

# NATIONAL MASTERS NEWS

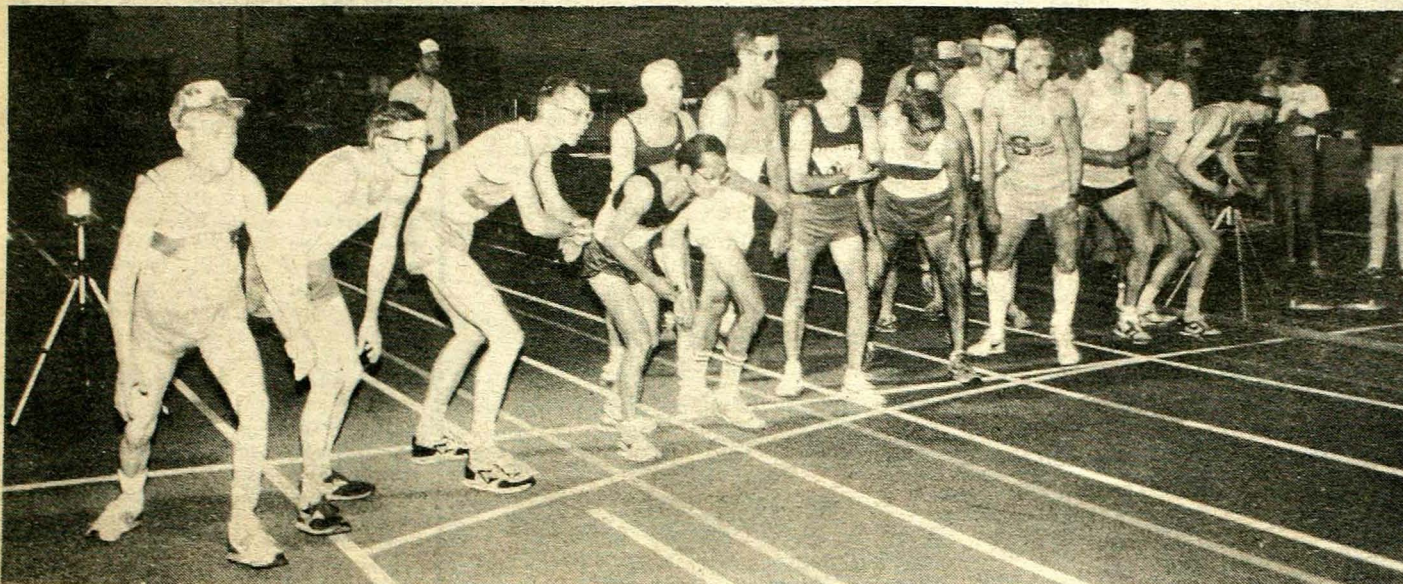
The official world and U.S. publication for Masters track & field, long distance running and race walking.

105th Issue

May, 1987

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## Nationals Draw 570 from 43 States



Start of the 2-mile run for men age 50-59 at the U.S. TAC National Masters T&F Championships in Madison, Wisconsin, March 28-29. Winner was Henry Hawke, third from the right (with "S" on jersey) in 10:58.60. Photo by Dorothy Donley

### Raschker Sets Three World Masters Marks

**SMITH (4:18.65) BEATS SWENSON (4:20.90) IN MILE**

by RON DENNIS, Meet Director  
MADISON, Wisconsin. After a mild February with thermometer readings in the 60s, winter temperatures and snow greeted competitors at the U.S. TAC National Indoor Masters Track and Field Championships here on March 28-29.

One-hundred-seventeen entries from host-state Wisconsin led a near-record 570 from 43 states plus Canada. Other states with large representation were Illinois (59), California (47),

### Borowski Sweeps World Vets Championships

by BARRY SHAW

The tall and powerful French veteran champion, Antoine Borowski, withstood all that Britain and every other nation could throw at him for three consecutive days during the 20th World Veterans Championships held in Netanya, Israel from March 15-17.

In the 8K cross country race, run

through the fields and orchards of a local kibbutz, Borowski beat off the challenge of Welshman Alun Roper to take his first World title in a time of 24:53, with Dave Clark finishing third.

Borowski was challenged in the 10K road race the following day by the British pair of Malcolm Martin and

Continued on page 21

### Smith, Andersen Set Masters 10K Records

by TOM STURAK

Only a week earlier at TAC's Masters Indoor Championships (March 27), Tracy Smith had narrowly missed regaining his world mile record while decisively defeating its newest claimant. Turning to the roads at New Orleans, April 4, he came away with a narrow win in the Crescent City Classic 10K, claiming a new American Masters record of 29:50 at this most frequently raced distance. In second place, Mexico's resurgent Antonio Villanueva, three-months shy of 47, clocked what must be an M45 world-best of 29:52.

Joining in on the record-bashing, Gabriele Andersen, 42, reclaimed her recently negated (short-course 34:01) American Masters best with a runaway 33:55, nearly a full minute up on W40 Canadian Erna Kozak. Barbara Filutze, 40, tuned up for the World Cup Marathon (see p. 25) with a 35:43 third-place effort.

Though properly respectful of the competition at Crescent City, Smith was confident that he could break 30 minutes and Barry Brown's 1984 record of 29:57. On February 28 (two weeks prior to his 42nd birthday), he had cruised an unpressed 30:14 at the American Homes 10K in Phoenix. "In New Orleans, the night before," he relates, "I looked at a pace chart so

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Ed Hoyle clears 13 feet to win pole vault in age 50-54 division at 1987 U.S. Indoor Masters T&F Championships. photo by Dorothy Donley

Texas (43), Michigan (37) and New York (31).

1986 athletes-of-the-year Christel Miller, 52, of California and Jack Greenwood, 61, of Colorado, were both in attendance, each winning three events. Miller was forced to sit out two events after pulling a hamstring at the beginning of the triple jump. Greenwood set a meet record in the M60 hurdles.

It was estimated that over 1000 fans

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### Vasquez, Dodge Win National 20K Titles

By LOLITIA BACHE

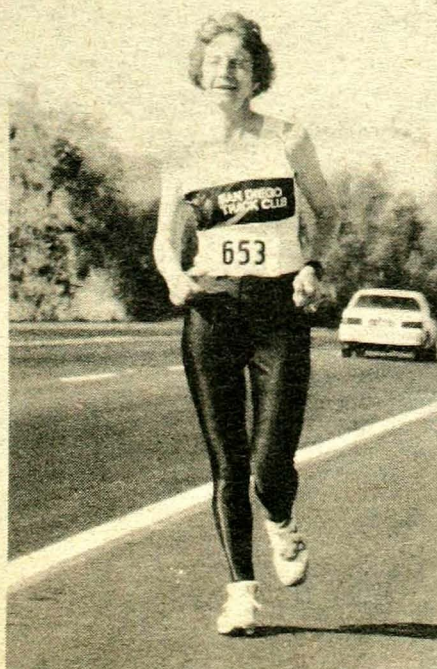
Sal Vasquez of Alameda, California, set a new age-47 record of 66:38 in the National TAC Masters 20K Championships held in El Cajon, California, on March 28. He reversed the order of the finish of the National Masters 15K Championship held 3 weeks earlier by beating Bill Sevald, 40, San Francisco, second in 68:10.

The race was hosted by the San Diego Track Club and held in conjunction with the 22nd annual El Cajon 20K on a course that featured scenic Southern California hills and sunny, dry weather (55° at start, 65° at finish).

The women's title was won by SDTC member Judy Dodge, 41, in 86:02.

Single-age records were set by Mary Storey, 62, of Riverside and SDTC, in 1:48:26, and Gerry Davidson, 66, of Fallbrook and SDTC, in 1:48:39. The

Continued on page 15



Judy Dodge, 41, San Diego TC, women's winner in the National Masters 20K in 1:26:02. photo by Bob Langsfeld/SDTC

**Sapienza Dies of Heart Attack - page 4**  
**Greenwood Suffers Heart Attack - page 8**

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**REPLY TO FOSTER**

In the April issue of NMN, Jack Foster writes, "It appears that Mr. Tynn's column... has a somewhat anti-Jack Foster tinge." I've always admired Foster as an incredible runner, but after reading the tenor and tone of his letter, not to mention a couple of cheap shots in it, I'd downgrade him on gentlemanly qualities. Since you printed Foster's letter, it's only fair to print some reactions to it.

What qualifies Foster to criticize Tynn's writing? If Foster can't accept Tynn's humorous piece on urination, he certainly would be at odds with Shakespeare.

It is evident from his letter that he resents criticism, even if constructive or by implication. Which leads me to wonder if he has ever been in a disciplined environment, outside of running.

Foster suggests pitting his running against Tynn's. Why not pit Tynn's writing ability and writing accomplishments against Foster's? On that count, Jack, you better (pardon the British phrase) "pack it in."

*Jim Jackson  
San Francisco*

**ALL-AMERICAN STANDARDS**

The wonderful little satire by Brian Pritchard you published in your March issue hits where it should hurt — at the incredible vanity of many masters athletes for whom cheap awards too often take priority over excellence of performance, resulting in a surplus of empty achievements. The current hoopla over issuing "All-American" certificates furnishes a good case in point. In some categories the criteria for receiving the award would be more accurately labelled "Guidelines for Acceptable Performance" than any "Standards of Excellence."

Just look at the 400m category for my age division, M55-59: 59.0. Now this is a decent performance, but, in my estimation, it certainly wouldn't qualify as an All-American rating. And how about the men's 12# hammer for the M55-59 age group — 106-8. Any well-conditioned athlete should just about be able to throw that distance standing in place!

Let me add, I can appreciate the casual philosophy of masters athletes who say they are more interested in having a good time and enjoying the

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**NATIONAL MASTERS NEWS**

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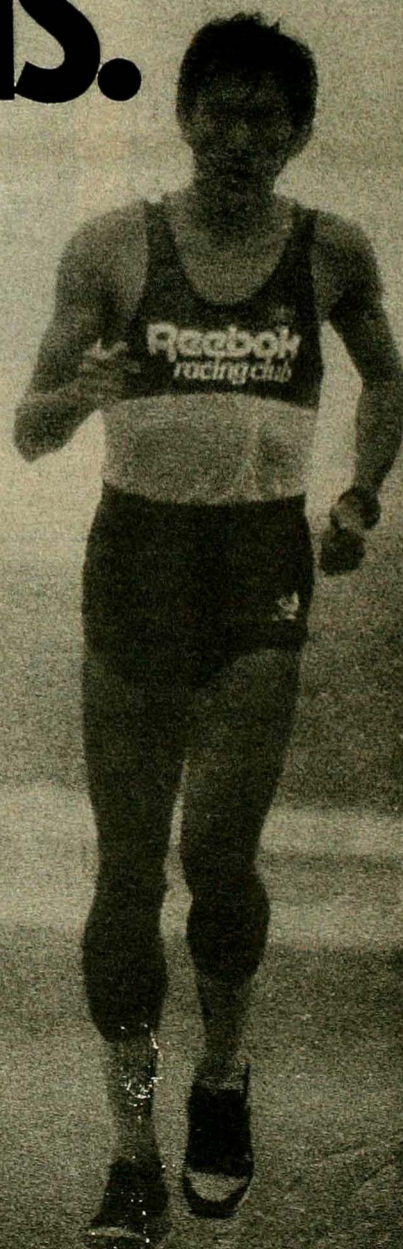
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## Payton Jordan Sets M70 100 Meter Mark

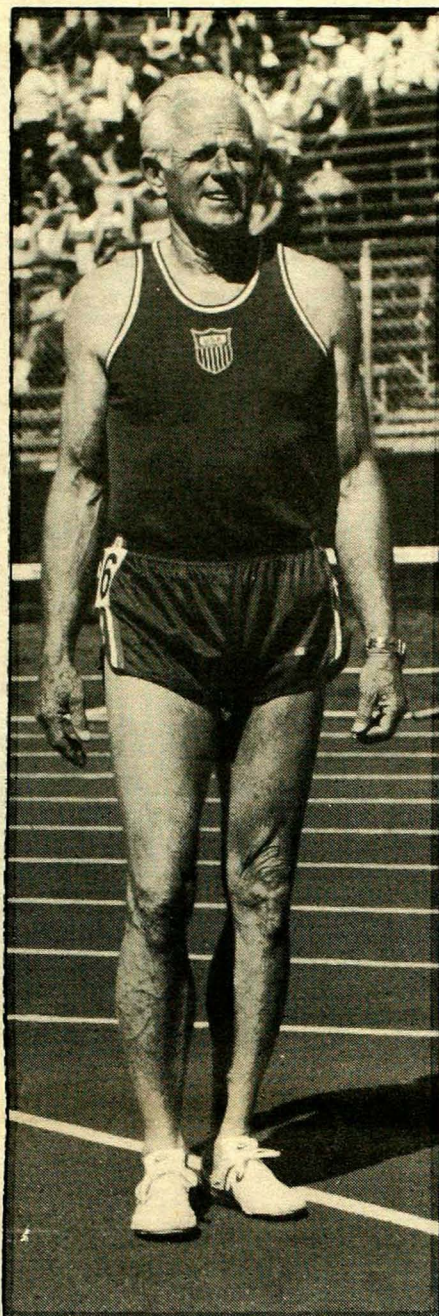
by WILLIAM ALSTON

STANFORD, Calif., March 29. Payton Jordan of Los Altos Hills, Calif., completed his first race in the M70 division today with an electronic 100m time of 13.53 into a 2.9 m/sec. headwind. The race was a Special Invitational 70+ contest offered as part of the Stanford Relays. The time, when officially approved, represents a new American approved, eclipsing the 13.6 previous record of Harry Koppel.

The race was a favorite with the crowd of about 2000, which cheered as the full field of top masters sprinters roared off. "I didn't realize Payton looked that great," said one open shot-putter with true admiration. "Amazing deltoids."

This was Jordan's first race in over a year, his 1986 season being lost to family administrative duties. "I'm pleased to get a good start on the season, especially after such a long layoff," he says. "But I've still got an awful lot of work to do."

That extra work is targeted towards more speed endurance - perhaps for the 200m and 400m. Don't be surprised to see some records in these races from Jordan, as well. □



Payton Jordan, pictured here at Stanford Stadium, March 29, broke the world M70 100m record in Fresno, Calif. with a 13.33, on April 4. Photo by William Alston Jr.

### LATE FLASH

On April 4th at the Fresno Relays in California, Payton Jordan lowered the World Masters M70 100m mark to an electronic 13.33 sec, replacing the old record of Yvngge Brange of Sweden, 13.4, set in 1983. □

## Sapienza Dies of Heart Attack

Tony Sapienza, 57, one of the top masters runners in New England, suffered a heart attack shortly after winning the 55-59 division of the 3000-meter run in Providence, R.I. on March 15.

Despite efforts to revive him, he died later in the hospital.

According to Neil Steinberg, meet director of the annual TAC Eastern Regional Indoor Masters Track and Field Championships, Sapienza had no warning of the attack.

"After he won his race, he came over to me and asked what his time was (10:30.2)," Steinberg said. "He went up into the stands, started talking to his wife and friends, and, about 10 minutes later, he keeled over."

Ivan Black, a physician and masters competitor, immediately gave Sapienza pulmonary resuscitation. With the help of Red Cross personnel — who were on the scene in 30 seconds, Black "got him back a couple of times."

An autopsy confirmed the cause of death as a heart attack. "The problem had probably been there all his life," said Jock Semple, a Boston Marathon organizer and long-time friend of Sapienza. "Tony never smoked, never dissipated. There's no reason for it. It could happen to any of us, anytime."

Mrs. Sapienza told Steinberg: "I guess if he had to go, that's a good way to go."

Sapienza lived in Bradford, Mass. He was head of the mathematics department and cross-country coach at Haverhill High School. A captain of the Boston College cross-country team in 1953, he was a member of the Boston Central Catholic High School Hall of Fame. He was featured in a 1952 article in Life magazine.

He finished fourth in the 1958 Boston Marathon and, in 1963, placed sixth in the U.S. Olympic team trials.

He competed in the World Veterans Games in Sweden (1977), West Germany (1979) and Italy (1985), where he finished 8th in the M55 10,000-meter run in 35:55.

In August, 1985, he won two M55 national track championships in the 5000 (17:12) and 10,000 (35:20), winning each race by more than 30 seconds. In 1985 he was named TAC's age 55-59 track athlete-of-the-year, and was ranked #1 in the M55 8K by the National Running Data Center.

Relatively heavy and big-boned for a distance runner, Sapienza ran with a bent-forward style that always made competitors feel he was going to get tired and slow down. But he rarely did.

Contributions can be made to the Anthony B. Sapienza Memorial Scholarship, Haverhill High School, 137 Monument St., Haverhill MA 01830. □



Tony Sapienza, pictured here in Sept. 1985 at age 56, accepting award as 1st Senior in 16:59.4 in TAC's New England 5K Championships.

## Remembering Tony

By HAL HIGDON

Tony Sapienza came from that unique old breed of road runner that thrived in New England in the 50s and 60s before jogging became a fad and running became a boom.

We came into each other's lives during that era when I would travel to Boston for the marathon, and with only 150-200 entrants, you got to know practically everyone in the field.

In 1965, I spent part of a summer traveling in New England with my family, running two or three road races a week. At each one, Tony was there, not only running, but also passing out entry blanks for a 10-miler sponsored by the Sons of Italy in Haverhill, Mass. Afterwards, I visited Tony's house, which I later described in my book: "On the Run from Dogs and People":

"In the basement were hundreds, thousands, yea, billions of trophies — gold, silver, marble, wood and tarnished brass. I had seen other displays before, but this was the athletic mothball fleet of all time."

Tony was a road runner first, a masters runner second, and a good friend always. He has gone now to that world of old trophies, and we all will miss him. □

## NATIONAL MASTERS NEWS

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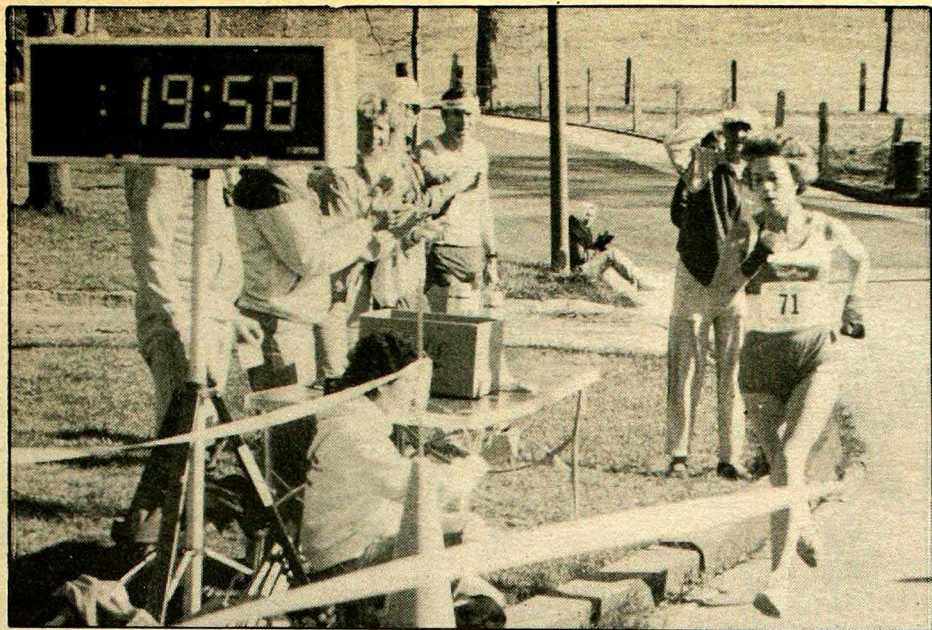
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Missy Kahn, 41, of Atlanta, women's winner, U.S. TAC National Masters 5K Championships, Atlanta, March 13. Photo by Norm Drews

to win the M65 race (22:22), and Rick Sasser, 70, of Pensacola, Fla., took the M70 contest (25:21).

Missy Kahn, 41, of Atlanta ran 19:58 to capture the W40-and-over race, with W50 winner, Nancy Parker, 50, of Atlanta taking second in 20:43.

The remaining masters women's winners were Julia Emmons, 45, of Atlanta (24:58) and Rita Tomassini, 65, from Lilburn, GA., (26:43).

The Atlanta TC club won all of the team titles, M40-49, M50-59, M60-69, and W40-49. □



Carl Nicholson, 40, Huntsville, Ala., winner, U.S. TAC National Masters 5K Championships, Atlanta, Ga., March 14. Photo by Norm Drews

## Nicholson, Kahn Win National 5K in Atlanta

by JERRY WOJCIK

Carl Nicholson, 40, led a small-but-select field of 65 masters runners from nine states to win the U.S. TAC National Masters 5K Championships held in Piedmont Park, Atlanta, Ga., on March 14.

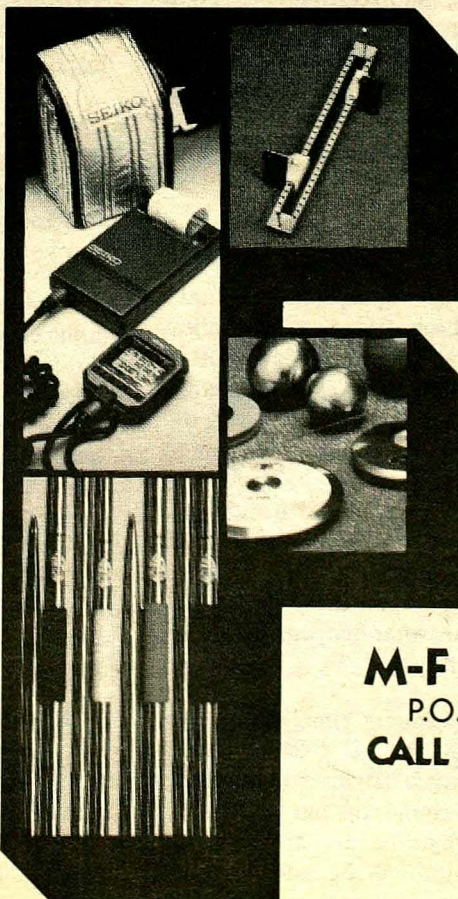
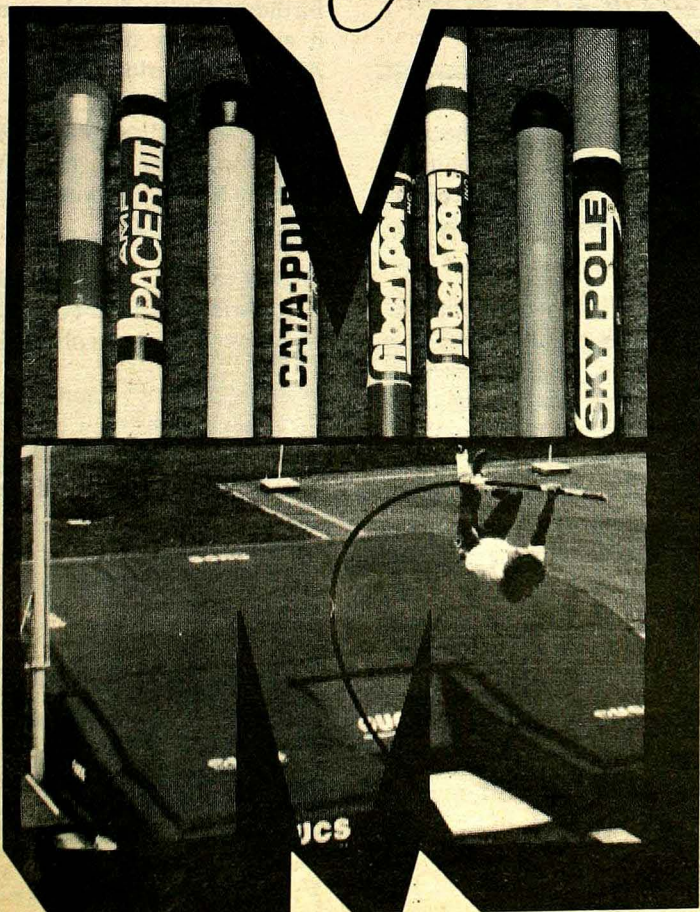
Nicholson of Huntsville, Ala., finished in 15:55, ten seconds ahead of Mike Holbrook, 44, of Carmichael,

Calif. Bobby Dannelley, 45, of Biloxi, Miss., was third in 16:47.

Rusty Lamade, 50, of Holland, Pa., was the only master from north of the Mason-Dixon to win a division race (17:08). The aptly named Casey Jones, 56, of Atlanta, steamed to the M55 victory in 18:38. Charles Scott, 61, of Atlanta won the M60 race.

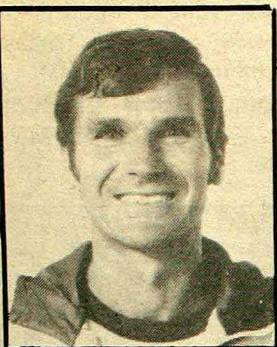
Race Director Bill Eppright, 66, of Norcross, Ga., had enough energy left

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# THE GUN LAP

by MIKE TYMN

## Frank Shorter is Looking Ahead

The greater the achievements during one's peak years, it often appears, the more difficult it is to make the adjustment to masters status. Many world-class athletes prefer to "hang it up" rather than make the transition. Yet, no less than former Olympic gold-medalist Frank Shorter is actually looking forward to performing in the masters arena.

Shorter, of course, emerged as something of a hero to the American people after winning the marathon in the 1972 Games at Munich, the first Olympic marathon victory by an American in 64 years. Then 24, Shorter continued his winning ways on into his early 30's when injuries began to take their toll on him. In recent years, he has raced less intensely and more cautiously.

"I'm well past the point where I can win the major races any more," Shorter, now 39, admitted to me in a recent interview.

As he nears his 40th birthday on Oct. 31, Shorter is making both mental and physical adjustments. "I'm really anxious to turn 40, because you need the

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***"You can't train the same way you did when you were 23. It just isn't going to work."***

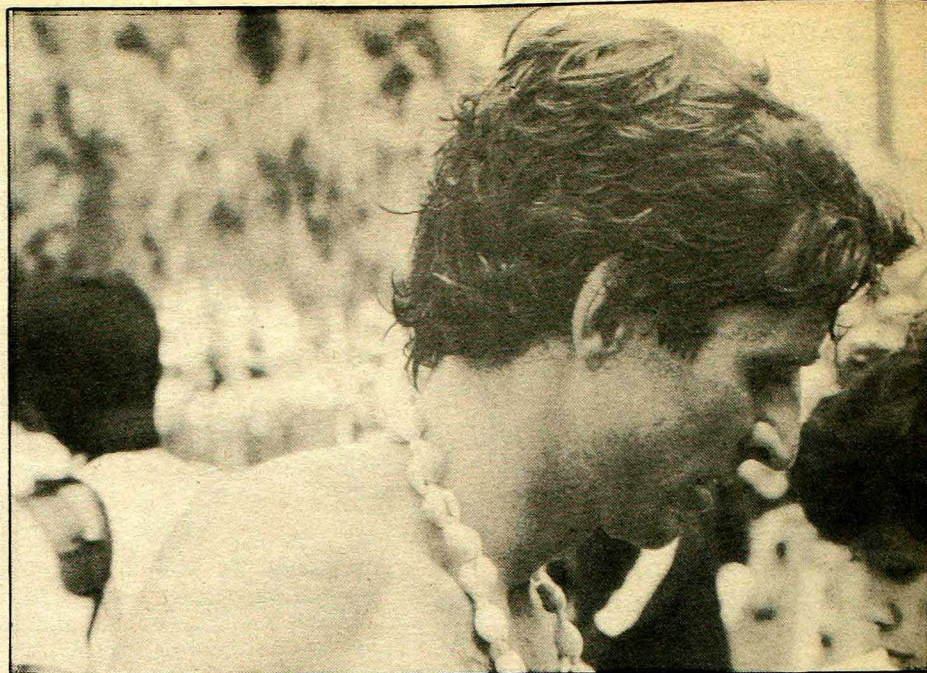
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incentive to go really hard," he says. "You have to create your own goals and your own motivation in whatever way you can. I guess the psychologists call it 'reframe.' You have to reframe your attitude toward what you're doing. That's basically what I'm doing."

Shorter was just getting over a back problem when I talked with him. More longstanding was a recurring foot injury. After finishing the 1984 Honolulu Marathon in 30th place in just 2:36:57, Shorter, then 37, commented that his problem wasn't so much aging as it was "holding together." I recalled that comment and suggested to him that "holding together" is perhaps the very crux of aging.

"I think you have to be more careful when you get hurt, allowing more time for recovery," was his reply. "That's what I've been trying to do; allow enough time for the aches and pains to go away. I guess that's the challenge. You can't train the same way you did when you were 23. It just isn't going to work. All you do when you're 23 is go out the door, turn left, turn right and go as hard as you can till you start to break down. Then you take a day or two of easy running till you heal up. But that's not what happens when you get to be a master."

Shorter's winning time at Munich was 2:12:19.8. His best marathon time, however, was a 2:10:30 in winning Fukuoka three months later. He can't remember when the last time he broke 2:20 was, although he adds that he hasn't *seriously* raced a marathon in some time. But he feels he's still



Frank Shorter is looking down here, but he's now looking ahead to joining the Masters ranks.

capable of running well under 2:20. In fact, he believes that if he can "hold together" for a full year he might get down to as low as 2:13 or 2:14.

"I really do," he stresses that belief. "In the marathon, so much of your willingness to hurt and really go hard is based upon the effort at hand. It's much easier to make yourself go all out to the end if you've gone through a 1:03 (first-half) than if you've gone through a 1:09. Having the masters perspective then, perhaps going through in 1:06 or 1:05, I can have the incentive to go hard. Whereas now, going through in 1:06, I'm not particularly interested in ripping myself up. You need a return for your effort."

---

***Shorter feels he's capable of running 2:13 or 2:14 if he can "hold together."***

---

"For me, maybe that's more because of the success I've had. It's hard to push yourself if the chance of success is not going to be there. Pride only carries you so far."

Looking for ways to overcome his injuries while also avoiding excessive wear and tear on his legs, thereby hopefully extending his competitive career for years to come, Shorter has been doing a lot of experimenting in recent years with alternate training methods. "I think there's a certain amount of alternate training you can do, but you have to get off the alternate training and go back to basically running in order to build yourself up and perform well," he offers.

This theory of Shorter's is based to some extent upon his experience in the most recent Honolulu Marathon, which he finished in 2:46 and change. "What I found that hurt me (in Honolulu) was that I really hadn't done any long runs in several months. I'd done a lot of aerobic training and a

lot of anaerobic training on the bike, but I hadn't done any long aerobic running to get my body used to the pounding. My quads gave out at about 23 miles. That was just a function of training, not having done enough miles, not having done enough pounding to be used to it. So I'm just learning what the balance is."

Shorter doesn't know how much he's lost in the way of raw speed as he hasn't attempted anything short and fast in a number of years. After a long layoff from any real systematic interval training, he began again in January. But he had not yet progressed far enough to be able to tell how much of the old speed is still with him.

His plan is to continue a slow and gradual buildup and hopefully be 100 percent again after celebrating his 40th birthday. But he doesn't expect to have it all that easy in the masters arena. After all, Carlos Lopes, the 1984 Olympic Marathon gold medalist, turned 40 in February and old rival Bill Rodgers, four-time New York and Boston Marathon winner, turns the corner on Dec. 23.

They say that the Professional Golf Association's Senior Tour wasn't really accepted among golfers and didn't

become popular among followers of the sport until big names like Art Wall, Tommy Bolt, and Julius Boros joined it. The final stamp of approval came when Arnold Palmer qualified as a senior golfer. I think we can look for much the same thing to happen soon in running. □

## Coming Next Month

Complete updated list of World and U.S. five-year Track & Field age-group records.

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## Glover, Lievers Lead Chopperthon Half-Marathon

by PAUL MURRAY

Charlie Parmalee of Morris, N.Y., won the masters title at the 1984 Price



Pat Glover, 40, first master and sixth overall (1:12:03), Price Chopperthon Half-Marathon, Albany, N.Y., April 5.

Chopperthon and placed second in 1986 when the distance was 30K. He began the 1987 Chopperthon Half-Marathon, Schenectady-to-Albany, N.Y., on April 5 at a pace that would guarantee another victory, but the passing years have brought some tough new competition to the 40-and-over age group, as Parmalee soon found out. After leading through the eight mile mark, he was passed by Pat Glover, a 40-year-old school teacher from Clifton Park, N.Y. A few moments later another swift 40-year-old, Bill Robinson of Cohoes, N.Y., also accelerated past the tiring Parmalee.

Glover and Robinson have been chasing each other since both entered the masters ranks last summer. In September, Robinson outdistanced his rival to win the masters title at the Corning Cup 10K. In October, Glover won the M40 title at the TAC Masters 5K Cross Country Championships. Robinson took 3rd behind Lawrence Olson and Atlaw Belilgne at the TAC Masters 15K Cross-Country Championships in November. Robinson next beat Glover by two seconds at the 15K Schenectady Stockade-athon.

This time it was Glover's turn in the winner's circle. "I was twenty or thirty yards behind him, but I just couldn't close the gap," Robinson lamented. "I knew he was behind me," Glover said.

