.01-1.51	2.66-5.37	4.29-2.24
50	26.50-14.00	3.50-14.62	1.01-1.45	2.66-4.89	4.37-2.32
55	26.50-15.38	3.50-13.50	.95-1.35	2.66-4.33	4.45-2.40
60	28.00-16.88	3.50-12.60	.90-1.26	2.50-3.93	4.55-2.50
65 PL	28.00-18.00	3.50-11.50	.85-1.19	2.45-3.70	5.05-3.00

**THE 1ST WORLD VETERANS WEIGHT PENTATHLON CHAMPIONSHIP****Section: 28.**

This event will be held on Monday 7th December, 1987. Details of this event will be supplied when you arrive in Melbourne.

Events — Discus, Shot Put, Javelin, Hammer, Weight.

**EVENTS AND CODES****Section: 29**

CODE	EVENT	CODE	EVENT
1	100M	ST	3KM Steeplechase (M40-59)
2	200M	ST	2KM Steeplechase (M60pl.)
4	400M	SW	5KM Track Walk
8	800M	RW	10KM Road Walk (Women)
15	1500M	RW	20KM Road Walk (Men)
5	5000M	CC	10KM Cross Country
10	10000M	M	Marathon
8H	80M Hurdles (M70pl-W40pl)	LJ	Long Jump
OH	100M Hurdles (M60-69)	TJ	Triple Jump****
	(W35-39)	HJ	High Jump
1H	110M Hurdles (M40-59)	PV	Pole Vault
3H	300M Hurdles (M60-69)	SP	Shot Put
	(W50-59)	DT	Discus Throw
4H	400M Hurdles (M40-59)	JT	Javelin Throw
	(W35-49)	HT	Hammer Throw****
		P	Pentathlon

**CURRENCY IN AUSTRALIA**  
(as at 28th. January 1987)

One English Pound  
One U.S. Dollar

AUD\$2.35  
AUD\$1.52

**Section: 31****MELBOURNE 1987**

Approximate track starting time 11.00 hrs (5km & 10km 17.00 to 22.00 hrs) Marathon 6.00hrs  
Pentathlon and Cross Country 8.00 hrs Events listed in probable order.

	MEN 40	MEN 45	MEN 50	MEN 55	MEN 60	MEN 65	MEN 70	MEN 75	MEN 80PL
SAT 28TH NOV	400mH h Triple J 100m h 800m h Discus 100m sf 10km	400mH h High J 100m h 800m h Hammer 100m sf	400mH h Pole V 100m h 800m h 100m sf	400mH h 100m h 800m h 100m sf Shot 10km	300mH h Long J 100m h 800m h 100m sf Long J 10km	300mH h Javelin 100m h 800m h 100m sf Javelin 10km	Shot 800m h 100m h	800m h Shot 100m h	Shot 200m h
SUN 29TH NOV	20K Walk Long J 400mH sf 100m f Javelin 800m f 200m h	20K Walk Triple J 400mH sf 100m f Discus 800m f 200m h 10km	20K Walk High J 400mH sf 100m f Hammer 800m f 200m h 10km	20K Walk Pole V 400mH sf 100m f 800m f 200m h	20K Walk 100m f 100m f Shot 200m h	20K Walk Shot 100m f Pole V 800m f 200m h	20K Walk 100m f Pole V 800m f 200m h 10km	20K Walk 100m f Pole V 800m f 200m h 10km	20K Walk 80H f 800m f Pole V 200m f 10km
TUES 1ST DEC	400mH 200m sf 200m f Shot 5km	400mH Long J 200m f 200m f Javelin 5km	400mH Triple J 200m sf 200m f Discus 5km	400mH High J 200m sf 200m f Hammer 5km	300mH Pole V 200m sf 200m f 5km	300mH 200m sf 200m f 5km	Hammer 200m f High J 5km	Hammer 200m f High J	Hammer High J 5km
THURS 3RD DEC	C/C PENT.	C/C PENT.	C/C PENT.	C/C PENT.	C/C PENT.	C/C PENT.	C/C PENT.	C/C PENT.	C/C PENT.
FRI 4TH DEC	110mH h Pole V 400m h 1500m h 400m sf 5k Walk	110mH h 400m h 1500m h Shot 400m sf 5k Walk	110mH h Long J 400m h 1500m h 400m sf 5k Walk	110mH h Triple J 400m h 1500m h 400m sf 5k Walk	110mH h High J 400m h 1500m h Hammer 400m sf 5k Walk	110mH h Hammer 400m h 1500m h High J 400m sf 5k Walk	80mH h Discus 400m h 1500m h Triple J 1500m h 5k Walk	80mH h 400m h 1500m h Discus Triple J 400m h 5k Walk	100m h Discus Triple J 400m h 5k Walk
SAT 5TH DEC	110mH h High J 3k Stple 1500m f Hammer 400m f	110mH h Pole V 3k Stple 1500m f 400m f	110mH h 3k Stple 1500m f 400m f Shot	110mH h Long J 3k Stple 1500m f 400m f Javelin	110mH h 2k Stple 1500m f 1500m f Discus	110mH h 2k Stple 1500m f 1500m f Triple J 400m f	80mH h 2k Stple 1500m f Javelin 400m f Long J	80mH h 2k Stple 1500m f 400m f Javelin Long J	1500m f 130m f Javelin 400m f Long J
SUN 6TH DEC	Mara	Mara	Mara	Mara	Mara	Mara	Mara	Mara	Mara
	4x100m relays for groups M40 plus / 45 plus / 50 plus / 55 plus / 60 plus / 70 plus. 4x400m relays for groups M40 plus / 45 plus / 50 plus / 55 plus / 60 plus / 70 plus.								

**VII WORLD VETERANS GAMES**

The WOMENS HAMMER and TRIPLE JUMP are NEW CHAMPIONSHIP EVENTS

	WOMEN 35	WOMEN 40	WOMEN 45	WOMEN 50	WOMEN 55	WOMEN 60	WOMEN 65PL
SAT 28TH NOV	100mH h 1500m h 400m h 10km	80mH h 1500m h 400m h 10km	80mH h Hammer 1500m h High J 400m h 10km	80mH h 1500m h 400m h Long J 10km	80mH h Discus 1500m h Triple J 400m h 10km	80mH h Discus 200m h Triple J 10km	Hammer 80mH h High J 200m h 10km
SUN 29TH NOV	10K Walk 100H f Hammer 400m f 1500m f High J 100m h	10K Walk 80H f Hammer 400m f High J 1500m f 100m h	10K Walk 80H f Discus 400m f 1500m f 100m f	10K Walk 80H f 400m f Shot 1500m f 100m h	10K Walk 80H f Javelin 1500m f Long J	10K Walk 80H f 800m f 800m f 200m f Long J	10K Walk 80H f Discus 200m f Triple
TUES 1ST DEC	100 sf 100m f Discus Triple J 5km	Discus 100m sf 100m f Triple J 5km	Javelin 100 sf 100m f Long J 5km	100m sf 100m f 5km	100m sf Shot 100m f 5km	Shot 5km	Javelin Long J 5km
THURS 3RD DEC	C/C PENT.	C/C PENT.	C/C PENT.	C/C PENT.	C/C PENT.	C/C PENT.	C/C PENT.
FRI 4TH DEC	400mH h 200m h 800m h Javelin 200m sf Long J 5k Walk	400mH h Javelin 200m h 800m h 200m sf Long J 5k Walk	400mH h Shot 200m h 800m h 200m sf 5k Walk	300mH h Hammer 200m h 800m h 200m sf High J 5k Walk	300mH h 200m h 800m h 200m h 5k Walk	100m h 400m h 5k Walk	100m h Shot 400m h 5k Walk
SAT 5TH DEC	400mH f 800m f Shot 200m f	400mH f Shot 800m f 200m f	400mH f 800m f 200m f	300mH f 800m f Discus 200m f Triple J	300mH f 800m f 200m f High J	1500mH f 100m f 400m f High J	1500mH f 100m f 400m f
SUN 6TH DEC	Mara	Mara	Mara	Mara	Mara	Mara	Mara
	4x100m relays for groups W35 plus / 40 plus / 50 plus. 4x400m relays for groups W35 plus / 40 plus / 50 plus.						

Continued on next page



Continued from previous page

## 1985 GAMES LOWEST MARKS

Section: 30

## LAST PLACE MARKS IN VI WORLD VETERANS GAMES—ROME, ITALY—JUNE 22-30, 1985

(If you can better the mark in your event in your age group, you wouldn't have finished last in Rome)

	100	200	400	800	1500	5000	10000	3000SC	110M	400M	HJ	PV	LJ	TJ	SP	DT	HAM	JAV	MAR
M40	14.0	29.5	1:14	2:35	5:22	20:52	46:34	13:31	20.7	1:12	1.40	3.20	4.50	9.54	9.14	18.06	32.24	20.12	5:41
M45	15.2	32.7	1:13	2:41	5:31	21:43	50:46	13:13	23.2	1:18	1.53	2.22	4.22	10.17	7.05	24.74	30.14	36.22	5:01
M50	15.3	32.2	1:15	2:48	5:36	21:39	48:39	13:18	20.8	1:14	1.40	2.80	3.50	9.93	7.91	20.06	27.02	19.72	5:02
M55	17.5	33.9	1:14	3:08	6:30	24:15	53:06	15:20	22.8	1:27	1.30	2.40	3.13	9.16	6.63	19.48	13.12	17.40	5:14
M60	16.6	35.2	1:22	3:10	7:00	27:26	53:33	11:35	25.3	1:32	1.20	2.20	3.67	8.60	7.40	22.12	23.68	21.22	5:35
M65	19.0	43.5	1:42	2:53	6:21	25:17	54:09	9:03	25.2	1:36	1.25	1.80	3.37	8.26	6.87	22.03	21.56	18.20	5:14
M70	18.0	50.4	1:45	4:11	8:09	31:49	70:34	11:42	24.6	2:02	1.15	1.80	2.85	7.06	8.01	23.78	21.26	13.60	7:20
M75	20.7	49.4	2:11	3:48	8:11	28:47	77:14	11:29	21.8	---	1.00	1.80	2.66	6.15	6.84	17.54	13.28	18.80	5:24
M80	26.7	56.8	1:36	4:56	7:50	28:31	55:08	---	41.2	2:05	1.00	1.75	2.80	5.34	4.61	10.12	11.80	8.00	7:20
M85	23.8	51.7	1:56	5:04	8:05	28:54	63:58	---	---	---	---	---	---	---	---	---	27.30	---	---
M90	100	200	400	800	1500	5000	10000	---	---	---	---	---	---	---	---	---	---	---	---
M95	17.7	32.0	1:17	3:03	6:11	23:39	43:35	---	19.4	---	1.38	---	3.22	---	5.48	24.26	---	18.04	4:32
M40	21.3	34.0	1:16	2:52	5:34	26:20	56:11	---	17.7	---	1.35	---	3.55	---	5.31	16.44	---	11.04	4:34
M45	19.5	35.5	1:16	3:30	5:53	25:05	52:31	---	15.4	---	1.23	---	3.39	---	5.80	18.32	---	19.60	4:29
M50	22.2	38.8	1:17	3:41	7:42	22:37	57:22	---	19.1	---	1.13	---	3.13	---	4.95	9.34	---	15.06	4:57
M55	19.0	41.6	1:30	3:22	7:20	25:46	58:42	---	18.6	---	---	---	2.24	---	4.55	17.18	---	15.24	4:05
M60	18.9	41.8	1:44	4:11	6:32	29:03	51:03	---	15.5	---	1.08	---	3.11	---	5.58	---	---	12.76	4:30
M65	22.8	48.3	1:38	3:49	7:47	30:19	---	---	---	---	---	---	2.49	---	5.26	---	---	9.40	6:12
M70	20.4	48.0	1:45	4:42	8:21	29:23	64:55	---	---	---	---	---	2.31	---	5.32	---	---	11.70	---
M75	20.9	46.7	2:58	6:13	7:42	30:54	65:58	---	---	---	---	---	2.35	---	5.64	---	---	8.62	5:46

## CALENDAR FOR EXTRA ACTIVITIES

Section: 32

1. Australian Dairy Corporation - Sports Medicine Education Seminar  
9.00 am - 5.00 pm. 7.30 pm - 10.00 pm. Wed. 2nd Dec.
2. "Carbo - Loading Party" Frid. 4th Dec.
3. Special Train to Sovereign Hill - Ballarat Mon. 30th Nov.  
Historical Township celebrates Veteran Athletics.
4. Visit to Zoo and Wildlife Sanctuary.
5. The Fairy Penguin Parade - Phillip Island.
6. Visit a variety of Wineries for wine tastings.
7. Meet a local Melbourne Family (Host-A-Vet) for a few hours of hospitality.
8. Seminar "Grey Power in Sport" Mon. 30th Nov.
9. Women Delegates Conference 9am - 11am. Tues. 1st Dec.
10. WAVA General Assembly Wed. 2nd. Dec.

## VII WORLD VETERANS' GAMES

## ACCOMMODATION APPLICATION

Section: 33.

(Please write clearly, in English)

To: VII World Veterans' Games

P.O. Box 282, Essendon, 3088

AUSTRALIA

Telephone: (03) 375 1900 Telex: AA 151673 COBBER

Title: Mr./Mrs./Ms.

First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_

Country: \_\_\_\_\_ Post Code: \_\_\_\_\_

Number of persons; Name(s) of accompanying persons:

## SPECIAL REQUESTS

(Please Advise)

Date of arrival: \_\_\_\_\_ Date of departure: \_\_\_\_\_ Number of nights: \_\_\_\_\_

Please indicate 1st and 2nd preference. A B C D E

Enclosed Administration Fee: AUD\$20.00

10% Deposit \_\_\_\_\_ AUD\$ \_\_\_\_\_

Total Deposits \_\_\_\_\_ AUD\$ \_\_\_\_\_ Bank Drafts only from overseas.

## NO RESPONSIBILITY ACCEPTED FOR CASH, SENT BY POST

Accommodation price range from AUD\$50 to AUD\$150 per twin room

Please indicate 1st and 2nd preference.

	Australian Dollars
A. Deluxe	115 — 160 per room
B. Superior	80 — 115 per room
C. Tourist	50 — 80 per room
D. Budget (Some share facilities)	40 — 50 per room
E. University (Limited rooms available)	
Dinner, Bed & Breakfast	45 (single)

## CONDITIONS (Please read carefully)

- 10% of payment is required on confirmation of booking.
- Full payment is due by 1st August 1987.
- Administration charge is non-refundable.
- Full refund of balance up to 60 days prior to arrival.
- 10% charge per person 60-15 days prior to arrival.
- No refund less than 15 days prior to arrival.

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



## ENTRY FORM

VII World Veterans' Games, P.O. Box 282,  
ESSENDON, VICTORIA, 3040, AUSTRALIA.

TO ARRIVE AT THE ABOVE ADDRESS  
NO LATER THAN 31st. AUGUST 1987.

FAMILY NAME: \_\_\_\_\_ PREFERRED FIRST NAME: \_\_\_\_\_

STREET NAME and NUMBER: \_\_\_\_\_

CITY: \_\_\_\_\_ STATE: \_\_\_\_\_

COUNTRY: \_\_\_\_\_ POST CODE: \_\_\_\_\_

NATIONALITY: \_\_\_\_\_ DATE OF BIRTH: \_\_\_\_\_

SEX (MAN/WOMAN) \_\_\_\_\_ AGE GROUP: \_\_\_\_\_

## EVENTS ENTERED

(A maximum of 7 events only is allowed.) Check the Entry Book for the Events you can enter

EVENT	BEST PERFORMANCE *
No. 1. Entry	_____
No. 2. Entry	_____
No. 3. Entry	_____
No. 4. Entry	_____
No. 5. Entry	_____
No. 6. Entry	_____
No. 7. Entry	_____

Compulsory:-

WAVA Fee \_\_\_\_\_ AUD \$15.00

First Event \_\_\_\_\_ AUD \$25.00

Additional Events \_\_\_\_\_ x AUD \$10.00 each AUD \$ \_\_\_\_\_

(Maximum 6 extra events (AUD \$60.00))

Total Registration and Entry Fee \_\_\_\_\_ AUD \$ \_\_\_\_\_

AUD = AUSTRALIAN DOLLAR (see section 31 for currency conversion.)

\*Best Performance 1986/87 or estimate of what is expected at these Games, providing it is not  
better than previous performances of 1986/87.

(List of performances submitted, will be sent to various national bodies for verification.)

PLEASE LIST YOUR OUTSTANDING PERFORMANCES  
OLYMPIC / NATIONAL / STATE

## PAYMENT DETAILS

AUD\$

1. Registration and Entry Fees: \_\_\_\_\_
2. Australian "BUSH BASH" \_\_\_\_\_ x \$25.00 each \_\_\_\_\_
3. Transport Card \_\_\_\_\_ x \$22.00 each \_\_\_\_\_
4. Accommodation Deposit \_\_\_\_\_

TOTAL PAYMENT ENCLOSED AUD\$ \_\_\_\_\_

ALL OVERSEAS payments must be made by BANK DRAFT in AUSTRALIAN DOLLARS

Payable to: VII WVGOB Bank Draft (No personal cheques accepted)

## DECLARATION

1. I declare that I am in good health and have conditioned myself properly for competition.
2. I relieve WAVA (World Association of Veteran Athletes) and VII World Veterans' Games Organising Body Inc. Their sponsors, and any person appointed by them, absolutely of any responsibility for any injury or loss sustained in connection with the Games.
3. I understand and accept that the Games are staged in accordance with the WAVA Constitution and Bylaws. Also any individual from IAAF sanctioned countries can complete regardless of race, religion, politics, colour, nationality or place of residence.

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



A • U • S • T • R • A • L • I • A

# THE WORLD IS RUNNING TO MELBOURNE!

**NOVEMBER 28—DECEMBER 6, 1987**

Catch all the thrills and excitement of one of the world's greatest international sports festivals: the VII World Veterans' Games, coming to Melbourne November 28 through December 6, 1987!

## One of the world's prestige track and field events

And it promises to be a record-breaker! At the bi-annual event's 1985 meeting in Rome, 4,330 athletes from 47 nations took part—and more than 38 age-group world records were established!

The Games are a sports spectacular, the equivalent of a track and field Olympiad for older athletes. Even now, the world's finest age-group athletes, men 40 years and older and women 35 years and up, are honing their skills, preparing to put themselves to the test against competitors in their own age divisions.

## A friendly competition in one of the world's friendliest cities

Melbourne knows a thing or two about hosting an international athletic festival. In fact, the Veterans' Games' track and field events will be held in Olympic Park, the world-class facility used when Melbourne greeted the world for the 1956 Olympic Games!

Melbourne again welcomes the world and offers:

- An exciting array of quality hotels, restaurants, shops and night spots.
- An on-going calendar of cultural events that has earned Melbourne an unparalleled reputation in the visual and performing arts in Australia.
- One-of-a-kind ambiance that combines the charm of turn-of-the-century Victorian architecture with 20th-century sophistication.
- The inviting, warm weather of the late Australian spring.

## On your mark ... set ... go!

Getting there is easy. All airlines serving Australia fly to Melbourne. You might even want to come early or stay late and enjoy a pre- or post-games tour!

Plan today to make tracks ... to Melbourne! The VII World Veterans' Games, November 28 through December 6, 1987: a first-class event in a first-class city.

For more information, return this coupon to:  
Victorian Tourism Commission  
3550 Wilshire Blvd., Suite 1736  
Los Angeles, CA 90010  
Or call: (213) 387-3111



Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_

Zip \_\_\_\_\_

**THE VII WORLD VETERANS' GAMES**

NM-4







## World Games Entry Form in This Issue

Continued from page 18

and forward all entries (of their tour group) to Melbourne at one time.

Prices on the entry form are expressed in Australian dollars. At press time, one Australian dollar is worth US 68 cents. Or, one U.S. Dollar is worth A\$1.47. Thus, the first event, which costs A\$25, translates to US\$17, and each subsequent event (A\$10) costs US\$6.80. Not bad.

### University Dorms

The University is composed of 11 colleges. Each college has its own dining room. One central cafeteria serves all 11 colleges, and will be a likely meeting place for athletes staying in the dorms.

Dorm residents can use the University's gym, tennis courts, swimming pool and other facilities. Most of the World Games massuses will be stationed at the University. Dorm residents receive two free meals per day, and, if you're at the track all day, you can arrange for a hot meal to be waiting for you in the microwave.

### Special Events

On Monday night, November 30, the secondary stadium (where the secondary track is being built inside an existing dog-racing track) will feature dog racing for the public and World Games participants. Each race will be named with a World Games theme. A typical Australian professional running-handicap race will be staged, as well as an exhibition masters-handicap 100-meter race.

The WAVA General Assembly meeting will be held on Wednesday, December 2, at either the secondary stadium (seats 200) or the Melbourne Town Hall (seats 500).

That evening, a Sports Medicine Conference, featuring Dr. George

Sheehan, Steven Subotnick and other panelists, will be held.

### Travel Costs

The cost of flying to Australia in its spring (U.S. autumn) peak season is normally about US \$1500 round trip from California. But the U.S. masters tours are offering air fare and accommodations for less than \$1400. (And, at the university, two free meals a day.) It's a bargain.

### Melbourne

Melbourne offers a wide variety of sight-seeing activities and tours: a half-day orientation, a half-day in the Dandenong Mountain Ranges, a full-day Australian Wild Life Tour, shopping tours, and more.

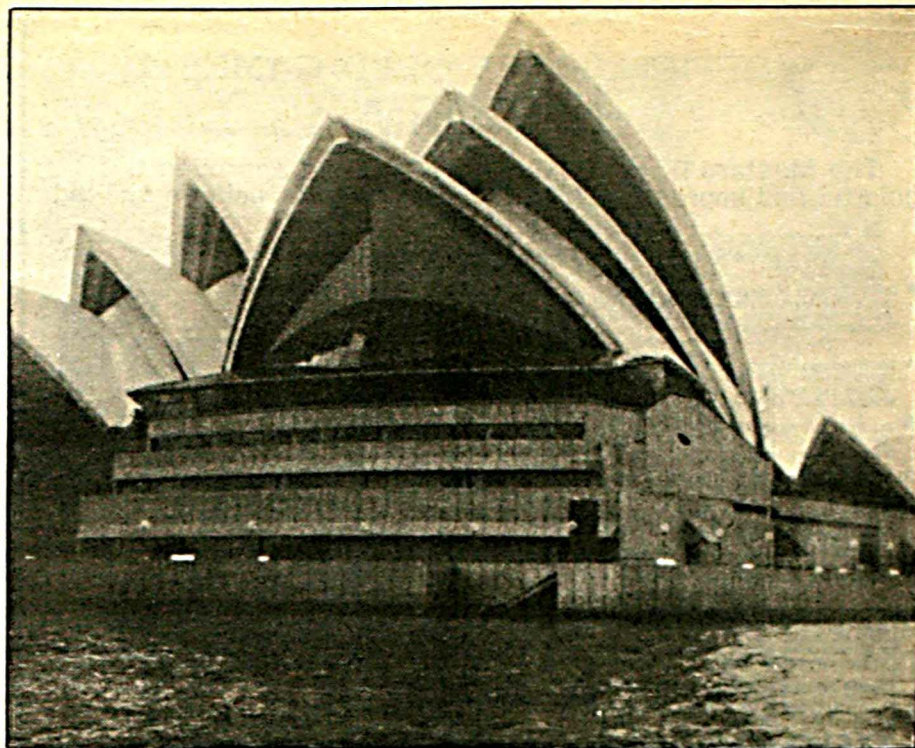
Melbourne is a combination of Europe and America. Its trams and wide streets remind one of Boston, or San Francisco. Its combination of 19th century and modern architecture are akin to Rotterdam or Mainz, West Germany. Its plentiful parks and greenery stir memories of London or Hannover, West Germany.

The Victorian Arts Centre is a magnificent structure which took 27 years to build and was only finished in 1985. It houses four theaters — for opera, ballet, plays, concerts, etc. A restaurant stays open late. And all this is within a mile of the Olympic Park venues.

For the adventurous, horse-race betting, dog-race betting and prostitution are all legal.

The city is laid out in grid fashion, so it's easy to find your way around. During the Games, it will stay light till 9 p.m. Everyone drives on the left, a la England, and the temperature is given in Celsius only.

There is no visible poverty in



Famed Sydney Opera House.

Melbourne. The Australian unemployment insurance does not cut off after 26 or 39 weeks, as does the U.S. system. A person looking for work can get benefits for many years. Health care is virtually free, and other welfare benefits are impressive. As a result, the homeless people commonly found on U.S. streets do not exist in Australia. There is a minimum of crime, and it is safe to walk the streets at night.

Sample prices (in U.S. dollars):

Coca-cola: 56¢; pie: 50¢; hamburger: \$1.40; Soup: \$1.25; Movie: \$4.00; T-bone steak: \$6.50; Leg of lamb (the nation's specialty): \$6; phone call: 20¢.

Investors may wish to deposit funds in Australian banks, which are currently paying 16 percent interest.

### Optional Tours

Most U.S. masters tours are offering pre-Games and post-Games options:

1) Hobart, Tasmania (an hour's

Continued on page 28



## Report from Britain

by ALASTAIR AITKEN

In the U.K.'s top athletics magazine, *Athletics Weekly*, women's marathon rankings for 1986 included three veterans among the top ten runners: number 1, Priscilla Welch; number 5, Lorna Irving, who was fifth for Scotland in the Commonwealth Games marathon (2:36:34); and number 7, Glynis Penny.

Recently, Penny has been outstanding in cross-country running. On January 10 at Footcray Meadows, she won the Beryl Davies Trophy outright in 19:12 in front of International, non-vet runners Marina Samy and Shireen Bailey. Penny was also first vet and 20th of 514 finishers in the National Women's Championships at Footcray Meadows, February 14.

On January 3, Les Roberts, who ran in the U.S. last year, won the Kent Vets

Cross-Country Championships for Blackheath at Beckenham Place Park in 32:07, with Barry Watson, who ran for G.B. in the marathon in the 1976 Olympics, second in 32:17.

Allan Rushmer came 15th in the top-class, non-veteran Birmingham and District League, January 17, and was winning Tipton Harriers fourth scorer.

Dic Evans won the Welsh Veterans Cross-Country Championships at Connal's Quay in North Wales, January 3. Third was Cyril Leigh, an over-50 runner, just in front of new veteran Bernard Plain.

In the Denbigh Ruthin Road Race, January 1, won by non-vet Tony Blackwell (28:45), Stan Earlam, 46, came in second (31:07). □



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Tour Melbourne & Fiji from \$1,000 - \$1,600

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- Round trip air transportation, Los Angeles/Melbourne/Fiji.
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## OFFICIAL VII WORLD GAMES 1987 UNIFORM

Manufactured by **SUB 48**

The Masters Track & Field Committee has approved this colorful and impressive **USA TEAM SPIRIT** uniform package

\*\*\*\*\*

\* SINGLET 100% NYLON TRICOT (also short)  
STYLE: European (Men's and Women's)  
COLOR: All red/white stripes (also short)  
WOMEN'S With double layer bodice.

\* SHORTS Style-RACING (Men's and Women's)  
MEN'S With built-in seamless brief and  
inside key and change pocket.  
WOMEN'S Same as men's plus cotton liner.

\* ALL PURPOSE TRAINING SUIT ANTRON NYLON  
(Men's and Women's) COLOR: Royal blue  
with white stripes

\* JACKET with drawstring hood, back vent  
slipped pockets.

\* PANT Side pockets, elastic waist band,  
13" leg slipper set 2" high for alteration

TIGHTS NYLON LYCRA (Men's and Women's)  
COLOR: Red, white support and  
protection for your legs (OPTIONAL)

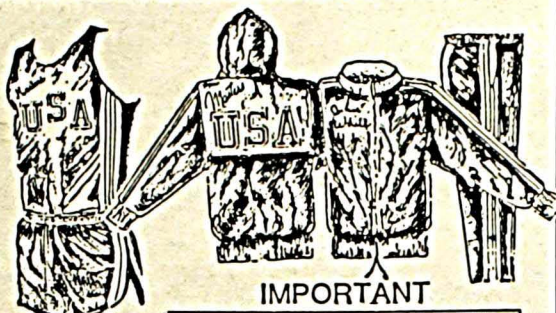
### COMPLETE PACKAGE:

\* INCLUDES ALL OF THE ABOVE, PLUS STENCILED MASTERS AND USA ON  
SINGLET, ENDORED 14" MASTERS (REGION BACK OF TRAINING SUIT  
WITH YOUR NAME (WHITE) ON FRONT, ALSO T. & F. (RED ON WHITE)  
4" USA LETTERS ON BACK OF TRAINING SUIT.

TIGHTS ARE NOT INCLUDED IN THIS PACKAGE!!!!!!

MONEY ORDER OR CASHIER CHECK

**\$80.00** Plus \$ 3.00  
for shipping/handling



### IMPORTANT

ALL UNIFORM ORDERS MUST  
BE MADE PRIOR TO JULY 31, 1987

NO EXCEPTION!!!!

Allow two months after DEADLINE  
for UPS delivery

YOU CAN PURCHASE ADDITIONAL ITEMS BY  
INDICATING QUANTITY UNDER SIZE AND  
INCLUDE IT IN YOUR TOTAL PAYMENT.

PLEASE PRINT OR TYPE

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY/STATE \_\_\_\_\_

ZIP CODE \_\_\_\_\_

TELEPHONE NO. \_\_\_\_\_

SEND TO:

**E.J. CASTANEDA**  
5975 E. AVENIDA LA VIDA  
ANAHEIM HILLS, CA. 92807  
(714) 974-6499

ITEM NO.	COLOR	SIZE	QUANTITY	TOTAL \$	ITEM NO.	COLOR	SIZE	QUANTITY	TOTAL \$
WOMEN'S SHORT		XS S M L XL		\$11.00	ALL PURPOSE JACKET (MEN'S AND WOMEN'S)		XS S M L XL		\$33.00
211406 RED/WHITE					B33101 ROYAL BLUE/WHITE				
WOMEN'S SINGLET				\$16.00	ALL PURPOSE PANT (MEN'S AND WOMEN'S)				\$28.00
B22206 RED/WHITE					B34101 ROYAL BLUE/WHITE				
NEW'S SHORT				\$11.00	TIGHTS - MEN'S AND WOMEN'S -				\$17.00
A11506 RED/WHITE					B14006 BRIGHT RED				
NEW'S SINGLET				\$16.00					
B11106 RED/WHITE									

TOTAL: \_\_\_\_\_



TOTAL: \_\_\_\_\_

IN ADDITION TO THE ABOVE INFORMATION, PLEASE INDICATE BELOW THE FOLLOWING  
SIZES IN ORDER TO INSURE THAT THE CORRECT FIT IS MADE. I PERSONALLY WANT  
YOU TO LOOK SHARP AND BE COMPLETELY SATISFIED WITH YOUR TEAM SPIRIT UNIFORM.

### IMPORTANT

1. CHEST SIZE: \_\_\_\_\_ 2. WAIST SIZE: \_\_\_\_\_  
3. HEIGHT: \_\_\_\_\_ 4. WEIGHT: \_\_\_\_\_

**NOT NECESSARILY FOR WORLD GAMES ONLY!!**



## THE U.S.A. 1987 WORLD GAMES SOUVENIR PINS

PIN COLLECTING FEVER CROSSED THE SEAS TO ROME, ITALY DURING THE 1985  
WORLD MASTERS GAMES. CROWDS OF ATHLETES FROM ALL OVER THE WORLD TRADED  
THEIR COUNTRY'S PINS.

THE PIN TRADING PHENOMENON WILL CONTINUE TO ATTRACT MANY MORE HOBBY  
ENTHUSIASTS AT THE 1987 WORLD GAMES IN MELBOURNE, AUSTRALIA. SINCE THIS  
HAS BECOME AN EXCITING FESTIVE SPORT, \*\*\*BE PREPARED TO SWAP PINS WITH  
WORLD ATHLETES.

Can assort +1,2 or 3 for quantity

### Order Form

QUANTITY

#1. \_\_\_\_\_

#2. \_\_\_\_\_

#3. \_\_\_\_\_

Unit

price \$3.50 ea. or \$3.00 ea. for ten or more \$ \_\_\_\_\_

PLEASE PRINT OR TYPE

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY/STATE \_\_\_\_\_

ZIP CODE \_\_\_\_\_

TELEPHONE NO. \_\_\_\_\_

SEND TO:

**E.J. CASTANEDA**  
5975 E. AVENIDA LA VIDA  
ANAHEIM HILLS, CA. 92807  
(714) 974-6499



U.S. COMMEMORATIVE VII WORLD MASTERS GAMES, 1987 PINS.  
CLOISONNE ENAMEL 1" LONG X 7/8" WIDE WITH BUTTERFLY  
CLUTCH CATCH. \*\*\* GREAT SOUVENIR OR TRADE AT THE WORLD  
GAMES IN MELBOURNE, AUSTRALIA

## World Games Entry Form in This Issue

Continued from page 27

flight south of Melbourne) will host a major veterans T&F meet the week following the Games.

2) Sydney is well worth a look, with its famed Opera House, Tower Restaurant, Harbor Cruises and exotic night life.

3) The Great Barrier Reef (Cairns is its main airport) is in the tropics of northern Australia, and will appeal to anyone who likes swimming, snorkeling and viewing coral reef. The Reef is a 200-mile-long living coral growing just beneath the surface of the Pacific Ocean, some 15 miles off Australia's East Coast, where multi-colored fish abound.

4) The "Austrailpass" allows First or Economy Class unlimited travel on any Railways of Australia train for 14 days. It must be purchased in North America.

5) New Zealand is one of the most picturesque nations in the world — when it's not raining.

6) Fiji is an English-speaking, tropical island which is inexpensive and sunny, with friendly people and magnificent beaches.

7) Tahiti is a place you'll want to avoid. I visited it on the way to Melbourne, and found it overpriced, oversold and overrated. Scrambled eggs cost \$5; soup is \$6; coffee is \$5, a coke is \$3. Tahitians speak French and Polynesian and are not very hospitable. The capital city of Papeete is dirty and uninspiring. There are no trash barrels, so people toss their gum wrappers into the streets. It rained for three straight days — typical of Tahiti. I'm told 90 percent of visitors never return. If you want to go to the Tropics (and who doesn't?), try Fiji or the Great Barrier Reef, where the scenery and snorkeling surpasses Tahiti. If the lure

of the name still compels you to go, take plenty of money, an umbrella and a French dictionary.

### Travel Tips

The planes to Australia (and even some within Australia) don't fly every day. So it's important to plan your trip carefully. If you suddenly want to stay over an extra day somewhere, you may have to stay over *two* or *three* extra days, until the next plane leaves.

There's a five-hour time difference between the U.S. West Coast and Melbourne. And they're one day ahead of us. Thus, when it's 3 p.m. on Tuesday in California, it's 10 a.m. on Wednesday in Melbourne.

Unlike European countries, Australia requires a visa. To get one, take (or mail) your passport with a small photo to an Australian visa office, or let your travel agent handle it for you.

### To Go or Not to Go

To me, the most interesting and rewarding aspect of the masters program has always been the World Veterans Games, where you have a chance to meet, and make friends with, people from all over the world. You develop an understanding of other people's way of life, and are exposed to a learning process that you can't get traveling on your own, or with a traditional tour, where you're usually limited to meeting only your fellow passengers. You don't have to be in top shape to compete; the whole idea is to participate and have some fun. Take a look at the last place marks in Rome (on the entry form). They're not too hard to better. And even if you finish last, so what? You can still have a good time.

Try to make it, if you can. I think you'll enjoy it. □

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Contact President



## TAC Masters Membership Report

by WILLIAM NOTTINGHAM,  
Masters T&F Membership Chairman

This is the first periodic report from the Masters Membership Committee of The Athletics Congress. Membership pertains to getting more Athletes to join TAC as masters.

TAC Membership - The latest information indicates the following TAC "Masters" Breakdown: Total Athletes: 22,000, Masters T&F: 7,004, Masters LDR: 19,351, Masters RW: 1,604. ("7+19+1" is greater than "22" because there are some 6,000 "dual" listings).

I would like, this year, to set a goal to raise the level of membership to: Total Athletes: 30,000, Masters T&F: 10,000, Masters LDR: 25,000, Masters RW: 2,000. The Athletes are already "there," for the most part. All we have to do is encourage them to register. More TAC Masters T&F "Members" means a greater budget appropriation for the National Masters Committee. This, in turn, means a better Masters Program for all of us. So let's help ourselves, and others too, by getting more athletes to join TAC.

TAC Registration - TAC Cards may be obtained two basic ways:

- A) From local TAC Associations.
- B) From your Meet Directors.

A. TAC Association: If you don't have information on your local Association, you may write or call (not collect); and I will assist you. I cannot,

unfortunately, just send you a card as different Associations charge different rates. I can, however, provide you with Names, Addresses, Phone Numbers, etc. (Editor's note: See complete list of 56 TAC Associations in March issue, p. 30).

1. Association Chairpersons: I would like to encourage Association Chairpersons to make "increasing TAC Membership" a priority on their agenda; and to personally provide (or have provided through the Association Secretary, etc.) TAC Cards to all Meet Directors in their Association, etc. I plan on contacting each Association Chairperson, concerning this area, as soon as the new TAC Directory is published.

B. Meet Directors: I would like to ask all Meet Directors to be sure to provide TAC Cards at their Registration Table; and to encourage athletes to take them, etc. I also plan to contact each Meet Director, listed in NMN, concerning this area in the near future.

In addition to writing Meet Directors and Association Chairpersons in the specific area of "increasing membership" I will also be sending information concerning the general area of Membership—attracting and keeping more people to and in the Masters Movement. □



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

ATHLETE (RESIDENCE)	BIRTHDATE	AGE GROUP
MARY HOLBERT (KIRKWOOD, MO)	4-16-22	65-69
SUE HUTCHISON (PALOS VERDES, CA)	4-13-37	50-54
ANNETTE JOHNSON (CLEVELAND, OH)	4-12-37	50-54
MAVIS LINDGREN (ORLEANS, CA)	4- 2-07	80 +
BILLIE MURPHY (TACOMA, WA)	4- 4-27	60-64
MILDRED O'BRIEN (BELMONT, CT)	4-24-27	60-64
MARY ANN PETERSON (PORTLAND, OR)	4-26-47	40-44
CHARLOTTE SWANSON (SPOKANE, WA)	4-18-42	45-49
CATHY TRIGVEIRO (EUGENE, OR)	4-20-47	40-44
SHIRLEY WEAVER (GREAT FALLS, MT)	4- 8-42	45-49
JOAN YOUNGS (TOLAND, CT)	4- 7-37	50-54
JAROSLAVA KRITKOVA (CZE)	4-23-27	60-64
BARBARA LEHMANN (WG)	4- 2-42	45-49
LIA RAICA (ROM)	4-25-32	55-59
MARRY ADAMS (CAN)	4-16-42	45-49
MICKEY BLAKESLEY (LA JOLLA, CALIF)	4-28-12	75-79
JAMES CARNEY (NORFOLK, VA)	4- 2-07	80 +
TOM CHILTON (KNOXVILLE, TENN)	4-20-37	50-54
NOEL CLOUGH (AUSTRALIA)	4-25-37	50-54
ANTHONY COVIELLO (NY)	4-19-22	65-69
ANTHONY ELGIE (GB)	4-17-37	50-54
DAVE ELLIS (CANADA)	4-25-37	50-54
ARTHUR FROSCHE (WG)	4-27-07	80 +
HELMUTH GEHM (WG)	4-21-12	75-79
CLEM GREEN (NZ)	4- 4-17	70-74
CHARLES GUSTAFSON (US)	4-13-37	50-54
HARRY HARDER (REEDLEY, CALIF)	4-13-17	70-74
WILLIAM HARTFREE (GB)	4- 9-22	65-69
BEN HIRSH (SAN FRANCISCO)	4- 7-02	80 +
FRANCES KELLEY (OAKTON, VA)	4- 1-22	65-69
KEN NAPIER (RENO, NV)	4-17-32	55-59
CARLOS NIETRO (PERU)	4-27-27	60-64
BILLY OGAN (HONOLULU, HI)	4-26-27	60-64
WENDELL PALMER (STEPHENVILLE, TX)	4-22-32	55-59
DELES PICKARTS (VENTURA, CA)	4-14-27	60-64
RED RABURN (US)	4-16-32	55-59
PAUL REESE (SACRAMENTO, CALIF)	4-17-17	70-74
BILL ROBERTS (GB)	4- 5-12	75-79
LEWIS ROBERTS (SAN BERNARDINO, CALIF)	4-27-27	60-64
JACK RYAN (AUSTRALIA)	4-30-22	65-69
JIM SMITH (OKLAHOMA CITY, OK)	4-21-22	65-69
GOSTA STEEBERG (SWE)	4-20-22	65-69
VIRGIL STURGILL (ASHEVILLE, NC)	4- 1-97	80 +
NORMAN TAMANAHA (KANEHOE, HI)	4-11-07	80 +
MICHAEL TYMN (HONOLULU, HI)	4- 2-37	50-54
RONALD WILSON (GB)	4-21-07	80 +
JIM RYUN	4-29-47	40-44



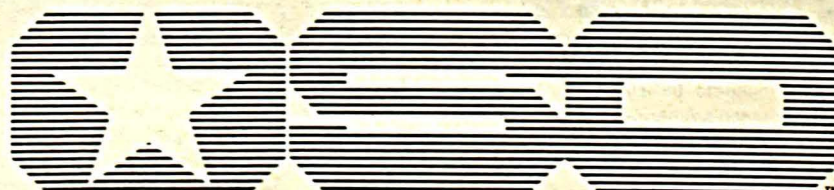
# YOU MAY HAVE ALREADY QUALIFIED FOR THE 1987 U.S.N.S.O. 10K ROAD RACE!

If you meet the following rules and regulations for the first-ever 1987 USNSO 10K Road Race, you have already qualified! The 1987 USNSO will be a 6-day event from June 27 through July 2, and has competition in 11 sports. Some sports require qualification at regional Senior Olympics competitions.

Any athlete, man or woman, ages 55+, who has previously entered and completed a 10K race, may enter the 1987 USNSO Road Race. Verification of the performance must accompany his/her entry. Examples of verification: signed statement by meet officials, news clippings, copy of meet results, etc.

The USNSO 10K Road Race will take place on Sunday, June 28, 1987, in St. Louis, Missouri and will be under the direction of the St. Louis Track Club.

If you qualify for the 1987 USNSO 10K Road Race, and you'd like to enter, please contact Joy Rice, Administrative Director, USNSO, 321 West Port Plaza Drive, Suite 202, St. Louis, MO 63146. (314) 576-1987.



## U.S. NATIONAL SENIOR OLYMPICS

U.S. National Senior Olympics is in no way affiliated or associated with either the United States Olympic Committee or the International Olympic Committee and such events are not held under their auspices.



# MASTERS SCENE

## NATIONAL

• Millrose Masters Mile winner Tracy Smith, who turned 42 on March 15, has been the subject of feature articles in recent issues of *Running California Newsletter*, *California Track & Running News*, *Runner's World*, and *The Runner*. Smith, who cruised a 30:14 in the American Continental 10K (Phoenix, Feb. 28), will run the Mile (and possibly 2-mile) at the TAC National Masters Indoor Championships in Madison, Wisc., March 28-29. The following weekend, he'll take another crack at Barry Brown's 10K road best (29:57) at the Crescent City Classic in New Orleans.

• In a move designed to enhance the quality of the Olympic Marathon Trials fields, the men's and women's LDR committees created additional qualifying standards for the 1988 Trials. Women and men alike can qualify by running specific times in both 10K and half-marathon, aside from the marathon distance itself.

• Look who turns 50 this year: Loretta Swit, Dustin Hoffman, Jack Nicholson, Bill Cosby, Dyan Cannon, Mary Tyler Moore, Warren Beatty, Robert Redford, Chad Everett, Jane Fonda and NMN's Mike Tymn, among others.

• New Zealander John Davies, 47, at the recent Tauranga Twilight Meeting, ran 1500m in 4:18 on a grass track. Davies won a bronze medal in the 1500 at the 1964 Tokyo Olympics.

• When Mary Ann Miller, 50, covered 170 miles to beat eight men and one other woman in a 48-hour run in Dallas this past November (NMN, March) she became the oldest woman to win an open mixed race, and at the longest distance. According to Joe Henderson in *Running Commentary* (March 5), Miller thus joined a select group of only nine other women known to have accomplished such a feat—but she was't the first master to do so. In 1984, Sandra Kiddy, then 47, passed a male competitor in the final meters of a 100K race to win outright in 7:49:17.

Henderson also reports several other unusual recent accomplishments by masters:

Gabriele Andersen's 1986 output of four sub-2:50 marathons was matched by only one other of the 115 American women who broke 2:50 on 155 occasions in 34 different races. At the Taipei International Marathon (February 22), Gail Scott, 40, won the overall women's title in 2:51:04—only two weeks after her 2:49:48 masters victory (5th overall) in the Las Vegas Marathon, (February 7).

And in Ft. Lauderdale, Fla., a pair of Masters won the overall men's and women's titles at a Valentine's Day 10K road race: Argentine citizen Gonzalo Murrieta, 41, triumphed in 30:30 (on a course thought to be slightly short); and Kathy Cesaro, 40, clocked 36:25 to lead all women. Murrieta, a recent arrival to this country, who works as a janitor, told a reporter, "I cannot travel to the major races, other places where the competition is better, because I have no sponsors. There are very few people in Miami who run under 30 minutes. There is no competition here."

## EAST

• Running Stats (March 10) reports that Pittsburgh's The Great Race 10K (October 5, 1986) was found to be 15-meters short, so Gabriele Andersen's American Masters Record of 34:01 will not stand.

• Jill Martin, 48, of the NYC-based Atlanta TC, transposed the NYRR Figure 8 Seven-Mile Reversible, Central Park, NYC, February 1, in 47:07 for 1st W40+. John Ferrero, 40, NYC, and Sam Skinner, 44, Brooklyn, were timed in 40:03 with Ferrero getting the nod for masters winner. John McHugh, 66, of the Millrose AA,

won the M65 division with a speedy 46:53.

• Atlaw Belilgne, 42, Millrose AA, floated to a 3rd-place 20:00 (917 m/finishers) in the NYRR Snowflake 4 mile, Central Park, NYC, February 7. Second M40+ was Fritz Mueller, 50, Central Park TC, exactly two minutes later. George Thompson, 61, NYAC, won the M60 race with a sharp 25:15. Angella Hearn, 40, Atlanta TC, finished 1st W40+ in 23:28.

• Dave Jacobs, 41, NYC, did the 1575 steps (1050' elevation) from street level to the 86th floor observation deck of the Empire State Building in the NYRR 10th Annual Run-up, February 12, in 14:22 to out-bound all masters competitors. Daniel Jacobs, 50, NYC, was 2nd M40+, ten seconds back. Suzanne De Filipo, 41, of Lititz, PA, out-stepped the W40+ contingent in 16:50. Al Waquie, 35, of Jemez Pueblo, NM, paced the 86 finishers with a 11:56.

• Former U. of Maryland distance runner Jack Bickley, 41, of Washington, DC, placed 4th in the DC RRC's Washington's Birthday Marathon, Greenbelt, MD, February 15, with 2:35:37.

• Fifty-year-old Fritz Mueller of the Central Park TC showed younger masters his heels with a 40+ win (2:00:12) in the NYRR Mike Hanon 20 Mile, Central Park, February 22. Sylvie Kimche, 40, of the Millrose club, took the W40+ race (2:25:17). Wilfredo Rios, 50, won the M70+ race in 2:51:52.

• Barry Ivers, 76, Brewer, ME, recorded an M75-79 world mark in the 200 with a 33.1 in the Demers Indoor Track Classic, Lewiston, ME, February 22. The previous record (34.3y) was held by Byron Fike of the U.S.

• Top New Jersey masters runner Herb Lorenz, in his *On the Run* column for his local newspaper, says the current choice for the first masters-sub-four-minute mile is Jim Ryun. "Ryun has all the credentials necessary and has evidently kept in shape, although his competition has been in 5K and 10K races. Ryun was and still is the youngest sub-four-minute miler, and it would be fitting if he could also be the oldest." Lorenz notes Ryun trains about 85 miles per week, and the renewed emphasis on masters racing may be all the incentive he needs to gear up for a serious try at the four-minute barrier.

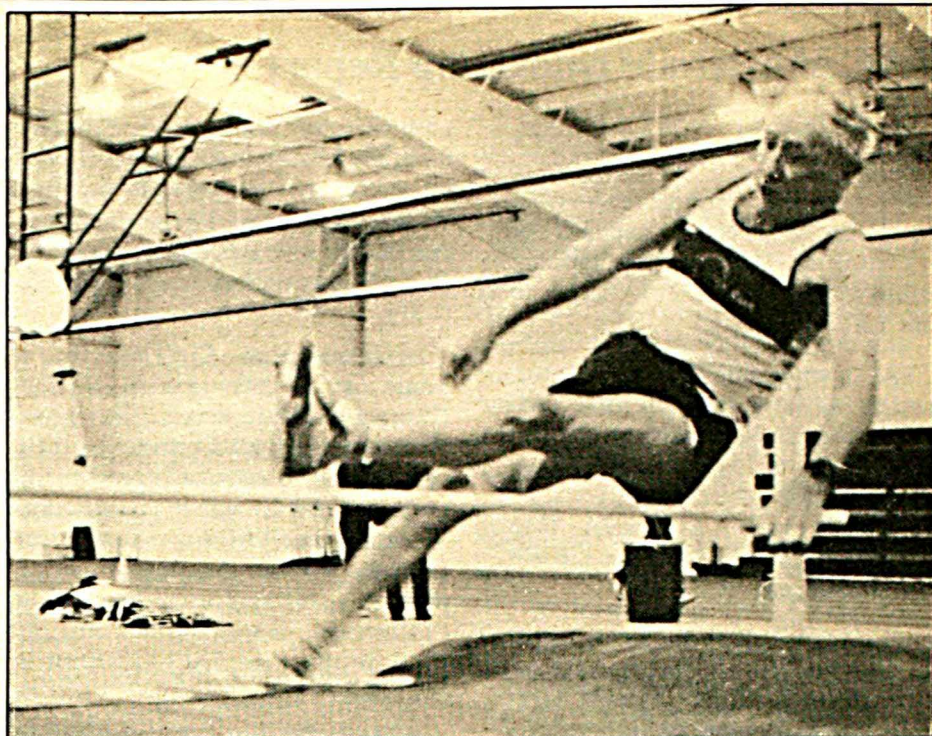
## SOUTHEAST

• Larry Olson, 40, of Millis, Mass., was overlooked in the results of the Gasparilla Distance Classic (Tampa, Feb. 6). He should have been listed as 3rd-place masters finisher with a time of 46:52 in place of Floridian George Walker (47:20).