"When I got to the 20K mark I asked 'how far?' and they said, 'half a mile,' but I wanted to know where Bill was, not the distance to the finish," Glover explained. "When they said he was 20 yards behind, I said to myself, 'Oh no, not another sprint to the finish.'" But Robinson couldn't find his kick as Glover finished sixth overall in 1:12:03 and Robinson took seventh place with a 1:12:21. Parmalee was not far off the pace, finishing eleventh in 1:12:51.

The masters women's title was not as closely contested as Mary Lievers from Syracuse rolled to an impressive 1:23:32 time, claiming third place overall, nearly 10 minutes ahead of her nearest rival and only three minutes behind the women's winner, Buffalo's 38-year-old Nancy Mieszczak. Anny Stockman from East Greenbush, N.Y., continued her domination of the W50 age group. The 54-year-old Stockman was the second master and tenth woman overall with a 1:33:17.

The revised Price Chopperthon, which drew nearly 1,000 entries, was moved two weeks later in hopes of finding more favorable weather, but the day was cool and rainy nevertheless. The participants were unanimous in their praise of the Hudson Mohawk Road Runners Club and race director Ray Newkirk, who have organized this event for the past six years. □



Anny Stockman, 54, second master and tenth woman overall (1:33:17), Price Chopperthon Half-Marathon, Albany, N.Y., April 5.

●  
*Minneapolis*

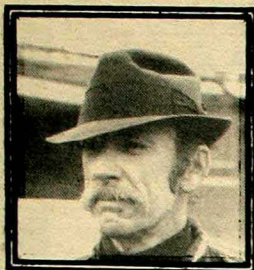
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## TWIN CITIES MARATHON OCT. 11, 1987

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**ON APPROACHING  
EVERY PROBLEM  
WITH AN  
OPEN MOUTH**

BY W. MACDONALD MILLER

W. MacDonald Miller is vacationing in Montana. His column will resume next month.

## Swenson Batters Smith's Mile Time

by JERRY WOJCIK

Albin Swenson, 40, of Wolcott, Conn., can expect some invitations to "Masters Mile" events this season. In the TAC Masters Eastern Regional Indoor Championships at Brown University in Providence, R.I., on March 15, Swenson won the M40 mile with a 4:18.5, 1½ seconds below Tracy Smith's much-publicized 4:20.0, a world-best for a masters-only race, set in the Masters Mile in the Wanamaker Millrose Games at Madison Square Garden in January.

Swenson backed up his mile time with a world-record performance in the 800, running 2:01.4 to erase the old

M40 indoor mark of 2:02.3.

In the M70 3000 race, Scotty Carter ran 11:27.2, well below the listed world record of 12:20.6, held by Italy's C. Cappoleri.

Triple jumper Edwin Lukens, M65, of Skaneateles, N.Y., added another world record with a leap of 35-7. The old mark of 32-3 belonged to Canada's Ian Hume.

The official world indoor masters mile record still belongs to Bill Stewart, of Michigan, who clocked a 4:11.0 in 1983. The official world outdoor 40+ mark is 4:18.5, set by New Zealand's Jim McDonald in 1977. □

## Greenwood Has Heart Attack; Double Bypass

Jack Greenwood, 61, TAC's masters 1986 track athlete-of-the-year, underwent double bypass surgery April 15 after suffering a heart attack on April 10. At press time, he was recovering at Porter Hospital in Denver.

He first noticed chest pains at work and drove himself to the hospital. He walked in, and was diagnosed as having a "mild heart attack with minimal damage and minor narrowing of the arteries."

An angioplasty, where a balloon is inflated in an artery to pack down plaque, was set for the 15th. It was successful, but, an hour later, an artery collapsed and doctors decided an emergency double bypass was required. A vein from above and below the left knee was transposed to the damaged area.

"Jack spent a couple of rough days after that," said Jack's wife, Nancy, "but he's feeling better today (April 22). Doctors said there was 20 percent damage and if Jack hadn't been in top condition, he might not have made it."

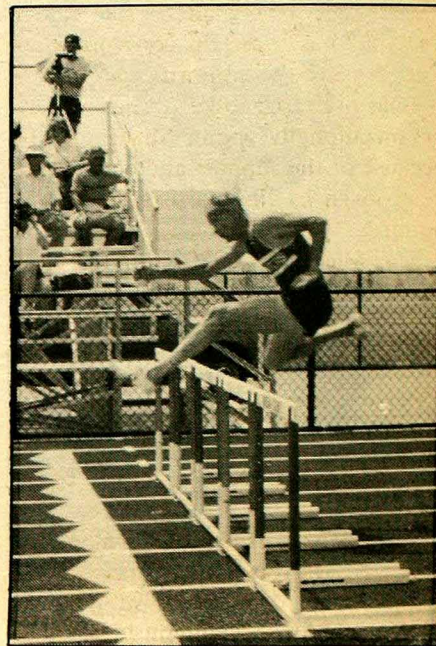
She said Jack would come home in a few days and doctors anticipate a full recovery.

"I'm still amazed" she said, "because Jack didn't smoke, and ate all the right things. Yet his interior left artery had cholesterol buildup. The doctors say it's caused by genetics."

Greenwood's younger brother died

of a heart attack five years ago.

Twelve days before the attack, Greenwood had won three events (60yH, 300y and 600y) in the 60-64 age division at the U.S. National Masters Championships in Madison, Wisconsin. He currently holds six world and 10 U.S. age-group records. He has won more than 12 gold medals in World Veterans Championships, and more than 50 gold medals in National Masters meets, stretching back to 1968. Two of his world marks have stood for 15 years. □



Jack Greenwood

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## Race Walking Report

by BEV LAVECK, TAC Masters RW Coordinator

Several issues pertaining to masters race-walking (RW) were discussed during TAC's Convention in Tampa, December 2-7, 1986.

A proposed rule change that would have placed TAC's Masters Race-Walking Championship programs entirely within the open RW Committee, instead of within the Masters T&F Committee, was opposed by Masters T&F at the recommendation of the Masters RW representative.

Although having all of RW under one roof has a certain conceptual attractiveness, the majority of RWers present preferred to keep Masters RW organizationally within Masters T&F, because of the support and encouragement given by the masters T&F community.

The Masters T&F Committee conducts the Masters 5K and 20K RW Championships as part of the National Masters Outdoor T&F Championships, and the 2-mile RW Championship as part of the Masters Indoor meet. Masters T&F also awards the "Masters-Walkers-of-the-Year" awards.

At distances other than 1-mile, 5K and 20K, Masters RW Championships are held in connection with Open (Senior) TAC Championships. RW doesn't have the resources to develop an independent RW program for master RWers.

It was decided to permit (but not require) masters women's RW championships to be held at all distances with men's RW championships. A rule change to permit mixed teams to compete with men's teams in masters RW-ing was supported by many RWers.

The 5000m walk was made mandatory in TAC Masters National and Regional T&F Championships. However, at local discretion, a distance between 1500m and 5000m is permitted in regional meets to encourage larger fields in areas where RW-ing is less popular.

Volunteers interested in serving on a RW Awards Committee or on a Masters RW Advisory Committee should contact Bev LaVeck, 6633 NE Windermere Rd., Seattle WA 98115. □

## Hearn-Grenning, Haiman Sparkle in Perrier 10K

by JERRY WOJCIK

Ted Haiman, 44, of Witold's Runners, and Christine Hearn-Grenning, 41, of the Atlanta Track Club, uncorked masters wins in the Perrier 10K, held in Central Park, NYC, on March 29.

Haiman, 37th of 2213 men finishers,

won in 33:06, three seconds ahead of Art Hall, 40, and six seconds in front of Antonio Roque, 42. Hearn-Grenning, tenth woman of 1001 finishers, had an easier time, winning with a 39:08, with Lina Connors, 41, finishing behind her in 39:44.

Division winners included James

Stoltzfus, 60, with an easy 40:58 win in the M60 race, and Nancy Tighe, 56, who won the W55 contest by eight minutes with a 49:06.

Masters racewalk firsts were Gary Null, 42, in 53:05, and Joan Rowland, 60, with a 1:12:37. □

## Over The Hill TC Outpoints West Penn

by JERRY WOJCIK

The Ohio-based Over The Hill Track Club beat Western Pennsylvania Track Club on its home ground by taking three of the five masters division team match-ups in the West Penn TC Indoor Championships at Slippery Rock

University on February 1.

The OTH club won the M30-39 championship, 34 to 24; the M40-49, 29 to 16; and the M60+, 52 to 29. West Penn athletes won the M50-59 division, 46 to 24, and the masters women's tussle, 37 to 24.

Scott Tyler, 47, OTHTC, was the

class of the sprinters with a 5.9 in the 50y dash and an 8.6 in the 60y hurdles (39").

Ed Hill, 44, of the Birmingham TC, was the king of the weightman's mountain, including open throwers, in the shot-put (53-9½) and the 35#-weight throw (54-4). □



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TRACK EVENTS		FIELD EVENTS	
10:00	5000K Run	8:30	Hammer
10:45	110 Meter Hurdles	10:00	Javelin - Pole Vault
11:30	4 X 100 Meter Relay	11:00	Long Jump - High Jump
12:00	5000 Meter Walk	12:00	Triple Jump - Shot Put
1:00	400 Meters	1:00	35lb. Weight Throw - Discus
1:30	1500 Meters		
2:00	100 Meters		<b>OPEN DIVISION</b>
2:40	800 Meters	2:00	Shot Put - Men & Women
3:00	400 Meters Hurdles	2:30	100 Meters - Men & Women
3:45	200 Meters	3:00	Discus - Men & Women
4:30	4 X 200 Meters Relay	4:00	Mile Run - Men & Women

**PRE-REGISTRATION ENTRY BY MAY 25, 1987**

\*\*\*\*\*

**ENTRY FEE:** First event \$8.00 - additional events \$4.00 - Relay team \$20.00 - Post entries \$10.00/event depending on available space in event - Relay teams may enter on day of meet with all runners from same club \$20.00.

**FACILITIES:** 9 lanes all weather 400M track 1/2" spikes only - concrete throwing rings cinder javelin runway.

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 Call between 7:00 - 8:00 p.m.

Name: \_\_\_\_\_ Address: \_\_\_\_\_  
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Age Group ( ) Phone: ( ) \_\_\_\_\_  
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Signature: \_\_\_\_\_ Date: \_\_\_\_\_

## Rankings Correction

In last month's listing of the 1986 triple jump rankings, Pamela Calvert of St. Louis was ranked second in the W35-39 division with a 10.13 mark. Calvert, who was born February 18, 1946, should have been ranked first in the W40-44 group.

Jock Jocoy, who says "I wish I could jump that high," was ranked first in the M55-59 1985 high jump standings with a 1.72. His actual best was 1.27 (4-2). □



## For Older Masters - Less is Better

By DICK LACEY

**A**fter spending the better part of the last five decades as a runner, coach and official — the last 15 years in masters competition — I have now come full cycle. I've returned to the days of my youth!

As I look back to my years as a college runner in the 1930s, the training we did then seems outmoded, if not downright laughable, by modern standards. As a long sprinter, I had a weekly routine consisting of one 500 on Monday, one 300 on Tuesday, two 200s (big deal!) on Wednesday, one 400 on Thursday, rest on Friday and race on Saturday.

During the same era, my friend and fellow master, Bill, was running 4:12 miles (even in the 1940s still an outstanding time) on no more than 20 miles per week!

I marvel that we did as well as we did.

Then, in the early 1950s, along came Emil Zatopek and high mileage, inter-

vals and repetitions. As a coach at that time, like everyone else, I got caught up in the "more-is-better" syndrome. When I returned to serious training at the start of masters competition circa 1970, I began practicing as a runner what I preached as a coach. At age 60, I would do more in one day's workout than I used to do in a week in my twenties.

For a while, this worked well. Then, as I hit 65, it began gradually to sink in that masters, though they do remarkable things, are not ageless. Our bodies simply cannot take the stress they used to 20 or 30 or even five years ago. Our spirits are willing but, though we often won't admit it, our flesh is weak.

In 1983, my friend Bill had a remarkable year in his age group. He won almost every road and track race in sight. He was training 40 miles a week. Then he began increasing to 60 to 65. As a result, 1984 was a disaster. He was injured constantly and was hardly able to compete at all.

My own "more-is-better" system continued to prosper for a while. Then I too began to hurt and slow down.

Bill and I are but two of countless older masters who fall into a irresistible trap. When we are running well, we think, "If I can do this on my present workouts, imagine how fantastic I can be if I work even harder." If we are slowing down and competing poorly, our reasoning is "I'm evidently not doing enough; I must increase the mileage and intensity of my training."

In both instances, the opposite is almost always true. What we really ought to do is back off, not just temporarily but permanently.

Moderation and adaption should be the watch words for masters runners. As we advance from one age group to the next (and how eagerly we all look forward to this), we must face cold reality: almost without exception, 50s do not run as fast as 40s or 70s as fast as 60s. The corollary is that we cannot handle the quantity of work we used to

when we were younger. All of this seems almost too obvious to state; yet few masters, especially in the older groups, seem willing to acknowledge that "less" training - not "more" - may be better.

Bill has reverted to 40 miles a week, and he is now back to his form of 1983. Two years ago, as I was approaching 75, I consciously started substituting quality for quantity. Whereas I used typically to take a day off after every six days of training, I now rest after four days, and I'm thinking of reducing it to three.

Furthermore, I'm back to a system modeled on my workouts of the 30s. For instance, I will do one 300 at full speed instead of four or five hard interval 300s.

The results have been surprising. During the last year and a half, I have actually been running faster than I was two years ago. Now, of course, the temptation is almost irresistible to work harder.

I'm determined, however, to restrain myself and not to fall into that old trap again. While I may be thinking ahead to the rest of the 1980s, in training I will continue to revert to the days of my youth - to my workouts of the 1930s. I know now that for us masters, the older we get, less - not more - is definitely better. □

*Dick Lacey, 75, is a retired educator. He won world veteran gold medals in the 110- and 400- hurdles in 1975 and 1977, and in the high jump in 1985. He has won many national titles, indoors and out, at distances from 60 yards to 600 to the high jump. In the early 1930s, he ranked in the top ten in the world at 200 meters. After 35 years of high school coaching (boys and girls) in New York State, and five years in Florida, with many state and national champions, Lacey currently coaches runners in Clearwater, Florida. He's the author of numerous articles in national periodicals on track & field, travel and education.*

## New Jersey Indoor TAC Meet Draws 143

One-hundred and forty-three athletes from ten states and Washington, D.C., entered the New Jersey TAC Indoor Masters Track & Field Championships, held at the Peddie School in Hightstown, N.J. on March 8. It was the largest turnout for the meet since 1984 and included competitors from as far away as Missouri and Texas.

The Shore Athletic Club won the New Jersey team titles somewhat more narrowly than in recent years. In submasters competition, the final standings were Shore A.C. (68), Merrill Lynch A.C. (54) and the New Jersey Striders (13). In masters competition, the leading teams were Shore A.C. (91), Merrill Lynch A.C. (60), and the

North Jersey Masters (36).

The Shore submasters were led by two triple gold medal winners. Dawud Saleem, 38, won his age division in the hurdles, 50 yard dash and 300 yard run. John Fredericks, 39, took the M35 walk, mile run and two mile run. New submaster Tony Ciccone of the host New Jersey Striders had the top high jump (6-2) and fastest 50 yard hurdle time (6.4) of the day.

In the non-New Jersey Division, Alan Cohen won five gold medals and a silver in the M55 division of the six individual running events. Triple gold medal winners included Desmond Margetson, Jan Pierce, Jai Singh, and Dennis Tancredi. □

### ANTEATERS MASTERS TRACK AND FIELD CLASSIC

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Submasters - 30-34	Division IIA 50-54	Division IVA 70-74
Submasters - 35-39	Division IIB 55-59	Division IVB 75-79
Division IA - 40-44	Division IIIA 60-64	Division VA 80-84
Division IB - 45-49	Division IIIB 65-69	Division VB 85-89

---

TRACK EVENTS

10:00 5000 METER RACE WALK  
11:00 STEEPLECHASE  
11:30 400 METER RELAY  
12:00 800 METER RUN  
12:45 110 METER HIGH HURDLES  
1:15 3000 METER RUN  
2:00 400 METER DASH  
2:30 100 METER DASH  
3:20 1500 METER RUN (THE ALDRICH "MILE")  
3:50 200 METER DASH  
4:10 400 METER HURDLES

SCHEDULE OF EVENTS

FIELD EVENTS

9:30 HAMMER ALL DIVISIONS  
YOUNGEST TO OLDEST  
10:15 JAVELIN 30-39, I & II  
10:30 SHOT PUT DIV III, IV & W  
12:00 JAVELIN DIV III, IV & W  
1:00 SHOT PUT 30-39, I & II  
2:00 DISCUS DIV III, IV & W  
3:00 DISCUS 30-39, I & II

STARTING TIMES SUBJECT TO ACCELERATION.

---

JUMPING EVENTS

11:00 HIGH JUMP ALL DIVISIONS  
12:00 POLE VAULT ALL DIVISIONS  
12:00 LONG JUMP 30-39, DIV I & II

1:00 LONG JUMP DIV III, IV & W  
2:00 TRIPLE JUMP 30-39 DIV I, II  
3:00 TRIPLE JUMP DIV III, IV, & W

---

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DAVID A. LEWIS

## Slaven Shades Chimel in Pageant of Light 5K

by JERRY WOJCIK

Jarrett Slaven, 42, of Brandon, Fla., a former University of South Florida track coach in Tampa, edged Pat Chimel, 41, of the Miami Masters for the masters title (ages 40-59) by one second with a 15:57 in the Edison Pageant of Light 5K Classic in Fort Myers, Fla., on February 21. Rich Long, 40, of Fort Myers, who has been running for only two years, finished third in 16:22.

Duke Stewart, 61, of Port Charlotte, Fla., won the men's grand masters race (ages 60-and-up) with a 20:28.

Carol-Jean Moorehead, 41, of Seminole, Fla., ran off with the women's masters victory with a 19:34,

leaving Jogging Center Running Club teammate Maria Carmen Wade, 45, of Tampa, thirty seconds behind. Fifty-year-old Janet Van Kleeck, of Boca Raton, Fla., was the third masters woman in 21:00.

Nancy Beward, 61, of Sarasota, Fla., was the women's grand master champion with a 25:54.

The race, the 1987 TAC 5K Florida Masters and state RRCA championships, was sponsored by the Wellness Center of Lee Memorial Hospital in Fort Myers and started at 6:00 p.m., one hour before the Edison Pageant of Light Night Parade, which drew 200,000 spectators, who cheered the 1181 finishers on to a televised finish.

□



Warren Daniel, 86, Sanibel, Fla., oldest runner (45:03), Edison Pageant of Light 5K, Ft. Myers, Fla., February 21, receives standing ovation from 8000 spectators at finish. Photo by Derek Dunn



Masters top five (from left): Jarrett Slaven, 1st (15:57); Pat Chimel, 2nd (15:58); Joe Burgasser, 5th (16:55); Rich Long, 3rd (16:22); and Rich Arnoldo, 4th (16:24). Edison Pageant of Light 5K, Fort Myers, Fla., February 21. Photo by Derek Dunn

## Morales Stabs World Javelin Record

by JERRY WOJCIK

While competitors were testing legs and muscles in what has become the outdoor season opener for Southern California masters athletes, the Orange Spring Games, held in the city of Orange, southeast of Los Angeles, on February 21, Bill Morales was setting a world record for the M70-74 javelin with a throw of 141-10. The former record of 140-0 was held by West Germany's Gerhard Schepe.

In other events, Nick Newton won the M50-59 100m (12.3), the 200 (25.6), and the high jump (5-6). Newton, as a volunteer coach, has been sharing his expertise with the sprinters of a Los Angeles city high school which won the boy's state track and field championship last year, and is working with what many track watchers think may be the best prep sprinter in the country.

In the women's races, submaster Tina Stough showed her versatility with a 64.8 400 and a 5:15 1500.

The schedule included two rare outdoor events, the 60m hurdles and the 200 hurdles. In the M40-49 60m hurdle race, John Dobroth edged Al Henry, 8.9 to 9.0, with Bill Knocke taking third in 9.6. Knocke, however, captured the 200 hurdle race from hurdle record-holder Walt Butler, 27.3 to 27.5. Shirley Kinsey won the W50-59 60m hurdles in 13.8.

Weightman and junior college track coach Lloyd Higgins, M40-49, edged All-American TC president, Frank Reilly, M30-39, for the day's best discus mark, 157-3 to 156-8. Oregon's Ross Carter, M70-79, had the farthest shot-put (44-7).

Mike Castaneda, Southern California Striders maestro, won the M60-69 shot-put (44-0) and discus (122-6).

Del Pickarts, who was third (164-8) in the VI World Veterans Games in Rome in 1985 and is about ready to turn 60, won the M50-59 javelin (155-10). □

## MASTER'S NATIONAL PENTATHLON CHAMPIONSHIPS

DATE & LOCATION: June 20, 1987 at Occidental College, Los Angeles, California.

SCHEDULE: (tentative)

flights	LJ	JT	200m	DT	1500m
1. 30-34 & 35-39	8:00	9:00	10:00	10:45	11:45
2. 40-44 & 45-49	8:45	9:45	10:30	11:15	12:15
3. 50-54 & 55-59	9:30	10:30	11:00	11:45	12:45
4. 60+	10:15	11:00	11:30	12:15	13:15

DIVISIONS: Each five year age group will be recognized for National awards and places, e.g. 60-64, 65-69, 70-74, 75-79, 80-84, etc

AWARDS: TAC National medals will be awarded to the top three finishers and the National Championship patch to the athletes winning their respective age divisions.

FEES: \$15.00. Make check payable to Gary Miller.

IMPLEMENTS: National Championships require the use of WAVA standards e.i. 1) javelin: 30-59 the use of an old or new 0.8kg. spear and 60+ the use of 0.6kg. spear and 2) discus: 30-49 use a 2kg. disc; 50-59 use a 1.5kg. disc and 60+ use a 1kg. implement. It is the athlete's responsibility to provide satisfactory implements. Weigh-in will be from 8:00 to 10:00 am. Please remember to have implements certified.

FACILITY: One of world's finest and fastest facilities. The all weather facility was constructed in 1983 as an auxiliary training site for the Games and is composed of rekotan. Please use 3/8" length spikes for the track and long jump (shorter spikes actually cut the surface). The javelin approach is synthetic and requires 1/2" length elements. Please cooperate so future master T & F events maybe held at the College.

SCORING: The official scoring will use the 1985 IAAF tables for athletes younger than 60 years old and WAVA tables for the 60+ athletes. I have requested the 1987 WAVA tables for a secondary unofficial score for those who are interested and continuing to Australia for the World Championships. A third score for statistical purposes will be calculated with "age factoring".

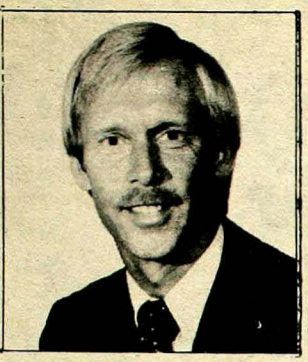
REGISTRATION AND INFORMATION: Your entries must be received by 6-13-87. Please send to:  
Gary Miller  
1740 Grandview Ave.  
Glendale, CA. 91201  
818 8432139 (H)  
213 7435255 (O)

ENTRY FORM:

Name \_\_\_\_\_ Age \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
Telephone number \_\_\_\_\_ TAC \_\_\_\_\_  
Club Affiliation \_\_\_\_\_

WAIVER: I waive all rights that I or my heirs or assigns may have against Occidental College, the Athletic Congress, and sponsors of this athletic event arising from any injury, illness, or accident that I may sustain or incur participating in this event or at this event. I declare that I am in good health to participate in this event.

SIGNED \_\_\_\_\_ DATE \_\_\_\_\_



**Pagliano's Podiatric Pointers**

# THE FOOT BEAT

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

## Heel Bursitis

With increasing mileage and effort, heel bursitis has become more prominent in the masters athlete. If left untreated, it can cause pain and athletic limitation.

Heel bursitis, or as it is commonly known, pump bump, occurs in the back of the heel at the attachment of the achilles tendon.

After years of running and jumping, tension and brittleness of the achilles tendon can cause small bony spur formation at its insertion. This exhibits itself as a red, swollen protrusion at the back of the heel. It usually becomes

quite sore after athletic activity and limits usual and customary athletic participation.

One of the main culprits, if we ignore age, is the improper pressure of the heel counter of the shoe on the achilles tendon insertion. If the heel counter is excessively low or narrow, it can cut into the heel area and irritate the soft tissue structures and cause bur-

sal inflammation. High heels (pumps) are prime offenders of this condition.

Mild irritation can be reduced by a doughnut type of pad applied to the back of the heel. Heel savers, MF heel protectors and Tuulis heel cups have all proved beneficial in mild to moderate cases.

The athlete should ice the inflamed area for 5-8 minutes after exercise and apply moist heat in the evenings. This helps stimulate the blood supply and increases the healing process.

Obviously a proper fitting shoe is a necessity. Sometimes a small heel lift may reduce stress to the area.

If all else fails, a proper foot or-

thoses can be devised to reduce stress to the rearfoot area. We have used these with great success in our track and field athletes.

When the condition precludes activity due to pain, an injection of short acting steroid may be used. Surgical intervention is the last step. But, in this case, prevention is the best cure. Avoid getting old, don't wear high heel pumps and wear a proper fitting shoe.

(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.)

## Ryun Makes Masters Track Debut in Kansas

In his first track competition since 1973, Olympian Jim Ryun finished second to Herald Hadley, 43, in the masters 800-meter run in the Kansas

Relays on April 18.

Ryun's time was 2:01.7 to Hadley's 1:58.7. Ryun was 11 days shy of age 40 and was a "guest" entrant. □

## Write On

Continued from page 2

camaraderie of their peers at meets than they are with competing for high standards. But even so — or perhaps particularly in view of such — why then should it be necessary for them to go on deceiving themselves, as they do now, with a lot of false goals and hollow awards? Why, if participation is their essential aim, can't they derive their satisfaction from just that?

I would like to issue a call for some real standards in masters competition and an end to "media mania." Let's have some class, please.

Frank Miller  
Portland, Oregon

I am pleased to support the All-American program. It will spread the recognition around to a lot of hard-working masters athletes.

Barbara Pike  
Concord, Mass.

## EASTERN REGIONALS

The TAC Eastern Masters Indoor Meet at Brown University was excellent. To Neil Steinberg, the fine officials, and all others involved in the smooth flow of events, my companions in the Syracuse Chargers and I wish to extend our heartfelt thanks.

Ed Lukens  
Skaneateles, New York

## CHEATERS

I am amazed at all the recent fuss over cheating. The NMN has carried several pieces about the "exploits" of one Mr. Bell, and the current issue of *The Runner* worries about how far a certain Mr. Whelan has really run in several Boston Marathons. Several Staten Island runners actually took the trouble to go to Boston "expressly to watch for him on the course" according to *The Runner* article.

Why does it matter? For my own part, I see nothing particularly wrong

with cheating. Why should anyone get angry over whether Mr. Whelan was 33rd at Boston, as he claims, or jumped into the race at 15 or 17 or 20 miles? If Mr. Whelan did join the race at, say, 20 miles and is happy to believe that he finished in 33rd place, that is his business. It may be foolish to deceive yourself that way or it may not be — I don't pretend to know the answer to that — but I can't see why it is immoral. Why all the self-righteous, priggish indignation? Who, exactly, is hurt?

Now, of course, I do understand that there may be limits to how much cheating may be tolerated. For example, if Mr. X had jumped into the race at some point and had boldly come across the line first, then he would be attempting to deprive someone of his "rightful" prize; moreover, he would affect all the prize winners, moving the last prize winner off the rolls entirely. But no such thing presumably happens when someone claims to finish 33rd, 99th, or what-have-you. In cases like that, I don't think we ought to interfere with private conceptions of the good life.

There is no reason to take any action against cheaters unless they actually cause harm. The fact that you or I may find cheating offensive is not a good reason for restricting people's freedom to behave according to their own best lights.

Boastfulness may not be a pretty trait, even when one has earned it, and it is a bit repulsive when it is unearned, but so is telling nasty stories about one's own mother.

Sidney Gendin  
Ypsilanti, Michigan

## SERRUYS FOR PRESIDENT

The April issue of NMN carried an advertisement describing the long and

Continued on page 15

## DISTRICT MASTERS TRACK AND FIELD CHAMPIONSHIPS SOUTHERN CALIFORNIA ASSOCIATION OF THE ATHLETICS CONGRESS

DATE & PLACE: June 20, 1987 Occidental College (Campus and Alumni, Los Angeles)

FACILITIES: Identical to L.A. Coliseum. One-fourth inch spikes (maximum) for track and runways (including javelin); concrete rings.

AWARDS: SCATAC medals to the first three finishers in each of the standard five-year age groups (30-34 and up).

POST-ENTRIES: \$10.00 for each event on a space-available basis only after June 12. (in other words, please pre-register)

OFFICIAL ENTRY FORM FOR SCATAC DISTRICT  
MASTERS TRACK AND FIELD CHAMPIONSHIPS

FULL NAME \_\_\_\_\_

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

AGE (as of June 20, 1987) \_\_\_\_\_ DIVISION \_\_\_\_\_ M or F \_\_\_\_\_

CLUB AFFILIATION \_\_\_\_\_ DISTRICT REGISTERED \_\_\_\_\_

TAC \_\_\_\_\_ DATE OF BIRTH \_\_\_\_\_  
Number (required)

Please find enclosed my check for \$ \_\_\_\_\_ (\$7.00 for the first event and \$5.00 per event thereafter)

Please enter me: \_\_\_\_\_ Time Schedule - (Women and Oldest-to-Youngest Men)

EVENT	BEST MARK 1986-87	Time	Running Event	Time	Field Event
1. _____	_____	3:30 p.m.	5000 m. walk	2:00 p.m.	Hammer
2. _____	_____	4:30	High Hurdles		Pole Vault
		4:50	Intermediates	2:30	Javelin
		5:10	100 m.	3:00	High Jump
3. _____	_____	6:00	800 m.	4:00	Shot
		6:30	200 m.		Long Jump
4. _____	_____	7:10	1500m.	6:00	Triple Jump
		7:30	400 m.		Discus
		8:00	5000 m. run		

**Athletic Release:** In consideration of my entry, I do hereby, for myself, and my heirs, and administrators waive and release any and all claims I may have against (the SCATAC), Occidental College and their representatives for any and all injuries suffered by me during the event, sport or facility. I certify that I have no physical defects which would prevent me from competing and I understand that I compete at my own risk.

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

Return this form to: Woody Studenmund  
1256 Clubhouse Drive  
Pasadena, California 91105

## SportArcade Meet Held in Los Angeles

By TERI INGRAM

Thirty-two meet records were broken at the Sport Arcade II Masters track & field meet, held March 14 on the Mt. SAC track in Walnut, Calif.

Among them, in the 100, were Marion McCoy, M35 (10.9), Bruce Springbett, M50, (11.8), and Bob Watanabe, M60, (12.5). In the

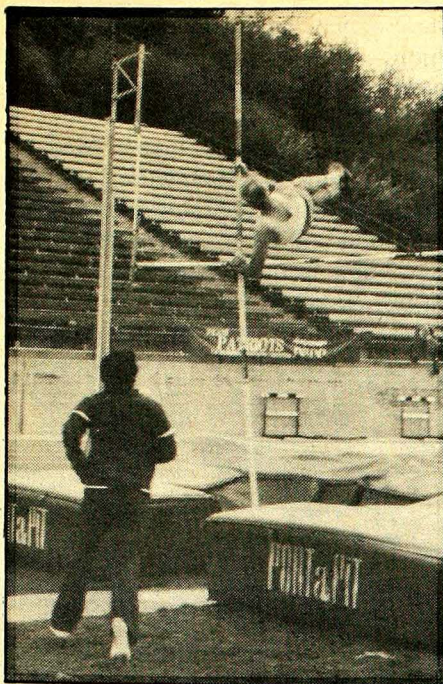
women's 100, Jeanne Carter, 46, (14.5) defeated newcomers Carol Forster, 49, (17.0) and Mary Ames, 83, (31.4).

Bill Sumner, M35, outkicked Ron Rook, 4:24.5 to 4:24.7 in an exciting 1500. Christel Miller, 52, 1986 U.S. female masters athlete-of-the-year, took the 80m hurdles in 15.0. In the M60 100 hurdles, George Simon nip-

ped Chuck McFate, 20.8 to 20.9.

Mike Deller, M35, out-threw all competitors with a 156-2 hammer. Charles Rader, M35, at 6-6, and Carol Johnston, M75, at 4-0, highlighted high jump action.

The annual event was directed by Marvin Thompson and the L.A. Patriots Club. □



Harold Wallace clears 8'6" at the Sport-Arcade meet, March 14. Wallace won the M55 division with a vault of 9'0. Photo by Teri Ingram



Mary Ames, 83, competing in the 1500 at the Sport-Arcade meet, March 14. Photo by Jim Kelly

## Keim, Loper are Fastest Masters

From DALE LARABEE

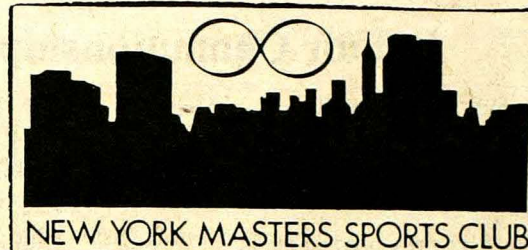
SAN DIEGO, March 11. An overcast, cold and breezy morning — perfect for running — greeted 156 masters runners for the start of the fourth annual Fastest Masters 10K on Fiesta Island.