• John Ansell, M50 winner in 19:15, and Marty Clause, W40 first with a 24:02, were top masters in the 1st Annual Mary Jean's 5K, Charlotte, NC, February 14. The race, which drew 500 runners, focused attention on the national problem of drunk drivers. The event's namesake, Mary Jean Hayes, was killed last year by a drunk driver. Overall winner, Earl Owens (15:46), 37, of Charlotte, lost his father, also killed by a drunk driver, when Owens was 18, the oldest of six children.

## MID AMERICA

• Lost among the results of the Twin Cities Marathon, Minneapolis-to-St. Paul, last October, were U.S. age-group records for shorter distances, including Margaret Miller's W60-64 2:21:32 at the 30K mark. The 20 mile is not listed as a distance for national records; however, Miller was timed at 2:32:16; Benji Durden, M35-39, clocked a 1:46:08; Clive Davies, M70-74, hit that distance at 2:23:54; and Toshiko D'Elia, W55-59, recorded a 2:29:53.



Arling Pitcher, M85, Indianapolis, did 3-2 in the high jump, Illinois Masters Indoor T&F Grand Prix, Sterling, February 1.  
Photo from Dick Green

## SOUTH WEST

• The Milk Run 5K Championship Race For Women is scheduled for Baton Rouge, LA, on June 6, after four qualifying races (New Orleans and Lake Charles, LA, on May 6; Shreveport and Lafayette, LA, on May 23). The series, sponsored by the Dairy Farmers of Louisiana, will offer cash prizes to the leaders in nine divisions in addition to the overall top three in the qualifying and final races. See schedule.

• Juan Perez, 42, (2:28:22) and Marian Loflin, 40, (3:36:13) frolicked to 40+ wins in the 22nd Annual Mardi Gras Marathon, New Orleans, February 15. Bobby Dannelley, 45, (1:15:14) and Kathryn Miller, 42, (1:38:38) were likewise in the half-marathon.

## WEST

• Judy Kewley, W40 standout from Simi Valley CA, was the women's pacemaker in the 2nd Annual Heart Run 5K, Woodland Hills, CA, February 15, with a 19:03 overall women's victory. Rick Golding, Saugus, CA, beat all other M40+ runners with a 17:47. George Kingley (34:17), Los Angeles, and Anna Schwartz (44:43), Woodland Hills, took the masters races in the adjunct 10K.

• The West Valley Masters quartet of Ramsay Thomas, George Mason, David Romain, and Harvey Franklin cranked out a 8:10.9 in the 4X880 relay in the San Jose State Relays, February 28.

• Dave Mellady, 48, with a 52:55, and Sue Fletcher, 45, in 1:05:50, enjoyed masters victories in the Tucson Sun Run 15K, March 8. Barbara Meadows, 57, ended with a 1:09:23. Ruth Anderson, W55, ran 72:43 with a cracked rib.

• Fifty-year-old Frank Padilla, was master winner (1:17:10) in the South Bay 20K/RRCA Western Regional & California Championships, in Los Osos, March 1, over a tough, hilly course. Bob Sterling, 73, who has run in all of the races since its inception eight years ago, finished in 2:05:37.

• The 2nd annual Los Angeles Marathon, March 1, lost between \$125,000 and \$200,000, race organizers said. Marathon President Bill Burke said costs escalated when more runners entered the race than officials had predicted. Nearly 15,000 runners took part, and thousands of people lined the race route to cheer them on. Burke said over \$140 was spent on each runner, covering the costs of food, water, paper cups and cleanup. Runners paid only a \$20 entry fee. "I don't think the race will ever make a profit," Burke said. "The more you do, the more you want to do." Teri Ingram,

NMN staffer who ran the marathon, disagrees with Burke. "I don't see how they could have lost money on the race," she said. "All they gave us was a dry bagel and water at the finish line, without even any cream cheese. Even at small races, you at least get an orange or something. They charged \$40 for posters, and \$4.50 to park to pick up our packets."

• From sports article, Los Angeles Times (Jan. 26, 1987), headlined *Senior Citizens on Parade*: "Trainer John Gosden said that Sunday's \$127,100 San Marcos Handicap reminded him of an 'old-age pensioners' race. Written as a 1-1/2-mile grass stake for 4-year-olds and up, the San Marcos also could have been called a race for 9-year-olds and younger. There was only one 4-year-old who ran and the rest of the eight-horse field consisted of a 9-year-old, an 8-year-old, a 7-year-old, a 6-year-old and three 5-year-olds. An 8-year-old, Inevitable Leader, was scratched, someone joking that his handlers couldn't find the horse's teeth. The San Marcos could just as well have been called the Ponce de Leon, however, because in 34 previous runnings, several winners have found it to be a fountain of youth, including Desert Wind III as a 9-year-old in 1965." That's three years before David Pain "created" Masters track. Darwin was right.

• Emson Grimm, 60, Long Beach, Calif. thrower and sprinter, suffered cardiac arrest on Feb. 23, 1987. He had multiple coronary artery by-pass surgery on March 6 at the Long Beach Community Hospital.

## NORTHWEST

• Jim Ryun, who turns 40 in April, is "95-percent committed" to compete in a Masters Mile at Eugene's Twilight Meet on May 16, according to event organizer Jim Healy. Other likely competitors include Tracy Smith, Kenny Moore, Mike Manley, Barry Brown, Web Loudat, Bill Stewart, and possibly Peter Snell. Ryun's participation would almost ensure coverage by *Sports Illustrated* and network television. Another elite masters mile may be scheduled by the Harry Jerome Classic international meeting, June 9, in Vancouver, B.C.

## CANADA

• Erna Kozak, 41, Burnaby, B.C., obliterated the indoor WR of 5:12.7 for the W40-44 1500 with a 5th-place 4:31.84 in the Canadian Open Indoor Championships, Vancouver, February 22.

• Dave Surman, M40 winner in 27:31, and Linda Strobl, W35 first with a 33:38, were top masters in the British Columbia 5 Mile X-C Championships, Vancouver, December 6. □



# 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

**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.

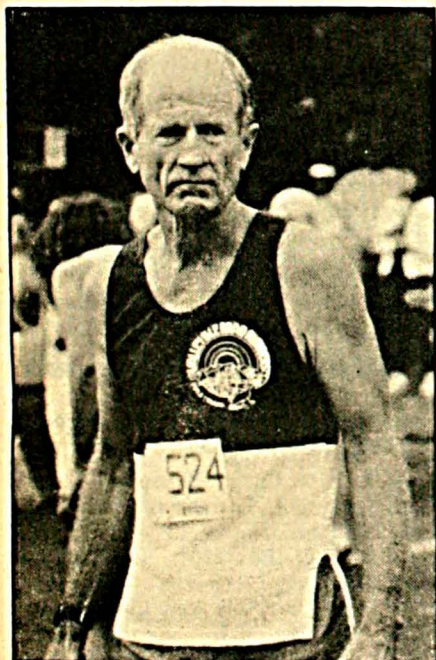
### EAST

**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.

**July 4.** Merrill Lynch Realty AC July 4th Masters Meet, Randolph, N.J. MLRCA, 517 Highway 33, Englishtown, NJ 07726. 201/625-1764.

**August 9.** Tri-State TC Classic,



Gerald Horton of Kula, Maui, recently won his age division in the Kilauea Volcano 10 mile "Summit Caldera Run" on the Big Island of Hawaii.

Gerald is one of the best masters runners in the State of Hawaii. He excels in every distance from a 5K to 32 miles (Run to the Sun...sea level to the summit). He holds most of the sixty year old age division records.

Photo courtesy of Tesh Teshima

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 12.** All-Comers T&F Meet & 5K RR, DeLand, Fla. John Boyle, P.O. Box 1824, DeLand, FL 32721-1824. 904/736-0002.

**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.

**May 9.** Birmingham TC Classic (Age-handicap meet), Vestavia H.S., Birmingham, Ala. Gordon Seifert, 1514 Ridge Rd., Birmingham, AL 35209. 205/879-8031.

**May 16.** Florida Masters Championships, Gainesville, Fla. Jim Wharton, P.O. Box 2261, Gainesville, FL 32602. 904/374-2031.

**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.

**June 19-21.** TAC Tennessee Masters T&F Championships, University of Tennessee, Knoxville. TTMTFC, P.O. Box 3394, Oak Ridge, TN 37831-3394.

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

**November 9-14.** Golden Age Games, Sanford, Fla. Greater Sanford Chamber of Commerce, P.O. Drawer CC, Sanford, FL 32772-0868. 305/322-2212.

### MIDWEST

**April 25.** North Coast Relays Championships, Mayfield H.S., Mayfield, Ohio. James A. Barrett, 3801 Shannon Rd., Cleveland Heights, OH 44118.

**May 10.** Wolfpack Throwing Meet, Worthington H.S., Worthington, Ohio. Jim Pearce, 2449 Southway Dr., Columbus, OH 43221. 614/294-4606(w).

**May 24.** 9th Annual Wolfpack Regular & Weight Pentathlon and Triathlon, Upper Arlington H.S., Upper Arlington, Ohio. See May 10.

**May 24.** Ohio TAC One-Hour Track Run, Upper Arlington H.S., Upper Arlington, Ohio. John White, 4865 Arthur Place, Columbus, OH 43220. 614/459-2547 (H).

**June 6.** 4th Annual Athlete's Foot Open & Masters Outdoor Championships,

Augustana College, Rock Island, Ill. Pete Stopoulos, 1029-16th Ave., E. Moline, IL 61244. 309/755-2655.

**June 27.** Cleveland Track Classic, Wickliffe, Ohio. Jeff Gerson, 4173 Wilmington Rd., South Euclid, OH 44121. 216/382-2656.

**July 25.** TAC Midwest Regional Masters Championships, York High School, Elmhurst, Ill. Dick Green, P.O. Box 6147, Rockford IL 61125. 815/397-5685.

**Sept. 13.** Wolfpack Throwing Classic. 13 National and World Records set here in 1986. Worthington HS., Worthington, Ohio. Jim Pearce, 2449 Southway Dr., Columbus, OH 43221. 614/294-4606(W).

**September 13.** Ohio TAC Two-Hour Track Run, Worthington HS, Worthington, Ohio. John White, 4865 Arthur Place, Columbus, OH. 614/459-2547 (H).

### MID-AMERICA

**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 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.

**June 6-7.** Duke City Masters Games, Albuquerque, N.M. Neil Silver, 728 Loma Vista NE, Albuquerque, NM 87106. 505/265-8234.

**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.

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

**May 3.** Mt. Sac Masters Relays, Walnut, Calif. 10-year age groups. Hal Smith, 18750 Oxnard Ave., Suite 404, Tarzana, CA 91356. 818/352-1174.

**May 16.** 8th Annual Kiwanis Club of Redlands Evening Masters T&F Meet. Redlands, Ca. University of Redlands. J.R. Hedrick, 139 Carmody, Redlands, CA

Continued on page 32

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Continued from page 31

92373. 714/792-2453 (H) or 714/798-1510 (O).

**May 23.** Pacific Association/TAC Open & Masters Championships, Los Gatos H.S., Los Gatos, Calif. Willie Harmatz, 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. Golden West College, Huntington Beach, Calif. Hugh Cobb, 2963 Galena Ave., Simi Valley, CA 93065. 805/527-5471.

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

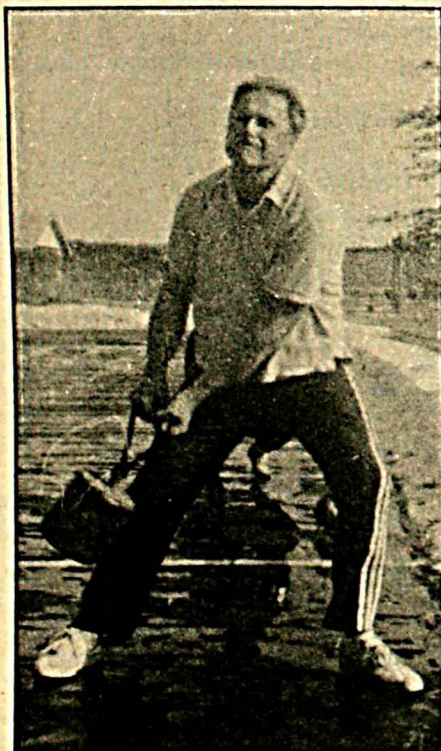
**July 5-12, July 12-18.** Mammoth Athletics Camp. Mammoth, Calif. Camp director will be Dr. Ken Foreman, distance coach for the 1988 Olympic team. John Cosgrove, MAC Chairman, 7411 Earldom Ave., Playa del Rey, CA 90293. 213/823-9448.

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

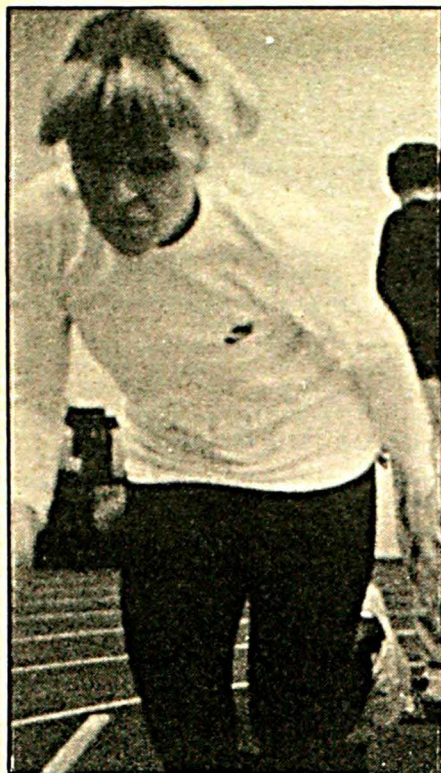
**July 18.** Northern California Seniors Classic, Edwards Field, UC-Berkeley, Calif. Mark Grubi, P.O. Box 4512, San Francisco, CA 94101 (SASE). 415/285-3352 (8 pm-9 pm).

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

**October 3.** Club West Masters, U. of California-Santa Barbara (Goleta). George H. Adams, 3736 B Amalfi Way, Santa Barbara, CA 93105. 405/687-6323.



Bob Kemp, M50, Poplar Grove, Ill., winning 98 lb. weight throw (10-10), Illinois Masters Indoor T&F Grand Prix, in Sterling, February 1. Photo from Dick Green



Pam Calvert, of St. Louis, Mo., at the start of the who 300y, which she won in 43.4, Illinois Masters Indoor T&F Grand Prix, in Sterling, February 1. Photo from Dick Green

### NORTHWEST

**June 27-28.** 6th Annual Hayward Masters Classic, Silke Field, Springfield, Oregon. Jerry Jackson, 933 Northridge, Springfield OR 97477. 503/746-0605.

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

### CANADA

**July 31-August 2.** Canadian Masters Championships, Minoru Park, Richmond, B.C. Don Trethewey, 8451 Dorval Rd., Richmond, BC, Canada V7C 3J1. 604/277-8847.

### INTERNATIONAL

**April 17-20.** 1987 Australian Airlines National Veterans Championships, Sydney. Fred O'Connor, 5 Roma St., Nth Epping, 2121. New South Wales, Australia.

**July 2-5.** Farkas Matyas Memorial Veterans Meet, Budapest, Hungary. Ferenc Igrenyi, Hungarian Association of Veteran Athletes, 114B Budapest, Dozsa Gy UT 1-3.

**September 19-20.** San Juan Annual International Masters Meet, Parque Central, San Juan, Puerto Rico. Roberto Santana, Municipality of San Juan, Call Box 71079, San Juan, PR 00936. 809/782-1073.

**November 19, 26. December 10, 17.** Waratah T&F Series, Sydney, Australia. Deadline October 30. H. Stanley, (N.S.W.V.A.), 3 Graton St., Eastlakes, 2018, Sydney, Australia.

**November 28-December 6.** VII World Veterans Games, Melbourne, Australia. Men 40+. Women 35+. No qualifying standards. World Veterans Games, P.O. Box 282, Essendon, 3040, Victoria, Australia. (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.

**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 9.** U.S. TAC National Masters 25K Championships. Grand Rapids, Michigan. Jeanie Fichtel, Old Kent Bank and Trust, 1 Vandenberg Center, Grand Rapids, MI 49503. 616/774-5261.

**May 24.** U.S. TAC National Masters 25K Racewalk Championships, Los Angeles. Jim Hanley, 3346 S. Allegheny Court, Westlake Village, CA 91362. 805/496-1829.

**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.

**July 11.** U.S. TAC National Masters 10K Racewalk Championships, Niagara Falls, N.Y. Don Winiecki, 161 Stewart Ave., Buffalo, NY 14211. 716/896-7609.

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

**September 27.** U.S. TAC National Masters 40K Racewalk Championships, Fort Monmouth, N.J. Elliot Denman, 28 N. Locust Ave., W. Long Branch, NJ 07764. 201/222-9213.

**October 24.** U.S. TAC National Masters 30K Racewalk Championships, East Meadow, N.Y. H. Jacobson, 445 E. 86th St., New York, NY 10128. 212/722-WALK.

**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. David Lally, 1330 Wilder Ave., No. 321, Honolulu, HI 96822. 808/948-7046.

**December 20.** U.S. TAC National Masters 100K Racewalk Championships, Bellair, Texas. Dave Gwyn, 6502 S. Briar Bayou, Houston, TX 77072. 713/498-0027.

### EAST

**April 5.** Price Chopperthon Half-marathon, Schenectady-to-Albany, N.Y. HMRRRC, PO Box 12304, Albany NY 12212.

**April 5.** Stamford Marathon, Stamford, Conn. Masters money. Dr. Robert Rinaldi,

## ON TAP FOR APRIL TRACK & FIELD

In the warmer climes, track & field moves outdoors with the 22nd Annual Palm Beach Championships in Lake Worth, Fla., on the 25th and 26th, and the Ken Carnine Classic in Sacramento, Calif., on the 25th. Meanwhile, Midwesterners eager for outdoor competition will journey to the Cleveland area for the North Coast Relays at Mayfield, Ohio, on the 25th. Internationalists who want to assay the local competition before the VII Veterans World Games can compete in the Australian Airlines National Veterans Championships in Sydney on April 17th through the 20th.

### LONG DISTANCE RUNNING

While t&f offerings are spring lean, the LDR schedule is a full menu, with two U.S. national masters championships on the 5th — the 30K in East Meadow, N.Y., and the 50 Mile in Columbus, Ohio, and on the same day, Eastern stay-at-homes can vie with big-name imports for honors and cash awards in the Price Chopperthon Half-Marathon in Upstate New York; the Nike Cherry Blossom 10 Mile in the nation's capital; and the Stamford Marathon in Connecticut. The East offers even more later in the month with the Boston Milk Run 10K on the 12th; the 91st Boston Marathon on the 20th; the Trevira Twosome 10-Miler in NYC on the 25th; and the New Jersey Marathon on the 27th in Jersey City.

Before and between that full slate are the Cooper River Bridge 10K in South Carolina and the Crescent City Classic 10K in New Orleans on the 4th; the Pear Blossom 20K in Medford, Oregon, on the 11th; the Emerald City Marathon in Seattle on the 12th; and the Tropicana/Las Vegas Easter Run on the 18th. □

Stamford AA, 880 Canal St., Stamford, CT 06902. 203/359-4022.

**April 5.** Nike Cherry Blossom 10 Mile, Washington, D.C. Entrants selected by lottery. Deadline January 15. Nike Cherry Blossom, P.O. Box 4504, Silver Spring, MD 20904.

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

**April 20 (Monday).** Boston Marathon. Boston Athletic Association, 17 Main St., Hopkinton, MA 01748. 617/435-6905. Qualifying times (M/F): under 40, 3:00:00/3:30:00; 40-49, 3:10:00/3:40:00; 50-59, 3:20:00/3:50:00; 60-plus, 3:30:00/4:00:00. Masters prize money (M&F): \$5000/\$1500/\$500.

Continued on page 33



Continued from page 32

**April 25.** Trevira Twosome 10-miler New York. NYRRRC, P.O. Box 881, FD Station, New York, NY 10150. 212/860-4455.

**April 26.** New Jersey Waterfront Marathon & 5 Mile Run, Jersey City, N.J. SASE to NJ Waterfront Marathon, The Harborside Financial Center, Plaza Two, 10th Fl., Jersey City, NJ 07302. 201/432-5530.

**May 3.** Pittsburgh Marathon, Pittsburgh, Pa. Pittsburgh Marathon, 600 Grant St., Room 638, Pittsburgh, PA 15219. 412/391-2800.

**May 16.** Freihofer's 10K Run for Women, Albany, N.Y. \$5500 masters money. George Regan, 382 Broadway, Albany, NY 12207.

**May 17.** RRCA National 10K Championships (Fritzbe's 10K), Rockville, Md. Montgomery County RRC, P.O. Box 1703, Rockville, MD 20850.

**May 30.** L'Eggs Mini Marathon 10K, New York. Ellen Finn. NYRRRC, 9 E. 89th St. New York, NY 10028. 212/860-4455.

**June 7.** Orange Classic 10K, Middletown, N.Y. John Szeft, Orange Runners Club, P.O. Box 2144, Middletown, NY 10940.

**July 6-12.** 4th Annual Lydiard Running Camp, Bard College, Annandale-on-Hudson, New York. Tom Robinson, 128 Clarence Rd., Scarsdale, NY 10583. 914/725-0751 (before 10 p.m.).

**August 8.** Asbury Park 10K Classic, Asbury Park, New Jersey. \$750 prize money, Masters first-place only (M&W). Nancy Ammermuller, Box 2287, Ocean Twp., NJ 07712. 201/922-9479.

### SOUTHEAST

**April 4.** Cooper River Bridge 10K, Charleston, S.C. Cooper River Bridge Run, P.O. Box 543, Mt. Pleasant, SC 29464.

**April 25.** 7th Annual DeLand Spring 10K, DeLand, Fla. John Boyle, P.O. Box 1824, DeLand, FL 32721. 904/736-0002.

**May 23.** Elby's Distance Race 20K, Wheeling, W.Va. Bill Bryson, Elby's Restaurants, 1233 Main St., Wheeling, WV 26003. 304/233-5000.

**May 23.** Iron Run 1987, Memphis, Tenn. 5K/440/100/mile/half-marathon in one day. Iron Run 1987, MATSG-90, NAS, Memphis, Millington, TN 38054. 873-1461.

**May 25.** Cotton Row 10K, Huntsville, Ala. Mecca for masters runners. SASE to Huntsville TC, 8811 Edgehill Dr., Huntsville, AL 35802. 205/881-9077.

**July 4.** Peachtree 10K, Atlanta, Ga. Masters prize money. Atlanta TC, 3097 E. Shadowlawn Ave., NE, Atlanta, GA 30305. 404/231-9064.

### MIDWEST

**April 5.** Festival of Miles 5/20/50 Roadrace/Racewalk, Columbus, Ohio. (U.S. TAC Masters National Championships). See LDR-National, April 5.

**April 11.** Blue Ash Marathon/Half Marathon, Cincinnati, Ohio. \$100 to 1st m & w 40+. Clifton TC, 10953 Barrington Court, Cincinnati, OH 45242. 513/489-8191.

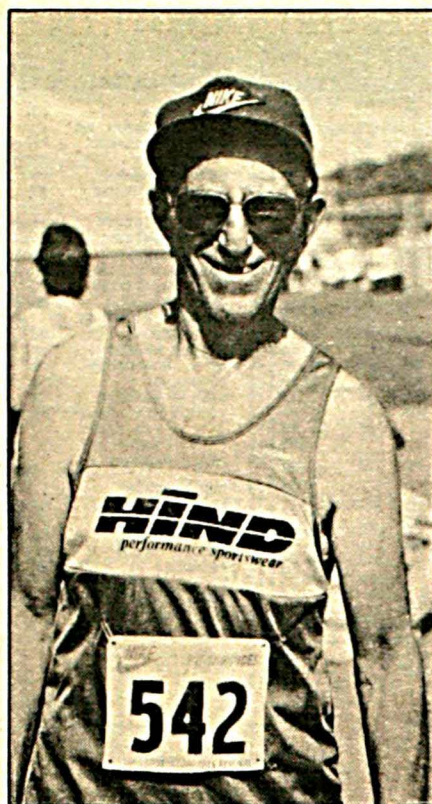
**April 12.** OAC 5 Mile Championships, Columbus, Ohio. Youth, open, masters. See LDR-Nationals, April 5.

**May 17.** Revco Cleveland Marathon & 10K, Cleveland, Ohio. Reno Staroni, P.O. Box 46604, Bedford, OH 44146.

**July 4.** Marathon Independence Day 10K, Whetstone H.S., Columbus, Ohio. William P. Schmidt, 6163 Laurelwood Ct., Columbus, OH 43229. 614/895-1514 (h).

### MID-AMERICA

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



Eddie Lewin, after setting a U.S. M70 record with a 1:34:07, 1986 Santa Monica Half-Marathon. Photo by Richard Lee Slotkin

**May 25.** 9th Annual Bolder Boulder 10K Classic, Boulder, Colorado. Masters prize money (M&W): \$1200/\$800/\$500. Benji Durden, 654 Tantra Drive, Boulder, CO 80303. 303/499-6584.

**June 7.** Garden of the Gods 10-Mile, Manitou Springs, Colo. Nancy Hobbs, P.O. Box 38235, Colorado Springs, CO 80937. 303/473-2625.

**June 20.** Grandma's Marathon. Duluth, Minnesota. Scott Keenan, P.O. Box 6234, Duluth, MN 55806. 218/727-0947.

**July 25.** Bix-7 Miler, Bettendorf, Iowa. Ed Froelich, 2685 E. Kimberly Rd., Bettendorf, IA 52772. 319/359-9197.

### SOUTH WEST

**April 4.** Crescent City Classic 10K, New Orleans. Mac DeVaughn, 6744 Fleur de Lis, New Orleans, LA 70124. 504/488-3916.

**May 16.** Milk Run Women's 5K Qualifying Races, New Orleans and Lake Charles, La. Masters money. Carter-Williams, Inc., 800 American Tower, Shreveport, LA 71101, 318/227-1515.

**May 23.** Milk Run Women's 5K Qualifying Races, Shreveport and Lafayette, La. Masters money. See May 16.

**June 6.** Milk Run Women's 5K Championships, Baton Rouge, La. Masters money. Carter-Williams, Inc., 800 American Tower, Shreveport, LA 71101, 318/227-1515.

### WEST

**April 5.** 5K San Gabriel River Run, So. El Monte, Calif. 5 & under to 80+ 5 yr. age groups. 5:00 pm. A. Martinez, 9502 Reichling Ln., Pico Rivera, CA 90660. 213/942-8774.

**April 11.** Fastest Master 10K, San Diego. 7:30 am. Dale Larabee, 4557 W. Talmadge, San Diego, CA 92116. 619/283-9357 (H) or 619/234-3054 (O).

**April 11.** 4 Mile San Gabriel River Run. 5:00 pm. See April 5.

**April 18.** Tropicana/Las Vegas Easter Run, Las Vegas. Thomas Sport Enterprises, 6765 Grandola Dr., Las Vegas, NV 89103. 702/638-2885.

**April 18.** 5K San Gabriel River Run. 5:30 pm. See April 5.

**April 26.** 10K San Gabriel River Run. 5:30 pm. See April 5.

**May 3.** Avenue of the Giants Marathon, Arcata, Calif. Six Rivers RC, P.O. Box 214, Arcata, CA 95521.

**May 3.** Long Beach Marathon, Long Beach, Calif. Long Beach Marathon, 1827 Redondo Ave., Long Beach, CA 90804. 213/494-2664.

**May 3.** Tenth Annual Devil Mountain Run. Certified 10K and 2.8-mi. Fun Run/Walk. Danville, Calif. Teams and Individual Championships. DMR, PO Box 727, Alamo, CA 94507. 415/820-0993.

**May 17.** Bay to Breakers 12K. San Francisco, CA. Terri Robbins, San Francisco Examiner, 110 5th St., San Francisco, CA 94103. 415/777-2424.

**July 5-17, July 12-18.** Mammoth Athletics Camp. Mammoth, Calif. Camp director will be Dr. Ken Foreman, distance coach for the 1988 Olympic team. John Cosgrove, MAC Chairman, 7411 Earldom Ave., Playa del Rey, CA 90293. 212/823-9448.

**July 19.** San Francisco - Audi Marathon, San Francisco, Calif. New course. SASE to SF Marathon. P.O. Box 27557, San Francisco, CA 94127. 415/681-2323.

### NORTHWEST

**April 11.** Pear Blossom Run 20K, Medford, Oregon. Pear Blossom Run, P.O. Box 146, Medford, OR 97501. 503/535-1205.

**April 12.** Emerald City Marathon, Seattle, Wash. ECM, 157 Yesler Way, Suite 208, Seattle, WA 98104. 206/682-4981.

**April 26.** Northwest Natural Gas 8K Spring Classic, Portland, Oregon. \$200 prize money, Masters first-place only (M&W). Nick Dubravac, P.O. Box 2641, Portland, OR 97208. 503/220-2575.

**May 3.** Lilac Bloomsday 12K, Spokane, Wash. \$6000 masters prize money. Sylvia Quinn, P.O. Box 1511, Spokane, WA 99210. 509/838-1579.

**June 7.** The Race 8K, Eugene, Oregon. Charlie Fleishman or Edgar Kousky, P.O. Box 11364, Eugene, OR 97440. Fleishman

— 503/689-9278; Kousky — 503/687-8787.  
**June 28.** Cascade Run Off 15K, Portland, Oregon. Cascade Run Off, P.O. Box 40228, Portland, OR 97240.

### CANADA

**May 3.** Vancouver International Marathon. Neil Burke, 6 Glenmore Dr., West Vancouver, British Columbia, Canada. V7S 1A4. 604/926-8239.

**May 3.** Canadian Masters Marathon Championships. See Vancouver International Marathon above.

**May 10.** National Capital Marathon. Andrea Acheson, Box 426, Stn. A, Ottawa, Ontario, Canada K1N5V8. 613/564-1234.

### INTERNATIONAL

**May 2.** Festival de Primavera 5K, 10K, 10 Mile, Rosarito Beach, Baja California, Mexico. Finish Line International, 7846 Connie Dr., Huntington Beach, CA 92648. 213/634-3027. SASE.

**May 10.** London Marathon, London, England. Limited field but guaranteed entry from Marathon Tours, Inc., 108 Main St., Charlestown District, Boston, MA 02129. 617/242-7845.

**May 17.** Olympia City Marathon, Munich, West Germany. Marathon Munchen, P.O. Box 33 06 65, D-8000, Munich 33, W. Germany. 089/595769.

**May 30.** Stockholm Marathon, Stockholm, Sweden. See London Marathon, Marathon Tours.

**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.

**October 4.** Berlin Marathon, Berlin, W. Germany. Sport-Club Charlottenburg e.V. — Berlin Marathon — Meinekestrasse 13, D-1000 Berlin 15. □

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# U.S. MASTERS TRACK & FIELD RANKINGS

(Coordinated by Haig Bohigian, T&F Rankings Chairman)

## 1985 HIGH JUMP COMPILED BY CHARLES MERCURIO

### 1985 MEN'S HIGH JUMP 30-34

RANK	NAME	STATE	AGE	MARK
1	MEL EMBREE	CA	31	2.07
2	M. MOORE	CA		2.05
3	MICHAEL SAAPIR	NY		2.03
4	GARY MURPHY	NC	30	2.03
5	JEFF WATRY	VA		2.00
6	W.J. CURRY	LA	33	2.00
7	ED FERN	NJ		1.98
8	SILVERIO BOSCH			1.98
9	JIM JOHNSON			1.93
10	JERRY COLEMAN	CA	31	1.88
11	WILLIAM SMITH	LA	34	1.88
12	RICHARD CHRISTOPH	OH	33	1.86
13	M. FREEMAN			1.85
14	CURT DOWDY	NC		1.83
15	ALLEN PENDLETON			1.83
16	EDWARD QUIGLEY			1.83
17	GLENN STONE			1.83
18	STEVE SUTO	NY	33	1.83
19	VERNON KELLEY		30	1.81
20	STEVE COV			1.78
21	N. TAYLOR			1.78
22	WRIGHT	AL		1.78
23	MIKE DAVIS	IL	34	1.76
24	DALE SMITH			1.76
25	BRUCE BONNER		30	1.73
26	G. PIRCH		30	1.73
27	GREGG STINSON	CO	32	1.73
28	LARRY VOLLMER	LA	32	1.73
29	RICH WATSON	TX	32	1.70
30	JEFF JODON	PA	30	1.70
31	DAN DOTHARD			1.68
32	J. MCKINNEY			1.68
33	D. ROBINSON			1.68
34	NATE ROBINSON	FL	33	1.68
35	ROBERT RUDROW	NJ	34	1.68
36	A. J. HART	FL		1.65
37	P. SCHMALENBERGER		30	1.65
38	CHARLES BUSBY		32	1.64
39	JOHN EMANUEL			1.63
40	JEFF HINES	CO	33	1.63
41	DON KNAPP			1.63
42	DENNIS LITTELL	MO		1.63
43	TOM THELAN			1.63
44	DAVID VENEMA			1.63
45	JIM WEAVER			1.63
46	A. HECKER		30	1.60
47	R.F. KURTZ		31	1.60
48	ANGEL CRISPIN	PR		1.58
49	REYNALDO MASON	NY		1.58
50	JIM STOPPER		32	1.58
51	BILL WERLING	OH		1.58
52	F. WHITESIDE		33	1.58

### 1985 MEN'S HIGH JUMP 35-39

RANK	NAME	STATE	AGE	MARK
1	CHARLES RADER	CA	37	1.98
2	RONALD PURDOM	FL	37	1.98
3	PAT MATZDORF	IL		1.96
4	JIM DICKERSON	PA	38	1.93
5	JOHN MEISNER	IL		1.90
6	ROGER TRUJILLO	CA	35	1.83
7	STAN ALLEN	MI	36	1.78
8	MIKE CARROLL	MD	38	1.78
9	BRUCE DALLAS	PA	36	1.75
10	MIKE DAVIS	IL	35	1.75
11	REX HARVEY	IA	38	1.75
12	CHARLES STRODE			1.75
13	JACK ANDERSON	SC		1.73
14	BILL KNIPMEYER	CO	37	1.73
15	GARY KOCHMAN	SC		1.73
16	TOM BREWER	GA	38	1.70
17	GORDON REITER	MO	38	1.70
18	D. ROBINSON	CA	38	1.70
19	ROBERT BAKER	LA		1.68
20	J. CASEY			1.68
21	RUSS DURHAM	TX	39	1.68
22	CLIPTON JACKSON	MO	35	1.68
23	BOB SCHAIBLE	PA		1.68
24	RON SHENK	PA	39	1.65
25	DANA BOARDMAN			1.63
26	JACKSON			1.63
27	DAVE MAPES	PA	36	1.63
28	W. CUMINGS	OH	36	1.63
29	M. KILPILAINEN		36	1.60
30	R. RUMBLE	IN		1.60
31	IVAN BLACK	NY	36	1.58
32	DON FISH		35	1.58
33	T. PIERSON			1.58
34	PRESLEY YATES	MI	35	1.58
35	J. ZECHER			1.58
36	JOEL LILES	NC	39	1.55
37	AL LIPSCOMB	FL	38	1.55
38	STEVE MACKOWITZ			1.53
39	R. MADAN			1.53
40	M. MONAHAN			1.53
41	RON PERRAULT			1.53
42	JIM ROSE	MS	38	1.53
43	RON SALVIO	NJ	36	1.53
44	TAYLOR TUNSTALL	PA	35	1.53
45	ROBERT EVEROVSKI	TX	39	1.49
46	WALT KELLY			1.48

48	J. BALL		39	1.45
49	JOHN DYE		35	1.45
50	KIRK KISSACK	GA	36	1.45
51	HARRY McDONALD		37	1.45
52	D. PETTY			1.44
53	RICH KUMOR	PA	38	1.43
54	MICHAEL AUGERI			1.37
55	DEWITT BOESSEL			1.37
56	BARRY CONRAD			1.37
57	DAVID COLLIN			1.32
58	G. SMITH	NY		1.30
59	JON DIESBOURG			1.27
60	MIKE GIBSON			1.27
61	KENT WAUGH		35	1.25
62	GARY MENDYKA	CA	38	1.22
63	JIM SCILENY		37	1.07

### 1985 MEN'S HIGH JUMP 40-44

RANK	NAME	STATE	AGE	MARK
1	JOHN HARTSFIELD	TX	40	2.06
2	JOHN DOBROTH	CA	41	1.98
3	LAONZO LITTLEHORN	MI	44	1.75
4	K. WINTERS	KS		1.75
5	CARLTON COLLINS			1.73
6	RUSTY BURHAM	TX	40	1.73
7	J. HAGGERTY	IN	41	1.70
8	BARRY KLINE	PA	44	1.70
9	MIKE ACKERMAN	OR	44	1.68
10	CARL BURGESS	OH		1.68
11	MICHAEL DEJESUS	NY	40	1.68
12	GRANT KROM	PA	43	1.68
13	TERRY OUSEY			1.68
14	DAREL PETTY			1.68
15	J. EWING		41	1.65
16	H.A. HOPKINS	IN	42	1.65
17	T. BRADY			1.63
18	P. GANSE			1.63
19	TOM POJAR	CO	43	1.63
20	FORDY SEARLES	NY	40	1.63
21	TOM F. THORNE	MO	42	1.63
22	TIM COLLINS	NY	42	1.60
23	D. STEMPER			1.60
24	C. CHAPIN		41	1.58
25	GEORGE DAVIS			1.58
26	DON DVORAK	CA	43	1.58
27	JOE JOHNSTON			1.58
28	D. LANG			1.58
29	JEFF OSMAN			1.58
30	RUSS ROBINSON	NY	44	1.58
31	STEVE ROGERS			1.58
32	CHARLES VARNET			1.58
33	KIRT VENER	MD	42	1.58
34	C. MCCORMICK		41	1.55
35	BILL SMITH	PA	42	1.55
36	FRED TURNER			1.55
37	A. WALKER			1.55
38	AARAND ROOS	NY	44	1.54
39	JAMES BRADY			1.53
40	RAY BURY	NJ	42	1.53
41	JIM CRAWLEY	TX		1.53
42	J. GAMBILL			1.53
43	HAROLD MARTIN			1.53
44	ROBERT HARVEY	MI	42	1.53
45	T. WILLIAMS			1.53
46	WILLIAM BUSBY	NC	40	1.50
47	GEORGE CLIBET		41	1.50
48	GRAEME ROSE			1.50
49	N. BROWNE			1.48
50	JERRY FISHER			1.48
51	SICULL GUDMUNDSSON	MO		1.48
52	TOM KILROY	FL		1.48
53	JOHN LAWSON			1.48
54	JOEL LILES	NC	40	1.48
55	NOEL PRUSSMAN			1.48
56	MIKE VALLE	NC	44	1.48
57	S. VINSON		40	1.48
58	KEN GAILEY	OH	44	1.45
59	H. RICK			1.45
60	GRAHAM			1.45
61	H. McDONALD			1.43
62	G. SMITH			1.43
63	MIKE WILHITE	OK	43	1.43
64	JAMES SHOEMAKER		41	1.40
65	WALT PEET			1.38
66	ALEXANDER	AL		1.37
67	RICHARD CARTER			1.37
68	ROLLAND ELLIOTT			1.37
69	RICH KAYE	NY	43	1.37
70	MARK STERLEY			1.37
71	DON FINCH			1.35
72	M. ROARK			1.35
73	DON KOFFLER			1.33
74	J. BECKHAM			1.32
75	STEVE CHASTIAN		40	1.32
76	TOM FITZGERALD	KS		1.32
77	F. CURRY	NY		1.30
78	A. MARTINICH			1.27
79	NORMAN CHARLES			1.25
80	L. MCKEE			1.22
81	DARYL SEGAL	PA		1.22
82	KEN VAUGHN			1.22
83	TOM KURIHARA	VA		1.07

### 1985 MEN'S HIGH JUMP 45-49

RANK	NAME	STATE	AGE	MARK
1	JIM BROWN	CA	45	1.78
2	PAUL DORSEY	OH	46	1.78
3	JERRY COUNIHAN	NY	46	1.73
4	TOM LANGENFELD	MN	49	1.73
5	CHUCK MILLER	TX	47	1.70
6	SAM WHITE	GA	47	1.70
7	BARRY KLINE	PA	45	1.69
8	MANON GIBSON	IL	46	1.68
9	ED OLEATA	CA	48	1.68
10	DON SMITH		49	1.68
11	BOB MCCLASHAN	TX	49	1.65
12	EDWARD ZURAH	VA	46	1.65
13	J. KELLY			1.63
14	JOE KIKER	NC	47	1.63
15	GARY MILLER	CA	47	1.63
16	FLOYD SMITH	IA	49	1.63
17	R. JURGENS		46	1.60

17	L. WASHINGTON	MN		1.60
18	H. CIURZYNSKI			1.58
19	RICHARD HOTCHKISS	CA	46	1.58
20	BUZZ PORTER	FL	49	1.58
21	ROM RAGLAND	OH	48	1.58
22	GARY BANE	CA	47	1.57
23	HUGH ADAMS	CA	45	1.55
24	JERRY BURNETT	TX	45	1.55
25	THOMAS HANCOCK			1.55
26	ERIC LOCKETT			1.55
27	JIM SHAND			1.55
28	RAY BOYD	PA		1.53
29	GROVER COATS	OH	47	1.53
30	DON ROSE		49	1.53
31	GERALD TATHAM	CA	49	1.53
32	AL MAXEY			1.48
33	AARAND ROOS	NY	45	1.48
34	BOB WILLIAMS	PA		1.48
35	NATHANIEL CARTER	NC	45	1.45
36	LAWRENCE BYBEE	MD		1.43
37	C. DONALDSON		45	1.43
38	RICHARD FINDLEY			1.43
39	KEN GAILEY	OH	45	1.43
40	FRITZ LANDERS			1.43
41	M. SANDVOLD			1.43
42	CARL THOMAS	IN		1.43
43	HAIG BOHIGIAN	NY	48	1.40
44	GEROGE LA BELLE	MN	45	1.37
45	RUSS LOWERY		46	1.37
46	JIM MEYER		49	1.37
47	R. MICHELSON			1.37
48	GERVASIO RODRIGUEZ	PR		1.37
49	THOM JONES	CA	45	1.35
50	DES MARGETSON	NY	49	1.35
51	DAVID VEEDER			1.33
52	BOB HOOVER	KS	46	1.32
53	E. O'BRIEN			1.32
54	D. THOMAS			1.32
55	RICHARD BLOOMFIELD	SC		1.27
56	J. BECKHAM			1.25
57	MORT HAHN			1.25
58	GIL NOLAN			1.25
59	C. GOSLING			1.22
60	THOMAS WHITE			1.17
61	PAUL ROBERTSON	VA	46	1.00

### 1985 MEN'S HIGH JUMP 50-54

RANK	NAME	STATE	AGE	MARK
1	HERM WYATT	OR	53	1.83
2	NICK NEWTON	CA	51	1.78
3	TOM LANGENFELD	MN	50	1.76
4	RICHARDSON	IL	51	1.76
5	J.C. BROWN	MO	54	1.70
6	FLOYD SMITH	IA	50	1.70
7	DON SMITH		50	1.67
8	JACK GILMORE	SC	50	1.65
9	R. BOYD	PA		1.63
10	RICHARD HEIN	TX	52	1.60
11	WALT HUTCHINS	PA	53	1.58
12	JERRY STANNERS	CA	50	1.58
13	LEON TROUT	PA	50	1.58
14	R. ANDERSON	PA		1.55
15	RAY FITZHUGH	CA	50	1.55
16	CHARLES LEVERONE			1.55
17	WENDELL PALMER	TX	53	1.55
18	SONNY CARLE	VA	53	1.53
19	CHARLES KRAMER	MA		1.53



## U.S. MASTERS TRACK &amp; FIELD RANKINGS

(Coordinated by Haig Bohigian, T&amp;F Rankings Chairman)

1986 TRIPLE JUMP  
COMPILED BY CHARLES MERCURIO

1986 MEN'S TRIPLE JUMP 30-34				
RANK	NAME	STATE	AGE	MARK
1	KEITH WITHERSPOON	VA		15.10
2	MIKE LARIZA	OR		14.46
3	VERNON KELLEY	GA	31	13.89
4	WAYNE REESE			13.60
5	BILL WERLING		32	13.51
6	ALLEN PENDLETON	CA		13.46
7	MICHAEL MOORE	NY		13.33
8	BOB DORAN	NY		12.95
9	SCOTT THORNLEY	PA	34	12.89
10	LARRY VOLLMER	PA		12.71
11	NATHAN TAYLOR	VA	33	12.71
12	CHARLES EASTER	CO	32	12.69
13	AUGIE BOURGEOIS	LA		12.67
14	JEFF WATRY	VA	30	12.64
15	ROBERT ZAHN	WI		12.43
16	CHRIS POLANSKI	VT	30	12.38
17	GREG SCINSON	CO	33	12.19
18	JEFF BILDERBECK	NM	30	12.18
19	RON SHIELDS			12.08
20	S THURMAN			11.89
21	GARY SCHMIDT	CA	32	11.72
22	ROLAND KELLEY			11.54
23	DONALD GOODWIN			11.48
24	K CRONAN			11.44
25	MIKE JACKSON			11.24
26	ANDREW HECKER			10.86
27	J BROWN			10.80
28	N AUBRITTON			10.63
29	ALLEN RAY	OH		10.60
30	RON CLARK			10.55
31	PAUL ELLISON	CO	33	10.53
32	KEN SATTERFIELD			10.39
33	MARTY TURNER			10.34
34	WILLIAM WELDON			10.34
35	LUIS LOZADA			10.29
36	SCOTT STEVENS		34	10.17
37	DAVE MORGAN			10.16
38	FRANK BONACORSO		34	9.66
39	R BARSBRO			9.17
40	P ARBOGAST			8.97

1986 MEN'S TRIPLE JUMP 35-39				
RANK	NAME	STATE	AGE	MARK
1	JOSH OMUSU	TX	38	14.58
2	W MCLELLON			14.29
3	WARREN WOODS	LA		13.40
4	ROBERT BEALE	PA		13.35
5	LARRY RODENBECK	MO	37	13.24
6	ROGER TRUJILLO	CA	36	13.23
7	P LANDAU	PR		13.20
8	GERALD WOOLFOLK	MI	37	13.09
9	RON THOMPSON	CT		13.01
10	BOB LUCCI			12.99
11	JAMES DICKERSON	PA		12.72
12	MICHAEL ROYALE			12.62
13	LOU PICONE	NY		12.20
14	STAN ALLEN	MI	37	12.17
15	IVAN BLACK	NY	37	12.03
16	JOEL WHITEFIELD	AZ	37	11.84
17	TED JACKSON			11.81
18	K BRAUMAN			11.64
19	BILL FORSYTH	NM	39	11.64
20	PAUL KATAUKAS			11.58
21	BILL KNIPMEYER	CO	38	11.50
22	GIUSEPPE GORI	CT		11.46
23	REN SCOGGINS			11.46
24	R MARINELLO	OH		11.36
25	TAYLOR TUNSTALL	PA	36	11.33
26	KEN BLACK			11.18
27	STEPHEN MACKOWITZ			11.04
28	NATE PORTER			10.81
29	J BUTERA			10.79
30	W EWING		36	10.77
31	LARRY ISLER		35	10.73
32	PRESLEY YATES	MI		10.68
33	RON CAMBIANO			10.59
34	TURNER MARTIN			10.54
35	BARRY CONRAD			10.19
36	B SMITH	LA		9.96
37	FRANK BONACORSO	CA	35	9.93
38	RON ROOK	CA	37	9.91
39	WILLIAM SIKORSKY			9.91
40	RON SALVIO	NJ	37	9.83
41	DENNIS OLAFSON			9.77
42	JERRY DAVIS			9.28
43	A CHAMBERLAIN		38	8.92
44	ROSINI RUSSELL	CO	35	8.74
45	STEVE BACKETT			8.19
46	J BAHR			7.48

1986 MEN'S TRIPLE JUMP 40-44				
RANK	NAME	STATE	AGE	MARK
1	JOHN HARTFIELD	TX	41	13.50
2	MURUS MORRIS	CA		13.22
3	HANS GORDON	TX	44	12.95
4	DOUG SHAW			12.63
5	WILLIAM WOOD	NY		12.60
6	NEIL SILVER	NM	41	12.31
7	KIRT VENER	MD	43	12.08
8	CARLTON COLLINS	CA		12.04
9	ED JONES	TX	41	12.02
10	JOHN MEISNER	IL	40	11.89
11	KEN WINTERS	KS	43	11.87
12	JIM HAUSER			11.67
13	B LAVERTY			11.61
14	BILL FORSYTH	NM	40	11.54
15	DONALD DVORAK	CA	44	11.53
16	JIM HOLLISTER	CA	41	11.47
17	THOMAS CROMAN		43	11.31
18	D TAYLOR			11.28
19	RUSTY DUKHAM			11.27
20	ALLEN SLATER	CT		11.20
21	JOHN GAMBILL	WA		11.15
22	MICHAEL MILOVE	NY	41	11.09
23	GLENN MARTIN			11.07
24	D KAMOS	PR		11.04
25	JOEL LILES	NC	41	11.03
26	THEO MORROW	OH		10.88
27	BRIAN LAMARKE	CT	42	10.82
28	CLARENCE RAY	MI		10.78
29	M GLENN			10.70
30	C ALEXANDER	AL		10.60
31	R MAGNESKI			10.58
32	RICK CUMMINGS	CT	41	10.56
33	C HITE			10.56
34	JOHN LAWSON		44	10.43
35	JURIS ZIUTINA	CT	41	10.38
36	J EDWARDS			10.38
37	ROBERT JONES	CA	44	10.24
38	ROBIN FICKER		43	10.22
39	J ACKROYD			10.20