Pennsylvanian-turned-Californian George Keim, 44, breezed to a 5:17-per-mile, 17-second victory in 32:45, outdistancing Peter Stern (33:05) and Steve Dornish (33:17), as all three broke Joe Anaya's four-year-old course record of 33:18.

Kathy Loper, 44, won the women's division in 39:06. □

### MASTERS EASTERN REGIONAL TRACK & FIELD CHAMPIONSHIPS

SUNDAY, JUNE 7th, 1987  
MITCHEL ATHLETIC COMPLEX  
UNIONDALE, LI, NEW YORK



ELIGIBILITY: M. & W. ages 30+(5 year groups), who are registered with TAC.  
ENTRY FEE: \$8.00 first event, \$5.00 each additional event

\$20.00 per relay — must be members of same TAC club.

ENTRY DEADLINE: Received by June 1ST. Late entries — returned unopened.

PRIZES: TAC REGIONAL MEDALS — 1st, 2nd and 3rd

FACILITIES: Track, HJ, LJ, TJ, PV — Poly-Flex 942 / Javelin — grass runway

HOTEL: Marriott — (1/2 mile from track) 516-794-3800

DRIVING DIRECTIONS: Grand Central Pway — Northern State — Meadowbrook S  
To Exit M4 — follow signs to HOTEL/MITCHEL PARK

ORDER OF EVENTS: Women, then men; older to younger (unless otherwise noted)

SCHEDULE OF EVENTS: STARTING 9AM

#### TRACK

- 400 IH
- 5,000M RUN
- HH HEATS/FINALS
- 400 SECTIONS
- 1,500M RUN
- 5K RACEWALK
- 100 HEATS/FINALS
- 800 SECTIONS
- STEEPLECHASE
- 200
- RELAYS— 4 X 800, 4 X 100, 4 X 400

#### FIELD

- 9AM JAVELIN W, M older to younger
- LONG JUMP followed by TRIPLE JUMP
- 10AM SHOT PUT W, M — younger to older
- DISCUS M, W — younger to older
- HIGH JUMP — BAR NOT LOWERED
- 11AM POLE VAULT — BAR NOT LOWERED
- 1 PM HAMMER

PLEASE PRINT

NAME \_\_\_\_\_ Birthdate \_\_\_\_\_ Age (on 6/7) \_\_\_\_\_

ADDRESS \_\_\_\_\_ Sex M \_\_\_\_\_ F \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_ TAC # \_\_\_\_\_

PHONE ( ) \_\_\_\_\_ TAC CLUB \_\_\_\_\_

EVENTS ENTERED \_\_\_\_\_ BEST RECENT MARK \_\_\_\_\_ EVENTS \_\_\_\_\_ BEST RECENT MARK \_\_\_\_\_

- |          |          |
|----------|----------|
| 1. _____ | 5. _____ |
| 2. _____ | 6. _____ |
| 3. _____ | 7. _____ |
| 4. _____ | 8. _____ |

#### RELAYS

ENTRY FEES: 1ST event is \$8.00 = \$ 8.00

additional # events \_\_\_ x 5.00 = \_\_\_\_\_

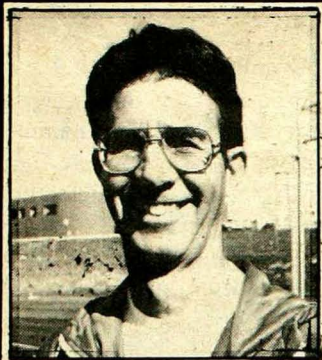
# relays \_\_\_ x 20.00 = \_\_\_\_\_

TOTAL FEE ENCLOSED \_\_\_\_\_ = \_\_\_\_\_ Make checks to NY MASTERS

MAIL TO: SANDY PASHKIN, 363 EDGEcombe AVE #54, NEW YORK, NY 10031

I do hereby, for myself, my heirs or assigns, waive, release any and all claims to damages against TAC, MAC, NY Masters SC, any sponsors, or their representatives for any and all injuries suffered by me. I certify that I am in good health to compete in this event.

Date \_\_\_\_\_ Athlete's Signature \_\_\_\_\_



# MASTERS TRACK & FIELD REPORT

by JERRY ALAN DONLEY

Chairman, TAC Masters Track & Field Committee

## Indoor Championships

The very nice people of Madison, Wisconsin, a very nice place to visit, provided the competitors at the 1987 National Indoor Championships (March 28-29) an excellent facility and well-directed schedule of events. All participants I talked to had a great time and were quite complimentary of our hosts.

Two matters were presented to me in Madison that I reviewed with our Indoor and Outdoor Coordinators: First, the problem of late entries, for which the Masters T&F Committee has not yet formulated a particular policy or guidelines for meet directors. At Madison, one competitor arrived who had sent in an entry form which had not arrived. Others simply showed up and wished to compete. The meet director was consistent, and told them "no."

The coordinators will formulate policy and guidelines for meet directors on late entries and how to avoid the

problem. Competitors can help by enclosing, with their entry forms, self-addressed, stamped envelopes or cards for confirmation of entries.

People who send in late entries must know they are taking some risks, and those who show up on meet-day expecting to compete are just plain rude.

The other matter of concern is that we still have no host for the 1988 Indoor Championships. Putting on a national championship for the first time can be very difficult, as several past directors testified, and often a meet director must reinvent the wheel. Ron Salvio, the Indoor Coordinator, pro-

poses contacting a number of prospective host-sites that might be interested in forming a "round robin" circuit of championships. We don't want to cut off open bidding, but we haven't had many bids for the honor of hosting these meets. I don't know if Ron will meet with success, but such a plan might give us the continuity and security we need for our championships. If

any of you have concerns or suggestions about his process, contact me soon.

Hosting a meet means thousands of dollars to a local economy. Madison hosted over 500 competitors. Double that, with families and friends, and you have a good-sized convention that may add a quarter-to half-a-million dollars into the economy. □



Four of the 12 Dallas Masters runners who made up the three masters mixed-age, relay squads in the Dallas Morning News Indoor Games, Reunion Arena, February 7: (from left) Dr. Fred White, 74, Roy Turner, 47, Willard Thompson, 34, and James Vicks, 41. Photo courtesy of Dallas Morning News

## Goldsmith Does Handicap Magic in Dallas

By TIM MURPHY

Once again the Dallas Morning News and SMU coach Ted McLaughlin invited masters runners to compete in the Indoor Games at Reunion Arena, February 7.

Two events were set for the masters: a one-lap (176y) x 4 handicap relay and a mile run. The three relay teams were made up from the Dallas Masters T&F Club, with 11 runners who had qualified for Masters All-American honors in 1986.

When the dust settled, the quartet of Doc White, 34, Sara Allerkamp, 33, Willard Thompson, 34, and Roy Turner, 47, had prevailed with a time of

1:25.4 over Max Goldsmith, 63, Joe Murphy, 57, Charlie Miller, 46, and Dave Denison, 43, who totalled 1:25.6 to take second from Jeff Bloomfield, 71, Tim Murphy, 65, Thane Baker, 55, and James Vicks, 41, who finished in 1:25.9. So twelve runners, ages 33 to 74, finished with a 0.5 difference between the first and third teams.

Goldsmith had done a great job of handicapping the relay — the crowd of 19,000 were on their feet cheering.

In the masters mile run, which was the result of a run-off three weeks before the meet, B. Abbott won in 4:34.62 with S. Shopoff second in 4:40:33. □

## 18 More Become Masters Sustainers

Another 18 readers have become National Masters News "Sustainers" — those who contribute funds to provide additional support to the National Masters News and the Masters Athletics Program.

Special thanks, this month, goes to the Potomac Valley Track Club, who graciously donated \$300; and to Charles Mercurio, who sent a check for \$100 to add to his original \$100 last year.

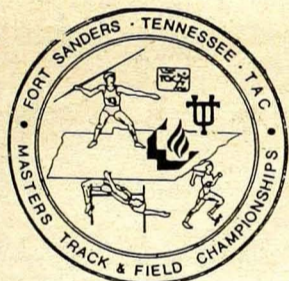
Here are the names of the latest 18 sustainers. We thank you very much for your kind support. (Donations can be sent to NMN, PO Box 2372, Van Nuys, CA 91404.) □

Lou Beadle  
Cliff Bedell  
Ed Benham  
Ron Crawford  
Shirley Davisson  
Charles Law

Sid Madden  
Charles Mercurio  
Charles Olson  
Charles Overturf  
Potomac Valley TC  
Will Robinson

Dick Ruzicka  
Elmer Shaw  
Gordon Siefert  
Robert Stone  
John Woods

NEW!



NEW!

### Ft. Sanders 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-Trak. Saturday night social. Hosted by the Oak Ridge Track Club and the Knoxville Track Club. Sponsored by the Fort Sanders Regional Medical Center in Knoxville, Tennessee.

- Events -

Friday	-Track-	Saturday	-Field-	Sunday
Triple Jump	110m, 400m Hurdles		Javelin	Open 5K run on the track. Open to ages 15 and over.
Pentathlon-(all divisions)	100m, 200m Dashes		High Jump	To be run in age group heats.
3K Run	400m, 800m, 1500m Runs		Long Jump	
	5K Race Walk		Fole Vault	
	7 1/2 Steeplechas		Shot Put	
	4x200 Corp.Coed Relay		Discus	
	4x400 Corp.Coed Relay		Weight Throws	
			Hammer Throw	

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

Name \_\_\_\_\_

Address \_\_\_\_\_

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

Mail to: Tennessee Masters Meet

P.O. Box 3394  
Oak Ridge, TN 37831-3394

Meet Director: Dean Waters-(615)483-7743  
Information: Chuck Fite -(615)524-5040

Vasquez, Dodge Win National 20K Titles

Continued from page 1

West Valley Joggers and Striders team of Vasquez, Frank Ruona, David Rivera, Don Dugdale, and Tom Rostege carried off the M40 team honors, while the host SDTC took the remaining team prizes.

Vasquez and Sevald ran together for only 2 miles before Vasquez broke away to run the remainder of the hilly course alone. A quality field had assembled for the race, including Bill Clark and Gary Goettleman of the West Valley Track Club, Walt Peet of the Idaho Mountain Masters, and local standouts Peter Stern and Graeme Shirley.

In addition to Vasquez, Sevald, and Dodge, age division titles were won by Joe Wilson, 52, San Diego (79:17); John Hepner, 55, Springfield, MA (79:17); Luis Ojeda, 63, San Diego (91:15); Jim McCown, 65, San Diego (88:43); Wayne Zook, 70, San Diego (90:44); Suzanne Synal, 46, Escondido, CA (91:11); and Caroline Murray, 52, Cardiff, CA (88:33). □



Sal Vasquez, 47, Alameda, Calif., winner of the U.S. TAC National Masters 20K Championships, El Cajon, Calif., March 28, with a U.S. age-47 record 66:38.

Photo by Bob Langsfeld/SDTC

Write-On Continued from page 12

excellent service given to veterans athletics by Jacques Serruys, who has been nominated by the WAVA Executive for the Presidency of WAVA.

The advertisement stated, quite properly, that it had been paid for by the "Committee to Elect Jacques Serruys." However, the fact that Jacques has been nominated by the WAVA Executive, whose photograph appeared in the advertisement, may have led some readers to believe that the WAVA Executive and the "Committee to Elect Jacques Serruys President of WAVA" were one and the same. That is not the case.

In particular, I think it should be made clear that the advertisement was not placed or paid for by the WAVA Executive.

Owen Flaherty  
Secretary, WAVA  
Javea, Spain

NATIONAL TEAM UNIFORMS

Jerry Donley recently wrote about "official" U.S.A. team uniforms. One of the greatest points about the masters program is that it is the individual who is involved. It is the political and social world that has fostered the attitude of "us against them" "East vs. West," "U.S.A. against Russia", etc.

Let us present a new image to the world. The masters program has the opportunity to show the world a new way to look at sports, a way that expresses the noble idealism of the Olym-

pic sports movement — peaceful cooperation amongst all peoples, the individual's pursuit of excellence.

Let us move beyond the boundaries of a national team and have one world team of individual people — one international team uniform for every individual, from every country, from any race. This will surely begin to create a new camaraderie and excitement as peoples from all around the globe share a common uniform.

From an economic viewpoint it could be something to help support the masters world championship movement. The uniforms could be used to raise monies and enhance the image and organized presentation of this world event. We ask that you consider this different view and the unity and peaceful intention it would reveal to the world. Preliminary designs and arrangements have already been made and established to pursue these ideas.

Dr. Louis Leonardi  
Dr. Sandra Boon  
Smyrna, Georgia

WOMEN'S WEIGHT EVENTS

1) I am compiling hammer-throw statistics for National Masters Championship meets, and need the age-group winners for 1968 through 1971, including club and weight thrown.

2) It appears women's hammer throwing began in masters competition. Now Eastern universities have

Continued on page 29



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 ¼ 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 FIELD MASTERS
10:00 4 X 100 relay women	2:30 400 h 60+	9:00 AM Shot women 30-34/85+
10:10 4 X 100 relay master men	2:35 400 h 50+	9:00 Pole vault men 40-44/85+
10:20 4 X 100 relay open men	2:40 400 h 40+	9:00 Pole vault men 40-44/55-59
10:30 100 m hurdles 33" women 30-39 and men 60	2:45 400 h 30+	10:00 Shot men 60-64/80-84
10:35 100 m hurdles 33" open women	2:50 400 h open men	10:00 Long jump women 30-34/85+
10:40 80 m hurdles 30" women 40+ and men 70+	3:00 330 hurdles master women, men 50+	11:00 Shot men 40-44/55-59
10:45 110 m hurdles 42" open men heats (if needed)	3:05 1500 m open women	11:00 Long jump men 60-64/85+
10:50 110 m hurdles 36" men 50-59	3:10 1500 m master women	11:00 High jump women 30-34/85+
10:55 110 m hurdles 39" men 40-49	3:20 1500 m master men 60+	12:00 PM Long jump men 40-44/55-59
11:00 110 m hurdles 42" men 30-39	3:30 1500 m master men 50+	12:00 High jump men 60-64/85+
11:05 110 m hurdles 42" open men finals	3:40 1500 m master men 40+	12:00 Shot put men 30-34/35-39
11:10 100 m heats all divisions where needed	3:50 1500 m submaster men 30-39	12:00 Discus women 30-34/85+
11:25 100 m final master women	4:00 1500 m open men	1:00 High jump men 40-44/55-59
11:30 100 m final open women	4:10 400 m open women*	1:00 Discus men 60-64/85+
11:40 100 m final master men—oldest to youngest	4:15 400 m master women*	1:00 Pole vault men 30-34/35-39
12:15 100 m final open men	4:20 400 m master men 60+	2:00 Discus men 40-44/55-59
LUNCH BREAK	4:25 400 m men 55-59*	2:00 Triple jump men 60-64/85+
12:30 800 m master women	4:30 400 m men 50-54*	2:00 Javelin women 30-34/85+
12:35 800 m open women	4:35 400 m men 45-49*	3:00 Triple jump men 40-44/55-59
12:40 800 m men 60+	4:40 400 m men 40-44*	2:30 Discus men 30-34/35-39
12:45 800 m men 50+	4:45 400 m men 35-39*	3:00 Pole vault open men to 16 ft.
12:50 800 m men 40+	4:50 400 m men 30-34*	3:00 Triple jump men 30-34/35-39
1:00 800 m open men	4:55 400 m open men*	4:00 Discus open men
1:10 200 m heats—oldest to youngest where needed	5:00 5000 m all women	4:00 Discus open women
1:20 200 m finals master women	5:30 5000 m men 50+	5:00 Discus open men
1:30 200 m finals open women	6:00 5000 m men 40+	6:00 Pole vault open men
1:35 200 m finals master men—oldest to youngest	6:20 5000 m men 30+	6:00 Shot open women
2:05 200 m finals open men	6:40 5000 m open men	6:00 Shot open men
REST BREAK	7:00 4 X 440 yd relays women masters, open men	6:00 Javelin men 30-34/35-39
	7:15 10,000 m open men, men 30-39	6:30 Long jump open women
		5:00 Long jump open men
		4:30 Triple jump open women
		6:30 Triple jump open men
		5:00 Javelin open men
		7:00 High jump open women — north pit
		7:00 High jump open men — south pit

\*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 60-64/85+
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, 356-9191. Village Inn, 354-8210.  
Toll House Hotel, 395-7070.

TAC/PACIFIC MASTERS & OPEN TRACK & FIELD CHAMPIONSHIPS

JOY UPSHAW AND WILLIE HARMATZ  
Meet Directors  
P.O. Box 1328, Los Gatos, California 95031  
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Name \_\_\_\_\_ (Last) \_\_\_\_\_ (First) \_\_\_\_\_ (Number & Street) \_\_\_\_\_ (City) \_\_\_\_\_ (State) \_\_\_\_\_ (Zip)

Phone \_\_\_\_\_

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, 813 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 \_\_\_\_\_

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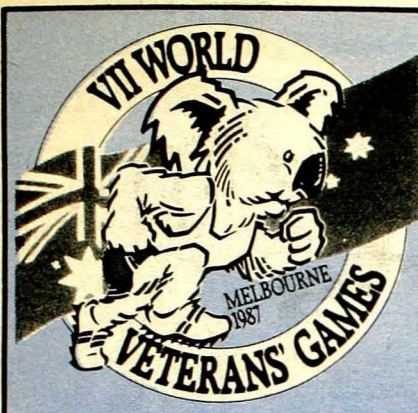
or write: **Mammoth Athletic Camp, Inc.**  
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6 Months To Go

## Countdown to Melbourne

### Many Top European Athletes Going to Australia

The official entry form for the VII World Veterans Games was published in last month's issue. If you missed it, contact one of the tour organizers for a copy.

The Australians request that you send your entry form to your tour operator, unless you are traveling alone, in which case it's okay to send your entry directly to Melbourne.

Peg Smith, Executive Director of the Games, recently made a whirlwind trip to England and Israel.

"I was able to confirm there are many top athletes from Europe intending to make the trip to Australia," she said, "so we can be assured of top quality competition."

The Games will be held in Melbourne from November 28 to Decem-

### Yugoslavia Expected to Drop Bid for 1989 World Games

The city of Split, Yugoslavia, which had been expected to present a formal bid this year to host the 1989 World Veterans Games, will apparently postpone its offer to the 1991 Games.

Cesare Beccalli, President of the European Veterans Athletic Association, said "because Yugoslavia does not yet have a national veterans program in place, it may be inappropriate for WAVA to hold its Games there in 1989."

Split has encountered difficulties in securing government funding for the Games and private funding would be "impossible". Beccalli said Marco Protega is still trying to arrange for funding, but said Protega feels that 1991 might be a more propitious time than 1989 for the Yugoslavia bid.

This apparently leaves the way clear for the bid of Eugene, Oregon, which is already geared up and ready to submit a formal bid for the '89 Games to the delegates at the WAVA General Assembly in Melbourne on December 2, 1987. Already the U.S. Masters Sports Association has over \$70,000 in the bank for the support of the Games. The funds were donated by more than 200 masters athletes throughout the United States. □

ber 6, 1987. Competition will be held in five-year age-groups. There are no qualifications needed to enter, except to be at least 40 years of age (men) or 35 years of age (women). □

### Seven Marks Broken in Midwest Regional

CHAMPAIGN, Illinois. Two world and five American indoor age-group records were set in TAC's Midwest Regional Indoor Masters Track & Field Championships at the University of Illinois on March 15.

Phil Brusca set an M55 world shot record with a 53-3 heave, while Dick

Richardson tied the M50 high jump mark with a 5-10 effort.

U.S. records were set by Ruth Leff (W55 2-mile walk in 20:20.4), Luchs (M65 2-mile walk in 16:42), Ware (M50 300y in 34.18), and Pope-Green (W30 60y in 7.3 and LJ in 18-5). □

### Vanderkrieff, Balfour First in National 50K

by JERRY WOJCIK

Bob Vanderkrieff, 47, took the lead after 21 miles and maintained a steady pace to win the U.S. TAC National Masters 50K Championships in East Meadow, N.Y., on February 22, by ten minutes with a 3:38:56. James Frein, 48, was second in 3:49:20.

Samara Balfour, 51, the only W40-and over finisher, ran 4:57:19.

The other finishers of the 17 starters were Richard Murphy, 52, (3:53:48.01) who beat Don Jewel, 48, (3:53:48.05) by a half step; Joe Whitney, 32, (4:26:17); John Kenul, 43, (4:34:55); and David Balfour, 48, (4:37:20).

Meet Director Jack Dowling, president of the sponsoring Long Island Road Runners Club, was at a loss to explain the heavy drop-out rate despite good weather (45° and clear skies). □



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- Special travelcard for local transport.
- Mild late Spring weather.
- Superbly organized competition.

Al Sheahan Editor of the National Masters News

David Pain Founder of the U.S. Masters program who organized the first international masters tours from 1971-75

Helen Pain President of Sports Travel International and organizer of dozens of masters tours — including tours to all six previous World Veterans Games

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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.

## Hawaii-Japan Goodwill Games Held

Six world, two U.S., and 58 Hawaii single-age records were swept away in the Hawaii-Japan Goodwill Games held at Kaiser High School in Honolulu on March 28.

World age-record setters were Nick Newton, 53, of Los Angeles, 100m (11.4); Mazumi Morita, 73, of Japan, long jump (15-4½) and triple jump (31-6½); Japan's Yuichi Tateishi, 74, long jump (13-1½) and triple jump (28-1½); and Japan's Isuzu Tsujii, 63, shot put (29-0).

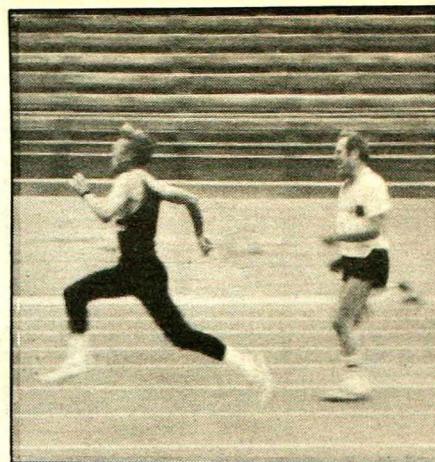
Marilla Salisbury, 79, of San Diego

accounted for the U.S. records, in the shot put (11-6½) and discus (22-0).

Hawaiians Gerard Wilson, 34, and Bob Larson, 41, each captured five firsts in their divisions.

A familiar runner to distance buffs on the Mainland and the Islands, Duncan MacDonald, 38, of Hawaii ran 4:06.9 in the 1500.

Meet Director Stan Thompson, 76, took firsts in the 100H (26.2) and high jump (3-9¼). □



Frank Kishi (13.3) out sprints Barney Phillips (13.6) in the M55 100m at the Sport-Arcade Meet, Mt. Sac, Calif., March 14.

Photo by Teri Ingram

## Austin, Critchley Set Marks In Sydney

Forty-six state records were broken in the New South Wales Veterans Track & Field Championships in Sydney on March 21-22, as athletes honed their skills for this fall's World Veterans Games in Melbourne.

New South Wales is one of six Australian states.

Reg Austin led the record-breaking assault with M50 wins in the 100 (12.27), 200 (24.16) and 400 (54.52). Three 800 marks toppled: Paul Critchley, M45, ran an outstanding 2:01.1; Brian Dean, M55, logged 2:14.67; and Ron Gribble, M50, posted a 2:14.69.

Bill Empey, M90, won the 100 (25.06), 200 (54.60) and 400 (2:11.74), the latter an M90+ world record.

Beverlee Adams set six records, including an 18.52 hammer throw for a new W55 Australian mark.

The meet was a prelude to the 1987 Australian National Vets Championships in Sydney on April 16-20. □



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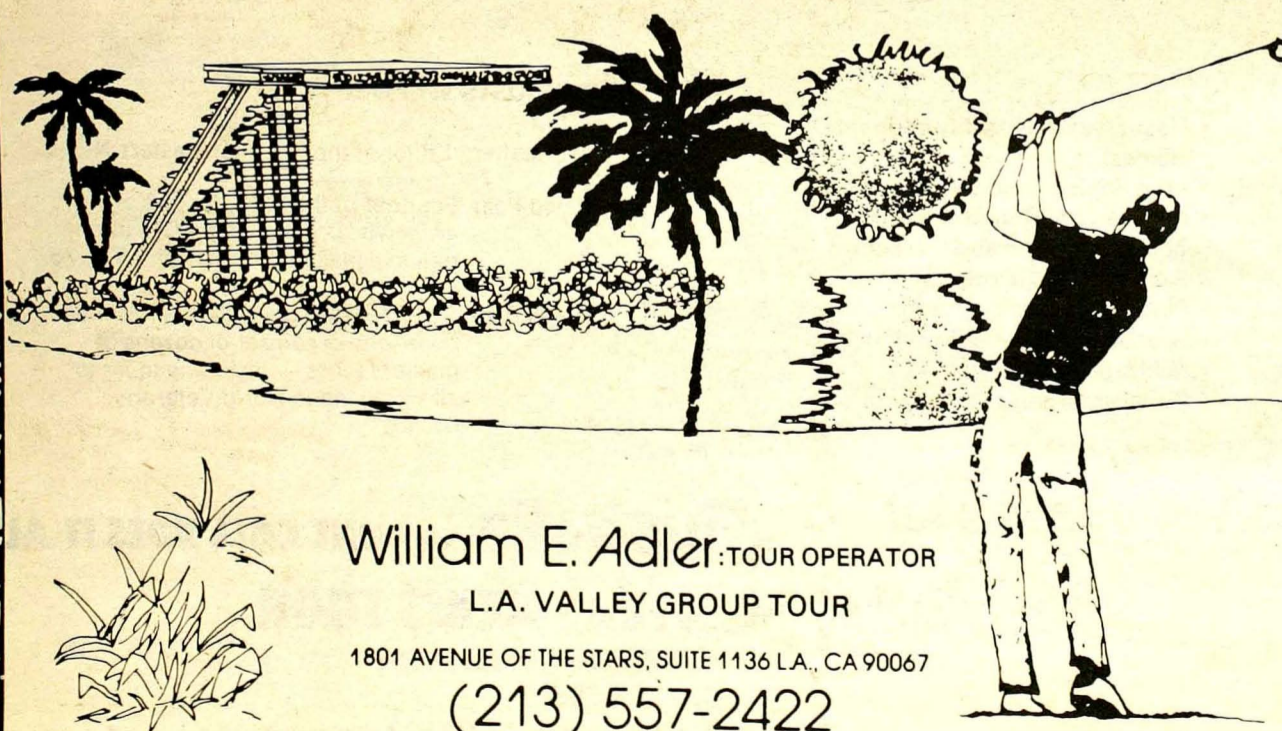
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## 7th WORLD VETERAN GAMES MELBOURNE, AUSTRALIA November 28 to December 8, 1987

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## CLASSIFIEDS

Classified ad rates are 50¢ a word. Count name and address as 5 words. Race notices are 25¢ per word. Prepayment required with copy. Deadline is the 10th of the month prior to issue date. Send to NMN, PO Box 2372, Van Nuys, CA 91404.

● **14th Jim Latz 5 Mile Beach Run** at twilight—formerly known as Knife and Fork Inn Run. 7:00 p.m., July 18. Old time low key race with splits, water and good cheer. Awards for age groups up to 70+, sase to J.L. Running Resources, 5511 Winchester Avenue, Ventnor, NJ 08406.

● **Arthur Lydiard Running Camp.** June 21-27, 1987. Bard College, New York, Runners: 16 to Masters, Coaches. Learn to train the Lydiard Way. Lydiard teaches, demonstrates, inspires all week. A unique East Coast opportunity to spend a week with the World's Foremost Expert. Contact: Tom Robinson, 128 Clarence Rd., Scarsdale, NY 10583.

● **\$500 Weekly.** Mailing Circulars in Your Spare-Time. Send a self addressed stamped envelope for details to: S and A Enterprises, P.O. Box 351, Rosemead, CA 91770.

● **High Altitude Pentathlon,** Los Alamos, New Mexico, July 18, 1987. Bob Weeks, 1534 40th, Los Alamos, NM 87544. 505/662-4436.

● **For Sale:** Fellow master needs your business. Will offer best prices on name-brand T&F equipment. Call me last. Daniel Marketing Co., Box 72, College Park MD 20740. 301/441-1988.

● **"Directory of home-based income opportunities"**. Over 150 money-making ideas. Send \$1.00 and a legal size SASE to: Mar Beth Home Ent., 58 Fifth Ave., Dept. W, New Rochelle, N.Y. 10801.

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# 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.
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- 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  
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## THE VII WORLD VETERANS' GAMES

## 20th World IGAL General Assembly Meeting — Netanya, Israel — March 17, 1987

By BARRY SHAW, Secretary, IGAL

The 20th World IGAL General Assembly convened at the Mediterranean resort town of Netanya, Israel, 17 March 1987, an occasion of the annual World IGAL 10K and 25K road-race championships. The first veterans championships to be officially recognized by the IAAF, this year's event, which also included 8K cross-country competition, was generally deemed most successful and enjoyable. The races were staged against a carnival background of parades and parties; and this festive atmosphere was reflected in the harmonious proceedings of the Assembly.

The mandatory IGAL membership fee was reduced to US \$4.00 per participant in future championships, beginning with the 21st annual event next year in South Korea.

The IGAL Constitution was amended to allow official representatives of national veterans organizations to be voting delegates at future IGAL General Assemblies.

Having agreed last year to the proposed merger with WAVA, Assembly delegates discussed ways in which IGAL could continue to play a central role in veterans distance

events. To this point, Barry Shaw explained that he had deliberately added a cross-country event to this year's program, as he envisions the proposed IGAL-WAVA Distance Committee as serving that discipline as well as road-racing and, eventually, race walking.

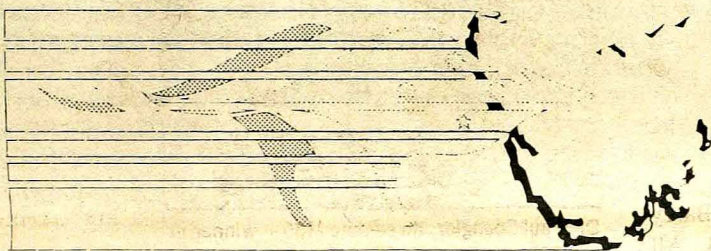
It was suggested that the new Distance Committee be responsible for all non-stadia events for veterans, which could include biathlon and triathlon competitions and championships. In accepting an application for the 1992 IGAL championships from the Japanese city of Ise, the Assembly informed the Japanese delegate that the bid would be brought before the Distance Committee after its official formation.

To this end, the General Assembly feels it essential that a joint IGAL-WAVA meeting take place in the near future to formulate the aims and composition of the new Distance Committee — which must be approved in Melbourne at the time of the WAVA Championships — before IGAL merges into the new format. The Distance Committee should then convene at the 21st IGAL in South Korea and, thereafter, supervise all veterans distance championships.

The important technical matter of athlete eligibility was addressed by the Assembly: the need for a uniform ruling on when an athlete becomes eligible to enter a new age-group. Some countries allow an individual to compete in a higher age-group even before reaching his/her birth date. The IGAL rule clearly states that an athlete belongs in an age-group only if the date of birth falls before the date of competition (e.g., a male runner age 54-and six-months clearly must compete in the M50 class and not M55). This rule must receive the attention of the IAAF Veterans Committee. The World IGAL has added an M85 category to its official list of age groups. Three participants in this age-group competed at Netanya.

The World IGAL General Assembly elected a new Executive: President, Jacques Serruys (Belgium); Secretary-General, Barry Shaw (Israel); Treasure, Hannelore Guschmann (West Germany); Vice-Presidents — Norman Green (USA), Gus Schlabit (West Germany), Clem Green (New Zealand), Professor Kotoh (Japan). At a subsequent Executive Meeting, Walter Ross (Scotland) was elected Honorary Vice-President in recognition of his many years of service to IGAL. □

## AFTER THE VETERAN'S GAMES



The First Australian Masters Games.1987.

You're invited to compete in the First Australian Masters Games held in Australia's Island State — TASMANIA.

### More events to enjoy

The Games are a major sports festival for mature aged sports men and women. The age groups commence for women at 35 years of age and men at 40 years of age are in five year intervals.

Thirty five sports including athletics will be staged over the two weeks in various centres throughout Tasmania. Special travel packages will be available from Melbourne.

### Athletics Programme

The Athletics competition has been designed to complement the VII World Veteran's Games and provides overseas and interstate competitors with a less demanding programme but still offering first class competition.

Athletic events will be held on 9, 10 and 11th December, 1987 in Hobart, Tasmania's capital city, less than an hour's plane trip from Melbourne. Events over the 2 days will include:

### Track Events

100m, 200m, 400m, 800m, 1500m, 3000m, 3000m Walk, 10K Road Race.