1986 MEN'S TRIPLE JUMP 45-49				
RANK	NAME	STATE	AGE	MARK
1	DARREL HORN	CA	47	12.29
2	HANS GORDON	TX	45	12.06
3	ALVIN HENRY	CA	48	11.94
4	SAMMY WHITE	CA	48	11.63
5	NATHANIEL CARTER	NC	46	11.46
6	ROBERT HAHN	TX		11.35
7	ANGEL LUIS CINTRON			11.29
8	DALE LANCE	OK	48	11.25
9	GROVER COATS	OH	47	10.99
10	T SIMPSON		45	10.96
11	DARRELL HULL	WA	45	10.92
12	WAYNE SANDVOLD	OK	47	10.82
13	DAVE WADDELL	CT		10.73
14	HAIG BOHIGIAN	NY	49	10.57
15	EDMUND ANDRADE	CT	49	10.52
16	PETE STPOPOULOS	IL	49	10.49
17	ONOMOPOEIA LEGEND	CA	49	10.46
18	DEE DEWITT	CA		10.32
19	AARAND ROOS	NY	46	10.30
20	ROBERT JONES	CA	45	10.27
21	EDWARD KENT	NY		10.24
22	R SCHMIDT			10.24
23	MIKE BOUDREAUX	LA		10.17
24	WILLIAM JEFFREY	NC	46	10.16
25	JOHN TATE	CO	45	10.16
26	TOM RAGLAND	OH	49	10.10
27	RICHARD KAYE	NY	45	10.06
28	ALONZO LITTLEJOHN	MI	45	10.02
29	RICHARD LONG	NY		9.97
30	FRED NIEDERMAYER		46	9.96
31	LARRY JUDD			9.91
32	CHARLEY JURDEN			9.65
33	H WHITTLE			9.63
34	ED BARBOUR			9.61
35	DAVE ELLIS	TX		9.56
36	J TIRADO	PR		9.52
37	JOHN RUSSELL			9.39
38	FINOZZ SADEH	CO	48	9.32
39	MICHAEL AKERMAN			9.19
40	G NOLAN			9.18
41	GARY WESHINSKEY			9.02
42	GEORGE LA BELLE	MN	47	8.78
43	DAVE BRAND	CT	46	8.78
44	AL RAMDSON			8.57
45	BOB HOOVER			7.65
46	J DE LUCA			7.32
47	HORTON HAHN			6.24

1986 MEN'S TRIPLE JUMP 50-54				
RANK	NAME	STATE	AGE	MARK
1	DAVE JACKSON	CA	54	12.45
2	PAY CARSTENSEN	NY	54	11.75
3	TOM LANGENFELD	NM	51	11.49
4	PHIL MULKEY	GA	53	11.42
5	VADIMIR KOSTRICH	TX		11.32
6	BOB MC GLASHAN	CT	50	11.32
7	EARL CLINE	NY	51	11.01
8	PETE STPOPOULOS	IL	50	11.01
9	WILLIAM CLARK	NJ	53	10.86
10	BUZZ PORTER			10.79
11	HAIG BOHIGIAN	NY	50	10.77
12	GLENN STONE	OK		10.56
13	JERRY STANNERS	CA	51	10.31
14	RAY FITZHUGH	CA	51	10.18
15	JIM PETEKSON	MN		9.91
16	ROBERT JONES			9.78
17	WENDELL PALMER	TX	54	9.73
18	FLOYD SMITH	IA	51	9.67
19	P LEIMKUHIL			9.65
20	RUSTY HAMILTON	SC	50	9.47
21	NORMAN WELLS			9.38
22	JERRY LUSCHAK			9.31
23	RICHARD HEIM			9.25
24	DAVID MARTIN			9.14
25	B SMITH			9.14
26	EARL MECE	PA	51	9.12
27	JOHN SHARP			9.11
28	JIM BAGGETT	GA	52	9.09
29	H NOTTINGHAM			9.08
30	STEVE RICHMOND			8.99
31	H HEARN			8.95
32	FRANK BROWN	IA	51	8.92
33	DON NAIL			8.86
34	A BATTARITA			8.49
35	HAL ROBINSON	OH		8.09
36	WALTER MOZESKY	CT	54	7.83
37	ERNIE ANGLIN			7.65
38	BILL MC LEOD		50	7.63
39	F JOHNS			7.40
40	BUZZ MILLER			6.81
41	KARL FOOSE			6.60
42	MORT HAHN			5.73

1986 MEN'S TRIPLE JUMP 55-59				
RANK	NAME	STATE	AGE	MARK
1	DAVE JACKSON	CA	55	11.98
2	HUCK BRADBERRY	AL	59	10.80
3	ED SCHULER			10.24
4	JERRY REISERER	KS	56	9.91
5	JIM MATHERS	CT		9.90
6	THOMAS BAKTENFELD	GA		9.75
7	BILL TOWNSEND	NY	59	9.66
8	ED MAHANY	CA	56	9.66
9	BILL GENTRY	FL	55	9.52
10	GORDON SEIFERT	AL		9.40
11	LUIS ARROYO-VELEZ	PR		9.36
12	BOB ACKERMAN			9.20
13	TED ENSLIN			9.15
14	BERT SNYDER	CO	57	9.09
15	J DEXTER			8.93
16	KURT HERING	CT	59	8.60
17	MAX MOERLE	CT	55	8.33
18	MERLE NICKELL	TX	59	8.24
19	GEORGE TAYLOR	PA	55	7.84
20	ALAN COHEN	NY	56	7.80
21	ED THORP			7.70
22	DAN ROSS			7.62
23	J THOMAS	PA		7.49
24	ERNIE HAMMOND			7.44
25	GEORGE TOWNSEND			7.06

1986 MEN'S TRIPLE JUMP 60-64				
RANK	NAME	STATE	AGE	MARK
1	EL LUKENS	NY	64	10.69
2	TOM PATSALIS	CA	64	10.34
3	DENVER SMITH	OH	60	9.95
4	CHARLES OLSON	MN	60	9.80
5	FRED HIRSIMAKI	OH	61	9.56
6	CAROL PAVASARS			9.54
7	JAMES JOHNSON	CA	64	9.42
8	RAY SPENCER	CA	63	9.39
9	BOB RICHARDS	TX	60	9.37
10	MAX GOLDSMITH	TX	63	9.09
11	VALDEN SADUL	CT	62	8.85
12	JACK DOORLAY	NY	61	8.84
13	DICK CAVICCHI	OH	62	8.78
14	DEE MARGETSON	NY	60	8.56
15	K MITCHELL			8.50
16	HAL BUCK	OR	61	8.27
17	TIM MURPHY	TX		7.85
18	B MADAM		61	7.47

1986 MEN'S TRIPLE JUMP 65-69				
RANK	NAME	STATE	AGE	MARK
1	BENJAMIN FOX	AS		7.23
2	WINFIELD MacFADDEN	CA	81	6.93
3	HERB ANDERSON	CO	84	6.26
4	KONRAD BOAS	NY		5.97
5	ARLING PITCHER	IN	84	5.64
6	HOMER VAN GELDER	CA	81	5.39
7	ARNOELTICHMANIS	CT	80	5.24



# U.S. MASTERS TRACK & FIELD RANKINGS

(Coordinated by Haig Bohigian, T&F Rankings Chairman)

Continued from previous page

M75-79		
1 Byron Fike	76 OH 75.0	
2 Mel Shine	75 CA 79.3	
3 Ken Carnine	76 CA 79.5	
4 Hugh Clifford	CN 86.2	
5 Till Blain	CN 87.9	
6 Alf Werner	75 TX 94.0	
7 Sing Lum	79 CA 94.3	
8 Russ Meyers	97.3	
9 Harry McCardle	CN 1:32.1	
10 Dave Pugh	75 OH 1:35.0	

M80-84		
1 Willard Benton	80 CA 75.0	
2 Herb Anderson	82 CO 94.3	
3 Mark Brennan	99.7	
4 Sing Lum	80 CA 1:45.2	
5 Frederico Cordero	80 PR 1:51.6	
6 Fred Keiser	2:07.1	
7 Thomas Cureton	82 OH 2:09.7	

M85-89		
1 Paul Spangler	85 CA 1:48.1	

W30-34		
1 Mary Lehner	32 CA 64.5	
2 Janet Seward	33 65.1	
3 Leah Dauphinee	65.3	
4 Carlene Nightingale	66.2	
5 C Lempeses	66.6	

6 Betty Clair	33 NY 68.1	
7 ---- Strange	68.1	
8 ---- Dye	34 69.2	
9 Suzette Hall	70.9	
10 B Huber	71.6	
11 Carol Crouthamel	31 72.0	
12 Cheryl Silverio	32 PA 73.2	
13 C Miller	75.0	
14 Mary Syterpahiewicy	76.7	
15 Annett Murray	77.2	
16 Marian Spencer	77.8	
17 Susan Plachy	78.2	
18 Anne Cline	31 NM 78.6	

W35-39		
1 Chestine Barnes	37 CA 61.3	
2 Elizabeth McBlain	CN 62.8	
3 June Smith	63.5	
4 Janie Duff	38 CA 66.3	
5 J Melton	66.9	
6 Merica Chace	CN 70.3	
7 ---- Bidwell	71.0	
8 T Osthoff	73.0	
9 Mary Lou Nicoletti	35 73.0	

10 Mary L. Smith	CN 73.8	
11 Marilyn White	39 CA 73.9	
12 Wendy Alden	CN 76.0	
13 Pat Wright	77.8	
14 Barbara Smith	78.2	
15 Mary Lee Lyon	81.2	
16 Judy Finch	37 WY 81.8	

W40-44		
1 Jeanne Carter	44 CA 64.2	
2 Mary Luker	42 TX 66.0	
3 ---- Rodgers	68.1	
4 Janet Sherman	40 OR 69.1	
5 Barbara Pike	69.2	
6 Lori Schutt	42 OR 69.2	
7 Sandy Pashkin	41 NY 69.4	
8 Jinny Beyer	42 69.8	
9 Marta Piresferreira	CN 69.9	
10 Almeta Parish	CA 70.0	
11 Linda Scott	40 CN 71.8	
12 Carrie Parisi	72.0	
13 Erica Van Meurs	CN 74.2	
14 ---- Birmingham	74.6	
15 Laura Baggett	43 WA 75.1	
16 Glenna Fink	44 75.2	
17 Ines Kerch	44 75.9	
18 Betty Bonham	42 OR 76.2	
19 Cathy Primer	76.7	
20 Evelyn McSheffrey	76.7	

W45-49		
1 Rita Warner	68.0	
2 Monica Tang Wing	CN 68.0	
3 Marilyn Fitzgerald	49 NJ 69.1	
4 Almeta Parish	47 CA 69.3	
5 Libby McIver	45 CN 72.6	
6 Anne Vandervleuten	47 CN 73.7	
7 Libby Stavely	CN 74.5	
8 Barbara McLeod	CN 76.7	
9 Judy Kettles	CN 83.7	
10 ----Howell	93.0	
11 Bernice Moorehead	95.0	
12 Joan Gibson	96.1	



W50-54		
1 Irene Obera	50 CA 64.6	
2 Gretchen Snyder	50 CA 64.9	
3 Sally Goodhue	50 MA 70.9	
4 Grace Butcher	50 IL 71.0	
5 Sallie Stiegelmeier	76.1	
6 Ruth Carrier	53 CN 76.6	
7 Doreen Carmichael	50 CN 77.9	
8 Mary Rynes	78.3	
9 Elizabeth Szawloski	51 MA 81.8	
10 Ardie Arnis	50 OR 82.9	
11 Susan Means	51 86.4	
12 Marjorie Daniels	CN 87.2	
13 Jean Kann	93.4	

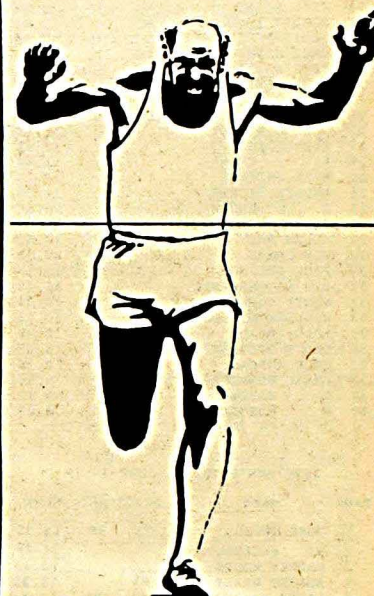
W55-59		
1 Nola Bruhn	55 WA 80.2	
2 Florence Reardon	58 OR 84.5	
3 Dorothy Anderson	55 OR 86.3	
4 Shirley Dietderich	57 CA 87.9	
5 Shelly Anderson	55 CO 88.1	
6 Donna Cornelius	88.8	

W60-64		
1 Gerry Davidson	63 CA 86.2	
2 Jacelyn Caselli	63 CA 88.1	
3 Thelma Rubin	62 CA 90.3	
4 Edith Leiby	61 HI 93.5	
5 Ernestine Yeomans	1:59.3	

W65-69		
1 Josephine Kolda	66 CA 84.0	
2 Edna Laflin	66 AZ 96.8	
3 Marjorie Parker	CN 98.3	
4 Marjorie Smith	99.6	
5 Pat Kirkwood	CN 1:43.2	
6 Marjorie Hunt	65 CN 1:54.8	

W70-74		
1 Polly Clarke	74 CO 88.6	
2 Bess James	74 CA 96.1	
3 Ivy Granstrom	CN 1:44.6	
4 Dorothy Stotsenberg	70 CA 1:58.4	
5 Meredith Probst	2:43.3	

W75-79		
1 Marilla Sallisbury	76 CA 2:36.0	



## U.S. MASTERS STANDARDS OF EXCELLENCE FOR WOMEN

event	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84
100m	13.8	14.2	14.6	15.0	15.6	16.3	16.9	17.5	18.8	20.0	21.2
200m	28.0	29.2	30.3	31.4	32.5	34.2	35.7	37.3	40.5	43.8	48.7
400m	63.5	66.5	67.5	69.5	71.5	73.5	78.5	83.7	90.0	95.0	103.3
800m	2:32	2:35	2:40	2:45	2:54	3:07	3:17	3:27	3:34	3:49	4:02
1500	5:13	5:15	5:19	5:39	5:50	6:15	6:45	7:16	7:45	8:19	8:49
5000	20:40	20:56	21:36	22:16	23:12	24:16	26:08	28:08	30:08	32:21	34:26
10000	41:00	42:40	44:40	47:00	49:30	52:00	56:00	60:00	66:00	76:00	86:00
100/80mH	17.0	18.6	16.1	17.1	18.1	19.1	20.1	21.1	28.0	32.0	37.0
400/300mH											
HJ	1.42	1.35	1.27	1.19	1.10	1.07	1.02	0.97	0.92	0.89	0.84
	4'8	4'5 1/2	4'2	3'11	3'7 1/2	3'6 1/2	3'4 1/2	3'2 1/2	3'0 1/2	2'11	2'9
LJ	5.0m	4.60	4.30	3.90	3.55	3.20	2.85	2.60	2.35	2.10	2.0
TJ	9.03	8.61	8.12	7.63	7.14	6.40	6.23	5.74	5.00	4.25	4.00
	29'7 1/2	28'3	26'73/4	25 1/2	23'5 1/2	22'73/4	20'5 1/2	18'10	16'5	13'11 1/2	13'1 1/2
SP	10.30	9.30	8.20	7.20	8.90	8.30	7.70	7.30	6.90	6.60	6.30
Javelin	39'50	33.50	27.50	21.50	25.0	19.0	18.0	16.0	15.0	14.0	13.50
Discus	30.0	27.8	26.0	24.0	22.0	20.0	18.0	16.0	15.0	14.0	13.50

## U.S. MASTERS STANDARDS OF EXCELLENCE FOR MEN

event	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85-89
100m	11.0	11.33	11.67	12.0	12.5	13.0	13.5	14.0	15.0	16.0	17.0	18.0
200m	22.4	23.3	24.2	25.1	26.0	27.3	28.5	29.8	32.4	35.0	38.9	42.8
400m	51.0	52.5	54.0	55.5	57.5	59.0	62.5	67.0	72.0	76.0	82.5	87.6
800m	2:01	2:04	2:08	2:12	2:19	2:29	2:37	2:45	2:54	3:03	3:13	3:24
1500m	4:11	4:12	4:15	4:31	4:40	5:00	5:24	5:49	6:12	6:39	7:03	7:30
5000m	15:30	15:42	16:12	16:42	17:24	18:12	19:36	21:06	22:36	24:16	25:50	27:30
10000	33:00	34:00	35:00	36:00	37:00	38:30	40:30	44:30	48:30	54:30	60:30	68:30
SC 3K	10:00	10:20	11:10	11:50	12:30	13:20	13:50	14:40	17:30	20:00		
SC 2K							9:30	10:30	12:45	14:00		
110mH	15.0	16.4	17.75	18.75	19.14	20.25	20.57	21.65	22.60	26.0	29.8	33.7
100mH							18.0	20.0				
80mH									18.0	21.0		
300mLH							57.0	62.0	66.0	71.0	75.0	81.0
400mH	57.6	59.6	62.0	64.4	68.2	72.0	76.0	82.0	88.0	94.0	100.0	106.0
H.J.	1.94	1.85	1.76	1.68	1.59	1.50	1.41	1.32	1.23	1.12	1.02	.92
	6'4 1/2	6'3 3/4	5'9 1/2	5'6	5'2 1/2	4'11	4'7 1/2	4'4	4' 1/2	3'8	3'4	
L.J.	6.50	6.10	5.70	5.30	4.90	4.50	4.12	3.72	3.35	2.90	2.55	2.15
	21'4	20 1/2	18'8 1/2	17'4 1/2	16'3/4	14'9	13'6 1/2	12'2 1/2	10'11	9'6 1/2	8'4 1/2	7' 1/2
P.V.	4.11	3.89	3.66	3.43	3.20	2.97	2.74	2.44	2.13	1.83		
	13'6	12'9	12'0	11'3	10'6	9'9	9'0	8'0	7'0	6'0		
T.J.	12.90	12.30	11.60	10.90	10.20	9.55	8.90	8.20	7.50	6.80	6.10	5.50
	42'4	40'4 1/2	38'3/4	35'9 1/2	33'5 1/2	31'4	29'2 1/2	26'11	24'7 1/2	22'3 1/2	20' 1/2	18' 1/2
Discus	44.80	42.60	40.60	38.00	40.00	36.40	42.00	36.80	31.60	26.40	21.40	16.00
	147'	139'9	133'2	124'8	131'3	119'5	137'9	120'9	103'8	86'7	70'2 1/2	52'6
Javelin	62.00	57.00	52.00	48.00	43.00	38.50	40.00	35.00	29.00	24.00	19.00	15.00
	203'5	187'0	170'7	157'6	141'1	126'4	131'3	114'10	95'2	78'9	62'4	49'2 1/2
Hammer	47.24	44.20	41.14	38.10	34.50	32.50	36.00	30.50	25.00	20.00	15.00	12.00
	155'0	145'0	135'0	125'0	106'8	118'1	100'1	82'0	65'7 1/2	49'2 1/2	39'4 1/2	
S.P.	15.20	14.10	13.00	12.00	13.00	11.80	13.00	11.80	10.70	9.50	8.40	7.20
	49'10 1/2	46'3	42'8	39'4 1/2	42'8	38'8 1/2	42'8	38'8 1/2	35'1 1/2	31'2	27'6 1/2	23'7 1/2

- notes: 1) 100m standards are for auto time, will use standard conversion for hand time  
 2) All High Hurdles are for 110m, 39" 30-49; 36" 50-59; 33" 60-69 30" 70+  
 3) Weights S.P. 16# 30-49 12# 50-59 8# 60+  
 Dis 2kg 30-49 1.6 50-59 1.0 60+  
 Jav 800gm 30-59 600gm 60+  
 Hammer 16# 30-49 12# 50-59 8# 60+  
 4) Metric heights and distances are the standard, feet and inches for convenience.

## APPLICATION FOR AN ALL-AMERICAN CERTIFICATE

NAME: \_\_\_\_\_ PHONE: \_\_\_\_\_  
 ADDRESS: \_\_\_\_\_ AGE GROUP: \_\_\_\_\_  
 SEX: M \_\_\_\_\_ F \_\_\_\_\_  
 EVENT: \_\_\_\_\_ MARK: \_\_\_\_\_  
 MEET: \_\_\_\_\_ WEIGHT OF IMPLEMENT \_\_\_\_\_  
 DATE OF MEET: \_\_\_\_\_ HURDLE HEIGHT \_\_\_\_\_  
 MEET SITE: \_\_\_\_\_

Send \$10.00 and this form to: All-American, National Masters News, P.O. Box 2372, Van Nuys, CA. 91404. (Enclose copy of results, or note in which issue they appeared.)



# RECIPIENTS OF CERTIFICATES AS ALL-AMERICANS FOR ACHIEVING U.S. STANDARDS OF EXCELLENCE IN 1986

## MEN

NAME	AGE	EVENT	TIME/DISTANCE	WEIGHT OF IMPLEMENT/HURDLE HEIGHT
BOB ACKERMAN	55-59	LONG JUMP	15'4½"	
EDWIN ALEXANDER	50-54	800 METERS	2:17.5	
DAN BEATTIE	50-54	SHOT PUT	44'	12 lb.
THADDEUS J. BELL	40-44	100 METERS	11.6	
THADDEUS J. BELL	40-44	200 METERS	23.7	
EMMETT BENNETT	75-79	LONG JUMP	3.18 METERS	
JACK BROCKSMITH	45-49	800 METERS	2:09.6	
HARRY F. BROWN	55-59	100 METERS	12.82	
HARRY F. BROWN	55-59	200 METERS	26.96	
ROSS CARTER	70-74	DISCUS	42.46 METERS	1 kilo
ROSS CARTER	70-74	SHOT PUT	45'7½"	8 lb.
WALTER DAHLIN	65-69	HIGH JUMP	4'4"	
WALTER DAHLIN	65-69	300 METER HURDLES	54.3	33"
JOHN DAMSKI	70-74	HIGH JUMP	4'4"	
JOHN DAMSKI	70-74	LONG JUMP	13'5½"	
JOHN DAMSKI	70-74	TRIPLE JUMP	28'11"	
WAYNE DOUGLAS	35-39	800 METERS	2:03.2	
TIM DYAS	65-69	2K STEEPLECHASE	10:00.1	
D. JAY EDWARDS	50-54	HAMMER THROW	38.64 METERS	12 lb.
D. JAY EDWARDS	50-54	SHOT PUT	13.71 METERS	12 lb.
ERIC ELBEL	40-44	800 METERS	2:06.47	
TED ENSSLIN	55-59	LONG JUMP	15'6"	
TED ENSSLIN	55-59	100 METERS	12.62	
TED ENSSLIN	55-59	110 METER HURDLES	18.11	36"
JIM GLINN	40-44	HAMMER THROW	136'	16 lb.
JIM GLINN	40-44	SHOT PUT	44'	16 lb.
FRITZ L. GOREHAM	50-54	10,000 METERS	36:39	
CARL GRANT	45-49	100 METERS	12.0	
CARL GRANT	45-40	200 METERS	24.05	
RICHARD GREEN	60-64	1,500 METERS	5:08.03	
SHERIDON H. GROVES	35-39	110 METER HURDLES	15.51	39"
HARRY E. GUTH	60-64	HIGH JUMP	4'9"	
HARRY E. GUTH	60-64	LONG JUMP	13'9"	
JAMES A. HART	45-49	SHOT PUT	42'10"	16 lb.
JAMES A. HART	45-49	DISCUS	131'9"	2 kilo
BENJAMIN P. HICKS	35-39	800 METERS	2:03.49	
FREDERIC E. HIRSIMAKI	60-64	300 METER HURDLES	56.4	
FREDERIC E. HIRSIMAKI	60-64	HIGH JUMP	4'8"	
FREDERIC E. HIRSIMAKI	60-64	TRIPLE JUMP	8.93 METERS	
FREDERIC E. HIRSIMAKI	60-64	LONG JUMP	4.54 METERS	
JAMES L. HOLLAND	60-64	SHOT PUT	44'6½"	8 lb.
JAMES HUDSON	30-34	1,500 METERS	4:08.1	
JAMES HUDSON	30-34	800 METERS	1:57.66	
DARRELL HULL	45-49	200 METERS	24.5	
DARRELL HULL	45-49	400 METERS	54.1	
DARRELL HULL	45-49	LONG JUMP	18'11"	
DARRELL HULL	45-49	TRIPLE JUMP	35'10"	
BARRY IVERS	75-79	100 METERS	15.33	
BARRY IVERS	75-79	200 METERS	32.23	
SETH KAMINSKY	45-45	1,500 METERS	4:25.63	
ROGER KAMLA	30-34	SHOT PUT	49'11½"	16 lb.
ROGER KAMLA	30-34	DISCUS	150'7"	2 kilo
BOB KEEGAN	50-54	100 METERS	12.30	
STAN KING	45-49	100 METERS	11.8	
STAN KING	45-49	200 METERS	24.7	
CHARLES H. KLEHM	45-49	SHOT PUT	12.07 METERS	16 lb.
CHARLES H. KLEHM	45-49	HAMMER THROW	39.27 METERS	16 lb.
CHARLES D. KRAEMER	55-59	HIGH JUMP	4'11½"	
CHARLES D. KRAEMER	55-59	LONG JUMP	4.58 METERS	
JOHN M. KUECHLE	30-34	LONG JUMP	21'7½"	
ARTHUR J. LEVENSON	70-74	10,000 METERS	45:27	
ALLEN P. McDANIEL	40-44	800 METERS	2:06.5	
CHARLES A. McMAHON	70-74	JAVELIN	32.40 METERS	600 grams
CHARLES A. McMAHON	70-74	HAMMER THROW	95'10"	8 lb.
ED MAHANY	55-59	100 METERS	12.9	
ED MAHANY	55-59	200 METERS	27.0	
ED MAHANY	55-59	LONG JUMP	16'5"	
ED MAHANY	55-59	TRIPLE JUMP	31'8½"	
JIM MANNO	65-69	200 METERS	28.53	
JIM MANNO	65-69	400 METERS	63.27	

NAME	AGE	EVENT	TIME/DISTANCE	WEIGHT OF IMPLEMENT/HURDLE HEIGHT
JOHNIE H. MEISNER	40-44	HIGH JUMP	6'2"	
JOHNIE H. MEISNER	40-44	TRIPLE JUMP	39'½"	
JOHNIE H. MEISNER	40-44	110 METER HURDLES	17.2	39"
ROBERT E. MILLER	45-49	200 METERS	24.0	
ROBERT E. MILLER	45-49	400 METERS	55.5	
ROBERT E. MILLER	45-49	110 METER HURDLES	18.4	36"
BOO MORCOM	65-69	100 METERS	13.92	
BOO MORCOM	65-69	200 METERS	28.4	
BOO MORCOM	65-69	400 METERS	67.0	
BOO MORCOM	65-69	800 METERS	2:36.6	
BOO MORCOM	65-69	1,500 METERS	5:47.	
BOO MORCOM	65-69	100 METER HURDLES	18.18	33"
BOO MORCOM	65-69	110 METER HURDLES	18.14	30"
BOO MORCOM	65-69	300 METER HURDLES	52.67	30"
BOO MORCOM	65-69	HIGH JUMP	4'9½"	
BOO MORCOM	65-69	LONG JUMP	17'7 3/4"	
BOO MORCOM	65-69	POLE VAULT	12'4½"	
BOO MORCOM	65-69	TRIPLE JUMP	33'3½"	
BOO MORCOM	65-69	DISCUS	127'5½"	1 kilo
BOO MORCOM	65-69	HAMMER THROW	107'	8 lb.
HENRY A. MORRONI	40-44	HAMMER THROW	49 METERS	16 lb.
MICHAEL G. MURPHY	45-49	10,000 METERS	35:19	
TIM MURPHY	60-64	100 METERS	13.1	
TIM MURPHY	60-64	200 METERS	27.71	
CHARLES R. NORTHRUP	65-69	100 METERS	13.81	
CHARLES R. NORTHRUP	65-69	LONG JUMP	13'8½"	
MICHAEL A. PANNELL	30-34	400 METERS	50.93	
LARRY PATTERSON	70-74	1,500 METERS	5:57.4	
LARRY PATTERSON	70-74	5,000 METERS	22:04	
LARRY PATTERSON	70-74	10,000 METERS	45:49	
JIM PLATIS	60-64	100 METERS	13.5	
JOHN S. POPPELL	55-59	100 METERS	12.4	
JOHN S. POPPELL	55-59	200 METERS	25.5	
NEIL PRUSSMAN	40-44	800 METERS	2:07.9	
JERRY REISERER	55-59	LONG JUMP	15'10"	
JERRY REISERER	55-59	TRIPLE JUMP	32'6½"	
BILL SIMON	45-49	JAVELIN	159'9"	800 grams
DALE E. SMITH	30-34	110 METER HURDLES	14.4	39"
JERRY STANNERS	50-54	110 METER HURDLES	18.2	36"
JERRY STANNERS	50-54	POLE VAULT	10'7"	
JERRY STANNERS	50-54	TRIPLE JUMP	33'10"	
JERRY STANNERS	50-54	LONG JUMP	16'5½"	
RICHARD STEPP	40-44	POLE VAULT	12'3"	
PETE STOPOULOS	50-54	LONG JUMP	5.64 METERS	
PETE STOPOULOS	50-54	TRIPLE JUMP	11.01 METERS	
PETE STOPOULOS	50-54	100 METERS	12.5	
TIMOTHY J. TWOMEY	50-54	HAMMER THROW	152'	12 lb.
DENNIS B. UMSHLER	30-34	DISCUS	165'8"	2 kilo
RUDY VLAARDINGERBROEK	35-39	JAVELIN	194'4"	800 grams
ERIC WESTIN	40-44	JAVELIN	171'	800 grams
NATHANIEL E. WHITE	65-69	10,000 METERS	43:48.59	
RUSSELL B. WHITE	40-44	JAVELIN	58.94 METERS	800 grams
JOHN R. WHITEMORE	85-89	DISCUS	57'	1 kilo
JOHN R. WHITEMORE	85-89	JAVELIN	50'9"	600 grams
JOHN R. WHITEMORE	85-89	HAMMER THROW	43'7"	12 lb.
RICHARD H. WILSON	50-54	800 METERS	2:19	
LARRY WORTH	45-49	10,000 METERS	34:44	

## WOMEN

NAME	AGE	EVENT	TIME/DISTANCE	WEIGHT/HEIGHT
BETTY C. DAMERON	50-54	5,000 METERS	22:14	
BETTY C. DAMERON	50-54	10,000 METERS	44:00	
PENNY FARSTER-GILKEY	35-39	100 METERS	13.2	
PENNY FARSTER-GILKEY	35-39	200 METERS	27.5	
PENNY FARSTER-GILKEY	30-34	100 METERS	12.7	
PENNY FARSTER-GILKEY	30-34	200 METERS	26.9	
PENNY FARSTER-GILKEY	30-34	400 METERS	63.1	
JOANNA KEATON	50-54	DISCUS	27'5½"	1 kilo
MARY LOU PLATIS	40-44	HIGH JUMP	4'2½"	
SANDRA STEPP	35-39	DISCUS	31.68 METERS	1 kilo
LURLINE H. STRUPPECK	40-44	DISCUS	101'	1 kilo
LURLINE H. STRUPPECK	40-44	SHOT PUT	33'6"	4 kilo
LURLINE H. STRUPPECK	40-44	JAVELIN	122'8"	600 grams
ELEANOR WALLACE	50-54	5,000 METERS	23:04	



## MEET DIRECTORS GUIDELINES FOR MASTERS CHAMPIONSHIP COMPETITION IN T&F

### PERSONNEL

*You cannot have too many officials on hand, on time, and on the ball!*

1. Starter, TAC Certified.
2. Recall Starter
3. Clerk of the Course
4. A Referee
5. Head Finish Line Judge
6. Head Timer and Accutrac Reader (8 to 10 timers and judges).
7. TAC Certified Field Event Official to head each field event crew.
8. An announcer who is knowledgeable on Masters Events and Competitors. Plus spotter to help and feed information to announcer. A complete list of contestants listed numerically and alphabetically, and a copy of all heat and event sheets.
9. Registration personnel to handle late entries and late payers and TAC registration.
10. 12 to 15 people ready to jump in to any job that comes up and to help set up, take down, "gofer", etc.

### EQUIPMENT

1. A full complement of official implements except poles for Pole Vault.

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

Hurdles Women					
Age	Race Distance	Hurdle Height	To 1st Hurdle	Between Hurdles	To Finish
35-39	100m	.840m 33"	13.00m 42'8 1/2"	8.5m 27'10 1/2"	10.5m 34'5"
40-49	80m	.762m 30"	12.00m 39'4"	8.0m 26'3"	12.00m 39'4"
50-59	80m	.762m 30"	12.00m 39'4"	8.0m 26'3"	12.00m 39'4"
60-69	—	—	—	—	—
70 Plus	—	—	—	—	—
35-39	400m	.762m 30"	45.00m 147'7 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"
40-49	400m	.762m 30"	50.00m 164'0 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"
50-59	300m	.762m 30"	50.00m 164'0 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"
60-69	—	—	—	—	—
70 plus	—	—	—	—	—

MEN					
Age	Race Distance	Hurdle Height	To 1st Hurdle	Between Hurdles	To Finish
35-39	110m	.991m 39"	13.72m 45'	9.14m 30'	14.02m 46'
40-49	110m	.914m 36"	13.72m 45'	9.14m 30'	14.02m 46'
50-59	110m	.914m 36"	13.72m 45'	9.14m 30'	14.02m 46'
60-69	100m	.840m 33"	13.00m 42'8 1/2"	8.5m 27'10 1/2"	10.50m 34'5"
70 plus	80m	.762m 30"	12.00m 39'4"	8.00m 28'3"	12.00m 39'4"
40-49	400m	.914m 36"	45.00m 147'7 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"
50-59	400m	.840m 33"	45.00m 147'7 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"
60-69	300m	.762m 30"	50.00m 164'0 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"
70 plus	—	—	—	—	—

*Steeplechase distance for age-groups M60 and M65 shall be 2000m; there is no steeplechase for age-groups M70 and above.*

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 (16 lbs.)	2.00K	7.26K (16 lbs.)	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.

2. An automatic timing device and personnel to operate it.
3. Copy capability
4. Typist(s)
5. Wind Gauge and Operators
6. Portable communication equipment - walkie talkies, etc.

### PHYSICAL PLANT

1. 8 Lane All-Weather Track (minimum).
2. Preferably double capability for all field events.
3. Dressing rooms with showers
4. Bathrooms
5. Concession stand
6. Shade area

### ENTRY BLANK

*Must contain the following information and be approved by outdoor coordinator prior to publication.*

1. Name of meet
2. Entry deadline
3. Place of Event
4. Date of Event
5. Name, age, birthdate, sex, the TAC Club Affiliation, number of entrant.
6. Events entered with best time of that year.
7. Waiver - to include disclosure of local conditions (e.g., temperature)
8. Awards, in 5 year age groups through 90-94.
9. Entry fees
10. Accommodations with directions and map in relation to track.
11. List host, sponsor, TAC logo.
12. Entry blank should be part of paid add in N.M. News either one or two issues prior to date of event.
13. Information on track surfaces and shoe limitations.
14. Published time schedule in 5 year age groups for all events.
15. Eligibility (TAC card required)
16. Post entries accepted?
17. Standards for hurdles and weights
18. Order of Competition.

### DUTIES

1. Obtain TAC Sanction along with insurance provided by same.
2. TAC Registration numbers required by all contestants.
3. Detail rule differences in Masters Competition to officials, e.g. start, javelin, blocks, sectors, etc.)
4. Competitors numbers on front and back and hip for I.D. on Accutrac pictures and by announcer.
5. All records recorded must be accompanied by filled-out applications and Accutrac pictures where available - Meet Director responsible for sending to Record's Chairman.
6. A complete set of results to N.M. News within one week of close of competition
7. Appoint a Games Committee to adjudicate complaints - names must be in outdoor coordinator's hands prior to start of competition.
8. Enforce time limits in field events.
9. Running event time limits may be imposed.
10. Check in for heats and final at least 1 hour prior to event.
11. Results recorded in this format to at least 6 places, but preferably all finalists.  
100 Meter Men (Include Hurdle Heights and Implement Weights)  
40-44  
1. Joe Dokes 43 11.32  
2. Peter Flash 41 11.37
12. Finals in Field Events contain same number of competitors as lanes on track.
13. Advance to Finals from Heats by time, e.g., first place and next fastest times.
14. Seed heats by time submitted on entry application.
15. With large numbers of competitors in field events, divide into flights of 8-10 with 3 tries - 8 advance to finals with 3 more tries. Also use 2 pits or runways when possible.
16. 800m and further - use timed sections rather than heats - all best times in one section with max of 12 entrants.
17. Obtain Racewalk Judges.

*For National Championship the Outdoor Coordinator will be at site two (2) days prior to start of competition to go over the following checklist with the Meet Director.*

1. Schedule of Competition
2. List of confirmed officials and their duties.
3. Medical services and training facilities

### MEDICAL SERVICES

1. Ambulance with Advanced Life Support System on Hand (not on call)
2. Paramedics or Doctor on hand.
3. Trainers on Hand with adequate facilities.
4. First Aid Treatment available.

### EVENTS TO BE CONTESTED FOR MEN AND WOMEN

100 Meters	100 Meters Low Hurdles	High Jump
200 Meters	80 Meters Low Hurdles	Long Jump
400 Meters	400 Meters Intermediate Hurdles	Triple Jump
800 Meters	300 Meters Low Hurdles	Pole Vault
1500 Meters	3000 Meters Steeple Chase	Discus
5,000 Meters	2,000 Meters Steeple Chase	Shot Put
10,000 Meters	20K Walk	Hammer Throw
110 Meters High Hurdles	5K Walk	Javelin

— PREPARED BY BRUCE SPRINGBETT  
TAC MASTERS TRACK & FIELD OUTDOOR COORDINATOR



# TRACK & FIELD RESULTS

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

## EAST

### Demers Indoor Track Classic Lewiston, Maine; February 22

55m		
M30+K Castro	7.2	
B Bourgoin	7.8	
W30+N Dinitto	10.6	
M40+R Pierce	6.8	
F Brune	7.8	
D Cake	7.9	
M50+E Osgood	8.1	
P Slobogan	66	8.6
B Ivers	76	8.7

200m		
M30+K Castro	27.1	
B Bourgoin	29.1	
M40+R Pierce	24.6	
D Cake	28.5	
J Bennett	29.4	
M50+E Osgood	29.7	
B Ivers	76	33.1
P Slobogan	66	33.6
W40+P Grosso	33.4	
P Bidwell	33.8	
M Harada	51	38.0

400m		
M30+K Castro	62.7	
M40+R Pierce	56.1	
J Bennett	62.8	
B McGilpin	67.1	
M50+A Giasson	67	91.5
W40+P Bidwell	72.4	
W50+M Harada	82.0	

1500m		
M30+L Martin	4:31.2	
D Campbell	4:32.8	
B Bourgoin	4:40.4	
M40+F Brune	4:35.0	
M Hatch	4:35.1	
M50+A Conro	4:49.5	
T Goodlad	60	nta
W40+J Anton	5:57.1	

1500m Rv		
W50+M Myerowitz	8:14.5	
High Jump		
M40+T Tighe	5-4	

### Masters Men's Mile 1987 Miller Lite Indoor Invitational

1 Al Swenson	CN	4:24.69
2 Ed Daw	NC	4:35.45
3 Fay Bradley	DC	4:46.97
4 Bob Bennett	PA	4:55.47
5 Robert Trost	VA	5:11.0



## MIDWEST

### Midwest Track & Field Championships Cincinnati, Ohio February 22, 1987

#### POLE VAULT

M 30	Ted Tiernon	12'
M 35	Rick Christoph	15'
M 40	Henry Hopkins	11'6"
	Allen Ray	10'
	Thomas Thorne	9'6"
	Frank Francis	7'6"
M 45	Gil Nolan	NH
M 50	Ed Boyle	12'6"
	Joe Beckham	7'
	Don Zimmerman	NH
M 60	Denver Smith	10'
	Fred Hirsimaki	8'6"
M 70	Ham Morningstar	8'

#### HIGH JUMP

M 30	Scott Evans	6'4"
	Ted Tiernon	5'6"
M 35	Rick Christoph	5'10"
	Ivan Black	5'2"
M 40	Thomas Thorne	5'4"
	Carl Burgess	5'4"
	Jim Shoemaker	4'4"
	Allen Ray	4'
M 45	Paul Dorsey	5'6"
	Alonzo Littlejohn	5'4"
	Lyndon Johnson	4'2"
M 50	James Ware	4'10"
	Joe Beckham	4'
M 60	Denver Smith	4'6"
	Fred Hirsimaki	4'4"
M 70	Ham Morningstar	4'4"
M 80+	Arling Pitcher	3'2"

#### LONG JUMP

M 30	Luther Blue	21'1"
	Donald Goodwin	18'2 1/2"
	Ted Tiernon	17'7"
M 35	Ivan Black	17'11 1/2"
M 40	Gordon Reiter	18'11"
	Carl Burgess	18'9"
	Henry Hopkins	17'1 1/2"
	Allen Ray	16'11-3/4"
	Ron August	15'7"

M 45	Scott Tyler	16'8-3/4"
	Leroy McClain	16'2 1/2"
	Lyndon Johnson	14'5 1/2"
M 50	Paul Williams	17'3"
	Jack See	12'7 1/2"
M 55	Burt Saidel	16'1 1/2"
	Richard Turner	14'8 1/2"
	Hal Robinson	14'4"
M 60	Merle Nickell	16'1 1/2"
	Fred Hirsimaki	15'3 1/2"
	Dick Cavicchi	15'3"
	Denver Smith	15'1 1/2"
M 65	Andy Jones	13'
M 70	Chris Christy	12'7-3/4"
	Ham Morningstar	12'3 1/2"
M 80+	Arling Pitcher	6'1"

#### TRIPLE JUMP

M 30	Donald Goodwin	38'7 1/2"
M 35	Ivan Black	38'4 1/2"
M 40	Carl Burgess	38'3"
	Ron August	33'0"
	Allen Ray	32'4"
M 45	Alonzo Littlejohn	30'7"
	Gil Nolan	26'11-3/4"
M 50	Robert Jones	29'5 1/2"
M 55	Hal Robinson	27'7 1/2"
	Burt Saidel	29'7"
M 60	Denver Smith	33'1 1/2"
	Fred Hirsimaki	30'9"
	Merle Nickell	30'5 1/2"
	Dick Cavicchi	27'6 1/2"
M 70	Ham Morningstar	25'8"

#### SHOT PUT

M 30	Pieter Elmendorf	38'8 1/2"
M 35	Steve Kaye	44'10 1/2"
	Norman Bower	40'1 1/2"
M 40	Allen Ray	35'2-3/4"
	James Pearce	34'6 1/2"
	Thomas Thorne	32'5-3/4"
	Jim Shoemaker	30'9-3/4"
	Frank Francis	26'1"

M 45	George Mirka	41'4 1/2"
	Dick Bloomfield	31'10"
	Lyndon Johnson	30'5 1/2"
	Richard Russell	27'9 1/2"
M 50	Joe Beckham	38'2-3/4"
	Bill Maddox	30'0"
	Jack See	30'3 1/2"
	Carl Draxan	29'5-3/4"
	Ross Sorrell	29'0"
	Dick Mann	37' 1/2"
M 55	Phil Brusca	45' 1/2"
M 60	Fred Hirsimaki	39'4"
	Denver Smith	39'8"
M 65	Andy Jones	38'6 1/2" 8#
	Andy Jones	34'3 1/2" 12#
	Andy Jones	29' 1/2" 16#
M 70	Ham Morningstar	35'9-3/4"
	Raymond Leurck	23'8"
M 80+	Arling Pitcher	20'

#### WEIGHT THROW

M 30	Pieter Elmendorf	38'6" 35#
	Pieter Elmendorf	24'11" 56#
M 35	Norman Bower	46'11 1/2" 35#
	Norman Bower	30'2 1/2" 56#
	Steve Kaye	40'9 1/2" 35#
M 40	Allen Ray	28'5 1/2" 35#
	Robert Harvey	ND
	James Pearce	36'11" 35#
	James Pearce	23'7" 56#
M 45	Dick Bloomfield	38'9 1/2" 35#
	Dick Bloomfield	25'4 1/2" 56#
M 50	Dick Mann	35'10 1/2" 35#
	Phil Brusca	32'4" 35#
	Dick Mann	20'9" 56#
M 70	Nolan Fowler	41'1" 25#
	Nolan Fowler	31'10 1/2" 35#
	Nolan Fowler	19'9" 56#

#### 60 YARD DASH

M 30	Dallas Gaines	6.3
	Geary Morton	6.6
	Luther Blue	6.8
M 35	Charles Stallworth	6.5
	Wayne Roberts	6.6
	Ralph Marinello	6.9
	James Crutcher	7.2
M 40	Clarence Ray	6.6
	Lloyd Hathcock	6.9
	Caleb Brown	7.0
	Gordon Reiter	7.0
	R.J. Scola	7.4
	Thomas Thorne	7.5
	Jim Shoemaker	7.5
	Reg Sharley	7.6
	Ron August	7.6
	James Burke	7.6
M 45	Scott Tyler	6.8
	Paul Dorsey	6.8
	Bentz Tozer	7.1
	Singh Abdul	7.1
	Harry Tolliver	7.2
	Leroy McClain	7.8
M 50	Paul Williams	6.9
	Joe Beckham	7.1
	Robert Jones	7.8
	Raymond Norris	8.8
M 55	Burt Saidel	7.2
	Tom Grimes	7.3
	Hal Robinson	7.6
	Richard Turner	7.7
	Irv Stewart	7.9
	David Evans	8.8
M 60	Merle Nickell	7.8
	Alfonzo Wilson	7.9
	Dick Cavicchi	8.0
	Jack Tuttle	8.1
	Edward Goddin	8.3
M 70	Chris Christy	8.5
	Ham Morningstar	8.6
M 75	Byron Fike	9.1
M 80+	Arling Pitcher	12.3

#### 60 YD. HURDLES

M 30	Ted Tiernon	8.6
M 35	Tim Walters	8.0
	James Crutcher	8.9
	Ivan Black	9.2
M 40	Reg Sharley	8.7
	Thomas Thorne	9.0
	Henry Hopkins	9.1
	R.J. Scola	9.4
M 45	Scott Tyler	8.7
	Gil Nolan	11.2
M 50	James Ware	10.4
M 60	Dick Cavicchi	11.2
	Denver Smith	9.3
M 70	Ham Morningstar	12.9

#### 300 YARD DASH

M 30	Donald Goodwin	35.6
M 35	Ron Murphy	33.4
	Charles Stallworth	35.0
M 40	Clarence Ray	34.9
	Gordon Reiter	35.3
	Lloyd Hathcock	35.8
	Randall Brady	37.8
	James Burke	40.1
	Norm Taylor	40.9
	Jim Shoemaker	40.9
M 45	Harry Tolliver	36.6
	Travis Evans	39.1
	Leroy McClain	40.7
M 50	James Ware	38.9
	Joe Beckham	39.1
	Paul Williams	40.1
	Jack See	43.7
M 55	Tom Grimes	40.5
	Hal Robinson	40.9
	Wayne Collier	42.4
	Larry Hall	42.5
	Irv Stewart	45.2
M 60	Edward Goddin	43.1
	Jack Tuttle	44.5
	Alfonzo Wilson	44.8
	Dick Cavicchi	50.7
M 70	Ham Morningstar	50.2
	Michael DeSandis	60.6
M 75	Byron Fike	54.5

#### 300 YARD DASH

W 30	Denise Sharps	40.8
W 35	Debbie Anderson	40.5
W 40	Beverly Baum	54.5
W 45	Essie Kea	NT
W 50	Claire Brock	52.4
W 65	Ernestine Yeomans	1:55.1

#### 600 YARD DASH

W 35	Debbie Anderson	1:31.3
W 40	Beverly Baum	1:58.2
W 65	Ernestine Yeomans	2:57.3

#### 1,000 YARD RUN

W 35	Debbie Anderson	3:01.4
W 40	Beverly Baum	NT

#### MILE RUN

W 35	Debbie Anderson	5:21.8
W 50	Claire Brock	6:24.7

#### 2 MILE RUN

No Entries

#### 2 MILE WALK

W 30	Marcia Oliver	24:25.5
W 35	Cathi Sullivan	21:21.5
W 45	Lola Hall	24:52.9
W 50	Patricia Smolik	23:39.5
W 65	Ernestine Yeomans	20:12.6

#### 600 YARD DASH

M 30	Claude Holland	1:16.9
	Ron Merville	1:44.5
M 40	Gordon Reiter	1:14.4
	Michael Kerwin	1:21.9
	Mike Norris	1:26.5
	Norm Taylor	1:30.2
	John Friel	1:35.2
M 45	Travis Evans	1:27.0
	Gil Nolan	1:45.6
M 50	James Ware	1:37.1
	Dennis O'Connor	1:40.3
M 55	Wayne Collier	1:33.5
	Larry Hall	1:34.0
M 60	Jack Tuttle	1:53.9
M 70	Ham Morningstar	2:16.4
M 75	Byron Fike	2:18.2

#### 1,000 YARD RUN

M 30	Harlan Logsdon	2:38.1
M 35	Buddy Harpool	2:29.4
	Ron Merville	2:30.7
	Jim Woosley	2:42.3
	George Jenkins	2:46.2
	Jeff Gerson	2:47.3
	Paul Drew	2:52.2
M 40	Jim Irwin	2:30.8
	William Waterman	2:40.5
	Dennis Walsh	2:40.9
M 45	Harry Tolliver	2:31.3
	James Huffman	2:45.6
	Richard Russell	3:31.0
M 50	Truman Clark	2:53.9
M 55	Dick Wilson	2:50.5
M 60	Louis Schneider	3:09.6
	Dick Cavicchi	3:31.1
M 70	Eek Keller	3:30.6
M 75	Byron Fike	4:30.8
M 80+	Richard Bredenbeck	NT

#### MILE RUN

M 30	Bernie Weber	4:34.6
	James Witherspoon	4:50.4
	Richard Gass	4:57.0
M 35	Jeff Gerson	5:09.4
	George Jenkins	5:12.4
	Paul Drew	5:27.7
M 40	Bill Fanning	4:47.6
	John Lutgring	4:49.6
	William Smith	4:49.9
	Bill Parsley	4:53.6
	Dennis Walsh	5:04.3
	Robert Green	5:14.6
M 45	Floyd Romack	4:53.0
	Bob Schul	4:53.8
	Gary Walters	5:01.6
	Richard Russell	6:50.1
M 50	Charlie Hall	6:11.9
M 55	Peter Wilton	6:36.6
	David Sterling	7:27.6
M 60	Dick Cavicchi	6:54.8
M 70	Carl Brungard	6:55.0
	Eek Keller	6:29.8
M 75	Michael DeSandis	7:55.7
	Byron Fike	8:27.1

#### 2 MILE RUN

M 30	Harlan Logsdon	10:05.7
M 35	Buddy Harpool	10:04.4
M 40	William Smith	10:17.4
	Bill Fanning	10:25.0
	Bill Parsley	10:32.3
	Harry Hopkins	11:17.0
M 45	Floyd Romack	10:51.9
	Bob Calder	12:33.4
M 55	Glenn Cividin	14:10.1
	Dick Wilson	11:17.8
	Peter Wilton	13:34.8
	Larry Steinrauf	13:56.3
M 60	Carl Brungard	16:02.7
M 70	Eek Keller	13:31.3
	Michael DeSandis	16:02.7
M 75	Byron Fike	16:02.7

#### 2 MILE WALK

M 35	Jim Oliver	20:11.1
M 40	Walter Tolley	18:34.1
M 50	Jack Blackburn	17:11.1
	Glenn Jividen	18:10.4
	Charlie Hall	18:29.9
	Jack See	19:06.0
M 55	Jim Higgins	17:37.5
	James Spitzer	18:12.8
	Charles Deuser	19:50.0
	John Homorodean	20:38.0
M 60	Carl Brungard	19:39.6
	Joe Vitucci	20:20.4
M 70	Hugh Yeomans	22:45.4
M 75	Byron Fike	22:46.6



**SOUTHEAST**

St. Valentine's Day Weight Pentathlon  
Atlantic Community School Delray Beach, FL 2-14-87

In memory of FETE GULGIN, retired high school coach, dedicated weight pentathlete and holder of Age records in the discus throw.