### Field Events

Discus, Long Jump, Javelin, Shot Put, Hammer, Triple Jump and High Jump.

For more information contact:

General Manager  
First Australian Masters Games  
P.O. Box 587, Glenorchy, Tasmania 7010.

## Texans Not Chilly in Philadelphia

By PETE TAYLOR

HAVERFORD, Pa, March 7. A trio of strong competitors from Texas and one from California added to the excellent racing tonight as the Philadelphia Masters Track and Field Association held its annual indoor championships at the Haverford College Alumni Fieldhouse, which features an oversized (225 meters), 4-laned oval.

Willard Thompson, 34, of Dallas, Texas, made his trip worthwhile by edging Tony Jones in the 55m (both 6.6) and winning the 300 in 38.6. Fellow Texan Herston Hall, 35, barely held off Marc Anderson, 38, in the 500 in a scorching 1:09.7. Dallas resident Willie George Smith, 39, ran 1:11.9 for third. California invader Jim Hampton, 40, ran a fine 2:42.7 to win his age group in the 1000.

Kathy Pierce, 39, ran a good 300 (48.1), and won the 55 (8.3), shot (32-5) and triple jump (8.98). Ralph Penn, 35, had the fastest 300 of the night (36.5), while Ed Small, 48, attracted attention by feathering a 38.6.

In the first section of the mile, international road-racing competitor Gary Fanelli, 36, set a withering pace but was unable to hold off Walt Hawkins, 37, who rang up an impressive 4:21.3. Fanelli came back nicely in the 3000 with an 8:50.8.

Jeremiah Gaines, 75, came up from Virginia to show off his speed, easily winning the 55 in 8.9. Vivian Nelson, 74, got the same distance done in 11.5.

Bill Schroeder, 50, led all pole vaulters with a leap of 12-0. Strongpersons Tom Lacey (45-5¼ in M30), Jay Edwards (43-11¾ in M50), Ray Feick (41-6 in M55), and Anna Cirulnick (29-3¼ in W50) shone among a group of 26 shotputters. □

## World Champion Jack Stevens Races Against Time

It is now more than two years since popular Australian athlete Jack Stevens, 70, was the unfortunate victim of the all too familiar 'drunk driver,' when he was hit by a car while on his daily training run around Albert Park late in October 1984.

Jack, who is the current M65 800 world record holder with 2:20.50, sustained a compound fracture of the left leg and what has also proved to be a "major localised joint abnormality" in the left instep.

This latter troublesome condition required further bonegraft surgery on January 12, this year.

Having incurred similar problems twelve years ago with the same instep joint, this recent setback will now seriously impair the movement of the left foot.

Jack's medical advisers now suggest his athletic future may lie in distance events, where he will be able to run more flat footed.

However, even this will not deter the multi-talented Stevens, who just two weeks before the accident completed a marathon in the amazing time of 3 hours 21 minutes, at the age of 68!

Stevens says he is determined to fight his way back to some sort of fitness in time for the VII World Games in Melbourne at the end of the year. □

— Courtesy of *The Australian Veteran Athlete*

## Spangler Leads U.S. Runners At 20th World Championships in Israel

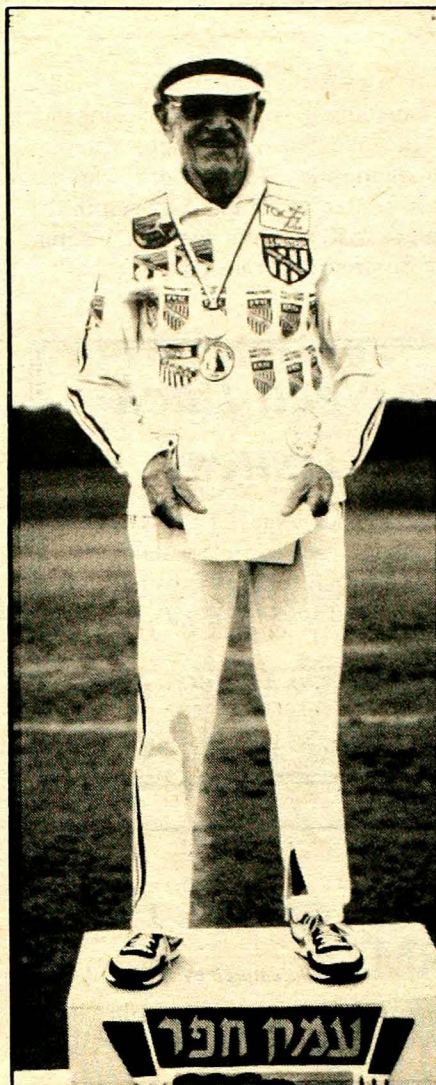
A small but determined U.S. delegation took part in the 20th World (IGAL) Veterans Distance Championships in Netanya, Israel.

Dr. Paul Spangler of California competed in all three races, winning the age 85+ category on three successive days.

Norm Green of Wayne, Penn., competed in the 25K only, and won his 50-54 age-group convincingly, while finishing 8th overall. His 1:27:37 time was five minutes under the age-54 U.S. record set by Norm Eastman in 1985.

In the 8K cross-country race, held March 15 at a kibbutz, Spangler finished in 55:57, ahead of two runners in the age 80-84 category. The other U.S. medalist for the day was Nancy Rawlinson (CA) who took runner-up honors in the W40-44 division in 43:10.

Spangler's 85+ first place in 1:10:59 and Georgette Lacey's (Pittsburgh) third place in 45:45 for women 45-49 led the seven U.S. runners in the 10K on March 16. The race was run in three "flights" and suffered from deteriorating weather as the afternoon passed. No U.S. runners were in the M40-49 race. Three Americans ran the M50-59 race, with James Lacey (PA) finishing 9th 50-54, Robert Coffey (TX) placing 8th 55-59, and Barry Nydick coming in 27th 50-54. All women and men 60+ ran in the



Dr. Paul Spangler, three-time M85+ winner in the 20th World IGAL Championships in Israel, March 15-17. Photo by Norm Green, Jr.

third flight. By this time, high winds hampered the runners on the beautiful course along a high sea coast bluff with return through residential streets to the center of town. Rawlinson was 5th W40 and Lotte Reinhold was 4th W55.

On his final day as an 87-year-old, Spangler completed his hat-trick in the 25K, finishing in 3:19:37. Paul was 214th and last, but less than one minute behind the 8th finisher in the M70 category. Besides Green and Spangler, U.S. runners were James Lacey (12th M50), Coffey (11th M55), Georgette Lacey (7th W45), Isabelle Salomon (9th W45), and Rawlinson (4th W40).

It may have been the time of year; it may have been the cost of travel half way around the world; it may have been fear of the world political situation that caused such a small U.S. delegation. But those who did make the effort to participate were treated to warm Israeli hospitality and well-organized races.

The 21st IGAL championships will be held in Kyongju, Korea on October 8-9, 1988. The Korean race sponsors are offering several tour options, all of which feature arrival on October 1, with attendance at the men's Olympic marathon and closing ceremony of the Seoul Olympics. □

— From Norman M. Green, Jr.

## Borowski Sweeps World Veterans Championships

Continued from page 1

Martin Duff. However, the Frenchman came home first in a time of 31:01, exactly 15 seconds ahead of Martin and one minute up on Duff.

So to the final day and the 25K road race. Would Antoine Borowski succeed in his bid for a World Championship hat-trick after two hard days of competition? In very windy conditions, the race developed into a head-to-head battle between Borowski and Martin, after Duff and Phil Barker felt the pace and dropped out.

The leaders passed the half-marathon point in 1:10:45, but an old ankle injury caused Martin to suddenly jump with pain, and he lost 50 meters before rejoining the race.

This left Borowski clear to enjoy his triple victory. He finished in a time of 1:23:34, ahead of Martin and Roper.

Another triple world champion was England's Derek Wood, winning the 10K (35:32), and 25K (1:32:14) and cross-country (28:51) in the M55 class.

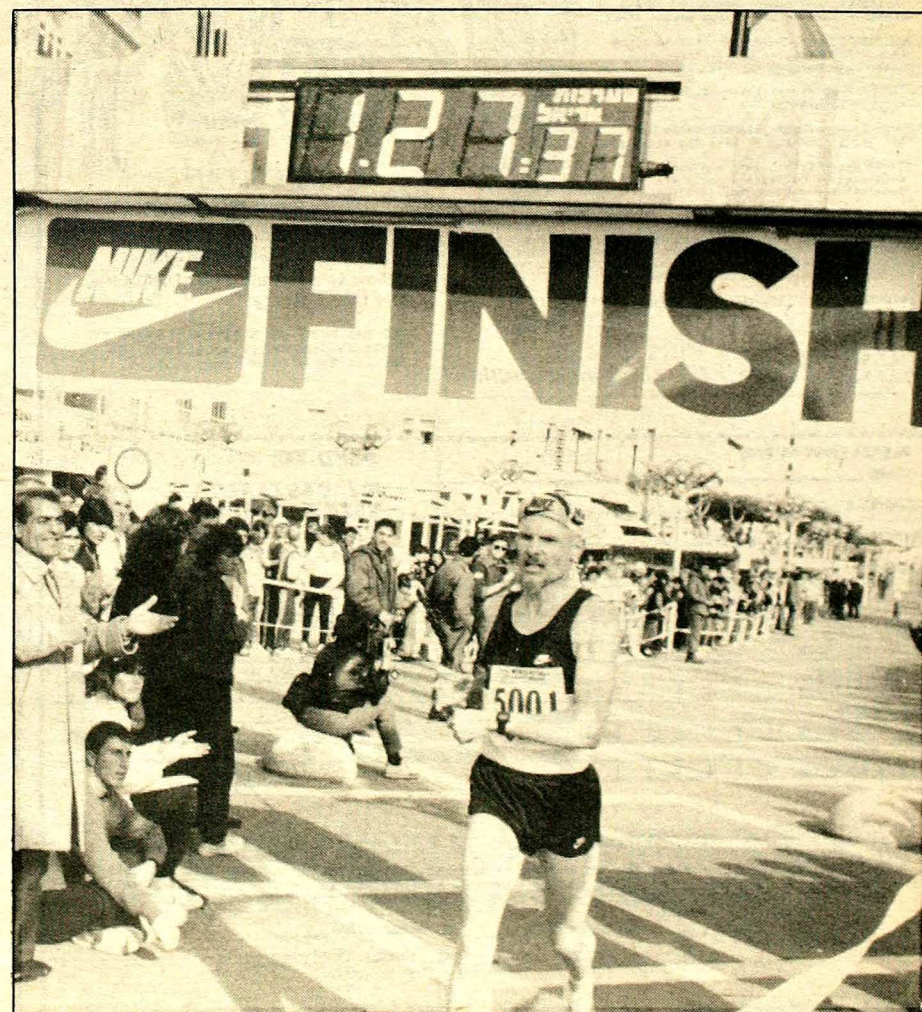
Perhaps the toughest class was the M45 where close finishes were fought

out in every race between Spain's Manguan Santiago and Belgium's Hubert Carnol and Pierre Voets. The Spaniard took the cross-country race, despite veering off the course approaching the finish. However, the Belgians had his measure in the two road races with Voets beating him in the 10K by six seconds with a winning time of 32:15, and Carnol opening 180 meters to win the 25K in 1:24:14.

Cyril Leigh, M50, looked impressive in the cross-country and 10K (33:22). In the 25K, he was no match for Norman Green (U.S.A.) who won in 1:27:37, five minutes below the U.S. age-54 record.

The outstanding female competitor was Belgium's W50 triple champion, Denise Alfvoet. Her times for the 10K and the 25K were 40:12 and 1:45:16.

Despite 180 age-group awards, Israeli runners only managed to win five medals, giving an indication of the international coverage in all the age groups in each race. Over twenty countries participated in these championships. This was the first time that runners from Spain, South Korea, and Japan had ever competed in Israel. □



Norm Green Jr., winning the M50 division in the IGAL 25K in Israel, March 17. His time of 1:27:37 is five minutes below the U.S. age-54 record.



## Report from Britain

by ALASTAIR AITKEN

Alun Roper, 41, won the M40-49 British Veterans Athletic Federation Cross-Country out of 205 starters at Trent Park, Oakwood, North London, March 8, in cold conditions over a very hilly 6 1/4 course, over Dick Evans and Mike Critchley. All three represented Wales in international cross-country in the early 1970s.

In the over-50s race over the same distance, Gerry North, a world-class cross-country runner in the 1960s and 1962 national cross-country champion, bested a field of 121 starters. Second was Ron Gomez; Alan Griffiths, a 1962 Welsh cross-country international who did not compete from ages 26 to 46, was third. First over-60 was Giles Brindley in a good 45th overall. Brindley took up running seriously at 51 and his favorite events are the 3000m steeplechase and the pole vault! Thirty-five-year-old Amanda

Cooper took the lead after a half-mile, overhauling 41-year-old Pat Gallagher in the Women's Nationals Veterans Championships. Joyce Smith, who has been injured lately but may run in the Brugge 25K, was manager of the winning Shaftesbury team. □

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## Hurd, Andersen Take \$1000 Awards in Gasparilla 15K

by JERRY WOJCIK

Mike Hurd, M40, of Great Britain took the top men's masters award of \$1,000 in the Gasparilla Distance Classic 15K in Tampa, Fla., on February 7 with a 21st-overall 46:30, twelve seconds better than fellow countryman Allan Rushmer, M40, who placed 23rd and won \$500.

Larry Olson, M40, of Massachusetts finished 24th in 46:52 for the third-place \$250 prize.

Gabriele Andersen, W40, of

Switzerland and Sun Valley, Ida., won the women's masters first-place prize of \$1,000 with a 13th-place 53:44. Barbara Filutze of Erie, Pa., ran 55:08 (18th) for \$500 second-place money, and Bobbi Rothman of Coconut Creek, Fla., took home \$250 for third with a 57:09. □



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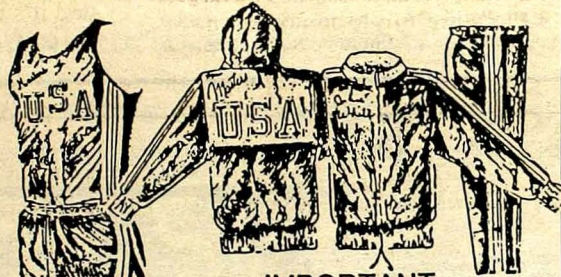
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### ATHLETES WHO ENTER A NEW DIVISION THIS MONTH MAY 1987

ATHLETE (RESIDENCE)	BIRTHDATE	AGE GROUP
REBECCA BAUM (SPRINGFIELD, IL)	5-20-47	40-44
LINA CONNORS (NEW YORK CITY, NY)	5- 2-42	45-49
MIKI HERVEY (DALLAS, TX)	5-10-42	45-49
GRETCHEN MERTEN (EUGENE, OR)	5- 1-42	45-49
SHIELA NEWTON (INGLEWOOD, CA)	5- 8-37	50-54
GIRTS OZOLINS (TORANCE, CA)	5- -37	50-54
GINNY SARGENT (CA)	5-22-47	40-44
LINDA THURSTEN (SOMERVILLE, NJ)	5-11-42	45-49
MARLENE ALTMANN (WG)	5-21-37	50-54
URSULA BLASCHKE (WG)	5-30-32	55-59
NINA FAHNOE (DEN)	5- 8-42	45-49
HILARY FARMER (GB)	5-20-27	60-64
MARGARET LOCKLEY (GB)	5-15-47	40-44
EVELYN SAULL (CAN)	5-30-32	55-59
MILDA SCHNAKENBERG (WG)	5-26-47	40-44
FELICITY SKARIS (RSA)	5-25-37	50-54
ELIZABETH TROMP (HOL)	5-16-17	70-74
RITA VAN ZYL (RSA)	5- 8-22	65-69
ED ALMEIDA (SAN DIEGO, CA)	5-16-22	65-69
JACK ANGEL (PURCELL, OK)	5- 3-27	60-64
PHILLIP BRUSCA (MARYLAND HTS., MD)	5- 7-27	60-64
JOHANNES CYRUS (S. AFR)	5-24-32	55-59
KENNETH DENNIS (LOS ANGELES, CALIF)	5-13-37	50-54
HERBERT DOWLER (MODESTO, CA)	5-29-02	80 +
JACK FOSTER (NZL)	5-23-32	55-59
FRANK FURNISS (SARASOTA, FL)	5-24-07	80 +
KERMIT HOLLINGSWORTH (CAN-IN)	5- 3-32	55-59
ROBERT MACTARNAHAN (PORTLAND, ORE)	5- 1-12	75-79
FRANZ POSLUSCHNI (WG)	5-13-02	80 +
DAVID ROMAIN (TRI-ALBANY, CA)	5-15-42	45-49
JOHN SANDERS (DREXELL HILL, PA)	5-18-37	50-54
EMIL SCHULZ (WG)	5- 9-27	60-64
IRELAND SLOAN (ROANOKE, VA)	5- 6-42	45-49
BILL SMITH (E. STRAUDBURG, PA)	5-12-42	45-49
ROBERT ULSH (DANVILLE, CALIF)	5-30-07	80 +
ARTHUR WRIGHT (SCIO, NY)	5-10-02	80 +
RICHARD WRIGHT (PASADENA, CAL)	5- 6-17	70-74

# PROFILE

## Patti Donley

**Born:** July 2, 1940, Seattle, Wash.

**Schools:** Roosevelt High School, Seattle; University of Washington, B.S., Nursing, 1963

**Occupation:** Registered Nurse

**Family:** Married to Jim, four children (ages 21, 20, 18, 17)

**Ht./Wt.:** 5-5, 118 pounds

**Current Residence:** Anchorage, Alaska

**Achievements:** Fastest time (38:45) nationally for 45-49 division of the 1985 Diet-Pepsi 10-K series; fastest time (32:10) nationally for 45-49 division of 1986 Stroh's Run for Liberty 8-K



Patti Donley in profile.

series; first masters finisher in 1986 Alaska 10-K Classic (37:27, certified course); first masters and 7th overall woman in 1987 Great Aloha run, Honolulu (8.2 miles, 51:55, 18,000 runners).

**Those are impressive performances. Were you racing before 1985?**

Yes, I began racing in 1978 when my husband entered me in the Alaska Women's Run, a 10-K. I surprised myself by placing 30th in a field of 241 women with a 46:59. I participated in perhaps ten races between then and the Spring of '85, gradually lowering my 10-K time to 42:31.

**So what happened in '85 to account for the dramatic improvement?**

I approached Roy Reisinger with my desire to run a sub-40 10-K, and he gave me a schedule which included one

day a week of intervals run informally on the road. I'd run 90 seconds hard and then 90 seconds easy, eight to twelve times. Five weeks later, I raced a 10-K in 38:59.

**You're saying that you didn't do any kind of speed work before that time?**

Though I'd heard and read about intervals and hard-day/easy-day training, I ran every training run moderately hard. Roy has since become my coach. The most important thing I've learned from him is the concept of hard-day/easy-day. Prior to that, I was plagued by stress fractures.

**How is running in Alaska?**

The environment definitely conflicts with it. While winters in some of the lower 48 states may be more severe than ours, we have six-month winters, with snow and ice from mid-or late October until mid-April. Dry pavement can most often be found on major roadways, but the problem of traffic and hopping off and back on the road becomes distracting.

What's more, there are several weeks where it's still dusk at 10 a.m., and again by 2:30 p.m. It's usual to run heavily bundled against the cold, in the dark, and slowed by poor footing. There is one indoor facility — a 9½ lap per mile 'course' around a hockey rink with heavy traffic due to use by hockey players.

My husband and I have a favored, flat five mile course on a wide dirt trail near the airport. Moose are commonly sighted and cause slight alterations, but not abandonment of a course. We were surprised to see coyotes on one run, but not deterred.

**What does a typical week of training consist of?**

Monday, I might do 14 quarters at 85-90 seconds each with 110 between them. Tuesday, 10 miles easy, maybe 7:30 to 8 minutes pace. Wednesday, eight miles at a moderate pace. Thursday, eight miles with three or four of them hard, 6:30 or faster. Friday, rest. Saturday, six easy. Sunday, 12 easy.

I do some light weight training three times a week and I also try to swim or deep water run once a week.

I work four days a week at a physically demanding job, which

sometimes makes for poor workouts or shorter than desired runs.

**Do you pretty much stick to distances around 10-K?**

There are more 10-K's than anything else on our Anchorage running calendar. While my time at that distance is still improving, I may be limited by my 440 time of 80 seconds. I feel I have more potential in the marathon, and really like the distance more.

**You've run some marathons, then?**

Yes, two of them. I did a 3:28 in 1984 and a 3:13 in '85. But I've been plagued by a back injury which has kept me from proper preparation for it.

**Does any one race hold special memories for you?**

The Trail of '98 Road Relay is probably my most memorable competitive experience. It's a 110 mile run from Skagway, Alaska to Whitehorse in the Yukon Territory in Canada. There are ten runners on a team. The first year I participated, 1985, I felt it such a privilege to be on a team with women who always placed highly in local races. It's a real adventure. We started at 10 o'clock at night in mid-September after an 1,800 mile drive in a motor home just to get there.

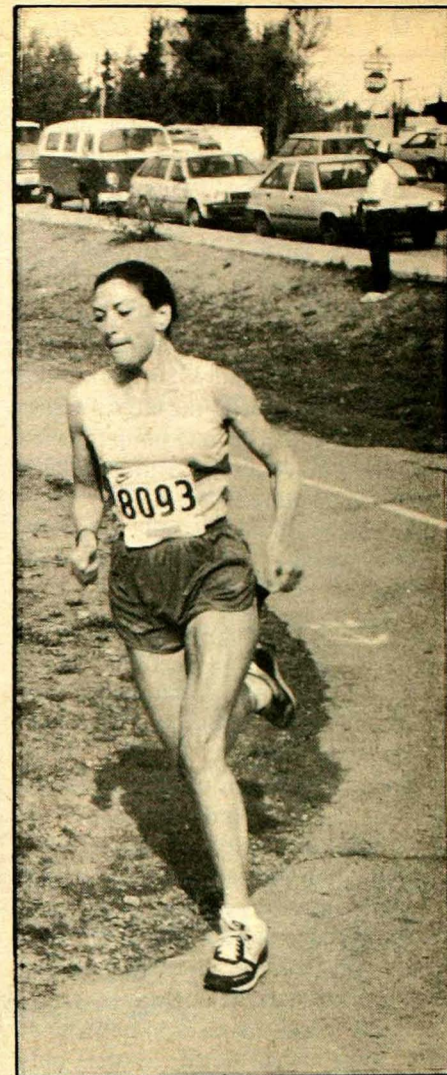
But my trip to Hawaii for the Great Aloha Run was also a high. The largest field I had previously competed in was 3,000. When I realized in the finish chute that I had placed highly, well, that will be an instant replay for many years.

**Do you race outside of Alaska often?**

No, before Hawaii I had run only one other race outside the state. I hope to race this summer in the lower 48 in masters competition. That is, assuming I get over my current back problem in time to get in the proper training.

**Any particular races or goals?**

I believe the current national 10-K record for women 45-49 is 36:41 and I think it's not an unrealistic goal. The



Patti Donley.

problem is getting to the right races. Most of them seem to be in the East, and it's pretty expensive to travel from here.

I'd also like to run another marathon and break three hours.

**Do you ever wonder what you might have done had you been running in your late 20's or early 30's, assuming of course that opportunity for women existed then?**

What might have been, uh? We've discussed that quite a bit, especially with my brother having been a state champion in high school. But had I run when I was younger, I probably wouldn't be doing it now or enjoying it as much. And I wouldn't trade this for anything. □—Mike Tymn



**Rivendell-Lincoln 1987  
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570 Compete in Nationals in Wisconsin Continued from page 1

were on hand during the weekend to watch the exciting competition, and to see 53 national meet records broken or set. Women set 27 of the records, with five each going to Phil Raschker, 40, and Pearl Mehl, 73. The men's 26 records were more evenly distributed with Tom Patsalis, 65, setting three.

The schedule was based on the number of 1985 and 1986 entries and ran quite long, due to the large number of participants. The long jump finished about 9 p.m. Saturday, with Sunday's events concluding before 6 p.m. Forty-eight entries in the two-mile race walk took extra time, as two heats were required.

A social gathering was held at the Inntowner Best Western (meet headquarters) with snacks and drinks provided by meet sponsor, Wisconsin Physicians Service (WPS). Jerry Donley, Chairman of the National Masters T&F Committee, addressed the athletes in attendance and provided an update on masters activities.

One of the many exciting races of the weekend that helped bring in the local media and fans was the M40 mile run. Five runners had the potential to run a sub-4:20. Tracy Smith won in 4:18.65, well under the world masters-only record of 4:20 he had set in January. Finishing second in 4:20.90 was Albin Swenson, who had broken Smith's record with a 4:18.5 in Providence on March 15. Ray Tucker was third in 4:23.20, followed by Peter Hallop (4:26.11) and Bill Stewart (4:29.90).

With its first involvement in masters sports, Wisconsin Physicians Service was very excited about the competition and media coverage, and has offered to support the 8th annual Wisconsin United Masters meet on June 20. The national meet helped create an awareness of masters track in Wisconsin, and many are looking forward to its return.

Among the meet's many highlights were:

- Raschker, who just turned 40, set three new world W40 indoor records in the

HJ (4-10), LJ (18-5) and TJ (35-2¼); and an additional American mark in the 300y (38.51). She won fifth and sixth gold medals in the 60yH (9.09) and 60y (7.45).

- Mehl's five meet marks were also new American W70 indoor standards: 300y (62.69), 600y (2:21.55), 1000y (4:01.11), mile (7:29.22) and 2-mile (15:30.0).

- Greenwood also captured the M60 300y (38.69) and 600y (1:34.76).

- Larry Colbert won the M50 300y (35.49) and 600y (1:20.90) and lost by a nose in the 60y to Jimmy Weaver (7.17).

- Nationally known open runners Cindy Bremser (W30) and Carol Urish-McLatchie (W35) each set two American indoor records in the mile and two-mile in their respective divisions: 4:43.02 and 10:00.03 for Bremser; 4:59.28 and 10:24.13 for Urish-McLatchie.

- Swenson broke the U.S. two-mile M40 indoor record with a 9:29.50, pilfering Pete Mundle's 15-year-old mark of 9:32.8.

- Byron Fike won seven M75 events: 60y (9.21), 300y (48.61) 600y (2:02.39), 1000y (3:56.31), mile (7:18.74), 2-mile (17:10.89) and 2-mile walk (24:49.0).

- Kirk Randall won the M45 mile (4:31.78) and 2-mile (9:52.75), besting Dan Conway and Ernie Billups in the latter.

- Russ Schmeichel bettered Billups' M40 1000y AR with a 2:18.94, and Dave Allen set an M30 2-mile AR of 9:00.30.

- Patsalis set an M65 AR in the 60yH (9.34), and two world M65 records in the LJ (17-1¾) and TJ (35-7¾).

- Leatha Stanley set two M30 AR's in the LJ (24-9½) and TJ (47-10¾) and also won the 60y (6.41) and HJ (6-6).

- Four world shot records fell to Jim Hart, M50 (49-10), Len Olson, M55 (46-7½), Bernice Holland, W60 (31-4½) and Grace LaBelle, W75 (15-0 ¼). George Tyms added an M35 AR (54-0½).

- Olympic pole vaulters Bob Richards, M60 (10-6) and Boo Morcom, M65 (11-0) set new marks in their divisions.

- Max Green set an M55 2-mile walk AR of 15:35.75.

- Shirley Kinsey broke the W55 world LJ mark with a 12-1½ leap, and also won the TJ (20-5½), shot (28-7), and 60yH (12.12).

- Susan Redfield garnered the W50 300y (46.35), 600y (1:34.40AR), 1000y (3:10.74) and, adding variety to her repertoire, the 60yH (11.13) and TJ (24-9¼). □



Introductions at the Indoor Nationals, March 28. Left to right: Ron Dennis, Meet Director; Jerry Donley, Chairman of Masters Track & Field; and Dr. Ivan Black. Photo by Dorothy Donley



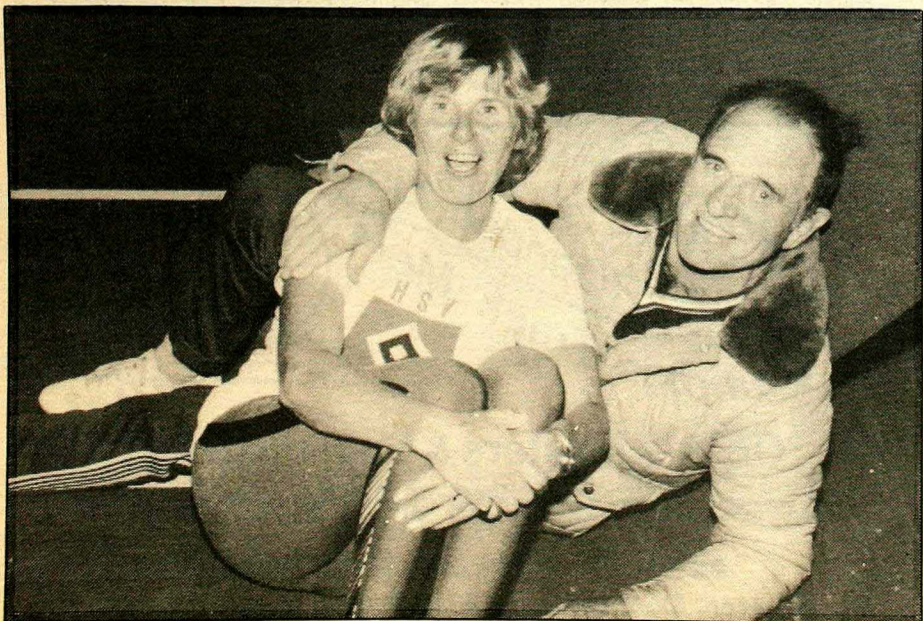
Jerry Donley clears 12' to win the M55 division at the Indoor Nationals in Madison, Wisconsin, March 28. photo by Dorothy Donley



Cindy Bremser, W30 2-mile winner in 10:00.03, TAC National Indoor Masters Championships, Madison, Wisc. Photo by Dorothy Donley



Phil Raschker, who turned 40 on February 21, set three world indoor masters age-group records in the high jump (4-10), long jump (18-5) and triple jump (35-2¼), and won six gold medals overall, in the National Masters T&F Championships in Madison, Wisc., March 28-29.



Christel Miller & Bob Richards share a little quiet time between events at the Indoor Nationals, March 28. Photo by Phil Raschker



## Zeller Cops 50-Mile Championship

by JOHN WHITE

Forty-year-old Al Zeller, a nuclear physicist at Michigan State University, East Lansing, conquered 41 other starters and severe weather conditions to win the TAC National Masters 50-Mile Championships (Wolfpack 50

Miler) in Columbus, Ohio, on April 5.

Because of a freak April snow storm, Zeller lost more than an hour from his personal best as he trodded over packed snow for a 6:47:51 victory, nearly 20 minutes ahead of the next competitor. □

## Smith Sets U.S. Masters 10K Record in New Orleans

Continued from page 1

meone showed me and picked out 29:30 as a goal, which is about 4:45 per mile."

Conditions the next morning proved nearly ideal: about 45 degrees, sunny skies, low humidity. The only flaw was a mild cross-wind that buffeted the runners — 25,303 of them — along the basically flat, point-to-point course, which starts in the city's famed French Quarter and finishes with a sweeping curve in a park.

Smith passed the opening mile on pace (4:44), four seconds off Villanueva — but nearly ten behind Englishman Allan Rushmer. ("He always runs too fast the first part," says Villanueva, no slouch himself at pace-setting.) By two-miles, however, Rushmer had relinquished the lead, as Smith joined Villanueva, splitting 9:31.

"I don't really remember the splits after that," Smith admits. "I was con-

centrating on Villanueva. He's a great runner, and I knew what he could do." Over the final four miles, the two raced, virtually inseparable. "We'd both surge," Smith says, "and a couple times I thought he'd broken; I could hear him coughing." Not until the last 200 yards was the outcome decided, Smith winning by a scant two seconds, as the two record-breaking masters placed 30th and 31st overall. Rushmer ran a respectable 30:49 to hold onto third.

In the similarly close open men's race, Irishman John Treacy prevailed by one second in 27:59 (far off Mark Nenow's world-best 27:22CR of 1984). Teresa Ornduff beat a good women's field in 31:55. Meet organizer, Bill Burke, reports that this was the fastest mass finish in the nine-year history of the Crescent City Classic: "Last year, the 500th runner did 38:43. This year, 500th was 37:43." □

## Filutze is First Master to Compete on U.S. Open Team

by TOM STURAK

As a member of the USA World Cup Marathon team that competed in Seoul, South Korea, April 11, Barbara Filutze, 40, of Erie, Pa., probably became the first master of either sex — more certainly, the first over-40 woman—ever to officially represent the United States at an open, IAAF-sanctioned international championship.