Age	Name	Disc	Shot	Jav	Ham	Wt Th	Score
39	R.Vlaadingerbrook	36.45	13.18	57.91	34.64	12.01	
		638	731.5	795	604.5	606.5	3375
45	Jerry Arline	34.54	11.06	34.52	29.82	9.82	
		645.5	636	499	562	508.5	2851
60	Bob Richards	48.58	12.62	39.40	47.15	15.64	
		847	764	730.5	879	899.5	4120
63	Don Reid	36.74	11.43	32.59	31.98	11.14	
		664.5	790	651	657.5	656	3419
63	Bud Brown	25.66	8.45	23.82	24.92	7.21	
		409	410	453.5	416	331	2019
69	Elmer Shaw	36.43	11.06	24.77	34.46	11.25	
		768.5	808.5	579.5	796.5	830	3783
70	Stan Laski	26.77	8.28	24.70	38.16	9.23	
		548.5	503	597	790.5	641.5	3080
75	Phil Partridge	21.98	6.92	17.20	21.38	7.64	
		506	456	465.5	478	598.5	2499

Ages under 50 All Olympic weights; 60-69 1K 5K 600g 5K 25 lb. except Brown 4K shot, 8 lb. hammer; 70 and over 1K 4K 600g 4K 25 lb. except Partridge 8 lb. hammer.

Officials: Ms. Jimmy Reid, Paul Gauden, Cay Richards.

**High jump**

M30-34	Gieseeman	5'10"
	Dothard	5'10"
	Tiernon	5'6"
M35-39	Slick	4'0"
M40-44	Meisner	5'10"
	Gordon	5'4"
M45-49	Gibson	5'4"
M50-54	Ware	4'10"
	Kemp	4'6"
	P.Stopoulos	4'3"
M65-69	Cole	3'10"
M70-74	Ragland	4'1"
	Blake	3'4"
M85-89	Pitcher	3'2"

**Pole vault**

M30-34	Petranek	13'6"
	John	13'6"
	Tiernon	12'0"
	Silbaugh	10'6"
M35-39	Hill	10'1"

M40-44	Danner	10'0"
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M45-49	Allen	10'0"
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M50-54	Kemp	7'0"
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M65-69	Cole	5'0"
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**25# weight throw**

M30-34	Melinger	55'10"
M35-39	Johnson	38'10"

M40-44	Hess	40'2"
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M45-49	Klehm	50'2"
	Slick	41'3"

M50-54	Kemp	39'3"
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M55-59	Brusca	38'10"
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**35# weight throw**

M30-34	Melinger	48'3"
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M35-39	Johnson	29'6"
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M40-44	Hess	34'4"
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M45-49	Klehm	40'1"
	Slick	30'4"

M50-54	Kemp	32'0"
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M55-59	Brusca	31'
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**56# weight throw**

M30-34	Melinger	31'
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M35-39	Johnson	18'2"
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M40-44	Hess	15'3"
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M45-49	Klehm	25'6"
	Slick	19'5"

M50-54	Kemp	16'6"
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M55-59	Brusca	14'2"
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**98# weight throw**

M30-34	Melinger	13'3"
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M35-39	Johnson	8'8"
--------	---------	------

M40-44	Hess	9'3"
--------	------	------

M45-49	Slick	10'6"
	Klehm	10'3"

M50-54	Kemp	10'10"
--------	------	--------

M55-59	Brusca	8'4"
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**Shot Put**

M30-34	Melinger	40'0"
	Gieseeman	38'10 1/2"
	LaBeau	32'11"

M35-39	B.Johnson	33'4"
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M40-44	Hess	34'2"
	Reiter	28'3 1/2"
	Danner	25'9"

M45-49	Klehm	39'2"
	Slick	31'3"

M50-54	Kemp	38'10 3/4"
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M55-59	Brusca	45'5"
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M65-69	Cole	23'11 3/4"
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M85-89	Pitcher	18'
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F35-39	Cantone	26'3 1/2"
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Third Annual Indoor Masters Track Meet  
Rock Island Ill. February 14, 1987

		Predicted	Actual Time
<b>JOGGERS MILE</b>			
1.	Dan Breidinger	5:40	5:40 (:00)
2.	Amy Blackwood	8:45	8:51 (:06)
3.	Jim Dalton	6:43	6:36 (:07)
3.	Roger Carlisle	7:25	7:18 (:07)
5.	Steve Wagner	7:40	7:48 (:08)
6.	Brian Breiby	5:53	6:05 (:12)
7.	Robert Kaplan	8:38	8:51 (:13)
8.	Jan Gustafson	8:38	8:52 (:14)
9.	Greg Zirbes	7:15	6:55 (:20)
10.	Dennis Kerschier	6:15	6:54 (:39)
11.	Bruce Davis	8:00	8:50 (:50)
12.	Linda Wagner	8:20	9:36 (1:16)
13.	Mike Tometich	6:38	
14.	Joe Bailey	8:00	

**MILE RELAY**

M30	Manto/Gunn/Hansbro/Whiteside	3:55.6
	Golden/Winters/Johnson/Eddie	4:17.3
M40	Kerschier/Lillis/Davis/Reiter	3:58.0
	Carter/Carper/Nuccio/Streeby	4:15.2

**CO-ED 8 LAP RELAY**

30	Harper/Standley/Gerard/Gillespie	3:17.6
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**4 LAP RELAY**

40	Dewitt/Dothard/Gieseeman/Sarafin	1:09.4
	Poe/Campbell/Oliver/Hansboro	1:14.8
M	Miller/Lillis/Reiter/Gunn	1:08.8
	Stanley/Whiteside/Leasley/Carlyle	1:15.1
M45	Mills/Streeby/Stopoulos/Warren	1:14.1
M55	Bailey/Orris/Hoffman/Rajcevic	1:32.6

**2 MILE WALK**

M30	Kick McGrath	18:37.4
M35	Roger Plumb	18:04.8
M40	Bob Padilla	18:37.4
M45	Dave Eldahl	16:09.2
M70	Madeleo Blake	21:40.2
M40	Kim Schoeberl	21:27.6

**60 Yd. DASH**

M30	Dan Dothard	6.7
	Tom Rewolinski	6.7
	Sam Manto	6.8
	Bob Zahn	6.9
	Dave Sarafin	7.5
	Delmar Poe	7.7
	Randy Skele	8.3
M35	Gene Scott	7.2
	Pete Laphorn	7.3
	Robert Hansbro	7.5
	Mike Oliver	7.9
M40	Gordon Rieter	7.0
	Greg Miller	7.3
	John Hess	7.3
	Merle Norberg	7.5
M45	Bob Warren	7.3
	Tom Nuccio	8.4
M50	Pete Stopoulos	7.2
	Jim Lipaky	7.7
M55	Harry Brown	7.1
	Phil Brusca	8.1
M60	Charlie Clippard	8.1
	Glenn Bradd	8.3
	Cleo Orris	8.8
M65	John Goodall	9.5
	Earl Cole	9.9
	Gordon Taylor	12.5
M70	Chris Christy	8.5
	Web Ragland	9.1

W30	Debbie Harris	9.6
W40	Penny Danielson	8.8
W45	Jan Gustafson	10.1
W65	Geneva Meadows	11.9

**300**

M30	Mike McDowell	:34.1
	Sam Manto	:36.5
	Tom Rewolinski	:36.5
	Don Dothard	:40.7
M35	Ron Standley	:40.1
	Robert Hansbro	:40.3
	Pete Laphorne	:40.7
	Chuck Johnson	:42.7
M40	Gordon Reiter	:36.8
	Ed Lillis	:37.6
	Larry Gunn	:38.1
	Noel Prussman	:39.5
	Greg Miller	:40.8
	Ron Lamar	:42.7
M45	Jim Streeby	:38.6
	Alvin Carter	:38.9
	Bruce Mills	:44.2
M55	Joe Bailey	:51.8
M60	Glenn Brad	:46.4
	Cleo Orris	:52.6
M65	George Rajcevic	:49.7
	John Goodall	:56.5
	Robert Kaplan	1:00.2
	Gordon Taylor	1:13.3
M70	Web Ragland	:52.9
	Madeleo Blake	1:10.2

W30	Katy Gillespie	:56.1
W40	Penny Danielson	:56.0
W55	Jo Gonse	1:06.4
W65	Geneva Meadows	1:13.6

**60 Yd. HURDLES**

M30	39" hurdles	
	Bob Zahn	7.8
	Jim Gieseeman	8.6
M35	39" hurdles	
	Mike Davis	9.1
M40	39" hurdles	
	John Meisner	8.6
M45	39" hurdles	
	Bruce Mills	10.4
M60	33" hurdles	
	Glenn Bradd	12.6
M65	30" hurdles	
	Gordon Taylor	30.0

**1 MILE RUN**

M30	Jeff Winters	5:00.0
	Ken Golden	5:21.3
M35	Craig Dean	4:50.5
	Vaughn Eddy	5:13.4
	Mike Tometich	5:21
	Mike Meloy	5:28
	Roger Carlisle	5:39
M40	Frank Davis	4:51.5
	Jim Irwin	5:01
M45	Allan Hutchcraft	5:27
M55	Leonard Hoffman	6:01.2
M60	Cleo Orris	6:45
M65	George Rajcevic	7:08.8
	John Goodall	7:09.8
	Earl Cole	7:43.8
	Bob Kaplan	7:43.8
M70	Madeleo Blake	7:54.5
W30	Jean Roeder	6:31.0
	Katy Gillespie	7:07.0
W40	Judy Gully	7:36
W45	Jan Gustafson	7:17.1
W65	Geneva Meadows	8:56.5

**2 MILE RUN**

M30	Steve Wagner	11:24.6
	Ken Golden	11:57.4
	Mel Stetson	13:22.5
M35	Larry Swanson	10:39.2
	Vaughn Eddie	11:17.0
	Roger Carlisle	11:57.4
	Mike Tometich	11:57.8
	Chuck Johnson	12:45.1

Continued on next page

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**MIDWEST (Continued)**

Illinois Indoor Grand  
Prix Series  
Sterling, February 1

**60 yd. dash**

M30-34	N.Allbritton	6.4
	M.Blueford	6.4
	S.Manto	6.5
	D.Dothisard	6.6
	R.Zahn	6.6
	J.Gieseeman	6.7
	LaBeau	6.8

M35-39	Scott	6.7
	Hansbro	7.2
	Hill	7.2

M40-44	Reiter	6.8
	Basheski	6.9
	Gunn	7.0
	Miller	7.0
	Hess	7.3
	Danner	9.10

M45-49	Allen	7.4
	Nuccio	7.5

M50-54	Humke	7.3
	Ware	7.5
	Lipsky	7.7
	Suter	7.7

M55-59	Brown	7.2
	Brusca	8.2

M60-64	Bradd	8.2
	Orris	8.7

M70-74	Blake	n.t.
	Ragland	n.t.

M80-84	Pitcher	n.t.
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F40-44	Calvert	7.8
	Danielson	n.t.

F65-69	Peebles	11.8
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**300 yd. dash**

M30-34	Manto	33.5
	Blueford	33.6
	Allbritton	40.7
	Pax	42.9

M35-39	Scott	35.8
	Hansbro	37.5

M40-44	Lillis	35.8
	Gunn	36.8
	Miller	38.4



Continued from previous page

M40 Larry Voss	11:29.3
M45 Alan Hutchcroft	11:39.1
M45 Terry Lockheart	13:55.7
M60 Peter Beckman	13:48.8
M60 Cleo Orris	13:56.7
M30 Peg Cronin	12:29.3
M35 Katy Gillespie	15:10.4
M35 Jill Skarda	
M40 Judy Gulley	16:32.2
M50 Carol Horstman	17:26.1
M55 Mable Velje	16:35.0

## LONG JUMP

M30 Dan Dothard	18'11"
M30 Jim Geisman	18'3"
M30 Steve Wagner	17'9"
M30 Mike Campbell	16'7"
M30 Delmar Poe	16'4"
M30 Dave Sarafin	14'2"
M35 Mike Davis	19'1"
M35 Robert Hansbro	16'5"
M40 Gordon Reiter	19'7"
M40 John Meisner	16'11"
M40 Merle Norberg	16'4"
M40 Greg Miller	15'3"
M45 Dave Eldahl	18'6"
M45 Lee Stopoulos	15'7"
M50 Pete Stopoulos	16'4"
M50 John Sharp	16'2"
M55 Bob Ackerman	14'2"
M55 Phil Brusca	13'5"
M60 Charles Clippard	12'3"
M60 Bill Harper	12'3"
M65 Earl Cole	9'11"
M70 Gordon Taylor	9'1"
M70 Chris Christy	12'2"
M70 Madeleo Blake	10'9"
M85 A.E. Pitcher	6'11"

M40 Penny Danieleon	12'1"
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## TRIPLE JUMP

M30 Mike Campbell	35'11"
M30 Steve Wagner	35'3"
M35 Mike Davis	36'8"
M35 Walter Ewing	33'2"
M40 John Meisner	38'8"
M45 Dave Eldahl	35'0"
M50 Pete Stopoulos	31'7"
M50 John Sharp	29'6"
M55 Bob Ackerman	29'10"
M65 Earl Cole	22'8"
M65 George Rajcevic	22'3"
M85 A.E. Pitcher	12'7"

## HIGH JUMP

M30 Jim Geisman	5'8"
M30 Dan Dothard	5'5"
M30 Dennis Smith	5'0"
M30 Dave Smith	4'8"
M30 Dave Sarafin	4'3"
M35 Mike Davis	5'4"
M40 Larry Lesley	4'8"
M40 John Meisner	5'11"
M40 Gordon Reiter	5'2"
M40 Jim Dalton	4'4"
M45 M. Gibson	5'0"
M45 Dave Eldahl	4'10"
M50 John Sharp	4'10"
M50 Bob Kemp	4'6"
M50 Bob Hansen	4'0"
M55 Bob Ackerman	4'4"
M55 Phil Brusca	4'2"
M60 Bill Harper	3'6"
M65 Gordon Taylor	3'6"
M65 Earl Cole	3'6"
M70 Web Ragland	4'2"
M70 Madeleo Blake	3'4"
M85 A.E. Pitcher	3'2"

## POLE VAULT

M30 Dave Smith	8'0"
M35 Mike Davis	13'0"
M35 Fred Whiteside	10'6"
M40 Larry Lesley	6'0"
M40 Merle Norberg	10'0"
M40 Chuck Danner	9'0"
M45 Dave Eldahl	9'6"
M50 John Sharp	10'3"
M50 Bob Hansen	9'0"
M50 Bob Kemp	7'6"
M65 George Rajcevic	5'10"
M65 Earl Cole	5'0"

## SHOT PUT

M30 16# Terry Melinger	42'5"
M30 Jim Geisman	39'0"
M30 Bob Zahn	34'2"
M30 Dave Sarafin	33'8"
M30 Charlie Douglas	33'0"
M30 David Smith	32'9"
M35 16# Mike Davis	34'0"
M35 Fred Whiteside	29'9"
M40 Mike Oliver	23'4"
M40 16# John Hess	36'1"
M45 16# Carl Klehm	37'4"
M45 Bob Warren	35'6 3/4"
M45 Jim Dalton	34'10"
M45 F. Lee Slick	30'10"
M45 Terry Lockheart	21'3"
M50 12# Bob Kemp	39'8"
M55 12# Phil Brusca	46'3/4"
M55 Bob Ackerman	36'5"
M55 Joe Bailey	26'1"

## WEIGHT THROW

M30 Terry Melinger	25#-56'2"	35#-50'1"
Dave Sarafin	56#-30'3"	98#-13'2"
Dave Smith	25#-33'3"	35#-25'8"
	56#-15'0"	98#-9'2"
	25#-27'8"	35#-22'9"
M40 John Hess	25#-36'4"	35#-30'11"
	56#-18'8"	98#-8'6"
M45 Chuck Klehm	25#-47'2"	35#-39'1"
	56#-24'2"	98#-10'9"
F. Lee Slick	25#-42'5"	35#-33'1"
	56#-18'3"	98#-10'3"
M50 Phil Brusca	25#-41'0"	35#-28'4"
	56#-16'5"	98#-9'6"
M60 Charles Clippard	25#-27'8"	35#-22'4"
M60 8# Bill Harper	35'4"	
M60 Charles Clippard	33'3"	
M60 Earl Cole	24'10"	
M65 8# George Rajcevic	31'1"	
M65 Gordon Taylor	29'7 3/4"	
M70 8# Vince Lundeen	29'6"	
M85 8# A.E. Pitcher	15'1"	
M35 8# Kathie Cantone	26'2"	
M40 8# Darla Jackson	19'2"	

## LONG DISTANCE RESULTS

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

## NATIONAL

National Masters 15K Road Championship  
March 8, 1987  
Mission Bay Park, San Diego

MEN'S RACE					
NAME	AGE	TIME	PER MILE	HOMETOWN	
M40 (AR: 45:58)					
1. Bill Sevald	40	48:13	5:11	San Francisco	
3. George Keim	44	50:32	5:26	Escondido	
4. Wayne Vaughn	41	50:38	5:26	Hagerstown MD	
5. Steve Myro	40	50:56	5:28	San Diego	
6. Peter Stern	42	51:07	5:30	San Diego	
7. Ron Wells	40	51:34	5:32	Alpine	
8. David Riviera	44	51:38	5:33	San Jose	
9. Frank Roona	41	51:56	5:35	San Jose	
10. Steve Dornish	42	52:04	5:36	Encinitas	
11. Graeme Shirley	41	52:09	5:36	San Diego	
13. Dick Anderson	40	52:42	5:40	Sun Valley ID	
17. Gary Novak	43	54:42	5:53	San Diego	
23. Pete Saccione	43	55:56	6:01	El Cajon	
24. Edward Garrity	44	56:36	6:05	San Diego	
34. Peter Banchich	42	1:00:27	6:30	San Diego	
39. Robert Josselson	42	1:03:51	6:52	Minnetonka MN	
M45 (AR: 47:28)					
2. Sal Vasquez	47	48:50	5:15	Alameda	
12. Richard Greene	45	52:11	5:36	Las Vegas NV	
15. Larry Worth	48	53:30	5:45		
16. Harold Hatch	47	53:43	5:46	Hull MA	
19. Jerry Stowe	46	55:15	5:56	San Diego	
20. Tim Rostegge	46	55:17	5:56	San Jose	
21. Jake White	45	55:29	5:58	Fremont	
22. Hans Dieben	47	55:33	5:58	San Diego	
29. Howard Moody	46	58:17	6:16	San Diego	
32. Jim Waters	46	59:30	6:24	San Diego	
33. Bob Holland	48	1:00:11	6:28	El Cajon	
44. Fred Hamly	46	1:08:43	7:23	Escondido	
45. Larry Becker	46	1:10:03	7:31	San Diego	
M50 (AR: 49:15)					
27. Richard Rodriguez	50	57:38	6:11	San Francisco	
30. Fred Lehr	53	58:26	6:17	Chula Vista	
31. Joseph Wilson	52	58:34	6:18	San Diego	
35. Peter Faust	51	1:00:40	6:31	Woodland Hills	
36. Warren Osborn	53	1:01:12	6:34	San Diego	
37. John Terrell	54	1:01:59	6:39	San Diego	
43. Jerry Dietrich	53	1:08:24	7:21	Coronado	
48. Lee Human	50	1:13:04	7:51	Escondido	
51. L. Trentacosta	54	1:20:40	8:40	El Cajon	
M55 (AR: 50:57)					
14. Gaylon Jorgensen	57	53:02	5:42	Provo UT	
25. Ross Smith	59	57:14	6:09	Las Vegas NV	
26. Patrick Devine	58	57:35	6:11	San Pedro	
28. Marsh Haraden	56	57:44	6:12	Solana Beach	
38. Dick Robinson	56	1:02:59	6:46	Bonita	
M60 (AR: 54:23)					
18. Jim O'Neil	61	55:14	5:56	La Jolla	
40. Luis Ojeda	63	1:05:10	7:00	San Diego	
49. Ted Horner	62	1:13:12	7:52	San Diego	
52. Mannie Kuqler	64	1:26:15	9:16	San Diego	
M65 (AR: 55:16)					
41. Jim McCown	65	1:05:17	7:01	San Diego	
47. Lowell Tozer	65	1:12:58	7:50	San Diego	
M70 (AR: 1:02:03)					
42. Wayne Zook	70	1:07:18	7:14	San Diego	
46. Don Bradley	70	1:12:30	7:47	Encinitas	
50. Walt Kuetzing	74	1:19:14	8:31	La Jolla	
53. Robert Hutchins	71	1:36:00	10:18	Coronado	
M80 (AR: 1:29:04)					
54. Willard Benton	83	1:38:16	10:33	San Diego	

## WEST

All-Comers Meets  
Los Gatos, Calif.

January 10	
50m	Emert 6.87
Springbett	7.06
Pan (submaster)	7.11
100m	Fitzsimmons 11.5
Emert	11.6
200m	Emert 25.24
Pan	26.47
Sanford	26.90
400m	Rutledge 55.86
Springbett	58.54
Hotchkiss	59.53
800m	Pogue 2:24.2
Goettelman	4:50.0
2 Mile	Baldzar 11:46
Long Jump	16-5 3/4
Dvorak	

January 17	
50m	Springbett 6.95
LaTorre	7.30
100m	12.2
400m	Rutledge 56.2
800m	Browne 2:11.3
Long Jump	Dvorak 18-1

January 24	
50m	Emert 6.66
Springbett	6.99
LaTorre	7.00
Pan	7.24
100m	Emert 11.61
LaTorre	11.75
Springbett	11.90
400m	Rutledge 55.7
200m	Emert 25.2
Springbett	25.3

## January 31

50m	Emert 6.67
Sandovich	6.89
Pan	7.0
100m	Emert 11.7
Pan	12.0
200m	Emert 24.3
Pan	25.4
400m	Browne 56.9
800m	Hampton 2:04.9
Brume	2:10.1
2 Mile	Deitchman 5:36.0
Baldzar	11:52
High Jump	Bauer 4-10
February 7	
50m	Emert 6.78
LaTorre	6.80
Springbett	6.90
100m	Emert 11.60
LaTorre	11.78
Springbett	11.89

200m	Emert 23.85
LaTorre	24.60
Springbett	24.75
400m	Redding (submaster) 52.7
February 14	
50m	Lattieri (sub) 6.81
Springbett	6.97
Varty (sub)	7.75
100m	Lattieri 11.92
Springbett	12.13
Varty	13.1
200m	Lattieri 24.30
Mann (sub)	24.80
Springbett	24.89
February 21	
50m	Emert 6.69
LaTorre	6.85
Springbett	6.92
100m	Emert 11.49
LaTorre	11.78
Springbett	11.86
400m	Rutledge 56.1

## EAST

Indoor All-Comers Meet  
Hanover, N.H.; January 3

16# Shot	45 50-10 1/2
C Wallin	49 36-1
R Foreger	35 32-0
A Barry	
12# Shot	59 34-5
N Wakely	46 32-0
T Jennings	
from C Wallin	

NYRR's 10th Annual Empire  
State Building Run-Up  
New York City; February 12

Men	
1 A Waquie	35 11:56
11 G Fanelli	36 13:12
12 R Hermersch	36 13:14
21 Dave Jacobs	41 14:22
22 Daniel Jacobs	50 14:22
23 D Deutsch	50 14:29
26 M Yecies	42 14:35
27 L Beverly	60 14:36
37 R Perry	54 15:37
67 S Freeman	66 21:01
68 R McNelly	66 22:18

Women	
1 J Wendle	25 15:12
2 S Given	36 15:38
7 S DeFilippo	41 16:50
9 E Hoffman	35 17:22
12 K Knight-Perry	51 18:37
13 S Balfour	51 18:43
15 C Foote	47 19:31

NYRR Snowflake 4 Mile  
Central Park, NYC; February 7

Overall	
D Speranza	27 19:29
C Meighan	28 22:58
M35 P Gambaccini	29:09
M40 A Belligne	20:00
M45 G Bernal	22:21
M50 F Mueller	22:00
M55 W Schwartz	25:25
M60 G Thompson	25:15
M65 T Gibbons	26:55
M70+W Rios	29:28
W35 N Adler	24:39
W40 A Hearn	23:28
W45 A Thornhill	26:23
W50+W Deckert	28:32
W60+E Hauser	36:58

NYRR Central Park 5 Mile  
Central Park, NYC; February 14

Overall	
P McCarthy	23 24:00
C Meighan	28 28:54
M35 S Kaiser	26:39
M40 L Rodriguez	27:54
M45 G Stretton	28:35
M50 F Mueller	28:12
M55 K Jones	31:15
M60 J McManus	33:59
M65 T Gibbons	33:47
M70+V Carnevale	36:39
Run--Men	
J Rush	60 55:04
W35 E Portz-Shovlin	30:55
W40 A Hearn	29:38
W45 J Martin	33:16
W50 T O'talia	35:31
W60 E Hauser	47:03
W70+M Bdera	54:38
Run--Women	
M Rush	55 1:07:37

## NYRR Figure-8 Seven Mile



## NATIONAL

Continued from previous page

## National Postal One-Hour Race Walk - For the Year 1986

NAME	CLUB	METERS	MILES-YARDS	DATE	SITE
<b>MEN'S 40-44 DIVISION</b>					
1. Larry A. Walker	Cal. Wkrs	12,952	8 - 84	Nov. 15	Santa Monica, Cal.
2. Floyd M. Godwin	Prt. Rng	11,778	7 - 517	Sept. 28	Lafayette, Colo.
3. Lee Bogart	ShoreAC	10,749	6 - 1195	Nov. 9	W. Long Branch, NJ
4. Bill Farrell	MetroAtl	9,986	6 - 261	Dec. 1	Atlanta, Ga.
5. Ralph Edwards	ShoreAC	9,891	6 - 257	Nov. 9	W. Long Branch, NJ
6. Larry J. Smith	Prt. Rng	9,086	5 - 1156	Sept. 28	Lafayette, Colo.
7. Victor Litwinski	PVSTC	8,940	5 - 977	Dec. 7	Arlington, Va.
<b>MEN'S 45-49 DIVISION</b>					
1. Ray McKinnis	Car. Gdva	12,065	7 - 873	Oct. 25	Raleigh, NC
2. Ned Stone	PVSTC	10,758	6 - 1205	Dec. 7	Arlington, Va.
3. Scott Bentley	PVSTC	9,847	6 - 209	Dec. 7	Arlington, Va.
4. Paul T. Robertson	PVSTC	9,790	6 - 146	Oct. 26	Arlington, Va.
5. Dr. Patrick Bivona	ShoreAC	9,671	6 - 17	Nov. 9	W. Long Branch, NJ
6. Dennis Dombrowiecki	ShoreAC	9,629	5 - 1731	Oct. 19	Oakhurst, NJ
7. Ron Kulik	ShoreAC	8,869	5 - 900	Oct. 19	Oakhurst, NJ
<b>MEN'S 50-54 DIVISION</b>					
1. James E. Lmert	PVSTC	10,584	6 - 1015	Dec. 7	Arlington, Va.
2. Brn Ottmer	ShoreAC	10,497	6 - 920	Oct. 19	Oakhurst, NJ
3. Jonathan E. Johnson	Cal. Wkrs.	9,299	5 - 1770	Nov. 15	Santa Monica, Cal.
4. James H. Brown	ShoreAC	8,869	5 - 900	Nov. 9	W. Long Branch, NJ
<b>MEN'S 55-59 DIVISION</b>					
1. El Corrallo	PVSTC	11,395	7 - 142	Nov. 16	Arlington, Va.
2. Jori P. Holman	PVSTC	9,829	6 - 190	Nov. 16	Arlington, Va.
3. Andrew Briggs	PVSTC	9,772	6 - 126	Oct. 25	Raleigh, NC
4. Carl G. Cronenberg	PVSTC	9,007	5 - 1051	Nov. 16	Arlington, Va.
<b>MEN'S 60-64 DIVISION</b>					
1. K.D. Timmerhaus	Prt. Rng	9,942	6 - 315	Sept. 28	Lafayette, Colo.
2. Sid Wright	Prt. Rng	9,183	5 - 1243	Sept. 28	Lafayette, Colo.
3. Dr. Daniel Marzano	ShoreAC	7,757	4 - 1478	Nov. 9	W. Long Branch, NJ
<b>MEN'S 65-69 DIVISION</b>					
1. Don Johnson	ShoreAC	9,659	6 - 4	Nov. 9	W. Long Branch, NJ
2. Howard Channell	Prt. Rng.	9,486	5 - 1573	Sept. 28	Lafayette, Colo.
3. Lou Aiello	PVSTC	8,636	5 - 645	Dec. 7	Arlington, Va.
4. Max S. Peters	Prt. Rng.	8,459	5 - 429	Sept. 28	Lafayette, Colo.
5. J. Bernard Abrams	-----	8,415	5 - 405	Oct. 25	Raleigh, NC
6. Richard E. Lukes	PVSTC	8,302	5 - 279	Oct. 26	Arlington, Va.
7. David W. Sherline	PVSTC	8,159	5 - 123	Nov. 16	Arlington, Va.
8. Jorge Newberry	Cal. Wkrs.	7,504	4 - 1166	Nov. 15	Santa Monica, Cal.
<b>MEN'S 70-UP DIVISION</b>					
1. Edward G. Seeger	PVSTC	9,170	5 - 1229	Oct. 26	Arlington, Va.
2. Paul Fairbank	PVSTC	8,451	5 - 442	Dec. 7	Arlington, Va.
3. Harry Drizin	ShoreAC	8,175	5 - 141	Nov. 9	W. Long Branch, NJ
4. Mil Wood	PVSTC	8,103	5 - 62	Dec. 7	Arlington, Va.
5. Wayne Dexter	PVSTC	7,926	4 - 1628	Dec. 7	Arlington, Va.
<b>MEN'S OPEN DIVISION</b>					
1. Ray Funkhouser	ShoreAC	17,135	8 - 285	Nov. 22	Yorktown, Va.
<b>WOMEN'S 40-44 DIVISION</b>					
1. Jolene Stelgerwalt	Cal. Wkrs	10,131	6 - 519	Nov. 15	Santa Monica, Cal.
2. Melody Norric	Easy trdrs	8,420	5 - 408	Nov. 15	Santa Monica, Cal.
3. Mary Lovell	PVSTC	8,045	4 - 1759	Nov. 16	Arlington, Va.
4. Sandra Kottman	PVSTC	8,014	4 - 1724	Dec. 7	Arlington, Va.
5. Beth Alvarez	PVSTC	7,897	4 - 1597	Dec. 7	Arlington, Va.
<b>WOMEN'S 45-49 DIVISION</b>					
1. Barbara H. Hartz	PVSTC	9,298	5 - 1369	Nov. 16	Arlington, Va.
2. Lois Dicker	PVSTC	8,825	5 - 852	Oct. 26	Arlington, Va.
3. Alpha Bennett	MetroAtl	8,537	5 - 556	Dec. 13	Atlanta, Ga.
<b>WOMEN'S 50-54 DIVISION</b>					
1. Dolores Randazzo	ShoreAC	9,012	5 - 1056	Nov. 9	W. Long Branch, NJ
2. Patricia Willis	PVSTC	8,429	5 - 418	Nov. 16	Arlington, Va.
<b>WOMEN'S 55-59 DIVISION - no entries</b>					
<b>WOMEN'S 60-64 DIVISION</b>					
1. Marie Henry	ShoreAC	8,372	5 - 356	Oct. 19	Oakhurst, NJ
<b>WOMEN'S 65-69 DIVISION</b>					
1. Rose Kach	Cal. Wkrs.	7,794	4 - 1484	Nov. 15	Santa Monica, Cal.
2. Etta Hicks	MetroAtl	5,842	3 - 1109	Dec. 1	Atlanta, Ga.
<b>WOMEN'S OPEN DIVISION</b>					
1. Jolene Stelgerwalt	Cal. Wkrs	10,131	6 - 519	Nov. 15	Santa Monica, Cal.
<b>MEN'S MASTERS TEAM SCORING</b>					
1. Potomac Valley Seniors	(Corrallo 11,395; Stone 10,758; Lmert 10,584)	32,737			
2. Front Range Walkers	(Godwin 11,738; Timmerhaus 9,942; Channell 9,486)	31,166			
3. Shore AC	(Bogart 10,749; Ottmer 10,497; Edwards 9,891)	31,137			
4. California Walkers	(Walker 12,952; Johnson 9,299; Newberry 7,504)	29,755			
5. Potomac Valley B Team	(Bentley 9,847; Holman 9,829; Robertson 9,790)	29,466			
6. Shore AC B Team	(Bivona 9,671; Johnson 9,659; Dombrowiecki 9,629)	28,959			
7. Front Range B Team	(Wright 9,183; Smith 9,086; Peters 8,439)	26,708			
<b>MEN'S JUNIOR TEAM SCORING</b>					
1. Bronx International	(Davenport 11,745; Ryan 8,490; Caulfield 8,176)	28,011			
<b>WOMEN'S OPEN TEAM SCORING</b>					
1. Shore AC	(Mimm 9,643; Attias 9,413; Randazzo 9,012)	28,068			
2. Potomac Valley Seniors	(Hartz 9,298; Dicker 8,825; Willis 8,429)	26,552			
3. Shore AC B Team	(Kach 7,794; Henry 8,372; Kiesel 7,692)	24,955			
4. Potomac Valley B Team	(Lovell 8,045; Kottman 8,014; Alvarez 7,897)	27,956			
5. Bronx International	(DeLosSantos 8,079; Rivera 7,563; N. Rivera 6,866)	22,508			
<b>WOMEN'S MASTERS TEAM SCORING</b>					
1. Potomac Valley Seniors	(Hartz 9,298; Dicker 8,825; Willis 8,429)	26,552			
2. Potomac Valley B Team	(Lovell 8,045; Kottman 8,014; Alvarez 7,897)	27,956			
<b>WOMEN'S JUNIOR TEAM SCORING</b>					
1. Bronx International	(DeLosSantos 8,079; W. Rivera 7,563; N. Rivera 6,866)	22,508			

STATES REPRESENTED: California, Colorado, Florida, Georgia, Maryland, NJ, NY, NC, Va. & D.C.  
 TOTAL DISTANCE WALKED: Men 563,375 meters; 350 miles, 62 yds; Women 209,798; 130-640  
 AVERAGE DISTANCE WALKED: Men 9,883 meters; 6 miles, 248 yds; Women 8,392 meters; 5m, 378 yds  
 YOUNGEST WALKER: Thomas Pedrick, age 7. OLDEST WALKER: Paul Fairbank, age 80.  
 A TOTAL of 57 men and 25 women took part. OUR CONGRATULATIONS to one and all!!!

## EAST

DC RRC 26th Annual  
Washington's Birthday  
Marathon, Greenbelt, Mo.;  
February 15

<b>Overall</b>	
J Hage	29 2:28:59
M Horioka	31 3:09:13
M40+ J Bickley	2:35:37
L Talley	2:50:02
B Mathews	2:53:50
B Davis	2:56:38
J Arthur	2:59:09
M50+ D Siefers	3:00:58
A Marcy	3:04:40
J Ives	3:07:32
M60+ V Rosadillo	3:42:25
J Holland	3:53:00
J McIntyre	3:58:35

Potomac Valley Seniors By  
George 10K  
Hains Point, D.C.; February 1

<b>Men</b>	
M Silverman	35:42
T Kurihara	38:22
F Probst	38:29
L Silkartis	
G Kitten	39:16
<b>Women</b>	
J Silverman	43:48
S Picolo	45:58
L Williams	47:17
L Durfee	47:33
M Dale	53:14

NYRR Mike Hanson 20 Mile  
Central Park, NYC; February 22

<b>Overall</b>	
B Nugent	26 1:48:42
E McEvily	33 2:10:45
M40 S Skinner	2:00:30
M45 G Stretton	2:03:58
M50 F Mueller	2:00:12
M55 S Chodnicki Jr	2:24:49
M60 P Mahta	2:42:49
M65 P Diorio	3:01:01
M70+ W Rios	2:51:52
M40 S Kinche	2:25:17
M45 A Thornhill	2:27:32
<b>Run-Women</b>	
S Cashman	43 3:38:24

## SOUTHEAST

Orange Bowl 10K  
Miami, Fla., January 31

M35	Mike McLeod	29:46
	Alan Miller	34:34
	John Hickey	34:46
	Gil Burnet	35:06
M40	Alan Rushmer	31:16
	Atlaw Belilgne	32:01
	Pat Chmiel	33:49
	Jim Murray	34:03
	Richard Woodruff	34:04
M45	Roy Cosme	34:25
	Miguel Estremadoyro	34:30
	Jim Ferris	34:34
	Ernest Billups	34:41
	William Burnside	36:54
M50	Bill Wagner	37:37
	Don Magyari	38:27
	Esmilido Pascual	38:59
	Harry Janssen	40:22
	Will Morrissey	41:38
M55	Bill Fraser	36:58
	Clyde Baker	37:01
	Jim Blount	39:28
	Jim Vogt	40:55
	Wes Reuter	43:04
M60	Jim O'Neil	35:57
	Alex Ratelle	38:18
	Robert Johnston	43:19
M65	Bill Tribon	42:54
	Max Quackenbos	43:26
	Bill Granby	45:14
M70+	Bill McDonough	45:47
	Art Fisher Jr	52:36
	Alvin Cassel	1:20:22
M35	Charlotte Teske (37)	33:51
	Diane Normand	40:40
	Betsy Smith	41:20
M40	Gabriele Andersen	35:53
	Bobbi Rothman	38:15
	Sharon Beal	40:16
M45	Sally Snyder	43:58
	Linda Sparrow	45:14
	Janet Vogt	45:40
M50	Janet Van Kleeck	45:31
	Elisabeth Frank	47:25
	Jude Bagatti	51:03
M55	Sylvia Weiner	46:59
	Sylvia Zanin	55:36
	Dolores Dagg	1:02:06
M60	Miriam Gordon	58:01
	Helen Weiss	1:02:10
	Knol Salhanick	1:06:38
M65	none	
M70+	Algene Williams	54:22
	Anne Clarke	59:45
	*70-74 U.S. record	

Anheuser-Busch Colonial  
Half-Marathon  
Williamsburg, Va.; February 22

<b>Overall</b>	
G Christie	25 1:05:05
I Schuurmans	24 1:21:01
M35 L Frederick	1:11:29
R Thompson	1:11:54
G Tacy	1:13:57
M40 B Dyer	1:15:48
D Rich	1:16:02
L Shelton III	1:18:07
M45 L Faxon	1:14:17
B Willis	1:20:45
R Reed	1:21:19
M50 L I'Anson	1:19:11
E Blanks	1:24:29
B Ferguson	1:29:28
M55 M Gorcoff	1:25:50
N Wilson	1:32:18
L Cooper	1:33:56
M60 D Hemphill	1:38:07
L Allen	1:47:33
R Pollitz	1:48:54
M65 C Daman	1:41:33
M J Sprinkle	1:49:03
C K Spruill	2:02:15
M70+E Benham	1:40:37
V Geary	1:54:51
M35 S Puryear	1:26:56
W Farnham	1:32:40
J Atwell	1:34:06
M40 P Smith-Hite	1:40:45
C Unger	1:44:49
F Richardson	1:49:01
M45 P Campbell	1:47:06
M Jacoby	1:48:13
M40 S Kinche	1:57:32
M50 B Dameron	1:41:11
J Chambers	1:54:16
M Coleman	1:56:27
M55+ none	

TAC/USA Masters 15K Race  
Walk Championship, Wellington,  
Florida 2/7/87

F40	Emily Williams	FL	1:33:44
	Vanessa Hilliard	FL	1:50:02
F50	Joy Clingan	FL	1:38:12
	Anna Rush	FL	1:47:54
M40	John Elwarner	MI	1:24:47
	Frank Soby	MI	1:25:39
	Bernie Finch	VI	1:33:37
	Walter Lubrik	MI	1:33:42
	Ronald Smith	FL	1:41:19
	Bonglas Brown	FL	1:45:29
M50	Max Green	MI	1:20:10 (WR 55-59)
	Tom White	FL	1:25:27
	Robert Pine	FL	1:28:01
M60	Max Gould Canada		1:31:24 (WR 69)
	Vlademar Grandy		1:45:27
	Saul Tannenbaum	FL	2:02:36
M70	Bill Talmadge		1:40:48
	William Stone		1:52:32

Mary Jean's 5K  
Charlotte, N.C. February 14

<b>Overall</b>	
Earl Owens	37 15:46
Molly Terry	26 21:21
M35 B Barfield	18:21
M40 J Daniels	19:26
M45 J Campbell	19:44
M50 J Ansel	19:15
M55+H Donough	23:01
W35 J Hall	22:44
W40 M Claus	24:02
W45 L Lamey	25:56
W50+P Donlevy	32:41

Red Lobster 10K Classic  
Orlando, Fla. - February 21

<u><b>Overall</b></u>	
M Barreto MEX	28:14
L Lynch SCT	31:07WB
<u><b>Masters</b></u>	
L Olson MA	30:25
M Hurd GB	30:42
A Villanueva MEX	30:45
G Andersen ID	35:22
J Hutchison MO	36:29
B Rothman FL	37:12



Continued from previous page

**San Gabriel River 12K Run**  
El Monte, Calif.; February 14

M35 M Alvarez	55:07:31
M40 R McGeough	44:44:19:30
M45 R Ahreys	59:31:18
M50 C Stolba	49:57:59
M55 E Chavez	53:18:01
M60 W Nelson	1:07:27:54
W45 C Parke	54:52:50
W60 A Goldberg	60:11:07:53:94
*U.S. single-age record	

**2nd Annual Heart 5K/10K**  
Woodland Hills, Calif.; Feb. 15

---5K---	
<b>Overall</b>	
S Gilbert	15:58
J Kewley	19:03
M35 R Pertak	16:50
M40+R Golding	17:47
M50+J Armantrout	17:57
M60+R Nemeth	19:59
W35 J Dee	22:25
W40+J Kewley	19:03
W50+R Groves	32:19
W60+J Thurmond	28:10
---10K---	
<b>Overall</b>	
C Schallert	31:10
B Milewski	36:38
M35 T Hall	34:17
M40+G Kingsley	35:42
M50+R Gorham	37:23
M60+D Hirschson	41:15
W35 T Goodreau	39:35
W40+A Schwartz	44:43
W50+R Borsay	58:38
W60+B House	1:07:09

**Great American Adventure**  
2.8 Mile, Huntington Beach,  
Calif.; February 21

<b>Overall</b>	
G Anderson	15:32
K Prince	17:30
M35 L Price	17:50
M40 H Hunt	16:54
M45 T Heaton	17:12
M50 C Larkins	19:13
M55 J Withers	18:03
M60+D Gourley	19:58
W35 M Cortez	21:00
W40 K Briggs	25:17
W45 J Jeter	21:24
W50 L Okey	30:24
W55 M Jank	27:31
W60+J Bradshaw	27:49

---4.8 Mile---	
<b>Overall</b>	
P Jansson	25:13
L Cashion	31:55
M35 J Casares	32:23
M40 B Jackson	28:34
M45 J Bushman	28:56
M50 A Tocco	27:39
M55 J Carrier	32:32
M60+D Gourley	35:24
W35 D Morin	35:55
W40 C Benke	37:18
W45 J Lentz	42:59
W50 B Queen	36:34
W55 P Pruitt	40:23

**U.S. TAC National Masters**  
50K RW Championships  
Carmel, Calif.; February 22

<b>Overall</b>	
Carl Schueler	4:00:14
Dorit Attias	6:12:17
M40-49	
Regis Dandar	5:27:25
Jim Coots	6:03:44
Bernie Finch	6:58:55
M50-59	
Karl Krueger	5:20:40
Jack Bray	5:45:24
Fred Dunn	6:03:52
John Gallagher	6:35:46
Bud Matlock	6:37:51
Huey Johnson	6:41:27
W40+	
Jill Latham	6:24:00

**American Continental 10K**  
Phoenix - February 28

<b>Overall</b>	
A Barrios MEX	27:51
M Slaney OR	32:02CR
<b>Masters</b>	
T Smith 42 CA	30:14
W Loudat 40 NM	31:01
M Holbrook CA	32:28
J Stavalone CA	37:46

**CANADA****British Columbia Masters X-C**  
Championships (5 Miles)  
Vancouver; December 6

M40 D Surman	27:31
B Wirtanen	27:51
M45 F Reynolds	29:50
J Taylor	30:18
M50 W Mashohn	30:26
A Lenton	30:41
M55 B Paul	32:08
H Sigmund	36:12
M60 S Baldry	36:47
J Fitch	37:51
M65 A Porter	37:12
M80 H Clifford	44:59
W35 L Strobl	33:38
W45 F Steinfeld	36:03
W55 L Pepe	47:45

**1st Race - 1987 British**  
Columbia, Lower Mainland  
7-Race Grand Prix (8K)  
Vancouver; January 10

M40+B Wirtanen	26:17
J Woodcock	27:03
A Watts	27:17
M50+H Fenz	27:27
W Mashohn	27:53
A Lenton	29:09
W35+T Wright	30:33
F Crowley	33:14
J Sewell	34:04
W50+A O'Hagan	34:06
L Montgomery	37:03
S Smith	37:41

**2nd Race - B.C. Lower**  
Mainland, Grand Prix (5K)  
Burnaby; January 25

M40+D Surman	15:37
B Wirtanen	16:04
J Woodcock	16:14
M50+H Fenz	16:42
B Holtzman	17:22
A Lenton	17:46
W35+T Wright	18:12
H Taylor	20:40
K Ginter	20:40
W50+A O'Hagan	20:32
L Montgomery	22:14
B McHugh	22:30

**3rd Race - B.C. Lower**  
Mainland Grand Prix (10K)  
Richmond; February 8

M40+D Surman	31:15
B Wirtanen	32:34
J Woodcock	33:19
M50+H Fenz	33:20
W Mashohn	34:39
A Lenton	36:07
W35+T Wright	37:29
F Crowley	41:14
J Sewell	41:53
W40+B McHugh	44:49
P Jones	57:26

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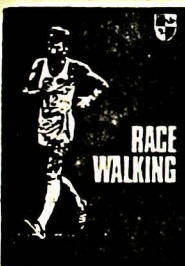
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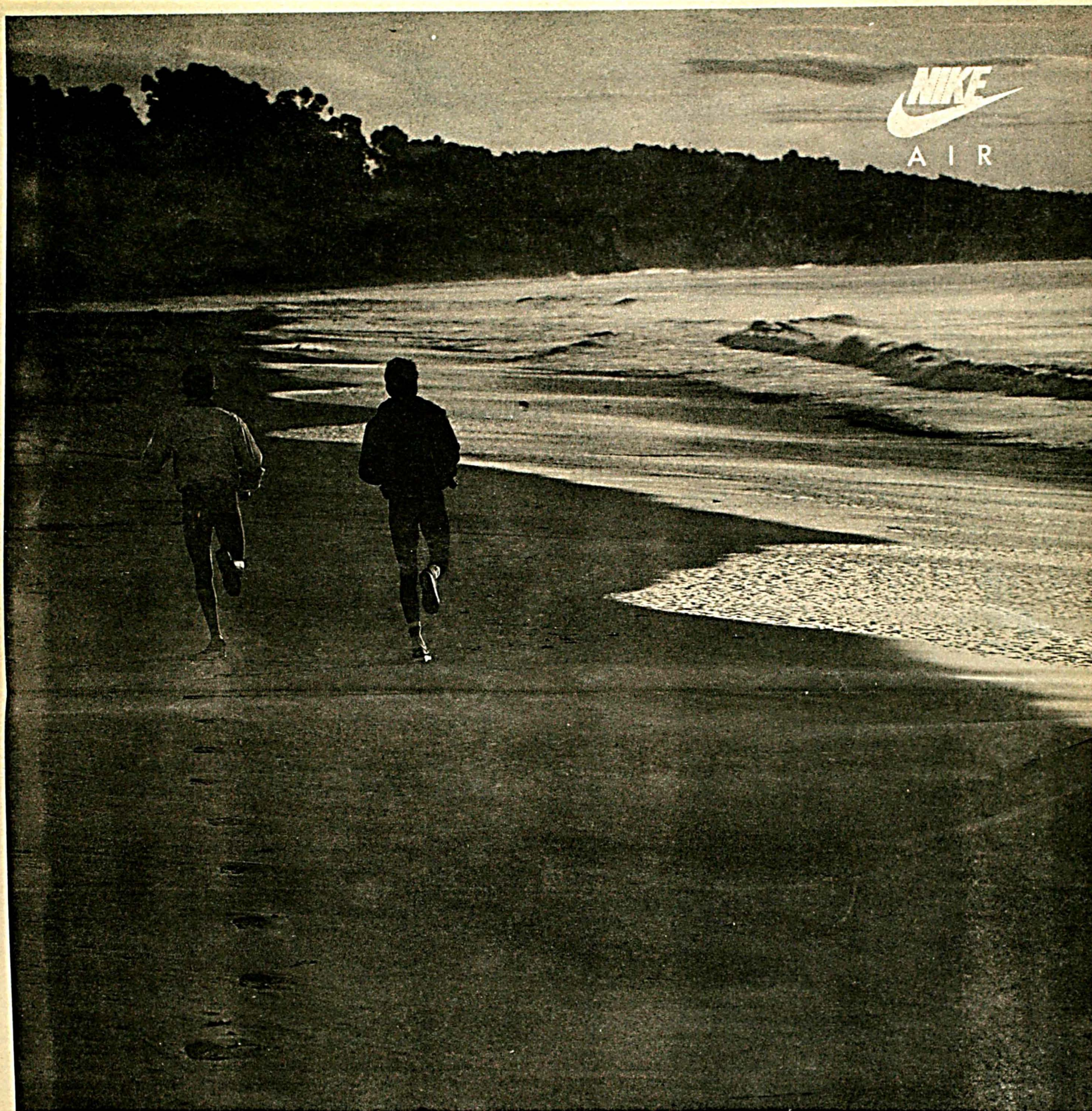
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