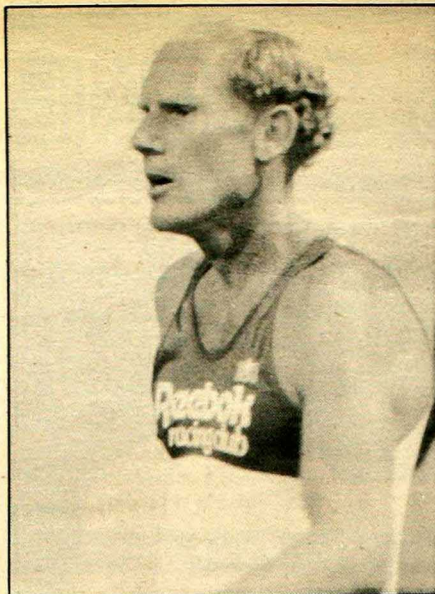
Less than six weeks after running 2:47:21 at the Los Angeles Marathon (March 1), Filutze covered the 1988 Olympic Games course in a credible 2:51:06, under cool and windy conditions. Forty-eighth in a field of 86 participants — including many elite marathoners — representing 28 nations, she was a non-scoring fourth on the five-woman U.S. team that placed sixth. Carol McLatchie, 35, of Houston, Tex., was second American and 24th overall in 2:39:39. (Filutze's and McLatchie's combined ages total only six years less than the aggregate 81 of their three teammates.)

While not known if any other masters participated, chances are that Filutze was the lone over-40 World

Cup competitor. Though rare, participation by masters at the highest levels of international competition is by no means unprecedented — especially, in the marathon (e.g., Olympians Jack Foster and Joyce Smith).

Named TAC Outstanding 40-44 Woman Long Distance Runner of 1986, Filutze has an age-40 2:42:37 marathon to her credit. Though her performance at Seoul might appear sub-par, her very participation was remarkable. Contacted by TAC Women's LDR official, Jacqueline Hansen, less than two weeks prior to the race, Filutze agreed to join the team (in place of drop-out Connie Prince, top U.S. entrant), though then in heavy training for a late-spring marathon.

Hansen had earlier this year selected Gail Scott, 41, to fill a TAC-channelled invitation to the Taipei Marathon (see *NMN*, April). A former marathon world-record holder, Hansen says, "I find it gratifying to award a trip to a master. There are more than a few who are qualified to compete internationally." For one, Barbara Filutze. □



Tracy Smith after winning the M40 mile in a meet record 4:18.65 at the National Masters T&F Championships in Madison, Wis., March 29. A week later, Smith broke Barry Brown's U.S. Masters 10K record of 29:57 with a 29:50 at the Crescent City 10K in New Orleans.

Photo by Paul Brazeau

## LATE FLASH!

Gabriele Andersen, 42, was the first female overall, not to mention the first master, in the Emerald City Marathon, April 12, in Seattle, Washington. Andersen ran 2:40:19 and won \$5,000 for her efforts.

Allan Rushmer, 41, of Great Britain, was first 40-and-over finisher in the Boston Milk Run 10K April 12 with a time of 30:37. Rushmer was tailed by Antonio Villanueva of Mexico (30:40) and Larry Olsen of Massachusetts (30:48). In the women's masters race, Priscilla Welch (33:47) of Great Britain, tromped the competition, winning by nearly three minutes over Bobbi Rothman (36:20) of Florida and Juana Stavalone (37:29) of California. □

# 1987 MASTERS NORTHWEST REGIONAL TRACK & FIELD CHAMPIONSHIPS

Sponsored by:  
PORTLAND MASTERS TRACK CLUB & MT. HOOD COMMUNITY COLLEGE

Held at:  
MT. HOOD COMMUNITY COLLEGE  
Gresham, Oregon

### SCHEDULE OF EVENTS

(HELD AT NIGHT - BEST POSSIBLE CONDITIONS - ALL WEATHER TRACK SURFACE)

Friday Night, July 3 (times approximate)	Saturday Night, July 4 (times approximate)
6 - 8 pm LONG JUMP SHOT PUT DISCUS HIGH JUMP (men 30-49)	4 - 6 pm TRIPLE JUMP JAVELIN POLE VAULT HIGH JUMP (men 50 + & all women) HAMMER
6:15 pm 3000 STEEPLE 2000 WALK 5000 (women)	6:00 pm 400 HURDLES 200 3000 (women only)
8:00 pm 110 HURDLES 100 1500 400	#1* - 5000 (men 40 and up) #2* - 5000 (men 30-39 & men 40 + who want to enter) 800

\*specify which race you're entering

**DEADLINE ■**  
**JUNE 26, 1987**

TIMES DETERMINE WINNERS IN EACH AGE GROUP.  
OLDEST WILL COMPETE BEFORE YOUNGEST.  
WOMEN WILL COMPETE BEFORE MEN.

BEAUTIFUL MEDALS AWARDED TO FIRST 3 PLACES IN EACH EVENT.

NO HOST BREAKFAST at 9:00 am, Saturday, at HEIDI'S (Gresham) - \$7.00

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**Please Print**

NAME \_\_\_\_\_ FOR ATHLETES AGE 30 and UP  
ADDRESS \_\_\_\_\_ AGE (as of 7/3/87) \_\_\_\_\_  
CITY \_\_\_\_\_ ST \_\_\_\_\_ ZIP \_\_\_\_\_ MALE \_\_\_\_\_ FEMALE \_\_\_\_\_  
PHONE ( ) \_\_\_\_\_

Events Entered \_\_\_\_\_ BEST '86 or '87 mark (if any) \_\_\_\_\_

1. \_\_\_\_\_  
2. \_\_\_\_\_  
3. \_\_\_\_\_  
4. \_\_\_\_\_  
5. \_\_\_\_\_

ENTRY FEE: \_\_\_\_\_ Send Entry and Entry Fee to:  
1 Event - \$8.00 JIM PUGH (503) 667-7354  
2 Events - \$13.00 (total) MT. HOOD COMMUNITY COLLEGE ATHLETIC DEPT.  
3 or more 2600 SE Stark Street  
Events - \$16.00 (total) Gresham, OR 97030

LATE REGISTRANTS WILL BE CHARGED A PENALTY FEE! Checks Payable to:  
PORTLAND MASTERS TRACK CLUB  
(please include \$7 if attending breakfast)

I waive all rights that I or my heirs or assigns may have against the sponsors of this event arising from any injury, illness, or accident that I may sustain or incur in participating in this event or at this event. I declare my good health to participate in this event.

SIGNED \_\_\_\_\_ DATE \_\_\_\_\_

# MASTERS SCENE

## NATIONAL

• According to U.S. National Senior Olympics organizers, **Bob Hope** will participate in the meet's closing ceremonies scheduled for the morning of July 3. The first-ever USNSO, set for June 27-July 2 in St. Louis, is expected to attract more than 4500 athletes 55-and-over, who will compete in t&f, a 10K, and other sports, many of which require qualification at sanctioned regional Senior Olympics competitions; however, the 10K is open to anyone who has ever completed a 10K.

• Subscribers for whom obesity is a genuine problem or who want to stay up on current research might be interested in the **International Obesity Newsletter**, published by Healthy Living Institute, 402 S. 14th St., Box 612, Hettinger, ND 58639. 701/567-2646. \$24 per year for 10 issues.

• TAC's Women's Executive Committee, chaired by **Julie McKinney**, has extended the 1988 Olympic Marathon Trials standards to include performances in the Old Kent River 25K, Grand Rapids, MI, May 9, which is the 1987 Senior Men's and Women's and Masters Championships. Accordingly, women running 1:30:00 or better in the Old Kent River race will qualify for the 1988 Women's Olympic Marathon Trials to be held in Pittsburgh in April 1988. The 1:30:00 time is roughly equivalent to a 1:16:00 half-marathon.

• "To promote healthful participation in sports and vigorous exercise by persons with diabetes" is the purpose of the International Diabetic Athletes Association, according to **Paula Harper**, R.N., founder and president. As a person with diabetes who has competed in 30 marathons and 5 triathlons, Harper said she wants to encourage "public understanding and support for athletic participation by diabetic individuals." For info, write or call IDAA, 5050 8th Place #3, Phoenix AZ 85014. 602/230-8155.

• The entry form for the National Masters Decathlon, to be held in Boulder, Colo. on July 11-12, will be in the June issue of NMN.

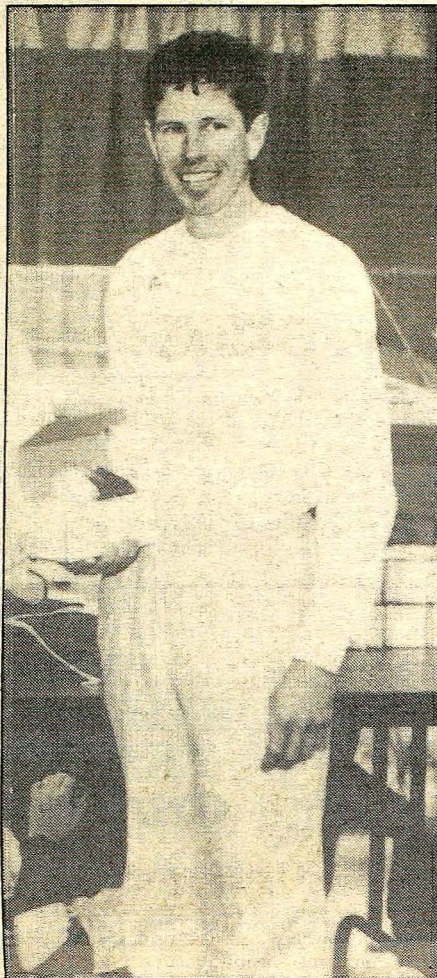
• Growing older: from 1980 to 1986, the number of Americans aged 35-to-44 increased 29% to 33.1 million. the 85-and-over group grew 25% to 2.8 million. As of July 1, 1986, the median age of all Americans was 31.8 years, compared to 27.9 in 1981.

• **Correction:** Max Green of Taylor, Mich., was reported in the April issue as having set an M55-59 WR for the 15K racewalk with a 1:20:10 in the TAC Masters Championships, February 7. According to **Alan Woods**, Green was still 54 at the time, and his mark was just an age record.

## EAST

• Future meets that offer a "Masters Mile" will have to take a two-decade backseat to the Cornell Masters Mile, which celebrated its 20th anniversary in January and drew 28 M40-and-over milers, who ran in two sections. This year's overall winner was **Derck Frechette**, 42, Rochester, NY, with a meet record 4:39.3. **Jim Jerris**, 45, Holley, NY, was second in 4:41.7. **Don Farley**, 53, Ithaca, NY, was first M50+ (5:01.5), and **Tony Napoli**, 66, Buffalo, NY, first M60+ (5:42.3). The monumental task of arranging this event for twenty years was performed by **Jim Hartshorne**, also a participant in earlier masters miles, with the help of **Jack Warner**, Cornell's t&f coach. Hartshorne, retiring after this year's race, looks for "some new blood at the helm" to continue this historical masters event in Ithaca, NY.

• **Ron Bomberger**, 45, finished the NYRRRC Knickerbocker 60K, Central Park, NYC, March 7, in 4:53:07 for the masters crown. **Alan Fairbrother**, 50, was just 26 seconds behind for second M40+. **Izumi Yamamoto**, 45, hung on for



Web Loudat, after 24:41 in Shamrock 8K, Virginia Beach, VA, March 21.

a 5:45:43 W40+ first, with **Samara Balfour**, 51, second in 5:46:33.

• **Atlaw Belligne**, 42, of the Millrose AA, continued his domination of the M40+ runners in the NYRRRC Central Park races with a 32:03 eighth-place (1392 m/finishers) in the 10th Annual Sheraton Center Bagle 10K, March 8. **Chris Hearn Grenning**, 41, of the New York Atalanta club, was ninth woman (646 finishers) in 38:54.

• **Patty Lee Parmalee**, a long-time East Coast masters runner, serves as coach of the New York Achilles TC, an organization, founded by Dick Traum in 1982, for the physically impaired who want to participate in running events. She also edits the club newsletter, **The Achilles Heel**. Other ATC chapters have started in several major U.S. cities and overseas in Trinidad and Tobago and recently in Poland. ATC, 9 East 89th St., New York, NY 10128. 212/967-9300.

• **Angella Hearn**, 41, was second woman (327 finishers) in the NYRRRC Brooklyn Half-Marathon, March 22, in 1:20:00. **Art Hall**, 40, was first M40+ and 17th (1388 finishers) with a 1:13:04. **John McHugh**, 66, won the M65 division (1:30:50), and **Helene Bedrock**, 52, took the W50-59 race (1:31:24).

• **Marlys Palmer**, 40, Chambersburg, PA, won \$200 and the title of RRCA Eastern Regional Masters Champion in the Lady Equitable 10K, Baltimore, MD, March 29, with a time of 40:57, in the Equitable Bank and Baltimore RRC-sponsored race.

• **Art Hall**, 40, placed third (39:58) of 211 m/finishers in the Vivicitta 12K, Brooklyn, NY, April 5. One the same day, **James Fillis**, 49, was the first M40+ (2:48:05) in the Yonkers Marathon. **Cindy Dalrymple**, 45, took the W40+ first (3:24:01).

• While it poured rain on surrounding towns, masters runners found almost perfect weather for the Stamford Marathon, Stamford, CN, April

5. **Bill Sevald**, 41, ran off with the masters title (2:28:45) and tenth overall (341 m/finishers). **David Oropeza**, M40, was second (2:29:35), and Californian **John Loeschhorn**, first American M40+ in the Boston, New York, and L.A. marathons, finished third (2:33:24). **Janice McKeown** nabbed an easy W40+ victory in 2:58:53. Sevald won \$1700 for his victory.

• The Philadelphia Convention and Visitors Bureau has announced the appointment of **Jim Tuppeny**, director of the Penn Relays for the past 19 years, to the newly created post of executive director of athletics. Tuppeny will team with other Bureau staff members to increase the number of sports-oriented conventions and meetings in Philadelphia.

## SOUTHEAST

• **Web Loudat** of Albuquerque, NM, broke a pending, national-record M40-44 time of 24:56 by **Bruce Mortenson** with a 24:41 in the Shamrock 8K, Virginia Beach, VA, March 21. (**Barry Brown**, however, has run 24:15, which is not yet on the age-group record lists.) **Atlaw Belligne** of Long Island, NY, was second in 24:53. Loudat's next race will be the Legends Mile in Eugene, OR, May 16. Other probables are Brown, Tracy Smith, Ken Moore, and Sam Bair.

## MIDWEST

• The Grand Rapids TC of Michigan selected **Greg Osmun**, M40-49, **Roger Ritsema**, M50-59, **George Watson**, M60+, and **Mary Namey**, W40+, for its 1986-87 Masters Runner of the Year awards. The club sponsors ten races which count for ROTY honors.

## MID AMERICA

• The Twin Cities Marathon in Minnesota won't have the built-in attraction of a National Championships or team trials this year, but new race coordinator **Skip Burke** has pledged to maintain the support of masters at the highest level of any race.

## SOUTH WEST

• The Louisiana Milk Run Women's 5K Series dates have been changed to New Orleans and Lake Charles, May 16: Shreveport, May 23; and Lafayette, May 30. Masters money is \$50 for preliminary race winners and \$100 in the championship race in Baton Rouge, June 6.

## WEST

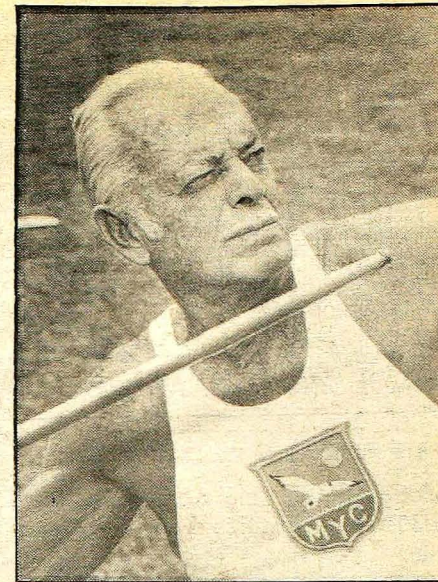
• **Joan Stratton**, W35, hit good, early-season marks with a 40-2 3/4 shot effort and a 119-11 discus mark in an all-comers meet in Los Gatos, CA, February 7.

• **James Murphy**, 47, (16:58 and 6th) and **Sue Reinhardt**, 40, (21:29 and 3rd woman) were first masters in the Wilshire Police 5K, Los Angeles, February 15. **Larry Banuelos**, 62, won the M60+ race in 19:21.

• Wearing t-shirts carrying the message "I RAN WITH MY BESS FRIEND," 750 runners, who took a chance on the rainy weather, ran the Bess James 10K, Hemet, CA, March 7. Mom Nature turned off the showers, and **Jerry Laverty**, M40, (36:13) and **Jeanne Barber**, W50, (45:25) turned on the speed to take the masters races. **Bess James**, 77, who lends her name to the event to raise money for a local junior college, was disappointed in her time of 1:07, but she may have been feeling the effects of running the L.A. Marathon six days before.

• Los Angeles-area masters athletes who want to rub elbows with younger t&f standouts might want to contact the Los Angeles Track Club, headed by **Chuck DeBus**, who has coached 163 U.S. team members, compilers of 27 ARs and 2 WRs. Private and/or team training are both available and are open to any age or level of fitness. LATC, 1714 17th St., Santa Monica, CA 90404. 213/396-0500; 450-6001.

• **John Whitemore, Jr.**, M85, of Santa Barbara, CA, who can easily be taken for a well-tanned, white-haired bon vivant at a track meet



John Whitemore, Jr., M85, of Santa Barbara Calif. Photo by Richard Martin

rather than the world-record-holding weightman that he is in several age divisions, is also an All-American swimmer who did a 3:12 for the 100m breaststroke in 1986. He also has been rated as an All-American in canoe paddling, badminton, and racquet ball.

• **Sal Vasquez**, 47, Alameda, CA, was runner-up for the third straight year in the 19th Annual Martinez-to-Port Costa Brickyard 8.4 Mile in No. Calif., February 28, in 42:33. **Linda Wimmer**, 40, of Martinez, won the W40+ race (57:19).

• **Barbara Filutze** (2:47:21) and Colombia's **Victor Mora** (2:19:44) were first masters in the L.A. Marathon, March 1. **John Loeschhorn** topped M40+ American finishers with a 2:26:32. NMN efforts to obtain complete, official masters results of the L.A. Marathon have been to no avail.

• The Modesto Relays will have a 100m for M40-54, 55-70, and 70+. Contact **Dick Marlin**, 3413 Stemberidge, Modesto, CA 95350.

• **Jim Vernon** has cancelled his popular Trojan Masters Track Meet, scheduled for June 27 at USC in Los Angeles, because Cromwell Field is undergoing renovation. "It would be possible to hold running events, but there would be no decent place to warm up. The field would be dusty, and there could be no discus or javelin. It didn't seem possible to hold the type of quality meet we have previously held."

## CANADA

• **Tom Tushingham**, who broke the M40-44 world indoor mark in 1986 with a 2:01.5, entered the M45 ranks this year with a roar by breaking two indoor WRs with a 2:02.8 800 and a 4:10.2 1500, and the Canadian record in the 3000 (9:02.53) in Toronto, February 8.

## INTERNATIONAL

• **Derek Lawson** (71:11), **Alf Lennon** (71:33), and **Bill Stoddart** (72:10) head the list of top 1986 British veteran half-marathoners ranked in the **Running Review**, March 1987. **Glynis Penny** (73:24) surpassed **Priscilla Welch** (75:34) to lead the women veterans. Penny is, however, 35 and is classified as a master, with which she is not pleased, according to **Martin Duff**, writer for the **Running Review**.

• **John Gilmour**, 67, of Perth, Australia, clocked a new M65 world record for 2 miles on March 19 in 10:58.1, breaking **Monty Montgomery's** 14-year-old standard of 11:30.0.

• For the second time in two years, a race director has committed suicide. First **John Hinshaw**, founder of an international race in El Paso. Now **Clive Longe**, director of the Bermuda 10K and marathon, apparently killed his girlfriend before committing suicide.

• **Gail Scott**, 40, was first female in the Taipei Marathon February 22nd in 2:51:04. Scott volunteered for the foreign trip, which was funded in an effort to send qualified U.S. women abroad. □

# 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 10 & 24; June 14 & 28; July 12 & 26; August 9 & 23.** Potomac Valley Seniors TC Developmental Meets, St. Stephens H.S., 1000 St. Stephens Rd., Alexandria, Va.

**May 17.** NY Masters Meet and MAC Championships, Kings Point, N.Y. Ms. Sandy Pashkin, 363 Edgcombe Ave., New York, NY 10031. 212/368-6134.

**May 30.** West Penn Masters Meet, Trinity H.S., Washington, Penn. John Giovengo, 9208 Woodcrest Rd., Pittsburgh, PA 15237.

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

**June 7.** TAC Eastern Regional Masters Championships, Mitchell Field, Long Island, N.Y. Sandy Pashkin, 363 Edgcombe Ave. No. 54, New York, NY 10031. 212/368-6134.

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

**June 13.** Buffalo Belles & Brawn International Masters Meet, Parker Field, Buffalo, N.Y. Bettie Zoschke, 266 Puritan Rd., Tonawanda, NY 14150. 716/835-6018.

**July 4.** Merrill Lynch Realty AC July 4th Masters Meet, Randolph, N.J. MLRCA, 517 Highway 33, Englishtown, NJ 07726. 201/625-1764. Evening and travel arrangements: 201/361-3220.

**August 8.** Buffalo Belles & Brawn Classic for Girls & Women, Parker Field, Buffalo, N.Y. Bettie Zoschke, 266 Puritan Rd., Tonawanda, NY 14150. 716/835-6018.

**August 9.** Buffalo Belles & Brawn Classic for Boys & Men, Parker Field, Buffalo, N.Y. See August 8.

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

**August 22.** Buffalo Belles & Brawn Pentathlon, Parker Field, Buffalo, N.Y. See August 8.

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

### SOUTHEAST

**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.

**May 30.** Tampa Bay Championships, Pepin Rood Stadium, U. of Tampa, Fla. Carlos Fraudorfer, 813/238-6451.

**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.

**June 27.** Southeastern Track Classic, Greenville, South Carolina. Ages 30+. Bill Keesling, Meet Director, 26 Elmwood Dr., Taylors, SC 29687. Entry form will appear in June issue. Inquiries: 803/268-3988.

**June 27.** Tampa Bay All-Comers, Pepin Rood Stadium, U. of Tampa, Fla. 813/238-6451; 813/223-8615.

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

### MIDWEST

**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 20.** Wisconsin United Masters Meet, Madison, Ron Dennis, c/o WUAC, 6408 Westgate Rd., Monona WI 53716. 608/221-8020.

**June 21.** Hoosier Track Classic, Indianapolis. Bob Coughlin, 305 S. Barton,

Indianapolis, IN 46241. Jim Ware, 317/634-0949 (w), 317/638-0466 (h).

**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 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.

**June 28.** Lincoln Masters & Submasters Meet, Lincoln, Nebr. Same day pentathlon. Don Showen, 3331 N. 68, Lincoln, NE 68507. 402/464-4792.

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

**September 6 & 7.** Rocky Mountain Masters Games, Boulder, Colorado. Jim Weed, 11672 E. 2nd Ave., Aurora CO 80010. 303/341-2980.

### SOUTHWEST

**May 3.** Runners' Pentathlon, State TAC Championship, Albuquerque, New Mex-

ico. Tom Bell, 2403 San Mateo P-17, Albuquerque, NM 89110. (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.

**May 23.** Texas Throwing Classic, Arlington H.S., Arlington, Texas. 1:00 p.m. Rick Ryckman, 2307 Sleepy Oaks CR No. 2901, Arlington, TX 76011. 817/860-2071 (after 8 p.m.)

**May 30.** TAC Southern Association Masters Championships, Tulane U., New Orleans. Danny Thiel, 1459 Verna St., New Orleans, LA 70119. 504/486-8066.

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

**June 27.** TAC Southwest Regional Masters Championships, Rice U., Houston. Ray Stanfield, Dept. of Athletics, P.O. Box 1892, Houston, TX 77251. 713/527-4077.

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

**July 18.** High Altitude Pentathlon, Los Alamos, N.M. Bob Weeks, 1534 40th, Los Alamos NM 87544. 505/662-4436.

### 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.

**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.

Continued on page 28

## HOOSIER TRACK CLASSIC Indianapolis, June 21st, 1987. Our 9th Year MASTERS TRACK & FIELD MEET, TAC Sanctioned

- Site:** IUPUI Track & Field Stadium. 1005 W. New York St. Site of the 1985 National Masters Championships. Walking distance from downtown motels. Howard Johnson's is closest. 317-635-4443. . . . \$49.00. Plenty of parking available at IUPUI lots.
- When:** Sunday, June 21st beginning at 11 a.m. for Field events and 12 Noon for Track events.
- Age Limits:** All Men & Women between the ages of 30 and 90. Competing in 5-year age brackets.
- Awards:** Nice TROPHYS for 1st place winners. (limit 1). Medallions for second, and ribbons for third. FREE refreshments this year.
- Entry:** Pre-Registered \$10.00 flat fee til June 14th. June 15th thru Race day \$10 plus \$5.00 late chg.
- Events:** Track: 110m Hurdles, 1500m, 50m & 100m trials, 800m, 200m, 50m & 100m Finals, 400m.  
Field: High Jump, Long Jump, Triple Jump, Shotput, Discus, Javelin & Pole Vault.

### ENTRY FORM

Name \_\_\_\_\_ Age \_\_\_\_\_ Birthday \_\_\_\_\_  
Street Address \_\_\_\_\_  
City-State \_\_\_\_\_ Zip \_\_\_\_\_  
Events Entered: \_\_\_\_\_

### LIABILITY WAIVER

I will not hold the Hoosier Track Club or the IUPUI Track management responsible for any injury resulting from my participation in this track meet

### SIGNED

MAIL TO: Bob Coughlin, 305 S. Barton, Indpls., In 46241 or call Jim Ware 317-634-0949 days 317-638-0466 eves.

Continued from page 27

Hedrick, 139 Carmody, Redlands, CA 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 24.** All-American TC Invitational Decathlon & Heptathlon, Cal State-Northridge, Los Angeles. 10:00 a.m. Plus full t&f meet, 12:00 p.m. Frank Reilly, 818/716-7280.

**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 21.** All-American TC All-Comers Weight Pentathlon, Cal State-Northridge, Los Angeles. 10:00 a.m. Plus full t&f meet, 12:00 p.m. Frank Reilly, 818/716-7280.

**June 23 - August 1.** All-comers meets, Los Angeles, 7 p.m. Tues: Southwest College; Wed: Birmingham HS; Thurs: Bell HS; Fri: Santa Monica CC. Masters events each Wed. at Birmingham. Finals on Sat. Aug. 1 at Birmingham.

**June 27.** Trojan Masters Invitational, USC, Los Angeles, Calif. Deadline June 17. Jim Verne, 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.

**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 24-26.** Ontario Masters Championships, Ottawa. Ray Cardinal, 819/821-7595.

**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**

**July 2-5.** Farkas Matyas Memorial Veterans Meet, Budapest, Hungary. Ferenc Igrenyi, Hungarian Association of Veteran

Athletes, 114B Budapest, Dozsa Gy UT 1-3.

**July 12.** 2nd Masters Games, Trinidad and Tobago, West Indies. Ms. Monica Tang Wing, 21-4th St. (East) Montague Ave., Dinsley Gardens, Trincity, Trinidad and Tobago, West Indies.

**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.

**September 17 - October 2, 1988.** XXIV Olympic Games, Seoul, Korea. T&F News, Box 296, Los Altos, CA 94023. 415/948-8188.

**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.

**May 9.** U.S. TAC National Masters 25K Championships. Grand Rapids, Michigan. Continued on page 29

**ON TAP FOR MAY**

**TRACK & FIELD**

No time wasted this month, starting on the 1st with the 3-day Southeastern Masters Meet in Raleigh, N.C., and the Mt. SAC Relays in Walnut, Calif., on the 3rd. Masters age-handicapping debuts in Alabama on the 9th with the Birmingham TC Classic. The 16th offers two meets: the Florida Masters Championships in Gainesville, and the Redlands Evening Kiwanis Meet in California. On the 23rd, Californians can opt for the Pacific Association Championships in Los Gatos or the Anteaters Classic in Irvine, southeast of Los Angeles. The month ends with the So. Calif. Striders Meet of Champions in Huntington Beach on the 30th. Senior Olympics activities take place in Arlington, Texas, May 13-16, and in St. Louis, May 25-28.

**LONG DISTANCE RUNNING**

Two national championships are scheduled: the 25K in Grand Rapids, Mich., on the 9th, and the 25K racewalk on the 24th in Los Angeles. The massive Lilac Bloomsday 12K in Spokane leads the list on the 3rd, which also brings important marathons to Pittsburgh, Lincoln, Nebr., and Vancouver (Canadian masters championships).

American Mother's Day (10th) marathoners will gather in London, England, and in Ottawa, Canada. Freihofer's 10K For Women is set for the 16th in Albany, N.Y., while the Olympic City in Munich and Revco-Cleveland marathons, plus the Bay To Breakers 12K jamboree in San Francisco, are scheduled for the 17th.

Elby's 20K in West Virginia goes off on the 23rd, and the Brentwood 10K in Los Angeles is fixed for the 24th. The Bolder Boulder 10K in Colorado is the top big-name race scheduled for Memorial Day, while the L'eggs 10K in NYC and the Stockholm Marathon dominate offerings on the 30th. The Louisiana Milk Run Women's 5K Series happens on the 16th and 23rd. The RRCA National Convention and 10K Championships take place in Rockville, Maryland, 14th-17th.

**THE RACE**



**EUGENE, OREGON**  
**An 8 Kilometer Road Race**

The course winds through the city of Eugene, with the start at Autzen Stadium and the finish at City Hall.

All finishers will receive a quality T-shirt and be eligible for the random drawings for numerous prizes, including SEVEN GRAND PRIZES (You must be present to win)—Chevrolet Sprint from Romania Chevrolet, two round trip airline tickets to Europe from American Airlines, two round trip airline tickets to the Caribbean from American Airlines, Raleigh racing bicycle from Pedal Power, Raleigh mountain bicycle from Pedal Power, computerized fitness analysis from Sacred Heart Hospital, executive physical or stress management program from Eugene Clinic.

The first place man and woman overall will each receive the Budweiser Performance Award, a \$500.00 cash prize from Bud Light. The first three finishers in each of the age divisions will also receive an award. The names of the first place winners in each age division will be engraved on a bronze plaque which will be permanently placed in the sidewalk in front of the Eugene City Hall.

THE RACE is a benefit for the Masters section of the Oregon Track Club. For entry forms contact THE RACE, P.O. Box 11364, Eugene, Oregon 97440, or call 503-687-8787 or 503-689-9278.

**BUD LIGHT.**

**AA**  
American Airlines

**ROMANIA**  
**CHEVROLET**  
2020 FRANKLIN BLVD. EUGENE 342-1121

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AND CITY CONFERENCE CENTER  
The Performance Center next to the Performance Center.

**OREGON**  
100 CALD  
**MASTERS**



Continued from page 28

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

### EAST

**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. NYRRC, 9 E. 89th St. New York, NY 10028. 212/860-4455.

**May 31.** ENSI/Checkers A.C. 8K, Buffalo, N.Y. Masters Money for top three masters M & W. Richard Hardoby, 83 Delham Ave., Buffalo, NY 14216. 716/874-6073.

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

**June 21-27.** 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.).

**July 18.** Jim Latz 5 Mile Beach Run at Twilight. Ventnor, N.J. Formerly the "Knife and Fork Inn Run." Running Resources, 5511 Winchester Ave., Ventnor, NY 08406.

**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.

**August 16.** Falmouth 12K, Falmouth, Mass. Richard Sherman, P.O. Box 732, Falmouth, MA 02541. 617/540-4417.

### SOUTHEAST

**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 Hunt-

sville 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

**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).

**August 22.** Bobby Crim 10 Mile, Flint, Mich. Crim Road Race, P.O. Box 981, Flint, MI 48501.

**September 20.** The Ultimate Runner (10K, 400, 100m, mile, marathon), Jackson, Mich. Masters money. SASE to Ultimate Runner, Jackson CC, 2111 Emmons Rd., Jackson, MI 49201.

### MID-AMERICA

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

**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.

**May 31.** Hospital Hill Half-Marathon/12K, Kansas City, Mo. Top two 40+ m & f: \$500, \$150. HHR, Crown Center Suite 500, 2440 Pershing Rd., Kansas City, MO 64108. 816/274-4039.

**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 24.** Deseret News Marathon. Salt Lake City. Keith West, Deseret News, Box 1257, Salt Lake City, Utah 84110. 801/237-2135.

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

### SOUTH WEST

**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

**May 2.** Great Rockwell Reservoir 5K/10K, Canoga Park, Calif. Rockwell RC, 8500

Fallbrook Ave., Canoga Park, CA 91303. 818/710-2145.

**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 9, May 28.** Legg Lake Runs, So. El Monte, Calif. Evening. Arthur Martinez, 9502 Reichling Ln., Pico Rivera, CA 213/942-8774.

**May 16, May 23.** San Gabriel River Bike Trail Runs, So. El Monte, Calif. Evening. See Legg Lake, May 9.

**May 16.** SCA-TAC 10K District Championships, Culver City, Calif. Fiesta 10K Run, Dept. of Human Services, 4117 Overland Ave., Culver City, CA 90230. 213/202-5689.

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

**May 24.** Brentwood 5K/10K, Los Angeles. Brentwood 10K, Box 49913, Los Angeles, CA 90049. 213/820-7585 (days).

**May 31.** Buick 10K, San Diego, Calif. Top three 40+ m & f: \$500, \$300, \$100. In Motion Race Consultants, 483-9501.

**June 17.** Union Bank Heart of the City 5K, run through downtown Los Angeles. 7:00 p.m. Antoinette Mongelli, 445 So. Figueroa St., Los Angeles, CA 90071. 213/236-5716.

**June 21.** SCA-TAC 8K District Championships, Long Beach, Calif. California Athletic Productions, P.O. Box 30306, Long Beach, CA 90853. 213/439-6875.

**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.

*Write On* Continued from page 15

added the 20 lb. weight throw and 4 kilo hammer to their programs. I'm preparing a women's progression list of records for the U.S. and college levels, and would like to receive data on women's hammer and weight marks prior to 1984. (I'd like to contact Sandra Stepp, who has marks as early as 1981.) Please send to me at 1185 Billings Dr., Pittsburgh, PA 15241.

3) Full recognition of the women's 20 lb. weight throw and 4K hammer should be standardized in masters events. It is high time it be done.

David Batchelor  
Pittsburgh, Pennsylvania

### INDOOR AGE RECORDS

Each month I look forward to NMN, and especially enjoy comparing performances between Canadian, British and U.S. runners. I particularly enjoy your World Records section. Unfortunately, I haven't seen the World Indoor Records published lately. The

### NORTHWEST

**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.

**July 11.** Not Over The Hill 8K, Issaquah, Wash. 50+. Debbie Johnson, 200 W. Mercer, Ste. 310, Seattle, WA 98119. 206/283-1812.

**July 18-25.** Eugene Experience — Oregon Running Camp, Eugene, Oregon. EE-ORC, P.O. Box 5453, OR 97405.

### 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. □

last ones I saw were in your January, 1986 edition. Are they forthcoming?

Tom Tushingham  
Ontario, Canada

(Unfortunately, no. World Veterans Records Chairman Pete Mundle says he has not received indoor data from either the U.S. Indoor Records Chairman, or the WAVA Regional Records Chairmen. The up-to-date outdoor five-year world and U.S. age-group records will be published in NMN next month, but the indoor marks are in a state of limbo. If anyone wants to volunteer to help compile and verify indoor marks, write Mundle (address on page 2). — Ed.)

■ Letters should be addressed to: Write On, NMN, P.O. Box 2372, Van Nuys, CA 91404. They should be kept as brief as possible and are subject to condensation. They must include a signature and a valid mailing address.

### DEADLINE

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

**HEIGHT AND DISTANCE BETWEEN HURDLES**

AGE	RACE DIST.	WOMEN				MEN				
		HURDLE HEIGHT	TO 1ST HURDLE	BETWEEN HURDLES	TO FINISH	RACE DIST.	HURDLE HEIGHT	TO 1ST HURDLE	BETWEEN HURDLES	TO FINISH
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	—	—	—	—	—	100m	.840m	13.00m	8.50m	10.50m
70PI	—	—	—	—	—	80m	.762m	12.00m	8.00m	12.00m

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.

**WEIGHT OF THROWING EQUIPMENT**

AGE	SHOT PUT	DISCUS	HAMMER	JAVELIN
<b>WOMEN</b>				
35-49	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

**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 1/4"	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"	26'7 3/4"	25 1/2"	23'5 1/2"	22'7 3/4"	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

**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: \_\_\_\_\_

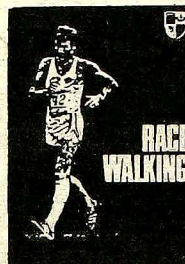
If you have bettered the standard of excellence, please send \$10.00 and this form to: All American, National Masters News, P.O. Box 2372, Van Nuys, CA 91404. (Enclose copy of results, or note in which issue they appeared.) A 3-color, 8 1/2 x 11 certificate, suitable for framing, will be mailed to you within two weeks.

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**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		
110mHH	15.0	16.4	17.75	19.75	19.14	20.25	20.57	21.65	22.60	26.0	29.8	33.7
100mHH							18.0	20.0				
80mHH								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
L.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 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 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 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	38.40	32.50	36.00	30.50	25.00	20.00	15.00	11.00
	155'0"	145'0"	135'0"	125'0"	126'0"	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.

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

NAME	EVENT	TIME/DISTANCE	NAME	EVENT	TIME/DISTANCE	NAME	EVENT	TIME/DISTANCE	NAME	EVENT	TIME/DISTANCE
<b>30-34</b>			<b>45-49</b>			<b>65-69</b>			<b>80-84</b>		
Stan Goodell	800	1:58.3	Michael Boudreau	200	24.9	Troy Grove	1500	5:41.6	Herbert Anderson	100	15.7
Nathan Taylor	PV	13-6	"	400	55.4	Donald Hull	100	13.9	"	200	35.13
"	TJ	45-5 3/4	Steve Hameroff	Shot	12.78 (16#)	"	110H	19.4	"	HJ	3-11 1/4
Richard Vair	800	2:00.7	Robert Miller	100	11.4	"	200	28.8	"	110H	26.0 (30")
Tim Walters	110H	14.6 (42")				"	HJ	4-4	"	LJ	2.83
<b>35-39</b>			<b>50-54</b>			<b>70-74</b>			<b>W30-34</b>		
Jerry Feldhausen	800	2:03	Gordon Bobell	HT	139-1 (12#)	Jeff Bloomfield	100	14.0	Tina Stough	200	27.2
Steve Jarvis	Jav	190-4 (800g)	James Bradley	110H	18.7 (36")	"	200	29.69	"	400	59.77
Marion McCoy	100	10.7	"	400H	63.88 (33")	"	400	64.89	"	800	2:21.05
<b>40-44</b>			<b>55-59</b>			<b>75-79</b>			<b>W40-44</b>		
John Abbott	DT	45.02 (2K)	Robert Ferrari	5000	18:12	Charles Espy	2K-SC	10:49	Nancy Vining	5000	18:48
Thaddeus Bell	100	11.0	"	10000	37:47	"	3K-SC	15:23	<b>W45-49</b>		
"	200	23.4	Bill Fraser	1500	4:42.87	Charles Hirshey	Shot	45-7 1/2 (4k)	Faith Gardiner	100	5:00.0
William Buffaloe	Jav	62.22 (800g)	Tom Henderson	Shot	44-1 1/4 (12#)	Leon Joslin	DT	119-0 (1k)	Barbara Pike	400	69.0
Maury Dean	10000	34:53	"	DT	120-2 (1.5k)	Eugene Keller	1500	5:57.5	"	500	5:00.0
Robert Harvey	Shot	12.78 (16#)	Edmund Schuler	100	12.5	"	2K-SC	8:52.74	<b>W70-74</b>		
Joe Johnston	110H	16.9 (39")	"	200	26.1	Bob Phinney	10000	45:45	Lucille Monroe	200	38.2
"	LJ	19-7 1/2	"	LJ	17-5 1/2	Alfred Skonberg	HT	25.30			
"	PV	14-0	"	TJ	33-7						
Ben Laverty	LJ	18-8 1/2	<b>60-64</b>								
Stoddard Melhado	5000	16:02	Richard Cavicchi	LJ	15-3						
Michael Milove	110H	17.4 (39")	"	TJ	30-4						
Tom Rauscher	PV	3.67	Jack Doorlay	LJ	13-6 1/2						
Douglas Shaw	110H	17.0 (39")	Don Grosh	PV	9-9						
"	TJ	41-5									
Neil Silver	LJ	5.70									
"	TJ	12.31									
Kirt Vener	LJ	6.22									
"	TJ	12.08									
Donald Vining	10000	34:25.4									
Ken Winters	HJ	5-10									
"	TJ	38-11 1/2									

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## The Short (or Speed) Sprint by HANK NOTTINGHAM

1. More and more Meets throughout the United States are holding what may be called the "Short or Speed" Sprint (defined as a race between 50 yards and 60 meters; and it is being very well received by the vast majority of the athletes involved. The recent establishment of National Rankings for 50 Meters is the first formal effort to bring the Short Sprint into the prominence that it deserves; and to give the people who run it the same positive motivation and recognition as for the Medium and Long Sprints (100M and 200M).

2. To Meet Directors who are including the Short Sprint in their program already; and to those who may be interested in doing so, it is suggested that the Speed Sprint be standardized at 50M for comparative purposes (National Rankings, etc.).

3. There are several good reasons to include a Short Sprint in the Meet Program. The primary ones are as follows:

**A. Participation** - All the Sprinters who run the 100 will generally run the 50; but over half the Masters Sprinters, at the average meet, do not run the longer (harder) 200. A Short Sprint (50) would give the majority of Sprinters (those not running the 200) two sprints to compete in and will make the Meet much more attractive. This trend (of over half the athletes who run the 100, not running the 200) is prevalent at National and Regional Levels, though perhaps not as pronounced. (For example, at the North American Championships in Tampa, over a third of the athletes in the 100M did not run the 200M.) It should be kept in mind that at the local (Association) level, it is the

"Participating Athletes" who make up the vast majority of the competitors and they thoroughly enjoy the Short Sprint (50M, etc.).

**B. Balance** - It gives the Sprinters, as a group, approximately the same number of races to compete in as the Distance Runners (50, 100, 200, vs 800, 1500, 5000, etc.). Distance Running is a fine area of Athletics and no negative implication is intended in any way; but the Sprinters should not be "Short-changed" and deserve the same event maximization that Distance Running now enjoys. Let's effectively meet the needs of all groups of runners for a better overall program.

Note: The 400M, while a fine race, should not be considered a "Sprint" for most Masters Competitors. Very few Masters Sprinters (less than 10% of the Elite Athletes and 5% of the Participating Athletes) who run the 100 will also run the 400. Thus, the 400 is not really a "factor" in Masters Sprinting.

**C. Pure Speed (V Max)** - The Short Sprint is a test of "pure speed" (like a top fuel dragster) testing reactions, acceleration, and top speed (V Max) but not speed endurance. Speed curve analysis indicates that after 60-70 yards, runners at their maximum tend to slow down (decelerate) so a 100M is partially an "endurance race" (for the last 40-50 yards) and 200 even more so. Thus the Short Sprint adds another dimension to Track and Field... that of "pure speed" racing, like a Cheeta, without an endurance factor tacked on!

**D. Comparison** - It gives Sprinters, in areas of the country where Indoor

Track and Field is not prevalent, an opportunity to compare their times with indoor times; and determine approximately how they would fare indoors.

**E. Progressiveness** - As previously mentioned, more and more Masters Meets are going to a "Short Sprint" and it is being very well received. Meets listed in National Masters News are including a 50, etc. in greater numbers every year and it is probably one of the "coming events" in the future of Masters Competition.

4. Incidentals concerning the Short Sprint are the additional "time" it takes and that it is similar to an "indoor distance", etc.

A. Concerning the "time factor", I can directly say (from having included the 50 in meets for the past several years) that it does not impact significantly on the total program. It is one of the quicker events to "run off" and the positive inputs greatly outweigh any minor negatives that might be incurred.

B. Concerning it being an "indoor distance". Yes, it is run indoors, but so are most of the other events. If we follow this type of "negative reasoning" then our Outdoor Meets would look something like the following:

100, 110HH, 400IH, 10,000, S'Chase, Discus, Javelin, Hammer

All the other events are run indoors in one form or another. Thus, if you go by the premise that if an event that is run indoors should not be run outdoors, you have "eliminated" the vast majority of the events. Obviously, this type of thinking does not "stand up" under objective analysis.

Note: The 50 is an outdoor dis-

tance (past and present) and historically speaking, other distances than the 100 and the 200 have been run outdoors at one time or another.

5. Additional reasons for establishing Speed Sprint distance at 50M are as follows:

A. It is the most common distance run outdoors (by a wide margin).

B. It follows the natural progression of 50-100-200-400, etc. that is prevalent in Track and Field.

C. There is no need to extend it "longer" as we have the 100 also.

D. It is a distance at which records are kept by the IAAF and comparisons and ratios can be obtained (with Open Athletes) for statistical purposes, etc.

E. It is a "fun" distance to run; and enjoyment is, or should be, a big part of Masters Track and Field.

6. I would like to urge all the Meet Directors not currently doing so, to include the Speed Sprint (50 Meters) in their program, as this will greatly enhance the attractiveness of your Meet to a lot of Athletes (not just the Sprinters — other Athletes like to run it also!). I might add that, in Florida in 1987, all but one or two meets will have a 50, etc. as a standard running event in the program.

7. Comments and suggestions concerning the Speed Sprint are welcomed. Please send them to the address below. Let us move forward progressively and improve our sport with this timely addition. Happy (Speed) Sprinting!

This advertisement was paid by: William H. Nottingham, 290 Marco Way North, Satellite Beach, Florida, 32937, (305) 773-4362.

# 1987 TAC National Masters Track & Field Championships



**Hayward Field -  
Eugene, Oregon\***  
Friday, August 14 through  
Sunday, August 16



Hosted by Oregon Track Club Masters

- Divisions:** 5 yr. age divisions for men & women age 30 and over.
- Entry fees:** \$10 entry fee (includes first event & T-shirt); \$5 per additional event; \$20 per relay team (teams must belong to the same club; each runner must be entered in meet); **an additional \$20 surcharge will be assessed for all entries or changes postmarked after 8/7/87.**
- Deadline:** Entries received before August 1 will be confirmed with detailed meet information. **All entries or changes postmarked after 8/7/87 will be allowed only if space is available and will be charged an additional \$20. No day of race entry or changes.**
- Facilities:** All weather Proturf track (1/4 inch spikes only). Concrete throwing rings.
- Awards:** Championship medals to top three Americans in each event. Additional medals to foreign athletes with equal or better effort.
- Eligibility:** TAC Registration (available at meet) required of all entrants.
- Brunch:** A first-class brunch will be served Saturday, 10:30-12:30 at the Eugene Hilton. Great food, great company.

**\*Site of U.S. bid for 1989 World Games!**

First major event on newly renovated and reconfigured 400 meter Hayward Field.

## SCHEDULE OF EVENTS

### FRIDAY

- 2:00 5000m Racewalk
- 3:30 400m Trials
- 5:00 High Hurdles - Trials
- 6:00 High Hurdles - Final
- 7:00 400m Relay
- 7:45 10000m (W)
- 8:45 10000m (50+M)
- 9:45 10000m (30-49M)

### Field Events

- 2:00 Javelin (30-49M)
- 4:00 Shot Put (M) 2 rings
- 4:30 Long Jump 2 pits

### SATURDAY

- 3:30 100m Trials
- 5:00 100m Finals
- 6:00 Steeplechase
- 6:30 400m Finals
- 8:00 1500m Finals
- Mile Relay follows

### Field Events

- 1:00 Pole Vault 2 runways
- 1:30 Discus
- 2:30 High Jump 2 pits
- 4:00 Triple Jump 2 pits
- 5:00 Shot Put (W)

### SUNDAY

- 8:00 am 20K Racewalk
- 8:00 5000m
- 10:00 Int Hurdles Finals\*
- 11:30 800m Finals\*
- 12:30 200m Trials & Finals
- 4x800 Relay follows

### Field Events

- 9:00 Javelin (W&50+M)
- 10:00 Hammer

**Order:** Women precede men; older precede younger.  
\*Timed heats seeded by declared 1987 marks

## HOUSING

The Organizing Committee for the 1987 U.S. National Masters Track and Field Championships in cooperation with the Eugene/Springfield Convention and Visitors Bureau, and the University of Oregon Housing Department has blocked rooms for the August 14-16 meet. Please complete the Housing Reservation Form below in order to receive the special rates that we have arranged. Reservations will be made on a first come, first served basis. Reservations made through us for hotel/motels must be received by July 15, 1987. Confirmations will be sent by the hotel or motel to the person listed on the form.

**University of Oregon Residence Halls:** \$25 per person per day double occupancy, \$31 per person per day single occupancy (rates include bed, linens, towels, maid service, and three meals a day). Adjacent to Hayward Field.

**Hotels/Motels** (All rooms subject to 7% room tax. All facilities are air conditioned, have swimming pools, and cable television.)

**Eugene Hilton** (Headquarters Hotel): \$48S, \$56D - 4 star. Downtown. 1.5m from Hayward Field. Airport transportation, restaurant.

**Valley River Inn:** \$49-69S, \$59-70D - 4 star. 4m from Hayward Field (next to Willamette River and shopping center), airport transportation, restaurant.

**Thunderbird Motor Inn:** \$40S, \$48-49D - 4 star. Coburg Road, 2m from Hayward Field, airport transportation, restaurant.

**Best Western Greentree:** \$39.50S, \$46.50-48.50D - 3 star. Short walking distance to Hayward Field and restaurants.

**Ramada Inn:** \$35S, \$40D - 3 star. Gateway area just off Interstate 5, shuttle service (\$2) to Hayward Field. Restaurant.

**Red Lion Motor Inn:** \$38S, \$44-46D - 3 star. Gateway area just off Interstate 5, airport transportation, shuttle service to Hayward Field, restaurant.

**Holiday Inn:** \$34S, \$36D, \$38T, \$40Q - 2 star. Coburg Road, 2 m from Hayward Field. Airport transportation, restaurant.

**Angus Inn Motel:** \$36(1 bed), \$42(2 beds). Walking distance from Hayward Field, restaurant.

**Continental Motel:** \$30(2 beds), \$36(3 beds). Between downtown and the University.

Questions? (503) - 345-2820 or (503) - 687-8787.

### MEET ENTRY FORM (Please print or type)

Name \_\_\_\_\_ Birthdate \_\_\_\_\_  
Address \_\_\_\_\_ Age (on 8/14/87) \_\_\_\_\_  
Phone \_\_\_\_\_ Male \_\_\_\_\_ Female \_\_\_\_\_  
Club Affiliation \_\_\_\_\_ TAC # \_\_\_\_\_

Events	Best '87 Mark	Fee
1. _____	_____	_____
2. _____	_____	_____
3. _____	_____	_____
4. _____	_____	_____
5. _____	_____	_____

T-shirt size: \_S\_M\_L\_XL Extra T-shirts @ \$6: \_S\_ M \_L \_XL \_\_\_\_\_

Brunch: Number \_\_\_\_\_ @ \$10.00 \_\_\_\_\_

**TOTAL AMOUNT ENCLOSED \$** \_\_\_\_\_

Make checks payable to **Oregon Track Club Masters**  
Send to **Post Office Box 11364, Eugene, Oregon 97440**

### HOUSING RESERVATION FORM (Please print or type)

Arrival date \_\_\_\_\_ Departure date \_\_\_\_\_

U of O Residence Halls: # \_\_\_\_\_ \$31 - single occupancy per day; # \_\_\_\_\_ \$25 double occupancy per day. \_\_\_\_\_ days x \_\_\_\_\_ rate = total enclosed: \$ \_\_\_\_\_

Please make checks payable to **Oregon Track Club Masters**

Hotel/Motel Choice	Room Type	Price Range
1st _____	Single _____	\$ _____
2nd _____	Double _____	\$ _____
3rd _____	Other _____	\$ _____

Names of persons sharing room \_\_\_\_\_

Special needs: \_\_\_\_\_

**Send payment only for U of O Residence Hall reservations.**  
**Do not send payment for hotel/motel reservations**

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 which I may have or which may hereafter accrue against The Athletics Congress, Oregon Track Club Masters, The University of Oregon, Nike, all other meet sponsors, officials, or their officers or agents for any damages or injury suffered by me. Recognizing the risk of this activity in the warmer month of August, I certify that I am physically able to compete. I voluntarily assume the risk of injury and agree to make no claims for or against anyone, and expressly waive any rights or benefits I may have under any law or statute relating to the release of unknown claims. I am entering this meet voluntarily and for my own pleasure.

I have read this waiver Signed \_\_\_\_\_ Date \_\_\_\_\_





# NATIONAL MASTERS NEWS



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

105th Issue

May, 1987

Section II

**BAY COLONY  
PROPERTIES**



## The Sixth Annual Waltham Masters and Submasters Track and Field Invitational

**Hosted by:** The Waltham Track Club

**Sponsored by:** Bay Colony Properties, Nike, Pepsi Cola Bottling Group

**Date:** Saturday, June 13, 1987

**Place:** Massachusetts Institute of Technology, Vasser St., Cambridge, MA

**Time:** Open 20k Walk — 9:00 a.m. Field Events — 9:30 a.m. Running Events — 11:30 a.m.

**Entry Fee:** \$11.00 per participant. Each participant may enter up to 3 events.

**Post Fee:** Registration after June 6, \$13.00

**Awards:** Prizes to top 3 in each event. (Top 5 overall men and women in 1500 walk — no age groups for this event).

**Refreshments:** Free for all participants

**Sanctioned:** By the N.E.A.C.

**Eligibility:** Age is determined by your age on the day of the meet

**Age Groups:** Men — 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-over

Women — 30-39, 40-49, 50-59, 60-over

**Events:** 100m hurdles (men only, unless 3 or more women are pre-registered)

20k open walk, 100m, 200, 400, 800, 1500, 1500 walk (open event), 3000m, long jump, high jump, shot put, discus, javelin

**Meet Headquarters:** Howard Johnson Hotel, 777 Memorial Drive, Cambridge, MA 02139 (617) 492-7777. Numbers, time schedules, and participants' packets may be picked up in the hospitality suite at meet headquarters on Friday, June 12, 1987 from 7-10 p.m. (Saturday registration from 8-12). Refreshments will be served. In addition, John Hancock will be hosting a Boston Marathon Runner's Clinic from 7:30-9:00 p.m. for all participants.

**Directions to the Track:** From Mass Pike take Allston-Cambridge Exit 18. Follow Boston/Cambridge signs in right lane and then Cambridge/Somerville signs .7 mi over bridge making a right onto Memorial Drive. Go approximately 1 mi to Amesbury St. (the traffic lights at the Hyatt Hotel) and make a left. Drive 2 blocks until you reach Vasser St., make a right turn and continue .4 mi to MIT on your right. Parking is available in designated spots on the street or in the parking garage across the street from the track.

**For further information contact:** Waltham Track Club, 88 Russell St., Waltham, MA 02154 (617) 893-3828 or Patty Mac Hewitt, (617) 729-7584.

### ENTRY FORM

Name \_\_\_\_\_ Age \_\_\_\_\_ Sex: M F Date of Birth \_\_\_\_\_

Address \_\_\_\_\_ Phone \_\_\_\_\_ N.E.A.C. # \_\_\_\_\_

\_\_\_\_\_ Zip \_\_\_\_\_ Club or Team \_\_\_\_\_

**Events:** You may enter up to 3 events. List your anticipated time or performance \_\_\_\_\_

Please list any previous awards or accomplishments in track or road racing \_\_\_\_\_

**Entry Fee:** \$11.00 payable to the Waltham Track Club. All pre-entries must be received by Saturday, June 6, 1987.

Post entry fee — \$13.00

**Send entry fee to:** The Waltham Track Club, c/o Joe Tranchita, 88 Russell St., Waltham, MA 02154.

In consideration of this entry being accepted, I hereby for myself, my heirs, executors or administrators waive and release any and all rights and claims for damages I may have against the Waltham Track Club, its agents, representatives, successors and assigns for any and all injuries suffered by me at said meet and arising out of my traveling to or from said meet.

Signature \_\_\_\_\_

U.S. MASTERS TRACK & FIELD RANKINGS

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

1986 HIGH JUMP

COMPILED BY CHARLES MERCURIO

1986 MEN'S HIGH JUMP 30-34 table with columns: RANK, NAME, STATE, AGE, MARK. Includes athletes like Ed Fern, Michael Moore, Bill Williams, etc.

1986 MEN'S HIGH JUMP 35-39 table with columns: RANK, NAME, STATE, AGE, MARK. Includes athletes like Charles Rader, Ronald Purdom, Eric Howard, etc.

1986 MEN'S HIGH JUMP 40-44 table with columns: RANK, NAME, STATE, AGE, MARK. Includes athletes like John Hartsfield, John Meisner, Michael Portmann, etc.

1986 MEN'S HIGH JUMP 45-49 table with columns: RANK, NAME, STATE, AGE, MARK. Includes athletes like John Dobroth, Gerald Coughlin, Paul Dorsey, etc.

1986 MEN'S HIGH JUMP 50-54 table with columns: RANK, NAME, STATE, AGE, MARK. Includes athletes like Norman Wells, Hector Cisneros, Jim Peterson, etc.

1986 MEN'S HIGH JUMP 55-59 table with columns: RANK, NAME, STATE, AGE, MARK. Includes athletes like Herm Wyatt, John C. Brown, S. Varney, etc.

1986 MEN'S HIGH JUMP 60-64 table with columns: RANK, NAME, STATE, AGE, MARK. Includes athletes like Harry Guth, Denver Smith, Bob Morcum, etc.

1986 MEN'S HIGH JUMP 65-69 table with columns: RANK, NAME, STATE, AGE, MARK. Includes athletes like Burl Gist, Bob Morcum, Ham Morningstar, etc.

1986 MEN'S HIGH JUMP 70-74 table with columns: RANK, NAME, STATE, AGE, MARK. Includes athletes like Ian Hume, John Damski, Pete Ganahl, etc.

1986 MEN'S HIGH JUMP 75-79 table with columns: RANK, NAME, STATE, AGE, MARK. Includes athletes like Richard Lacey, Stan Thompson, Karl Bigelow, etc.

1986 MEN'S HIGH JUMP 80-84 table with columns: RANK, NAME, STATE, AGE, MARK. Includes athletes like Arling Pitcher, Benjamin Fox, Everett Hosack, etc.

1986 MEN'S HIGH JUMP 85-89 table with columns: RANK, NAME, STATE, AGE, MARK. Includes athletes like Buell Crane, Linda Scott, Martha Deters, etc.

1986 MEN'S HIGH JUMP 90-94 table with columns: RANK, NAME, STATE, AGE, MARK. Includes athletes like Phil Raschker, Annalies, Steekelenburg, etc.

1986 MEN'S HIGH JUMP 95-99 table with columns: RANK, NAME, STATE, AGE, MARK. Includes athletes like Pamela Calvert, J. Gean Hemming, Isabelle Joffrion, etc.

1986 MEN'S HIGH JUMP 100-104 table with columns: RANK, NAME, STATE, AGE, MARK. Includes athletes like M. Thielman, Essie Kea, Audrey Heimstra, etc.

1986 MEN'S HIGH JUMP 105-109 table with columns: RANK, NAME, STATE, AGE, MARK. Includes athletes like Shirley Kinsey, Doreen Carmichael, Josephine Tober, etc.

1986 WOMEN'S HIGH JUMP 40-44 table with columns: RANK, NAME, STATE, AGE, MARK. Includes athletes like Pamela Calvert, J. Gean Hemming, Isabelle Joffrion, etc.

1986 WOMEN'S HIGH JUMP 45-49 table with columns: RANK, NAME, STATE, AGE, MARK. Includes athletes like M. Thielman, Essie Kea, Audrey Heimstra, etc.

1986 WOMEN'S HIGH JUMP 50-54 table with columns: RANK, NAME, STATE, AGE, MARK. Includes athletes like Christel Miller, Susan Redfield, Carstensen, etc.

1986 WOMEN'S HIGH JUMP 55-59 table with columns: RANK, NAME, STATE, AGE, MARK. Includes athletes like Shirley Kinsey, Doreen Carmichael, Josephine Tober, etc.

1986 WOMEN'S HIGH JUMP 60-64 table with columns: RANK, NAME, STATE, AGE, MARK. Includes athletes like Helgi Pedel, R. Manger, D. Murphy, etc.

1986 WOMEN'S HIGH JUMP 65-69 table with columns: RANK, NAME, STATE, AGE, MARK. Includes athletes like Mary Bowermaster, B. Morris, C. Karp, etc.

1986 WOMEN'S HIGH JUMP 70-74 table with columns: RANK, NAME, STATE, AGE, MARK. Includes athletes like Vivian Nelson, Arling Pitcher, Benjamin Fox, etc.

1986 WOMEN'S HIGH JUMP 75-79 table with columns: RANK, NAME, STATE, AGE, MARK. Includes athletes like Buell Crane, Linda Scott, Martha Deters, etc.

1986 WOMEN'S HIGH JUMP 80-84 table with columns: RANK, NAME, STATE, AGE, MARK. Includes athletes like Phil Raschker, Annalies, Steekelenburg, etc.

1986 WOMEN'S HIGH JUMP 85-89 table with columns: RANK, NAME, STATE, AGE, MARK. Includes athletes like M. Thielman, Essie Kea, Audrey Heimstra, etc.

1986 WOMEN'S HIGH JUMP 90-94 table with columns: RANK, NAME, STATE, AGE, MARK. Includes athletes like Shirley Kinsey, Doreen Carmichael, Josephine Tober, etc.



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.

NATIONAL

1987 TAC National Indoor Masters Championships — Madison, Wisconsin — March 28-29.

Table of track and field results for the 60y age group, including participants like M30 LROTHA STANLEY and M30 MORRIS BLUEFORD with their respective times.

Table of track and field results for the 600y age group, including participants like W50 SUSAN REDFIELD and W50 SALLIE STIEGELMEIER with their respective times.

Table of track and field results for the 700y age group, including participants like M45 GEORGE COHEN and M45 ERNEST BILLUPS with their respective times.

Table of track and field results for the 800y age group, including participants like M30 DAVID ALLEN and M30 DAN COPPER with their respective times.

Continued on next page

Continued from previous page

W40 PHIL RASCHKER 9.09	M35 RICHARD CHRISTOPH 16' 6" MR	M75 JOHN DICK 28' 4"	FINAL
W50 SUSAN REDFIELD 11.13	M35 DONALD KNAPP 14' 0"	M75 ED BOST 28' 2"	1 Werling 6.0
W55 SHIRLEY KINSEY 12.12	M35 KENNETH ROBLER 13' 6"	M30 TIO HUNTER 27' 3-1/2"	2 Hathcock 6.0
	M35 J DAVIS 13' 0"	M75 GORDON POWELL 26' 5-1/2"	3 Turner 6.3
	M35 RONALD SALVIO 9' 0"	M80+ HARRY MCARDLE 22' 4-1/2"	4 Lowery 6.5
	M40 REX HARVEY 13' 6"	M35 KATHY PIERCE 33' 4-1/2"	5 Grey 6.5
	M40 JOE TIGHE 13' 0"	M35 KATHLEEN CANTONE 26' 9-1/2"	40-49 Men
	M40 DANIEL BEGEL 12' 3"	M40 LAURIE ROTHROCK 24' 0-1/2"	Heat 1
	M40 MERLE NORBERG 11' 6"	M45 BRENDA BLOOMFIELD 21' 11"	1 George Smith 42 OTH 6.0
	M40 TOMLINSON RAUSCHER 11' 6"	M50 CHRISTEL MILLER 31' 0-3/4"	2 Andy McNeil 40 AHM 6.1
	M45 WALLY SOKOLOWSKI 13' 6"	M50 RACHEL LYGA 24' 2"	3 Dennis Galloway 40 WP 6.4
	M45 MARDON CONNELLY 13' 0"	M50 SALLIE STIEGELMEIER 22' 3"	4 C Bartholomew 47 MC NT
	M45 DR. THOMAS ALLEN 11' 0"	M55 SHIRLEY KINSEY 28' 7"	Heat 2
	M45 DEE DEWITT 10' 6"	M55 KATIE JOCOY 24' 1"	1 Scott Tyler 47 OTH 5.9
	M50 EDWARD HOYLE 13' 0"	M60 BERNICE HOLLAND 31' 4-1/2" MR	2 Bob Holmes 43 WP 6.0
	M50 ROBERT HANSEN 10' 0"	M75 GRACE LABELLE 15' 0-1/4" MR	3 T Rausher 40 6.3
	M50 HECTOR CISNEROS 9' 6"		4 LeRoy McClain 48 OTH 6.7
	M50 FRANCIS GLEICHHAUF 8' 0"		FINAL
	M50 BOB KEMP 8' 0"		1 Tyler 5.9
	M50 RUSTY HAMILTON 9' 0"		2 Smith 6.0
	M55 JERRY DONLEY 12' 0"		3 McNeil 6.2
	M55 TOM HINKES 10' 6"		4 Galloway 6.2
	M55 DAVE DOUGLASS 9' 6"		DNF Holmes
	M55 JERRY REISERER 7' 6"		50-59 Men
	M55 BILL GENTRY 7' 0"		1 Paul Williams 51 OTH 6.1
	M55 DONALD GREY 7' 0"		2 Ron Anderson 50 WP 6.6
	M60 BOB RICHARDS 10' 6"		3 M Greenburg 54 WP 6.7
	M60 DENVER SMITH 9' 6"		4 Ralph Ross 50 WP 7.3
	M60 JAMES JOHNSON 9' 0"		5 Rocky Taylor 53 WP 7.7
	M60 HARRY GUTH 8' 0"		60-69 Men
	M65 BOO MORCOM 11' 0" MR		1 Ray Bower 63 WP 6.7
	M65 BOB WARWICK 8' 0"		2 Denver Smith 61 OTH 6.8
	M65 ARMANDO RICCIARDI 7' 0"		3 Dick Cavicchi 64 OTH 7.0
	M70 HAM MORNINGSTAR 8' 0"		4 Bob Ruzzo 66 UN 7.5
	M75 CAROL JOHNSTON 9' 0-1/8" MR		5 Frank Mallick 65 WP 8.2
	M75 ROBERT BOAL 5' 6"		70-79 Men
	M80+ ARLING PITCHER 5' 0"		1 Charles Hirshey 73 UN 10.5
	LJ		80-89 Men
	M30 LEOHA STANLEY 24' 9-1/2" MR		1 Ed Hosack 84 OTH 9.8
	M30 RANDY KRUSE 22' 6-1/2"		OPEN Women
	M30 WILLIAM WERLING 21' 10"		1 Sherry McMeans 17 YV 6.8
	M30 WILLARD THOMPSON 21' 3"		2 Gigi Geronymos 24 UN 6.9
	M30 TIM LABEAU 21' 1-1/2"		30-39 Women
	M30 SCOTT THORNLSY 20' 3-1/2"		1 Sherry Greenburg 31 WF 7.4
	M30 TIMOTHY NEUENS 18' 11"		40-49 Women
	M30 BILL KELLER 17' 8-1/2"		1 Barbara Stewart 45 GR 7.1
	M35 GERALD WOOLFOLK 20' 3-1/2"		2 Pat Thomas 42 OTH 8.1
	M35 JOHN BLAND 20' 0-1/2"		3 Jolene Ross 47 WF 8.6
	M35 J DAVIS 19' 2"		50-59 Women
	M35 DONALD KNAPP 18' 7-3/4"		1 Bernice Holland 59 OTH 8.7
	M35 THOMAS BOATRIGHT 18' 3"		70-79
	M35 MATTHEW YOUNG 16' 1-1/2"		1 Lenka Seda 70 UN 15.4
	M35 RONALD SALVIO 16' 7-1/2"		Womens 220
	M40 ED JONES 21' 1-3/4"		OPEN
	M40 GORDON REITER 20' 5-1/2"		1 Sherry McMeans 17 YV 29.5
	M40 WILLIAM WOOD 19' 9"		2 Gigi Geronymos 24 UN 30.0
	M40 TOM BREWER 19' 7-1/2"		30-39
	M40 ROGER BAGNESKI 17' 2-1/2"		1 Sherry Greenburg 31 WF 34.8
	M40 LARRY GARDNER 16' 2-1/2"		40-49
	M40 DANIEL LABELLE 15' 7-3/4"		1 Barb Stewart 45 GR 32.8
	M45 PETER TEGEN 18' 11"		2 Jolene Ross 47 WF 35.9
	M45 GARY OLIPHANT 18' 10-3/4"		3 Pat Thomas 42 OTH 40.4
	M45 DEE DEWITT 18' 8-1/4"		4 Georgette Lacey 49 WF 42.9
	M45 RON DENNIS 18' 1-1/4"		Mens 300y
	M45 SCOTT TYLER 17' 11-1/4"		Open
	M45 JOHN EWING 17' 6-1/2"		1 Frank Mokozy WP 35.6
	M45 DONALD DVORAK 16' 11"		2 Rod Wilson OTH 35.7
	M45 LEROY MCCLAIN 16' 1-1/2"		3 Pat McFarland UN 37.2
	M50 RICK SCHMIDT 18' 7-3/4"		30-39
	M50 PRTE STOPOULOS 18' 2-1/2"		1 Ron Murphy 36 UN 34.5
	M50 BOB MCGLASHAN 17' 6-3/4"		2 Horace Hudson 34 GR 35.6
	M50 PAUL WILLIAMS 17' 2-1/4"		3 Lloyd Hathcock 39 UN 36.8
	M50 TOM LANGENFELD 17' 1"		4 Gary Ruzzo 30 WF 36.9
	M50 PAUL LEHMKUHL 16' 1-3/4"		5 Norm Thomas 37 OTH 37.9
	M50 JAMES PETERSON 15' 11-3/4"		6 Joe Silverio 37 WF 40.5
	M50 JIMMY WEAVER 15' 11"		40-49
	M55 LEO SHILLINGLAW 18' 1-1/2"		1 Mike Collopy 40 UN 36.4
	M55 A. FISCHER JR. 17' 6-3/4"		2 George Smith 42 OTH 36.5
	M55 FRANK GIAIMO 16' 1-1/2"		3 LeRoy McClain 48 OTH 40.7
	M55 PAY CARSTENSEN 15' 10-3/4"		4 LeRoy McClain 48 OTH 42.9
	M55 BILL WRIGHT 15' 10-1/4"		Mens 400y
	M55 JERRY REISERER 15' 5-3/4"		Open
	M55 R WOLF 14' 7-3/4"		1 Frank Mokozy WP 35.6
	M55 DAVE DOUGLASS 14' 5"		2 Rod Wilson OTH 35.7
	M60 BUCK BRADBERRY 17' 1-1/4" MR		3 Pat McFarland UN 37.2
	M60 BOB RICHARDS 15' 5-3/4"		30-39
	M60 DENVER SMITH 15' 3-1/2"		1 Ron Murphy 36 UN 34.5
	M60 MERLE NICKELL 14' 8"		2 Horace Hudson 34 GR 35.6
	M60 ART JAAGO 14' 3-3/4"		3 Lloyd Hathcock 39 UN 36.8
	M60 JAMES JOHNSON 14' 3-1/4"		4 Gary Ruzzo 30 WF 36.9
	M60 OSCAR HARRIS 13' 9-1/2"		5 Norm Thomas 37 OTH 37.9
	M60 WILLIAM WAMBACH, JR 13' 6"		6 Joe Silverio 37 WF 40.5
	M65 TOM PATSALIS 17' 1-3/4" MR		40-49
	M65 EDWIN LUKENS 16' 7-1/4"		1 Mike Collopy 40 UN 36.4
	M65 BOO MORCOM 16' 5-3/4"		2 George Smith 42 OTH 36.5
	M65 DONALD HULL 11' 10-3/4"		3 LeRoy McClain 48 OTH 40.7
	M65 BOB WARWICK 11' 5-1/2"		4 LeRoy McClain 48 OTH 42.9
	M70 ROBERT SORLIEN 14' 0"		Mens 500y
	M70 CHRIS CHRISTY 13' 7-1/2"		Open
	M70 HAM MORNINGSTAR 11' 6"		1 Becky Walters 16 YV 1:07.6
	M70 MILO LIGHTFOOT 10' 2-3/4"		2 Sam Meyers 17 IW 1:08.4
	M75 GORDON POWELL 9' 0-1/4"		3 Stacey Filling 16 YV 1:08.5
	M75 ED BOST 8' 7-3/4"		4 Shelia Prask 16 YV 1:10.5
	M75 JOHN DICK 6' 6-1/2"		40-49
	M80+ BENJAMIN FOX 8' 7"		1 Georgette Lacey 49 1:29.7
	W30 DONNA POPE-GREEN 19' 1" MR		2 Jolene Ross 47 1:30.0
	W30 IRENE THOMPSON 17' 2-3/4"		600MEN
	W35 CASSANDRA CLARK 16' 0-1/2"		1 Dean Markovico SA 1:22.5
	W35 PENNY FARSTER-GILKEY 15' 3"		2 Rod Wilson OTH 1:26.0
	W35 KATHY PIERCE 14' 5"		30-39
	W40 PHIL RASCHKER 18' 5" MR		1 Gary Ruzzo 30 WF 1:22.0
	W45 BRENDA BLOOMFIELD 9' 4-3/4"		2 Norm Thomas 37 OTH 1:24.0
	W50 CHRISTEL MILLER 12' 9-3/4"		40-49
	W50 SALLIE STIEGELMEIER 11' 1"		1 Mike Collopy 40 UN 1:22.6
	W55 SHIRLEY KINSEY 12' 1-1/2"		2 LeRoy McClain 48 OTH 1:50.0
	W60 BERNICE HOLLAND 11' 0" MR		50-59
			1 Ralph Ross 50 WF 1:39.6
			2 Rocky Taylor 53 WF 1:52.2
			3 Warren Greenburg 54 WF 1:55.3
			60-69
			1 Dick Cavicchi 64 OTH 2:00.0
			Womens 880
			30-39
			1 Sherry Greenburg 31 WF 2:55.9
			Continued on next page

EAST

Western Pennsylvania Track Club  
 Open and Masters Indoor Track  
 and Field Championships,  
 Slippery Rock University,  
 February 1

60 HH MEN  
 30-39 39"  
 1 Horace Hudson 34 GR 8.5  
 40-49 39"  
 1 Scott Tyler 47 OTH 8.6  
 50-59 36"  
 1 M Greenburg 54 WP 10.8  
 60-69 33" Womens dist  
 1 Denver Smith 62 OTH 9.4  
 2 Fred Hiraimaki 64 UN 10.9  
 3 Dick Cavicchi 64 OTH 11.5  
 50 Dash  
 39-39 Men  
 Heat 1  
 1 Bill Werling 32 OTH 6.0  
 2 Lloyd Hathcock 39 UN 6.1  
 3 Curtis Lowrey 31 UN 6.1  
 Heat 2  
 1 Martin Turner 39 AN 6.3  
 2 Larry Grey 35 AN 6.5  
 3 Joe Silverio 37 WF 6.7

Continued from previous page

Table of track and field results for Philadelphia Masters Annual Indoor Championships, Haverford, PA March 7. Includes events like 1000 YD RUN, 1 MILE RUN, 2 MILE RUN, and various hurdles and dashes.

Table of track and field results for Philadelphia Masters Annual Indoor Championships, Haverford, PA March 7. Includes events like 50 YD HURDLES, 100 YD HURDLES, 200 YD HURDLES, and various dashes and relays.

Table of track and field results for Philadelphia Masters Annual Indoor Championships, Haverford, PA March 7. Includes events like 500 YD HURDLES, 1000 YD HURDLES, 1500 YD HURDLES, and various dashes and relays.

Table of track and field results for Philadelphia Masters Annual Indoor Championships, Haverford, PA March 7. Includes events like 2000 YD HURDLES, 2500 YD HURDLES, 3000 YD HURDLES, and various dashes and relays.

Table of track and field results for Philadelphia Masters Annual Indoor Championships, Haverford, PA March 7. Includes events like 3500 YD HURDLES, 4000 YD HURDLES, 4500 YD HURDLES, and various dashes and relays.

Table of track and field results for Philadelphia Masters Annual Indoor Championships, Haverford, PA March 7. Includes events like 5000 YD HURDLES, 5500 YD HURDLES, 6000 YD HURDLES, and various dashes and relays.

Philadelphia Masters Annual Indoor Championships Haverford, PA March 7

New Jersey Masters Indoor Meet, Hightstown, N.J. March 8

Continued from previous page

15th Annual T.A.C. Eastern Masters Indoor Track & Field Championships Hosted By The Rhode Island Track & Field Foundation March 15, Providence, R.I.

Table of track and field results for 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80+ age groups. Includes events like 55 METERS, 55 METER HURDLES, and 500 METERS.

Table of track and field results for 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80+ age groups. Includes events like 300 METERS, 800 METERS, and 500 METERS.

Table of track and field results for 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80+ age groups. Includes events like 300 METERS, 800 METERS, and 500 METERS.

Table of track and field results for 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80+ age groups. Includes events like 3000 METERS, 3000 METER WALK, and MILE.

Table of track and field results for 50-54, 60-64, 70-74, 80+ age groups. Includes events like WOMEN, HIGH JUMP, and LONG JUMP.

Table of track and field results for 65-69, 70-74, 75-79, 80+ age groups. Includes events like POLE VAULT, WEIGHT THROW, and SHOT PUT.

Continued on next page

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**SOUTHEAST**

**Central Florida Masters  
All-Comers  
DeLand, Fla; March 15, 1987**

65-69  
34-7 1/2 Elmer Shaw  
33-8 1/2 William McIntyre  
30-6 1/2 Greg Battick  
30-3 Donald Knapp  
27-10 Boo Morcom  
19-10 Ray McPeck

70-74  
34-2 1/2 Ham Morningstar  
23-8 Claude Hills

75-79  
26-1 1/2 (MR) Joseph McCluskey  
22-6 1/2 Manfred D'Elia

80+  
21-6 (MR) Harry McArdle

**Women**

35-39  
31-3 1/2 Kathy Pierce

50-54  
30-0 Ann Cirulnick  
19-4 1/2 Sharon Good

55-59  
16-0 Buff Messenger

70-74  
16-6 1/2 (MR) Theresa Bucacci  
15-10 Mary Gorham

**TRIPLE JUMP**

30-34  
44-10 3/4 (MR) Nathan Taylor

35-39  
44-10 3/4 (MR) David Pruitt  
41-7 3/4 Peter Hoaglund  
39-2 Ivan Black  
38-9 1/2 Taylor Tunstall  
36-10 1/2 Robert Hahn  
33-6 3/4 Dana Boardman

40-44  
39-10 William Wood  
33-7 Michael Milove

45-49  
35-0 Bob Taylor  
32-6 1/2 Dennis Tancredi  
30-2 Richard Kaye

50-54  
35-7 (MR) Haig Bohigian  
33-7 1/2 Marvin Lafferty

55-59  
30-11 (MR) Pay Carstenson

60-64  
29-3 1/2 William Townsend  
27-5 1/2 Des Margetson

65-69  
35-7 (MR) Edwin Lukens  
29-8 1/2 Vernon Mattson

70-74  
29-8 Sparks Sorlien  
23-3 Claude Hills

75-79  
17-5 (MR) Joseph McCluskey

**Women**

35-39  
28-4 1/2 Kathy Pierce

**Team Champions**

**(Combined Scoring)**

Men & Women 30-39  
Greater Rochester T.C.

Men & Women 40-49  
New York Masters

Men & Women 50-59  
New York Masters

Men & Women 60+  
Syracuse Chargers

50 YDS	
M-11 JASON ROBRER(ENTERPRISE)	7.38
DAN MURRAY(ENTERPRISE)	7.57
DARRYL WEAVER(ENTERPRISE)	7.79
JASON WOODRUFF(ENTERPRISE)	8.65
M-15 STEVE BISHOP(CLARCONA)	5.88
GREG LAYTON(ENTERPRISE)	6.50
M-0 MARTY WILLIAMS(LONGWOOD)	6.50
M-30 WILLIAM WELDON(TAMPA)	5.66
M-35 NATE ROBINSON(DEERFIELD BCH)	5:42
KEVIN CARPENTER(LONGWOOD)	6:06
M-40 JOHN DAVIS(PUNTA GORDE)	6.12
M-55 BILL GENTRY(ORLANDO)	6.50
M-70 JOHN LARSON(NEW SHYRNA BCH)	7.33
M-75 GORDON POWELL(HOLLY HILL)	8.26
M-80 KONRAD BOAS(ZEPHYRHILLS)	8.69
JOE BROADBENT(COCONA BCH)	7.65
F-11 CHRISTIANA WOODRUFF(ENT)	8.40
SALHA PEPPER(EDGEWATER)	9.33
F-15 ERICA WOLFF(ORMOND BCH)	6.81

100 METERS	
M-11 DARRYL WEAVER	16.59
TONY UGOLINI(ENTERPRISE)	16.81
M-15 STEVE BISHOP	12.64
M-30 WILLIAM WELDON	11.68
M-35 NATE ROBINSON	11.50
M-40 JON DAVIS	12.13
ROBBIE LARSEN(ORLANDO)	20.45
M-55 BILL GENTRY	13.46
M-70 JOE BROADBENT	16.56
M-75 GORDON POWELL	17.21
M-80 KONRAD BOAS	18.28
F-11 CHRISTIANA WOODRUFF	18.20
SALHA PEPPER	20.65
F-15 ERICA WOLFF	14.55

220 YDS	
M-11 MARC GRACE	37.74
JUSTIN GAMBRELL(LOUISIANA)	49.81
M-15 STEVE BISHOP	29.71
M-40 JON DAVIS	25.37
M-55 BILL GENTRY	29.71
M-75 GORDON POWELL	36.56
M-80 KONRAD BOAS	39.26
F-11 SALHA PEPPER	48.51
F-15 ERICA WOLFF	33.45
F-40 JANE KELLY(ALTAMONTE SPRGS)	36.87

440 YDS	
M-11 JASON ROBRER	79.62
TONY UGOLINI	85.43
M-15 AARON PUFALL	69.73
GREG LAYTON(ENTERPRISE)	64.47
M-30 LEONARD BUTLER(GEORGIA)	53.77
M-55 BILL GENTRY	73.89
M-75 GORDON POWELL	87.10
JASON WOODRUFF	85.43

880 YDS	
M-0 DON SIMMONS(ST AUGUST)	2:08
CHRIS DANIELS(KISSIMMEE)	2:08
TOM DAVIS(OCALA)	2:37
M-30 JIM DONNELLY(DAYTONA BCH)	2:06
M-35 KEVIN CARPENTER(LONGWOOD)	2:43
F-0 TAWNY KERN(ST. AUGUSTINE)	2:26
JUDY PICONE(DELAND)	2:44

MILE RUN	
M-11 DAN MURRAY(ENTERPRISE)	6:35
M-15 GREG LAYTON	5:49
SCOTT DAVIS	6:27
M-0 CHRIS DANIELS	4:39
MIKE GARRIGUES(ST. AUGUS)	4:40
DAN SIMMONS	4:49
TOM DAVIS	5:18
M-30 LORAN PULVER	10:03
M-40 ROBBIE LARSEN	10:03
F-11 BRIDGETT LARSEN(ORLANDO)	5:20
F-0 TAWNY KERN	5:59
JUDY PICONE	5:59

2 MILE RUN	
M-15 SCOTT DAVIS	14:45
M-0 MIKE GARRIGUES	10:19
GARY MORROW(ST. AUG)	10:41
M-35 JOHN HABLO(DELAND)	11:49
M-45 GEORGE LARSEN(ORLANDO)	11:34
F-0 KELLIANN MCDONOUGH(ST. A)	12:51
F-40 JANE KELLY	15:46

1 MILE RACE WALK	
M-65 LOU AIELLO(LADY LAKE)	10:03
2 MILE RACEWALK	
M-35 STEVE CHRISTLIEB(BUSHNELL)	20:13
M-65 LOU AIELLO	20:56

5K	
<b>OVERALL WINNER</b> J. CURAN(PLETCHER, N.C.)	16:06
<b>MASTERS</b> PHIL LITTLE(ORLANDO)	18:33
<b>FEMALE</b> NINA ENMER(DELTONA)	20:58
<b>MASTERS</b> RUTH WALDEN(WINDEMERE)	25:13
M-11 MARC GRACE(PALM COAST)	24:15
MICHAEL WALDEN(WINDEMERE)	25:57
TONY LEVIS(ENTERPRISE)	26:23
M-12 GREG PUFALL(PUNTA GORDE)	26:28
M-15 AARON PUFALL(PONTE GORDE)	21:46
SCOTT DAVIS(PUNTA GORDE)	22:11
M-0 TIMOTHY PATIENT(DAYTONA BCH)	17:37
TOM DAVIS(PUNTA GORDE)	18:17
M-30 LORAN PULVER(ENTERPRISE)	24:35
M-35 FRANK DILLMAN(ORANGE CTY)	17:05
LARRY SHAWAGA(ORLANDO)	18:51
M-40 HOWARD GRACE(PALM COAST)	25:19
M-60 LARRY RUSH(PONCE INLET)	20:51
F-0 JANICE CORREIRO(ORLANDO)	25:06
KAREN LACHANCE(ORLANDO)	26:32

LONG JUMP	
M-0 MARTY WILLIAMS	15-4 1/2
M-30 WILLIAM WELDON	20-1/2
M-35 KEVIN CARPENTER	16-4 1/2
M-70 JOE BROADBENT	12-1/2
M-75 GORDON POWELL	9-3/4
M-80 KONRAD BOAS	7-2 1/2
<b>TRIPLE JUMP</b> WILLIAM WELDON	36-7

JAVELIN	
M-15 BILL BROWN	116-8
M-30 WILLIAM WELDON	128-3
M-35 NATE ROBINSON	162-6
M-60 DON REID	104-1

DISCUS	
M-0 MARTY WILLIAMS	124-2
M-35 KEVIN CARPENTER	95-5
M-40 TOM BAILEY	107-1
M-60 DON REID	125-10
M-75 GORDON POWELL	69-8
M-80 KONRAD BOAS	55-10

SHOT	
M-0 MARTY WILLIAMS	45-11
M-30 WILLIAM WELDON	38-9
M-35 KEVIN CARPENTER	30-10
M-40 TOM BAILEY	33-6
M-55 JIM BRADY	34-4
M-60 DON REID	37-1
M-75 GORDON POWELL	26-1
M-80 KONRAD BOAS	20-1

**MIDWEST**

**TAC Midwest Regional  
Indoor Championships  
Champaign, ILL.;**

March 15

2 Mile Racewalk	
M30-34 L. Crocker	17:06
M45-49 Campbell	22:29
M55-59 Orr	22:18
M65-69 Luchs	*16:42
M75-79 Bartels	20:52
F55-59 Leff	*20:20

60 Yard Dash	
M30-34 Allbritton	6.55
Blufford	6.56
Mahto	6.6
Revollinski	6.61
Zahn	6.62
Petraneck	6.7
LaBeau	8.3

M40-44 Reiter	7.0
Sharley	7.4
Norberg	7.5

M45-49 Haycroft	7.5
Allan	7.51
Ellis	7.6
Hale	8.3
Nuccio	8.4

M50-54 Mathis	7.0
Stopoulos	7.3
Humke	7.4
Lipsky	7.5

M55-59 Brown	*7.1
Orr	8.1

M60-64 Goldsmith	8.0
Bradd	8.3
M70-74 Christy	9.3
Ragland	9.3

M85-89 Pitcher	12.3
F30-34 Pope-Green	7.3AR
F35-39 Stiles	8.1

F40-44 Calvert	7.9
F50-54 Keaton	12.0

60 Yard Hurdles	
M30-34 Zahn	7.9
M35-39 Mike Davis	8.9
M40-44 Meisner	8.5
Sharley	8.6

M45-49 C.Miller	8.5
Dave Ellis	8.8
Haycraft	9.3

M50-54 Richardson	11.02
M55-59 Wolf	9.9
Walsh	11.2

300 Yard Run	
M30-34 Rewollinski	31.8
Blueford	32.2
Manto	32.40
M35-39 L.Lane	40.9
M40-44 Lillis	33.8
R.Brady	36.6
M45-49 Nuccio	39.
Bill Hale	44.7

M50-54 Ware	84.18AR
Hamke	36.7
M55-59 Brown	37.83
D.Walsh	44.35
Orr	58.
F30-34 Pope-Green	38.73
F35-39 D.Anderson	40.1
Stiles	45.36
F50-54 J.Brumley	58.

M50-54 J.Mathis	1:22
Blount	1:29
M55-59 Brown	1:30.2
M60-64 Bradd	1:42
F35-39 D.Anderson	1:27.9
Stiles	1:42
F50-54 Brumley	2:14.23

M45-49 A.Carter	1:22.4
M50-54 J.Mathis	1:22
Blount	1:29
M55-59 Brown	1:30.2
M60-64 Bradd	1:42
F35-39 D.Anderson	1:27.9
Stiles	1:42
F50-54 Brumley	2:14.23

600 Yard Run	
M35-39 L.Lane	1:28
M40-44 G.Reiter	1:16.1
Ed Lillis	1:19
T.Carper	1:23.7
Jim Irwin	1:25

M45-49 A.Carter	1:22.4
M50-54 J.Mathis	1:22
Blount	1:29
M55-59 Brown	1:30.2
M60-64 Bradd	1:42
F35-39 D.Anderson	1:27.9
Stiles	1:42
F50-54 Brumley	2:14.23

1000 Yard Run	
M35-39 Tom Bryan	2:26
L.Lane	2:49
M40-44 Reiter	2:35
Irwin	2:38
Carper	2:44
M50-54 Blount	2:52
F35-39 Stiles	3:24.4
F50-54 Brumley	4:12

M45-49 G.Campbell	6:37.5
M40-44 Koeppen	9:43
F.Davis	10:13
M45-49 G.Campbell	13:13
F30-34 L.Revollinski	13:13
F50-54 J.Keaton	15:51

1 Mile Run	
M40-45 F.Davis	4:53
M45-49 G.Campbell	6:37.5
M30-34 J.Dickey	10:48
M40-44 Koeppen	9:43
F.Davis	10:13
M45-49 G.Campbell	13:13
F30-34 L.Revollinski	13:13
F50-54 J.Keaton	15:51

M40-45 F.Davis	4:53
M45-49 G.Campbell	6:37.5
M30-34 J.Dickey	10:48
M40-44 Koeppen	9:43
F.Davis	10:13
M45-49 G.Campbell	13:13
F30-34 L.Revollinski	13:13
F50-54 J.Keaton	15:51

M40-45 F.Davis	4:53
M45-49 G.Campbell	6:37.5
M30-34 J.Dickey	10:48
M40-44 Koeppen	9:43
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M45-49 G.Campbell	13:13
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M40-45 F.Davis	4:53
M45-49 G.Campbell	6:37.5
M30-34 J.Dickey	10:48
M40-44 Koeppen	9:43
F.Davis	10:13
M45-49 G.Campbell	13:13
F30-34 L.Revollinski	13:13
F50-54 J.Keaton	15:51

Long Jump	
M30-34 LaBeau	19' 7 3/4"
Allbritton	19' 6"
Dothard	19' 2 1/2"
Zahn	18' 3"
Thurman	17' 8 1/2"
M35-39 Davis	18' 10 3/4"
Ewing	17' 8 3/4"

M40-44 Meisner	18' 1/2"
Norberg	15' 11"
M45-49 Miller	47' 6"
Haycraft	16' 11"
LaBelle	13' 9"
M50-54 P.Stopoulos+17' 8"	
Langenfeld+16' 5 1/2"	
J.Sharp	16'

M55-59 Wolf	14' 4 1/2"
Orr	8' 3"
M70-74 Christy	+12' 11"
M85-89 Pitcher	6' 1 1/2"
F30-34 Pope-Green	18' 5"AR
F40-44 Calvert	14' 8"

M50-54 P.Stopoulos+17' 8"	
Langenfeld+16' 5 1/2"	
J.Sharp	16'
M55-59 Wolf	14' 4 1/2"
Orr	8' 3"
M70-74 Christy	+12' 11"
M85-89 Pitcher	6' 1 1/2"
F30-34 Pope-Green	18' 5"AR
F40-44 Calvert	14' 8"

M50-54 P.Stopoulos+17'
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Continued from previous page

50-59 Women's Shot Put results: 1. Jesse Carrington 59.1, 2. Stan King 59.8, 3. Tony Nazralla 61.4

60-69 Women's Shot Put results: 1. Robert Watanabe 61.8, 2. Bob Hunt 68.9

70-79 Women's Shot Put results: 1. MacMunn 1:44.6

800 METER Women's results: 1. Wayne Douglas 2:12.2, 2. Ron Rook 2:26.7

40-49 Women's 800 METER results: 1. John Cosgrove 2:25.2, 2. Mike Lalum 3:08.4

50-59 Women's 800 METER results: 1. Jesse Carrington 2:25.7, 2. Dunton 2:28.7, 3. Robert Culling 2:29.7, 4. Lloyd McGuire 2:30.9

1500 METER Women's results: 1. Tina Stough 5:15.0

1500 METER Women's results: 1. Mike Lalum 6:29.6, 2. Cliff Ziekle 5:57.0

50-59 Women's 1500 METER results: 1. Robert Culling 5:10.0

60-69 Women's 1500 METER results: 1. Tom Michael 9:33.4

70-79 Women's 1500 METER results: 1. Conrad Schuck 8:36.3

3000 METER Women's results: 1. Gary Faulstich 9:20.3, 2. Ron Gillis 11:41.0

40-49 Women's 3000 METER results: 1. Mike Figuera 9:25.4, 2. Mike Lalum 13:35.5, 3. Cliff Ziekle 14:34.3

50-59 Women's 3000 METER results: 1. Dunton 12:42.0

High Jump Women's results: 1. Shirley Kinsey 3'4"

High Jump Women's results: 1. Charlie Rader 6'4", 2. Roger Trujillo 5', 3. Andrew Hecker 5', 4. Ron Rook 4'

High Jump Women's results: 1. John Dobroth 5'4", 2. Gary Bane 5', 3. Bob Bly 4'8", 4. John Lawson 4'6", 5. Bill Sevilla 4'4"

High Jump Women's results: 1. Nick Newton 5'6", 2. Dave Douglass 4'8", 3. Jack Smith 4'6"

High Jump Women's results: 1. Burl Gist 4'10", 2. Chuck McFate 4'2"

High Jump Women's results: 1. Carol Johnston 4', 2. Jim Vernon 3'10"

Long Jump Women's results: 1. Roger Trujillo 21'3", 2. John Kuehne 21'4", 3. Andrew Hecker 17'3"

Long Jump Women's results: 1. Walt Brown 19'3", 2. Robert Jones 17'7", 3. John Lawson 16'7", 4. Jack Kistler 14'9"

Long Jump Women's results: 1. Schmidt 18'10", 2. Roger Tsuda 17'6", 3. Smith 16'3", 4. Ed Martin 14'8"

Long Jump Women's results: 1. Tom Patsalis 16'6", 2. Ken Mitchell 13'7"

Long Jump Women's results: 1. Bill Morales 13'7"

Women's Shot Put results: 1. M. Kuehne 12'5", 2. Shirley Kinsey 12'3"

Men's Shot Put results: 1. G. Kuhnke 40, 2. Mac McCormick 38'10", 3. Steve Chaton 37'9", 4. Bill Sevilla 29'11", 5. Gery Iberty 27'11"

Triple Jump results: 1. Trujillo 44'3", 2. Ron Rook 34'1", 3. Andrew Hecker 33'6"

40-49 Men's Triple Jump results: 1. John Lawson 34'5", 2. Robert Jones 32'8", 3. Jack Kistler 26'10"

50-59 Men's Triple Jump results: 1. Tony Nazralla 29'1"

60-69 Men's Triple Jump results: 1. Tom Patsalis 35'1", 2. Ken Mitchell 28'5"

Women's Shot Put results: 1. M. Kuehne 26

Men's Pole Vault results: 1. Brian Fisher 13'8"

30-39 Men's Pole Vault results: 1. Leon Roach 13'6"

40-49 Men's Pole Vault results: 1. Mardon Connel 14', 2. Bob Bly 11'6", 3. Gary Bane 10'6"

70-79 Men's Pole Vault results: 1. Jim Vernon 9'6", 2. Carol Johnston 9'

Women's Shot Put results: 1. M. Kuehne 51'

70-79 Women's Shot Put results: 1. Edith Mendyka 56'7"

Men's Shot Put results: 1. Frank Reilly 156'8", 2. Andrew Hecker 64'6"

40-49 Women's Shot Put results: 1. Lloyd Higgins 157'3", 2. Jess Eibert 119'2", 3. G. Kuhnke 114'1", 4. Al Brown 112'

50-59 Women's Shot Put results: 1. Ed Martin 108'8", 2. Dick Kennerly 102'9", 3. Dave Douglass 101'5"

60-69 Women's Shot Put results: 1. Mike Castaneda 122'6", 2. Bob Hunt 106'8", 3. Ken Mitchell 103'5", 4. L. Seymour 100'5"

70-79 Women's Shot Put results: 1. Ross Carter 127'7"

80-80 Women's Shot Put results: 1. Bert DeGroot 78'7"

Women's Shot Put results: 1. M. Kuehne 55'5"

70-79 Women's Shot Put results: 1. D. Mendyka 57'7"

Men's Shot Put results: 1. Andrew Hecker 68'4"

40-49 Women's Shot Put results: 1. Lloyd Higgins 160'9", 2. Robert Jones 115'5", 3. Bill Sevilla 77'2"

50-59 Women's Shot Put results: 1. Del Pickarts 155'10", 2. Ed Martin 126'4", 3. Chuck Coutts 115'2"

60-69 Women's Shot Put results: 1. Ken Mitchell 105'6"

70-79 Women's Shot Put results: 1. Bill Morales 141'10", 2. Bob MacConaghy 73'2"

50-59 Women's Shot Put results: 1. M. Kuehne 23'1"

Men's Shot Put results: 1. Tom Hake 38'5", 2. Dave Douglass 35'7", 3. Dewey Wade 32'11", 4. Dick Kennerly 32'3"

60-69 Men's Shot Put results: 1. Dicl Castaneda 44', 2. Bangert 43'4", 3. Lampert 38'7", 4. Ken Mitchell 37'6"

70-79 Men's Shot Put results: 1. Ross Carter 44'7", 2. Bob MacConaghy 30'1"

80-89 Men's Shot Put results: 1. Bert DeGroot 27'5"

100 Meter Sprint results: 1. Mike Black 11.6, 2. Edward Hauck 11.7, 3. Charles Missouri 11.8, 4. Marion McCoy 10.9, 5. WALT BUTLER 11.5

100 Meter Sprint results: 1. Mardon Connel 14', 2. Bob Bly 11'6", 3. Gary Bane 10'6"

100 Meter Sprint results: 1. Fred Niedemeyer 12.2, 2. Booker Washington 12.9, 3. Ross Irving 13.8, 4. Jeanne Carter 14.5, 5. Carol Porter 17.0, 6. Bruce Springbett 11.8

100 Meter Sprint results: 1. Nick Newton 12.3, 2. Roger Tsuda 12.5, 3. Juan Pedevilla 14.4, 4. Frank Kishi 13.3, 5. Barney Phillips 13.6, 6. Harold Wallace 14.9, 7. Robert Watanabe 12.5

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100 Meter Sprint results: 1. Art Goto 16.2, 2. George Simon 14.8, 3. James Bierman 17.6, 4. John Alexander 13.3, 5. Chas Mercurio 13.5, 6. Byron Walls 15.0, 7. William Morales 14.5, 8. Bert Morrow 15.7, 9. Chia-Tsung Pao 17.8, 10. Anthony Castro 15.0, 11. Mary Ames 31.4

200 Meter Sprint results: 1. Mike Black 22.9, 2. Gayle Sharp 23.5, 3. Warren Spikes 27.2, 4. Marion McCoy 28.9, 5. Russ Rutledge 33.4, 6. Robert Myers 30.1, 7. Tommie Smith 24.1, 8. Dan Fitzsimmons 25.1, 9. Elliott Mason 24.3, 10. Dennis Duffy 25.3, 11. Juan Bustamante 29.1, 12. Ross Irving 27.6, 13. Peter Stobart 29.4, 14. Jeanne Carter 26.4, 15. Nick Newton 23.4, 16. Nick Newton 22.0, 17. Bruce Springbett 23.3, 18. Roger Tsuda 23.0, 19. Juan Pedevilla 23.0, 20. Frank Kishi 24.0, 21. David Fraitag 25.4, 22. Robert Watanabe 22.4, 23. Jock Jocy 23.3, 24. James Bierman 40.9, 25. Byron Walls 31.2, 26. Bert Morrow 33.7, 27. Anthony Castro 31.7

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800 Meter Run results: 1. Jerry Williams 2:12.4, 2. Jim Bordoni 2:03.3, 3. Michael Lalum 3:05.2, 4. Bill Knocke 2:10.3, 5. Peter Stobart 2:29.6, 6. Lloyd McGuire 2:37.6, 7. Jane Dous 3:25.0, 8. Ross Dunton 2:31.5, 9. Jim Kelly 2:54.5, 10. Leonard Walts 2:29.3, 11. Bob Holmes 2:34.0, 12. Al Escobosa 2:56.0, 13. Ray Gil 2:46.8, 14. Jack Jocy 2:50.0, 15. David Cohen 3:02.5, 16. Ed Stotsenberg 3:06.3

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800 Meter Run results: 1. Jerry Williams 2:12.4, 2. Jim Bordoni 2:03.3, 3. Michael Lalum 3:05.2, 4. Bill Knocke 2:10.3, 5. Peter Stobart 2:29.6, 6. Lloyd McGuire 2:37.6, 7. Jane Dous 3:25.0, 8. Ross Dunton 2:31.5, 9. Jim Kelly 2:54.5, 10. Leonard Walts 2:29.3, 11. Bob Holmes 2:34.0, 12. Al Escobosa 2:56.0, 13. Ray Gil 2:46.8, 14. Jack Jocy 2:50.0, 15. David Cohen 3:02.5, 16. Ed Stotsenberg 3:06.3

1500 Meter Run results: 1. Gayle Sharp 6:24.0, 2. Randy Bown 4:24.5, 3. Bill Sumner 4:24.7, 4. Wayne Douglas 4:31.7, 5. Roger Perkins 4:43.4, 6. Gary Skiles 4:15.5, 7. Jim Hampton 4:14.4, 8. Jack Petty 4:30.1, 9. Michael Lalum 5:24.4, 10. Ben Castro 5:17.3, 11. Joe King 5:17.8, 12. Mary Ames 5:17.8

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Continued from previous page

- 100mH
- M40 B Larson 110m-39" 18.7
- M60 G Simon 33" 19.6
- M65 J Craine 33" 22.7
- M75 S Thompson 30" 26.2

- 4x100m Relay
- Marines--Macklin, Richard, Armstrong, Morrow 44.4
- Hawaii--Dudley, Cobb, King, Newton 50.8
- M60+Japan--Tsunose, Matoba, G Watanabe, Tateishi 56.9
- Hawaii--B Watanabe, Wheeler, Craine, Simon 59.1
- 4x400m Relay
- A Team--Beckham, Macklin, Rahatt, Taylor 3:44.7
- B Team--Richard, Morrow, Armstrong, Robinson 4:01.3

- High Jump
- M35 T Marks 1.80
- M45 N Aihoui 1.45
- M50 N Newton 1.70
- M60 T Takada 1.00
- M65 K Wheeler 1.30
- M70 M Morita 1.30
- M75 S Thompson 1.15
- W40 D Reiko 1.30
- W45 T Yamaguchi 1.10

- Long Jump
- M30 G Wilson 6:10
- M40 B Larson 5:08
- M50 R Daehler 4.78
- M60 T Takada 3.71
- M65 S Tsunose 4.40
- M70 M Morita 4.69

- Triple Jump
- M40 B Larson 10.40
- M50 T Ichigaki 10.65
- M60 T Takada 7.56
- M70 M Morita 9.61

- High Jump
- M30 N Taylor 5-6
- tie G Klaesen
- B Haley
- M35 D Boardman 5-8
- M40 M DeJesus 5-4
- M45 C Wallin 4-10
- M50 C Leverone 5-2½
- M55 L Pratt 4-8
- M60 D Margetson 4-2
- M65 B Morcom 4-6
- M70 H Morningstar 4-2
- W30 I Thompson 4-2

- Shot Put
- M40 M McCrary 10.15
- M45 N Aihoui 12# 11.54
- M50 T Ichigaki 11.12
- M55 K Wheeler 10.63
- M60 E Salisbury 7.75
- W45 T Yamaguchi 7.16
- W60 I Tsujii 8.84
- W75 M Salisbury 3.52

- Discus
- M40 M McCrary 32.20
- M65 K Wheeler 36.00
- M80 E Salisbury 17.88
- W45 T Yamaguchi 19.05
- W60 I Tsujii 24.21
- W75 M Salisbury 6.70

- Triple Jump
- M30 N Taylor 44-10 3/4
- M35 D Pruitt 42-8½
- M40 W Wood 39-10
- M45 B Taylor 35-0
- M50 H Bohigian 35-7
- M55 P Carstensen 30-11
- M60 W Townsend 29-3½
- M65 B Morcom 16-5
- M70 S Sorlien 13-10½
- M75 J McCluskey 7-9
- W30 I Thompson 16-3½
- W35 K Pierce 13-8½

- Pole Vault
- M30 B Haley 13-0
- M35 S Prentice 13-6
- M45 W Sokolowski 13-6
- M65 B Morcom 9-0
- M70 H Morningstar 7-0

- Shot Put
- M30 J Dupuis 53-2 3/4
- M35 M Grisko 48-7½
- M40 R Harvey 40-3½
- M45 C Wallin 48-5
- M50 H Atwood 28-5½
- M55 L Olson 44-10½
- M65 E Shaw 40-3½
- M70 H Morningstar 34-2½
- M75 J McCluskey 26-1½
- M80+H McArdle 21-6
- W35 K Pierce 31-3½
- W50 A Cirulnick 30-0
- W55 B Messinger 16-0
- W70 T Buccacci 16-6½

- Weight Throw
- M30 J Dupuis 43-6½
- M35 M Grisko 48-7½
- M40 A Meville 40-1
- M50 H Atwood 24-6
- M55 L Olson 39-3½
- M65 E Shaw 40-3½
- M70 H Morningstar 22-0
- M75 J McCluskey 22-9½

### LONG DISTANCE RESULTS

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



#### 1987 TAC National Masters 5K Championship, Piedmont Park, Atlanta, March 14

**Overall Male Winner**  
Carl Nicolson, 40 15:55

**Overall Female Winner**  
Missy Kahn, 41 19:56

#### Men (40-44)

1. Carl Nicolson 15:55
2. Mike Holbrook 16:05
3. Alan Pilling 16:56
4. Steve McWilliams 17:11
5. John Rinker 17:14
6. Marris Johnson 17:21
7. William Hogg 17:52
8. Eric Elbel 17:53
9. Sandy Gruskin 18:14
10. John Toole 18:16
11. Richard Boggs 18:27
12. Peter Uberto 19:08
13. Leonard Scroggs 19:57
14. Ralph Siefken 21:00
15. Dennis Pellon 21:13
16. Dave Cassell 21:24
17. Herman Sabio 21:31
18. Michael Houchins 21:41
19. Roy Thompson 22:46
20. Dale Matzkow 23:11
21. William Cain 23:44
22. Ralph Cowden 23:47
23. William Holland 23:52
24. John Lemmon 24:24

#### Men (45-49)

1. Bobby Dannelley 16:47
2. George Sharp 18:01
3. Gerald Friedman 18:30
4. Fred Motz 18:40
5. Charlie Baker 18:46
6. Tommy Trippe 18:49
7. Bill Cherry 19:17
8. Jack Brocksmith 19:30
9. Roy Lamm 20:35
10. Joe Snuggs 24:37
11. Allen Sickett 24:51
12. Ron Brockett 24:58

#### Men (50-54)

1. Rusty Lamade 17:08
2. Edwin Harris 18:11
3. Gene Berry 18:12
4. Lee Hackworth 18:59
5. Charles Teague 19:16
6. Jim Yamanaka 19:17
7. John Burton 23:03
8. Don McClellan 23:16
9. David Jordan 23:54
10. Nick Discenza 24:31
11. Jim O'Donnell 24:35

#### Men (55-59)

1. Casey Jones 18:38
2. Barry Whitsitt 20:15
3. Bob Brennan 21:26
4. Herb Benario 22:13

#### Men (60-64)

1. Charles Scott 21:32
2. Myron Dubin 24:11
3. John Thomas 27:31

#### Men (65-69)

1. Bill Eppright 22:22

#### Men (70-74)

1. Rick Sasser 25:21
2. Bob Boal 26:44

#### Women (40-44)

1. Missy Kahn 19:58

#### Women (45-49)

1. Julia Emmons 24:58

#### Women (50-54)

1. Nancy Parker 20:43
2. Kathryn Welden 28:21

#### Women (65-69)

1. Rita Tomassini 26:43

**Team Championship Winners**

- Men 40-49 Atlanta
- 50-59 Atlanta
- 60-69 Atlanta
- Women 40-49 Atlanta

#### National Masters 20K Road Championship, El Cajon, California, March 28 Sponsored by the San Diego Track Club

MEN'S RACE				
NAME	AGE	TIME	PER MILE	HOMETOWN
<b>M40 (AR: 1:05:14)</b>				
2. Bill Sevald	40	1:08:10	5:30	San Francisco
3. Peter Stern	42	1:09:44	5:37	San Diego
4. Carl Seelhoff	40	1:11:06	5:44	Carlsbad
5. Bill Clark	43	1:11:06	5:44	Los Altos
6. Frank Ruona	41	1:11:10	5:44	San Jose
7. Phil Ryan	42	1:11:25	5:45	San Gabriel
8. Steve Dornish	42	1:11:33	5:46	Encinitas
9. Graeme Shirley	41	1:11:43	5:47	San Diego
10. David Riviera	44	1:12:04	5:48	San Jose
11. Ron Wells	40	1:12:24	5:50	Alpine
12. Don Dugdale	41	1:13:14	5:54	San Jose
13. Gary Goettelmann	43	1:13:37	5:56	Santa Clara
14. Gary Seney	40	1:15:45	6:06	Boise ID
15. Gordon Lutes	42	1:15:54	6:07	San Diego
16. Hal Goforth	42	1:16:10	6:08	El Cajon
21. Edward Garrity	44	1:19:08	6:23	San Diego
28. Peter Banichich	42	1:23:26	6:43	San Diego
46. John F Meyer (RW)	42	1:59:51	9:39	San Diego
<b>M45 (AR: 1:06:23)</b>				
1. Sal Vasquez	47	1:06:38	5:22	Alameda
17. Tim Rostegge	46	1:16:36	6:10	San Jose
18. Walt Peet	45	1:17:55	6:17	Billings MT
19. Jake White	45	1:18:08	6:18	Fremont
20. Hans Dieben	48	1:18:32	6:20	San Diego
26. Howard Moody	46	1:20:42	6:30	San Diego
27. Jim Waters	46	1:21:03	6:32	San Diego
29. David Veeder	47	1:24:00	6:46	Billings MT
36. Chuck Pennell	48	1:30:45	7:19	Lemon Grove
40. Larry Becker	46	1:39:18	8:00	San Diego
<b>M50 (AR: 1:05:50)</b>				
23. Joseph Wilson	52	1:19:17	6:23	San Diego
25. Siegfried Mattern	50	1:19:40	6:25	San Francisco
31. Warren Osborn	53	1:24:38	6:49	La Mesa
32. John Terrell	54	1:27:03	7:01	San Diego
34. Fred Lehr	53	1:29:15	7:11	Chula Vista
39. Ray Jacques	54	1:35:33	7:42	Victor NY
<b>M55 (AR: 1:09:59)</b>				
22. John Hepner	55	1:19:17	6:23	Springfield
24. Patrick Devine	58	1:19:23	6:24	San Pedro
30. Dick Robinson	56	1:24:17	6:47	Bonita
38. Field Ryan	55	1:31:58	7:25	Brenerton WA
<b>M60 (AR: 1:16:55)</b>				
37. Luis Ojeda	63	1:31:15	7:21	San Diego
42. Ted Horner	62	1:44:49	8:27	San Diego
<b>M65 (AR: 1:25:59)</b>				
33. Jim McCown	65	1:28:43	7:09	San Diego
43. Mode Perry	66	1:47:37	8:40	La Jolla
44. Lowell Tozer	65	1:49:45	8:50	San Diego
<b>M70 (AR: 1:27:42)</b>				
35. Wayne Zook	70	1:30:44	7:19	San Diego
41. Don Bradley	71	1:40:39	8:06	Encinitas
45. Walt Kuetzing	74	1:59:28	9:37	La Jolla

MARK WHICH BETTERS LISTED AGE RECORD

1. Sal Vasquez 47 1:06:38 5:22 Alameda

#### TEAM RESULTS

M40 1. W Valley J&S	66:38+71:10+72:04+73:14+76:36	5:59:42
2. San Diego TC	69:44+71:33+71:43+72:24+76:10	6:01:34
M50 1. San Diego TC	79:17+84:17+84:38+87:03+89:15	7:04:30
M60 1. San Diego TC	1:28:43+1:31:15+1:44:49	4:44:47
M70 1. San Diego TC	1:30:44+1:40:39+1:59:28	5:10:51

#### WOMEN'S RACE

NAME	AGE	TIME	PER MILE	HOMETOWN
<b>F40 (AR: 1:18:22)</b>				
1. Judy Dodge	41	1:26:02	6:56	San Diego
2. Kathy Loper	44	1:26:24	6:58	Coronado
5. Judi Richardson	42	1:34:14	7:35	El Cajon
10. Linda Gorman	44	1:42:44	8:16	Bonita
<b>F45 (AR: 1:19:08)</b>				
4. Suzanne Synam	46	1:31:11	7:21	Escondido
6. Sharon Greiner	45	1:37:23	7:51	El Cajon
12. Una Marie Pierce	48	1:45:41	8:31	San Diego
<b>F50 (AR: 1:23:16)</b>				
3. Caroline Murray	52	1:28:33	7:08	Cardiff
7. Dixie Madsen	50	1:38:02	7:54	San Diego
8. Faye Heldoorn	50	1:41:26	8:10	San Diego
9. Beverlee Human	50	1:41:58	8:13	Escondido
11. Tami Graf	50	1:42:46	8:17	San Diego
16. Martha Walker	51	1:50:34	8:54	San Diego
<b>F60 (AR: 1:29:08)</b>				
13. Mary Storey	62	1:48:26	8:44	Riverside
15. Virginia Hastings	62	1:50:08	8:52	Santee
<b>F65 (AR: 1:44:36)</b>				
14. Gerry Davidson	66	1:48:39	8:45	Fallbrook

MARKS WHICH BETTER LISTED AGE RECORDS

13. Mary Storey 62 1:48:26 8:44 Riverside
14. Gerry Davidson 66 1:48:39 8:45 Fallbrook

EAST			
<b>Knickerbocker 60K</b> Central Park, NYC; March 7			
Men			
1 C Gibson	34	4:21:25	
3 D Heagy	37	4:46:26	
6 R Bomberger	45	4:53:07	
7 A Fairbrother	50	4:53:33	
11 B Fischer	44	5:02:35	
12 L Rios	38	5:11:15	
13 M Yecies	42	5:12:19	
17 D Obelkevich	43	5:27:40	
25 D McGrath	47	5:56:56	
30 W Rios	70	6:23:45	
Women			
1 S Rios	36	5:02:10	
2 H Gordon	37	5:28:26	
3 I Yamamoto	45	5:45:43	
4 S Balfour	51	5:46:33	

WEST			
<b>Ru--MEN</b>			
G Null	42	53:05	
T Gustafson	45	58:55	
F Lamorte	65	1:01:48	
<b>Ru--WOMEN</b>			
J Rowland	60	1:12:37	
M Tobias	61	1:17:00	
F Stackon	53	1:25:28	

SHERATON CENTER BAGEL 10K			
Central Park, NYC; March 8			
Overall			
B Ludikoski	29	30:08	
G Beschloss	28	35:49	
M35 P Gambaccini	32:16		
M40 A Beiligne	32:03		
M45 R Ruiz	35:22		
M50 J Roche	38:40		
M55 W Schwartz	40:20		
M60 G Thompson	40:33		
M65 J McHugh	42:08		
M70 F Ely	45:57		
Ru--Men			
G Null	30	53:03	
Ru--Women			
S Cashman	43	63:48	
C Resnik	53	67:26	
W35 K McIntyre	38:30		
W40 C Heard Grenning	38:54		
W45 A Thornhill	41:49		
W50+T d'Elia	42:55		
W60+E Hauser	55:50		
W70+E Havens	71:06		

SHERATON CENTER BAGEL 10K			
Central Park, NYC; March 8			
Overall			
B Ludikoski	29	30:08	
G Beschloss	28	35:49	
M35 P Gambaccini	32:16		
M40 A Beiligne	32:03		
M45 R Ruiz	35:22		
M50 J Roche	38:40		
M55 W Schwartz	40:20		
M60 G Thompson	40:33		
M65 J McHugh	42:08		
M70 F Ely	45:57		
Ru--Men			

Continued from previous page

**SOUTHEAST**

**Gasparilla Distance Classic 15K Tampa, Fla.; February 7**

Overall	
M Barreto	43:17
G Waitz	48:50
Masters Men	
Mike Hurd	\$1000 46:30
Allan Rushmer	\$500 46:42
Larry Olson	\$250 46:52
Masters Women	
Gabrielle Andersen	\$1000 53:44
Barbara Filutze	\$500 55:08
Bobbi Rothman	\$250 57:09

**Edison Pageant of Light 5K Classic, Fort Myers, Fla.; February 21**

Overall	
C Perkins	26 14:49
K Miles	33 17:36
Masters Men (40-59)	
J Slaven	42 15:57
P Chimel	41 15:58
R Long	40 16:22
R Arnoldo	40 16:24
J Burgasser	48 16:55
Grand Master Men (60+)	
D Stewart	61 20:28
Masters Women (40-59)	
C Moorehead	41 19:34
M C Wade	45 20:04
J Van Kleeck	50 21:00
M Briant	43 21:10
C Hassie	42 21:23
Grand Master Women (60+)	
N Beward	61 25:54
Overall Physician Winner	
Rich Schmidt	44 19:14

**Herald-Tribune 10K Sarasota, Fla.; March 1**

Overall	
C Perkins	26 32:42
M Level	23 36:46
M40 R Long	
R Quevillon	35:56
M45 C Keck	36:17
B Munz	37:50
M50 S Rendeckzy	38:05
R Shaw	38:37
M55 J Gough	42:33
B Shaw	38:43
M60 P Gallagher	41:41
J Kaelberer	42:52
M65 M Shumate	43:46
C Williams	44:04
M70 A Fisher	45:15
R Curtis	45:24
W40 M Quevillon	54:02
C Moorehead	40:33
W45 M Wade	41:00
A Taylor	42:34
W50 S Deppenbrock	46:31
L Tinker	53:59
W55 G Anderson	54:36
S Hawley	65:32
W60 N Beward	82:41
W70 M Haines	54:59
	65:06

**Memphis Runners TC 5K Memphis, Tenn.; March 7**

Overall	
J Mohundro	15:21
L Lendermon	19:28
M35 A Terhune	17:34
M40 D Thompson	17:22
M45 J Tigner	18:19
M50 T Morrow	19:14
M60 D Lawson	20:47
W35 E Murphy	21:30
W40 S Hannigan	22:04
W45 P Love	22:44
W50 J Engle	24:28

**Gold Coast 5K Race Walk Championships, Palm Beach, Fla., March 8**

M30+J Vicino	28:42
M40+D Stanek	28:31
B Halford	34:40
M50+B Fine	28:09
J MacLachlin	28:49
M60+W Stone	36:14
M Levine	37:17
W30+A Potter	39:36
W50+M Roberts	34:34

**Shamrock 8K/Half-Marathon Virginia Beach, Va.; March 21**

---8K---	
Overall	
P Rugut	25 22:38
M Alico	23 27:14
M35 B Lunsford	
M40 W Loudat	25:39
M45 L Faxon	*24:47
M40-44 AR	
M50+N Wood	26:20
M60+D Hemphill	29:11
W35 S Puryear	33:04
W40+B Poppers	31:02
W50+M McFarlane	31:12
	37:58
---Marathon---	
Overall	
J Martin	29 2:16:04
P Briscoe	31 2:45:11
M35 B Hart Jr	2:37:47
M40 D Rich	2:38:28
M50+D Siefers	2:51:38
M60+L Fields	3:27:31
W35 S Kandy	3:03:17
W40+C Dalrymple	3:06:50

**Azalea Trial 10K Mobile, AL March 28**

OVERALL	
Paul Ragul Kenya	28:19
Lisa Martin Aus.	32:10
MEN	
Atlaw Belilgne	31:18
Steve Lester	31:26
Richard Weeks	32:05
WOMEN	
Gabrielle Andersen	34:52
Bobbi Rothman	36:26
Kathy Hardy	38:22

**Charlotte Country Day Spring 8K, Charlotte, N.C.; April 4**

Overall	
J Zizzi	29 27:04
D Tugwell	38 38:37
M35 E Esterhay	
M40+R Whitt	33:14
M50+A Coffin	31:31
W35 K Hood	32:47
W40+K McGarry	44:44
W50+P Donley	42:34
	nta

**MID-AMERICA**

**St. Louis TC 15K Championships St. Louis, Mo.; February 21**

M35 J Dix	51:33
M40 P Mannisi	54:46
M45 C Bradford	56:58
M50 W Talley	58:25
M55+A Smith	1:00:16
W35 M Ferguson	1:09:02
W40+J Corn	1:07:45
W50+P Bailey	1:40:50

**7th Annual Sue Thomas 30K Brookings, S.D.; April 4**

1 J Glazer	27 1:41:12
4 E Vetos	44 1:58:51
5 M Wendelgass	36 2:00:24
7 D Holmes	37 2:19:52
8 Hinman	58 2:19:53
13 B Bartling	60 2:29:07

**SOUTHWEST**

**Run For Missions 8K Tulsa, Okla; February 28**

Overall	
E Schwab	20 29:48
M Stuber	29 34:43
M35 D Evans	30:50
M40 G Doeksen	34:10
M45 R Habrock	32:34
M50 B McCutcheon	40:58
M55 R Mitchell	42:17
M60+K Atwell	34:28
W35 D Heaton	36:19
W40 S Drevo	39:56
W45 P Heard	50:00
W60+J Benear	1:03:01
(40 mph wind, 35°, sleet, snow)	

**Crescent City Classic 10K New Orleans April 14**

OVERALL		
John Treacy IRL		27:59
Teresa Ornduff MX		31:55
MEN		
Tracy Smith CA		29:50AR
Antonio Villanueva		29:52
Alan Rushmer GB		30:49
Deon Dekkers TX		n.t.
Mike Holbrook GB		32:36
Tobias Garcia MX		32:44
Women		
Gabrielle Andersen		33:55AR
Erna Kozak		34:52
Barbara Filutze		35:05

**WEST**

**Wilshire Police 5K Los Angeles; February 15**

Overall	
C Marquez	22 15:41
C Gilbreth	25 19:06
M35 G Alonso	16:23
M40 G Davis	17:07
M45 J Murphy	16:58
M50+R Lyons	19:19
M60+L Banuelos	19:21
W35 L Da Costa	22:35
W40 S Reinhardt	21:29
W45 B Bramwell	25:26
W50+J McMickle	25:44
W60+L Flores	26:57

**San Gabriel River 5K So. El Monte, Calif.; March 7**

Overall	
J Williams	40 18:03
N Defeo	24 22:02
M35 B Helwig	
M40 J Williams	18:44
M45 T Heaton	18:03
M50 C Stolba	18:26
M55 O Keniston	19:15
M60 W Nelson	18:26
M70 F Shanley	27:12
W35 A Quiroga	27:19
W45 D Myers	31:41
W70 O Humphrey	38:15
	49:58

**Bess James 10K Hemet, Calif.; March 7**

Overall	
S Ortiz	30:30
B Freyne (16)	38:23
M30+J Gaherty	36:11
M40+J Lavery	36:13
M50+W Ingram	38:44
M60+J Goertzen	43:17
M70+R Kroger	47:41
W30+K Phillips	44:19
W40+C Stockton	50:59
W50+J Barber	45:25
W60+R Kasper	58:33
W70+B James	1:07:00

**Santa Barbara Winter 5K/10 Mile Santa Barbara, Calif.; March 7**

---5K---	
Overall	
R Beste	25 15:24
D Hall	29 18:38
M38+D Stogmden	
M40+B Graham	17:16
M50+G Jacobs	17:35
M60+R Moore	20:1F
M60+R Moore	26:03
W30+M Tiff	18:12
W40+K Matthews	24:15
W50+A Dougherty	30:12
W60+M Miller	21:16

---10 Mile---	
Overall	
M Conover	26 50:54
B Milewski	28 1:00:54
M30+P Lewandowski	54:18
M40 K Munson	56:40
M45 K Aberg	1:01:0E
M50+C Ridling	1:03:01
M60+R Gil	1:09:01
W30+E Triplett	1:02:11
W40+B Jory	1:15:24
W50+L Hurrell	1:23:55



**San Gabriel River 10K So. El Monte, Calif.; March 15**

Overall	
J Rodriguez	32 35:44
D Henchey	29 43:25
M35 J Lawrence	
M40 D Smith	38:09
M45 T Heaton	45:59
M55 B Perry	39:43
M60 L Banuelos	45:04
M65 J Guzman	41:07
W35 A Wass	1:03:54
W40 B Reukema	53:29
	48:43

**San Gabriel River 10 Mile So. El Monte, Calif.; March 21**

Overall	
A Moreno	19 56:07
O Coria	46 1:22:19
M35 J Lawrence	
M40 S Williams	1:02:01
M45 J Kooklin	1:10:35
M50 S Ramsey	1:09:50
M55 R Perry	1:11:19
M60 W Nelson	1:14:22
M65 C Poole	1:40:97
W35 R Sauced	1:17:07
	1:48:09

**Fastest Masters 10K San Diego, March 11**

MEN'S RACE					
NAME	AGE	TIME	GP	PER	MILE
ASSOCIATION CHAMPIONS					
40-44 George Keim	44	32:45			
45-49 Hans Dieben	48	36:27			
50-54 Warren Osborn	53	39:07			
55-59 Marsh Haraden	56	38:01			
60-64 Luis Ojeda	63	42:41			
65-69 Jim McCown	65	41:02			
70-74 Wayne Zook	70	44:24			
40 - 44					
* 1. George Keim	44	32:45	20	5:17	
* 2. Peter Stern	42	33:05	19	5:20	
* 3. Steve Dornish	42	33:17	18	5:22	
* 5. Graeme Shirley	41	33:44	17	5:26	
* 6. Ron Wells	40	33:49	16	5:27	
* 7. Steve Myhro	41	34:14	15	5:31	
* 8. Richard Green	41	34:45	14	5:36	
* 9. John Montgomery	40	34:47	13	5:36	
* 11. Dennis Kasischke	41	35:51	13	5:47	
* 12. Bo-Goran Lundqvist	43	35:59	12	5:48	
* 16. Bill Betts	42	37:14	9	6:00	
* 17. Edward Garrity	44	37:17	8	6:01	
* 20. Jim Wilson	42	37:51	6	6:06	
* 21. Lee FitzGerald	40	37:52	5	6:06	
* 24. Bob Robinson	43	38:21	6	6:11	
* 25. Mike Burner	42	38:47	3	6:15	
* 26. Harry Jackman	43	38:57	2	6:17	
* 29. Dave Brandland	42	39:08	1	6:18	
* 30. Tom Rothaar	44	39:12	1	6:19	
* 31. Jerry Welch	41	39:18	1	6:20	
* 35. Dave Whittington	42	39:44	1	6:24	
* 36. Lawrence Peterson	42	39:45	1	6:24	
* 39. David White	40	39:59	1	6:27	
* 42. Kerry Blant	41	40:02	1	6:27	
* 43. Allan Knox	42	40:05	1	6:28	
* 47. John Brechtel	44	41:19	1	6:39	
48. Jerry Tangen	43	41:25	6	6:40	
49. Jeff Parker	43	41:40	6	6:43	
52. Steve Pierce	44	41:51	6	6:45	
* 57. Eric Jones	44	43:06	1	6:57	
* 59. John Backman	40	43:38	1	7:02	
60. Tom Van Kerschaver	44	43:41	7	7:02	
61. David Weeks	42	43:50	7	7:04	
* 62. Jorge Enerich	40	43:54	1	7:04	
* 63. James Duchnick	44	44:03	1	7:06	
* 68. Dave Baxter	42	44:43	1	7:12	
70. Duane Green	41	44:58	7	7:15	
73. John Olscheid	40	45:21	7	7:18	
76. Noel Verrillo	40	45:40	7	7:21	
77. John Charlton	44	45:59	7	7:25	
* 79. Jim Creek	41	46:11	1	7:26	
80. E A Mack	40	46:24	7	7:29	
* 85. Bruce Madden	40	47:51	7	7:43	
89. David Kossack	40	48:32	7	7:49	
90. Jerry Pitchford	44	48:42	7	7:51	
93. Frank Toto	42	48:50	7	7:52	
* 99. Terry Cirilo	40	50:34	1	8:09	
*107. Michael Kelly	41	55:31	1	8:57	
45 - 49					
4. John Beach	46	33:24	5	5:23	
10. Dan McCaskill	46	35:19	5	5:42	
* 13. Hans Dieben	48	36:27	11	5:52	
* 14. Keith Wetterer	45	36:34	10	5:54	
15. Jerry Hockett	46	36:47	5	5:56	
* 18. Howard Moody	46	37:19	7	6:01	
19. Mickey Pleasant	46	37:47	6	6:05	
* 23. Jim Waters	46	38:14	4	6:10	
* 27. Tom Morrow	48	39:05	1	6:18	
* 32. Ken McIntyre	47	39:19	1	6:20	
* 33. Bill Fox	49	39:21	1	6:20	
* 34. John Watton	47	39:26	1	6:21	
* 38. Larry Templeman	47	39:52	1	6:25	
* 40. Ray Sablan	47	39:59	1	6:27	
* 41. Chuck Logan	49	40:01	1	6:27	
* 50. Don Garsh	47	41:41	1	6:43	
* 51. John Hughes	46	41:49	1	6:44	
* 53. Chuck Alcantar	48	41:54	1	6:45	
5					

Continued from previous page

INTERNATIONAL

10th Mexico National Masters Cross-Country Championships Irapuato, February, 1987

Table with columns for race number, name, country, and time. Races include M35, M40, M45, M50, M55, M60, M65, M80, W35, W40, W45, W50, W55, M35, M40, M45, M50, M55, M60, M65, M80, W35, W40, W45, W50, W55, M35, M40, M45, M50, M55, M60, M65, M80, W35, W40, W45, W50, W55.

20th World Veterans Championships, Netanya, Israel, March 15-17

CROSS COUNTRY (8KM)

Table with columns for race number, name, country, and time. Races include M40, M45, M50, M55, M60, M65, M70, M85, W35, W40, W45, W50, W55, W60, W65, W70.

10KM RESULTS.

Table with columns for race number, name, country, and time. Races include M40, M45, M50, M55, M60, M65, M70, M75, M80, M85, W35, W40, W45, W50, W55, W60, W65, W70.

Table with columns for race number, name, country, and time. Races include M80, M85, W35, W40, W45, W50, W55, W60, W70.

25KM RESULTS. (17.3.87)

Table with columns for race number, name, country, and time. Races include M40, M45, M50, M55, M60, M65, M70, M75, M85.

Table with columns for race number, name, country, and time. Races include W35, W40, W45, W50, W55, W60, W65.

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